



Organizator: OTK Rzeźnik
Data: 2015-10-18
Miejsce: Gliwice
Dystans: 10 km

10 KM ATEST PZLA GLIWICKI

B4SPORT

B4SPORT
INTELIĞENTNE 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 | SZYMAŃSKI Paweł | 1427 | NIWYMIĘKACZE | M-20 | 1 | 00:00:02 | 00:36:18.65 | 00:36:21.35 | | 3:37 | 16.5 |
| 2 | SZYMAŃSKI Bartosz | 1479 | NIWYMIĘKACZE | M-30 | 1 | 00:00:03 | 00:37:03.70 | 00:37:06.85 | +00:00:45 | 3:42 | 16.2 |
| 3 | LUBELSKI Łukasz | 1516 | | M-40 | 1 | 00:00:03 | 00:37:05.90 | 00:37:09.55 | +00:00:47 | 3:42 | 16.2 |
| 4 | MUSKIETORZ Piotr | 1432 | | M-20 | 2 | 00:00:08 | 00:39:14.95 | 00:39:23.75 | +00:02:56 | 3:55 | 15.3 |
| 5 | JASIOK Michał | 1434 | | M-30 | 2 | 00:00:02 | 00:40:00.25 | 00:40:02.60 | +00:03:41 | 4:00 | 15 |
| 6 | BUDKA Borys | 1111 | | M-30 | 3 | 00:00:03 | 00:40:02.65 | 00:40:05.70 | +00:03:44 | 4:00 | 15 |
| 7 | ZACZYK Andrzej | 1477 | | M-30 | 4 | 00:00:04 | 00:40:15.90 | 00:40:20.10 | +00:03:57 | 4:01 | 14.9 |
| 8 | ORLIICKI Stanisław | 1302 | | M-50 | 1 | 00:00:03 | 00:40:36.90 | 00:40:40.80 | +00:04:18 | 4:03 | 14.8 |
| 9 | GÓRYŃSKI Rafał | 9 | RYBICKA GRUPA BIEGOWA | M-20 | 3 | 00:00:05 | 00:40:39.95 | 00:40:45.10 | +00:04:21 | 4:04 | 14.8 |
| 10 | TARCZEWSKI Tomasz | 1488 | TARCZA TRIATHLON TEAM | M-30 | 5 | 00:00:03 | 00:40:54.00 | 00:40:57.60 | +00:04:35 | 4:05 | 14.7 |
| 11 | OGRODNICZEK Adam | 1448 | AKMB PĘDZIWIATR GLIWICE | M-40 | 2 | 00:00:13 | 00:40:53.25 | 00:41:06.50 | +00:04:34 | 4:05 | 14.7 |
| 12 | MAŁEK Piotr | 1530 | | M-30 | 6 | 00:00:05 | 00:41:27.90 | 00:41:32.90 | +00:05:09 | 4:08 | 14.5 |
| 13 | KRASNODĘBSKI Robert | 1457 | | M-40 | 3 | 00:00:04 | 00:41:29.20 | 00:41:33.45 | +00:05:10 | 4:08 | 14.5 |
| 14 | WAJDA Grzegorz | 1430 | KW GLIWICE | M-30 | 7 | 00:00:05 | 00:41:29.60 | 00:41:34.95 | +00:05:10 | 4:08 | 14.5 |
| 15 | JOANNA Olchawa | 1503 | | K-40 | 1 | 00:00:04 | 00:41:33.45 | 00:41:37.85 | +00:05:14 | 4:09 | 14.4 |
| 16 | ADAMCZYK-NOWAK Beata | 1327 | MIECHOWICKA GRUPA BIEGOWA | K-40 | 2 | 00:00:15 | 00:41:34.70 | 00:41:49.95 | +00:05:16 | 4:09 | 14.4 |
| 17 | PASTUCHA Marek | 1436 | CROSS KRAPKOWICE | M-50 | 2 | 00:00:10 | 00:41:54.40 | 00:42:04.45 | +00:05:35 | 4:11 | 14.3 |
| 18 | CZARNOŻYŃSKI Aleksander | 1529 | GTT-INTER PROJEKT | M-50 | 3 | 00:00:09 | 00:42:07.20 | 00:42:16.80 | +00:05:48 | 4:12 | 14.2 |
| 19 | KONFEDERAK Tomasz | 1362 | | M-40 | 4 | 00:00:07 | 00:42:38.40 | 00:42:45.95 | +00:06:19 | 4:15 | 14.1 |
| 20 | OLESIŃSKI Tomasz | 1323 | | M-40 | 5 | 00:00:06 | 00:43:01.50 | 00:43:08.30 | +00:06:42 | 4:18 | 13.9 |
| 21 | WAWRZAK Ryszard | 1413 | | M-40 | 6 | 00:00:49 | 00:44:07.10 | 00:44:56.85 | +00:07:48 | 4:24 | 13.6 |
| 22 | DROSDZOL Piotr | 1559 | | M-20 | 4 | 00:00:33 | 00:45:19.95 | 00:45:53.40 | +00:09:01 | 4:32 | 13.2 |
| 23 | MACIEJOŃCZYK Mariusz | 10 | RYBICKA GRUPA BIEGOWA | M-40 | 7 | 00:00:25 | 00:45:37.40 | 00:46:02.55 | +00:09:18 | 4:33 | 13.2 |
| 24 | ĆWIKLIŃSKI Piotr | 1496 | KLUB ŻEGLARSKI ZAGŁĘBIE | M-30 | 9 | 00:00:09 | 00:46:10.00 | 00:46:19.65 | +00:09:51 | 4:37 | 13 |
| 25 | KRYSTEK Marcin | 1441 | | M-30 | 11 | 00:00:30 | 00:46:20.10 | 00:46:50.75 | +00:10:01 | 4:38 | 12.9 |
| 26 | WYCIŚLIK Marcin | 1318 | HIRSCHVOGEL | M-30 | 12 | 00:00:11 | 00:46:47.25 | 00:46:58.80 | +00:10:28 | 4:40 | 12.8 |
| 27 | CESARZ Maciej | 1487 | TYLKO CURLING! | M-30 | 10 | 00:00:41 | 00:46:19.35 | 00:47:00.85 | +00:10:00 | 4:37 | 13 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-------------------------------------|-------------------|------|-------------|--------------------|--------------------|-----------|--------------|------------|
