



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V Radan Półmaraton Gliwicki 2018
Fundacja Bieg Rzeźnika
2018-11-04
Gliwice
21.1 km

V PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	VERETSKYI Pavlo	949		M-30	1	00:00:01	00:15:58	00:32:27	00:48:02	01:04:24	01:07:59.05	01:08:00.60		3:13	18.6 (100%)
2	OLIJNYK Pawel	936		M-30	2	00:00:01	00:15:58	00:32:19	00:48:02	01:04:24	01:08:02.00	01:08:03.30	+00:00:02 (0.1%)	3:13	18.6 (100%)
3	MRÓWKA Mateusz	484	KWK MARCEL /RADLINIOKI W BIEGU	M-20	1	00:00:01	00:15:59	00:32:19	00:48:08	01:05:21	01:08:58.85	01:09:00.40	+00:00:59 (1.4%)	3:16	18.4 (98.9%)
4	SLAVENSKI Ilya	951		M-30	3	00:00:01	00:15:58	00:32:19	00:48:21	01:07:13	01:11:24.30	01:11:25.70	+00:03:25 (4.8%)	3:23	17.7 (95.2%)
5	MUSKIETORZ Piotr	489		M-30	4	00:00:01	00:17:07	00:34:57	00:52:36	01:10:43	01:14:29.00	01:14:30.40	+00:06:29 (8.7%)	3:31	17 (91.4%)
6	SZCZECIŃSKI Maciej	716	INŻYNIERIA BIEGANIA	M-30	5	00:00:02	00:17:34	00:35:40	00:53:27	01:11:31	01:15:15.05	01:15:17.25	+00:07:16 (9.7%)	3:33	16.8 (90.3%)
7	KOŹDOŃ Jarosław	885		M-30	6	00:00:01	00:17:19	00:35:35	00:53:28	01:11:46	01:15:33.90	01:15:35.80	+00:07:34 (10.0%)	3:34	16.8 (90.3%)
8	ZABA Marek	830	MAGNETI MARELLI /TRIATHLON - X - TEAM	M-30	7	00:00:02	00:17:42	00:35:52	00:53:51	01:12:19	01:16:13.00	01:16:15.20	+00:08:13 (10.8%)	3:36	16.6 (89.2%)
9	JACHIMSKI Piotr	267	ORZESZE TEŻ BIEGA	M-30	8	00:00:02	00:17:25	00:35:58	00:54:26	01:13:37	01:17:37.00	01:17:39.55	+00:09:37 (12.4%)	3:40	16.3 (87.6%)
10	ŻURAWIK Daniel	858	PPI SYSTEMY-GRZEWCZE	M-30	9	00:00:03	00:18:16	00:37:08	00:55:51	01:14:59	01:18:55.40	01:18:59.05	+00:10:56 (13.9%)	3:44	16 (86.0%)
11	GROŃ Krystian	234	OASIS SPORT TEAM / TAK DLA TRANSPLANTACJI	M-20	2	00:00:02	00:18:02	00:36:54	00:55:52	01:15:24	01:19:25.45	01:19:27.75	+00:11:26 (14.4%)	3:45	15.9 (85.5%)
12	HRABIA Łukasz	261	6 BATALION POWIETRZNODESANTOWY	M-30	10	00:00:02	00:18:32	00:37:43	00:56:31	01:15:50	01:19:47.20	01:19:49.70	+00:11:48 (14.8%)	3:46	15.9 (85.5%)
13	BARTNIK Sebastian	25		M-40	1	00:00:05	00:18:40	00:37:59	00:57:12	01:16:46	01:20:47.70	01:20:53.15	+00:12:48 (15.9%)	3:49	15.7 (84.4%)
14	POLAK Bogdan	577		M-40	2	00:00:01	00:19:31	00:39:15	00:58:32	01:18:03	01:22:05.20	01:22:07.10	+00:14:06 (17.2%)	3:53	15.4 (82.8%)
15	STAWINOGA Janusz	693	HIRSCHVOGEL	M-40	3	00:00:06	00:19:24	00:39:21	00:58:48	01:18:17	01:22:15.70	01:22:22.40	+00:14:16 (17.4%)	3:53	15.4 (82.8%)
16	SZWAJA Mateusz	735	MOMO RESTAURANT & COCKTAIL BAR	M-18	1	00:00:01	00:17:54	00:37:31	00:57:12	01:18:21	01:22:31.60	01:22:33.55	+00:14:32 (17.6%)	3:54	15.3 (82.3%)
17	CHOMIK Rafał	103	WAY2CHAMP.COM	M-40	4	00:00:03	00:19:38	00:39:27	00:59:04	01:19:01	01:23:15.60	01:23:18.75	+00:15:16 (18.3%)	3:56	15.2 (81.7%)
18	URBAŃSKI Sławomir	764		M-40	5	00:00:03	00:18:56	00:38:51	00:58:45	01:19:13	01:23:29.85	01:23:32.95	+00:15:30 (18.6%)	3:57	15.2 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas		Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	netto 21.1km	brutto 21.1km			
19	DUŻNIAK Dominik	156	STEP-DANCE	M-30	11	00:00:02	00:19:08	00:39:16	00:59:05	01:19:33	01:23:49.20	01:23:51.45	+00:15:50 (18.9%)	3:58	15.1 (81.2%)
20	ALKER Adam	905		M-30	12	00:00:03	00:18:50	00:38:51	00:58:45	01:20:01	01:24:31.60	01:24:34.75	+00:16:32 (19.6%)	4:00	15 (80.6%)
21	BOCHEŃSKI Grzegorz	64	MOMO RESTAURANT & COCKTAIL BAR	M-40	6	00:00:04	00:19:16	00:39:28	00:59:24	01:20:13	01:24:35.30	01:24:39.65	+00:16:36 (19.6%)	4:00	15 (80.6%)
22	JAJUGA Arkadiusz	888		M-40	7	00:00:05	00:20:30	00:40:58	01:00:52	01:20:59	01:25:10.40	01:25:15.60	+00:17:11 (20.2%)	4:02	14.9 (80.1%)
23	URBAN Wiktor	760	NIGHT RUNNERS ZABRZE	M-30	13	00:00:04	00:19:16	00:39:28	00:59:38	01:21:04	01:25:28.50	01:25:33.15	+00:17:29 (20.5%)	4:03	14.8 (79.6%)
24	DAMEC Olek	141	OCHAJORUN & FRIENDS	M-40	8	00:00:10	00:20:08	00:40:41	01:01:05	01:21:33	01:25:45.00	01:25:55.40	+00:17:45 (20.7%)	4:03	14.8 (79.6%)
25	BUCHTA Adam	91		M-30	14	00:00:04	00:19:43	00:40:11	01:00:43	01:22:13	01:26:43.45	01:26:47.65	+00:18:44 (21.6%)	4:06	14.6 (78.5%)
26	SMUDA Krzysztof	671		M-30	15	00:00:05	00:20:45	00:41:35	01:01:58	01:22:33	01:26:49.15	01:26:54.80	+00:18:50 (21.7%)	4:06	14.6 (78.5%)
27	BIEGUN Marcin	47	MISTRZ AMATOR	M-40	9	00:00:04	00:20:54	00:42:03	01:02:32	01:23:10	01:27:28.25	01:27:32.75	+00:19:29 (22.3%)	4:08	14.5 (78.0%)
28	CZOSNOWSKI Tomasz	134	OTK RZEŹNIK	M-30	16	00:00:04	00:20:09	00:40:48	01:01:28	01:22:57	01:27:30.00	01:27:34.80	+00:19:30 (22.3%)	4:08	14.5 (78.0%)
29	WOŹNIAK Grzegorz	898		M-30	17	00:00:09	00:20:27	00:41:16	01:01:54	01:23:05	01:27:38.40	01:27:47.95	+00:19:39 (22.4%)	4:09	14.4 (77.4%)
30	RATYŃSKI Bartłomiej	605	HAPPY RUNNERS	M-30	18	00:00:08	00:20:51	00:41:58	01:02:38	01:23:43	01:28:05.30	01:28:13.30	+00:20:06 (22.8%)	4:10	14.4 (77.4%)
31	KRAWCZYK Jarosław	362		M-40	10	00:00:12	00:21:02	00:42:09	01:03:10	01:24:27	01:28:50.35	01:29:03.10	+00:20:51 (23.5%)	4:12	14.2 (76.3%)
32	OŻÓG Marek	532		M-20	3	00:00:06	00:20:09	00:40:58	01:01:57	01:24:16	01:28:57.40	01:29:04.00	+00:20:58 (23.6%)	4:12	14.2 (76.3%)
33	KOWARA Piotr	350	NOGAMI DO PRZODU	M-20	4	00:00:07	00:20:57	00:42:13	01:03:23	01:24:42	01:29:03.75	01:29:11.45	+00:21:04 (23.7%)	4:13	14.2 (76.3%)
34	PAŁYGIEWICZ Jacek	541	SKPB KATOWICE	M-30	19	00:00:05	00:20:55	00:42:16	01:03:27	01:24:41	01:29:11.40	01:29:16.70	+00:21:12 (23.8%)	4:13	14.2 (76.3%)
35	PODSIADŁO Adam	574		M-30	20	00:00:02	00:19:58	00:41:22	01:02:32	01:24:47	01:29:17.45	01:29:20.25	+00:21:18 (23.9%)	4:13	14.2 (76.3%)
36	POŚNIAK Tomasz	585	ISTA BIEGAMY	M-30	21	00:00:04	00:19:37	00:40:53	01:02:17	01:24:43	01:29:30.30	01:29:34.70	+00:21:31 (24.0%)	4:14	14.1 (75.8%)
37	LASKOWSKI Tomasz	400	AKMB PĘDZIWIATR GLIWICE	M-30	22	00:00:04	00:21:00	00:42:17	01:03:30	01:25:11	01:29:38.70	01:29:43.10	+00:21:39 (24.2%)	4:14	14.1 (75.8%)
38	MIRONOWICZ Bartłomiej	867		M-30	23	00:00:16	00:20:47	00:42:05	01:03:18	01:25:15	01:29:40.65	01:29:57.00	+00:21:41 (24.2%)	4:15	14.1 (75.8%)
39	OCHMAN Rafał	518	OPEL ACTIVE TEAM	M-30	25	00:00:02	00:20:33	00:42:06	01:03:20	01:25:35	01:29:55.65	01:29:57.70	+00:21:56 (24.4%)	4:15	14.1 (75.8%)
40	NOWACKI Wojciech	513	PACEMAKER / WOJTAS BIEGACZ STOPOWICZ	M-30	24	00:00:04	00:20:54	00:42:02	01:03:15	01:24:51	01:29:55.20	01:29:59.30	+00:21:56 (24.4%)	4:15	14.1 (75.8%)
41	WALKOWIAK Artur	769	MAFIA TEAM LUBLINIEC	M-40	11	00:00:08	00:20:17	00:41:18	01:02:22	01:25:10	01:29:58.25	01:30:06.25	+00:21:59 (24.4%)	4:15	14.1 (75.8%)
42	HUĆ Aron	958	MOMO	M-30	26	00:00:09	00:21:22	00:43:09	01:04:07	01:25:37	01:29:57.55	01:30:06.80	+00:21:58 (24.4%)	4:15	14.1 (75.8%)
43	KASPRZAK Radosław	310		M-20	5	00:00:03	00:21:00	00:42:17	01:03:27	01:24:47	01:30:04.65	01:30:08.20	+00:22:05 (24.5%)	4:16	14.1 (75.8%)
44	KUKUCZKA Mateusz	376		M-30	27	00:00:10	00:21:40	00:43:25	01:04:26	01:25:48	01:30:02.75	01:30:13.60	+00:22:03 (24.5%)	4:16	14.1 (75.8%)
45	WOJTASIEWICZ Paweł	803		M-30	28	00:00:07	00:21:13	00:42:51	01:04:11	01:25:49	01:30:16.00	01:30:23.20	+00:22:16 (24.7%)	4:16	14 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
46	BERKE Rafał	36		M-40	12	00:00:05	00:20:54	00:42:02	01:03:16	01:25:35	01:30:19.60	01:30:24.65	+00:22:20 (24.7%)	4:16	14 (75.3%)
47	LEWICKI Tomasz	410	AKMB PĘDZIWIATR GLIWICE	M-40	13	00:00:04	00:20:51	00:42:20	01:03:39	01:25:52	01:30:23.05	01:30:27.40	+00:22:24 (24.8%)	4:17	14 (75.3%)
48	BORSIAK Sebastian	75	OPEL ACTIVE TEAM	M-30	29	00:00:06	00:20:53	00:42:14	01:03:26	01:25:54	01:30:47.15	01:30:53.65	+00:22:48 (25.1%)	4:18	13.9 (74.7%)
49	NIEDZIELA Janusz	500		M-30	30	00:00:04	00:20:15	00:41:19	01:02:39	01:25:49	01:30:54.05	01:30:58.80	+00:22:55 (25.2%)	4:18	13.9 (74.7%)
50	NOGAJ Janusz	913		M-40	14	00:00:11	00:20:52	00:42:08	01:03:19	01:25:52	01:30:49.05	01:31:00.10	+00:22:50 (25.1%)	4:18	13.9 (74.7%)
51	ŻOGAŁA Jan	857	DZIKI NA DWÓCH NOGACH	M-40	15	00:00:08	00:21:02	00:42:35	01:04:09	01:26:48	01:31:40.50	01:31:48.85	+00:23:41 (25.8%)	4:20	13.8 (74.2%)
52	LAMPARSKI Łukasz	395	ENDURANCE TEAM	M-30	31	00:00:04	00:20:24	00:41:23	01:02:02	01:24:52	01:31:44.45	01:31:49.15	+00:23:45 (25.9%)	4:20	13.8 (74.2%)
53	CZABAŃSKI Rafał	119	RUNHOGS TYCHY	M-40	16	00:00:14	00:21:27	00:43:06	01:04:47	01:27:14	01:31:51.15	01:32:05.95	+00:23:52 (26.0%)	4:21	13.8 (74.2%)
54	SROCZYŃSKI Dariusz	682	NGK RUNNING TEAM	M-30	32	00:00:11	00:21:48	00:43:43	01:05:21	01:27:31	01:32:08.35	01:32:19.85	+00:24:09 (26.2%)	4:21	13.7 (73.7%)
55	MAŚCIBRZUCH Marcin	453		M-20	6	00:00:11	00:21:02	00:42:51	01:04:39	01:27:32	01:32:19.10	01:32:31.00	+00:24:20 (26.4%)	4:22	13.7 (73.7%)
56	NIKOLIN Wojciech	507	GRUPA JURA'PL	M-40	17	00:00:11	00:21:28	00:43:40	01:05:45	01:27:55	01:32:30.40	01:32:42.10	+00:24:31 (26.5%)	4:23	13.7 (73.7%)
57	OPACH Kamil	522	FAST FOOT TEAM SIEWIERZ	M-30	33	00:00:05	00:20:54	00:42:28	01:04:44	01:28:17	01:33:05.25	01:33:10.30	+00:25:06 (27.0%)	4:24	13.6 (73.1%)
58	ORZECH Michał	526	MUSTANGI GLIWICE	M-30	34	00:00:05	00:20:53	00:42:15	01:04:03	01:27:56	01:33:09.00	01:33:14.30	+00:25:09 (27.0%)	4:24	13.6 (73.1%)
59	NIESLER Michał	504		M-30	35	00:00:08	00:21:32	00:43:44	01:05:48	01:28:14	01:33:17.60	01:33:26.20	+00:25:18 (27.1%)	4:25	13.6 (73.1%)
60	FRITZ Wojciech	183	BIEG PO ZDRÓ	M-40	19	00:00:06	00:22:19	00:44:54	01:07:05	01:29:15	01:33:31.10	01:33:37.80	+00:25:32 (27.3%)	4:25	13.5 (72.6%)
61	BROSZ Michał	86		M-50	1	00:00:05	00:21:14	00:43:33	01:05:53	01:28:57	01:33:33.85	01:33:39.65	+00:25:34 (27.3%)	4:26	13.5 (72.6%)
62	CZAJA Jarosław	120	FUTURE PROCESSING RUNNING TEAM	M-40	20	00:00:08	00:22:12	00:44:45	01:07:04	01:29:16	01:33:32.50	01:33:41.30	+00:25:33 (27.3%)	4:26	13.5 (72.6%)
63	KACZOR Rafał	294	PKO BANK POLSKI	M-40	21	00:00:08	00:22:00	00:44:26	01:06:32	01:28:55	01:33:34.30	01:33:43.10	+00:25:35 (27.3%)	4:26	13.5 (72.6%)
64	PIENIĄŻEK Krzysztof	562		M-40	22	00:00:10	00:21:57	00:44:42	01:06:48	01:29:18	01:33:38.15	01:33:48.90	+00:25:39 (27.4%)	4:26	13.5 (72.6%)
65	SKOWRON Marcin	658	TRIDIVISION TRIATHLON TEAM	M-40	24	00:00:08	00:22:12	00:44:46	01:07:04	01:29:16	01:33:44.65	01:33:52.90	+00:25:45 (27.5%)	4:26	13.5 (72.6%)
66	ANGRES Paweł	15		M-20	7	00:00:04	00:20:55	00:42:03	01:03:16	01:28:05	01:33:53.00	01:33:57.80	+00:25:53 (27.6%)	4:26	13.5 (72.6%)
67	KAŁAMARZ Mariusz	296	STEP DANCE JASNA GLIWICE	M-40	25	00:00:07	00:20:58	00:43:16	01:05:54	01:29:10	01:33:51.65	01:33:59.60	+00:25:52 (27.6%)	4:26	13.5 (72.6%)
68	JENDRYŚ Marek	918		M-40	18	00:00:32	00:21:50	00:44:04	01:06:09	01:28:45	01:33:30.40	01:34:03.05	+00:25:31 (27.3%)	4:25	13.5 (72.6%)
69	WOJTCZAK Michał	804		M-40	23	00:00:24	00:22:24	00:44:39	01:06:32	01:29:05	01:33:41.30	01:34:05.90	+00:25:42 (27.4%)	4:26	13.5 (72.6%)
70	FABIAN Michał	167		M-30	36	00:00:08	00:22:06	00:44:34	01:06:37	01:29:17	01:34:06.75	01:34:14.75	+00:26:07 (27.8%)	4:27	13.5 (72.6%)
71	MARCZAK Krzysztof	956	PKO BANK POLSKI	M-40	26	00:00:08	00:22:10	00:44:44	01:07:05	01:29:39	01:34:14.85	01:34:23.40	+00:26:15 (27.9%)	4:28	13.4 (72.0%)
72	ZEMCZAK Kamil	844		M-20	8	00:00:06	00:21:07	00:43:18	01:05:46	01:29:23	01:34:22.00	01:34:28.50	+00:26:22 (28.0%)	4:28	13.4 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
73	FURMANEK Łukasz	186	KLUB BIEGACZA SANTANDERA	M-30	38	00:00:07	00:21:09	00:43:23	01:05:48	01:29:37	01:34:35.80	01:34:42.90	+00:26:36 (28.1%)	4:28	13.4 (72.0%)
74	RIMPLER Łukasz	611	BIEGNĘ DLA ZUZI	M-30	37	00:00:10	00:22:07	00:44:50	01:07:21	01:30:06	01:34:35.65	01:34:46.10	+00:26:36 (28.1%)	4:29	13.4 (72.0%)
75	WANIEWSKI Michał	771		M-30	39	00:00:07	00:21:44	00:44:49	01:07:27	01:30:16	01:34:38.85	01:34:46.50	+00:26:39 (28.2%)	4:29	13.4 (72.0%)
76	DESZYŃSKI Damian	145	ISTA BIEGAMY	M-40	27	00:00:17	00:22:08	00:44:42	01:07:18	01:30:00	01:34:31.90	01:34:49.70	+00:26:32 (28.1%)	4:28	13.4 (72.0%)
77	GOLDA Piotr	212		M-40	28	00:00:06	00:22:24	00:44:52	01:06:54	01:29:56	01:34:51.70	01:34:58.00	+00:26:52 (28.3%)	4:29	13.3 (71.5%)
78	NOWAK Mateusz	514	PRZEBIEGA.PL	M-20	9	00:00:07	00:20:58	00:42:34	01:05:07	01:29:38	01:34:54.45	01:35:01.80	+00:26:55 (28.4%)	4:29	13.3 (71.5%)
79	CUPIAŁ Jacek	115		M-40	29	00:00:08	00:21:41	00:44:12	01:06:45	01:30:08	01:35:00.65	01:35:09.45	+00:27:01 (28.4%)	4:30	13.3 (71.5%)
80	SIELSKI Jarosław	647	OPEL ACTIVE TEAM	M-40	30	00:00:09	00:21:33	00:44:00	01:06:28	01:30:15	01:35:02.70	01:35:11.80	+00:27:03 (28.5%)	4:30	13.3 (71.5%)
