



# ELIMINATOR 2017 - ETAP I

B4SPORT

**Wydarzenie:** Eliminator 2017  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-11-25  
**Miejsce:** Ustroń  
**Dystans:** 1.7 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZEDWOJEWSKI Bartłomiej</b>	<b>2003</b>	MULKS JUVENIA GŁUCHOŁAZY	M 20	1	00:06:34	<b>00:14:48.50</b>	<b>00:14:48.50</b>		8:42	6.9 (100%)
2	<b>MALINA Dawid</b>	<b>2001</b>	INŻYNIERIA BIEGANIA - TWÓJ TRENER BIEGOWY!	M 20	2	00:06:49	<b>00:15:04.75</b>	<b>00:15:04.75</b>	+00:00:16 (1.8%)	8:51	6.8 (98.6%)
3	<b>BODURKA Krzysztof</b>	<b>2004</b>	ALPIN SPORT TEAM	M 20	3	00:06:48	<b>00:15:10.40</b>	<b>00:15:10.40</b>	+00:00:21 (2.4%)	8:55	6.7 (97.1%)
4	<b>GRZĄDZIEL Dominik</b>	<b>2007</b>	ATTIQ	M 30	1	00:06:56	<b>00:15:14.80</b>	<b>00:15:14.80</b>	+00:00:26 (2.9%)	8:57	6.7 (97.1%)
5	<b>JAWORSKI Zbigniew</b>	<b>2080</b>		M 40	1	00:07:01	<b>00:15:23.35</b>	<b>00:15:23.35</b>	+00:00:34 (3.8%)	9:02	6.6 (95.7%)
6	<b>KOŃ Piotr</b>	<b>2006</b>	ALPIN SPORT TEAM	M 30	2	00:07:04	<b>00:15:29.95</b>	<b>00:15:29.95</b>	+00:00:41 (4.5%)	9:06	6.6 (95.7%)
7	<b>RZAŚA Franciszek</b>	<b>2287</b>	TKN TATRA TEAM	M 20	4	00:07:10	<b>00:15:57.50</b>	<b>00:15:57.50</b>	+00:01:09 (7.2%)	9:22	6.4 (92.8%)
8	<b>GAWROŃSKI Tomasz</b>	<b>2008</b>	UMKS NADIR JĘDRZEJÓW	M 20	5	00:07:16	<b>00:16:21.65</b>	<b>00:16:21.65</b>	+00:01:33 (9.5%)	9:37	6.2 (89.9%)
9	<b>KUBICA Marcin</b>	<b>2237</b>	INOV-8 TEAM	M 20	6	00:07:05	<b>00:16:32.35</b>	<b>00:16:32.35</b>	+00:01:43 (10.5%)	9:43	6.2 (89.9%)
10	<b>GRACZ Bogusław</b>	<b>2328</b>		M 40	2	00:07:19	<b>00:16:37.65</b>	<b>00:16:37.65</b>	+00:01:49 (10.9%)	9:46	6.1 (88.4%)
11	<b>BIERNAWSKI Piotr</b>	<b>2005</b>	ATTIQ	M 40	3	00:07:34	<b>00:16:44.25</b>	<b>00:16:44.25</b>	+00:01:55 (11.5%)	9:50	6.1 (88.4%)
12	<b>FALKOWSKI Krzysztof</b>	<b>2041</b>	WOODWARD RUNNERS	M 30	3	00:07:21	<b>00:16:50.50</b>	<b>00:16:50.50</b>	+00:02:02 (12.1%)	9:54	6.1 (88.4%)
13	<b>MIŚKIEWCZ Mariusz</b>	<b>2334</b>		M 30	4	00:07:33	<b>00:17:00.65</b>	<b>00:17:00.65</b>	+00:02:12 (12.9%)	10:00	6 (87.0%)
14	<b>FARON Robert</b>	<b>2002</b>	SALCO GARMIN TEAM	M 40	4	00:07:52	<b>00:17:22.90</b>	<b>00:17:22.90</b>	+00:02:34 (14.8%)	10:12	5.9 (85.5%)
15	<b>HUZIOR Piotr</b>	<b>2316</b>	ATTIQ / SALMING	M 40	5	00:07:58	<b>00:17:28.40</b>	<b>00:17:28.40</b>	+00:02:39 (15.3%)	10:16	5.8 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
16	<b>GRUDZIEŃ Krzysztof</b>	<b>2278</b>		M 40	6	00:07:50	<b>00:17:32.35</b>	<b>00:17:32.35</b>	+00:02:43 (15.6%)	10:18	5.8 (84.1%)
17	<b>PORĘBSKI Rafał</b>	<b>2095</b>	EVIL TEAM	M 40	7	00:07:53	<b>00:17:34.70</b>	<b>00:17:34.70</b>	+00:02:46 (15.8%)	10:20	5.8 (84.1%)
18	<b>BONIEC Radosław</b>	<b>2174</b>		M 20	7	00:07:43	<b>00:17:47.05</b>	<b>00:17:47.05</b>	+00:02:58 (16.7%)	10:27	5.7 (82.6%)
19	<b>KASZYCA Paweł</b>	<b>2320</b>	IGLOO BOCANIA	M 30	5	00:08:10	<b>00:17:49.30</b>	<b>00:17:49.30</b>	+00:03:00 (16.9%)	10:28	5.7 (82.6%)
20	<b>KUBERA Bartłomiej</b>	<b>2192</b>	FORUMRUN	M 20	8	00:08:00	<b>00:17:50.10</b>	<b>00:17:50.10</b>	+00:03:01 (17.0%)	10:29	5.7 (82.6%)
21	<b>ULFIK Rafał</b>	<b>2225</b>	ALPIN SOPRT TEAM/SKB KRAŚNIK	M 30	6	00:07:59	<b>00:17:56.10</b>	<b>00:17:56.10</b>	+00:03:07 (17.4%)	10:32	5.7 (82.6%)
22	<b>WRÓBEL Tomasz</b>	<b>2303</b>	MKS-R CENTRUM DZIENGIEL	M 40	8	00:08:08	<b>00:17:59.30</b>	<b>00:17:59.30</b>	+00:03:10 (17.7%)	10:34	5.7 (82.6%)
23	<b>WIŚNIEWSKA-ULFIK Dominika</b>	<b>1002</b>	ALPIN SPORT TEAM/SKB KRAŚNIK	K 30	1	00:08:00	<b>00:18:05.30</b>	<b>00:18:05.30</b>	+00:03:16 (18.1%)	10:38	5.6 (81.2%)
24	<b>MAGIERA Janusz</b>	<b>2117</b>	FORMA WODZISŁAW ŚLĄSKI	M 50	1	00:08:12	<b>00:18:05.90</b>	<b>00:18:05.90</b>	+00:03:17 (18.2%)	10:38	5.6 (81.2%)
25	<b>SEDLAK Michał</b>	<b>2009</b>	LUBIĘ TO BIEGANIE	M 40	9	00:07:54	<b>00:18:12.20</b>	<b>00:18:12.20</b>	+00:03:23 (18.7%)	10:42	5.6 (81.2%)
26	<b>URBAŃCZYK Karol</b>	<b>2290</b>	NIGHT RUNNERS GLIWICE	M 20	9	00:08:22	<b>00:18:14.40</b>	<b>00:18:14.40</b>	+00:03:25 (18.8%)	10:43	5.6 (81.2%)
27	<b>GALMAN Adam</b>	<b>2275</b>		M 40	10	00:08:19	<b>00:18:22.90</b>	<b>00:18:22.90</b>	+00:03:34 (19.4%)	10:48	5.6 (81.2%)
28	<b>GAWLAS Dominik</b>	<b>2337</b>		M 30	7	00:08:15	<b>00:18:26.00</b>	<b>00:18:26.00</b>	+00:03:37 (19.7%)	10:50	5.5 (79.7%)
29	<b>DZIDOWSKI Aleksander</b>	<b>2187</b>	TG SOKÓŁ ZAKOPANE	M 30	8	00:08:06	<b>00:18:29.25</b>	<b>00:18:29.25</b>	+00:03:40 (19.9%)	10:52	5.5 (79.7%)
30	<b>KUBACZKA Grzegorz</b>	<b>2138</b>	WWW.AG-ARCHITEKCI.PL	M 30	9	00:08:17	<b>00:18:33.85</b>	<b>00:18:33.85</b>	+00:03:45 (20.2%)	10:54	5.5 (79.7%)
31	<b>JANUSZYK Iwona</b>	<b>1012</b>		K 20	1	00:08:22	<b>00:18:41.60</b>	<b>00:18:41.60</b>	+00:03:53 (20.8%)	10:59	5.5 (79.7%)
32	<b>KNUTELSKI Błażej</b>	<b>2335</b>		M 20	10	00:08:21	<b>00:18:44.55</b>	<b>00:18:44.55</b>	+00:03:56 (21.0%)	11:01	5.4 (78.3%)
33	<b>SOKOŁOWSKI Marek</b>	<b>2085</b>	ALPIN SPORT TEAM	M 40	11	00:08:36	<b>00:18:46.70</b>	<b>00:18:46.70</b>	+00:03:58 (21.1%)	11:02	5.4 (78.3%)
34	<b>STACHURA Damian</b>	<b>2037</b>	ZAGŁĘBIE LUBIN	M 30	10	00:08:22	<b>00:18:54.65</b>	<b>00:18:54.65</b>	+00:04:06 (21.7%)	11:07	5.4 (78.3%)
35	<b>PLOCH Jakub</b>	<b>2153</b>	NIGHT RUNNERS ZABRZE	M 20	11	00:08:33	<b>00:18:56.60</b>	<b>00:18:56.60</b>	+00:04:08 (21.8%)	11:08	5.4 (78.3%)
36	<b>WOJCIECHOWSKI Krzysztof</b>	<b>2226</b>	TKN TATRA TEAM	M 20	12	00:08:41	<b>00:19:01.40</b>	<b>00:19:01.40</b>	+00:04:12 (22.2%)	11:11	5.4 (78.3%)
37	<b>POPIELARSKI Kubuś</b>	<b>2283</b>	TKN TATRA TEAM	M 20	13	00:08:40	<b>00:19:01.65</b>	<b>00:19:01.65</b>	+00:04:13 (22.2%)	11:11	5.4 (78.3%)
37	<b>ELANTKOWSKI Jan</b>	<b>2230</b>	TKN TATRA TEAM	M 20	14	00:08:40	<b>00:19:01.65</b>	<b>00:19:01.65</b>	+00:04:13 (22.2%)	11:11	5.4 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
37	<b>SAWICKI Kacper</b>	<b>2281</b>	TKN TATRA TEAM	M 20	15	00:08:40	<b>00:19:01.65</b>	<b>00:19:01.65</b>	+00:04:13 (22.2%)	11:11	5.4 (78.3%)
40	<b>FLOREK Sebastian</b>	<b>2019</b>	NORAFSPORT	M 30	11	00:08:27	<b>00:19:08.55</b>	<b>00:19:08.55</b>	+00:04:20 (22.6%)	11:15	5.3 (76.8%)
41	<b>MADEJCZYK Marek</b>	<b>2168</b>		M 30	12	00:08:43	<b>00:19:13.30</b>	<b>00:19:13.30</b>	+00:04:24 (23.0%)	11:18	5.3 (76.8%)
42	<b>WÓJCIK Adam</b>	<b>2120</b>		M 20	16	00:08:18	<b>00:19:14.55</b>	<b>00:19:14.55</b>	+00:04:26 (23.0%)	11:18	5.3 (76.8%)
