

Klasyfikacja: M Open

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>BABULA Przemysław</b>	<b>2001</b>	GKS PIAST GLIWICE	M-20	1	00:00:01	00:18:15	00:36:25	<b>00:37:47.75</b>	<b>00:37:49.10</b>	+00:03:20 (8.9%)	3:36	16.7 (91.3%)
3	<b>URBAŃCZYK Karol</b>	<b>2559</b>		M-20	2	00:00:01	00:18:09	00:36:51	<b>00:38:14.95</b>	<b>00:38:16.60</b>	+00:03:47 (9.9%)	3:38	16.5 (90.2%)
4	<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%)
5	<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>	+00:05:21 (13.5%)	3:47	15.8 (86.3%)
6	<b>PISKUŃ Piotr</b>	<b>2643</b>		M-20	3	00:00:02	00:19:06	00:38:49	<b>00:40:19.90</b>	<b>00:40:22.35</b>	+00:05:52 (14.6%)	3:50	15.6 (85.2%)
7	<b>FOLTYN Jakub</b>	<b>2102</b>	WAY2CHAMP.COM	M-20	4	00:00:06	00:19:53	00:39:07	<b>00:40:30.40</b>	<b>00:40:36.45</b>	+00:06:03 (15.0%)	3:51	15.6 (85.2%)
8	<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%)
9	<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>	+00:06:09 (15.2%)	3:52	15.5 (84.7%)
10	<b>RODAK Paweł</b>	<b>2428</b>		M-20	5	00:00:02	00:19:35	00:39:46	<b>00:41:17.00</b>	<b>00:41:19.90</b>	+00:06:49 (16.6%)	3:55	15.3 (83.6%)
11	<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%)
12	<b>PROKOP Bartosz</b>	<b>2415</b>	CHOPY Z ŻELAZA	M-20	6	00:00:01	00:19:08	00:39:56	<b>00:41:23.55</b>	<b>00:41:24.65</b>	+00:06:56 (16.8%)	3:56	15.2 (83.1%)
13	<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%)
14	<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%)
15	<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%)

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>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>	+00:07:31 (17.9%)	3:59	15 (82.0%)
17	<b>WIERNEK 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>	+00:07:34 (18.0%)	4:00	15 (82.0%)
18	<b>SADŁO Sebastian</b>	<b>2684</b>	#SZYMITEAM	M-20	7	00:00:02	00:19:22	00:40:34	<b>00:42:12.30</b>	<b>00:42:14.45</b>	+00:07:45 (18.4%)	4:01	14.9 (81.4%)
19	<b>CHUDY Dominik</b>	<b>2056</b>		M-20	8	00:00:03	00:20:16	00:40:34	<b>00:42:18.25</b>	<b>00:42:21.30</b>	+00:07:51 (18.6%)	4:01	14.9 (81.4%)
20	<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>	+00:08:22 (19.6%)	4:04	14.7 (80.3%)
21	<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%)
22	<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>	+00:08:54 (20.5%)	4:07	14.5 (79.2%)
23	<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>	+00:09:22 (21.4%)	4:10	14.4 (78.7%)
24	<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%)
25	<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%)
26	<b>KUCHARCZYK Jakub</b>	<b>3144</b>	UKS KOMETA GLIWICE	M-20	9	00:00:01	00:20:00	00:42:44	<b>00:44:16.80</b>	<b>00:44:18.60</b>	+00:09:49 (22.2%)	4:13	14.2 (77.6%)
27	<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%)
28	<b>PODYMA Mikołaj</b>	<b>2406</b>		M-20	10	00:00:04	00:20:35	00:42:36	<b>00:44:18.85</b>	<b>00:44:23.00</b>	+00:09:51 (22.3%)	4:13	14.2 (77.6%)
29	<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%)
30	<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%)
31	<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%)
32	<b>MUCHA Mateusz</b>	<b>2331</b>	PARKRUN KATOWICE	M-20	12	00:00:01	00:20:26	00:42:53	<b>00:44:26.65</b>	<b>00:44:28.50</b>	+00:09:59 (22.5%)	4:14	14.2 (77.6%)
33	<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>	+00:09:58 (22.5%)	4:13	14.2 (77.6%)
34	<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>	+00:10:02 (22.6%)	4:14	14.2 (77.6%)
35	<b>SAŁAMACHA Dawid</b>	<b>2447</b>	DRIV	M-20	11	00:00:38	00:20:40	00:42:46	<b>00:44:26.20</b>	<b>00:45:04.45</b>	+00:09:59 (22.5%)	4:13	14.2 (77.6%)
36	<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>	+00:10:21 (23.1%)	4:16	14.1 (77.0%)
37	<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%)
38	<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%)

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39	<b>SŁOMKOWSKI Mateusz</b>	<b>2476</b>		M-20	13	00:00:07	00:20:55	00:43:42	<b>00:45:20.55</b>	<b>00:45:28.10</b>	+00:10:53 (24.0%)	4:19	13.9 (76.0%)
40	<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%)
41	<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>	+00:11:00 (24.2%)	4:19	13.9 (76.0%)
42	<b>CZARNOZYŃSKI Aleksander</b>	<b>2067</b>	GTT INTERPROJEKT	M-50	1	00:00:06	00:21:55	00:43:53	<b>00:45:31.60</b>	<b>00:45:38.05</b>	+00:11:04 (24.3%)	4:20	13.8 (75.4%)
43	<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>	+00:11:13 (24.6%)	4:21	13.8 (75.4%)
44	<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>	+00:11:17 (24.7%)	4:21	13.8 (75.4%)
45	<b>CIUPEK Adrian</b>	<b>2062</b>		M-20	14	00:00:05	00:21:46	00:44:27	<b>00:46:05.45</b>	<b>00:46:10.80</b>	+00:11:38 (25.3%)	4:23	13.7 (74.9%)
46	<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%)
47	<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%)
48	<b>ZALESKI Maciej</b>	<b>2607</b>		M-20	15	00:00:15	00:21:48	00:44:34	<b>00:46:06.70</b>	<b>00:46:21.80</b>	+00:11:39 (25.3%)	4:23	13.7 (74.9%)
49	<b>ALKER Zbigniew</b>	<b>2000</b>	ALKER TEAM	M-50	2	00:00:16	00:22:18	00:44:54	<b>00:46:38.55</b>	<b>00:46:55.00</b>	+00:12:11 (26.1%)	4:26	13.5 (73.8%)
50	<b>SKOLUDEK Robert</b>	<b>2464</b>	KOLEGIUM SĘDZIÓW ZABRZE	M-20	17	00:00:00		00:45:35	<b>00:47:05.30</b>	<b>00:47:05.30</b>	+00:12:38 (26.8%)	4:29	13.4 (73.2%)
51	<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>	+00:12:35 (26.8%)	4:28	13.4 (73.2%)
52	<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>	+00:12:31 (26.7%)	4:28	13.4 (73.2%)
53	<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>	+00:12:56 (27.3%)	4:30	13.3 (72.7%)
54	<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>	+00:13:01 (27.4%)	4:31	13.3 (72.7%)
55	<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%)
56	<b>TOWAREK Michał</b>	<b>3139</b>	UKS KOMETA GLIWICE	M-20	18	00:00:10	00:21:53	00:45:38	<b>00:47:31.55</b>	<b>00:47:41.60</b>	+00:13:04 (27.5%)	4:31	13.3 (72.7%)
57	<b>MACIĄŻEK Marek</b>	<b>2667</b>	INŻYNIERIA BIEGANIA TEAM	M-50	4	00:00:06	00:22:54	00:45:55	<b>00:47:40.55</b>	<b>00:47:47.40</b>	+00:13:13 (27.7%)	4:32	13.2 (72.1%)
58	<b>GÓRALEWSKI Rafał</b>	<b>2133</b>		M-20	19	00:00:03	00:21:52	00:46:07	<b>00:47:46.10</b>	<b>00:47:49.90</b>	+00:13:19 (27.9%)	4:32	13.2 (72.1%)
59	<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>	+00:13:14 (27.8%)	4:32	13.2 (72.1%)
60	<b>SZCZOTKA Andrzej</b>	<b>2516</b>		M-50	3	00:00:29	00:22:34	00:45:39	<b>00:47:24.20</b>	<b>00:47:53.20</b>	+00:12:57 (27.3%)	4:30	13.3 (72.7%)
61	<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>	+00:13:34 (28.3%)	4:34	13.1 (71.6%)

