

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Jastrzębska Dziesiątka 2019

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2019-09-21

Jastrzębie-Zdrój

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsi Polacy

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
1	MRÓWKA Mateusz	350		M20-29	Bziegacze	00:00:00	00:08:45	00:14:56	00:22:11	00:28:38
2	CIEPŁAK Marcin	352		M20-29	Inżynieria biegania Team	00:00:00	00:09:35	00:16:21	00:24:04	00:30:47
3	ZAJĄC Bartosz	412		M20-29	KB MCKIS Jaworzno	00:00:00	00:09:38	00:16:24	00:24:11	00:30:59
4	DROŻDŻ Damian	363		M30-39	Inżynieria biegania Team	00:00:01	00:09:50	00:16:32	00:24:20	00:31:08
5	LYSKO Jakub	383		M30-39		00:00:01	00:09:50	00:16:30	00:24:21	00:31:10
6	ŻURAWIK Daniel	415		M30-39		00:00:01	00:09:50	00:16:46	00:24:53	00:31:46
7	LUBIENIECKI Maciej	382		M40-49		00:00:01	00:09:50	00:16:42	00:24:53	00:32:01
8	KWESTOROWSKI Bartosz	380		M30-39		00:00:01	00:09:50	00:16:44	00:24:59	00:32:04
9	SZRENIAWA Paweł	406		M20-29		00:00:01	00:09:52	00:16:57	00:25:11	00:32:15
10	PIEPRZYCKI Robert	394		M20-29		00:00:01	00:10:05	00:17:03	00:25:12	00:32:21
11	MUSKIETORZ Piotr	388		M30-39	Inżynieria biegania Team	00:00:00	00:10:03	00:17:06	00:25:25	00:32:41
12	CZAPLA Piotr	362		M20-29		00:00:01	00:10:14	00:17:25	00:25:42	00:32:51
13	LIZAK Wocieh	381		M30-39	Nieślony Lizak	00:00:00	00:10:15	00:17:26	00:25:44	00:32:52
14	BULIK Witold	359		M50-59	PKS Olimpijczyk Gilowice	00:00:01	00:10:05	00:17:09	00:25:43	00:33:05
15	KARDAS Arkadiusz	373		M30-39		00:00:01	00:10:23	00:17:37	00:25:59	00:33:06
16	KLIMEK Wojciech	376		M16-19		00:00:01	00:10:41	00:18:07	00:26:42	00:34:09
17	HATAŁA Paweł	369		M30-39		00:00:02	00:10:38	00:18:06	00:26:42	00:34:09
18	PORĘBA Grzegorz	396		M30-39	Niewybiegani	00:00:00	00:10:24	00:17:44	00:26:39	00:34:13
19	BŁASZCZYK Dominik	358		M30-39		00:00:01	00:10:32	00:17:51	00:26:49	00:34:19
20	URBANIAK Witek	407		M30-39		00:00:01	00:10:32	00:18:01	00:26:45	00:34:19
21	SOBOL Tomasz	401		M40-49		00:00:01	00:10:54	00:18:27	00:27:05	00:34:24
22	BARTOSIK Sebastian	357		M30-39	FORMA Wodzisław Śląski	00:00:02	00:10:29	00:18:00	00:26:50	00:34:25
23	CICHOŃ Roman	361		M40-49		00:00:02	00:10:38	00:18:06	00:26:49	00:34:26
24	ALBRECHT Krystian	355		M16-19	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55	00:34:27
25	RAJWA Roman	397		M20-29	Bziegacze	00:00:01	00:10:31	00:18:06	00:27:03	00:34:33
26	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35
27	KNESZ Marek	460		M50-59		00:00:01	00:10:39	00:18:09	00:27:02	00:34:36
28	SEIFFERT Markus	400		M30-39	Koszulka Hynia	00:00:03	00:10:43	00:18:14	00:27:02	00:34:38
29	JASICA Mateusz	371		M16-19	KUSY Bukowno	00:00:01	00:10:42	00:18:13	00:27:02	00:34:39
30	DUŻNIAK Dominik	364		M30-39		00:00:02	00:10:39	00:18:11	00:27:06	00:34:41
31	WALCZYŃSKI Mariusz	408		M30-39	Niewybiegani	00:00:02	00:10:53	00:18:25	00:27:15	00:34:51

Msc	Zawodnik	Numer	Klub	Kategoria		Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
32	STARZYCKI Przemysław	402		M20-29		KB MCKIS Jaworzno	00:00:02	00:10:34	00:18:17	00:27:13	00:34:57
33	FIRLA Arkadiusz	365		M40-49			00:00:02	00:10:42	00:18:17	00:27:13	00:34:58
34	KUBIK Arkadiusz	464		M40-49		Dystans Lubomia	00:00:02	00:10:46	00:18:23	00:27:17	00:34:58
35	OSETEK Paweł	392		M30-39		Radlinioki w biegu	00:00:01	00:10:45	00:18:36	00:27:26	00:35:07
36	JARCO Dominik	370		M20-29			00:00:01	00:10:28	00:18:16	00:27:32	00:35:08
37	GIŻYŃSKI Damian	366		M30-39		GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44	00:35:11
38	KĄŁUŻNY Adam	372		M30-39		SOCIOS SILESIA	00:00:02	00:10:47	00:18:28	00:27:27	00:35:14
39	ZYGMA Kordian	414		M20-29			00:00:01	00:10:51	00:18:31	00:27:38	00:35:18
40	NIEMIEC Mirek	487		M50-59		Olza Cieszyn	00:00:01	00:10:41	00:18:29	00:27:31	00:35:18
41	WOWRY Klaudiusz	410		M16-19		Olza Cieszyn	00:00:00	00:10:57	00:18:38	00:27:41	00:35:24
42	SZKODA Dariusz	405		M30-39		SOCIOS SILESIA	00:00:02	00:10:59	00:18:39	00:27:41	00:35:26
43	RĘBISZ Mariusz	398		M40-49			00:00:01	00:11:09	00:18:49	00:27:49	00:35:31
44	CHRAPKIEWICZ Michał	360		M30-39		Olza Cieszyn	00:00:02	00:10:56	00:18:39	00:27:44	00:35:34
45	PRZYBYŁA Przemek	507		M40-49			00:00:01	00:11:08	00:18:52	00:27:51	00:35:41
46	ŻERDKA Michał	542		M30-39			00:00:03	00:11:04	00:18:49	00:28:06	00:35:48
47	MOLA Mateusz	485		M16-19		Olza Cieszyn	00:00:04	00:11:06	00:18:50	00:28:00	00:35:48
48	JASTRZĘBSKI Piotr	451		M30-39			00:00:02	00:11:03	00:18:50	00:27:57	00:35:50
49	KOGUCIUK Karol	377		M20-29		TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50
50	FILIP Bartosz	437		M20-29		SOCIOS SILESIA	00:00:02	00:10:47	00:18:44	00:28:04	00:35:50
51	NOGA Krystian	488		M30-39		FORMA Wodzisław Śląski	00:00:04	00:11:11	00:18:59	00:28:05	00:35:51
52	ZIELIŃSKI Rafał	413		M30-39		Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03	00:35:52
53	MALINA Adam	477		M40-49			00:00:02	00:11:15	00:19:10	00:28:17	00:36:04
54	ADAMSKI Robert	353		M30-39		Brykająca Grupa Biegowa	00:00:03	00:11:38	00:19:34	00:28:38	00:36:14
55	MAROSZEK Szymon	480		M30-39			00:00:04	00:11:22	00:19:13	00:28:28	00:36:14
56	MENCEWICZ Paweł	484		M40-49		FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12	00:28:22	00:36:20
57	FURMAN Dawid	438		M30-39			00:00:04	00:11:31	00:19:26	00:28:38	00:36:21
58	SAMBAK Tadeusz	399		M50-59		Zadyszka Oświęcim	00:00:03	00:11:27	00:19:15	00:28:21	00:36:23
59	NIEŚŁONY Filip	390		M20-29		Nieślony Lizak	00:00:02	00:11:29	00:19:35	00:28:49	00:36:30
60	DZIARSKI Wiesław	436		M60-69			00:00:04	00:11:12	00:19:09	00:28:24	00:36:32
61	GRUDZIEŃ Krzysztof	368		M40-49			00:00:03	00:11:07	00:19:04	00:28:32	00:36:35
62	ALBRECHT Arkadiusz	354		M40-49		Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42
63	TRAFIAŁEK Miłosz	528		M30-39			00:00:04	00:11:16	00:19:16	00:28:46	00:36:46
64	OLBRICH Artur	391		M30-39			00:00:03	00:11:25	00:19:23	00:28:42	00:36:58
65	KAWCZYŃSKI Radosław	457		M30-39		Team URODZENI BIEGACZE	00:00:05	00:11:35	00:19:35	00:29:01	00:36:58
66	PALT Tomasz	499		M40-49			00:00:04	00:11:39	00:19:39	00:29:00	00:37:00
67	STUCHLIK Marek	520		M30-39		Aktywna Pszczyna Runners Team	00:00:04	00:11:35	00:19:39	00:29:01	00:37:00
68	KILJAN Mariusz	375		M40-49		KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26	00:28:52	00:37:01
69	WANTULOK Paweł	531		M20-29			00:00:05	00:11:37	00:19:35	00:29:00	00:37:03
70	BIAŁOŻYT Michał	422		M16-19			00:00:03	00:11:49	00:19:48	00:29:01	00:37:07
71	BEZUCH Paweł	421		M20-29			00:00:06	00:11:47	00:19:57	00:29:17	00:37:22
72	WOLNY Ariel	535		M30-39			00:00:06	00:11:47	00:19:46	00:29:19	00:37:24
73	SZPYRKA Sebastian	523		M20-29			00:00:02	00:11:45	00:19:51	00:29:15	00:37:27
74	SKIBA Ryszard	517		M40-49			00:00:05	00:11:36	00:19:42	00:29:20	00:37:27
75	BRYŁA Rafał	427		M30-39		Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27	00:37:29
76	MEREDYK Adrian	387		M30-39			00:00:02	00:11:17	00:19:26	00:29:05	00:37:30
77	LORANC Maciej	473		M50-59		NUTREND BIEGA	00:00:04	00:12:11	00:20:24	00:29:56	00:37:43

