

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Event: Jastrzębska Dziesiątka 2019
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2019-09-21
Place: Jastrzębie-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Półmetek M

Split point: 9,4 km

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
1	KOSGEI Mathew	981		M20-29		00:00:01	00:08:43	00:14:55	00:22:02	00:28:10
2	CHERUTICH Nelson Kipkogei	982		M20-29		00:00:00	00:08:45	00:14:55	00:22:04	00:28:19
3	KIBIRE Moses Kipruto	335	BENEDEK-TEAM	M30-39		00:00:01	00:08:44	00:14:55	00:22:12	00:28:36
4	MRÓWKA Mateusz	350		M20-29	Bziegacze	00:00:00	00:08:45	00:14:56	00:22:11	00:28:38
5	WAMBUA Elijah Mutuku	983		M20-29		00:00:00	00:08:44	00:14:56	00:22:36	00:29:24
6	CIEPŁAK Marcin	352		M20-29	Inżynieria biegania Team	00:00:00	00:09:35	00:16:21	00:24:04	00:30:47
7	ZAJĄC Bartosz	412		M20-29	KB MCKIS Jaworzno	00:00:00	00:09:38	00:16:24	00:24:11	00:30:59
8	DROŻDŻ Damian	363		M30-39	Inżynieria biegania Team	00:00:01	00:09:50	00:16:32	00:24:20	00:31:08
9	LYSKO Jakub	383		M30-39		00:00:01	00:09:50	00:16:30	00:24:21	00:31:10
10	ŻURAWIK Daniel	415		M30-39		00:00:01	00:09:50	00:16:46	00:24:53	00:31:46
11	LUBIENIECKI Maciej	382		M40-49		00:00:01	00:09:50	00:16:42	00:24:53	00:32:01
12	KWESTOROWSKI Bartosz	380		M30-39		00:00:01	00:09:50	00:16:44	00:24:59	00:32:04
13	SZRENIAWA Paweł	406		M20-29		00:00:01	00:09:52	00:16:57	00:25:11	00:32:15
14	PIEPRZYCKI Robert	394		M20-29		00:00:01	00:10:05	00:17:03	00:25:12	00:32:21
15	MUSKIETORZ Piotr	388		M30-39	Inżynieria biegania Team	00:00:00	00:10:03	00:17:06	00:25:25	00:32:41
16	CZAPLA Piotr	362		M20-29		00:00:01	00:10:14	00:17:25	00:25:42	00:32:51
17	LIZAK Wociech	381		M30-39	Niesłony Lizak	00:00:00	00:10:15	00:17:26	00:25:44	00:32:52
18	BULIK Witold	359		M50-59	PKS Olimpijczyk Gilowice	00:00:01	00:10:05	00:17:09	00:25:43	00:33:05
19	KARDAS Arkadiusz	373		M30-39		00:00:01	00:10:23	00:17:37	00:25:59	00:33:06
20	KLIMEK Wojciech	376		M16-19		00:00:01	00:10:41	00:18:07	00:26:42	00:34:09
21	HATAŁA Paweł	369		M30-39		00:00:02	00:10:38	00:18:06	00:26:42	00:34:09
22	PORĘBA Grzegorz	396		M30-39	Niewybiegani	00:00:00	00:10:24	00:17:44	00:26:39	00:34:13
23	BŁASZCZYK Dominik	358		M30-39		00:00:01	00:10:32	00:17:51	00:26:49	00:34:19
24	URBANIAK Witek	407		M30-39		00:00:01	00:10:32	00:18:01	00:26:45	00:34:19
25	SOBOL Tomasz	401		M40-49		00:00:01	00:10:54	00:18:27	00:27:05	00:34:24
26	BARTOSIK Sebastian	357		M30-39	FORMA Wodzisław Śląski	00:00:02	00:10:29	00:18:00	00:26:50	00:34:25
27	CICHOŃ Roman	361		M40-49		00:00:02	00:10:38	00:18:06	00:26:49	00:34:26
28	ALBRECHT Krystian	355		M16-19	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55	00:34:27
29	RAJWA Roman	397		M20-29	Bziegacze	00:00:01	00:10:31	00:18:06	00:27:03	00:34:33
30	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35
31	KNESZ Marek	460		M50-59		00:00:01	00:10:39	00:18:09	00:27:02	00:34:36

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
32	SEIFFERT Markus	400		M30-39	Koszulka Hynia	00:00:03	00:10:43	00:18:14	00:27:02	00:34:38
33	JASICA Mateusz	371		M16-19	KUSY Bukowno	00:00:01	00:10:42	00:18:13	00:27:02	00:34:39
34	DUŻNIAK Dominik	364		M30-39		00:00:02	00:10:39	00:18:11	00:27:06	00:34:41
35	WALCZYŃSKI Mariusz	408		M30-39	Niewybiegani	00:00:02	00:10:53	00:18:25	00:27:15	00:34:51
36	STARZYCKI Przemysław	402		M20-29	KB MCKIS Jaworzno	00:00:02	00:10:34	00:18:17	00:27:13	00:34:57
37	FIRLA Arkadiusz	365		M40-49		00:00:02	00:10:42	00:18:17	00:27:13	00:34:58
38	KUBIK Arkadiusz	464		M40-49	Dystans Lubomia	00:00:02	00:10:46	00:18:23	00:27:17	00:34:58
39	OSETEK Paweł	392		M30-39	Radlinioki w biegu	00:00:01	00:10:45	00:18:36	00:27:26	00:35:07
40	JARCO Dominik	370		M20-29		00:00:01	00:10:28	00:18:16	00:27:32	00:35:08
41	GIŻYŃSKI Damian	366		M30-39	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44	00:35:11
42	KAŁUŻNY Adam	372		M30-39	SOCIOS SILESIA	00:00:02	00:10:47	00:18:28	00:27:27	00:35:14
43	ZYGMA Kordian	414		M20-29		00:00:01	00:10:51	00:18:31	00:27:38	00:35:18
44	NIEMIEC Mirek	487		M50-59	Olza Cieszyn	00:00:01	00:10:41	00:18:29	00:27:31	00:35:18
45	WOWRY Klaudiusz	410		M16-19	Olza Cieszyn	00:00:00	00:10:57	00:18:38	00:27:41	00:35:24
46	SZKODA Dariusz	405		M30-39	SOCIOS SILESIA	00:00:02	00:10:59	00:18:39	00:27:41	00:35:26
47	RĘBISZ Mariusz	398		M40-49		00:00:01	00:11:09	00:18:49	00:27:49	00:35:31
48	CHRAPKIEWICZ Michał	360		M30-39	Olza Cieszyn	00:00:02	00:10:56	00:18:39	00:27:44	00:35:34
49	PRZYBYŁA Przemek	507		M40-49		00:00:01	00:11:08	00:18:52	00:27:51	00:35:41
50	ŻERDKA Michał	542		M30-39		00:00:03	00:11:04	00:18:49	00:28:06	00:35:48
51	MOLA Mateusz	485		M16-19	Olza Cieszyn	00:00:04	00:11:06	00:18:50	00:28:00	00:35:48
52	JASTRZĘBSKI Piotr	451		M30-39		00:00:02	00:11:03	00:18:50	00:27:57	00:35:50
53	KOGUCIUK Karol	377		M20-29	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50
54	FILIP Bartosz	437		M20-29	SOCIOS SILESIA	00:00:02	00:10:47	00:18:44	00:28:04	00:35:50
55	NOGA Krystian	488		M30-39	FORMA Wodzisław Śląski	00:00:04	00:11:11	00:18:59	00:28:05	00:35:51
56	ZIELIŃSKI Rafał	413		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03	00:35:52
57	MALINA Adam	477		M40-49		00:00:02	00:11:15	00:19:10	00:28:17	00:36:04
58	ADAMSKI Robert	353		M30-39	Brykająca Grupa Biegowa	00:00:03	00:11:38	00:19:34	00:28:38	00:36:14
59	MAROSZEK Szymon	480		M30-39		00:00:04	00:11:22	00:19:13	00:28:28	00:36:14
60	MENCEWICZ Paweł	484		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12	00:28:22	00:36:20
61	FURMAN Dawid	438		M30-39		00:00:04	00:11:31	00:19:26	00:28:38	00:36:21
