



**Wydarzenie:** VII PÓLMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-10-17  
**Miejsce:** Gliwice  
**Dystans:** 10 km

## GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOKOT Daniel	1430	RAJSPOORT ACTIVE	M-20	1	00:00:01	00:08:44	00:22:13	00:34:26.80	00:34:28.25		3:26	17.4 (100%)
2	RYBIAŁEK Piotr	1294		M-30	1	00:00:01	00:08:44	00:22:14	00:34:28.50	00:34:30.15	+00:00:01 (0.1%)	3:26	17.4 (100%)
3	GRZELKA Cyprian	1444	MKS VICTORIA RACIBÓRZ	M-20	2	00:00:02	00:08:57	00:22:38	00:35:13.30	00:35:15.45	+00:00:46 (2.2%)	3:31	17 (97.7%)
4	MENDYK Przemysław	1440	-	M-20	3	00:00:02	00:08:57	00:22:38	00:35:21.45	00:35:23.90	+00:00:54 (2.6%)	3:32	17 (97.7%)
5	STRZODA Marcin	1338	AKTYWNA PSZCZYNA RUNNERS TEAM	M-20	4	00:00:02	00:09:11	00:23:01	00:35:25.00	00:35:27.15	+00:00:58 (2.7%)	3:32	16.9 (97.1%)
6	PSTRAŚ Leszek	1279	POLITECHNIKA ŚLĄSKA	M-30	2	00:00:02	00:09:24	00:23:53	00:37:14.75	00:37:17.45	+00:02:47 (7.5%)	3:43	16.1 (92.5%)
7	MŁYŃCZAK Jakub	1214	GVT BMC BORNGA 3SOFT	M-20	5	00:00:02	00:09:14	00:24:01	00:38:03.40	00:38:06.05	+00:03:36 (9.5%)	3:48	15.8 (90.8%)
8	KLUCZNIAK Mikołaj	1129		M-20	6	00:00:02	00:09:39	00:24:49	00:38:19.55	00:38:22.50	+00:03:52 (10.1%)	3:49	15.7 (90.2%)
9	FURMAN Dawid	1059	DLA ELIZKI I MILENKI	M-30	3	00:00:01	00:09:40	00:24:45	00:38:29.15	00:38:30.90	+00:04:02 (10.5%)	3:50	15.6 (89.7%)
10	SOBOLEWSKI Krzysztof	1323		M-40	1	00:00:01	00:09:54	00:24:56	00:38:51.60	00:38:53.35	+00:04:24 (11.4%)	3:53	15.4 (88.5%)
11	OCHMAN Paweł	1233	FUTURE PROCESSING RUNNING TEAM	M-30	4	00:00:02	00:09:54	00:25:01	00:39:01.50	00:39:04.05	+00:04:34 (11.7%)	3:54	15.4 (88.5%)
12	KLIMAS Kamil	1125		M-30	5	00:00:02	00:09:46	00:25:11	00:39:18.40	00:39:20.95	+00:04:51 (12.4%)	3:55	15.3 (87.9%)
13	DUŻNIAK Dominik	1046	STEP-DANCE	M-30	6	00:00:03	00:09:54	00:25:18	00:39:22.50	00:39:25.50	+00:04:55 (12.5%)	3:56	15.2 (87.4%)
14	KRETEK Łukasz	1154	AKTYWNI LYSKI	M-30	7	00:00:01	00:09:55	00:25:15	00:39:29.35	00:39:31.30	+00:05:02 (12.8%)	3:56	15.2 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	WĘZIK Mikołaj	1366		M-20	7	00:00:04	00:10:03	00:25:34	00:39:36.70	00:39:41.00	+00:05:09 (13.0%)	3:57	15.2 (87.4%)
16	FALEJCZYK Mateusz	1051	HOLBOX RUNNERS	M-20	8	00:00:03	00:09:49	00:25:13	00:39:40.60	00:39:44.25	+00:05:13 (13.2%)	3:58	15.1 (86.8%)
17	STAWINOGA Janusz	1331	HIRSCHVOGEL	M-40	2	00:00:02	00:09:53	00:25:12	00:39:43.05	00:39:45.60	+00:05:16 (13.3%)	3:58	15.1 (86.8%)
18	SMUDA Krzysztof	1319		M-30	8	00:00:03	00:09:54	00:25:38	00:40:04.25	00:40:07.60	+00:05:37 (14.0%)	4:00	15 (86.2%)
19	PIOTROWSKI Łukasz	1262	STRENGTHBODY	M-40	3	00:00:01	00:10:08	00:25:57	00:40:24.00	00:40:25.95	+00:05:57 (14.7%)	4:02	14.9 (85.6%)
20	CZABAŃSKI Rafał	1032	RUNHOGS TYCHY	M-40	4	00:00:04	00:10:28	00:26:18	00:40:26.65	00:40:31.55	+00:05:59 (14.8%)	4:02	14.8 (85.1%)
21	ZALEWSKI Artur	1392		M-30	9	00:00:01	00:10:27	00:26:19	00:40:26.75	00:40:28.70	+00:05:59 (14.8%)	4:02	14.8 (85.1%)
22	FRANK Aleksander	1056	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	M-20	9	00:00:04	00:10:22	00:26:14	00:40:32.00	00:40:36.40	+00:06:05 (15.0%)	4:03	14.8 (85.1%)
23	SITEK Monika	1305		K-20	1	00:00:03	00:10:06	00:25:47	00:40:36.90	00:40:39.95	+00:06:10 (15.2%)	4:03	14.8 (85.1%)
24	WISZYŃSKI Damian	1376		M-30	10	00:00:21	00:10:34	00:26:31	00:40:37.35	00:40:58.90	+00:06:10 (15.2%)	4:03	14.8 (85.1%)
25	SNARSKI Bogdan	1320	MISTRZ DWUMARATONU	M-40	5	00:00:03	00:10:20	00:26:01	00:40:46.90	00:40:50.25	+00:06:20 (15.5%)	4:04	14.7 (84.5%)
26	ŻŁOBIŃSKI Krzysztof	1475		M-60	1	00:00:04	00:10:27	00:26:30	00:40:57.20	00:41:02.05	+00:06:30 (15.9%)	4:05	14.7 (84.5%)
27	PRZYBYLKO Nikodem	1274	THE PROSECCOS	M-30	11	00:00:03	00:09:53	00:26:07	00:40:59.65	00:41:02.90	+00:06:32 (16.0%)	4:05	14.6 (83.9%)
28	WRZESIEŃ Dariusz	1388	FUTURE PROCESSING RUNNING TEAM	M-30	12	00:00:02	00:10:29	00:26:24	00:41:03.40	00:41:05.50	+00:06:36 (16.1%)	4:06	14.6 (83.9%)
29	SUDNIK Krzysztof	1341		M-30	13	00:00:05	00:10:30	00:26:20	00:41:03.85	00:41:09.50	+00:06:37 (16.1%)	4:06	14.6 (83.9%)
30	MROWIEC Bernard	1217		M-50	1	00:00:05	00:10:43	00:26:51	00:41:24.90	00:41:30.10	+00:06:58 (16.8%)	4:08	14.5 (83.3%)
31	JADASZ Anna	1093	VATTENFALL/ARKADIUSZGARDZIELEWSKI.PL	K-30	1	00:00:01	00:10:30	00:26:49	00:41:47.30	00:41:49.05	+00:07:20 (17.6%)	4:10	14.4 (82.8%)
32	STUCHLIK Magdalena	1339	AKTYWNA PSZCZYNA RUNNERS TEAM	K-30	2	00:00:03	00:10:27	00:26:50	00:41:49.25	00:41:53.10	+00:07:22 (17.6%)	4:10	14.3 (82.2%)
33	POŁOMSKI Grzegorz	1470	POLOMSCY TEAM	M-40	6	00:00:05	00:10:20	00:26:45	00:41:57.05	00:42:02.80	+00:07:30 (17.9%)	4:11	14.3 (82.2%)
34	PRUSKO Gabriela	1273		K-20	2	00:00:05	00:11:04	00:27:33	00:42:22.55	00:42:27.70	+00:07:55 (18.7%)	4:14	14.2 (81.6%)
35	MORAWSKI Konrad	1448		M-20	10	00:00:04	00:10:28	00:27:05	00:42:22.80	00:42:27.55	+00:07:56 (18.7%)	4:14	14.2 (81.6%)
36	HAŁKA Oliwia	1084		K-20	3	00:00:05	00:11:04	00:27:34	00:42:36.25	00:42:41.35	+00:08:09 (19.1%)	4:15	14.1 (81.0%)
37	LEGASZEWSKA Maria	1174		K-20	4	00:00:04	00:10:07	00:26:51	00:42:41.10	00:42:45.85	+00:08:14 (19.3%)	4:16	14.1 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>WOJAKOWSKI Krzysztof</b>	<b>1380</b>	K&K RUN	M-40	7	00:00:04	00:10:51	00:27:35	<b>00:42:43.10</b>	<b>00:42:47.10</b>	+00:08:16 (19.4%)	4:16	14 (80.5%)
39	<b>ALKER Andrzej</b>	<b>1001</b>	ALKER RUNNING TEAM	M-30	14	00:00:10	00:10:59	00:27:59	<b>00:42:55.50</b>	<b>00:43:05.75</b>	+00:08:28 (19.8%)	4:17	14 (80.5%)
40	<b>BLUS Marcin</b>	<b>1016</b>		M-40	8	00:00:04	00:10:39	00:27:29	<b>00:43:07.80</b>	<b>00:43:11.90</b>	+00:08:41 (20.1%)	4:18	13.9 (79.9%)
41	<b>ZABRZEWSKI Patryk</b>	<b>1390</b>	KLUB BIEGACZA FARTLEK	M-30	15	00:00:06	00:11:17	00:28:13	<b>00:43:13.50</b>	<b>00:43:19.50</b>	+00:08:46 (20.3%)	4:19	13.9 (79.9%)
42	<b>SLADEK Dawid</b>	<b>1316</b>		M-30	16	00:00:06	00:10:45	00:27:38	<b>00:43:19.95</b>	<b>00:43:26.65</b>	+00:08:53 (20.5%)	4:19	13.9 (79.9%)
43	<b>LEWICKA Elżbieta</b>	<b>1177</b>		K-40	1	00:00:02	00:10:51	00:27:47	<b>00:43:27.80</b>	<b>00:43:30.70</b>	+00:09:01 (20.7%)	4:20	13.8 (79.3%)
44	<b>ŁYSY Łukasz</b>	<b>1184</b>		M-20	11	00:00:17	00:10:57	00:28:04	<b>00:43:38.00</b>	<b>00:43:55.85</b>	+00:09:11 (21.1%)	4:21	13.8 (79.3%)
45	<b>ZORAN Henryk</b>	<b>1406</b>		M-50	2	00:00:05	00:10:53	00:27:57	<b>00:43:41.10</b>	<b>00:43:47.05</b>	+00:09:14 (21.1%)	4:22	13.7 (78.7%)
46	<b>KRUPOWICZ Wiktoria</b>	<b>1156</b>	ANNA HALSKA COACHING	K-20	5	00:00:04	00:11:00	00:27:54	<b>00:43:47.40</b>	<b>00:43:51.95</b>	+00:09:20 (21.3%)	4:22	13.7 (78.7%)
47	<b>DONIGIEWICZ Mariusz</b>	<b>1420</b>		M-40	9	00:00:10	00:11:13	00:28:25	<b>00:43:57.15</b>	<b>00:44:07.65</b>	+00:09:30 (21.6%)	4:23	13.7 (78.7%)
48	<b>KNOP Szymon</b>	<b>1131</b>		M-30	17	00:00:29	00:11:15	00:28:24	<b>00:43:59.95</b>	<b>00:44:29.50</b>	+00:09:33 (21.7%)	4:23	13.6 (78.2%)
49	<b>CIASTO Sebastian</b>	<b>1483</b>		M-30	18	00:00:04	00:10:36	00:28:01	<b>00:44:08.00</b>	<b>00:44:12.90</b>	+00:09:41 (21.9%)	4:24	13.6 (78.2%)
50	<b>PIEUCH Agnieszka</b>	<b>1257</b>	INŻYNIERIA BIEGANIA TEAM	K-30	3	00:00:05	00:10:55	00:28:00	<b>00:44:13.60</b>	<b>00:44:18.70</b>	+00:09:46 (22.1%)	4:25	13.6 (78.2%)
51	<b>URBAN Jakub</b>	<b>1472</b>		M-20	12	00:00:05	00:10:37	00:28:24	<b>00:44:29.45</b>	<b>00:44:34.45</b>	+00:10:02 (22.6%)	4:26	13.5 (77.6%)
52	<b>JEZUSEK Piotr</b>	<b>1106</b>		M-40	10	00:00:07	00:11:42	00:29:07	<b>00:44:32.55</b>	<b>00:44:39.70</b>	+00:10:05 (22.7%)	4:27	13.5 (77.6%)
53	<b>KUCHTA Łukasz</b>	<b>1160</b>		M-30	19	00:00:14	00:11:40	00:28:46	<b>00:44:34.05</b>	<b>00:44:48.75</b>	+00:10:07 (22.7%)	4:27	13.5 (77.6%)
54	<b>SALISZ Dawid</b>	<b>1300</b>	HIRSCHVOGEL	M-30	20	00:00:22	00:11:08	00:28:33	<b>00:44:53.50</b>	<b>00:45:15.65</b>	+00:10:26 (23.3%)	4:29	13.4 (77.0%)
55	<b>RUSZEL Bartek</b>	<b>1482</b>		M-40	11	00:00:04	00:10:34	00:28:31	<b>00:45:09.25</b>	<b>00:45:14.05</b>	+00:10:42 (23.7%)	4:30	13.3 (76.4%)
56	<b>CHEJDYS Krystian</b>	<b>1461</b>		M-30	21	00:00:10	00:11:18	00:29:21	<b>00:45:14.30</b>	<b>00:45:24.65</b>	+00:10:47 (23.9%)	4:31	13.3 (76.4%)
57	<b>SOŁTYSIK Tomasz</b>	<b>1478</b>		M-40	12	00:00:13	00:11:19	00:28:56	<b>00:45:15.60</b>	<b>00:45:28.75</b>	+00:10:48 (23.9%)	4:31	13.3 (76.4%)
