



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2021-10-17
Gliwice
21.1 km

VII PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Punkt pomiarowy: 16,6 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
1	WOLNIK Mateusz	578	AKTYWNI LYSKI	M-30	00:00:02	00:09:11	00:25:38	00:42:33	00:59:11
2	DULINIEC Tomasz	98	GNIOTPOL TEAM	M-40	00:00:02	00:09:16	00:25:46	00:42:43	00:59:33
3	MRACHACZ Piotr	580	STUDIO PROJEKTOWE SPART	M-20	00:00:03	00:09:11	00:25:53	00:43:05	00:59:55
4	TRESKA Piotr	488	RUNHOGS TYCHY / SPLA TYCHY / BIEGNEPO230.PL	M-30	00:00:02	00:09:30	00:26:19	00:43:32	01:00:17
5	FOLTYN Jakub	110	WYTRZYMALI.COACH	M-20	00:00:04	00:09:39	00:27:08	00:44:46	01:01:57
6	ROZMUS Norbert	411		M-30	00:00:03	00:09:40	00:27:10	00:44:47	01:01:58
7	HARĘŻA Marek	628		M-30	00:00:02	00:09:41	00:27:06	00:44:49	01:02:32
8	BARTOSIK Sebastian	13	FORMA WODZISŁAW ŚLĄSKI / MOJŻYSZ TEAM	M-30	00:00:03	00:09:39	00:27:09	00:45:04	01:02:50
9	IWANCA Leszek	174		M-40	00:00:02	00:09:42	00:27:10	00:45:06	01:02:52
10	WIKTORSKI Mieszko	620	TRENUJZNAMI.PL	M-40	00:00:03	00:09:41	00:27:06	00:45:05	01:02:52
11	KAMIŃSKI Dominik	203	HARPAGAN SOSNOWIEC - FICOSA	M-40	00:00:20	00:09:46	00:27:42	00:45:43	01:03:36
12	DENICKI Przemek	93	EX TEAM	M-30	00:00:03	00:10:05	00:27:58	00:45:59	01:03:52
13	URBAŃCZYK Karol	496	NON STOP TRAIL	M-30	00:00:03	00:09:39	00:27:14	00:45:35	01:03:55
14	SIKOŃCZYK Miłosz	437	RUNNING PERFORMANCE	M-20	00:00:02	00:09:30	00:27:26	00:46:04	01:04:12
15	GRYCMAN Marek	153	LOVE THE PAIN	M-40	00:00:03	00:09:57	00:27:53	00:46:17	01:04:31
16	BUJNOWSKI Artur	59	TL ROW RYBNIK	M-30	00:00:02	00:10:04	00:27:59	00:46:18	01:04:33
17	BUCHTA Adam	54		M-40	00:00:03	00:09:58	00:28:05	00:46:39	01:04:48
18	PRZELIORZ Tomasz	400	INŻYNIERIA BIEGANIA	M-30	00:00:02	00:09:59	00:28:06	00:46:41	01:04:49
19	JANCEWICZ Marcin	178		M-20	00:00:04	00:10:07	00:28:26	00:47:09	01:05:30
20	BAGSIK Mateusz	7		M-30	00:00:13	00:10:02	00:27:58	00:47:08	01:05:52
21	OSETEK Paweł	369	RADLINIOKI W BIEGU	M-30	00:00:04	00:09:57	00:28:15	00:47:47	01:06:47
22	GRZYWACZ Marcin	162	MKS CZECHOWICE-DZIEDZICE	M-40	00:00:03	00:10:19	00:29:12	00:48:16	01:07:02
23	BIEGUN Marcin	29	AKTYWNA PSZCZYNA	M-40	00:00:03	00:10:22	00:29:14	00:48:17	01:07:02
24	MUSKAŁA Mateusz	343	AUGUSTEAM	M-20	00:00:04	00:10:05	00:28:26	00:47:38	01:07:06
25	KOZIARSKI Michał	249	LKS SIERAKÓW ŚLĄSKI	M-30	00:00:15	00:10:30	00:29:03	00:48:20	01:07:30
26	JÓZEFIK Dawid	196	JKŁA JAWOR	M-30	00:00:04	00:10:33	00:29:27	00:48:51	01:07:42
27	FURMANEK Łukasz	114		M-40	00:00:04	00:10:44	00:29:46	00:49:08	01:07:48
28	GORAUS Kamil	141	RUN RUN RUN	M-30	00:00:06	00:10:31	00:29:20	00:48:51	01:07:50
29	CZERNY Tomasz	88	AKTYWNE ZABRZE	M-40	00:00:05	00:10:29	00:29:30	00:48:55	01:08:04

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
30	CHYBA Szymon	72	KS KROTOSZ KROTOSZYN	M-40	00:00:05	00:10:34	00:29:25	00:49:12	01:08:17
31	BOGATZKI Marek	39		M-30	00:00:05	00:10:05	00:28:35	00:48:47	01:08:28
32	ZIELIŃSKI Ireneusz	544	DKMS JASTRZĘBIE	M-50	00:00:04	00:10:30	00:29:31	00:49:14	01:08:51
33	SPRUTTA Robert	458		M-30	00:00:05	00:10:55	00:29:52	00:49:41	01:09:11
34	KLIMA Adam	229	RUNHOGS TYCHY	M-30	00:00:05	00:10:30	00:29:50	00:49:48	01:09:40
35	NOWICKI Szymon	361		M-30	00:00:07	00:11:00	00:30:32	00:50:42	01:10:31
36	WIECHUŁA Marcin	510		M-40	00:00:06	00:10:08	00:29:28	00:50:09	01:10:39
37	HOFFMANN Nikodem	167		M-30	00:00:26	00:11:20	00:31:14	00:51:14	01:10:44
38	PSZCZOŁA Marcin	403		M-40	00:00:07	00:11:00	00:31:10	00:51:13	01:10:45
39	FAŁEK Adam	105	ŁAMIGNATY	M-20	00:00:14	00:10:12	00:29:23	00:50:20	01:10:50
40	WARDZAŁA Michał	501	MARATON TEAM WIELICZKA	M-40	00:00:08	00:10:58	00:30:57	00:51:10	01:11:01
41	GOŁĄBEK Rafał	137	MARATON TEAM WIELICZKA	M-40	00:00:08	00:11:00	00:30:58	00:51:11	01:11:02
42	ŻOŁĄDŹ Piotr	554	TEAM ARTIVENT	M-30	00:00:09	00:11:00	00:31:09	00:51:29	01:11:11
43	BIAŁY Kamil	28	FAST FOOT TEAM SIEWIERZ	M-30	00:00:09	00:11:01	00:31:09	00:51:30	01:11:12
44	DZIDA Dominik	101		M-20	00:00:15	00:11:05	00:31:24	00:51:46	01:11:12
45	CHOMIK Rafał	70	PACEMAKER	M-40	00:00:06	00:11:00	00:31:10	00:51:31	01:11:13
46	STASIKOWSKI Łukasz	463		M-30	00:00:06	00:11:01	00:31:11	00:51:33	01:11:14
47	GRZESIKIEWICZ Mariusz	157		M-40	00:00:07	00:11:03	00:31:11	00:51:31	01:11:14
48	ŁOZIŃSKI Wojciech	287	PARKRUN CHRZANÓW	M-20	00:00:07	00:11:01	00:31:13	00:51:30	01:11:15
49	SKOCZEK Jakub	443		M-30	00:00:31	00:11:12	00:31:08	00:51:28	01:11:15
50	KORZUSZNIK Wojciech	241	LUXTORPEDA CZERWIONKA	M-30	00:00:06	00:11:03	00:31:18	00:51:38	01:11:16
51	STĄPOR Sławomir	465	TAURON	M-40	00:00:05	00:11:05	00:31:13	00:51:35	01:11:17
52	OCHMAN Rafał	362	OPEL ACTIVE TEAM	M-40	00:00:04	00:11:01	00:31:03	00:51:19	01:11:19
53	MASŁOŃ Błażej	315		M-50	00:00:07	00:11:02	00:31:10	00:51:31	01:11:34
54	PASTWA Piotr	379	BIEGAJ Z TRENERAMI	M-50	00:00:17	00:11:09	00:30:59	00:51:20	01:11:40
