



Wydarzenie: VIII PÓLMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-22
Miejsce: Gliwice
Dystans: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	RYBIAŁEK Piotr	1322		M-30	1	00:32:06.50		3:12	18.7 (100%)
2	GRZELKA Cyprian	1431	GKS PIAST GLIWICE	M-20	1	00:33:57.40	+00:01:50 (5.4%)	3:23	17.7 (94.7%)
3	MULARCZYK Paweł	1372	GRUPA JURA'PL	M-30	2	00:34:21.25	+00:02:14 (6.5%)	3:26	17.5 (93.6%)
4	MAREK Bartłomiej	1434	TEAM HARDY MAREK	M-20	2	00:34:37.50	+00:02:31 (7.3%)	3:27	17.3 (92.5%)
5	WĘZIK Mikołaj	1053		M-20	3	00:34:38.75	+00:02:32 (7.3%)	3:27	17.3 (92.5%)
6	MŁYŃCZAK Jakub	1391	GVT BMC ŚWIEBODZICE	M-20	4	00:35:00.90	+00:02:54 (8.3%)	3:30	17.1 (91.4%)
7	PRZYBYLSKI Tomasz	1325	W POGONI ZA DUCHEM	M-40	1	00:35:02.45	+00:02:55 (8.4%)	3:30	17.1 (91.4%)
8	KARALIOU Yauheni	1337		M-30	3	00:35:13.85	+00:03:07 (8.9%)	3:31	17 (90.9%)
9	KLUCZNIK Mikołaj	1370		M-20	5	00:35:32.35	+00:03:25 (9.7%)	3:33	16.9 (90.4%)
10	WĄSOWICZ Szymon	1426		M-40	2	00:35:59.25	+00:03:52 (10.8%)	3:35	16.7 (89.3%)
11	BABULA Przemysław	1135		M-20	6	00:36:12.40	+00:04:05 (11.3%)	3:37	16.6 (88.8%)
12	RZEPKA Bernard	1290	ZDZIESZOWICE BIEGA	M-50	1	00:36:28.15	+00:04:21 (12.0%)	3:38	16.5 (88.2%)
13	BROL Piotr	1257	ENDURANCE TEAM	M-30	4	00:36:34.25	+00:04:27 (12.2%)	3:39	16.4 (87.7%)
14	WANIOWSKI Jan Jakub	1330		M-30	5	00:36:43.90	+00:04:37 (12.6%)	3:40	16.3 (87.2%)
15	STAWINOGA Janusz	1147	HIRSCHVOGEL	M-40	3	00:36:52.45	+00:04:45 (12.9%)	3:41	16.3 (87.2%)
16	DELEWSKA Kaja	1219		K-30	1	00:37:01.60	+00:04:55 (13.3%)	3:42	16.2 (86.6%)
17	KRETEK Łukasz	1429		M-30	6	00:37:11.80	+00:05:05 (13.7%)	3:43	16.1 (86.1%)
18	SPRUTTA Robert	1368		M-30	7	00:37:16.90	+00:05:10 (13.9%)	3:43	16.1 (86.1%)
19	WRZESIĘŃ Dariusz	1026	INŻYNIERIA BIEGANIA/FUTURE PROCESSING RUNNING TEAM	M-40	4	00:37:18.40	+00:05:11 (13.9%)	3:43	16.1 (86.1%)
20	STAWINOGA Marian	1211		M-50	2	00:37:23.75	+00:05:17 (14.1%)	3:44	16 (85.6%)
21	KONIECZNA Anna	1044		K-20	1	00:37:42.60	+00:05:36 (14.9%)	3:46	15.9 (85.0%)
22	MUSZYŃSKI Piotr	1364	TEAM PAPRY	M-40	5	00:37:42.75	+00:05:36 (14.9%)	3:46	15.9 (85.0%)
23	FRANK Aleksander	1355	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	M-20	7	00:38:33.40	+00:06:26 (16.7%)	3:51	15.6 (83.4%)
24	JADASZ Anna	1245	VATTENFALL IT	K-30	2	00:39:06.75	+00:07:00 (17.9%)	3:54	15.3 (81.8%)
25	SZPAK Damian	1345	BIEGOWE ŚRODY	M-60	1	00:39:14.00	+00:07:07 (18.2%)	3:55	15.3 (81.8%)
26	CZAJA Jarosław	1013	FUTURE PROCESSING RUNNING TEAM	M-40	6	00:39:15.95	+00:07:09 (18.2%)	3:55	15.3 (81.8%)
27	LEGASZEWSKA Maria	1203		K-20	2	00:39:18.55	+00:07:12 (18.3%)	3:55	15.3 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	SZABELSKI Krzysztof	1467	FUTURE PROCESSING RUNNING TEAM	M-30	8	00:39:28.20	+00:07:21 (18.7%)	3:56	15.2 (81.3%)
29	LASKOWSKA Katarzyna	1420	INŻYNIERIA BIEGANIA TEAM	K-40	1	00:39:43.00	+00:07:36 (19.2%)	3:58	15.1 (80.7%)
30	NASTULA Dariusz	1038		M-30	9	00:39:57.75	+00:07:51 (19.7%)	3:59	15 (80.2%)
31	KRĘCICHWOST Kamil	1213		M-30	10	00:39:57.85	+00:07:51 (19.7%)	3:59	15 (80.2%)
32	ŁUSZCZ Konrad	1140	BIEGOWA KUŹNIA	M-20	8	00:40:07.65	+00:08:01 (20.0%)	4:00	15 (80.2%)
33	HALMAN Tomasz	1477		M-30	11	00:40:15.90	+00:08:09 (20.3%)	4:01	14.9 (79.7%)
34	SALISZ Dawid	1148	HIRSCHVOGEL	M-30	12	00:40:17.65	+00:08:11 (20.3%)	4:01	14.9 (79.7%)
35	POJDA Adam	1362		M-30	13	00:40:31.50	+00:08:25 (20.8%)	4:03	14.8 (79.1%)
36	BLUS Marcin	1121		M-40	7	00:40:32.80	+00:08:26 (20.8%)	4:03	14.8 (79.1%)
37	MANTERYS Mateusz	1470		M-20	9	00:40:41.15	+00:08:34 (21.1%)	4:04	14.7 (78.6%)
38	SADŁO Tomasz	1465		M-40	8	00:40:46.65	+00:08:40 (21.3%)	4:04	14.7 (78.6%)
39	OKAJ Artur	1380		M-30	14	00:41:16.85	+00:09:10 (22.2%)	4:07	14.5 (77.5%)
40	SKOWRON Marcin	1012	TRIDIVISION TRIATHLON TEAM	M-40	9	00:41:17.30	+00:09:10 (22.2%)	4:07	14.5 (77.5%)
41	UCIEKLAK Waldemar	1156	PSZCZÓŁKOWSKI TEAM	M-60	2	00:41:24.90	+00:09:18 (22.5%)	4:08	14.5 (77.5%)
42	POPIEL-POPIELEC Jakub	1019		M-30	15	00:41:28.25	+00:09:21 (22.6%)	4:08	14.5 (77.5%)
43	WOJAKOWSKI Krzysztof	1459	MOMO RUNNING TEAM	M-40	10	00:41:31.45	+00:09:24 (22.7%)	4:09	14.5 (77.5%)
44	SARDAR Katja	1419	RUN&FUN CLUB	K-20	3	00:41:33.25	+00:09:26 (22.7%)	4:09	14.4 (77.0%)
45	KASPRZAK Martyna	1454	GREEN BELT RUNNER	K-30	3	00:41:37.80	+00:09:31 (22.9%)	4:09	14.4 (77.0%)
46	PŁUCIENNIK Łukasz	1200		M-30	16	00:41:42.40	+00:09:35 (23.0%)	4:10	14.4 (77.0%)
47	WALOSZCZYK Krzysztof	1202		M-40	11	00:41:49.30	+00:09:42 (23.2%)	4:10	14.3 (76.5%)
48	CIELEPAK George	1462	MOMO RUNNING TEAM	M-20	10	00:41:53.50	+00:09:47 (23.4%)	4:11	14.3 (76.5%)
49	MANTERYS Danuta	1436	AZS AWF KRAKÓW MASTERS	K-50	1	00:41:59.60	+00:09:53 (23.5%)	4:11	14.3 (76.5%)
50	KRZANOWSKI Marcin	1375	OASIS SPORT TEAM	M-30	17	00:42:24.20	+00:10:17 (24.3%)	4:14	14.2 (75.9%)
51	POLIS Maciej	1221	#HUTATEAM	M-30	18	00:42:27.15	+00:10:20 (24.4%)	4:14	14.1 (75.4%)
52	DONIGIEWICZ Mariusz	1446		M-40	12	00:42:44.40	+00:10:37 (24.9%)	4:16	14 (74.9%)