43	<b>DZIĘGIEŁOWSKI Paweł</b>	<b>2236</b>	HRMAX ŻORY	M 30	13	00:08:34	<b>00:19:15.15</b>	<b>00:19:15.15</b>	+00:04:26 (23.1%)	11:19	5.3 (76.8%)
44	<b>ŁUPIEŻOWIEC Piotr</b>	<b>2322</b>	MKS CENTRUM DZIĘGIELÓW	M 40	12	00:08:36	<b>00:19:20.40</b>	<b>00:19:20.40</b>	+00:04:31 (23.4%)	11:22	5.3 (76.8%)
45	<b>PUZOŃ Robert</b>	<b>2234</b>	NUTREND TEAM	M 30	14	00:08:38	<b>00:19:22.75</b>	<b>00:19:22.75</b>	+00:04:34 (23.6%)	11:23	5.3 (76.8%)
46	<b>BROJ Marcel</b>	<b>2146</b>	BROJ TEAM ŻLINICE	M 20	17	00:08:29	<b>00:19:25.40</b>	<b>00:19:25.40</b>	+00:04:36 (23.8%)	11:25	5.3 (76.8%)
47	<b>SAWICKI Szymon</b>	<b>2280</b>		M 40	13	00:08:54	<b>00:19:28.55</b>	<b>00:19:28.55</b>	+00:04:40 (24.0%)	11:27	5.2 (75.4%)
48	<b>GRUSZCZYŃSKI Artur</b>	<b>2116</b>		M 40	14	00:08:32	<b>00:19:33.50</b>	<b>00:19:33.50</b>	+00:04:45 (24.3%)	11:30	5.2 (75.4%)
49	<b>SNARSKI Dariusz</b>	<b>2039</b>		M 40	15	00:09:07	<b>00:19:35.35</b>	<b>00:19:35.35</b>	+00:04:46 (24.4%)	11:31	5.2 (75.4%)
50	<b>KRASULAK Daniel</b>	<b>2229</b>	WKS ŚLĄSK WROCŁAW	M 30	15	00:08:41	<b>00:19:37.55</b>	<b>00:19:37.55</b>	+00:04:49 (24.5%)	11:32	5.2 (75.4%)
51	<b>MENDECKA Michalina</b>	<b>1005</b>	MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM	K 20	2	00:08:53	<b>00:19:39.55</b>	<b>00:19:39.55</b>	+00:04:51 (24.7%)	11:33	5.2 (75.4%)
52	<b>NIEMCZYK Magdalena</b>	<b>1042</b>		K 20	3	00:09:10	<b>00:19:44.75</b>	<b>00:19:44.75</b>	+00:04:56 (25.0%)	11:36	5.2 (75.4%)
53	<b>KIK Iwona</b>	<b>1001</b>	DANIEL WOSIK TERVEL TEAM / KW KRAKÓW	K 30	2	00:08:55	<b>00:19:55.65</b>	<b>00:19:55.65</b>	+00:05:07 (25.7%)	11:42	5.1 (73.9%)
53	<b>HATALA Mariusz</b>	<b>2218</b>	BB RUNNERS HATI TEAM	M 30	16	00:09:21	<b>00:19:55.65</b>	<b>00:19:55.65</b>	+00:05:07 (25.7%)	11:42	5.1 (73.9%)
55	<b>SŁOBODZIAN Jerzy</b>	<b>2064</b>	NYSA BIEGA	M 50	2	00:09:01	<b>00:19:58.70</b>	<b>00:19:58.70</b>	+00:05:10 (25.9%)	11:44	5.1 (73.9%)
56	<b>WANTULOK Mateusz</b>	<b>2267</b>	UZDROWISKOWY TEAM	M 30	17	00:09:00	<b>00:20:05.40</b>	<b>00:20:05.40</b>	+00:05:16 (26.3%)	11:48	5.1 (73.9%)
57	<b>PIĘTKA Tomasz</b>	<b>2330</b>		M 30	18	00:09:13	<b>00:20:07.55</b>	<b>00:20:07.55</b>	+00:05:19 (26.4%)	11:50	5.1 (73.9%)
58	<b>GOŚCINIEWICZ Paweł</b>	<b>2035</b>	ZIEMOWIT TEAM	M 40	16	00:09:19	<b>00:20:10.00</b>	<b>00:20:10.00</b>	+00:05:21 (26.6%)	11:51	5.1 (73.9%)
59	<b>KOKOT Krzysztof</b>	<b>2011</b>	HRMAX ŻORY	M 40	17	00:09:11	<b>00:20:10.55</b>	<b>00:20:10.55</b>	+00:05:22 (26.6%)	11:51	5.1 (73.9%)
60	<b>BADURA Adam</b>	<b>2017</b>	FORMA WODZISŁAW ŚLĄSKI	M 30	19	00:09:20	<b>00:20:20.85</b>	<b>00:20:20.85</b>	+00:05:32 (27.2%)	11:57	5 (72.5%)
61	<b>KUBALA Tomasz</b>	<b>2224</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M 40	18	00:09:18	<b>00:20:21.60</b>	<b>00:20:21.60</b>	+00:05:33 (27.3%)	11:58	5 (72.5%)

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62	<b>KOT Rafał</b>	<b>2067</b>	GÓRAL Z MAZUR // KB JURUND SZCZYTNO	M 30	20	00:09:20	<b>00:20:21.75</b>	<b>00:20:21.75</b>	+00:05:33 (27.3%)	11:58	5 (72.5%)
63	<b>GRYGIEL Marek</b>	<b>2134</b>	JACEKBIEGA RUNNING TEAM	M 40	19	00:09:14	<b>00:20:22.70</b>	<b>00:20:22.70</b>	+00:05:34 (27.3%)	11:58	5 (72.5%)
64	<b>DĄBROWSKI Piotr</b>	<b>2042</b>	SBBP-ŁOSIE	M 40	20	00:09:17	<b>00:20:24.10</b>	<b>00:20:24.10</b>	+00:05:35 (27.4%)	12:00	5 (72.5%)
65	<b>PYTEL Janusz</b>	<b>2160</b>	SOKÓŁZAKOPANE	M 50	3	00:09:02	<b>00:20:25.00</b>	<b>00:20:25.00</b>	+00:05:36 (27.5%)	12:00	5 (72.5%)
66	<b>KARGÓL Rafał</b>	<b>2295</b>	LOGTECH TEAM RADZIONKÓW	M 30	21	00:09:00	<b>00:20:27.95</b>	<b>00:20:27.95</b>	+00:05:39 (27.6%)	12:01	5 (72.5%)
67	<b>GARDENER Jacek</b>	<b>2010</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	M 50	4	00:09:21	<b>00:20:30.50</b>	<b>00:20:30.50</b>	+00:05:42 (27.8%)	12:03	5 (72.5%)
68	<b>BARTULA Arkadiusz</b>	<b>2216</b>	SPEED TEAM BRZESZCZE	M 40	21	00:09:04	<b>00:20:32.95</b>	<b>00:20:32.95</b>	+00:05:44 (27.9%)	12:04	5 (72.5%)
69	<b>MURAWSKI Rafał</b>	<b>2317</b>		M 30	22	00:09:25	<b>00:20:34.30</b>	<b>00:20:34.30</b>	+00:05:45 (28.0%)	12:05	5 (72.5%)
70	<b>WRZESZCZ Mariusz</b>	<b>2015</b>	TRIATHLON MIETKÓW TEAM	M 20	18	00:08:58	<b>00:20:36.75</b>	<b>00:20:36.75</b>	+00:05:48 (28.2%)	12:07	5 (72.5%)
71	<b>STAŃCZAK Grzegorz</b>	<b>2270</b>		M 30	23	00:09:05	<b>00:20:37.65</b>	<b>00:20:37.65</b>	+00:05:49 (28.2%)	12:07	4.9 (71.0%)
72	<b>FERENC Janusz</b>	<b>2070</b>	UKS LUDWIKOWICE	M 60	1	00:09:28	<b>00:20:38.75</b>	<b>00:20:38.75</b>	+00:05:50 (28.3%)	12:08	4.9 (71.0%)
73	<b>CHRAPKIEWICZ Michał</b>	<b>2068</b>	SBD ENERGETYK RYBNIK	M 30	24	00:09:22	<b>00:20:41.10</b>	<b>00:20:41.10</b>	+00:05:52 (28.4%)	12:10	4.9 (71.0%)
74	<b>STOLECKI Grzegorz</b>	<b>2306</b>	TRUCHTACZ MYŚŁOWICE	M 30	25	00:09:09	<b>00:20:43.95</b>	<b>00:20:43.95</b>	+00:05:55 (28.6%)	12:11	4.9 (71.0%)
75	<b>JANIK Paulina</b>	<b>1004</b>	KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	K 30	3	00:09:23	<b>00:20:45.30</b>	<b>00:20:45.30</b>	+00:05:56 (28.7%)	12:12	4.9 (71.0%)
76	<b>MATECKI Tomasz</b>	<b>2209</b>		M 30	26	00:09:05	<b>00:20:45.70</b>	<b>00:20:45.70</b>	+00:05:57 (28.7%)	12:12	4.9 (71.0%)
77	<b>KOS Tomasz</b>	<b>2262</b>	PAŃSTWOWA STRAŻ POŻARNA BYTOM	M 30	27	00:09:33	<b>00:20:46.20</b>	<b>00:20:46.20</b>	+00:05:57 (28.7%)	12:12	4.9 (71.0%)
78	<b>HORZELA Błażej</b>	<b>2149</b>	BETA-TRANS	M 20	19	00:09:02	<b>00:20:46.50</b>	<b>00:20:46.50</b>	+00:05:58 (28.7%)	12:12	4.9 (71.0%)
79	<b>CIUPEK Remigiusz</b>	<b>2188</b>	TAURUS30 CYCLING TEAM	M 30	28	00:09:30	<b>00:20:46.80</b>	<b>00:20:46.80</b>	+00:05:58 (28.7%)	12:12	4.9 (71.0%)
80	<b>KOSTELA Piotr</b>	<b>2284</b>	WATAHA	M 30	29	00:09:21	<b>00:20:47.75</b>	<b>00:20:47.75</b>	+00:05:59 (28.8%)	12:13	4.9 (71.0%)
81	<b>STEC Jakub</b>	<b>2198</b>	ULTRA BESKID SPORT	M 20	20	00:09:31	<b>00:20:48.35</b>	<b>00:20:48.35</b>	+00:05:59 (28.8%)	12:14	4.9 (71.0%)
82	<b>KOCHEL Paweł</b>	<b>2084</b>	KOWARY BIEGAJĄ	M 30	30	00:09:28	<b>00:20:51.10</b>	<b>00:20:51.10</b>	+00:06:02 (29.0%)	12:15	4.9 (71.0%)
83	<b>SZCZUREK Dominik</b>	<b>2178</b>	TKKF UKLEJNA MYŚLENICE	M 30	31	00:09:21	<b>00:20:52.15</b>	<b>00:20:52.15</b>	+00:06:03 (29.0%)	12:16	4.9 (71.0%)
84	<b>PETKIEWICZ Tomasz</b>	<b>2141</b>	STS BIEGATON MIKOŁÓW	M 30	32	00:09:37	<b>00:20:53.55</b>	<b>00:20:53.55</b>	+00:06:05 (29.1%)	12:17	4.9 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