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62	<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%)
63	<b>CITUK Rajmund</b>	<b>2061</b>	BIEGAMNACZTERECHŁAPACH	M-20	20	00:00:20	00:23:39	00:46:20	<b>00:48:02.50</b>	<b>00:48:22.55</b>	+00:13:35 (28.3%)	4:34	13.1 (71.6%)
64	<b>BARTNIK Nikodem</b>	<b>2010</b>		M-20	16	00:01:36	00:23:04	00:45:26	<b>00:47:02.00</b>	<b>00:48:38.75</b>	+00:12:34 (26.8%)	4:28	13.4 (73.2%)
65	<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%)
66	<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>	+00:14:09 (29.1%)	4:37	13 (71.0%)
67	<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>	+00:14:10 (29.1%)	4:37	13 (71.0%)
68	<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%)
69	<b>PROKOPIUK Krzysztof</b>	<b>2416</b>		M-20	22	00:00:22	00:23:36	00:46:49	<b>00:48:28.50</b>	<b>00:48:51.15</b>	+00:14:01 (28.9%)	4:37	13 (71.0%)
70	<b>KURCZYK Kamil</b>	<b>2260</b>		M-20	21	00:00:46	00:23:23	00:46:20	<b>00:48:05.50</b>	<b>00:48:51.80</b>	+00:13:38 (28.4%)	4:34	13.1 (71.6%)
71	<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>	+00:14:08 (29.1%)	4:37	13 (71.0%)
72	<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>	+00:14:18 (29.4%)	4:38	12.9 (70.5%)
73	<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%)
74	<b>FOLTYN Pawel</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%)
75	<b>PACANA Patryk</b>	<b>2374</b>	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	23	00:00:11	00:22:46	00:47:19	<b>00:49:16.25</b>	<b>00:49:27.45</b>	+00:14:49 (30.1%)	4:41	12.8 (69.9%)
76	<b>NOWAKOWSKI Zenon</b>	<b>2350</b>		M-60	1	00:00:36	00:23:40	00:47:26	<b>00:49:11.35</b>	<b>00:49:48.05</b>	+00:14:44 (30.0%)	4:41	12.8 (69.9%)
77	<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>	+00:14:24 (29.5%)	4:39	12.9 (70.5%)
78	<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>	+00:15:20 (30.8%)	4:44	12.7 (69.4%)
79	<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>	+00:15:26 (30.9%)	4:45	12.6 (68.9%)
80	<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>	+00:15:23 (30.9%)	4:44	12.6 (68.9%)
81	<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%)
82	<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%)
83	<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>	+00:15:02 (30.4%)	4:42	12.7 (69.4%)
84	<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%)

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>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>	+00:15:26 (31.0%)	4:45	12.6 (68.9%)
86	<b>LUKASZCZYK Marek</b>	<b>2288</b>		M-20	24	00:00:54	00:24:36	00:47:24	<b>00:49:29.05</b>	<b>00:50:23.10</b>	+00:15:02 (30.4%)	4:42	12.7 (69.4%)
87	<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>	+00:15:43 (31.3%)	4:46	12.6 (68.9%)
88	<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>	+00:15:28 (31.0%)	4:45	12.6 (68.9%)
89	<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%)
90	<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>	+00:15:48 (31.4%)	4:47	12.5 (68.3%)
91	<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>	+00:15:47 (31.4%)	4:47	12.5 (68.3%)
92	<b>STANISZEWSKI Janusz</b>	<b>2492</b>		M-50	5	00:00:29	00:23:47	00:48:32	<b>00:50:19.70</b>	<b>00:50:48.70</b>	+00:15:52 (31.5%)	4:47	12.5 (68.3%)
93	<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%)
94	<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>	+00:15:29 (31.0%)	4:45	12.6 (68.9%)
95	<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>	+00:15:49 (31.5%)	4:47	12.5 (68.3%)
96	<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>	+00:15:52 (31.5%)	4:47	12.5 (68.3%)
97	<b>KOWALSKI Marcin</b>	<b>2235</b>		M-20	25	00:01:02	00:23:51	00:48:21	<b>00:50:09.90</b>	<b>00:51:12.05</b>	+00:15:42 (31.3%)	4:46	12.6 (68.9%)
98	<b>GODLEWSKI Łukasz</b>	<b>2126</b>	HIRSCHVOGEL	M-20	27	00:00:31	00:24:13	00:49:02	<b>00:50:43.30</b>	<b>00:51:14.90</b>	+00:16:16 (32.1%)	4:49	12.4 (67.8%)
99	<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%)
100	<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>	+00:16:49 (32.8%)	4:53	12.3 (67.2%)
101	<b>PAWLINA Piotr</b>	<b>2387</b>		M-40	39	00:00:00	00:25:31	00:49:42	<b>00:51:24.55</b>	<b>00:51:24.55</b>	+00:16:57 (33.0%)	4:53	12.3 (67.2%)
102	<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%)
103	<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%)
104	<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%)
105	<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%)
106	<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%)
107	<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%)

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>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%)
109	<b>OCHOJSKI Łukasz</b>	<b>2352</b>		M-20	26	00:01:38	00:24:17	00:48:26	<b>00:50:17.60</b>	<b>00:51:55.80</b>	+00:15:50 (31.5%)	4:47	12.5 (68.3%)
110	<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%)
111	<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%)
112	<b>BORCZ Tomasz</b>	<b>2028</b>		M-40	43	00:00:05	00:23:18	00:49:55	<b>00:51:55.95</b>	<b>00:52:01.60</b>	+00:17:28 (33.7%)	4:56	12.1 (66.1%)
113	<b>PORĘBSKI Grześ</b>	<b>2410</b>		M-20	30	00:00:09	00:24:44	00:50:14	<b>00:51:56.80</b>	<b>00:52:06.65</b>	+00:17:29 (33.7%)	4:56	12.1 (66.1%)
114	<b>MACH Marcin</b>	<b>2297</b>		M-40	44	00:00:12	00:24:04	00:50:01	<b>00:51:58.70</b>	<b>00:52:10.95</b>	+00:17:31 (33.7%)	4:56	12.1 (66.1%)
115	<b>KRZYK Jarosław</b>	<b>2250</b>		M-40	41	00:00:23	00:24:46	00:49:54	<b>00:51:49.15</b>	<b>00:52:12.80</b>	+00:17:22 (33.5%)	4:56	12.2 (66.7%)
116	<b>ŻYWKO Krzysztof</b>	<b>2634</b>		M-20	29	00:00:27	00:24:22	00:49:48	<b>00:51:48.40</b>	<b>00:52:15.95</b>	+00:17:21 (33.5%)	4:56	12.2 (66.7%)
117	<b>MACIEJEWSKI Paweł</b>	<b>2299</b>		M-20	28	00:01:23	00:24:25	00:48:57	<b>00:50:56.20</b>	<b>00:52:19.80</b>	+00:16:29 (32.4%)	4:51	12.4 (67.8%)
118	<b>PILSZYK Kazimierz</b>	<b>2398</b>	SENIORZY	M-60	2	00:00:59	00:24:39	00:49:29	<b>00:51:21.85</b>	<b>00:52:20.90</b>	+00:16:54 (32.9%)	4:53	12.3 (67.2%)
118	<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%)
120	<b>WIETRZYCKI Zenon</b>	<b>2573</b>	MOMO TEAM	M-60	3	00:00:04	00:24:16	00:50:15	<b>00:52:16.70</b>	<b>00:52:21.10</b>	+00:17:49 (34.1%)	4:58	12 (65.6%)
121	<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%)
122	<b>PACAN Tomasz</b>	<b>2373</b>		M-40	42	00:00:34	00:24:04	00:49:57	<b>00:51:51.95</b>	<b>00:52:26.30</b>	+00:17:24 (33.6%)	4:56	12.1 (66.1%)
123	<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>	+00:16:29 (32.4%)	4:51	12.4 (67.8%)
124	<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%)
125	<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%)
126	<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%)
127	<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%)
128	<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%)
129	<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%)
130	<b>TOKAJ Dominik</b>	<b>2546</b>		M-20	31	00:00:43	00:24:58	00:50:21	<b>00:52:18.90</b>	<b>00:53:02.05</b>	+00:17:51 (34.1%)	4:58	12 (65.6%)

