

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	LYSKO Jakub	2290	WKB META LUBLINIEC	M-30	1	00:00:01	00:16:18	00:33:10	00:34:27.05	00:34:28.05		3:16	18.3 (100%)
2	BABULA Przemysław	2001	GKS PIAST GLIWICE	M-20	1	00:00:01	00:18:15	00:36:25	00:37:47.75	00:37:49.10	+00:03:20 (8.9%)	3:36	16.7 (91.3%)
3	URBAŃCZYK Karol	2559		M-20	2	00:00:01	00:18:09	00:36:51	00:38:14.95	00:38:16.60	+00:03:47 (9.9%)	3:38	16.5 (90.2%)
4	SLADEK Dawid	2472		M-30	2	00:00:02	00:18:24	00:37:39	00:39:04.15	00:39:07.10	+00:04:37 (11.8%)	3:43	16.1 (88.0%)
5	WYSOCKI Mariusz	2600	LECYMY DURŚ	M-40	1	00:00:02	00:19:00	00:38:21	00:39:48.45	00:39:51.40	+00:05:21 (13.5%)	3:47	15.8 (86.3%)
6	PISKUŃ Piotr	2643		M-20	3	00:00:02	00:19:06	00:38:49	00:40:19.90	00:40:22.35	+00:05:52 (14.6%)	3:50	15.6 (85.2%)
7	FOLTYN Jakub	2102	WAY2CHAMP.COM	M-20	4	00:00:06	00:19:53	00:39:07	00:40:30.40	00:40:36.45	+00:06:03 (15.0%)	3:51	15.6 (85.2%)
8	OCHMAN Paweł	2351	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:02	00:19:15	00:39:12	00:40:35.60	00:40:38.15	+00:06:08 (15.1%)	3:52	15.5 (84.7%)
9	KACZOR Marcelli	2190	MAFIA TEAM LUBLINIEC	M-40	2	00:00:04	00:19:21	00:39:07	00:40:36.15	00:40:40.90	+00:06:09 (15.2%)	3:52	15.5 (84.7%)
10	RODAK Paweł	2428		M-20	5	00:00:02	00:19:35	00:39:46	00:41:17.00	00:41:19.90	+00:06:49 (16.6%)	3:55	15.3 (83.6%)
11	NIESLON Marek	2341	NIGHT RUNNERS GLIWICE	M-30	4	00:00:04	00:18:59	00:39:46	00:41:18.65	00:41:23.10	+00:06:51 (16.6%)	3:56	15.2 (83.1%)
12	PROKOP Bartosz	2415	CHOPY Z ŻELAZA	M-20	6	00:00:01	00:19:08	00:39:56	00:41:23.55	00:41:24.65	+00:06:56 (16.8%)	3:56	15.2 (83.1%)
13	ŻERDKA Michał	2632	VIKING TRAINING CENTER/TEAM PAPRY	M-30	5	00:00:00	00:19:16	00:39:49	00:41:32.35	00:41:32.95	+00:07:05 (17.1%)	3:57	15.2 (83.1%)
14	DZIDA Janusz	2096		M-30	6	00:00:02	00:19:29	00:40:09	00:41:41.75	00:41:44.30	+00:07:14 (17.4%)	3:58	15.1 (82.5%)
15	DOLATA Krzysztof	2077	SOCIOS SILESIA	M-30	7	00:00:01	00:19:45	00:40:12	00:41:48.65	00:41:50.00	+00:07:21 (17.6%)	3:58	15.1 (82.5%)
16	POLACZEK Alexander	2654		M-40	3	00:00:03	00:19:36	00:40:23	00:41:58.60	00:42:01.75	+00:07:31 (17.9%)	3:59	15 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	10.5km	10.5km			
17	WIERNEK Tomek	2571	LC'S	M-40	4	00:00:05	00:19:49	00:40:23	00:42:01.95	00:42:07.65	+00:07:34 (18.0%)	4:00	15 (82.0%)
18	SADŁO Sebastian	2684	#SZYMITEAM	M-20	7	00:00:02	00:19:22	00:40:34	00:42:12.30	00:42:14.45	+00:07:45 (18.4%)	4:01	14.9 (81.4%)
19	CHUDY Dominik	2056		M-20	8	00:00:03	00:20:16	00:40:34	00:42:18.25	00:42:21.30	+00:07:51 (18.6%)	4:01	14.9 (81.4%)
20	BLUS Marcin	2026		M-40	5	00:00:03	00:19:50	00:41:12	00:42:49.80	00:42:53.00	+00:08:22 (19.6%)	4:04	14.7 (80.3%)
21	HALMAN Tomasz	2150	KLAVA	M-30	8	00:00:01	00:19:59	00:41:41	00:43:13.20	00:43:14.85	+00:08:46 (20.3%)	4:06	14.6 (79.8%)
22	CIECIAK Grzegorz	2059	MEGAWAT RUNNING TEAM	M-40	6	00:00:08	00:20:53	00:41:45	00:43:21.50	00:43:29.90	+00:08:54 (20.5%)	4:07	14.5 (79.2%)
23	CZAJA Jarosław	2065	FUTURE PROCESSING RUNNING TEAM	M-40	7	00:00:08	00:20:53	00:42:13	00:43:49.65	00:43:57.90	+00:09:22 (21.4%)	4:10	14.4 (78.7%)
24	LILLA Piotr	2281	KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ	M-30	10	00:00:02	00:20:23	00:42:18	00:43:59.15	00:44:01.80	+00:09:32 (21.7%)	4:11	14.3 (78.1%)
25	ZABRZEWSKI Patryk	2602		M-30	9	00:00:03	00:20:50	00:42:18	00:43:58.80	00:44:01.85	+00:09:31 (21.7%)	4:11	14.3 (78.1%)
26	KUCHARCZYK Jakub	3144	UKS KOMETA GLIWICE	M-20	9	00:00:01	00:20:00	00:42:44	00:44:16.80	00:44:18.60	+00:09:49 (22.2%)	4:13	14.2 (77.6%)
27	GIEMZA Piotr	2122	BREMBO	M-30	12	00:00:03	00:20:39	00:42:33	00:44:15.85	00:44:19.00	+00:09:48 (22.2%)	4:12	14.2 (77.6%)
28	PODYMA Mikołaj	2406		M-20	10	00:00:04	00:20:35	00:42:36	00:44:18.85	00:44:23.00	+00:09:51 (22.3%)	4:13	14.2 (77.6%)
29	KUKURBA Mikołaj	2255	ROMET FACTORY TEAM	M-30	14	00:00:03	00:20:05	00:42:43	00:44:24.00	00:44:27.25	+00:09:56 (22.4%)	4:13	14.2 (77.6%)
30	NAPIÓRKOWSKI Adam	2334		M-30	13	00:00:08	00:20:53	00:42:45	00:44:19.90	00:44:28.05	+00:09:52 (22.3%)	4:13	14.2 (77.6%)
31	JEZUSEK Piotr	2181	BENQ - CO JA BIEGNE	M-30	11	00:00:12	00:20:51	00:42:36	00:44:15.65	00:44:28.20	+00:09:48 (22.2%)	4:12	14.2 (77.6%)
32	MUCHA Mateusz	2331	PARKRUN KATOWICE	M-20	12	00:00:01	00:20:26	00:42:53	00:44:26.65	00:44:28.50	+00:09:59 (22.5%)	4:14	14.2 (77.6%)
33	BIEDROŃ Dariusz	2019		M-40	8	00:00:07	00:20:53	00:42:34	00:44:25.95	00:44:33.40	+00:09:58 (22.5%)	4:13	14.2 (77.6%)
34	LEWICKA Elżbieta	2279	NIEZRZESZONA	K-40	1	00:00:01	00:20:58	00:42:56	00:44:35.75	00:44:37.60	+00:10:08 (22.7%)	4:14	14.1 (77.0%)
35	SKOWRON Marcin	2466		M-40	9	00:00:08	00:20:58	00:42:49	00:44:29.35	00:44:37.75	+00:10:02 (22.6%)	4:14	14.2 (77.6%)
36	SĄLAMACHA Dawid	2447	DRIV	M-20	11	00:00:38	00:20:40	00:42:46	00:44:26.20	00:45:04.45	+00:09:59 (22.5%)	4:13	14.2 (77.6%)
37	DONIGIEWICZ Mariusz	2080		M-40	10	00:00:18	00:21:43	00:43:20	00:44:48.40	00:45:07.20	+00:10:21 (23.1%)	4:16	14.1 (77.0%)
38	KONDERAK Dawid	2672		M-30	15	00:00:06	00:21:11	00:43:17	00:45:02.50	00:45:09.20	+00:10:35 (23.5%)	4:17	14 (76.5%)
39	KAMIŃSKI Jacek	2196	ROMET FACTORY TEAM	M-30	17	00:00:03	00:20:39	00:43:19	00:45:09.00	00:45:12.55	+00:10:41 (23.7%)	4:18	14 (76.5%)
40	SŁOMKOWSKI Mateusz	2476		M-20	13	00:00:07	00:20:55	00:43:42	00:45:20.55	00:45:28.10	+00:10:53 (24.0%)	4:19	13.9 (76.0%)

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			
41	SZCZEPAŃSKI Paweł	2512		M-30	16	00:00:22	00:21:04	00:43:27	00:45:08.45	00:45:30.90	+00:10:41 (23.7%)	4:17	14 (76.5%)
42	BĄBSKI Szymon	2012	WYMIATACZE UJSOŁY	M-40	11	00:00:06	00:21:12	00:43:47	00:45:27.45	00:45:34.40	+00:11:00 (24.2%)	4:19	13.9 (76.0%)
43	CZARNOZYŃSKI Aleksander	2067	GTT INTERPROJEKT	M-50	1	00:00:06	00:21:55	00:43:53	00:45:31.60	00:45:38.05	+00:11:04 (24.3%)	4:20	13.8 (75.4%)
44	BORYCZKO Bartłomiej	2030	BARRE STATION FITNESS	M-40	12	00:00:11	00:20:45	00:43:59	00:45:40.80	00:45:52.00	+00:11:13 (24.6%)	4:21	13.8 (75.4%)
45	KARCHNIWY Ewa	2200	NIGHT RUNNERS GLIWICE	K-20	2	00:00:09	00:21:06	00:44:09	00:45:55.60	00:46:04.65	+00:11:28 (25.0%)	4:22	13.7 (74.9%)
46	CZABAŃSKI Rafał	2064	RUNHOGS TYCHY	M-40	13	00:00:25	00:22:12	00:44:13	00:45:44.55	00:46:10.05	+00:11:17 (24.7%)	4:21	13.8 (75.4%)
47	CIUPEK Adrian	2062		M-20	14	00:00:05	00:21:46	00:44:27	00:46:05.45	00:46:10.80	+00:11:38 (25.3%)	4:23	13.7 (74.9%)
48	GRUDZIŃSKI Radosław	2143		M-30	18	00:00:10	00:21:57	00:44:27	00:46:02.90	00:46:13.75	+00:11:35 (25.2%)	4:23	13.7 (74.9%)
49	KOTRA Jacek	2228		M-30	19	00:00:03	00:21:44	00:44:32	00:46:16.75	00:46:20.55	+00:11:49 (25.6%)	4:24	13.6 (74.3%)
50	ZALESKI Maciej	2607		M-20	15	00:00:15	00:21:48	00:44:34	00:46:06.70	00:46:21.80	+00:11:39 (25.3%)	4:23	13.7 (74.9%)
51	LANGĘ Beata	2637	BP RUNNING TEAM	K-40	2	00:00:12	00:22:45	00:44:37	00:46:11.05	00:46:23.05	+00:11:44 (25.4%)	4:23	13.6 (74.3%)
52	HAŁKA Oliwia	2636	BP RUNNING TEAM	K-20	3	00:00:11	00:22:47	00:44:38	00:46:11.15	00:46:23.10	+00:11:44 (25.4%)	4:24	13.6 (74.3%)
53	LEBIECKA Karolina	2270		K-20	1	00:00:50	00:21:51	00:44:09	00:45:45.25	00:46:35.60	+00:11:18 (24.7%)	4:21	13.8 (75.4%)
54	ALKER Zbigniew	2000	ALKER TEAM	M-50	2	00:00:16	00:22:18	00:44:54	00:46:38.55	00:46:55.00	+00:12:11 (26.1%)	4:26	13.5 (73.8%)
55	SKOLUDEK Robert	2464	KOLEGIUM SĘDZIÓW ZABRZE	M-20	17	00:00:00		00:45:35	00:47:05.30	00:47:05.30	+00:12:38 (26.8%)	4:29	13.4 (73.2%)
56	MICHAŁUSZEK Sebastian	2317	BIEG - UNKA	M-40	15	00:00:04	00:22:25	00:45:19	00:47:02.50	00:47:07.35	+00:12:35 (26.8%)	4:28	13.4 (73.2%)
57	SOBOLEWSKI Maciej	2664		M-40	14	00:00:09	00:22:14	00:45:20	00:46:58.80	00:47:08.65	+00:12:31 (26.7%)	4:28	13.4 (73.2%)
58	WOJAKOWSKI Krzysztof	2585	K&K RUN	M-40	16	00:00:03	00:21:22	00:45:40	00:47:24.00	00:47:27.95	+00:12:56 (27.3%)	4:30	13.3 (72.7%)
59	DYRCZ Anna	2095		K-40	3	00:00:15	00:22:37	00:45:26	00:47:13.80	00:47:29.70	+00:12:46 (27.1%)	4:29	13.3 (72.7%)
60	OCZKO Dominik	2353		M-40	17	00:00:05	00:22:41	00:45:47	00:47:28.35	00:47:33.45	+00:13:01 (27.4%)	4:31	13.3 (72.7%)
61	NIEPOŃ Michał	2339	FLUOR	M-30	20	00:00:51		00:45:11	00:46:46.95	00:47:38.90	+00:12:19 (26.4%)	4:27	13.5 (73.8%)
62	TOWAREK Michał	3139	UKS KOMETA GLIWICE	M-20	18	00:00:10	00:21:53	00:45:38	00:47:31.55	00:47:41.60	+00:13:04 (27.5%)	4:31	13.3 (72.7%)
63	MACIĄŻEK Marek	2667	INŻYNIERIA BIEGANIA TEAM	M-50	4	00:00:06	00:22:54	00:45:55	00:47:40.55	00:47:47.40	+00:13:13 (27.7%)	4:32	13.2 (72.1%)
64	GÓRALEWSKI Rafał	2133		M-20	19	00:00:03	00:21:52	00:46:07	00:47:46.10	00:47:49.90	+00:13:19 (27.9%)	4:32	13.2 (72.1%)

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			
65	GANSZCZYK Rafał	2116	OPEL ACTIVE TEAM	M-40	18	00:00:09	00:22:44	00:45:54	00:47:41.70	00:47:51.25	+00:13:14 (27.8%)	4:32	13.2 (72.1%)
66	SZCZOTKA Andrzej	2516		M-50	3	00:00:29	00:22:34	00:45:39	00:47:24.20	00:47:53.20	+00:12:57 (27.3%)	4:30	13.3 (72.7%)
67	JACHYM Arkadiusz	2165	SILESIA SOCIOS	M-40	19	00:00:05	00:21:39	00:44:53	00:48:01.25	00:48:06.70	+00:13:34 (28.3%)	4:34	13.1 (71.6%)
68	KURZELA Kuba	2263	GIBKIE SZŁAPY	M-30	22	00:00:10	00:22:05	00:45:56	00:48:05.40	00:48:15.50	+00:13:38 (28.4%)	4:34	13.1 (71.6%)
69	CITUK Rajmund	2061	BIEGAMNACZTERECHŁAPACH	M-20	20	00:00:20	00:23:39	00:46:20	00:48:02.50	00:48:22.55	+00:13:35 (28.3%)	4:34	13.1 (71.6%)
70	BARTNIK Nikodem	2010		M-20	16	00:01:36	00:23:04	00:45:26	00:47:02.00	00:48:38.75	+00:12:34 (26.8%)	4:28	13.4 (73.2%)
71	WITEK Grzegorz	2580	DAR-BUD TEAM	M-30	23	00:00:29	00:23:21	00:46:29	00:48:11.80	00:48:41.40	+00:13:44 (28.5%)	4:35	13.1 (71.6%)
72	DREWUSZEWSKI Maciej	2083	4M	M-40	21	00:00:08	00:22:27	00:46:39	00:48:36.65	00:48:45.30	+00:14:09 (29.1%)	4:37	13 (71.0%)
73	SZYMAŃSKI Piotr	2534		M-40	22	00:00:09	00:22:41	00:46:51	00:48:37.35	00:48:46.70	+00:14:10 (29.1%)	4:37	13 (71.0%)
74	ROJCZYK Krzysztof	2432	DRIV	M-30	21	00:01:08		00:45:57	00:47:40.35	00:48:48.65	+00:13:13 (27.7%)	4:32	13.2 (72.1%)
75	PROKOPIUK Krzysztof	2416		M-20	22	00:00:22	00:23:36	00:46:49	00:48:28.50	00:48:51.15	+00:14:01 (28.9%)	4:37	13 (71.0%)
76	KURCZYK Kamil	2260		M-20	21	00:00:46	00:23:23	00:46:20	00:48:05.50	00:48:51.80	+00:13:38 (28.4%)	4:34	13.1 (71.6%)
77	JASIK Grzegorz	2175	SRTG GLIWICE	M-40	20	00:00:17	00:23:20	00:46:50	00:48:35.60	00:48:53.40	+00:14:08 (29.1%)	4:37	13 (71.0%)
78	TOMASZEWSKA Joanna	2548		K-30	1	00:00:06	00:21:52	00:46:53	00:48:51.05	00:48:57.70	+00:14:24 (29.5%)	4:39	12.9 (70.5%)
79	STALMACH Damian	2490	LECYMY DURŚ	M-40	23	00:00:16	00:23:09	00:46:52	00:48:45.85	00:49:02.50	+00:14:18 (29.4%)	4:38	12.9 (70.5%)
80	MIELNIK Krzysiek	2323		M-30	24	00:00:26	00:23:26	00:46:56	00:48:41.15	00:49:07.25	+00:14:14 (29.2%)	4:38	12.9 (70.5%)
81	FOLTYN Pawel	2103	FOLKI	M-30	25	00:00:14	00:23:19	00:47:23	00:49:09.55	00:49:23.75	+00:14:42 (29.9%)	4:40	12.8 (69.9%)
82	PACANA Patryk	2374	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	23	00:00:11	00:22:46	00:47:19	00:49:16.25	00:49:27.45	+00:14:49 (30.1%)	4:41	12.8 (69.9%)
83	MIERA Wiktoria	2681	#SZYMITEAM	K-20	4	00:00:02	00:22:47	00:47:33	00:49:27.25	00:49:29.80	+00:15:00 (30.3%)	4:42	12.7 (69.4%)
84	KUMOR Dagmara	2258	RUNNERS TEAM KALKA	K-30	2	00:00:09	00:23:25	00:47:30	00:49:22.30	00:49:31.35	+00:14:55 (30.2%)	4:42	12.8 (69.9%)
85	WOJAKOWSKA Katarzyna	2584	K&K RUN	K-40	4	00:00:03	00:23:19	00:47:46	00:49:34.35	00:49:37.80	+00:15:07 (30.5%)	4:43	12.7 (69.4%)
86	NOWAKOWSKI Zenon	2350		M-60	1	00:00:36	00:23:40	00:47:26	00:49:11.35	00:49:48.05	+00:14:44 (30.0%)	4:41	12.8 (69.9%)
87	SZEREMETA Maciej	2519		M-40	24	00:00:58	00:23:44	00:47:11	00:48:51.50	00:49:50.30	+00:14:24 (29.5%)	4:39	12.9 (70.5%)
88	ULFIK Bartłomiej	2555		M-40	26	00:00:06	00:22:49	00:47:56	00:49:47.35	00:49:54.15	+00:15:20 (30.8%)	4:44	12.7 (69.4%)

