



**Wydarzenie:** Półmaraton Gliwicki 2017  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-10-22  
**Miejsce:** Gliwice  
**Dystans:** 10 km

## GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>FORMICKI Rafał</b>	<b>2461</b>	CKS BUDOWLANI CZĘSTOCHOWA	M-20	1	00:00:01	00:13:57	00:19:34		<b>00:37:11.15</b>	<b>00:37:12.65</b>		3:43	16.1
2	<b>JARCO Dominik</b>	<b>2234</b>	ALPIN SPORT TEAM	M-20	2	00:00:00	00:14:08	00:20:01	00:03:33	<b>00:37:13.05</b>	<b>00:37:13.95</b>	+00:00:01	3:22	17.8
3	<b>ROSIŃSKI Artur</b>	<b>2354</b>	PARKRUN KATOWICE	M-20	3	00:00:00	00:15:19	00:20:58	00:03:33	<b>00:37:18.35</b>	<b>00:37:19.25</b>	+00:00:07	3:22	17.8
4	<b>WOJDYŁA Mateusz</b>	<b>2313</b>	GMINA STRZELCE OPOLSKIE	M-30	1	00:00:02	00:14:25	00:20:22	00:03:33	<b>00:37:30.30</b>	<b>00:37:32.90</b>	+00:00:19	3:23	17.7
5	<b>WINKLER Tomasz</b>	<b>2470</b>		M-30	2	00:00:00	00:15:18	00:20:58	00:03:33	<b>00:37:44.15</b>	<b>00:37:45.10</b>	+00:00:33	3:25	17.5
6	<b>SLADEK Dominik</b>	<b>2205</b>	NIEZRZESZONY	M-20	4	00:00:01	00:15:25	00:21:48		<b>00:38:16.10</b>	<b>00:38:17.35</b>	+00:01:04	3:49	15.7
7	<b>PSTRAŚ Leszek</b>	<b>2085</b>	PARKRUN KATOWICE	M-30	3	00:00:00	00:16:00	00:22:20		<b>00:38:23.90</b>	<b>00:38:23.90</b>	+00:01:12	3:50	15.6
8	<b>WYSOCKI Mariusz</b>	<b>2352</b>	LECYMY DURŚ	M-40	1	00:00:08	00:16:18	00:22:38		<b>00:38:28.50</b>	<b>00:38:36.85</b>	+00:01:17	3:50	15.6
9	<b>BUJNOWSKI Artur</b>	<b>2044</b>	SOKÓŁ / ENDURANCE KNURÓW	M-30	4	00:00:02	00:15:58	00:22:21		<b>00:38:53.10</b>	<b>00:38:55.75</b>	+00:01:41	3:53	15.4
10	<b>CZERWIŃSKI Michał</b>	<b>2540</b>	SBD ENERGETYK RYBNIK	M-30	5	00:00:01	00:15:55	00:22:27		<b>00:38:57.05</b>	<b>00:38:58.90</b>	+00:01:45	3:53	15.4
11	<b>JUCHA Przemysław</b>	<b>2524</b>	ANTONTEM	M-30	6	00:00:03	00:16:55	00:23:39		<b>00:39:49.85</b>	<b>00:39:52.90</b>	+00:02:38	3:58	15.1
12	<b>KAUF Damian</b>	<b>2446</b>		M-30	7	00:00:04	00:16:16	00:22:57		<b>00:39:57.05</b>	<b>00:40:01.05</b>	+00:02:45	3:59	15
13	<b>BŁASZCZYK Dominik</b>	<b>2401</b>	NIGHT RUNNERS	M-20	5	00:00:02	00:16:38	00:23:13		<b>00:40:10.05</b>	<b>00:40:12.50</b>	+00:02:58	4:01	14.9
14	<b>OCHMAN Paweł</b>	<b>2431</b>	FUTURE PROCESSING RUNNING TEAM	M-30	8	00:00:04	00:16:59	00:23:40		<b>00:40:15.05</b>	<b>00:40:19.05</b>	+00:03:03	4:01	14.9
15	<b>PRZEŹDZIAK Zygmunt</b>	<b>2323</b>	KRONOSPAN STRZELCE OPOLSKIE	M-40	2	00:00:04	00:16:51	00:23:34		<b>00:40:21.85</b>	<b>00:40:26.45</b>	+00:03:10	4:02	14.9
16	<b>PIOTROWSKI Łukasz</b>	<b>2210</b>		M-30	9	00:00:01	00:16:29	00:23:16		<b>00:40:38.55</b>	<b>00:40:40.05</b>	+00:03:27	4:03	14.8
17	<b>WISZYŃSKI Damian</b>	<b>2357</b>		M-30	10	00:00:02	00:16:57	00:23:46		<b>00:40:41.35</b>	<b>00:40:44.15</b>	+00:03:30	4:04	14.7
18	<b>LAMPARSKI Łukasz</b>	<b>2063</b>		M-20	6	00:00:01	00:16:43	00:23:38		<b>00:40:59.95</b>	<b>00:41:01.70</b>	+00:03:48	4:06	14.6
19	<b>RAJWA Marcin</b>	<b>2375</b>		M-20	7	00:00:03	00:16:09	00:23:09		<b>00:41:06.30</b>	<b>00:41:09.40</b>	+00:03:55	4:06	14.6
20	<b>CIECIAK Grzegorz</b>	<b>2480</b>	MEGWAT RUNNING TEAM	M-40	3	00:00:08	00:17:04	00:23:52		<b>00:41:07.15</b>	<b>00:41:15.80</b>	+00:03:56	4:06	14.6
21	<b>GOLBA Kasia</b>	<b>2543</b>	1SECOND TEAM	K-20	1	00:00:02	00:16:52	00:23:55		<b>00:41:22.65</b>	<b>00:41:25.30</b>	+00:04:11	4:08	14.5
22	<b>SZABELSKI Krzysztof</b>	<b>2397</b>	FUTURE PROCESSING RUNNING TEAM	M-30	11	00:00:06	00:16:47	00:23:41		<b>00:41:26.65</b>	<b>00:41:32.85</b>	+00:04:15	4:08	14.5
22	<b>GRAMATYKA Jan</b>	<b>2399</b>	FUTURE PROCESSING RUNNING TEAM	M-30	12	00:00:05	00:16:48	00:23:42		<b>00:41:27.05</b>	<b>00:41:32.85</b>	+00:04:15	4:08	14.5
24	<b>LEWICKA Elżbieta</b>	<b>2149</b>	NIEZRZESZONA	K-40	1	00:00:02	00:17:24	00:24:19		<b>00:41:43.75</b>	<b>00:41:46.20</b>	+00:04:32	4:10	14.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
25	<b>WISZNIEWSKI Dariusz</b>	<b>2382</b>	ANTONTEAM	M-40	4	00:00:03	00:16:55	00:23:55		<b>00:42:02.15</b>	<b>00:42:05.50</b>	+00:04:51	4:12	14.3
26	<b>MAJ Witold</b>	<b>2475</b>	OLDBOYS TRUSKOLASY	M-50	1	00:00:16	00:17:03	00:24:04		<b>00:42:04.15</b>	<b>00:42:20.85</b>	+00:04:53	4:12	14.3
27	<b>ALKER Andrzej</b>	<b>2087</b>		M-20	8	00:00:03	00:17:31	00:24:43		<b>00:42:57.45</b>	<b>00:43:00.75</b>	+00:05:46	4:17	14
28	<b>WASZTYL Grzegorz</b>	<b>2520</b>		M-40	5	00:00:09	00:17:28	00:24:37		<b>00:42:57.25</b>	<b>00:43:07.15</b>	+00:05:46	4:17	14
29	<b>NIKIEL Marcin</b>	<b>2054</b>		M-30	13	00:00:03	00:17:26	00:24:38		<b>00:43:06.45</b>	<b>00:43:10.30</b>	+00:05:55	4:18	13.9
30	<b>ZDEBEL Dariusz</b>	<b>2160</b>	LECYMY DURŚ	M-40	6	00:00:07	00:18:04	00:25:14		<b>00:43:11.90</b>	<b>00:43:19.40</b>	+00:06:00	4:19	13.9
31	<b>MAJEWSKI Andrzej</b>	<b>2303</b>	KRONOSPAN STRZELCE OPOLSKIE	M-30	14	00:00:07	00:18:02	00:25:20		<b>00:43:29.50</b>	<b>00:43:37.30</b>	+00:06:18	4:21	13.8
32	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>2262</b>	AKMB PĘDZIWIATR GLIWCE	K-30	1	00:00:03	00:17:45	00:25:07		<b>00:43:46.65</b>	<b>00:43:50.05</b>	+00:06:35	4:22	13.7
33	<b>KUCHTA Mirosław</b>	<b>2212</b>	REMGUM	M-50	2	00:00:04	00:18:00	00:25:23		<b>00:44:08.40</b>	<b>00:44:12.40</b>	+00:06:57	4:24	13.6
34	<b>ROSIKOŃ Tomasz</b>	<b>2269</b>		M-30	15	00:00:08	00:18:01	00:25:18		<b>00:44:07.00</b>	<b>00:44:15.05</b>	+00:06:55	4:24	13.6
35	<b>GŁOWA Dariusz</b>	<b>2243</b>		M-40	7	00:00:06	00:18:28	00:25:51		<b>00:44:15.45</b>	<b>00:44:21.55</b>	+00:07:04	4:25	13.6
36	<b>BOMBELKA Daniel</b>	<b>2376</b>	KRONOSPAN STRZELCE OPOLSKIE	M-20	9	00:00:07	00:18:49	00:26:09		<b>00:44:15.20</b>	<b>00:44:22.55</b>	+00:07:04	4:25	13.6
37	<b>BIENIECKI Marek</b>	<b>2539</b>	OTK RZEŹNIK	M-18	1	00:00:08	00:18:12	00:25:33		<b>00:44:30.80</b>	<b>00:44:39.30</b>	+00:07:19	4:27	13.5
38	<b>NOWAK Mateusz</b>	<b>2050</b>		M-20	10	00:00:02	00:17:58	00:25:39		<b>00:44:41.40</b>	<b>00:44:43.75</b>	+00:07:30	4:28	13.4
39	<b>BRZOSKA Piotr</b>	<b>2363</b>	BIEGNĘ BO MI MARCIN KAZAŁ	M-30	18	00:00:03	00:18:24	00:25:52		<b>00:44:47.10</b>	<b>00:44:50.40</b>	+00:07:35	4:28	13.4
40	<b>KRAUSE Szymon</b>	<b>2155</b>		M-30	19	00:00:03	00:18:24	00:26:01		<b>00:44:52.05</b>	<b>00:44:55.25</b>	+00:07:40	4:29	13.4
41	<b>JAKUBIAK Dawid</b>	<b>2084</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-30	17	00:00:18	00:18:43	00:26:21		<b>00:44:42.85</b>	<b>00:45:01.05</b>	+00:07:31	4:28	13.4
42	<b>HALMAN Tomasz</b>	<b>2371</b>		M-30	16	00:00:25	00:18:11	00:25:42		<b>00:44:37.55</b>	<b>00:45:03.15</b>	+00:07:26	4:27	13.4
43	<b>BABIUCH Karol</b>	<b>2321</b>		M-30	21	00:00:17	00:18:33	00:25:59		<b>00:45:13.75</b>	<b>00:45:31.70</b>	+00:08:02	4:31	13.3
44	<b>GAWLIK Sandra</b>	<b>2187</b>		K-30	2	00:00:02	00:18:42	00:26:20		<b>00:45:32.20</b>	<b>00:45:34.85</b>	+00:08:21	4:33	13.2
45	<b>MRÓZEK Tomasz</b>	<b>2265</b>		M-30	22	00:00:22	00:19:13	00:26:39		<b>00:45:22.40</b>	<b>00:45:44.70</b>	+00:08:11	4:32	13.2
46	<b>JURGA Adam</b>	<b>2384</b>	KS OLKUSZ	M-30	23	00:00:07	00:18:22	00:26:05		<b>00:45:37.30</b>	<b>00:45:45.10</b>	+00:08:26	4:33	13.1
47	<b>LNIANY Beniamin</b>	<b>2039</b>	POBIEGA(L)NIANY	M-40	8	00:00:06	00:18:42	00:26:25		<b>00:45:45.40</b>	<b>00:45:52.05</b>	+00:08:34	4:34	13.1
48	<b>PACANA Patryk</b>	<b>2043</b>	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:13	00:18:59	00:26:21		<b>00:45:42.00</b>	<b>00:45:55.30</b>	+00:08:30	4:34	13.1
49	<b>CZERNIK Jakub</b>	<b>2396</b>	ELZAB ACTIVE TEAM	M-20	14	00:00:16	00:18:26	00:26:05		<b>00:45:52.95</b>	<b>00:46:09.30</b>	+00:08:41	4:35	13.1
50	<b>SMOTER Wojciech</b>	<b>2507</b>	SBRT GLIWCE	M-40	10	00:00:03	00:18:46	00:26:31		<b>00:46:09.30</b>	<b>00:46:13.00</b>	+00:08:58	4:37	13
51	<b>DONIGIEWICZ Mariusz</b>	<b>2315</b>		M-30	20	00:01:03	00:19:14	00:26:36		<b>00:45:09.80</b>	<b>00:46:13.55</b>	+00:07:58	4:31	13.3
52	<b>CZYŻYKOWSKI Marcin</b>	<b>2307</b>	SW RUNNERS	M-40	9	00:00:24	00:18:56	00:26:28		<b>00:45:56.00</b>	<b>00:46:20.95</b>	+00:08:44	4:35	13.1
53	<b>BUGAJCZYK Piotr</b>	<b>2069</b>	PROGRESS BYTOM	M-30	25	00:00:04	00:18:39	00:26:24		<b>00:46:24.40</b>	<b>00:46:28.55</b>	+00:09:13	4:38	12.9
54	<b>KŁACZEK Grzegorz</b>	<b>2428</b>	WIESZOWA	M-50	3	00:00:07	00:19:09	00:26:51		<b>00:46:23.10</b>	<b>00:46:30.50</b>	+00:09:11	4:38	12.9
55	<b>NENKO Barbara</b>	<b>2378</b>	AUGUSTEAM	K-30	3	00:00:12	00:19:06	00:26:43		<b>00:46:20.00</b>	<b>00:46:32.05</b>	+00:09:08	4:38	12.9
56	<b>PIECUCH Agnieszka</b>	<b>2250</b>		K-30	4	00:00:14	00:19:22	00:26:58		<b>00:46:27.35</b>	<b>00:46:41.90</b>	+00:09:16	4:38	12.9