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
131	<b>SŁODKIEWICZ Grzegorz</b>	<b>2475</b>		M-40	48	00:00:13	00:24:34	00:50:46	<b>00:52:49.10</b>	<b>00:53:02.35</b>	+00:18:22 (34.8%)	5:01	11.9 (65.0%)
132	<b>STRZELECKI Daniel</b>	<b>2503</b>		M-40	40	00:01:25	00:24:39	00:49:39	<b>00:51:37.45</b>	<b>00:53:02.50</b>	+00:17:10 (33.3%)	4:54	12.2 (66.7%)
133	<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%)
134	<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%)
135	<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%)
136	<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%)
137	<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%)
138	<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%)
139	<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%)
140	<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%)
141	<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%)
142	<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%)
143	<b>PIOTROWSKI Kajetan</b>	<b>2401</b>	DECATHLON&PRZYJACIELE	M-20	32	00:01:13	00:25:29	00:50:50	<b>00:52:22.25</b>	<b>00:53:35.75</b>	+00:17:55 (34.2%)	4:59	12 (65.6%)
144	<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%)
145	<b>ORACZ Arkadiusz</b>	<b>2366</b>	PROPOINT	M-20	33	00:01:13	00:25:20	00:50:43	<b>00:52:28.85</b>	<b>00:53:42.65</b>	+00:18:01 (34.4%)	4:59	12 (65.6%)
146	<b>UNIEJEWSKI Tomasz</b>	<b>2556</b>		M-40	52	00:00:48	00:25:09	00:51:00	<b>00:53:03.90</b>	<b>00:53:52.00</b>	+00:18:36 (35.1%)	5:03	11.9 (65.0%)
147	<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%)
148	<b>PIONTEK Piotr</b>	<b>2399</b>	MEGAWAT RUNNING TEAM	M-40	47	00:01:19	00:25:31	00:50:52	<b>00:52:39.85</b>	<b>00:53:58.85</b>	+00:18:12 (34.6%)	5:00	12 (65.6%)
149	<b>BLADYN Dawid</b>	<b>2024</b>	DECATHLON&PRZYJACIELE	M-20	34	00:01:13	00:25:29	00:50:57	<b>00:52:45.90</b>	<b>00:53:59.45</b>	+00:18:18 (34.7%)	5:01	11.9 (65.0%)
150	<b>WIŚNIEWSKI Tomasz</b>	<b>2577</b>		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%)
151	<b>IGNACZAK Robert</b>	<b>2650</b>		M-40	49	00:01:18	00:25:20	00:50:56	<b>00:52:49.60</b>	<b>00:54:07.70</b>	+00:18:22 (34.8%)	5:01	11.9 (65.0%)
152	<b>LASKOWSKI Sebastian</b>	<b>3129</b>	KATA GUROMA	M-40	45	00:01:53	00:25:27	00:50:21	<b>00:52:15.25</b>	<b>00:54:08.35</b>	+00:17:48 (34.1%)	4:58	12.1 (66.1%)
153	<b>FABER Jacek</b>	<b>2638</b>		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%)

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>DWORNICZAK Szymon</b>	<b>2093</b>	CHAHARY ZE STAREGO	M-40	46	00:01:32	00:26:52	00:50:56	<b>00:52:39.65</b>	<b>00:54:11.80</b>	+00:18:12 (34.6%)	5:00	12 (65.6%)
155	<b>STROJEK Piotr</b>	<b>2499</b>		M-40	51	00:01:11	00:25:21	00:51:06	<b>00:53:01.45</b>	<b>00:54:12.60</b>	+00:18:34 (35.0%)	5:02	11.9 (65.0%)
156	<b>MUSIOŁ Krzysztof</b>	<b>2333</b>	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-40	54	00:00:17	00:24:58	00:51:54	<b>00:53:58.50</b>	<b>00:54:16.20</b>	+00:19:31 (36.2%)	5:08	11.7 (63.9%)
157	<b>OGONOWSKI Edward</b>	<b>2355</b>	ŻÓŁWIK OPOLE	M-60	4	00:00:55	00:25:49	00:51:28	<b>00:53:23.30</b>	<b>00:54:19.15</b>	+00:18:56 (35.5%)	5:05	11.8 (64.5%)
158	<b>SZMIGIEL Daniel</b>	<b>2520</b>		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%)
159	<b>GOŹDZIŃSKI Wojciech</b>	<b>2131</b>		M-40	57	00:00:20	00:24:38	00:52:10	<b>00:54:12.55</b>	<b>00:54:33.20</b>	+00:19:45 (36.4%)	5:09	11.6 (63.4%)
160	<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%)
161	<b>LISIECKI Dawid</b>	<b>2283</b>	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%)
162	<b>BANIAK Przemysław</b>	<b>2006</b>		M-40	55	00:00:29	00:25:38	00:52:07	<b>00:54:08.15</b>	<b>00:54:38.00</b>	+00:19:41 (36.4%)	5:09	11.6 (63.4%)
163	<b>TOMCZAK Rafał</b>	<b>2550</b>	ZABIEGANI NAUCZYCIELE	M-40	56	00:00:28	00:25:39	00:52:14	<b>00:54:09.95</b>	<b>00:54:38.60</b>	+00:19:42 (36.4%)	5:09	11.6 (63.4%)
164	<b>JAŚKIEWICZ Sławomir</b>	<b>2179</b>		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%)
165	<b>STAWARCZYK Krystian</b>	<b>2646</b>	OPEL ACTIVE TEAM	M-40	50	00:01:47	00:26:27	00:51:06	<b>00:52:55.60</b>	<b>00:54:43.00</b>	+00:18:28 (34.9%)	5:02	11.9 (65.0%)
166	<b>DOBOSZ Mariusz</b>	<b>2075</b>	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%)
167	<b>ŻAAK Michał</b>	<b>2629</b>		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%)
168	<b>CZAŃKIEWICZ Marcin</b>	<b>2069</b>		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%)
169	<b>OGAZA Mariusz</b>	<b>2354</b>		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%)
170	<b>GOLIASZ Bartłomiej</b>	<b>2127</b>		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%)
171	<b>DRECHSLER Oskar</b>	<b>2081</b>		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%)
172	<b>NIEMIEC Sławomir</b>	<b>2337</b>	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%)
173	<b>CYRÓN Marcin</b>	<b>2686</b>		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%)
174	<b>ZIELIŃSKI Wojciech</b>	<b>2619</b>		M-20	36	00:01:11	00:23:43	00:52:02	<b>00:54:06.60</b>	<b>00:55:18.35</b>	+00:19:39 (36.3%)	5:09	11.6 (63.4%)
175	<b>SANOCKI Jacek</b>	<b>2453</b>	DRUŻYNA JASNEJ	M-40	53	00:01:27	00:26:00	00:52:07	<b>00:53:51.65</b>	<b>00:55:19.40</b>	+00:19:24 (36.0%)	5:07	11.7 (63.9%)
176	<b>PACAN Krzysztof</b>	<b>2372</b>		M-40	58	00:00:44	00:25:22	00:52:36	<b>00:54:36.30</b>	<b>00:55:20.70</b>	+00:20:09 (36.9%)	5:12	11.5 (62.8%)



