

GLIWICKA DYCHA

Organizator: Fundacja Bieg Rzeźnika
 Data: 2021-10-17
 Miejsce: Gliwice
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

GLIWICKA DYCHA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	KOKOT DANIEL	1430	RAJSPORT ACTIVE	OZIMEK	POL	M-20	1	M 1	00:08:44	00:22:13	00:34:26.80	3:26	17.4
2	RYBIAŁEK PIOTR	1294		ZDZIESZOWICE	POL	M-30	1	M 2	00:08:44	00:22:14	00:34:28.50	3:26	17.4
3	GRZELKA CYPRIAN	1444	MKS VICTORIA RACIBÓRZ	POGRZEBIEŃ	POL	M-20	2	M 3	00:08:57	00:22:38	00:35:13.30	3:31	17
4	MENDYK PRZEMYSŁAW	1440	-	BOBREK	POL	M-20	3	M 4	00:08:57	00:22:38	00:35:21.45	3:32	17
5	STRZODA MARCIN	1338	AKTYWNA PSZCZYNA RUNNERS TEAM	TYCHY	POL	M-20	4	M 5	00:09:11	00:23:01	00:35:25.00	3:32	16.9
6	PSTRAŚ LESZEK	1279	POLITECHNIKA ŚLĄSKA	KATOWICE	POL	M-30	2	M 6	00:09:24	00:23:53	00:37:14.75	3:43	16.1
7	MŁYŃCZAK JAKUB	1214	GVT BMC BORNGA 3SOFT	GLIWICE	POL	M-20	5	M 7	00:09:14	00:24:01	00:38:03.40	3:48	15.8
8	KLUCZNIK MIKOŁAJ	1129		GLIWICE	POL	M-20	6	M 8	00:09:39	00:24:49	00:38:19.55	3:49	15.7
9	FURMAN DAWID	1059	DLA ELIZKI I MILENKI	BŁĄŻEJOWICE	POL	M-30	3	M 9	00:09:40	00:24:45	00:38:29.15	3:50	15.6
10	SOBOLEWSKI KRZYSZTOF	1323		GLIWICE	POL	M-40	1	M 10	00:09:54	00:24:56	00:38:51.60	3:53	15.4
11	OCHMAN PAWEŁ	1233	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	4	M 11	00:09:54	00:25:01	00:39:01.50	3:54	15.4
12	KLIMAS KAMIL	1125		KATOWICE	POL	M-30	5	M 12	00:09:46	00:25:11	00:39:18.40	3:55	15.3
13	DUŻNIAK DOMINIK	1046	STEP-DANCE	GLIWICE	POL	M-30	6	M 13	00:09:54	00:25:18	00:39:22.50	3:56	15.2
14	KRETEK ŁUKASZ	1154	AKTYWNI ŁYSKI	ŁYSKI	POL	M-30	7	M 14	00:09:55	00:25:15	00:39:29.35	3:56	15.2
15	WĘŻIK MIKOŁAJ	1366		BYTOM	POL	M-20	7	M 15	00:10:03	00:25:34	00:39:36.70	3:57	15.2
16	FALEJCZYK MATEUSZ	1051	HOLBOX RUNNERS	GLIWICE	POL	M-20	8	M 16	00:09:49	00:25:13	00:39:40.60	3:58	15.1
17	STAWINOĞA JANUSZ	1331	HIRSCHVOGEL	ZABRZE	POL	M-40	2	M 17	00:09:53	00:25:12	00:39:43.05	3:58	15.1
18	SMUDA KRZYSZTOF	1319		TYCHY	POL	M-30	8	M 18	00:09:54	00:25:38	00:40:04.25	4:00	15
19	PIOTROWSKI ŁUKASZ	1262	STRENGTHBODY	RUDA ŚLĄSKA	POL	M-40	3	M 19	00:10:08	00:25:57	00:40:24.00	4:02	14.9
20	CZABAŃSKI RAFAŁ	1032	RUNHOGS TYCHY	GLIWICE	POL	M-40	4	M 20	00:10:28	00:26:18	00:40:26.65	4:02	14.8
21	ZALEWSKI ARTUR	1392		ZABRZE	POL	M-30	9	M 21	00:10:27	00:26:19	00:40:26.75	4:02	14.8
22	FRANK ALEKSANDER	1056	KS KOZIOŁEK KĘDZIERZYN-KOŹŁE	REŃSKA WIEŚ	POL	M-20	9	M 22	00:10:22	00:26:14	00:40:32.00	4:03	14.8
23	SITEK MONIKA	1305		HUTA STARA A	POL	K-20	1	K 1	00:10:06	00:25:47	00:40:36.90	4:03	14.8
24	WISZYŃSKI DAMIAN	1376		CHORZÓW	POL	M-30	10	M 23	00:10:34	00:26:31	00:40:37.35	4:03	14.8
25	SNARSKI BOGDAN	1320	MISTRZ DWUMARATONU	WARSZAWA	POL	M-40	5	M 24	00:10:20	00:26:01	00:40:46.90	4:04	14.7
26	ŻŁOBIŃSKI KRZYSZTOF	1475		TYCHY	POL	M-60	1	M 25	00:10:27	00:26:30	00:40:57.20	4:05	14.7
27	PRZYBYŁKO NIKODEM	1274	THE PROSECCOS	KATOWICE	POL	M-30	11	M 26	00:09:53	00:26:07	00:40:59.65	4:05	14.6
28	WRZESIEŃ DARIUSZ	1388	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 27	00:10:29	00:26:24	00:41:03.40	4:06	14.6
29	SUDNIK KRZYSZTOF	1341		KNURÓW	POL	M-30	13	M 28	00:10:30	00:26:20	00:41:03.85	4:06	14.6
30	MROWIEC BERNARD	1217		TWORKÓW	POL	M-50	1	M 29	00:10:43	00:26:51	00:41:24.90	4:08	14.5
31	JADASZ ANNA	1093	VATTENFALL/ARKADIUSZGARDZIELEWSKI.PL	GOGOLIN	POL	K-30	1	K 2	00:10:30	00:26:49	00:41:47.30	4:10	14.4
32	STUCHLIK MAGDALENA	1339	AKTYWNA PSZCZYNA RUNNERS TEAM	JARZĄBKOWICE	POL	K-30	2	K 3	00:10:27	00:26:50	00:41:49.25	4:10	14.3
33	POŁOMSKI GRZEGORZ	1470	POLOMSCY TEAM	RYDUŁTOWY	POL	M-40	6	M 30	00:10:20	00:26:45	00:41:57.05	4:11	14.3
34	PRUSKO GABRIELA	1273		PŁAWNIOWICE	POL	K-20	2	K 4	00:11:04	00:27:33	00:42:22.55	4:14	14.2
35	MORAWSKI KONRAD	1448		DĄBROWA GÓRNICZA	POL	M-20	10	M 31	00:10:28	00:27:05	00:42:22.80	4:14	14.2
36	HAŁKA OLIWIA	1084		GLIWICE	POL	K-20	3	K 5	00:11:04	00:27:34	00:42:36.25	4:15	14.1
37	LEGASZEWSKA MARIA	1174		GLIWICE	POL	K-20	4	K 6	00:10:07	00:26:51	00:42:41.10	4:16	14.1
38	WOJAKOWSKI KRZYSZTOF	1380	K&K RUN	GLIWICE	POL	M-40	7	M 32	00:10:51	00:27:35	00:42:43.10	4:16	14
39	ALKER ANDRZEJ	1001	ALKER RUNNING TEAM	GLIWICE	POL	M-30	14	M 33	00:10:59	00:27:59	00:42:55.50	4:17	14
40	BLUS MARCIN	1016		ZABRZE	POL	M-40	8	M 34	00:10:39	00:27:29	00:43:07.80	4:18	13.9
41	ZABRZEWSKI PATRYK	1390	KLUB BIEGACZA FARTLEK	ŻORY	POL	M-30	15	M 35	00:11:17	00:28:13	00:43:13.50	4:19	13.9
42	ŚLADEK DAWID	1316		RUDA ŚLĄSKA	POL	M-30	16	M 36	00:10:45	00:27:38	00:43:19.95	4:19	13.9
43	LEWICKA ELŻBIETA	1177		KNURÓW	POL	K-40	1	K 7	00:10:51	00:27:47	00:43:27.80	4:20	13.8
44	ŁYSY ŁUKASZ	1184		GLIWICE	POL	M-20	11	M 37	00:10:57	00:28:04	00:43:38.00	4:21	13.8
45	ZORAN HENRYK	1406		RUDA ŚLĄSKA	POL	M-50	2	M 38	00:10:53	00:27:57	00:43:41.10	4:22	13.7
46	KRUPOWICZ WIKTORIA	1156	ANNA HALSKA COACHING	MYSŁOWICE	POL	K-20	5	K 8	00:11:00	00:27:54	00:43:47.40	4:22	13.7

GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
47	DONIGIEWICZ MARIUSZ	1420		GLIWICE	POL	M-40	9	M 39	00:11:13	00:28:25	00:43:57.15	4:23	13.7
48	KNOP SZYMON	1131		TARNOWSKIE GÓRY	POL	M-30	17	M 40	00:11:15	00:28:24	00:43:59.95	4:23	13.6
49	CIASTO SEBASTIAN	1483		PRZECZCHLEBIE	POL	M-30	18	M 41	00:10:36	00:28:01	00:44:08.00	4:24	13.6
50	PIECUCH AGNIESZKA	1257	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K-30	3	K 9	00:10:55	00:28:00	00:44:13.60	4:25	13.6
51	URBAN JAKUB	1472		GLIWICE	POL	M-20	12	M 42	00:10:37	00:28:24	00:44:29.45	4:26	13.5
52	JEZUSEK PIOTR	1106		GLIWICE	POL	M-40	10	M 43	00:11:42	00:29:07	00:44:32.55	4:27	13.5
53	KUCHTA ŁUKASZ	1160		PYSKOWICE	POL	M-30	19	M 44	00:11:40	00:28:46	00:44:34.05	4:27	13.5
54	SALISZ DAWID	1300	HIRSCHVOGEL	RUDA ŚLĄSKA	POL	M-30	20	M 45	00:11:08	00:28:33	00:44:53.50	4:29	13.4
55	RUSZEL BARTEK	1482		GLIWICE	POL	M-40	11	M 46	00:10:34	00:28:31	00:45:09.25	4:30	13.3
56	CHEJDYS KRYSTIAN	1461		GLIWICE	POL	M-30	21	M 47	00:11:18	00:29:21	00:45:14.30	4:31	13.3
57	SOŁTYSIK TOMASZ	1478		CHORZÓW	POL	M-40	12	M 48	00:11:19	00:28:56	00:45:15.60	4:31	13.3
58	UNGIER ŁUKASZ	1362	ELZAB ACTIVE TEAM	RADZIONKÓW	POL	M-20	13	M 49	00:11:18	00:29:11	00:45:15.75	4:31	13.3
59	OLEJNICZAK TOMEK	1464		BYTOM	POL	M-40	13	M 50	00:11:19	00:29:01	00:45:17.15	4:31	13.2
60	SKRZYPIEC ŁUKASZ	1484		GLIWICE	POL	M-30	22	M 51	00:11:00	00:28:49	00:45:19.15	4:31	13.2
61	GŁADYSZ LESZEK	1069		PANIÓWKI	POL	M-40	14	M 52	00:12:15	00:29:55	00:45:38.40	4:33	13.1
62	IGNASIAK JAKUB	1089	ABUS CRANE SYSTEMS	GLIWICE	POL	M-30	23	M 53	00:11:52	00:29:50	00:45:43.55	4:34	13.1
63	GAJDA SEBASTIAN	1063		GLIWICE	POL	M-30	24	M 54	00:12:28	00:29:59	00:45:51.05	4:35	13.1
64	SKOP SEBASTIAN	1309		STRZELCE OPOLSKIE	POL	M-30	25	M 55	00:11:01	00:28:59	00:45:54.15	4:35	13.1
65	TELEUCKA SANDRA	1354	KU AZS POLITECHNIKA OPOLSKA/ #SZYMITEAM	JANKOWICE	POL	K-20	6	K 10	00:10:59	00:29:09	00:45:58.60	4:35	13.1
66	LECH KRZYSZTOF	1172	JSB	PIEKARY ŚLĄSKIE	POL	M-40	15	M 56	00:11:55	00:29:54	00:46:11.30	4:37	13
67	KASZOWSKI MARCIN	1116	KASZKI TEAM	GLIWICE	POL	M-40	16	M 57	00:12:02	00:30:23	00:46:25.80	4:38	12.9
68	MIELNIK KRZYSZTOF	1210		KOZIEGŁOWY	POL	M-30	26	M 58	00:11:48	00:30:05	00:46:27.65	4:38	12.9
69	TOKARSKI PIOTR	1355		KATOWICE	POL	M-30	27	M 59	00:11:44	00:29:58	00:46:35.55	4:39	12.9
70	NOWAK MATEUSZ	1226		GLIWICE	POL	M-30	28	M 60	00:11:02	00:29:42	00:47:00.20	4:42	12.8
71	DĘBOWSKI KRZYSZTOF	1041		GLIWICE	POL	M-30	29	M 61	00:11:51	00:30:18	00:47:02.10	4:42	12.8
72	NEJMAN TADEUSZ	1222	THE PROSECCOS	41-902	POL	M-30	30	M 62	00:11:17	00:29:46	00:47:10.65	4:43	12.7
73	SZOŁTYSEK-GRZESIKIEWICZ ANNA	1347		GLIWICE	POL	K-30	4	K 11	00:12:04	00:30:12	00:47:16.65	4:43	12.7
74	GAJEWSKI HUBERT	1065		KRAKÓW	POL	M-40	17	M 63	00:11:45	00:30:11	00:47:39.30	4:45	12.6
75	GMEREK PIOTR	1070		GLIWICE	POL	M-30	31	M 64	00:12:03	00:30:37	00:47:40.95	4:46	12.6
76	ŻMUDZIŃSKI PIOTR	1409		GLIWICE	POL	M-30	32	M 65	00:12:28	00:31:31	00:47:50.70	4:47	12.5
77	MADEJCZYK TOMASZ	1467	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	M-40	18	M 66	00:12:28	00:31:32	00:47:50.95	4:47	12.5
78	PIJEK ARKADIUSZ	1280	HUTA TEAM	GRZYBOWO	POL	M-40	19	M 67	00:12:10	00:30:25	00:47:56.15	4:47	12.5
79	RAK KRZYSZTOF	1283		GLIWICE	POL	M-30	33	M 68	00:12:47	00:31:38	00:48:04.10	4:48	12.5
80	WANDZEL PIOTR	1364		GLIWICE	POL	M-30	34	M 69	00:13:05	00:31:40	00:48:16.10	4:49	12.4
81	ZENOWICZ KINGA	1400	ATHLETICS NYSA	NYSA	POL	K-20	7	K 12	00:11:56	00:30:45	00:48:17.50	4:49	12.4
82	KRUK KRZYSZTOF	1155	STG GLIWICE	GLIWICE	POL	M-40	20	M 70	00:12:19	00:31:35	00:48:32.15	4:51	12.4
83	SZOŁTYSEK PIOTR	1346		PYSKOWICE	POL	M-50	3	M 71	00:12:12	00:31:09	00:48:33.10	4:51	12.4
84	JASIK GRZEGORZ	1101	STG GLIWICE	GLIWICE	POL	M-40	21	M 72	00:12:11	00:31:28	00:48:38.00	4:51	12.3
85	ZIĘTEK KATARZYNA	1404		JAWORZNO	POL	K-30	5	K 13	00:12:11	00:31:21	00:48:42.00	4:52	12.3
86	STACHOWSKI WOJCIECH	1428	TRI&MORE	GLIWICE	POL	M-40	22	M 73	00:12:19	00:31:34	00:48:57.45	4:53	12.3
87	KNOP ANDRZEJ	1130		TARNOWSKIE GÓRY	POL	M-50	4	M 74	00:12:29	00:31:36	00:49:21.10	4:56	12.2
88	JACHYM ARKADIUSZ	1092		GLIWICE	POL	M-40	23	M 75	00:12:46	00:31:49	00:49:21.95	4:56	12.2
89	BUJAK MATEUSZ	1022		TARNOWSKIE GÓRY	POL	M-30	35	M 76	00:12:37	00:31:57	00:49:23.90	4:56	12.1
90	KWIATKOWSKI MARCIN	1168		ZABRZE	POL	M-30	36	M 77	00:12:38	00:31:45	00:49:24.45	4:56	12.1
91	OPANOWSKI DAREK	1236		GLIWICE	POL	M-50	5	M 78	00:12:23	00:31:52	00:49:27.80	4:56	12.1
92	KWAŚNIOK MARIUSZ	1167		PNIÓW	POL	M-20	14	M 79	00:12:37	00:31:59	00:49:30.90	4:57	12.1
93	BROŻYNA PRZEMYSŁAW	1019		GLIWICE	POL	M-40	24	M 80	00:13:36	00:32:35	00:49:38.80	4:57	12.1
94	WOŹNIAKOWSKI JAN	1383	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	37	M 81	00:13:49	00:33:14	00:49:42.80	4:58	12.1
95	POŁOMSKA EDYTA	1471	POLOMSCY TEAM	RYDUŁTOWY	POL	K-40	2	K 14	00:12:21	00:31:58	00:49:46.10	4:58	12.1
96	PACAN TOMASZ	1242	BLEES	BYTOM	POL	M-40	25	M 82	00:12:56	00:32:07	00:49:48.55	4:58	12
97	POLIS MACIEJ	1267	#HUTATEAM	GLIWICE	POL	M-30	38	M 83	00:12:41	00:31:58	00:49:49.55	4:58	12
98	BALONEK GRZEGORZ	1006	HIRSCHVOGEL	BYTOM	POL	M-20	15	M 84	00:13:58	00:32:56	00:49:59.90	4:59	12
99	GROCHOWSKA ANNA	1077		GLIWICE	POL	K-30	6	K 15	00:12:55	00:32:22	00:50:06.55	5:00	12
100	SUPIŃSKI PAWEŁ	1342		TYCHY	POL	M-30	39	M 85	00:13:40	00:33:06	00:50:10.00	5:01	12
101	DOBOSZ DANIEL	1473		GLIWICE	POL	M-40	26	M 86	00:12:07	00:31:53	00:50:15.85	5:01	11.9
102	WIATR KRYSTIAN	1367		GLIWICE	POL	M-30	40	M 87	00:12:23	00:32:04	00:50:26.60	5:02	11.9

GLIWICKA DYCHA, OPEN c.d.

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103	WEBER TOMASZ	1466		GLIWICE	POL	M-30	41	M 88	00:13:17	00:32:53	00:50:29.25	5:02	11.9
104	LASKOWSKI ŁUKASZ	1171	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	42	M 89	00:12:22	00:31:57	00:50:33.45	5:03	11.9
105	LIPIŃSKI MICHAŁ	1180		GLIWICE	POL	M-30	43	M 90	00:11:58	00:31:57	00:50:35.60	5:03	11.9
106	NIEMIEC SŁAWEK	1225	INTERGRAFIK.PL	GLIWICE	POL	K-30	7	K 16	00:13:09	00:32:41	00:50:37.00	5:03	11.9
107	KŁOZA IWONA	1127	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	8	K 17	00:12:55	00:32:40	00:50:52.40	5:05	11.8
108	JARZOMBEK CEZARY	1100		PYSKOWICE	POL	M-20	16	M 91	00:13:18	00:32:53	00:50:55.30	5:05	11.8
109	PYZIAK ZBIGNIEW	1431		CHORZÓW	POL	M-50	6	M 92	00:13:10	00:32:56	00:51:11.05	5:07	11.7
110	MANDRYSZ GRZEGORZ	1192	AKTYWNI LYSKI	LYSKI	POL	M-40	27	M 93	00:12:46	00:32:42	00:51:12.65	5:07	11.7
111	HERUD TOMASZ	1086	GLIWICKA RADA ROWEROWA	GLIWICE	POL	M-30	44	M 94	00:12:51	00:33:08	00:51:19.95	5:07	11.7
112	GOLEC JAROSŁAW	1449	STG GLIWICE	GLIWICE	POL	M-50	7	M 95	00:12:25	00:32:51	00:51:25.45	5:08	11.7
113	UKLEJA MICHAŁ	1360		ZBROSŁAWICE	POL	M-40	28	M 95	00:13:19	00:33:26	00:51:25.45	5:08	11.7
114	WRÓBLEWSKI PAWEŁ	1387	BOJKÓW TEAM	GLIWICE	POL	M-30	45	M 97	00:14:01	00:33:33	00:51:31.55	5:09	11.6
115	JARZOMBEK ADAM	1099		JAŚKOWICE	POL	M-40	29	M 98	00:13:19	00:32:53	00:51:33.15	5:09	11.6
116	MACH MARCIN	1185	LIGOTA TIGERS	GLIWICE	POL	M-40	30	M 99	00:12:52	00:32:54	00:51:36.10	5:09	11.6
117	ANCZOK WOJCIECH	1003		WIESZOWA	POL	M-40	31	M 100	00:13:55	00:34:07	00:51:37.25	5:09	11.6
118	KĄŁUŻA MIROSŁAW	1112		TARNOWSKIE GÓRY	POL	M-50	8	M 101	00:12:31	00:32:33	00:51:43.55	5:10	11.6
119	PAWLIK ANETA	1254		GLIWICE	POL	K-30	9	K 18	00:12:42	00:33:15	00:51:44.50	5:10	11.6
120	ALKER ZBIGNIEW	1002	ALKER TEAM	GLIWICE	POL	M-50	9	M 102	00:13:17	00:32:53	00:51:45.25	5:10	11.6
121	SZULC DAMIAN	1438		ORNONTOWICE	POL	M-20	17	M 103	00:13:39	00:33:46	00:51:46.80	5:10	11.6
122	BIĄŁAS ROBERT	1012		ZABRZE	POL	M-40	32	M 104	00:13:01	00:33:08	00:51:48.60	5:10	11.6
123	GODLEWSKI ŁUKASZ	1071	HIRSCHVOGEL	GLIWICE	POL	M-30	46	M 105	00:13:59	00:34:01	00:51:49.00	5:10	11.6
124	PASTERNAK ZBIGNIEW	1251	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	10	M 106	00:13:52	00:33:39	00:51:51.35	5:11	11.6
125	MICHAŁSKA KAMILA	1207		CZĘSTOCHOWA	POL	K-30	10	K 19	00:13:04	00:33:32	00:51:51.55	5:11	11.6
126	PROCEK TOMASZ	1336		GLIWICE	POL	M-20	18	M 107	00:13:26	00:33:50	00:51:51.90	5:11	11.6
127	MAZUR KRZYSZTOF	1200	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	33	M 108	00:13:52	00:33:39	00:51:52.00	5:11	11.6
128	GRĄBCZEWSKI MARCIN	1076		GLIWICE	POL	M-30	47	M 109	00:13:22	00:33:11	00:51:56.70	5:11	11.6
129	DWORACZEK GRZEGORZ	1047	TRIDIVISION	BYTOM	POL	M-40	34	M 110	00:13:11	00:33:31	00:52:02.50	5:12	11.5
130	SKOP RAFAŁ	1310		STRZELCE OPOLSKIE	POL	M-20	19	M 111	00:12:32	00:32:36	00:52:03.10	5:12	11.5
131	RENKE PIOTR	1285		RYBNIK	POL	M-40	35	M 112	00:12:56	00:33:11	00:52:04.20	5:12	11.5
132	PAJER ALEKSANDRA	1249	ISTA BIEGAMY	GLIWICE	POL	K-30	11	K 20	00:13:19	00:33:36	00:52:04.75	5:12	11.5
133	SERAFIN SZYMON	1462		GLIWICE	POL	M-20	20	M 113	00:13:34	00:33:37	00:52:05.50	5:12	11.5
134	MALCZEWSKI JACEK	1190	AZS GLIWICE JUDO	GLIWICE	POL	M-30	48	M 114	00:13:01	00:33:29	00:52:08.50	5:12	11.5
135	KOWALCZYK GRZEGORZ	1148		GLIWICE	POL	M-40	36	M 115	00:13:17	00:33:18	00:52:09.75	5:12	11.5
136	WOJAKOWSKA KATARZYNA	1379	K&K RUN	ZABRZE	POL	K-40	3	K 21	00:13:10	00:33:41	00:52:12.30	5:13	11.5
137	CETNAR-KLIMAS KATARZYNA	1024		KATOWICE	POL	K-40	4	K 22	00:13:08	00:33:31	00:52:23.65	5:14	11.5
138	CIEPLIK GRZEGORZ	1030		GLIWICE	POL	M-30	49	M 116	00:13:12	00:33:44	00:52:24.35	5:14	11.5
139	MICHON MACIEJ	1427		GLIWICE	POL	M-20	21	M 117	00:13:53	00:34:29	00:52:30.45	5:15	11.4
140	HAJOK MAREK	1083		GLIWICE	POL	M-40	37	M 118	00:12:58	00:33:37	00:52:34.50	5:15	11.4
141	TULCZYJEW ŁUKASZ	1476		TOSZEK	POL	M-20	22	M 119	00:12:17	00:33:25	00:52:35.15	5:15	11.4
142	BOGACKI TOMASZ	1442		PIEKARY ŚLĄSKIE	POL	M-30	50	M 120	00:13:39	00:34:39	00:52:41.00	5:16	11.4
143	NOWAKOWSKA ALEKSANDRA	1229		GLIWICE	POL	K-30	12	K 23	00:13:54	00:34:06	00:52:48.45	5:16	11.4
144	SADKOWSKI ROBERT	1297		ZABRZE	POL	M-40	38	M 121	00:12:32	00:33:15	00:52:50.30	5:17	11.4
145	SIWECKI ADRIAN	1307		CZĘSTOCHOWA	POL	M-40	39	M 122	00:12:57		00:52:57.95	5:17	11.3
146	SZULC SEBASTIAN	1436		GLIWICE	POL	M-30	51	M 123	00:13:39	00:34:09	00:53:02.90	5:18	11.3
147	KRAWCZYK DARIUSZ	1152	WARTKIE PIERONY	ŚWIĘTOCHŁOWICE	POL	M-40	40	M 124	00:13:35	00:34:29	00:53:04.65	5:18	11.3
148	SKULSKI TOMASZ	1456	LILA TEAM	GLIWICE	POL	M-40	41	M 125	00:13:35	00:34:37	00:53:05.70	5:18	11.3
149	SKIBA ADRIAN	1308		TARNOWSKIE GÓRY	POL	M-20	23	M 126	00:14:22	00:35:10	00:53:07.90	5:18	11.3
150	ZAPOTOCZNY PRZEMEK	1394		GLIWICE	POL	M-40	42	M 127	00:14:09	00:34:54	00:53:08.55	5:18	11.3
151	ĆWIK PAWEŁ	1453		TYCHY	POL	M-50	11	M 128	00:13:40	00:34:23	00:53:10.75	5:19	11.3
152	LEDWIG IWONA	1173	MAMAX3	GLIWICE	POL	K-30	13	K 24	00:13:51	00:34:28	00:53:12.85	5:19	11.3
153	JANOWSKI MICHAŁ	1097		ZABRZE	POL	M-20	24	M 129	00:13:59	00:34:47	00:53:14.15	5:19	11.3
154	MASARZ DAWID	1196	#HUTATEAM	ORZESZE	POL	M-30	52	M 130	00:13:09	00:33:47	00:53:14.80	5:19	11.3
155	KIZINIEWICZ KRZYSZTOF	1121		GLIWICE	POL	M-30	53	M 131	00:13:46	00:34:09	00:53:14.90	5:19	11.3
156	WIŚNIEWSKI MICHAŁ	1377	PHOENIX WORKOUT	GLIWICE	POL	M-30	54	M 132	00:14:29	00:34:49	00:53:15.45	5:19	11.3
157	FRANIA ANDRZEJ	1445		GLIWICE	POL	M-50	12	M 133	00:13:04	00:33:20	00:53:26.00	5:20	11.2
158	KELLER PATRYK	1118	ŚLĄZACY BIEGAJĄ	BYTOM	POL	M-20	25	M 134	00:13:07	00:33:59	00:53:27.40	5:20	11.2
159	NEJMAN MATEUSZ	1221		BYTOM	POL	M-30	55	M 135	00:13:42	00:34:32	00:53:27.95	5:20	11.2

GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
160	MICHALIK ZGONIA	1205	BABSKA KORBA	44-100	POL	K-30	14	K 25	00:13:12	00:34:09	00:53:30.00	5:21	11.2
161	BEDNARSKI DANIEL	1011	BRAK	GLIWICE	POL	M-30	56	M 136	00:12:40	00:33:48	00:53:31.65	5:21	11.2
162	KONDRUSIEWICZ MICHAŁ	1437		GLIWICE	POL	M-30	57	M 137	00:14:01	00:35:06	00:53:34.45	5:21	11.2
163	KOMANDER KATARZYNA	1134	JOMAR RUNNERS	GLIWICE	POL	K-20	8	K 26	00:13:09	00:34:35	00:53:39.00	5:21	11.2
164	ŚWIDLIK PIOTR	1352		GLIWICE	POL	M-30	58	M 138	00:13:15	00:34:17	00:53:48.05	5:22	11.2
165	MAŃKA MARCIN	1193	STREFA 04	GLIWICE	POL	M-30	59	M 139	00:15:20	00:36:09	00:53:49.25	5:22	11.1
166	NOWAK ROBERT	1228		ZARKI	POL	M-30	60	M 140	00:15:05	00:36:03	00:53:52.40	5:23	11.1
167	KULA JAN	1161	DECATHLON CAR GLIWICE	GLIWICE	POL	M-30	61	M 141	00:12:53	00:34:07	00:53:56.20	5:23	11.1
168	POWROŹNIK PAULINA	1270		KATOWICE	POL	K-30	15	K 27	00:13:23	00:34:30	00:53:57.10	5:23	11.1
169	TROSKO ADAM	1357		LIGOTA ŁABĘDZKA	POL	M-40	43	M 142	00:12:19	00:33:37	00:54:04.60	5:24	11.1
170	WILSZ ADAM	1375	#PANIÓWKIRUN	PANIÓWKI	POL	M-50	13	M 143	00:14:37	00:35:18	00:54:05.40	5:24	11.1
171	SKORUPSKI PAWEŁ	1311		GLIWICE	POL	M-40	44	M 144	00:14:05	00:35:23	00:54:09.10	5:24	11.1
172	SKORUPSKI ŁUKASZ	1312		TYVHY	POL	M-20	26	M 145	00:14:06	00:35:24	00:54:11.60	5:25	11.1
173	KLIKS KAZIMIERZ	1122		ZABRZE	POL	M-60	2	M 145	00:14:19	00:35:07	00:54:11.60	5:25	11.1
174	PETRUS KAROLINA	1485		KATOWICE	POL	K-30	16	K 28	00:13:16	00:34:37	00:54:13.90	5:25	11.1
175	WIERCIŃSKA ANETA	1368		GLIWICE	POL	K-30	17	K 29	00:13:40	00:34:36	00:54:15.45	5:25	11.1
176	JANUSZEWSKI PAWEŁ	1098	BIEGAMBOLUBIĘ WARSZAWA	WARSZAWA	POL	M-40	45	M 147	00:13:39	00:35:16	00:54:18.55	5:25	11
177	ZIĘBA SABINA	1403		ORNONTOWICE	POL	K-30	18	K 30	00:13:19	00:34:53	00:54:22.80	5:26	11
178	STARCZAK KAROL	1329		KATOWICE	POL	M-30	62	M 148	00:15:30	00:37:34	00:54:27.50	5:26	11
179	KARPIŃSKA KATARZYNA	1115		GLIWICE	POL	K-30	19	K 31	00:13:26	00:34:29	00:54:37.40	5:27	11
180	SKRZYPCZYK TOMEK	1313		GLIWICE	POL	M-30	63	M 149	00:14:23	00:35:18	00:54:46.25	5:28	11
181	MICHAŁSKA MAGDALENA	1206		GLIWICE	POL	K-30	20	K 32	00:14:21	00:35:18	00:54:46.50	5:28	11
182	LIBISZ MARCIN	1178		RADZIONKÓW	POL	M-30	64	M 150	00:15:35	00:37:15	00:54:50.70	5:29	10.9
183	ZAPOTOCZNA RENATA	1393		GLIWICE	POL	K-40	5	K 33	00:14:09	00:35:06	00:54:52.75	5:29	10.9
184	LEGIEŹYŃSKI KRZYSZTOF	1175		GLIWICE	POL	M-30	65	M 151	00:14:00	00:35:39	00:54:52.95	5:29	10.9
185	MICZKA ŁUKASZ	1208		GLIWICE	POL	M-30	66	M 152	00:13:46	00:34:55	00:54:53.60	5:29	10.9
186	SKUPIEŃ DARIUSZ	1314	#HUTATEAM	GLIWICE	POL	M-30	67	M 153	00:14:44	00:36:23	00:55:10.60	5:31	10.9
187	DOBRAŚ MAREK	1426	PKO KATOWICE	KATOWICE	POL	M-40	46	M 154	00:13:21	00:35:12	00:55:11.25	5:31	10.9
188	SIEWIER DAMIAN	1304		GLIWICE	POL	M-40	47	M 155	00:14:24	00:35:35	00:55:11.40	5:31	10.9
189	CZYŻ WIOLA	1034		ZABRZE	POL	K-30	21	K 34	00:13:28	00:34:59	00:55:13.90	5:31	10.9
190	BIELIŃSKA KAMILA	1013		ZABRZE	POL	K-30	22	K 35	00:13:28		00:55:14.70	5:31	10.9
191	GAWŁOWSKI PIOTR	1066		GLIWICE	POL	M-20	27	M 156	00:13:57	00:35:50	00:55:22.25	5:32	10.8
192	IGNATOWICZ-DĘBSKA KATARZYNA	1090	THE PROSECCOS	WARSZAWA	POL	K-30	23	K 36	00:15:16	00:36:42	00:55:26.20	5:32	10.8
193	ZWIERZYŃSKI TOMASZ	1408		GLIWICE	POL	M-30	68	M 157	00:14:27	00:36:02	00:55:27.05	5:32	10.8
194	KŁOZA MARIUSZ	1128	#HUTATEAM	PYSKOWICE	POL	M-40	48	M 158	00:14:00	00:35:47	00:55:35.05	5:33	10.8
195	PAWLIK MICHAŁ	1253		GLIWICE	POL	M-30	69	M 159	00:13:54	00:35:47	00:55:35.90	5:33	10.8
196	KOLASIŃSKA MONIKA	1463	STG GLIWICE	GLIWICE	POL	K-20	9	K 37	00:13:50	00:35:50	00:55:37.60	5:33	10.8
197	SAK WOJCIECH	1298	CMP	SMOLNICA	POL	M-40	49	M 160	00:15:20	00:36:10	00:55:38.50	5:33	10.8
198	RYZNER MICHAŁ	1296	KS SOŃNICA GLIWICE	GLIWICE	POL	M-30	70	M 161	00:14:32	00:36:31	00:55:46.15	5:34	10.8
199	MIŚKIEWICZ LUCYNA	1212	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-50	1	K 38	00:14:19	00:36:21	00:55:48.65	5:34	10.8
200	PACAN KRZYSZTOF	1243		BYTOM	POL	M-40	50	M 162	00:14:46	00:36:16	00:55:49.10	5:34	10.7
201	ŚLĘCZKOWSKI PIOTR	1350		GIERAŁTOWICE	POL	M-30	71	M 163	00:14:39	00:36:22	00:55:50.20	5:35	10.7
202	GRUDZIŃSKI JAKUB	1079		GLIWICE	POL	M-20	28	M 164	00:14:28	00:36:03	00:55:53.30	5:35	10.7
203	ĆWIKŁA GRZEGORZ	1036		GLIWICE	POL	M-50	14	M 165	00:14:46	00:36:09	00:55:54.90	5:35	10.7
204	KACZMAREK KATARZYNA	1109	STG GLIWICE	GLIWICE	POL	K-40	6	K 39	00:13:50	00:35:51	00:55:54.90	5:35	10.7
205	PIEKARZ MAŁGORZATA	1258	DRUŻYNA JEDYNKI	GLIWICE	POL	K-30	24	K 40	00:14:30	00:36:10	00:56:02.80	5:36	10.7
206	SALA NELA	1299		GLIWICE	POL	K-30	25	K 41	00:13:43	00:35:44	00:56:07.90	5:36	10.7
207	ANDRUSZKIEWICZ ANDRZEJ	1004		RYBNIK	POL	M-40	51	M 166	00:14:10	00:35:47	00:56:10.30	5:37	10.7
208	MROČKOWSKI KRYSZTIAN	1216	HUTA ŁABĘDY S.A.	GLIWICE	POL	M-20	29	M 167	00:14:02	00:36:01	00:56:21.45	5:38	10.6
209	KELLER ANETA	1119		GLIWICE	POL	K-30	26	K 42	00:14:47	00:36:10	00:56:27.80	5:38	10.6
210	ZAREMBA TADEUSZ	1395		GLIWICE	POL	M-60	3	M 168	00:14:05	00:36:08	00:56:30.20	5:39	10.6
211	OLSZOK DAWID	1234	HIRSCHVOGEL	ZABRZE	POL	M-30	72	M 169	00:14:33	00:35:57	00:56:35.90	5:39	10.6
212	OCHKOVSKYY VALERIY	1232		GLIWICE	POL	M-40	52	M 170	00:15:36	00:37:25	00:56:41.35	5:40	10.6
213	ROŚOŁ ADRIAN	1290	SHARK TOP TEAM BYTOM	PIEKARY ŚLĄSKIE	POL	M-20	30	M 171	00:14:09	00:36:20	00:56:44.45	5:40	10.6
214	TUZ DMYTRO	1358		GLIWICE	POL	M-30	73	M 172	00:15:41	00:38:26	00:56:44.50	5:40	10.6
215	SOWA JAROSŁAW	1327	NIEZRZESZONY	BĘDZIN	POL	M-60	4	M 173	00:14:34	00:36:35	00:56:49.60	5:40	10.6
216	PACHOLAK PATRYK	1244		NIEWIESZE	POL	M-20	31	M 174	00:14:40	00:36:54	00:56:51.75	5:41	10.6

GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
217	ZENOWICZ PIOTR	1401	ATHLETICS NYSA	NYSA	POL	M-50	15	M 175	00:14:40	00:36:54	00:56:51.95	5:41	10.6
218	MATUSEK ANNA	1198		ZABRZE	POL	K-20	10	K 43	00:14:18	00:36:14	00:56:58.25	5:41	10.5
219	KOSIDŁOWSKA EWELINA	1143	BRAK	ZABRZE	POL	K-20	11	K 44	00:14:38	00:37:19	00:57:00.45	5:42	10.5
220	SZYMURA GRZEGORZ	1349	#HUTATEAM	PYSKOWICE	POL	M-30	74	M 176	00:14:24	00:36:34	00:57:01.30	5:42	10.5
221	ŁYSIAK MAGDALENA	1418		GLIWICE	POL	K-30	27	K 45	00:14:12	00:36:36	00:57:01.80	5:42	10.5
222	KUNOWSKA MAŁGORZATA	1410		GLIWICE	POL	K-30	28	K 46	00:14:32	00:36:51	00:57:05.75	5:42	10.5
223	MIKULSKI PRZEMEK	1443		GLIWICE	POL	M-30	75	M 177	00:15:41	00:38:26	00:57:08.30	5:42	10.5
224	WRÓBEL PAWEŁ	1386		CHORZÓW	POL	M-40	53	M 178	00:15:03	00:37:15	00:57:09.70	5:42	10.5
225	WRÓBEL MICHAŁ	1385		ZAWIERCIE	POL	M-40	54	M 179	00:15:02	00:37:16	00:57:09.80	5:42	10.5
226	MAKUCH DAMIAN	1189	#HUTATEAM	PYSKOWICE	POL	M-30	76	M 180	00:15:07	00:37:09	00:57:11.15	5:43	10.5
227	MAZANOWSKI JANUSZ	1199		GLIWICE	POL	M-30	77	M 181	00:15:27	00:37:40	00:57:19.65	5:43	10.5
228	SOSADA NICOL	1326	ISTA BIEGAMY	ZBROSŁAWICE	POL	K-20	12	K 47	00:14:16	00:36:42	00:57:22.50	5:44	10.5
229	PSIUK PIOTR	1277		ZABRZE	POL	M-30	78	M 182	00:14:17	00:36:29	00:57:23.55	5:44	10.5
230	KUCHTA KATARZYNA	1159	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	29	K 48	00:14:16	00:36:38	00:57:24.20	5:44	10.5
231	RASZKOWSKI ADAM	1284	#HUTATEAM	GLIWICE	POL	M-30	79	M 183	00:14:39	00:37:08	00:57:29.25	5:44	10.4
232	FOLEK MATEUSZ	1054	#HUTATEAM	PYSKOWICE	POL	M-30	80	M 184	00:14:22	00:37:09	00:57:31.55	5:45	10.4
233	SMOŁA MIECZYSLAW	1318		GLIWICE	POL	M-60	5	M 185	00:14:52	00:36:33	00:57:32.05	5:45	10.4
234	KOTLARSKA ANNA	1146		GLIWICE	POL	K-40	7	K 49	00:15:28	00:37:41	00:57:33.95	5:45	10.4
235	PAJOR IZABELA	1250		GLIWICE	POL	K-30	30	K 50	00:14:11		00:57:35.35	5:45	10.4
236	GUNIA KRYSZTIAN	1081		GLIWICE	POL	M-60	6	M 186	00:14:18	00:36:32	00:57:44.50	5:46	10.4
237	ORLICKI IRENEUSZ	1237	#HUTATEAM	GLIWICE	POL	M-40	55	M 187	00:15:09	00:37:22	00:57:47.55	5:46	10.4
238	SELIGA PAWEŁ	1301	BIEGAJ Z TRENERAMI GLIWICE	GLIWICE	POL	M-30	81	M 188	00:14:04	00:36:29	00:57:50.15	5:47	10.4
239	BALCER WERONIKA	1005	JOMAR RUNNERS	GLIWICE	POL	K-30	31	K 51	00:14:12	00:36:47	00:57:51.85	5:47	10.4
240	PAWELAK SZYMON	1460		BLACHOWNIA	POL	M-20	32	M 189	00:14:50	00:37:02	00:57:55.80	5:47	10.4
241	ULIASZ KRZYSZTOF	1361	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	56	M 190	00:15:19	00:38:35	00:57:58.40	5:47	10.4
242	PETEJA-ĆWIK ALEKSANDRA	1256		TYCHY	POL	K-50	2	K 52	00:14:49	00:37:29	00:58:02.15	5:48	10.3
243	OSOWSKA KATARZYNA	1240		GLIWICE	POL	K-40	8	K 53	00:15:05	00:37:36	00:58:02.75	5:48	10.3
244	DYLSKI JACEK	1048		GLIWICE	POL	M-30	82	M 191	00:15:04	00:37:20	00:58:03.55	5:48	10.3
245	ZUKOWSKA BOGUSIA	1407		KRAKOW	POL	K-30	32	K 54	00:15:30	00:37:34	00:58:03.90	5:48	10.3
246	ZYGMAŃSKI PIOTR	1432		GLIWICE	POL	M-40	57	M 192	00:14:37	00:36:55	00:58:04.70	5:48	10.3
247	ORZAŻEWSKI MAREK	1239	HIRSCHVOGEL	BYTOM	POL	M-30	83	M 193	00:15:18	00:38:34	00:58:04.85	5:48	10.3
248	LIPiŃSKA ANITA	1179		GLIWICE	POL	K-30	33	K 55	00:15:22	00:37:34	00:58:05.80	5:48	10.3
249	PIERONKIEWICZ KAMIL	1260		GLIWICE	POL	M-30	84	M 194	00:14:45	00:37:34	00:58:09.45	5:48	10.3
250	WARECKI WOJCIECH	1450		PIEKARY ŚLĄSKIE	POL	M-40	58	M 195	00:13:33	00:36:44	00:58:11.35	5:49	10.3
251	WIERCIŃSKI ROBERT	1369		GLIWICE	POL	M-40	59	M 196	00:15:12	00:37:50	00:58:12.20	5:49	10.3
252	PNIEWSKI KAMIL	1265		GLIWICE	POL	M-30	85	M 197	00:15:08	00:38:22	00:58:15.05	5:49	10.3
253	ROLNIK TOMASZ	1287		GLIWICE	POL	M-30	86	M 198	00:14:41	00:37:08	00:58:19.50	5:49	10.3
254	MEKIER ALICJA	1202		ZBROSŁAWICE	POL	K-30	34	K 56	00:15:45	00:38:16	00:58:24.40	5:50	10.3
255	WOŹNIAK MARIUSZ	1413		SOSNOWIEC	POL	M-40	60	M 199	00:14:59	00:37:37	00:58:26.85	5:50	10.3
256	NOWAKOWSKA-TRZASKA JOANNA	1230	GLIWICKA GRUPA BIEGACZY	GLIWICE	POL	K-40	9	K 57	00:14:34	00:37:06	00:58:27.00	5:50	10.3
257	NIEMIEC RAFAŁ	1224	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	61	M 200	00:15:04	00:37:39	00:58:27.15	5:50	10.3
258	BAŁAJ ANNA	1007		GLIWICE	POL	K-30	35	K 58	00:16:29		00:58:31.10	5:51	10.3
259	PASZKOWSKI WALDEMAR	1252		PYSKOWICE	POL	M-50	16	M 201	00:13:20	00:36:21	00:58:38.55	5:51	10.2
260	LENCZYK MARIUSZ	1176		GLIWICE	POL	M-20	33	M 202	00:14:47	00:37:22	00:58:38.65	5:51	10.2
261	FURMAN MICHAŁ	1060		GLIWICE	POL	M-20	34	M 203	00:15:28	00:37:17	00:58:48.80	5:52	10.2
262	WILKOŃ ARTUR	1373	#HUTATEAM	GLIWICE	POL	M-40	62	M 204	00:14:49	00:37:33	00:58:49.60	5:52	10.2
263	KOCYBIK NATALIA	1133	THE PROSECCOS	BYTOM	POL	K-30	36	K 59	00:15:17	00:38:30	00:58:50.15	5:53	10.2
264	NEJMAN JOANNA	1441		41-902	POL	K-30	37	K 60	00:15:17	00:38:30	00:58:50.50	5:53	10.2
265	KOŁAKOWSKI TOMASZ	1459	PKO KATOWICE	KATOWICE	POL	M-20	35	M 205	00:15:41	00:39:00	00:58:51.55	5:53	10.2
266	GÓRSKI JAKUB	1073	HUTATEAM	KLESZCZÓW	POL	M-20	36	M 206	00:15:45	00:38:58	00:58:52.45	5:53	10.2
267	JANAS PIOTR	1480		GLIWICE	POL	M-50	17	M 207	00:15:05	00:38:17	00:58:55.55	5:53	10.2
268	WOJTKIEWICZ MARZENA	1381		GLIWICE	POL	K-40	10	K 61	00:16:14	00:39:17	00:59:01.25	5:54	10.2
269	KOWACZ ADRIAN	1147	#HUTATEAM	KLESZCZÓW	POL	M-30	87	M 208	00:16:30	00:39:52	00:59:05.75	5:54	10.2
270	ŚMIERTKA GRZEGORZ	1351	#HUTATEAM	TARNOWSKIE GÓRY	POL	M-30	88	M 209	00:15:43	00:40:41	00:59:09.15	5:54	10.1
271	PRZYBYŁA KRYSZTIAN	1276		HAŻLACH	POL	M-30	89	M 210	00:16:05	00:38:57	00:59:09.30	5:54	10.1
272	LIS ALEKSANDRA	1181		GLIWICE	POL	K-20	13	K 62	00:14:28	00:37:52	00:59:10.10	5:55	10.1
273	HERUD SANDRA	1087	GLIWICKA RADA ROWEROWA	GLIWICE	POL	K-30	38	K 63	00:14:59	00:38:09	00:59:12.90	5:55	10.1

GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
274	LANGE MARCIN	1169	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	M-30	90	M 211	00:14:50	00:38:02	00:59:13.45	5:55	10.1
275	BEMŚ EMILIA	1422		GLIWICE	POL	K-30	39	K 64	00:16:14	00:39:33	00:59:16.55	5:55	10.1
276	ĆWIOK BARBARA	1037	#PANIOWKIRUN	PANIÓWKI	POL	K-40	11	K 65	00:15:09	00:37:56	00:59:17.45	5:55	10.1
277	WOJTKIEWICZ MARTA	1382		GLIWICE	POL	K-20	14	K 66	00:16:11	00:38:46	00:59:20.75	5:56	10.1
278	MAGURNO FRANCO	1481		KATOWICE	POL	M-40	63	M 212	00:15:38	00:38:52	00:59:21.90	5:56	10.1
279	SNOCHOWSKI MIREK	1321	SZOMBIERKI CHODŹA I BIEGAJĄ	BYTOM	POL	M-50	18	M 213	00:15:10	00:38:48	00:59:32.10	5:57	10.1
280	MISKIEWICZ ANDRZEJ	1211	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	M-50	19	M 214	00:15:09	00:38:33	00:59:32.20	5:57	10.1
281	ZAKLIŃSKA KASIA	1391		GLIWICE	POL	K-40	12	K 67	00:15:58	00:39:06	00:59:34.55	5:57	10.1
282	STASIK MIROŚLAW	1330	HUTATEAM	PYSKOWICE	POL	M-40	64	M 215	00:16:06	00:39:48	00:59:45.00	5:58	10
283	WARYSZAK JOANNA	1365	BAKALOVE	GLIWICE	POL	K-30	40	K 68	00:15:03	00:38:29	00:59:46.60	5:58	10
284	FILIPCZYK ANNA	1052		KATOWICE	POL	K-30	41	K 69	00:15:28	00:38:43	00:59:47.85	5:58	10
285	POWAŁKA PIOTR	1269	SOCIOS SILESIA	RUDA ŚLĄSKA	POL	M-40	65	M 216	00:16:02	00:39:22	00:59:48.20	5:58	10
286	GRABIAŃSKA KATARZYNA	1074		KATOWICE	POL	K-30	42	K 70	00:15:48	00:39:14	00:59:48.40	5:58	10
287	SMOLARCZYK MICHAŁ	1479		GLIWICE	POL	M-40	66	M 217	00:16:03	00:39:22	00:59:48.70	5:58	10
288	MAĆKÓW KLAUDIA	1187		STROBICE	POL	K-20	15	K 71	00:14:58	00:38:30	00:59:51.45	5:59	10
289	JURETKO ADAM	1107		CHORZÓW	POL	M-40	67	M 218	00:14:57	00:38:27	00:59:53.15	5:59	10
290	KOPER TOMASZ	1140		GLIWICE	POL	M-30	91	M 219	00:14:34	00:37:59	01:00:02.50	6:00	10
291	KLIMASARA MAŁGORZATA	1439		GLIWICE	POL	K-30	43	K 72	00:14:55	00:38:30	01:00:13.05	6:01	10
292	JAWORSKI MARCIN	1105		BĘDZIN	POL	M-40	68	M 220	00:14:41	00:37:57	01:00:14.20	6:01	10
293	DZIECIAŁTKOWSKI JAROSŁAW	1049	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	69	M 221	00:16:02	00:39:41	01:00:27.00	6:02	9.9
294	WIETRZYCKI ZENON	1372		GLIWICE	POL	M-60	7	M 222	00:14:33	00:38:21	01:00:27.05	6:02	9.9
295	GRZEGORCZYK MONIKA	1080	NIGHT RUNNERS ZABRZE	RUDA ŚLĄSKA	POL	K-40	13	K 73	00:16:02	00:39:41	01:00:27.50	6:02	9.9
296	MASTAŁSKA MARZENA	1197	OPEL ACTIVE TEAM	ZABRZE	POL	K-30	44	K 74	00:16:02	00:39:41	01:00:27.85	6:02	9.9
297	KACZMARZYK ARKADIUSZ	1110		GLIWICE	POL	M-30	92	M 223	00:15:49	00:39:35	01:00:39.75	6:03	9.9
298	POLOCZEK ADAM	1423	PKO KATOWICE	KATOWICE	POL	M-40	70	M 224	00:15:40	00:39:01	01:00:48.10	6:04	9.9
299	DROZD MARCIN	1421	PKO KATOWICE	TYCHY	POL	M-40	71	M 225	00:15:42	00:39:01	01:00:49.05	6:04	9.9
300	KRAWIEC AGNIESZKA	1153		ZABRZE	POL	K-40	14	K 75	00:15:36	00:39:05	01:00:51.80	6:05	9.9
301	PSIUK-MAKSYMOWICZ KRZYSZTOF	1278	POLITECHNIKA ŚLĄSKA	GLIWICE	POL	M-40	72	M 226	00:14:39	00:37:44	01:00:52.10	6:05	9.9
302	SONDEJ TOMASZ	1325	#HUTATEAM	GLIWICE	POL	M-40	73	M 227	00:15:13	00:38:44	01:00:57.70	6:05	9.8
303	STANEK NATALIA	1328		GLIWICE	POL	K-30	45	K 76	00:14:59	00:38:45	01:01:00.05	6:06	9.8
304	SZARZYŃSKA-GRYCHNIK JOLANTA	1343		ZBROSŁAWICE	POL	K-50	3	K 77	00:14:52	00:39:06	01:01:04.35	6:06	9.8
305	SZNAJDER ANNA	1419		PANIÓWKI	POL	K-30	46	K 78	00:15:00	00:39:11	01:01:07.60	6:06	9.8
306	KULPIŃSKA ANNA	1163	START HANGAR	GLIWICE	POL	K-40	15	K 79	00:16:07	00:39:51	01:01:09.25	6:06	9.8
307	CZERNACHOWSKI MAREK	1033	STARY HANGAR	TARNOWSKIE GÓRY	POL	M-50	20	M 228	00:16:08	00:39:50	01:01:09.25	6:06	9.8
308	RYTEL JAKUB	1295		BYTOM	POL	M-30	93	M 228	00:16:24	00:41:04	01:01:09.25	6:06	9.8
309	RADLIŃSKI WOJCIECH	1282		GIERAŁTOWICE	POL	M-40	74	M 230	00:15:17	00:38:51	01:01:11.45	6:07	9.8
310	ZEGARTOWSKI GRZEGORZ	1397		GLIWICE	POL	M-40	75	M 231	00:15:20	00:38:56	01:01:12.40	6:07	9.8
311	KRAJEWSKA KATARZYNA	1151	BOJKÓW TEAM	GLIWICE	POL	K-30	47	K 80	00:15:52		01:01:13.55	6:07	9.8
312	NOWOCIN PATRYCJA	1231		GLIWICE	POL	K-20	16	K 81	00:13:46	00:37:21	01:01:18.25	6:07	9.8
313	STELMASZCZYK DAWID	1334	BEERTEAM	BYTOM	POL	M-20	37	M 232	00:16:39	00:40:56	01:01:22.20	6:08	9.8
314	KAŁUSKA MAGDALENA	1111		JAWORZNO	POL	K-30	48	K 82	00:16:09	00:40:24	01:01:32.30	6:09	9.8
315	DYCHA BARTOSZ	1457		WROCŁAW	POL	M-30	94	M 233	00:17:03	00:41:47	01:01:37.25	6:09	9.7
316	POLOCZEK MATEUSZ	1268	OST TEAM	DZIEWKOWICE	POL	M-20	38	M 234	00:16:05	00:39:09	01:01:41.70	6:10	9.7
317	DRABIK MAREK	1044		GLIWICE	POL	M-40	76	M 235	00:15:54		01:01:45.45	6:10	9.7
318	PRZYBYLSKI PAWEŁ	1275	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	95	M 236	00:15:20	00:38:56	01:01:57.15	6:11	9.7
319	GRAMŚ BOGUMIŁ	1075	NEXTEER RUNNERS	GLIWICE	POL	M-30	96	M 237	00:15:47	00:41:02	01:02:06.90	6:12	9.7
320	ROŻEK MARIOLA	1291	#HUTATEAM	GLIWICE	POL	K-30	49	K 83	00:15:35	00:39:56	01:02:09.25	6:12	9.7
321	CHODURA JULI	1027	STARY HANGAR GLIWICE	STANICA	POL	K-20	17	K 84	00:16:07	00:39:51	01:02:09.40	6:12	9.7
322	ROŻEK RAFAŁ	1292		GLIWICE	POL	M-40	77	M 238	00:15:36	00:39:56	01:02:09.55	6:12	9.7
323	HAWLIĆKA ANIA	1455	LILA TEAM	GLIWICE	POL	K-40	16	K 85	00:15:13	00:39:00	01:02:10.85	6:13	9.7
324	FURMANEK GRZEGORZ	1061	BEERTEAM	GLIWICE	POL	M-20	39	M 239	00:16:39	00:40:55	01:02:12.90	6:13	9.6
325	CHĘCIŃSKI TOMASZ	1026		GLIWICE	POL	M-40	78	M 240	00:16:16	00:40:10	01:02:15.60	6:13	9.6
326	KWAŚNIEWSKA OLA	1166	BANDA Z POŁUDNIA	GLIWICE	POL	K-30	50	K 86	00:16:39	00:40:55	01:02:15.85	6:13	9.6
327	SZULCEK DOROTA	1417		ZABRZE	POL	K-30	51	K 87	00:16:33	00:40:57	01:02:27.10	6:14	9.6
328	SZULCEK ARKADIUSZ	1411		GLIWICE	POL	M-30	97	M 241	00:16:33	00:40:57	01:02:27.50	6:14	9.6
329	KULIK KATARZYNA	1162		GLIWICE	POL	K-30	52	K 88	00:15:21	00:39:56	01:02:29.20	6:14	9.6
330	SOKOŁOWSKI ŁUKASZ	1324		GLIWICE	POL	M-30	98	M 242	00:15:17	00:40:03	01:02:31.05	6:15	9.6

GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
331	ROSIŃSKI SŁAWOMIR	1289		BYTOM	POL	M-50	21	M 243	00:15:44	00:40:02	01:02:36.35	6:15	9.6
332	CHĘCIŃSKA AGNIESZKA	1025		GLIWICE	POL	K-40	17	K 89	00:16:15	00:40:22	01:02:38.10	6:15	9.6
333	KAPTACZ MAGDALENA	1114		GLIWICE	POL	K-40	18	K 90	00:15:29	00:39:53	01:02:40.30	6:16	9.6
334	JAKUBIEC ŁUKASZ	1094		GLIWICE	POL	M-30	99	M 244	00:15:58	00:39:47	01:02:46.25	6:16	9.6
335	ROSIŃSKA KATARZYNA	1288		ZABRZE	POL	K-40	19	K 91	00:16:37	00:40:54	01:02:47.55	6:16	9.6
336	STELLMACH EWA	1333		ZABRZE	POL	K-50	4	K 92	00:15:28	00:40:13	01:02:49.00	6:16	9.6
337	GÓRA MAREK	1072		TARNOWSKIE GÓRY	POL	M-50	22	M 245	00:15:49	00:40:58	01:02:53.45	6:17	9.5
338	KACZOR ANGELIKA	1435		KRAKÓW	POL	K-20	18	K 93	00:15:58	00:40:18	01:02:58.85	6:17	9.5
339	MICZKA JUSTYNA	1209		GLIWICE	POL	K-40	20	K 94	00:16:19	00:40:40	01:02:59.40	6:17	9.5
340	PACZKOWSKI JACEK	1246		ZABRZE	POL	M-50	23	M 246	00:16:01	00:40:24	01:03:08.10	6:18	9.5
341	PAJĄK ALEKSANDRA	1248		GLIWICE	POL	K-40	21	K 95	00:15:45		01:03:14.20	6:19	9.5
342	KRAJEWSKI ADAM	1451	OASIS SPORT TEAM	GLIWICE	POL	M-40	79	M 247	00:15:46	00:40:18	01:03:16.15	6:19	9.5
343	GOŃKA MONIKA	1452	BANDA Z POŁUDNIA	GLIWICE	POL	K-40	22	K 96	00:15:45	00:40:17	01:03:16.55	6:19	9.5
344	TOWAREK AGNIESZKA	1356		GLIWICE	POL	K-40	23	K 97	00:16:09	00:40:32	01:03:23.75	6:20	9.5
345	OPANOWSKA ANNA	1235	-	GLIWICE	POL	K-40	24	K 98	00:15:35	00:40:31	01:03:27.70	6:20	9.5
346	STELMASZCZYK IWONA	1335	BEERTEAM	PANIÓWKI	POL	K-40	25	K 99	00:16:28	00:41:12	01:03:33.90	6:21	9.4
347	RÓŻOWSKA SABINA	1293		KOZŁÓW	POL	K-30	53	K 100	00:16:15	00:40:57	01:03:37.25	6:21	9.4
348	JANIK SYLWIA	1095	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-30	54	K 101	00:15:51	00:40:41	01:03:42.15	6:22	9.4
349	FOJCIK RYSZARD	1053		GLIWICE	POL	M-50	24	M 248	00:16:30	00:41:04	01:03:44.55	6:22	9.4
350	MOKRZYCKA JUSTYNA	1215	KB ORŁY Z KNUROWA	KNURÓW	POL	K-30	55	K 102	00:16:04	00:40:53	01:03:57.85	6:23	9.4
351	KUWAK BOGDAN	1165	WARTO BIEGAĆ ZAWIERCIE	MYSZKÓW	POL	M-50	25	M 249	00:15:54	00:41:20	01:04:00.80	6:24	9.4
352	KUWAK ANNA	1164	WARTO BIEGAĆ ZAWIERCIE	MYSZKÓW	POL	K-40	26	K 103	00:15:55	00:41:20	01:04:01.50	6:24	9.4
353	JASTRZĘBSKI MICHAŁ	1103		GLIWICE	POL	M-40	80	M 250	00:16:21	00:41:19	01:04:06.35	6:24	9.4
354	HILASZEK MARZENA	1088		GLIWICE	POL	K-40	27	K 104	00:16:11	00:41:15	01:04:19.10	6:25	9.3
355	DZIEDZIC DOMINIK	1050		GLIWICE	POL	M-30	100	M 251	00:16:10	00:41:20	01:04:19.45	6:25	9.3
356	PACZOSKA KOTTMANN DOROTA	1247		GLIWICE	POL	K-30	56	K 105	00:15:35	00:40:34	01:04:32.30	6:27	9.3
357	MAREK ROBERT	1194		GLIWICE	POL	M-40	81	M 252	00:16:01	00:41:10	01:04:33.25	6:27	9.3
358	FRANKIEWICZ MARZENA	1057		GLIWICE	POL	K-30	57	K 106	00:16:52	00:42:00	01:04:34.25	6:27	9.3
359	CZYŻYKOWSKI MARCIN	1035	TELMART RUN CLUB	ŚWIĘTOCHŁOWICE	POL	M-40	82	M 253	00:16:53	00:42:00	01:04:34.85	6:27	9.3
360	GIERCZYCKI MICHAŁ	1068	CHRZĄSZCZE CHRABĄSZCZE	GLIWICE	POL	M-30	101	M 254	00:17:15	00:42:24	01:04:35.90	6:27	9.3
361	SOBCZYK PATRYK	1322		CZESTOCHOWA	POL	M-30	102	M 255	00:15:17	00:41:03	01:04:51.95	6:29	9.3
362	MADEJA ALEKSANDRA	1465	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	K-40	28	K 107	00:16:46	00:42:12	01:04:52.05	6:29	9.2
363	NOWAK EWA	1227		GLIWICE	POL	K-50	5	K 108	00:16:02	00:41:17	01:04:52.45	6:29	9.2
364	WIERZBICA ADRIAN	1371		WILCZA	POL	M-40	83	M 256	00:16:38	00:42:23	01:04:53.20	6:29	9.2
365	WIERZBICA KASIA	1370		WILCZA	POL	K-40	29	K 109	00:16:37	00:42:24	01:04:55.70	6:29	9.2
366	SERWATKA ANGELIKA	1302	KOBIETY WATAHY	ZABRZE	POL	K-30	58	K 110	00:15:56	00:41:25	01:05:09.55	6:30	9.2
367	WILSZ EWA	1374	#PANIOWKIRUN	PANIÓWKI	POL	K-40	30	K 111	00:16:34	00:42:16	01:05:18.35	6:31	9.2
368	KLIKS ANDRZEJ	1123		SOSNOWIEC	POL	M-40	84	M 257	00:16:33	00:42:17	01:05:26.15	6:32	9.2
369	KLIKS STANISŁAW	1124		ZABRZE	POL	M-60	8	M 258	00:16:33	00:42:17	01:05:26.30	6:32	9.2
370	ORZAŻEWSKA ELŻBIETA	1238		SOŚNICOWICE	POL	K-50	6	K 112	00:15:49	00:41:23	01:05:30.40	6:33	9.2
371	KOPIEC-KRUPA BEATA	1142		ZABRZE	POL	K-50	7	K 113	00:16:27	00:42:06	01:05:41.05	6:34	9.1
372	OSTROWSKA JUSTYNA	1241		GLIWICE	POL	K-30	59	K 114	00:16:40	00:42:02	01:05:47.70	6:34	9.1
373	MACURA MARCIN	1186		ZABRZE	POL	M-30	103	M 259	00:15:51	00:42:14	01:05:55.70	6:35	9.1
374	JANOSZKA JULIA	1096	ŚLĄZACY BIEGAJĄ	ZABRZE	POL	K-20	19	K 115	00:16:45	00:42:40	01:06:01.50	6:36	9.1
375	BIENKOWSKI PAWEŁ	1014		KNURÓW	POL	M-30	104	M 260	00:17:38	00:43:54	01:06:09.60	6:36	9.1
376	TYŃSKI MICHAŁ	1359		KRZYKÓW	POL	M-40	85	M 261	00:17:03	00:43:17	01:06:16.40	6:37	9.1
377	GAJEWSKA IZABELA	1064		GLIWICE	POL	K-50	8	K 116	00:17:41	00:43:31	01:06:25.45	6:38	9
378	STACHOWSKA ALEKSANDRA	1429	TRI&MORE	GLIWICE	POL	K-40	31	K 117	00:15:44	00:41:27	01:06:26.05	6:38	9
379	SZELĄG IWONA	1344		GLIWICE	POL	K-30	60	K 118	00:17:50	00:43:31	01:06:32.50	6:39	9
380	KAWECKA-KUŹDZAŁ AGNIESZKA	1117		GLIWICE	POL	K-40	32	K 119	00:17:19	00:43:31	01:06:35.45	6:39	9
381	KUBICA BOŻENA	1158	ZABIEGANI NAUCZYCIELE	ORNONTOWICE	POL	K-50	9	K 120	00:16:41	00:42:38	01:06:37.80	6:39	9
382	BOGUSZ JAROSŁAW	1018	WARSAW RUNNERS	WARSZAWA	POL	M-50	26	M 262	00:16:14	00:42:05	01:06:52.20	6:41	9
383	STEPOWANY MARTA	1337	BOJKÓW TEAM	GLIWICE	POL	K-30	61	K 121	00:16:28	00:43:13	01:07:04.30	6:42	8.9
384	MAZUR PAWEŁ	1201		GLIWICE	POL	M-20	40	M 263	00:17:04	00:43:22	01:07:26.00	6:44	8.9
385	MALINOWSKI PRZEMEK	1191		RYBNIK	POL	M-40	86	M 264	00:17:01	00:43:42	01:07:28.65	6:44	8.9
386	KRZYK JAROSŁAW	1157		TYCHY	POL	M-40	87	M 265	00:17:01	00:43:42	01:07:28.85	6:44	8.9
387	WROŃSKI MARCIN	1384		WOJKOWICE	POL	M-40	88	M 266	00:17:42	00:43:41	01:07:39.35	6:45	8.9

GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
388	NAFALSKA ANNA	1220		BERLIN	POL	K-30	62	K 122	00:16:28	00:42:41	01:07:57.35	6:47	8.8
389	KOPEC-BRUDEK MAGDALENA	1139		GLIWICE	POL	K-30	63	K 123	00:17:27	00:43:51	01:08:01.00	6:48	8.8
390	BOGACZ JAGODA	1017		GLIWICE	POL	K-40	33	K 124	00:16:21	00:43:47	01:08:19.90	6:49	8.8
391	ROJEK MICHAŁ	1286		GLIWICE	POL	M-40	89	M 267	00:16:56	00:43:47	01:08:41.20	6:52	8.7
392	SZYMOS DAMIAN	1348	RYWAŁ GLIWICE	GLIWICE	POL	M-30	105	M 268	00:16:30	00:43:16	01:08:56.30	6:53	8.7
393	ŁUKASZEWSKI PIOTR	1183		GLIWICE	POL	M-40	90	M 269	00:17:00	00:44:05	01:09:08.05	6:54	8.7
394	ŁUKASZEWSKA JUSTYNA	1182		GLIWICE	POL	K-40	34	K 125	00:16:59	00:44:07	01:09:08.15	6:54	8.7
395	ŚLŹĄLEK MAŁGORZATA	1317	TRI&MORE	GLIWICE	POL	K-40	35	K 126	00:17:29	00:44:54	01:09:15.40	6:55	8.7
396	JASTO SŁAWOMIR	1102		KNURÓW	POL	M-40	91	M 270	00:17:39	00:45:02	01:09:26.95	6:56	8.6
397	PŁOSKONKA TOMASZ	1263		KATOWICE	POL	M-30	106	M 271	00:16:38	00:43:43	01:09:43.85	6:58	8.6
398	NĘDZA RYSZARD	1223	HIRSCHVOGEL	GLIWICE	POL	M-50	27	M 272	00:16:28	00:44:33	01:09:58.70	6:59	8.6
399	KOCYAN MAŁGORZATA	1132		GLIWICE	POL	K-60	1	K 127	00:17:06	00:44:01	01:10:10.70	7:01	8.6
400	HABRAJSKI MICHAŁ	1082		GLIWICE	POL	M-40	92	M 273	00:16:46	00:44:32	01:10:14.10	7:01	8.5
401	MALEC MAREK	1433		GLIWICE	POL	M-20	41	M 274	00:16:07	00:44:10	01:10:15.35	7:01	8.5
402	DUDRA PIOTR	1045	#HUTATEAM	GLIWICE	POL	M-20	42	M 275	00:16:31	00:44:36	01:10:19.40	7:01	8.5
403	POŹNIAK-BOKŁAK HALINA	1271		GLIWICE	POL	K-60	2	K 128	00:16:45	00:44:00	01:10:42.70	7:04	8.5
404	PIETRASZEK EWA	1261	KOBIETY WATAHY	CHORZÓW	POL	K-50	10	K 129	00:17:07	00:45:04	01:10:48.45	7:04	8.5
405	KOPER DOROTA	1141		GLIWICE	POL	K-30	64	K 130	00:17:22	00:45:11	01:11:11.40	7:07	8.4
406	JĘDRZEJOWSKA-DEC ANNA	1424		GLIWICE	POL	K-40	36	K 131	00:18:13	00:45:53	01:11:14.00	7:07	8.4
407	DUDZICZ BARBARA	1425		GLIWICE	POL	K-40	37	K 132	00:17:56	00:45:53	01:11:15.75	7:07	8.4
408	PLUCIENNIK AGNIESZKA	1264	ZICHERKI	41-500	POL	K-40	38	K 133	00:17:28	00:45:26	01:11:28.05	7:08	8.4
409	FRYDRYCH PRZEMYSŁAW	1058	KEMPER TEAM	GLIWICE	POL	M-30	107	M 276	00:17:30	00:45:47	01:11:38.35	7:09	8.4
410	SZENDZIELORZ MAREK	1345	KEMPER TEAM	GLIWICE	POL	M-40	93	M 277	00:17:30	00:45:48	01:11:38.75	7:09	8.4
411	MĘDRAŁA JACEK	1203	ABUS CRANE SYSTEMS POLSKA	GLIWICE	POL	M-40	94	M 278	00:17:31	00:45:48	01:11:38.90	7:09	8.4
412	BAK-DRABIK KATARZYNA	1010		GLIWICE	POL	K-40	39	K 134	00:17:59	00:46:40	01:11:56.90	7:11	8.3
413	FRANCZYK KINGA	1055	FUNDACJA TOŚKA I PRZYJACIELE	GLIWICE	POL	K-40	40	K 135	00:17:59	00:46:40	01:11:57.05	7:11	8.3
414	WIELGUS KAROLINA	1468		GLIWICE	POL	K-20	20	K 136	00:17:53	00:45:42	01:12:38.65	7:15	8.3
415	ELWIRSKA-OSIŃSKA ALICJA	1446		PYSKOWICE	POL	K-30	65	K 137			01:12:41.35	7:16	8.3
416	PRYMAS KRYSZTIAN	1454		GLIWICE	POL	M-30	108	M 279	00:17:41	00:46:45	01:12:49.60	7:16	8.2
417	JAWORSKA-PRYMAS KAROLINA	1104		GLIWICE	POL	K-20	21	K 138	00:17:43	00:46:46	01:12:50.70	7:17	8.2
418	KUCZERA-KULAGA MAGDALENA	1412		KATOWICE	POL	K-40	41	K 139	00:17:11	00:46:29	01:13:12.85	7:19	8.2
419	BRIANSKA-KORDECKA ALEKSANDRA	1447		KATOWICE	POL	K-40	42	K 140	00:17:12	00:46:30	01:13:13.65	7:19	8.2
420	KOZACZKIEWICZ HELENA	1150	KB ORŁY Z KNUROWA	KNURÓW	POL	K-60	3	K 141	00:17:50	00:46:58	01:13:40.70	7:22	8.1
421	WYLEŻOŁ MAREK	1389		ZABRZE	POL	M-50	28	M 280	00:17:43	00:47:19	01:14:18.60	7:25	8.1
422	MAĆKÓW MAŁGORZATA	1188		STROBICE	POL	K-20	22	K 142	00:17:07	00:46:19	01:14:34.65	7:27	8
423	GROSS TERESA	1078	FIS-SST TEAM	BYTOM	POL	K-40	43	K 143	00:18:16	00:47:43	01:14:50.85	7:29	8
424	MRÓWKA IŁONA	1218		GLIWICE	POL	K-50	11	K 144	00:17:21	00:46:32	01:14:52.40	7:29	8
425	SIEDLECKI LESŁAW	1303		GLIWICE	POL	M-60	9	M 281	00:19:21	00:48:26	01:14:54.10	7:29	8
426	HOMIŃSKA KRYSZYNA	1458		GLIWICE	POL	K-50	12	K 145	00:17:57	00:46:46	01:15:07.50	7:30	8
427	ZEGUŁA JAKUB	1399	#HUTATEAM	GLIWICE	POL	M-20	43	M 282	00:21:13	00:53:16	01:22:04.15	8:12	7.3
428	MICHAŁIK HONORATA	1204		GLIWICE	POL	K-30	66	K 146	00:19:47	00:52:46	01:23:46.95	8:22	7.2
429	KONDRATIEVA ANNA	1138		BIELSKO BIAŁA	POL	K-20	23	K 147	00:20:37		01:24:00.25	8:24	7.1
430	ZEGUŁA ŁUKASZ	1398	#HUTATEAM	GLIWICE	POL	M-40	95	M 283	00:25:38	01:04:39	01:37:54.60	9:47	6.1
431	GABOR ALEKSANDRA	1062		CHORZÓW	POL	K-30	67	K 148	00:27:01	01:08:08	01:45:58.25	10:35	5.7
DNC	CHOLEWA MAGDALENA	1028		44-117	POL	K-40	DNC	DNC		00:09:05	00:30:59.35	0:00	19.4
DNC	BŁASZCZYK PAULINA	1015		GLIWICE	POL	K-30	DNC	DNC		00:09:51	00:31:26.95	0:00	19.1
DNC	PIEKIEŁKO JAKUB	1259		KĘTY	POL	M-30	DNC	DNC		00:10:53	00:31:27.65	0:00	19.1
DNC	HANDZLIK ARTUR	1085		KĘTY	POL	M-40	DNC	DNC		00:10:53	00:31:28.10	0:00	19.1
DNC	DEMBOWSKA BOŻENA	1040		BOGUCHWAŁOWICE	POL	K-40	DNC	DNC		00:09:58	00:31:38.10	0:00	19
DNC	PRZYDĄCZ ALEKSANDRA	1474		ZABRZE	POL	K-30	DNC	DNC		00:11:13	00:32:22.35	0:00	18.5
DNC	MARKOWSKA SYLWIA	1195		GLIWICE	POL	K-30	DNC	DNC			00:37:56.25	0:00	15.8
DNC	KŁOWAN-SIUDA KATARZYNA	1126		MYSŁOWICE	POL	K-40	DNC	DNC			00:39:02.75	0:00	15.4
DNC	SIUDA DANIEL	1306		MYSŁOWICE	POL	M-40	DNC	DNC			00:39:02.85	0:00	15.4
DNC	CHOLEWA TOMASZ	1029		GLIWICE	POL	M-40	DNC	DNC	00:25:25		00:39:26.10	0:00	15.2

GLIWICKA DYCHA, K Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	SITEK MONIKA	1305		HUTA STARA A	POL	K-20	1	K 1	00:10:06	00:25:47	00:40:36.90	4:03	14.8
2	JADASZ ANNA	1093	VATTENFALL/ARKADIUSZGARDZIELEWSKI.PL	GOGOLIN	POL	K-30	1	K 2	00:10:30	00:26:49	00:41:47.30	4:10	14.4
3	STUCHLIK MAGDALENA	1339	AKTYWNA PSZCZYNA RUNNERS TEAM	JARZĄBKOWICE	POL	K-30	2	K 3	00:10:27	00:26:50	00:41:49.25	4:10	14.3
4	PRUSKO GABRIELA	1273		ŁŁAWNIOWICE	POL	K-20	2	K 4	00:11:04	00:27:33	00:42:22.55	4:14	14.2
5	HAŁKA OLIWIA	1084		GLIWICE	POL	K-20	3	K 5	00:11:04	00:27:34	00:42:36.25	4:15	14.1
6	LEGASZEWSKA MARIA	1174		GLIWICE	POL	K-20	4	K 6	00:10:07	00:26:51	00:42:41.10	4:16	14.1
7	LEWICKA ELŻBIETA	1177		KNURÓW	POL	K-40	1	K 7	00:10:51	00:27:47	00:43:27.80	4:20	13.8
8	KRUPOWICZ WIKTORIA	1156	ANNA HALSKA COACHING	MYSŁOWICE	POL	K-20	5	K 8	00:11:00	00:27:54	00:43:47.40	4:22	13.7
9	PIECUCH AGNIESZKA	1257	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K-30	3	K 9	00:10:55	00:28:00	00:44:13.60	4:25	13.6
10	TELEUCKA SANDRA	1354	KU AZS POLITECHNIKA OPOLSKA/ #SZYMITEAM	JANKOWICE	POL	K-20	6	K 10	00:10:59	00:29:09	00:45:58.60	4:35	13.1
11	SZOŁTYSEK-GRZESIKIEWICZ ANNA	1347		GLIWICE	POL	K-30	4	K 11	00:12:04	00:30:12	00:47:16.65	4:43	12.7
12	ZENOWICZ KINGA	1400	ATHLETICS NYSA	NYSA	POL	K-20	7	K 12	00:11:56	00:30:45	00:48:17.50	4:49	12.4
13	ZIĘTEK KATARZYNA	1404		JAWORZNO	POL	K-30	5	K 13	00:12:11	00:31:21	00:48:42.00	4:52	12.3
14	POŁOMSKA EDYTA	1471	POLOMSCY TEAM	RYDUŁTOWY	POL	K-40	2	K 14	00:12:21	00:31:58	00:49:46.10	4:58	12.1
15	GROCHOWSKA ANNA	1077		GLIWICE	POL	K-30	6	K 15	00:12:55	00:32:22	00:50:06.55	5:00	12
16	NIEMIEC SŁAWEK	1225	INTERGRAFIK.PL	GLIWICE	POL	K-30	7	K 16	00:13:09	00:32:41	00:50:37.00	5:03	11.9
17	KŁOZA IWONA	1127	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	8	K 17	00:12:55	00:32:40	00:50:52.40	5:05	11.8
18	PAWLIK ANETA	1254		GLIWICE	POL	K-30	9	K 18	00:12:42	00:33:15	00:51:44.50	5:10	11.6
19	MICHAŁSKA KAMILA	1207		CZĘSTOCHOWA	POL	K-30	10	K 19	00:13:04	00:33:32	00:51:51.55	5:11	11.6
20	PAJER ALEKSANDRA	1249	ISTA BIEGAMY	GLIWICE	POL	K-30	11	K 20	00:13:19	00:33:36	00:52:04.75	5:12	11.5
21	WOJAKOWSKA KATARZYNA	1379	K&K RUN	ZABRZE	POL	K-40	3	K 21	00:13:10	00:33:41	00:52:12.30	5:13	11.5
22	CETNAR-KLIMAS KATARZYNA	1024		KATOWICE	POL	K-40	4	K 22	00:13:08	00:33:31	00:52:23.65	5:14	11.5
23	NOWAKOWSKA ALEKSANDRA	1229		GLIWICE	POL	K-30	12	K 23	00:13:54	00:34:06	00:52:48.45	5:16	11.4
24	LEDWIG IWONA	1173	MAMAX3	GLIWICE	POL	K-30	13	K 24	00:13:51	00:34:28	00:53:12.85	5:19	11.3
25	MICHAŁIK ZGONIA	1205	BABSKA KORBA	44-100	POL	K-30	14	K 25	00:13:12	00:34:09	00:53:30.00	5:21	11.2
26	KOMANDER KATARZYNA	1134	JOMAR RUNNERS	GLIWICE	POL	K-20	8	K 26	00:13:09	00:34:35	00:53:39.00	5:21	11.2
27	POWROŹNIK PAULINA	1270		KATOWICE	POL	K-30	15	K 27	00:13:23	00:34:30	00:53:57.10	5:23	11.1
28	PETRUS KAROLINA	1485		KATOWICE	POL	K-30	16	K 28	00:13:16	00:34:37	00:54:13.90	5:25	11.1
29	WIERCIŃSKA ANETA	1368		GLIWICE	POL	K-30	17	K 29	00:13:40	00:34:36	00:54:15.45	5:25	11.1
30	ZIĘBA SABINA	1403		ORNONTOWICE	POL	K-30	18	K 30	00:13:19	00:34:53	00:54:22.80	5:26	11
31	KARPIŃSKA KATARZYNA	1115		GLIWICE	POL	K-30	19	K 31	00:13:26	00:34:29	00:54:37.40	5:27	11
32	MICHAŁSKA MAGDALENA	1206		GLIWICE	POL	K-30	20	K 32	00:14:21	00:35:18	00:54:46.50	5:28	11
33	ZAPOTOCZNA RENATA	1393		GLIWICE	POL	K-40	5	K 33	00:14:09	00:35:06	00:54:52.75	5:29	10.9
34	CZYŻ WIOLA	1034		ZABRZE	POL	K-30	21	K 34	00:13:28	00:34:59	00:55:13.90	5:31	10.9
35	BIELIŃSKA KAMILA	1013		ZABRZE	POL	K-30	22	K 35	00:13:28	00:35:18	00:55:14.70	5:31	10.9
36	IGNATOWICZ-DĘBSKA KATARZYNA	1090	THE PROSECCOS	WARSZAWA	POL	K-30	23	K 36	00:15:16	00:36:42	00:55:26.20	5:32	10.8
37	KOLAŚIŃSKA MONIKA	1463	STG GLIWICE	GLIWICE	POL	K-20	9	K 37	00:13:50	00:35:50	00:55:37.60	5:33	10.8
38	MISKIEWICZ LUCYNA	1212	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-50	1	K 38	00:14:19	00:36:21	00:55:48.65	5:34	10.8
39	KACZMAREK KATARZYNA	1109	STG GLIWICE	GLIWICE	POL	K-40	6	K 39	00:13:50	00:35:51	00:55:54.90	5:35	10.7
40	PIEKARZ MAŁGORZATA	1258	DRUŻYNA JEDYNKI	GLIWICE	POL	K-30	24	K 40	00:14:30	00:36:10	00:56:02.80	5:36	10.7
41	SALA NELA	1299		GLIWICE	POL	K-30	25	K 41	00:13:43	00:35:44	00:56:07.90	5:36	10.7
42	KELLER ANETA	1119		GLIWICE	POL	K-30	26	K 42	00:14:47	00:36:10	00:56:27.80	5:38	10.6
43	MATUSEK ANNA	1198		ZABRZE	POL	K-20	10	K 43	00:14:18	00:36:14	00:56:58.25	5:41	10.5
44	KOSIDŁOWSKA EWELINA	1143	BRĄK	ZABRZE	POL	K-20	11	K 44	00:14:38	00:37:19	00:57:00.45	5:42	10.5
45	ŁYSIAK MAGDALENA	1418		GLIWICE	POL	K-30	27	K 45	00:14:12	00:36:36	00:57:01.80	5:42	10.5
46	KUNOWSKA MAŁGORZATA	1410		GLIWICE	POL	K-30	28	K 46	00:14:32	00:36:51	00:57:05.75	5:42	10.5
47	SOSADA NICOL	1326	ISTA BIEGAMY	ZBROSŁAWICE	POL	K-20	12	K 47	00:14:16	00:36:42	00:57:22.50	5:44	10.5
48	KUCHTA KATARZYNA	1159	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	29	K 48	00:14:16	00:36:38	00:57:24.20	5:44	10.5
49	KOTLARSKA ANNA	1146		GLIWICE	POL	K-40	7	K 49	00:15:28	00:37:41	00:57:33.95	5:45	10.4
50	PAJOR IZABELA	1250		GLIWICE	POL	K-30	30	K 50	00:14:11	00:37:35	00:57:35.35	5:45	10.4
51	BALCER WERONIKA	1005	JOMAR RUNNERS	GLIWICE	POL	K-30	31	K 51	00:14:12	00:36:47	00:57:51.85	5:47	10.4
52	PETEJA-ĆWIK ALEKSANDRA	1256		TYCHY	POL	K-50	2	K 52	00:14:49	00:37:29	00:58:02.15	5:48	10.3
53	OSOWSKA KATARZYNA	1240		GLIWICE	POL	K-40	8	K 53	00:15:05	00:37:36	00:58:02.75	5:48	10.3
54	ZUKOWSKA BOGUSIA	1407		KRAKOW	POL	K-30	32	K 54	00:15:30	00:37:34	00:58:03.90	5:48	10.3
55	LIPIŃSKA ANITA	1179		GLIWICE	POL	K-30	33	K 55	00:15:22	00:37:34	00:58:05.80	5:48	10.3
56	MEKIER ALICJA	1202		ZBROSŁAWICE	POL	K-30	34	K 56	00:15:45	00:38:16	00:58:24.40	5:50	10.3

GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
57	NOWAKOWSKA-TRZASKA JOANNA	1230	GLIWICKA GRUPA BIEGACZY	GLIWICE	POL	K-40	9	K 57	00:14:34	00:37:06	00:58:27.00	5:50	10.3
58	BAŁAJ ANNA	1007		GLIWICE	POL	K-30	35	K 58	00:16:29		00:58:31.10	5:51	10.3
59	KOCYBIK NATALIA	1133	THE PROSECCOS	BYTOM	POL	K-30	36	K 59	00:15:17	00:38:30	00:58:50.15	5:53	10.2
60	NEJMAN JOANNA	1441		41-902	POL	K-30	37	K 60	00:15:17	00:38:30	00:58:50.50	5:53	10.2
61	WOJTKIEWICZ MARZENA	1381		GLIWICE	POL	K-40	10	K 61	00:16:14	00:39:17	00:59:01.25	5:54	10.2
62	LIS ALEKSANDRA	1181		GLIWICE	POL	K-20	13	K 62	00:14:28	00:37:52	00:59:10.10	5:55	10.1
63	HERUD SANDRA	1087	GLIWICKA RADA ROWEROWA	GLIWICE	POL	K-30	38	K 63	00:14:59	00:38:09	00:59:12.90	5:55	10.1
64	BEMŚ EMILIA	1422		GLIWICE	POL	K-30	39	K 64	00:16:14	00:39:33	00:59:16.55	5:55	10.1
65	ĆWIOK BARBARA	1037	#PANIOWKIRUN	PANIÓWKI	POL	K-40	11	K 65	00:15:09	00:37:56	00:59:17.45	5:55	10.1
66	WOJTKIEWICZ MARTA	1382		GLIWICE	POL	K-20	14	K 66	00:16:11	00:38:46	00:59:20.75	5:56	10.1
67	ZAKLIŃSKA KASIA	1391		GLIWICE	POL	K-40	12	K 67	00:15:58	00:39:06	00:59:34.55	5:57	10.1
68	WARYSZAK JOANNA	1365	BAKALOVE	GLIWICE	POL	K-30	40	K 68	00:15:03	00:38:29	00:59:46.60	5:58	10
69	FILIPCZYK ANNA	1052		KATOWICE	POL	K-30	41	K 69	00:15:28	00:38:43	00:59:47.85	5:58	10
70	GRABIAŃSKA KATARZYNA	1074		KATOWICE	POL	K-30	42	K 70	00:15:48	00:39:14	00:59:48.40	5:58	10
71	MAĆKÓW KLAUDIA	1187		STROBICE	POL	K-20	15	K 71	00:14:58	00:38:30	00:59:51.45	5:59	10
72	KLIMASARA MAŁGORZATA	1439		GLIWICE	POL	K-30	43	K 72	00:14:55	00:38:30	01:00:13.05	6:01	10
73	GRZEGORCZYK MONIKA	1080	NIGHT RUNNERS ZABRZE	RUDA ŚLĄSKA	POL	K-40	13	K 73	00:16:02	00:39:41	01:00:27.50	6:02	9.9
74	MASTALSKA MARZENA	1197	OPEL ACTIVE TEAM	ZABRZE	POL	K-30	44	K 74	00:16:02		01:00:27.85	6:02	9.9
75	KRAWIEC AGNIESZKA	1153		ZABRZE	POL	K-40	14	K 75	00:15:36	00:39:05	01:00:51.80	6:05	9.9
76	STANEK NATALIA	1328		GLIWICE	POL	K-30	45	K 76	00:14:59	00:38:45	01:01:00.05	6:06	9.8
77	SZARZYŃSKA-GRYCHNIK JOLANTA	1343		ZBROSŁAWICE	POL	K-50	3	K 77	00:14:52	00:39:06	01:01:04.35	6:06	9.8
78	SZNAJDER ANNA	1419		PANIÓWKI	POL	K-30	46	K 78	00:15:00	00:39:11	01:01:07.60	6:06	9.8
79	KULPIŃSKA ANNA	1163	START HANGAR	GLIWICE	POL	K-40	15	K 79	00:16:07	00:39:51	01:01:09.25	6:06	9.8
80	KRAJEWSKA KATARZYNA	1151	BOJKÓW TEAM	GLIWICE	POL	K-30	47	K 80	00:15:52		01:01:13.55	6:07	9.8
81	NOWOCIN PATRYCJA	1231		GLIWICE	POL	K-20	16	K 81	00:13:46	00:37:21	01:01:18.25	6:07	9.8
82	KĄŁUSKA MAGDALENA	1111		JAWORZNO	POL	K-30	48	K 82	00:16:09	00:40:24	01:01:32.30	6:09	9.8
83	ROŻEK MARIOLA	1291	#HUTATEAM	GLIWICE	POL	K-30	49	K 83	00:15:35	00:39:56	01:02:09.25	6:12	9.7
84	CHODURA JULI	1027	STARY HANGAR GLIWICE	STANICA	POL	K-20	17	K 84	00:16:07	00:39:51	01:02:09.40	6:12	9.7
85	HAWLIĆKA ANIA	1455	LILA TEAM	GLIWICE	POL	K-40	16	K 85	00:15:13	00:39:00	01:02:10.85	6:13	9.7
86	KWAŚNIEWSKA OLA	1166	BANDA Z POŁUDNIA	GLIWICE	POL	K-30	50	K 86	00:16:39	00:40:55	01:02:15.85	6:13	9.6
87	SZULCEK DOROTA	1417		ZABRZE	POL	K-30	51	K 87	00:16:33	00:40:57	01:02:27.10	6:14	9.6
88	KULIK KATARZYNA	1162		GLIWICE	POL	K-30	52	K 88	00:15:21	00:39:56	01:02:29.20	6:14	9.6
89	CHĘCIŃSKA AGNIESZKA	1025		GLIWICE	POL	K-40	17	K 89	00:16:15	00:40:22	01:02:38.10	6:15	9.6
90	KAPTACZ MAGDALENA	1114		GLIWICE	POL	K-40	18	K 90	00:15:29	00:39:53	01:02:40.30	6:16	9.6
91	ROSIŃSKA KATARZYNA	1288		ZABRZE	POL	K-40	19	K 91	00:16:37	00:40:54	01:02:47.55	6:16	9.6
92	STELLMACH EWA	1333		ZABRZE	POL	K-50	4	K 92	00:15:28	00:40:13	01:02:49.00	6:16	9.6
93	KACZOR ANGELIKA	1435		KRAKÓW	POL	K-20	18	K 93	00:15:58	00:40:18	01:02:58.85	6:17	9.5
94	MICZKA JUSTYNA	1209		GLIWICE	POL	K-40	20	K 94	00:16:19	00:40:40	01:02:59.40	6:17	9.5
95	PAJĄK ALEKSANDRA	1248		GLIWICE	POL	K-40	21	K 95	00:15:45		01:03:14.20	6:19	9.5
96	GOŃKA MONIKA	1452	BANDA Z POŁUDNIA	GLIWICE	POL	K-40	22	K 96	00:15:45	00:40:17	01:03:16.55	6:19	9.5
97	TOWAREK AGNIESZKA	1356		GLIWICE	POL	K-40	23	K 97	00:16:09	00:40:32	01:03:23.75	6:20	9.5
98	OPANOWSKA ANNA	1235	-	GLIWICE	POL	K-40	24	K 98	00:15:35	00:40:31	01:03:27.70	6:20	9.5
99	STELMASZCZYK IWONA	1335	BEERTEAM	PANIÓWKI	POL	K-40	25	K 99	00:16:28	00:41:12	01:03:33.90	6:21	9.4
100	RÓŻOWSKA SABINA	1293		KOZŁÓW	POL	K-30	53	K 100	00:16:15	00:40:57	01:03:37.25	6:21	9.4
101	JANIK SYLWIA	1095	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-30	54	K 101	00:15:51	00:40:41	01:03:42.15	6:22	9.4
102	MOKRZYCKA JUSTYNA	1215	KB ORŁY Z KNUROWA	KNURÓW	POL	K-30	55	K 102	00:16:04	00:40:53	01:03:57.85	6:23	9.4
103	KUWAK ANNA	1164	WARTO BIEGAĆ ZAWIERCIE	MYSZKÓW	POL	K-40	26	K 103	00:15:55	00:41:20	01:04:01.50	6:24	9.4
104	HILASZEK MARZENA	1088		GLIWICE	POL	K-40	27	K 104	00:16:11	00:41:15	01:04:19.10	6:25	9.3
105	PACZOSKA KOTTMANN DOROTA	1247		GLIWICE	POL	K-30	56	K 105	00:15:35	00:40:34	01:04:32.30	6:27	9.3
106	FRANKIEWICZ MARZENA	1057		GLIWICE	POL	K-30	57	K 106	00:16:52	00:42:00	01:04:34.25	6:27	9.3
107	MADEJA ALEKSANDRA	1465	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	K-40	28	K 107	00:16:46	00:42:12	01:04:52.05	6:29	9.2
108	NOWAK EWA	1227		GLIWICE	POL	K-50	5	K 108	00:16:02	00:41:17	01:04:52.45	6:29	9.2
109	WIERZBICA KASIA	1370		WILCZA	POL	K-40	29	K 109	00:16:37	00:42:24	01:04:55.70	6:29	9.2
110	SERWATKA ANGELIKA	1302	KOBIETY WATAHY	ZABRZE	POL	K-30	58	K 110	00:15:56	00:41:25	01:05:09.55	6:30	9.2
111	WILSZ EWA	1374	#PANIOWKIRUN	PANIÓWKI	POL	K-40	30	K 111	00:16:34	00:42:16	01:05:18.35	6:31	9.2
112	ORZAŻEWSKA ELŻBIETA	1238		SOŚNICOWICE	POL	K-50	6	K 112	00:15:49	00:41:23	01:05:30.40	6:33	9.2
113	KOPIEC-KRUPA BEATA	1142		ZABRZE	POL	K-50	7	K 113	00:16:27	00:42:06	01:05:41.05	6:34	9.1

GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
114	OSTROWSKA JUSTYNA	1241		GLIWICE	POL	K-30	59	K 114	00:16:40	00:42:02	01:05:47.70	6:34	9.1
115	JANOSZKA JULIA	1096	ŚLĄZACY BIEGAJĄ	ZABRZE	POL	K-20	19	K 115	00:16:45	00:42:40	01:06:01.50	6:36	9.1
116	GAJEWSKA IZABELA	1064		GLIWICE	POL	K-50	8	K 116	00:17:41	00:43:31	01:06:25.45	6:38	9
117	STACHOWSKA ALEKSANDRA	1429	TRI&MORE	GLIWICE	POL	K-40	31	K 117	00:15:44	00:41:27	01:06:26.05	6:38	9
118	SZELĄG IWONA	1344		GLIWICE	POL	K-30	60	K 118	00:17:50	00:43:31	01:06:32.50	6:39	9
119	KAWECKA-KUŹDZAŁ AGNIESZKA	1117		GLIWICE	POL	K-40	32	K 119	00:17:19	00:43:31	01:06:35.45	6:39	9
120	KUBICA BOŻENA	1158	ZABIEGANI NAUCZYCIELE	ORNONTOWICE	POL	K-50	9	K 120	00:16:41	00:42:38	01:06:37.80	6:39	9
121	STEPOWANY MARTA	1337	BOJKÓW TEAM	GLIWICE	POL	K-30	61	K 121	00:16:28	00:43:13	01:07:04.30	6:42	8.9
122	NAFALSKA ANNA	1220		BERLIN	POL	K-30	62	K 122	00:16:28	00:42:41	01:07:57.35	6:47	8.8
123	KOPEC-BRUDEK MAGDALENA	1139		GLIWICE	POL	K-30	63	K 123	00:17:27	00:43:51	01:08:01.00	6:48	8.8
124	BOGACZ JAGODA	1017		GLIWICE	POL	K-40	33	K 124	00:16:21	00:43:47	01:08:19.90	6:49	8.8
125	ŁUKASZEWSKA JUSTYNA	1182		GLIWICE	POL	K-40	34	K 125	00:16:59	00:44:07	01:09:08.15	6:54	8.7
126	SLUZAŁEK MAŁGORZATA	1317	TRI&MORE	GLIWICE	POL	K-40	35	K 126	00:17:29	00:44:54	01:09:15.40	6:55	8.7
127	KOCYAN MAŁGORZATA	1132		GLIWICE	POL	K-60	1	K 127	00:17:06	00:44:01	01:10:10.70	7:01	8.6
128	POŹNIAK-BOKŁAK HALINA	1271		GLIWICE	POL	K-60	2	K 128	00:16:45	00:44:00	01:10:42.70	7:04	8.5
129	PIETRASZEK EWA	1261	KOBIETY WATAHY	CHORZÓW	POL	K-50	10	K 129	00:17:07	00:45:04	01:10:48.45	7:04	8.5
130	KOPER DOROTA	1141		GLIWICE	POL	K-30	64	K 130	00:17:22	00:45:11	01:11:11.40	7:07	8.4
131	JĘDRZEJOWSKA-DEC ANNA	1424		GLIWICE	POL	K-40	36	K 131	00:18:13	00:45:53	01:11:14.00	7:07	8.4
132	DUDZICZ BARBARA	1425		GLIWICE	POL	K-40	37	K 132	00:17:56	00:45:53	01:11:15.75	7:07	8.4
133	PLUCIENNIK AGNIESZKA	1264	ZICHERKI	41-500	POL	K-40	38	K 133	00:17:28	00:45:26	01:11:28.05	7:08	8.4
134	BAK-DRABIK KATARZYNA	1010		GLIWICE	POL	K-40	39	K 134	00:17:59	00:46:40	01:11:56.90	7:11	8.3
135	FRANCZYK KINGA	1055	FUNDACJA TOŚKA I PRZYJACIELE	GLIWICE	POL	K-40	40	K 135	00:17:59	00:46:40	01:11:57.05	7:11	8.3
136	WIELGUS KAROLINA	1468		GLIWICE	POL	K-20	20	K 136	00:17:53	00:45:42	01:12:38.65	7:15	8.3
137	ELWIRSKA-OSIŃSKA ALICJA	1446		PYSKOWICE	POL	K-30	65	K 137			01:12:41.35	7:16	8.3
138	JAWORSKA-PRYMAS KAROLINA	1104		GLIWICE	POL	K-20	21	K 138	00:17:43	00:46:46	01:12:50.70	7:17	8.2
139	KUCZERA-KULAGA MAGDALENAKULAGA	1412		KATOWICE	POL	K-40	41	K 139	00:17:11	00:46:29	01:13:12.85	7:19	8.2
140	BRIANSKA-KORDECKA ALEKSANDRA	1447		KATOWICE	POL	K-40	42	K 140	00:17:12	00:46:30	01:13:13.65	7:19	8.2
141	KOZACZKIEWICZ HELENA	1150	KB ORŁY Z KNUROWA	KNURÓW	POL	K-60	3	K 141	00:17:50	00:46:58	01:13:40.70	7:22	8.1
142	MAĆKÓW MAŁGORZATA	1188		STROBICE	POL	K-20	22	K 142	00:17:07	00:46:19	01:14:34.65	7:27	8
143	GROSS TERESA	1078	FIS-SST TEAM	BYTOM	POL	K-40	43	K 143	00:18:16	00:47:43	01:14:50.85	7:29	8
144	MRÓWKA ILONA	1218		GLIWICE	POL	K-50	11	K 144	00:17:21	00:46:32	01:14:52.40	7:29	8
145	HOMIŃSKA KRYSZYNA	1458		GLIWICE	POL	K-50	12	K 145	00:17:57	00:46:46	01:15:07.50	7:30	8
146	MICHALIK HONORATA	1204		GLIWICE	POL	K-30	66	K 146	00:19:47	00:52:46	01:23:46.95	8:22	7.2
147	KONDRATIEVA ANNA	1138		BIELSKO BIAŁA	POL	K-20	23	K 147	00:20:37		01:24:00.25	8:24	7.1
148	GABOR ALEKSANDRA	1062		CHORZÓW	POL	K-30	67	K 148	00:27:01	01:08:08	01:45:58.25	10:35	5.7
DNC	CHOLEWA MAGDALENA	1028		44-117	POL	K-40	DNC	DNC		00:09:05	00:30:59.35	0:00	19.4
DNC	BLASZCZYK PAULINA	1015		GLIWICE	POL	K-30	DNC	DNC		00:09:51	00:31:26.95	0:00	19.1
DNC	DEMBOWSKA BOŻENA	1040		BOGUCHWAŁOWICE	POL	K-40	DNC	DNC		00:09:58	00:31:38.10	0:00	19
DNC	PRZYDACZ ALEKSANDRA	1474		ZABRZE	POL	K-30	DNC	DNC		00:11:13	00:32:22.35	0:00	18.5
DNC	MARKOWSKA SYLWIA	1195		GLIWICE	POL	K-30	DNC	DNC			00:37:56.25	0:00	15.8
DNC	KLOWAN-SIUDA KATARZYNA	1126		MYSŁOWICE	POL	K-40	DNC	DNC			00:39:02.75	0:00	15.4

