

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	<b>LYSKO Jakub</b>	<b>2290</b>	WKB META LUBLINIEC	M-30	1	00:00:01	00:16:18	00:33:10	<b>00:34:27.05</b>	<b>00:34:28.05</b>		3:16	18.3 (100%)
2	<b>SLADEK Dawid</b>	<b>2472</b>		M-30	2	00:00:02	00:18:24	00:37:39	<b>00:39:04.15</b>	<b>00:39:07.10</b>	+00:04:37 (11.8%)	3:43	16.1 (88.0%)
3	<b>OCHMAN Paweł</b>	<b>2351</b>	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:02	00:19:15	00:39:12	<b>00:40:35.60</b>	<b>00:40:38.15</b>	+00:06:08 (15.1%)	3:52	15.5 (84.7%)
4	<b>NIESLON Marek</b>	<b>2341</b>	NIGHT RUNNERS GLIWICE	M-30	4	00:00:04	00:18:59	00:39:46	<b>00:41:18.65</b>	<b>00:41:23.10</b>	+00:06:51 (16.6%)	3:56	15.2 (83.1%)
5	<b>ŻERDKA Michał</b>	<b>2632</b>	VIKING TRAINING CENTER/TEAM PAPRY	M-30	5	00:00:00	00:19:16	00:39:49	<b>00:41:32.35</b>	<b>00:41:32.95</b>	+00:07:05 (17.1%)	3:57	15.2 (83.1%)
6	<b>DZIDA Janusz</b>	<b>2096</b>		M-30	6	00:00:02	00:19:29	00:40:09	<b>00:41:41.75</b>	<b>00:41:44.30</b>	+00:07:14 (17.4%)	3:58	15.1 (82.5%)
7	<b>DOLATA Krzysztof</b>	<b>2077</b>	SOCIOS SILESIA	M-30	7	00:00:01	00:19:45	00:40:12	<b>00:41:48.65</b>	<b>00:41:50.00</b>	+00:07:21 (17.6%)	3:58	15.1 (82.5%)
8	<b>HALMAN Tomasz</b>	<b>2150</b>	KLAVA	M-30	8	00:00:01	00:19:59	00:41:41	<b>00:43:13.20</b>	<b>00:43:14.85</b>	+00:08:46 (20.3%)	4:06	14.6 (79.8%)
9	<b>ZABRZEWSKI Patryk</b>	<b>2602</b>		M-30	9	00:00:03	00:20:50	00:42:18	<b>00:43:58.80</b>	<b>00:44:01.85</b>	+00:09:31 (21.7%)	4:11	14.3 (78.1%)
10	<b>LILLA Piotr</b>	<b>2281</b>	KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ	M-30	10	00:00:02	00:20:23	00:42:18	<b>00:43:59.15</b>	<b>00:44:01.80</b>	+00:09:32 (21.7%)	4:11	14.3 (78.1%)
11	<b>JEZUSEK Piotr</b>	<b>2181</b>	BENQ - CO JA BIEGNE	M-30	11	00:00:12	00:20:51	00:42:36	<b>00:44:15.65</b>	<b>00:44:28.20</b>	+00:09:48 (22.2%)	4:12	14.2 (77.6%)
12	<b>GIEMZA Piotr</b>	<b>2122</b>	BREMBO	M-30	12	00:00:03	00:20:39	00:42:33	<b>00:44:15.85</b>	<b>00:44:19.00</b>	+00:09:48 (22.2%)	4:12	14.2 (77.6%)
13	<b>NAPIÓRKOWSKI Adam</b>	<b>2334</b>		M-30	13	00:00:08	00:20:53	00:42:45	<b>00:44:19.90</b>	<b>00:44:28.05</b>	+00:09:52 (22.3%)	4:13	14.2 (77.6%)
14	<b>KUKURBA Mikołaj</b>	<b>2255</b>	ROMET FACTORY TEAM	M-30	14	00:00:03	00:20:05	00:42:43	<b>00:44:24.00</b>	<b>00:44:27.25</b>	+00:09:56 (22.4%)	4:13	14.2 (77.6%)
15	<b>KONDERAK Dawid</b>	<b>2672</b>		M-30	15	00:00:06	00:21:11	00:43:17	<b>00:45:02.50</b>	<b>00:45:09.20</b>	+00:10:35 (23.5%)	4:17	14 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
16	<b>SZCZEPAŃSKI Paweł</b>	<b>2512</b>		M-30	16	00:00:22	00:21:04	00:43:27	<b>00:45:08.45</b>	<b>00:45:30.90</b>	+00:10:41 (23.7%)	4:17	14 (76.5%)
17	<b>KAMIŃSKI Jacek</b>	<b>2196</b>	ROMET FACTORY TEAM	M-30	17	00:00:03	00:20:39	00:43:19	<b>00:45:09.00</b>	<b>00:45:12.55</b>	+00:10:41 (23.7%)	4:18	14 (76.5%)
18	<b>GRUDZIŃSKI Radosław</b>	<b>2143</b>		M-30	18	00:00:10	00:21:57	00:44:27	<b>00:46:02.90</b>	<b>00:46:13.75</b>	+00:11:35 (25.2%)	4:23	13.7 (74.9%)
19	<b>KOTRA Jacek</b>	<b>2228</b>		M-30	19	00:00:03	00:21:44	00:44:32	<b>00:46:16.75</b>	<b>00:46:20.55</b>	+00:11:49 (25.6%)	4:24	13.6 (74.3%)