| 28 | GARDULSKA-BOTOR Katarzyna | 1376 | | K-30 | 1 | 00:00:21 | 00:46:53.75 | 00:47:15.20 | +00:10:35 | 4:41 | 12.8 |
| 29 | ŻEROMSKI Stefan | 1517 | JASNA GLIWICE | M-50 | 4 | 00:00:18 | 00:47:12.40 | 00:47:31.25 | +00:10:53 | 4:43 | 12.7 |
| 30 | SKRZYPCZYK Paweł | 1505 | | M-40 | 9 | 00:00:05 | 00:47:26.40 | 00:47:31.40 | +00:11:07 | 4:44 | 12.6 |
| 31 | MERMON Artur | 1543 | | M-50 | 5 | 00:00:07 | 00:47:41.45 | 00:47:49.10 | +00:11:22 | 4:46 | 12.6 |
| 32 | BESSA Ricardo | 1375 | TEAM DOUBLE TROUBLE | M-30 | 8 | 00:02:14 | 00:45:35.70 | 00:47:49.70 | +00:09:17 | 4:33 | 13.2 |
| 33 | PĘDOWSKA Bożena | 1417 | INDYWIDUALNIE | K-50 | 1 | 00:00:10 | 00:48:02.40 | 00:48:12.75 | +00:11:43 | 4:48 | 12.5 |
| 34 | BANBUŁA Grzegorz | 1300 | | M-30 | 13 | 00:00:11 | 00:48:10.65 | 00:48:21.80 | +00:11:52 | 4:49 | 12.5 |
| 35 | MYCZKOWSKI Adam | 1410 | | M-20 | 7 | 00:00:25 | 00:48:22.65 | 00:48:48.25 | +00:12:04 | 4:50 | 12.4 |
| 36 | OSSOWSKI Dariusz | 1340 | HIRSCHVOGEL | M-20 | 8 | 00:00:19 | 00:48:34.40 | 00:48:54.30 | +00:12:15 | 4:51 | 12.3 |
| 37 | CZAUDERNA Adrian | 1350 | ETERUN | M-40 | 8 | 00:01:45 | 00:47:23.80 | 00:49:09.20 | +00:11:05 | 4:44 | 12.7 |
| 38 | KOTAS Adam | 1455 | | M-20 | 5 | 00:02:06 | 00:47:05.70 | 00:49:12.05 | +00:10:47 | 4:42 | 12.7 |
| 39 | LEGUTKO Piotr | 1499 | - | M-20 | 6 | 00:01:51 | 00:47:30.20 | 00:49:21.85 | +00:11:11 | 4:45 | 12.6 |
| 40 | WICHARY Marcin | 1528 | ISTA BIEGAMY | M-30 | 14 | 00:01:00 | 00:48:34.65 | 00:49:35.35 | +00:12:16 | 4:51 | 12.3 |
| 41 | UZDRZYCHOWSKI Maciej | 1378 | WF SPORTRUN TEAM | M-20 | 9 | 00:01:12 | 00:48:41.80 | 00:49:53.80 | +00:12:23 | 4:52 | 12.3 |
| 42 | WĘŻYK Wojciech | 1460 | | M-40 | 10 | 00:00:10 | 00:49:48.00 | 00:49:58.25 | +00:13:29 | 4:58 | 12 |
| 43 | BUGAJSKI Mariusz | 1556 | | M-40 | 13 | 00:00:07 | 00:50:32.05 | 00:50:39.50 | +00:14:13 | 5:03 | 11.9 |
| 44 | OPIOŁA Tomasz | 1598 | HARNAŚ | M-30 | 19 | 00:00:17 | 00:50:37.85 | 00:50:55.45 | +00:14:19 | 5:03 | 11.8 |
| 45 | SOKOŁOWSKI Łukasz | 1351 | | M-20 | 10 | 00:01:57 | 00:49:10.20 | 00:51:07.40 | +00:12:51 | 4:55 | 12.2 |
| 46 | ZARUDZKI Łukasz | 1357 | NOTHING TO FEAR | M-30 | 15 | 00:01:12 | 00:49:54.70 | 00:51:07.50 | +00:13:36 | 4:59 | 12 |
| 47 | GOŹDZICKI Leszek | 1429 | NIGHT RUNNERS ZABRZE | M-30 | 18 | 00:00:39 | 00:50:33.70 | 00:51:13.35 | +00:14:15 | 5:03 | 11.9 |
| 48 | LASICZ Aleksandra | 1418 | | K-30 | 2 | 00:01:49 | 00:49:33.80 | 00:51:22.80 | +00:13:15 | 4:57 | 12.1 |
| 49 | BRODEK Andrzej | 1474 | | M-40 | 12 | 00:01:13 | 00:50:16.35 | 00:51:30.25 | +00:13:57 | 5:01 | 11.9 |
| 50 | ZIOMEK Katarzyna | 1459 | | K-30 | 3 | 00:01:04 | 00:50:35.80 | 00:51:40.50 | +00:14:17 | 5:03 | 11.9 |
| 51 | BIOLIK Piotr | 1419 | -- | M-40 | 11 | 00:01:57 | 00:49:58.35 | 00:51:55.95 | +00:13:39 | 4:59 | 12 |
| 52 | PIKUL Wiktoria | 1402 | GRUPA KOLARSKA GLIWICE BIKE ATELIER | Mieszkańki Gliwic | 1 | 00:00:39 | 00:51:18.75 | 00:51:58.40 | +00:15:00 | 5:07 | 11.7 |
| 53 | ŁUSZCZ Andrzej | 1416 | | M-16 | 1 | 00:00:54 | 00:51:10.25 | 00:52:05.15 | +00:14:51 | 5:07 | 11.7 |
| 54 | HEFFNER Remigiusz | 1078 | RYBICKA GRUPA BIEGOWA | M-30 | 16 | 00:01:57 | 00:50:20.20 | 00:52:17.35 | +00:14:01 | 5:02 | 11.9 |
| 55 | KUCZERA Łukasz | 8 | RYBICKA GRUPA BIEGOWA | M-30 | 17 | 00:01:56 | 00:50:20.70 | 00:52:17.40 | +00:14:02 | 5:02 | 11.9 |
| 56 | RYBAK Andrzej | 1335 | HIRSCHVOGEL | M-20 | 13 | 00:00:34 | 00:51:51.10 | 00:52:25.35 | +00:15:32 | 5:11 | 11.6 |
| 57 | BIENIEK Sebastian | 1324 | HIRSCHVOGEL | M-30 | 20 | 00:00:35 | 00:51:54.15 | 00:52:29.80 | +00:15:35 | 5:11 | 11.6 |