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									netto 10.5km	brutto 10.5km			
89	KRZYMINSKA Patrycja	2251	MIRAZ RACE TEAM	K-30	3	00:00:27	00:23:35	00:47:40	00:49:27.35	00:49:54.55	+00:15:00 (30.3%)	4:42	12.7 (69.4%)
90	BIAŁAS Andrzej	2691		M-40	28	00:00:05	00:22:45	00:48:01	00:49:53.25	00:49:58.90	+00:15:26 (30.9%)	4:45	12.6 (68.9%)
91	LEMPART Tomasz	2272		M-40	27	00:00:11	00:22:24	00:47:49	00:49:50.75	00:50:01.90	+00:15:23 (30.9%)	4:44	12.6 (68.9%)
92	JAKUBCZYK Krzysztof	2168		M-30	26	00:00:32	00:23:29	00:47:42	00:49:37.00	00:50:09.95	+00:15:09 (30.6%)	4:43	12.7 (69.4%)
93	HEROK Piotr	2157		M-30	29	00:00:11	00:22:49	00:48:06	00:49:58.95	00:50:10.05	+00:15:31 (31.1%)	4:45	12.6 (68.9%)
94	OLEJNICZAK Tomasz	2635		M-40	25	00:00:45	00:24:10	00:47:35	00:49:29.10	00:50:14.20	+00:15:02 (30.4%)	4:42	12.7 (69.4%)
95	ŚMIERCIAK Paweł	2539	DOLINA SPORTOWA	M-30	27	00:00:36	00:23:57	00:47:53	00:49:38.60	00:50:14.85	+00:15:11 (30.6%)	4:43	12.7 (69.4%)
96	HODOR Robert	2159		M-40	29	00:00:27	00:23:41	00:48:07	00:49:53.80	00:50:21.70	+00:15:26 (31.0%)	4:45	12.6 (68.9%)
97	LUKASZCZYK Marek	2288		M-20	24	00:00:54	00:24:36	00:47:24	00:49:29.05	00:50:23.10	+00:15:02 (30.4%)	4:42	12.7 (69.4%)
98	TIAHNYBOK Paweł	2545	DECATHLON&PRZYJACIELE	M-40	32	00:00:14	00:23:13	00:48:12	00:50:10.70	00:50:25.45	+00:15:43 (31.3%)	4:46	12.6 (68.9%)
99	TURAK Rafał	2554		M-40	30	00:00:31	00:23:29	00:48:04	00:49:55.35	00:50:26.70	+00:15:28 (31.0%)	4:45	12.6 (68.9%)
100	WOCHNIK Dawid	2583	CF ZABRZE	M-30	28	00:00:44	00:24:27	00:47:55	00:49:43.95	00:50:28.20	+00:15:16 (30.7%)	4:44	12.7 (69.4%)
101	SIKORA Karolina	2458		K-40	6	00:00:02	00:23:18	00:48:17	00:50:30.15	00:50:32.20	+00:16:03 (31.8%)	4:48	12.5 (68.3%)
102	POGODA Kinga	3137	UKS KOMETA GLIWICE	K-20	5	00:00:12	00:22:59	00:48:31	00:50:26.00	00:50:38.00	+00:15:58 (31.7%)	4:48	12.5 (68.3%)
103	WILMA Krzysztof	2575		M-40	34	00:00:23	00:23:40	00:48:24	00:50:15.25	00:50:38.80	+00:15:48 (31.4%)	4:47	12.5 (68.3%)
104	JÓZEFOWICZ Piotr	2183		M-40	33	00:00:30	00:23:17	00:48:21	00:50:14.75	00:50:45.10	+00:15:47 (31.4%)	4:47	12.5 (68.3%)
105	STANISZEWSKI Janusz	2492		M-50	5	00:00:29	00:23:47	00:48:32	00:50:19.70	00:50:48.70	+00:15:52 (31.5%)	4:47	12.5 (68.3%)
106	OGONOWSKI Dariusz	2356		M-30	31	00:00:23	00:23:55	00:48:33	00:50:26.15	00:50:49.45	+00:15:59 (31.7%)	4:48	12.5 (68.3%)
107	DREWUSZEWSKA Ewa	2082		K-40	5	00:00:23	00:24:01	00:48:44	00:50:26.90	00:50:50.55	+00:15:59 (31.7%)	4:48	12.5 (68.3%)
108	BIAŁAS Robert	2641		M-40	31	00:00:56	00:24:01	00:48:06	00:49:56.60	00:50:53.30	+00:15:29 (31.0%)	4:45	12.6 (68.9%)
109	GĘBCZYŃSKI Paweł	2120		M-40	35	00:00:38	00:23:47	00:48:25	00:50:16.20	00:50:54.80	+00:15:49 (31.5%)	4:47	12.5 (68.3%)
110	SOCZAWA Wojciech	2484		M-40	36	00:00:35	00:24:10	00:48:30	00:50:19.45	00:50:55.25	+00:15:52 (31.5%)	4:47	12.5 (68.3%)
111	KOWALSKI Marcin	2235		M-20	25	00:01:02	00:23:51	00:48:21	00:50:09.90	00:51:12.05	+00:15:42 (31.3%)	4:46	12.6 (68.9%)
112	GODLEWSKI Łukasz	2126	HIRSCHVOGEL	M-20	27	00:00:31	00:24:13	00:49:02	00:50:43.30	00:51:14.90	+00:16:16 (32.1%)	4:49	12.4 (67.8%)

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			
113	ŚWIĘTEK Marcin	2542		M-30	30	00:01:15	00:24:24	00:48:13	00:50:01.45	00:51:16.50	+00:15:34 (31.1%)	4:45	12.6 (68.9%)
114	WATOŁA Marek	2566	M&M	M-40	38	00:00:07	00:23:01	00:49:43	00:51:17.00	00:51:24.35	+00:16:49 (32.8%)	4:53	12.3 (67.2%)
115	PAWLINA Piotr	2387		M-40	39	00:00:00	00:25:31	00:49:42	00:51:24.55	00:51:24.55	+00:16:57 (33.0%)	4:53	12.3 (67.2%)
116	MARCZYK Darek	2311	FLUOR	M-30	34	00:00:31	00:23:38	00:49:06	00:50:58.45	00:51:30.05	+00:16:31 (32.4%)	4:51	12.4 (67.8%)
117	KRZANOWSKI Marcin	2249	OASIS TEAM SPORT	M-30	32	00:00:50	00:24:16	00:48:53	00:50:40.35	00:51:30.40	+00:16:13 (32.0%)	4:49	12.4 (67.8%)
118	STAROSTA Robert	2495		M-30	33	00:00:36	00:24:03	00:48:58	00:50:54.65	00:51:31.10	+00:16:27 (32.3%)	4:50	12.4 (67.8%)
119	ZWOLSKI Dymitr	2628		M-30	35	00:00:26	00:24:21	00:49:13	00:51:05.80	00:51:31.80	+00:16:38 (32.6%)	4:51	12.3 (67.2%)
120	GRZEBNIEWSKA Judyta	2147		K-30	4	00:00:43	00:24:26	00:48:58	00:50:49.25	00:51:32.75	+00:16:22 (32.2%)	4:50	12.4 (67.8%)
121	PAROL Tomasz	2381	PROPOINT	M-30	36	00:00:29	00:23:59	00:49:20	00:51:09.90	00:51:39.20	+00:16:42 (32.7%)	4:52	12.3 (67.2%)
122	SZWARCZYŃSKI Michał	2530		M-30	43	00:00:07	00:23:04	00:49:49	00:51:44.15	00:51:51.20	+00:17:17 (33.4%)	4:55	12.2 (66.7%)
123	KŁODA Dorota	2212		K-20	6	00:00:03	00:22:58	00:49:55	00:51:48.85	00:51:52.30	+00:17:21 (33.5%)	4:56	12.2 (66.7%)
124	KWIATKOWSKI Marcin	2266		M-30	39	00:00:32	00:23:30	00:49:27	00:51:23.05	00:51:55.50	+00:16:56 (33.0%)	4:53	12.3 (67.2%)
125	OCHOJSKI Łukasz	2352		M-20	26	00:01:38	00:24:17	00:48:26	00:50:17.60	00:51:55.80	+00:15:50 (31.5%)	4:47	12.5 (68.3%)
126	RUDZIŃSKI Jacek	2440		M-30	38	00:00:42	00:25:30	00:49:30	00:51:15.40	00:51:58.20	+00:16:48 (32.8%)	4:52	12.3 (67.2%)
127	RUDZIŃSKI Kamil	2439		M-30	37	00:00:44	00:25:28	00:49:27	00:51:14.10	00:51:58.40	+00:16:47 (32.8%)	4:52	12.3 (67.2%)
128	BORCZ Tomasz	2028		M-40	43	00:00:05	00:23:18	00:49:55	00:51:55.95	00:52:01.60	+00:17:28 (33.7%)	4:56	12.1 (66.1%)
129	GOŹDZIŃSKA Magdalena	2130		K-40	7	00:00:21	00:24:56	00:49:46	00:51:40.65	00:52:01.90	+00:17:13 (33.3%)	4:55	12.2 (66.7%)
130	PORĘBSKI Grześ	2410		M-20	30	00:00:09	00:24:44	00:50:14	00:51:56.80	00:52:06.65	+00:17:29 (33.7%)	4:56	12.1 (66.1%)
131	MACH Marcin	2297		M-40	44	00:00:12	00:24:04	00:50:01	00:51:58.70	00:52:10.95	+00:17:31 (33.7%)	4:56	12.1 (66.1%)
132	KRZYK Jarosław	2250		M-40	41	00:00:23	00:24:46	00:49:54	00:51:49.15	00:52:12.80	+00:17:22 (33.5%)	4:56	12.2 (66.7%)
133	ŻYWKO Krzysztof	2634		M-20	29	00:00:27	00:24:22	00:49:48	00:51:48.40	00:52:15.95	+00:17:21 (33.5%)	4:56	12.2 (66.7%)
134	MACIEJEWSKI Paweł	2299		M-20	28	00:01:23	00:24:25	00:48:57	00:50:56.20	00:52:19.80	+00:16:29 (32.4%)	4:51	12.4 (67.8%)
135	PILSZYK Kazimierz	2398	SENIORZY	M-60	2	00:00:59	00:24:39	00:49:29	00:51:21.85	00:52:20.90	+00:16:54 (32.9%)	4:53	12.3 (67.2%)
135	WIETRZYCKI Mariusz	2572	MOMO TEAM	M-30	48	00:00:04	00:24:05	00:50:15	00:52:16.85	00:52:20.90	+00:17:49 (34.1%)	4:58	12.1 (66.1%)

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			
137	WIETRZYCKI Zenon	2573	MOMO TEAM	M-60	3	00:00:04	00:24:16	00:50:15	00:52:16.70	00:52:21.10	+00:17:49 (34.1%)	4:58	12 (65.6%)
138	ZYCHLA Grzegorz	2655	SU07	M-30	42	00:00:42	00:25:41	00:49:59	00:51:43.10	00:52:25.45	+00:17:16 (33.4%)	4:55	12.2 (66.7%)
139	PACAN Tomasz	2373		M-40	42	00:00:34	00:24:04	00:49:57	00:51:51.95	00:52:26.30	+00:17:24 (33.6%)	4:56	12.1 (66.1%)
140	KARBOWNIK Joanna	2665		K-30	5	00:00:22	00:24:34	00:50:09	00:52:06.55	00:52:29.35	+00:17:39 (33.9%)	4:57	12.1 (66.1%)
141	LEDWIG Iwona	2271	MAMAX2	K-30	6	00:00:08	00:24:08	00:50:20	00:52:23.40	00:52:31.75	+00:17:56 (34.2%)	4:59	12 (65.6%)
142	ROMIK Artur	2435		M-40	37	00:01:42	00:24:13	00:49:04	00:50:56.95	00:52:39.70	+00:16:29 (32.4%)	4:51	12.4 (67.8%)
143	WARDAK Piotr	2565		M-30	47	00:00:27	00:24:15	00:50:21	00:52:12.25	00:52:39.85	+00:17:45 (34.0%)	4:58	12.1 (66.1%)
144	ZAJĄC Mateusz	2604		M-30	41	00:01:09	00:25:24	00:50:00	00:51:39.55	00:52:49.35	+00:17:12 (33.3%)	4:55	12.2 (66.7%)
145	FOREMSKI Grzegorz	2106	KABANOS RUNNING CREW	M-30	40	00:01:24	00:24:47	00:49:44	00:51:27.35	00:52:51.90	+00:17:00 (33.0%)	4:54	12.2 (66.7%)
146	NOWAK Łukasz	2347	AVANTOR PERFORMANCE MATERIALS POLAND	M-30	45	00:00:54	00:24:52	00:50:06	00:52:00.25	00:52:54.50	+00:17:33 (33.8%)	4:57	12.1 (66.1%)
147	LASIUK Paweł	2268	HIRSCHVOGEL	M-30	50	00:00:30	00:25:11	00:50:42	00:52:26.25	00:52:56.80	+00:17:59 (34.3%)	4:59	12 (65.6%)
148	LEWANDERSKI Dariusz	2277	HIRSCHVOGEL	M-30	49	00:00:31	00:25:10	00:50:42	00:52:25.70	00:52:56.90	+00:17:58 (34.3%)	4:59	12 (65.6%)
149	TOKAJ Dominik	2546		M-20	31	00:00:43	00:24:58	00:50:21	00:52:18.90	00:53:02.05	+00:17:51 (34.1%)	4:58	12 (65.6%)
150	SŁODKIEWICZ Grzegorz	2475		M-40	48	00:00:13	00:24:34	00:50:46	00:52:49.10	00:53:02.35	+00:18:22 (34.8%)	5:01	11.9 (65.0%)
151	STRZELECKI Daniel	2503		M-40	40	00:01:25	00:24:39	00:49:39	00:51:37.45	00:53:02.50	+00:17:10 (33.3%)	4:54	12.2 (66.7%)
152	JANOSZ Sławomir	2170	BIURO INŻYNIERSKIE IEC	M-30	53	00:00:23	00:23:49	00:51:00	00:52:44.25	00:53:08.20	+00:18:17 (34.7%)	5:01	11.9 (65.0%)
153	PIECHOWIAK Wojciech	2392		M-30	52	00:00:26	00:24:13	00:50:44	00:52:43.70	00:53:09.80	+00:18:16 (34.7%)	5:01	12 (65.6%)
154	PEPEL Katarzyna	2390	LUXTORPEDA CZERWIONKA	K-30	7	00:00:47	00:25:02	00:50:32	00:52:24.45	00:53:11.60	+00:17:57 (34.3%)	4:59	12 (65.6%)
155	SZOŁTYSIK Łukasz	2649		M-30	44	00:01:18	00:25:11	00:49:57	00:51:54.05	00:53:12.60	+00:17:27 (33.6%)	4:56	12.1 (66.1%)
156	SŁOWIŃSKI Jacek	2478		M-30	46	00:01:14	00:25:58	00:50:19	00:52:01.50	00:53:16.25	+00:17:34 (33.8%)	4:57	12.1 (66.1%)
157	ZIOMEK Katarzyna	2625		K-40	10	00:00:17	00:24:33	00:51:07	00:53:03.10	00:53:20.95	+00:18:36 (35.1%)	5:03	11.9 (65.0%)
158	WÓJCIK Anna	2595		K-40	8	00:00:32	00:25:03	00:50:57	00:52:48.95	00:53:21.10	+00:18:21 (34.8%)	5:01	11.9 (65.0%)
159	DREWNIAK Łukasz	2674		M-30	54	00:00:43	00:25:40	00:51:05	00:52:44.35	00:53:27.55	+00:18:17 (34.7%)	5:01	11.9 (65.0%)
160	SEMLA Tomasz	2454		M-30	57	00:00:35	00:24:33	00:50:54	00:52:52.20	00:53:28.10	+00:18:25 (34.8%)	5:02	11.9 (65.0%)

