

Klasyfikacja: M-40

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>WYSOCKI Mariusz</b>	<b>2600</b>	LECYMY DURŚ	M-40	1	00:00:02	00:19:00	00:38:21	<b>00:39:48.45</b>	<b>00:39:51.40</b>		3:47	15.8 (100%)
2	<b>KACZOR Marcei</b>	<b>2190</b>	MAFIA TEAM LUBLINIEC	M-40	2	00:00:04	00:19:21	00:39:07	<b>00:40:36.15</b>	<b>00:40:40.90</b>	+00:00:47 (2.0%)	3:52	15.5 (98.1%)
3	<b>POLACZEK Alexander</b>	<b>2654</b>		M-40	3	00:00:03	00:19:36	00:40:23	<b>00:41:58.60</b>	<b>00:42:01.75</b>	+00:02:10 (5.2%)	3:59	15 (94.9%)
4	<b>WIERNIEK Tomek</b>	<b>2571</b>	LC'S	M-40	4	00:00:05	00:19:49	00:40:23	<b>00:42:01.95</b>	<b>00:42:07.65</b>	+00:02:13 (5.3%)	4:00	15 (94.9%)
5	<b>BLUS Marcin</b>	<b>2026</b>		M-40	5	00:00:03	00:19:50	00:41:12	<b>00:42:49.80</b>	<b>00:42:53.00</b>	+00:03:01 (7.1%)	4:04	14.7 (93.0%)
6	<b>CIECIAK Grzegorz</b>	<b>2059</b>	MEGAWAT RUNNING TEAM	M-40	6	00:00:08	00:20:53	00:41:45	<b>00:43:21.50</b>	<b>00:43:29.90</b>	+00:03:33 (8.2%)	4:07	14.5 (91.8%)
7	<b>CZAJA Jarosław</b>	<b>2065</b>	FUTURE PROCESSING RUNNING TEAM	M-40	7	00:00:08	00:20:53	00:42:13	<b>00:43:49.65</b>	<b>00:43:57.90</b>	+00:04:01 (9.2%)	4:10	14.4 (91.1%)
8	<b>BIEDROŃ Dariusz</b>	<b>2019</b>		M-40	8	00:00:07	00:20:53	00:42:34	<b>00:44:25.95</b>	<b>00:44:33.40</b>	+00:04:37 (10.4%)	4:13	14.2 (89.9%)
9	<b>SKOWRON Marcin</b>	<b>2466</b>		M-40	9	00:00:08	00:20:58	00:42:49	<b>00:44:29.35</b>	<b>00:44:37.75</b>	+00:04:40 (10.5%)	4:14	14.2 (89.9%)
10	<b>DONIGIEWICZ Mariusz</b>	<b>2080</b>		M-40	10	00:00:18	00:21:43	00:43:20	<b>00:44:48.40</b>	<b>00:45:07.20</b>	+00:04:59 (11.2%)	4:16	14.1 (89.2%)
11	<b>BĄBSKI Szymon</b>	<b>2012</b>	WYMIATACZE UJSOŁY	M-40	11	00:00:06	00:21:12	00:43:47	<b>00:45:27.45</b>	<b>00:45:34.40</b>	+00:05:39 (12.4%)	4:19	13.9 (88.0%)
12	<b>BORYCZKO Bartłomiej</b>	<b>2030</b>	BARRE STATION FITNESS	M-40	12	00:00:11	00:20:45	00:43:59	<b>00:45:40.80</b>	<b>00:45:52.00</b>	+00:05:52 (12.9%)	4:21	13.8 (87.3%)
13	<b>CZABAŃSKI Rafał</b>	<b>2064</b>	RUNHOGS TYCHY	M-40	13	00:00:25	00:22:12	00:44:13	<b>00:45:44.55</b>	<b>00:46:10.05</b>	+00:05:56 (13.0%)	4:21	13.8 (87.3%)
14	<b>SOBOLEWSKI Maciej</b>	<b>2664</b>		M-40	14	00:00:09	00:22:14	00:45:20	<b>00:46:58.80</b>	<b>00:47:08.65</b>	+00:07:10 (15.3%)	4:28	13.4 (84.8%)
15	<b>MICHAŁUSZEK Sebastian</b>	<b>2317</b>	BIEG - UNKA	M-40	15	00:00:04	00:22:25	00:45:19	<b>00:47:02.50</b>	<b>00:47:07.35</b>	+00:07:14 (15.4%)	4:28	13.4 (84.8%)