58	<b>UNGIER Łukasz</b>	<b>1362</b>	ELZAB ACTIVE TEAM	M-20	13	00:00:05	00:11:18	00:29:11	<b>00:45:15.75</b>	<b>00:45:21.20</b>	+00:10:48 (23.9%)	4:31	13.3 (76.4%)
59	<b>OLEJNICZAK Tomek</b>	<b>1464</b>		M-40	13	00:00:04	00:11:19	00:29:01	<b>00:45:17.15</b>	<b>00:45:21.60</b>	+00:10:50 (23.9%)	4:31	13.2 (75.9%)
60	<b>SKRZYPIEC Łukasz</b>	<b>1484</b>		M-30	22	00:00:03	00:11:00	00:28:49	<b>00:45:19.15</b>	<b>00:45:22.35</b>	+00:10:52 (24.0%)	4:31	13.2 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>GŁADYSZ Leszek</b>	<b>1069</b>		M-40	14	00:00:24	00:12:15	00:29:55	<b>00:45:38.40</b>	<b>00:46:02.45</b>	+00:11:11 (24.5%)	4:33	13.1 (75.3%)
62	<b>IGNASIAK Jakub</b>	<b>1089</b>	ABUS CRANE SYSTEMS	M-30	23	00:00:15	00:11:52	00:29:50	<b>00:45:43.55</b>	<b>00:45:58.65</b>	+00:11:16 (24.7%)	4:34	13.1 (75.3%)
63	<b>GAJDA Sebastian</b>	<b>1063</b>		M-30	24	00:00:37	00:12:28	00:29:59	<b>00:45:51.05</b>	<b>00:46:28.50</b>	+00:11:24 (24.9%)	4:35	13.1 (75.3%)
64	<b>SKOP Sebastian</b>	<b>1309</b>		M-30	25	00:00:08	00:11:01	00:28:59	<b>00:45:54.15</b>	<b>00:46:02.55</b>	+00:11:27 (25.0%)	4:35	13.1 (75.3%)
65	<b>TELEUCKA Sandra</b>	<b>1354</b>	KU AZS POLITECHNIKA OPOLSKA/ #SZYMITEAM	K-20	6	00:00:02	00:10:59	00:29:09	<b>00:45:58.60</b>	<b>00:46:01.25</b>	+00:11:31 (25.1%)	4:35	13.1 (75.3%)
66	<b>LECH Krzysztof</b>	<b>1172</b>	JSB	M-40	15	00:00:03	00:11:55	00:29:54	<b>00:46:11.30</b>	<b>00:46:14.35</b>	+00:11:44 (25.4%)	4:37	13 (74.7%)
67	<b>KASZOWSKI Marcin</b>	<b>1116</b>	KASZKI TEAM	M-40	16	00:00:21	00:12:02	00:30:23	<b>00:46:25.80</b>	<b>00:46:47.70</b>	+00:11:59 (25.8%)	4:38	12.9 (74.1%)
68	<b>MIELNIK Krzysztof</b>	<b>1210</b>		M-30	26	00:00:05	00:11:48	00:30:05	<b>00:46:27.65</b>	<b>00:46:33.30</b>	+00:12:00 (25.9%)	4:38	12.9 (74.1%)
69	<b>TOKARSKI Piotr</b>	<b>1355</b>		M-30	27	00:00:12	00:11:44	00:29:58	<b>00:46:35.55</b>	<b>00:46:48.00</b>	+00:12:08 (26.1%)	4:39	12.9 (74.1%)
70	<b>NOWAK Mateusz</b>	<b>1226</b>		M-30	28	00:00:03	00:11:02	00:29:42	<b>00:47:00.20</b>	<b>00:47:03.90</b>	+00:12:33 (26.7%)	4:42	12.8 (73.6%)
71	<b>DĘBOWSKI Krzysztof</b>	<b>1041</b>		M-30	29	00:00:14	00:11:51	00:30:18	<b>00:47:02.10</b>	<b>00:47:16.50</b>	+00:12:35 (26.8%)	4:42	12.8 (73.6%)
72	<b>NEJMAN Tadeusz</b>	<b>1222</b>	THE PROSECCOS	M-30	30	00:00:13	00:11:17	00:29:46	<b>00:47:10.65</b>	<b>00:47:24.25</b>	+00:12:43 (27.0%)	4:43	12.7 (73.0%)
73	<b>SZOŁTYSEK-GRZESIKIEWICZ Anna</b>	<b>1347</b>		K-30	4	00:00:09	00:12:04	00:30:12	<b>00:47:16.65</b>	<b>00:47:25.65</b>	+00:12:49 (27.1%)	4:43	12.7 (73.0%)
74	<b>GAJEWSKI Hubert</b>	<b>1065</b>		M-40	17	00:00:07	00:11:45	00:30:11	<b>00:47:39.30</b>	<b>00:47:46.55</b>	+00:13:12 (27.7%)	4:45	12.6 (72.4%)
75	<b>GMEREK Piotr</b>	<b>1070</b>		M-30	31	00:00:09	00:12:03	00:30:37	<b>00:47:40.95</b>	<b>00:47:50.75</b>	+00:13:14 (27.8%)	4:46	12.6 (72.4%)
76	<b>ŻMUDZIŃSKI Piotr</b>	<b>1409</b>		M-30	32	00:00:10	00:12:28	00:31:31	<b>00:47:50.70</b>	<b>00:48:00.75</b>	+00:13:23 (28.0%)	4:47	12.5 (71.8%)
77	<b>MADEJCZYK Tomasz</b>	<b>1467</b>	INŻYNIERIA BIEGANIA TEAM	M-40	18	00:00:09	00:12:28	00:31:32	<b>00:47:50.95</b>	<b>00:48:00.55</b>	+00:13:24 (28.0%)	4:47	12.5 (71.8%)
78	<b>PYJEK Arkadiusz</b>	<b>1280</b>	HUTA TEAM	M-40	19	00:00:24	00:12:10	00:30:25	<b>00:47:56.15</b>	<b>00:48:20.95</b>	+00:13:29 (28.1%)	4:47	12.5 (71.8%)
79	<b>RAK Krzysztof</b>	<b>1283</b>		M-30	33	00:00:26	00:12:47	00:31:38	<b>00:48:04.10</b>	<b>00:48:30.90</b>	+00:13:37 (28.3%)	4:48	12.5 (71.8%)
80	<b>WANDZEL Piotr</b>	<b>1364</b>		M-30	34	00:00:35	00:13:05	00:31:40	<b>00:48:16.10</b>	<b>00:48:51.80</b>	+00:13:49 (28.6%)	4:49	12.4 (71.3%)
81	<b>ZENOWICZ Kinga</b>	<b>1400</b>	ATHLETICS NYSA	K-20	7	00:00:02	00:11:56	00:30:45	<b>00:48:17.50</b>	<b>00:48:20.15</b>	+00:13:50 (28.7%)	4:49	12.4 (71.3%)
82	<b>KRUK Krzysztof</b>	<b>1155</b>	STG GLIWICE	M-40	20	00:00:08	00:12:19	00:31:35	<b>00:48:32.15</b>	<b>00:48:40.25</b>	+00:14:05 (29.0%)	4:51	12.4 (71.3%)
83	<b>SZOŁTYSEK Piotr</b>	<b>1346</b>		M-50	3	00:00:08	00:12:12	00:31:09	<b>00:48:33.10</b>	<b>00:48:41.50</b>	+00:14:06 (29.1%)	4:51	12.4 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>JASIK Grzegorz</b>	<b>1101</b>	STG GLIWICE	M-40	21	00:00:06	00:12:11	00:31:28	<b>00:48:38.00</b>	<b>00:48:44.85</b>	+00:14:11 (29.2%)	4:51	12.3 (70.7%)
85	<b>ZIĘTEK Katarzyna</b>	<b>1404</b>		K-30	5	00:00:15	00:12:11	00:31:21	<b>00:48:42.00</b>	<b>00:48:57.25</b>	+00:14:15 (29.3%)	4:52	12.3 (70.7%)
86	<b>STACHOWSKI Wojciech</b>	<b>1428</b>	TRI&MORE	M-40	22	00:00:11	00:12:19	00:31:34	<b>00:48:57.45</b>	<b>00:49:08.65</b>	+00:14:30 (29.6%)	4:53	12.3 (70.7%)
87	<b>KNOP Andrzej</b>	<b>1130</b>		M-50	4	00:00:30	00:12:29	00:31:36	<b>00:49:21.10</b>	<b>00:49:51.60</b>	+00:14:54 (30.2%)	4:56	12.2 (70.1%)
88	<b>JACHYM Arkadiusz</b>	<b>1092</b>		M-40	23	00:00:52	00:12:46	00:31:49	<b>00:49:21.95</b>	<b>00:50:14.70</b>	+00:14:55 (30.2%)	4:56	12.2 (70.1%)
89	<b>BUJAK Mateusz</b>	<b>1022</b>		M-30	35	00:00:16	00:12:37	00:31:57	<b>00:49:23.90</b>	<b>00:49:40.55</b>	+00:14:57 (30.3%)	4:56	12.1 (69.5%)
90	<b>KWIATKOWSKI Marcin</b>	<b>1168</b>		M-30	36	00:00:20	00:12:38	00:31:45	<b>00:49:24.45</b>	<b>00:49:44.45</b>	+00:14:57 (30.3%)	4:56	12.1 (69.5%)
91	<b>OPANOWSKI Darek</b>	<b>1236</b>		M-50	5	00:00:13	00:12:23	00:31:52	<b>00:49:27.80</b>	<b>00:49:41.20</b>	+00:15:01 (30.4%)	4:56	12.1 (69.5%)
92	<b>KWAŚNIOK Mariusz</b>	<b>1167</b>		M-20	14	00:00:16	00:12:37	00:31:59	<b>00:49:30.90</b>	<b>00:49:47.65</b>	+00:15:04 (30.4%)	4:57	12.1 (69.5%)
93	<b>BROŻYNA Przemysław</b>	<b>1019</b>		M-40	24	00:00:50	00:13:36	00:32:35	<b>00:49:38.80</b>	<b>00:50:29.30</b>	+00:15:12 (30.6%)	4:57	12.1 (69.5%)
94	<b>WOŹNIAKOWSKI Jan</b>	<b>1383</b>	OPEL ACTIVE TEAM	M-30	37	00:00:22	00:13:49	00:33:14	<b>00:49:42.80</b>	<b>00:50:05.75</b>	+00:15:16 (30.7%)	4:58	12.1 (69.5%)
95	<b>POŁOMSKA Edyta</b>	<b>1471</b>	POLOMSCY TEAM	K-40	2	00:00:08	00:12:21	00:31:58	<b>00:49:46.10</b>	<b>00:49:54.30</b>	+00:15:19 (30.8%)	4:58	12.1 (69.5%)
96	<b>PACAN Tomasz</b>	<b>1242</b>	BLEES	M-40	25	00:00:31	00:12:56	00:32:07	<b>00:49:48.55</b>	<b>00:50:19.60</b>	+00:15:21 (30.8%)	4:58	12 (69.0%)
97	<b>POLIS Maciej</b>	<b>1267</b>	#HUTATEAM	M-30	38	00:00:34	00:12:41	00:31:58	<b>00:49:49.55</b>	<b>00:50:24.10</b>	+00:15:22 (30.9%)	4:58	12 (69.0%)
98	<b>BALONEK Grzegorz</b>	<b>1006</b>	HIRSCHVOGEL	M-20	15	00:00:20	00:13:58	00:32:56	<b>00:49:59.90</b>	<b>00:50:20.55</b>	+00:15:33 (31.1%)	4:59	12 (69.0%)
99	<b>GROCHOWSKA Anna</b>	<b>1077</b>		K-30	6	00:00:13	00:12:55	00:32:22	<b>00:50:06.55</b>	<b>00:50:20.30</b>	+00:15:39 (31.3%)	5:00	12 (69.0%)
100	<b>SUPIŃSKI Paweł</b>	<b>1342</b>		M-30	39	00:00:23	00:13:40	00:33:06	<b>00:50:10.00</b>	<b>00:50:33.40</b>	+00:15:43 (31.3%)	5:01	12 (69.0%)
101	<b>DOBOSZ Daniel</b>	<b>1473</b>		M-40	26	00:00:14	00:12:07	00:31:53	<b>00:50:15.85</b>	<b>00:50:30.50</b>	+00:15:49 (31.5%)	5:01	11.9 (68.4%)
102	<b>WIATR Krystian</b>	<b>1367</b>		M-30	40	00:00:25	00:12:23	00:32:04	<b>00:50:26.60</b>	<b>00:50:52.20</b>	+00:15:59 (31.7%)	5:02	11.9 (68.4%)
103	<b>WEBER Tomasz</b>	<b>1466</b>		M-30	41	00:00:18	00:13:17	00:32:53	<b>00:50:29.25</b>	<b>00:50:47.85</b>	+00:16:02 (31.8%)	5:02	11.9 (68.4%)
104	<b>LASKOWSKI Łukasz</b>	<b>1171</b>	KS JUDO TEAM MASTERS GLIWICE	M-30	42	00:00:27	00:12:22	00:31:57	<b>00:50:33.45</b>	<b>00:51:01.40</b>	+00:16:06 (31.9%)	5:03	11.9 (68.4%)
105	<b>LIPIŃSKI Michał</b>	<b>1180</b>		M-30	43	00:00:05	00:11:58	00:31:57	<b>00:50:35.60</b>	<b>00:50:41.55</b>	+00:16:08 (31.9%)	5:03	11.9 (68.4%)
106	<b>NIEMIEC Sławek</b>	<b>1225</b>	INTERGRAFIK.PL	K-30	7	00:00:27	00:13:09	00:32:41	<b>00:50:37.00</b>	<b>00:51:04.95</b>	+00:16:10 (31.9%)	5:03	11.9 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>KLOZA Iwona</b>	<b>1127</b>	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:11	00:12:55	00:32:40	<b>00:50:52.40</b>	<b>00:51:04.15</b>	+00:16:25 (32.3%)	5:05	11.8 (67.8%)
108	<b>JARZOMBEK Cezary</b>	<b>1100</b>		M-20	16	00:00:38	00:13:18	00:32:53	<b>00:50:55.30</b>	<b>00:51:33.65</b>	+00:16:28 (32.4%)	5:05	11.8 (67.8%)
109	<b>PYZIAK Zbigniew</b>	<b>1431</b>		M-50	6	00:00:22	00:13:10	00:32:56	<b>00:51:11.05</b>	<b>00:51:33.95</b>	+00:16:44 (32.7%)	5:07	11.7 (67.2%)
110	<b>MANDRYSZ Grzegorz</b>	<b>1192</b>	AKTYWNI LYSKI	M-40	27	00:00:09	00:12:46	00:32:42	<b>00:51:12.65</b>	<b>00:51:21.80</b>	+00:16:45 (32.7%)	5:07	11.7 (67.2%)