20	<b>NIEPOŃ Michał</b>	<b>2339</b>	FLUOR	M-30	20	00:00:51		00:45:11	<b>00:46:46.95</b>	<b>00:47:38.90</b>	+00:12:19 (26.4%)	4:27	13.5 (73.8%)
21	<b>ROJCZYK Krzysztof</b>	<b>2432</b>	DRIV	M-30	21	00:01:08		00:45:57	<b>00:47:40.35</b>	<b>00:48:48.65</b>	+00:13:13 (27.7%)	4:32	13.2 (72.1%)
22	<b>KURZELA Kuba</b>	<b>2263</b>	GIBKIE SZŁAPY	M-30	22	00:00:10	00:22:05	00:45:56	<b>00:48:05.40</b>	<b>00:48:15.50</b>	+00:13:38 (28.4%)	4:34	13.1 (71.6%)
23	<b>WITEK Grzegorz</b>	<b>2580</b>	DAR-BUD TEAM	M-30	23	00:00:29	00:23:21	00:46:29	<b>00:48:11.80</b>	<b>00:48:41.40</b>	+00:13:44 (28.5%)	4:35	13.1 (71.6%)
24	<b>MIELNIK Krzysiek</b>	<b>2323</b>		M-30	24	00:00:26	00:23:26	00:46:56	<b>00:48:41.15</b>	<b>00:49:07.25</b>	+00:14:14 (29.2%)	4:38	12.9 (70.5%)
25	<b>FOLTYN Paweł</b>	<b>2103</b>	FOLKI	M-30	25	00:00:14	00:23:19	00:47:23	<b>00:49:09.55</b>	<b>00:49:23.75</b>	+00:14:42 (29.9%)	4:40	12.8 (69.9%)
26	<b>JAKUBCZYK Krzysztof</b>	<b>2168</b>		M-30	26	00:00:32	00:23:29	00:47:42	<b>00:49:37.00</b>	<b>00:50:09.95</b>	+00:15:09 (30.6%)	4:43	12.7 (69.4%)
27	<b>ŚMIERCIAK Paweł</b>	<b>2539</b>	DOLINA SPORTOWA	M-30	27	00:00:36	00:23:57	00:47:53	<b>00:49:38.60</b>	<b>00:50:14.85</b>	+00:15:11 (30.6%)	4:43	12.7 (69.4%)
28	<b>WOCHNIK Dawid</b>	<b>2583</b>	CF ZABRZE	M-30	28	00:00:44	00:24:27	00:47:55	<b>00:49:43.95</b>	<b>00:50:28.20</b>	+00:15:16 (30.7%)	4:44	12.7 (69.4%)
29	<b>HEROK Piotr</b>	<b>2157</b>		M-30	29	00:00:11	00:22:49	00:48:06	<b>00:49:58.95</b>	<b>00:50:10.05</b>	+00:15:31 (31.1%)	4:45	12.6 (68.9%)
30	<b>ŚWIĘTEK Marcin</b>	<b>2542</b>		M-30	30	00:01:15	00:24:24	00:48:13	<b>00:50:01.45</b>	<b>00:51:16.50</b>	+00:15:34 (31.1%)	4:45	12.6 (68.9%)
31	<b>OGONOWSKI Dariusz</b>	<b>2356</b>		M-30	31	00:00:23	00:23:55	00:48:33	<b>00:50:26.15</b>	<b>00:50:49.45</b>	+00:15:59 (31.7%)	4:48	12.5 (68.3%)
32	<b>KRZANOWSKI Marcin</b>	<b>2249</b>	OASIS TEAM SPORT	M-30	32	00:00:50	00:24:16	00:48:53	<b>00:50:40.35</b>	<b>00:51:30.40</b>	+00:16:13 (32.0%)	4:49	12.4 (67.8%)
33	<b>STAROSTA Robert</b>	<b>2495</b>		M-30	33	00:00:36	00:24:03	00:48:58	<b>00:50:54.65</b>	<b>00:51:31.10</b>	+00:16:27 (32.3%)	4:50	12.4 (67.8%)
34	<b>MARCZYK Darek</b>	<b>2311</b>	FLUOR	M-30	34	00:00:31	00:23:38	00:49:06	<b>00:50:58.45</b>	<b>00:51:30.05</b>	+00:16:31 (32.4%)	4:51	12.4 (67.8%)
35	<b>ZWOLSKI Dymitr</b>	<b>2628</b>		M-30	35	00:00:26	00:24:21	00:49:13	<b>00:51:05.80</b>	<b>00:51:31.80</b>	+00:16:38 (32.6%)	4:51	12.3 (67.2%)
36	<b>PAROL Tomasz</b>	<b>2381</b>	PROPOINT	M-30	36	00:00:29	00:23:59	00:49:20	<b>00:51:09.90</b>	<b>00:51:39.20</b>	+00:16:42 (32.7%)	4:52	12.3 (67.2%)
37	<b>RUDZIŃSKI Kamil</b>	<b>2439</b>		M-30	37	00:00:44	00:25:28	00:49:27	<b>00:51:14.10</b>	<b>00:51:58.40</b>	+00:16:47 (32.8%)	4:52	12.3 (67.2%)
38	<b>RUDZIŃSKI Jacek</b>	<b>2440</b>		M-30	38	00:00:42	00:25:30	00:49:30	<b>00:51:15.40</b>	<b>00:51:58.20</b>	+00:16:48 (32.8%)	4:52	12.3 (67.2%)

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39	<b>KWIATKOWSKI Marcin</b>	<b>2266</b>		M-30	39	00:00:32	00:23:30	00:49:27	<b>00:51:23.05</b>	<b>00:51:55.50</b>	+00:16:56 (33.0%)	4:53	12.3 (67.2%)
