



# 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: M Open

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
2	SZYMAŃSKI Paweł	3	NIEWYMIĘKACZE / TENNECO AUTOMOTIVE	M-20	2	00:00:02	00:36:11.15	00:36:13.50	+00:01:26	3:37	16.6
3	BABULA Przemysław	2317	AZS AGH KRAKÓW	M-20	3	00:00:02	00:36:47.40	00:36:49.65	+00:02:02	3:40	16.3
4	SZYMAŃSKI Bartosz	2296	NIEWYMIĘKACZE	M-30	1	00:00:02	00:37:00.85	00:37:03.60	+00:02:15	3:42	16.2
5	BEDNARZ Jakub	2200	POGORIA BIEGA	M-30	2	00:00:02	00:37:19.80	00:37:22.15	+00:02:34	3:44	16.1
6	BIELIŃSKI Piotr	2266	SOKÓŁ KNURÓW/RYZDZ TEAM	M-20	4	00:00:01	00:37:32.45	00:37:34.20	+00:02:47	3:45	16
7	STAWINOGA Janusz	2166		M-40	1	00:00:20	00:38:41.40	00:39:02.35	+00:03:56	3:52	15.5
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	3:54	15.4
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	3:55	15.3
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	4:00	14.9
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	4:04	14.7
12	BATORYNA Aleksander	18		M-30	4	00:00:03	00:41:22.60	00:41:25.65	+00:06:37	4:08	14.5
13	KAUF Damian	2219		M-30	5	00:00:04	00:41:26.95	00:41:31.20	+00:06:41	4:08	14.5
14	REMPUSZEWSKI Mateusz	2137		M-20	8	00:00:02	00:41:28.85	00:41:31.55	+00:06:43	4:08	14.5
15	SOPEL Arkadiusz	2329	OTK RZEŹNIK	M-40	2	00:00:02	00:41:47.85	00:41:50.40	+00:07:02	4:10	14.4
16	JASIOK Michał	2191	ASSECO	M-30	6	00:00:02	00:41:57.75	00:41:59.75	+00:07:12	4:11	14.3
17	BOBEREK Grzegorz	2270	POGORIA BIEGA	M-40	3	00:00:04	00:41:56.75	00:42:01.00	+00:07:11	4:11	14.3
18	LENART Konrad	2139		M-30	7	00:00:05	00:43:18.85	00:43:24.20	+00:08:33	4:19	13.9
19	TRZOPEK Marcin	2041		M-20	9	00:00:05	00:43:24.30	00:43:29.90	+00:08:39	4:20	13.8
20	BRODEK Andrzej	2006		M-40	4	00:00:04	00:43:28.05	00:43:32.15	+00:08:42	4:20	13.8
21	OLEJNIK Rafał	2145		M-40	5	00:00:03	00:43:49.25	00:43:52.75	+00:09:04	4:22	13.7
22	BRYŁA Grzegorz	2116		M-40	6	00:00:30	00:43:52.70	00:44:23.25	+00:09:07	4:23	13.7
23	DONIGIEWICZ Mariusz	7		M-30	8	00:01:21	00:44:01.05	00:45:22.70	+00:09:15	4:24	13.6
24	KŁOSOK Adam	2047		M-30	9	00:00:12	00:45:27.10	00:45:39.30	+00:10:41	4:32	13.2
25	SŁOMKOWSKI Mateusz	2211		M-20	10	00:00:12	00:46:19.55	00:46:31.75	+00:11:34	4:37	13
26	HERZ Krzysztof	2122	FUCHS OIL TEAM	M-20	11	00:00:10	00:46:45.45	00:46:55.50	+00:12:00	4:40	12.8
27	KOZIK Bartłomiej	2324		M-30	10	00:00:33	00:46:32.55	00:47:06.35	+00:11:47	4:39	12.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	KRYSTEK Marcin	2330		M-40	7	00:01:22	00:45:48.90	00:47:11.40	+00:11:03	4:34	13.1