55	PILNY Karol	387	AKTYWNI RYDUŁTOWY	M-20	00:00:04	00:10:51	00:30:48	00:51:44	01:11:59
56	BUJAK Marcin	57		M-40	00:00:08	00:11:01	00:31:11	00:51:32	01:12:15
57	TEKLA Krzysztof	484		M-30	00:00:10	00:11:07	00:31:23	00:51:51	01:12:26
58	GARUS Bartłomiej	124	YNO 1	M-30	00:00:14	00:11:14	00:31:16	00:51:56	01:12:27
59	WRĘCZYCKI Ireneusz	571		M-50	00:00:09	00:11:00	00:31:11	00:51:37	01:12:40
60	MIRONOWICZ Bartłomiej	335		M-30	00:00:12	00:10:57	00:31:09	00:51:34	01:12:42
61	PACOŃ Sebastian	593	DAGMA	M-40	00:00:02	00:10:49	00:30:58	00:51:37	01:12:43
62	GORCZYCKI Arkadiusz	142	MIECHOWICKA GRUPA BIEGOWA/RESHAPE RUNNERS	M-30	00:00:08	00:11:18	00:32:04	00:53:03	01:13:17
63	MAJEK Krzysztof	299	AUGUSTEAM	M-50	00:00:08	00:11:09	00:31:31	00:52:33	01:13:18
64	JAWOREK Jacek	190	SPRYTNA BANIA SPONTAN TEAM // JBC365	M-30	00:00:13	00:11:24	00:31:56	00:52:51	01:13:24
65	WYMYSŁO Andrzej	529	RADA MIASTA	M-60	00:00:04	00:11:14	00:31:34	00:52:46	01:13:28
66	SITEK Krzysztof	439		M-40	00:00:09	00:11:14	00:31:26	00:52:34	01:13:31
67	FRANKIEWICZ Artur	111		M-30	00:00:08	00:11:01	00:31:27	00:52:42	01:13:55
68	KAWELCZYK Robert	219		M-50	00:00:11	00:11:27	00:31:56	00:52:59	01:13:59
69	WACŁAWSKI Jacek	640		M-40	00:00:14	00:11:07	00:31:34	00:52:51	01:14:07
70	GRZYB Dariusz	158		M-50	00:00:07	00:11:01	00:31:12	00:52:42	01:14:13
71	ZALEWSKI Wojciech	534		M-40	00:00:25	00:11:38	00:32:21	00:53:35	01:14:31
72	CZAJKOWSKI Paweł	82	WIKI&MAKS	M-40	00:00:10	00:11:37	00:32:26	00:54:03	01:14:54
73	GALILEJCZYK Mariusz	118		M-20	00:00:36	00:10:57	00:30:43	00:52:37	01:14:54
74	WIERZCHOWSKI Jędrzej	511		M-30	00:00:09	00:11:21	00:32:05	00:53:42	01:14:57
75	PUC Paweł	404	TRUCHTACZE GZICHÓW	M-40	00:00:16	00:11:12	00:31:53	00:53:40	01:15:01

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
76	KWIATKOWSKI Grzegorz	271	LECYMY DURS	M-40	00:00:18	00:11:11	00:31:10	00:53:05	01:15:21
77	RATAJCZAK Aleksander	407		M-50	00:00:12	00:11:40	00:32:55	00:54:26	01:15:22
78	BARAŃSKI Rafał	12		M-40	00:00:13	00:11:39	00:32:55	00:54:26	01:15:22
79	STRAMA Adam	467		M-40	00:00:12	00:11:29	00:32:29	00:54:06	01:15:30
80	GUZY Andrzej	579	DALEKO JESZCZE?	M-60	00:00:04	00:11:03	00:31:40	00:53:39	01:15:37
81	LEPIARCZYK Sławomir	280		M-30	00:00:13	00:11:28	00:32:00	00:53:56	01:15:38
82	LONKA Michał	574		M-40	00:00:07	00:11:44	00:32:59	00:54:34	01:15:39
83	MYNARSKI Sylwester	601		M-40	00:01:23	00:12:35	00:33:37	00:55:00	01:15:49
84	CIEŚLAK Jacek	74	ROMET FACTORY TEAM	M-40	00:00:15	00:12:04	00:33:03	00:54:40	01:15:50
85	KAMIŃSKI Jacek	204		M-40	00:00:06	00:11:02	00:31:14	00:53:18	01:15:55
86	MARCINIAK Rafał	308		M-30	00:00:39	00:12:16	00:33:46	00:54:58	01:16:00
87	GAŚCZAK Michał	127		M-30	00:00:07	00:11:01	00:32:19	00:54:31	01:16:15
88	MADEJSKI Sylwester	297	RUNHOGS TYCHY	M-40	00:00:11	00:11:33	00:32:44	00:54:51	01:16:15
89	MIRATYŃSKI Adam	627		M-40	00:00:23	00:12:18	00:33:18	00:54:48	01:16:16
90	HOLONA Maciej	647		M-50	00:00:14	00:11:27	00:32:11	00:54:14	01:16:17
91	PIKUŁA Jacek	386		M-40	00:01:13	00:13:22	00:34:47	00:55:53	01:16:26
92	JASICKI Krzysztof	186	FORMA WODZISŁAW	M-40	00:00:07	00:11:00	00:32:19	00:54:33	01:16:27
93	SZYMAŃSKI Piotr	479		M-40	00:00:09	00:11:30	00:32:31	00:54:45	01:16:46
94	CZYŻ Wojciech	89		M-40	00:00:17	00:11:41	00:33:00	00:55:01	01:16:47
95	MEKIER Bartek	591		M-30	00:00:25	00:12:11	00:33:48	00:55:34	01:16:51
96	KOWOLIK Łukasz	247	TAURON TEAM	M-30	00:00:20	00:12:26	00:34:37	00:56:23	01:17:00
97	NOGA Jacek	643		M-40	00:00:15	00:11:47	00:33:24	00:55:41	01:17:02
98	MARKOWSKI Przemysław	311		M-30	00:00:10	00:11:54	00:33:53	00:55:53	01:17:06
99	MACHOWSKI Dariusz	291		M-50	00:00:10	00:11:54	00:33:52	00:55:53	01:17:07
100	MEDES Marcin	319	PACEMAKER / SZLABANOWCY RUNNING TEAM	M-30	00:00:12	00:12:11	00:33:53	00:55:50	01:17:10
101	MEOSSI Alessandro	321		M-20	00:00:21	00:12:30	00:33:26	00:55:08	01:17:24
102	MACHURA Arkadiusz	292		M-40	00:00:10	00:11:56	00:33:54	00:55:54	01:17:26
103	WILK Piotr	645		M-40	00:00:08	00:11:57	00:33:55	00:55:55	01:17:27
104	NIŻNIKIEWICZ Grzegorz	352	MONAR GRACZE	M-40	00:00:18	00:11:50	00:33:25	00:55:43	01:17:28
105	SIEJA Zbyszek	434		M-50	00:00:16	00:11:54	00:33:10	00:55:30	01:17:31
106	WARDZYK Damian	502		M-20	00:00:23	00:12:30	00:33:32	00:54:56	01:17:36
107	SKLORZ Marcin	442		M-20	00:00:18	00:11:50	00:33:24	00:55:42	01:17:41
108	BIELA Grzegorz	31	NIGHT RUNNERS PYSKOWICE	M-30	00:00:07	00:11:26	00:32:50	00:55:37	01:17:49
109	SZOŁTYSEK Adrian	556		M-30	00:00:20	00:11:45	00:33:44	00:55:45	01:17:49
110	JAWOREK Adam	189		M-30	00:00:06	00:11:00	00:31:41	00:54:23	01:17:52
111	HYRKIEL Paweł	172		M-40	00:00:11	00:11:46	00:33:33	00:55:50	01:17:53
112	SPYRA Kamil	459	IL GATTO RAMPANTE	M-30	00:00:14	00:11:16	00:32:02	00:54:54	01:17:53
113	TABIŚ Bartosz	611		M-30	00:00:20	00:11:47	00:33:46	00:55:55	01:17:55
114	WILK Dawid	514		M-30	00:00:09	00:11:54	00:33:54	00:55:54	01:17:59
