



# ELIMINATOR 2017 - KLASYFIKACJA KOŃCOWA PEŁNA WG MIEJSC

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	M20	1	00:06:59	<b>00:15:30.25</b>	<b>00:15:30.25</b>		9:07	6.6 (100%)
2	<b>MALINA Dawid</b>	<b>2001</b>	INŻYNIERIA BIEGANIA - TWÓJ TRENER BIEGOWY!	M20	2	00:07:23	<b>00:16:18.55</b>	<b>00:16:18.55</b>	+00:00:48 (4.9%)	9:35	6.3 (95.5%)
3	<b>RZAŚA Franciszek</b>	<b>2287</b>	TKN TATRA TEAM	M20	3	00:07:41	<b>00:16:20.05</b>	<b>00:16:20.05</b>	+00:00:49 (5.1%)	9:36	6.2 (93.9%)
4	<b>KOŃ Piotr</b>	<b>2006</b>	ALPIN SPORT TEAM	M30	1	00:07:52	<b>00:16:41.25</b>	<b>00:16:41.25</b>	+00:01:11 (7.1%)	9:48	6.1 (92.4%)
5	<b>BODURKA Krzysztof</b>	<b>2004</b>	ALPIN SPORT TEAM	M20	4	00:07:46	<b>00:16:43.20</b>	<b>00:16:43.20</b>	+00:01:12 (7.3%)	9:50	6.1 (92.4%)
6	<b>GRZĄDZIEL Dominik</b>	<b>2007</b>	ATTIQ	M30	2	00:07:46	<b>00:16:45.45</b>	<b>00:16:45.45</b>	+00:01:15 (7.5%)	9:51	6.1 (92.4%)
7	<b>KUBERA Bartłomiej</b>	<b>2192</b>	FORUMRUN	M20	5	00:07:46	<b>00:16:47.20</b>	<b>00:16:47.20</b>	+00:01:16 (7.6%)	9:52	6.1 (92.4%)
8	<b>GRACZ Bogusław</b>	<b>2328</b>		M40	1	00:07:35	<b>00:16:49.95</b>	<b>00:16:49.95</b>	+00:01:19 (7.9%)	9:53	6.1 (92.4%)
9	<b>BIERNAWSKI Piotr</b>	<b>2005</b>	ATTIQ	M40	2	00:07:53	<b>00:17:06.50</b>	<b>00:17:06.50</b>	+00:01:36 (9.4%)	10:03	6 (90.9%)
10	<b>ELANTKOWSKI Jan</b>	<b>2230</b>	TKN TATRA TEAM	M20	6	00:08:00	<b>00:17:17.80</b>	<b>00:17:17.80</b>	+00:01:47 (10.4%)	10:10	5.9 (89.4%)
11	<b>JAWORSKI Zbigniew</b>	<b>2080</b>		M40	3	00:07:58	<b>00:17:35.50</b>	<b>00:17:35.50</b>	+00:02:05 (11.9%)	10:20	5.8 (87.9%)
12	<b>GAWROŃSKI Tomasz</b>	<b>2008</b>	UMKS NADIR JĘDRZEJÓW	M20	7	00:08:14	<b>00:17:41.50</b>	<b>00:17:41.50</b>	+00:02:11 (12.4%)	10:24	5.8 (87.9%)
13	<b>POPIELARSKI Kubuś</b>	<b>2283</b>	TKN TATRA TEAM	M20	8	00:08:22	<b>00:17:42.00</b>	<b>00:17:42.00</b>	+00:02:11 (12.4%)	10:24	5.8 (87.9%)
14	<b>WÓJCIK Adam</b>	<b>2120</b>		M20	9	00:08:25	<b>00:17:44.40</b>	<b>00:17:44.40</b>	+00:02:14 (12.6%)	10:25	5.8 (87.9%)
15	<b>MIŚKIEWCZ Mariusz</b>	<b>2334</b>		M30	3	00:07:54	<b>00:17:55.65</b>	<b>00:17:55.65</b>	+00:02:25 (13.5%)	10:32	5.7 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
16	<b>KASZYCA Paweł</b>	<b>2320</b>	IGLOO BOCANIA	M30	4	00:08:22	<b>00:18:03.05</b>	<b>00:18:03.05</b>	+00:02:32 (14.1%)	10:37	5.7 (86.4%)
17	<b>HUZIOR Piotr</b>	<b>2316</b>	ATTIQ / SALMING	M40	4	00:08:30	<b>00:18:16.10</b>	<b>00:18:16.10</b>	+00:02:45 (15.1%)	10:44	5.6 (84.8%)
18	<b>MAGIERA Janusz</b>	<b>2117</b>	FORMA WODZISŁAW ŚLĄSKI	M50	1	00:08:32	<b>00:18:19.00</b>	<b>00:18:19.00</b>	+00:02:48 (15.4%)	10:46	5.6 (84.8%)
19	<b>FALKOWSKI Krzysztof</b>	<b>2041</b>	WOODWARD RUNNERS	M30	5	00:08:26	<b>00:18:21.85</b>	<b>00:18:21.85</b>	+00:02:51 (15.6%)	10:47	5.6 (84.8%)
20	<b>KOZIOŁ Kamil</b>	<b>2183</b>	HUSARIA RACE TEAM	M20	10	00:08:21	<b>00:18:23.75</b>	<b>00:18:23.75</b>	+00:02:53 (15.7%)	10:48	5.5 (83.3%)
21	<b>SAWICKI Kacper</b>	<b>2281</b>	TKN TATRA TEAM	M20	11	00:08:38	<b>00:18:29.25</b>	<b>00:18:29.25</b>	+00:02:59 (16.1%)	10:52	5.5 (83.3%)
22	<b>BROL Marcin</b>	<b>2151</b>	MK TEAM	M30	6	00:08:32	<b>00:18:42.15</b>	<b>00:18:42.15</b>	+00:03:11 (17.1%)	11:00	5.5 (83.3%)
23	<b>PORĘBSKI Rafał</b>	<b>2095</b>	EVIL TEAM	M40	5	00:08:28	<b>00:18:44.55</b>	<b>00:18:44.55</b>	+00:03:14 (17.3%)	11:01	5.4 (81.8%)
24	<b>WIŚNIEWSKA-ULFIK Dominika</b>	<b>1002</b>	ALPIN SPORT TEAM/SKB KRAŚNIK	K30	1	00:08:36	<b>00:18:48.95</b>	<b>00:18:48.95</b>	+00:03:18 (17.6%)	11:03	5.4 (81.8%)
25	<b>KNAP Mateusz</b>	<b>2012</b>	SCARPA TEAM POLSKA/ KS KANDAHAR	M20	12	00:08:37	<b>00:18:53.80</b>	<b>00:18:53.80</b>	+00:03:23 (18.0%)	11:06	5.4 (81.8%)
26	<b>JANUSZYK Iwona</b>	<b>1012</b>		K20	1	00:08:49	<b>00:18:56.05</b>	<b>00:18:56.05</b>	+00:03:25 (18.1%)	11:08	5.4 (81.8%)
27	<b>KUBICA Marcin</b>	<b>2237</b>	INOV-8 TEAM	M20	13	00:08:46	<b>00:18:56.90</b>	<b>00:18:56.90</b>	+00:03:26 (18.2%)	11:08	5.4 (81.8%)
28	<b>MADEJCZYK Marek</b>	<b>2168</b>		M30	7	00:09:00	<b>00:19:02.55</b>	<b>00:19:02.55</b>	+00:03:32 (18.6%)	11:11	5.4 (81.8%)
29	<b>WRÓBEL Tomasz</b>	<b>2303</b>	MKS-R CENTRUM DZIENGIEL	M40	6	00:08:55	<b>00:19:03.00</b>	<b>00:19:03.00</b>	+00:03:32 (18.6%)	11:12	5.4 (81.8%)
30	<b>STEC Jakub</b>	<b>2198</b>	ULTRA BESKID SPORT	M20	14	00:08:55	<b>00:19:04.65</b>	<b>00:19:04.65</b>	+00:03:34 (18.7%)	11:12	5.3 (80.3%)
31	<b>URBAŃCZYK Karol</b>	<b>2290</b>	NIGHT RUNNERS GLIWICE	M20	15	00:09:10	<b>00:19:06.20</b>	<b>00:19:06.20</b>	+00:03:35 (18.8%)	11:14	5.3 (80.3%)
32	<b>DZIDOWSKI Aleksander</b>	<b>2187</b>	TG SOKÓŁ ZAKOPANE	M30	8	00:08:37	<b>00:19:17.50</b>	<b>00:19:17.50</b>	+00:03:47 (19.6%)	11:20	5.3 (80.3%)
33	<b>GAWLAS Dominik</b>	<b>2337</b>		M30	9	00:09:02	<b>00:19:25.65</b>	<b>00:19:25.65</b>	+00:03:55 (20.2%)	11:25	5.3 (80.3%)
34	<b>KUBACZKA Grzegorz</b>	<b>2138</b>	WWW.AG-ARCHITEKCI.PL	M30	10	00:08:43	<b>00:19:29.65</b>	<b>00:19:29.65</b>	+00:03:59 (20.5%)	11:27	5.2 (78.8%)
35	<b>BONIEC Radosław</b>	<b>2174</b>		M20	16	00:08:42	<b>00:19:30.05</b>	<b>00:19:30.05</b>	+00:03:59 (20.5%)	11:28	5.2 (78.8%)
36	<b>GRUDZIĘŃ Krzysztof</b>	<b>2278</b>		M40	7	00:09:22	<b>00:19:30.35</b>	<b>00:19:30.35</b>	+00:04:00 (20.5%)	11:28	5.2 (78.8%)
37	<b>SAWICKI Szymon</b>	<b>2280</b>		M40	8	00:09:01	<b>00:19:35.75</b>	<b>00:19:35.75</b>	+00:04:05 (20.9%)	11:31	5.2 (78.8%)
38	<b>SEDLAK Michał</b>	<b>2009</b>	LUBIĘ TO BIEGANIE	M40	9	00:09:07	<b>00:19:38.00</b>	<b>00:19:38.00</b>	+00:04:07 (21.0%)	11:32	5.2 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
39	<b>SOKOŁOWSKI Marek</b>	<b>2085</b>	ALPIN SPORT TEAM	M40	10	00:09:12	<b>00:19:43.65</b>	<b>00:19:43.65</b>	+00:04:13 (21.4%)	11:35	5.2 (78.8%)
40	<b>PUZOŃ Robert</b>	<b>2234</b>	NUTREND TEAM	M30	11	00:08:56	<b>00:19:52.70</b>	<b>00:19:52.70</b>	+00:04:22 (22.0%)	11:41	5.1 (77.3%)
41	<b>ULFIK Rafał</b>	<b>2225</b>	ALPIN SOPRT TEAM/SKB KRAŚNIK	M30	12	00:09:19	<b>00:19:58.70</b>	<b>00:19:58.70</b>	+00:04:28 (22.4%)	11:44	5.1 (77.3%)
42	<b>FLOREK Sebastian</b>	<b>2019</b>	NORAFSPORT	M30	13	00:09:26	<b>00:20:15.95</b>	<b>00:20:15.95</b>	+00:04:45 (23.5%)	11:54	5 (75.8%)
43	<b>WOJCIECHOWSKI Krzysztof</b>	<b>2226</b>	TKN TATRA TEAM	M20	17	00:09:39	<b>00:20:16.75</b>	<b>00:20:16.75</b>	+00:04:46 (23.5%)	11:55	5 (75.8%)
44	<b>KUŚMIERSKI Michał</b>	<b>2050</b>	ULTRA BESKID SPORT	M30	14	00:09:29	<b>00:20:23.25</b>	<b>00:20:23.25</b>	+00:04:53 (24.0%)	11:59	5 (75.8%)
