



10 KM ATEST PZLA GLIWICKI 2016

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-23
Miejsce: Gliwice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KASPRZAK Radosław	1281	INŻYNIERIA BIEGANIA	M-20	1	00:00:00	00:34:45.15	00:34:45.95		3:28	17.3 (100%)
2	SZYMAŃSKI Paweł	3	NIEWYMIĘKACZE / TENNECO AUTOMOTIVE	M-20	2	00:00:02	00:36:11.15	00:36:13.50	+00:01:26 (4.0%)	3:37	16.6 (96.0%)
3	BABULA Przemysław	2317	AZS AGH KRAKÓW	M-20	3	00:00:02	00:36:47.40	00:36:49.65	+00:02:02 (5.5%)	3:40	16.3 (94.2%)
4	SZYMAŃSKI Bartosz	2296	NIEWYMIĘKACZE	M-30	1	00:00:02	00:37:00.85	00:37:03.60	+00:02:15 (6.1%)	3:42	16.2 (93.6%)
5	BEDNARZ Jakub	2200	POGORIA BIEGA	M-30	2	00:00:02	00:37:19.80	00:37:22.15	+00:02:34 (6.9%)	3:44	16.1 (93.1%)
6	BIELIŃSKI Piotr	2266	SOKÓŁ KNURÓW/RYDZ TEAM	M-20	4	00:00:01	00:37:32.45	00:37:34.20	+00:02:47 (7.4%)	3:45	16 (92.5%)
7	STAWINOGA Janusz	2166		M-40	1	00:00:20	00:38:41.40	00:39:02.35	+00:03:56 (10.2%)	3:52	15.5 (89.6%)
8	BOK Marcin	2099	AZS KU POLITECHNIKA OPOLSKA / RAJSPOORT ACTIVE	M-20	5	00:00:01	00:39:02.15	00:39:03.25	+00:04:17 (11.0%)	3:54	15.4 (89.0%)
9	BUJNOWSKI Artur	2089	KB ENDURANCE SOLIDARNI KNURÓW/SOKÓŁ KNURÓW	M-20	6	00:00:03	00:39:15.70	00:39:19.30	+00:04:30 (11.5%)	3:55	15.3 (88.4%)
10	OCHMAN Paweł	2100	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:05	00:40:09.30	00:40:14.65	+00:05:24 (13.5%)	4:00	14.9 (86.1%)
11	SZABELSKI Krzysztof	2235	FUTURE PROCESSING RUNNING TEAM	M-20	7	00:00:05	00:40:44.60	00:40:50.35	+00:05:59 (14.7%)	4:04	14.7 (85.0%)
12	BATORYNA Aleksander	18		M-30	4	00:00:03	00:41:22.60	00:41:25.65	+00:06:37 (16.0%)	4:08	14.5 (83.8%)
13	KAUF Damian	2219		M-30	5	00:00:04	00:41:26.95	00:41:31.20	+00:06:41 (16.2%)	4:08	14.5 (83.8%)
14	REMPUSZEWSKI Mateusz	2137		M-20	8	00:00:02	00:41:28.85	00:41:31.55	+00:06:43 (16.2%)	4:08	14.5 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	SOPEL Arkadiusz	2329	OTK RZEŹNIK	M-40	2	00:00:02	00:41:47.85	00:41:50.40	+00:07:02 (16.9%)	4:10	14.4 (83.2%)
16	JASIOK Michał	2191	ASSECO	M-30	6	00:00:02	00:41:57.75	00:41:59.75	+00:07:12 (17.2%)	4:11	14.3 (82.7%)
17	BOBEREK Grzegorz	2270	POGORIA BIEGA	M-40	3	00:00:04	00:41:56.75	00:42:01.00	+00:07:11 (17.1%)	4:11	14.3 (82.7%)
18	LEWICKA Elżbieta	2178	NIEZRZESZONA	K-40	1	00:00:03	00:42:26.55	00:42:30.15	+00:07:41 (18.1%)	4:14	14.1 (81.5%)
19	LENART Konrad	2139		M-30	7	00:00:05	00:43:18.85	00:43:24.20	+00:08:33 (19.8%)	4:19	13.9 (80.3%)
20	TRZOPEK Marcin	2041		M-20	9	00:00:05	00:43:24.30	00:43:29.90	+00:08:39 (19.9%)	4:20	13.8 (79.8%)
21	BRODEK Andrzej	2006		M-40	4	00:00:04	00:43:28.05	00:43:32.15	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
22	OLEJNIK Rafał	2145		M-40	5	00:00:03	00:43:49.25	00:43:52.75	+00:09:04 (20.7%)	4:22	13.7 (79.2%)
23	BRYŁA Grzegorz	2116		M-40	6	00:00:30	00:43:52.70	00:44:23.25	+00:09:07 (20.8%)	4:23	13.7 (79.2%)
24	SURMAN Julia	2220		K-16	1	00:00:03	00:44:24.65	00:44:27.65	+00:09:39 (21.7%)	4:26	13.5 (78.0%)
25	DONIGIEWICZ Mariusz	7		M-30	8	00:01:21	00:44:01.05	00:45:22.70	+00:09:15 (21.0%)	4:24	13.6 (78.6%)
26	KŁOSOK Adam	2047		M-30	9	00:00:12	00:45:27.10	00:45:39.30	+00:10:41 (23.5%)	4:32	13.2 (76.3%)
27	SŁOMKOWSKI Mateusz	2211		M-20	10	00:00:12	00:46:19.55	00:46:31.75	+00:11:34 (25.0%)	4:37	13 (75.1%)
28	HERZ Krzysztof	2122	FUCHS OIL TEAM	M-20	11	00:00:10	00:46:45.45	00:46:55.50	+00:12:00 (25.7%)	4:40	12.8 (74.0%)
29	KOZIK Bartłomiej	2324		M-30	10	00:00:33	00:46:32.55	00:47:06.35	+00:11:47 (25.3%)	4:39	12.9 (74.6%)
30	KRYSTEK Marcin	2330		M-40	7	00:01:22	00:45:48.90	00:47:11.40	+00:11:03 (24.1%)	4:34	13.1 (75.7%)
31	BUGAJCZYK Piotr	2254		M-20	12	00:00:10	00:47:20.60	00:47:31.05	+00:12:35 (26.6%)	4:44	12.7 (73.4%)
32	BUBAŁA Dawid	32	TL POGOŃ RUDA ŚLĄSKA	M-16	1	00:00:35	00:46:58.95	00:47:34.20	+00:12:13 (26.0%)	4:41	12.8 (74.0%)
33	PACANA Patryk	2181	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:09	00:47:36.70	00:47:46.40	+00:12:51 (27.0%)	4:45	12.6 (72.8%)
34	ZAPOTOCZNY Przemek	2083		M-40	8	00:01:32	00:46:15.40	00:47:48.30	+00:11:30 (24.9%)	4:37	13 (75.1%)
35	BESSA Ricardo	2335		M-30	12	00:00:03	00:47:52.40	00:47:56.35	+00:13:07 (27.4%)	4:47	12.5 (72.3%)
36	ZAJAC Mateusz	2227		M-30	11	00:01:17	00:46:43.90	00:48:00.90	+00:11:58 (25.6%)	4:40	12.8 (74.0%)
37	KNEBEL Krzysztof	2307		M-30	14	00:00:05	00:48:14.90	00:48:20.20	+00:13:29 (28.0%)	4:49	12.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	NOWALIŃSKI Grzegorz	2169		M-20	15	00:00:34	00:48:01.60	00:48:36.15	+00:13:16 (27.6%)	4:48	12.5 (72.3%)
39	PYTEL Adam	2304		M-30	15	00:00:18	00:48:23.60	00:48:42.20	+00:13:38 (28.2%)	4:50	12.4 (71.7%)
40	NOWAK Mateusz	2287		M-20	14	00:00:56	00:47:46.65	00:48:42.75	+00:13:01 (27.3%)	4:46	12.6 (72.8%)
