



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	CIEPŁAK Marcin	1445		M-20	1	00:00:01		00:32:18	00:33:33.20	00:33:34.20		3:11	18.8 (100%)
2	POZEVILOV Dmitro	1010		M-30	1	00:00:00	00:15:58	00:32:23	00:33:46.50	00:33:46.50	+00:00:13 (0.7%)	3:12	18.7 (99.5%)
3	CZAPLA Kamil	1043	INŻYNIERIA BIEGANIA	M-20	2	00:00:01	00:15:59	00:33:11	00:34:32.00	00:34:33.20	+00:00:58 (2.8%)	3:17	18.2 (96.8%)
4	ROSIŃSKI Artur	1296	PARKRUN KATOWICE	M-20	3	00:00:01	00:17:05	00:34:59	00:36:18.45	00:36:19.45	+00:02:45 (7.6%)	3:27	17.4 (92.6%)
5	PSTRAŚ Leszek	1286	PARKRUN KATOWICE	M-30	2	00:00:02	00:18:01	00:36:51	00:38:08.55	00:38:10.80	+00:04:35 (12.0%)	3:37	16.5 (87.8%)
6	SZYMAŃSKI Bartosz	1356	NIEWYMIĘKACZE	M-30	3	00:00:02	00:18:02	00:36:49	00:38:10.10	00:38:12.30	+00:04:36 (12.1%)	3:38	16.5 (87.8%)
7	GIŻYŃSKI Damian	1087	KOLEJARZ BEST 4U	M-30	4	00:00:02	00:18:10	00:37:03	00:38:29.90	00:38:32.50	+00:04:56 (12.8%)	3:40	16.4 (87.2%)
8	BABULA Przemysław	1015	GKS PIAST GLIWICE	M-20	4	00:00:02	00:17:44	00:37:26	00:38:55.85	00:38:58.10	+00:05:22 (13.8%)	3:42	16.2 (86.2%)
9	MAŚLANKA Tomasz	1202	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-40	1	00:00:02	00:18:13	00:37:42	00:39:12.65	00:39:14.90	+00:05:39 (14.4%)	3:44	16.1 (85.6%)
10	ROGOWSKI Maciej	1295	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	2	00:00:02	00:18:23	00:38:03	00:39:31.55	00:39:34.35	+00:05:58 (15.1%)	3:45	15.9 (84.6%)
11	SZYMURA Wojciech	1358		M-40	3	00:00:04	00:18:52	00:38:54	00:40:18.75	00:40:23.70	+00:06:45 (16.8%)	3:50	15.6 (83.0%)
12	BYRCZEK Jan	1001		M-18	1	00:00:02	00:18:37	00:38:58	00:40:22.15	00:40:25.00	+00:06:48 (16.9%)	3:50	15.6 (83.0%)
13	SNARSKI Bogdan	1325	ALBATROSY	M-30	5	00:00:03	00:18:52	00:38:55	00:40:25.40	00:40:28.70	+00:06:52 (17.0%)	3:50	15.6 (83.0%)
14	OCHMAN Paweł	1232	FUTURE PROCESSING RUNNING TEAM	M-30	6	00:00:03	00:19:05	00:39:04	00:40:31.25	00:40:34.35	+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	LEDWOŃ Paweł	1513		M-30	7	00:00:03	00:19:22	00:39:01	00:40:37.35	00:40:40.70	+00:07:04 (17.4%)	3:52	15.5 (82.4%)
16	KLIMAS Kamil	1477		M-30	8	00:00:05	00:19:56	00:39:41	00:41:03.25	00:41:08.60	+00:07:30 (18.3%)	3:54	15.3 (81.4%)
17	WŁODARCZYK Patrycja	1009	JKLA JAWOR	K-30	1	00:00:01	00:20:00	00:39:45	00:41:13.90	00:41:15.55	+00:07:40 (18.6%)	3:55	15.3 (81.4%)
18	BOJARCZUK Tomasz	1028	PRO366	M-20	5	00:00:02	00:19:29	00:40:03	00:41:38.20	00:41:40.85	+00:08:05 (19.4%)	3:57	15.1 (80.3%)
19	ALKER Andrzej	1013		M-30	9	00:00:03	00:19:42	00:40:15	00:41:42.50	00:41:45.85	+00:08:09 (19.6%)	3:58	15.1 (80.3%)
20	HALMAN Tomasz	1105		M-30	10	00:00:03	00:19:26	00:40:30	00:41:58.20	00:42:01.80	+00:08:25 (20.1%)	3:59	15 (79.8%)
21	GOŁYŚ Grzegorz	1496		M-20	6	00:00:03	00:19:37	00:40:37	00:42:03.40	00:42:07.00	+00:08:30 (20.2%)	4:00	15 (79.8%)
22	DZIDA Janusz	1063		M-30	11	00:00:05	00:19:27	00:40:40	00:42:14.95	00:42:20.60	+00:08:41 (20.6%)	4:01	14.9 (79.3%)
23	BROL Dominika	1029	ENDURANCE TEAM	K-30	2	00:00:03	00:20:10	00:40:51	00:42:24.65	00:42:28.40	+00:08:51 (20.9%)	4:02	14.9 (79.3%)
24	KUCHARCZYK Jakub	1002	OTK RZEŹNIK	M-18	2	00:00:02	00:19:12	00:41:12	00:42:39.60	00:42:41.80	+00:09:06 (21.3%)	4:03	14.8 (78.7%)
25	LEWICKA Elżbieta	1454		K-40	1	00:00:02	00:20:17	00:41:11	00:42:40.55	00:42:43.35	+00:09:07 (21.4%)	4:03	14.8 (78.7%)
26	JABŁOŃSKI Tomasz	1488		M-40	4	00:00:03	00:19:37	00:40:51	00:42:41.15	00:42:44.30	+00:09:07 (21.4%)	4:03	14.8 (78.7%)
27	KURAŚ Mateusz	1180	FAST FOOT TEAM SIEWIERZ	M-20	7	00:00:02	00:19:24	00:41:04	00:42:46.40	00:42:48.65	+00:09:13 (21.6%)	4:04	14.7 (78.2%)
28	PIOTROWSKI Grzegorz	1267	SOCIOS SILESIA	M-18	3	00:00:04	00:19:59	00:41:26	00:42:58.35	00:43:02.80	+00:09:25 (21.9%)	4:05	14.7 (78.2%)
29	DOLATA Krzysztof	1051	SOCIOS SILESIA	M-30	12	00:00:04	00:20:32	00:41:40	00:43:18.55	00:43:22.60	+00:09:45 (22.5%)	4:07	14.5 (77.1%)
30	BUŁAWA Filip	1004	OTK RZEŹNIK	M-18	4	00:00:02	00:20:15	00:41:46	00:43:20.70	00:43:23.65	+00:09:47 (22.6%)	4:07	14.5 (77.1%)
31	BRYŁA Grzegorz	1031		M-40	5	00:00:09	00:20:14	00:41:55	00:43:30.30	00:43:39.35	+00:09:57 (22.9%)	4:08	14.5 (77.1%)
32	CIECIAK Grzegorz	1041	MEGAWAT RUNNING TEAM	M-40	6	00:00:08	00:20:56	00:41:59	00:43:33.25	00:43:41.55	+00:10:00 (23.0%)	4:08	14.5 (77.1%)
33	SZASTAK Damian	1343	HARPAGAN SOSNOWIEC	M-40	7	00:00:04	00:20:12	00:42:03	00:43:44.30	00:43:48.80	+00:10:11 (23.3%)	4:09	14.4 (76.6%)
34	SWARLIK Rafał	1506		M-40	8	00:00:08	00:21:13	00:42:14	00:43:48.65	00:43:56.65	+00:10:15 (23.4%)	4:10	14.4 (76.6%)
35	BLUS Marcin	1024		M-40	9	00:00:04	00:20:21	00:42:19	00:44:02.25	00:44:06.45	+00:10:29 (23.8%)	4:11	14.3 (76.1%)
36	MICHALSKI Jarosław	1469		M-30	13	00:00:19	00:21:05	00:43:05	00:44:38.05	00:44:57.55	+00:11:04 (24.8%)	4:15	14.1 (75.0%)
37	NOWAK Mateusz	1227		M-20	8	00:00:05	00:20:45	00:43:15	00:44:52.85	00:44:58.80	+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	PROKOP Bartosz	952		M-18	5	00:00:21	00:20:36	00:43:09	00:44:45.20	00:45:06.95	+00:11:12 (25.0%)	4:15	14.1 (75.0%)
39	KONFEDERAK Tomasz	1150		M-40	10	00:00:08	00:20:50	00:43:19	00:45:00.40	00:45:08.85	+00:11:27 (25.4%)	4:17	14 (74.5%)
40	LILLA Piotr	1186	ML DESIGN	M-30	14	00:00:06	00:20:56	00:43:26	00:45:03.05	00:45:09.85	+00:11:29 (25.5%)	4:17	14 (74.5%)
41	ZDON Paweł	1404		M-30	16	00:00:05	00:20:59	00:43:27	00:45:11.25	00:45:17.05	+00:11:38 (25.7%)	4:18	13.9 (73.9%)
42	WOJEWÓDKA Krystian	1386	SOCIOS SILESIA	M-20	9	00:00:03	00:21:00	00:43:46	00:45:22.00	00:45:25.90	+00:11:48 (26.0%)	4:19	13.9 (73.9%)
43	EISLER Tomasz	1067	SKLEPBIKER.PL	M-30	17	00:00:07	00:21:09	00:43:47	00:45:30.10	00:45:37.85	+00:11:56 (26.3%)	4:20	13.8 (73.4%)
44	BOGUS Bartosz	1026	#LUBLINIEC	M-20	10	00:00:10	00:21:33	00:43:54	00:45:37.65	00:45:47.80	+00:12:04 (26.5%)	4:20	13.8 (73.4%)
45	KAMIŃSKI Jacek	1129		M-30	15	00:00:48	00:21:27	00:43:28	00:45:08.10	00:45:56.55	+00:11:34 (25.7%)	4:17	14 (74.5%)
46	RUDZIŃSKI Jacek	1299		M-30	18	00:00:12	00:22:11	00:44:09	00:45:44.65	00:45:57.10	+00:12:11 (26.7%)	4:21	13.8 (73.4%)
47	KONOPKO Krzysztof	1153		M-30	19	00:00:13	00:21:58	00:44:08	00:45:49.50	00:46:03.15	+00:12:16 (26.8%)	4:21	13.7 (72.9%)
48	WINIARCZYK-JADACH Beata	1383		K-40	2	00:00:09	00:21:49	00:44:14	00:45:55.05	00:46:04.50	+00:12:21 (26.9%)	4:22	13.7 (72.9%)
49	CZARNOZYNSKI Aleksander	1045	GTT INTERPROJEKT	M-50	1	00:00:07	00:22:03	00:44:21	00:46:03.05	00:46:10.50	+00:12:29 (27.1%)	4:23	13.7 (72.9%)
50	JEZUSEK Piotrek	1121	NIGHT RUNNERS GLIWICE	M-30	20	00:00:16	00:22:03	00:44:34	00:46:09.35	00:46:26.15	+00:12:36 (27.3%)	4:23	13.6 (72.3%)
51	JACHYM Arkadiusz	1111	SOCIOS SILESIA	M-30	23	00:00:04	00:21:35	00:44:59	00:46:40.60	00:46:44.95	+00:13:07 (28.1%)	4:26	13.5 (71.8%)
52	PACANA Patryk	1244	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	11	00:00:09	00:22:00	00:45:01	00:46:44.10	00:46:53.20	+00:13:10 (28.2%)	4:27	13.5 (71.8%)
53	BILNICKA Paulina	1023	FLUOR	K-20	1	00:00:42	00:21:48	00:44:38	00:46:18.50	00:47:00.90	+00:12:45 (27.5%)	4:24	13.6 (72.3%)
54	MICHAŁUSZEK Sebastian	1209	BIEG - UNKA	M-40	11	00:00:11	00:22:30	00:45:11	00:46:55.65	00:47:07.50	+00:13:22 (28.5%)	4:28	13.4 (71.3%)