115	CZAJKA Tomasz	80		M-40	00:00:10	00:11:55	00:33:54	00:56:15	01:18:11
116	HYRA Robert	171	ZALEW BLACHOWNIA	M-50	00:00:14	00:11:52	00:33:51	00:55:57	01:18:16
117	STAŃCZYK Przemek	462		M-30	00:00:09	00:12:03	00:34:04	00:56:16	01:18:17
118	DREWNIAK Marcin	638		M-20	00:00:22	00:11:55	00:33:42	00:55:52	01:18:20
119	SZCZEPANEK Łukasz	473		M-20	00:00:15	00:12:09	00:33:54	00:56:07	01:18:26
120	CHOJNA Zygmunt	69	SOCIOS SILESIA	M-60	00:00:11	00:11:32	00:33:23	00:56:07	01:18:44
121	GIESE Michał	132		M-40	00:00:12	00:12:10	00:34:21	00:57:00	01:18:44

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
122	ZAKRZOWSKI Krzysztof	532		M-30	00:00:16	00:11:49	00:33:50	00:56:19	01:18:49
123	ZAJĄC Mateusz	531		M-40	00:00:20	00:12:18	00:34:21	00:56:56	01:18:57
124	RAWŁUSZEWICZ Waldemar	408		M-50	00:00:21	00:12:16	00:34:10	00:56:49	01:18:59
125	MIECZNIKOWSKI Jacek	329		M-40	00:00:09	00:11:38	00:33:07	00:55:37	01:19:05
126	MARCZAK Krzysztof	570		M-50	00:00:13	00:12:11	00:34:00	00:56:25	01:19:05
127	JAGIEŁA Michał	177		M-30	00:00:45	00:12:11	00:33:56	00:56:22	01:19:08
128	RÓŻAŃSKI Michał	413		M-30	00:00:18	00:12:18	00:34:22	00:56:55	01:19:14
129	BOHM Mariusz	40		M-50	00:00:22	00:12:30	00:34:50	00:57:17	01:19:26
130	SCHAB Bartłomiej	430		M-30	00:00:00	00:12:55	00:34:37	00:56:59	01:19:33
131	STANISZ Marcin	460	NIGHT RUNNERS PYSKOWICE	M-30	00:00:26	00:12:10	00:34:14	00:56:46	01:19:35
132	ADAMCZYK Daniel	2	NIGHT RUNNERS PYSKOWICE	M-20	00:00:26	00:12:10	00:34:13	00:56:47	01:19:36
133	DUDA Jacek	97	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	00:00:16	00:11:50	00:33:48	00:56:10	01:19:38
134	NIKODON Paweł	349	NIKODON DREAM TEAM	M-40	00:00:12	00:11:41	00:32:56	00:55:56	01:19:39
135	TOCZYDŁOWSKI Łukasz	486	ROZBIEGANA LIGOTA	M-40	00:01:10	00:13:07	00:34:37	00:57:00	01:19:39
136	DZWINCZYK Zbigniew	103		M-40	00:00:20	00:13:04	00:35:31	00:58:00	01:19:43
137	KRUK Grzegorz	561	PRESS GLASS BIEGAMY I WSPIERAMY	M-50	00:00:14	00:11:52	00:33:51	00:56:06	01:19:49
138	KURCZEK Tomasz	265	RUN FOREST RIUM!	M-40	00:00:16	00:12:34	00:35:06	00:57:29	01:19:50
139	KRZANOWSKI Marcin	257	OASIS SPORT TEAM	M-30	00:00:20	00:12:17	00:34:26	00:57:12	01:19:56
140	NAJWER Tomasz	613		M-40	00:00:18	00:12:14	00:34:41	00:57:30	01:20:03
141	WILK Mirosław	515		M-40	00:00:22	00:12:16	00:33:55	00:56:48	01:20:03
142	DABROWSKI Bartosz	90		M-30	00:00:58	00:13:07	00:35:34	00:58:21	01:20:03
143	UJMA Michał	494	SII RUNNING TEAM	M-30	00:00:00	00:12:17	00:34:09	00:56:58	01:20:07
144	PAWLACZYK Lesław	380	SII RUNNING TEAM	M-40	00:00:26	00:12:28	00:34:00	00:57:04	01:20:19
145	KOWALCZYK Jordan	245		M-30	00:00:28	00:12:39	00:35:04	00:57:43	01:20:23
146	ŻMIJEWSKI Dariusz	551		M-50	00:00:43	00:12:20	00:34:18	00:57:03	01:20:26
147	CIEŚLIK Jarosław	75		M-30	00:00:28	00:12:19	00:35:02	00:57:38	01:20:28
148	BUŁAWA Grzegorz	60	GB-ARCH	M-40	00:00:18	00:12:31	00:35:16	00:57:52	01:20:36
149	PŁONKA Krzysztof	392	DKMS JASTRZĘBIE	M-50	00:00:21	00:12:30	00:35:02	00:57:47	01:20:38
150	RYCHLIK Sebastian	417	LISY PUSTYNI	M-40	00:00:11	00:12:24	00:35:33	00:58:28	01:20:39
151	TYSZKIEWICZ Cuma	492		M-40	00:00:19	00:12:31	00:35:12	00:57:51	01:20:39
152	BRODAKCI Paweł	45		M-30	00:00:19	00:12:32	00:35:14	00:57:50	01:20:41
153	NOWAKOWSKI Arek	358		M-30	00:00:20	00:12:24	00:34:17	00:57:18	01:20:42
154	KOŚCIELNY Sebastian	242	WATAHA	M-40	00:00:29	00:12:39	00:34:59	00:57:49	01:20:44
155	WOŁOWSKI Lech	633		M-40	00:00:17	00:12:34	00:35:17	00:58:01	01:20:54
156	TISZBIEREK Marek	485		M-40	00:00:20	00:12:38	00:35:39	00:58:32	01:20:54
157	KUŹMA Andrzej	269	TEAM ARTIVENT	M-20	00:00:22	00:12:29	00:35:14	00:57:51	01:20:54
158	KUBIŚ Mateusz	261	JÓZEFINKA	M-20	00:00:16	00:12:18	00:35:10	00:57:48	01:20:55
159	WOJTUKIEWICZ Artur	518	DHL RUN CLUB	M-40	00:00:35	00:11:58	00:33:50	00:56:22	01:20:55
160	ŻAAK Michał	549		M-30	00:00:12	00:12:04	00:34:26	00:57:33	01:20:56
161	IWASZKOWSKI Dawid	175		M-30	00:00:27	00:13:18	00:35:55	00:58:19	01:20:56
162	JAROS Marcin	184	OPP KATOWICE	M-30	00:00:29	00:13:47	00:35:58	00:58:56	01:21:01
163	JANECZEK Marek	179		M-40	00:00:18	00:12:48	00:35:40	00:58:28	01:21:02
164	SARNECKI Adam	429		M-30	00:00:26	00:12:27	00:35:10	00:57:47	01:21:04
165	BABIUCH Karol	6		M-30	00:00:23	00:12:16	00:34:51	00:57:48	01:21:07
166	KIDA Marek	221		M-30	00:00:20	00:12:30	00:35:13	00:57:49	01:21:08
167	GAJDA Patryk	116		M-20	00:00:20	00:12:29	00:35:13	00:57:51	01:21:09

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
168	NOWACKI Wojciech	354	PACEMAKER // WOJTAS BIEGACZ STOPOWICZ	M-30	00:00:17	00:12:33	00:35:16	00:57:52	01:21:12
169	CZAJKA Roman	79		M-40	00:00:13	00:12:02	00:34:23	00:57:42	01:21:13
170	MACYSZYN Waldemar	293	GLIWICE	M-50	00:00:15	00:12:16	00:34:35	00:57:37	01:21:15
171	MERES Jarek	323		M-40	00:00:14	00:12:14	00:34:33	00:57:53	01:21:24
172	GALL Kacper	119		M-20	00:00:11	00:11:55	00:34:04	00:57:51	01:21:26