41	JUROWICZ Łukasz	2292		M-30	13	00:01:24	00:48:00.00	00:49:24.35	+00:13:14 (27.6%)	4:48	12.5 (72.3%)
42	BOK Piotr	2098		M-40	10	00:00:11	00:49:30.70	00:49:41.75	+00:14:45 (29.8%)	4:57	12.1 (69.9%)
43	BOMBA Marcin	2043	PLASTIC OMNIUM	M-30	16	00:00:57	00:48:47.05	00:49:44.55	+00:14:01 (28.8%)	4:52	12.3 (71.1%)
44	KOTRA Jacek	44	LUK JESTOK	M-30	21	00:00:06	00:49:49.85	00:49:56.50	+00:15:04 (30.3%)	4:59	12 (69.4%)
45	CISZOWSKI Adam	2150		M-30	18	00:00:23	00:49:34.00	00:49:57.40	+00:14:48 (29.9%)	4:57	12.1 (69.9%)
46	CUL Aleksandra	339	PLASTIC OMNIUM	K-20	1	00:00:30	00:49:28.75	00:49:59.50	+00:14:43 (29.8%)	4:56	12.1 (69.9%)
47	HODOR Robert	2193		M-40	9	00:01:33	00:48:32.95	00:50:06.60	+00:13:47 (28.4%)	4:51	12.4 (71.7%)
48	USZYŃSKA Aldona	8		K-40	2	00:00:31	00:49:45.90	00:50:17.80	+00:15:00 (30.2%)	4:58	12.1 (69.9%)
49	CZAPELKA Michał	2316		M-30	17	00:01:31	00:49:04.75	00:50:36.70	+00:14:19 (29.2%)	4:54	12.2 (70.5%)
50	SZKLARZ Sebastian	2059		M-30	22	00:00:54	00:49:55.05	00:50:49.20	+00:15:09 (30.4%)	4:59	12 (69.4%)
51	WÓJTOWICZ Błażej	2068		M-20	16	00:00:56	00:49:58.95	00:50:55.90	+00:15:13 (30.5%)	4:59	12 (69.4%)
52	ZIELIŃSKI Sebastian	2265		M-30	23	00:00:52	00:50:05.40	00:50:57.85	+00:15:20 (30.6%)	5:00	12 (69.4%)
53	OGONOWSKI Edward	2285		M-60	1	00:00:52	00:50:06.50	00:50:59.20	+00:15:21 (30.6%)	5:00	12 (69.4%)
54	ŻÓŁNOWSKI Piotr	2257		M-30	19	00:01:22	00:49:39.15	00:51:01.75	+00:14:54 (30.0%)	4:57	12.1 (69.9%)
55	WYSZOMIRSKI Robert	2217		M-30	24	00:01:00	00:50:09.90	00:51:10.65	+00:15:24 (30.7%)	5:01	12 (69.4%)
56	SOKOŁOWSKI Łukasz	2081	BIEGAMY NIE ŚPIMY :)	M-30	20	00:01:25	00:49:47.55	00:51:13.25	+00:15:02 (30.2%)	4:58	12 (69.4%)
57	JANOWSKI Piotr	2188		M-50	1	00:00:17	00:50:57.00	00:51:14.55	+00:16:11 (31.8%)	5:05	11.8 (68.2%)
58	CUPIAŁ Dawid	2284		M-20	17	00:00:52	00:50:23.50	00:51:15.55	+00:15:38 (31.0%)	5:02	11.9 (68.8%)
59	CUPIAŁ Joanna	2281		K-20	2	00:00:51	00:50:24.20	00:51:15.60	+00:15:39 (31.1%)	5:02	11.9 (68.8%)
60	GĘBCZYŃSKI Paweł	2202		M-30	25	00:00:57	00:50:24.15	00:51:21.75	+00:15:39 (31.1%)	5:02	11.9 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	PAKULSKI Przemysław	2042	JW 3946 BYTOM	M-20	20	00:00:42	00:50:48.40	00:51:30.85	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
62	ZAWIŚLAK Dawid	2226	RUNNERS WOJKOWICE TEAM	M-20	18	00:01:14	00:50:31.10	00:51:45.35	+00:15:45 (31.2%)	5:03	11.9 (68.8%)
63	MERMON Artur	2076		M-50	3	00:00:07	00:51:40.10	00:51:47.10	+00:16:54 (32.7%)	5:10	11.6 (67.1%)
64	DOROS Adam	2288		M-40	12	00:00:54	00:50:56.90	00:51:51.30	+00:16:11 (31.8%)	5:05	11.8 (68.2%)
65	JELEŃ Michał	2077		M-40	11	00:01:20	00:50:37.70	00:51:58.05	+00:15:52 (31.4%)	5:03	11.8 (68.2%)
66	HERMAN Anna	2248		K-40	3	00:01:22	00:50:35.25	00:51:58.20	+00:15:50 (31.3%)	5:03	11.9 (68.8%)
67	ŻEROMSKI Stefan	2205		M-50	2	00:00:24	00:51:39.00	00:52:03.95	+00:16:53 (32.7%)	5:09	11.6 (67.1%)
68	CUPIAŁ Jakub	2105	ARTGROUP	M-20	21	00:00:46	00:51:23.40	00:52:09.40	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
69	JUROWICZ Daniel	2289		M-20	19	00:01:23	00:50:45.60	00:52:09.45	+00:16:00 (31.5%)	5:04	11.8 (68.2%)
70	NOWAK Sebastian	2182	MIECHOWICE	M-30	26	00:01:38	00:50:31.90	00:52:10.40	+00:15:46 (31.2%)	5:03	11.9 (68.8%)
71	WOJAKOWSKI Krzysztof	2295		M-40	14	00:00:47	00:51:25.50	00:52:13.45	+00:16:40 (32.4%)	5:08	11.7 (67.6%)
72	BIENIECKI Marek	20	OTK RZEŹNIK	M-16	2	00:00:16	00:52:03.70	00:52:20.30	+00:17:18 (33.2%)	5:12	11.5 (66.5%)
73	ZEGARTOWSKI Grzegorz	2101		M-40	13	00:01:03	00:51:24.10	00:52:28.05	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
74	BICZYSKI Paweł	2196	PSYCHONAUCI	M-30	27	00:00:56	00:51:36.45	00:52:32.85	+00:16:51 (32.7%)	5:09	11.6 (67.1%)
75	PIETRZYK Agnieszka	35		K-30	2	00:00:04	00:52:29.10	00:52:33.85	+00:17:43 (33.8%)	5:14	11.4 (65.9%)
76	MUSIAŁ Bożena	2340		K-30	1	00:01:35	00:51:03.75	00:52:39.60	+00:16:18 (31.9%)	5:06	11.7 (67.6%)
77	PACANA Krzysztof	2180		M-20	24	00:00:34	00:52:07.60	00:52:41.85	+00:17:22 (33.3%)	5:12	11.5 (66.5%)
78	PIKUL Wiktoria	3077	KK TRAMWAJARZ ŁÓDŹ	K-16	2	00:00:04	00:52:38.40	00:52:42.50	+00:17:53 (34.0%)	5:15	11.4 (65.9%)
79	KŁĘBOWSKI Sebastian	2251		M-40	15	00:00:58	00:51:52.95	00:52:51.10	+00:17:07 (33.0%)	5:11	11.6 (67.1%)
80	ZEGARTOWSKI Michał	2282		M-30	28	00:01:05	00:51:50.00	00:52:55.00	+00:17:04 (33.0%)	5:11	11.6 (67.1%)
81	RUTKOWSKI Bartłomiej	2313		M-20	23	00:01:16	00:51:57.60	00:53:14.45	+00:17:12 (33.1%)	5:11	11.5 (66.5%)
82	SKRZYPCZAK Michał	2027		M-30	30	00:00:49	00:52:24.75	00:53:14.55	+00:17:39 (33.7%)	5:14	11.4 (65.9%)
83	KLESZCZ Marcin	2255		M-30	29	00:01:03	00:52:13.80	00:53:17.40	+00:17:28 (33.5%)	5:13	11.5 (66.5%)