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
78	KNAPEK Łukasz	603		M20-29		00:00:11	00:11:58	00:20:07	00:29:35	00:37:44
79	CIECIAK Grzegorz	430		M40-49		00:00:09	00:11:55	00:20:08	00:29:40	00:37:54
80	KLYSZCZ Paweł	459		M20-29		00:00:04	00:11:35	00:19:49	00:29:33	00:37:57
81	SURWIŁO Sandro	521		M30-39		00:00:03	00:12:04	00:20:25	00:29:59	00:37:59
82	HEJNA Michał	587		M30-39	Koszulka Hynia	00:00:07	00:11:57	00:20:10	00:29:44	00:37:59
83	PAGIEŁA Łukasz	497		M30-39	Olza Cieszyn	00:00:01	00:12:04	00:20:30	00:30:06	00:38:04
84	BORCHERT Marcin	425		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:12:09	00:20:31	00:29:59	00:38:05
85	RYCHCZYŃSKI Jonatan	512		M20-29		00:00:13	00:11:58	00:20:20	00:30:02	00:38:05
86	NOWICKI Tomasz	491		M30-39	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40	00:38:08
87	MARCZAK Piotr	478		M30-39		00:00:05	00:11:30	00:19:47	00:29:39	00:38:11
88	SPYRKA Piotr	518		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50	00:38:11
89	MALINOWSKI Krzysztof	386		M50-59		00:00:02	00:11:45	00:20:07	00:29:57	00:38:20
90	KOWAL Łukasz	609		M20-29		00:00:06	00:12:22	00:20:40	00:30:16	00:38:27
91	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31
92	PALKA Dawid	650		M40-49	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03	00:38:33
93	ADAMCZEWSKI Waldemar	543		M50-59	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13	00:38:34
94	HANKUS Łukasz	447		M30-39		00:00:07	00:11:49	00:19:52	00:29:43	00:38:37
95	MARTOWSKI Przemysław	481		M30-39		00:00:04	00:11:52	00:20:12	00:29:59	00:38:38
96	RESPONDEK Leszek	673		M30-39		00:00:08	00:12:09	00:20:30	00:30:13	00:38:38
97	TOKAREWICZ Damian	525		M30-39		00:00:09	00:11:55	00:20:08	00:29:54	00:38:38
98	RAJWA Jan	508		M30-39	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10	00:38:40
99	STACHOWSKI Ireneusz	519		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13	00:38:41
100	WOWRY Grzegorz	409		M30-39	Olza Cieszyn	00:00:00	00:12:05	00:20:31	00:30:19	00:38:44
101	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47
102	WRZECIONKOWSKI Adrian	536		M30-39		00:00:10	00:12:12	00:20:38	00:30:26	00:38:47
103	MAJ Przemysław	476		M30-39	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24	00:38:48
104	ROMIK Krzysztof	510		M40-49		00:00:07	00:12:06	00:20:26	00:30:13	00:38:48
105	BRZÓSKA Rafał	428		M40-49		00:00:05	00:12:10	00:20:42	00:30:33	00:38:51
106	BEREZOWSKI Tomasz	419		M30-39		00:00:10	00:12:04	00:20:21	00:30:14	00:38:54
107	PLEWNIA Dawid	661		M20-29		00:00:18	00:12:15	00:20:32	00:30:25	00:39:02
108	MROWIEC Bernard	640		M50-59		00:00:07	00:12:26	00:20:49	00:30:39	00:39:04
109	NIEŚŁONY Dominik	389		M20-29	Nieślony Lizak	00:00:02	00:12:05	00:20:38	00:30:34	00:39:07
110	GÓRSKI Michał	583		M20-29		00:00:08	00:12:24	00:20:50	00:30:40	00:39:07
111	KUŚ Tomasz	466		M30-39		00:00:12	00:12:20	00:20:48	00:30:39	00:39:11
112	PALIGA Rafał	498		M40-49		00:00:05	00:11:58	00:20:28	00:30:33	00:39:13
113	PIŁATOWSKI Andrzej	501		M50-59		00:00:03	00:12:09	00:20:39	00:30:43	00:39:14
114	KRUK Tomasz	462		M30-39	Athletics Nysa	00:00:06	00:12:07	00:20:25	00:30:30	00:39:14
115	SERAFIN Dariusz Izabela	514		M50-59	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49	00:39:17
116	GLAJCAR Tomasz	582		M40-49		00:00:12	00:12:29	00:21:05	00:30:56	00:39:24
117	TOMCZYK Maurycy	527		M30-39		00:00:04	00:12:33	00:21:07	00:31:01	00:39:25
118	PRZYBYŁA Tadeusz	805		M30-39		00:00:07	00:12:24	00:21:00	00:30:59	00:39:25
119	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37
120	ZIELIŃSKI Ireneusz	540		M50-59		00:00:04	00:12:11	00:20:50	00:30:55	00:39:38
121	TŁOŁKA Michał	524		M30-39		00:00:07	00:12:02	00:20:28	00:30:37	00:39:38
122	ROEHRICH Krzysztof	509		M30-39		00:00:04	00:12:15	00:21:01	00:31:11	00:39:43
123	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
124	ŻUKROWSKI Krzysztof	718		M30-39		00:00:17	00:12:23	00:20:54	00:31:03	00:39:44
125	KAWECKI Stanisław	601		M40-49	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00	00:39:46
126	BARAN Bartosz	417		M20-29		00:00:12	00:12:27	00:21:02	00:31:06	00:39:48
127	DEJEWSKI Jakub	433		M30-39	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01	00:39:48
128	RUCIŃSKI Krzysztof	676		M40-49		00:00:07	00:12:00	00:20:50	00:31:09	00:39:49
129	GADAJ Grzegorz	439		M30-39		00:00:04	00:12:00	00:20:39	00:31:00	00:39:52
130	SMOLIK Łukasz	897		M20-29	Olza Cieszyn	00:00:18	00:12:30	00:21:04	00:31:20	00:39:53
131	KUSY Rafał	622		M40-49	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04	00:40:00
132	ŁATKA Łukasz	626		M30-39		00:00:11	00:12:34	00:21:09	00:31:22	00:40:03
133	LAZAR Damian	624		M30-39		00:00:17	00:12:40	00:21:17	00:31:22	00:40:05
134	TOMCZYK Lesław	526		M50-59	Olza Cieszyn	00:00:08	00:12:29	00:21:08	00:31:23	00:40:06
135	LILLA Piotr	470		M30-39		00:00:04	00:11:52	00:20:50	00:31:19	00:40:07
136	KANCLERZ Tomasz	455		M40-49		00:00:06	00:12:31	00:21:15	00:31:26	00:40:09
137	KARPLEWICZ Andrzej	456		M50-59	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20	00:40:11
138	SIKORA Stefan	516		M70+		00:00:08	00:12:43	00:21:25	00:31:34	00:40:12
139	MICHALSKI Rafał	636		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22	00:40:14
140	MEŻYK Matik	635		M30-39	Koszulka Hynia	00:00:06	00:12:04	00:20:45	00:31:11	00:40:15
141	DUDZIK Sebastian	568		M30-39		00:00:15	00:12:33	00:21:17	00:31:27	00:40:16
142	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18
143	GRUCEL Damian	445		M30-39	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28	00:40:19
144	BUĆKO Marcin	553		M40-49	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48	00:40:27
145	OGIERMAN Grzegorz	494		M40-49	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39	00:40:27
146	KAMYCZEK Grzegorz	600		M40-49		00:00:20	00:12:53	00:21:37	00:31:44	00:40:27
147	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28
148	KNYPS Adam	761		M40-49		00:00:18	00:12:55	00:21:39	00:31:46	00:40:29
149	ANTONCZYK Adam	544		M50-59		00:00:04	00:12:14	00:20:59	00:31:25	00:40:32
150	NIEDZIELA Stefan	486		M60-69		00:00:03	00:12:10	00:21:05	00:31:34	00:40:35
151	PAPUGA Dariusz	652		M50-59	Zadyszka Oświęcim	00:00:03	00:12:06	00:21:06	00:31:32	00:40:35
152	SZKATUŁA Henryk	688		M50-59	Koszulka Hynia	00:00:03	00:12:18	00:21:04	00:31:35	00:40:35
153	SZAREK Krzysztof	522		M30-39	BIEG PO ZDRÓJ	00:00:08	00:12:26	00:21:13	00:31:36	00:40:37
154	MUSZEWSKI Bartłomiej	642		M40-49	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37	00:40:38
155	CHRUSZCZ Wojciech	429		M30-39	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38	00:40:39
156	WOJAKOWSKI Krzysztof	533		M40-49		00:00:06	00:12:35	00:21:26	00:31:52	00:40:42
157	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47
158	FLORKIEWICZ Sławomir	571		M50-59		00:00:08	00:12:24	00:21:13	00:31:50	00:40:48
159	KORCZ Daniel	461		M40-49	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52	00:40:49
160	GIGOŃ Dariusz	442		M50-59	KB MCKIS Jaworzno	00:00:08	00:12:29	00:21:30	00:32:07	00:40:50
161	GLINIECKI Bartłomiej	443		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54	00:40:51
162	RZEPCZYŃSKI Wiesław	677		M70+		00:00:13	00:12:49	00:21:39	00:32:02	00:40:52
163	BIELA Rafał	423		M40-49		00:00:09	00:12:47	00:21:46	00:32:01	00:40:54
164	SMYCZEK Bartosz	898		M30-39		00:00:24	00:13:13	00:22:00	00:32:15	00:40:54
165	MACHEJ Remigiusz	629		M30-39	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55	00:40:55
166	BULANDA Andrzej	554		M40-49		00:00:05	00:12:31	00:21:20	00:32:06	00:40:58
167	KĄKOL Ryszard	458		M60-69		00:00:03	00:12:23	00:21:23	00:31:54	00:41:01
168	DOBROWOLSKI Sławek	435		M50-59		00:00:11	00:13:02	00:21:50	00:32:14	00:41:01
169	HIMEL Adrian	448		M20-29		00:00:03	00:12:07	00:20:59	00:31:44	00:41:07