45	<b>MENDECKA Michalina</b>	<b>1005</b>	MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM	K20	2	00:09:24	<b>00:20:29.35</b>	<b>00:20:29.35</b>	+00:04:59 (24.3%)	12:02	5 (75.8%)
46	<b>DZIĘGIEŁOWSKI Paweł</b>	<b>2236</b>	HRMAX ŻORY	M30	15	00:09:33	<b>00:20:31.40</b>	<b>00:20:31.40</b>	+00:05:01 (24.5%)	12:04	5 (75.8%)
47	<b>PIĘTKA Tomasz</b>	<b>2330</b>		M30	16	00:09:38	<b>00:20:38.00</b>	<b>00:20:38.00</b>	+00:05:07 (24.9%)	12:08	4.9 (74.2%)
48	<b>STACHURA Damian</b>	<b>2037</b>	ZAGŁĘBIE LUBIN	M30	17	00:09:23	<b>00:20:42.65</b>	<b>00:20:42.65</b>	+00:05:12 (25.1%)	12:10	4.9 (74.2%)
49	<b>NIEMCZYK Magdalena</b>	<b>1042</b>		K20	3	00:09:36	<b>00:20:48.70</b>	<b>00:20:48.70</b>	+00:05:18 (25.5%)	12:14	4.9 (74.2%)
50	<b>PLOCH Jakub</b>	<b>2153</b>	NIGHT RUNNERS ZABRZE	M20	18	00:09:44	<b>00:20:49.55</b>	<b>00:20:49.55</b>	+00:05:19 (25.6%)	12:14	4.9 (74.2%)
51	<b>KRASULAK Daniel</b>	<b>2229</b>	WKS ŚLĄSK WROCŁAW	M30	18	00:09:36	<b>00:20:59.35</b>	<b>00:20:59.35</b>	+00:05:29 (26.1%)	12:20	4.9 (74.2%)
52	<b>KOT Rafał</b>	<b>2067</b>	GÓRAL Z MAZUR // KB JURUND SZCZYTNO	M30	19	00:10:01	<b>00:21:01.85</b>	<b>00:21:01.85</b>	+00:05:31 (26.3%)	12:21	4.9 (74.2%)
53	<b>GRUSZCZYŃSKI Artur</b>	<b>2116</b>		M40	11	00:09:37	<b>00:21:06.05</b>	<b>00:21:06.05</b>	+00:05:35 (26.5%)	12:24	4.8 (72.7%)
54	<b>KOS Tomasz</b>	<b>2262</b>	PAŃSTWOWA STRAŻ POŻARNA BYTOM	M30	20	00:09:54	<b>00:21:11.75</b>	<b>00:21:11.75</b>	+00:05:41 (26.9%)	12:27	4.8 (72.7%)
55	<b>KIEŁTYKA Zbigniew</b>	<b>2180</b>	KW GLIWICE	M40	12	00:09:59	<b>00:21:19.40</b>	<b>00:21:19.40</b>	+00:05:49 (27.3%)	12:32	4.8 (72.7%)
56	<b>KOKOT Krzysztof</b>	<b>2011</b>	HRMAX ŻORY	M40	13	00:10:02	<b>00:21:21.10</b>	<b>00:21:21.10</b>	+00:05:50 (27.4%)	12:33	4.8 (72.7%)
57	<b>BADURA Adam</b>	<b>2017</b>	FORMA WODZISŁAW ŚLĄSKI	M30	21	00:09:38	<b>00:21:21.20</b>	<b>00:21:21.20</b>	+00:05:50 (27.4%)	12:33	4.8 (72.7%)
58	<b>KIK Iwona</b>	<b>1001</b>	DANIEL WOSIK TERVEL TEAM / KW KRAKÓW	K30	2	00:09:43	<b>00:21:22.50</b>	<b>00:21:22.50</b>	+00:05:52 (27.5%)	12:34	4.8 (72.7%)
59	<b>KROSNY Sebastian</b>	<b>2020</b>	BODYDRY TEAM	M30	22	00:09:33	<b>00:21:28.50</b>	<b>00:21:28.50</b>	+00:05:58 (27.8%)	12:37	4.8 (72.7%)
60	<b>BUCZYŃSKI Adam</b>	<b>2291</b>	NOKIA KRAKOW TEAM	M40	14	00:09:45	<b>00:21:29.60</b>	<b>00:21:29.60</b>	+00:05:59 (27.9%)	12:38	4.7 (71.2%)
61	<b>KUBALA Tomasz</b>	<b>2224</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M40	15	00:09:45	<b>00:21:33.00</b>	<b>00:21:33.00</b>	+00:06:02 (28.1%)	12:40	4.7 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
62	<b>FERENC Janusz</b>	<b>2070</b>	UKS LUDWIKOWICE	M60	1	00:09:57	<b>00:21:42.30</b>	<b>00:21:42.30</b>	+00:06:12 (28.6%)	12:45	4.7 (71.2%)
63	<b>BROJ Marcel</b>	<b>2146</b>	BROJ TEAM ŻLINICE	M20	19	00:09:40	<b>00:21:44.50</b>	<b>00:21:44.50</b>	+00:06:14 (28.7%)	12:47	4.7 (71.2%)
64	<b>GRYGIEL Marek</b>	<b>2134</b>	JACEKBIEGA RUNNING TEAM	M40	16	00:10:18	<b>00:21:48.70</b>	<b>00:21:48.70</b>	+00:06:18 (28.9%)	12:49	4.7 (71.2%)
65	<b>GARDENER Jacek</b>	<b>2010</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	M50	2	00:10:03	<b>00:22:03.65</b>	<b>00:22:03.65</b>	+00:06:33 (29.7%)	12:58	4.6 (69.7%)
66	<b>WITEK Karolina</b>	<b>1066</b>	STOWARZYSZENIE PASJA TRENINGU	K20	4	00:10:09	<b>00:22:04.85</b>	<b>00:22:04.85</b>	+00:06:34 (29.8%)	12:58	4.6 (69.7%)
67	<b>CHRAPKIEWICZ Michał</b>	<b>2068</b>	SBD ENERGETYK RYBNIK	M30	23	00:10:27	<b>00:22:07.80</b>	<b>00:22:07.80</b>	+00:06:37 (29.9%)	13:00	4.6 (69.7%)
68	<b>DOMISZEWSKA Maria</b>	<b>1064</b>		K50	1	00:10:02	<b>00:22:15.40</b>	<b>00:22:15.40</b>	+00:06:45 (30.3%)	13:05	4.6 (69.7%)
69	<b>BONDARA Sylwia</b>	<b>1003</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	K30	3	00:10:31	<b>00:22:18.10</b>	<b>00:22:18.10</b>	+00:06:47 (30.5%)	13:07	4.6 (69.7%)
70	<b>SZYDŁOWSKI Łukasz</b>	<b>2282</b>		M30	24	00:09:58	<b>00:22:19.75</b>	<b>00:22:19.75</b>	+00:06:49 (30.6%)	13:07	4.6 (69.7%)
71	<b>ŁUPIEŻOWIEC Piotr</b>	<b>2322</b>	MKS CENTRUM DZIĘGIELÓW	M40	17	00:10:15	<b>00:22:37.45</b>	<b>00:22:37.45</b>	+00:07:07 (31.5%)	13:18	4.5 (68.2%)
72	<b>KNUTELSKI Błażej</b>	<b>2335</b>		M20	20	00:10:06	<b>00:22:44.65</b>	<b>00:22:44.65</b>	+00:07:14 (31.8%)	13:22	4.5 (68.2%)
73	<b>KARGÓL Rafał</b>	<b>2295</b>	LOGTECH TEAM RADZIONKÓW	M30	25	00:10:07	<b>00:22:45.20</b>	<b>00:22:45.20</b>	+00:07:14 (31.9%)	13:22	4.5 (68.2%)
74	<b>HATALA Mariusz</b>	<b>2218</b>	BB RUNNERS HATI TEAM	M30	26	00:10:26	<b>00:22:45.30</b>	<b>00:22:45.30</b>	+00:07:15 (31.9%)	13:22	4.5 (68.2%)
75	<b>PYTEL Janusz</b>	<b>2160</b>	SOKÓŁZAKOPANE	M50	3	00:10:25	<b>00:22:45.75</b>	<b>00:22:45.75</b>	+00:07:15 (31.9%)	13:22	4.5 (68.2%)
76	<b>DĄBROWSKI Piotr</b>	<b>2042</b>	SBBP-ŁOSIE	M40	18	00:10:47	<b>00:22:49.50</b>	<b>00:22:49.50</b>	+00:07:19 (32.1%)	13:25	4.5 (68.2%)
77	<b>GARCZYŃSKA-WĄS Bogusława</b>	<b>1048</b>		K40	1	00:10:33	<b>00:22:50.70</b>	<b>00:22:50.70</b>	+00:07:20 (32.1%)	13:25	4.5 (68.2%)
78	<b>LEŚNIEWSKI Rafał</b>	<b>2310</b>	BICIUFAPSZTRI	M40	19	00:10:14	<b>00:22:51.65</b>	<b>00:22:51.65</b>	+00:07:21 (32.2%)	13:26	4.5 (68.2%)
79	<b>KUSO Małgorzata</b>	<b>1051</b>		K30	4	00:10:39	<b>00:22:56.05</b>	<b>00:22:56.05</b>	+00:07:25 (32.4%)	13:29	4.4 (66.7%)
80	<b>HORZELA Błażej</b>	<b>2149</b>	BETA-TRANS	M20	21	00:09:45	<b>00:23:06.50</b>	<b>00:23:06.50</b>	+00:07:36 (32.9%)	13:35	4.4 (66.7%)
81	<b>JANIK Paulina</b>	<b>1004</b>	KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	K30	5	00:10:44	<b>00:23:24.35</b>	<b>00:23:24.35</b>	+00:07:54 (33.8%)	13:45	4.4 (66.7%)
82	<b>BOLECHOWSKA Dominika</b>	<b>1007</b>	ATTIQ	K40	2	00:10:53	<b>00:23:31.05</b>	<b>00:23:31.05</b>	+00:08:00 (34.1%)	13:50	4.3 (65.2%)
83	<b>KANCLERZ-JANUSZEWSKA Katarzyna</b>	<b>1010</b>	KOBIETY NA 5+	K50	2	00:10:37	<b>00:23:36.35</b>	<b>00:23:36.35</b>	+00:08:06 (34.3%)	13:52	4.3 (65.2%)
84	<b>KUSZELA Mateusz</b>	<b>2325</b>	ATAK LEWEJ ŁYDY	M30	27	00:10:40	<b>00:23:37.90</b>	<b>00:23:37.90</b>	+00:08:07 (34.4%)	13:53	4.3 (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
85	<b>GALMAN Adam</b>	<b>2275</b>		M40	20	00:10:43	<b>00:24:13.60</b>	<b>00:24:13.60</b>	+00:08:43 (36.0%)	14:14	4.2 (63.6%)
86	<b>JONKISZ Dorota</b>	<b>1070</b>	RYTM CZECHOWICE DZIEDZICE	K50	3	00:11:17	<b>00:24:15.85</b>	<b>00:24:15.85</b>	+00:08:45 (36.1%)	14:15	4.2 (63.6%)