57	<b>WICHARY Marcin</b>	<b>2056</b>	ISTA BIEGAMY	M-30	26	00:00:11	00:19:18	00:27:01		<b>00:46:33.20</b>	<b>00:46:44.75</b>	+00:09:22	4:39	12.9
58	<b>DACZYŃSKI Michał</b>	<b>2103</b>	VEGERUNNERS	M-40	11	00:00:18	00:19:20	00:27:01		<b>00:46:36.35</b>	<b>00:46:55.10</b>	+00:09:25	4:39	12.9
59	<b>SZABRA Dawid</b>	<b>2204</b>	-	M-20	11	00:01:47	00:18:35	00:26:07		<b>00:45:19.15</b>	<b>00:47:06.90</b>	+00:08:08	4:31	13.2
60	<b>KOWALSKI Tomasz</b>	<b>2443</b>		M-30	28	00:00:09	00:18:44	00:26:50		<b>00:46:59.50</b>	<b>00:47:08.85</b>	+00:09:48	4:41	12.8
61	<b>WARZYŃSKI Wojciech</b>	<b>2484</b>		M-30	30	00:00:07	00:19:23	00:27:22		<b>00:47:09.25</b>	<b>00:47:16.60</b>	+00:09:58	4:42	12.7
62	<b>GOŁYŚ Grzegorz</b>	<b>2503</b>	CERTUM	M-20	12	00:01:42	00:19:14	00:26:37		<b>00:45:37.85</b>	<b>00:47:20.10</b>	+00:08:26	4:33	13.1
63	<b>WATOŁA Marek</b>	<b>2017</b>	M&M	M-30	31	00:00:11	00:19:31	00:27:28		<b>00:47:13.85</b>	<b>00:47:24.85</b>	+00:10:02	4:43	12.7
64	<b>HORA Grzegorz</b>	<b>2115</b>		M-30	24	00:01:08	00:20:03	00:27:24		<b>00:46:17.30</b>	<b>00:47:26.05</b>	+00:09:06	4:37	13

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						startu	10_km 4.3km		15_km 6km	netto 10km			brutto 10km
65	<b>BICZYSKI Paweł</b>	<b>2023</b>	PSYCHONAUCI	M-30	29	00:00:25	00:19:15	00:26:59	<b>00:47:08.40</b>	<b>00:47:33.50</b>	+00:09:57	4:42	12.7
66	<b>KIERAT Paweł</b>	<b>2053</b>		M-30	32	00:00:14	00:18:27	00:26:17	<b>00:47:21.45</b>	<b>00:47:35.45</b>	+00:10:10	4:44	12.7
67	<b>MAZUR Witold</b>	<b>2296</b>	PROPOINT	M-20	15	00:00:35	00:20:21	00:28:10	<b>00:47:01.30</b>	<b>00:47:36.90</b>	+00:09:50	4:42	12.8
68	<b>LATACZ Tomasz</b>	<b>2235</b>		M-40	12	00:00:24	00:19:28	00:27:16	<b>00:47:14.30</b>	<b>00:47:39.10</b>	+00:10:03	4:43	12.7
69	<b>KOCIEMBA Patryk</b>	<b>2020</b>		M-30	27	00:00:44	00:19:35	00:27:21	<b>00:46:58.45</b>	<b>00:47:43.05</b>	+00:09:47	4:41	12.8
70	<b>WOJTAS Paweł</b>	<b>2346</b>	3940	M-20	17	00:00:10	00:19:23	00:27:27	<b>00:47:35.05</b>	<b>00:47:45.40</b>	+00:10:23	4:45	12.6
71	<b>STULIK Paweł</b>	<b>2130</b>		M-30	33	00:00:28	00:19:59	00:27:43	<b>00:47:22.95</b>	<b>00:47:51.60</b>	+00:10:11	4:44	12.7
72	<b>SUPETA Andrzej</b>	<b>2519</b>		M-30	34	00:00:29	00:19:48	00:27:18	<b>00:47:25.20</b>	<b>00:47:55.00</b>	+00:10:14	4:44	12.6
73	<b>JANOSZ Sławek</b>	<b>2186</b>		M-30	35	00:00:28	00:19:50	00:27:36	<b>00:47:33.35</b>	<b>00:48:02.15</b>	+00:10:22	4:45	12.6
74	<b>MARCZAK Paweł</b>	<b>2066</b>		M-30	36	00:00:23	00:19:34	00:27:37	<b>00:47:43.95</b>	<b>00:48:07.05</b>	+00:10:32	4:46	12.6
75	<b>ZAKRZOWSKI Krzysztof</b>	<b>2467</b>	TENNECO AUTOMOTIVE EASTERN EUROPE	M-20	18	00:00:36	00:19:28	00:27:31	<b>00:47:41.10</b>	<b>00:48:17.50</b>	+00:10:29	4:46	12.6
76	<b>HERMAN Anna</b>	<b>2166</b>	RUNONLINE TEAM	K-40	2	00:00:00			<b>00:48:28.00</b>	<b>00:48:28.00</b>	+00:11:16	4:50	12.4
77	<b>CHOLEWA Grzegorz</b>	<b>2215</b>		M-30	38	00:00:05	00:19:53	00:27:55	<b>00:48:27.50</b>	<b>00:48:33.10</b>	+00:11:16	4:50	12.4
78	<b>SIERADZKI Adam</b>	<b>2292</b>	PROPOINT	M-20	19	00:00:31	00:20:07	00:27:57	<b>00:48:03.05</b>	<b>00:48:34.45</b>	+00:10:51	4:48	12.5
79	<b>SKIBA Adam</b>	<b>2536</b>		M-40	14	00:00:23	00:20:03	00:28:04	<b>00:48:11.85</b>	<b>00:48:35.80</b>	+00:11:00	4:49	12.4
79	<b>ŚWITALSKI Adam</b>	<b>2421</b>		M-20	16	00:01:13	00:21:12	00:28:50	<b>00:47:21.95</b>	<b>00:48:35.80</b>	+00:10:10	4:44	12.7
81	<b>SZKLARZ Sebastian</b>	<b>2047</b>		M-30	37	00:00:26	00:20:16	00:28:15	<b>00:48:27.30</b>	<b>00:48:53.60</b>	+00:11:16	4:50	12.4
82	<b>SITARSKI Mateusz</b>	<b>2233</b>		M-20	21	00:00:39	00:20:32	00:28:24	<b>00:48:15.20</b>	<b>00:48:54.95</b>	+00:11:04	4:49	12.4
83	<b>PACANA Krzysztof</b>	<b>2114</b>		M-20	20	00:00:49	00:19:32	00:27:34	<b>00:48:06.25</b>	<b>00:48:56.05</b>	+00:10:55	4:48	12.5
84	<b>PUPIELK Kamil</b>	<b>2550</b>		M-18	2	00:00:13	00:19:00	00:27:12	<b>00:48:45.20</b>	<b>00:48:58.45</b>	+00:11:34	4:52	12.3
85	<b>HODOR Robert</b>	<b>2176</b>		M-40	13	00:01:02	00:19:59	00:27:58	<b>00:47:57.50</b>	<b>00:49:00.05</b>	+00:10:46	4:47	12.5
86	<b>JAŁOWIEC Ryszard</b>	<b>2304</b>	KS OLKUSZ	M-60	1	00:00:08	00:20:08	00:28:19	<b>00:49:06.80</b>	<b>00:49:15.05</b>	+00:11:55	4:54	12.2
87	<b>MACHAŁA Marek</b>	<b>2332</b>	LUCKY LOSERS	M-40	16	00:00:11	00:19:39	00:27:45	<b>00:49:06.95</b>	<b>00:49:18.40</b>	+00:11:55	4:54	12.2
88	<b>LITWINCZUK Gabriel</b>	<b>2383</b>		M-30	40	00:00:33	00:19:51	00:27:58	<b>00:48:50.25</b>	<b>00:49:23.75</b>	+00:11:39	4:53	12.3
89	<b>ZDON Paweł</b>	<b>2407</b>		M-30	39	00:00:47	00:21:01	00:28:57	<b>00:48:44.20</b>	<b>00:49:31.90</b>	+00:11:33	4:52	12.3
90	<b>WAŁĘDZIK Anna</b>	<b>2449</b>	MIECHOWICKA GRUPA BIEGOWA	K-30	5	00:00:17	00:20:19	00:28:33	<b>00:49:23.35</b>	<b>00:49:40.65</b>	+00:12:12	4:56	12.1
91	<b>BURZAWA Jarosław</b>	<b>2300</b>		M-40	17	00:00:28	00:20:13	00:28:30	<b>00:49:16.05</b>	<b>00:49:44.70</b>	+00:12:04	4:55	12.2
92	<b>CYBULSKI Paweł</b>	<b>2295</b>	PROPOINT	M-20	24	00:00:34	00:20:12	00:28:26	<b>00:49:11.35</b>	<b>00:49:46.10</b>	+00:12:00	4:55	12.2
93	<b>SMOLARCZYK Dominik</b>	<b>2362</b>	MŁODE WILKI	M-40	18	00:00:25	00:20:24	00:28:35	<b>00:49:21.75</b>	<b>00:49:47.55</b>	+00:12:10	4:56	12.2
93	<b>KOWAL Dariusz</b>	<b>2460</b>		M-40	15	00:01:22	00:21:14	00:28:51	<b>00:48:25.35</b>	<b>00:49:47.55</b>	+00:11:14	4:50	12.4
95	<b>SKUPIEŃ Małgorzata</b>	<b>2122</b>	ETISOFT RUNNING TEAM	K-20	2	00:00:42	00:21:07	00:29:09	<b>00:49:12.75</b>	<b>00:49:54.95</b>	+00:12:01	4:55	12.2
96	<b>WESTER Mieczysław</b>	<b>2278</b>		M-40	19	00:00:21	00:20:23	00:28:41	<b>00:49:33.70</b>	<b>00:49:55.10</b>	+00:12:22	4:57	12.1
97	<b>SZWARCZYŃSKI Michał</b>	<b>2013</b>		M-30	46	00:00:09	00:19:40	00:27:59	<b>00:49:58.50</b>	<b>00:50:08.35</b>	+00:12:47	4:59	12
98	<b>PASECKA Sylwia</b>	<b>2333</b>		K-40	4	00:00:21	00:20:47	00:29:05	<b>00:49:48.15</b>	<b>00:50:09.55</b>	+00:12:37	4:58	12
99	<b>FRĄCZYK Małgorzata</b>	<b>2213</b>		K-40	3	00:00:48	00:20:24	00:28:30	<b>00:49:25.00</b>	<b>00:50:13.05</b>	+00:12:13	4:56	12.1
100	<b>SZULC Sebastian</b>	<b>2012</b>		M-20	26	00:00:23	00:20:17	00:28:36	<b>00:49:51.00</b>	<b>00:50:14.40</b>	+00:12:39	4:59	12
101	<b>STRONCZYŃSKI Andrzej</b>	<b>2309</b>	NIGHT RUNNERS GLIWCE	M-20	22	00:01:10	00:21:10	00:29:05	<b>00:49:04.65</b>	<b>00:50:15.15</b>	+00:11:53	4:54	12.2
102	<b>DYLONG Piotr</b>	<b>2165</b>		M-50	4	00:01:09	00:20:18	00:28:35	<b>00:49:12.30</b>	<b>00:50:22.15</b>	+00:12:01	4:55	12.2
103	<b>KASPRZYK Marcin</b>	<b>2216</b>		M-30	44	00:00:47	00:20:20	00:28:32	<b>00:49:36.50</b>	<b>00:50:24.30</b>	+00:12:25	4:57	12.1
104	<b>JANIK Sergiusz</b>	<b>2370</b>		M-20	25	00:01:01	00:20:41	00:28:46	<b>00:49:26.50</b>	<b>00:50:27.65</b>	+00:12:15	4:56	12.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
105	<b>PRZYGODZKI Damian</b>	<b>2172</b>	JAZZY	M-20	27	00:00:19	00:21:31	00:29:50		<b>00:50:09.35</b>	<b>00:50:28.40</b>	+00:12:58	5:00	12
106	<b>SZCZERZEK Zbigniew</b>	<b>2257</b>		M-60	2	00:00:00				<b>00:50:34.00</b>	<b>00:50:34.00</b>	+00:13:22	5:03	11.9
107	<b>WYCIŚLIK Marcin</b>	<b>2081</b>	HIRSCHVOGEL	M-30	41	00:01:37	00:20:22	00:28:24		<b>00:48:59.30</b>	<b>00:50:36.35</b>	+00:11:48	4:53	12.2
108	<b>DROSDZOL Piotr</b>	<b>2348</b>	ZDYCHOM ALE LECA	M-20	23	00:01:34	00:21:32	00:29:38		<b>00:49:06.70</b>	<b>00:50:41.00</b>	+00:11:55	4:54	12.2
109	<b>ZIELIŃSKI Sebastian</b>	<b>2271</b>		M-30	43	00:01:26	00:20:07	00:28:24		<b>00:49:16.60</b>	<b>00:50:43.15</b>	+00:12:05	4:55	12.2
110	<b>PIKUL Wiktoria</b>	<b>2177</b>		K-18	1	00:00:28	00:21:18	00:29:39		<b>00:50:17.60</b>	<b>00:50:45.60</b>	+00:13:06	5:01	11.9
111	<b>PRONCZUK Marcin</b>	<b>2036</b>	ETISOFT RUNNING TEAM	M-30	48	00:00:22	00:20:26	00:29:29		<b>00:50:25.50</b>	<b>00:50:48.15</b>	+00:13:14	5:02	11.9
112	<b>ŻEROMSKI Stefan</b>	<b>2218</b>	JASNA	M-50	5	00:00:12	00:21:39	00:29:56		<b>00:50:40.05</b>	<b>00:50:52.65</b>	+00:13:28	5:04	11.8
113	<b>SETNIK Robert</b>	<b>2500</b>		M-40	20	00:00:05	00:19:32	00:28:24		<b>00:50:48.15</b>	<b>00:50:53.15</b>	+00:13:37	5:04	11.8
114	<b>SKUBAŁA Janusz</b>	<b>2329</b>	LUCKY LOSERS	M-30	50	00:00:10	00:20:36	00:29:13		<b>00:50:45.70</b>	<b>00:50:56.50</b>	+00:13:34	5:04	11.8
115	<b>KUKURBA Mikołaj</b>	<b>2360</b>	OMNISQUARE	M-30	42	00:01:55	00:20:31	00:28:42		<b>00:49:01.90</b>	<b>00:50:57.25</b>	+00:11:50	4:54	12.2
116	<b>SOKOŁOWSKI Łukasz</b>	<b>2299</b>		M-30	49	00:00:17	00:20:54	00:29:19		<b>00:50:40.50</b>	<b>00:50:57.50</b>	+00:13:29	5:04	11.8