55	WATOŁA Marek	1377	M&M	M-30	24	00:00:10	00:22:17	00:45:35	00:47:06.90	00:47:17.30	+00:13:33 (28.8%)	4:29	13.4 (71.3%)
56	MACHEJ Remigiusz	1195	ML DESIGN	M-30	25	00:00:06	00:21:42	00:45:34	00:47:14.50	00:47:21.35	+00:13:41 (29.0%)	4:30	13.3 (70.7%)
57	PIECUCH Agnieszka	1435	INŻYNIERIA BIEGANIA	K-30	3	00:00:06	00:22:00	00:45:29	00:47:18.05	00:47:24.10	+00:13:44 (29.1%)	4:30	13.3 (70.7%)
58	WYRZGOL Andrzej	1394		M-40	14	00:00:11	00:22:47	00:45:42	00:47:20.20	00:47:31.75	+00:13:47 (29.1%)	4:30	13.3 (70.7%)
59	ZIÓŁKOWSKI Grzegorz	1409		M-40	13	00:00:23	00:22:13	00:45:29	00:47:09.40	00:47:32.80	+00:13:36 (28.8%)	4:29	13.4 (71.3%)
60	KOTRA Jacek	1158		M-30	26	00:00:10	00:22:38	00:45:45	00:47:26.90	00:47:37.05	+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	00:46:28.55	00:47:39.40	+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	00:46:13.40	00:47:40.70	+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	00:47:06.80	00:47:48.30	+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	00:47:47.45	00:47:51.80	+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	00:47:43.70	00:47:55.50	+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	00:47:28.95	00:48:03.70	+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	00:47:52.35	00:48:12.85	+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	00:48:16.10	00:48:27.70	+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	00:48:33.45	00:48:43.80	+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	00:48:35.20	00:48:48.00	+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	00:48:44.00	00:48:49.35	+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	00:48:59.50	00:49:05.25	+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	00:48:58.45	00:49:11.30	+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	00:49:08.95	00:49:16.30	+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	00:49:03.45	00:49:18.00	+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	00:48:30.50	00:49:23.70	+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	00:48:47.65	00:49:28.80	+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	00:48:34.10	00:49:35.35	+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	00:49:20.40	00:49:36.30	+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	00:49:02.75	00:49:46.70	+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	00:49:58.35	00:50:04.60	+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	00:49:21.25	00:50:07.80	+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	00:49:45.65	00:50:14.60	+00:16:12 (32.6%)	4:44	12.7 (67.6%)

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84	CHRZAŚCIK Tomasz	1040	FUTURE PROCESSING RUNNING TEAM	M-30	32	00:00:27	00:23:53	00:48:06	00:49:53.05	00:50:20.10	+00:16:19 (32.7%)	4:45	12.6 (67.0%)
85	MAŃKA Marcin	1200	MOMO RESTAURANT & COCKTAIL BAR	M-30	31	00:00:38	00:24:11	00:48:03	00:49:44.85	00:50:23.65	+00:16:11 (32.6%)	4:44	12.7 (67.6%)
86	SKORUPSKI Paweł	1318		M-40	27	00:00:11	00:23:32	00:48:13	00:50:15.00	00:50:26.05	+00:16:41 (33.2%)	4:47	12.5 (66.5%)
87	DOBOSZ Daniel	1050		M-40	26	00:00:18	00:23:10	00:48:26	00:50:13.95	00:50:32.05	+00:16:40 (33.2%)	4:47	12.5 (66.5%)
88	HAJOK Marek	1104		M-40	28	00:00:10	00:23:36	00:48:43	00:50:30.75	00:50:41.65	+00:16:57 (33.6%)	4:48	12.5 (66.5%)
89	WIĘCŁAW Grzegorz	1381	GŁOWA RZĄDZI	M-30	34	00:00:32	00:23:21	00:48:19	00:50:12.00	00:50:44.15	+00:16:38 (33.2%)	4:46	12.5 (66.5%)
90	FRYDA Marek	1074		M-40	24	00:01:11	00:23:44	00:47:47	00:49:37.85	00:50:49.05	+00:16:04 (32.4%)	4:43	12.7 (67.6%)
91	GRZEBNIEWSKA Judyta	1099	TEAM PAPRY	K-30	4	00:00:49	00:24:34	00:48:20	00:50:04.75	00:50:53.80	+00:16:31 (33.0%)	4:46	12.6 (67.0%)
92	SZWARCZYŃSKI Michał	1353		M-30	37	00:00:09	00:22:58	00:48:49	00:50:47.15	00:50:56.15	+00:17:13 (33.9%)	4:50	12.4 (66.0%)
93	MACHALICA Jacek	1194	FAMUŁA TEAM	M-30	35	00:00:37	00:24:17	00:48:37	00:50:21.15	00:50:58.40	+00:16:47 (33.4%)	4:47	12.5 (66.5%)
94	FICEK Krzysztof	1071		M-40	29	00:00:13	00:23:54	00:48:50	00:50:48.00	00:51:01.35	+00:17:14 (34.0%)	4:50	12.4 (66.0%)
95	WILMA Krzysztof	1466		M-40	30	00:00:23	00:23:35	00:48:59	00:50:52.35	00:51:16.15	+00:17:19 (34.0%)	4:50	12.4 (66.0%)
96	HARAZIN Janusz	1106	2 TM 4,7	M-30	36	00:00:33	00:24:49	00:48:53	00:50:46.15	00:51:19.90	+00:17:12 (33.9%)	4:50	12.4 (66.0%)
97	BŁASZCZUK Tomasz	1025		M-20	14	00:00:33	00:23:59	00:48:55	00:50:49.45	00:51:23.30	+00:17:16 (34.0%)	4:50	12.4 (66.0%)
98	PIJET Ewa	1263		K-40	3	00:00:37	00:24:28	00:49:07	00:50:54.20	00:51:31.85	+00:17:21 (34.1%)	4:50	12.4 (66.0%)
99	PILICH-NANOWSKA Agnieszka	1495		K-40	4	00:00:15	00:24:35	00:49:32	00:51:19.55	00:51:34.65	+00:17:46 (34.6%)	4:53	12.3 (65.4%)
100	GARNCARZ Jakub	1083		M-30	38	00:00:29	00:24:46	00:49:25	00:51:12.75	00:51:42.70	+00:17:39 (34.5%)	4:52	12.3 (65.4%)
101	CHROBAK Adam	1039		M-20	15	00:00:43	00:24:45	00:49:29	00:51:11.50	00:51:55.25	+00:17:38 (34.5%)	4:52	12.3 (65.4%)
102	GAŁĄZKA Paweł	1082	EUVIC	M-20	17	00:00:11	00:22:44	00:49:48	00:51:46.15	00:51:57.90	+00:18:12 (35.2%)	4:55	12.2 (64.9%)
103	MAZUR Łukasz	1204	EKO-OKNA RUNNERS	M-20	16	00:00:40	00:24:42	00:49:31	00:51:19.70	00:51:59.75	+00:17:46 (34.6%)	4:53	12.3 (65.4%)
104	SMOLARCZYK Michał	1321		M-40	31	00:00:23	00:24:56	00:49:48	00:51:42.90	00:52:05.90	+00:18:09 (35.1%)	4:55	12.2 (64.9%)
105	RYMASZEWSKI Wojtek	1302	WARSZTATKOSZULKOWY.PL	M-30	39	00:00:29	00:24:45	00:49:48	00:51:40.00	00:52:09.05	+00:18:06 (35.1%)	4:55	12.2 (64.9%)
106	PIETRYSIAK Stefan	1261	BWM POLSKA	M-50	5	00:00:05	00:24:07	00:50:14	00:52:14.50	00:52:19.50	+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	POLEWKA Aleksandra	1003	OTK RZEŹNIK	K-18	1	00:00:02	00:24:51	00:50:24	00:52:17.30	00:52:20.15	+00:18:44 (35.8%)	4:58	12 (63.8%)
108	KSIĄŻEK Grzegorz	1172		M-30	41	00:00:10	00:24:49	00:50:25	00:52:12.55	00:52:23.20	+00:18:39 (35.7%)	4:58	12.1 (64.4%)
109	GAJCZEWSKI Andrzej	1077		M-50	6	00:00:08	00:24:11	00:50:22	00:52:22.35	00:52:30.70	+00:18:49 (35.9%)	4:59	12 (63.8%)
110	KRZYMINSKA Patrycja	370	RUNBABYPOLSKA	K-20	2	00:01:22	00:25:36	00:49:30	00:51:15.30	00:52:37.75	+00:17:42 (34.5%)	4:52	12.3 (65.4%)
111	ZIOMEK Katarzyna	1408		K-40	5	00:00:10	00:24:11	00:50:26	00:52:28.25	00:52:38.90	+00:18:55 (36.1%)	4:59	12 (63.8%)
112	POLEWKA Tomasz	1005	OTK RZEŹNIK	M-40	32	00:00:02	00:24:51	00:50:47	00:52:41.75	00:52:44.30	+00:19:08 (36.3%)	5:01	12 (63.8%)
113	MICHAŁOWSKI Rafał	1208		M-30	40	00:00:48	00:25:00	00:50:08	00:52:02.40	00:52:50.40	+00:18:29 (35.5%)	4:57	12.1 (64.4%)
114	KOWALCZYK Jordan	1159		M-30	43	00:00:22	00:25:00	00:50:37	00:52:30.70	00:52:52.95	+00:18:57 (36.1%)	5:00	12 (63.8%)
115	MICHALSKI Robert	1207	HETMAN TARNOWSKIE GÓRY	M-30	44	00:00:25	00:25:18	00:50:41	00:52:31.05	00:52:56.95	+00:18:57 (36.1%)	5:00	12 (63.8%)
116	KOWALCZYK Katarzyna	1160		K-30	6	00:00:22	00:25:00	00:50:53	00:52:45.75	00:53:08.00	+00:19:12 (36.4%)	5:01	11.9 (63.3%)
117	PIANKOWSKI Tyberiusz	1419		M-30	45	00:00:43	00:25:05	00:50:40	00:52:34.50	00:53:17.95	+00:19:01 (36.2%)	5:00	12 (63.8%)