| 58 | PIKTAS Paweł | 1535 | | M-40 | 14 | 00:01:22 | 00:51:13.80 | 00:52:35.85 | +00:14:55 | 5:07 | 11.7 |
| 59 | TROJAN Paweł | 1552 | ITACY BIEGACZE | M-20 | 12 | 00:01:54 | 00:50:42.75 | 00:52:37.40 | +00:14:24 | 5:04 | 11.8 |
| 60 | CANIBOŁ Anna | 1306 | | K-20 | 1 | 00:01:27 | 00:51:10.70 | 00:52:38.65 | +00:14:52 | 5:07 | 11.7 |
| 61 | DESMOND Robert | 1458 | | M-20 | 11 | 00:02:06 | 00:50:42.40 | 00:52:49.30 | +00:14:23 | 5:04 | 11.8 |
| 62 | ROMANIUK Piotr | 1425 | WZP SUM BYTOM | M-30 | 23 | 00:00:14 | 00:52:40.25 | 00:52:54.90 | +00:16:21 | 5:16 | 11.4 |
| 63 | SŁOWIK Paweł | 1484 | | M-20 | 14 | 00:00:53 | 00:52:07.15 | 00:53:00.80 | +00:15:48 | 5:12 | 11.5 |
| 64 | PAWLUS Grzegorz | 1361 | | M-30 | 22 | 00:00:55 | 00:52:14.30 | 00:53:09.60 | +00:15:55 | 5:13 | 11.5 |
| 65 | WOSZTAL Patryk | 1426 | MACHINA ADVENTURE | M-30 | 25 | 00:00:05 | 00:53:16.60 | 00:53:22.05 | +00:16:57 | 5:19 | 11.3 |
| 66 | OLESIŃSKA Joanna | 1322 | | K-40 | 3 | 00:00:48 | 00:52:34.95 | 00:53:23.35 | +00:16:16 | 5:15 | 11.4 |
| 67 | BRONOWICKA Dorota | 1423 | | K-20 | 2 | 00:00:39 | 00:52:44.75 | 00:53:24.55 | +00:16:26 | 5:16 | 11.4 |
| 68 | MICHALIK Małgorzata | 1387 | | K-30 | 4 | 00:00:42 | 00:52:44.45 | 00:53:26.80 | +00:16:25 | 5:16 | 11.4 |
| 69 | STAWSKA Joanna | 1307 | BIEGAJ Z TRENERAMI | K-50 | 2 | 00:00:42 | 00:52:50.95 | 00:53:33.70 | +00:16:32 | 5:17 | 11.4 |
| 70 | GOŁĘBIEWSKI Marek | 1370 | | M-30 | 21 | 00:01:37 | 00:51:58.80 | 00:53:35.95 | +00:15:40 | 5:11 | 11.5 |
| 71 | MĘDRALA Jacek | 1389 | | M-40 | 19 | 00:00:10 | 00:53:39.85 | 00:53:50.45 | +00:17:21 | 5:22 | 11.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-----------|--------------|------------|
| 72 | GRZYWNA Marek | 1490 | LZS WOJCIECHÓW | M-40 | 17 | 00:00:22 | 00:53:30.85 | 00:53:52.95 | +00:17:12 | 5:21 | 11.2 |
| 73 | ROŻEK Agata | 1346 | | K-16 | 1 | 00:01:47 | 00:52:13.10 | 00:54:00.85 | +00:15:54 | 5:13 | 11.5 |
| 73 | ROŻEK Michał | 1345 | | M-40 | 15 | 00:01:47 | 00:52:13.70 | 00:54:00.85 | +00:15:55 | 5:13 | 11.5 |
| 75 | DUDEK Dariusz | 1493 | CHOPCY SZERYFA | M-50 | 6 | 00:01:52 | 00:52:12.30 | 00:54:05.10 | +00:15:53 | 5:13 | 11.5 |
| 76 | BRYLIŃSKI Ryszard | 1443 | NIEZRZESZONY | M-50 | 7 | 00:00:32 | 00:53:37.80 | 00:54:10.10 | +00:17:19 | 5:21 | 11.2 |
| 77 | LENTZY Grzegorz | 1422 | | M-30 | 29 | 00:00:14 | 00:54:02.90 | 00:54:17.05 | +00:17:44 | 5:24 | 11.1 |
| 78 | BANKOWSKI Sebastian | 1393 | | M-20 | 15 | 00:02:03 | 00:52:15.05 | 00:54:19.00 | +00:15:56 | 5:13 | 11.5 |
| 79 | DYMAREK Łukasz | 1398 | KM PSP GLIWICE | M-30 | 24 | 00:01:26 | 00:53:07.85 | 00:54:34.65 | +00:16:49 | 5:18 | 11.3 |
| 80 | SWOBODA Jarosław | 1449 | NIGHT RUNNERS GLIWICE | M-30 | 28 | 00:00:54 | 00:53:41.05 | 00:54:35.45 | +00:17:22 | 5:22 | 11.2 |
| 81 | PIKOŃ Krzysztof | 1595 | | M-40 | 16 | 00:01:33 | 00:53:06.40 | 00:54:40.30 | +00:16:47 | 5:18 | 11.3 |
| 82 | MALSKA- WYROZUMSKA Małgorzata | 1433 | | K-30 | 5 | 00:00:45 | 00:53:59.55 | 00:54:45.25 | +00:17:40 | 5:24 | 11.1 |
| 83 | SZMYD Wojciech | 1507 | | M-30 | 26 | 00:01:17 | 00:53:37.65 | 00:54:54.75 | +00:17:19 | 5:21 | 11.2 |
| 84 | SADOWSKI Tomasz | 1404 | KOSSMATE ŻUKI | M-30 | 27 | 00:01:17 | 00:53:37.95 | 00:54:54.95 | +00:17:19 | 5:21 | 11.2 |
| 85 | SZARZYŃSKA-GRYCHNIK Jola | 1489 | | K-40 | 5 | 00:01:08 | 00:53:58.30 | 00:55:06.35 | +00:17:39 | 5:23 | 11.1 |
| 86 | MAĆZYŃSKA Agnieszka | 1465 | | K-40 | 4 | 00:01:35 | 00:53:40.50 | 00:55:15.80 | +00:17:21 | 5:22 | 11.2 |
| 87 | HAJDUGA Rafał | 1502 | GLIWICE | M-40 | 20 | 00:00:45 | 00:54:33.30 | 00:55:18.40 | +00:18:14 | 5:27 | 11 |