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>WOJAKOWSKI Krzysztof</b>	<b>2585</b>	K&K RUN	M-40	16	00:00:03	00:21:22	00:45:40	<b>00:47:24.00</b>	<b>00:47:27.95</b>	+00:07:35 (16.0%)	4:30	13.3 (84.2%)
17	<b>OCZKO Dominik</b>	<b>2353</b>		M-40	17	00:00:05	00:22:41	00:45:47	<b>00:47:28.35</b>	<b>00:47:33.45</b>	+00:07:39 (16.1%)	4:31	13.3 (84.2%)
18	<b>GANSZCZYK Rafał</b>	<b>2116</b>	OPEL ACTIVE TEAM	M-40	18	00:00:09	00:22:44	00:45:54	<b>00:47:41.70</b>	<b>00:47:51.25</b>	+00:07:53 (16.5%)	4:32	13.2 (83.5%)
19	<b>JACHYM Arkadiusz</b>	<b>2165</b>	SILESIA SOCIOS	M-40	19	00:00:05	00:21:39	00:44:53	<b>00:48:01.25</b>	<b>00:48:06.70</b>	+00:08:12 (17.1%)	4:34	13.1 (82.9%)
20	<b>JASIK Grzegorz</b>	<b>2175</b>	SRTG GLIWICE	M-40	20	00:00:17	00:23:20	00:46:50	<b>00:48:35.60</b>	<b>00:48:53.40</b>	+00:08:47 (18.1%)	4:37	13 (82.3%)
21	<b>DREWUSZEWSKI Maciej</b>	<b>2083</b>	4M	M-40	21	00:00:08	00:22:27	00:46:39	<b>00:48:36.65</b>	<b>00:48:45.30</b>	+00:08:48 (18.1%)	4:37	13 (82.3%)
22	<b>SZYMAŃSKI Piotr</b>	<b>2534</b>		M-40	22	00:00:09	00:22:41	00:46:51	<b>00:48:37.35</b>	<b>00:48:46.70</b>	+00:08:48 (18.1%)	4:37	13 (82.3%)
23	<b>STALMACH Damian</b>	<b>2490</b>	LECYMY DURŚ	M-40	23	00:00:16	00:23:09	00:46:52	<b>00:48:45.85</b>	<b>00:49:02.50</b>	+00:08:57 (18.4%)	4:38	12.9 (81.6%)
24	<b>SZEREMETA Maciej</b>	<b>2519</b>		M-40	24	00:00:58	00:23:44	00:47:11	<b>00:48:51.50</b>	<b>00:49:50.30</b>	+00:09:03 (18.5%)	4:39	12.9 (81.6%)
25	<b>OLEJNICZAK Tomasz</b>	<b>2635</b>		M-40	25	00:00:45	00:24:10	00:47:35	<b>00:49:29.10</b>	<b>00:50:14.20</b>	+00:09:40 (19.6%)	4:42	12.7 (80.4%)
26	<b>ULFIK Bartłomiej</b>	<b>2555</b>		M-40	26	00:00:06	00:22:49	00:47:56	<b>00:49:47.35</b>	<b>00:49:54.15</b>	+00:09:58 (20.0%)	4:44	12.7 (80.4%)
27	<b>LEMPART Tomasz</b>	<b>2272</b>		M-40	27	00:00:11	00:22:24	00:47:49	<b>00:49:50.75</b>	<b>00:50:01.90</b>	+00:10:02 (20.1%)	4:44	12.6 (79.7%)
28	<b>BIAŁAS Andrzej</b>	<b>2691</b>		M-40	28	00:00:05	00:22:45	00:48:01	<b>00:49:53.25</b>	<b>00:49:58.90</b>	+00:10:04 (20.2%)	4:45	12.6 (79.7%)
29	<b>HODOR Robert</b>	<b>2159</b>		M-40	29	00:00:27	00:23:41	00:48:07	<b>00:49:53.80</b>	<b>00:50:21.70</b>	+00:10:05 (20.2%)	4:45	12.6 (79.7%)
30	<b>TURAK Rafał</b>	<b>2554</b>		M-40	30	00:00:31	00:23:29	00:48:04	<b>00:49:55.35</b>	<b>00:50:26.70</b>	+00:10:06 (20.3%)	4:45	12.6 (79.7%)