85	<b>DOMISZEWSKA Maria</b>	<b>1064</b>		K 50	1	00:09:27	<b>00:20:53.85</b>	<b>00:20:53.85</b>	+00:06:05 (29.1%)	12:17	4.9 (71.0%)
86	<b>KROSNY Sebastian</b>	<b>2020</b>	BODYDRY TEAM	M 30	33	00:09:31	<b>00:20:56.75</b>	<b>00:20:56.75</b>	+00:06:08 (29.3%)	12:18	4.9 (71.0%)
87	<b>WALCZYŃSKI Mariusz</b>	<b>2329</b>	HRMAX ŻORY	M 30	34	00:09:27	<b>00:20:59.20</b>	<b>00:20:59.20</b>	+00:06:10 (29.4%)	12:20	4.9 (71.0%)
88	<b>OLMA Przemysław</b>	<b>2169</b>	GONIACKA TEAM/ KS KANDAHAR	M 30	35		<b>00:21:00.45</b>	<b>00:21:00.45</b>	+00:06:11 (29.5%)	12:21	4.9 (71.0%)
89	<b>JANDZIŚ Wiesław</b>	<b>2181</b>	AKTYWNY DYNÓW	M 40	22	00:09:12	<b>00:21:00.90</b>	<b>00:21:00.90</b>	+00:06:12 (29.5%)	12:21	4.9 (71.0%)
90	<b>BONDARA Sylwia</b>	<b>1003</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	K 30	4	00:09:59	<b>00:21:01.80</b>	<b>00:21:01.80</b>	+00:06:13 (29.6%)	12:21	4.9 (71.0%)
91	<b>AGIEJCZYK Wojciech</b>	<b>2305</b>	APTIV RUNNING TEAM	M 30	36	00:09:25	<b>00:21:02.40</b>	<b>00:21:02.40</b>	+00:06:13 (29.6%)	12:22	4.8 (69.6%)
92	<b>BIENIECKA Anna</b>	<b>1006</b>	OTK RZEŹNIK	K 30	5	00:09:46	<b>00:21:03.80</b>	<b>00:21:03.80</b>	+00:06:15 (29.7%)	12:22	4.8 (69.6%)
93	<b>SOBOLA Grzegorz</b>	<b>2272</b>	4DRINKI	M 20	21	00:09:17	<b>00:21:08.55</b>	<b>00:21:08.55</b>	+00:06:20 (30.0%)	12:25	4.8 (69.6%)
94	<b>WITEK Karolina</b>	<b>1066</b>	STOWARZYSZENIE PASJA TRENINGU	K 20	4	00:09:39	<b>00:21:09.65</b>	<b>00:21:09.65</b>	+00:06:21 (30.0%)	12:26	4.8 (69.6%)
95	<b>BROL Marcin</b>	<b>2151</b>	MK TEAM	M 30	37	00:09:25	<b>00:21:15.30</b>	<b>00:21:15.30</b>	+00:06:26 (30.3%)	12:30	4.8 (69.6%)
96	<b>KOZIARSKI Michał</b>	<b>2309</b>	LKS SIERAKÓW ŚLĄSKI	M 30	38	00:09:25	<b>00:21:16.35</b>	<b>00:21:16.35</b>	+00:06:27 (30.4%)	12:30	4.8 (69.6%)
97	<b>MAJCHRZAK Maciej</b>	<b>2196</b>		M 20	22	00:09:18	<b>00:21:18.50</b>	<b>00:21:18.50</b>	+00:06:30 (30.5%)	12:31	4.8 (69.6%)
98	<b>WOLAŃSKI Tomasz</b>	<b>2312</b>		M 20	23	00:08:23	<b>00:21:20.15</b>	<b>00:21:20.15</b>	+00:06:31 (30.6%)	12:32	4.8 (69.6%)
99	<b>RECZEK Sebastian</b>	<b>2102</b>	KS ZIELONO-CZARNI	M 30	39	00:09:24	<b>00:21:21.10</b>	<b>00:21:21.10</b>	+00:06:32 (30.6%)	12:33	4.8 (69.6%)
100	<b>SZYMIK Krzysztof</b>	<b>2130</b>	BZIEGACZ SAMOTNT WILK	M 40	23		<b>00:21:22.00</b>	<b>00:21:22.00</b>	+00:06:33 (30.7%)	12:34	4.8 (69.6%)
101	<b>MAJCHROWSKI Jacek</b>	<b>2028</b>	CKB TARNOBRZEG	M 40	24	00:09:27	<b>00:21:23.30</b>	<b>00:21:23.30</b>	+00:06:34 (30.8%)	12:34	4.8 (69.6%)
102	<b>JUSZCZAK Artur</b>	<b>2122</b>	KW JASTRZĘBIE-ZDRÓJ	M 40	25	00:09:23	<b>00:21:24.80</b>	<b>00:21:24.80</b>	+00:06:36 (30.8%)	12:35	4.8 (69.6%)
103	<b>GÓRNY Mirosław</b>	<b>2242</b>	NUTREND TEAM	M 50	5	00:09:33	<b>00:21:27.90</b>	<b>00:21:27.90</b>	+00:06:39 (31.0%)	12:37	4.8 (69.6%)
104	<b>PIECHA Artur</b>	<b>2304</b>	T-MOBILE RUNNING TEAM	M 40	26	00:09:36	<b>00:21:28.00</b>	<b>00:21:28.00</b>	+00:06:39 (31.0%)	12:37	4.8 (69.6%)
105	<b>KUŚMIERSKI Michał</b>	<b>2050</b>	ULTRA BESKID SPORT	M 30	40	00:09:58	<b>00:21:28.60</b>	<b>00:21:28.60</b>	+00:06:40 (31.0%)	12:37	4.8 (69.6%)
106	<b>KUSO Małgorzata</b>	<b>1051</b>		K 30	6	00:09:52	<b>00:21:28.70</b>	<b>00:21:28.70</b>	+00:06:40 (31.1%)	12:37	4.8 (69.6%)
107	<b>DYLAĞ Wojciech</b>	<b>2301</b>	KS LIMANOWA FORREST	M 20	24	00:09:32	<b>00:21:29.30</b>	<b>00:21:29.30</b>	+00:06:40 (31.1%)	12:38	4.7 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
108	<b>MADEJA Piotr</b>	<b>2156</b>		M 30	41	00:09:35	<b>00:21:29.60</b>	<b>00:21:29.60</b>	+00:06:41 (31.1%)	12:38	4.7 (68.1%)
109	<b>BŁASZCZAK Jarosław</b>	<b>2298</b>	APTIV RUNNING TEAM	M 40	27	00:09:49	<b>00:21:30.70</b>	<b>00:21:30.70</b>	+00:06:42 (31.2%)	12:38	4.7 (68.1%)
110	<b>ŻYŁA Sebastian</b>	<b>2124</b>		M 20	25	00:09:33	<b>00:21:31.15</b>	<b>00:21:31.15</b>	+00:06:42 (31.2%)	12:39	4.7 (68.1%)
111	<b>CHMIELOWSKI Michał</b>	<b>2065</b>	GÓRSKIE PĘDZIWIATRY	M 30	42	00:09:36	<b>00:21:32.80</b>	<b>00:21:32.80</b>	+00:06:44 (31.3%)	12:40	4.7 (68.1%)
112	<b>MAŁACHOWSKI Mariusz</b>	<b>2103</b>	BIEGAJĄC Z WILKAMI	M 40	28	00:09:24	<b>00:21:33.60</b>	<b>00:21:33.60</b>	+00:06:45 (31.3%)	12:40	4.7 (68.1%)
113	<b>LEŚNIEWSKI Rafał</b>	<b>2310</b>	BICIUFAPSZTRI	M 40	29	00:09:44	<b>00:21:34.50</b>	<b>00:21:34.50</b>	+00:06:46 (31.4%)	12:41	4.7 (68.1%)
114	<b>KIEŁTYKA Zbigniew</b>	<b>2180</b>	KW GLIWICE	M 40	30	00:09:32	<b>00:21:34.80</b>	<b>00:21:34.80</b>	+00:06:46 (31.4%)	12:41	4.7 (68.1%)
115	<b>BOLECHOWSKA Dominika</b>	<b>1007</b>	ATTIQ	K 40	1	00:09:56	<b>00:21:35.15</b>	<b>00:21:35.15</b>	+00:06:46 (31.4%)	12:41	4.7 (68.1%)
116	<b>LEITNER Rafał</b>	<b>2148</b>		M 20	26	00:09:32	<b>00:21:35.60</b>	<b>00:21:35.60</b>	+00:06:47 (31.4%)	12:41	4.7 (68.1%)
117	<b>THIER Dominik</b>	<b>2212</b>	JACEKBIEGA RUNNING TEAM / KS KANDAHAR	M 30	43	00:09:42	<b>00:21:36.35</b>	<b>00:21:36.35</b>	+00:06:47 (31.5%)	12:42	4.7 (68.1%)
117	<b>SZYDŁOWSKI Łukasz</b>	<b>2282</b>		M 30	44	00:09:44	<b>00:21:36.35</b>	<b>00:21:36.35</b>	+00:06:47 (31.5%)	12:42	4.7 (68.1%)
119	<b>KNAP Mateusz</b>	<b>2012</b>	SCARPA TEAM POLSKA/ KS KANDAHAR	M 20	27	00:09:40	<b>00:21:36.65</b>	<b>00:21:36.65</b>	+00:06:48 (31.5%)	12:42	4.7 (68.1%)
120	<b>KUSZELA Mateusz</b>	<b>2325</b>	ATAK LEWEJ ŁYDY	M 30	45	00:09:19	<b>00:21:36.95</b>	<b>00:21:36.95</b>	+00:06:48 (31.5%)	12:42	4.7 (68.1%)
121	<b>SPORYSZ Mateusz</b>	<b>2289</b>		M 20	28	00:09:50	<b>00:21:38.05</b>	<b>00:21:38.05</b>	+00:06:49 (31.6%)	12:43	4.7 (68.1%)
122	<b>TOKAREWICZ Damian</b>	<b>2052</b>	ZEBRY	M 30	46	00:09:39	<b>00:21:38.80</b>	<b>00:21:38.80</b>	+00:06:50 (31.6%)	12:43	4.7 (68.1%)
123	<b>RZEPKA Piotr</b>	<b>2125</b>	PARKRUN KATOWICE	M 20	29	00:09:35	<b>00:21:41.90</b>	<b>00:21:41.90</b>	+00:06:53 (31.8%)	12:45	4.7 (68.1%)
124	<b>JASEK Piotr</b>	<b>2311</b>	-	M 30	47	00:09:47	<b>00:21:43.10</b>	<b>00:21:43.10</b>	+00:06:54 (31.8%)	12:46	4.7 (68.1%)
125	<b>SERAFIN Dariusz</b>	<b>2033</b>	KLUB BIEGACZA FARTLEK	M 40	31	00:10:14	<b>00:21:46.00</b>	<b>00:21:46.00</b>	+00:06:57 (32.0%)	12:48	4.7 (68.1%)
126	<b>RADOMSKI Zbigniew</b>	<b>2173</b>	TKKF BESKIDEK	M 60	2	00:10:09	<b>00:21:47.35</b>	<b>00:21:47.35</b>	+00:06:58 (32.0%)	12:48	4.7 (68.1%)
127	<b>WILK Dawid</b>	<b>2194</b>	SOCIOS GÓRNIK	M 20	30	00:09:21	<b>00:21:48.80</b>	<b>00:21:48.80</b>	+00:07:00 (32.1%)	12:49	4.7 (68.1%)
128	<b>KUKUŁA Sławomir</b>	<b>2045</b>		M 20	31		<b>00:21:51.15</b>	<b>00:21:51.15</b>	+00:07:02 (32.2%)	12:51	4.7 (68.1%)
