

**GLIWICKA DYCHA**

Organizator: Fundacja Bieg Rzeźnika

Data: 2018-11-04

Miejsce: Gliwice

Dystans: 10 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 2000 miejsc wg czasu brutto

**GLIWICKA DYCHA, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	CIEPLAK MARCIN	1445		RYBNIK		M-20	1	M 1			00:33:33.20	00:33:34.20	3:11	18.8
2	POZEVILOV DMITRO	1010				M-30	1	M 2	00:15:58	00:32:23	00:33:46.50	00:33:46.50	3:12	18.7
3	CZAPLA KAMIL	1043	INŻYNIERIA BIEGANIA	RYBNIK	POL	M-20	2	M 3	00:15:59	00:33:11	00:34:32.00	00:34:33.20	3:17	18.2
4	ROSIŃSKI ARTUR	1296	PARKRUN KATOWICE	RUDA ŚLĄSKA	POL	M-20	3	M 4	00:17:05	00:34:59	00:36:18.45	00:36:19.45	3:27	17.4
5	PSTRAŚ LESZEK	1286	PARKRUN KATOWICE	KATOWICE	POL	M-30	2	M 5	00:18:01	00:36:51	00:38:08.55	00:38:10.80	3:37	16.5
6	SZYMAŃSKI BARTOSZ	1356	NIEWYMIĘKACZE	KATOWICE	POL	M-30	3	M 6	00:18:02	00:36:49	00:38:10.10	00:38:12.30	3:38	16.5
7	GIŻYŃSKI DAMIAN	1087	KOLEJARZ BEST 4U	JASTRZĘBIE-ZDRÓJ	POL	M-30	4	M 7	00:18:10	00:37:03	00:38:29.90	00:38:32.50	3:40	16.4
8	BABULA PRZEMYSŁAW	1015	GKS PIAST GLIWICE	GLIWICE	POL	M-20	4	M 8	00:17:44	00:37:26	00:38:55.85	00:38:58.10	3:42	16.2
9	MAŚLANKA TOMASZ	1202	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	BYTOM	POL	M-40	1	M 9	00:18:13	00:37:42	00:39:12.65	00:39:14.90	3:44	16.1
10	ROGOWSKI MACIEJ	1295	SREBRNI BIEGACZE TARNOWSKIE GÓRY	TARNOWSKIE GÓRY	POL	M-40	2	M 10	00:18:23	00:38:03	00:39:31.55	00:39:34.35	3:45	15.9
11	SZYMURA WOJCIECH	1358		RYBNIK	POL	M-40	3	M 11	00:18:52	00:38:54	00:40:18.75	00:40:23.70	3:50	15.6
12	BYRCZEK JAN	1001		GLIWICE		M-18	1	M 12	00:18:37	00:38:58	00:40:22.15	00:40:25.00	3:50	15.6
13	SNARSKI BOGDAN	1325	ALBATROSY	WARSZAWA	POL	M-30	5	M 13	00:18:52	00:38:55	00:40:25.40	00:40:28.70	3:50	15.6
14	OCHMAN PAWEŁ	1232	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	6	M 14	00:19:05	00:39:04	00:40:31.25	00:40:34.35	3:51	15.5
15	LEDWON PAWEŁ	1513				M-30	7	M 15	00:19:22	00:39:01	00:40:37.35	00:40:40.70	3:52	15.5
16	KLIMAS KAMIL	1477		KATOWICE		M-30	8	M 16	00:19:56	00:39:41	00:41:03.25	00:41:08.60	3:54	15.3
17	WŁODARCZYK PATRYCJA	1009	JKLA JAWOR	JAWORZNO		K-30	1	K 1	00:20:00	00:39:45	00:41:13.90	00:41:15.55	3:55	15.3
18	BOJARCZUK TOMASZ	1028	PRO366	GLIWICE	POL	M-20	5	M 17	00:19:29	00:40:03	00:41:38.20	00:41:40.85	3:57	15.1
19	ALKER ANDRZEJ	1013		GLIWICE	POL	M-30	9	M 18	00:19:42	00:40:15	00:41:42.50	00:41:45.85	3:58	15.1
20	HALMAN TOMASZ	1105		GLIWICE	POL	M-30	10	M 19	00:19:26	00:40:30	00:41:58.20	00:42:01.80	3:59	15
21	GOŁYŚ GRZEGORZ	1496		KNURÓW		M-20	6	M 20	00:19:37	00:40:37	00:42:03.40	00:42:07.00	4:00	15
22	DZIDA JANUSZ	1063		ŻORY	POL	M-30	11	M 21	00:19:27	00:40:40	00:42:14.95	00:42:20.60	4:01	14.9
23	BROL DOMINIKA	1029	ENDURANCE TEAM	SIEMIANOWICE ŚLĄSKIE	POL	K-30	2	K 2	00:20:10	00:40:51	00:42:24.65	00:42:28.40	4:02	14.9
24	KUCHARCZYK JAKUB	1002	OTK RZEŹNIK	GLIWICE		M-18	2	M 22	00:19:12	00:41:12	00:42:39.60	00:42:41.80	4:03	14.8
25	LEWICKA ELŻBIETA	1454		KNURÓW		K-40	1	K 3	00:20:17	00:41:11	00:42:40.55	00:42:43.35	4:03	14.8
26	JABŁOŃSKI TOMASZ	1488				M-40	4	M 23	00:19:37	00:40:51	00:42:41.15	00:42:44.30	4:03	14.8
27	KURAS MATEUSZ	1180	FAST FOOT TEAM SIEWIERZ	SIEWIERZ	POL	M-20	7	M 24	00:19:24	00:41:04	00:42:46.40	00:42:48.65	4:04	14.7
28	PIOTROWSKI GRZEGORZ	1267	SOCIOS SILESIA	SMOLNICA	POL	M-18	3	M 25	00:19:59	00:41:26	00:42:58.35	00:43:02.80	4:05	14.7
29	DOLATA KRZYSZTOF	1051	SOCIOS SILESIA	GLIWICE	POL	M-30	12	M 26	00:20:32	00:41:40	00:43:18.55	00:43:22.60	4:07	14.5
30	BUŁAWA FILIP	1004	OTK RZEŹNIK	GLIWICE		M-18	4	M 27	00:20:15	00:41:46	00:43:20.70	00:43:23.65	4:07	14.5
31	BRYŁA GRZEGORZ	1031		KNURÓW	POL	M-40	5	M 28	00:20:14	00:41:55	00:43:30.30	00:43:39.35	4:08	14.5
32	CIECIĄK GRZEGORZ	1041	MEGAWAT RUNNING TEAM	ŻORY	POL	M-40	6	M 29	00:20:56	00:41:59	00:43:33.25	00:43:41.55	4:08	14.5
33	SZASTAK DAMIAN	1343	HARPAGAN SOSNOWIEC	SOSNOWIEC	POL	M-40	7	M 30	00:20:12	00:42:03	00:43:44.30	00:43:48.80	4:09	14.4
34	SWARLIK RAFAŁ	1506				M-40	8	M 31	00:21:13	00:42:14	00:43:48.65	00:43:56.65	4:10	14.4
35	BLUS MARCIN	1024		ZABRZE	POL	M-40	9	M 32	00:20:21	00:42:19	00:44:02.25	00:44:06.45	4:11	14.3
36	MICHAŁSKI JAROSŁAW	1469		TARNOWSKIE GÓRY		M-30	13	M 33	00:21:05	00:43:05	00:44:38.05	00:44:57.55	4:15	14.1
37	NOWAK MATEUSZ	1227		GLIWICE	POL	M-20	8	M 34	00:20:45	00:43:15	00:44:52.85	00:44:58.80	4:16	14
38	PROKOP BARTOSZ	952		RUDA ŚLĄSKA		M-18	5	M 35	00:20:36	00:43:09	00:44:45.20	00:44:56.95	4:15	14.1
39	KONFEDERAK TOMASZ	1150		TWORÓG	POL	M-40	10	M 36	00:20:50	00:43:19	00:45:00.40	00:45:08.85	4:17	14
40	LILLA PIOTR	1186	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M-30	14	M 37	00:20:56	00:43:26	00:45:03.05	00:45:09.85	4:17	14
41	ZDON PAWEŁ	1404		KĘDZIERZYN-KOŹLE	POL	M-30	16	M 38	00:20:59	00:43:27	00:45:11.25	00:45:17.05	4:18	13.9
42	WOJEWÓDKA KRYSZTOF	1386	SOCIOS SILESIA	SOŚNICOWICE	POL	M-20	9	M 39	00:21:00	00:43:46	00:45:22.00	00:45:25.90	4:19	13.9
43	EISLER TOMASZ	1067	SKLEPBIKER.PL	CIĘCINA	POL	M-30	17	M 40	00:21:09	00:43:47	00:45:30.10	00:45:37.85	4:20	13.8
44	BOGUS BARTOSZ	1026	#LUBLINIEC	LUBLINIEC	POL	M-20	10	M 41	00:21:33	00:43:54	00:45:37.65	00:45:47.80	4:20	13.8
45	KAMIŃSKI JACEK	1129		GLIWICE	POL	M-30	15	M 42	00:21:27	00:43:28	00:45:08.10	00:45:56.55	4:17	14

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
46	RUDZIŃSKI JACEK	1299		GLIWICE	POL	M-30	18	M 43	00:22:11	00:44:09	00:45:44.65	00:45:57.10	4:21	13.8
47	KONOPKO KRZYSZTOF	1153		MIKOŁÓW	POL	M-30	19	M 44	00:21:58	00:44:08	00:45:49.50	00:46:03.15	4:21	13.7
48	WINIARCZYK-JADACH BEATA	1383		KRAKÓW	POL	K-40	2	K 4	00:21:49	00:44:14	00:45:55.05	00:46:04.50	4:22	13.7
49	CZARNOZYŃSKI ALEKSANDER	1045	GTT INTERPROJEKT	GLIWICE	POL	M-50	1	M 45	00:22:03	00:44:21	00:46:03.05	00:46:10.50	4:23	13.7
50	JEZUSEK PIOTREK	1121	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	20	M 46	00:22:03	00:44:34	00:46:09.35	00:46:26.15	4:23	13.6
51	JACHYM ARKADIUSZ	1111	SOCIOS SILESIA	GLIWICE	POL	M-30	23	M 47	00:21:35	00:44:59	00:46:40.60	00:46:44.95	4:26	13.5
52	PACANA PATRYK	1244	DRUŻYNA ŚWIĘTEGO MARCINA	TARNOWSKIE GÓRY	POL	M-20	11	M 48	00:22:00	00:45:01	00:46:44.10	00:46:53.20	4:27	13.5
53	BILNICKA PAULINA	1023	FLUOR	GLIWICE	POL	K-20	1	K 5	00:21:48	00:44:38	00:46:18.50	00:47:00.90	4:24	13.6
54	MICHAŁUSZEK SEBASTIAN	1209	BIEG - UNKA	GLIWICE	POL	M-40	11	M 49	00:22:30	00:45:11	00:46:55.65	00:47:07.50	4:28	13.4
55	WATOŁA MAREK	1377	M&M	PYSKOWICE	POL	M-30	24	M 50	00:22:17	00:45:35	00:47:06.90	00:47:17.30	4:29	13.4
56	MACHEJ REMIGIUSZ	1195	ML DESIGN	JASTRZĘBIE -ZDRÓJ	POL	M-30	25	M 51	00:21:42	00:45:34	00:47:14.50	00:47:21.35	4:30	13.3
57	PIECUCH AGNIESZKA	1435	INŻYNIERIA BIEGANIA	TARNOWSKIE GÓRY	POL	K-30	3	K 6	00:22:00	00:45:29	00:47:18.05	00:47:24.10	4:30	13.3
58	WYRZGOL ANDRZEJ	1394		KIELCZA	POL	M-40	14	M 52	00:22:47	00:45:42	00:47:20.20	00:47:31.75	4:30	13.3
59	ZIÓŁKOWSKI GRZEGORZ	1409		GLIWICE	POL	M-40	13	M 53	00:22:13	00:45:29	00:47:09.40	00:47:32.80	4:29	13.4
60	KOTRA JACEK	1158		GLIWICE	POL	M-30	26	M 54	00:22:38	00:45:45	00:47:26.90	00:47:37.05	4:31	13.3
61	KUKURBA MIKOŁAJ	1179	ENGINIETY	GLIWICE	POL	M-30	22	M 55	00:21:44	00:44:46	00:46:28.55	00:47:39.40	4:25	13.6
62	SZCZYPTA ROBERT	1344	FLUOR	MIKOŁÓW	POL	M-30	21	M 56	00:22:25	00:44:44	00:46:13.40	00:47:40.70	4:24	13.6
63	ZACNY KRZYSZTOF	1398	ITALIAKRIS	KĘTY	POL	M-40	12	M 57	00:23:19	00:45:25	00:47:06.80	00:47:48.30	4:29	13.4
64	WÓJCIKOWSKI MATEUSZ	1391	ANICA TEAM	GLIWICE	POL	M-20	12	M 58	00:22:13	00:46:04	00:47:47.45	00:47:51.80	4:33	13.2
65	GRUSZCZYŃSKI STANISŁAW	1421		GLIWICE	POL	M-30	27	M 59	00:22:09	00:46:00	00:47:43.70	00:47:55.50	4:32	13.2
66	ALKER ZBIGNIEW	1014		GLIWICE	POL	M-50	2	M 60	00:22:35	00:45:51	00:47:28.95	00:48:03.70	4:31	13.3
67	ZWIERZYŃSKI PIOTR	1411	UNATCO	RYBNIK	POL	M-40	15	M 61	00:22:34	00:46:04	00:47:52.35	00:48:12.85	4:33	13.2
68	NOWAKOWSKI ZENON	1230	-	ZABRZE	POL	M-50	3	M 62	00:22:00	00:46:28	00:48:16.10	00:48:27.70	4:35	13.1
69	LEWAŃSKI TOMASZ	1434		TYCHY	POL	M-40	16	M 63	00:22:43	00:46:44	00:48:33.45	00:48:43.80	4:37	13
70	KRAICZCZEK KRZYSZTOF	1449		GLIWICE		M-40	17	M 64	00:22:46	00:46:49	00:48:35.20	00:48:48.00	4:37	13
71	DACZYŃSKI MICHAŁ	1493		GLIWICE		M-40	18	M 65	00:22:28	00:46:53	00:48:44.00	00:48:49.35	4:38	12.9
72	SZYMAŃSKI PIOTR	1357		BYTOM	POL	M-40	21	M 66	00:22:26	00:47:06	00:48:59.50	00:49:05.25	4:40	12.9
73	DZIAŁKOWSKI ADAM	1062	BIEGOWE ORNONTOWICE	ORNONTOWICE	POL	M-40	20	M 67	00:22:34	00:47:09	00:48:58.45	00:49:11.30	4:39	12.9
74	KŁACZEK GRZEGORZ	1137	NIEZRZESZONY	WIESZOWA	POL	M-50	4	M 68	00:23:13	00:47:22	00:49:08.95	00:49:16.30	4:40	12.8
75	KOZŁOWSKI ZBIGNIEW	1166	OFIARY KAMIENICA	KAMIENIEC	POL	M-40	22	M 69	00:23:11	00:47:12	00:49:03.45	00:49:18.00	4:40	12.8
76	SOTER BARTŁOMIEJ	1333	KOTRAK TEAM	CZELADŹ	POL	M-30	28	M 70	00:24:01	00:46:51	00:48:30.50	00:49:23.70	4:37	13
77	RYSEWICZ MACIEJ	1303	6 BATALION	GLIWICE	POL	M-40	19	M 71	00:23:31	00:47:02	00:48:47.65	00:49:28.80	4:38	12.9
			POWIETRZNODESANTOWY GLIWICE											
78	HORA GRZEGORZ	1109		RUDA ŚLĄSKA	POL	M-30	29	M 72	00:23:07	00:46:55	00:48:34.10	00:49:35.35	4:37	13
79	IMIÓŁEK ARKADIUSZ	1444				M-40	23	M 73	00:23:33	00:47:32	00:49:20.40	00:49:36.30	4:42	12.8
80	WĄS SZYMON	1378	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-20	13	M 74	00:23:41	00:47:18	00:49:02.75	00:49:46.70	4:40	12.8
81	IGNASIAK JAKUB	1505		GLIWICE		M-30	33	M 75	00:23:23	00:48:09	00:49:58.35	00:50:04.60	4:45	12.6
82	SOCZAWA WOJCIECH	1328		ZABRZE	POL	M-30	30	M 76	00:23:59	00:47:37	00:49:21.25	00:50:07.80	4:42	12.8
83	PUDTO ARKADIUSZ	1465				M-40	25	M 77	00:23:53	00:47:52	00:49:45.65	00:50:14.60	4:44	12.7
84	CHRZAŚCIK TOMASZ	1040	FUTURE PROCESSING RUNNING TEAM	KATOWICE	POL	M-30	32	M 78	00:23:53	00:48:06	00:49:53.05	00:50:20.10	4:45	12.6
85	MAŃKA MARCIN	1200	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	31	M 79	00:24:11	00:48:03	00:49:44.85	00:50:23.65	4:44	12.7
86	SKORUPSKI PAWEŁ	1318		GLIWICE	POL	M-40	27	M 80	00:23:32	00:48:13	00:50:15.00	00:50:26.05	4:47	12.5
87	DOBOSZ DANIEL	1050		GLIWICE	POL	M-40	26	M 81	00:23:10	00:48:26	00:50:13.95	00:50:32.05	4:47	12.5
88	HAJOK MAREK	1104		GLIWICE	POL	M-40	28	M 82	00:23:36	00:48:43	00:50:30.75	00:50:41.65	4:48	12.5
89	WIĘCŁAW GRZEGORZ	1381	GŁOWA RZĄDZI	GLIWICE	POL	M-30	34	M 83	00:23:21	00:48:19	00:50:12.00	00:50:44.15	4:46	12.5
90	FRYDA MAREK	1074		GLIWICE	POL	M-40	24	M 84	00:23:44	00:47:47	00:49:37.85	00:50:49.05	4:43	12.7
91	GRZEBNIEWSKA JUDYTA	1099	TEAM PAPRY	TYCHY	POL	K-30	4	K 7	00:24:34	00:48:20	00:50:04.75	00:50:53.80	4:46	12.6
92	SZWARCZYŃSKI MICHAŁ	1353		GLIWICE	POL	M-30	37	M 85	00:22:58	00:48:49	00:50:47.15	00:50:56.15	4:50	12.4
93	MACHALICA JACEK	1194	FAMUŁA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	M-30	35	M 86	00:24:17	00:48:37	00:50:21.15	00:50:58.40	4:47	12.5
94	FICEK KRZYSZTOF	1071		RUDA ŚLĄSKA	POL	M-40	29	M 87	00:23:54	00:48:50	00:50:48.00	00:51:01.35	4:50	12.4
95	WILMA KRZYSZTOF	1466		GLIWICE		M-40	30	M 88	00:23:35	00:48:59	00:50:52.35	00:51:16.15	4:50	12.4
96	HARAZIN JANUSZ	1106	2 TM 4,7	PAWŁOWICE	POL	M-30	36	M 89	00:24:49	00:48:53	00:50:46.15	00:51:19.90	4:50	12.4
97	BŁASZCZUK TOMASZ	1025		KNURÓW	POL	M-20	14	M 90	00:23:59	00:48:55	00:50:49.45	00:51:23.30	4:50	12.4
98	PIJET EWA	1263		GLIWICE	POL	K-40	3	K 8	00:24:28	00:49:07	00:50:54.20	00:51:31.85	4:50	12.4
99	PILICH-NANOWSKA AGNISZKA	1495		GLIWICE		K-40	4	K 9	00:24:35	00:49:32	00:51:19.55	00:51:34.65	4:53	12.3
100	GARNCARZ JAKUB	1083		DĄBROWA GÓRNICZA	POL	M-30	38	M 91	00:24:46	00:49:25	00:51:12.75	00:51:42.70	4:52	12.3
101	CHROBAK ADAM	1039		KATOWICE	POL	M-20	15	M 92	00:24:45	00:49:29	00:51:11.50	00:51:55.25	4:52	12.3

**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
102	GAŁĄŻKA PAWEŁ	1082	EUVIC	RYBNIK	POL	M-20	17	M 93	00:22:44	00:49:48	00:51:46.15	00:51:57.90	4:55	12.2
103	MAZUR ŁUKASZ	1204	EKO-OKNA RUNNERS	GLIWICE	POL	M-20	16	M 94	00:24:42	00:49:31	00:51:19.70	00:51:59.75	4:53	12.3
104	SMOLARCZYK MICHAŁ	1321		GLIWICE	POL	M-40	31	M 95	00:24:56	00:49:48	00:51:42.90	00:52:05.90	4:55	12.2
105	RYMASZEWSKI WOJTEK	1302	WARSZTATKOSZULKOWY.PL	ZABRZE	POL	M-30	39	M 96	00:24:45	00:49:48	00:51:40.00	00:52:09.05	4:55	12.2
106	PIETRYSIAK STEFAN	1261	BWM POLSKA	ZABRZE	POL	M-50	5	M 97	00:24:07	00:50:14	00:52:14.50	00:52:19.50	4:58	12.1
107	POLEWKA ALEKSANDRA	1003	OTK RZEŹNIK	GLWICE		K-18	1	K 10	00:24:51	00:50:24	00:52:17.30	00:52:20.15	4:58	12
108	KSIĄŻEK GRZEGORZ	1172		TARNOWSKIE GÓRY	POL	M-30	41	M 98	00:24:49	00:50:25	00:52:12.55	00:52:23.20	4:58	12.1
109	GAJCZEWSKI ANDRZEJ	1077		RUDA ŚLĄSKA	POL	M-50	6	M 99	00:24:11	00:50:22	00:52:22.35	00:52:30.70	4:59	12
110	KRZYMINSKA PATRYCJA	370	RUNBABYPOLSKA	GLIWICE	POL	K-20	2	K 11	00:25:36	00:49:30	00:51:15.30	00:52:37.75	4:52	12.3
111	ZIOMEK KATARZYNA	1408		BYTOM	POL	K-40	5	K 12	00:24:11	00:50:26	00:52:28.25	00:52:38.90	4:59	12
112	POLEWKA TOMASZ	1005	OTK RZEŹNIK	GLIWICE		M-40	32	M 100	00:24:51	00:50:47	00:52:41.75	00:52:44.30	5:01	12
113	MICHAŁOWSKI RAFAŁ	1208		GLIWICE	POL	M-30	40	M 101	00:25:00	00:50:08	00:52:02.40	00:52:50.40	4:57	12.1
114	KOWALCZYK JORDAN	1159		ZABRZE	POL	M-30	43	M 102	00:25:00	00:50:37	00:52:30.70	00:52:52.95	5:00	12
115	MICHALSKI ROBERT	1207	HETMAN TARNOWSKIE GÓRY	GLIWICE	POL	M-30	44	M 103	00:25:18	00:50:41	00:52:31.05	00:52:56.95	5:00	12
116	KOWALCZYK KATARZYNA	1160		POZNAŃ	POL	K-30	6	K 13	00:25:00	00:50:53	00:52:45.75	00:53:08.00	5:01	11.9
117	PIANKOWSKI TYBERIUSZ	1419		RADZIONKÓW	POL	M-30	45	M 104	00:25:05	00:50:40	00:52:34.50	00:53:17.95	5:00	12
118	PETRYNA BARTOSZ	1258		RYBNIK	POL	M-30	42	M 105	00:24:27	00:50:20	00:52:24.35	00:53:20.50	4:59	12
119	JANIKOWSKI ADAM	1115	ANICA TEAM	GLIWICE	POL	M-30	51	M 106	00:24:20	00:51:21	00:53:16.20	00:53:21.40	5:04	11.8
120	KOSMACZEWSKI MICHAŁ	1156	EUVIC	GLIWICE	POL	M-30	48	M 107	00:25:05	00:51:01	00:53:00.55	00:53:22.30	5:02	11.9
121	KONOPACKA BESSA MAGDALENA	1152		GLIWICE	POL	K-30	5	K 14	00:24:32	00:50:39	00:52:39.20	00:53:26.20	5:00	12
122	SZCZYRBA KRYSZTIAN	1478				M-20	18	M 108	00:24:50	00:51:01	00:52:52.25	00:53:29.15	5:02	11.9
123	KACZMARZYK ARKADIUSZ	1426	ASSECO ACTIVE TEAM	GLIWICE	POL	M-30	47	M 109	00:24:39	00:50:43	00:52:51.05	00:53:29.30	5:02	11.9
124	BASZUN MICHAŁ	1019	DAMY RADE!	GLIWICE	POL	M-30	46	M 110	00:25:15	00:50:51	00:52:44.10	00:53:31.65	5:01	11.9
125	WYCIŚLIK MARCIN	1392	HIRSCHVOGEL	GLIWICE	POL	M-30	49	M 111	00:25:11	00:51:06	00:53:01.75	00:53:32.65	5:03	11.9
126	MACH MARCIN	1193	1976	GLIWICE	POL	M-40	34	M 112	00:24:36	00:51:21	00:53:22.20	00:53:32.95	5:04	11.8
127	KORDECKI BARTOSZ	1461	BALLENA MORADA	KATOWICE	POL	M-40	33	M 113	00:25:24	00:51:19	00:53:18.60	00:53:34.00	5:04	11.8
128	DOMAN ŁUKASZ	1053	SOCIOS SILESIA	RUDA ŚLĄSKA	POL	M-30	52	M 114	00:24:28	00:51:31	00:53:31.10	00:53:36.10	5:05	11.8
129	JURECZKO MONIKA	1124	STS BIEGATON MIKOŁÓW	KATOWICE	POL	K-40	6	K 15	00:24:52	00:51:07	00:53:09.55	00:53:41.05	5:03	11.8
130	KOMANDER KATARZYNA	1148		GLIWICE	POL	K-20	3	K 16	00:24:48	00:50:32	00:52:18.00	00:53:41.55	4:58	12
131	GAJEWSKI JACEK	1453		GLIWICE	POL	M-50	7	M 115	00:25:42	00:51:38	00:53:24.95	00:53:46.90	5:05	11.8
132	SETNIK ROBERT	1451		GLIWICE		M-40	37	M 116	00:25:23	00:51:51	00:53:38.35	00:53:48.40	5:06	11.7
133	KOWAL DARIUSZ	1487		GLIWICE		M-40	35	M 117	00:25:33	00:51:33	00:53:24.20	00:53:48.75	5:05	11.8
134	JAWORSKI JAKUB	1118		GLIWICE	POL	M-20	19	M 118	00:25:25	00:51:06	00:53:05.55	00:53:49.40	5:03	11.9
135	RUBIN KATARZYNA	1297	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	4	K 17	00:24:55	00:50:49	00:52:47.50	00:54:06.35	5:01	11.9
136	JAWORSKI KAMIL	1119	FUCHS OIL TEAM	GLIWICE	POL	M-30	54	M 119	00:26:14	00:51:50	00:53:37.80	00:54:16.60	5:06	11.7
137	WENGLORZ DOMINIK	1379		CIESZYŃ	POL	M-20	20	M 120	00:24:46	00:51:41	00:53:47.60	00:54:22.25	5:07	11.7
138	TROSKO ADAM	1365		LIGOTA ŁABĘDZKA	POL	M-30	53	M 121	00:24:25	00:51:35	00:53:35.60	00:54:23.60	5:06	11.8
139	SKUPIEŃ PIOTR	1512		GLIWICE		M-40	36	M 122	00:25:08	00:51:29	00:53:28.00	00:54:27.05	5:05	11.8
140	ŁAJSZCZYK- GAJDA DOROTA	1448		GLIWICE		K-40	7	K 18	00:25:43	00:52:10	00:54:05.15	00:54:27.75	5:09	11.6
141	ŁUKAWSKI ARTUR	1191		RADZIONKÓW	POL	M-30	55	M 123	00:24:18	00:52:04	00:54:02.75	00:54:27.90	5:08	11.7
142	ZYGMUNTOWICZ PIOTR	1412	ANICA TEAM	CZERWIONKA - LESZCZYNY	POL	M-30	56	M 124	00:25:13	00:52:28	00:54:25.65	00:54:30.65	5:10	11.6
143	CAPUTA MICHAŁ	1036		GLIWICE	POL	M-30	50	M 125	00:24:56	00:51:13	00:53:13.20	00:54:39.30	5:04	11.8
144	STARCZAŁA PIOTR	1335	MEGAWAT RUNNING TEAM	KSIĄŻENICE	POL	M-40	39	M 126	00:25:59	00:52:11	00:54:06.80	00:54:42.45	5:09	11.6
145	PALUSZCZAK MATEUSZ	1248	2 TM 4,7	ŻORY	POL	M-20	21	M 127	00:25:21	00:52:07	00:54:10.15	00:54:44.20	5:09	11.6
146	CIEŚLIK BARTŁOMIEJ	1514				M-40	40	M 128	00:25:35	00:52:36	00:54:25.65	00:54:44.20	5:11	11.6
147	TURCZYŃ MATEUSZ	1367	HIRSCHVOGEL	GLIWICE	POL	M-20	23	M 129	00:25:15	00:52:18	00:54:12.90	00:54:45.15	5:09	11.6
148	DREWUSZEWSKA EWA	1054		PŁAWNIOWICE	POL	K-40	8	K 19	00:26:10	00:52:40	00:54:34.25	00:54:46.60	5:11	11.5
149	DRZEWIECKA JULITA	1057	ZAKRĘCONE	GLIWICE	POL	K-40	9	K 20	00:26:10	00:52:42	00:54:35.70	00:54:48.15	5:12	11.5
150	PODOLAK ALFRED	573		PYSKOWICE	POL	M-50	8	M 130	00:25:27	00:52:17	00:54:18.45	00:54:59.10	5:10	11.6
151	PORĘBSKI GRZEGORZ	1472		GLIWICE		M-20	22	M 131	00:26:19	00:52:27	00:54:12.75	00:55:00.20	5:09	11.6
152	POPCZYK PIOTR	1277		ŻERNICA	POL	M-40	38	M 132	00:26:16	00:52:18	00:54:03.70	00:55:03.35	5:08	11.7
153	SZWIEC SANDRA	1354	ZABIEGANI NAUCZYCIELE	ORNONTOWICE	POL	K-30	7	K 21	00:26:32	00:52:45	00:54:44.65	00:55:04.90	5:12	11.5
154	WANDASIEWICZ MICHALINA	1373	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	8	K 22	00:25:54	00:52:55	00:54:56.70	00:55:15.35	5:14	11.5
155	OGONOWSKI EDWARD	1233	ŻÓŁWIK OPOLE	OPOLE	POL	M-60	1	M 133	00:26:01	00:52:02	00:53:54.45	00:55:19.90	5:08	11.7
156	GOŁĘBIEWSKI KAZIMIERZ	1091		GLIWICE	POL	M-40	41	M 134	00:25:33	00:52:42	00:54:48.15	00:55:23.30	5:13	11.5
157	SOKOŁOWSKI ŁUKASZ	1329		GLIWICE	POL	M-30	57	M 135	00:26:08	00:52:42	00:54:29.45	00:55:24.70	5:11	11.6
158	ZAMOJSKI BARTOSZ	1458		BYTOM		M-40	45	M 136	00:25:40	00:53:01	00:55:07.65	00:55:28.65	5:14	11.4

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
159	ZAMOJSKA IWONA	1457		BYTOM		K-40	10	K 23	00:25:41	00:53:01	00:55:07.40	00:55:28.65	5:14	11.4
160	NIEMIEC SŁAWEK	1221	INTERGRAFIK POLAND	GLIWICE	POL	M-30	58	M 137	00:25:54	00:52:42	00:54:41.90	00:55:32.20	5:12	11.5
161	CZERMAK DAMIAN	1048	FUCHS OIL TEAM	GÓRKI WIELKIE	POL	M-40	44	M 138	00:27:04	00:52:58	00:54:54.45	00:55:33.55	5:13	11.5
162	NIEDZIAŁKOWSKI MAREK	1220		TARNOWSKIE GÓRY	POL	M-40	42	M 139	00:25:43	00:52:47	00:54:51.25	00:55:39.25	5:13	11.5
163	PIÓRKOWSKI TOMASZ	1268		GLIWICE	POL	M-40	43	M 140	00:26:06	00:53:02	00:54:51.35	00:55:40.15	5:13	11.5
164	SZOŁTYSIK ŁUKASZ	1447		GLIWICE		M-30	59	M 141	00:26:27	00:52:48	00:54:45.60	00:56:01.25	5:12	11.5
165	PAWLIK MICHAŁ	554		GLIWICE	POL	M-30	63	M 142	00:26:21	00:53:25	00:55:22.80	00:56:02.85	5:16	11.4
166	PAWŁAS SEWERYN	1483		GLIWICE		M-30	60	M 143	00:27:17	00:53:07	00:54:55.95	00:56:04.20	5:13	11.5
167	KARGUL KONRAD	1132		GLIWICE	POL	M-30	67	M 144	00:26:41	00:53:39	00:55:37.95	00:56:13.75	5:17	11.3
168	MILISZKIEWICZ ADAM	1215		GLIWICE	POL	M-30	64	M 145	00:27:11	00:53:31	00:55:27.65	00:56:14.55	5:16	11.4
169	GRZESIEK PAWEŁ	1100		TARNOWSKIE GÓRY	POL	M-30	68	M 146	00:26:15	00:53:36	00:55:38.65	00:56:20.75	5:17	11.3
170	SOKÓŁ FILIP	1331	FUCHS OIL TEAM	KATOWICE	POL	M-20	24	M 147	00:27:28	00:53:25	00:55:09.10	00:56:21.75	5:15	11.4
171	SIKORA MARCIN	1311	PROPOINT	GLIWICE	POL	M-20	26	M 148	00:25:58	00:53:54	00:55:52.50	00:56:25.25	5:19	11.3
172	SŁODKIEWICZ GRZEGORZ	1320		GLIWICE	POL	M-40	48	M 149	00:25:35	00:53:41	00:55:54.15	00:56:26.40	5:19	11.3
173	PAWLINA PIOTR	1256		GLIWICE	POL	M-40	46	M 150	00:28:13	00:53:28	00:55:17.90	00:56:28.60	5:16	11.4
174	LACHERA BOGDAN	1181		ZABRZE	POL	M-50	9	M 151	00:26:32	00:53:35	00:55:33.85	00:56:29.00	5:17	11.3
175	MILKOWSKI BARTOSZ	1468		GLIWICE		M-30	66	M 152	00:28:05	00:53:49	00:55:34.50	00:56:29.35	5:17	11.3
176	KACZMAREK MARCIN	1126		GLIWICE	POL	M-40	47	M 153	00:26:52	00:53:24	00:55:23.25	00:56:29.40	5:16	11.4
177	CICHOCKI DAWID	1473		RYSKOWICE		M-30	61	M 154	00:27:06	00:53:28	00:55:13.45	00:56:31.60	5:15	11.4
178	PLOCH KAROLINA	1271		PYSKOWICE	POL	K-30	9	K 24	00:27:06	00:53:31	00:55:26.50	00:56:39.70	5:16	11.4
179	ULATOWSKI SEBASTIAN	1427	ASSECO ACTIVE TEAM	RUDA ŚLĄSKA	POL	M-30	65	M 155	00:27:25	00:53:38	00:55:32.50	00:56:46.75	5:17	11.3
180	BRZAŻAŁA TOMASZ	1428	ASSECO ACTIVE TEAM	BYTOM	POL	M-20	25	M 156	00:27:25	00:53:39	00:55:32.15	00:56:46.80	5:17	11.3
181	PRONCZUK MARCIN	1282	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	69	M 157	00:26:43	00:53:57	00:55:58.40	00:56:47.00	5:19	11.3
182	BENDORZ ROMAN	1480		KOZŁÓW		M-30	62	M 158	00:27:18	00:53:24	00:55:17.70	00:56:57.90	5:15	11.4
183	ROSAK JOANNA	1455				K-30	12	K 25	00:27:02	00:54:46	00:56:35.85	00:57:02.95	5:23	11.1
184	LEWANDERSKI DARIUSZ	1185	HIRSCHVOGEL	BYTOM	POL	M-30	70	M 159	00:26:57	00:54:42	00:56:32.50	00:57:07.75	5:23	11.1
185	DOMURAT ZDZISŁAW	1515		ALWERNIA		M-50	11	M 160	00:25:57	00:54:39	00:56:50.35	00:57:08.95	5:24	11.1
186	KOWALCZYK ROBERT	1420		PRZYSZOWICE	POL	M-40	51	M 161	00:26:06	00:54:30	00:56:37.85	00:57:09.50	5:23	11.1
187	SIWEK MAŁGORZATA	1315		KATOWICE	POL	K-20	5	K 26	00:27:10	00:54:43	00:56:38.60	00:57:10.55	5:23	11.1
188	GÓRA MAREK	1094		TARNOWSKIE GÓRY	POL	M-50	12	M 162	00:27:09	00:54:52	00:56:59.10	00:57:11.70	5:25	11.1
189	HRYSZKIEWICZ JANUSZ	1474				M-40	52	M 163	00:26:04	00:54:40	00:56:48.45	00:57:19.00	5:24	11.1
190	KLIKS KAZIMIERZ	1135		ZABRZE	POL	M-60	2	M 164	00:26:30	00:54:39	00:56:48.00	00:57:19.65	5:24	11.1
191	KOZŁOWSKI MARIUSZ	1167		OPOLE	POL	M-40	50	M 165	00:27:49	00:54:42	00:56:34.05	00:57:29.20	5:23	11.1
192	WASIEL MONIKA	1376		GLIWICE	POL	K-30	11	K 27	00:27:10	00:54:28	00:56:24.45	00:57:33.50	5:22	11.2
193	BURZAK JUSTYNA	1035		GLIWICE	POL	K-30	10	K 28	00:27:20	00:54:05	00:56:03.30	00:57:34.35	5:20	11.2
194	PLUTA MARIUSZ	1274		BIERUN	POL	M-40	53	M 166	00:26:33	00:54:51	00:56:57.45	00:57:43.25	5:25	11.1
195	LEDWON JAKUB	1182	WQRW TEAM	GLIWICE	POL	M-40	54	M 167	00:26:33	00:54:51	00:56:58.15	00:57:43.80	5:25	11.1
196	NIESLER MAGDALENA	1223	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	13	K 29	00:26:52	00:54:53	00:57:02.05	00:57:48.80	5:25	11.1
197	KOMANDER MARCIN	1149		GLIWICE	POL	M-50	10	M 168	00:26:20	00:54:19	00:56:28.85	00:57:52.80	5:22	11.2
198	LINEK MARIUSZ	411		GLIWICE	POL	M-40	49	M 169	00:26:03	00:54:17	00:56:29.15	00:57:53.00	5:22	11.2
199	OKOŃ ZDZISŁAW	1235		KNURÓW	POL	M-60	3	M 170	00:28:16	00:55:07	00:57:06.50	00:57:59.45	5:26	11.1
200	MARYNIAK WOJTEK	451		GLIWICE	POL	M-30	71	M 171	00:27:36	00:54:47	00:56:48.25	00:58:10.15	5:24	11.1
201	HOŁOTA ANNA	1108	ELZAB ACTIVE TEAM	GLIWICE	POL	K-40	11	K 30	00:27:24	00:55:07	00:57:13.05	00:58:10.95	5:26	11.1
202	KROTOS KRZYSZTOF	1169	WWW.OQS.COM.PL	GLIWICE	POL	M-40	56	M 172	00:26:52	00:56:04	00:58:05.00	00:58:24.35	5:31	10.8
203	OSWALD KAROL	1243		GLIWICE	POL	M-30	74	M 173	00:27:34	00:55:45	00:57:46.55	00:58:29.15	5:30	10.9
204	SZMIGIEL DANIEL	1348		GLIWICE	POL	M-30	73	M 174	00:28:23	00:55:49	00:57:43.45	00:58:32.85	5:29	10.9
205	LUKOSZEK WERONIKA	1188		GLIWICE	POL	K-20	7	K 31	00:27:40	00:56:06	00:58:07.75	00:58:36.10	5:32	10.8
206	PROCEK MARCIN	1507		GLIWICE		M-40	55	M 175	00:26:56	00:55:34	00:57:41.70	00:58:40.25	5:29	10.9
207	NOWIŃSKA IWONA	1502				K-40	12	K 32	00:27:53	00:55:19	00:57:26.65	00:58:40.65	5:28	11.1
208	ŻUKOWSKA-CHOMIK JUSTYNA	1414	WAY2CHAMP	GLIWICE	POL	K-30	14	K 33	00:28:06	00:55:52	00:57:50.60	00:58:42.35	5:30	10.9
209	HEINCE ŁUKASZ	1007				M-20	27	M 176	00:28:57	00:55:26	00:57:15.15	00:58:44.15	5:27	11.1
210	DULAK DOMINIKA	1059		KNURÓW	POL	K-20	6	K 34	00:27:34	00:55:28	00:57:28.10	00:58:48.55	5:28	11.1
211	KASPER IWONA	1133	KAMA	KNURÓW	POL	K-40	13	K 35	00:27:40	00:55:30	00:57:28.65	00:58:48.70	5:28	11.1
212	TROJANKOWSKI MATEUSZ	1364		ORNONTOWICE	POL	M-20	28	M 177	00:27:44	00:55:33	00:57:33.65	00:58:52.40	5:28	10.9
213	PAPKALA DAWID	1251		PRZYSZOWICE	POL	M-30	72	M 178	00:27:45	00:55:33	00:57:37.20	00:58:54.75	5:29	10.9
214	OKOŃ MONIKA	1234		KNURÓW	POL	K-40	14	K 36	00:28:15	00:55:58	00:58:02.40	00:58:55.65	5:31	10.9
215	SZWAJKOSZ SZCZEPAN	1352		GLIWICE	POL	M-30	75	M 179	00:28:04	00:56:08	00:58:05.15	00:58:56.15	5:31	10.8