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
177	<b>MAZUR Marcin</b>	<b>555</b>		M-20	35	00:01:31	00:26:21	00:51:44	<b>00:53:51.35</b>	<b>00:55:22.80</b>	+00:19:24 (36.0%)	5:07	11.7 (63.9%)
178	<b>DYMEK Dariusz</b>	<b>2094</b>		M-40	61	00:00:08	00:26:07	00:53:09	<b>00:55:14.70</b>	<b>00:55:23.10</b>	+00:20:47 (37.6%)	5:15	11.4 (62.3%)
179	<b>SZUMIATA Piotr</b>	<b>2529</b>		M-20	39	00:00:19	00:25:42	00:53:11	<b>00:55:07.50</b>	<b>00:55:26.60</b>	+00:20:40 (37.5%)	5:14	11.4 (62.3%)
180	<b>CHAROWSKI Marcin</b>	<b>2047</b>		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%)
180	<b>ZAWIERUCHA Aleksander</b>	<b>2611</b>	MARO-TEAM JASTRZĘBIE-ŻORY	M-50	7	00:00:34	00:26:29	00:53:04	<b>00:54:54.60</b>	<b>00:55:29.05</b>	+00:20:27 (37.3%)	5:13	11.5 (62.8%)
182	<b>SZCZERZEK Zbigniew</b>	<b>2514</b>		M-60	5	00:00:41	00:25:24	00:52:28	<b>00:54:47.45</b>	<b>00:55:29.35</b>	+00:20:20 (37.1%)	5:13	11.5 (62.8%)
183	<b>DRZYMALSKI Przemysław</b>	<b>2088</b>	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%)
184	<b>DWORACZEK Grzegorz</b>	<b>2092</b>	TRIDIVISION TRIATHLON TEAM	M-40	60	00:00:49	00:26:24	00:52:56	<b>00:54:56.75</b>	<b>00:55:46.30</b>	+00:20:29 (37.3%)	5:14	11.5 (62.8%)
185	<b>KOWALCZYK Grzegorz</b>	<b>2230</b>		M-40	64	00:00:16	00:25:19	00:53:32	<b>00:55:37.10</b>	<b>00:55:53.20</b>	+00:21:10 (38.1%)	5:17	11.3 (61.7%)
185	<b>SERWACH Mateusz</b>	<b>2455</b>	FALUSSO BERGAMO	M-20	43	00:00:18	00:25:43	00:53:42	<b>00:55:34.40</b>	<b>00:55:53.20</b>	+00:21:07 (38.0%)	5:17	11.3 (61.7%)
187	<b>KOWALCZYK Robert</b>	<b>2229</b>	ISTA BIEGAMY	M-50	6	00:01:02	00:25:54	00:52:51	<b>00:54:51.40</b>	<b>00:55:53.85</b>	+00:20:24 (37.2%)	5:13	11.5 (62.8%)
188	<b>KOZIOL Ryszard</b>	<b>2240</b>	SOSNICA	M-60	6	00:00:14	00:25:54	00:53:35	<b>00:55:40.25</b>	<b>00:55:54.75</b>	+00:21:13 (38.1%)	5:18	11.3 (61.7%)
189	<b>GARNCARZ Jakub</b>	<b>2118</b>		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%)
190	<b>KOKOT Marcel</b>	<b>2218</b>	DECATHLON CAR GLIWICE	M-20	37	00:01:30	00:25:59	00:52:12	<b>00:54:28.15</b>	<b>00:55:58.20</b>	+00:20:01 (36.8%)	5:11	11.6 (63.4%)
191	<b>PĘCHERCZYK Piotr</b>	<b>2391</b>		M-50	8	00:00:55	00:25:52	00:52:59	<b>00:55:03.85</b>	<b>00:55:59.65</b>	+00:20:36 (37.4%)	5:14	11.4 (62.3%)
192	<b>TROSKO Adam</b>	<b>2552</b>		M-40	59	00:01:09	00:24:39	00:52:59	<b>00:54:51.95</b>	<b>00:56:01.15</b>	+00:20:24 (37.2%)	5:13	11.5 (62.8%)
193	<b>CHEĆIŃSKI Tomasz</b>	<b>2050</b>		M-40	63	00:00:33	00:25:44	00:53:34	<b>00:55:31.80</b>	<b>00:56:05.20</b>	+00:21:04 (38.0%)	5:17	11.3 (61.7%)
194	<b>ZAKRZOWSKI Krzysztof</b>	<b>2606</b>	DRIV	M-20	44	00:00:33	00:25:54	00:53:39	<b>00:55:34.50</b>	<b>00:56:08.20</b>	+00:21:07 (38.0%)	5:17	11.3 (61.7%)
195	<b>MICHOŃ Maciej</b>	<b>2319</b>		M-20	40	00:01:06	00:26:52	00:53:14	<b>00:55:14.75</b>	<b>00:56:21.55</b>	+00:20:47 (37.6%)	5:15	11.4 (62.3%)
196	<b>URBANIAK Dawid</b>	<b>2558</b>	AVANTOR PERFORMANCE MATERIALS POLAND	M-20	42	00:00:53	00:25:39	00:53:39	<b>00:55:29.90</b>	<b>00:56:23.80</b>	+00:21:02 (37.9%)	5:17	11.4 (62.3%)
197	<b>DĘBOWSKI Krzysztof</b>	<b>2074</b>		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%)
198	<b>BEHERNOT Jan</b>	<b>2680</b>		M-20	41	00:00:56	00:26:33	00:53:36	<b>00:55:29.50</b>	<b>00:56:26.45</b>	+00:21:02 (37.9%)	5:17	11.4 (62.3%)
199	<b>PIETRZAK Waldemar</b>	<b>2395</b>	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%)

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
200	<b>SAMOL Grzegorz</b>	<b>2448</b>	GLIWICE	M-50	9	00:00:38	00:26:07	00:53:50	<b>00:55:51.20</b>	<b>00:56:29.20</b>	+00:21:24 (38.3%)	5:19	11.3 (61.7%)
201	<b>MATULICZ Damian</b>	<b>2313</b>		M-40	69	00:00:20	00:25:25	00:53:59	<b>00:56:09.85</b>	<b>00:56:30.00</b>	+00:21:42 (38.7%)	5:20	11.2 (61.2%)
202	<b>OPALIŃSKI Tomasz</b>	<b>2365</b>	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%)
203	<b>ROLEK Marcin</b>	<b>2434</b>		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%)
203	<b>ŻEBROWSKI Łukasz</b>	<b>2630</b>	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%)
205	<b>DYTO Michał</b>	<b>2682</b>		M-20	38	00:01:48	00:25:21	00:53:10	<b>00:54:59.95</b>	<b>00:56:48.25</b>	+00:20:32 (37.4%)	5:14	11.5 (62.8%)
206	<b>BAJURA Grzegorz</b>	<b>2002</b>		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%)
207	<b>PREJS Karol</b>	<b>2413</b>		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%)
208	<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%)
209	<b>KOZŁOWSKI Mariusz</b>	<b>2243</b>	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>	+00:21:40 (38.6%)	5:20	11.2 (61.2%)
210	<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%)
211	<b>JARON Grzegorz</b>	<b>2174</b>		M-40	66	00:01:11	00:26:52	00:53:59	<b>00:55:56.55</b>	<b>00:57:07.85</b>	+00:21:29 (38.4%)	5:19	11.3 (61.7%)
212	<b>SPYRA Jacek</b>	<b>2488</b>	PROPOINT	M-20	46	00:01:09	00:27:03	00:54:02	<b>00:55:59.00</b>	<b>00:57:08.20</b>	+00:21:31 (38.5%)	5:19	11.3 (61.7%)
213	<b>HEINCE Łukasz</b>	<b>2155</b>	PROPOINT	M-20	45	00:01:14	00:26:40	00:54:04	<b>00:55:53.35</b>	<b>00:57:08.25</b>	+00:21:26 (38.4%)	5:19	11.3 (61.7%)
214	<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%)
215	<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%)
216	<b>URBAŃSKI Maciej</b>	<b>2561</b>		M-50	10	00:00:15	00:26:37	00:54:52	<b>00:56:59.90</b>	<b>00:57:15.35</b>	+00:22:32 (39.6%)	5:25	11.1 (60.7%)
217	<b>PAWLETA Michał</b>	<b>2383</b>	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>	+00:21:34 (38.5%)	5:20	11.2 (61.2%)
218	<b>ZIEMBA Grzegorz</b>	<b>2620</b>		M-40	62	00:01:54	00:26:59	00:53:31	<b>00:55:25.75</b>	<b>00:57:19.80</b>	+00:20:58 (37.8%)	5:16	11.4 (62.3%)
219	<b>SZYMAŃSKI Piotr</b>	<b>2535</b>		M-40	65	00:01:32	00:27:01	00:53:48	<b>00:55:50.95</b>	<b>00:57:23.90</b>	+00:21:23 (38.3%)	5:19	11.3 (61.7%)
220	<b>CHOLEWA Grzegorz</b>	<b>2054</b>		M-40	73	00:00:12	00:26:54	00:55:09	<b>00:57:13.00</b>	<b>00:57:25.70</b>	+00:22:45 (39.8%)	5:26	11 (60.1%)
221	<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%)
222	<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%)

