



Event: Półmaraton Gliwicki 2017
Organiser: Fundacja Bieg Rzeźnika
Date: 2017-10-22
Place: Gliwice
Distance: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	FORMICKI Rafał	2461	CKS BUDOWLANI CZĘSTOCHOWA	M-20	1	00:00:01	00:13:57	00:19:34		00:37:11.15	00:37:12.65		3:43	16.1 (100%)
2	JARCO Dominik	2234	ALPIN SPORT TEAM	M-20	2	00:00:00	00:14:08	00:20:01	00:03:33	00:37:13.05	00:37:13.95	+00:00:01 (0.1%)	3:22	17.8 (110.6%)
3	ROSIŃSKI Artur	2354	PARKRUN KATOWICE	M-20	3	00:00:00	00:15:19	00:20:58	00:03:33	00:37:18.35	00:37:19.25	+00:00:07 (0.3%)	3:22	17.8 (110.6%)
4	WOJDYŁA Mateusz	2313	GMINA STRZELCE OPOLSKIE	M-30	1	00:00:02	00:14:25	00:20:22	00:03:33	00:37:30.30	00:37:32.90	+00:00:19 (0.9%)	3:23	17.7 (109.9%)
5	WINKLER Tomasz	2470		M-30	2	00:00:00	00:15:18	00:20:58	00:03:33	00:37:44.15	00:37:45.10	+00:00:33 (1.5%)	3:25	17.5 (108.7%)
6	SLADEK Dominik	2205	NIEZRZESZONY	M-20	4	00:00:01	00:15:25	00:21:48		00:38:16.10	00:38:17.35	+00:01:04 (2.8%)	3:49	15.7 (97.5%)
7	PSTRAŚ Leszek	2085	PARKRUN KATOWICE	M-30	3	00:00:00	00:16:00	00:22:20		00:38:23.90	00:38:23.90	+00:01:12 (3.2%)	3:50	15.6 (96.9%)
8	WYSOCKI Mariusz	2352	LECYMY DURŚ	M-40	1	00:00:08	00:16:18	00:22:38		00:38:28.50	00:38:36.85	+00:01:17 (3.4%)	3:50	15.6 (96.9%)
9	BUJNOWSKI Artur	2044	SOKÓŁ / ENDURANCE KNURÓW	M-30	4	00:00:02	00:15:58	00:22:21		00:38:53.10	00:38:55.75	+00:01:41 (4.4%)	3:53	15.4 (95.7%)
10	CZERWIŃSKI Michał	2540	SBD ENERGETYK RYBNIK	M-30	5	00:00:01	00:15:55	00:22:27		00:38:57.05	00:38:58.90	+00:01:45 (4.5%)	3:53	15.4 (95.7%)
11	JUCHA Przemysław	2524	ANTONTEM	M-30	6	00:00:03	00:16:55	00:23:39		00:39:49.85	00:39:52.90	+00:02:38 (6.6%)	3:58	15.1 (93.8%)
12	KAUF Damian	2446		M-30	7	00:00:04	00:16:16	00:22:57		00:39:57.05	00:40:01.05	+00:02:45 (6.9%)	3:59	15 (93.2%)
13	BŁASZCZYK Dominik	2401	NIGHT RUNNERS	M-20	5	00:00:02	00:16:38	00:23:13		00:40:10.05	00:40:12.50	+00:02:58 (7.4%)	4:01	14.9 (92.5%)
14	OCHMAN Paweł	2431	FUTURE PROCESSING RUNNING TEAM	M-30	8	00:00:04	00:16:59	00:23:40		00:40:15.05	00:40:19.05	+00:03:03 (7.6%)	4:01	14.9 (92.5%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
15	PRZEŹDZIAK Zygmunt	2323	KRONOSPAN STRZELCE OPOLSKIE	M-40	2	00:00:04	00:16:51	00:23:34		00:40:21.85	00:40:26.45	+00:03:10 (7.9%)	4:02	14.9 (92.5%)
16	PIOTROWSKI Łukasz	2210		M-30	9	00:00:01	00:16:29	00:23:16		00:40:38.55	00:40:40.05	+00:03:27 (8.5%)	4:03	14.8 (91.9%)
17	WISZYŃSKI Damian	2357		M-30	10	00:00:02	00:16:57	00:23:46		00:40:41.35	00:40:44.15	+00:03:30 (8.6%)	4:04	14.7 (91.3%)
18	LAMPARSKI Łukasz	2063		M-20	6	00:00:01	00:16:43	00:23:38		00:40:59.95	00:41:01.70	+00:03:48 (9.3%)	4:06	14.6 (90.7%)
19	RAJWA Marcin	2375		M-20	7	00:00:03	00:16:09	00:23:09		00:41:06.30	00:41:09.40	+00:03:55 (9.5%)	4:06	14.6 (90.7%)
20	CIECIAK Grzegorz	2480	MEGWAT RUNNING TEAM	M-40	3	00:00:08	00:17:04	00:23:52		00:41:07.15	00:41:15.80	+00:03:56 (9.6%)	4:06	14.6 (90.7%)
21	GOLBA Kasia	2543	1SECOND TEAM	K-20	1	00:00:02	00:16:52	00:23:55		00:41:22.65	00:41:25.30	+00:04:11 (10.1%)	4:08	14.5 (90.1%)
22	SZABELSKI Krzysztof	2397	FUTURE PROCESSING RUNNING TEAM	M-30	11	00:00:06	00:16:47	00:23:41		00:41:26.65	00:41:32.85	+00:04:15 (10.3%)	4:08	14.5 (90.1%)
22	GRAMATYKA Jan	2399	FUTURE PROCESSING RUNNING TEAM	M-30	12	00:00:05	00:16:48	00:23:42		00:41:27.05	00:41:32.85	+00:04:15 (10.3%)	4:08	14.5 (90.1%)
24	LEWICKA Elżbieta	2149	NIEZRZESZONA	K-40	1	00:00:02	00:17:24	00:24:19		00:41:43.75	00:41:46.20	+00:04:32 (10.9%)	4:10	14.4 (89.4%)
25	WISZNIEWSKI Dariusz	2382	ANTONTEAM	M-40	4	00:00:03	00:16:55	00:23:55		00:42:02.15	00:42:05.50	+00:04:51 (11.5%)	4:12	14.3 (88.8%)
26	MAJ Witold	2475	OLDBOYS TRUSKOLASY	M-50	1	00:00:16	00:17:03	00:24:04		00:42:04.15	00:42:20.85	+00:04:53 (11.6%)	4:12	14.3 (88.8%)
27	ALKER Andrzej	2087		M-20	8	00:00:03	00:17:31	00:24:43		00:42:57.45	00:43:00.75	+00:05:46 (13.4%)	4:17	14 (87.0%)
28	WASZTYL Grzegorz	2520		M-40	5	00:00:09	00:17:28	00:24:37		00:42:57.25	00:43:07.15	+00:05:46 (13.4%)	4:17	14 (87.0%)
29	NIKIEL Marcin	2054		M-30	13	00:00:03	00:17:26	00:24:38		00:43:06.45	00:43:10.30	+00:05:55 (13.7%)	4:18	13.9 (86.3%)
30	ZDEBEL Dariusz	2160	LECYMY DURŚ	M-40	6	00:00:07	00:18:04	00:25:14		00:43:11.90	00:43:19.40	+00:06:00 (13.9%)	4:19	13.9 (86.3%)
31	MAJEWSKI Andrzej	2303	KRONOSPAN STRZELCE OPOLSKIE	M-30	14	00:00:07	00:18:02	00:25:20		00:43:29.50	00:43:37.30	+00:06:18 (14.5%)	4:21	13.8 (85.7%)
32	MAJ-DZIUBAŃSKA Izabela	2262	AKMB PĘDZIWIATR GLIWICE	K-30	1	00:00:03	00:17:45	00:25:07		00:43:46.65	00:43:50.05	+00:06:35 (15.1%)	4:22	13.7 (85.1%)
33	KUCHTA Mirosław	2212	REMAGUM	M-50	2	00:00:04	00:18:00	00:25:23		00:44:08.40	00:44:12.40	+00:06:57 (15.8%)	4:24	13.6 (84.5%)
34	ROSIKOŃ Tomasz	2269		M-30	15	00:00:08	00:18:01	00:25:18		00:44:07.00	00:44:15.05	+00:06:55 (15.7%)	4:24	13.6 (84.5%)
35	GŁOWA Dariusz	2243		M-40	7	00:00:06	00:18:28	00:25:51		00:44:15.45	00:44:21.55	+00:07:04 (16.0%)	4:25	13.6 (84.5%)
36	BOMBELKA Daniel	2376	KRONOSPAN STRZELCE OPOLSKIE	M-20	9	00:00:07	00:18:49	00:26:09		00:44:15.20	00:44:22.55	+00:07:04 (16.0%)	4:25	13.6 (84.5%)
37	BIENIECKI Marek	2539	OTK RZEŹNIK	M-18	1	00:00:08	00:18:12	00:25:33		00:44:30.80	00:44:39.30	+00:07:19 (16.5%)	4:27	13.5 (83.9%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
38	NOWAK Mateusz	2050		M-20	10	00:00:02	00:17:58	00:25:39		00:44:41.40	00:44:43.75	+00:07:30 (16.8%)	4:28	13.4 (83.2%)
39	BRZOSKA Piotr	2363	BIEGNĘ BO MI MARCIN KAZAŁ	M-30	18	00:00:03	00:18:24	00:25:52		00:44:47.10	00:44:50.40	+00:07:35 (17.0%)	4:28	13.4 (83.2%)
40	KRAUSE Szymon	2155		M-30	19	00:00:03	00:18:24	00:26:01		00:44:52.05	00:44:55.25	+00:07:40 (17.1%)	4:29	13.4 (83.2%)
41	JAKUBIAK Dawid	2084	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-30	17	00:00:18	00:18:43	00:26:21		00:44:42.85	00:45:01.05	+00:07:31 (16.8%)	4:28	13.4 (83.2%)
42	HALMAN Tomasz	2371		M-30	16	00:00:25	00:18:11	00:25:42		00:44:37.55	00:45:03.15	+00:07:26 (16.7%)	4:27	13.4 (83.2%)
43	BABIUCH Karol	2321		M-30	21	00:00:17	00:18:33	00:25:59		00:45:13.75	00:45:31.70	+00:08:02 (17.8%)	4:31	13.3 (82.6%)
44	GAWLIK Sandra	2187		K-30	2	00:00:02	00:18:42	00:26:20		00:45:32.20	00:45:34.85	+00:08:21 (18.3%)	4:33	13.2 (82.0%)
45	MRÓZEK Tomasz	2265		M-30	22	00:00:22	00:19:13	00:26:39		00:45:22.40	00:45:44.70	+00:08:11 (18.0%)	4:32	13.2 (82.0%)
46	JURGA Adam	2384	KS OLKUSZ	M-30	23	00:00:07	00:18:22	00:26:05		00:45:37.30	00:45:45.10	+00:08:26 (18.5%)	4:33	13.1 (81.4%)
47	LNIAINY Beniamin	2039	POBIEGA(L)NIANY	M-40	8	00:00:06	00:18:42	00:26:25		00:45:45.40	00:45:52.05	+00:08:34 (18.7%)	4:34	13.1 (81.4%)
48	PACANA Patryk	2043	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:13	00:18:59	00:26:21		00:45:42.00	00:45:55.30	+00:08:30 (18.6%)	4:34	13.1 (81.4%)
49	CZERNIK Jakub	2396	ELZAB ACTIVE TEAM	M-20	14	00:00:16	00:18:26	00:26:05		00:45:52.95	00:46:09.30	+00:08:41 (19.0%)	4:35	13.1 (81.4%)
50	SMOTER Wojciech	2507	SBRT GLIWICE	M-40	10	00:00:03	00:18:46	00:26:31		00:46:09.30	00:46:13.00	+00:08:58 (19.4%)	4:37	13 (80.7%)
51	DONIGIEWICZ Mariusz	2315		M-30	20	00:01:03	00:19:14	00:26:36		00:45:09.80	00:46:13.55	+00:07:58 (17.7%)	4:31	13.3 (82.6%)
52	CZYŻYKOWSKI Marcin	2307	SW RUNNERS	M-40	9	00:00:24	00:18:56	00:26:28		00:45:56.00	00:46:20.95	+00:08:44 (19.0%)	4:35	13.1 (81.4%)
53	BUGAJCZYK Piotr	2069	PROGRESS BYTOM	M-30	25	00:00:04	00:18:39	00:26:24		00:46:24.40	00:46:28.55	+00:09:13 (19.9%)	4:38	12.9 (80.1%)
54	KŁACZEK Grzegorz	2428	WIESZOWA	M-50	3	00:00:07	00:19:09	00:26:51		00:46:23.10	00:46:30.50	+00:09:11 (19.8%)	4:38	12.9 (80.1%)
55	NENKO Barbara	2378	AUGUSTEAM	K-30	3	00:00:12	00:19:06	00:26:43		00:46:20.00	00:46:32.05	+00:09:08 (19.7%)	4:38	12.9 (80.1%)