**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
216	GAJDZIK KATARZYNA	1078		BYTOM	POL	K-30	15	K 37	00:27:56	00:55:58	00:58:00.40	00:58:56.25	5:31	10.9
217	DOLATA MAGDALENA	1052		GLIWICE	POL	K-30	19	K 38	00:27:49		00:58:51.15	00:58:57.10	5:36	10.7
218	RZESZUTEK GRZEGORZ	1304	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	M-40	58	M 180	00:29:18	00:56:41	00:58:41.00	00:59:04.20	5:35	10.7
219	STRĄCAŁA PAWEŁ	1339	STROXWARE KORPOREJSZYN	GLIWICE	POL	M-20	29	M 181	00:27:46	00:56:16	00:58:23.25	00:59:08.40	5:33	10.8
220	SAMOL GRZEGORZ	1307		GLIWICE	POL	M-50	14	M 182	00:27:21	00:56:23	00:58:27.45	00:59:09.15	5:34	10.8
221	CHOLEWA TOMASZ	1490		GLIWICE		M-40	59	M 183	00:27:26	00:56:30	00:58:43.80	00:59:11.25	5:35	10.7
222	STANISLAWISZYN MAŁGORZATA	1334		PILCHOWICE		K-40	16	K 39	00:27:52	00:56:16	00:58:24.55	00:59:14.85	5:33	10.8
223	KOSMACZEWSKA ANNA	1155	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	20	K 40	00:27:32	00:56:47	00:58:58.95	00:59:14.85	5:37	10.7
224	LESZKOVEN PIOTR	1183	FLUOR	GLIWICE	POL	M-40	60	M 184	00:27:40	00:56:35	00:58:43.80	00:59:21.30	5:35	10.7
225	LEŚNIAK EWA	1184		GLIWICE	POL	K-40	15	K 41	00:28:35	00:56:20	00:58:19.65	00:59:21.70	5:33	10.8
226	SZMIGIEL JUSTYNA	1349		GLIWICE	POL	K-30	17	K 42	00:28:23	00:56:27	00:58:35.35	00:59:24.55	5:34	10.8
227	SZOT WOJCIECH	1417		GLIWICE	POL	M-30	76	M 185	00:28:00	00:56:21	00:58:27.60	00:59:28.05	5:34	10.8
228	KOWALCZYK KAMILA	1161		GLIWICE	POL	K-30	16	K 43	00:27:43	00:56:24	00:58:25.65	00:59:28.35	5:33	10.8
229	GILLNER KLAUDIA	1416		GLIWICE	POL	K-20	8	K 44	00:27:59	00:56:20	00:58:29.35	00:59:30.55	5:34	10.8
230	ZAREMBA TADEUSZ	1402		GLIWICE	POL	M-60	4	M 186	00:28:11	00:56:18	00:58:21.05	00:59:32.25	5:33	10.8
231	KOZIBĄK TOMASZ	1164	FLUOR	BYTOM	POL	M-30	77	M 187	00:28:08	00:56:47	00:58:55.00	00:59:37.35	5:36	10.7
232	GAJ KAMILA	1076	NIGHT RUNNERS GLIWICE	KNURÓW	POL	K-50	1	K 45	00:27:56	00:56:52	00:58:59.25	00:59:40.70	5:37	10.7
233	SOKÓŁ ADAM	1330	FUCHS OIL TEAM	KATOWICE	POL	M-50	15	M 188	00:29:18	00:56:26	00:58:32.75	00:59:45.40	5:34	10.8
234	SIKORA AGNIESZKA	1309	NIGHT RUNNERS ZABRZE	ZABRZE	POL	K-30	18	K 46	00:27:58	00:56:39	00:58:50.55	00:59:49.25	5:36	10.7
235	PLUCIŃSKI PAWEŁ	1273	FUCHS OIL TEAM	SOSNOWIEC	POL	M-40	57	M 189	00:29:50	00:56:35	00:58:27.80	00:59:50.75	5:34	10.8
236	PLUCIŃSKA EDYTA	1272	FUCHS OIL TEAM	SOSNOWIEC	POL	K-40	17	K 47	00:29:50	00:56:36	00:58:29.70	00:59:50.80	5:34	10.8
237	KOŁODZIEJ ALEKSANDRA	1147		TARNOWSKIE GÓRY	POL	K-20	10	K 48	00:28:12	00:57:32	00:59:44.00	00:59:51.30	5:41	10.5
238	KOZŁOWSKI ANDRZEJ JERZY	1165		ZABRZE	POL	M-50	13	M 190	00:27:07	00:56:12	00:58:26.00	00:59:52.15	5:33	10.8
239	MIKOŁAJCZYK MICHAŁ	1425	ASSECO ACTIVE TEAM	ZABRZE	POL	M-20	30	M 191	00:27:56	00:56:38	00:58:43.95	00:59:57.65	5:35	10.7
240	MIŁKOWSKI ANDRZEJ	1216		GLIWICE	POL	M-60	5	M 192	00:28:01	00:57:00	00:59:10.00	01:00:04.75	5:38	10.6
241	PIETRZAK ANNA	1262		GLIWICE	POL	K-40	19	K 49	00:27:27	00:57:40	00:59:49.85	01:00:07.20	5:41	10.5
242	SKORUPA MAGDALENA	1317		PRZEGĘDZA	POL	K-20	9	K 50	00:28:11	00:56:31	00:58:44.00	01:00:21.80	5:35	10.7
243	SMOLIŃSKA ILONA	1322		KNURÓW	POL	K-40	18	K 51	00:28:11	00:56:32	00:58:43.85	01:00:21.80	5:35	10.7
244	NIEMIEC RAFAŁ	1222	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	61	M 193	00:27:56	00:57:25	00:59:29.85	01:00:23.35	5:40	10.6
245	SIKORA MICHAŁ	1310		GLIWICE	POL	M-40	62	M 194	00:27:41	00:57:15	00:59:30.95	01:00:28.75	5:40	10.6
246	KUBICA BOŻENA	1173		ORNONTOWICE	POL	K-40	20	K 52	00:28:11	00:57:48	01:00:11.80	01:00:31.45	5:44	10.5
247	ZEROMSKI STEFAN	1443		GLIWICE		M-50	16	M 195	00:29:42	00:57:03	00:59:04.35	01:00:32.50	5:37	10.7
248	GARYGA BEATA	1085		GLIWICE	POL	K-30	22	K 53	00:27:44	00:58:09	01:00:11.85	01:00:36.50	5:44	10.5
249	HOLETZKE KRZYSZTOF	1430		PYSKOWICE	POL	M-30	78	M 196	00:28:37	00:57:18	00:59:18.40	01:00:38.10	5:38	10.6
250	POLEWKA BEATA	1006	OTK RZEŹNIK	GLIWICE		K-40	23	K 54	00:28:12	00:58:10	01:00:29.00	01:00:39.25	5:45	10.4
251	PACZKOWSKI TOMASZ	1247		GLIWICE	POL	M-40	66	M 197	00:27:47	00:58:01	01:00:17.85	01:00:45.60	5:44	10.4
252	PROKOP IWONA	1280	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	RUDA ŚLĄSKA	POL	K-40	22	K 55	00:28:56	00:58:18	01:00:27.05	01:00:48.50	5:45	10.4
253	MICHALSKI MAREK	1206		GLIWICE	POL	M-40	67	M 198	00:28:15	00:58:15	01:00:30.00	01:00:48.75	5:45	10.4
254	PAWLUS - DUSIK BEATA	1257	KOLOROWA DRUŻYNA NESSI	BRZUŚNIK	POL	K-30	21	K 56	00:28:35	00:58:11	01:00:08.70	01:00:53.45	5:43	10.5
255	GAJEWSKA IZABELA	1452		GLIWICE		K-40	24	K 57	00:27:48	00:58:14	01:00:35.00	01:00:57.15	5:46	10.4
256	ZIMNY MARCIN	1463		GLIWICE		M-30	82	M 199	00:26:55	00:57:40	01:00:23.40	01:00:58.40	5:45	10.4
257	BIAŁOSKÓRSKI GRZEGORZ	1503		GLIWICE		M-40	63	M 200	00:27:40	00:57:47	01:00:02.10	01:01:06.80	5:43	10.5
258	SOBOLEWSKA STEFANIA	1327		GLIWICE	POL	K-40	26	K 58	00:28:26	00:58:47	01:00:54.95	01:01:09.20	5:48	10.3
259	GORELL BOGUMIŁA	1092		PONISZOWICE	POL	K-30	23	K 59	00:29:11	00:58:20	01:00:18.30	01:01:11.50	5:44	10.4
260	ODZIOMEK SEBASTIAN	1504		GLIWICE		M-40	64	M 201	00:27:40	00:57:47	01:00:10.55	01:01:14.85	5:43	10.5
261	SIRKO ZBIGNIEW	1314		GLIWICE	POL	M-50	18	M 202	00:28:18	00:58:17	01:00:46.90	01:01:17.00	5:47	10.4
262	BŁĄŻYTKO MONIKA	1511		GLIWICE		K-30	26	K 60	00:27:15	00:58:14	01:00:39.35	01:01:18.40	5:46	10.4
263	GAJEWSKI JAREK	1079	FUCHS OIL TEAM	TYCHY	POL	M-50	17	M 203	00:29:55	00:58:01	01:00:02.50	01:01:25.55	5:43	10.5
264	NIŹNIKIEWICZ-FRENKI ZOFIA	1225	FLUOR	GLIWICE	POL	K-30	27	K 61	00:28:17	00:58:55	01:01:08.35	01:01:29.20	5:49	10.3
265	KOŚNIEWSKI PAWEŁ	1157		ZABRZE	POL	M-30	80	M 204	00:29:16	00:58:05	01:00:10.85	01:01:37.00	5:43	10.5
266	PACZKOWSKI JACEK	1246		ZABRZE	POL	M-40	65	M 205	00:29:17	00:58:06	01:00:11.35	01:01:37.00	5:44	10.5
267	PRZEPÍORKA MACIEJ	1283		TARNOWSKIE GÓRY	POL	M-30	79	M 206	00:29:34	00:57:57	01:00:00.50	01:01:39.15	5:42	10.5
268	OSOWSKA KATARZYNA	1241	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	21	K 62	00:28:30	00:58:08	01:00:25.10	01:01:39.70	5:45	10.4
269	LESZKIEWICZ KRZYSZTOF	1510				M-30	88	M 207			01:01:41.00	01:01:41.00	5:52	10.2
270	GRABSKA ANNA	1095	KOMBO KURCZAKI	GLIWICE	POL	K-30	25	K 63	00:28:55	00:58:13	01:00:30.40	01:01:41.40	5:45	10.4
271	SUPERNAK MARCIN	1342		GLIWICE	POL	M-30	81	M 208	00:28:56	00:58:09	01:00:14.50	01:01:43.85	5:44	10.5
272	KOŁAK ALICJA	1146		GLIWICE	POL	K-30	24	K 64	00:28:27	00:58:15	01:00:28.90	01:01:50.20	5:45	10.4

**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
273	TARTANUS-ORYSZCZAK MARTA	1359		GLIWICE	POL	K-40	25	K 65	00:28:58	00:58:38	01:00:54.05	01:02:03.85	5:48	10.3
274	ANTOS ANGELIKA	1479		GLIWICE		K-20	12	K 66	00:28:07	00:59:42	01:01:48.40	01:02:06.20	5:53	10.2
275	KUCZERA ŁUKASZ	1175		RYBNIK	POL	M-30	85	M 209	00:29:28	00:59:26	01:01:27.35	01:02:10.80	5:51	10.3
276	MICZKA ŁUKASZ	1211	NIECHCEMISIE	GLIWICE	POL	M-30	83	M 210	00:28:51	00:58:31	01:00:40.95	01:02:16.30	5:46	10.4
277	MILKOWSKA KAROLINA	1467		GLIWICE		K-30	28	K 67	00:28:04	00:59:11	01:01:31.70	01:02:26.15	5:51	10.2
278	SIKORSKA KATARZYNA	1312		GLIWICE	POL	K-30	30	K 68	00:28:21	00:59:23	01:01:39.30	01:02:28.35	5:52	10.2
279	PAŁASZ JACEK	1249		SOSNOWIEC	POL	M-40	68	M 211	00:30:02	00:59:05	01:01:10.75	01:02:31.10	5:49	10.3
280	EICHHOF JOANNA	1065		GLIWICE	POL	K-40	27	K 69	00:29:15	00:59:09	01:01:31.85	01:02:42.00	5:51	10.2
281	SZOŁTYSIK MARTA	1350		RADZIONKÓW	POL	K-30	29	K 70	00:29:14	00:59:10	01:01:32.65	01:02:42.75	5:51	10.2
282	WILCZEK MAGDALENA	1382	FLUOR	GLIWICE	POL	K-30	31	K 71	00:29:09	00:59:44	01:02:04.05	01:02:44.25	5:54	10.2
283	ULIASZ KRZYSZTOF	1369	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	87	M 212	00:30:09	00:59:16	01:01:32.35	01:02:46.00	5:51	10.2
284	WIERCÍŃSKI ROBERT	1380	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	86	M 213	00:30:07	00:59:14	01:01:30.55	01:02:46.05	5:51	10.2
285	JENDRZEJEK ŁUKASZ	1120		RYBNIK	POL	M-20	31	M 214	00:30:50	01:00:31	01:02:20.15	01:02:47.45	5:56	10.1
286	SMUDA GRZEGORZ	1324	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	84	M 215	00:30:00	00:59:11	01:01:21.25	01:02:47.80	5:50	10.3
287	PRZYGOCKI ROBERT	1450		GLIWICE		M-40	69	M 216	00:28:45	00:59:29	01:01:45.45	01:02:48.70	5:52	10.2
288	NUCKOWSKA JUSTYNA	1231		GLIWICE	POL	K-20	11	K 72	00:29:44	00:59:26	01:01:28.55	01:02:55.65	5:51	10.2
289	KANIA KRYSZYNA	1131		43-300 BIELSKO-BIAŁA	POL	K-60	1	K 73	00:29:40	01:00:02	01:02:16.25	01:03:14.60	5:55	10.1
290	KOWALSKI WŁODZIMIERZ	1163	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	89	M 217	00:27:12	01:00:25	01:02:41.75	01:03:16.40	5:58	10
291	STELLMACH EWA	1336		ZABRZE	POL	K-40	28	K 74	00:28:52	01:00:32	01:02:56.85	01:03:16.80	5:59	10
292	TWAROWSKA CELINA	1368	ETISOFT RUNNING TEAM	ZABRZE	POL	K-30	34	K 75	00:28:42	01:00:54	01:03:17.20	01:03:32.45	6:01	10
293	SIODŁAK JUSTYNA	1313		GLIWICE	POL	K-40	32	K 76			01:03:33.00	01:03:33.00	6:03	9.9
294	TYRNA GABRIELA	1464				K-30	35	K 77	00:30:01	01:00:59	01:03:20.20	01:03:35.95	6:01	9.9
295	PASIEKA DANUTA	1254		GLIWICE	POL	K-50	2	K 78	00:29:50	00:59:59	01:02:12.95	01:03:37.85	5:55	10.1
296	SIWY JAN	1316	ELZAB ACTIVE TEAM	TARNOWSKIE GÓRY	POL	M-40	70	M 218	00:29:55	01:00:10	01:02:33.30	01:03:46.90	5:57	10.1
297	BRYLIŃSKI RYSZARD	1030		ZABRZE	POL	M-60	6	M 219	00:29:37	01:00:47	01:03:02.95	01:03:47.70	6:00	10
298	BRZEZIŃSKA TERESA	1471		GLIWICE		K-40	31	K 79	00:29:59	01:01:06	01:03:24.40	01:03:48.80	6:02	9.9
299	WYSOKIŃSKI ARKADIUSZ	1396		GLIWICE	POL	M-18	6	M 220	00:27:55	01:01:07	01:03:43.15	01:03:54.45	6:04	9.9
300	RUSIELEWICZ AGNIESZKA	1300	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	14	K 80	00:30:30	01:01:13	01:03:35.70	01:03:58.70	6:03	9.9
301	MARKOWICZ PIOTR	1201	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	93	M 221	00:30:31	01:01:15	01:03:36.10	01:03:58.75	6:03	9.9
302	GRZYŚKA KATARZYNA	1101	SMOCZY GANG	ZABRZE	POL	K-30	32	K 81	00:29:05	01:00:03	01:02:27.95	01:04:05.10	5:56	10.1
303	GABRYŚ SEBA	1441	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	30	K 82	00:29:49	01:01:07	01:03:19.55	01:04:07.55	6:01	9.9
304	WOLNY ŁUKASZ	1388		ŻORY	POL	M-30	91	M 222	00:29:38	01:01:29	01:03:30.35	01:04:07.60	6:02	9.9
305	GABRYŚ JOLANTA	1440	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	29	K 83	00:29:50	01:01:07	01:03:19.00	01:04:07.90	6:01	9.9
306	GIŻYŃSKI KRYSZTIAN	1429	ASSECO POLAND	JASTRZĘBIE-ZDRÓJ	POL	M-20	33	M 223	00:28:28	01:01:03	01:03:17.80	01:04:12.15	6:01	10
307	ORLIK ZDZISŁAWA	1238	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	3	K 84	00:30:36	01:00:52	01:03:06.85	01:04:15.95	6:00	10
308	MĘTLAK MAŁGOSIA	1516		ZAWIERCIE		K-18	2	K 85	00:29:30	01:01:34	01:03:46.20	01:04:27.00	6:04	9.9
309	ZASADZIŃSKA ANGELIKA	1403	FUCHS OIL TEAM	GLIWICE	POL	K-20	13	K 86	00:29:57	01:00:47	01:03:12.40	01:04:33.90	6:01	10
310	ZASZYK MONIKA	1459		CHORZÓW		K-40	33	K 87	00:30:42	01:01:25	01:03:37.00	01:04:35.35	6:03	9.9
311	FABIAN KATARZYNA	1068		CHORZÓW	POL	K-30	36	K 88	00:29:32	01:00:56	01:03:21.45	01:04:36.40	6:02	9.9
312	GOLENIEWSKI BŁAŻEJ	1089		GLIWICE	POL	M-20	34	M 224	00:30:25	01:01:30	01:03:53.50	01:04:38.90	6:05	9.9
313	DROŹDŻ ALICJA	1055		GLIWICE	POL	K-30	33	K 89	00:29:10	01:00:37	01:03:11.05	01:04:42.75	6:01	10
314	DROŹDŻ MICHAŁ	1056	RYWAL GLIWICE	GLIWICE	POL	M-30	90	M 225	00:29:09	01:00:37	01:03:11.15	01:04:43.15	6:01	10
315	BARTAS AGNIESZKA	24	ISTA BIEGAMY	KATOWICE	POL	K-30	39	K 90	00:29:55	01:01:57	01:04:14.15	01:04:46.40	6:07	9.8
316	ORYSZCZAK ŁUKASZ	1240		GLIWICE	POL	M-30	94	M 226	00:28:24	01:00:52	01:03:44.20	01:04:51.65	6:04	9.9
317	WITAŁA RAFAŁ	1384		GLIWICE	POL	M-30	95	M 227	00:31:41	01:02:03	01:04:00.35	01:04:52.05	6:05	9.8
318	PASELLA WERONIKA	1253		GLIWICE	POL	K-20	17	K 91	00:30:03	01:01:52	01:04:15.30	01:04:52.20	6:07	9.8
319	MYCEK ANNA	1218		GLIWICE	POL	K-20	16	K 92	00:30:02	01:01:51	01:04:15.15	01:04:52.25	6:07	9.8
320	SOSADA NICOL	1332	ISTA BIEGAMY	ZBROSŁAWICE	POL	K-20	18	K 93	00:29:51	01:02:09	01:04:21.30	01:04:52.60	6:07	9.8
321	DUKAŁA DANIEL	1423		GLIWICE	POL	M-20	32	M 228	00:29:32	01:00:33	01:03:12.90	01:04:53.15	6:01	10
322	EISLER ANNA	1066	SKLEPBIKER.PL	CIĘCINA	POL	K-30	38	K 94	00:30:23	01:01:08	01:03:36.95	01:05:01.35	6:03	9.9
323	STASIAK RENATA	1456				K-40	34	K 95	00:30:41	01:01:40	01:03:56.55	01:05:02.20	6:05	9.9
324	KOCUREK JACEK	1142		ŚWIĘTOCHŁOWICE	POL	M-50	19	M 229	00:31:35	01:02:00	01:04:09.90	01:05:02.30	6:06	9.8
325	KOCUREK AGNIESZKA	1141		ŚWIĘTOCHŁOWICE	POL	K-40	35	K 96	00:31:35	01:02:00	01:04:09.65	01:05:02.30	6:06	9.8
326	MEDRALA JACEK	464		GLIWICE	POL	M-40	71	M 230	00:31:11	01:01:30	01:03:42.45	01:05:10.30	6:04	9.9
327	BRZÓZKA PATRYCJA	1033	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	15	K 97	00:29:12	01:01:59	01:04:14.35	01:05:16.35	6:07	9.8
328	TOLL KATARZYNA	1360		GLIWICE	POL	K-40	36	K 98	00:30:13	01:02:00	01:04:15.00	01:05:16.40	6:07	9.8
329	KORUS PIOTR	1154	CIDRY LOTAJOM	PIEKARY ŚLASKIE2	POL	M-30	92	M 231	00:30:45	01:01:18	01:03:35.40	01:05:20.60	6:03	9.9

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
330	KORUS KARINA	340	CIDRY LOTAJOM	PIEKARY ŚLĄSKIE	POL	K-30	37	K 99	00:30:45	01:01:18	01:03:35.70	01:05:20.75	6:03	9.9
331	KUĆ RAFAŁ	1177	EUVIC	SIEMIANOWICE ŚLĄSKIE	POL	M-30	99	M 232	00:30:44	01:03:00	01:05:09.60	01:05:26.60	6:12	9.7
332	SZCZĘSNY ROMUALD	1442		PYSKOWICE		M-30	97	M 233	00:31:06	01:01:59	01:04:01.40	01:05:31.95	6:05	9.8
333	PIASECKI MARIUSZ	1259		GLIWICE	POL	M-30	96	M 234	00:30:52	01:01:56	01:04:00.90	01:05:33.70	6:05	9.8
334	CHOLEWA MAGDALENA	1491		GLIWICE		K-40	38	K 100	00:29:58	01:02:41	01:05:10.55	01:05:38.20	6:12	9.7
335	ZIMNY JOANNA	1406		GLIWICE	POL	K-30	40	K 101	00:31:13	01:02:20	01:04:40.85	01:05:44.05	6:09	9.7
336	BARANOWSKA EWA	1016		BYTOM	POL	K-30	41	K 102	00:30:33	01:02:17	01:04:44.15	01:05:50.00	6:10	9.7
337	SALAMON DAWID	1306	HIRSCHVOGEL	CZERWIONKA LESZCZYNY	POL	M-30	102	M 235	00:30:27	01:02:52	01:05:26.65	01:05:58.70	6:13	9.6
338	NOWAKOWSKI MAREK	1229	FLUOR	NIEBOROWICE	POL	M-40	72	M 236	00:29:50	01:02:46	01:04:56.55	01:06:03.75	6:11	9.7
339	WALTER MARCIN	1371		WIESZOWA	POL	M-40	73	M 237	00:31:30	01:02:55	01:05:15.50	01:06:11.85	6:12	9.7
340	WALTER AGNIESZKA	1372		WIESZOWA	POL	K-40	40	K 103	00:31:31	01:02:56	01:05:16.10	01:06:11.95	6:12	9.7
341	DZIEDZIC DOMINIK	163		GLIWICE	POL	M-30	104	M 238	00:29:58	01:03:17	01:05:45.30	01:06:17.25	6:15	9.6
342	DWORNICZAK IWONA	1061		SIEMIANOWICE SL.	POL	K-50	4	K 104	00:30:43	01:02:14	01:04:43.95	01:06:18.15	6:09	9.7
343	JAKBIK OLA	1114	BULLULA TEAM	KATOWICE	POL	K-30	42	K 105	00:30:27	01:02:55	01:05:15.95	01:06:21.45	6:12	9.7
344	PROKWITE MARTYNA	1281		GLIWICE	POL	K-30	43	K 106	00:30:41	01:02:50	01:05:16.10	01:06:24.90	6:12	9.7
345	PORĘBA GABRIELA	583		KNURÓW	POL	K-40	37	K 107	00:30:44	01:02:50	01:04:59.80	01:06:25.50	6:11	9.7
346	WANIEK ZBIGNIEW	1374		ŁÓDŹ	POL	M-40	77	M 239	00:31:03	01:03:50	01:06:13.05	01:06:32.00	6:18	9.5
347	BETHHELSEN BEATA	1021	FUCHS OIL TEAM	SOSNOWIEC	POL	K-40	39	K 108	00:30:42	01:02:45	01:05:12.75	01:06:33.75	6:12	9.7
348	LIPOWSKA BARBARA	1187		GLIWICE	POL	K-50	6	K 109	00:30:44	01:03:32	01:06:03.75	01:06:39.75	6:17	9.5
349	TRELA MARCIN	112		KNURÓW	POL	M-30	98	M 240	00:30:48	01:02:44	01:05:03.65	01:06:44.10	6:11	9.7
350	JAWOREK DARIUSZ	1492		GLIWICE		M-40	74	M 241	00:31:09	01:02:54	01:05:18.35	01:06:46.80	6:13	9.6
351	PEDOWSKA BOZENA	555		GLIWICE	POL	K-50	5	K 110	00:31:09	01:02:54	01:05:18.90	01:06:47.05	6:13	9.6
352	NAWOJSKA BARBARA	1476		CHORZÓW		K-40	41	K 111	00:30:46	01:03:25	01:05:51.80	01:06:51.60	6:16	9.6
353	ŻELEZNY TOMASZ	1413		GLIWICE	POL	M-30	100	M 242	00:31:26	01:03:07	01:05:20.95	01:06:53.80	6:13	9.6
354	GILLNER RAFAŁ	1086		GLIWICE	POL	M-40	75	M 243	00:31:50	01:03:02	01:05:22.40	01:06:59.05	6:13	9.6
355	KRAWCZYŃSKI MIROSŁAW	1168		GLIWICE	POL	M-40	76	M 244	00:30:58	01:03:41	01:05:55.45	01:07:00.90	6:16	9.6
356	ZABOROWSKI PIOTR	1397	ANICA TEAM	BYTOM	POL	M-30	106	M 245	00:31:38	01:04:27	01:06:49.70	01:07:00.90	6:21	9.4
357	GROCHOWSKI MARIUSZ	1485				M-40	78	M 246	00:31:39	01:04:05	01:06:26.65	01:07:09.70	6:19	9.5
358	RYZNER MICHAŁ	1475		GLIWICE		M-30	101	M 247	00:30:44	01:03:06	01:05:22.95	01:07:10.00	6:13	9.6
359	KUBIAK CELINA	1486		GLIWICE		K-40	42	K 112	00:31:39	01:04:05	01:06:26.85	01:07:10.00	6:19	9.5
360	GOŁĘBIOWSKA ALEKSANDRA	1090		GLIWICE	POL	K-50	7	K 113	00:31:34	01:03:50	01:06:06.75	01:07:10.15	6:17	9.5
361	PLESZCZYŃSKI KAMIL	1439	GTW	ZABRZE		M-30	107	M 248	00:30:48	01:04:29	01:06:51.15	01:07:11.10	6:22	9.4
362	ZACZEK ADAM	1400		GLIWICE	POL	M-30	103	M 249	00:31:30	01:03:18	01:05:39.25	01:07:11.75	6:15	9.6
363	GALICZEK BRONISŁAW	1080	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	20	M 250	00:30:48	01:03:17	01:05:45.85	01:07:14.65	6:15	9.6
364	MICHAŁUSZEK DOROTA	1210	BIEG - UNKA	GLIWICE	POL	K-30	44	K 114	00:31:43	01:03:15	01:05:36.65	01:07:20.10	6:14	9.6
365	MICHALIK NATALIA	1205		GLIWICE	POL	K-20	19	K 115	00:30:32	01:04:14	01:06:37.75	01:07:21.75	6:20	9.5
366	NOWAKOWSKA-TRZASKA JOANNA	1228		GLIWICE	POL	K-30	46	K 116	00:30:31	01:04:14	01:06:39.40	01:07:23.55	6:20	9.5
367	KIJANKA DAMIAN	1134	HIRSCHVOGEL	GLIWICE	POL	M-20	35	M 251	00:30:20	01:04:41	01:06:57.15	01:07:28.80	6:22	9.4
368	HŁADKI TADEUSZ	1107	FUCHS OIL TEAM	CZERWIONKA-LESZCZYNY	POL	M-40	80	M 252	00:31:52	01:04:28	01:06:49.25	01:07:30.25	6:21	9.4
369	CHOJKOWSKI MICHAŁ	1038		MYSŁOWICE	POL	M-40	79	M 253	00:31:19	01:04:23	01:06:44.20	01:07:36.25	6:21	9.4
370	WOSZCZYNA ANDRZEJ	1389		KRAPKOWICE	POL	M-30	105	M 254	00:30:51	01:03:40	01:06:03.70	01:07:37.35	6:17	9.5
371	WOSZCZYNA EWELINA	1390		KRAPKOWICE	POL	K-30	45	K 117	00:30:52	01:03:41	01:06:05.15	01:07:37.70	6:17	9.5
372	JOOSTBERENS ALEKSANDRA	1122	FLUOR	KNURÓW	POL	K-20	20	K 118	00:31:01	01:04:27	01:06:56.30	01:07:39.45	6:22	9.4
373	ZIELIŃSKA IZABELA	1405	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-40	43	K 119	00:31:01	01:04:05	01:06:40.05	01:07:45.30	6:20	9.5
374	BOGUSZ JAROSŁAW	1501		WARSZAWA		M-50	21	M 255	00:31:44	01:04:16	01:06:50.40	01:07:51.05	6:22	9.4
375	KRZYŻANOWSKA ALEKSANDRA	1171		GLIWICE	POL	K-40	45	K 120	00:31:20	01:04:26	01:06:56.15	01:07:57.95	6:22	9.4
376	FAMUŁA ANNA	1069	FAMUŁA TEAM	KATOWICE	POL	K-20	21	K 121	00:31:53	01:04:50	01:07:25.55	01:08:03.25	6:25	9.3
377	BRIANNA-KORDECKA ALEKSANDRA	1460	BALENA MORADA	KATOWICE	POL	K-30	53	K 122	00:30:34	01:05:14	01:07:51.25	01:08:05.50	6:27	9.3
378	KUCZERA-KULAGA MAGDALENAKULAGA	1176		KATOWICE	POL	K-40	49	K 123	00:30:34	01:05:14	01:07:51.20	01:08:05.50	6:27	9.3
379	CZARNECKA MARTA	1044		KNURÓW	POL	K-30	48	K 124	00:30:50	01:04:31	01:07:05.40	01:08:09.70	6:23	9.4
380	PROCEK KATARZYNA	1508				K-40	47	K 125	00:30:47	01:04:50	01:07:20.60	01:08:11.90	6:24	9.4
381	BOREK JADWIGA	1424	ACTIV EAGLES PRO	KĘDZIERZYN-KOŹLE	POL	K-30	50	K 126	00:31:54	01:05:16	01:07:37.45	01:08:12.70	6:26	9.3
382	ŻYDEK MAŁGORZATA	1415	ACTIV EAGLES PRO	KĘDZIERZYN-KOŹLE	POL	K-30	51	K 127	00:31:55	01:05:17	01:07:38.05	01:08:12.95	6:26	9.3
383	ADAMUS ANNA	1012		RUDA ŚLĄSKA	POL	K-40	46	K 128	00:31:45	01:04:32	01:07:00.25	01:08:13.60	6:22	9.4
384	STRUG GOSIA	1340		GLIWICE	POL	K-40	44	K 129	00:31:31	01:04:21	01:06:47.95	01:08:14.20	6:21	9.4
385	MIGURSKI DARIA	1214	FUCHS OIL TEAM	GLIWICE	POL	K-30	47	K 130	00:31:41	01:04:35	01:06:59.80	01:08:23.75	6:22	9.4
386	MIGURSKI JAKUB	1213	FUCHS OIL TEAM	GLIWICE	POL	M-30	108	M 256	00:31:41	01:04:34	01:06:59.80	01:08:23.85	6:22	9.4

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
387	GARUS ALEKSANDER	1084		GLIWICE	POL	M-20	36	M 257	00:31:40	01:04:34	01:06:59.95	01:08:24.10	6:22	9.4
388	JUSZCZAK EWA	1125		GLIWICE	POL	K-50	8	K 131	00:30:58	01:05:09	01:07:28.30	01:08:26.65	6:25	9.3
389	KUKUCZKA EWA	1178		GLIWICE	POL	K-30	49	K 132	00:30:37	01:04:53	01:07:18.15	01:08:30.10	6:24	9.4
390	PILAREK MONIKA	1433		KNURÓW	POL	K-18	3	K 133	00:32:01	01:05:35	01:08:07.35	01:08:33.30	6:29	9.2
391	PRZYLUCKI GRZEGORZ	1285		PRECZÓW	POL	M-50	22	M 258	00:31:36	01:04:53	01:07:17.45	01:08:45.20	6:24	9.4
392	KLOC IZABELA	1136	FLUOR	KATOWICE	POL	K-30	54	K 134	00:31:35	01:05:19	01:07:53.30	01:08:51.40	6:27	9.3
393	POLUS-WŁODARZ IWONA	1276		GLIWICE	POL	K-40	48	K 135	00:32:14	01:05:20	01:07:42.80	01:08:54.45	6:26	9.3
394	LEWICKA BEATA	1498		GLIWICE		K-30	52	K 136	00:31:48	01:05:24	01:07:43.75	01:09:03.45	6:27	9.3
395	PACUŁA TATIANA	1245	PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	9	K 137	00:32:03	01:05:18	01:07:42.20	01:09:19.40	6:26	9.3
396	DZIUBKA JULIA	1064		SOSNOWIEC	POL	K-20	22	K 138	00:33:33	01:06:16	01:08:18.90	01:09:26.85	6:30	9.2
397	MATUSZEWSKA MONIKA	455		GLIWICE	POL	K-40	51	K 139	00:32:27	01:06:21	01:08:57.80	01:09:27.70	6:34	9.1
398	PAWLARCZYK KAROLINA	1255		ZABRZE	POL	K-20	23	K 140	00:32:50	01:06:13	01:08:23.40	01:09:29.35	6:30	9.2
399	DADAŚ ELŻBIETA	1049	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	50	K 141	00:31:58	01:06:20	01:08:51.55	01:09:34.40	6:33	9.1
400	DENKOWSKI WOJCIECH	1422	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	23	M 259	00:32:46	01:05:56	01:08:18.15	01:09:38.05	6:30	9.2
401	OLESIŃSKA EWA	1236	FLUOR	GLIWICE	POL	K-40	52	K 142	00:31:56	01:06:18	01:09:01.70	01:09:41.90	6:34	9.1
402	PIENIAK KAROLINA	1260		GLIWICE	POL	K-20	24	K 143	00:32:17	01:06:05	01:08:31.60	01:09:43.70	6:31	9.2
403	SZUMIATA MIŁENA	1351		GLIWICE	POL	K-20	25	K 144	00:32:18	01:06:06	01:08:32.10	01:09:43.90	6:31	9.2
404	GRZYŚKA PIOTR	1102	KNIGHT RUNNERS ZABRZE	ZABRZE	POL	M-30	109	M 260	00:31:23	01:06:11	01:08:48.30	01:09:58.95	6:33	9.2
405	PIOTROWSKA ANNA	1265		GLIWICE	POL	K-20	26	K 145	00:33:46	01:06:32	01:08:39.35	01:10:01.55	6:32	9.2
406	ROLNIK JOANNA	1470		ORZESZE		K-30	55	K 146	00:32:24	01:06:04	01:08:44.20	01:10:08.45	6:32	9.2
407	TOMASZEWSKA MIROŚLAWA	1362	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-30	58	K 147	00:31:12	01:07:05	01:09:49.15	01:10:12.15	6:38	9
408	WYSOCHAŃSKI ANDRZEJ	1395	TSH TEAM	OPOLE	POL	M-30	112	M 261	00:33:23	01:07:51	01:10:29.55	01:10:29.55	6:42	8.9
409	STEBEL DAMIAN	1418		GLIWICE	POL	M-20	37	M 262	00:33:22	01:06:52	01:08:56.90	01:10:29.85	6:34	9.1
410	BENTKOWSKI LESŁAW	1020	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 263	00:33:22	01:07:42	01:10:21.20	01:10:41.75	6:42	9
411	PANKIEWICZ KATARZYNA	1250		GLIWICE	POL	K-40	54	K 148	00:31:07	01:07:12	01:10:01.10	01:10:46.35	6:40	9
412	SKRZYPEK MARTA	1319	GOOD TIME SPORT	CIĘCINA	POL	K-30	56	K 149	00:32:37	01:06:43	01:09:21.35	01:10:47.80	6:36	9.1
413	PLESZCZYŃSKA IWONA	1270		ZABRZE	POL	K-30	59	K 150	00:30:50	01:07:50	01:10:27.95	01:10:47.80	6:42	8.9
414	KOCHANEK ALEKSANDRA	1140		GLIWICE	POL	K-40	53	K 151	00:33:18	01:07:17	01:09:46.20	01:11:09.05	6:38	9
415	STEFANEK MICHAŁ	1497		GLIWICE		M-30	110	M 264	00:32:09	01:07:32	01:09:46.75	01:11:22.00	6:38	9
416	KOCZY-ŁUSIAK SYLWIA	1144	WATAHA TEAM	GLIWICE	POL	K-30	57	K 152	00:33:05	01:07:22	01:09:46.05	01:11:28.80	6:38	9
417	ŁUSIAK MARIUSZ	1192		GLIWICE	POL	M-30	111	M 265	00:33:06	01:07:22	01:09:47.80	01:11:28.80	6:38	9
418	STEPEL GRZEGORZ	1338		GLIWICE	POL	M-40	81	M 266	00:33:25	01:08:25	01:10:57.20	01:11:57.80	6:45	8.9
419	GROS MICHAŁ	1097		ZABRZE	POL	M-20	39	M 267	00:32:32	01:09:04	01:11:31.05	01:12:03.60	6:48	8.8
420	SIERAKOWSKA ANNA	1308	FUCHS OIL TEAM	GLIWICE	POL	K-30	60	K 153	00:32:04	01:08:12	01:10:42.35	01:12:06.70	6:44	8.9
421	KUBOWICZ MARYJUSZ	1174	FUCH OIL TEAM	CHORZÓW	POL	M-30	113	M 268	00:32:04	01:08:12	01:10:42.70	01:12:07.00	6:44	8.9
422	JACHYMOWSKA DOMINIKA	1112		GLIWICE	POL	K-30	61	K 154	00:33:07	01:08:23	01:10:45.65	01:12:22.60	6:44	8.9
423	WYPYCH - ŚLUSARSKA AGATA	1393		ROGOŹNIK	POL	K-30	62	K 155	00:32:53	01:08:20	01:10:56.10	01:12:26.65	6:45	8.9
424	WINIARSKA ALEKSANDRA	1431		GLIWICE	POL	K-18	4	K 156	00:32:14	01:09:46	01:12:29.00	01:12:39.30	6:54	8.7
425	BISZ MAGDALENA	1446		GLIWICE		K-20	27	K 157	00:33:20	01:09:09	01:11:50.50	01:12:52.50	6:50	8.8
426	WAĆLAWEK TOMEK	1370		GLIWICE	POL	M-20	38	M 269	00:33:27	01:09:18	01:11:30.40	01:12:57.75	6:48	8.8
427	NOWAK EWA	1226		GLIWICE	POL	K-40	56	K 158	00:33:05	01:09:56	01:12:23.70	01:13:08.85	6:53	8.7
428	KOCYAN MAŁGORZATA	1143	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-50	10	K 159	00:33:03	01:08:54	01:11:35.75	01:13:11.70	6:49	8.8
429	PŁOSKONKA TOMASZ	1275		KATOWICE	POL	M-30	114	M 270	00:33:27	01:09:10	01:11:35.00	01:13:12.15	6:49	8.8
430	RAŁ ZDZIŚLAWA	1290	INDYWIDUALNIE	GLIWICE	POL	K-60	2	K 160	00:33:19	01:09:33	01:12:21.85	01:13:25.15	6:53	8.7
431	ZAKLIŃSKA KATARZYNA	1401	TMTEAM	GLIWICE	POL	K-40	55	K 161	00:33:51	01:09:28	01:11:49.25	01:13:34.75	6:50	8.8
432	ŁUKASZEWSKI PIOTR	1190	PIAST GLIWICE	GLIWICE	POL	M-30	116	M 271	00:33:47	01:10:48	01:13:13.80	01:13:46.95	6:58	8.6
433	ŁUKASZEWSKA JUSTYNA	1189	STEP DANCE	GLIWICE	POL	K-30	64	K 162	00:33:49	01:10:50	01:13:15.05	01:13:47.00	6:58	8.6
434	OLSZOK DAWID	1237	HIRSCHVOGEL	ZABRZE	POL	M-20	40	M 272	00:34:20	01:09:50	01:12:35.65	01:13:48.40	6:54	8.7
435	PŁACHTA SYLWIA	1482		CHORZÓW		K-30	63	K 163	00:33:43	01:09:32	01:12:16.70	01:13:51.45	6:53	8.7
436	PŁACHTA SZYMON	1481		CHORZÓW		M-30	115	M 273	00:33:43	01:09:33	01:12:17.00	01:13:52.20	6:53	8.7
437	WIANKOWSKA ELIZABETH	1499				K-50	11	K 164	00:33:42	01:11:00	01:13:41.00	01:13:54.90	7:01	8.6
438	SZYDLAK IWONA	1355		GLIWICE	POL	K-40	57	K 165	00:33:23	01:10:40	01:13:06.40	01:14:37.00	6:57	8.6
439	MYŚLAK MARIUSZ	1484		GLIWICE		M-40	82	M 274	00:33:59	01:10:50	01:13:27.55	01:14:39.60	6:59	8.6
440	HRYSZKIEWICZ BARBARA	1110	FIS-SST TEAM	MIEDARY	POL	K-40	58	K 166	00:34:42	01:11:19	01:13:34.65	01:15:04.95	7:00	8.6
441	GORAJ ZAJĄC ALEKSANDRA	1500		GLIWICE		K-40	59	K 167	00:35:29	01:12:50	01:15:22.05	01:15:28.70	7:10	8.4
442	JÓZEFECZYK KATARZYNA	1123	ISTA BIEGAMY	LEWIN BRZESKI	POL	K-30	65	K 168	00:34:19	01:12:18	01:15:03.10	01:16:27.70	7:08	8.4
443	PILARSKI ARKADIUSZ	1264		GLIWICE	POL	M-20	41	M 275	00:35:31	01:13:23	01:16:08.00	01:16:34.80	7:15	8.3