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
170	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07
171	GRUDZIŃSKI Radosław	584		M30-39		00:00:06	00:12:54	00:21:54	00:32:20	00:41:09
172	WYREMBELSKI Adam	713		M20-29		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14
173	GAUDYN Andrzej	440		M30-39		00:00:11	00:13:23	00:22:23	00:32:38	00:41:16
174	PRZYBYSZ Ryszard	667		M50-59		00:00:14	00:12:40	00:21:40	00:32:12	00:41:17
175	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17
176	SZAREK Rafał	685		M40-49	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21	00:41:17
177	JOCHLIK Szymon	452		M30-39		00:00:07	00:12:15	00:21:13	00:32:03	00:41:24
178	MAŁECKI Jacek	631		M30-39		00:00:16	00:13:16	00:22:23	00:32:46	00:41:29
179	GÓRNY Mirek	367		M50-59		00:00:01	00:12:08	00:21:04	00:32:02	00:41:34
180	BURYBA Jacek	557		M30-39	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32	00:41:34
181	UCIEKLAK Waldemar	529		M50-59		00:00:08	00:12:40	00:21:41	00:32:31	00:41:38
182	KOWALSKI Robert	610		M50-59		00:00:09	00:12:46	00:21:51	00:32:33	00:41:41
183	STROF Marcin	683		M30-39		00:00:10	00:13:11	00:22:14	00:32:49	00:41:42
184	KUSTRA Józef	771		M50-59		00:00:02	00:12:35	00:21:36	00:32:30	00:41:43
185	BALICKI Piotr	546		M30-39		00:00:15	00:12:23	00:22:19	00:32:50	00:41:44
186	PRZELIORZ Oktawian	506		M30-39		00:00:14	00:13:20	00:22:27	00:33:04	00:41:47
187	PRZELIORZ Oktawian	666		M30-39		00:00:14	00:13:20	00:22:27	00:33:04	00:41:48
188	POŁEDNIK Tomasz	502		M40-49		00:00:09	00:12:36	00:21:44	00:32:36	00:41:49
189	PAWLAS Damian	796		M20-29		00:00:12	00:13:27	00:22:34	00:33:06	00:41:50
190	MAZURKIEWICZ Jarosław	483		M50-59		00:00:16	00:12:53	00:22:05	00:32:47	00:41:52
191	ZIĘTARA Paweł	717		M50-59		00:00:08	00:13:05	00:22:10	00:32:54	00:41:53
192	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53
193	ZIELIŃSKI Jacek	716		M30-39		00:00:14	00:13:08	00:22:20	00:32:50	00:41:54
194	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55
195	IZYDORCZYK Robert	588		M40-49		00:00:09	00:12:50	00:21:56	00:32:42	00:41:58
196	WIERCIOCH Tomasz	706		M40-49		00:00:18	00:13:19	00:22:19	00:32:57	00:41:59
197	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01
198	OPUCHLIK Roman	495		M30-39		00:00:03	00:13:18	00:22:45	00:33:40	00:42:02
199	ŁUSZCZYK Sergiusz	627		M30-39		00:00:09	00:12:57	00:22:00	00:32:51	00:42:07
200	SPRATEK Bartosz	814		M20-29		00:00:23	00:13:28	00:22:36	00:33:11	00:42:09
201	DOBRENIUK Krzysztof	434		M40-49		00:00:03	00:13:03	00:22:16	00:33:07	00:42:13
202	RĘBISZ Paweł	674		M40-49		00:00:19	00:13:40	00:22:56	00:33:26	00:42:13
203	KOŁEK Michał	763		M30-39		00:00:10	00:13:20	00:22:28	00:33:12	00:42:14
204	NYKIEL Mariusz	492		M30-39	SOCIOS SILESIA	00:00:00	00:10:46	00:20:39	00:32:36	00:42:27
205	WOŹNIAK Przemysław	712		M30-39		00:00:15	00:13:56	00:23:09	00:33:38	00:42:28
206	TIDE Krzysztof	693		M20-29		00:00:22	00:13:29	00:22:43	00:33:25	00:42:31
207	OGIEGŁO Łukasz	493		M30-39		00:00:09	00:12:46	00:22:05	00:33:01	00:42:32
208	KACZMAREK Jacek	453		M30-39	GRUBIORZE LOTAJOM	00:00:12	00:13:27	00:22:38	00:33:28	00:42:37
209	GÓRECKI Wojciech	744		M30-39		00:00:13	00:12:53	00:22:04	00:33:20	00:42:39
210	PIŁATOWSKI Mirosław	660		M50-59	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17	00:42:41
211	BORYCZKA Szymon	426		M30-39		00:00:11	00:12:50	00:22:15	00:33:12	00:42:41
212	MAGOŃ Marcin	630		M40-49		00:00:23	00:13:12	00:22:29	00:33:26	00:42:42
213	KUŚ Dawid	623		M30-39		00:00:05	00:13:20	00:22:29	00:33:20	00:42:44
214	FROSZTĘGA Daniel	574		M30-39		00:00:19	00:13:24	00:22:32	00:33:26	00:42:47
215	JANECKI Mateusz	591		M20-29	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
216	KRZYSTAŁA Paweł	615		M20-29		00:00:11	00:13:46	00:23:09	00:33:51	00:42:52
217	GROMEK Michał	444		M20-29		00:00:04	00:13:03	00:22:33	00:33:35	00:42:55
218	MIKA Łukasz	637		M30-39		00:00:12	00:13:21	00:22:41	00:33:37	00:42:56
219	KUBERA Dawid	463		M30-39		00:00:10	00:13:18	00:22:34	00:33:41	00:42:57
220	KIEPIELA Dawid	941		M30-39	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48	00:42:58
221	TYTKO Bartłomiej	698		M40-49		00:00:04	00:12:44	00:22:04	00:33:23	00:42:59
222	KUBALA Jan	861		M30-39		00:00:14	00:13:28	00:22:45	00:33:43	00:42:59
223	BAKOWSKI Michał	547		M30-39		00:00:17	00:13:34	00:22:55	00:33:42	00:42:59
224	BRANDYS Adam	551		M30-39		00:00:13	00:13:29	00:22:43	00:33:41	00:43:00
225	LIZAK Krzysztof	472		M40-49	Niesłony Lizak	00:00:07	00:13:13	00:22:36	00:33:34	00:43:01
226	CHROBOK Michał	561		M30-39	RunPatola	00:00:16	00:13:31	00:22:50	00:33:42	00:43:02
227	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02
228	TESSMER Tomasz	692		M20-29		00:00:18	00:13:46	00:22:58	00:33:49	00:43:04
229	ŻELECH Grzegorz	920		M30-39	PoWoli do Celu	00:00:11	00:12:50	00:22:19	00:33:34	00:43:05
230	OGRODNIK Damian	644		M30-39		00:00:14	00:13:19	00:22:30	00:33:33	00:43:05
231	ONAK Paweł	645		M30-39		00:00:20	00:13:13	00:22:38	00:33:42	00:43:05
232	OWCZAREK Paweł	648		M40-49		00:00:17	00:13:28	00:22:50	00:33:50	00:43:09
233	MALIK Rafał	385		M30-39		00:00:04	00:13:03	00:22:14	00:33:34	00:43:10
234	WIŚNIEWSKI Szymon	709		M40-49		00:00:11	00:13:18	00:22:38	00:34:00	00:43:10
235	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11
236	NANTKA Witek	785		M40-49	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01	00:43:11
237	CHRAPKIEWICZ Marek	560		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:13:18	00:22:44	00:33:40	00:43:12
238	MACH Sebastian	866		M30-39		00:00:26	00:13:47	00:23:07	00:34:01	00:43:14
239	POŁOWCZUK Krzysztof	665		M20-29		00:00:13	00:13:57	00:23:37	00:34:20	00:43:16
240	JÓZEFIAK Rafał	597		M40-49	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14	00:43:17
241	HARAZIN Janusz	586		M30-39		00:00:11	00:13:44	00:23:11	00:34:10	00:43:18
242	FOKS Damian	572		M50-59		00:00:12	00:13:43	00:23:07	00:34:05	00:43:18
243	PIECZARA Błażej	657		M40-49	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08	00:43:19
244	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30
245	WOLLNY Kamil	534		M20-29	Eko-Okna Runners	00:00:10	00:13:51	00:23:21	00:34:15	00:43:31
246	ZELEK Adam	979		M40-49		00:00:34	00:13:32	00:23:06	00:34:03	00:43:31
247	JEZIERSKI Krzysztof	594		M40-49		00:00:19	00:13:51	00:23:16	00:34:21	00:43:43
248	CZAPOROWSKI Tomasz	431		M30-39		00:00:25	00:14:11	00:23:44	00:34:39	00:43:44
249	JAKUBCZYK Jacek	449		M40-49		00:00:10	00:13:24	00:22:48	00:34:08	00:43:49
250	RUBIN Andrzej	511		M40-49	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11	00:43:50
251	WIEŁOPOLSKI Łukasz	705		M20-29		00:00:18	00:14:15	00:23:51	00:34:45	00:43:51
252	WIŚNIEWSKI Przemysław	708		M30-39		00:00:23	00:13:35	00:23:06	00:34:22	00:43:54
253	LELENIEWSKI Jacek	625		M30-39		00:00:15	00:13:42	00:23:11	00:34:19	00:43:58
254	PIETRASZ Krzysztof	658		M30-39		00:00:17	00:13:30	00:22:49	00:34:02	00:43:58
255	URBASIK Mariusz	700		M50-59		00:00:10	00:13:42	00:23:13	00:34:27	00:44:02
256	BURAS Roman	555		M50-59		00:00:25	00:14:58	00:24:32	00:35:24	00:44:06
257	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07
258	URBAN Patryk	699		M20-29		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10
259	PETRYNA Bartosz	655		M30-39		00:00:11	00:13:33	00:23:07	00:34:20	00:44:11
260	NIEMCZYK Rafał	643		M30-39	KB MCKIS Jaworzno	00:00:08	00:14:03	00:23:25	00:34:32	00:44:13
261	CIESIELSKI Dariusz	563		M50-59		00:00:10	00:13:53	00:23:33	00:34:55	00:44:18