40	<b>FOREMSKI Grzegorz</b>	<b>2106</b>	KABANOS RUNNING CREW	M-30	40	00:01:24	00:24:47	00:49:44	<b>00:51:27.35</b>	<b>00:52:51.90</b>	+00:17:00 (33.0%)	4:54	12.2 (66.7%)
41	<b>ZAJĄC Mateusz</b>	<b>2604</b>		M-30	41	00:01:09	00:25:24	00:50:00	<b>00:51:39.55</b>	<b>00:52:49.35</b>	+00:17:12 (33.3%)	4:55	12.2 (66.7%)
42	<b>ZYCHLA Grzegorz</b>	<b>2655</b>	SU07	M-30	42	00:00:42	00:25:41	00:49:59	<b>00:51:43.10</b>	<b>00:52:25.45</b>	+00:17:16 (33.4%)	4:55	12.2 (66.7%)
43	<b>SZWARCZYŃSKI Michał</b>	<b>2530</b>		M-30	43	00:00:07	00:23:04	00:49:49	<b>00:51:44.15</b>	<b>00:51:51.20</b>	+00:17:17 (33.4%)	4:55	12.2 (66.7%)
44	<b>SZOŁTYSIK Łukasz</b>	<b>2649</b>		M-30	44	00:01:18	00:25:11	00:49:57	<b>00:51:54.05</b>	<b>00:53:12.60</b>	+00:17:27 (33.6%)	4:56	12.1 (66.1%)
45	<b>NOWAK Łukasz</b>	<b>2347</b>	AVANTOR PERFORMANCE MATERIALS POLAND	M-30	45	00:00:54	00:24:52	00:50:06	<b>00:52:00.25</b>	<b>00:52:54.50</b>	+00:17:33 (33.8%)	4:57	12.1 (66.1%)
46	<b>SŁOWIŃSKI Jacek</b>	<b>2478</b>		M-30	46	00:01:14	00:25:58	00:50:19	<b>00:52:01.50</b>	<b>00:53:16.25</b>	+00:17:34 (33.8%)	4:57	12.1 (66.1%)
47	<b>WARDAK Piotr</b>	<b>2565</b>		M-30	47	00:00:27	00:24:15	00:50:21	<b>00:52:12.25</b>	<b>00:52:39.85</b>	+00:17:45 (34.0%)	4:58	12.1 (66.1%)
48	<b>WIETRZYCKI Mariusz</b>	<b>2572</b>	MOMO TEAM	M-30	48	00:00:04	00:24:05	00:50:15	<b>00:52:16.85</b>	<b>00:52:20.90</b>	+00:17:49 (34.1%)	4:58	12.1 (66.1%)
49	<b>LEWANDERSKI Dariusz</b>	<b>2277</b>	HIRSCHVOGEL	M-30	49	00:00:31	00:25:10	00:50:42	<b>00:52:25.70</b>	<b>00:52:56.90</b>	+00:17:58 (34.3%)	4:59	12 (65.6%)
50	<b>LASIUK Paweł</b>	<b>2268</b>	HIRSCHVOGEL	M-30	50	00:00:30	00:25:11	00:50:42	<b>00:52:26.25</b>	<b>00:52:56.80</b>	+00:17:59 (34.3%)	4:59	12 (65.6%)
51	<b>HEINE Andrzej</b>	<b>2156</b>	PKO BANK POLSKI	M-30	51	00:01:58	00:24:49	00:50:42	<b>00:52:36.00</b>	<b>00:54:34.45</b>	+00:18:08 (34.5%)	5:00	12 (65.6%)
52	<b>PIECHOWIAK Wojciech</b>	<b>2392</b>		M-30	52	00:00:26	00:24:13	00:50:44	<b>00:52:43.70</b>	<b>00:53:09.80</b>	+00:18:16 (34.7%)	5:01	12 (65.6%)
53	<b>JANOSZ Sławomir</b>	<b>2170</b>	BIURO INŻYNIERSKIE IEC	M-30	53	00:00:23	00:23:49	00:51:00	<b>00:52:44.25</b>	<b>00:53:08.20</b>	+00:18:17 (34.7%)	5:01	11.9 (65.0%)
54	<b>DREWNIAK Łukasz</b>	<b>2674</b>		M-30	54	00:00:43	00:25:40	00:51:05	<b>00:52:44.35</b>	<b>00:53:27.55</b>	+00:18:17 (34.7%)	5:01	11.9 (65.0%)
55	<b>MICHULEC Jakub</b>	<b>2656</b>	EKO-OKNA RUNNERS	M-30	55	00:00:42	00:25:41	00:51:07	<b>00:52:48.55</b>	<b>00:53:31.40</b>	+00:18:21 (34.8%)	5:01	11.9 (65.0%)
56	<b>WOJTAS Marcin</b>	<b>2586</b>	ISTA BIEGAMY	M-30	56	00:01:04	00:26:20	00:51:10	<b>00:52:51.00</b>	<b>00:53:55.20</b>	+00:18:23 (34.8%)	5:02	11.9 (65.0%)
57	<b>SEMLA Tomasz</b>	<b>2454</b>		M-30	57	00:00:35	00:24:33	00:50:54	<b>00:52:52.20</b>	<b>00:53:28.10</b>	+00:18:25 (34.8%)	5:02	11.9 (65.0%)
58	<b>SZULC Sebastian</b>	<b>2527</b>	EXLABS	M-30	58	00:00:41	00:23:46	00:50:48	<b>00:52:59.70</b>	<b>00:53:40.95</b>	+00:18:32 (35.0%)	5:02	11.9 (65.0%)
59	<b>WOCH Szymon</b>	<b>2582</b>	STUDIO ENERGIA TEAM RYBNIK	M-30	59	00:00:18	00:25:21	00:51:16	<b>00:53:11.25</b>	<b>00:53:29.90</b>	+00:18:44 (35.2%)	5:03	11.8 (64.5%)