**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
444	RUTKA WIOLA	1301		GLIWICE	POL	K-30	66	K 169	00:35:31	01:13:23	01:16:08.65	01:16:35.00	7:15	8.3
445	KOCHANEK JAROSŁAW	1139		GLIWICE	POL	M-40	83	M 276	00:33:53	01:12:38	01:15:19.35	01:16:42.05	7:10	8.4
446	GORZKOWSKA MAŁGORZATA	1093		SOSNOWIEC	POL	K-20	29	K 170	00:34:52	01:12:39	01:15:19.55	01:16:42.30	7:10	8.4
447	TRZASKALIK ALEKSANDRA	1366		GLIWICE	POL	K-20	28	K 171	00:34:51	01:12:38	01:15:19.05	01:16:42.40	7:10	8.4
448	RACZKOWSKA MAJA	1288		GLIWICE	POL	K-18	5	K 172	00:36:31	01:14:10	01:16:34.75	01:16:52.05	7:17	8.2
449	FAMUŁA MAREK	1070	FAMUŁA TEAM	KATOWICE	POL	M-60	7	M 277	00:36:39	01:13:55	01:16:37.45	01:17:14.85	7:17	8.2
450	PYREK MAREK	1432	TOROS DE ESPANA	LARYSZÓW	POL	M-30	117	M 278	00:36:01	01:13:27	01:16:04.65	01:17:43.60	7:14	8.3
451	ZIOŁKOWSKA BARBARA	1407		ŚWIĘTOCHŁOWICE	POL	K-30	67	K 173	00:34:09	01:13:25	01:16:10.35	01:17:50.10	7:15	8.3
452	STARCZEWSKA JOLANTA	690		GLIWICE	POL	K-30	68	K 174	00:35:11	01:14:26	01:17:11.95	01:18:12.55	7:21	8.2
453	STEFAŃSKA MAGDALENA	1438		GLIWICE		K-20	30	K 175	00:35:05	01:15:09	01:18:02.30	01:18:38.75	7:25	8.1
454	KONOPACKA KRYSZYNA	1151		GLIWICE	POL	K-60	3	K 176	00:35:46	01:15:25	01:18:12.70	01:18:42.45	7:26	8.1
455	CEBULAK GRZEGORZ	1037		GLIWICE	POL	M-40	84	M 279	00:34:34	01:15:41	01:18:18.65	01:19:02.95	7:27	8
456	TUROWSKA ANNA	1436		GLIWICE		K-40	60	K 177	00:35:46	01:16:07	01:18:56.30	01:19:32.40	7:31	8
457	STEFAŃSKA BEATA	1437		GLIWICE		K-50	12	K 178	00:35:46	01:16:06	01:18:56.00	01:19:32.50	7:31	8
458	OSTROWSKA JUSTYNA	1242	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	70	K 179	00:36:20	01:16:48	01:19:12.90	01:19:39.70	7:32	8
459	WOJTUKIEWICZ JUSTYNA	1387		GLIWICE	POL	K-30	69	K 180	00:37:02	01:16:02	01:18:44.15	01:20:12.05	7:30	8
460	FRĄC ELŻBIETA	1073	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	61	K 181	00:36:39	01:18:45	01:21:28.00	01:22:47.15	7:45	7.7
461	CZENCZEK MICHAŁ	1047	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	118	M 280	00:39:46	01:20:57	01:23:20.05	01:24:57.90	7:56	7.6
462	STELMASZCZUK DAMIAN	1337		GLIWICE	POL	M-40	85	M 281	00:39:01	01:22:09	01:24:47.15	01:25:05.75	8:04	7.4
463	CZENCZEK MAGDALENA	1046	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	71	K 182	00:39:47	01:20:57	01:23:58.60	01:25:36.40	7:59	7.5
464	REITER HANNA	1292	SLOW JOGGING GLIWICE	GLIWICE	POL	K-40	62	K 183	00:39:45	01:20:53	01:23:58.20	01:25:36.50	7:59	7.5
465	KOJ KRZYSZTOF	1145	PPP GLIWICE	GLIWICE	POL	M-30	119	M 282	00:39:10	01:20:41	01:25:18.80	01:26:34.40	8:07	7.4
466	SZEWCIUK SZYMON FRANCISZEK	1346		CHORZÓW	POL	M-20	42	M 283	00:40:04	01:23:37	01:26:13.50	01:26:35.45	8:12	7.3
467	TOMCZAK JOANNA	1363	ZABIEGANI NAUCZYCIELE	MIKOŁÓW	POL	K-30	72	K 184	00:40:02	01:24:00	01:27:08.55	01:27:47.25	8:18	7.2
468	PARUZEL AGNIESZKA	1252	ZABIEGANI NAUCZYCIELE	MIKOŁÓW	POL	K-40	64	K 185	00:40:03	01:24:00	01:27:17.30	01:27:56.00	8:18	7.2
469	ROGACKA - RZEPKA MARIA	1294	LOBOS TEAM	GLIWICE	POL	K-40	63	K 186	00:40:02	01:24:00	01:27:17.10	01:27:56.65	8:18	7.2
470	ADAMOWSKA KATARZYNA	1011	ZABIEGANI NAUCZYCIELE	GLIWICE	POL	K-30	73	K 187	00:40:02	01:24:00	01:27:17.30	01:27:56.70	8:18	7.2
471	SZCZYRBA ŁUKASZ	1345	EUVIC	ŚWIĘTOCHŁOWICE	POL	M-30	120	M 284	00:41:39	01:26:55	01:30:38.10	01:30:52.60	8:37	7
472	NIEWDANA ANNA	1224	EUVIC	KATOWICE	POL	K-20	32	K 188	00:41:37	01:26:52	01:30:36.15	01:30:52.65	8:37	7
473	SMOLNIK ALICJA	1323		GLIWICE	POL	K-20	31	K 189	00:41:42	01:26:32	01:29:46.75	01:31:18.40	8:33	7
474	SANESTRZIK JKAUB	1494		GLIWICE		M-20	43	M 285	00:41:42	01:26:32	01:29:46.70	01:31:18.50	8:33	7
475	MRÓWKA ILONA	1217		GLIWICE	POL	K-40	65	K 190	00:43:12	01:28:27	01:32:01.65	01:33:15.85	8:45	6.8
476	CIESZYŃSKA JOLA	906		GLIWICE		K-50	13	K 191	00:44:17	01:26:57	01:36:20.00	01:36:41.35	9:10	6.5
	WOJCIECH SZYMON	1385		GLIWICE	POL	M-20			00:26:33	DNF	DNF	DNF	-	-
									DNF					

**GLIWICKA DYCHA, K Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	WŁODARCZYK PATRYCJA	1009	JKLA JAWOR	JAWORZNO		K-30	1	K 1	00:20:00	00:39:45	00:41:13.90	00:41:15.55	3:55	15.3
2	BROL DOMINIKA	1029	ENDURANCE TEAM	SIEMIANOWICE SLASKIE	POL	K-30	2	K 2	00:20:10	00:40:51	00:42:24.65	00:42:28.40	4:02	14.9
3	LEWICKA ELŻBIETA	1454		KNURÓW		K-40	1	K 3	00:20:17	00:41:11	00:42:40.55	00:42:43.35	4:03	14.8
4	WINIARCZYK-JADACH BEATA	1383		KRAKÓW	POL	K-40	2	K 4	00:21:49	00:44:14	00:45:55.05	00:46:04.50	4:22	13.7
5	BILNICKA PAULINA	1023	FLUOR	GLIWICE	POL	K-20	1	K 5	00:21:48	00:44:38	00:46:18.50	00:47:00.90	4:24	13.6
6	PIECUCH AGNIESZKA	1435	INŻYNIERIA BIEGANIA	TARNOWSKIE GÓRY	POL	K-30	3	K 6	00:22:00	00:45:29	00:47:18.05	00:47:24.10	4:30	13.3
7	GRZEBNIEWSKA JUDYTA	1099	TEAM PAPRY	TYCHY	POL	K-30	4	K 7	00:24:34	00:48:20	00:50:04.75	00:50:53.80	4:46	12.6
8	PIJET EWA	1263		GLIWICE	POL	K-40	3	K 8	00:24:28	00:49:07	00:50:54.20	00:51:31.85	4:50	12.4
9	PILICH-NANOWSKA AGNISZKA	1495		GLIWICE		K-40	4	K 9	00:24:35	00:49:32	00:51:19.55	00:51:34.65	4:53	12.3
10	POLEWKA ALEKSANDRA	1003	OTK RZEŹNIK	GLIWICE		K-18	1	K 10	00:24:51	00:50:24	00:52:17.30	00:52:20.15	4:58	12
11	KRZYMIŃSKA PATRYCJA	370	RUNBABYPOLSKA	GLIWICE	POL	K-20	2	K 11	00:25:36	00:49:30	00:51:15.30	00:52:37.75	4:52	12.3
12	ZIOMEK KATARZYNA	1408	BYTOM	GLIWICE	POL	K-40	5	K 12	00:24:11	00:50:26	00:52:28.25	00:52:38.90	4:59	12
13	KOWALCZYK KATARZYNA	1160	POZNAŃ	GLIWICE	POL	K-30	6	K 13	00:25:00	00:50:53	00:52:45.75	00:53:08.00	5:01	11.9
14	KONOPACKA BESSA MAGDALENA	1152		GLIWICE	POL	K-30	5	K 14	00:24:32	00:50:39	00:52:39.20	00:53:26.20	5:00	12
15	JURECZKO MONIKA	1124	STS BIEGATON MIKOŁÓW	KATOWICE	POL	K-40	6	K 15	00:24:52	00:51:07	00:53:09.55	00:53:41.05	5:03	11.8
16	KOMANDER KATARZYNA	1148		GLIWICE	POL	K-20	3	K 16	00:24:48	00:50:32	00:52:18.00	00:53:41.55	4:58	12
17	RUBIN KATARZYNA	1297	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	4	K 17	00:24:55	00:50:49	00:52:47.50	00:54:06.35	5:01	11.9

## GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
18	ŁAJSZCZYK- GAJDA DOROTA	1448		GLIWICE		K-40	7	K 18	00:25:43	00:52:10	00:54:05.15	00:54:27.75	5:09	11.6
19	DREWUSZEWSKA EWA	1054		PŁAWNIOWICE	POL	K-40	8	K 19	00:26:10	00:52:40	00:54:34.25	00:54:46.60	5:11	11.5
20	DRZEWIECKA JULITA	1057	ZAKRĘCONE	GLIWICE	POL	K-40	9	K 20	00:26:10	00:52:42	00:54:35.70	00:54:48.15	5:12	11.5
21	SZWIEC SANDRA	1354	ZABIEGANI NAUCZYCIELE	ORNONTOWICE	POL	K-30	7	K 21	00:26:32	00:52:45	00:54:44.65	00:55:04.90	5:12	11.5
22	WANDASIEWICZ MICHALINA	1373	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	8	K 22	00:25:54	00:52:55	00:54:56.70	00:55:15.35	5:14	11.5
23	ZAMOJSKA IWONA	1457		BYTOM		K-40	10	K 23	00:25:41	00:53:01	00:55:07.40	00:55:28.65	5:14	11.4
24	PŁOCH KAROLINA	1271		PYSKOWICE	POL	K-30	9	K 24	00:27:06	00:53:31	00:55:26.50	00:56:39.70	5:16	11.4
25	ROSAK JOANNA	1455				K-30	12	K 25	00:27:02	00:54:46	00:56:35.85	00:57:02.95	5:23	11.1
26	SIWEK MAŁGORZATA	1315		KATOWICE	POL	K-20	5	K 26	00:27:10	00:54:43	00:56:38.60	00:57:10.55	5:23	11.1
27	WASIEL MONIKA	1376		GLIWICE	POL	K-30	11	K 27	00:27:10	00:54:28	00:56:24.45	00:57:33.50	5:22	11.2
28	BURZAK JUSTYNA	1035		GLIWICE	POL	K-30	10	K 28	00:27:20	00:54:05	00:56:03.30	00:57:34.35	5:20	11.2
29	NIESLER MAGDALENA	1223	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	13	K 29	00:26:52	00:54:53	00:57:02.05	00:57:48.80	5:25	11
30	HOŁOTA ANNA	1108	ELZAB ACTIVE TEAM	GLIWICE	POL	K-40	11	K 30	00:27:24	00:55:07	00:57:13.05	00:58:10.95	5:26	11
31	LUKOSZEK WERONIKA	1188		GLIWICE	POL	K-20	7	K 31	00:27:40	00:56:06	00:58:07.75	00:58:36.10	5:32	10.8
32	NOWIŃSKA IWONA	1502				K-40	12	K 32	00:27:53	00:55:19	00:57:26.65	00:58:40.65	5:28	11
33	ŻUKOWSKA-CHOMIK JUSTYNA	1414	WAY2CHAMP	GLIWICE	POL	K-30	14	K 33	00:28:06	00:55:52	00:57:50.60	00:58:42.35	5:30	10.9
34	DULAK DOMINIKA	1059		KNURÓW	POL	K-20	6	K 34	00:27:34	00:55:28	00:57:28.10	00:58:48.55	5:28	11
35	KASPER IWONA	1133	KAMA	KNURÓW	POL	K-40	13	K 35	00:27:40	00:55:30	00:57:28.65	00:58:48.70	5:28	11
36	OKOŃ MONIKA	1234		KNURÓW	POL	K-40	14	K 36	00:28:15	00:55:58	00:58:02.40	00:58:55.65	5:31	10.9
37	GAJDZIK KATARZYNA	1078		BYTOM	POL	K-30	15	K 37	00:27:56	00:55:58	00:58:00.40	00:58:56.25	5:31	10.9
38	DOLATA MAGDALENA	1052		GLIWICE	POL	K-30	19	K 38	00:27:49		00:58:51.15	00:58:57.10	5:36	10.7
39	STANISLAWISZYN MAŁGORZATA	1334		PILCHOWICE	POL	K-40	16	K 39	00:27:52	00:56:16	00:58:24.55	00:59:14.85	5:33	10.8
40	KOSMACZEWSKA ANNA	1155	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	20	K 40	00:27:32	00:56:47	00:58:58.95	00:59:14.85	5:37	10.7
41	LEŚNIAK EWA	1184		GLIWICE	POL	K-40	15	K 41	00:28:35	00:56:20	00:58:19.65	00:59:21.70	5:33	10.8
42	SZMIGIEL JUSTYNA	1349		GLIWICE	POL	K-30	17	K 42	00:28:23	00:56:27	00:58:35.35	00:59:24.55	5:34	10.8
43	KOWALCZYK KAMILA	1161		GLIWICE	POL	K-30	16	K 43	00:27:43	00:56:24	00:58:25.65	00:59:28.35	5:33	10.8
44	GILLNER KLAUDIA	1416		GLIWICE	POL	K-20	8	K 44	00:27:59	00:56:20	00:58:29.35	00:59:30.55	5:34	10.8
45	GAJ KAMILA	1076	NIGHT RUNNERS GLIWICE	KNURÓW	POL	K-50	1	K 45	00:27:56	00:56:52	00:58:59.25	00:59:40.70	5:37	10.7
46	SIKORA AGNIESZKA	1309	NIGHT RUNNERS ZABRZE	ZABRZE	POL	K-30	18	K 46	00:27:58	00:56:39	00:58:50.55	00:59:49.25	5:36	10.7
47	PLUCIŃSKA EDYTA	1272	FUCHS OIL TEAM	SOSNOWIEC	POL	K-40	17	K 47	00:29:50	00:56:36	00:58:29.70	00:59:50.80	5:34	10.8
48	KOŁODZIEJ ALEKSANDRA	1147		TARNOWSKIE GÓRY	POL	K-20	10	K 48	00:28:12	00:57:32	00:59:44.00	00:59:51.30	5:41	10.5
49	PIETRZAK ANNA	1262		GLIWICE	POL	K-40	19	K 49	00:27:27	00:57:40	00:59:49.85	01:00:07.20	5:41	10.5
50	SKORUPA MAGDALENA	1317		PRZEGĘDZA	POL	K-20	9	K 50	00:28:11	00:56:31	00:58:44.00	01:00:21.80	5:35	10.7
51	SMOLIŃSKA ILONA	1322		KNURÓW	POL	K-40	18	K 51	00:28:11	00:56:32	00:58:43.85	01:00:21.80	5:35	10.7
52	KUBICA BOŻENA	1173		ORNONTOWICE	POL	K-40	20	K 52	00:28:11	00:57:48	01:00:11.80	01:00:31.45	5:44	10.5
53	GARYGA BEATA	1085		GLIWICE	POL	K-30	22	K 53	00:27:44	00:58:09	01:00:11.85	01:00:36.50	5:44	10.5
54	POLEWKA BEATA	1006	OTK RZEŻNIK	GLIWICE		K-40	23	K 54	00:28:12	00:58:10	01:00:29.00	01:00:39.25	5:45	10.4
55	PROKOP IWONA	1280	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	RUDA ŚLĄSKA	POL	K-40	22	K 55	00:28:56	00:58:18	01:00:27.05	01:00:48.50	5:45	10.4
56	PAWLUS - DUSIK BEATA	1257	KOLOROWA DRUŻYNA NESSI	BRZUŚNIK	POL	K-30	21	K 56	00:28:35	00:58:11	01:00:08.70	01:00:53.45	5:43	10.5
57	GAJEWSKA IZABELA	1452		GLIWICE		K-40	24	K 57	00:27:48	00:58:14	01:00:35.00	01:00:57.15	5:46	10.4
58	SOBOLEWSKA STEFANIA	1327		GLIWICE	POL	K-40	26	K 58	00:28:26	00:58:47	01:00:54.95	01:01:09.20	5:48	10.3
59	GORELL BOGUMIŁA	1092		PONISZOWICE	POL	K-30	23	K 59	00:29:11	00:58:20	01:00:18.30	01:01:11.50	5:44	10.4
60	BŁĄŻYTKO MONIKA	1511		GLIWICE		K-30	26	K 60	00:27:15	00:58:14	01:00:39.35	01:01:18.40	5:46	10.4
61	NIŻNIKIEWICZ-FRENKI ZOFIA	1225	FLUOR	GLIWICE	POL	K-30	27	K 61	00:28:17	00:58:55	01:01:08.35	01:01:29.20	5:49	10.3
62	OSOWSKA KATARZYNA	1241	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	21	K 62	00:28:30	00:58:08	01:00:25.10	01:01:39.70	5:45	10.4
63	GRABSKA ANNA	1095	KOMBO KURCZAKI	GLIWICE	POL	K-30	25	K 63	00:28:55	00:58:13	01:00:30.40	01:01:41.40	5:45	10.4
64	KOŁAK ALICJA	1146		GLIWICE	POL	K-30	24	K 64	00:28:27	00:58:15	01:00:28.90	01:01:50.20	5:45	10.4
65	TARTANUS-ORYSZCZAK MARTA	1359		GLIWICE	POL	K-40	25	K 65	00:28:58	00:58:38	01:00:54.05	01:02:03.85	5:48	10.3
66	ANTOS ANGELIKA	1479		GLIWICE		K-20	12	K 66	00:28:07	00:59:42	01:01:48.40	01:02:06.20	5:53	10.2
67	MIŁKOWSKA KAROLINA	1467		GLIWICE		K-30	28	K 67	00:28:04	00:59:11	01:01:31.70	01:02:26.15	5:51	10.2
68	SIKORSKA KATARZYNA	1312		GLIWICE	POL	K-30	30	K 68	00:28:21	00:59:23	01:01:39.30	01:02:28.35	5:52	10.2
69	EICHHOF JOANNA	1065		GLIWICE	POL	K-40	27	K 69	00:29:15	00:59:09	01:01:31.85	01:02:42.00	5:51	10.2
70	SZOŁTYSIK MARTA	1350		RADZIONKÓW	POL	K-30	29	K 70	00:29:14	00:59:10	01:01:32.65	01:02:42.75	5:51	10.2
71	WILCZEK MAGDALENA	1382	FLUOR	GLIWICE	POL	K-30	31	K 71	00:29:09	00:59:44	01:02:04.05	01:02:44.25	5:54	10.2
72	NUCKOWSKA JUSTYNA	1231		GLIWICE	POL	K-20	11	K 72	00:29:44	00:59:26	01:01:28.55	01:02:55.65	5:51	10.2
73	KANIA KRYSZYNA	1131		43-300 BIELSKO-BIAŁA	POL	K-60	1	K 73	00:29:40	01:00:02	01:02:16.25	01:03:14.60	5:55	10.1
74	STELLMACH EWA	1336		ZABRZE	POL	K-40	28	K 74	00:28:52	01:00:32	01:02:56.85	01:03:16.80	5:59	10

## GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
75	TWAROWSKA CELINA	1368	ETISOFT RUNNING TEAM	ZABRZE	POL	K-30	34	K 75	00:28:42	01:00:54	01:03:17.20	01:03:32.45	6:01	9.9
76	SIODLAK JUSTYNA	1313		GLIWICE	POL	K-40	32	K 76			01:03:33.00	01:03:33.00	6:03	9.9
77	TYRNA GABRIELA	1464				K-30	35	K 77	00:30:01	01:00:59	01:03:20.20	01:03:35.95	6:01	9.9
78	PASIEKA DANUTA	1254		GLIWICE	POL	K-50	2	K 78	00:29:50	00:59:59	01:02:12.95	01:03:37.85	5:55	10.1
79	BRZEZIŃSKA TERESA	1471		GLIWICE		K-40	31	K 79	00:29:59	01:01:06	01:03:24.40	01:03:48.80	6:02	9.9
80	RUSIELEWICZ AGNIESZKA	1300	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	14	K 80	00:30:30	01:01:13	01:03:35.70	01:03:58.70	6:03	9.9
81	GRZYŚKA KATARZYNA	1101	SMOCZY GANG	ZABRZE	POL	K-30	32	K 81	00:29:05	01:00:03	01:02:27.95	01:04:05.10	5:56	10.1
82	GABRYŚ SEBA	1441	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	30	K 82	00:29:49	01:01:07	01:03:19.55	01:04:07.55	6:01	9.9
83	GABRYŚ JOLANTA	1440	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	29	K 83	00:29:50	01:01:07	01:03:19.00	01:04:07.90	6:01	9.9
84	ORLIK ZDZISŁAWA	1238	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	3	K 84	00:30:36	01:00:52	01:03:06.85	01:04:15.95	6:00	10
85	MĘTLAK MAŁGOSIA	1516		ZAWIERCIE		K-18	2	K 85	00:29:30	01:01:34	01:03:46.20	01:04:27.00	6:04	9.9
86	ZASADZIŃSKA ANGELIKA	1403	FUCHS OIL TEAM	GLIWICE	POL	K-20	13	K 86	00:29:57	01:00:47	01:03:12.40	01:04:33.90	6:01	10
87	ZASZYK MONIKA	1459		CHORZÓW		K-40	33	K 87	00:30:42	01:01:25	01:03:37.00	01:04:35.35	6:03	9.9
88	FABIAN KATARZYNA	1068		CHORZÓW		K-30	36	K 88	00:29:32	01:00:56	01:03:21.45	01:04:36.40	6:02	9.9
89	DROŹDŹ ALICJA	1055		GLIWICE	POL	K-30	33	K 89	00:29:10	01:00:37	01:03:11.05	01:04:42.75	6:01	10
90	BARTAS AGNIESZKA	24	ISTA BIEGAMY	KATOWICE	POL	K-30	39	K 90	00:29:55	01:01:57	01:04:14.15	01:04:46.40	6:07	9.8
91	PASELLA WERONIKA	1253		GLIWICE	POL	K-20	17	K 91	00:30:03	01:01:52	01:04:15.30	01:04:52.20	6:07	9.8
92	MYCEK ANNA	1218		GLIWICE	POL	K-20	16	K 92	00:30:02	01:01:51	01:04:15.15	01:04:52.25	6:07	9.8
93	SOSADA NICOL	1332	ISTA BIEGAMY	ZBROŚLAWICE	POL	K-20	18	K 93	00:29:51	01:02:09	01:04:21.30	01:04:52.60	6:07	9.8
94	EISLER ANNA	1066	SKLEPBIKER.PL	CIĘCINA	POL	K-30	38	K 94	00:30:23	01:01:08	01:03:36.95	01:05:01.35	6:03	9.9
95	STASIAK RENATA	1456				K-40	34	K 95	00:30:41	01:01:40	01:03:56.55	01:05:02.20	6:05	9.9
96	KOCUREK AGNIESZKA	1141		ŚWIĘTOCHŁOWICE	POL	K-40	35	K 96	00:31:35	01:02:00	01:04:09.65	01:05:02.30	6:06	9.8
97	BRZÓZKA PATRYCJA	1033	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	15	K 97	00:29:12	01:01:59	01:04:14.35	01:05:16.35	6:07	9.8
98	TOLL KATARZYNA	1360		GLIWICE	POL	K-40	36	K 98	00:30:13	01:02:00	01:04:15.00	01:05:16.40	6:07	9.8
99	KORUS KARINA	340	CIDRY LOTAJOM	PIEKARY ŚLĄSKIE	POL	K-30	37	K 99	00:30:45	01:01:18	01:03:35.70	01:05:20.75	6:03	9.9
100	CHOLEWA MAGDALENA	1491		GLIWICE		K-40	38	K 100	00:29:58	01:02:41	01:05:10.55	01:05:38.20	6:12	9.7
101	ZIMNY JOANNA	1406		GLIWICE	POL	K-30	40	K 101	00:31:13	01:02:20	01:04:40.85	01:05:44.05	6:09	9.7
102	BARANOWSKA EWA	1016		BYTOM	POL	K-30	41	K 102	00:30:33	01:02:17	01:04:44.15	01:05:50.00	6:10	9.7
103	WALTER AGNIESZKA	1372		WIESZOWA	POL	K-40	40	K 103	00:31:31	01:02:56	01:05:16.10	01:06:11.95	6:12	9.7
104	DWORNICZAK IWONA	1061		SIEMIANOWICE SL.	POL	K-50	4	K 104	00:30:43	01:02:14	01:04:43.95	01:06:18.15	6:09	9.7
105	JAKBIK OLA	1114	BULLULA TEAM	KATOWICE	POL	K-30	42	K 105	00:30:27	01:02:55	01:05:15.95	01:06:21.45	6:12	9.7
106	PROKWITE MARTYNA	1281		GLIWICE	POL	K-30	43	K 106	00:30:41	01:02:50	01:05:16.10	01:06:24.90	6:12	9.7
107	PORĘBA GABRIELA	583		KNURÓW	POL	K-40	37	K 107	00:30:44	01:02:31	01:04:59.80	01:06:25.50	6:11	9.7
108	BETRHENSEN BEATA	1021	FUCHS OIL TEAM	SOSNOWIEC	POL	K-40	39	K 108	00:30:42	01:02:45	01:05:12.75	01:06:33.75	6:12	9.7
109	LIPOWSKA BARBARA	1187		GLIWICE	POL	K-50	6	K 109	00:30:44	01:03:32	01:06:03.75	01:06:39.75	6:17	9.5
110	PEDOWSKA BOZENA	555		GLIWICE	POL	K-50	5	K 110	00:31:09	01:02:54	01:05:18.90	01:06:47.05	6:13	9.6
111	NAWOJSKA BARBARA	1476		CHORZÓW		K-40	41	K 111	00:30:46	01:03:25	01:05:51.80	01:06:51.60	6:16	9.6
112	KUBIAK CELINA	1486		GLIWICE		K-40	42	K 112	00:31:39	01:04:05	01:06:26.85	01:07:10.00	6:19	9.5
113	GOŁĘBIOWSKA ALEKSANDRA	1090		GLIWICE	POL	K-50	7	K 113	00:31:34	01:03:50	01:06:06.75	01:07:10.15	6:17	9.5
114	MICHAŁUSZEK DOROTA	1210	BIEG - UNKA	GLIWICE	POL	K-30	44	K 114	00:31:43	01:03:15	01:05:36.65	01:07:20.10	6:14	9.6
115	MICHALIK NATALIA	1205		GLIWICE	POL	K-20	19	K 115	00:30:32	01:04:14	01:06:37.75	01:07:21.75	6:20	9.5
116	NOWAKOWSKA-TRZASKA JOANNA	1228		GLIWICE	POL	K-30	46	K 116	00:30:31	01:04:14	01:06:39.40	01:07:23.55	6:20	9.5
117	WOSZCZYNA EWELINA	1390		KRAPKOWICE	POL	K-30	45	K 117	00:30:52	01:03:41	01:06:05.15	01:07:37.70	6:17	9.5
118	JOOSTBERENS ALEKSANDRA	1122	FLUOR	KNURÓW	POL	K-20	20	K 118	00:31:01	01:04:27	01:06:56.30	01:07:39.45	6:22	9.4
119	ZIELIŃSKA IZABELA	1405	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-40	43	K 119	00:31:01	01:04:05	01:06:40.05	01:07:45.30	6:20	9.5
120	KRZYŻANOWSKA ALEKSANDRA	1171		GLIWICE	POL	K-40	45	K 120	00:31:20	01:04:26	01:06:56.15	01:07:57.95	6:22	9.4
121	FAMUŁA ANNA	1069	FAMUŁA TEAM	KATOWICE	POL	K-20	21	K 121	00:31:53	01:04:50	01:07:25.55	01:08:03.25	6:25	9.3
122	BRIANSKA-KORDECKA ALEKSANDRA	1460	BALENA MORADA	KATOWICE	POL	K-30	53	K 122	00:30:34	01:05:14	01:07:51.25	01:08:05.50	6:27	9.3
123	KUCZERA-KULAGA MAGDALENAKULAGA	1176		KATOWICE	POL	K-40	49	K 123	00:30:34	01:05:14	01:07:51.20	01:08:05.50	6:27	9.3
124	CZARNECKA MARTA	1044		KNURÓW	POL	K-30	48	K 124	00:30:50	01:04:31	01:07:05.40	01:08:09.70	6:23	9.4
125	PROCEK KATARZYNA	1508				K-40	47	K 125	00:30:47	01:04:50	01:07:20.60	01:08:11.90	6:24	9.4
126	BOREK JADWIGA	1424	ACTIV EAGLES PRO	KĘDZIERZYN-KOŹLE	POL	K-30	50	K 126	00:31:54	01:05:16	01:07:37.45	01:08:12.70	6:26	9.3
127	ŻYDEK MAŁGORZATA	1415	ACTIV EAGLES PRO	KĘDZIERZYN-KOŹLE	POL	K-30	51	K 127	00:31:55	01:05:17	01:07:38.05	01:08:12.95	6:26	9.3
128	ADAMUS ANNA	1012		RUDA ŚLĄSKA	POL	K-40	46	K 128	00:31:45	01:04:32	01:07:00.25	01:08:13.60	6:22	9.4
129	STRUG GOSIA	1340		GLIWICE	POL	K-40	44	K 129	00:31:31	01:04:21	01:06:47.95	01:08:14.20	6:21	9.4
130	MIGURSKI DARIA	1214	FUCHS OIL TEAM	GLIWICE	POL	K-30	47	K 130	00:31:41	01:04:35	01:06:59.80	01:08:23.75	6:22	9.4
131	JUSZCZAK EWA	1125		GLIWICE	POL	K-50	8	K 131	00:30:58	01:05:09	01:07:28.30	01:08:26.65	6:25	9.3

## GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
132	KUKUCZKA EWA	1178		GLIWICE	POL	K-30	49	K 132	00:30:37	01:04:53	01:07:18.15	01:08:30.10	6:24	9.4
133	PILAREK MONIKA	1433		KNURÓW	POL	K-18	3	K 133	00:32:01	01:05:35	01:08:07.35	01:08:33.30	6:29	9.2
134	KLOC IZABELA	1136	FLUOR	KATOWICE	POL	K-30	54	K 134	00:31:35	01:05:19	01:07:53.30	01:08:51.40	6:27	9.3
135	POLUS-WŁODARZ IWONA	1276		GLIWICE	POL	K-40	48	K 135	00:32:14	01:05:20	01:07:42.80	01:08:54.45	6:26	9.3
136	LEWICKA BEATA	1498		GLIWICE	POL	K-30	52	K 136	00:31:48	01:05:24	01:07:43.75	01:09:03.45	6:27	9.3
137	PACUŁA TATIANA	1245	PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	9	K 137	00:32:03	01:05:18	01:07:42.20	01:09:19.40	6:26	9.3
138	DZIUBKA JULIA	1064		SOSNOWIEC	POL	K-20	22	K 138	00:33:33	01:06:16	01:08:18.90	01:09:26.85	6:30	9.2
139	MATUSZEWSKA MONIKA	455		GLIWICE	POL	K-40	51	K 139	00:32:27	01:06:21	01:08:57.80	01:09:27.70	6:34	9.1
140	PAWLARCZYK KAROLINA	1255		ZABRZE	POL	K-20	23	K 140	00:32:50	01:06:13	01:08:23.40	01:09:29.35	6:30	9.2
141	DADAŚ ELŻBIETA	1049	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	50	K 141	00:31:58	01:06:20	01:08:51.55	01:09:34.40	6:33	9.1
142	OLESIŃSKA EWA	1236	FLUOR	GLIWICE	POL	K-40	52	K 142	00:31:56	01:06:18	01:09:01.70	01:09:41.90	6:34	9.1
143	PIENIAK KAROLINA	1260		GLIWICE	POL	K-20	24	K 143	00:32:17	01:06:05	01:08:31.60	01:09:43.70	6:31	9.2
144	SZUMIATA MILENA	1351		GLIWICE	POL	K-20	25	K 144	00:32:18	01:06:06	01:08:32.10	01:09:43.90	6:31	9.2
145	PIOTROWSKA ANNA	1265		GLIWICE	POL	K-20	26	K 145	00:33:46	01:06:32	01:08:39.35	01:10:01.55	6:32	9.2
146	ROLNIK JOANNA	1470		ORZESZE	POL	K-30	55	K 146	00:32:24	01:06:04	01:08:44.20	01:10:08.45	6:32	9.2
147	TOMASZEWSKA MIROSLAWA	1362	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-30	58	K 147	00:31:12	01:07:05	01:09:49.15	01:10:12.15	6:38	9
148	PANKIEWICZ KATARZYNA	1250		GLIWICE	POL	K-40	54	K 148	00:31:07	01:07:12	01:10:01.10	01:10:46.35	6:40	9
149	SKRZYPEK MARTA	1319	GOOD TIME SPORT	CIĘCINA	POL	K-30	56	K 149	00:32:37	01:06:43	01:09:21.35	01:10:47.80	6:36	9.1
150	PLESZCZYŃSKA IWONA	1270		ZABRZE	POL	K-30	59	K 150	00:30:50	01:07:50	01:10:27.95	01:10:47.80	6:42	8.9
151	KOCHANEK ALEKSANDRA	1140		GLIWICE	POL	K-40	53	K 151	00:33:18	01:07:17	01:09:46.20	01:11:09.05	6:38	9
152	KOCZY-LUSIAK SYLWIA	1144	WATAHA TEAM	GLIWICE	POL	K-30	57	K 152	00:33:05	01:07:22	01:09:46.05	01:11:28.80	6:38	9
153	SIERAKOWSKA ANNA	1308	FUCHS OIL TEAM	GLIWICE	POL	K-30	60	K 153	00:32:04	01:08:12	01:10:42.35	01:12:06.70	6:44	8.9
154	JACHYMOWSKA DOMINIKA	1112		GLIWICE	POL	K-30	61	K 154	00:33:07	01:08:23	01:10:45.65	01:12:22.60	6:44	8.9
155	WYPYCH - ŚLUSARSKA AGATA	1393		ROGOŹNIK	POL	K-30	62	K 155	00:32:53	01:08:20	01:10:56.10	01:12:26.65	6:45	8.9
156	WINIARSKA ALEKSANDRA	1431		GLIWICE	POL	K-18	4	K 156	00:32:14	01:09:46	01:12:29.00	01:12:39.30	6:54	8.7
157	BISZ MAGDALENA	1446		GLIWICE	POL	K-20	27	K 157	00:33:20	01:09:09	01:11:50.50	01:12:52.50	6:50	8.8
158	NOWAK EWA	1226		GLIWICE	POL	K-40	56	K 158	00:33:05	01:09:56	01:12:23.70	01:13:08.85	6:53	8.7
159	KOCYAN MAŁGORZATA	1143	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-50	10	K 159	00:33:03	01:08:54	01:11:35.75	01:13:11.70	6:49	8.8
160	RAŁ ZDZIŚŁAWA	1290	INDYWIDUALNIE	GLIWICE	POL	K-60	2	K 160	00:33:19	01:09:33	01:12:21.85	01:13:25.15	6:53	8.7
161	ZAKLIŃSKA KATARZYNA	1401	TMTEAM	GLIWICE	POL	K-40	55	K 161	00:33:51	01:09:28	01:11:49.25	01:13:34.75	6:50	8.8
162	ŁUKASZEWSKA JUSTYNA	1189	STEP DANCE	GLIWICE	POL	K-30	64	K 162	00:33:49	01:10:50	01:13:15.05	01:13:47.00	6:58	8.6
163	PEACHTA SYLWIA	1482		CHORZÓW	POL	K-30	63	K 163	00:33:43	01:09:32	01:12:16.70	01:13:51.45	6:53	8.7
164	WIANKOWSKA ELIZABETH	1499		GLIWICE	POL	K-50	11	K 164	00:33:42	01:11:00	01:13:41.00	01:13:54.90	7:01	8.6
165	SZYDLAK IWONA	1355		GLIWICE	POL	K-40	57	K 165	00:33:23	01:10:40	01:13:06.40	01:14:37.00	6:57	8.6
166	HRYSZKIEWICZ BARBARA	1110	FIS-SST TEAM	MIEDARY	POL	K-40	58	K 166	00:34:42	01:11:19	01:13:34.65	01:15:04.95	7:00	8.6
167	GORAJ ZAJĄC ALEKSANDRA	1500		GLIWICE	POL	K-40	59	K 167	00:35:29	01:12:50	01:15:22.05	01:15:28.70	7:10	8.4
168	JÓZEFczyk KATARZYNA	1123	ISTA BIEGAMY	LEWIN BRZESKI	POL	K-30	65	K 168	00:34:19	01:12:18	01:15:03.10	01:16:27.70	7:08	8.4
169	RUTKA WIOLA	1301		GLIWICE	POL	K-30	66	K 169	00:35:31	01:13:23	01:16:08.65	01:16:35.00	7:15	8.3
170	GORZKOWSKA MAŁGORZATA	1093		SOSNOWIEC	POL	K-20	29	K 170	00:34:52	01:12:39	01:15:19.55	01:16:42.30	7:10	8.4
171	TRZASKALIK ALEKSANDRA	1366		GLIWICE	POL	K-20	28	K 171	00:34:51	01:12:38	01:15:19.05	01:16:42.40	7:10	8.4
172	RACZKOWSKA MAJA	1288		GLIWICE	POL	K-18	5	K 172	00:36:31	01:14:10	01:16:34.75	01:16:52.05	7:17	8.2
173	ZIOŁKOWSKA BARBARA	1407		ŚWIĘTOCHŁOWICE	POL	K-30	67	K 173	00:34:09	01:13:25	01:16:10.35	01:17:50.10	7:15	8.3
174	STARCZEWSKA JOLANTA	690		GLIWICE	POL	K-30	68	K 174	00:35:11	01:14:26	01:17:11.95	01:18:12.55	7:21	8.2
175	STEFAŃSKA MAGDALENA	1438		GLIWICE	POL	K-20	30	K 175	00:35:05	01:15:09	01:18:02.30	01:18:38.75	7:25	8.1
176	KONOPACKA KRYSZYNA	1151		GLIWICE	POL	K-60	3	K 176	00:35:46	01:15:25	01:18:12.70	01:18:42.45	7:26	8.1
177	TUROWSKA ANNA	1436		GLIWICE	POL	K-40	60	K 177	00:35:46	01:16:07	01:18:56.30	01:19:32.40	7:31	8
178	STEFAŃSKA BEATA	1437		GLIWICE	POL	K-50	12	K 178	00:35:46	01:16:06	01:18:56.00	01:19:32.50	7:31	8
179	OSTROWSKA JUSTYNA	1242	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	70	K 179	00:36:20	01:16:48	01:19:12.90	01:19:39.70	7:32	8
180	WOJTUKIEWICZ JUSTYNA	1387		GLIWICE	POL	K-30	69	K 180	00:37:02	01:16:02	01:18:44.15	01:20:12.05	7:30	8
181	FRĄC ELŻBIETA	1073	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	61	K 181	00:36:39	01:18:45	01:21:28.00	01:22:47.15	7:45	7.7
182	CZENCZEK MAGDALENA	1046	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	71	K 182	00:39:47	01:20:57	01:23:58.60	01:25:36.40	7:59	7.5
183	REITER HANNA	1292	SLOW JOGGING GLIWICE	GLIWICE	POL	K-40	62	K 183	00:39:45	01:20:53	01:23:58.20	01:25:36.50	7:59	7.5
184	TOMCZAK JOANNA	1363	ZABIEGANI NAUCZYCIELE	MIKOŁÓW	POL	K-30	72	K 184	00:40:02	01:24:00	01:27:08.55	01:27:47.25	8:18	7.2
185	PARUZEL AGNIESZKA	1252	ZABIEGANI NAUCZYCIELE	MIKOŁÓW	POL	K-40	64	K 185	00:40:03	01:24:00	01:27:17.30	01:27:56.00	8:18	7.2
186	ROGACKA - RZEPKA MARIA	1294	LOBOS TEAM	GLIWICE	POL	K-40	63	K 186	00:40:02	01:24:00	01:27:17.10	01:27:56.65	8:18	7.2
187	ADAMOWSKA KATARZYNA	1011	ZABIEGANI NAUCZYCIELE	GLIWICE	POL	K-30	73	K 187	00:40:02	01:24:00	01:27:17.30	01:27:56.70	8:18	7.2
188	NIEWDANA ANNA	1224	EUVIC	KATOWICE	POL	K-20	32	K 188	00:41:37	01:26:52	01:30:36.15	01:30:52.65	8:37	7

**GLIWICKA DYCHA, K Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
189	SMOLNIK ALICJA	1323		GLIWICE	POL	K-20	31	K 189	00:41:42	01:26:32	01:29:46.75	01:31:18.40	8:33	7
190	MRÓWKA ILONA	1217		GLIWICE	POL	K-40	65	K 190	00:43:12	01:28:27	01:32:01.65	01:33:15.85	8:45	6.8
191	CIESZYŃSKA JOLA	906		GLIWICE		K-50	13	K 191	00:44:17	01:26:57	01:36:20.00	01:36:41.35	9:10	6.5

**GLIWICKA DYCHA, M Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	CIEPŁAK MARCIN	1445		RYBNIK		M-20	1	M 1		00:32:18	00:33:33.20	00:33:34.20	3:11	18.8
2	POZEVILOV DMITRO	1010				M-30	1	M 2	00:15:58	00:32:23	00:33:46.50	00:33:46.50	3:12	18.7
3	CZAPLA KAMIL	1043	INŻYNIERIA BIEGANIA	RYBNIK	POL	M-20	2	M 3	00:15:59	00:33:11	00:34:32.00	00:34:33.20	3:17	18.2
4	ROSIŃSKI ARTUR	1296	PARKRUN KATOWICE	RUDA ŚLĄSKA	POL	M-20	3	M 4	00:17:05	00:34:59	00:36:18.45	00:36:19.45	3:27	17.4
5	PSTRAŚ LESZEK	1286	PARKRUN KATOWICE	KATOWICE	POL	M-30	2	M 5	00:18:01	00:36:51	00:38:08.55	00:38:10.80	3:37	16.5
6	SZYMAŃSKI BARTOSZ	1356	NIEWYMIĘKACZE	KATOWICE	POL	M-30	3	M 6	00:18:02	00:36:49	00:38:10.10	00:38:12.30	3:38	16.5
7	GIŻYŃSKI DAMIAN	1087	KOLEJARZ BEST 4U	JASTRZĘBIE-ZDRÓJ	POL	M-30	4	M 7	00:18:10	00:37:03	00:38:29.90	00:38:32.50	3:40	16.4
8	BABULA PRZEMYSŁAW	1015	GKS PIAST GLIWICE	GLIWICE	POL	M-20	4	M 8	00:17:44	00:37:26	00:38:55.85	00:38:58.10	3:42	16.2
9	MAŚLANKA TOMASZ	1202	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	BYTOM	POL	M-40	1	M 9	00:18:13	00:37:42	00:39:12.65	00:39:14.90	3:44	16.1
10	ROGOWSKI MACIEJ	1295	SREBRNI BIEGACZE TARNOWSKIE GÓRY	TARNOWSKIE GÓRY	POL	M-40	2	M 10	00:18:23	00:38:03	00:39:31.55	00:39:34.35	3:45	15.9
11	SZYMURA WOJCIECH	1358		RYBNIK	POL	M-40	3	M 11	00:18:52	00:38:54	00:40:18.75	00:40:23.70	3:50	15.6
12	BYRCZEK JAN	1001		GLIWICE		M-18	1	M 12	00:18:37	00:38:58	00:40:22.15	00:40:25.00	3:50	15.6
13	SNARSKI BOGDAN	1325	ALBATROSY	WARSZAWA	POL	M-30	5	M 13	00:18:52	00:38:55	00:40:25.40	00:40:28.70	3:50	15.6
14	OCHMAN PAWEŁ	1232	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	6	M 14	00:19:05	00:39:04	00:40:31.25	00:40:34.35	3:51	15.5
15	LEDWON PAWEŁ	1513				M-30	7	M 15	00:19:22	00:39:01	00:40:37.35	00:40:40.70	3:52	15.5
16	KLIMAS KAMIL	1477		KATOWICE		M-30	8	M 16	00:19:56	00:39:41	00:41:03.25	00:41:08.60	3:54	15.3
17	BOJARCZUK TOMASZ	1028	PRO366	GLIWICE	POL	M-20	5	M 17	00:19:29	00:40:03	00:41:38.20	00:41:40.85	3:57	15.1
18	ALKER ANDRZEJ	1013		GLIWICE	POL	M-30	9	M 18	00:19:42	00:40:15	00:41:42.50	00:41:45.85	3:58	15.1
19	HALMAN TOMASZ	1105		GLIWICE	POL	M-30	10	M 19	00:19:26	00:40:30	00:41:58.20	00:42:01.80	3:59	15
20	GOŁYŚ GRZEGORZ	1496		KNURÓW		M-20	6	M 20	00:19:37	00:40:37	00:42:03.40	00:42:07.00	4:00	15
21	DZIDA JANUSZ	1063		ŻORY	POL	M-30	11	M 21	00:19:27	00:40:40	00:42:14.95	00:42:20.60	4:01	14.9
22	KUCHARCZYK JAKUB	1002	OTK RZEŹNIK	GLIWICE		M-18	2	M 22	00:19:12	00:41:12	00:42:39.60	00:42:41.80	4:03	14.8
23	JABŁOŃSKI TOMASZ	1488				M-40	4	M 23	00:19:37	00:40:51	00:42:41.15	00:42:44.30	4:03	14.8
24	KURAS MATEUSZ	1180	FAST FOOT TEAM SIEWIERZ	SIEWIERZ	POL	M-20	7	M 24	00:19:24	00:41:04	00:42:46.40	00:42:48.65	4:04	14.7
25	PIOTROWSKI GRZEGORZ	1267	SOCIOS SILESIA	SMOLNICA	POL	M-18	3	M 25	00:19:59	00:41:26	00:42:58.35	00:43:02.80	4:05	14.7
26	DOLATA KRZYSZTOF	1051	SOCIOS SILESIA	GLIWICE	POL	M-30	12	M 26	00:20:32	00:41:40	00:43:18.55	00:43:22.60	4:07	14.5
27	BUŁAWA FILIP	1004	OTK RZEŹNIK	GLIWICE		M-18	4	M 27	00:20:15	00:41:46	00:43:20.70	00:43:23.65	4:07	14.5
28	BRYŁA GRZEGORZ	1031		KNURÓW	POL	M-40	5	M 28	00:20:14	00:41:55	00:43:30.30	00:43:39.35	4:08	14.5
29	CIECIAK GRZEGORZ	1041	MEGAWAT RUNNING TEAM	ŻORY	POL	M-40	6	M 29	00:20:56	00:41:59	00:43:33.25	00:43:41.55	4:08	14.5
30	SZASTAK DAMIAN	1343	HARPAGAN SOSNOWIEC	SOSNOWIEC	POL	M-40	7	M 30	00:20:12	00:42:03	00:43:44.30	00:43:48.80	4:09	14.4
31	SWARLIK RAFAŁ	1506				M-40	8	M 31	00:21:13	00:42:14	00:43:48.65	00:43:56.65	4:10	14.4
32	BLUS MARCIN	1024		ZABRZE	POL	M-40	9	M 32	00:20:21	00:42:19	00:44:02.25	00:44:06.45	4:11	14.3
33	MICHAŁSKI JAROSŁAW	1469		TARNOWSKIE GÓRY		M-30	13	M 33	00:21:05	00:43:05	00:44:38.05	00:44:57.55	4:15	14.1
34	NOWAK MATEUSZ	1227		GLIWICE	POL	M-20	8	M 34	00:20:45	00:43:15	00:44:52.85	00:44:58.80	4:16	14
35	PROKOP BARTOSZ	952		RUDA ŚLĄSKA		M-18	5	M 35	00:20:36	00:43:09	00:44:45.20	00:44:56.95	4:15	14.1
36	KONFEDERAK TOMASZ	1150		TWORÓG	POL	M-40	10	M 36	00:20:50	00:43:19	00:45:00.40	00:45:08.85	4:17	14
37	LILLA PIOTR	1186	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M-30	14	M 37	00:20:56	00:43:26	00:45:03.05	00:45:09.85	4:17	14
38	ZDON PAWEŁ	1404		KĘDZIERZYN-KOŹLE	POL	M-30	16	M 38	00:20:59	00:43:27	00:45:11.25	00:45:17.05	4:18	13.9
39	WOJEWÓDKA KRYSZTOF	1386	SOCIOS SILESIA	SOŚNICOWICE	POL	M-20	9	M 39	00:21:00	00:43:46	00:45:22.00	00:45:25.90	4:19	13.9
40	EISLER TOMASZ	1067	SKLEPBIKER.PL	CIĘCINA	POL	M-30	17	M 40	00:21:09	00:43:47	00:45:30.10	00:45:37.85	4:20	13.8
41	BOGUS BARTOSZ	1026	#LUBLINIEC	LUBLINIEC	POL	M-20	10	M 41	00:21:33	00:43:54	00:45:37.65	00:45:47.80	4:20	13.8
42	KAMIŃSKI JACEK	1129		GLIWICE	POL	M-30	15	M 42	00:21:27	00:43:28	00:45:08.10	00:45:56.55	4:17	14
43	RUDZIŃSKI JACEK	1299		GLIWICE	POL	M-30	18	M 43	00:22:11	00:44:09	00:45:44.65	00:45:57.10	4:21	13.8
44	KONOPKO KRZYSZTOF	1153		MIKOŁÓW	POL	M-30	19	M 44	00:21:58	00:44:08	00:45:49.50	00:46:03.15	4:21	13.7
45	CZARNOZYŃSKI ALEKSANDER	1045	GTT INTERPROJEKT	GLIWICE	POL	M-50	1	M 45	00:22:03	00:44:21	00:46:03.05	00:46:10.50	4:23	13.7
46	JEZUSEK PIOTREK	1121	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	20	M 46	00:22:03	00:44:34	00:46:09.35	00:46:26.15	4:23	13.6
47	JACHYM ARKADIUSZ	1111	SOCIOS SILESIA	GLIWICE	POL	M-30	23	M 47	00:21:35	00:44:59	00:46:40.60	00:46:44.95	4:26	13.5
48	PACANA PATRYK	1244	DRUŻYNA ŚWIĘTEGO MARCINA	TARNOWSKIE GÓRY	POL	M-20	11	M 48	00:22:00	00:45:01	00:46:44.10	00:46:53.20	4:27	13.5

**GLIWICKA DYCHA, M Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
49	MICHAŁUSZEK SEBASTIAN	1209	BIEG - UNKA	GLIWICE	POL	M-40	11	M 49	00:22:30	00:45:11	00:46:55.65	00:47:07.50	4:28	13.4
50	WATOŁA MAREK	1377	M&M	PYSKOWICE	POL	M-30	24	M 50	00:22:17	00:45:35	00:47:06.90	00:47:17.30	4:29	13.4
51	MACHEJ REMIGIUSZ	1195	ML DESIGN	JASTRZĘBIE -ZDRÓJ	POL	M-30	25	M 51	00:21:42	00:45:34	00:47:14.50	00:47:21.35	4:30	13.3
52	WYRZGOL ANDRZEJ	1394		KIELCZA	POL	M-40	14	M 52	00:22:47	00:45:42	00:47:20.20	00:47:31.75	4:30	13.3
53	ZIÓŁKOWSKI GRZEGORZ	1409		GLIWICE	POL	M-40	13	M 53	00:22:13	00:45:29	00:47:09.40	00:47:32.80	4:29	13.4
54	KOTRA JACEK	1158		GLIWICE	POL	M-30	26	M 54	00:22:38	00:45:45	00:47:26.90	00:47:37.05	4:31	13.3
55	KUKURBA MIKOŁAJ	1179	ENGINIETY	GLIWICE	POL	M-30	22	M 55	00:21:44	00:44:46	00:46:28.55	00:47:39.40	4:25	13.6
56	SZCZYPTA ROBERT	1344	FLUOR	MIKOŁÓW	POL	M-30	21	M 56	00:22:25	00:44:44	00:46:13.40	00:47:40.70	4:24	13.6
57	ZACNY KRZYSZTOF	1398	ITALIAKRIS	KĘTY	POL	M-40	12	M 57	00:23:19	00:45:25	00:47:06.80	00:47:48.30	4:29	13.4
58	WÓJCIKOWSKI MATEUSZ	1391	ANICA TEAM	GLIWICE	POL	M-20	12	M 58	00:22:13	00:46:04	00:47:47.45	00:47:51.80	4:33	13.2
59	GRUSZCZYŃSKI STANISŁAW	1421		GLIWICE	POL	M-30	27	M 59	00:22:09	00:46:00	00:47:43.70	00:47:55.50	4:32	13.2
60	ALKER ZBIGNIEW	1014		GLIWICE	POL	M-50	2	M 60	00:22:35	00:45:51	00:47:28.95	00:48:03.70	4:31	13.3
61	ZWIERZYŃSKI PIOTR	1411	UNATCO	RYBNIK	POL	M-40	15	M 61	00:22:34	00:46:04	00:47:52.35	00:48:12.85	4:33	13.2
62	NOWAKOWSKI ZENON	1230	-	ZABRZE	POL	M-50	3	M 62	00:22:00	00:46:28	00:48:16.10	00:48:27.70	4:35	13.1
63	LEWAŃSKI TOMASZ	1434		TYCHY	POL	M-40	16	M 63	00:22:43	00:46:44	00:48:33.45	00:48:43.80	4:37	13
64	KRAICZICZEK KRZYSZTOF	1449		GLIWICE	POL	M-40	17	M 64	00:22:46	00:46:49	00:48:35.20	00:48:48.00	4:37	13
65	DACZYŃSKI MICHAŁ	1493		GLIWICE		M-40	18	M 65	00:22:28	00:46:53	00:48:44.00	00:48:49.35	4:38	12.9
66	SZYMAŃSKI PIOTR	1357		BYTOM	POL	M-40	21	M 66	00:22:26	00:47:06	00:48:59.50	00:49:05.25	4:40	12.9
67	DZIAŁKOWSKI ADAM	1062	BIEGOWE ORNONTOWICE	ORNONTOWICE	POL	M-40	20	M 67	00:22:34	00:47:09	00:48:58.45	00:49:11.30	4:39	12.9
68	KŁACZEK GRZEGORZ	1137	NIEZRZESZONY	WIESZOWA	POL	M-50	4	M 68	00:23:13	00:47:22	00:49:08.95	00:49:16.30	4:40	12.8
69	KOZŁOWSKI ZBIGNIEW	1166	OFIARY KAMIENCA	KAMIENIEC	POL	M-40	22	M 69	00:23:11	00:47:12	00:49:03.45	00:49:18.00	4:40	12.8
70	SOTER BARTŁOMIEJ	1333	KOTRAK TEAM	CZELADŹ	POL	M-30	28	M 70	00:24:01	00:46:51	00:48:30.50	00:49:23.70	4:37	13
71	RYSIEWICZ MACIEJ	1303	6 BATALION	GLIWICE	POL	M-40	19	M 71	00:23:31	00:47:02	00:48:47.65	00:49:28.80	4:38	12.9
			POWIETRZNODESANTOWY GLIWICE											
72	HORA GRZEGORZ	1109		RUDA ŚLĄSKA	POL	M-30	29	M 72	00:23:07	00:46:55	00:48:34.10	00:49:35.35	4:37	13
73	IMIOŁEK ARKADIUSZ	1444				M-40	23	M 73	00:23:33	00:47:32	00:49:20.40	00:49:36.30	4:42	12.8
74	WAŚ SZYMON	1378	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-20	13	M 74	00:23:41	00:47:18	00:49:02.75	00:49:46.70	4:40	12.8
75	IGNASIAK JAKUB	1505		GLIWICE		M-30	33	M 75	00:23:23	00:48:09	00:49:58.35	00:50:04.60	4:45	12.6
76	SOCZAWA WOJCIECH	1328		ZABRZE	POL	M-30	30	M 76	00:23:59	00:47:37	00:49:21.25	00:50:07.80	4:42	12.8
77	PUDTO ARKADIUSZ	1465				M-40	25	M 77	00:23:53	00:47:52	00:49:45.65	00:50:14.60	4:44	12.7
78	CHRZĄŚCIK TOMASZ	1040	FUTURE PROCESSING RUNNING TEAM	KATOWICE	POL	M-30	32	M 78	00:23:53	00:48:06	00:49:53.05	00:50:20.10	4:45	12.6
79	MANKA MARCIN	1200	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	31	M 79	00:24:11	00:48:03	00:49:44.85	00:50:23.65	4:44	12.7
80	SKORUPSKI PAWEŁ	1318		GLIWICE	POL	M-40	27	M 80	00:23:32	00:48:13	00:50:15.00	00:50:26.05	4:47	12.5
81	DOBOSZ DANIEL	1050		GLIWICE	POL	M-40	26	M 81	00:23:10	00:48:26	00:50:13.95	00:50:32.05	4:47	12.5
82	HAJOK MAREK	1104		GLIWICE	POL	M-40	28	M 82	00:23:36	00:48:43	00:50:30.75	00:50:41.65	4:48	12.5
83	WIĘCŁAW GRZEGORZ	1381	GŁOWA RZĄDZI	GLIWICE	POL	M-30	34	M 83	00:23:21	00:48:19	00:50:12.00	00:50:44.15	4:46	12.5
84	FRYDA MAREK	1074		GLIWICE	POL	M-40	24	M 84	00:23:44	00:47:47	00:49:37.85	00:50:49.05	4:43	12.7
85	SZWARCZYŃSKI MICHAŁ	1353		GLIWICE	POL	M-30	37	M 85	00:22:58	00:48:49	00:50:47.15	00:50:56.15	4:50	12.4
86	MACHALICA JACEK	1194	FAMUŁA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	M-30	35	M 86	00:24:17	00:48:37	00:50:21.15	00:50:58.40	4:47	12.5
87	FICEK KRZYSZTOF	1071		RUDA ŚLĄSKA	POL	M-40	29	M 87	00:23:54	00:48:50	00:50:48.00	00:51:01.35	4:50	12.4
88	WILMA KRZYSZTOF	1466		GLIWICE		M-40	30	M 88	00:23:35	00:48:59	00:50:52.35	00:51:16.15	4:50	12.4
89	HARAZIN JANUSZ	1106	2 TM 4,7	PAWŁOWICE	POL	M-30	36	M 89	00:24:49	00:48:53	00:50:46.15	00:51:19.90	4:50	12.4
90	BŁASZCZUK TOMASZ	1025		KNURÓW	POL	M-20	14	M 90	00:23:59	00:48:55	00:50:49.45	00:51:23.30	4:50	12.4
91	GARNCARZ JAKUB	1083		DĄBROWA GÓRNICZA	POL	M-30	38	M 91	00:24:46	00:49:25	00:51:12.75	00:51:42.70	4:52	12.3
92	CHROBAK ADAM	1039		KATOWICE	POL	M-20	15	M 92	00:24:45	00:49:29	00:51:11.50	00:51:55.25	4:52	12.3
93	GAŁĄZKA PAWEŁ	1082	EUVIC	RYBNIK	POL	M-20	17	M 93	00:22:44	00:49:48	00:51:46.15	00:51:57.90	4:55	12.2
94	MAZUR ŁUKASZ	1204	EKO-OKNA RUNNERS	GLIWICE	POL	M-20	16	M 94	00:24:42	00:49:31	00:51:19.70	00:51:59.75	4:53	12.3
95	SMOLARCZYK MICHAŁ	1321		GLIWICE	POL	M-40	31	M 95	00:24:56	00:49:48	00:51:42.90	00:52:05.90	4:55	12.2
96	RYMASZEWSKI WOJTEK	1302	WARSZTATKOSZULKOWY.PL	ZABRZE	POL	M-30	39	M 96	00:24:45	00:49:48	00:51:40.00	00:52:09.05	4:55	12.2
97	PIETRYSIAK STEFAN	1261	BWM POLSKA	ZABRZE	POL	M-50	5	M 97	00:24:07	00:50:14	00:52:14.50	00:52:19.50	4:58	12.1
98	KSIĄŻEK GRZEGORZ	1172		TARNOWSKIE GÓRY	POL	M-30	41	M 98	00:24:49	00:50:25	00:52:12.55	00:52:23.20	4:58	12.1
99	GAJCZEWSKI ANDRZEJ	1077		RUDA ŚLĄSKA	POL	M-50	6	M 99	00:24:11	00:50:22	00:52:22.35	00:52:30.70	4:59	12
100	POLEWKA TOMASZ	1005	OTK RZEŹNIK	GLIWICE		M-40	32	M 100	00:24:51	00:50:47	00:52:41.75	00:52:44.30	5:01	12
101	MICHAŁOWSKI RAFAŁ	1208		GLIWICE	POL	M-30	40	M 101	00:25:00	00:50:08	00:52:02.40	00:52:50.40	4:57	12.1
102	KOWALCZYK JORDAN	1159		ZABRZE	POL	M-30	43	M 102	00:25:00	00:50:37	00:52:30.70	00:52:52.95	5:00	12
103	MICHAŁSKI ROBERT	1207	HETMAN TARNOWSKIE GÓRY	GLIWICE	POL	M-30	44	M 103	00:25:18	00:50:41	00:52:31.05	00:52:56.95	5:00	12
104	PIANKOWSKI TYBERIUSZ	1419		RADZIONKÓW	POL	M-30	45	M 104	00:25:05	00:50:40	00:52:34.50	00:53:17.95	5:00	12

## GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
105	PETRYNA BARTOSZ	1258		RYBNIK	POL	M-30	42	M 105	00:24:27	00:50:20	00:52:24.35	00:53:20.50	4:59	12
106	JANIKOWSKI ADAM	1115	ANICA TEAM	GLIWICE	POL	M-30	51	M 106	00:24:20	00:51:21	00:53:16.20	00:53:21.40	5:04	11.8
107	KOSMACZEWSKI MICHAŁ	1156	EUVIC	GLIWICE	POL	M-30	48	M 107	00:25:05	00:51:01	00:53:00.55	00:53:22.30	5:02	11.9
108	SZCZYRBA KRYSZTIAN	1478		GLIWICE	POL	M-20	18	M 108	00:24:50	00:51:01	00:52:52.25	00:53:29.15	5:02	11.9
109	KACZMARZYK ARKADIUSZ	1426	ASSECO ACTIVE TEAM	GLIWICE	POL	M-30	47	M 109	00:24:39	00:50:43	00:52:51.05	00:53:29.30	5:02	11.9
110	BASZUN MICHAŁ	1019	DAMY RADE!	GLIWICE	POL	M-30	46	M 110	00:25:15	00:50:51	00:52:44.10	00:53:31.65	5:01	11.9
111	WYCIŚLIK MARCIN	1392	HIRSCHVOGEL	GLIWICE	POL	M-30	49	M 111	00:25:11	00:51:06	00:53:01.75	00:53:32.65	5:03	11.9
112	MACH MARCIN	1193	1976	GLIWICE	POL	M-40	34	M 112	00:24:36	00:51:21	00:53:22.20	00:53:32.95	5:04	11.8
113	KORDECKI BARTOSZ	1461	BALLENA MORADA	KATOWICE	POL	M-40	33	M 113	00:25:24	00:51:19	00:53:18.60	00:53:34.00	5:04	11.8
114	DOMAN ŁUKASZ	1053	SOCIOS SILESIA	RUDA ŚLĄSKA	POL	M-30	52	M 114	00:24:28	00:51:31	00:53:31.10	00:53:36.10	5:05	11.8
115	GAJEWSKI JACEK	1453		GLIWICE	POL	M-50	7	M 115	00:25:42	00:51:38	00:53:24.95	00:53:46.90	5:05	11.8
116	SETNIK ROBERT	1451		GLIWICE	POL	M-40	37	M 116	00:25:23	00:51:51	00:53:38.35	00:53:48.40	5:06	11.7
117	KOWAL DARIUSZ	1487		GLIWICE	POL	M-40	35	M 117	00:25:33	00:51:33	00:53:24.20	00:53:48.75	5:05	11.8
118	JAWORSKI JAKUB	1118		GLIWICE	POL	M-20	19	M 118	00:25:25	00:51:06	00:53:05.55	00:53:49.40	5:03	11.9
119	JAWORSKI KAMIL	1119	FUCHS OIL TEAM	GLIWICE	POL	M-30	54	M 119	00:26:14	00:51:50	00:53:37.80	00:54:16.60	5:06	11.7
120	WENGLORZ DOMINIK	1379		CIESZYN	POL	M-20	20	M 120	00:24:46	00:51:41	00:53:47.60	00:54:22.25	5:07	11.7
121	TROSKO ADAM	1365		LIGOTA ŁABĘDZKA	POL	M-30	53	M 121	00:24:25	00:51:35	00:53:35.60	00:54:23.60	5:06	11.8
122	SKUPIEŃ PIOTR	1512		GLIWICE	POL	M-40	36	M 122	00:25:08	00:51:29	00:53:28.00	00:54:27.05	5:05	11.8
123	ŁUKAWSKI ARTUR	1191		RADZIONKÓW	POL	M-30	55	M 123	00:24:18	00:52:04	00:54:02.75	00:54:27.90	5:08	11.7
124	ZYGMUNTOWICZ PIOTR	1412	ANICA TEAM	CZERWIONKA - LESZCZYNY	POL	M-30	56	M 124	00:25:13	00:52:28	00:54:25.65	00:54:30.65	5:10	11.6
125	CAPUTA MICHAŁ	1036		GLIWICE	POL	M-30	50	M 125	00:24:56	00:51:13	00:53:13.20	00:54:39.30	5:04	11.8
126	STARCZAŁA PIOTR	1335	MEGAWAT RUNNING TEAM	KSIĄŻENICE	POL	M-40	39	M 126	00:25:59	00:52:11	00:54:06.80	00:54:42.45	5:09	11.6
127	PALUSZCZAK MATEUSZ	1248	2 TM 4,7	ŻORY	POL	M-20	21	M 127	00:25:21	00:52:07	00:54:10.15	00:54:44.20	5:09	11.6
128	CIEŚLIK BARTŁOMIEJ	1514		GLIWICE	POL	M-40	40	M 128	00:25:35	00:52:36	00:54:25.65	00:54:44.20	5:11	11.6
129	TURCZYN MATEUSZ	1367	HIRSCHVOGEL	GLIWICE	POL	M-20	23	M 129	00:25:15	00:52:18	00:54:12.90	00:54:45.15	5:09	11.6
130	PODOLAK ALFRED	573		PYSKOWICE	POL	M-50	8	M 130	00:25:27	00:52:17	00:54:18.45	00:54:59.10	5:10	11.6
131	PORĘBSKI GRZEGORZ	1472		GLIWICE	POL	M-20	22	M 131	00:26:19	00:52:27	00:54:12.75	00:55:00.20	5:09	11.6
132	POPCZYK PIOTR	1277		ŻERNICA	POL	M-40	38	M 132	00:26:16	00:52:18	00:54:03.70	00:55:03.35	5:08	11.7
133	OGONOWSKI EDWARD	1233	ŻÓŁWIK OPOLE	OPOLE	POL	M-60	1	M 133	00:26:01	00:52:02	00:53:54.45	00:55:19.90	5:08	11.7
134	GOŁĘBIOWSKI KAZIMIERZ	1091		GLIWICE	POL	M-40	41	M 134	00:25:33	00:52:42	00:54:48.15	00:55:23.30	5:13	11.5
135	SOKOŁOWSKI ŁUKASZ	1329		GLIWICE	POL	M-30	57	M 135	00:26:08	00:52:42	00:54:29.45	00:55:24.70	5:11	11.6
136	ZAMOJSKI BARTOSZ	1458		BYTOM	POL	M-40	45	M 136	00:25:40	00:53:01	00:55:07.65	00:55:28.65	5:14	11.4
137	NIEMIEC SŁAWEK	1221	INTERGRAFIK POLAND	GLIWICE	POL	M-30	58	M 137	00:25:54	00:52:42	00:54:41.90	00:55:32.20	5:12	11.5
138	CZERMAK DAMIAN	1048	FUCHS OIL TEAM	GÓRKI WIELKIE	POL	M-40	44	M 138	00:27:04	00:52:58	00:54:54.45	00:55:33.55	5:13	11.5
139	NIEDZIAŁKOWSKI MAREK	1220		TARNOWSKIE GÓRY	POL	M-40	42	M 139	00:25:43	00:52:47	00:54:51.25	00:55:39.25	5:13	11.5
140	PIÓRKOWSKI TOMASZ	1268		GLIWICE	POL	M-40	43	M 140	00:26:06	00:53:02	00:54:51.35	00:55:40.15	5:13	11.5
141	SZOŁTYSIK ŁUKASZ	1447		GLIWICE	POL	M-30	59	M 141	00:26:27	00:52:48	00:54:45.60	00:56:01.25	5:12	11.5
142	PAWLIK MICHAŁ	554		GLIWICE	POL	M-30	63	M 142	00:26:21	00:53:25	00:55:22.80	00:56:02.85	5:16	11.4
143	PAWLAS SEWERYN	1483		GLIWICE	POL	M-30	60	M 143	00:27:17	00:53:07	00:54:55.95	00:56:04.20	5:13	11.5
144	KARGUL KONRAD	1132		GLIWICE	POL	M-30	67	M 144	00:26:41	00:53:39	00:55:37.95	00:56:13.75	5:17	11.3
145	MILISZKIEWICZ ADAM	1215		GLIWICE	POL	M-30	64	M 145	00:27:11	00:53:31	00:55:27.65	00:56:14.55	5:16	11.4
146	GRZESIEK PAWEŁ	1100		TARNOWSKIE GÓRY	POL	M-30	68	M 146	00:26:15	00:53:36	00:55:38.65	00:56:20.75	5:17	11.3
147	SOKÓŁ FILIP	1331	FUCHS OIL TEAM	KATOWICE	POL	M-20	24	M 147	00:27:28	00:53:25	00:55:09.10	00:56:21.75	5:15	11.4
148	SIKORA MARCIN	1311	PROPOINT	GLIWICE	POL	M-20	26	M 148	00:25:58	00:53:54	00:55:52.50	00:56:25.25	5:19	11.3
149	SŁODKIEWICZ GRZEGORZ	1320		GLIWICE	POL	M-40	48	M 149	00:25:35	00:53:41	00:55:54.15	00:56:26.40	5:19	11.3
150	PAWLINA PIOTR	1256		GLIWICE	POL	M-40	46	M 150	00:28:13	00:53:28	00:55:17.90	00:56:28.60	5:16	11.4
151	LACHERA BOGDAN	1181		ZABRZE	POL	M-50	9	M 151	00:26:32	00:53:35	00:55:33.85	00:56:29.00	5:17	11.3
152	MIŁKOWSKI BARTOSZ	1468		GLIWICE	POL	M-30	66	M 152	00:28:05	00:53:49	00:55:34.50	00:56:29.35	5:17	11.3
153	KACZMAREK MARCIN	1126		GLIWICE	POL	M-40	47	M 153	00:26:52	00:53:24	00:55:23.25	00:56:29.40	5:16	11.4
154	CICHOCKI DAWID	1473		RYSKOWICE	POL	M-30	61	M 154	00:27:06	00:53:28	00:55:13.45	00:56:31.60	5:15	11.4
155	ULATOWSKI SEBASTIAN	1427	ASSECO ACTIVE TEAM	RUDA ŚLĄSKA	POL	M-30	65	M 155	00:27:25	00:53:38	00:55:32.50	00:56:46.75	5:17	11.3
156	BRZAŃKAŁA TOMASZ	1428	ASSECO ACTIVE TEAM	BYTOM	POL	M-20	25	M 156	00:27:25	00:53:39	00:55:32.15	00:56:46.80	5:17	11.3
157	PRONCZUK MARCIN	1282	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	69	M 157	00:26:43	00:53:57	00:55:58.40	00:56:47.00	5:19	11.3
158	BENDORZ ROMAN	1480		KOZŁÓW	POL	M-30	62	M 158	00:27:18	00:53:24	00:55:17.70	00:56:57.90	5:15	11.4
159	LEWANDERSKI DARIUSZ	1185	HIRSCHVOGEL	BYTOM	POL	M-30	70	M 159	00:26:57	00:54:42	00:56:32.50	00:57:07.75	5:23	11.1
160	DOMURAT ZDZISŁAW	1515		ALWERNIA	POL	M-50	11	M 160	00:25:57	00:54:39	00:56:50.35	00:57:08.95	5:24	11.1
161	KOWALCZYK ROBERT	1420		PRZYSZOWICE	POL	M-40	51	M 161	00:26:06	00:54:30	00:56:37.85	00:57:09.50	5:23	11.1

## GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
162	GÓRA MAREK	1094		TARNOWSKIE GÓRY	POL	M-50	12	M 162	00:27:09	00:54:52	00:56:59.10	00:57:11.70	5:25	11.1
163	HRYSZKIEWICZ JANUSZ	1474				M-40	52	M 163	00:26:04	00:54:40	00:56:48.45	00:57:19.00	5:24	11.1
164	KLIKS KAZIMIERZ	1135		ZABRZE	POL	M-60	2	M 164	00:26:30	00:54:39	00:56:48.00	00:57:19.65	5:24	11.1
165	KOZŁOWSKI MARIUSZ	1167		OPOLE	POL	M-40	50	M 165	00:27:49	00:54:42	00:56:34.05	00:57:29.20	5:23	11.1
166	PLUTA MARIUSZ	1274		BIERUN	POL	M-40	53	M 166	00:26:33	00:54:51	00:56:57.45	00:57:43.25	5:25	11.1
167	LEDWŃ JAKUB	1182	WQRW TEAM	GLIWICE	POL	M-40	54	M 167	00:26:33	00:54:51	00:56:58.15	00:57:43.80	5:25	11.1
168	KOMANDER MARCIN	1149		GLIWICE	POL	M-50	10	M 168	00:26:20	00:54:19	00:56:28.85	00:57:52.80	5:22	11.2
169	LINEK MARIUSZ	411		GLIWICE	POL	M-40	49	M 169	00:26:03	00:54:17	00:56:29.15	00:57:53.00	5:22	11.2
170	OKOŃ ZDZISŁAW	1235		KNURÓW	POL	M-60	3	M 170	00:28:16	00:55:07	00:57:06.50	00:57:59.45	5:26	11
171	MARYNIAK WOJTEK	451		GLIWICE	POL	M-30	71	M 171	00:27:36	00:54:47	00:56:48.25	00:58:10.15	5:24	11.1
172	KROTOS KRZYSZTOF	1169	WWW.OQS.COM.PL	GLIWICE	POL	M-40	56	M 172	00:26:52	00:56:04	00:58:05.00	00:58:24.35	5:31	10.8
173	OSWALD KAROL	1243		GLIWICE	POL	M-30	74	M 173	00:27:34	00:55:45	00:57:46.55	00:58:29.15	5:30	10.9
174	SZMIGIEL DANIEL	1348		GLIWICE	POL	M-30	73	M 174	00:28:23	00:55:49	00:57:43.45	00:58:32.85	5:29	10.9
175	PROCEK MARCIN	1507		GLIWICE		M-40	55	M 175	00:26:56	00:55:34	00:57:41.70	00:58:40.25	5:29	10.9
176	HEINCE ŁUKASZ	1007				M-20	27	M 176	00:28:57	00:55:26	00:57:15.15	00:58:44.15	5:27	11
177	TROJANKOWSKI MATEUSZ	1364		ORNONTOWICE	POL	M-20	28	M 177	00:27:44	00:55:33	00:57:33.65	00:58:52.40	5:28	10.9
178	PAPKALA DAWID	1251		PRZYSZOWICE	POL	M-30	72	M 178	00:27:45	00:55:33	00:57:37.20	00:58:54.75	5:29	10.9
179	SZWAJKOSZ SZCZEPAN	1352		GLIWICE	POL	M-30	75	M 179	00:28:04	00:56:08	00:58:05.15	00:58:56.15	5:31	10.8
180	RZESZUTEK GRZEGORZ	1304	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	M-40	58	M 180	00:29:18	00:56:41	00:58:41.00	00:59:04.20	5:35	10.7
181	STRĄCAŁA PAWEŁ	1339	STROXWARE KORPOREJSZYN	GLIWICE	POL	M-20	29	M 181	00:27:46	00:56:16	00:58:23.25	00:59:08.40	5:33	10.8
182	SAMOL GRZEGORZ	1307		GLIWICE	POL	M-50	14	M 182	00:27:21	00:56:23	00:58:27.45	00:59:09.15	5:34	10.8
183	CHOLEWA TOMASZ	1490		GLIWICE		M-40	59	M 183	00:27:26	00:56:30	00:58:43.80	00:59:11.25	5:35	10.7
184	LESZKOVEN PIOTR	1183	FLUOR	GLIWICE	POL	M-40	60	M 184	00:27:40	00:56:35	00:58:43.80	00:59:21.30	5:35	10.7
185	SZOT WOJCIECH	1417		GLIWICE	POL	M-30	76	M 185	00:28:00	00:56:21	00:58:27.60	00:59:28.05	5:34	10.8
186	ZAREMBA TADEUSZ	1402		GLIWICE	POL	M-60	4	M 186	00:28:11	00:56:18	00:58:21.05	00:59:32.25	5:33	10.8
187	KOZIBAŃ TOMASZ	1164	FLUOR	BYTOM	POL	M-30	77	M 187	00:28:08	00:56:47	00:58:55.00	00:59:37.35	5:36	10.7
188	SOKÓŁ ADAM	1330	FUCHS OIL TEAM	KATOWICE	POL	M-50	15	M 188	00:29:18	00:56:26	00:58:32.75	00:59:45.40	5:34	10.8
189	PLUĆIŃSKI PAWEŁ	1273	FUCHS OIL TEAM	SOSNOWIEC	POL	M-40	57	M 189	00:29:50	00:56:35	00:58:27.80	00:59:50.75	5:34	10.8
190	KOZŁOWSKI ANDRZEJ JERZY	1165		ZABRZE	POL	M-50	13	M 190	00:27:07	00:56:12	00:58:26.00	00:59:52.15	5:33	10.8
191	MIKOŁAJCZYK MICHAŁ	1425	ASSECO ACTIVE TEAM	ZABRZE	POL	M-20	30	M 191	00:27:56	00:56:38	00:58:43.95	00:59:57.65	5:35	10.7
192	MIŁKOWSKI ANDRZEJ	1216		GLIWICE	POL	M-60	5	M 192	00:28:01	00:57:00	00:59:10.00	01:00:04.75	5:38	10.6
193	NIEMIEC RAFAŁ	1222	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	61	M 193	00:27:56	00:57:25	00:59:29.85	01:00:23.35	5:40	10.6
194	SIKORA MICHAŁ	1310		GLIWICE	POL	M-40	62	M 194	00:27:41	00:57:15	00:59:30.95	01:00:28.75	5:40	10.6
195	ŻEROMSKI STEFAN	1443		GLIWICE		M-50	16	M 195	00:29:42	00:57:03	00:59:04.35	01:00:32.50	5:37	10.7
196	HOLETZKE KRZYSZTOF	1430		PYSKOWICE	POL	M-30	78	M 196	00:28:37	00:57:18	00:59:18.40	01:00:38.10	5:38	10.6
197	PACZKOWSKI TOMASZ	1247		GLIWICE	POL	M-40	66	M 197	00:27:47	00:58:01	01:00:17.85	01:00:45.60	5:44	10.4
198	MICHAŁSKI MAREK	1206		GLIWICE	POL	M-40	67	M 198	00:28:15	00:58:15	01:00:30.00	01:00:48.75	5:45	10.4
199	ZIMNY MARCIN	1463		GLIWICE		M-30	82	M 199	00:26:55	00:57:40	01:00:23.40	01:00:58.40	5:45	10.4
200	BIĄŁOSKÓRSKI GRZEGORZ	1503		GLIWICE		M-40	63	M 200	00:27:40	00:57:47	01:00:02.10	01:01:06.80	5:43	10.5
201	ODZIOMEK SEBASTIAN	1504		GLIWICE		M-40	64	M 201	00:27:40	00:57:47	01:00:10.55	01:01:14.85	5:43	10.5
202	SIRKO ZBIGNIEW	1314		GLIWICE	POL	M-50	18	M 202	00:28:18	00:58:17	01:00:46.90	01:01:17.00	5:47	10.4
203	GAJEWSKI JAREK	1079	FUCHS OIL TEAM	TYCHY	POL	M-50	17	M 203	00:29:55	00:58:01	01:00:02.50	01:01:25.55	5:43	10.5
204	KOŚNIEWSKI PAWEŁ	1157		ZABRZE	POL	M-30	80	M 204	00:29:16	00:58:05	01:00:10.85	01:01:37.00	5:43	10.5
205	PACZKOWSKI JACEK	1246		ZABRZE	POL	M-40	65	M 205	00:29:17	00:58:06	01:00:11.35	01:01:37.00	5:44	10.5
206	PRZEPÍORKA MACIEJ	1283		TARNOWSKIE GÓRY	POL	M-30	79	M 206	00:29:34	00:57:57	01:00:00.50	01:01:39.15	5:42	10.5
207	LESZKIEWICZ KRZYSZTOF	1510				M-30	88	M 207			01:01:41.00	01:01:41.00	5:52	10.2
208	SUPERNAK MARCIN	1342		GLIWICE	POL	M-30	81	M 208	00:28:56	00:58:09	01:00:14.50	01:01:43.85	5:44	10.5
209	KUCZERA ŁUKASZ	1175		RYBNIK	POL	M-30	85	M 209	00:29:28	00:59:26	01:01:27.35	01:02:10.80	5:51	10.3
210	MICZKA ŁUKASZ	1211	NIECHCEMISIE	GLIWICE	POL	M-30	83	M 210	00:28:51	00:58:31	01:00:40.95	01:02:16.30	5:46	10.4
211	PAŁASZ JACEK	1249		SOSNOWIEC	POL	M-40	68	M 211	00:30:02	00:59:05	01:01:10.75	01:02:31.10	5:49	10.3
212	ULIASZ KRZYSZTOF	1369	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	87	M 212	00:30:09	00:59:16	01:01:32.35	01:02:46.00	5:51	10.2
213	WIERNIŃSKI ROBERT	1380	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	86	M 213	00:30:07	00:59:14	01:01:30.55	01:02:46.05	5:51	10.2
214	JENDRZEJEK ŁUKASZ	1120		RYBNIK	POL	M-20	31	M 214	00:30:50	01:00:31	01:02:20.15	01:02:47.45	5:56	10.1
215	SMUDA GRZEGORZ	1324	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	84	M 215	00:30:00	00:59:11	01:01:21.25	01:02:47.80	5:50	10.3
216	PRZYGOCKI ROBERT	1450		GLIWICE		M-40	69	M 216	00:28:45	00:59:29	01:01:45.45	01:02:48.70	5:52	10.2
217	KOWALSKI WŁODZIMIERZ	1163	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	89	M 217	00:27:12	01:00:25	01:02:41.75	01:03:16.40	5:58	10
218	SIWY JAN	1316	ELZAB ACTIVE TEAM	TARNOWSKIE GÓRY	POL	M-40	70	M 218	00:29:55	01:00:10	01:02:33.30	01:03:46.90	5:57	10.1



## GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
219	BRYLIŃSKI RYSZARD	1030		ZABRZE	POL	M-60	6	M 219	00:29:37	01:00:47	01:03:02.95	01:03:47.70	6:00	10
220	WYSOKIŃSKI ARKADIUSZ	1396		GLIWICE	POL	M-18	6	M 220	00:27:55	01:01:07	01:03:43.15	01:03:54.45	6:04	9.9
221	MARKOWICZ PIOTR	1201	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	93	M 221	00:30:31	01:01:15	01:03:36.10	01:03:58.75	6:03	9.9
222	WOLNY ŁUKASZ	1388		ŻORY	POL	M-30	91	M 222	00:29:38	01:01:29	01:03:30.35	01:04:07.60	6:02	9.9
223	GIŻYŃSKI KRYSZTIAN	1429	ASSECO POLAND	JASTRZĘBIE-ZDRÓJ	POL	M-20	33	M 223	00:28:28	01:01:03	01:03:17.80	01:04:12.15	6:01	10
224	GOLENIEWSKI BŁAŻEJ	1089		GLIWICE	POL	M-20	34	M 224	00:30:25	01:01:30	01:03:53.50	01:04:38.90	6:05	9.9
225	DROŻDŻ MICHAŁ	1056	RYWAL GLIWICE	GLIWICE	POL	M-30	90	M 225	00:29:09	01:00:37	01:03:11.15	01:04:43.15	6:01	10
226	ORYSZCZAK ŁUKASZ	1240		GLIWICE	POL	M-30	94	M 226	00:28:24	01:00:52	01:03:44.20	01:04:51.65	6:04	9.9
227	WITAŁA RAFAŁ	1384		GLIWICE	POL	M-30	95	M 227	00:31:41	01:02:03	01:04:00.35	01:04:52.05	6:05	9.8
228	DUKAŁA DANIEL	1423		GLIWICE	POL	M-20	32	M 228	00:29:32	01:00:33	01:03:12.90	01:04:53.15	6:01	10
229	KOCUREK JACEK	1142		ŚWIĘTOCHŁOWICE	POL	M-50	19	M 229	00:31:35	01:02:00	01:04:09.90	01:05:02.30	6:06	9.8
230	MEDRALA JACEK	464		GLIWICE	POL	M-40	71	M 230	00:31:11	01:01:30	01:03:42.45	01:05:10.30	6:04	9.9
231	KORUS PIOTR	1154	CIDRY LOTAJOM	PIEKARY ŚLĄSKIE	POL	M-30	92	M 231	00:30:45	01:01:18	01:03:35.40	01:05:20.60	6:03	9.9
232	KUĆ RAFAŁ	1177	EUVIC	SIEMIANOWICE ŚLĄSKIE	POL	M-30	99	M 232	00:30:44	01:03:00	01:05:09.60	01:05:26.60	6:12	9.7
233	SZCZĘSNY ROMUALD	1442		PYSKOWICE		M-30	97	M 233	00:31:06	01:01:59	01:04:01.40	01:05:31.95	6:05	9.8
234	PIASECKI MARIUSZ	1259		GLIWICE	POL	M-30	96	M 234	00:30:52	01:01:56	01:04:00.90	01:05:33.70	6:05	9.8
235	SALAMON DAWID	1306	HIRSCHVOGEL	CZERWIONKA LESZCZYNY	POL	M-30	102	M 235	00:30:27	01:02:52	01:05:26.65	01:05:58.70	6:13	9.6
236	NOWAKOWSKI MAREK	1229	FLUOR	NIEBOROWICE	POL	M-40	72	M 236	00:29:50	01:02:46	01:04:56.55	01:06:03.75	6:11	9.7
237	WALTER MARCIN	1371		WIESZOWA	POL	M-40	73	M 237	00:31:30	01:02:55	01:05:15.50	01:06:11.85	6:12	9.7
238	DZIEDZIC DOMINIK	163		GLIWICE	POL	M-30	104	M 238	00:29:58	01:03:17	01:05:45.30	01:06:17.25	6:15	9.6
239	WANIEK ZBIGNIEW	1374		ŁÓDŹ	POL	M-40	77	M 239	00:31:03	01:03:50	01:06:13.05	01:06:32.00	6:18	9.5
240	TRELA MARCIN	112		KNURÓW	POL	M-30	98	M 240	00:30:48	01:02:44	01:05:03.65	01:06:44.10	6:11	9.7
241	JAWOREK DARIUSZ	1492		GLIWICE		M-40	74	M 241	00:31:09	01:02:54	01:05:18.35	01:06:46.80	6:13	9.6
242	ŻELEZNY TOMASZ	1413		GLIWICE	POL	M-30	100	M 242	00:31:26	01:03:07	01:05:20.95	01:06:53.80	6:13	9.6
243	GILLNER RAFAŁ	1086		GLIWICE	POL	M-40	75	M 243	00:31:50	01:03:02	01:05:22.40	01:06:59.05	6:13	9.6
244	KRAWCZYŃSKI MIROŚLAW	1168		GLIWICE	POL	M-40	76	M 244	00:30:58	01:03:41	01:05:55.45	01:07:00.90	6:16	9.6
245	ZABOROWSKI PIOTR	1397	ANICA TEAM	BYTOM	POL	M-30	106	M 245	00:31:38	01:04:27	01:06:49.70	01:07:00.90	6:21	9.4
246	GROCHOWSKI MARIUSZ	1485				M-40	78	M 246	00:31:39	01:04:05	01:06:26.65	01:07:09.70	6:19	9.5
247	RYZNER MICHAŁ	1475		GLIWICE		M-30	101	M 247	00:30:44	01:03:06	01:05:22.95	01:07:10.00	6:13	9.6
248	PLESZCZYŃSKI KAMIL	1439	GTW	ZABRZE		M-30	107	M 248	00:30:48	01:04:29	01:06:51.15	01:07:11.10	6:22	9.4
249	ZACZEK ADAM	1400		GLIWICE	POL	M-30	103	M 249	00:31:30	01:03:18	01:05:39.25	01:07:11.75	6:15	9.6
250	GALICZEK BRONISŁAW	1080	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	20	M 250	00:30:48	01:03:17	01:05:45.85	01:07:14.65	6:15	9.6
251	KIJANKA DAMIAN	1134	HIRSCHVOGEL	GLIWICE	POL	M-20	35	M 251	00:30:20	01:04:41	01:06:57.15	01:07:28.80	6:22	9.4
252	HŁADKI TADEUSZ	1107	FUCHS OIL TEAM	CZERWIONKA-LESZCZYNY	POL	M-40	80	M 252	00:31:52	01:04:28	01:06:49.25	01:07:30.25	6:21	9.4
253	CHOJKOWSKI MICHAŁ	1038		MYSŁOWICE	POL	M-40	79	M 253	00:31:19	01:04:23	01:06:44.20	01:07:36.25	6:21	9.4
254	WOSZCZYNA ANDRZEJ	1389		KRAPKOWICE	POL	M-30	105	M 254	00:30:51	01:03:40	01:06:03.70	01:07:37.35	6:17	9.5
255	BOGUSZ JAROSŁAW	1501		WARSZAWA		M-50	21	M 255	00:31:44	01:04:16	01:06:50.40	01:07:51.05	6:22	9.4
256	MIGURSKI JAKUB	1213	FUCHS OIL TEAM	GLIWICE	POL	M-30	108	M 256	00:31:41	01:04:34	01:06:59.80	01:08:23.85	6:22	9.4
257	GARUS ALEKSANDER	1084		GLIWICE	POL	M-20	36	M 257	00:31:40	01:04:34	01:06:59.95	01:08:24.10	6:22	9.4
258	PRZYŁUCKI GRZEGORZ	1285		PRECZÓW	POL	M-50	22	M 258	00:31:36	01:04:53	01:07:17.45	01:08:45.20	6:24	9.4
259	DENKOWSKI WOJCIECH	1422	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	23	M 259	00:32:46	01:05:56	01:08:18.15	01:09:38.05	6:30	9.2
260	GRZYŚKA PIOTR	1102	KNIGHT RUNNERS ZABRZE	ZABRZE	POL	M-30	109	M 260	00:31:23	01:06:11	01:08:48.30	01:09:58.95	6:33	9.2
261	WYSOCHAŃSKI ANDRZEJ	1395	TSH TEAM	OPOLE	POL	M-30	112	M 261	00:33:23	01:07:51	01:10:29.55	01:10:29.55	6:42	8.9
262	STEBEL DAMIAN	1418		GLIWICE	POL	M-20	37	M 262	00:33:22	01:06:52	01:08:56.90	01:10:29.85	6:34	9.1
263	BENTKOWSKI LESŁAW	1020	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 263	00:33:22	01:07:42	01:10:21.20	01:10:41.75	6:42	9
264	STEFANEK MICHAŁ	1497		GLIWICE		M-30	110	M 264	00:32:09	01:07:32	01:09:46.75	01:11:22.00	6:38	9
265	ŁUSIAK MARIUSZ	1192		GLIWICE	POL	M-30	111	M 265	00:33:06	01:07:22	01:09:47.80	01:11:28.80	6:38	9
266	STEPPEL GRZEGORZ	1338		GLIWICE	POL	M-40	81	M 266	00:33:25	01:08:25	01:10:57.20	01:11:57.80	6:45	8.9
267	GROS MICHAŁ	1097		ZABRZE	POL	M-20	39	M 267	00:32:32	01:09:04	01:11:31.05	01:12:03.60	6:48	8.8
268	KUBOWICZ MARYJUSZ	1174	FUCH OIL TEAM	CHORZÓW	POL	M-30	113	M 268	00:32:04	01:08:12	01:10:42.70	01:12:07.00	6:44	8.9
269	WACŁAWEK TOMEK	1370		GLIWICE	POL	M-20	38	M 269	00:33:27	01:09:18	01:11:30.40	01:12:57.75	6:48	8.8
270	PŁOSKONKA TOMASZ	1275		KATOWICE	POL	M-30	114	M 270	00:33:27	01:09:10	01:11:35.00	01:13:12.15	6:49	8.8
271	ŁUKASZEWSKI PIOTR	1190	PIAST GLIWICE	GLIWICE	POL	M-30	116	M 271	00:33:47	01:10:48	01:13:13.80	01:13:46.95	6:58	8.6
272	OLSZOK DAWID	1237	HIRSCHVOGEL	ZABRZE	POL	M-20	40	M 272	00:34:20	01:09:50	01:12:35.65	01:13:48.40	6:54	8.7
273	PLACHTA SZYMON	1481		CHORZÓW		M-30	115	M 273	00:33:43	01:09:33	01:12:17.00	01:13:52.20	6:53	8.7
274	MYŚLAK MARIUSZ	1484		GLIWICE		M-40	82	M 274	00:33:59	01:10:50	01:13:27.55	01:14:39.60	6:59	8.6
275	PILARSKI ARKADIUSZ	1264		GLIWICE	POL	M-20	41	M 275	00:35:31	01:13:23	01:16:08.00	01:16:34.80	7:15	8.3

**GLIWICKA DYCHA, M Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
276	KOCHANEK JAROSŁAW	1139		GLIWICE	POL	M-40	83	M 276	00:33:53	01:12:38	01:15:19.35	01:16:42.05	7:10	8.4
277	FAMUŁA MAREK	1070	FAMUŁA TEAM	KATOWICE	POL	M-60	7	M 277	00:36:39	01:13:55	01:16:37.45	01:17:14.85	7:17	8.2
278	PYREK MAREK	1432	TOROS DE ESPANA	LARYSZÓW	POL	M-30	117	M 278	00:36:01	01:13:27	01:16:04.65	01:17:43.60	7:14	8.3
279	CEBULAK GRZEGORZ	1037		GLIWICE	POL	M-40	84	M 279	00:34:34	01:15:41	01:18:18.65	01:19:02.95	7:27	8
280	CZENCZEK MICHAŁ	1047	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	118	M 280	00:39:46	01:20:57	01:23:20.05	01:24:57.90	7:56	7.6
281	STELMASZCZUK DAMIAN	1337		GLIWICE	POL	M-40	85	M 281	00:39:01	01:22:09	01:24:47.15	01:25:05.75	8:04	7.4
282	KOJ KRZYSZTOF	1145	PPP GLIWICE	GLIWICE	POL	M-30	119	M 282	00:39:10	01:20:41	01:25:18.80	01:26:34.40	8:07	7.4
283	SZEWCIUK SZYMON FRANCISZEK	1346		CHORZÓW	POL	M-20	42	M 283	00:40:04	01:23:37	01:26:13.50	01:26:35.45	8:12	7.3
284	SZCZYRBA ŁUKASZ	1345	EUVIC	ŚWIĘTOCHŁOWICE	POL	M-30	120	M 284	00:41:39	01:26:55	01:30:38.10	01:30:52.60	8:37	7
285	SANESTRZIK JKAUB	1494		GLIWICE		M-20	43	M 285	00:41:42	01:26:32	01:29:46.70	01:31:18.50	8:33	7
	WOJCIECH SZYMON	1385		GLIWICE	POL	M-20			00:26:33	DNF	DNF	DNF	-	-
									DNF					

**GLIWICKA DYCHA, Niepełnosprawni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	DADAŚ ELŻBIETA	1049	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	50	K 141	00:31:58	01:06:20	01:08:51.55	01:09:34.40	6:33	9.1
2	BENTKOWSKI LESŁAW	1020	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 263	00:33:22	01:07:42	01:10:21.20	01:10:41.75	6:42	9
3	SZCZYRBA ŁUKASZ	1345	EUVIC	ŚWIĘTOCHŁOWICE	POL	M-30	120	M 284	00:41:39	01:26:55	01:30:38.10	01:30:52.60	8:37	7

**GLIWICKA DYCHA, Mieszkancki Gliwic**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	BILNICKA PAULINA	1023	FLUOR	GLIWICE	POL	K-20	1	K 5	00:21:48	00:44:38	00:46:18.50	00:47:00.90	4:24	13.6
2	PIJET EWA	1263		GLIWICE	POL	K-40	3	K 8	00:24:28	00:49:07	00:50:54.20	00:51:31.85	4:50	12.4
3	KRZYMIŃSKA PATRYCJA	370	RUNBABYPOLSKA	GLIWICE	POL	K-20	2	K 11	00:25:36	00:49:30	00:51:15.30	00:52:37.75	4:52	12.3
4	PILICH-NANOWSKA AGNISZKA	1495		GLIWICE		K-40	4	K 9	00:24:35	00:49:32	00:51:19.55	00:51:34.65	4:53	12.3
5	POLEWKA ALEKSANDRA	1003	OTK RZEŹNIK	GLIWICE		K-18	1	K 10	00:24:51	00:50:24	00:52:17.30	00:52:20.15	4:58	12
6	KOMANDER KATARZYNA	1148		GLIWICE	POL	K-20	3	K 16	00:24:48	00:50:32	00:52:18.00	00:53:41.55	4:58	12
7	KONOPACKA BESSA MAGDALENA	1152		GLIWICE	POL	K-30	5	K 14	00:24:32	00:50:39	00:52:39.20	00:53:26.20	5:00	12
8	RUBIN KATARZYNA	1297	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	4	K 17	00:24:55	00:50:49	00:52:47.50	00:54:06.35	5:01	11.9
9	ŁAJSZCZYK- GAJDA DOROTA	1448		GLIWICE		K-40	7	K 18	00:25:43	00:52:10	00:54:05.15	00:54:27.75	5:09	11.6
10	BURZAK JUSTYNA	1035		GLIWICE	POL	K-30	10	K 28	00:27:20	00:54:05	00:56:03.30	00:57:34.35	5:20	11.2
11	WASIEL MONIKA	1376		GLIWICE	POL	K-30	11	K 27	00:27:10	00:54:28	00:56:24.45	00:57:33.50	5:22	11.2
12	NIESLER MAGDALENA	1223	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	13	K 29	00:26:52	00:54:53	00:57:02.05	00:57:48.80	5:25	11
13	HOŁOTA ANNA	1108	ELZAB ACTIVE TEAM	GLIWICE	POL	K-40	11	K 30	00:27:24	00:55:07	00:57:13.05	00:58:10.95	5:26	11
14	ŻUKOWSKA-CHOMIK JUSTYNA	1414	WAY2CHAMP	GLIWICE	POL	K-30	14	K 33	00:28:06	00:55:52	00:57:50.60	00:58:42.35	5:30	10.9
15	ŁUKOSZEK WERONIKA	1188		GLIWICE	POL	K-20	7	K 31	00:27:40	00:56:06	00:58:07.75	00:58:36.10	5:32	10.8
16	LEŚNIAK EWA	1184		GLIWICE	POL	K-40	15	K 41	00:28:35	00:56:20	00:58:19.65	00:59:21.70	5:33	10.8
17	KOWALCZYK KAMILA	1161		GLIWICE	POL	K-30	16	K 43	00:27:43	00:56:24	00:58:25.65	00:59:28.35	5:33	10.8
18	GILLNER KLAUDIA	1416		GLIWICE	POL	K-20	8	K 44	00:27:59	00:56:20	00:58:29.35	00:59:30.55	5:34	10.8
19	SZMIGIEL JUSTYNA	1349		GLIWICE	POL	K-30	17	K 42	00:28:23	00:56:27	00:58:35.35	00:59:24.55	5:34	10.8
20	DOLATA MAGDALENA	1052		GLIWICE	POL	K-30	19	K 38	00:27:49		00:58:51.15	00:58:57.10	5:36	10.7
21	KOSMACZEWSKA ANNA	1155	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	20	K 40	00:27:32	00:56:47	00:58:58.95	00:59:14.85	5:37	10.7
22	PIETRZAK ANNA	1262		GLIWICE	POL	K-40	19	K 49	00:27:27	00:57:40	00:59:49.85	01:00:07.20	5:41	10.5
23	GARYGA BEATA	1085		GLIWICE	POL	K-30	22	K 53	00:27:44	00:58:09	01:00:11.85	01:00:36.50	5:44	10.5
24	OSOWSKA KATARZYNA	1241	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	21	K 62	00:28:30	00:58:08	01:00:25.10	01:01:39.70	5:45	10.4
25	KOŁAK ALICJA	1146		GLIWICE	POL	K-30	24	K 64	00:28:27	00:58:15	01:00:28.90	01:01:50.20	5:45	10.4
26	POLEWKA BEATA	1006	OTK RZEŹNIK	GLIWICE		K-40	23	K 54	00:28:12	00:58:10	01:00:29.00	01:00:39.25	5:45	10.4
27	GRABSKA ANNA	1095	KOMBO KURCZAKI	GLIWICE	POL	K-30	25	K 63	00:28:55	00:58:13	01:00:30.40	01:01:41.40	5:45	10.4
28	GAJEWSKA IZABELA	1452		GLIWICE		K-40	24	K 57	00:27:48	00:58:14	01:00:35.00	01:00:57.15	5:46	10.4
29	BŁAŻYTKO MONIKA	1511		GLIWICE		K-30	26	K 60	00:27:15	00:58:14	01:00:39.35	01:01:18.40	5:46	10.4
30	TARTANUS-ORYSZCZAK MARTA	1359		GLIWICE	POL	K-40	25	K 65	00:28:58	00:58:38	01:00:54.05	01:02:03.85	5:48	10.3
31	SOBOLEWSKA STEFANIA	1327		GLIWICE	POL	K-40	26	K 58	00:28:26	00:58:47	01:00:54.95	01:01:09.20	5:48	10.3

**GLIWICKA DYCHA, Mieszkancki Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
32	NIŹNIKIEWICZ-FRENKI ZOFIA	1225	FLUOR	GLIWICE	POL	K-30	27	K 61	00:28:17	00:58:55	01:01:08.35	01:01:29.20	5:49	10.3
33	NUCKOWSKA JUSTYNA	1231		GLIWICE	POL	K-20	11	K 72	00:29:44	00:59:26	01:01:28.55	01:02:55.65	5:51	10.2
34	MŁKOWSKA KAROLINA	1467		GLIWICE		K-30	28	K 67	00:28:04	00:59:11	01:01:31.70	01:02:26.15	5:51	10.2
35	EICHHOF JOANNA	1065		GLIWICE	POL	K-40	27	K 69	00:29:15	00:59:09	01:01:31.85	01:02:42.00	5:51	10.2
36	SIKORSKA KATARZYNA	1312		GLIWICE	POL	K-30	30	K 68	00:28:21	00:59:23	01:01:39.30	01:02:28.35	5:52	10.2
37	ANTOS ANGELIKA	1479		GLIWICE		K-20	12	K 66	00:28:07	00:59:42	01:01:48.40	01:02:06.20	5:53	10.2
38	WILCZEK MAGDALENA	1382	FLUOR	GLIWICE	POL	K-30	31	K 71	00:29:09	00:59:44	01:02:04.05	01:02:44.25	5:54	10.2
39	PASIEKA DANUTA	1254		GLIWICE	POL	K-50	2	K 78	00:29:50	00:59:59	01:02:12.95	01:03:37.85	5:55	10.1
40	GRZYŚKA KATARZYNA	1101	SMOCZY GANG	ZABRZE	POL	K-30	32	K 81	00:29:05	01:00:03	01:02:27.95	01:04:05.10	5:56	10.1
41	ORLIK ZDZISŁAWA	1238	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	3	K 84	00:30:36	01:00:52	01:03:06.85	01:04:15.95	6:00	10
42	DROŹDŹ ALICJA	1055		GLIWICE	POL	K-30	33	K 89	00:29:10	01:00:37	01:03:11.05	01:04:42.75	6:01	10
43	ZASADZIŃSKA ANGELIKA	1403	FUCHS OIL TEAM	GLIWICE	POL	K-20	13	K 86	00:29:57	01:00:47	01:03:12.40	01:04:33.90	6:01	10
44	GABRYŚ JOLANTA	1440	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	29	K 83	00:29:50	01:01:07	01:03:19.00	01:04:07.90	6:01	9.9
45	GABRYŚ SEBA	1441	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	30	K 82	00:29:49	01:01:07	01:03:19.55	01:04:07.55	6:01	9.9
46	BRZEZIŃSKA TERESA	1471		GLIWICE		K-40	31	K 79	00:29:59	01:01:06	01:03:24.40	01:03:48.80	6:02	9.9
47	SIODŁAK JUSTYNA	1313		GLIWICE	POL	K-40	32	K 76			01:03:33.00	01:03:33.00	6:03	9.9
48	RUSIELEWICZ AGNIESZKA	1300	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	14	K 80	00:30:30	01:01:13	01:03:35.70	01:03:58.70	6:03	9.9
49	BRZÓZKA PATRYCJA	1033	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	15	K 97	00:29:12	01:01:59	01:04:14.35	01:05:16.35	6:07	9.8
50	TOLL KATARZYNA	1360		GLIWICE	POL	K-40	36	K 98	00:30:13	01:02:00	01:04:15.00	01:05:16.40	6:07	9.8
51	MYCEK ANNA	1218		GLIWICE	POL	K-20	16	K 92	00:30:02	01:01:51	01:04:15.15	01:04:52.25	6:07	9.8
52	PASELLA WERONIKA	1253		GLIWICE	POL	K-20	17	K 91	00:30:03	01:01:52	01:04:15.30	01:04:52.20	6:07	9.8
53	ZIMNY JOANNA	1406		GLIWICE	POL	K-30	40	K 101	00:31:13	01:02:20	01:04:40.85	01:05:44.05	6:09	9.7
54	CHOLEWA MAGDALENA	1491		GLIWICE		K-40	38	K 100	00:29:58	01:02:41	01:05:10.55	01:05:38.20	6:12	9.7
55	PROKWITE MARTYNA	1281		GLIWICE	POL	K-30	43	K 106	00:30:41	01:02:50	01:05:16.10	01:06:24.90	6:12	9.7
56	PEDOWSKA BOZENA	555		GLIWICE	POL	K-50	5	K 110	00:31:09	01:02:54	01:05:18.90	01:06:47.05	6:13	9.6
57	MICHAŁUSZEK DOROTA	1210	BIEG - UNKA	GLIWICE	POL	K-30	44	K 114	00:31:43	01:03:15	01:05:36.65	01:07:20.10	6:14	9.6
58	LIPOWSKA BARBARA	1187		GLIWICE	POL	K-50	6	K 109	00:30:44	01:03:32	01:06:03.75	01:06:39.75	6:17	9.5
59	KUBIAK CELINA	1486		GLIWICE		K-40	42	K 112	00:31:39	01:04:05	01:06:26.85	01:07:10.00	6:19	9.5
60	MICHALIK NATALIA	1205		GLIWICE	POL	K-20	19	K 115	00:30:32	01:04:14	01:06:37.75	01:07:21.75	6:20	9.5
61	NOWAKOWSKA-TRZASKA JOANNA	1228		GLIWICE	POL	K-30	46	K 116	00:30:31	01:04:14	01:06:39.40	01:07:23.55	6:20	9.5
62	ZIELIŃSKA IZABELA	1405	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-40	43	K 119	00:31:01	01:04:05	01:06:40.05	01:07:45.30	6:20	9.5
63	STRUG GOSIA	1340		GLIWICE	POL	K-40	44	K 129	00:31:31	01:04:21	01:06:47.95	01:08:14.20	6:21	9.4
64	KRZYŻANOWSKA ALEKSANDRA	1171		GLIWICE	POL	K-40	45	K 120	00:31:20	01:04:26	01:06:56.15	01:07:57.95	6:22	9.4
65	MIGURSKI DARIA	1214	FUCHS OIL TEAM	GLIWICE	POL	K-30	47	K 130	00:31:41	01:04:35	01:06:59.80	01:08:23.75	6:22	9.4
66	KUKUCZKA EWA	1178		GLIWICE	POL	K-30	49	K 132	00:30:37	01:04:53	01:07:18.15	01:08:30.10	6:24	9.4
67	JUSZCZAK EWA	1125		GLIWICE	POL	K-50	8	K 131	00:30:58	01:05:09	01:07:28.30	01:08:26.65	6:25	9.3
68	PACUŁA TATIANA	1245	PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	9	K 137	00:32:03	01:05:18	01:07:42.20	01:09:19.40	6:26	9.3
69	POLUS-WŁODARZ IWONA	1276		GLIWICE	POL	K-40	48	K 135	00:32:14	01:05:20	01:07:42.80	01:08:54.45	6:26	9.3
70	LEWICKA BEATA	1498		GLIWICE		K-30	52	K 136	00:31:48	01:05:24	01:07:43.75	01:09:03.45	6:27	9.3
71	PIENIAK KAROLINA	1260		GLIWICE	POL	K-20	24	K 143	00:32:17	01:06:05	01:08:31.60	01:09:43.70	6:31	9.2
72	SZUMIATA MILENA	1351		GLIWICE	POL	K-20	25	K 144	00:32:18	01:06:06	01:08:32.10	01:09:43.90	6:31	9.2
73	PIOTROWSKA ANNA	1265		GLIWICE	POL	K-20	26	K 145	00:33:46	01:06:32	01:08:39.35	01:10:01.55	6:32	9.2
74	DADAŚ ELŻBIETA	1049	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	50	K 141	00:31:58	01:06:20	01:08:51.55	01:09:34.40	6:33	9.1
75	MATUSZEWSKA MONIKA	455		GLIWICE	POL	K-40	51	K 139	00:32:27	01:06:21	01:08:57.80	01:09:27.70	6:34	9.1
76	KOCZY-ŁUSIAK SYLWIA	1144	WATAHA TEAM	GLIWICE	POL	K-30	57	K 152	00:33:05	01:07:22	01:09:46.05	01:11:28.80	6:38	9
77	KOCHANEK ALEKSANDRA	1140		GLIWICE	POL	K-40	53	K 151	00:33:18	01:07:17	01:09:46.20	01:11:09.05	6:38	9
78	TOMASZEWSKA MIROSLAWA	1362	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-30	58	K 147	00:31:12	01:07:05	01:09:49.15	01:10:12.15	6:38	9
79	PANKIEWICZ KATARZYNA	1250		GLIWICE	POL	K-40	54	K 148	00:31:07	01:07:12	01:10:01.10	01:10:46.35	6:40	9
80	SIERAKOWSKA ANNA	1308	FUCHS OIL TEAM	GLIWICE	POL	K-30	60	K 153	00:32:04	01:08:12	01:10:42.35	01:12:06.70	6:44	8.9
81	JACHYMOWSKA DOMINIKA	1112		GLIWICE	POL	K-30	61	K 154	00:33:07	01:08:23	01:10:45.65	01:12:22.60	6:44	8.9
82	KOCYAN MAŁGORZATA	1143	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-50	10	K 159	00:33:03	01:08:54	01:11:35.75	01:13:11.70	6:49	8.8
83	ZAKLIŃSKA KATARZYNA	1401	TMTEAM	GLIWICE	POL	K-40	55	K 161	00:33:51	01:09:28	01:11:49.25	01:13:34.75	6:50	8.8
84	BISZ MAGDALENA	1446		GLIWICE		K-20	27	K 157	00:33:20	01:09:09	01:11:50.50	01:12:52.50	6:50	8.8
85	RAŁ ZDZISŁAWA	1290	INDYWIDUALNIE	GLIWICE	POL	K-60	2	K 160	00:33:19	01:09:33	01:12:21.85	01:13:25.15	6:53	8.7
86	NOWAK EWA	1226		GLIWICE	POL	K-40	56	K 158	00:33:05	01:09:56	01:12:23.70	01:13:08.85	6:53	8.7
87	WINIARSKA ALEKSANDRA	1431		GLIWICE	POL	K-18	4	K 156	00:32:14	01:09:46	01:12:29.00	01:12:39.30	6:54	8.7
88	SZYDLAK IWONA	1355		GLIWICE	POL	K-40	57	K 165	00:33:23	01:10:40	01:13:06.40	01:14:37.00	6:57	8.6

