



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

# GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>RYBIAŁEK Piotr</b>	<b>1322</b>		M-30	1	<b>00:32:06.50</b>		3:12	18.7 (100%)
2	<b>GRZELKA Cyprian</b>	<b>1431</b>	GKS PIAST GLIWICE	M-20	1	<b>00:33:57.40</b>	+00:01:50 (5.4%)	3:23	17.7 (94.7%)
3	<b>MULARCZYK Paweł</b>	<b>1372</b>	GRUPA JURA'PL	M-30	2	<b>00:34:21.25</b>	+00:02:14 (6.5%)	3:26	17.5 (93.6%)
4	<b>MAREK Bartłomiej</b>	<b>1434</b>	TEAM HARDY MAREK	M-20	2	<b>00:34:37.50</b>	+00:02:31 (7.3%)	3:27	17.3 (92.5%)
5	<b>WĘZIK Mikołaj</b>	<b>1053</b>		M-20	3	<b>00:34:38.75</b>	+00:02:32 (7.3%)	3:27	17.3 (92.5%)
6	<b>MŁYŃCZAK Jakub</b>	<b>1391</b>	GVT BMC ŚWIEBODZICE	M-20	4	<b>00:35:00.90</b>	+00:02:54 (8.3%)	3:30	17.1 (91.4%)
7	<b>PRZYBYLSKI Tomasz</b>	<b>1325</b>	W POGONI ZA DUCHEM	M-40	1	<b>00:35:02.45</b>	+00:02:55 (8.4%)	3:30	17.1 (91.4%)
8	<b>KARALIOU Yauheni</b>	<b>1337</b>		M-30	3	<b>00:35:13.85</b>	+00:03:07 (8.9%)	3:31	17 (90.9%)
9	<b>KLUCZNIK Mikołaj</b>	<b>1370</b>		M-20	5	<b>00:35:32.35</b>	+00:03:25 (9.7%)	3:33	16.9 (90.4%)
10	<b>WĄSOWICZ Szymon</b>	<b>1426</b>		M-40	2	<b>00:35:59.25</b>	+00:03:52 (10.8%)	3:35	16.7 (89.3%)
11	<b>BABULA Przemysław</b>	<b>1135</b>		M-20	6	<b>00:36:12.40</b>	+00:04:05 (11.3%)	3:37	16.6 (88.8%)
12	<b>RZEPKA Bernard</b>	<b>1290</b>	ZDZIESZOWICE BIEGA	M-50	1	<b>00:36:28.15</b>	+00:04:21 (12.0%)	3:38	16.5 (88.2%)
13	<b>BROL Piotr</b>	<b>1257</b>	ENDURANCE TEAM	M-30	4	<b>00:36:34.25</b>	+00:04:27 (12.2%)	3:39	16.4 (87.7%)
14	<b>WANIOWSKI Jan Jakub</b>	<b>1330</b>		M-30	5	<b>00:36:43.90</b>	+00:04:37 (12.6%)	3:40	16.3 (87.2%)
15	<b>STAWINOGA Janusz</b>	<b>1147</b>	HIRSCHVOGEL	M-40	3	<b>00:36:52.45</b>	+00:04:45 (12.9%)	3:41	16.3 (87.2%)
16	<b>DELEWSKA Kaja</b>	<b>1219</b>		K-30	1	<b>00:37:01.60</b>	+00:04:55 (13.3%)	3:42	16.2 (86.6%)
17	<b>KRETEK Łukasz</b>	<b>1429</b>		M-30	6	<b>00:37:11.80</b>	+00:05:05 (13.7%)	3:43	16.1 (86.1%)
18	<b>SPRUTTA Robert</b>	<b>1368</b>		M-30	7	<b>00:37:16.90</b>	+00:05:10 (13.9%)	3:43	16.1 (86.1%)
19	<b>WRZESIEŃ Dariusz</b>	<b>1026</b>	INŻYNIERIA BIEGANIA/FUTURE PROCESSING RUNNING TEAM	M-40	4	<b>00:37:18.40</b>	+00:05:11 (13.9%)	3:43	16.1 (86.1%)
20	<b>STAWINOGA Marian</b>	<b>1211</b>		M-50	2	<b>00:37:23.75</b>	+00:05:17 (14.1%)	3:44	16 (85.6%)
21	<b>KONIECZNA Anna</b>	<b>1044</b>		K-20	1	<b>00:37:42.60</b>	+00:05:36 (14.9%)	3:46	15.9 (85.0%)
22	<b>MUSZYŃSKI Piotr</b>	<b>1364</b>	TEAM PAPRY	M-40	5	<b>00:37:42.75</b>	+00:05:36 (14.9%)	3:46	15.9 (85.0%)