31	<b>BIAŁAS Robert</b>	<b>2641</b>		M-40	31	00:00:56	00:24:01	00:48:06	<b>00:49:56.60</b>	<b>00:50:53.30</b>	+00:10:08 (20.3%)	4:45	12.6 (79.7%)
32	<b>TIAHNYBOK Paweł</b>	<b>2545</b>	DECATHLON&PRZYJACIELE	M-40	32	00:00:14	00:23:13	00:48:12	<b>00:50:10.70</b>	<b>00:50:25.45</b>	+00:10:22 (20.7%)	4:46	12.6 (79.7%)
33	<b>JÓZEFOWICZ Piotr</b>	<b>2183</b>		M-40	33	00:00:30	00:23:17	00:48:21	<b>00:50:14.75</b>	<b>00:50:45.10</b>	+00:10:26 (20.8%)	4:47	12.5 (79.1%)
34	<b>WILMA Krzysztof</b>	<b>2575</b>		M-40	34	00:00:23	00:23:40	00:48:24	<b>00:50:15.25</b>	<b>00:50:38.80</b>	+00:10:26 (20.8%)	4:47	12.5 (79.1%)
35	<b>GĘBCZYŃSKI Paweł</b>	<b>2120</b>		M-40	35	00:00:38	00:23:47	00:48:25	<b>00:50:16.20</b>	<b>00:50:54.80</b>	+00:10:27 (20.8%)	4:47	12.5 (79.1%)
36	<b>SOCZAWA Wojciech</b>	<b>2484</b>		M-40	36	00:00:35	00:24:10	00:48:30	<b>00:50:19.45</b>	<b>00:50:55.25</b>	+00:10:31 (20.9%)	4:47	12.5 (79.1%)
37	<b>ROMIK Artur</b>	<b>2435</b>		M-40	37	00:01:42	00:24:13	00:49:04	<b>00:50:56.95</b>	<b>00:52:39.70</b>	+00:11:08 (21.9%)	4:51	12.4 (78.5%)
38	<b>WATOŁA Marek</b>	<b>2566</b>	M&M	M-40	38	00:00:07	00:23:01	00:49:43	<b>00:51:17.00</b>	<b>00:51:24.35</b>	+00:11:28 (22.4%)	4:53	12.3 (77.8%)

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							5_15_km 5km	20_km 10km					
39	PAWLINA Piotr	2387		M-40	39	00:00:00	00:25:31	00:49:42	00:51:24.55	00:51:24.55	+00:11:36 (22.6%)	4:53	12.3 (77.8%)
40	STRZELECKI Daniel	2503		M-40	40	00:01:25	00:24:39	00:49:39	00:51:37.45	00:53:02.50	+00:11:49 (22.9%)	4:54	12.2 (77.2%)
41	KRZYK Jarosław	2250		M-40	41	00:00:23	00:24:46	00:49:54	00:51:49.15	00:52:12.80	+00:12:00 (23.2%)	4:56	12.2 (77.2%)
42	PACAN Tomasz	2373		M-40	42	00:00:34	00:24:04	00:49:57	00:51:51.95	00:52:26.30	+00:12:03 (23.2%)	4:56	12.1 (76.6%)
43	BORCZ Tomasz	2028		M-40	43	00:00:05	00:23:18	00:49:55	00:51:55.95	00:52:01.60	+00:12:07 (23.3%)	4:56	12.1 (76.6%)
44	MACH Marcin	2297		M-40	44	00:00:12	00:24:04	00:50:01	00:51:58.70	00:52:10.95	+00:12:10 (23.4%)	4:56	12.1 (76.6%)
45	LASKOWSKI Sebastian	3129	KATA GUROMA	M-40	45	00:01:53	00:25:27	00:50:21	00:52:15.25	00:54:08.35	+00:12:26 (23.8%)	4:58	12.1 (76.6%)
46	DWORNICZAK Szymon	2093	CHAHARY ZE STAREGO	M-40	46	00:01:32	00:26:52	00:50:56	00:52:39.65	00:54:11.80	+00:12:51 (24.4%)	5:00	12 (75.9%)