| 87 | PAĆHALSKI Andrzej | 1481 | KS NEMO | M-50 | 8 | 00:00:05 | 00:55:13.10 | 00:55:18.40 | +00:18:54 | 5:31 | 10.9 |
| 89 | DYMAREK Beata | 1399 | | K-20 | 3 | 00:01:27 | 00:53:51.60 | 00:55:18.85 | +00:17:32 | 5:23 | 11.1 |
| 90 | TURCZYN Mateusz | 1555 | HIRSCHVOGEL | M-20 | 18 | 00:00:33 | 00:54:46.70 | 00:55:20.65 | +00:18:28 | 5:28 | 11 |
| 91 | MACHACZKA Dawid | 1437 | | M-30 | 30 | 00:00:57 | 00:54:26.65 | 00:55:23.85 | +00:18:08 | 5:26 | 11 |
| 92 | HAJDUKIEWICZ Michał | 1475 | | M-20 | 17 | 00:01:14 | 00:54:14.80 | 00:55:29.20 | +00:17:56 | 5:25 | 11.1 |
| 93 | KRZEMIŃSKI Mirosław | 1424 | | M-40 | 18 | 00:02:07 | 00:53:32.25 | 00:55:39.90 | +00:17:13 | 5:21 | 11.2 |
| 94 | IBROM-JASIŃSKA Justyna | 1533 | | K-30 | 7 | 00:01:08 | 00:54:41.15 | 00:55:49.40 | +00:18:22 | 5:28 | 11 |
| 95 | GRUCHAŁA Anna | 1400 | | K-30 | 9 | 00:00:56 | 00:54:57.10 | 00:55:53.35 | +00:18:38 | 5:29 | 10.9 |
| 96 | KRYNICKI Paweł | 1511 | | M-20 | 16 | 00:02:02 | 00:53:55.60 | 00:55:57.75 | +00:17:36 | 5:23 | 11.1 |
| 97 | BRZÓZKA Piotr | 1580 | | M-20 | 19 | 00:00:57 | 00:55:04.30 | 00:56:01.45 | +00:18:45 | 5:30 | 10.9 |
| 98 | DĘBSKA Joanna | 1519 | NIGHT RUNNERS GLIWICE | K-40 | 8 | 00:00:47 | 00:55:24.60 | 00:56:11.60 | +00:19:05 | 5:32 | 10.8 |
| 99 | WŁOCHOWSKI Krzysztof | 1501 | | M-40 | 22 | 00:01:20 | 00:54:55.35 | 00:56:15.50 | +00:18:36 | 5:29 | 10.9 |
| 100 | BOBEŁ Krzysztof | 1440 | | M-30 | 31 | 00:01:35 | 00:54:41.30 | 00:56:16.75 | +00:18:22 | 5:28 | 11 |
| 101 | SZCZURASZEK Maciej | 1374 | | M-40 | 21 | 00:01:44 | 00:54:33.60 | 00:56:18.00 | +00:18:14 | 5:27 | 11 |
| 102 | FRANECKA Anna | 1450 | | K-20 | 5 | 00:01:00 | 00:55:21.45 | 00:56:21.80 | +00:19:02 | 5:32 | 10.8 |
| 103 | KNEBEL Patrycja | 1439 | | K-20 | 4 | 00:01:33 | 00:54:50.30 | 00:56:24.00 | +00:18:31 | 5:29 | 10.9 |
| 104 | ANDRZEJCZAK Iwona | 1309 | | K-30 | 8 | 00:01:38 | 00:54:50.15 | 00:56:28.20 | +00:18:31 | 5:29 | 10.9 |
| 105 | BALIŃSKA-SANOCKA Aneta | 1343 | | K-30 | 6 | 00:02:02 | 00:54:27.10 | 00:56:29.25 | +00:18:08 | 5:26 | 11 |
| 106 | SANOCKA Dorota | 1342 | | K-40 | 6 | 00:02:02 | 00:54:28.60 | 00:56:31.30 | +00:18:09 | 5:26 | 11 |
| 107 | ZIĘBA Sabina | 1326 | | K-30 | 11 | 00:00:05 | 00:56:27.20 | 00:56:32.20 | +00:20:08 | 5:38 | 10.6 |
| 108 | CZAPEK Anna | 1500 | BOJKÓW | K-40 | 9 | 00:01:03 | 00:55:29.75 | 00:56:33.45 | +00:19:11 | 5:33 | 10.8 |
| 109 | CYBA Marek | 1454 | | M-40 | 23 | 00:01:39 | 00:54:56.35 | 00:56:36.25 | +00:18:37 | 5:29 | 10.9 |
| 110 | GIL Wojciech | 1560 | | M-40 | 24 | 00:00:49 | 00:55:49.75 | 00:56:39.60 | +00:19:31 | 5:35 | 10.7 |
| 111 | BORKOWSKA Sonia | 1403 | 3 WATERS | K-40 | 14 | 00:00:23 | 00:56:24.55 | 00:56:47.90 | +00:20:05 | 5:38 | 10.6 |
| 112 | GRUCHALSKI Jakub | 1527 | ISTA BIEGAMY | M-30 | 34 | 00:01:00 | 00:55:52.25 | 00:56:52.70 | +00:19:33 | 5:35 | 10.7 |
| 113 | PETEJA-ĆWIK Aleksandra | 1495 | | K-40 | 10 | 00:00:50 | 00:56:03.25 | 00:56:54.05 | +00:19:44 | 5:36 | 10.7 |
| 114 | MERKEL Sabina | 1577 | | K-30 | 10 | 00:01:56 | 00:54:58.70 | 00:56:55.15 | +00:18:40 | 5:29 | 10.9 |
| 115 | SOSNOWSKI Maciej | 1491 | | M-30 | 32 | 00:01:54 | 00:55:02.90 | 00:56:57.25 | +00:18:44 | 5:30 | 10.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|------------------------|-----------|------|-------------|--------------------|--------------------|-----------|--------------|------------|
| 116 | DUSS Sonia | 1524 | | K-40 | 7 | 00:01:42 | 00:55:15.75 | 00:56:58.60 | +00:18:57 | 5:31 | 10.9 |
| 117 | CZOGALA Piotr | 1542 | | M-40 | 25 | 00:00:51 | 00:56:25.55 | 00:57:16.95 | +00:20:06 | 5:38 | 10.6 |