23	<b>FRANK Aleksander</b>	<b>1355</b>	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	M-20	7	<b>00:38:33.40</b>	+00:06:26 (16.7%)	3:51	15.6 (83.4%)
24	<b>JADASZ Anna</b>	<b>1245</b>	VATTENFALL IT	K-30	2	<b>00:39:06.75</b>	+00:07:00 (17.9%)	3:54	15.3 (81.8%)
25	<b>SZPAK Damian</b>	<b>1345</b>	BIEGOWE ŚRODY	M-60	1	<b>00:39:14.00</b>	+00:07:07 (18.2%)	3:55	15.3 (81.8%)
26	<b>CZAJA Jarosław</b>	<b>1013</b>	FUTURE PROCESSING RUNNING TEAM	M-40	6	<b>00:39:15.95</b>	+00:07:09 (18.2%)	3:55	15.3 (81.8%)
27	<b>LEGASZEWSKA Maria</b>	<b>1203</b>		K-20	2	<b>00:39:18.55</b>	+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	<b>SZABELSKI Krzysztof</b>	<b>1467</b>	FUTURE PROCESSING RUNNING TEAM	M-30	8	<b>00:39:28.20</b>	+00:07:21 (18.7%)	3:56	15.2 (81.3%)
29	<b>LASKOWSKA Katarzyna</b>	<b>1420</b>	INŻYNIERIA BIEGANIA TEAM	K-40	1	<b>00:39:43.00</b>	+00:07:36 (19.2%)	3:58	15.1 (80.7%)
30	<b>NASTULA Dariusz</b>	<b>1038</b>		M-30	9	<b>00:39:57.75</b>	+00:07:51 (19.7%)	3:59	15 (80.2%)
31	<b>KRĘCICHWOST Kamil</b>	<b>1213</b>		M-30	10	<b>00:39:57.85</b>	+00:07:51 (19.7%)	3:59	15 (80.2%)
32	<b>ŁUSZCZ Konrad</b>	<b>1140</b>	BIEGOWA KUŹNIA	M-20	8	<b>00:40:07.65</b>	+00:08:01 (20.0%)	4:00	15 (80.2%)
33	<b>HALMAN Tomasz</b>	<b>1477</b>		M-30	11	<b>00:40:15.90</b>	+00:08:09 (20.3%)	4:01	14.9 (79.7%)
34	<b>SALISZ Dawid</b>	<b>1148</b>	HIRSCHVOGEL	M-30	12	<b>00:40:17.65</b>	+00:08:11 (20.3%)	4:01	14.9 (79.7%)
35	<b>POJDA Adam</b>	<b>1362</b>		M-30	13	<b>00:40:31.50</b>	+00:08:25 (20.8%)	4:03	14.8 (79.1%)
36	<b>BLUS Marcin</b>	<b>1121</b>		M-40	7	<b>00:40:32.80</b>	+00:08:26 (20.8%)	4:03	14.8 (79.1%)
37	<b>MANTERYS Mateusz</b>	<b>1470</b>		M-20	9	<b>00:40:41.15</b>	+00:08:34 (21.1%)	4:04	14.7 (78.6%)
38	<b>SADŁO Tomasz</b>	<b>1465</b>		M-40	8	<b>00:40:46.65</b>	+00:08:40 (21.3%)	4:04	14.7 (78.6%)
39	<b>OKAJ Artur</b>	<b>1380</b>		M-30	14	<b>00:41:16.85</b>	+00:09:10 (22.2%)	4:07	14.5 (77.5%)
40	<b>SKOWRON Marcin</b>	<b>1012</b>	TRIDIVISION TRIATHLON TEAM	M-40	9	<b>00:41:17.30</b>	+00:09:10 (22.2%)	4:07	14.5 (77.5%)
41	<b>UCIEKLAK Waldemar</b>	<b>1156</b>	PSZCZÓŁKOWSKI TEAM	M-60	2	<b>00:41:24.90</b>	+00:09:18 (22.5%)	4:08	14.5 (77.5%)
42	<b>POPIEL-POPIELEC Jakub</b>	<b>1019</b>		M-30	15	<b>00:41:28.25</b>	+00:09:21 (22.6%)	4:08	14.5 (77.5%)
43	<b>WOJAKOWSKI Krzysztof</b>	<b>1459</b>	MOMO RUNNING TEAM	M-40	10	<b>00:41:31.45</b>	+00:09:24 (22.7%)	4:09	14.5 (77.5%)