62	SAMBAK Tadeusz	399		M50-59	Zadyszka Oświęcim	00:00:03	00:11:27	00:19:15	00:28:21	00:36:23
63	NIEŚŁONY Filip	390		M20-29	Nieślony Lizak	00:00:02	00:11:29	00:19:35	00:28:49	00:36:30
64	DZIARSKI Wiesław	436		M60-69		00:00:04	00:11:12	00:19:09	00:28:24	00:36:32
65	GRUDZIĘŃ Krzysztof	368		M40-49		00:00:03	00:11:07	00:19:04	00:28:32	00:36:35
66	ALBRECHT Arkadiusz	354		M40-49	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42
67	TRAFIAŁEK Miłosz	528		M30-39		00:00:04	00:11:16	00:19:16	00:28:46	00:36:46
68	OLBRICH Artur	391		M30-39		00:00:03	00:11:25	00:19:23	00:28:42	00:36:58
69	KAWCZYŃSKI Radosław	457		M30-39	Team URODZENI BIEGACZE	00:00:05	00:11:35	00:19:35	00:29:01	00:36:58
70	PALT Tomasz	499		M40-49		00:00:04	00:11:39	00:19:39	00:29:00	00:37:00
71	STUCHLIK Marek	520		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:11:35	00:19:39	00:29:01	00:37:00
72	KILJAN Mariusz	375		M40-49	KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26	00:28:52	00:37:01
73	WANTULOK Paweł	531		M20-29		00:00:05	00:11:37	00:19:35	00:29:00	00:37:03
74	BIAŁOŻYT Michał	422		M16-19		00:00:03	00:11:49	00:19:48	00:29:01	00:37:07
75	BEZUCH Paweł	421		M20-29		00:00:06	00:11:47	00:19:57	00:29:17	00:37:22
76	WOLNY Ariel	535		M30-39		00:00:06	00:11:47	00:19:46	00:29:19	00:37:24
77	SZPYRKA Sebastian	523		M20-29		00:00:02	00:11:45	00:19:51	00:29:15	00:37:27

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
78	SKIBA Ryszard	517		M40-49		00:00:05	00:11:36	00:19:42	00:29:20	00:37:27
79	BRYŁA Rafał	427		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27	00:37:29
80	MEREDYK Adrian	387		M30-39		00:00:02	00:11:17	00:19:26	00:29:05	00:37:30
81	LORANC Maciej	473		M50-59	NUTREND BIEGA	00:00:04	00:12:11	00:20:24	00:29:56	00:37:43
82	KNAPEK Łukasz	603		M20-29		00:00:11	00:11:58	00:20:07	00:29:35	00:37:44
83	CIECIAK Grzegorz	430		M40-49		00:00:09	00:11:55	00:20:08	00:29:40	00:37:54
84	KLYSZCZ Paweł	459		M20-29		00:00:04	00:11:35	00:19:49	00:29:33	00:37:57
85	SURWIŁO Sandro	521		M30-39		00:00:03	00:12:04	00:20:25	00:29:59	00:37:59
86	HEJNA Michał	587		M30-39	Koszulka Hynia	00:00:07	00:11:57	00:20:10	00:29:44	00:37:59
87	PAGIEŁA Łukasz	497		M30-39	Olza Cieszyn	00:00:01	00:12:04	00:20:30	00:30:06	00:38:04
88	BORCHERT Marcin	425		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:12:09	00:20:31	00:29:59	00:38:05
89	RYCHCZYŃSKI Jonatan	512		M20-29		00:00:13	00:11:58	00:20:20	00:30:02	00:38:05
90	NOWICKI Tomasz	491		M30-39	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40	00:38:08
91	MARCZAK Piotr	478		M30-39		00:00:05	00:11:30	00:19:47	00:29:39	00:38:11
92	SPYRKA Piotr	518		M30-39	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50	00:38:11
93	MALINOWSKI Krzysztof	386		M50-59		00:00:02	00:11:45	00:20:07	00:29:57	00:38:20
94	KOWAL Łukasz	609		M20-29		00:00:06	00:12:22	00:20:40	00:30:16	00:38:27
95	SIEGMUND Tadeusz	679		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31
96	PALKA Dawid	650		M40-49	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03	00:38:33
97	ADAMCZEWSKI Waldemar	543		M50-59	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13	00:38:34
98	HANKUS Łukasz	447		M30-39		00:00:07	00:11:49	00:19:52	00:29:43	00:38:37
99	MARTOWSKI Przemysław	481		M30-39		00:00:04	00:11:52	00:20:12	00:29:59	00:38:38
100	RESPONDEK Leszek	673		M30-39		00:00:08	00:12:09	00:20:30	00:30:13	00:38:38
101	TOKAREWICZ Damian	525		M30-39		00:00:09	00:11:55	00:20:08	00:29:54	00:38:38
102	RAJWA Jan	508		M30-39	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10	00:38:40
103	STACHOWSKI Ireneusz	519		M40-49	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13	00:38:41
104	WOWRY Grzegorz	409		M30-39	Olza Cieszyn	00:00:00	00:12:05	00:20:31	00:30:19	00:38:44
105	BIAŁECKI Tomasz	548		M40-49	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47
106	WRZECIONKOWSKI Adrian	536		M30-39		00:00:10	00:12:12	00:20:38	00:30:26	00:38:47
107	MAJ Przemysław	476		M30-39	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24	00:38:48
108	ROMIK Krzysztof	510		M40-49		00:00:07	00:12:06	00:20:26	00:30:13	00:38:48
109	BRZÓSKA Rafał	428		M40-49		00:00:05	00:12:10	00:20:42	00:30:33	00:38:51
110	BEREZOWSKI Tomasz	419		M30-39		00:00:10	00:12:04	00:20:21	00:30:14	00:38:54
111	PLEWNIA Dawid	661		M20-29		00:00:18	00:12:15	00:20:32	00:30:25	00:39:02
112	MROWIEC Bernard	640		M50-59		00:00:07	00:12:26	00:20:49	00:30:39	00:39:04
113	NIEŚŁONY Dominik	389		M20-29	Nieślony Lizak	00:00:02	00:12:05	00:20:38	00:30:34	00:39:07
114	GÓRSKI Michał	583		M20-29		00:00:08	00:12:24	00:20:50	00:30:40	00:39:07
115	KUŚ Tomasz	466		M30-39		00:00:12	00:12:20	00:20:48	00:30:39	00:39:11
116	PALIGA Rafał	498		M40-49		00:00:05	00:11:58	00:20:28	00:30:33	00:39:13
117	PIŁATOWSKI Andrzej	501		M50-59		00:00:03	00:12:09	00:20:39	00:30:43	00:39:14
118	KRUK Tomasz	462		M30-39	Athletics Nysa	00:00:06	00:12:07	00:20:25	00:30:30	00:39:14
119	SERAFIN Dariusz Izabela	514		M50-59	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49	00:39:17
120	GLAJCAR Tomasz	582		M40-49		00:00:12	00:12:29	00:21:05	00:30:56	00:39:24
121	TOMCZYK Maurycy	527		M30-39		00:00:04	00:12:33	00:21:07	00:31:01	00:39:25
122	PRZYBYŁA Tadeusz	805		M30-39		00:00:07	00:12:24	00:21:00	00:30:59	00:39:25
123	MAZUR Marek	482		M40-49		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
124	ZIELIŃSKI Ireneusz	540		M50-59		00:00:04	00:12:11	00:20:50	00:30:55	00:39:38
125	TŁOŁKA Michał	524		M30-39		00:00:07	00:12:02	00:20:28	00:30:37	00:39:38
126	ROEHRICH Krzysztof	509		M30-39		00:00:04	00:12:15	00:21:01	00:31:11	00:39:43
