



**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: M-30

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	<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>		3:23	17.7 (100%)
2	<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>	+00:00:13 (0.6%)	3:25	17.5 (98.9%)
3	<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>	+00:00:53 (2.3%)	3:50	15.6 (88.1%)
4	<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>	+00:01:22 (3.5%)	3:53	15.4 (87.0%)
5	<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>	+00:01:26 (3.7%)	3:53	15.4 (87.0%)
6	<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>	+00:02:19 (5.8%)	3:58	15.1 (85.3%)
7	<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>	+00:02:26 (6.1%)	3:59	15 (84.7%)
8	<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>	+00:02:44 (6.8%)	4:01	14.9 (84.2%)
9	<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>	+00:03:08 (7.7%)	4:03	14.8 (83.6%)
10	<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>	+00:03:11 (7.8%)	4:04	14.7 (83.1%)
11	<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>	+00:03:56 (9.5%)	4:08	14.5 (81.9%)
11	<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>	+00:03:56 (9.5%)	4:08	14.5 (81.9%)
13	<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>	+00:05:36 (13.0%)	4:18	13.9 (78.5%)
14	<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>	+00:05:59 (13.8%)	4:21	13.8 (78.0%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
15	<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>	+00:06:36 (15.0%)	4:24	13.6 (76.8%)
16	<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>	+00:07:07 (16.0%)	4:27	13.4 (75.7%)
17	<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>	+00:07:12 (16.1%)	4:28	13.4 (75.7%)
18	<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>	+00:07:16 (16.3%)	4:28	13.4 (75.7%)
19	<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>	+00:07:21 (16.4%)	4:29	13.4 (75.7%)
20	<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>	+00:07:39 (17.0%)	4:31	13.3 (75.1%)
21	<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>	+00:07:43 (17.1%)	4:31	13.3 (75.1%)
22	<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>	+00:07:52 (17.3%)	4:32	13.2 (74.6%)
23	<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>	+00:08:07 (17.8%)	4:33	13.1 (74.0%)
24	<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>	+00:08:47 (19.0%)	4:37	13 (73.4%)
25	<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>	+00:08:54 (19.2%)	4:38	12.9 (72.9%)
26	<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>	+00:09:02 (19.4%)	4:39	12.9 (72.9%)
27	<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>	+00:09:28 (20.2%)	4:41	12.8 (72.3%)
28	<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>	+00:09:29 (20.2%)	4:41	12.8 (72.3%)
29	<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>	+00:09:38 (20.4%)	4:42	12.7 (71.8%)
30	<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>	+00:09:38 (20.5%)	4:42	12.7 (71.8%)
31	<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>	+00:09:43 (20.6%)	4:43	12.7 (71.8%)
32	<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>	+00:09:51 (20.8%)	4:44	12.7 (71.8%)
33	<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>	+00:09:52 (20.8%)	4:44	12.7 (71.8%)
34	<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>	+00:09:54 (20.9%)	4:44	12.6 (71.2%)
35	<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>	+00:10:03 (21.1%)	4:45	12.6 (71.2%)
36	<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>	+00:10:13 (21.4%)	4:46	12.6 (71.2%)
37	<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>	+00:10:57 (22.6%)	4:50	12.4 (70.1%)

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			
38	<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>	+00:10:57 (22.6%)	4:50	12.4 (70.1%)
39	<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>	+00:11:13 (23.0%)	4:52	12.3 (69.5%)
40	<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>	+00:11:19 (23.2%)	4:53	12.3 (69.5%)
41	<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>	+00:11:29 (23.4%)	4:53	12.2 (68.9%)
42	<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>	+00:11:31 (23.5%)	4:54	12.2 (68.9%)
43	<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>	+00:11:46 (23.9%)	4:55	12.2 (68.9%)
44	<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>	+00:12:06 (24.4%)	4:57	12.1 (68.4%)
45	<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>	+00:12:27 (24.9%)	4:59	12 (67.8%)