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			
161	WOCH Szymon	2582	STUDIO ENERGIA TEAM RYBNIK	M-30	59	00:00:18	00:25:21	00:51:16	00:53:11.25	00:53:29.90	+00:18:44 (35.2%)	5:03	11.8 (64.5%)
162	EICHHOF Joanna	2097		K-40	9	00:00:36	00:25:17	00:50:57	00:52:54.00	00:53:30.75	+00:18:26 (34.9%)	5:02	11.9 (65.0%)
163	CHEGE Danson	2048	DECATHLON CAR GLIWICE	M-30	60	00:00:15	00:23:51	00:51:35	00:53:15.85	00:53:31.35	+00:18:48 (35.3%)	5:04	11.8 (64.5%)
164	MICHULEC Jakub	2656	EKO-OKNA RUNNERS	M-30	55	00:00:42	00:25:41	00:51:07	00:52:48.55	00:53:31.40	+00:18:21 (34.8%)	5:01	11.9 (65.0%)
165	KULA Jan	2256	DECATHLON I PRZYJACIELE	M-30	61	00:00:13	00:26:04	00:51:36	00:53:17.80	00:53:31.65	+00:18:50 (35.4%)	5:04	11.8 (64.5%)
166	PIWOWARCZYK Agnieszka	2403		K-30	8	00:00:29	00:25:24	00:51:10	00:53:04.30	00:53:33.30	+00:18:37 (35.1%)	5:03	11.9 (65.0%)
167	PIOTROWSKI Kajetan	2401	DECATHLON&PRZYJACIELE	M-20	32	00:01:13	00:25:29	00:50:50	00:52:22.25	00:53:35.75	+00:17:55 (34.2%)	4:59	12 (65.6%)
168	SZULC Sebastian	2527	EXLABS	M-30	58	00:00:41	00:23:46	00:50:48	00:52:59.70	00:53:40.95	+00:18:32 (35.0%)	5:02	11.9 (65.0%)
169	ORACZ Arkadiusz	2366	PROPOINT	M-20	33	00:01:13	00:25:20	00:50:43	00:52:28.85	00:53:42.65	+00:18:01 (34.4%)	4:59	12 (65.6%)
170	UNIEJEWSKI Tomasz	2556		M-40	52	00:00:48	00:25:09	00:51:00	00:53:03.90	00:53:52.00	+00:18:36 (35.1%)	5:03	11.9 (65.0%)
171	WOJTAS Marcin	2586	ISTA BIEGAMY	M-30	56	00:01:04	00:26:20	00:51:10	00:52:51.00	00:53:55.20	+00:18:23 (34.8%)	5:02	11.9 (65.0%)
172	PIONTEK Piotr	2399	MEGAWAT RUNNING TEAM	M-40	47	00:01:19	00:25:31	00:50:52	00:52:39.85	00:53:58.85	+00:18:12 (34.6%)	5:00	12 (65.6%)
173	BLADYN Dawid	2024	DECATHLON&PRZYJACIELE	M-20	34	00:01:13	00:25:29	00:50:57	00:52:45.90	00:53:59.45	+00:18:18 (34.7%)	5:01	11.9 (65.0%)
174	WIŚNIEWSKI Tomasz	2577		M-30	62	00:00:48	00:25:33	00:51:18	00:53:18.45	00:54:07.10	+00:18:51 (35.4%)	5:04	11.8 (64.5%)
175	IGNACZAK Robert	2650		M-40	49	00:01:18	00:25:20	00:50:56	00:52:49.60	00:54:07.70	+00:18:22 (34.8%)	5:01	11.9 (65.0%)
176	LASKOWSKI Sebastian	3129	KATA GUROMA	M-40	45	00:01:53	00:25:27	00:50:21	00:52:15.25	00:54:08.35	+00:17:48 (34.1%)	4:58	12.1 (66.1%)
177	FABER Jacek	2638		M-30	63	00:00:29	00:24:53	00:51:36	00:53:39.65	00:54:09.30	+00:19:12 (35.8%)	5:06	11.7 (63.9%)
178	DWORNICZAK Szymon	2093	CHAHARY ZE STAREGO	M-40	46	00:01:32	00:26:52	00:50:56	00:52:39.65	00:54:11.80	+00:18:12 (34.6%)	5:00	12 (65.6%)
179	STROJEK Piotr	2499		M-40	51	00:01:11	00:25:21	00:51:06	00:53:01.45	00:54:12.60	+00:18:34 (35.0%)	5:02	11.9 (65.0%)
180	MUSIOŁ Krzysztof	2333	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-40	54	00:00:17	00:24:58	00:51:54	00:53:58.50	00:54:16.20	+00:19:31 (36.2%)	5:08	11.7 (63.9%)
181	OGONOWSKI Edward	2355	ŻÓŁWIK OPOLE	M-60	4	00:00:55	00:25:49	00:51:28	00:53:23.30	00:54:19.15	+00:18:56 (35.5%)	5:05	11.8 (64.5%)
182	SZMIGIEL Daniel	2520		M-30	66	00:00:32	00:25:21	00:51:55	00:53:50.45	00:54:22.80	+00:19:23 (36.0%)	5:07	11.7 (63.9%)
183	SZCZOTKA Ilona	2515		K-50	1	00:00:29	00:25:21	00:51:56	00:53:56.25	00:54:25.30	+00:19:29 (36.1%)	5:08	11.7 (63.9%)
184	GOŹDZIŃSKI Wojciech	2131		M-40	57	00:00:20	00:24:38	00:52:10	00:54:12.55	00:54:33.20	+00:19:45 (36.4%)	5:09	11.6 (63.4%)

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			
185	HEINE Andrzej	2156	PKO BANK POLSKI	M-30	51	00:01:58	00:24:49	00:50:42	00:52:36.00	00:54:34.45	+00:18:08 (34.5%)	5:00	12 (65.6%)
186	LISIECKI Dawid	2283	KNURÓW-SIMTECH	M-30	64	00:00:53	00:26:04	00:52:01	00:53:41.55	00:54:34.65	+00:19:14 (35.8%)	5:06	11.7 (63.9%)
187	BANIAK Przemyslaw	2006		M-40	55	00:00:29	00:25:38	00:52:07	00:54:08.15	00:54:38.00	+00:19:41 (36.4%)	5:09	11.6 (63.4%)
188	TOMCZAK Rafał	2550	ZABIEGANI NAUCZYCIELE	M-40	56	00:00:28	00:25:39	00:52:14	00:54:09.95	00:54:38.60	+00:19:42 (36.4%)	5:09	11.6 (63.4%)
189	JAŚKIEWICZ Sławomir	2179		M-30	65	00:00:53	00:24:59	00:51:41	00:53:47.20	00:54:41.05	+00:19:20 (35.9%)	5:07	11.7 (63.9%)
190	STAWARCZYK Krystian	2646	OPEL ACTIVE TEAM	M-40	50	00:01:47	00:26:27	00:51:06	00:52:55.60	00:54:43.00	+00:18:28 (34.9%)	5:02	11.9 (65.0%)
191	WIŚNIEWSKA Beata	2576		K-20	8	00:00:49	00:25:53	00:52:05	00:53:54.30	00:54:43.50	+00:19:27 (36.1%)	5:08	11.7 (63.9%)
192	SOSADA Nicol	2486	ISTA BIEGAMY	K-20	7	00:01:02	00:25:53	00:51:45	00:53:41.85	00:54:44.40	+00:19:14 (35.8%)	5:06	11.7 (63.9%)
193	DOBOSZ Mariusz	2075	GO-LEASING	M-30	69	00:00:29	00:25:57	00:52:28	00:54:16.15	00:54:45.95	+00:19:49 (36.5%)	5:10	11.6 (63.4%)
194	ŻAAK Michał	2629		M-30	67	00:00:54	00:25:57	00:52:02	00:53:52.55	00:54:46.85	+00:19:25 (36.1%)	5:07	11.7 (63.9%)
195	CZAŚTKIEWICZ Marcin	2069		M-30	74	00:00:26	00:25:17	00:52:32	00:54:27.20	00:54:53.30	+00:20:00 (36.7%)	5:11	11.6 (63.4%)
196	OGAZA Mariusz	2354		M-30	77	00:00:03	00:25:35	00:52:46	00:54:50.25	00:54:54.00	+00:20:23 (37.2%)	5:13	11.5 (62.8%)
197	LYSKO Agnieszka	2291		K-30	9	00:00:49	00:26:13	00:52:16	00:54:07.60	00:54:57.55	+00:19:40 (36.4%)	5:09	11.6 (63.4%)
198	LISOŃ Julia	2284	DRUŻYNA POLITECHNIKI ŚLĄSKIEJ SPORT WSPIERA(MY) NAUKOWO	K-20	9	00:00:31	00:25:57	00:52:27	00:54:27.35	00:54:59.10	+00:20:00 (36.7%)	5:11	11.6 (63.4%)
199	GOLIASZ Bartłomiej	2127		M-30	68	00:00:54	00:26:43	00:52:28	00:54:08.75	00:55:03.65	+00:19:41 (36.4%)	5:09	11.6 (63.4%)
200	DRECHSLER Oskar	2081		M-30	70	00:00:46	00:25:05	00:52:09	00:54:20.80	00:55:07.65	+00:19:53 (36.6%)	5:10	11.6 (63.4%)
201	NIEMIEC Sławomir	2337	INTERGRAFIK POLSKA	M-30	71	00:00:46	00:25:50	00:52:25	00:54:22.00	00:55:08.85	+00:19:54 (36.6%)	5:10	11.6 (63.4%)
202	CYROŃ Marcin	2686		M-30	76	00:00:33	00:26:30	00:52:49	00:54:43.45	00:55:16.55	+00:20:16 (37.0%)	5:12	11.5 (62.8%)
203	ZIELIŃSKI Wojciech	2619		M-20	36	00:01:11	00:23:43	00:52:02	00:54:06.60	00:55:18.35	+00:19:39 (36.3%)	5:09	11.6 (63.4%)
204	SANOCKI Jacek	2453	DRUŻYNA JASNEJ	M-40	53	00:01:27	00:26:00	00:52:07	00:53:51.65	00:55:19.40	+00:19:24 (36.0%)	5:07	11.7 (63.9%)
205	PACAN Krzysztof	2372		M-40	58	00:00:44	00:25:22	00:52:36	00:54:36.30	00:55:20.70	+00:20:09 (36.9%)	5:12	11.5 (62.8%)
206	MAZUR Marcin	555		M-20	35	00:01:31	00:26:21	00:51:44	00:53:51.35	00:55:22.80	+00:19:24 (36.0%)	5:07	11.7 (63.9%)
207	DYMEK Dariusz	2094		M-40	61	00:00:08	00:26:07	00:53:09	00:55:14.70	00:55:23.10	+00:20:47 (37.6%)	5:15	11.4 (62.3%)
208	SZUMIATA Piotr	2529		M-20	39	00:00:19	00:25:42	00:53:11	00:55:07.50	00:55:26.60	+00:20:40 (37.5%)	5:14	11.4 (62.3%)

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			
209	BALIŃSKA-SANOCKA Aneta	2003	DRUŻYNA JASNEJ	K-40	11	00:01:26	00:26:57	00:52:08	00:54:01.70	00:55:27.85	+00:19:34 (36.2%)	5:08	11.7 (63.9%)
210	CHAROWSKI Marcin	2047		M-30	73	00:01:02	00:26:40	00:52:35	00:54:26.80	00:55:29.05	+00:19:59 (36.7%)	5:11	11.6 (63.4%)
210	ZAWIERUCHA Aleksander	2611	MARO-TEAM JASTRZĘBIE-ŻORY	M-50	7	00:00:34	00:26:29	00:53:04	00:54:54.60	00:55:29.05	+00:20:27 (37.3%)	5:13	11.5 (62.8%)
212	SZCZERZEK Zbigniew	2514		M-60	5	00:00:41	00:25:24	00:52:28	00:54:47.45	00:55:29.35	+00:20:20 (37.1%)	5:13	11.5 (62.8%)
213	WÓJCIAK Katarzyna	2592		K-40	12	00:00:37	00:26:45	00:52:52	00:54:53.75	00:55:31.20	+00:20:26 (37.2%)	5:13	11.5 (62.8%)
214	DRZYMALSKI Przemysław	2088	PROPOINT	M-30	72	00:01:12	00:27:01	00:52:21	00:54:22.45	00:55:34.45	+00:19:55 (36.6%)	5:10	11.6 (63.4%)
215	GRUDZIŃSKA Magdalena	2142		K-30	10	00:00:54	00:26:35	00:52:58	00:54:48.10	00:55:42.20	+00:20:21 (37.1%)	5:13	11.5 (62.8%)
216	ISKRZAK Izabela	2164		K-30	12	00:00:31	00:26:08	00:53:02	00:55:12.00	00:55:43.55	+00:20:44 (37.6%)	5:15	11.4 (62.3%)
217	DWORACZEK Grzegorz	2092	TRIDIVISION TRIATHLON TEAM	M-40	60	00:00:49	00:26:24	00:52:56	00:54:56.75	00:55:46.30	+00:20:29 (37.3%)	5:14	11.5 (62.8%)
218	POPŁAWSKA-WAL Agata	2409	ZF	K-30	11	00:00:53	00:26:44	00:53:03	00:54:55.80	00:55:49.25	+00:20:28 (37.3%)	5:13	11.5 (62.8%)
219	KOWALCZYK Grzegorz	2230		M-40	64	00:00:16	00:25:19	00:53:32	00:55:37.10	00:55:53.20	+00:21:10 (38.1%)	5:17	11.3 (61.7%)
219	SERWACH Mateusz	2455	FALUSSO BERGAMO	M-20	43	00:00:18	00:25:43	00:53:42	00:55:34.40	00:55:53.20	+00:21:07 (38.0%)	5:17	11.3 (61.7%)
221	KOWALCZYK Robert	2229	ISTA BIEGAMY	M-50	6	00:01:02	00:25:54	00:52:51	00:54:51.40	00:55:53.85	+00:20:24 (37.2%)	5:13	11.5 (62.8%)
222	KOZIOL Ryszard	2240	SOSNICA	M-60	6	00:00:14	00:25:54	00:53:35	00:55:40.25	00:55:54.75	+00:21:13 (38.1%)	5:18	11.3 (61.7%)
223	GARNCARZ Jakub	2118		M-30	78	00:00:46	00:26:32	00:53:11	00:55:09.20	00:55:55.65	+00:20:42 (37.5%)	5:15	11.4 (62.3%)
224	KOKOT Marcel	2218	DECATHLON CAR GLIWICE	M-20	37	00:01:30	00:25:59	00:52:12	00:54:28.15	00:55:58.20	+00:20:01 (36.8%)	5:11	11.6 (63.4%)
225	PĘCHERCZYK Piotr	2391		M-50	8	00:00:55	00:25:52	00:52:59	00:55:03.85	00:55:59.65	+00:20:36 (37.4%)	5:14	11.4 (62.3%)
226	TROSKO Adam	2552		M-40	59	00:01:09	00:24:39	00:52:59	00:54:51.95	00:56:01.15	+00:20:24 (37.2%)	5:13	11.5 (62.8%)
227	CHEĆIŃSKI Tomasz	2050		M-40	63	00:00:33	00:25:44	00:53:34	00:55:31.80	00:56:05.20	+00:21:04 (38.0%)	5:17	11.3 (61.7%)
228	ZAKRZOWSKI Krzysztof	2606	DRIV	M-20	44	00:00:33	00:25:54	00:53:39	00:55:34.50	00:56:08.20	+00:21:07 (38.0%)	5:17	11.3 (61.7%)
229	CZEPIGA Bożena	2070		K-40	13	00:00:10	00:25:54	00:53:55	00:55:59.20	00:56:09.60	+00:21:32 (38.5%)	5:19	11.3 (61.7%)
230	MICHOŃ Maciej	2319		M-20	40	00:01:06	00:26:52	00:53:14	00:55:14.75	00:56:21.55	+00:20:47 (37.6%)	5:15	11.4 (62.3%)
231	OLEŚ Monika	2671		K-30	13	00:01:06	00:27:13	00:53:10	00:55:16.10	00:56:22.30	+00:20:49 (37.7%)	5:15	11.4 (62.3%)
232	URBANIAK Dawid	2558	AVANTOR PERFORMANCE MATERIALS POLAND	M-20	42	00:00:53	00:25:39	00:53:39	00:55:29.90	00:56:23.80	+00:21:02 (37.9%)	5:17	11.4 (62.3%)