| 118 | PROTAS Tomasz | 1463 | ZSO5 GLIWICE | M-30 | 36 | 00:00:51 | 00:56:26.10 | 00:57:17.35 | +00:20:07 | 5:38 | 10.6 |
| 119 | POLEWKA Beata | 1531 | UKS KONIETA S-A | K-40 | 12 | 00:01:19 | 00:56:08.90 | 00:57:28.15 | +00:19:50 | 5:36 | 10.7 |
| 120 | SKURA Adam | 1510 | | M-20 | 20 | 00:02:14 | 00:55:21.85 | 00:57:36.70 | +00:19:03 | 5:32 | 10.8 |
| 121 | MYŚLAK Mariusz | 1557 | | M-30 | 33 | 00:02:21 | 00:55:20.10 | 00:57:41.40 | +00:19:01 | 5:32 | 10.8 |
| 122 | FOLTYN Armin | 1513 | | M-30 | 35 | 00:01:23 | 00:56:17.95 | 00:57:41.90 | +00:19:59 | 5:37 | 10.7 |
| 123 | LESISZ Katarzyna | 1438 | | K-40 | 11 | 00:01:33 | 00:56:08.75 | 00:57:41.95 | +00:19:50 | 5:36 | 10.7 |
| 124 | HELHLMANN Beata | 1512 | | K-40 | 13 | 00:01:23 | 00:56:18.25 | 00:57:42.10 | +00:19:59 | 5:37 | 10.7 |
| 125 | ROCHOWSKI Paweł | 1541 | | M-20 | 22 | 00:01:07 | 00:57:08.90 | 00:58:16.00 | +00:20:50 | 5:42 | 10.5 |
| 126 | LIPOWSKI Grzegorz | 1411 | | M-30 | 39 | 00:01:08 | 00:57:09.40 | 00:58:17.75 | +00:20:50 | 5:42 | 10.5 |
| 127 | RYBAK Piotr | 1391 | | M-20 | 21 | 00:01:58 | 00:56:27.75 | 00:58:25.80 | +00:20:09 | 5:38 | 10.6 |
| 128 | CZERNIAK Żaneta | 1364 | | K-40 | 15 | 00:01:49 | 00:56:37.35 | 00:58:26.65 | +00:20:18 | 5:39 | 10.6 |
| 129 | WÓJCIAK Katarzyna | 1363 | | K-30 | 12 | 00:01:49 | 00:56:36.90 | 00:58:26.75 | +00:20:18 | 5:39 | 10.6 |
| 130 | CYBAŁA Piotr | 1366 | | M-30 | 38 | 00:01:34 | 00:56:54.95 | 00:58:29.90 | +00:20:36 | 5:41 | 10.5 |
| 131 | PIOTR Witulski | 1504 | | M-30 | 37 | 00:02:07 | 00:56:39.95 | 00:58:47.75 | +00:20:21 | 5:40 | 10.6 |
| 132 | ONAK Izabela | 1497 | | K-40 | 16 | 00:02:07 | 00:56:42.05 | 00:58:49.25 | +00:20:23 | 5:40 | 10.6 |
| 133 | DYWAN Iwona | 1453 | | K-40 | 17 | 00:00:09 | 00:58:41.30 | 00:58:50.85 | +00:22:22 | 5:52 | 10.2 |
| 133 | DYWAN Klaudia | 1452 | | K-16 | 2 | 00:00:09 | 00:58:41.50 | 00:58:50.85 | +00:22:22 | 5:52 | 10.2 |
| 135 | BEDNARZ Arkadiusz | 1472 | | M-40 | 26 | 00:01:37 | 00:57:24.30 | 00:59:02.00 | +00:21:05 | 5:44 | 10.4 |
| 136 | WANDASIEWCZ Marcin | 1380 | BIEGAMWPYSKOWICACH | M-30 | 40 | 00:01:36 | 00:57:28.10 | 00:59:04.75 | +00:21:09 | 5:44 | 10.4 |
| 137 | POSTOŁ Karolina | 1518 | NIGHT RUNNERS GLIWICE | K-30 | 17 | 00:00:46 | 00:58:24.70 | 00:59:11.65 | +00:22:06 | 5:50 | 10.3 |
| 138 | BOBA Alicja | 532 | WPR MAMRE | K-30 | 14 | 00:01:39 | 00:57:41.40 | 00:59:21.35 | +00:21:22 | 5:46 | 10.4 |
| 139 | ZBOROWSKA Domika | 1339 | ISTA BIEGAMY | K-30 | 13 | 00:02:03 | 00:57:27.60 | 00:59:30.60 | +00:21:08 | 5:44 | 10.4 |
| 140 | SKWARA Katarzyna | 1388 | HIRSCHVOGEL | K-30 | 20 | 00:00:35 | 00:58:56.55 | 00:59:32.10 | +00:22:37 | 5:53 | 10.2 |
| 141 | KIJANKA Damian | 1334 | HIRSCHVOGEL | M-20 | 24 | 00:00:34 | 00:58:57.65 | 00:59:32.15 | +00:22:39 | 5:53 | 10.2 |
| 142 | LEGIEŻYŃSKI Krzysztof | 1534 | | M-30 | 45 | 00:00:55 | 00:58:37.90 | 00:59:33.35 | +00:22:19 | 5:51 | 10.2 |
| 143 | GOCYK Patrycja | 1447 | | K-30 | 19 | 00:00:53 | 00:58:39.85 | 00:59:33.80 | +00:22:21 | 5:52 | 10.2 |
| 144 | NOWICKA Iwona | 1509 | | K-30 | 22 | 00:00:29 | 00:59:06.40 | 00:59:35.95 | +00:22:47 | 5:54 | 10.2 |
| 145 | GRYNKIEWICZ-SUDNIK Maciej | 1371 | | M-30 | 41 | 00:01:36 | 00:58:01.15 | 00:59:37.60 | +00:21:42 | 5:48 | 10.3 |
| 146 | MALEC Marek | 1331 | | M-20 | 23 | 00:02:16 | 00:57:27.95 | 00:59:44.20 | +00:21:09 | 5:44 | 10.4 |
| 147 | GOŁYŚ Dawid | 1473 | | M-20 | 25 | 00:00:04 | 00:59:45.90 | 00:59:50.30 | +00:23:27 | 5:58 | 10 |
| 148 | KOPCIK Joanna | 1471 | | K-30 | 18 | 00:01:33 | 00:58:26.40 | 00:59:59.45 | +00:22:07 | 5:50 | 10.3 |