81	GAJCZEWSKI Mateusz	187		M-30	40	00:00:09	00:22:00	00:44:14	01:06:33	01:30:12	01:35:05.35	01:35:14.80	+00:27:06 (28.5%)	4:30	13.3 (71.5%)
82	MALSKI Tomasz	440		M-20	10	00:00:12	00:23:03	00:46:18	01:09:16	01:30:52	01:35:02.00	01:35:14.90	+00:27:02 (28.5%)	4:30	13.3 (71.5%)
83	NAJUCH Wojciech	491	RAMBO STILL ALIVE	M-30	41	00:00:09	00:22:15	00:45:17	01:07:35	01:30:29	01:35:07.25	01:35:16.95	+00:27:08 (28.5%)	4:30	13.3 (71.5%)
84	KANIA Michał	300		M-40	31	00:00:09	00:22:12	00:44:48	01:07:26	01:30:19	01:35:08.75	01:35:18.30	+00:27:09 (28.5%)	4:30	13.3 (71.5%)
85	BORZĘCKI Damian	78	SOCIOS	M-30	43	00:00:08	00:19:56	00:41:20	01:03:37	01:29:15	01:35:16.70	01:35:25.55	+00:27:17 (28.6%)	4:30	13.3 (71.5%)
86	SZABELSKI Krzysztof	712	FUTURE PROCESSING RUNNING TEAM	M-30	42	00:00:19	00:23:08	00:46:36	01:08:48	01:30:53	01:35:09.50	01:35:28.85	+00:27:10 (28.6%)	4:30	13.3 (71.5%)
87	BEZUSZKO Tomasz	38	4 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	35	00:00:06	00:22:03	00:44:30	01:07:15	01:31:03	01:35:50.10	01:35:56.50	+00:27:51 (29.1%)	4:32	13.2 (71.0%)
88	MACIEJOŃCZYK Mariusz	426	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	34	00:00:15	00:22:07	00:44:59	01:07:30	01:30:58	01:35:42.50	01:35:57.90	+00:27:43 (29.0%)	4:32	13.2 (71.0%)
89	MRÓZEK Tomasz	485		M-40	33	00:00:28	00:22:57	00:46:02	01:08:25	01:30:59	01:35:33.40	01:36:01.55	+00:27:34 (28.9%)	4:31	13.2 (71.0%)
90	CZAPLA Arkadiusz	127		M-40	32	00:00:31	00:23:03	00:46:04	01:08:22	01:30:54	01:35:30.65	01:36:02.05	+00:27:31 (28.8%)	4:31	13.3 (71.5%)
91	KUSEK Andrzej	891		M-40	36	00:00:12	00:23:05	00:46:09	01:08:42	01:31:23	01:35:52.50	01:36:05.25	+00:27:53 (29.1%)	4:32	13.2 (71.0%)
92	KUREK Bartosz	383		M-20	12	00:00:15	00:23:09	00:46:25	01:08:53	01:31:40	01:36:00.70	01:36:15.70	+00:28:01 (29.2%)	4:32	13.2 (71.0%)
93	MARKOWSKI Marcin	3		M-30	44	00:00:03	00:22:05	00:45:30	01:08:48	01:31:51	01:36:12.80	01:36:15.90	+00:28:13 (29.3%)	4:33	13.2 (71.0%)
94	JEREMICZ Krzysztof	281	RAFAKO RUN TEAM	M-40	37	00:00:07	00:22:04	00:44:58	01:07:59	01:31:33	01:36:19.10	01:36:26.45	+00:28:20 (29.4%)	4:33	13.1 (70.4%)
95	WILCZEK Jan	791	RAFAKO	M-50	2	00:00:07	00:22:05	00:44:59	01:07:59	01:31:33	01:36:23.40	01:36:30.40	+00:28:24 (29.5%)	4:34	13.1 (70.4%)
96	SIWEK Dariusz	655	NOWINY.PL	M-50	3	00:00:06	00:22:10	00:45:03	01:08:01	01:31:45	01:36:31.20	01:36:37.40	+00:28:32 (29.6%)	4:34	13.1 (70.4%)
97	KROL Dariusz	365	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	46	00:00:17	00:21:44	00:44:42	01:07:21	01:31:22	01:36:30.85	01:36:48.50	+00:28:31 (29.6%)	4:34	13.1 (70.4%)
98	NIEMIEC Marcin	503	INTERGRAFIK POLSKA	M-40	38	00:00:27	00:22:18	00:45:04	01:07:46	01:31:27	01:36:25.45	01:36:52.55	+00:28:26 (29.5%)	4:34	13.1 (70.4%)
99	JĘDZURA Daniel	284	NIGHT RUNNERS GLIWICE	M-30	47	00:00:13	00:23:09	00:46:25	01:09:22	01:32:00	01:36:39.00	01:36:52.75	+00:28:39 (29.7%)	4:34	13.1 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
100	KUBICA Bartosz	375		M-20	11	00:01:22	00:23:53	00:46:51	01:08:54	01:31:13	01:35:30.65	01:36:53.05	+00:27:31 (28.8%)	4:31	13.3 (71.5%)
101	NAPIÓRKOWSKI Adam	493		M-30	49	00:00:15	00:22:52	00:46:16	01:08:35	01:32:07	01:36:50.90	01:37:06.60	+00:28:51 (29.8%)	4:35	13.1 (70.4%)
102	TISZBIEREK Marek	747		M-30	45	00:00:40	00:23:43	00:47:16	01:09:34	01:32:03	01:36:26.70	01:37:07.20	+00:28:27 (29.5%)	4:34	13.1 (70.4%)
103	JÓSKOWSKI Rafał	285	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-40	39	00:00:16	00:23:05	00:46:21	01:09:53	01:32:30	01:36:54.35	01:37:10.45	+00:28:55 (29.8%)	4:35	13.1 (70.4%)
104	MARKOWICZ Marcin	446		M-40	40	00:00:12	00:23:11	00:46:25	01:09:56	01:32:32	01:37:01.00	01:37:13.45	+00:29:01 (29.9%)	4:35	13 (69.9%)
105	SZCZEPAŃSKI Rafał	717	OPEL ACTIVE TEAM	M-40	41	00:00:11	00:22:17	00:45:19	01:08:24	01:32:05	01:37:02.65	01:37:14.00	+00:29:03 (29.9%)	4:35	13 (69.9%)
106	GWIAZDA Łukasz	248		M-20	14	00:00:20	00:23:42	00:46:47	01:09:18	01:32:05	01:36:54.20	01:37:14.75	+00:28:55 (29.8%)	4:35	13.1 (70.4%)
107	ŁĘCKI Piotr	422	NIGHT RUNNERS GLIWICE	M-30	51	00:00:13	00:23:08	00:46:24	01:09:23	01:32:14	01:37:02.30	01:37:15.40	+00:29:03 (29.9%)	4:35	13 (69.9%)
108	SITKO Mateusz	652		M-30	48	00:00:30	00:22:52	00:45:39	01:08:25	01:31:57	01:36:45.85	01:37:16.20	+00:28:46 (29.7%)	4:35	13.1 (70.4%)
109	FRANKIEWICZ Artur	181		M-30	53	00:00:15	00:23:07	00:46:16	01:09:27	01:32:38	01:37:05.60	01:37:21.20	+00:29:06 (30.0%)	4:36	13 (69.9%)
110	KOCHUIEVSKYI Oleksandr	326	FLUOR	M-20	13	00:01:03	00:21:27	00:44:22	01:07:54	01:31:35	01:36:17.70	01:37:21.35	+00:28:18 (29.4%)	4:33	13.1 (70.4%)
111	SUCHY Łukasz	705	HIRERIGHT RUNNING TEAM	M-30	50	00:00:32	00:22:38	00:45:36	01:08:36	01:32:11	01:36:54.85	01:37:27.10	+00:28:55 (29.9%)	4:35	13.1 (70.4%)
112	PALUCH Janusz	539		M-30	54	00:00:17	00:23:06	00:46:22	01:09:24	01:32:23	01:37:11.60	01:37:28.90	+00:29:12 (30.1%)	4:36	13 (69.9%)
113	WOJTUKIEWICZ Artur	806	DHL RUN CLUB	M-30	52	00:00:25	00:22:51	00:46:08	01:09:15	01:32:26	01:37:05.35	01:37:30.50	+00:29:06 (30.0%)	4:36	13 (69.9%)
114	CIEŚLIK Paweł	108	CHATEAU CHALIN	M-40	42	00:00:07	00:22:45	00:46:01	01:09:00	01:32:36	01:37:23.45	01:37:31.05	+00:29:24 (30.2%)	4:36	13 (69.9%)
115	FERENC Paweł	171		M-30	55	00:00:28	00:23:32	00:47:11	01:10:10	01:32:35	01:37:11.70	01:37:40.40	+00:29:12 (30.1%)	4:36	13 (69.9%)
116	RYŃSKI Robert	629		M-30	56	00:00:15	00:23:09	00:46:24	01:09:51	01:32:51	01:37:30.65	01:37:46.05	+00:29:31 (30.3%)	4:37	13 (69.9%)
117	NOWAK Mariusz	515	HIRSCHVOGEL	M-40	43	00:00:17	00:23:07	00:46:19	01:09:35	01:32:43	01:37:32.00	01:37:49.15	+00:29:32 (30.3%)	4:37	13 (69.9%)
118	TEKLA Krzysztof	745		M-30	58	00:00:00	00:23:18	00:46:37	01:10:00	01:33:06	01:37:54.55	01:37:54.55	+00:29:55 (30.6%)	4:38	12.9 (69.4%)
119	BIELA Grzegorz	49	GIBKE GIZDY	M-30	59	00:00:04	00:20:54	00:43:41	01:07:15	01:32:38	01:37:59.30	01:38:03.35	+00:30:00 (30.6%)	4:38	12.9 (69.4%)
120	BIEDROŃ Dariusz	46		M-40	44	00:00:13	00:22:55	00:46:18	01:09:36	01:33:07	01:37:52.25	01:38:05.65	+00:29:53 (30.5%)	4:38	12.9 (69.4%)
121	MISZTAL Kamil	478		M-30	57	00:00:16	00:23:06	00:46:21	01:09:53	01:33:32	01:37:51.75	01:38:08.70	+00:29:52 (30.5%)	4:38	12.9 (69.4%)
122	RUSAK Sebastian	908		M-30	60	00:00:03	00:20:31	00:42:56	01:05:54	01:32:16	01:38:05.60	01:38:09.20	+00:30:06 (30.7%)	4:38	12.9 (69.4%)
123	SZUŚCIK Michał	734		M-20	15	00:00:40	00:23:43	00:47:08	01:09:40	01:32:53	01:37:31.10	01:38:11.25	+00:29:32 (30.3%)	4:37	13 (69.9%)
124	NAWROCKI Szymon	495		M-40	45	00:00:16	00:23:07	00:46:22	01:09:44	01:33:08	01:37:57.55	01:38:14.10	+00:29:58 (30.6%)	4:38	12.9 (69.4%)
125	BEŁKOT Arkadiusz	35		M-40	46	00:00:13	00:23:10	00:46:25	01:09:46	01:33:10	01:38:02.35	01:38:16.05	+00:30:03 (30.7%)	4:38	12.9 (69.4%)
126	BEHRENDT Jakub	33	LECE BO CHCE	M-40	49	00:00:07	00:22:27	00:45:39	01:09:07	01:33:07	01:38:14.50	01:38:22.30	+00:30:15 (30.8%)	4:39	12.9 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
127	SCHAB Bartłomiej	642		M-20	17	00:00:09	00:21:30	00:44:49	01:08:11	01:32:58	01:38:13.35	01:38:23.20	+00:30:14 (30.8%)	4:39	12.9 (69.4%)
128	CHRAPKOWICZ Damian	104	304	M-20	16	00:00:43	00:22:41	00:45:46	01:08:54	01:33:01	01:37:42.50	01:38:26.45	+00:29:43 (30.4%)	4:37	13 (69.9%)
129	HOŁYŃSKI Tomasz	257	ORŁY Z KNUROWA	M-40	48	00:00:16	00:23:08	00:46:24	01:09:53	01:33:34	01:38:10.65	01:38:26.90	+00:30:11 (30.8%)	4:39	12.9 (69.4%)
130	PISINGAS Mariusz	569		M-40	47	00:00:21	00:21:45	00:45:03	01:08:36	01:33:03	01:38:10.20	01:38:31.95	+00:30:11 (30.7%)	4:39	12.9 (69.4%)
131	SZNYDER Wojciech	724		M-40	50	00:00:12	00:23:10	00:46:26	01:09:57	01:33:31	01:38:24.00	01:38:36.10	+00:30:24 (30.9%)	4:39	12.9 (69.4%)
132	MAZUR Krzysztof	458		M-40	51	00:00:12	00:22:40	00:45:36	01:08:46	01:33:14	01:38:26.95	01:38:38.95	+00:30:27 (30.9%)	4:39	12.9 (69.4%)
133	KURCZEK Tomasz	382		M-40	52	00:00:13	00:23:13	00:46:45	01:10:11	01:33:36	01:38:32.20	01:38:45.60	+00:30:33 (31.0%)	4:40	12.8 (68.8%)
134	CZERNY Michał	926		M-30	61	00:00:15	00:22:55	00:46:12	01:09:35	01:33:31	01:38:32.40	01:38:47.55	+00:30:33 (31.0%)	4:40	12.8 (68.8%)
135	RYBIŃSKI Łukasz	624	EŁKA TEAM	M-30	62	00:00:09	00:21:03	00:43:57	01:07:21	01:33:11	01:38:40.75	01:38:50.45	+00:30:41 (31.1%)	4:40	12.8 (68.8%)
136	KASINSKI Rafal	307	BIEG PO ZDROJ	M-40	53	00:00:06	00:22:38	00:45:54	01:09:40	01:33:38	01:38:45.05	01:38:51.60	+00:30:46 (31.2%)	4:40	12.8 (68.8%)
137	BRODEK Andrzej	82	CERTUM	M-40	55	00:00:09	00:22:24	00:46:03	01:09:42	01:33:54	01:38:49.65	01:38:58.70	+00:30:50 (31.2%)	4:40	12.8 (68.8%)
138	HORWAT Jan	260	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M-50	4	00:00:12	00:23:10	00:46:25	01:09:58	01:34:02	01:38:54.30	01:39:07.20	+00:30:55 (31.3%)	4:41	12.8 (68.8%)
139	KASZOWSKI Marcin	312		M-40	56	00:00:15	00:23:09	00:46:25	01:09:56	01:32:55	01:38:53.35	01:39:09.00	+00:30:54 (31.3%)	4:41	12.8 (68.8%)
140	KALISZ Rafał	295	CTOTG	M-40	54	00:00:24	00:22:48	00:46:02	01:09:37	01:33:41	01:38:45.15	01:39:09.70	+00:30:46 (31.2%)	4:40	12.8 (68.8%)
141	KRAJEWSKI Michał	359		M-30	64	00:00:18	00:23:33	00:46:58	01:09:53	01:33:58	01:38:59.30	01:39:17.40	+00:31:00 (31.3%)	4:41	12.8 (68.8%)
142	NOWAKOWSKI Dominik	895		M-18	2	00:00:05	00:21:08	00:45:46	01:10:00	01:34:22	01:39:14.00	01:39:19.60	+00:31:14 (31.5%)	4:42	12.8 (68.8%)
143	FAMUŁA Tomasz	170	FUTURA PROCESSING RUNNING TEAM / TRI DIVISION TRIATHLON TEAM	M-30	63	00:00:25	00:23:34	00:47:20	01:11:01	01:34:16	01:38:56.20	01:39:21.80	+00:30:57 (31.3%)	4:41	12.8 (68.8%)
144	BORYSEWICZ Wojciech	77		M-30	67	00:00:16	00:23:05	00:46:09	01:09:17	01:33:44	01:39:14.50	01:39:31.40	+00:31:15 (31.5%)	4:42	12.8 (68.8%)
145	SAZANÓW Bartosz	641		M-20	18	00:00:06	00:21:03	00:44:31	01:08:10	01:34:07	01:39:30.00	01:39:36.05	+00:31:30 (31.7%)	4:42	12.7 (68.3%)
146	BABIUCH Karol	16	WKURW_TEAM	M-30	68	00:00:15	00:23:10	00:46:24	01:09:56	01:34:12	01:39:22.05	01:39:37.20	+00:31:23 (31.6%)	4:42	12.7 (68.3%)
147	PŁAWIAK Rafał	572	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	M-30	69	00:00:11	00:21:34	00:44:44	01:09:02	01:34:17	01:39:34.55	01:39:45.60	+00:31:35 (31.7%)	4:43	12.7 (68.3%)
148	MACHURA Arkadiusz	425		M-40	57	00:00:13	00:23:10	00:46:26	01:09:58	01:34:23	01:39:34.45	01:39:47.55	+00:31:35 (31.7%)	4:43	12.7 (68.3%)
149	RUTKOWSKI Michał	622		M-30	65	00:00:36	00:24:13	00:48:10	01:11:50	01:34:54	01:39:12.45	01:39:48.70	+00:31:13 (31.5%)	4:42	12.8 (68.8%)
150	RUTKOWSKI Bartłomiej	623		M-30	66	00:00:36	00:24:12	00:48:10	01:11:49	01:34:54	01:39:13.10	01:39:49.60	+00:31:14 (31.5%)	4:42	12.8 (68.8%)
151	FLORKIEWICZ Sławek	176		M-50	5	00:00:07	00:22:39	00:46:06	01:09:48	01:34:32	01:39:45.20	01:39:52.25	+00:31:46 (31.8%)	4:43	12.7 (68.3%)
152	BAK-CESARZ Damian	31	CO JA TU ROBIĘ	M-40	58	00:00:16	00:24:16	00:49:26	01:12:47	01:35:17	01:39:37.10	01:39:53.80	+00:31:38 (31.8%)	4:43	12.7 (68.3%)
153	KUKUCZKA Henryk	377		M-40	59	00:00:16	00:22:20	00:44:42	01:07:38	01:34:26	01:39:40.85	01:39:57.10	+00:31:41 (31.8%)	4:43	12.7 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
154	GRAMATYKA Jan	227	FUTURE PROCESSING RUNNING TEAM	M-30	70	00:00:18	00:23:12	00:46:37	01:10:27	01:34:42	01:39:39.30	01:39:58.25	+00:31:40 (31.8%)	4:43	12.7 (68.3%)
155	BUJOK Mariusz	95		M-30	71	00:00:11	00:23:04	00:46:28	01:09:59	01:34:28	01:39:49.30	01:40:00.55	+00:31:50 (31.9%)	4:43	12.7 (68.3%)
156	WILK Dawid	795	PACEMAKER	M-20	19	00:00:12	00:23:09	00:46:25	01:09:57	01:34:30	01:39:50.65	01:40:03.20	+00:31:51 (31.9%)	4:43	12.7 (68.3%)
157	WASZKIEWICZ Tomasz	775	PACEMAKER	M-40	60	00:00:12	00:23:09	00:46:24	01:09:56	01:34:24	01:39:51.10	01:40:03.45	+00:31:52 (31.9%)	4:43	12.7 (68.3%)
158	RADZIEWICZ Marek	947	CROSS BOX	M-30	72	00:00:16	00:23:03	00:46:26	01:10:33	01:35:13	01:40:15.65	01:40:31.65	+00:32:16 (32.2%)	4:45	12.6 (67.7%)
159	GŁOGOWSKI Konrad	209		M-30	73	00:00:20	00:23:35	00:47:42	01:11:41	01:35:33	01:40:16.60	01:40:37.30	+00:32:17 (32.2%)	4:45	12.6 (67.7%)
160	CZAJKA Roman	121		M-40	62	00:00:27	00:23:17	00:47:26	01:11:06	01:35:13	01:40:14.60	01:40:41.70	+00:32:15 (32.2%)	4:45	12.6 (67.7%)
161	STASIAK Mirosław	691	ROCKWELL AUTOMATION	M-30	75	00:00:06	00:22:43	00:46:49	01:11:15	01:35:39	01:40:39.20	01:40:46.10	+00:32:40 (32.5%)	4:46	12.6 (67.7%)