117	<b>DUBIEL Leszek</b>	<b>2121</b>		M-30	47	00:00:59	00:20:07	00:28:30		<b>00:50:05.40</b>	<b>00:51:05.15</b>	+00:12:54	5:00	12
118	<b>WAŚ Szymon</b>	<b>2483</b>		M-20	28	00:00:43	00:21:09	00:29:19		<b>00:50:27.25</b>	<b>00:51:10.25</b>	+00:13:16	5:02	11.9
119	<b>MACH Marcin</b>	<b>2200</b>		M-40	22	00:00:06	00:20:58	00:29:28		<b>00:51:08.10</b>	<b>00:51:15.05</b>	+00:13:56	5:06	11.7
120	<b>JANOWSKI Piotr</b>	<b>2367</b>		M-50	6	00:00:11	00:21:05	00:29:39		<b>00:51:11.65</b>	<b>00:51:22.90</b>	+00:14:00	5:07	11.7
121	<b>YOSHIDA Daisuke</b>	<b>2335</b>	TAKENAKA	M-30	45	00:01:34	00:21:22	00:29:11		<b>00:49:57.30</b>	<b>00:51:32.25</b>	+00:12:46	4:59	12
122	<b>GABRYŚ Seba</b>	<b>2516</b>	NIGHT RUNNER GLIWICE	M-40	23	00:00:12	00:20:57	00:29:33		<b>00:51:24.60</b>	<b>00:51:37.15</b>	+00:14:13	5:08	11.7
123	<b>ZIOMEK Katarzyna</b>	<b>2137</b>		K-30	6	00:00:51	00:20:40	00:29:08		<b>00:50:46.50</b>	<b>00:51:37.65</b>	+00:13:35	5:04	11.8
124	<b>ŻOŁĄDŹ Marlena</b>	<b>2264</b>		K-20	3	00:01:06	00:21:47	00:30:13		<b>00:50:37.35</b>	<b>00:51:43.50</b>	+00:13:26	5:03	11.9
125	<b>SZCZYRBA Agnieszka</b>	<b>2190</b>		K-20	5	00:00:46	00:20:59	00:29:22		<b>00:51:00.95</b>	<b>00:51:47.00</b>	+00:13:49	5:06	11.8
126	<b>SKORUPSKI Paweł</b>	<b>2195</b>		M-30	51	00:00:44	00:20:52	00:29:27		<b>00:51:05.50</b>	<b>00:51:49.90</b>	+00:13:54	5:06	11.7
127	<b>JUROWICZ Mariusz</b>	<b>2416</b>		M-20	29	00:00:45	00:20:58	00:29:14		<b>00:51:05.20</b>	<b>00:51:50.30</b>	+00:13:54	5:06	11.7
128	<b>HAJOK Marek</b>	<b>2173</b>		M-40	21	00:00:44	00:20:53	00:29:28		<b>00:51:07.05</b>	<b>00:51:51.20</b>	+00:13:55	5:06	11.7
129	<b>WIŚNIEWSKA Dominika</b>	<b>2462</b>		K-20	4	00:01:25	00:21:16	00:29:34		<b>00:50:37.85</b>	<b>00:52:02.85</b>	+00:13:26	5:03	11.9
130	<b>GARNCARZ Jakub</b>	<b>2140</b>		M-30	55	00:00:06	00:21:31	00:30:14		<b>00:52:05.30</b>	<b>00:52:12.00</b>	+00:14:54	5:12	11.5
131	<b>RUBIN Katarzyna</b>	<b>2487</b>		K-20	6	00:00:36	00:21:16	00:29:41		<b>00:51:36.80</b>	<b>00:52:13.20</b>	+00:14:25	5:09	11.6
132	<b>MISIUREK Ernest</b>	<b>2175</b>	SRH 73PP KATOWICE	M-40	25	00:00:11	00:20:36	00:29:35		<b>00:52:08.95</b>	<b>00:52:20.55</b>	+00:14:57	5:12	11.5
133	<b>SOKOŁOWSKI Mateusz</b>	<b>2277</b>		M-20	33	00:00:17	00:22:00	00:30:36		<b>00:52:15.80</b>	<b>00:52:32.80</b>	+00:15:04	5:13	11.5
134	<b>ANTONIAK Mateusz</b>	<b>2422</b>		M-20	30	00:01:04	00:21:06	00:29:25		<b>00:51:30.05</b>	<b>00:52:34.55</b>	+00:14:18	5:09	11.7
135	<b>GOŁĘBIEWSKI Marek</b>	<b>2456</b>		M-30	53	00:01:19	00:21:01	00:29:39		<b>00:51:15.70</b>	<b>00:52:34.75</b>	+00:14:04	5:07	11.7
136	<b>STARCZAŁA Piotr</b>	<b>2481</b>	MEGAWAT RUNNING TEAM	M-40	24	00:00:37	00:21:26	00:29:54		<b>00:52:04.70</b>	<b>00:52:41.70</b>	+00:14:53	5:12	11.5
137	<b>GŁÓWKA Piotr</b>	<b>2387</b>		M-30	54	00:00:54	00:20:59	00:29:30		<b>00:51:48.40</b>	<b>00:52:42.45</b>	+00:14:37	5:10	11.6
138	<b>OGONOWSKI Edwawrd</b>	<b>2305</b>	ŻÓŁWK OPOLE	M-60	3	00:01:16	00:21:42	00:30:12		<b>00:51:31.00</b>	<b>00:52:47.05</b>	+00:14:19	5:09	11.6
139	<b>SZWAJKOSZ Szczepan</b>	<b>2282</b>		M-30	57	00:00:31	00:20:54	00:29:39		<b>00:52:16.45</b>	<b>00:52:47.65</b>	+00:15:05	5:13	11.5
140	<b>BZDYK Iwona</b>	<b>2157</b>	PARKRUN KATOWICE	K-30	7	00:00:46	00:22:15	00:30:47		<b>00:52:01.65</b>	<b>00:52:48.50</b>	+00:14:50	5:12	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
										netto 10km	brutto 10km			Różn
141	<b>SUBIK Tomasz</b>	<b>2150</b>		M-30	59	00:00:24	00:22:07	00:30:44		<b>00:52:26.90</b>	<b>00:52:51.10</b>	+00:15:15	5:14	11.4
142	<b>WOJTYŁA Tymoteusz</b>	<b>2052</b>	JAZZY	M-20	31	00:01:00	00:21:58	00:30:29		<b>00:51:51.10</b>	<b>00:52:51.60</b>	+00:14:39	5:11	11.6
143	<b>KACZMARZYK Arkadiusz</b>	<b>2272</b>		M-30	60	00:00:29	00:22:13	00:30:54		<b>00:52:30.40</b>	<b>00:52:59.55</b>	+00:15:19	5:15	11.4
144	<b>ORŁOWSKI Kamil</b>	<b>2533</b>		M-20	32	00:01:02	00:21:21	00:29:45		<b>00:51:58.25</b>	<b>00:53:00.30</b>	+00:14:47	5:11	11.5
145	<b>BRODALA Agnieszka</b>	<b>2245</b>		K-30	10	00:00:21	00:22:03	00:30:45		<b>00:52:43.45</b>	<b>00:53:05.00</b>	+00:15:32	5:16	11.4
146	<b>BIENIEK Dawid</b>	<b>2246</b>		M-20	34	00:00:21	00:22:03	00:30:45		<b>00:52:43.95</b>	<b>00:53:05.65</b>	+00:15:32	5:16	11.4
147	<b>MERMON Artur</b>	<b>2230</b>		M-50	8	00:00:08	00:21:48	00:30:34		<b>00:53:08.10</b>	<b>00:53:16.85</b>	+00:15:56	5:18	11.3
148	<b>WYLEŻOŁ Piotr</b>	<b>2454</b>	RUN DMC	M-30	52	00:02:16	00:21:22	00:29:54		<b>00:51:07.25</b>	<b>00:53:24.00</b>	+00:13:56	5:06	11.7
149	<b>ZARUDZKI Łukasz</b>	<b>2353</b>	NOTHING TO FEAR	M-40	27	00:01:03	00:21:52	00:30:35		<b>00:52:23.35</b>	<b>00:53:26.45</b>	+00:15:12	5:14	11.5
150	<b>PLOCH Karolina</b>	<b>2154</b>		K-30	8	00:01:11	00:21:50	00:30:22		<b>00:52:19.65</b>	<b>00:53:31.30</b>	+00:15:08	5:14	11.5
151	<b>PAWLINA Piotr</b>	<b>2029</b>		M-40	28	00:01:12	00:21:52	00:30:29		<b>00:52:33.50</b>	<b>00:53:46.20</b>	+00:15:22	5:15	11.4
151	<b>EICHHOF Joanna</b>	<b>2030</b>		K-40	5	00:01:12	00:21:52	00:30:30		<b>00:52:33.55</b>	<b>00:53:46.20</b>	+00:15:22	5:15	11.4
153	<b>JAWORSKI Jakub</b>	<b>2369</b>		M-20	35	00:00:59	00:22:04	00:30:53		<b>00:52:52.30</b>	<b>00:53:52.25</b>	+00:15:41	5:17	11.3
154	<b>WIĘCKOWSKI-GAWRON Mateusz</b>	<b>2412</b>		M-20	36	00:01:00	00:22:02	00:30:53		<b>00:52:52.40</b>	<b>00:53:52.50</b>	+00:15:41	5:17	11.3
155	<b>WILK Krzysztof</b>	<b>2380</b>		M-40	26	00:01:47	00:21:12	00:29:35		<b>00:52:09.85</b>	<b>00:53:57.10</b>	+00:14:58	5:13	11.5
156	<b>GRYCMAN Michał</b>	<b>2496</b>		M-20	37	00:00:32	00:21:50	00:30:49		<b>00:53:28.05</b>	<b>00:54:00.20</b>	+00:16:16	5:20	11.2
157	<b>MIKA Szymon</b>	<b>2372</b>		M-30	67	00:00:36	00:22:40	00:31:26		<b>00:53:23.65</b>	<b>00:54:00.30</b>	+00:16:12	5:20	11.2
158	<b>RASZYK Alina</b>	<b>2283</b>	AMBITNI TETRYCY	K-40	6	00:00:49	00:21:57	00:30:43		<b>00:53:13.40</b>	<b>00:54:02.40</b>	+00:16:02	5:19	11.3
159	<b>KOLOSKA Karina</b>	<b>2258</b>		K-20	7	00:00:13	00:21:52	00:30:51		<b>00:53:51.60</b>	<b>00:54:04.75</b>	+00:16:40	5:23	11.1
160	<b>GAJDA Katarzyna</b>	<b>2339</b>	TAKENAKA	K-20	8	00:00:14	00:22:26	00:31:19		<b>00:53:52.15</b>	<b>00:54:07.00</b>	+00:16:41	5:23	11.1
161	<b>RENKIEL Tomasz</b>	<b>2492</b>		M-40	31	00:00:24	00:22:33	00:31:53		<b>00:53:47.15</b>	<b>00:54:11.50</b>	+00:16:36	5:22	11.2
162	<b>JANIK Janusz</b>	<b>2491</b>		M-40	32	00:00:24	00:22:32	00:31:53		<b>00:53:47.55</b>	<b>00:54:11.90</b>	+00:16:36	5:22	11.2
163	<b>JUREKO Maciej</b>	<b>2021</b>		M-30	56	00:01:59	00:22:26	00:30:59		<b>00:52:16.15</b>	<b>00:54:15.30</b>	+00:15:05	5:13	11.5
164	<b>ZIELIŃSKI Marek</b>	<b>2457</b>		M-30	70	00:00:51	00:22:36	00:31:18		<b>00:53:27.60</b>	<b>00:54:19.30</b>	+00:16:16	5:20	11.2
165	<b>SKWARA Michał</b>	<b>2136</b>	HIRSCHVOGEL	M-30	61	00:01:33	00:21:32	00:30:27		<b>00:52:48.90</b>	<b>00:54:22.70</b>	+00:15:37	5:16	11.4
166	<b>ŚLUSARSKI Leszek</b>	<b>2266</b>		M-40	33	00:00:26	00:21:24	00:30:22		<b>00:53:57.60</b>	<b>00:54:24.15</b>	+00:16:46	5:23	11.1
167	<b>CAPUTA Michał</b>	<b>2227</b>		M-30	69	00:00:58	00:23:22	00:31:54		<b>00:53:27.35</b>	<b>00:54:25.65</b>	+00:16:16	5:20	11.2
168	<b>KACZMARSKI Marcin</b>	<b>2398</b>	KACZMARSKISPORT	M-30	73	00:00:17	00:22:05	00:31:15		<b>00:54:12.30</b>	<b>00:54:29.30</b>	+00:17:01	5:25	11.1
169	<b>SEREDYŃSKI Roman</b>	<b>2544</b>	PANTERA	M-40	29	00:01:58	00:23:08	00:31:41		<b>00:52:36.50</b>	<b>00:54:34.75</b>	+00:15:25	5:15	11.4
170	<b>SKUPIEŃ Izabela</b>	<b>2528</b>		K-30	11	00:00:36	00:21:39	00:30:44		<b>00:54:00.00</b>	<b>00:54:36.85</b>	+00:16:48	5:24	11.1
171	<b>TUCHOWSKA Anna</b>	<b>2529</b>		K-30	9	00:02:12	00:22:18	00:30:46		<b>00:52:25.35</b>	<b>00:54:38.30</b>	+00:15:14	5:14	11.4
172	<b>PIERNIKARCZYK Robert</b>	<b>2445</b>		M-30	66	00:01:22	00:23:07	00:31:38		<b>00:53:16.45</b>	<b>00:54:38.50</b>	+00:16:05	5:19	11.3
173	<b>KOWOL Marcin</b>	<b>2194</b>		M-40	34	00:00:30	00:23:01	00:31:59		<b>00:54:09.55</b>	<b>00:54:40.40</b>	+00:16:58	5:25	11.1
174	<b>RACZEK Magdalena</b>	<b>2193</b>		K-30	12	00:00:30	00:23:01	00:31:59		<b>00:54:10.95</b>	<b>00:54:41.85</b>	+00:16:59	5:25	11.1
175	<b>ORZAŻEWSKI Marek</b>	<b>2263</b>	OPEL ACTIVE TEAM	M-30	71	00:00:43	00:22:31	00:31:33		<b>00:53:59.85</b>	<b>00:54:43.45</b>	+00:16:48	5:24	11.1
176	<b>ŁUCZAK Marek</b>	<b>2455</b>		M-30	68	00:01:19	00:23:48	00:32:38		<b>00:53:24.45</b>	<b>00:54:44.25</b>	+00:16:13	5:20	11.2