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84	JUROWICZ Mariusz	2260		M-20	22	00:01:25	00:51:54.00	00:53:19.55	+00:17:08 (33.0%)	5:11	11.6 (67.1%)
85	WYCIŚLIK Marcin	2156	HIRSCHVOGEL COMPONENTS POLAND	M-30	31	00:01:02	00:52:31.95	00:53:34.10	+00:17:46 (33.8%)	5:15	11.4 (65.9%)
86	SZABRA Dawid	2135		M-20	25	00:01:05	00:52:28.55	00:53:34.20	+00:17:43 (33.8%)	5:14	11.4 (65.9%)
87	OPIOŁA Tomasz	2331		M-30	32	00:01:11	00:52:32.85	00:53:44.30	+00:17:47 (33.9%)	5:15	11.4 (65.9%)
88	ŁUCZAK Marek	2207		M-20	26	00:01:04	00:52:43.85	00:53:48.40	+00:17:58 (34.1%)	5:16	11.4 (65.9%)
89	DOBOSZ Daniel	2311		M-40	17	00:00:25	00:53:35.15	00:54:01.05	+00:18:50 (35.1%)	5:21	11.2 (64.7%)
90	JEGLA Sebastian			M-40	18	00:00:23	00:53:40.20	00:54:03.30	+00:18:55 (35.2%)	5:22	11.2 (64.7%)
91	LASKOWSKA Katarzyna	2014	BIEGAJ Z TRENERAMI GLIWICE	K-40	4	00:01:28	00:52:42.40	00:54:11.25	+00:17:57 (34.1%)	5:16	11.4 (65.9%)
92	BIELECKI Adam	1	CHATEAU CHALIN	M-40	21	00:00:24	00:53:51.90	00:54:16.60	+00:19:06 (35.5%)	5:23	11.1 (64.2%)
93	ROSADA Zdzisław	2023		M-50	4	00:01:13	00:53:12.85	00:54:26.80	+00:18:27 (34.7%)	5:19	11.3 (65.3%)
94	GOŁĘBIOWSKI Marek	2186		M-30	39	00:00:22	00:54:05.85	00:54:27.85	+00:19:20 (35.8%)	5:24	11.1 (64.2%)
95	LEGUTKO Piotr	2003	--	M-30	41	00:00:04	00:54:26.55	00:54:30.70	+00:19:41 (36.2%)	5:26	11 (63.6%)
96	CYBA Marek	2123		M-40	16	00:01:15	00:53:15.75	00:54:31.00	+00:18:30 (34.8%)	5:19	11.3 (65.3%)
97	USZYŃSKI Grzegorz	6		M-40	20	00:00:54	00:53:43.55	00:54:38.25	+00:18:58 (35.3%)	5:22	11.2 (64.7%)
98	ŁAZOWSKI Marcin	2126		M-30	33	00:01:19	00:53:19.75	00:54:39.55	+00:18:34 (34.8%)	5:20	11.3 (65.3%)
99	SIERADZKI Dariusz	2067	BIEGAJ Z TRENERAMI	M-30	40	00:00:27	00:54:12.60	00:54:40.10	+00:19:27 (35.9%)	5:25	11.1 (64.2%)
100	SUBIK Tomasz	2028		M-30	38	00:00:45	00:53:56.90	00:54:42.85	+00:19:11 (35.6%)	5:23	11.1 (64.2%)
101	RYBAK Andrzej	2157	HIRSCHVOGEL COMPONENTS POLAND	M-20	27	00:00:57	00:53:50.15	00:54:47.75	+00:19:05 (35.4%)	5:23	11.1 (64.2%)
102	ŻYMŁA Maciej			M-30	34	00:01:29	00:53:21.75	00:54:50.75	+00:18:36 (34.9%)	5:20	11.2 (64.7%)
103	MATYSIEWICZ Piotr	2312	INTER PROJEKT	M-20	31	00:00:00	00:54:54.00	00:54:54.00	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
104	ZARUDZKI Łukasz	2022	NOTHING TO FEAR	M-40	19	00:01:14	00:53:40.55	00:54:54.60	+00:18:55 (35.3%)	5:22	11.2 (64.7%)
105	JASIŃSKI Tomasz	27		M-40	22	00:01:01	00:53:53.50	00:54:55.45	+00:19:08 (35.5%)	5:23	11.1 (64.2%)
106	KUŚ Andrzej	10	PURE FORUM GLIWICE	M-30	44	00:00:12	00:54:44.85	00:54:57.05	+00:19:59 (36.5%)	5:28	11 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	KOPPEL Bartłomiej	2107	ARTGROUP	M-30	36	00:01:32	00:53:30.60	00:55:03.45	+00:18:45 (35.1%)	5:21	11.2 (64.7%)
108	KOSMACZEWSKA Anna	2031		K-30	3	00:01:33	00:53:33.15	00:55:06.90	+00:18:48 (35.1%)	5:21	11.2 (64.7%)
109	WOJAKOWSKA Katarzyna	2280		K-30	6	00:00:47	00:54:20.60	00:55:08.20	+00:19:35 (36.1%)	5:26	11 (63.6%)
110	WATOŁA Marek	2183		M-30	35	00:01:44	00:53:26.35	00:55:10.75	+00:18:41 (35.0%)	5:20	11.2 (64.7%)
111	MARCZAK Paweł	2308		M-30	37	00:01:28	00:53:43.35	00:55:11.90	+00:18:58 (35.3%)	5:22	11.2 (64.7%)
112	OPALIŃSKI Tomasz	2286	GOOD TIME SPORT	M-30	42	00:00:41	00:54:33.25	00:55:14.75	+00:19:48 (36.3%)	5:27	11 (63.6%)
113	GRYNKIEWICZ-SUDNIK Maciej	2115		M-30	43	00:00:42	00:54:41.10	00:55:23.55	+00:19:55 (36.4%)	5:28	11 (63.6%)
114	BIER Agnieszka	2301		K-30	4	00:01:40	00:53:47.90	00:55:28.45	+00:19:02 (35.4%)	5:22	11.2 (64.7%)
115	ZIOMEK Katarzyna	2128		K-30	5	00:01:20	00:54:16.70	00:55:37.60	+00:19:31 (36.0%)	5:25	11.1 (64.2%)
116	MAĆZYŃSKA Agnieszka	2279		K-40	5	00:01:28	00:54:15.10	00:55:43.15	+00:19:29 (35.9%)	5:25	11.1 (64.2%)
117	KAMIŃSKA Aleksandra	2094		K-20	3	00:00:23	00:55:21.20	00:55:44.35	+00:20:36 (37.2%)	5:32	10.8 (62.4%)
118	KUBIT Janusz	2204		M-50	5	00:00:54	00:54:56.45	00:55:50.55	+00:20:11 (36.7%)	5:29	10.9 (63.0%)
119	LUDYGA Sebastian	2229		M-20	30	00:01:00	00:54:53.80	00:55:54.15	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
120	DZIAŁKOWSKI Adam	2208		M-40	23	00:01:06	00:54:48.90	00:55:55.20	+00:20:03 (36.6%)	5:28	10.9 (63.0%)
121	WANDEL Ewa	2055		K-20	4	00:00:32	00:55:23.30	00:55:55.65	+00:20:38 (37.3%)	5:32	10.8 (62.4%)
122	NICIŃSKI Denis	2228		M-20	28	00:01:28	00:54:43.50	00:56:12.25	+00:19:58 (36.5%)	5:28	11 (63.6%)
122	TURCZYN Mateusz	2162	HIRSCHVOGEL COMPONENTS POLAND	M-20	33	00:00:57	00:55:14.30	00:56:12.25	+00:20:29 (37.1%)	5:31	10.9 (63.0%)
124	NIEWIEDZIOŁ Robert	2342		M-20	29	00:01:32	00:54:45.75	00:56:17.75	+00:20:00 (36.5%)	5:28	11 (63.6%)
125	JANUSZ Radosław	2225		M-30	47	00:01:00	00:55:27.50	00:56:28.25	+00:20:42 (37.3%)	5:32	10.8 (62.4%)