29	BUGAJCZYK Piotr	2254		M-20	12	00:00:10	00:47:20.60	00:47:31.05	+00:12:35	4:44	12.7
30	BUBAŁA Dawid	32	TL POGOŃ RUDA ŚLĄSKA	M-16	1	00:00:35	00:46:58.95	00:47:34.20	+00:12:13	4:41	12.8
31	PACANA Patryk	2181	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:09	00:47:36.70	00:47:46.40	+00:12:51	4:45	12.6
32	ZAPOTOCZNY Przemek	2083		M-40	8	00:01:32	00:46:15.40	00:47:48.30	+00:11:30	4:37	13
33	BESSA Ricardo	2335		M-30	12	00:00:03	00:47:52.40	00:47:56.35	+00:13:07	4:47	12.5
34	ZAJAC Mateusz	2227		M-30	11	00:01:17	00:46:43.90	00:48:00.90	+00:11:58	4:40	12.8
35	KNEBEL Krzysztof	2307		M-30	14	00:00:05	00:48:14.90	00:48:20.20	+00:13:29	4:49	12.4
36	NOWALIŃSKI Grzegorz	2169		M-20	15	00:00:34	00:48:01.60	00:48:36.15	+00:13:16	4:48	12.5
37	PYTEL Adam	2304		M-30	15	00:00:18	00:48:23.60	00:48:42.20	+00:13:38	4:50	12.4
38	NOWAK Mateusz	2287		M-20	14	00:00:56	00:47:46.65	00:48:42.75	+00:13:01	4:46	12.6
39	JUROWICZ Łukasz	2292		M-30	13	00:01:24	00:48:00.00	00:49:24.35	+00:13:14	4:48	12.5
40	BOK Piotr	2098		M-40	10	00:00:11	00:49:30.70	00:49:41.75	+00:14:45	4:57	12.1
41	BOMBA Marcin	2043	PLASTIC OMNIUM	M-30	16	00:00:57	00:48:47.05	00:49:44.55	+00:14:01	4:52	12.3
42	KOTRA Jacek	44	LUK JESTOK	M-30	21	00:00:06	00:49:49.85	00:49:56.50	+00:15:04	4:59	12
43	CISZOWSKI Adam	2150		M-30	18	00:00:23	00:49:34.00	00:49:57.40	+00:14:48	4:57	12.1
44	HODOR Robert	2193		M-40	9	00:01:33	00:48:32.95	00:50:06.60	+00:13:47	4:51	12.4
45	CZAPELKA Michał	2316		M-30	17	00:01:31	00:49:04.75	00:50:36.70	+00:14:19	4:54	12.2
46	SZKLARZ Sebastian	2059		M-30	22	00:00:54	00:49:55.05	00:50:49.20	+00:15:09	4:59	12
47	WÓJTOWICZ Błażej	2068		M-20	16	00:00:56	00:49:58.95	00:50:55.90	+00:15:13	4:59	12
48	ZIELIŃSKI Sebastian	2265		M-30	23	00:00:52	00:50:05.40	00:50:57.85	+00:15:20	5:00	12
49	OGONOWSKI Edward	2285		M-60	1	00:00:52	00:50:06.50	00:50:59.20	+00:15:21	5:00	12
50	ŻOŁNOWSKI Piotr	2257		M-30	19	00:01:22	00:49:39.15	00:51:01.75	+00:14:54	4:57	12.1
51	WYSZOMIRSKI Robert	2217		M-30	24	00:01:00	00:50:09.90	00:51:10.65	+00:15:24	5:01	12
52	SOKOŁOWSKI Łukasz	2081	BIEGAMY NIE ŚPIMY :)	M-30	20	00:01:25	00:49:47.55	00:51:13.25	+00:15:02	4:58	12
53	JANOWSKI Piotr	2188		M-50	1	00:00:17	00:50:57.00	00:51:14.55	+00:16:11	5:05	11.8
54	CUPIAŁ Dawid	2284		M-20	17	00:00:52	00:50:23.50	00:51:15.55	+00:15:38	5:02	11.9
55	GĘBCZYŃSKI Paweł	2202		M-30	25	00:00:57	00:50:24.15	00:51:21.75	+00:15:39	5:02	11.9
56	PAKULSKI Przemysław	2042	JW 3946 BYTOM	M-20	20	00:00:42	00:50:48.40	00:51:30.85	+00:16:03	5:04	11.8
