



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

10 KM ATEST PZLA GLIWICKI

B4SPORT

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	SZYMAŃSKI Paweł	1427	NIEWYMIĘKACZE	M-20	1	00:00:02	00:36:18.65	00:36:21.35		3:37	16.5 (100%)
2	SZYMAŃSKI Bartosz	1479	NIEWYMIĘKACZE	M-30	1	00:00:03	00:37:03.70	00:37:06.85	+00:00:45 (2.0%)	3:42	16.2 (98.2%)
3	LUBELSKI Łukasz	1516		M-40	1	00:00:03	00:37:05.90	00:37:09.55	+00:00:47 (2.1%)	3:42	16.2 (98.2%)
4	MUSKIETORZ Piotr	1432		M-20	2	00:00:08	00:39:14.95	00:39:23.75	+00:02:56 (7.5%)	3:55	15.3 (92.7%)
5	JASIOK Michał	1434		M-30	2	00:00:02	00:40:00.25	00:40:02.60	+00:03:41 (9.2%)	4:00	15 (90.9%)
6	BUDKA Borys	1111		M-30	3	00:00:03	00:40:02.65	00:40:05.70	+00:03:44 (9.3%)	4:00	15 (90.9%)
7	ZACZYK Andrzej	1477		M-30	4	00:00:04	00:40:15.90	00:40:20.10	+00:03:57 (9.8%)	4:01	14.9 (90.3%)
8	ORLICKI Stanisław	1302		M-50	1	00:00:03	00:40:36.90	00:40:40.80	+00:04:18 (10.6%)	4:03	14.8 (89.7%)
9	GÓRYŃSKI Rafał	9	RYBICKA GRUPA BIEGOWA	M-20	3	00:00:05	00:40:39.95	00:40:45.10	+00:04:21 (10.7%)	4:04	14.8 (89.7%)
10	TARCZEWSKI Tomasz	1488	TARCZA TRIATHLON TEAM	M-30	5	00:00:03	00:40:54.00	00:40:57.60	+00:04:35 (11.2%)	4:05	14.7 (89.1%)
11	OGRODNICZEK Adam	1448	AKMB PĘDZIWIATR GLIWICE	M-40	2	00:00:13	00:40:53.25	00:41:06.50	+00:04:34 (11.2%)	4:05	14.7 (89.1%)
12	MAŁEK Piotr	1530		M-30	6	00:00:05	00:41:27.90	00:41:32.90	+00:05:09 (12.4%)	4:08	14.5 (87.9%)
13	KRASNODĘBSKI Robert	1457		M-40	3	00:00:04	00:41:29.20	00:41:33.45	+00:05:10 (12.5%)	4:08	14.5 (87.9%)
14	WAJDA Grzegorz	1430	KW GLIWICE	M-30	7	00:00:05	00:41:29.60	00:41:34.95	+00:05:10 (12.5%)	4:08	14.5 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	JOANNA Olchawa	1503		K-40	1	00:00:04	00:41:33.45	00:41:37.85	+00:05:14 (12.6%)	4:09	14.4 (87.3%)
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 (12.7%)	4:09	14.4 (87.3%)
17	PASTUCHA Marek	1436	CROSS KRAPKOWICE	M-50	2	00:00:10	00:41:54.40	00:42:04.45	+00:05:35 (13.4%)	4:11	14.3 (86.7%)
18	CZARNOŻYŃSKI Aleksander	1529	GTT-INTER PROJEKT	M-50	3	00:00:09	00:42:07.20	00:42:16.80	+00:05:48 (13.8%)	4:12	14.2 (86.1%)
19	KONFEDERAK Tomasz	1362		M-40	4	00:00:07	00:42:38.40	00:42:45.95	+00:06:19 (14.8%)	4:15	14.1 (85.5%)
20	OLESIŃSKI Tomasz	1323		M-40	5	00:00:06	00:43:01.50	00:43:08.30	+00:06:42 (15.6%)	4:18	13.9 (84.2%)
21	WAWRZAK Ryszard	1413		M-40	6	00:00:49	00:44:07.10	00:44:56.85	+00:07:48 (17.7%)	4:24	13.6 (82.4%)
22	DROSDZOL Piotr	1559		M-20	4	00:00:33	00:45:19.95	00:45:53.40	+00:09:01 (19.9%)	4:32	13.2 (80.0%)
23	MACIEJOŃCZYK Mariusz	10	RYBICKA GRUPA BIEGOWA	M-40	7	00:00:25	00:45:37.40	00:46:02.55	+00:09:18 (20.4%)	4:33	13.2 (80.0%)
24	ĆWIKLIŃSKI Piotr	1496	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	9	00:00:09	00:46:10.00	00:46:19.65	+00:09:51 (21.3%)	4:37	13 (78.8%)
25	KRYSTEK Marcin	1441		M-30	11	00:00:30	00:46:20.10	00:46:50.75	+00:10:01 (21.6%)	4:38	12.9 (78.2%)
26	WYCIŚLIK Marcin	1318	HIRSCHVOGEL	M-30	12	00:00:11	00:46:47.25	00:46:58.80	+00:10:28 (22.4%)	4:40	12.8 (77.6%)
27	CESARZ Maciej	1487	TYLKO CURLING!	M-30	10	00:00:41	00:46:19.35	00:47:00.85	+00:10:00 (21.6%)	4:37	13 (78.8%)
28	GARDULSKA-BOTOR Katarzyna	1376		K-30	1	00:00:21	00:46:53.75	00:47:15.20	+00:10:35 (22.6%)	4:41	12.8 (77.6%)