53	BIELECKI Dawid	1418	KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M-20	11	00:42:46.25	+00:10:39 (24.9%)	4:16	14 (74.9%)
54	SLADEK Dawid	1107		M-30	19	00:42:53.75	+00:10:47 (25.1%)	4:17	14 (74.9%)
55	LACHOWSKI Paweł	1435	AZS AWF KRAKÓW MASTERS	M-60	3	00:43:03.50	+00:10:57 (25.4%)	4:18	13.9 (74.3%)
56	WRÓBLEWSKI Paweł	1326	BOJKÓW TEAM	M-30	20	00:43:05.75	+00:10:59 (25.5%)	4:18	13.9 (74.3%)
57	DZIUBEK Michał	1222	W POGONI ZA DUCHEM	M-40	13	00:43:07.75	+00:11:01 (25.6%)	4:18	13.9 (74.3%)
58	LEŚNIAK Matylda	1412	ŚLĄSKA SIEĆ METROPOLITALNA GLIWICE	K-20	4	00:43:16.70	+00:11:10 (25.8%)	4:19	13.9 (74.3%)
59	MICHALCZYK Maciej	1120	FLUOR	M-40	14	00:43:17.45	+00:11:10 (25.8%)	4:19	13.9 (74.3%)
60	CHOJNA Zygmunt	1466	SOCIOS SILESIA	M-60	4	00:43:18.95	+00:11:12 (25.9%)	4:19	13.9 (74.3%)
61	ZENOWICZ Kinga	1127	ATHLETICS NYSA	K-20	5	00:43:29.85	+00:11:23 (26.2%)	4:20	13.8 (73.8%)
62	NOWAK Mateusz	1020		M-30	21	00:43:32.85	+00:11:26 (26.3%)	4:21	13.8 (73.8%)
63	KUCHARCZYK Jakub	1413	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	M-20	12	00:43:33.20	+00:11:26 (26.3%)	4:21	13.8 (73.8%)
64	FRANKIEWICZ Marcin	1035		M-40	15	00:43:35.75	+00:11:29 (26.3%)	4:21	13.8 (73.8%)
65	ŁADA Przemysław	1455		M-30	22	00:43:37.30	+00:11:30 (26.4%)	4:21	13.8 (73.8%)
66	SKOP Sebastian	1316		M-30	23	00:43:41.60	+00:11:35 (26.5%)	4:22	13.7 (73.3%)
67	KILIAN Jarosław	1079	JEJKOWICE BIEGAJĄ	M-40	16	00:43:46.45	+00:11:39 (26.7%)	4:22	13.7 (73.3%)
68	OGAZA Mariusz	1062	KLUB LENIWYCH BIEGACZY	M-40	17	00:43:57.65	+00:11:51 (27.0%)	4:23	13.7 (73.3%)
69	HOMOTIUK Michał	1485	ZATYRANI	M-40	18	00:43:59.45	+00:11:52 (27.0%)	4:23	13.6 (72.7%)
70	ODOSZEWSKI Roman	1162		M-40	19	00:44:08.90	+00:12:02 (27.3%)	4:24	13.6 (72.7%)
71	SKIBA Adrian	1071		M-20	13	00:44:14.60	+00:12:08 (27.4%)	4:25	13.6 (72.7%)

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72	MAZIAREK Adela	1165		K-40	2	00:44:16.70	+00:12:10 (27.5%)	4:25	13.6 (72.7%)
73	ŻYŁCZYŃSKI Tomasz	1179		M-40	20	00:44:26.85	+00:12:20 (27.8%)	4:26	13.5 (72.2%)
74	OSOJCA Mariusz	1124	FLUOR	M-40	21	00:44:31.40	+00:12:24 (27.9%)	4:27	13.5 (72.2%)
75	CEGLARSKI Adrian	1030	JEJKOWICE BIEGAJĄ	M-30	24	00:44:33.90	+00:12:27 (28.0%)	4:27	13.5 (72.2%)
76	ZASIEK Amadeusz	1351		M-30	25	00:44:39.95	+00:12:33 (28.1%)	4:27	13.4 (71.7%)
77	KRAKOWCZYK Adam	1460	MOMO RUNNING TEAM	M-40	22	00:44:51.30	+00:12:44 (28.4%)	4:29	13.4 (71.7%)
78	PIECHOTA Janusz	1130	FLUOR	M-50	3	00:44:56.55	+00:12:50 (28.6%)	4:29	13.4 (71.7%)
79	AKSAMIT Witold	1365	BLEES	M-30	26	00:45:00.85	+00:12:54 (28.7%)	4:30	13.3 (71.1%)
80	PACAN Tomasz	1046	BLEES	M-40	23	00:45:06.05	+00:12:59 (28.8%)	4:30	13.3 (71.1%)
81	JURASZCZYK Jan	1273	HUTA TEAM	M-40	24	00:45:20.65	+00:13:14 (29.2%)	4:32	13.2 (70.6%)
82	ANCZOK Wojciech	1048		M-40	25	00:45:23.15	+00:13:16 (29.3%)	4:32	13.2 (70.6%)
83	CIASTO Sebastian	1475		M-30	27	00:45:30.10	+00:13:23 (29.4%)	4:33	13.2 (70.6%)
84	OLEJNICZAK Tomek	1453		M-40	26	00:45:33.00	+00:13:26 (29.5%)	4:33	13.2 (70.6%)
85	SZOŁTYSEK-GRZESIKIEWICZ Anna	1037		K-40	3	00:45:34.55	+00:13:28 (29.5%)	4:33	13.2 (70.6%)
86	DZIUBEK Monika	1223	W POGONI ZA DUCHEM	K-40	4	00:45:35.00	+00:13:28 (29.6%)	4:33	13.2 (70.6%)
87	DĘBOWSKI Krzysztof	1003		M-30	28	00:45:39.60	+00:13:33 (29.7%)	4:33	13.1 (70.1%)
88	LECH Krzysztof	1008		M-40	27	00:45:45.95	+00:13:39 (29.8%)	4:34	13.1 (70.1%)
89	NOWAKOWSKI Robert	1457		M-40	28	00:45:46.15	+00:13:39 (29.8%)	4:34	13.1 (70.1%)
90	TROSKO Adam	1279		M-40	29	00:45:50.20	+00:13:43 (30.0%)	4:35	13.1 (70.1%)
91	SEROTIUK Andrzej	1059	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-50	4	00:45:51.90	+00:13:45 (30.0%)	4:35	13.1 (70.1%)
92	KOWACZ Andrzej	1068	HUTA TEAM	M-30	29	00:46:00.05	+00:13:53 (30.2%)	4:36	13 (69.5%)
93	GROCHOWSKA Anna	1480		K-30	4	00:46:03.55	+00:13:57 (30.3%)	4:36	13 (69.5%)
94	MACHALICA Agnieszka	1209		K-30	5	00:46:06.50	+00:14:00 (30.4%)	4:36	13 (69.5%)
95	KLOZA Iwona	1116		K-40	5	00:46:06.95	+00:14:00 (30.4%)	4:36	13 (69.5%)
96	OLEARCZUK Grzegorz	1184		M-40	30	00:46:11.40	+00:14:04 (30.5%)	4:37	13 (69.5%)
97	SKOP Rafał	1311		M-20	14	00:46:16.25	+00:14:09 (30.6%)	4:37	13 (69.5%)
98	OPANOWSKI Darek	1108		M-50	5	00:46:21.05	+00:14:14 (30.7%)	4:38	12.9 (69.0%)
99	GODLEWSKI Łukasz	1097	HIRSCHVOGEL	M-30	30	00:46:33.70	+00:14:27 (31.0%)	4:39	12.9 (69.0%)
100	PYJEK Arkadiusz	1171	HUTATEAM	M-40	31	00:46:36.75	+00:14:30 (31.1%)	4:39	12.9 (69.0%)
101	LIPIŃSKI Michał	1002		M-30	31	00:46:37.35	+00:14:30 (31.1%)	4:39	12.9 (69.0%)
102	STYCZEŃ Leszek	1181	HUTA TEAM	M-40	32	00:46:37.85	+00:14:31 (31.1%)	4:39	12.9 (69.0%)
103	DRABEK Piotr	1361	SENIORZY	M-30	32	00:46:45.60	+00:14:39 (31.3%)	4:40	12.8 (68.4%)
104	BARAN Marcin	1448		M-30	33	00:46:46.85	+00:14:40 (31.4%)	4:40	12.8 (68.4%)
105	DESKA Paweł	1270		M-30	34	00:47:00.70	+00:14:54 (31.7%)	4:42	12.8 (68.4%)
106	GURGOŃ Marcin	1043		M-30	35	00:47:02.60	+00:14:56 (31.7%)	4:42	12.8 (68.4%)
107	MASARZ Dawid	1422	# HUTA TEAM	M-30	36	00:47:05.65	+00:14:59 (31.8%)	4:42	12.7 (67.9%)