111	<b>HERUD Tomasz</b>	<b>1086</b>	GLIWICKA RADA ROWEROWA	M-30	44	00:00:12	00:12:51	00:33:08	<b>00:51:19.95</b>	<b>00:51:32.80</b>	+00:16:53 (32.9%)	5:07	11.7 (67.2%)
112	<b>UKLEJA Michał</b>	<b>1360</b>		M-40	28	00:00:35	00:13:19	00:33:26	<b>00:51:25.45</b>	<b>00:52:00.90</b>	+00:16:58 (33.0%)	5:08	11.7 (67.2%)
112	<b>GOLEC Jarosław</b>	<b>1449</b>	STG GLIWICE	M-50	7	00:00:06	00:12:25	00:32:51	<b>00:51:25.45</b>	<b>00:51:32.00</b>	+00:16:58 (33.0%)	5:08	11.7 (67.2%)
114	<b>WRÓBLEWSKI Paweł</b>	<b>1387</b>	BOJKÓW TEAM	M-30	45	00:00:51	00:14:01	00:33:33	<b>00:51:31.55</b>	<b>00:52:23.45</b>	+00:17:04 (33.1%)	5:09	11.6 (66.7%)
115	<b>JARZOMBEK Adam</b>	<b>1099</b>		M-40	29	00:00:38	00:13:19	00:32:53	<b>00:51:33.15</b>	<b>00:52:12.00</b>	+00:17:06 (33.2%)	5:09	11.6 (66.7%)
116	<b>MACH Marcin</b>	<b>1185</b>	LIGOTA TIGERS	M-40	30	00:00:10	00:12:52	00:32:54	<b>00:51:36.10</b>	<b>00:51:46.40</b>	+00:17:09 (33.2%)	5:09	11.6 (66.7%)
117	<b>ANCZOK Wojciech</b>	<b>1003</b>		M-40	31	00:00:17	00:13:55	00:34:07	<b>00:51:37.25</b>	<b>00:51:54.50</b>	+00:17:10 (33.3%)	5:09	11.6 (66.7%)
118	<b>KĄŁUŻA Mirosław</b>	<b>1112</b>		M-50	8	00:00:04	00:12:31	00:32:33	<b>00:51:43.55</b>	<b>00:51:48.15</b>	+00:17:16 (33.4%)	5:10	11.6 (66.7%)
119	<b>PAWLIK Aneta</b>	<b>1254</b>		K-30	9	00:00:08	00:12:42	00:33:15	<b>00:51:44.50</b>	<b>00:51:53.25</b>	+00:17:17 (33.4%)	5:10	11.6 (66.7%)
120	<b>ALKER Zbigniew</b>	<b>1002</b>	ALKER TEAM	M-50	9	00:00:15	00:13:17	00:32:53	<b>00:51:45.25</b>	<b>00:52:00.25</b>	+00:17:18 (33.4%)	5:10	11.6 (66.7%)
121	<b>SZULC Damian</b>	<b>1438</b>		M-20	17	00:00:39	00:13:39	00:33:46	<b>00:51:46.80</b>	<b>00:52:26.45</b>	+00:17:20 (33.5%)	5:10	11.6 (66.7%)
122	<b>BIAŁAS Robert</b>	<b>1012</b>		M-40	32	00:00:27	00:13:01	00:33:08	<b>00:51:48.60</b>	<b>00:52:16.55</b>	+00:17:21 (33.5%)	5:10	11.6 (66.7%)
123	<b>GODLEWSKI Łukasz</b>	<b>1071</b>	HIRSCHVOGEL	M-30	46	00:00:19	00:13:59	00:34:01	<b>00:51:49.00</b>	<b>00:52:08.90</b>	+00:17:22 (33.5%)	5:10	11.6 (66.7%)
124	<b>PASTERNAK Zbigniew</b>	<b>1251</b>	OPEL ACTIVE TEAM	M-50	10	00:00:21	00:13:52	00:33:39	<b>00:51:51.35</b>	<b>00:52:12.60</b>	+00:17:24 (33.6%)	5:11	11.6 (66.7%)
125	<b>MICHALSKA Kamila</b>	<b>1207</b>		K-30	10	00:00:07	00:13:04	00:33:32	<b>00:51:51.55</b>	<b>00:51:59.00</b>	+00:17:24 (33.6%)	5:11	11.6 (66.7%)
126	<b>PROCEK Tomasz</b>	<b>1336</b>		M-20	18	00:00:29	00:13:26	00:33:50	<b>00:51:51.90</b>	<b>00:52:21.60</b>	+00:17:25 (33.6%)	5:11	11.6 (66.7%)
127	<b>MAZUR Krzysztof</b>	<b>1200</b>	OPEL ACTIVE TEAM	M-40	33	00:00:21	00:13:52	00:33:39	<b>00:51:52.00</b>	<b>00:52:13.25</b>	+00:17:25 (33.6%)	5:11	11.6 (66.7%)
128	<b>GRĄBCZEWSKI Marcin</b>	<b>1076</b>		M-30	47	00:00:33	00:13:22	00:33:11	<b>00:51:56.70</b>	<b>00:52:30.05</b>	+00:17:29 (33.7%)	5:11	11.6 (66.7%)
129	<b>DWORACZEK Grzegorz</b>	<b>1047</b>	TRIDIVISION	M-40	34	00:00:12	00:13:11	00:33:31	<b>00:52:02.50</b>	<b>00:52:14.85</b>	+00:17:35 (33.8%)	5:12	11.5 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>SKOP Rafał</b>	<b>1310</b>		M-20	19	00:00:09	00:12:32	00:32:36	<b>00:52:03.10</b>	<b>00:52:13.05</b>	+00:17:36 (33.8%)	5:12	11.5 (66.1%)
131	<b>RENKE Piotr</b>	<b>1285</b>		M-40	35	00:00:11	00:12:56	00:33:11	<b>00:52:04.20</b>	<b>00:52:15.95</b>	+00:17:37 (33.8%)	5:12	11.5 (66.1%)
132	<b>PAJER Aleksandra</b>	<b>1249</b>	ISTA BIEGAMY	K-30	11	00:00:26	00:13:19	00:33:36	<b>00:52:04.75</b>	<b>00:52:31.20</b>	+00:17:37 (33.9%)	5:12	11.5 (66.1%)
133	<b>SERAFIN Szymon</b>	<b>1462</b>		M-20	20	00:00:29	00:13:34	00:33:37	<b>00:52:05.50</b>	<b>00:52:35.15</b>	+00:17:38 (33.9%)	5:12	11.5 (66.1%)
134	<b>MALCZEWSKI Jacek</b>	<b>1190</b>	AZS GLIWICE JUDO	M-30	48	00:00:18	00:13:01	00:33:29	<b>00:52:08.50</b>	<b>00:52:26.75</b>	+00:17:41 (33.9%)	5:12	11.5 (66.1%)
135	<b>KOWALCZYK Grzegorz</b>	<b>1148</b>		M-40	36	00:00:17	00:13:17	00:33:18	<b>00:52:09.75</b>	<b>00:52:27.30</b>	+00:17:42 (34.0%)	5:12	11.5 (66.1%)
136	<b>WOJAKOWSKA Katarzyna</b>	<b>1379</b>	K&K RUN	K-40	3	00:00:03	00:13:10	00:33:41	<b>00:52:12.30</b>	<b>00:52:16.25</b>	+00:17:45 (34.0%)	5:13	11.5 (66.1%)
137	<b>CETNAR-KLIMAS Katarzyna</b>	<b>1024</b>		K-40	4	00:00:05	00:13:08	00:33:31	<b>00:52:23.65</b>	<b>00:52:29.30</b>	+00:17:56 (34.3%)	5:14	11.5 (66.1%)
138	<b>CIEPLIK Grzegorz</b>	<b>1030</b>		M-30	49	00:00:13	00:13:12	00:33:44	<b>00:52:24.35</b>	<b>00:52:37.50</b>	+00:17:57 (34.3%)	5:14	11.5 (66.1%)
139	<b>MICHOŃ Maciej</b>	<b>1427</b>		M-20	21	00:00:29	00:13:53	00:34:29	<b>00:52:30.45</b>	<b>00:52:59.95</b>	+00:18:03 (34.4%)	5:15	11.4 (65.5%)
140	<b>HAJOK Marek</b>	<b>1083</b>		M-40	37	00:00:11	00:12:58	00:33:37	<b>00:52:34.50</b>	<b>00:52:45.95</b>	+00:18:07 (34.5%)	5:15	11.4 (65.5%)
141	<b>TULCZYJEW Łukasz</b>	<b>1476</b>		M-20	22	00:00:08	00:12:17	00:33:25	<b>00:52:35.15</b>	<b>00:52:43.85</b>	+00:18:08 (34.5%)	5:15	11.4 (65.5%)
142	<b>BOGACKI Tomasz</b>	<b>1442</b>		M-30	50	00:00:18	00:13:39	00:34:39	<b>00:52:41.00</b>	<b>00:52:59.80</b>	+00:18:14 (34.6%)	5:16	11.4 (65.5%)
143	<b>NOWAKOWSKA Aleksandra</b>	<b>1229</b>		K-30	12	00:00:09	00:13:54	00:34:06	<b>00:52:48.45</b>	<b>00:52:58.10</b>	+00:18:21 (34.8%)	5:16	11.4 (65.5%)
144	<b>SADKOWSKI Robert</b>	<b>1297</b>		M-40	38	00:00:12	00:12:32	00:33:15	<b>00:52:50.30</b>	<b>00:53:02.65</b>	+00:18:23 (34.8%)	5:17	11.4 (65.5%)
145	<b>SIWECKI Adrian</b>	<b>1307</b>		M-40	39	00:00:08	00:12:57		<b>00:52:57.95</b>	<b>00:53:06.05</b>	+00:18:31 (35.0%)	5:17	11.3 (64.9%)
146	<b>SZULC Sebastian</b>	<b>1436</b>		M-30	51	00:00:40	00:13:39	00:34:09	<b>00:53:02.90</b>	<b>00:53:43.10</b>	+00:18:36 (35.1%)	5:18	11.3 (64.9%)
147	<b>KRAWCZYK Dariusz</b>	<b>1152</b>	WARTKIE PIERONY	M-40	40	00:00:15	00:13:35	00:34:29	<b>00:53:04.65</b>	<b>00:53:20.40</b>	+00:18:37 (35.1%)	5:18	11.3 (64.9%)
148	<b>SKULSKI Tomasz</b>	<b>1456</b>	LILA TEAM	M-40	41	00:00:45	00:13:35	00:34:37	<b>00:53:05.70</b>	<b>00:53:51.45</b>	+00:18:38 (35.1%)	5:18	11.3 (64.9%)
149	<b>SKIBA Adrian</b>	<b>1308</b>		M-20	23	00:00:40	00:14:22	00:35:10	<b>00:53:07.90</b>	<b>00:53:48.10</b>	+00:18:41 (35.2%)	5:18	11.3 (64.9%)
150	<b>ZAPOTOCZNY Przemek</b>	<b>1394</b>		M-40	42	00:00:16	00:14:09	00:34:54	<b>00:53:08.55</b>	<b>00:53:25.25</b>	+00:18:41 (35.2%)	5:18	11.3 (64.9%)
151	<b>ĆWIK Paweł</b>	<b>1453</b>		M-50	11	00:00:41	00:13:40	00:34:23	<b>00:53:10.75</b>	<b>00:53:51.85</b>	+00:18:43 (35.2%)	5:19	11.3 (64.9%)
152	<b>LEDWIG Iwona</b>	<b>1173</b>	MAMAX3	K-30	13	00:00:28	00:13:51	00:34:28	<b>00:53:12.85</b>	<b>00:53:41.75</b>	+00:18:46 (35.3%)	5:19	11.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>JANOWSKI Michał</b>	<b>1097</b>		M-20	24	00:00:22	00:13:59	00:34:47	<b>00:53:14.15</b>	<b>00:53:36.40</b>	+00:18:47 (35.3%)	5:19	11.3 (64.9%)
154	<b>MASARZ Dawid</b>	<b>1196</b>	#HUTATEAM	M-30	52	00:00:32	00:13:09	00:33:47	<b>00:53:14.80</b>	<b>00:53:47.35</b>	+00:18:48 (35.3%)	5:19	11.3 (64.9%)
155	<b>KIZINIEWICZ Krzysztof</b>	<b>1121</b>		M-30	53	00:00:49	00:13:46	00:34:09	<b>00:53:14.90</b>	<b>00:54:03.95</b>	+00:18:48 (35.3%)	5:19	11.3 (64.9%)
156	<b>WIŚNIEWSKI Michał</b>	<b>1377</b>	PHOENIX WORKOUT	M-30	54	00:00:46	00:14:29	00:34:49	<b>00:53:15.45</b>	<b>00:54:01.95</b>	+00:18:48 (35.3%)	5:19	11.3 (64.9%)
157	<b>FRANIA Andrzej</b>	<b>1445</b>		M-50	12	00:00:27	00:13:04	00:33:20	<b>00:53:26.00</b>	<b>00:53:53.65</b>	+00:18:59 (35.5%)	5:20	11.2 (64.4%)
158	<b>KELLER Patryk</b>	<b>1118</b>	ŚLĄZACY BIEGAJĄ	M-20	25	00:00:17	00:13:07	00:33:59	<b>00:53:27.40</b>	<b>00:53:44.80</b>	+00:19:00 (35.6%)	5:20	11.2 (64.4%)
159	<b>NEJMAN Mateusz</b>	<b>1221</b>		M-30	55	00:00:28	00:13:42	00:34:32	<b>00:53:27.95</b>	<b>00:53:56.30</b>	+00:19:01 (35.6%)	5:20	11.2 (64.4%)
160	<b>MICHALIK Zgonia</b>	<b>1205</b>	BABSKA KORBA	K-30	14	00:00:18	00:13:12	00:34:09	<b>00:53:30.00</b>	<b>00:53:48.80</b>	+00:19:03 (35.6%)	5:21	11.2 (64.4%)
161	<b>BEDNARSKI Daniel</b>	<b>1011</b>	BRAK	M-30	56	00:00:08	00:12:40	00:33:48	<b>00:53:31.65</b>	<b>00:53:40.55</b>	+00:19:04 (35.6%)	5:21	11.2 (64.4%)
162	<b>KONDRUSIEWICZ Michał</b>	<b>1437</b>		M-30	57	00:00:32	00:14:01	00:35:06	<b>00:53:34.45</b>	<b>00:54:06.80</b>	+00:19:07 (35.7%)	5:21	11.2 (64.4%)