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			
223	<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%)
224	<b>MAGURNO Franco</b>	<b>2677</b>		M-40	71	00:00:44	00:26:49	00:54:57	<b>00:56:49.90</b>	<b>00:57:34.50</b>	+00:22:22 (39.4%)	5:24	11.1 (60.7%)
225	<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%)
226	<b>BRYLIŃSKI Ryszard</b>	<b>2038</b>		M-60	8	00:00:11	00:27:00	00:55:44	<b>00:57:46.65</b>	<b>00:57:57.85</b>	+00:23:19 (40.4%)	5:30	10.9 (59.6%)
227	<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%)
228	<b>MAŃKA Adam</b>	<b>2307</b>		M-40	70	00:01:20	00:28:04	00:54:46	<b>00:56:43.30</b>	<b>00:58:04.20</b>	+00:22:16 (39.3%)	5:24	11.1 (60.7%)
229	<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%)
230	<b>GĘBCZYŃSKI Oliwier</b>	<b>2121</b>		M-20	49	00:00:38	00:25:11	00:55:09	<b>00:57:38.20</b>	<b>00:58:16.30</b>	+00:23:11 (40.2%)	5:29	10.9 (59.6%)
231	<b>KARBOWNIK Marcin</b>	<b>2666</b>		M-20	51	00:00:22	00:26:35	00:55:55	<b>00:58:00.35</b>	<b>00:58:23.20</b>	+00:23:33 (40.6%)	5:31	10.9 (59.6%)
232	<b>OKOŃ Zdzisław</b>	<b>2358</b>		M-60	7	00:00:41	00:28:37	00:55:44	<b>00:57:45.95</b>	<b>00:58:27.00</b>	+00:23:18 (40.4%)	5:30	10.9 (59.6%)
233	<b>ZDANOWICZ Michał</b>	<b>2614</b>		M-40	75	00:00:13	00:26:02	00:56:09	<b>00:58:14.20</b>	<b>00:58:27.30</b>	+00:23:47 (40.8%)	5:32	10.8 (59.0%)
234	<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%)
235	<b>SZOPIŃSKI Grzegorz</b>	<b>2523</b>	DECATHLON&PRZYJACIELE	M-20	47	00:01:16	00:28:14	00:55:30	<b>00:57:11.40</b>	<b>00:58:28.05</b>	+00:22:44 (39.8%)	5:26	11 (60.1%)
236	<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%)
237	<b>KRÓLIK Arkadiusz</b>	<b>2246</b>	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>	+00:23:31 (40.6%)	5:31	10.9 (59.6%)
238	<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%)
239	<b>JASTO Mateusz</b>	<b>2177</b>		M-20	48	00:01:02	00:27:26	00:55:48	<b>00:57:33.95</b>	<b>00:58:36.30</b>	+00:23:06 (40.2%)	5:28	10.9 (59.6%)
240	<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%)
241	<b>SUPERNAK Marcin</b>	<b>2507</b>		M-40	72	00:01:48	00:27:25	00:54:54	<b>00:56:53.65</b>	<b>00:58:41.80</b>	+00:22:26 (39.4%)	5:25	11.1 (60.7%)
242	<b>KUKLA Bartosz</b>	<b>3143</b>	UKS KOMETA GLIWICE	M-20	50	00:01:13	00:25:26	00:55:29	<b>00:57:50.10</b>	<b>00:59:03.30</b>	+00:23:23 (40.4%)	5:30	10.9 (59.6%)
243	<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%)
244	<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%)
245	<b>MUSIAŁ Piotr</b>	<b>2332</b>		M-20	53	00:00:47	00:28:33	00:56:25	<b>00:58:21.85</b>	<b>00:59:09.50</b>	+00:23:54 (41.0%)	5:33	10.8 (59.0%)

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			
246	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>	+00:24:06 (41.2%)	5:34	10.8 (59.0%)
247	STUZIŃSKI Grzegorz	2505	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%)
248	BAŃKA Jakub	2007		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%)
249	KUMOR Marcin	2259		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%)
250	KOZŁOWSKI Przemysław	2242	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%)
251	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>	+00:23:52 (40.9%)	5:33	10.8 (59.0%)
252	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>	+00:24:22 (41.4%)	5:36	10.7 (58.5%)
253	WOJTASIK Adrian	2587		M-20	54	00:01:19	00:28:06	00:56:31	<b>00:58:32.05</b>	<b>00:59:52.00</b>	+00:24:05 (41.1%)	5:34	10.8 (59.0%)
254	JANOSZKA Piotr	2172	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%)
255	KAZIMIERSKI Martin	2675	BANDA Z POŁUDNIA	M-20	52	00:01:44	00:28:36	00:56:16	<b>00:58:21.40</b>	<b>01:00:06.15</b>	+00:23:54 (41.0%)	5:33	10.8 (59.0%)
256	OLSZEWSKI Łukasz	2361	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%)
257	KACZMARSKI Jacek	2189		M-30	108	00:01:13	00:27:58	00:57:02	<b>00:59:02.30</b>	<b>01:00:15.35</b>	+00:24:35 (41.6%)	5:37	10.7 (58.5%)
258	MARYNIAK Wojciech	2676		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%)
259	LEŚNIEWSKI Mateusz	2276		M-30	114	00:00:40	00:28:30	00:57:33	<b>00:59:36.75</b>	<b>01:00:17.70</b>	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
260	CZARNECKI Michał	2066		M-20	55	00:01:20	00:28:05	00:56:51	<b>00:58:59.35</b>	<b>01:00:19.80</b>	+00:24:32 (41.6%)	5:37	10.7 (58.5%)
261	STANISZ Michał	2491		M-30	113	00:00:50	00:26:39	00:57:15	<b>00:59:36.40</b>	<b>01:00:27.00</b>	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
262	BOREK Wojciech	2029		M-30	115	00:00:29	00:27:24	00:57:38	<b>01:00:01.35</b>	<b>01:00:31.25</b>	+00:25:34 (42.6%)	5:43	10.5 (57.4%)
263	DULĘBA Juliusz	2090		M-30	111	00:01:12	00:30:25	00:57:16	<b>00:59:19.80</b>	<b>01:00:32.05</b>	+00:24:52 (41.9%)	5:39	10.6 (57.9%)
264	GAŁEK Andrzej	2678	ZF TEAM	M-30	110	00:01:13	00:28:00	00:56:57	<b>00:59:19.15</b>	<b>01:00:32.95</b>	+00:24:52 (41.9%)	5:38	10.6 (57.9%)
265	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>	+00:25:34 (42.6%)	5:43	10.5 (57.4%)
266	GRYCMAN Michał	2145	PROPOINT	M-20	57	00:01:09	00:28:26	00:57:43	<b>00:59:34.40</b>	<b>01:00:44.10</b>	+00:25:07 (42.2%)	5:40	10.6 (57.9%)
267	MACHOCZEK Patryk	2296		M-30	109	00:01:44	00:28:46	00:57:10	<b>00:59:11.25</b>	<b>01:00:56.20</b>	+00:24:44 (41.8%)	5:38	10.6 (57.9%)
268	MAJCZAK Wojciech	2302		M-30	118	00:00:15	00:28:18	00:58:31	<b>01:00:47.70</b>	<b>01:01:03.05</b>	+00:26:20 (43.3%)	5:47	10.4 (56.8%)

