



**Wydarzenie:** V Radan Półmaraton Gliwicki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-11-04  
**Miejsce:** Gliwice  
**Dystans:** 10 km

## GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	<b>CIEPŁAK Marcin</b>	<b>1445</b>		M-20	1	00:00:01		00:32:18	<b>00:33:33.20</b>	<b>00:33:34.20</b>		3:11	18.8 (100%)
2	<b>POZEVILOV Dmitro</b>	<b>1010</b>		M-30	1	00:00:00	00:15:58	00:32:23	<b>00:33:46.50</b>	<b>00:33:46.50</b>	+00:00:13 (0.7%)	3:12	18.7 (99.5%)
3	<b>CZAPLA Kamil</b>	<b>1043</b>	INŻYNIERIA BIEGANIA	M-20	2	00:00:01	00:15:59	00:33:11	<b>00:34:32.00</b>	<b>00:34:33.20</b>	+00:00:58 (2.8%)	3:17	18.2 (96.8%)
4	<b>ROSIŃSKI Artur</b>	<b>1296</b>	PARKRUN KATOWICE	M-20	3	00:00:01	00:17:05	00:34:59	<b>00:36:18.45</b>	<b>00:36:19.45</b>	+00:02:45 (7.6%)	3:27	17.4 (92.6%)
5	<b>PSTRAŚ Leszek</b>	<b>1286</b>	PARKRUN KATOWICE	M-30	2	00:00:02	00:18:01	00:36:51	<b>00:38:08.55</b>	<b>00:38:10.80</b>	+00:04:35 (12.0%)	3:37	16.5 (87.8%)
6	<b>SZYMAŃSKI Bartosz</b>	<b>1356</b>	NIEWYMIĘKACZE	M-30	3	00:00:02	00:18:02	00:36:49	<b>00:38:10.10</b>	<b>00:38:12.30</b>	+00:04:36 (12.1%)	3:38	16.5 (87.8%)
7	<b>GIŻYŃSKI Damian</b>	<b>1087</b>	KOLEJARZ BEST 4U	M-30	4	00:00:02	00:18:10	00:37:03	<b>00:38:29.90</b>	<b>00:38:32.50</b>	+00:04:56 (12.8%)	3:40	16.4 (87.2%)
8	<b>BABULA Przemysław</b>	<b>1015</b>	GKS PIAST GLIWICE	M-20	4	00:00:02	00:17:44	00:37:26	<b>00:38:55.85</b>	<b>00:38:58.10</b>	+00:05:22 (13.8%)	3:42	16.2 (86.2%)
9	<b>MAŚLANKA Tomasz</b>	<b>1202</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-40	1	00:00:02	00:18:13	00:37:42	<b>00:39:12.65</b>	<b>00:39:14.90</b>	+00:05:39 (14.4%)	3:44	16.1 (85.6%)
10	<b>ROGOWSKI Maciej</b>	<b>1295</b>	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	2	00:00:02	00:18:23	00:38:03	<b>00:39:31.55</b>	<b>00:39:34.35</b>	+00:05:58 (15.1%)	3:45	15.9 (84.6%)
11	<b>SZYMURA Wojciech</b>	<b>1358</b>		M-40	3	00:00:04	00:18:52	00:38:54	<b>00:40:18.75</b>	<b>00:40:23.70</b>	+00:06:45 (16.8%)	3:50	15.6 (83.0%)
12	<b>BYRCZEK Jan</b>	<b>1001</b>		M-18	1	00:00:02	00:18:37	00:38:58	<b>00:40:22.15</b>	<b>00:40:25.00</b>	+00:06:48 (16.9%)	3:50	15.6 (83.0%)
13	<b>SNARSKI Bogdan</b>	<b>1325</b>	ALBATROSY	M-30	5	00:00:03	00:18:52	00:38:55	<b>00:40:25.40</b>	<b>00:40:28.70</b>	+00:06:52 (17.0%)	3:50	15.6 (83.0%)
14	<b>OCHMAN Paweł</b>	<b>1232</b>	FUTURE PROCESSING RUNNING TEAM	M-30	6	00:00:03	00:19:05	00:39:04	<b>00:40:31.25</b>	<b>00:40:34.35</b>	+00:06:58 (17.2%)	3:51	15.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
15	<b>LEDWOŃ Paweł</b>	<b>1513</b>		M-30	7	00:00:03	00:19:22	00:39:01	<b>00:40:37.35</b>	<b>00:40:40.70</b>	+00:07:04 (17.4%)	3:52	15.5 (82.4%)
16	<b>KLIMAS Kamil</b>	<b>1477</b>		M-30	8	00:00:05	00:19:56	00:39:41	<b>00:41:03.25</b>	<b>00:41:08.60</b>	+00:07:30 (18.3%)	3:54	15.3 (81.4%)
17	<b>WŁODARCZYK Patrycja</b>	<b>1009</b>	JKLA JAWOR	K-30	1	00:00:01	00:20:00	00:39:45	<b>00:41:13.90</b>	<b>00:41:15.55</b>	+00:07:40 (18.6%)	3:55	15.3 (81.4%)
18	<b>BOJARCZUK Tomasz</b>	<b>1028</b>	PRO366	M-20	5	00:00:02	00:19:29	00:40:03	<b>00:41:38.20</b>	<b>00:41:40.85</b>	+00:08:05 (19.4%)	3:57	15.1 (80.3%)
19	<b>ALKER Andrzej</b>	<b>1013</b>		M-30	9	00:00:03	00:19:42	00:40:15	<b>00:41:42.50</b>	<b>00:41:45.85</b>	+00:08:09 (19.6%)	3:58	15.1 (80.3%)
20	<b>HALMAN Tomasz</b>	<b>1105</b>		M-30	10	00:00:03	00:19:26	00:40:30	<b>00:41:58.20</b>	<b>00:42:01.80</b>	+00:08:25 (20.1%)	3:59	15 (79.8%)
21	<b>GOŁYŚ Grzegorz</b>	<b>1496</b>		M-20	6	00:00:03	00:19:37	00:40:37	<b>00:42:03.40</b>	<b>00:42:07.00</b>	+00:08:30 (20.2%)	4:00	15 (79.8%)
22	<b>DZIDA Janusz</b>	<b>1063</b>		M-30	11	00:00:05	00:19:27	00:40:40	<b>00:42:14.95</b>	<b>00:42:20.60</b>	+00:08:41 (20.6%)	4:01	14.9 (79.3%)
23	<b>BROL Dominika</b>	<b>1029</b>	ENDURANCE TEAM	K-30	2	00:00:03	00:20:10	00:40:51	<b>00:42:24.65</b>	<b>00:42:28.40</b>	+00:08:51 (20.9%)	4:02	14.9 (79.3%)
24	<b>KUCHARCZYK Jakub</b>	<b>1002</b>	OTK RZEŹNIK	M-18	2	00:00:02	00:19:12	00:41:12	<b>00:42:39.60</b>	<b>00:42:41.80</b>	+00:09:06 (21.3%)	4:03	14.8 (78.7%)
25	<b>LEWICKA Elżbieta</b>	<b>1454</b>		K-40	1	00:00:02	00:20:17	00:41:11	<b>00:42:40.55</b>	<b>00:42:43.35</b>	+00:09:07 (21.4%)	4:03	14.8 (78.7%)
26	<b>JABŁOŃSKI Tomasz</b>	<b>1488</b>		M-40	4	00:00:03	00:19:37	00:40:51	<b>00:42:41.15</b>	<b>00:42:44.30</b>	+00:09:07 (21.4%)	4:03	14.8 (78.7%)
27	<b>KURAŚ Mateusz</b>	<b>1180</b>	FAST FOOT TEAM SIEWIERZ	M-20	7	00:00:02	00:19:24	00:41:04	<b>00:42:46.40</b>	<b>00:42:48.65</b>	+00:09:13 (21.6%)	4:04	14.7 (78.2%)
28	<b>PIOTROWSKI Grzegorz</b>	<b>1267</b>	SOCIOS SILESIA	M-18	3	00:00:04	00:19:59	00:41:26	<b>00:42:58.35</b>	<b>00:43:02.80</b>	+00:09:25 (21.9%)	4:05	14.7 (78.2%)
29	<b>DOLATA Krzysztof</b>	<b>1051</b>	SOCIOS SILESIA	M-30	12	00:00:04	00:20:32	00:41:40	<b>00:43:18.55</b>	<b>00:43:22.60</b>	+00:09:45 (22.5%)	4:07	14.5 (77.1%)
30	<b>BUŁAWA Filip</b>	<b>1004</b>	OTK RZEŹNIK	M-18	4	00:00:02	00:20:15	00:41:46	<b>00:43:20.70</b>	<b>00:43:23.65</b>	+00:09:47 (22.6%)	4:07	14.5 (77.1%)
31	<b>BRYŁA Grzegorz</b>	<b>1031</b>		M-40	5	00:00:09	00:20:14	00:41:55	<b>00:43:30.30</b>	<b>00:43:39.35</b>	+00:09:57 (22.9%)	4:08	14.5 (77.1%)
32	<b>CIECIAK Grzegorz</b>	<b>1041</b>	MEGAWAT RUNNING TEAM	M-40	6	00:00:08	00:20:56	00:41:59	<b>00:43:33.25</b>	<b>00:43:41.55</b>	+00:10:00 (23.0%)	4:08	14.5 (77.1%)
33	<b>SZASTAK Damian</b>	<b>1343</b>	HARPAGAN SOSNOWIEC	M-40	7	00:00:04	00:20:12	00:42:03	<b>00:43:44.30</b>	<b>00:43:48.80</b>	+00:10:11 (23.3%)	4:09	14.4 (76.6%)
34	<b>SWARLIK Rafał</b>	<b>1506</b>		M-40	8	00:00:08	00:21:13	00:42:14	<b>00:43:48.65</b>	<b>00:43:56.65</b>	+00:10:15 (23.4%)	4:10	14.4 (76.6%)
35	<b>BLUS Marcin</b>	<b>1024</b>		M-40	9	00:00:04	00:20:21	00:42:19	<b>00:44:02.25</b>	<b>00:44:06.45</b>	+00:10:29 (23.8%)	4:11	14.3 (76.1%)
36	<b>MICHALSKI Jarosław</b>	<b>1469</b>		M-30	13	00:00:19	00:21:05	00:43:05	<b>00:44:38.05</b>	<b>00:44:57.55</b>	+00:11:04 (24.8%)	4:15	14.1 (75.0%)
37	<b>NOWAK Mateusz</b>	<b>1227</b>		M-20	8	00:00:05	00:20:45	00:43:15	<b>00:44:52.85</b>	<b>00:44:58.80</b>	+00:11:19 (25.2%)	4:16	14 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
38	<b>PROKOP Bartosz</b>	<b>952</b>		M-18	5	00:00:21	00:20:36	00:43:09	<b>00:44:45.20</b>	<b>00:45:06.95</b>	+00:11:12 (25.0%)	4:15	14.1 (75.0%)
39	<b>KONFEDERAK Tomasz</b>	<b>1150</b>		M-40	10	00:00:08	00:20:50	00:43:19	<b>00:45:00.40</b>	<b>00:45:08.85</b>	+00:11:27 (25.4%)	4:17	14 (74.5%)
40	<b>LILLA Piotr</b>	<b>1186</b>	ML DESIGN	M-30	14	00:00:06	00:20:56	00:43:26	<b>00:45:03.05</b>	<b>00:45:09.85</b>	+00:11:29 (25.5%)	4:17	14 (74.5%)
41	<b>ZDON Paweł</b>	<b>1404</b>		M-30	16	00:00:05	00:20:59	00:43:27	<b>00:45:11.25</b>	<b>00:45:17.05</b>	+00:11:38 (25.7%)	4:18	13.9 (73.9%)
42	<b>WOJEWÓDKA Krystian</b>	<b>1386</b>	SOCIOS SILESIA	M-20	9	00:00:03	00:21:00	00:43:46	<b>00:45:22.00</b>	<b>00:45:25.90</b>	+00:11:48 (26.0%)	4:19	13.9 (73.9%)
43	<b>EISLER Tomasz</b>	<b>1067</b>	SKLEPBIKER.PL	M-30	17	00:00:07	00:21:09	00:43:47	<b>00:45:30.10</b>	<b>00:45:37.85</b>	+00:11:56 (26.3%)	4:20	13.8 (73.4%)
44	<b>BOGUS Bartosz</b>	<b>1026</b>	#LUBLINIEC	M-20	10	00:00:10	00:21:33	00:43:54	<b>00:45:37.65</b>	<b>00:45:47.80</b>	+00:12:04 (26.5%)	4:20	13.8 (73.4%)
45	<b>KAMIŃSKI Jacek</b>	<b>1129</b>		M-30	15	00:00:48	00:21:27	00:43:28	<b>00:45:08.10</b>	<b>00:45:56.55</b>	+00:11:34 (25.7%)	4:17	14 (74.5%)
46	<b>RUDZIŃSKI Jacek</b>	<b>1299</b>		M-30	18	00:00:12	00:22:11	00:44:09	<b>00:45:44.65</b>	<b>00:45:57.10</b>	+00:12:11 (26.7%)	4:21	13.8 (73.4%)
47	<b>KONOPKO Krzysztof</b>	<b>1153</b>		M-30	19	00:00:13	00:21:58	00:44:08	<b>00:45:49.50</b>	<b>00:46:03.15</b>	+00:12:16 (26.8%)	4:21	13.7 (72.9%)
48	<b>WINIARCZYK-JADACH Beata</b>	<b>1383</b>		K-40	2	00:00:09	00:21:49	00:44:14	<b>00:45:55.05</b>	<b>00:46:04.50</b>	+00:12:21 (26.9%)	4:22	13.7 (72.9%)
49	<b>CZARNOZYNSKI Aleksander</b>	<b>1045</b>	GTT INTERPROJEKT	M-50	1	00:00:07	00:22:03	00:44:21	<b>00:46:03.05</b>	<b>00:46:10.50</b>	+00:12:29 (27.1%)	4:23	13.7 (72.9%)
50	<b>JEZUSEK Piotrek</b>	<b>1121</b>	NIGHT RUNNERS GLIWICE	M-30	20	00:00:16	00:22:03	00:44:34	<b>00:46:09.35</b>	<b>00:46:26.15</b>	+00:12:36 (27.3%)	4:23	13.6 (72.3%)
51	<b>JACHYM Arkadiusz</b>	<b>1111</b>	SOCIOS SILESIA	M-30	23	00:00:04	00:21:35	00:44:59	<b>00:46:40.60</b>	<b>00:46:44.95</b>	+00:13:07 (28.1%)	4:26	13.5 (71.8%)
52	<b>PACANA Patryk</b>	<b>1244</b>	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	11	00:00:09	00:22:00	00:45:01	<b>00:46:44.10</b>	<b>00:46:53.20</b>	+00:13:10 (28.2%)	4:27	13.5 (71.8%)
53	<b>BILNICKA Paulina</b>	<b>1023</b>	FLUOR	K-20	1	00:00:42	00:21:48	00:44:38	<b>00:46:18.50</b>	<b>00:47:00.90</b>	+00:12:45 (27.5%)	4:24	13.6 (72.3%)
54	<b>MICHAŁUSZEK Sebastian</b>	<b>1209</b>	BIEG - UNKA	M-40	11	00:00:11	00:22:30	00:45:11	<b>00:46:55.65</b>	<b>00:47:07.50</b>	+00:13:22 (28.5%)	4:28	13.4 (71.3%)
55	<b>WATOŁA Marek</b>	<b>1377</b>	M&M	M-30	24	00:00:10	00:22:17	00:45:35	<b>00:47:06.90</b>	<b>00:47:17.30</b>	+00:13:33 (28.8%)	4:29	13.4 (71.3%)
56	<b>MACHEJ Remigiusz</b>	<b>1195</b>	ML DESIGN	M-30	25	00:00:06	00:21:42	00:45:34	<b>00:47:14.50</b>	<b>00:47:21.35</b>	+00:13:41 (29.0%)	4:30	13.3 (70.7%)
57	<b>PIECUCH Agnieszka</b>	<b>1435</b>	INŻYNIERIA BIEGANIA	K-30	3	00:00:06	00:22:00	00:45:29	<b>00:47:18.05</b>	<b>00:47:24.10</b>	+00:13:44 (29.1%)	4:30	13.3 (70.7%)