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
262	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18
263	KLINGER Alan	602		M30-39		00:00:19	00:13:44	00:23:23	00:34:39	00:44:21
264	APOSTOLSKI Wojciech	416		M40-49		00:00:09	00:13:29	00:23:06	00:34:28	00:44:22
265	POJDA Grzegorz	664		M40-49		00:00:15	00:13:28	00:23:03	00:34:35	00:44:23
266	URBASIK Daniel	909		M30-39		00:00:27	00:14:21	00:24:08	00:34:57	00:44:23
267	KORZENIOWSKI Mateusz	607		M20-29		00:00:13	00:13:56	00:23:40	00:34:47	00:44:24
268	PERLIKOWSKI Kamil	885		M20-29		00:00:09	00:14:05	00:23:43	00:35:00	00:44:28
269	ZAWADA Sebastian	715		M40-49		00:00:21	00:13:59	00:23:18	00:34:47	00:44:28
270	WOJCIECH Jarosław	832		M30-39	PoWoli do Celu	00:00:11	00:14:02	00:23:44	00:35:02	00:44:29
271	WANDZEL Tomasz	824		M30-39		00:00:13	00:14:03	00:23:38	00:34:51	00:44:31
272	BYSTRYKOWSKI Marcin	558		M40-49	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40	00:44:35
273	JESIONEK Krzysztof	593		M30-39		00:00:13	00:14:16	00:23:57	00:35:07	00:44:36
274	KUCZERA Marek	617		M40-49	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09	00:44:39
275	MARON Tomasz	479		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55	00:44:43
276	SKRZYPCZAK Dawid	895		M16-19		00:00:25	00:14:27	00:24:17	00:35:29	00:44:48
277	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52
278	KAMIŃSKI Zbigniew	599		M30-39		00:00:13	00:14:12	00:24:01	00:35:18	00:44:52
279	SZYMAŃSKI Piotr	690		M40-49		00:00:11	00:13:41	00:23:23	00:35:01	00:44:55
280	RYBAK Tomasz	892		M30-39		00:00:12	00:13:44	00:23:29	00:35:07	00:45:01
281	MARCHEWKA Bartosz	632		M30-39		00:00:11	00:13:58	00:23:45	00:35:19	00:45:06
282	MROCZKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07
283	PODKOWIK Marcin	663		M30-39		00:00:18	00:14:04	00:23:58	00:35:24	00:45:08
284	JACH Marek	589		M40-49		00:00:08	00:13:21	00:23:16	00:35:03	00:45:09
285	PŁONKA Krzysztof	886		M50-59		00:00:11	00:13:58	00:23:50	00:35:19	00:45:09
286	WOJNAR Janusz	711		M30-39		00:00:22	00:14:02	00:23:50	00:35:19	00:45:10
287	BRACHMAŃSKI Dariusz	841		M50-59		00:00:14	00:14:23	00:24:07	00:35:43	00:45:12
288	OLSZYNA Mirosław	788		M40-49		00:00:16	00:14:18	00:24:04	00:35:27	00:45:13
289	BURDA Marcin	731		M40-49		00:00:10	00:13:53	00:23:48	00:35:25	00:45:15
290	JASIŃSKI Maksymilian	592		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35	00:45:18
291	PIDANTY Łukasz	797		M30-39		00:00:23	00:14:11	00:24:20	00:35:56	00:45:18
292	PASTWA Grzegorz	653		M40-49		00:00:00	00:13:12	00:22:30	00:34:46	00:45:20
293	GAŁKIEWICZ Michał	577		M40-49		00:00:09	00:14:22	00:24:10	00:35:38	00:45:21
294	OSZCZĘDA Bartosz	790		M20-29		00:00:19	00:14:32	00:24:22	00:35:53	00:45:24
295	WASILEWSKI Mateusz	702		M20-29		00:00:05	00:13:20	00:23:25	00:35:36	00:45:27
296	POCZĄTEK Damian	662		M20-29	Gwiazdna Flota	00:00:09	00:14:18	00:24:12	00:35:48	00:45:27
297	GOTTMAN Bogusław	854		M50-59		00:00:25	00:14:12	00:24:07	00:35:40	00:45:27
298	PAŁKA Krzysztof	651		M40-49		00:00:09	00:14:00	00:23:56	00:35:33	00:45:29
299	SKĘCZEK Arkadiusz	680		M40-49		00:00:10	00:13:51	00:23:44	00:35:22	00:45:29
300	URGACZ Mirosław	822		M40-49		00:00:11	00:13:56	00:23:47	00:35:35	00:45:29
301	FILIKS Leszek	931		M40-49		00:00:28	00:14:35	00:24:30	00:35:57	00:45:29
302	PETRYKOWSKI Grzegorz	654		M50-59		00:00:09	00:14:10	00:24:00	00:35:43	00:45:31
303	WAWRÓW Mirosław	826		M30-39		00:00:22	00:14:19	00:24:10	00:35:44	00:45:31
304	RAJWA Stanisław	807		M20-29	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32
305	PRZYBYŁA Tomasz	806		M40-49		00:00:07	00:14:03	00:24:10	00:35:52	00:45:34
306	ADAMCZYK Andrzej	719		M40-49		00:00:27	00:14:10	00:23:57	00:35:45	00:45:37
307	KUCHARCZYK Mateusz	770		M30-39		00:00:06	00:13:47	00:23:45	00:35:32	00:45:39