| 149 | DĄBROWSKI Jacek | 1347 | HIRSCHVOGEL | M-30 | 49 | 00:00:36 | 00:59:28.35 | 01:00:04.95 | +00:23:09 | 5:56 | 10.1 |
| 150 | LASKOWSKA Anna | 1407 | KATA GURUMA | K-30 | 16 | 00:01:47 | 00:58:20.05 | 01:00:07.10 | +00:22:01 | 5:50 | 10.3 |
| 151 | POPCZYK Piotr | 1456 | | M-30 | 43 | 00:02:06 | 00:58:08.30 | 01:00:14.65 | +00:21:49 | 5:48 | 10.3 |
| 152 | SZAMPERA Janusz | 1462 | EVENT 360 RUNNING TEAM | M-30 | 44 | 00:02:09 | 00:58:10.35 | 01:00:19.35 | +00:21:51 | 5:49 | 10.3 |
| 152 | SZAMPERA Agnieszka | 1461 | EVENT 360 RUNNING TEAM | K-30 | 15 | 00:02:09 | 00:58:10.20 | 01:00:19.35 | +00:21:51 | 5:49 | 10.3 |
| 154 | ROJEK Michał | 1320 | | M-30 | 42 | 00:02:14 | 00:58:07.05 | 01:00:21.65 | +00:21:48 | 5:48 | 10.3 |
| 155 | NOWAK-BODUCH Joanna | 1548 | | K-50 | 3 | 00:00:22 | 01:00:00.85 | 01:00:23.75 | +00:23:42 | 6:00 | 10 |
| 156 | BROŻEK Anna | 1383 | | K-30 | 23 | 00:01:07 | 00:59:17.95 | 01:00:25.35 | +00:22:59 | 5:55 | 10.1 |
| 157 | RATKA Dawid | 1540 | | M-20 | 26 | 00:00:57 | 00:59:46.15 | 01:00:43.30 | +00:23:27 | 5:58 | 10 |
| 158 | KARASIŃSKI Jacek | 1464 | | M-30 | 46 | 00:01:41 | 00:59:02.80 | 01:00:44.40 | +00:22:44 | 5:54 | 10.2 |
| 158 | DRAGON Karolina | 1466 | NIGHT RUNNERS GLIWICE | K-30 | 21 | 00:01:41 | 00:59:02.55 | 01:00:44.40 | +00:22:43 | 5:54 | 10.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---|-------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|-----------|--------------|------------|
| 160 | RAKINT Bogdan | 1401 | | M-30 | 47 | 00:01:54 | 00:59:13.90 | 01:01:08.25 | +00:22:55 | 5:55 | 10.1 |
| 161 | JUROWICZ Damian | 1316 | | M-20 | 27 | 00:00:54 | 01:00:23.65 | 01:01:18.35 | +00:24:05 | 6:02 | 9.9 |
| 162 | SZWUGIER Dawid | 1476 | - | M-30 | 48 | 00:02:01 | 00:59:27.90 | 01:01:29.55 | +00:23:09 | 5:56 | 10.1 |
| 163 | KONICZEK Marek | 1390 | | M-50 | 9 | 00:02:10 | 00:59:24.10 | 01:01:34.85 | +00:23:05 | 5:56 | 10.1 |
| 164 | GORAJ-ZAJĄC Aleksandra | 1515 | NIGHT RUNNERS GLIWICE | K-40 | 19 | 00:00:47 | 01:01:40.25 | 01:02:27.75 | +00:25:21 | 6:10 | 9.7 |
| 164 | DĘBSKI Mariusz | 1520 | NIGHT RUNNERS GLIWICE | M-40 | 28 | 00:00:47 | 01:01:40.35 | 01:02:27.75 | +00:25:21 | 6:10 | 9.7 |
| 166 | STRZYŻ Ryszard | 1492 | OPRNCACHING.PL | M-40 | 31 | 00:00:23 | 01:02:09.50 | 01:02:33.45 | +00:25:50 | 6:13 | 9.7 |
| 167 | BZÓWKA Andrzej | 1421 | TEAMAB PROJEKT | M-40 | 30 | 00:00:50 | 01:01:51.75 | 01:02:42.10 | +00:25:33 | 6:11 | 9.7 |
| 168 | BOGDANOWICZ Zbigniew | 1431 | | M-40 | 27 | 00:02:21 | 01:00:45.65 | 01:03:07.30 | +00:24:27 | 6:04 | 9.9 |
| 169 | FRYDA Aneta | 1592 | | K-40 | 18 | 00:01:44 | 01:01:30.30 | 01:03:14.95 | +00:25:11 | 6:09 | 9.8 |
| 170 | AUGUSTYNIAK Adam | 1494 | | M-50 | 10 | 00:00:50 | 01:02:28.25 | 01:03:18.50 | +00:26:09 | 6:14 | 9.6 |
| 171 | GAŁOSZ Sebastian | 1358 | RAJSPOORT ACTIVE ANTON TEAM | M-30 | 50 | 00:01:28 | 01:01:58.75 | 01:03:27.15 | +00:25:40 | 6:11 | 9.7 |
| 172 | ZACZEK Adam | 1360 | OPEL ACTIVE TEAM | M-30 | 51 | 00:01:27 | 01:02:15.35 | 01:03:42.75 | +00:25:56 | 6:13 | 9.6 |
| 173 | PIOTROWSKI Jarosław | 1445 | | M-40 | 29 | 00:02:07 | 01:01:43.15 | 01:03:51.05 | +00:25:24 | 6:10 | 9.7 |
| 174 | JUSZCZAK Ewa | 1392 | | K-50 | 5 | 00:00:26 | 01:03:25.65 | 01:03:51.80 | +00:27:07 | 6:20 | 9.5 |
| 175 | TRZEMŻALSKI Kamil | 1508 | | M-20 | 28 | 00:01:04 | 01:02:49.65 | 01:03:53.95 | +00:26:31 | 6:16 | 9.6 |
| 176 | WÓJCIK Anna | 1428 | | K-30 | 25 | 00:01:33 | 01:02:49.75 | 01:04:22.85 | +00:26:31 | 6:16 | 9.6 |
| 177 | TORKA-KUNERT Grażyna | 6 | RYBICKA GRUPA BIEGOWA | K-50 | 4 | 00:01:56 | 01:02:29.05 | 01:04:25.75 | +00:26:10 | 6:14 | 9.6 |