56	PIEUCH Agnieszka	2250		K-30	4	00:00:14	00:19:22	00:26:58		00:46:27.35	00:46:41.90	+00:09:16 (20.0%)	4:38	12.9 (80.1%)
57	WICHARY Marcin	2056	ISTA BIEGAMY	M-30	26	00:00:11	00:19:18	00:27:01		00:46:33.20	00:46:44.75	+00:09:22 (20.1%)	4:39	12.9 (80.1%)
58	DACZYŃSKI Michał	2103	VEGERUNNERS	M-40	11	00:00:18	00:19:20	00:27:01		00:46:36.35	00:46:55.10	+00:09:25 (20.2%)	4:39	12.9 (80.1%)
59	SZABRA Dawid	2204	-	M-20	11	00:01:47	00:18:35	00:26:07		00:45:19.15	00:47:06.90	+00:08:08 (17.9%)	4:31	13.2 (82.0%)
60	KOWALSKI Tomasz	2443		M-30	28	00:00:09	00:18:44	00:26:50		00:46:59.50	00:47:08.85	+00:09:48 (20.9%)	4:41	12.8 (79.5%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
61	WARZYŃSKI Wojciech	2484		M-30	30	00:00:07	00:19:23	00:27:22		00:47:09.25	00:47:16.60	+00:09:58 (21.1%)	4:42	12.7 (78.9%)
62	GOŁYŚ Grzegorz	2503	CERTUM	M-20	12	00:01:42	00:19:14	00:26:37		00:45:37.85	00:47:20.10	+00:08:26 (18.5%)	4:33	13.1 (81.4%)
63	WATOŁA Marek	2017	M&M	M-30	31	00:00:11	00:19:31	00:27:28		00:47:13.85	00:47:24.85	+00:10:02 (21.3%)	4:43	12.7 (78.9%)
64	HORA Grzegorz	2115		M-30	24	00:01:08	00:20:03	00:27:24		00:46:17.30	00:47:26.05	+00:09:06 (19.7%)	4:37	13 (80.7%)
65	BICZYSKI Paweł	2023	PSYCHONAUCI	M-30	29	00:00:25	00:19:15	00:26:59		00:47:08.40	00:47:33.50	+00:09:57 (21.1%)	4:42	12.7 (78.9%)
66	KIERAT Paweł	2053		M-30	32	00:00:14	00:18:27	00:26:17		00:47:21.45	00:47:35.45	+00:10:10 (21.5%)	4:44	12.7 (78.9%)
67	MAZUR Witold	2296	PROPOINT	M-20	15	00:00:35	00:20:21	00:28:10		00:47:01.30	00:47:36.90	+00:09:50 (20.9%)	4:42	12.8 (79.5%)
68	LATA CZ Tomasz	2235		M-40	12	00:00:24	00:19:28	00:27:16		00:47:14.30	00:47:39.10	+00:10:03 (21.3%)	4:43	12.7 (78.9%)
69	KOCIEMBA Patryk	2020		M-30	27	00:00:44	00:19:35	00:27:21		00:46:58.45	00:47:43.05	+00:09:47 (20.8%)	4:41	12.8 (79.5%)
70	WOJTAS Paweł	2346	3940	M-20	17	00:00:10	00:19:23	00:27:27		00:47:35.05	00:47:45.40	+00:10:23 (21.9%)	4:45	12.6 (78.3%)
71	STULIK Paweł	2130		M-30	33	00:00:28	00:19:59	00:27:43		00:47:22.95	00:47:51.60	+00:10:11 (21.5%)	4:44	12.7 (78.9%)
72	SUPETA Andrzej	2519		M-30	34	00:00:29	00:19:48	00:27:18		00:47:25.20	00:47:55.00	+00:10:14 (21.6%)	4:44	12.6 (78.3%)
73	JANOSZ Sławek	2186		M-30	35	00:00:28	00:19:50	00:27:36		00:47:33.35	00:48:02.15	+00:10:22 (21.8%)	4:45	12.6 (78.3%)
74	MARCZAK Paweł	2066		M-30	36	00:00:23	00:19:34	00:27:37		00:47:43.95	00:48:07.05	+00:10:32 (22.1%)	4:46	12.6 (78.3%)
75	ZAKRZOWSKI Krzysztof	2467	TENNECO AUTOMOTIVE EASTERN EUROPE	M-20	18	00:00:36	00:19:28	00:27:31		00:47:41.10	00:48:17.50	+00:10:29 (22.0%)	4:46	12.6 (78.3%)
76	HERMAN Anna	2166	RUNONLINE TEAM	K-40	2	00:00:00				00:48:28.00	00:48:28.00	+00:11:16 (23.3%)	4:50	12.4 (77.0%)
77	CHOLEWA Grzegorz	2215		M-30	38	00:00:05	00:19:53	00:27:55		00:48:27.50	00:48:33.10	+00:11:16 (23.3%)	4:50	12.4 (77.0%)
78	SIERADZKI Adam	2292	PROPOINT	M-20	19	00:00:31	00:20:07	00:27:57		00:48:03.05	00:48:34.45	+00:10:51 (22.6%)	4:48	12.5 (77.6%)
79	SKIBA Adam	2536		M-40	14	00:00:23	00:20:03	00:28:04		00:48:11.85	00:48:35.80	+00:11:00 (22.8%)	4:49	12.4 (77.0%)
79	ŚWITALSKI Adam	2421		M-20	16	00:01:13	00:21:12	00:28:50		00:47:21.95	00:48:35.80	+00:10:10 (21.5%)	4:44	12.7 (78.9%)
81	SZKLARZ Sebastian	2047		M-30	37	00:00:26	00:20:16	00:28:15		00:48:27.30	00:48:53.60	+00:11:16 (23.3%)	4:50	12.4 (77.0%)
82	SITARSKI Mateusz	2233		M-20	21	00:00:39	00:20:32	00:28:24		00:48:15.20	00:48:54.95	+00:11:04 (22.9%)	4:49	12.4 (77.0%)
83	PACANA Krzysztof	2114		M-20	20	00:00:49	00:19:32	00:27:34		00:48:06.25	00:48:56.05	+00:10:55 (22.7%)	4:48	12.5 (77.6%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Pace	Pace	
										time 10km	brutto 10km			Gap
84	PUPIELK Kamil	2550		M-18	2	00:00:13	00:19:00	00:27:12		00:48:45.20	00:48:58.45	+00:11:34 (23.7%)	4:52	12.3 (76.4%)
85	HODOR Robert	2176		M-40	13	00:01:02	00:19:59	00:27:58		00:47:57.50	00:49:00.05	+00:10:46 (22.5%)	4:47	12.5 (77.6%)
86	JAŁOWIEC Ryszard	2304	KS OLKUSZ	M-60	1	00:00:08	00:20:08	00:28:19		00:49:06.80	00:49:15.05	+00:11:55 (24.3%)	4:54	12.2 (75.8%)
87	MACHAŁA Marek	2332	LUCKY LOSERS	M-40	16	00:00:11	00:19:39	00:27:45		00:49:06.95	00:49:18.40	+00:11:55 (24.3%)	4:54	12.2 (75.8%)
88	LITWINCZUK Gabriel	2383		M-30	40	00:00:33	00:19:51	00:27:58		00:48:50.25	00:49:23.75	+00:11:39 (23.9%)	4:53	12.3 (76.4%)
89	ZDON Paweł	2407		M-30	39	00:00:47	00:21:01	00:28:57		00:48:44.20	00:49:31.90	+00:11:33 (23.7%)	4:52	12.3 (76.4%)
90	WAŁĘDZIK Anna	2449	MIECHOWICKA GRUPA BIEGOWA	K-30	5	00:00:17	00:20:19	00:28:33		00:49:23.35	00:49:40.65	+00:12:12 (24.7%)	4:56	12.1 (75.2%)
91	BURZAWA Jarosław	2300		M-40	17	00:00:28	00:20:13	00:28:30		00:49:16.05	00:49:44.70	+00:12:04 (24.5%)	4:55	12.2 (75.8%)
92	CYBULSKI Paweł	2295	PROPOINT	M-20	24	00:00:34	00:20:12	00:28:26		00:49:11.35	00:49:46.10	+00:12:00 (24.4%)	4:55	12.2 (75.8%)
93	SMOLARCZYK Dominik	2362	MŁODE WILKI	M-40	18	00:00:25	00:20:24	00:28:35		00:49:21.75	00:49:47.55	+00:12:10 (24.7%)	4:56	12.2 (75.8%)
93	KOWAL Dariusz	2460		M-40	15	00:01:22	00:21:14	00:28:51		00:48:25.35	00:49:47.55	+00:11:14 (23.2%)	4:50	12.4 (77.0%)
95	SKUPIEŃ Małgorzata	2122	ETISOFT RUNNING TEAM	K-20	2	00:00:42	00:21:07	00:29:09		00:49:12.75	00:49:54.95	+00:12:01 (24.4%)	4:55	12.2 (75.8%)
96	WESTER Mieczysław	2278		M-40	19	00:00:21	00:20:23	00:28:41		00:49:33.70	00:49:55.10	+00:12:22 (25.0%)	4:57	12.1 (75.2%)
97	SZWARCZYŃSKI Michał	2013		M-30	46	00:00:09	00:19:40	00:27:59		00:49:58.50	00:50:08.35	+00:12:47 (25.6%)	4:59	12 (74.5%)
98	PASECKA Sylwia	2333		K-40	4	00:00:21	00:20:47	00:29:05		00:49:48.15	00:50:09.55	+00:12:37 (25.3%)	4:58	12 (74.5%)
99	FRĄCZYK Małgorzata	2213		K-40	3	00:00:48	00:20:24	00:28:30		00:49:25.00	00:50:13.05	+00:12:13 (24.8%)	4:56	12.1 (75.2%)
100	SZULC Sebastian	2012		M-20	26	00:00:23	00:20:17	00:28:36		00:49:51.00	00:50:14.40	+00:12:39 (25.4%)	4:59	12 (74.5%)
101	STRONCZYŃSKI Andrzej	2309	NIGHT RUNNERS GLIWICE	M-20	22	00:01:10	00:21:10	00:29:05		00:49:04.65	00:50:15.15	+00:11:53 (24.2%)	4:54	12.2 (75.8%)
102	DYLONG Piotr	2165		M-50	4	00:01:09	00:20:18	00:28:35		00:49:12.30	00:50:22.15	+00:12:01 (24.4%)	4:55	12.2 (75.8%)
103	KASPRZYK Marcin	2216		M-30	44	00:00:47	00:20:20	00:28:32		00:49:36.50	00:50:24.30	+00:12:25 (25.0%)	4:57	12.1 (75.2%)
104	JANIK Sergiusz	2370		M-20	25	00:01:01	00:20:41	00:28:46		00:49:26.50	00:50:27.65	+00:12:15 (24.8%)	4:56	12.1 (75.2%)
105	PRZYGODZKI Damian	2172	JAZZY	M-20	27	00:00:19	00:21:31	00:29:50		00:50:09.35	00:50:28.40	+00:12:58 (25.9%)	5:00	12 (74.5%)
106	SZCZERZEK Zbigniew	2257		M-60	2	00:00:00				00:50:34.00	00:50:34.00	+00:13:22 (26.5%)	5:03	11.9 (73.9%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
107	WYCIŚLIK Marcin	2081	HIRSCHVOGEL	M-30	41	00:01:37	00:20:22	00:28:24		00:48:59.30	00:50:36.35	+00:11:48 (24.1%)	4:53	12.2 (75.8%)
108	DROSDZOL Piotr	2348	ZDYCHOM ALE LECA	M-20	23	00:01:34	00:21:32	00:29:38		00:49:06.70	00:50:41.00	+00:11:55 (24.3%)	4:54	12.2 (75.8%)
109	ZIELIŃSKI Sebastian	2271		M-30	43	00:01:26	00:20:07	00:28:24		00:49:16.60	00:50:43.15	+00:12:05 (24.5%)	4:55	12.2 (75.8%)
110	PIKUL Wiktoria	2177		K-18	1	00:00:28	00:21:18	00:29:39		00:50:17.60	00:50:45.60	+00:13:06 (26.1%)	5:01	11.9 (73.9%)
111	PRONCZUK Marcin	2036	ETISOFT RUNNING TEAM	M-30	48	00:00:22	00:20:26	00:29:29		00:50:25.50	00:50:48.15	+00:13:14 (26.3%)	5:02	11.9 (73.9%)
112	ŻEROMSKI Stefan	2218	JASNA	M-50	5	00:00:12	00:21:39	00:29:56		00:50:40.05	00:50:52.65	+00:13:28 (26.6%)	5:04	11.8 (73.3%)
113	SETNIK Robert	2500		M-40	20	00:00:05	00:19:32	00:28:24		00:50:48.15	00:50:53.15	+00:13:37 (26.8%)	5:04	11.8 (73.3%)
114	SKUBAŁA Janusz	2329	LUCKY LOSERS	M-30	50	00:00:10	00:20:36	00:29:13		00:50:45.70	00:50:56.50	+00:13:34 (26.7%)	5:04	11.8 (73.3%)
115	KUKURBA Mikołaj	2360	OMNISQUARE	M-30	42	00:01:55	00:20:31	00:28:42		00:49:01.90	00:50:57.25	+00:11:50 (24.2%)	4:54	12.2 (75.8%)