129	<b>PUDŁO Mateusz</b>	<b>2286</b>	HUSARIA RACE TEAM	M 20	32	00:09:38	<b>00:21:53.35</b>	<b>00:21:53.35</b>	+00:07:04 (32.3%)	12:52	4.7 (68.1%)
130	<b>KANCLERZ-JANUSZEWSKA Katarzyna</b>	<b>1010</b>	KOBIETY NA 5+	K 50	2	00:10:04	<b>00:21:53.60</b>	<b>00:21:53.60</b>	+00:07:05 (32.4%)	12:52	4.7 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
131	<b>BUCZYŃSKI Adam</b>	<b>2291</b>	NOKIA KRAKOW TEAM	M 40	32	00:10:02	<b>00:21:54.90</b>	<b>00:21:54.90</b>	+00:07:06 (32.4%)	12:52	4.7 (68.1%)
132	<b>KANIA Damian</b>	<b>2105</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	M 30	48	00:09:47	<b>00:21:55.30</b>	<b>00:21:55.30</b>	+00:07:06 (32.4%)	12:53	4.7 (68.1%)
133	<b>GRUND Marek</b>	<b>2221</b>	MAFIA TEAM LUBLINIEC	M 20	33	00:09:32	<b>00:21:57.15</b>	<b>00:21:57.15</b>	+00:07:08 (32.5%)	12:54	4.6 (66.7%)
134	<b>GOLF Krystian</b>	<b>2072</b>	NEZRZESZONY	M 30	49	00:09:51	<b>00:21:58.85</b>	<b>00:21:58.85</b>	+00:07:10 (32.6%)	12:55	4.6 (66.7%)
135	<b>KWIATEK Dawid</b>	<b>2243</b>		M 20	34	00:09:19	<b>00:21:59.90</b>	<b>00:21:59.90</b>	+00:07:11 (32.7%)	12:55	4.6 (66.7%)
136	<b>MOSTOWIK Marcin</b>	<b>2227</b>		M 30	50	00:09:34	<b>00:22:01.10</b>	<b>00:22:01.10</b>	+00:07:12 (32.7%)	12:57	4.6 (66.7%)
137	<b>BRÓG Wojciech</b>	<b>2048</b>		M 30	51	00:09:36	<b>00:22:01.20</b>	<b>00:22:01.20</b>	+00:07:12 (32.8%)	12:57	4.6 (66.7%)
138	<b>RADZIK Piotr</b>	<b>2021</b>		M 30	52	00:09:40	<b>00:22:02.45</b>	<b>00:22:02.45</b>	+00:07:13 (32.8%)	12:57	4.6 (66.7%)
139	<b>GARCZYŃSKA-WĄS Bogusława</b>	<b>1048</b>		K 40	2	00:10:19	<b>00:22:04.55</b>	<b>00:22:04.55</b>	+00:07:16 (32.9%)	12:58	4.6 (66.7%)
140	<b>GWÓZDŹ Michał</b>	<b>2163</b>	#CZELADZBIEGA	M 40	33	00:09:55	<b>00:22:04.90</b>	<b>00:22:04.90</b>	+00:07:16 (32.9%)	12:58	4.6 (66.7%)
141	<b>LISAK Wojciech</b>	<b>2201</b>		M 30	53	00:09:46	<b>00:22:06.00</b>	<b>00:22:06.00</b>	+00:07:17 (33.0%)	13:00	4.6 (66.7%)
142	<b>URBAŃSKI Robert</b>	<b>2055</b>		M 40	34	00:10:17	<b>00:22:06.70</b>	<b>00:22:06.70</b>	+00:07:18 (33.0%)	13:00	4.6 (66.7%)
143	<b>PYTLARZ Wojtek</b>	<b>2110</b>	NEVERLAND TEAM	M 30	54	00:09:51	<b>00:22:07.00</b>	<b>00:22:07.00</b>	+00:07:18 (33.0%)	13:00	4.6 (66.7%)
144	<b>KOZIEŁ Krzysztof</b>	<b>2314</b>	NIGHT RUNNERS GLIWICE	M 30	55	00:09:53	<b>00:22:07.70</b>	<b>00:22:07.70</b>	+00:07:19 (33.1%)	13:00	4.6 (66.7%)
145	<b>ŻABA Igor</b>	<b>2333</b>		M 30	56	00:10:10	<b>00:22:07.95</b>	<b>00:22:07.95</b>	+00:07:19 (33.1%)	13:00	4.6 (66.7%)
146	<b>URBAN Wiktor</b>	<b>2162</b>	NIGHT RUNNERS ZABRZE	M 20	35	00:09:24	<b>00:22:08.65</b>	<b>00:22:08.65</b>	+00:07:20 (33.1%)	13:01	4.6 (66.7%)
147	<b>RAJA Paweł</b>	<b>2264</b>	SKYRUNNING POLAND	M 30	57	00:09:43	<b>00:22:08.90</b>	<b>00:22:08.90</b>	+00:07:20 (33.1%)	13:01	4.6 (66.7%)
148	<b>JASTRZĘBSKI Piotr</b>	<b>2190</b>	SOCIOS SILESIA	M 20	36	00:10:08	<b>00:22:10.05</b>	<b>00:22:10.05</b>	+00:07:21 (33.2%)	13:02	4.6 (66.7%)
149	<b>SZKODA Dariusz</b>	<b>2171</b>	SOCIOS GÓRNIK	M 30	58	00:10:08	<b>00:22:10.60</b>	<b>00:22:10.60</b>	+00:07:22 (33.2%)	13:02	4.6 (66.7%)
150	<b>BASZAK Tomasz</b>	<b>2288</b>	SIŁAOGRA.PL	M 30	59	00:09:57	<b>00:22:11.50</b>	<b>00:22:11.50</b>	+00:07:23 (33.3%)	13:02	4.6 (66.7%)
151	<b>KROTLA Piotr</b>	<b>2126</b>		M 30	60	00:09:42	<b>00:22:12.20</b>	<b>00:22:12.20</b>	+00:07:23 (33.3%)	13:03	4.6 (66.7%)
152	<b>TONDYS Piotr</b>	<b>2114</b>	TIGERS TEAM	M 40	35	00:10:11	<b>00:22:14.90</b>	<b>00:22:14.90</b>	+00:07:26 (33.4%)	13:04	4.6 (66.7%)
153	<b>MAJEWSKI Arkadiusz</b>	<b>2182</b>		M 40	36	00:10:02	<b>00:22:15.85</b>	<b>00:22:15.85</b>	+00:07:27 (33.5%)	13:05	4.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
154	<b>ŚWIŃCZYK Marcin</b>	<b>2184</b>		M 30	61	00:10:07	<b>00:22:18.55</b>	<b>00:22:18.55</b>	+00:07:30 (33.6%)	13:07	4.6 (66.7%)
155	<b>SIEWKO Piotr</b>	<b>2023</b>	SZWAGRY TEAM	M 40	37	00:10:09	<b>00:22:19.90</b>	<b>00:22:19.90</b>	+00:07:31 (33.7%)	13:07	4.6 (66.7%)
156	<b>BŁAUCIAK Ewa</b>	<b>1061</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K 20	5	00:09:50	<b>00:22:20.45</b>	<b>00:22:20.45</b>	+00:07:31 (33.7%)	13:08	4.6 (66.7%)
157	<b>PODSADNIUK Mateusz</b>	<b>2031</b>	EASY RUN KRAKÓW	M 30	62	00:10:04	<b>00:22:21.00</b>	<b>00:22:21.00</b>	+00:07:32 (33.7%)	13:08	4.6 (66.7%)
158	<b>GRYCKO Konrad</b>	<b>2097</b>	FURION	M 20	37	00:10:04	<b>00:22:21.30</b>	<b>00:22:21.30</b>	+00:07:32 (33.8%)	13:08	4.6 (66.7%)
159	<b>MIKULSKI Michał</b>	<b>2239</b>	GREMI BOCHNIA	M 30	63	00:09:56	<b>00:22:21.95</b>	<b>00:22:21.95</b>	+00:07:33 (33.8%)	13:08	4.6 (66.7%)
160	<b>JEAN MICHEL Warnotte</b>	<b>2336</b>		M 40	38	00:10:14	<b>00:22:23.80</b>	<b>00:22:23.80</b>	+00:07:35 (33.9%)	13:10	4.6 (66.7%)
160	<b>WAŚ Andrzej</b>	<b>2189</b>		M 40	39	00:10:19	<b>00:22:23.80</b>	<b>00:22:23.80</b>	+00:07:35 (33.9%)	13:10	4.6 (66.7%)
162	<b>STEFAŃSKI Zbigniew</b>	<b>2207</b>	HEBEL	M 40	40	00:10:12	<b>00:22:24.85</b>	<b>00:22:24.85</b>	+00:07:36 (33.9%)	13:10	4.6 (66.7%)
163	<b>ISKRZYCKI Andrzej</b>	<b>2211</b>		M 40	41	00:09:52	<b>00:22:26.20</b>	<b>00:22:26.20</b>	+00:07:37 (34.0%)	13:11	4.5 (65.2%)
164	<b>HEDA Sebastian</b>	<b>2231</b>		M 30	64	00:10:17	<b>00:22:33.40</b>	<b>00:22:33.40</b>	+00:07:44 (34.4%)	13:15	4.5 (65.2%)
165	<b>DOMIN Łukasz</b>	<b>2177</b>	LIDER ANIMATOR/AKTYWNY DYNÓW	M 20	38	00:10:07	<b>00:22:34.55</b>	<b>00:22:34.55</b>	+00:07:46 (34.4%)	13:16	4.5 (65.2%)
166	<b>WOJNO Arkadiusz</b>	<b>2115</b>	HUSARIA RACE TEAM	M 30	65	00:10:22	<b>00:22:35.05</b>	<b>00:22:35.05</b>	+00:07:46 (34.4%)	13:17	4.5 (65.2%)
167	<b>SIKORA Alicja</b>	<b>1046</b>	TEAM SIKORA	K 60	1	00:10:38	<b>00:22:35.85</b>	<b>00:22:35.85</b>	+00:07:47 (34.5%)	13:17	4.5 (65.2%)
168	<b>NIERADA Marcin</b>	<b>2263</b>		M 30	66	00:09:38	<b>00:22:41.05</b>	<b>00:22:41.05</b>	+00:07:52 (34.7%)	13:20	4.5 (65.2%)
169	<b>OLEKSIEWICZ Michał</b>	<b>2166</b>		M 30	67	00:10:07	<b>00:22:41.15</b>	<b>00:22:41.15</b>	+00:07:52 (34.7%)	13:20	4.5 (65.2%)
170	<b>DYLAĞ Andrzej</b>	<b>2302</b>	KS LIMANOWA FORREST	M 40	42	00:10:20	<b>00:22:43.00</b>	<b>00:22:43.00</b>	+00:07:54 (34.8%)	13:21	4.5 (65.2%)
171	<b>SZOSTAK Artur</b>	<b>2129</b>	BRAVEHEARTS LEGIONOWO	M 20	39	00:10:13	<b>00:22:44.55</b>	<b>00:22:44.55</b>	+00:07:56 (34.9%)	13:22	4.5 (65.2%)
172	<b>GUZDEK Tomasz</b>	<b>2258</b>	STRAZ POZARNA BYTOM	M 30	68	00:10:05	<b>00:22:45.95</b>	<b>00:22:45.95</b>	+00:07:57 (35.0%)	13:22	4.5 (65.2%)