126	KRZYWIECKI Maciej			M-30	45	00:01:41	00:54:47.95	00:56:29.60	+00:20:02 (36.6%)	5:28	10.9 (63.0%)
127	ŻBEL Michał	2294		M-30	53	00:00:27	00:56:06.00	00:56:33.75	+00:21:20 (38.1%)	5:36	10.7 (61.8%)
128	SZWARCZYŃSKI Michał	2036		M-30	52	00:00:37	00:55:57.25	00:56:34.60	+00:21:12 (37.9%)	5:35	10.7 (61.8%)
129	CIUMAN Piotr	2336		M-20	34	00:00:45	00:55:49.20	00:56:34.70	+00:21:04 (37.7%)	5:34	10.7 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	MICHULEC Kuba	2106	ARTGROUP	M-20	32	00:01:32	00:55:08.90	00:56:41.75	+00:20:23 (37.0%)	5:30	10.9 (63.0%)
131	KOZŁOWSKA Sandra	2215		K-20	5	00:01:16	00:55:27.30	00:56:44.05	+00:20:42 (37.3%)	5:32	10.8 (62.4%)
132	BURDA Krzysztof	1286		M-40	24	00:01:30	00:55:19.35	00:56:50.30	+00:20:34 (37.2%)	5:32	10.8 (62.4%)
133	PLOCH Karolina	2195		K-30	8	00:01:09	00:55:42.05	00:56:51.70	+00:20:56 (37.6%)	5:34	10.8 (62.4%)
134	MILKOWSKI Bartosz	2271		M-30	51	00:00:56	00:55:56.05	00:56:52.60	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
135	STOLARCZYK Anna	2232		K-30	7	00:01:42	00:55:12.05	00:56:54.80	+00:20:26 (37.0%)	5:31	10.9 (63.0%)
136	JABŁKIEWICZ Rafał	1253		M-30	48	00:01:31	00:55:29.00	00:57:00.15	+00:20:43 (37.4%)	5:32	10.8 (62.4%)
136	GŁUŚNIEWSKI Jacek	2046	PLASTIC OMNIUM	M-30	56	00:00:29	00:56:30.70	00:57:00.15	+00:21:45 (38.5%)	5:39	10.6 (61.3%)
138	SMOLARCZYK Michał	2333		M-30	46	00:01:34	00:55:26.65	00:57:01.45	+00:20:41 (37.3%)	5:32	10.8 (62.4%)
139	JAKUBIK Witold	2129		M-60	2	00:00:54	00:56:07.40	00:57:02.30	+00:21:22 (38.1%)	5:36	10.7 (61.8%)
140	JAWOR Magdalena	2192		K-20	6	00:00:31	00:56:31.40	00:57:03.05	+00:21:46 (38.5%)	5:39	10.6 (61.3%)
141	POPCZYK Piotr	2097		M-30	54	00:00:48	00:56:15.20	00:57:03.25	+00:21:30 (38.2%)	5:37	10.7 (61.8%)
142	GÓRA Marek	2242		M-40	28	00:00:14	00:56:51.60	00:57:06.00	+00:22:06 (38.9%)	5:41	10.6 (61.3%)
143	WIAZANIA Marek	2168		M-40	25	00:01:16	00:55:50.60	00:57:07.35	+00:21:05 (37.8%)	5:35	10.7 (61.8%)
144	BROŻEK Anna	2073		K-30	10	00:00:24	00:56:47.70	00:57:12.65	+00:22:02 (38.8%)	5:40	10.6 (61.3%)
145	SZCZECH Krzysztof	2117		M-40	26	00:01:09	00:56:08.30	00:57:18.00	+00:21:23 (38.1%)	5:36	10.7 (61.8%)
146	KUBIT Tomasz	2203		M-20	35	00:00:55	00:56:25.20	00:57:20.65	+00:21:40 (38.4%)	5:38	10.6 (61.3%)
147	KURZAC Wit	2318		M-30	49	00:01:41	00:55:39.35	00:57:20.95	+00:20:54 (37.6%)	5:33	10.8 (62.4%)
148	SIKORSKA Katarzyna	2322		K-30	9	00:01:26	00:55:55.95	00:57:22.80	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
149	KŁĘBEK Barbara	2148	RUNNERS WOJKOWICE TEAM	K-40	6	00:01:13	00:56:15.05	00:57:28.50	+00:21:29 (38.2%)	5:37	10.7 (61.8%)
150	LASAK Aleksandra	2277	FC KNURÓW/COMBAT 56	K-20	7	00:00:53	00:56:36.85	00:57:30.70	+00:21:51 (38.6%)	5:39	10.6 (61.3%)
151	MAŚLANKIEWICZ Paweł	2267		M-30	50	00:01:52	00:55:42.45	00:57:34.55	+00:20:57 (37.6%)	5:34	10.8 (62.4%)
152	BRZEŹNIAK Krzysztof	2323		M-30	58	00:00:56	00:56:46.00	00:57:42.05	+00:22:00 (38.8%)	5:40	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	MAZUR Krzysztof	2194	UNISONO	M-20	36	00:01:07	00:56:36.25	00:57:43.90	+00:21:51 (38.6%)	5:39	10.6 (61.3%)
154	LESISZ Katarzyna	2339		K-40	7	00:01:34	00:56:17.15	00:57:51.85	+00:21:32 (38.3%)	5:37	10.7 (61.8%)
155	PAWLIK Michał	2092		M-30	57	00:01:08	00:56:44.45	00:57:52.75	+00:21:59 (38.8%)	5:40	10.6 (61.3%)
156	GUŁA Błażej	2262		M-30	62	00:00:16	00:57:39.45	00:57:55.90	+00:22:54 (39.7%)	5:45	10.4 (60.1%)
157	WIECHUŁA Krzysztof	2305		M-30	55	00:01:48	00:56:22.85	00:58:11.05	+00:21:37 (38.4%)	5:38	10.6 (61.3%)
158	FILIPIAK Beata	2328	KADRA BOBREK -CENTRUM	K-40	9	00:00:09	00:58:02.45	00:58:11.50	+00:23:17 (40.1%)	5:48	10.3 (59.5%)
159	SAMOL Grzegorz	2034		M-50	7	00:00:35	00:57:39.40	00:58:14.80	+00:22:54 (39.7%)	5:45	10.4 (60.1%)
160	WÓJCIK Józefa	2125	AMATOR	K-50	1	00:01:33	00:56:44.90	00:58:18.25	+00:21:59 (38.8%)	5:40	10.6 (61.3%)
161	CAPUTA Michał	2261		M-30	60	00:01:14	00:57:15.80	00:58:29.90	+00:22:30 (39.3%)	5:43	10.5 (60.7%)
162	ZIMNY Marcin	2269	'1/2 FAJNA FERAJNA'	M-30	61	00:01:11	00:57:19.15	00:58:30.50	+00:22:34 (39.4%)	5:43	10.5 (60.7%)
163	OLEJNICZAK Wojciech	2114		M-40	27	00:01:55	00:56:43.05	00:58:38.70	+00:21:57 (38.7%)	5:40	10.6 (61.3%)
164	BANASZEWSKA Aleksandra	2252	GBC RUNNERS	K-20	8	00:00:25	00:58:20.25	00:58:45.35	+00:23:35 (40.4%)	5:50	10.3 (59.5%)
165	GRUCEL Damian	2199	GBC RUNNERS	M-30	65	00:00:24	00:58:20.75	00:58:45.45	+00:23:35 (40.4%)	5:50	10.3 (59.5%)
166	SAMUL Mirosław	2293	DRAGOMIRO	M-40	29	00:01:22	00:57:25.35	00:58:47.60	+00:22:40 (39.5%)	5:44	10.4 (60.1%)
167	DURAJ Michał	2276		M-20	37	00:01:07	00:57:44.20	00:58:51.90	+00:22:59 (39.8%)	5:46	10.4 (60.1%)
168	ZAPOTOCZNA Renata	2082		K-40	8	00:01:33	00:57:20.20	00:58:53.30	+00:22:35 (39.4%)	5:44	10.5 (60.7%)