162	SZOMBARA Michał	727	ZAZDROŚĆ	M-30	74	00:00:24	00:24:13	00:48:30	01:12:12	01:35:35	01:40:24.95	01:40:49.05	+00:32:25 (32.3%)	4:45	12.6 (67.7%)
163	HOMOTIUK Michał	259		M-40	64	00:00:10	00:23:04	00:46:47	01:10:43	01:35:36	01:40:42.00	01:40:52.00	+00:32:42 (32.5%)	4:46	12.6 (67.7%)
164	BICK Robert	44	CZEMPJON TEAM	M-40	67	00:00:15	00:23:34	00:47:44	01:11:52	01:35:58	01:40:51.00	01:41:06.10	+00:32:51 (32.6%)	4:46	12.6 (67.7%)
165	ODOSZEWSKI Roman	521	OASIS SPORT TEAM	M-40	63	00:00:27	00:23:54	00:47:51	01:11:46	01:35:52	01:40:38.60	01:41:06.55	+00:32:39 (32.5%)	4:46	12.6 (67.7%)
166	SKLORZ Marcin	656		M-20	20	00:00:21	00:23:58	00:48:06	01:12:00	01:35:51	01:40:46.60	01:41:07.85	+00:32:47 (32.5%)	4:46	12.6 (67.7%)
167	NIŻNIKIEWICZ Grzegorz	511		M-40	65	00:00:21	00:23:58	00:48:05	01:12:00	01:35:51	01:40:46.95	01:41:08.20	+00:32:47 (32.5%)	4:46	12.6 (67.7%)
168	BEŚKA Sławomir	37		M-40	61	00:01:01	00:23:34	00:46:56	01:10:09	01:34:45	01:40:11.80	01:41:13.40	+00:32:12 (32.1%)	4:44	12.6 (67.7%)
169	ŁOBKO Adam	423	ŚLĘZAK TEAM	M-40	66	00:00:27	00:24:05	00:48:12	01:11:58	01:36:08	01:40:48.60	01:41:16.45	+00:32:49 (32.6%)	4:46	12.6 (67.7%)
170	MŁYŃCZAK Piotr	479	EUVIC GLIWICE	M-40	68	00:00:18	00:23:03	00:46:20	01:10:07	01:35:33	01:41:02.90	01:41:21.00	+00:33:03 (32.7%)	4:47	12.5 (67.2%)
171	OPIŁEK Marek	523	EUVIC	M-30	77	00:00:07	00:21:43	00:45:24	01:09:40	01:35:44	01:41:14.05	01:41:22.00	+00:33:15 (32.8%)	4:47	12.5 (67.2%)
172	MARYNIAK Piotr	450	MIECHOWICKA GRUPA BIEGOWA	M-40	69	00:00:22	00:23:42	00:47:59	01:11:52	01:35:57	01:41:05.85	01:41:28.60	+00:33:06 (32.8%)	4:47	12.5 (67.2%)
173	RAWŁUSZEWICZ Waldemar	606		M-50	6	00:00:19	00:23:54	00:47:55	01:11:43	01:35:58	01:41:15.65	01:41:34.85	+00:33:16 (32.9%)	4:47	12.5 (67.2%)
174	ZMEŁTY Leszek	873	SKPB KATOWICE	M-30	76	00:00:39	00:24:48	00:49:25	01:12:57	01:36:28	01:40:56.25	01:41:36.20	+00:32:57 (32.6%)	4:47	12.5 (67.2%)
175	KWIATKOWSKI Grzegorz	392	I	M-40	70	00:00:24	00:22:59	00:46:35	01:10:56	01:36:10	01:41:15.10	01:41:39.15	+00:33:16 (32.9%)	4:47	12.5 (67.2%)
176	MIECZNIKOWSKI Jacek	472		M-40	72	00:00:11	00:23:14	00:47:12	01:11:39	01:36:25	01:41:30.75	01:41:42.60	+00:33:31 (33.0%)	4:48	12.5 (67.2%)
177	SZCZUDLIŃSKI Dawid	719	RUNTEAM PAWŁOWICE	M-20	21	00:00:18	00:22:29	00:45:47	01:09:52	01:36:25	01:41:28.40	01:41:47.35	+00:33:29 (33.0%)	4:48	12.5 (67.2%)
178	TEICHMANN Norbert	744		M-50	7	00:00:30	00:24:06	00:48:43	01:11:30	01:36:23	01:41:22.90	01:41:53.40	+00:33:23 (32.9%)	4:48	12.5 (67.2%)
179	UJMA Michał	758		M-30	78	00:00:13	00:23:09	00:46:43	01:10:51	01:36:25	01:41:43.75	01:41:56.95	+00:33:44 (33.2%)	4:49	12.4 (66.7%)
180	PACUŁA Piotr	535	OPEL ACTIVE TEAM	M-50	8	00:00:01	00:23:39	00:47:50	01:11:56	01:36:36	01:41:58.60	01:41:59.95	+00:33:59 (33.3%)	4:49	12.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
181	ZABRZAŃSKI Alfred	933	PARKRUN CHRZANÓW	M-60	1	00:00:05	00:23:44	00:48:10	01:12:11	01:36:55	01:42:01.30	01:42:06.90	+00:34:02 (33.4%)	4:50	12.4 (66.7%)
182	SUTKOWSKI Jan	708	WARDZIŚCI	M-30	79	00:00:26	00:23:22	00:47:08	01:11:05	01:36:28	01:41:47.45	01:42:14.25	+00:33:48 (33.2%)	4:49	12.4 (66.7%)
183	PARUZEL Ireneusz	546	ZABIEGANI NAUCZYCIELE	M-40	73	00:00:30	00:23:57	00:47:47	01:11:51	01:36:33	01:41:43.70	01:42:14.55	+00:33:44 (33.2%)	4:49	12.4 (66.7%)
184	KOZIARSKI Maciek	355		M-30	80	00:00:23	00:24:34	00:48:54	01:12:36	01:36:48	01:41:52.90	01:42:16.50	+00:33:53 (33.3%)	4:49	12.4 (66.7%)
185	JASIŃSKI Damian	279	SESTAL	M-40	71	00:00:54	00:24:27	00:48:49	01:12:43	01:36:44	01:41:28.10	01:42:22.55	+00:33:29 (33.0%)	4:48	12.5 (67.2%)
186	WOŹNICA Adrian	816	GRUPA NOMAX	M-30	82	00:00:26	00:24:48	00:49:39	01:13:29	01:36:58	01:41:58.25	01:42:24.45	+00:33:59 (33.3%)	4:49	12.4 (66.7%)
187	KUBICA Gerard	912		M-50	9	00:00:23	00:24:42	00:48:46	01:12:22	01:36:56	01:42:02.40	01:42:26.05	+00:34:03 (33.4%)	4:50	12.4 (66.7%)
188	BANAŚ Mateusz	22	MOMO RESTAURANT & COCKTAIL BAR	M-30	81	00:00:37	00:24:09	00:48:30	01:12:28	01:36:42	01:41:53.15	01:42:30.60	+00:33:54 (33.3%)	4:49	12.4 (66.7%)
189	BICZYSKI Paweł	45	PSYCHONAUCI	M-30	86	00:00:06	00:22:08	00:46:20	01:11:12	01:36:59	01:42:24.05	01:42:30.95	+00:34:25 (33.6%)	4:51	12.4 (66.7%)
190	KRAKOWCZYK Adam	360	NIGHT RUNNERS GLIWICE	M-40	74	00:00:29	00:24:13	00:48:24	01:12:29	01:36:56	01:42:03.75	01:42:33.20	+00:34:04 (33.4%)	4:50	12.4 (66.7%)
191	KRAJEWSKI Radosław	358		M-30	84	00:00:18	00:23:40	00:48:05	01:12:19	01:37:20	01:42:19.30	01:42:38.25	+00:34:20 (33.6%)	4:50	12.4 (66.7%)
192	KULPA Marek	379	4QM	M-30	83	00:00:24	00:24:05	00:48:21	01:12:39	01:37:21	01:42:14.65	01:42:38.85	+00:34:15 (33.5%)	4:50	12.4 (66.7%)
193	LOSKA Tomasz	413	GONG!	M-20	22	00:00:30	00:24:44	00:49:49	01:13:24	01:37:28	01:42:10.85	01:42:40.85	+00:34:11 (33.5%)	4:50	12.4 (66.7%)
194	ŁAKOMY Piotr	418		M-50	10	00:00:33	00:23:50	00:48:05	01:12:17	01:37:01	01:42:10.45	01:42:44.20	+00:34:11 (33.5%)	4:50	12.4 (66.7%)
195	WASIK Marcin	773		M-40	77	00:00:23	00:23:34	00:47:52	01:12:04	01:37:08	01:42:24.70	01:42:47.70	+00:34:25 (33.6%)	4:51	12.4 (66.7%)
196	WILK Krzysztof	794	AMATOR	M-40	76	00:00:24	00:24:31	00:48:58	01:12:58	01:37:21	01:42:23.40	01:42:47.90	+00:34:24 (33.6%)	4:51	12.4 (66.7%)
197	WÓJCIK Rafał	820		M-30	89	00:00:17	00:23:32	00:47:47	01:12:21	01:37:32	01:42:33.85	01:42:51.30	+00:34:34 (33.7%)	4:51	12.3 (66.1%)
198	MOKRZYCKI Patryk	482	SAINT-GOBAIN SQUAD	M-40	81	00:00:12	00:23:13	00:47:44	01:12:51	01:37:36	01:42:41.55	01:42:54.00	+00:34:42 (33.8%)	4:52	12.3 (66.1%)
199	SZWAJNOCH Piotr	902		M-40	83	00:00:08	00:23:18	00:47:43	01:12:42	01:37:56	01:42:47.45	01:42:56.25	+00:34:48 (33.9%)	4:52	12.3 (66.1%)
200	TOMCZAK Mariusz	754	WARDZIŚCI	M-30	88	00:00:26	00:24:03	00:48:30	01:12:24	01:37:16	01:42:31.10	01:42:57.90	+00:34:32 (33.7%)	4:51	12.3 (66.1%)
201	PRYSZCZ Mirosław	590		M-40	79	00:00:19	00:23:52	00:48:13	01:12:30	01:37:22	01:42:38.70	01:42:58.65	+00:34:39 (33.8%)	4:51	12.3 (66.1%)
202	CHEJDYS Krystian	101	KAC RUNNERS	M-30	85	00:00:34	00:23:44	00:47:45	01:11:39	01:37:01	01:42:23.90	01:42:58.75	+00:34:24 (33.6%)	4:51	12.4 (66.7%)
203	MUSIAŁ Andrzej	488		M-40	75	00:00:52	00:24:21	00:48:31	01:12:38	01:37:04	01:42:07.60	01:42:59.80	+00:34:08 (33.4%)	4:50	12.4 (66.7%)
204	GAŚCZYK Grzegorz	200		M-40	82	00:00:14	00:23:09	00:46:42	01:11:46	01:37:34	01:42:46.95	01:43:01.25	+00:34:47 (33.9%)	4:52	12.3 (66.1%)
205	DZIERWA Marcin	164	NOWA HUTA TEAM	M-30	91	00:00:14	00:23:08	00:46:41	01:11:45	01:37:32	01:42:47.30	01:43:01.55	+00:34:48 (33.9%)	4:52	12.3 (66.1%)
206	JAWOREK Jacek	280	JBC TEAM	M-30	87	00:00:33	00:24:12	00:48:20	01:12:22	01:37:09	01:42:29.10	01:43:02.50	+00:34:30 (33.7%)	4:51	12.4 (66.7%)
207	DANIŁOWSKI Tomasz	142	PARKRUN KATOWICE	M-40	84	00:00:13	00:22:55	00:46:44	01:11:23	01:37:32	01:43:00.70	01:43:14.55	+00:35:01 (34.0%)	4:52	12.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
208	SOWA Andrzej	680		M-30	92	00:00:20	00:23:35	00:48:02	01:12:24	01:37:45	01:42:57.20	01:43:17.45	+00:34:58 (34.0%)	4:52	12.3 (66.1%)
209	ORLIK Jerzy	525		M-50	13	00:00:04	00:23:36	00:48:02	01:12:40	01:38:02	01:43:19.05	01:43:23.75	+00:35:20 (34.2%)	4:53	12.3 (66.1%)
210	WENGLORZ Marcin	778	TBF	M-20	25	00:00:25	00:23:01	00:47:25	01:12:06	01:37:34	01:43:00.20	01:43:25.95	+00:35:01 (34.0%)	4:52	12.3 (66.1%)
211	KAZANA Grzegorz	316		M-20	24	00:00:27	00:23:45	00:47:59	01:12:12	01:37:31	01:42:59.85	01:43:27.45	+00:35:00 (34.0%)	4:52	12.3 (66.1%)
212	DOMŻALSKI Jakub	150		M-30	95	00:00:12	00:23:15	00:47:28	01:12:02	01:37:51	01:43:23.95	01:43:36.30	+00:35:24 (34.3%)	4:54	12.2 (65.6%)
213	JABŁOŃSKI Łukasz	265	FIS-SST TEAM / UNISONO	M-20	26	00:00:31	00:24:27	00:48:56	01:13:14	01:37:54	01:43:06.55	01:43:37.95	+00:35:07 (34.1%)	4:53	12.3 (66.1%)
214	BORYCZKA Dawid	76		M-20	23	00:00:39	00:25:14	00:50:42	01:14:03	01:37:59	01:42:59.40	01:43:38.65	+00:35:00 (34.0%)	4:52	12.3 (66.1%)
215	GAWEŁKO Janusz	197		M-50	12	00:00:26	00:24:20	00:48:51	01:13:23	01:38:06	01:43:13.05	01:43:39.90	+00:35:14 (34.1%)	4:53	12.3 (66.1%)
216	SZYMIK Michał	737		M-40	86	00:00:11	00:23:04	00:47:37	01:12:48	01:38:07	01:43:28.80	01:43:40.15	+00:35:29 (34.3%)	4:54	12.2 (65.6%)
217	CZAUDERNA Adrian	868	OCHAJORUN & FRIENDS	M-40	78	00:01:13	00:24:51	00:48:49	01:12:48	01:37:18	01:42:27.10	01:43:40.45	+00:34:28 (33.6%)	4:51	12.4 (66.7%)
218	ANDRACZEK Bartosz	920		M-40	80	00:01:07	00:24:15	00:47:54	01:11:57	01:37:14	01:42:39.50	01:43:46.95	+00:34:40 (33.8%)	4:51	12.3 (66.1%)
219	WOMELA Maciej	813		M-30	90	00:01:09	00:24:15	00:47:52	01:11:55	01:37:13	01:42:39.60	01:43:48.85	+00:34:40 (33.8%)	4:51	12.3 (66.1%)
220	UBDA Łukasz	757	MDM NT TEAM	M-30	99	00:00:05	00:20:53	00:45:21	01:10:07	01:37:46	01:43:44.25	01:43:50.00	+00:35:45 (34.5%)	4:55	12.2 (65.6%)
221	BEDNAREK Martin	32	TKKF SZCZYGŁOWICE	M-20	27	00:00:14	00:24:02	00:48:24	01:12:14	01:37:51	01:43:46.00	01:44:00.30	+00:35:46 (34.5%)	4:55	12.2 (65.6%)
222	ŁATKA Łukasz	421		M-30	93	00:00:57	00:24:32	00:49:03	01:13:15	01:38:00	01:43:06.90	01:44:04.70	+00:35:07 (34.1%)	4:53	12.3 (66.1%)
223	TŁOŁKA Michał	751		M-30	97	00:00:29	00:24:57	00:50:06	01:14:47	01:38:55	01:43:37.00	01:44:06.85	+00:35:37 (34.4%)	4:54	12.2 (65.6%)
224	MAY-MAJEWSKI Michał	457		M-30	96	00:00:30	00:24:55	00:50:05	01:14:46	01:38:54	01:43:36.95	01:44:07.60	+00:35:37 (34.4%)	4:54	12.2 (65.6%)
224	BIELA Rafał	50		M-30	98	00:00:29	00:24:57	00:50:06	01:14:48	01:38:55	01:43:38.15	01:44:07.60	+00:35:39 (34.4%)	4:54	12.2 (65.6%)
226	PALEWICZ Wojciech	538	DENTYSTAZGLIWIC.PL	M-30	100	00:00:26	00:24:17	00:48:54	01:13:40	01:38:38	01:43:48.65	01:44:15.15	+00:35:49 (34.5%)	4:55	12.2 (65.6%)
227	ZABORSKI Beniamin	831		M-30	104	00:00:09	00:24:27	00:49:28	01:14:04	01:39:08	01:44:13.75	01:44:23.45	+00:36:14 (34.8%)	4:56	12.1 (65.1%)
228	MALEC Arkadiusz	438		M-30	94	00:01:10	00:24:11	00:49:04	01:13:24	01:38:03	01:43:16.55	01:44:27.00	+00:35:17 (34.2%)	4:53	12.3 (66.1%)
229	SIERADZKI Dariusz	650	BIEGAJ Z TRENERAMI	M-30	103	00:00:22	00:24:51	00:49:42	01:15:06	01:39:22	01:44:07.40	01:44:30.30	+00:36:08 (34.7%)	4:56	12.2 (65.6%)
230	BAJOREK Dawid	18		M-20	28	00:00:27	00:23:37	00:48:19	01:13:03	01:38:55	01:44:07.10	01:44:34.25	+00:36:08 (34.7%)	4:56	12.2 (65.6%)
231	SEKIENDA Grzegorz	643		M-40	87	00:00:23	00:24:07	00:48:33	01:13:33	01:39:00	01:44:13.40	01:44:36.55	+00:36:14 (34.8%)	4:56	12.1 (65.1%)
232	KOLOCH Michał	909		M-30	102	00:00:38	00:24:41	00:49:32	01:13:55	01:39:01	01:44:06.70	01:44:44.75	+00:36:07 (34.7%)	4:56	12.2 (65.6%)
233	MACYSZYN Waldemar	428		M-50	14	00:00:18	00:23:07	00:46:44	01:12:08	01:39:02	01:44:34.65	01:44:52.70	+00:36:35 (35.0%)	4:57	12.1 (65.1%)
234	LASKOWSKI Sebastian	927		M-40	85	00:01:30	00:27:21	00:53:41	01:15:39	01:38:26	01:43:27.90	01:44:58.85	+00:35:28 (34.3%)	4:54	12.2 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
235	ZYMELA Dawid	853		M-30	107	00:00:27	00:24:48	00:49:52	01:14:51	01:39:48	01:44:32.65	01:44:59.95	+00:36:33 (35.0%)	4:57	12.1 (65.1%)
236	SZUŚCIK Piotr	733	OPEL ACTIVE TEAM	M-50	11	00:01:49	00:24:42	00:48:50	01:12:59	01:37:59	01:43:11.50	01:45:01.35	+00:35:12 (34.1%)	4:53	12.3 (66.1%)
237	GIEMZA Armin	205		M-20	29	00:00:35	00:24:38	00:49:29	01:14:54	01:39:19	01:44:27.15	01:45:02.35	+00:36:28 (34.9%)	4:57	12.1 (65.1%)
238	BUCZYŃSKI Radosław	92	NIGHT RUNNERS GLIWICE	M-30	105	00:00:42	00:24:16	00:48:45	01:13:29	01:38:59	01:44:20.40	01:45:03.25	+00:36:21 (34.8%)	4:56	12.1 (65.1%)
239	ROSADA Zdzisław	612		M-60	2	00:00:25	00:24:45	00:49:37	01:14:07	01:39:21	01:44:43.10	01:45:08.35	+00:36:44 (35.1%)	4:57	12.1 (65.1%)
240	JANECZEK Marek	272		M-40	88	00:00:46	00:24:53	00:49:22	01:14:45	01:39:19	01:44:26.90	01:45:13.15	+00:36:27 (34.9%)	4:57	12.1 (65.1%)
241	STOJAK Paweł	699		M-30	106	00:00:46	00:23:56	00:48:33	01:13:44	01:38:59	01:44:29.35	01:45:15.60	+00:36:30 (34.9%)	4:57	12.1 (65.1%)
242	JANIKOWSKI Michał	865	ASSECO ACTIVE TEAM	M-40	90	00:00:14	00:23:49	00:48:40	01:13:51	01:39:33	01:45:01.20	01:45:15.85	+00:37:02 (35.3%)	4:58	12.1 (65.1%)
243	MALOK Mateusz	439		M-40	89	00:00:40	00:24:52	00:49:49	01:14:19	01:39:16	01:44:36.05	01:45:16.45	+00:36:37 (35.0%)	4:57	12.1 (65.1%)
244	GÓRALEWSKI Rafał	899		M-20	33	00:00:09	00:23:37	00:48:02	01:13:02	01:39:38	01:45:11.85	01:45:21.40	+00:37:12 (35.4%)	4:59	12 (64.5%)