177	<b>BOBEŁ Krzysztof</b>	<b>2442</b>	S.A.S. SILESIA	M-30	72	00:00:39	00:22:55	00:31:48		<b>00:54:05.20</b>	<b>00:54:44.65</b>	+00:16:54	5:24	11.1
178	<b>ZAKRZOWSKI Wojciech</b>	<b>2241</b>		M-30	62	00:01:49	00:23:10	00:31:53		<b>00:52:58.15</b>	<b>00:54:47.45</b>	+00:15:47	5:17	11.3
179	<b>BACHMAN Robert</b>	<b>2522</b>		M-30	74	00:00:16	00:22:04	00:31:13		<b>00:54:31.25</b>	<b>00:54:48.05</b>	+00:17:20	5:27	11
180	<b>ZHYKHARAU Vasili</b>	<b>2255</b>		M-30	58	00:02:26	00:22:05	00:30:49		<b>00:52:21.95</b>	<b>00:54:48.20</b>	+00:15:10	5:14	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
181	<b>WIĘCZKOWSKA Milena</b>	<b>2521</b>		K-20	10	00:00:15	00:21:59	00:31:11		<b>00:54:33.55</b>	<b>00:54:49.00</b>	+00:17:22	5:27	11
182	<b>GIERADA Ryszard</b>	<b>2356</b>	NIGHT RUNNERS GLIWCE	M-50	7	00:01:53	00:22:02	00:30:37		<b>00:52:57.55</b>	<b>00:54:51.10</b>	+00:15:46	5:17	11.3
183	<b>STAROŃ Jagoda</b>	<b>2161</b>		K-20	9	00:00:53	00:23:00	00:31:57		<b>00:54:03.90</b>	<b>00:54:57.35</b>	+00:16:52	5:24	11.1
184	<b>RUTKOWSKI Łukasz</b>	<b>2437</b>		M-20	39	00:01:00	00:22:29	00:31:23		<b>00:53:59.10</b>	<b>00:54:59.20</b>	+00:16:47	5:23	11.1
185	<b>KOBUSIŃSKI Jurek</b>	<b>2389</b>	PKO SILESIA RUNNING TEAM	M-50	10	00:01:30	00:22:00	00:30:57		<b>00:53:32.65</b>	<b>00:55:03.50</b>	+00:16:21	5:21	11.2
186	<b>WLAŻLAK Wiesław</b>	<b>2135</b>		M-50	9	00:01:36	00:22:30	00:31:15		<b>00:53:28.40</b>	<b>00:55:04.45</b>	+00:16:17	5:20	11.2
187	<b>HAJDA Adam</b>	<b>2308</b>		M-40	35	00:00:38	00:22:30	00:31:37		<b>00:54:28.65</b>	<b>00:55:07.25</b>	+00:17:17	5:26	11
188	<b>KŁODA Marcin</b>	<b>2468</b>	TENNECO AUTOMOTIVE EASTERN EUROPE	M-30	63	00:02:00	00:21:04	00:29:49		<b>00:53:08.00</b>	<b>00:55:08.15</b>	+00:15:56	5:18	11.3
189	<b>SIATA Sebastian</b>	<b>2466</b>	TENNECO AUTOMOTIVEEASTERN EUROPE	M-30	64	00:02:00	00:21:03	00:29:49		<b>00:53:08.15</b>	<b>00:55:08.50</b>	+00:15:57	5:18	11.3
190	<b>CISZEWSKI Krzysztof</b>	<b>2418</b>		M-30	77	00:00:17	00:22:57	00:32:08		<b>00:54:51.80</b>	<b>00:55:09.55</b>	+00:17:40	5:29	10.9
191	<b>OKOŃ Zdzisław</b>	<b>2108</b>		M-60	4	00:01:05	00:22:23	00:31:21		<b>00:54:05.10</b>	<b>00:55:10.40</b>	+00:16:53	5:24	11.1
192	<b>JURASZEK Tomasz</b>	<b>2240</b>		M-40	30	00:01:49	00:23:10	00:31:54		<b>00:53:23.80</b>	<b>00:55:13.35</b>	+00:16:12	5:20	11.2
193	<b>JANICKI Krzysztof</b>	<b>2403</b>		M-40	37	00:00:36	00:22:28	00:31:22		<b>00:54:46.80</b>	<b>00:55:23.25</b>	+00:17:35	5:28	11
194	<b>PAWŁOWSKA-GULDZIŃSKA Magdalena</b>	<b>2417</b>		K-40	7	00:01:47	00:22:43	00:31:19		<b>00:53:37.50</b>	<b>00:55:24.60</b>	+00:16:26	5:21	11.2
195	<b>TRYBUS Michał</b>	<b>2232</b>		M-20	41	00:01:01	00:23:02	00:31:59		<b>00:54:23.70</b>	<b>00:55:24.85</b>	+00:17:12	5:26	11
196	<b>SOCZAWA Wojciech</b>	<b>2459</b>		M-30	65	00:02:14	00:23:50	00:32:42		<b>00:53:12.10</b>	<b>00:55:26.60</b>	+00:16:00	5:19	11.3
197	<b>MUCHARSKI Jacek</b>	<b>2306</b>	PROPOINT	M-20	44	00:00:32	00:22:34	00:31:22		<b>00:54:54.90</b>	<b>00:55:27.15</b>	+00:17:43	5:29	10.9
198	<b>KOZŁOWSKI Mariusz</b>	<b>2281</b>		M-40	36	00:00:44	00:23:19	00:32:18		<b>00:54:43.75</b>	<b>00:55:28.15</b>	+00:17:32	5:28	11
199	<b>SIMKA Łukasz</b>	<b>2100</b>	PROMILKI	M-30	75	00:00:55	00:23:19	00:32:19		<b>00:54:33.50</b>	<b>00:55:28.60</b>	+00:17:22	5:27	11
200	<b>PIETRUCHA-TOMA Ewa</b>	<b>2434</b>		K-50	1	00:00:58	00:22:24	00:31:31		<b>00:54:34.95</b>	<b>00:55:33.45</b>	+00:17:23	5:27	11
201	<b>MAZALIK Jadwiga</b>	<b>2091</b>		K-30	13	00:00:54	00:22:22	00:31:33		<b>00:54:39.30</b>	<b>00:55:34.00</b>	+00:17:28	5:28	11
202	<b>HEINCE Łukasz</b>	<b>2290</b>	PROPOINT	M-20	45	00:00:35	00:24:21	00:32:47		<b>00:55:02.35</b>	<b>00:55:37.65</b>	+00:17:51	5:30	10.9
203	<b>KOSMACZEWSKA Anna</b>	<b>2010</b>	ETISOFT RUNNING TEAM	K-30	14	00:00:22	00:23:29	00:32:39		<b>00:55:28.15</b>	<b>00:55:50.20</b>	+00:18:17	5:32	10.8
204	<b>MATSUDA Takura</b>	<b>2327</b>	TAKENAKA	M-30	79	00:00:15	00:22:58	00:32:03		<b>00:55:37.35</b>	<b>00:55:52.60</b>	+00:18:26	5:33	10.8
205	<b>ZIELIŃSKI Kamil</b>	<b>2551</b>		M-20	38	00:02:16	00:22:17	00:31:01		<b>00:53:38.80</b>	<b>00:55:55.40</b>	+00:16:27	5:21	11.2
206	<b>SIERADZKA Agnieszka</b>	<b>2057</b>	BIEGAJ Z TRENERAMI	K-30	17	00:00:00		00:33:29		<b>00:55:56.60</b>	<b>00:55:56.60</b>	+00:18:45	5:35	10.7
207	<b>PALUS Piotr</b>	<b>2231</b>		M-30	83	00:00:04	00:22:41	00:31:46		<b>00:55:52.25</b>	<b>00:55:56.90</b>	+00:18:41	5:35	10.7
208	<b>DYBAŁA Adam</b>	<b>2406</b>		M-20	43	00:01:03	00:22:12	00:31:24		<b>00:54:53.75</b>	<b>00:55:57.65</b>	+00:17:42	5:29	10.9
209	<b>OSHIMBE Masaaki</b>	<b>2328</b>	TAKENAKA	M-40	38	00:00:18	00:23:03	00:32:15		<b>00:55:40.35</b>	<b>00:55:59.10</b>	+00:18:29	5:34	10.8
210	<b>KOZŁOWSKI Andrzej Jerzy</b>	<b>2238</b>		M-50	11	00:01:16	00:22:00	00:31:10		<b>00:54:44.85</b>	<b>00:56:01.45</b>	+00:17:33	5:28	11
210	<b>ŁAJSZCZAK - GAJDA Dorota</b>	<b>2174</b>		K-40	8	00:02:00	00:22:19	00:31:19		<b>00:54:01.40</b>	<b>00:56:01.45</b>	+00:16:50	5:24	11.1
212	<b>MICHALAK Agnieszka</b>	<b>2515</b>		K-30	16	00:00:15	00:22:37	00:31:53		<b>00:55:46.85</b>	<b>00:56:02.20</b>	+00:18:35	5:34	10.8
213	<b>JEŻEWSKI Adam</b>	<b>2201</b>	ETISOFT RUNNING TEAM	M-30	82	00:00:22	00:23:06	00:32:32		<b>00:55:50.90</b>	<b>00:56:13.45</b>	+00:18:39	5:35	10.7
214	<b>PIOTROWSKA Małgorzata</b>	<b>2131</b>		K-20	11	00:00:53	00:23:00	00:32:02		<b>00:55:21.95</b>	<b>00:56:15.30</b>	+00:18:10	5:32	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
215	<b>DOMBEK Paweł</b>	<b>2171</b>	ISTA BIEGAMY	M-20	40	00:02:02	00:22:55	00:31:45		<b>00:54:15.65</b>	<b>00:56:18.30</b>	+00:17:04	5:25	11.1
216	<b>SIRKO Zbigniew</b>	<b>2048</b>		M-50	12	00:01:02	00:22:44	00:31:56		<b>00:55:15.95</b>	<b>00:56:18.40</b>	+00:18:04	5:31	10.9
217	<b>HAJDUKIEWICZ Michał</b>	<b>2502</b>	CERTUM	M-20	46	00:00:05	00:21:59	00:31:52		<b>00:56:18.15</b>	<b>00:56:23.50</b>	+00:19:07	5:37	10.7
218	<b>WIĘCŁAW Grzegorz</b>	<b>2531</b>		M-30	86	00:00:19	00:24:39	00:33:54		<b>00:56:08.40</b>	<b>00:56:27.85</b>	+00:18:57	5:36	10.7
219	<b>TROSKO Adam</b>	<b>2027</b>		M-30	76	00:02:00	00:21:43	00:30:42		<b>00:54:40.35</b>	<b>00:56:41.15</b>	+00:17:29	5:28	11
220	<b>MICHALSKI Robert</b>	<b>2014</b>	HETMAN TARNOWSKIE GÓRY	M-30	88	00:00:19	00:24:05	00:33:23		<b>00:56:22.60</b>	<b>00:56:42.15</b>	+00:19:11	5:38	10.6
221	<b>GARBACZ Damian</b>	<b>2374</b>	FP RUNNING TEAM	M-30	89	00:00:17	00:22:57	00:32:08		<b>00:56:28.20</b>	<b>00:56:45.80</b>	+00:19:17	5:38	10.6
222	<b>LESZKIEWICZ Krzysztof</b>	<b>2517</b>	ELZAB ACTIVE TEAM	M-30	78	00:01:46	00:23:19	00:32:31		<b>00:55:04.30</b>	<b>00:56:50.40</b>	+00:17:53	5:30	10.9
223	<b>ZIELONKA Dawid</b>	<b>2239</b>		M-20	47	00:00:27	00:24:00	00:33:29		<b>00:56:23.25</b>	<b>00:56:50.50</b>	+00:19:12	5:38	10.6
223	<b>MUSKIETORZ Katarzyna</b>	<b>2033</b>		K-20	15	00:00:27	00:24:00	00:33:29		<b>00:56:23.30</b>	<b>00:56:50.50</b>	+00:19:12	5:38	10.6
225	<b>BAUC Bartłomiej</b>	<b>2083</b>		M-30	85	00:00:52	00:22:59	00:32:16		<b>00:55:59.60</b>	<b>00:56:52.45</b>	+00:18:48	5:36	10.7
226	<b>MIERZEJEWSKI Jacek</b>	<b>2199</b>	AMATOR	M-40	39	00:01:20	00:23:25	00:32:36		<b>00:55:47.00</b>	<b>00:57:07.95</b>	+00:18:35	5:34	10.8
227	<b>STANISZ Michał</b>	<b>2068</b>		M-30	87	00:00:52	00:23:25	00:32:35		<b>00:56:16.50</b>	<b>00:57:09.35</b>	+00:19:05	5:37	10.7
228	<b>SAMOL Grzegorz</b>	<b>2046</b>		M-50	13	00:01:05	00:23:06	00:32:23		<b>00:56:03.75</b>	<b>00:57:09.65</b>	+00:18:52	5:36	10.7
229	<b>KOWALIK Tomasz</b>	<b>2320</b>		M-30	90	00:00:26	00:23:39	00:32:48		<b>00:56:46.05</b>	<b>00:57:12.30</b>	+00:19:34	5:40	10.6
230	<b>JAWOREK Dariusz</b>	<b>2538</b>	OTK RZEŹNIK	M-40	41	00:00:56	00:23:13	00:32:30		<b>00:56:17.60</b>	<b>00:57:14.55</b>	+00:19:06	5:37	10.7
231	<b>TARNOWSKA Edyta</b>	<b>2151</b>		K-20	16	00:00:23	00:23:01	00:32:28		<b>00:56:54.85</b>	<b>00:57:18.65</b>	+00:19:43	5:41	10.5
232	<b>SADŁEK Robert</b>	<b>2221</b>		M-30	81	00:01:38	00:22:25	00:31:39		<b>00:55:44.25</b>	<b>00:57:22.60</b>	+00:18:33	5:34	10.8
233	<b>KOWALSKI Krzysztof</b>	<b>2016</b>		M-20	42	00:03:00	00:22:07	00:31:18		<b>00:54:32.30</b>	<b>00:57:33.25</b>	+00:17:21	5:27	11
234	<b>SZOT Wojciech</b>	<b>2000</b>	WORD KATOWICE	M-30	84	00:01:36	00:23:25	00:32:40		<b>00:55:57.30</b>	<b>00:57:33.65</b>	+00:18:46	5:35	10.7
235	<b>HERDUŚ Lucyna</b>	<b>2237</b>		K-30	18	00:01:36	00:23:16	00:32:21		<b>00:55:58.25</b>	<b>00:57:34.95</b>	+00:18:47	5:35	10.7