116	SOKOŁOWSKI Łukasz	2299		M-30	49	00:00:17	00:20:54	00:29:19		00:50:40.50	00:50:57.50	+00:13:29 (26.6%)	5:04	11.8 (73.3%)
117	DUBIEL Leszek	2121		M-30	47	00:00:59	00:20:07	00:28:30		00:50:05.40	00:51:05.15	+00:12:54 (25.8%)	5:00	12 (74.5%)
118	WĄS Szymon	2483		M-20	28	00:00:43	00:21:09	00:29:19		00:50:27.25	00:51:10.25	+00:13:16 (26.3%)	5:02	11.9 (73.9%)
119	MACH Marcin	2200		M-40	22	00:00:06	00:20:58	00:29:28		00:51:08.10	00:51:15.05	+00:13:56 (27.3%)	5:06	11.7 (72.7%)
120	JANOWSKI Piotr	2367		M-50	6	00:00:11	00:21:05	00:29:39		00:51:11.65	00:51:22.90	+00:14:00 (27.4%)	5:07	11.7 (72.7%)
121	YOSHIDA Daisuke	2335	TAKENAKA	M-30	45	00:01:34	00:21:22	00:29:11		00:49:57.30	00:51:32.25	+00:12:46 (25.6%)	4:59	12 (74.5%)
122	GABRYŚ Seba	2516	NIGHT RUNNER GLIWICE	M-40	23	00:00:12	00:20:57	00:29:33		00:51:24.60	00:51:37.15	+00:14:13 (27.7%)	5:08	11.7 (72.7%)
123	ZIOMEK Katarzyna	2137		K-30	6	00:00:51	00:20:40	00:29:08		00:50:46.50	00:51:37.65	+00:13:35 (26.8%)	5:04	11.8 (73.3%)
124	ŻOŁĄDŹ Marlena	2264		K-20	3	00:01:06	00:21:47	00:30:13		00:50:37.35	00:51:43.50	+00:13:26 (26.5%)	5:03	11.9 (73.9%)
125	SZCZYRBA Agnieszka	2190		K-20	5	00:00:46	00:20:59	00:29:22		00:51:00.95	00:51:47.00	+00:13:49 (27.1%)	5:06	11.8 (73.3%)
126	SKORUPSKI Paweł	2195		M-30	51	00:00:44	00:20:52	00:29:27		00:51:05.50	00:51:49.90	+00:13:54 (27.2%)	5:06	11.7 (72.7%)
127	JUROWICZ Mariusz	2416		M-20	29	00:00:45	00:20:58	00:29:14		00:51:05.20	00:51:50.30	+00:13:54 (27.2%)	5:06	11.7 (72.7%)
128	HAJOK Marek	2173		M-40	21	00:00:44	00:20:53	00:29:28		00:51:07.05	00:51:51.20	+00:13:55 (27.3%)	5:06	11.7 (72.7%)
129	WIŚNIEWSKA Dominika	2462		K-20	4	00:01:25	00:21:16	00:29:34		00:50:37.85	00:52:02.85	+00:13:26 (26.6%)	5:03	11.9 (73.9%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	GARNCARZ Jakub	2140		M-30	55	00:00:06	00:21:31	00:30:14		00:52:05.30	00:52:12.00	+00:14:54 (28.6%)	5:12	11.5 (71.4%)
131	RUBIN Katarzyna	2487		K-20	6	00:00:36	00:21:16	00:29:41		00:51:36.80	00:52:13.20	+00:14:25 (28.0%)	5:09	11.6 (72.0%)
132	MISIUREK Ernest	2175	SRH 73PP KATOWICE	M-40	25	00:00:11	00:20:36	00:29:35		00:52:08.95	00:52:20.55	+00:14:57 (28.7%)	5:12	11.5 (71.4%)
133	SOKOŁOWSKI Mateusz	2277		M-20	33	00:00:17	00:22:00	00:30:36		00:52:15.80	00:52:32.80	+00:15:04 (28.8%)	5:13	11.5 (71.4%)
134	ANTONIAK Mateusz	2422		M-20	30	00:01:04	00:21:06	00:29:25		00:51:30.05	00:52:34.55	+00:14:18 (27.8%)	5:09	11.7 (72.7%)
135	GOŁĘBIEWSKI Marek	2456		M-30	53	00:01:19	00:21:01	00:29:39		00:51:15.70	00:52:34.75	+00:14:04 (27.5%)	5:07	11.7 (72.7%)
136	STARCZAŁA Piotr	2481	MEGAWAT RUNNING TEAM	M-40	24	00:00:37	00:21:26	00:29:54		00:52:04.70	00:52:41.70	+00:14:53 (28.6%)	5:12	11.5 (71.4%)
137	GŁÓWKA Piotr	2387		M-30	54	00:00:54	00:20:59	00:29:30		00:51:48.40	00:52:42.45	+00:14:37 (28.2%)	5:10	11.6 (72.0%)
138	OGONOWSKI Edwawrd	2305	ŻÓŁWIK OPOLE	M-60	3	00:01:16	00:21:42	00:30:12		00:51:31.00	00:52:47.05	+00:14:19 (27.8%)	5:09	11.6 (72.0%)
139	SZWAJKOSZ Szczepan	2282		M-30	57	00:00:31	00:20:54	00:29:39		00:52:16.45	00:52:47.65	+00:15:05 (28.9%)	5:13	11.5 (71.4%)
140	BZDYK Iwona	2157	PARKRUN KATOWICE	K-30	7	00:00:46	00:22:15	00:30:47		00:52:01.65	00:52:48.50	+00:14:50 (28.5%)	5:12	11.5 (71.4%)
141	SUBIK Tomasz	2150		M-30	59	00:00:24	00:22:07	00:30:44		00:52:26.90	00:52:51.10	+00:15:15 (29.1%)	5:14	11.4 (70.8%)
142	WOJTYŁA Tymoteusz	2052	JAZZY	M-20	31	00:01:00	00:21:58	00:30:29		00:51:51.10	00:52:51.60	+00:14:39 (28.3%)	5:11	11.6 (72.0%)
143	KACZMARZYK Arkadiusz	2272		M-30	60	00:00:29	00:22:13	00:30:54		00:52:30.40	00:52:59.55	+00:15:19 (29.2%)	5:15	11.4 (70.8%)
144	ORŁOWSKI Kamil	2533		M-20	32	00:01:02	00:21:21	00:29:45		00:51:58.25	00:53:00.30	+00:14:47 (28.4%)	5:11	11.5 (71.4%)
145	BRODAŁA Agnieszka	2245		K-30	10	00:00:21	00:22:03	00:30:45		00:52:43.45	00:53:05.00	+00:15:32 (29.5%)	5:16	11.4 (70.8%)
146	BIENIEK Dawid	2246		M-20	34	00:00:21	00:22:03	00:30:45		00:52:43.95	00:53:05.65	+00:15:32 (29.5%)	5:16	11.4 (70.8%)
147	MERMON Artur	2230		M-50	8	00:00:08	00:21:48	00:30:34		00:53:08.10	00:53:16.85	+00:15:56 (30.0%)	5:18	11.3 (70.2%)
148	WYLEŻOŁ Piotr	2454	RUN DMC	M-30	52	00:02:16	00:21:22	00:29:54		00:51:07.25	00:53:24.00	+00:13:56 (27.3%)	5:06	11.7 (72.7%)
149	ZARUDZKI Łukasz	2353	NOTHING TO FEAR	M-40	27	00:01:03	00:21:52	00:30:35		00:52:23.35	00:53:26.45	+00:15:12 (29.0%)	5:14	11.5 (71.4%)
150	PLOCH Karolina	2154		K-30	8	00:01:11	00:21:50	00:30:22		00:52:19.65	00:53:31.30	+00:15:08 (28.9%)	5:14	11.5 (71.4%)
151	PAWLINA Piotr	2029		M-40	28	00:01:12	00:21:52	00:30:29		00:52:33.50	00:53:46.20	+00:15:22 (29.2%)	5:15	11.4 (70.8%)
151	EICHHOF Joanna	2030		K-40	5	00:01:12	00:21:52	00:30:30		00:52:33.55	00:53:46.20	+00:15:22 (29.2%)	5:15	11.4 (70.8%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
153	JAWORSKI Jakub	2369		M-20	35	00:00:59	00:22:04	00:30:53		00:52:52.30	00:53:52.25	+00:15:41 (29.7%)	5:17	11.3 (70.2%)
154	WIĘCKOWSKI-GAWRON Mateusz	2412		M-20	36	00:01:00	00:22:02	00:30:53		00:52:52.40	00:53:52.50	+00:15:41 (29.7%)	5:17	11.3 (70.2%)
155	WILK Krzysztof	2380		M-40	26	00:01:47	00:21:12	00:29:35		00:52:09.85	00:53:57.10	+00:14:58 (28.7%)	5:13	11.5 (71.4%)
156	GRYCMAN Michał	2496		M-20	37	00:00:32	00:21:50	00:30:49		00:53:28.05	00:54:00.20	+00:16:16 (30.5%)	5:20	11.2 (69.6%)
157	MIKA Szymon	2372		M-30	67	00:00:36	00:22:40	00:31:26		00:53:23.65	00:54:00.30	+00:16:12 (30.4%)	5:20	11.2 (69.6%)
158	RASZYK Alina	2283	AMBITNI TETRYCY	K-40	6	00:00:49	00:21:57	00:30:43		00:53:13.40	00:54:02.40	+00:16:02 (30.1%)	5:19	11.3 (70.2%)
159	KOLOSKA Karina	2258		K-20	7	00:00:13	00:21:52	00:30:51		00:53:51.60	00:54:04.75	+00:16:40 (31.0%)	5:23	11.1 (68.9%)
160	GAJDA Katarzyna	2339	TAKENAKA	K-20	8	00:00:14	00:22:26	00:31:19		00:53:52.15	00:54:07.00	+00:16:41 (31.0%)	5:23	11.1 (68.9%)
161	RENKIEL Tomasz	2492		M-40	31	00:00:24	00:22:33	00:31:53		00:53:47.15	00:54:11.50	+00:16:36 (30.9%)	5:22	11.2 (69.6%)
162	JANIK Janusz	2491		M-40	32	00:00:24	00:22:32	00:31:53		00:53:47.55	00:54:11.90	+00:16:36 (30.9%)	5:22	11.2 (69.6%)
163	JUREKO Maciej	2021		M-30	56	00:01:59	00:22:26	00:30:59		00:52:16.15	00:54:15.30	+00:15:05 (28.9%)	5:13	11.5 (71.4%)
164	ZIELIŃSKI Marek	2457		M-30	70	00:00:51	00:22:36	00:31:18		00:53:27.60	00:54:19.30	+00:16:16 (30.4%)	5:20	11.2 (69.6%)
165	SKWARA Michał	2136	HIRSCHVOGEL	M-30	61	00:01:33	00:21:32	00:30:27		00:52:48.90	00:54:22.70	+00:15:37 (29.6%)	5:16	11.4 (70.8%)
166	ŚLUSARSKI Leszek	2266		M-40	33	00:00:26	00:21:24	00:30:22		00:53:57.60	00:54:24.15	+00:16:46 (31.1%)	5:23	11.1 (68.9%)
167	CAPUTA Michał	2227		M-30	69	00:00:58	00:23:22	00:31:54		00:53:27.35	00:54:25.65	+00:16:16 (30.4%)	5:20	11.2 (69.6%)
168	KACZMARSKI Marcin	2398	KACZMARSKISPORT	M-30	73	00:00:17	00:22:05	00:31:15		00:54:12.30	00:54:29.30	+00:17:01 (31.4%)	5:25	11.1 (68.9%)
169	SEREDYŃSKI Roman	2544	PANTERA	M-40	29	00:01:58	00:23:08	00:31:41		00:52:36.50	00:54:34.75	+00:15:25 (29.3%)	5:15	11.4 (70.8%)
170	SKUPIEŃ Izabela	2528		K-30	11	00:00:36	00:21:39	00:30:44		00:54:00.00	00:54:36.85	+00:16:48 (31.1%)	5:24	11.1 (68.9%)
171	TUCHOWSKA Anna	2529		K-30	9	00:02:12	00:22:18	00:30:46		00:52:25.35	00:54:38.30	+00:15:14 (29.1%)	5:14	11.4 (70.8%)
172	PIERNIKARCZYK Robert	2445		M-30	66	00:01:22	00:23:07	00:31:38		00:53:16.45	00:54:38.50	+00:16:05 (30.2%)	5:19	11.3 (70.2%)
173	KOWOL Marcin	2194		M-40	34	00:00:30	00:23:01	00:31:59		00:54:09.55	00:54:40.40	+00:16:58 (31.3%)	5:25	11.1 (68.9%)
174	RACZEK Magdalena	2193		K-30	12	00:00:30	00:23:01	00:31:59		00:54:10.95	00:54:41.85	+00:16:59 (31.4%)	5:25	11.1 (68.9%)
175	ORZAŻEWSKI Marek	2263	OPEL ACTIVE TEAM	M-30	71	00:00:43	00:22:31	00:31:33		00:53:59.85	00:54:43.45	+00:16:48 (31.1%)	5:24	11.1 (68.9%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