169	EICHHOF Joanna	2011		K-30	11	00:01:27	00:57:26.45	00:58:53.75	+00:22:41 (39.5%)	5:44	10.4 (60.1%)
170	MICHALSKI Robert	2044	PLASTIC OMNIUM	M-30	59	00:01:52	00:57:05.60	00:58:58.00	+00:22:20 (39.1%)	5:42	10.5 (60.7%)
171	CZAŚTKIEWICZ Alicja	2069		K-30	12	00:01:31	00:57:33.10	00:59:04.50	+00:22:47 (39.6%)	5:45	10.4 (60.1%)
171	SŁABOŃ Roma	2001	ROMINATOR	K-30	13	00:01:30	00:57:33.60	00:59:04.50	+00:22:48 (39.6%)	5:45	10.4 (60.1%)
173	MACIEJCZYK Marcin	2302	FAMILIA	M-30	63	00:01:14	00:57:50.40	00:59:04.85	+00:23:05 (39.9%)	5:47	10.4 (60.1%)
174	GRUCHAŁA Anna	2250	MK TEAM	K-30	15	00:01:17	00:57:55.25	00:59:12.45	+00:23:10 (40.0%)	5:47	10.4 (60.1%)
175	BRYLIŃSKI Ryszard	2275		M-50	6	00:01:49	00:57:31.60	00:59:21.55	+00:22:46 (39.6%)	5:45	10.4 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	DOMAGALSKA Justyna	2144		K-30	18	00:01:00	00:58:25.30	00:59:25.45	+00:23:40 (40.5%)	5:50	10.3 (59.5%)
177	JANKOWSKA Anna	2253		K-30	14	00:01:42	00:57:47.45	00:59:29.70	+00:23:02 (39.9%)	5:46	10.4 (60.1%)
178	CZAJA Ewa	2189		K-20	11	00:00:31	00:58:59.40	00:59:30.45	+00:24:14 (41.1%)	5:53	10.2 (59.0%)
179	FOLTYN Armin	2343		M-40	30	00:00:26	00:59:07.75	00:59:33.95	+00:24:22 (41.2%)	5:54	10.1 (58.4%)
180	HEHLMANN Beata	2344		K-40	10	00:00:26	00:59:07.40	00:59:34.05	+00:24:22 (41.2%)	5:54	10.1 (58.4%)
181	BEDNORZ Roman	29		M-30	64	00:01:45	00:58:01.20	00:59:47.05	+00:23:16 (40.1%)	5:48	10.3 (59.5%)
182		c30				00:01:46	00:58:01.25	00:59:47.30	+00:23:16 (40.1%)	5:48	10.3 (59.5%)
183	MIZERA Mateusz	2290		M-16	3	00:00:45	00:59:05.05	00:59:50.10	+00:24:19 (41.2%)	5:54	10.2 (59.0%)
184	LEŚNIAK Ewa	19		K-30	16	00:01:40	00:58:10.55	00:59:51.40	+00:23:25 (40.3%)	5:49	10.3 (59.5%)
185	HENDRYK Leszek	2140	1/2 FAJNA FERAJNA	M-30	66	00:01:11	00:58:43.55	00:59:54.80	+00:23:58 (40.8%)	5:52	10.2 (59.0%)
186	FILIPCZYK Anna	2221		K-30	19	00:01:22	00:58:35.10	00:59:57.50	+00:23:49 (40.7%)	5:51	10.2 (59.0%)
187	WÓJCIK Anna	2231	STEP-DANCA RUN	K-30	17	00:01:36	00:58:21.25	00:59:58.05	+00:23:36 (40.4%)	5:50	10.3 (59.5%)
188	KALINKA-BASZUN Daria	2283		K-30	20	00:01:16	00:58:54.40	01:00:10.55	+00:24:09 (41.0%)	5:53	10.2 (59.0%)
189	DENKOWSKI Wojciech	2320	SBRT GLIWICE	M-50	9	00:00:25	00:59:47.40	01:00:12.95	+00:25:02 (41.9%)	5:58	10 (57.8%)
190	SZWIEC Sandra	2171	ORNONTOWICE BIEGA	K-20	9	00:01:27	00:58:54.15	01:00:21.40	+00:24:09 (41.0%)	5:53	10.2 (59.0%)
191	WESOŁOWSKI Marcin	2315		M-30	67	00:01:31	00:58:51.45	01:00:23.20	+00:24:06 (41.0%)	5:53	10.2 (59.0%)
192	PAWLAK Adam	2310	KTO ICH TU WPUŚCIŁ?	M-30	68	00:01:24	00:59:02.85	01:00:27.20	+00:24:17 (41.1%)	5:54	10.2 (59.0%)
193	DRAGON Karolina	2213	NIGHT RUNNERS GLIWICE	K-30	21	00:01:17	00:59:13.45	01:00:30.75	+00:24:28 (41.3%)	5:55	10.1 (58.4%)
194	MIZERA Robert	2291		M-40	34	00:00:45	00:59:47.75	01:00:33.10	+00:25:02 (41.9%)	5:58	10 (57.8%)
195	JAKUBIAK Arkadiusz	2164	OPEL ACTIVE TEAM	M-40	32	00:01:08	00:59:25.75	01:00:33.75	+00:24:40 (41.5%)	5:56	10.1 (58.4%)
196	PIPER Agnieszka	2012		K-20	10	00:01:39	00:58:55.15	01:00:35.05	+00:24:10 (41.0%)	5:53	10.2 (59.0%)
197	POKLUDA Radosław	2237	TABELAOFERT.PL	M-40	31	00:01:30	00:59:12.85	01:00:43.10	+00:24:27 (41.3%)	5:55	10.1 (58.4%)
198	LIPIŃSKA Anita	2216		K-20	12	00:01:13	00:59:29.60	01:00:43.45	+00:24:44 (41.6%)	5:57	10.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	WARZECHA Krzysztof	40		M-40	35	00:00:53	00:59:55.40	01:00:48.45	+00:25:10 (42.0%)	5:59	10 (57.8%)
200	PALEJ Leszek	2314	WARSZTAT KOSZULKOWY TESTING TEAM	M-50	8	00:01:32	00:59:18.10	01:00:50.15	+00:24:32 (41.4%)	5:55	10.1 (58.4%)
201	OKOŃ Zdzisław	2174		M-60	3	00:01:06	00:59:47.40	01:00:54.00	+00:25:02 (41.9%)	5:58	10 (57.8%)
202	BALCER Weronika	2153		K-20	13	00:00:54	01:00:01.60	01:00:56.50	+00:25:16 (42.1%)	6:00	10 (57.8%)
203	JURECZKO Joanna	2151	MIECHOWICKA GRUPA BIEGOWA	K-20	15	00:00:10	01:00:55.65	01:01:05.80	+00:26:10 (43.0%)	6:05	9.8 (56.6%)
204	STYS Marek	2185		M-40	33	00:01:47	00:59:28.90	01:01:16.05	+00:24:43 (41.6%)	5:56	10.1 (58.4%)
205	KNEBEL Patrycja	2152		K-30	22	00:01:35	00:59:52.85	01:01:28.15	+00:25:07 (42.0%)	5:59	10 (57.8%)
206	STANISLAWISZYN Małgorzata	2127		K-40	11	00:00:33	01:01:07.80	01:01:41.55	+00:26:22 (43.1%)	6:06	9.8 (56.6%)
207	DOWEJKO Katarzyna	2049		K-30	23	00:01:34	01:00:10.50	01:01:44.65	+00:25:25 (42.2%)	6:01	10 (57.8%)
208	JUROWICZ Damian	2010		M-20	38	00:01:24	01:00:22.80	01:01:47.55	+00:25:37 (42.4%)	6:02	9.9 (57.2%)
209	USTRZYCKA Kinga	2206		K-20	14	00:01:37	01:00:13.65	01:01:51.10	+00:25:28 (42.3%)	6:01	10 (57.8%)
210	BAL-BURZAWA Renata	2159	HIRSCHVOGEL COMPONENTS POLAND	K-30	24	00:00:58	01:01:20.35	01:02:18.80	+00:26:35 (43.3%)	6:08	9.8 (56.6%)