GLIWICKA DYCHA, M Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	KOKOT DANIEL	1430	RAJSPOORT ACTIVE	OZIMEK	POL	M-20	1	M 1	00:08:44	00:22:13	00:34:26.80	3:26	17.4
2	RYBIAŁEK PIOTR	1294		ZDZIESZOWICE	POL	M-30	1	M 2	00:08:44	00:22:14	00:34:28.50	3:26	17.4
3	GRZELKA CYPRIAN	1444	MKS VICTORIA RACIBÓRZ	POGRZEBIEŃ	POL	M-20	2	M 3	00:08:57	00:22:38	00:35:13.30	3:31	17
4	MENDYK PRZEMYSŁAW	1440	-	BOBREK	POL	M-20	3	M 4	00:08:57	00:22:38	00:35:21.45	3:32	17
5	STRZODA MARCIN	1338	AKTYWNA PSZCZYNA RUNNERS TEAM	TYCHY	POL	M-20	4	M 5	00:09:11	00:23:01	00:35:25.00	3:32	16.9
6	PSTRAŚ LESZEK	1279	POLITECHNIKA ŚLĄSKA	KATOWICE	POL	M-30	2	M 6	00:09:24	00:23:53	00:37:14.75	3:43	16.1
7	MŁYŃCZAK JAKUB	1214	GVT BMC BORNGA 3SOFT	GLIWICE	POL	M-20	5	M 7	00:09:14	00:24:01	00:38:03.40	3:48	15.8
8	KLUCZNIK MIKOŁAJ	1129		GLIWICE	POL	M-20	6	M 8	00:09:39	00:24:49	00:38:19.55	3:49	15.7
9	FURMAN DAWID	1059	DLA ELIZKI I MILENKI	BŁĄŻEJOWICE	POL	M-30	3	M 9	00:09:40	00:24:45	00:38:29.15	3:50	15.6
10	SOBOLEWSKI KRZYSZTOF	1323		GLIWICE	POL	M-40	1	M 10	00:09:54	00:24:56	00:38:51.60	3:53	15.4
11	OCHMAN PAWEŁ	1233	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	4	M 11	00:09:54	00:25:01	00:39:01.50	3:54	15.4

GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
12	KLIMAS KAMIL	1125		KATOWICE	POL	M-30	5	M 12	00:09:46	00:25:11	00:39:18.40	3:55	15.3
13	DUŻNIAK DOMINIK	1046	STEP-DANCE	GLIWICE	POL	M-30	6	M 13	00:09:54	00:25:18	00:39:22.50	3:56	15.2
14	KRETEK ŁUKASZ	1154	AKTYWNI LYSKI	LYSKI	POL	M-30	7	M 14	00:09:55	00:25:15	00:39:29.35	3:56	15.2
15	WĘZIK MIKOŁAJ	1366		BYTOM	POL	M-20	7	M 15	00:10:03	00:25:34	00:39:36.70	3:57	15.2
16	FALEJCZYK MATEUSZ	1051	HOLBOX RUNNERS	GLIWICE	POL	M-20	8	M 16	00:09:49	00:25:13	00:39:40.60	3:58	15.1
17	STAWINOĞA JANUSZ	1331	HIRSCHVOGEL	ZABRZE	POL	M-40	2	M 17	00:09:53	00:25:12	00:39:43.05	3:58	15.1
18	SMUDA KRZYSZTOF	1319		TYCHY	POL	M-30	8	M 18	00:09:54	00:25:38	00:40:04.25	4:00	15
19	PIOTROWSKI ŁUKASZ	1262	STRENGTHBODY	RUDA ŚLĄSKA	POL	M-40	3	M 19	00:10:08	00:25:57	00:40:24.00	4:02	14.9
20	CZABAŃSKI RAFAŁ	1032	RUNHOGS TYCHY	GLIWICE	POL	M-40	4	M 20	00:10:28	00:26:18	00:40:26.65	4:02	14.8
21	ZALEWSKI ARTUR	1392		ZABRZE	POL	M-30	9	M 21	00:10:27	00:26:19	00:40:26.75	4:02	14.8
22	FRANK ALEKSANDER	1056	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	REŃSKA WIEŚ	POL	M-20	9	M 22	00:10:22	00:26:14	00:40:32.00	4:03	14.8
23	WISZYŃSKI DAMIAN	1376		CHORZÓW	POL	M-30	10	M 23	00:10:34	00:26:31	00:40:37.35	4:03	14.8
24	SNARSKI BOGDAN	1320	MISTRZ DWUMARATONU	WARSZAWA	POL	M-40	5	M 24	00:10:20	00:26:01	00:40:46.90	4:04	14.7
25	ŻŁOBIŃSKI KRZYSZTOF	1475		TYCHY	POL	M-60	1	M 25	00:10:27	00:26:30	00:40:57.20	4:05	14.7
26	PRZYBYŁKO NIKODEM	1274	THE PROSECCOS	KATOWICE	POL	M-30	11	M 26	00:09:53	00:26:07	00:40:59.65	4:05	14.6
27	WRZESIĘŃ DARIUSZ	1388	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 27	00:10:29	00:26:24	00:41:03.40	4:06	14.6
28	SUDNIK KRZYSZTOF	1341		KNURÓW	POL	M-30	13	M 28	00:10:30	00:26:20	00:41:03.85	4:06	14.6
29	MROWIEC BERNARD	1217		TWORKÓW	POL	M-50	1	M 29	00:10:43	00:26:51	00:41:24.90	4:08	14.5
30	POŁOMSKI GRZEGORZ	1470	POLOMSCY TEAM	RYDUŁTOWY	POL	M-40	6	M 30	00:10:20	00:26:45	00:41:57.05	4:11	14.3
31	MORAWSKI KONRAD	1448		DĄBROWA GÓRNICZA	POL	M-20	10	M 31	00:10:28	00:27:05	00:42:22.80	4:14	14.2
32	WOJAKOWSKI KRZYSZTOF	1380	K&K RUN	GLIWICE	POL	M-40	7	M 32	00:10:51	00:27:35	00:42:43.10	4:16	14
33	ALKER ANDRZEJ	1001	ALKER RUNNING TEAM	GLIWICE	POL	M-30	14	M 33	00:10:59	00:27:59	00:42:55.50	4:17	14
34	BLUS MARCIN	1016		ZABRZE	POL	M-40	8	M 34	00:10:39	00:27:29	00:43:07.80	4:18	13.9
35	ZABRZEWSKI PATRYK	1390	KLUB BIEGACZA FARTLEK	ŻORY	POL	M-30	15	M 35	00:11:17	00:28:13	00:43:13.50	4:19	13.9
36	SLADEK DAWID	1316		RUDA ŚLĄSKA	POL	M-30	16	M 36	00:10:45	00:27:38	00:43:19.95	4:19	13.9
37	ŁYSY ŁUKASZ	1184		GLIWICE	POL	M-20	11	M 37	00:10:57	00:28:04	00:43:38.00	4:21	13.8
38	ZORAN HENRYK	1406		RUDA ŚLĄSKA	POL	M-50	2	M 38	00:10:53	00:27:57	00:43:41.10	4:22	13.7
39	DONIGIEWICZ MARIUSZ	1420		GLIWICE	POL	M-40	9	M 39	00:11:13	00:28:25	00:43:57.15	4:23	13.7
40	KNOP SZYMON	1131		TARNOWSKIE GÓRY	POL	M-30	17	M 40	00:11:15	00:28:24	00:43:59.95	4:23	13.6
41	CIASTO SEBASTIAN	1483		PRZECZLĘBIE	POL	M-30	18	M 41	00:10:36	00:28:01	00:44:08.00	4:24	13.6
42	URBAN JAKUB	1472		GLIWICE	POL	M-20	12	M 42	00:10:37	00:28:24	00:44:29.45	4:26	13.5
43	JEZUSEK PIOTR	1106		GLIWICE	POL	M-40	10	M 43	00:11:42	00:29:07	00:44:32.55	4:27	13.5
44	KUCHTA ŁUKASZ	1160		PYSKOWICE	POL	M-30	19	M 44	00:11:40	00:28:46	00:44:34.05	4:27	13.5
45	SALISZ DAWID	1300	HIRSCHVOGEL	RUDA ŚLĄSKA	POL	M-30	20	M 45	00:11:08	00:28:33	00:44:53.50	4:29	13.4
46	RUSZEL BARTEK	1482		GLIWICE	POL	M-40	11	M 46	00:10:34	00:28:31	00:45:09.25	4:30	13.3
47	CHEJDYS KRYSZTIAN	1461		GLIWICE	POL	M-30	21	M 47	00:11:18	00:29:21	00:45:14.30	4:31	13.3
48	SOŁTYSIK TOMASZ	1478		CHORZÓW	POL	M-40	12	M 48	00:11:19	00:28:56	00:45:15.60	4:31	13.3
49	UNGIER ŁUKASZ	1362	ELZAB ACTIVE TEAM	RADZIONKÓW	POL	M-20	13	M 49	00:11:18	00:29:11	00:45:15.75	4:31	13.3
50	OLEJNICZAK TOMEK	1464		BYTOM	POL	M-40	13	M 50	00:11:19	00:29:01	00:45:17.15	4:31	13.2
51	SKRZYPIC ŁUKASZ	1484		GLIWICE	POL	M-30	22	M 51	00:11:00	00:28:49	00:45:19.15	4:31	13.2
52	GŁADYSZ LESZEK	1069		PANIÓWKI	POL	M-40	14	M 52	00:12:15	00:29:55	00:45:38.40	4:33	13.1
53	IGNASIAK JAKUB	1089	ABUS CRANE SYSTEMS	GLIWICE	POL	M-30	23	M 53	00:11:52	00:29:50	00:45:43.55	4:34	13.1
54	GAJDA SEBASTIAN	1063		GLIWICE	POL	M-30	24	M 54	00:12:28	00:29:59	00:45:51.05	4:35	13.1
55	SKOP SEBASTIAN	1309		STRZELCE OPOLSKIE	POL	M-30	25	M 55	00:11:01	00:28:59	00:45:54.15	4:35	13.1
56	LECH KRZYSZTOF	1172	JSB	PIEKARY ŚLĄSKIE	POL	M-40	15	M 56	00:11:55	00:29:54	00:46:11.30	4:37	13
57	KASZOWSKI MARCIN	1116	KASZKI TEAM	GLIWICE	POL	M-40	16	M 57	00:12:02	00:30:23	00:46:25.80	4:38	12.9
58	MIELNIK KRZYSZTOF	1210		KOZIEGŁOWY	POL	M-30	26	M 58	00:11:48	00:30:05	00:46:27.65	4:38	12.9
59	TOKARSKI PIOTR	1355		KATOWICE	POL	M-30	27	M 59	00:11:44	00:29:58	00:46:35.55	4:39	12.9
60	NOWAK MATEUSZ	1226		GLIWICE	POL	M-30	28	M 60	00:11:02	00:29:42	00:47:00.20	4:42	12.8
61	DĘBOWSKI KRZYSZTOF	1041		GLIWICE	POL	M-30	29	M 61	00:11:51	00:30:18	00:47:02.10	4:42	12.8
62	NEJMAN TADEUSZ	1222	THE PROSECCOS	41-902	POL	M-30	30	M 62	00:11:17	00:29:46	00:47:10.65	4:43	12.7
63	GAJEWSKI HUBERT	1065		KRAKÓW	POL	M-40	17	M 63	00:11:45	00:30:11	00:47:39.30	4:45	12.6
64	GMEREK PIOTR	1070		GLIWICE	POL	M-30	31	M 64	00:12:03	00:30:37	00:47:40.95	4:46	12.6
65	ŻMUDZIŃSKI PIOTR	1409		GLIWICE	POL	M-30	32	M 65	00:12:28	00:31:31	00:47:50.70	4:47	12.5
66	MADEJCZYK TOMASZ	1467	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	M-40	18	M 66	00:12:28	00:31:32	00:47:50.95	4:47	12.5
67	PYJEK ARKADIUSZ	1280	HUTA TEAM	GRZYBOWO	POL	M-40	19	M 67	00:12:10	00:30:25	00:47:56.15	4:47	12.5
68	RAK KRZYSZTOF	1283		GLIWICE	POL	M-30	33	M 68	00:12:47	00:31:38	00:48:04.10	4:48	12.5

GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
69	WANDZEL PIOTR	1364		GLIWICE	POL	M-30	34	M 69	00:13:05	00:31:40	00:48:16.10	4:49	12.4
70	KRUK KRZYSZTOF	1155	STG GLIWICE	GLIWICE	POL	M-40	20	M 70	00:12:19	00:31:35	00:48:32.15	4:51	12.4
71	SZOŁTYSEK PIOTR	1346		PYSKOWICE	POL	M-50	3	M 71	00:12:12	00:31:09	00:48:33.10	4:51	12.4
72	JASIK GRZEGORZ	1101	STG GLIWICE	GLIWICE	POL	M-40	21	M 72	00:12:11	00:31:28	00:48:38.00	4:51	12.3
73	STACHOWSKI WOJCIECH	1428	TRI&MORE	GLIWICE	POL	M-40	22	M 73	00:12:19	00:31:34	00:48:57.45	4:53	12.3
74	KNOP ANDRZEJ	1130		TARNOWSKIE GÓRY	POL	M-50	4	M 74	00:12:29	00:31:36	00:49:21.10	4:56	12.2
75	JACHYM ARKADIUSZ	1092		GLIWICE	POL	M-40	23	M 75	00:12:46	00:31:49	00:49:21.95	4:56	12.2
76	BUJAK MATEUSZ	1022		TARNOWSKIE GÓRY	POL	M-30	35	M 76	00:12:37	00:31:57	00:49:23.90	4:56	12.1
77	KWIATKOWSKI MARCIN	1168		ZABRZE	POL	M-30	36	M 77	00:12:38	00:31:45	00:49:24.45	4:56	12.1
78	OPANOWSKI DAREK	1236		GLIWICE	POL	M-50	5	M 78	00:12:23	00:31:52	00:49:27.80	4:56	12.1
79	KWAŚNIOK MARIUSZ	1167		PNIOŹ	POL	M-20	14	M 79	00:12:37	00:31:59	00:49:30.90	4:57	12.1
80	BROŻYNA PRZEMYSŁAW	1019		GLIWICE	POL	M-40	24	M 80	00:13:36	00:32:35	00:49:38.80	4:57	12.1
81	WOŹNIAKOWSKI JAN	1383	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	37	M 81	00:13:49	00:33:14	00:49:42.80	4:58	12.1
82	PACAN TOMASZ	1242	BLEES	BYTOM	POL	M-40	25	M 82	00:12:56	00:32:07	00:49:48.55	4:58	12
83	POLIS MACIEJ	1267	#HUTATEAM	GLIWICE	POL	M-30	38	M 83	00:12:41	00:31:58	00:49:49.55	4:58	12
84	BALONEK GRZEGORZ	1006	HIRSCHVOGEL	BYTOM	POL	M-20	15	M 84	00:13:58	00:32:56	00:49:59.90	4:59	12
85	SUPIŃSKI PAWEŁ	1342		TYCHY	POL	M-30	39	M 85	00:13:40	00:33:06	00:50:10.00	5:01	12
86	DOBOSZ DANIEL	1473		GLIWICE	POL	M-40	26	M 86	00:12:07	00:31:53	00:50:15.85	5:01	11.9
87	WIATR KRYSZTIAN	1367		GLIWICE	POL	M-30	40	M 87	00:12:23	00:32:04	00:50:26.60	5:02	11.9
88	WEBER TOMASZ	1466		GLIWICE	POL	M-30	41	M 88	00:13:17	00:32:53	00:50:29.25	5:02	11.9
89	LASKOWSKI ŁUKASZ	1171	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	42	M 89	00:12:22	00:31:57	00:50:33.45	5:03	11.9
90	LIPŃSKI MICHAŁ	1180		GLIWICE	POL	M-30	43	M 90	00:11:58	00:31:57	00:50:35.60	5:03	11.9
91	JARZOMBEC CEZARY	1100		PYSKOWICE	POL	M-20	16	M 91	00:13:18	00:32:53	00:50:55.30	5:05	11.8
92	PYZIAK ZBIGNIEW	1431		CHORZÓW	POL	M-50	6	M 92	00:13:10	00:32:56	00:51:11.05	5:07	11.7
93	MANDRYSZ GRZEGORZ	1192	AKTYWNI LYSKI	LYSKI	POL	M-40	27	M 93	00:12:46	00:32:42	00:51:12.65	5:07	11.7
94	HERUD TOMASZ	1086	GLIWICKA RADA ROWEROWA	GLIWICE	POL	M-30	44	M 94	00:12:51	00:33:08	00:51:19.95	5:07	11.7
95	UKLEJA MICHAŁ	1360		ZBROSŁAWICE	POL	M-40	28	M 95	00:13:19	00:33:26	00:51:25.45	5:08	11.7
96	GOLEC JAROSŁAW	1449	STG GLIWICE	GLIWICE	POL	M-50	7	M 95	00:12:25	00:32:51	00:51:25.45	5:08	11.7
97	WRÓBLEWSKI PAWEŁ	1387	BOJKÓW TEAM	GLIWICE	POL	M-30	45	M 97	00:14:01	00:33:33	00:51:31.55	5:09	11.6
98	JARZOMBEC ADAM	1099		JASKOWICE	POL	M-40	29	M 98	00:13:19	00:32:53	00:51:33.15	5:09	11.6
99	MACH MARCIN	1185	LIGOTA TIGERS	GLIWICE	POL	M-40	30	M 99	00:12:52	00:32:54	00:51:36.10	5:09	11.6
100	ANCZOK WOJCIECH	1003		WIESZOWA	POL	M-40	31	M 100	00:13:55	00:34:07	00:51:37.25	5:09	11.6
101	KALUŻA MIROSŁAW	1112		TARNOWSKIE GÓRY	POL	M-50	8	M 101	00:12:31	00:32:33	00:51:43.55	5:10	11.6
102	ALKER ZBIGNIEW	1002	ALKER TEAM	GLIWICE	POL	M-50	9	M 102	00:13:17	00:32:53	00:51:45.25	5:10	11.6
103	SZULC DAMIAN	1438		ORNONTOWICE	POL	M-20	17	M 103	00:13:39	00:33:46	00:51:46.80	5:10	11.6
104	BIAŁAS ROBERT	1012		ZABRZE	POL	M-40	32	M 104	00:13:01	00:33:08	00:51:48.60	5:10	11.6
105	GODLEWSKI ŁUKASZ	1071	HIRSCHVOGEL	GLIWICE	POL	M-30	46	M 105	00:13:59	00:34:01	00:51:49.00	5:10	11.6
106	PASTERNAK ZBIGNIEW	1251	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	10	M 106	00:13:52	00:33:39	00:51:51.35	5:11	11.6
107	PROCEK TOMASZ	1336		GLIWICE	POL	M-20	18	M 107	00:13:26	00:33:50	00:51:51.90	5:11	11.6
108	MAZUR KRZYSZTOF	1200	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	33	M 108	00:13:52	00:33:39	00:51:52.00	5:11	11.6
109	GRĄBCZEWSKI MARCIN	1076		GLIWICE	POL	M-30	47	M 109	00:13:22	00:33:11	00:51:56.70	5:11	11.6
110	DWORACZEK GRZEGORZ	1047	TRIDIVISION	BYTOM	POL	M-40	34	M 110	00:13:11	00:33:31	00:52:02.50	5:12	11.5
111	SKOP RAFAŁ	1310		STRZELCE OPOLSKIE	POL	M-20	19	M 111	00:12:32	00:32:36	00:52:03.10	5:12	11.5
112	RENKE PIOTR	1285		RYBNIK	POL	M-40	35	M 112	00:12:56	00:33:11	00:52:04.20	5:12	11.5
113	SERAFIN SZYMON	1462		GLIWICE	POL	M-20	20	M 113	00:13:34	00:33:37	00:52:05.50	5:12	11.5
114	MALCZEWSKI JACEK	1190	AZS GLIWICE JUDO	GLIWICE	POL	M-30	48	M 114	00:13:01	00:33:29	00:52:08.50	5:12	11.5
115	KOWALCZYK GRZEGORZ	1148		GLIWICE	POL	M-40	36	M 115	00:13:17	00:33:18	00:52:09.75	5:12	11.5
116	CIEPLIK GRZEGORZ	1030		GLIWICE	POL	M-30	49	M 116	00:13:12	00:33:44	00:52:24.35	5:14	11.5
117	MICHON MACIEJ	1427		GLIWICE	POL	M-20	21	M 117	00:13:53	00:34:29	00:52:30.45	5:15	11.4
118	HAJOK MAREK	1083		GLIWICE	POL	M-40	37	M 118	00:12:58	00:33:37	00:52:34.50	5:15	11.4
119	TULCZYJEW ŁUKASZ	1476		TOSZEK	POL	M-20	22	M 119	00:12:17	00:33:25	00:52:35.15	5:15	11.4
120	BOGACKI TOMASZ	1442		PIEKARY ŚLĄSKIE	POL	M-30	50	M 120	00:13:39	00:34:39	00:52:41.00	5:16	11.4
121	SADKOWSKI ROBERT	1297		ZABRZE	POL	M-40	38	M 121	00:12:32	00:33:15	00:52:50.30	5:17	11.4
122	SIWECKI ADRIAN	1307		CZĘSTOCHOWA	POL	M-40	39	M 122	00:12:57		00:52:57.95	5:17	11.3
123	SZULC SEBASTIAN	1436		GLIWICE	POL	M-30	51	M 123	00:13:39	00:34:09	00:53:02.90	5:18	11.3
124	KRAWCZYK DARIUSZ	1152	WARTKIE PIERONY	ŚWIĘTOCHŁOWICE	POL	M-40	40	M 124	00:13:35	00:34:29	00:53:04.65	5:18	11.3
125	SKULSKI TOMASZ	1456	LILA TEAM	GLIWICE	POL	M-40	41	M 125	00:13:35	00:34:37	00:53:05.70	5:18	11.3

GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
126	SKIBA ADRIAN	1308		TARNOWSKIE GÓRY	POL	M-20	23	M 126	00:14:22	00:35:10	00:53:07.90	5:18	11.3
127	ZAPOTOCZNY PRZEMEK	1394		GLIWICE	POL	M-40	42	M 127	00:14:09	00:34:54	00:53:08.55	5:18	11.3
128	ĆWIK PAWEŁ	1453		TYCHY	POL	M-50	11	M 128	00:13:40	00:34:23	00:53:10.75	5:19	11.3
129	JANOWSKI MICHAŁ	1097		ZABRZE	POL	M-20	24	M 129	00:13:59	00:34:47	00:53:14.15	5:19	11.3
130	MASARZ DAWID	1196	#HUTATEAM	ORZESZE	POL	M-30	52	M 130	00:13:09	00:33:47	00:53:14.80	5:19	11.3
131	KIZINIEWICZ KRZYSZTOF	1121		GLIWICE	POL	M-30	53	M 131	00:13:46	00:34:09	00:53:14.90	5:19	11.3
132	WIŚNIEWSKI MICHAŁ	1377	PHOENIX WORKOUT	GLIWICE	POL	M-30	54	M 132	00:14:29	00:34:49	00:53:15.45	5:19	11.3
133	FRANIA ANDRZEJ	1445		GLIWICE	POL	M-50	12	M 133	00:13:04	00:33:20	00:53:26.00	5:20	11.2
134	KELLER PATRYK	1118	ŚLĄZACY BIEGAJĄ	BYTOM	POL	M-20	25	M 134	00:13:07	00:33:59	00:53:27.40	5:20	11.2
135	NEJMAN MATEUSZ	1221		BYTOM	POL	M-30	55	M 135	00:13:42	00:34:32	00:53:27.95	5:20	11.2
136	BEDNARSKI DANIEL	1011	BRĄK	GLIWICE	POL	M-30	56	M 136	00:12:40	00:33:48	00:53:31.65	5:21	11.2
137	KONDRUSIEWICZ MICHAŁ	1437		GLIWICE	POL	M-30	57	M 137	00:14:01	00:35:06	00:53:34.45	5:21	11.2
138	ŚWIDLIK PIOTR	1352		GLIWICE	POL	M-30	58	M 138	00:13:15	00:34:17	00:53:48.05	5:22	11.2
139	MAŃKA MARCIN	1193	STREFA 04	GLIWICE	POL	M-30	59	M 139	00:15:20	00:36:09	00:53:49.25	5:22	11.1
140	NOWAK ROBERT	1228		ŻARKI	POL	M-30	60	M 140	00:15:05	00:36:03	00:53:52.40	5:23	11.1
141	KULA JAN	1161	DECATHLON CAR GLIWICE	GLIWICE	POL	M-30	61	M 141	00:12:53	00:34:07	00:53:56.20	5:23	11.1
142	TROSKO ADAM	1357		LIGOTA ŁĄBĘDZKA	POL	M-40	43	M 142	00:12:19	00:33:37	00:54:04.60	5:24	11.1
143	WILSZ ADAM	1375	#PANIÓWKIRUN	PANIÓWKI	POL	M-50	13	M 143	00:14:37	00:35:18	00:54:05.40	5:24	11.1
144	SKORUPSKI PAWEŁ	1311		GLIWICE	POL	M-40	44	M 144	00:14:05	00:35:23	00:54:09.10	5:24	11.1
145	KLIKS KAZIMIERZ	1122		ZABRZE	POL	M-60	2	M 145	00:14:19	00:35:07	00:54:11.60	5:25	11.1
146	SKORUPSKI ŁUKASZ	1312		TYVHY	POL	M-20	26	M 145	00:14:06	00:35:24	00:54:11.60	5:25	11.1
147	JANUSZEWSKI PAWEŁ	1098	BIEGAMBOLUBIĘ WARSZAWA	WARSZAWA	POL	M-40	45	M 147	00:13:39	00:35:16	00:54:18.55	5:25	11
148	STARCZAK KAROL	1329		KATOWICE	POL	M-30	62	M 148	00:15:30	00:37:34	00:54:27.50	5:26	11
149	SKRZYPCZYK TOMEK	1313		GLIWICE	POL	M-30	63	M 149	00:14:23	00:35:18	00:54:46.25	5:28	11
150	LIBISZ MARCIN	1178		RADZIONKÓW	POL	M-30	64	M 150	00:15:35	00:37:15	00:54:50.70	5:29	10.9
151	LEGIEŻYŃSKI KRZYSZTOF	1175		GLIWICE	POL	M-30	65	M 151	00:14:00	00:35:39	00:54:52.95	5:29	10.9
152	MICZKA ŁUKASZ	1208		GLIWICE	POL	M-30	66	M 152	00:13:46	00:34:55	00:54:53.60	5:29	10.9
153	SKUPIEŃ DARIUSZ	1314	#HUTATEAM	GLIWICE	POL	M-30	67	M 153	00:14:44	00:36:23	00:55:10.60	5:31	10.9
154	DOBRAŚ MAREK	1426	PKO KATOWICE	KATOWICE	POL	M-40	46	M 154	00:13:21	00:35:12	00:55:11.25	5:31	10.9
155	SIEWIER DAMIAN	1304		GLIWICE	POL	M-40	47	M 155	00:14:24	00:35:35	00:55:11.40	5:31	10.9
156	GAWŁOWSKI PIOTR	1066		GLIWICE	POL	M-20	27	M 156	00:13:57	00:35:50	00:55:22.25	5:32	10.8
157	ZWIERZYŃSKI TOMASZ	1408		GLIWICE	POL	M-30	68	M 157	00:14:27	00:36:02	00:55:27.05	5:32	10.8
158	KŁOZA MARIUSZ	1128	#HUTATEAM	PYSKOWICE	POL	M-40	48	M 158	00:14:00	00:35:47	00:55:35.05	5:33	10.8
159	PAWLIK MICHAŁ	1253		GLIWICE	POL	M-30	69	M 159	00:13:54	00:35:47	00:55:35.90	5:33	10.8
160	SAK WOJCIECH	1298	CMP	SMOLNICA	POL	M-40	49	M 160	00:15:20	00:36:10	00:55:38.50	5:33	10.8
161	RYZNER MICHAŁ	1296	KS SOŚNICA GLIWICE	GLIWICE	POL	M-30	70	M 161	00:14:32	00:36:31	00:55:46.15	5:34	10.8
162	PACAN KRZYSZTOF	1243		BYTOM	POL	M-40	50	M 162	00:14:46	00:36:16	00:55:49.10	5:34	10.7
163	ŚLĘCZKOWSKI PIOTR	1350		GIERAŁTOWICE	POL	M-30	71	M 163	00:14:39	00:36:22	00:55:50.20	5:35	10.7
164	GRUDZIŃSKI JAKUB	1079		GLIWICE	POL	M-20	28	M 164	00:14:28	00:36:03	00:55:53.30	5:35	10.7
165	ĆWIKŁA GRZEGORZ	1036		GLIWICE	POL	M-50	14	M 165	00:14:46	00:36:09	00:55:54.90	5:35	10.7
166	ANDRUSZKIEWICZ ANDRZEJ	1004		RYBNIK	POL	M-40	51	M 166	00:14:10	00:35:47	00:56:10.30	5:37	10.7
167	MROCKOWSKI KRYSZTIAN	1216	HUTA ŁĄBĘDY S.A.	GLIWICE	POL	M-20	29	M 167	00:14:02	00:36:01	00:56:21.45	5:38	10.6
168	ZAREMBA TADEUSZ	1395		GLIWICE	POL	M-60	3	M 168	00:14:05	00:36:08	00:56:30.20	5:39	10.6
169	OLSZOK DAWID	1234	HIRSCHVOGEL	ZABRZE	POL	M-30	72	M 169	00:14:33	00:35:57	00:56:35.90	5:39	10.6
170	OCHKOVSKYY VALERIY	1232		GLIWICE	POL	M-40	52	M 170	00:15:36	00:37:25	00:56:41.35	5:40	10.6
171	ROŚĆ ADRIAN	1290	SHARK TOP TEAM BYTOM	PIEKARY ŚLĄSKIE	POL	M-20	30	M 171	00:14:09	00:36:20	00:56:44.45	5:40	10.6
172	TUZ DMYTRO	1358		GLIWICE	POL	M-30	73	M 172	00:15:41	00:38:26	00:56:44.50	5:40	10.6
173	SOWA JAROSŁAW	1327	NIEZRZESZONY	BĘDZIN	POL	M-60	4	M 173	00:14:34	00:36:35	00:56:49.60	5:40	10.6
174	PACHOLAK PATRYK	1244		NIEWIESZE	POL	M-20	31	M 174	00:14:40	00:36:54	00:56:51.75	5:41	10.6
175	ZENOWICZ PIOTR	1401	ATHLETICS NYSA	NYSA	POL	M-50	15	M 175	00:14:40	00:36:54	00:56:51.95	5:41	10.6
176	SZYMURA GRZEGORZ	1349	#HUTATEAM	PYSKOWICE	POL	M-30	74	M 176	00:14:24	00:36:34	00:57:01.30	5:42	10.5
177	MIKULSKI PRZEMEK	1443		GLIWICE	POL	M-30	75	M 177	00:15:41	00:38:26	00:57:08.30	5:42	10.5
178	WRÓBEL PAWEŁ	1386		CHORZÓW	POL	M-40	53	M 178	00:15:03	00:37:15	00:57:09.70	5:42	10.5
179	WRÓBEL MICHAŁ	1385		ZAWIERCIE	POL	M-40	54	M 179	00:15:02	00:37:16	00:57:09.80	5:42	10.5
180	MAKUCH DAMIAN	1189	#HUTATEAM	PYSKOWICE	POL	M-30	76	M 180	00:15:07	00:37:09	00:57:11.15	5:43	10.5
181	MAZANOWSKI JANUSZ	1199		GLIWICE	POL	M-30	77	M 181	00:15:27	00:37:40	00:57:19.65	5:43	10.5
182	PSIUK PIOTR	1277		ZABRZE	POL	M-30	78	M 182	00:14:17	00:36:29	00:57:23.55	5:44	10.5

GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
183	RASZKOWSKI ADAM	1284	#HUTATEAM	GLIWICE	POL	M-30	79	M 183	00:14:39	00:37:08	00:57:29.25	5:44	10.4
184	FOLEK MATEUSZ	1054	#HUTATEAM	PYSKOWICE	POL	M-30	80	M 184	00:14:22	00:37:09	00:57:31.55	5:45	10.4
185	SMOŁA MIECZYSLAW	1318		GLIWICE	POL	M-60	5	M 185	00:14:52	00:36:33	00:57:32.05	5:45	10.4
186	GUNIA KRYSZTIAN	1081		GLIWICE	POL	M-60	6	M 186	00:14:18	00:36:32	00:57:44.50	5:46	10.4
187	ORLICKI IRENEUSZ	1237	#HUTATEAM	GLIWICE	POL	M-40	55	M 187	00:15:09	00:37:22	00:57:47.55	5:46	10.4
188	SELIGA PAWEŁ	1301	BIEGAJ Z TRENERAMI GLIWICE	GLIWICE	POL	M-30	81	M 188	00:14:04	00:36:29	00:57:50.15	5:47	10.4
189	PAWEŁAK SZYMON	1460		BLACHOWNIA	POL	M-20	32	M 189	00:14:50	00:37:02	00:57:55.80	5:47	10.4
190	ULIASZ KRZYSZTOF	1361	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	56	M 190	00:15:19	00:38:35	00:57:58.40	5:47	10.4
191	DYLSKI JACEK	1048		GLIWICE	POL	M-30	82	M 191	00:15:04	00:37:20	00:58:03.55	5:48	10.3
192	ZYGMĄSKI PIOTR	1432		GLIWICE	POL	M-40	57	M 192	00:14:37	00:36:55	00:58:04.70	5:48	10.3
193	ORZAŻEWSKI MAREK	1239	HIRSCHVOGEL	BYTOM	POL	M-30	83	M 193	00:15:18	00:38:34	00:58:04.85	5:48	10.3
194	PIERONKIEWICZ KAMIL	1260		GLIWICE	POL	M-30	84	M 194	00:14:45	00:37:34	00:58:09.45	5:48	10.3
195	WARECKI WOJCIECH	1450		PIEKARY ŚLĄSKIE	POL	M-40	58	M 195	00:13:33	00:36:44	00:58:11.35	5:49	10.3
196	WIERCIŃSKI ROBERT	1369		GLIWICE	POL	M-40	59	M 196	00:15:12	00:37:50	00:58:12.20	5:49	10.3
197	PNIEWSKI KAMIL	1265		GLIWICE	POL	M-30	85	M 197	00:15:08	00:38:22	00:58:15.05	5:49	10.3
198	ROLNIK TOMASZ	1287		GLIWICE	POL	M-30	86	M 198	00:14:41	00:37:08	00:58:19.50	5:49	10.3
199	WOŹNIAK MARIUSZ	1413		SOSNOWIEC	POL	M-40	60	M 199	00:14:59	00:37:37	00:58:26.85	5:50	10.3
200	NIEMIEC RAFAŁ	1224	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	61	M 200	00:15:04	00:37:39	00:58:27.15	5:50	10.3
201	PASZKOWSKI WALDEMAR	1252		PYSKOWICE	POL	M-50	16	M 201	00:13:20	00:36:21	00:58:38.55	5:51	10.2
202	LENCZYK MARIUSZ	1176		GLIWICE	POL	M-20	33	M 202	00:14:47	00:37:22	00:58:38.65	5:51	10.2
203	FURMAN MICHAŁ	1060		GLIWICE	POL	M-20	34	M 203	00:15:28	00:37:17	00:58:48.80	5:52	10.2
204	WILKOŃ ARTUR	1373	#HUTATEAM	GLIWICE	POL	M-40	62	M 204	00:14:49	00:37:33	00:58:49.60	5:52	10.2
205	KOŁAKOWSKI TOMASZ	1459	PKO KATOWICE	KATOWICE	POL	M-20	35	M 205	00:15:41	00:39:00	00:58:51.55	5:53	10.2
206	GÓRSKI JAKUB	1073	HUTATEAM	KLESZCZÓW	POL	M-20	36	M 206	00:15:45	00:38:58	00:58:52.45	5:53	10.2
207	JANAS PIOTR	1480		GLIWICE	POL	M-50	17	M 207	00:15:05	00:38:17	00:58:55.55	5:53	10.2
208	KOWACZ ADRIAN	1147	#HUTATEAM	KLESZCZÓW	POL	M-30	87	M 208	00:16:30	00:39:52	00:59:05.75	5:54	10.2
209	ŚMIERTKA GRZEGORZ	1351	#HUTATEAM	TARNOWSKIE GÓRY	POL	M-30	88	M 209	00:15:43	00:40:41	00:59:09.15	5:54	10.1
210	PRZYBYŁA KRYSZTIAN	1276		HAŻLACH	POL	M-30	89	M 210	00:16:05	00:38:57	00:59:09.30	5:54	10.1
211	LANGE MARCIN	1169	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	M-30	90	M 211	00:14:50	00:38:02	00:59:13.45	5:55	10.1
212	MAGURNO FRANCO	1481		KATOWICE	POL	M-40	63	M 212	00:15:38	00:38:52	00:59:21.90	5:56	10.1
213	SNOCHOWSKI MIREK	1321	SZOMBIERKI CHODZĄ I BIEGAJĄ	BYTOM	POL	M-50	18	M 213	00:15:10	00:38:48	00:59:32.10	5:57	10.1
214	MISKIEWICZ ANDRZEJ	1211	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	M-50	19	M 214	00:15:09	00:38:33	00:59:32.20	5:57	10.1
215	STASIK MIROSLAW	1330	HUTATEAM	PYSKOWICE	POL	M-40	64	M 215	00:16:06	00:39:48	00:59:45.00	5:58	10
216	POWAŁKA PIOTR	1269	SOCIOS SILESIA	RUDA ŚLĄSKA	POL	M-40	65	M 216	00:16:02	00:39:22	00:59:48.20	5:58	10
217	SMOLARCZYK MICHAŁ	1479		GLIWICE	POL	M-40	66	M 217	00:16:03	00:39:22	00:59:48.70	5:58	10
218	JURETKO ADAM	1107		CHORZÓW	POL	M-40	67	M 218	00:14:57	00:38:27	00:59:53.15	5:59	10
219	KOPER TOMASZ	1140		GLIWICE	POL	M-30	91	M 219	00:14:34	00:37:59	01:00:02.50	6:00	10
220	JAWORSKI MARCIN	1105		BĘDZIN	POL	M-40	68	M 220	00:14:41	00:37:57	01:00:14.20	6:01	10
221	DZIECIĄTKOWSKI JAROSŁAW	1049	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	69	M 221	00:16:02	00:39:41	01:00:27.00	6:02	9.9
222	WIETRZYCKI ZENON	1372		GLIWICE	POL	M-60	7	M 222	00:14:33	00:38:21	01:00:27.05	6:02	9.9
223	KACZMARZYK ARKADIUSZ	1110		GLIWICE	POL	M-30	92	M 223	00:15:49	00:39:35	01:00:39.75	6:03	9.9
224	POŁOCZEK ADAM	1423	PKO KATOWICE	KATOWICE	POL	M-40	70	M 224	00:15:40	00:39:01	01:00:48.10	6:04	9.9
225	DROZD MARCIN	1421	PKO KATOWICE	TYCHY	POL	M-40	71	M 225	00:15:42	00:39:01	01:00:49.05	6:04	9.9
226	PSIUK-MAKSYMOWICZ KRZYSZTOF	1278	POLITECHNIKA ŚLĄSKA	GLIWICE	POL	M-40	72	M 226	00:14:39	00:37:44	01:00:52.10	6:05	9.9
227	SONDEJ TOMASZ	1325	#HUTATEAM	GLIWICE	POL	M-40	73	M 227	00:15:13	00:38:44	01:00:57.70	6:05	9.8
228	CZERNACHOWSKI MAREK	1033	STARY HANGAR	TARNOWSKIE GÓRY	POL	M-50	20	M 228	00:16:08	00:39:50	01:01:09.25	6:06	9.8
229	RYTEL JAKUB	1295		BYTOM	POL	M-30	93	M 228	00:16:24	00:41:04	01:01:09.25	6:06	9.8
230	RADLIŃSKI WOJCIECH	1282		GIERAŁTOWICE	POL	M-40	74	M 230	00:15:17	00:38:51	01:01:11.45	6:07	9.8
231	ZEGARTOWSKI GRZEGORZ	1397		GLIWICE	POL	M-40	75	M 231	00:15:20	00:38:56	01:01:12.40	6:07	9.8
232	STELMASZCZYK DAWID	1334	BEERTEAM	BYTOM	POL	M-20	37	M 232	00:16:39	00:40:56	01:01:22.20	6:08	9.8
233	DYCHA BARTOSZ	1457		WROCŁAW	POL	M-30	94	M 233	00:17:03	00:41:47	01:01:37.25	6:09	9.7
234	POŁOCZEK MATEUSZ	1268	OST TEAM	DZIEWKOWICE	POL	M-20	38	M 234	00:16:05	00:39:09	01:01:41.70	6:10	9.7
235	DRABIK MAREK	1044		GLIWICE	POL	M-40	76	M 235	00:15:54		01:01:45.45	6:10	9.7
236	PRZYBYLSKI PAWEŁ	1275	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	95	M 236	00:15:20	00:38:56	01:01:57.15	6:11	9.7
237	GRAMŚ BOGUMIŁ	1075	NEXTEER RUNNERS	GLIWICE	POL	M-30	96	M 237	00:15:47	00:41:02	01:02:06.90	6:12	9.7
238	ROŻEK RAFAŁ	1292		GLIWICE	POL	M-40	77	M 238	00:15:36	00:39:56	01:02:09.55	6:12	9.7
239	FURMANEK GRZEGORZ	1061	BEERTEAM	GLIWICE	POL	M-20	39	M 239	00:16:39	00:40:55	01:02:12.90	6:13	9.6

GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
240	CHĘCIŃSKI TOMASZ	1026		GLIWICE	POL	M-40	78	M 240	00:16:16	00:40:10	01:02:15.60	6:13	9.6
241	SZULCEK ARKADIUSZ	1411		GLIWICE	POL	M-30	97	M 241	00:16:33	00:40:57	01:02:27.50	6:14	9.6
242	SOKOŁOWSKI ŁUKASZ	1324		GLIWICE	POL	M-30	98	M 242	00:15:17	00:40:03	01:02:31.05	6:15	9.6
243	ROSIŃSKI SŁAWOMIR	1289		BYTOM	POL	M-50	21	M 243	00:15:44	00:40:02	01:02:36.35	6:15	9.6
244	JAKUBIEC ŁUKASZ	1094		GLIWICE	POL	M-30	99	M 244	00:15:58	00:39:47	01:02:46.25	6:16	9.6
245	GÓRA MAREK	1072		TARNOWSKIE GÓRY	POL	M-50	22	M 245	00:15:49	00:40:58	01:02:53.45	6:17	9.5
246	PACZKOWSKI JACEK	1246		ZABRZE	POL	M-50	23	M 246	00:16:01	00:40:24	01:03:08.10	6:18	9.5
247	KRAJEWSKI ADAM	1451	OASIS SPORT TEAM	GLIWICE	POL	M-40	79	M 247	00:15:46	00:40:18	01:03:16.15	6:19	9.5
248	FOJCIK RYSZARD	1053		GLIWICE	POL	M-50	24	M 248	00:16:30	00:41:04	01:03:44.55	6:22	9.4
249	KUWAK BOGDAN	1165	WARTO BIEGAĆ ZAWIERCIE	MYSZKÓW	POL	M-50	25	M 249	00:15:54	00:41:20	01:04:00.80	6:24	9.4
250	JASTRZĘBSKI MICHAŁ	1103		GLIWICE	POL	M-40	80	M 250	00:16:21	00:41:19	01:04:06.35	6:24	9.4
251	DZIEDZIC DOMINIK	1050		GLIWICE	POL	M-30	100	M 251	00:16:10	00:41:20	01:04:19.45	6:25	9.3
252	MAREK ROBERT	1194		GLIWICE	POL	M-40	81	M 252	00:16:01	00:41:10	01:04:33.25	6:27	9.3
253	CZYŻYKOWSKI MARCIN	1035	TELMART RUN CLUB	ŚWIĘTOCHŁOWICE	POL	M-40	82	M 253	00:16:53	00:42:00	01:04:34.85	6:27	9.3
254	GIERCZYCKI MICHAŁ	1068	CHRZĄSZCZE CHRABĄSZCZE	GLIWICE	POL	M-30	101	M 254	00:17:15	00:42:24	01:04:35.90	6:27	9.3
255	SOBCZYK PATRYK	1322		CZESTOCHOWA	POL	M-30	102	M 255	00:15:17	00:41:03	01:04:51.95	6:29	9.3
256	WIERZBICA ADRIAN	1371		WILCZA	POL	M-40	83	M 256	00:16:38	00:42:23	01:04:53.20	6:29	9.2
257	KLIKS ANDRZEJ	1123		SOSNOWIEC	POL	M-40	84	M 257	00:16:33	00:42:17	01:05:26.15	6:32	9.2
258	KLIKS STANISŁAW	1124		ZABRZE	POL	M-60	8	M 258	00:16:33	00:42:17	01:05:26.30	6:32	9.2
259	MACURA MARCIN	1186		ZABRZE	POL	M-30	103	M 259	00:15:51	00:42:14	01:05:55.70	6:35	9.1
260	BIENKOWSKI PAWEŁ	1014		KNURÓW	POL	M-30	104	M 260	00:17:38	00:43:54	01:06:09.60	6:36	9.1
261	TYŃSKI MICHAŁ	1359		KRZYKÓW	POL	M-40	85	M 261	00:17:03	00:43:17	01:06:16.40	6:37	9.1
262	BOGUSZ JAROSŁAW	1018	WARSAW RUNNERS	WARSZAWA	POL	M-50	26	M 262	00:16:14	00:42:05	01:06:52.20	6:41	9
263	MAZUR PAWEŁ	1201		GLIWICE	POL	M-20	40	M 263	00:17:04	00:43:22	01:07:26.00	6:44	8.9
264	MALINOWSKI PRZEMEK	1191		RYBNIK	POL	M-40	86	M 264	00:17:01	00:43:42	01:07:28.65	6:44	8.9
265	KRZYK JAROSŁAW	1157		TYCHY	POL	M-40	87	M 265	00:17:01	00:43:42	01:07:28.85	6:44	8.9
266	WRÓŃSKI MARCIN	1384		WOJKOWICE	POL	M-40	88	M 266	00:17:42	00:43:41	01:07:39.35	6:45	8.9
267	ROJEK MICHAŁ	1286		GLIWICE	POL	M-40	89	M 267	00:16:56	00:43:47	01:08:41.20	6:52	8.7
268	SZYMOS DAMIAN	1348	RYWAŁ GLIWICE	GLIWICE	POL	M-30	105	M 268	00:16:30	00:43:16	01:08:56.30	6:53	8.7
269	ŁUKASZEWSKI PIOTR	1183		GLIWICE	POL	M-40	90	M 269	00:17:00	00:44:05	01:09:08.05	6:54	8.7
270	JASTO SŁAWOMIR	1102		KNURÓW	POL	M-40	91	M 270	00:17:39	00:45:02	01:09:26.95	6:56	8.6
271	PŁOSKONKA TOMASZ	1263		KATOWICE	POL	M-30	106	M 271	00:16:38	00:43:43	01:09:43.85	6:58	8.6
272	NĘDZA RYSZARD	1223	HIRSCHVOGEL	GLIWICE	POL	M-50	27	M 272	00:16:28	00:44:33	01:09:58.70	6:59	8.6
273	HABRAJSKI MICHAŁ	1082		GLIWICE	POL	M-40	92	M 273	00:16:46	00:44:32	01:10:14.10	7:01	8.5
274	MALEC MAREK	1433		GLIWICE	POL	M-20	41	M 274	00:16:07	00:44:10	01:10:15.35	7:01	8.5
275	DUDRA PIOTR	1045	#HUTATEAM	GLIWICE	POL	M-20	42	M 275	00:16:31	00:44:36	01:10:19.40	7:01	8.5
276	FRYDRYCH PRZEMYSŁAW	1058	KEMPER TEAM	GLIWICE	POL	M-30	107	M 276	00:17:30	00:45:47	01:11:38.35	7:09	8.4
277	SZENDZIELORZ MAREK	1345	KEMPER TEAM	GLIWICE	POL	M-40	93	M 277	00:17:30	00:45:48	01:11:38.75	7:09	8.4
278	MĘDRAŁA JACEK	1203	ABUS CRANE SYSTEMS POLSKA	GLIWICE	POL	M-40	94	M 278	00:17:31	00:45:48	01:11:38.90	7:09	8.4
279	PRYMAS KRYSZTIAN	1454		GLIWICE	POL	M-30	108	M 279	00:17:41	00:46:45	01:12:49.60	7:16	8.2
280	WYLEŻOŁ MAREK	1389		ZABRZE	POL	M-50	28	M 280	00:17:43	00:47:19	01:14:18.60	7:25	8.1
281	SIEDLECKI LESŁAW	1303		GLIWICE	POL	M-60	9	M 281	00:19:21	00:48:26	01:14:54.10	7:29	8
282	ZEGZUŁA JAKUB	1399	#HUTATEAM	GLIWICE	POL	M-20	43	M 282	00:21:13	00:53:16	01:22:04.15	8:12	7.3
283	ZEGZUŁA ŁUKASZ	1398	#HUTATEAM	GLIWICE	POL	M-40	95	M 283	00:25:38	01:04:39	01:37:54.60	9:47	6.1
DNC	PIEKIEŁKO JAKUB	1259		KĘTY	POL	M-30	DNC	DNC		00:10:53	00:31:27.65	0:00	19.1
DNC	HANDZLIK ARTUR	1085		KĘTY	POL	M-40	DNC	DNC		00:10:53	00:31:28.10	0:00	19.1
DNC	SIUDA DANIEL	1306		MYSŁOWICE	POL	M-40	DNC	DNC			00:39:02.85	0:00	15.4
DNC	CHOLEWA TOMASZ	1029		GLIWICE	POL	M-40	DNC	DNC	00:25:25		00:39:26.10	0:00	15.2

GLIWICKA DYCHA, Niepełnosprawni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	WANDZEL PIOTR	1364		GLIWICE	POL	M-30	34	M 69	00:13:05	00:31:40	00:48:16.10	4:49	12.4
2	STANEK NATALIA	1328		GLIWICE	POL	K-30	45	K 76	00:14:59	00:38:45	01:01:00.05	6:06	9.8
3	JANIK SYLWIA	1095	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-30	54	K 101	00:15:51	00:40:41	01:03:42.15	6:22	9.4

GLIWICKA DYCHA, Mieszkanki Gliwic

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	HAŁKA OLIWIA	1084		GLIWICE	POL	K-20	3	K 5	00:11:04	00:27:34	00:42:36.25	4:15	14.1
2	LEGASZEWSKA MARIA	1174		GLIWICE	POL	K-20	4	K 6	00:10:07	00:26:51	00:42:41.10	4:16	14.1
3	SZOŁTYSEK-GRZESIKIEWICZ ANNA	1347		GLIWICE	POL	K-30	4	K 11	00:12:04	00:30:12	00:47:16.65	4:43	12.7
4	ZENOWICZ KINGA	1400	ATHLETICS NYSA	NYSA	POL	K-20	7	K 12	00:11:56	00:30:45	00:48:17.50	4:49	12.4
5	GROCHOWSKA ANNA	1077		GLIWICE	POL	K-30	6	K 15	00:12:55	00:32:22	00:50:06.55	5:00	12
6	NIEMIEC SŁAWEK	1225	INTERGRAFIK.PL	GLIWICE	POL	K-30	7	K 16	00:13:09	00:32:41	00:50:37.00	5:03	11.9
7	PAWLIK ANETA	1254		GLIWICE	POL	K-30	9	K 18	00:12:42	00:33:15	00:51:44.50	5:10	11.6
8	PAJER ALEKSANDRA	1249	ISTA BIEGAMY	GLIWICE	POL	K-30	11	K 20	00:13:19	00:33:36	00:52:04.75	5:12	11.5
9	MICHALIK ZGONIA	1205	BABSKA KORBA	44-100	POL	K-30	14	K 25	00:13:12	00:34:09	00:53:30.00	5:21	11.2
10	KOMANDER KATARZYNA	1134	JOMAR RUNNERS	GLIWICE	POL	K-20	8	K 26	00:13:09	00:34:35	00:53:39.00	5:21	11.2
11	WIERCIŃSKA ANETA	1368		GLIWICE	POL	K-30	17	K 29	00:13:40	00:34:36	00:54:15.45	5:25	11.1
12	KARPIŃSKA KATARZYNA	1115		GLIWICE	POL	K-30	19	K 31	00:13:26	00:34:29	00:54:37.40	5:27	11
13	ZAPOTOCZNA RENATA	1393		GLIWICE	POL	K-40	5	K 33	00:14:09	00:35:06	00:54:52.75	5:29	10.9
14	KACZMAREK KATARZYNA	1109	STG GLIWICE	GLIWICE	POL	K-40	6	K 39	00:13:50	00:35:51	00:55:54.90	5:35	10.7
15	PIEKARZ MAŁGORZATA	1258	DRUŻYNA JEDYNKI	GLIWICE	POL	K-30	24	K 40	00:14:30	00:36:10	00:56:02.80	5:36	10.7
16	SALA NELA	1299		GLIWICE	POL	K-30	25	K 41	00:13:43	00:35:44	00:56:07.90	5:36	10.7
17	KELLER ANETA	1119		GLIWICE	POL	K-30	26	K 42	00:14:47	00:36:10	00:56:27.80	5:38	10.6
18	ŁYSIAK MAGDALENA	1418		GLIWICE	POL	K-30	27	K 45	00:14:12	00:36:36	00:57:01.80	5:42	10.5
19	KUNOWSKA MAŁGORZATA	1410		GLIWICE	POL	K-30	28	K 46	00:14:32	00:36:51	00:57:05.75	5:42	10.5
20	KOTLARSKA ANNA	1146		GLIWICE	POL	K-40	7	K 49	00:15:28	00:37:41	00:57:33.95	5:45	10.4
21	PAJOR IZABELA	1250		GLIWICE	POL	K-30	30	K 50	00:14:11		00:57:35.35	5:45	10.4
22	BALCER WERONIKA	1005	JOMAR RUNNERS	GLIWICE	POL	K-30	31	K 51	00:14:12	00:36:47	00:57:51.85	5:47	10.4
23	OSOWSKA KATARZYNA	1240		GLIWICE	POL	K-40	8	K 53	00:15:05	00:37:36	00:58:02.75	5:48	10.3
24	LIPIŃSKA ANITA	1179		GLIWICE	POL	K-30	33	K 55	00:15:22	00:37:34	00:58:05.80	5:48	10.3
25	NOWAKOWSKA-TRZASKA JOANNA	1230	GLIWICKA GRUPA BIEGACZY	GLIWICE	POL	K-40	9	K 57	00:14:34	00:37:06	00:58:27.00	5:50	10.3
26	BAŁAJ ANNA	1007		GLIWICE	POL	K-30	35	K 58	00:16:29		00:58:31.10	5:51	10.3
27	WOJTKIEWICZ MARZENA	1381		GLIWICE	POL	K-40	10	K 61	00:16:14	00:39:17	00:59:01.25	5:54	10.2
28	LIS ALEKSANDRA	1181		GLIWICE	POL	K-20	13	K 62	00:14:28	00:37:52	00:59:10.10	5:55	10.1
29	HERUD SANDRA	1087	GLIWICKA RADA ROWEROWA	GLIWICE	POL	K-30	38	K 63	00:14:59	00:38:09	00:59:12.90	5:55	10.1
30	BEMŚ EMILIA	1422		GLIWICE	POL	K-30	39	K 64	00:16:14	00:39:33	00:59:16.55	5:55	10.1
31	WOJTKIEWICZ MARTA	1382		GLIWICE	POL	K-20	14	K 66	00:16:11	00:38:46	00:59:20.75	5:56	10.1
32	ZAKLIŃSKA KASIA	1391		GLIWICE	POL	K-40	12	K 67	00:15:58	00:39:06	00:59:34.55	5:57	10.1
33	WARYSZAK JOANNA	1365	BAKALOVE	GLIWICE	POL	K-30	40	K 68	00:15:03	00:38:29	00:59:46.60	5:58	10
34	KLIMASARA MAŁGORZATA	1439		GLIWICE	POL	K-30	43	K 72	00:14:55	00:38:30	01:00:13.05	6:01	10
35	STANEK NATALIA	1328		GLIWICE	POL	K-30	45	K 76	00:14:59	00:38:45	01:01:00.05	6:06	9.8
36	KULPIŃSKA ANNA	1163	START HANGAR	GLIWICE	POL	K-40	15	K 79	00:16:07	00:39:51	01:01:09.25	6:06	9.8
37	KRAJEWSKA KATARZYNA	1151	BOJKÓW TEAM	GLIWICE	POL	K-30	47	K 80	00:15:52		01:01:13.55	6:07	9.8
38	NOWOCIN PATRYCJA	1231		GLIWICE	POL	K-20	16	K 81	00:13:46	00:37:21	01:01:18.25	6:07	9.8
39	ROŻEK MARIOLA	1291	#HUTATEAM	GLIWICE	POL	K-30	49	K 83	00:15:35	00:39:56	01:02:09.25	6:12	9.7
40	HAWLICKA ANIA	1455	LILA TEAM	GLIWICE	POL	K-40	16	K 85	00:15:13	00:39:00	01:02:10.85	6:13	9.7
41	KWAŚNIEWSKA OLA	1166	BANDA Z POŁUDNIA	GLIWICE	POL	K-30	50	K 86	00:16:39	00:40:55	01:02:15.85	6:13	9.6
42	KULIK KATARZYNA	1162		GLIWICE	POL	K-30	52	K 88	00:15:21	00:39:56	01:02:29.20	6:14	9.6
43	CHĘCIŃSKA AGNIESZKA	1025		GLIWICE	POL	K-40	17	K 89	00:16:15	00:40:22	01:02:38.10	6:15	9.6
44	KAPTACZ MAGDALENA	1114		GLIWICE	POL	K-40	18	K 90	00:15:29	00:39:53	01:02:40.30	6:16	9.6
45	MICZKA JUSTYNA	1209		GLIWICE	POL	K-40	20	K 94	00:16:19	00:40:40	01:02:59.40	6:17	9.5
46	PAJĄK ALEKSANDRA	1248		GLIWICE	POL	K-40	21	K 95	00:15:45		01:03:14.20	6:19	9.5
47	TOWAREK AGNIESZKA	1356		GLIWICE	POL	K-40	23	K 97	00:16:09	00:40:32	01:03:23.75	6:20	9.5
48	OPANOWSKA ANNA	1235	-	GLIWICE	POL	K-40	24	K 98	00:15:35	00:40:31	01:03:27.70	6:20	9.5
49	HILASZEK MARZENA	1088		GLIWICE	POL	K-40	27	K 104	00:16:11	00:41:15	01:04:19.10	6:25	9.3
50	PACZOSKA KOTTMANN DOROTA	1247		GLIWICE	POL	K-30	56	K 105	00:15:35	00:40:34	01:04:32.30	6:27	9.3
51	FRANKIEWICZ MARZENA	1057		GLIWICE	POL	K-30	57	K 106	00:16:52	00:42:00	01:04:34.25	6:27	9.3
52	NOWAK EWA	1227		GLIWICE	POL	K-50	5	K 108	00:16:02	00:41:17	01:04:52.45	6:29	9.2
53	OSTROWSKA JUSTYNA	1241		GLIWICE	POL	K-30	59	K 114	00:16:40	00:42:02	01:05:47.70	6:34	9.1
54	GAJEWSKA IZABELA	1064		GLIWICE	POL	K-50	8	K 116	00:17:41	00:43:31	01:06:25.45	6:38	9
55	STACHOWSKA ALEKSANDRA	1429	TRI&MORE	GLIWICE	POL	K-40	31	K 117	00:15:44	00:41:27	01:06:26.05	6:38	9
56	KAWECKA-KUŹDŻAŁ AGNIESZKA	1117		GLIWICE	POL	K-40	32	K 119	00:17:19	00:43:31	01:06:35.45	6:39	9
57	STĘPOWANY MARTA	1337	BOJKÓW TEAM	GLIWICE	POL	K-30	61	K 121	00:16:28	00:43:13	01:07:04.30	6:42	8.9

GLIWICKA DYCHA, Mieszkanki Gliwic c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
58	KOPEC-BRUDEK MAGDALENA	1139		GLIWICE	POL	K-30	63	K 123	00:17:27	00:43:51	01:08:01.00	6:48	8.8
59	BOGACZ JAGODA	1017		GLIWICE	POL	K-40	33	K 124	00:16:21	00:43:47	01:08:19.90	6:49	8.8
60	ŁUKASZEWSKA JUSTYNA	1182		GLIWICE	POL	K-40	34	K 125	00:16:59	00:44:07	01:09:08.15	6:54	8.7
61	SLUZAŁEK MAŁGORZATA	1317	TRI&MORE	GLIWICE	POL	K-40	35	K 126	00:17:29	00:44:54	01:09:15.40	6:55	8.7
62	KOCCYAN MAŁGORZATA	1132		GLIWICE	POL	K-60	1	K 127	00:17:06	00:44:01	01:10:10.70	7:01	8.6
63	POŻNIAK-BOKŁAK HALINA	1271		GLIWICE	POL	K-60	2	K 128	00:16:45	00:44:00	01:10:42.70	7:04	8.5
64	KOPER DOROTA	1141		GLIWICE	POL	K-30	64	K 130	00:17:22	00:45:11	01:11:11.40	7:07	8.4
65	JĘDRZEJOWSKA-DEC ANNA	1424		GLIWICE	POL	K-40	36	K 131	00:18:13	00:45:53	01:11:14.00	7:07	8.4
66	DUDZICZ BARBARA	1425		GLIWICE	POL	K-40	37	K 132	00:17:56	00:45:53	01:11:15.75	7:07	8.4
67	BAK-DRABIK KATARZYNA	1010		GLIWICE	POL	K-40	39	K 134	00:17:59	00:46:40	01:11:56.90	7:11	8.3
68	FRANCZYK KINGA	1055	FUNDACJA TOŚKA I PRZYJACIELE	GLIWICE	POL	K-40	40	K 135	00:17:59	00:46:40	01:11:57.05	7:11	8.3
69	WIELGUS KAROLINA	1468		GLIWICE	POL	K-20	20	K 136	00:17:53	00:45:42	01:12:38.65	7:15	8.3
70	JAWORSKA-PRYMAS KAROLINA	1104		GLIWICE	POL	K-20	21	K 138	00:17:43	00:46:46	01:12:50.70	7:17	8.2
71	MRÓWKA ILONA	1218		GLIWICE	POL	K-50	11	K 144	00:17:21	00:46:32	01:14:52.40	7:29	8
72	HOMIŃSKA KRYSZYNA	1458		GLIWICE	POL	K-50	12	K 145	00:17:57	00:46:46	01:15:07.50	7:30	8
73	MICHAŁIK HONORATA	1204		GLIWICE	POL	K-30	66	K 146	00:19:47	00:52:46	01:23:46.95	8:22	7.2
DNC	CHOLEWA MAGDALENA	1028		44-117	POL	K-40	DNC	DNC		00:09:05	00:30:59.35	0:00	19.4
DNC	BLASZCZYK PAULINA	1015		GLIWICE	POL	K-30	DNC	DNC		00:09:51	00:31:26.95	0:00	19.1
DNC	PRZYDACZ ALEKSANDRA	1474		ZABRZE	POL	K-30	DNC	DNC		00:11:13	00:32:22.35	0:00	18.5
DNC	MARKOWSKA SYLWIA	1195		GLIWICE	POL	K-30	DNC	DNC			00:37:56.25	0:00	15.8