118	PETRYNA Bartosz	1258		M-30	42	00:00:56	00:24:27	00:50:20	00:52:24.35	00:53:20.50	+00:18:51 (36.0%)	4:59	12 (63.8%)
119	JANIKOWSKI Adam	1115	ANICA TEAM	M-30	51	00:00:05	00:24:20	00:51:21	00:53:16.20	00:53:21.40	+00:19:43 (37.0%)	5:04	11.8 (62.8%)
120	KOSMACZEWSKI Michał	1156	EUVIC	M-30	48	00:00:21	00:25:05	00:51:01	00:53:00.55	00:53:22.30	+00:19:27 (36.7%)	5:02	11.9 (63.3%)
121	KONOPACKA BESSA Magdalena	1152		K-30	5	00:00:47	00:24:32	00:50:39	00:52:39.20	00:53:26.20	+00:19:06 (36.3%)	5:00	12 (63.8%)
122	SZCZYRBA Krystian	1478		M-20	18	00:00:36	00:24:50	00:51:01	00:52:52.25	00:53:29.15	+00:19:19 (36.5%)	5:02	11.9 (63.3%)
123	KACZMARZYK Arkadiusz	1426	ASSECO ACTIVE TEAM	M-30	47	00:00:38	00:24:39	00:50:43	00:52:51.05	00:53:29.30	+00:19:17 (36.5%)	5:02	11.9 (63.3%)
124	BASZUN Michał	1019	DAMY RADĘ!	M-30	46	00:00:47	00:25:15	00:50:51	00:52:44.10	00:53:31.65	+00:19:10 (36.4%)	5:01	11.9 (63.3%)
125	WYCIŚLIK Marcin	1392	HIRSCHVOGEL	M-30	49	00:00:30	00:25:11	00:51:06	00:53:01.75	00:53:32.65	+00:19:28 (36.7%)	5:03	11.9 (63.3%)
126	MACH Marcin	1193	1976	M-40	34	00:00:10	00:24:36	00:51:21	00:53:22.20	00:53:32.95	+00:19:49 (37.1%)	5:04	11.8 (62.8%)
127	KORDECKI Bartosz	1461	BALLENA MORADA	M-40	33	00:00:15	00:25:24	00:51:19	00:53:18.60	00:53:34.00	+00:19:45 (37.1%)	5:04	11.8 (62.8%)
128	DOMAN Łukasz	1053	SOCIOS SILESIA	M-30	52	00:00:05	00:24:28	00:51:31	00:53:31.10	00:53:36.10	+00:19:57 (37.3%)	5:05	11.8 (62.8%)
129	JURECZKO Monika	1124	STS BIEGATON MIKOŁÓW	K-40	6	00:00:31	00:24:52	00:51:07	00:53:09.55	00:53:41.05	+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	SZWIEC Sandra	1354	ZABIEGANI NAUCZYCIELE	K-30	7	00:00:20	00:26:32	00:52:45	00:54:44.65	00:55:04.90	+00:21:11 (38.7%)	5:12	11.5 (61.2%)
154	WANDASIEWICZ Michalina	1373	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:18	00:25:54	00:52:55	00:54:56.70	00:55:15.35	+00:21:23 (38.9%)	5:14	11.5 (61.2%)
155	OGONOWSKI Edward	1233	ŻÓŁWIK OPOLE	M-60	1	00:01:25	00:26:01	00:52:02	00:53:54.45	00:55:19.90	+00:20:21 (37.8%)	5:08	11.7 (62.2%)
156	GOŁĘBIEWSKI Kazimierz	1091		M-40	41	00:00:35	00:25:33	00:52:42	00:54:48.15	00:55:23.30	+00:21:14 (38.8%)	5:13	11.5 (61.2%)
157	SOKOŁOWSKI Łukasz	1329		M-30	57	00:00:55	00:26:08	00:52:42	00:54:29.45	00:55:24.70	+00:20:56 (38.4%)	5:11	11.6 (61.7%)
158	ZAMOJSKI Bartosz	1458		M-40	45	00:00:21	00:25:40	00:53:01	00:55:07.65	00:55:28.65	+00:21:34 (39.1%)	5:14	11.4 (60.6%)
158	ZAMOJSKA Iwona	1457		K-40	10	00:00:21	00:25:41	00:53:01	00:55:07.40	00:55:28.65	+00:21:34 (39.1%)	5:14	11.4 (60.6%)
160	NIEMIEC Sławek	1221	INTERGRAFIK POLAND	M-30	58	00:00:50	00:25:54	00:52:42	00:54:41.90	00:55:32.20	+00:21:08 (38.7%)	5:12	11.5 (61.2%)
161	CZERMAK Damian	1048	FUCHS OIL TEAM	M-40	44	00:00:39	00:27:04	00:52:58	00:54:54.45	00:55:33.55	+00:21:21 (38.9%)	5:13	11.5 (61.2%)
162	NIEDZIAŁKOWSKI Marek	1220		M-40	42	00:00:48	00:25:43	00:52:47	00:54:51.25	00:55:39.25	+00:21:18 (38.8%)	5:13	11.5 (61.2%)
163	PIÓRKOWSKI Tomasz	1268		M-40	43	00:00:48	00:26:06	00:53:02	00:54:51.35	00:55:40.15	+00:21:18 (38.8%)	5:13	11.5 (61.2%)
164	SZOŁTYSIK Łukasz	1447		M-30	59	00:01:15	00:26:27	00:52:48	00:54:45.60	00:56:01.25	+00:21:12 (38.7%)	5:12	11.5 (61.2%)
165	PAWLIK Michał	554		M-30	63	00:00:40	00:26:21	00:53:25	00:55:22.80	00:56:02.85	+00:21:49 (39.4%)	5:16	11.4 (60.6%)
166	PAWLAS Seweryn	1483		M-30	60	00:01:08	00:27:17	00:53:07	00:54:55.95	00:56:04.20	+00:21:22 (38.9%)	5:13	11.5 (61.2%)
167	KARGUL Konrad	1132		M-30	67	00:00:35	00:26:41	00:53:39	00:55:37.95	00:56:13.75	+00:22:04 (39.7%)	5:17	11.3 (60.1%)
168	MILISZKIEWICZ Adam	1215		M-30	64	00:00:46	00:27:11	00:53:31	00:55:27.65	00:56:14.55	+00:21:54 (39.5%)	5:16	11.4 (60.6%)
169	GRZESIEK Paweł	1100		M-30	68	00:00:42	00:26:15	00:53:36	00:55:38.65	00:56:20.75	+00:22:05 (39.7%)	5:17	11.3 (60.1%)
170	SOKÓŁ Filip	1331	FUCHS OIL TEAM	M-20	24	00:01:12	00:27:28	00:53:25	00:55:09.10	00:56:21.75	+00:21:35 (39.2%)	5:15	11.4 (60.6%)
171	SIKORA Marcin	1311	PROPOINT	M-20	26	00:00:32	00:25:58	00:53:54	00:55:52.50	00:56:25.25	+00:22:19 (39.9%)	5:19	11.3 (60.1%)
172	SŁODKIEWICZ Grzegorz	1320		M-40	48	00:00:32	00:25:35	00:53:41	00:55:54.15	00:56:26.40	+00:22:20 (40.0%)	5:19	11.3 (60.1%)
173	PAWLINA Piotr	1256		M-40	46	00:01:10	00:28:13	00:53:28	00:55:17.90	00:56:28.60	+00:21:44 (39.3%)	5:16	11.4 (60.6%)
174	LACHERA Bogdan	1181		M-50	9	00:00:55	00:26:32	00:53:35	00:55:33.85	00:56:29.00	+00:22:00 (39.6%)	5:17	11.3 (60.1%)
175	MIŁKOWSKI Bartosz	1468		M-30	66	00:00:54	00:28:05	00:53:49	00:55:34.50	00:56:29.35	+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 netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
176	KACZMAREK Marcin	1126		M-40	47	00:01:06	00:26:52	00:53:24	00:55:23.25	00:56:29.40	+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	00:55:13.45	00:56:31.60	+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	00:55:26.50	00:56:39.70	+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	00:55:32.50	00:56:46.75	+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	00:55:32.15	00:56:46.80	+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	00:55:58.40	00:56:47.00	+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	00:55:17.70	00:56:57.90	+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	00:56:35.85	00:57:02.95	+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	00:56:32.50	00:57:07.75	+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	00:56:50.35	00:57:08.95	+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	00:56:37.85	00:57:09.50	+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	00:56:38.60	00:57:10.55	+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	00:56:59.10	00:57:11.70	+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	00:56:48.45	00:57:19.00	+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	00:56:48.00	00:57:19.65	+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	00:56:34.05	00:57:29.20	+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	00:56:24.45	00:57:33.50	+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	00:56:03.30	00:57:34.35	+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	00:56:57.45	00:57:43.25	+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	00:56:58.15	00:57:43.80	+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	00:57:02.05	00:57:48.80	+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	00:56:28.85	00:57:52.80	+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	00:56:29.15	00:57:53.00	+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	OKOŃ Zdzisław	1235		M-60	3	00:00:52	00:28:16	00:55:07	00:57:06.50	00:57:59.45	+00:23:33 (41.2%)	5:26	11 (58.5%)
200	MARYNIAK Wojtek	451		M-30	71	00:01:21	00:27:36	00:54:47	00:56:48.25	00:58:10.15	+00:23:15 (40.9%)	5:24	11.1 (59.0%)
201	HOŁOTA Anna	1108	ELZAB ACTIVE TEAM	K-40	11	00:00:57	00:27:24	00:55:07	00:57:13.05	00:58:10.95	+00:23:39 (41.4%)	5:26	11 (58.5%)
202	KROTOS Krzysztof	1169	WWW.OQS.COM.PL	M-40	56	00:00:19	00:26:52	00:56:04	00:58:05.00	00:58:24.35	+00:24:31 (42.2%)	5:31	10.8 (57.4%)
203	OSWALD Karol	1243		M-30	74	00:00:42	00:27:34	00:55:45	00:57:46.55	00:58:29.15	+00:24:13 (41.9%)	5:30	10.9 (58.0%)