**GLIWICKA DYCHA, Mieszkańki Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
89	ŁUKASZEWSKA JUSTYNA	1189	STEP DANCE	GLIWICE	POL	K-30	64	K 162	00:33:49	01:10:50	01:13:15.05	01:13:47.00	6:58	8.6
90	TRZASKALIK ALEKSANDRA	1366		GLIWICE	POL	K-20	28	K 171	00:34:51	01:12:38	01:15:19.05	01:16:42.40	7:10	8.4
91	GORAJ ZAJĄC ALEKSANDRA	1500		GLIWICE		K-40	59	K 167	00:35:29	01:12:50	01:15:22.05	01:15:28.70	7:10	8.4
92	RUTKA WIOLA	1301		GLIWICE	POL	K-30	66	K 169	00:35:31	01:13:23	01:16:08.65	01:16:35.00	7:15	8.3
93	RACZKOWSKA MAJA	1288		GLIWICE	POL	K-18	5	K 172	00:36:31	01:14:10	01:16:34.75	01:16:52.05	7:17	8.2
94	STARCZEWSKA JOLANTA	690		GLIWICE	POL	K-30	68	K 174	00:35:11	01:14:26	01:17:11.95	01:18:12.55	7:21	8.2
95	STEFAŃSKA MAGDALENA	1438		GLIWICE		K-20	30	K 175	00:35:05	01:15:09	01:18:02.30	01:18:38.75	7:25	8.1
96	KONOPACKA KRYSZYNA	1151		GLIWICE	POL	K-60	3	K 176	00:35:46	01:15:25	01:18:12.70	01:18:42.45	7:26	8.1
97	WOJTUKIEWICZ JUSTYNA	1387		GLIWICE	POL	K-30	69	K 180	00:37:02	01:16:02	01:18:44.15	01:20:12.05	7:30	8
98	STEFAŃSKA BEATA	1437		GLIWICE		K-50	12	K 178	00:35:46	01:16:06	01:18:56.00	01:19:32.50	7:31	8
99	TUROWSKA ANNA	1436		GLIWICE		K-40	60	K 177	00:35:46	01:16:07	01:18:56.30	01:19:32.40	7:31	8
100	OSTROWSKA JUSTYNA	1242	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	70	K 179	00:36:20	01:16:48	01:19:12.90	01:19:39.70	7:32	8
101	FRAĆ ELŻBIETA	1073	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	61	K 181	00:36:39	01:18:45	01:21:28.00	01:22:47.15	7:45	7.7
102	REITER HANNA	1292	SLOW JOGGING GLIWICE	GLIWICE	POL	K-40	62	K 183	00:39:45	01:20:53	01:23:58.20	01:25:36.50	7:59	7.5
103	CZENCZEK MAGDALENA	1046	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	71	K 182	00:39:47	01:20:57	01:23:58.60	01:25:36.40	7:59	7.5
104	ROGACKA - RZEPKA MARIA	1294	LOBOS TEAM	GLIWICE	POL	K-40	63	K 186	00:40:02	01:24:00	01:27:17.10	01:27:56.65	8:18	7.2
105	ADAMOWSKA KATARZYNA	1011	ZABIEGANI NAUCZYCIELE	GLIWICE	POL	K-30	73	K 187	00:40:02	01:24:00	01:27:17.30	01:27:56.70	8:18	7.2
106	MROWKA ILONA	1217		GLIWICE	POL	K-40	65	K 190	00:43:12	01:28:27	01:32:01.65	01:33:15.85	8:45	6.8
107	CIESZYŃSKA JOLA	906		GLIWICE		K-50	13	K 191	00:44:17	01:26:57	01:36:20.00	01:36:41.35	9:10	6.5

**GLIWICKA DYCHA, Mieszkańcy Gliwic**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	BABULA PRZEMYSŁAW	1015	GKS PIAST GLIWICE	GLIWICE	POL	M-20	4	M 8	00:17:44	00:37:26	00:38:55.85	00:38:58.10	3:42	16.2
2	BYRCZEK JAN	1001		GLIWICE		M-18	1	M 12	00:18:37	00:38:58	00:40:22.15	00:40:25.00	3:50	15.6
3	OCHMAN PAWEŁ	1232	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	6	M 14	00:19:05	00:39:04	00:40:31.25	00:40:34.35	3:51	15.5
4	BOJARCZUK TOMASZ	1028	PRO366	GLIWICE	POL	M-20	5	M 17	00:19:29	00:40:03	00:41:38.20	00:41:40.85	3:57	15.1
5	ALKER ANDRZEJ	1013		GLIWICE	POL	M-30	9	M 18	00:19:42	00:40:15	00:41:42.50	00:41:45.85	3:58	15.1
6	HALMAN TOMASZ	1105		GLIWICE	POL	M-30	10	M 19	00:19:26	00:40:30	00:41:58.20	00:42:01.80	3:59	15
7	KUCHARCZYK JAKUB	1002	OTK RZEŹNIK	GLIWICE		M-18	2	M 22	00:19:12	00:41:12	00:42:39.60	00:42:41.80	4:03	14.8
8	DOLATA KRZYSZTOF	1051	SOCIOS SILESIA	GLIWICE	POL	M-30	12	M 26	00:20:32	00:41:40	00:43:18.55	00:43:22.60	4:07	14.5
9	BUŁAWA FILIP	1004	OTK RZEŹNIK	GLIWICE		M-18	4	M 27	00:20:15	00:41:46	00:43:20.70	00:43:23.65	4:07	14.5
10	NOWAK MATEUSZ	1227		GLIWICE	POL	M-20	8	M 34	00:20:45	00:43:15	00:44:52.85	00:44:58.80	4:16	14
11	KAMIŃSKI JACEK	1129		GLIWICE	POL	M-30	15	M 42	00:21:27	00:43:28	00:45:08.10	00:45:56.55	4:17	14
12	CZARNOZYŃSKI ALEKSANDER	1045	GTT INTERPROJEKT	GLIWICE	POL	M-50	1	M 45	00:22:03	00:44:21	00:46:03.05	00:46:10.50	4:23	13.7
13	JEZUSEK PIOTREK	1121	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	20	M 46	00:22:03	00:44:34	00:46:09.35	00:46:26.15	4:23	13.6
14	KUKURBA MIKOŁAJ	1179	ENGINIETY	GLIWICE	POL	M-30	22	M 55	00:21:44	00:44:46	00:46:28.55	00:47:39.40	4:25	13.6
15	MICHAŁUSZEK SEBASTIAN	1209	BIEG - UNKA	GLIWICE	POL	M-40	11	M 49	00:22:30	00:45:11	00:46:55.65	00:47:07.50	4:28	13.4
16	ZIÓŁKOWSKI GRZEGORZ	1409		GLIWICE	POL	M-40	13	M 53	00:22:13	00:45:29	00:47:09.40	00:47:32.80	4:29	13.4
17	ALKER ZBIGNIEW	1014		GLIWICE	POL	M-50	2	M 60	00:22:35	00:45:51	00:47:28.95	00:48:03.70	4:31	13.3
18	GRUSZCZYŃSKI STANISŁAW	1421		GLIWICE	POL	M-30	27	M 59	00:22:09	00:46:00	00:47:43.70	00:47:55.50	4:32	13.2
19	WÓJCIKOWSKI MATEUSZ	1391	ANICA TEAM	GLIWICE	POL	M-20	12	M 58	00:22:13	00:46:04	00:47:47.45	00:47:51.80	4:33	13.2
20	KRAJCZYZEK KRZYSZTOF	1449		GLIWICE		M-40	17	M 64	00:22:46	00:46:49	00:48:35.20	00:48:48.00	4:37	13
21	DACZYŃSKI MICHAŁ	1493		GLIWICE		M-40	18	M 65	00:22:28	00:46:53	00:48:44.00	00:48:49.35	4:38	12.9
22	RYSIWICZ MACIEJ	1303	6 BATALION POWIETRZNODESANTOWY GLIWICE	GLIWICE	POL	M-40	19	M 71	00:23:31	00:47:02	00:48:47.65	00:49:28.80	4:38	12.9
23	WĄS SZYMON	1378	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-20	13	M 74	00:23:41	00:47:18	00:49:02.75	00:49:46.70	4:40	12.8
24	FRYDA MAREK	1074		GLIWICE	POL	M-40	24	M 84	00:23:44	00:47:47	00:49:37.85	00:50:49.05	4:43	12.7
25	MAŃKA MARCIN	1200	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	31	M 79	00:24:11	00:48:03	00:49:44.85	00:50:23.65	4:44	12.7
26	IGNASIAK JAKUB	1505		GLIWICE		M-30	33	M 75	00:23:23	00:48:09	00:49:58.35	00:50:04.60	4:45	12.6
27	WIĘCŁAW GRZEGORZ	1381	GŁOWA RZĄDZI	GLIWICE	POL	M-30	34	M 83	00:23:21	00:48:19	00:50:12.00	00:50:44.15	4:46	12.5
28	DOBOSZ DANIEL	1050		GLIWICE	POL	M-40	26	M 81	00:23:10	00:48:26	00:50:13.95	00:50:32.05	4:47	12.5
29	SKORUPSKI PAWEŁ	1318		GLIWICE	POL	M-40	27	M 80	00:23:32	00:48:13	00:50:15.00	00:50:26.05	4:47	12.5
30	HAJOK MAREK	1104		GLIWICE	POL	M-40	28	M 82	00:23:36	00:48:43	00:50:30.75	00:50:41.65	4:48	12.5
31	SZWARCZYŃSKI MICHAŁ	1353		GLIWICE	POL	M-30	37	M 85	00:22:58	00:48:49	00:50:47.15	00:50:56.15	4:50	12.4
32	WILMA KRZYSZTOF	1466		GLIWICE		M-40	30	M 88	00:23:35	00:48:59	00:50:52.35	00:51:16.15	4:50	12.4

**GLIWICKA DYCHA, Mieszkańcy Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
33	MAZUR ŁUKASZ	1204	EKO-OKNA RUNNERS	GLIWICE	POL	M-20	16	M 94	00:24:42	00:49:31	00:51:19.70	00:51:59.75	4:53	12.3
34	SMOLARCZYK MICHAŁ	1321		GLIWICE	POL	M-40	31	M 95	00:24:56	00:49:48	00:51:42.90	00:52:05.90	4:55	12.2
35	MICHAŁOWSKI RAFAŁ	1208		GLIWICE	POL	M-30	40	M 101	00:25:00	00:50:08	00:52:02.40	00:52:50.40	4:57	12.1
36	MICHAŁSKI ROBERT	1207	HETMAN TARNOWSKIE GÓRY	GLIWICE	POL	M-30	44	M 103	00:25:18	00:50:41	00:52:31.05	00:52:56.95	5:00	12
37	POLEWKA TOMASZ	1005	OTK RZEŹNIK	GLIWICE		M-40	32	M 100	00:24:51	00:50:47	00:52:41.75	00:52:44.30	5:01	12
38	BASZUN MICHAŁ	1019	DAMY RADE!	GLIWICE	POL	M-30	46	M 110	00:25:15	00:50:51	00:52:44.10	00:53:31.65	5:01	11.9
39	KACZMARZYK ARKADIUSZ	1426	ASSECO ACTIVE TEAM	GLIWICE	POL	M-30	47	M 109	00:24:39	00:50:43	00:52:51.05	00:53:29.30	5:02	11.9
40	KOSMACZEWSKI MICHAŁ	1156	EUVIC	GLIWICE	POL	M-30	48	M 107	00:25:05	00:51:01	00:53:00.55	00:53:22.30	5:02	11.9
41	WYCIŚLIK MARCIN	1392	HIRSCHVOGEL	GLIWICE	POL	M-30	49	M 111	00:25:11	00:51:06	00:53:01.75	00:53:32.65	5:03	11.9
42	JAWORSKI JAKUB	1118		GLIWICE	POL	M-20	19	M 118	00:25:25	00:51:06	00:53:05.55	00:53:49.40	5:03	11.9
43	CAPUTA MICHAŁ	1036		GLIWICE	POL	M-30	50	M 125	00:24:56	00:51:13	00:53:13.20	00:54:39.30	5:04	11.8
44	JANIKOWSKI ADAM	1115	ANICA TEAM	GLIWICE	POL	M-30	51	M 106	00:24:20	00:51:21	00:53:16.20	00:53:21.40	5:04	11.8
45	MACH MARCIN	1193	1976	GLIWICE	POL	M-40	34	M 112	00:24:36	00:51:21	00:53:22.20	00:53:32.95	5:04	11.8
46	KOWAL DARIUSZ	1487		GLIWICE		M-40	35	M 117	00:25:33	00:51:33	00:53:24.20	00:53:48.75	5:05	11.8
47	GAJEWSKI JACEK	1453		GLIWICE		M-50	7	M 115	00:25:42	00:51:38	00:53:24.95	00:53:46.90	5:05	11.8
48	SKUPIEŃ PIOTR	1512		GLIWICE		M-40	36	M 122	00:25:08	00:51:29	00:53:28.00	00:54:27.05	5:05	11.8
49	JAWORSKI KAMIL	1119	FUCHS OIL TEAM	GLIWICE	POL	M-30	54	M 119	00:26:14	00:51:50	00:53:37.80	00:54:16.60	5:06	11.7
50	SETNIK ROBERT	1451		GLIWICE		M-40	37	M 116	00:25:23	00:51:51	00:53:38.35	00:53:48.40	5:06	11.7
51	PORĘBSKI GRZEGORZ	1472		GLIWICE		M-20	22	M 131	00:26:19	00:52:27	00:54:12.75	00:55:00.20	5:09	11.6
52	TURCZYŃ MATEUSZ	1367	HIRSCHVOGEL	GLIWICE	POL	M-20	23	M 129	00:25:15	00:52:18	00:54:12.90	00:54:45.15	5:09	11.6
53	SOKOŁOWSKI ŁUKASZ	1329		GLIWICE	POL	M-30	57	M 135	00:26:08	00:52:42	00:54:29.45	00:55:24.70	5:11	11.6
54	NIEMIEC SŁAWEK	1221	INTERGRAFIK POLAND	GLIWICE	POL	M-30	58	M 137	00:25:54	00:52:42	00:54:41.90	00:55:32.20	5:12	11.5
55	SZOŁTYSIK ŁUKASZ	1447		GLIWICE		M-30	59	M 141	00:26:27	00:52:48	00:54:45.60	00:56:01.25	5:12	11.5
56	GOŁĘBOWSKI KAZIMIERZ	1091		GLIWICE	POL	M-40	41	M 134	00:25:33	00:52:42	00:54:48.15	00:55:23.30	5:13	11.5
57	PIÓRKOWSKI TOMASZ	1268		GLIWICE	POL	M-40	43	M 140	00:26:06	00:53:02	00:54:51.35	00:55:40.15	5:13	11.5
58	PAWŁAS SEWERYN	1483		GLIWICE		M-30	60	M 143	00:27:17	00:53:07	00:54:55.95	00:56:04.20	5:13	11.5
59	PAWLINA PIOTR	1256		GLIWICE	POL	M-40	46	M 150	00:28:13	00:53:28	00:55:17.90	00:56:28.60	5:16	11.4
60	PAWLIK MICHAŁ	554		GLIWICE	POL	M-30	63	M 142	00:26:21	00:53:25	00:55:22.80	00:56:02.85	5:16	11.4
61	KACZMAREK MARCIN	1126		GLIWICE	POL	M-40	47	M 153	00:26:52	00:53:24	00:55:23.25	00:56:29.40	5:16	11.4
62	MILISZKIEWICZ ADAM	1215		GLIWICE	POL	M-30	64	M 145	00:27:11	00:53:31	00:55:27.65	00:56:14.55	5:16	11.4
63	MIŁKOWSKI BARTOSZ	1468		GLIWICE		M-30	66	M 152	00:28:05	00:53:49	00:55:34.50	00:56:29.35	5:17	11.3
64	KARGUL KONRAD	1132		GLIWICE	POL	M-30	67	M 144	00:26:41	00:53:39	00:55:37.95	00:56:13.75	5:17	11.3
65	SŁODKIEWICZ GRZEGORZ	1320		GLIWICE	POL	M-40	48	M 149	00:25:35	00:53:41	00:55:54.15	00:56:26.40	5:19	11.3
66	PRONCZUK MARCIN	1282	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	69	M 157	00:26:43	00:53:57	00:55:58.40	00:56:47.00	5:19	11.3
67	KOMANDER MARCIN	1149		GLIWICE	POL	M-50	10	M 168	00:26:20	00:54:19	00:56:28.85	00:57:52.80	5:22	11.2
68	LINEK MARIUSZ	411		GLIWICE	POL	M-40	49	M 169	00:26:03	00:54:17	00:56:29.15	00:57:53.00	5:22	11.2
69	MARYNIAK WOJTEK	451		GLIWICE	POL	M-30	71	M 171	00:27:36	00:54:47	00:56:48.25	00:58:10.15	5:24	11.1
70	LEDWOŃ JAKUB	1182	WQRW TEAM	GLIWICE	POL	M-40	54	M 167	00:26:33	00:54:51	00:56:58.15	00:57:43.80	5:25	11.1
71	PROCEK MARCIN	1507		GLIWICE		M-40	55	M 175	00:26:56	00:55:34	00:57:41.70	00:58:40.25	5:29	10.9
72	SZMIGIEL DANIEL	1348		GLIWICE	POL	M-30	73	M 174	00:28:23	00:55:49	00:57:43.45	00:58:32.85	5:29	10.9
73	OSWALD KAROL	1243		GLIWICE	POL	M-30	74	M 173	00:27:34	00:55:45	00:57:46.55	00:58:29.15	5:30	10.9
74	KROTOS KRZYSZTOF	1169	WWW.OQS.COM.PL	GLIWICE	POL	M-40	56	M 172	00:26:52	00:56:04	00:58:05.00	00:58:24.35	5:31	10.8
75	SZWAJKOSZ SZCZEPAN	1352		GLIWICE	POL	M-30	75	M 179	00:28:04	00:56:08	00:58:05.15	00:58:56.15	5:31	10.8
76	ZAREMBA TADEUSZ	1402		GLIWICE	POL	M-60	4	M 186	00:28:11	00:56:18	00:58:21.05	00:59:32.25	5:33	10.8
77	STRĄCAŁA PAWEŁ	1339	STROXWARE KORPOREJSZYN	GLIWICE	POL	M-20	29	M 181	00:27:46	00:56:16	00:58:23.25	00:59:08.40	5:33	10.8
78	SAMOL GRZEGORZ	1307		GLIWICE	POL	M-50	14	M 182	00:27:21	00:56:23	00:58:27.45	00:59:09.15	5:34	10.8
79	SZOT WOJCIECH	1417		GLIWICE	POL	M-30	76	M 185	00:28:00	00:56:21	00:58:27.60	00:59:28.05	5:34	10.8
80	CHOLEWA TOMASZ	1490		GLIWICE		M-40	59	M 183	00:27:26	00:56:30	00:58:43.80	00:59:11.25	5:35	10.7
81	LESZKOVEN PIOTR	1183	FLUOR	GLIWICE	POL	M-40	60	M 184	00:27:40	00:56:35	00:58:43.80	00:59:21.30	5:35	10.7
82	ŻEROMSKI STEFAN	1443		GLIWICE		M-50	16	M 195	00:29:42	00:57:03	00:59:04.35	01:00:32.50	5:37	10.7
83	SIKORA MICHAŁ	1310		GLIWICE	POL	M-40	62	M 194	00:27:41	00:57:15	00:59:30.95	01:00:28.75	5:40	10.6
84	BIĄŁOSKÓRSKI GRZEGORZ	1503		GLIWICE		M-40	63	M 200	00:27:40	00:57:47	01:00:02.10	01:01:06.80	5:43	10.5
85	ODZIOMEK SEBASTIAN	1504		GLIWICE		M-40	64	M 201	00:27:40	00:57:47	01:00:10.55	01:01:14.85	5:43	10.5
86	SUPERNAK MARCIN	1342		GLIWICE	POL	M-30	81	M 208	00:28:56	00:58:09	01:00:14.50	01:01:43.85	5:44	10.5
87	PACZKOWSKI TOMASZ	1247		GLIWICE	POL	M-40	66	M 197	00:27:47	00:58:01	01:00:17.85	01:00:45.60	5:44	10.4
88	ZIMNY MARCIN	1463		GLIWICE		M-30	82	M 199	00:26:55	00:57:40	01:00:23.40	01:00:58.40	5:45	10.4
89	MICHAŁSKI MAREK	1206		GLIWICE	POL	M-40	67	M 198	00:28:15	00:58:15	01:00:30.00	01:00:48.75	5:45	10.4

**GLIWICKA DYCHA, Mieszkańcy Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
90	MICZKA ŁUKASZ	1211	NIECHCEMISIE	GLIWICE	POL	M-30	83	M 210	00:28:51	00:58:31	01:00:40.95	01:02:16.30	5:46	10.4
91	SIRKO ZBIGNIEW	1314		GLIWICE	POL	M-50	18	M 202	00:28:18	00:58:17	01:00:46.90	01:01:17.00	5:47	10.4
92	SMUDA GRZEGORZ	1324	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	84	M 215	00:30:00	00:59:11	01:01:21.25	01:02:47.80	5:50	10.3
93	WIERCINIŚKI ROBERT	1380	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	86	M 213	00:30:07	00:59:14	01:01:30.55	01:02:46.05	5:51	10.2
94	ULIASZ KRZYSZTOF	1369	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	87	M 212	00:30:09	00:59:16	01:01:32.35	01:02:46.00	5:51	10.2
95	PRZYGOCKI ROBERT	1450		GLIWICE		M-40	69	M 216	00:28:45	00:59:29	01:01:45.45	01:02:48.70	5:52	10.2
96	KOWALSKI WŁODZIMIERZ	1163	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	89	M 217	00:27:12	01:00:25	01:02:41.75	01:03:16.40	5:58	10
97	DROŻDŻ MICHAŁ	1056	RYWAL GLIWICE	GLIWICE	POL	M-30	90	M 225	00:29:09	01:00:37	01:03:11.15	01:04:43.15	6:01	10
98	DUKAŁA DANIEL	1423		GLIWICE	POL	M-20	32	M 228	00:29:32	01:00:33	01:03:12.90	01:04:53.15	6:01	10
99	MARKOWICZ PIOTR	1201	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	93	M 221	00:30:31	01:01:15	01:03:36.10	01:03:58.75	6:03	9.9
100	MEDRAŁA JACEK	464		GLIWICE	POL	M-40	71	M 230	00:31:11	01:01:30	01:03:42.45	01:05:10.30	6:04	9.9
101	WYSOKIŃSKI ARKADIUSZ	1396		GLIWICE	POL	M-18	6	M 220	00:27:55	01:01:07	01:03:43.15	01:03:54.45	6:04	9.9
102	ORYSZCZAK ŁUKASZ	1240		GLIWICE	POL	M-30	94	M 226	00:28:24	01:00:52	01:03:44.20	01:04:51.65	6:04	9.9
103	GOLENIEWSKI BŁAŻEJ	1089		GLIWICE	POL	M-20	34	M 224	00:30:25	01:01:30	01:03:53.50	01:04:38.90	6:05	9.9
104	WITAŁA RAFAŁ	1384		GLIWICE	POL	M-30	95	M 227	00:31:41	01:02:03	01:04:00.35	01:04:52.05	6:05	9.8
105	PIASECKI MARIUSZ	1259		GLIWICE	POL	M-30	96	M 234	00:30:52	01:01:56	01:04:00.90	01:05:33.70	6:05	9.8
106	JAWOREK DARIUSZ	1492		GLIWICE		M-40	74	M 241	00:31:09	01:02:54	01:05:18.35	01:06:46.80	6:13	9.6
107	ŻELEZNY TOMASZ	1413		GLIWICE	POL	M-30	100	M 242	00:31:26	01:03:07	01:05:20.95	01:06:53.80	6:13	9.6
108	GILLNER RAFAŁ	1086		GLIWICE	POL	M-40	75	M 243	00:31:50	01:03:02	01:05:22.40	01:06:59.05	6:13	9.6
109	RYZNER MICHAŁ	1475		GLIWICE		M-30	101	M 247	00:30:44	01:03:06	01:05:22.95	01:07:10.00	6:13	9.6
110	ZĄCZEK ADAM	1400		GLIWICE	POL	M-30	103	M 249	00:31:30	01:03:18	01:05:39.25	01:07:11.75	6:15	9.6
111	DZIEDZIC DOMINIK	163		GLIWICE	POL	M-30	104	M 238	00:29:58	01:03:17	01:05:45.30	01:06:17.25	6:15	9.6
112	GALICZEK BRONISŁAW	1080	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	20	M 250	00:30:48	01:03:17	01:05:45.85	01:07:14.65	6:15	9.6
113	KRAWCZYŃSKI MIROŚLAW	1168		GLIWICE	POL	M-40	76	M 244	00:30:58	01:03:41	01:05:55.45	01:07:00.90	6:16	9.6
114	KIJANKA DAMIAN	1134	HIRSCHVOGEL	GLIWICE	POL	M-20	35	M 251	00:30:20	01:04:41	01:06:57.15	01:07:28.80	6:22	9.4
115	MIGURSKI JAKUB	1213	FUCHS OIL TEAM	GLIWICE	POL	M-30	108	M 256	00:31:41	01:04:34	01:06:59.80	01:08:23.85	6:22	9.4
116	DENKOWSKI WOJCIECH	1422	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	23	M 259	00:32:46	01:05:56	01:08:18.15	01:09:38.05	6:30	9.2
117	STEBEL DAMIAN	1418		GLIWICE	POL	M-20	37	M 262	00:33:22	01:06:52	01:08:56.90	01:10:29.85	6:34	9.1
118	STEFANEK MICHAŁ	1497		GLIWICE		M-30	110	M 264	00:32:09	01:07:32	01:09:46.75	01:11:22.00	6:38	9
119	BENTKOWSKI LESŁAW	1020	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 263	00:33:22	01:07:42	01:10:21.20	01:10:41.75	6:42	9
120	STEPEL GRZEGORZ	1338		GLIWICE	POL	M-40	81	M 266	00:33:25	01:08:25	01:10:57.20	01:11:57.80	6:45	8.9
121	ŁUKASZEWSKI PIOTR	1190	PIAST GLIWICE	GLIWICE	POL	M-30	116	M 271	00:33:47	01:10:48	01:13:13.80	01:13:46.95	6:58	8.6
122	MYŚLAK MARIUSZ	1484		GLIWICE		M-40	82	M 274	00:33:59	01:10:50	01:13:27.55	01:14:39.60	6:59	8.6
123	KOCHANEK JAROSŁAW	1139		GLIWICE	POL	M-40	83	M 276	00:33:53	01:12:38	01:15:19.35	01:16:42.05	7:10	8.4
124	PILARSKI ARKADIUSZ	1264		GLIWICE	POL	M-20	41	M 275	00:35:31	01:13:23	01:16:08.00	01:16:34.80	7:15	8.3
125	CEBULAK GRZEGORZ	1037		GLIWICE	POL	M-40	84	M 279	00:34:34	01:15:41	01:18:18.65	01:19:02.95	7:27	8
126	CZENCZEK MICHAŁ	1047	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	118	M 280	00:39:46	01:20:57	01:23:20.05	01:24:57.90	7:56	7.6
127	STELMASZCZUK DAMIAN	1337		GLIWICE	POL	M-40	85	M 281	00:39:01	01:22:09	01:24:47.15	01:25:05.75	8:04	7.4
128	KOJ KRZYSZTOF	1145	PPP GLIWICE	GLIWICE	POL	M-30	119	M 282	00:39:10	01:20:41	01:25:18.80	01:26:34.40	8:07	7.4
129	SANESTRZIK JKAUB	1494		GLIWICE		M-20	43	M 285	00:41:42	01:26:32	01:29:46.70	01:31:18.50	8:33	7
	WOJCIECH SZYMON	1385		GLIWICE	POL	M-20			00:26:33	DNF	DNF	DNF	-	-
									DNF					

**GLIWICKA DYCHA, K-18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	POLEWKA ALEKSANDRA	1003	OTK RZEŹNIK	GLIWICE		K-18	1	K 10	00:24:51	00:50:24	00:52:17.30	00:52:20.15	4:58	12
2	MĘTLAK MAŁGOSIA	1516		ZAWIERCIE		K-18	2	K 85	00:29:30	01:01:34	01:03:46.20	01:04:27.00	6:04	9.9
3	PILAREK MONIKA	1433		KNURÓW	POL	K-18	3	K 133	00:32:01	01:05:35	01:08:07.35	01:08:33.30	6:29	9.2
4	WINIARSKA ALEKSANDRA	1431		GLIWICE	POL	K-18	4	K 156	00:32:14	01:09:46	01:12:29.00	01:12:39.30	6:54	8.7
5	RACZKOWSKA MAJA	1288		GLIWICE	POL	K-18	5	K 172	00:36:31	01:14:10	01:16:34.75	01:16:52.05	7:17	8.2

**GLIWICKA DYCHA, M-18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	BYRCZEK JAN	1001		GLIWICE		M-18	1	M 12	00:18:37	00:38:58	00:40:22.15	00:40:25.00	3:50	15.6
2	KUCHARCZYK JAKUB	1002	OTK RZEŹNIK	GLIWICE		M-18	2	M 22	00:19:12	00:41:12	00:42:39.60	00:42:41.80	4:03	14.8
3	PIOTROWSKI GRZEGORZ	1267	SOCIOS SILESIA	SMOLNICA	POL	M-18	3	M 25	00:19:59	00:41:26	00:42:58.35	00:43:02.80	4:05	14.7
4	BUŁAWA FILIP	1004	OTK RZEŹNIK	GLIWICE		M-18	4	M 27	00:20:15	00:41:46	00:43:20.70	00:43:23.65	4:07	14.5
5	PROKOP BARTOSZ	952		RUDA ŚLĄSKA		M-18	5	M 35	00:20:36	00:43:09	00:44:45.20	00:45:06.95	4:15	14.1
6	WYSOKIŃSKI ARKADIUSZ	1396		GLIWICE	POL	M-18	6	M 220	00:27:55	01:01:07	01:03:43.15	01:03:54.45	6:04	9.9

**GLIWICKA DYCHA, K-20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	BILNICKA PAULINA	1023	FLUOR	GLIWICE	POL	K-20	1	K 5	00:21:48	00:44:38	00:46:18.50	00:47:00.90	4:24	13.6
2	KRZYMIŃSKA PATRYCJA	370	RUNBABYPOLSKA	GLIWICE	POL	K-20	2	K 11	00:25:36	00:49:30	00:51:15.30	00:52:37.75	4:52	12.3
3	KOMANDER KATARZYNA	1148		GLIWICE	POL	K-20	3	K 16	00:24:48	00:50:32	00:52:18.00	00:53:41.55	4:58	12
4	RUBIN KATARZYNA	1297	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	4	K 17	00:24:55	00:50:49	00:52:47.50	00:54:06.35	5:01	11.9
5	SIWEK MAŁGORZATA	1315		KATOWICE	POL	K-20	5	K 26	00:27:10	00:54:43	00:56:38.60	00:57:10.55	5:23	11.1
6	DULAK DOMINIKA	1059		KNURÓW	POL	K-20	6	K 34	00:27:34	00:55:28	00:57:28.10	00:58:48.55	5:28	11
7	LUKOSZEK WERONIKA	1188		GLIWICE	POL	K-20	7	K 31	00:27:40	00:56:06	00:58:07.75	00:58:36.10	5:32	10.8
8	GILLNER KLAUDIA	1416		GLIWICE	POL	K-20	8	K 44	00:27:59	00:56:20	00:58:29.35	00:59:30.55	5:34	10.8
9	SKORUPA MAGDALENA	1317		PRZEGĘDZA	POL	K-20	9	K 50	00:28:11	00:56:31	00:58:44.00	01:00:21.80	5:35	10.7
10	KOŁODZIEJ ALEKSANDRA	1147		TARNOWSKIE GÓRY	POL	K-20	10	K 48	00:28:12	00:57:32	00:59:44.00	00:59:51.30	5:41	10.5
11	NUCKOWSKA JUSTYNA	1231		GLIWICE	POL	K-20	11	K 72	00:29:44	00:59:26	01:01:28.55	01:02:55.65	5:51	10.2
12	ANTOS ANGELIKA	1479		GLIWICE		K-20	12	K 66	00:28:07	00:59:42	01:01:48.40	01:02:06.20	5:53	10.2
13	ZASADZIŃSKA ANGELIKA	1403	FUCHS OIL TEAM	GLIWICE	POL	K-20	13	K 86	00:29:57	01:00:47	01:03:12.40	01:04:33.90	6:01	10
14	RUSIELEWICZ AGNIESZKA	1300	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	14	K 80	00:30:30	01:01:13	01:03:35.70	01:03:58.70	6:03	9.9
15	BRZÓZKA PATRYCJA	1033	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-20	15	K 97	00:29:12	01:01:59	01:04:14.35	01:05:16.35	6:07	9.8
16	MYCEK ANNA	1218		GLIWICE	POL	K-20	16	K 92	00:30:02	01:01:51	01:04:15.15	01:04:52.25	6:07	9.8
17	PASELLA WERONIKA	1253		GLIWICE	POL	K-20	17	K 91	00:30:03	01:01:52	01:04:15.30	01:04:52.20	6:07	9.8
18	SOSADA NICOL	1332	ISTA BIEGAMY	ZBROSLAWICE	POL	K-20	18	K 93	00:29:51	01:02:09	01:04:21.30	01:04:52.60	6:07	9.8
19	MICHALIK NATALIA	1205		GLIWICE	POL	K-20	19	K 115	00:30:32	01:04:14	01:06:37.75	01:07:21.75	6:20	9.5
20	JOOSTBERENS ALEKSANDRA	1122	FLUOR	KNURÓW	POL	K-20	20	K 118	00:31:01	01:04:27	01:06:56.30	01:07:39.45	6:22	9.4
21	FAMUŁA ANNA	1069	FAMUŁA TEAM	KATOWICE	POL	K-20	21	K 121	00:31:53	01:04:50	01:07:25.55	01:08:03.25	6:25	9.3
22	DZIUBKA JULIA	1064		SOSNOWIEC	POL	K-20	22	K 138	00:33:33	01:06:16	01:08:18.90	01:09:26.85	6:30	9.2
23	PAWLARCZYK KAROLINA	1255		ZABRZE	POL	K-20	23	K 140	00:32:50	01:06:13	01:08:23.40	01:09:29.35	6:30	9.2
24	PIENIAK KAROLINA	1260		GLIWICE	POL	K-20	24	K 143	00:32:17	01:06:05	01:08:31.60	01:09:43.70	6:31	9.2
25	SZUMIATA MILENA	1351		GLIWICE	POL	K-20	25	K 144	00:32:18	01:06:06	01:08:32.10	01:09:43.90	6:31	9.2
26	PIOTROWSKA ANNA	1265		GLIWICE	POL	K-20	26	K 145	00:33:46	01:06:32	01:08:39.35	01:10:01.55	6:32	9.2
27	BISZ MAGDALENA	1446		GLIWICE		K-20	27	K 157	00:33:20	01:09:09	01:11:50.50	01:12:52.50	6:50	8.8
28	TRZASKALIK ALEKSANDRA	1366		GLIWICE	POL	K-20	28	K 171	00:34:51	01:12:38	01:15:19.05	01:16:42.40	7:10	8.4
29	GORZKOWSKA MAŁGORZATA	1093		SOSNOWIEC	POL	K-20	29	K 170	00:34:52	01:12:39	01:15:19.55	01:16:42.30	7:10	8.4
30	STEFAŃSKA MAGDALENA	1438		GLIWICE		K-20	30	K 175	00:35:05	01:15:09	01:18:02.30	01:18:38.75	7:25	8.1
31	SMOLNIK ALICJA	1323		GLIWICE	POL	K-20	31	K 189	00:41:42	01:26:32	01:29:46.75	01:31:18.40	8:33	7
32	NIEWDANA ANNA	1224	EUVIC	KATOWICE	POL	K-20	32	K 188	00:41:37	01:26:52	01:30:36.15	01:30:52.65	8:37	7

**GLIWICKA DYCHA, M-20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	CIEPŁAK MARCIN	1445		RYBNIK		M-20	1	M 1		00:32:18	00:33:33.20	00:33:34.20	3:11	18.8
2	CZAPLA KAMIL	1043	INŻYNIERIA BIEGANIA	RYBNIK	POL	M-20	2	M 3		00:33:11	00:34:32.00	00:34:33.20	3:17	18.2
3	ROSIŃSKI ARTUR	1296	PARKRUN KATOWICE	RUDA ŚLĄSKA	POL	M-20	3	M 4	00:15:59	00:34:59	00:36:18.45	00:36:19.45	3:27	17.4
4	BABUŁA PRZEMYSŁAW	1015	GKS PIAST GLIWICE	GLIWICE	POL	M-20	4	M 8	00:17:44	00:37:26	00:38:55.85	00:38:58.10	3:42	16.2
5	BOJARCZUK TOMASZ	1028	PRO366	GLIWICE	POL	M-20	5	M 17	00:19:29	00:40:03	00:41:38.20	00:41:40.85	3:57	15.1
6	GOŁYŚ GRZEGORZ	1496		KNURÓW	M-20	M-20	6	M 20	00:19:37	00:40:37	00:42:03.40	00:42:07.00	4:00	15
7	KURASZ MATEUSZ	1180	FAST FOOT TEAM SIEWIERZ	SIEWIERZ	POL	M-20	7	M 24	00:19:24	00:41:04	00:42:46.40	00:42:48.65	4:04	14.7
8	NOWAK MATEUSZ	1227		GLIWICE	POL	M-20	8	M 34	00:20:45	00:43:15	00:44:52.85	00:44:58.80	4:16	14