173	<b>KOZIOŁ Kamil</b>	<b>2183</b>	HUSARIA RACE TEAM	M 20	40	00:10:28	<b>00:22:46.20</b>	<b>00:22:46.20</b>	+00:07:57 (35.0%)	13:23	4.5 (65.2%)
174	<b>KLONOWSKI Kamil</b>	<b>2081</b>	MOSIR ŁAZISKA GÓRNE	M 20	41	00:10:15	<b>00:22:46.55</b>	<b>00:22:46.55</b>	+00:07:58 (35.0%)	13:23	4.5 (65.2%)
175	<b>PASUTO Grzegorz</b>	<b>2332</b>		M 30	69	00:10:27	<b>00:22:46.95</b>	<b>00:22:46.95</b>	+00:07:58 (35.0%)	13:23	4.5 (65.2%)
176	<b>KOPIEC Roland</b>	<b>2296</b>	ŁAZISKA GÓRNE	M 20	42	00:10:10	<b>00:22:47.25</b>	<b>00:22:47.25</b>	+00:07:58 (35.0%)	13:24	4.5 (65.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
177	<b>RENCZ Małgorzata</b>	<b>1014</b>	W POGONI ZA DUCHEM	K 40	3	00:10:24	<b>00:22:47.30</b>	<b>00:22:47.30</b>	+00:07:58 (35.0%)	13:24	4.5 (65.2%)
178	<b>MORAWSKI Grzegorz</b>	<b>2277</b>	TRENER24H.COM.PL	M 30	70	00:09:58	<b>00:22:47.90</b>	<b>00:22:47.90</b>	+00:07:59 (35.0%)	13:24	4.5 (65.2%)
179	<b>PIÓRKOWSKI Tomek</b>	<b>2144</b>	BISKUPICE FAMILY TEAM	M 40	43	00:10:23	<b>00:22:48.10</b>	<b>00:22:48.10</b>	+00:07:59 (35.1%)	13:24	4.5 (65.2%)
180	<b>STELMASZCZYK Bartłomiej</b>	<b>2235</b>	SCOUT TAEM	M 40	44	00:10:27	<b>00:22:48.55</b>	<b>00:22:48.55</b>	+00:08:00 (35.1%)	13:24	4.5 (65.2%)
181	<b>WRZESIŃSKI Piotr</b>	<b>2215</b>	GAPPAG TEAM	M 40	45	00:10:28	<b>00:22:48.80</b>	<b>00:22:48.80</b>	+00:08:00 (35.1%)	13:24	4.5 (65.2%)
182	<b>BEDNARZ Sebastian</b>	<b>2139</b>		M 40	46	00:10:18	<b>00:22:49.55</b>	<b>00:22:49.55</b>	+00:08:01 (35.1%)	13:25	4.5 (65.2%)
183	<b>KOMANIECKI Łukasz</b>	<b>2157</b>		M 30	71	00:10:15	<b>00:22:50.45</b>	<b>00:22:50.45</b>	+00:08:01 (35.2%)	13:25	4.5 (65.2%)
184	<b>STACHURSKI Paweł</b>	<b>2104</b>		M 30	72	00:10:16	<b>00:22:50.80</b>	<b>00:22:50.80</b>	+00:08:02 (35.2%)	13:25	4.5 (65.2%)
185	<b>GURGUL Sebastian</b>	<b>2078</b>	AROMAT NÓG	M 30	73	00:10:10	<b>00:22:51.55</b>	<b>00:22:51.55</b>	+00:08:03 (35.2%)	13:26	4.5 (65.2%)
186	<b>KOZAR Michał</b>	<b>2185</b>		M 30	74	00:10:23	<b>00:22:54.00</b>	<b>00:22:54.00</b>	+00:08:05 (35.3%)	13:28	4.5 (65.2%)
187	<b>KNURA Aleksander</b>	<b>2252</b>	KW JASTRZĘBIE - ZDRÓJ	M 30	75	00:10:23	<b>00:22:54.90</b>	<b>00:22:54.90</b>	+00:08:06 (35.4%)	13:28	4.5 (65.2%)
188	<b>SZCZEPANIK Grzegorz</b>	<b>2058</b>	WILDEER	M 30	76	00:10:38	<b>00:22:56.35</b>	<b>00:22:56.35</b>	+00:08:07 (35.4%)	13:29	4.4 (63.8%)
189	<b>KUBERA Marcin</b>	<b>2285</b>	KUBERUN	M 30	77	00:10:13	<b>00:22:59.80</b>	<b>00:22:59.80</b>	+00:08:11 (35.6%)	13:31	4.4 (63.8%)
190	<b>PRASOŁ Marcin</b>	<b>2256</b>		M 30	78	00:10:27	<b>00:23:01.05</b>	<b>00:23:01.05</b>	+00:08:12 (35.7%)	13:32	4.4 (63.8%)
191	<b>SUDNIK Krzysztof</b>	<b>2300</b>		M 30	79	00:09:55	<b>00:23:01.15</b>	<b>00:23:01.15</b>	+00:08:12 (35.7%)	13:32	4.4 (63.8%)
192	<b>KOZIEŁ Grzegorz</b>	<b>2027</b>	SILESIA RUNNERS CLUB	M 30	80	00:10:53	<b>00:23:02.40</b>	<b>00:23:02.40</b>	+00:08:13 (35.7%)	13:32	4.4 (63.8%)
193	<b>LIS Radosław</b>	<b>2313</b>		M 30	81		<b>00:23:02.75</b>	<b>00:23:02.75</b>	+00:08:14 (35.7%)	13:32	4.4 (63.8%)
194	<b>JONKISZ Dorota</b>	<b>1070</b>	RYTM CZECHOWICE DZIEDZICE	K 50	3	00:10:37	<b>00:23:03.50</b>	<b>00:23:03.50</b>	+00:08:15 (35.8%)	13:33	4.4 (63.8%)
195	<b>KUSZKA Michał</b>	<b>2016</b>	BBL MIKOŁÓW	M 30	82	00:10:51	<b>00:23:03.70</b>	<b>00:23:03.70</b>	+00:08:15 (35.8%)	13:33	4.4 (63.8%)
196	<b>KRÓL Kamil</b>	<b>2191</b>	SOCIOS GÓRNIK	M 20	43	00:09:59	<b>00:23:04.15</b>	<b>00:23:04.15</b>	+00:08:15 (35.8%)	13:34	4.4 (63.8%)
197	<b>DZIUBA Emilian</b>	<b>2013</b>	STS BIEGATON MIKOŁÓW	M 40	47	00:10:26	<b>00:23:05.80</b>	<b>00:23:05.80</b>	+00:08:17 (35.9%)	13:34	4.4 (63.8%)
198	<b>DOMISZEWSKI Wojciech</b>	<b>2249</b>		M 50	6	00:10:14	<b>00:23:06.85</b>	<b>00:23:06.85</b>	+00:08:18 (35.9%)	13:35	4.4 (63.8%)
199	<b>LIWOCH Sebastian</b>	<b>2061</b>		M 30	83	00:10:09	<b>00:23:07.15</b>	<b>00:23:07.15</b>	+00:08:18 (35.9%)	13:35	4.4 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
200	<b>KARWACKI Grzegorz</b>	<b>2119</b>	JA	M 40	48	00:10:16	<b>00:23:07.80</b>	<b>00:23:07.80</b>	+00:08:19 (36.0%)	13:35	4.4 (63.8%)
201	<b>PLUCINSKI Grzegorz</b>	<b>2014</b>	INŻYNIERIA BIEGANIA TEAM	M 40	49	00:10:39	<b>00:23:08.90</b>	<b>00:23:08.90</b>	+00:08:20 (36.0%)	13:36	4.4 (63.8%)
202	<b>JANUSZEWSKI Tomasz</b>	<b>2040</b>		M 50	7	00:10:52	<b>00:23:09.90</b>	<b>00:23:09.90</b>	+00:08:21 (36.1%)	13:37	4.4 (63.8%)
203	<b>TOMCZYK Marcin</b>	<b>2279</b>		M 40	50	00:10:36	<b>00:23:12.05</b>	<b>00:23:12.05</b>	+00:08:23 (36.2%)	13:38	4.4 (63.8%)
204	<b>RACZYŃSKI Bogusz</b>	<b>2087</b>	TIGERS TEAM	M 30	84	00:10:21	<b>00:23:16.15</b>	<b>00:23:16.15</b>	+00:08:27 (36.4%)	13:41	4.4 (63.8%)
205	<b>STASIK Krzysztof</b>	<b>2179</b>	LOGTECH SPORT TEAM RADZIONKÓW	M 30	85	00:10:28	<b>00:23:17.70</b>	<b>00:23:17.70</b>	+00:08:29 (36.4%)	13:41	4.4 (63.8%)
206	<b>STEFAŃSKI Jaroslaw</b>	<b>2200</b>	W POGONI ZA DUCHEM	M 50	8	00:10:22	<b>00:23:20.70</b>	<b>00:23:20.70</b>	+00:08:32 (36.6%)	13:43	4.4 (63.8%)
207	<b>DURAŁ Grzegorz</b>	<b>2228</b>	TRENING ULTRASA	M 30	86	00:10:48	<b>00:23:21.20</b>	<b>00:23:21.20</b>	+00:08:32 (36.6%)	13:44	4.4 (63.8%)
208	<b>ŁYZIŃSKI Jan</b>	<b>2172</b>		M 50	9	00:10:42	<b>00:23:22.55</b>	<b>00:23:22.55</b>	+00:08:34 (36.7%)	13:44	4.4 (63.8%)
209	<b>PROŃ Adam</b>	<b>2030</b>	IPRONMAN	M 40	51	00:10:25	<b>00:23:23.70</b>	<b>00:23:23.70</b>	+00:08:35 (36.7%)	13:45	4.4 (63.8%)
210	<b>SZUKAŁA Damian</b>	<b>2123</b>	ŻARY RUNNERS TEAM	M 30	87	00:10:42	<b>00:23:23.85</b>	<b>00:23:23.85</b>	+00:08:35 (36.7%)	13:45	4.4 (63.8%)
211	<b>PITAS Andrzej</b>	<b>2186</b>	ZAPIERDALACZE	M 40	52	00:10:43	<b>00:23:24.40</b>	<b>00:23:24.40</b>	+00:08:35 (36.7%)	13:45	4.4 (63.8%)
212	<b>MARKIEWICZ Agnieszka</b>	<b>1050</b>	PRORUNNING PROMOTION	K 20	6	00:10:49	<b>00:23:27.45</b>	<b>00:23:27.45</b>	+00:08:38 (36.9%)	13:47	4.3 (62.3%)
213	<b>LEWANDOWSKI Paweł</b>	<b>2150</b>		M 30	88	00:10:36	<b>00:23:27.65</b>	<b>00:23:27.65</b>	+00:08:39 (36.9%)	13:47	4.3 (62.3%)
214	<b>BUŁA Robert</b>	<b>2133</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M 20	44	00:10:45	<b>00:23:27.95</b>	<b>00:23:27.95</b>	+00:08:39 (36.9%)	13:47	4.3 (62.3%)
215	<b>OKOŃ Łukasz</b>	<b>2241</b>		M 30	89	00:09:58	<b>00:23:28.75</b>	<b>00:23:28.75</b>	+00:08:40 (36.9%)	13:48	4.3 (62.3%)