87	<b>MURAWSKI Rafał</b>	<b>2317</b>		M30	28	00:11:41	<b>00:25:07.35</b>	<b>00:25:07.35</b>	+00:09:37 (38.3%)	14:46	4.1 (62.1%)
88	<b>RECZEK Sebastian</b>	<b>2102</b>	KS ZIELONO-CZARNI	M30	29	00:11:41	<b>00:25:56.65</b>	<b>00:25:56.65</b>	+00:10:26 (40.2%)	15:15	3.9 (59.1%)
89	<b>BŁAUCIAK Ewa</b>	<b>1061</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K20	5	00:11:33	<b>00:26:03.35</b>	<b>00:26:03.35</b>	+00:10:33 (40.5%)	15:19	3.9 (59.1%)
90	<b>WANTULOK Mateusz</b>	<b>2267</b>	UZDROWISKOWY TEAM	M30	30	00:09:38	<b>00:20:31.50</b>	<b>00:20:31.50</b>	+00:05:01 (24.5%)	12:04	5 (75.8%)
91	<b>KOSTELA Piotr</b>	<b>2284</b>	WATAHA	M30	31	00:09:32	<b>00:20:36.10</b>	<b>00:20:36.10</b>	+00:05:05 (24.7%)	12:07	5 (75.8%)
92	<b>LISAK Wojciech</b>	<b>2201</b>		M30	32	00:09:22	<b>00:20:37.70</b>	<b>00:20:37.70</b>	+00:05:07 (24.8%)	12:07	4.9 (74.2%)
93	<b>GOŚCINIEWICZ Paweł</b>	<b>2035</b>	ZIEMOWIT TEAM	M40	21	00:09:41	<b>00:20:38.60</b>	<b>00:20:38.60</b>	+00:05:08 (24.9%)	12:08	4.9 (74.2%)
94	<b>KWIATEK Dawid</b>	<b>2243</b>		M20	22	00:09:01	<b>00:20:39.45</b>	<b>00:20:39.45</b>	+00:05:09 (24.9%)	12:08	4.9 (74.2%)
95	<b>ŻYŁA Sebastian</b>	<b>2124</b>		M20	23	00:09:35	<b>00:20:40.80</b>	<b>00:20:40.80</b>	+00:05:10 (25.0%)	12:09	4.9 (74.2%)
96	<b>SNARSKI Dariusz</b>	<b>2039</b>		M40	22	00:09:34	<b>00:20:42.60</b>	<b>00:20:42.60</b>	+00:05:12 (25.1%)	12:10	4.9 (74.2%)
97	<b>KOCHEL Paweł</b>	<b>2084</b>	KOWARY BIEGAJĄ	M30	33	00:09:36	<b>00:20:45.00</b>	<b>00:20:45.00</b>	+00:05:14 (25.3%)	12:12	4.9 (74.2%)
98	<b>MATECKI Tomasz</b>	<b>2209</b>		M30	34	00:09:32	<b>00:20:45.25</b>	<b>00:20:45.25</b>	+00:05:15 (25.3%)	12:12	4.9 (74.2%)
99	<b>JANDZIŚ Wiesław</b>	<b>2181</b>	AKTYWNY DYNÓW	M40	23	00:09:47	<b>00:20:45.80</b>	<b>00:20:45.80</b>	+00:05:15 (25.3%)	12:12	4.9 (74.2%)
100	<b>PETKIEWICZ Tomasz</b>	<b>2141</b>	STS BIEGATON MIKOŁÓW	M30	35	00:10:03	<b>00:20:47.25</b>	<b>00:20:47.25</b>	+00:05:17 (25.4%)	12:13	4.9 (74.2%)
101	<b>PIECHA Artur</b>	<b>2304</b>	T-MOBILE RUNNING TEAM	M40	24	00:09:23	<b>00:20:49.85</b>	<b>00:20:49.85</b>	+00:05:19 (25.6%)	12:14	4.9 (74.2%)
102	<b>SŁOBODZIAN Jerzy</b>	<b>2064</b>	NYSA BIEGA	M50	4	00:09:47	<b>00:20:52.20</b>	<b>00:20:52.20</b>	+00:05:21 (25.7%)	12:16	4.9 (74.2%)
103	<b>KUKUŁA Sławomir</b>	<b>2045</b>		M20	24	00:09:30	<b>00:20:52.70</b>	<b>00:20:52.70</b>	+00:05:22 (25.7%)	12:16	4.9 (74.2%)
104	<b>MAJEWSKI Arkadiusz</b>	<b>2182</b>		M40	25	00:09:37	<b>00:20:54.60</b>	<b>00:20:54.60</b>	+00:05:24 (25.9%)	12:17	4.9 (74.2%)
105	<b>THIER Dominik</b>	<b>2212</b>	JACEKBIEGA RUNNING TEAM / KS KANDAHAR	M30	36	00:09:47	<b>00:20:55.45</b>	<b>00:20:55.45</b>	+00:05:25 (25.9%)	12:18	4.9 (74.2%)
106	<b>DOMIN Łukasz</b>	<b>2177</b>	LIDER ANIMATOR/AKTYWNY DYNÓW	M20	25	00:10:13	<b>00:20:56.60</b>	<b>00:20:56.60</b>	+00:05:26 (26.0%)	12:18	4.9 (74.2%)
107	<b>KOZIARSKI Michał</b>	<b>2309</b>	LKS SIERAKÓW ŚLĄSKI	M30	37	00:09:41	<b>00:21:12.70</b>	<b>00:21:12.70</b>	+00:05:42 (26.9%)	12:28	4.8 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
108	<b>CIUPEK Remigiusz</b>	<b>2188</b>	TAURUS30 CYCLING TEAM	M30	38	00:10:01	<b>00:21:16.80</b>	<b>00:21:16.80</b>	+00:05:46 (27.1%)	12:30	4.8 (72.7%)
109	<b>SZKODA Dariusz</b>	<b>2171</b>	SOCIOS GÓRNIK	M30	39	00:09:51	<b>00:21:22.70</b>	<b>00:21:22.70</b>	+00:05:52 (27.5%)	12:34	4.8 (72.7%)
110	<b>GRUND Marek</b>	<b>2221</b>	MAFIA TEAM LUBLINIEC	M20	26	00:09:54	<b>00:21:24.30</b>	<b>00:21:24.30</b>	+00:05:54 (27.6%)	12:35	4.8 (72.7%)
111	<b>MIROŃCZUK Roman</b>	<b>2167</b>	DRUŻYNA SZPIKU	M40	26	00:10:24	<b>00:21:26.30</b>	<b>00:21:26.30</b>	+00:05:56 (27.7%)	12:36	4.8 (72.7%)
112	<b>SPORYSZ Mateusz</b>	<b>2289</b>		M20	27	00:09:58	<b>00:21:37.60</b>	<b>00:21:37.60</b>	+00:06:07 (28.3%)	12:42	4.7 (71.2%)
113	<b>NOSALIK Marek</b>	<b>2222</b>	MTA	M50	5	00:09:55	<b>00:21:40.60</b>	<b>00:21:40.60</b>	+00:06:10 (28.5%)	12:44	4.7 (71.2%)
114	<b>RADOMSKI Zbigniew</b>	<b>2173</b>	TKKF BESKIDEK	M60	2	00:10:17	<b>00:21:43.85</b>	<b>00:21:43.85</b>	+00:06:13 (28.7%)	12:46	4.7 (71.2%)
115	<b>JASEK Piotr</b>	<b>2311</b>	-	M30	40	00:10:01	<b>00:21:45.90</b>	<b>00:21:45.90</b>	+00:06:15 (28.8%)	12:47	4.7 (71.2%)
116	<b>PASUTO Grzegorz</b>	<b>2332</b>		M30	41	00:10:19	<b>00:21:49.90</b>	<b>00:21:49.90</b>	+00:06:19 (29.0%)	12:50	4.7 (71.2%)
117	<b>BARTULA Arkadiusz</b>	<b>2216</b>	SPEED TEAM BRZESZCZE	M40	27	00:09:51	<b>00:21:51.30</b>	<b>00:21:51.30</b>	+00:06:21 (29.1%)	12:51	4.7 (71.2%)
118	<b>OLMA Przemysław</b>	<b>2169</b>	GONIACKA TEAM/ KS KANDAHAR	M30	42	00:09:50	<b>00:21:54.10</b>	<b>00:21:54.10</b>	+00:06:23 (29.2%)	12:52	4.7 (71.2%)
119	<b>DYLAĞ Wojciech</b>	<b>2301</b>	KS LIMANOWA FORREST	M20	28	00:09:37	<b>00:21:56.90</b>	<b>00:21:56.90</b>	+00:06:26 (29.4%)	12:54	4.7 (71.2%)
120	<b>SERAFIN Dariusz</b>	<b>2033</b>	KLUB BIEGACZA FARTLEK	M40	28	00:10:34	<b>00:22:00.20</b>	<b>00:22:00.20</b>	+00:06:29 (29.5%)	12:56	4.6 (69.7%)
121	<b>RAJA Paweł</b>	<b>2264</b>	SKYRUNNING POLAND	M30	43	00:10:11	<b>00:22:00.30</b>	<b>00:22:00.30</b>	+00:06:30 (29.5%)	12:56	4.6 (69.7%)
122	<b>WOJNO Arkadiusz</b>	<b>2115</b>	HUSARIA RACE TEAM	M30	44	00:10:13	<b>00:22:01.70</b>	<b>00:22:01.70</b>	+00:06:31 (29.6%)	12:57	4.6 (69.7%)
123	<b>AGIEJCZYK Wojciech</b>	<b>2305</b>	APTIV RUNNING TEAM	M30	45	00:09:57	<b>00:22:09.95</b>	<b>00:22:09.95</b>	+00:06:39 (30.1%)	13:01	4.6 (69.7%)
124	<b>BASZAK Tomasz</b>	<b>2288</b>	SIŁAOGRA.PL	M30	46	00:10:17	<b>00:22:10.90</b>	<b>00:22:10.90</b>	+00:06:40 (30.1%)	13:02	4.6 (69.7%)
125	<b>GUZDEK Tomasz</b>	<b>2258</b>	STRAZ POZARNA BYTOM	M30	47	00:09:58	<b>00:22:13.75</b>	<b>00:22:13.75</b>	+00:06:43 (30.3%)	13:04	4.6 (69.7%)
126	<b>PUDŁO Mateusz</b>	<b>2286</b>	HUSARIA RACE TEAM	M20	29	00:10:11	<b>00:22:14.35</b>	<b>00:22:14.35</b>	+00:06:44 (30.3%)	13:04	4.6 (69.7%)
127	<b>KLONOWSKI Kamil</b>	<b>2081</b>	MOSIR ŁAZISKA GÓRNE	M20	30	00:10:25	<b>00:22:22.20</b>	<b>00:22:22.20</b>	+00:06:51 (30.7%)	13:09	4.6 (69.7%)
128	<b>KOMANIECKI Łukasz</b>	<b>2157</b>		M30	48	00:10:33	<b>00:22:25.45</b>	<b>00:22:25.45</b>	+00:06:55 (30.9%)	13:11	4.6 (69.7%)
129	<b>JUSZCZAK Artur</b>	<b>2122</b>	KW JASTRZĘBIE-ZDRÓJ	M40	29	00:09:54	<b>00:22:29.30</b>	<b>00:22:29.30</b>	+00:06:59 (31.1%)	13:13	4.5 (68.2%)
130	<b>KOZAR Michał</b>	<b>2185</b>		M30	49	00:10:30	<b>00:22:31.80</b>	<b>00:22:31.80</b>	+00:07:01 (31.2%)	13:14	4.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