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
269	<b>STARCZAŁA Piotr</b>	<b>2494</b>	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>	+00:25:21 (42.4%)	5:41	10.5 (57.4%)
270	<b>GAWŁOWSKI Piotr</b>	<b>2119</b>	PKO BANK POLSKI	M-20	56	00:01:57	00:29:04	00:57:21	<b>00:59:12.60</b>	<b>01:01:10.45</b>	+00:24:45 (41.8%)	5:38	10.6 (57.9%)
271	<b>OLEARCZUK Grzegorz</b>	<b>2359</b>		M-40	79	00:01:58	00:27:31	00:57:07	<b>00:59:13.70</b>	<b>01:01:12.40</b>	+00:24:46 (41.8%)	5:38	10.6 (57.9%)
272	<b>KACZOROWSKI Grzegorz</b>	<b>2191</b>		M-20	58	00:01:08	00:28:26	00:57:42	<b>01:00:05.10</b>	<b>01:01:13.10</b>	+00:25:38 (42.7%)	5:43	10.5 (57.4%)
273	<b>ZALESKI Arkadiusz</b>	<b>2608</b>		M-40	81	00:01:29	00:27:07	00:57:38	<b>00:59:47.85</b>	<b>01:01:16.90</b>	+00:25:20 (42.4%)	5:41	10.5 (57.4%)
274	<b>ZAREMBA Tadeusz</b>	<b>2609</b>	STARY HANGAR	M-60	9	00:00:36	00:28:24	00:58:33	<b>01:00:46.55</b>	<b>01:01:22.80</b>	+00:26:19 (43.3%)	5:47	10.4 (56.8%)
275	<b>MIŁKOWSKI Andrzej</b>	<b>2327</b>		M-60	10	00:00:25	00:28:33	00:58:50	<b>01:01:07.65</b>	<b>01:01:33.20</b>	+00:26:40 (43.6%)	5:49	10.3 (56.3%)
276	<b>RYBAK Andrzej</b>	<b>2441</b>	HIRSCHVOGEL	M-30	119	00:00:30	00:27:53	00:59:01	<b>01:01:07.20</b>	<b>01:01:38.15</b>	+00:26:40 (43.6%)	5:49	10.3 (56.3%)
277	<b>ŚWIDER Tomasz</b>	<b>2540</b>	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>	+00:25:09 (42.2%)	5:40	10.6 (57.9%)
278	<b>LINDENBERG Jarosław</b>	<b>2282</b>		M-30	117	00:01:23	00:27:26	00:58:17	<b>01:00:21.30</b>	<b>01:01:45.25</b>	+00:25:54 (42.9%)	5:44	10.4 (56.8%)
279	<b>BARTELA Łukasz</b>	<b>2645</b>		M-30	112	00:02:11	00:28:30	00:57:14	<b>00:59:33.35</b>	<b>01:01:45.30</b>	+00:25:06 (42.2%)	5:40	10.6 (57.9%)
280	<b>WYPCHOŁ Piotr</b>	<b>2599</b>		M-50	11	00:01:24	00:29:52	00:58:24	<b>01:00:30.70</b>	<b>01:01:54.70</b>	+00:26:03 (43.1%)	5:45	10.4 (56.8%)
281	<b>PACZKOWSKI Jacek</b>	<b>2375</b>		M-40	85	00:01:22	00:28:41	00:58:25	<b>01:00:34.50</b>	<b>01:01:56.60</b>	+00:26:07 (43.1%)	5:46	10.4 (56.8%)
282	<b>SZCZEGÓLSKI Jarosław</b>	<b>2511</b>		M-40	83	00:02:03	00:28:59	00:57:40	<b>00:59:53.45</b>	<b>01:01:57.35</b>	+00:25:26 (42.5%)	5:42	10.5 (57.4%)
283	<b>KOTOWSKI Piotr</b>	<b>2658</b>		M-40	86	00:01:15	00:28:35	00:58:25	<b>01:00:44.70</b>	<b>01:01:59.80</b>	+00:26:17 (43.3%)	5:47	10.4 (56.8%)
284	<b>PIÓRKOWSKI Tomasz</b>	<b>2402</b>		M-40	94	00:00:45	00:28:42	00:59:17	<b>01:01:29.20</b>	<b>01:02:14.80</b>	+00:27:02 (44.0%)	5:51	10.2 (55.7%)
285	<b>TABOR Andrzej</b>	<b>2543</b>		M-30	116	00:01:59	00:28:08	00:58:08	<b>01:00:16.30</b>	<b>01:02:15.55</b>	+00:25:49 (42.8%)	5:44	10.5 (57.4%)
286	<b>PAWLIK Rafał</b>	<b>2386</b>	POBORSZÓW	M-20	61	00:01:13	00:28:41	00:58:56	<b>01:01:12.15</b>	<b>01:02:25.35</b>	+00:26:45 (43.7%)	5:49	10.3 (56.3%)
287	<b>TATUŚ Sebastian</b>	<b>2544</b>		M-40	92	00:01:12	00:29:02	00:58:53	<b>01:01:14.05</b>	<b>01:02:26.10</b>	+00:26:47 (43.7%)	5:49	10.3 (56.3%)
288	<b>ZDZIEBKO Jakub</b>	<b>2616</b>		M-20	59	00:01:41	00:29:21	00:59:15	<b>01:00:57.15</b>	<b>01:02:38.90</b>	+00:26:30 (43.5%)	5:48	10.3 (56.3%)
289	<b>KORDECKI Bartosz</b>	<b>2225</b>		M-40	87	00:01:50	00:28:44	00:58:30	<b>01:00:49.85</b>	<b>01:02:39.90</b>	+00:26:22 (43.4%)	5:47	10.4 (56.8%)
290	<b>MALINOWSKI Przemysław</b>	<b>2305</b>		M-40	98	00:00:27	00:29:28	00:59:58	<b>01:02:14.65</b>	<b>01:02:42.30</b>	+00:27:47 (44.7%)	5:55	10.1 (55.2%)
291	<b>ZDZIEBKO Artur</b>	<b>2615</b>		M-40	89	00:01:41	00:29:21	00:59:15	<b>01:01:02.45</b>	<b>01:02:43.90</b>	+00:26:35 (43.6%)	5:48	10.3 (56.3%)