163	<b>KOMANDER Katarzyna</b>	<b>1134</b>	JOMAR RUNNERS	K-20	8	00:00:12	00:13:09	00:34:35	<b>00:53:39.00</b>	<b>00:53:51.75</b>	+00:19:12 (35.8%)	5:21	11.2 (64.4%)
164	<b>ŚWIDLIK Piotr</b>	<b>1352</b>		M-30	58	00:00:17	00:13:15	00:34:17	<b>00:53:48.05</b>	<b>00:54:05.20</b>	+00:19:21 (36.0%)	5:22	11.2 (64.4%)
165	<b>MAŃKA Marcin</b>	<b>1193</b>	STREFA 04	M-30	59	00:00:46	00:15:20	00:36:09	<b>00:53:49.25</b>	<b>00:54:35.30</b>	+00:19:22 (36.0%)	5:22	11.1 (63.8%)
166	<b>NOWAK Robert</b>	<b>1228</b>		M-30	60	00:00:35	00:15:05	00:36:03	<b>00:53:52.40</b>	<b>00:54:27.55</b>	+00:19:25 (36.1%)	5:23	11.1 (63.8%)
167	<b>KULA Jan</b>	<b>1161</b>	DECATHLON CAR GLIWICE	M-30	61	00:00:04	00:12:53	00:34:07	<b>00:53:56.20</b>	<b>00:54:00.60</b>	+00:19:29 (36.1%)	5:23	11.1 (63.8%)
168	<b>POWROŹNIK Paulina</b>	<b>1270</b>		K-30	15	00:00:29	00:13:23	00:34:30	<b>00:53:57.10</b>	<b>00:54:26.15</b>	+00:19:30 (36.2%)	5:23	11.1 (63.8%)
169	<b>TROSKO Adam</b>	<b>1357</b>		M-40	43	00:00:12	00:12:19	00:33:37	<b>00:54:04.60</b>	<b>00:54:17.40</b>	+00:19:37 (36.3%)	5:24	11.1 (63.8%)
170	<b>WILSZ Adam</b>	<b>1375</b>	#PANIÓWKIRUN	M-50	13	00:00:23	00:14:37	00:35:18	<b>00:54:05.40</b>	<b>00:54:28.90</b>	+00:19:38 (36.3%)	5:24	11.1 (63.8%)
171	<b>SKORUPSKI Paweł</b>	<b>1311</b>		M-40	44	00:00:11	00:14:05	00:35:23	<b>00:54:09.10</b>	<b>00:54:20.85</b>	+00:19:42 (36.4%)	5:24	11.1 (63.8%)
172	<b>KLIKS Kazimierz</b>	<b>1122</b>		M-60	2	00:00:25	00:14:19	00:35:07	<b>00:54:11.60</b>	<b>00:54:36.90</b>	+00:19:44 (36.4%)	5:25	11.1 (63.8%)
172	<b>SKORUPSKI Łukasz</b>	<b>1312</b>		M-20	26	00:00:11	00:14:06	00:35:24	<b>00:54:11.60</b>	<b>00:54:22.95</b>	+00:19:44 (36.4%)	5:25	11.1 (63.8%)
174	<b>PETRUS Karolina</b>	<b>1485</b>		K-30	16	00:00:04	00:13:16	00:34:37	<b>00:54:13.90</b>	<b>00:54:18.75</b>	+00:19:47 (36.5%)	5:25	11.1 (63.8%)
175	<b>WIERCIEŃSKA Aneta</b>	<b>1368</b>		K-30	17	00:00:19	00:13:40	00:34:36	<b>00:54:15.45</b>	<b>00:54:34.85</b>	+00:19:48 (36.5%)	5:25	11.1 (63.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	JANUSZEWSKI Paweł	1098	BIEGAMBOLUBIĘ WARSZAWA	M-40	45	00:00:06	00:13:39	00:35:16	00:54:18.55	00:54:24.80	+00:19:51 (36.6%)	5:25	11 (63.2%)
177	ZIĘBA Sabina	1403		K-30	18	00:00:03	00:13:19	00:34:53	00:54:22.80	00:54:26.30	+00:19:56 (36.7%)	5:26	11 (63.2%)
178	STARCZAK Karol	1329		M-30	62	00:00:33	00:15:30	00:37:34	00:54:27.50	00:55:00.85	+00:20:00 (36.7%)	5:26	11 (63.2%)
179	KARPIŃSKA Katarzyna	1115		K-30	19	00:00:09	00:13:26	00:34:29	00:54:37.40	00:54:46.45	+00:20:10 (36.9%)	5:27	11 (63.2%)
180	SKRZYPCZYK Tomek	1313		M-30	63	00:00:51	00:14:23	00:35:18	00:54:46.25	00:55:38.15	+00:20:19 (37.1%)	5:28	11 (63.2%)
181	MICHALSKA Magdalena	1206		K-30	20	00:00:51	00:14:21	00:35:18	00:54:46.50	00:55:38.10	+00:20:19 (37.1%)	5:28	11 (63.2%)
182	LIBISZ Marcin	1178		M-30	64	00:00:42	00:15:35	00:37:15	00:54:50.70	00:55:33.35	+00:20:23 (37.2%)	5:29	10.9 (62.6%)
183	ZAPOTOCZNA Renata	1393		K-40	5	00:00:16	00:14:09	00:35:06	00:54:52.75	00:55:09.70	+00:20:25 (37.2%)	5:29	10.9 (62.6%)
184	LEGIEŻYŃSKI Krzysztof	1175		M-30	65	00:00:07	00:14:00	00:35:39	00:54:52.95	00:55:00.55	+00:20:26 (37.2%)	5:29	10.9 (62.6%)
185	MICZKA Łukasz	1208		M-30	66	00:00:38	00:13:46	00:34:55	00:54:53.60	00:55:32.35	+00:20:26 (37.2%)	5:29	10.9 (62.6%)
186	SKUPIEŃ Dariusz	1314	#HUTATEAM	M-30	67	00:00:34	00:14:44	00:36:23	00:55:10.60	00:55:45.30	+00:20:43 (37.6%)	5:31	10.9 (62.6%)
187	DOBRAS Marek	1426	PKO KATOWICE	M-40	46	00:00:12	00:13:21	00:35:12	00:55:11.25	00:55:23.30	+00:20:44 (37.6%)	5:31	10.9 (62.6%)
188	SIEWIER Damian	1304		M-40	47	00:00:48	00:14:24	00:35:35	00:55:11.40	00:55:59.95	+00:20:44 (37.6%)	5:31	10.9 (62.6%)
189	CZYŻ Wiola	1034		K-30	21	00:00:06	00:13:28	00:34:59	00:55:13.90	00:55:20.45	+00:20:47 (37.6%)	5:31	10.9 (62.6%)
190	BIELIŃSKA Kamila	1013		K-30	22	00:00:06	00:13:28		00:55:14.70	00:55:21.15	+00:20:47 (37.6%)	5:31	10.9 (62.6%)
191	GAWŁOWSKI Piotr	1066		M-20	27	00:00:14	00:13:57	00:35:50	00:55:22.25	00:55:36.45	+00:20:55 (37.8%)	5:32	10.8 (62.1%)
192	IGNATOWICZ-DĘBSKA Katarzyna	1090	THE PROSECCOS	K-30	23	00:00:29	00:15:16	00:36:42	00:55:26.20	00:55:55.40	+00:20:59 (37.9%)	5:32	10.8 (62.1%)
193	ZWIERZYŃSKI Tomasz	1408		M-30	68	00:00:27	00:14:27	00:36:02	00:55:27.05	00:55:54.20	+00:21:00 (37.9%)	5:32	10.8 (62.1%)
194	KLOZA Mariusz	1128	#HUTATEAM	M-40	48	00:00:23	00:14:00	00:35:47	00:55:35.05	00:55:58.75	+00:21:08 (38.0%)	5:33	10.8 (62.1%)
195	PAWLIK Michał	1253		M-30	69	00:00:14	00:13:54	00:35:47	00:55:35.90	00:55:49.95	+00:21:09 (38.0%)	5:33	10.8 (62.1%)
196	KOLASIŃSKA Monika	1463	STG GLIWICE	K-20	9	00:00:08	00:13:50	00:35:50	00:55:37.60	00:55:46.35	+00:21:10 (38.1%)	5:33	10.8 (62.1%)
197	SAK Wojciech	1298	CMP	M-40	49	00:00:45	00:15:20	00:36:10	00:55:38.50	00:56:24.25	+00:21:11 (38.1%)	5:33	10.8 (62.1%)
198	RYZNER Michał	1296	KS SOŚNICA GLIWICE	M-30	70	00:01:37	00:14:32	00:36:31	00:55:46.15	00:57:23.90	+00:21:19 (38.2%)	5:34	10.8 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	<b>MIŚKIEWICZ Lucyna</b>	<b>1212</b>	WARTO BIEGAĆ ZAWIERCIE	K-50	1	00:00:14	00:14:19	00:36:21	<b>00:55:48.65</b>	<b>00:56:02.85</b>	+00:21:21 (38.3%)	5:34	10.8 (62.1%)
200	<b>PACAN Krzysztof</b>	<b>1243</b>		M-40	50	00:00:29	00:14:46	00:36:16	<b>00:55:49.10</b>	<b>00:56:19.05</b>	+00:21:22 (38.3%)	5:34	10.7 (61.5%)
201	<b>ŚLĘCZKOWSKI Piotr</b>	<b>1350</b>		M-30	71	00:00:39	00:14:39	00:36:22	<b>00:55:50.20</b>	<b>00:56:29.85</b>	+00:21:23 (38.3%)	5:35	10.7 (61.5%)
202	<b>GRUDZIŃSKI Jakub</b>	<b>1079</b>		M-20	28	00:00:47	00:14:28	00:36:03	<b>00:55:53.30</b>	<b>00:56:40.35</b>	+00:21:26 (38.4%)	5:35	10.7 (61.5%)
203	<b>ĆWIKŁA Grzegorz</b>	<b>1036</b>		M-50	14	00:00:19	00:14:46	00:36:09	<b>00:55:54.90</b>	<b>00:56:14.50</b>	+00:21:28 (38.4%)	5:35	10.7 (61.5%)
203	<b>KACZMAREK Katarzyna</b>	<b>1109</b>	STG GLIWICE	K-40	6	00:00:07	00:13:50	00:35:51	<b>00:55:54.90</b>	<b>00:56:02.75</b>	+00:21:28 (38.4%)	5:35	10.7 (61.5%)
205	<b>PIEKARZ Małgorzata</b>	<b>1258</b>	DRUŻYNA JEDYNKI	K-30	24	00:00:12	00:14:30	00:36:10	<b>00:56:02.80</b>	<b>00:56:15.15</b>	+00:21:36 (38.5%)	5:36	10.7 (61.5%)
206	<b>SALA Nela</b>	<b>1299</b>		K-30	25	00:00:22	00:13:43	00:35:44	<b>00:56:07.90</b>	<b>00:56:30.25</b>	+00:21:41 (38.6%)	5:36	10.7 (61.5%)
207	<b>ANDRUSZKIEWICZ Andrzej</b>	<b>1004</b>		M-40	51	00:00:26	00:14:10	00:35:47	<b>00:56:10.30</b>	<b>00:56:36.80</b>	+00:21:43 (38.7%)	5:37	10.7 (61.5%)
208	<b>MROCZKOWSKI Krystian</b>	<b>1216</b>	HUTA ŁABĘDY S.A.	M-20	29	00:00:34	00:14:02	00:36:01	<b>00:56:21.45</b>	<b>00:56:55.60</b>	+00:21:54 (38.9%)	5:38	10.6 (60.9%)
209	<b>KELLER Aneta</b>	<b>1119</b>		K-30	26	00:00:41	00:14:47	00:36:10	<b>00:56:27.80</b>	<b>00:57:08.95</b>	+00:22:01 (39.0%)	5:38	10.6 (60.9%)
210	<b>ZAREMBA Tadeusz</b>	<b>1395</b>		M-60	3	00:00:05	00:14:05	00:36:08	<b>00:56:30.20</b>	<b>00:56:35.70</b>	+00:22:03 (39.0%)	5:39	10.6 (60.9%)
211	<b>OLSZOK Dawid</b>	<b>1234</b>	HIRSCHVOGEL	M-30	72	00:00:21	00:14:33	00:35:57	<b>00:56:35.90</b>	<b>00:56:57.50</b>	+00:22:09 (39.1%)	5:39	10.6 (60.9%)
212	<b>OCHKOVSKYY Valeriy</b>	<b>1232</b>		M-40	52	00:00:32	00:15:36	00:37:25	<b>00:56:41.35</b>	<b>00:57:14.05</b>	+00:22:14 (39.2%)	5:40	10.6 (60.9%)
213	<b>ROSÓŁ Adrian</b>	<b>1290</b>	SHARK TOP TEAM BYTOM	M-20	30	00:00:43	00:14:09	00:36:20	<b>00:56:44.45</b>	<b>00:57:27.60</b>	+00:22:17 (39.3%)	5:40	10.6 (60.9%)
214	<b>TUZ Dmytro</b>	<b>1358</b>		M-30	73	00:00:45	00:15:41	00:38:26	<b>00:56:44.50</b>	<b>00:57:29.65</b>	+00:22:17 (39.3%)	5:40	10.6 (60.9%)
215	<b>SOWA Jarosław</b>	<b>1327</b>	NIEZRZESZONY	M-60	4	00:00:11	00:14:34	00:36:35	<b>00:56:49.60</b>	<b>00:57:01.45</b>	+00:22:22 (39.4%)	5:40	10.6 (60.9%)
216	<b>PACHOLAK Patryk</b>	<b>1244</b>		M-20	31	00:00:18	00:14:40	00:36:54	<b>00:56:51.75</b>	<b>00:57:10.55</b>	+00:22:24 (39.4%)	5:41	10.6 (60.9%)
217	<b>ZENOWICZ Piotr</b>	<b>1401</b>	ATHLETICS NYSA	M-50	15	00:00:18	00:14:40	00:36:54	<b>00:56:51.95</b>	<b>00:57:09.95</b>	+00:22:25 (39.4%)	5:41	10.6 (60.9%)
218	<b>MATUSEK Anna</b>	<b>1198</b>		K-20	10	00:00:36	00:14:18	00:36:14	<b>00:56:58.25</b>	<b>00:57:34.80</b>	+00:22:31 (39.5%)	5:41	10.5 (60.3%)
219	<b>KOSIDŁOWSKA Ewelina</b>	<b>1143</b>	BRAK	K-20	11	00:00:30	00:14:38	00:37:19	<b>00:57:00.45</b>	<b>00:57:31.30</b>	+00:22:33 (39.6%)	5:42	10.5 (60.3%)