173	SZKLORZ Sylwester	581	ROZBIEGANA LIGOTA	M-50	00:01:11	00:13:16	00:35:20	00:58:38	01:21:30
174	SALAMON Emil	426	OPEL ACTIVE TEAM	M-30	00:00:14	00:12:36	00:35:18	00:58:02	01:21:34
175	MAZUR Kamil	567	PKO BANK POLSKI	M-30	00:00:18	00:12:33	00:35:17	00:58:15	01:21:34
176	DZIĄBOR Andrzej	100	#BYLEDOMETY	M-40	00:00:27	00:12:52	00:35:38	00:58:48	01:21:36
177	ODOSZEWSKI Roman	363	OASIS SORT TEAM	M-40	00:00:14	00:11:55	00:34:06	00:57:33	01:21:37
178	GAWLIK Tomasz	126		M-40	00:00:36	00:12:57	00:35:43	00:59:07	01:21:55
179	KAWA Mariusz	217		M-40	00:00:11	00:11:55	00:34:03	00:57:41	01:22:06
180	SALASOWICZ Jerzy	427	BIEGAM Z ENDO	M-60	00:00:16	00:12:49	00:35:42	00:58:54	01:22:17
181	MICHALAK Wojciech	576	KTW TEAM	M-30	00:00:23	00:12:33	00:35:06	00:58:18	01:22:25
182	NITARSKI Patryk	350		M-40	00:00:12	00:12:11	00:34:21	00:58:04	01:22:41
183	NOWALIŃSKI Grzegorz	360	HOLBOX RUNNERS	M-30	00:00:25	00:12:57	00:36:12	00:59:48	01:22:51
184	BRODEK Andrzej	46	CERTUM	M-50	00:00:31	00:12:53	00:35:33	00:59:03	01:22:54
185	MOSZ Tomasz	338	W POGONI ZA DUCHEM	M-40	00:00:23	00:12:55	00:35:51	00:59:37	01:22:57
186	NIESZWIC Terencjusz	348		M-20	00:00:29	00:12:52	00:35:33	00:59:00	01:23:03
187	MAZUR Grzegorz	318		M-50	00:00:25	00:12:47	00:35:35	00:59:19	01:23:08
188	RÓWNICKI Marcin	412	#BYLEDOMETY	M-30	00:00:23	00:12:35	00:35:36	00:59:13	01:23:10
189	WIETRZYCKI Mariusz	512		M-30	00:00:24	00:13:03	00:35:19	00:59:21	01:23:13
190	NAWROCKI Paweł	344		M-50	00:00:16	00:12:15	00:34:41	00:59:02	01:23:21
191	CHLISTAŁA Jarosław	68	RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM	M-30	00:00:21	00:12:56	00:36:04	00:59:47	01:23:23
192	STAROSTKA Jacek	564	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	00:00:30	00:13:46	00:38:04	01:02:36	01:23:23
193	PIZNAL Kamil	391		M-30	00:00:36	00:12:34	00:35:21	00:59:18	01:23:24
194	BIELAK Michał	566	PKO BANK POLSKI	M-30	00:00:38	00:12:47	00:35:32	00:59:38	01:23:27
195	WÓJCIK Rafał	525		M-40	00:00:20	00:12:52	00:36:01	00:59:48	01:23:30
196	SKOCZEK Michał	573	HARD BOX OTWOCK	M-30	00:00:36	00:13:18	00:35:52	00:59:41	01:23:48
197	KANIA Michał	208		M-40	00:00:18	00:12:32	00:35:16	00:59:05	01:23:50
198	DALGIEWICZ Dariusz	91		M-60	00:00:35	00:13:04	00:36:20	01:00:12	01:23:50
199	ORDOŃ Bartłomiej	367		M-30	00:00:17	00:12:33	00:35:28	00:59:26	01:23:53
200	MICHALSKI Łukasz	327		M-30	00:00:24	00:12:53	00:36:00	00:59:51	01:23:58
201	KLAPETEK Jacek	227	HURAGAN LIGOTA	M-50	00:00:00	00:13:15	00:35:58	00:59:37	01:24:02
202	KĘDZIORA Łukasz	220	NIEZRZESZONY	M-40	00:00:46	00:13:38	00:36:54	01:00:48	01:24:22
203	BERGER Jurek	25		M-50	00:00:07	00:12:40	00:36:03	01:00:52	01:24:23
204	KULCZYK Adam	264	SG SQUAD	M-40	00:00:37	00:13:18	00:36:41	01:00:26	01:24:24
205	BROJA Rafał	47		M-30	00:00:06	00:10:49	00:34:47	00:59:56	01:24:28
206	CZAPLA Arkadiusz	83	FAT MAMAS SPORT	M-50	00:00:44	00:14:02	00:37:18	01:01:00	01:24:28
207	MARCELA Marcin	307		M-40	00:00:43	00:14:03	00:37:18	01:01:01	01:24:29
208	SIDORSKI Robert	433	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:46	00:35:49	00:59:56	01:24:30
209	KŁYSZ Bartek	231	SEGIECKI NINJA	M-30	00:01:04	00:13:10	00:35:36	00:59:51	01:24:30
210	DZIWAK Dariusz	102	TIMOTHY	M-30	00:00:27	00:12:39	00:35:40	00:59:54	01:24:34
211	JANIKOWSKI Michał	181		M-40	00:00:40	00:12:55	00:36:08	01:00:19	01:24:37
212	WAWRZYNIAK Mariusz	505		M-40	00:00:33	00:13:59	00:37:13	01:01:01	01:24:40
213	KIEŁBASA Artur	223		M-40	00:00:33	00:14:00	00:37:13	01:01:00	01:24:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
214	CETERA Łukasz	64	#HUTATEAM	M-30	00:01:12	00:13:26	00:37:16	01:00:51	01:24:44
215	URBASIK Mariusz	497	AKTYWNI RYDUŁTOWY	M-50	00:00:20	00:12:41	00:36:13	01:00:46	01:24:47
216	OZYP Mariusz	372		M-30	00:00:05	00:13:10	00:36:58	01:01:06	01:25:01
217	KOPEL Tomasz	562		M-40	00:00:46	00:13:38	00:36:53	01:00:52	01:25:02
218	SACHNIK Marek	425	DYNAMIK SILESIA	M-20	00:00:24	00:12:41	00:35:40	01:00:21	01:25:05
219	KRAJEWSKI Radosław	251		M-30	00:00:21	00:12:57	00:36:04	01:00:17	01:25:09
220	KANDEFER Michał	207		M-30	00:00:27	00:13:09	00:36:54	01:01:32	01:25:26
221	PACZKA Michał	374	GLIWICE	M-50	00:01:06	00:13:53	00:37:16	01:01:12	01:25:27
222	MACHEJ Marius	290		M-50	00:00:45	00:13:43	00:37:13	01:01:02	01:25:34
223	MARCINIAK Krzysztof	310	KS PEREŁECZKI	M-30	00:00:33	00:13:30	00:37:50	01:01:59	01:25:40
224	GRONDYS Andrzej	152	ZATYRANI GMINA PILCHOWICE	M-40	00:00:22	00:12:45	00:36:10	01:00:58	01:25:43
225	BORYCZKA Szymon	595		M-40	00:00:54	00:13:42	00:37:32	01:01:56	01:25:59
226	PISZCZ Marek	390	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:47	00:36:10	01:00:52	01:26:01
227	STELMASZCZYK Konrad	616		M-20	00:00:50	00:14:02	00:37:19	01:01:44	01:26:01
228	MAJEWSKI Antoni	300		M-20	00:00:15	00:12:49	00:36:48	01:01:53	01:26:11
229	GROCHOT Arkadiusz	150		M-20	00:00:24	00:12:29	00:35:32	01:00:26	01:26:11