127	KUNINA Paweł	465		M40-49		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44
128	ŻUKROWSKI Krzysztof	718		M30-39		00:00:17	00:12:23	00:20:54	00:31:03	00:39:44
129	Kawecki Stanisław	601		M40-49	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00	00:39:46
130	BARAN Bartosz	417		M20-29		00:00:12	00:12:27	00:21:02	00:31:06	00:39:48
131	DEJEWSKI Jakub	433		M30-39	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01	00:39:48
132	RUCIŃSKI Krzysztof	676		M40-49		00:00:07	00:12:00	00:20:50	00:31:09	00:39:49
133	GADAJ Grzegorz	439		M30-39		00:00:04	00:12:00	00:20:39	00:31:00	00:39:52
134	SMOLIK Łukasz	897		M20-29	Olza Cieszyn	00:00:18	00:12:30	00:21:04	00:31:20	00:39:53
135	KUSY Rafał	622		M40-49	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04	00:40:00
136	ŁATKA Łukasz	626		M30-39		00:00:11	00:12:34	00:21:09	00:31:22	00:40:03
137	LAZAR Damian	624		M30-39		00:00:17	00:12:40	00:21:17	00:31:22	00:40:05
138	TOMCZYK Lesław	526		M50-59	Olza Cieszyn	00:00:08	00:12:29	00:21:08	00:31:23	00:40:06
139	LILLA Piotr	470		M30-39		00:00:04	00:11:52	00:20:50	00:31:19	00:40:07
140	KANCLERZ Tomasz	455		M40-49		00:00:06	00:12:31	00:21:15	00:31:26	00:40:09
141	KARPLEWICZ Andrzej	456		M50-59	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20	00:40:11
142	SIKORA Stefan	516		M70+		00:00:08	00:12:43	00:21:25	00:31:34	00:40:12
143	MICHALSKI Rafał	636		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22	00:40:14
144	MEŻYK Matik	635		M30-39	Koszulka Hynia	00:00:06	00:12:04	00:20:45	00:31:11	00:40:15
145	DUDZIK Sebastian	568		M30-39		00:00:15	00:12:33	00:21:17	00:31:27	00:40:16
146	LEŚNIAK Krzysztof	469		M40-49	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18
147	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
148	BUĆKO Marcin	553		M40-49	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48	00:40:27
149	OGIERMAN Grzegorz	494		M40-49	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39	00:40:27
150	KAMYCZEK Grzegorz	600		M40-49		00:00:20	00:12:53	00:21:37	00:31:44	00:40:27
151	GRZONKA Andrzej	446		M40-49	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28
152	KNYPS Adam	761		M40-49		00:00:18	00:12:55	00:21:39	00:31:46	00:40:29
153	ANTONCZYK Adam	544		M50-59		00:00:04	00:12:14	00:20:59	00:31:25	00:40:32
154	NIEDZIELA Stefan	486		M60-69		00:00:03	00:12:10	00:21:05	00:31:34	00:40:35
155	PAPUGA Dariusz	652		M50-59	Zadyszka Oświęcim	00:00:03	00:12:06	00:21:06	00:31:32	00:40:35
156	SZKATUŁA Henryk	688		M50-59	Koszulka Hynia	00:00:03	00:12:18	00:21:04	00:31:35	00:40:35
157	SZAREK Krzysztof	522		M30-39	BIEG PO ZDRÓJ	00:00:08	00:12:26	00:21:13	00:31:36	00:40:37
158	MUSZEWSKI Bartłomiej	642		M40-49	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37	00:40:38
159	CHRUSZCZ Wojciech	429		M30-39	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38	00:40:39
160	WOJAKOWSKI Krzysztof	533		M40-49		00:00:06	00:12:35	00:21:26	00:31:52	00:40:42
161	ŁYSEK Paweł	628		M40-49	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47
162	FLORKIEWICZ Sławomir	571		M50-59		00:00:08	00:12:24	00:21:13	00:31:50	00:40:48
163	KORCZ Daniel	461		M40-49	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52	00:40:49
164	GIGOŃ Dariusz	442		M50-59	KB MCKIS Jaworzno	00:00:08	00:12:29	00:21:30	00:32:07	00:40:50
165	GLINIECKI Bartłomiej	443		M40-49	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54	00:40:51
166	RZEPCHYŃSKI Wiesław	677		M70+		00:00:13	00:12:49	00:21:39	00:32:02	00:40:52
167	BIELA Rafał	423		M40-49		00:00:09	00:12:47	00:21:46	00:32:01	00:40:54
168	SMYCZEK Bartosz	898		M30-39		00:00:24	00:13:13	00:22:00	00:32:15	00:40:54
169	MACHEJ Remigiusz	629		M30-39	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55	00:40:55

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
170	BULANDA Andrzej	554		M40-49		00:00:05	00:12:31	00:21:20	00:32:06	00:40:58
171	KĄKOL Ryszard	458		M60-69		00:00:03	00:12:23	00:21:23	00:31:54	00:41:01
172	DOBROWOLSKI Sławek	435		M50-59		00:00:11	00:13:02	00:21:50	00:32:14	00:41:01
173	HIMEL Adrian	448		M20-29		00:00:03	00:12:07	00:20:59	00:31:44	00:41:07
174	JĘDRZEJAK Piotr	596		M40-49		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07
175	GRUDZIŃSKI Radosław	584		M30-39		00:00:06	00:12:54	00:21:54	00:32:20	00:41:09
176	WYREMBELSKI Adam	713		M20-29		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14
177	GAUDYN Andrzej	440		M30-39		00:00:11	00:13:23	00:22:23	00:32:38	00:41:16
178	PRZYBYSZ Ryszard	667		M50-59		00:00:14	00:12:40	00:21:40	00:32:12	00:41:17
179	BAC Michał	545		M40-49		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17
180	SZAREK Rafał	685		M40-49	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21	00:41:17
181	JOCHLIK Szymon	452		M30-39		00:00:07	00:12:15	00:21:13	00:32:03	00:41:24
182	MAŁECKI Jacek	631		M30-39		00:00:16	00:13:16	00:22:23	00:32:46	00:41:29
183	GÓRNY Mirek	367		M50-59		00:00:01	00:12:08	00:21:04	00:32:02	00:41:34
184	BURYBA Jacek	557		M30-39	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32	00:41:34
185	UCIEKLAK Waldemar	529		M50-59		00:00:08	00:12:40	00:21:41	00:32:31	00:41:38
186	KOWALSKI Robert	610		M50-59		00:00:09	00:12:46	00:21:51	00:32:33	00:41:41
187	STROF Marcin	683		M30-39		00:00:10	00:13:11	00:22:14	00:32:49	00:41:42
188	KUSTRA Józef	771		M50-59		00:00:02	00:12:35	00:21:36	00:32:30	00:41:43
189	BALICKI Piotr	546		M30-39		00:00:15	00:12:23	00:22:19	00:32:50	00:41:44
190	PRZELIORZ Oktawian	506		M30-39		00:00:14	00:13:20	00:22:27	00:33:04	00:41:47
191	PRZELIORZ Oktawian	666		M30-39		00:00:14	00:13:20	00:22:27	00:33:04	00:41:48