131	<b>STOLECKI Grzegorz</b>	<b>2306</b>	TRUCHTACZ MYSŁOWICE	M30	50	00:09:57	<b>00:22:36.55</b>	<b>00:22:36.55</b>	+00:07:06 (31.4%)	13:17	4.5 (68.2%)
132	<b>RADZIK Piotr</b>	<b>2021</b>		M30	51	00:10:27	<b>00:22:38.40</b>	<b>00:22:38.40</b>	+00:07:08 (31.5%)	13:18	4.5 (68.2%)
133	<b>TOKAREWICZ Damian</b>	<b>2052</b>	ZEBRY	M30	52	00:10:04	<b>00:22:45.20</b>	<b>00:22:45.20</b>	+00:07:14 (31.9%)	13:22	4.5 (68.2%)
134	<b>SOBOLA Grzegorz</b>	<b>2272</b>	4DRINKI	M20	31	00:10:23	<b>00:22:48.55</b>	<b>00:22:48.55</b>	+00:07:18 (32.0%)	13:24	4.5 (68.2%)
135	<b>URBAN Wiktor</b>	<b>2162</b>	NIGHT RUNNERS ZABRZE	M20	32	00:10:00	<b>00:22:56.30</b>	<b>00:22:56.30</b>	+00:07:26 (32.4%)	13:29	4.4 (66.7%)
136	<b>SZCZUREK Dominik</b>	<b>2178</b>	TKKF UKLEJNA MYŚLENICE	M30	53	00:09:55	<b>00:22:58.35</b>	<b>00:22:58.35</b>	+00:07:28 (32.5%)	13:30	4.4 (66.7%)
137	<b>ŻABA Igor</b>	<b>2333</b>		M30	54	00:10:41	<b>00:22:58.40</b>	<b>00:22:58.40</b>	+00:07:28 (32.5%)	13:30	4.4 (66.7%)
138	<b>KOPIEC Roland</b>	<b>2296</b>	ŁAZISKA GÓRNE	M20	33	00:10:01	<b>00:23:03.35</b>	<b>00:23:03.35</b>	+00:07:33 (32.8%)	13:33	4.4 (66.7%)
139	<b>GRYCKO Konrad</b>	<b>2097</b>	FURION	M20	34	00:10:51	<b>00:23:09.30</b>	<b>00:23:09.30</b>	+00:07:39 (33.0%)	13:37	4.4 (66.7%)
140	<b>BRÓG Wojciech</b>	<b>2048</b>		M30	55	00:10:03	<b>00:23:12.95</b>	<b>00:23:12.95</b>	+00:07:42 (33.2%)	13:38	4.4 (66.7%)
141	<b>PRASOŁ Marcin</b>	<b>2256</b>		M30	56	00:10:28	<b>00:23:13.30</b>	<b>00:23:13.30</b>	+00:07:43 (33.2%)	13:39	4.4 (66.7%)
142	<b>KANIA Damian</b>	<b>2105</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	M30	57	00:10:25	<b>00:23:16.00</b>	<b>00:23:16.00</b>	+00:07:45 (33.4%)	13:41	4.4 (66.7%)
143	<b>WOLAŃSKI Tomasz</b>	<b>2312</b>		M20	35	00:10:14	<b>00:23:17.55</b>	<b>00:23:17.55</b>	+00:07:47 (33.4%)	13:41	4.4 (66.7%)
144	<b>WALCZYŃSKI Mariusz</b>	<b>2329</b>	HRMAX ŻORY	M30	58	00:10:23	<b>00:23:17.90</b>	<b>00:23:17.90</b>	+00:07:47 (33.5%)	13:41	4.4 (66.7%)
145	<b>KOZIEŁ Krzysztof</b>	<b>2314</b>	NIGHT RUNNERS GLIWICE	M30	59	00:10:33	<b>00:23:22.15</b>	<b>00:23:22.15</b>	+00:07:51 (33.7%)	13:44	4.4 (66.7%)
146	<b>JASTRZĘBSKI Piotr</b>	<b>2190</b>	SOCIOS SILESIA	M20	36	00:10:16	<b>00:23:23.35</b>	<b>00:23:23.35</b>	+00:07:53 (33.7%)	13:45	4.4 (66.7%)
147	<b>MAJCHRZAK Maciej</b>	<b>2196</b>		M20	37	00:10:45	<b>00:23:24.10</b>	<b>00:23:24.10</b>	+00:07:53 (33.7%)	13:45	4.4 (66.7%)
148	<b>GWÓŹDŹ Michał</b>	<b>2163</b>	#CZELADZBIEGA	M40	30	00:11:14	<b>00:23:24.90</b>	<b>00:23:24.90</b>	+00:07:54 (33.8%)	13:45	4.4 (66.7%)
149	<b>JEAN MICHEL Warnotte</b>	<b>2336</b>		M40	31	00:11:00	<b>00:23:25.25</b>	<b>00:23:25.25</b>	+00:07:55 (33.8%)	13:46	4.4 (66.7%)
150	<b>BIENIECKA Anna</b>	<b>1006</b>	OTK RZEŹNIK	K30	6	00:11:07	<b>00:23:30.40</b>	<b>00:23:30.40</b>	+00:08:00 (34.0%)	13:49	4.3 (65.2%)
151	<b>CHMIELOWSKI Michał</b>	<b>2065</b>	GÓRSKIE PĘDZIWIATRY	M30	60	00:11:09	<b>00:23:41.70</b>	<b>00:23:41.70</b>	+00:08:11 (34.6%)	13:55	4.3 (65.2%)
152	<b>WILK Dawid</b>	<b>2194</b>	SOCIOS GÓRNIK	M20	38	00:10:13	<b>00:23:43.05</b>	<b>00:23:43.05</b>	+00:08:12 (34.6%)	13:57	4.3 (65.2%)
153	<b>SIWA Kinga</b>	<b>1047</b>	KS SAKO GDAŃSK	K30	7	00:10:47	<b>00:23:43.70</b>	<b>00:23:43.70</b>	+00:08:13 (34.7%)	13:57	4.3 (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
154	<b>RZEPKA Piotr</b>	<b>2125</b>	PARKRUN KATOWICE	M20	39	00:10:35	<b>00:23:45.80</b>	<b>00:23:45.80</b>	+00:08:15 (34.8%)	13:58	4.3 (65.2%)
155	<b>MORAWSKI Grzegorz</b>	<b>2277</b>	TRENER24H.COM.PL	M30	61	00:10:56	<b>00:23:46.90</b>	<b>00:23:46.90</b>	+00:08:16 (34.8%)	13:58	4.3 (65.2%)
156	<b>MAJCHROWSKI Jacek</b>	<b>2028</b>	CKB TARNOBRZEG	M40	32	00:10:52	<b>00:23:48.70</b>	<b>00:23:48.70</b>	+00:08:18 (34.9%)	14:00	4.3 (65.2%)
157	<b>PLUCINSKI Grzegorz</b>	<b>2014</b>	INŻYNIERIA BIEGANIA TEAM	M40	33	00:11:10	<b>00:23:49.15</b>	<b>00:23:49.15</b>	+00:08:18 (34.9%)	14:00	4.3 (65.2%)
158	<b>SZYMIK Krzysztof</b>	<b>2130</b>	BZIEGACZ SAMOTNT WILK	M40	34		<b>00:23:51.00</b>	<b>00:23:51.00</b>	+00:08:20 (35.0%)	14:01	4.3 (65.2%)
159	<b>BŁASZCZAK Jarosław</b>	<b>2298</b>	APTIV RUNNING TEAM	M40	35	00:11:05	<b>00:23:57.95</b>	<b>00:23:57.95</b>	+00:08:27 (35.3%)	14:05	4.3 (65.2%)
160	<b>ŚWIŃCZYK Marcin</b>	<b>2184</b>		M30	62	00:11:30	<b>00:24:03.00</b>	<b>00:24:03.00</b>	+00:08:32 (35.5%)	14:08	4.2 (63.6%)
161	<b>PYTLARZ Wojtek</b>	<b>2110</b>	NEVERLAND TEAM	M30	63	00:11:14	<b>00:24:04.10</b>	<b>00:24:04.10</b>	+00:08:33 (35.6%)	14:09	4.2 (63.6%)
162	<b>RENCZ Małgorzata</b>	<b>1014</b>	W POGONI ZA DUCHEM	K40	3	00:10:48	<b>00:24:04.70</b>	<b>00:24:04.70</b>	+00:08:34 (35.6%)	14:09	4.2 (63.6%)
163	<b>STEFAŃSKI Zbigniew</b>	<b>2207</b>	HEBEL	M40	36	00:11:06	<b>00:24:13.30</b>	<b>00:24:13.30</b>	+00:08:43 (36.0%)	14:14	4.2 (63.6%)
164	<b>SIKORA Alicja</b>	<b>1046</b>	TEAM SIKORA	K60	1	00:11:22	<b>00:24:16.35</b>	<b>00:24:16.35</b>	+00:08:46 (36.1%)	14:16	4.2 (63.6%)
165	<b>GÓRNY Mirosław</b>	<b>2242</b>	NUTREND TEAM	M50	6	00:10:35	<b>00:24:24.15</b>	<b>00:24:24.15</b>	+00:08:53 (36.5%)	14:21	4.2 (63.6%)
166	<b>MOSTOWIK Marcin</b>	<b>2227</b>		M30	64	00:11:08	<b>00:24:34.25</b>	<b>00:24:34.25</b>	+00:09:04 (36.9%)	14:27	4.2 (63.6%)
167	<b>MAŁACHOWSKI Mariusz</b>	<b>2103</b>	BIEGAJĄC Z WILKAMI	M40	37	00:10:34	<b>00:24:41.90</b>	<b>00:24:41.90</b>	+00:09:11 (37.2%)	14:31	4.1 (62.1%)
168	<b>KNURA Aleksander</b>	<b>2252</b>	KW JASTRZĘBIE - ZDRÓJ	M30	65	00:11:22	<b>00:24:50.75</b>	<b>00:24:50.75</b>	+00:09:20 (37.6%)	14:36	4.1 (62.1%)
169	<b>MARKIEWICZ Agnieszka</b>	<b>1050</b>	PRORUNNING PROMOTION	K20	6	00:11:20	<b>00:24:51.05</b>	<b>00:24:51.05</b>	+00:09:20 (37.6%)	14:37	4.1 (62.1%)
170	<b>STAŃCZAK Grzegorz</b>	<b>2270</b>		M30	66	00:10:42	<b>00:25:05.80</b>	<b>00:25:05.80</b>	+00:09:35 (38.2%)	14:45	4.1 (62.1%)
171	<b>STELMASZCZYK Bartłomiej</b>	<b>2235</b>	SCOUT TAEM	M40	38	00:11:25	<b>00:25:07.80</b>	<b>00:25:07.80</b>	+00:09:37 (38.3%)	14:46	4.1 (62.1%)
172	<b>DAWIDOWICZ Krzysztof</b>	<b>2164</b>	FREEWAY	M30	67	00:11:25	<b>00:25:19.95</b>	<b>00:25:19.95</b>	+00:09:49 (38.8%)	14:53	4 (60.6%)
173	<b>MADEJA Piotr</b>	<b>2156</b>		M30	68	00:11:07	<b>00:25:24.40</b>	<b>00:25:24.40</b>	+00:09:54 (39.0%)	14:56	4 (60.6%)
174	<b>URBAŃSKI Robert</b>	<b>2055</b>		M40	39	00:11:24	<b>00:25:24.55</b>	<b>00:25:24.55</b>	+00:09:54 (39.0%)	14:56	4 (60.6%)