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			
233	DĘBOWSKI Krzysztof	2074		M-30	81	00:01:06	00:26:11	00:53:13	00:55:18.25	00:56:24.60	+00:20:51 (37.7%)	5:16	11.4 (62.3%)
234	BEHERNOT Jan	2680		M-20	41	00:00:56	00:26:33	00:53:36	00:55:29.50	00:56:26.45	+00:21:02 (37.9%)	5:17	11.4 (62.3%)
235	PIETRZAK Waldemar	2395	GOK PILCHOWICE	M-30	75	00:01:47	00:26:16	00:52:39	00:54:41.00	00:56:28.70	+00:20:13 (37.0%)	5:12	11.5 (62.8%)
236	SAMOL Grzegorz	2448	GLIWICE	M-50	9	00:00:38	00:26:07	00:53:50	00:55:51.20	00:56:29.20	+00:21:24 (38.3%)	5:19	11.3 (61.7%)
237	MATULICZ Damian	2313		M-40	69	00:00:20	00:25:25	00:53:59	00:56:09.85	00:56:30.00	+00:21:42 (38.7%)	5:20	11.2 (61.2%)
238	OPALIŃSKI Tomasz	2365	ZF TEAM	M-30	83	00:00:54	00:26:43	00:53:35	00:55:36.00	00:56:30.40	+00:21:08 (38.0%)	5:17	11.3 (61.7%)
239	ROLEK Marcin	2434		M-30	82	00:00:56	00:26:41	00:53:34	00:55:35.00	00:56:31.30	+00:21:07 (38.0%)	5:17	11.3 (61.7%)
239	ŻEBROWSKI Łukasz	2630	ZF TEAM	M-30	84	00:00:51	00:27:04	00:53:46	00:55:39.80	00:56:31.30	+00:21:12 (38.1%)	5:18	11.3 (61.7%)
241	HOMA Dorota	2161	NOGAMI DO PRZODU	K-30	14	00:01:07	00:26:27	00:53:26	00:55:30.40	00:56:37.75	+00:21:03 (37.9%)	5:17	11.4 (62.3%)
242	SMOK Weronika	2479		K-20	10	00:00:37	00:26:37	00:53:43	00:56:00.05	00:56:37.90	+00:21:33 (38.5%)	5:20	11.3 (61.7%)
243	OLEJNICZAK Aleksandra	2360		K-20	12	00:00:29	00:26:14	00:54:17	00:56:16.60	00:56:45.95	+00:21:49 (38.8%)	5:21	11.2 (61.2%)
244	DYTO Michał	2682		M-20	38	00:01:48	00:25:21	00:53:10	00:54:59.95	00:56:48.25	+00:20:32 (37.4%)	5:14	11.5 (62.8%)
245	BAJURA Grzegorz	2002		M-30	79	00:01:40	00:27:06	00:53:21	00:55:16.55	00:56:56.90	+00:20:49 (37.7%)	5:15	11.4 (62.3%)
246	PREJS Karol	2413		M-30	80	00:01:39	00:27:07	00:53:21	00:55:17.15	00:56:57.00	+00:20:50 (37.7%)	5:16	11.4 (62.3%)
247	SŁOWIŃSKI Kamil	2477	DRUŻYNA POLITECHNIKI ŚLĄSKIEJ	M-30	85	00:01:13	00:26:17	00:53:47	00:55:45.45	00:56:58.50	+00:21:18 (38.2%)	5:18	11.3 (61.7%)
248	KOZŁOWSKI Mariusz	2243	KB ODRA OPOLE	M-40	68	00:00:52	00:27:22	00:54:12	00:56:07.65	00:57:00.20	+00:21:40 (38.6%)	5:20	11.2 (61.2%)
249	GRĄBCZEWSKI Marcin	2139		M-30	87	00:01:03	00:26:42	00:54:00	00:56:03.50	00:57:07.05	+00:21:36 (38.5%)	5:20	11.2 (61.2%)
250	JAROŃ Grzegorz	2174		M-40	66	00:01:11	00:26:52	00:53:59	00:55:56.55	00:57:07.85	+00:21:29 (38.4%)	5:19	11.3 (61.7%)
251	MARCINIAK Paulina	2309		K-30	16	00:01:14	00:26:34	00:53:48	00:55:53.30	00:57:08.20	+00:21:26 (38.4%)	5:19	11.3 (61.7%)
251	SPYRA Jacek	2488	PROPOINT	M-20	46	00:01:09	00:27:03	00:54:02	00:55:59.00	00:57:08.20	+00:21:31 (38.5%)	5:19	11.3 (61.7%)
253	HEINCE Łukasz	2155	PROPOINT	M-20	45	00:01:14	00:26:40	00:54:04	00:55:53.35	00:57:08.25	+00:21:26 (38.4%)	5:19	11.3 (61.7%)
254	RUDZIŃSKI Łukasz	2438		M-30	90	00:00:44	00:26:55	00:54:43	00:56:27.35	00:57:12.00	+00:22:00 (39.0%)	5:22	11.2 (61.2%)
255	BEDNAREK Jakub	2014		M-30	89	00:00:47	00:26:20	00:54:17	00:56:25.75	00:57:12.80	+00:21:58 (38.9%)	5:22	11.2 (61.2%)
256	FIRSZT Marta	2101		K-20	13	00:00:15	00:26:38	00:54:52	00:56:58.80	00:57:14.30	+00:22:31 (39.5%)	5:25	11.1 (60.7%)

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			
257	URBAŃSKI Maciej	2561		M-50	10	00:00:15	00:26:37	00:54:52	00:56:59.90	00:57:15.35	+00:22:32 (39.6%)	5:25	11.1 (60.7%)
258	PAUL Violetta	2382	BPRT	K-40	14	00:01:14	00:27:00	00:54:02	00:56:01.10	00:57:15.65	+00:21:34 (38.5%)	5:20	11.2 (61.2%)
259	PAWLETA Michał	2383	BPRT	M-40	67	00:01:14	00:27:00	00:54:01	00:56:01.55	00:57:15.95	+00:21:34 (38.5%)	5:20	11.2 (61.2%)
260	ZIEMBA Grzegorz	2620		M-40	62	00:01:54	00:26:59	00:53:31	00:55:25.75	00:57:19.80	+00:20:58 (37.8%)	5:16	11.4 (62.3%)
261	SZCZERBAK-RUTA Aleksandra	2513		K-30	15	00:01:34	00:27:00	00:53:46	00:55:49.70	00:57:23.85	+00:21:22 (38.3%)	5:18	11.3 (61.7%)
262	SZYMAŃSKI Piotr	2535		M-40	65	00:01:32	00:27:01	00:53:48	00:55:50.95	00:57:23.90	+00:21:23 (38.3%)	5:19	11.3 (61.7%)
263	SALA Katarzyna	2445		K-30	17	00:00:12	00:26:54	00:55:08	00:57:13.30	00:57:25.55	+00:22:46 (39.8%)	5:26	11 (60.1%)
264	CHOLEWA Grzegorz	2054		M-40	73	00:00:12	00:26:54	00:55:09	00:57:13.00	00:57:25.70	+00:22:45 (39.8%)	5:26	11 (60.1%)
265	WYCIŚLIK Marcin	2598	HIRSCHVOGEL	M-30	93	00:00:33	00:26:26	00:54:44	00:56:54.10	00:57:27.10	+00:22:27 (39.5%)	5:25	11.1 (60.7%)
266	PIETRZAK Łukasz	2396	MECHTAL CITY	M-30	91	00:00:48	00:26:34	00:54:44	00:56:39.05	00:57:27.45	+00:22:12 (39.2%)	5:23	11.1 (60.7%)
267	PUCHALSKI Rafał	2421	FLUOR	M-30	86	00:01:30	00:27:22	00:54:09	00:55:58.30	00:57:28.60	+00:21:31 (38.4%)	5:19	11.3 (61.7%)
268	SANOCKA Dorota	2452	DRUŻYNA JASNEJ	K-40	15	00:01:26	00:26:59	00:54:03	00:56:03.00	00:57:29.25	+00:21:35 (38.5%)	5:20	11.2 (61.2%)
269	MAGURNO Franco	2677		M-40	71	00:00:44	00:26:49	00:54:57	00:56:49.90	00:57:34.50	+00:22:22 (39.4%)	5:24	11.1 (60.7%)
270	DOBROWOLSKA Basia	2076		K-20	11	00:01:33	00:27:00	00:54:10	00:56:06.80	00:57:40.35	+00:21:39 (38.6%)	5:20	11.2 (61.2%)
271	STĘPAK Patrycja	2497		K-20	14	00:00:24	00:27:34	00:55:15	00:57:19.65	00:57:44.50	+00:22:52 (39.9%)	5:27	11 (60.1%)
272	KOZA Paulina	2236	KJ TRACHY GLIWICE	K-30	18	00:00:30	00:26:01	00:55:03	00:57:14.70	00:57:44.90	+00:22:47 (39.8%)	5:27	11 (60.1%)
273	MOĆKO Artur	2330		M-30	88	00:01:31	00:27:44	00:54:19	00:56:15.75	00:57:47.00	+00:21:48 (38.8%)	5:21	11.2 (61.2%)
274	BRYLIŃSKI Ryszard	2038		M-60	8	00:00:11	00:27:00	00:55:44	00:57:46.65	00:57:57.85	+00:23:19 (40.4%)	5:30	10.9 (59.6%)
275	WĄTROBA Tomasz	2567		M-30	94	00:00:56	00:26:41	00:54:59	00:57:03.35	00:57:59.65	+00:22:36 (39.6%)	5:26	11 (60.1%)
276	MAŃKA Adam	2307		M-40	70	00:01:20	00:28:04	00:54:46	00:56:43.30	00:58:04.20	+00:22:16 (39.3%)	5:24	11.1 (60.7%)
277	GAJ Kamila	2112	NIGHT RUNNERS GLIWICE	K-50	2	00:00:18	00:27:00	00:55:38	00:57:48.35	00:58:06.70	+00:23:21 (40.4%)	5:30	10.9 (59.6%)
278	SZASTOK Katarzyna	2509		K-40	16	00:00:57	00:28:08	00:55:14	00:57:11.25	00:58:09.05	+00:22:44 (39.8%)	5:26	11 (60.1%)
279	HAŁAKUC Joanna	2152		K-20	17	00:00:09	00:26:59	00:55:54	00:57:59.25	00:58:09.10	+00:23:32 (40.6%)	5:31	10.9 (59.6%)
280	PSIUK Piotr	2419		M-30	99	00:00:29	00:26:16	00:55:22	00:57:42.70	00:58:12.35	+00:23:15 (40.3%)	5:29	10.9 (59.6%)

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			
281	GĘBCZYŃSKI Oliwier	2121		M-20	49	00:00:38	00:25:11	00:55:09	00:57:38.20	00:58:16.30	+00:23:11 (40.2%)	5:29	10.9 (59.6%)
282	DUCH Weronika	2089	DECATHLON CAR ŁÓDŹ	K-20	16	00:00:21	00:28:47	00:56:06	00:57:57.30	00:58:18.75	+00:23:30 (40.6%)	5:31	10.9 (59.6%)
283	KARBOWNIK Marcin	2666		M-20	51	00:00:22	00:26:35	00:55:55	00:58:00.35	00:58:23.20	+00:23:33 (40.6%)	5:31	10.9 (59.6%)
284	OKOŃ Zdzisław	2358		M-60	7	00:00:41	00:28:37	00:55:44	00:57:45.95	00:58:27.00	+00:23:18 (40.4%)	5:30	10.9 (59.6%)
284	BOSAKOWSKA Ela	2031		K-40	18	00:00:13	00:25:47	00:56:08	00:58:13.75	00:58:27.00	+00:23:46 (40.8%)	5:32	10.8 (59.0%)
286	ZDANOWICZ Michał	2614		M-40	75	00:00:13	00:26:02	00:56:09	00:58:14.20	00:58:27.30	+00:23:47 (40.8%)	5:32	10.8 (59.0%)
287	SOKOŁOWSKI Łukasz	2485		M-30	97	00:01:04	00:27:28	00:55:25	00:57:22.75	00:58:27.35	+00:22:55 (40.0%)	5:27	11 (60.1%)
288	SZOPIŃSKI Grzegorz	2523	DECATHLON&PRZYJACIELE	M-20	47	00:01:16	00:28:14	00:55:30	00:57:11.40	00:58:28.05	+00:22:44 (39.8%)	5:26	11 (60.1%)
289	HERUD Tomasz	2663		M-30	92	00:01:44	00:27:49	00:54:55	00:56:44.30	00:58:28.85	+00:22:17 (39.3%)	5:24	11.1 (60.7%)
290	KRÓLIK Arkadiusz	2246	MARO TEAM JASTRZĘBIE-ŻORY	M-40	74	00:00:30	00:27:32	00:56:02	00:57:58.95	00:58:29.45	+00:23:31 (40.6%)	5:31	10.9 (59.6%)
291	SAFERNA Przemek	2443		M-30	101	00:00:25	00:28:12	00:56:10	00:58:04.30	00:58:29.90	+00:23:37 (40.7%)	5:31	10.8 (59.0%)
292	ROSAK-SZYROCKA Asia	2436	MIELEWCZYK RUNNING TEAM	K-40	17	00:00:27	00:27:34	00:56:10	00:58:04.65	00:58:31.70	+00:23:37 (40.7%)	5:31	10.8 (59.0%)
293	JASTO Mateusz	2177		M-20	48	00:01:02	00:27:26	00:55:48	00:57:33.95	00:58:36.30	+00:23:06 (40.2%)	5:28	10.9 (59.6%)
294	CZĄSTKIEWICZ Alicja	2068	POWERGIRLS	K-30	19	00:01:10	00:27:32	00:55:33	00:57:30.35	00:58:40.50	+00:23:03 (40.1%)	5:28	11 (60.1%)
295	WIECZOROWSKI Krzysztof	2570	MOSTOSTAL ZABRZE UNITED	M-30	100	00:00:50	00:26:41	00:55:39	00:57:50.75	00:58:41.40	+00:23:23 (40.4%)	5:30	10.9 (59.6%)
296	SUPERNAK Marcin	2507		M-40	72	00:01:48	00:27:25	00:54:54	00:56:53.65	00:58:41.80	+00:22:26 (39.4%)	5:25	11.1 (60.7%)
297	SŁABOŃ Roma	2657		K-30	20	00:01:10	00:27:32	00:55:34	00:57:34.15	00:58:44.75	+00:23:07 (40.2%)	5:28	10.9 (59.6%)
298	POWROŹNIK Paulina	2412	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	K-20	18	00:00:44	00:26:50	00:55:53	00:58:02.00	00:58:46.30	+00:23:34 (40.6%)	5:31	10.9 (59.6%)
299	ZŁOTEK Katarzyna	2626	OPEL ACTIVE TEAM	K-30	24	00:00:19	00:27:07	00:56:27	00:58:34.75	00:58:54.10	+00:24:07 (41.2%)	5:34	10.8 (59.0%)
300	KOZAK Kamila	2683		K-20	15	00:01:21	00:28:02	00:55:35	00:57:38.85	00:59:00.35	+00:23:11 (40.2%)	5:29	10.9 (59.6%)
301	BARCHANOWSKA Joanna	2008		K-30	25	00:00:15	00:26:36	00:56:42	00:58:44.80	00:59:00.50	+00:24:17 (41.4%)	5:35	10.7 (58.5%)
302	KUKLA Bartosz	3143	UKS KOMETA GLIWICE	M-20	50	00:01:13	00:25:26	00:55:29	00:57:50.10	00:59:03.30	+00:23:23 (40.4%)	5:30	10.9 (59.6%)
303	SZYMOS Damian	2536	RYWAL GLIWICE	M-30	95	00:02:01	00:26:44	00:55:08	00:57:03.45	00:59:04.95	+00:22:36 (39.6%)	5:26	11 (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
304	MARKER-DZIUBOSZ Agnieszka	2312		K-40	19	00:00:40	00:27:16	00:56:14	00:58:25.25	00:59:05.75	+00:23:58 (41.0%)	5:33	10.8 (59.0%)
305	SKURA Adam	2470	FLUOR	M-30	98	00:01:40	00:27:53	00:55:33	00:57:25.45	00:59:05.90	+00:22:58 (40.0%)	5:28	11 (60.1%)
306	MAJEWSKA Agata	2303		K-20	19	00:00:22	00:28:33	00:56:38	00:58:45.35	00:59:08.00	+00:24:18 (41.4%)	5:35	10.7 (58.5%)
307	MUSIAŁ Piotr	2332		M-20	53	00:00:47	00:28:33	00:56:25	00:58:21.85	00:59:09.50	+00:23:54 (41.0%)	5:33	10.8 (59.0%)
308	KUKUCZKA Ewa	2254		K-30	22	00:01:05	00:27:13	00:55:54	00:58:04.30	00:59:09.60	+00:23:37 (40.7%)	5:31	10.8 (59.0%)
309	SKULSKI Tomasz	2469	LILA LOGISTIK	M-40	77	00:00:37	00:26:53	00:56:23	00:58:33.30	00:59:11.25	+00:24:06 (41.2%)	5:34	10.8 (59.0%)
310	STUDZIŃSKI Grzegorz	2505	ZABRZE CITY M&A	M-30	96	00:01:53	00:27:45	00:55:19	00:57:18.65	00:59:12.40	+00:22:51 (39.9%)	5:27	11 (60.1%)
311	BAŃKA Jakub	2007		M-30	104	00:00:40	00:27:10	00:56:23	00:58:32.05	00:59:12.60	+00:24:05 (41.1%)	5:34	10.8 (59.0%)
312	ZACZYŃSKA Dagmara	2603		K-30	21	00:01:13	00:28:23	00:56:11	00:58:02.05	00:59:15.05	+00:23:35 (40.6%)	5:31	10.9 (59.6%)
313	OKOŃ Monika	2357		K-40	21	00:00:40	00:28:38	00:56:32	00:58:40.10	00:59:20.85	+00:24:13 (41.3%)	5:35	10.7 (58.5%)
314	GORELL Bogumiła	2128		K-30	23	00:01:09	00:27:50	00:56:25	00:58:24.80	00:59:33.95	+00:23:57 (41.0%)	5:33	10.8 (59.0%)
315	KUMOR Marcin	2259		M-30	107	00:00:33	00:26:46	00:57:00	00:59:01.95	00:59:35.10	+00:24:34 (41.6%)	5:37	10.7 (58.5%)
316	KOZŁOWSKI Przemysław	2242	ZACHODNIE GEPARDY	M-30	105	00:00:45	00:26:40	00:56:40	00:58:51.65	00:59:37.15	+00:24:24 (41.5%)	5:36	10.7 (58.5%)
317	OSTROWSKI Ziemowit	2371	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-40	76	00:01:22	00:28:08	00:56:19	00:58:19.25	00:59:41.40	+00:23:52 (40.9%)	5:33	10.8 (59.0%)
318	JAROŃ Katarzyna	2173		K-40	20	00:01:11	00:27:30	00:56:33	00:58:31.80	00:59:42.95	+00:24:04 (41.1%)	5:34	10.8 (59.0%)
319	TREFON-RADZIEJEWSKA Dominika	2551		K-30	26	00:00:43	00:28:45	00:57:01	00:58:59.25	00:59:43.00	+00:24:32 (41.6%)	5:37	10.7 (58.5%)
320	SZWIEC Sandra	2531	ZABIEGANI NAUCZYCIELE	K-30	27	00:00:39	00:28:10	00:56:54	00:59:05.75	00:59:45.05	+00:24:38 (41.7%)	5:37	10.7 (58.5%)
321	CHOJKOWSKI Michał	2051		M-40	78	00:00:57	00:27:33	00:56:40	00:58:49.75	00:59:47.00	+00:24:22 (41.4%)	5:36	10.7 (58.5%)
322	SZOZDA Ewa	2524		K-30	28	00:00:40	00:27:10	00:56:53	00:59:07.15	00:59:47.40	+00:24:40 (41.7%)	5:37	10.7 (58.5%)
323	WOJTASIK Adrian	2587		M-20	54	00:01:19	00:28:06	00:56:31	00:58:32.05	00:59:52.00	+00:24:05 (41.1%)	5:34	10.8 (59.0%)
324	KANIA Krystyna	2197		K-60	1	00:02:01	00:27:50	00:55:57	00:57:57.85	00:59:59.65	+00:23:30 (40.6%)	5:31	10.9 (59.6%)
325	POLEWKA Beata	3138	UKS KOMETA GLIWICE	K-40	23	00:00:39	00:28:10	00:57:18	00:59:23.20	01:00:02.70	+00:24:56 (42.0%)	5:39	10.6 (57.9%)