176	ŁUCZAK Marek	2455		M-30	68	00:01:19	00:23:48	00:32:38		00:53:24.45	00:54:44.25	+00:16:13 (30.4%)	5:20	11.2 (69.6%)
177	BOBEŁ Krzysztof	2442	S.A.S. SILESIA	M-30	72	00:00:39	00:22:55	00:31:48		00:54:05.20	00:54:44.65	+00:16:54 (31.2%)	5:24	11.1 (68.9%)
178	ZAKRZOWSKI Wojciech	2241		M-30	62	00:01:49	00:23:10	00:31:53		00:52:58.15	00:54:47.45	+00:15:47 (29.8%)	5:17	11.3 (70.2%)
179	BACHMAN Robert	2522		M-30	74	00:00:16	00:22:04	00:31:13		00:54:31.25	00:54:48.05	+00:17:20 (31.8%)	5:27	11 (68.3%)
180	ZHYKHARAU Vasili	2255		M-30	58	00:02:26	00:22:05	00:30:49		00:52:21.95	00:54:48.20	+00:15:10 (29.0%)	5:14	11.5 (71.4%)
181	WIĘCZKOWSKA Milena	2521		K-20	10	00:00:15	00:21:59	00:31:11		00:54:33.55	00:54:49.00	+00:17:22 (31.8%)	5:27	11 (68.3%)
182	GIERADA Ryszard	2356	NIGHT RUNNERS GLIWICE	M-50	7	00:01:53	00:22:02	00:30:37		00:52:57.55	00:54:51.10	+00:15:46 (29.8%)	5:17	11.3 (70.2%)
183	STAROŃ Jagoda	2161		K-20	9	00:00:53	00:23:00	00:31:57		00:54:03.90	00:54:57.35	+00:16:52 (31.2%)	5:24	11.1 (68.9%)
184	RUTKOWSKI Łukasz	2437		M-20	39	00:01:00	00:22:29	00:31:23		00:53:59.10	00:54:59.20	+00:16:47 (31.1%)	5:23	11.1 (68.9%)
185	KOBUSIŃSKI Jurek	2389	PKO SILESIA RUNNING TEAM	M-50	10	00:01:30	00:22:00	00:30:57		00:53:32.65	00:55:03.50	+00:16:21 (30.6%)	5:21	11.2 (69.6%)
186	WLAŻŁAK Wiesław	2135		M-50	9	00:01:36	00:22:30	00:31:15		00:53:28.40	00:55:04.45	+00:16:17 (30.5%)	5:20	11.2 (69.6%)
187	HAJDA Adam	2308		M-40	35	00:00:38	00:22:30	00:31:37		00:54:28.65	00:55:07.25	+00:17:17 (31.7%)	5:26	11 (68.3%)
188	KŁODA Marcin	2468	TENNECO AUTOMOTIVE EASTERN EUROPE	M-30	63	00:02:00	00:21:04	00:29:49		00:53:08.00	00:55:08.15	+00:15:56 (30.0%)	5:18	11.3 (70.2%)
189	SIATA Sebastian	2466	TENNECO AUTOMOTIVEEASTERN EUROPE	M-30	64	00:02:00	00:21:03	00:29:49		00:53:08.15	00:55:08.50	+00:15:57 (30.0%)	5:18	11.3 (70.2%)
190	CISZEWSKI Krzysztof	2418		M-30	77	00:00:17	00:22:57	00:32:08		00:54:51.80	00:55:09.55	+00:17:40 (32.2%)	5:29	10.9 (67.7%)
191	OKOŃ Zdzisław	2108		M-60	4	00:01:05	00:22:23	00:31:21		00:54:05.10	00:55:10.40	+00:16:53 (31.2%)	5:24	11.1 (68.9%)
192	JURASZEK Tomasz	2240		M-40	30	00:01:49	00:23:10	00:31:54		00:53:23.80	00:55:13.35	+00:16:12 (30.4%)	5:20	11.2 (69.6%)
193	JANICKI Krzysztof	2403		M-40	37	00:00:36	00:22:28	00:31:22		00:54:46.80	00:55:23.25	+00:17:35 (32.1%)	5:28	11 (68.3%)
194	PAWŁOWSKA-GULDZIŃSKA Magdalena	2417		K-40	7	00:01:47	00:22:43	00:31:19		00:53:37.50	00:55:24.60	+00:16:26 (30.7%)	5:21	11.2 (69.6%)
195	TRYBUS Michał	2232		M-20	41	00:01:01	00:23:02	00:31:59		00:54:23.70	00:55:24.85	+00:17:12 (31.6%)	5:26	11 (68.3%)
196	SOCZAWA Wojciech	2459		M-30	65	00:02:14	00:23:50	00:32:42		00:53:12.10	00:55:26.60	+00:16:00 (30.1%)	5:19	11.3 (70.2%)
197	MUCHARSKI Jacek	2306	PROPOINT	M-20	44	00:00:32	00:22:34	00:31:22		00:54:54.90	00:55:27.15	+00:17:43 (32.3%)	5:29	10.9 (67.7%)
198	KOZŁOWSKI Mariusz	2281		M-40	36	00:00:44	00:23:19	00:32:18		00:54:43.75	00:55:28.15	+00:17:32 (32.1%)	5:28	11 (68.3%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
199	SIMKA Łukasz	2100	PROMILKI	M-30	75	00:00:55	00:23:19	00:32:19		00:54:33.50	00:55:28.60	+00:17:22 (31.8%)	5:27	11 (68.3%)
200	PIETRUCHA-TOMA Ewa	2434		K-50	1	00:00:58	00:22:24	00:31:31		00:54:34.95	00:55:33.45	+00:17:23 (31.9%)	5:27	11 (68.3%)
201	MAZALIK Jadwiga	2091		K-30	13	00:00:54	00:22:22	00:31:33		00:54:39.30	00:55:34.00	+00:17:28 (32.0%)	5:28	11 (68.3%)
202	HEINCE Łukasz	2290	PROPOINT	M-20	45	00:00:35	00:24:21	00:32:47		00:55:02.35	00:55:37.65	+00:17:51 (32.4%)	5:30	10.9 (67.7%)
203	KOSMACZEWSKA Anna	2010	ETISOFT RUNNING TEAM	K-30	14	00:00:22	00:23:29	00:32:39		00:55:28.15	00:55:50.20	+00:18:17 (33.0%)	5:32	10.8 (67.1%)
204	MATSUDA Takura	2327	TAKENAKA	M-30	79	00:00:15	00:22:58	00:32:03		00:55:37.35	00:55:52.60	+00:18:26 (33.1%)	5:33	10.8 (67.1%)
205	ZIELIŃSKI Kamil	2551		M-20	38	00:02:16	00:22:17	00:31:01		00:53:38.80	00:55:55.40	+00:16:27 (30.7%)	5:21	11.2 (69.6%)
206	SIERADZKA Agnieszka	2057	BIEGAJ Z TRENERAMI	K-30	17	00:00:00		00:33:29		00:55:56.60	00:55:56.60	+00:18:45 (33.5%)	5:35	10.7 (66.5%)
207	PALUS Piotr	2231		M-30	83	00:00:04	00:22:41	00:31:46		00:55:52.25	00:55:56.90	+00:18:41 (33.4%)	5:35	10.7 (66.5%)
208	DYBAŁA Adam	2406		M-20	43	00:01:03	00:22:12	00:31:24		00:54:53.75	00:55:57.65	+00:17:42 (32.3%)	5:29	10.9 (67.7%)
209	OSHIMBE Masaaki	2328	TAKENAKA	M-40	38	00:00:18	00:23:03	00:32:15		00:55:40.35	00:55:59.10	+00:18:29 (33.2%)	5:34	10.8 (67.1%)
210	KOZŁOWSKI Andrzej Jerzy	2238		M-50	11	00:01:16	00:22:00	00:31:10		00:54:44.85	00:56:01.45	+00:17:33 (32.1%)	5:28	11 (68.3%)
210	ŁAJSZCZAK - GAJDA Dorota	2174		K-40	8	00:02:00	00:22:19	00:31:19		00:54:01.40	00:56:01.45	+00:16:50 (31.2%)	5:24	11.1 (68.9%)
212	MICHALAK Agnieszka	2515		K-30	16	00:00:15	00:22:37	00:31:53		00:55:46.85	00:56:02.20	+00:18:35 (33.3%)	5:34	10.8 (67.1%)
213	JEŻEWSKI Adam	2201	ETISOFT RUNNING TEAM	M-30	82	00:00:22	00:23:06	00:32:32		00:55:50.90	00:56:13.45	+00:18:39 (33.4%)	5:35	10.7 (66.5%)
214	PIOTROWSKA Małgorzata	2131		K-20	11	00:00:53	00:23:00	00:32:02		00:55:21.95	00:56:15.30	+00:18:10 (32.8%)	5:32	10.8 (67.1%)
215	DOMBEK Paweł	2171	ISTA BIEGAMY	M-20	40	00:02:02	00:22:55	00:31:45		00:54:15.65	00:56:18.30	+00:17:04 (31.5%)	5:25	11.1 (68.9%)
216	SIRKO Zbigniew	2048		M-50	12	00:01:02	00:22:44	00:31:56		00:55:15.95	00:56:18.40	+00:18:04 (32.7%)	5:31	10.9 (67.7%)
217	HAJDUKIEWICZ Michał	2502	CERTUM	M-20	46	00:00:05	00:21:59	00:31:52		00:56:18.15	00:56:23.50	+00:19:07 (34.0%)	5:37	10.7 (66.5%)
218	WIĘCŁAW Grzegorz	2531		M-30	86	00:00:19	00:24:39	00:33:54		00:56:08.40	00:56:27.85	+00:18:57 (33.8%)	5:36	10.7 (66.5%)
219	TROSKO Adam	2027		M-30	76	00:02:00	00:21:43	00:30:42		00:54:40.35	00:56:41.15	+00:17:29 (32.0%)	5:28	11 (68.3%)
220	MICHALSKI Robert	2014	HETMAN TARNOWSKIE GÓRY	M-30	88	00:00:19	00:24:05	00:33:23		00:56:22.60	00:56:42.15	+00:19:11 (34.0%)	5:38	10.6 (65.8%)
221	GARBACZ Damian	2374	FP RUNNING TEAM	M-30	89	00:00:17	00:22:57	00:32:08		00:56:28.20	00:56:45.80	+00:19:17 (34.1%)	5:38	10.6 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
222	LESZKIEWICZ Krzysztof	2517	ELZAB ACTIVE TEAM	M-30	78	00:01:46	00:23:19	00:32:31		00:55:04.30	00:56:50.40	+00:17:53 (32.5%)	5:30	10.9 (67.7%)
223	ZIELONKA Dawid	2239		M-20	47	00:00:27	00:24:00	00:33:29		00:56:23.25	00:56:50.50	+00:19:12 (34.1%)	5:38	10.6 (65.8%)
223	MUSKIETORZ Katarzyna	2033		K-20	15	00:00:27	00:24:00	00:33:29		00:56:23.30	00:56:50.50	+00:19:12 (34.1%)	5:38	10.6 (65.8%)
225	BAUC Bartłomiej	2083		M-30	85	00:00:52	00:22:59	00:32:16		00:55:59.60	00:56:52.45	+00:18:48 (33.6%)	5:36	10.7 (66.5%)
226	MIERZEJEWSKI Jacek	2199	AMATOR	M-40	39	00:01:20	00:23:25	00:32:36		00:55:47.00	00:57:07.95	+00:18:35 (33.3%)	5:34	10.8 (67.1%)
227	STANISZ Michał	2068		M-30	87	00:00:52	00:23:25	00:32:35		00:56:16.50	00:57:09.35	+00:19:05 (33.9%)	5:37	10.7 (66.5%)
228	SAMOL Grzegorz	2046		M-50	13	00:01:05	00:23:06	00:32:23		00:56:03.75	00:57:09.65	+00:18:52 (33.7%)	5:36	10.7 (66.5%)
229	KOWALIK Tomasz	2320		M-30	90	00:00:26	00:23:39	00:32:48		00:56:46.05	00:57:12.30	+00:19:34 (34.5%)	5:40	10.6 (65.8%)
230	JAWOREK Dariusz	2538	OTK RZEŹNIK	M-40	41	00:00:56	00:23:13	00:32:30		00:56:17.60	00:57:14.55	+00:19:06 (33.9%)	5:37	10.7 (66.5%)
231	TARNOWSKA Edyta	2151		K-20	16	00:00:23	00:23:01	00:32:28		00:56:54.85	00:57:18.65	+00:19:43 (34.7%)	5:41	10.5 (65.2%)
232	SADŁEK Robert	2221		M-30	81	00:01:38	00:22:25	00:31:39		00:55:44.25	00:57:22.60	+00:18:33 (33.3%)	5:34	10.8 (67.1%)
233	KOWALSKI Krzysztof	2016		M-20	42	00:03:00	00:22:07	00:31:18		00:54:32.30	00:57:33.25	+00:17:21 (31.8%)	5:27	11 (68.3%)