58	<b>WYRZGOL Andrzej</b>	<b>1394</b>		M-40	14	00:00:11	00:22:47	00:45:42	<b>00:47:20.20</b>	<b>00:47:31.75</b>	+00:13:47 (29.1%)	4:30	13.3 (70.7%)
59	<b>ZIÓŁKOWSKI Grzegorz</b>	<b>1409</b>		M-40	13	00:00:23	00:22:13	00:45:29	<b>00:47:09.40</b>	<b>00:47:32.80</b>	+00:13:36 (28.8%)	4:29	13.4 (71.3%)
60	<b>KOTRA Jacek</b>	<b>1158</b>		M-30	26	00:00:10	00:22:38	00:45:45	<b>00:47:26.90</b>	<b>00:47:37.05</b>	+00:13:53 (29.3%)	4:31	13.3 (70.7%)

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61	KUKURBA Mikołaj	1179	ENGINIETY	M-30	22	00:01:10	00:21:44	00:44:46	<b>00:46:28.55</b>	<b>00:47:39.40</b>	+00:12:55 (27.8%)	4:25	13.6 (72.3%)
62	SZCZYPTA Robert	1344	FLUOR	M-30	21	00:01:27	00:22:25	00:44:44	<b>00:46:13.40</b>	<b>00:47:40.70</b>	+00:12:40 (27.4%)	4:24	13.6 (72.3%)
63	ZACNY Krzysztof	1398	ITALIAKRIS	M-40	12	00:00:41	00:23:19	00:45:25	<b>00:47:06.80</b>	<b>00:47:48.30</b>	+00:13:33 (28.8%)	4:29	13.4 (71.3%)
64	WÓJCIKOWSKI Mateusz	1391	ANICA TEAM	M-20	12	00:00:04	00:22:13	00:46:04	<b>00:47:47.45</b>	<b>00:47:51.80</b>	+00:14:14 (29.8%)	4:33	13.2 (70.2%)
65	GRUSZCZYŃSKI Stanisław	1421		M-30	27	00:00:11	00:22:09	00:46:00	<b>00:47:43.70</b>	<b>00:47:55.50</b>	+00:14:10 (29.7%)	4:32	13.2 (70.2%)
66	ALKER Zbigniew	1014		M-50	2	00:00:34	00:22:35	00:45:51	<b>00:47:28.95</b>	<b>00:48:03.70</b>	+00:13:55 (29.3%)	4:31	13.3 (70.7%)
67	ZWIERZYŃSKI Piotr	1411	UNATCO	M-40	15	00:00:20	00:22:34	00:46:04	<b>00:47:52.35</b>	<b>00:48:12.85</b>	+00:14:19 (29.9%)	4:33	13.2 (70.2%)
68	NOWAKOWSKI Zenon	1230	-	M-50	3	00:00:11	00:22:00	00:46:28	<b>00:48:16.10</b>	<b>00:48:27.70</b>	+00:14:42 (30.5%)	4:35	13.1 (69.7%)
69	LEWAŃSKI Tomasz	1434		M-40	16	00:00:10	00:22:43	00:46:44	<b>00:48:33.45</b>	<b>00:48:43.80</b>	+00:15:00 (30.9%)	4:37	13 (69.1%)
70	KRAICZICZEK Krzysztof	1449		M-40	17	00:00:12	00:22:46	00:46:49	<b>00:48:35.20</b>	<b>00:48:48.00</b>	+00:15:02 (30.9%)	4:37	13 (69.1%)
71	DACZYŃSKI Michał	1493		M-40	18	00:00:05	00:22:28	00:46:53	<b>00:48:44.00</b>	<b>00:48:49.35</b>	+00:15:10 (31.1%)	4:38	12.9 (68.6%)
72	SZYMAŃSKI Piotr	1357		M-40	21	00:00:05	00:22:26	00:47:06	<b>00:48:59.50</b>	<b>00:49:05.25</b>	+00:15:26 (31.5%)	4:40	12.9 (68.6%)
73	DZIAŁKOWSKI Adam	1062	BIEGOWE ORNONTOWICE	M-40	20	00:00:12	00:22:34	00:47:09	<b>00:48:58.45</b>	<b>00:49:11.30</b>	+00:15:25 (31.5%)	4:39	12.9 (68.6%)
74	KŁACZEK Grzegorz	1137	NIEZRZESZONY	M-50	4	00:00:07	00:23:13	00:47:22	<b>00:49:08.95</b>	<b>00:49:16.30</b>	+00:15:35 (31.7%)	4:40	12.8 (68.1%)
75	KOZŁOWSKI Zbigniew	1166	OFIARY KAMIEŃCA	M-40	22	00:00:14	00:23:11	00:47:12	<b>00:49:03.45</b>	<b>00:49:18.00</b>	+00:15:30 (31.6%)	4:40	12.8 (68.1%)
76	SOTER Bartłomiej	1333	KOTRAK TEAM	M-30	28	00:00:53	00:24:01	00:46:51	<b>00:48:30.50</b>	<b>00:49:23.70</b>	+00:14:57 (30.8%)	4:37	13 (69.1%)
77	RYSIEWICZ Maciej	1303	6 BATALION POWIETRZNODESANTOWY GLIWICE	M-40	19	00:00:41	00:23:31	00:47:02	<b>00:48:47.65</b>	<b>00:49:28.80</b>	+00:15:14 (31.2%)	4:38	12.9 (68.6%)
78	HORA Grzegorz	1109		M-30	29	00:01:01	00:23:07	00:46:55	<b>00:48:34.10</b>	<b>00:49:35.35</b>	+00:15:00 (30.9%)	4:37	13 (69.1%)
79	IMIOŁEK Arkadiusz	1444		M-40	23	00:00:15	00:23:33	00:47:32	<b>00:49:20.40</b>	<b>00:49:36.30</b>	+00:15:47 (32.0%)	4:42	12.8 (68.1%)
80	WAŚ Szymon	1378	MOMO RESTAURANT & COCKTAIL BAR	M-20	13	00:00:43	00:23:41	00:47:18	<b>00:49:02.75</b>	<b>00:49:46.70</b>	+00:15:29 (31.6%)	4:40	12.8 (68.1%)
81	IGNASIAK Jakub	1505		M-30	33	00:00:06	00:23:23	00:48:09	<b>00:49:58.35</b>	<b>00:50:04.60</b>	+00:16:25 (32.9%)	4:45	12.6 (67.0%)
82	SOCZAWA Wojciech	1328		M-30	30	00:00:46	00:23:59	00:47:37	<b>00:49:21.25</b>	<b>00:50:07.80</b>	+00:15:48 (32.0%)	4:42	12.8 (68.1%)
83	PUDTO Arkadiusz	1465		M-40	25	00:00:28	00:23:53	00:47:52	<b>00:49:45.65</b>	<b>00:50:14.60</b>	+00:16:12 (32.6%)	4:44	12.7 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
84	<b>CHRZAŚCIK Tomasz</b>	<b>1040</b>	FUTURE PROCESSING RUNNING TEAM	M-30	32	00:00:27	00:23:53	00:48:06	<b>00:49:53.05</b>	<b>00:50:20.10</b>	+00:16:19 (32.7%)	4:45	12.6 (67.0%)
85	<b>MAŃKA Marcin</b>	<b>1200</b>	MOMO RESTAURANT & COCKTAIL BAR	M-30	31	00:00:38	00:24:11	00:48:03	<b>00:49:44.85</b>	<b>00:50:23.65</b>	+00:16:11 (32.6%)	4:44	12.7 (67.6%)
86	<b>SKORUPSKI Paweł</b>	<b>1318</b>		M-40	27	00:00:11	00:23:32	00:48:13	<b>00:50:15.00</b>	<b>00:50:26.05</b>	+00:16:41 (33.2%)	4:47	12.5 (66.5%)
87	<b>DOBOSZ Daniel</b>	<b>1050</b>		M-40	26	00:00:18	00:23:10	00:48:26	<b>00:50:13.95</b>	<b>00:50:32.05</b>	+00:16:40 (33.2%)	4:47	12.5 (66.5%)
88	<b>HAJOK Marek</b>	<b>1104</b>		M-40	28	00:00:10	00:23:36	00:48:43	<b>00:50:30.75</b>	<b>00:50:41.65</b>	+00:16:57 (33.6%)	4:48	12.5 (66.5%)
89	<b>WIĘCŁAW Grzegorz</b>	<b>1381</b>	GŁOWA RZĄDZI	M-30	34	00:00:32	00:23:21	00:48:19	<b>00:50:12.00</b>	<b>00:50:44.15</b>	+00:16:38 (33.2%)	4:46	12.5 (66.5%)
90	<b>FRYDA Marek</b>	<b>1074</b>		M-40	24	00:01:11	00:23:44	00:47:47	<b>00:49:37.85</b>	<b>00:50:49.05</b>	+00:16:04 (32.4%)	4:43	12.7 (67.6%)
91	<b>GRZEBNIEWSKA Judyta</b>	<b>1099</b>	TEAM PAPRY	K-30	4	00:00:49	00:24:34	00:48:20	<b>00:50:04.75</b>	<b>00:50:53.80</b>	+00:16:31 (33.0%)	4:46	12.6 (67.0%)
92	<b>SZWARCZYŃSKI Michał</b>	<b>1353</b>		M-30	37	00:00:09	00:22:58	00:48:49	<b>00:50:47.15</b>	<b>00:50:56.15</b>	+00:17:13 (33.9%)	4:50	12.4 (66.0%)
93	<b>MACHALICA Jacek</b>	<b>1194</b>	FAMUŁA TEAM	M-30	35	00:00:37	00:24:17	00:48:37	<b>00:50:21.15</b>	<b>00:50:58.40</b>	+00:16:47 (33.4%)	4:47	12.5 (66.5%)
94	<b>FICEK Krzysztof</b>	<b>1071</b>		M-40	29	00:00:13	00:23:54	00:48:50	<b>00:50:48.00</b>	<b>00:51:01.35</b>	+00:17:14 (34.0%)	4:50	12.4 (66.0%)
95	<b>WILMA Krzysztof</b>	<b>1466</b>		M-40	30	00:00:23	00:23:35	00:48:59	<b>00:50:52.35</b>	<b>00:51:16.15</b>	+00:17:19 (34.0%)	4:50	12.4 (66.0%)
96	<b>HARAZIN Janusz</b>	<b>1106</b>	2 TM 4,7	M-30	36	00:00:33	00:24:49	00:48:53	<b>00:50:46.15</b>	<b>00:51:19.90</b>	+00:17:12 (33.9%)	4:50	12.4 (66.0%)
97	<b>BŁASZCZUK Tomasz</b>	<b>1025</b>		M-20	14	00:00:33	00:23:59	00:48:55	<b>00:50:49.45</b>	<b>00:51:23.30</b>	+00:17:16 (34.0%)	4:50	12.4 (66.0%)
98	<b>PIJET Ewa</b>	<b>1263</b>		K-40	3	00:00:37	00:24:28	00:49:07	<b>00:50:54.20</b>	<b>00:51:31.85</b>	+00:17:21 (34.1%)	4:50	12.4 (66.0%)
99	<b>PILICH-NANOWSKA Agnieszka</b>	<b>1495</b>		K-40	4	00:00:15	00:24:35	00:49:32	<b>00:51:19.55</b>	<b>00:51:34.65</b>	+00:17:46 (34.6%)	4:53	12.3 (65.4%)
100	<b>GARNCARZ Jakub</b>	<b>1083</b>		M-30	38	00:00:29	00:24:46	00:49:25	<b>00:51:12.75</b>	<b>00:51:42.70</b>	+00:17:39 (34.5%)	4:52	12.3 (65.4%)
101	<b>CHROBAK Adam</b>	<b>1039</b>		M-20	15	00:00:43	00:24:45	00:49:29	<b>00:51:11.50</b>	<b>00:51:55.25</b>	+00:17:38 (34.5%)	4:52	12.3 (65.4%)
102	<b>GAŁĄZKA Paweł</b>	<b>1082</b>	EUVIC	M-20	17	00:00:11	00:22:44	00:49:48	<b>00:51:46.15</b>	<b>00:51:57.90</b>	+00:18:12 (35.2%)	4:55	12.2 (64.9%)
103	<b>MAZUR Łukasz</b>	<b>1204</b>	EKO-OKNA RUNNERS	M-20	16	00:00:40	00:24:42	00:49:31	<b>00:51:19.70</b>	<b>00:51:59.75</b>	+00:17:46 (34.6%)	4:53	12.3 (65.4%)
104	<b>SMOLARCZYK Michał</b>	<b>1321</b>		M-40	31	00:00:23	00:24:56	00:49:48	<b>00:51:42.90</b>	<b>00:52:05.90</b>	+00:18:09 (35.1%)	4:55	12.2 (64.9%)
105	<b>RYMASZEWSKI Wojtek</b>	<b>1302</b>	WARSZTATKOSZULKOWY.PL	M-30	39	00:00:29	00:24:45	00:49:48	<b>00:51:40.00</b>	<b>00:52:09.05</b>	+00:18:06 (35.1%)	4:55	12.2 (64.9%)
106	<b>PIETRYSIAK Stefan</b>	<b>1261</b>	BWM POLSKA	M-50	5	00:00:05	00:24:07	00:50:14	<b>00:52:14.50</b>	<b>00:52:19.50</b>	+00:18:41 (35.8%)	4:58	12.1 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
107	<b>POLEWKA Aleksandra</b>	<b>1003</b>	OTK RZEŹNIK	K-18	1	00:00:02	00:24:51	00:50:24	<b>00:52:17.30</b>	<b>00:52:20.15</b>	+00:18:44 (35.8%)	4:58	12 (63.8%)
108	<b>KSIĄŻEK Grzegorz</b>	<b>1172</b>		M-30	41	00:00:10	00:24:49	00:50:25	<b>00:52:12.55</b>	<b>00:52:23.20</b>	+00:18:39 (35.7%)	4:58	12.1 (64.4%)
109	<b>GAJCZEWSKI Andrzej</b>	<b>1077</b>		M-50	6	00:00:08	00:24:11	00:50:22	<b>00:52:22.35</b>	<b>00:52:30.70</b>	+00:18:49 (35.9%)	4:59	12 (63.8%)
110	<b>KRZYMINSKA Patrycja</b>	<b>370</b>	RUNBABYPOLSKA	K-20	2	00:01:22	00:25:36	00:49:30	<b>00:51:15.30</b>	<b>00:52:37.75</b>	+00:17:42 (34.5%)	4:52	12.3 (65.4%)
111	<b>ZIOMEK Katarzyna</b>	<b>1408</b>		K-40	5	00:00:10	00:24:11	00:50:26	<b>00:52:28.25</b>	<b>00:52:38.90</b>	+00:18:55 (36.1%)	4:59	12 (63.8%)
112	<b>POLEWKA Tomasz</b>	<b>1005</b>	OTK RZEŹNIK	M-40	32	00:00:02	00:24:51	00:50:47	<b>00:52:41.75</b>	<b>00:52:44.30</b>	+00:19:08 (36.3%)	5:01	12 (63.8%)
113	<b>MICHAŁOWSKI Rafał</b>	<b>1208</b>		M-30	40	00:00:48	00:25:00	00:50:08	<b>00:52:02.40</b>	<b>00:52:50.40</b>	+00:18:29 (35.5%)	4:57	12.1 (64.4%)
114	<b>KOWALCZYK Jordan</b>	<b>1159</b>		M-30	43	00:00:22	00:25:00	00:50:37	<b>00:52:30.70</b>	<b>00:52:52.95</b>	+00:18:57 (36.1%)	5:00	12 (63.8%)
115	<b>MICHALSKI Robert</b>	<b>1207</b>	HETMAN TARNOWSKIE GÓRY	M-30	44	00:00:25	00:25:18	00:50:41	<b>00:52:31.05</b>	<b>00:52:56.95</b>	+00:18:57 (36.1%)	5:00	12 (63.8%)
116	<b>KOWALCZYK Katarzyna</b>	<b>1160</b>		K-30	6	00:00:22	00:25:00	00:50:53	<b>00:52:45.75</b>	<b>00:53:08.00</b>	+00:19:12 (36.4%)	5:01	11.9 (63.3%)
117	<b>PIANKOWSKI Tyberiusz</b>	<b>1419</b>		M-30	45	00:00:43	00:25:05	00:50:40	<b>00:52:34.50</b>	<b>00:53:17.95</b>	+00:19:01 (36.2%)	5:00	12 (63.8%)
118	<b>PETRYNA Bartosz</b>	<b>1258</b>		M-30	42	00:00:56	00:24:27	00:50:20	<b>00:52:24.35</b>	<b>00:53:20.50</b>	+00:18:51 (36.0%)	4:59	12 (63.8%)