44	<b>SARDAR Katja</b>	<b>1419</b>	RUN&FUN CLUB	K-20	3	<b>00:41:33.25</b>	+00:09:26 (22.7%)	4:09	14.4 (77.0%)
45	<b>KASPRZAK Martyna</b>	<b>1454</b>	GREEN BELT RUNNER	K-30	3	<b>00:41:37.80</b>	+00:09:31 (22.9%)	4:09	14.4 (77.0%)
46	<b>PŁUCIENNIK Łukasz</b>	<b>1200</b>		M-30	16	<b>00:41:42.40</b>	+00:09:35 (23.0%)	4:10	14.4 (77.0%)
47	<b>WALOSZCZYK Krzysztof</b>	<b>1202</b>		M-40	11	<b>00:41:49.30</b>	+00:09:42 (23.2%)	4:10	14.3 (76.5%)
48	<b>CIELEPAK George</b>	<b>1462</b>	MOMO RUNNING TEAM	M-20	10	<b>00:41:53.50</b>	+00:09:47 (23.4%)	4:11	14.3 (76.5%)
49	<b>MANTERYS Danuta</b>	<b>1436</b>	AZS AWF KRAKÓW MASTERS	K-50	1	<b>00:41:59.60</b>	+00:09:53 (23.5%)	4:11	14.3 (76.5%)
50	<b>KRZANOWSKI Marcin</b>	<b>1375</b>	OASIS SPORT TEAM	M-30	17	<b>00:42:24.20</b>	+00:10:17 (24.3%)	4:14	14.2 (75.9%)
51	<b>POLIS Maciej</b>	<b>1221</b>	#HUTATEAM	M-30	18	<b>00:42:27.15</b>	+00:10:20 (24.4%)	4:14	14.1 (75.4%)
52	<b>DONIGIEWICZ Mariusz</b>	<b>1446</b>		M-40	12	<b>00:42:44.40</b>	+00:10:37 (24.9%)	4:16	14 (74.9%)
53	<b>BIELECKI Dawid</b>	<b>1418</b>	KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M-20	11	<b>00:42:46.25</b>	+00:10:39 (24.9%)	4:16	14 (74.9%)
54	<b>SLADEK Dawid</b>	<b>1107</b>		M-30	19	<b>00:42:53.75</b>	+00:10:47 (25.1%)	4:17	14 (74.9%)
55	<b>LACHOWSKI Paweł</b>	<b>1435</b>	AZS AWF KRAKÓW MASTERS	M-60	3	<b>00:43:03.50</b>	+00:10:57 (25.4%)	4:18	13.9 (74.3%)
56	<b>WRÓBLEWSKI Paweł</b>	<b>1326</b>	BOJKÓW TEAM	M-30	20	<b>00:43:05.75</b>	+00:10:59 (25.5%)	4:18	13.9 (74.3%)
57	<b>DZIUBEK Michał</b>	<b>1222</b>	W POGONI ZA DUCHEM	M-40	13	<b>00:43:07.75</b>	+00:11:01 (25.6%)	4:18	13.9 (74.3%)
58	<b>LEŚNIAK Matylda</b>	<b>1412</b>	ŚLĄSKA SIEĆ METROPOLITALNA GLIWICE	K-20	4	<b>00:43:16.70</b>	+00:11:10 (25.8%)	4:19	13.9 (74.3%)
59	<b>MICHALCZYK Maciej</b>	<b>1120</b>	FLUOR	M-40	14	<b>00:43:17.45</b>	+00:11:10 (25.8%)	4:19	13.9 (74.3%)
60	<b>CHOJNA Zygmunt</b>	<b>1466</b>	SOCIOS SILESIA	M-60	4	<b>00:43:18.95</b>	+00:11:12 (25.9%)	4:19	13.9 (74.3%)
61	<b>ZENOWICZ Kinga</b>	<b>1127</b>	ATHLETICS NYSA	K-20	5	<b>00:43:29.85</b>	+00:11:23 (26.2%)	4:20	13.8 (73.8%)
62	<b>NOWAK Mateusz</b>	<b>1020</b>		M-30	21	<b>00:43:32.85</b>	+00:11:26 (26.3%)	4:21	13.8 (73.8%)
63	<b>KUCHARCZYK Jakub</b>	<b>1413</b>	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	M-20	12	<b>00:43:33.20</b>	+00:11:26 (26.3%)	4:21	13.8 (73.8%)
64	<b>FRANKIEWICZ Marcin</b>	<b>1035</b>		M-40	15	<b>00:43:35.75</b>	+00:11:29 (26.3%)	4:21	13.8 (73.8%)