108	DRZYMAŁA Rafał	1177		M-30	37	00:47:15.50	+00:15:09 (32.1%)	4:43	12.7 (67.9%)
109	POGODA Kinga	1409	UKS KOMETA - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O. O.	K-20	6	00:47:18.80	+00:15:12 (32.1%)	4:43	12.7 (67.9%)
110	SOBCZYK Mateusz	1463	MOMO RUNNING TEAM	M-20	15	00:47:40.10	+00:15:33 (32.6%)	4:46	12.6 (67.4%)
111	MIELNIK Krzysztof	1302		M-30	38	00:47:44.20	+00:15:37 (32.7%)	4:46	12.6 (67.4%)
112	ĆWIKŁA Sandra	1210		K-30	6	00:47:45.05	+00:15:38 (32.8%)	4:46	12.6 (67.4%)
113	BUDZAN Sebastian	1275		M-40	33	00:47:46.25	+00:15:39 (32.8%)	4:46	12.6 (67.4%)
114	MACH Marcin	1036	LYGOTA TIGERS	M-40	34	00:47:54.95	+00:15:48 (33.0%)	4:47	12.5 (66.8%)
115	DRABIKOWSKI Mateusz	1371	CRAZY SILESIAN PIKE HUNTERS	M-30	39	00:48:01.70	+00:15:55 (33.1%)	4:48	12.5 (66.8%)

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116	PIETRAS Sylwia	1217	MIECHOWICKA GRUPA BIEGOWA	K-30	7	00:48:02.85	+00:15:56 (33.2%)	4:48	12.5 (66.8%)
117	DUDA Wojciech	1403		M-20	16	00:48:03.70	+00:15:57 (33.2%)	4:48	12.5 (66.8%)
118	TKACZ Grzegorz	1472		M-40	35	00:48:04.50	+00:15:58 (33.2%)	4:48	12.5 (66.8%)
119	LESZCZYŃSKI Adrian	1456	DEVINITI	M-30	40	00:48:04.55	+00:15:58 (33.2%)	4:48	12.5 (66.8%)
120	SEMPER Tomasz	1308		M-30	41	00:48:06.70	+00:16:00 (33.3%)	4:48	12.5 (66.8%)
121	MAZUR Krzysztof	1331	STELLANTIS ACTIVE TEAM	M-40	36	00:48:16.90	+00:16:10 (33.5%)	4:49	12.4 (66.3%)
122	STRÓZIK Barbara	1024	JJ RUNNERS TEAM	K-20	7	00:48:18.75	+00:16:12 (33.5%)	4:49	12.4 (66.3%)
123	MACHNIK Andrzej	1152		M-30	42	00:48:18.90	+00:16:12 (33.5%)	4:49	12.4 (66.3%)
124	PELAN Katarzyna	1167		K-30	8	00:48:18.95	+00:16:12 (33.5%)	4:49	12.4 (66.3%)
125	SZULC Sebastian	1086		M-30	43	00:48:19.55	+00:16:13 (33.6%)	4:49	12.4 (66.3%)
126	SZOŁTYSEK Piotr	1041		M-50	6	00:48:23.10	+00:16:16 (33.6%)	4:50	12.4 (66.3%)
127	PNIEWSKI Kamil	1216		M-30	44	00:48:26.70	+00:16:20 (33.7%)	4:50	12.4 (66.3%)
128	ALKER Zbigniew	1278	ALKER TEAM	M-50	7	00:48:29.05	+00:16:22 (33.8%)	4:50	12.4 (66.3%)
129	GOCMAN Grzegorz	1442	STELLANTIS ACTIVE TEAM	M-50	8	00:48:29.20	+00:16:22 (33.8%)	4:50	12.4 (66.3%)
130	BAJSAROWICZ Marta	1385		K-30	9	00:48:31.35	+00:16:24 (33.8%)	4:51	12.4 (66.3%)
131	KRAWCZYK Dawid	1259		M-30	45	00:48:41.00	+00:16:34 (34.0%)	4:52	12.3 (65.8%)
132	MALINOWSKI Łukasz	1450		M-40	37	00:48:41.35	+00:16:34 (34.1%)	4:52	12.3 (65.8%)
133	BIAŁAS Robert	1307		M-40	38	00:48:43.40	+00:16:36 (34.1%)	4:52	12.3 (65.8%)
134	MAZIAREK Michał	1295		M-40	39	00:48:58.10	+00:16:51 (34.4%)	4:53	12.3 (65.8%)
135	KRUK Mateusz	1433		M-30	46	00:49:01.45	+00:16:54 (34.5%)	4:54	12.2 (65.2%)
136	LAMPA Alicja	1471		K-30	10	00:49:02.60	+00:16:56 (34.5%)	4:54	12.2 (65.2%)
137	KOWACZ Adrian	1069	HUTA TEAM	M-30	47	00:49:05.80	+00:16:59 (34.6%)	4:54	12.2 (65.2%)
138	ZAPOTOCZNA Renata	1199		K-40	6	00:49:10.05	+00:17:03 (34.7%)	4:55	12.2 (65.2%)
139	ZAPOTOCZNY Przemek	1224	BRAK	M-40	40	00:49:13.20	+00:17:06 (34.8%)	4:55	12.2 (65.2%)
140	SZAMPERA Rafał	1306		M-30	48	00:49:13.90	+00:17:07 (34.8%)	4:55	12.2 (65.2%)
141	WOJAKOWSKA Katarzyna	1458	MOMO RUNNING TEAM	K-40	7	00:49:17.55	+00:17:11 (34.9%)	4:55	12.2 (65.2%)
142	WALNIK Krzysztof	1305		M-30	49	00:49:25.15	+00:17:18 (35.0%)	4:56	12.1 (64.7%)
143	LASKOWSKI Sebastian	1359		M-40	41	00:49:28.00	+00:17:21 (35.1%)	4:56	12.1 (64.7%)
144	KAPAŁKA Tomasz	1256	TATA LECI NA WARIATA	M-30	50	00:49:28.50	+00:17:22 (35.1%)	4:56	12.1 (64.7%)
145	SERAFIN Szymon	1061		M-30	51	00:49:29.00	+00:17:22 (35.1%)	4:56	12.1 (64.7%)
146	LORENCKI Krzysztof	1032		M-40	42	00:49:33.80	+00:17:27 (35.2%)	4:57	12.1 (64.7%)
147	CYGAN Piotr	1468		M-50	9	00:49:36.50	+00:17:30 (35.3%)	4:57	12.1 (64.7%)
148	FUGOWSKI Roman	1481		M-50	10	00:49:37.15	+00:17:30 (35.3%)	4:57	12.1 (64.7%)
149	WÓJCIK Anna	1328		K-40	8	00:49:39.45	+00:17:32 (35.3%)	4:57	12.1 (64.7%)
150	KUROWSKI Michał	1464	MOMO RUNNING TEAM	M-30	52	00:49:41.45	+00:17:34 (35.4%)	4:58	12.1 (64.7%)
151	PĘDOWSKI Wojciech	1195		M-50	11	00:49:43.30	+00:17:36 (35.4%)	4:58	12.1 (64.7%)
152	ZEGARTOWSKI Grzegorz	1338		M-40	43	00:49:43.75	+00:17:37 (35.4%)	4:58	12.1 (64.7%)
153	JAKSIK Tomasz	1115	FLUOR	M-30	53	00:49:50.30	+00:17:43 (35.6%)	4:59	12 (64.2%)
154	MELER Daniel	1230		M-30	54	00:50:01.20	+00:17:54 (35.8%)	5:00	12 (64.2%)
155	GAŁĘZIOWSKI Damian	1157		M-30	55	00:50:01.80	+00:17:55 (35.8%)	5:00	12 (64.2%)
156	LUKOSZEK Weronika	1029		K-20	8	00:50:05.30	+00:17:58 (35.9%)	5:00	12 (64.2%)
157	PILSZYK Kazimierz	1264	SENIORZY	M-60	5	00:50:06.45	+00:17:59 (35.9%)	5:00	12 (64.2%)
158	SKUPIEŃ Dariusz	1084	#HUTATEAM	M-30	56	00:50:09.60	+00:18:03 (36.0%)	5:00	12 (64.2%)
159	SKUPIEŃ Małgorzata	1085	ETISOFT RUNNINGTEAM	K-30	11	00:50:10.60	+00:18:04 (36.0%)	5:01	12 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
160	SIEMEK Wojciech	1145		M-20	17	00:50:11.65	+00:18:05 (36.0%)	5:01	12 (64.2%)
161	CYGAN Kamil	1469		M-20	18	00:50:14.05	+00:18:07 (36.1%)	5:01	11.9 (63.6%)