230	PANZ Krzysztof	623		M-30	00:00:20	00:12:35	00:36:09	01:00:54	01:26:16
231	MOCEK Roman	337		M-60	00:01:11	00:14:06	00:38:01	01:02:14	01:26:19
232	RUTKOWSKI Michał	416		M-30	00:00:24	00:13:29	00:38:04	01:02:32	01:26:21
233	ŁOZIŃSKI Jerzy	288	PARKRUN CHRZANÓW	M-40	00:00:25	00:12:51	00:36:06	01:00:45	01:26:24
234	BATKO Janusz	17		M-40	00:00:53	00:13:07	00:37:27	01:02:10	01:26:28
235	PURCZYŃSKI Jan	405	RYBNIK	M-50	00:00:35	00:13:40	00:37:40	01:02:24	01:26:42
236	DREWUSZEWSKI Maciej	615	4M	M-40	00:00:23	00:13:17	00:37:36	01:02:34	01:26:46
237	FILIPCZYK Przemysław	109		M-40	00:00:28	00:13:39	00:37:54	01:02:29	01:26:48
238	ZALESKI Arkadiusz	533		M-50	00:00:29	00:13:00	00:37:01	01:01:56	01:26:49
239	DOBOSZ Krzysztof	95	AKMB PĘDZIWIATR GLIWICE	M-50	00:00:27	00:13:21	00:37:51	01:02:32	01:26:55
240	KACZOR Rafał	568	PKO BANK POLSKI	M-40	00:00:28	00:13:21	00:37:53	01:02:36	01:26:55
241	ROSADA Zdzisław	594	BIEGAJ Z KS SOŚNICA	M-60	00:00:26	00:13:27	00:37:55	01:02:34	01:26:56
242	KOBIERSKI Szymon	610	EMPI	M-40	00:00:30	00:13:17	00:37:50	01:02:17	01:26:58
243	RYŚ Kamil	421	HUTATEAM	M-30	00:00:34	00:13:58	00:38:03	01:02:42	01:26:58
244	ŻABICKI Mariusz	550	X-REHAB GLIWICKIE CENTRUM REHABILITACJI	M-40	00:00:23	00:12:58	00:36:59	01:01:53	01:26:59
245	KASZUBSKI Andrzej	216		M-40	00:00:22	00:13:26	00:37:40	01:02:13	01:27:00
246	SZKLARSKI Przemysław	641	LET'S WOD	M-40	00:00:19	00:12:46	00:37:15	01:02:24	01:27:01
247	KARWOT Piotr	210	TEAM REDYNA	M-30	00:00:30	00:13:20	00:37:52	01:02:37	01:27:01
248	ANTOSZ Wojciech	5		M-30	00:00:22	00:13:23	00:37:56	01:02:39	01:27:02
249	SKOTNICKI Paweł	447		M-30	00:00:17	00:12:24	00:35:15	01:00:31	01:27:03
250	GRZELCZAK Sławek	156		M-40	00:00:11	00:11:54	00:34:00	00:58:58	01:27:08
251	WAWRZAK Ryszard	504	PACEMAKER	M-40	00:00:21	00:13:27	00:37:58	01:02:42	01:27:09
252	LUBICKI Wojciech	283	DBS	M-50	00:00:22	00:13:23	00:37:58	01:02:39	01:27:10
253	LEWANDOWSKI Henryk	281		M-40	00:00:38	00:13:06	00:37:45	01:02:29	01:27:10
254	SEMIK Jakub	432		M-30	00:00:37	00:13:25	00:37:43	01:02:42	01:27:11
255	ZAMORA Marek	535		M-50	00:01:28	00:13:50	00:38:14	01:02:58	01:27:11
256	SZCZABEL Krystian	472		M-30	00:00:12	00:11:53	00:36:09	01:02:05	01:27:14
257	MUSIL Mike	341	ENDURANCE TEAM	M-50	00:00:22	00:13:24	00:37:43	01:02:43	01:27:16
258	SULKOWSKI Arkadiusz	559		M-40	00:01:08	00:14:19	00:37:31	01:02:07	01:27:22
259	GĘBCZYŃSKI Paweł	128	GO4IT	M-40	00:00:22	00:13:19	00:37:37	01:02:40	01:27:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
260	SEKIENDA Grzegorz	431		M-40	00:00:46	00:13:03	00:37:31	01:02:19	01:27:31
261	SPIECHOWICZ Andrzej	457	KMP ZABRZE	M-30	00:00:30	00:12:37	00:35:33	01:01:08	01:27:36
262	RYŚ Dariusz	420	HUTATEAM	M-40	00:00:24	00:13:13	00:37:30	01:02:47	01:27:38
263	BELICA Daniel	23		M-30	00:01:08	00:13:59	00:38:05	01:02:54	01:27:42
264	PALKA Dominik	377		M-40	00:01:01	00:14:23	00:38:57	01:03:26	01:27:46
265	PRENZENA Paweł	398		M-30	00:00:19	00:12:35	00:35:58	01:01:56	01:27:51
266	RYZIŃSKI Wojciech	423	CLONMEL AC	M-40	00:00:36	00:13:50	00:38:29	01:03:47	01:27:51
267	CIUMAN Piotr	78	PHD RUNNERS	M-30	00:00:41	00:13:22	00:37:38	01:02:19	01:27:54
268	BURY Andrzej	61	TEAM BLACHOWNIA	M-60	00:00:30	00:13:15	00:37:49	01:02:37	01:27:56
269	KLUBA Łukasz	230	NGB KŁOBUCK	M-30	00:00:31	00:13:22	00:37:49	01:02:34	01:27:59
270	SKOP Michał	637		M-50	00:01:15	00:14:54	00:38:39	01:03:08	01:28:04
271	SMUDA Andrzej	451	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:53	00:14:09	00:38:54	01:03:35	01:28:07
272	RYSZCZYK Adam	419	RUN2BFREE	M-40	00:00:50	00:14:20	00:38:19	01:03:30	01:28:13
273	MICHALAK Grzegorz	324	TOTALNY AMATOR	M-40	00:00:33	00:13:32	00:37:52	01:02:59	01:28:15
274	HRYNISZYN Mariusz	170		M-30	00:00:36	00:14:26	00:38:39	01:03:38	01:28:15
275	BEDNARZ Krzysztof	22		M-30	00:00:19	00:12:35	00:36:05	01:01:47	01:28:18
276	KUTRZYK Przemysław	267		M-40	00:00:35	00:13:35	00:38:16	01:03:25	01:28:25
277	GRZEGORCZYK Wojciech	154	#HUTATEAM	M-40	00:01:12	00:15:18	00:40:23	01:05:54	01:28:25
278	BRZOZOWSKI Jan	51	NIE ZRZESZONY	M-60	00:00:24	00:13:22	00:37:49	01:02:50	01:28:33
279	GAŁECZKA Michał	120		M-30	00:00:31	00:13:37	00:38:28	01:03:39	01:28:37
280	DOMAŃSKI Marcin	96	RUNNINGFISH74	M-40	00:00:44	00:14:33	00:39:06	01:04:17	01:28:53
281	BAK-CESARZ Damian	19		M-40	00:00:33	00:14:19	00:39:57	01:05:01	01:28:58
282	NOWAKOWSKI Dominik	359		M-20	00:00:39	00:13:00	00:36:26	01:02:21	01:28:58
283	GOŁKOWSKI Radosław	139		M-30	00:00:17	00:12:52	00:37:28	01:02:55	01:29:03
284	KONIORCZYK Maciej	237		M-30	00:00:44	00:14:14	00:39:22	01:04:27	01:29:09
285	PIKOŃ Krzysztof	644	JAISALMER	M-50	00:00:21	00:12:39	00:36:42	01:02:39	01:29:14
286	CISZEWSKI Krzysztof	77		M-30	00:00:30	00:13:20	00:38:03	01:03:35	01:29:20
287	JOŃSKI Tomasz	194		M-20	00:00:56	00:13:59	00:39:23	01:04:42	01:29:21
288	STALICA Wojciech	569		M-50	00:00:38	00:13:47	00:38:41	01:04:21	01:29:34