204	SZMIGIEL Daniel	1348		M-30	73	00:00:49	00:28:23	00:55:49	00:57:43.45	00:58:32.85	+00:24:10 (41.9%)	5:29	10.9 (58.0%)
205	LUKOSZEK Weronika	1188		K-20	7	00:00:28	00:27:40	00:56:06	00:58:07.75	00:58:36.10	+00:24:34 (42.3%)	5:32	10.8 (57.4%)
206	PROCEK Marcin	1507		M-40	55	00:00:58	00:26:56	00:55:34	00:57:41.70	00:58:40.25	+00:24:08 (41.8%)	5:29	10.9 (58.0%)
207	NOWIŃSKA Iwona	1502		K-40	12	00:01:14	00:27:53	00:55:19	00:57:26.65	00:58:40.65	+00:23:53 (41.6%)	5:28	11 (58.5%)
208	ŻUKOWSKA-CHOMIK Justyna	1414	WAY2CHAMP	K-30	14	00:00:51	00:28:06	00:55:52	00:57:50.60	00:58:42.35	+00:24:17 (42.0%)	5:30	10.9 (58.0%)
209	HEINCE Łukasz	1007		M-20	27	00:01:29	00:28:57	00:55:26	00:57:15.15	00:58:44.15	+00:23:41 (41.4%)	5:27	11 (58.5%)
210	DULAK Dominika	1059		K-20	6	00:01:20	00:27:34	00:55:28	00:57:28.10	00:58:48.55	+00:23:54 (41.6%)	5:28	11 (58.5%)
211	KASPER Iwona	1133	KAMA	K-40	13	00:01:20	00:27:40	00:55:30	00:57:28.65	00:58:48.70	+00:23:55 (41.6%)	5:28	11 (58.5%)
212	TROJANKOWSKI Mateusz	1364		M-20	28	00:01:18	00:27:44	00:55:33	00:57:33.65	00:58:52.40	+00:24:00 (41.7%)	5:28	10.9 (58.0%)
213	PAPKALA Dawid	1251		M-30	72	00:01:17	00:27:45	00:55:33	00:57:37.20	00:58:54.75	+00:24:04 (41.8%)	5:29	10.9 (58.0%)
214	OKOŃ Monika	1234		K-40	14	00:00:53	00:28:15	00:55:58	00:58:02.40	00:58:55.65	+00:24:29 (42.2%)	5:31	10.9 (58.0%)
215	SZWAJKOSZ Szczepan	1352		M-30	75	00:00:51	00:28:04	00:56:08	00:58:05.15	00:58:56.15	+00:24:31 (42.2%)	5:31	10.8 (57.4%)
216	GAJDIK Katarzyna	1078		K-30	15	00:00:55	00:27:56	00:55:58	00:58:00.40	00:58:56.25	+00:24:27 (42.2%)	5:31	10.9 (58.0%)
217	DOLATA Magdalena	1052		K-30	19	00:00:05	00:27:49		00:58:51.15	00:58:57.10	+00:25:17 (43.0%)	5:36	10.7 (56.9%)
218	RZESZUTEK Grzegorz	1304	MIECHOWICKA GRUPA BIEGOWA	M-40	58	00:00:23	00:29:18	00:56:41	00:58:41.00	00:59:04.20	+00:25:07 (42.8%)	5:35	10.7 (56.9%)
219	STRĄCAŁA Paweł	1339	STROXWARE KORPOREJSZYN	M-20	29	00:00:45	00:27:46	00:56:16	00:58:23.25	00:59:08.40	+00:24:50 (42.5%)	5:33	10.8 (57.4%)
220	SAMOL Grzegorz	1307		M-50	14	00:00:41	00:27:21	00:56:23	00:58:27.45	00:59:09.15	+00:24:54 (42.6%)	5:34	10.8 (57.4%)
221	CHOLEWA Tomasz	1490		M-40	59	00:00:27	00:27:26	00:56:30	00:58:43.80	00:59:11.25	+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	STANISLAWISZYN Małgorzata	1334		K-40	16	00:00:50	00:27:52	00:56:16	00:58:24.55	00:59:14.85	+00:24:51 (42.6%)	5:33	10.8 (57.4%)
222	KOSMACZEWSKA Anna	1155	ETISOFT RUNNING TEAM	K-30	20	00:00:15	00:27:32	00:56:47	00:58:58.95	00:59:14.85	+00:25:25 (43.1%)	5:37	10.7 (56.9%)
224	LESZKOVEN Piotr	1183	FLUOR	M-40	60	00:00:37	00:27:40	00:56:35	00:58:43.80	00:59:21.30	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
225	LEŚNIAK Ewa	1184		K-40	15	00:01:02	00:28:35	00:56:20	00:58:19.65	00:59:21.70	+00:24:46 (42.5%)	5:33	10.8 (57.4%)
226	SZMIGIEL Justyna	1349		K-30	17	00:00:49	00:28:23	00:56:27	00:58:35.35	00:59:24.55	+00:25:02 (42.7%)	5:34	10.8 (57.4%)
227	SZOT Wojciech	1417		M-30	76	00:01:00	00:28:00	00:56:21	00:58:27.60	00:59:28.05	+00:24:54 (42.6%)	5:34	10.8 (57.4%)
228	KOWALCZYK Kamila	1161		K-30	16	00:01:02	00:27:43	00:56:24	00:58:25.65	00:59:28.35	+00:24:52 (42.6%)	5:33	10.8 (57.4%)
229	GILLNER Klaudia	1416		K-20	8	00:01:01	00:27:59	00:56:20	00:58:29.35	00:59:30.55	+00:24:56 (42.6%)	5:34	10.8 (57.4%)
230	ZAREMBA Tadeusz	1402		M-60	4	00:01:11	00:28:11	00:56:18	00:58:21.05	00:59:32.25	+00:24:47 (42.5%)	5:33	10.8 (57.4%)
231	KOZIBAŁ Tomasz	1164	FLUOR	M-30	77	00:00:42	00:28:08	00:56:47	00:58:55.00	00:59:37.35	+00:25:21 (43.0%)	5:36	10.7 (56.9%)
232	GAJ Kamila	1076	NIGHT RUNNERS GLIWICE	K-50	1	00:00:41	00:27:56	00:56:52	00:58:59.25	00:59:40.70	+00:25:26 (43.1%)	5:37	10.7 (56.9%)
233	SOKÓŁ Adam	1330	FUCHS OIL TEAM	M-50	15	00:01:12	00:29:18	00:56:26	00:58:32.75	00:59:45.40	+00:24:59 (42.7%)	5:34	10.8 (57.4%)
234	SIKORA Agnieszka	1309	NIGHT RUNNERS ZABRZE	K-30	18	00:00:58	00:27:58	00:56:39	00:58:50.55	00:59:49.25	+00:25:17 (43.0%)	5:36	10.7 (56.9%)
235	PLUCIŃSKI Paweł	1273	FUCHS OIL TEAM	M-40	57	00:01:22	00:29:50	00:56:35	00:58:27.80	00:59:50.75	+00:24:54 (42.6%)	5:34	10.8 (57.4%)
236	PLUCINSKA Edyta	1272	FUCHS OIL TEAM	K-40	17	00:01:21	00:29:50	00:56:36	00:58:29.70	00:59:50.80	+00:24:56 (42.6%)	5:34	10.8 (57.4%)
237	KOŁODZIEJ Aleksandra	1147		K-20	10	00:00:07	00:28:12	00:57:32	00:59:44.00	00:59:51.30	+00:26:10 (43.8%)	5:41	10.5 (55.9%)
238	KOZŁOWSKI Andrzej Jerzy	1165		M-50	13	00:01:26	00:27:07	00:56:12	00:58:26.00	00:59:52.15	+00:24:52 (42.6%)	5:33	10.8 (57.4%)
239	MIKOŁAJCZYK Michał	1425	ASSECO ACTIVE TEAM	M-20	30	00:01:13	00:27:56	00:56:38	00:58:43.95	00:59:57.65	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
240	MIŁKOWSKI Andrzej	1216		M-60	5	00:00:54	00:28:01	00:57:00	00:59:10.00	01:00:04.75	+00:25:36 (43.3%)	5:38	10.6 (56.4%)
241	PIETRZAK Anna	1262		K-40	19	00:00:17	00:27:27	00:57:40	00:59:49.85	01:00:07.20	+00:26:16 (43.9%)	5:41	10.5 (55.9%)
242	SKORUPA Magdalena	1317		K-20	9	00:01:37	00:28:11	00:56:31	00:58:44.00	01:00:21.80	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
242	SMOLIŃSKA Ilona	1322		K-40	18	00:01:37	00:28:11	00:56:32	00:58:43.85	01:00:21.80	+00:25:10 (42.9%)	5:35	10.7 (56.9%)
244	NIEMIEC Rafał	1222	INTERGRAFIK POLSKA	M-40	61	00:00:53	00:27:56	00:57:25	00:59:29.85	01:00:23.35	+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	SIKORA Michał	1310		M-40	62	00:00:57	00:27:41	00:57:15	00:59:30.95	01:00:28.75	+00:25:57 (43.6%)	5:40	10.6 (56.4%)
246	KUBICA Bożena	1173		K-40	20	00:00:19	00:28:11	00:57:48	01:00:11.80	01:00:31.45	+00:26:38 (44.3%)	5:44	10.5 (55.9%)
247	ŻEROMSKI Stefan	1443		M-50	16	00:01:28	00:29:42	00:57:03	00:59:04.35	01:00:32.50	+00:25:31 (43.2%)	5:37	10.7 (56.9%)
248	GARYGA Beata	1085		K-30	22	00:00:24	00:27:44	00:58:09	01:00:11.85	01:00:36.50	+00:26:38 (44.3%)	5:44	10.5 (55.9%)
249	HOLETZKE Krzysztof	1430		M-30	78	00:01:19	00:28:37	00:57:18	00:59:18.40	01:00:38.10	+00:25:45 (43.4%)	5:38	10.6 (56.4%)
250	POLEWKA Beata	1006	OTK RZEŹNIK	K-40	23	00:00:10	00:28:12	00:58:10	01:00:29.00	01:00:39.25	+00:26:55 (44.5%)	5:45	10.4 (55.3%)
251	PACZKOWSKI Tomasz	1247		M-40	66	00:00:27	00:27:47	00:58:01	01:00:17.85	01:00:45.60	+00:26:44 (44.4%)	5:44	10.4 (55.3%)
252	PROKOP Iwona	1280	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	22	00:00:21	00:28:56	00:58:18	01:00:27.05	01:00:48.50	+00:26:53 (44.5%)	5:45	10.4 (55.3%)
253	MICHALSKI Marek	1206		M-40	67	00:00:18	00:28:15	00:58:15	01:00:30.00	01:00:48.75	+00:26:56 (44.5%)	5:45	10.4 (55.3%)
254	PAWLUS - DUSIK Beata	1257	KOLOROWA DRUŻYNA NESSI	K-30	21	00:00:44	00:28:35	00:58:11	01:00:08.70	01:00:53.45	+00:26:35 (44.2%)	5:43	10.5 (55.9%)
255	GAJEWSKA Izabela	1452		K-40	24	00:00:22	00:27:48	00:58:14	01:00:35.00	01:00:57.15	+00:27:01 (44.6%)	5:46	10.4 (55.3%)
256	ZIMNY Marcin	1463		M-30	82	00:00:35	00:26:55	00:57:40	01:00:23.40	01:00:58.40	+00:26:50 (44.4%)	5:45	10.4 (55.3%)
257	BIAŁOSKÓRSKI Grzegorz	1503		M-40	63	00:01:04	00:27:40	00:57:47	01:00:02.10	01:01:06.80	+00:26:28 (44.1%)	5:43	10.5 (55.9%)
258	SOBOLEWSKA Stefania	1327		K-40	26	00:00:14	00:28:26	00:58:47	01:00:54.95	01:01:09.20	+00:27:21 (44.9%)	5:48	10.3 (54.8%)