234	SZOT Wojciech	2000	WORD KATOWICE	M-30	84	00:01:36	00:23:25	00:32:40		00:55:57.30	00:57:33.65	+00:18:46 (33.5%)	5:35	10.7 (66.5%)
235	HERDUŚ Lucyna	2237		K-30	18	00:01:36	00:23:16	00:32:21		00:55:58.25	00:57:34.95	+00:18:47 (33.6%)	5:35	10.7 (66.5%)
236	STOLARCZYK Aleksandra	2465	RUNTEAM PAWŁOWICE	K-30	15	00:02:02	00:23:34	00:32:40		00:55:34.95	00:57:37.30	+00:18:23 (33.1%)	5:33	10.8 (67.1%)
237	MAJEWSKA-LUDWIG Katarzyna	2152	4M	K-30	20	00:00:58	00:23:22	00:32:40		00:56:39.50	00:57:38.05	+00:19:28 (34.4%)	5:40	10.6 (65.8%)
238	MALINOWSKI Łukasz	2358		M-40	40	00:01:55	00:23:08	00:32:22		00:55:49.60	00:57:44.85	+00:18:38 (33.4%)	5:34	10.7 (66.5%)
239	MILISZKIEWICZ Adam	2189		M-30	94	00:00:21	00:23:23	00:32:55		00:57:24.65	00:57:46.05	+00:20:13 (35.2%)	5:44	10.4 (64.6%)
240	BEMŚ Emilia	2185		K-20	12	00:01:44	00:24:04	00:33:11		00:56:06.10	00:57:50.85	+00:18:54 (33.7%)	5:36	10.7 (66.5%)
241	GLAPIAK Aleksandra	2311		K-30	21	00:00:48	00:23:40	00:33:08		00:57:02.80	00:57:51.05	+00:19:51 (34.8%)	5:42	10.5 (65.2%)
242	PUTOWSKA Natalia	2180		K-20	13	00:01:45	00:24:03	00:33:10		00:56:06.95	00:57:52.10	+00:18:55 (33.7%)	5:36	10.7 (66.5%)
243	SZWIEC Sandra	2099	ORNONTOWICE BIEGA	K-30	19	00:01:53	00:23:46	00:32:57		00:55:59.40	00:57:52.45	+00:18:48 (33.6%)	5:35	10.7 (66.5%)
244	JASIŃSKI Tomasz	2410		M-40	42	00:01:21	00:23:03	00:32:33		00:56:34.90	00:57:56.75	+00:19:23 (34.3%)	5:39	10.6 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Pace	Pace	
										time 10km	brutto 10km			Gap
245	GILLNER Klaudia	2035		K-20	14	00:01:36	00:23:25	00:32:40		00:56:22.75	00:57:59.10	+00:19:11 (34.0%)	5:38	10.6 (65.8%)
246	DMOCHOWSKI Artur	2441		M-30	80	00:02:22	00:23:53	00:32:52		00:55:38.40	00:58:00.45	+00:18:27 (33.2%)	5:33	10.8 (67.1%)
247	MICHALSKA Natalia	2182	ABM	K-18	2	00:01:27	00:23:06	00:32:37		00:56:36.65	00:58:03.95	+00:19:25 (34.3%)	5:39	10.6 (65.8%)
248	FRANIELCZYK Marta	2499		K-30	24	00:00:00		00:33:46		00:58:08.60	00:58:08.60	+00:20:57 (36.0%)	5:48	10.3 (64.0%)
249	MIŚKIEWICZ Lucyna	2341		K-50	2	00:01:00	00:24:03	00:33:32		00:57:12.25	00:58:13.00	+00:20:01 (35.0%)	5:43	10.5 (65.2%)
250	WANDEL Ewa	2092		K-20	19	00:00:34	00:23:55	00:33:23		00:57:50.20	00:58:25.00	+00:20:39 (35.7%)	5:47	10.4 (64.6%)
251	BORYCKA Józef	2198		M-60	5	00:01:33	00:23:39	00:33:01		00:56:52.80	00:58:26.10	+00:19:41 (34.6%)	5:41	10.5 (65.2%)
252	OŻÓG Claudia	680		K-20	20	00:00:22	00:23:01	00:32:58		00:58:10.95	00:58:33.45	+00:20:59 (36.1%)	5:49	10.3 (64.0%)
253	PAWLAS Seweryn	2532		M-30	91	00:01:31	00:24:14	00:33:35		00:57:02.25	00:58:34.15	+00:19:51 (34.8%)	5:42	10.5 (65.2%)
254	MOCHNACZ Patryk	2402		M-30	98	00:00:36	00:22:29	00:32:14		00:58:03.50	00:58:40.15	+00:20:52 (36.0%)	5:48	10.3 (64.0%)
255	ORYSZCZAK Łukasz	2366		M-30	93	00:01:18	00:23:44	00:33:13		00:57:24.20	00:58:42.80	+00:20:13 (35.2%)	5:44	10.5 (65.2%)
256	STALMACH Leszek	2361	WKB META LUBLINIEC	M-50	14	00:01:50	00:23:03	00:32:40		00:56:54.45	00:58:45.05	+00:19:43 (34.7%)	5:41	10.5 (65.2%)
256	ŚMIGIEL Magdalena	2192		K-20	18	00:01:05	00:22:57	00:33:08		00:57:40.05	00:58:45.05	+00:20:28 (35.5%)	5:46	10.4 (64.6%)
258	GÓRA Marek	2159		M-50	17	00:00:10	00:23:30	00:33:25		00:58:35.90	00:58:45.95	+00:21:24 (36.5%)	5:51	10.2 (63.4%)
259	TARTANUS-ORYSZCZAK Marta	2365		K-30	22	00:01:18	00:23:39	00:33:07		00:57:30.65	00:58:49.15	+00:20:19 (35.3%)	5:45	10.4 (64.6%)
260	ZABRZEWSKI Adam	2388		M-30	97	00:00:51	00:22:45	00:32:27		00:57:57.70	00:58:49.35	+00:20:46 (35.8%)	5:47	10.4 (64.6%)
261	BRYLIŃSKI Ryszard	2294	NIEZRZESZONY	M-50	15	00:01:42	00:23:54	00:33:12		00:57:09.90	00:58:52.40	+00:19:58 (34.9%)	5:43	10.5 (65.2%)
262	IWAN Anita	2545		K-20	17	00:01:24	00:24:02	00:33:28		00:57:27.65	00:58:52.55	+00:20:16 (35.3%)	5:44	10.4 (64.6%)
263	KRAJEWSKI Adam	2471	OASIS SPORT TEAM	M-30	95	00:01:28	00:22:52	00:32:19		00:57:24.75	00:58:53.05	+00:20:13 (35.2%)	5:44	10.4 (64.6%)
264	MYŚLAK Mariusz	2527		M-40	46	00:00:16	00:23:42	00:33:37		00:58:37.65	00:58:54.45	+00:21:26 (36.6%)	5:51	10.2 (63.4%)
265	TURCZYN Mateusz	2143	HIRSCHVOGEL	M-20	50	00:01:34	00:24:26	00:33:45		00:57:21.50	00:58:55.80	+00:20:10 (35.2%)	5:44	10.5 (65.2%)
266	WOJTOWICZ Karolina	2325		K-30	26	00:00:40	00:23:35	00:33:12		00:58:16.80	00:58:57.55	+00:21:05 (36.2%)	5:49	10.3 (64.0%)
267	WIAZANIA Marek	2364		M-40	43	00:02:21	00:24:18	00:33:52		00:56:39.45	00:59:00.70	+00:19:28 (34.4%)	5:39	10.6 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Pace min/km	Pace km/h	
										time 10km	brutto 10km			Gap
268	MICEK Maciej	2062		M-20	48	00:02:10	00:24:10	00:33:26		00:56:50.85	00:59:00.95	+00:19:39 (34.6%)	5:41	10.6 (65.8%)
269	JANOSZEK Robert	2178	ISTA BIEGAMY	M-20	49	00:02:05	00:23:04	00:32:39		00:57:07.00	00:59:12.20	+00:19:55 (34.9%)	5:42	10.5 (65.2%)
270	STRYSIK-KRĘŻEL Iwona	2291	PROPOINT	K-30	28	00:00:23	00:24:07	00:33:52		00:58:51.25	00:59:15.20	+00:21:40 (36.8%)	5:53	10.2 (63.4%)
271	BEHOUNEK Małgorzata	2452	TG SOKÓŁ ZAKOPANE	K-50	3	00:00:39	00:23:53	00:33:40		00:58:42.15	00:59:21.55	+00:21:31 (36.7%)	5:52	10.2 (63.4%)
272	KUBICA Bożena	2090	ORNONTOWICE BIEGA	K-40	9	00:01:53	00:24:13	00:33:38		00:57:28.35	00:59:21.75	+00:20:17 (35.3%)	5:44	10.4 (64.6%)
273	CZENCZEK Magdalena	2011	ETISOFT RUNNING TEAM	K-30	29	00:00:22	00:23:54	00:34:01		00:59:04.05	00:59:26.55	+00:21:52 (37.0%)	5:54	10.2 (63.4%)
274	CICHY Agnieszka	2386		K-30	23	00:01:50	00:23:59	00:33:25		00:57:38.45	00:59:29.20	+00:20:27 (35.5%)	5:45	10.4 (64.6%)
275	DRABEK Agnieszka	2317		K-30	27	00:01:04	00:24:01	00:33:38		00:58:26.65	00:59:30.85	+00:21:15 (36.4%)	5:50	10.3 (64.0%)
276	GIERADA Mateusz	2355	NIGHT RUNNERS GLIWICE	M-20	53	00:00:14	00:29:05	00:37:59		00:59:19.10	00:59:33.95	+00:22:07 (37.3%)	5:55	10.1 (62.7%)
277	PANENKA Maciej	2015	FIS-SST TEAM	M-40	44	00:02:11	00:24:19	00:33:49		00:57:25.40	00:59:37.25	+00:20:14 (35.2%)	5:44	10.4 (64.6%)
278	NIEMIEC Sławek	2207	INTERGRAFIK POLAND	M-30	92	00:02:26	00:23:13	00:32:35		00:57:18.70	00:59:45.45	+00:20:07 (35.1%)	5:43	10.5 (65.2%)
278	KLEMCZAK Szymon	2478	AQUASENSE.PL	M-18	3	00:00:54	00:24:43	00:34:54		00:58:51.30	00:59:45.45	+00:21:40 (36.8%)	5:53	10.2 (63.4%)
280	ŻUREK Nela	2276	HIRERIGHT RUNNING TEAM	K-20	21	00:01:39	00:24:03	00:33:31		00:58:11.25	00:59:50.45	+00:21:00 (36.1%)	5:49	10.3 (64.0%)
281	PAWLUS - DUSIK Beata	2337		K-30	25	00:01:41	00:24:41	00:34:04		00:58:09.45	00:59:51.40	+00:20:58 (36.1%)	5:49	10.3 (64.0%)
282	GRZESICZEK Piotr	2267	HIRERIGHT RUNNING TEAM	M-20	51	00:01:40	00:24:00	00:33:35		00:58:15.65	00:59:56.60	+00:21:04 (36.2%)	5:49	10.3 (64.0%)
283	KOSIAK Maciej	2359		M-40	45	00:01:54	00:24:30	00:33:55		00:58:02.70	00:59:57.20	+00:20:51 (35.9%)	5:48	10.3 (64.0%)
284	ZAREMBA Tadeusz	2024		M-60	6	00:01:29	00:24:39	00:34:25		00:58:31.25	01:00:01.15	+00:21:20 (36.5%)	5:51	10.3 (64.0%)
285	SKORUPA Magdalena	2344		K-20	22	00:01:50	00:24:07	00:33:41		00:58:12.25	01:00:02.90	+00:21:01 (36.1%)	5:49	10.3 (64.0%)
286	OLIMSKI Fabian	2226	SOKÓŁ KNURÓW	M-40	48	00:00:41	00:24:40	00:34:43		00:59:26.05	01:00:07.80	+00:22:14 (37.4%)	5:56	10.1 (62.7%)
287	SKRABA Krzysztof	2511	SZCZYGŁOWICE AMATOR	M-30	101	00:00:41	00:24:39	00:34:42		00:59:26.85	01:00:08.15	+00:22:15 (37.4%)	5:56	10.1 (62.7%)
288	PROCEK Marcin	2145		M-40	47	00:01:26	00:23:06	00:32:48		00:58:47.35	01:00:14.05	+00:21:36 (36.7%)	5:52	10.2 (63.4%)
289	MARCZYK Dariusz	2393		M-30	96	00:02:19	00:24:22	00:33:54		00:57:56.65	01:00:15.90	+00:20:45 (35.8%)	5:47	10.4 (64.6%)
290	JASIKOWSKI Łukasz	2429	KONIUCHY	M-20	52	00:01:50	00:24:38	00:34:09		00:58:26.55	01:00:16.75	+00:21:15 (36.4%)	5:50	10.3 (64.0%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