60	<b>CHEGE Danson</b>	<b>2048</b>	DECATHLON CAR GLIWICE	M-30	60	00:00:15	00:23:51	00:51:35	<b>00:53:15.85</b>	<b>00:53:31.35</b>	+00:18:48 (35.3%)	5:04	11.8 (64.5%)
61	<b>KULA Jan</b>	<b>2256</b>	DECATHLON I PRZYJACIELE	M-30	61	00:00:13	00:26:04	00:51:36	<b>00:53:17.80</b>	<b>00:53:31.65</b>	+00:18:50 (35.4%)	5:04	11.8 (64.5%)

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62	WIŚNIEWSKI Tomasz	2577		M-30	62	00:00:48	00:25:33	00:51:18	<b>00:53:18.45</b>	<b>00:54:07.10</b>	+00:18:51 (35.4%)	5:04	11.8 (64.5%)
63	FABER Jacek	2638		M-30	63	00:00:29	00:24:53	00:51:36	<b>00:53:39.65</b>	<b>00:54:09.30</b>	+00:19:12 (35.8%)	5:06	11.7 (63.9%)
64	LISIECKI Dawid	2283	KNURÓW-SIMTECH	M-30	64	00:00:53	00:26:04	00:52:01	<b>00:53:41.55</b>	<b>00:54:34.65</b>	+00:19:14 (35.8%)	5:06	11.7 (63.9%)
65	JAŚKIEWICZ Sławomir	2179		M-30	65	00:00:53	00:24:59	00:51:41	<b>00:53:47.20</b>	<b>00:54:41.05</b>	+00:19:20 (35.9%)	5:07	11.7 (63.9%)
66	SZMIGIEL Daniel	2520		M-30	66	00:00:32	00:25:21	00:51:55	<b>00:53:50.45</b>	<b>00:54:22.80</b>	+00:19:23 (36.0%)	5:07	11.7 (63.9%)
67	ŻAAK Michał	2629		M-30	67	00:00:54	00:25:57	00:52:02	<b>00:53:52.55</b>	<b>00:54:46.85</b>	+00:19:25 (36.1%)	5:07	11.7 (63.9%)
68	GOLIASZ Bartłomiej	2127		M-30	68	00:00:54	00:26:43	00:52:28	<b>00:54:08.75</b>	<b>00:55:03.65</b>	+00:19:41 (36.4%)	5:09	11.6 (63.4%)
69	DOBOSZ Mariusz	2075	GO-LEASING	M-30	69	00:00:29	00:25:57	00:52:28	<b>00:54:16.15</b>	<b>00:54:45.95</b>	+00:19:49 (36.5%)	5:10	11.6 (63.4%)
70	DRECHSLER Oskar	2081		M-30	70	00:00:46	00:25:05	00:52:09	<b>00:54:20.80</b>	<b>00:55:07.65</b>	+00:19:53 (36.6%)	5:10	11.6 (63.4%)
71	NIEMIEC Sławomir	2337	INTERGRAFIK POLSKA	M-30	71	00:00:46	00:25:50	00:52:25	<b>00:54:22.00</b>	<b>00:55:08.85</b>	+00:19:54 (36.6%)	5:10	11.6 (63.4%)
72	DRZYMALSKI Przemysław	2088	PROPOINT	M-30	72	00:01:12	00:27:01	00:52:21	<b>00:54:22.45</b>	<b>00:55:34.45</b>	+00:19:55 (36.6%)	5:10	11.6 (63.4%)
73	CHAROWSKI Marcin	2047		M-30	73	00:01:02	00:26:40	00:52:35	<b>00:54:26.80</b>	<b>00:55:29.05</b>	+00:19:59 (36.7%)	5:11	11.6 (63.4%)
74	CZĄSTKIEWICZ Marcin	2069		M-30	74	00:00:26	00:25:17	00:52:32	<b>00:54:27.20</b>	<b>00:54:53.30</b>	+00:20:00 (36.7%)	5:11	11.6 (63.4%)
75	PIETRZAK Waldemar	2395	GOK PILCHOWICE	M-30	75	00:01:47	00:26:16	00:52:39	<b>00:54:41.00</b>	<b>00:56:28.70</b>	+00:20:13 (37.0%)	5:12	11.5 (62.8%)
76	CYROŃ Marcin	2686		M-30	76	00:00:33	00:26:30	00:52:49	<b>00:54:43.45</b>	<b>00:55:16.55</b>	+00:20:16 (37.0%)	5:12	11.5 (62.8%)
77	OGAZA Mariusz	2354		M-30	77	00:00:03	00:25:35	00:52:46	<b>00:54:50.25</b>	<b>00:54:54.00</b>	+00:20:23 (37.2%)	5:13	11.5 (62.8%)
78	GARNCARZ Jakub	2118		M-30	78	00:00:46	00:26:32	00:53:11	<b>00:55:09.20</b>	<b>00:55:55.65</b>	+00:20:42 (37.5%)	5:15	11.4 (62.3%)
79	BAJURA Grzegorz	2002		M-30	79	00:01:40	00:27:06	00:53:21	<b>00:55:16.55</b>	<b>00:56:56.90</b>	+00:20:49 (37.7%)	5:15	11.4 (62.3%)
80	PREJS Karol	2413		M-30	80	00:01:39	00:27:07	00:53:21	<b>00:55:17.15</b>	<b>00:56:57.00</b>	+00:20:50 (37.7%)	5:16	11.4 (62.3%)