259	GORELL Bogumiła	1092		K-30	23	00:00:53	00:29:11	00:58:20	01:00:18.30	01:01:11.50	+00:26:45 (44.4%)	5:44	10.4 (55.3%)
260	ODZIOMEK Sebastian	1504		M-40	64	00:01:04	00:27:40	00:57:47	01:00:10.55	01:01:14.85	+00:26:37 (44.2%)	5:43	10.5 (55.9%)
261	SIRKO Zbigniew	1314		M-50	18	00:00:30	00:28:18	00:58:17	01:00:46.90	01:01:17.00	+00:27:13 (44.8%)	5:47	10.4 (55.3%)
262	BŁAŻYTKO Monika	1511		K-30	26	00:00:39	00:27:15	00:58:14	01:00:39.35	01:01:18.40	+00:27:06 (44.7%)	5:46	10.4 (55.3%)
263	GAJEWSKI Jarek	1079	FUCHS OIL TEAM	M-50	17	00:01:23	00:29:55	00:58:01	01:00:02.50	01:01:25.55	+00:26:29 (44.1%)	5:43	10.5 (55.9%)
264	NIŻNIKIEWICZ-FRENKI Zofia	1225	FLUOR	K-30	27	00:00:20	00:28:17	00:58:55	01:01:08.35	01:01:29.20	+00:27:35 (45.1%)	5:49	10.3 (54.8%)
265	KOŚNIEWSKI Paweł	1157		M-30	80	00:01:26	00:29:16	00:58:05	01:00:10.85	01:01:37.00	+00:26:37 (44.2%)	5:43	10.5 (55.9%)
265	PACZKOWSKI Jacek	1246		M-40	65	00:01:25	00:29:17	00:58:06	01:00:11.35	01:01:37.00	+00:26:38 (44.3%)	5:44	10.5 (55.9%)
267	PRZEPIÓRKA Maciej	1283		M-30	79	00:01:38	00:29:34	00:57:57	01:00:00.50	01:01:39.15	+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		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
268	OSOWSKA Katarzyna	1241	NIGHT RUNNERS GLIWICE	K-40	21	00:01:14	00:28:30	00:58:08	01:00:25.10	01:01:39.70	+00:26:51 (44.5%)	5:45	10.4 (55.3%)
269	LESZKIEWICZ Krzysztof	1510		M-30	88	00:00:00			01:01:41.00	01:01:41.00	+00:28:07 (45.6%)	5:52	10.2 (54.3%)
270	GRABSKA Anna	1095	KOMBO KURCZAKI	K-30	25	00:01:11	00:28:55	00:58:13	01:00:30.40	01:01:41.40	+00:26:57 (44.5%)	5:45	10.4 (55.3%)
271	SUPERNAK Marcin	1342		M-30	81	00:01:29	00:28:56	00:58:09	01:00:14.50	01:01:43.85	+00:26:41 (44.3%)	5:44	10.5 (55.9%)
272	KOŁAK Alicja	1146		K-30	24	00:01:21	00:28:27	00:58:15	01:00:28.90	01:01:50.20	+00:26:55 (44.5%)	5:45	10.4 (55.3%)
273	TARTANUS-ORYSZCZAK Marta	1359		K-40	25	00:01:09	00:28:58	00:58:38	01:00:54.05	01:02:03.85	+00:27:20 (44.9%)	5:48	10.3 (54.8%)
274	ANTOS Angelika	1479		K-20	12	00:00:17	00:28:07	00:59:42	01:01:48.40	01:02:06.20	+00:28:15 (45.7%)	5:53	10.2 (54.3%)
275	KUCZERA Łukasz	1175		M-30	85	00:00:43	00:29:28	00:59:26	01:01:27.35	01:02:10.80	+00:27:54 (45.4%)	5:51	10.3 (54.8%)
276	MICZKA Łukasz	1211	NIECHCEMISIE	M-30	83	00:01:35	00:28:51	00:58:31	01:00:40.95	01:02:16.30	+00:27:07 (44.7%)	5:46	10.4 (55.3%)
277	MIŁKOWSKA Karolina	1467		K-30	28	00:00:54	00:28:04	00:59:11	01:01:31.70	01:02:26.15	+00:27:58 (45.5%)	5:51	10.2 (54.3%)
278	SIKORSKA Katarzyna	1312		K-30	30	00:00:49	00:28:21	00:59:23	01:01:39.30	01:02:28.35	+00:28:06 (45.6%)	5:52	10.2 (54.3%)
279	PAŁASZ Jacek	1249		M-40	68	00:01:20	00:30:02	00:59:05	01:01:10.75	01:02:31.10	+00:27:37 (45.2%)	5:49	10.3 (54.8%)
280	EICHHOF Joanna	1065		K-40	27	00:01:10	00:29:15	00:59:09	01:01:31.85	01:02:42.00	+00:27:58 (45.5%)	5:51	10.2 (54.3%)
281	SZOŁTYSIK Marta	1350		K-30	29	00:01:10	00:29:14	00:59:10	01:01:32.65	01:02:42.75	+00:27:59 (45.5%)	5:51	10.2 (54.3%)
282	WILCZEK Magdalena	1382	FLUOR	K-30	31	00:00:40	00:29:09	00:59:44	01:02:04.05	01:02:44.25	+00:28:30 (45.9%)	5:54	10.2 (54.3%)
283	ULIASZ Krzysztof	1369	OPEL ACTIVE TEAM	M-30	87	00:01:13	00:30:09	00:59:16	01:01:32.35	01:02:46.00	+00:27:59 (45.5%)	5:51	10.2 (54.3%)
284	WIERCIŃSKI Robert	1380	OPEL ACTIVE TEAM	M-30	86	00:01:15	00:30:07	00:59:14	01:01:30.55	01:02:46.05	+00:27:57 (45.4%)	5:51	10.2 (54.3%)
285	JENDRZEJEK Łukasz	1120		M-20	31	00:00:27	00:30:50	01:00:31	01:02:20.15	01:02:47.45	+00:28:46 (46.2%)	5:56	10.1 (53.7%)
286	SMUDA Grzegorz	1324	AKMB PĘDZIWIATR GLIWICE	M-30	84	00:01:26	00:30:00	00:59:11	01:01:21.25	01:02:47.80	+00:27:48 (45.3%)	5:50	10.3 (54.8%)
287	PRZYGOCKI Robert	1450		M-40	69	00:01:03	00:28:45	00:59:29	01:01:45.45	01:02:48.70	+00:28:12 (45.7%)	5:52	10.2 (54.3%)
288	NUCKOWSKA Justyna	1231		K-20	11	00:01:27	00:29:44	00:59:26	01:01:28.55	01:02:55.65	+00:27:55 (45.4%)	5:51	10.2 (54.3%)
289	KANIA Krystyna	1131		K-60	1	00:00:58	00:29:40	01:00:02	01:02:16.25	01:03:14.60	+00:28:43 (46.1%)	5:55	10.1 (53.7%)
290	KOWALSKI Włodzimierz	1163	KS JUDO TEAM MASTERS GLIWICE	M-30	89	00:00:34	00:27:12	01:00:25	01:02:41.75	01:03:16.40	+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		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
291	STELLMACH Ewa	1336		K-40	28	00:00:19	00:28:52	01:00:32	01:02:56.85	01:03:16.80	+00:29:23 (46.7%)	5:59	10 (53.2%)
292	TWAROWSKA Celina	1368	ETISOFT RUNNING TEAM	K-30	34	00:00:15	00:28:42	01:00:54	01:03:17.20	01:03:32.45	+00:29:44 (47.0%)	6:01	10 (53.2%)
293	SIODLAK Justyna	1313		K-40	32	00:00:00			01:03:33.00	01:03:33.00	+00:29:59 (47.2%)	6:03	9.9 (52.7%)
294	TYRNA Gabriela	1464		K-30	35	00:00:15	00:30:01	01:00:59	01:03:20.20	01:03:35.95	+00:29:47 (47.0%)	6:01	9.9 (52.7%)
295	PASIEKA Danuta	1254		K-50	2	00:01:24	00:29:50	00:59:59	01:02:12.95	01:03:37.85	+00:28:39 (46.1%)	5:55	10.1 (53.7%)
296	SIWY Jan	1316	ELZAB ACTIVE TEAM	M-40	70	00:01:13	00:29:55	01:00:10	01:02:33.30	01:03:46.90	+00:29:00 (46.4%)	5:57	10.1 (53.7%)
297	BRYLIŃSKI Ryszard	1030		M-60	6	00:00:44	00:29:37	01:00:47	01:03:02.95	01:03:47.70	+00:29:29 (46.8%)	6:00	10 (53.2%)
298	BRZEZIŃSKA Teresa	1471		K-40	31	00:00:24	00:29:59	01:01:06	01:03:24.40	01:03:48.80	+00:29:51 (47.1%)	6:02	9.9 (52.7%)
299	WYSOKIŃSKI Arkadiusz	1396		M-18	6	00:00:11	00:27:55	01:01:07	01:03:43.15	01:03:54.45	+00:30:09 (47.3%)	6:04	9.9 (52.7%)
300	RUSIELEWICZ Agnieszka	1300	MOMO RESTAURANT & COCKTAIL BAR	K-20	14	00:00:23	00:30:30	01:01:13	01:03:35.70	01:03:58.70	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
301	MARKOWICZ Piotr	1201	MOMO RESTAURANT & COCKTAIL BAR	M-30	93	00:00:22	00:30:31	01:01:15	01:03:36.10	01:03:58.75	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
302	GRZYŚKA Katarzyna	1101	SMOCZY GANG	K-30	32	00:01:37	00:29:05	01:00:03	01:02:27.95	01:04:05.10	+00:28:54 (46.3%)	5:56	10.1 (53.7%)
303	GABRYŚ Seba	1441	NIGHT RUNNERS GLIWICE	K-40	30	00:00:48	00:29:49	01:01:07	01:03:19.55	01:04:07.55	+00:29:46 (47.0%)	6:01	9.9 (52.7%)
304	WOLNY Łukasz	1388		M-30	91	00:00:37	00:29:38	01:01:29	01:03:30.35	01:04:07.60	+00:29:57 (47.2%)	6:02	9.9 (52.7%)
305	GABRYŚ Jolanta	1440	NIGHT RUNNERS GLIWICE	K-40	29	00:00:48	00:29:50	01:01:07	01:03:19.00	01:04:07.90	+00:29:45 (47.0%)	6:01	9.9 (52.7%)
306	GIŻYŃSKI Krystian	1429	ASSECO POLAND	M-20	33	00:00:54	00:28:28	01:01:03	01:03:17.80	01:04:12.15	+00:29:44 (47.0%)	6:01	10 (53.2%)
307	ORLIK Zdzisława	1238	AKMB PĘDZIWIATR GLIWICE	K-50	3	00:01:09	00:30:36	01:00:52	01:03:06.85	01:04:15.95	+00:29:33 (46.8%)	6:00	10 (53.2%)
308	MĘTLAK Małgosia	1516		K-18	2	00:00:40	00:29:30	01:01:34	01:03:46.20	01:04:27.00	+00:30:13 (47.4%)	6:04	9.9 (52.7%)
309	ZASADZIŃSKA Angelika	1403	FUCHS OIL TEAM	K-20	13	00:01:21	00:29:57	01:00:47	01:03:12.40	01:04:33.90	+00:29:39 (46.9%)	6:01	10 (53.2%)
310	ZASZYK Monika	1459		K-40	33	00:00:58	00:30:42	01:01:25	01:03:37.00	01:04:35.35	+00:30:03 (47.3%)	6:03	9.9 (52.7%)
311	FABIAN Katarzyna	1068		K-30	36	00:01:14	00:29:32	01:00:56	01:03:21.45	01:04:36.40	+00:29:48 (47.0%)	6:02	9.9 (52.7%)