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
325	SIODŁAK-BLACHNIO Justyna	2461		K-40	24	00:00:29	00:27:33	00:57:26	00:59:33.40	01:00:02.70	+00:25:06 (42.2%)	5:40	10.6 (57.9%)
327	JANOSZKA Piotr	2172	BANDA Z POŁUDNIA	M-30	103	00:01:44	00:28:35	00:56:16	00:58:21.80	01:00:05.90	+00:23:54 (41.0%)	5:33	10.8 (59.0%)
328	KAZIMIERSKI Martin	2675	BANDA Z POŁUDNIA	M-20	52	00:01:44	00:28:36	00:56:16	00:58:21.40	01:00:06.15	+00:23:54 (41.0%)	5:33	10.8 (59.0%)
329	OLSZEWSKI Łukasz	2361	FLUOR	M-30	106	00:01:14	00:28:05	00:56:53	00:58:55.45	01:00:09.75	+00:24:28 (41.5%)	5:36	10.7 (58.5%)
330	KURZYK Elżbieta	2264		K-30	37	00:00:15	00:29:06	00:57:51	00:59:57.40	01:00:12.40	+00:25:30 (42.5%)	5:42	10.5 (57.4%)
331	KACZMARSKI Jacek	2189		M-30	108	00:01:13	00:27:58	00:57:02	00:59:02.30	01:00:15.35	+00:24:35 (41.6%)	5:37	10.7 (58.5%)
332	MARYNIAK Wojciech	2676		M-30	102	00:01:56	00:28:51	00:56:23	00:58:20.15	01:00:17.10	+00:23:53 (40.9%)	5:33	10.8 (59.0%)
333	LEŚNIEWSKI Mateusz	2276		M-30	114	00:00:40	00:28:30	00:57:33	00:59:36.75	01:00:17.70	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
334	KOWALCZYK Kamila	2232		K-30	33	00:00:40	00:28:30	00:57:35	00:59:37.90	01:00:18.35	+00:25:10 (42.2%)	5:40	10.6 (57.9%)
335	KLONEK-FRYŚ Sylwia	2211		K-30	31	00:00:49	00:27:48	00:57:10	00:59:29.05	01:00:18.90	+00:25:02 (42.1%)	5:39	10.6 (57.9%)
336	BUJNAROWSKA Barbara	2043		K-30	32	00:00:49	00:27:48	00:57:10	00:59:29.90	01:00:19.20	+00:25:02 (42.1%)	5:40	10.6 (57.9%)
337	CZARNECKI Michał	2066		M-20	55	00:01:20	00:28:05	00:56:51	00:58:59.35	01:00:19.80	+00:24:32 (41.6%)	5:37	10.7 (58.5%)
338	KOTLARSKA Anna	2227		K-40	22	00:01:10	00:29:55	00:57:15	00:59:13.55	01:00:24.30	+00:24:46 (41.8%)	5:38	10.6 (57.9%)
339	STANISZ Michał	2491		M-30	113	00:00:50	00:26:39	00:57:15	00:59:36.40	01:00:27.00	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
340	SZOŁTYSIK Marta	2522		K-30	35	00:00:37	00:27:39	00:57:33	00:59:53.65	01:00:30.65	+00:25:26 (42.5%)	5:42	10.5 (57.4%)
341	BOREK Wojciech	2029		M-30	115	00:00:29	00:27:24	00:57:38	01:00:01.35	01:00:31.25	+00:25:34 (42.6%)	5:43	10.5 (57.4%)
342	DULĘBA Juliusz	2090		M-30	111	00:01:12	00:30:25	00:57:16	00:59:19.80	01:00:32.05	+00:24:52 (41.9%)	5:39	10.6 (57.9%)
343	GAŁEK Andrzej	2678	ZF TEAM	M-30	110	00:01:13	00:28:00	00:56:57	00:59:19.15	01:00:32.95	+00:24:52 (41.9%)	5:38	10.6 (57.9%)
344	KELLER Aneta	2202		K-30	39	00:00:15	00:27:09	00:57:53	01:00:19.50	01:00:35.25	+00:25:52 (42.9%)	5:44	10.4 (56.8%)
345	GŁOWACKA Katarzyna	2125	K2	K-30	34	00:00:56	00:28:36	00:57:30	00:59:39.65	01:00:36.50	+00:25:12 (42.3%)	5:40	10.6 (57.9%)
346	PIERZCHAŁA Jacek	2394		M-40	84	00:00:41	00:29:01	00:57:57	01:00:01.45	01:00:43.35	+00:25:34 (42.6%)	5:43	10.5 (57.4%)
347	GRYCMAN Michał	2145	PROPOINT	M-20	57	00:01:09	00:28:26	00:57:43	00:59:34.40	01:00:44.10	+00:25:07 (42.2%)	5:40	10.6 (57.9%)
348	KOWALSKA Karolina	2233		K-30	29	00:01:40	00:28:18	00:57:12	00:59:07.35	01:00:48.00	+00:24:40 (41.7%)	5:37	10.7 (58.5%)

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			
349	WITKOWSKA Natalia	2687		K-30	30	00:01:38	00:28:26	00:57:05	00:59:16.55	01:00:54.55	+00:24:49 (41.9%)	5:38	10.6 (57.9%)
350	MACHOCZEK Patryk	2296		M-30	109	00:01:44	00:28:46	00:57:10	00:59:11.25	01:00:56.20	+00:24:44 (41.8%)	5:38	10.6 (57.9%)
351	MAJCZAK Wojciech	2302		M-30	118	00:00:15	00:28:18	00:58:31	01:00:47.70	01:01:03.05	+00:26:20 (43.3%)	5:47	10.4 (56.8%)
352	MACHOŚ Adrianna	2685		K-20	23	00:00:14	00:27:07	00:58:32	01:00:50.10	01:01:04.50	+00:26:23 (43.4%)	5:47	10.4 (56.8%)
353	STARCZAŁA Piotr	2494	MEGAWAT RUNNING TEAM	M-40	82	00:01:19	00:28:27	00:57:41	00:59:48.40	01:01:07.65	+00:25:21 (42.4%)	5:41	10.5 (57.4%)
354	SOBOLEWSKA Stefania	2483		K-40	25	00:01:07	00:28:26	00:57:52	01:00:00.25	01:01:07.90	+00:25:33 (42.6%)	5:42	10.5 (57.4%)
355	GAWŁOWSKI Piotr	2119	PKO BANK POLSKI	M-20	56	00:01:57	00:29:04	00:57:21	00:59:12.60	01:01:10.45	+00:24:45 (41.8%)	5:38	10.6 (57.9%)
356	OLEARCZUK Grzegorz	2359		M-40	79	00:01:58	00:27:31	00:57:07	00:59:13.70	01:01:12.40	+00:24:46 (41.8%)	5:38	10.6 (57.9%)
357	KACZOROWSKI Grzegorz	2191		M-20	58	00:01:08	00:28:26	00:57:42	01:00:05.10	01:01:13.10	+00:25:38 (42.7%)	5:43	10.5 (57.4%)
358	ONOPIUK Natalia	2363		K-20	21	00:01:00	00:28:40	00:58:00	01:00:13.10	01:01:14.05	+00:25:46 (42.8%)	5:44	10.5 (57.4%)
358	BRZEZIŃSKA Teresa	2040	NIGHT RUNNERS GLIWICE	K-40	29	00:00:30	00:28:33	00:58:36	01:00:43.25	01:01:14.05	+00:26:16 (43.3%)	5:47	10.4 (56.8%)
360	MAJ Viktoria	2300		K-20	20	00:01:22	00:28:19	00:57:02	00:59:51.60	01:01:14.55	+00:25:24 (42.4%)	5:42	10.5 (57.4%)
361	ZALESKI Arkadiusz	2608		M-40	81	00:01:29	00:27:07	00:57:38	00:59:47.85	01:01:16.90	+00:25:20 (42.4%)	5:41	10.5 (57.4%)
362	GRYBOŚ Patrycja	2144		K-20	22	00:00:41	00:29:08	00:58:28	01:00:37.00	01:01:18.30	+00:26:09 (43.2%)	5:46	10.4 (56.8%)
363	PROKOP Iwona	2414	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	K-40	30	00:00:37	00:29:03	00:58:31	01:00:43.50	01:01:21.35	+00:26:16 (43.3%)	5:47	10.4 (56.8%)
364	ZAREMBA Tadeusz	2609	STARY HANGAR	M-60	9	00:00:36	00:28:24	00:58:33	01:00:46.55	01:01:22.80	+00:26:19 (43.3%)	5:47	10.4 (56.8%)
365	SAMOL Iwona	2449		K-40	28	00:00:54	00:28:50	00:58:22	01:00:29.00	01:01:23.90	+00:26:01 (43.0%)	5:45	10.4 (56.8%)
366	STRZELCZYK Grażyna	2502		K-30	42	00:00:13	00:29:20	00:59:05	01:01:15.10	01:01:28.90	+00:26:48 (43.8%)	5:50	10.3 (56.3%)
367	CIOK Anna	2060		K-30	43	00:00:13	00:29:20	00:59:05	01:01:15.40	01:01:29.10	+00:26:48 (43.8%)	5:50	10.3 (56.3%)
368	MŁKOWSKI Andrzej	2327		M-60	10	00:00:25	00:28:33	00:58:50	01:01:07.65	01:01:33.20	+00:26:40 (43.6%)	5:49	10.3 (56.3%)
369	RYBAK Andrzej	2441	HIRSCHVOGEL	M-30	119	00:00:30	00:27:53	00:59:01	01:01:07.20	01:01:38.15	+00:26:40 (43.6%)	5:49	10.3 (56.3%)
370	STROJEK Agnieszka	2500		K-40	27	00:01:11	00:29:03	00:58:20	01:00:26.95	01:01:38.40	+00:25:59 (43.0%)	5:45	10.4 (56.8%)
371	ŚWIDER Tomasz	2540	LARMO TEAM	M-40	80	00:02:05	00:28:52	00:57:35	00:59:37.00	01:01:42.05	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
372	HERUD Sandra	2662		K-30	38	00:01:43	00:27:54	00:57:43	00:59:59.80	01:01:42.80	+00:25:32 (42.6%)	5:42	10.5 (57.4%)

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			
373	LINDENBERG Jarosław	2282		M-30	117	00:01:23	00:27:26	00:58:17	01:00:21.30	01:01:45.25	+00:25:54 (42.9%)	5:44	10.4 (56.8%)
374	BARTELA Łukasz	2645		M-30	112	00:02:11	00:28:30	00:57:14	00:59:33.35	01:01:45.30	+00:25:06 (42.2%)	5:40	10.6 (57.9%)
375	KOŚLACZ Katarzyna	2226		K-40	26	00:01:36	00:29:27	00:58:09	01:00:12.95	01:01:49.30	+00:25:45 (42.8%)	5:44	10.5 (57.4%)
376	SOBEL Natalia	3142	UKS KOMETA GLIWICE	K-20	24	00:00:12	00:28:41	00:59:25	01:01:42.25	01:01:54.50	+00:27:15 (44.2%)	5:52	10.2 (55.7%)
377	WYPCHOŁ Piotr	2599		M-50	11	00:01:24	00:29:52	00:58:24	01:00:30.70	01:01:54.70	+00:26:03 (43.1%)	5:45	10.4 (56.8%)
378	PACZKOWSKI Jacek	2375		M-40	85	00:01:22	00:28:41	00:58:25	01:00:34.50	01:01:56.60	+00:26:07 (43.1%)	5:46	10.4 (56.8%)
379	SZCZEGÓLSKA Anna	2510		K-30	36	00:02:03	00:28:59	00:57:40	00:59:54.05	01:01:57.35	+00:25:27 (42.5%)	5:42	10.5 (57.4%)
379	SZCZEGÓLSKI Jarosław	2511		M-40	83	00:02:03	00:28:59	00:57:40	00:59:53.45	01:01:57.35	+00:25:26 (42.5%)	5:42	10.5 (57.4%)
381	KOTOWSKI Piotr	2658		M-40	86	00:01:15	00:28:35	00:58:25	01:00:44.70	01:01:59.80	+00:26:17 (43.3%)	5:47	10.4 (56.8%)
382	STRYSIK-KRĘŻEL Iwona	2501	PROPOINT	K-30	41	00:01:00	00:28:48	00:59:00	01:01:12.45	01:02:13.00	+00:26:45 (43.7%)	5:49	10.3 (56.3%)
383	PIÓRKOWSKI Tomasz	2402		M-40	94	00:00:45	00:28:42	00:59:17	01:01:29.20	01:02:14.80	+00:27:02 (44.0%)	5:51	10.2 (55.7%)
384	TABOR Andrzej	2543		M-30	116	00:01:59	00:28:08	00:58:08	01:00:16.30	01:02:15.55	+00:25:49 (42.8%)	5:44	10.5 (57.4%)
385	SLUZALEK Małgorzata	2474		K-40	33	00:00:45	00:28:42	00:59:17	01:01:30.55	01:02:15.90	+00:27:03 (44.0%)	5:51	10.2 (55.7%)
386	BLAUT-KUBANEK Anna	2025		K-30	44	00:00:59	00:28:12	00:59:04	01:01:16.55	01:02:16.50	+00:26:49 (43.8%)	5:50	10.3 (56.3%)
387	PAWLIK Rafał	2386	POBORSZÓW	M-20	61	00:01:13	00:28:41	00:58:56	01:01:12.15	01:02:25.35	+00:26:45 (43.7%)	5:49	10.3 (56.3%)
388	TATUŚ Sebastian	2544		M-40	92	00:01:12	00:29:02	00:58:53	01:01:14.05	01:02:26.10	+00:26:47 (43.7%)	5:49	10.3 (56.3%)
389	MALSKA-WYROZUMSKA Małgorzata	2306		K-30	40	00:01:40	00:28:18	00:58:34	01:00:49.80	01:02:30.55	+00:26:22 (43.4%)	5:47	10.4 (56.8%)
390	DRGAS Małgorzata	2084		K-30	46	00:00:51	00:29:28	00:59:35	01:01:45.40	01:02:36.85	+00:27:18 (44.2%)	5:52	10.2 (55.7%)
391	ZDZIEBKO Jakub	2616		M-20	59	00:01:41	00:29:21	00:59:15	01:00:57.15	01:02:38.90	+00:26:30 (43.5%)	5:48	10.3 (56.3%)
392	KORDECKI Bartosz	2225		M-40	87	00:01:50	00:28:44	00:58:30	01:00:49.85	01:02:39.90	+00:26:22 (43.4%)	5:47	10.4 (56.8%)
393	FABIAN Katarzyna	2098		K-40	31	00:01:35	00:29:04	00:58:35	01:01:04.80	01:02:40.75	+00:26:37 (43.6%)	5:49	10.3 (56.3%)
394	MALINOWSKI Przemysław	2305		M-40	98	00:00:27	00:29:28	00:59:58	01:02:14.65	01:02:42.30	+00:27:47 (44.7%)	5:55	10.1 (55.2%)
395	ZDZIEBKO Artur	2615		M-40	89	00:01:41	00:29:21	00:59:15	01:01:02.45	01:02:43.90	+00:26:35 (43.6%)	5:48	10.3 (56.3%)