65	<b>ŁADA Przemysław</b>	<b>1455</b>		M-30	22	<b>00:43:37.30</b>	+00:11:30 (26.4%)	4:21	13.8 (73.8%)
66	<b>SKOP Sebastian</b>	<b>1316</b>		M-30	23	<b>00:43:41.60</b>	+00:11:35 (26.5%)	4:22	13.7 (73.3%)
67	<b>KILIAN Jarosław</b>	<b>1079</b>	JEJKOWICE BIEGAJĄ	M-40	16	<b>00:43:46.45</b>	+00:11:39 (26.7%)	4:22	13.7 (73.3%)
68	<b>OGAZA Mariusz</b>	<b>1062</b>	KLUB LENIWYCH BIEGACZY	M-40	17	<b>00:43:57.65</b>	+00:11:51 (27.0%)	4:23	13.7 (73.3%)
69	<b>HOMOTIUK Michał</b>	<b>1485</b>	ZATYRANI	M-40	18	<b>00:43:59.45</b>	+00:11:52 (27.0%)	4:23	13.6 (72.7%)
70	<b>ODOSZEWSKI Roman</b>	<b>1162</b>		M-40	19	<b>00:44:08.90</b>	+00:12:02 (27.3%)	4:24	13.6 (72.7%)
71	<b>SKIBA Adrian</b>	<b>1071</b>		M-20	13	<b>00:44:14.60</b>	+00:12:08 (27.4%)	4:25	13.6 (72.7%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
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	KWIECIEŃ 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	GNIECKI 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	SĄŁAPATEK 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 CHRABĄSZCZE 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	<b>ROSIŃSKI Sławomir</b>	<b>1262</b>		M-50	29	<b>01:00:01.15</b>	+00:27:54 (46.5%)	6:00	10 (53.5%)
337	<b>MOSLER Klaudia</b>	<b>1105</b>		K-30	53	<b>01:00:03.65</b>	+00:27:57 (46.5%)	6:00	10 (53.5%)
338	<b>KRUPA Beata</b>	<b>1173</b>		K-50	6	<b>01:00:10.95</b>	+00:28:04 (46.6%)	6:01	10 (53.5%)
339	<b>DOBOSZ Alicja</b>	<b>1360</b>	MOCNA EKIPA	K-20	17	<b>01:00:17.80</b>	+00:28:11 (46.7%)	6:01	10 (53.5%)
340	<b>BOGACZ Paweł</b>	<b>1248</b>	JAGODA TEAM	M-40	69	<b>01:00:18.00</b>	+00:28:11 (46.8%)	6:01	10 (53.5%)
341	<b>DOBIAS Katarzyna</b>	<b>1017</b>		K-30	54	<b>01:00:21.10</b>	+00:28:14 (46.8%)	6:02	9.9 (52.9%)
342	<b>PRZYBYŁA Damian</b>	<b>1287</b>		M-30	91	<b>01:00:30.30</b>	+00:28:23 (46.9%)	6:03	9.9 (52.9%)
343	<b>TOWAREK Agnieszka</b>	<b>1051</b>		K-40	35	<b>01:00:43.80</b>	+00:28:37 (47.1%)	6:04	9.9 (52.9%)
344	<b>KAWECKA-KUŹDŹAŁ Agnieszka</b>	<b>1258</b>		K-40	36	<b>01:00:50.65</b>	+00:28:44 (47.2%)	6:05	9.9 (52.9%)
345	<b>MARCINOWSKI Krzysztof</b>	<b>1399</b>		M-40	70	<b>01:00:53.25</b>	+00:28:46 (47.3%)	6:05	9.9 (52.9%)
346	<b>FOSZNER Paweł</b>	<b>1028</b>		M-30	92	<b>01:00:54.40</b>	+00:28:47 (47.3%)	6:05	9.9 (52.9%)
347	<b>GRABYSZ Witold</b>	<b>1383</b>		M-50	30	<b>01:00:58.15</b>	+00:28:51 (47.3%)	6:05	9.8 (52.4%)
348	<b>TWAROWSKA Celina</b>	<b>1277</b>	ETISOFT RUNNING TEAM	K-30	55	<b>01:01:03.20</b>	+00:28:56 (47.4%)	6:06	9.8 (52.4%)