211	PIOTROWSKI Jarosław	2118	FUCHS OIL TEAM	M-40	36	00:00:51	01:01:31.30	01:02:23.20	+00:26:46 (43.5%)	6:09	9.8 (56.6%)
212	GOCYK Patrycja	2090		K-30	26	00:01:10	01:01:22.20	01:02:32.75	+00:26:37 (43.4%)	6:08	9.8 (56.6%)
213	ZIĘTEK Anna	2032		K-20	16	00:01:34	01:00:59.80	01:02:33.95	+00:26:14 (43.0%)	6:05	9.8 (56.6%)
214	MALEC Marek	2060		M-20	39	00:01:47	01:01:04.05	01:02:51.50	+00:26:18 (43.1%)	6:06	9.8 (56.6%)
215	GARNCARZ Jakub	2259		M-30	69	00:01:31	01:01:22.15	01:02:53.70	+00:26:37 (43.4%)	6:08	9.8 (56.6%)
216	TETLAK-TRACZ Barbara	2240		K-30	25	00:01:42	01:01:21.10	01:03:03.45	+00:26:35 (43.4%)	6:08	9.8 (56.6%)
217	PRUCHNIK Andrzej	2299		M-50	10	00:01:23	01:01:41.55	01:03:05.30	+00:26:56 (43.7%)	6:10	9.7 (56.1%)
218	KASZUB-DEDYK Katarzyna	2040		K-20	18	00:01:14	01:01:52.50	01:03:07.05	+00:27:07 (43.8%)	6:11	9.7 (56.1%)
219	MAZURCZAK Diana	2303		K-20	17	00:01:36	01:01:34.90	01:03:11.05	+00:26:49 (43.6%)	6:09	9.7 (56.1%)
220	SITARZ Sabina	2223		K-30	27	00:01:30	01:01:45.05	01:03:15.35	+00:26:59 (43.7%)	6:10	9.7 (56.1%)
221	FIJAŁKOWSKA Małgorzata	2102		K-30	28	00:01:10	01:02:12.80	01:03:23.20	+00:27:27 (44.1%)	6:13	9.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	JAWORSKI Kamil	2327	T.A.K.	M-30	70	00:01:45	01:01:39.00	01:03:24.15	+00:26:53 (43.6%)	6:09	9.7 (56.1%)
223	KOMAR Anna	2074		K-30	33	00:00:24	01:03:11.60	01:03:35.60	+00:28:26 (45.0%)	6:19	9.5 (54.9%)
224	DEWOR Marek	2244	OPEL ACTIVE TEAM	M-40	38	00:01:07	01:02:36.35	01:03:43.90	+00:27:51 (44.5%)	6:15	9.6 (55.5%)
225	PEREK Justyna	2268	GTT INTER PROJEKT	K-30	29	00:01:26	01:02:25.45	01:03:52.10	+00:27:40 (44.3%)	6:14	9.6 (55.5%)
226	TENEROWICZ Anna	2005	BIEGANKA	K-40	12	00:01:22	01:02:32.35	01:03:54.45	+00:27:47 (44.4%)	6:15	9.6 (55.5%)
227	MIERZEJEWSKI Jacek	2004	AMATOR	M-40	37	00:01:22	01:02:32.20	01:03:54.55	+00:27:47 (44.4%)	6:15	9.6 (55.5%)
228	SITARZ Marek	2224		M-30	73	00:01:31	01:02:25.45	01:03:56.60	+00:27:40 (44.3%)	6:14	9.6 (55.5%)
229	KOJ Krzysztof	2091		M-30	71	00:01:47	01:02:19.50	01:04:06.80	+00:27:34 (44.2%)	6:13	9.6 (55.5%)
230	WOJTAS Michał	2131		M-30	72	00:01:48	01:02:19.60	01:04:08.35	+00:27:34 (44.2%)	6:14	9.6 (55.5%)
231	KUKUCZKA Ewa	2187		K-30	30	00:01:23	01:02:51.85	01:04:14.95	+00:28:06 (44.7%)	6:17	9.5 (54.9%)
232	WARYCH Beata	2024	CHORZOWSKA GRUPA BIEGOWA	K-40	13	00:01:29	01:02:47.30	01:04:16.65	+00:28:02 (44.7%)	6:16	9.6 (55.5%)
233	RATKA Dawid	2247		M-20	40	00:01:24	01:02:53.60	01:04:18.30	+00:28:08 (44.7%)	6:17	9.5 (54.9%)
234	SOBOLEWSKA Agnieszka	2214		K-30	31	00:01:16	01:03:04.85	01:04:21.30	+00:28:19 (44.9%)	6:18	9.5 (54.9%)
235	WYCIŚLIK Wioleta	2064		K-20	21	00:01:01	01:03:24.40	01:04:25.65	+00:28:39 (45.2%)	6:20	9.5 (54.9%)
236	ADAMEK Marcin	2346		M-30	74	00:01:26	01:03:03.25	01:04:29.75	+00:28:18 (44.9%)	6:18	9.5 (54.9%)
237	ŚWIERC Ewelina	2146	PROGRESJA BYTOM	K-20	22	00:01:09	01:03:29.65	01:04:38.80	+00:28:44 (45.3%)	6:20	9.5 (54.9%)
238	LUKOSZEK Weronika	2138		K-20	19	00:01:55	01:02:44.75	01:04:40.25	+00:27:59 (44.6%)	6:16	9.6 (55.5%)
239	BAJEK Dorota	23		K-30	32	00:01:35	01:03:08.05	01:04:43.45	+00:28:22 (45.0%)	6:18	9.5 (54.9%)
240	CHWAŁ Karolina	2038	PLASTIC OMNIUM	K-20	20	00:01:34	01:03:12.25	01:04:46.95	+00:28:27 (45.0%)	6:19	9.5 (54.9%)
241	PROCEK Łukasz	33	NAKATZU GLIWICE	M-30	76	00:00:41	01:04:08.65	01:04:50.35	+00:29:23 (45.8%)	6:24	9.4 (54.3%)
242	SZEWczyk Krystyna	2033		K-20	23	00:01:18	01:03:45.10	01:05:03.80	+00:28:59 (45.5%)	6:22	9.4 (54.3%)
243	OKOŃ Elżbieta	2201		K-30	35	00:01:06	01:03:58.30	01:05:05.20	+00:29:13 (45.7%)	6:23	9.4 (54.3%)
244	GARNOWSKI Dariusz	2080		M-50	11	00:01:54	01:03:19.50	01:05:14.00	+00:28:34 (45.1%)	6:20	9.5 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	GARNOWSKA Anetta	2079		K-50	2	00:01:54	01:03:20.05	01:05:14.40	+00:28:34 (45.1%)	6:20	9.5 (54.9%)
246	DUDZICZ Anna	2264		K-40	14	00:01:27	01:03:47.20	01:05:14.95	+00:29:02 (45.5%)	6:22	9.4 (54.3%)
247	SKWARA Katarzyna	2161	HIRSCHVOGEL COMPONENTS POLAND	K-30	36	00:01:01	01:04:19.20	01:05:20.85	+00:29:34 (46.0%)	6:25	9.3 (53.8%)
248	KIJANKA Damian	2158	HIRSCHVOGEL COMPONENTS POLAND	M-20	41	00:01:03	01:04:17.50	01:05:21.15	+00:29:32 (45.9%)	6:25	9.3 (53.8%)
249	MORDARSKI Artur	2056		M-30	75	00:01:49	01:03:43.00	01:05:32.35	+00:28:57 (45.5%)	6:22	9.4 (54.3%)
250	SZWARC Barbara	2035		K-30	34	00:01:49	01:03:43.00	01:05:32.55	+00:28:57 (45.5%)	6:22	9.4 (54.3%)
251	KUBICA Bożena	2278	ORNONTOWICE BIEGA	K-40	16	00:01:27	01:04:13.65	01:05:40.75	+00:29:28 (45.9%)	6:25	9.3 (53.8%)
252	PŁACHTA Marek	2338	INTER PROJEKT	M-30	77	00:00:21	01:05:20.15	01:05:41.90	+00:30:35 (46.8%)	6:32	9.2 (53.2%)
253	TOPOLSKA Anna	5	HIWASHIWAS	K-40	15	00:01:54	01:03:50.50	01:05:44.55	+00:29:05 (45.6%)	6:23	9.4 (54.3%)