81	DĘBOWSKI Krzysztof	2074		M-30	81	00:01:06	00:26:11	00:53:13	<b>00:55:18.25</b>	<b>00:56:24.60</b>	+00:20:51 (37.7%)	5:16	11.4 (62.3%)
82	ROLEK Marcin	2434		M-30	82	00:00:56	00:26:41	00:53:34	<b>00:55:35.00</b>	<b>00:56:31.30</b>	+00:21:07 (38.0%)	5:17	11.3 (61.7%)
83	OPALIŃSKI Tomasz	2365	ZF TEAM	M-30	83	00:00:54	00:26:43	00:53:35	<b>00:55:36.00</b>	<b>00:56:30.40</b>	+00:21:08 (38.0%)	5:17	11.3 (61.7%)
84	ŻEBROWSKI Łukasz	2630	ZF TEAM	M-30	84	00:00:51	00:27:04	00:53:46	<b>00:55:39.80</b>	<b>00:56:31.30</b>	+00:21:12 (38.1%)	5:18	11.3 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
85	<b>SŁOWIŃSKI Kamil</b>	<b>2477</b>	DRUŻYNA POLITECHNIKI ŚLĄSKIEJ	M-30	85	00:01:13	00:26:17	00:53:47	<b>00:55:45.45</b>	<b>00:56:58.50</b>	+00:21:18 (38.2%)	5:18	11.3 (61.7%)
86	<b>PUCHALSKI Rafał</b>	<b>2421</b>	FLUOR	M-30	86	00:01:30	00:27:22	00:54:09	<b>00:55:58.30</b>	<b>00:57:28.60</b>	+00:21:31 (38.4%)	5:19	11.3 (61.7%)
87	<b>GRĄBCZEWSKI Marcin</b>	<b>2139</b>		M-30	87	00:01:03	00:26:42	00:54:00	<b>00:56:03.50</b>	<b>00:57:07.05</b>	+00:21:36 (38.5%)	5:20	11.2 (61.2%)
88	<b>MOĆKO Artur</b>	<b>2330</b>		M-30	88	00:01:31	00:27:44	00:54:19	<b>00:56:15.75</b>	<b>00:57:47.00</b>	+00:21:48 (38.8%)	5:21	11.2 (61.2%)
89	<b>BEDNAREK Jakub</b>	<b>2014</b>		M-30	89	00:00:47	00:26:20	00:54:17	<b>00:56:25.75</b>	<b>00:57:12.80</b>	+00:21:58 (38.9%)	5:22	11.2 (61.2%)
90	<b>RUDZIŃSKI Łukasz</b>	<b>2438</b>		M-30	90	00:00:44	00:26:55	00:54:43	<b>00:56:27.35</b>	<b>00:57:12.00</b>	+00:22:00 (39.0%)	5:22	11.2 (61.2%)
91	<b>PIETRZAK Łukasz</b>	<b>2396</b>	MECHTAL CITY	M-30	91	00:00:48	00:26:34	00:54:44	<b>00:56:39.05</b>	<b>00:57:27.45</b>	+00:22:12 (39.2%)	5:23	11.1 (60.7%)
92	<b>HERUD Tomasz</b>	<b>2663</b>		M-30	92	00:01:44	00:27:49	00:54:55	<b>00:56:44.30</b>	<b>00:58:28.85</b>	+00:22:17 (39.3%)	5:24	11.1 (60.7%)
93	<b>WYCIŚLIK Marcin</b>	<b>2598</b>	HIRSCHVOGEL	M-30	93	00:00:33	00:26:26	00:54:44	<b>00:56:54.10</b>	<b>00:57:27.10</b>	+00:22:27 (39.5%)	5:25	11.1 (60.7%)
94	<b>WĄTROBA Tomasz</b>	<b>2567</b>		M-30	94	00:00:56	00:26:41	00:54:59	<b>00:57:03.35</b>	<b>00:57:59.65</b>	+00:22:36 (39.6%)	5:26	11 (60.1%)
95	<b>SZYMOS Damian</b>	<b>2536</b>	RYWAL GLIWICE	M-30	95	00:02:01	00:26:44	00:55:08	<b>00:57:03.45</b>	<b>00:59:04.95</b>	+00:22:36 (39.6%)	5:26	11 (60.1%)
96	<b>STUDZIŃSKI Grzegorz</b>	<b>2505</b>	ZABRZE CITY M&A	M-30	96	00:01:53	00:27:45	00:55:19	<b>00:57:18.65</b>	<b>00:59:12.40</b>	+00:22:51 (39.9%)	5:27	11 (60.1%)
97	<b>SOKOŁOWSKI Łukasz</b>	<b>2485</b>		M-30	97	00:01:04	00:27:28	00:55:25	<b>00:57:22.75</b>	<b>00:58:27.35</b>	+00:22:55 (40.0%)	5:27	11 (60.1%)
98	<b>SKURA Adam</b>	<b>2470</b>	FLUOR	M-30	98	00:01:40	00:27:53	00:55:33	<b>00:57:25.45</b>	<b>00:59:05.90</b>	+00:22:58 (40.0%)	5:28	11 (60.1%)
99	<b>PSIUK Piotr</b>	<b>2419</b>		M-30	99	00:00:29	00:26:16	00:55:22	<b>00:57:42.70</b>	<b>00:58:12.35</b>	+00:23:15 (40.3%)	5:29	10.9 (59.6%)
100	<b>WIECZOROWSKI Krzysztof</b>	<b>2570</b>	MOSTOSTAL ZABRZE UNITED	M-30	100	00:00:50	00:26:41	00:55:39	<b>00:57:50.75</b>	<b>00:58:41.40</b>	+00:23:23 (40.4%)	5:30	10.9 (59.6%)