236	<b>STOLARCZYK Aleksandra</b>	<b>2465</b>	RUNTEAM PAWŁOWICE	K-30	15	00:02:02	00:23:34	00:32:40		<b>00:55:34.95</b>	<b>00:57:37.30</b>	+00:18:23	5:33	10.8
237	<b>MAJEWSKA-LUDWIG Katarzyna</b>	<b>2152</b>	4M	K-30	20	00:00:58	00:23:22	00:32:40		<b>00:56:39.50</b>	<b>00:57:38.05</b>	+00:19:28	5:40	10.6
238	<b>MALINOWSKI Łukasz</b>	<b>2358</b>		M-40	40	00:01:55	00:23:08	00:32:22		<b>00:55:49.60</b>	<b>00:57:44.85</b>	+00:18:38	5:34	10.7
239	<b>MILISZKIEWICZ Adam</b>	<b>2189</b>		M-30	94	00:00:21	00:23:23	00:32:55		<b>00:57:24.65</b>	<b>00:57:46.05</b>	+00:20:13	5:44	10.4
240	<b>BEMŚ Emilia</b>	<b>2185</b>		K-20	12	00:01:44	00:24:04	00:33:11		<b>00:56:06.10</b>	<b>00:57:50.85</b>	+00:18:54	5:36	10.7
241	<b>GLAPIAK Aleksandra</b>	<b>2311</b>		K-30	21	00:00:48	00:23:40	00:33:08		<b>00:57:02.80</b>	<b>00:57:51.05</b>	+00:19:51	5:42	10.5
242	<b>PUTOWSKA Natalia</b>	<b>2180</b>		K-20	13	00:01:45	00:24:03	00:33:10		<b>00:56:06.95</b>	<b>00:57:52.10</b>	+00:18:55	5:36	10.7
243	<b>SZWIEC Sandra</b>	<b>2099</b>	ORNONTOWICE BIEGA	K-30	19	00:01:53	00:23:46	00:32:57		<b>00:55:59.40</b>	<b>00:57:52.45</b>	+00:18:48	5:35	10.7
244	<b>JASIŃSKI Tomasz</b>	<b>2410</b>		M-40	42	00:01:21	00:23:03	00:32:33		<b>00:56:34.90</b>	<b>00:57:56.75</b>	+00:19:23	5:39	10.6
245	<b>GILLNER Klaudia</b>	<b>2035</b>		K-20	14	00:01:36	00:23:25	00:32:40		<b>00:56:22.75</b>	<b>00:57:59.10</b>	+00:19:11	5:38	10.6
246	<b>DMOCHOWSKI Artur</b>	<b>2441</b>		M-30	80	00:02:22	00:23:53	00:32:52		<b>00:55:38.40</b>	<b>00:58:00.45</b>	+00:18:27	5:33	10.8
247	<b>MICHALSKA Natalia</b>	<b>2182</b>	ABM	K-18	2	00:01:27	00:23:06	00:32:37		<b>00:56:36.65</b>	<b>00:58:03.95</b>	+00:19:25	5:39	10.6
248	<b>FRANIELCZYK Marta</b>	<b>2499</b>		K-30	24	00:00:00		00:33:46		<b>00:58:08.60</b>	<b>00:58:08.60</b>	+00:20:57	5:48	10.3
249	<b>MIŚKIEWICZ Lucyna</b>	<b>2341</b>		K-50	2	00:01:00	00:24:03	00:33:32		<b>00:57:12.25</b>	<b>00:58:13.00</b>	+00:20:01	5:43	10.5
250	<b>WANDEL Ewa</b>	<b>2092</b>		K-20	19	00:00:34	00:23:55	00:33:23		<b>00:57:50.20</b>	<b>00:58:25.00</b>	+00:20:39	5:47	10.4
251	<b>BORYCKA Józef</b>	<b>2198</b>		M-60	5	00:01:33	00:23:39	00:33:01		<b>00:56:52.80</b>	<b>00:58:26.10</b>	+00:19:41	5:41	10.5
252	<b>OŻÓG Claudia</b>	<b>680</b>		K-20	20	00:00:22	00:23:01	00:32:58		<b>00:58:10.95</b>	<b>00:58:33.45</b>	+00:20:59	5:49	10.3
253	<b>PAWLAS Seweryn</b>	<b>2532</b>		M-30	91	00:01:31	00:24:14	00:33:35		<b>00:57:02.25</b>	<b>00:58:34.15</b>	+00:19:51	5:42	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
254	<b>MOCHNACZ Patryk</b>	<b>2402</b>		M-30	98	00:00:36	00:22:29	00:32:14		<b>00:58:03.50</b>	<b>00:58:40.15</b>	+00:20:52	5:48	10.3
255	<b>ORYSZCZAK Łukasz</b>	<b>2366</b>		M-30	93	00:01:18	00:23:44	00:33:13		<b>00:57:24.20</b>	<b>00:58:42.80</b>	+00:20:13	5:44	10.5
256	<b>STALMACH Leszek</b>	<b>2361</b>	WKB META LUBLINIEC	M-50	14	00:01:50	00:23:03	00:32:40		<b>00:56:54.45</b>	<b>00:58:45.05</b>	+00:19:43	5:41	10.5
256	<b>ŚMIGIEL Magdalena</b>	<b>2192</b>		K-20	18	00:01:05	00:22:57	00:33:08		<b>00:57:40.05</b>	<b>00:58:45.05</b>	+00:20:28	5:46	10.4
258	<b>GÓRA Marek</b>	<b>2159</b>		M-50	17	00:00:10	00:23:30	00:33:25		<b>00:58:35.90</b>	<b>00:58:45.95</b>	+00:21:24	5:51	10.2
259	<b>TARTANUS-ORYSZCZAK Marta</b>	<b>2365</b>		K-30	22	00:01:18	00:23:39	00:33:07		<b>00:57:30.65</b>	<b>00:58:49.15</b>	+00:20:19	5:45	10.4
260	<b>ZABRZEWSKI Adam</b>	<b>2388</b>		M-30	97	00:00:51	00:22:45	00:32:27		<b>00:57:57.70</b>	<b>00:58:49.35</b>	+00:20:46	5:47	10.4
261	<b>BRYLIŃSKI Ryszard</b>	<b>2294</b>	NIEZRZESZONY	M-50	15	00:01:42	00:23:54	00:33:12		<b>00:57:09.90</b>	<b>00:58:52.40</b>	+00:19:58	5:43	10.5
262	<b>IWAN Anita</b>	<b>2545</b>		K-20	17	00:01:24	00:24:02	00:33:28		<b>00:57:27.65</b>	<b>00:58:52.55</b>	+00:20:16	5:44	10.4
263	<b>KRAJEWSKI Adam</b>	<b>2471</b>	OASIS SPORT TEAM	M-30	95	00:01:28	00:22:52	00:32:19		<b>00:57:24.75</b>	<b>00:58:53.05</b>	+00:20:13	5:44	10.4
264	<b>MYŚLAK Mariusz</b>	<b>2527</b>		M-40	46	00:00:16	00:23:42	00:33:37		<b>00:58:37.65</b>	<b>00:58:54.45</b>	+00:21:26	5:51	10.2
265	<b>TURCZYN Mateusz</b>	<b>2143</b>	HIRSCHVOGEL	M-20	50	00:01:34	00:24:26	00:33:45		<b>00:57:21.50</b>	<b>00:58:55.80</b>	+00:20:10	5:44	10.5
266	<b>WOJTOWICZ Karolina</b>	<b>2325</b>		K-30	26	00:00:40	00:23:35	00:33:12		<b>00:58:16.80</b>	<b>00:58:57.55</b>	+00:21:05	5:49	10.3
267	<b>WIAZANIA Marek</b>	<b>2364</b>		M-40	43	00:02:21	00:24:18	00:33:52		<b>00:56:39.45</b>	<b>00:59:00.70</b>	+00:19:28	5:39	10.6
268	<b>MICEK Maciej</b>	<b>2062</b>		M-20	48	00:02:10	00:24:10	00:33:26		<b>00:56:50.85</b>	<b>00:59:00.95</b>	+00:19:39	5:41	10.6
269	<b>JANOSZEK Robert</b>	<b>2178</b>	ISTA BIEGAMY	M-20	49	00:02:05	00:23:04	00:32:39		<b>00:57:07.00</b>	<b>00:59:12.20</b>	+00:19:55	5:42	10.5
270	<b>STRYSIK-KRĘŻEL Iwona</b>	<b>2291</b>	PROPOINT	K-30	28	00:00:23	00:24:07	00:33:52		<b>00:58:51.25</b>	<b>00:59:15.20</b>	+00:21:40	5:53	10.2
271	<b>BEHOUNEK Małgorzata</b>	<b>2452</b>	TG SOKÓŁ ZAKOPANE	K-50	3	00:00:39	00:23:53	00:33:40		<b>00:58:42.15</b>	<b>00:59:21.55</b>	+00:21:31	5:52	10.2
272	<b>KUBICA Bożena</b>	<b>2090</b>	ORNONTOWICE BIEGA	K-40	9	00:01:53	00:24:13	00:33:38		<b>00:57:28.35</b>	<b>00:59:21.75</b>	+00:20:17	5:44	10.4
273	<b>CZENCZEK Magdalena</b>	<b>2011</b>	ETISOFT RUNNING TEAM	K-30	29	00:00:22	00:23:54	00:34:01		<b>00:59:04.05</b>	<b>00:59:26.55</b>	+00:21:52	5:54	10.2
274	<b>CICHY Agnieszka</b>	<b>2386</b>		K-30	23	00:01:50	00:23:59	00:33:25		<b>00:57:38.45</b>	<b>00:59:29.20</b>	+00:20:27	5:45	10.4
275	<b>DRABEK Agnieszka</b>	<b>2317</b>		K-30	27	00:01:04	00:24:01	00:33:38		<b>00:58:26.65</b>	<b>00:59:30.85</b>	+00:21:15	5:50	10.3
276	<b>GIERADA Mateusz</b>	<b>2355</b>	NIGHT RUNNERS GLIWICE	M-20	53	00:00:14	00:29:05	00:37:59		<b>00:59:19.10</b>	<b>00:59:33.95</b>	+00:22:07	5:55	10.1
277	<b>PANENKA Maciej</b>	<b>2015</b>	FIS-SST TEAM	M-40	44	00:02:11	00:24:19	00:33:49		<b>00:57:25.40</b>	<b>00:59:37.25</b>	+00:20:14	5:44	10.4
278	<b>NIEMIEC Sławek</b>	<b>2207</b>	INTERGRAFIK POLAND	M-30	92	00:02:26	00:23:13	00:32:35		<b>00:57:18.70</b>	<b>00:59:45.45</b>	+00:20:07	5:43	10.5
278	<b>KLEMCZAK Szymon</b>	<b>2478</b>	AQUASENSE.PL	M-18	3	00:00:54	00:24:43	00:34:54		<b>00:58:51.30</b>	<b>00:59:45.45</b>	+00:21:40	5:53	10.2
280	<b>ŻUREK Nela</b>	<b>2276</b>	HIRERIGHT RUNNING TEAM	K-20	21	00:01:39	00:24:03	00:33:31		<b>00:58:11.25</b>	<b>00:59:50.45</b>	+00:21:00	5:49	10.3
281	<b>PAWLUS - DUSIK Beata</b>	<b>2337</b>		K-30	25	00:01:41	00:24:41	00:34:04		<b>00:58:09.45</b>	<b>00:59:51.40</b>	+00:20:58	5:49	10.3
282	<b>GRZESICZEK Piotr</b>	<b>2267</b>	HIRERIGHT RUNNING TEAM	M-20	51	00:01:40	00:24:00	00:33:35		<b>00:58:15.65</b>	<b>00:59:56.60</b>	+00:21:04	5:49	10.3
283	<b>KOSIAK Maciej</b>	<b>2359</b>		M-40	45	00:01:54	00:24:30	00:33:55		<b>00:58:02.70</b>	<b>00:59:57.20</b>	+00:20:51	5:48	10.3
284	<b>ZAREMBA Tadeusz</b>	<b>2024</b>		M-60	6	00:01:29	00:24:39	00:34:25		<b>00:58:31.25</b>	<b>01:00:01.15</b>	+00:21:20	5:51	10.3
285	<b>SKORUPA Magdalena</b>	<b>2344</b>		K-20	22	00:01:50	00:24:07	00:33:41		<b>00:58:12.25</b>	<b>01:00:02.90</b>	+00:21:01	5:49	10.3
286	<b>OLIMSKI Fabian</b>	<b>2226</b>	SOKÓŁ KNURÓW	M-40	48	00:00:41	00:24:40	00:34:43		<b>00:59:26.05</b>	<b>01:00:07.80</b>	+00:22:14	5:56	10.1
287	<b>SKRABA Krzysztof</b>	<b>2511</b>	SZCZYGŁOWICE AMATOR	M-30	101	00:00:41	00:24:39	00:34:42		<b>00:59:26.85</b>	<b>01:00:08.15</b>	+00:22:15	5:56	10.1
288	<b>PROCEK Marcin</b>	<b>2145</b>		M-40	47	00:01:26	00:23:06	00:32:48		<b>00:58:47.35</b>	<b>01:00:14.05</b>	+00:21:36	5:52	10.2
289	<b>MARCZYK Dariusz</b>	<b>2393</b>		M-30	96	00:02:19	00:24:22	00:33:54		<b>00:57:56.65</b>	<b>01:00:15.90</b>	+00:20:45	5:47	10.4
290	<b>JASIKOWSKI Łukasz</b>	<b>2429</b>	KONIUCHY	M-20	52	00:01:50	00:24:38	00:34:09		<b>00:58:26.55</b>	<b>01:00:16.75</b>	+00:21:15	5:50	10.3
291	<b>KUWIK Klaudia</b>	<b>2293</b>	PROPOINT	K-20	28	00:00:31	00:24:55	00:34:55		<b>00:59:46.00</b>	<b>01:00:17.10</b>	+00:22:34	5:58	10
292	<b>SMOLIŃSKA Ilona</b>	<b>2343</b>		K-40	10	00:01:50	00:24:07	00:33:41		<b>00:58:29.85</b>	<b>01:00:20.25</b>	+00:21:18	5:51	10.3



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
293	<b>BOCHNAK Aleksandra</b>	<b>2156</b>		K-20	27	00:00:38	00:24:27	00:34:29		<b>00:59:42.45</b>	<b>01:00:21.35</b>	+00:22:31	5:58	10
294	<b>CZERWIŃSKA Anna</b>	<b>2508</b>		K-30	35	00:00:22	00:25:11	00:35:08		<b>01:00:05.40</b>	<b>01:00:27.90</b>	+00:22:54	6:00	10