254	KIEREPKA Justyna	2212		K-20	24	00:01:08	01:04:42.65	01:05:51.15	+00:29:57 (46.3%)	6:28	9.3 (53.8%)
255	ZAREMBA Tadeusz	2154	-----	M-60	4	00:00:43	01:05:10.25	01:05:53.55	+00:30:25 (46.7%)	6:31	9.2 (53.2%)
256	KRZEMIŃSKI Kamil	2243		M-20	42	00:01:24	01:04:33.15	01:05:57.55	+00:29:48 (46.2%)	6:27	9.3 (53.8%)
257	KUPISZEWSKI Tomasz	2045	PLASTIC OMNIUM	M-20	43	00:01:24	01:04:41.50	01:06:06.45	+00:29:56 (46.3%)	6:28	9.3 (53.8%)
258	URBAŃCZYK Agnieszka	2141	NIGHT RUNNERS GLIWICE	K-40	17	00:01:15	01:04:51.30	01:06:06.90	+00:30:06 (46.4%)	6:29	9.3 (53.8%)
259	PIETRZAK-DZIKOWSKA Wioletta	2037		K-30	38	00:01:07	01:05:10.95	01:06:18.10	+00:30:25 (46.7%)	6:31	9.2 (53.2%)
260	PUCEK Aleksandra	2167		K-30	37	00:01:47	01:04:31.50	01:06:19.25	+00:29:46 (46.1%)	6:27	9.3 (53.8%)
261	WALIGÓRA Julia	2155	BBL KĘDZIERZYN-KOŻŁE	K-16	3	00:01:17	01:05:31.40	01:06:49.35	+00:30:46 (47.0%)	6:33	9.2 (53.2%)
262	TARNOWSKA Edyta	2025		K-20	25	00:01:18	01:05:31.35	01:06:50.00	+00:30:46 (47.0%)	6:33	9.2 (53.2%)
263		c28				00:01:46	01:05:08.05	01:06:54.05	+00:30:22 (46.6%)	6:30	9.2 (53.2%)
264	WOJTUKIEWICZ Justyna	2147		K-30	39	00:01:36	01:05:18.75	01:06:55.40	+00:30:33 (46.8%)	6:31	9.2 (53.2%)
265	ŁUKASZEWSKA Justyna	2070		K-30	41	00:00:59	01:06:03.90	01:07:03.45	+00:31:18 (47.4%)	6:36	9.1 (52.6%)
266	JUSZCZAK Ewa	2052		K-50	3	00:00:13	01:06:51.30	01:07:04.35	+00:32:06 (48.0%)	6:41	9 (52.0%)
267	PEŁKA Joanna	2143		K-30	42	00:01:00	01:06:07.85	01:07:08.00	+00:31:22 (47.4%)	6:36	9.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	STRZYŻ Ryszard	13	CHORZOWSKA GRUPA BIEGOWA	M-40	39	00:01:29	01:05:49.05	01:07:18.55	+00:31:03 (47.2%)	6:34	9.1 (52.6%)
269	CZENCZEK Magdalena	2088		K-30	40	00:01:48	01:05:30.60	01:07:19.05	+00:30:45 (47.0%)	6:33	9.2 (53.2%)
270	KACZKIEWICZ Agnieszka	1242	NIGHT RUNNERS GLIWICE	K-40	19	00:00:25	01:06:57.75	01:07:23.05	+00:32:12 (48.1%)	6:41	9 (52.0%)
271	KONICZEK Marek	2297		M-50	12	00:01:29	01:05:58.25	01:07:27.85	+00:31:13 (47.3%)	6:35	9.1 (52.6%)
272	DULINIEC Karolina	2230		K-16	4	00:01:35	01:06:09.00	01:07:44.35	+00:31:23 (47.5%)	6:36	9.1 (52.6%)
273	KLEMCZAK Szymon	2209		M-16	4	00:01:35	01:06:09.00	01:07:44.80	+00:31:23 (47.5%)	6:36	9.1 (52.6%)
274	RAZMUS Katarzyna			K-30	44	00:01:22	01:06:33.25	01:07:56.05	+00:31:48 (47.8%)	6:39	9 (52.0%)
275	TRELA Marcin	2350		M-30	78	00:01:21	01:06:34.90	01:07:56.55	+00:31:49 (47.8%)	6:39	9 (52.0%)
276	NOWAKOWSKA Agnieszka	2334	HAPPY RUNNERKA :)	K-30	45	00:01:21	01:06:35.45	01:07:57.05	+00:31:50 (47.8%)	6:39	9 (52.0%)
277	WYLĘŻEK Piotr	2066		M-20	44	00:01:23	01:06:35.60	01:07:58.85	+00:31:50 (47.8%)	6:39	9 (52.0%)
278	PIECZKA Aleksandra	36		K-30	43	00:01:49	01:06:14.20	01:08:03.80	+00:31:29 (47.5%)	6:37	9.1 (52.6%)
279	KLEMCZAK Ewa	2210		K-40	18	00:01:35	01:06:36.80	01:08:11.90	+00:31:51 (47.8%)	6:39	9 (52.0%)
280	MAREK Tomasz	2071		M-30	79	00:01:32	01:06:43.50	01:08:15.75	+00:31:58 (47.9%)	6:40	9 (52.0%)
281	WAJMAN Katarzyna	2142	STEP RUN	K-30	46	00:01:15	01:07:01.15	01:08:17.00	+00:32:16 (48.1%)	6:42	9 (52.0%)
282	KOLAKOWSKI Fabian	25	NIGHT RUNNERS GLIWICE	M-16	5	00:00:42	01:07:39.35	01:08:21.35	+00:32:54 (48.6%)	6:45	8.9 (51.4%)
283	MAREK Robert	2075		M-40	40	00:01:32	01:06:50.50	01:08:22.95	+00:32:05 (48.0%)	6:41	9 (52.0%)
284	DOMAGALSKI Mirek	2058		M-30	80	00:00:51	01:07:38.35	01:08:29.55	+00:32:53 (48.6%)	6:45	8.9 (51.4%)
285	ZAWADA Paweł	2050	SOK	M-30	81	00:01:03	01:07:52.40	01:08:55.45	+00:33:07 (48.8%)	6:47	8.8 (50.9%)
286	ZEMŁA Dorota	2086		K-16	5	00:01:19	01:07:41.00	01:09:00.65	+00:32:55 (48.7%)	6:46	8.9 (51.4%)
287	STEBEL Damian	2007		M-20	45	00:01:44	01:07:37.70	01:09:22.25	+00:32:52 (48.6%)	6:45	8.9 (51.4%)
288	OLEJNICZAK Wioletta	2113		K-40	20	00:01:55	01:08:07.95	01:10:03.00	+00:33:22 (49.0%)	6:48	8.8 (50.9%)
289	EICHHORN Danuta	2197		K-40	21	00:01:17	01:08:47.25	01:10:04.80	+00:34:02 (49.5%)	6:52	8.7 (50.3%)
290	KACZMARSKI Jacek	2239		M-30	82	00:01:16	01:08:50.00	01:10:06.95	+00:34:04 (49.5%)	6:53	8.7 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	CUDECKA Marzena	2078		K-30	47	00:01:49	01:08:28.40	01:10:17.55	+00:33:43 (49.2%)	6:50	8.8 (50.9%)
292	WALIGÓRA Marta	2179	BBL KĘDZIERZYN-KOŹLE	K-16	6	00:01:18	01:09:20.90	01:10:39.60	+00:34:35 (49.9%)	6:56	8.7 (50.3%)
293	MIŁKOWSKI Andrzej	2263		M-50	13	00:01:18	01:09:40.40	01:10:58.80	+00:34:55 (50.1%)	6:58	8.6 (49.7%)
294	DZIEMIAŃCZUK Monika	2326		K-40	22	00:01:55	01:09:25.50	01:11:20.55	+00:34:40 (49.9%)	6:56	8.6 (49.7%)
295	KOBIERSKA Anna	2015	BÓL TO SŁABOŚĆ OPUSZCZAJĄCA CIAŁO	K-20	26	00:01:19	01:10:07.85	01:11:26.90	+00:35:22 (50.4%)	7:00	8.6 (49.7%)