192	POŁEDNIK Tomasz	502		M40-49		00:00:09	00:12:36	00:21:44	00:32:36	00:41:49
193	PAWLAS Damian	796		M20-29		00:00:12	00:13:27	00:22:34	00:33:06	00:41:50
194	MAZURKIEWICZ Jarosław	483		M50-59		00:00:16	00:12:53	00:22:05	00:32:47	00:41:52
195	ZIĘTARA Paweł	717		M50-59		00:00:08	00:13:05	00:22:10	00:32:54	00:41:53
196	RADOMSKI Mariusz	670		M40-49		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53
197	ZIELIŃSKI Jacek	716		M30-39		00:00:14	00:13:08	00:22:20	00:32:50	00:41:54
198	LORENZ Marcin	474		M40-49	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55
199	IZYDORCZYK Robert	588		M40-49		00:00:09	00:12:50	00:21:56	00:32:42	00:41:58
200	WIERCIOCH Tomasz	706		M40-49		00:00:18	00:13:19	00:22:19	00:32:57	00:41:59
201	TRAWNICKI Maciej	695		M40-49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01
202	OPUCHLIK Roman	495		M30-39		00:00:03	00:13:18	00:22:45	00:33:40	00:42:02
203	ŁUSZCZYK Sergiusz	627		M30-39		00:00:09	00:12:57	00:22:00	00:32:51	00:42:07
204	SPRATEK Bartosz	814		M20-29		00:00:23	00:13:28	00:22:36	00:33:11	00:42:09
205	DOBRENIUK Krzysztof	434		M40-49		00:00:03	00:13:03	00:22:16	00:33:07	00:42:13
206	RĘBISZ Paweł	674		M40-49		00:00:19	00:13:40	00:22:56	00:33:26	00:42:13
207	KOŁEK Michał	763		M30-39		00:00:10	00:13:20	00:22:28	00:33:12	00:42:14
208	WOŹNIAK Przemysław	712		M30-39		00:00:15	00:13:56	00:23:09	00:33:38	00:42:28
209	TIDE Krzysztof	693		M20-29		00:00:22	00:13:29	00:22:43	00:33:25	00:42:31
210	OGIEGŁO Łukasz	493		M30-39		00:00:09	00:12:46	00:22:05	00:33:01	00:42:32
211	KACZMAREK Jacek	453		M30-39	GRUBIORZE LOTAJOM	00:00:12	00:13:27	00:22:38	00:33:28	00:42:37
212	GÓRECKI Wojciech	744		M30-39		00:00:13	00:12:53	00:22:04	00:33:20	00:42:39
213	PIŁATOWSKI Mirosław	660		M50-59	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17	00:42:41
214	BORYCZKA Szymon	426		M30-39		00:00:11	00:12:50	00:22:15	00:33:12	00:42:41
215	MAGOŃ Marcin	630		M40-49		00:00:23	00:13:12	00:22:29	00:33:26	00:42:42

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
216	KUŚ Dawid	623		M30-39		00:00:05	00:13:20	00:22:29	00:33:20	00:42:44
217	FROSZTĘGA Daniel	574		M30-39		00:00:19	00:13:24	00:22:32	00:33:26	00:42:47
218	JANECKI Mateusz	591		M20-29	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48
219	KRZYSTAŁA Paweł	615		M20-29		00:00:11	00:13:46	00:23:09	00:33:51	00:42:52
220	GROMEK Michał	444		M20-29		00:00:04	00:13:03	00:22:33	00:33:35	00:42:55
221	MIKA Łukasz	637		M30-39		00:00:12	00:13:21	00:22:41	00:33:37	00:42:56
222	KUBERA Dawid	463		M30-39		00:00:10	00:13:18	00:22:34	00:33:41	00:42:57
223	KIEPIELA Dawid	941		M30-39	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48	00:42:58
224	TYTKO Bartłomiej	698		M40-49		00:00:04	00:12:44	00:22:04	00:33:23	00:42:59
225	KUBALA Jan	861		M30-39		00:00:14	00:13:28	00:22:45	00:33:43	00:42:59
226	BAKOWSKI Michał	547		M30-39		00:00:17	00:13:34	00:22:55	00:33:42	00:42:59
227	BRANDYS Adam	551		M30-39		00:00:13	00:13:29	00:22:43	00:33:41	00:43:00
228	LIZAK Krzysztof	472		M40-49	Niesłony Lizak	00:00:07	00:13:13	00:22:36	00:33:34	00:43:01
229	CHROBOK Michał	561		M30-39	RunPatola	00:00:16	00:13:31	00:22:50	00:33:42	00:43:02
230	DOCZEKALSKI Jarek	565		M40-49	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02
231	TESSMER Tomasz	692		M20-29		00:00:18	00:13:46	00:22:58	00:33:49	00:43:04
232	ŻELECH Grzegorz	920		M30-39	PoWoli do Celu	00:00:11	00:12:50	00:22:19	00:33:34	00:43:05
233	OGRODNIK Damian	644		M30-39		00:00:14	00:13:19	00:22:30	00:33:33	00:43:05
234	ONAK Paweł	645		M30-39		00:00:20	00:13:13	00:22:38	00:33:42	00:43:05
235	OWCZAREK Paweł	648		M40-49		00:00:17	00:13:28	00:22:50	00:33:50	00:43:09
236	MALIK Rafał	385		M30-39		00:00:04	00:13:03	00:22:14	00:33:34	00:43:10
237	WIŚNIEWSKI Szymon	709		M40-49		00:00:11	00:13:18	00:22:38	00:34:00	00:43:10
238	PIECHOCKI Piotr	656		M40-49		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11
239	NANTKA Witek	785		M40-49	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01	00:43:11
240	CHRAPKIEWICZ Marek	560		M30-39	Aktywna Pszczyna Runners Team	00:00:04	00:13:18	00:22:44	00:33:40	00:43:12
241	MACH Sebastian	866		M30-39		00:00:26	00:13:47	00:23:07	00:34:01	00:43:14
242	POŁOWCZUK Krzysztof	665		M20-29		00:00:13	00:13:57	00:23:37	00:34:20	00:43:16
243	JÓZEFIAK Rafał	597		M40-49	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14	00:43:17
244	HARAZIN Janusz	586		M30-39		00:00:11	00:13:44	00:23:11	00:34:10	00:43:18
245	FOKS Damian	572		M50-59		00:00:12	00:13:43	00:23:07	00:34:05	00:43:18
246	PIECZARA Błażej	657		M40-49	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08	00:43:19
247	WALA Marek	823		M40-49		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30
248	WOLLNY Kamil	534		M20-29	Eko-Okna Runners	00:00:10	00:13:51	00:23:21	00:34:15	00:43:31
249	ZELEK Adam	979		M40-49		00:00:34	00:13:32	00:23:06	00:34:03	00:43:31
250	JEZIERSKI Krzysztof	594		M40-49		00:00:19	00:13:51	00:23:16	00:34:21	00:43:43
251	CZAPOROWSKI Tomasz	431		M30-39		00:00:25	00:14:11	00:23:44	00:34:39	00:43:44
252	JAKUBCZYK Jacek	449		M40-49		00:00:10	00:13:24	00:22:48	00:34:08	00:43:49
253	RUBIN Andrzej	511		M40-49	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11	00:43:50
254	WIELOPOLSKI Łukasz	705		M20-29		00:00:18	00:14:15	00:23:51	00:34:45	00:43:51
255	WIŚNIEWSKI Przemysław	708		M30-39		00:00:23	00:13:35	00:23:06	00:34:22	00:43:54
256	LELENIEWSKI Jacek	625		M30-39		00:00:15	00:13:42	00:23:11	00:34:19	00:43:58
257	PIETRASZ Krzysztof	658		M30-39		00:00:17	00:13:30	00:22:49	00:34:02	00:43:58
258	URBASIK Mariusz	700		M50-59		00:00:10	00:13:42	00:23:13	00:34:27	00:44:02