47	PIONTEK Piotr	2399	MEGAWAT RUNNING TEAM	M-40	47	00:01:19	00:25:31	00:50:52	00:52:39.85	00:53:58.85	+00:12:51 (24.4%)	5:00	12 (75.9%)
48	SŁODKIEWICZ Grzegorz	2475		M-40	48	00:00:13	00:24:34	00:50:46	00:52:49.10	00:53:02.35	+00:13:00 (24.6%)	5:01	11.9 (75.3%)
49	IGNACZAK Robert	2650		M-40	49	00:01:18	00:25:20	00:50:56	00:52:49.60	00:54:07.70	+00:13:01 (24.6%)	5:01	11.9 (75.3%)
50	STAWARCZYK Krystian	2646	OPEL ACTIVE TEAM	M-40	50	00:01:47	00:26:27	00:51:06	00:52:55.60	00:54:43.00	+00:13:07 (24.8%)	5:02	11.9 (75.3%)
51	STROJEK Piotr	2499		M-40	51	00:01:11	00:25:21	00:51:06	00:53:01.45	00:54:12.60	+00:13:13 (24.9%)	5:02	11.9 (75.3%)
52	UNIEJEWSKI Tomasz	2556		M-40	52	00:00:48	00:25:09	00:51:00	00:53:03.90	00:53:52.00	+00:13:15 (25.0%)	5:03	11.9 (75.3%)
53	SANOCKI Jacek	2453	DRUŻYNA JASNEJ	M-40	53	00:01:27	00:26:00	00:52:07	00:53:51.65	00:55:19.40	+00:14:03 (26.1%)	5:07	11.7 (74.1%)
54	MUSIOŁ Krzysztof	2333	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-40	54	00:00:17	00:24:58	00:51:54	00:53:58.50	00:54:16.20	+00:14:10 (26.2%)	5:08	11.7 (74.1%)
55	BANIAK Przemysław	2006		M-40	55	00:00:29	00:25:38	00:52:07	00:54:08.15	00:54:38.00	+00:14:19 (26.5%)	5:09	11.6 (73.4%)
56	TOMCZAK Rafał	2550	ZABIEGANI NAUCZYCIELE	M-40	56	00:00:28	00:25:39	00:52:14	00:54:09.95	00:54:38.60	+00:14:21 (26.5%)	5:09	11.6 (73.4%)
57	GOŹDZIŃSKI Wojciech	2131		M-40	57	00:00:20	00:24:38	00:52:10	00:54:12.55	00:54:33.20	+00:14:24 (26.6%)	5:09	11.6 (73.4%)
58	PACAN Krzysztof	2372		M-40	58	00:00:44	00:25:22	00:52:36	00:54:36.30	00:55:20.70	+00:14:47 (27.1%)	5:12	11.5 (72.8%)
59	TROSKO Adam	2552		M-40	59	00:01:09	00:24:39	00:52:59	00:54:51.95	00:56:01.15	+00:15:03 (27.4%)	5:13	11.5 (72.8%)
60	DWORACZEK Grzegorz	2092	TRIDIVISION TRIATHLON TEAM	M-40	60	00:00:49	00:26:24	00:52:56	00:54:56.75	00:55:46.30	+00:15:08 (27.6%)	5:14	11.5 (72.8%)
61	DYMEK Dariusz	2094		M-40	61	00:00:08	00:26:07	00:53:09	00:55:14.70	00:55:23.10	+00:15:26 (27.9%)	5:15	11.4 (72.2%)

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							5_15_km 5km	20_km 10km					
62	ZIEMBA Grzegorz	2620		M-40	62	00:01:54	00:26:59	00:53:31	<b>00:55:25.75</b>	<b>00:57:19.80</b>	+00:15:37 (28.2%)	5:16	11.4 (72.2%)
63	CHĘCIŃSKI Tomasz	2050		M-40	63	00:00:33	00:25:44	00:53:34	<b>00:55:31.80</b>	<b>00:56:05.20</b>	+00:15:43 (28.3%)	5:17	11.3 (71.5%)
64	KOWALCZYK Grzegorz	2230		M-40	64	00:00:16	00:25:19	00:53:32	<b>00:55:37.10</b>	<b>00:55:53.20</b>	+00:15:48 (28.4%)	5:17	11.3 (71.5%)