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			
396	FORYCIARZ Robert	2107		M-40	88	00:01:42	00:29:40	00:58:50	01:01:01.50	01:02:44.10	+00:26:34 (43.5%)	5:48	10.3 (56.3%)
397	BORYCZKA Dawid	2700	NIGHT RUNNERS GLIWICE	M-20	60	00:01:44	00:30:11	00:59:16	01:01:00.70	01:02:44.75	+00:26:33 (43.5%)	5:48	10.3 (56.3%)
398	WRÓBLEWSKA Magdalena	2689		K-40	34	00:00:37	00:28:54	00:59:53	01:02:07.65	01:02:45.40	+00:27:40 (44.5%)	5:55	10.1 (55.2%)
399	SKWARA Katarzyna	2471	HIRSCHVOGEL	K-30	48	00:00:51	00:29:27	00:59:35	01:01:57.00	01:02:48.10	+00:27:29 (44.4%)	5:54	10.2 (55.7%)
400	SKOTNICKI Michał	2642		M-30	126	00:00:26	00:29:09	01:00:05	01:02:22.70	01:02:49.40	+00:27:55 (44.8%)	5:56	10.1 (55.2%)
401	WLACH Anna	2581		K-40	32	00:01:44	00:30:11	00:59:16	01:01:05.50	01:02:49.65	+00:26:38 (43.6%)	5:49	10.3 (56.3%)
402	ROJEK Michał	2433	WKURW_TEAM	M-40	96	00:01:00	00:29:29	00:59:44	01:01:50.35	01:02:50.55	+00:27:23 (44.3%)	5:53	10.2 (55.7%)
403	GÓRA Marek	2132	DRIV	M-50	12	00:00:08	00:30:01	01:00:24	01:02:42.45	01:02:50.85	+00:28:15 (45.1%)	5:58	10 (54.6%)
404	MAZUR Magda	2315		K-40	37	00:00:13	00:28:56	01:00:11	01:02:38.65	01:02:52.50	+00:28:11 (45.0%)	5:58	10.1 (55.2%)
405	FRANIA Andrzej	2109	JUDO TEAM MASTERS GLIWICE	M-40	90	00:01:52	00:29:56	00:59:16	01:01:03.80	01:02:55.85	+00:26:36 (43.6%)	5:48	10.3 (56.3%)
406	MIECZNIKOWSKA Ida	2322		K-20	25	00:01:05	00:28:29	00:59:26	01:01:51.25	01:02:56.55	+00:27:24 (44.3%)	5:53	10.2 (55.7%)
407	DACZYŃSKI Kajetan	2073		M-20	62	00:00:58	00:29:31	01:00:37	01:01:58.95	01:02:56.95	+00:27:31 (44.4%)	5:54	10.2 (55.7%)
408	LESZKOVEN Piotr	2274	FLUOR	M-40	95	00:01:23	00:30:15	00:59:39	01:01:42.25	01:03:06.20	+00:27:15 (44.2%)	5:52	10.2 (55.7%)
409	KOWALSKI Włodzimierz	2234	JUDO TEAM MASTERS GLIWICE	M-30	121	00:01:51	00:29:57	00:59:17	01:01:19.50	01:03:10.60	+00:26:52 (43.8%)	5:50	10.3 (56.3%)
410	BRUDEK Grzegorz	2035		M-30	122	00:01:41	00:30:02	00:59:22	01:01:30.45	01:03:12.10	+00:27:03 (44.0%)	5:51	10.2 (55.7%)
411	ŁADA Mirek	2293		M-40	91	00:01:59	00:29:02	00:59:07	01:01:12.90	01:03:12.75	+00:26:45 (43.7%)	5:49	10.3 (56.3%)
412	SMUDA Grzegorz	2481	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:58	00:29:24	00:58:57	01:01:14.90	01:03:13.20	+00:26:47 (43.8%)	5:50	10.3 (56.3%)
413	WEJNER Marcin	2568		M-40	93	00:01:54	00:28:49	00:59:01	01:01:19.45	01:03:14.40	+00:26:52 (43.8%)	5:50	10.3 (56.3%)
414	BANDURA Aleksandra	2005	EUVIC	K-20	26	00:01:29	00:29:48	00:59:32	01:01:51.45	01:03:20.95	+00:27:24 (44.3%)	5:53	10.2 (55.7%)
415	MACIEJEWSKA SIWY Ela	2298		K-30	51	00:00:41	00:29:40	01:00:30	01:02:41.35	01:03:22.95	+00:28:14 (45.0%)	5:58	10.1 (55.2%)
416	ORLICKI Ireneusz	2368	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	128	00:00:45	00:30:07	01:00:28	01:02:37.75	01:03:23.70	+00:28:10 (45.0%)	5:57	10.1 (55.2%)
417	HILDEBRAND Justyna	2158		K-30	47	00:01:29	00:28:58	00:59:38	01:01:54.75	01:03:23.95	+00:27:27 (44.4%)	5:53	10.2 (55.7%)
418	KOZŁOWSKI Andrzej Jerzy	2241		M-60	11	00:00:55	00:29:05	01:00:07	01:02:32.55	01:03:28.15	+00:28:05 (44.9%)	5:57	10.1 (55.2%)
419	KOŁAK Alicja	2219		K-30	49	00:01:18	00:28:48	00:59:45	01:02:10.05	01:03:28.75	+00:27:43 (44.6%)	5:55	10.1 (55.2%)

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			
420	WACŁAWEK Tomek	2562		M-20	64	00:00:42	00:28:38	01:00:32	01:02:50.90	01:03:33.10	+00:28:23 (45.2%)	5:59	10 (54.6%)
421	SKOCZYKŁODA Paweł	2463		M-30	123	00:01:30	00:29:04	00:59:50	01:02:04.70	01:03:35.50	+00:27:37 (44.5%)	5:54	10.1 (55.2%)
422	MISZCZAK Kasia	2328	EKIPA NA KIJACH	K-40	35	00:01:19	00:28:54	01:00:09	01:02:17.45	01:03:36.70	+00:27:50 (44.7%)	5:55	10.1 (55.2%)
423	MICZKA Łukasz	2320		M-30	127	00:01:11	00:28:38	00:59:54	01:02:28.45	01:03:40.20	+00:28:01 (44.9%)	5:57	10.1 (55.2%)
424	MICZKA Justyna	2321		K-40	36	00:01:11	00:28:38	00:59:54	01:02:29.20	01:03:40.75	+00:28:02 (44.9%)	5:57	10.1 (55.2%)
425	NIESLER Magdalena	2340	NIGHT RUNNERS GLIWICE	K-30	45	00:02:04	00:29:44	00:59:33	01:01:41.40	01:03:45.95	+00:27:14 (44.2%)	5:52	10.2 (55.7%)
426	GOWIK Agata	2129		K-20	28	00:00:53	00:29:06	01:00:39	01:02:54.25	01:03:47.25	+00:28:27 (45.2%)	5:59	10 (54.6%)
427	WÓJCIK Jakub	2593		M-30	136	00:00:00	00:30:00	01:01:05	01:03:53.05	01:03:53.05	+00:29:26 (46.1%)	6:05	9.9 (54.1%)
428	PANKIEWICZ Katarzyna	2379		K-40	39	00:00:58	00:29:31	01:00:38	01:02:56.25	01:03:54.25	+00:28:29 (45.3%)	5:59	10 (54.6%)
429	ŁĄCKA Karolina	2696		K-30	53	00:00:47	00:30:41	01:01:08	01:03:07.70	01:03:54.75	+00:28:40 (45.4%)	6:00	10 (54.6%)
430	GRADZIŃSKI Artur	2138	FLUOR	M-40	97	00:01:44	00:29:57	00:59:55	01:02:12.05	01:03:56.60	+00:27:45 (44.6%)	5:55	10.1 (55.2%)
431	DOLATA Magdalena	2078	AVANTOR	K-30	50	00:01:29	00:30:10	01:00:26	01:02:27.30	01:03:57.20	+00:28:00 (44.8%)	5:56	10.1 (55.2%)
432	SKÓRA Joanna	2467		K-40	38	00:01:11	00:28:59	01:00:14	01:02:46.50	01:03:58.25	+00:28:19 (45.1%)	5:58	10 (54.6%)
433	ZNÓJ-MULARCZYK Teresa	2627	BIEGNIJ LOLA BIEGNIJ	K-60	2	00:00:15	00:29:39	01:01:22	01:03:43.90	01:03:59.35	+00:29:16 (45.9%)	6:04	9.9 (54.1%)
434	PSIUK-MAKSYMOWICZ Krzysztof	2420	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	124	00:02:00	00:30:16	00:59:58	01:02:04.70	01:04:05.45	+00:27:37 (44.5%)	5:54	10.1 (55.2%)
435	KARBOWNICZEK Dawid	2199		M-30	125	00:01:55	00:31:20	01:00:31	01:02:22.55	01:04:18.05	+00:27:55 (44.8%)	5:56	10.1 (55.2%)
436	WOŹNIACKI Tomasz	2590		M-20	63	00:01:47	00:29:28	01:00:19	01:02:33.90	01:04:21.40	+00:28:06 (44.9%)	5:57	10.1 (55.2%)
437	OSTROWSKA Anna	2647		K-40	40	00:01:22	00:29:40	01:00:49	01:02:59.00	01:04:21.95	+00:28:31 (45.3%)	5:59	10 (54.6%)
438	OLSZOK Dawid	2362	HIRSCHVOGEL	M-30	137	00:00:33	00:28:57	01:01:25	01:03:53.75	01:04:27.45	+00:29:26 (46.1%)	6:05	9.9 (54.1%)
439	BARTŁOMIEJCZYK Sylwia	2009		K-30	52	00:01:30	00:30:09	01:00:32	01:02:58.35	01:04:28.35	+00:28:31 (45.3%)	5:59	10 (54.6%)
440	STANKIEWICZ Kamila	2493		K-20	27	00:01:47	00:29:30	01:00:19	01:02:41.40	01:04:28.90	+00:28:14 (45.0%)	5:58	10.1 (55.2%)
441	KAŁUSKA Magdalena	2194		K-30	54	00:00:15	00:30:53	01:02:03	01:04:15.60	01:04:30.80	+00:29:48 (46.4%)	6:07	9.8 (53.6%)
442	GAJEWSKA Izabela	2113	FRELKA	K-40	41	00:00:32	00:29:59	01:01:41	01:04:03.65	01:04:36.40	+00:29:36 (46.2%)	6:06	9.8 (53.6%)

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			
443	STANGEL Michał	2648		M-40	100	00:00:32	00:30:18	01:01:59	01:04:04.40	01:04:36.80	+00:29:37 (46.2%)	6:06	9.8 (53.6%)
444	NARUSZEWICZ Krzysztof	2335		M-30	130	00:01:14	00:29:46	01:01:02	01:03:24.20	01:04:38.50	+00:28:57 (45.7%)	6:02	9.9 (54.1%)
445	KLAKLA Henryk	2208	ZF TEAM	M-30	133	00:00:56	00:28:22	01:01:29	01:03:42.85	01:04:39.80	+00:29:15 (45.9%)	6:04	9.9 (54.1%)
446	PALENGA Adrian	2378	ZF TEAM	M-30	134	00:00:51	00:28:27	01:01:34	01:03:48.75	01:04:40.00	+00:29:21 (46.0%)	6:04	9.9 (54.1%)
447	MALEŃKA Jolanta	2304	OAT	K-40	42	00:00:19	00:29:53	01:01:58	01:04:20.75	01:04:40.50	+00:29:53 (46.5%)	6:07	9.8 (53.6%)
448	WITAŁA Rafał	2578		M-30	132	00:01:09	00:30:05	01:01:28	01:03:40.70	01:04:50.15	+00:29:13 (45.9%)	6:03	9.9 (54.1%)
449	NIWIŃSKI Michał	2344	PKO BANK POLSKI	M-30	129	00:01:58	00:31:18	01:00:35	01:02:51.55	01:04:50.40	+00:28:24 (45.2%)	5:59	10 (54.6%)
450	KOZIEŁ Łukasz	2239	ING	M-30	131	00:01:35	00:30:45	01:01:22	01:03:29.80	01:05:04.95	+00:29:02 (45.7%)	6:02	9.9 (54.1%)
451	BAJKACZ Tomasz	2690		M-20	65	00:01:09	00:31:06	01:01:51	01:03:57.20	01:05:06.95	+00:29:30 (46.1%)	6:05	9.9 (54.1%)
452	NIEMIEC Rafał	2338	INTERGRAFIK POLSKA	M-40	99	00:01:21	00:30:05	01:01:31	01:03:46.30	01:05:07.95	+00:29:19 (46.0%)	6:04	9.9 (54.1%)
453	HAŁAKUC Aleksandra	2151		K-20	29	00:01:39	00:30:01	01:01:17	01:03:38.80	01:05:18.50	+00:29:11 (45.9%)	6:03	9.9 (54.1%)
454	LUKOSZEK Weronika	2289		K-20	30	00:01:45	00:31:22	01:01:35	01:03:40.40	01:05:25.40	+00:29:13 (45.9%)	6:03	9.9 (54.1%)
455	PAWLUS Marzena	2388		K-20	31	00:00:24	00:28:43	01:02:31	01:05:02.15	01:05:26.90	+00:30:35 (47.0%)	6:11	9.7 (53.0%)
456	WERKOWSKI Marek	2569		M-40	101	00:00:41	00:29:05	01:02:31	01:04:51.50	01:05:32.90	+00:30:24 (46.9%)	6:10	9.7 (53.0%)
457	PAPROCKI Roman	2380		M-50	13	00:01:38	00:31:49	01:01:43	01:03:57.20	01:05:35.65	+00:29:30 (46.1%)	6:05	9.9 (54.1%)
458	STACHOWSKA Aleksandra	2489		K-40	45	00:00:41	00:29:47	01:02:42	01:05:00.60	01:05:42.05	+00:30:33 (47.0%)	6:11	9.7 (53.0%)
459	NOWAK Ewa	2346		K-50	3	00:01:10	00:29:56	01:01:59	01:04:34.05	01:05:44.10	+00:30:07 (46.6%)	6:08	9.8 (53.6%)
460	LUDWIKOWSKA Paulina	2287	JURASSIC RUNNERS	K-30	55	00:01:24	00:29:59	01:02:06	01:04:23.30	01:05:48.25	+00:29:56 (46.5%)	6:08	9.8 (53.6%)
461	LENARTH Aleksandra	2273		K-30	62	00:00:22	00:30:44	01:03:21	01:05:29.20	01:05:51.35	+00:31:02 (47.4%)	6:14	9.6 (52.5%)
462	CHEĆIŃSKA Agnieszka	2049		K-40	43	00:01:30	00:30:15	01:02:08	01:04:23.80	01:05:54.30	+00:29:56 (46.5%)	6:08	9.8 (53.6%)
463	RUDKIEWICZ Aneta	2437	LILA LOGISTIK	K-30	57	00:01:12	00:30:26	01:02:20	01:04:42.00	01:05:54.70	+00:30:14 (46.8%)	6:09	9.7 (53.0%)
464	KACZYŃSKI Marek	2192	MOSTOSTAL ZABRZE UNITED	M-30	145	00:00:26	00:31:07	01:03:04	01:05:29.30	01:05:56.20	+00:31:02 (47.4%)	6:14	9.6 (52.5%)
465	GRABYSZ Witold	2137		M-50	15	00:00:27	00:31:08	01:03:03	01:05:29.40	01:05:56.60	+00:31:02 (47.4%)	6:14	9.6 (52.5%)
466	KIJANKA Damian	2205	HIRSCHVOGEL COMPONENTS POLAND	M-30	142	00:00:37	00:32:16	01:03:11	01:05:23.85	01:06:01.40	+00:30:56 (47.3%)	6:13	9.6 (52.5%)