119	<b>JANIKOWSKI Adam</b>	<b>1115</b>	ANICA TEAM	M-30	51	00:00:05	00:24:20	00:51:21	<b>00:53:16.20</b>	<b>00:53:21.40</b>	+00:19:43 (37.0%)	5:04	11.8 (62.8%)
120	<b>KOSMACZEWSKI Michał</b>	<b>1156</b>	EUVIC	M-30	48	00:00:21	00:25:05	00:51:01	<b>00:53:00.55</b>	<b>00:53:22.30</b>	+00:19:27 (36.7%)	5:02	11.9 (63.3%)
121	<b>KONOPACKA BESSA Magdalena</b>	<b>1152</b>		K-30	5	00:00:47	00:24:32	00:50:39	<b>00:52:39.20</b>	<b>00:53:26.20</b>	+00:19:06 (36.3%)	5:00	12 (63.8%)
122	<b>SZCZYRBA Krystian</b>	<b>1478</b>		M-20	18	00:00:36	00:24:50	00:51:01	<b>00:52:52.25</b>	<b>00:53:29.15</b>	+00:19:19 (36.5%)	5:02	11.9 (63.3%)
123	<b>KACZMARZYK Arkadiusz</b>	<b>1426</b>	ASSECO ACTIVE TEAM	M-30	47	00:00:38	00:24:39	00:50:43	<b>00:52:51.05</b>	<b>00:53:29.30</b>	+00:19:17 (36.5%)	5:02	11.9 (63.3%)
124	<b>BASZUN Michał</b>	<b>1019</b>	DAMY RADĘ!	M-30	46	00:00:47	00:25:15	00:50:51	<b>00:52:44.10</b>	<b>00:53:31.65</b>	+00:19:10 (36.4%)	5:01	11.9 (63.3%)
125	<b>WYCIŚLIK Marcin</b>	<b>1392</b>	HIRSCHVOGEL	M-30	49	00:00:30	00:25:11	00:51:06	<b>00:53:01.75</b>	<b>00:53:32.65</b>	+00:19:28 (36.7%)	5:03	11.9 (63.3%)
126	<b>MACH Marcin</b>	<b>1193</b>	1976	M-40	34	00:00:10	00:24:36	00:51:21	<b>00:53:22.20</b>	<b>00:53:32.95</b>	+00:19:49 (37.1%)	5:04	11.8 (62.8%)
127	<b>KORDECKI Bartosz</b>	<b>1461</b>	BALLENA MORADA	M-40	33	00:00:15	00:25:24	00:51:19	<b>00:53:18.60</b>	<b>00:53:34.00</b>	+00:19:45 (37.1%)	5:04	11.8 (62.8%)
128	<b>DOMAN Łukasz</b>	<b>1053</b>	SOCIOS SILESIA	M-30	52	00:00:05	00:24:28	00:51:31	<b>00:53:31.10</b>	<b>00:53:36.10</b>	+00:19:57 (37.3%)	5:05	11.8 (62.8%)
129	<b>JURECZKO Monika</b>	<b>1124</b>	STS BIEGATON MIKOŁÓW	K-40	6	00:00:31	00:24:52	00:51:07	<b>00:53:09.55</b>	<b>00:53:41.05</b>	+00:19:36 (36.9%)	5:03	11.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
130	KOMANDER Katarzyna	1148		K-20	3	00:01:23	00:24:48	00:50:32	00:52:18.00	00:53:41.55	+00:18:44 (35.8%)	4:58	12 (63.8%)
131	GAJEWSKI Jacek	1453		M-50	7	00:00:21	00:25:42	00:51:38	00:53:24.95	00:53:46.90	+00:19:51 (37.2%)	5:05	11.8 (62.8%)
132	SETNIK Robert	1451		M-40	37	00:00:10	00:25:23	00:51:51	00:53:38.35	00:53:48.40	+00:20:05 (37.4%)	5:06	11.7 (62.2%)
133	KOWAL Dariusz	1487		M-40	35	00:00:24	00:25:33	00:51:33	00:53:24.20	00:53:48.75	+00:19:51 (37.2%)	5:05	11.8 (62.8%)
134	JAWORSKI Jakub	1118		M-20	19	00:00:43	00:25:25	00:51:06	00:53:05.55	00:53:49.40	+00:19:32 (36.8%)	5:03	11.9 (63.3%)
135	RUBIN Katarzyna	1297	MOMO RESTAURANT & COCKTAIL BAR	K-20	4	00:01:18	00:24:55	00:50:49	00:52:47.50	00:54:06.35	+00:19:14 (36.4%)	5:01	11.9 (63.3%)
136	JAWORSKI Kamil	1119	FUCHS OIL TEAM	M-30	54	00:00:38	00:26:14	00:51:50	00:53:37.80	00:54:16.60	+00:20:04 (37.4%)	5:06	11.7 (62.2%)
137	WENGLORZ Dominik	1379		M-20	20	00:00:34	00:24:46	00:51:41	00:53:47.60	00:54:22.25	+00:20:14 (37.6%)	5:07	11.7 (62.2%)
138	TROSKO Adam	1365		M-30	53	00:00:48	00:24:25	00:51:35	00:53:35.60	00:54:23.60	+00:20:02 (37.4%)	5:06	11.8 (62.8%)
139	SKUPIEŃ Piotr	1512		M-40	36	00:00:59	00:25:08	00:51:29	00:53:28.00	00:54:27.05	+00:19:54 (37.2%)	5:05	11.8 (62.8%)
140	ŁAJSZCZYK- GAJDA Dorota	1448		K-40	7	00:00:22	00:25:43	00:52:10	00:54:05.15	00:54:27.75	+00:20:31 (38.0%)	5:09	11.6 (61.7%)
141	ŁUKAWSKI Artur	1191		M-30	55	00:00:25	00:24:18	00:52:04	00:54:02.75	00:54:27.90	+00:20:29 (37.9%)	5:08	11.7 (62.2%)
142	ZYGMUNTOWICZ Piotr	1412	ANICA TEAM	M-30	56	00:00:05	00:25:13	00:52:28	00:54:25.65	00:54:30.65	+00:20:52 (38.4%)	5:10	11.6 (61.7%)
143	CAPUTA Michał	1036		M-30	50	00:01:26	00:24:56	00:51:13	00:53:13.20	00:54:39.30	+00:19:40 (37.0%)	5:04	11.8 (62.8%)
144	STARCZAŁA Piotr	1335	MEGAWAT RUNNING TEAM	M-40	39	00:00:35	00:25:59	00:52:11	00:54:06.80	00:54:42.45	+00:20:33 (38.0%)	5:09	11.6 (61.7%)
145	PALUSZCZAK Mateusz	1248	2 TM 4,7	M-20	21	00:00:34	00:25:21	00:52:07	00:54:10.15	00:54:44.20	+00:20:36 (38.1%)	5:09	11.6 (61.7%)
145	CIEŚLIK Bartłomiej	1514		M-40	40	00:00:18	00:25:35	00:52:36	00:54:25.65	00:54:44.20	+00:20:52 (38.4%)	5:11	11.6 (61.7%)
147	TURCZYN Mateusz	1367	HIRSCHVOGEL	M-20	23	00:00:32	00:25:15	00:52:18	00:54:12.90	00:54:45.15	+00:20:39 (38.1%)	5:09	11.6 (61.7%)
148	DREWUSZEWSKA Ewa	1054		K-40	8	00:00:12	00:26:10	00:52:40	00:54:34.25	00:54:46.60	+00:21:01 (38.5%)	5:11	11.5 (61.2%)
149	DRZEWIECKA Julita	1057	ZAKRĘCONE	K-40	9	00:00:12	00:26:10	00:52:42	00:54:35.70	00:54:48.15	+00:21:02 (38.5%)	5:12	11.5 (61.2%)
150	PODOLAK Alfred	573		M-50	8	00:00:40	00:25:27	00:52:17	00:54:18.45	00:54:59.10	+00:20:45 (38.2%)	5:10	11.6 (61.7%)
151	PORĘBSKI Grzegorz	1472		M-20	22	00:00:47	00:26:19	00:52:27	00:54:12.75	00:55:00.20	+00:20:39 (38.1%)	5:09	11.6 (61.7%)
152	POPCZYK Piotr	1277		M-40	38	00:00:59	00:26:16	00:52:18	00:54:03.70	00:55:03.35	+00:20:30 (37.9%)	5:08	11.7 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
153	<b>SZWIEC Sandra</b>	<b>1354</b>	ZABIEGANI NAUCZYCIELE	K-30	7	00:00:20	00:26:32	00:52:45	<b>00:54:44.65</b>	<b>00:55:04.90</b>	+00:21:11 (38.7%)	5:12	11.5 (61.2%)
154	<b>WANDASIEWICZ Michalina</b>	<b>1373</b>	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:18	00:25:54	00:52:55	<b>00:54:56.70</b>	<b>00:55:15.35</b>	+00:21:23 (38.9%)	5:14	11.5 (61.2%)
155	<b>OGONOWSKI Edward</b>	<b>1233</b>	ŻÓŁWIK OPOLE	M-60	1	00:01:25	00:26:01	00:52:02	<b>00:53:54.45</b>	<b>00:55:19.90</b>	+00:20:21 (37.8%)	5:08	11.7 (62.2%)
156	<b>GOŁĘBIEWSKI Kazimierz</b>	<b>1091</b>		M-40	41	00:00:35	00:25:33	00:52:42	<b>00:54:48.15</b>	<b>00:55:23.30</b>	+00:21:14 (38.8%)	5:13	11.5 (61.2%)
157	<b>SOKOŁOWSKI Łukasz</b>	<b>1329</b>		M-30	57	00:00:55	00:26:08	00:52:42	<b>00:54:29.45</b>	<b>00:55:24.70</b>	+00:20:56 (38.4%)	5:11	11.6 (61.7%)
158	<b>ZAMOJSKI Bartosz</b>	<b>1458</b>		M-40	45	00:00:21	00:25:40	00:53:01	<b>00:55:07.65</b>	<b>00:55:28.65</b>	+00:21:34 (39.1%)	5:14	11.4 (60.6%)
158	<b>ZAMOJSKA Iwona</b>	<b>1457</b>		K-40	10	00:00:21	00:25:41	00:53:01	<b>00:55:07.40</b>	<b>00:55:28.65</b>	+00:21:34 (39.1%)	5:14	11.4 (60.6%)
160	<b>NIEMIEC Sławek</b>	<b>1221</b>	INTERGRAFIK POLAND	M-30	58	00:00:50	00:25:54	00:52:42	<b>00:54:41.90</b>	<b>00:55:32.20</b>	+00:21:08 (38.7%)	5:12	11.5 (61.2%)
161	<b>CZERMAK Damian</b>	<b>1048</b>	FUCHS OIL TEAM	M-40	44	00:00:39	00:27:04	00:52:58	<b>00:54:54.45</b>	<b>00:55:33.55</b>	+00:21:21 (38.9%)	5:13	11.5 (61.2%)
162	<b>NIEDZIAŁKOWSKI Marek</b>	<b>1220</b>		M-40	42	00:00:48	00:25:43	00:52:47	<b>00:54:51.25</b>	<b>00:55:39.25</b>	+00:21:18 (38.8%)	5:13	11.5 (61.2%)
163	<b>PIÓRKOWSKI Tomasz</b>	<b>1268</b>		M-40	43	00:00:48	00:26:06	00:53:02	<b>00:54:51.35</b>	<b>00:55:40.15</b>	+00:21:18 (38.8%)	5:13	11.5 (61.2%)
164	<b>SZOŁTYSIK Łukasz</b>	<b>1447</b>		M-30	59	00:01:15	00:26:27	00:52:48	<b>00:54:45.60</b>	<b>00:56:01.25</b>	+00:21:12 (38.7%)	5:12	11.5 (61.2%)
165	<b>PAWLIK Michał</b>	<b>554</b>		M-30	63	00:00:40	00:26:21	00:53:25	<b>00:55:22.80</b>	<b>00:56:02.85</b>	+00:21:49 (39.4%)	5:16	11.4 (60.6%)
166	<b>PAWLAS Seweryn</b>	<b>1483</b>		M-30	60	00:01:08	00:27:17	00:53:07	<b>00:54:55.95</b>	<b>00:56:04.20</b>	+00:21:22 (38.9%)	5:13	11.5 (61.2%)
167	<b>KARGUL Konrad</b>	<b>1132</b>		M-30	67	00:00:35	00:26:41	00:53:39	<b>00:55:37.95</b>	<b>00:56:13.75</b>	+00:22:04 (39.7%)	5:17	11.3 (60.1%)
168	<b>MILISZKIEWICZ Adam</b>	<b>1215</b>		M-30	64	00:00:46	00:27:11	00:53:31	<b>00:55:27.65</b>	<b>00:56:14.55</b>	+00:21:54 (39.5%)	5:16	11.4 (60.6%)
169	<b>GRZESIEK Paweł</b>	<b>1100</b>		M-30	68	00:00:42	00:26:15	00:53:36	<b>00:55:38.65</b>	<b>00:56:20.75</b>	+00:22:05 (39.7%)	5:17	11.3 (60.1%)
170	<b>SOKÓŁ Filip</b>	<b>1331</b>	FUCHS OIL TEAM	M-20	24	00:01:12	00:27:28	00:53:25	<b>00:55:09.10</b>	<b>00:56:21.75</b>	+00:21:35 (39.2%)	5:15	11.4 (60.6%)
171	<b>SIKORA Marcin</b>	<b>1311</b>	PROPOINT	M-20	26	00:00:32	00:25:58	00:53:54	<b>00:55:52.50</b>	<b>00:56:25.25</b>	+00:22:19 (39.9%)	5:19	11.3 (60.1%)
172	<b>SŁODKIEWICZ Grzegorz</b>	<b>1320</b>		M-40	48	00:00:32	00:25:35	00:53:41	<b>00:55:54.15</b>	<b>00:56:26.40</b>	+00:22:20 (40.0%)	5:19	11.3 (60.1%)
173	<b>PAWLINA Piotr</b>	<b>1256</b>		M-40	46	00:01:10	00:28:13	00:53:28	<b>00:55:17.90</b>	<b>00:56:28.60</b>	+00:21:44 (39.3%)	5:16	11.4 (60.6%)
174	<b>LACHERA Bogdan</b>	<b>1181</b>		M-50	9	00:00:55	00:26:32	00:53:35	<b>00:55:33.85</b>	<b>00:56:29.00</b>	+00:22:00 (39.6%)	5:17	11.3 (60.1%)
175	<b>MIŁKOWSKI Bartosz</b>	<b>1468</b>		M-30	66	00:00:54	00:28:05	00:53:49	<b>00:55:34.50</b>	<b>00:56:29.35</b>	+00:22:01 (39.6%)	5:17	11.3 (60.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
176	KACZMAREK Marcin	1126		M-40	47	00:01:06	00:26:52	00:53:24	<b>00:55:23.25</b>	<b>00:56:29.40</b>	+00:21:50 (39.4%)	5:16	11.4 (60.6%)
177	CICHOCKI Dawid	1473		M-30	61	00:01:18	00:27:06	00:53:28	<b>00:55:13.45</b>	<b>00:56:31.60</b>	+00:21:40 (39.2%)	5:15	11.4 (60.6%)
178	PLOCH Karolina	1271		K-30	9	00:01:13	00:27:06	00:53:31	<b>00:55:26.50</b>	<b>00:56:39.70</b>	+00:21:53 (39.5%)	5:16	11.4 (60.6%)
179	ULATOWSKI Sebastian	1427	ASSECO ACTIVE TEAM	M-30	65	00:01:14	00:27:25	00:53:38	<b>00:55:32.50</b>	<b>00:56:46.75</b>	+00:21:59 (39.6%)	5:17	11.3 (60.1%)
180	BRZAŃKAŁA Tomasz	1428	ASSECO ACTIVE TEAM	M-20	25	00:01:14	00:27:25	00:53:39	<b>00:55:32.15</b>	<b>00:56:46.80</b>	+00:21:58 (39.6%)	5:17	11.3 (60.1%)
181	PRONCZUK Marcin	1282	ETISOFT RUNNING TEAM	M-30	69	00:00:48	00:26:43	00:53:57	<b>00:55:58.40</b>	<b>00:56:47.00</b>	+00:22:25 (40.1%)	5:19	11.3 (60.1%)