29	ŻEROMSKI Stefan	1517	JASNA GLIWICE	M-50	4	00:00:18	00:47:12.40	00:47:31.25	+00:10:53 (23.1%)	4:43	12.7 (77.0%)
30	SKRZYPCZYK Paweł	1505		M-40	9	00:00:05	00:47:26.40	00:47:31.40	+00:11:07 (23.5%)	4:44	12.6 (76.4%)
31	MERMON Artur	1543		M-50	5	00:00:07	00:47:41.45	00:47:49.10	+00:11:22 (23.9%)	4:46	12.6 (76.4%)
32	BESSA Ricardo	1375	TEAM DOUBLE TROUBLE	M-30	8	00:02:14	00:45:35.70	00:47:49.70	+00:09:17 (20.4%)	4:33	13.2 (80.0%)
33	PĘDOWSKA Bożena	1417	INDYWIDUALNIE	K-50	1	00:00:10	00:48:02.40	00:48:12.75	+00:11:43 (24.4%)	4:48	12.5 (75.8%)
34	BAŃBUŁA Grzegorz	1300		M-30	13	00:00:11	00:48:10.65	00:48:21.80	+00:11:52 (24.6%)	4:49	12.5 (75.8%)
35	MYCZKOWSKI Adam	1410		M-20	7	00:00:25	00:48:22.65	00:48:48.25	+00:12:04 (24.9%)	4:50	12.4 (75.2%)
36	OSSOWSKI Dariusz	1340	HIRSCHVOGEL	M-20	8	00:00:19	00:48:34.40	00:48:54.30	+00:12:15 (25.2%)	4:51	12.3 (74.5%)
37	CZAUDERNA Adrian	1350	ETERUN	M-40	8	00:01:45	00:47:23.80	00:49:09.20	+00:11:05 (23.4%)	4:44	12.7 (77.0%)

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38	KOTAS Adam	1455		M-20	5	00:02:06	00:47:05.70	00:49:12.05	+00:10:47 (22.9%)	4:42	12.7 (77.0%)
39	LEGUTKO Piotr	1499	-	M-20	6	00:01:51	00:47:30.20	00:49:21.85	+00:11:11 (23.6%)	4:45	12.6 (76.4%)
40	WICHARY Marcin	1528	ISTA BIEGAMY	M-30	14	00:01:00	00:48:34.65	00:49:35.35	+00:12:16 (25.3%)	4:51	12.3 (74.5%)
41	UZDRZYCHOWSKI Maciej	1378	WF SPORTRUN TEAM	M-20	9	00:01:12	00:48:41.80	00:49:53.80	+00:12:23 (25.4%)	4:52	12.3 (74.5%)
42	WEŻYK Wojciech	1460		M-40	10	00:00:10	00:49:48.00	00:49:58.25	+00:13:29 (27.1%)	4:58	12 (72.7%)
43	BUGAJSKI Mariusz	1556		M-40	13	00:00:07	00:50:32.05	00:50:39.50	+00:14:13 (28.1%)	5:03	11.9 (72.1%)
44	OPIOŁA Tomasz	1598	HARNAŚ	M-30	19	00:00:17	00:50:37.85	00:50:55.45	+00:14:19 (28.3%)	5:03	11.8 (71.5%)
45	SOKOŁOWSKI Łukasz	1351		M-20	10	00:01:57	00:49:10.20	00:51:07.40	+00:12:51 (26.2%)	4:55	12.2 (73.9%)
46	ZARUDZKI Łukasz	1357	NOTHING TO FEAR	M-30	15	00:01:12	00:49:54.70	00:51:07.50	+00:13:36 (27.2%)	4:59	12 (72.7%)
47	GOŹDZICKI Leszek	1429	NIGHT RUNNERS ZABRZE	M-30	18	00:00:39	00:50:33.70	00:51:13.35	+00:14:15 (28.2%)	5:03	11.9 (72.1%)
48	LASICZ Aleksandra	1418		K-30	2	00:01:49	00:49:33.80	00:51:22.80	+00:13:15 (26.7%)	4:57	12.1 (73.3%)
49	BRODEK Andrzej	1474		M-40	12	00:01:13	00:50:16.35	00:51:30.25	+00:13:57 (27.8%)	5:01	11.9 (72.1%)
50	ZIOMEK Katarzyna	1459		K-30	3	00:01:04	00:50:35.80	00:51:40.50	+00:14:17 (28.2%)	5:03	11.9 (72.1%)
51	BIOLIK Piotr	1419	--	M-40	11	00:01:57	00:49:58.35	00:51:55.95	+00:13:39 (27.3%)	4:59	12 (72.7%)
52	PIKUL Wiktoria	1402	GRUPA KOLARSKA GLIWICE BIKE ATELIER	Mieszkancki Gliwic	1	00:00:39	00:51:18.75	00:51:58.40	+00:15:00 (29.2%)	5:07	11.7 (70.9%)
53	ŁUSZCZ Andrzej	1416		M-16	1	00:00:54	00:51:10.25	00:52:05.15	+00:14:51 (29.0%)	5:07	11.7 (70.9%)
54	HEFFNER Remigiusz	1078	RYBICKA GRUPA BIEGOWA	M-30	16	00:01:57	00:50:20.20	00:52:17.35	+00:14:01 (27.9%)	5:02	11.9 (72.1%)
55	KUCZERA Łukasz	8	RYBICKA GRUPA BIEGOWA	M-30	17	00:01:56	00:50:20.70	00:52:17.40	+00:14:02 (27.9%)	5:02	11.9 (72.1%)
56	RYBAK Andrzej	1335	HIRSCHVOGEL	M-20	13	00:00:34	00:51:51.10	00:52:25.35	+00:15:32 (30.0%)	5:11	11.6 (70.3%)
57	BIENIEK Sebastian	1324	HIRSCHVOGEL	M-30	20	00:00:35	00:51:54.15	00:52:29.80	+00:15:35 (30.0%)	5:11	11.6 (70.3%)