GLIWICKA DYCHA, Mieszkańcy Gliwic

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	MĘYŃCZAK JAKUB	1214	GVT BMC BORNGA 350FT	GLIWICE	POL	M-20	5	M 7	00:09:14	00:24:01	00:38:03.40	3:48	15.8
2	KLUCZNIK MIKOŁAJ	1129		GLIWICE	POL	M-20	6	M 8	00:09:39	00:24:49	00:38:19.55	3:49	15.7
3	SOBOLEWSKI KRZYSZTOF	1323		GLIWICE	POL	M-40	1	M 10	00:09:54	00:24:56	00:38:51.60	3:53	15.4
4	OCHMAN PAWEŁ	1233	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	4	M 11	00:09:54	00:25:01	00:39:01.50	3:54	15.4
5	DUŻNIAK DOMINIK	1046	STEP-DANCE	GLIWICE	POL	M-30	6	M 13	00:09:54	00:25:18	00:39:22.50	3:56	15.2
6	FALEJCZYK MATEUSZ	1051	HOLBOX RUNNERS	GLIWICE	POL	M-20	8	M 16	00:09:49	00:25:13	00:39:40.60	3:58	15.1
7	CZABAŃSKI RAFAŁ	1032	RUNHOGS TYCHY	GLIWICE	POL	M-40	4	M 20	00:10:28	00:26:18	00:40:26.65	4:02	14.8
8	WRZESIŃ DARIUSZ	1388	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 27	00:10:29	00:26:24	00:41:03.40	4:06	14.6
9	WOJAKOWSKI KRZYSZTOF	1380	K&K RUN	GLIWICE	POL	M-40	7	M 32	00:10:51	00:27:35	00:42:43.10	4:16	14
10	ALKER ANDRZEJ	1001	ALKER RUNNING TEAM	GLIWICE	POL	M-30	14	M 33	00:10:59	00:27:59	00:42:55.50	4:17	14
11	ŁYSY ŁUKASZ	1184		GLIWICE	POL	M-20	11	M 37	00:10:57	00:28:04	00:43:38.00	4:21	13.8
12	DONIGIEWICZ MARIUSZ	1420		GLIWICE	POL	M-40	9	M 39	00:11:13	00:28:25	00:43:57.15	4:23	13.7
13	URBAN JAKUB	1472		GLIWICE	POL	M-20	12	M 42	00:10:37	00:28:24	00:44:29.45	4:26	13.5
14	JEZUSEK PIOTR	1106		GLIWICE	POL	M-40	10	M 43	00:11:42	00:29:07	00:44:32.55	4:27	13.5
15	RUSZEL BARTEK	1482		GLIWICE	POL	M-40	11	M 46	00:10:34	00:28:31	00:45:09.25	4:30	13.3
16	CHEJDYS KRYSZTIAN	1461		GLIWICE	POL	M-30	21	M 47	00:11:18	00:29:21	00:45:14.30	4:31	13.3
17	SKRZYPIEC ŁUKASZ	1484		GLIWICE	POL	M-30	22	M 51	00:11:00	00:28:49	00:45:19.15	4:31	13.2
18	IGNASIAK JAKUB	1089	ABUS CRANE SYSTEMS	GLIWICE	POL	M-30	23	M 53	00:11:52	00:29:50	00:45:43.55	4:34	13.1
19	KASZOWSKI MARCIN	1116	KASZKI TEAM	GLIWICE	POL	M-40	16	M 57	00:12:02	00:30:23	00:46:25.80	4:38	12.9
20	NOWAK MATEUSZ	1226		GLIWICE	POL	M-30	28	M 60	00:11:02	00:29:42	00:47:00.20	4:42	12.8
21	DĘBOWSKI KRZYSZTOF	1041		GLIWICE	POL	M-30	29	M 61	00:11:51	00:30:18	00:47:02.10	4:42	12.8
22	GMEREK PIOTR	1070		GLIWICE	POL	M-30	31	M 64	00:12:03	00:30:37	00:47:40.95	4:46	12.6
23	ŻMUDZIŃSKI PIOTR	1409		GLIWICE	POL	M-30	32	M 65	00:12:28	00:31:31	00:47:50.70	4:47	12.5
24	MADEJCZYK TOMASZ	1467	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	M-40	18	M 66	00:12:28	00:31:32	00:47:50.95	4:47	12.5
25	RAK KRZYSZTOF	1283		GLIWICE	POL	M-30	33	M 68	00:12:47	00:31:38	00:48:04.10	4:48	12.5
26	WANDZEL PIOTR	1364		GLIWICE	POL	M-30	34	M 69	00:13:05	00:31:40	00:48:16.10	4:49	12.4
27	KRUK KRZYSZTOF	1155	STG GLIWICE	GLIWICE	POL	M-40	20	M 70	00:12:19	00:31:35	00:48:32.15	4:51	12.4
28	JASIK GRZEGORZ	1101	STG GLIWICE	GLIWICE	POL	M-40	21	M 72	00:12:11	00:31:28	00:48:38.00	4:51	12.3
29	STACHOWSKI WOJCIECH	1428	TRI&MORE	GLIWICE	POL	M-40	22	M 73	00:12:19	00:31:34	00:48:57.45	4:53	12.3
30	JACHYM ARKADIUSZ	1092		GLIWICE	POL	M-40	23	M 75	00:12:46	00:31:49	00:49:21.95	4:56	12.2
31	KWIATKOWSKI MARCIN	1168		ZABRZE	POL	M-30	36	M 77	00:12:38	00:31:45	00:49:24.45	4:56	12.1
32	OPANOWSKI DAREK	1236		GLIWICE	POL	M-50	5	M 78	00:12:23	00:31:52	00:49:27.80	4:56	12.1

GLIWICKA DYCHA, Mieszkańcy Gliwic c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
33	BROŻYNA PRZEMYSŁAW	1019		GLIWICE	POL	M-40	24	M 80	00:13:36	00:32:35	00:49:38.80	4:57	12.1
34	WOŹNIAKOWSKI JAN	1383	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	37	M 81	00:13:49	00:33:14	00:49:42.80	4:58	12.1
35	DOBOSZ DANIEL	1473		GLIWICE	POL	M-40	26	M 86	00:12:07	00:31:53	00:50:15.85	5:01	11.9
36	WIATR KRYSZTIAN	1367		GLIWICE	POL	M-30	40	M 87	00:12:23	00:32:04	00:50:26.60	5:02	11.9
37	WEBER TOMASZ	1466		GLIWICE	POL	M-30	41	M 88	00:13:17	00:32:53	00:50:29.25	5:02	11.9
38	LASKOWSKI ŁUKASZ	1171	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	42	M 89	00:12:22	00:31:57	00:50:33.45	5:03	11.9
39	LIPIŃSKI MICHAŁ	1180		GLIWICE	POL	M-30	43	M 90	00:11:58	00:31:57	00:50:35.60	5:03	11.9
40	HERUD TOMASZ	1086	GLIWICKA RADA ROWEROWA	GLIWICE	POL	M-30	44	M 94	00:12:51	00:33:08	00:51:19.95	5:07	11.7
41	GOLEC JAROSŁAW	1449	STG GLIWICE	GLIWICE	POL	M-50	7	M 95	00:12:25	00:32:51	00:51:25.45	5:08	11.7
42	WRÓBLEWSKI PAWEŁ	1387	BOJKÓW TEAM	GLIWICE	POL	M-30	45	M 97	00:14:01	00:33:33	00:51:31.55	5:09	11.6
43	MACH MARCIN	1185	LIGOTA TIGERS	GLIWICE	POL	M-40	30	M 99	00:12:52	00:32:54	00:51:36.10	5:09	11.6
44	ALKER ZBIGNIEW	1002	ALKER TEAM	GLIWICE	POL	M-50	9	M 102	00:13:17	00:32:53	00:51:45.25	5:10	11.6
45	PASTERNAK ZBIGNIEW	1251	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	10	M 106	00:13:52	00:33:39	00:51:51.35	5:11	11.6
46	PROCEK TOMASZ	1336		GLIWICE	POL	M-20	18	M 107	00:13:26	00:33:50	00:51:51.90	5:11	11.6
47	MAZUR KRZYSZTOF	1200	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	33	M 108	00:13:52	00:33:39	00:51:52.00	5:11	11.6
48	GRĄBCZEWSKI MARCIN	1076		GLIWICE	POL	M-30	47	M 109	00:13:22	00:33:11	00:51:56.70	5:11	11.6
49	MALCZEWSKI JACEK	1190	AZS GLIWICE JUDO	GLIWICE	POL	M-30	48	M 114	00:13:01	00:33:29	00:52:08.50	5:12	11.5
50	KOWALCZYK GRZEGORZ	1148		GLIWICE	POL	M-40	36	M 115	00:13:17	00:33:18	00:52:09.75	5:12	11.5
51	CIEPLIK GRZEGORZ	1030		GLIWICE	POL	M-30	49	M 116	00:13:12	00:33:44	00:52:24.35	5:14	11.5
52	MICHOŃ MACIEJ	1427		GLIWICE	POL	M-20	21	M 117	00:13:53	00:34:29	00:52:30.45	5:15	11.4
53	HAJOK MAREK	1083		GLIWICE	POL	M-40	37	M 118	00:12:58	00:33:37	00:52:34.50	5:15	11.4
54	SZULC SEBASTIAN	1436		GLIWICE	POL	M-30	51	M 123	00:13:39	00:34:09	00:53:02.90	5:18	11.3
55	SKULSKI TOMASZ	1456	LILA TEAM	GLIWICE	POL	M-40	41	M 125	00:13:35	00:34:37	00:53:05.70	5:18	11.3
56	ZAPOTOCZNY PRZEMEK	1394		GLIWICE	POL	M-40	42	M 127	00:14:09	00:34:54	00:53:08.55	5:18	11.3
57	KIZINIEWICZ KRZYSZTOF	1121		GLIWICE	POL	M-30	53	M 131	00:13:46	00:34:09	00:53:14.90	5:19	11.3
58	WIŚNIEWSKI MICHAŁ	1377	PHOENIX WORKOUT	GLIWICE	POL	M-30	54	M 132	00:14:29	00:34:49	00:53:15.45	5:19	11.3
59	FRANIA ANDRZEJ	1445		GLIWICE	POL	M-50	12	M 133	00:13:04	00:33:20	00:53:26.00	5:20	11.2
60	BEDNARSKI DANIEL	1011	BRAK	GLIWICE	POL	M-30	56	M 136	00:12:40	00:33:48	00:53:31.65	5:21	11.2
61	KONDRUSIEWICZ MICHAŁ	1437		GLIWICE	POL	M-30	57	M 137	00:14:01	00:35:06	00:53:34.45	5:21	11.2
62	ŚWIDLIK PIOTR	1352		GLIWICE	POL	M-30	58	M 138	00:13:15	00:34:17	00:53:48.05	5:22	11.2
63	MAŃKA MARCIN	1193	STREFA 04	GLIWICE	POL	M-30	59	M 139	00:15:20	00:36:09	00:53:49.25	5:22	11.1
64	KULA JAN	1161	DECATHLON CAR GLIWICE	GLIWICE	POL	M-30	61	M 141	00:12:53	00:34:07	00:53:56.20	5:23	11.1
65	SKORUPSKI PAWEŁ	1311		GLIWICE	POL	M-40	44	M 144	00:14:05	00:35:23	00:54:09.10	5:24	11.1
66	LEGIEŹYŃSKI KRZYSZTOF	1175		GLIWICE	POL	M-30	65	M 151	00:14:00	00:35:39	00:54:52.95	5:29	10.9
67	MICZKA ŁUKASZ	1208		GLIWICE	POL	M-30	66	M 152	00:13:46	00:34:55	00:54:53.60	5:29	10.9
68	SKUPIEŃ DARIUSZ	1314	#HUTATEAM	GLIWICE	POL	M-30	67	M 153	00:14:44	00:36:23	00:55:10.60	5:31	10.9
69	SIEWIER DAMIAN	1304		GLIWICE	POL	M-40	47	M 155	00:14:24	00:35:35	00:55:11.40	5:31	10.9
70	GAWŁOWSKI PIOTR	1066		GLIWICE	POL	M-20	27	M 156	00:13:57	00:35:50	00:55:22.25	5:32	10.8
71	ZWIERZYŃSKI TOMASZ	1408		GLIWICE	POL	M-30	68	M 157	00:14:27	00:36:02	00:55:27.05	5:32	10.8
72	PAWLIK MICHAŁ	1253		GLIWICE	POL	M-30	69	M 159	00:13:54	00:35:47	00:55:35.90	5:33	10.8
73	RYZNER MICHAŁ	1296	KS SOŃNICA GLIWICE	GLIWICE	POL	M-30	70	M 161	00:14:32	00:36:31	00:55:46.15	5:34	10.8
74	GRUDZIŃSKI JAKUB	1079		GLIWICE	POL	M-20	28	M 164	00:14:28	00:36:03	00:55:53.30	5:35	10.7
75	ĆWIKŁA GRZEGORZ	1036		GLIWICE	POL	M-50	14	M 165	00:14:46	00:36:09	00:55:54.90	5:35	10.7
76	MROCZKOWSKI KRYSZTIAN	1216	HUTA ŁĄBĘDY S.A.	GLIWICE	POL	M-20	29	M 167	00:14:02	00:36:01	00:56:21.45	5:38	10.6
77	ZAREMBA TADEUSZ	1395		GLIWICE	POL	M-60	3	M 168	00:14:05	00:36:08	00:56:30.20	5:39	10.6
78	OCHKOVSKYY VALERIY	1232		GLIWICE	POL	M-40	52	M 170	00:15:36	00:37:25	00:56:41.35	5:40	10.6
79	TUZ DMYTRO	1358		GLIWICE	POL	M-30	73	M 172	00:15:41	00:38:26	00:56:44.50	5:40	10.6
80	PACHOLAK PATRYK	1244		NIEWIESZE	POL	M-20	31	M 174	00:14:40	00:36:54	00:56:51.75	5:41	10.6
81	MIKULSKI PRZEMEK	1443		GLIWICE	POL	M-30	75	M 177	00:15:41	00:38:26	00:57:08.30	5:42	10.5
82	MAZANOWSKI JANUSZ	1199		GLIWICE	POL	M-30	77	M 181	00:15:27	00:37:40	00:57:19.65	5:43	10.5
83	RASZKOWSKI ADAM	1284	#HUTATEAM	GLIWICE	POL	M-30	79	M 183	00:14:39	00:37:08	00:57:29.25	5:44	10.4
84	FOLEK MATEUSZ	1054	#HUTATEAM	PYSKOWICE	POL	M-30	80	M 184	00:14:22	00:37:09	00:57:31.55	5:45	10.4
85	SMOŁA MIECZYŚLAW	1318		GLIWICE	POL	M-60	5	M 185	00:14:52	00:36:33	00:57:32.05	5:45	10.4
86	GUNIA KRYSZTIAN	1081		GLIWICE	POL	M-60	6	M 186	00:14:18	00:36:32	00:57:44.50	5:46	10.4
87	SELIGA PAWEŁ	1301	BIEGAJ Z TRENERAMI GLIWICE	GLIWICE	POL	M-30	81	M 188	00:14:04	00:36:29	00:57:50.15	5:47	10.4
88	ULIASZ KRZYSZTOF	1361	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	56	M 190	00:15:19	00:38:35	00:57:58.40	5:47	10.4
89	DYLSKI JACEK	1048		GLIWICE	POL	M-30	82	M 191	00:15:04	00:37:20	00:58:03.55	5:48	10.3

GLIWICKA DYCHA, Mieszkańcy Gliwic c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
90	ZYGMĄSKI PIOTR	1432		GLIWICE	POL	M-40	57	M 192	00:14:37	00:36:55	00:58:04.70	5:48	10.3
91	PIERONKIEWICZ KAMIL	1260		GLIWICE	POL	M-30	84	M 194	00:14:45	00:37:34	00:58:09.45	5:48	10.3
92	WIERCIŃSKI ROBERT	1369		GLIWICE	POL	M-40	59	M 196	00:15:12	00:37:50	00:58:12.20	5:49	10.3
93	PNIEWSKI KAMIL	1265		GLIWICE	POL	M-30	85	M 197	00:15:08	00:38:22	00:58:15.05	5:49	10.3
94	ROLNIK TOMASZ	1287		GLIWICE	POL	M-30	86	M 198	00:14:41	00:37:08	00:58:19.50	5:49	10.3
95	LENCZYK MARIUSZ	1176		GLIWICE	POL	M-20	33	M 202	00:14:47	00:37:22	00:58:38.65	5:51	10.2
96	FURMAN MICHAŁ	1060		GLIWICE	POL	M-20	34	M 203	00:15:28	00:37:17	00:58:48.80	5:52	10.2
97	WILKOŃ ARTUR	1373	#HUTATEAM	GLIWICE	POL	M-40	62	M 204	00:14:49	00:37:33	00:58:49.60	5:52	10.2
98	JANAS PIOTR	1480		GLIWICE	POL	M-50	17	M 207	00:15:05	00:38:17	00:58:55.55	5:53	10.2
99	SMOLARCZYK MICHAŁ	1479		GLIWICE	POL	M-40	66	M 217	00:16:03	00:39:22	00:59:48.70	5:58	10
100	KOPER TOMASZ	1140		GLIWICE	POL	M-30	91	M 219	00:14:34	00:37:59	01:00:02.50	6:00	10
101	DZIECIAŁKOWSKI JAROSŁAW	1049	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	69	M 221	00:16:02	00:39:41	01:00:27.00	6:02	9.9
102	WIETRZYCKI ZENON	1372		GLIWICE	POL	M-60	7	M 222	00:14:33	00:38:21	01:00:27.05	6:02	9.9
103	KACZMARZYK ARKADIUSZ	1110		GLIWICE	POL	M-30	92	M 223	00:15:49	00:39:35	01:00:39.75	6:03	9.9
104	PSIUK-MAKSYMOWICZ KRZYSZTOF	1278	POLITECHNIKA ŚLĄSKA	GLIWICE	POL	M-40	72	M 226	00:14:39	00:37:44	01:00:52.10	6:05	9.9
105	SONDEJ TOMASZ	1325	#HUTATEAM	GLIWICE	POL	M-40	73	M 227	00:15:13	00:38:44	01:00:57.70	6:05	9.8
106	RADLIŃSKI WOJCIECH	1282		GIERAŁTOWICE	POL	M-40	74	M 230	00:15:17	00:38:51	01:01:11.45	6:07	9.8
107	ZEGARTOWSKI GRZEGORZ	1397		GLIWICE	POL	M-40	75	M 231	00:15:20	00:38:56	01:01:12.40	6:07	9.8
108	DRABIK MAREK	1044		GLIWICE	POL	M-40	76	M 235	00:15:54		01:01:45.45	6:10	9.7
109	PRZYBYLSKI PAWEŁ	1275	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	95	M 236	00:15:20	00:38:56	01:01:57.15	6:11	9.7
110	GRAMŚ BOGUMIŁ	1075	NEXTEER RUNNERS	GLIWICE	POL	M-30	96	M 237	00:15:47	00:41:02	01:02:06.90	6:12	9.7
111	ROŻEK RAFAŁ	1292		GLIWICE	POL	M-40	77	M 238	00:15:36	00:39:56	01:02:09.55	6:12	9.7
112	FURMANEK GRZEGORZ	1061	BEERTEAM	GLIWICE	POL	M-20	39	M 239	00:16:39	00:40:55	01:02:12.90	6:13	9.6
113	CHĘCIŃSKI TOMASZ	1026		GLIWICE	POL	M-40	78	M 240	00:16:16	00:40:10	01:02:15.60	6:13	9.6
114	SZULCEK ARKADIUSZ	1411		GLIWICE	POL	M-30	97	M 241	00:16:33	00:40:57	01:02:27.50	6:14	9.6
115	SOKOŁOWSKI ŁUKASZ	1324		GLIWICE	POL	M-30	98	M 242	00:15:17	00:40:03	01:02:31.05	6:15	9.6
116	JAKUBIEC ŁUKASZ	1094		GLIWICE	POL	M-30	99	M 244	00:15:58	00:39:47	01:02:46.25	6:16	9.6
117	KRAJEWSKI ADAM	1451	OASIS SPORT TEAM	GLIWICE	POL	M-40	79	M 247	00:15:46	00:40:18	01:03:16.15	6:19	9.5
118	FOJCIK RYSZARD	1053		GLIWICE	POL	M-50	24	M 248	00:16:30	00:41:04	01:03:44.55	6:22	9.4
119	JĄSTRZĘBSKI MICHAŁ	1103		GLIWICE	POL	M-40	80	M 250	00:16:21	00:41:19	01:04:06.35	6:24	9.4
120	DZIEDZIC DOMINIK	1050		GLIWICE	POL	M-30	100	M 251	00:16:10	00:41:20	01:04:19.45	6:25	9.3
121	MAREK ROBERT	1194		GLIWICE	POL	M-40	81	M 252	00:16:01	00:41:10	01:04:33.25	6:27	9.3
122	GIERCZYCKI MICHAŁ	1068	CHRZĄSZCZE CHRABĄSZCZE	GLIWICE	POL	M-30	101	M 254	00:17:15	00:42:24	01:04:35.90	6:27	9.3
123	MAZUR PAWEŁ	1201		GLIWICE	POL	M-20	40	M 263	00:17:04	00:43:22	01:07:26.00	6:44	8.9
124	ROJEK MICHAŁ	1286		GLIWICE	POL	M-40	89	M 267	00:16:56	00:43:47	01:08:41.20	6:52	8.7
125	SZYMOS DAMIAN	1348	RYWAŁ GLIWICE	GLIWICE	POL	M-30	105	M 268	00:16:30	00:43:16	01:08:56.30	6:53	8.7
126	ŁUKASZEWSKI PIOTR	1183		GLIWICE	POL	M-40	90	M 269	00:17:00	00:44:05	01:09:08.05	6:54	8.7
127	NĘDZA RYSZARD	1223	HIRSCHVOGEL	GLIWICE	POL	M-50	27	M 272	00:16:28	00:44:33	01:09:58.70	6:59	8.6
128	HABRAJSKI MICHAŁ	1082		GLIWICE	POL	M-40	92	M 273	00:16:46	00:44:32	01:10:14.10	7:01	8.5
129	MALEC MAREK	1433		GLIWICE	POL	M-20	41	M 274	00:16:07	00:44:10	01:10:15.35	7:01	8.5
130	DUDRA PIOTR	1045	#HUTATEAM	GLIWICE	POL	M-20	42	M 275	00:16:31	00:44:36	01:10:19.40	7:01	8.5
131	FRYDRYCH PRZEMYSŁAW	1058	KEMPER TEAM	GLIWICE	POL	M-30	107	M 276	00:17:30	00:45:47	01:11:38.35	7:09	8.4
132	SZENDZIELORZ MAREK	1345	KEMPER TEAM	GLIWICE	POL	M-40	93	M 277	00:17:30	00:45:48	01:11:38.75	7:09	8.4
133	MĘDRAŁA JACEK	1203	ABUS CRANE SYSTEMS POLSKA	GLIWICE	POL	M-40	94	M 278	00:17:31	00:45:48	01:11:38.90	7:09	8.4
134	PRYMAS KRYSZTIAN	1454		GLIWICE	POL	M-30	108	M 279	00:17:41	00:46:45	01:12:49.60	7:16	8.2
135	SIEDLECKI LEŚLAW	1303		GLIWICE	POL	M-60	9	M 281	00:19:21	00:48:26	01:14:54.10	7:29	8
136	ZEGZUŁA JAKUB	1399	#HUTATEAM	GLIWICE	POL	M-20	43	M 282	00:21:13	00:53:16	01:22:04.15	8:12	7.3
137	ZEGZUŁA ŁUKASZ	1398	#HUTATEAM	GLIWICE	POL	M-40	95	M 283	00:25:38	01:04:39	01:37:54.60	9:47	6.1
DNC	CHOLEWA TOMASZ	1029		GLIWICE	POL	M-40	DNC	DNC	00:25:25		00:39:26.10	0:00	15.2

GLIWICKA DYCHA, K-20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	SITEK MONIKA	1305		HUTA STARA A	POL	K-20	1	K 1	00:10:06	00:25:47	00:40:36.90	4:03	14.8
2	PRUSKO GABRIELA	1273		PŁAWNIOWICE	POL	K-20	2	K 4	00:27:33	00:42:22.55		4:14	14.2
3	HAŁKA OLIWIA	1084		GLIWICE	POL	K-20	3	K 5	00:11:04	00:27:34	00:42:36.25	4:15	14.1

GLIWICKA DYCHA, K-20 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
4	LEGASZEWSKA MARIA	1174		GLIWICE	POL	K-20	4	K 6	00:10:07	00:26:51	00:42:41.10	4:16	14.1
5	KRUPOWICZ WIKTORIA	1156	ANNA HALSKA COACHING	MYŚLOWICE	POL	K-20	5	K 8	00:11:00	00:27:54	00:43:47.40	4:22	13.7
6	TELEUCKA SANDRA	1354	KU AZS POLITECHNIKA OPOLSKA/ #SZYMITEAM	JANKOWICE	POL	K-20	6	K 10	00:10:59	00:29:09	00:45:58.60	4:35	13.1
7	ZENOWICZ KINGA	1400	ATHLETICS NYSA	NYSA	POL	K-20	7	K 12	00:11:56	00:30:45	00:48:17.50	4:49	12.4
8	KOMANDER KATARZYNA	1134	JOMAR RUNNERS	GLIWICE	POL	K-20	8	K 26	00:13:09	00:34:35	00:53:39.00	5:21	11.2
9	KOŁASIŃSKA MONIKA	1463	STG GLIWICE	GLIWICE	POL	K-20	9	K 37	00:13:50	00:35:50	00:55:37.60	5:33	10.8
10	MATUSEK ANNA	1198		ZABRZE	POL	K-20	10	K 43	00:14:18	00:36:14	00:56:58.25	5:41	10.5
11	KOSIDŁOWSKA EWELINA	1143	BRAK	ZABRZE	POL	K-20	11	K 44	00:14:38	00:37:19	00:57:00.45	5:42	10.5
12	SOSADA NICOL	1326	ISTA BIEGAMY	ZBROSŁAWICE	POL	K-20	12	K 47	00:14:16	00:36:42	00:57:22.50	5:44	10.5
13	LIS ALEKSANDRA	1181		GLIWICE	POL	K-20	13	K 62	00:14:28	00:37:52	00:59:10.10	5:55	10.1
14	WOJTKIEWICZ MARTA	1382		GLIWICE	POL	K-20	14	K 66	00:16:11	00:38:46	00:59:20.75	5:56	10.1
15	MAĆKÓW KLAUDIA	1187		STROBICE	POL	K-20	15	K 71	00:14:58	00:38:30	00:59:51.45	5:59	10
16	NOWOCIN PATRYCJA	1231		GLIWICE	POL	K-20	16	K 81	00:13:46	00:37:21	01:01:18.25	6:07	9.8
17	CHODURA JULI	1027	STARY HANGAR GLIWICE	STANICA	POL	K-20	17	K 84	00:16:07	00:39:51	01:02:09.40	6:12	9.7
18	KACZOR ANGELIKA	1435		KRAKÓW	POL	K-20	18	K 93	00:15:58	00:40:18	01:02:58.85	6:17	9.5
19	JANOSZKA JULIA	1096	ŚLĄZACY BIEGAJĄ	ZABRZE	POL	K-20	19	K 115	00:16:45	00:42:40	01:06:01.50	6:36	9.1
20	WIELGUS KAROLINA	1468		GLIWICE	POL	K-20	20	K 136	00:17:53	00:45:42	01:12:38.65	7:15	8.3
21	JAWORSKA-PRYMAS KAROLINA	1104		GLIWICE	POL	K-20	21	K 138	00:17:43	00:46:46	01:12:50.70	7:17	8.2
22	MAĆKÓW MAŁGORZATA	1188		STROBICE	POL	K-20	22	K 142	00:17:07	00:46:19	01:14:34.65	7:27	8
23	KONDRATIEVA ANNA	1138		BIELSKO BIAŁA	POL	K-20	23	K 147	00:20:37		01:24:00.25	8:24	7.1

GLIWICKA DYCHA, M-20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	KOKOT DANIEL	1430	RAJSPOORT ACTIVE	OZIMEK	POL	M-20	1	M 1	00:08:44	00:22:13	00:34:26.80	3:26	17.4
2	GRZELKA CYPRIAN	1444	MKS VICTORIA RACIBÓRZ	POGRZEBIEŃ	POL	M-20	2	M 3	00:08:57	00:22:38	00:35:13.30	3:31	17
3	MENDYK PRZEMYSŁAW	1440	-	BOBREK	POL	M-20	3	M 4	00:08:57	00:22:38	00:35:21.45	3:32	17
4	STRZODA MARCIN	1338	AKTYWNA PSZCZYNA RUNNERS TEAM	TYCHY	POL	M-20	4	M 5	00:09:11	00:23:01	00:35:25.00	3:32	16.9
5	MŁYŃCZAK JAKUB	1214	GVT BMC BORNGA 3SOFT	GLIWICE	POL	M-20	5	M 7	00:09:14	00:24:01	00:38:03.40	3:48	15.8
6	KLUČZNIK MIKOŁAJ	1129		GLIWICE	POL	M-20	6	M 8	00:09:39	00:24:49	00:38:19.55	3:49	15.7
7	WĘŻIK MIKOŁAJ	1366		BYTOM	POL	M-20	7	M 15	00:10:03	00:25:34	00:39:36.70	3:57	15.2
8	FALEJCZYK MATEUSZ	1051	HOLBOX RUNNERS	GLIWICE	POL	M-20	8	M 16	00:09:49	00:25:13	00:39:40.60	3:58	15.1
9	FRANK ALEKSANDER	1056	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	REŃSKA WIEŚ	POL	M-20	9	M 22	00:10:22	00:26:14	00:40:32.00	4:03	14.8
10	MORAWSKI KONRAD	1448		DĄBROWA GÓRNICZA	POL	M-20	10	M 31	00:10:28	00:27:05	00:42:22.80	4:14	14.2
11	ŁYSY ŁUKASZ	1184		GLIWICE	POL	M-20	11	M 37	00:10:57	00:28:04	00:43:38.00	4:21	13.8
12	URBAN JAKUB	1472		GLIWICE	POL	M-20	12	M 42	00:10:37	00:28:24	00:44:29.45	4:26	13.5
13	UNGIER ŁUKASZ	1362	ELZAB ACTIVE TEAM	RADZIONKÓW	POL	M-20	13	M 49	00:11:18	00:29:11	00:45:15.75	4:31	13.3
14	KWAŚNIOK MARIUSZ	1167		PNIÓW	POL	M-20	14	M 79	00:12:37	00:31:59	00:49:30.90	4:57	12.1
15	BALONEK GRZEGORZ	1006	HIRSCHVOGEL	BYTOM	POL	M-20	15	M 84	00:13:58	00:32:56	00:49:59.90	4:59	12
16	JARZOMBK Cezary	1100		PYSKOWICE	POL	M-20	16	M 91	00:13:18	00:32:53	00:50:55.30	5:05	11.8
17	SZULC DAMIAN	1438		ORNONTOWICE	POL	M-20	17	M 103	00:13:39	00:33:46	00:51:46.80	5:10	11.6
18	PROCEK TOMASZ	1336		GLIWICE	POL	M-20	18	M 107	00:13:26	00:33:50	00:51:51.90	5:11	11.6
19	SKOP RAFAŁ	1310		STRZELCE OPOLSKIE	POL	M-20	19	M 111	00:12:32	00:32:36	00:52:03.10	5:12	11.5
20	SERAFIN SZYMON	1462		GLIWICE	POL	M-20	20	M 113	00:13:34	00:33:37	00:52:05.50	5:12	11.5
21	MICHON MACIEJ	1427		GLIWICE	POL	M-20	21	M 117	00:13:53	00:34:29	00:52:30.45	5:15	11.4
22	TULCZYJEW ŁUKASZ	1476		TOSZEK	POL	M-20	22	M 119	00:12:17	00:33:25	00:52:35.15	5:15	11.4
23	SKIBA ADRIAN	1308		TARNOWSKIE GÓRY	POL	M-20	23	M 126	00:14:22	00:35:10	00:53:07.90	5:18	11.3
24	JANOWSKI MICHAŁ	1097		ZABRZE	POL	M-20	24	M 129	00:13:59	00:34:47	00:53:14.15	5:19	11.3
25	KELLER PATRYK	1118	ŚLĄZACY BIEGAJĄ	BYTOM	POL	M-20	25	M 134	00:13:07	00:33:59	00:53:27.40	5:20	11.2
26	SKORUPSKI ŁUKASZ	1312		TYVHY	POL	M-20	26	M 145	00:14:06	00:35:24	00:54:11.60	5:25	11.1
27	GAWŁOWSKI PIOTR	1066		GLIWICE	POL	M-20	27	M 156	00:13:57	00:35:50	00:55:22.25	5:32	10.8
28	GRUDZIŃSKI JAKUB	1079		GLIWICE	POL	M-20	28	M 164	00:14:28	00:36:03	00:55:53.30	5:35	10.7
29	MROCZKOWSKI KRYSZTIAN	1216	HUTA ŁABĘDY S.A.	GLIWICE	POL	M-20	29	M 167	00:14:02	00:36:01	00:56:21.45	5:38	10.6
30	ROSÓŁ ADRIAN	1290	SHARK TOP TEAM BYTOM	PIEKARY ŚLĄSKIE	POL	M-20	30	M 171	00:14:09	00:36:20	00:56:44.45	5:40	10.6
31	PACHOLAK PATRYK	1244		NIEWIESZE	POL	M-20	31	M 174	00:14:40	00:36:54	00:56:51.75	5:41	10.6