291	KUWIK Klaudia	2293	PROPOINT	K-20	28	00:00:31	00:24:55	00:34:55		00:59:46.00	01:00:17.10	+00:22:34 (37.8%)	5:58	10 (62.1%)
292	SMOLIŃSKA Ilona	2343		K-40	10	00:01:50	00:24:07	00:33:41		00:58:29.85	01:00:20.25	+00:21:18 (36.4%)	5:51	10.3 (64.0%)
293	BOCHNAK Aleksandra	2156		K-20	27	00:00:38	00:24:27	00:34:29		00:59:42.45	01:00:21.35	+00:22:31 (37.7%)	5:58	10 (62.1%)
294	CZERWIŃSKA Anna	2508		K-30	35	00:00:22	00:25:11	00:35:08		01:00:05.40	01:00:27.90	+00:22:54 (38.1%)	6:00	10 (62.1%)
295	BUKSIŃSKA Iwona	2501		K-40	11	00:00:56	00:23:43	00:33:45		00:59:33.75	01:00:30.15	+00:22:22 (37.6%)	5:57	10.1 (62.7%)
296	LUKOSZEK Weronika	2034	STEP-DANCE	K-20	25	00:02:01	00:24:29	00:34:14		00:58:29.15	01:00:30.45	+00:21:18 (36.4%)	5:50	10.3 (64.0%)
297	MULARCZYK Teresa	2301	BIEGNIJ LOLA, BIEGNIJ	K-60	1	00:00:40	00:24:14	00:34:00		00:59:52.60	01:00:32.80	+00:22:41 (37.9%)	5:59	10 (62.1%)
298	KOMANDER Marcin	2319		M-50	16	00:02:08	00:23:41	00:33:19		00:58:27.25	01:00:36.05	+00:21:16 (36.4%)	5:50	10.3 (64.0%)
299	BALCER Weronika	2318		K-20	24	00:02:09	00:23:43	00:33:18		00:58:26.60	01:00:36.15	+00:21:15 (36.4%)	5:50	10.3 (64.0%)
300	KRZOS Dominika	2436		K-20	23	00:02:20	00:24:24	00:33:51		00:58:20.15	01:00:40.75	+00:21:09 (36.3%)	5:50	10.3 (64.0%)
301	KRZOS Piotr	2439		M-30	99	00:02:22	00:24:22	00:33:49		00:58:20.00	01:00:42.20	+00:21:08 (36.3%)	5:50	10.3 (64.0%)
302	POLAK Małgorzata	2096	OPEL ACTIVE TEAM	K-40	12	00:01:07	00:24:07	00:34:07		00:59:36.75	01:00:43.75	+00:22:25 (37.6%)	5:57	10.1 (62.7%)
302	PAWLETA Michał	2112	NIGHT RUNNERS GLIWICE	M-40	50	00:00:35	00:25:45	00:35:35		01:00:07.90	01:00:43.75	+00:22:56 (38.2%)	6:00	10 (62.1%)
304	NOSAL Anna	2469	ORZEŁ BIAŁY S.A.	K-30	30	00:01:28	00:24:01	00:34:01		00:59:18.65	01:00:46.90	+00:22:07 (37.3%)	5:55	10.1 (62.7%)
305	URBAN Dariusz	2005		M-40	53	00:00:06	00:24:08	00:34:31		01:00:40.40	01:00:47.10	+00:23:29 (38.7%)	6:04	9.9 (61.5%)
306	MATYSIEWICZ Piotr	2079	INTER PROJEKT SA	M-30	100	00:02:24	00:24:44	00:34:22		00:58:25.05	01:00:49.05	+00:21:13 (36.3%)	5:50	10.3 (64.0%)
307	OKOŃ Monika	2107		K-30	34	00:00:57	00:24:53	00:34:38		00:59:55.30	01:00:52.85	+00:22:44 (37.9%)	5:59	10 (62.1%)
308	ORZECZOWSKA Natalia	2534		K-30	40	00:00:32	00:25:02	00:35:10		01:00:21.65	01:00:53.75	+00:23:10 (38.4%)	6:02	9.9 (61.5%)
309	HOLETZKE Krzysztof	2158		M-30	102	00:01:18	00:24:59	00:34:50		00:59:38.25	01:00:56.60	+00:22:27 (37.6%)	5:57	10.1 (62.7%)
310	MIŚKIEWICZ Andrzej	2342		M-50	19	00:01:01	00:24:29	00:34:43		01:00:04.80	01:01:06.25	+00:22:53 (38.1%)	6:00	10 (62.1%)
311	MIECZNIKOWSKI Agnieszka	2162		K-40	15	00:01:06	00:24:19	00:34:28		01:00:00.25	01:01:06.65	+00:22:49 (38.0%)	6:00	10 (62.1%)
312	MAZURCZAK Diana	2247		K-20	30	00:01:09	00:24:58	00:35:01		00:59:58.70	01:01:08.40	+00:22:47 (38.0%)	5:59	10 (62.1%)
313	WYCIŚLIK Wioleta	2168		K-30	32	00:01:35	00:25:12	00:34:53		00:59:33.75	01:01:09.45	+00:22:22 (37.6%)	5:57	10.1 (62.7%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
314	BRZÓZKA Patrycja	2490		K-20	26	00:02:09	00:24:52	00:34:32		00:59:02.30	01:01:12.00	+00:21:51 (37.0%)	5:54	10.2 (63.4%)
315	RAPCIA Rafał	2153		M-30	107	00:00:35	00:25:23	00:35:05		01:00:39.70	01:01:15.45	+00:23:28 (38.7%)	6:04	9.9 (61.5%)
316	GWIOŹDZIK Sławek	2350	ATO	M-50	18	00:01:33	00:25:14	00:35:10		00:59:48.85	01:01:22.65	+00:22:37 (37.8%)	5:58	10 (62.1%)
317	CEPUCHOWICZ Sylwia	2127	W POGONI ZA DUCHEM	K-40	13	00:01:29	00:25:27	00:35:26		00:59:55.60	01:01:25.30	+00:22:44 (37.9%)	5:59	10 (62.1%)
318	LATA Beata	2128		K-40	14	00:01:29	00:25:27	00:35:26		00:59:55.75	01:01:25.70	+00:22:44 (38.0%)	5:59	10 (62.1%)
319	BUGLA Agnieszka	2229	ZABIEGANE NAUCZYCIELKI	K-30	31	00:01:53	00:25:02	00:35:05		00:59:33.10	01:01:26.65	+00:22:21 (37.6%)	5:57	10.1 (62.7%)
320	PAŚNIK Jacek	2523		M-20	57	00:00:37	00:24:30	00:34:24		01:00:49.55	01:01:27.35	+00:23:38 (38.9%)	6:05	9.9 (61.5%)
321	KIJANKA Damian	2082	HIRSCHVOGEL	M-20	54	00:01:32	00:24:50	00:34:55		00:59:55.80	01:01:28.55	+00:22:44 (38.0%)	5:59	10 (62.1%)
322	GONTARZ Karolina	2268	HIRERIGHT RUNNING TEAM	K-30	33	00:01:34	00:25:20	00:35:12		00:59:54.80	01:01:28.80	+00:22:43 (37.9%)	5:59	10 (62.1%)
323	SIKORSKA Katarzyna	2133		K-30	37	00:01:14	00:24:37	00:34:44		01:00:15.70	01:01:30.25	+00:23:04 (38.3%)	6:01	10 (62.1%)
324	KOLASIŃSKA Monika	2075		K-20	29	00:01:53	00:24:31	00:34:31		00:59:46.40	01:01:39.65	+00:22:35 (37.8%)	5:58	10 (62.1%)
325	WOLANIN Patrycja	2440		K-20	32	00:00:59	00:25:45	00:35:43		01:00:43.70	01:01:43.05	+00:23:32 (38.8%)	6:04	9.9 (61.5%)
326	PIENIAK Karolina	2078		K-20	35	00:00:38	00:25:46	00:36:02		01:01:07.95	01:01:46.10	+00:23:56 (39.2%)	6:06	9.8 (60.9%)
327	FOREMSKI Paweł	2126	BETANIA	M-30	104	00:01:43	00:24:52	00:35:08		01:00:06.10	01:01:49.40	+00:22:54 (38.1%)	6:00	10 (62.1%)
328	ZEIDLER Aleksander	2289		M-40	54	00:00:25	00:25:45	00:35:56		01:01:25.90	01:01:51.25	+00:24:14 (39.5%)	6:08	9.8 (60.9%)
329	WIELAWIŃSKA Halina	2542		K-30	41	00:01:30	00:24:45	00:34:49		01:00:23.70	01:01:53.75	+00:23:12 (38.4%)	6:02	9.9 (61.5%)
330	SKWARA Katarzyna	2095	HIRSCHVOGEL	K-30	42	00:01:29	00:24:53	00:34:57		01:00:29.50	01:01:58.90	+00:23:18 (38.5%)	6:02	9.9 (61.5%)
331	ORZAŻEWSKA Elżbieta	2104		K-50	4	00:01:41	00:24:39	00:34:34		01:00:18.85	01:02:00.35	+00:23:07 (38.3%)	6:01	9.9 (61.5%)
332	KOENIGSHAUS Anna	2060		K-30	38	00:01:47	00:25:17	00:35:19		01:00:19.05	01:02:06.40	+00:23:07 (38.3%)	6:01	9.9 (61.5%)
333	LEŚNIAK Marcin	2368	SEKCJA BIEGOWA FAMILIA	M-30	103	00:02:05	00:25:34	00:35:01		01:00:01.55	01:02:06.85	+00:22:50 (38.1%)	6:00	10 (62.1%)
334	GRZYŚKA Katarzyna	2340		K-30	39	00:01:50	00:24:33	00:34:37		01:00:19.65	01:02:10.35	+00:23:08 (38.4%)	6:02	9.9 (61.5%)
334	ŻURAWIECKA Anna	2474		K-20	31	00:01:50	00:25:04	00:35:05		01:00:19.85	01:02:10.35	+00:23:08 (38.4%)	6:02	9.9 (61.5%)
336	KOCJAN Lukasz	2217	EZUNIVERSE	M-40	49	00:02:18	00:25:16	00:35:27		00:59:52.25	01:02:11.00	+00:22:41 (37.9%)	5:59	10 (62.1%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
337	BEDNORZ Roman	2433	NAPĘDZANI PROCENTEM	M-30	105	00:01:51	00:25:03	00:35:04		01:00:19.65	01:02:11.55	+00:23:08 (38.4%)	6:02	9.9 (61.5%)
338	DRZEJA Zbigniew	2506		M-40	51	00:01:58	00:25:07	00:35:03		01:00:14.80	01:02:13.20	+00:23:03 (38.3%)	6:01	10 (62.1%)
338	DREJA Katarzyna	2505	OPEL ACTIVE TEAM	K-30	36	00:01:58	00:25:08	00:35:03		01:00:14.80	01:02:13.20	+00:23:03 (38.3%)	6:01	10 (62.1%)
340	ZGRZYBŁOWSKA Weronika	2423		K-30	45	00:01:07	00:25:54	00:35:53		01:01:06.50	01:02:13.50	+00:23:55 (39.1%)	6:06	9.8 (60.9%)
341	PIETRZYK Małgorzata	2273		K-20	34	00:01:09	00:26:00	00:36:26		01:01:03.90	01:02:13.75	+00:23:52 (39.1%)	6:06	9.8 (60.9%)
342	SZULC Joanna	2038		K-18	3	00:00:28	00:26:15	00:36:26		01:01:46.85	01:02:14.85	+00:24:35 (39.8%)	6:10	9.7 (60.2%)
343	GROBORZ Grzegorz	2059		M-40	52	00:01:47	00:25:17	00:35:19		01:00:28.20	01:02:15.35	+00:23:17 (38.5%)	6:02	9.9 (61.5%)
344	MACIĄGA Marcin	2458		M-20	55	00:02:20	00:25:16	00:34:53		00:59:59.65	01:02:19.65	+00:22:48 (38.0%)	5:59	10 (62.1%)
345	PAWEŁEK Barbara	2148		K-30	43	00:01:49	00:25:31	00:35:34		01:00:31.50	01:02:20.90	+00:23:20 (38.6%)	6:03	9.9 (61.5%)
346	KARWAT Jarek	2196	EZUNIVERSE	M-30	106	00:02:10	00:25:24	00:35:35		01:00:20.20	01:02:30.85	+00:23:09 (38.4%)	6:02	9.9 (61.5%)
347	BINASIK Agnieszka	2101		K-40	16	00:01:43	00:25:55	00:35:48		01:00:50.25	01:02:33.85	+00:23:39 (38.9%)	6:05	9.9 (61.5%)
348	PACZKOWSKI Jacek	2220		M-40	55	00:01:15	00:24:47	00:35:03		01:01:28.10	01:02:43.20	+00:24:16 (39.5%)	6:08	9.8 (60.9%)
349	SALAMON Dawid	2259	FILIPOWE KILOMETRY WALCZYMY Z AUTYZMEM	M-30	109	00:01:35	00:24:46	00:34:34		01:01:08.65	01:02:44.55	+00:23:57 (39.2%)	6:06	9.8 (60.9%)
350	DROZD Krzysztof	2113		M-20	58	00:01:25	00:24:55	00:34:54		01:01:22.20	01:02:48.10	+00:24:11 (39.4%)	6:08	9.8 (60.9%)