162	KWIECIEN Małgorzata	1099		K-20	9	00:50:15.40	+00:18:08 (36.1%)	5:01	11.9 (63.6%)
163	KOMANDER Katarzyna	1192	JOMAR RUNNERS	K-20	10	00:50:17.25	+00:18:10 (36.2%)	5:01	11.9 (63.6%)
164	HUZIOR Tymon	1439		M-20	19	00:50:18.80	+00:18:12 (36.2%)	5:01	11.9 (63.6%)
165	GĘBCZYŃSKI Kajetan	1070	G-TEAM	M-20	20	00:50:18.95	+00:18:12 (36.2%)	5:01	11.9 (63.6%)
166	PSIUK Piotr	1238		M-30	57	00:50:20.60	+00:18:14 (36.2%)	5:02	11.9 (63.6%)
167	STABLA Ksenia	1374	AKTYWNI LYSKI	K-40	9	00:50:34.90	+00:18:28 (36.5%)	5:03	11.9 (63.6%)
168	KIZINIEWICZ Krzysztof	1164		M-30	58	00:50:36.05	+00:18:29 (36.5%)	5:03	11.9 (63.6%)
169	CHOŁUJ Krzysztof	1131	FLUOR	M-30	59	00:50:38.75	+00:18:32 (36.6%)	5:03	11.8 (63.1%)
170	MIKULSKI Przemek	1318		M-30	60	00:50:39.10	+00:18:32 (36.6%)	5:03	11.8 (63.1%)
171	MIŚ Tomasz	1320		M-40	44	00:50:42.40	+00:18:35 (36.7%)	5:04	11.8 (63.1%)
172	BYRCZEK Bartłomiej	1272		M-30	61	00:50:45.75	+00:18:39 (36.7%)	5:04	11.8 (63.1%)
173	FRANIA Andrzej	1006		M-50	12	00:50:50.30	+00:18:43 (36.8%)	5:05	11.8 (63.1%)
174	SUBIK Edyta	1089		K-30	12	00:50:52.20	+00:18:45 (36.9%)	5:05	11.8 (63.1%)
175	MANDRYSZ Grzegorz	1423	AKTYWNI LYSKI	M-50	13	00:50:55.95	+00:18:49 (37.0%)	5:05	11.8 (63.1%)
176	ZAVIALOV Sergii	1310		M-30	62	00:50:57.40	+00:18:50 (37.0%)	5:05	11.8 (63.1%)
177	GRABOWSKI Łukasz	1314	DREAM SOLUTIONS	M-30	63	00:51:00.30	+00:18:53 (37.0%)	5:06	11.8 (63.1%)
178	GНИЕCKI Przemysław	1343		M-20	21	00:51:05.55	+00:18:59 (37.2%)	5:06	11.7 (62.6%)
179	GRAJCAR Mateusz	1196		M-30	64	00:51:05.75	+00:18:59 (37.2%)	5:06	11.7 (62.6%)
180	PIÓRKOWSKI Kamil	1144	FLUOR	M-30	65	00:51:06.90	+00:19:00 (37.2%)	5:06	11.7 (62.6%)
181	SZCZERBA Piotr	1159		M-30	66	00:51:09.20	+00:19:02 (37.2%)	5:06	11.7 (62.6%)
182	JANOWSKI Piotr	1189		M-50	14	00:51:10.30	+00:19:03 (37.3%)	5:07	11.7 (62.6%)
183	JOŃCA Mirosław	1473		M-50	15	00:51:10.60	+00:19:04 (37.3%)	5:07	11.7 (62.6%)
184	JANOWSKI Michał	1190		M-30	67	00:51:12.05	+00:19:05 (37.3%)	5:07	11.7 (62.6%)
185	STUDZIŃSKI Grzegorz	1406		M-30	68	00:51:13.10	+00:19:06 (37.3%)	5:07	11.7 (62.6%)
186	SUBIK Tomasz	1090		M-30	69	00:51:18.30	+00:19:11 (37.4%)	5:07	11.7 (62.6%)
187	SZIFLER Arkadiusz	1335		M-20	22	00:51:22.80	+00:19:16 (37.5%)	5:08	11.7 (62.6%)
188	STAJNO Magdalena	1346		K-40	10	00:51:24.45	+00:19:17 (37.5%)	5:08	11.7 (62.6%)
189	ĆWIKŁA Kamil	1208		M-30	70	00:51:25.00	+00:19:18 (37.6%)	5:08	11.7 (62.6%)
190	BADURA Karina	1297		K-30	13	00:51:25.85	+00:19:19 (37.6%)	5:08	11.7 (62.6%)
191	GRĄBCZEWSKI Marcin	1188		M-30	71	00:51:26.35	+00:19:19 (37.6%)	5:08	11.7 (62.6%)
192	MACH Katarzyna	1421		K-30	14	00:51:30.65	+00:19:24 (37.7%)	5:09	11.7 (62.6%)
193	HOMA Dorota	1149		K-30	15	00:51:32.50	+00:19:26 (37.7%)	5:09	11.6 (62.0%)
194	ŚCIERSKI Mikołaj	1300	BOJKÓW BIEGA	M-30	72	00:51:34.70	+00:19:28 (37.7%)	5:09	11.6 (62.0%)
195	SADOWNICZYK Agnieszka	1087		K-30	16	00:51:40.35	+00:19:33 (37.9%)	5:10	11.6 (62.0%)
196	TOMAL Anna	1091	BOJKÓW BIEGA	K-30	17	00:51:43.80	+00:19:37 (37.9%)	5:10	11.6 (62.0%)
197	BRZEZIŃSKI Damian	1197		M-40	45	00:51:48.95	+00:19:42 (38.0%)	5:10	11.6 (62.0%)
198	GEC Monika	1263		K-40	11	00:51:52.05	+00:19:45 (38.1%)	5:11	11.6 (62.0%)
199	SZYSLER Alicja	1440		K-30	18	00:52:03.10	+00:19:56 (38.3%)	5:12	11.5 (61.5%)
200	CHOLEWA Tomasz	1139		M-40	46	00:52:03.40	+00:19:56 (38.3%)	5:12	11.5 (61.5%)
201	KOWALCZYK Grzegorz	1082		M-40	47	00:52:10.70	+00:20:04 (38.5%)	5:13	11.5 (61.5%)
202	SOKOŁOWSKI Łukasz	1415		M-30	73	00:52:18.95	+00:20:12 (38.6%)	5:13	11.5 (61.5%)
203	WĄTROBA Paweł	1321		M-30	74	00:52:29.00	+00:20:22 (38.8%)	5:14	11.4 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
204	PIETROŃ Marcin	1381		M-40	48	00:52:29.25	+00:20:22 (38.8%)	5:14	11.4 (61.0%)
205	PIOTROWSKI Kajetan	1113		M-20	23	00:52:31.35	+00:20:24 (38.9%)	5:15	11.4 (61.0%)
206	ŻOŁNOWSKA Karolina	1369		K-20	11	00:52:47.65	+00:20:41 (39.2%)	5:16	11.4 (61.0%)
207	FARA Marta	1104	7PRO TEAM	K-30	19	00:52:51.20	+00:20:44 (39.3%)	5:17	11.4 (61.0%)
208	MAKUCH Damian	1176	#HUTATEAM	M-30	75	00:52:56.85	+00:20:50 (39.4%)	5:17	11.3 (60.4%)
209	DAWINDZIAK Damian	1483	SAINT-GOBAIN SQUAD	M-30	76	00:52:58.35	+00:20:51 (39.4%)	5:17	11.3 (60.4%)
210	KULA Jan	1392	DECATHLON CAR GLIWICE	M-30	77	00:52:58.85	+00:20:52 (39.4%)	5:17	11.3 (60.4%)
211	BLOMA-WOJCIECHOWSKA Żaneta	1271		K-40	12	00:53:04.50	+00:20:58 (39.5%)	5:18	11.3 (60.4%)
212	DRAGON Karolina	1254	DRAGON TEAM	K-30	20	00:53:07.25	+00:21:00 (39.6%)	5:18	11.3 (60.4%)
213	MAZANOWSKI Janusz	1074		M-30	78	00:53:08.15	+00:21:01 (39.6%)	5:18	11.3 (60.4%)
214	STASIK Mirosław	1067	HUTATEAM	M-50	16	00:53:16.15	+00:21:09 (39.7%)	5:19	11.3 (60.4%)
215	SZWAJKOSZ Magdalena	1137		K-30	21	00:53:18.15	+00:21:11 (39.8%)	5:19	11.3 (60.4%)
216	PUTOWSKA Natalia	1214		K-30	22	00:53:18.35	+00:21:11 (39.8%)	5:19	11.3 (60.4%)
217	KACZMARCZYK Dorota	1491	AZS AWF KRAKÓW MASTERS	K-40	13	00:53:21.70	+00:21:15 (39.8%)	5:20	11.2 (59.9%)
218	KRASZEWSKA Renata	1441	AZS AWF KRAKÓW MASTERS	K-50	2	00:53:22.00	+00:21:15 (39.8%)	5:20	11.2 (59.9%)