57	ZAWIŚLAK Dawid	2226	RUNNERS WOJKOWICE TEAM	M-20	18	00:01:14	00:50:31.10	00:51:45.35	+00:15:45	5:03	11.9
58	MERMON Artur	2076		M-50	3	00:00:07	00:51:40.10	00:51:47.10	+00:16:54	5:10	11.6
59	DOROS Adam	2288		M-40	12	00:00:54	00:50:56.90	00:51:51.30	+00:16:11	5:05	11.8
60	JELEŃ Michał	2077		M-40	11	00:01:20	00:50:37.70	00:51:58.05	+00:15:52	5:03	11.8
61	ŻEROMSKI Stefan	2205		M-50	2	00:00:24	00:51:39.00	00:52:03.95	+00:16:53	5:09	11.6
62	CUPIAŁ Jakub	2105	ARTGROUP	M-20	21	00:00:46	00:51:23.40	00:52:09.40	+00:16:38	5:08	11.7
63	JUROWICZ Daniel	2289		M-20	19	00:01:23	00:50:45.60	00:52:09.45	+00:16:00	5:04	11.8
64	NOWAK Sebastian	2182	MIECHOWICE	M-30	26	00:01:38	00:50:31.90	00:52:10.40	+00:15:46	5:03	11.9
65	WOJAKOWSKI Krzysztof	2295		M-40	14	00:00:47	00:51:25.50	00:52:13.45	+00:16:40	5:08	11.7
66	BIENIECKI Marek	20	OTK RZEŻNIK	M-16	2	00:00:16	00:52:03.70	00:52:20.30	+00:17:18	5:12	11.5
67	ZEGARTOWSKI Grzegorz	2101		M-40	13	00:01:03	00:51:24.10	00:52:28.05	+00:16:38	5:08	11.7
68	BICZYSKI Paweł	2196	PSYCHONAUCI	M-30	27	00:00:56	00:51:36.45	00:52:32.85	+00:16:51	5:09	11.6
69	PACANA Krzysztof	2180		M-20	24	00:00:34	00:52:07.60	00:52:41.85	+00:17:22	5:12	11.5
70	KLĘBOWSKI Sebastian	2251		M-40	15	00:00:58	00:51:52.95	00:52:51.10	+00:17:07	5:11	11.6
71	ZEGARTOWSKI Michał	2282		M-30	28	00:01:05	00:51:50.00	00:52:55.00	+00:17:04	5:11	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>RUTKOWSKI Bartłomiej</b>	<b>2313</b>		M-20	23	00:01:16	<b>00:51:57.60</b>	<b>00:53:14.45</b>	+00:17:12	5:11	11.5
73	<b>SKRZYPCZAK Michał</b>	<b>2027</b>		M-30	30	00:00:49	<b>00:52:24.75</b>	<b>00:53:14.55</b>	+00:17:39	5:14	11.4
74	<b>KLESZCZ Marcin</b>	<b>2255</b>		M-30	29	00:01:03	<b>00:52:13.80</b>	<b>00:53:17.40</b>	+00:17:28	5:13	11.5
75	<b>JUROWICZ Mariusz</b>	<b>2260</b>		M-20	22	00:01:25	<b>00:51:54.00</b>	<b>00:53:19.55</b>	+00:17:08	5:11	11.6
76	<b>WYCIŚLIK Marcin</b>	<b>2156</b>	HIRSCHVOGEL COMPONENTS POLAND	M-30	31	00:01:02	<b>00:52:31.95</b>	<b>00:53:34.10</b>	+00:17:46	5:15	11.4
77	<b>SZABRA Dawid</b>	<b>2135</b>		M-20	25	00:01:05	<b>00:52:28.55</b>	<b>00:53:34.20</b>	+00:17:43	5:14	11.4
78	<b>OPIOŁA Tomasz</b>	<b>2331</b>		M-30	32	00:01:11	<b>00:52:32.85</b>	<b>00:53:44.30</b>	+00:17:47	5:15	11.4
79	<b>ŁUCZAK Marek</b>	<b>2207</b>		M-20	26	00:01:04	<b>00:52:43.85</b>	<b>00:53:48.40</b>	+00:17:58	5:16	11.4
80	<b>DOBOSZ Daniel</b>	<b>2311</b>		M-40	17	00:00:25	<b>00:53:35.15</b>	<b>00:54:01.05</b>	+00:18:50	5:21	11.2
81	<b>JEGLA Sebastian</b>			M-40	18	00:00:23	<b>00:53:40.20</b>	<b>00:54:03.30</b>	+00:18:55	5:22	11.2