295	<b>BUKSIŃSKA Iwona</b>	<b>2501</b>		K-40	11	00:00:56	00:23:43	00:33:45		<b>00:59:33.75</b>	<b>01:00:30.15</b>	+00:22:22	5:57	10.1
296	<b>LUKOSZEK Weronika</b>	<b>2034</b>	STEP-DANCE	K-20	25	00:02:01	00:24:29	00:34:14		<b>00:58:29.15</b>	<b>01:00:30.45</b>	+00:21:18	5:50	10.3
297	<b>MULARCZYK Teresa</b>	<b>2301</b>	BIEGNIJ LOLA, BIEGNIJ	K-60	1	00:00:40	00:24:14	00:34:00		<b>00:59:52.60</b>	<b>01:00:32.80</b>	+00:22:41	5:59	10
298	<b>KOMANDER Marcin</b>	<b>2319</b>		M-50	16	00:02:08	00:23:41	00:33:19		<b>00:58:27.25</b>	<b>01:00:36.05</b>	+00:21:16	5:50	10.3
299	<b>BALCER Weronika</b>	<b>2318</b>		K-20	24	00:02:09	00:23:43	00:33:18		<b>00:58:26.60</b>	<b>01:00:36.15</b>	+00:21:15	5:50	10.3
300	<b>KRZOS Dominika</b>	<b>2436</b>		K-20	23	00:02:20	00:24:24	00:33:51		<b>00:58:20.15</b>	<b>01:00:40.75</b>	+00:21:09	5:50	10.3
301	<b>KRZOS Piotr</b>	<b>2439</b>		M-30	99	00:02:22	00:24:22	00:33:49		<b>00:58:20.00</b>	<b>01:00:42.20</b>	+00:21:08	5:50	10.3
302	<b>POLAK Małgorzata</b>	<b>2096</b>	OPEL ACTIVE TEAM	K-40	12	00:01:07	00:24:07	00:34:07		<b>00:59:36.75</b>	<b>01:00:43.75</b>	+00:22:25	5:57	10.1
302	<b>PAWLETA Michał</b>	<b>2112</b>	NIGHT RUNNERS GLIWICE	M-40	50	00:00:35	00:25:45	00:35:35		<b>01:00:07.90</b>	<b>01:00:43.75</b>	+00:22:56	6:00	10
304	<b>NOSAL Anna</b>	<b>2469</b>	ORZEŁ BIAŁY S.A.	K-30	30	00:01:28	00:24:01	00:34:01		<b>00:59:18.65</b>	<b>01:00:46.90</b>	+00:22:07	5:55	10.1
305	<b>URBAN Dariusz</b>	<b>2005</b>		M-40	53	00:00:06	00:24:08	00:34:31		<b>01:00:40.40</b>	<b>01:00:47.10</b>	+00:23:29	6:04	9.9
306	<b>MATYSIEWICZ Piotr</b>	<b>2079</b>	INTER PROJEKT SA	M-30	100	00:02:24	00:24:44	00:34:22		<b>00:58:25.05</b>	<b>01:00:49.05</b>	+00:21:13	5:50	10.3
307	<b>OKOŃ Monika</b>	<b>2107</b>		K-30	34	00:00:57	00:24:53	00:34:38		<b>00:59:55.30</b>	<b>01:00:52.85</b>	+00:22:44	5:59	10
308	<b>ORZECHOWSKA Natalia</b>	<b>2534</b>		K-30	40	00:00:32	00:25:02	00:35:10		<b>01:00:21.65</b>	<b>01:00:53.75</b>	+00:23:10	6:02	9.9
309	<b>HOLETZKE Krzysztof</b>	<b>2158</b>		M-30	102	00:01:18	00:24:59	00:34:50		<b>00:59:38.25</b>	<b>01:00:56.60</b>	+00:22:27	5:57	10.1
310	<b>MIŚKIEWICZ Andrzej</b>	<b>2342</b>		M-50	19	00:01:01	00:24:29	00:34:43		<b>01:00:04.80</b>	<b>01:01:06.25</b>	+00:22:53	6:00	10
311	<b>MIECZNIKOWSKI Agnieszka</b>	<b>2162</b>		K-40	15	00:01:06	00:24:19	00:34:28		<b>01:00:00.25</b>	<b>01:01:06.65</b>	+00:22:49	6:00	10
312	<b>MAZURCZAK Diana</b>	<b>2247</b>		K-20	30	00:01:09	00:24:58	00:35:01		<b>00:59:58.70</b>	<b>01:01:08.40</b>	+00:22:47	5:59	10
313	<b>WYCIŚLIK Wioleta</b>	<b>2168</b>		K-30	32	00:01:35	00:25:12	00:34:53		<b>00:59:33.75</b>	<b>01:01:09.45</b>	+00:22:22	5:57	10.1
314	<b>BRZÓZKA Patrycja</b>	<b>2490</b>		K-20	26	00:02:09	00:24:52	00:34:32		<b>00:59:02.30</b>	<b>01:01:12.00</b>	+00:21:51	5:54	10.2
315	<b>RAPCIA Rafał</b>	<b>2153</b>		M-30	107	00:00:35	00:25:23	00:35:05		<b>01:00:39.70</b>	<b>01:01:15.45</b>	+00:23:28	6:04	9.9
316	<b>GWIOŹDZIK Sławek</b>	<b>2350</b>	ATO	M-50	18	00:01:33	00:25:14	00:35:10		<b>00:59:48.85</b>	<b>01:01:22.65</b>	+00:22:37	5:58	10
317	<b>CEPUCHOWICZ Sylwia</b>	<b>2127</b>	W POGONI ZA DUCHEM	K-40	13	00:01:29	00:25:27	00:35:26		<b>00:59:55.60</b>	<b>01:01:25.30</b>	+00:22:44	5:59	10
318	<b>LATA Beata</b>	<b>2128</b>		K-40	14	00:01:29	00:25:27	00:35:26		<b>00:59:55.75</b>	<b>01:01:25.70</b>	+00:22:44	5:59	10
319	<b>BUGLA Agnieszka</b>	<b>2229</b>	ZABIEGANE NAUCZYCIELKI	K-30	31	00:01:53	00:25:02	00:35:05		<b>00:59:33.10</b>	<b>01:01:26.65</b>	+00:22:21	5:57	10.1
320	<b>PAŚNIK Jacek</b>	<b>2523</b>		M-20	57	00:00:37	00:24:30	00:34:24		<b>01:00:49.55</b>	<b>01:01:27.35</b>	+00:23:38	6:05	9.9
321	<b>KIJANKA Damian</b>	<b>2082</b>	HIRSCHVOGEL	M-20	54	00:01:32	00:24:50	00:34:55		<b>00:59:55.80</b>	<b>01:01:28.55</b>	+00:22:44	5:59	10
322	<b>GONTARZ Karolina</b>	<b>2268</b>	HIRERIGHT RUNNING TEAM	K-30	33	00:01:34	00:25:20	00:35:12		<b>00:59:54.80</b>	<b>01:01:28.80</b>	+00:22:43	5:59	10
323	<b>SIKORSKA Katarzyna</b>	<b>2133</b>		K-30	37	00:01:14	00:24:37	00:34:44		<b>01:00:15.70</b>	<b>01:01:30.25</b>	+00:23:04	6:01	10
324	<b>KOLASIŃSKA Monika</b>	<b>2075</b>		K-20	29	00:01:53	00:24:31	00:34:31		<b>00:59:46.40</b>	<b>01:01:39.65</b>	+00:22:35	5:58	10
325	<b>WOLANIN Patrycja</b>	<b>2440</b>		K-20	32	00:00:59	00:25:45	00:35:43		<b>01:00:43.70</b>	<b>01:01:43.05</b>	+00:23:32	6:04	9.9
326	<b>PIENIAK Karolina</b>	<b>2078</b>		K-20	35	00:00:38	00:25:46	00:36:02		<b>01:01:07.95</b>	<b>01:01:46.10</b>	+00:23:56	6:06	9.8
327	<b>FOREMSKI Paweł</b>	<b>2126</b>	BETANIA	M-30	104	00:01:43	00:24:52	00:35:08		<b>01:00:06.10</b>	<b>01:01:49.40</b>	+00:22:54	6:00	10
328	<b>ZEIDLER Aleksander</b>	<b>2289</b>		M-40	54	00:00:25	00:25:45	00:35:56		<b>01:01:25.90</b>	<b>01:01:51.25</b>	+00:24:14	6:08	9.8
329	<b>WIELAWIŃSKA Halina</b>	<b>2542</b>		K-30	41	00:01:30	00:24:45	00:34:49		<b>01:00:23.70</b>	<b>01:01:53.75</b>	+00:23:12	6:02	9.9
330	<b>SKWARA Katarzyna</b>	<b>2095</b>	HIRSCHVOGEL	K-30	42	00:01:29	00:24:53	00:34:57		<b>01:00:29.50</b>	<b>01:01:58.90</b>	+00:23:18	6:02	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
331	<b>ORZAŻEWSKA Elżbieta</b>	<b>2104</b>		K-50	4	00:01:41	00:24:39	00:34:34		<b>01:00:18.85</b>	<b>01:02:00.35</b>	+00:23:07	6:01	9.9
332	<b>KOENIGSHAUS Anna</b>	<b>2060</b>		K-30	38	00:01:47	00:25:17	00:35:19		<b>01:00:19.05</b>	<b>01:02:06.40</b>	+00:23:07	6:01	9.9
333	<b>LEŚNIAK Marcin</b>	<b>2368</b>	SEKCJA BIEGOWA FAMILIA	M-30	103	00:02:05	00:25:34	00:35:01		<b>01:00:01.55</b>	<b>01:02:06.85</b>	+00:22:50	6:00	10
334	<b>GRZYŚKA Katarzyna</b>	<b>2340</b>		K-30	39	00:01:50	00:24:33	00:34:37		<b>01:00:19.65</b>	<b>01:02:10.35</b>	+00:23:08	6:02	9.9
334	<b>ŻURAWIECKA Anna</b>	<b>2474</b>		K-20	31	00:01:50	00:25:04	00:35:05		<b>01:00:19.85</b>	<b>01:02:10.35</b>	+00:23:08	6:02	9.9
336	<b>KOCJAN Lukasz</b>	<b>2217</b>	EZUNIVERSE	M-40	49	00:02:18	00:25:16	00:35:27		<b>00:59:52.25</b>	<b>01:02:11.00</b>	+00:22:41	5:59	10
337	<b>BEDNORZ Roman</b>	<b>2433</b>	NAPĘDZANI PROCENTEM	M-30	105	00:01:51	00:25:03	00:35:04		<b>01:00:19.65</b>	<b>01:02:11.55</b>	+00:23:08	6:02	9.9
338	<b>DRZEJA Zbigniew</b>	<b>2506</b>		M-40	51	00:01:58	00:25:07	00:35:03		<b>01:00:14.80</b>	<b>01:02:13.20</b>	+00:23:03	6:01	10
338	<b>DREJA Katarzyna</b>	<b>2505</b>	OPEL ACTIVE TEAM	K-30	36	00:01:58	00:25:08	00:35:03		<b>01:00:14.80</b>	<b>01:02:13.20</b>	+00:23:03	6:01	10
340	<b>ZGRZYBŁOWSKA Weronika</b>	<b>2423</b>		K-30	45	00:01:07	00:25:54	00:35:53		<b>01:01:06.50</b>	<b>01:02:13.50</b>	+00:23:55	6:06	9.8
341	<b>PIETRZYK Małgorzata</b>	<b>2273</b>		K-20	34	00:01:09	00:26:00	00:36:26		<b>01:01:03.90</b>	<b>01:02:13.75</b>	+00:23:52	6:06	9.8
342	<b>SZULC Joanna</b>	<b>2038</b>		K-18	3	00:00:28	00:26:15	00:36:26		<b>01:01:46.85</b>	<b>01:02:14.85</b>	+00:24:35	6:10	9.7
343	<b>GROBORZ Grzegorz</b>	<b>2059</b>		M-40	52	00:01:47	00:25:17	00:35:19		<b>01:00:28.20</b>	<b>01:02:15.35</b>	+00:23:17	6:02	9.9
344	<b>MACIĄGA Marcin</b>	<b>2458</b>		M-20	55	00:02:20	00:25:16	00:34:53		<b>00:59:59.65</b>	<b>01:02:19.65</b>	+00:22:48	5:59	10
345	<b>PAWEŁEK Barbara</b>	<b>2148</b>		K-30	43	00:01:49	00:25:31	00:35:34		<b>01:00:31.50</b>	<b>01:02:20.90</b>	+00:23:20	6:03	9.9
346	<b>KARWAT Jarek</b>	<b>2196</b>	EZUNIVERSE	M-30	106	00:02:10	00:25:24	00:35:35		<b>01:00:20.20</b>	<b>01:02:30.85</b>	+00:23:09	6:02	9.9
347	<b>BINASIK Agnieszka</b>	<b>2101</b>		K-40	16	00:01:43	00:25:55	00:35:48		<b>01:00:50.25</b>	<b>01:02:33.85</b>	+00:23:39	6:05	9.9
348	<b>PACZKOWSKI Jacek</b>	<b>2220</b>		M-40	55	00:01:15	00:24:47	00:35:03		<b>01:01:28.10</b>	<b>01:02:43.20</b>	+00:24:16	6:08	9.8
349	<b>SALAMON Dawid</b>	<b>2259</b>	FILIPOWE KILOMETRY WALCZYMY Z AUTYZMEM	M-30	109	00:01:35	00:24:46	00:34:34		<b>01:01:08.65</b>	<b>01:02:44.55</b>	+00:23:57	6:06	9.8
350	<b>DROZD Krzysztof</b>	<b>2113</b>		M-20	58	00:01:25	00:24:55	00:34:54		<b>01:01:22.20</b>	<b>01:02:48.10</b>	+00:24:11	6:08	9.8
351	<b>KRYŃ Agnieszka</b>	<b>2404</b>	TRIATHLON X-TEAM	K-30	44	00:01:51	00:25:10	00:35:01		<b>01:00:59.10</b>	<b>01:02:50.90</b>	+00:23:47	6:05	9.8
352	<b>GIBAS Wojciech</b>	<b>2270</b>	HIRERIGHT RUNNING TEAM	M-30	110	00:01:34	00:25:53	00:36:01		<b>01:01:22.45</b>	<b>01:02:56.45</b>	+00:24:11	6:08	9.8
353	<b>RATKA Dawid</b>	<b>2109</b>		M-20	59	00:01:28	00:25:19	00:35:24		<b>01:01:29.40</b>	<b>01:02:57.45</b>	+00:24:18	6:08	9.8
354	<b>MORMUL Witold</b>	<b>2061</b>	SUPER FAJNY KLUB	M-20	56	00:02:41	00:24:45	00:34:54		<b>01:00:18.50</b>	<b>01:03:00.25</b>	+00:23:07	6:01	9.9