349	<b>MARKOWICZ Magdalena</b>	<b>1054</b>	BOJKÓW BIEGA	K-30	56	<b>01:01:25.65</b>	+00:29:19 (47.7%)	6:08	9.8 (52.4%)
350	<b>FRANCZYK Michał</b>	<b>1356</b>	FUNDACJA TOŚKA I PRZYJACIELE	M-40	71	<b>01:01:35.50</b>	+00:29:29 (47.9%)	6:09	9.7 (51.9%)
351	<b>SZUMSKA Anna</b>	<b>1424</b>		K-30	57	<b>01:01:36.70</b>	+00:29:30 (47.9%)	6:09	9.7 (51.9%)
352	<b>SZTECHMILER Ewa</b>	<b>1285</b>	PRZERYCIE GARDENS	K-30	58	<b>01:01:38.15</b>	+00:29:31 (47.9%)	6:09	9.7 (51.9%)
353	<b>WYDRA Dawid</b>	<b>1309</b>		M-40	72	<b>01:01:40.45</b>	+00:29:33 (47.9%)	6:10	9.7 (51.9%)
354	<b>JURCZYK Mateusz</b>	<b>1397</b>		M-30	93	<b>01:01:46.15</b>	+00:29:39 (48.0%)	6:10	9.7 (51.9%)
355	<b>KOWALSKI Adam</b>	<b>1185</b>		M-40	73	<b>01:01:51.50</b>	+00:29:45 (48.1%)	6:11	9.7 (51.9%)
356	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>1081</b>		M-30	94	<b>01:01:51.70</b>	+00:29:45 (48.1%)	6:11	9.7 (51.9%)
357	<b>GIERCZYCKI Michał</b>	<b>1333</b>	CHRZAŚCZCZE CHRABAŚCZCZE DZIKI	M-30	95	<b>01:01:56.95</b>	+00:29:50 (48.2%)	6:11	9.7 (51.9%)
358	<b>ROŻEK Mariola</b>	<b>1110</b>	#HUTATEAM	K-40	37	<b>01:02:03.35</b>	+00:29:56 (48.3%)	6:12	9.7 (51.9%)
359	<b>MICHALSKA-WOJTUŃ Anna</b>	<b>1402</b>	DECATHLON GLIWICE	K-40	38	<b>01:02:15.80</b>	+00:30:09 (48.4%)	6:13	9.6 (51.3%)
360	<b>STELMASZCZYK Zbigniew</b>	<b>1243</b>	NIEZRZESZONY	M-50	31	<b>01:02:16.00</b>	+00:30:09 (48.4%)	6:13	9.6 (51.3%)
361	<b>MICZKA Justyna</b>	<b>1344</b>		K-40	39	<b>01:02:20.85</b>	+00:30:14 (48.5%)	6:14	9.6 (51.3%)
362	<b>GOSTOMCZYK Karolina</b>	<b>1303</b>		K-20	18	<b>01:02:24.70</b>	+00:30:18 (48.6%)	6:14	9.6 (51.3%)
363	<b>ORZECZOWSKA Katarzyna</b>	<b>1129</b>		K-20	19	<b>01:02:31.80</b>	+00:30:25 (48.7%)	6:15	9.6 (51.3%)
364	<b>HAWRANEK Anna</b>	<b>1239</b>		K-40	40	<b>01:02:44.40</b>	+00:30:37 (48.8%)	6:16	9.6 (51.3%)
365	<b>OPANOWSKA Anna</b>	<b>1109</b>		K-40	41	<b>01:02:47.45</b>	+00:30:40 (48.9%)	6:16	9.6 (51.3%)
366	<b>FRANCZYK Kinga</b>	<b>1066</b>	FUNDACJA TOŚKA I PRZYJACIELE	K-40	42	<b>01:02:58.55</b>	+00:30:52 (49.0%)	6:17	9.5 (50.8%)
367	<b>O'SLOW Jar</b>	<b>1482</b>	Q_PERIOR	M-40	74	<b>01:02:59.60</b>	+00:30:53 (49.0%)	6:17	9.5 (50.8%)
368	<b>PODSTUFKA Natalia</b>	<b>1150</b>		K-30	59	<b>01:03:04.35</b>	+00:30:57 (49.1%)	6:18	9.5 (50.8%)
369	<b>GŁÓWKA Marcin</b>	<b>1428</b>		M-40	75	<b>01:03:07.45</b>	+00:31:00 (49.1%)	6:18	9.5 (50.8%)
370	<b>DUDZICZ Barbara</b>	<b>1009</b>		K-40	43	<b>01:03:21.15</b>	+00:31:14 (49.3%)	6:20	9.5 (50.8%)