82	<b>BIELECKI Adam</b>	<b>1</b>	CHATEAU CHALIN	M-40	21	00:00:24	<b>00:53:51.90</b>	<b>00:54:16.60</b>	+00:19:06	5:23	11.1
83	<b>ROSADA Zdzisław</b>	<b>2023</b>		M-50	4	00:01:13	<b>00:53:12.85</b>	<b>00:54:26.80</b>	+00:18:27	5:19	11.3
84	<b>GOŁĘBIEWSKI Marek</b>	<b>2186</b>		M-30	39	00:00:22	<b>00:54:05.85</b>	<b>00:54:27.85</b>	+00:19:20	5:24	11.1
85	<b>LEGUTKO Piotr</b>	<b>2003</b>	--	M-30	41	00:00:04	<b>00:54:26.55</b>	<b>00:54:30.70</b>	+00:19:41	5:26	11
86	<b>CYBA Marek</b>	<b>2123</b>		M-40	16	00:01:15	<b>00:53:15.75</b>	<b>00:54:31.00</b>	+00:18:30	5:19	11.3
87	<b>USZYŃSKI Grzegorz</b>	<b>6</b>		M-40	20	00:00:54	<b>00:53:43.55</b>	<b>00:54:38.25</b>	+00:18:58	5:22	11.2
88	<b>ŁAZOWSKI Marcin</b>	<b>2126</b>		M-30	33	00:01:19	<b>00:53:19.75</b>	<b>00:54:39.55</b>	+00:18:34	5:20	11.3
89	<b>SIERADZKI Dariusz</b>	<b>2067</b>	BIEGAJ Z TRENERAMI	M-30	40	00:00:27	<b>00:54:12.60</b>	<b>00:54:40.10</b>	+00:19:27	5:25	11.1
90	<b>SUBIK Tomasz</b>	<b>2028</b>		M-30	38	00:00:45	<b>00:53:56.90</b>	<b>00:54:42.85</b>	+00:19:11	5:23	11.1
91	<b>RYBAK Andrzej</b>	<b>2157</b>	HIRSCHVOGEL COMPONENTS POLAND	M-20	27	00:00:57	<b>00:53:50.15</b>	<b>00:54:47.75</b>	+00:19:05	5:23	11.1
92	<b>ŻYMŁA Maciej</b>			M-30	34	00:01:29	<b>00:53:21.75</b>	<b>00:54:50.75</b>	+00:18:36	5:20	11.2
93	<b>MATYSIEWICZ Piotr</b>	<b>2312</b>	INTER PROJEKT	M-20	31	00:00:00	<b>00:54:54.00</b>	<b>00:54:54.00</b>	+00:20:08	5:29	10.9
94	<b>ZARUDZKI Łukasz</b>	<b>2022</b>	NOTHING TO FEAR	M-40	19	00:01:14	<b>00:53:40.55</b>	<b>00:54:54.60</b>	+00:18:55	5:22	11.2
95	<b>JASIŃSKI Tomasz</b>	<b>27</b>		M-40	22	00:01:01	<b>00:53:53.50</b>	<b>00:54:55.45</b>	+00:19:08	5:23	11.1
96	<b>KUŚ Andrzej</b>	<b>10</b>	PURE FORUM GLIWICE	M-30	44	00:00:12	<b>00:54:44.85</b>	<b>00:54:57.05</b>	+00:19:59	5:28	11
97	<b>KOPPEL Bartłomiej</b>	<b>2107</b>	ARTGROUP	M-30	36	00:01:32	<b>00:53:30.60</b>	<b>00:55:03.45</b>	+00:18:45	5:21	11.2
98	<b>WATOŁA Marek</b>	<b>2183</b>		M-30	35	00:01:44	<b>00:53:26.35</b>	<b>00:55:10.75</b>	+00:18:41	5:20	11.2
99	<b>MARCZAK Paweł</b>	<b>2308</b>		M-30	37	00:01:28	<b>00:53:43.35</b>	<b>00:55:11.90</b>	+00:18:58	5:22	11.2
100	<b>OPALIŃSKI Tomasz</b>	<b>2286</b>	GOOD TIME SPORT	M-30	42	00:00:41	<b>00:54:33.25</b>	<b>00:55:14.75</b>	+00:19:48	5:27	11
101	<b>GRYNKIEWICZ-SUDNIK Maciej</b>	<b>2115</b>		M-30	43	00:00:42	<b>00:54:41.10</b>	<b>00:55:23.55</b>	+00:19:55	5:28	11
102	<b>KUBIT Janusz</b>	<b>2204</b>		M-50	5	00:00:54	<b>00:54:56.45</b>	<b>00:55:50.55</b>	+00:20:11	5:29	10.9