312	GOLENIEWSKI Błażej	1089		M-20	34	00:00:45	00:30:25	01:01:30	01:03:53.50	01:04:38.90	+00:30:20 (47.5%)	6:05	9.9 (52.7%)
313	DROŹDŹ Alicja	1055		K-30	33	00:01:31	00:29:10	01:00:37	01:03:11.05	01:04:42.75	+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	DROŹDŹ Michał	1056	RYWAL GLIWICE	M-30	90	00:01:32	00:29:09	01:00:37	01:03:11.15	01:04:43.15	+00:29:37 (46.9%)	6:01	10 (53.2%)
315	BARTAS Agnieszka	24	ISTA BIEGAMY	K-30	39	00:00:32	00:29:55	01:01:57	01:04:14.15	01:04:46.40	+00:30:40 (47.8%)	6:07	9.8 (52.1%)
316	ORYSZCZAK Łukasz	1240		M-30	94	00:01:07	00:28:24	01:00:52	01:03:44.20	01:04:51.65	+00:30:11 (47.4%)	6:04	9.9 (52.7%)
317	WITAŁA Rafał	1384		M-30	95	00:00:51	00:31:41	01:02:03	01:04:00.35	01:04:52.05	+00:30:27 (47.6%)	6:05	9.8 (52.1%)
318	PASELLA Weronika	1253		K-20	17	00:00:36	00:30:03	01:01:52	01:04:15.30	01:04:52.20	+00:30:42 (47.8%)	6:07	9.8 (52.1%)
319	MYCEK Anna	1218		K-20	16	00:00:37	00:30:02	01:01:51	01:04:15.15	01:04:52.25	+00:30:41 (47.8%)	6:07	9.8 (52.1%)
320	SOSADA Nicol	1332	ISTA BIEGAMY	K-20	18	00:00:31	00:29:51	01:02:09	01:04:21.30	01:04:52.60	+00:30:48 (47.9%)	6:07	9.8 (52.1%)
321	DUKAŁA Daniel	1423		M-20	32	00:01:40	00:29:32	01:00:33	01:03:12.90	01:04:53.15	+00:29:39 (46.9%)	6:01	10 (53.2%)
322	EISLER Anna	1066	SKLEPBIKER.PL	K-30	38	00:01:24	00:30:23	01:01:08	01:03:36.95	01:05:01.35	+00:30:03 (47.3%)	6:03	9.9 (52.7%)
323	STASIAK Renata	1456		K-40	34	00:01:05	00:30:41	01:01:40	01:03:56.55	01:05:02.20	+00:30:23 (47.5%)	6:05	9.9 (52.7%)
324	KOCUREK Jacek	1142		M-50	19	00:00:52	00:31:35	01:02:00	01:04:09.90	01:05:02.30	+00:30:36 (47.7%)	6:06	9.8 (52.1%)
324	KOCUREK Agnieszka	1141		K-40	35	00:00:52	00:31:35	01:02:00	01:04:09.65	01:05:02.30	+00:30:36 (47.7%)	6:06	9.8 (52.1%)
326	MEDRALA Jacek	464		M-40	71	00:01:27	00:31:11	01:01:30	01:03:42.45	01:05:10.30	+00:30:09 (47.3%)	6:04	9.9 (52.7%)
327	BRZÓZKA Patrycja	1033	MOMO RESTAURANT & COCKTAIL BAR	K-20	15	00:01:02	00:29:12	01:01:59	01:04:14.35	01:05:16.35	+00:30:41 (47.8%)	6:07	9.8 (52.1%)
328	TOLL Katarzyna	1360		K-40	36	00:01:01	00:30:13	01:02:00	01:04:15.00	01:05:16.40	+00:30:41 (47.8%)	6:07	9.8 (52.1%)
329	KORUS Piotr	1154	CIDRY LOTAJOM	M-30	92	00:01:45	00:30:45	01:01:18	01:03:35.40	01:05:20.60	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
330	KORUS Karina	340	CIDRY LOTAJOM	K-30	37	00:01:45	00:30:45	01:01:18	01:03:35.70	01:05:20.75	+00:30:02 (47.2%)	6:03	9.9 (52.7%)
331	KUĆ Rafał	1177	EUVIC	M-30	99	00:00:17	00:30:44	01:03:00	01:05:09.60	01:05:26.60	+00:31:36 (48.5%)	6:12	9.7 (51.6%)
332	SZCZĘSNY Romuald	1442		M-30	97	00:01:30	00:31:06	01:01:59	01:04:01.40	01:05:31.95	+00:30:28 (47.6%)	6:05	9.8 (52.1%)
333	PIASECKI Mariusz	1259		M-30	96	00:01:32	00:30:52	01:01:56	01:04:00.90	01:05:33.70	+00:30:27 (47.6%)	6:05	9.8 (52.1%)
334	CHOLEWA Magdalena	1491		K-40	38	00:00:27	00:29:58	01:02:41	01:05:10.55	01:05:38.20	+00:31:37 (48.5%)	6:12	9.7 (51.6%)
335	ZIMNY Joanna	1406		K-30	40	00:01:03	00:31:13	01:02:20	01:04:40.85	01:05:44.05	+00:31:07 (48.1%)	6:09	9.7 (51.6%)
336	BARANOWSKA Ewa	1016		K-30	41	00:01:05	00:30:33	01:02:17	01:04:44.15	01:05:50.00	+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	SALAMON Dawid	1306	HIRSCHVOGEL	M-30	102	00:00:32	00:30:27	01:02:52	01:05:26.65	01:05:58.70	+00:31:53 (48.7%)	6:13	9.6 (51.1%)
338	NOWAKOWSKI Marek	1229	FLUOR	M-40	72	00:01:07	00:29:50	01:02:46	01:04:56.55	01:06:03.75	+00:31:23 (48.3%)	6:11	9.7 (51.6%)
339	WALTER Marcin	1371		M-40	73	00:00:56	00:31:30	01:02:55	01:05:15.50	01:06:11.85	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
340	WALTER Agnieszka	1372		K-40	40	00:00:55	00:31:31	01:02:56	01:05:16.10	01:06:11.95	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
341	DZIEDZIC Dominik	163		M-30	104	00:00:31	00:29:58	01:03:17	01:05:45.30	01:06:17.25	+00:32:12 (49.0%)	6:15	9.6 (51.1%)
342	DWORNICZAK Iwona	1061		K-50	4	00:01:34	00:30:43	01:02:14	01:04:43.95	01:06:18.15	+00:31:10 (48.2%)	6:09	9.7 (51.6%)
343	JAKBIK Ola	1114	BULLULA TEAM	K-30	42	00:01:05	00:30:27	01:02:55	01:05:15.95	01:06:21.45	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
344	PROKWITE Martyna	1281		K-30	43	00:01:08	00:30:41	01:02:50	01:05:16.10	01:06:24.90	+00:31:42 (48.6%)	6:12	9.7 (51.6%)
345	PORĘBA Gabriela	583		K-40	37	00:01:25	00:30:44	01:02:31	01:04:59.80	01:06:25.50	+00:31:26 (48.4%)	6:11	9.7 (51.6%)
346	WANIEK Zbigniew	1374		M-40	77	00:00:18	00:31:03	01:03:50	01:06:13.05	01:06:32.00	+00:32:39 (49.3%)	6:18	9.5 (50.5%)
347	BETRHELSEN Beata	1021	FUCHS OIL TEAM	K-40	39	00:01:21	00:30:42	01:02:45	01:05:12.75	01:06:33.75	+00:31:39 (48.5%)	6:12	9.7 (51.6%)
348	LIPOWSKA Barbara	1187		K-50	6	00:00:36	00:30:44	01:03:32	01:06:03.75	01:06:39.75	+00:32:30 (49.2%)	6:17	9.5 (50.5%)
349	TRELA Marcin	112		M-30	98	00:01:40	00:30:48	01:02:44	01:05:03.65	01:06:44.10	+00:31:30 (48.4%)	6:11	9.7 (51.6%)
350	JAWOREK Dariusz	1492		M-40	74	00:01:28	00:31:09	01:02:54	01:05:18.35	01:06:46.80	+00:31:45 (48.6%)	6:13	9.6 (51.1%)
351	PEDOWSKA Bożena	555		K-50	5	00:01:28	00:31:09	01:02:54	01:05:18.90	01:06:47.05	+00:31:45 (48.6%)	6:13	9.6 (51.1%)
352	NAWOJSKA Barbara	1476		K-40	41	00:00:59	00:30:46	01:03:25	01:05:51.80	01:06:51.60	+00:32:18 (49.1%)	6:16	9.6 (51.1%)
353	ŻELEZNY Tomasz	1413		M-30	100	00:01:32	00:31:26	01:03:07	01:05:20.95	01:06:53.80	+00:31:47 (48.7%)	6:13	9.6 (51.1%)
354	GILLNER Rafał	1086		M-40	75	00:01:36	00:31:50	01:03:02	01:05:22.40	01:06:59.05	+00:31:49 (48.7%)	6:13	9.6 (51.1%)
355	KRAWCZYŃSKI Mirosław	1168		M-40	76	00:01:05	00:30:58	01:03:41	01:05:55.45	01:07:00.90	+00:32:22 (49.1%)	6:16	9.6 (51.1%)
355	ZABOROWSKI Piotr	1397	ANICA TEAM	M-30	106	00:00:11	00:31:38	01:04:27	01:06:49.70	01:07:00.90	+00:33:16 (49.8%)	6:21	9.4 (50.0%)
357	GROCHOWSKI Mariusz	1485		M-40	78	00:00:43	00:31:39	01:04:05	01:06:26.65	01:07:09.70	+00:32:53 (49.5%)	6:19	9.5 (50.5%)
358	RYZNER Michał	1475		M-30	101	00:01:47	00:30:44	01:03:06	01:05:22.95	01:07:10.00	+00:31:49 (48.7%)	6:13	9.6 (51.1%)
358	KUBIAK Celina	1486		K-40	42	00:00:43	00:31:39	01:04:05	01:06:26.85	01:07:10.00	+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	GOŁĘBIEWSKA Aleksandra	1090		K-50	7	00:01:03	00:31:34	01:03:50	01:06:06.75	01:07:10.15	+00:32:33 (49.2%)	6:17	9.5 (50.5%)
361	PLESZCZYŃSKI Kamil	1439	GTW	M-30	107	00:00:19	00:30:48	01:04:29	01:06:51.15	01:07:11.10	+00:33:17 (49.8%)	6:22	9.4 (50.0%)
362	ZACZEK Adam	1400		M-30	103	00:01:32	00:31:30	01:03:18	01:05:39.25	01:07:11.75	+00:32:06 (48.9%)	6:15	9.6 (51.1%)
363	GALICZEK Bronisław	1080	OPEL ACTIVE TEAM	M-50	20	00:01:28	00:30:48	01:03:17	01:05:45.85	01:07:14.65	+00:32:12 (49.0%)	6:15	9.6 (51.1%)
364	MICHAŁUSZEK Dorota	1210	BIEG - UNKA	K-30	44	00:01:43	00:31:43	01:03:15	01:05:36.65	01:07:20.10	+00:32:03 (48.9%)	6:14	9.6 (51.1%)
365	MICHALIK Natalia	1205		K-20	19	00:00:44	00:30:32	01:04:14	01:06:37.75	01:07:21.75	+00:33:04 (49.6%)	6:20	9.5 (50.5%)
366	NOWAKOWSKA-TRZASKA Joanna	1228		K-30	46	00:00:44	00:30:31	01:04:14	01:06:39.40	01:07:23.55	+00:33:06 (49.7%)	6:20	9.5 (50.5%)
367	KIJANKA Damian	1134	HIRSCHVOGEL	M-20	35	00:00:31	00:30:20	01:04:41	01:06:57.15	01:07:28.80	+00:33:23 (49.9%)	6:22	9.4 (50.0%)