**GLIWICKA DYCHA, M-20 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
9	WOJEWÓDKA KRYSZTIAN	1386	SOCIOS SILESIA	SOŚNICOWICE	POL	M-20	9	M 39	00:21:00	00:43:46	00:45:22.00	00:45:25.90	4:19	13.9
10	BOGUS BARTOSZ	1026	#LUBLINIEC	LUBLINIEC	POL	M-20	10	M 41	00:21:33	00:43:54	00:45:37.65	00:45:47.80	4:20	13.8
11	PACANA PATRYK	1244	DRUŻYNA ŚWIĘTEGO MARCINA	TARNOWSKIE GÓRY	POL	M-20	11	M 48	00:22:00	00:45:01	00:46:44.10	00:46:53.20	4:27	13.5
12	WÓJCIKOWSKI MATEUSZ	1391	ANICA TEAM	GLIWICE	POL	M-20	12	M 58	00:22:13	00:46:04	00:47:47.45	00:47:51.80	4:33	13.2
13	WAŚ SZYMON	1378	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-20	13	M 74	00:23:41	00:47:18	00:49:02.75	00:49:46.70	4:40	12.8
14	BŁASZCZUK TOMASZ	1025		KNURÓW	POL	M-20	14	M 90	00:23:59	00:48:55	00:50:49.45	00:51:23.30	4:50	12.4
15	CHROBAK ADAM	1039		KATOWICE	POL	M-20	15	M 92	00:24:45	00:49:29	00:51:11.50	00:51:55.25	4:52	12.3
16	MAZUR ŁUKASZ	1204	EKO-OKNA RUNNERS	GLIWICE	POL	M-20	16	M 94	00:24:42	00:49:31	00:51:19.70	00:51:59.75	4:53	12.3
17	GAŁĄZKA PAWEŁ	1082	EUVIC	RYBNIK	POL	M-20	17	M 93	00:22:44	00:49:48	00:51:46.15	00:51:57.90	4:55	12.2
18	SZCZYRBA KRYSZTIAN	1478				M-20	18	M 108	00:24:50	00:51:01	00:52:52.25	00:53:29.15	5:02	11.9
19	JAWORSKI JAKUB	1118		GLIWICE	POL	M-20	19	M 118	00:25:25	00:51:06	00:53:05.55	00:53:49.40	5:03	11.9
20	WENGLORZ DOMINIK	1379		CIESZYN	POL	M-20	20	M 120	00:24:46	00:51:41	00:53:47.60	00:54:22.25	5:07	11.7
21	PALUSZCZAK MATEUSZ	1248	2 TM 4,7	ŻORY	POL	M-20	21	M 127	00:25:21	00:52:07	00:54:10.15	00:54:44.20	5:09	11.6
22	PORĘBSKI GRZEGORZ	1472		GLIWICE		M-20	22	M 131	00:26:19	00:52:27	00:54:12.75	00:55:00.20	5:09	11.6
23	TURCZYN MATEUSZ	1367	HIRSCHVOGEL	GLIWICE	POL	M-20	23	M 129	00:25:15	00:52:18	00:54:12.90	00:54:45.15	5:09	11.6
24	SOKÓŁ FILIP	1331	FUCHS OIL TEAM	KATOWICE	POL	M-20	24	M 147	00:27:28	00:53:25	00:55:09.10	00:56:21.75	5:15	11.4
25	BRZAŁA TOMASZ	1428	ASSECO ACTIVE TEAM	BYTOM	POL	M-20	25	M 156	00:27:25	00:53:39	00:55:32.15	00:56:46.80	5:17	11.3
26	SIKORA MARCIN	1311	PROPOINT	GLIWICE	POL	M-20	26	M 148	00:25:58	00:53:54	00:55:52.50	00:56:25.25	5:19	11.3
27	HEINCE ŁUKASZ	1007				M-20	27	M 176	00:28:57	00:55:26	00:57:15.15	00:58:44.15	5:27	11
28	TROJANKOWSKI MATEUSZ	1364		ORNONTOWICE	POL	M-20	28	M 177	00:27:44	00:55:33	00:57:33.65	00:58:52.40	5:28	10.9
29	STRĄCAŁA PAWEŁ	1339	STROXWARE KORPOREJSZYN	GLIWICE	POL	M-20	29	M 181	00:27:46	00:56:16	00:58:23.25	00:59:08.40	5:33	10.8
30	MIKOŁAJCZYK MICHAŁ	1425	ASSECO ACTIVE TEAM	ZABRZE	POL	M-20	30	M 191	00:27:56	00:56:38	00:58:43.95	00:59:57.65	5:35	10.7
31	JENDRZEJEK ŁUKASZ	1120		RYBNIK	POL	M-20	31	M 214	00:30:50	01:00:31	01:02:20.15	01:02:47.45	5:56	10.1
32	DUKAŁA DANIEL	1423		GLIWICE	POL	M-20	32	M 228	00:29:32	01:00:33	01:03:12.90	01:04:53.15	6:01	10
33	GIŻYŃSKI KRYSZTIAN	1429	ASSECO POLAND	JASTRZĘBIE-ZDRÓJ	POL	M-20	33	M 223	00:28:28	01:01:03	01:03:17.80	01:04:12.15	6:01	10
34	GOLENIEWSKI BŁAŻEJ	1089		GLIWICE	POL	M-20	34	M 224	00:30:25	01:01:30	01:03:53.50	01:04:38.90	6:05	9.9
35	KIJANKA DAMIAN	1134	HIRSCHVOGEL	GLIWICE	POL	M-20	35	M 251	00:30:20	01:04:41	01:06:57.15	01:07:28.80	6:22	9.4
36	GARUS ALEKSANDER	1084		GLIWICE	POL	M-20	36	M 257	00:31:40	01:04:34	01:06:59.95	01:08:24.10	6:22	9.4
37	STEBEL DAMIAN	1418		GLIWICE	POL	M-20	37	M 262	00:33:22	01:06:52	01:08:56.90	01:10:29.85	6:34	9.1
38	WACŁAWEK TOMEK	1370		GLIWICE	POL	M-20	38	M 269	00:33:27	01:09:18	01:11:30.40	01:12:57.75	6:48	8.8
39	GROS MICHAŁ	1097		ZABRZE	POL	M-20	39	M 267	00:32:32	01:09:04	01:11:31.05	01:12:03.60	6:48	8.8
40	OLSZOK DAWID	1237	HIRSCHVOGEL	ZABRZE	POL	M-20	40	M 272	00:34:20	01:09:50	01:12:35.65	01:13:48.40	6:54	8.7
41	PILARSKI ARKADIUSZ	1264		GLIWICE	POL	M-20	41	M 275	00:35:31	01:13:23	01:16:08.00	01:16:34.80	7:15	8.3
42	SZEWCZUK SZYMON FRANCISZEK	1346		CHORZÓW	POL	M-20	42	M 283	00:40:04	01:23:37	01:26:13.50	01:26:35.45	8:12	7.3
43	SANESTRZIK JKAUB	1494		GLIWICE		M-20	43	M 285	00:41:42	01:26:32	01:29:46.70	01:31:18.50	8:33	7
	WOJCIECH SZYMON	1385		GLIWICE	POL	M-20			00:26:33	DNF	DNF	DNF	-	-

**GLIWICKA DYCHA, K-30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	WŁODARCZYK PATRYCJA	1009	JKLA JAWOR	JAWORZNO		K-30	1	K 1	00:20:00	00:39:45	00:41:13.90	00:41:15.55	3:55	15.3
2	BROL DOMINIKA	1029	ENDURANCE TEAM	SIEMIANOWICE ŚLĄSKIE	POL	K-30	2	K 2	00:20:10	00:40:51	00:42:24.65	00:42:28.40	4:02	14.9
3	PIECUCH AGNIESZKA	1435	INŻYNIERIA BIEGANIA	TARNOWSKIE GÓRY	POL	K-30	3	K 6	00:22:00	00:45:29	00:47:18.05	00:47:24.10	4:30	13.3
4	GRZEBNIEWSKA JUDYTA	1099	TEAM PAPRY	TYCHY	POL	K-30	4	K 7	00:24:34	00:48:20	00:50:04.75	00:50:53.80	4:46	12.6
5	KONOPACKA BESSA MAGDALENA	1152		GLIWICE	POL	K-30	5	K 14	00:24:32	00:50:39	00:52:39.20	00:53:26.20	5:00	12
6	KOWALCZYK KATARZYNA	1160		POZNAŃ	POL	K-30	6	K 13	00:25:00	00:50:53	00:52:45.75	00:53:08.00	5:01	11.9
7	SZWIEC SANDRA	1354	ZABIEGANI NAUCZYCIELE	ORNONTOWICE	POL	K-30	7	K 21	00:26:32	00:52:45	00:54:44.65	00:55:04.90	5:12	11.5
8	WANDASIEWICZ MICHALINA	1373	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	8	K 22	00:25:54	00:52:55	00:54:56.70	00:55:15.35	5:14	11.5
9	PLOCH KAROLINA	1271		PYSKOWICE	POL	K-30	9	K 24	00:27:06	00:53:31	00:55:26.50	00:56:39.70	5:16	11.4
10	BURZAK JUSTYNA	1035		GLIWICE	POL	K-30	10	K 28	00:27:20	00:54:05	00:56:03.30	00:57:34.35	5:20	11.2
11	WASIEL MONIKA	1376		GLIWICE	POL	K-30	11	K 27	00:27:10	00:54:28	00:56:24.45	00:57:33.50	5:22	11.2
12	ROSAK JOANNA	1455				K-30	12	K 25	00:27:02	00:54:46	00:56:35.85	00:57:02.95	5:23	11.1
13	NIESLER MAGDALENA	1223	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	13	K 29	00:26:52	00:54:53	00:57:02.05	00:57:48.80	5:25	11
14	ŻUKOWSKA-CHOMIK JUSTYNA	1414	WAY2CHAMP	GLIWICE	POL	K-30	14	K 33	00:28:06	00:55:52	00:57:50.60	00:58:42.35	5:30	10.9
15	GAJDIK KATARZYNA	1078		BYTOM	POL	K-30	15	K 37	00:27:56	00:55:58	00:58:00.40	00:58:56.25	5:31	10.9



## GLIWICKA DYCHA, K-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
16	KOWALCZYK KAMILA	1161		GLIWICE	POL	K-30	16	K 43	00:27:43	00:56:24	00:58:25.65	00:59:28.35	5:33	10.8
17	SZMIGIEL JUSTYNA	1349		GLIWICE	POL	K-30	17	K 42	00:28:23	00:56:27	00:58:35.35	00:59:24.55	5:34	10.8
18	SIKORA AGNIESZKA	1309	NIGHT RUNNERS ZABRZE	ZABRZE	POL	K-30	18	K 46	00:27:58	00:56:39	00:58:50.55	00:59:49.25	5:36	10.7
19	DOLATA MAGDALENA	1052		GLIWICE	POL	K-30	19	K 38	00:27:49		00:58:51.15	00:58:57.10	5:36	10.7
20	KOSMACZEWSKA ANNA	1155	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	20	K 40	00:27:32	00:56:47	00:58:58.95	00:59:14.85	5:37	10.7
21	PAWLUS - DUSIK BEATA	1257	KOLOROWA DRUZYNA NESSI	BRZUŚNIK	POL	K-30	21	K 56	00:28:35	00:58:11	01:00:08.70	01:00:53.45	5:43	10.5
22	GARYGA BEATA	1085		GLIWICE	POL	K-30	22	K 53	00:27:44	00:58:09	01:00:11.85	01:00:36.50	5:44	10.5
23	GORELL BOGUMIŁA	1092		PONISZOWICE	POL	K-30	23	K 59	00:29:11	00:58:20	01:00:18.30	01:01:11.50	5:44	10.4
24	KOŁAK ALICJA	1146		GLIWICE	POL	K-30	24	K 64	00:28:27	00:58:15	01:00:28.90	01:01:50.20	5:45	10.4
25	GRABSKA ANNA	1095	KOMBO KURCZAKI	GLIWICE	POL	K-30	25	K 63	00:28:55	00:58:13	01:00:30.40	01:01:41.40	5:45	10.4
26	BŁĄŻYTKO MONIKA	1511		GLIWICE	POL	K-30	26	K 60	00:27:15	00:58:14	01:00:39.35	01:01:18.40	5:46	10.4
27	NIŹNIKIEWICZ-FRENKI ZOFIA	1225	FLUOR	GLIWICE	POL	K-30	27	K 61	00:28:17	00:58:55	01:01:08.35	01:01:29.20	5:49	10.3
28	MŁKOWSKA KAROLINA	1467		GLIWICE		K-30	28	K 67	00:28:04	00:59:11	01:01:31.70	01:02:26.15	5:51	10.2
29	SZOŁTYSIK MARTA	1350		RADZIONKÓW	POL	K-30	29	K 70	00:29:14	00:59:10	01:01:32.65	01:02:42.75	5:51	10.2
30	SIKORSKA KATARZYNA	1312		GLIWICE	POL	K-30	30	K 68	00:28:21	00:59:23	01:01:39.30	01:02:28.35	5:52	10.2
31	WILCZEK MAGDALENA	1382	FLUOR	GLIWICE	POL	K-30	31	K 71	00:29:09	00:59:44	01:02:04.05	01:02:44.25	5:54	10.2
32	GRZYŚKA KATARZYNA	1101	SMOCZY GANG	ZABRZE	POL	K-30	32	K 81	00:29:05	01:00:03	01:02:27.95	01:04:05.10	5:56	10.1
33	DROŹDZ ALICJA	1055		GLIWICE	POL	K-30	33	K 89	00:29:10	01:00:37	01:03:11.05	01:04:42.75	6:01	10
34	TWAROWSKA CELINA	1368	ETISOFT RUNNING TEAM	ZABRZE	POL	K-30	34	K 75	00:28:42	01:00:54	01:03:17.20	01:03:32.45	6:01	10
35	TYRNA GABRIELA	1464		K-30		K-30	35	K 77	00:30:01	01:00:59	01:03:20.20	01:03:35.95	6:01	9.9
36	FABIAN KATARZYNA	1068		CHORZÓW	POL	K-30	36	K 88	00:29:32	01:00:56	01:03:21.45	01:04:36.40	6:02	9.9
37	KORUS KARINA	340	CIDRY LOTAJOM	PIEKARY ŚLĄSKIE	POL	K-30	37	K 99	00:30:45	01:01:18	01:03:35.70	01:05:20.75	6:03	9.9
38	EISLER ANNA	1066	SKLEPBIKER.PL	CIĘCINA	POL	K-30	38	K 94	00:30:23	01:01:08	01:03:36.95	01:05:01.35	6:03	9.9
39	BARTAS AGNIESZKA	24	ISTA BIEGAMY	KATOWICE	POL	K-30	39	K 90	00:29:55	01:01:57	01:04:14.15	01:04:46.40	6:07	9.8
40	ZIMNY JOANNA	1406		GLIWICE	POL	K-30	40	K 101	00:31:13	01:02:20	01:04:40.85	01:05:44.05	6:09	9.7
41	BARANOWSKA EWA	1016		BYTOM	POL	K-30	41	K 102	00:30:33	01:02:17	01:04:44.15	01:05:50.00	6:10	9.7
42	JAKBIK OLA	1114	BULLULA TEAM	KATOWICE	POL	K-30	42	K 105	00:30:27	01:02:55	01:05:15.95	01:06:21.45	6:12	9.7
43	PROKWITE MARTYNA	1281		GLIWICE	POL	K-30	43	K 106	00:30:41	01:02:50	01:05:16.10	01:06:24.90	6:12	9.7
44	MICHAŁUSZEK DOROTA	1210	BIEG - UNKA	GLIWICE	POL	K-30	44	K 114	00:31:43	01:03:15	01:05:36.65	01:07:20.10	6:14	9.6
45	WOSZCZYNA EWELINA	1390		KRAPKOWICE	POL	K-30	45	K 117	00:30:52	01:03:41	01:06:05.15	01:07:37.70	6:17	9.5
46	NOWAKOWSKA-TRZASKA JOANNA	1228		GLIWICE	POL	K-30	46	K 116	00:30:31	01:04:14	01:06:39.40	01:07:23.55	6:20	9.5
47	MIGURSKI DARIA	1214	FUCHS OIL TEAM	GLIWICE	POL	K-30	47	K 130	00:31:41	01:04:35	01:06:59.80	01:08:23.75	6:22	9.4
48	CZARNECKA MARTA	1044		KNURÓW	POL	K-30	48	K 124	00:30:50	01:04:31	01:07:05.40	01:08:09.70	6:23	9.4
49	KUKUCZKA EWA	1178		GLIWICE	POL	K-30	49	K 132	00:30:37	01:04:53	01:07:18.15	01:08:30.10	6:24	9.4
50	BOREK JADWIGA	1424	ACTIV EAGLES PRO	KĘDZIERZYN-KOŹLE	POL	K-30	50	K 126	00:31:54	01:05:16	01:07:37.45	01:08:12.70	6:26	9.3
51	ŻYDEK MAŁGORZATA	1415	ACTIV EAGLES PRO	KĘDZIERZYN-KOŹLE	POL	K-30	51	K 127	00:31:55	01:05:17	01:07:38.05	01:08:12.95	6:26	9.3
52	LEWICKA BEATA	1498		GLIWICE	POL	K-30	52	K 136	00:31:48	01:05:24	01:07:43.75	01:09:03.45	6:27	9.3
53	BRIANSKA-KORDECKA ALEKSANDRA	1460	BALENA MORADA	KATOWICE	POL	K-30	53	K 122	00:30:34	01:05:14	01:07:51.25	01:08:05.50	6:27	9.3
54	KLOC IZABELA	1136	FLUOR	KATOWICE	POL	K-30	54	K 134	00:31:35	01:05:19	01:07:53.30	01:08:51.40	6:27	9.3
55	ROLNIK JOANNA	1470		ORZESZE	POL	K-30	55	K 146	00:32:24	01:06:04	01:08:44.20	01:10:08.45	6:32	9.2
56	SKRZYPEK MARTA	1319	GOOD TIME SPORT	CIĘCINA	POL	K-30	56	K 149	00:32:37	01:06:43	01:09:21.35	01:10:47.80	6:36	9.1
57	KOCZY-ŁUSIAK SYLWIA	1144	WATAHA TEAM	GLIWICE	POL	K-30	57	K 152	00:33:05	01:07:22	01:09:46.05	01:11:28.80	6:38	9
58	TOMASZEWSKA MIROSLAWA	1362	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	K-30	58	K 147	00:31:12	01:07:05	01:09:49.15	01:10:12.15	6:38	9
59	PLESZCZYŃSKA IWONA	1270		ZABRZE	POL	K-30	59	K 150	00:30:50	01:07:50	01:10:27.95	01:10:47.80	6:42	8.9
60	SIERAKOWSKA ANNA	1308	FUCHS OIL TEAM	GLIWICE	POL	K-30	60	K 153	00:32:04	01:08:12	01:10:42.35	01:12:06.70	6:44	8.9
61	JACHYMOWSKA DOMINIKA	1112		GLIWICE	POL	K-30	61	K 154	00:33:07	01:08:23	01:10:45.65	01:12:22.60	6:44	8.9
62	WYPYCH - ŚLUSARSKA AGATA	1393		ROGOŹNIK	POL	K-30	62	K 155	00:32:53	01:08:20	01:10:56.10	01:12:26.65	6:45	8.9
63	PEACHTA SYLWIA	1482		CHORZÓW	POL	K-30	63	K 163	00:33:43	01:09:32	01:12:16.70	01:13:51.45	6:53	8.7
64	ŁUKASZEWSKA JUSTYNA	1189	STEP DANCE	GLIWICE	POL	K-30	64	K 162	00:33:49	01:10:50	01:13:15.05	01:13:47.00	6:58	8.6
65	JÓZEFczyk KATARZYNA	1123	ISTA BIEGAMY	LEWIN BRZESKI	POL	K-30	65	K 168	00:34:19	01:12:18	01:15:03.10	01:16:27.70	7:08	8.4
66	RUTKA WIOLA	1301		GLIWICE	POL	K-30	66	K 169	00:35:31	01:13:23	01:16:08.65	01:16:35.00	7:15	8.3
67	ZIOŁKOWSKA BARBARA	1407		ŚWIĘTOCHŁOWICE	POL	K-30	67	K 173	00:34:09	01:13:25	01:16:10.35	01:17:50.10	7:15	8.3
68	STARCZEWSKA JOLANTA	690		GLIWICE	POL	K-30	68	K 174	00:35:11	01:14:26	01:17:11.95	01:18:12.55	7:21	8.2
69	WOJTUKIEWICZ JUSTYNA	1387		GLIWICE	POL	K-30	69	K 180	00:37:02	01:16:02	01:18:44.15	01:20:12.05	7:30	8
70	OSTROWSKA JUSTYNA	1242	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	70	K 179	00:36:20	01:16:48	01:19:12.90	01:19:39.70	7:32	8
71	CZENCZEK MAGDALENA	1046	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	71	K 182	00:39:47	01:20:57	01:23:58.60	01:25:36.40	7:59	7.5
72	TOMCZAK JOANNA	1363	ZABIEGANI NAUCZYCIELE	MIKOŁÓW	POL	K-30	72	K 184	00:40:02	01:24:00	01:27:08.55	01:27:47.25	8:18	7.2

## GLIWICKA DYCHA, K-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
73	ADAMOWSKA KATARZYNA	1011	ZABIEGANI NAUCZYCIELE	GLIWICE	POL	K-30	73	K 187	00:40:02	01:24:00	01:27:17.30	01:27:56.70	8:18	7.2

## GLIWICKA DYCHA, M-30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	POZEVILOV DMITRO	1010				M-30	1	M 2	00:15:58	00:32:23	00:33:46.50	00:33:46.50	3:12	18.7
2	PSTRAŚ LESZEK	1286	PARKRUN KATOWICE	KATOWICE	POL	M-30	2	M 5	00:18:01	00:36:51	00:38:08.55	00:38:10.80	3:37	16.5
3	SZYMAŃSKI BARTOSZ	1356	NIEWYMIĘKACZE	KATOWICE	POL	M-30	3	M 6	00:18:02	00:36:49	00:38:10.10	00:38:12.30	3:38	16.5
4	GIŻYŃSKI DAMIAN	1087	KOLEJARZ BEST 4U	JASTRZĘBIE-ZDRÓJ	POL	M-30	4	M 7	00:18:10	00:37:03	00:38:29.90	00:38:32.50	3:40	16.4
5	SNARSKI BOGDAN	1325	ALBATROS	WARSZAWA	POL	M-30	5	M 13	00:18:52	00:38:55	00:40:25.40	00:40:28.70	3:50	15.6
6	OCHMAN PAWEŁ	1232	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	6	M 14	00:19:05	00:39:04	00:40:31.25	00:40:34.35	3:51	15.5
7	LEDWOŃ PAWEŁ	1513				M-30	7	M 15	00:19:22	00:39:01	00:40:37.35	00:40:40.70	3:52	15.5
8	KLIMAS KAMIL	1477		KATOWICE		M-30	8	M 16	00:19:56	00:39:41	00:41:03.25	00:41:08.60	3:54	15.3
9	ALKER ANDRZEJ	1013		GLIWICE	POL	M-30	9	M 18	00:19:42	00:40:15	00:41:42.50	00:41:45.85	3:58	15.1
10	HALMAN TOMASZ	1105		GLIWICE	POL	M-30	10	M 19	00:19:26	00:40:30	00:41:58.20	00:42:01.80	3:59	15
11	DZIDA JANUSZ	1063		ŻORY	POL	M-30	11	M 21	00:19:27	00:40:40	00:42:14.95	00:42:20.60	4:01	14.9
12	DOLATA KRZYSZTOF	1051	SOCIOS SILESIA	GLIWICE	POL	M-30	12	M 26	00:20:32	00:41:40	00:43:18.55	00:43:22.60	4:07	14.5
13	MICHALSKI JAROSŁAW	1469		TARNOWSKIE GÓRY		M-30	13	M 33	00:21:05	00:43:05	00:44:38.05	00:44:57.55	4:15	14.1
14	LILLA PIOTR	1186	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M-30	14	M 37	00:20:56	00:43:26	00:45:03.05	00:45:09.85	4:17	14
15	KAMIŃSKI JACEK	1129		GLIWICE	POL	M-30	15	M 42	00:21:27	00:43:28	00:45:08.10	00:45:56.55	4:17	14
16	ZDON PAWEŁ	1404		KĘDZIERZYN-KOŹLE	POL	M-30	16	M 38	00:20:59	00:43:27	00:45:11.25	00:45:17.05	4:18	13.9
17	EISLER TOMASZ	1067	SKLEPBIKER.PL	CIĘCINA	POL	M-30	17	M 40	00:21:09	00:43:47	00:45:30.10	00:45:37.85	4:20	13.8
18	RUDZIŃSKI JACEK	1299		GLIWICE	POL	M-30	18	M 43	00:22:11	00:44:09	00:45:44.65	00:45:57.10	4:21	13.8
19	KONOPKO KRZYSZTOF	1153		MIKOŁÓW	POL	M-30	19	M 44	00:21:58	00:44:08	00:45:49.50	00:46:03.15	4:21	13.7
20	JEZUSEK PIOTREK	1121	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	20	M 46	00:22:03	00:44:34	00:46:09.35	00:46:26.15	4:23	13.6
21	SZCZYPTA ROBERT	1344	FLUOR	MIKOŁÓW	POL	M-30	21	M 56	00:22:25	00:44:44	00:46:13.40	00:47:40.70	4:24	13.6
22	KUKURBA MIKOŁAJ	1179	ENGINIETY	GLIWICE	POL	M-30	22	M 55	00:21:44	00:44:46	00:46:28.55	00:47:39.40	4:25	13.6
23	JACHYM ARKADIUSZ	1111	SOCIOS SILESIA	GLIWICE	POL	M-30	23	M 47	00:21:35	00:44:59	00:46:40.60	00:46:44.95	4:26	13.5
24	WATOŁA MAREK	1377	M&M	PYSKOWICE	POL	M-30	24	M 50	00:22:17	00:45:35	00:47:06.90	00:47:17.30	4:29	13.4
25	MACHEJ REMIGIUSZ	1195	ML DESIGN	JASTRZĘBIE -ZDRÓJ	POL	M-30	25	M 51	00:21:42	00:45:34	00:47:14.50	00:47:21.35	4:30	13.3
26	KOTRA JACEK	1158		GLIWICE	POL	M-30	26	M 54	00:22:38	00:45:45	00:47:26.90	00:47:37.05	4:31	13.3
27	GRUSZCZYŃSKI STANISŁAW	1421		GLIWICE	POL	M-30	27	M 59	00:22:09	00:46:00	00:47:43.70	00:47:55.50	4:32	13.2
28	SOTER BARTŁOMIEJ	1333	KOTRAK TEAM	CZELADŹ	POL	M-30	28	M 70	00:24:01	00:46:51	00:48:30.50	00:49:23.70	4:37	13
29	HORA GRZEGORZ	1109		RUDE ŚLAŚKA	POL	M-30	29	M 72	00:23:07	00:46:55	00:48:34.10	00:49:35.35	4:37	13
30	SOCZAWA WOJCIECH	1328		ZABRZE	POL	M-30	30	M 76	00:23:59	00:47:37	00:49:21.25	00:50:07.80	4:42	12.8
31	MAŃKA MARCIN	1200	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	31	M 79	00:24:11	00:48:03	00:49:44.85	00:50:23.65	4:44	12.7
32	CHRZAŚCIK TOMASZ	1040	FUTURE PROCESSING RUNNING TEAM	KATOWICE	POL	M-30	32	M 78	00:23:53	00:48:06	00:49:53.05	00:50:20.10	4:45	12.6
33	IGNASIAK JAKUB	1505		GLIWICE		M-30	33	M 75	00:23:23	00:48:09	00:49:58.35	00:50:04.60	4:45	12.6
34	WIĘCŁAW GRZEGORZ	1381	GŁOWA RZĄDZI	GLIWICE	POL	M-30	34	M 83	00:23:21	00:48:19	00:50:12.00	00:50:44.15	4:46	12.5
35	MACHALICA JACEK	1194	FAMUŁA TEAM	SIEMIANOWICE ŚLAŚKIE	POL	M-30	35	M 86	00:24:17	00:48:37	00:50:21.15	00:50:58.40	4:47	12.5
36	HARAZIN JANUSZ	1106	2 TM 4,7	PAWŁOWICE	POL	M-30	36	M 89	00:24:49	00:48:53	00:50:46.15	00:51:19.90	4:50	12.4
37	SZWARCZYŃSKI MICHAŁ	1353		GLIWICE	POL	M-30	37	M 85	00:22:58	00:48:49	00:50:47.15	00:50:56.15	4:50	12.4
38	GARNCARZ JAKUB	1083		DĄBROWA GÓRNICZA	POL	M-30	38	M 91	00:24:46	00:49:25	00:51:12.75	00:51:42.70	4:52	12.3
39	RYMASZEWSKI WOJTEK	1302	WARSZTATKOSZULKOWY.PL	ZABRZE	POL	M-30	39	M 96	00:24:45	00:49:48	00:51:40.00	00:52:09.05	4:55	12.2
40	MICHAŁOWSKI RAFAŁ	1208		GLIWICE	POL	M-30	40	M 101	00:25:00	00:50:08	00:52:02.40	00:52:50.40	4:57	12.1
41	KSIĄŻEK GRZEGORZ	1172		TARNOWSKIE GÓRY	POL	M-30	41	M 98	00:24:49	00:50:25	00:52:12.55	00:52:23.20	4:58	12.1
42	PETRYNA BARTOSZ	1258		RYBNIK	POL	M-30	42	M 105	00:24:27	00:50:20	00:52:24.35	00:53:20.50	4:59	12
43	KOWALCZYK JORDAN	1159		ZABRZE	POL	M-30	43	M 102	00:25:00	00:50:37	00:52:30.70	00:52:52.95	5:00	12
44	MICHALSKI ROBERT	1207	HETMAN TARNOWSKIE GÓRY	GLIWICE	POL	M-30	44	M 103	00:25:18	00:50:41	00:52:31.05	00:52:56.95	5:00	12
45	PIANKOWSKI TYBERIUSZ	1419		RADZIONKÓW	POL	M-30	45	M 104	00:25:05	00:50:40	00:52:34.50	00:53:17.95	5:00	12
46	BASZUN MICHAŁ	1019	DAMY RADĘ!	GLIWICE	POL	M-30	46	M 110	00:25:15	00:50:51	00:52:44.10	00:53:31.65	5:01	11.9
47	KACZMARZYK ARKADIUSZ	1426	ASSECO ACTIVE TEAM	GLIWICE	POL	M-30	47	M 109	00:24:39	00:50:43	00:52:51.05	00:53:29.30	5:02	11.9
48	KOSMACZEWSKI MICHAŁ	1156	EUVIC	GLIWICE	POL	M-30	48	M 107	00:25:05	00:51:01	00:53:00.55	00:53:22.30	5:02	11.9
49	WYCIŚLIK MARCIN	1392	HIRSCHVOGEL	GLIWICE	POL	M-30	49	M 111	00:25:11	00:51:06	00:53:01.75	00:53:32.65	5:03	11.9
50	CAPUTA MICHAŁ	1036		GLIWICE	POL	M-30	50	M 125	00:24:56	00:51:13	00:53:13.20	00:54:39.30	5:04	11.8
51	JANIKOWSKI ADAM	1115	ANICA TEAM	GLIWICE	POL	M-30	51	M 106	00:24:20	00:51:21	00:53:16.20	00:53:21.40	5:04	11.8

## GLIWICKA DYCHA, M-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
52	DOMAN ŁUKASZ	1053	SOCIOS SILESIA	RUDA ŚLĄSKA	POL	M-30	52	M 114	00:24:28	00:51:31	00:53:31.10	00:53:36.10	5:05	11.8
53	TROSKO ADAM	1365		LIGOTA ŁĄBĘDZKA	POL	M-30	53	M 121	00:24:25	00:51:35	00:53:35.60	00:54:23.60	5:06	11.8
54	JAWORSKI KAMIL	1119	FUCHS OIL TEAM	GLIWICE	POL	M-30	54	M 119	00:26:14	00:51:50	00:53:37.80	00:54:16.60	5:06	11.7
55	ŁUKAWSKI ARTUR	1191		RADZIONKÓW	POL	M-30	55	M 123	00:24:18	00:52:04	00:54:02.75	00:54:27.90	5:08	11.7
56	ZYGMUNTOWICZ PIOTR	1412	ANICA TEAM	CZERWIONKA - LESZCZYNY	POL	M-30	56	M 124	00:25:13	00:52:28	00:54:25.65	00:54:30.65	5:10	11.6
57	SOKOŁOWSKI ŁUKASZ	1329		GLIWICE	POL	M-30	57	M 135	00:26:08	00:52:42	00:54:29.45	00:55:24.70	5:11	11.6
58	NIEMIEC SŁAWEK	1221	INTERGRAFIK POLAND	GLIWICE	POL	M-30	58	M 137	00:25:54	00:52:42	00:54:41.90	00:55:32.20	5:12	11.5
59	SZOŁTYSIK ŁUKASZ	1447		GLIWICE		M-30	59	M 141	00:26:27	00:52:48	00:54:45.60	00:56:01.25	5:12	11.5
60	PAWLAS SEWERYN	1483		GLIWICE		M-30	60	M 143	00:27:17	00:53:07	00:54:55.95	00:56:04.20	5:13	11.5
61	CICHOCKI DAWID	1473		RYSKOWICE		M-30	61	M 154	00:27:06	00:53:28	00:55:13.45	00:56:31.60	5:15	11.4
62	BENDORZ ROMAN	1480		KOZŁÓW		M-30	62	M 158	00:27:18	00:53:24	00:55:17.70	00:56:57.90	5:15	11.4
63	PAWLIK MICHAŁ	554		GLIWICE	POL	M-30	63	M 142	00:26:21	00:53:25	00:55:22.80	00:56:02.85	5:16	11.4
64	MILISZKIEWICZ ADAM	1215		GLIWICE	POL	M-30	64	M 145	00:27:11	00:53:31	00:55:27.65	00:56:14.55	5:16	11.4
65	ULATOWSKI SEBASTIAN	1427	ASSECO ACTIVE TEAM	RUDA ŚLĄSKA	POL	M-30	65	M 155	00:27:25	00:53:38	00:55:32.50	00:56:46.75	5:17	11.3
66	MIŁKOWSKI BARTOSZ	1468		GLIWICE		M-30	66	M 152	00:28:05	00:53:49	00:55:34.50	00:56:29.35	5:17	11.3
67	KARGUL KONRAD	1132		GLIWICE	POL	M-30	67	M 144	00:26:41	00:53:39	00:55:37.95	00:56:13.75	5:17	11.3
68	GRZESIEK PAWEŁ	1100		TARNOWSKIE GÓRY	POL	M-30	68	M 146	00:26:15	00:53:36	00:55:38.65	00:56:20.75	5:17	11.3
69	PRONCZUK MARCIN	1282	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	69	M 157	00:26:43	00:53:57	00:55:58.40	00:56:47.00	5:19	11.3
70	LEWANDERSKI DARIUSZ	1185	HIRSCHVOGEL	BYTOM	POL	M-30	70	M 159	00:26:57	00:54:42	00:56:32.50	00:57:07.75	5:23	11.1
71	MARYNIAK WOJTEK	451		GLIWICE	POL	M-30	71	M 171	00:27:36	00:54:47	00:56:48.25	00:58:10.15	5:24	11.1
72	PAPKAŁA DAWID	1251		PRZYSZOWICE	POL	M-30	72	M 178	00:27:45	00:55:33	00:57:37.20	00:58:54.75	5:29	10.9
73	SZMIGIEL DANIEL	1348		GLIWICE	POL	M-30	73	M 174	00:28:23	00:55:49	00:57:43.45	00:58:32.85	5:29	10.9
74	OSWALD KAROL	1243		GLIWICE	POL	M-30	74	M 173	00:27:34	00:55:45	00:57:46.55	00:58:29.15	5:30	10.9
75	SZWAJKOSZ SZCZEPAN	1352		GLIWICE	POL	M-30	75	M 179	00:28:04	00:56:08	00:58:05.15	00:58:56.15	5:31	10.8
76	SZOT WOJCIECH	1417		GLIWICE	POL	M-30	76	M 185	00:28:00	00:56:21	00:58:27.60	00:59:28.05	5:34	10.8
77	KOZIBAŁA TOMASZ	1164	FLUOR	BYTOM	POL	M-30	77	M 187	00:28:08	00:56:47	00:58:55.00	00:59:37.35	5:36	10.7
78	HOLETZKE KRZYSZTOF	1430		PYSKOWICE	POL	M-30	78	M 196	00:28:37	00:57:18	00:59:18.40	01:00:38.10	5:38	10.6
79	PRZEPÍÓRKA MACIEJ	1283		TARNOWSKIE GÓRY	POL	M-30	79	M 206	00:29:34	00:57:57	01:00:00.50	01:01:39.15	5:42	10.5
80	KOŚNIEWSKI PAWEŁ	1157		ZABRZE	POL	M-30	80	M 204	00:29:16	00:58:05	01:00:10.85	01:01:37.00	5:43	10.5
81	SUPERNAK MARCIN	1342		GLIWICE	POL	M-30	81	M 208	00:28:56	00:58:09	01:00:14.50	01:01:43.85	5:44	10.5
82	ZIMNY MARCIN	1463		GLIWICE		M-30	82	M 199	00:26:55	00:57:40	01:00:23.40	01:00:58.40	5:45	10.4
83	MICZKA ŁUKASZ	1211	NIECHCEMISIE	GLIWICE	POL	M-30	83	M 210	00:28:51	00:58:31	01:00:40.95	01:02:16.30	5:46	10.4
84	SMUDA GRZEGORZ	1324	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	84	M 215	00:30:00	00:59:11	01:01:21.25	01:02:47.80	5:50	10.3
85	KUCZERA ŁUKASZ	1175		RYBNIK	POL	M-30	85	M 209	00:29:28	00:59:26	01:01:27.35	01:02:10.80	5:51	10.3
86	WIERCIŃSKI ROBERT	1380	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	86	M 213	00:30:07	00:59:14	01:01:30.55	01:02:46.05	5:51	10.2
87	ULIASZ KRZYSZTOF	1369	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	87	M 212	00:30:09	00:59:16	01:01:32.35	01:02:46.00	5:51	10.2
88	LESZKIEWICZ KRZYSZTOF	1510				M-30	88	M 207			01:01:41.00	01:01:41.00	5:52	10.2
89	KOWALSKI WŁODZIMIERZ	1163	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	89	M 217	00:27:12	01:00:25	01:02:41.75	01:03:16.40	5:58	10
90	DROŻDŻ MICHAŁ	1056	RYWAL GLIWICE	GLIWICE	POL	M-30	90	M 225	00:29:09	01:00:37	01:03:11.15	01:04:43.15	6:01	10
91	WOLNY ŁUKASZ	1388		ŻORY	POL	M-30	91	M 222	00:29:38	01:01:29	01:03:30.35	01:04:07.60	6:02	9.9
92	KORUS PIOTR	1154	CIDRY LOTAJOM	PIEKARY ŚLĄSKIE2	POL	M-30	92	M 231	00:30:45	01:01:18	01:03:35.40	01:05:20.60	6:03	9.9
93	MARKOWICZ PIOTR	1201	MOMO RESTAURANT & COCKTAIL BAR	GLIWICE	POL	M-30	93	M 221	00:30:31	01:01:15	01:03:36.10	01:03:58.75	6:03	9.9
94	ORYSZCZAK ŁUKASZ	1240		GLIWICE	POL	M-30	94	M 226	00:28:24	01:00:52	01:03:44.20	01:04:51.65	6:04	9.9
95	WITAŁA RAFAŁ	1384		GLIWICE	POL	M-30	95	M 227	00:31:41	01:02:03	01:04:00.35	01:04:52.05	6:05	9.8
96	PIASECKI MARIUSZ	1259		GLIWICE	POL	M-30	96	M 234	00:30:52	01:01:56	01:04:00.90	01:05:33.70	6:05	9.8
97	SZCZĘSNY ROMUALD	1442		PYSKOWICE		M-30	97	M 233	00:31:06	01:01:59	01:04:01.40	01:05:31.95	6:05	9.8
98	TRELA MARCIN	112		KNURÓW	POL	M-30	98	M 240	00:30:48	01:02:44	01:05:03.65	01:06:44.10	6:11	9.7
99	KUĆ RAFAŁ	1177	EUVIC	SIEMIANOWICE ŚLĄSKIE	POL	M-30	99	M 232	00:30:44	01:03:00	01:05:09.60	01:05:26.60	6:12	9.7
100	ŻELEŻNY TOMASZ	1413		GLIWICE	POL	M-30	100	M 242	00:31:26	01:03:07	01:05:20.95	01:06:53.80	6:13	9.6
101	RYZNER MICHAŁ	1475		GLIWICE		M-30	101	M 247	00:30:44	01:03:06	01:05:22.95	01:07:10.00	6:13	9.6
102	SALAMON DAWID	1306	HIRSCHVOGEL	CZERWIONKA LESZCZYNY	POL	M-30	102	M 235	00:30:27	01:02:52	01:05:26.65	01:05:58.70	6:13	9.6
103	ZACZEK ADAM	1400		GLIWICE	POL	M-30	103	M 249	00:31:30	01:03:18	01:05:39.25	01:07:11.75	6:15	9.6
104	DZIEDZIC DOMINIK	163		GLIWICE	POL	M-30	104	M 238	00:29:58	01:03:17	01:05:45.30	01:06:17.25	6:15	9.6
105	WOSZCZYNA ANDRZEJ	1389		KRAPKOWICE	POL	M-30	105	M 254	00:30:51	01:03:40	01:06:03.70	01:07:37.35	6:17	9.5
106	ZABOROWSKI PIOTR	1397	ANICA TEAM	BYTOM	POL	M-30	106	M 245	00:31:38	01:04:27	01:06:49.70	01:07:00.90	6:21	9.4
107	PLESZCZYŃSKI KAMIL	1439	GTW	ZABRZE	POL	M-30	107	M 248	00:30:48	01:04:29	01:06:51.15	01:07:11.10	6:22	9.4
108	MIGURSKI JAKUB	1213	FUCHS OIL TEAM	GLIWICE	POL	M-30	108	M 256	00:31:41	01:04:34	01:06:59.80	01:08:23.85	6:22	9.4