58	PIKTAS Paweł	1535		M-40	14	00:01:22	00:51:13.80	00:52:35.85	+00:14:55 (29.1%)	5:07	11.7 (70.9%)
59	TROJAN Paweł	1552	ITACY BIEGACZE	M-20	12	00:01:54	00:50:42.75	00:52:37.40	+00:14:24 (28.4%)	5:04	11.8 (71.5%)
60	CANIBOŁ Anna	1306		K-20	1	00:01:27	00:51:10.70	00:52:38.65	+00:14:52 (29.1%)	5:07	11.7 (70.9%)

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61	DESMOND Robert	1458		M-20	11	00:02:06	00:50:42.40	00:52:49.30	+00:14:23 (28.4%)	5:04	11.8 (71.5%)
62	ROMANIUK Piotr	1425	WZP SUM BYTOM	M-30	23	00:00:14	00:52:40.25	00:52:54.90	+00:16:21 (31.1%)	5:16	11.4 (69.1%)
63	SŁOWIK Paweł	1484		M-20	14	00:00:53	00:52:07.15	00:53:00.80	+00:15:48 (30.3%)	5:12	11.5 (69.7%)
64	PAWLUS Grzegorz	1361		M-30	22	00:00:55	00:52:14.30	00:53:09.60	+00:15:55 (30.5%)	5:13	11.5 (69.7%)
65	WOSZTAL Patryk	1426	MACHINA ADVENTURE	M-30	25	00:00:05	00:53:16.60	00:53:22.05	+00:16:57 (31.8%)	5:19	11.3 (68.5%)
66	OLESIŃSKA Joanna	1322		K-40	3	00:00:48	00:52:34.95	00:53:23.35	+00:16:16 (30.9%)	5:15	11.4 (69.1%)
67	BRONOWICKA Dorota	1423		K-20	2	00:00:39	00:52:44.75	00:53:24.55	+00:16:26 (31.2%)	5:16	11.4 (69.1%)
68	MICHALIK Małgorzata	1387		K-30	4	00:00:42	00:52:44.45	00:53:26.80	+00:16:25 (31.2%)	5:16	11.4 (69.1%)
69	STAWSKA Joanna	1307	BIEGAJ Z TRENERAMI	K-50	2	00:00:42	00:52:50.95	00:53:33.70	+00:16:32 (31.3%)	5:17	11.4 (69.1%)
70	GOŁĘBIEWSKI Marek	1370		M-30	21	00:01:37	00:51:58.80	00:53:35.95	+00:15:40 (30.1%)	5:11	11.5 (69.7%)
71	MĘDRALA Jacek	1389		M-40	19	00:00:10	00:53:39.85	00:53:50.45	+00:17:21 (32.3%)	5:22	11.2 (67.9%)
72	GRZYWNA Marek	1490	LZS WOJCIECHÓW	M-40	17	00:00:22	00:53:30.85	00:53:52.95	+00:17:12 (32.1%)	5:21	11.2 (67.9%)
73	ROŻEK Agata	1346		K-16	1	00:01:47	00:52:13.10	00:54:00.85	+00:15:54 (30.5%)	5:13	11.5 (69.7%)
73	ROŻEK Michał	1345		M-40	15	00:01:47	00:52:13.70	00:54:00.85	+00:15:55 (30.5%)	5:13	11.5 (69.7%)
75	DUDEK Dariusz	1493	CHOPCY SZERYFA	M-50	6	00:01:52	00:52:12.30	00:54:05.10	+00:15:53 (30.4%)	5:13	11.5 (69.7%)
76	BRYLIŃSKI Ryszard	1443	NIEZRZESZONY	M-50	7	00:00:32	00:53:37.80	00:54:10.10	+00:17:19 (32.3%)	5:21	11.2 (67.9%)
77	LENTZY Grzegorz	1422		M-30	29	00:00:14	00:54:02.90	00:54:17.05	+00:17:44 (32.8%)	5:24	11.1 (67.3%)
78	BAŃKOWSKI Sebastian	1393		M-20	15	00:02:03	00:52:15.05	00:54:19.00	+00:15:56 (30.5%)	5:13	11.5 (69.7%)
79	DYMAREK Łukasz	1398	KM PSP GLIWICE	M-30	24	00:01:26	00:53:07.85	00:54:34.65	+00:16:49 (31.7%)	5:18	11.3 (68.5%)
80	SWOBODA Jarosław	1449	NIGHT RUNNERS GLIWICE	M-30	28	00:00:54	00:53:41.05	00:54:35.45	+00:17:22 (32.4%)	5:22	11.2 (67.9%)
81	PIKOŃ Krzysztof	1595		M-40	16	00:01:33	00:53:06.40	00:54:40.30	+00:16:47 (31.6%)	5:18	11.3 (68.5%)
82	MALSKA- WYROZUMSKA Małgorzata	1433		K-30	5	00:00:45	00:53:59.55	00:54:45.25	+00:17:40 (32.7%)	5:24	11.1 (67.3%)
83	SZMYD Wojciech	1507		M-30	26	00:01:17	00:53:37.65	00:54:54.75	+00:17:19 (32.3%)	5:21	11.2 (67.9%)

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84	SADOWSKI Tomasz	1404	KOSSMATE ŻUKI	M-30	27	00:01:17	00:53:37.95	00:54:54.95	+00:17:19 (32.3%)	5:21	11.2 (67.9%)
85	SZARZYŃSKA-GRYCHNIK Jola	1489		K-40	5	00:01:08	00:53:58.30	00:55:06.35	+00:17:39 (32.7%)	5:23	11.1 (67.3%)
86	MAĆZYŃSKA Agnieszka	1465		K-40	4	00:01:35	00:53:40.50	00:55:15.80	+00:17:21 (32.4%)	5:22	11.2 (67.9%)