259	BURAS Roman	555		M50-59		00:00:25	00:14:58	00:24:32	00:35:24	00:44:06
260	MOTOWIDŁO Tomasz	638		M40-49		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07
261	URBAN Patryk	699		M20-29		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
262	PETRYNA Bartosz	655		M30-39	KB MCKIS Jaworzno	00:00:11	00:13:33	00:23:07	00:34:20	00:44:11
263	NIEMCZYK Rafał	643		M30-39		00:00:08	00:14:03	00:23:25	00:34:32	00:44:13
264	CIESIELSKI Dariusz	563		M50-59		00:00:10	00:13:53	00:23:33	00:34:55	00:44:18
265	CEMPA Jacek	559		M40-49		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18
266	KLINGER Alan	602		M30-39		00:00:19	00:13:44	00:23:23	00:34:39	00:44:21
267	APOSTOLSKI Wojciech	416		M40-49	PoWoli do Celu	00:00:09	00:13:29	00:23:06	00:34:28	00:44:22
268	POJDA Grzegorz	664		M40-49		00:00:15	00:13:28	00:23:03	00:34:35	00:44:23
269	URBASIK Daniel	909		M30-39		00:00:27	00:14:21	00:24:08	00:34:57	00:44:23
270	KORZENIOWSKI Mateusz	607		M20-29		00:00:13	00:13:56	00:23:40	00:34:47	00:44:24
271	PERLIKOWSKI Kamil	885		M20-29		00:00:09	00:14:05	00:23:43	00:35:00	00:44:28
272	ZAWADA Sebastian	715		M40-49	Klub Biegacza Fartlek	00:00:21	00:13:59	00:23:18	00:34:47	00:44:28
273	WOJCIECH Jarosław	832		M30-39		00:00:11	00:14:02	00:23:44	00:35:02	00:44:29
274	WANDZEL Tomasz	824		M30-39		00:00:13	00:14:03	00:23:38	00:34:51	00:44:31
275	BYSTRYKOWSKI Marcin	558		M40-49		00:00:13	00:13:41	00:23:18	00:34:40	00:44:35
276	JESIONEK Krzysztof	593		M30-39		00:00:13	00:14:16	00:23:57	00:35:07	00:44:36
277	KUCZERA Marek	617		M40-49	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09	00:44:39
278	MARON Tomasz	479		M30-39		00:00:23	00:14:06	00:23:33	00:34:55	00:44:43
279	SKRZYPCZAK Dawid	895		M16-19		00:00:25	00:14:27	00:24:17	00:35:29	00:44:48
280	GORZELAK Zbigniew	515		M40-49		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52
281	KAMIŃSKI Zbigniew	599		M30-39		00:00:13	00:14:12	00:24:01	00:35:18	00:44:52
282	SZYMAŃSKI Piotr	690		M40-49	Klub Biegacza MOSiR Jastrzębie	00:00:11	00:13:41	00:23:23	00:35:01	00:44:55
283	RYBAK Tomasz	892		M30-39		00:00:12	00:13:44	00:23:29	00:35:07	00:45:01
284	MARCHEWKA Bartosz	632		M30-39		00:00:11	00:13:58	00:23:45	00:35:19	00:45:06
285	MROCZKOWSKI Tomasz	639		M40-49		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07
286	PODKOWIK Marcin	663		M30-39		00:00:18	00:14:04	00:23:58	00:35:24	00:45:08
287	JACH Marek	589		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:08	00:13:21	00:23:16	00:35:03	00:45:09
288	PŁONKA Krzysztof	886		M50-59		00:00:11	00:13:58	00:23:50	00:35:19	00:45:09
289	WOJNAR Janusz	711		M30-39		00:00:22	00:14:02	00:23:50	00:35:19	00:45:10
290	BRACHMAŃSKI Dariusz	841		M50-59		00:00:14	00:14:23	00:24:07	00:35:43	00:45:12
291	OLSZYNA Mirosław	788		M40-49		00:00:16	00:14:18	00:24:04	00:35:27	00:45:13
292	BURDA Marcin	731		M40-49	Gwiezdna Flota	00:00:10	00:13:53	00:23:48	00:35:25	00:45:15
293	JASIŃSKI Maksymilian	592		M50-59		00:00:22	00:14:07	00:23:57	00:35:35	00:45:18
294	PIDANTY Łukasz	797		M30-39		00:00:23	00:14:11	00:24:20	00:35:56	00:45:18
295	GAŁKIEWICZ Michał	577		M40-49		00:00:09	00:14:22	00:24:10	00:35:38	00:45:21
296	OSZCZĘDA Bartosz	790		M20-29		00:00:19	00:14:32	00:24:22	00:35:53	00:45:24
297	WASILEWSKI Mateusz	702		M20-29	Bziegacze	00:00:05	00:13:20	00:23:25	00:35:36	00:45:27
298	POCZĄTEK Damian	662		M20-29		00:00:09	00:14:18	00:24:12	00:35:48	00:45:27
299	GOTTMAN Bogusław	854		M50-59		00:00:25	00:14:12	00:24:07	00:35:40	00:45:27
300	PAŁKA Krzysztof	651		M40-49		00:00:09	00:14:00	00:23:56	00:35:33	00:45:29
301	SKĘCZEK Arkadiusz	680		M40-49		00:00:10	00:13:51	00:23:44	00:35:22	00:45:29
302	URGACZ Mirosław	822		M40-49		00:00:11	00:13:56	00:23:47	00:35:35	00:45:29
303	FILIKS Leszek	931		M40-49		00:00:28	00:14:35	00:24:30	00:35:57	00:45:29
304	PETRYKOWSKI Grzegorz	654		M50-59		00:00:09	00:14:10	00:24:00	00:35:43	00:45:31
305	WAWRÓW Mirosław	826		M30-39		00:00:22	00:14:19	00:24:10	00:35:44	00:45:31
306	RAJWA Stanisław	807		M20-29		00:00:19	00:14:04	00:23:41	00:35:36	00:45:32
307	PRZYBYŁA Tomasz	806		M40-49		00:00:07	00:14:03	00:24:10	00:35:52	00:45:34

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
308	ADAMCZYK Andrzej	719		M40-49		00:00:27	00:14:10	00:23:57	00:35:45	00:45:37
309	KUCHARCZYK Mateusz	770		M30-39		00:00:06	00:13:47	00:23:45	00:35:32	00:45:39
310	FOKS Marcin	573		M30-39		00:00:12	00:13:41	00:23:44	00:35:32	00:45:42
311	BOTOREK Michał	550		M30-39		00:00:16	00:14:30	00:24:29	00:36:01	00:45:42
312	KOWAL Jakub	608		M16-19		00:00:06	00:13:19	00:23:22	00:35:24	00:45:43
313	BIŁKO Sławek	730		M40-49		00:00:15	00:14:03	00:23:56	00:35:45	00:45:46
314	PARTYKA Karol	794		M30-39		00:00:13	00:13:59	00:23:48	00:35:43	00:45:48
315	GAWLAS Krzysztof	578		M30-39		00:00:17	00:13:43	00:23:46	00:35:53	00:45:50
316	BRAUNER Wojciech	552		M30-39		00:00:21	00:14:34	00:24:33	00:36:09	00:45:57
317	NOWAK Ryszard	787		M60-69		00:00:21	00:14:27	00:24:20	00:35:55	00:45:58
318	BARAN Ryszard	722		M50-59		00:00:24	00:14:25	00:24:16	00:35:47	00:46:01
319	KUBICA Tadeusz	862		M50-59		00:00:24	00:14:33	00:24:27	00:36:07	00:46:03
320	ŻALIŃSKI Zbigniew	835		M50-59		00:00:17	00:14:33	00:24:33	00:36:12	00:46:05
321	SZCZEPANIAK Kamil	817		M20-29		00:00:22	00:14:24	00:24:32	00:36:19	00:46:05
322	WISEŁKA Andrzej	707		M40-49	Radlinioki w biegu	00:00:15	00:14:42	00:24:45	00:36:37	00:46:08
323	SZCZOTKA Arkadiusz	818		M40-49		00:00:23	00:14:21	00:24:21	00:36:06	00:46:09
324	HEJNA Artur	856		M40-49	Radlinioki w biegu	00:00:17	00:14:20	00:24:24	00:36:15	00:46:10
325	KAMIŃSKI Radek	598		M30-39		00:00:24	00:14:53	00:25:00	00:36:40	00:46:11