219	WIKIERSKI Michał	1106		M-30	79	00:53:23.15	+00:21:16 (39.9%)	5:20	11.2 (59.9%)
220	PIEKARZ Małgorzata	1215	DRUŻYNA JEDYNKI	K-30	23	00:53:23.20	+00:21:16 (39.9%)	5:20	11.2 (59.9%)
221	SZULC Damian	1488		M-20	24	00:53:26.45	+00:21:19 (39.9%)	5:20	11.2 (59.9%)
222	FRANKIEWICZ Małgorzata	1034		K-40	14	00:53:33.50	+00:21:27 (40.0%)	5:21	11.2 (59.9%)
223	SALA Nela	1451		K-30	24	00:53:35.50	+00:21:29 (40.1%)	5:21	11.2 (59.9%)
224	POLOCZEK Mateusz	1367		M-20	25	00:53:36.65	+00:21:30 (40.1%)	5:21	11.2 (59.9%)
225	KAŁUŻA Michał	1393		M-30	80	00:53:37.85	+00:21:31 (40.1%)	5:21	11.2 (59.9%)
226	PACAN Krzysztof	1047	KP LABS	M-40	49	00:53:42.60	+00:21:36 (40.2%)	5:22	11.2 (59.9%)
227	KUŻMA Jakub	1102		M-30	81	00:53:45.10	+00:21:38 (40.3%)	5:22	11.2 (59.9%)
228	PIETROŃ Beata	1382		K-50	3	00:53:45.60	+00:21:39 (40.3%)	5:22	11.2 (59.9%)
229	PRZYBYŁA Rafał	1288		M-30	82	00:53:47.30	+00:21:40 (40.3%)	5:22	11.2 (59.9%)
230	SPYRA Kasia	1358	4K P.K.S. SPYROWKA	K-30	25	00:53:47.45	+00:21:40 (40.3%)	5:22	11.2 (59.9%)
231	KLUCZNIOK Katarzyna	1357	4K PKS	K-30	26	00:53:51.90	+00:21:45 (40.4%)	5:23	11.1 (59.4%)
232	ŚWIDLIK Piotr	1313		M-30	83	00:53:56.20	+00:21:49 (40.5%)	5:23	11.1 (59.4%)
233	PRZYBYLSKI Mariusz	1407		M-40	50	00:54:01.25	+00:21:54 (40.6%)	5:24	11.1 (59.4%)
234	KRAJEWSKA Katarzyna	1076	BOJKÓW BIEGA	K-30	27	00:54:06.90	+00:22:00 (40.7%)	5:24	11.1 (59.4%)
235	NOWAKOWSKA-TRZASKA Joanna	1425	CROSSFIT HELLWOOD	K-40	15	00:54:14.65	+00:22:08 (40.8%)	5:25	11.1 (59.4%)
236	HAŁADUS Marcin	1427	SG SQUAD	M-40	51	00:54:18.70	+00:22:12 (40.9%)	5:25	11 (58.8%)
237	BEMŚ Emilia	1191	KS SOŚNICA	K-30	28	00:54:30.80	+00:22:24 (41.1%)	5:27	11 (58.8%)
238	WÓJCIK Łukasz	1252		M-30	84	00:54:32.90	+00:22:26 (41.1%)	5:27	11 (58.8%)
239	IZBICKI Zbigniew	1490		M-50	17	00:54:38.10	+00:22:31 (41.2%)	5:27	11 (58.8%)
240	WYCISK Dagmara	1373		K-30	29	00:54:42.55	+00:22:36 (41.3%)	5:28	11 (58.8%)
241	KUCHTA Katarzyna	1286	NIGHT RUNNERS PYSKOWICE	K-30	30	00:54:43.10	+00:22:36 (41.3%)	5:28	11 (58.8%)
242	DRABIK Joanna	1349	STELLANTIS ACTIVE TEAM	K-40	16	00:54:45.55	+00:22:39 (41.4%)	5:28	11 (58.8%)
243	NEUMANN Monika	1060		K-30	31	00:54:49.30	+00:22:42 (41.4%)	5:28	10.9 (58.3%)
244	ŁYSIUK Grzegorz	1386		M-30	85	00:54:49.75	+00:22:43 (41.4%)	5:28	10.9 (58.3%)
245	NIEMIEC Rafał	1114	INTERGRAFIK.PL	M-40	52	00:54:54.00	+00:22:47 (41.5%)	5:29	10.9 (58.3%)
246	ZAREMBA Tadeusz	1045		M-60	6	00:54:58.30	+00:22:51 (41.6%)	5:29	10.9 (58.3%)
247	RATKA Dawid	1363		M-30	86	00:55:02.25	+00:22:55 (41.7%)	5:30	10.9 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
248	ZIĘBA Sabina	1153		K-40	17	00:55:02.50	+00:22:56 (41.7%)	5:30	10.9 (58.3%)
249	NIESLER Magdalena	1445		K-30	32	00:55:08.70	+00:23:02 (41.8%)	5:30	10.9 (58.3%)
250	KOSIAK Maciej	1388	PSYCHA NIE SIADA	M-40	53	00:55:13.30	+00:23:06 (41.9%)	5:31	10.9 (58.3%)
251	SKOWRON Mirosława	1247		K-40	18	00:55:15.70	+00:23:09 (41.9%)	5:31	10.9 (58.3%)
252	MAZUR Jakub	1269		M-40	54	00:55:16.40	+00:23:09 (41.9%)	5:31	10.9 (58.3%)
253	MAJ Malgorzata	1266		K-40	19	00:55:27.75	+00:23:21 (42.1%)	5:32	10.8 (57.8%)
254	MAJ Tomasz	1267		M-40	55	00:55:28.30	+00:23:21 (42.1%)	5:32	10.8 (57.8%)
255	TYŃSKI Michał	1447		M-40	56	00:55:30.45	+00:23:23 (42.2%)	5:33	10.8 (57.8%)
256	DĄBROWSKI Marcin	1430	3 GNOMY RACING TEAM	M-40	57	00:55:33.20	+00:23:26 (42.2%)	5:33	10.8 (57.8%)
257	POLKO Jakub	1280		M-20	26	00:55:37.50	+00:23:31 (42.3%)	5:33	10.8 (57.8%)
258	FOLEK Mateusz	1234		M-30	87	00:55:40.30	+00:23:33 (42.3%)	5:34	10.8 (57.8%)
259	STELMASZCZYK Dawid	1242	BROTEAM	M-20	27	00:55:42.65	+00:23:36 (42.4%)	5:34	10.8 (57.8%)
260	WIŚNIEWSKA Beata	1432		K-30	33	00:55:43.40	+00:23:36 (42.4%)	5:34	10.8 (57.8%)
261	KUPIBIDA Bogusława	1340	SILESIA NORDIC TEAM	K-60	1	00:55:57.85	+00:23:51 (42.6%)	5:35	10.7 (57.2%)
262	ZAKLIŃSKA Katarzyna	1301		K-40	20	00:55:59.45	+00:23:52 (42.7%)	5:35	10.7 (57.2%)
263	KUNOWSKA Małgorzata	1175		K-30	34	00:55:59.50	+00:23:53 (42.7%)	5:35	10.7 (57.2%)
264	MUSIOL Patryk	1339		M-20	28	00:56:03.50	+00:23:57 (42.7%)	5:36	10.7 (57.2%)
265	STACHOWSKA Marta	1218	ZABIEGANI IMIELIN	K-30	35	00:56:04.90	+00:23:58 (42.7%)	5:36	10.7 (57.2%)
266	GRZEGORCZYK Monika	1134	#HUTATEAM	K-40	21	00:56:06.65	+00:24:00 (42.8%)	5:36	10.7 (57.2%)
267	GRZEGORCZYK Wojciech	1133	#HUTATEAM	M-40	58	00:56:07.00	+00:24:00 (42.8%)	5:36	10.7 (57.2%)
268	ORLICKI Ireneusz	1151	HUTA TEAM	M-40	59	00:56:07.20	+00:24:00 (42.8%)	5:36	10.7 (57.2%)
269	KOŁAKOWSKI Tomasz	1228	PKO BP	M-20	29	00:56:07.80	+00:24:01 (42.8%)	5:36	10.7 (57.2%)
270	GŁADYSZ Aneta	1111		K-40	22	00:56:08.50	+00:24:02 (42.8%)	5:36	10.7 (57.2%)
271	DROZD Marcin	1225	PKO BANK POLSKI	M-40	60	00:56:10.20	+00:24:03 (42.8%)	5:37	10.7 (57.2%)
272	BURZAK Justyna	1376	BALASANA JOGA	K-30	36	00:56:10.90	+00:24:04 (42.8%)	5:37	10.7 (57.2%)
273	CHOLEWA Magdalena	1138	-	K-40	23	00:56:11.00	+00:24:04 (42.9%)	5:37	10.7 (57.2%)