87	HAJDUGA Rafał	1502	GLIWICE	M-40	20	00:00:45	00:54:33.30	00:55:18.40	+00:18:14 (33.4%)	5:27	11 (66.7%)
87	PĄCHALSKI Andrzej	1481	KS NEMO	M-50	8	00:00:05	00:55:13.10	00:55:18.40	+00:18:54 (34.2%)	5:31	10.9 (66.1%)
89	DYMAREK Beata	1399		K-20	3	00:01:27	00:53:51.60	00:55:18.85	+00:17:32 (32.6%)	5:23	11.1 (67.3%)
90	TURCZYN Mateusz	1555	HIRSCHVOGEL	M-20	18	00:00:33	00:54:46.70	00:55:20.65	+00:18:28 (33.7%)	5:28	11 (66.7%)
91	MACHACZKA Dawid	1437		M-30	30	00:00:57	00:54:26.65	00:55:23.85	+00:18:08 (33.3%)	5:26	11 (66.7%)
92	HAJDUKIEWICZ Michał	1475		M-20	17	00:01:14	00:54:14.80	00:55:29.20	+00:17:56 (33.1%)	5:25	11.1 (67.3%)
93	KRZEMIŃSKI Mirosław	1424		M-40	18	00:02:07	00:53:32.25	00:55:39.90	+00:17:13 (32.2%)	5:21	11.2 (67.9%)
94	IBROM-JASIŃSKA Justyna	1533		K-30	7	00:01:08	00:54:41.15	00:55:49.40	+00:18:22 (33.6%)	5:28	11 (66.7%)
95	GRUCHAŁA Anna	1400		K-30	9	00:00:56	00:54:57.10	00:55:53.35	+00:18:38 (33.9%)	5:29	10.9 (66.1%)
96	KRYNICKI Paweł	1511		M-20	16	00:02:02	00:53:55.60	00:55:57.75	+00:17:36 (32.7%)	5:23	11.1 (67.3%)
97	BRZÓZKA Piotr	1580		M-20	19	00:00:57	00:55:04.30	00:56:01.45	+00:18:45 (34.1%)	5:30	10.9 (66.1%)
98	DĘBSKA Joanna	1519	NIGHT RUNNERS GLIWICE	K-40	8	00:00:47	00:55:24.60	00:56:11.60	+00:19:05 (34.5%)	5:32	10.8 (65.5%)
99	WŁOCHOWSKI Krzysztof	1501		M-40	22	00:01:20	00:54:55.35	00:56:15.50	+00:18:36 (33.9%)	5:29	10.9 (66.1%)
100	BOBEŁ Krzysztof	1440		M-30	31	00:01:35	00:54:41.30	00:56:16.75	+00:18:22 (33.6%)	5:28	11 (66.7%)
101	SZCZURASZEK Maciej	1374		M-40	21	00:01:44	00:54:33.60	00:56:18.00	+00:18:14 (33.4%)	5:27	11 (66.7%)
102	FRANECKA Anna	1450		K-20	5	00:01:00	00:55:21.45	00:56:21.80	+00:19:02 (34.4%)	5:32	10.8 (65.5%)
103	KNEBEL Patrycja	1439		K-20	4	00:01:33	00:54:50.30	00:56:24.00	+00:18:31 (33.8%)	5:29	10.9 (66.1%)
104	ANDRZEJCZAK Iwona	1309		K-30	8	00:01:38	00:54:50.15	00:56:28.20	+00:18:31 (33.8%)	5:29	10.9 (66.1%)
105	BALIŃSKA-SANOCKA Aneta	1343		K-30	6	00:02:02	00:54:27.10	00:56:29.25	+00:18:08 (33.3%)	5:26	11 (66.7%)
106	SANOCKA Dorota	1342		K-40	6	00:02:02	00:54:28.60	00:56:31.30	+00:18:09 (33.3%)	5:26	11 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	ZIĘBA Sabina	1326		K-30	11	00:00:05	00:56:27.20	00:56:32.20	+00:20:08 (35.7%)	5:38	10.6 (64.2%)
108	CZAPEK Anna	1500	BOJKÓW	K-40	9	00:01:03	00:55:29.75	00:56:33.45	+00:19:11 (34.6%)	5:33	10.8 (65.5%)
109	CYBA Marek	1454		M-40	23	00:01:39	00:54:56.35	00:56:36.25	+00:18:37 (33.9%)	5:29	10.9 (66.1%)
110	GIL Wojciech	1560		M-40	24	00:00:49	00:55:49.75	00:56:39.60	+00:19:31 (35.0%)	5:35	10.7 (64.8%)
111	BORKOWSKA Sonia	1403	3 WATERS	K-40	14	00:00:23	00:56:24.55	00:56:47.90	+00:20:05 (35.6%)	5:38	10.6 (64.2%)
112	GRUCHALSKI Jakub	1527	ISTA BIEGAMY	M-30	34	00:01:00	00:55:52.25	00:56:52.70	+00:19:33 (35.0%)	5:35	10.7 (64.8%)
113	PETEJA-ĆWIK Aleksandra	1495		K-40	10	00:00:50	00:56:03.25	00:56:54.05	+00:19:44 (35.2%)	5:36	10.7 (64.8%)
114	MERKEL Sabina	1577		K-30	10	00:01:56	00:54:58.70	00:56:55.15	+00:18:40 (34.0%)	5:29	10.9 (66.1%)
115	SOSNOWSKI Maciej	1491		M-30	32	00:01:54	00:55:02.90	00:56:57.25	+00:18:44 (34.0%)	5:30	10.9 (66.1%)
116	DUSS Sonia	1524		K-40	7	00:01:42	00:55:15.75	00:56:58.60	+00:18:57 (34.3%)	5:31	10.9 (66.1%)
117	CZOGALA Piotr	1542		M-40	25	00:00:51	00:56:25.55	00:57:16.95	+00:20:06 (35.6%)	5:38	10.6 (64.2%)