355	<b>TWAROWSKA Celina</b>	<b>2377</b>	ETISOFT RUNNING TEAM	K-30	48	00:00:42	00:25:40	00:36:20		<b>01:02:24.90</b>	<b>01:03:07.10</b>	+00:25:13	6:14	9.6
356	<b>RUSIELEWICZ Agnieszka</b>	<b>2486</b>		K-20	33	00:02:20	00:25:44	00:35:40		<b>01:00:54.70</b>	<b>01:03:14.70</b>	+00:23:43	6:05	9.9
357	<b>MARKOWICZ Piotr</b>	<b>2485</b>		M-30	108	00:02:19	00:25:44	00:35:41		<b>01:00:55.20</b>	<b>01:03:14.75</b>	+00:23:44	6:05	9.8
358	<b>ŁASZOWSKA Ewa</b>	<b>2464</b>	OPEL ACTIVE TEAM	K-30	47	00:01:05	00:24:52	00:35:09		<b>01:02:18.50</b>	<b>01:03:24.15</b>	+00:25:07	6:13	9.6
359	<b>KOBUSIŃSKA Jagoda</b>	<b>2390</b>	PKO SILESIA RUNNING TEAM	K-40	17	00:01:31	00:24:52	00:35:09		<b>01:01:53.70</b>	<b>01:03:24.70</b>	+00:24:42	6:11	9.7
360	<b>WAYDOWICZ Przemysław</b>	<b>2139</b>	PKO SILESIA RUNNING TEAM	M-30	111	00:01:30	00:24:52	00:35:09		<b>01:01:54.00</b>	<b>01:03:24.85</b>	+00:24:42	6:11	9.7
361	<b>ANTOS Angelika</b>	<b>2123</b>	HIRSCHVOGEL	K-20	36	00:01:34	00:25:14	00:35:28		<b>01:02:14.20</b>	<b>01:03:48.85</b>	+00:25:03	6:13	9.6
362	<b>BATORYNA Aleksander</b>	<b>2548</b>		M-30	117	00:00:02	00:38:44	00:45:40		<b>01:03:53.15</b>	<b>01:03:55.15</b>	+00:26:42	6:23	9.4
363	<b>BIEŃKOWSKA Justyna</b>	<b>2188</b>		K-30	46	00:01:59	00:25:01	00:35:16		<b>01:02:06.50</b>	<b>01:04:06.25</b>	+00:24:55	6:12	9.7
364	<b>SOBOLEWSKA Stefania</b>	<b>2347</b>		K-40	18	00:01:54	00:26:03	00:36:24		<b>01:02:15.65</b>	<b>01:04:10.20</b>	+00:25:04	6:13	9.6
365	<b>PORWOLIK Bożena</b>	<b>2450</b>		K-40	19	00:01:49	00:25:13	00:35:39		<b>01:02:27.55</b>	<b>01:04:17.15</b>	+00:25:16	6:14	9.6
366	<b>SIKORA Anna</b>	<b>2208</b>		K-20	37	00:01:02	00:26:30	00:37:01		<b>01:03:21.35</b>	<b>01:04:23.35</b>	+00:26:10	6:20	9.5
367	<b>KUKUCZKA Ewa</b>	<b>2146</b>		K-30	55	00:01:09	00:25:05	00:35:38		<b>01:03:15.95</b>	<b>01:04:25.05</b>	+00:26:04	6:19	9.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
367	MUSZALSKA Bożena	2415		K-30	56	00:00:40	00:26:10	00:36:46		01:03:44.75	01:04:25.05	+00:26:33	6:22	9.4
367	KOPEĆ-WÓJCIK Monika	2138		K-20	38	00:01:02	00:26:29	00:37:01		01:03:23.05	01:04:25.05	+00:26:11	6:20	9.5
370	JACH Wojciech	2179		M-40	56	00:01:52	00:25:43	00:36:33		01:02:35.75	01:04:28.20	+00:25:24	6:15	9.6
371	JACHYMIAK Damian	2385		M-30	115	00:01:04	00:26:03	00:36:30		01:03:23.90	01:04:28.35	+00:26:12	6:20	9.5
372	WITAŁA Rafał	2025		M-30	112	00:02:01	00:26:07	00:36:47		01:02:34.80	01:04:35.85	+00:25:23	6:15	9.6
373	DWORNICZAK Iwona	2219		K-50	5	00:01:50	00:25:10	00:35:40		01:02:45.15	01:04:35.95	+00:25:34	6:16	9.6
373	ZAJDEL Dariusz	2093		M-50	20	00:01:57	00:27:02	00:37:09		01:02:38.50	01:04:35.95	+00:25:27	6:15	9.6
375	RODAK Agnieszka	2349	W POGONI ZA DUCHEM	K-30	50	00:01:55	00:25:17	00:35:42		01:02:45.50	01:04:41.10	+00:25:34	6:16	9.6
376	SKRZYPEK Marta	2191		K-30	53	00:01:41	00:25:11	00:35:04		01:03:02.25	01:04:43.35	+00:25:51	6:18	9.5
377	KOMHR Anna	2541		K-30	51	00:01:58	00:26:07	00:36:40		01:02:49.30	01:04:47.50	+00:25:38	6:16	9.6
378	MALEŃKA Jolanta	2448		K-30	57	00:01:03	00:24:57	00:35:42		01:03:48.00	01:04:51.45	+00:26:36	6:22	9.4
379	SZOŁTYSIK Marta	2453		K-30	54	00:01:46	00:25:51	00:36:38		01:03:05.60	01:04:52.45	+00:25:54	6:18	9.5
380	KOTOWSKI Piotr	2426		M-40	58	00:01:28	00:25:51	00:36:28		01:03:26.35	01:04:55.30	+00:26:15	6:20	9.5
381	BOROWIAK Mateusz	2286	SEKCJA BIEGOWA FAMILIA	M-30	113	00:02:23	00:26:28	00:37:04		01:02:34.90	01:04:58.30	+00:25:23	6:15	9.6
382	GAŚIOREK Łukasz	2288	SEKCJA BIEGOWA FAMILIA	M-20	60	00:02:21	00:26:30	00:37:06		01:02:36.75	01:04:58.45	+00:25:25	6:15	9.6
383	ŻELEZNY Tomasz	2249		M-30	114	00:01:52	00:26:46	00:37:15		01:03:06.65	01:04:59.05	+00:25:55	6:18	9.5
384	BARANOWSKA Ewa	2252	SEKCJA BIEGOWA FAMILIA	K-30	49	00:02:25	00:25:15	00:35:53		01:02:34.95	01:04:59.95	+00:25:23	6:15	9.6
385	GILEWSKI Franciszek	2509	BIEGAM Z SERCEM	M-70	1	00:01:53	00:25:38	00:36:23		01:03:07.80	01:05:00.95	+00:25:56	6:18	9.5
386	DUDEK Mateusz	2394	FLUOR SA.	M-20	61	00:01:54	00:27:20	00:38:46		01:03:13.40	01:05:07.95	+00:26:02	6:19	9.5
387	PROCEK Katarzyna	2144		K-40	20	00:01:27	00:25:24	00:36:16		01:03:42.70	01:05:09.90	+00:26:31	6:22	9.4
388	PANKIEWICZ Katarzyna	2260	GRUPACMYKI	K-40	21	00:01:06	00:25:39	00:36:18		01:04:07.40	01:05:14.30	+00:26:56	6:24	9.4
389	OKOŃ Elżbieta	2058		K-30	59	00:00:57	00:25:21	00:36:28		01:04:18.15	01:05:15.25	+00:27:07	6:25	9.3
390	HOLETZKE Dorota	2425		K-30	58	00:01:12	00:25:21	00:36:23		01:04:08.25	01:05:20.40	+00:26:57	6:24	9.4
391	KEMPKA Izabela	2373		K-20	40	00:01:22	00:26:16	00:36:59		01:04:02.60	01:05:25.40	+00:26:51	6:24	9.4
392	ZIMNY Joanna	2022		K-30	52	00:02:39	00:26:34	00:36:40		01:02:51.85	01:05:31.30	+00:25:40	6:17	9.5
393	NIEMIEC Rafał	2261	INTERGRAFIK POLSKA	M-40	57	00:02:27	00:24:46	00:35:37		01:03:05.25	01:05:32.45	+00:25:54	6:18	9.5
394	PE Magdalena	2411		K-30	63	00:00:29	00:26:05	00:37:16		01:05:14.80	01:05:44.15	+00:28:03	6:31	9.2
395	SKOWRON Mirosława	2209		K-40	22	00:01:21	00:25:54	00:36:45		01:04:23.05	01:05:44.25	+00:27:11	6:26	9.3
396	MACIEJCZYK Marcin	2244	FAMILIA	M-30	116	00:02:04	00:25:36	00:36:15		01:03:43.30	01:05:47.80	+00:26:32	6:22	9.4
397	GORAJ-ZAJĄC Aleksandra	2537	NIGHT RUNNER	K-40	23	00:00:09	00:26:40	00:37:34		01:05:56.35	01:06:05.45	+00:28:45	6:35	9.1
398	BARTKOWSKA Monika	2253		K-30	62	00:01:08	00:27:06	00:38:06		01:04:57.15	01:06:05.55	+00:27:46	6:29	9.2
399	GÓRA Grażyna	2026		K-30	65	00:00:08	00:25:43	00:36:46		01:06:03.85	01:06:11.90	+00:28:52	6:36	9.1
400	BOJEŚ Marcin	2310	EZUNIVERSE	M-20	62	00:02:16	00:27:03	00:37:53		01:04:00.35	01:06:16.35	+00:26:49	6:24	9.4
401	SZYDŁAK Iwona	2242	OASIS SPORT TEAM	K-30	61	00:01:27	00:25:16	00:36:30		01:04:49.35	01:06:16.90	+00:27:38	6:28	9.3
402	RUŁKA Marta	2072		K-20	41	00:02:06	00:26:37	00:37:03		01:04:20.00	01:06:26.15	+00:27:08	6:26	9.3
403	PŁACHTA Marek	2076	INTER PROJEKT SA	M-40	60	00:00:53	00:26:02	00:37:01		01:05:33.10	01:06:26.25	+00:28:21	6:33	9.2
404	WÓJCIK Rafał	2331	SEKCJA BIEGOWA FAMILIA	M-30	118	00:02:25	00:25:18	00:35:54		01:04:02.70	01:06:27.85	+00:26:51	6:24	9.4
405	KUBICA Michał	2479		M-20	63	00:01:30	00:28:15	00:39:18		01:05:10.30	01:06:40.50	+00:27:59	6:31	9.2
406	NIESLER Magdalena	2419	NIGHT RUNNERS GLIWICE	K-30	64	00:01:06	00:26:24	00:37:31		01:05:34.35	01:06:41.25	+00:28:23	6:33	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
										netto 10km	brutto 10km			Różn
407	<b>DUDZICZ Anna</b>	<b>2065</b>		K-50	6	00:01:25	00:26:42	00:37:16		<b>01:05:16.95</b>	<b>01:06:42.25</b>	+00:28:05	6:31	9.2
408	<b>LATOS Ewa</b>	<b>2077</b>	NIGHT RUNNERS GLIWCE	K-30	60	00:02:24	00:27:21	00:38:24		<b>01:04:29.65</b>	<b>01:06:54.50</b>	+00:27:18	6:27	9.3
409	<b>BĄCZEK Patrycja</b>	<b>2324</b>		K-20	39	00:02:57	00:26:16	00:36:57		<b>01:04:00.20</b>	<b>01:06:57.25</b>	+00:26:49	6:24	9.4
410	<b>ŚWIDER Tomasz</b>	<b>2222</b>	BYTOM	M-40	59	00:01:43	00:28:26	00:40:24		<b>01:05:15.90</b>	<b>01:06:59.20</b>	+00:28:04	6:31	9.2
411	<b>JUROWICZ Damian</b>	<b>2447</b>		M-20	64	00:01:28	00:26:42	00:37:43		<b>01:05:33.70</b>	<b>01:07:01.70</b>	+00:28:22	6:33	9.2
412	<b>PORADA Tomasz</b>	<b>2312</b>		M-30	119	00:01:56	00:27:18	00:38:04		<b>01:05:10.75</b>	<b>01:07:06.95</b>	+00:27:59	6:31	9.2
413	<b>BRODIUK Norbert</b>	<b>2001</b>	SBRT ,NIGHT RUNNERS GLIWCE	M-40	62	00:00:36	00:26:54	00:38:01		<b>01:06:41.30</b>	<b>01:07:17.85</b>	+00:29:30	6:40	9
414	<b>SMUDA Grzegorz</b>	<b>2110</b>	AKMB PĘDZIWATR GLIWCE	M-30	120	00:01:49	00:27:23	00:38:10		<b>01:05:29.35</b>	<b>01:07:18.45</b>	+00:28:18	6:32	9.2
415	<b>MALEC Marek</b>	<b>2391</b>		M-20	65	00:01:33	00:25:38	00:37:07		<b>01:05:51.85</b>	<b>01:07:25.50</b>	+00:28:40	6:35	9.1
416	<b>BREGUŁA Anna</b>	<b>2322</b>		K-40	24	00:01:28	00:25:04	00:35:35		<b>01:05:58.90</b>	<b>01:07:27.25</b>	+00:28:47	6:35	9.1
417	<b>STACHOWIAK Janusz</b>	<b>2169</b>		M-60	7	00:01:40	00:26:24	00:37:24		<b>01:05:56.65</b>	<b>01:07:36.80</b>	+00:28:45	6:35	9.1
418	<b>SOWA Ireneusz</b>	<b>2098</b>	SOWA TEAM OPOLE	M-40	61	00:01:25	00:26:30	00:37:43		<b>01:06:27.90</b>	<b>01:07:53.20</b>	+00:29:16	6:38	9
419	<b>STEPPEL Grzegorz</b>	<b>2214</b>		M-40	63	00:00:50	00:26:55	00:38:33		<b>01:07:17.45</b>	<b>01:08:07.50</b>	+00:30:06	6:43	8.9
420	<b>KOZACZKIEWICZ Helena</b>	<b>2028</b>	FC KNURÓW - COMBAT 56	K-60	2	00:00:41	00:27:00	00:38:20		<b>01:07:29.05</b>	<b>01:08:10.15</b>	+00:30:17	6:44	8.9
421	<b>MICHALIK Natalia</b>	<b>2088</b>		K-20	43	00:01:46	00:25:20	00:36:47		<b>01:06:38.85</b>	<b>01:08:25.15</b>	+00:29:27	6:39	9