274	PTAK Leszek	1289	ZDZIESZOWICE BIEGA	M-50	18	00:56:15.00	+00:24:08 (42.9%)	5:37	10.7 (57.2%)
275	SKÓRA Przemysław	1401	MONARCHOWIE GÓR	M-40	61	00:56:20.75	+00:24:14 (43.0%)	5:38	10.7 (57.2%)
276	KOMANDER Marcin	1193	JOMAR RUNNERS	M-50	19	00:56:20.90	+00:24:14 (43.0%)	5:38	10.7 (57.2%)
277	SAMOL Grzegorz	1052		M-50	20	00:56:22.40	+00:24:15 (43.0%)	5:38	10.6 (56.7%)
278	BADURA Artur	1212	JEJKOWICE BIEGAJĄ	M-40	62	00:56:39.80	+00:24:33 (43.3%)	5:39	10.6 (56.7%)
279	WIERCIŃSKI Robert	1057		M-40	63	00:56:50.40	+00:24:43 (43.5%)	5:41	10.6 (56.7%)
280	WIERCIŃSKA Aneta	1058		K-30	37	00:56:51.10	+00:24:44 (43.5%)	5:41	10.6 (56.7%)
281	NOWAK Anna	1282	KLUB BIEGACZY JYSK	K-30	38	00:57:00.70	+00:24:54 (43.7%)	5:42	10.5 (56.1%)
282	PACZKOWSKI Jacek	1281		M-50	21	00:57:08.25	+00:25:01 (43.8%)	5:42	10.5 (56.1%)
283	PĘDZIK Agnieszka	1098	#HUTATEAM . NIGHT RUNNERS PYSKOWICE	K-30	39	00:57:09.90	+00:25:03 (43.8%)	5:42	10.5 (56.1%)
284	KLOZA Mariusz	1117		M-40	64	00:57:10.05	+00:25:03 (43.8%)	5:43	10.5 (56.1%)
285	SAŁAPATEK Katarzyna	1094		K-30	40	00:57:12.50	+00:25:06 (43.9%)	5:43	10.5 (56.1%)
286	STOLARZ Agnieszka	1182		K-40	24	00:57:13.20	+00:25:06 (43.9%)	5:43	10.5 (56.1%)
287	SIKORA Agnieszka	1341		K-40	25	00:57:17.05	+00:25:10 (43.9%)	5:43	10.5 (56.1%)
288	SMOŁA Mieczysław	1276	AKMB PĘDZIWIATR GLIWICE	M-60	7	00:57:20.35	+00:25:13 (44.0%)	5:44	10.5 (56.1%)
289	WILSZ Adam	1056	#PANIÓWKIRUN	M-50	22	00:57:23.65	+00:25:17 (44.1%)	5:44	10.5 (56.1%)
290	PAJOR Izabela	1387		K-30	41	00:57:26.80	+00:25:20 (44.1%)	5:44	10.4 (55.6%)
291	KLIKS Stanisław	1033		M-60	8	00:57:28.65	+00:25:22 (44.1%)	5:44	10.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
292	WYSOCKA Aga	1112		K-20	12	00:57:39.40	+00:25:32 (44.3%)	5:45	10.4 (55.6%)
293	WOLAŃSKA Magdalena	1336		K-40	26	00:57:44.70	+00:25:38 (44.4%)	5:46	10.4 (55.6%)
294	WOJTUKIEWICZ Justyna	1296		K-30	42	00:57:50.90	+00:25:44 (44.5%)	5:47	10.4 (55.6%)
295	GÓRECKI Ryszard	1366	NIEZRZESZONY	M-50	23	00:57:53.40	+00:25:46 (44.5%)	5:47	10.4 (55.6%)
296	MAĆZKA Krystyna	1452		K-60	2	00:57:54.35	+00:25:47 (44.6%)	5:47	10.4 (55.6%)
297	KOBYLIŃSKI Paweł	1478		M-40	65	00:58:06.60	+00:26:00 (44.7%)	5:48	10.3 (55.1%)
298	DRABEK Agnieszka	1128		K-30	43	00:58:09.75	+00:26:03 (44.8%)	5:48	10.3 (55.1%)
299	CEBULA Beata	1437		K-40	27	00:58:14.15	+00:26:07 (44.9%)	5:49	10.3 (55.1%)
300	SOSADA Nicol	1246	ISTA BIEGAMY	K-20	13	00:58:16.30	+00:26:09 (44.9%)	5:49	10.3 (55.1%)
301	SIEDLECKA Anna	1377		K-30	44	00:58:17.90	+00:26:11 (44.9%)	5:49	10.3 (55.1%)
302	SUPERNAK Marcin	1088		M-40	66	00:58:19.50	+00:26:13 (44.9%)	5:49	10.3 (55.1%)
303	STEPOWANY Marta	1274	BÓJKOW BIEGA	K-30	45	00:58:29.80	+00:26:23 (45.1%)	5:50	10.3 (55.1%)
304	MISZCZYSZYN Arkadiusz	1078	BOJKÓW BIEGA	M-30	88	00:58:35.75	+00:26:29 (45.2%)	5:51	10.2 (54.5%)
305	MISZCZYSZYN Marta	1077	BOJKÓW BIEGA	K-30	46	00:58:36.40	+00:26:29 (45.2%)	5:51	10.2 (54.5%)
306	STELMASZCZYK Iwona	1244	NIEZRZESZONY	K-40	28	00:58:36.75	+00:26:30 (45.2%)	5:51	10.2 (54.5%)
307	NANCKA Brygida	1220		K-50	4	00:58:39.00	+00:26:32 (45.3%)	5:51	10.2 (54.5%)
308	SZEWC Henryk	1119	HUTATEAM	M-50	24	00:58:40.00	+00:26:33 (45.3%)	5:52	10.2 (54.5%)
309	SZEWC Renata	1132	#HUTATEAM	K-40	29	00:58:40.55	+00:26:34 (45.3%)	5:52	10.2 (54.5%)
310	FURMANEK Grzegorz	1235	BROTEAM	M-20	30	00:58:43.10	+00:26:36 (45.3%)	5:52	10.2 (54.5%)
311	STERNICZUK Anna	1249		K-30	47	00:58:43.65	+00:26:37 (45.3%)	5:52	10.2 (54.5%)
312	PANASIUK Sergej	1492	SK KOVEL	M-40	67	00:58:44.65	+00:26:38 (45.3%)	5:52	10.2 (54.5%)
313	JEFIMIK Paulina	1198		K-30	48	00:58:45.35	+00:26:38 (45.4%)	5:52	10.2 (54.5%)
314	PACHOLAK Patryk	1136		M-20	31	00:58:50.55	+00:26:44 (45.4%)	5:53	10.2 (54.5%)
315	POLOCZEK Adam	1227	PKO BP	M-50	25	00:58:51.90	+00:26:45 (45.5%)	5:53	10.2 (54.5%)
316	WIELGUS Agnieszka	1476		K-40	30	00:58:52.10	+00:26:45 (45.5%)	5:53	10.2 (54.5%)
317	GUROK Patryk	1461	MOMO RUNNING TEAM	M-20	32	00:58:54.10	+00:26:47 (45.5%)	5:53	10.2 (54.5%)
318	SKURA Aleksandra	1141	FLUOR	K-20	14	00:58:58.40	+00:26:51 (45.6%)	5:53	10.2 (54.5%)
319	BOGUSZ Jarosław	1317		M-50	26	00:59:08.25	+00:27:01 (45.7%)	5:54	10.1 (54.0%)
320	MUSIALIK Karolina	1354		K-20	15	00:59:09.10	+00:27:02 (45.7%)	5:54	10.1 (54.0%)
321	OSOWSKA Katarzyna	1083		K-40	31	00:59:10.45	+00:27:03 (45.7%)	5:55	10.1 (54.0%)
322	SNOCHOWSKI Mirek	1050	SZOMBIERKI CHODZĄ I BIEGAJĄ	M-50	27	00:59:10.80	+00:27:04 (45.7%)	5:55	10.1 (54.0%)
323	HUZIOR Ela	1438	ELABIEGA	K-50	5	00:59:16.80	+00:27:10 (45.8%)	5:55	10.1 (54.0%)
324	SKWARA Katarzyna	1096	HIRSCHVOGEL	K-40	32	00:59:29.05	+00:27:22 (46.0%)	5:56	10.1 (54.0%)
325	ŚLUSARSKA Sylwia	1416		K-30	49	00:59:33.35	+00:27:26 (46.1%)	5:57	10.1 (54.0%)
326	NĘDZA Ryszard	1100	HIRSCHVOGEL	M-50	28	00:59:33.70	+00:27:27 (46.1%)	5:57	10.1 (54.0%)
327	PANENKA Małgorzata	1404	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-40	33	00:59:34.95	+00:27:28 (46.1%)	5:57	10.1 (54.0%)
328	CHMELIK Katarzyna	1072		K-20	16	00:59:37.85	+00:27:31 (46.2%)	5:57	10.1 (54.0%)