371	<b>HEESE Aleksander</b>	<b>1065</b>	DECATHLON&PRZYJACIELE	M-20	33	<b>01:03:23.40</b>	+00:31:16 (49.3%)	6:20	9.5 (50.8%)
372	<b>BROŻEK Bartosz</b>	<b>1161</b>		M-20	34	<b>01:03:24.65</b>	+00:31:18 (49.4%)	6:20	9.5 (50.8%)
373	<b>BAJSAROWICZ Mateusz</b>	<b>1255</b>		M-30	96	<b>01:03:30.75</b>	+00:31:24 (49.4%)	6:21	9.4 (50.3%)
374	<b>BAJSAROWICZ Justyna</b>	<b>1253</b>		K-30	60	<b>01:03:31.80</b>	+00:31:25 (49.5%)	6:21	9.4 (50.3%)
375	<b>LUROT Anna</b>	<b>1414</b>		K-30	61	<b>01:03:40.95</b>	+00:31:34 (49.6%)	6:22	9.4 (50.3%)
376	<b>SKULSKI Tomasz</b>	<b>1298</b>		M-40	76	<b>01:03:42.70</b>	+00:31:36 (49.6%)	6:22	9.4 (50.3%)
377	<b>ORDYŃSKA Agnieszka</b>	<b>1299</b>		K-40	44	<b>01:03:43.80</b>	+00:31:37 (49.6%)	6:22	9.4 (50.3%)
378	<b>GÓRNICKI Łukasz</b>	<b>1011</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-30	97	<b>01:04:04.25</b>	+00:31:57 (49.9%)	6:24	9.4 (50.3%)
379	<b>GÓRNICKA Karina</b>	<b>1010</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-30	62	<b>01:04:04.55</b>	+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	<b>CHOIŃSKI Kamil</b>	<b>1327</b>		M-20	35	<b>01:04:06.30</b>	+00:31:59 (49.9%)	6:24	9.4 (50.3%)
381	<b>FABRY Rafał</b>	<b>1163</b>		M-40	77	<b>01:04:23.95</b>	+00:32:17 (50.1%)	6:26	9.3 (49.7%)
382	<b>GÓRECKA-WRÓBEL Jolanta</b>	<b>1390</b>		K-40	45	<b>01:04:26.35</b>	+00:32:19 (50.2%)	6:26	9.3 (49.7%)
383	<b>IWASZKOWSKA Dominika</b>	<b>1206</b>		K-20	20	<b>01:04:27.25</b>	+00:32:20 (50.2%)	6:26	9.3 (49.7%)
384	<b>WIĘCŁAW Grzegorz</b>	<b>1092</b>	GLOWARZADZI.PL	M-30	98	<b>01:04:46.10</b>	+00:32:39 (50.4%)	6:28	9.3 (49.7%)
385	<b>AL-TAESH Najmaldin</b>	<b>92</b>		M-30	99	<b>01:04:48.55</b>	+00:32:42 (50.5%)	6:28	9.3 (49.7%)
386	<b>SZCZECIŃSKA Agata</b>	<b>1394</b>		K-40	46	<b>01:04:59.80</b>	+00:32:53 (50.6%)	6:29	9.2 (49.2%)
387	<b>SZCZECIŃSKI Kajetan</b>	<b>1395</b>		M-20	36	<b>01:05:00.15</b>	+00:32:53 (50.6%)	6:30	9.2 (49.2%)
388	<b>ORZAŻEWSKA Elżbieta</b>	<b>1093</b>		K-60	3	<b>01:05:30.15</b>	+00:33:23 (51.0%)	6:33	9.2 (49.2%)
389	<b>DZIECH Mariusz</b>	<b>1126</b>	FLUOR	M-50	32	<b>01:05:30.45</b>	+00:33:23 (51.0%)	6:33	9.2 (49.2%)
390	<b>PAJĄK Aleksandra</b>	<b>1172</b>	#HUTATEAM	K-40	47	<b>01:05:33.40</b>	+00:33:26 (51.0%)	6:33	9.2 (49.2%)
391	<b>RADZIKOWSKA-BUCHAŁA Magdalena</b>	<b>1240</b>		K-40	48	<b>01:05:51.10</b>	+00:33:44 (51.2%)	6:35	9.1 (48.7%)
392	<b>PŁOSKONKA Tomasz</b>	<b>1005</b>		M-30	100	<b>01:05:51.45</b>	+00:33:44 (51.2%)	6:35	9.1 (48.7%)