368	HŁADKI Tadeusz	1107	FUCHS OIL TEAM	M-40	80	00:00:41	00:31:52	01:04:28	01:06:49.25	01:07:30.25	+00:33:16 (49.8%)	6:21	9.4 (50.0%)
369	CHOJKOWSKI Michał	1038		M-40	79	00:00:52	00:31:19	01:04:23	01:06:44.20	01:07:36.25	+00:33:11 (49.7%)	6:21	9.4 (50.0%)
370	WOSZCZYNA Andrzej	1389		M-30	105	00:01:33	00:30:51	01:03:40	01:06:03.70	01:07:37.35	+00:32:30 (49.2%)	6:17	9.5 (50.5%)
371	WOSZCZYNA Ewelina	1390		K-30	45	00:01:32	00:30:52	01:03:41	01:06:05.15	01:07:37.70	+00:32:31 (49.2%)	6:17	9.5 (50.5%)
372	JOOSTBERENS Aleksandra	1122	FLUOR	K-20	20	00:00:43	00:31:01	01:04:27	01:06:56.30	01:07:39.45	+00:33:23 (49.9%)	6:22	9.4 (50.0%)
373	ZIELIŃSKA Izabela	1405	BIEGAJ Z TRENERAMI	K-40	43	00:01:05	00:31:01	01:04:05	01:06:40.05	01:07:45.30	+00:33:06 (49.7%)	6:20	9.5 (50.5%)
374	BOGUSZ Jarosław	1501		M-50	21	00:01:00	00:31:44	01:04:16	01:06:50.40	01:07:51.05	+00:33:17 (49.8%)	6:22	9.4 (50.0%)
375	KRZYŻANOWSKA Aleksandra	1171		K-40	45	00:01:01	00:31:20	01:04:26	01:06:56.15	01:07:57.95	+00:33:22 (49.9%)	6:22	9.4 (50.0%)
376	FAMUŁA Anna	1069	FAMUŁA TEAM	K-20	21	00:00:37	00:31:53	01:04:50	01:07:25.55	01:08:03.25	+00:33:52 (50.2%)	6:25	9.3 (49.5%)
377	BRIANSKA-KORDECKA Aleksandra	1460	BALENA MORADA	K-30	53	00:00:14	00:30:34	01:05:14	01:07:51.25	01:08:05.50	+00:34:18 (50.6%)	6:27	9.3 (49.5%)
377	KUCZERA-KULAGA Magdalenakulaga	1176		K-40	49	00:00:14	00:30:34	01:05:14	01:07:51.20	01:08:05.50	+00:34:18 (50.6%)	6:27	9.3 (49.5%)
379	CZARNECKA Marta	1044		K-30	48	00:01:04	00:30:50	01:04:31	01:07:05.40	01:08:09.70	+00:33:32 (50.0%)	6:23	9.4 (50.0%)
380	PROCEK Katarzyna	1508		K-40	47	00:00:51	00:30:47	01:04:50	01:07:20.60	01:08:11.90	+00:33:47 (50.2%)	6:24	9.4 (50.0%)
381	BOREK Jadwiga	1424	ACTIV EAGLES PRO	K-30	50	00:00:35	00:31:54	01:05:16	01:07:37.45	01:08:12.70	+00:34:04 (50.4%)	6:26	9.3 (49.5%)
382	ŻYDEK Małgorzata	1415	ACTIV EAGLES PRO	K-30	51	00:00:34	00:31:55	01:05:17	01:07:38.05	01:08:12.95	+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	ADAMUS Anna	1012		K-40	46	00:01:13	00:31:45	01:04:32	01:07:00.25	01:08:13.60	+00:33:27 (49.9%)	6:22	9.4 (50.0%)
384	STRUG Gosia	1340		K-40	44	00:01:26	00:31:31	01:04:21	01:06:47.95	01:08:14.20	+00:33:14 (49.8%)	6:21	9.4 (50.0%)
385	MIGURSKI Daria	1214	FUCHS OIL TEAM	K-30	47	00:01:23	00:31:41	01:04:35	01:06:59.80	01:08:23.75	+00:33:26 (49.9%)	6:22	9.4 (50.0%)
386	MIGURSKI Jakub	1213	FUCHS OIL TEAM	M-30	108	00:01:24	00:31:41	01:04:34	01:06:59.80	01:08:23.85	+00:33:26 (49.9%)	6:22	9.4 (50.0%)
387	GARUS Aleksander	1084		M-20	36	00:01:24	00:31:40	01:04:34	01:06:59.95	01:08:24.10	+00:33:26 (49.9%)	6:22	9.4 (50.0%)
388	JUSZCZAK Ewa	1125		K-50	8	00:00:58	00:30:58	01:05:09	01:07:28.30	01:08:26.65	+00:33:55 (50.3%)	6:25	9.3 (49.5%)
389	KUKUCZKA Ewa	1178		K-30	49	00:01:11	00:30:37	01:04:53	01:07:18.15	01:08:30.10	+00:33:44 (50.1%)	6:24	9.4 (50.0%)
390	PILAREK Monika	1433		K-18	3	00:00:25	00:32:01	01:05:35	01:08:07.35	01:08:33.30	+00:34:34 (50.7%)	6:29	9.2 (48.9%)
391	PRZYŁUCKI Grzegorz	1285		M-50	22	00:01:27	00:31:36	01:04:53	01:07:17.45	01:08:45.20	+00:33:44 (50.1%)	6:24	9.4 (50.0%)
392	KLOC Izabela	1136	FLUOR	K-30	54	00:00:58	00:31:35	01:05:19	01:07:53.30	01:08:51.40	+00:34:20 (50.6%)	6:27	9.3 (49.5%)
393	POLUS-WŁODARZ Iwona	1276		K-40	48	00:01:11	00:32:14	01:05:20	01:07:42.80	01:08:54.45	+00:34:09 (50.4%)	6:26	9.3 (49.5%)
394	LEWICKA Beata	1498		K-30	52	00:01:19	00:31:48	01:05:24	01:07:43.75	01:09:03.45	+00:34:10 (50.5%)	6:27	9.3 (49.5%)
395	PACUŁA Tatiana	1245	PĘDZIWIATR GLIWICE	K-50	9	00:01:37	00:32:03	01:05:18	01:07:42.20	01:09:19.40	+00:34:09 (50.4%)	6:26	9.3 (49.5%)
396	DZIUBKA Julia	1064		K-20	22	00:01:07	00:33:33	01:06:16	01:08:18.90	01:09:26.85	+00:34:45 (50.9%)	6:30	9.2 (48.9%)
397	MATUSZEWSKA Monika	455		K-40	51	00:00:29	00:32:27	01:06:21	01:08:57.80	01:09:27.70	+00:35:24 (51.3%)	6:34	9.1 (48.4%)
398	PAWLARCZYK Karolina	1255		K-20	23	00:01:05	00:32:50	01:06:13	01:08:23.40	01:09:29.35	+00:34:50 (50.9%)	6:30	9.2 (48.9%)
399	DADAŚ Elżbieta	1049	NIGHT RUNNERS GLIWICE	K-40	50	00:00:42	00:31:58	01:06:20	01:08:51.55	01:09:34.40	+00:35:18 (51.3%)	6:33	9.1 (48.4%)
400	DENKOWSKI Wojciech	1422	NIGHT RUNNERS GLIWICE	M-50	23	00:01:19	00:32:46	01:05:56	01:08:18.15	01:09:38.05	+00:34:44 (50.9%)	6:30	9.2 (48.9%)
401	OLESIŃSKA Ewa	1236	FLUOR	K-40	52	00:00:40	00:31:56	01:06:18	01:09:01.70	01:09:41.90	+00:35:28 (51.4%)	6:34	9.1 (48.4%)
402	PIENIAK Karolina	1260		K-20	24	00:01:12	00:32:17	01:06:05	01:08:31.60	01:09:43.70	+00:34:58 (51.0%)	6:31	9.2 (48.9%)
403	SZUMIATA Milena	1351		K-20	25	00:01:11	00:32:18	01:06:06	01:08:32.10	01:09:43.90	+00:34:58 (51.0%)	6:31	9.2 (48.9%)
404	GRZYŚKA Piotr	1102	KNIGHT RUNNERS ZABRZE	M-30	109	00:01:10	00:31:23	01:06:11	01:08:48.30	01:09:58.95	+00:35:15 (51.2%)	6:33	9.2 (48.9%)
405	PIOTROWSKA Anna	1265		K-20	26	00:01:22	00:33:46	01:06:32	01:08:39.35	01:10:01.55	+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	ROLNIK Joanna	1470		K-30	55	00:01:24	00:32:24	01:06:04	01:08:44.20	01:10:08.45	+00:35:11 (51.2%)	6:32	9.2 (48.9%)
407	TOMASZEWSKA Mirosława	1362	MOMO RESTAURANT & COCKTAIL BAR	K-30	58	00:00:23	00:31:12	01:07:05	01:09:49.15	01:10:12.15	+00:36:15 (51.9%)	6:38	9 (47.9%)
408	WYSOCZAŃSKI Andrzej	1395	TSH TEAM	M-30	112	00:00:00	00:33:23	01:07:51	01:10:29.55	01:10:29.55	+00:36:56 (52.4%)	6:42	8.9 (47.3%)
409	STEBEL Damian	1418		M-20	37	00:01:32	00:33:22	01:06:52	01:08:56.90	01:10:29.85	+00:35:23 (51.3%)	6:34	9.1 (48.4%)
410	BENTKOWSKI Lesław	1020	DIRTY SPARROWS	M-70	1	00:00:20	00:33:22	01:07:42	01:10:21.20	01:10:41.75	+00:36:48 (52.3%)	6:42	9 (47.9%)
411	PANKIEWICZ Katarzyna	1250		K-40	54	00:00:45	00:31:07	01:07:12	01:10:01.10	01:10:46.35	+00:36:27 (52.1%)	6:40	9 (47.9%)
412	SKRZYPEK Marta	1319	GOOD TIME SPORT	K-30	56	00:01:26	00:32:37	01:06:43	01:09:21.35	01:10:47.80	+00:35:48 (51.6%)	6:36	9.1 (48.4%)
412	PLESZCZYŃSKA Iwona	1270		K-30	59	00:00:19	00:30:50	01:07:50	01:10:27.95	01:10:47.80	+00:36:54 (52.4%)	6:42	8.9 (47.3%)
414	KOCHANEK Aleksandra	1140		K-40	53	00:01:22	00:33:18	01:07:17	01:09:46.20	01:11:09.05	+00:36:13 (51.9%)	6:38	9 (47.9%)
415	STEFANEK Michał	1497		M-30	110	00:01:35	00:32:09	01:07:32	01:09:46.75	01:11:22.00	+00:36:13 (51.9%)	6:38	9 (47.9%)
416	KOCZY-ŁUSIAK Sylwia	1144	WATAHA TEAM	K-30	57	00:01:42	00:33:05	01:07:22	01:09:46.05	01:11:28.80	+00:36:12 (51.9%)	6:38	9 (47.9%)
416	ŁUSIAK Mariusz	1192		M-30	111	00:01:41	00:33:06	01:07:22	01:09:47.80	01:11:28.80	+00:36:14 (51.9%)	6:38	9 (47.9%)
418	STEPEL Grzegorz	1338		M-40	81	00:01:00	00:33:25	01:08:25	01:10:57.20	01:11:57.80	+00:37:24 (52.7%)	6:45	8.9 (47.3%)
419	GROS Michał	1097		M-20	39	00:00:32	00:32:32	01:09:04	01:11:31.05	01:12:03.60	+00:37:57 (53.1%)	6:48	8.8 (46.8%)
420	SIERAKOWSKA Anna	1308	FUCHS OIL TEAM	K-30	60	00:01:24	00:32:04	01:08:12	01:10:42.35	01:12:06.70	+00:37:09 (52.5%)	6:44	8.9 (47.3%)
421	KUBOWICZ Maryjusz	1174	FUCH OIL TEAM	M-30	113	00:01:24	00:32:04	01:08:12	01:10:42.70	01:12:07.00	+00:37:09 (52.5%)	6:44	8.9 (47.3%)
422	JACHYMOWSKA Dominika	1112		K-30	61	00:01:36	00:33:07	01:08:23	01:10:45.65	01:12:22.60	+00:37:12 (52.6%)	6:44	8.9 (47.3%)