245	RUDNICKI Kamil	619	MYSZKÓW BIEGA	M-20	31	00:00:28	00:24:20	00:49:24	01:14:37	01:39:49	01:44:58.85	01:45:27.70	+00:36:59 (35.2%)	4:58	12.1 (65.1%)
246	DROZD Grzegorz	153		M-20	30	00:00:32	00:23:52	00:48:27	01:13:49	01:39:37	01:44:55.20	01:45:28.15	+00:36:56 (35.2%)	4:58	12.1 (65.1%)
247	GAŁKA Maciej	191		M-30	101	00:01:30	00:24:44	00:48:49	01:14:01	01:38:54	01:44:00.55	01:45:30.55	+00:36:01 (34.6%)	4:55	12.2 (65.6%)
247	ZIOBER Grzegorz	851	SPARTA PLATFUS	M-30	108	00:00:34	00:26:24	00:52:25	01:16:16	01:40:11	01:44:55.70	01:45:30.55	+00:36:56 (35.2%)	4:58	12.1 (65.1%)
249	RUSZCZYK Marek	621		M-40	95	00:00:15	00:24:58	00:49:53	01:15:02	01:40:08	01:45:16.15	01:45:31.15	+00:37:17 (35.4%)	4:59	12 (64.5%)
250	ZAJDEL Dariusz	834	ZAWADZKIE BIEGNIĘ	M-50	15	00:00:26	00:24:51	00:49:48	01:15:06	01:40:00	01:45:07.70	01:45:33.95	+00:37:08 (35.3%)	4:58	12 (64.5%)
251	MICHALSKI Bartosz	468	ABM	M-40	91	00:00:31	00:24:42	00:49:35	01:14:58	01:39:53	01:45:03.80	01:45:35.25	+00:37:04 (35.3%)	4:58	12 (64.5%)
252	WEBER Tomasz	777		M-20	32	00:00:27	00:24:28	00:49:34	01:15:00	01:39:56	01:45:07.95	01:45:35.40	+00:37:08 (35.3%)	4:58	12 (64.5%)
253	KLIMAS Adam	322		M-30	109	00:00:31	00:24:17	00:49:02	01:13:49	01:39:47	01:45:04.75	01:45:35.85	+00:37:05 (35.3%)	4:58	12 (64.5%)
254	MACZUGA Bartłomiej	430	PACEMAKER	M-30	110	00:00:22	00:24:50	00:49:42	01:15:07	01:40:01	01:45:14.25	01:45:36.85	+00:37:15 (35.4%)	4:59	12 (64.5%)
255	TRACZUK Marek	755		M-40	94	00:00:24	00:24:49	00:49:41	01:15:06	01:39:59	01:45:13.20	01:45:37.30	+00:37:14 (35.4%)	4:59	12 (64.5%)
256	ŁAKOMSKI Piotr	417		M-40	92	00:00:28	00:24:21	00:49:22	01:14:51	01:39:55	01:45:09.45	01:45:38.35	+00:37:10 (35.4%)	4:59	12 (64.5%)
257	HAIDA Marcin	250		M-40	96	00:00:00	00:23:47	00:49:07	01:14:36	01:40:24	01:45:40.70	01:45:40.70	+00:37:41 (35.7%)	5:00	12 (64.5%)
258	SEROCKI Michał	645		M-30	111	00:00:37	00:24:51	00:49:59	01:14:53	01:39:58	01:45:14.45	01:45:51.50	+00:37:15 (35.4%)	4:59	12 (64.5%)
259	KLAPETEK Jacek	318	ŚKK GOLIAT	M-40	93	00:00:40	00:24:58	00:49:49	01:14:49	01:39:44	01:45:11.20	01:45:51.95	+00:37:12 (35.4%)	4:59	12 (64.5%)
260	RYGOL Daniel	628	GIBKE GIZDY	M-20	35	00:00:25	00:23:57	00:48:42	01:14:05	01:40:01	01:45:30.15	01:45:55.60	+00:37:31 (35.6%)	5:00	12 (64.5%)
261	WIETRZYCKI Mariusz	787	BIEGAJ Z TRENERAMI	M-30	112	00:00:43	00:25:14	00:50:31	01:14:48	01:39:54	01:45:16.00	01:45:59.25	+00:37:16 (35.4%)	4:59	12 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
262	PANZ Krzysztof	545		M-30	114	00:00:14	00:23:10	00:48:01	01:13:27	01:40:18	01:45:44.80	01:45:59.45	+00:37:45 (35.7%)	5:00	12 (64.5%)
263	NITARSKI Patryk	508	NR	M-30	113	00:00:24	00:24:45	00:49:37	01:15:00	01:40:05	01:45:42.40	01:46:07.35	+00:37:43 (35.7%)	5:00	12 (64.5%)
264	SMYK Robert	672	PACEMAKER	M-40	97	00:00:21	00:24:49	00:49:40	01:15:03	01:40:02	01:45:45.50	01:46:07.45	+00:37:46 (35.7%)	5:00	12 (64.5%)
265	TELER Marcin	894		M-30	116	00:00:23	00:23:42	00:48:06	01:13:04	01:39:54	01:45:49.10	01:46:12.50	+00:37:50 (35.8%)	5:00	12 (64.5%)
266	KNOP Łukasz	325		M-20	34	00:00:56	00:25:29	00:51:13	01:15:41	01:40:15	01:45:20.45	01:46:16.80	+00:37:21 (35.5%)	4:59	12 (64.5%)
267	BERGER Jerzy	945		M-50	16	00:00:26	00:24:45	00:49:39	01:15:03	01:40:44	01:46:13.20	01:46:39.70	+00:38:14 (36.0%)	5:02	11.9 (64.0%)
268	GŁAZOWSKI Gabriel	941	GŁAZOWSKI I ŁYCZKO	M-20	36	00:00:22	00:24:53	00:50:07	01:15:19	01:41:01	01:46:21.25	01:46:44.00	+00:38:22 (36.1%)	5:02	11.9 (64.0%)
269	GARBACZ Damian	193		M-30	119	00:00:21	00:24:09	00:49:03	01:14:50	01:40:52	01:46:24.55	01:46:45.60	+00:38:25 (36.1%)	5:02	11.9 (64.0%)
270	GRZESIKIEWICZ Mariusz	246		M-30	122	00:00:14	00:25:01	00:50:04	01:15:16	01:41:03	01:46:33.40	01:46:47.45	+00:38:34 (36.2%)	5:02	11.9 (64.0%)
271	PIETRZAK Marcin	564		M-40	100	00:00:17	00:24:56	00:49:47	01:15:07	01:41:01	01:46:32.20	01:46:49.90	+00:38:33 (36.2%)	5:02	11.9 (64.0%)
272	ROŻEK Jacek	616	WĘGLOHUT TEAM	M-30	118	00:00:49	00:25:36	00:51:55	01:17:22	01:41:15	01:46:02.35	01:46:51.40	+00:38:03 (35.9%)	5:01	11.9 (64.0%)
273	BOGACZ Paweł	66	JAGODA TEAM	M-30	120	00:00:23	00:24:49	00:49:40	01:15:06	01:40:57	01:46:31.45	01:46:54.90	+00:38:32 (36.2%)	5:02	11.9 (64.0%)
274	JERZYK Andrzej	282		M-30	121	00:00:23	00:23:40	00:48:58	01:14:26	01:41:08	01:46:31.50	01:46:55.05	+00:38:32 (36.2%)	5:02	11.9 (64.0%)
275	BROLL Rafał	84		M-40	98	00:00:40	00:25:14	00:50:48	01:15:33	01:40:55	01:46:15.45	01:46:55.80	+00:38:16 (36.0%)	5:02	11.9 (64.0%)
276	FILARSKI Michał	172		M-40	101	00:00:16	00:25:21	00:50:50	01:15:56	01:41:20	01:46:43.50	01:46:59.75	+00:38:44 (36.3%)	5:03	11.9 (64.0%)
277	DZIECIAŃKOWSKI Jarosław	162	OPEL ACTIVE TEAM	M-40	99	00:00:35	00:24:27	00:49:26	01:14:26	01:40:57	01:46:25.70	01:47:01.50	+00:38:26 (36.1%)	5:02	11.9 (64.0%)
278	WÓJCIK Tomasz	821	FDG S.A.	M-30	115	00:01:20	00:24:53	00:49:50	01:14:56	01:40:24	01:45:46.25	01:47:07.10	+00:37:47 (35.7%)	5:00	12 (64.5%)
279	BEHRENDT Bartek	34	NIGHT RUNNERS GLIWICE	M-50	17	00:01:02	00:26:03	00:50:48	01:15:36	01:40:54	01:46:19.40	01:47:21.40	+00:38:20 (36.1%)	5:02	11.9 (64.0%)
280	DOMAŃSKI Marcin	149	RUNNINGFISH74	M-40	104	00:00:26	00:24:18	00:49:23	01:14:43	01:41:28	01:47:07.05	01:47:33.10	+00:39:08 (36.5%)	5:04	11.8 (63.4%)
281	BOREK Dariusz	72	MYSZKÓW BIEGA	M-40	106	00:00:22	00:24:49	00:49:43	01:15:10	01:41:39	01:47:11.35	01:47:33.75	+00:39:12 (36.6%)	5:04	11.8 (63.4%)
282	PRZYBYLSKI Mariusz	595		M-40	102	00:00:50	00:25:15	00:50:56	01:16:38	01:41:44	01:46:44.95	01:47:35.45	+00:38:45 (36.3%)	5:03	11.9 (64.0%)
283	LUBICKI Wojciech	414		M-50	18	00:00:24	00:24:49	00:49:55	01:15:23	01:41:41	01:47:11.75	01:47:36.55	+00:39:12 (36.6%)	5:04	11.8 (63.4%)
284	UZDRZYCHOWSKI Maciej	766	BOLDARE	M-20	38	00:00:13	00:23:40	00:49:09	01:14:35	01:41:56	01:47:23.70	01:47:37.25	+00:39:24 (36.7%)	5:05	11.8 (63.4%)
285	GANCARZ Maciej	192	MUSTANGI GLIWICE	M-40	108	00:00:24	00:24:23	00:50:02	01:15:24	01:41:48	01:47:14.05	01:47:38.95	+00:39:15 (36.6%)	5:04	11.8 (63.4%)
286	JURCZYGA Maciej	289		M-30	117	00:01:40	00:25:54	00:51:24	01:15:56	01:41:07	01:46:00.45	01:47:40.80	+00:38:01 (35.9%)	5:01	11.9 (64.0%)
287	SMUDA Andrzej	670	AKMB PĘDZIWIATR GLIWICE	M-40	103	00:00:48	00:25:47	00:51:12	01:16:49	01:41:50	01:46:56.10	01:47:44.75	+00:38:57 (36.4%)	5:04	11.8 (63.4%)
288	STALICA Wojciech	685		M-40	107	00:00:36	00:24:50	00:50:20	01:15:38	01:41:34	01:47:12.40	01:47:49.35	+00:39:13 (36.6%)	5:04	11.8 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
289	WILSZ Adam	798	FIS-SST TEAM	M-40	110	00:00:28	00:24:46	00:50:32	01:15:57	01:41:51	01:47:22.75	01:47:51.10	+00:39:23 (36.7%)	5:05	11.8 (63.4%)
290	GARYGA Łukasz	196	RUNHOGS TYCHY	M-30	130	00:00:00	00:25:14	00:50:04	01:15:15	01:42:10	01:47:56.75	01:47:56.75	+00:39:57 (37.0%)	5:06	11.7 (62.9%)
291	DROSDZOL Piotr	152	ZDYCHOM ALE LECA	M-20	39	00:00:27	00:25:29	00:51:06	01:16:23	01:42:09	01:47:29.40	01:47:56.90	+00:39:30 (36.8%)	5:05	11.8 (63.4%)
292	ĆWIKŁA Kamil	136	HARPAGANY	M-30	124	00:00:55	00:25:02	00:50:37	01:16:01	01:41:41	01:47:06.95	01:48:02.80	+00:39:07 (36.5%)	5:04	11.8 (63.4%)
293	JANIK Karol	273		M-20	37	00:00:42	00:25:11	00:50:47	01:16:07	01:42:06	01:47:20.70	01:48:03.35	+00:39:21 (36.7%)	5:05	11.8 (63.4%)
294	GRAJKO Mateusz	225		M-20	41	00:00:23	00:24:49	00:49:44	01:15:08	01:41:51	01:47:40.45	01:48:04.00	+00:39:41 (36.9%)	5:06	11.8 (63.4%)
295	STEC Marcin	695	KW GLIWICE	M-30	123	00:01:02	00:24:33	00:50:07	01:15:20	01:41:38	01:47:02.60	01:48:04.65	+00:39:03 (36.5%)	5:04	11.8 (63.4%)
296	TRĄBA Piotr	942	CROSS FIT 43 300	M-30	128	00:00:24	00:24:52	00:50:40	01:16:36	01:42:40	01:47:41.60	01:48:05.65	+00:39:42 (36.9%)	5:06	11.8 (63.4%)
297	PYZIK Tomasz	601	DRUŻYNA MOJACUKRZYCA.PL	M-40	111	00:00:08	00:23:38	00:49:26	01:14:42	01:42:10	01:48:00.75	01:48:09.05	+00:40:01 (37.1%)	5:07	11.7 (62.9%)
298	WIECHUŁA Marcin	782		M-30	126	00:00:37	00:22:22	00:45:58	01:11:20	01:41:23	01:47:35.40	01:48:13.10	+00:39:36 (36.8%)	5:05	11.8 (63.4%)
299	OSOJCA Damian	528		M-20	42	00:00:27	00:24:16	00:50:14	01:15:33	01:42:31	01:47:49.00	01:48:16.00	+00:39:49 (36.9%)	5:06	11.7 (62.9%)
300	MARCINIAK Krzysztof	444		M-30	127	00:00:39	00:25:36	00:51:19	01:16:51	01:42:14	01:47:37.30	01:48:16.90	+00:39:38 (36.8%)	5:06	11.8 (63.4%)
301	SZKUDLAREK Michał	723	RUN-LOG.COM	M-40	105	00:01:13	00:25:22	00:50:40	01:16:18	01:41:53	01:47:08.20	01:48:21.30	+00:39:09 (36.5%)	5:04	11.8 (63.4%)
302	KOZAK Filip	354		M-40	109	00:01:02	00:26:50	00:52:54	01:17:50	01:42:24	01:47:21.50	01:48:23.95	+00:39:22 (36.7%)	5:05	11.8 (63.4%)
303	PIECHOWIAK Wojciech	560		M-30	131	00:00:27	00:25:04	00:50:51	01:16:20	01:42:40	01:47:59.90	01:48:27.80	+00:40:00 (37.1%)	5:07	11.7 (62.9%)
304	KOWOLIK Łukasz	351	TAURON TEAM	M-30	125	00:00:52	00:25:40	00:50:04	01:14:30	01:40:53	01:47:35.20	01:48:27.90	+00:39:36 (36.8%)	5:05	11.8 (63.4%)
305	WRĘCZYŃSKI Mirosław	923		M-50	19	00:00:44	00:24:48	00:50:29	01:16:20	01:42:25	01:47:45.60	01:48:30.15	+00:39:46 (36.9%)	5:06	11.7 (62.9%)
306	SKOWRON Radosław	660	PŁONĄCE KONDONY BABUNI	M-40	113	00:00:15	00:25:45	00:51:19	01:17:11	01:42:54	01:48:17.55	01:48:33.15	+00:40:18 (37.2%)	5:07	11.7 (62.9%)
307	STACHOWSKI Wojciech	683		M-40	116	00:00:04	00:25:21	00:51:04	01:16:52	01:43:07	01:48:35.50	01:48:39.55	+00:40:36 (37.4%)	5:08	11.7 (62.9%)
308	STANIK Bogdan	874	6BPD GLIWICE	M-30	134	00:00:17	00:24:11	00:49:55	01:16:40	01:43:01	01:48:23.15	01:48:41.00	+00:40:24 (37.3%)	5:08	11.7 (62.9%)
309	WAL Grzegorz	767	OPEL ACTIVE TEAM	M-30	132	00:00:30	00:25:13	00:50:35	01:15:41	01:42:18	01:48:13.55	01:48:44.15	+00:40:14 (37.2%)	5:07	11.7 (62.9%)
310	MEJER Krzysztof	465	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-40	114	00:00:21	00:24:55	00:50:06	01:15:50	01:42:26	01:48:24.45	01:48:45.60	+00:40:25 (37.3%)	5:08	11.7 (62.9%)
311	KAWKA Maciej	900		M-30	136	00:00:21	00:25:43	00:51:12	01:16:31	01:42:56	01:48:30.80	01:48:52.25	+00:40:31 (37.3%)	5:08	11.7 (62.9%)
312	DADAŚ Janusz	140	NIGHT RUNNERS GLIWICE	M-40	117	00:00:17	00:23:38	00:49:17	01:15:28	01:43:11	01:48:37.45	01:48:55.30	+00:40:38 (37.4%)	5:08	11.7 (62.9%)
313	KRZYWICKI Jan	372		M-60	3	00:00:55	00:25:10	00:50:42	01:16:04	01:42:44	01:48:03.30	01:48:59.05	+00:40:04 (37.1%)	5:07	11.7 (62.9%)
314	BARTOSZUK Jarosław	27		M-20	40	00:01:25	00:27:13	00:55:04	01:18:15	01:42:42	01:47:34.70	01:49:00.05	+00:39:35 (36.8%)	5:05	11.8 (63.4%)
315	WOŹNIAKOWSKI Jan	815	OPEL ACTIVE TEAM	M-30	135	00:00:36	00:24:57	00:50:54	01:16:55	01:43:25	01:48:23.70	01:49:00.15	+00:40:24 (37.3%)	5:08	11.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
316	GÓRKA Szymon	893		M-30	141	00:00:11	00:24:09	00:49:04	01:15:05	01:43:00	01:48:51.55	01:49:03.30	+00:40:52 (37.5%)	5:09	11.6 (62.4%)
317	ZALEWSKI Artur	835		M-30	138	00:00:25	00:23:44	00:48:22	01:13:50	01:41:49	01:48:42.55	01:49:07.80	+00:40:43 (37.5%)	5:09	11.6 (62.4%)
318	PACAN Tomasz	534		M-40	119	00:00:24	00:24:05	00:48:52	01:14:24	01:42:24	01:48:44.35	01:49:09.30	+00:40:45 (37.5%)	5:09	11.6 (62.4%)
319	MICHALAK Grzegorz	467	TOTALNY AMATOR	M-40	121	00:00:09	00:25:22	00:51:33	01:17:37	01:43:47	01:49:00.75	01:49:09.85	+00:41:01 (37.6%)	5:09	11.6 (62.4%)
320	KURZAJ Mateusz	385	HIRERIGHT RUNNING TEAM	M-20	43	00:00:53	00:25:06	00:50:41	01:16:14	01:42:43	01:48:22.05	01:49:15.30	+00:40:23 (37.3%)	5:08	11.7 (62.9%)
321	MELICH Tomek	466	A.BERGER POLSKA	M-20	47	00:00:16	00:24:00	00:48:22	01:13:20	01:43:02	01:49:00.80	01:49:17.65	+00:41:01 (37.6%)	5:10	11.6 (62.4%)
322	SULIN Marek	706	SPARTANIE DZIECIOM	M-40	120	00:00:22	00:25:29	00:51:21	01:17:18	01:43:34	01:48:56.15	01:49:19.05	+00:40:57 (37.6%)	5:09	11.6 (62.4%)
323	WIEKIERA Adam	786		M-30	133	00:00:58	00:25:03	00:50:34	01:16:44	01:43:06	01:48:20.85	01:49:19.10	+00:40:21 (37.3%)	5:08	11.7 (62.9%)
324	CHWAŁEK Piotr	932		M-50	20	00:00:10	00:24:53	00:51:09	01:17:18	01:43:53	01:49:10.70	01:49:20.75	+00:41:11 (37.7%)	5:10	11.6 (62.4%)
325	BRODALA Maciej	81	KS JUDO TEAM MASTERS GLIWICE	M-30	137	00:00:45	00:26:08	00:52:05	01:17:33	01:43:18	01:48:37.45	01:49:23.25	+00:40:38 (37.4%)	5:08	11.7 (62.9%)
326	ŻMIJEWSKI Dariusz	856		M-40	112	00:01:18	00:24:42	00:50:07	01:15:20	01:42:22	01:48:07.95	01:49:26.75	+00:40:08 (37.1%)	5:07	11.7 (62.9%)