182	BENDORZ Roman	1480		M-30	62	00:01:40	00:27:18	00:53:24	<b>00:55:17.70</b>	<b>00:56:57.90</b>	+00:21:44 (39.3%)	5:15	11.4 (60.6%)
183	ROSAK Joanna	1455		K-30	12	00:00:27	00:27:02	00:54:46	<b>00:56:35.85</b>	<b>00:57:02.95</b>	+00:23:02 (40.7%)	5:23	11.1 (59.0%)
184	LEWANDERSKI Dariusz	1185	HIRSCHVOGEL	M-30	70	00:00:35	00:26:57	00:54:42	<b>00:56:32.50</b>	<b>00:57:07.75</b>	+00:22:59 (40.7%)	5:23	11.1 (59.0%)
185	DOMURAT Zdzisław	1515		M-50	11	00:00:18	00:25:57	00:54:39	<b>00:56:50.35</b>	<b>00:57:08.95</b>	+00:23:17 (41.0%)	5:24	11.1 (59.0%)
186	KOWALCZYK Robert	1420		M-40	51	00:00:31	00:26:06	00:54:30	<b>00:56:37.85</b>	<b>00:57:09.50</b>	+00:23:04 (40.8%)	5:23	11.1 (59.0%)
187	SIWEK Małgorzata	1315		K-20	5	00:00:31	00:27:10	00:54:43	<b>00:56:38.60</b>	<b>00:57:10.55</b>	+00:23:05 (40.8%)	5:23	11.1 (59.0%)
188	GÓRA Marek	1094		M-50	12	00:00:12	00:27:09	00:54:52	<b>00:56:59.10</b>	<b>00:57:11.70</b>	+00:23:25 (41.1%)	5:25	11.1 (59.0%)
189	HRYSZKIEWICZ Janusz	1474		M-40	52	00:00:30	00:26:04	00:54:40	<b>00:56:48.45</b>	<b>00:57:19.00</b>	+00:23:15 (40.9%)	5:24	11.1 (59.0%)
190	KLIKS Kazimierz	1135		M-60	2	00:00:31	00:26:30	00:54:39	<b>00:56:48.00</b>	<b>00:57:19.65</b>	+00:23:14 (40.9%)	5:24	11.1 (59.0%)
191	KOZŁOWSKI Mariusz	1167		M-40	50	00:00:55	00:27:49	00:54:42	<b>00:56:34.05</b>	<b>00:57:29.20</b>	+00:23:00 (40.7%)	5:23	11.1 (59.0%)
192	WASIEL Monika	1376		K-30	11	00:01:09	00:27:10	00:54:28	<b>00:56:24.45</b>	<b>00:57:33.50</b>	+00:22:51 (40.5%)	5:22	11.2 (59.6%)
193	BURZAK Justyna	1035		K-30	10	00:01:31	00:27:20	00:54:05	<b>00:56:03.30</b>	<b>00:57:34.35</b>	+00:22:30 (40.1%)	5:20	11.2 (59.6%)
194	PLUTA Mariusz	1274		M-40	53	00:00:45	00:26:33	00:54:51	<b>00:56:57.45</b>	<b>00:57:43.25</b>	+00:23:24 (41.1%)	5:25	11.1 (59.0%)
195	LEDWOŃ Jakub	1182	WQRW TEAM	M-40	54	00:00:45	00:26:33	00:54:51	<b>00:56:58.15</b>	<b>00:57:43.80</b>	+00:23:24 (41.1%)	5:25	11.1 (59.0%)
196	NIESLER Magdalena	1223	NIGHT RUNNERS GLIWICE	K-30	13	00:00:46	00:26:52	00:54:53	<b>00:57:02.05</b>	<b>00:57:48.80</b>	+00:23:28 (41.2%)	5:25	11 (58.5%)
197	KOMANDER Marcin	1149		M-50	10	00:01:23	00:26:20	00:54:19	<b>00:56:28.85</b>	<b>00:57:52.80</b>	+00:22:55 (40.6%)	5:22	11.2 (59.6%)
198	LINEK Mariusz	411		M-40	49	00:01:23	00:26:03	00:54:17	<b>00:56:29.15</b>	<b>00:57:53.00</b>	+00:22:55 (40.6%)	5:22	11.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
199	<b>OKOŃ Zdzisław</b>	<b>1235</b>		M-60	3	00:00:52	00:28:16	00:55:07	<b>00:57:06.50</b>	<b>00:57:59.45</b>	+00:23:33 (41.2%)	5:26	11 (58.5%)
200	<b>MARYNIAK Wojtek</b>	<b>451</b>		M-30	71	00:01:21	00:27:36	00:54:47	<b>00:56:48.25</b>	<b>00:58:10.15</b>	+00:23:15 (40.9%)	5:24	11.1 (59.0%)
201	<b>HOŁOTA Anna</b>	<b>1108</b>	ELZAB ACTIVE TEAM	K-40	11	00:00:57	00:27:24	00:55:07	<b>00:57:13.05</b>	<b>00:58:10.95</b>	+00:23:39 (41.4%)	5:26	11 (58.5%)
202	<b>KROTOS Krzysztof</b>	<b>1169</b>	WWW.OQS.COM.PL	M-40	56	00:00:19	00:26:52	00:56:04	<b>00:58:05.00</b>	<b>00:58:24.35</b>	+00:24:31 (42.2%)	5:31	10.8 (57.4%)
203	<b>OSWALD Karol</b>	<b>1243</b>		M-30	74	00:00:42	00:27:34	00:55:45	<b>00:57:46.55</b>	<b>00:58:29.15</b>	+00:24:13 (41.9%)	5:30	10.9 (58.0%)
204	<b>SZMIGIEL Daniel</b>	<b>1348</b>		M-30	73	00:00:49	00:28:23	00:55:49	<b>00:57:43.45</b>	<b>00:58:32.85</b>	+00:24:10 (41.9%)	5:29	10.9 (58.0%)
205	<b>LUKOSZEK Weronika</b>	<b>1188</b>		K-20	7	00:00:28	00:27:40	00:56:06	<b>00:58:07.75</b>	<b>00:58:36.10</b>	+00:24:34 (42.3%)	5:32	10.8 (57.4%)
206	<b>PROCEK Marcin</b>	<b>1507</b>		M-40	55	00:00:58	00:26:56	00:55:34	<b>00:57:41.70</b>	<b>00:58:40.25</b>	+00:24:08 (41.8%)	5:29	10.9 (58.0%)
207	<b>NOWIŃSKA Iwona</b>	<b>1502</b>		K-40	12	00:01:14	00:27:53	00:55:19	<b>00:57:26.65</b>	<b>00:58:40.65</b>	+00:23:53 (41.6%)	5:28	11 (58.5%)
208	<b>ŻUKOWSKA-CHOMIK Justyna</b>	<b>1414</b>	WAY2CHAMP	K-30	14	00:00:51	00:28:06	00:55:52	<b>00:57:50.60</b>	<b>00:58:42.35</b>	+00:24:17 (42.0%)	5:30	10.9 (58.0%)
209	<b>HEINCE Łukasz</b>	<b>1007</b>		M-20	27	00:01:29	00:28:57	00:55:26	<b>00:57:15.15</b>	<b>00:58:44.15</b>	+00:23:41 (41.4%)	5:27	11 (58.5%)
210	<b>DULAK Dominika</b>	<b>1059</b>		K-20	6	00:01:20	00:27:34	00:55:28	<b>00:57:28.10</b>	<b>00:58:48.55</b>	+00:23:54 (41.6%)	5:28	11 (58.5%)
211	<b>KASPER Iwona</b>	<b>1133</b>	KAMA	K-40	13	00:01:20	00:27:40	00:55:30	<b>00:57:28.65</b>	<b>00:58:48.70</b>	+00:23:55 (41.6%)	5:28	11 (58.5%)
212	<b>TROJANKOWSKI Mateusz</b>	<b>1364</b>		M-20	28	00:01:18	00:27:44	00:55:33	<b>00:57:33.65</b>	<b>00:58:52.40</b>	+00:24:00 (41.7%)	5:28	10.9 (58.0%)
213	<b>PAPKALA Dawid</b>	<b>1251</b>		M-30	72	00:01:17	00:27:45	00:55:33	<b>00:57:37.20</b>	<b>00:58:54.75</b>	+00:24:04 (41.8%)	5:29	10.9 (58.0%)
214	<b>OKOŃ Monika</b>	<b>1234</b>		K-40	14	00:00:53	00:28:15	00:55:58	<b>00:58:02.40</b>	<b>00:58:55.65</b>	+00:24:29 (42.2%)	5:31	10.9 (58.0%)
215	<b>SZWAJKOSZ Szczepan</b>	<b>1352</b>		M-30	75	00:00:51	00:28:04	00:56:08	<b>00:58:05.15</b>	<b>00:58:56.15</b>	+00:24:31 (42.2%)	5:31	10.8 (57.4%)
216	<b>GAJDIK Katarzyna</b>	<b>1078</b>		K-30	15	00:00:55	00:27:56	00:55:58	<b>00:58:00.40</b>	<b>00:58:56.25</b>	+00:24:27 (42.2%)	5:31	10.9 (58.0%)
217	<b>DOLATA Magdalena</b>	<b>1052</b>		K-30	19	00:00:05	00:27:49		<b>00:58:51.15</b>	<b>00:58:57.10</b>	+00:25:17 (43.0%)	5:36	10.7 (56.9%)
218	<b>RZESZUTEK Grzegorz</b>	<b>1304</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	58	00:00:23	00:29:18	00:56:41	<b>00:58:41.00</b>	<b>00:59:04.20</b>	+00:25:07 (42.8%)	5:35	10.7 (56.9%)
219	<b>STRĄCAŁA Paweł</b>	<b>1339</b>	STROXWARE KORPOREJSZYN	M-20	29	00:00:45	00:27:46	00:56:16	<b>00:58:23.25</b>	<b>00:59:08.40</b>	+00:24:50 (42.5%)	5:33	10.8 (57.4%)
220	<b>SAMOL Grzegorz</b>	<b>1307</b>		M-50	14	00:00:41	00:27:21	00:56:23	<b>00:58:27.45</b>	<b>00:59:09.15</b>	+00:24:54 (42.6%)	5:34	10.8 (57.4%)
221	<b>CHOLEWA Tomasz</b>	<b>1490</b>		M-40	59	00:00:27	00:27:26	00:56:30	<b>00:58:43.80</b>	<b>00:59:11.25</b>	+00:25:10 (42.9%)	5:35	10.7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
222	<b>STANISLAWISZYN Małgorzata</b>	<b>1334</b>		K-40	16	00:00:50	00:27:52	00:56:16	<b>00:58:24.55</b>	<b>00:59:14.85</b>	+00:24:51 (42.6%)	5:33	10.8 (57.4%)
222	<b>KOSMACZEWSKA Anna</b>	<b>1155</b>	ETISOFT RUNNING TEAM	K-30	20	00:00:15	00:27:32	00:56:47	<b>00:58:58.95</b>	<b>00:59:14.85</b>	+00:25:25 (43.1%)	5:37	10.7 (56.9%)
224	<b>LESZKOVEN Piotr</b>	<b>1183</b>	FLUOR	M-40	60	00:00:37	00:27:40	00:56:35	<b>00:58:43.80</b>	<b>00:59:21.30</b>	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
225	<b>LEŚNIAK Ewa</b>	<b>1184</b>		K-40	15	00:01:02	00:28:35	00:56:20	<b>00:58:19.65</b>	<b>00:59:21.70</b>	+00:24:46 (42.5%)	5:33	10.8 (57.4%)
226	<b>SZMIGIEL Justyna</b>	<b>1349</b>		K-30	17	00:00:49	00:28:23	00:56:27	<b>00:58:35.35</b>	<b>00:59:24.55</b>	+00:25:02 (42.7%)	5:34	10.8 (57.4%)
227	<b>SZOT Wojciech</b>	<b>1417</b>		M-30	76	00:01:00	00:28:00	00:56:21	<b>00:58:27.60</b>	<b>00:59:28.05</b>	+00:24:54 (42.6%)	5:34	10.8 (57.4%)
228	<b>KOWALCZYK Kamila</b>	<b>1161</b>		K-30	16	00:01:02	00:27:43	00:56:24	<b>00:58:25.65</b>	<b>00:59:28.35</b>	+00:24:52 (42.6%)	5:33	10.8 (57.4%)
229	<b>GILLNER Klaudia</b>	<b>1416</b>		K-20	8	00:01:01	00:27:59	00:56:20	<b>00:58:29.35</b>	<b>00:59:30.55</b>	+00:24:56 (42.6%)	5:34	10.8 (57.4%)
230	<b>ZAREMBA Tadeusz</b>	<b>1402</b>		M-60	4	00:01:11	00:28:11	00:56:18	<b>00:58:21.05</b>	<b>00:59:32.25</b>	+00:24:47 (42.5%)	5:33	10.8 (57.4%)
231	<b>KOZIBAŁ Tomasz</b>	<b>1164</b>	FLUOR	M-30	77	00:00:42	00:28:08	00:56:47	<b>00:58:55.00</b>	<b>00:59:37.35</b>	+00:25:21 (43.0%)	5:36	10.7 (56.9%)
232	<b>GAJ Kamila</b>	<b>1076</b>	NIGHT RUNNERS GLIWICE	K-50	1	00:00:41	00:27:56	00:56:52	<b>00:58:59.25</b>	<b>00:59:40.70</b>	+00:25:26 (43.1%)	5:37	10.7 (56.9%)
233	<b>SOKÓŁ Adam</b>	<b>1330</b>	FUCHS OIL TEAM	M-50	15	00:01:12	00:29:18	00:56:26	<b>00:58:32.75</b>	<b>00:59:45.40</b>	+00:24:59 (42.7%)	5:34	10.8 (57.4%)
234	<b>SIKORA Agnieszka</b>	<b>1309</b>	NIGHT RUNNERS ZABRZE	K-30	18	00:00:58	00:27:58	00:56:39	<b>00:58:50.55</b>	<b>00:59:49.25</b>	+00:25:17 (43.0%)	5:36	10.7 (56.9%)
235	<b>PLUCIŃSKI Paweł</b>	<b>1273</b>	FUCHS OIL TEAM	M-40	57	00:01:22	00:29:50	00:56:35	<b>00:58:27.80</b>	<b>00:59:50.75</b>	+00:24:54 (42.6%)	5:34	10.8 (57.4%)
236	<b>PLUCINSKA Edyta</b>	<b>1272</b>	FUCHS OIL TEAM	K-40	17	00:01:21	00:29:50	00:56:36	<b>00:58:29.70</b>	<b>00:59:50.80</b>	+00:24:56 (42.6%)	5:34	10.8 (57.4%)
237	<b>KOŁODZIEJ Aleksandra</b>	<b>1147</b>		K-20	10	00:00:07	00:28:12	00:57:32	<b>00:59:44.00</b>	<b>00:59:51.30</b>	+00:26:10 (43.8%)	5:41	10.5 (55.9%)
238	<b>KOZŁOWSKI Andrzej Jerzy</b>	<b>1165</b>		M-50	13	00:01:26	00:27:07	00:56:12	<b>00:58:26.00</b>	<b>00:59:52.15</b>	+00:24:52 (42.6%)	5:33	10.8 (57.4%)
239	<b>MIKOŁAJCZYK Michał</b>	<b>1425</b>	ASSECO ACTIVE TEAM	M-20	30	00:01:13	00:27:56	00:56:38	<b>00:58:43.95</b>	<b>00:59:57.65</b>	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
240	<b>MIŁKOWSKI Andrzej</b>	<b>1216</b>		M-60	5	00:00:54	00:28:01	00:57:00	<b>00:59:10.00</b>	<b>01:00:04.75</b>	+00:25:36 (43.3%)	5:38	10.6 (56.4%)
241	<b>PIETRZAK Anna</b>	<b>1262</b>		K-40	19	00:00:17	00:27:27	00:57:40	<b>00:59:49.85</b>	<b>01:00:07.20</b>	+00:26:16 (43.9%)	5:41	10.5 (55.9%)
242	<b>SKORUPA Magdalena</b>	<b>1317</b>		K-20	9	00:01:37	00:28:11	00:56:31	<b>00:58:44.00</b>	<b>01:00:21.80</b>	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