46	<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>	+00:12:28 (25.0%)	4:59	12 (67.8%)
47	<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>	+00:12:35 (25.1%)	5:00	12 (67.8%)
48	<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>	+00:12:55 (25.6%)	5:02	11.9 (67.2%)
49	<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>	+00:13:10 (26.0%)	5:04	11.8 (66.7%)
50	<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>	+00:13:15 (26.1%)	5:04	11.8 (66.7%)
51	<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>	+00:13:35 (26.6%)	5:06	11.7 (66.1%)
52	<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>	+00:13:36 (26.6%)	5:06	11.7 (66.1%)
53	<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>	+00:13:45 (26.8%)	5:07	11.7 (66.1%)
54	<b>GLÓWKA 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>	+00:14:18 (27.6%)	5:10	11.6 (65.5%)
55	<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>	+00:14:35 (28.0%)	5:12	11.5 (65.0%)
56	<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>	+00:14:45 (28.2%)	5:13	11.5 (65.0%)
57	<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>	+00:14:46 (28.3%)	5:13	11.5 (65.0%)
58	<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>	+00:14:51 (28.4%)	5:14	11.5 (65.0%)
59	<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>	+00:14:56 (28.5%)	5:14	11.4 (64.4%)
60	<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>	+00:15:00 (28.6%)	5:15	11.4 (64.4%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
61	<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>	+00:15:18 (29.0%)	5:16	11.4 (64.4%)
62	<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>	+00:15:27 (29.2%)	5:17	11.3 (63.8%)
63	<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>	+00:15:37 (29.4%)	5:18	11.3 (63.8%)
64	<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>	+00:15:37 (29.4%)	5:18	11.3 (63.8%)
65	<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>	+00:15:41 (29.5%)	5:19	11.3 (63.8%)
66	<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>	+00:15:46 (29.6%)	5:19	11.3 (63.8%)
67	<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>	+00:15:53 (29.8%)	5:20	11.2 (63.3%)
68	<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>	+00:15:54 (29.8%)	5:20	11.2 (63.3%)
69	<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>	+00:15:57 (29.8%)	5:20	11.2 (63.3%)
70	<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>	+00:15:57 (29.8%)	5:20	11.2 (63.3%)
71	<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>	+00:16:29 (30.5%)	5:24	11.1 (62.7%)
72	<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>	+00:16:34 (30.7%)	5:24	11.1 (62.7%)
73	<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>	+00:16:42 (30.8%)	5:25	11.1 (62.7%)
74	<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>	+00:17:00 (31.2%)	5:27	11 (62.1%)
75	<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>	+00:17:03 (31.3%)	5:27	11 (62.1%)
76	<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>	+00:17:10 (31.4%)	5:28	11 (62.1%)
77	<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>	+00:17:21 (31.6%)	5:29	10.9 (61.6%)
78	<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>	+00:17:34 (31.9%)	5:30	10.9 (61.6%)
79	<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>	+00:18:07 (32.6%)	5:33	10.8 (61.0%)
80	<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>	+00:18:08 (32.6%)	5:33	10.8 (61.0%)
81	<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>	+00:18:13 (32.7%)	5:34	10.8 (61.0%)
82	<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>	+00:18:20 (32.8%)	5:35	10.7 (60.5%)
83	<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>	+00:18:21 (32.9%)	5:35	10.7 (60.5%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
84	<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>	+00:18:27 (33.0%)	5:35	10.7 (60.5%)
85	<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>	+00:18:29 (33.0%)	5:36	10.7 (60.5%)
86	<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>	+00:18:38 (33.2%)	5:36	10.7 (60.5%)
87	<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>	+00:18:46 (33.4%)	5:37	10.7 (60.5%)
88	<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>	+00:18:52 (33.5%)	5:38	10.6 (59.9%)
89	<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>	+00:18:57 (33.6%)	5:38	10.6 (59.9%)
90	<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>	+00:19:15 (33.9%)	5:40	10.6 (59.9%)