65	SZYMAŃSKI Piotr	2535		M-40	65	00:01:32	00:27:01	00:53:48	<b>00:55:50.95</b>	<b>00:57:23.90</b>	+00:16:02 (28.7%)	5:19	11.3 (71.5%)
66	JAROŃ Grzegorz	2174		M-40	66	00:01:11	00:26:52	00:53:59	<b>00:55:56.55</b>	<b>00:57:07.85</b>	+00:16:08 (28.8%)	5:19	11.3 (71.5%)
67	PAWLETA Michał	2383	BPRT	M-40	67	00:01:14	00:27:00	00:54:01	<b>00:56:01.55</b>	<b>00:57:15.95</b>	+00:16:13 (28.9%)	5:20	11.2 (70.9%)
68	KOZŁOWSKI Mariusz	2243	KB ODRA OPOLE	M-40	68	00:00:52	00:27:22	00:54:12	<b>00:56:07.65</b>	<b>00:57:00.20</b>	+00:16:19 (29.1%)	5:20	11.2 (70.9%)
69	MATULICZ Damian	2313		M-40	69	00:00:20	00:25:25	00:53:59	<b>00:56:09.85</b>	<b>00:56:30.00</b>	+00:16:21 (29.1%)	5:20	11.2 (70.9%)
70	MAŃKA Adam	2307		M-40	70	00:01:20	00:28:04	00:54:46	<b>00:56:43.30</b>	<b>00:58:04.20</b>	+00:16:54 (29.8%)	5:24	11.1 (70.3%)
71	MAGURNO Franco	2677		M-40	71	00:00:44	00:26:49	00:54:57	<b>00:56:49.90</b>	<b>00:57:34.50</b>	+00:17:01 (30.0%)	5:24	11.1 (70.3%)
72	SUPERNAK Marcin	2507		M-40	72	00:01:48	00:27:25	00:54:54	<b>00:56:53.65</b>	<b>00:58:41.80</b>	+00:17:05 (30.0%)	5:25	11.1 (70.3%)
73	CHOLEWA Grzegorz	2054		M-40	73	00:00:12	00:26:54	00:55:09	<b>00:57:13.00</b>	<b>00:57:25.70</b>	+00:17:24 (30.4%)	5:26	11 (69.6%)
74	KRÓLIK Arkadiusz	2246	MARO TEAM JASTRZĘBIE-ŻORY	M-40	74	00:00:30	00:27:32	00:56:02	<b>00:57:58.95</b>	<b>00:58:29.45</b>	+00:18:10 (31.3%)	5:31	10.9 (69.0%)
75	ZDANOWICZ Michał	2614		M-40	75	00:00:13	00:26:02	00:56:09	<b>00:58:14.20</b>	<b>00:58:27.30</b>	+00:18:25 (31.6%)	5:32	10.8 (68.4%)
76	OSTROWSKI Ziemowit	2371	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-40	76	00:01:22	00:28:08	00:56:19	<b>00:58:19.25</b>	<b>00:59:41.40</b>	+00:18:30 (31.7%)	5:33	10.8 (68.4%)
77	SKULSKI Tomasz	2469	LILA LOGISTIK	M-40	77	00:00:37	00:26:53	00:56:23	<b>00:58:33.30</b>	<b>00:59:11.25</b>	+00:18:44 (32.0%)	5:34	10.8 (68.4%)
78	CHOJKOWSKI Michał	2051		M-40	78	00:00:57	00:27:33	00:56:40	<b>00:58:49.75</b>	<b>00:59:47.00</b>	+00:19:01 (32.3%)	5:36	10.7 (67.7%)
79	OLEARCZUK Grzegorz	2359		M-40	79	00:01:58	00:27:31	00:57:07	<b>00:59:13.70</b>	<b>01:01:12.40</b>	+00:19:25 (32.8%)	5:38	10.6 (67.1%)
80	ŚWIDER Tomasz	2540	LARMO TEAM	M-40	80	00:02:05	00:28:52	00:57:35	<b>00:59:37.00</b>	<b>01:01:42.05</b>	+00:19:48 (33.2%)	5:40	10.6 (67.1%)