216	<b>MIROŃCZUK Roman</b>	<b>2167</b>	DRUŻYNA SZPIKU	M 40	53	00:10:30	<b>00:23:29.35</b>	<b>00:23:29.35</b>	+00:08:40 (37.0%)	13:48	4.3 (62.3%)
217	<b>GLISZCZYŃSKI Paweł</b>	<b>2135</b>	ORZEŁ BIAŁY S.A.	M 30	90	00:10:25	<b>00:23:30.60</b>	<b>00:23:30.60</b>	+00:08:42 (37.0%)	13:49	4.3 (62.3%)
218	<b>KELLER Dariusz</b>	<b>2047</b>	NIGHT RUNNERS +	M 20	45	00:10:15	<b>00:23:31.00</b>	<b>00:23:31.00</b>	+00:08:42 (37.0%)	13:50	4.3 (62.3%)
218	<b>POTOCZNY Mirosław</b>	<b>2107</b>	TRAIL RUNNERS JAWORZNO	M 40	54	00:10:51	<b>00:23:31.00</b>	<b>00:23:31.00</b>	+00:08:42 (37.0%)	13:50	4.3 (62.3%)
220	<b>BEDNAREK Jacek</b>	<b>2059</b>	METLIFE RUN	M 40	55	00:10:34	<b>00:23:31.10</b>	<b>00:23:31.10</b>	+00:08:42 (37.0%)	13:50	4.3 (62.3%)
221	<b>PIŁAT Artur</b>	<b>2029</b>		M 40	56	00:10:57	<b>00:23:31.60</b>	<b>00:23:31.60</b>	+00:08:43 (37.1%)	13:50	4.3 (62.3%)
222	<b>KUBIK Jarosław</b>	<b>2143</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	M 40	57	00:10:25	<b>00:23:31.90</b>	<b>00:23:31.90</b>	+00:08:43 (37.1%)	13:50	4.3 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
223	<b>GAUDYN Andrzej</b>	<b>2152</b>		M 30	91	00:10:33	<b>00:23:32.30</b>	<b>00:23:32.30</b>	+00:08:43 (37.1%)	13:50	4.3 (62.3%)
224	<b>SZYMCZAK Łukasz</b>	<b>2244</b>	SSW TEAM KROŚNICE	M 30	92	00:10:53	<b>00:23:33.20</b>	<b>00:23:33.20</b>	+00:08:44 (37.1%)	13:51	4.3 (62.3%)
225	<b>TOMCZYK Tomasz</b>	<b>2161</b>	RMF 4RACING OCR	M 30	93	00:10:52	<b>00:23:33.75</b>	<b>00:23:33.75</b>	+00:08:45 (37.2%)	13:51	4.3 (62.3%)
226	<b>SIWA Kinga</b>	<b>1047</b>	KS SAKO GDAŃSK	K 30	7	00:10:49	<b>00:23:39.30</b>	<b>00:23:39.30</b>	+00:08:50 (37.4%)	13:54	4.3 (62.3%)
227	<b>GURGUL Mateusz</b>	<b>2113</b>	AROMAT NÓG	M 30	94	00:10:40	<b>00:23:41.45</b>	<b>00:23:41.45</b>	+00:08:52 (37.5%)	13:55	4.3 (62.3%)
228	<b>SEMMERLING Przemysław</b>	<b>2274</b>	GÓRSKIE PEDZIWIATRY	M 30	95	00:10:35	<b>00:23:43.40</b>	<b>00:23:43.40</b>	+00:08:54 (37.6%)	13:57	4.3 (62.3%)
229	<b>SUJAK Mirosław</b>	<b>2043</b>	MKB DREPTAK	M 50	10	00:10:44	<b>00:23:45.10</b>	<b>00:23:45.10</b>	+00:08:56 (37.7%)	13:58	4.3 (62.3%)
230	<b>WĘGLARZ Czesław</b>	<b>2240</b>	NEZRZESZONY	M 50	11	00:10:45	<b>00:23:45.75</b>	<b>00:23:45.75</b>	+00:08:57 (37.7%)	13:58	4.3 (62.3%)
231	<b>TOL Kamil</b>	<b>2220</b>	MAFIA TEAM LUBLINIEC	M 30	96	00:10:18	<b>00:23:47.50</b>	<b>00:23:47.50</b>	+00:08:59 (37.8%)	13:59	4.3 (62.3%)
232	<b>KARAŚ Michał</b>	<b>2044</b>	GOOL GORCE NOWY TARG	M 30	97	00:10:40	<b>00:23:49.35</b>	<b>00:23:49.35</b>	+00:09:00 (37.8%)	14:00	4.3 (62.3%)
233	<b>KALITA Arek</b>	<b>2223</b>		M 40	58	00:10:41	<b>00:23:53.30</b>	<b>00:23:53.30</b>	+00:09:04 (38.0%)	14:02	4.3 (62.3%)
234	<b>LEŚNIAK Tomasz</b>	<b>2063</b>	KRZYWDA TEAM	M 30	98	00:10:52	<b>00:23:54.35</b>	<b>00:23:54.35</b>	+00:09:05 (38.1%)	14:03	4.3 (62.3%)
235	<b>PACHURA Kinga</b>	<b>1024</b>		K 40	4	00:11:04	<b>00:23:54.85</b>	<b>00:23:54.85</b>	+00:09:06 (38.1%)	14:03	4.3 (62.3%)
236	<b>DAWIDOWICZ Krzysztof</b>	<b>2164</b>	FREEWAY	M 30	99	00:10:27	<b>00:23:55.30</b>	<b>00:23:55.30</b>	+00:09:06 (38.1%)	14:04	4.3 (62.3%)
237	<b>KOŚMIDER Tomasz</b>	<b>2293</b>	SPARTANIE DZIECIOM	M 30	100	00:10:24	<b>00:23:57.65</b>	<b>00:23:57.65</b>	+00:09:09 (38.2%)	14:05	4.3 (62.3%)
238	<b>KANIA Paweł</b>	<b>2247</b>	SAINT-GOBAIN SQUAD	M 40	59	00:10:43	<b>00:23:58.80</b>	<b>00:23:58.80</b>	+00:09:10 (38.2%)	14:05	4.3 (62.3%)
239	<b>STOLARSKI Paweł</b>	<b>2094</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M 30	101	00:10:52	<b>00:24:01.00</b>	<b>00:24:01.00</b>	+00:09:12 (38.3%)	14:07	4.2 (60.9%)
240	<b>KULA Krzysztof</b>	<b>2140</b>		M 20	46	00:10:50	<b>00:24:01.25</b>	<b>00:24:01.25</b>	+00:09:12 (38.4%)	14:07	4.2 (60.9%)
241	<b>GRAJEK Marek</b>	<b>2175</b>		M 30	102	00:10:06	<b>00:24:02.60</b>	<b>00:24:02.60</b>	+00:09:14 (38.4%)	14:08	4.2 (60.9%)
242	<b>BLUNTZER Gregoire</b>	<b>2315</b>		M 50	12	00:11:03	<b>00:24:03.85</b>	<b>00:24:03.85</b>	+00:09:15 (38.5%)	14:08	4.2 (60.9%)
243	<b>WILK Tomasz</b>	<b>2251</b>	MOMNATOCĄŁEŻYCIE	M 30	103	00:10:46	<b>00:24:04.45</b>	<b>00:24:04.45</b>	+00:09:15 (38.5%)	14:09	4.2 (60.9%)
244	<b>STRAUCHOLD Anna</b>	<b>1073</b>	PRO-RUN WROCŁAW	K 40	5	00:11:11	<b>00:24:04.75</b>	<b>00:24:04.75</b>	+00:09:16 (38.5%)	14:09	4.2 (60.9%)
245	<b>BIEDROŃ Marcin</b>	<b>2024</b>		M 20	47	00:10:32	<b>00:24:05.30</b>	<b>00:24:05.30</b>	+00:09:16 (38.5%)	14:10	4.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
246	<b>RESPONDEK Marcin</b>	<b>2090</b>	LECYMY DURŚ	M 30	104	00:10:40	<b>00:24:06.15</b>	<b>00:24:06.15</b>	+00:09:17 (38.6%)	14:10	4.2 (60.9%)
247	<b>SERZYSKO Bartosz</b>	<b>2299</b>	APTIV RUNNING TEAM	M 20	48	00:10:25	<b>00:24:06.20</b>	<b>00:24:06.20</b>	+00:09:17 (38.6%)	14:10	4.2 (60.9%)
248	<b>FIGAS Sebastian</b>	<b>2232</b>	LITWIN TRIATHLON TEAM	M 40	60	00:11:05	<b>00:24:06.95</b>	<b>00:24:06.95</b>	+00:09:18 (38.6%)	14:10	4.2 (60.9%)
249	<b>DYDUŁA Łukasz</b>	<b>2053</b>	ITAL CAR TEAM	M 40	61	00:10:45	<b>00:24:14.10</b>	<b>00:24:14.10</b>	+00:09:25 (38.9%)	14:15	4.2 (60.9%)
250	<b>SWOBODA Jarosław</b>	<b>2036</b>	NIGHT RUNNERS GLIWICE	M 40	62	00:10:55	<b>00:24:17.20</b>	<b>00:24:17.20</b>	+00:09:28 (39.0%)	14:17	4.2 (60.9%)
251	<b>KAWUŁOK Adrian</b>	<b>2176</b>		M 30	105	00:10:58	<b>00:24:19.60</b>	<b>00:24:19.60</b>	+00:09:31 (39.1%)	14:18	4.2 (60.9%)
252	<b>HORA Grzegorz</b>	<b>2193</b>		M 30	106	00:11:11	<b>00:24:25.85</b>	<b>00:24:25.85</b>	+00:09:37 (39.4%)	14:21	4.2 (60.9%)
253	<b>FIREK Iwona</b>	<b>1057</b>	FIRE'K TEAM	K 30	8	00:11:07	<b>00:24:36.50</b>	<b>00:24:36.50</b>	+00:09:48 (39.8%)	14:28	4.1 (59.4%)
254	<b>WOROBIEC Józef</b>	<b>2158</b>	TERVEL DANIEL WOSIK TEAM	M 60	3	00:11:13	<b>00:24:37.65</b>	<b>00:24:37.65</b>	+00:09:49 (39.9%)	14:28	4.1 (59.4%)
255	<b>KLATE Łukasz</b>	<b>2111</b>	ŁÓDŹ KOCHA SPORT	M 30	107	00:10:57	<b>00:24:38.10</b>	<b>00:24:38.10</b>	+00:09:49 (39.9%)	14:29	4.1 (59.4%)
256	<b>RĘBISZ Paweł</b>	<b>2308</b>	TRAIL RUNNERS JAWORZNO	M 40	63	00:10:13	<b>00:24:39.50</b>	<b>00:24:39.50</b>	+00:09:51 (39.9%)	14:30	4.1 (59.4%)
257	<b>KADŁUBEK Aleksander</b>	<b>2254</b>	TKTJ	M 30	108	00:10:51	<b>00:24:40.75</b>	<b>00:24:40.75</b>	+00:09:52 (40.0%)	14:30	4.1 (59.4%)
258	<b>ZAJDEL Michał</b>	<b>2246</b>	INO JO	M 30	109	00:10:55	<b>00:24:42.25</b>	<b>00:24:42.25</b>	+00:09:53 (40.1%)	14:31	4.1 (59.4%)
259	<b>URBAŃCZYK Dawid</b>	<b>2093</b>	LECYMY DURŚ	M 20	49	00:11:25	<b>00:24:44.85</b>	<b>00:24:44.85</b>	+00:09:56 (40.2%)	14:32	4.1 (59.4%)