242	<b>SMOLIŃSKA Ilona</b>	<b>1322</b>		K-40	18	00:01:37	00:28:11	00:56:32	<b>00:58:43.85</b>	<b>01:00:21.80</b>	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
244	<b>NIEMIEC Rafał</b>	<b>1222</b>	INTERGRAFIK POLSKA	M-40	61	00:00:53	00:27:56	00:57:25	<b>00:59:29.85</b>	<b>01:00:23.35</b>	+00:25:56 (43.6%)	5:40	10.6 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
245	<b>SIKORA Michał</b>	<b>1310</b>		M-40	62	00:00:57	00:27:41	00:57:15	<b>00:59:30.95</b>	<b>01:00:28.75</b>	+00:25:57 (43.6%)	5:40	10.6 (56.4%)
246	<b>KUBICA Bożena</b>	<b>1173</b>		K-40	20	00:00:19	00:28:11	00:57:48	<b>01:00:11.80</b>	<b>01:00:31.45</b>	+00:26:38 (44.3%)	5:44	10.5 (55.9%)
247	<b>ŻEROMSKI Stefan</b>	<b>1443</b>		M-50	16	00:01:28	00:29:42	00:57:03	<b>00:59:04.35</b>	<b>01:00:32.50</b>	+00:25:31 (43.2%)	5:37	10.7 (56.9%)
248	<b>GARYGA Beata</b>	<b>1085</b>		K-30	22	00:00:24	00:27:44	00:58:09	<b>01:00:11.85</b>	<b>01:00:36.50</b>	+00:26:38 (44.3%)	5:44	10.5 (55.9%)
249	<b>HOLETZKE Krzysztof</b>	<b>1430</b>		M-30	78	00:01:19	00:28:37	00:57:18	<b>00:59:18.40</b>	<b>01:00:38.10</b>	+00:25:45 (43.4%)	5:38	10.6 (56.4%)
250	<b>POLEWKA Beata</b>	<b>1006</b>	OTK RZEŹNIK	K-40	23	00:00:10	00:28:12	00:58:10	<b>01:00:29.00</b>	<b>01:00:39.25</b>	+00:26:55 (44.5%)	5:45	10.4 (55.3%)
251	<b>PACZKOWSKI Tomasz</b>	<b>1247</b>		M-40	66	00:00:27	00:27:47	00:58:01	<b>01:00:17.85</b>	<b>01:00:45.60</b>	+00:26:44 (44.4%)	5:44	10.4 (55.3%)
252	<b>PROKOP Iwona</b>	<b>1280</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	22	00:00:21	00:28:56	00:58:18	<b>01:00:27.05</b>	<b>01:00:48.50</b>	+00:26:53 (44.5%)	5:45	10.4 (55.3%)
253	<b>MICHALSKI Marek</b>	<b>1206</b>		M-40	67	00:00:18	00:28:15	00:58:15	<b>01:00:30.00</b>	<b>01:00:48.75</b>	+00:26:56 (44.5%)	5:45	10.4 (55.3%)
254	<b>PAWLUS - DUSIK Beata</b>	<b>1257</b>	KOLOROWA DRUŻYNA NESSI	K-30	21	00:00:44	00:28:35	00:58:11	<b>01:00:08.70</b>	<b>01:00:53.45</b>	+00:26:35 (44.2%)	5:43	10.5 (55.9%)
255	<b>GAJEWSKA Izabela</b>	<b>1452</b>		K-40	24	00:00:22	00:27:48	00:58:14	<b>01:00:35.00</b>	<b>01:00:57.15</b>	+00:27:01 (44.6%)	5:46	10.4 (55.3%)
256	<b>ZIMNY Marcin</b>	<b>1463</b>		M-30	82	00:00:35	00:26:55	00:57:40	<b>01:00:23.40</b>	<b>01:00:58.40</b>	+00:26:50 (44.4%)	5:45	10.4 (55.3%)
257	<b>BIAŁOSKÓRSKI Grzegorz</b>	<b>1503</b>		M-40	63	00:01:04	00:27:40	00:57:47	<b>01:00:02.10</b>	<b>01:01:06.80</b>	+00:26:28 (44.1%)	5:43	10.5 (55.9%)
258	<b>SOBOLEWSKA Stefania</b>	<b>1327</b>		K-40	26	00:00:14	00:28:26	00:58:47	<b>01:00:54.95</b>	<b>01:01:09.20</b>	+00:27:21 (44.9%)	5:48	10.3 (54.8%)
259	<b>GORELL Bogumiła</b>	<b>1092</b>		K-30	23	00:00:53	00:29:11	00:58:20	<b>01:00:18.30</b>	<b>01:01:11.50</b>	+00:26:45 (44.4%)	5:44	10.4 (55.3%)
260	<b>ODZIOMEK Sebastian</b>	<b>1504</b>		M-40	64	00:01:04	00:27:40	00:57:47	<b>01:00:10.55</b>	<b>01:01:14.85</b>	+00:26:37 (44.2%)	5:43	10.5 (55.9%)
261	<b>SIRKO Zbigniew</b>	<b>1314</b>		M-50	18	00:00:30	00:28:18	00:58:17	<b>01:00:46.90</b>	<b>01:01:17.00</b>	+00:27:13 (44.8%)	5:47	10.4 (55.3%)
262	<b>BŁAŻYTKO Monika</b>	<b>1511</b>		K-30	26	00:00:39	00:27:15	00:58:14	<b>01:00:39.35</b>	<b>01:01:18.40</b>	+00:27:06 (44.7%)	5:46	10.4 (55.3%)
263	<b>GAJEWSKI Jarek</b>	<b>1079</b>	FUCHS OIL TEAM	M-50	17	00:01:23	00:29:55	00:58:01	<b>01:00:02.50</b>	<b>01:01:25.55</b>	+00:26:29 (44.1%)	5:43	10.5 (55.9%)
264	<b>NIŻNIKIEWICZ-FRENKI Zofia</b>	<b>1225</b>	FLUOR	K-30	27	00:00:20	00:28:17	00:58:55	<b>01:01:08.35</b>	<b>01:01:29.20</b>	+00:27:35 (45.1%)	5:49	10.3 (54.8%)
265	<b>KOŚNIEWSKI Paweł</b>	<b>1157</b>		M-30	80	00:01:26	00:29:16	00:58:05	<b>01:00:10.85</b>	<b>01:01:37.00</b>	+00:26:37 (44.2%)	5:43	10.5 (55.9%)
265	<b>PACZKOWSKI Jacek</b>	<b>1246</b>		M-40	65	00:01:25	00:29:17	00:58:06	<b>01:00:11.35</b>	<b>01:01:37.00</b>	+00:26:38 (44.3%)	5:44	10.5 (55.9%)
267	<b>PRZEPIÓRKA Maciej</b>	<b>1283</b>		M-30	79	00:01:38	00:29:34	00:57:57	<b>01:00:00.50</b>	<b>01:01:39.15</b>	+00:26:27 (44.1%)	5:42	10.5 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
268	<b>OSOWSKA Katarzyna</b>	<b>1241</b>	NIGHT RUNNERS GLIWICE	K-40	21	00:01:14	00:28:30	00:58:08	<b>01:00:25.10</b>	<b>01:01:39.70</b>	+00:26:51 (44.5%)	5:45	10.4 (55.3%)
269	<b>LESZKIEWICZ Krzysztof</b>	<b>1510</b>		M-30	88	00:00:00			<b>01:01:41.00</b>	<b>01:01:41.00</b>	+00:28:07 (45.6%)	5:52	10.2 (54.3%)
270	<b>GRABSKA Anna</b>	<b>1095</b>	KOMBO KURCZAKI	K-30	25	00:01:11	00:28:55	00:58:13	<b>01:00:30.40</b>	<b>01:01:41.40</b>	+00:26:57 (44.5%)	5:45	10.4 (55.3%)
271	<b>SUPERNAK Marcin</b>	<b>1342</b>		M-30	81	00:01:29	00:28:56	00:58:09	<b>01:00:14.50</b>	<b>01:01:43.85</b>	+00:26:41 (44.3%)	5:44	10.5 (55.9%)
272	<b>KOŁAK Alicja</b>	<b>1146</b>		K-30	24	00:01:21	00:28:27	00:58:15	<b>01:00:28.90</b>	<b>01:01:50.20</b>	+00:26:55 (44.5%)	5:45	10.4 (55.3%)
273	<b>TARTANUS-ORYSZCZAK Marta</b>	<b>1359</b>		K-40	25	00:01:09	00:28:58	00:58:38	<b>01:00:54.05</b>	<b>01:02:03.85</b>	+00:27:20 (44.9%)	5:48	10.3 (54.8%)
274	<b>ANTOS Angelika</b>	<b>1479</b>		K-20	12	00:00:17	00:28:07	00:59:42	<b>01:01:48.40</b>	<b>01:02:06.20</b>	+00:28:15 (45.7%)	5:53	10.2 (54.3%)
275	<b>KUCZERA Łukasz</b>	<b>1175</b>		M-30	85	00:00:43	00:29:28	00:59:26	<b>01:01:27.35</b>	<b>01:02:10.80</b>	+00:27:54 (45.4%)	5:51	10.3 (54.8%)
276	<b>MICZKA Łukasz</b>	<b>1211</b>	NIECHCEMISIE	M-30	83	00:01:35	00:28:51	00:58:31	<b>01:00:40.95</b>	<b>01:02:16.30</b>	+00:27:07 (44.7%)	5:46	10.4 (55.3%)
277	<b>MIŁKOWSKA Karolina</b>	<b>1467</b>		K-30	28	00:00:54	00:28:04	00:59:11	<b>01:01:31.70</b>	<b>01:02:26.15</b>	+00:27:58 (45.5%)	5:51	10.2 (54.3%)
278	<b>SIKORSKA Katarzyna</b>	<b>1312</b>		K-30	30	00:00:49	00:28:21	00:59:23	<b>01:01:39.30</b>	<b>01:02:28.35</b>	+00:28:06 (45.6%)	5:52	10.2 (54.3%)
279	<b>PAŁASZ Jacek</b>	<b>1249</b>		M-40	68	00:01:20	00:30:02	00:59:05	<b>01:01:10.75</b>	<b>01:02:31.10</b>	+00:27:37 (45.2%)	5:49	10.3 (54.8%)
280	<b>EICHHOF Joanna</b>	<b>1065</b>		K-40	27	00:01:10	00:29:15	00:59:09	<b>01:01:31.85</b>	<b>01:02:42.00</b>	+00:27:58 (45.5%)	5:51	10.2 (54.3%)
281	<b>SZOŁTYSIK Marta</b>	<b>1350</b>		K-30	29	00:01:10	00:29:14	00:59:10	<b>01:01:32.65</b>	<b>01:02:42.75</b>	+00:27:59 (45.5%)	5:51	10.2 (54.3%)
282	<b>WILCZEK Magdalena</b>	<b>1382</b>	FLUOR	K-30	31	00:00:40	00:29:09	00:59:44	<b>01:02:04.05</b>	<b>01:02:44.25</b>	+00:28:30 (45.9%)	5:54	10.2 (54.3%)
283	<b>ULIASZ Krzysztof</b>	<b>1369</b>	OPEL ACTIVE TEAM	M-30	87	00:01:13	00:30:09	00:59:16	<b>01:01:32.35</b>	<b>01:02:46.00</b>	+00:27:59 (45.5%)	5:51	10.2 (54.3%)
284	<b>WIERCIŃSKI Robert</b>	<b>1380</b>	OPEL ACTIVE TEAM	M-30	86	00:01:15	00:30:07	00:59:14	<b>01:01:30.55</b>	<b>01:02:46.05</b>	+00:27:57 (45.4%)	5:51	10.2 (54.3%)
285	<b>JENDRZEJEK Łukasz</b>	<b>1120</b>		M-20	31	00:00:27	00:30:50	01:00:31	<b>01:02:20.15</b>	<b>01:02:47.45</b>	+00:28:46 (46.2%)	5:56	10.1 (53.7%)
286	<b>SMUDA Grzegorz</b>	<b>1324</b>	AKMB PĘDZIWIATR GLIWICE	M-30	84	00:01:26	00:30:00	00:59:11	<b>01:01:21.25</b>	<b>01:02:47.80</b>	+00:27:48 (45.3%)	5:50	10.3 (54.8%)
287	<b>PRZYGOCKI Robert</b>	<b>1450</b>		M-40	69	00:01:03	00:28:45	00:59:29	<b>01:01:45.45</b>	<b>01:02:48.70</b>	+00:28:12 (45.7%)	5:52	10.2 (54.3%)
288	<b>NUCKOWSKA Justyna</b>	<b>1231</b>		K-20	11	00:01:27	00:29:44	00:59:26	<b>01:01:28.55</b>	<b>01:02:55.65</b>	+00:27:55 (45.4%)	5:51	10.2 (54.3%)
289	<b>KANIA Krystyna</b>	<b>1131</b>		K-60	1	00:00:58	00:29:40	01:00:02	<b>01:02:16.25</b>	<b>01:03:14.60</b>	+00:28:43 (46.1%)	5:55	10.1 (53.7%)
290	<b>KOWALSKI Włodzimierz</b>	<b>1163</b>	KS JUDO TEAM MASTERS GLIWICE	M-30	89	00:00:34	00:27:12	01:00:25	<b>01:02:41.75</b>	<b>01:03:16.40</b>	+00:29:08 (46.5%)	5:58	10 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
291	<b>STELLMACH Ewa</b>	<b>1336</b>		K-40	28	00:00:19	00:28:52	01:00:32	<b>01:02:56.85</b>	<b>01:03:16.80</b>	+00:29:23 (46.7%)	5:59	10 (53.2%)
292	<b>TWAROWSKA Celina</b>	<b>1368</b>	ETISOFT RUNNING TEAM	K-30	34	00:00:15	00:28:42	01:00:54	<b>01:03:17.20</b>	<b>01:03:32.45</b>	+00:29:44 (47.0%)	6:01	10 (53.2%)
293	<b>SIODLAK Justyna</b>	<b>1313</b>		K-40	32	00:00:00			<b>01:03:33.00</b>	<b>01:03:33.00</b>	+00:29:59 (47.2%)	6:03	9.9 (52.7%)
294	<b>TYRNA Gabriela</b>	<b>1464</b>		K-30	35	00:00:15	00:30:01	01:00:59	<b>01:03:20.20</b>	<b>01:03:35.95</b>	+00:29:47 (47.0%)	6:01	9.9 (52.7%)
295	<b>PASIEKA Danuta</b>	<b>1254</b>		K-50	2	00:01:24	00:29:50	00:59:59	<b>01:02:12.95</b>	<b>01:03:37.85</b>	+00:28:39 (46.1%)	5:55	10.1 (53.7%)
296	<b>SIWY Jan</b>	<b>1316</b>	ELZAB ACTIVE TEAM	M-40	70	00:01:13	00:29:55	01:00:10	<b>01:02:33.30</b>	<b>01:03:46.90</b>	+00:29:00 (46.4%)	5:57	10.1 (53.7%)
297	<b>BRYLIŃSKI Ryszard</b>	<b>1030</b>		M-60	6	00:00:44	00:29:37	01:00:47	<b>01:03:02.95</b>	<b>01:03:47.70</b>	+00:29:29 (46.8%)	6:00	10 (53.2%)
298	<b>BRZEZIŃSKA Teresa</b>	<b>1471</b>		K-40	31	00:00:24	00:29:59	01:01:06	<b>01:03:24.40</b>	<b>01:03:48.80</b>	+00:29:51 (47.1%)	6:02	9.9 (52.7%)
299	<b>WYSOKIŃSKI Arkadiusz</b>	<b>1396</b>		M-18	6	00:00:11	00:27:55	01:01:07	<b>01:03:43.15</b>	<b>01:03:54.45</b>	+00:30:09 (47.3%)	6:04	9.9 (52.7%)
300	<b>RUSIELEWICZ Agnieszka</b>	<b>1300</b>	MOMO RESTAURANT & COCKTAIL BAR	K-20	14	00:00:23	00:30:30	01:01:13	<b>01:03:35.70</b>	<b>01:03:58.70</b>	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