118	PROTAS Tomasz	1463	ZSO5 GLIWICE	M-30	36	00:00:51	00:56:26.10	00:57:17.35	+00:20:07 (35.7%)	5:38	10.6 (64.2%)
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 (35.3%)	5:36	10.7 (64.8%)
120	SKURA Adam	1510		M-20	20	00:02:14	00:55:21.85	00:57:36.70	+00:19:03 (34.4%)	5:32	10.8 (65.5%)
121	MYŚLAK Mariusz	1557		M-30	33	00:02:21	00:55:20.10	00:57:41.40	+00:19:01 (34.4%)	5:32	10.8 (65.5%)
122	FOLTYN Armin	1513		M-30	35	00:01:23	00:56:17.95	00:57:41.90	+00:19:59 (35.5%)	5:37	10.7 (64.8%)
123	LESISZ Katarzyna	1438		K-40	11	00:01:33	00:56:08.75	00:57:41.95	+00:19:50 (35.3%)	5:36	10.7 (64.8%)
124	HELHLMANN Beata	1512		K-40	13	00:01:23	00:56:18.25	00:57:42.10	+00:19:59 (35.5%)	5:37	10.7 (64.8%)
125	ROCHOWSKI Paweł	1541		M-20	22	00:01:07	00:57:08.90	00:58:16.00	+00:20:50 (36.5%)	5:42	10.5 (63.6%)
126	LIPOWSKI Grzegorz	1411		M-30	39	00:01:08	00:57:09.40	00:58:17.75	+00:20:50 (36.5%)	5:42	10.5 (63.6%)
127	RYBAK Piotr	1391		M-20	21	00:01:58	00:56:27.75	00:58:25.80	+00:20:09 (35.7%)	5:38	10.6 (64.2%)
128	CZERNAK Żaneta	1364		K-40	15	00:01:49	00:56:37.35	00:58:26.65	+00:20:18 (35.9%)	5:39	10.6 (64.2%)
129	WÓJCIAK Katarzyna	1363		K-30	12	00:01:49	00:56:36.90	00:58:26.75	+00:20:18 (35.9%)	5:39	10.6 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	CYBAŁA Piotr	1366		M-30	38	00:01:34	00:56:54.95	00:58:29.90	+00:20:36 (36.2%)	5:41	10.5 (63.6%)
131	PIOTR Witulski	1504		M-30	37	00:02:07	00:56:39.95	00:58:47.75	+00:20:21 (35.9%)	5:40	10.6 (64.2%)
132	ONAK Izabela	1497		K-40	16	00:02:07	00:56:42.05	00:58:49.25	+00:20:23 (36.0%)	5:40	10.6 (64.2%)
133	DYWAN Iwona	1453		K-40	17	00:00:09	00:58:41.30	00:58:50.85	+00:22:22 (38.1%)	5:52	10.2 (61.8%)
133	DYWAN Klaudia	1452		K-16	2	00:00:09	00:58:41.50	00:58:50.85	+00:22:22 (38.1%)	5:52	10.2 (61.8%)
135	BEDNARZ Arkadiusz	1472		M-40	26	00:01:37	00:57:24.30	00:59:02.00	+00:21:05 (36.7%)	5:44	10.4 (63.0%)
136	WANDASIEWCZ Marcin	1380	BIEGAMWPYSKOWICACH	M-30	40	00:01:36	00:57:28.10	00:59:04.75	+00:21:09 (36.8%)	5:44	10.4 (63.0%)
137	POSTOŁ Karolina	1518	NIGHT RUNNERS GLIWICE	K-30	17	00:00:46	00:58:24.70	00:59:11.65	+00:22:06 (37.8%)	5:50	10.3 (62.4%)
138	BOBA Alicja	532	WPR MAMRE	K-30	14	00:01:39	00:57:41.40	00:59:21.35	+00:21:22 (37.1%)	5:46	10.4 (63.0%)
139	ZBOROWSKA Domika	1339	ISTA BIEGAMY	K-30	13	00:02:03	00:57:27.60	00:59:30.60	+00:21:08 (36.8%)	5:44	10.4 (63.0%)
140	SKWARA Katarzyna	1388	HIRSCHVOGEL	K-30	20	00:00:35	00:58:56.55	00:59:32.10	+00:22:37 (38.4%)	5:53	10.2 (61.8%)
141	KIJANKA Damian	1334	HIRSCHVOGEL	M-20	24	00:00:34	00:58:57.65	00:59:32.15	+00:22:39 (38.4%)	5:53	10.2 (61.8%)
142	LEGIEŻYŃSKI Krzysztof	1534		M-30	45	00:00:55	00:58:37.90	00:59:33.35	+00:22:19 (38.1%)	5:51	10.2 (61.8%)
143	GOCYK Patrycja	1447		K-30	19	00:00:53	00:58:39.85	00:59:33.80	+00:22:21 (38.1%)	5:52	10.2 (61.8%)
144	NOWICKA Iwona	1509		K-30	22	00:00:29	00:59:06.40	00:59:35.95	+00:22:47 (38.6%)	5:54	10.2 (61.8%)
145	GRYNKIEWICZ-SUDNIK Maciej	1371		M-30	41	00:01:36	00:58:01.15	00:59:37.60	+00:21:42 (37.4%)	5:48	10.3 (62.4%)
146	MALEC Marek	1331		M-20	23	00:02:16	00:57:27.95	00:59:44.20	+00:21:09 (36.8%)	5:44	10.4 (63.0%)
147	GOŁYŚ Dawid	1473		M-20	25	00:00:04	00:59:45.90	00:59:50.30	+00:23:27 (39.2%)	5:58	10 (60.6%)