260	<b>BARTOSIEWICZ Adam</b>	<b>2062</b>	OCR POLSKA	M 40	64	00:10:53	<b>00:24:46.10</b>	<b>00:24:46.10</b>	+00:09:57 (40.2%)	14:34	4.1 (59.4%)
261	<b>JABŁOŃSKI Sebastian</b>	<b>2208</b>	POSITIV VIBRATION	M 30	110	00:10:56	<b>00:24:47.90</b>	<b>00:24:47.90</b>	+00:09:59 (40.3%)	14:34	4.1 (59.4%)
262	<b>OŹGA Sebastian</b>	<b>2074</b>		M 20	50	00:11:12	<b>00:24:48.70</b>	<b>00:24:48.70</b>	+00:10:00 (40.3%)	14:35	4.1 (59.4%)
263	<b>KRZCZUK Benedykt</b>	<b>2066</b>		M 50	13	00:11:10	<b>00:24:49.00</b>	<b>00:24:49.00</b>	+00:10:00 (40.3%)	14:35	4.1 (59.4%)
264	<b>HOMBEC Maciej</b>	<b>2260</b>	UZDROWISKOWY TEAM	M 40	65	00:11:40	<b>00:24:49.75</b>	<b>00:24:49.75</b>	+00:10:01 (40.4%)	14:35	4.1 (59.4%)
265	<b>KWIATKOWSKI Kajetan</b>	<b>2109</b>	BIGYELLOWFOOT ADVENTURE TEAM	M 30	111	00:11:25	<b>00:24:50.05</b>	<b>00:24:50.05</b>	+00:10:01 (40.4%)	14:36	4.1 (59.4%)
266	<b>ŻUREK Rafał</b>	<b>2271</b>		M 20	51	00:10:36	<b>00:24:50.30</b>	<b>00:24:50.30</b>	+00:10:01 (40.4%)	14:36	4.1 (59.4%)
267	<b>KRASOŃ Rafał</b>	<b>2092</b>	LECYMY DURŚ	M 30	112	00:11:27	<b>00:24:52.45</b>	<b>00:24:52.45</b>	+00:10:03 (40.5%)	14:37	4.1 (59.4%)
268	<b>KLIMOSZ Edyta</b>	<b>1040</b>		K 20	7	00:11:13	<b>00:24:53.10</b>	<b>00:24:53.10</b>	+00:10:04 (40.5%)	14:38	4.1 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
269	<b>KURYŁO Zenon</b>	<b>2057</b>	SBD ENERGETYK RYBNIK	M 50	14	00:11:34	<b>00:24:53.55</b>	<b>00:24:53.55</b>	+00:10:05 (40.5%)	14:38	4.1 (59.4%)
270	<b>KORNAŚ Marcin</b>	<b>2219</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M 30	113	00:11:26	<b>00:24:53.90</b>	<b>00:24:53.90</b>	+00:10:05 (40.5%)	14:38	4.1 (59.4%)
271	<b>MUSZYŃSKI Marcin</b>	<b>2266</b>		M 20	52	00:11:08	<b>00:24:58.60</b>	<b>00:24:58.60</b>	+00:10:10 (40.7%)	14:41	4.1 (59.4%)
272	<b>JAWORSKI Jarosław</b>	<b>2273</b>		M 30	114	00:10:50	<b>00:24:59.05</b>	<b>00:24:59.05</b>	+00:10:10 (40.7%)	14:41	4.1 (59.4%)
273	<b>BIZOŃ Tomasz</b>	<b>2054</b>		M 40	66	00:11:02	<b>00:25:00.75</b>	<b>00:25:00.75</b>	+00:10:12 (40.8%)	14:42	4.1 (59.4%)
274	<b>JANOWICZ Adam</b>	<b>2132</b>		M 20	53	00:10:46	<b>00:25:03.95</b>	<b>00:25:03.95</b>	+00:10:15 (40.9%)	14:44	4.1 (59.4%)
275	<b>DWORNICKI Tomasz</b>	<b>2319</b>		M 40	67	00:11:14	<b>00:25:04.90</b>	<b>00:25:04.90</b>	+00:10:16 (41.0%)	14:44	4.1 (59.4%)
276	<b>ŚMIATEK Marcino</b>	<b>2203</b>	AGRESOR	M 40	68	00:11:15	<b>00:25:05.35</b>	<b>00:25:05.35</b>	+00:10:16 (41.0%)	14:45	4.1 (59.4%)
277	<b>SMACZYNSKI Dariusz</b>	<b>2159</b>	SRS AKTYWNA DABROWA	M 50	15	00:11:03	<b>00:25:08.10</b>	<b>00:25:08.10</b>	+00:10:19 (41.1%)	14:47	4.1 (59.4%)
278	<b>SIKORA Mariusz</b>	<b>2091</b>	GOGGLEPRO ACTIVE EYEWEAR TEAM	M 40	69	00:11:32	<b>00:25:09.45</b>	<b>00:25:09.45</b>	+00:10:20 (41.1%)	14:47	4.1 (59.4%)
279	<b>CHOWANIOK Anna</b>	<b>1049</b>		K 20	8	00:11:17	<b>00:25:10.80</b>	<b>00:25:10.80</b>	+00:10:22 (41.2%)	14:48	4.1 (59.4%)
280	<b>ŚWIĘTEK Sylwia</b>	<b>1058</b>	LITWIN TRIATHLON TEAM	K 40	6	00:11:20	<b>00:25:14.00</b>	<b>00:25:14.00</b>	+00:10:25 (41.3%)	14:50	4 (58.0%)
281	<b>SMUDA Ryszard</b>	<b>2210</b>		M 50	16	00:11:30	<b>00:25:19.20</b>	<b>00:25:19.20</b>	+00:10:30 (41.5%)	14:53	4 (58.0%)
282	<b>PIOSEK Grzegorz</b>	<b>2195</b>	LOGTECH RUN TEAM RADZIONKÓW	M 30	115	00:10:48	<b>00:25:21.05</b>	<b>00:25:21.05</b>	+00:10:32 (41.6%)	14:54	4 (58.0%)
283	<b>ROGOSZ Marcin</b>	<b>2076</b>	SOCIOS GÓRNIK	M 30	116	00:11:33	<b>00:25:25.65</b>	<b>00:25:25.65</b>	+00:10:37 (41.8%)	14:57	4 (58.0%)
283	<b>LIGĘZA Joasia</b>	<b>1017</b>	SMASHING PĄPKINS/UNLIMITED	K 40	7	00:11:47	<b>00:25:25.65</b>	<b>00:25:25.65</b>	+00:10:37 (41.8%)	14:57	4 (58.0%)
285	<b>FALKOWSKI Piotr</b>	<b>2268</b>	FKS PEGAZ PIASECZNO	M 40	70	00:11:44	<b>00:25:26.10</b>	<b>00:25:26.10</b>	+00:10:37 (41.8%)	14:57	4 (58.0%)
286	<b>MROZEK Grzegorz</b>	<b>2327</b>		M 40	71	00:11:39	<b>00:25:26.90</b>	<b>00:25:26.90</b>	+00:10:38 (41.8%)	14:57	4 (58.0%)
287	<b>WOJTYRA Daniel</b>	<b>2269</b>		M 20	54	00:11:25	<b>00:25:29.30</b>	<b>00:25:29.30</b>	+00:10:40 (41.9%)	14:59	4 (58.0%)
288	<b>KUĆERKA Jakub</b>	<b>2025</b>	KASIA I KUBA	M 20	55	00:11:49	<b>00:25:34.40</b>	<b>00:25:34.40</b>	+00:10:45 (42.1%)	15:02	4 (58.0%)
289	<b>SEWINA Dominik</b>	<b>2106</b>	KARATE TSUNAMI BYDGOSZCZ	M 30	117	00:11:44	<b>00:25:42.45</b>	<b>00:25:42.45</b>	+00:10:53 (42.4%)	15:07	4 (58.0%)
290	<b>WOJTYRA Karolina</b>	<b>1034</b>	ENTER AIR RUNNERS CLUB	K 20	9	00:11:41	<b>00:25:43.95</b>	<b>00:25:43.95</b>	+00:10:55 (42.5%)	15:07	4 (58.0%)
291	<b>WAWROWSKI Jarosław</b>	<b>2326</b>		M 40	72	00:11:22	<b>00:25:54.85</b>	<b>00:25:54.85</b>	+00:11:06 (42.9%)	15:14	3.9 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
292	ZIELIŃSKI Łukasz	2128		M 30	118	00:11:29	00:26:00.45	00:26:00.45	+00:11:11 (43.1%)	15:17	3.9 (56.5%)
293	LIGEZA Witold	2324	SMASHING PĄPKINS/UNLIMITED	M 40	73	00:11:52	00:26:08.75	00:26:08.75	+00:11:20 (43.4%)	15:22	3.9 (56.5%)
294	HOLECZEK Damian	2259	ŻODNY	M 40	74	00:11:11	00:26:13.30	00:26:13.30	+00:11:24 (43.5%)	15:25	3.9 (56.5%)
295	GRABALSKI Dariusz	2265		M 30	119	00:11:08	00:26:30.30	00:26:30.30	+00:11:41 (44.1%)	15:35	3.8 (55.1%)
296	SMOROŃ Krzysztof	2204		M 30	120	00:11:58	00:26:35.10	00:26:35.10	+00:11:46 (44.3%)	15:38	3.8 (55.1%)
297	ŚWIERK Krystyna	1036	NATURALNIE JANOWICE	K 60	2	00:12:31	00:26:35.65	00:26:35.65	+00:11:47 (44.3%)	15:38	3.8 (55.1%)
298	KANIA Jolanta	1062		K 40	8	00:12:02	00:26:39.20	00:26:39.20	+00:11:50 (44.4%)	15:40	3.8 (55.1%)
299	GUZIAK Irena	1021		K 40	9	00:12:24	00:26:40.95	00:26:40.95	+00:11:52 (44.5%)	15:41	3.8 (55.1%)
300	SCHILLER Fryderyk	2205	TRINITEC RUNNING TEAM	M 40	75	00:11:49	00:26:42.35	00:26:42.35	+00:11:53 (44.6%)	15:42	3.8 (55.1%)
301	BORATYŃSKI Adam	2294		M 40	76	00:12:20	00:27:14.25	00:27:14.25	+00:12:25 (45.6%)	16:01	3.7 (53.6%)
302	PUCHAJDA Monika	1065		K 30	9	00:12:06	00:27:23.40	00:27:23.40	+00:12:34 (45.9%)	16:06	3.7 (53.6%)
303	CAŁKA Grzegorz	2233	RADZYMIN RUN TEAM	M 40	77	00:12:27	00:27:27.50	00:27:27.50	+00:12:39 (46.1%)	16:08	3.7 (53.6%)
304	PIÓRKOWSKA Ola	1035	BISKUPICE FAMILY TEAM	K 40	10	00:12:52	00:27:30.45	00:27:30.45	+00:12:41 (46.2%)	16:10	3.7 (53.6%)
305	WAWRZACZ Katarzyna	1052		K 40	11	00:12:37	00:27:32.95	00:27:32.95	+00:12:44 (46.2%)	16:11	3.7 (53.6%)