329	GIERCZYCKA Natalia	1334	CHRZAŚCZCZE CHRABAŚCZCZE DZIKI	K-30	50	00:59:51.35	+00:27:44 (46.4%)	5:59	10 (53.5%)
329	WESOŁY-JAKUBCZYK Ewa	1417		K-30	50	00:59:51.35	+00:27:44 (46.4%)	5:59	10 (53.5%)
331	JAWORSKI Kamil	1201	FUCHS OIL TEAM	M-30	89	00:59:51.50	+00:27:45 (46.4%)	5:59	10 (53.5%)
332	JURETKO Adam	1292		M-40	68	00:59:55.25	+00:27:48 (46.4%)	5:59	10 (53.5%)
333	KOTLARSKA Anna	1080		K-40	34	00:59:55.95	+00:27:49 (46.4%)	5:59	10 (53.5%)
334	GLINKA Marta	1384		K-30	52	00:59:59.15	+00:27:52 (46.5%)	5:59	10 (53.5%)
335	DROŹDZIK Łukasz	1443		M-30	90	01:00:00.00	+00:27:53 (46.5%)	6:00	10 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
336	ROSIŃSKI Sławomir	1262		M-50	29	01:00:01.15	+00:27:54 (46.5%)	6:00	10 (53.5%)
337	MOSLER Klaudia	1105		K-30	53	01:00:03.65	+00:27:57 (46.5%)	6:00	10 (53.5%)
338	KRUPA Beata	1173		K-50	6	01:00:10.95	+00:28:04 (46.6%)	6:01	10 (53.5%)
339	DOBOSZ Alicja	1360	MOCNA EKIPA	K-20	17	01:00:17.80	+00:28:11 (46.7%)	6:01	10 (53.5%)
340	BOGACZ Paweł	1248	JAGODA TEAM	M-40	69	01:00:18.00	+00:28:11 (46.8%)	6:01	10 (53.5%)
341	DOBIAS Katarzyna	1017		K-30	54	01:00:21.10	+00:28:14 (46.8%)	6:02	9.9 (52.9%)
342	PRZYBYŁA Damian	1287		M-30	91	01:00:30.30	+00:28:23 (46.9%)	6:03	9.9 (52.9%)
343	TOWAREK Agnieszka	1051		K-40	35	01:00:43.80	+00:28:37 (47.1%)	6:04	9.9 (52.9%)
344	KAWECKA-KUŹDŹAŁ Agnieszka	1258		K-40	36	01:00:50.65	+00:28:44 (47.2%)	6:05	9.9 (52.9%)
345	MARCINOWSKI Krzysztof	1399		M-40	70	01:00:53.25	+00:28:46 (47.3%)	6:05	9.9 (52.9%)
346	FOSZNER Paweł	1028		M-30	92	01:00:54.40	+00:28:47 (47.3%)	6:05	9.9 (52.9%)
347	GRABYSZ Witold	1383		M-50	30	01:00:58.15	+00:28:51 (47.3%)	6:05	9.8 (52.4%)
348	TWAROWSKA Celina	1277	ETISOFT RUNNING TEAM	K-30	55	01:01:03.20	+00:28:56 (47.4%)	6:06	9.8 (52.4%)
349	MARKOWICZ Magdalena	1054	BOJKÓW BIEGA	K-30	56	01:01:25.65	+00:29:19 (47.7%)	6:08	9.8 (52.4%)
350	FRANCZYK Michał	1356	FUNDACJA TOŚKA I PRZYJACIELE	M-40	71	01:01:35.50	+00:29:29 (47.9%)	6:09	9.7 (51.9%)
351	SZUMSKA Anna	1424		K-30	57	01:01:36.70	+00:29:30 (47.9%)	6:09	9.7 (51.9%)
352	SZTECHMILER Ewa	1285	PRZERYCIE GARDENS	K-30	58	01:01:38.15	+00:29:31 (47.9%)	6:09	9.7 (51.9%)
353	WYDRA Dawid	1309		M-40	72	01:01:40.45	+00:29:33 (47.9%)	6:10	9.7 (51.9%)
354	JURCZYK Mateusz	1397		M-30	93	01:01:46.15	+00:29:39 (48.0%)	6:10	9.7 (51.9%)
355	KOWALSKI Adam	1185		M-40	73	01:01:51.50	+00:29:45 (48.1%)	6:11	9.7 (51.9%)
356	LEGIEŻYŃSKI Krzysztof	1081		M-30	94	01:01:51.70	+00:29:45 (48.1%)	6:11	9.7 (51.9%)
357	GIERCZYCKI Michał	1333	CHRZAŚCZCZE CHRABAŚCZCZE DZIKI	M-30	95	01:01:56.95	+00:29:50 (48.2%)	6:11	9.7 (51.9%)
358	ROŻEK Mariola	1110	#HUTATEAM	K-40	37	01:02:03.35	+00:29:56 (48.3%)	6:12	9.7 (51.9%)
359	MICHALSKA-WOJTUŃ Anna	1402	DECATHLON GLIWICE	K-40	38	01:02:15.80	+00:30:09 (48.4%)	6:13	9.6 (51.3%)
360	STELMASZCZYK Zbigniew	1243	NIEZRZESZONY	M-50	31	01:02:16.00	+00:30:09 (48.4%)	6:13	9.6 (51.3%)
361	MICZKA Justyna	1344		K-40	39	01:02:20.85	+00:30:14 (48.5%)	6:14	9.6 (51.3%)
362	GOSTOMCZYK Karolina	1303		K-20	18	01:02:24.70	+00:30:18 (48.6%)	6:14	9.6 (51.3%)
363	ORZECZOWSKA Katarzyna	1129		K-20	19	01:02:31.80	+00:30:25 (48.7%)	6:15	9.6 (51.3%)
364	HAWRANEK Anna	1239		K-40	40	01:02:44.40	+00:30:37 (48.8%)	6:16	9.6 (51.3%)
365	OPANOWSKA Anna	1109		K-40	41	01:02:47.45	+00:30:40 (48.9%)	6:16	9.6 (51.3%)
366	FRANCZYK Kinga	1066	FUNDACJA TOŚKA I PRZYJACIELE	K-40	42	01:02:58.55	+00:30:52 (49.0%)	6:17	9.5 (50.8%)
367	O'SLOW Jar	1482	Q_PERIOR	M-40	74	01:02:59.60	+00:30:53 (49.0%)	6:17	9.5 (50.8%)
368	PODSTUFKA Natalia	1150		K-30	59	01:03:04.35	+00:30:57 (49.1%)	6:18	9.5 (50.8%)
369	GŁÓWKA Marcin	1428		M-40	75	01:03:07.45	+00:31:00 (49.1%)	6:18	9.5 (50.8%)
370	DUDZICZ Barbara	1009		K-40	43	01:03:21.15	+00:31:14 (49.3%)	6:20	9.5 (50.8%)
371	HEESE Aleksander	1065	DECATHLON&PRZYJACIELE	M-20	33	01:03:23.40	+00:31:16 (49.3%)	6:20	9.5 (50.8%)
372	BROŻEK Bartosz	1161		M-20	34	01:03:24.65	+00:31:18 (49.4%)	6:20	9.5 (50.8%)
373	BAJSAROWICZ Mateusz	1255		M-30	96	01:03:30.75	+00:31:24 (49.4%)	6:21	9.4 (50.3%)
374	BAJSAROWICZ Justyna	1253		K-30	60	01:03:31.80	+00:31:25 (49.5%)	6:21	9.4 (50.3%)
375	LUROT Anna	1414		K-30	61	01:03:40.95	+00:31:34 (49.6%)	6:22	9.4 (50.3%)
376	SKULSKI Tomasz	1298		M-40	76	01:03:42.70	+00:31:36 (49.6%)	6:22	9.4 (50.3%)
377	ORDYŃSKA Agnieszka	1299		K-40	44	01:03:43.80	+00:31:37 (49.6%)	6:22	9.4 (50.3%)
378	GÓRNICKI Łukasz	1011	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-30	97	01:04:04.25	+00:31:57 (49.9%)	6:24	9.4 (50.3%)
379	GÓRNICKA Karina	1010	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-30	62	01:04:04.55	+00:31:58 (49.9%)	6:24	9.4 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
380	CHOIŃSKI Kamil	1327		M-20	35	01:04:06.30	+00:31:59 (49.9%)	6:24	9.4 (50.3%)
381	FABRY Rafał	1163		M-40	77	01:04:23.95	+00:32:17 (50.1%)	6:26	9.3 (49.7%)
382	GÓRECKA-WRÓBEL Jolanta	1390		K-40	45	01:04:26.35	+00:32:19 (50.2%)	6:26	9.3 (49.7%)