423	WYPYCH - ŚLUSARSKA Agata	1393		K-30	62	00:01:30	00:32:53	01:08:20	01:10:56.10	01:12:26.65	+00:37:22 (52.7%)	6:45	8.9 (47.3%)
424	WINIARSKA Aleksandra	1431		K-18	4	00:00:10	00:32:14	01:09:46	01:12:29.00	01:12:39.30	+00:38:55 (53.7%)	6:54	8.7 (46.3%)
425	BISZ Magdalena	1446		K-20	27	00:01:02	00:33:20	01:09:09	01:11:50.50	01:12:52.50	+00:38:17 (53.3%)	6:50	8.8 (46.8%)
426	WACŁAWEK Tomek	1370		M-20	38	00:01:27	00:33:27	01:09:18	01:11:30.40	01:12:57.75	+00:37:57 (53.1%)	6:48	8.8 (46.8%)
427	NOWAK Ewa	1226		K-40	56	00:00:45	00:33:05	01:09:56	01:12:23.70	01:13:08.85	+00:38:50 (53.7%)	6:53	8.7 (46.3%)
428	KOCYAN Małgorzata	1143	BIEGAJ Z TRENERAMI	K-50	10	00:01:35	00:33:03	01:08:54	01:11:35.75	01:13:11.70	+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	PŁOSKONKA Tomasz	1275		M-30	114	00:01:37	00:33:27	01:09:10	01:11:35.00	01:13:12.15	+00:38:01 (53.1%)	6:49	8.8 (46.8%)
430	RAŁ Zdzisława	1290	INDYWIDUALNIE	K-60	2	00:01:03	00:33:19	01:09:33	01:12:21.85	01:13:25.15	+00:38:48 (53.6%)	6:53	8.7 (46.3%)
431	ZAKLIŃSKA Katarzyna	1401	TMTEAM	K-40	55	00:01:45	00:33:51	01:09:28	01:11:49.25	01:13:34.75	+00:38:16 (53.3%)	6:50	8.8 (46.8%)
432	ŁUKASZEWSKI Piotr	1190	PIAST GLIWICE	M-30	116	00:00:33	00:33:47	01:10:48	01:13:13.80	01:13:46.95	+00:39:40 (54.2%)	6:58	8.6 (45.7%)
433	ŁUKASZEWSKA Justyna	1189	STEP DANCE	K-30	64	00:00:31	00:33:49	01:10:50	01:13:15.05	01:13:47.00	+00:39:41 (54.2%)	6:58	8.6 (45.7%)
434	OLSZOK Dawid	1237	HIRSCHVOGEL	M-20	40	00:01:12	00:34:20	01:09:50	01:12:35.65	01:13:48.40	+00:39:02 (53.8%)	6:54	8.7 (46.3%)
435	PŁACHTA Sylwia	1482		K-30	63	00:01:34	00:33:43	01:09:32	01:12:16.70	01:13:51.45	+00:38:43 (53.6%)	6:53	8.7 (46.3%)
436	PŁACHTA Szymon	1481		M-30	115	00:01:35	00:33:43	01:09:33	01:12:17.00	01:13:52.20	+00:38:43 (53.6%)	6:53	8.7 (46.3%)
437	WIANKOWSKA Elizabeth	1499		K-50	11	00:00:13	00:33:42	01:11:00	01:13:41.00	01:13:54.90	+00:40:07 (54.5%)	7:01	8.6 (45.7%)
438	SZYDŁAK Iwona	1355		K-40	57	00:01:30	00:33:23	01:10:40	01:13:06.40	01:14:37.00	+00:39:33 (54.1%)	6:57	8.6 (45.7%)
439	MYŚLAK Mariusz	1484		M-40	82	00:01:12	00:33:59	01:10:50	01:13:27.55	01:14:39.60	+00:39:54 (54.3%)	6:59	8.6 (45.7%)
440	HRYSZKIEWICZ Barbara	1110	FIS-SST TEAM	K-40	58	00:01:30	00:34:42	01:11:19	01:13:34.65	01:15:04.95	+00:40:01 (54.4%)	7:00	8.6 (45.7%)
441	GORAJ ZAJĄC Aleksandra	1500		K-40	59	00:00:06	00:35:29	01:12:50	01:15:22.05	01:15:28.70	+00:41:48 (55.5%)	7:10	8.4 (44.7%)
442	JÓZEFczyk Katarzyna	1123	ISTA BIEGAMY	K-30	65	00:01:24	00:34:19	01:12:18	01:15:03.10	01:16:27.70	+00:41:29 (55.3%)	7:08	8.4 (44.7%)
443	PILARSKI Arkadiusz	1264		M-20	41	00:00:26	00:35:31	01:13:23	01:16:08.00	01:16:34.80	+00:42:34 (55.9%)	7:15	8.3 (44.1%)
444	RUTKA Wiola	1301		K-30	66	00:00:26	00:35:31	01:13:23	01:16:08.65	01:16:35.00	+00:42:35 (55.9%)	7:15	8.3 (44.1%)
445	KOCHANEK Jarosław	1139		M-40	83	00:01:22	00:33:53	01:12:38	01:15:19.35	01:16:42.05	+00:41:46 (55.5%)	7:10	8.4 (44.7%)
446	GORZKOWSKA Małgorzata	1093		K-20	29	00:01:22	00:34:52	01:12:39	01:15:19.55	01:16:42.30	+00:41:46 (55.5%)	7:10	8.4 (44.7%)
447	TRZASKALIK Aleksandra	1366		K-20	28	00:01:23	00:34:51	01:12:38	01:15:19.05	01:16:42.40	+00:41:45 (55.5%)	7:10	8.4 (44.7%)
448	RACZKOWSKA Maja	1288		K-18	5	00:00:17	00:36:31	01:14:10	01:16:34.75	01:16:52.05	+00:43:01 (56.2%)	7:17	8.2 (43.6%)
449	FAMUŁA Marek	1070	FAMUŁA TEAM	M-60	7	00:00:37	00:36:39	01:13:55	01:16:37.45	01:17:14.85	+00:43:04 (56.2%)	7:17	8.2 (43.6%)
450	PYREK Marek	1432	TOROS DE ESPANA	M-30	117	00:01:38	00:36:01	01:13:27	01:16:04.65	01:17:43.60	+00:42:31 (55.9%)	7:14	8.3 (44.1%)
451	ZIOŁKOWSKA Barbara	1407		K-30	67	00:01:39	00:34:09	01:13:25	01:16:10.35	01:17:50.10	+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	STARCZEWSKA Jolanta	690		K-30	68	00:01:00	00:35:11	01:14:26	01:17:11.95	01:18:12.55	+00:43:38 (56.5%)	7:21	8.2 (43.6%)
453	STEFAŃSKA Magdalena	1438		K-20	30	00:00:36	00:35:05	01:15:09	01:18:02.30	01:18:38.75	+00:44:29 (57.0%)	7:25	8.1 (43.1%)
454	KONOPACKA Krystyna	1151		K-60	3	00:00:29	00:35:46	01:15:25	01:18:12.70	01:18:42.45	+00:44:39 (57.1%)	7:26	8.1 (43.1%)
455	CEBULAK Grzegorz	1037		M-40	84	00:00:44	00:34:34	01:15:41	01:18:18.65	01:19:02.95	+00:44:45 (57.2%)	7:27	8 (42.6%)
456	TUROWSKA Anna	1436		K-40	60	00:00:36	00:35:46	01:16:07	01:18:56.30	01:19:32.40	+00:45:23 (57.5%)	7:31	8 (42.6%)
457	STEFAŃSKA Beata	1437		K-50	12	00:00:36	00:35:46	01:16:06	01:18:56.00	01:19:32.50	+00:45:22 (57.5%)	7:31	8 (42.6%)
458	OSTROWSKA Justyna	1242	NIGHT RUNNERS GLIWICE	K-30	70	00:00:26	00:36:20	01:16:48	01:19:12.90	01:19:39.70	+00:45:39 (57.6%)	7:32	8 (42.6%)
459	WOJTUKIEWICZ Justyna	1387		K-30	69	00:01:27	00:37:02	01:16:02	01:18:44.15	01:20:12.05	+00:45:10 (57.4%)	7:30	8 (42.6%)
460	FRAĆ Elżbieta	1073	NIGHT RUNNERS GLIWICE	K-40	61	00:01:19	00:36:39	01:18:45	01:21:28.00	01:22:47.15	+00:47:54 (58.8%)	7:45	7.7 (41.0%)
461	CZENCZEK Michał	1047	ETISOFT RUNNING TEAM	M-30	118	00:01:37	00:39:46	01:20:57	01:23:20.05	01:24:57.90	+00:49:46 (59.7%)	7:56	7.6 (40.4%)
462	STELMASZCZUK Damian	1337		M-40	85	00:00:18	00:39:01	01:22:09	01:24:47.15	01:25:05.75	+00:51:13 (60.4%)	8:04	7.4 (39.4%)
463	CZENCZEK Magdalena	1046	ETISOFT RUNNING TEAM	K-30	71	00:01:37	00:39:47	01:20:57	01:23:58.60	01:25:36.40	+00:50:25 (60.0%)	7:59	7.5 (39.9%)
464	REITER Hanna	1292	SLOW JOGGING GLIWICE	K-40	62	00:01:38	00:39:45	01:20:53	01:23:58.20	01:25:36.50	+00:50:25 (60.0%)	7:59	7.5 (39.9%)
465	KOJ Krzysztof	1145	PPP GLIWICE	M-30	119	00:01:15	00:39:10	01:20:41	01:25:18.80	01:26:34.40	+00:51:45 (60.7%)	8:07	7.4 (39.4%)
466	SZEW CZUK Szymon Franciszek	1346		M-20	42	00:00:21	00:40:04	01:23:37	01:26:13.50	01:26:35.45	+00:52:40 (61.1%)	8:12	7.3 (38.8%)
467	TOMCZAK Joanna	1363	ZABIEGANI NAUCZYCIELE	K-30	72	00:00:38	00:40:02	01:24:00	01:27:08.55	01:27:47.25	+00:53:35 (61.5%)	8:18	7.2 (38.3%)
468	PARUZEL Agnieszka	1252	ZABIEGANI NAUCZYCIELE	K-40	64	00:00:38	00:40:03	01:24:00	01:27:17.30	01:27:56.00	+00:53:44 (61.6%)	8:18	7.2 (38.3%)
469	ROGACKA - RZEPKA Maria	1294	LOBOS TEAM	K-40	63	00:00:39	00:40:02	01:24:00	01:27:17.10	01:27:56.65	+00:53:43 (61.6%)	8:18	7.2 (38.3%)
470	ADAMOWSKA Katarzyna	1011	ZABIEGANI NAUCZYCIELE	K-30	73	00:00:39	00:40:02	01:24:00	01:27:17.30	01:27:56.70	+00:53:44 (61.6%)	8:18	7.2 (38.3%)
471	SZCZYRBA Łukasz	1345	EUVIC	M-30	120	00:00:14	00:41:39	01:26:55	01:30:38.10	01:30:52.60	+00:57:04 (63.0%)	8:37	7 (37.2%)
472	NIEWDANA Anna	1224	EUVIC	K-20	32	00:00:16	00:41:37	01:26:52	01:30:36.15	01:30:52.65	+00:57:02 (63.0%)	8:37	7 (37.2%)
473	SMOLNIK Alicja	1323		K-20	31	00:01:31	00:41:42	01:26:32	01:29:46.75	01:31:18.40	+00:56:13 (62.6%)	8:33	7 (37.2%)
474	SANESTRZIK Jkaub	1494		M-20	43	00:01:31	00:41:42	01:26:32	01:29:46.70	01:31:18.50	+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	MRÓWKA Ilona	1217		K-40	65	00:01:14	00:43:12	01:28:27	01:32:01.65	01:33:15.85	+00:58:28 (63.5%)	8:45	6.8 (36.2%)
476	CIESZYŃSKA Jola	906		K-50	13	00:00:21	00:44:17	01:26:57	01:36:20.00	01:36:41.35	+01:02:46 (65.2%)	9:10	6.5 (34.6%)
	WOJCIECH Szymon	1385		M-20		DNF	00:26:33 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 477 wynik(ów)