81	ZALESKI Arkadiusz	2608		M-40	81	00:01:29	00:27:07	00:57:38	<b>00:59:47.85</b>	<b>01:01:16.90</b>	+00:19:59 (33.4%)	5:41	10.5 (66.5%)
82	STARCZAŁA Piotr	2494	MEGAWAT RUNNING TEAM	M-40	82	00:01:19	00:28:27	00:57:41	<b>00:59:48.40</b>	<b>01:01:07.65</b>	+00:19:59 (33.4%)	5:41	10.5 (66.5%)
83	SZCZEGÓLSKI Jarosław	2511		M-40	83	00:02:03	00:28:59	00:57:40	<b>00:59:53.45</b>	<b>01:01:57.35</b>	+00:20:05 (33.5%)	5:42	10.5 (66.5%)
84	PIERZCHAŁA Jacek	2394		M-40	84	00:00:41	00:29:01	00:57:57	<b>01:00:01.45</b>	<b>01:00:43.35</b>	+00:20:13 (33.7%)	5:43	10.5 (66.5%)

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			
85	PACZKOWSKI Jacek	2375		M-40	85	00:01:22	00:28:41	00:58:25	01:00:34.50	01:01:56.60	+00:20:46 (34.3%)	5:46	10.4 (65.8%)
86	KOTOWSKI Piotr	2658		M-40	86	00:01:15	00:28:35	00:58:25	01:00:44.70	01:01:59.80	+00:20:56 (34.5%)	5:47	10.4 (65.8%)
87	KORDECKI Bartosz	2225		M-40	87	00:01:50	00:28:44	00:58:30	01:00:49.85	01:02:39.90	+00:21:01 (34.6%)	5:47	10.4 (65.8%)
88	FORYCIARZ Robert	2107		M-40	88	00:01:42	00:29:40	00:58:50	01:01:01.50	01:02:44.10	+00:21:13 (34.8%)	5:48	10.3 (65.2%)
89	ZDZIEBKO Artur	2615		M-40	89	00:01:41	00:29:21	00:59:15	01:01:02.45	01:02:43.90	+00:21:14 (34.8%)	5:48	10.3 (65.2%)
90	FRANIA Andrzej	2109	JUDO TEAM MASTERS GLIWICE	M-40	90	00:01:52	00:29:56	00:59:16	01:01:03.80	01:02:55.85	+00:21:15 (34.8%)	5:48	10.3 (65.2%)
91	ŁADA Mirek	2293		M-40	91	00:01:59	00:29:02	00:59:07	01:01:12.90	01:03:12.75	+00:21:24 (35.0%)	5:49	10.3 (65.2%)
92	TATUŚ Sebastian	2544		M-40	92	00:01:12	00:29:02	00:58:53	01:01:14.05	01:02:26.10	+00:21:25 (35.0%)	5:49	10.3 (65.2%)
93	WEJNER Marcin	2568		M-40	93	00:01:54	00:28:49	00:59:01	01:01:19.45	01:03:14.40	+00:21:31 (35.1%)	5:50	10.3 (65.2%)
94	PIÓRKOWSKI Tomasz	2402		M-40	94	00:00:45	00:28:42	00:59:17	01:01:29.20	01:02:14.80	+00:21:40 (35.3%)	5:51	10.2 (64.6%)
95	LESZKOVEN Piotr	2274	FLUOR	M-40	95	00:01:23	00:30:15	00:59:39	01:01:42.25	01:03:06.20	+00:21:53 (35.5%)	5:52	10.2 (64.6%)
96	ROJEK Michał	2433	WKURW_TEAM	M-40	96	00:01:00	00:29:29	00:59:44	01:01:50.35	01:02:50.55	+00:22:01 (35.6%)	5:53	10.2 (64.6%)
97	GRADZIŃSKI Artur	2138	FLUOR	M-40	97	00:01:44	00:29:57	00:59:55	01:02:12.05	01:03:56.60	+00:22:23 (36.0%)	5:55	10.1 (63.9%)
98	MALINOWSKI Przemysław	2305		M-40	98	00:00:27	00:29:28	00:59:58	01:02:14.65	01:02:42.30	+00:22:26 (36.0%)	5:55	10.1 (63.9%)