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
308	FOKS Marcin	573		M30-39		00:00:12	00:13:41	00:23:44	00:35:32	00:45:42
309	BOTOREK Michał	550		M30-39		00:00:16	00:14:30	00:24:29	00:36:01	00:45:42
310	KOWAL Jakub	608		M16-19		00:00:06	00:13:19	00:23:22	00:35:24	00:45:43
311	BIŁKO Sławek	730		M40-49		00:00:15	00:14:03	00:23:56	00:35:45	00:45:46
312	PARTYKA Karol	794		M30-39		00:00:13	00:13:59	00:23:48	00:35:43	00:45:48
313	GAWLAS Krzysztof	578		M30-39		00:00:17	00:13:43	00:23:46	00:35:53	00:45:50
314	BRAUNER Wojciech	552		M30-39		00:00:21	00:14:34	00:24:33	00:36:09	00:45:57
315	NOWAK Ryszard	787		M60-69		00:00:21	00:14:27	00:24:20	00:35:55	00:45:58
316	BARAN Ryszard	722		M50-59		00:00:24	00:14:25	00:24:16	00:35:47	00:46:01
317	KUBICA Tadeusz	862		M50-59		00:00:24	00:14:33	00:24:27	00:36:07	00:46:03
318	ŻALIŃSKI Zbigniew	835		M50-59		00:00:17	00:14:33	00:24:33	00:36:12	00:46:05
319	SZCZEPANIAK Kamil	817		M20-29		00:00:22	00:14:24	00:24:32	00:36:19	00:46:05
320	WISEŁKA Andrzej	707		M40-49	Radlinioki w biegu	00:00:15	00:14:42	00:24:45	00:36:37	00:46:08
321	SZCZOTKA Arkadiusz	818		M40-49		00:00:23	00:14:21	00:24:21	00:36:06	00:46:09
322	HEJNA Artur	856		M40-49	Radlinioki w biegu	00:00:17	00:14:20	00:24:24	00:36:15	00:46:10
323	KAMIŃSKI Radek	598		M30-39		00:00:24	00:14:53	00:25:00	00:36:40	00:46:11
324	BURNAGIEL Tomasz	556		M50-59		00:00:14	00:14:57	00:25:11	00:36:56	00:46:21
325	MAZUR Dariusz	869		M30-39		00:00:19	00:14:20	00:24:29	00:36:11	00:46:21
326	DROBINA Jakub	735		M20-29		00:00:22	00:14:14	00:24:10	00:36:07	00:46:22
327	GIERULA Artur	740		M30-39		00:00:16	00:14:34	00:24:38	00:36:39	00:46:26
328	PACH Janusz	496		M40-49		00:00:22	00:14:32	00:24:29	00:36:35	00:46:26
329	FURMANIUK Artur	576		M40-49		00:00:09	00:13:42	00:23:51	00:35:51	00:46:27
330	KROCZEK Przemysław	766		M20-29		00:00:17	00:14:31	00:24:37	00:36:22	00:46:29
331	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32
332	LIZAK Grzegorz	471		M30-39	Niesłony Lizak	00:00:04	00:14:09	00:24:05	00:36:01	00:46:33
333	KARAWACKI Grzegorz	758		M30-39		00:00:22	00:14:59	00:25:18	00:37:05	00:46:34
334	STREIT Mariusz	682		M40-49		00:00:24	00:14:11	00:24:22	00:36:24	00:46:38
335	KULAWIAK Bogdan	620		M50-59		00:00:23	00:14:38	00:24:47	00:36:36	00:46:40
336	PALUCHIEWICZ Szymon	882		M40-49		00:00:11	00:14:30	00:24:39	00:36:27	00:46:41
337	TORBIŃSKI Wiesław	820		M60-69		00:00:16	00:14:24	00:24:31	00:36:30	00:46:43
338	MISIAK Piotr	783		M40-49		00:00:13	00:14:30	00:24:49	00:36:49	00:46:48
339	STARCZEWSKI Marcin	815		M30-39		00:00:17	00:14:36	00:24:48	00:36:39	00:46:51
340	KAPTUR Wojciech	756		M70+		00:00:18	00:14:40	00:24:42	00:36:46	00:46:51
341	SZCZEPANIAK Aleksander	686		M50-59		00:00:10	00:14:16	00:24:15	00:36:26	00:46:55
342	KORBUS Piotr	764		M30-39		00:00:26	00:14:53	00:25:08	00:36:59	00:46:57
343	JANKO Kamil	751		M30-39		00:00:16	00:14:35	00:24:43	00:36:45	00:46:58
344	ŚPIEWAK Marek	691		M30-39		00:00:17	00:14:31	00:24:47	00:36:53	00:47:01
345	RYBAK Remigiusz	891		M30-39		00:00:12	00:14:32	00:24:50	00:36:52	00:47:05
346	NOWAK Krzysztof	490		M40-49		00:00:06	00:14:34	00:24:36	00:36:50	00:47:15
347	SZCZECH Krzysztof	816		M40-49		00:00:02	00:14:02	00:24:46	00:37:18	00:47:16
348	POŁEĆ Krzysztof	802		M30-39	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56	00:47:18
349	WIDENKA Robert	704		M30-39		00:00:14	00:13:57	00:23:54	00:36:21	00:47:29
350	GAŚOWSKI Szymon	851		M30-39		00:00:29	00:15:18	00:25:35	00:37:26	00:47:33
351	ZIELIŃSKI Andrzej	539		M30-39	Eko-Okna Runners	00:00:19	00:15:14	00:25:40	00:37:47	00:47:35
352	GANDZEL Szymon	581		M30-39		00:00:23	00:14:55	00:25:14	00:37:16	00:47:35
353	PANNEK Marcin	793		M30-39		00:00:16	00:15:13	00:25:39	00:37:42	00:47:39