| 178 | KUCZERA Beata | 4 | | K-30 | 24 | 00:01:57 | 01:02:28.60 | 01:04:25.80 | +00:26:09 | 6:14 | 9.6 |
| 179 | LUBOWICKA Katarzyna | 7 | RYBICKA GRUPA BIEGOWA | K-20 | 6 | 00:01:57 | 01:02:28.55 | 01:04:25.85 | +00:26:09 | 6:14 | 9.6 |
| 180 | ERWIN Marta | 1303 | FIGHT CLUB KNURÓW | K-30 | 28 | 00:01:03 | 01:03:27.20 | 01:04:31.15 | +00:27:08 | 6:20 | 9.5 |
| 181 | ŁUSZCZ Oliwier | 1525 | | M-20 | 29 | 00:00:09 | 01:04:35.95 | 01:04:45.00 | +00:28:17 | 6:27 | 9.3 |
| 182 | MOKRZYCKA Justyna | 1356 | BIEGAMY Z SERCEM | K-30 | 29 | 00:01:25 | 01:03:38.00 | 01:05:03.35 | +00:27:19 | 6:21 | 9.4 |
| 183 | MAZURKIEWICZ Agnieszka | 1558 | WARSAW MASTERS TEAM | K-30 | 26 | 00:01:45 | 01:03:21.20 | 01:05:06.85 | +00:27:02 | 6:20 | 9.5 |
| 184 | CZERNIAK Celina | 1469 | | K-30 | 27 | 00:01:45 | 01:03:21.30 | 01:05:07.15 | +00:27:02 | 6:20 | 9.5 |
| 185 | DOMAGALSKI Mirosław | 1381 | | M-30 | 52 | 00:01:04 | 01:04:09.90 | 01:05:14.05 | +00:27:51 | 6:25 | 9.4 |
| 186 | JANOWSKA-CHWALISZEWSKA Agnieszka | 1394 | NIGHT RUNNERS GLIWICE | K-40 | 20 | 00:01:44 | 01:03:31.50 | 01:05:16.20 | +00:27:12 | 6:21 | 9.4 |
| 187 | KURA Lesław | 1532 | UNISONO | M-50 | 11 | 00:02:12 | 01:03:33.30 | 01:05:45.50 | +00:27:14 | 6:21 | 9.4 |
| 188 | MISIEK Jolanta | 1446 | | K-40 | 21 | 00:00:53 | 01:05:00.25 | 01:05:54.20 | +00:28:41 | 6:30 | 9.2 |
| 189 | ŁUKASZCZYK Adam | 1467 | FUTURE PROCESSING | M-30 | 53 | 00:01:41 | 01:04:19.90 | 01:06:01.70 | +00:28:01 | 6:26 | 9.3 |
| 190 | MUCHA-KUŚ Karolina | 1522 | | K-30 | 30 | 00:01:59 | 01:04:30.75 | 01:06:30.15 | +00:28:12 | 6:27 | 9.3 |
| 191 | KUŚ Michał | 1521 | | M-30 | 54 | 00:01:59 | 01:04:30.30 | 01:06:30.25 | +00:28:11 | 6:27 | 9.3 |
| 192 | WÓJTOWICZ Agnieszka | 1526 | ISTA BIEGAMY | K-30 | 31 | 00:00:59 | 01:05:57.30 | 01:06:57.05 | +00:29:38 | 6:35 | 9.1 |
| 193 | STOLARZ Agnieszka | 1353 | NIGHT RUNNERS GLIWICE | K-40 | 24 | 00:00:49 | 01:06:23.10 | 01:07:12.80 | +00:30:04 | 6:38 | 9 |
| 194 | JANOSZEK Małgorzata | 1435 | | K-30 | 33 | 00:00:27 | 01:06:49.90 | 01:07:17.30 | +00:30:31 | 6:41 | 9 |
| 195 | RAŁ Zdzisława | 1444 | | K-60 | 1 | 00:00:28 | 01:06:50.15 | 01:07:18.45 | +00:30:31 | 6:41 | 9 |
| 196 | SUSEŁ Aleksander | 1 | CAŁA NAPRZÓD | M-20 | 31 | 00:00:01 | 01:07:43.55 | 01:07:45.05 | +00:31:24 | 6:46 | 8.9 |
| 197 | KUPIS Katarzyna | 1485 | KUDŁATY ART TEAM | K-20 | 8 | 00:01:09 | 01:06:37.40 | 01:07:46.60 | +00:30:18 | 6:39 | 9 |
| 198 | POGORZELSKA-KLIKS Agata | 1382 | UNISONO | K-40 | 22 | 00:02:05 | 01:05:48.40 | 01:07:53.95 | +00:29:29 | 6:34 | 9.1 |
| 199 | NAWROT Katarzyna | 1538 | PKO BP | K-30 | 34 | 00:00:43 | 01:07:11.30 | 01:07:55.15 | +00:30:52 | 6:43 | 8.9 |
| 200 | MULARCZYK Tomasz | 1537 | PKO BP | M-40 | 33 | 00:00:43 | 01:07:11.75 | 01:07:55.45 | +00:30:53 | 6:43 | 8.9 |
| 201 | MAZUR Kamila | 1514 | | K-30 | 35 | 00:00:55 | 01:07:12.10 | 01:08:08.00 | +00:30:53 | 6:43 | 8.9 |
| 202 | POSMYK Beata | 1368 | BFRT.ORG.PL | K-30 | 32 | 00:01:35 | 01:06:36.05 | 01:08:12.00 | +00:30:17 | 6:39 | 9 |
| 203 | HRYSZKIEWICZ Barbara | 1385 | AKMB PĘDZIWIATR GLIWICE | K-40 | 23 | 00:02:05 | 01:06:09.90 | 01:08:15.35 | +00:29:51 | 6:37 | 9.1 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-----------|--------------|------------|
| 204 | OTEBEYE Amina | 1301 | MACHINAGROUP | K-30 | 38 | 00:00:05 | 01:08:11.55 | 01:08:17.30 | +00:31:52 | 6:49 | 8.8 |
| 205 | KOBIERSKA Anna | 1355 | | K-20 | 7 | 00:01:55 | 01:06:24.00 | 01:08:19.80 | +00:30:05 | 6:38 | 9 |
| 206 | SOKOŁOWSKI Mateusz | 1352 | | M-20 | 30 | 00:01:57 | 01:06:27.70 | 01:08:25.30 | +00:30:09 | 6:38 | 9 |