148	KOPCIK Joanna	1471		K-30	18	00:01:33	00:58:26.40	00:59:59.45	+00:22:07 (37.9%)	5:50	10.3 (62.4%)
149	DĄBROWSKI Jacek	1347	HIRSCHVOGEL	M-30	49	00:00:36	00:59:28.35	01:00:04.95	+00:23:09 (38.9%)	5:56	10.1 (61.2%)
150	LASKOWSKA Anna	1407	KATA GURUMA	K-30	16	00:01:47	00:58:20.05	01:00:07.10	+00:22:01 (37.8%)	5:50	10.3 (62.4%)
151	POPCZYK Piotr	1456		M-30	43	00:02:06	00:58:08.30	01:00:14.65	+00:21:49 (37.5%)	5:48	10.3 (62.4%)
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 (37.6%)	5:49	10.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
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 (37.6%)	5:49	10.3 (62.4%)
154	ROJEK Michał	1320		M-30	42	00:02:14	00:58:07.05	01:00:21.65	+00:21:48 (37.5%)	5:48	10.3 (62.4%)
155	NOWAK-BODUCH Joanna	1548		K-50	3	00:00:22	01:00:00.85	01:00:23.75	+00:23:42 (39.5%)	6:00	10 (60.6%)
156	BROŻEK Anna	1383		K-30	23	00:01:07	00:59:17.95	01:00:25.35	+00:22:59 (38.8%)	5:55	10.1 (61.2%)
157	RATKA Dawid	1540		M-20	26	00:00:57	00:59:46.15	01:00:43.30	+00:23:27 (39.2%)	5:58	10 (60.6%)
158	KARASIŃSKI Jacek	1464		M-30	46	00:01:41	00:59:02.80	01:00:44.40	+00:22:44 (38.5%)	5:54	10.2 (61.8%)
158	DRAGON Karolina	1466	NIGHT RUNNERS GLIWICE	K-30	21	00:01:41	00:59:02.55	01:00:44.40	+00:22:43 (38.5%)	5:54	10.2 (61.8%)
160	RAKINT Bogdan	1401		M-30	47	00:01:54	00:59:13.90	01:01:08.25	+00:22:55 (38.7%)	5:55	10.1 (61.2%)
161	JUROWICZ Damian	1316		M-20	27	00:00:54	01:00:23.65	01:01:18.35	+00:24:05 (39.9%)	6:02	9.9 (60.0%)
162	SZWUGIER Dawid	1476	-	M-30	48	00:02:01	00:59:27.90	01:01:29.55	+00:23:09 (38.9%)	5:56	10.1 (61.2%)
163	KONICZEK Marek	1390		M-50	9	00:02:10	00:59:24.10	01:01:34.85	+00:23:05 (38.9%)	5:56	10.1 (61.2%)
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 (41.1%)	6:10	9.7 (58.8%)
164	DĘBSKI Mariusz	1520	NIGHT RUNNERS GLIWICE	M-40	28	00:00:47	01:01:40.35	01:02:27.75	+00:25:21 (41.1%)	6:10	9.7 (58.8%)
166	STRZYŻ Ryszard	1492	OPRNCACHING.PL	M-40	31	00:00:23	01:02:09.50	01:02:33.45	+00:25:50 (41.6%)	6:13	9.7 (58.8%)
167	BZÓWKA Andrzej	1421	TEAMAB PROJEKT	M-40	30	00:00:50	01:01:51.75	01:02:42.10	+00:25:33 (41.3%)	6:11	9.7 (58.8%)
168	BOGDANOWICZ Zbigniew	1431		M-40	27	00:02:21	01:00:45.65	01:03:07.30	+00:24:27 (40.2%)	6:04	9.9 (60.0%)
169	FRYDA Aneta	1592		K-40	18	00:01:44	01:01:30.30	01:03:14.95	+00:25:11 (41.0%)	6:09	9.8 (59.4%)
170	AUGUSTYNIAK Adam	1494		M-50	10	00:00:50	01:02:28.25	01:03:18.50	+00:26:09 (41.9%)	6:14	9.6 (58.2%)
171	GAŁOSZ Sebastian	1358	RAJSPORT ACTIVE ANTON TEAM	M-30	50	00:01:28	01:01:58.75	01:03:27.15	+00:25:40 (41.4%)	6:11	9.7 (58.8%)
172	ZACZEK Adam	1360	OPEL ACTIVE TEAM	M-30	51	00:01:27	01:02:15.35	01:03:42.75	+00:25:56 (41.7%)	6:13	9.6 (58.2%)
173	PIOTROWSKI Jarosław	1445		M-40	29	00:02:07	01:01:43.15	01:03:51.05	+00:25:24 (41.2%)	6:10	9.7 (58.8%)
174	JUSZCZAK Ewa	1392		K-50	5	00:00:26	01:03:25.65	01:03:51.80	+00:27:07 (42.8%)	6:20	9.5 (57.6%)
175	TRZEMŻALSKI Kamil	1508		M-20	28	00:01:04	01:02:49.65	01:03:53.95	+00:26:31 (42.2%)	6:16	9.6 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	WÓJCIK Anna	1428		K-30	25	00:01:33	01:02:49.75	01:04:22.85	+00:26:31 (42.2%)	6:16	9.6 (58.2%)
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 (41.9%)	6:14	9.6 (58.2%)
178	KUCZERA Beata	4		K-30	24	00:01:57	01:02:28.60	01:04:25.80	+00:26:09 (41.9%)	6:14	9.6 (58.2%)