175	<b>PACHURA Kinga</b>	<b>1024</b>		K40	4	00:12:04	<b>00:26:28.40</b>	<b>00:26:28.40</b>	+00:10:58 (41.4%)	15:34	3.9 (59.1%)
176	<b>KLIMOSZ Edyta</b>	<b>1040</b>		K20	7	00:12:08	<b>00:26:40.10</b>	<b>00:26:40.10</b>	+00:11:09 (41.9%)	15:41	3.8 (57.6%)



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>LIGĘZA Joasia</b>	<b>1017</b>	SMASHING PĄPKINS/UNLIMITED	K40	5	00:12:34	<b>00:26:51.70</b>	<b>00:26:51.70</b>	+00:11:21 (42.3%)	15:47	3.8 (57.6%)
178	<b>WOJTYRA Karolina</b>	<b>1034</b>	ENTER AIR RUNNERS CLUB	K20	8	00:12:15	<b>00:27:05.20</b>	<b>00:27:05.20</b>	+00:11:34 (42.8%)	15:55	3.8 (57.6%)
179	<b>FIREK Iwona</b>	<b>1057</b>	FIRE'K TEAM	K30	8	00:12:29	<b>00:27:06.85</b>	<b>00:27:06.85</b>	+00:11:36 (42.8%)	15:56	3.8 (57.6%)
180	<b>CHOWANIOK Anna</b>	<b>1049</b>		K20	9	00:12:31	<b>00:27:08.55</b>	<b>00:27:08.55</b>	+00:11:38 (42.9%)	15:57	3.8 (57.6%)
181	<b>STRAUCHOLD Anna</b>	<b>1073</b>	PRO-RUN WROCŁAW	K40	6	00:12:30	<b>00:27:13.95</b>	<b>00:27:13.95</b>	+00:11:43 (43.1%)	16:00	3.7 (56.1%)
182	<b>ŚWIĘTEK Sylwia</b>	<b>1058</b>	LITWIN TRIATHLON TEAM	K40	7	00:12:38	<b>00:27:40.55</b>	<b>00:27:40.55</b>	+00:12:10 (44.0%)	16:16	3.7 (56.1%)
183	<b>CAŁKA Agnieszka</b>	<b>1059</b>	RADZYMIN RUN TEAM	K40	8	00:12:46	<b>00:28:04.60</b>	<b>00:28:04.60</b>	+00:12:34 (44.8%)	16:30	3.6 (54.5%)
184	<b>FARON Robert</b>	<b>2002</b>	SALCO GARMIN TEAM	M40	40	00:08:03	<b>00:17:49.20</b>	<b>00:17:49.20</b>	+00:02:18 (13.0%)	10:28	5.7 (86.4%)
185	<b>KALITA Arek</b>	<b>2223</b>		M40	41	00:10:20	<b>00:22:28.80</b>	<b>00:22:28.80</b>	+00:06:58 (31.0%)	13:12	4.5 (68.2%)
186	<b>SZOSTAK Artur</b>	<b>2129</b>	BRAVEHEARTS LEGIONOWO	M20	40	00:10:25	<b>00:22:33.85</b>	<b>00:22:33.85</b>	+00:07:03 (31.3%)	13:15	4.5 (68.2%)
187	<b>BUŁA Robert</b>	<b>2133</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M20	41	00:10:46	<b>00:22:33.95</b>	<b>00:22:33.95</b>	+00:07:03 (31.3%)	13:15	4.5 (68.2%)
188	<b>KUSZKA Michał</b>	<b>2016</b>	BBL MIKOŁÓW	M30	69	00:10:41	<b>00:22:35.15</b>	<b>00:22:35.15</b>	+00:07:04 (31.4%)	13:17	4.5 (68.2%)
189	<b>KOZIEŁ Grzegorz</b>	<b>2027</b>	SILESIA RUNNERS CLUB	M30	70	00:11:15	<b>00:22:36.50</b>	<b>00:22:36.50</b>	+00:07:06 (31.4%)	13:17	4.5 (68.2%)
190	<b>OLEKSIEWICZ Michał</b>	<b>2166</b>		M30	71	00:10:14	<b>00:22:37.55</b>	<b>00:22:37.55</b>	+00:07:07 (31.5%)	13:18	4.5 (68.2%)
191	<b>KROTLA Piotr</b>	<b>2126</b>		M30	72	00:10:36	<b>00:22:40.60</b>	<b>00:22:40.60</b>	+00:07:10 (31.6%)	13:20	4.5 (68.2%)
192	<b>WAŚ Andrzej</b>	<b>2189</b>		M40	42	00:10:37	<b>00:22:41.70</b>	<b>00:22:41.70</b>	+00:07:11 (31.7%)	13:20	4.5 (68.2%)
193	<b>WRZESZCZ Mariusz</b>	<b>2015</b>	TRIATHLON MIETKÓW TEAM	M20	42	00:10:26	<b>00:22:41.80</b>	<b>00:22:41.80</b>	+00:07:11 (31.7%)	13:20	4.5 (68.2%)
194	<b>DURAŁ Grzegorz</b>	<b>2228</b>	TRENING ULTRASA	M30	73	00:10:33	<b>00:22:42.20</b>	<b>00:22:42.20</b>	+00:07:11 (31.7%)	13:21	4.5 (68.2%)
195	<b>PIÓRKOWSKI Tomek</b>	<b>2144</b>	BISKUPICE FAMILY TEAM	M40	43	00:10:55	<b>00:22:48.85</b>	<b>00:22:48.85</b>	+00:07:18 (32.0%)	13:24	4.5 (68.2%)
196	<b>WRZESIŃSKI Piotr</b>	<b>2215</b>	GAPPAG TEAM	M40	44	00:10:42	<b>00:22:49.80</b>	<b>00:22:49.80</b>	+00:07:19 (32.1%)	13:25	4.5 (68.2%)
197	<b>ISKRZYCKI Andrzej</b>	<b>2211</b>		M40	45	00:10:12	<b>00:22:51.50</b>	<b>00:22:51.50</b>	+00:07:21 (32.2%)	13:26	4.5 (68.2%)
198	<b>GOLF Krystian</b>	<b>2072</b>	NEZRZESZONY	M30	74	00:10:35	<b>00:22:52.35</b>	<b>00:22:52.35</b>	+00:07:22 (32.2%)	13:27	4.5 (68.2%)
199	<b>MIKULSKI Michał</b>	<b>2239</b>	GREMI BOCHNIA	M30	75	00:10:36	<b>00:22:53.55</b>	<b>00:22:53.55</b>	+00:07:23 (32.3%)	13:27	4.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
200	<b>TOMCZYK Marcin</b>	<b>2279</b>		M40	46	00:10:38	<b>00:22:58.40</b>	<b>00:22:58.40</b>	+00:07:28 (32.5%)	13:30	4.4 (66.7%)
201	<b>DYLAĞ Andrzej</b>	<b>2302</b>	KS LIMANOWA FORREST	M40	47	00:10:47	<b>00:23:02.35</b>	<b>00:23:02.35</b>	+00:07:32 (32.7%)	13:32	4.4 (66.7%)
202	<b>KUBERA Marcin</b>	<b>2285</b>	KUBERUN	M30	76	00:10:47	<b>00:23:04.20</b>	<b>00:23:04.20</b>	+00:07:33 (32.8%)	13:34	4.4 (66.7%)
203	<b>SZUKAŁA Damian</b>	<b>2123</b>	ŻARY RUNNERS TEAM	M30	77	00:10:57	<b>00:23:05.55</b>	<b>00:23:05.55</b>	+00:07:35 (32.9%)	13:34	4.4 (66.7%)
204	<b>KARWACKI Grzegorz</b>	<b>2119</b>	JA	M40	48	00:10:57	<b>00:23:06.05</b>	<b>00:23:06.05</b>	+00:07:35 (32.9%)	13:35	4.4 (66.7%)
205	<b>KRÓL Kamil</b>	<b>2191</b>	SOCIOS GÓRNIK	M20	43	00:10:42	<b>00:23:06.45</b>	<b>00:23:06.45</b>	+00:07:36 (32.9%)	13:35	4.4 (66.7%)
206	<b>LEWANDOWSKI Paweł</b>	<b>2150</b>		M30	78	00:10:56	<b>00:23:08.00</b>	<b>00:23:08.00</b>	+00:07:37 (33.0%)	13:36	4.4 (66.7%)
207	<b>STASIK Krzysztof</b>	<b>2179</b>	LOGTECH SPORT TEAM RADZIONKÓW	M30	79	00:10:44	<b>00:23:13.30</b>	<b>00:23:13.30</b>	+00:07:43 (33.2%)	13:39	4.4 (66.7%)
208	<b>TONDYS Piotr</b>	<b>2114</b>	TIGERS TEAM	M40	49	00:10:55	<b>00:23:20.50</b>	<b>00:23:20.50</b>	+00:07:50 (33.6%)	13:43	4.4 (66.7%)
209	<b>BEDNARZ Sebastian</b>	<b>2139</b>		M40	50	00:10:42	<b>00:23:29.65</b>	<b>00:23:29.65</b>	+00:07:59 (34.0%)	13:48	4.3 (65.2%)
210	<b>GRAJEK Marek</b>	<b>2175</b>		M30	80	00:10:35	<b>00:23:34.10</b>	<b>00:23:34.10</b>	+00:08:03 (34.2%)	13:51	4.3 (65.2%)
211	<b>GURGUL Sebastian</b>	<b>2078</b>	AROMAT NÓG	M30	81	00:10:52	<b>00:23:36.55</b>	<b>00:23:36.55</b>	+00:08:06 (34.3%)	13:52	4.3 (65.2%)
212	<b>LEITNER Rafał</b>	<b>2148</b>		M20	44	00:10:38	<b>00:23:37.30</b>	<b>00:23:37.30</b>	+00:08:07 (34.4%)	13:53	4.3 (65.2%)
213	<b>NIERADA Marcin</b>	<b>2263</b>		M30	82	00:10:48	<b>00:23:42.55</b>	<b>00:23:42.55</b>	+00:08:12 (34.6%)	13:56	4.3 (65.2%)
214	<b>STACHURSKI Paweł</b>	<b>2104</b>		M30	83	00:10:48	<b>00:23:46.40</b>	<b>00:23:46.40</b>	+00:08:16 (34.8%)	13:58	4.3 (65.2%)
215	<b>JANUSZEWSKI Tomasz</b>	<b>2040</b>		M50	7	00:11:20	<b>00:23:51.80</b>	<b>00:23:51.80</b>	+00:08:21 (35.0%)	14:01	4.3 (65.2%)
216	<b>KUBIK Jarosław</b>	<b>2143</b>	MYSŁOWICKI KLUB BIEGACZA NO.I	M40	51	00:10:54	<b>00:23:54.00</b>	<b>00:23:54.00</b>	+00:08:23 (35.1%)	14:03	4.3 (65.2%)
217	<b>HEDA Sebastian</b>	<b>2231</b>		M30	84	00:11:21	<b>00:23:54.30</b>	<b>00:23:54.30</b>	+00:08:24 (35.1%)	14:03	4.3 (65.2%)
218	<b>PROŃ Adam</b>	<b>2030</b>	IPRONMAN	M40	52	00:11:16	<b>00:23:54.35</b>	<b>00:23:54.35</b>	+00:08:24 (35.1%)	14:03	4.3 (65.2%)