| 207 | OTOROWSKA Aleksandra | 1412 | | K-30 | 36 | 00:00:34 | 01:07:58.35 | 01:08:32.55 | +00:31:39 | 6:47 | 8.8 |
| 208 | POSMYK Sebastian | 1367 | BFRT.ORG.PL | M-40 | 32 | 00:01:37 | 01:06:57.50 | 01:08:34.95 | +00:30:38 | 6:41 | 9 |
| 209 | LISOWSKA Barbara | 1478 | | K-40 | 25 | 00:01:26 | 01:07:12.35 | 01:08:38.35 | +00:30:53 | 6:43 | 8.9 |
| 210 | GOJ Jerzy | 1377 | PIEKARY ŚLĄSKIE | M-50 | 12 | 00:00:45 | 01:08:13.45 | 01:08:58.85 | +00:31:54 | 6:49 | 8.8 |
| 211 | BLUSZCZ Marta | 1539 | | K-30 | 37 | 00:01:24 | 01:08:01.10 | 01:09:25.55 | +00:31:42 | 6:48 | 8.8 |
| 212 | KOTLIŃSKA Natalia | 1329 | | K-20 | 10 | 00:00:57 | 01:09:04.80 | 01:10:02.60 | +00:32:46 | 6:54 | 8.7 |
| 213 | DUDZICZ Barbara | 1597 | PKO BP | K-40 | 26 | 00:00:46 | 01:09:23.45 | 01:10:10.40 | +00:33:04 | 6:56 | 8.6 |
| 214 | PIRÓG Beata | 1470 | | K-30 | 39 | 00:01:39 | 01:08:46.15 | 01:10:25.25 | +00:32:27 | 6:52 | 8.7 |
| 215 | LUTOGNIIEWSKA Dorota | 1315 | BIPROHUT | K-20 | 9 | 00:01:55 | 01:09:02.05 | 01:10:57.80 | +00:32:43 | 6:54 | 8.7 |
| 216 | TRZOPEK Marcin | 1420 | | M-20 | 32 | 00:00:10 | 01:11:04.10 | 01:11:14.65 | +00:34:45 | 7:06 | 8.4 |
| 217 | SŁODKIEWICZ Grzegorz | 1442 | | M-40 | 34 | 00:02:25 | 01:08:56.30 | 01:11:21.55 | +00:32:37 | 6:53 | 8.7 |
| 218 | HOMIŃSKA Krystyna | 1551 | PKO BP | K-50 | 6 | 00:00:18 | 01:11:03.55 | 01:11:22.50 | +00:34:44 | 7:06 | 8.4 |
| 219 | FILIPCZYK Izabela | 1415 | | K-30 | 40 | 00:01:50 | 01:11:01.75 | 01:12:52.50 | +00:34:43 | 7:06 | 8.4 |
| 220 | WILK Weronika | 1414 | | K-30 | 41 | 00:01:50 | 01:11:02.15 | 01:12:52.75 | +00:34:43 | 7:06 | 8.4 |
| 221 | BOCZAROWSKA Barbara | 1482 | EXPERT TRAVEL | K-30 | 43 | 00:00:26 | 01:13:51.80 | 01:14:18.30 | +00:37:33 | 7:23 | 8.1 |
| 222 | ANDRACZEK Magdalena Anna | 1547 | | K-30 | 42 | 00:01:56 | 01:12:35.55 | 01:14:31.75 | +00:36:16 | 7:15 | 8.3 |
| 223 | ZEMBOK Filip | 1311 | ROCKWELL TEAM | M-30 | 55 | 00:02:20 | 01:13:29.50 | 01:15:49.70 | +00:37:10 | 7:20 | 8.2 |
| 224 | SZOKA Ewa | 1409 | NIGHT RUNNER GLIWICE | K-30 | 44 | 00:01:43 | 01:14:09.80 | 01:15:53.30 | +00:37:51 | 7:25 | 8.1 |
| 225 | WYSOCKA Magdalena | 1308 | ETE RUN | K-40 | 27 | 00:02:20 | 01:15:25.15 | 01:17:45.65 | +00:39:06 | 7:32 | 8 |
| 226 | FRĄC Elżbieta | 1314 | NIGHT RUNNERS GLIWICE | K-30 | 46 | 00:00:47 | 01:17:42.50 | 01:18:29.80 | +00:41:23 | 7:46 | 7.7 |
| 227 | VEGA ZUMETA Brygida | 1396 | PADŁ NA RYJ TEAM | K-30 | 45 | 00:01:49 | 01:17:03.00 | 01:18:52.95 | +00:40:44 | 7:42 | 7.8 |
| 228 | PANKIEWICZ Katarzyna | 1498 | GRUPA CMYKI | K-40 | 28 | 00:02:13 | 01:17:24.65 | 01:19:38.35 | +00:41:06 | 7:44 | 7.8 |
| 229 | STEFAŃCZYK Krzysztof | 1384 | | M-30 | 56 | 00:00:21 | 01:20:21.55 | 01:20:43.30 | +00:44:02 | 8:02 | 7.5 |
| 230 | HRYSZKIEWICZ Anna | 1451 | UNISONO | K-20 | 11 | 00:02:13 | 01:18:34.50 | 01:20:47.55 | +00:42:15 | 7:51 | 7.6 |
| 231 | MURKOWSKI Sławomir | 1348 | HIRSCHVOGEL | M-40 | 35 | 00:00:35 | 01:23:06.00 | 01:23:41.95 | +00:46:47 | 8:18 | 7.2 |
| 232 | GĄSZCZAK Tadeusz | 1341 | | M-70 | 1 | 00:00:11 | 01:31:34.75 | 01:31:46.50 | +00:55:16 | 9:09 | 6.6 |
| 233 | TOMCZAK Małgorzata | 1536 | | K-40 | 29 | 00:00:20 | 01:33:54.40 | 01:34:14.90 | +00:57:35 | 9:23 | 6.4 |
| 234 | KOWALCZYK Anna | 1338 | HIRSCHVOGEL | K-40 | 30 | 00:00:13 | 01:38:58.35 | 01:39:11.80 | +01:02:39 | 9:53 | 6.1 |
| 235 | MUCHA Edward | 1386 | | M-70 | 2 | 00:00:18 | 02:56:44.10 | 02:57:02.90 | +02:20:25 | 17:40 | 3.4 |
| 236 | WIERZBICKI Marcin | 1486 | | M-30 | 57 | 00:00:48 | | | +00:38:37 | 14:52 | 4 |
| 237 | IZYDORCZYK Agnieszka | 1337 | HIRSCHVOGEL | K-30 | 47 | 00:00:13 | | | +01:14:55 | 23:57 | 2.5 |

Znaleziono 237 wynik(ów)