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
292	<b>FORYCIARZ Robert</b>	<b>2107</b>		M-40	88	00:01:42	00:29:40	00:58:50	<b>01:01:01.50</b>	<b>01:02:44.10</b>	+00:26:34 (43.5%)	5:48	10.3 (56.3%)
293	<b>BORYCZKA Dawid</b>	<b>2700</b>	NIGHT RUNNERS GLIWICE	M-20	60	00:01:44	00:30:11	00:59:16	<b>01:01:00.70</b>	<b>01:02:44.75</b>	+00:26:33 (43.5%)	5:48	10.3 (56.3%)
294	<b>SKOTNICKI Michał</b>	<b>2642</b>		M-30	126	00:00:26	00:29:09	01:00:05	<b>01:02:22.70</b>	<b>01:02:49.40</b>	+00:27:55 (44.8%)	5:56	10.1 (55.2%)
295	<b>ROJEK Michał</b>	<b>2433</b>	WKURW_TEAM	M-40	96	00:01:00	00:29:29	00:59:44	<b>01:01:50.35</b>	<b>01:02:50.55</b>	+00:27:23 (44.3%)	5:53	10.2 (55.7%)
296	<b>GÓRA Marek</b>	<b>2132</b>	DRIV	M-50	12	00:00:08	00:30:01	01:00:24	<b>01:02:42.45</b>	<b>01:02:50.85</b>	+00:28:15 (45.1%)	5:58	10 (54.6%)
297	<b>FRANIA Andrzej</b>	<b>2109</b>	JUDO TEAM MASTERS GLIWICE	M-40	90	00:01:52	00:29:56	00:59:16	<b>01:01:03.80</b>	<b>01:02:55.85</b>	+00:26:36 (43.6%)	5:48	10.3 (56.3%)
298	<b>DACZYŃSKI Kajetan</b>	<b>2073</b>		M-20	62	00:00:58	00:29:31	01:00:37	<b>01:01:58.95</b>	<b>01:02:56.95</b>	+00:27:31 (44.4%)	5:54	10.2 (55.7%)
299	<b>LESZKOVEN Piotr</b>	<b>2274</b>	FLUOR	M-40	95	00:01:23	00:30:15	00:59:39	<b>01:01:42.25</b>	<b>01:03:06.20</b>	+00:27:15 (44.2%)	5:52	10.2 (55.7%)
300	<b>KOWALSKI Włodzimierz</b>	<b>2234</b>	JUDO TEAM MASTERS GLIWICE	M-30	121	00:01:51	00:29:57	00:59:17	<b>01:01:19.50</b>	<b>01:03:10.60</b>	+00:26:52 (43.8%)	5:50	10.3 (56.3%)
301	<b>BRUDEK Grzegorz</b>	<b>2035</b>		M-30	122	00:01:41	00:30:02	00:59:22	<b>01:01:30.45</b>	<b>01:03:12.10</b>	+00:27:03 (44.0%)	5:51	10.2 (55.7%)
302	<b>ŁADA Mirek</b>	<b>2293</b>		M-40	91	00:01:59	00:29:02	00:59:07	<b>01:01:12.90</b>	<b>01:03:12.75</b>	+00:26:45 (43.7%)	5:49	10.3 (56.3%)
303	<b>SMUDA Grzegorz</b>	<b>2481</b>	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:58	00:29:24	00:58:57	<b>01:01:14.90</b>	<b>01:03:13.20</b>	+00:26:47 (43.8%)	5:50	10.3 (56.3%)
304	<b>WEJNER Marcin</b>	<b>2568</b>		M-40	93	00:01:54	00:28:49	00:59:01	<b>01:01:19.45</b>	<b>01:03:14.40</b>	+00:26:52 (43.8%)	5:50	10.3 (56.3%)
305	<b>ORLICKI Ireneusz</b>	<b>2368</b>	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	128	00:00:45	00:30:07	01:00:28	<b>01:02:37.75</b>	<b>01:03:23.70</b>	+00:28:10 (45.0%)	5:57	10.1 (55.2%)
306	<b>KOZŁOWSKI Andrzej Jerzy</b>	<b>2241</b>		M-60	11	00:00:55	00:29:05	01:00:07	<b>01:02:32.55</b>	<b>01:03:28.15</b>	+00:28:05 (44.9%)	5:57	10.1 (55.2%)
307	<b>WACŁAWEK Tomek</b>	<b>2562</b>		M-20	64	00:00:42	00:28:38	01:00:32	<b>01:02:50.90</b>	<b>01:03:33.10</b>	+00:28:23 (45.2%)	5:59	10 (54.6%)
308	<b>SKOCZYKŁODA Paweł</b>	<b>2463</b>		M-30	123	00:01:30	00:29:04	00:59:50	<b>01:02:04.70</b>	<b>01:03:35.50</b>	+00:27:37 (44.5%)	5:54	10.1 (55.2%)
309	<b>MICZKA Łukasz</b>	<b>2320</b>		M-30	127	00:01:11	00:28:38	00:59:54	<b>01:02:28.45</b>	<b>01:03:40.20</b>	+00:28:01 (44.9%)	5:57	10.1 (55.2%)
310	<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%)
311	<b>GRADZIŃSKI Artur</b>	<b>2138</b>	FLUOR	M-40	97	00:01:44	00:29:57	00:59:55	<b>01:02:12.05</b>	<b>01:03:56.60</b>	+00:27:45 (44.6%)	5:55	10.1 (55.2%)
312	<b>PSIUK-MAKSYMOWICZ Krzysztof</b>	<b>2420</b>	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	124	00:02:00	00:30:16	00:59:58	<b>01:02:04.70</b>	<b>01:04:05.45</b>	+00:27:37 (44.5%)	5:54	10.1 (55.2%)
313	<b>KARBOWNICZEK Dawid</b>	<b>2199</b>		M-30	125	00:01:55	00:31:20	01:00:31	<b>01:02:22.55</b>	<b>01:04:18.05</b>	+00:27:55 (44.8%)	5:56	10.1 (55.2%)
314	<b>WOŹNIACKI Tomasz</b>	<b>2590</b>		M-20	63	00:01:47	00:29:28	01:00:19	<b>01:02:33.90</b>	<b>01:04:21.40</b>	+00:28:06 (44.9%)	5:57	10.1 (55.2%)

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			
315	<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%)
316	<b>STANGEL Michał</b>	<b>2648</b>		M-40	100	00:00:32	00:30:18	01:01:59	<b>01:04:04.40</b>	<b>01:04:36.80</b>	+00:29:37 (46.2%)	6:06	9.8 (53.6%)
317	<b>NARUSZEWICZ Krzysztof</b>	<b>2335</b>		M-30	130	00:01:14	00:29:46	01:01:02	<b>01:03:24.20</b>	<b>01:04:38.50</b>	+00:28:57 (45.7%)	6:02	9.9 (54.1%)
318	<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%)
319	<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%)
320	<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%)
321	<b>NIWIŃSKI Michał</b>	<b>2344</b>	PKO BANK POLSKI	M-30	129	00:01:58	00:31:18	01:00:35	<b>01:02:51.55</b>	<b>01:04:50.40</b>	+00:28:24 (45.2%)	5:59	10 (54.6%)
322	<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%)
323	<b>BAJKACZ Tomasz</b>	<b>2690</b>		M-20	65	00:01:09	00:31:06	01:01:51	<b>01:03:57.20</b>	<b>01:05:06.95</b>	+00:29:30 (46.1%)	6:05	9.9 (54.1%)
324	<b>NIEMIEC Rafał</b>	<b>2338</b>	INTERGRAFIK POLSKA	M-40	99	00:01:21	00:30:05	01:01:31	<b>01:03:46.30</b>	<b>01:05:07.95</b>	+00:29:19 (46.0%)	6:04	9.9 (54.1%)
325	<b>WERKOWSKI Marek</b>	<b>2569</b>		M-40	101	00:00:41	00:29:05	01:02:31	<b>01:04:51.50</b>	<b>01:05:32.90</b>	+00:30:24 (46.9%)	6:10	9.7 (53.0%)
326	<b>PAPROCKI Roman</b>	<b>2380</b>		M-50	13	00:01:38	00:31:49	01:01:43	<b>01:03:57.20</b>	<b>01:05:35.65</b>	+00:29:30 (46.1%)	6:05	9.9 (54.1%)
327	<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%)
328	<b>GRABYSZ Witold</b>	<b>2137</b>		M-50	15	00:00:27	00:31:08	01:03:03	<b>01:05:29.40</b>	<b>01:05:56.60</b>	+00:31:02 (47.4%)	6:14	9.6 (52.5%)
329	<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%)
330	<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%)
331	<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%)
332	<b>PORWOŁ Adam</b>	<b>2411</b>		M-20	66	00:01:09	00:31:06	01:02:40	<b>01:04:58.50</b>	<b>01:06:08.35</b>	+00:30:31 (47.0%)	6:11	9.7 (53.0%)
333	<b>GÓRECKI Janusz</b>	<b>2135</b>		M-50	14	00:01:06	00:30:40	01:02:48	<b>01:05:15.35</b>	<b>01:06:22.30</b>	+00:30:48 (47.2%)	6:12	9.7 (53.0%)
334	<b>PRZYGOCKI Robert</b>	<b>2418</b>		M-40	102	00:00:34	00:29:50	01:03:26	<b>01:05:55.30</b>	<b>01:06:29.75</b>	+00:31:28 (47.7%)	6:16	9.6 (52.5%)
335	<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%)
336	<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%)
337	<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%)