301	<b>MARKOWICZ Piotr</b>	<b>1201</b>	MOMO RESTAURANT & COCKTAIL BAR	M-30	93	00:00:22	00:30:31	01:01:15	<b>01:03:36.10</b>	<b>01:03:58.75</b>	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
302	<b>GRZYŚKA Katarzyna</b>	<b>1101</b>	SMOCZY GANG	K-30	32	00:01:37	00:29:05	01:00:03	<b>01:02:27.95</b>	<b>01:04:05.10</b>	+00:28:54 (46.3%)	5:56	10.1 (53.7%)
303	<b>GABRYŚ Seba</b>	<b>1441</b>	NIGHT RUNNERS GLIWICE	K-40	30	00:00:48	00:29:49	01:01:07	<b>01:03:19.55</b>	<b>01:04:07.55</b>	+00:29:46 (47.0%)	6:01	9.9 (52.7%)
304	<b>WOLNY Łukasz</b>	<b>1388</b>		M-30	91	00:00:37	00:29:38	01:01:29	<b>01:03:30.35</b>	<b>01:04:07.60</b>	+00:29:57 (47.2%)	6:02	9.9 (52.7%)
305	<b>GABRYŚ Jolanta</b>	<b>1440</b>	NIGHT RUNNERS GLIWICE	K-40	29	00:00:48	00:29:50	01:01:07	<b>01:03:19.00</b>	<b>01:04:07.90</b>	+00:29:45 (47.0%)	6:01	9.9 (52.7%)
306	<b>GIŻYŃSKI Krystian</b>	<b>1429</b>	ASSECO POLAND	M-20	33	00:00:54	00:28:28	01:01:03	<b>01:03:17.80</b>	<b>01:04:12.15</b>	+00:29:44 (47.0%)	6:01	10 (53.2%)
307	<b>ORLIK Zdzisława</b>	<b>1238</b>	AKMB PĘDZIWIATR GLIWICE	K-50	3	00:01:09	00:30:36	01:00:52	<b>01:03:06.85</b>	<b>01:04:15.95</b>	+00:29:33 (46.8%)	6:00	10 (53.2%)
308	<b>MĘTLAK Małgosia</b>	<b>1516</b>		K-18	2	00:00:40	00:29:30	01:01:34	<b>01:03:46.20</b>	<b>01:04:27.00</b>	+00:30:13 (47.4%)	6:04	9.9 (52.7%)
309	<b>ZASADZIŃSKA Angelika</b>	<b>1403</b>	FUCHS OIL TEAM	K-20	13	00:01:21	00:29:57	01:00:47	<b>01:03:12.40</b>	<b>01:04:33.90</b>	+00:29:39 (46.9%)	6:01	10 (53.2%)
310	<b>ZASZYK Monika</b>	<b>1459</b>		K-40	33	00:00:58	00:30:42	01:01:25	<b>01:03:37.00</b>	<b>01:04:35.35</b>	+00:30:03 (47.3%)	6:03	9.9 (52.7%)
311	<b>FABIAN Katarzyna</b>	<b>1068</b>		K-30	36	00:01:14	00:29:32	01:00:56	<b>01:03:21.45</b>	<b>01:04:36.40</b>	+00:29:48 (47.0%)	6:02	9.9 (52.7%)
312	<b>GOLENIEWSKI Błażej</b>	<b>1089</b>		M-20	34	00:00:45	00:30:25	01:01:30	<b>01:03:53.50</b>	<b>01:04:38.90</b>	+00:30:20 (47.5%)	6:05	9.9 (52.7%)
313	<b>DROŹDŹ Alicja</b>	<b>1055</b>		K-30	33	00:01:31	00:29:10	01:00:37	<b>01:03:11.05</b>	<b>01:04:42.75</b>	+00:29:37 (46.9%)	6:01	10 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
314	<b>DROŹDŹ Michał</b>	<b>1056</b>	RYWAL GLIWICE	M-30	90	00:01:32	00:29:09	01:00:37	<b>01:03:11.15</b>	<b>01:04:43.15</b>	+00:29:37 (46.9%)	6:01	10 (53.2%)
315	<b>BARTAS Agnieszka</b>	<b>24</b>	ISTA BIEGAMY	K-30	39	00:00:32	00:29:55	01:01:57	<b>01:04:14.15</b>	<b>01:04:46.40</b>	+00:30:40 (47.8%)	6:07	9.8 (52.1%)
316	<b>ORYSZCZAK Łukasz</b>	<b>1240</b>		M-30	94	00:01:07	00:28:24	01:00:52	<b>01:03:44.20</b>	<b>01:04:51.65</b>	+00:30:11 (47.4%)	6:04	9.9 (52.7%)
317	<b>WITAŁA Rafał</b>	<b>1384</b>		M-30	95	00:00:51	00:31:41	01:02:03	<b>01:04:00.35</b>	<b>01:04:52.05</b>	+00:30:27 (47.6%)	6:05	9.8 (52.1%)
318	<b>PASELLA Weronika</b>	<b>1253</b>		K-20	17	00:00:36	00:30:03	01:01:52	<b>01:04:15.30</b>	<b>01:04:52.20</b>	+00:30:42 (47.8%)	6:07	9.8 (52.1%)
319	<b>MYCEK Anna</b>	<b>1218</b>		K-20	16	00:00:37	00:30:02	01:01:51	<b>01:04:15.15</b>	<b>01:04:52.25</b>	+00:30:41 (47.8%)	6:07	9.8 (52.1%)
320	<b>SOSADA Nicol</b>	<b>1332</b>	ISTA BIEGAMY	K-20	18	00:00:31	00:29:51	01:02:09	<b>01:04:21.30</b>	<b>01:04:52.60</b>	+00:30:48 (47.9%)	6:07	9.8 (52.1%)
321	<b>DUKAŁA Daniel</b>	<b>1423</b>		M-20	32	00:01:40	00:29:32	01:00:33	<b>01:03:12.90</b>	<b>01:04:53.15</b>	+00:29:39 (46.9%)	6:01	10 (53.2%)
322	<b>EISLER Anna</b>	<b>1066</b>	SKLEPBIKER.PL	K-30	38	00:01:24	00:30:23	01:01:08	<b>01:03:36.95</b>	<b>01:05:01.35</b>	+00:30:03 (47.3%)	6:03	9.9 (52.7%)
323	<b>STASIAK Renata</b>	<b>1456</b>		K-40	34	00:01:05	00:30:41	01:01:40	<b>01:03:56.55</b>	<b>01:05:02.20</b>	+00:30:23 (47.5%)	6:05	9.9 (52.7%)
324	<b>KOCUREK Jacek</b>	<b>1142</b>		M-50	19	00:00:52	00:31:35	01:02:00	<b>01:04:09.90</b>	<b>01:05:02.30</b>	+00:30:36 (47.7%)	6:06	9.8 (52.1%)
324	<b>KOCUREK Agnieszka</b>	<b>1141</b>		K-40	35	00:00:52	00:31:35	01:02:00	<b>01:04:09.65</b>	<b>01:05:02.30</b>	+00:30:36 (47.7%)	6:06	9.8 (52.1%)
326	<b>MEDRALA Jacek</b>	<b>464</b>		M-40	71	00:01:27	00:31:11	01:01:30	<b>01:03:42.45</b>	<b>01:05:10.30</b>	+00:30:09 (47.3%)	6:04	9.9 (52.7%)
327	<b>BRZÓZKA Patrycja</b>	<b>1033</b>	MOMO RESTAURANT & COCKTAIL BAR	K-20	15	00:01:02	00:29:12	01:01:59	<b>01:04:14.35</b>	<b>01:05:16.35</b>	+00:30:41 (47.8%)	6:07	9.8 (52.1%)
328	<b>TOLL Katarzyna</b>	<b>1360</b>		K-40	36	00:01:01	00:30:13	01:02:00	<b>01:04:15.00</b>	<b>01:05:16.40</b>	+00:30:41 (47.8%)	6:07	9.8 (52.1%)
329	<b>KORUS Piotr</b>	<b>1154</b>	CIDRY LOTAJOM	M-30	92	00:01:45	00:30:45	01:01:18	<b>01:03:35.40</b>	<b>01:05:20.60</b>	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
330	<b>KORUS Karina</b>	<b>340</b>	CIDRY LOTAJOM	K-30	37	00:01:45	00:30:45	01:01:18	<b>01:03:35.70</b>	<b>01:05:20.75</b>	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
331	<b>KUĆ Rafał</b>	<b>1177</b>	EUVIC	M-30	99	00:00:17	00:30:44	01:03:00	<b>01:05:09.60</b>	<b>01:05:26.60</b>	+00:31:36 (48.5%)	6:12	9.7 (51.6%)
332	<b>SZCZĘSNY Romuald</b>	<b>1442</b>		M-30	97	00:01:30	00:31:06	01:01:59	<b>01:04:01.40</b>	<b>01:05:31.95</b>	+00:30:28 (47.6%)	6:05	9.8 (52.1%)
333	<b>PIASECKI Mariusz</b>	<b>1259</b>		M-30	96	00:01:32	00:30:52	01:01:56	<b>01:04:00.90</b>	<b>01:05:33.70</b>	+00:30:27 (47.6%)	6:05	9.8 (52.1%)
334	<b>CHOLEWA Magdalena</b>	<b>1491</b>		K-40	38	00:00:27	00:29:58	01:02:41	<b>01:05:10.55</b>	<b>01:05:38.20</b>	+00:31:37 (48.5%)	6:12	9.7 (51.6%)
335	<b>ZIMNY Joanna</b>	<b>1406</b>		K-30	40	00:01:03	00:31:13	01:02:20	<b>01:04:40.85</b>	<b>01:05:44.05</b>	+00:31:07 (48.1%)	6:09	9.7 (51.6%)
336	<b>BARANOWSKA Ewa</b>	<b>1016</b>		K-30	41	00:01:05	00:30:33	01:02:17	<b>01:04:44.15</b>	<b>01:05:50.00</b>	+00:31:10 (48.2%)	6:10	9.7 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
337	<b>SALAMON Dawid</b>	<b>1306</b>	HIRSCHVOGEL	M-30	102	00:00:32	00:30:27	01:02:52	<b>01:05:26.65</b>	<b>01:05:58.70</b>	+00:31:53 (48.7%)	6:13	9.6 (51.1%)
338	<b>NOWAKOWSKI Marek</b>	<b>1229</b>	FLUOR	M-40	72	00:01:07	00:29:50	01:02:46	<b>01:04:56.55</b>	<b>01:06:03.75</b>	+00:31:23 (48.3%)	6:11	9.7 (51.6%)
339	<b>WALTER Marcin</b>	<b>1371</b>		M-40	73	00:00:56	00:31:30	01:02:55	<b>01:05:15.50</b>	<b>01:06:11.85</b>	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
340	<b>WALTER Agnieszka</b>	<b>1372</b>		K-40	40	00:00:55	00:31:31	01:02:56	<b>01:05:16.10</b>	<b>01:06:11.95</b>	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
341	<b>DZIEDZIC Dominik</b>	<b>163</b>		M-30	104	00:00:31	00:29:58	01:03:17	<b>01:05:45.30</b>	<b>01:06:17.25</b>	+00:32:12 (49.0%)	6:15	9.6 (51.1%)
342	<b>DWORNICZAK Iwona</b>	<b>1061</b>		K-50	4	00:01:34	00:30:43	01:02:14	<b>01:04:43.95</b>	<b>01:06:18.15</b>	+00:31:10 (48.2%)	6:09	9.7 (51.6%)
343	<b>JAKBIK Ola</b>	<b>1114</b>	BULLULA TEAM	K-30	42	00:01:05	00:30:27	01:02:55	<b>01:05:15.95</b>	<b>01:06:21.45</b>	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
344	<b>PROKWITE Martyna</b>	<b>1281</b>		K-30	43	00:01:08	00:30:41	01:02:50	<b>01:05:16.10</b>	<b>01:06:24.90</b>	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
345	<b>PORĘBA Gabriela</b>	<b>583</b>		K-40	37	00:01:25	00:30:44	01:02:31	<b>01:04:59.80</b>	<b>01:06:25.50</b>	+00:31:26 (48.4%)	6:11	9.7 (51.6%)
346	<b>WANIEK Zbigniew</b>	<b>1374</b>		M-40	77	00:00:18	00:31:03	01:03:50	<b>01:06:13.05</b>	<b>01:06:32.00</b>	+00:32:39 (49.3%)	6:18	9.5 (50.5%)
347	<b>BETRHELSEN Beata</b>	<b>1021</b>	FUCHS OIL TEAM	K-40	39	00:01:21	00:30:42	01:02:45	<b>01:05:12.75</b>	<b>01:06:33.75</b>	+00:31:39 (48.5%)	6:12	9.7 (51.6%)
348	<b>LIPOWSKA Barbara</b>	<b>1187</b>		K-50	6	00:00:36	00:30:44	01:03:32	<b>01:06:03.75</b>	<b>01:06:39.75</b>	+00:32:30 (49.2%)	6:17	9.5 (50.5%)
349	<b>TRELA Marcin</b>	<b>112</b>		M-30	98	00:01:40	00:30:48	01:02:44	<b>01:05:03.65</b>	<b>01:06:44.10</b>	+00:31:30 (48.4%)	6:11	9.7 (51.6%)
350	<b>JAWOREK Dariusz</b>	<b>1492</b>		M-40	74	00:01:28	00:31:09	01:02:54	<b>01:05:18.35</b>	<b>01:06:46.80</b>	+00:31:45 (48.6%)	6:13	9.6 (51.1%)
351	<b>PEDOWSKA Bozena</b>	<b>555</b>		K-50	5	00:01:28	00:31:09	01:02:54	<b>01:05:18.90</b>	<b>01:06:47.05</b>	+00:31:45 (48.6%)	6:13	9.6 (51.1%)
352	<b>NAWOJSKA Barbara</b>	<b>1476</b>		K-40	41	00:00:59	00:30:46	01:03:25	<b>01:05:51.80</b>	<b>01:06:51.60</b>	+00:32:18 (49.1%)	6:16	9.6 (51.1%)
353	<b>ŻELEZNY Tomasz</b>	<b>1413</b>		M-30	100	00:01:32	00:31:26	01:03:07	<b>01:05:20.95</b>	<b>01:06:53.80</b>	+00:31:47 (48.7%)	6:13	9.6 (51.1%)
354	<b>GILLNER Rafał</b>	<b>1086</b>		M-40	75	00:01:36	00:31:50	01:03:02	<b>01:05:22.40</b>	<b>01:06:59.05</b>	+00:31:49 (48.7%)	6:13	9.6 (51.1%)
355	<b>KRAWCZYŃSKI Mirosław</b>	<b>1168</b>		M-40	76	00:01:05	00:30:58	01:03:41	<b>01:05:55.45</b>	<b>01:07:00.90</b>	+00:32:22 (49.1%)	6:16	9.6 (51.1%)
355	<b>ZABOROWSKI Piotr</b>	<b>1397</b>	ANICA TEAM	M-30	106	00:00:11	00:31:38	01:04:27	<b>01:06:49.70</b>	<b>01:07:00.90</b>	+00:33:16 (49.8%)	6:21	9.4 (50.0%)
357	<b>GROCHOWSKI Mariusz</b>	<b>1485</b>		M-40	78	00:00:43	00:31:39	01:04:05	<b>01:06:26.65</b>	<b>01:07:09.70</b>	+00:32:53 (49.5%)	6:19	9.5 (50.5%)
358	<b>RYZNER Michał</b>	<b>1475</b>		M-30	101	00:01:47	00:30:44	01:03:06	<b>01:05:22.95</b>	<b>01:07:10.00</b>	+00:31:49 (48.7%)	6:13	9.6 (51.1%)
358	<b>KUBIAK Celina</b>	<b>1486</b>		K-40	42	00:00:43	00:31:39	01:04:05	<b>01:06:26.85</b>	<b>01:07:10.00</b>	+00:32:53 (49.5%)	6:19	9.5 (50.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