327	DZIUBEK Michał	165	W POGONI ZA DUCHEM	M-30	139	00:00:44	00:25:10	00:50:49	01:17:00	01:43:21	01:48:43.80	01:49:28.05	+00:40:44 (37.5%)	5:09	11.6 (62.4%)
328	TOCZYDŁOWSKI Łukasz	752		M-30	129	00:01:42	00:26:26	00:52:12	01:16:59	01:42:20	01:47:45.40	01:49:28.15	+00:39:46 (36.9%)	5:06	11.7 (62.9%)
329	CEDRO Damian	100	BOSSE NOGI MALINKA OPOLE	M-40	118	00:00:47	00:24:34	00:50:33	01:17:04	01:43:14	01:48:42.95	01:49:30.65	+00:40:43 (37.5%)	5:09	11.6 (62.4%)
330	GAŁECZKA Michał	189		M-20	45	00:00:32	00:25:04	00:50:54	01:16:57	01:43:37	01:48:59.60	01:49:32.40	+00:41:00 (37.6%)	5:09	11.6 (62.4%)
331	BIEŃKOWSKI Piotr	53		M-20	44	00:00:44	00:25:00	00:50:44	01:17:00	01:43:20	01:48:55.75	01:49:40.50	+00:40:56 (37.6%)	5:09	11.6 (62.4%)
332	PLOCH Tomasz	570	BALANS TEAM	M-30	140	00:00:49	00:25:13	00:51:28	01:17:38	01:43:40	01:48:51.00	01:49:40.60	+00:40:51 (37.5%)	5:09	11.6 (62.4%)
333	KURAŚ Łukasz	381	FAST FOOT TEAM SIEWIERZ	M-20	46	00:00:41	00:24:50	00:50:41	01:16:38	01:43:37	01:49:00.25	01:49:41.70	+00:41:01 (37.6%)	5:09	11.6 (62.4%)
334	NITKA Sebastian	509		M-40	126	00:00:20	00:25:25	00:51:21	01:17:12	01:43:52	01:49:22.40	01:49:42.40	+00:41:23 (37.8%)	5:10	11.6 (62.4%)
335	CHWALISZEWSKI Jarosław	105	NIGHT RUNNERS GLIWICE	M-40	122	00:00:43	00:25:13	00:50:59	01:17:50	01:43:59	01:49:00.85	01:49:44.20	+00:41:01 (37.6%)	5:10	11.6 (62.4%)
335	ADAMOWSKI Jacek	12	NIGHT RUNNERS GLIWICE	M-40	123	00:00:42	00:25:15	00:51:04	01:18:07	01:44:02	01:49:01.95	01:49:44.20	+00:41:02 (37.6%)	5:10	11.6 (62.4%)
337	BRZYSKI Krzysztof	90		M-40	115	00:01:18	00:27:08	00:52:04	01:17:28	01:43:20	01:48:31.60	01:49:50.55	+00:40:32 (37.4%)	5:08	11.7 (62.9%)
338	CZAJA Łukasz	930		M-30	143	00:00:38	00:26:14	00:50:37	01:14:52	01:43:16	01:49:13.50	01:49:52.45	+00:41:14 (37.8%)	5:10	11.6 (62.4%)
339	DYMNICKI Andrzej	160	OCHAJORUN & FRIENDS	M-40	124	00:00:37	00:26:16	00:52:27	01:17:57	01:43:54	01:49:16.75	01:49:54.15	+00:41:17 (37.8%)	5:10	11.6 (62.4%)
340	KASZUBSKI Andrzej	314		M-30	145	00:00:13	00:23:04	00:48:31	01:15:29	01:43:44	01:49:41.50	01:49:54.75	+00:41:42 (38.0%)	5:11	11.5 (61.8%)
341	GRYNICKI Jacek	892		M-40	125	00:00:38	00:25:19	00:51:01	01:16:56	01:43:53	01:49:19.00	01:49:57.30	+00:41:19 (37.8%)	5:10	11.6 (62.4%)
342	WIKIERSKI Michał	789		M-30	142	00:00:47	00:25:10	00:50:46	01:16:57	01:43:29	01:49:12.85	01:50:00.30	+00:41:13 (37.8%)	5:10	11.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Tempo min/km	Tempo km/h	
											netto 21.1km	brutto 21.1km			Różn
343	UNIEJEWSKI Tomasz	759		M-40	127	00:00:36	00:25:20	00:51:09	01:17:07	01:43:57	01:49:30.20	01:50:06.50	+00:41:31 (37.9%)	5:11	11.6 (62.4%)
344	GRUSZCZYŃSKI Bogusław	860		M-60	4	00:00:25	00:24:55	00:50:49	01:17:12	01:44:07	01:49:45.95	01:50:11.40	+00:41:46 (38.1%)	5:12	11.5 (61.8%)
345	CIUPEK Adrian	113		M-20	48	00:00:29	00:25:08	00:50:44	01:16:12	01:44:15	01:50:06.55	01:50:35.85	+00:42:07 (38.3%)	5:13	11.5 (61.8%)
346	FRĄC Dariusz	182	PACEMAKER	M-40	128	00:00:39	00:25:15	00:50:53	01:17:04	01:43:34	01:50:00.85	01:50:39.95	+00:42:01 (38.2%)	5:12	11.5 (61.8%)
347	SALAMON Emil	637		M-30	146	00:00:50	00:26:14	00:52:33	01:18:12	01:44:42	01:49:51.10	01:50:41.55	+00:41:52 (38.1%)	5:12	11.5 (61.8%)
348	WIŚNIEWSKI Paweł	800	NIGHT RUNNERS GLIWICE	M-30	144	00:01:01	00:25:10	00:51:07	01:17:47	01:44:19	01:49:41.30	01:50:42.50	+00:41:42 (38.0%)	5:11	11.5 (61.8%)
349	MISIURA Artur	477		M-20	49	00:00:17	00:28:23	00:55:36	01:21:16	01:45:45	01:50:29.05	01:50:46.55	+00:42:30 (38.5%)	5:14	11.5 (61.8%)
350	PACAN Krzysztof	533		M-40	130	00:00:33	00:25:14	00:51:00	01:16:53	01:44:05	01:50:18.90	01:50:52.50	+00:42:19 (38.4%)	5:13	11.5 (61.8%)
351	BISKUP Maciej	924		M-50	21	00:00:44	00:25:53	00:52:22	01:18:29	01:44:45	01:50:10.40	01:50:54.70	+00:42:11 (38.3%)	5:13	11.5 (61.8%)
352	TKOCZ Rafał	750		M-30	147	00:00:39	00:25:37	00:51:19	01:16:57	01:44:41	01:50:18.25	01:50:58.05	+00:42:19 (38.4%)	5:13	11.5 (61.8%)
353	ZAPOTOCZNY Przemek	838		M-40	129	00:00:55	00:26:41	00:53:10	01:19:35	01:45:24	01:50:13.30	01:51:08.95	+00:42:14 (38.3%)	5:13	11.5 (61.8%)
354	CHOLEWA Grzegorz	102		M-40	135	00:00:09	00:25:39	00:51:57	01:18:44	01:45:30	01:51:05.20	01:51:14.50	+00:43:06 (38.8%)	5:15	11.4 (61.3%)
355	SOBEL Waldemar	931		M-50	22	00:00:16	00:26:07	00:52:28	01:18:34	01:45:35	01:50:58.30	01:51:14.75	+00:42:59 (38.7%)	5:15	11.4 (61.3%)
356	KWAŚNIEWSKI Dominik	388		M-30	149	00:00:45	00:26:35	00:52:52	01:18:53	01:45:09	01:50:30.65	01:51:16.50	+00:42:31 (38.5%)	5:14	11.5 (61.8%)
356	GRAMATYKA Paweł	226		M-40	134	00:00:19	00:26:28	00:52:42	01:18:41	01:45:38	01:50:56.75	01:51:16.50	+00:42:57 (38.7%)	5:15	11.4 (61.3%)
358	KOSIŃSKI Marcin	343	BRAK	M-30	148	00:01:02	00:25:54	00:51:37	01:17:38	01:44:34	01:50:21.85	01:51:24.60	+00:42:22 (38.4%)	5:13	11.5 (61.8%)
359	KISIECKI Damian	317	NOVA TRADING STALE BIEGAM	M-30	151	00:00:38	00:26:35	00:52:51	01:18:57	01:45:29	01:50:47.85	01:51:26.05	+00:42:48 (38.6%)	5:15	11.4 (61.3%)
360	KLYTA Wojciech	871	WYDZIAŁ PRAWA UŚŁ	M-40	131	00:01:06	00:24:48	00:50:28	01:16:37	01:44:41	01:50:23.75	01:51:30.10	+00:42:24 (38.4%)	5:13	11.5 (61.8%)
361	POPIEL Artur	581		M-40	132	00:01:09	00:26:53	00:52:21	01:18:16	01:44:45	01:50:24.30	01:51:33.40	+00:42:25 (38.4%)	5:13	11.5 (61.8%)
362	SOSNOWSKI Maciej	677		M-30	152	00:00:45	00:25:28	00:51:06	01:17:20	01:45:20	01:50:57.25	01:51:42.25	+00:42:58 (38.7%)	5:15	11.4 (61.3%)
363	SKOTNICKI Paweł	6	TSH TEAM	M-30	153	00:00:41	00:25:03	00:50:47	01:16:46	01:45:14	01:51:04.90	01:51:45.90	+00:43:05 (38.8%)	5:15	11.4 (61.3%)
364	ORGAN Wojtek	524		M-30	150	00:01:08	00:26:50	00:53:05	01:19:16	01:45:45	01:50:43.25	01:51:51.30	+00:42:44 (38.6%)	5:14	11.4 (61.3%)
365	RYZIŃSKI Dariusz	632		M-50	23	00:00:18	00:25:20	00:52:06	01:18:40	01:45:57	01:51:39.00	01:51:57.00	+00:43:39 (39.1%)	5:17	11.3 (60.8%)
366	BROM Tomasz	85		M-40	133	00:01:21	00:26:11	00:52:19	01:18:38	01:45:11	01:50:37.60	01:51:59.20	+00:42:38 (38.5%)	5:14	11.4 (61.3%)
367	GRYGIEREK Jarosław	241		M-20	51	00:00:26	00:24:47	00:49:39	01:15:27	01:45:01	01:51:34.30	01:52:01.00	+00:43:35 (39.1%)	5:17	11.3 (60.8%)
368	ZIĘBA Paweł	848		M-20	50	00:00:59	00:26:44	00:53:02	01:19:23	01:45:51	01:51:05.30	01:52:04.95	+00:43:06 (38.8%)	5:15	11.4 (61.3%)
369	CIASTO Sebastian	106		M-30	157	00:00:14	00:24:42	00:50:53	01:17:55	01:46:05	01:51:59.00	01:52:13.75	+00:43:59 (39.3%)	5:18	11.3 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
370	SMOLARCZYK Dominik	665	SŁABY BIEGACZ	M-40	136	00:01:09	00:26:41	00:52:58	01:19:00	01:45:39	01:51:05.20	01:52:14.45	+00:43:06 (38.8%)	5:15	11.4 (61.3%)
371	KLIKS Andrzej	321	FIS-SST TEAM	M-40	137	00:00:30	00:24:44	00:50:29	01:17:11	01:45:28	01:51:45.90	01:52:16.75	+00:43:46 (39.2%)	5:17	11.3 (60.8%)
372	POKRYSZKA Bartosz	576		M-30	155	00:00:31	00:25:51	00:52:34	01:19:20	01:46:04	01:51:48.00	01:52:19.70	+00:43:48 (39.2%)	5:17	11.3 (60.8%)
373	BAUMERT Rafał	30	ISTA BIEGAMY	M-30	154	00:01:08	00:26:50	00:53:05	01:19:16	01:45:46	01:51:16.70	01:52:25.05	+00:43:17 (38.9%)	5:16	11.4 (61.3%)
374	DOBOSZ Mariusz	147	GO LEASING	M-30	161	00:00:23	00:26:33	00:53:08	01:19:58	01:46:57	01:52:12.20	01:52:35.50	+00:44:13 (39.4%)	5:19	11.3 (60.8%)
375	PENKALA Artur	557	GO LEASING	M-30	160	00:00:24	00:26:32	00:53:07	01:19:57	01:46:56	01:52:11.30	01:52:35.70	+00:44:12 (39.4%)	5:19	11.3 (60.8%)
376	KWAPIEŃ Aleksander	916		M-30	162	00:00:10	00:25:25	00:52:55	01:20:01	01:46:53	01:52:25.65	01:52:36.55	+00:44:26 (39.5%)	5:19	11.3 (60.8%)
377	BIAŁY Kamil	43	FAST FOOT TEAM SIEWIERZ	M-30	158	00:00:40	00:26:10	00:53:07	01:19:46	01:46:47	01:52:03.75	01:52:44.15	+00:44:04 (39.3%)	5:18	11.3 (60.8%)
378	ADAMSKI Daniel	13		M-30	156	00:00:57	00:27:56	00:54:04	01:20:25	01:46:32	01:51:48.40	01:52:45.65	+00:43:49 (39.2%)	5:17	11.3 (60.8%)
379	PAWIŃSKI Wojciech	552		M-40	138	00:01:02	00:27:02	00:53:22	01:19:23	01:45:59	01:51:48.05	01:52:50.55	+00:43:49 (39.2%)	5:17	11.3 (60.8%)
380	SZCZECH Krzysztof	715		M-40	140	00:00:39	00:25:18	00:51:21	01:18:28	01:46:28	01:52:16.35	01:52:56.00	+00:44:17 (39.4%)	5:19	11.3 (60.8%)
381	PYZIK Marek	600	OPEL ACTIVE TEAM	M-50	26	00:00:44	00:26:02	00:52:43	01:19:28	01:46:42	01:52:15.25	01:52:59.80	+00:44:16 (39.4%)	5:19	11.3 (60.8%)
382	ŁANECKI Michał	419	TYTANI WSB / OSP MIKULCZYCE	M-20	52	00:00:14	00:22:14	00:46:26	01:14:15	01:45:47	01:52:48.75	01:53:03.40	+00:44:49 (39.7%)	5:20	11.2 (60.2%)
383	LEWANDOWSKI Henry	407		M-40	141	00:00:42	00:26:13	00:51:57	01:17:46	01:46:19	01:52:27.15	01:53:09.80	+00:44:28 (39.5%)	5:19	11.3 (60.8%)
384	CZAJKA Tomasz	884		M-40	139	00:01:18	00:27:03	00:53:51	01:19:40	01:46:24	01:51:59.80	01:53:17.80	+00:44:00 (39.3%)	5:18	11.3 (60.8%)
385	SZOŁTYSIK Paweł	726	SPARTA PLATFUS	M-30	164	00:00:33	00:26:25	00:52:26	01:18:20	01:46:44	01:52:46.95	01:53:20.75	+00:44:47 (39.7%)	5:20	11.2 (60.2%)
386	ŁYCZBA Bogusław	953	ECOJURA	M-50	25	00:01:15	00:27:15	00:54:08	01:20:27	01:46:40	01:52:05.85	01:53:21.05	+00:44:06 (39.4%)	5:18	11.3 (60.8%)
387	BYSTRZYCKI Rafał	99		M-30	159	00:01:22	00:28:11	00:55:27	01:20:44	01:46:40	01:52:08.05	01:53:30.15	+00:44:09 (39.4%)	5:18	11.3 (60.8%)
388	MOCEK Roman	480		M-50	24	00:01:42	00:26:35	00:52:49	01:18:54	01:46:00	01:51:48.75	01:53:31.20	+00:43:49 (39.2%)	5:17	11.3 (60.8%)
389	KOPEĆ Tomasz	336		M-40	142	00:00:29	00:25:55	00:53:03	01:19:56	01:47:17	01:53:02.80	01:53:32.15	+00:45:03 (39.9%)	5:21	11.2 (60.2%)
390	BORCZ Tomasz	71	ZAGŁĘBIE DĄBROWSKIE	M-40	143	00:00:10	00:23:18	00:49:16	01:16:27	01:46:50	01:53:25.40	01:53:35.50	+00:45:26 (40.1%)	5:22	11.2 (60.2%)
391	SZADKOWSKI Paweł	713	NIGHT RUNNERS GLIWICE	M-30	163	00:01:00	00:24:58	00:51:04	01:17:37	01:45:56	01:52:35.70	01:53:35.85	+00:44:36 (39.6%)	5:20	11.2 (60.2%)
392	KAWCZYŃSKI Grzegorz	315		M-30	166	00:00:41	00:24:32	00:49:25	01:15:46	01:46:18	01:53:01.30	01:53:43.05	+00:45:02 (39.8%)	5:21	11.2 (60.2%)
393	ZAWADKI Robert	839		M-30	165	00:00:49	00:26:38	00:53:42	01:20:23	01:47:30	01:52:56.30	01:53:46.00	+00:44:57 (39.8%)	5:21	11.2 (60.2%)
394	DROZD Kajetan	154	KAJETANDROZD.PL	M-30	167	00:00:48	00:27:38	00:55:16	01:22:03	01:47:56	01:53:03.65	01:53:52.40	+00:45:04 (39.9%)	5:21	11.2 (60.2%)
395	KARBOWNIK Piotr	306		M-30	168	00:00:48	00:27:38	00:55:16	01:22:03	01:47:56	01:53:04.40	01:53:52.50	+00:45:05 (39.9%)	5:21	11.2 (60.2%)
396	KWAPIEŃ Paweł	915		M-40	144	00:00:11	00:25:24	00:52:54	01:20:00	01:47:44	01:53:54.65	01:54:05.65	+00:45:55 (40.3%)	5:23	11.1 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
397	GRABOWSKI Maciej	220		M-30	170	00:00:51	00:26:15	00:53:02	01:19:27	01:47:35	01:53:14.55	01:54:06.30	+00:45:15 (40.0%)	5:22	11.2 (60.2%)
398	KANIA Dominik	302	R.R. MARTIN PISZ JUŻ TE KSIĄŻKI!	M-30	171	00:00:33	00:26:04	00:53:12	01:20:24	01:47:52	01:53:33.45	01:54:06.75	+00:45:34 (40.1%)	5:22	11.1 (59.7%)
399	BIELECKI Adam	928		M-40	145	00:00:17	00:25:41	00:52:53	01:20:20	01:48:06	01:53:56.20	01:54:13.60	+00:45:57 (40.3%)	5:23	11.1 (59.7%)
400	GAWINEK Adam	198		M-30	169	00:01:05	00:27:13	00:53:18	01:19:51	01:47:12	01:53:14.25	01:54:19.25	+00:45:15 (40.0%)	5:21	11.2 (60.2%)
401	FOREMSKI Grzegorz	179		M-30	174	00:00:34	00:24:21	00:49:32	01:16:57	01:47:43	01:54:00.80	01:54:35.35	+00:46:01 (40.4%)	5:24	11.1 (59.7%)
402	GROS Dawid	235		M-30	175	00:00:31	00:25:14	00:50:44	01:17:18	01:47:57	01:54:05.30	01:54:37.25	+00:46:06 (40.4%)	5:24	11.1 (59.7%)
403	FOLEK Andrzej	177	DTT POLAND	M-30	173	00:00:43	00:25:43	00:51:29	01:18:38	01:47:46	01:53:56.65	01:54:40.50	+00:45:57 (40.3%)	5:24	11.1 (59.7%)
404	TRĄBA Tomasz	943	ASC	M-20	54	00:00:24	00:24:56	00:50:49	01:18:20	01:48:33	01:54:39.50	01:55:03.70	+00:46:40 (40.7%)	5:26	11 (59.1%)
405	JANY Kamil	277		M-40	147	00:00:38	00:26:32	00:53:44	01:21:01	01:48:45	01:54:25.85	01:55:03.85	+00:46:26 (40.6%)	5:25	11.1 (59.7%)
406	GARBOWSKI Witold	194		M-20	53	00:01:08	00:27:17	00:53:47	01:20:36	01:48:09	01:53:55.70	01:55:04.40	+00:45:56 (40.3%)	5:23	11.1 (59.7%)
407	SAPA Lucjan	937		M-40	153	00:00:18	00:25:37	00:51:43	01:19:01	01:48:29	01:54:51.25	01:55:10.20	+00:46:52 (40.8%)	5:26	11 (59.1%)
408	WOLAŃSKI Hubert	808	GWW99	M-30	172	00:01:21	00:27:42	00:55:08	01:21:33	01:48:31	01:53:49.90	01:55:10.90	+00:45:50 (40.3%)	5:23	11.1 (59.7%)
409	STOPPEL Piotr	701	VEROCARGO	M-20	55	00:00:35	00:26:45	00:53:29	01:20:42	01:48:55	01:54:42.90	01:55:18.45	+00:46:43 (40.7%)	5:26	11 (59.1%)