220	<b>SZYMURA Grzegorz</b>	<b>1349</b>	#HUTATEAM	M-30	74	00:00:31	00:14:24	00:36:34	<b>00:57:01.30</b>	<b>00:57:33.15</b>	+00:22:34 (39.6%)	5:42	10.5 (60.3%)
221	<b>ŁYSIAK Magdalena</b>	<b>1418</b>		K-30	27	00:00:06	00:14:12	00:36:36	<b>00:57:01.80</b>	<b>00:57:08.15</b>	+00:22:35 (39.6%)	5:42	10.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	<b>KUNOWSKA Małgorzata</b>	<b>1410</b>		K-30	28	00:00:10	00:14:32	00:36:51	<b>00:57:05.75</b>	<b>00:57:15.75</b>	+00:22:38 (39.7%)	5:42	10.5 (60.3%)
223	<b>MIKULSKI Przemek</b>	<b>1443</b>		M-30	75	00:00:45	00:15:41	00:38:26	<b>00:57:08.30</b>	<b>00:57:53.30</b>	+00:22:41 (39.7%)	5:42	10.5 (60.3%)
224	<b>WRÓBEL Paweł</b>	<b>1386</b>		M-40	53	00:00:45	00:15:03	00:37:15	<b>00:57:09.70</b>	<b>00:57:54.80</b>	+00:22:42 (39.7%)	5:42	10.5 (60.3%)
225	<b>WRÓBEL Michał</b>	<b>1385</b>		M-40	54	00:00:45	00:15:02	00:37:16	<b>00:57:09.80</b>	<b>00:57:54.80</b>	+00:22:43 (39.7%)	5:42	10.5 (60.3%)
226	<b>MAKUCH Damian</b>	<b>1189</b>	#HUTATEAM	M-30	76	00:00:33	00:15:07	00:37:09	<b>00:57:11.15</b>	<b>00:57:44.95</b>	+00:22:44 (39.8%)	5:43	10.5 (60.3%)
227	<b>MAZANOWSKI Janusz</b>	<b>1199</b>		M-30	77	00:00:25	00:15:27	00:37:40	<b>00:57:19.65</b>	<b>00:57:45.55</b>	+00:22:52 (39.9%)	5:43	10.5 (60.3%)
228	<b>SOSADA Nicol</b>	<b>1326</b>	ISTA BIEGAMY	K-20	12	00:00:16	00:14:16	00:36:42	<b>00:57:22.50</b>	<b>00:57:38.85</b>	+00:22:55 (40.0%)	5:44	10.5 (60.3%)
229	<b>PSIUK Piotr</b>	<b>1277</b>		M-30	78	00:00:19	00:14:17	00:36:29	<b>00:57:23.55</b>	<b>00:57:43.30</b>	+00:22:56 (40.0%)	5:44	10.5 (60.3%)
230	<b>KUCHTA Katarzyna</b>	<b>1159</b>	NIGHT RUNNERS PYSKOWICE	K-30	29	00:00:15	00:14:16	00:36:38	<b>00:57:24.20</b>	<b>00:57:40.05</b>	+00:22:57 (40.0%)	5:44	10.5 (60.3%)
231	<b>RASZKOWSKI Adam</b>	<b>1284</b>	#HUTATEAM	M-30	79	00:00:21	00:14:39	00:37:08	<b>00:57:29.25</b>	<b>00:57:50.25</b>	+00:23:02 (40.1%)	5:44	10.4 (59.8%)
232	<b>FOLEK Mateusz</b>	<b>1054</b>	#HUTATEAM	M-30	80	00:00:33	00:14:22	00:37:09	<b>00:57:31.55</b>	<b>00:58:04.70</b>	+00:23:04 (40.1%)	5:45	10.4 (59.8%)
233	<b>SMOŁA Mieczysław</b>	<b>1318</b>		M-60	5	00:00:05	00:14:52	00:36:33	<b>00:57:32.05</b>	<b>00:57:37.10</b>	+00:23:05 (40.1%)	5:45	10.4 (59.8%)
234	<b>KOTLARSKA Anna</b>	<b>1146</b>		K-40	7	00:00:25	00:15:28	00:37:41	<b>00:57:33.95</b>	<b>00:57:59.15</b>	+00:23:07 (40.2%)	5:45	10.4 (59.8%)
235	<b>PAJOR Izabela</b>	<b>1250</b>		K-30	30	00:00:04	00:14:11		<b>00:57:35.35</b>	<b>00:57:40.05</b>	+00:23:08 (40.2%)	5:45	10.4 (59.8%)
236	<b>GUNIA Krystian</b>	<b>1081</b>		M-60	6	00:00:21	00:14:18	00:36:32	<b>00:57:44.50</b>	<b>00:58:06.15</b>	+00:23:17 (40.3%)	5:46	10.4 (59.8%)
237	<b>ORLICKI Ireneusz</b>	<b>1237</b>	#HUTATEAM	M-40	55	00:00:32	00:15:09	00:37:22	<b>00:57:47.55</b>	<b>00:58:20.40</b>	+00:23:20 (40.4%)	5:46	10.4 (59.8%)
238	<b>SELIGA Paweł</b>	<b>1301</b>	BIEGAJ Z TRENERAMI GLIWICE	M-30	81	00:00:07	00:14:04	00:36:29	<b>00:57:50.15</b>	<b>00:57:57.45</b>	+00:23:23 (40.4%)	5:47	10.4 (59.8%)
239	<b>BALCER Weronika</b>	<b>1005</b>	JOMAR RUNNERS	K-30	31	00:00:12	00:14:12	00:36:47	<b>00:57:51.85</b>	<b>00:58:04.35</b>	+00:23:25 (40.5%)	5:47	10.4 (59.8%)
240	<b>PAWELAK Szymon</b>	<b>1460</b>		M-20	32	00:00:30	00:14:50	00:37:02	<b>00:57:55.80</b>	<b>00:58:26.05</b>	+00:23:29 (40.5%)	5:47	10.4 (59.8%)
241	<b>ULIASZ Krzysztof</b>	<b>1361</b>	OPEL ACTIVE TEAM	M-40	56	00:00:21	00:15:19	00:38:35	<b>00:57:58.40</b>	<b>00:58:19.45</b>	+00:23:31 (40.6%)	5:47	10.4 (59.8%)
242	<b>PETEJA-ĆWIK Aleksandra</b>	<b>1256</b>		K-50	2	00:00:40	00:14:49	00:37:29	<b>00:58:02.15</b>	<b>00:58:43.00</b>	+00:23:35 (40.6%)	5:48	10.3 (59.2%)
243	<b>OSOWSKA Katarzyna</b>	<b>1240</b>		K-40	8	00:00:28	00:15:05	00:37:36	<b>00:58:02.75</b>	<b>00:58:31.35</b>	+00:23:35 (40.7%)	5:48	10.3 (59.2%)
244	<b>DYLSKI Jacek</b>	<b>1048</b>		M-30	82	00:00:44	00:15:04	00:37:20	<b>00:58:03.55</b>	<b>00:58:47.60</b>	+00:23:36 (40.7%)	5:48	10.3 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	ZUKOWSKA Bogusia	1407		K-30	32	00:00:33	00:15:30	00:37:34	00:58:03.90	00:58:37.15	+00:23:37 (40.7%)	5:48	10.3 (59.2%)
246	ZYGMAŃSKI Piotr	1432		M-40	57	00:00:47	00:14:37	00:36:55	00:58:04.70	00:58:52.55	+00:23:37 (40.7%)	5:48	10.3 (59.2%)
247	ORZAŻEWSKI Marek	1239	HIRSCHVOGEL	M-30	83	00:00:21	00:15:18	00:38:34	00:58:04.85	00:58:26.60	+00:23:38 (40.7%)	5:48	10.3 (59.2%)
248	LIPIŃSKA Anita	1179		K-30	33	00:00:32	00:15:22	00:37:34	00:58:05.80	00:58:38.05	+00:23:39 (40.7%)	5:48	10.3 (59.2%)
249	PIERONKIEWICZ Kamil	1260		M-30	84	00:00:35	00:14:45	00:37:34	00:58:09.45	00:58:44.50	+00:23:42 (40.8%)	5:48	10.3 (59.2%)
250	WARECKI Wojciech	1450		M-40	58	00:00:04	00:13:33	00:36:44	00:58:11.35	00:58:15.50	+00:23:44 (40.8%)	5:49	10.3 (59.2%)
251	WIERCIŃSKI Robert	1369		M-40	59	00:00:20	00:15:12	00:37:50	00:58:12.20	00:58:32.40	+00:23:45 (40.8%)	5:49	10.3 (59.2%)
252	PNIEWSKI Kamil	1265		M-30	85	00:00:20	00:15:08	00:38:22	00:58:15.05	00:58:35.55	+00:23:48 (40.9%)	5:49	10.3 (59.2%)
253	ROLNIK Tomasz	1287		M-30	86	00:00:48	00:14:41	00:37:08	00:58:19.50	00:59:08.25	+00:23:52 (40.9%)	5:49	10.3 (59.2%)
254	MEKIER Alicja	1202		K-30	34	00:00:44	00:15:45	00:38:16	00:58:24.40	00:59:08.45	+00:23:57 (41.0%)	5:50	10.3 (59.2%)
255	WOŹNIAK Mariusz	1413		M-40	60	00:00:50	00:14:59	00:37:37	00:58:26.85	00:59:16.85	+00:24:00 (41.1%)	5:50	10.3 (59.2%)
256	NOWAKOWSKA-TRZASKA Joanna	1230	GLIWICKA GRUPA BIEGACZY	K-40	9	00:00:18	00:14:34	00:37:06	00:58:27.00	00:58:45.90	+00:24:00 (41.1%)	5:50	10.3 (59.2%)
257	NIEMIEC Rafał	1224	INTERGRAFIK POLSKA	M-40	61	00:00:28	00:15:04	00:37:39	00:58:27.15	00:58:55.40	+00:24:00 (41.1%)	5:50	10.3 (59.2%)
258	BAŁAJ Anna	1007		K-30	35	00:00:47	00:16:29		00:58:31.10	00:59:18.25	+00:24:04 (41.1%)	5:51	10.3 (59.2%)
259	PASZKOWSKI Waldemar	1252		M-50	16	00:00:12	00:13:20	00:36:21	00:58:38.55	00:58:51.20	+00:24:11 (41.3%)	5:51	10.2 (58.6%)
260	LENCZYK Mariusz	1176		M-20	33	00:00:30	00:14:47	00:37:22	00:58:38.65	00:59:08.75	+00:24:11 (41.3%)	5:51	10.2 (58.6%)
261	FURMAN Michał	1060		M-20	34	00:00:33	00:15:28	00:37:17	00:58:48.80	00:59:22.60	+00:24:22 (41.4%)	5:52	10.2 (58.6%)
262	WILKOŃ Artur	1373	#HUTATEAM	M-40	62	00:00:24	00:14:49	00:37:33	00:58:49.60	00:59:13.90	+00:24:22 (41.4%)	5:52	10.2 (58.6%)
263	KOCYBIK Natalia	1133	THE PROSECCOS	K-30	36	00:00:28	00:15:17	00:38:30	00:58:50.15	00:59:19.05	+00:24:23 (41.5%)	5:53	10.2 (58.6%)
264	NEJMAN Joanna	1441		K-30	37	00:00:28	00:15:17	00:38:30	00:58:50.50	00:59:19.15	+00:24:23 (41.5%)	5:53	10.2 (58.6%)
265	KOŁAKOWSKI Tomasz	1459	PKO KATOWICE	M-20	35	00:00:44	00:15:41	00:39:00	00:58:51.55	00:59:36.40	+00:24:24 (41.5%)	5:53	10.2 (58.6%)
266	GÓRSKI Jakub	1073	HUTATEAM	M-20	36	00:00:31	00:15:45	00:38:58	00:58:52.45	00:59:24.00	+00:24:25 (41.5%)	5:53	10.2 (58.6%)
267	JANAS Piotr	1480		M-50	17	00:00:31	00:15:05	00:38:17	00:58:55.55	00:59:27.40	+00:24:28 (41.5%)	5:53	10.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	<b>WOJTKIEWICZ Marzena</b>	<b>1381</b>		K-40	10	00:00:38	00:16:14	00:39:17	<b>00:59:01.25</b>	<b>00:59:40.00</b>	+00:24:34 (41.6%)	5:54	10.2 (58.6%)
269	<b>KOWACZ Adrian</b>	<b>1147</b>	#HUTATEAM	M-30	87	00:00:32	00:16:30	00:39:52	<b>00:59:05.75</b>	<b>00:59:38.45</b>	+00:24:38 (41.7%)	5:54	10.2 (58.6%)
270	<b>ŚMIERTKA Grzegorz</b>	<b>1351</b>	#HUTATEAM	M-30	88	00:00:00	00:15:43	00:40:41	<b>00:59:09.15</b>	<b>00:59:09.15</b>	+00:24:42 (41.8%)	5:54	10.1 (58.0%)
271	<b>PRZYBYŁA Krystian</b>	<b>1276</b>		M-30	89	00:00:43	00:16:05	00:38:57	<b>00:59:09.30</b>	<b>00:59:52.55</b>	+00:24:42 (41.8%)	5:54	10.1 (58.0%)
272	<b>LIS Aleksandra</b>	<b>1181</b>		K-20	13	00:00:13	00:14:28	00:37:52	<b>00:59:10.10</b>	<b>00:59:23.40</b>	+00:24:43 (41.8%)	5:55	10.1 (58.0%)
273	<b>HERUD Sandra</b>	<b>1087</b>	GLIWICKA RADA ROWEROWA	K-30	38	00:00:13	00:14:59	00:38:09	<b>00:59:12.90</b>	<b>00:59:26.25</b>	+00:24:46 (41.8%)	5:55	10.1 (58.0%)
274	<b>LANGE Marcin</b>	<b>1169</b>	WARTO BIEGAĆ ZAWIERCIE	M-30	90	00:00:15	00:14:50	00:38:02	<b>00:59:13.45</b>	<b>00:59:29.15</b>	+00:24:46 (41.8%)	5:55	10.1 (58.0%)
275	<b>BEMŚ Emilia</b>	<b>1422</b>		K-30	39	00:00:30	00:16:14	00:39:33	<b>00:59:16.55</b>	<b>00:59:47.45</b>	+00:24:49 (41.9%)	5:55	10.1 (58.0%)