91	<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>	+00:19:31 (34.2%)	5:42	10.5 (59.3%)
92	<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>	+00:19:48 (34.6%)	5:43	10.5 (59.3%)
93	<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>	+00:19:53 (34.7%)	5:44	10.5 (59.3%)
94	<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>	+00:19:54 (34.7%)	5:44	10.4 (58.8%)
95	<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>	+00:19:54 (34.7%)	5:44	10.4 (58.8%)
96	<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>	+00:20:26 (35.3%)	5:47	10.4 (58.8%)
97	<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>	+00:20:27 (35.3%)	5:47	10.4 (58.8%)
98	<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>	+00:20:33 (35.4%)	5:48	10.3 (58.2%)
99	<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>	+00:20:49 (35.7%)	5:50	10.3 (58.2%)
100	<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>	+00:20:54 (35.8%)	5:50	10.3 (58.2%)
101	<b>SKRABA Krzysztof</b>	<b>2511</b>	SZCZYGLÓWICE 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>	+00:21:56 (36.9%)	5:56	10.1 (57.1%)
102	<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>	+00:22:07 (37.1%)	5:57	10.1 (57.1%)
103	<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>	+00:22:31 (37.5%)	6:00	10 (56.5%)
104	<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>	+00:22:35 (37.6%)	6:00	10 (56.5%)
105	<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>	+00:22:49 (37.8%)	6:02	9.9 (55.9%)
106	<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>	+00:22:49 (37.8%)	6:02	9.9 (55.9%)

Place	Participant	Number	Club	Category	MCat	Start time	10_km 4.3km	15_km 6km	Penalty/ bonus	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
107	<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>	+00:23:09 (38.2%)	6:04	9.9 (55.9%)
108	<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>	+00:23:24 (38.4%)	6:05	9.8 (55.4%)
109	<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>	+00:23:38 (38.7%)	6:06	9.8 (55.4%)
110	<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>	+00:23:52 (38.9%)	6:08	9.8 (55.4%)
111	<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>	+00:24:23 (39.4%)	6:11	9.7 (54.8%)
112	<b>WITAŁA Rafał</b>	<b>2025</b>		M-30	112	00:02:01	00:26:07	00:36:47		<b>01:02:34.80</b>	<b>01:04:35.85</b>	+00:25:04 (40.1%)	6:15	9.6 (54.2%)
113	<b>BOROWIAK Mateusz</b>	<b>2286</b>	SEKCJA BIEGOWA FAMILIA	M-30	113	00:02:23	00:26:28	00:37:04		<b>01:02:34.90</b>	<b>01:04:58.30</b>	+00:25:04 (40.1%)	6:15	9.6 (54.2%)
114	<b>ŻELEZNY Tomasz</b>	<b>2249</b>		M-30	114	00:01:52	00:26:46	00:37:15		<b>01:03:06.65</b>	<b>01:04:59.05</b>	+00:25:36 (40.6%)	6:18	9.5 (53.7%)
115	<b>JACHYMIAK Damian</b>	<b>2385</b>		M-30	115	00:01:04	00:26:03	00:36:30		<b>01:03:23.90</b>	<b>01:04:28.35</b>	+00:25:53 (40.8%)	6:20	9.5 (53.7%)
116	<b>MACIEJCZYK Marcin</b>	<b>2244</b>	FAMILIA	M-30	116	00:02:04	00:25:36	00:36:15		<b>01:03:43.30</b>	<b>01:05:47.80</b>	+00:26:13 (41.1%)	6:22	9.4 (53.1%)
117	<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>	+00:26:22 (41.3%)	6:23	9.4 (53.1%)
118	<b>WÓJCIK Rafał</b>	<b>2331</b>	SEKCJA BIEGOWA FAMILIA	M-30	118	00:02:25	00:25:18	00:35:54		<b>01:04:02.70</b>	<b>01:06:27.85</b>	+00:26:32 (41.4%)	6:24	9.4 (53.1%)
119	<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>	+00:27:40 (42.5%)	6:31	9.2 (52.0%)
120	<b>SMUDA Grzegorz</b>	<b>2110</b>	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:49	00:27:23	00:38:10		<b>01:05:29.35</b>	<b>01:07:18.45</b>	+00:27:59 (42.7%)	6:32	9.2 (52.0%)
121	<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>	+00:31:28 (45.6%)	6:53	8.7 (49.2%)
122	<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>	+00:31:52 (45.9%)	6:56	8.6 (48.6%)
123	<b>LEWICKI Krzysztof</b>	<b>97</b>	NIGHT RUNNERS GLIWICE	M-30	123	00:01:03	00:28:24	00:40:01		<b>01:10:19.40</b>	<b>01:11:22.95</b>	+00:32:49 (46.7%)	7:01	8.5 (48.0%)
124	<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>	+00:33:53 (47.5%)	7:08	8.4 (47.5%)
125	<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>	+00:34:33 (48.0%)	7:12	8.3 (46.9%)
126	<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>	+00:36:30 (49.3%)	7:24	8.1 (45.8%)
127	<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>	+00:38:03 (50.4%)	7:33	7.9 (44.6%)
128	<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>	+00:43:47 (53.9%)	8:07	7.4 (41.8%)
	<b>STASIERSKI Maciej</b>	<b>2279</b>		M-30		DNF	00:42:53 DNF	DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 129 results.