360	<b>GOŁĘBIEWSKA Aleksandra</b>	<b>1090</b>		K-50	7	00:01:03	00:31:34	01:03:50	<b>01:06:06.75</b>	<b>01:07:10.15</b>	+00:32:33 (49.2%)	6:17	9.5 (50.5%)
361	<b>PLESZCZYŃSKI Kamil</b>	<b>1439</b>	GTW	M-30	107	00:00:19	00:30:48	01:04:29	<b>01:06:51.15</b>	<b>01:07:11.10</b>	+00:33:17 (49.8%)	6:22	9.4 (50.0%)
362	<b>ZACZEK Adam</b>	<b>1400</b>		M-30	103	00:01:32	00:31:30	01:03:18	<b>01:05:39.25</b>	<b>01:07:11.75</b>	+00:32:06 (48.9%)	6:15	9.6 (51.1%)
363	<b>GALICZEK Bronisław</b>	<b>1080</b>	OPEL ACTIVE TEAM	M-50	20	00:01:28	00:30:48	01:03:17	<b>01:05:45.85</b>	<b>01:07:14.65</b>	+00:32:12 (49.0%)	6:15	9.6 (51.1%)
364	<b>MICHAŁUSZEK Dorota</b>	<b>1210</b>	BIEG - UNKA	K-30	44	00:01:43	00:31:43	01:03:15	<b>01:05:36.65</b>	<b>01:07:20.10</b>	+00:32:03 (48.9%)	6:14	9.6 (51.1%)
365	<b>MICHALIK Natalia</b>	<b>1205</b>		K-20	19	00:00:44	00:30:32	01:04:14	<b>01:06:37.75</b>	<b>01:07:21.75</b>	+00:33:04 (49.6%)	6:20	9.5 (50.5%)
366	<b>NOWAKOWSKA-TRZASKA Joanna</b>	<b>1228</b>		K-30	46	00:00:44	00:30:31	01:04:14	<b>01:06:39.40</b>	<b>01:07:23.55</b>	+00:33:06 (49.7%)	6:20	9.5 (50.5%)
367	<b>KIJANKA Damian</b>	<b>1134</b>	HIRSCHVOGEL	M-20	35	00:00:31	00:30:20	01:04:41	<b>01:06:57.15</b>	<b>01:07:28.80</b>	+00:33:23 (49.9%)	6:22	9.4 (50.0%)
368	<b>HŁADKI Tadeusz</b>	<b>1107</b>	FUCHS OIL TEAM	M-40	80	00:00:41	00:31:52	01:04:28	<b>01:06:49.25</b>	<b>01:07:30.25</b>	+00:33:16 (49.8%)	6:21	9.4 (50.0%)
369	<b>CHOJKOWSKI Michał</b>	<b>1038</b>		M-40	79	00:00:52	00:31:19	01:04:23	<b>01:06:44.20</b>	<b>01:07:36.25</b>	+00:33:11 (49.7%)	6:21	9.4 (50.0%)
370	<b>WOSZCZYNA Andrzej</b>	<b>1389</b>		M-30	105	00:01:33	00:30:51	01:03:40	<b>01:06:03.70</b>	<b>01:07:37.35</b>	+00:32:30 (49.2%)	6:17	9.5 (50.5%)
371	<b>WOSZCZYNA Ewelina</b>	<b>1390</b>		K-30	45	00:01:32	00:30:52	01:03:41	<b>01:06:05.15</b>	<b>01:07:37.70</b>	+00:32:31 (49.2%)	6:17	9.5 (50.5%)
372	<b>JOOSTBERENS Aleksandra</b>	<b>1122</b>	FLUOR	K-20	20	00:00:43	00:31:01	01:04:27	<b>01:06:56.30</b>	<b>01:07:39.45</b>	+00:33:23 (49.9%)	6:22	9.4 (50.0%)
373	<b>ZIELIŃSKA Izabela</b>	<b>1405</b>	BIEGAJ Z TRENERAMI	K-40	43	00:01:05	00:31:01	01:04:05	<b>01:06:40.05</b>	<b>01:07:45.30</b>	+00:33:06 (49.7%)	6:20	9.5 (50.5%)
374	<b>BOGUSZ Jarosław</b>	<b>1501</b>		M-50	21	00:01:00	00:31:44	01:04:16	<b>01:06:50.40</b>	<b>01:07:51.05</b>	+00:33:17 (49.8%)	6:22	9.4 (50.0%)
375	<b>KRZYŻANOWSKA Aleksandra</b>	<b>1171</b>		K-40	45	00:01:01	00:31:20	01:04:26	<b>01:06:56.15</b>	<b>01:07:57.95</b>	+00:33:22 (49.9%)	6:22	9.4 (50.0%)
376	<b>FAMUŁA Anna</b>	<b>1069</b>	FAMUŁA TEAM	K-20	21	00:00:37	00:31:53	01:04:50	<b>01:07:25.55</b>	<b>01:08:03.25</b>	+00:33:52 (50.2%)	6:25	9.3 (49.5%)
377	<b>BRIANSKA-KORDECKA Aleksandra</b>	<b>1460</b>	BALENA MORADA	K-30	53	00:00:14	00:30:34	01:05:14	<b>01:07:51.25</b>	<b>01:08:05.50</b>	+00:34:18 (50.6%)	6:27	9.3 (49.5%)
377	<b>KUCZERA-KULAGA Magdalenakulaga</b>	<b>1176</b>		K-40	49	00:00:14	00:30:34	01:05:14	<b>01:07:51.20</b>	<b>01:08:05.50</b>	+00:34:18 (50.6%)	6:27	9.3 (49.5%)
379	<b>CZARNECKA Marta</b>	<b>1044</b>		K-30	48	00:01:04	00:30:50	01:04:31	<b>01:07:05.40</b>	<b>01:08:09.70</b>	+00:33:32 (50.0%)	6:23	9.4 (50.0%)
380	<b>PROCEK Katarzyna</b>	<b>1508</b>		K-40	47	00:00:51	00:30:47	01:04:50	<b>01:07:20.60</b>	<b>01:08:11.90</b>	+00:33:47 (50.2%)	6:24	9.4 (50.0%)
381	<b>BOREK Jadwiga</b>	<b>1424</b>	ACTIV EAGLES PRO	K-30	50	00:00:35	00:31:54	01:05:16	<b>01:07:37.45</b>	<b>01:08:12.70</b>	+00:34:04 (50.4%)	6:26	9.3 (49.5%)
382	<b>ŻYDEK Małgorzata</b>	<b>1415</b>	ACTIV EAGLES PRO	K-30	51	00:00:34	00:31:55	01:05:17	<b>01:07:38.05</b>	<b>01:08:12.95</b>	+00:34:04 (50.4%)	6:26	9.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
383	<b>ADAMUS Anna</b>	<b>1012</b>		K-40	46	00:01:13	00:31:45	01:04:32	<b>01:07:00.25</b>	<b>01:08:13.60</b>	+00:33:27 (49.9%)	6:22	9.4 (50.0%)
384	<b>STRUG Gosia</b>	<b>1340</b>		K-40	44	00:01:26	00:31:31	01:04:21	<b>01:06:47.95</b>	<b>01:08:14.20</b>	+00:33:14 (49.8%)	6:21	9.4 (50.0%)
385	<b>MIGURSKI Daria</b>	<b>1214</b>	FUCHS OIL TEAM	K-30	47	00:01:23	00:31:41	01:04:35	<b>01:06:59.80</b>	<b>01:08:23.75</b>	+00:33:26 (49.9%)	6:22	9.4 (50.0%)
386	<b>MIGURSKI Jakub</b>	<b>1213</b>	FUCHS OIL TEAM	M-30	108	00:01:24	00:31:41	01:04:34	<b>01:06:59.80</b>	<b>01:08:23.85</b>	+00:33:26 (49.9%)	6:22	9.4 (50.0%)
387	<b>GARUS Aleksander</b>	<b>1084</b>		M-20	36	00:01:24	00:31:40	01:04:34	<b>01:06:59.95</b>	<b>01:08:24.10</b>	+00:33:26 (49.9%)	6:22	9.4 (50.0%)
388	<b>JUSZCZAK Ewa</b>	<b>1125</b>		K-50	8	00:00:58	00:30:58	01:05:09	<b>01:07:28.30</b>	<b>01:08:26.65</b>	+00:33:55 (50.3%)	6:25	9.3 (49.5%)
389	<b>KUKUCZKA Ewa</b>	<b>1178</b>		K-30	49	00:01:11	00:30:37	01:04:53	<b>01:07:18.15</b>	<b>01:08:30.10</b>	+00:33:44 (50.1%)	6:24	9.4 (50.0%)
390	<b>PILAREK Monika</b>	<b>1433</b>		K-18	3	00:00:25	00:32:01	01:05:35	<b>01:08:07.35</b>	<b>01:08:33.30</b>	+00:34:34 (50.7%)	6:29	9.2 (48.9%)
391	<b>PRZYŁUCKI Grzegorz</b>	<b>1285</b>		M-50	22	00:01:27	00:31:36	01:04:53	<b>01:07:17.45</b>	<b>01:08:45.20</b>	+00:33:44 (50.1%)	6:24	9.4 (50.0%)
392	<b>KLOC Izabela</b>	<b>1136</b>	FLUOR	K-30	54	00:00:58	00:31:35	01:05:19	<b>01:07:53.30</b>	<b>01:08:51.40</b>	+00:34:20 (50.6%)	6:27	9.3 (49.5%)
393	<b>POLUS-WŁODARZ Iwona</b>	<b>1276</b>		K-40	48	00:01:11	00:32:14	01:05:20	<b>01:07:42.80</b>	<b>01:08:54.45</b>	+00:34:09 (50.4%)	6:26	9.3 (49.5%)
394	<b>LEWICKA Beata</b>	<b>1498</b>		K-30	52	00:01:19	00:31:48	01:05:24	<b>01:07:43.75</b>	<b>01:09:03.45</b>	+00:34:10 (50.5%)	6:27	9.3 (49.5%)
395	<b>PACUŁA Tatiana</b>	<b>1245</b>	PĘDZIWIATR GLIWICE	K-50	9	00:01:37	00:32:03	01:05:18	<b>01:07:42.20</b>	<b>01:09:19.40</b>	+00:34:09 (50.4%)	6:26	9.3 (49.5%)
396	<b>DZIUBKA Julia</b>	<b>1064</b>		K-20	22	00:01:07	00:33:33	01:06:16	<b>01:08:18.90</b>	<b>01:09:26.85</b>	+00:34:45 (50.9%)	6:30	9.2 (48.9%)
397	<b>MATUSZEWSKA Monika</b>	<b>455</b>		K-40	51	00:00:29	00:32:27	01:06:21	<b>01:08:57.80</b>	<b>01:09:27.70</b>	+00:35:24 (51.3%)	6:34	9.1 (48.4%)
398	<b>PAWLARCZYK Karolina</b>	<b>1255</b>		K-20	23	00:01:05	00:32:50	01:06:13	<b>01:08:23.40</b>	<b>01:09:29.35</b>	+00:34:50 (50.9%)	6:30	9.2 (48.9%)
399	<b>DADAŚ Elżbieta</b>	<b>1049</b>	NIGHT RUNNERS GLIWICE	K-40	50	00:00:42	00:31:58	01:06:20	<b>01:08:51.55</b>	<b>01:09:34.40</b>	+00:35:18 (51.3%)	6:33	9.1 (48.4%)
400	<b>DENKOWSKI Wojciech</b>	<b>1422</b>	NIGHT RUNNERS GLIWICE	M-50	23	00:01:19	00:32:46	01:05:56	<b>01:08:18.15</b>	<b>01:09:38.05</b>	+00:34:44 (50.9%)	6:30	9.2 (48.9%)
401	<b>OLESIŃSKA Ewa</b>	<b>1236</b>	FLUOR	K-40	52	00:00:40	00:31:56	01:06:18	<b>01:09:01.70</b>	<b>01:09:41.90</b>	+00:35:28 (51.4%)	6:34	9.1 (48.4%)
402	<b>PIENIAK Karolina</b>	<b>1260</b>		K-20	24	00:01:12	00:32:17	01:06:05	<b>01:08:31.60</b>	<b>01:09:43.70</b>	+00:34:58 (51.0%)	6:31	9.2 (48.9%)
403	<b>SZUMIATA Milena</b>	<b>1351</b>		K-20	25	00:01:11	00:32:18	01:06:06	<b>01:08:32.10</b>	<b>01:09:43.90</b>	+00:34:58 (51.0%)	6:31	9.2 (48.9%)
404	<b>GRZYŚKA Piotr</b>	<b>1102</b>	KNIGHT RUNNERS ZABRZE	M-30	109	00:01:10	00:31:23	01:06:11	<b>01:08:48.30</b>	<b>01:09:58.95</b>	+00:35:15 (51.2%)	6:33	9.2 (48.9%)
405	<b>PIOTROWSKA Anna</b>	<b>1265</b>		K-20	26	00:01:22	00:33:46	01:06:32	<b>01:08:39.35</b>	<b>01:10:01.55</b>	+00:35:06 (51.1%)	6:32	9.2 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
406	<b>ROLNIK Joanna</b>	<b>1470</b>		K-30	55	00:01:24	00:32:24	01:06:04	<b>01:08:44.20</b>	<b>01:10:08.45</b>	+00:35:11 (51.2%)	6:32	9.2 (48.9%)
407	<b>TOMASZEWSKA Mirosława</b>	<b>1362</b>	MOMO RESTAURANT & COCKTAIL BAR	K-30	58	00:00:23	00:31:12	01:07:05	<b>01:09:49.15</b>	<b>01:10:12.15</b>	+00:36:15 (51.9%)	6:38	9 (47.9%)
408	<b>WYSOCZAŃSKI Andrzej</b>	<b>1395</b>	TSH TEAM	M-30	112	00:00:00	00:33:23	01:07:51	<b>01:10:29.55</b>	<b>01:10:29.55</b>	+00:36:56 (52.4%)	6:42	8.9 (47.3%)
409	<b>STEBEL Damian</b>	<b>1418</b>		M-20	37	00:01:32	00:33:22	01:06:52	<b>01:08:56.90</b>	<b>01:10:29.85</b>	+00:35:23 (51.3%)	6:34	9.1 (48.4%)
410	<b>BENTKOWSKI Lesław</b>	<b>1020</b>	DIRTY SPARROWS	M-70	1	00:00:20	00:33:22	01:07:42	<b>01:10:21.20</b>	<b>01:10:41.75</b>	+00:36:48 (52.3%)	6:42	9 (47.9%)
411	<b>PANKIEWICZ Katarzyna</b>	<b>1250</b>		K-40	54	00:00:45	00:31:07	01:07:12	<b>01:10:01.10</b>	<b>01:10:46.35</b>	+00:36:27 (52.1%)	6:40	9 (47.9%)
412	<b>SKRZYPEK Marta</b>	<b>1319</b>	GOOD TIME SPORT	K-30	56	00:01:26	00:32:37	01:06:43	<b>01:09:21.35</b>	<b>01:10:47.80</b>	+00:35:48 (51.6%)	6:36	9.1 (48.4%)
412	<b>PLESZCZYŃSKA Iwona</b>	<b>1270</b>		K-30	59	00:00:19	00:30:50	01:07:50	<b>01:10:27.95</b>	<b>01:10:47.80</b>	+00:36:54 (52.4%)	6:42	8.9 (47.3%)
414	<b>KOCHANEK Aleksandra</b>	<b>1140</b>		K-40	53	00:01:22	00:33:18	01:07:17	<b>01:09:46.20</b>	<b>01:11:09.05</b>	+00:36:13 (51.9%)	6:38	9 (47.9%)
415	<b>STEFANEK Michał</b>	<b>1497</b>		M-30	110	00:01:35	00:32:09	01:07:32	<b>01:09:46.75</b>	<b>01:11:22.00</b>	+00:36:13 (51.9%)	6:38	9 (47.9%)
416	<b>KOCZY-ŁUSIAK Sylwia</b>	<b>1144</b>	WATAHA TEAM	K-30	57	00:01:42	00:33:05	01:07:22	<b>01:09:46.05</b>	<b>01:11:28.80</b>	+00:36:12 (51.9%)	6:38	9 (47.9%)
416	<b>ŁUSIAK Mariusz</b>	<b>1192</b>		M-30	111	00:01:41	00:33:06	01:07:22	<b>01:09:47.80</b>	<b>01:11:28.80</b>	+00:36:14 (51.9%)	6:38	9 (47.9%)
418	<b>STEPEL Grzegorz</b>	<b>1338</b>		M-40	81	00:01:00	00:33:25	01:08:25	<b>01:10:57.20</b>	<b>01:11:57.80</b>	+00:37:24 (52.7%)	6:45	8.9 (47.3%)