219	<b>WĘGLARZ Czesław</b>	<b>2240</b>	NEZRZESZONY	M50	8	00:11:16	<b>00:23:54.65</b>	<b>00:23:54.65</b>	+00:08:24 (35.2%)	14:03	4.3 (65.2%)
220	<b>GLISZCZYŃSKI Paweł</b>	<b>2135</b>	ORZEŁ BIAŁY S.A.	M30	85	00:11:41	<b>00:23:55.60</b>	<b>00:23:55.60</b>	+00:08:25 (35.2%)	14:04	4.3 (65.2%)
221	<b>SEMMERLING Przemysław</b>	<b>2274</b>	GÓRSKIE PEDZIWIATRY	M30	86	00:10:53	<b>00:23:57.50</b>	<b>00:23:57.50</b>	+00:08:27 (35.3%)	14:05	4.3 (65.2%)
222	<b>KELLER Dariusz</b>	<b>2047</b>	NIGHT RUNNERS +	M20	45	00:11:04	<b>00:24:05.10</b>	<b>00:24:05.10</b>	+00:08:34 (35.6%)	14:10	4.2 (63.6%)

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>PODSADNIUK Mateusz</b>	<b>2031</b>	EASY RUN KRAKÓW	M30	87	00:11:17	<b>00:24:07.20</b>	<b>00:24:07.20</b>	+00:08:36 (35.7%)	14:11	4.2 (63.6%)
224	<b>DOMISZEWSKI Wojciech</b>	<b>2249</b>		M50	9	00:11:01	<b>00:24:07.85</b>	<b>00:24:07.85</b>	+00:08:37 (35.7%)	14:11	4.2 (63.6%)
225	<b>SUDNIK Krzysztof</b>	<b>2300</b>		M30	88	00:10:52	<b>00:24:16.80</b>	<b>00:24:16.80</b>	+00:08:46 (36.1%)	14:16	4.2 (63.6%)
226	<b>SZCZEPANIK Grzegorz</b>	<b>2058</b>	WILDEER	M30	89	00:11:34	<b>00:24:18.60</b>	<b>00:24:18.60</b>	+00:08:48 (36.2%)	14:17	4.2 (63.6%)
227	<b>GAUDYN Andrzej</b>	<b>2152</b>		M30	90	00:11:02	<b>00:24:19.65</b>	<b>00:24:19.65</b>	+00:08:49 (36.3%)	14:18	4.2 (63.6%)
228	<b>LIWOCH Sebastian</b>	<b>2061</b>		M30	91	00:11:08	<b>00:24:20.55</b>	<b>00:24:20.55</b>	+00:08:50 (36.3%)	14:18	4.2 (63.6%)
229	<b>DZIUBA Emilian</b>	<b>2013</b>	STS BIEGATON MIKOŁÓW	M40	53	00:11:19	<b>00:24:21.00</b>	<b>00:24:21.00</b>	+00:08:50 (36.3%)	14:19	4.2 (63.6%)
230	<b>RACZYŃSKI Bogusz</b>	<b>2087</b>	TIGERS TEAM	M30	92	00:11:30	<b>00:24:22.30</b>	<b>00:24:22.30</b>	+00:08:52 (36.4%)	14:20	4.2 (63.6%)
231	<b>SZYMCZAK Łukasz</b>	<b>2244</b>	SSW TEAM KROŚNICE	M30	93	00:10:59	<b>00:24:26.35</b>	<b>00:24:26.35</b>	+00:08:56 (36.6%)	14:22	4.2 (63.6%)
232	<b>OKOŃ Łukasz</b>	<b>2241</b>		M30	94	00:10:56	<b>00:24:30.35</b>	<b>00:24:30.35</b>	+00:09:00 (36.7%)	14:24	4.2 (63.6%)
233	<b>BLUNTZER Gregoire</b>	<b>2315</b>		M50	10	00:11:32	<b>00:24:32.05</b>	<b>00:24:32.05</b>	+00:09:01 (36.8%)	14:25	4.2 (63.6%)
234	<b>POTOCZNY Mirosław</b>	<b>2107</b>	TRAIL RUNNERS JAWORZNO	M40	54	00:11:34	<b>00:24:36.00</b>	<b>00:24:36.00</b>	+00:09:05 (37.0%)	14:28	4.1 (62.1%)
235	<b>LIS Radosław</b>	<b>2313</b>		M30	95	00:11:45	<b>00:24:48.70</b>	<b>00:24:48.70</b>	+00:09:18 (37.5%)	14:35	4.1 (62.1%)
236	<b>KANIA Paweł</b>	<b>2247</b>	SAINT-GOBAIN SQUAD	M40	55	00:11:46	<b>00:25:01.85</b>	<b>00:25:01.85</b>	+00:09:31 (38.1%)	14:42	4.1 (62.1%)
237	<b>KOŚMIDER Tomasz</b>	<b>2293</b>	SPARTANIE DZIECIOM	M30	96	00:11:32	<b>00:25:05.70</b>	<b>00:25:05.70</b>	+00:09:35 (38.2%)	14:45	4.1 (62.1%)
238	<b>SIEWKO Piotr</b>	<b>2023</b>	SZWAGRY TEAM	M40	56	00:11:23	<b>00:25:07.70</b>	<b>00:25:07.70</b>	+00:09:37 (38.3%)	14:46	4.1 (62.1%)
239	<b>ŁYZIŃSKI Jan</b>	<b>2172</b>		M50	11	00:11:33	<b>00:25:07.95</b>	<b>00:25:07.95</b>	+00:09:37 (38.3%)	14:46	4.1 (62.1%)
240	<b>PIŁAT Artur</b>	<b>2029</b>		M40	57	00:12:00	<b>00:25:11.75</b>	<b>00:25:11.75</b>	+00:09:41 (38.5%)	14:48	4.1 (62.1%)
241	<b>KARAŚ Michał</b>	<b>2044</b>	GOOL GORCE NOWY TARG	M30	97	00:11:42	<b>00:25:13.15</b>	<b>00:25:13.15</b>	+00:09:42 (38.5%)	14:50	4 (60.6%)
242	<b>RESPONDEK Marcin</b>	<b>2090</b>	LECYMY DURŚ	M30	98	00:10:01	<b>00:25:19.05</b>	<b>00:25:19.05</b>	+00:09:48 (38.8%)	14:53	4 (60.6%)
243	<b>WILK Tomasz</b>	<b>2251</b>	MOMNATOCĄŁĘŻYCIE	M30	99	00:11:28	<b>00:25:27.55</b>	<b>00:25:27.55</b>	+00:09:57 (39.1%)	14:58	4 (60.6%)
244	<b>CAŁKA Grzegorz</b>	<b>2233</b>	RADZYMIN RUN TEAM	M40	58	00:11:37	<b>00:25:48.00</b>	<b>00:25:48.00</b>	+00:10:17 (39.9%)	15:10	4 (60.6%)
245	<b>DYDUŁA Łukasz</b>	<b>2053</b>	ITAL CAR TEAM	M40	59	00:12:25	<b>00:25:56.35</b>	<b>00:25:56.35</b>	+00:10:26 (40.2%)	15:15	3.9 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
246	<b>SUJAK</b> Mirosław	<b>2043</b>	MKB DREPTAK	M50	12	00:11:45	<b>00:25:59.95</b>	<b>00:25:59.95</b>	+00:10:29 (40.4%)	15:17	3.9 (59.1%)
247	<b>GURGUL</b> Mateusz	<b>2113</b>	AROMAT NÓG	M30	100	00:12:42	<b>00:26:12.90</b>	<b>00:26:12.90</b>	+00:10:42 (40.9%)	15:24	3.9 (59.1%)
248	<b>SERZYSKO</b> Bartosz	<b>2299</b>	APTIV RUNNING TEAM	M20	46	00:10:48	<b>00:26:41.30</b>	<b>00:26:41.30</b>	+00:11:11 (41.9%)	15:41	3.8 (57.6%)
249	<b>STEFAŃSKI</b> Jaroslaw	<b>2200</b>	W POGONI ZA DUCHEM	M50	13	00:11:34	<b>00:26:58.80</b>	<b>00:26:58.80</b>	+00:11:28 (42.5%)	15:51	3.8 (57.6%)
250	<b>FIGAS</b> Sebastian	<b>2232</b>	LITWIN TRIATHLON TEAM	M40	60	00:12:47	<b>00:27:10.65</b>	<b>00:27:10.65</b>	+00:11:40 (43.0%)	15:58	3.8 (57.6%)
251	<b>PITAS</b> Andrzej	<b>2186</b>	ZAPIERDALACZE	M40	61	00:13:14	<b>00:27:23.70</b>	<b>00:27:23.70</b>	+00:11:53 (43.4%)	16:06	3.7 (56.1%)
252	<b>TOL</b> Kamil	<b>2220</b>	MAFIA TEAM LUBLINIEC	M30	101	00:12:55	<b>00:27:37.80</b>	<b>00:27:37.80</b>	+00:12:07 (43.9%)	16:14	3.7 (56.1%)
253	<b>TOMCZYK</b> Tomasz	<b>2161</b>	RMF 4RACING OCR	M30	102	00:12:51	<b>00:27:44.90</b>	<b>00:27:44.90</b>	+00:12:14 (44.1%)	16:18	3.7 (56.1%)
254	<b>KANIA</b> Jolanta	<b>1062</b>		K40	9	00:12:33	<b>00:27:47.80</b>	<b>00:27:47.80</b>	+00:12:17 (44.2%)	16:20	3.7 (56.1%)
255	<b>KLATE</b> Łukasz	<b>2111</b>	ŁÓDŹ KOCHA SPORT	M30	103	00:12:33	<b>00:27:54.15</b>	<b>00:27:54.15</b>	+00:12:23 (44.4%)	16:24	3.7 (56.1%)
256	<b>PIÓRKOWSKA</b> Ola	<b>1035</b>	BISKUPICE FAMILY TEAM	K40	10	00:13:15	<b>00:27:54.80</b>	<b>00:27:54.80</b>	+00:12:24 (44.5%)	16:24	3.7 (56.1%)
257	<b>LEŚNIAK</b> Tomasz	<b>2063</b>	KRZYWDA TEAM	M30	104	00:13:05	<b>00:28:05.00</b>	<b>00:28:05.00</b>	+00:12:34 (44.8%)	16:31	3.6 (54.5%)
258	<b>WAWRZACZ</b> Katarzyna	<b>1052</b>		K40	11	00:12:49	<b>00:28:08.30</b>	<b>00:28:08.30</b>	+00:12:38 (44.9%)	16:32	3.6 (54.5%)
259	<b>ŚWIERK</b> Krystyna	<b>1036</b>	NATURALNIE JANOWICE	K60	2	00:13:05	<b>00:28:17.60</b>	<b>00:28:17.60</b>	+00:12:47 (45.2%)	16:38	3.6 (54.5%)
260	<b>BEDNAREK</b> Jacek	<b>2059</b>	METLIFE RUN	M40	62	00:13:22	<b>00:28:40.60</b>	<b>00:28:40.60</b>	+00:13:10 (45.9%)	16:51	3.6 (54.5%)
261	<b>DYDUŁA</b> Renata	<b>1018</b>	ITAL CAR TEAM	K40	12	00:12:59	<b>00:29:25.15</b>	<b>00:29:25.15</b>	+00:13:54 (47.3%)	17:18	3.5 (53.0%)
262	<b>PUCHAJDA</b> Monika	<b>1065</b>		K30	9	00:12:46	<b>00:29:28.80</b>	<b>00:29:28.80</b>	+00:13:58 (47.4%)	17:20	3.5 (53.0%)