410	SZYPUŁA Michał	738	VEROCARGO	M-30	178	00:00:35	00:26:45	00:53:28	01:20:42	01:48:55	01:54:42.75	01:55:18.50	+00:46:43 (40.7%)	5:26	11 (59.1%)
411	CZERNEK Marek	132	BIEGAJ Z TRENERAMI	M-40	146	00:00:59	00:26:57	00:54:19	01:21:21	01:48:48	01:54:19.95	01:55:19.50	+00:46:20 (40.5%)	5:25	11.1 (59.7%)
412	KUROWSKI Michał	384	NIGHT RUNNERS GLIWICE	M-30	177	00:00:52	00:27:31	00:54:51	01:21:59	01:49:26	01:54:28.80	01:55:21.70	+00:46:29 (40.6%)	5:25	11.1 (59.7%)
413	RENKE Piotr	610	EWA BUGDOŁ TEAM	M-40	154	00:00:25	00:24:29	00:50:35	01:18:34	01:48:30	01:54:58.00	01:55:23.60	+00:46:58 (40.9%)	5:26	11 (59.1%)
414	DWORNICZAK Paweł	157		M-30	176	00:01:04	00:26:34	00:53:25	01:20:20	01:48:23	01:54:19.75	01:55:24.40	+00:46:20 (40.5%)	5:25	11.1 (59.7%)
415	RYNIAK Tomasz	946		M-30	179	00:00:25	00:25:31	00:51:41	01:19:06	01:48:43	01:55:00.25	01:55:25.40	+00:47:01 (40.9%)	5:27	11 (59.1%)
416	PAWLETA Michał	553	NIGHT RUNNERS GLIWICE	M-40	149	00:00:52	00:26:23	00:53:45	01:21:24	01:49:23	01:54:34.35	01:55:26.70	+00:46:35 (40.7%)	5:25	11.1 (59.7%)
417	KOSIAK Maciej	342		M-40	150	00:00:46	00:26:37	00:53:26	01:20:39	01:48:43	01:54:41.15	01:55:28.05	+00:46:42 (40.7%)	5:26	11 (59.1%)
418	GRONDECKI Grzegorz	232	BIEGAMY Z SERCEM	M-40	155	00:00:27	00:25:34	00:52:01	01:19:00	01:48:47	01:55:04.00	01:55:31.45	+00:47:04 (40.9%)	5:27	11 (59.1%)
419	OSTROWSKI Rafał	530		M-40	151	00:00:55	00:28:06	00:56:14	01:23:04	01:49:24	01:54:44.60	01:55:40.05	+00:46:45 (40.8%)	5:26	11 (59.1%)
420	PANCHYRZ Piotr	542	GIBKE GIZDY	M-40	152	00:00:58	00:26:57	00:53:41	01:20:47	01:48:58	01:54:44.95	01:55:43.50	+00:46:45 (40.8%)	5:26	11 (59.1%)
421	MALCHAREK Adam	437	KIA ETRANS - BIEGATON MIKOŁÓW	M-40	159	00:00:15	00:25:56	00:53:43	01:21:29	01:49:46	01:55:35.25	01:55:51.00	+00:47:36 (41.2%)	5:28	11 (59.1%)
422	KUBIAK Grzegorz	373		M-30	181	00:00:48	00:25:12	00:51:51	01:19:49	01:48:45	01:55:07.55	01:55:56.00	+00:47:08 (40.9%)	5:27	11 (59.1%)
423	CYL Michal	118		M-30	184	00:00:18	00:25:42	00:52:37	01:20:05	01:49:22	01:55:37.40	01:55:56.15	+00:47:38 (41.2%)	5:28	10.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
424	MAŁKOWSKI Tomasz	441	NIGHT RUNNERS ZABRZE	M-30	180	00:00:55	00:27:28	00:54:48	01:21:56	01:49:24	01:55:01.60	01:55:57.05	+00:47:02 (40.9%)	5:27	11 (59.1%)
425	PEDOWSKI Wojciech	556		M-50	27	00:00:45	00:26:23	00:53:25	01:20:51	01:49:28	01:55:16.80	01:56:02.05	+00:47:17 (41.0%)	5:27	11 (59.1%)
426	CIELUCH Grzegorz	107		M-30	183	00:00:38	00:27:50	00:55:37	01:22:17	01:49:36	01:55:23.30	01:56:02.10	+00:47:24 (41.1%)	5:28	11 (59.1%)
427	ZEGARTOWSKI Grzegorz	842		M-40	148	00:01:36	00:29:44	00:56:42	01:22:40	01:49:07	01:54:32.35	01:56:08.90	+00:46:33 (40.6%)	5:25	11.1 (59.7%)
428	NOCOŃ Tobiasz	512		M-20	56	00:01:20	00:29:12	00:58:50	01:25:16	01:49:53	01:54:50.05	01:56:10.10	+00:46:51 (40.8%)	5:26	11 (59.1%)
429	PIETRZAK Piotr	565		M-20	58	00:00:57	00:27:10	00:53:15	01:19:41	01:49:29	01:55:20.00	01:56:17.05	+00:47:20 (41.1%)	5:27	11 (59.1%)
430	ŚLUSARCZYK Darek	903		M-40	160	00:00:42	00:26:50	00:53:22	01:20:36	01:49:36	01:55:36.65	01:56:19.50	+00:47:37 (41.2%)	5:28	10.9 (58.6%)
431	TOKARZ Jacek	753		M-30	182	00:01:08	00:28:30	00:55:30	01:22:36	01:50:06	01:55:13.25	01:56:21.30	+00:47:14 (41.0%)	5:27	11 (59.1%)
432	GOGOLIN Artur	210	BIEG Z CHRYSTUSEM!	M-20	57	00:01:18	00:30:24	00:58:45	01:24:52	01:50:06	01:55:13.10	01:56:31.45	+00:47:14 (41.0%)	5:27	11 (59.1%)
433	GUŚCIORA Maciej	247		M-18	3	00:00:50	00:24:52	00:51:55	01:18:40	01:49:12	01:55:49.95	01:56:40.65	+00:47:50 (41.3%)	5:29	10.9 (58.6%)
434	STRUG Mariusz	704	MOMO RESTAURANT & COCKTAIL BAR	M-40	156	00:01:26	00:29:40	00:56:06	01:22:53	01:49:51	01:55:18.45	01:56:44.85	+00:47:19 (41.0%)	5:27	11 (59.1%)
435	SKURA Adam	663	FLUOR	M-20	59	00:01:01	00:27:09	00:54:11	01:21:50	01:49:45	01:55:43.15	01:56:44.90	+00:47:44 (41.3%)	5:29	10.9 (58.6%)
436	SZULC Michał	732	4M	M-40	157	00:01:25	00:27:03	00:54:21	01:21:48	01:49:53	01:55:27.30	01:56:52.45	+00:47:28 (41.1%)	5:28	11 (59.1%)
437	LUDWIG Marcin	415	4M	M-40	158	00:01:25	00:27:03	00:54:21	01:21:48	01:49:53	01:55:27.60	01:56:52.75	+00:47:28 (41.1%)	5:28	11 (59.1%)
438	CZAJKA Edward	122	NIGHT RUNNERS/SREBNE MIASTO TARNOWSKIE GÓRY	M-40	161	00:00:57	00:27:55	00:55:34	01:23:15	01:50:22	01:55:55.55	01:56:53.20	+00:47:56 (41.4%)	5:29	10.9 (58.6%)
439	PRZESTALSKI Kornel	593	AC POLANKA	M-30	185	00:01:16	00:27:24	00:54:39	01:21:48	01:50:00	01:55:49.65	01:57:05.80	+00:47:50 (41.3%)	5:29	10.9 (58.6%)
440	WIĄZANIA Marek	780		M-40	163	00:01:00	00:27:51	00:54:48	01:21:02	01:49:43	01:56:15.90	01:57:16.55	+00:48:16 (41.5%)	5:30	10.9 (58.6%)
440	GARUS Tomasz	195	304	M-20	60	00:00:45	00:26:59	00:53:49	01:21:37	01:50:35	01:56:30.90	01:57:16.55	+00:48:31 (41.7%)	5:31	10.9 (58.6%)
442	TRZCINA Bartosz	756		M-40	162	00:01:02	00:27:38	00:54:49	01:21:55	01:50:08	01:56:14.40	01:57:17.00	+00:48:15 (41.5%)	5:30	10.9 (58.6%)
443	WOŹNIAK Marek	814		M-40	164	00:01:00	00:27:26	00:55:05	01:22:15	01:50:32	01:56:18.85	01:57:19.60	+00:48:19 (41.6%)	5:30	10.9 (58.6%)
444	ZELIK Bronisław	843	TSUNAMI BYTKÓW	M-60	5	00:00:28	00:27:49	00:56:00	01:23:43	01:51:36	01:56:58.85	01:57:27.80	+00:48:59 (41.9%)	5:32	10.8 (58.1%)
445	FAŁEK Krzysztof	169		M-40	165	00:01:07	00:27:56	00:55:38	01:23:24	01:50:53	01:56:23.65	01:57:31.00	+00:48:24 (41.6%)	5:30	10.9 (58.6%)
446	BIAŁAS Krzysztof	39		M-40	166	00:01:07	00:27:57	00:55:38	01:23:25	01:50:53	01:56:23.80	01:57:31.15	+00:48:24 (41.6%)	5:30	10.9 (58.6%)
447	NOWAK Tomasz	517		M-30	192	00:00:35	00:25:36	00:53:02	01:21:08	01:50:56	01:57:06.80	01:57:42.05	+00:49:07 (42.0%)	5:33	10.8 (58.1%)
448	GRABSKI Michał	222	KOMBO KURCZAKI	M-30	188	00:01:10	00:28:56	00:57:45	01:23:57	01:50:51	01:56:32.20	01:57:42.85	+00:48:33 (41.7%)	5:31	10.9 (58.6%)
449	BRZEZINA Arkadiusz	89	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-30	189	00:00:58	00:26:41	00:54:13	01:22:18	01:50:22	01:56:45.95	01:57:44.60	+00:48:46 (41.8%)	5:32	10.8 (58.1%)
450	BIELECKI Bartosz	51		M-30	186	00:01:31	00:29:40	00:59:46	01:26:28	01:51:12	01:56:17.20	01:57:48.45	+00:48:18 (41.5%)	5:30	10.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
451	SZCZĘŚNIAK Przemysław	718		M-30	190	00:01:00	00:27:40	00:54:58	01:22:26	01:50:56	01:56:55.40	01:57:56.05	+00:48:56 (41.9%)	5:32	10.8 (58.1%)
452	ZACZYK Waldemar	832		M-40	167	00:00:59	00:27:53	00:56:12	01:24:36	01:51:18	01:56:57.40	01:57:56.60	+00:48:58 (41.9%)	5:32	10.8 (58.1%)
453	WILK Andrzej	793		M-30	191	00:00:59	00:25:51	00:52:40	01:20:22	01:50:35	01:56:58.90	01:57:57.95	+00:48:59 (41.9%)	5:32	10.8 (58.1%)
454	JURCZOK Michał	288	WWW.EDUEKO.EU	M-40	168	00:00:59	00:27:25	00:54:46	01:21:53	01:50:48	01:56:59.25	01:57:58.90	+00:49:00 (41.9%)	5:32	10.8 (58.1%)
455	GÓRECKI Janusz	219		M-50	28	00:01:28	00:27:40	00:55:04	01:22:25	01:50:32	01:56:31.80	01:58:00.05	+00:48:32 (41.7%)	5:31	10.9 (58.6%)
456	BUFNAL Krzysztof	94		M-40	172	00:00:08	00:26:44	00:55:12	01:23:02	01:51:59	01:57:53.75	01:58:02.30	+00:49:54 (42.3%)	5:35	10.7 (57.5%)
457	BANASZAK Marcin	21		M-30	187	00:01:33	00:29:10	00:57:22	01:25:03	01:51:11	01:56:31.45	01:58:05.05	+00:48:32 (41.7%)	5:31	10.9 (58.6%)
458	BŁASZCZYSZYN Łukasz	60		M-30	194	00:00:52	00:28:00	00:56:10	01:23:35	01:51:47	01:57:18.35	01:58:11.30	+00:49:19 (42.0%)	5:33	10.8 (58.1%)
459	POGRANICZNY Damian	955	ELZAB ACTIVE TEAM	M-20	61	00:01:04	00:28:40	00:56:49	01:24:08	01:51:19	01:57:11.25	01:58:15.90	+00:49:12 (42.0%)	5:33	10.8 (58.1%)
460	CYBULSKI Grzegorz	117	NAJWIĘKSZA ARMIA ŚWIATA	M-40	170	00:00:48	00:27:29	00:55:40	01:23:38	01:51:51	01:57:32.35	01:58:20.80	+00:49:33 (42.2%)	5:34	10.8 (58.1%)
461	MATUŁA Marcin	863	ASSECO ACTIVE TEAM	M-30	201	00:00:19	00:26:13	00:55:04	01:23:05	01:51:57	01:58:04.35	01:58:23.85	+00:50:05 (42.4%)	5:35	10.7 (57.5%)
462	JAKUBIK Witold	269		M-60	6	00:00:16	00:27:19	00:55:07	01:22:52	01:52:04	01:58:10.35	01:58:27.20	+00:50:11 (42.5%)	5:36	10.7 (57.5%)
463	CISOWSKI Michał	910		M-40	169	00:01:07	00:27:44	00:56:02	01:24:00	01:51:40	01:57:23.35	01:58:30.80	+00:49:24 (42.1%)	5:33	10.8 (58.1%)
464	STRONCZYŃSKI Andrzej	703	NIGHT RUNNERS GLIWICE	M-20	63	00:01:03	00:27:56	00:55:44	01:22:41	01:51:19	01:57:30.40	01:58:33.95	+00:49:31 (42.1%)	5:34	10.8 (58.1%)
465	WALSKI Łukasz	770	MOMO RESTAURANT & COCKTAIL BAR	M-30	197	00:00:57	00:27:57	00:55:47	01:23:30	01:51:45	01:57:41.80	01:58:39.10	+00:49:42 (42.2%)	5:34	10.8 (58.1%)
466	ALBRECHT Sebastian	875		M-30	195	00:01:12	00:28:26	00:56:11	01:24:05	01:51:42	01:57:27.40	01:58:40.30	+00:49:28 (42.1%)	5:34	10.8 (58.1%)
467	PASIEKA Grzegorz	547		M-30	196	00:01:09	00:28:26	00:56:59	01:24:39	01:52:15	01:57:32.85	01:58:41.90	+00:49:33 (42.2%)	5:34	10.8 (58.1%)
468	KULESZA Łukasz	917		M-30	193	00:01:32	00:28:39	00:56:14	01:23:42	01:51:36	01:57:16.55	01:58:49.00	+00:49:17 (42.0%)	5:33	10.8 (58.1%)
469	NABIELEC Jakub	490		M-40	171	00:01:13	00:28:26	00:56:57	01:24:43	01:52:08	01:57:37.90	01:58:51.60	+00:49:38 (42.2%)	5:34	10.8 (58.1%)
470	GINALSKI Aleksander	207	BOLDARE	M-20	62	00:01:31	00:26:49	00:53:16	01:20:32	01:50:48	01:57:22.95	01:58:54.00	+00:49:23 (42.1%)	5:33	10.8 (58.1%)
471	BOGDAŁ Michał	67	BBG RACING	M-30	200	00:00:59	00:28:41	00:56:46	01:24:07	01:51:53	01:58:02.10	01:59:01.95	+00:50:03 (42.4%)	5:35	10.7 (57.5%)
472	STAŃKO Marcin	689		M-30	207	00:00:04	00:26:17	00:54:07	01:22:41	01:53:03	01:58:58.00	01:59:02.70	+00:50:58 (42.9%)	5:38	10.6 (57.0%)
473	GRZEBIELA Mateusz	243		M-30	198	00:01:05	00:27:38	00:54:51	01:22:13	01:51:50	01:57:57.75	01:59:02.90	+00:49:58 (42.4%)	5:35	10.7 (57.5%)
474	KASPRZYCKI Przemysław	311		M-40	174	00:00:54	00:26:27	00:53:38	01:21:42	01:51:45	01:58:09.70	01:59:04.30	+00:50:10 (42.5%)	5:36	10.7 (57.5%)
475	BUKOWSKI Adam	96		M-20	65	00:00:28	00:27:20	00:55:29	01:23:46	01:53:06	01:58:39.95	01:59:08.45	+00:50:40 (42.7%)	5:37	10.7 (57.5%)
476	KRYSTEK Łukasz	368		M-30	202	00:01:03	00:27:54	00:55:17	01:22:42	01:51:44	01:58:07.35	01:59:10.45	+00:50:08 (42.4%)	5:35	10.7 (57.5%)
477	WRÓBEL Jarosław	825		M-30	199	00:01:11	00:28:33	00:56:21	01:24:26	01:52:14	01:58:02.05	01:59:13.25	+00:50:03 (42.4%)	5:35	10.7 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
478	WIECHOWSKI Artur	781	SPARTA PLATFUS	M-30	204	00:00:36	00:26:22	00:54:12	01:21:43	01:52:45	01:58:37.50	01:59:14.05	+00:50:38 (42.7%)	5:37	10.7 (57.5%)
479	MICHNA Wojtek	469		M-20	64	00:00:44	00:26:35	00:54:17	01:22:23	01:51:51	01:58:32.55	01:59:16.70	+00:50:33 (42.6%)	5:37	10.7 (57.5%)
480	GRUDNIEWSKI Rafał	239	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-30	203	00:00:57	00:27:55	00:55:34	01:23:30	01:52:28	01:58:23.45	01:59:20.90	+00:50:24 (42.6%)	5:36	10.7 (57.5%)
481	RAȔ Łukasz	607		M-40	173	00:01:33	00:27:14	00:54:57	01:22:56	01:51:50	01:57:55.90	01:59:29.55	+00:49:56 (42.4%)	5:35	10.7 (57.5%)
482	WIETRZYCKI Zenon	788	BIEGAJ Z TRENERAMI	M-50	30	00:00:41	00:26:32	00:53:54	01:22:57	01:52:54	01:58:48.15	01:59:30.10	+00:50:49 (42.8%)	5:37	10.7 (57.5%)
483	GRADOWSKI Łukasz	224	PG INWESTYCJE	M-40	176	00:00:47	00:27:48	00:55:26	01:23:35	01:52:43	01:58:43.60	01:59:30.95	+00:50:44 (42.7%)	5:37	10.7 (57.5%)
484	IZYDORCZYK Mirosław	264		M-50	29	00:01:09	00:27:35	00:55:11	01:22:36	01:52:01	01:58:23.40	01:59:33.20	+00:50:24 (42.6%)	5:36	10.7 (57.5%)
485	SZYMANEK Rafał	736	LAMUS PERŁOWY	M-40	177	00:00:35	00:25:25	00:52:18	01:21:38	01:53:05	01:58:58.45	01:59:34.20	+00:50:59 (42.9%)	5:38	10.6 (57.0%)
486	GRUCHALSKI Jakub	237	ISTA BIEGAMY	M-30	211	00:00:33	00:27:26	00:55:21	01:23:19	01:52:36	01:59:06.15	01:59:39.80	+00:51:07 (42.9%)	5:38	10.6 (57.0%)
487	ŻABICKI Mariusz	854	MULTIEFEKT.PL	M-30	208	00:00:41	00:28:02	00:56:29	01:24:24	01:52:53	01:58:59.50	01:59:41.40	+00:51:00 (42.9%)	5:38	10.6 (57.0%)
488	WYLEŻOŁ Piotr	828	WWW.PROJEKTORY.KATOWICE.PL	M-30	209	00:00:53	00:27:02	00:55:00	01:23:32	01:52:54	01:58:59.60	01:59:52.65	+00:51:00 (42.9%)	5:38	10.6 (57.0%)
489	DORCZAK Jarosław	151		M-30	210	00:00:49	00:25:40	00:53:14	01:22:11	01:52:48	01:59:03.90	01:59:53.80	+00:51:04 (42.9%)	5:38	10.6 (57.0%)
490	FUGOWSKI Grzegorz	184		M-30	206	00:01:06	00:27:05	00:54:04	01:22:46	01:53:00	01:58:52.10	01:59:58.35	+00:50:53 (42.8%)	5:38	10.7 (57.5%)
491	ŚLUSARSKI Leszek	740		M-40	175	00:01:28	00:27:31	00:55:40	01:23:38	01:52:05	01:58:30.60	01:59:58.75	+00:50:31 (42.6%)	5:36	10.7 (57.5%)