383	IWASZKOWSKA Dominika	1206		K-20	20	01:04:27.25	+00:32:20 (50.2%)	6:26	9.3 (49.7%)
384	WIĘCŁAW Grzegorz	1092	GLOWARZADZI.PL	M-30	98	01:04:46.10	+00:32:39 (50.4%)	6:28	9.3 (49.7%)
385	AL-TAESH Najmaldin	92		M-30	99	01:04:48.55	+00:32:42 (50.5%)	6:28	9.3 (49.7%)
386	SZCZECIŃSKA Agata	1394		K-40	46	01:04:59.80	+00:32:53 (50.6%)	6:29	9.2 (49.2%)
387	SZCZECIŃSKI Kajetan	1395		M-20	36	01:05:00.15	+00:32:53 (50.6%)	6:30	9.2 (49.2%)
388	ORZAŻEWSKA Elżbieta	1093		K-60	3	01:05:30.15	+00:33:23 (51.0%)	6:33	9.2 (49.2%)
389	DZIECH Mariusz	1126	FLUOR	M-50	32	01:05:30.45	+00:33:23 (51.0%)	6:33	9.2 (49.2%)
390	PAJĄK Aleksandra	1172	#HUTATEAM	K-40	47	01:05:33.40	+00:33:26 (51.0%)	6:33	9.2 (49.2%)
391	RADZIKOWSKA-BUCHAŁA Magdalena	1240		K-40	48	01:05:51.10	+00:33:44 (51.2%)	6:35	9.1 (48.7%)
392	PŁOSKONKA Tomasz	1005		M-30	100	01:05:51.45	+00:33:44 (51.2%)	6:35	9.1 (48.7%)
393	GRZESIAK Anna	1265		K-30	63	01:06:14.50	+00:34:08 (51.5%)	6:37	9.1 (48.7%)
394	BIDZIŃSKI Piotr	1178		M-40	78	01:06:40.65	+00:34:34 (51.8%)	6:40	9 (48.1%)
395	TECHMAN Jakub	1166	#HUTATEAM	M-20	37	01:06:52.50	+00:34:46 (52.0%)	6:41	9 (48.1%)
396	JAŚNIEWICZ Sandra	1474		K-30	64	01:06:55.05	+00:34:48 (52.0%)	6:41	9 (48.1%)
397	WENZEL Filip	1379	DECATHLON MAGAZYN GLIWICE	M-20	38	01:06:55.30	+00:34:48 (52.0%)	6:41	9 (48.1%)
398	KURIANOWICZ Wiesław	1101		M-60	9	01:06:55.70	+00:34:49 (52.0%)	6:41	9 (48.1%)
399	ROMANIK Katarzyna	1293		K-20	21	01:06:56.10	+00:34:49 (52.0%)	6:41	9 (48.1%)
400	KUBICA Bożena	1022	ZABIEGANI NAUCZYCIELE	K-50	7	01:07:01.80	+00:34:55 (52.1%)	6:42	9 (48.1%)
401	JURCZYK Beata	1398		K-30	65	01:07:16.00	+00:35:09 (52.3%)	6:43	8.9 (47.6%)
402	OLSZOK Dawid	1103	HIRSCHVOGEL	M-30	101	01:07:18.45	+00:35:11 (52.3%)	6:43	8.9 (47.6%)
403	BOCHEŃSKI Mariusz	1479	POMPEJANKA TEAM	M-40	79	01:07:29.55	+00:35:23 (52.4%)	6:44	8.9 (47.6%)
404	PUDEŁKO Dominika	1329		K-30	66	01:07:59.25	+00:35:52 (52.8%)	6:47	8.8 (47.1%)
405	POLEWKA Tomasz	1410	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	M-40	80	01:08:09.00	+00:36:02 (52.9%)	6:48	8.8 (47.1%)
406	POLEWKA Julianna	1411	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	K-20	22	01:08:09.20	+00:36:02 (52.9%)	6:48	8.8 (47.1%)
407	SZYMOS Damian	1187	RYWAL GLIWICE	M-30	102	01:08:34.45	+00:36:27 (53.2%)	6:51	8.8 (47.1%)
408	KOZACZKIEWICZ Helena	1233	KB ORŁY Z KNUROWA	K-60	4	01:08:46.35	+00:36:39 (53.3%)	6:52	8.7 (46.5%)
409	TYLKOWSKA Marika	1007	POMPEJANKA TEAM	K-20	23	01:08:47.60	+00:36:41 (53.3%)	6:52	8.7 (46.5%)
410	SŁOCIAK Roman	1342		M-50	33	01:09:47.95	+00:37:41 (54.0%)	6:58	8.6 (46.0%)
411	MRÓWKA Ilona	1016		K-50	8	01:09:57.80	+00:37:51 (54.1%)	6:59	8.6 (46.0%)
412	PERNAK Sławomir	1064		M-30	103	01:10:46.65	+00:38:40 (54.6%)	7:04	8.5 (45.5%)
413	ZASADZIŃSKA Angelika	1160	FUCHS OIL TEAM	K-30	67	01:10:52.25	+00:38:45 (54.7%)	7:05	8.5 (45.5%)
414	HŁADKI Tadeusz	1315	FUCHS OIL TEAM	M-40	81	01:10:56.65	+00:38:50 (54.7%)	7:05	8.5 (45.5%)
415	ZIARNIK Helena	1304	SLOW JOGGING GLIWICE	K-50	9	01:11:01.15	+00:38:54 (54.8%)	7:06	8.4 (44.9%)
416	FELBERG Andrzej	1236	PIAST GLIWICE	M-30	104	01:11:16.70	+00:39:10 (55.0%)	7:07	8.4 (44.9%)
417	BENTKOWSKI Lesław	1261	DIRTY SPARROWS	M-60	10	01:11:22.95	+00:39:16 (55.0%)	7:08	8.4 (44.9%)
418	BŁOSZYK-MAŁKOWSKA Monika	1352	LECYMY DURŚ	K-30	68	01:11:23.20	+00:39:16 (55.0%)	7:08	8.4 (44.9%)
419	WÓJCIK Marek	1353	ŚLĄSK ŚWIĘTOCHŁOWICE	M-30	105	01:11:23.55	+00:39:17 (55.0%)	7:08	8.4 (44.9%)
420	SIERAKOWSKA Anna	1154	FUCHS OIL TEAM	K-30	69	01:11:28.65	+00:39:22 (55.1%)	7:08	8.4 (44.9%)
421	BUDZYNOWSKI Tomasz	1237		M-30	106	01:11:50.65	+00:39:44 (55.3%)	7:11	8.4 (44.9%)
422	DĄBROWSKA Zuzanna	1168	#HUTATEAM	K-20	24	01:13:05.45	+00:40:58 (56.1%)	7:18	8.2 (43.9%)
423	NOSAL Dawid	1169	#HUTATEAM	M-20	39	01:13:07.65	+00:41:01 (56.1%)	7:18	8.2 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
424	KOPER Dorota	1004		K-30	70	01:14:10.05	+00:42:03 (56.7%)	7:25	8.1 (43.3%)
425	SZENDZIELORZ Marek	1073		M-40	82	01:14:56.85	+00:42:50 (57.2%)	7:29	8 (42.8%)
426	OBWIOSŁO Joanna	1294		K-40	49	01:15:08.25	+00:43:01 (57.3%)	7:30	8 (42.8%)
427	KOSIAK Wojciech	1389		M-60	11	01:15:12.00	+00:43:05 (57.3%)	7:31	8 (42.8%)
428	FRYDRYCH Przemysław	1021	KEMPER TEAM	M-30	107	01:15:25.85	+00:43:19 (57.4%)	7:32	8 (42.8%)
429	WALENTRZAK Wioletta	1324	HUTATEAM	K-40	50	01:16:45.95	+00:44:39 (58.2%)	7:40	7.8 (41.7%)
430	SEREDA Wojciech	1444		M-30	108	01:17:41.30	+00:45:34 (58.7%)	7:46	7.7 (41.2%)
431	ZEGZUŁA Jakub	1125	HUTATEAM	M-20	40	01:19:11.85	+00:47:05 (59.5%)	7:55	7.6 (40.6%)
432	SZYDŁOWSKI Szymon	1183		M-20	41	01:22:23.20	+00:50:16 (61.0%)	8:14	7.3 (39.0%)
433	WILKOŃ Aleksandra	1118	#HUTATEAM	K-20	25	01:32:03.30	+00:59:56 (65.1%)	9:12	6.5 (34.8%)
434	TUŃSKA Anna	1323	HUTATEAM	K-50	10	01:39:22.30	+01:07:15 (67.7%)	9:56	6 (32.1%)
435	GABOR Aleksandra	1015		K-30	71	01:42:31.90	+01:10:25 (68.7%)	10:15	5.9 (31.6%)
436	BOCHNIA Krzysztof	1231	#HUTATEAM	M-30	109				(0.0%)

Znaleziono 436 wynik(ów)