296	GORAJ-ZAJĄC Aleksandra	c18	NIGHT RUNNERS GLIWICE	K-40	23	00:01:33	01:10:18.05	01:11:51.45	+00:35:32 (50.6%)	7:01	8.5 (49.1%)
297	MISIEK Jolanta	2110	GB GWAREK TARNOWSKIE GÓRY	K-40	24	00:00:47	01:11:17.00	01:12:04.15	+00:36:31 (51.2%)	7:07	8.4 (48.6%)
298	MATYSIOK Monika	2104		K-16	7	00:01:37	01:10:54.60	01:12:32.05	+00:36:09 (51.0%)	7:05	8.5 (49.1%)
299	PANKIEWICZ Katarzyna	2345	GRUPACMYKI	K-40	25	00:00:55	01:11:43.45	01:12:38.75	+00:36:58 (51.5%)	7:10	8.4 (48.6%)
300	CYBULSKA Marta	12		K-30	49	00:01:20	01:11:41.35	01:13:01.65	+00:36:56 (51.5%)	7:10	8.4 (48.6%)
301	ŁADA Mirosław	2258		M-40	41	00:01:37	01:11:30.40	01:13:07.85	+00:36:45 (51.4%)	7:09	8.4 (48.6%)
302	MAZURKIEWICZ Agnieszka	2347	PIŃCET PLUS	K-30	48	00:01:57	01:11:17.55	01:13:14.80	+00:36:32 (51.3%)	7:07	8.4 (48.6%)
303	JONASZ Julia	2222		K-30	50	00:01:17	01:11:57.15	01:13:15.10	+00:37:12 (51.7%)	7:11	8.3 (48.0%)
304	BRATEK Maja	2349	OTK RZEŹNIK	Mieszkanki Gliwic	1	00:00:24	01:12:51.95	01:13:16.15	+00:38:06 (52.3%)	7:17	8.2 (47.4%)
305	BRATEK Łukasz	2348	OTK RZEŹNIK	M-40	42	00:00:25	01:12:51.35	01:13:16.75	+00:38:06 (52.3%)	7:17	8.2 (47.4%)
306	BOMASTYK Beata	2300		K-40	27	00:01:38	01:11:44.70	01:13:23.35	+00:36:59 (51.6%)	7:10	8.4 (48.6%)
307	STRASSBERGER Katarzyna	2341	SPORT-RELAKS NASZA SZKÓŁKA PŁYWANI	K-40	26	00:01:38	01:11:44.60	01:13:23.50	+00:36:59 (51.6%)	7:10	8.4 (48.6%)
308	RADZIKOWSKA-BUCHAŁA Magdalena	2238		K-30	51	00:01:30	01:12:00.35	01:13:31.25	+00:37:15 (51.7%)	7:12	8.3 (48.0%)
309	BIEŃKOWSKA Maria	2172		K-20	27	00:01:18	01:12:18.00	01:13:36.90	+00:37:32 (51.9%)	7:13	8.3 (48.0%)
310	KOCYAN Małgorzata	2021	BIEGAJ Z TRENERAMI	K-50	4	00:01:53	01:11:49.90	01:13:43.25	+00:37:04 (51.6%)	7:11	8.4 (48.6%)
311	KRZEMIŃSKA Jadwiga	2132		K-40	28	00:01:55	01:11:57.35	01:13:52.60	+00:37:12 (51.7%)	7:11	8.3 (48.0%)
312	BOREK Jadwiga	2093	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K-30	52	00:01:13	01:12:48.55	01:14:02.35	+00:38:03 (52.3%)	7:16	8.2 (47.4%)
313	NIEDŹWIEDZKA Aleksandra	2072	NORRUN TEAM	K-20	28	00:01:39	01:12:41.75	01:14:20.95	+00:37:56 (52.2%)	7:16	8.3 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	PYTEL Klaudia	2053	NIGHT RUNNERS ZABRZE	K-40	29	00:01:11	01:13:54.95	01:15:06.10	+00:39:09 (53.0%)	7:23	8.1 (46.8%)
315	FURMAN Michał	2298	OCHAJO RUN & FRIENDS	M-30	83	00:01:16	01:14:00.30	01:15:16.80	+00:39:15 (53.0%)	7:24	8.1 (46.8%)
316	FRAĆ Elżbieta	4	NIGHT RUNNERS GLIWICE	K-30	53	00:01:38	01:14:05.35	01:15:44.25	+00:39:20 (53.1%)	7:24	8.1 (46.8%)
317	OCHAB Józefina	2065		K-20	30	00:00:46	01:15:14.95	01:16:01.00	+00:40:29 (53.8%)	7:31	8 (46.2%)
317	VEGA ZUMETA Brygida	2321	NIGHT RUNNERS GLIWICE	K-30	54	00:00:46	01:15:14.45	01:16:01.00	+00:40:29 (53.8%)	7:31	8 (46.2%)
319	SZCZECZLA Ewa	2241		K-20	29	00:01:17	01:14:53.80	01:16:11.30	+00:40:08 (53.6%)	7:29	8 (46.2%)
320	PIASECKI Bartłomiej	1094	PINCET PLUS	M-30	84	00:01:56	01:14:16.75	01:16:13.65	+00:39:31 (53.2%)	7:25	8.1 (46.8%)
321	KACZMARSKA Małgorzata	2249		K-40	30	00:01:45	01:14:42.35	01:16:27.50	+00:39:57 (53.5%)	7:28	8 (46.2%)
322	MATUSZEWSKA Monika	2124	NIGHT RUNNERS GLIWICE	K-40	31	00:01:39	01:15:07.30	01:16:46.50	+00:40:22 (53.7%)	7:30	8 (46.2%)
323	GALOCH Bartosz	2218		M-20	46	00:01:50	01:15:17.45	01:17:07.75	+00:40:32 (53.8%)	7:31	8 (46.2%)
324	WICHRZYCKA Katarzyna	2273		K-20	31	00:01:02	01:16:12.80	01:17:15.30	+00:41:27 (54.4%)	7:37	7.9 (45.7%)
325	PIERNIKARCZYK Mirela	2020		K-30	55	00:01:25	01:16:56.65	01:18:21.70	+00:42:11 (54.8%)	7:41	7.8 (45.1%)
326	WALASZCZYK Tomasz	2063	RUN & FUN	M-30	85	00:01:19	01:17:28.65	01:18:48.50	+00:42:43 (55.1%)	7:44	7.7 (44.5%)
327	WYSOCKA Magdalena	2325	OCHAJO RUN & FRIENDS	K-40	32	00:01:14	01:18:09.55	01:19:24.40	+00:43:24 (55.5%)	7:49	7.7 (44.5%)
328	OPILSKI Mateusz	2234		M-20	47	00:01:16	01:20:05.90	01:21:22.45	+00:45:20 (56.6%)	8:00	7.5 (43.4%)
329	KISTELLA Paulina	2309		K-20	32	00:01:50	01:20:26.85	01:22:16.95	+00:45:41 (56.8%)	8:02	7.5 (43.4%)
330	ZAKLIŃSKA Katarzyna	2246		K-40	33	00:01:39	01:20:46.90	01:22:26.80	+00:46:01 (57.0%)	8:04	7.4 (42.8%)
331	WÓJCIK Justyna	2163	HIRSCHVOGEL COMPONENTS POLAND	K-20	33	00:01:02	01:22:08.40	01:23:11.25	+00:47:23 (57.7%)	8:12	7.3 (42.2%)
332	BOCZAROWSKA Barbara	16		K-30	56	00:00:44	01:22:29.80	01:23:13.85	+00:47:44 (57.9%)	8:14	7.3 (42.2%)
333	CIEŚLAK Agnieszka	22	NIGHT RUNNERS GLIWICE	K-40	34	00:01:39	01:23:32.00	01:25:11.95	+00:48:46 (58.4%)	8:21	7.2 (41.6%)
334	KOLAKOWSKA Ania	24	NIGHT RUNNERS GLIWICE	K-40	35	00:01:39	01:23:35.85	01:25:15.10	+00:48:50 (58.4%)	8:21	7.2 (41.6%)
335	GOGOLIN Jerzy	2087		M-60	5	00:00:14					(0.0%)
336	SIERADZKA Agnieszka	2057	BIEGAJ Z TRENERAMI GLIWICE	K-30	57	00:00:26					(0.0%)
337	MUCHA Edward	c31		M-70	1	00:01:44					(0.0%)