289	GARBACZ Damian	122		M-30	00:00:30	00:13:20	00:37:52	01:03:36	01:29:36
290	GOMOLA Zbigniew	140	ŁAMIGNATY	M-50	00:00:28	00:14:07	00:39:18	01:04:50	01:29:41
291	KOCUR Robert	232		M-50	00:00:38	00:13:42	00:38:17	01:03:49	01:29:42
292	BIAŁAS Krzysztof	26	ŁAMIGNATY	M-40	00:00:27	00:14:07	00:39:19	01:04:50	01:29:43
293	BUCHAL Grzegorz	52	TRIDIVISION	M-50	00:00:26	00:14:04	00:39:23	01:04:59	01:30:01
294	RYBACKI Marcin	617		M-30	00:01:16	00:15:06	00:39:30	01:04:04	01:30:18
295	SNACHOWSKI Kamil	452	NEXTEER RUNNERS GLIWICE	M-30	00:01:18	00:15:05	00:39:29	01:04:03	01:30:18
296	HOLECZEK Marcin	168	BORN TU BI LOTAĆ	M-40	00:00:42	00:14:09	00:40:00	01:05:28	01:30:28
297	JAWORSKI Jakub	191		M-20	00:00:31	00:14:05	00:39:13	01:04:43	01:30:33
298	MICHALSKI Marek	326		M-40	00:00:18	00:13:14	00:38:14	01:03:46	01:30:39
299	MAJOR Stefan	301		M-60	00:00:47	00:14:28	00:39:03	01:04:41	01:30:41
300	TYROL Tomasz	491		M-40	00:00:42	00:14:47	00:40:18	01:05:28	01:30:42
301	CADER Wojciech	63	LATAJĄCY KLIMZOWIEC	M-50	00:00:47	00:14:23	00:39:19	01:04:51	01:30:44
302	PIĘTA Krzysztof	385	BIEG BIELAWA	M-60	00:00:35	00:13:32	00:38:10	01:04:18	01:30:46
303	FAŁEK Krzysztof	106	ŁAMIGNATY	M-40	00:00:27	00:14:08	00:39:19	01:04:51	01:30:49
304	GÓRECKI Janusz	144		M-50	00:00:55	00:14:02	00:39:06	01:04:48	01:30:49
305	WOLIŃSKI Piotr	520	JSB	M-40	00:00:32	00:13:50	00:38:49	01:04:30	01:30:52

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
306	BELUCH Witold	24		M-50	00:00:43	00:14:09	00:39:09	01:04:53	01:30:54
307	MRZYGŁÓD Robert	339		M-30	00:00:39	00:13:40	00:38:47	01:04:34	01:30:58
308	MICHAŁOWSKI Rafał	626		M-30	00:00:38	00:14:20	00:39:42	01:05:23	01:31:01
309	MIKOS Wojciech	331		M-20	00:00:16	00:12:41	00:37:46	01:04:09	01:31:05
310	KASPRZAK Michał	213		M-20	00:00:16	00:12:42	00:37:47	01:04:09	01:31:06
311	ZBYTNIIEWSKI Paweł	541	MORSY	M-40	00:00:52	00:14:28	00:39:03	01:04:52	01:31:14
312	OZDARSKI Krzysztof	371	OPEL ACTIVE TEAM	M-50	00:00:12	00:14:07	00:39:29	01:05:21	01:31:15
313	KORDYŚ Adam	240	KLUB BIEGOWY SZUSZARNIA	M-30	00:00:12	00:14:08	00:39:29	01:05:21	01:31:16
314	GÓRECKI Ryszard	558	NIEZRZESZONY	M-50	00:00:53	00:14:28	00:39:35	01:05:59	01:31:17
315	POKRYSZKA Bartosz	395		M-30	00:00:27	00:13:21	00:38:22	01:04:26	01:31:23
316	KOSIŃSKI Marcin	596		M-30	00:00:31	00:13:08	00:37:45	01:04:19	01:31:25
317	KUBICA Gerard	607		M-50	00:00:40	00:13:00	00:37:50	01:03:54	01:31:28
318	KRZYWICKI Jan	260		M-60	00:00:34	00:14:08	00:39:23	01:05:33	01:31:38
319	GAJEWSKI Jacek	117	KURCZAK I AGATKA	M-50	00:00:38	00:14:03	00:39:21	01:05:39	01:31:49
320	KOC Daniel	560		M-20	00:00:49	00:14:46	00:39:55	01:05:34	01:31:53
321	ZARZYCKI Robert	537		M-30	00:00:47	00:12:46	00:36:35	01:02:23	01:32:00
322	ŁAZARZ Grzegorz	622		M-40	00:00:28	00:13:42	00:39:18	01:05:47	01:32:07
323	ZASIEK Amadeusz	538		M-30	00:00:33	00:14:34	00:41:04	01:07:04	01:32:10
324	JURASZCZYK Jan	197	#HUTATEAM	M-30	00:01:11	00:15:18	00:40:24	01:05:57	01:32:12
325	MIKUŁA Leszek	333		M-40	00:00:30	00:13:44	00:38:50	01:05:23	01:32:15
326	SIEKIERKA Janusz	435		M-40	00:00:45	00:14:18	00:39:52	01:06:18	01:32:21
327	MATYSZCZAK Krzysztof	604	TEAM WĄSACZA	M-20	00:00:32	00:13:17	00:37:49	01:03:59	01:32:30
328	RZESZOWSKI Arkadiusz	424		M-40	00:00:37	00:14:35	00:40:20	01:06:55	01:32:33
329	DROZD Krystian	584		M-40	00:00:44	00:14:25	00:39:56	01:06:32	01:32:37
330	KWAPIEŃ Aleksander	598		M-30	00:00:54	00:15:06	00:41:16	01:07:01	01:32:38
331	KWAPIEŃ Paweł	588		M-40	00:00:53	00:15:06	00:41:16	01:07:01	01:32:42
332	ORLIK Jerzy	368		M-60	00:00:52	00:14:17	00:39:51	01:06:22	01:32:45
333	KOCUR Aleksander	233		M-40	00:01:31	00:14:22	00:40:17	01:06:05	01:32:52
334	IGNACZAK Robert	173		M-40	00:00:41	00:14:19	00:40:00	01:06:56	01:32:57
335	CZERNEK Marek	87	BIEGAJ Z TRENERAMI	M-40	00:00:32	00:14:11	00:39:54	01:06:42	01:33:06
336	KISIEL Tomasz	226		M-50	00:00:31	00:14:14	00:39:51	01:06:33	01:33:09
337	BAJKACZ Krzysztof	9		M-30	00:00:28	00:14:31	00:40:50	01:07:18	01:33:14
338	BAJKACZ Tomasz	8		M-20	00:00:28	00:14:32	00:40:51	01:07:19	01:33:16
339	SOBIECH Sebastian	608		M-20	00:00:40	00:14:53	00:41:14	01:07:50	01:33:22
340	KOPRUCKI Łukasz	239		M-30	00:00:52	00:15:06	00:42:02	01:08:36	01:33:27
341	GRZYBOWSKI Damian	159		M-30	00:00:41	00:13:20	00:38:27	01:05:00	01:33:28
342	OSIŃSKI Paweł	370	BIEGAJ Z TRENERAMI	M-40	00:00:52	00:14:12	00:40:17	01:07:29	01:33:34
343	KĄLAMARZ Mariusz	201		M-40	00:01:07	00:14:35	00:40:29	01:06:34	01:33:40
344	KIERA Szymon	224	TS RUNNERS	M-40	00:00:40	00:14:30	00:40:09	01:06:53	01:33:41
345	SMARUJ Piotr	450		M-30	00:01:10	00:14:59	00:40:37	01:07:08	01:33:43
346	KREMPA Sławomir	254		M-30	00:00:34	00:14:14	00:40:00	01:06:22	01:33:51
347	PODSTUFKA Szymon	393		M-20	00:00:21	00:14:42	00:41:00	01:07:42	01:33:56
348	JARUGA Damian	185		M-30	00:00:33	00:14:01	00:39:43	01:07:19	01:33:57
349	PATEROK Marcin	634		M-40	00:01:04	00:14:56	00:39:53	01:06:55	01:34:02