103	<b>LUDYGA Sebastian</b>	<b>2229</b>		M-20	30	00:01:00	<b>00:54:53.80</b>	<b>00:55:54.15</b>	+00:20:08	5:29	10.9
104	<b>DZIAŁKOWSKI Adam</b>	<b>2208</b>		M-40	23	00:01:06	<b>00:54:48.90</b>	<b>00:55:55.20</b>	+00:20:03	5:28	10.9
105	<b>NICIŃSKI Denis</b>	<b>2228</b>		M-20	28	00:01:28	<b>00:54:43.50</b>	<b>00:56:12.25</b>	+00:19:58	5:28	11
105	<b>TURCZYN Mateusz</b>	<b>2162</b>	HIRSCHVOGEL COMPONENTS POLAND	M-20	33	00:00:57	<b>00:55:14.30</b>	<b>00:56:12.25</b>	+00:20:29	5:31	10.9
107	<b>NIEWIEDZIOŁ Robert</b>	<b>2342</b>		M-20	29	00:01:32	<b>00:54:45.75</b>	<b>00:56:17.75</b>	+00:20:00	5:28	11
108	<b>JANUSZ Radosław</b>	<b>2225</b>		M-30	47	00:01:00	<b>00:55:27.50</b>	<b>00:56:28.25</b>	+00:20:42	5:32	10.8
109	<b>KRZYWIECKI Maciej</b>			M-30	45	00:01:41	<b>00:54:47.95</b>	<b>00:56:29.60</b>	+00:20:02	5:28	10.9
110	<b>ŻBEL Michał</b>	<b>2294</b>		M-30	53	00:00:27	<b>00:56:06.00</b>	<b>00:56:33.75</b>	+00:21:20	5:36	10.7
111	<b>SZWARCZYŃSKI Michał</b>	<b>2036</b>		M-30	52	00:00:37	<b>00:55:57.25</b>	<b>00:56:34.60</b>	+00:21:12	5:35	10.7
112	<b>CIUMAN Piotr</b>	<b>2336</b>		M-20	34	00:00:45	<b>00:55:49.20</b>	<b>00:56:34.70</b>	+00:21:04	5:34	10.7
113	<b>MICHULEC Kuba</b>	<b>2106</b>	ARTGROUP	M-20	32	00:01:32	<b>00:55:08.90</b>	<b>00:56:41.75</b>	+00:20:23	5:30	10.9
114	<b>BURDA Krzysztof</b>	<b>1286</b>		M-40	24	00:01:30	<b>00:55:19.35</b>	<b>00:56:50.30</b>	+00:20:34	5:32	10.8
115	<b>MILKOWSKI Bartosz</b>	<b>2271</b>		M-30	51	00:00:56	<b>00:55:56.05</b>	<b>00:56:52.60</b>	+00:21:10	5:35	10.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	JABŁKIEWICZ Rafał	1253		M-30	48	00:01:31	00:55:29.00	00:57:00.15	+00:20:43	5:32	10.8
116	GŁUŚNIEWSKI Jacek	2046	PLASTIC OMNIUM	M-30	56	00:00:29	00:56:30.70	00:57:00.15	+00:21:45	5:39	10.6
118	SMOLARCZYK Michał	2333		M-30	46	00:01:34	00:55:26.65	00:57:01.45	+00:20:41	5:32	10.8
119	JAKUBIK Witold	2129		M-60	2	00:00:54	00:56:07.40	00:57:02.30	+00:21:22	5:36	10.7
120	POPCZYK Piotr	2097		M-30	54	00:00:48	00:56:15.20	00:57:03.25	+00:21:30	5:37	10.7
121	GÓRA Marek	2242		M-40	28	00:00:14	00:56:51.60	00:57:06.00	+00:22:06	5:41	10.6
122	WIAZANIA Marek	2168		M-40	25	00:01:16	00:55:50.60	00:57:07.35	+00:21:05	5:35	10.7
123	SZCZECH Krzysztof	2117		M-40	26	00:01:09	00:56:08.30	00:57:18.00	+00:21:23	5:36	10.7
124	KUBIT Tomasz	2203		M-20	35	00:00:55	00:56:25.20	00:57:20.65	+00:21:40	5:38	10.6
125	KURZAC Wit	2318		M-30	49	00:01:41	00:55:39.35	00:57:20.95	+00:20:54	5:33	10.8
126	MAŚLANKIEWICZ Paweł	2267		M-30	50	00:01:52	00:55:42.45	00:57:34.55	+00:20:57	5:34	10.8