326	BURNAGIEL Tomasz	556		M50-59		00:00:14	00:14:57	00:25:11	00:36:56	00:46:21
327	MAZUR Dariusz	869		M30-39		00:00:19	00:14:20	00:24:29	00:36:11	00:46:21
328	DROBINA Jakub	735		M20-29		00:00:22	00:14:14	00:24:10	00:36:07	00:46:22
329	GIERULA Artur	740		M30-39		00:00:16	00:14:34	00:24:38	00:36:39	00:46:26
330	PACH Janusz	496		M40-49		00:00:22	00:14:32	00:24:29	00:36:35	00:46:26
331	FURMANIUK Artur	576		M40-49		00:00:09	00:13:42	00:23:51	00:35:51	00:46:27
332	KROCZEK Przemysław	766		M20-29		00:00:17	00:14:31	00:24:37	00:36:22	00:46:29
333	SZEREDA Robert	687		M40-49		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32
334	LIZAK Grzegorz	471		M30-39	Niesłony Lizak	00:00:04	00:14:09	00:24:05	00:36:01	00:46:33
335	KARAWACKI Grzegorz	758		M30-39		00:00:22	00:14:59	00:25:18	00:37:05	00:46:34
336	STREIT Mariusz	682		M40-49		00:00:24	00:14:11	00:24:22	00:36:24	00:46:38
337	KULAWIAK Bogdan	620		M50-59		00:00:23	00:14:38	00:24:47	00:36:36	00:46:40
338	PALUCHIEWICZ Szymon	882		M40-49		00:00:11	00:14:30	00:24:39	00:36:27	00:46:41
339	TORBIŃSKI Wiesław	820		M60-69		00:00:16	00:14:24	00:24:31	00:36:30	00:46:43
340	MISIAK Piotr	783		M40-49		00:00:13	00:14:30	00:24:49	00:36:49	00:46:48
341	STARCZEWSKI Marcin	815		M30-39		00:00:17	00:14:36	00:24:48	00:36:39	00:46:51
342	KAPTUR Wojciech	756		M70+		00:00:18	00:14:40	00:24:42	00:36:46	00:46:51
343	SZCZEPANIAK Aleksander	686		M50-59		00:00:10	00:14:16	00:24:15	00:36:26	00:46:55
344	KORBUS Piotr	764		M30-39		00:00:26	00:14:53	00:25:08	00:36:59	00:46:57
345	JANKO Kamil	751		M30-39		00:00:16	00:14:35	00:24:43	00:36:45	00:46:58
346	ŚPIEWAK Marek	691		M30-39		00:00:17	00:14:31	00:24:47	00:36:53	00:47:01
347	RYBAK Remigiusz	891		M30-39		00:00:12	00:14:32	00:24:50	00:36:52	00:47:05
348	NOWAK Krzysztof	490		M40-49		00:00:06	00:14:34	00:24:36	00:36:50	00:47:15
349	SZCZECH Krzysztof	816		M40-49		00:00:02	00:14:02	00:24:46	00:37:18	00:47:16
350	POŁĘĆ Krzysztof	802		M30-39	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56	00:47:18
351	WIDENKA Robert	704		M30-39		00:00:14	00:13:57	00:23:54	00:36:21	00:47:29
352	GĄSOWSKI Szymon	851		M30-39		00:00:29	00:15:18	00:25:35	00:37:26	00:47:33
353	ZIELIŃSKI Andrzej	539		M30-39	Eko-Okna Runners	00:00:19	00:15:14	00:25:40	00:37:47	00:47:35

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
354	GANDZEL Szymon	581		M30-39		00:00:23	00:14:55	00:25:14	00:37:16	00:47:35
355	PANNEK Marcin	793		M30-39		00:00:16	00:15:13	00:25:39	00:37:42	00:47:39
356	ZAWADZKI Tyberiusz	834		M40-49		00:00:13	00:14:21	00:24:40	00:36:57	00:47:41
357	CHOLAJDA Roman	733		M40-49		00:00:22	00:15:11	00:25:29	00:37:34	00:47:42
358	PASZKOWSKI Cezary	883		M40-49	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25	00:47:42
359	JĘDRYKA Sebastian	595		M40-49		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45
360	KONCKI Andrzej	605		M40-49		00:00:31	00:15:07	00:25:36	00:37:39	00:47:47
361	ZAWADA Jakub	915		M40-49		00:00:19	00:14:56	00:26:13	00:37:52	00:47:50
362	ORAWSKI Robert	789		M60-69		00:00:22	00:15:09	00:25:19	00:37:30	00:47:54
363	BILIŃSKI Marcin	729		M30-39		00:00:19	00:14:58	00:25:23	00:37:41	00:47:57
364	LUBSZCZYK Adrian	774		M30-39	Decathlon & Przyjaciele	00:00:19	00:15:02	00:25:36	00:37:43	00:47:57
365	TOCHOWICZ Bartosz	694		M50-59	Olza Cieszyn	00:00:20	00:14:46	00:25:18	00:37:29	00:47:57
366	ROZMUS Wojciech	890		M40-49	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22	00:48:00
367	MAZUR Mariusz	870		M30-39		00:00:20	00:14:21	00:24:42	00:37:18	00:48:00
368	POŁOMSKI Jerzy	887		M40-49		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00
369	JANCZUKOWICZ Łukasz	750		M30-39		00:00:27	00:15:58	00:26:18	00:38:18	00:48:04
370	KOZIEŁ Dariusz	765		M50-59		00:00:29	00:14:57	00:25:20	00:37:39	00:48:05
371	SOSNA Mariusz	903		M40-49		00:00:14	00:15:34	00:26:18	00:38:33	00:48:10
372	POŁOMSKI Dawid	803		M30-39		00:00:35	00:14:40	00:25:14	00:37:47	00:48:10
373	SOBAŃSKI Mateusz	899		M20-29		00:00:25	00:15:21	00:25:48	00:38:12	00:48:24
374	LANDZIŃSKI Jacek	865		M30-39		00:00:15	00:15:30	00:26:15	00:38:14	00:48:29
375	ŚWIERKOT Przemek	143		M40-49		00:00:14	00:15:30	00:26:09	00:38:14	00:48:30
376	LECHOWICZ Tadeusz	772		M50-59		00:00:20	00:15:10	00:25:41	00:38:00	00:48:31
377	PAJĄCZKOWSKI Michał	879		M30-39		00:00:15	00:15:01	00:25:31	00:38:05	00:48:32
378	CZARNOTA Leszek	845		M40-49		00:00:23	00:15:16	00:25:51	00:38:07	00:48:36
379	GRZEŚ Krzysztof	746		M50-59		00:00:15	00:14:40	00:25:35	00:38:04	00:48:39
380	KRÓLIK Arkadiusz	768		M40-49	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42
381	RASZKA Janusz	808		M50-59	Olza Cieszyn	00:00:20	00:15:26	00:26:03	00:38:28	00:48:58
382	PIŻGAŁA Kordian	799		M20-29		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00
383	WILCZOK Daniel	831		M30-39		00:00:17	00:15:06	00:26:01	00:38:24	00:49:01
384	SOJ Przemysław	813		M40-49		00:00:28	00:15:06	00:25:36	00:38:12	00:49:07
385	GUT Zbigniew	748		M30-39		00:00:22	00:15:19	00:25:52	00:38:37	00:49:12
386	DOMASZK Paweł	566		M20-29		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13
387	WEYGAND Patryk	703		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:14
388	SKIBA Maciej	894		M30-39		00:00:26	00:15:07	00:26:00	00:38:46	00:49:16
389	PAWĘZOWSKI Jacek	884		M50-59		00:00:22	00:15:04	00:25:34	00:38:22	00:49:17
390	MUSIAŁ Łukasz	874		M30-39	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:18
391	WIEJACZ Wiejacz	828		M30-39		00:00:25	00:15:11	00:25:52	00:38:48	00:49:19
392	ĆMIL Marek	928		M40-49		00:00:16	00:15:02	00:26:15	00:39:03	00:49:22