101	<b>SAFERNA Przemek</b>	<b>2443</b>		M-30	101	00:00:25	00:28:12	00:56:10	<b>00:58:04.30</b>	<b>00:58:29.90</b>	+00:23:37 (40.7%)	5:31	10.8 (59.0%)
102	<b>MARYNIAK Wojciech</b>	<b>2676</b>		M-30	102	00:01:56	00:28:51	00:56:23	<b>00:58:20.15</b>	<b>01:00:17.10</b>	+00:23:53 (40.9%)	5:33	10.8 (59.0%)
103	<b>JANOSZKA Piotr</b>	<b>2172</b>	BANDA Z POŁUDNIA	M-30	103	00:01:44	00:28:35	00:56:16	<b>00:58:21.80</b>	<b>01:00:05.90</b>	+00:23:54 (41.0%)	5:33	10.8 (59.0%)
104	<b>BAŃKA Jakub</b>	<b>2007</b>		M-30	104	00:00:40	00:27:10	00:56:23	<b>00:58:32.05</b>	<b>00:59:12.60</b>	+00:24:05 (41.1%)	5:34	10.8 (59.0%)
105	<b>KOZŁOWSKI Przemysław</b>	<b>2242</b>	ZACHODNIE GEPARDY	M-30	105	00:00:45	00:26:40	00:56:40	<b>00:58:51.65</b>	<b>00:59:37.15</b>	+00:24:24 (41.5%)	5:36	10.7 (58.5%)
106	<b>OLSZEWSKI Łukasz</b>	<b>2361</b>	FLUOR	M-30	106	00:01:14	00:28:05	00:56:53	<b>00:58:55.45</b>	<b>01:00:09.75</b>	+00:24:28 (41.5%)	5:36	10.7 (58.5%)
107	<b>KUMOR Marcin</b>	<b>2259</b>		M-30	107	00:00:33	00:26:46	00:57:00	<b>00:59:01.95</b>	<b>00:59:35.10</b>	+00:24:34 (41.6%)	5:37	10.7 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
108	KACZMARSKI Jacek	2189		M-30	108	00:01:13	00:27:58	00:57:02	00:59:02.30	01:00:15.35	+00:24:35 (41.6%)	5:37	10.7 (58.5%)
109	MACHOCZEK Patryk	2296		M-30	109	00:01:44	00:28:46	00:57:10	00:59:11.25	01:00:56.20	+00:24:44 (41.8%)	5:38	10.6 (57.9%)
110	GAŁEK Andrzej	2678	ZF TEAM	M-30	110	00:01:13	00:28:00	00:56:57	00:59:19.15	01:00:32.95	+00:24:52 (41.9%)	5:38	10.6 (57.9%)
111	DULĘBA Juliusz	2090		M-30	111	00:01:12	00:30:25	00:57:16	00:59:19.80	01:00:32.05	+00:24:52 (41.9%)	5:39	10.6 (57.9%)
112	BARTELA Łukasz	2645		M-30	112	00:02:11	00:28:30	00:57:14	00:59:33.35	01:01:45.30	+00:25:06 (42.2%)	5:40	10.6 (57.9%)
113	STANISZ Michał	2491		M-30	113	00:00:50	00:26:39	00:57:15	00:59:36.40	01:00:27.00	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
114	LEŚNIEWSKI Mateusz	2276		M-30	114	00:00:40	00:28:30	00:57:33	00:59:36.75	01:00:17.70	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
115	BOREK Wojciech	2029		M-30	115	00:00:29	00:27:24	00:57:38	01:00:01.35	01:00:31.25	+00:25:34 (42.6%)	5:43	10.5 (57.4%)
116	TABOR Andrzej	2543		M-30	116	00:01:59	00:28:08	00:58:08	01:00:16.30	01:02:15.55	+00:25:49 (42.8%)	5:44	10.5 (57.4%)
117	LINDENBERG Jarosław	2282		M-30	117	00:01:23	00:27:26	00:58:17	01:00:21.30	01:01:45.25	+00:25:54 (42.9%)	5:44	10.4 (56.8%)
118	MAJCZAK Wojciech	2302		M-30	118	00:00:15	00:28:18	00:58:31	01:00:47.70	01:01:03.05	+00:26:20 (43.3%)	5:47	10.4 (56.8%)
119	RYBAK Andrzej	2441	HIRSCHVOGEL	M-30	119	00:00:30	00:27:53	00:59:01	01:01:07.20	01:01:38.15	+00:26:40 (43.6%)	5:49	10.3 (56.3%)
120	SMUDA Grzegorz	2481	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:58	00:29:24	00:58:57	01:01:14.90	01:03:13.20	+00:26:47 (43.8%)	5:50	10.3 (56.3%)
121	KOWALSKI Włodzimierz	2234	JUDO TEAM MASTERS GLIWICE	M-30	121	00:01:51	00:29:57	00:59:17	01:01:19.50	01:03:10.60	+00:26:52 (43.8%)	5:50	10.3 (56.3%)
122	BRUDEK Grzegorz	2035		M-30	122	00:01:41	00:30:02	00:59:22	01:01:30.45	01:03:12.10	+00:27:03 (44.0%)	5:51	10.2 (55.7%)