GLIWICKA DYCHA, M-20 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
32	PAWEŁAK SZYMON	1460		BLACHOWNIA	POL	M-20	32	M 189	00:14:50	00:37:02	00:57:55.80	5:47	10.4
33	LENCZYK MARIUSZ	1176		GLIWICE	POL	M-20	33	M 202	00:14:47	00:37:22	00:58:38.65	5:51	10.2
34	FURMAN MICHAŁ	1060		GLIWICE	POL	M-20	34	M 203	00:15:28	00:37:17	00:58:48.80	5:52	10.2
35	KOŁAKOWSKI TOMASZ	1459	PKO KATOWICE	KATOWICE	POL	M-20	35	M 205	00:15:41	00:39:00	00:58:51.55	5:53	10.2
36	GÓRSKI JAKUB	1073	HUTATEAM	KLESZCZÓW	POL	M-20	36	M 206	00:15:45	00:38:58	00:58:52.45	5:53	10.2
37	STELMASZCZYK DAWID	1334	BEERTEAM	BYTOM	POL	M-20	37	M 232	00:16:39	00:40:56	01:01:22.20	6:08	9.8
38	POŁOCZEK MATEUSZ	1268	OST TEAM	DZIEWKOWICE	POL	M-20	38	M 234	00:16:05	00:39:09	01:01:41.70	6:10	9.7
39	FURMANEK GRZEGORZ	1061	BEERTEAM	GLIWICE	POL	M-20	39	M 239	00:16:39	00:40:55	01:02:12.90	6:13	9.6
40	MAZUR PAWEŁ	1201		GLIWICE	POL	M-20	40	M 263	00:17:04	00:43:22	01:07:26.00	6:44	8.9
41	MALEC MAREK	1433		GLIWICE	POL	M-20	41	M 274	00:16:07	00:44:10	01:10:15.35	7:01	8.5
42	DUDRA PIOTR	1045	#HUTATEAM	GLIWICE	POL	M-20	42	M 275	00:16:31	00:44:36	01:10:19.40	7:01	8.5
43	ZEGUŁA JAKUB	1399	#HUTATEAM	GLIWICE	POL	M-20	43	M 282	00:21:13	00:53:16	01:22:04.15	8:12	7.3

GLIWICKA DYCHA, K-30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	JADASZ ANNA	1093	VATTENFALL/ARKADIUSZGARDZIELEWSKI.PL	GOGOLIN	POL	K-30	1	K 2	00:10:30	00:26:49	00:41:47.30	4:10	14.4
2	STUHLIK MAGDALENA	1339	AKTYWNA PSZCZYNA RUNNERS TEAM	JARZĄBKOWICE	POL	K-30	2	K 3	00:10:27	00:26:50	00:41:49.25	4:10	14.3
3	PIECUCH AGNIESZKA	1257	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K-30	3	K 9	00:10:55	00:28:00	00:44:13.60	4:25	13.6
4	SZOŁTYSEK-GRZESIKIEWICZ ANNA	1347		GLIWICE	POL	K-30	4	K 11	00:12:04	00:30:12	00:47:16.65	4:43	12.7
5	ZIĘTEK KATARZYNA	1404		JAWORZNO	POL	K-30	5	K 13	00:12:11	00:31:21	00:48:42.00	4:52	12.3
6	GROCHOWSKA ANNA	1077		GLIWICE	POL	K-30	6	K 15	00:12:55	00:32:22	00:50:06.55	5:00	12
7	NIEMIEC SŁAWEK	1225	INTERGRAFIK.PL	GLIWICE	POL	K-30	7	K 16	00:13:09	00:32:41	00:50:37.00	5:03	11.9
8	KŁOZA IWONA	1127	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	8	K 17	00:12:55	00:32:40	00:50:52.40	5:05	11.8
9	PAWLIK ANETA	1254		GLIWICE	POL	K-30	9	K 18	00:12:42	00:33:15	00:51:44.50	5:10	11.6
10	MICHAŁSKA KAMILA	1207		CZĘSTOCHOWA	POL	K-30	10	K 19	00:13:04	00:33:32	00:51:51.55	5:11	11.6
11	PAJER ALEKSANDRA	1249	ISTA BIEGAMY	GLIWICE	POL	K-30	11	K 20	00:13:19	00:33:36	00:52:04.75	5:12	11.5
12	NOWAKOWSKA ALEKSANDRA	1229		GLIWICE	POL	K-30	12	K 23	00:13:54	00:34:06	00:52:48.45	5:16	11.4
13	LEDWIG IWONA	1173	MAMAX3	GLIWICE	POL	K-30	13	K 24	00:13:51	00:34:28	00:53:12.85	5:19	11.3
14	MICHAŁIK ZGONIA	1205	BABSKA KORBA	44-100	POL	K-30	14	K 25	00:13:12	00:34:09	00:53:30.00	5:21	11.2
15	POWROŹNIK PAULINA	1270		KATOWICE	POL	K-30	15	K 27	00:13:23	00:34:30	00:53:57.10	5:23	11.1
16	PETRUS KAROLINA	1485		KATOWICE	POL	K-30	16	K 28	00:13:16	00:34:37	00:54:13.90	5:25	11.1
17	WIERCIŃSKA ANETA	1368		GLIWICE	POL	K-30	17	K 29	00:13:40	00:34:36	00:54:15.45	5:25	11.1
18	ZIĘBA SABINA	1403		ORNONTOWICE	POL	K-30	18	K 30	00:13:19	00:34:53	00:54:22.80	5:26	11
19	KARPIŃSKA KATARZYNA	1115		GLIWICE	POL	K-30	19	K 31	00:13:26	00:34:29	00:54:37.40	5:27	11
20	MICHAŁSKA MAGDALENA	1206		GLIWICE	POL	K-30	20	K 32	00:14:21	00:35:18	00:54:46.50	5:28	11
21	CZYŻ WIOŁA	1034		ZABRZE	POL	K-30	21	K 34	00:13:28	00:34:59	00:55:13.90	5:31	10.9
22	BIELIŃSKA KAMILA	1013		ZABRZE	POL	K-30	22	K 35	00:13:28	00:35:14	00:55:14.70	5:31	10.9
23	IGNATOWICZ-DĘBSKA KATARZYNA	1090	THE PROSECCOS	WARSZAWA	POL	K-30	23	K 36	00:15:16	00:36:42	00:55:26.20	5:32	10.8
24	PIEKARZ MAŁGORZATA	1258	DRUŻYNA JEDYNKI	GLIWICE	POL	K-30	24	K 40	00:14:30	00:36:10	00:56:02.80	5:36	10.7
25	SALA NELA	1299		GLIWICE	POL	K-30	25	K 41	00:13:43	00:35:44	00:56:07.90	5:36	10.7
26	KELLER ANETA	1119		GLIWICE	POL	K-30	26	K 42	00:14:47	00:36:10	00:56:27.80	5:38	10.6
27	ŁYSIAK MAGDALENA	1418		GLIWICE	POL	K-30	27	K 45	00:14:12	00:36:36	00:57:01.80	5:42	10.5
28	KUNOWSKA MAŁGORZATA	1410		GLIWICE	POL	K-30	28	K 46	00:14:32	00:36:51	00:57:05.75	5:42	10.5
29	KUCHTA KATARZYNA	1159	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	K-30	29	K 48	00:14:16	00:36:38	00:57:24.20	5:44	10.5
30	PAJÓR IZABELA	1250		GLIWICE	POL	K-30	30	K 50	00:14:11		00:57:35.35	5:45	10.4
31	BALCER WERONIKA	1005	JOMAR RUNNERS	GLIWICE	POL	K-30	31	K 51	00:14:12	00:36:47	00:57:51.85	5:47	10.4
32	ZUKOWSKA BOGUSIA	1407		KRAKÓW	POL	K-30	32	K 54	00:15:30	00:37:34	00:58:03.90	5:48	10.3
33	LIPIŃSKA ANITA	1179		GLIWICE	POL	K-30	33	K 55	00:15:22	00:37:34	00:58:05.80	5:48	10.3
34	MEKIER ALICJA	1202		ZBROSŁAWICE	POL	K-30	34	K 56	00:15:45	00:38:16	00:58:24.40	5:50	10.3
35	BAŁAJ ANNA	1007		GLIWICE	POL	K-30	35	K 58	00:16:29		00:58:31.10	5:51	10.3
36	KOCYBIK NATALIA	1133	THE PROSECCOS	BYTOM	POL	K-30	36	K 59	00:15:17	00:38:30	00:58:50.15	5:53	10.2
37	NEJMAN JOANNA	1441		41-902	POL	K-30	37	K 60	00:15:17	00:38:30	00:58:50.50	5:53	10.2
38	HERUD SANDRA	1087	GLIWICKA RADA ROWEROWA	GLIWICE	POL	K-30	38	K 63	00:14:59	00:38:09	00:59:12.90	5:55	10.1
39	BEMŚ EMILIA	1422		GLIWICE	POL	K-30	39	K 64	00:16:14	00:39:33	00:59:16.55	5:55	10.1
40	WARYSZAK JOANNA	1365	BAKALOVE	GLIWICE	POL	K-30	40	K 68	00:15:03	00:38:29	00:59:46.60	5:58	10

GLIWICKA DYCHA, K-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
41	FILIPCZYK ANNA	1052		KATOWICE	POL	K-30	41	K 69	00:15:28	00:38:43	00:59:47.85	5:58	10
42	GRABIAŃSKA KATARZYNA	1074		KATOWICE	POL	K-30	42	K 70	00:15:48	00:39:14	00:59:48.40	5:58	10
43	KLIMASARA MAŁGORZATA	1439		GLIWICE	POL	K-30	43	K 72	00:14:55	00:38:30	01:00:13.05	6:01	10
44	MASTALSKA MARZENA	1197	OPEL ACTIVE TEAM	ZABRZE	POL	K-30	44	K 74	00:16:02		01:00:27.85	6:02	9.9
45	STANEK NATALIA	1328		GLIWICE	POL	K-30	45	K 76	00:14:59	00:38:45	01:01:00.05	6:06	9.8
46	SZNAJDER ANNA	1419		PANIÓWKI	POL	K-30	46	K 78	00:15:00	00:39:11	01:01:07.60	6:06	9.8
47	KRAJEWSKA KATARZYNA	1151	BOJKÓW TEAM	GLIWICE	POL	K-30	47	K 80	00:15:52		01:01:13.55	6:07	9.8
48	KAŁUSKA MAGDALENA	1111		JAWORZNO	POL	K-30	48	K 82	00:16:09	00:40:24	01:01:32.30	6:09	9.8
49	ROŻEK MARIOLA	1291	#HUTATEAM	GLIWICE	POL	K-30	49	K 83	00:15:35	00:39:56	01:02:09.25	6:12	9.7
50	KWAŚNIEWSKA OLA	1166	BANDA Z POŁUDNIA	GLIWICE	POL	K-30	50	K 86	00:16:39	00:40:55	01:02:15.85	6:13	9.6
51	SZULCEK DOROTA	1417		ZABRZE	POL	K-30	51	K 87	00:16:33	00:40:57	01:02:27.10	6:14	9.6
52	KULIK KATARZYNA	1162		GLIWICE	POL	K-30	52	K 88	00:15:21	00:39:56	01:02:29.20	6:14	9.6
53	RÓŻOWSKA SABINA	1293		KOZŁÓW	POL	K-30	53	K 100	00:16:15	00:40:57	01:03:37.25	6:21	9.4
54	JANIK SYLWIA	1095	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-30	54	K 101	00:15:51	00:40:41	01:03:42.15	6:22	9.4
55	MOKRZYCKA JUSTYNA	1215	KB ORŁY Z KNUROWA	KNURÓW	POL	K-30	55	K 102	00:16:04	00:40:53	01:03:57.85	6:23	9.4
56	PACZOSKA KOTTMANN DOROTA	1247		GLIWICE	POL	K-30	56	K 105	00:15:35	00:40:34	01:04:32.30	6:27	9.3
57	FRANKIEWICZ MARZENA	1057		GLIWICE	POL	K-30	57	K 106	00:16:52	00:42:00	01:04:34.25	6:27	9.3
58	SERWATKA ANGELIKA	1302	KOBIETY WATAHY	ZABRZE	POL	K-30	58	K 110	00:15:56	00:41:25	01:05:09.55	6:30	9.2
59	OSTROWSKA JUSTYNA	1241		GLIWICE	POL	K-30	59	K 114	00:16:40	00:42:02	01:05:47.70	6:34	9.1
60	SZELĄG IWONA	1344		GLIWICE	POL	K-30	60	K 118	00:17:50	00:43:31	01:06:32.50	6:39	9
61	STEPOWANY MARTA	1337	BOJKÓW TEAM	GLIWICE	POL	K-30	61	K 121	00:16:28	00:43:13	01:07:04.30	6:42	8.9
62	NAFALSKA ANNA	1220		BERLIN	POL	K-30	62	K 122	00:16:28	00:42:41	01:07:57.35	6:47	8.8
63	KOPEC-BRUDEK MAGDALENA	1139		GLIWICE	POL	K-30	63	K 123	00:17:27	00:43:51	01:08:01.00	6:48	8.8
64	KOPER DOROTA	1141		GLIWICE	POL	K-30	64	K 130	00:17:22	00:45:11	01:11:11.40	7:07	8.4
65	ELWIRSKA-OSIŃSKA ALICJA	1446		PYSKOWICE	POL	K-30	65	K 137			01:12:41.35	7:16	8.3
66	MICHALIK HONORATA	1204		GLIWICE	POL	K-30	66	K 146	00:19:47	00:52:46	01:23:46.95	8:22	7.2
67	GABOR ALEKSANDRA	1062		CHORZÓW	POL	K-30	67	K 148	00:27:01	01:08:08	01:45:58.25	10:35	5.7
DNC	BLASZCZYK PAULINA	1015		GLIWICE	POL	K-30	DNC	DNC		00:09:51	00:31:26.95	0:00	19.1
DNC	PRZYDACZ ALEKSANDRA	1474		ZABRZE	POL	K-30	DNC	DNC		00:11:13	00:32:22.35	0:00	18.5
DNC	MARKOWSKA SYLWIA	1195		GLIWICE	POL	K-30	DNC	DNC			00:37:56.25	0:00	15.8

GLIWICKA DYCHA, M-30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	RYBIAŁEK PIOTR	1294		ZDZIESZOWICE	POL	M-30	1	M 2	00:08:44	00:22:14	00:34:28.50	3:26	17.4
2	PSTRAŚ LESZEK	1279	POLITECHNIKA ŚLĄSKA	KATOWICE	POL	M-30	2	M 6	00:09:24	00:23:53	00:37:14.75	3:43	16.1
3	FURMAN DAWID	1059	DLA ELIZKI I MILENKI	BŁĄŻEJOWICE	POL	M-30	3	M 9	00:09:40	00:24:45	00:38:29.15	3:50	15.6
4	OCHMAN PAWEŁ	1233	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	4	M 11	00:09:54	00:25:01	00:39:01.50	3:54	15.4
5	KLIMAS KAMIL	1125		KATOWICE	POL	M-30	5	M 12	00:09:46	00:25:11	00:39:18.40	3:55	15.3
6	DUŻNIAK DOMINIK	1046	STEP-DANCE	GLIWICE	POL	M-30	6	M 13	00:09:54	00:25:18	00:39:22.50	3:56	15.2
7	KRETEK ŁUKASZ	1154	AKTYWNI LYSKI	LYSKI	POL	M-30	7	M 14	00:09:55	00:25:15	00:39:29.35	3:56	15.2
8	SMUDA KRZYSZTOF	1319		TYCHY	POL	M-30	8	M 18	00:09:54	00:25:38	00:40:04.25	4:00	15
9	ZALEWSKI ARTUR	1392		ZABRZE	POL	M-30	9	M 21	00:10:27	00:26:19	00:40:26.75	4:02	14.8
10	WISZYŃSKI DAMIAN	1376		CHORZÓW	POL	M-30	10	M 23	00:10:34	00:26:31	00:40:37.35	4:03	14.8
11	PRZYBYŁKO NIKODEM	1274	THE PROSECCOS	KATOWICE	POL	M-30	11	M 26	00:09:53	00:26:07	00:40:59.65	4:05	14.6
12	WRZESIEŃ DARIUSZ	1388	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 27	00:10:29	00:26:24	00:41:03.40	4:06	14.6
13	SUDNIK KRZYSZTOF	1341		KNURÓW	POL	M-30	13	M 28	00:10:30	00:26:20	00:41:03.85	4:06	14.6
14	ALKER ANDRZEJ	1001	ALKER RUNNING TEAM	GLIWICE	POL	M-30	14	M 33	00:10:59	00:27:59	00:42:55.50	4:17	14
15	ZABRZEWSKI PATRYK	1390	KLUB BIEGACZA FARTLEK	ŻORY	POL	M-30	15	M 35	00:11:17	00:28:13	00:43:13.50	4:19	13.9
16	ŚLADEK DAWID	1316		RUDA ŚLĄSKA	POL	M-30	16	M 36	00:10:45	00:27:38	00:43:19.95	4:19	13.9
17	KNOP SZYMON	1131		TARNOWSKIE GÓRY	POL	M-30	17	M 40	00:11:15	00:28:24	00:43:59.95	4:23	13.6
18	CIASTO SEBASTIAN	1483		PRZECZCHLEBIE	POL	M-30	18	M 41	00:10:36	00:28:01	00:44:08.00	4:24	13.6
19	KUCHTA ŁUKASZ	1160		PYSKOWICE	POL	M-30	19	M 44	00:11:40	00:28:46	00:44:34.05	4:27	13.5
20	SALISZ DAWID	1300	HIRSCHVOGEL	RUDA ŚLĄSKA	POL	M-30	20	M 45	00:11:08	00:28:33	00:44:53.50	4:29	13.4
21	CHEJDYS KRYSZTIAN	1461		GLIWICE	POL	M-30	21	M 47	00:11:18	00:29:21	00:45:14.30	4:31	13.3
22	SKRZYPIEC ŁUKASZ	1484		GLIWICE	POL	M-30	22	M 51	00:11:00	00:28:49	00:45:19.15	4:31	13.2

GLIWICKA DYCHA, M-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
23	IGNASIAK JAKUB	1089	ABUS CRANE SYSTEMS	GLIWICE	POL	M-30	23	M 53	00:11:52	00:29:50	00:45:43.55	4:34	13.1
24	GAJDA SEBASTIAN	1063		GLIWICE	POL	M-30	24	M 54	00:12:28	00:29:59	00:45:51.05	4:35	13.1
25	SKOP SEBASTIAN	1309		STRZELCE OPOLSKIE	POL	M-30	25	M 55	00:11:01	00:28:59	00:45:54.15	4:35	13.1
26	MIELNIK KRZYSZTOF	1210		KOZIEGŁOWY	POL	M-30	26	M 58	00:11:48	00:30:05	00:46:27.65	4:38	12.9
27	TOKARSKI PIOTR	1355		KATOWICE	POL	M-30	27	M 59	00:11:44	00:29:58	00:46:35.55	4:39	12.9
28	NOWAK MATEUSZ	1226		GLIWICE	POL	M-30	28	M 60	00:11:02	00:29:42	00:47:00.20	4:42	12.8
29	DĘBOWSKI KRZYSZTOF	1041		GLIWICE	POL	M-30	29	M 61	00:11:51	00:30:18	00:47:02.10	4:42	12.8
30	NEJMAN TADEUSZ	1222	THE PROSECCOS	41-902	POL	M-30	30	M 62	00:11:17	00:29:46	00:47:10.65	4:43	12.7
31	GMIEREK PIOTR	1070		GLIWICE	POL	M-30	31	M 64	00:12:03	00:30:37	00:47:40.95	4:46	12.6
32	ŻMUDZIŃSKI PIOTR	1409		GLIWICE	POL	M-30	32	M 65	00:12:28	00:31:31	00:47:50.70	4:47	12.5
33	RAK KRZYSZTOF	1283		GLIWICE	POL	M-30	33	M 68	00:12:47	00:31:38	00:48:04.10	4:48	12.5
34	WANDZEL PIOTR	1364		GLIWICE	POL	M-30	34	M 69	00:13:05	00:31:40	00:48:16.10	4:49	12.4
35	BUJAK MATEUSZ	1022		TARNOWSKIE GÓRY	POL	M-30	35	M 76	00:12:37	00:31:57	00:49:23.90	4:56	12.1
36	KWIATKOWSKI MARCIN	1168		ZABRZE	POL	M-30	36	M 77	00:12:38	00:31:45	00:49:24.45	4:56	12.1
37	WOŹNIAKOWSKI JAN	1383	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	37	M 81	00:13:49	00:33:14	00:49:42.80	4:58	12.1
38	POLIS MACIEJ	1267	#HUTATEAM	GLIWICE	POL	M-30	38	M 83	00:12:41	00:31:58	00:49:49.55	4:58	12
39	SUPIŃSKI PAWEŁ	1342		TYCHY	POL	M-30	39	M 85	00:13:40	00:33:06	00:50:10.00	5:01	12
40	WIATR KRYSZTIAN	1367		GLIWICE	POL	M-30	40	M 87	00:12:23	00:32:04	00:50:26.60	5:02	11.9
41	WEBER TOMASZ	1466		GLIWICE	POL	M-30	41	M 88	00:13:17	00:32:53	00:50:29.25	5:02	11.9
42	LASKOWSKI ŁUKASZ	1171	KS JUDO TEAM MASTERS GLIWICE	GLIWICE	POL	M-30	42	M 89	00:12:22	00:31:57	00:50:33.45	5:03	11.9
43	LIPIŃSKI MICHAŁ	1180		GLIWICE	POL	M-30	43	M 90	00:11:58	00:31:57	00:50:35.60	5:03	11.9
44	HERUD TOMASZ	1086	GLIWICKA RADA ROWEROWA	GLIWICE	POL	M-30	44	M 94	00:12:51	00:33:08	00:51:19.95	5:07	11.7
45	WRÓBLEWSKI PAWEŁ	1387	BOJKÓW TEAM	GLIWICE	POL	M-30	45	M 97	00:14:01	00:33:33	00:51:31.55	5:09	11.6
46	GODLEWSKI ŁUKASZ	1071	HIRSCHVOGEL	GLIWICE	POL	M-30	46	M 105	00:13:59	00:34:01	00:51:49.00	5:10	11.6
47	GRĄBCZEWSKI MARCIN	1076		GLIWICE	POL	M-30	47	M 109	00:13:22	00:33:11	00:51:56.70	5:11	11.6
48	MALCZEWSKI JACEK	1190	AZS GLIWICE JUDO	GLIWICE	POL	M-30	48	M 114	00:13:01	00:33:29	00:52:08.50	5:12	11.5
49	CIEPLIK GRZEGORZ	1030		GLIWICE	POL	M-30	49	M 116	00:13:12	00:33:44	00:52:24.35	5:14	11.5
50	BOGACKI TOMASZ	1442		PIEKARY ŚLĄSKIE	POL	M-30	50	M 120	00:13:39	00:34:39	00:52:41.00	5:16	11.4
51	SZULC SEBASTIAN	1436		GLIWICE	POL	M-30	51	M 123	00:13:39	00:34:09	00:53:02.90	5:18	11.3
52	MASARZ DAWID	1196	#HUTATEAM	ORZESZE	POL	M-30	52	M 130	00:13:09	00:33:47	00:53:14.80	5:19	11.3
53	KIZINIEWICZ KRZYSZTOF	1121		GLIWICE	POL	M-30	53	M 131	00:13:46	00:34:09	00:53:14.90	5:19	11.3
54	WIŚNIEWSKI MICHAŁ	1377	PHOENIX WORKOUT	GLIWICE	POL	M-30	54	M 132	00:14:29	00:34:49	00:53:15.45	5:19	11.3
55	NEJMAN MATEUSZ	1221		BYTOM	POL	M-30	55	M 135	00:13:42	00:34:32	00:53:27.95	5:20	11.2
56	BEDNARSKI DANIEL	1011	BRAK	GLIWICE	POL	M-30	56	M 136	00:12:40	00:33:48	00:53:31.65	5:21	11.2
57	KONDRUSIEWICZ MICHAŁ	1437		GLIWICE	POL	M-30	57	M 137	00:14:01	00:35:06	00:53:34.45	5:21	11.2
58	ŚWIDLIK PIOTR	1352		GLIWICE	POL	M-30	58	M 138	00:13:15	00:34:17	00:53:48.05	5:22	11.2
59	MANKA MARCIN	1193	STREFA 04	GLIWICE	POL	M-30	59	M 139	00:15:20	00:36:09	00:53:49.25	5:22	11.1
60	NOWAK ROBERT	1228		ŻARKI	POL	M-30	60	M 140	00:15:05	00:36:03	00:53:52.40	5:23	11.1
61	KULA JAN	1161	DECATHLON CAR GLIWICE	GLIWICE	POL	M-30	61	M 141	00:12:53	00:34:07	00:53:56.20	5:23	11.1
62	STARCZAK KAROL	1329		KATOWICE	POL	M-30	62	M 148	00:15:30	00:37:34	00:54:27.50	5:26	11
63	SKRZYPCZYK TOMEK	1313		GLIWICE	POL	M-30	63	M 149	00:14:23	00:35:18	00:54:46.25	5:28	11
64	LIBISZ MARCIN	1178		RADZIONKÓW	POL	M-30	64	M 150	00:15:35	00:37:15	00:54:50.70	5:29	10.9
65	LEGIEŻYŃSKI KRZYSZTOF	1175		GLIWICE	POL	M-30	65	M 151	00:14:00	00:35:39	00:54:52.95	5:29	10.9
66	MICZKA ŁUKASZ	1208		GLIWICE	POL	M-30	66	M 152	00:13:46	00:34:55	00:54:53.60	5:29	10.9
67	SKUPIEŃ DARIUSZ	1314	#HUTATEAM	GLIWICE	POL	M-30	67	M 153	00:14:44	00:36:23	00:55:10.60	5:31	10.9
68	ZWIERZYŃSKI TOMASZ	1408		GLIWICE	POL	M-30	68	M 157	00:14:27	00:36:02	00:55:27.05	5:32	10.8
69	PAWLIK MICHAŁ	1253		GLIWICE	POL	M-30	69	M 159	00:13:54	00:35:47	00:55:35.90	5:33	10.8
70	RYZNER MICHAŁ	1296	KS SOŃNICA GLIWICE	GLIWICE	POL	M-30	70	M 161	00:14:32	00:36:31	00:55:46.15	5:34	10.8
71	ŚLĘCZKOWSKI PIOTR	1350		GIERAŁTOWICE	POL	M-30	71	M 163	00:14:39	00:36:22	00:55:50.20	5:35	10.7
72	OLSZOK DAWID	1234	HIRSCHVOGEL	ZABRZE	POL	M-30	72	M 169	00:14:33	00:35:57	00:56:35.90	5:39	10.6
73	TUZ DMYTRO	1358		GLIWICE	POL	M-30	73	M 172	00:15:41	00:38:26	00:56:44.50	5:40	10.6
74	SZYMURA GRZEGORZ	1349	#HUTATEAM	PYSKOWICE	POL	M-30	74	M 176	00:14:24	00:36:34	00:57:01.30	5:42	10.5
75	MIKULSKI PRZEMEK	1443		GLIWICE	POL	M-30	75	M 177	00:15:41	00:38:26	00:57:08.30	5:42	10.5
76	MAKUCH DAMIAN	1189	#HUTATEAM	PYSKOWICE	POL	M-30	76	M 180	00:15:07	00:37:09	00:57:11.15	5:43	10.5
77	MAZANOWSKI JANUSZ	1199		GLIWICE	POL	M-30	77	M 181	00:15:27	00:37:40	00:57:19.65	5:43	10.5
78	PSIUK PIOTR	1277		ZABRZE	POL	M-30	78	M 182	00:14:17	00:36:29	00:57:23.55	5:44	10.5
79	RASZKOWSKI ADAM	1284	#HUTATEAM	GLIWICE	POL	M-30	79	M 183	00:14:39	00:37:08	00:57:29.25	5:44	10.4

GLIWICKA DYCHA, M-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
80	FOLEK MATEUSZ	1054	#HUTATEAM	PYSKOWICE	POL	M-30	80	M 184	00:14:22	00:37:09	00:57:31.55	5:45	10.4
81	SELIGA PAWEŁ	1301	BIEGAJ Z TRENERAMI GLIWICE	GLIWICE	POL	M-30	81	M 188	00:14:04	00:36:29	00:57:50.15	5:47	10.4
82	DYLSKI JACEK	1048		GLIWICE	POL	M-30	82	M 191	00:15:04	00:37:20	00:58:03.55	5:48	10.3
83	ORZĄZEWSKI MAREK	1239	HIRSCHVOGEL	BYTOM	POL	M-30	83	M 193	00:15:18	00:38:34	00:58:04.85	5:48	10.3
84	PIERONKIEWICZ KAMIL	1260		GLIWICE	POL	M-30	84	M 194	00:14:45	00:37:34	00:58:09.45	5:48	10.3
85	PNIEWSKI KAMIL	1265		GLIWICE	POL	M-30	85	M 197	00:15:08	00:38:22	00:58:15.05	5:49	10.3
86	ROLNIK TOMASZ	1287		GLIWICE	POL	M-30	86	M 198	00:14:41	00:37:08	00:58:19.50	5:49	10.3
87	KOWACZ ADRIAN	1147	#HUTATEAM	KLESZCZÓW	POL	M-30	87	M 208	00:16:30	00:39:52	00:59:05.75	5:54	10.2
88	ŚMIERTKA GRZEGORZ	1351	#HUTATEAM	TARNOWSKIE GÓRY	POL	M-30	88	M 209	00:15:43	00:40:41	00:59:09.15	5:54	10.1
89	PRZYBYŁA KRYSZTIAN	1276		HAŻLACH	POL	M-30	89	M 210	00:16:05	00:38:57	00:59:09.30	5:54	10.1
90	LANGE MARCIN	1169	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	M-30	90	M 211	00:14:50	00:38:02	00:59:13.45	5:55	10.1
91	KOPER TOMASZ	1140		GLIWICE	POL	M-30	91	M 219	00:14:34	00:37:59	01:00:02.50	6:00	10
92	KACZMARZYK ARKADIUSZ	1110		GLIWICE	POL	M-30	92	M 223	00:15:49	00:39:35	01:00:39.75	6:03	9.9
93	RYTEL JAKUB	1295		BYTOM	POL	M-30	93	M 228	00:16:24	00:41:04	01:01:09.25	6:06	9.8
94	DYCHA BARTOSZ	1457		WROCŁAW	POL	M-30	94	M 233	00:17:03	00:41:47	01:01:37.25	6:09	9.7
95	PRZYBYLSKI PAWEŁ	1275	OPEL ACTIVE TEAM	GLIWICE	POL	M-30	95	M 236	00:15:20	00:38:56	01:01:57.15	6:11	9.7
96	GRAMŚ BOGUMIŁ	1075	NEXTEER RUNNERS	GLIWICE	POL	M-30	96	M 237	00:15:47	00:41:02	01:02:06.90	6:12	9.7
97	SZULCEK ARKADIUSZ	1411		GLIWICE	POL	M-30	97	M 241	00:16:33	00:40:57	01:02:27.50	6:14	9.6
98	SOKOŁOWSKI ŁUKASZ	1324		GLIWICE	POL	M-30	98	M 242	00:15:17	00:40:03	01:02:31.05	6:15	9.6
99	JAKUBIEC ŁUKASZ	1094		GLIWICE	POL	M-30	99	M 244	00:15:58	00:39:47	01:02:46.25	6:16	9.6
100	DZIEDZIC DOMINIK	1050		GLIWICE	POL	M-30	100	M 251	00:16:10	00:41:20	01:04:19.45	6:25	9.3
101	GIERCZYCKI MICHAŁ	1068	CHRZĄSZCZE CHRABĄSZCZE	GLIWICE	POL	M-30	101	M 254	00:17:15	00:42:24	01:04:35.90	6:27	9.3
102	SOBCZYK PATRYK	1322		CZESTOCHOWA	POL	M-30	102	M 255	00:15:17	00:41:03	01:04:51.95	6:29	9.3
103	MACURA MARCIN	1186		ZABRZE	POL	M-30	103	M 259	00:15:51	00:42:14	01:05:55.70	6:35	9.1
104	BIENKOWSKI PAWEŁ	1014		KNURÓW	POL	M-30	104	M 260	00:17:38	00:43:54	01:06:09.60	6:36	9.1
105	SZYMOŚ DAMIAN	1348	RYWAŁ GLIWICE	GLIWICE	POL	M-30	105	M 268	00:16:30	00:43:16	01:08:56.30	6:53	8.7
106	PŁOSKONKA TOMASZ	1263		KATOWICE	POL	M-30	106	M 271	00:16:38	00:43:43	01:09:43.85	6:58	8.6
107	FRYDRYCH PRZEMYSŁAW	1058	KEMPER TEAM	GLIWICE	POL	M-30	107	M 276	00:17:30	00:45:47	01:11:38.35	7:09	8.4
108	PRYMAS KRYSZTIAN	1454		GLIWICE	POL	M-30	108	M 279	00:17:41	00:46:45	01:12:49.60	7:16	8.2
DNC	PIEKIEŁKO JAKUB	1259		KĘTY	POL	M-30	DNC	DNC		00:10:53	00:31:27.65	0:00	19.1