393	<b>GRZESIAK Anna</b>	<b>1265</b>		K-30	63	<b>01:06:14.50</b>	+00:34:08 (51.5%)	6:37	9.1 (48.7%)
394	<b>BIDZIŃSKI Piotr</b>	<b>1178</b>		M-40	78	<b>01:06:40.65</b>	+00:34:34 (51.8%)	6:40	9 (48.1%)
395	<b>TECHMAN Jakub</b>	<b>1166</b>	#HUTATEAM	M-20	37	<b>01:06:52.50</b>	+00:34:46 (52.0%)	6:41	9 (48.1%)
396	<b>JAŚNIEWICZ Sandra</b>	<b>1474</b>		K-30	64	<b>01:06:55.05</b>	+00:34:48 (52.0%)	6:41	9 (48.1%)
397	<b>WENZEL Filip</b>	<b>1379</b>	DECATHLON MAGAZYN GLIWICE	M-20	38	<b>01:06:55.30</b>	+00:34:48 (52.0%)	6:41	9 (48.1%)
398	<b>KURIANOWICZ Wiesław</b>	<b>1101</b>		M-60	9	<b>01:06:55.70</b>	+00:34:49 (52.0%)	6:41	9 (48.1%)
399	<b>ROMANIK Katarzyna</b>	<b>1293</b>		K-20	21	<b>01:06:56.10</b>	+00:34:49 (52.0%)	6:41	9 (48.1%)
400	<b>KUBICA Bożena</b>	<b>1022</b>	ZABIEGANI NAUCZYCIELE	K-50	7	<b>01:07:01.80</b>	+00:34:55 (52.1%)	6:42	9 (48.1%)
401	<b>JURCZYK Beata</b>	<b>1398</b>		K-30	65	<b>01:07:16.00</b>	+00:35:09 (52.3%)	6:43	8.9 (47.6%)
402	<b>OLSZOK Dawid</b>	<b>1103</b>	HIRSCHVOGEL	M-30	101	<b>01:07:18.45</b>	+00:35:11 (52.3%)	6:43	8.9 (47.6%)
403	<b>BOCHEŃSKI Mariusz</b>	<b>1479</b>	POMPEJANKA TEAM	M-40	79	<b>01:07:29.55</b>	+00:35:23 (52.4%)	6:44	8.9 (47.6%)
404	<b>PUDEŁKO Dominika</b>	<b>1329</b>		K-30	66	<b>01:07:59.25</b>	+00:35:52 (52.8%)	6:47	8.8 (47.1%)
405	<b>POLEWKA Tomasz</b>	<b>1410</b>	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	M-40	80	<b>01:08:09.00</b>	+00:36:02 (52.9%)	6:48	8.8 (47.1%)
406	<b>POLEWKA Julianna</b>	<b>1411</b>	UKS KOMETA GLIWICE - ŚLĄSKA SIEĆ METROPOLITALNA SP Z O.O.	K-20	22	<b>01:08:09.20</b>	+00:36:02 (52.9%)	6:48	8.8 (47.1%)
407	<b>SZYMOS Damian</b>	<b>1187</b>	RYWAL GLIWICE	M-30	102	<b>01:08:34.45</b>	+00:36:27 (53.2%)	6:51	8.8 (47.1%)
408	<b>KOZACZKIEWICZ Helena</b>	<b>1233</b>	KB ORŁY Z KNUROWA	K-60	4	<b>01:08:46.35</b>	+00:36:39 (53.3%)	6:52	8.7 (46.5%)
409	<b>TYLKOWSKA Marika</b>	<b>1007</b>	POMPEJANKA TEAM	K-20	23	<b>01:08:47.60</b>	+00:36:41 (53.3%)	6:52	8.7 (46.5%)
410	<b>SŁOCIAK Roman</b>	<b>1342</b>		M-50	33	<b>01:09:47.95</b>	+00:37:41 (54.0%)	6:58	8.6 (46.0%)
411	<b>MRÓWKA Ilona</b>	<b>1016</b>		K-50	8	<b>01:09:57.80</b>	+00:37:51 (54.1%)	6:59	8.6 (46.0%)
412	<b>PERNAK Sławomir</b>	<b>1064</b>		M-30	103	<b>01:10:46.65</b>	+00:38:40 (54.6%)	7:04	8.5 (45.5%)
413	<b>ZASADZIŃSKA Angelika</b>	<b>1160</b>	FUCHS OIL TEAM	K-30	67	<b>01:10:52.25</b>	+00:38:45 (54.7%)	7:05	8.5 (45.5%)
414	<b>HŁADKI Tadeusz</b>	<b>1315</b>	FUCHS OIL TEAM	M-40	81	<b>01:10:56.65</b>	+00:38:50 (54.7%)	7:05	8.5 (45.5%)