123	SKOCZYKŁODA Paweł	2463		M-30	123	00:01:30	00:29:04	00:59:50	01:02:04.70	01:03:35.50	+00:27:37 (44.5%)	5:54	10.1 (55.2%)
124	PSIUK-MAKSYMOWICZ Krzysztof	2420	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	124	00:02:00	00:30:16	00:59:58	01:02:04.70	01:04:05.45	+00:27:37 (44.5%)	5:54	10.1 (55.2%)
125	KARBOWNICZEK Dawid	2199		M-30	125	00:01:55	00:31:20	01:00:31	01:02:22.55	01:04:18.05	+00:27:55 (44.8%)	5:56	10.1 (55.2%)
126	SKOTNICKI Michał	2642		M-30	126	00:00:26	00:29:09	01:00:05	01:02:22.70	01:02:49.40	+00:27:55 (44.8%)	5:56	10.1 (55.2%)
127	MICZKA Łukasz	2320		M-30	127	00:01:11	00:28:38	00:59:54	01:02:28.45	01:03:40.20	+00:28:01 (44.9%)	5:57	10.1 (55.2%)
128	ORLICKI Ireneusz	2368	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	128	00:00:45	00:30:07	01:00:28	01:02:37.75	01:03:23.70	+00:28:10 (45.0%)	5:57	10.1 (55.2%)
129	NIWIŃSKI Michał	2344	PKO BANK POLSKI	M-30	129	00:01:58	00:31:18	01:00:35	01:02:51.55	01:04:50.40	+00:28:24 (45.2%)	5:59	10 (54.6%)
130	NARUSZEWICZ Krzysztof	2335		M-30	130	00:01:14	00:29:46	01:01:02	01:03:24.20	01:04:38.50	+00:28:57 (45.7%)	6:02	9.9 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10.5km	brutto 10.5km			
131	<b>KOZIEŁ Łukasz</b>	<b>2239</b>	ING	M-30	131	00:01:35	00:30:45	01:01:22	<b>01:03:29.80</b>	<b>01:05:04.95</b>	+00:29:02 (45.7%)	6:02	9.9 (54.1%)
132	<b>WITAŁA Rafał</b>	<b>2578</b>		M-30	132	00:01:09	00:30:05	01:01:28	<b>01:03:40.70</b>	<b>01:04:50.15</b>	+00:29:13 (45.9%)	6:03	9.9 (54.1%)
133	<b>KLAKLA Henryk</b>	<b>2208</b>	ZF TEAM	M-30	133	00:00:56	00:28:22	01:01:29	<b>01:03:42.85</b>	<b>01:04:39.80</b>	+00:29:15 (45.9%)	6:04	9.9 (54.1%)
134	<b>PALENGA Adrian</b>	<b>2378</b>	ZF TEAM	M-30	134	00:00:51	00:28:27	01:01:34	<b>01:03:48.75</b>	<b>01:04:40.00</b>	+00:29:21 (46.0%)	6:04	9.9 (54.1%)
135	<b>KNOPKA Michał</b>	<b>2644</b>		M-30	135	00:02:12	00:30:55	01:01:40	<b>01:03:51.55</b>	<b>01:06:04.35</b>	+00:29:24 (46.1%)	6:04	9.9 (54.1%)
136	<b>WÓJCIK Jakub</b>	<b>2593</b>		M-30	136	00:00:00	00:30:00	01:01:05	<b>01:03:53.05</b>	<b>01:03:53.05</b>	+00:29:26 (46.1%)	6:05	9.9 (54.1%)
137	<b>OLSZOK Dawid</b>	<b>2362</b>	HIRSCHVOGEL	M-30	137	00:00:33	00:28:57	01:01:25	<b>01:03:53.75</b>	<b>01:04:27.45</b>	+00:29:26 (46.1%)	6:05	9.9 (54.1%)
138	<b>STANCHLY Jakub</b>	<b>2668</b>		M-30	138	00:01:47	00:31:54	01:02:18	<b>01:04:15.45</b>	<b>01:06:03.15</b>	+00:29:48 (46.4%)	6:07	9.8 (53.6%)
139	<b>DROZD Krzysztof</b>	<b>2085</b>		M-30	139	00:01:57	00:29:29	01:01:59	<b>01:04:47.95</b>	<b>01:06:45.05</b>	+00:30:20 (46.8%)	6:10	9.7 (53.0%)
140	<b>WOŹNY Remigiusz</b>	<b>2591</b>	FLUOR	M-30	140	00:01:41	00:31:37	01:02:30	<b>01:04:56.00</b>	<b>01:06:37.40</b>	+00:30:28 (46.9%)	6:11	9.7 (53.0%)
141	<b>ŻYDAK Kamil</b>	<b>2633</b>	DRIV	M-30	141	00:01:50	00:29:24	01:02:50	<b>01:05:17.20</b>	<b>01:07:07.40</b>	+00:30:50 (47.2%)	6:13	9.7 (53.0%)
142	<b>KIJANKA Damian</b>	<b>2205</b>	HIRSCHVOGEL COMPONENTS POLAND	M-30	142	00:00:37	00:32:16	01:03:11	<b>01:05:23.85</b>	<b>01:06:01.40</b>	+00:30:56 (47.3%)	6:13	9.6 (52.5%)
143	<b>KOZIBAŁ Tomasz</b>	<b>2238</b>	FLUOR	M-30	143	00:01:24	00:30:20	01:03:06	<b>01:05:25.10</b>	<b>01:06:49.10</b>	+00:30:58 (47.3%)	6:13	9.6 (52.5%)