179	LUBOWICKA Katarzyna	7	RYBICKA GRUPA BIEGOWA	K-20	6	00:01:57	01:02:28.55	01:04:25.85	+00:26:09 (41.9%)	6:14	9.6 (58.2%)
180	ERWIN Marta	1303	FIGHT CLUB KNURÓW	K-30	28	00:01:03	01:03:27.20	01:04:31.15	+00:27:08 (42.8%)	6:20	9.5 (57.6%)
181	ŁUSZCZ Oliwier	1525		M-20	29	00:00:09	01:04:35.95	01:04:45.00	+00:28:17 (43.8%)	6:27	9.3 (56.4%)
182	MOKRZYCKA Justyna	1356	BIEGAMY Z SERCEM	K-30	29	00:01:25	01:03:38.00	01:05:03.35	+00:27:19 (42.9%)	6:21	9.4 (57.0%)
183	MAZURKIEWICZ Agnieszka	1558	WARSAW MASTERS TEAM	K-30	26	00:01:45	01:03:21.20	01:05:06.85	+00:27:02 (42.7%)	6:20	9.5 (57.6%)
184	CZERNIAK Celina	1469		K-30	27	00:01:45	01:03:21.30	01:05:07.15	+00:27:02 (42.7%)	6:20	9.5 (57.6%)
185	DOMAGALSKI Mirosław	1381		M-30	52	00:01:04	01:04:09.90	01:05:14.05	+00:27:51 (43.4%)	6:25	9.4 (57.0%)
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 (42.8%)	6:21	9.4 (57.0%)
187	KURA Lesław	1532	UNISONO	M-50	11	00:02:12	01:03:33.30	01:05:45.50	+00:27:14 (42.9%)	6:21	9.4 (57.0%)
188	MISIEK Jolanta	1446		K-40	21	00:00:53	01:05:00.25	01:05:54.20	+00:28:41 (44.1%)	6:30	9.2 (55.8%)
189	ŁUKASZCZYK Adam	1467	FUTURE PROCESSING	M-30	53	00:01:41	01:04:19.90	01:06:01.70	+00:28:01 (43.6%)	6:26	9.3 (56.4%)
190	MUCHA-KUŚ Karolina	1522		K-30	30	00:01:59	01:04:30.75	01:06:30.15	+00:28:12 (43.7%)	6:27	9.3 (56.4%)
191	KUŚ Michał	1521		M-30	54	00:01:59	01:04:30.30	01:06:30.25	+00:28:11 (43.7%)	6:27	9.3 (56.4%)
192	WÓJTOWICZ Agnieszka	1526	ISTA BIEGAMY	K-30	31	00:00:59	01:05:57.30	01:06:57.05	+00:29:38 (44.9%)	6:35	9.1 (55.2%)
193	STOLARZ Agnieszka	1353	NIGHT RUNNERS GLIWICE	K-40	24	00:00:49	01:06:23.10	01:07:12.80	+00:30:04 (45.3%)	6:38	9 (54.5%)
194	JANOSZEK Małgorzata	1435		K-30	33	00:00:27	01:06:49.90	01:07:17.30	+00:30:31 (45.7%)	6:41	9 (54.5%)
195	RAŁ Zdzisława	1444		K-60	1	00:00:28	01:06:50.15	01:07:18.45	+00:30:31 (45.7%)	6:41	9 (54.5%)
196	SUSEŁ Aleksander	1	CAŁA NAPRZÓD	M-20	31	00:00:01	01:07:43.55	01:07:45.05	+00:31:24 (46.4%)	6:46	8.9 (53.9%)
197	KUPIS Katarzyna	1485	KUDŁATY ART TEAM	K-20	8	00:01:09	01:06:37.40	01:07:46.60	+00:30:18 (45.5%)	6:39	9 (54.5%)
198	POGORZELSKA-KLIKS Agata	1382	UNISONO	K-40	22	00:02:05	01:05:48.40	01:07:53.95	+00:29:29 (44.8%)	6:34	9.1 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	NAWROT Katarzyna	1538	PKO BP	K-30	34	00:00:43	01:07:11.30	01:07:55.15	+00:30:52 (46.0%)	6:43	8.9 (53.9%)
200	MULARCZYK Tomasz	1537	PKO BP	M-40	33	00:00:43	01:07:11.75	01:07:55.45	+00:30:53 (46.0%)	6:43	8.9 (53.9%)
201	MAZUR Kamila	1514		K-30	35	00:00:55	01:07:12.10	01:08:08.00	+00:30:53 (46.0%)	6:43	8.9 (53.9%)
202	POSMYK Beata	1368	BFRT.ORG.PL	K-30	32	00:01:35	01:06:36.05	01:08:12.00	+00:30:17 (45.5%)	6:39	9 (54.5%)
203	HRYSZKIEWICZ Barbara	1385	AKMB PĘDZIWIATR GLIWICE	K-40	23	00:02:05	01:06:09.90	01:08:15.35	+00:29:51 (45.1%)	6:37	9.1 (55.2%)
204	OTEBEYE Amina	1301	MACHINAGROUP	K-30	38	00:00:05	01:08:11.55	01:08:17.30	+00:31:52 (46.8%)	6:49	8.8 (53.3%)
205	KOBIERSKA Anna	1355		K-20	7	00:01:55	01:06:24.00	01:08:19.80	+00:30:05 (45.3%)	6:38	9 (54.5%)
206	SOKOŁOWSKI Mateusz	1352		M-20	30	00:01:57	01:06:27.70	01:08:25.30	+00:30:09 (45.4%)	6:38	9 (54.5%)
207	OTOROWSKA Aleksandra	1412		K-30	36	00:00:34	01:07:58.35	01:08:32.55	+00:31:39 (46.6%)	6:47	8.8 (53.3%)