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
354	ZAWADZKI Tyberiusz	834		M40-49		00:00:13	00:14:21	00:24:40	00:36:57	00:47:41
355	CHOLAJDA Roman	733		M40-49		00:00:22	00:15:11	00:25:29	00:37:34	00:47:42
356	PASZKOWSKI Cezary	883		M40-49	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25	00:47:42
357	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45
358	KONCKI Andrzej	605		M40-49		00:00:31	00:15:07	00:25:36	00:37:39	00:47:47
359	ZAWADA Jakub	915		M40-49		00:00:19	00:14:56	00:26:13	00:37:52	00:47:50
360	ORAWSKI Robert	789		M60-69		00:00:22	00:15:09	00:25:19	00:37:30	00:47:54
361	BILIŃSKI Marcin	729		M30-39		00:00:19	00:14:58	00:25:23	00:37:41	00:47:57
362	LUBSZCZYK Adrian	774		M30-39	Decathlon & Przyjaciele	00:00:19	00:15:02	00:25:36	00:37:43	00:47:57
363	TOCHOWICZ Bartosz	694		M50-59	Olza Cieszyn	00:00:20	00:14:46	00:25:18	00:37:29	00:47:57
364	ROZMUS Wojciech	890		M40-49	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22	00:48:00
365	MAZUR Mariusz	870		M30-39		00:00:20	00:14:21	00:24:42	00:37:18	00:48:00
366	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00
367	JANCZUKOWICZ Łukasz	750		M30-39		00:00:27	00:15:58	00:26:18	00:38:18	00:48:04
368	KOZIEŁ Dariusz	765		M50-59		00:00:29	00:14:57	00:25:20	00:37:39	00:48:05
369	SOSNA Mariusz	903		M40-49		00:00:14	00:15:34	00:26:18	00:38:33	00:48:10
370	POŁOMSKI Dawid	803		M30-39		00:00:35	00:14:40	00:25:14	00:37:47	00:48:10
371	SOBAŃSKI Mateusz	899		M20-29		00:00:25	00:15:21	00:25:48	00:38:12	00:48:24
372	LANDZIŃSKI Jacek	865		M30-39		00:00:15	00:15:30	00:26:15	00:38:14	00:48:29
373	ŚWIERKOT Przemek	143		M40-49		00:00:14	00:15:30	00:26:09	00:38:14	00:48:30
374	LECHOWICZ Tadeusz	772		M50-59		00:00:20	00:15:10	00:25:41	00:38:00	00:48:31
375	PAJĄCZKOWSKI Michał	879		M30-39		00:00:15	00:15:01	00:25:31	00:38:05	00:48:32
376	CZARNOTA Leszek	845		M40-49		00:00:23	00:15:16	00:25:51	00:38:07	00:48:36
377	GRZEŚ Krzysztof	746		M50-59		00:00:15	00:14:40	00:25:35	00:38:04	00:48:39
378	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42
379	RASZKA Janusz	808		M50-59	Olza Cieszyn	00:00:20	00:15:26	00:26:03	00:38:28	00:48:58
380	PIŻGAŁA Kordian	799		M20-29		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00
381	WILCZOK Daniel	831		M30-39		00:00:17	00:15:06	00:26:01	00:38:24	00:49:01
382	SOJ Przemysław	813		M40-49		00:00:28	00:15:06	00:25:36	00:38:12	00:49:07
383	GUT Zbigniew	748		M30-39		00:00:22	00:15:19	00:25:52	00:38:37	00:49:12
384	DOMASZK Paweł	566		M20-29		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13
385	WEYGAND Patryk	703		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:14
386	SKIBA Maciej	894		M30-39		00:00:26	00:15:07	00:26:00	00:38:46	00:49:16
387	PAWĘZOWSKI Jacek	884		M50-59		00:00:22	00:15:04	00:25:34	00:38:22	00:49:17
388	MUSIAŁ Łukasz	874		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:18
389	WIEJACZ Wiejacz	828		M30-39		00:00:25	00:15:11	00:25:52	00:38:48	00:49:19
390	ĆMIL Marek	928		M40-49		00:00:16	00:15:02	00:26:15	00:39:03	00:49:22
391	BAJOR Paweł	837		M30-39		00:00:15	00:15:02	00:26:09	00:39:02	00:49:30
392	KAWIK Janusz	759		M40-49		00:00:06	00:15:49	00:26:39	00:39:25	00:49:31
393	GÓRALSKI Jarosław	855		M50-59		00:00:08	00:15:06	00:25:58	00:38:54	00:49:35
394	MATUSZEK Tomasz	781		M40-49	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14	00:49:35
395	ANTOŃCZYK Przemysław	720		M30-39		00:00:19	00:15:32	00:26:17	00:38:58	00:49:41
396	TOMASICZEK Dawid	972		M20-29		00:00:21	00:15:12	00:26:00	00:38:55	00:49:47
397	NOWAK Patryk	786		M20-29	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54
398	FRĄTCZAK Bartosz	850		M30-39	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39	00:49:55
399	ZABIEGLIŃSKI Andrzej	714		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57	00:49:56