GLIWICKA DYCHA, K-40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	LEWICKA ELŻBIETA	1177		KNURÓW	POL	K-40	1	K 7	00:10:51	00:27:47	00:43:27.80	4:20	13.8
2	POŁOMSKA EDYTA	1471	POLOMSCY TEAM	RYDUŁTOWY	POL	K-40	2	K 14	00:12:21	00:31:58	00:49:46.10	4:58	12.1
3	WOJAKOWSKA KATARZYNA	1379	K&K RUN	ZABRZE	POL	K-40	3	K 21	00:13:10	00:33:41	00:52:12.30	5:13	11.5
4	CETNAR-KLIMAS KATARZYNA	1024		KATOWICE	POL	K-40	4	K 22	00:13:08	00:33:31	00:52:23.65	5:14	11.5
5	ZAPOTOCZNA RENATA	1393		GLIWICE	POL	K-40	5	K 33	00:14:09	00:35:06	00:54:52.75	5:29	10.9
6	KACZMAREK KATARZYNA	1109	STG GLIWICE	GLIWICE	POL	K-40	6	K 39	00:13:50	00:35:51	00:55:54.90	5:35	10.7
7	KOTLARSKA ANNA	1146		GLIWICE	POL	K-40	7	K 49	00:15:28	00:37:41	00:57:33.95	5:45	10.4
8	OSOWSKA KATARZYNA	1240		GLIWICE	POL	K-40	8	K 53	00:15:05	00:37:36	00:58:02.75	5:48	10.3
9	NOWAKOWSKA-TRZASKA JOANNA	1230	GLIWICKA GRUPA BIEGACZY	GLIWICE	POL	K-40	9	K 57	00:14:34	00:37:06	00:58:27.00	5:50	10.3
10	WOJTKIEWICZ MARZENA	1381		GLIWICE	POL	K-40	10	K 61	00:16:14	00:39:17	00:59:01.25	5:54	10.2
11	ĆWIOK BARBARA	1037	#PANIOWKIRUN	PANIÓWKI	POL	K-40	11	K 65	00:15:09	00:37:56	00:59:17.45	5:55	10.1
12	ZAKLIŃSKA KASJA	1391		GLIWICE	POL	K-40	12	K 67	00:15:58	00:39:06	00:59:34.55	5:57	10.1
13	GRZEGORCZYK MONIKA	1080	NIGHT RUNNERS ZABRZE	RUDA ŚLĄSKA	POL	K-40	13	K 73	00:16:02	00:39:41	01:00:27.50	6:02	9.9
14	KRAWIEC AGNIESZKA	1153		ZABRZE	POL	K-40	14	K 75	00:15:36	00:39:05	01:00:51.80	6:05	9.9
15	KULPIŃSKA ANNA	1163	START HANGAR	GLIWICE	POL	K-40	15	K 79	00:16:07	00:39:51	01:01:09.25	6:06	9.8
16	HAWLIĆKA ANIA	1455	LILA TEAM	GLIWICE	POL	K-40	16	K 85	00:15:13	00:39:00	01:02:10.85	6:13	9.7
17	CHĘCIŃSKA AGNIESZKA	1025		GLIWICE	POL	K-40	17	K 89	00:16:15	00:40:22	01:02:38.10	6:15	9.6
18	KAPTACZ MAGDALENA	1114		GLIWICE	POL	K-40	18	K 90	00:15:29	00:39:53	01:02:40.30	6:16	9.6
19	ROSIŃSKA KATARZYNA	1288		ZABRZE	POL	K-40	19	K 91	00:16:37	00:40:54	01:02:47.55	6:16	9.6
20	MICZKA JUSTYNA	1209		GLIWICE	POL	K-40	20	K 94	00:16:19	00:40:40	01:02:59.40	6:17	9.5
21	PAJĄK ALEKSANDRA	1248		GLIWICE	POL	K-40	21	K 95	00:15:45	00:38:52	01:03:14.20	6:19	9.5
22	GONKA MONIKA	1452	BANDA Z POŁUDNIA	GLIWICE	POL	K-40	22	K 96	00:15:45	00:40:17	01:03:16.55	6:19	9.5

GLIWICKA DYCHA, K-40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
23	TOWAREK AGNIESZKA	1356		GLIWICE	POL	K-40	23	K 97	00:16:09	00:40:32	01:03:23.75	6:20	9.5
24	OPANOWSKA ANNA	1235	-	GLIWICE	POL	K-40	24	K 98	00:15:35	00:40:31	01:03:27.70	6:20	9.5
25	STELMASZCZYK IWONA	1335	BEERTEAM	PANIÓWKI	POL	K-40	25	K 99	00:16:28	00:41:12	01:03:33.90	6:21	9.4
26	KUWAK ANNA	1164	WARTO BIEGAĆ ZAWIERCIE	MYSZKÓW	POL	K-40	26	K 103	00:15:55	00:41:20	01:04:01.50	6:24	9.4
27	HILASZEK MARZENA	1088		GLIWICE	POL	K-40	27	K 104	00:16:11	00:41:15	01:04:19.10	6:25	9.3
28	MADEJA ALEKSANDRA	1465	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	K-40	28	K 107	00:16:46	00:42:12	01:04:52.05	6:29	9.2
29	WIERZBICA KASIA	1370		WILCZA	POL	K-40	29	K 109	00:16:37	00:42:24	01:04:55.70	6:29	9.2
30	WILSZ EWA	1374	#PANIOWKIRUN	PANIÓWKI	POL	K-40	30	K 111	00:16:34	00:42:16	01:05:18.35	6:31	9.2
31	STACHOWSKA ALEKSANDRA	1429	TRI&MORE	GLIWICE	POL	K-40	31	K 117	00:15:44	00:41:27	01:06:26.05	6:38	9
32	KAWECKA-KUŹDŻAŁ AGNIESZKA	1117		GLIWICE	POL	K-40	32	K 119	00:17:19	00:43:31	01:06:35.45	6:39	9
33	BOGACZ JAGODA	1017		GLIWICE	POL	K-40	33	K 124	00:16:21	00:43:47	01:08:19.90	6:49	8.8
34	ŁUKASZEWSKA JUSTYNA	1182		GLIWICE	POL	K-40	34	K 125	00:16:59	00:44:07	01:09:08.15	6:54	8.7
35	SLUZAŁEK MAŁGORZATA	1317	TRI&MORE	GLIWICE	POL	K-40	35	K 126	00:17:29	00:44:54	01:09:15.40	6:55	8.7
36	JĘDRZEJOWSKA-DEC ANNA	1424		GLIWICE	POL	K-40	36	K 131	00:18:13	00:45:53	01:11:14.00	7:07	8.4
37	DUDZICZ BARBARA	1425		GLIWICE	POL	K-40	37	K 132	00:17:56	00:45:53	01:11:15.75	7:07	8.4
38	PLUCIENNIK AGNIESZKA	1264	ZICHERKI	41-500	POL	K-40	38	K 133	00:17:28	00:45:26	01:11:28.05	7:08	8.4
39	BAK-DRABIK KATARZYNA	1010		GLIWICE	POL	K-40	39	K 134	00:17:59	00:46:40	01:11:56.90	7:11	8.3
40	FRANCZYK KINGA	1055	FUNDACJA TOŚKA I PRZYJACIELE	GLIWICE	POL	K-40	40	K 135	00:17:59	00:46:40	01:11:57.05	7:11	8.3
41	KUCZERA-KULAGA MAGDALENAKULAGA	1412		KATOWICE	POL	K-40	41	K 139	00:17:11	00:46:29	01:13:12.85	7:19	8.2
42	BRIANSKA-KORDECKA ALEKSANDRA	1447		KATOWICE	POL	K-40	42	K 140	00:17:12	00:46:30	01:13:13.65	7:19	8.2
43	GROSS TERESA	1078	FIS-SST TEAM	BYTOM	POL	K-40	43	K 143	00:18:16	00:47:43	01:14:50.85	7:29	8
DNC	CHOLEWA MAGDALENA	1028		44-117	POL	K-40	DNC	DNC		00:09:05	00:30:59.35	0:00	19.4
DNC	DEMBOWSKA BOŻENA	1040		BOGUCHWAŁOWICE	POL	K-40	DNC	DNC		00:09:58	00:31:38.10	0:00	19
DNC	KLOWAN-SIUDA KATARZYNA	1126		MYSŁOWICE	POL	K-40	DNC	DNC			00:39:02.75	0:00	15.4

GLIWICKA DYCHA, M-40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	SOBOLEWSKI KRZYSZTOF	1323		GLIWICE	POL	M-40	1	M 10	00:09:54	00:24:56	00:38:51.60	3:53	15.4
2	STAWINOJA JANUSZ	1331		ZABRZE	POL	M-40	2	M 17	00:09:53	00:25:12	00:39:43.05	3:58	15.1
3	PIOTROWSKI ŁUKASZ	1262		RUDA ŚLĄSKA	POL	M-40	3	M 19	00:10:08	00:25:57	00:40:24.00	4:02	14.9
4	CZABAŃSKI RAFAŁ	1032	RUNHOGS TYCHY	GLIWICE	POL	M-40	4	M 20	00:10:28	00:26:18	00:40:26.65	4:02	14.8
5	SNARSKI BOGDAN	1320	MISTRZ DWUMARATONU	WARSZAWA	POL	M-40	5	M 24	00:10:20	00:26:01	00:40:46.90	4:04	14.7
6	POŁOMSKI GRZEGORZ	1470	POLOMSCY TEAM	RYDUŁTOWY	POL	M-40	6	M 30	00:10:20	00:26:45	00:41:57.05	4:11	14.3
7	WOJAKOWSKI KRZYSZTOF	1380	K&K RUN	GLIWICE	POL	M-40	7	M 32	00:10:51	00:27:35	00:42:43.10	4:16	14
8	BLUS MARCIN	1016		ZABRZE	POL	M-40	8	M 34	00:10:39	00:27:29	00:43:07.80	4:18	13.9
9	DONIGIEWICZ MARIUSZ	1420		GLIWICE	POL	M-40	9	M 39	00:11:13	00:28:25	00:43:57.15	4:23	13.7
10	JEZUSEK PIOTR	1106		GLIWICE	POL	M-40	10	M 43	00:11:42	00:29:07	00:44:32.55	4:27	13.5
11	RUSZEL BARTEK	1482		GLIWICE	POL	M-40	11	M 46	00:10:34	00:28:31	00:45:09.25	4:30	13.3
12	SOŁTYSIK TOMASZ	1478		CHORZÓW	POL	M-40	12	M 48	00:11:19	00:28:56	00:45:15.60	4:31	13.3
13	OLEJNICZAK TOMEK	1464		BYTOM	POL	M-40	13	M 50	00:11:19	00:29:01	00:45:17.15	4:31	13.2
14	GŁADYSZ LESZEK	1069		PANIÓWKI	POL	M-40	14	M 52	00:12:15	00:29:55	00:45:38.40	4:33	13.1
15	LECH KRZYSZTOF	1172	JSB	PIEKARY ŚLĄSKIE	POL	M-40	15	M 56	00:11:55	00:29:54	00:46:11.30	4:37	13
16	KASZOWSKI MARCIN	1116	KASZKI TEAM	GLIWICE	POL	M-40	16	M 57	00:12:02	00:30:23	00:46:25.80	4:38	12.9
17	GAJEWSKI HUBERT	1065		KRAKÓW	POL	M-40	17	M 63	00:11:45	00:30:11	00:47:39.30	4:45	12.6
18	MADEJCZYK TOMASZ	1467	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	M-40	18	M 66	00:12:28	00:31:32	00:47:50.95	4:47	12.5
19	PYJEK ARKADIUSZ	1280	HUTA TEAM	GRZYBOWO	POL	M-40	19	M 67	00:12:10	00:30:25	00:47:56.15	4:47	12.5
20	KRUK KRZYSZTOF	1155	STG GLIWICE	GLIWICE	POL	M-40	20	M 70	00:12:19	00:31:35	00:48:32.15	4:51	12.4
21	JASIK GRZEGORZ	1101	STG GLIWICE	GLIWICE	POL	M-40	21	M 72	00:12:11	00:31:28	00:48:38.00	4:51	12.3
22	STACHOWSKI WOJCIECH	1428	TRI&MORE	GLIWICE	POL	M-40	22	M 73	00:12:19	00:31:34	00:48:57.45	4:53	12.3
23	JACHYM ARKADIUSZ	1092		GLIWICE	POL	M-40	23	M 75	00:12:46	00:31:49	00:49:21.95	4:56	12.2
24	BROŻYNA PRZEMYSŁAW	1019		GLIWICE	POL	M-40	24	M 80	00:13:36	00:32:35	00:49:38.80	4:57	12.1
25	PACAN TOMASZ	1242	BLEES	BYTOM	POL	M-40	25	M 82	00:12:56	00:32:07	00:49:48.55	4:58	12
26	DOBOSZ DANIEL	1473		GLIWICE	POL	M-40	26	M 86	00:12:07	00:31:53	00:50:15.85	5:01	11.9
27	MANDRYSZ GRZEGORZ	1192	AKTYWNI LYSKI	LYSKI	POL	M-40	27	M 93	00:12:46	00:32:42	00:51:12.65	5:07	11.7
28	UKLEJA MICHAŁ	1360		ZBROSŁAWICE	POL	M-40	28	M 95	00:13:19	00:33:26	00:51:25.45	5:08	11.7

GLIWICKA DYCHA, M-40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
29	JARZOMBEC ADAM	1099		JAŚKOWICE	POL	M-40	29	M 98	00:13:19	00:32:53	00:51:33.15	5:09	11.6
30	MACH MARCIN	1185	LIGOTA TIGERS	GLIWICE	POL	M-40	30	M 99	00:12:52	00:32:54	00:51:36.10	5:09	11.6
31	ANCZOK WOJCIECH	1003		WIESZOWA	POL	M-40	31	M 100	00:13:55	00:34:07	00:51:37.25	5:09	11.6
32	BIAŁAS ROBERT	1012		ZABRZE	POL	M-40	32	M 104	00:13:01	00:33:08	00:51:48.60	5:10	11.6
33	MAZUR KRZYSZTOF	1200	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	33	M 108	00:13:52	00:33:39	00:51:52.00	5:11	11.6
34	DWORACZEK GRZEGORZ	1047	TRIDIVISION	BYTOM	POL	M-40	34	M 110	00:13:11	00:33:31	00:52:02.50	5:12	11.5
35	RENKE PIOTR	1285		RYBNIK	POL	M-40	35	M 112	00:12:56	00:33:11	00:52:04.20	5:12	11.5
36	KOWALCZYK GRZEGORZ	1148		GLIWICE	POL	M-40	36	M 115	00:13:17	00:33:18	00:52:09.75	5:12	11.5
37	HAJOK MAREK	1083		GLIWICE	POL	M-40	37	M 118	00:12:58	00:33:37	00:52:34.50	5:15	11.4
38	SADKOWSKI ROBERT	1297		ZABRZE	POL	M-40	38	M 121	00:12:32	00:33:15	00:52:50.30	5:17	11.4
39	SIWECKI ADRIAN	1307		CZĘSTOCHOWA	POL	M-40	39	M 122	00:12:57		00:52:57.95	5:17	11.3
40	KRAWCZYK DARIUSZ	1152	WARTKIE PIERONY	ŚWIĘTOCHŁOWICE	POL	M-40	40	M 124	00:13:35	00:34:29	00:53:04.65	5:18	11.3
41	SKULSKI TOMASZ	1456	LILA TEAM	GLIWICE	POL	M-40	41	M 125	00:13:35	00:34:37	00:53:05.70	5:18	11.3
42	ZAPOTOCZNY PRZEMEK	1394		GLIWICE	POL	M-40	42	M 127	00:14:09	00:34:54	00:53:08.55	5:18	11.3
43	TROSKO ADAM	1357		LIGOTA ŁĄBĘDZKA	POL	M-40	43	M 142	00:12:19	00:33:37	00:54:04.60	5:24	11.1
44	SKORUPSKI PAWEŁ	1311		GLIWICE	POL	M-40	44	M 144	00:14:05	00:35:23	00:54:09.10	5:24	11.1
45	JANUSZEWSKI PAWEŁ	1098	BIEGAMBOLUBIĘ WARSZAWA	WARSZAWA	POL	M-40	45	M 147	00:13:39	00:35:16	00:54:18.55	5:25	11
46	DOBRAŚ MAREK	1426	PKO KATOWICE	KATOWICE	POL	M-40	46	M 154	00:13:21	00:35:12	00:55:11.25	5:31	10.9
47	SIEWIER DAMIAN	1304		GLIWICE	POL	M-40	47	M 155	00:14:24	00:35:35	00:55:11.40	5:31	10.9
48	KŁOZA MARIUSZ	1128	#HUTATEAM	PYSKOWICE	POL	M-40	48	M 158	00:14:00	00:35:47	00:55:35.05	5:33	10.8
49	SAK WOJCIECH	1298	CMP	SMOLNICA	POL	M-40	49	M 160	00:15:20	00:36:10	00:55:38.50	5:33	10.8
50	PACAN KRZYSZTOF	1243		BYTOM	POL	M-40	50	M 162	00:14:46	00:36:16	00:55:49.10	5:34	10.7
51	ANDRUSZKIEWICZ ANDRZEJ	1004		RYBNIK	POL	M-40	51	M 166	00:14:10	00:35:47	00:56:10.30	5:37	10.7
52	OCHKOVSKYY VALERIY	1232		GLIWICE	POL	M-40	52	M 170	00:15:36	00:37:25	00:56:41.35	5:40	10.6
53	WRÓBEL PAWEŁ	1386		CHORZÓW	POL	M-40	53	M 178	00:15:03	00:37:15	00:57:09.70	5:42	10.5
54	WRÓBEL MICHAŁ	1385		ZAWIERCIE	POL	M-40	54	M 179	00:15:02	00:37:16	00:57:09.80	5:42	10.5
55	ORLIŃSKI IRENEUSZ	1237	#HUTATEAM	GLIWICE	POL	M-40	55	M 187	00:15:09	00:37:22	00:57:47.55	5:46	10.4
56	ULIASZ KRZYSZTOF	1361	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	56	M 190	00:15:19	00:38:35	00:57:58.40	5:47	10.4
57	ZYGMĄŃSKI PIOTR	1432		GLIWICE	POL	M-40	57	M 192	00:14:37	00:36:55	00:58:04.70	5:48	10.3
58	WARECKI WOJCIECH	1450		PIEKARY ŚLĄSKIE	POL	M-40	58	M 195	00:13:33	00:36:44	00:58:11.35	5:49	10.3
59	WIERCIŃSKI ROBERT	1369		GLIWICE	POL	M-40	59	M 196	00:15:12	00:37:50	00:58:12.20	5:49	10.3
60	WOŹNIAK MARIUSZ	1413		SOSNOWIEC	POL	M-40	60	M 199	00:14:59	00:37:37	00:58:26.85	5:50	10.3
61	NIEMIEC RAFAŁ	1224	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	61	M 200	00:15:04	00:37:39	00:58:27.15	5:50	10.3
62	WILKOŃ ARTUR	1373	#HUTATEAM	GLIWICE	POL	M-40	62	M 204	00:14:49	00:37:33	00:58:49.60	5:52	10.2
63	MAGURNO FRANCO	1481		KATOWICE	POL	M-40	63	M 212	00:15:38	00:38:52	00:59:21.90	5:56	10.1
64	STASIK MIROSLAW	1330	HUTATEAM	PYSKOWICE	POL	M-40	64	M 215	00:16:06	00:39:48	00:59:45.00	5:58	10
65	POWAŁKA PIOTR	1269	SOCIOS SILESIA	RUDA ŚLĄSKA	POL	M-40	65	M 216	00:16:02	00:39:22	00:59:48.20	5:58	10
66	SMOLARCZYK MICHAŁ	1479		GLIWICE	POL	M-40	66	M 217	00:16:03	00:39:22	00:59:48.70	5:58	10
67	JURETKO ADAM	1107		CHORZÓW	POL	M-40	67	M 218	00:14:57	00:38:27	00:59:53.15	5:59	10
68	JAWORSKI MARCIN	1105		BĘDZIN	POL	M-40	68	M 220	00:14:41	00:37:57	01:00:14.20	6:01	10
69	DZIECIAŃKOWSKI JAROSŁAW	1049	OPEL ACTIVE TEAM	GLIWICE	POL	M-40	69	M 221	00:16:02	00:39:41	01:00:27.00	6:02	9.9
70	POŁOCZEK ADAM	1423	PKO KATOWICE	KATOWICE	POL	M-40	70	M 224	00:15:40	00:39:01	01:00:48.10	6:04	9.9
71	DROZD MARCIN	1421	PKO KATOWICE	TYCHY	POL	M-40	71	M 225	00:15:42	00:39:01	01:00:49.05	6:04	9.9
72	PSIUK-MAKSYMOWICZ KRZYSZTOF	1278	POLITECHNIKA ŚLĄSKA	GLIWICE	POL	M-40	72	M 226	00:14:39	00:37:44	01:00:52.10	6:05	9.9
73	SONDEJ TOMASZ	1325	#HUTATEAM	GLIWICE	POL	M-40	73	M 227	00:15:13	00:38:44	01:00:57.70	6:05	9.8
74	RADLIŃSKI WOJCIECH	1282		GIERAŁTOWICE	POL	M-40	74	M 230	00:15:17	00:38:51	01:01:11.45	6:07	9.8
75	ZEGARTOWSKI GRZEGORZ	1397		GLIWICE	POL	M-40	75	M 231	00:15:20	00:38:56	01:01:12.40	6:07	9.8
76	DRABIK MAREK	1044		GLIWICE	POL	M-40	76	M 235	00:15:54		01:01:45.45	6:10	9.7
77	ROŻEK RAFAŁ	1292		GLIWICE	POL	M-40	77	M 238	00:15:36	00:39:56	01:02:09.55	6:12	9.7
78	CHĘCIŃSKI TOMASZ	1026		GLIWICE	POL	M-40	78	M 240	00:16:16	00:40:10	01:02:15.60	6:13	9.6
79	KRAJEWSKI ADAM	1451	OASIS SPORT TEAM	GLIWICE	POL	M-40	79	M 247	00:15:46	00:40:18	01:03:16.15	6:19	9.5
80	JAŚTRZĘBSKI MICHAŁ	1103		GLIWICE	POL	M-40	80	M 250	00:16:21	00:41:19	01:04:06.35	6:24	9.4
81	MAREK ROBERT	1194		GLIWICE	POL	M-40	81	M 252	00:16:01	00:41:10	01:04:33.25	6:27	9.3
82	CZYŻYKOWSKI MARCIN	1035	TELMART RUN CLUB	ŚWIĘTOCHŁOWICE	POL	M-40	82	M 253	00:16:53	00:42:00	01:04:34.85	6:27	9.3
83	WIERZBICA ADRIAN	1371		WILCZA	POL	M-40	83	M 256	00:16:38	00:42:23	01:04:53.20	6:29	9.2
84	KLIKS ANDRZEJ	1123		SOSNOWIEC	POL	M-40	84	M 257	00:16:33	00:42:17	01:05:26.15	6:32	9.2
85	TYŃSKI MICHAŁ	1359		KRZYKÓW	POL	M-40	85	M 261	00:17:03	00:43:17	01:06:16.40	6:37	9.1

GLIWICKA DYCHA, M-40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
86	MALINOWSKI PRZEMEK	1191		RYBNIK	POL	M-40	86	M 264	00:17:01	00:43:42	01:07:28.65	6:44	8.9
87	KRZYK JAROSŁAW	1157		TYCHY	POL	M-40	87	M 265	00:17:01	00:43:42	01:07:28.85	6:44	8.9
88	WROŃSKI MARCIN	1384		WOJKOWICE	POL	M-40	88	M 266	00:17:42	00:43:41	01:07:39.35	6:45	8.9
89	ROJEK MICHAŁ	1286		GLIWICE	POL	M-40	89	M 267	00:16:56	00:43:47	01:08:41.20	6:52	8.7
90	ŁUKASZEWSKI PIOTR	1183		GLIWICE	POL	M-40	90	M 269	00:17:00	00:44:05	01:09:08.05	6:54	8.7
91	JASTO SŁAWOMIR	1102		KNURÓW	POL	M-40	91	M 270	00:17:39	00:45:02	01:09:26.95	6:56	8.6
92	HABRAJSKI MICHAŁ	1082		GLIWICE	POL	M-40	92	M 273	00:16:46	00:44:32	01:10:14.10	7:01	8.5
93	SZENDZIELORZ MAREK	1345	KEMPER TEAM	GLIWICE	POL	M-40	93	M 277	00:17:30	00:45:48	01:11:38.75	7:09	8.4
94	MĘDRAŁA JACEK	1203	ABUS CRANE SYSTEMS POLSKA	GLIWICE	POL	M-40	94	M 278	00:17:31	00:45:48	01:11:38.90	7:09	8.4
95	ZEGZUŁA ŁUKASZ	1398	#HUTATEAM	GLIWICE	POL	M-40	95	M 283	00:25:38	01:04:39	01:37:54.60	9:47	6.1
DNC	HANDZLIK ARTUR	1085		KĘTY	POL	M-40	DNC	DNC		00:10:53	00:31:28.10	0:00	19.1
DNC	SIUDA DANIEL	1306		MYSŁOWICE	POL	M-40	DNC	DNC			00:39:02.85	0:00	15.4
DNC	CHOLEWA TOMASZ	1029		GLIWICE	POL	M-40	DNC	DNC	00:25:25		00:39:26.10	0:00	15.2

GLIWICKA DYCHA, K-50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	MIŚKIEWICZ LUCYNA	1212	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	K-50	1	K 38	00:14:19	00:36:21	00:55:48.65	5:34	10.8
2	PETEJA-ĆWIK ALEKSANDRA	1256		TYCHY	POL	K-50	2	K 52	00:14:49	00:37:29	00:58:02.15	5:48	10.3
3	SZARZYŃSKA-GRYCHNIK JOLANTA	1343		ZBROSŁAWICE	POL	K-50	3	K 77	00:14:52	00:39:06	01:01:04.35	6:06	9.8
4	STELLMACH EWA	1333		ZABRZE	POL	K-50	4	K 92	00:15:28	00:40:13	01:02:49.00	6:16	9.6
5	NOWAK EWA	1227		GLIWICE	POL	K-50	5	K 108	00:16:02	00:41:17	01:04:52.45	6:29	9.2
6	ORZAŻEWSKA ELŻBIETA	1238		SOŚNICOWICE	POL	K-50	6	K 112	00:15:49	00:41:23	01:05:30.40	6:33	9.2
7	KOPIEC-KRUPA BEATA	1142		ZABRZE	POL	K-50	7	K 113	00:16:27	00:42:06	01:05:41.05	6:34	9.1
8	GAJEWSKA IZABELA	1064		GLIWICE	POL	K-50	8	K 116	00:17:41	00:43:31	01:06:25.45	6:38	9
9	KUBICA BOŻENA	1158	ZABIEGANI NAUCZYCIELE	ORNONTOWICE	POL	K-50	9	K 120	00:16:41	00:42:38	01:06:37.80	6:39	9
10	PIETRASZEK EWA	1261	KOBIETY WATAHY	CHORZÓW	POL	K-50	10	K 129	00:17:07	00:45:04	01:10:48.45	7:04	8.5
11	MRÓWKA ILONA	1218		GLIWICE	POL	K-50	11	K 144	00:17:21	00:46:32	01:14:52.40	7:29	8
12	HOMIŃSKA KRYSZYNA	1458		GLIWICE	POL	K-50	12	K 145	00:17:57	00:46:46	01:15:07.50	7:30	8

GLIWICKA DYCHA, M-50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	MROWIEC BERNARD	1217		TWORKÓW	POL	M-50	1	M 29	00:10:43	00:26:51	00:41:24.90	4:08	14.5
2	ZORAN HENRYK	1406		RUĐA ŚLĄSKA	POL	M-50	2	M 38	00:10:53	00:27:57	00:43:41.10	4:22	13.7
3	SZOŁTYSEK PIOTR	1346		PYSKOWICE	POL	M-50	3	M 71	00:12:12	00:31:09	00:48:33.10	4:51	12.4
4	KNOP ANDRZEJ	1130		TARNOWSKIE GÓRY	POL	M-50	4	M 74	00:12:29	00:31:36	00:49:21.10	4:56	12.2
5	OPANOWSKI DAREK	1236		GLIWICE	POL	M-50	5	M 78	00:12:23	00:31:52	00:49:27.80	4:56	12.1
6	PYZIAK ZBIGNIEW	1431		CHORZÓW	POL	M-50	6	M 92	00:13:10	00:32:56	00:51:11.05	5:07	11.7
7	GOLEC JAROSŁAW	1449	STG GLIWICE	GLIWICE	POL	M-50	7	M 95	00:12:25	00:32:51	00:51:25.45	5:08	11.7
8	KĄŁUZA MIROŚLAW	1112		TARNOWSKIE GÓRY	POL	M-50	8	M 101	00:12:31	00:32:33	00:51:43.55	5:10	11.6
9	ALKER ZBIGNIEW	1002	ALKER TEAM	GLIWICE	POL	M-50	9	M 102	00:13:17	00:32:53	00:51:45.25	5:10	11.6
10	PASTERNAK ZBIGNIEW	1251	OPEL ACTIVE TEAM	GLIWICE	POL	M-50	10	M 106	00:13:52	00:33:39	00:51:51.35	5:11	11.6
11	ĆWIK PAWEŁ	1453		TYCHY	POL	M-50	11	M 128	00:13:40	00:34:23	00:53:10.75	5:19	11.3
12	FRANIA ANDRZEJ	1445		GLIWICE	POL	M-50	12	M 133	00:13:04	00:33:20	00:53:26.00	5:20	11.2
13	WILSZ ADAM	1375	#PANIÓWKIRUN	PANIÓWKI	POL	M-50	13	M 143	00:14:37	00:35:18	00:54:05.40	5:24	11.1
14	ĆWIKŁA GRZEGORZ	1036		GLIWICE	POL	M-50	14	M 165	00:14:46	00:36:09	00:55:54.90	5:35	10.7
15	ZENOWICZ PIOTR	1401	ATHLETICS NYSA	NYSA	POL	M-50	15	M 175	00:14:40	00:36:54	00:56:51.95	5:41	10.6
16	PASZKOWSKI WALDEMAR	1252		PYSKOWICE	POL	M-50	16	M 201	00:13:20	00:36:21	00:58:38.55	5:51	10.2
17	JANAS PIOTR	1480		GLIWICE	POL	M-50	17	M 207	00:15:05	00:38:17	00:58:55.55	5:53	10.2
18	SNOCHOWSKI MIREK	1321	SZOMBIERKI CHODŹĄ I BIEGAJĄ	BYTOM	POL	M-50	18	M 213	00:15:10	00:38:48	00:59:32.10	5:57	10.1
19	MIŚKIEWICZ ANDRZEJ	1211	WARTO BIEGAĆ ZAWIERCIE	ZAWIERCIE	POL	M-50	19	M 214	00:15:09	00:38:33	00:59:32.20	5:57	10.1
20	CZERNACHOWSKI MAREK	1033	STARY HANGAR	TARNOWSKIE GÓRY	POL	M-50	20	M 228	00:16:08	00:39:50	01:01:09.25	6:06	9.8
21	ROSIŃSKI SŁAWOMIR	1289		BYTOM	POL	M-50	21	M 243	00:15:44	00:40:02	01:02:36.35	6:15	9.6

GLIWICKA DYCHA, M-50 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
22	GÓRA MAREK	1072		TARNOWSKIE GÓRY	POL	M-50	22	M 245	00:15:49	00:40:58	01:02:53.45	6:17	9.5
23	PACZKOWSKI JACEK	1246		ZABRZE	POL	M-50	23	M 246	00:16:01	00:40:24	01:03:08.10	6:18	9.5
24	FOJCIK RYSZARD	1053		GLIWICE	POL	M-50	24	M 248	00:16:30	00:41:04	01:03:44.55	6:22	9.4
25	KUWAK BOGDAN	1165	WARTO BIEGAĆ ZAWIERCIE	MYSZKÓW	POL	M-50	25	M 249	00:15:54	00:41:20	01:04:00.80	6:24	9.4
26	BOGUSZ JAROSŁAW	1018	WARSAW RUNNERS	WARSZAWA	POL	M-50	26	M 262	00:16:14	00:42:05	01:06:52.20	6:41	9
27	NĘDZA RYSZARD	1223	HIRSCHVOGEL	GLIWICE	POL	M-50	27	M 272	00:16:28	00:44:33	01:09:58.70	6:59	8.6
28	WYLEŻOŁ MAREK	1389		ZABRZE	POL	M-50	28	M 280	00:17:43	00:47:19	01:14:18.60	7:25	8.1

GLIWICKA DYCHA, K-60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	KOCYAN MAŁGORZATA	1132		GLIWICE	POL	K-60	1	K 127	00:17:06	00:44:01	01:10:10.70	7:01	8.6
2	POŹNIAK-BOKŁAK HALINA	1271		GLIWICE	POL	K-60	2	K 128	00:16:45	00:44:00	01:10:42.70	7:04	8.5
3	KOZACZKIEWICZ HELENA	1150	KB ORŁY Z KNUROWA	KNURÓW	POL	K-60	3	K 141	00:17:50	00:46:58	01:13:40.70	7:22	8.1

GLIWICKA DYCHA, M-60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.5km	6.5km	Netto	min/km	km/h
1	ŻŁOBIŃSKI KRZYSZTOF	1475		TYCHY	POL	M-60	1	M 25	00:10:27	00:26:30	00:40:57.20	4:05	14.7
2	KLIKS KAZIMIERZ	1122		ZABRZE	POL	M-60	2	M 145	00:14:19	00:35:07	00:54:11.60	5:25	11.1
3	ZAREMBA TADEUSZ	1395		GLIWICE	POL	M-60	3	M 168	00:14:05	00:36:08	00:56:30.20	5:39	10.6
4	SOWA JAROSŁAW	1327	NIEZRZESZONY	BĘDZIN	POL	M-60	4	M 173	00:14:34	00:36:35	00:56:49.60	5:40	10.6
5	SMOŁA MIECZYŚLAW	1318		GLIWICE	POL	M-60	5	M 185	00:14:52	00:36:33	00:57:32.05	5:45	10.4
6	GUNIA KRYSZTIAN	1081		GLIWICE	POL	M-60	6	M 186	00:14:18	00:36:32	00:57:44.50	5:46	10.4
7	WIETRZYCKI ZENON	1372		GLIWICE	POL	M-60	7	M 222	00:14:33	00:38:21	01:00:27.05	6:02	9.9
8	KLIKS STANISŁAW	1124		ZABRZE	POL	M-60	8	M 258	00:16:33	00:42:17	01:05:26.30	6:32	9.2
9	SIEDLECKI LESŁAW	1303		GLIWICE	POL	M-60	9	M 281	00:19:21	00:48:26	01:14:54.10	7:29	8