127	BRZEŹNIAK Krzysztof	2323		M-30	58	00:00:56	00:56:46.00	00:57:42.05	+00:22:00	5:40	10.6
128	MAZUR Krzysztof	2194	UNISONO	M-20	36	00:01:07	00:56:36.25	00:57:43.90	+00:21:51	5:39	10.6
129	PAWLIK Michał	2092		M-30	57	00:01:08	00:56:44.45	00:57:52.75	+00:21:59	5:40	10.6
130	GUŁA Błażej	2262		M-30	62	00:00:16	00:57:39.45	00:57:55.90	+00:22:54	5:45	10.4
131	WIECHUŁA Krzysztof	2305		M-30	55	00:01:48	00:56:22.85	00:58:11.05	+00:21:37	5:38	10.6
132	SAMOL Grzegorz	2034		M-50	7	00:00:35	00:57:39.40	00:58:14.80	+00:22:54	5:45	10.4
133	CAPUTA Michał	2261		M-30	60	00:01:14	00:57:15.80	00:58:29.90	+00:22:30	5:43	10.5
134	ZIMNY Marcin	2269	'1/2 FAJNA FERAJNA'	M-30	61	00:01:11	00:57:19.15	00:58:30.50	+00:22:34	5:43	10.5
135	OLEJNICZAK Wojciech	2114		M-40	27	00:01:55	00:56:43.05	00:58:38.70	+00:21:57	5:40	10.6
136	GRUCEL Damian	2199	GBC RUNNERS	M-30	65	00:00:24	00:58:20.75	00:58:45.45	+00:23:35	5:50	10.3
137	SAMUL Mirosław	2293	DRAGOMIRO	M-40	29	00:01:22	00:57:25.35	00:58:47.60	+00:22:40	5:44	10.4
138	DURAJ Michał	2276		M-20	37	00:01:07	00:57:44.20	00:58:51.90	+00:22:59	5:46	10.4
139	MICHALSKI Robert	2044	PLASTIC OMNIUM	M-30	59	00:01:52	00:57:05.60	00:58:58.00	+00:22:20	5:42	10.5
140	MACIEJCZYK Marcin	2302	FAMILIA	M-30	63	00:01:14	00:57:50.40	00:59:04.85	+00:23:05	5:47	10.4
141	BRYLIŃSKI Ryszard	2275		M-50	6	00:01:49	00:57:31.60	00:59:21.55	+00:22:46	5:45	10.4
142	FOLTYN Armin	2343		M-40	30	00:00:26	00:59:07.75	00:59:33.95	+00:24:22	5:54	10.1
143	BEDNORZ Roman	29		M-30	64	00:01:45	00:58:01.20	00:59:47.05	+00:23:16	5:48	10.3
144	MIZERA Mateusz	2290		M-16	3	00:00:45	00:59:05.05	00:59:50.10	+00:24:19	5:54	10.2
145	HENDRYK Leszek	2140	1/2 FAJNA FERAJNA	M-30	66	00:01:11	00:58:43.55	00:59:54.80	+00:23:58	5:52	10.2
146	DENKOWSKI Wojciech	2320	SBRT GLIWICE	M-50	9	00:00:25	00:59:47.40	01:00:12.95	+00:25:02	5:58	10
147	WESOŁOWSKI Marcin	2315		M-30	67	00:01:31	00:58:51.45	01:00:23.20	+00:24:06	5:53	10.2
148	PAWLAK Adam	2310	KTO ICH TU WPUŚCIŁ?	M-30	68	00:01:24	00:59:02.85	01:00:27.20	+00:24:17	5:54	10.2
149	MIZERA Robert	2291		M-40	34	00:00:45	00:59:47.75	01:00:33.10	+00:25:02	5:58	10
150	JAKUBIAK Arkadiusz	2164	OPEL ACTIVE TEAM	M-40	32	00:01:08	00:59:25.75	01:00:33.75	+00:24:40	5:56	10.1
151	POKLUDA Radosław	2237	TABELAOFERT.PL	M-40	31	00:01:30	00:59:12.85	01:00:43.10	+00:24:27	5:55	10.1
152	WARZECHA Krzysztof	40		M-40	35	00:00:53	00:59:55.40	01:00:48.45	+00:25:10	5:59	10
153	PALEJ Leszek	2314	WARSZTAT KOSZULKOWY TESTING TEAM	M-50	8	00:01:32	00:59:18.10	01:00:50.15	+00:24:32	5:55	10.1
154	OKOŃ Zdzisław	2174		M-60	3	00:01:06	00:59:47.40	01:00:54.00	+00:25:02	5:58	10