393	BAJOR Paweł	837		M30-39		00:00:15	00:15:02	00:26:09	00:39:02	00:49:30
394	KAWIK Janusz	759		M40-49		00:00:06	00:15:49	00:26:39	00:39:25	00:49:31
395	GÓRALSKI Jarosław	855		M50-59		00:00:08	00:15:06	00:25:58	00:38:54	00:49:35
396	MATUSZEK Tomasz	781		M40-49	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14	00:49:35
397	ANTOŃCZYK Przemysław	720		M30-39		00:00:19	00:15:32	00:26:17	00:38:58	00:49:41
398	TOMASICZEK Dawid	972		M20-29		00:00:21	00:15:12	00:26:00	00:38:55	00:49:47
399	NOWAK Patryk	786		M20-29	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
400	FRĄTCZAK Bartosz	850		M30-39	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39	00:49:55
401	ZABIEGLIŃSKI Andrzej	714		M30-39	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57	00:49:56
402	BIELICH Adrian	728		M30-39	Alkoteam Rybnik	00:00:07	00:14:57	00:26:02	00:39:28	00:50:03
403	JAGIEŁA Marcin	857		M40-49		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06
404	WILSZ Adam	911		M40-49		00:00:16	00:16:22	00:27:22	00:40:16	00:50:08
405	KUBULUS Tomasz	863		M40-49		00:00:25	00:15:10	00:25:57	00:39:05	00:50:08
406	SŁOWIŃSKI Jacek	963		M30-39		00:00:27	00:15:57	00:26:42	00:39:34	00:50:13
407	GŁADYSZ Leszek	741		M40-49		00:00:15	00:16:23	00:27:23	00:40:17	00:50:16
408	SLADECZEK Jarek	896		M40-49		00:00:27	00:15:10	00:26:09	00:39:29	00:50:18
409	ŚMIETANA Grzegorz	819		M40-49		00:00:14	00:14:56	00:25:34	00:38:59	00:50:21
410	SZCZUCHNIAK Grzegorz	969		M40-49		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21
411	SKĘCZEK Marcin	811		M40-49		00:00:18	00:15:25	00:26:19	00:39:15	00:50:22
412	JASIŃSKI Krzysztof	858		M30-39		00:00:24	00:15:06	00:26:11	00:39:22	00:50:24
413	BOŚ Przemysław	549		M30-39	KB MCKIS Jaworzno	00:00:19	00:15:08	00:25:24	00:38:29	00:50:25
414	JASZCZYK Łukasz	937		M30-39		00:00:18	00:15:14	00:26:02	00:38:59	00:50:32
415	GÓRECKI Adam	743		M20-29		00:00:28	00:15:35	00:26:37	00:39:44	00:50:32
416	PALA Mariusz	792		M30-39		00:00:15	00:14:44	00:25:47	00:39:13	00:50:37
417	ZAWIERUCHA Aleksander	916		M50-59	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:16:06	00:27:09	00:39:54	00:50:38
418	MALISZEWSKI Marcin	779		M30-39		00:00:22	00:14:59	00:25:35	00:38:58	00:50:44
419	MALISZEWSKI Dariusz	778		M30-39		00:00:22	00:15:00	00:25:35	00:38:58	00:50:44
420	BORUCKI Darek	840		M40-49		00:00:24	00:15:46	00:26:51	00:39:47	00:50:49
421	KULA Radosław	864		M30-39		00:00:08	00:15:02	00:26:07	00:39:39	00:50:51
422	HUCHRO Tomasz	749		M20-29		00:00:12	00:15:39	00:26:41	00:39:41	00:50:51
423	SUBIK Tomasz	684		M30-39		00:00:19	00:15:06	00:25:51	00:39:04	00:50:52
424	PIÓR Krzysztof	798		M40-49		00:00:16	00:15:28	00:26:35	00:39:52	00:50:55
425	CHROBOK Gerard	844		M50-59	Olza Cieszyn	00:00:12	00:15:44	00:26:58	00:40:00	00:50:57
426	KOZACZKA Włodzimierz	611		M40-49		00:00:29	00:16:06	00:27:13	00:40:05	00:50:57
427	METLAK Piotr	980		M40-49		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58
428	ZMUDA Dariusz	918		M40-49		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10
429	OGIERMAN Mariusz	876		M20-29		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13
430	PRZYBYŁA Krystian	804		M20-29		00:00:18	00:15:53	00:27:07	00:40:33	00:51:15
431	GMYREK Michał	853		M40-49		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17
432	ĆWIOK Marek	929		M40-49		00:00:16	00:16:22	00:27:22	00:40:18	00:51:19
433	DURAJ Dariusz	848		M30-39	WKURW_TEAM	00:00:16	00:15:53	00:26:53	00:40:15	00:51:31
434	GOIK Damian	742		M20-29	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53	00:51:32
435	KUŚKA Tadeusz	952		M30-39		00:00:29	00:15:45	00:26:57	00:40:12	00:51:35
436	STEKLA Bartłomiej	904		M20-29		00:00:14	00:15:02	00:26:11	00:39:53	00:51:43
437	MAKOWSKI Grzegorz	867		M20-29		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43
438	SOBIERAJSKI Przemek	812		M40-49		00:00:24	00:16:05	00:27:11	00:40:22	00:51:43
439	KUBIENIEC Grzegorz	769		M40-49		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45
440	BRYŚ Sebastian	842		M40-49		00:00:21	00:15:58	00:27:10	00:40:23	00:51:46
441	PAJĄK Paweł	880		M40-49		00:00:16	00:15:25	00:26:46	00:40:16	00:51:48
442	KMIECIAK Bogdan	942		M40-49		00:00:28	00:16:21	00:27:14	00:40:33	00:51:54
443	FELSKI Krzysztof	849		M30-39		00:00:25	00:15:37	00:26:58	00:40:35	00:52:00
444	JESIONEK Bogusław	939		M50-59		00:00:27	00:16:22	00:27:47	00:41:08	00:52:08
445	OSIEWACZ Zbigniew	877		M30-39		00:00:18	00:16:03	00:27:18	00:40:44	00:52:09

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
446	BARANKIEWICZ Irek	724		M40-49		00:00:24	00:15:50	00:26:59	00:40:42	00:52:15
447	WILCZEK Marek	830		M40-49		00:00:22	00:15:56	00:27:12	00:40:47	00:52:21
448	KONOPKA Jarosław	945		M50-59		00:00:26	00:16:40	00:28:19	00:41:24	00:52:23
449	ŻYŁA Wojciech	921		M30-39		00:00:24	00:15:41	00:27:24	00:41:03	00:52:28
450	WICKOWSKI Michał	827		M20-29		00:00:20	00:16:53	00:28:11	00:41:23	00:52:30
451	PAJĄK Marcin	791		M20-29		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36
452	KRAMER Piotr	860		M40-49		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44
453	BARAN Dawid	838		M30-39		00:00:26	00:15:20	00:26:47	00:40:43	00:52:45
454	WOWRA Robert	914		M30-39		00:00:32	00:16:22	00:27:52	00:41:24	00:52:47
455	GUJA Bogusław	747		M60-69		00:00:12	00:16:44	00:28:13	00:41:50	00:52:53
456	KOTERYNA Janusz	859		M60-69		00:00:23	00:16:51	00:28:12	00:41:44	00:53:01
457	WOLIŃSKI Józef	913		M50-59		00:00:23	00:16:31	00:27:51	00:41:25	00:53:03
458	JELEŃ Michał	938		M20-29		00:00:14	00:14:57	00:26:22	00:40:28	00:53:05
459	PYZIK Marcin	888		M40-49	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06