419	<b>GROS Michał</b>	<b>1097</b>		M-20	39	00:00:32	00:32:32	01:09:04	<b>01:11:31.05</b>	<b>01:12:03.60</b>	+00:37:57 (53.1%)	6:48	8.8 (46.8%)
420	<b>SIERAKOWSKA Anna</b>	<b>1308</b>	FUCHS OIL TEAM	K-30	60	00:01:24	00:32:04	01:08:12	<b>01:10:42.35</b>	<b>01:12:06.70</b>	+00:37:09 (52.5%)	6:44	8.9 (47.3%)
421	<b>KUBOWICZ Maryjusz</b>	<b>1174</b>	FUCH OIL TEAM	M-30	113	00:01:24	00:32:04	01:08:12	<b>01:10:42.70</b>	<b>01:12:07.00</b>	+00:37:09 (52.5%)	6:44	8.9 (47.3%)
422	<b>JACHYMOWSKA Dominika</b>	<b>1112</b>		K-30	61	00:01:36	00:33:07	01:08:23	<b>01:10:45.65</b>	<b>01:12:22.60</b>	+00:37:12 (52.6%)	6:44	8.9 (47.3%)
423	<b>WYPYCH - ŚLUSARSKA Agata</b>	<b>1393</b>		K-30	62	00:01:30	00:32:53	01:08:20	<b>01:10:56.10</b>	<b>01:12:26.65</b>	+00:37:22 (52.7%)	6:45	8.9 (47.3%)
424	<b>WINIARSKA Aleksandra</b>	<b>1431</b>		K-18	4	00:00:10	00:32:14	01:09:46	<b>01:12:29.00</b>	<b>01:12:39.30</b>	+00:38:55 (53.7%)	6:54	8.7 (46.3%)
425	<b>BISZ Magdalena</b>	<b>1446</b>		K-20	27	00:01:02	00:33:20	01:09:09	<b>01:11:50.50</b>	<b>01:12:52.50</b>	+00:38:17 (53.3%)	6:50	8.8 (46.8%)
426	<b>WACŁAWEK Tomek</b>	<b>1370</b>		M-20	38	00:01:27	00:33:27	01:09:18	<b>01:11:30.40</b>	<b>01:12:57.75</b>	+00:37:57 (53.1%)	6:48	8.8 (46.8%)
427	<b>NOWAK Ewa</b>	<b>1226</b>		K-40	56	00:00:45	00:33:05	01:09:56	<b>01:12:23.70</b>	<b>01:13:08.85</b>	+00:38:50 (53.7%)	6:53	8.7 (46.3%)
428	<b>KOCYAN Małgorzata</b>	<b>1143</b>	BIEGAJ Z TRENERAMI	K-50	10	00:01:35	00:33:03	01:08:54	<b>01:11:35.75</b>	<b>01:13:11.70</b>	+00:38:02 (53.1%)	6:49	8.8 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
429	<b>PŁOSKONKA Tomasz</b>	<b>1275</b>		M-30	114	00:01:37	00:33:27	01:09:10	<b>01:11:35.00</b>	<b>01:13:12.15</b>	+00:38:01 (53.1%)	6:49	8.8 (46.8%)
430	<b>RAŁ Zdzisława</b>	<b>1290</b>	INDYWIDUALNIE	K-60	2	00:01:03	00:33:19	01:09:33	<b>01:12:21.85</b>	<b>01:13:25.15</b>	+00:38:48 (53.6%)	6:53	8.7 (46.3%)
431	<b>ZAKLIŃSKA Katarzyna</b>	<b>1401</b>	TMTEAM	K-40	55	00:01:45	00:33:51	01:09:28	<b>01:11:49.25</b>	<b>01:13:34.75</b>	+00:38:16 (53.3%)	6:50	8.8 (46.8%)
432	<b>ŁUKASZEWSKI Piotr</b>	<b>1190</b>	PIAST GLIWICE	M-30	116	00:00:33	00:33:47	01:10:48	<b>01:13:13.80</b>	<b>01:13:46.95</b>	+00:39:40 (54.2%)	6:58	8.6 (45.7%)
433	<b>ŁUKASZEWSKA Justyna</b>	<b>1189</b>	STEP DANCE	K-30	64	00:00:31	00:33:49	01:10:50	<b>01:13:15.05</b>	<b>01:13:47.00</b>	+00:39:41 (54.2%)	6:58	8.6 (45.7%)
434	<b>OLSZOK Dawid</b>	<b>1237</b>	HIRSCHVOGEL	M-20	40	00:01:12	00:34:20	01:09:50	<b>01:12:35.65</b>	<b>01:13:48.40</b>	+00:39:02 (53.8%)	6:54	8.7 (46.3%)
435	<b>PŁACHTA Sylwia</b>	<b>1482</b>		K-30	63	00:01:34	00:33:43	01:09:32	<b>01:12:16.70</b>	<b>01:13:51.45</b>	+00:38:43 (53.6%)	6:53	8.7 (46.3%)
436	<b>PŁACHTA Szymon</b>	<b>1481</b>		M-30	115	00:01:35	00:33:43	01:09:33	<b>01:12:17.00</b>	<b>01:13:52.20</b>	+00:38:43 (53.6%)	6:53	8.7 (46.3%)
437	<b>WIANKOWSKA Elizabeth</b>	<b>1499</b>		K-50	11	00:00:13	00:33:42	01:11:00	<b>01:13:41.00</b>	<b>01:13:54.90</b>	+00:40:07 (54.5%)	7:01	8.6 (45.7%)
438	<b>SZYDŁAK Iwona</b>	<b>1355</b>		K-40	57	00:01:30	00:33:23	01:10:40	<b>01:13:06.40</b>	<b>01:14:37.00</b>	+00:39:33 (54.1%)	6:57	8.6 (45.7%)
439	<b>MYŚLAK Mariusz</b>	<b>1484</b>		M-40	82	00:01:12	00:33:59	01:10:50	<b>01:13:27.55</b>	<b>01:14:39.60</b>	+00:39:54 (54.3%)	6:59	8.6 (45.7%)
440	<b>HRYSZKIEWICZ Barbara</b>	<b>1110</b>	FIS-SST TEAM	K-40	58	00:01:30	00:34:42	01:11:19	<b>01:13:34.65</b>	<b>01:15:04.95</b>	+00:40:01 (54.4%)	7:00	8.6 (45.7%)
441	<b>GORAJ ZAJĄC Aleksandra</b>	<b>1500</b>		K-40	59	00:00:06	00:35:29	01:12:50	<b>01:15:22.05</b>	<b>01:15:28.70</b>	+00:41:48 (55.5%)	7:10	8.4 (44.7%)
442	<b>JÓZEFczyk Katarzyna</b>	<b>1123</b>	ISTA BIEGAMY	K-30	65	00:01:24	00:34:19	01:12:18	<b>01:15:03.10</b>	<b>01:16:27.70</b>	+00:41:29 (55.3%)	7:08	8.4 (44.7%)
443	<b>PILARSKI Arkadiusz</b>	<b>1264</b>		M-20	41	00:00:26	00:35:31	01:13:23	<b>01:16:08.00</b>	<b>01:16:34.80</b>	+00:42:34 (55.9%)	7:15	8.3 (44.1%)
444	<b>RUTKA Wiola</b>	<b>1301</b>		K-30	66	00:00:26	00:35:31	01:13:23	<b>01:16:08.65</b>	<b>01:16:35.00</b>	+00:42:35 (55.9%)	7:15	8.3 (44.1%)
445	<b>KOCHANEK Jarosław</b>	<b>1139</b>		M-40	83	00:01:22	00:33:53	01:12:38	<b>01:15:19.35</b>	<b>01:16:42.05</b>	+00:41:46 (55.5%)	7:10	8.4 (44.7%)
446	<b>GORZKOWSKA Małgorzata</b>	<b>1093</b>		K-20	29	00:01:22	00:34:52	01:12:39	<b>01:15:19.55</b>	<b>01:16:42.30</b>	+00:41:46 (55.5%)	7:10	8.4 (44.7%)
447	<b>TRZASKALIK Aleksandra</b>	<b>1366</b>		K-20	28	00:01:23	00:34:51	01:12:38	<b>01:15:19.05</b>	<b>01:16:42.40</b>	+00:41:45 (55.5%)	7:10	8.4 (44.7%)
448	<b>RACZKOWSKA Maja</b>	<b>1288</b>		K-18	5	00:00:17	00:36:31	01:14:10	<b>01:16:34.75</b>	<b>01:16:52.05</b>	+00:43:01 (56.2%)	7:17	8.2 (43.6%)
449	<b>FAMUŁA Marek</b>	<b>1070</b>	FAMUŁA TEAM	M-60	7	00:00:37	00:36:39	01:13:55	<b>01:16:37.45</b>	<b>01:17:14.85</b>	+00:43:04 (56.2%)	7:17	8.2 (43.6%)
450	<b>PYREK Marek</b>	<b>1432</b>	TOROS DE ESPANA	M-30	117	00:01:38	00:36:01	01:13:27	<b>01:16:04.65</b>	<b>01:17:43.60</b>	+00:42:31 (55.9%)	7:14	8.3 (44.1%)
451	<b>ZIOŁKOWSKA Barbara</b>	<b>1407</b>		K-30	67	00:01:39	00:34:09	01:13:25	<b>01:16:10.35</b>	<b>01:17:50.10</b>	+00:42:37 (56.0%)	7:15	8.3 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
452	<b>STARCZEWSKA Jolanta</b>	<b>690</b>		K-30	68	00:01:00	00:35:11	01:14:26	<b>01:17:11.95</b>	<b>01:18:12.55</b>	+00:43:38 (56.5%)	7:21	8.2 (43.6%)
453	<b>STEFAŃSKA Magdalena</b>	<b>1438</b>		K-20	30	00:00:36	00:35:05	01:15:09	<b>01:18:02.30</b>	<b>01:18:38.75</b>	+00:44:29 (57.0%)	7:25	8.1 (43.1%)
454	<b>KONOPACKA Krystyna</b>	<b>1151</b>		K-60	3	00:00:29	00:35:46	01:15:25	<b>01:18:12.70</b>	<b>01:18:42.45</b>	+00:44:39 (57.1%)	7:26	8.1 (43.1%)
455	<b>CEBULAK Grzegorz</b>	<b>1037</b>		M-40	84	00:00:44	00:34:34	01:15:41	<b>01:18:18.65</b>	<b>01:19:02.95</b>	+00:44:45 (57.2%)	7:27	8 (42.6%)
456	<b>TUROWSKA Anna</b>	<b>1436</b>		K-40	60	00:00:36	00:35:46	01:16:07	<b>01:18:56.30</b>	<b>01:19:32.40</b>	+00:45:23 (57.5%)	7:31	8 (42.6%)
457	<b>STEFAŃSKA Beata</b>	<b>1437</b>		K-50	12	00:00:36	00:35:46	01:16:06	<b>01:18:56.00</b>	<b>01:19:32.50</b>	+00:45:22 (57.5%)	7:31	8 (42.6%)
458	<b>OSTROWSKA Justyna</b>	<b>1242</b>	NIGHT RUNNERS GLIWICE	K-30	70	00:00:26	00:36:20	01:16:48	<b>01:19:12.90</b>	<b>01:19:39.70</b>	+00:45:39 (57.6%)	7:32	8 (42.6%)
459	<b>WOJTUKIEWICZ Justyna</b>	<b>1387</b>		K-30	69	00:01:27	00:37:02	01:16:02	<b>01:18:44.15</b>	<b>01:20:12.05</b>	+00:45:10 (57.4%)	7:30	8 (42.6%)
460	<b>FRAĆ Elżbieta</b>	<b>1073</b>	NIGHT RUNNERS GLIWICE	K-40	61	00:01:19	00:36:39	01:18:45	<b>01:21:28.00</b>	<b>01:22:47.15</b>	+00:47:54 (58.8%)	7:45	7.7 (41.0%)
461	<b>CZENCZEK Michał</b>	<b>1047</b>	ETISOFT RUNNING TEAM	M-30	118	00:01:37	00:39:46	01:20:57	<b>01:23:20.05</b>	<b>01:24:57.90</b>	+00:49:46 (59.7%)	7:56	7.6 (40.4%)
462	<b>STELMASZCZUK Damian</b>	<b>1337</b>		M-40	85	00:00:18	00:39:01	01:22:09	<b>01:24:47.15</b>	<b>01:25:05.75</b>	+00:51:13 (60.4%)	8:04	7.4 (39.4%)
463	<b>CZENCZEK Magdalena</b>	<b>1046</b>	ETISOFT RUNNING TEAM	K-30	71	00:01:37	00:39:47	01:20:57	<b>01:23:58.60</b>	<b>01:25:36.40</b>	+00:50:25 (60.0%)	7:59	7.5 (39.9%)
464	<b>REITER Hanna</b>	<b>1292</b>	SLOW JOGGING GLIWICE	K-40	62	00:01:38	00:39:45	01:20:53	<b>01:23:58.20</b>	<b>01:25:36.50</b>	+00:50:25 (60.0%)	7:59	7.5 (39.9%)
465	<b>KOJ Krzysztof</b>	<b>1145</b>	PPP GLIWICE	M-30	119	00:01:15	00:39:10	01:20:41	<b>01:25:18.80</b>	<b>01:26:34.40</b>	+00:51:45 (60.7%)	8:07	7.4 (39.4%)
466	<b>SZEW CZUK Szymon Franciszek</b>	<b>1346</b>		M-20	42	00:00:21	00:40:04	01:23:37	<b>01:26:13.50</b>	<b>01:26:35.45</b>	+00:52:40 (61.1%)	8:12	7.3 (38.8%)
467	<b>TOMCZAK Joanna</b>	<b>1363</b>	ZABIEGANI NAUCZYCIELE	K-30	72	00:00:38	00:40:02	01:24:00	<b>01:27:08.55</b>	<b>01:27:47.25</b>	+00:53:35 (61.5%)	8:18	7.2 (38.3%)
468	<b>PARUZEL Agnieszka</b>	<b>1252</b>	ZABIEGANI NAUCZYCIELE	K-40	64	00:00:38	00:40:03	01:24:00	<b>01:27:17.30</b>	<b>01:27:56.00</b>	+00:53:44 (61.6%)	8:18	7.2 (38.3%)
469	<b>ROGACKA - RZEPKA Maria</b>	<b>1294</b>	LOBOS TEAM	K-40	63	00:00:39	00:40:02	01:24:00	<b>01:27:17.10</b>	<b>01:27:56.65</b>	+00:53:43 (61.6%)	8:18	7.2 (38.3%)
470	<b>ADAMOWSKA Katarzyna</b>	<b>1011</b>	ZABIEGANI NAUCZYCIELE	K-30	73	00:00:39	00:40:02	01:24:00	<b>01:27:17.30</b>	<b>01:27:56.70</b>	+00:53:44 (61.6%)	8:18	7.2 (38.3%)
471	<b>SZCZYRBA Łukasz</b>	<b>1345</b>	EUVIC	M-30	120	00:00:14	00:41:39	01:26:55	<b>01:30:38.10</b>	<b>01:30:52.60</b>	+00:57:04 (63.0%)	8:37	7 (37.2%)
472	<b>NIEWDANA Anna</b>	<b>1224</b>	EUVIC	K-20	32	00:00:16	00:41:37	01:26:52	<b>01:30:36.15</b>	<b>01:30:52.65</b>	+00:57:02 (63.0%)	8:37	7 (37.2%)
473	<b>SMOLNIK Alicja</b>	<b>1323</b>		K-20	31	00:01:31	00:41:42	01:26:32	<b>01:29:46.75</b>	<b>01:31:18.40</b>	+00:56:13 (62.6%)	8:33	7 (37.2%)
474	<b>SANESTRZIK Jkaub</b>	<b>1494</b>		M-20	43	00:01:31	00:41:42	01:26:32	<b>01:29:46.70</b>	<b>01:31:18.50</b>	+00:56:13 (62.6%)	8:33	7 (37.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
475	<b>MRÓWKA Ilona</b>	<b>1217</b>		K-40	65	00:01:14	00:43:12	01:28:27	<b>01:32:01.65</b>	<b>01:33:15.85</b>	+00:58:28 (63.5%)	8:45	6.8 (36.2%)
476	<b>CIESZYŃSKA Jola</b>	<b>906</b>		K-50	13	00:00:21	00:44:17	01:26:57	<b>01:36:20.00</b>	<b>01:36:41.35</b>	+01:02:46 (65.2%)	9:10	6.5 (34.6%)
	<b>WOJCIECH Szymon</b>	<b>1385</b>		M-20		DNF	00:26:33 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 477 wynik(ów)