306	DAWID Mirosław	2089		M 50	17	00:12:07	00:27:36.55	00:27:36.55	+00:12:48 (46.4%)	16:14	3.7 (53.6%)
307	CAŁKA Agnieszka	1059	RADZYMIN RUN TEAM	K 40	12	00:12:28	00:27:38.75	00:27:38.75	+00:12:50 (46.4%)	16:15	3.7 (53.6%)
308	BIENIECKI Marek	2323	OTK RZEŹNIK	M 20	56	00:12:52	00:27:41.70	00:27:41.70	+00:12:53 (46.5%)	16:17	3.7 (53.6%)
309	ZAREMBA Marek	2142	KAMIKADZE	M 50	18	00:12:19	00:27:44.00	00:27:44.00	+00:12:55 (46.6%)	16:18	3.7 (53.6%)
310	LOMBARSKI Łukasz	2245	SSW TEAM KROŚNICE	M 30	121	00:12:36	00:27:47.50	00:27:47.50	+00:12:59 (46.7%)	16:20	3.7 (53.6%)
311	DYDUŁA Renata	1018	ITAL CAR TEAM	K 40	13	00:12:25	00:27:51.15	00:27:51.15	+00:13:02 (46.8%)	16:22	3.7 (53.6%)
312	SZLĘZAK Piotr	2253		M 30	122	00:12:06	00:27:52.45	00:27:52.45	+00:13:03 (46.9%)	16:23	3.7 (53.6%)
313	GŁUCHOWSKA Natalia	1038		K 20	10	00:13:08	00:27:54.85	00:27:54.85	+00:13:06 (47.0%)	16:24	3.7 (53.6%)
314	PARZUCH Magdalena	1026	SZTURM	K 20	11	00:12:43	00:28:02.70	00:28:02.70	+00:13:14 (47.2%)	16:29	3.6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
315	<b>TIAHNYBOK Paweł</b>	<b>2073</b>	SOCIOS SILESIA	M 40	78	00:11:54	<b>00:28:11.25</b>	<b>00:28:11.25</b>	+00:13:22 (47.5%)	16:34	3.6 (52.2%)
316	<b>WITA Krzysztof</b>	<b>2250</b>	FORMA WODZISŁAW ŚLĄSKI	M 30	123	00:12:01	<b>00:28:14.10</b>	<b>00:28:14.10</b>	+00:13:25 (47.6%)	16:36	3.6 (52.2%)
317	<b>NÓŻKA Andrzej</b>	<b>2214</b>		M 30	124	00:12:26	<b>00:28:17.50</b>	<b>00:28:17.50</b>	+00:13:29 (47.7%)	16:38	3.6 (52.2%)
318	<b>ŻMUDKA Bartek</b>	<b>2321</b>		M 30	125	00:12:34	<b>00:28:20.95</b>	<b>00:28:20.95</b>	+00:13:32 (47.8%)	16:40	3.6 (52.2%)
319	<b>WOJNO Małgorzata</b>	<b>1043</b>	HUSARIA RACE TEAM	K 30	10	00:12:35	<b>00:28:23.10</b>	<b>00:28:23.10</b>	+00:13:34 (47.8%)	16:41	3.6 (52.2%)
320	<b>SNARSKA Katarzyna</b>	<b>1029</b>	ALBATROSY	K 30	11	00:13:13	<b>00:28:33.80</b>	<b>00:28:33.80</b>	+00:13:45 (48.2%)	16:47	3.6 (52.2%)
321	<b>SEKUŁA Dawid</b>	<b>2112</b>		M 20	57	00:12:44	<b>00:28:35.40</b>	<b>00:28:35.40</b>	+00:13:46 (48.2%)	16:48	3.6 (52.2%)
322	<b>OKAPIEC Dagmara</b>	<b>1020</b>	GÓRSKIE PĘDZIWIATRY	K 30	12	00:12:39	<b>00:28:46.20</b>	<b>00:28:46.20</b>	+00:13:57 (48.5%)	16:55	3.5 (50.7%)
323	<b>DŁUGOSZ Marek</b>	<b>2071</b>		M 30	126	00:12:49	<b>00:28:49.10</b>	<b>00:28:49.10</b>	+00:14:00 (48.6%)	16:57	3.5 (50.7%)
324	<b>PAZDERSKA-KIPIEL Agnieszka</b>	<b>1056</b>	EVIL TEAM	K 30	13	00:13:15	<b>00:28:51.00</b>	<b>00:28:51.00</b>	+00:14:02 (48.7%)	16:58	3.5 (50.7%)
325	<b>SZPERLICH Grzegorz</b>	<b>2202</b>	PRZEŁAJKA	M 40	79	00:13:22	<b>00:29:05.20</b>	<b>00:29:05.20</b>	+00:14:16 (49.1%)	17:06	3.5 (50.7%)
326	<b>PASTERNAK Justyna</b>	<b>1031</b>	NIEMANIEMOGE	K 30	14	00:13:02	<b>00:29:12.60</b>	<b>00:29:12.60</b>	+00:14:24 (49.3%)	17:10	3.5 (50.7%)
327	<b>KOZICKI Jacek</b>	<b>2331</b>		M 30	127	00:12:41	<b>00:29:23.30</b>	<b>00:29:23.30</b>	+00:14:34 (49.6%)	17:17	3.5 (50.7%)
328	<b>KAŻMIERSKI Janusz</b>	<b>2170</b>	DA SIĘ	M 60	4	00:13:10	<b>00:29:38.65</b>	<b>00:29:38.65</b>	+00:14:50 (50.0%)	17:25	3.4 (49.3%)
329	<b>WIĘCZKOWSKI Wojciech</b>	<b>2118</b>	HUSARIA RACE TEAM	M 40	80	00:12:57	<b>00:29:51.60</b>	<b>00:29:51.60</b>	+00:15:03 (50.4%)	17:33	3.4 (49.3%)
330	<b>LISOWSKA Kamila</b>	<b>1023</b>		K 30	15	00:13:27	<b>00:30:03.85</b>	<b>00:30:03.85</b>	+00:15:15 (50.7%)	17:40	3.4 (49.3%)
331	<b>MĄDRZYK Daniel</b>	<b>2108</b>		M 30	128	00:12:50	<b>00:30:19.30</b>	<b>00:30:19.30</b>	+00:15:30 (51.2%)	17:50	3.4 (49.3%)
332	<b>OLESIŃSKA Martyna</b>	<b>1063</b>		K 20	12	00:13:50	<b>00:30:25.65</b>	<b>00:30:25.65</b>	+00:15:37 (51.3%)	17:53	3.4 (49.3%)
333	<b>WRÓBEL Marcin</b>	<b>2121</b>	FC KAROLINA	M 40	81	00:13:08	<b>00:30:25.95</b>	<b>00:30:25.95</b>	+00:15:37 (51.3%)	17:53	3.4 (49.3%)
334	<b>RÓG Marek</b>	<b>2127</b>		M 40	82	00:13:04	<b>00:30:58.30</b>	<b>00:30:58.30</b>	+00:16:09 (52.2%)	18:12	3.3 (47.8%)
335	<b>FARMAS Dariusz</b>	<b>2137</b>	NOWA HUTA TEAM	M 40	83	00:14:03	<b>00:31:08.05</b>	<b>00:31:08.05</b>	+00:16:19 (52.4%)	18:18	3.3 (47.8%)
336	<b>TALARCZYK Marzena</b>	<b>1074</b>	ŁĄCKORUN	K 30	16	00:14:12	<b>00:31:09.10</b>	<b>00:31:09.10</b>	+00:16:20 (52.5%)	18:19	3.3 (47.8%)
337	<b>BARAN Paulina</b>	<b>1060</b>		K 30	17	00:14:12	<b>00:31:15.15</b>	<b>00:31:15.15</b>	+00:16:26 (52.6%)	18:22	3.3 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
338	<b>KAROLCZAK Joanna</b>	<b>1025</b>	GOGGLE PRO ACTIVE EYEWEAR TEAM	K 40	14	00:14:03	<b>00:31:23.00</b>	<b>00:31:23.00</b>	+00:16:34 (52.8%)	18:27	3.3 (47.8%)
339	<b>MAŁEK Hanna</b>	<b>1032</b>	HUSARIA RACE TEAM	K 20	13	00:13:31	<b>00:31:27.40</b>	<b>00:31:27.40</b>	+00:16:38 (52.9%)	18:30	3.2 (46.4%)
340	<b>KANIA Agnieszka</b>	<b>1037</b>		K 30	18	00:14:12	<b>00:31:54.65</b>	<b>00:31:54.65</b>	+00:17:06 (53.6%)	18:45	3.2 (46.4%)
341	<b>ŚWIERK Stanisław</b>	<b>2145</b>	NATURALNIE JANOWICE	M 60	5	00:13:33	<b>00:32:32.80</b>	<b>00:32:32.80</b>	+00:17:44 (54.5%)	19:08	3.1 (44.9%)
342	<b>BIEDNY Szymon</b>	<b>2199</b>	RZADKO SMUTNI	M 30	129	00:13:52	<b>00:32:36.00</b>	<b>00:32:36.00</b>	+00:17:47 (54.6%)	19:10	3.1 (44.9%)
343	<b>HONKISZ Sebastian</b>	<b>2136</b>		M 30	130	00:15:04	<b>00:34:18.70</b>	<b>00:34:18.70</b>	+00:19:30 (56.8%)	20:10	3 (43.5%)
344	<b>WALENTYŃSKI Bartłomiej</b>	<b>2257</b>		M 20	58	00:16:00	<b>00:34:52.65</b>	<b>00:34:52.65</b>	+00:20:04 (57.5%)	20:30	2.9 (42.0%)
345	<b>HYRA Katarzyna</b>	<b>1041</b>		K 20	14	00:13:44	<b>00:35:13.00</b>	<b>00:35:13.00</b>	+00:20:24 (58.0%)	20:42	2.9 (42.0%)
346	<b>DUDEK Dominik</b>	<b>2082</b>		M 40	84	00:14:55	<b>00:36:02.00</b>	<b>00:36:02.00</b>	+00:21:13 (58.9%)	21:11	2.8 (40.6%)
347	<b>BZOWSKA Aleksandra</b>	<b>1072</b>		K 30	19	00:16:48	<b>00:36:19.05</b>	<b>00:36:19.05</b>	+00:21:30 (59.2%)	21:21	2.8 (40.6%)
348	<b>KWIATKOWSKA Alicja</b>	<b>1027</b>	BIGYELLOWFOOT ADVENTURE TEAM	K 30	20	00:16:24	<b>00:36:33.65</b>	<b>00:36:33.65</b>	+00:21:45 (59.5%)	21:30	2.8 (40.6%)
349	<b>WOJCIECH Piotr</b>	<b>2086</b>	BIEGAM ŻEBY BARTEK MÓGŁ CHODZIĆ	M 30	131	00:17:49	<b>00:39:20.35</b>	<b>00:39:20.35</b>	+00:24:31 (62.4%)	23:08	2.6 (37.7%)
350	<b>KOWALCZYK Klaudia</b>	<b>1016</b>		K 30	21	00:17:24	<b>00:40:28.95</b>	<b>00:40:28.95</b>	+00:25:40 (63.4%)	23:48	2.5 (36.2%)
351	<b>SWATEK Anna</b>	<b>1033</b>		K 20	15	00:19:55			+00:13:21	22:07	2.7 (39.1%)
352	<b>KURYŁO Dorota</b>	<b>1019</b>	SBD ENERGETYK RYBNIK	K 50	4						(0.0%)

Znaleziono 352 wynik(ów)