155	STYS Marek	2185		M-40	33	00:01:47	00:59:28.90	01:01:16.05	+00:24:43	5:56	10.1
156	JUROWICZ Damian	2010		M-20	38	00:01:24	01:00:22.80	01:01:47.55	+00:25:37	6:02	9.9
157	PIOTROWSKI Jarosław	2118	FUCHS OIL TEAM	M-40	36	00:00:51	01:01:31.30	01:02:23.20	+00:26:46	6:09	9.8
158	MALEC Marek	2060		M-20	39	00:01:47	01:01:04.05	01:02:51.50	+00:26:18	6:06	9.8
159	GARNCARZ Jakub	2259		M-30	69	00:01:31	01:01:22.15	01:02:53.70	+00:26:37	6:08	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
160	<b>PRUCHNIK Andrzej</b>	<b>2299</b>		M-50	10	00:01:23	<b>01:01:41.55</b>	<b>01:03:05.30</b>	+00:26:56	6:10	9.7
161	<b>JAWORSKI Kamil</b>	<b>2327</b>	T.A.K.	M-30	70	00:01:45	<b>01:01:39.00</b>	<b>01:03:24.15</b>	+00:26:53	6:09	9.7
162	<b>DEWOR Marek</b>	<b>2244</b>	OPEL ACTIVE TEAM	M-40	38	00:01:07	<b>01:02:36.35</b>	<b>01:03:43.90</b>	+00:27:51	6:15	9.6
163	<b>MIERZEJEWSKI Jacek</b>	<b>2004</b>	AMATOR	M-40	37	00:01:22	<b>01:02:32.20</b>	<b>01:03:54.55</b>	+00:27:47	6:15	9.6
164	<b>SITARZ Marek</b>	<b>2224</b>		M-30	73	00:01:31	<b>01:02:25.45</b>	<b>01:03:56.60</b>	+00:27:40	6:14	9.6
165	<b>KOJ Krzysztof</b>	<b>2091</b>		M-30	71	00:01:47	<b>01:02:19.50</b>	<b>01:04:06.80</b>	+00:27:34	6:13	9.6
166	<b>WOJTAS Michał</b>	<b>2131</b>		M-30	72	00:01:48	<b>01:02:19.60</b>	<b>01:04:08.35</b>	+00:27:34	6:14	9.6
167	<b>RATKA Dawid</b>	<b>2247</b>		M-20	40	00:01:24	<b>01:02:53.60</b>	<b>01:04:18.30</b>	+00:28:08	6:17	9.5
168	<b>ADAMEK Marcin</b>	<b>2346</b>		M-30	74	00:01:26	<b>01:03:03.25</b>	<b>01:04:29.75</b>	+00:28:18	6:18	9.5
169	<b>PROCEK Łukasz</b>	<b>33</b>	NAKATZU GLIWICE	M-30	76	00:00:41	<b>01:04:08.65</b>	<b>01:04:50.35</b>	+00:29:23	6:24	9.4
170	<b>GARNOWSKI Dariusz</b>	<b>2080</b>		M-50	11	00:01:54	<b>01:03:19.50</b>	<b>01:05:14.00</b>	+00:28:34	6:20	9.5
171	<b>KIJANKA Damian</b>	<b>2158</b>	HIRSCHVOGEL COMPONENTS POLAND	M-20	41	00:01:03	<b>01:04:17.50</b>	<b>01:05:21.15</b>	+00:29:32	6:25	9.3
172	<b>MORDARSKI Artur</b>	<b>2056</b>		M-30	75	00:01:49	<b>01:03:43.00</b>	<b>01:05:32.35</b>	+00:28:57	6:22	9.4
173	<b>PŁACHTA Marek</b>	<b>2338</b>	INTER PROJEKT	M-30	77	00:00:21	<b>01:05:20.15</b>	<b>01:05:41.90</b>	+00:30:35	6:32	9.2
174	<b>ZAREMBA Tadeusz</b>	<b>2154</b>	-----	M-60	4	00:00:43	<b>01:05:10.25</b>	<b>01:05:53.55</b>	+00:30:25	6:31	9.2
175	<b>KRZEMIŃSKI Kamil</b>	<b>2243</b>		M-20	42	00:01:24	<b>01:04:33.15</b>	<b>01:05:57.55</b>	+00:29:48	6:27	9.3
176	<b>KUPISZEWSKI Tomasz</b>	<b>2045</b>	PLASTIC OMNIUM	M-20	43	00:01:24	<b>01:04:41.50</b>	<b>01:06:06.45</b>	+00:29:56	6:28	9.3