459	PAWŁOWSKI Rafał	958		M20-29		00:00:27	00:17:12	00:29:06	00:42:32	00:53:27
461	MARCINIAK Artur	780		M50-59		00:00:29	00:16:27	00:28:27	00:41:53	00:53:30
462	SŁOWIŃSKI Kamil	964		M30-39		00:00:28	00:17:16	00:29:07	00:42:57	00:53:51
463	KRÓL Michał	767		M40-49		00:00:05	00:15:28	00:27:13	00:41:43	00:53:52
464	DRĄG Rafał	847		M30-39		00:00:26	00:16:46	00:28:31	00:42:15	00:53:59
465	CIEŚLA Adam	564		M40-49	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29	00:54:05
466	MROZEK Maciej	784		M40-49		00:00:24	00:16:16	00:27:30	00:41:52	00:54:07
467	PIETRZYK Marek	959		M60-69		00:00:25	00:17:00	00:28:45	00:42:44	00:54:17
468	MORAWSKI Janusz	873		M40-49		00:00:25	00:16:35	00:28:17	00:42:24	00:54:23
469	FLASZ Dawid	738		M40-49		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27
470	BARTOS Grzegorz	725		M20-29		00:00:21	00:16:57	00:28:58	00:43:07	00:54:29
471	BUCZAK Łukasz	926		M30-39		00:00:07	00:14:45	00:27:26	00:42:23	00:54:34
472	MARON Tadeusz	633		M30-39		00:00:23	00:16:14	00:28:03	00:41:47	00:54:35
473	LEJKOWSKI Sebastian	953		M30-39		00:00:30	00:17:21	00:29:08	00:42:55	00:54:37
474	STEFAŃSKI Piotr	967		M40-49		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40
475	ZIMNY Ireneusz	917		M40-49		00:00:20	00:16:52	00:28:59	00:43:05	00:54:44
476	SOBEK Mariusz	901		M30-39		00:00:27	00:16:24	00:28:02	00:42:18	00:54:46
477	CIEŚLA Artur	734		M30-39		00:00:26	00:15:57	00:27:58	00:42:31	00:54:50
478	WOLIŃSKI Dariusz	912		M40-49		00:00:28	00:16:40	00:28:48	00:43:06	00:55:06
479	MICUDA Jan	955		M60-69		00:00:28	00:17:01	00:28:56	00:43:05	00:55:10
480	PAJESTKA Marek	881		M40-49	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14	00:55:11
481	CZAPSKI Janusz	927		M40-49		00:00:29	00:16:29	00:28:23	00:42:51	00:55:20
482	SOSNA Daniel	966		M20-29		00:00:31	00:18:00	00:29:45	00:44:27	00:55:27
483	DYL Ireneusz	736		M40-49		00:00:21	00:17:24	00:29:31	00:44:10	00:55:46
484	POSTUPALSKI Marcin	962		M40-49		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59
485	KRZYSTOLIK Damian	948		M30-39		00:00:26	00:17:10	00:29:15	00:43:46	00:56:06
486	SZEFER Bartłomiej	970		M40-49		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09
487	GIL Krzysztof	935		M50-59		00:00:25	00:17:34	00:29:44	00:44:05	00:56:13
488	UKLEJA Sebastian	821		M40-49		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16
489	STOCHNIJ Karol	905		M30-39		00:00:26	00:17:17	00:29:14	00:43:41	00:56:17
490	KRETEK Krzysztof	336	CE PROGRESS	M40-49		00:00:28	00:16:54	00:29:04	00:43:58	00:56:34
491	MOCHNACZ Patryk	956		M40-49		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55

Place	Participant	Number	Club	Category	Drużyna	Start time	2.9km	5km	7.3km	9.4km
492	CHMIEL Jacek	732		M60-69		00:00:28	00:17:45	00:30:17	00:44:41	00:57:13
493	SOBIERAJ Paweł	902		M40-49		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15
494	KRAJEWSKI Damian	946		M50-59	BIEG PO ZDRÓJ	00:00:29	00:17:42	00:30:10	00:45:08	00:57:41
495	OGRODNIK Sebastian	957		M30-39		00:00:14	00:17:26	00:30:13	00:45:06	00:57:58
496	MACHEJ Piotr	776		M20-29	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:16:53	00:29:41	00:44:38	00:58:04
497	MIKODA Stanisław	871		M40-49	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24	00:58:25
498	WILMANOWICZ Rafał	975		M20-29		00:00:19	00:17:36	00:30:13	00:45:20	00:58:26
499	BURDA Andrzej	843		M30-39	Eko-Okna Runners	00:00:27	00:17:26	00:30:24	00:45:38	00:58:26
500	BALICKI Paweł	923		M30-39		00:00:04	00:15:50	00:29:17	00:45:28	00:59:24
501	WIECZOREK Henryk	142		M50-59		00:00:15	00:18:32	00:31:20	00:46:44	00:59:35
502	TRAWNICKI Jan	908		M60-69		00:00:25	00:17:39	00:30:40	00:46:31	00:59:43
503	KUCZMIERCZYK Janusz	951		M70+		00:00:28	00:18:44	00:31:58	00:47:35	01:00:50
504	WÓJCIK Dariusz	977		M40-49		00:00:29	00:18:24	00:31:48	00:47:45	01:00:53
505	POŁOK Robert	801		M20-29		00:00:26	00:17:02	00:29:56	00:46:17	01:00:56
506	TRAFIAŁEK Mirosław	973		M50-59		00:00:24	00:18:21	00:31:41	00:48:11	01:02:19
507	KUCHARCZYK Marek	950		M50-59		00:00:35	00:18:09	00:32:33	00:50:09	01:03:58
508	LIZAK Adam	773		M40-49	Niesłony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59
509	KOŁODZIEJCZAK Damian	943		M40-49		00:00:14	00:19:15	00:33:02	00:50:14	01:04:19
510	KUBAS Mariusz	949		M40-49	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28
511	PIOTROWSKI Mieczysław	961		M70+		00:00:16	00:19:41	00:33:35	00:51:07	01:05:10
512	WARDACH Tomasz	825		M30-39		00:00:26	00:19:07	00:33:04	00:50:13	01:05:25
513	PIOTROWICZ Rysiek	960		M50-59		00:00:08	00:17:41	00:30:54	00:54:08	01:08:13
514	KOŹMIŃSKI Józef	378		M30-39		00:00:01	00:09:55	00:17:07		
515	WOJCIECHOWSKI Marcin	833		M30-39	Radlinioki w biegu	00:00:01	00:31:22	00:40:11		
516	LEDWOŃ Paweł	468		M30-39		00:00:03	00:11:04	00:18:48	00:27:54	
517	ORŁOWSKI Grzegorz	646		M40-49		00:00:06	00:31:14	00:40:06		
518	FLISZTA Marcin	570		M30-39		00:00:07	00:13:00	00:22:26	00:33:13	
519	KURTO Grzegorz	621		M40-49		00:00:08	00:34:45	00:44:13		
520	WIEŁOPOLSKI Michał	532		M16-19		00:00:09	00:32:16	00:41:02		
521	DANIKIEWICZ Michał	432		M30-39	Rozbiegamy To Miasto - Czechowice-Dziedzice	00:00:13	00:32:28	00:41:24		
522	GIBAS Damian	852		M20-29		00:00:14	00:39:46	00:51:42		
523	GAWLAS Jan	739		M50-59		00:00:18	00:36:02	00:45:58		
524	FILUSZ Dawid	737		M20-29	STUDIO ENERGIA TEAM RYBNIK	00:00:19	00:35:05	00:44:59		
525	MAJKA Tomasz	777		M30-39	KB MCKIS Jaworzno	00:00:20	00:34:53	00:44:07		
526	TRZECIAK Krzysztof	696		M40-49		00:00:23	00:35:59	00:46:00		
527	FOJCIK Piotr	932		M50-59		00:00:32	00:16:19	00:35:03		

Total 527 results.