492	GAŁKA Tomasz	190		M-30	215	00:00:29	00:25:59	00:53:26	01:21:07	01:52:29	01:59:30.25	01:59:59.70	+00:51:31 (43.1%)	5:39	10.6 (57.0%)
493	KARMAŃSKI Jacek	862	-	M-40	178	00:00:46	00:27:34	00:54:53	01:23:14	01:52:58	01:59:14.65	02:00:01.10	+00:51:15 (43.0%)	5:39	10.6 (57.0%)
494	WŁODARCZYK Paweł	801	ING BANK ŚLĄSKI S.A.	M-30	212	00:00:45	00:27:24	00:55:37	01:23:43	01:53:03	01:59:16.25	02:00:01.75	+00:51:17 (43.0%)	5:39	10.6 (57.0%)
495	RAJTOR Klaudiusz	603	WOLNY STRZELEC	M-50	31	00:00:56	00:28:06	00:56:16	01:24:16	01:53:07	01:59:05.15	02:00:02.10	+00:51:06 (42.9%)	5:38	10.6 (57.0%)
496	HERLICZKA Tomasz	254	AML-FLY TEAM	M-40	181	00:00:24	00:26:22	00:54:03	01:22:48	01:52:53	01:59:37.45	02:00:02.30	+00:51:38 (43.2%)	5:40	10.6 (57.0%)
497	WIORA Łukasz	799		M-30	213	00:00:46	00:28:19	00:56:41	01:24:42	01:53:28	01:59:17.75	02:00:04.00	+00:51:18 (43.0%)	5:39	10.6 (57.0%)
498	RYZINSKI Wojciech	630		M-30	217	00:00:18	00:28:25	00:57:37	01:25:54	01:53:56	01:59:47.85	02:00:06.10	+00:51:48 (43.3%)	5:40	10.6 (57.0%)
499	KUŹNICKI Tomasz	387		M-30	205	00:01:38	00:27:18	00:55:19	01:23:37	01:52:34	01:58:38.15	02:00:16.15	+00:50:39 (42.7%)	5:37	10.7 (57.5%)
500	KACZMARSKI Jacek	293	ELZAB ACTIVE TEAM	M-30	216	00:00:50	00:27:31	00:55:24	01:23:33	01:53:19	01:59:30.85	02:00:20.85	+00:51:31 (43.1%)	5:39	10.6 (57.0%)
501	PIŁAT Jarosław	568	PACEMAKER	M-30	214	00:00:54	00:27:56	00:56:15	01:24:13	01:52:53	01:59:28.55	02:00:23.00	+00:51:29 (43.1%)	5:39	10.6 (57.0%)
502	WRZASK Grzegorz	826		M-40	180	00:00:50	00:28:02	00:56:20	01:24:23	01:53:14	01:59:36.15	02:00:26.20	+00:51:37 (43.2%)	5:40	10.6 (57.0%)
503	PALETKO Ryszard	537		M-40	179	00:01:03	00:27:10	00:54:31	01:22:43	01:53:28	01:59:23.20	02:00:26.85	+00:51:24 (43.1%)	5:39	10.6 (57.0%)
504	GĘBCZYŃSKI Paweł	204		M-30	219	00:00:48	00:26:53	00:55:03	01:23:49	01:53:42	01:59:56.25	02:00:44.25	+00:51:57 (43.3%)	5:41	10.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
505	HENDRYK Leszek	253		M-30	218	00:00:55	00:28:51	00:57:39	01:25:39	01:54:15	01:59:51.10	02:00:47.05	+00:51:52 (43.3%)	5:40	10.6 (57.0%)
506	GRZESICZEK Piotr	245	HIRERIGHT RUNNING TEAM	M-20	66	00:00:57	00:28:07	00:56:15	01:24:56	01:54:16	02:00:12.10	02:01:09.15	+00:52:13 (43.4%)	5:41	10.5 (56.5%)
507	PRADELOK Jerzy	587	GIBKE GIZDY	M-50	32	00:00:56	00:27:29	00:55:07	01:23:29	01:53:33	02:00:22.10	02:01:18.55	+00:52:23 (43.5%)	5:42	10.5 (56.5%)
508	KOCUR Aleksander	329		M-40	182	00:01:02	00:29:37	00:58:44	01:26:57	01:54:43	02:00:23.70	02:01:26.65	+00:52:24 (43.5%)	5:42	10.5 (56.5%)
509	RUNNER Alek	620		M-30	221	00:00:00	00:27:04	00:55:04	01:24:26	01:55:12	02:01:31.60	02:01:32.50	+00:53:32 (44.1%)	5:45	10.4 (55.9%)
510	CIURA Łukasz	114		M-20	69	00:00:28	00:25:28	00:52:40	01:21:36	01:53:49	02:01:13.15	02:01:41.20	+00:53:14 (43.9%)	5:44	10.4 (55.9%)
511	KARABASZ Marek	304	LOTAJĄCE CHOPY	M-20	68	00:01:03	00:26:23	00:55:45	01:23:35	01:54:42	02:00:39.20	02:01:42.50	+00:52:40 (43.7%)	5:43	10.5 (56.5%)
512	KARAWACKI Grzegorz	305		M-20	70	00:00:20	00:27:31	00:56:58	01:26:49	01:55:33	02:01:25.75	02:01:46.10	+00:53:26 (44.0%)	5:45	10.4 (55.9%)
513	CIUK Bartosz	111	KRÓL MAJONEZU	M-50	33	00:00:39	00:27:21	00:55:35	01:24:32	01:54:44	02:01:11.65	02:01:51.30	+00:53:12 (43.9%)	5:44	10.4 (55.9%)
514	KOŁAK Szymon	330		M-20	67	00:01:21	00:27:56	00:56:28	01:24:23	01:54:15	02:00:31.30	02:01:53.10	+00:52:32 (43.6%)	5:42	10.5 (56.5%)
515	ŚWIDER Tomasz	742		M-40	183	00:01:17	00:27:39	00:55:57	01:24:10	01:54:16	02:00:45.15	02:02:02.60	+00:52:46 (43.7%)	5:43	10.5 (56.5%)
516	MARKOWSKI Kamil	448		M-30	223	00:00:20	00:28:19	00:56:57	01:26:06	01:55:53	02:01:52.80	02:02:13.50	+00:53:53 (44.2%)	5:46	10.4 (55.9%)
517	ĆWIOK Marek	139	TUV RHEINLAND POLSKA	M-40	184	00:00:28	00:25:44	00:53:33	01:22:47	01:55:05	02:01:47.80	02:02:16.35	+00:53:48 (44.2%)	5:46	10.4 (55.9%)
518	JANKOWSKI Jan	275	SOKÓŁ ŚLĄSK	M-20	71	00:00:41	00:25:21	00:52:33	01:21:37	01:54:44	02:01:35.10	02:02:17.05	+00:53:36 (44.1%)	5:45	10.4 (55.9%)
519	PRYMAS Krystian	886		M-30	222	00:00:32	00:26:26	00:53:35	01:22:25	01:54:51	02:01:45.75	02:02:18.00	+00:53:46 (44.2%)	5:46	10.4 (55.9%)
520	NIESTRÓJ Rafał	505		M-30	220	00:01:06	00:30:05	00:59:41	01:27:49	01:55:55	02:01:27.15	02:02:33.25	+00:53:28 (44.0%)	5:45	10.4 (55.9%)
521	STOLARCZYK Robert	700	NIGHT RUNNERS GLIWICE	M-40	186	00:00:41	00:27:38	00:55:59	01:24:36	01:55:28	02:01:57.60	02:02:38.90	+00:53:58 (44.3%)	5:46	10.4 (55.9%)
522	PIETRZAK Krzysztof	563		M-40	187	00:00:41	00:27:38	00:55:59	01:24:37	01:55:29	02:01:58.00	02:02:39.20	+00:53:58 (44.3%)	5:46	10.4 (55.9%)
523	SELIGA Paweł	644	BIEGAJ Z TRENERAMI GLIWICE	M-30	226	00:00:38	00:26:56	00:55:10	01:24:12	01:55:20	02:02:03.30	02:02:42.15	+00:54:04 (44.3%)	5:47	10.4 (55.9%)
524	STĘCNIK Michał	697		M-30	228	00:00:34	00:28:46	00:57:44	01:25:57	01:55:36	02:02:10.95	02:02:45.70	+00:54:11 (44.4%)	5:47	10.4 (55.9%)
525	MAŚLANKA Ireneusz	454	NIGHT RUNNERS GLIWICE	M-50	34	00:01:04	00:27:47	00:56:06	01:24:34	01:55:13	02:01:46.05	02:02:50.10	+00:53:47 (44.2%)	5:46	10.4 (55.9%)
526	DĄBROWSKI Marcin	143	TEAM KORNEL	M-30	224	00:00:53	00:27:48	00:55:41	01:24:31	01:55:36	02:01:56.45	02:02:50.30	+00:53:57 (44.2%)	5:46	10.4 (55.9%)
527	KULAWIK Mariusz	378		M-30	225	00:00:51	00:29:26	00:58:57	01:27:46	01:56:22	02:02:00.70	02:02:52.50	+00:54:01 (44.3%)	5:46	10.4 (55.9%)
528	WOLIŃSKI Józef	810		M-50	35	00:01:09	00:28:34	00:57:15	01:26:05	01:55:40	02:01:46.20	02:02:55.80	+00:53:47 (44.2%)	5:46	10.4 (55.9%)
529	SKÓRA Michał	661		M-40	185	00:01:05	00:27:57	00:56:52	01:25:42	01:55:35	02:01:50.45	02:02:56.10	+00:53:51 (44.2%)	5:46	10.4 (55.9%)
530	BITNER Krystian	55		M-30	227	00:01:03	00:27:50	00:56:14	01:24:54	01:55:52	02:02:04.00	02:03:07.00	+00:54:04 (44.3%)	5:47	10.4 (55.9%)
531	TKACZYK Tomasz	749	PIGT	M-30	229	00:00:51	00:26:55	00:55:04	01:24:21	01:55:57	02:02:35.85	02:03:27.60	+00:54:36 (44.5%)	5:48	10.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
532	CZERNIK Andrzej	133		M-60	7	00:01:10	00:26:47	00:54:51	01:23:47	01:55:25	02:02:23.15	02:03:33.20	+00:54:24 (44.5%)	5:48	10.3 (55.4%)
533	LESZKO Tomasz	406	EUVIC	M-30	231	00:00:31	00:27:56	00:57:02	01:26:08	01:56:59	02:03:14.80	02:03:45.80	+00:55:15 (44.8%)	5:50	10.3 (55.4%)
534	BAJ Tomasz	17		M-20	72	00:00:43	00:25:50	00:53:40	01:23:37	01:57:03	02:03:05.55	02:03:49.50	+00:55:06 (44.8%)	5:50	10.3 (55.4%)
535	ROŻEK Michał	615		M-50	36	00:00:50	00:27:40	00:55:45	01:24:02	01:55:23	02:02:59.80	02:03:50.50	+00:55:00 (44.7%)	5:49	10.3 (55.4%)
536	BRYKOWSKI Przemysław	88		M-40	188	00:00:58	00:27:44	00:56:11	01:24:15	01:56:07	02:03:10.15	02:04:08.50	+00:55:11 (44.8%)	5:50	10.3 (55.4%)
537	BIENKOWSKI Paweł	954		M-30	230	00:01:34	00:29:16	00:57:45	01:26:18	01:57:07	02:02:47.80	02:04:22.25	+00:54:48 (44.6%)	5:49	10.3 (55.4%)
538	MASIAREK Mariusz	452	DRUŻYNA MOJACUKRZYCA.PL	M-40	189	00:01:05	00:28:00	00:56:14	01:24:19	01:56:12	02:03:23.25	02:04:28.55	+00:55:24 (44.9%)	5:50	10.3 (55.4%)
539	NIEDZIELA Maciej	501		M-30	233	00:00:40	00:28:04	00:56:30	01:24:50	01:57:57	02:04:34.70	02:05:15.55	+00:56:35 (45.4%)	5:54	10.2 (54.8%)
540	LEWANDOWSKI Grzegorz	408		M-40	190	00:01:07	00:29:51	00:59:38	01:28:23	01:57:48	02:04:11.10	02:05:18.65	+00:56:12 (45.3%)	5:53	10.2 (54.8%)
541	STĘPIEŃ Wojciech	698		M-20	73	00:00:56	00:28:09	00:56:35	01:25:38	01:57:39	02:04:22.15	02:05:18.80	+00:56:23 (45.3%)	5:53	10.2 (54.8%)
542	OTRĘBSKI Tomasz	531		M-40	193	00:00:57	00:29:33	00:59:47	01:29:07	01:58:28	02:04:28.85	02:05:26.65	+00:56:29 (45.4%)	5:53	10.2 (54.8%)
543	SOŚNIAK Tomasz	679	KUDŁATY ART	M-30	232	00:01:05	00:28:26	00:57:04	01:26:22	01:57:26	02:04:23.30	02:05:29.05	+00:56:24 (45.3%)	5:53	10.2 (54.8%)
544	SKOMSKI Krzysztof	657	NEGATYW	M-60	8	00:00:58	00:29:17	00:59:27	01:27:25	01:58:16	02:04:37.75	02:05:36.30	+00:56:38 (45.5%)	5:54	10.2 (54.8%)
545	CZAJKA Aleksander	124	MOKRE DZIKI	M-40	191	00:01:19	00:29:09	00:58:42	01:28:50	01:58:18	02:04:21.05	02:05:40.15	+00:56:22 (45.3%)	5:53	10.2 (54.8%)
546	TISZBIEREK Henryk	748	NIGHT RUNNERS GLIWICE	M-40	194	00:00:52	00:28:03	00:56:21	01:26:03	01:57:36	02:04:47.70	02:05:40.25	+00:56:48 (45.5%)	5:54	10.1 (54.3%)
547	BARTOSZ Kamil	26		M-20	75	00:00:43	00:28:15	00:57:09	01:26:16	01:57:57	02:04:58.25	02:05:41.50	+00:56:59 (45.6%)	5:55	10.1 (54.3%)
548	POSMYK Przemysław	584		M-40	195	00:00:57	00:27:53	00:56:14	01:25:48	01:58:07	02:04:48.45	02:05:45.45	+00:56:49 (45.5%)	5:54	10.1 (54.3%)
549	SOWIAR Maciej	681		M-20	74	00:01:25	00:27:12	00:55:05	01:23:43	01:56:53	02:04:24.45	02:05:50.30	+00:56:25 (45.4%)	5:53	10.2 (54.8%)
550	JUREKO Maciej	290		M-30	235	00:00:34	00:28:46	00:57:37	01:26:09	01:58:36	02:05:20.80	02:05:54.90	+00:57:21 (45.8%)	5:56	10.1 (54.3%)
551	GRESZTA Grzegorz	229	JAH RASTAFARAI	M-30	234	00:00:59	00:25:40	00:52:45	01:22:27	01:57:07	02:05:01.00	02:06:00.20	+00:57:01 (45.6%)	5:55	10.1 (54.3%)
552	KOWALCZYK Grzegorz	347		M-40	192	00:01:42	00:29:24	00:58:57	01:27:19	01:57:37	02:04:22.20	02:06:04.25	+00:56:23 (45.3%)	5:53	10.2 (54.8%)
553	SOJKA Tomasz	675		M-20	76	00:00:38	00:29:07	00:59:33	01:29:32	01:59:44	02:05:36.20	02:06:14.20	+00:57:37 (45.9%)	5:57	10.1 (54.3%)
554	STANISZ Michał	687		M-30	236	00:00:53	00:28:15	00:57:43	01:26:59	01:58:28	02:05:25.60	02:06:19.35	+00:57:26 (45.8%)	5:56	10.1 (54.3%)
555	GRABOWSKI Zbigniew	221		M-60	9	00:00:59	00:29:20	00:58:43	01:28:08	01:59:11	02:05:44.95	02:06:44.20	+00:57:45 (45.9%)	5:57	10.1 (54.3%)
556	GORAJ Adam	896		M-30	240	00:00:21	00:28:25	00:57:25	01:28:36	01:59:39	02:06:28.00	02:06:49.35	+00:58:28 (46.2%)	5:59	10 (53.8%)
557	GORAJ Janusz	216		M-60	10	00:00:21	00:28:25	00:57:25	01:28:36	01:59:39	02:06:28.50	02:06:49.55	+00:58:29 (46.2%)	5:59	10 (53.8%)
558	STANKIEWICZ Adam	688		M-30	237	00:01:19	00:29:12	00:58:50	01:27:49	01:58:57	02:05:31.45	02:06:50.85	+00:57:32 (45.8%)	5:56	10.1 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
559	ZIMOCZ Grzegorz	850		M-30	238	00:01:05	00:27:20	00:54:41	01:23:49	01:58:34	02:06:01.30	02:07:06.55	+00:58:02 (46.1%)	5:58	10 (53.8%)
559	POPIELA Mirosław	944	ACTIVE EAGLES PRO	M-40	198	00:00:25	00:25:47	00:54:05	01:24:47	01:59:35	02:06:40.85	02:07:06.55	+00:58:41 (46.3%)	6:00	10 (53.8%)
561	GAWROŃSKI Wojtek	199		M-30	241	00:00:34	00:26:49	00:55:54	01:25:50	01:59:22	02:06:35.05	02:07:09.60	+00:58:36 (46.3%)	5:59	10 (53.8%)
562	WIECZORKE Marcin	783		M-40	197	00:00:45	00:27:54	00:56:42	01:27:18	02:00:01	02:06:35.60	02:07:21.25	+00:58:36 (46.3%)	6:00	10 (53.8%)
563	SOBCZYK Sławomir	674	NIE ZRZESZONY	M-50	38	00:00:59	00:31:10	01:01:18	01:30:37	02:00:09	02:06:27.40	02:07:26.90	+00:58:28 (46.2%)	5:59	10 (53.8%)
564	MIRKA Arkadiusz	476		M-30	239	00:01:05	00:30:26	01:02:34	01:31:32	02:00:43	02:06:21.50	02:07:27.15	+00:58:22 (46.2%)	5:59	10 (53.8%)
565	WOLNIK Ryszard	811	BORUSZOWICE KROTOFIL TEAM	M-50	37	00:01:06	00:28:20	00:57:39	01:28:03	01:59:47	02:06:25.95	02:07:32.50	+00:58:26 (46.2%)	5:59	10 (53.8%)
566	MATYSIEWICZ Piotr	456	INTER PROJEKT	M-30	242	00:00:52	00:28:53	00:59:12	01:29:21	02:00:12	02:06:50.40	02:07:43.35	+00:58:51 (46.4%)	6:00	10 (53.8%)
566	PŁACHTA Marek	571	INTER PROJEKT S.A.	M-40	200	00:00:52	00:28:53	00:59:12	01:29:21	02:00:12	02:06:51.00	02:07:43.35	+00:58:51 (46.4%)	6:00	10 (53.8%)
568	BICZ Adam	887		M-40	196	00:01:20	00:31:19	01:03:26	01:33:15	02:01:01	02:06:27.90	02:07:48.35	+00:58:28 (46.2%)	5:59	10 (53.8%)
569	TADEUSIAK Bartosz	743		M-20	77	00:01:32	00:31:02	01:01:08	01:29:51	02:00:25	02:06:24.20	02:07:57.05	+00:58:25 (46.2%)	5:59	10 (53.8%)
570	KLUGE Damian	323	REAL MADRYT	M-30	243	00:00:58	00:26:27	00:52:23	01:19:21	01:59:12	02:07:05.70	02:08:04.15	+00:59:06 (46.5%)	6:01	10 (53.8%)
571	KOZACZKA Włodzimierz	353	BB EL-PROJEKT TEAM	M-40	199	00:01:33	00:30:17	01:00:31	01:30:29	02:00:26	02:06:43.85	02:08:17.15	+00:58:44 (46.4%)	6:00	10 (53.8%)
572	KOCJAN Łukasz	328	DTT POLAND	M-40	201	00:00:45	00:30:26	01:01:40	01:31:23	02:01:43	02:07:47.80	02:08:32.80	+00:59:48 (46.8%)	6:03	9.9 (53.2%)
573	CZARNECKI Bartosz	129		M-30	244	00:01:04	00:30:50	01:04:54	01:33:49	02:02:01	02:07:35.65	02:08:40.30	+00:59:36 (46.7%)	6:02	9.9 (53.2%)
574	NIEDWIECKI Paweł	499	OCHOTICZA STRAŻ POŻARNA W KOTUSZOWIE	M-30	246	00:00:47	00:28:15	00:57:00	01:27:38	02:01:16	02:08:02.75	02:08:50.00	+01:00:03 (46.9%)	6:04	9.9 (53.2%)