177	<b>STRZYŻ Ryszard</b>	<b>13</b>	CHORZOWSKA GRUPA BIEGOWA	M-40	39	00:01:29	<b>01:05:49.05</b>	<b>01:07:18.55</b>	+00:31:03	6:34	9.1
178	<b>KONICZEK Marek</b>	<b>2297</b>		M-50	12	00:01:29	<b>01:05:58.25</b>	<b>01:07:27.85</b>	+00:31:13	6:35	9.1
179	<b>KLEMCZAK Szymon</b>	<b>2209</b>		M-16	4	00:01:35	<b>01:06:09.00</b>	<b>01:07:44.80</b>	+00:31:23	6:36	9.1
180	<b>TRELA Marcin</b>	<b>2350</b>		M-30	78	00:01:21	<b>01:06:34.90</b>	<b>01:07:56.55</b>	+00:31:49	6:39	9
181	<b>WYLĘŻEK Piotr</b>	<b>2066</b>		M-20	44	00:01:23	<b>01:06:35.60</b>	<b>01:07:58.85</b>	+00:31:50	6:39	9
182	<b>MAREK Tomasz</b>	<b>2071</b>		M-30	79	00:01:32	<b>01:06:43.50</b>	<b>01:08:15.75</b>	+00:31:58	6:40	9
183	<b>KOLAKOWSKI Fabian</b>	<b>25</b>	NIGHT RUNNERS GLIWICE	M-16	5	00:00:42	<b>01:07:39.35</b>	<b>01:08:21.35</b>	+00:32:54	6:45	8.9
184	<b>MAREK Robert</b>	<b>2075</b>		M-40	40	00:01:32	<b>01:06:50.50</b>	<b>01:08:22.95</b>	+00:32:05	6:41	9
185	<b>DOMAGALSKI Mirek</b>	<b>2058</b>		M-30	80	00:00:51	<b>01:07:38.35</b>	<b>01:08:29.55</b>	+00:32:53	6:45	8.9
186	<b>ZAWADA Paweł</b>	<b>2050</b>	SOK	M-30	81	00:01:03	<b>01:07:52.40</b>	<b>01:08:55.45</b>	+00:33:07	6:47	8.8
187	<b>STEBEL Damian</b>	<b>2007</b>		M-20	45	00:01:44	<b>01:07:37.70</b>	<b>01:09:22.25</b>	+00:32:52	6:45	8.9
188	<b>KACZMARSKI Jacek</b>	<b>2239</b>		M-30	82	00:01:16	<b>01:08:50.00</b>	<b>01:10:06.95</b>	+00:34:04	6:53	8.7
189	<b>MŁKOWSKI Andrzej</b>	<b>2263</b>		M-50	13	00:01:18	<b>01:09:40.40</b>	<b>01:10:58.80</b>	+00:34:55	6:58	8.6
190	<b>ŁADA Mirosław</b>	<b>2258</b>		M-40	41	00:01:37	<b>01:11:30.40</b>	<b>01:13:07.85</b>	+00:36:45	7:09	8.4
191	<b>BRATEK Łukasz</b>	<b>2348</b>	OTK RZEŹNIK	M-40	42	00:00:25	<b>01:12:51.35</b>	<b>01:13:16.75</b>	+00:38:06	7:17	8.2
192	<b>FURMAN Michał</b>	<b>2298</b>	OCHAJO RUN & FRIENDS	M-30	83	00:01:16	<b>01:14:00.30</b>	<b>01:15:16.80</b>	+00:39:15	7:24	8.1
193	<b>PIASECKI Bartłomiej</b>	<b>1094</b>	PINCET PLUS	M-30	84	00:01:56	<b>01:14:16.75</b>	<b>01:16:13.65</b>	+00:39:31	7:25	8.1
194	<b>GALOCH Bartosz</b>	<b>2218</b>		M-20	46	00:01:50	<b>01:15:17.45</b>	<b>01:17:07.75</b>	+00:40:32	7:31	8
195	<b>WALASZCZYK Tomasz</b>	<b>2063</b>	RUN & FUN	M-30	85	00:01:19	<b>01:17:28.65</b>	<b>01:18:48.50</b>	+00:42:43	7:44	7.7
196	<b>OPILSKI Mateusz</b>	<b>2234</b>		M-20	47	00:01:16	<b>01:20:05.90</b>	<b>01:21:22.45</b>	+00:45:20	8:00	7.5
197	<b>GOGOLIN Jerzy</b>	<b>2087</b>		M-60	5	00:00:14					
198	<b>MUCHA Edward</b>	<b>c31</b>		M-70	1	00:01:44					

Znaleziono 198 wynik(ów)