**GLIWICKA DYCHA, M-30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
109	GRZYŚKA PIOTR	1102	KNIGHT RUNNERS ZABRZE	ZABRZE	POL	M-30	109	M 260	00:31:23	01:06:11	01:08:48.30	01:09:58.95	6:33	9.2
110	STEFANEK MICHAŁ	1497		GLIWICE		M-30	110	M 264	00:32:09	01:07:32	01:09:46.75	01:11:22.00	6:38	9
111	ŁUSIAK MARIUSZ	1192		GLIWICE	POL	M-30	111	M 265	00:33:06	01:07:22	01:09:47.80	01:11:28.80	6:38	9
112	WYSOZCZAŃSKI ANDRZEJ	1395	TSH TEAM	OPOLE	POL	M-30	112	M 261	00:33:23	01:07:51	01:10:29.55	01:10:29.55	6:42	8.9
113	KUBOWICZ MARYJUSZ	1174	FUCH OIL TEAM	CHORZÓW	POL	M-30	113	M 268	00:32:04	01:08:12	01:10:42.70	01:12:07.00	6:44	8.9
114	PŁOSKONKA TOMASZ	1275		KATOWICE	POL	M-30	114	M 270	00:33:27	01:09:10	01:11:35.00	01:13:12.15	6:49	8.8
115	PŁACHTA SZYMON	1481		CHORZÓW		M-30	115	M 273	00:33:43	01:09:33	01:12:17.00	01:13:52.20	6:53	8.7
116	ŁUKASZEWSKI PIOTR	1190	PIAST GLIWICE	GLIWICE	POL	M-30	116	M 271	00:33:47	01:10:48	01:13:13.80	01:13:46.95	6:58	8.6
117	PYREK MAREK	1432	TOROS DE ESPANA	LARYSZÓW	POL	M-30	117	M 278	00:36:01	01:13:27	01:16:04.65	01:17:43.60	7:14	8.3
118	CZENCZEK MICHAŁ	1047	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	118	M 280	00:39:46	01:20:57	01:23:20.05	01:24:57.90	7:56	7.6
119	KOJ KRZYSZTOF	1145	PPP GLIWICE	GLIWICE	POL	M-30	119	M 282	00:39:10	01:20:41	01:25:18.80	01:26:34.40	8:07	7.4
120	SZCZYRBA ŁUKASZ	1345	EUVIC	ŚWIĘTOCHŁOWICE	POL	M-30	120	M 284	00:41:39	01:26:55	01:30:38.10	01:30:52.60	8:37	7

**GLIWICKA DYCHA, K-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	LEWICKA ELŻBIETA	1454		KNURÓW		K-40	1	K 3	00:20:17	00:41:11	00:42:40.55	00:42:43.35	4:03	14.8
2	WINIARCZYK-JADACH BEATA	1383		KRAKÓW	POL	K-40	2	K 4	00:21:49	00:44:14	00:45:55.05	00:46:04.50	4:22	13.7
3	PIJET EWA	1263		GLIWICE	POL	K-40	3	K 8	00:24:28	00:49:07	00:50:54.20	00:51:31.85	4:50	12.4
4	PILICH-NANOWSKA AGNISZKA	1495		GLIWICE		K-40	4	K 9	00:24:35	00:49:32	00:51:19.55	00:51:34.65	4:53	12.3
5	ZIOMEK KATARZYNA	1408		BYTOM	POL	K-40	5	K 12	00:24:11	00:50:26	00:52:28.25	00:52:38.90	4:59	12
6	JURECZKO MONIKA	1124	STS BIEGATON MIKOŁÓW	KATOWICE	POL	K-40	6	K 15	00:24:52	00:51:07	00:53:09.55	00:53:41.05	5:03	11.8
7	ŁĄSZCZYK- GAJDA DOROTA	1448		GLIWICE		K-40	7	K 18	00:25:43	00:52:10	00:54:05.15	00:54:27.75	5:09	11.6
8	DREWUSZEWSKA EWA	1054		PŁAWNIOWICE	POL	K-40	8	K 19	00:26:10	00:52:40	00:54:34.25	00:54:46.60	5:11	11.5
9	DRZEWIECKA JULITA	1057	ZAKRĘCONE	GLIWICE	POL	K-40	9	K 20	00:26:10	00:52:42	00:54:35.70	00:54:48.15	5:12	11.5
10	ZAMOJSKA IWONA	1457		BYTOM		K-40	10	K 23	00:25:41	00:53:01	00:55:07.40	00:55:28.65	5:14	11.4
11	HOŁOTA ANNA	1108	ELZAB ACTIVE TEAM	GLIWICE	POL	K-40	11	K 30	00:27:24	00:55:07	00:57:13.05	00:58:10.95	5:26	11
12	NOWIŃSKA IWONA	1502				K-40	12	K 32	00:27:53	00:55:19	00:57:26.65	00:58:40.65	5:28	11
13	KASPER IWONA	1133	KAMA	KNURÓW	POL	K-40	13	K 35	00:27:40	00:55:30	00:57:28.65	00:58:48.70	5:28	11
14	OKOŃ MONIKA	1234		KNURÓW	POL	K-40	14	K 36	00:28:15	00:55:58	00:58:02.40	00:58:55.65	5:31	10.9
15	LEŚNIAK EWA	1184		GLIWICE	POL	K-40	15	K 41	00:28:35	00:56:20	00:58:19.65	00:59:21.70	5:33	10.8
16	STANISŁAWISZYN MAŁGORZATA	1334		PILCHOWICE	POL	K-40	16	K 39	00:27:52	00:56:16	00:58:24.55	00:59:14.85	5:33	10.8
17	PLUCIŃSKA EDYTA	1272	FUCHS OIL TEAM	SOSNOWIEC	POL	K-40	17	K 47	00:29:50	00:56:36	00:58:29.70	00:59:50.80	5:34	10.8
18	SMOLIŃSKA ILONA	1322		KNURÓW	POL	K-40	18	K 51	00:28:11	00:56:32	00:58:43.85	01:00:21.80	5:35	10.7
19	PIETRZAK ANNA	1262		GLIWICE	POL	K-40	19	K 49	00:27:27	00:57:40	00:59:49.85	01:00:07.20	5:41	10.5
20	KUBICA BOŻENA	1173		ORNONTOWICE	POL	K-40	20	K 52	00:28:11	00:57:48	01:00:11.80	01:00:31.45	5:44	10.5
21	OSOWSKA KATARZYNA	1241	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	21	K 62	00:28:30	00:58:08	01:00:25.10	01:01:39.70	5:45	10.4
22	PROKOP IWONA	1280	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	RUDA ŚLĄSKA	POL	K-40	22	K 55	00:28:56	00:58:18	01:00:27.05	01:00:48.50	5:45	10.4
23	POLEWKA BEATA	1006	OTK RZEŹNIK	GLIWICE		K-40	23	K 54	00:28:12	00:58:10	01:00:29.00	01:00:39.25	5:45	10.4
24	GAJEWSKA IZABELA	1452		GLIWICE		K-40	24	K 57	00:27:48	00:58:14	01:00:35.00	01:00:57.15	5:46	10.4
25	TARTANUS-ORYSZCZAK MARTA	1359		GLIWICE	POL	K-40	25	K 65	00:28:58	00:58:38	01:00:54.05	01:02:03.85	5:48	10.3
26	SOBOLEWSKA STEFANIA	1327		GLIWICE	POL	K-40	26	K 58	00:28:26	00:58:47	01:00:54.95	01:01:09.20	5:48	10.3
27	EICHHOF JOANNA	1065		GLIWICE	POL	K-40	27	K 69	00:29:15	00:59:09	01:01:31.85	01:02:42.00	5:51	10.2
28	STELLMACH EWA	1336		ZABRZE	POL	K-40	28	K 74	00:28:52	01:00:32	01:02:56.85	01:03:16.80	5:59	10
29	GABRYŚ JOLANTA	1440	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	29	K 83	00:29:50	01:01:07	01:03:19.00	01:04:07.90	6:01	9.9
30	GABRYŚ SEBA	1441	NIGHT RUNNERS GLIWICE	GLIWICE		K-40	30	K 82	00:29:49	01:01:07	01:03:19.55	01:04:07.55	6:01	9.9
31	BRZEZIŃSKA TERESA	1471		GLIWICE		K-40	31	K 79	00:29:59	01:01:06	01:03:24.40	01:03:48.80	6:02	9.9
32	SIODŁAK JUSTYNA	1313		GLIWICE	POL	K-40	32	K 76	01:03:33.00	01:03:33.00	01:03:33.00	01:03:33.00	6:03	9.9
33	ZASZYK MONIKA	1459		CHORZÓW		K-40	33	K 87	00:30:42	01:01:25	01:03:37.00	01:04:35.35	6:03	9.9
34	STASIAK RENATA	1456				K-40	34	K 95	00:30:41	01:01:40	01:03:56.55	01:05:02.20	6:05	9.9
35	KOCUREK AGNIESZKA	1141		ŚWIĘTOCHŁOWICE	POL	K-40	35	K 96	00:31:35	01:02:00	01:04:09.65	01:05:02.30	6:06	9.8
36	TOLL KATARZYNA	1360		GLIWICE	POL	K-40	36	K 98	00:30:13	01:02:00	01:04:15.00	01:05:16.40	6:07	9.8
37	PORĘBA GABRIELA	583		KNURÓW	POL	K-40	37	K 107	00:30:44	01:02:31	01:04:59.80	01:06:25.50	6:11	9.7
38	CHOLEWA MAGDALENA	1491		GLIWICE		K-40	38	K 100	00:29:58	01:02:41	01:05:10.55	01:05:38.20	6:12	9.7
39	BETHRHELSSEN BEATA	1021	FUCHS OIL TEAM	SOSNOWIEC	POL	K-40	39	K 108	00:30:42	01:02:45	01:05:12.75	01:06:33.75	6:12	9.7
40	WALTER AGNIESZKA	1372		WIESZOWA	POL	K-40	40	K 103	00:31:31	01:02:56	01:05:16.10	01:06:11.95	6:12	9.7

**GLIWICKA DYCHA, K-40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
41	NAWOJSKA BARBARA	1476		CHORZÓW		K-40	41	K 111	00:30:46	01:03:25	01:05:51.80	01:06:51.60	6:16	9.6
42	KUBIAK CELINA	1486		GLIWICE		K-40	42	K 112	00:31:39	01:04:05	01:06:26.85	01:07:10.00	6:19	9.5
43	ZIELIŃSKA IZABELA	1405	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-40	43	K 119	00:31:01	01:04:05	01:06:40.05	01:07:45.30	6:20	9.5
44	STRUG GOSIA	1340		GLIWICE	POL	K-40	44	K 129	00:31:31	01:04:21	01:06:47.95	01:08:14.20	6:21	9.4
45	KRZYŻANOWSKA ALEKSANDRA	1171		GLIWICE	POL	K-40	45	K 120	00:31:20	01:04:26	01:06:56.15	01:07:57.95	6:22	9.4
46	ADAMUS ANNA	1012		RUDA ŚLĄSKA	POL	K-40	46	K 128	00:31:45	01:04:32	01:07:00.25	01:08:13.60	6:22	9.4
47	PROCEK KATARZYNA	1508				K-40	47	K 125	00:30:47	01:04:50	01:07:20.60	01:08:11.90	6:24	9.4
48	POLUS-WŁODARZ IWONA	1276		GLIWICE	POL	K-40	48	K 135	00:32:14	01:05:20	01:07:42.80	01:08:54.45	6:26	9.3
49	KUCZERA-KULAGA MAGDALENAKULAGA	1176		KATOWICE	POL	K-40	49	K 123	00:30:34	01:05:14	01:07:51.20	01:08:05.50	6:27	9.3
50	DADAŚ ELŻBIETA	1049	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	50	K 141	00:31:58	01:06:20	01:08:51.55	01:09:34.40	6:33	9.1
51	MATUSZEWSKA MONIKA	455		GLIWICE	POL	K-40	51	K 139	00:32:27	01:06:21	01:08:57.80	01:09:27.70	6:34	9.1
52	OLESIŃSKA EWA	1236	FLUOR	GLIWICE	POL	K-40	52	K 142	00:31:56	01:06:18	01:09:01.70	01:09:41.90	6:34	9.1
53	KOCHANEK ALEKSANDRA	1140		GLIWICE	POL	K-40	53	K 151	00:33:18	01:07:17	01:09:46.20	01:11:09.05	6:38	9
54	PANKIEWICZ KATARZYNA	1250		GLIWICE	POL	K-40	54	K 148	00:31:07	01:07:12	01:10:01.10	01:10:46.35	6:40	9
55	ZAKLIŃSKA KATARZYNA	1401	TMTEAM	GLIWICE	POL	K-40	55	K 161	00:33:51	01:09:28	01:11:49.25	01:13:34.75	6:50	8.8
56	NOWAK EWA	1226		GLIWICE	POL	K-40	56	K 158	00:33:05	01:09:56	01:12:23.70	01:13:08.85	6:53	8.7
57	SZYDŁAK IWONA	1355		GLIWICE	POL	K-40	57	K 165	00:33:23	01:10:40	01:13:06.40	01:14:37.00	6:57	8.6
58	HRYSKIEWICZ BARBARA	1110	FIS-SST TEAM	MIEDARY	POL	K-40	58	K 166	00:34:42	01:11:19	01:13:34.65	01:15:04.95	7:00	8.6
59	GORAJ ZAJĄC ALEKSANDRA	1500		GLIWICE		K-40	59	K 167	00:35:29	01:12:50	01:15:22.05	01:15:28.70	7:10	8.4
60	TUROWSKA ANNA	1436		GLIWICE		K-40	60	K 177	00:35:46	01:16:07	01:18:56.30	01:19:32.40	7:31	8
61	FRĄC ELŻBIETA	1073	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	61	K 181	00:36:39	01:18:45	01:21:28.00	01:22:47.15	7:45	7.7
62	REITER HANNA	1292	SLOW JOGGING GLIWICE	GLIWICE	POL	K-40	62	K 183	00:39:45	01:20:53	01:23:58.20	01:25:36.50	7:59	7.5
63	ROGACKA - RZEPKA MARIA	1294	LOBOS TEAM	GLIWICE	POL	K-40	63	K 186	00:40:02	01:24:00	01:27:17.10	01:27:56.65	8:18	7.2
64	PARUZEL AGNIESZKA	1252	ZABIEGANI NAUCZYCIELE	MIKOŁÓW	POL	K-40	64	K 185	00:40:03	01:24:00	01:27:17.30	01:27:56.00	8:18	7.2
65	MROWKA ILONA	1217		GLIWICE	POL	K-40	65	K 190	00:43:12	01:28:27	01:32:01.65	01:33:15.85	8:45	6.8

**GLIWICKA DYCHA, M-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	MAŚLANKA TOMASZ	1202	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	BYTOM	POL	M-40	1	M 9	00:18:13	00:37:42	00:39:12.65	00:39:14.90	3:44	16.1
2	ROGOWSKI MACIEJ	1295	SREBRNI BIEGACZE TARNOWSKIE GÓRY	TARNOWSKIE GÓRY	POL	M-40	2	M 10	00:18:23	00:38:03	00:39:31.55	00:39:34.35	3:45	15.9
3	SZYMURA WOJCIECH	1358		RYBNIK	POL	M-40	3	M 11	00:18:52	00:38:54	00:40:18.75	00:40:23.70	3:50	15.6
4	JABŁOŃSKI TOMASZ	1488				M-40	4	M 23	00:19:37	00:40:51	00:42:41.15	00:42:44.30	4:03	14.8
5	BRYŁA GRZEGORZ	1031		KNURÓW	POL	M-40	5	M 28	00:20:14	00:41:55	00:43:30.30	00:43:39.35	4:08	14.5
6	CIECIAK GRZEGORZ	1041	MEGAWAT RUNNING TEAM	ŻORY	POL	M-40	6	M 29	00:20:56	00:41:59	00:43:33.25	00:43:41.55	4:08	14.5
7	SZASTAK DAMIAN	1343	HARPAGAN SOSNOWIEC	SOSNOWIEC	POL	M-40	7	M 30	00:20:12	00:42:03	00:43:44.30	00:43:48.80	4:09	14.4
8	SWARLIK RAFAŁ	1506				M-40	8	M 31	00:21:13	00:42:14	00:43:48.65	00:43:56.65	4:10	14.4
9	BLUS MARCIN	1024		ZABRZE	POL	M-40	9	M 32	00:20:21	00:42:19	00:44:02.25	00:44:06.45	4:11	14.3
10	KONFEDERAK TOMASZ	1150		TWORÓG	POL	M-40	10	M 36	00:20:50	00:43:19	00:45:00.40	00:45:08.85	4:17	14
11	MICHAŁUSZEK SEBASTIAN	1209	BIEG - UNKA	GLIWICE	POL	M-40	11	M 49	00:22:30	00:45:11	00:46:55.65	00:47:07.50	4:28	13.4
12	ZACNY KRZYSZTOF	1398	ITALIAKRIS	KĘTY	POL	M-40	12	M 57	00:23:19	00:45:25	00:47:06.80	00:47:48.30	4:29	13.4
13	ZIÓLKOWSKI GRZEGORZ	1409		GLIWICE	POL	M-40	13	M 53	00:22:13	00:45:29	00:47:09.40	00:47:32.80	4:29	13.4
14	WYRZGOL ANDRZEJ	1394		KIELCZA	POL	M-40	14	M 52	00:22:47	00:45:42	00:47:20.20	00:47:31.75	4:30	13.3
15	ZWIERZYŃSKI PIOTR	1411	UNATCO	RYBNIK	POL	M-40	15	M 61	00:22:34	00:46:04	00:47:52.35	00:48:12.85	4:33	13.2
16	LEWAŃSKI TOMASZ	1434		TYCHY	POL	M-40	16	M 63	00:22:43	00:46:44	00:48:33.45	00:48:43.80	4:37	13
17	KRAICZCZEK KRZYSZTOF	1449		GLIWICE		M-40	17	M 64	00:22:46	00:46:49	00:48:35.20	00:48:48.00	4:37	13
18	DACZYŃSKI MICHAŁ	1493		GLIWICE		M-40	18	M 65	00:22:28	00:46:53	00:48:44.00	00:48:49.35	4:38	12.9
19	RYSIEWICZ MACIEJ	1303	6 BATALION POWIETRZNODESANTOWY GLIWICE	GLIWICE	POL	M-40	19	M 71	00:23:31	00:47:02	00:48:47.65	00:49:28.80	4:38	12.9
20	DZIAŁKOWSKI ADAM	1062	BIEGOWE ORNONTOWICE	ORNONTOWICE	POL	M-40	20	M 67	00:22:34	00:47:09	00:48:58.45	00:49:11.30	4:39	12.9
21	SZYMAŃSKI PIOTR	1357		BYTOM	POL	M-40	21	M 66	00:22:26	00:47:06	00:48:59.50	00:49:05.25	4:40	12.9
22	KOZŁOWSKI ZBIGNIEW	1166	OFIARY KAMIENCA	KAMIENIEC	POL	M-40	22	M 69	00:23:11	00:47:12	00:49:03.45	00:49:18.00	4:40	12.8
23	IMIOŁEK ARKADIUSZ	1444				M-40	23	M 73	00:23:33	00:47:32	00:49:20.40	00:49:36.30	4:42	12.8
24	FRYDA MAREK	1074		GLIWICE	POL	M-40	24	M 84	00:23:44	00:47:47	00:49:37.85	00:50:49.05	4:43	12.7
25	PUDTO ARKADIUSZ	1465				M-40	25	M 77	00:23:53	00:47:52	00:49:45.65	00:50:14.60	4:44	12.7

## GLIWICKA DYCHA, M-40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
26	DOBOSZ DANIEL	1050		GLIWICE	POL	M-40	26	M 81	00:23:10	00:48:26	00:50:13.95	00:50:32.05	4:47	12.5
27	SKORUPSKI PAWEŁ	1318		GLIWICE	POL	M-40	27	M 80	00:23:32	00:48:13	00:50:15.00	00:50:26.05	4:47	12.5
28	HAJOK MAREK	1104		GLIWICE	POL	M-40	28	M 82	00:23:36	00:48:43	00:50:30.75	00:50:41.65	4:48	12.5
29	FICEK KRZYSZTOF	1071		RUDA ŚLĄSKA	POL	M-40	29	M 87	00:23:54	00:48:50	00:50:48.00	00:51:01.35	4:50	12.4
30	WILMA KRZYSZTOF	1466		GLIWICE		M-40	30	M 88	00:23:35	00:48:59	00:50:52.35	00:51:16.15	4:50	12.4
31	SMOLARCZYK MICHAŁ	1321		GLIWICE	POL	M-40	31	M 95	00:24:56	00:49:48	00:51:42.90	00:52:05.90	4:55	12.2
32	POLEWKA TOMASZ	1005	OTK RZEŹNIK	GLIWICE		M-40	32	M 100	00:24:51	00:50:47	00:52:41.75	00:52:44.30	5:01	12
33	KORDECKI BARTOSZ	1461	BALLENA MORADA	KATOWICE	POL	M-40	33	M 113	00:25:24	00:51:19	00:53:18.60	00:53:34.00	5:04	11.8
34	MACH MARCIN	1193	1976	GLIWICE	POL	M-40	34	M 112	00:24:36	00:51:21	00:53:22.20	00:53:32.95	5:04	11.8
35	KOWAL DARIUSZ	1487		GLIWICE		M-40	35	M 117	00:25:33	00:51:33	00:53:24.20	00:53:48.75	5:05	11.8
36	SKUPIEŃ PIOTR	1512		GLIWICE		M-40	36	M 122	00:25:08	00:51:29	00:53:28.00	00:54:27.05	5:05	11.8
37	SETNIK ROBERT	1451		GLIWICE		M-40	37	M 116	00:25:23	00:51:51	00:53:38.35	00:53:48.40	5:06	11.7
38	POPCZYK PIOTR	1277		ŻERNICA	POL	M-40	38	M 132	00:26:16	00:52:18	00:54:03.70	00:55:03.35	5:08	11.7
39	STARCZAŁA PIOTR	1335	MEGAWAT RUNNING TEAM	KSIAŻENICE	POL	M-40	39	M 126	00:25:59	00:52:11	00:54:06.80	00:54:42.45	5:09	11.6
40	CIEŚLIK BARTŁOMIEJ	1514				M-40	40	M 128	00:25:35	00:52:36	00:54:25.65	00:54:44.20	5:11	11.6
41	GOŁĘBIEWSKI KAZIMIERZ	1091		GLIWICE	POL	M-40	41	M 134	00:25:33	00:52:42	00:54:48.15	00:55:23.30	5:13	11.5
42	NIEDZIAŁKOWSKI MAREK	1220		TARNOWSKIE GÓRY	POL	M-40	42	M 139	00:25:43	00:52:47	00:54:51.25	00:55:39.25	5:13	11.5
43	PIÓRKOWSKI TOMASZ	1268		GLIWICE	POL	M-40	43	M 140	00:26:06	00:53:02	00:54:51.35	00:55:40.15	5:13	11.5
44	CZERMAK DAMIAN	1048	FUCHS OIL TEAM	GÓRKI WIELKIE	POL	M-40	44	M 138	00:27:04	00:52:58	00:54:54.45	00:55:33.55	5:13	11.5
45	ZAMOJSKI BARTOSZ	1458		BYTOM		M-40	45	M 136	00:25:40	00:53:01	00:55:07.65	00:55:28.65	5:14	11.4
46	PAWLINA PIOTR	1256		GLIWICE	POL	M-40	46	M 150	00:28:13	00:53:28	00:55:17.90	00:56:28.60	5:16	11.4
47	KACZMAREK MARCIN	1126		GLIWICE	POL	M-40	47	M 153	00:26:52	00:53:24	00:55:23.25	00:56:29.40	5:16	11.4
48	SŁODKIEWICZ GRZEGORZ	1320		GLIWICE	POL	M-40	48	M 149	00:25:35	00:53:41	00:55:54.15	00:56:26.40	5:19	11.3
49	LINEK MARIUSZ	411		GLIWICE	POL	M-40	49	M 169	00:26:03	00:54:17	00:56:29.15	00:57:53.00	5:22	11.2
50	KOZŁOWSKI MARIUSZ	1167		OPOLE	POL	M-40	50	M 165	00:27:49	00:54:42	00:56:34.05	00:57:29.20	5:23	11.1
51	KOWALCZYK ROBERT	1420		PRZYSZOWICE	POL	M-40	51	M 161	00:26:06	00:54:30	00:56:37.85	00:57:09.50	5:23	11.1
52	HRYSZKIEWICZ JANUSZ	1474				M-40	52	M 163	00:26:04	00:54:40	00:56:48.45	00:57:19.00	5:24	11.1
53	PLUTA MARIUSZ	1274		BIERUN	POL	M-40	53	M 166	00:26:33	00:54:51	00:56:57.45	00:57:43.25	5:25	11.1
54	LEDWOŃ JAKUB	1182	WQRW TEAM	GLIWICE	POL	M-40	54	M 167	00:26:33	00:54:51	00:56:58.15	00:57:43.80	5:25	11.1
55	PROCEK MARCIN	1507		GLIWICE		M-40	55	M 175	00:26:56	00:55:34	00:57:41.70	00:58:40.25	5:29	10.9
56	KROTOS KRZYSZTOF	1169	WWW.OQS.COM.PL	GLIWICE	POL	M-40	56	M 172	00:26:52	00:56:04	00:58:05.00	00:58:24.35	5:31	10.8
57	PLUĆIŃSKI PAWEŁ	1273	FUCHS OIL TEAM	SOSNOWIEC	POL	M-40	57	M 189	00:29:50	00:56:35	00:58:27.80	00:59:50.75	5:34	10.8
58	RZESZUTEK GRZEGORZ	1304	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	M-40	58	M 180	00:29:18	00:56:41	00:58:41.00	00:59:04.20	5:35	10.7
59	CHOLEWA TOMASZ	1490		GLIWICE		M-40	59	M 183	00:27:26	00:56:30	00:58:43.80	00:59:11.25	5:35	10.7
60	LESZKOVEN PIOTR	1183	FLUOR	GLIWICE	POL	M-40	60	M 184	00:27:40	00:56:35	00:58:43.80	00:59:21.30	5:35	10.7
61	NIEMIEC RAFAŁ	1222	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	61	M 193	00:27:56	00:57:25	00:59:29.85	01:00:23.35	5:40	10.6
62	SIKORA MICHAŁ	1310		GLIWICE	POL	M-40	62	M 194	00:27:41	00:57:15	00:59:30.95	01:00:28.75	5:40	10.6
63	BIAŁOSKÓRSKI GRZEGORZ	1503		GLIWICE		M-40	63	M 200	00:27:40	00:57:47	01:00:02.10	01:01:06.80	5:43	10.5
64	ODZIOMEK SEBASTIAN	1504		GLIWICE		M-40	64	M 201	00:27:40	00:57:47	01:00:10.55	01:01:14.85	5:43	10.5
65	PACZKOWSKI JACEK	1246		ZABRZE	POL	M-40	65	M 205	00:29:17	00:58:06	01:00:11.35	01:01:37.00	5:44	10.5
66	PACZKOWSKI TOMASZ	1247		GLIWICE	POL	M-40	66	M 197	00:27:47	00:58:01	01:00:17.85	01:00:45.60	5:44	10.4
67	MICHAŁSKI MAREK	1206		GLIWICE	POL	M-40	67	M 198	00:28:15	00:58:15	01:00:30.00	01:00:48.75	5:45	10.4
68	PAŁASZ JACEK	1249		SOSNOWIEC	POL	M-40	68	M 211	00:30:02	00:59:05	01:01:10.75	01:02:31.10	5:49	10.3
69	PRZYGOCKI ROBERT	1450		GLIWICE		M-40	69	M 216	00:28:45	00:59:29	01:01:45.45	01:02:48.70	5:52	10.2
70	SIWY JAN	1316	ELZAB ACTIVE TEAM	TARNOWSKIE GÓRY	POL	M-40	70	M 218	00:29:55	01:00:10	01:02:33.30	01:03:46.90	5:57	10.1
71	MEDRAŁA JACEK	464		GLIWICE	POL	M-40	71	M 230	00:31:11	01:01:30	01:03:42.45	01:05:10.30	6:04	9.9
72	NOWAKOWSKI MAREK	1229	FLUOR	NIEBOROWICE	POL	M-40	72	M 236	00:29:50	01:02:46	01:04:56.55	01:06:03.75	6:11	9.7
73	WALTER MARCIN	1371		WIESZOWA	POL	M-40	73	M 237	00:31:30	01:02:55	01:05:15.50	01:06:11.85	6:12	9.7
74	JAWOREK DARIUSZ	1492		GLIWICE		M-40	74	M 241	00:31:09	01:02:54	01:05:18.35	01:06:46.80	6:13	9.6
75	GILLNER RAFAŁ	1086		GLIWICE	POL	M-40	75	M 243	00:31:50	01:03:02	01:05:22.40	01:06:59.05	6:13	9.6
76	KRAWCZYŃSKI MIROSŁAW	1168		GLIWICE	POL	M-40	76	M 244	00:30:58	01:03:41	01:05:55.45	01:07:00.90	6:16	9.6
77	WANIEK ZBIGNIEW	1374		ŁÓDŹ	POL	M-40	77	M 239	00:31:03	01:03:50	01:06:13.05	01:06:32.00	6:18	9.5
78	GROCHOWSKI MARIUSZ	1485				M-40	78	M 246	00:31:39	01:04:05	01:06:26.65	01:07:09.70	6:19	9.5
79	CHOJKOWSKI MICHAŁ	1038		MYSŁOWICE	POL	M-40	79	M 253	00:31:19	01:04:23	01:06:44.20	01:07:36.25	6:21	9.4
80	HŁADKI TADEUSZ	1107	FUCHS OIL TEAM	CZERWIONKA-LESZCZYNY	POL	M-40	80	M 252	00:31:52	01:04:28	01:06:49.25	01:07:30.25	6:21	9.4
81	STEPEL GRZEGORZ	1338		GLIWICE	POL	M-40	81	M 266	00:33:25	01:08:25	01:10:57.20	01:11:57.80	6:45	8.9
82	MYŚLAK MARIUSZ	1484		GLIWICE		M-40	82	M 274	00:33:59	01:10:50	01:13:27.55	01:14:39.60	6:59	8.6

**GLIWICKA DYCHA, M-40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
83	KOCHANEK JAROSŁAW	1139		GLIWICE	POL	M-40	83	M 276	00:33:53	01:12:38	01:15:19.35	01:16:42.05	7:10	8.4
84	CEBULAK GRZEGORZ	1037		GLIWICE	POL	M-40	84	M 279	00:34:34	01:15:41	01:18:18.65	01:19:02.95	7:27	8
85	STELMASZCZUK DAMIAN	1337		GLIWICE	POL	M-40	85	M 281	00:39:01	01:22:09	01:24:47.15	01:25:05.75	8:04	7.4

**GLIWICKA DYCHA, K-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	GAJ KAMILA	1076	NIGHT RUNNERS GLIWICE	KNURÓW	POL	K-50	1	K 45	00:27:56	00:56:52	00:58:59.25	00:59:40.70	5:37	10.7
2	PASIEKA DANUTA	1254		GLIWICE	POL	K-50	2	K 78	00:29:50	00:59:59	01:02:12.95	01:03:37.85	5:55	10.1
3	ORLIK ZDZISŁAWA	1238	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	3	K 84	00:30:36	01:00:52	01:03:06.85	01:04:15.95	6:00	10
4	DWORNICZAK IWONA	1061		SIEMIANOWICE SL.	POL	K-50	4	K 104	00:30:43	01:02:14	01:04:43.95	01:06:18.15	6:09	9.7
5	PEDOWSKA BOZENA	555		GLIWICE	POL	K-50	5	K 110	00:31:09	01:02:54	01:05:18.90	01:06:47.05	6:13	9.6
6	LIPOWSKA BARBARA	1187		GLIWICE	POL	K-50	6	K 109	00:30:44	01:03:32	01:06:03.75	01:06:39.75	6:17	9.5
7	GOŁĘBIEWSKA ALEKSANDRA	1090		GLIWICE	POL	K-50	7	K 113	00:31:34	01:03:50	01:06:06.75	01:07:10.15	6:17	9.5
8	JUSZCZAK EWA	1125		GLIWICE	POL	K-50	8	K 131	00:30:58	01:05:09	01:07:28.30	01:08:26.65	6:25	9.3
9	PACUŁA TATIANA	1245	PĘDZIWIATR GLIWICE	GLIWICE	POL	K-50	9	K 137	00:32:03	01:05:18	01:07:42.20	01:09:19.40	6:26	9.3
10	KOCYAN MAŁGORZATA	1143	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-50	10	K 159	00:33:03	01:08:54	01:11:35.75	01:13:11.70	6:49	8.8
11	WIANKOWSKA ELIZABETH	1499		GLIWICE	POL	K-50	11	K 164	00:33:42	01:11:00	01:13:41.00	01:13:54.90	7:01	8.6
12	STEFAŃSKA BEATA	1437		GLIWICE	POL	K-50	12	K 178	00:35:46	01:16:06	01:18:56.00	01:19:32.50	7:31	8
13	CIESZYŃSKA JOLA	906		GLIWICE	POL	K-50	13	K 191	00:44:17	01:26:57	01:36:20.00	01:36:41.35	9:10	6.5

**GLIWICKA DYCHA, M-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	CZARNOZYŃSKI ALEKSANDER	1045	GTT INTERPROJEKT	GLIWICE	POL	M-50	1	M 45	00:22:03	00:44:21	00:46:03.05	00:46:10.50	4:23	13.7
2	ALKER ZBIGNIEW	1014		GLIWICE	POL	M-50	2	M 60	00:22:35	00:45:51	00:47:28.95	00:48:03.70	4:31	13.3
3	NOWAKOWSKI ZENON	1230	-	ZABRZE	POL	M-50	3	M 62	00:22:00	00:46:28	00:48:16.10	00:48:27.70	4:35	13.1
4	KŁACZEK GRZEGORZ	1137	NIEZRZESZONY	WIESZOWA	POL	M-50	4	M 68	00:23:13	00:47:22	00:49:08.95	00:49:16.30	4:40	12.8
5	PIETRYSIAK STEFAN	1261	BWM POLSKA	ZABRZE	POL	M-50	5	M 97	00:24:07	00:50:14	00:52:14.50	00:52:19.50	4:58	12.1
6	GAJCZEWSKI ANDRZEJ	1077		RUDA ŚLĄSKA	POL	M-50	6	M 99	00:24:11	00:50:22	00:52:22.35	00:52:30.70	4:59	12
7	GAJEWSKI JACEK	1453		GLIWICE	POL	M-50	7	M 115	00:25:42	00:51:38	00:53:24.95	00:53:46.90	5:05	11.8
8	PODOLAK ALFRED	573		PYSKOWICE	POL	M-50	8	M 130	00:25:27	00:52:17	00:54:18.45	00:54:59.10	5:10	11.6
9	LACHERA BOGDAN	1181		ZABRZE	POL	M-50	9	M 151	00:26:32	00:53:35	00:55:33.85	00:56:29.00	5:17	11.3
10	KOMANDER MARCIN	1149		GLIWICE	POL	M-50	10	M 168	00:26:20	00:54:19	00:56:28.85	00:57:52.80	5:22	11.2
11	DOMURAT ZDZISŁAW	1515		ALWERNIA	POL	M-50	11	M 160	00:25:57	00:54:39	00:56:50.35	00:57:08.95	5:24	11.1
12	GÓRA MAREK	1094		TARNOWSKIE GÓRY	POL	M-50	12	M 162	00:27:09	00:54:52	00:56:59.10	00:57:11.70	5:25	11.1
13	KOZŁOWSKI ANDRZEJ JERZY	1165		ZABRZE	POL	M-50	13	M 190	00:27:07	00:56:12	00:58:26.00	00:59:52.15	5:33	10.8
14	SAMOL GRZEGORZ	1307		GLIWICE	POL	M-50	14	M 182	00:27:21	00:56:23	00:58:27.45	00:59:09.15	5:34	10.8
15	SOKÓŁ ADAM	1330	FUCHS OIL TEAM	KATOWICE	POL	M-50	15	M 188	00:29:18	00:56:26	00:58:32.75	00:59:45.40	5:34	10.8
16	ŻEROMSKI STEFAN	1443		GLIWICE	POL	M-50	16	M 195	00:29:42	00:57:03	00:59:04.35	01:00:32.50	5:37	10.7
17	GAJEWSKI JAREK	1079	FUCHS OIL TEAM	TYCHY	POL	M-50	17	M 203	00:29:55	00:58:01	01:00:02.50	01:01:25.55	5:43	10.5
18	SIRKO ZBIGNIEW	1314		GLIWICE	POL	M-50	18	M 202	00:28:18	00:58:17	01:00:46.90	01:01:17.00	5:47	10.4
19	KOCUREK JACEK	1142		ŚWIĘTOCHŁOWICE	POL	M-50	19	M 229	00:31:35	01:02:00	01:04:09.90	01:05:02.30	6:06	9.8
20	GALICZEK BRONISŁAW	1080	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	20	M 250	00:30:48	01:03:17	01:05:45.85	01:07:14.65	6:15	9.6
21	BOGUSZ JAROSŁAW	1501		WARSZAWA	POL	M-50	21	M 255	00:31:44	01:04:16	01:06:50.40	01:07:51.05	6:22	9.4
22	PRZYŁUCKI GRZEGORZ	1285		PRECZÓW	POL	M-50	22	M 258	00:31:36	01:04:53	01:07:17.45	01:08:45.20	6:24	9.4
23	DENKOWSKI WOJCIECH	1422	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	23	M 259	00:32:46	01:05:56	01:08:18.15	01:09:38.05	6:30	9.2

**GLIWICKA DYCHA, K-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	KANIA KRYSZYNA	1131		43-300 BIELSKO-BIAŁA	POL	K-60	1	K 73	00:29:40	01:00:02	01:02:16.25	01:03:14.60	5:55	10.1
2	RAŁ ZDZISŁAWA	1290	INDYWIDUALNIE	GLIWICE	POL	K-60	2	K 160	00:33:19	01:09:33	01:12:21.85	01:13:25.15	6:53	8.7
3	KONOPACKA KRYSZYNA	1151		GLIWICE	POL	K-60	3	K 176	00:35:46	01:15:25	01:18:12.70	01:18:42.45	7:26	8.1

**GLIWICKA DYCHA, M-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	OGONOWSKI EDWARD	1233	ŻÓŁWIK OPOLE	OPOLE	POL	M-60	1	M 133	00:26:01	00:52:02	00:53:54.45	00:55:19.90	5:08	11.7
2	KLIKS KAZIMIERZ	1135		ZABRZE	POL	M-60	2	M 164	00:26:30	00:54:39	00:56:48.00	00:57:19.65	5:24	11.1
3	OKOŃ ZDZISŁAW	1235		KNURÓW	POL	M-60	3	M 170	00:28:16	00:55:07	00:57:06.50	00:57:59.45	5:26	11
4	ZAREMBA TADEUSZ	1402		GLIWICE	POL	M-60	4	M 186	00:28:11	00:56:18	00:58:21.05	00:59:32.25	5:33	10.8
5	MIŁKOWSKI ANDRZEJ	1216		GLIWICE	POL	M-60	5	M 192	00:28:01	00:57:00	00:59:10.00	01:00:04.75	5:38	10.6
6	BRYLIŃSKI RYSZARD	1030		ZABRZE	POL	M-60	6	M 219	00:29:37	01:00:47	01:03:02.95	01:03:47.70	6:00	10
7	FAMUŁA MAREK	1070	FAMUŁA TEAM	KATOWICE	POL	M-60	7	M 277	00:36:39	01:13:55	01:16:37.45	01:17:14.85	7:17	8.2

**GLIWICKA DYCHA, M-70**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	10km	Netto	Brutto	min/km	km/h
1	BENTKOWSKI LESŁAW	1020	DIRTY SPARROWS	GLIWICE	POL	M-70	1	M 263	00:33:22	01:07:42	01:10:21.20	01:10:41.75	6:42	9