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
338	<b>BEM Andrzej</b>	<b>2015</b>	OAT	M-50	16	00:00:20	00:30:30	01:04:05	<b>01:06:35.80</b>	<b>01:06:56.25</b>	+00:32:08 (48.3%)	6:20	9.5 (51.9%)
339	<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%)
340	<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%)
341	<b>JUROWICZ Damian</b>	<b>2184</b>		M-20	67	00:00:46	00:31:22	01:04:26	<b>01:06:46.95</b>	<b>01:07:33.50</b>	+00:32:19 (48.4%)	6:21	9.4 (51.4%)
342	<b>KOPEĆ Marek</b>	<b>2673</b>		M-40	103	00:01:23	00:30:08	01:04:03	<b>01:06:15.70</b>	<b>01:07:39.15</b>	+00:31:48 (48.0%)	6:18	9.5 (51.9%)
343	<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%)
344	<b>CIESZYŃSKI Marek</b>	<b>2692</b>		M-60	12	00:01:25	00:31:30	01:04:05	<b>01:06:33.20</b>	<b>01:07:58.55</b>	+00:32:06 (48.2%)	6:20	9.5 (51.9%)
345	<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%)
346	<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%)
347	<b>HOLIK Marek</b>	<b>2160</b>		M-40	104	00:01:53	00:29:43	01:03:50	<b>01:06:37.50</b>	<b>01:08:31.00</b>	+00:32:10 (48.3%)	6:20	9.5 (51.9%)
348	<b>TOKARZ Dominik</b>	<b>2547</b>	ENERGY OŚWIĘCIM	M-40	107	00:00:19	00:32:36	01:06:20	<b>01:08:38.35</b>	<b>01:08:57.85</b>	+00:34:11 (49.8%)	6:32	9.2 (50.3%)
349	<b>MICHALEK 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%)
350	<b>KRUCZYŃSKI Paweł</b>	<b>2670</b>	OTK RZEŹNIK	M-20	68	00:01:27	00:31:45	01:05:30	<b>01:07:32.15</b>	<b>01:08:59.25</b>	+00:33:05 (49.0%)	6:25	9.3 (50.8%)
351	<b>ŻEROMSKI Stefan</b>	<b>2651</b>		M-50	17	00:02:09	00:32:27	01:04:38	<b>01:06:58.70</b>	<b>01:09:08.30</b>	+00:32:31 (48.6%)	6:22	9.4 (51.4%)
352	<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%)
353	<b>GILLNER Rafał</b>	<b>2124</b>		M-40	105	00:02:01	00:32:04	01:05:18	<b>01:07:50.45</b>	<b>01:09:51.55</b>	+00:33:23 (49.2%)	6:27	9.3 (50.8%)
354	<b>SOWA Ireneusz</b>	<b>2487</b>	SOWA TEAM	M-40	106	00:01:42	00:32:19	01:05:30	<b>01:08:20.90</b>	<b>01:10:03.45</b>	+00:33:53 (49.6%)	6:30	9.2 (50.3%)
355	<b>BENTKOWSKI Lesław</b>	<b>2016</b>	DIRTY SPARROWS	M-60	13	00:00:16	00:33:26	01:07:29	<b>01:09:59.45</b>	<b>01:10:16.00</b>	+00:35:32 (50.8%)	6:40	9 (49.2%)
356	<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%)
357	<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>	+00:34:29 (50.0%)	6:34	9.1 (49.7%)
358	<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>	+00:34:23 (50.0%)	6:33	9.2 (50.3%)
359	<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%)
360	<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>	+00:36:25 (51.4%)	6:44	8.9 (48.6%)



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
361	<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>	+00:36:48 (51.7%)	6:47	8.8 (48.1%)
362	<b>GROS Michał</b>	<b>2140</b>		M-20	69	00:00:18	00:32:16	01:09:58	<b>01:12:20.50</b>	<b>01:12:38.50</b>	+00:37:53 (52.4%)	6:53	8.7 (47.5%)
363	<b>GALICZEK Bronisław</b>	<b>2114</b>	OPEL ACTIVE TEAM	M-50	18	00:01:25	00:33:59	01:08:50	<b>01:11:18.85</b>	<b>01:12:44.65</b>	+00:36:51 (51.7%)	6:47	8.8 (48.1%)
364	<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%)
365	<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%)
366	<b>NOGIEĆ Jakub</b>	<b>2345</b>	PROPOINT	M-20	70	00:00:22	00:32:02	01:11:45	<b>01:14:10.65</b>	<b>01:14:33.55</b>	+00:39:43 (53.6%)	7:03	8.5 (46.4%)
367	<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%)
368	<b>CEBULA Wojciech</b>	<b>2046</b>		M-60	14	00:02:07	00:32:22	01:10:50	<b>01:14:02.65</b>	<b>01:16:10.05</b>	+00:39:35 (53.5%)	7:03	8.5 (46.4%)
369	<b>HANULA Bartłomiej</b>	<b>2153</b>		M-20	71	00:02:05	00:34:50	01:11:41	<b>01:14:12.75</b>	<b>01:16:18.40</b>	+00:39:45 (53.6%)	7:04	8.5 (46.4%)
370	<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>	+00:41:21 (54.6%)	7:13	8.3 (45.4%)
371	<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%)
372	<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%)
373	<b>MOCZULSKI Wojciech</b>	<b>2659</b>		M-60	15	00:01:20	00:35:12	01:12:31	<b>01:15:33.80</b>	<b>01:16:54.40</b>	+00:41:06 (54.4%)	7:11	8.3 (45.4%)
374	<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%)
375	<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>	+00:40:59 (54.3%)	7:11	8.3 (45.4%)
376	<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%)
377	<b>ROGÓŹ Marcin</b>	<b>2431</b>		M-50	19	00:01:57	00:34:42	01:12:57	<b>01:16:05.60</b>	<b>01:18:03.20</b>	+00:41:38 (54.7%)	7:14	8.3 (45.4%)
378	<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%)
379	<b>NĘDZA Ryszard</b>	<b>2336</b>	HIRSCHVOGEL	M-50	20	00:00:34	00:38:02	01:20:08	<b>01:22:30.40</b>	<b>01:23:05.20</b>	+00:48:03 (58.2%)	7:51	7.6 (41.5%)
380	<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>	+00:53:56 (61.0%)	8:25	7.1 (38.8%)
381	<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%)
382	<b>ŻOCHOWSKI Mirosław</b>	<b>3127</b>		M-50	21	00:00:00	00:41:50	01:33:26	<b>01:36:17.70</b>	<b>01:36:17.70</b>	+01:01:50 (64.2%)	9:10	6.5 (35.5%)
383	<b>ĆWIK Paweł</b>	<b>2072</b>		M-50	22	00:01:08	00:28:04	01:53:31	<b>02:00:06.85</b>	<b>02:01:15.55</b>	+01:25:39 (71.3%)	11:26	5.2 (28.4%)

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
384	<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%)
385	<b>GARBALA Kamil</b>	<b>2117</b>		M-30	163	00:00:00		00:48:31			+	4:51	12.4 (67.8%)
386	<b>DOMAN Łukasz</b>	<b>2079</b>	SOCIOS SILESIA	M-40	115	00:00:43							(0.0%)

Znaleziono 386 wynik(ów)