276	<b>ĆWIOK Barbara</b>	<b>1037</b>	#PANIOWKIRUN	K-40	11	00:00:18	00:15:09	00:37:56	<b>00:59:17.45</b>	<b>00:59:35.45</b>	+00:24:50 (41.9%)	5:55	10.1 (58.0%)
277	<b>WOJTKIEWICZ Marta</b>	<b>1382</b>		K-20	14	00:00:39	00:16:11	00:38:46	<b>00:59:20.75</b>	<b>00:59:59.75</b>	+00:24:53 (42.0%)	5:56	10.1 (58.0%)
278	<b>MAGURNO Franco</b>	<b>1481</b>		M-40	63	00:00:43	00:15:38	00:38:52	<b>00:59:21.90</b>	<b>01:00:05.35</b>	+00:24:55 (42.0%)	5:56	10.1 (58.0%)
279	<b>SNOCHOWSKI Mirek</b>	<b>1321</b>	SZOMBIERKI CHODZĄ I BIEGAJĄ	M-50	18	00:00:21	00:15:10	00:38:48	<b>00:59:32.10</b>	<b>00:59:54.05</b>	+00:25:05 (42.1%)	5:57	10.1 (58.0%)
280	<b>MIŚKIEWICZ Andrzej</b>	<b>1211</b>	WARTO BIEGAĆ ZAWIERCIE	M-50	19	00:00:14	00:15:09	00:38:33	<b>00:59:32.20</b>	<b>00:59:46.70</b>	+00:25:05 (42.1%)	5:57	10.1 (58.0%)
281	<b>ZAKLIŃSKA Kasia</b>	<b>1391</b>		K-40	12	00:00:49	00:15:58	00:39:06	<b>00:59:34.55</b>	<b>01:00:24.05</b>	+00:25:07 (42.2%)	5:57	10.1 (58.0%)
282	<b>STASIK Mirosław</b>	<b>1330</b>	HUTATEAM	M-40	64	00:00:36	00:16:06	00:39:48	<b>00:59:45.00</b>	<b>01:00:21.40</b>	+00:25:18 (42.3%)	5:58	10 (57.5%)
283	<b>WARYSZAK Joanna</b>	<b>1365</b>	BAKALOVE	K-30	40	00:00:10	00:15:03	00:38:29	<b>00:59:46.60</b>	<b>00:59:57.55</b>	+00:25:19 (42.4%)	5:58	10 (57.5%)
284	<b>FILIPCZYK Anna</b>	<b>1052</b>		K-30	41	00:00:29	00:15:28	00:38:43	<b>00:59:47.85</b>	<b>01:00:17.40</b>	+00:25:21 (42.4%)	5:58	10 (57.5%)
285	<b>POWAŁKA Piotr</b>	<b>1269</b>	SOCIOS SILESIA	M-40	65	00:00:41	00:16:02	00:39:22	<b>00:59:48.20</b>	<b>01:00:29.45</b>	+00:25:21 (42.4%)	5:58	10 (57.5%)
286	<b>GRABIAŃSKA Katarzyna</b>	<b>1074</b>		K-30	42	00:00:46	00:15:48	00:39:14	<b>00:59:48.40</b>	<b>01:00:34.90</b>	+00:25:21 (42.4%)	5:58	10 (57.5%)
287	<b>SMOLARCZYK Michał</b>	<b>1479</b>		M-40	66	00:00:41	00:16:03	00:39:22	<b>00:59:48.70</b>	<b>01:00:29.85</b>	+00:25:21 (42.4%)	5:58	10 (57.5%)
288	<b>MAĆKÓW Klaudia</b>	<b>1187</b>		K-20	15	00:00:27	00:14:58	00:38:30	<b>00:59:51.45</b>	<b>01:00:18.80</b>	+00:25:24 (42.5%)	5:59	10 (57.5%)
289	<b>JURETKO Adam</b>	<b>1107</b>		M-40	67	00:00:27	00:14:57	00:38:27	<b>00:59:53.15</b>	<b>01:00:20.50</b>	+00:25:26 (42.5%)	5:59	10 (57.5%)
290	<b>KOPER Tomasz</b>	<b>1140</b>		M-30	91	00:00:11	00:14:34	00:37:59	<b>01:00:02.50</b>	<b>01:00:13.95</b>	+00:25:35 (42.6%)	6:00	10 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	<b>KLIMASARA Małgorzata</b>	<b>1439</b>		K-30	43	00:00:10	00:14:55	00:38:30	<b>01:00:13.05</b>	<b>01:00:23.95</b>	+00:25:46 (42.8%)	6:01	10 (57.5%)
292	<b>JAWORSKI Marcin</b>	<b>1105</b>		M-40	68	00:00:46	00:14:41	00:37:57	<b>01:00:14.20</b>	<b>01:01:00.60</b>	+00:25:47 (42.8%)	6:01	10 (57.5%)
293	<b>DZIECIAŃKOWSKI Jarosław</b>	<b>1049</b>	OPEL ACTIVE TEAM	M-40	69	00:00:37	00:16:02	00:39:41	<b>01:00:27.00</b>	<b>01:01:04.75</b>	+00:26:00 (43.0%)	6:02	9.9 (56.9%)
294	<b>WIETRZYCKI Zenon</b>	<b>1372</b>		M-60	7	00:00:17	00:14:33	00:38:21	<b>01:00:27.05</b>	<b>01:00:44.90</b>	+00:26:00 (43.0%)	6:02	9.9 (56.9%)
295	<b>GRZEGORCZYK Monika</b>	<b>1080</b>	NIGHT RUNNERS ZABRZE	K-40	13	00:00:37	00:16:02	00:39:41	<b>01:00:27.50</b>	<b>01:01:04.85</b>	+00:26:00 (43.0%)	6:02	9.9 (56.9%)
296	<b>MASTALSKA Marzena</b>	<b>1197</b>	OPEL ACTIVE TEAM	K-30	44	00:00:37	00:16:02		<b>01:00:27.85</b>	<b>01:01:04.90</b>	+00:26:01 (43.0%)	6:02	9.9 (56.9%)
297	<b>KACZMARZYK Arkadiusz</b>	<b>1110</b>		M-30	92	00:00:48	00:15:49	00:39:35	<b>01:00:39.75</b>	<b>01:01:27.90</b>	+00:26:12 (43.2%)	6:03	9.9 (56.9%)
298	<b>POLOCZEK Adam</b>	<b>1423</b>	PKO KATOWICE	M-40	70	00:00:44	00:15:40	00:39:01	<b>01:00:48.10</b>	<b>01:01:32.75</b>	+00:26:21 (43.3%)	6:04	9.9 (56.9%)
299	<b>DROZD Marcin</b>	<b>1421</b>	PKO KATOWICE	M-40	71	00:00:43	00:15:42	00:39:01	<b>01:00:49.05</b>	<b>01:01:32.95</b>	+00:26:22 (43.4%)	6:04	9.9 (56.9%)
300	<b>KRAWIEC Agnieszka</b>	<b>1153</b>		K-40	14	00:00:19	00:15:36	00:39:05	<b>01:00:51.80</b>	<b>01:01:11.20</b>	+00:26:25 (43.4%)	6:05	9.9 (56.9%)
301	<b>PSIUK-MAKSYMOWICZ Krzysztof</b>	<b>1278</b>	POLITECHNIKA ŚLĄSKA	M-40	72	00:00:39	00:14:39	00:37:44	<b>01:00:52.10</b>	<b>01:01:31.55</b>	+00:26:25 (43.4%)	6:05	9.9 (56.9%)
302	<b>SONDEJ Tomasz</b>	<b>1325</b>	#HUTATEAM	M-40	73	00:00:30	00:15:13	00:38:44	<b>01:00:57.70</b>	<b>01:01:28.50</b>	+00:26:30 (43.5%)	6:05	9.8 (56.3%)
303	<b>STANEK Natalia</b>	<b>1328</b>		K-30	45	00:00:36	00:14:59	00:38:45	<b>01:01:00.05</b>	<b>01:01:36.35</b>	+00:26:33 (43.5%)	6:06	9.8 (56.3%)
304	<b>SZARZYŃSKA-GRYCHNIK Jolanta</b>	<b>1343</b>		K-50	3	00:00:16	00:14:52	00:39:06	<b>01:01:04.35</b>	<b>01:01:20.90</b>	+00:26:37 (43.6%)	6:06	9.8 (56.3%)
305	<b>SZNAJDER Anna</b>	<b>1419</b>		K-30	46	00:01:15	00:15:00	00:39:11	<b>01:01:07.60</b>	<b>01:02:22.95</b>	+00:26:40 (43.6%)	6:06	9.8 (56.3%)
306	<b>CZERNACHOWSKI Marek</b>	<b>1033</b>	STARY HANGAR	M-50	20	00:00:30	00:16:08	00:39:50	<b>01:01:09.25</b>	<b>01:01:39.40</b>	+00:26:42 (43.7%)	6:06	9.8 (56.3%)
306	<b>KULPIŃSKA Anna</b>	<b>1163</b>	START HANGAR	K-40	15	00:00:30	00:16:07	00:39:51	<b>01:01:09.25</b>	<b>01:01:39.70</b>	+00:26:42 (43.7%)	6:06	9.8 (56.3%)
306	<b>RYTEL Jakub</b>	<b>1295</b>		M-30	93	00:00:35	00:16:24	00:41:04	<b>01:01:09.25</b>	<b>01:01:44.25</b>	+00:26:42 (43.7%)	6:06	9.8 (56.3%)
309	<b>RADLIŃSKI Wojciech</b>	<b>1282</b>		M-40	74	00:00:14	00:15:17	00:38:51	<b>01:01:11.45</b>	<b>01:01:26.25</b>	+00:26:44 (43.7%)	6:07	9.8 (56.3%)
310	<b>ZEGARTOWSKI Grzegorz</b>	<b>1397</b>		M-40	75	00:00:29	00:15:20	00:38:56	<b>01:01:12.40</b>	<b>01:01:42.10</b>	+00:26:45 (43.7%)	6:07	9.8 (56.3%)
311	<b>KRAJEWSKA Katarzyna</b>	<b>1151</b>	BOJKÓW TEAM	K-30	47	00:00:51	00:15:52		<b>01:01:13.55</b>	<b>01:02:05.05</b>	+00:26:46 (43.7%)	6:07	9.8 (56.3%)
312	<b>NOWOCIN Patrycja</b>	<b>1231</b>		K-20	16	00:00:15	00:13:46	00:37:21	<b>01:01:18.25</b>	<b>01:01:33.85</b>	+00:26:51 (43.8%)	6:07	9.8 (56.3%)
313	<b>STELMASZCZYK Dawid</b>	<b>1334</b>	BEERTEAM	M-20	37	00:00:31	00:16:39	00:40:56	<b>01:01:22.20</b>	<b>01:01:54.05</b>	+00:26:55 (43.9%)	6:08	9.8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	<b>KAŁUSKA Magdalena</b>	<b>1111</b>		K-30	48	00:00:20	00:16:09	00:40:24	<b>01:01:32.30</b>	<b>01:01:52.65</b>	+00:27:05 (44.0%)	6:09	9.8 (56.3%)
315	<b>DYCHA Bartosz</b>	<b>1457</b>		M-30	94	00:00:35	00:17:03	00:41:47	<b>01:01:37.25</b>	<b>01:02:13.05</b>	+00:27:10 (44.1%)	6:09	9.7 (55.7%)
316	<b>POLOCZEK Mateusz</b>	<b>1268</b>	OST TEAM	M-20	38	00:00:37	00:16:05	00:39:09	<b>01:01:41.70</b>	<b>01:02:19.45</b>	+00:27:14 (44.2%)	6:10	9.7 (55.7%)
317	<b>DRABIK Marek</b>	<b>1044</b>		M-40	76	00:00:41	00:15:54		<b>01:01:45.45</b>	<b>01:02:27.00</b>	+00:27:18 (44.2%)	6:10	9.7 (55.7%)
318	<b>PRZYBYLSKI Paweł</b>	<b>1275</b>	OPEL ACTIVE TEAM	M-30	95	00:00:20	00:15:20	00:38:56	<b>01:01:57.15</b>	<b>01:02:17.15</b>	+00:27:30 (44.4%)	6:11	9.7 (55.7%)
319	<b>GRAMŚ Bogumił</b>	<b>1075</b>	NEXTEER RUNNERS	M-30	96	00:00:46	00:15:47	00:41:02	<b>01:02:06.90</b>	<b>01:02:53.65</b>	+00:27:40 (44.5%)	6:12	9.7 (55.7%)
320	<b>ROŻEK Mariola</b>	<b>1291</b>	#HUTATEAM	K-30	49	00:00:16	00:15:35	00:39:56	<b>01:02:09.25</b>	<b>01:02:25.65</b>	+00:27:42 (44.6%)	6:12	9.7 (55.7%)
321	<b>CHODURA Juli</b>	<b>1027</b>	STARY HANGAR GLIWICE	K-20	17	00:00:30	00:16:07	00:39:51	<b>01:02:09.40</b>	<b>01:02:40.10</b>	+00:27:42 (44.6%)	6:12	9.7 (55.7%)
322	<b>ROŻEK Rafał</b>	<b>1292</b>		M-40	77	00:00:16	00:15:36	00:39:56	<b>01:02:09.55</b>	<b>01:02:25.95</b>	+00:27:42 (44.6%)	6:12	9.7 (55.7%)
323	<b>HAWLICKA Ania</b>	<b>1455</b>	LILA TEAM	K-40	16	00:00:43	00:15:13	00:39:00	<b>01:02:10.85</b>	<b>01:02:54.10</b>	+00:27:44 (44.6%)	6:13	9.7 (55.7%)
324	<b>FURMANEK Grzegorz</b>	<b>1061</b>	BEERTEAM	M-20	39	00:00:32	00:16:39	00:40:55	<b>01:02:12.90</b>	<b>01:02:45.35</b>	+00:27:46 (44.6%)	6:13	9.6 (55.2%)
325	<b>CHĘCIŃSKI Tomasz</b>	<b>1026</b>		M-40	78	00:00:38	00:16:16	00:40:10	<b>01:02:15.60</b>	<b>01:02:53.95</b>	+00:27:48 (44.7%)	6:13	9.6 (55.2%)
326	<b>KWAŚNIEWSKA Ola</b>	<b>1166</b>	BANDA Z POŁUDNIA	K-30	50	00:00:35	00:16:39	00:40:55	<b>01:02:15.85</b>	<b>01:02:50.90</b>	+00:27:49 (44.7%)	6:13	9.6 (55.2%)
327	<b>SZULCEK Dorota</b>	<b>1417</b>		K-30	51	00:00:42	00:16:33	00:40:57	<b>01:02:27.10</b>	<b>01:03:09.45</b>	+00:28:00 (44.8%)	6:14	9.6 (55.2%)