575	GRYGIEREK Marcin	242		M-20	79	00:00:15	00:25:15	00:53:55	01:23:54	02:00:38	02:08:36.25	02:08:51.65	+01:00:37 (47.1%)	6:05	9.8 (52.7%)
576	SMOŁA Mieczysław	668	AKMB PĘDZIWIATR	M-60	11	00:00:03	00:29:05	00:59:50	01:30:53	02:02:24	02:08:53.90	02:08:57.50	+01:00:54 (47.3%)	6:06	9.8 (52.7%)
577	PRZESTALSKI Marian	591	AC POLANKA	M-20	78	00:01:16	00:27:24	00:54:40	01:23:22	02:02:05	02:07:56.15	02:09:12.30	+00:59:57 (46.9%)	6:03	9.9 (53.2%)
578	CEĆLEWSKI Jarosław	935	FIGLARZE	M-40	206	00:00:17	00:27:24	00:57:13	01:28:56	02:02:33	02:08:57.95	02:09:15.50	+01:00:58 (47.3%)	6:06	9.8 (52.7%)
579	WÓJCIK Rafał	823		M-40	204	00:00:50	00:28:49	00:58:44	01:28:11	02:00:57	02:08:26.75	02:09:16.95	+01:00:27 (47.1%)	6:05	9.9 (53.2%)
580	STEINHOFF Adam	696	WIKTOR TEAM	M-40	202	00:01:23	00:30:42	01:01:16	01:31:12	02:01:25	02:07:54.75	02:09:18.10	+00:59:55 (46.9%)	6:03	9.9 (53.2%)
580	RYBOTYCKI Tomasz	625		M-30	245	00:01:23	00:30:43	01:01:16	01:31:12	02:01:26	02:07:54.50	02:09:18.10	+00:59:55 (46.8%)	6:03	9.9 (53.2%)
582	KASPEREK Ireneusz	309	FIS-SST TEAM	M-40	203	00:01:11	00:29:35	01:00:01	01:30:39	02:01:56	02:08:18.60	02:09:29.80	+01:00:19 (47.0%)	6:04	9.9 (53.2%)
583	WYPCHOŁ Piotr	829	BIEGAJ Z TRENERAMI	M-50	39	00:00:51	00:28:04	00:56:21	01:27:40	02:02:10	02:08:50.15	02:09:42.00	+01:00:51 (47.2%)	6:06	9.8 (52.7%)
584	WIEDERMANN Krzysztof	784	PEDRAFORCA	M-40	205	00:00:54	00:28:48	00:59:16	01:31:08	02:02:41	02:08:56.90	02:09:51.05	+01:00:57 (47.3%)	6:06	9.8 (52.7%)
585	KOWALCZYK Tomasz	346		M-30	247	00:01:27	00:30:01	01:00:32	01:31:09	02:02:13	02:08:48.20	02:10:15.25	+01:00:49 (47.2%)	6:06	9.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
586	MAJEWSKI Grzegorz	434		M-30	248	00:01:16	00:27:42	00:56:11	01:27:14	02:01:52	02:09:02.20	02:10:18.80	+01:01:03 (47.3%)	6:06	9.8 (52.7%)
587	RYGIEL Sebastian	627		M-40	207	00:01:04	00:27:49	00:56:06	01:26:26	02:01:03	02:09:15.85	02:10:19.95	+01:01:16 (47.4%)	6:07	9.8 (52.7%)
588	JEZIOR Bartosz	957		M-30	249	00:01:04	00:28:50	01:03:13	01:32:44	02:03:13	02:09:18.40	02:10:23.05	+01:01:19 (47.4%)	6:07	9.8 (52.7%)
589	KOPPEL Bartłomiej	339	NIGHT RUNNERS GLIWICE	M-30	250	00:01:06	00:27:32	00:57:07	01:28:27	02:02:01	02:09:25.55	02:10:32.35	+01:01:26 (47.5%)	6:08	9.8 (52.7%)
590	JANAS Piotr	271	NIGHT RUNNERS	M-40	209	00:00:23	00:29:17	00:59:38	01:31:11	02:03:36	02:10:15.60	02:10:38.90	+01:02:16 (47.8%)	6:10	9.7 (52.2%)
591	KUBICA Michał	374		M-20	80	00:01:16	00:30:50	01:01:57	01:33:26	02:03:29	02:09:28.55	02:10:45.00	+01:01:29 (47.5%)	6:08	9.8 (52.7%)
592	BLASZKE Waldemar	56	NIGHT RUNNERS GLIWICE	M-50	40	00:00:51	00:27:17	00:56:17	01:27:53	02:03:05	02:10:09.10	02:11:00.10	+01:02:10 (47.8%)	6:10	9.7 (52.2%)
593	KRYNICKI Paweł	367		M-30	251	00:01:30	00:30:36	01:01:14	01:31:59	02:03:12	02:09:41.80	02:11:12.75	+01:01:42 (47.6%)	6:08	9.8 (52.7%)
594	ZIMNY Michał	849		M-40	208	00:01:02	00:31:14	01:02:15	01:32:35	02:03:57	02:10:10.65	02:11:13.30	+01:02:11 (47.8%)	6:10	9.7 (52.2%)
595	OSIŃSKI Paweł	527	BIEGAJ Z TRENERAMI	M-30	252	00:01:34	00:28:54	00:58:59	01:29:45	02:03:45	02:09:56.85	02:11:31.30	+01:01:57 (47.7%)	6:09	9.7 (52.2%)
596	FLORECKI Andrzej	174	AKMB PĘDZIWIATR GLIWICE	M-60	12	00:00:57	00:28:13	00:58:13	01:29:25	02:03:37	02:10:42.50	02:11:40.35	+01:02:43 (48.0%)	6:11	9.7 (52.2%)
597	BIAŁY Michał	42	BWŻNJZ	M-40	210	00:01:06	00:29:49	01:00:08	01:31:19	02:03:49	02:10:35.15	02:11:41.50	+01:02:36 (47.9%)	6:11	9.7 (52.2%)
598	GORCZEWSKI Maciej	218	EXORIGO-UPOS	M-20	82	00:01:22	00:31:23	01:03:16	01:33:38	02:04:14	02:10:19.40	02:11:42.10	+01:02:20 (47.8%)	6:10	9.7 (52.2%)
599	GROCHAL Tomasz	230	EXORIGO-UPOS	M-20	81	00:01:23	00:31:22	01:03:15	01:33:37	02:04:13	02:10:18.75	02:11:42.20	+01:02:19 (47.8%)	6:10	9.7 (52.2%)
600	SZWARCZYŃSKI Jakub	907		M-30	253	00:01:27	00:31:08	01:03:21	01:33:35	02:04:12	02:10:24.05	02:11:51.40	+01:02:25 (47.9%)	6:10	9.7 (52.2%)
601	WIKTORCZYK Przemysław	790		M-30	255	00:00:36	00:25:52	00:54:42	01:26:22	02:03:48	02:11:16.35	02:11:52.60	+01:03:17 (48.2%)	6:13	9.6 (51.6%)
602	KLAWENDER Ryszard	319		M-50	41	00:01:11	00:30:40	01:01:55	01:32:50	02:04:27	02:10:42.05	02:11:53.55	+01:02:43 (48.0%)	6:11	9.7 (52.2%)
603	ZADEBERNY Artur	833		M-40	211	00:01:08	00:26:28	00:56:01	01:28:54	02:03:36	02:10:50.10	02:11:58.85	+01:02:51 (48.0%)	6:12	9.7 (52.2%)
604	WALEWSKI Kamil	768		M-30	256	00:01:10	00:28:30	00:59:14	01:29:22	02:03:42	02:11:17.30	02:12:28.05	+01:03:18 (48.2%)	6:13	9.6 (51.6%)
605	MĄCZKA Bronisław	7	OTK RZEŹNIK	M-60	13	00:01:25	00:30:28	01:01:42	01:33:15	02:04:50	02:11:16.15	02:12:41.25	+01:03:17 (48.2%)	6:13	9.6 (51.6%)
606	PIKTAS Paweł	566		M-40	212	00:01:33	00:31:26	01:03:10	01:34:34	02:05:47	02:11:09.85	02:12:43.20	+01:03:10 (48.2%)	6:12	9.7 (52.2%)
607	SKOWRON Rafał	659	SKOWRONIASTY.NET	M-30	257	00:00:59	00:27:52	00:57:59	01:29:30	02:05:05	02:11:49.45	02:12:49.30	+01:03:50 (48.4%)	6:14	9.6 (51.6%)
608	FLOREK Maciej 'Gleba'	2		M-30	260	00:00:02	00:32:10	01:06:22	01:34:30	02:05:45	02:12:47.35	02:12:49.50	+01:04:48 (48.8%)	6:17	9.5 (51.1%)
609	RACZKOWSKI Łukasz	1289		M-30	261	00:00:00	00:32:12	01:06:24	01:34:32	02:05:47	02:12:48.65	02:12:49.55	+01:04:49 (48.8%)	6:17	9.5 (51.1%)
610	MICHNIEWSKI Piotr	470		M-30	259	00:00:02	00:32:11	01:06:22	01:34:30	02:05:45	02:12:46.95	02:12:49.80	+01:04:47 (48.8%)	6:17	9.5 (51.1%)
611	ŻERKO Edward	855		M-40	213	00:01:18	00:31:09	01:02:33	01:32:52	02:04:51	02:11:33.85	02:12:52.00	+01:03:34 (48.3%)	6:14	9.6 (51.6%)
612	ZEGARTOWSKI Michał	841		M-30	254	00:01:37	00:31:29	01:03:12	01:34:43	02:05:20	02:11:14.75	02:12:52.25	+01:03:15 (48.2%)	6:13	9.6 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
613	GIERAS Mirostaw	206		M-40	215	00:00:39	00:30:10	01:01:29	01:33:52	02:05:40	02:12:14.25	02:12:53.95	+01:04:15 (48.6%)	6:16	9.6 (51.6%)
614	BURDA Paweł	97		M-20	83	00:01:34	00:31:13	01:03:12	01:34:16	02:05:16	02:11:29.30	02:13:04.10	+01:03:30 (48.3%)	6:13	9.6 (51.6%)
615	NIEDORNY Damian	498	DEUTSCHE TELEKOM	M-40	214	00:01:34	00:30:33	01:01:39	01:32:34	02:04:46	02:11:34.50	02:13:09.05	+01:03:35 (48.3%)	6:14	9.6 (51.6%)
616	SAMULEWICZ Marcin	639		M-40	216	00:00:46	00:28:06	00:56:35	01:28:22	02:05:04	02:13:02.75	02:13:49.70	+01:05:03 (48.9%)	6:18	9.5 (51.1%)
617	SZCZUREK Piotr	721		M-30	258	00:01:25	00:30:32	01:01:58	01:33:46	02:05:43	02:12:37.70	02:14:02.80	+01:04:38 (48.7%)	6:17	9.5 (51.1%)
618	KOWRYGO Adam	352		M-20	85	00:00:57	00:31:31	01:02:25	01:33:19	02:05:43	02:13:22.45	02:14:20.25	+01:05:23 (49.0%)	6:19	9.5 (51.1%)
619	PIEKARA Piotr	561		M-20	84	00:01:01	00:28:09	00:57:19	01:28:40	02:05:15	02:13:21.20	02:14:22.60	+01:05:22 (49.0%)	6:19	9.5 (51.1%)
620	OCHMAN Ireneusz	519		M-50	42	00:01:13	00:31:47	01:03:15	01:34:59	02:07:42	02:13:23.40	02:14:37.30	+01:05:24 (49.0%)	6:19	9.5 (51.1%)
621	MAREK Robert	445		M-40	217	00:01:29	00:30:00	01:00:42	01:32:38	02:07:11	02:13:56.75	02:15:26.30	+01:05:57 (49.2%)	6:20	9.5 (51.1%)
622	WACŁAWSKI Maciej	938		M-30	262	00:00:18	00:25:26	00:54:50	01:30:48	02:08:05	02:15:15.40	02:15:33.80	+01:07:16 (49.7%)	6:24	9.4 (50.5%)
623	DUBIEL Leszek	155		M-40	218	00:01:02	00:29:26	01:00:30	01:32:21	02:06:49	02:14:38.25	02:15:40.25	+01:06:39 (49.5%)	6:22	9.4 (50.5%)
624	PELECK Mariusz	883		M-40	219	00:00:50	00:32:08	01:03:55	01:35:09	02:08:09	02:14:51.55	02:15:42.30	+01:06:52 (49.6%)	6:23	9.4 (50.5%)
625	BŁACH Piotr Buła	58	PACEMAKER	M-50	43	00:01:17	00:31:45	01:03:29	01:35:00	02:07:39	02:15:00.40	02:16:18.25	+01:07:01 (49.6%)	6:23	9.4 (50.5%)
626	JAKUBIAK Arkadiusz	268	OPEL ACTIVE TEAM	M-40	221	00:01:16	00:31:45	01:03:29	01:35:00	02:07:40	02:15:02.05	02:16:18.60	+01:07:03 (49.7%)	6:23	9.4 (50.5%)
627	BOROWSKI Piotr	74	OPEL ACTIVE TEAM	M-50	44	00:01:17	00:31:43	01:03:36	01:34:55	02:07:37	02:15:01.10	02:16:18.95	+01:07:02 (49.6%)	6:23	9.4 (50.5%)
628	WAWRZAK Ryszard	776	PACEMAKER	M-40	220	00:01:17	00:31:44	01:03:28	01:35:03	02:07:42	02:15:01.85	02:16:19.00	+01:07:02 (49.7%)	6:23	9.4 (50.5%)
629	FAJKOWSKI Patryk	168	SAMOTNE WILKI	M-20	86	00:01:03	00:27:56	00:57:20	01:29:59	02:07:57	02:15:29.35	02:16:32.95	+01:07:30 (49.8%)	6:25	9.3 (50.0%)
630	KACZKIEWICZ Damian	292	NIGHT RUNNERS GLIWICE	M-40	222	00:01:15	00:31:32	01:02:52	01:34:58	02:08:14	02:15:53.70	02:17:09.60	+01:07:54 (50.0%)	6:26	9.3 (50.0%)
631	WYKURZ Paweł	827	RUN AND FUN	M-30	263	00:01:27	00:34:11	01:07:44	01:37:50	02:09:43	02:16:47.35	02:18:14.70	+01:08:48 (50.3%)	6:28	9.3 (50.0%)
632	PRUCHNIK Andrzej	588		M-50	45	00:00:08	00:28:31	01:01:10	01:35:14	02:11:06	02:18:56.65	02:19:05.50	+01:10:57 (51.1%)	6:35	9.1 (48.9%)
633	ZEMŁA Piotr	845		M-40	223	00:01:10	00:29:58	01:01:23	01:34:30	02:10:41	02:19:08.10	02:20:18.45	+01:11:09 (51.1%)	6:35	9.1 (48.9%)
634	BŁASZCZYSZYN Michał	61		M-20	87	00:01:31	00:30:49	01:03:02	01:35:21	02:11:23	02:18:58.15	02:20:29.55	+01:10:59 (51.1%)	6:35	9.1 (48.9%)
635	BOJEŚ Marcin	69		M-20	88	00:01:37	00:30:48	01:02:51	01:34:49	02:11:58	02:19:01.70	02:20:39.15	+01:11:02 (51.1%)	6:35	9.1 (48.9%)
636	MANISTA Paweł	443		M-20	89	00:00:26	00:28:51	00:59:55	01:34:00	02:12:04	02:20:49.80	02:21:16.00	+01:12:50 (51.7%)	6:40	9 (48.4%)
637	GRONDYS Michał	233		M-40	224	00:01:18	00:31:44	01:03:30	01:35:24	02:12:38	02:20:42.70	02:22:01.50	+01:12:43 (51.7%)	6:40	9 (48.4%)
638	MAZUR Roman	461		M-50	46	00:01:15	00:30:25	01:02:42	01:36:31	02:13:21	02:21:02.40	02:22:18.25	+01:13:03 (51.8%)	6:41	9 (48.4%)
639	KONOPKA Marek	335		M-40	225	00:01:29	00:31:24	01:03:54	01:37:54	02:13:44	02:21:09.00	02:22:38.35	+01:13:09 (51.8%)	6:41	9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
640	WĘGIEL Kacper	922		M-20	90	00:00:02	00:31:23	01:03:40	01:37:34	02:15:28	02:23:36.00	02:23:38.35	+01:15:36 (52.7%)	6:48	8.8 (47.3%)
641	MAŁYSA Łukasz	442		M-30	264	00:01:25	00:31:23	01:03:32	01:35:54	02:14:12	02:22:18.85	02:23:44.70	+01:14:19 (52.2%)	6:44	8.9 (47.8%)
642	ĆWIKŁA Andrzej	135	TENT GRUPA	M-60	14	00:01:08	00:32:06	01:06:12	01:40:29	02:15:26	02:22:38.20	02:23:47.00	+01:14:39 (52.3%)	6:45	8.9 (47.8%)
643	ZGRAJA Wojciech	846		M-20	91	00:01:06	00:26:49	00:55:03	01:28:25	02:15:45	02:23:56.50	02:25:03.40	+01:15:57 (52.8%)	6:49	8.8 (47.3%)
644	BATKO Dawid	866	GRZMOTKI	M-30	265	00:00:49	00:29:08	01:02:07	01:36:00	02:16:34	02:24:32.05	02:25:21.45	+01:16:33 (53.0%)	6:50	8.8 (47.3%)
645	MIGDAŁ Grzegorz	474		M-40	226	00:01:21	00:31:36	01:06:16	01:40:37	02:16:51	02:24:17.15	02:25:38.45	+01:16:18 (52.9%)	6:50	8.8 (47.3%)
646	PRZESTALSKI Leszek	592	AC POLANKA	M-30	266	00:01:17	00:30:30	01:02:23	01:38:13	02:18:11	02:26:35.75	02:27:52.75	+01:18:36 (53.6%)	6:56	8.6 (46.2%)
647	ZIĘBA Michał	847		M-20	92	00:00:57	00:31:31	01:02:25	01:33:19	02:18:03	02:26:58.25	02:27:55.70	+01:18:59 (53.7%)	6:57	8.6 (46.2%)
648	KAPICKI Jan	303		M-60	15	00:00:51	00:33:41	01:08:53	01:44:53	02:20:52	02:28:26.45	02:29:18.40	+01:20:27 (54.2%)	7:02	8.5 (45.7%)
649	JANOSZKA Piotr	276	BANDA Z POŁUDNIA	M-30	267	00:01:22	00:33:16	01:08:11	01:43:38	02:21:04	02:28:53.10	02:30:15.30	+01:20:54 (54.3%)	7:03	8.5 (45.7%)
650	BRODIUK Norbert	83	NIGHT RUNNERS GLIWICE	M-40	227	00:01:13	00:31:53	01:05:33	01:43:17	02:22:01	02:29:06.40	02:30:19.60	+01:21:07 (54.4%)	7:03	8.5 (45.7%)
651	OCHNIK Piotr	520		M-30	268	00:01:12	00:31:50	01:06:43	01:43:12	02:24:17	02:33:41.80	02:34:53.80	+01:25:42 (55.8%)	7:17	8.2 (44.1%)
652	ŚMIEJA Tomasz	741	BANDA Z POŁUDNIA	M-40	228	00:01:22	00:33:16	01:08:11	01:43:38	02:26:18	02:35:33.75	02:36:56.20	+01:27:34 (56.3%)	7:22	8.1 (43.5%)
653	PRZEWOŻNY Daniel	594		M-20	93	00:01:01	00:32:22	01:09:00	01:47:22	02:29:18	02:38:32.85	02:39:34.20	+01:30:33 (57.1%)	7:30	8 (43.0%)
654	KAMROWSKI Łukasz	299	PAE GOGGLE TEAM	M-40	229	00:00:30	00:32:06	01:08:29	01:49:30	02:34:29	02:45:08.70	02:45:39.00	+01:37:09 (58.8%)	7:49	7.7 (41.4%)
655	KOTYRBA Tomasz	345		M-30	269	00:00:07	00:23:54	00:48:28	01:12:18	01:35:55			+00:31:32	4:47	12.5 (67.2%)
656	SWOBODA Jarosław	710		M-40	230	00:00:43	00:25:13	00:50:49	01:16:40	01:42:43			+00:38:20	5:08	11.7 (62.9%)
	KRAWCZYK Marcin	363		M-20		DNF	00:36:05 DNF	01:15:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZOLC Sebastian	725		M-40		DNF	00:21:28 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 658 wynik(ów)