263	<b>KULA</b> Krzysztof	<b>2140</b>		M20	47	00:14:21	<b>00:29:54.45</b>	<b>00:29:54.45</b>	+00:14:24 (48.2%)	17:35	3.4 (51.5%)
264	<b>PARZUCH</b> Magdalena	<b>1026</b>	SZTURM	K20	10	00:13:36	<b>00:30:03.05</b>	<b>00:30:03.05</b>	+00:14:32 (48.4%)	17:40	3.4 (51.5%)
265	<b>SNARSKA</b> Katarzyna	<b>1029</b>	ALBATROSY	K30	10	00:13:53	<b>00:30:18.10</b>	<b>00:30:18.10</b>	+00:14:47 (48.8%)	17:49	3.4 (51.5%)
266	<b>GUZIAK</b> Irena	<b>1021</b>		K40	13	00:14:20	<b>00:30:23.10</b>	<b>00:30:23.10</b>	+00:14:52 (49.0%)	17:52	3.4 (51.5%)
267	<b>GŁUCHOWSKA</b> Natalia	<b>1038</b>		K20	11	00:14:10	<b>00:30:40.70</b>	<b>00:30:40.70</b>	+00:15:10 (49.5%)	18:02	3.3 (50.0%)
268	<b>OKAPIEC</b> Dagmara	<b>1020</b>	GÓRSKIE PĘDZIWIATRY	K30	11	00:13:59	<b>00:30:46.00</b>	<b>00:30:46.00</b>	+00:15:15 (49.6%)	18:05	3.3 (50.0%)

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>PASTERNAK Justyna</b>	<b>1031</b>	NIEMANIEMOGE	K30	12	00:14:00	<b>00:30:57.75</b>	<b>00:30:57.75</b>	+00:15:27 (49.9%)	18:12	3.3 (50.0%)
270	<b>PAZDERSKA-KIPIEL Agnieszka</b>	<b>1056</b>	EVIL TEAM	K30	13	00:14:30	<b>00:31:10.60</b>	<b>00:31:10.60</b>	+00:15:40 (50.3%)	18:20	3.3 (50.0%)
271	<b>STOLARSKI Paweł</b>	<b>2094</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M 30	1	00:10:52	<b>00:24:01.00</b>	<b>00:24:01.00</b>	+00:08:30 (35.4%)	14:07	4.2 (63.6%)
272	<b>BIEDROŃ Marcin</b>	<b>2024</b>		M 20	1	00:10:32	<b>00:24:05.30</b>	<b>00:24:05.30</b>	+00:08:35 (35.6%)	14:10	4.2 (63.6%)
273	<b>SWOBODA Jarosław</b>	<b>2036</b>	NIGHT RUNNERS GLIWICE	M 40	1	00:10:55	<b>00:24:17.20</b>	<b>00:24:17.20</b>	+00:08:46 (36.2%)	14:17	4.2 (63.6%)
274	<b>KAWULOK Adrian</b>	<b>2176</b>		M 30	2	00:10:58	<b>00:24:19.60</b>	<b>00:24:19.60</b>	+00:08:49 (36.3%)	14:18	4.2 (63.6%)
275	<b>HORA Grzegorz</b>	<b>2193</b>		M 30	3	00:11:11	<b>00:24:25.85</b>	<b>00:24:25.85</b>	+00:08:55 (36.5%)	14:21	4.2 (63.6%)
276	<b>WOROBIEC Józef</b>	<b>2158</b>	TERVEL DANIEL WOSIK TEAM	M 60	1	00:11:13	<b>00:24:37.65</b>	<b>00:24:37.65</b>	+00:09:07 (37.0%)	14:28	4.1 (62.1%)
277	<b>RĘBISZ Paweł</b>	<b>2308</b>	TRAIL RUNNERS JAWORZNO	M 40	2	00:10:13	<b>00:24:39.50</b>	<b>00:24:39.50</b>	+00:09:09 (37.1%)	14:30	4.1 (62.1%)
278	<b>KADŁUBEK Aleksander</b>	<b>2254</b>	TKTJ	M 30	4	00:10:51	<b>00:24:40.75</b>	<b>00:24:40.75</b>	+00:09:10 (37.2%)	14:30	4.1 (62.1%)
279	<b>ZAJDEL Michał</b>	<b>2246</b>	INO JO	M 30	5	00:10:55	<b>00:24:42.25</b>	<b>00:24:42.25</b>	+00:09:12 (37.2%)	14:31	4.1 (62.1%)
280	<b>URBAŃCZYK Dawid</b>	<b>2093</b>	LECYMY DURŚ	M 20	2	00:11:25	<b>00:24:44.85</b>	<b>00:24:44.85</b>	+00:09:14 (37.4%)	14:32	4.1 (62.1%)
281	<b>BARTOSIEWICZ Adam</b>	<b>2062</b>	OCR POLSKA	M 40	3	00:10:53	<b>00:24:46.10</b>	<b>00:24:46.10</b>	+00:09:15 (37.4%)	14:34	4.1 (62.1%)
282	<b>JABŁOŃSKI Sebastian</b>	<b>2208</b>	POSITIV VIBRATION	M 30	6	00:10:56	<b>00:24:47.90</b>	<b>00:24:47.90</b>	+00:09:17 (37.5%)	14:34	4.1 (62.1%)
283	<b>OŹGA Sebastian</b>	<b>2074</b>		M 20	3	00:11:12	<b>00:24:48.70</b>	<b>00:24:48.70</b>	+00:09:18 (37.5%)	14:35	4.1 (62.1%)
284	<b>KRZCZUK Benedykt</b>	<b>2066</b>		M 50	1	00:11:10	<b>00:24:49.00</b>	<b>00:24:49.00</b>	+00:09:18 (37.5%)	14:35	4.1 (62.1%)
285	<b>HOMBEK Maciej</b>	<b>2260</b>	UZDROWISKOWY TEAM	M 40	4	00:11:40	<b>00:24:49.75</b>	<b>00:24:49.75</b>	+00:09:19 (37.6%)	14:35	4.1 (62.1%)
286	<b>KWIATKOWSKI Kajetan</b>	<b>2109</b>	BIGYELLOWFOOT ADVENTURE TEAM	M 30	7	00:11:25	<b>00:24:50.05</b>	<b>00:24:50.05</b>	+00:09:19 (37.6%)	14:36	4.1 (62.1%)
287	<b>ŻUREK Rafał</b>	<b>2271</b>		M 20	4	00:10:36	<b>00:24:50.30</b>	<b>00:24:50.30</b>	+00:09:20 (37.6%)	14:36	4.1 (62.1%)
288	<b>KRASOŃ Rafał</b>	<b>2092</b>	LECYMY DURŚ	M 30	8	00:11:27	<b>00:24:52.45</b>	<b>00:24:52.45</b>	+00:09:22 (37.7%)	14:37	4.1 (62.1%)
289	<b>KURYŁO Zenon</b>	<b>2057</b>	SBD ENERGETYK RYBNIK	M 50	2	00:11:34	<b>00:24:53.55</b>	<b>00:24:53.55</b>	+00:09:23 (37.7%)	14:38	4.1 (62.1%)
290	<b>KORNAŚ Marcin</b>	<b>2219</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M 30	9	00:11:26	<b>00:24:53.90</b>	<b>00:24:53.90</b>	+00:09:23 (37.7%)	14:38	4.1 (62.1%)
291	<b>MUSZYŃSKI Marcin</b>	<b>2266</b>		M 20	5	00:11:08	<b>00:24:58.60</b>	<b>00:24:58.60</b>	+00:09:28 (37.9%)	14:41	4.1 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
292	<b>JAWORSKI Jarosław</b>	<b>2273</b>		M 30	10	00:10:50	<b>00:24:59.05</b>	<b>00:24:59.05</b>	+00:09:28 (37.9%)	14:41	4.1 (62.1%)
293	<b>BIZOŃ Tomasz</b>	<b>2054</b>		M 40	5	00:11:02	<b>00:25:00.75</b>	<b>00:25:00.75</b>	+00:09:30 (38.0%)	14:42	4.1 (62.1%)
294	<b>JANOWICZ Adam</b>	<b>2132</b>		M 20	6	00:10:46	<b>00:25:03.95</b>	<b>00:25:03.95</b>	+00:09:33 (38.1%)	14:44	4.1 (62.1%)
295	<b>DWORNICKI Tomasz</b>	<b>2319</b>		M 40	6	00:11:14	<b>00:25:04.90</b>	<b>00:25:04.90</b>	+00:09:34 (38.2%)	14:44	4.1 (62.1%)
296	<b>ŚMIATEK Marcino</b>	<b>2203</b>	AGRESOR	M 40	7	00:11:15	<b>00:25:05.35</b>	<b>00:25:05.35</b>	+00:09:35 (38.2%)	14:45	4.1 (62.1%)
297	<b>SMACZYNSKI Dariusz</b>	<b>2159</b>	SRS AKTYWNA DABROWA	M 50	3	00:11:03	<b>00:25:08.10</b>	<b>00:25:08.10</b>	+00:09:37 (38.3%)	14:47	4.1 (62.1%)
298	<b>SIKORA Mariusz</b>	<b>2091</b>	GOGGLEPRO ACTIVE EYEWEAR TEAM	M 40	8	00:11:32	<b>00:25:09.45</b>	<b>00:25:09.45</b>	+00:09:39 (38.4%)	14:47	4.1 (62.1%)
299	<b>SMUDA Ryszard</b>	<b>2210</b>		M 50	4	00:11:30	<b>00:25:19.20</b>	<b>00:25:19.20</b>	+00:09:48 (38.8%)	14:53	4 (60.6%)
300	<b>PIOSEK Grzegorz</b>	<b>2195</b>	LOGTECH RUN TEAM RADZIONKÓW	M 30	11	00:10:48	<b>00:25:21.05</b>	<b>00:25:21.05</b>	+00:09:50 (38.8%)	14:54	4 (60.6%)
301	<b>ROGOSZ Marcin</b>	<b>2076</b>	SOCIOS GÓRNIK	M 30	12	00:11:33	<b>00:25:25.65</b>	<b>00:25:25.65</b>	+00:09:55 (39.0%)	14:57	4 (60.6%)
302	<b>FALKOWSKI Piotr</b>	<b>2268</b>	FKS PEGAZ PIASECZNO	M 40	9	00:11:44	<b>00:25:26.10</b>	<b>00:25:26.10</b>	+00:09:55 (39.0%)	14:57	4 (60.6%)
303	<b>MROZEK Grzegorz</b>	<b>2327</b>		M 40	10	00:11:39	<b>00:25:26.90</b>	<b>00:25:26.90</b>	+00:09:56 (39.1%)	14:57	4 (60.6%)
304	<b>WOJTYRA Daniel</b>	<b>2269</b>		M 20	7	00:11:25	<b>00:25:29.30</b>	<b>00:25:29.30</b>	+00:09:59 (39.2%)	14:59	4 (60.6%)
305	<b>KUĆERKA Jakub</b>	<b>2025</b>	KASIA I KUBA	M 20	8	00:11:49	<b>00:25:34.40</b>	<b>00:25:34.40</b>	+00:10:04 (39.4%)	15:02	4 (60.6%)
306	<b>SEWINA Dominik</b>	<b>2106</b>	KARATE TSUNAMI BYDGOSZCZ	M 30	13	00:11:44	<b>00:25:42.45</b>	<b>00:25:42.45</b>	+00:10:12 (39.7%)	15:07	4 (60.6%)