350	RAKOWSKI Michał	406		M-20	00:00:32	00:13:16	00:36:55	01:02:36	01:34:03
351	MAGNER Bartłomiej	298	BB	M-40	00:01:05	00:14:56	00:39:54	01:06:55	01:34:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
352	PIKUL Przemysław	67		M-30	00:00:54	00:14:40	00:41:34	01:07:56	01:34:06
353	WÓJCIK Rafał	523		M-40	00:00:38	00:14:30	00:40:45	01:07:39	01:34:16
354	SIKORA Michał	438		M-40	00:00:55	00:14:30	00:40:54	01:07:49	01:34:17
355	CIEŚLA Arkadiusz	73	BIEGAMY Z SERCEM	M-40	00:00:37	00:13:45	00:37:44	01:04:18	01:34:19
356	JABŁOŃSKI Łukasz	176		M-30	00:00:37	00:14:02	00:40:03	01:07:08	01:34:22
357	ZWIERZYŃSKI Piotr	547	UNATCO	M-50	00:00:46	00:14:51	00:40:59	01:07:22	01:34:26
358	MATULICZ Damian	316		M-40	00:00:41	00:14:34	00:40:45	01:07:33	01:34:27
359	AKSAMIT Witold	3	BLEES	M-30	00:00:43	00:14:18	00:40:45	01:07:44	01:34:27
360	JANIEC Witold	180		M-50	00:00:46	00:14:52	00:40:58	01:07:22	01:34:27
361	GRZYWACZ Sebastian	161		M-40	00:00:43	00:14:53	00:41:15	01:08:04	01:34:31
362	MADEJSKI Sebastian	296	BORN TU BI LOTAĆ	M-40	00:00:42	00:14:50	00:41:38	01:08:24	01:34:39
363	TEICHMANN Norbert	483		M-60	00:00:58	00:14:59	00:40:58	01:08:24	01:34:39
364	KRAJEWSKI Michał	252		M-40	00:00:37	00:14:57	00:42:10	01:08:56	01:34:41
365	WIEKIERA Adam	624		M-30	00:00:25	00:14:54	00:41:29	01:08:02	01:34:44
366	MALCZYK Radosław	302		M-30	00:01:07	00:14:47	00:39:41	01:06:42	01:34:53
367	MIKULA Wojciech	332		M-30	00:00:15	00:13:54	00:39:56	01:07:16	01:35:02
368	KAIM Rafał	199		M-20	00:01:12	00:15:15	00:41:23	01:08:13	01:35:05
369	KOPPEL Bartłomiej	238		M-30	00:00:54	00:15:01	00:41:51	01:08:39	01:35:24
370	BASZUN Michał	15		M-40	00:00:47	00:14:46	00:41:57	01:08:45	01:35:28
371	ŁOSEK Adam	286		M-30	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39
372	TROCHIMCZYK Marcin	489		M-30	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39
373	PIETRZAK Marcin	383		M-40	00:00:36	00:14:56	00:42:09	01:08:56	01:35:40
374	MARKOWSKI Kamil	312		M-40	00:00:34	00:14:57	00:42:11	01:08:57	01:35:41
375	STAŃCO Jakub	614		M-20	00:00:51	00:15:30	00:42:19	01:08:59	01:35:53
376	STRZODKA Adam	471		M-30	00:00:50	00:15:23	00:42:13	01:09:05	01:36:01
377	GLIŃSKI Michał	135		M-30	00:00:50	00:15:22	00:42:13	01:09:03	01:36:01
378	GABOR Robert	115		M-30	00:00:48	00:14:46	00:40:51	01:08:36	01:36:07
379	SZYMURA Jacek	590		M-40	00:00:44	00:14:28	00:40:23	01:08:09	01:36:14
380	GAPIŃSKI Robert	121		M-20	00:00:38	00:14:44	00:41:29	01:08:58	01:36:25
381	LAUBACH Anna	276	RAAN	M-30	00:01:02	00:15:54	00:43:29	01:10:53	01:36:43
382	LAUBACH Radosław	277	RAAN	M-30	00:01:02	00:15:54	00:43:29	01:10:54	01:36:44
383	CZAJKA Edward	81	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-50	00:01:05	00:15:37	00:42:07	01:10:04	01:37:25
384	DĄBROWSKI Marcin	92	TEAM KORNEL	M-40	00:01:07	00:15:38	00:42:00	01:09:31	01:37:25
385	PACUŁA Piotr	373	AKMB PĘDZIWIATR GLIWICE/OPEL ACTIVE TEAM	M-60	00:00:05	00:13:43	00:38:13	01:03:39	01:37:26
386	JORDANEK Marcin	195		M-30	00:00:49	00:15:02	00:41:58	01:09:12	01:37:38
387	NIESPOREK Marian	347	LECZYMY DURŚ	M-60	00:01:05	00:15:36	00:41:59	01:09:45	01:37:42
388	WACHOWSKI Damian	499		M-40	00:00:56	00:15:18	00:41:52	01:09:14	01:37:43
389	KOWALCZYK Tomasz	244	AKMB PĘDZIWIATR GLIWICE	M-30	00:01:04	00:15:24	00:42:23	01:09:52	01:37:48
390	KUCHARCZYK Tomasz	582		M-50	00:00:26	00:15:01	00:41:58	01:09:24	01:37:57
391	MARMURA Marek	313	SILESIA MARATON CLUB	M-40	00:00:51	00:15:33	00:42:02	01:09:34	01:37:58
392	URBANEK Martin	495	ISTA BIEGAMY	M-30	00:00:40	00:14:17	00:41:05	01:09:13	01:38:06
393	FEDEROWICZ Piotr	107		M-50	00:01:07	00:15:06	00:42:11	01:09:41	01:38:06
394	KROTOS Krzysztof	255	OQS	M-40	00:00:42	00:14:29	00:41:13	01:09:16	01:38:11
395	BRZEZINA Arkadiusz	50	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:50	00:15:25	00:42:23	01:10:18	01:38:12
396	KOSIAK Maciej	612		M-40	00:01:02	00:15:04	00:41:13	01:08:54	01:38:14
397	OSTROWSKI Zygmunt	557		M-60	00:00:57	00:15:08	00:42:51	01:10:37	01:38:31

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
398	MISZTAŁ Rafał	336	LOS PANTALONES ROJOS	M-50	00:00:46	00:14:59	00:42:31	01:10:50	01:38:49
399	JEZIOR Bartosz	192		M-30	00:01:08	00:14:31	00:41:37	01:10:14	01:38:55
400	GUZGAN Wojciech	164		M-40	00:00:58	00:15:04	00:41:33	01:08:54	01:39:01
401	GĘBCZYŃSKI Oliwier	129	GO4IT	M-20	00:00:48	00:15:20	00:42:41	01:10:44	01:39:02
402	BAK Krzysztof	18	SILESIA MARATHON CLUB	M-40	00:00:42	00:14:39	00:42:09	01:10:58	01:39:04
403	BOBKOWSKI Maciej	37	NIGHT RUNNERS PYSKOWICE	M-40	00:00:56	00:15:52	00:43:20	01:11:14	01:39:42
404	STRZELECKI Rafał	470	SOCIOS SILESIA	M-30	00:01:03	00:15:23	00:41:46	01:09:15	01:39:48
405	ŻMUDA Marcin	552		M-20	00:01:08	00:15:51	00:44:00	01:12:27	01:40:04
406	ŻMUDA Krzysztof	553		M-20	00:01:08	00:15:51	00:44:01	01:12:27	01:40:04
407	BUFNAL Krzysztof	55		M-40	00:01:09	00:15:11	00:42:14	01:10:32	01:40:10