415	<b>ZIARNIK Helena</b>	<b>1304</b>	SLOW JOGGING GLIWICE	K-50	9	<b>01:11:01.15</b>	+00:38:54 (54.8%)	7:06	8.4 (44.9%)
416	<b>FELBERG Andrzej</b>	<b>1236</b>	PIAST GLIWICE	M-30	104	<b>01:11:16.70</b>	+00:39:10 (55.0%)	7:07	8.4 (44.9%)
417	<b>BENTKOWSKI Lesław</b>	<b>1261</b>	DIRTY SPARROWS	M-60	10	<b>01:11:22.95</b>	+00:39:16 (55.0%)	7:08	8.4 (44.9%)
418	<b>BŁOSZYK-MAŁKOWSKA Monika</b>	<b>1352</b>	LECYMY DURŚ	K-30	68	<b>01:11:23.20</b>	+00:39:16 (55.0%)	7:08	8.4 (44.9%)
419	<b>WÓJCIK Marek</b>	<b>1353</b>	ŚLĄSK ŚWIĘTOCHŁOWICE	M-30	105	<b>01:11:23.55</b>	+00:39:17 (55.0%)	7:08	8.4 (44.9%)
420	<b>SIERAKOWSKA Anna</b>	<b>1154</b>	FUCHS OIL TEAM	K-30	69	<b>01:11:28.65</b>	+00:39:22 (55.1%)	7:08	8.4 (44.9%)
421	<b>BUDZYNOWSKI Tomasz</b>	<b>1237</b>		M-30	106	<b>01:11:50.65</b>	+00:39:44 (55.3%)	7:11	8.4 (44.9%)
422	<b>DĄBROWSKA Zuzanna</b>	<b>1168</b>	#HUTATEAM	K-20	24	<b>01:13:05.45</b>	+00:40:58 (56.1%)	7:18	8.2 (43.9%)
423	<b>NOSAL Dawid</b>	<b>1169</b>	#HUTATEAM	M-20	39	<b>01:13:07.65</b>	+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	<b>KOPER Dorota</b>	<b>1004</b>		K-30	70	<b>01:14:10.05</b>	+00:42:03 (56.7%)	7:25	8.1 (43.3%)
425	<b>SZENDZIELORZ Marek</b>	<b>1073</b>		M-40	82	<b>01:14:56.85</b>	+00:42:50 (57.2%)	7:29	8 (42.8%)
426	<b>OBWIOSŁO Joanna</b>	<b>1294</b>		K-40	49	<b>01:15:08.25</b>	+00:43:01 (57.3%)	7:30	8 (42.8%)
427	<b>KOSIAK Wojciech</b>	<b>1389</b>		M-60	11	<b>01:15:12.00</b>	+00:43:05 (57.3%)	7:31	8 (42.8%)
428	<b>FRYDRYCH Przemysław</b>	<b>1021</b>	KEMPER TEAM	M-30	107	<b>01:15:25.85</b>	+00:43:19 (57.4%)	7:32	8 (42.8%)
429	<b>WALENTRZAK Wioletta</b>	<b>1324</b>	HUTATEAM	K-40	50	<b>01:16:45.95</b>	+00:44:39 (58.2%)	7:40	7.8 (41.7%)
430	<b>SEREDA Wojciech</b>	<b>1444</b>		M-30	108	<b>01:17:41.30</b>	+00:45:34 (58.7%)	7:46	7.7 (41.2%)
431	<b>ZEGZUŁA Jakub</b>	<b>1125</b>	HUTATEAM	M-20	40	<b>01:19:11.85</b>	+00:47:05 (59.5%)	7:55	7.6 (40.6%)
432	<b>SZYDŁOWSKI Szymon</b>	<b>1183</b>		M-20	41	<b>01:22:23.20</b>	+00:50:16 (61.0%)	8:14	7.3 (39.0%)
433	<b>WILKOŃ Aleksandra</b>	<b>1118</b>	#HUTATEAM	K-20	25	<b>01:32:03.30</b>	+00:59:56 (65.1%)	9:12	6.5 (34.8%)
434	<b>TUŃSKA Anna</b>	<b>1323</b>	HUTATEAM	K-50	10	<b>01:39:22.30</b>	+01:07:15 (67.7%)	9:56	6 (32.1%)
435	<b>GABOR Aleksandra</b>	<b>1015</b>		K-30	71	<b>01:42:31.90</b>	+01:10:25 (68.7%)	10:15	5.9 (31.6%)
436	<b>BOCHNIA Krzysztof</b>	<b>1231</b>	#HUTATEAM	M-30	109				(0.0%)

Znaleziono 436 wynik(ów)