208	POSMYK Sebastian	1367	BFRT.ORG.PL	M-40	32	00:01:37	01:06:57.50	01:08:34.95	+00:30:38 (45.8%)	6:41	9 (54.5%)
209	LISOWSKA Barbara	1478		K-40	25	00:01:26	01:07:12.35	01:08:38.35	+00:30:53 (46.0%)	6:43	8.9 (53.9%)
210	GOJ Jerzy	1377	PIEKARY ŚLĄSKIE	M-50	12	00:00:45	01:08:13.45	01:08:58.85	+00:31:54 (46.8%)	6:49	8.8 (53.3%)
211	BLUSZCZ Marta	1539		K-30	37	00:01:24	01:08:01.10	01:09:25.55	+00:31:42 (46.6%)	6:48	8.8 (53.3%)
212	KOTLIŃSKA Natalia	1329		K-20	10	00:00:57	01:09:04.80	01:10:02.60	+00:32:46 (47.4%)	6:54	8.7 (52.7%)
213	DUDZICZ Barbara	1597	PKO BP	K-40	26	00:00:46	01:09:23.45	01:10:10.40	+00:33:04 (47.7%)	6:56	8.6 (52.1%)
214	PIRÓG Beata	1470		K-30	39	00:01:39	01:08:46.15	01:10:25.25	+00:32:27 (47.2%)	6:52	8.7 (52.7%)
215	LUTOGNIEWSKA Dorota	1315	BIPROHUT	K-20	9	00:01:55	01:09:02.05	01:10:57.80	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
216	TRZOPEK Marcin	1420		M-20	32	00:00:10	01:11:04.10	01:11:14.65	+00:34:45 (48.9%)	7:06	8.4 (50.9%)
217	SŁODKIEWICZ Grzegorz	1442		M-40	34	00:02:25	01:08:56.30	01:11:21.55	+00:32:37 (47.3%)	6:53	8.7 (52.7%)
218	HOMIŃSKA Krystyna	1551	PKO BP	K-50	6	00:00:18	01:11:03.55	01:11:22.50	+00:34:44 (48.9%)	7:06	8.4 (50.9%)
219	FILIPCZYK Izabela	1415		K-30	40	00:01:50	01:11:01.75	01:12:52.50	+00:34:43 (48.9%)	7:06	8.4 (50.9%)
220	WILK Weronika	1414		K-30	41	00:01:50	01:11:02.15	01:12:52.75	+00:34:43 (48.9%)	7:06	8.4 (50.9%)
221	BOCZAROWSKA Barbara	1482	EXPERT TRAVEL	K-30	43	00:00:26	01:13:51.80	01:14:18.30	+00:37:33 (50.8%)	7:23	8.1 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	ANDRACZEK Magdalena Anna	1547		K-30	42	00:01:56	01:12:35.55	01:14:31.75	+00:36:16 (50.0%)	7:15	8.3 (50.3%)
223	ZEMBOK Filip	1311	ROCKWELL TEAM	M-30	55	00:02:20	01:13:29.50	01:15:49.70	+00:37:10 (50.6%)	7:20	8.2 (49.7%)
224	SZOKA Ewa	1409	NIGHT RUNNER GLIWICE	K-30	44	00:01:43	01:14:09.80	01:15:53.30	+00:37:51 (51.0%)	7:25	8.1 (49.1%)
225	WYSOCKA Magdalena	1308	ETE RUN	K-40	27	00:02:20	01:15:25.15	01:17:45.65	+00:39:06 (51.9%)	7:32	8 (48.5%)
226	FRAĆ Elżbieta	1314	NIGHT RUNNERS GLIWICE	K-30	46	00:00:47	01:17:42.50	01:18:29.80	+00:41:23 (53.3%)	7:46	7.7 (46.7%)
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 (52.9%)	7:42	7.8 (47.3%)
228	PANKIEWICZ Katarzyna	1498	GRUPA CMYKI	K-40	28	00:02:13	01:17:24.65	01:19:38.35	+00:41:06 (53.1%)	7:44	7.8 (47.3%)
229	STEFAŃCZYK Krzysztof	1384		M-30	56	00:00:21	01:20:21.55	01:20:43.30	+00:44:02 (54.8%)	8:02	7.5 (45.5%)
230	HRYSZKIEWICZ Anna	1451	UNISONO	K-20	11	00:02:13	01:18:34.50	01:20:47.55	+00:42:15 (53.8%)	7:51	7.6 (46.1%)
231	MURKOWSKI Sławomir	1348	HIRSCHVOGEL	M-40	35	00:00:35	01:23:06.00	01:23:41.95	+00:46:47 (56.3%)	8:18	7.2 (43.6%)
232	GĄSZCZAK Tadeusz	1341		M-70	1	00:00:11	01:31:34.75	01:31:46.50	+00:55:16 (60.4%)	9:09	6.6 (40.0%)
233	TOMCZAK Małgorzata	1536		K-40	29	00:00:20	01:33:54.40	01:34:14.90	+00:57:35 (61.3%)	9:23	6.4 (38.8%)
234	KOWALCZYK Anna	1338	HIRSCHVOGEL	K-40	30	00:00:13	01:38:58.35	01:39:11.80	+01:02:39 (63.3%)	9:53	6.1 (37.0%)
235	MUCHA Edward	1386		M-70	2	00:00:18	02:56:44.10	02:57:02.90	+02:20:25 (79.5%)	17:40	3.4 (20.6%)
236	WIERZBICKI Marcin	1486		M-30	57	00:00:48			+00:38:37	14:52	4 (24.2%)
237	IZYDORCZYK Agnieszka	1337	HIRSCHVOGEL	K-30	47	00:00:13			+01:14:55	23:57	2.5 (15.2%)

Znaleziono 237 wynik(ów)