351	KRYŃ Agnieszka	2404	TRIATHLON X-TEAM	K-30	44	00:01:51	00:25:10	00:35:01		01:00:59.10	01:02:50.90	+00:23:47 (39.0%)	6:05	9.8 (60.9%)
352	GIBAS Wojciech	2270	HIRERIGHT RUNNING TEAM	M-30	110	00:01:34	00:25:53	00:36:01		01:01:22.45	01:02:56.45	+00:24:11 (39.4%)	6:08	9.8 (60.9%)
353	RATKA Dawid	2109		M-20	59	00:01:28	00:25:19	00:35:24		01:01:29.40	01:02:57.45	+00:24:18 (39.5%)	6:08	9.8 (60.9%)
354	MORMUL Witold	2061	SUPER FAJNY KLUB	M-20	56	00:02:41	00:24:45	00:34:54		01:00:18.50	01:03:00.25	+00:23:07 (38.3%)	6:01	9.9 (61.5%)
355	TWAROWSKA Celina	2377	ETISOFT RUNNING TEAM	K-30	48	00:00:42	00:25:40	00:36:20		01:02:24.90	01:03:07.10	+00:25:13 (40.4%)	6:14	9.6 (59.6%)
356	RUSIELEWICZ Agnieszka	2486		K-20	33	00:02:20	00:25:44	00:35:40		01:00:54.70	01:03:14.70	+00:23:43 (39.0%)	6:05	9.9 (61.5%)
357	MARKOWICZ Piotr	2485		M-30	108	00:02:19	00:25:44	00:35:41		01:00:55.20	01:03:14.75	+00:23:44 (39.0%)	6:05	9.8 (60.9%)
358	ŁASZOWSKA Ewa	2464	OPEL ACTIVE TEAM	K-30	47	00:01:05	00:24:52	00:35:09		01:02:18.50	01:03:24.15	+00:25:07 (40.3%)	6:13	9.6 (59.6%)
359	KOBUSIŃSKA Jagoda	2390	PKO SILESIA RUNNING TEAM	K-40	17	00:01:31	00:24:52	00:35:09		01:01:53.70	01:03:24.70	+00:24:42 (39.9%)	6:11	9.7 (60.2%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace	Pace
										time 10km	brutto 10km		min/km	km/h
360	WAYDOWICZ Przemysław	2139	PKO SILESIA RUNNING TEAM	M-30	111	00:01:30	00:24:52	00:35:09		01:01:54.00	01:03:24.85	+00:24:42 (39.9%)	6:11	9.7 (60.2%)
361	ANTOS Angelika	2123	HIRSCHVOGEL	K-20	36	00:01:34	00:25:14	00:35:28		01:02:14.20	01:03:48.85	+00:25:03 (40.3%)	6:13	9.6 (59.6%)
362	BATORYNA Aleksander	2548		M-30	117	00:00:02	00:38:44	00:45:40		01:03:53.15	01:03:55.15	+00:26:42 (41.8%)	6:23	9.4 (58.4%)
363	BIEŃKOWSKA Justyna	2188		K-30	46	00:01:59	00:25:01	00:35:16		01:02:06.50	01:04:06.25	+00:24:55 (40.1%)	6:12	9.7 (60.2%)
364	SOBOLEWSKA Stefania	2347		K-40	18	00:01:54	00:26:03	00:36:24		01:02:15.65	01:04:10.20	+00:25:04 (40.3%)	6:13	9.6 (59.6%)
365	PORWOLIK Bożena	2450		K-40	19	00:01:49	00:25:13	00:35:39		01:02:27.55	01:04:17.15	+00:25:16 (40.5%)	6:14	9.6 (59.6%)
366	SIKORA Anna	2208		K-20	37	00:01:02	00:26:30	00:37:01		01:03:21.35	01:04:23.35	+00:26:10 (41.3%)	6:20	9.5 (59.0%)
367	KUKUCZKA Ewa	2146		K-30	55	00:01:09	00:25:05	00:35:38		01:03:15.95	01:04:25.05	+00:26:04 (41.2%)	6:19	9.5 (59.0%)
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 (41.7%)	6:22	9.4 (58.4%)
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 (41.3%)	6:20	9.5 (59.0%)
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 (40.6%)	6:15	9.6 (59.6%)
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 (41.3%)	6:20	9.5 (59.0%)
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 (40.6%)	6:15	9.6 (59.6%)
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 (40.7%)	6:16	9.6 (59.6%)
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 (40.6%)	6:15	9.6 (59.6%)
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 (40.7%)	6:16	9.6 (59.6%)
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 (41.0%)	6:18	9.5 (59.0%)
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 (40.8%)	6:16	9.6 (59.6%)
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 (41.7%)	6:22	9.4 (58.4%)
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 (41.1%)	6:18	9.5 (59.0%)
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 (41.4%)	6:20	9.5 (59.0%)
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 (40.6%)	6:15	9.6 (59.6%)
382	GĄSIOREK 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 (40.6%)	6:15	9.6 (59.6%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
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 (41.1%)	6:18	9.5 (59.0%)
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 (40.6%)	6:15	9.6 (59.6%)
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 (41.1%)	6:18	9.5 (59.0%)
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 (41.2%)	6:19	9.5 (59.0%)
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 (41.6%)	6:22	9.4 (58.4%)
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 (42.0%)	6:24	9.4 (58.4%)
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 (42.2%)	6:25	9.3 (57.8%)
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 (42.0%)	6:24	9.4 (58.4%)
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 (41.9%)	6:24	9.4 (58.4%)
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 (40.8%)	6:17	9.5 (59.0%)
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 (41.1%)	6:18	9.5 (59.0%)
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 (43.0%)	6:31	9.2 (57.1%)
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 (42.2%)	6:26	9.3 (57.8%)
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 (41.6%)	6:22	9.4 (58.4%)
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 (43.6%)	6:35	9.1 (56.5%)
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 (42.7%)	6:29	9.2 (57.1%)
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 (43.7%)	6:36	9.1 (56.5%)
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 (41.9%)	6:24	9.4 (58.4%)
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 (42.6%)	6:28	9.3 (57.8%)
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 (42.2%)	6:26	9.3 (57.8%)
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 (43.3%)	6:33	9.2 (57.1%)
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 (41.9%)	6:24	9.4 (58.4%)
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 (42.9%)	6:31	9.2 (57.1%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net	Czas	Gap	Pace min/km	Pace km/h
										time 10km	brutto 10km			
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 (43.3%)	6:33	9.1 (56.5%)
407	DUDZICZ Anna	2065		K-50	6	00:01:25	00:26:42	00:37:16		01:05:16.95	01:06:42.25	+00:28:05 (43.0%)	6:31	9.2 (57.1%)
408	LATOS Ewa	2077	NIGHT RUNNERS GLIWICE	K-30	60	00:02:24	00:27:21	00:38:24		01:04:29.65	01:06:54.50	+00:27:18 (42.3%)	6:27	9.3 (57.8%)
409	BĄCZEK Patrycja	2324		K-20	39	00:02:57	00:26:16	00:36:57		01:04:00.20	01:06:57.25	+00:26:49 (41.9%)	6:24	9.4 (58.4%)
410	ŚWIDER Tomasz	2222	BYTOM	M-40	59	00:01:43	00:28:26	00:40:24		01:05:15.90	01:06:59.20	+00:28:04 (43.0%)	6:31	9.2 (57.1%)
411	JUROWICZ Damian	2447		M-20	64	00:01:28	00:26:42	00:37:43		01:05:33.70	01:07:01.70	+00:28:22 (43.3%)	6:33	9.2 (57.1%)
412	PORADA Tomasz	2312		M-30	119	00:01:56	00:27:18	00:38:04		01:05:10.75	01:07:06.95	+00:27:59 (42.9%)	6:31	9.2 (57.1%)
413	BRODIUK Norbert	2001	SBRT ,NIGHT RUNNERS GLIWICE	M-40	62	00:00:36	00:26:54	00:38:01		01:06:41.30	01:07:17.85	+00:29:30 (44.2%)	6:40	9 (55.9%)
414	SMUDA Grzegorz	2110	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:49	00:27:23	00:38:10		01:05:29.35	01:07:18.45	+00:28:18 (43.2%)	6:32	9.2 (57.1%)
415	MALEC Marek	2391		M-20	65	00:01:33	00:25:38	00:37:07		01:05:51.85	01:07:25.50	+00:28:40 (43.5%)	6:35	9.1 (56.5%)
416	BREGUŁA Anna	2322		K-40	24	00:01:28	00:25:04	00:35:35		01:05:58.90	01:07:27.25	+00:28:47 (43.6%)	6:35	9.1 (56.5%)
417	STACHOWIAK Janusz	2169		M-60	7	00:01:40	00:26:24	00:37:24		01:05:56.65	01:07:36.80	+00:28:45 (43.6%)	6:35	9.1 (56.5%)
418	SOWA Ireneusz	2098	SOWA TEAM OPOLE	M-40	61	00:01:25	00:26:30	00:37:43		01:06:27.90	01:07:53.20	+00:29:16 (44.1%)	6:38	9 (55.9%)
419	STEPEL Grzegorz	2214		M-40	63	00:00:50	00:26:55	00:38:33		01:07:17.45	01:08:07.50	+00:30:06 (44.7%)	6:43	8.9 (55.3%)
420	KOZACZKIEWICZ Helena	2028	FC KNURÓW - COMBAT 56	K-60	2	00:00:41	00:27:00	00:38:20		01:07:29.05	01:08:10.15	+00:30:17 (44.9%)	6:44	8.9 (55.3%)
421	MICHALIK Natalia	2088		K-20	43	00:01:46	00:25:20	00:36:47		01:06:38.85	01:08:25.15	+00:29:27 (44.2%)	6:39	9 (55.9%)