328	<b>SZULCEK Arkadiusz</b>	<b>1411</b>		M-30	97	00:00:42	00:16:33	00:40:57	<b>01:02:27.50</b>	<b>01:03:09.75</b>	+00:28:00 (44.8%)	6:14	9.6 (55.2%)
329	<b>KULIK Katarzyna</b>	<b>1162</b>		K-30	52	00:00:09	00:15:21	00:39:56	<b>01:02:29.20</b>	<b>01:02:38.40</b>	+00:28:02 (44.9%)	6:14	9.6 (55.2%)
330	<b>SOKOŁOWSKI Łukasz</b>	<b>1324</b>		M-30	98	00:00:10	00:15:17	00:40:03	<b>01:02:31.05</b>	<b>01:02:41.25</b>	+00:28:04 (44.9%)	6:15	9.6 (55.2%)
331	<b>ROSIŃSKI Sławomir</b>	<b>1289</b>		M-50	21	00:00:40	00:15:44	00:40:02	<b>01:02:36.35</b>	<b>01:03:17.00</b>	+00:28:09 (45.0%)	6:15	9.6 (55.2%)
332	<b>CHĘCIŃSKA Agnieszka</b>	<b>1025</b>		K-40	17	00:00:39	00:16:15	00:40:22	<b>01:02:38.10</b>	<b>01:03:17.75</b>	+00:28:11 (45.0%)	6:15	9.6 (55.2%)
333	<b>KAPTACZ Magdalena</b>	<b>1114</b>		K-40	18	00:00:18	00:15:29	00:39:53	<b>01:02:40.30</b>	<b>01:02:58.35</b>	+00:28:13 (45.0%)	6:16	9.6 (55.2%)
334	<b>JAKUBIEC Łukasz</b>	<b>1094</b>		M-30	99	00:00:47	00:15:58	00:39:47	<b>01:02:46.25</b>	<b>01:03:34.00</b>	+00:28:19 (45.1%)	6:16	9.6 (55.2%)
335	<b>ROSIŃSKA Katarzyna</b>	<b>1288</b>		K-40	19	00:00:35	00:16:37	00:40:54	<b>01:02:47.55</b>	<b>01:03:23.05</b>	+00:28:20 (45.1%)	6:16	9.6 (55.2%)
336	<b>STELLMACH Ewa</b>	<b>1333</b>		K-50	4	00:00:18	00:15:28	00:40:13	<b>01:02:49.00</b>	<b>01:03:07.30</b>	+00:28:22 (45.2%)	6:16	9.6 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	<b>GÓRA Marek</b>	<b>1072</b>		M-50	22	00:00:09	00:15:49	00:40:58	<b>01:02:53.45</b>	<b>01:03:02.95</b>	+00:28:26 (45.2%)	6:17	9.5 (54.6%)
338	<b>KACZOR Angelika</b>	<b>1435</b>		K-20	18	00:00:48	00:15:58	00:40:18	<b>01:02:58.85</b>	<b>01:03:47.60</b>	+00:28:32 (45.3%)	6:17	9.5 (54.6%)
339	<b>MICZKA Justyna</b>	<b>1209</b>		K-40	20	00:00:38	00:16:19	00:40:40	<b>01:02:59.40</b>	<b>01:03:38.10</b>	+00:28:32 (45.3%)	6:17	9.5 (54.6%)
340	<b>PACZKOWSKI Jacek</b>	<b>1246</b>		M-50	23	00:00:40	00:16:01	00:40:24	<b>01:03:08.10</b>	<b>01:03:48.30</b>	+00:28:41 (45.4%)	6:18	9.5 (54.6%)
341	<b>PAJĄK Aleksandra</b>	<b>1248</b>		K-40	21	00:00:26	00:15:45		<b>01:03:14.20</b>	<b>01:03:41.00</b>	+00:28:47 (45.5%)	6:19	9.5 (54.6%)
342	<b>KRAJEWSKI Adam</b>	<b>1451</b>	OASIS SPORT TEAM	M-40	79	00:00:23	00:15:46	00:40:18	<b>01:03:16.15</b>	<b>01:03:39.20</b>	+00:28:49 (45.6%)	6:19	9.5 (54.6%)
343	<b>GOŃKA Monika</b>	<b>1452</b>	BANDA Z POŁUDNIA	K-40	22	00:00:22	00:15:45	00:40:17	<b>01:03:16.55</b>	<b>01:03:39.40</b>	+00:28:49 (45.6%)	6:19	9.5 (54.6%)
344	<b>TOWAREK Agnieszka</b>	<b>1356</b>		K-40	23	00:00:22	00:16:09	00:40:32	<b>01:03:23.75</b>	<b>01:03:46.10</b>	+00:28:56 (45.7%)	6:20	9.5 (54.6%)
345	<b>OPANOWSKA Anna</b>	<b>1235</b>	-	K-40	24	00:00:13	00:15:35	00:40:31	<b>01:03:27.70</b>	<b>01:03:41.00</b>	+00:29:00 (45.7%)	6:20	9.5 (54.6%)
346	<b>STELMASZCZYK Iwona</b>	<b>1335</b>	BEERTEAM	K-40	25	00:00:16	00:16:28	00:41:12	<b>01:03:33.90</b>	<b>01:03:50.05</b>	+00:29:07 (45.8%)	6:21	9.4 (54.0%)
347	<b>RÓŻOWSKA Sabina</b>	<b>1293</b>		K-30	53	00:00:41	00:16:15	00:40:57	<b>01:03:37.25</b>	<b>01:04:19.20</b>	+00:29:10 (45.9%)	6:21	9.4 (54.0%)
348	<b>JANIK Sylwia</b>	<b>1095</b>	WARTO BIEGAĆ ZAWIERCIE	K-30	54	00:00:14	00:15:51	00:40:41	<b>01:03:42.15</b>	<b>01:03:56.85</b>	+00:29:15 (45.9%)	6:22	9.4 (54.0%)
349	<b>FOJCIK Ryszard</b>	<b>1053</b>		M-50	24	00:00:34	00:16:30	00:41:04	<b>01:03:44.55</b>	<b>01:04:18.80</b>	+00:29:17 (46.0%)	6:22	9.4 (54.0%)
350	<b>MOKRZYCKA Justyna</b>	<b>1215</b>	KB ORŁY Z KNUROWA	K-30	55	00:00:08	00:16:04	00:40:53	<b>01:03:57.85</b>	<b>01:04:06.40</b>	+00:29:31 (46.1%)	6:23	9.4 (54.0%)
351	<b>KUWAK Bogdan</b>	<b>1165</b>	WARTO BIEGAĆ ZAWIERCIE	M-50	25	00:00:16	00:15:54	00:41:20	<b>01:04:00.80</b>	<b>01:04:16.85</b>	+00:29:34 (46.2%)	6:24	9.4 (54.0%)
352	<b>KUWAK Anna</b>	<b>1164</b>	WARTO BIEGAĆ ZAWIERCIE	K-40	26	00:00:15	00:15:55	00:41:20	<b>01:04:01.50</b>	<b>01:04:16.90</b>	+00:29:34 (46.2%)	6:24	9.4 (54.0%)
353	<b>JASTRZĘBSKI Michał</b>	<b>1103</b>		M-40	80	00:00:45	00:16:21	00:41:19	<b>01:04:06.35</b>	<b>01:04:51.95</b>	+00:29:39 (46.3%)	6:24	9.4 (54.0%)
354	<b>HILASZEK Marzena</b>	<b>1088</b>		K-40	27	00:00:41	00:16:11	00:41:15	<b>01:04:19.10</b>	<b>01:05:00.85</b>	+00:29:52 (46.4%)	6:25	9.3 (53.4%)
355	<b>DZIEDZIC Dominik</b>	<b>1050</b>		M-30	100	00:00:49	00:16:10	00:41:20	<b>01:04:19.45</b>	<b>01:05:09.15</b>	+00:29:52 (46.4%)	6:25	9.3 (53.4%)
356	<b>PACZOSKA KOTTMANN Dorota</b>	<b>1247</b>		K-30	56	00:00:17	00:15:35	00:40:34	<b>01:04:32.30</b>	<b>01:04:49.35</b>	+00:30:05 (46.6%)	6:27	9.3 (53.4%)
357	<b>MAREK Robert</b>	<b>1194</b>		M-40	81	00:00:43	00:16:01	00:41:10	<b>01:04:33.25</b>	<b>01:05:16.60</b>	+00:30:06 (46.6%)	6:27	9.3 (53.4%)
358	<b>FRANKIEWICZ Marzena</b>	<b>1057</b>		K-30	57	00:00:39	00:16:52	00:42:00	<b>01:04:34.25</b>	<b>01:05:14.15</b>	+00:30:07 (46.7%)	6:27	9.3 (53.4%)
359	<b>CZYŻYKOWSKI Marcin</b>	<b>1035</b>	TELMART RUN CLUB	M-40	82	00:00:39	00:16:53	00:42:00	<b>01:04:34.85</b>	<b>01:05:14.30</b>	+00:30:08 (46.7%)	6:27	9.3 (53.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	<b>GIERCZYCKI Michał</b>	<b>1068</b>	CHRZAŚCZCZE CHRABAŚCZCZE	M-30	101	00:00:25	00:17:15	00:42:24	<b>01:04:35.90</b>	<b>01:05:01.10</b>	+00:30:09 (46.7%)	6:27	9.3 (53.4%)
361	<b>SOBCZYK Patryk</b>	<b>1322</b>		M-30	102	00:00:21	00:15:17	00:41:03	<b>01:04:51.95</b>	<b>01:05:13.10</b>	+00:30:25 (46.9%)	6:29	9.3 (53.4%)
362	<b>MADEJA Aleksandra</b>	<b>1465</b>	MIECHOWICKA GRUPA BIEGOWA	K-40	28	00:00:31	00:16:46	00:42:12	<b>01:04:52.05</b>	<b>01:05:23.60</b>	+00:30:25 (46.9%)	6:29	9.2 (52.9%)
363	<b>NOWAK Ewa</b>	<b>1227</b>		K-50	5	00:00:25	00:16:02	00:41:17	<b>01:04:52.45</b>	<b>01:05:17.65</b>	+00:30:25 (46.9%)	6:29	9.2 (52.9%)
364	<b>WIERZBICA Adrian</b>	<b>1371</b>		M-40	83	00:00:37	00:16:38	00:42:23	<b>01:04:53.20</b>	<b>01:05:30.35</b>	+00:30:26 (46.9%)	6:29	9.2 (52.9%)
365	<b>WIERZBICA Kasia</b>	<b>1370</b>		K-40	29	00:00:37	00:16:37	00:42:24	<b>01:04:55.70</b>	<b>01:05:32.85</b>	+00:30:28 (46.9%)	6:29	9.2 (52.9%)
366	<b>SERWATKA Angelika</b>	<b>1302</b>	KOBIETY WATAHY	K-30	58	00:00:19	00:15:56	00:41:25	<b>01:05:09.55</b>	<b>01:05:28.65</b>	+00:30:42 (47.1%)	6:30	9.2 (52.9%)
367	<b>WILSZ Ewa</b>	<b>1374</b>	#PANIOWKIRUN	K-40	30	00:00:18	00:16:34	00:42:16	<b>01:05:18.35</b>	<b>01:05:37.15</b>	+00:30:51 (47.3%)	6:31	9.2 (52.9%)
368	<b>KLIKS Andrzej</b>	<b>1123</b>		M-40	84	00:00:24	00:16:33	00:42:17	<b>01:05:26.15</b>	<b>01:05:50.45</b>	+00:30:59 (47.4%)	6:32	9.2 (52.9%)
369	<b>KLIKS Stanisław</b>	<b>1124</b>		M-60	8	00:00:24	00:16:33	00:42:17	<b>01:05:26.30</b>	<b>01:05:50.75</b>	+00:30:59 (47.4%)	6:32	9.2 (52.9%)
370	<b>ORZAŻEWSKA Elżbieta</b>	<b>1238</b>		K-50	6	00:00:13	00:15:49	00:41:23	<b>01:05:30.40</b>	<b>01:05:44.05</b>	+00:31:03 (47.4%)	6:33	9.2 (52.9%)
371	<b>KOPIEC-KRUPA Beata</b>	<b>1142</b>		K-50	7	00:00:24	00:16:27	00:42:06	<b>01:05:41.05</b>	<b>01:06:05.70</b>	+00:31:14 (47.6%)	6:34	9.1 (52.3%)
372	<b>OSTROWSKA Justyna</b>	<b>1241</b>		K-30	59	00:00:35	00:16:40	00:42:02	<b>01:05:47.70</b>	<b>01:06:23.00</b>	+00:31:20 (47.6%)	6:34	9.1 (52.3%)
373	<b>MACURA Marcin</b>	<b>1186</b>		M-30	103	00:00:19	00:15:51	00:42:14	<b>01:05:55.70</b>	<b>01:06:15.40</b>	+00:31:28 (47.8%)	6:35	9.1 (52.3%)
374	<b>JANOSZKA Julia</b>	<b>1096</b>	ŚLĄZACY BIEGAJĄ	K-20	19	00:00:17	00:16:45	00:42:40	<b>01:06:01.50</b>	<b>01:06:18.75</b>	+00:31:34 (47.8%)	6:36	9.1 (52.3%)
375	<b>BIĘNKOWSKI Paweł</b>	<b>1014</b>		M-30	104	00:00:47	00:17:38	00:43:54	<b>01:06:09.60</b>	<b>01:06:57.35</b>	+00:31:42 (47.9%)	6:36	9.1 (52.3%)
376	<b>TYŃSKI Michał</b>	<b>1359</b>		M-40	85	00:00:34	00:17:03	00:43:17	<b>01:06:16.40</b>	<b>01:06:50.85</b>	+00:31:49 (48.0%)	6:37	9.1 (52.3%)
377	<b>GAJEWSKA Izabela</b>	<b>1064</b>		K-50	8	00:00:40	00:17:41	00:43:31	<b>01:06:25.45</b>	<b>01:07:05.95</b>	+00:31:58 (48.1%)	6:38	9 (51.7%)
378	<b>STACHOWSKA Aleksandra</b>	<b>1429</b>	TRI&MORE	K-40	31	00:00:29	00:15:44	00:41:27	<b>01:06:26.05</b>	<b>01:06:55.05</b>	+00:31:59 (48.1%)	6:38	9 (51.7%)
379	<b>SZELAĞ Iwona</b>	<b>1344</b>		K-30	60	00:00:36	00:17:50	00:43:31	<b>01:06:32.50</b>	<b>01:07:09.05</b>	+00:32:05 (48.2%)	6:39	9 (51.7%)
380	<b>KAWECKA-KUŹDŹAŁ Agnieszka</b>	<b>1117</b>		K-40	32	00:00:47	00:17:19	00:43:31	<b>01:06:35.45</b>	<b>01:07:22.70</b>	+00:32:08 (48.3%)	6:39	9 (51.7%)