307	<b>WAWROWSKI Jarosław</b>	<b>2326</b>		M 40	11	00:11:22	<b>00:25:54.85</b>	<b>00:25:54.85</b>	+00:10:24 (40.2%)	15:14	3.9 (59.1%)
308	<b>ZIELIŃSKI Łukasz</b>	<b>2128</b>		M 30	14	00:11:29	<b>00:26:00.45</b>	<b>00:26:00.45</b>	+00:10:30 (40.4%)	15:17	3.9 (59.1%)
309	<b>LIGEZA Witold</b>	<b>2324</b>	SMASHING PĄPKINS/UNLIMITED	M 40	12	00:11:52	<b>00:26:08.75</b>	<b>00:26:08.75</b>	+00:10:38 (40.7%)	15:22	3.9 (59.1%)
310	<b>HOLECZEK Damian</b>	<b>2259</b>	ŻODNY	M 40	13	00:11:11	<b>00:26:13.30</b>	<b>00:26:13.30</b>	+00:10:43 (40.9%)	15:25	3.9 (59.1%)
311	<b>GRABALSKI Dariusz</b>	<b>2265</b>		M 30	15	00:11:08	<b>00:26:30.30</b>	<b>00:26:30.30</b>	+00:11:00 (41.5%)	15:35	3.8 (57.6%)
312	<b>SMOROŃ Krzysztof</b>	<b>2204</b>		M 30	16	00:11:58	<b>00:26:35.10</b>	<b>00:26:35.10</b>	+00:11:04 (41.7%)	15:38	3.8 (57.6%)
313	<b>SCHILLER Fryderyk</b>	<b>2205</b>	TRINITEC RUNNING TEAM	M 40	14	00:11:49	<b>00:26:42.35</b>	<b>00:26:42.35</b>	+00:11:12 (41.9%)	15:42	3.8 (57.6%)
314	<b>BORATYŃSKI Adam</b>	<b>2294</b>		M 40	15	00:12:20	<b>00:27:14.25</b>	<b>00:27:14.25</b>	+00:11:44 (43.1%)	16:01	3.7 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
315	<b>DAWID Mirosław</b>	<b>2089</b>		M 50	5	00:12:07	<b>00:27:36.55</b>	<b>00:27:36.55</b>	+00:12:06 (43.8%)	16:14	3.7 (56.1%)
316	<b>BIENIECKI Marek</b>	<b>2323</b>	OTK RZEŹNIK	M 20	9	00:12:52	<b>00:27:41.70</b>	<b>00:27:41.70</b>	+00:12:11 (44.0%)	16:17	3.7 (56.1%)
317	<b>ZAREMBA Marek</b>	<b>2142</b>	KAMIKADZE	M 50	6	00:12:19	<b>00:27:44.00</b>	<b>00:27:44.00</b>	+00:12:13 (44.1%)	16:18	3.7 (56.1%)
318	<b>LOMBARSKI Łukasz</b>	<b>2245</b>	SSW TEAM KROŚNICE	M 30	17	00:12:36	<b>00:27:47.50</b>	<b>00:27:47.50</b>	+00:12:17 (44.2%)	16:20	3.7 (56.1%)
319	<b>SZŁĘZAK Piotr</b>	<b>2253</b>		M 30	18	00:12:06	<b>00:27:52.45</b>	<b>00:27:52.45</b>	+00:12:22 (44.4%)	16:23	3.7 (56.1%)
320	<b>TIAHNYBOK Paweł</b>	<b>2073</b>	SOCIOS SILESIA	M 40	16	00:11:54	<b>00:28:11.25</b>	<b>00:28:11.25</b>	+00:12:41 (45.0%)	16:34	3.6 (54.5%)
321	<b>WITA Krzysztof</b>	<b>2250</b>	FORMA WODZISŁAW ŚLĄSKI	M 30	19	00:12:01	<b>00:28:14.10</b>	<b>00:28:14.10</b>	+00:12:43 (45.1%)	16:36	3.6 (54.5%)
322	<b>NÓŻKA Andrzej</b>	<b>2214</b>		M 30	20	00:12:26	<b>00:28:17.50</b>	<b>00:28:17.50</b>	+00:12:47 (45.2%)	16:38	3.6 (54.5%)
323	<b>ŻMUDKA Bartek</b>	<b>2321</b>		M 30	21	00:12:34	<b>00:28:20.95</b>	<b>00:28:20.95</b>	+00:12:50 (45.3%)	16:40	3.6 (54.5%)
324	<b>WOJNO Małgorzata</b>	<b>1043</b>	HUSARIA RACE TEAM	K 30	1	00:12:35	<b>00:28:23.10</b>	<b>00:28:23.10</b>	+00:12:52 (45.4%)	16:41	3.6 (54.5%)
325	<b>SEKUŁA Dawid</b>	<b>2112</b>		M 20	10	00:12:44	<b>00:28:35.40</b>	<b>00:28:35.40</b>	+00:13:05 (45.8%)	16:48	3.6 (54.5%)
326	<b>DŁUGOSZ Marek</b>	<b>2071</b>		M 30	22	00:12:49	<b>00:28:49.10</b>	<b>00:28:49.10</b>	+00:13:18 (46.2%)	16:57	3.5 (53.0%)
327	<b>SZPERLICH Grzegorz</b>	<b>2202</b>	PRZEŁAJKA	M 40	17	00:13:22	<b>00:29:05.20</b>	<b>00:29:05.20</b>	+00:13:34 (46.7%)	17:06	3.5 (53.0%)
328	<b>KOZICKI Jacek</b>	<b>2331</b>		M 30	23	00:12:41	<b>00:29:23.30</b>	<b>00:29:23.30</b>	+00:13:53 (47.2%)	17:17	3.5 (53.0%)
329	<b>KAŹMIERSKI Janusz</b>	<b>2170</b>	DA SIĘ	M 60	2	00:13:10	<b>00:29:38.65</b>	<b>00:29:38.65</b>	+00:14:08 (47.7%)	17:25	3.4 (51.5%)
330	<b>WIĘCZKOWSKI Wojciech</b>	<b>2118</b>	HUSARIA RACE TEAM	M 40	18	00:12:57	<b>00:29:51.60</b>	<b>00:29:51.60</b>	+00:14:21 (48.1%)	17:33	3.4 (51.5%)
331	<b>LISOWSKA Kamila</b>	<b>1023</b>		K 30	2	00:13:27	<b>00:30:03.85</b>	<b>00:30:03.85</b>	+00:14:33 (48.4%)	17:40	3.4 (51.5%)
332	<b>MĄDRZYK Daniel</b>	<b>2108</b>		M 30	24	00:12:50	<b>00:30:19.30</b>	<b>00:30:19.30</b>	+00:14:49 (48.9%)	17:50	3.4 (51.5%)
333	<b>OLESIŃSKA Martyna</b>	<b>1063</b>		K 20	1	00:13:50	<b>00:30:25.65</b>	<b>00:30:25.65</b>	+00:14:55 (49.0%)	17:53	3.4 (51.5%)
334	<b>WRÓBEL Marcin</b>	<b>2121</b>	FC KAROLINA	M 40	19	00:13:08	<b>00:30:25.95</b>	<b>00:30:25.95</b>	+00:14:55 (49.1%)	17:53	3.4 (51.5%)
335	<b>RÓG Marek</b>	<b>2127</b>		M 40	20	00:13:04	<b>00:30:58.30</b>	<b>00:30:58.30</b>	+00:15:28 (49.9%)	18:12	3.3 (50.0%)
336	<b>FARMAS Dariusz</b>	<b>2137</b>	NOWA HUTA TEAM	M 40	21	00:14:03	<b>00:31:08.05</b>	<b>00:31:08.05</b>	+00:15:37 (50.2%)	18:18	3.3 (50.0%)
337	<b>TALARCZYK Marzena</b>	<b>1074</b>	ŁĄCKORUN	K 30	3	00:14:12	<b>00:31:09.10</b>	<b>00:31:09.10</b>	+00:15:38 (50.2%)	18:19	3.3 (50.0%)

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>BARAN Paulina</b>	<b>1060</b>		K 30	4	00:14:12	<b>00:31:15.15</b>	<b>00:31:15.15</b>	+00:15:44 (50.4%)	18:22	3.3 (50.0%)
339	<b>KAROLCZAK Joanna</b>	<b>1025</b>	GOGGLE PRO ACTIVE EYEWEAR TEAM	K 40	1	00:14:03	<b>00:31:23.00</b>	<b>00:31:23.00</b>	+00:15:52 (50.6%)	18:27	3.3 (50.0%)
340	<b>MAŁEK Hanna</b>	<b>1032</b>	HUSARIA RACE TEAM	K 20	2	00:13:31	<b>00:31:27.40</b>	<b>00:31:27.40</b>	+00:15:57 (50.7%)	18:30	3.2 (48.5%)
341	<b>KANIA Agnieszka</b>	<b>1037</b>		K 30	5	00:14:12	<b>00:31:54.65</b>	<b>00:31:54.65</b>	+00:16:24 (51.4%)	18:45	3.2 (48.5%)
342	<b>ŚWIERK Stanisław</b>	<b>2145</b>	NATURALNIE JANOWICE	M 60	3	00:13:33	<b>00:32:32.80</b>	<b>00:32:32.80</b>	+00:17:02 (52.4%)	19:08	3.1 (47.0%)
343	<b>BIEDNY Szymon</b>	<b>2199</b>	RZADKO SMUTNI	M 30	25	00:13:52	<b>00:32:36.00</b>	<b>00:32:36.00</b>	+00:17:05 (52.4%)	19:10	3.1 (47.0%)
344	<b>HONKISZ Sebastian</b>	<b>2136</b>		M 30	26	00:15:04	<b>00:34:18.70</b>	<b>00:34:18.70</b>	+00:18:48 (54.8%)	20:10	3 (45.5%)
345	<b>WALENTYŃSKI Bartłomiej</b>	<b>2257</b>		M 20	11	00:16:00	<b>00:34:52.65</b>	<b>00:34:52.65</b>	+00:19:22 (55.5%)	20:30	2.9 (43.9%)
346	<b>HYRA Katarzyna</b>	<b>1041</b>		K 20	3	00:13:44	<b>00:35:13.00</b>	<b>00:35:13.00</b>	+00:19:42 (56.0%)	20:42	2.9 (43.9%)
347	<b>DUDEK Dominik</b>	<b>2082</b>		M 40	22	00:14:55	<b>00:36:02.00</b>	<b>00:36:02.00</b>	+00:20:31 (57.0%)	21:11	2.8 (42.4%)
348	<b>BZOWSKA Aleksandra</b>	<b>1072</b>		K 30	6	00:16:48	<b>00:36:19.05</b>	<b>00:36:19.05</b>	+00:20:48 (57.3%)	21:21	2.8 (42.4%)
349	<b>KWIATKOWSKA Alicja</b>	<b>1027</b>	BIGYELLOWFOOT ADVENTURE TEAM	K 30	7	00:16:24	<b>00:36:33.65</b>	<b>00:36:33.65</b>	+00:21:03 (57.6%)	21:30	2.8 (42.4%)
350	<b>WOJCIECH Piotr</b>	<b>2086</b>	BIEGAM ŻEBY BARTEK MÓGŁ CHODZIĆ	M 30	27	00:17:49	<b>00:39:20.35</b>	<b>00:39:20.35</b>	+00:23:50 (60.6%)	23:08	2.6 (39.4%)
351	<b>KOWALCZYK Klaudia</b>	<b>1016</b>		K 30	8	00:17:24	<b>00:40:28.95</b>	<b>00:40:28.95</b>	+00:24:58 (61.7%)	23:48	2.5 (37.9%)

Znaleziono 351 wynik(ów)