422	<b>JOOSTBERENS Aleksandra</b>	<b>2392</b>	FLUOR SA	K-20	42	00:01:54	00:27:20	00:38:46		<b>01:06:36.50</b>	<b>01:08:31.45</b>	+00:29:25	6:39	9
423	<b>LEWANDOWSKA-STACHOWIAK Justyna</b>	<b>2183</b>		K-40	26	00:01:35	00:26:52	00:38:10		<b>01:07:02.50</b>	<b>01:08:37.75</b>	+00:29:51	6:42	9
424	<b>WNĘK Agnieszka</b>	<b>2248</b>		K-30	66	00:01:41	00:26:44	00:38:11		<b>01:06:59.60</b>	<b>01:08:41.25</b>	+00:29:48	6:42	9
425	<b>DZIEMIAŃCZUK Monika</b>	<b>2316</b>		K-40	25	00:02:31	00:27:19	00:38:36		<b>01:06:35.10</b>	<b>01:09:06.30</b>	+00:29:23	6:39	9
426	<b>KLIKS Kazimierz</b>	<b>2071</b>		M-50	21	00:02:12	00:27:30	00:38:40		<b>01:07:17.70</b>	<b>01:09:30.35</b>	+00:30:06	6:43	8.9
427	<b>KAŻMIERCZAK-TKACZ Ewa</b>	<b>2395</b>	BBL GŁUCHOŁAZY	K-40	30	00:00:22	00:28:06	00:39:45		<b>01:09:22.30</b>	<b>01:09:44.65</b>	+00:32:11	6:56	8.6
428	<b>TRZASKALIK Aleksandra</b>	<b>2120</b>		K-20	44	00:02:11	00:28:46	00:39:54		<b>01:07:44.90</b>	<b>01:09:55.95</b>	+00:30:33	6:46	8.9
429	<b>WILCZYŃSKA-KOGUT Aleksandra</b>	<b>2336</b>	NIGHT RUNNERS GLIWCE	K-30	67	00:01:51	00:27:32	00:38:47		<b>01:08:04.80</b>	<b>01:09:56.05</b>	+00:30:53	6:48	8.8
430	<b>PAJĄK Aleksandra</b>	<b>2345</b>		K-40	33	00:00:05	00:27:22	00:39:07		<b>01:10:06.60</b>	<b>01:10:11.65</b>	+00:32:55	7:00	8.6
431	<b>CHOMIAK Agata</b>	<b>2530</b>		K-40	32	00:00:05	00:27:37	00:39:24		<b>01:10:06.30</b>	<b>01:10:11.85</b>	+00:32:55	7:00	8.6
432	<b>STRUG Małgorzata</b>	<b>2489</b>		K-40	27	00:02:18	00:27:31	00:38:56		<b>01:07:55.20</b>	<b>01:10:13.60</b>	+00:30:44	6:47	8.8
433	<b>STRUG Mariusz</b>	<b>2482</b>		M-40	64	00:02:17	00:27:32	00:38:56		<b>01:07:56.80</b>	<b>01:10:14.60</b>	+00:30:45	6:47	8.8
434	<b>JANOSZKA Izabela</b>	<b>2125</b>	HIRSCHVOGEL	K-20	45	00:01:29	00:26:21	00:37:59		<b>01:08:45.60</b>	<b>01:10:15.00</b>	+00:31:34	6:52	8.7
435	<b>KACZKIEWICZ Agnieszka</b>	<b>2002</b>	NIGHT RUNNERS GLIWCE	K-40	29	00:01:03	00:28:21	00:39:54		<b>01:09:21.95</b>	<b>01:10:25.50</b>	+00:32:10	6:56	8.6
436	<b>DZIEKAN Kasia</b>	<b>2197</b>	ANTONTEAM	K-30	68	00:01:40	00:28:54	00:40:29		<b>01:08:53.55</b>	<b>01:10:34.20</b>	+00:31:42	6:53	8.7
437	<b>CIESLAK Pawel</b>	<b>2438</b>		M-30	121	00:01:53	00:28:23	00:39:55		<b>01:08:58.65</b>	<b>01:10:52.50</b>	+00:31:47	6:53	8.7
438	<b>SZKAMRUK Małgorzata</b>	<b>2254</b>		K-30	69	00:01:25	00:27:44	00:39:12		<b>01:09:33.15</b>	<b>01:10:58.95</b>	+00:32:22	6:57	8.6
439	<b>PĘKALA Anna</b>	<b>2163</b>		K-40	28	00:01:49	00:27:20	00:38:48		<b>01:09:09.30</b>	<b>01:10:59.00</b>	+00:31:58	6:55	8.7
440	<b>STANISZ Małgorzata</b>	<b>2067</b>		K-30	70	00:00:53	00:28:03	00:39:41		<b>01:10:06.95</b>	<b>01:11:00.75</b>	+00:32:55	7:00	8.6
441	<b>MALISZEWSKI Jakub</b>	<b>2379</b>	NAPĘDZANI PROCENTEM	M-30	122	00:01:55	00:29:12	00:40:43		<b>01:09:22.70</b>	<b>01:11:18.05</b>	+00:32:11	6:56	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
442	<b>MALISZEWSKI Bogusław</b>	<b>2381</b>	NAPĘDZANI PROCENTEM	M-60	8	00:01:54	00:29:13	00:40:44		<b>01:09:23.55</b>	<b>01:11:18.20</b>	+00:32:12	6:56	8.6
443	<b>LEWICKI Krzysztof</b>	<b>97</b>	NIGHT RUNNERS GLIWCE	M-30	123	00:01:03	00:28:24	00:40:01		<b>01:10:19.40</b>	<b>01:11:22.95</b>	+00:33:08	7:01	8.5
444	<b>POLAKOWICZ Aleksandra</b>	<b>2129</b>		K-40	34	00:01:30	00:28:00	00:39:55		<b>01:10:10.25</b>	<b>01:11:40.95</b>	+00:32:59	7:01	8.6
445	<b>KOCHANEK Aleksandra</b>	<b>2203</b>		K-40	31	00:02:28	00:28:01	00:39:25		<b>01:09:24.35</b>	<b>01:11:52.70</b>	+00:32:13	6:56	8.6
446	<b>OCHMAN Agnieszka</b>	<b>2451</b>		K-40	35	00:01:44	00:28:07	00:40:05		<b>01:10:15.40</b>	<b>01:11:59.60</b>	+00:33:04	7:01	8.5
447	<b>PIERNIKARCZYK Mirela</b>	<b>2444</b>		K-30	71	00:01:19	00:29:20	00:41:18		<b>01:10:58.30</b>	<b>01:12:17.55</b>	+00:33:47	7:05	8.5
448	<b>KONOPACKA Krystyna</b>	<b>2119</b>		K-60	3	00:00:32	00:29:03	00:40:58		<b>01:11:54.15</b>	<b>01:12:27.00</b>	+00:34:43	7:11	8.3
449	<b>GĄTEK Gerard</b>	<b>2549</b>		M-70	2	00:01:50	00:28:37	00:40:21		<b>01:10:58.75</b>	<b>01:12:48.75</b>	+00:33:47	7:05	8.5
450	<b>PYREK Marek</b>	<b>2314</b>	TOROS DE ESPANA	M-30	125	00:00:56	00:29:29	00:41:40		<b>01:12:04.15</b>	<b>01:13:00.20</b>	+00:34:53	7:12	8.3
451	<b>NOWIŃSKI Kamil</b>	<b>2284</b>	SEKCJA BIEGOWA FAMILIA	M-30	124	00:02:24	00:31:33	00:44:51		<b>01:11:24.25</b>	<b>01:13:48.25</b>	+00:34:13	7:08	8.4
452	<b>ZIOŁKOWSKA Barbara</b>	<b>2223</b>	ŚWIĘTOCHŁOWCE	K-30	72	00:01:43	00:28:27	00:40:25		<b>01:12:09.60</b>	<b>01:13:52.95</b>	+00:34:58	7:12	8.3
453	<b>ZARODA Magdalena</b>	<b>2287</b>		K-30	73	00:00:32	00:29:35	00:41:36		<b>01:13:20.45</b>	<b>01:13:53.00</b>	+00:36:09	7:20	8.2
454	<b>TISZBIEREK Gabriela</b>	<b>2118</b>		K-40	36	00:01:42	00:29:04	00:41:11		<b>01:12:13.50</b>	<b>01:13:55.85</b>	+00:35:02	7:13	8.3
455	<b>TISZBIEREK Henryk</b>	<b>2117</b>	NIGHT RUNNERS GLIWCE	M-40	65	00:01:42	00:29:04	00:41:11		<b>01:12:13.80</b>	<b>01:13:55.95</b>	+00:35:02	7:13	8.3
456	<b>PRUCHNIK Sławek</b>	<b>2051</b>	JAZZY	M-20	66	00:00:59	00:29:16	00:42:57		<b>01:13:49.40</b>	<b>01:14:48.45</b>	+00:36:38	7:22	8.1
457	<b>JURETKO Adam</b>	<b>2535</b>		M-40	66	00:01:37	00:29:33	00:41:56		<b>01:13:24.60</b>	<b>01:15:02.10</b>	+00:36:13	7:20	8.2
458	<b>KUT Krzysztof</b>	<b>2031</b>		M-30	126	00:01:02	00:30:01	00:42:32		<b>01:14:00.65</b>	<b>01:15:02.70</b>	+00:36:49	7:24	8.1
459	<b>VEGA ZUMETA Brygida</b>	<b>2408</b>	NIGHT RUNNERS GLIWCE	K-30	74	00:01:02	00:30:11	00:42:38		<b>01:15:07.15</b>	<b>01:16:09.55</b>	+00:37:56	7:30	8
460	<b>UEMURA Yoshihiko</b>	<b>2334</b>	TAKENAKA	M-50	22	00:00:18	00:31:12	00:43:33		<b>01:16:01.40</b>	<b>01:16:19.95</b>	+00:38:50	7:36	7.9
461	<b>GORZKOWSKA Małgorzata</b>	<b>2111</b>		K-20	46	00:02:11	00:29:59	00:42:02		<b>01:14:10.40</b>	<b>01:16:21.70</b>	+00:36:59	7:25	8.1
462	<b>KAMIŃSKI Wojciech</b>	<b>2477</b>	INTERPROJEKT	M-20	67	00:02:25	00:30:05	00:42:12		<b>01:14:15.20</b>	<b>01:16:40.55</b>	+00:37:04	7:25	8.1
463	<b>KOSTRO Rafał</b>	<b>2285</b>	SEKCJA BIEGOWA FAMILIA	M-30	127	00:02:22	00:31:35	00:44:53		<b>01:15:34.20</b>	<b>01:17:56.50</b>	+00:38:23	7:33	7.9
464	<b>CUDZIK Waldemar</b>	<b>2463</b>		M-50	23	00:01:28	00:52:11			<b>01:16:35.70</b>	<b>01:18:03.95</b>	+00:39:24	7:39	7.8
465	<b>ROSPONDEK Agata</b>	<b>2472</b>		K-30	75	00:01:28	00:52:10			<b>01:16:36.35</b>	<b>01:18:04.95</b>	+00:39:25	7:39	7.8
466	<b>FRAĆ Elżbieta</b>	<b>2206</b>	NIGHT RUNNERS GLIWCE	K-40	37	00:01:51	00:30:04	00:43:21		<b>01:16:29.20</b>	<b>01:18:20.85</b>	+00:39:18	7:38	7.8
467	<b>MARCZAK Marta</b>	<b>2510</b>		K-30	76	00:02:16	00:31:37	00:44:45		<b>01:17:53.60</b>	<b>01:20:09.60</b>	+00:40:42	7:47	7.7
468	<b>JÓZEFczyk Katarzyna</b>	<b>2167</b>	ISTA BIEGAMY	K-30	77	00:02:03	00:30:22	00:46:22		<b>01:18:56.80</b>	<b>01:21:00.25</b>	+00:41:45	7:53	7.6
469	<b>KULIG Maciej</b>	<b>2504</b>	CERTUM	M-30	128	00:00:06	00:31:31	00:45:13		<b>01:21:17.75</b>	<b>01:21:23.75</b>	+00:44:06	8:07	7.4
470	<b>GROSS Magdalena</b>	<b>2413</b>	UNISONO / FIS-SST TEAM	K-18	4	00:02:18	00:31:36	00:45:44		<b>01:20:06.40</b>	<b>01:22:24.45</b>	+00:42:55	8:00	7.5
471	<b>DOLIŃSKI Daniel</b>	<b>2414</b>	UNISONO / FIS-SST TEAM	M-20	68	00:02:18	00:31:35	00:45:43		<b>01:20:05.90</b>	<b>01:22:24.70</b>	+00:42:54	8:00	7.5
472	<b>JUSZCZAK Ewa</b>	<b>2049</b>		K-50	7	00:00:54	00:32:54	00:48:53		<b>01:22:24.25</b>	<b>01:23:18.65</b>	+00:45:13	8:14	7.3
473	<b>JUSZCZAK - WIŚNIEWSKA Agata</b>	<b>2435</b>	NIGHT RUNNERS GLIWCE	K-30	78	00:00:54	00:32:54	00:48:55		<b>01:24:38.55</b>	<b>01:25:33.05</b>	+00:47:27	8:27	7.1
474	<b>CIESZYŃSKA Jolanta</b>	<b>2225</b>	SEKCJA BIEGOWA FAMILIA	K-50	8	00:00:32	00:36:57	00:52:20		<b>01:26:38.15</b>	<b>01:27:10.70</b>	+00:49:27	8:39	6.9
475	<b>CYBULSKA Weronika</b>	<b>2184</b>		K-20	47	00:01:46	00:54:40	01:03:46		<b>01:28:28.80</b>	<b>01:30:15.30</b>	+00:51:17	8:50	6.8
476	<b>SKUPIEŃ Piotr</b>	<b>2526</b>		M-40	67	00:00:37	00:53:51	01:03:37		<b>01:30:19.05</b>	<b>01:30:56.55</b>	+00:53:07	9:01	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
477	<b>WIERCIŃSKI Łukasz</b>	<b>2473</b>		M-60	9	00:00:05	00:57:51			<b>01:43:58.20</b>	<b>01:44:03.45</b>	+01:06:47	10:23	5.8
478	<b>OLEJNIK Marcin</b>	<b>2302</b>	PROPOINT	M-20	69	00:00:35	00:48:26	01:14:52		<b>01:52:26.45</b>	<b>01:53:01.80</b>	+01:15:15	11:14	5.3
	<b>STASIERSKI Maciej</b>	<b>2279</b>		M-30		DNF	00:42:53 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 479 wynik(ów)