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
400	BIELICH Adrian	728		M30-39	Alkoteam Rybnik	00:00:07	00:14:57	00:26:02	00:39:28	00:50:03
401	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06
402	WILSZ Adam	911		M40-49		00:00:16	00:16:22	00:27:22	00:40:16	00:50:08
403	KUBULUS Tomasz	863		M40-49		00:00:25	00:15:10	00:25:57	00:39:05	00:50:08
404	SŁOWIŃSKI Jacek	963		M30-39		00:00:27	00:15:57	00:26:42	00:39:34	00:50:13
405	GŁADYSZ Leszek	741		M40-49		00:00:15	00:16:23	00:27:23	00:40:17	00:50:16
406	SLADECZEK Jarek	896		M40-49		00:00:27	00:15:10	00:26:09	00:39:29	00:50:18
407	ŚMIETANA Grzegorz	819		M40-49		00:00:14	00:14:56	00:25:34	00:38:59	00:50:21
408	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21
409	SKĘCZEK Marcin	811		M40-49		00:00:18	00:15:25	00:26:19	00:39:15	00:50:22
410	JASIŃSKI Krzysztof	858		M30-39		00:00:24	00:15:06	00:26:11	00:39:22	00:50:24
411	BOŚ Przemysław	549		M30-39	KB MCKIS Jaworzno	00:00:19	00:15:08	00:25:24	00:38:29	00:50:25
412	JASZCZYK Łukasz	937		M30-39		00:00:18	00:15:14	00:26:02	00:38:59	00:50:32
413	GÓRECKI Adam	743		M20-29		00:00:28	00:15:35	00:26:37	00:39:44	00:50:32
414	PALA Mariusz	792		M30-39		00:00:15	00:14:44	00:25:47	00:39:13	00:50:37
415	ZAWIERUCHA Aleksander	916		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:16:06	00:27:09	00:39:54	00:50:38
416	MALISZEWSKI Marcin	779		M30-39		00:00:22	00:14:59	00:25:35	00:38:58	00:50:44
417	MALISZEWSKI Dariusz	778		M30-39		00:00:22	00:15:00	00:25:35	00:38:58	00:50:44
418	BORUCKI Darek	840		M40-49		00:00:24	00:15:46	00:26:51	00:39:47	00:50:49
419	KULA Radosław	864		M30-39		00:00:08	00:15:02	00:26:07	00:39:39	00:50:51
420	HUCHRO Tomasz	749		M20-29		00:00:12	00:15:39	00:26:41	00:39:41	00:50:51
421	SUBIK Tomasz	684		M30-39		00:00:19	00:15:06	00:25:51	00:39:04	00:50:52
422	PIÓR Krzysztof	798		M40-49		00:00:16	00:15:28	00:26:35	00:39:52	00:50:55
423	CHROBOK Gerard	844		M50-59	Olza Cieszyn	00:00:12	00:15:44	00:26:58	00:40:00	00:50:57
424	KOZACZKA Włodzimierz	611		M40-49		00:00:29	00:16:06	00:27:13	00:40:05	00:50:57
425	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58
426	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10
427	OGIERMAN Mariusz	876		M20-29		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13
428	PRZYBYŁA Krystian	804		M20-29		00:00:18	00:15:53	00:27:07	00:40:33	00:51:15
429	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17
430	ĆWIOK Marek	929		M40-49		00:00:16	00:16:22	00:27:22	00:40:18	00:51:19
431	DURAJ Dariusz	848		M30-39	WKURW_TEAM Bziegacze	00:00:16	00:15:53	00:26:53	00:40:15	00:51:31
432	GOIK Damian	742		M20-29		00:00:20	00:14:30	00:25:45	00:39:53	00:51:32
433	KUŚKA Tadeusz	952		M30-39		00:00:29	00:15:45	00:26:57	00:40:12	00:51:35
434	STEKLA Bartłomiej	904		M20-29		00:00:14	00:15:02	00:26:11	00:39:53	00:51:43
435	MAKOWSKI Grzegorz	867		M20-29		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43
436	SOBIERAJSKI Przemek	812		M40-49		00:00:24	00:16:05	00:27:11	00:40:22	00:51:43
437	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45
438	BRYŚ Sebastian	842		M40-49		00:00:21	00:15:58	00:27:10	00:40:23	00:51:46
439	PAJĄK Paweł	880		M40-49		00:00:16	00:15:25	00:26:46	00:40:16	00:51:48
440	KMIECIAK Bogdan	942		M40-49		00:00:28	00:16:21	00:27:14	00:40:33	00:51:54
441	FELSKI Krzysztof	849		M30-39		00:00:25	00:15:37	00:26:58	00:40:35	00:52:00
442	JESIONEK Bogusław	939		M50-59		00:00:27	00:16:22	00:27:47	00:41:08	00:52:08
443	OSIEWACZ Zbigniew	877		M30-39		00:00:18	00:16:03	00:27:18	00:40:44	00:52:09
444	BARANKIEWICZ Irek	724		M40-49		00:00:24	00:15:50	00:26:59	00:40:42	00:52:15
445	WILCZEK Marek	830		M40-49		00:00:22	00:15:56	00:27:12	00:40:47	00:52:21