422	JOOSTBERENS Aleksandra	2392	FLUOR SA	K-20	42	00:01:54	00:27:20	00:38:46		01:06:36.50	01:08:31.45	+00:29:25 (44.2%)	6:39	9 (55.9%)
423	LEWANDOWSKA-STACHOWIAK Justyna	2183		K-40	26	00:01:35	00:26:52	00:38:10		01:07:02.50	01:08:37.75	+00:29:51 (44.5%)	6:42	9 (55.9%)
424	WNEK Agnieszka	2248		K-30	66	00:01:41	00:26:44	00:38:11		01:06:59.60	01:08:41.25	+00:29:48 (44.5%)	6:42	9 (55.9%)
425	DZIEMIAŃCZUK Monika	2316		K-40	25	00:02:31	00:27:19	00:38:36		01:06:35.10	01:09:06.30	+00:29:23 (44.2%)	6:39	9 (55.9%)
426	KLIKS Kazimierz	2071		M-50	21	00:02:12	00:27:30	00:38:40		01:07:17.70	01:09:30.35	+00:30:06 (44.7%)	6:43	8.9 (55.3%)
427	KAŻMIERCZAK-TKACZ Ewa	2395	BBL GŁUCHOŁAZY	K-40	30	00:00:22	00:28:06	00:39:45		01:09:22.30	01:09:44.65	+00:32:11 (46.4%)	6:56	8.6 (53.4%)
428	TRZASKALIK Aleksandra	2120		K-20	44	00:02:11	00:28:46	00:39:54		01:07:44.90	01:09:55.95	+00:30:33 (45.1%)	6:46	8.9 (55.3%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
429	WILCZYŃSKA-KOGUT Aleksandra	2336	NIGHT RUNNERS GLIWICE	K-30	67	00:01:51	00:27:32	00:38:47		01:08:04.80	01:09:56.05	+00:30:53 (45.4%)	6:48	8.8 (54.7%)
430	PAJĄK Aleksandra	2345		K-40	33	00:00:05	00:27:22	00:39:07		01:10:06.60	01:10:11.65	+00:32:55 (47.0%)	7:00	8.6 (53.4%)
431	CHOMIAK Agata	2530		K-40	32	00:00:05	00:27:37	00:39:24		01:10:06.30	01:10:11.85	+00:32:55 (47.0%)	7:00	8.6 (53.4%)
432	STRUG Małgorzata	2489		K-40	27	00:02:18	00:27:31	00:38:56		01:07:55.20	01:10:13.60	+00:30:44 (45.3%)	6:47	8.8 (54.7%)
433	STRUG Mariusz	2482		M-40	64	00:02:17	00:27:32	00:38:56		01:07:56.80	01:10:14.60	+00:30:45 (45.3%)	6:47	8.8 (54.7%)
434	JANOSZKA Izabela	2125	HIRSCHVOGEL	K-20	45	00:01:29	00:26:21	00:37:59		01:08:45.60	01:10:15.00	+00:31:34 (45.9%)	6:52	8.7 (54.0%)
435	KACZKIEWICZ Agnieszka	2002	NIGHT RUNNERS GLIWICE	K-40	29	00:01:03	00:28:21	00:39:54		01:09:21.95	01:10:25.50	+00:32:10 (46.4%)	6:56	8.6 (53.4%)
436	DZIEKAN Kasia	2197	ANTONTEAM	K-30	68	00:01:40	00:28:54	00:40:29		01:08:53.55	01:10:34.20	+00:31:42 (46.0%)	6:53	8.7 (54.0%)
437	CIESLAK Pawel	2438		M-30	121	00:01:53	00:28:23	00:39:55		01:08:58.65	01:10:52.50	+00:31:47 (46.1%)	6:53	8.7 (54.0%)
438	SZKAMRUK Małgorzata	2254		K-30	69	00:01:25	00:27:44	00:39:12		01:09:33.15	01:10:58.95	+00:32:22 (46.5%)	6:57	8.6 (53.4%)
439	PEKALA Anna	2163		K-40	28	00:01:49	00:27:20	00:38:48		01:09:09.30	01:10:59.00	+00:31:58 (46.2%)	6:55	8.7 (54.0%)
440	STANISZ Małgorzata	2067		K-30	70	00:00:53	00:28:03	00:39:41		01:10:06.95	01:11:00.75	+00:32:55 (47.0%)	7:00	8.6 (53.4%)
441	MALISZEWSKI Jakub	2379	NAPĘDZANI PROCENTEM	M-30	122	00:01:55	00:29:12	00:40:43		01:09:22.70	01:11:18.05	+00:32:11 (46.4%)	6:56	8.6 (53.4%)
442	MALISZEWSKI Bogusław	2381	NAPĘDZANI PROCENTEM	M-60	8	00:01:54	00:29:13	00:40:44		01:09:23.55	01:11:18.20	+00:32:12 (46.4%)	6:56	8.6 (53.4%)
443	LEWICKI Krzysztof	97	NIGHT RUNNERS GLIWICE	M-30	123	00:01:03	00:28:24	00:40:01		01:10:19.40	01:11:22.95	+00:33:08 (47.1%)	7:01	8.5 (52.8%)
444	POLAKOWICZ Aleksandra	2129		K-40	34	00:01:30	00:28:00	00:39:55		01:10:10.25	01:11:40.95	+00:32:59 (47.0%)	7:01	8.6 (53.4%)
445	KOCHANEK Aleksandra	2203		K-40	31	00:02:28	00:28:01	00:39:25		01:09:24.35	01:11:52.70	+00:32:13 (46.4%)	6:56	8.6 (53.4%)
446	OCHMAN Agnieszka	2451		K-40	35	00:01:44	00:28:07	00:40:05		01:10:15.40	01:11:59.60	+00:33:04 (47.1%)	7:01	8.5 (52.8%)
447	PIERNIKARCZYK Mirela	2444		K-30	71	00:01:19	00:29:20	00:41:18		01:10:58.30	01:12:17.55	+00:33:47 (47.6%)	7:05	8.5 (52.8%)
448	KONOPACKA Krystyna	2119		K-60	3	00:00:32	00:29:03	00:40:58		01:11:54.15	01:12:27.00	+00:34:43 (48.3%)	7:11	8.3 (51.6%)
449	GĄTEK Gerard	2549		M-70	2	00:01:50	00:28:37	00:40:21		01:10:58.75	01:12:48.75	+00:33:47 (47.6%)	7:05	8.5 (52.8%)
450	PYREK Marek	2314	TOROS DE ESPANA	M-30	125	00:00:56	00:29:29	00:41:40		01:12:04.15	01:13:00.20	+00:34:53 (48.4%)	7:12	8.3 (51.6%)
451	NOWIŃSKI Kamil	2284	SEKCJA BIEGOWA FAMILIA	M-30	124	00:02:24	00:31:33	00:44:51		01:11:24.25	01:13:48.25	+00:34:13 (47.9%)	7:08	8.4 (52.2%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
452	ZIOŁKOWSKA Barbara	2223	ŚWIĘTOCHŁOWICE	K-30	72	00:01:43	00:28:27	00:40:25		01:12:09.60	01:13:52.95	+00:34:58 (48.5%)	7:12	8.3 (51.6%)
453	ZARODA Magdalena	2287		K-30	73	00:00:32	00:29:35	00:41:36		01:13:20.45	01:13:53.00	+00:36:09 (49.3%)	7:20	8.2 (50.9%)
454	TISZBIEREK Gabriela	2118		K-40	36	00:01:42	00:29:04	00:41:11		01:12:13.50	01:13:55.85	+00:35:02 (48.5%)	7:13	8.3 (51.6%)
455	TISZBIEREK Henryk	2117	NIGHT RUNNERS GLIWICE	M-40	65	00:01:42	00:29:04	00:41:11		01:12:13.80	01:13:55.95	+00:35:02 (48.5%)	7:13	8.3 (51.6%)
456	PRUCHNIK Sławek	2051	JAZZY	M-20	66	00:00:59	00:29:16	00:42:57		01:13:49.40	01:14:48.45	+00:36:38 (49.6%)	7:22	8.1 (50.3%)
457	JURETKO Adam	2535		M-40	66	00:01:37	00:29:33	00:41:56		01:13:24.60	01:15:02.10	+00:36:13 (49.3%)	7:20	8.2 (50.9%)
458	KUT Krzysztof	2031		M-30	126	00:01:02	00:30:01	00:42:32		01:14:00.65	01:15:02.70	+00:36:49 (49.8%)	7:24	8.1 (50.3%)
459	VEGA ZUMETA Brygida	2408	NIGHT RUNNERS GLIWICE	K-30	74	00:01:02	00:30:11	00:42:38		01:15:07.15	01:16:09.55	+00:37:56 (50.5%)	7:30	8 (49.7%)
460	UEMURA Yoshihiko	2334	TAKENAKA	M-50	22	00:00:18	00:31:12	00:43:33		01:16:01.40	01:16:19.95	+00:38:50 (51.1%)	7:36	7.9 (49.1%)
461	GORZKOWSKA Małgorzata	2111		K-20	46	00:02:11	00:29:59	00:42:02		01:14:10.40	01:16:21.70	+00:36:59 (49.9%)	7:25	8.1 (50.3%)
462	KAMIŃSKI Wojciech	2477	INTERPROJEKT	M-20	67	00:02:25	00:30:05	00:42:12		01:14:15.20	01:16:40.55	+00:37:04 (49.9%)	7:25	8.1 (50.3%)
463	KOSTRO Rafał	2285	SEKCJA BIEGOWA FAMILIA	M-30	127	00:02:22	00:31:35	00:44:53		01:15:34.20	01:17:56.50	+00:38:23 (50.8%)	7:33	7.9 (49.1%)
464	CUDZIK Waldemar	2463		M-50	23	00:01:28	00:52:11			01:16:35.70	01:18:03.95	+00:39:24 (51.5%)	7:39	7.8 (48.4%)
465	ROSPONDEK Agata	2472		K-30	75	00:01:28	00:52:10			01:16:36.35	01:18:04.95	+00:39:25 (51.5%)	7:39	7.8 (48.4%)
466	FRĄC Elżbieta	2206	NIGHT RUNNERS GLIWICE	K-40	37	00:01:51	00:30:04	00:43:21		01:16:29.20	01:18:20.85	+00:39:18 (51.4%)	7:38	7.8 (48.4%)
467	MARCZAK Marta	2510		K-30	76	00:02:16	00:31:37	00:44:45		01:17:53.60	01:20:09.60	+00:40:42 (52.3%)	7:47	7.7 (47.8%)
468	JÓZEFczyk Katarzyna	2167	ISTA BIEGAMY	K-30	77	00:02:03	00:30:22	00:46:22		01:18:56.80	01:21:00.25	+00:41:45 (52.9%)	7:53	7.6 (47.2%)
469	KULIG Maciej	2504	CERTUM	M-30	128	00:00:06	00:31:31	00:45:13		01:21:17.75	01:21:23.75	+00:44:06 (54.3%)	8:07	7.4 (46.0%)
470	GROSS Magdalena	2413	UNISONO / FIS-SST TEAM	K-18	4	00:02:18	00:31:36	00:45:44		01:20:06.40	01:22:24.45	+00:42:55 (53.6%)	8:00	7.5 (46.6%)
471	DOLIŃSKI Daniel	2414	UNISONO / FIS-SST TEAM	M-20	68	00:02:18	00:31:35	00:45:43		01:20:05.90	01:22:24.70	+00:42:54 (53.6%)	8:00	7.5 (46.6%)
472	JUSZCZAK Ewa	2049		K-50	7	00:00:54	00:32:54	00:48:53		01:22:24.25	01:23:18.65	+00:45:13 (54.9%)	8:14	7.3 (45.3%)
473	JUSZCZAK - WIŚNIEWSKA Agata	2435	NIGHT RUNNERS GLIWICE	K-30	78	00:00:54	00:32:54	00:48:55		01:24:38.55	01:25:33.05	+00:47:27 (56.1%)	8:27	7.1 (44.1%)
474	CIESZYŃSKA Jolanta	2225	SEKCJA BIEGOWA FAMILIA	K-50	8	00:00:32	00:36:57	00:52:20		01:26:38.15	01:27:10.70	+00:49:27 (57.1%)	8:39	6.9 (42.9%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
475	CYBULSKA Weronika	2184		K-20	47	00:01:46	00:54:40	01:03:46		01:28:28.80	01:30:15.30	+00:51:17 (58.0%)	8:50	6.8 (42.2%)
476	SKUPIEŃ Piotr	2526		M-40	67	00:00:37	00:53:51	01:03:37		01:30:19.05	01:30:56.55	+00:53:07 (58.8%)	9:01	6.6 (41.0%)
477	WIERCIŃSKI Łukasz	2473		M-60	9	00:00:05	00:57:51			01:43:58.20	01:44:03.45	+01:06:47 (64.2%)	10:23	5.8 (36.0%)
478	OLEJNIK Marcin	2302	PROPOINT	M-20	69	00:00:35	00:48:26	01:14:52		01:52:26.45	01:53:01.80	+01:15:15 (66.9%)	11:14	5.3 (32.9%)
	STASIERSKI Maciej	2279		M-30		DNF	00:42:53 DNF	DNF		DNF	DNF		-	- (0.0%)

Total 479 results.