144	<b>KOJ Krzysztof</b>	<b>2217</b>	PPP GLIWICE	M-30	144	00:01:54	00:31:38	01:03:15	<b>01:05:25.65</b>	<b>01:07:20.05</b>	+00:30:58 (47.3%)	6:13	9.6 (52.5%)
145	<b>KACZYŃSKI Marek</b>	<b>2192</b>	MOSTOSTAL ZABRZE UNITED	M-30	145	00:00:26	00:31:07	01:03:04	<b>01:05:29.30</b>	<b>01:05:56.20</b>	+00:31:02 (47.4%)	6:14	9.6 (52.5%)
146	<b>GIERCZYCKI Michał</b>	<b>2123</b>		M-30	146	00:01:21	00:32:35	01:04:06	<b>01:06:27.85</b>	<b>01:07:48.85</b>	+00:32:00 (48.2%)	6:19	9.5 (51.9%)
147	<b>FOREMSKI Paweł</b>	<b>2105</b>	RZ 3,21	M-30	147	00:01:25	00:29:28	01:04:44	<b>01:06:54.50</b>	<b>01:08:20.15</b>	+00:32:27 (48.5%)	6:22	9.4 (51.4%)
148	<b>MICHAŁEK Lukasz</b>	<b>2316</b>		M-30	148	00:01:55	00:31:20	01:04:29	<b>01:07:03.50</b>	<b>01:08:59.00</b>	+00:32:36 (48.6%)	6:23	9.4 (51.4%)
149	<b>RATKA Dawid</b>	<b>2423</b>		M-30	149	00:00:46	00:30:33	01:04:54	<b>01:07:38.80</b>	<b>01:08:25.10</b>	+00:33:11 (49.1%)	6:26	9.3 (50.8%)
150	<b>ZIMNY Marcin</b>	<b>2623</b>		M-30	150	00:01:26	00:31:16	01:05:54	<b>01:08:50.00</b>	<b>01:10:16.80</b>	+00:34:22 (50.0%)	6:33	9.2 (50.3%)
151	<b>PŁOSKONKA Tomasz</b>	<b>2404</b>		M-30	151	00:00:37	00:32:06	01:06:27	<b>01:09:02.95</b>	<b>01:09:40.60</b>	+00:34:35 (50.1%)	6:34	9.1 (49.7%)
152	<b>PAWLIK Michał</b>	<b>2385</b>		M-30	152	00:01:11	00:31:25	01:07:33	<b>01:10:16.15</b>	<b>01:11:27.45</b>	+00:35:49 (51.0%)	6:41	9 (49.2%)
153	<b>MIKOŁAJCZYK Michał</b>	<b>2326</b>		M-30	153	00:01:53	00:32:43	01:09:38	<b>01:12:12.80</b>	<b>01:14:06.00</b>	+00:37:45 (52.3%)	6:52	8.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
154	<b>SALAMON Dawid</b>	<b>2446</b>		M-30	154	00:00:37	00:32:16	01:09:05	<b>01:12:18.15</b>	<b>01:12:55.60</b>	+00:37:51 (52.4%)	6:53	8.7 (47.5%)
155	<b>WYSOCZAŃSKI Andrzej</b>	<b>989</b>		M-30	155	00:01:56	00:28:51	01:10:04	<b>01:13:57.70</b>	<b>01:15:53.85</b>	+00:39:30 (53.4%)	7:02	8.5 (46.4%)
156	<b>DROŹDŹ Michał</b>	<b>2087</b>	RYWAL GLIWICE	M-30	156	00:02:00	00:34:07	01:12:21	<b>01:15:02.95</b>	<b>01:17:03.10</b>	+00:40:35 (54.1%)	7:08	8.4 (45.9%)
157	<b>PAWLICZEK Łukasz</b>	<b>2384</b>		M-30	157	00:01:36	00:34:34	01:12:31	<b>01:15:17.95</b>	<b>01:16:54.15</b>	+00:40:50 (54.2%)	7:10	8.4 (45.9%)
158	<b>FRYDRYCH Przemysław</b>	<b>2110</b>		M-30	158	00:00:35	00:34:53	01:13:08	<b>01:15:48.20</b>	<b>01:16:24.00</b>	+00:41:21 (54.6%)	7:13	8.3 (45.4%)
159	<b>ŻELEZNY Tomasz</b>	<b>2631</b>		M-30	159	00:02:01	00:33:28	01:13:07	<b>01:15:48.55</b>	<b>01:17:50.00</b>	+00:41:21 (54.6%)	7:13	8.3 (45.4%)
160	<b>DUNAJ Łukasz</b>	<b>2091</b>	HIRSCHVOGEL	M-30	160	00:00:34	00:38:03	01:20:08	<b>01:22:30.40</b>	<b>01:23:04.90</b>	+00:48:03 (58.2%)	7:51	7.6 (41.5%)
161	<b>KULIG Maciej</b>	<b>2257</b>		M-30	161	00:01:54	00:42:10	01:28:04	<b>01:31:28.60</b>	<b>01:33:22.65</b>	+00:57:01 (62.3%)	8:42	6.9 (37.7%)
162	<b>MACHEJ Remigiusz</b>	<b>2294</b>	MARO TEAM JASTRZĘBIE - ŻORY	M-30	162	00:00:00		00:43:50			+	4:23	13.7 (74.9%)
163	<b>GARBALA Kamil</b>	<b>2117</b>		M-30	163	00:00:00		00:48:31			+	4:51	12.4 (67.8%)

Znaleziono 163 wynik(ów)