381	<b>KUBICA Bożena</b>	<b>1158</b>	ZABIEGANI NAUCZYCIELE	K-50	9	00:00:18	00:16:41	00:42:38	<b>01:06:37.80</b>	<b>01:06:56.05</b>	+00:32:11 (48.3%)	6:39	9 (51.7%)
382	<b>BOGUSZ Jarosław</b>	<b>1018</b>	WARSAW RUNNERS	M-50	26	00:00:27	00:16:14	00:42:05	<b>01:06:52.20</b>	<b>01:07:19.55</b>	+00:32:25 (48.5%)	6:41	9 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
383	<b>STEPOWANY Marta</b>	<b>1337</b>	BOJKÓW TEAM	K-30	61	00:00:51	00:16:28	00:43:13	<b>01:07:04.30</b>	<b>01:07:55.35</b>	+00:32:37 (48.6%)	6:42	8.9 (51.1%)
384	<b>MAZUR Paweł</b>	<b>1201</b>		M-20	40	00:00:35	00:17:04	00:43:22	<b>01:07:26.00</b>	<b>01:08:01.80</b>	+00:32:59 (48.9%)	6:44	8.9 (51.1%)
385	<b>MALINOWSKI Przemek</b>	<b>1191</b>		M-40	86	00:00:11	00:17:01	00:43:42	<b>01:07:28.65</b>	<b>01:07:39.80</b>	+00:33:01 (49.0%)	6:44	8.9 (51.1%)
386	<b>KRZYK Jarosław</b>	<b>1157</b>		M-40	87	00:00:11	00:17:01	00:43:42	<b>01:07:28.85</b>	<b>01:07:40.30</b>	+00:33:02 (49.0%)	6:44	8.9 (51.1%)
387	<b>WROŃSKI Marcin</b>	<b>1384</b>		M-40	88	00:00:00	00:17:42	00:43:41	<b>01:07:39.35</b>	<b>01:07:39.35</b>	+00:33:12 (49.1%)	6:45	8.9 (51.1%)
388	<b>NAFALSKA Anna</b>	<b>1220</b>		K-30	62	00:00:33	00:16:28	00:42:41	<b>01:07:57.35</b>	<b>01:08:30.60</b>	+00:33:30 (49.3%)	6:47	8.8 (50.6%)
389	<b>KOPEC-BRUDEK Magdalena</b>	<b>1139</b>		K-30	63	00:00:41	00:17:27	00:43:51	<b>01:08:01.00</b>	<b>01:08:42.30</b>	+00:33:34 (49.4%)	6:48	8.8 (50.6%)
390	<b>BOGACZ Jagoda</b>	<b>1017</b>		K-40	33	00:00:09	00:16:21	00:43:47	<b>01:08:19.90</b>	<b>01:08:29.50</b>	+00:33:53 (49.6%)	6:49	8.8 (50.6%)
391	<b>ROJEK Michał</b>	<b>1286</b>		M-40	89	00:00:47	00:16:56	00:43:47	<b>01:08:41.20</b>	<b>01:09:29.05</b>	+00:34:14 (49.8%)	6:52	8.7 (50.0%)
392	<b>SZYMOS Damian</b>	<b>1348</b>	RYWAL GLIWICE	M-30	105	00:00:31	00:16:30	00:43:16	<b>01:08:56.30</b>	<b>01:09:27.50</b>	+00:34:29 (50.0%)	6:53	8.7 (50.0%)
393	<b>ŁUKASZEWSKI Piotr</b>	<b>1183</b>		M-40	90	00:00:38	00:17:00	00:44:05	<b>01:09:08.05</b>	<b>01:09:46.20</b>	+00:34:41 (50.2%)	6:54	8.7 (50.0%)
394	<b>ŁUKASZEWSKA Justyna</b>	<b>1182</b>		K-40	34	00:00:38	00:16:59	00:44:07	<b>01:09:08.15</b>	<b>01:09:46.35</b>	+00:34:41 (50.2%)	6:54	8.7 (50.0%)
395	<b>SLUZALEK Małgorzata</b>	<b>1317</b>	TRI&MORE	K-40	35	00:00:23	00:17:29	00:44:54	<b>01:09:15.40</b>	<b>01:09:39.20</b>	+00:34:48 (50.3%)	6:55	8.7 (50.0%)
396	<b>JASTO Sławomir</b>	<b>1102</b>		M-40	91	00:00:38	00:17:39	00:45:02	<b>01:09:26.95</b>	<b>01:10:05.30</b>	+00:35:00 (50.4%)	6:56	8.6 (49.4%)
397	<b>PŁOSKONKA Tomasz</b>	<b>1263</b>		M-30	106	00:00:39	00:16:38	00:43:43	<b>01:09:43.85</b>	<b>01:10:23.15</b>	+00:35:17 (50.6%)	6:58	8.6 (49.4%)
398	<b>NĘDZA Ryszard</b>	<b>1223</b>	HIRSCHVOGEL	M-50	27	00:00:21	00:16:28	00:44:33	<b>01:09:58.70</b>	<b>01:10:20.05</b>	+00:35:31 (50.8%)	6:59	8.6 (49.4%)
399	<b>KOCYAN Małgorzata</b>	<b>1132</b>		K-60	1	00:00:42	00:17:06	00:44:01	<b>01:10:10.70</b>	<b>01:10:53.65</b>	+00:35:43 (50.9%)	7:01	8.6 (49.4%)
400	<b>HABRAJSKI Michał</b>	<b>1082</b>		M-40	92	00:00:16	00:16:46	00:44:32	<b>01:10:14.10</b>	<b>01:10:30.35</b>	+00:35:47 (51.0%)	7:01	8.5 (48.9%)
401	<b>MALEC Marek</b>	<b>1433</b>		M-20	41	00:00:47	00:16:07	00:44:10	<b>01:10:15.35</b>	<b>01:11:02.65</b>	+00:35:48 (51.0%)	7:01	8.5 (48.9%)
402	<b>DUDRA Piotr</b>	<b>1045</b>	#HUTATEAM	M-20	42	00:00:32	00:16:31	00:44:36	<b>01:10:19.40</b>	<b>01:10:52.05</b>	+00:35:52 (51.0%)	7:01	8.5 (48.9%)
403	<b>POŹNIAK-BOKŁAK Halina</b>	<b>1271</b>		K-60	2	00:00:24	00:16:45	00:44:00	<b>01:10:42.70</b>	<b>01:11:06.85</b>	+00:36:15 (51.3%)	7:04	8.5 (48.9%)
404	<b>PIETRASZEK Ewa</b>	<b>1261</b>	KOBIETY WATAHY	K-50	10	00:00:18	00:17:07	00:45:04	<b>01:10:48.45</b>	<b>01:11:07.40</b>	+00:36:21 (51.4%)	7:04	8.5 (48.9%)
405	<b>KOPER Dorota</b>	<b>1141</b>		K-30	64	00:00:28	00:17:22	00:45:11	<b>01:11:11.40</b>	<b>01:11:40.35</b>	+00:36:44 (51.6%)	7:07	8.4 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
406	JĘDRZEJOWSKA-DEC Anna	1424		K-40	36	00:00:28	00:18:13	00:45:53	01:11:14.00	01:11:42.25	+00:36:47 (51.6%)	7:07	8.4 (48.3%)
407	DUDZICZ Barbara	1425		K-40	37	00:00:28	00:17:56	00:45:53	01:11:15.75	01:11:44.10	+00:36:48 (51.7%)	7:07	8.4 (48.3%)
408	PŁUCIENNIK Agnieszka	1264	ZICHERKI	K-40	38	00:00:50	00:17:28	00:45:26	01:11:28.05	01:12:18.05	+00:37:01 (51.8%)	7:08	8.4 (48.3%)
409	FRYDRYCH Przemysław	1058	KEMPER TEAM	M-30	107	00:00:26	00:17:30	00:45:47	01:11:38.35	01:12:04.55	+00:37:11 (51.9%)	7:09	8.4 (48.3%)
410	SZENDZIELORZ Marek	1345	KEMPER TEAM	M-40	93	00:00:26	00:17:30	00:45:48	01:11:38.75	01:12:04.85	+00:37:11 (51.9%)	7:09	8.4 (48.3%)
411	MĘDRALA Jacek	1203	ABUS CRANE SYSTEMS POLSKA	M-40	94	00:00:25	00:17:31	00:45:48	01:11:38.90	01:12:04.70	+00:37:12 (51.9%)	7:09	8.4 (48.3%)
412	BAK-DRABIK Katarzyna	1010		K-40	39	00:00:42	00:17:59	00:46:40	01:11:56.90	01:12:39.70	+00:37:30 (52.1%)	7:11	8.3 (47.7%)
413	FRANCZYK Kinga	1055	FUNDACJA TOŚKA I PRZYJACIELE	K-40	40	00:00:42	00:17:59	00:46:40	01:11:57.05	01:12:39.70	+00:37:30 (52.1%)	7:11	8.3 (47.7%)
414	WIELGUS Karolina	1468		K-20	20	00:00:45	00:17:53	00:45:42	01:12:38.65	01:13:23.80	+00:38:11 (52.6%)	7:15	8.3 (47.7%)
415	ELWIRSKA-OSIŃSKA Alicja	1446		K-30	65	00:00:00			01:12:41.35	01:12:41.35	+00:38:14 (52.6%)	7:16	8.3 (47.7%)
416	PRYMAS Krystian	1454		M-30	108	00:00:21	00:17:41	00:46:45	01:12:49.60	01:13:11.20	+00:38:22 (52.7%)	7:16	8.2 (47.1%)
417	JAWORSKA-PRYMAS Karolina	1104		K-20	21	00:00:20	00:17:43	00:46:46	01:12:50.70	01:13:11.40	+00:38:23 (52.7%)	7:17	8.2 (47.1%)
418	KUCZERA-KULAGA Magdalenakulaga	1412		K-40	41	00:00:25	00:17:11	00:46:29	01:13:12.85	01:13:38.65	+00:38:46 (53.0%)	7:19	8.2 (47.1%)
419	BRIANSKA-KORDECKA Aleksandra	1447		K-40	42	00:00:24	00:17:12	00:46:30	01:13:13.65	01:13:38.55	+00:38:46 (53.0%)	7:19	8.2 (47.1%)
420	KOZACZKIEWICZ Helena	1150	KB ORŁY Z KNUROWA	K-60	3	00:00:08	00:17:50	00:46:58	01:13:40.70	01:13:49.10	+00:39:13 (53.2%)	7:22	8.1 (46.6%)
421	WYLEŻOŁ Marek	1389		M-50	28	00:00:17	00:17:43	00:47:19	01:14:18.60	01:14:36.45	+00:39:51 (53.6%)	7:25	8.1 (46.6%)
422	MAĆKÓW Małgorzata	1188		K-20	22	00:00:26	00:17:07	00:46:19	01:14:34.65	01:15:01.15	+00:40:07 (53.8%)	7:27	8 (46.0%)
423	GROSS Teresa	1078	FIS-SST TEAM	K-40	43	00:00:18	00:18:16	00:47:43	01:14:50.85	01:15:09.15	+00:40:24 (54.0%)	7:29	8 (46.0%)
424	MRÓWKA Ilona	1218		K-50	11	00:00:13	00:17:21	00:46:32	01:14:52.40	01:15:05.75	+00:40:25 (54.0%)	7:29	8 (46.0%)
425	SIEDLECKI Lesław	1303		M-60	9	00:00:31	00:19:21	00:48:26	01:14:54.10	01:15:25.30	+00:40:27 (54.0%)	7:29	8 (46.0%)
426	HOMIŃSKA Krystyna	1458		K-50	12	00:00:26	00:17:57	00:46:46	01:15:07.50	01:15:34.25	+00:40:40 (54.1%)	7:30	8 (46.0%)
427	ZEGZUŁA Jakub	1399	#HUTATEAM	M-20	43	00:00:27	00:21:13	00:53:16	01:22:04.15	01:22:31.60	+00:47:37 (58.0%)	8:12	7.3 (42.0%)
428	MICHALIK Honorata	1204		K-30	66	00:00:31	00:19:47	00:52:46	01:23:46.95	01:24:18.90	+00:49:20 (58.9%)	8:22	7.2 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
429	KONDRATIEVA Anna	1138		K-20	23	00:00:44	00:20:37		01:24:00.25	01:24:44.75	+00:49:33 (59.0%)	8:24	7.1 (40.8%)
430	ZEGZUŁA Łukasz	1398	#HUTATEAM	M-40	95	00:00:26	00:25:38	01:04:39	01:37:54.60	01:38:20.80	+01:03:27 (64.8%)	9:47	6.1 (35.1%)
431	GABOR Aleksandra	1062		K-30	67	00:00:50	00:27:01	01:08:08	01:45:58.25	01:46:49.15	+01:11:31 (67.5%)	10:35	5.7 (32.8%)
DNC	CHOLEWA Magdalena	1028		K-40		00:00:00		00:09:05	00:30:59.35	00:30:59.35		0:00	19.4 (111.5%)
DNC	BLASZCZYK Paulina	1015		K-30		00:00:00		00:09:51	00:31:26.95	00:31:26.95		0:00	19.1 (109.8%)
DNC	PIEKIEŁKO Jakub	1259		M-30		00:00:00		00:10:53	00:31:27.65	00:31:27.65		0:00	19.1 (109.8%)
DNC	HANDZLIK Artur	1085		M-40		00:00:00		00:10:53	00:31:28.10	00:31:28.10		0:00	19.1 (109.8%)
DNC	DEMBOWSKA Bożena	1040		K-40		00:00:00		00:09:58	00:31:38.10	00:31:38.10		0:00	19 (109.2%)
DNC	PRZYDACZ Aleksandra	1474		K-30		00:00:00		00:11:13	00:32:22.35	00:32:22.35		0:00	18.5 (106.3%)
DNC	MARKOWSKA Sylwia	1195		K-30		00:00:00			00:37:56.25	00:37:56.25		0:00	15.8 (90.8%)
DNC	KLOWAN-SIUDA Katarzyna	1126		K-40		00:00:00			00:39:02.75	00:39:02.75		0:00	15.4 (88.5%)
DNC	SIUDA Daniel	1306		M-40		00:00:00			00:39:02.85	00:39:02.85		0:00	15.4 (88.5%)
DNC	CHOLEWA Tomasz	1029		M-40		00:00:00	00:25:25		00:39:26.10	00:39:26.10		0:00	15.2 (87.4%)

Znaleziono 441 wynik(ów)