408	SZPYRKA Tomasz	476		M-30	00:00:57	00:15:46	00:44:14	01:12:36	01:40:16
409	BRUDKOWSKI Tomasz	49	MOKA	M-30	00:01:00	00:15:38	00:44:28	01:12:11	01:40:17
410	KALINOWSKI Krzysztof	200	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:45	00:15:05	00:42:15	01:10:25	01:40:48
411	TLON Marcin	597		M-20	00:00:54	00:16:38	00:45:34	01:14:29	01:40:49
412	GOŁĘBIEWSKI Kazimierz	138	KEMPER TEAM	M-40	00:01:04	00:15:35	00:43:11	01:12:36	01:40:53
413	NOWAK Sebastian	357	MIECHOWICKA GRUPA BIEGOWA	M-40	00:01:05	00:16:30	00:45:25	01:14:06	01:41:00
414	SAPA Lucjan	428		M-50	00:00:50	00:15:15	00:42:53	01:11:43	01:41:09
415	LINDENBERG Jarosław	587		M-30	00:00:59	00:15:36	00:44:10	01:12:40	01:41:14
416	SEREDA Maciej	575		M-20	00:00:53	00:15:48	00:44:17	01:13:21	01:41:25
417	PIŁAT Jarosław	388	PACEMAKER	M-40	00:00:44	00:15:47	00:44:22	01:12:53	01:41:28
418	MACZUGA Bartłomiej	294	PACEMAKER	M-30	00:00:44	00:15:48	00:44:23	01:12:54	01:41:30
419	GIERAS Mirosław	131		M-40	00:00:49	00:15:37	00:44:03	01:12:53	01:41:41
420	WOŹNIAK Paweł	522	W POGONI ZA DUCHEM	M-40	00:01:06	00:15:51	00:44:27	01:14:13	01:41:51
421	DESZCZYŃSKI Łukasz	94		M-30	00:00:33	00:14:39	00:41:21	01:11:06	01:41:59
422	METERA Kamil	586	SPARTAN KNURÓW	M-30	00:01:01	00:15:33	00:42:08	01:11:02	01:42:09
423	PIĄTY Kamil	381		M-40	00:00:42	00:14:52	00:42:06	01:09:45	01:42:23
424	SUSEL Alek	646		M-30	00:00:02	00:17:09	00:42:55	01:15:17	01:42:35
425	ZARYCHTA Łukasz	536	FAT MAMA'S SPORT KLUB	M-40	00:00:41	00:14:53	00:42:07	01:11:03	01:42:57
426	MAĆKOWIAK Mirosław	295	NIEZRZESZONY	M-60	00:00:59	00:15:35	00:43:50	01:13:06	01:43:30
427	SZYMALA Piotr	478		M-20	00:00:58	00:15:37	00:44:12	01:13:50	01:43:33
428	ZMARZLY Wiktor	546		M-40	00:00:42	00:15:12	00:42:46	01:13:02	01:43:51
429	FRUK Kamil	585		M-30	00:00:47	00:16:19	00:46:25	01:16:35	01:44:06
430	ZIAJA Robert	543	ROBERT ALKOHOLIK	M-40	00:00:49	00:15:45	00:44:22	01:13:09	01:44:08
431	KRZYWDA Tomasz	259		M-50	00:00:48	00:15:45	00:44:23	01:13:10	01:44:11
432	GIBAS Dawid	130	SOCIOS SILESIA	M-40	00:00:18	00:14:48	00:42:56	01:13:38	01:44:18
433	KOZACZKA Włodzimierz	248		M-40	00:01:02	00:16:09	00:44:47	01:14:24	01:44:56
434	ZIAJKA Kamil	631		M-20	00:00:57	00:15:34	00:42:05	01:08:26	01:45:16
435	ANTCZAK Krzysztof	4		M-40	00:00:36	00:15:58	00:44:50	01:14:57	01:45:21
436	SOBIERAJ Wojciech	454	VIASAT MONITORING	M-40	00:00:46	00:15:47	00:44:26	01:14:38	01:46:18
437	BŁAUT Jerzy	36	IX LO	M-50	00:00:58	00:15:24	00:43:40	01:14:25	01:46:23
438	KACZKIEWICZ Damian	630	NIGHT RUNNERS GLIWICE	M-40	00:00:59	00:15:36	00:44:30	01:14:23	01:46:23
439	GUŚCIORA Maciej	163		M-20	00:00:45	00:14:53	00:43:57	01:14:08	01:46:24
440	CHAFFARI Messaoud	66		M-20	00:00:47	00:15:12	00:42:13	01:11:10	01:46:38
441	LATA Piotr	274		M-40	00:01:02	00:16:22	00:45:41	01:16:05	01:46:38
442	CIEŚLIK Jakub	603		M-30	00:00:44	00:15:49	00:44:07	01:14:01	01:47:36
443	WDZIEKOŃSKI Rafał	506		M-40	00:00:48	00:15:33	00:44:17	01:14:23	01:47:44

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
444	UH Kuba	493		M-30	00:01:06	00:15:51	00:44:28	01:14:34	01:48:02
445	WOLIŃSKI Józef	519		M-50	00:00:55	00:16:43	00:46:21	01:17:09	01:48:03
446	STANKIEWICZ Jakub	461		M-20	00:01:09	00:17:22	00:47:57	01:18:24	01:48:11
447	SKOCZYLAS Tomasz	444	WOLNOBIEGACZE	M-50	00:00:52	00:15:50	00:44:52	01:15:53	01:48:39
448	WACŁAWIK Leszek	500		M-30	00:00:47	00:16:02	00:45:34	01:16:47	01:48:49
449	WACŁAWEK Tomek	399	TEAM TOMSON	M-20	00:00:27	00:15:52	00:46:01	01:18:21	01:52:22
450	BEDNAREK Krzysztof	20		M-30	00:00:59	00:16:25	00:46:14	01:17:52	01:52:32
451	SZEWczyk Zbigniew	475		M-30	00:00:57	00:16:03	00:45:58	01:18:26	01:52:35
452	BIEGUN Krzysztof	30		M-50	00:01:06	00:16:40	00:47:04	01:20:25	01:54:15
453	ZEMŁA Piotr	542		M-50	00:00:58	00:16:23	00:47:36	01:20:43	01:54:56
454	KASPEREK Ireneusz	212		M-40	00:01:08	00:17:30	00:49:54	01:22:59	01:56:25
455	HEINE Andrzej	565	PKO BANK POLSKI	M-40	00:00:13	00:13:05	00:46:37	01:24:23	01:57:29
456	FABRY Rafał	104		M-40	00:01:06	00:16:53	00:49:26	01:23:50	02:00:20
457	KUZIA Bogusław	268		M-50	00:01:02	00:17:28	00:50:06	01:24:35	02:00:59
458	WĘGIEL Kacper	507	KB ORŁY Z KNUROWA	M-20	00:01:10	00:18:30	00:54:07	01:34:20	02:13:40
459	GAWĘŁ Krzysztof	125		M-50	00:00:00	01:05:12			
460	WÓJCIK Tomasz	563	FDG SA	M-30	00:00:00	01:05:34	01:30:37		
461	KAMIŃSKI Marcin	205		M-20	00:00:00				
462	BEDNAREK Martin	21	STARY HANGAR	M-20	00:00:03	00:10:34	00:32:01		
463	PYKA Marek	639	CHOP ZE ŻELAZA TRI TEAM	M-40	00:00:06	00:11:01	00:31:18	01:01:46	
464	ŁATKA Łukasz	285	PACEMAKER	M-30	00:00:17	00:12:32	00:35:15	00:57:51	
465	SITKO Grzegorz	441		M-30	00:00:34	00:15:23	00:44:08		
466	MAŁOTA Bartłomiej	304		M-30	00:00:34	00:16:47	00:49:07	01:24:34	
467	GÓRKA Grzegorz	145		M-50	00:00:52	00:18:48	00:56:33		
468	PALAK Rafał	375		M-30	00:01:13	01:21:53	01:54:29		

Znalaziono 468 wynik(ów)