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			
466	BAL-BURZAWA Renata	2639	HIRSCHVOGEL	K-40	47	00:00:17	00:33:03	01:03:26	01:05:43.75	01:06:01.40	+00:31:16 (47.6%)	6:15	9.6 (52.5%)
468	STANCHLY Jakub	2668		M-30	138	00:01:47	00:31:54	01:02:18	01:04:15.45	01:06:03.15	+00:29:48 (46.4%)	6:07	9.8 (53.6%)
469	KNOPKA Michał	2644		M-30	135	00:02:12	00:30:55	01:01:40	01:03:51.55	01:06:04.35	+00:29:24 (46.1%)	6:04	9.9 (54.1%)
470	BISZ Magdalena	2023		K-30	63	00:00:22	00:30:45	01:03:30	01:05:43.45	01:06:05.65	+00:31:16 (47.6%)	6:15	9.6 (52.5%)
471	PORWOŁ Adam	2411		M-20	66	00:01:09	00:31:06	01:02:40	01:04:58.50	01:06:08.35	+00:30:31 (47.0%)	6:11	9.7 (53.0%)
472	KONIECZNY Agnieszka	2221		K-30	59	00:01:02	00:30:57	01:02:56	01:05:15.20	01:06:18.15	+00:30:48 (47.2%)	6:12	9.7 (53.0%)
473	BOMASTYK Beata	2653		K-40	44	00:01:33	00:31:13	01:02:25	01:04:45.60	01:06:19.20	+00:30:18 (46.8%)	6:10	9.7 (53.0%)
474	STRASSBERGER Katarzyna	2652		K-50	4	00:01:33	00:31:13	01:02:24	01:04:45.90	01:06:19.35	+00:30:18 (46.8%)	6:10	9.7 (53.0%)
475	GÓRECKA Weronika	2134		K-20	32	00:01:06	00:30:40	01:02:48	01:05:15.60	01:06:21.80	+00:30:48 (47.2%)	6:12	9.7 (53.0%)
476	GÓRECKI Janusz	2135		M-50	14	00:01:06	00:30:40	01:02:48	01:05:15.35	01:06:22.30	+00:30:48 (47.2%)	6:12	9.7 (53.0%)
477	PRZYGOCKI Robert	2418		M-40	102	00:00:34	00:29:50	01:03:26	01:05:55.30	01:06:29.75	+00:31:28 (47.7%)	6:16	9.6 (52.5%)
478	HRYCYSZYN Julia	2162	AVANTOR	K-30	61	00:01:02	00:30:37	01:02:56	01:05:28.50	01:06:30.50	+00:31:01 (47.4%)	6:14	9.6 (52.5%)
479	STASZEWSKA Marzena	845	PKO BANK POLSKI/ INŻYNIERIA BIEGANIA	K-30	58	00:01:17	00:28:12	01:03:13	01:05:14.40	01:06:31.80	+00:30:47 (47.2%)	6:12	9.7 (53.0%)
480	CICHY Agnieszka	2058		K-30	60	00:01:07	00:30:57	01:03:00	01:05:24.65	01:06:32.60	+00:30:57 (47.3%)	6:13	9.6 (52.5%)
481	SIKORSKA Katarzyna	2460	POPKULTURA RELOKACYJNA W KATOWICACH	K-30	56	00:02:01	00:29:51	01:02:08	01:04:31.40	01:06:32.95	+00:30:04 (46.6%)	6:08	9.8 (53.6%)
482	KRYCZAŁO Paulina	2247		K-40	46	00:01:23	00:30:56	01:02:34	01:05:11.50	01:06:34.95	+00:30:44 (47.2%)	6:12	9.7 (53.0%)
483	PIENIAK Karolina	2393		K-20	35	00:00:25	00:30:47	01:04:05	01:06:10.50	01:06:35.65	+00:31:43 (47.9%)	6:18	9.5 (51.9%)
484	WOŹNY Remigiusz	2591	FLUOR	M-30	140	00:01:41	00:31:37	01:02:30	01:04:56.00	01:06:37.40	+00:30:28 (46.9%)	6:11	9.7 (53.0%)
485	CHOLEWA Magdalena	2052		K-40	49	00:00:22	00:30:38	01:03:53	01:06:22.30	01:06:44.80	+00:31:55 (48.1%)	6:19	9.5 (51.9%)
486	DROZD Krzysztof	2085		M-30	139	00:01:57	00:29:29	01:01:59	01:04:47.95	01:06:45.05	+00:30:20 (46.8%)	6:10	9.7 (53.0%)
487	KACZMAREK Katarzyna	2187	SRTG GLIWICE	K-40	50	00:00:19	00:35:33	01:04:30	01:06:27.95	01:06:47.55	+00:32:00 (48.2%)	6:19	9.5 (51.9%)
488	KOZIBAŁ Tomasz	2238	FLUOR	M-30	143	00:01:24	00:30:20	01:03:06	01:05:25.10	01:06:49.10	+00:30:58 (47.3%)	6:13	9.6 (52.5%)
489	KAPTACZ Magdalena	2198		K-40	48	00:01:02	00:30:30	01:03:25	01:05:47.20	01:06:49.20	+00:31:20 (47.6%)	6:15	9.6 (52.5%)
490	BEM Andrzej	2015	OAT	M-50	16	00:00:20	00:30:30	01:04:05	01:06:35.80	01:06:56.25	+00:32:08 (48.3%)	6:20	9.5 (51.9%)

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			
491	ŻYDAK Kamil	2633	DRIV	M-30	141	00:01:50	00:29:24	01:02:50	01:05:17.20	01:07:07.40	+00:30:50 (47.2%)	6:13	9.7 (53.0%)
492	JOOSTBERENS Aleksandra	2182	FLUOR	K-20	33	00:01:41	00:31:37	01:03:06	01:05:28.40	01:07:09.50	+00:31:01 (47.4%)	6:14	9.6 (52.5%)
493	KUBICA Bożena	2252	ZABIEGANI NAUCZYCIELE	K-50	5	00:00:40	00:31:10	01:04:04	01:06:30.75	01:07:11.05	+00:32:03 (48.2%)	6:20	9.5 (51.9%)
494	KOJ Krzysztof	2217	PPP GLIWICE	M-30	144	00:01:54	00:31:38	01:03:15	01:05:25.65	01:07:20.05	+00:30:58 (47.3%)	6:13	9.6 (52.5%)
495	ORLICKA Marlena	2367	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	K-30	65	00:00:45	00:33:05	01:04:36	01:06:43.50	01:07:28.60	+00:32:16 (48.4%)	6:21	9.4 (51.4%)
496	JUROWICZ Damian	2184		M-20	67	00:00:46	00:31:22	01:04:26	01:06:46.95	01:07:33.50	+00:32:19 (48.4%)	6:21	9.4 (51.4%)
497	KOPEĆ Marek	2673		M-40	103	00:01:23	00:30:08	01:04:03	01:06:15.70	01:07:39.15	+00:31:48 (48.0%)	6:18	9.5 (51.9%)
498	GIERCZYCKI Michał	2123		M-30	146	00:01:21	00:32:35	01:04:06	01:06:27.85	01:07:48.85	+00:32:00 (48.2%)	6:19	9.5 (51.9%)
499	CIESZYŃSKI Marek	2692		M-60	12	00:01:25	00:31:30	01:04:05	01:06:33.20	01:07:58.55	+00:32:06 (48.2%)	6:20	9.5 (51.9%)
500	BILNICKA Paulina	2022	FLUOR	K-20	34	00:01:58	00:31:44	01:03:34	01:06:01.75	01:07:59.95	+00:31:34 (47.8%)	6:17	9.5 (51.9%)
501	MICHAŁUSZEK Dorota	2318	BIEG - UNKA	K-30	64	00:01:51	00:32:24	01:04:08	01:06:21.05	01:08:12.50	+00:31:54 (48.1%)	6:19	9.5 (51.9%)
502	KRYSKA Aleksandra	2248		K-40	51	00:01:24	00:31:44	01:04:26	01:06:49.55	01:08:14.30	+00:32:22 (48.4%)	6:21	9.4 (51.4%)
503	FOREMSKI Paweł	2105	RZ 3,21	M-30	147	00:01:25	00:29:28	01:04:44	01:06:54.50	01:08:20.15	+00:32:27 (48.5%)	6:22	9.4 (51.4%)
504	ŚWIETLIK Joanna	2541		K-30	67	00:01:10	00:30:57	01:04:36	01:07:12.20	01:08:22.95	+00:32:45 (48.7%)	6:24	9.4 (51.4%)
505	RATKA Dawid	2423		M-30	149	00:00:46	00:30:33	01:04:54	01:07:38.80	01:08:25.10	+00:33:11 (49.1%)	6:26	9.3 (50.8%)
506	ZIEMBIŃSKA-BUCZYŃSKA Aleksandra	2621	COMPANEROS ASFALT TEAM	K-30	66	00:01:31	00:31:35	01:04:30	01:06:54.50	01:08:26.30	+00:32:27 (48.5%)	6:22	9.4 (51.4%)
507	POPIÓŁ Izabela	3074		K-30	69	00:00:22	00:31:47	01:05:11	01:08:05.40	01:08:27.55	+00:33:38 (49.4%)	6:29	9.3 (50.8%)
508	SKRZYPEK Wiola	2468	#BIEGACZE	K-20	37	00:01:05	00:30:44	01:04:58	01:07:23.80	01:08:29.50	+00:32:56 (48.9%)	6:25	9.3 (50.8%)
509	HOLIK Marek	2160		M-40	104	00:01:53	00:29:43	01:03:50	01:06:37.50	01:08:31.00	+00:32:10 (48.3%)	6:20	9.5 (51.9%)
510	REJNAT Agata	2426		K-20	38	00:00:22	00:32:01	01:05:54	01:08:10.90	01:08:33.65	+00:33:43 (49.5%)	6:29	9.2 (50.3%)
511	TIMOFIEJCZUK Anna	2660		K-40	52	00:01:20	00:32:30	01:04:59	01:07:22.15	01:08:42.90	+00:32:55 (48.9%)	6:24	9.4 (51.4%)
512	GRZONKA Małgorzata	2148		K-20	36	00:01:38	00:32:05	01:04:42	01:07:17.20	01:08:55.65	+00:32:50 (48.8%)	6:24	9.4 (51.4%)
513	TOKARZ Dominik	2547	ENERGY OŚWIĘCIM	M-40	107	00:00:19	00:32:36	01:06:20	01:08:38.35	01:08:57.85	+00:34:11 (49.8%)	6:32	9.2 (50.3%)

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			
514	MICHALEK Lukasz	2316		M-30	148	00:01:55	00:31:20	01:04:29	01:07:03.50	01:08:59.00	+00:32:36 (48.6%)	6:23	9.4 (51.4%)
515	KRUCZYŃSKI Paweł	2670	OTK RZEŹNIK	M-20	68	00:01:27	00:31:45	01:05:30	01:07:32.15	01:08:59.25	+00:33:05 (49.0%)	6:25	9.3 (50.8%)
516	MAJ Małgorzata	2301	MOSTOSTAL ZABRZE UNITED	K-40	53	00:00:57	00:32:31	01:05:48	01:08:09.95	01:09:07.60	+00:33:42 (49.5%)	6:29	9.2 (50.3%)
517	ŻEROMSKI Stefan	2651		M-50	17	00:02:09	00:32:27	01:04:38	01:06:58.70	01:09:08.30	+00:32:31 (48.6%)	6:22	9.4 (51.4%)
518	SZRAJBER Elżbieta	2525		K-30	68	00:01:36	00:29:56	01:05:17	01:07:36.70	01:09:12.85	+00:33:09 (49.0%)	6:26	9.3 (50.8%)
519	PŁOSKONKA Tomasz	2404		M-30	151	00:00:37	00:32:06	01:06:27	01:09:02.95	01:09:40.60	+00:34:35 (50.1%)	6:34	9.1 (49.7%)
520	REWERS Marzena	2427		K-40	57	00:00:35	00:32:09	01:06:29	01:09:05.10	01:09:40.85	+00:34:38 (50.1%)	6:34	9.1 (49.7%)
521	KOPEĆ-BRUDEK Magdalena	2224		K-30	70	00:01:40	00:33:04	01:05:46	01:08:08.40	01:09:49.30	+00:33:41 (49.4%)	6:29	9.2 (50.3%)
522	GILLNER Rafał	2124		M-40	105	00:02:01	00:32:04	01:05:18	01:07:50.45	01:09:51.55	+00:33:23 (49.2%)	6:27	9.3 (50.8%)
523	SOWA Ireneusz	2487	SOWA TEAM	M-40	106	00:01:42	00:32:19	01:05:30	01:08:20.90	01:10:03.45	+00:33:53 (49.6%)	6:30	9.2 (50.3%)
524	KAŹMIERCZAK-BAŁATA Anna	2201		K-40	58	00:00:43	00:33:07	01:06:52	01:09:23.10	01:10:06.70	+00:34:56 (50.3%)	6:36	9.1 (49.7%)
525	JANOSZKA Izabela	2171	HIRSCHVOGEL	K-20	41	00:00:49	00:31:47	01:06:45	01:09:17.70	01:10:06.90	+00:34:50 (50.3%)	6:35	9.1 (49.7%)
526	ZAJĄC Ewa	2605	RCU UBEZPIECZENIA CIESZANÓW	K-40	54	00:01:50	00:31:59	01:05:55	01:08:21.90	01:10:12.65	+00:33:54 (49.6%)	6:30	9.2 (50.3%)
527	WÓJCIK Agnieszka	2594		K-20	39	00:01:21	00:33:29	01:06:16	01:08:51.60	01:10:13.30	+00:34:24 (50.0%)	6:33	9.1 (49.7%)
528	WALCZYK Joanna	2563	PWC SERVICE DELIVERY CENTER	K-20	40	00:01:21	00:33:29	01:06:16	01:08:51.75	01:10:13.55	+00:34:24 (50.0%)	6:33	9.1 (49.7%)
529	BENTKOWSKI Lesław	2016	DIRTY SPARROWS	M-60	13	00:00:16	00:33:26	01:07:29	01:09:59.45	01:10:16.00	+00:35:32 (50.8%)	6:40	9 (49.2%)
530	ZIMNY Marcin	2623		M-30	150	00:01:26	00:31:16	01:05:54	01:08:50.00	01:10:16.80	+00:34:22 (50.0%)	6:33	9.2 (50.3%)
531	JUSZCZAK Ewa	2185		K-50	6	00:01:07	00:32:39	01:07:01	01:09:29.35	01:10:36.80	+00:35:02 (50.4%)	6:37	9.1 (49.7%)
532	OSIŃSKI Krzysztof	2369	DTIQ POLAND	M-40	109	00:01:43	00:32:43	01:06:28	01:08:56.60	01:10:40.05	+00:34:29 (50.0%)	6:34	9.1 (49.7%)
533	LITWIN-BUCKA Dorota	2285		K-40	55	00:02:08	00:32:38	01:06:02	01:08:34.35	01:10:42.80	+00:34:07 (49.8%)	6:31	9.2 (50.3%)
534	MIGDAŁ Grzegorz	2325		M-40	108	00:01:58	00:32:09	01:06:14	01:08:50.10	01:10:48.20	+00:34:23 (50.0%)	6:33	9.2 (50.3%)
535	MIGDAŁ Iwona	2324		K-40	56	00:01:57	00:32:10	01:06:15	01:08:50.50	01:10:48.25	+00:34:23 (50.0%)	6:33	9.2 (50.3%)
536	KOBIERSKA-SLADEK Anna	2214		K-30	73	00:01:03	00:33:00	01:07:14	01:09:56.50	01:11:00.05	+00:35:29 (50.7%)	6:39	9 (49.2%)
537	JACHYMOWSKA Dominika	2166		K-30	71	00:02:09	00:32:08	01:06:42	01:08:58.95	01:11:08.65	+00:34:31 (50.1%)	6:34	9.1 (49.7%)