99	NIEMIEC Rafał	2338	INTERGRAFIK POLSKA	M-40	99	00:01:21	00:30:05	01:01:31	01:03:46.30	01:05:07.95	+00:23:57 (37.6%)	6:04	9.9 (62.7%)
100	STANGEL Michał	2648		M-40	100	00:00:32	00:30:18	01:01:59	01:04:04.40	01:04:36.80	+00:24:15 (37.9%)	6:06	9.8 (62.0%)
101	WERKOWSKI Marek	2569		M-40	101	00:00:41	00:29:05	01:02:31	01:04:51.50	01:05:32.90	+00:25:03 (38.6%)	6:10	9.7 (61.4%)
102	PRZYGOCKI Robert	2418		M-40	102	00:00:34	00:29:50	01:03:26	01:05:55.30	01:06:29.75	+00:26:06 (39.6%)	6:16	9.6 (60.8%)
103	KOPEĆ Marek	2673		M-40	103	00:01:23	00:30:08	01:04:03	01:06:15.70	01:07:39.15	+00:26:27 (39.9%)	6:18	9.5 (60.1%)
104	HOLIK Marek	2160		M-40	104	00:01:53	00:29:43	01:03:50	01:06:37.50	01:08:31.00	+00:26:49 (40.3%)	6:20	9.5 (60.1%)
105	GILLNER Rafał	2124		M-40	105	00:02:01	00:32:04	01:05:18	01:07:50.45	01:09:51.55	+00:28:02 (41.3%)	6:27	9.3 (58.9%)
106	SOWA Ireneusz	2487	SOWA TEAM	M-40	106	00:01:42	00:32:19	01:05:30	01:08:20.90	01:10:03.45	+00:28:32 (41.8%)	6:30	9.2 (58.2%)
107	TOKARZ Dominik	2547	ENERGY OŚWIĘCIM	M-40	107	00:00:19	00:32:36	01:06:20	01:08:38.35	01:08:57.85	+00:28:49 (42.0%)	6:32	9.2 (58.2%)

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	<b>MIGDAŁ Grzegorz</b>	<b>2325</b>		M-40	108	00:01:58	00:32:09	01:06:14	<b>01:08:50.10</b>	<b>01:10:48.20</b>	+00:29:01 (42.2%)	6:33	9.2 (58.2%)
109	<b>OSIŃSKI Krzysztof</b>	<b>2369</b>	DTIQ POLAND	M-40	109	00:01:43	00:32:43	01:06:28	<b>01:08:56.60</b>	<b>01:10:40.05</b>	+00:29:08 (42.3%)	6:34	9.1 (57.6%)
110	<b>BRODIUK Norbert</b>	<b>70</b>	NIGHT RUNNERS GLIWICE	M-40	110	00:00:58	00:31:58	01:08:28	<b>01:10:52.25</b>	<b>01:11:50.90</b>	+00:31:03 (43.8%)	6:44	8.9 (56.3%)
111	<b>JASTO Sławomir</b>	<b>2176</b>		M-40	111	00:01:02	00:33:59	01:08:48	<b>01:11:15.55</b>	<b>01:12:18.30</b>	+00:31:27 (44.1%)	6:47	8.8 (55.7%)
112	<b>KOCHANEK Jarosław</b>	<b>2215</b>	MOMO TEAM	M-40	112	00:02:03	00:37:29	01:12:41	<b>01:15:27.00</b>	<b>01:17:30.95</b>	+00:35:38 (47.2%)	7:11	8.3 (52.5%)
113	<b>SZENDZIELORZ Marek</b>	<b>2518</b>		M-40	113	00:00:35	00:34:53	01:13:08	<b>01:15:48.25</b>	<b>01:16:23.60</b>	+00:35:59 (47.5%)	7:13	8.3 (52.5%)
114	<b>STELMASZCZUK Damian</b>	<b>2496</b>		M-40	114	00:00:11	00:40:07	01:25:28	<b>01:28:23.20</b>	<b>01:28:34.90</b>	+00:48:34 (55.0%)	8:25	7.1 (44.9%)
115	<b>DOMAN Łukasz</b>	<b>2079</b>	SOCIOS SILESIA	M-40	115	00:00:43							(0.0%)

Znaleziono 115 wynik(ów)