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
446	KONOPKA Jarosław	945		M50-59		00:00:26	00:16:40	00:28:19	00:41:24	00:52:23
447	ŻYŁA Wojciech	921		M30-39		00:00:24	00:15:41	00:27:24	00:41:03	00:52:28
448	WICZKOWSKI Michał	827		M20-29		00:00:20	00:16:53	00:28:11	00:41:23	00:52:30
449	PAJĄK Marcin	791		M20-29		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36
450	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44
451	BARAN Dawid	838		M30-39		00:00:26	00:15:20	00:26:47	00:40:43	00:52:45
452	WOWRA Robert	914		M30-39		00:00:32	00:16:22	00:27:52	00:41:24	00:52:47
453	GUJA Bogusław	747		M60-69		00:00:12	00:16:44	00:28:13	00:41:50	00:52:53
454	KOTERZYNA Janusz	859		M60-69		00:00:23	00:16:51	00:28:12	00:41:44	00:53:01
455	WOLIŃSKI Józef	913		M50-59		00:00:23	00:16:31	00:27:51	00:41:25	00:53:03
456	JELEŃ Michał	938		M20-29		00:00:14	00:14:57	00:26:22	00:40:28	00:53:05
457	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06
457	PAWŁOWSKI Rafał	958		M20-29		00:00:27	00:17:12	00:29:06	00:42:32	00:53:27
459	MARCINIAK Artur	780		M50-59		00:00:29	00:16:27	00:28:27	00:41:53	00:53:30
460	SCHAB Paweł	678		M30-39		00:00:00	00:20:58	00:30:53	00:43:07	00:53:42
461	SŁOWIŃSKI Kamil	964		M30-39		00:00:28	00:17:16	00:29:07	00:42:57	00:53:51
462	KRÓL Michał	767		M40-49		00:00:05	00:15:28	00:27:13	00:41:43	00:53:52
463	DRĄG Rafał	847		M30-39		00:00:26	00:16:46	00:28:31	00:42:15	00:53:59
464	CIEŚLA Adam	564		M40-49	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29	00:54:05
465	MROZEK Maciej	784		M40-49		00:00:24	00:16:16	00:27:30	00:41:52	00:54:07
466	PIETRZYK Marek	959		M60-69		00:00:25	00:17:00	00:28:45	00:42:44	00:54:17
467	MORAWSKI Janusz	873		M40-49		00:00:25	00:16:35	00:28:17	00:42:24	00:54:23
468	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27
469	BARTOS Grzegorz	725		M20-29		00:00:21	00:16:57	00:28:58	00:43:07	00:54:29
470	BUCZAK Łukasz	926		M30-39		00:00:07	00:14:45	00:27:26	00:42:23	00:54:34
471	MARON Tadeusz	633		M30-39		00:00:23	00:16:14	00:28:03	00:41:47	00:54:35
472	LEJKOWSKI Sebastian	953		M30-39		00:00:30	00:17:21	00:29:08	00:42:55	00:54:37
473	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40
474	ZIMNY Ireneusz	917		M40-49		00:00:20	00:16:52	00:28:59	00:43:05	00:54:44
475	SOBEK Mariusz	901		M30-39		00:00:27	00:16:24	00:28:02	00:42:18	00:54:46
476	CIEŚLA Artur	734		M30-39		00:00:26	00:15:57	00:27:58	00:42:31	00:54:50
477	WOLIŃSKI Dariusz	912		M40-49		00:00:28	00:16:40	00:28:48	00:43:06	00:55:06
478	MICUDA Jan	955		M60-69		00:00:28	00:17:01	00:28:56	00:43:05	00:55:10
479	PAJESTKA Marek	881		M40-49	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14	00:55:11
480	CZAPSKI Janusz	927		M40-49		00:00:29	00:16:29	00:28:23	00:42:51	00:55:20
481	SOSNA Daniel	966		M20-29		00:00:31	00:18:00	00:29:45	00:44:27	00:55:27
482	DYL Ireneusz	736		M40-49		00:00:21	00:17:24	00:29:31	00:44:10	00:55:46
483	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59
484	KRZYSTOLIK Damian	948		M30-39		00:00:26	00:17:10	00:29:15	00:43:46	00:56:06
485	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09
486	GIL Krzysztof	935		M50-59		00:00:25	00:17:34	00:29:44	00:44:05	00:56:13
487	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16
488	STOCHNIJ Karol	905		M30-39		00:00:26	00:17:17	00:29:14	00:43:41	00:56:17
489	KRETEK Krzysztof	336	CE PROGRESS	M40-49		00:00:28	00:16:54	00:29:04	00:43:58	00:56:34
490	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55
491	CHMIEL Jacek	732		M60-69		00:00:28	00:17:45	00:30:17	00:44:41	00:57:13

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km
492	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15
493	KRAJEWSKI Damian	946		M50-59	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08	00:57:41
494	OGRODNIK Sebastian	957		M30-39		00:00:14	00:17:26	00:30:13	00:45:06	00:57:58
495	MACHEJ Piotr	776		M20-29	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:16:53	00:29:41	00:44:38	00:58:04
496	MIKODA Stanisław	871		M40-49	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24	00:58:25
497	WILMANOWICZ Rafał	975		M20-29		00:00:19	00:17:36	00:30:13	00:45:20	00:58:26
498	BURDA Andrzej	843		M30-39	Eko-Okna Runners	00:00:27	00:17:26	00:30:24	00:45:38	00:58:26
499	BALICKI Paweł	923		M30-39		00:00:04	00:15:50	00:29:17	00:45:28	00:59:24
500	WIECZOREK Henryk	142		M50-59		00:00:15	00:18:32	00:31:20	00:46:44	00:59:35
501	TRAWNICKI Jan	908		M60-69		00:00:25	00:17:39	00:30:40	00:46:31	00:59:43
502	KUCZMIERCZYK Janusz	951		M70+		00:00:28	00:18:44	00:31:58	00:47:35	01:00:50
503	WÓJCIK Dariusz	977		M40-49		00:00:29	00:18:24	00:31:48	00:47:45	01:00:53
504	POŁOK Robert	801		M20-29		00:00:26	00:17:02	00:29:56	00:46:17	01:00:56
505	TRAFIAŁEK Mirosław	973		M50-59		00:00:24	00:18:21	00:31:41	00:48:11	01:02:19
506	KUCHARCZYK Marek	950		M50-59		00:00:35	00:18:09	00:32:33	00:50:09	01:03:58
507	LIZAK Adam	773		M40-49	Niesłony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59
508	KOŁODZIEJCZAK Damian	943		M40-49		00:00:14	00:19:15	00:33:02	00:50:14	01:04:19
509	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28
510	PIOTROWSKI Mieczysław	961		M70+		00:00:16	00:19:41	00:33:35	00:51:07	01:05:10
511	WARDACH Tomasz	825		M30-39		00:00:26	00:19:07	00:33:04	00:50:13	01:05:25
512	PIOTROWICZ Rysiek	960		M50-59		00:00:08	00:17:41	00:30:54	00:54:08	01:08:13
513	POŁOMSKI Grzegorz	503		M30-39		00:00:00				
514	URBAŚ Roman	530		M40-49		00:00:00	00:13:37			
515	KOŹMIŃSKI Józef	378		M30-39		00:00:01	00:09:55	00:17:07		
516	WOJCIECHOWSKI Marcin	833		M30-39	Radlinioki w biegu	00:00:01	00:31:22	00:40:11		
517	LEDWOŃ Paweł	468		M30-39		00:00:03	00:11:04	00:18:48	00:27:54	
518	ORŁOWSKI Grzegorz	646		M40-49		00:00:06	00:31:14	00:40:06		
519	FLISZTA Marcin	570		M30-39		00:00:07	00:13:00	00:22:26	00:33:13	
520	KURTO Grzegorz	621		M40-49		00:00:08	00:34:45	00:44:13		
521	WIEŁOPOLSKI Michał	532		M16-19		00:00:09	00:32:16	00:41:02		
522	DANIKIEWICZ Michał	432		M30-39	Rozbiegamy To Miasto - Czechowice-Dziedzice	00:00:13	00:32:28	00:41:24		
523	GIBAS Damian	852		M20-29		00:00:14	00:39:46	00:51:42		
524	GAWLAS Jan	739		M50-59		00:00:18	00:36:02	00:45:58		
525	FILUSZ Dawid	737		M20-29	STUDIO ENERGIA TEAM RYBNIK	00:00:19	00:35:05	00:44:59		
526	MAJKA Tomasz	777		M30-39	KB MCKIS Jaworzno	00:00:20	00:34:53	00:44:07		
527	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00		
528	FOJCIK Piotr	932		M50-59		00:00:32	00:16:19	00:35:03		
529	KONCKI Ryszard	944		M70+		00:00:33				

Znaleziono 529 wynik(ów)