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			
538	PAWLIK Michał	2385		M-30	152	00:01:11	00:31:25	01:07:33	01:10:16.15	01:11:27.45	+00:35:49 (51.0%)	6:41	9 (49.2%)
539	KUCZERA-KULAGA Magdalenakulaga	2253		K-40	60	00:01:51	00:32:35	01:06:58	01:09:43.90	01:11:35.60	+00:35:16 (50.6%)	6:38	9 (49.2%)
539	BRIANSKA-KORDECKA Aleksandra	2032		K-30	72	00:01:52	00:32:34	01:07:00	01:09:43.25	01:11:35.60	+00:35:16 (50.6%)	6:38	9 (49.2%)
541	STRANCZYK Anna	2498	FLUOR	K-30	74	00:01:20	00:33:07	01:07:46	01:10:17.80	01:11:38.55	+00:35:50 (51.0%)	6:41	9 (49.2%)
542	OSOWSKA Katarzyna	2693		K-40	59	00:02:05	00:32:18	01:06:51	01:09:37.20	01:11:42.70	+00:35:10 (50.5%)	6:37	9 (49.2%)
543	BRODIUK Norbert	70	NIGHT RUNNERS GLIWICE	M-40	110	00:00:58	00:31:58	01:08:28	01:10:52.25	01:11:50.90	+00:36:25 (51.4%)	6:44	8.9 (48.6%)
544	WILCZEK Magdalena	2574	FLUOR	K-40	61	00:01:41	00:32:11	01:07:47	01:10:13.55	01:11:55.10	+00:35:46 (50.9%)	6:41	9 (49.2%)
545	KALUŻYŃSKA Mariola	2195		K-20	43	00:00:21	00:32:40	01:07:41	01:11:34.70	01:11:55.70	+00:37:07 (51.9%)	6:48	8.8 (48.1%)
546	SUPIŃSKA Beata	2508	ELZAB ACTIVE TEAM	K-40	67	00:00:05	00:32:42	01:07:38	01:11:50.00	01:11:55.75	+00:37:22 (52.0%)	6:50	8.8 (48.1%)
547	PAJĄK Dorota	2377		K-30	76	00:01:02	00:31:36	01:08:25	01:10:54.85	01:11:57.00	+00:36:27 (51.4%)	6:45	8.9 (48.6%)
548	JASTO Sławomir	2176		M-40	111	00:01:02	00:33:59	01:08:48	01:11:15.55	01:12:18.30	+00:36:48 (51.7%)	6:47	8.8 (48.1%)
549	STUHLIK Izabela	2504		K-40	66	00:00:38	00:33:45	01:08:53	01:11:42.00	01:12:20.90	+00:37:14 (52.0%)	6:49	8.8 (48.1%)
550	CHWALISZEWSKA Agnieszka	107		K-40	64	00:00:51	00:32:57	01:08:57	01:11:38.60	01:12:29.90	+00:37:11 (51.9%)	6:49	8.8 (48.1%)
551	OLSZEWSKA Izabela	2688	OLSAKTEAM	K-30	75	00:01:46	00:32:23	01:08:09	01:10:48.45	01:12:34.90	+00:36:21 (51.3%)	6:44	8.9 (48.6%)
552	GROS Michał	2140		M-20	69	00:00:18	00:32:16	01:09:58	01:12:20.50	01:12:38.50	+00:37:53 (52.4%)	6:53	8.7 (47.5%)
553	MACHERA Katarzyna	2295		K-20	42	00:01:17	00:33:26	01:08:37	01:11:21.70	01:12:39.10	+00:36:54 (51.7%)	6:47	8.8 (48.1%)
554	GALICZEK Lidia	2115	OPEL ACTIVE TEAM	K-50	7	00:01:25	00:33:59	01:08:50	01:11:18.70	01:12:44.50	+00:36:51 (51.7%)	6:47	8.8 (48.1%)
555	GALICZEK Bronisław	2114	OPEL ACTIVE TEAM	M-50	18	00:01:25	00:33:59	01:08:50	01:11:18.85	01:12:44.65	+00:36:51 (51.7%)	6:47	8.8 (48.1%)
556	SALAMON Dawid	2446		M-30	154	00:00:37	00:32:16	01:09:05	01:12:18.15	01:12:55.60	+00:37:51 (52.4%)	6:53	8.7 (47.5%)
557	RAŁ Zdzisława	2422		K-40	68	00:01:10	00:32:38	01:08:57	01:11:57.45	01:13:08.20	+00:37:30 (52.1%)	6:51	8.8 (48.1%)
558	GROSS Teresa	2141		K-40	62	00:01:52	00:33:21	01:08:57	01:11:21.30	01:13:14.05	+00:36:54 (51.7%)	6:47	8.8 (48.1%)
559	HRYSZKIEWICZ Barbara	2163	FIS-SST TEAM	K-40	63	00:01:52	00:33:21	01:08:57	01:11:22.90	01:13:15.55	+00:36:55 (51.7%)	6:47	8.8 (48.1%)
560	KOZACZKIEWICZ Helena	2237		K-60	3	00:00:26	00:33:50	01:10:16	01:13:05.70	01:13:32.30	+00:38:38 (52.9%)	6:57	8.6 (47.0%)

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			
561	WOJTUKIEWICZ Justyna	2589		K-30	78	00:00:26	00:33:52	01:10:33	01:13:08.90	01:13:35.35	+00:38:41 (52.9%)	6:58	8.6 (47.0%)
562	KLAJMON Joanna	2207		K-40	65	00:01:56	00:33:33	01:09:00	01:11:40.75	01:13:36.90	+00:37:13 (51.9%)	6:49	8.8 (48.1%)
563	KOŃCZAK ŁABAS Magdalena	2223	HURAGAN LIGOTA	K-40	70	00:01:05	00:35:51	01:10:02	01:12:41.35	01:13:46.35	+00:38:14 (52.6%)	6:55	8.7 (47.5%)
564	MIKOŁAJCZYK Michał	2326		M-30	153	00:01:53	00:32:43	01:09:38	01:12:12.80	01:14:06.00	+00:37:45 (52.3%)	6:52	8.7 (47.5%)
565	PROKOPOWICZ Anna	2417		K-30	77	00:01:38	00:33:20	01:10:12	01:12:43.50	01:14:22.00	+00:38:16 (52.6%)	6:55	8.7 (47.5%)
566	POPKO Iwona	2408		K-30	79	00:00:59	00:34:12	01:10:45	01:13:27.70	01:14:27.00	+00:39:00 (53.1%)	6:59	8.6 (47.0%)
567	NOGIEĆ Jakub	2345	PROPOINT	M-20	70	00:00:22	00:32:02	01:11:45	01:14:10.65	01:14:33.55	+00:39:43 (53.6%)	7:03	8.5 (46.4%)
568	KOCHANEK Aleksandra	388		K-40	69	00:02:03	00:36:12	01:10:04	01:12:32.10	01:14:35.85	+00:38:05 (52.5%)	6:54	8.7 (47.5%)
569	NIEUŻYŁA Marta	2342		K-30	82	00:00:59	00:34:57	01:11:06	01:13:42.00	01:14:41.40	+00:39:14 (53.3%)	7:01	8.5 (46.4%)
570	KOŁODZIEJCZAK Dominika	2220		K-20	45	00:00:41	00:34:00	01:11:19	01:14:08.25	01:14:50.10	+00:39:41 (53.5%)	7:03	8.5 (46.4%)
571	LYSZCZYK Patrycja	2292		K-20	44	00:01:30	00:32:36	01:09:57	01:13:25.55	01:14:56.10	+00:38:58 (53.1%)	6:59	8.6 (47.0%)
572	RODEK-NOWAK Magdalena	2429		K-30	83	00:00:38	00:34:04	01:11:37	01:14:25.85	01:15:04.30	+00:39:58 (53.7%)	7:05	8.5 (46.4%)
573	BRYCHLEC Renata	2037	SZARE MORSY	K-50	8	00:01:43	00:34:07	01:11:13	01:13:37.60	01:15:20.85	+00:39:10 (53.2%)	7:00	8.6 (47.0%)
574	BRYCHLEC-WOŹNIAK Justyna	2036		K-30	80	00:01:43	00:34:08	01:11:13	01:13:37.75	01:15:20.90	+00:39:10 (53.2%)	7:00	8.6 (47.0%)
575	BURKACKA Eliza	2045		K-30	81	00:02:04	00:35:10	01:11:19	01:13:39.20	01:15:44.05	+00:39:12 (53.2%)	7:00	8.6 (47.0%)
576	WYSOCZAŃSKI Andrzej	989		M-30	155	00:01:56	00:28:51	01:10:04	01:13:57.70	01:15:53.85	+00:39:30 (53.4%)	7:02	8.5 (46.4%)
577	CEBULA Wojciech	2046		M-60	14	00:02:07	00:32:22	01:10:50	01:14:02.65	01:16:10.05	+00:39:35 (53.5%)	7:03	8.5 (46.4%)
578	BIENIEK Bożena	2020		K-30	86	00:00:59	00:34:15	01:12:31	01:15:18.15	01:16:17.80	+00:40:51 (54.3%)	7:10	8.4 (45.9%)
579	SZYSZKA Bożena	2538		K-30	84	00:01:24	00:33:47	01:12:12	01:14:53.15	01:16:18.00	+00:40:26 (54.0%)	7:08	8.4 (45.9%)
580	HANULA Bartłomiej	2153		M-20	71	00:02:05	00:34:50	01:11:41	01:14:12.75	01:16:18.40	+00:39:45 (53.6%)	7:04	8.5 (46.4%)
581	BRATEK Maja	2669	OTK RZEŹNIK	K-20	46	00:01:27	00:33:55	01:12:17	01:14:52.60	01:16:19.60	+00:40:25 (54.0%)	7:07	8.4 (45.9%)
582	SZENDZIELORZ Marek	2518		M-40	113	00:00:35	00:34:53	01:13:08	01:15:48.25	01:16:23.60	+00:41:21 (54.6%)	7:13	8.3 (45.4%)
583	FRYDRYCH Przemysław	2110		M-30	158	00:00:35	00:34:53	01:13:08	01:15:48.20	01:16:24.00	+00:41:21 (54.6%)	7:13	8.3 (45.4%)
584	JAŚNIEWICZ Sandra	2180	DECATHLON&PRZYJACIELE	K-20	47	00:00:21	00:34:54	01:13:16	01:16:06.20	01:16:27.35	+00:41:39 (54.7%)	7:14	8.3 (45.4%)

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			
585	ZIĘTEK Anna	2622	DRIV	K-30	87	00:01:35	00:34:35	01:12:32	01:15:18.20	01:16:54.10	+00:40:51 (54.3%)	7:10	8.4 (45.9%)
586	PAWLICZEK Łukasz	2384		M-30	157	00:01:36	00:34:34	01:12:31	01:15:17.95	01:16:54.15	+00:40:50 (54.2%)	7:10	8.4 (45.9%)
587	MOCZULSKI Wojciech	2659		M-60	15	00:01:20	00:35:12	01:12:31	01:15:33.80	01:16:54.40	+00:41:06 (54.4%)	7:11	8.3 (45.4%)
588	DROŹDŹ Michał	2087	RYWAL GLIWICE	M-30	156	00:02:00	00:34:07	01:12:21	01:15:02.95	01:17:03.10	+00:40:35 (54.1%)	7:08	8.4 (45.9%)
588	DROŹDŹ Alicja	2086		K-30	85	00:01:59	00:34:09	01:12:22	01:15:03.80	01:17:03.10	+00:40:36 (54.1%)	7:08	8.4 (45.9%)
590	BIENKOWSKA Maria	2021		K-30	88	00:02:05	00:36:07	01:12:48	01:15:21.80	01:17:27.15	+00:40:54 (54.3%)	7:10	8.4 (45.9%)
591	KOCHANEK Jarosław	2215	MOMO TEAM	M-40	112	00:02:03	00:37:29	01:12:41	01:15:27.00	01:17:30.95	+00:40:59 (54.3%)	7:11	8.3 (45.4%)
592	ŻELEZNY Tomasz	2631		M-30	159	00:02:01	00:33:28	01:13:07	01:15:48.55	01:17:50.00	+00:41:21 (54.6%)	7:13	8.3 (45.4%)
593	FRANCZYK Kinga	2108		K-40	71	00:02:00	00:33:49	01:12:51	01:15:54.65	01:17:55.60	+00:41:27 (54.6%)	7:13	8.3 (45.4%)
594	JAKSIK Monika	2167		K-40	72	00:02:00	00:33:48	01:12:51	01:15:54.95	01:17:55.65	+00:41:27 (54.6%)	7:13	8.3 (45.4%)
595	ROGÓŹ Sonia	2430		K-40	73	00:01:57	00:34:44	01:12:57	01:16:05.15	01:18:03.00	+00:41:38 (54.7%)	7:14	8.3 (45.4%)
596	ROGÓŹ Marcin	2431		M-50	19	00:01:57	00:34:42	01:12:57	01:16:05.60	01:18:03.20	+00:41:38 (54.7%)	7:14	8.3 (45.4%)
597	ZIOŁKOWSKA Basia	2624	LARMO TEAM	K-40	74	00:02:04	00:34:08	01:13:21	01:16:10.45	01:18:15.40	+00:41:43 (54.8%)	7:15	8.3 (45.4%)
598	GABOR Aleksandra	2111		K-30	89	00:01:48	00:36:39	01:14:18	01:16:58.80	01:18:47.10	+00:42:31 (55.2%)	7:19	8.2 (44.8%)
599	JANAS-SUCHON Agata	2169		K-20	48	00:02:04	00:35:10	01:14:01	01:16:48.20	01:18:52.70	+00:42:21 (55.1%)	7:18	8.2 (44.8%)
600	PAWŁOWSKA Katarzyna	2389		K-30	91	00:01:27	00:39:25	01:15:14	01:17:28.70	01:18:56.25	+00:43:01 (55.5%)	7:22	8.1 (44.3%)
601	LASAK Monika	2267		K-30	90	00:01:27	00:39:25	01:15:14	01:17:28.55	01:18:56.45	+00:43:01 (55.5%)	7:22	8.1 (44.3%)
602	KOWALCZYK Angelika	2231		K-30	92	00:01:27	00:39:25	01:15:14	01:17:29.20	01:18:57.00	+00:43:02 (55.5%)	7:22	8.1 (44.3%)
603	KONOPACKA Krystyna	2222		K-60	4	00:00:59	00:34:50	01:14:56	01:18:02.15	01:19:01.25	+00:43:35 (55.9%)	7:25	8.1 (44.3%)
604	SITARZ Joanna	2462		K-20	49	00:01:25	00:34:56	01:14:52	01:17:43.55	01:19:08.70	+00:43:16 (55.7%)	7:24	8.1 (44.3%)
605	KLOC Sabina	2210	STG GLIWICE	K-20	50	00:00:18	00:35:36	01:16:05	01:18:50.00	01:19:08.80	+00:44:22 (56.3%)	7:30	8 (43.7%)
606	WRONA Barbara	2596		K-30	93	00:02:08	00:36:33	01:14:49	01:17:31.90	01:19:40.20	+00:43:04 (55.6%)	7:23	8.1 (44.3%)
607	SMOLARSKA Paulina	2480		K-30	94	00:01:40	00:36:24	01:15:47	01:18:32.45	01:20:13.20	+00:44:05 (56.1%)	7:28	8 (43.7%)
608	GORAJ-ZAJĄC Aleksandra	2699	NIGHT RUNNERS GLIWICE	K-40	75	00:00:06	00:38:09	01:17:45	01:20:32.75	01:20:38.80	+00:46:05 (57.2%)	7:40	7.8 (42.6%)

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
609	CZULUK Gosia	2071		K-30	95	00:02:05	00:36:13	01:17:05	01:20:04.60	01:22:10.20	+00:45:37 (57.0%)	7:37	7.9 (43.2%)
610	DUNAJ Łukasz	2091	HIRSCHVOGEL	M-30	160	00:00:34	00:38:03	01:20:08	01:22:30.40	01:23:04.90	+00:48:03 (58.2%)	7:51	7.6 (41.5%)
611	NEĐZA Ryszard	2336	HIRSCHVOGEL	M-50	20	00:00:34	00:38:02	01:20:08	01:22:30.40	01:23:05.20	+00:48:03 (58.2%)	7:51	7.6 (41.5%)
612	URBANIAK Anna	2557		K-40	76	00:01:10	00:38:36	01:19:36	01:22:38.80	01:23:49.45	+00:48:11 (58.3%)	7:52	7.6 (41.5%)
613	STELMASZCZUK Damian	2496		M-40	114	00:00:11	00:40:07	01:25:28	01:28:23.20	01:28:34.90	+00:53:56 (61.0%)	8:25	7.1 (38.8%)
614	KULIG Maciej	2257		M-30	161	00:01:54	00:42:10	01:28:04	01:31:28.60	01:33:22.65	+00:57:01 (62.3%)	8:42	6.9 (37.7%)
615	JUSZCZAK - WIŚNIEWSKA Agata	2186		K-30	96	00:01:59	00:44:00	01:30:26	01:33:13.65	01:35:13.50	+00:58:46 (63.0%)	8:52	6.8 (37.2%)
616	ŻOCHOWSKI Mirosław	3127		M-50	21	00:00:00	00:41:50	01:33:26	01:36:17.70	01:36:17.70	+01:01:50 (64.2%)	9:10	6.5 (35.5%)
617	ŻOCHOWSKA Liliana	3128		K-40	77	00:00:00	00:41:58		01:36:18.00	01:36:18.00	+01:01:50 (64.2%)	9:10	6.5 (35.5%)
618	REITER Dominika	2425	SLOW JOGGING GLIWICE	K-20	51	00:01:55	00:46:22	01:34:20	01:37:56.25	01:39:51.50	+01:03:29 (64.8%)	9:19	6.4 (35.0%)
619	REITER Hanna	2424	SLOW JOGGING GLIWICE	K-40	78	00:01:55	00:46:22	01:34:20	01:37:56.95	01:39:52.20	+01:03:29 (64.8%)	9:19	6.4 (35.0%)
620	ĆWIK Paweł	2072		M-50	22	00:01:08	00:28:04	01:53:31	02:00:06.85	02:01:15.55	+01:25:39 (71.3%)	11:26	5.2 (28.4%)
621	MACHEJ Remigiusz	2294	MARO TEAM JASTRZĘBIE - ŻORY	M-30	162	00:00:00		00:43:50			+	4:23	13.7 (74.9%)
622	GARBALA Kamil	2117		M-30	163	00:00:00		00:48:31			+	4:51	12.4 (67.8%)
623	ONYSZKIEWICZ Iwona	2364		K-30	97	00:00:00		01:02:29			+	6:14	9.6 (52.5%)
624	ZAWISZA Julia	2613		K-20	52	00:00:39	00:31:57	01:06:06			+00:32:55	6:36	9.1 (49.7%)
625	DOMAN Łukasz	2079	SOCIOS SILESIA	M-40	115	00:00:43							(0.0%)

Znaleziono 625 wynik(ów)