



Wydarzenie: VII PÓLMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-10-17
Miejsce: Gliwice
Dystans: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOKOT Daniel	1430	RAJSPOORT ACTIVE	M-20	1	00:00:01	00:08:44	00:22:13	00:34:26.80	00:34:28.25		3:26	17.4 (100%)
2	RYBIAŁEK Piotr	1294		M-30	1	00:00:01	00:08:44	00:22:14	00:34:28.50	00:34:30.15	+00:00:01 (0.1%)	3:26	17.4 (100%)
3	GRZELKA Cyprian	1444	MKS VICTORIA RACIBÓRZ	M-20	2	00:00:02	00:08:57	00:22:38	00:35:13.30	00:35:15.45	+00:00:46 (2.2%)	3:31	17 (97.7%)
4	MENDYK Przemysław	1440	-	M-20	3	00:00:02	00:08:57	00:22:38	00:35:21.45	00:35:23.90	+00:00:54 (2.6%)	3:32	17 (97.7%)
5	STRZODA Marcin	1338	AKTYWNA PSZCZYNA RUNNERS TEAM	M-20	4	00:00:02	00:09:11	00:23:01	00:35:25.00	00:35:27.15	+00:00:58 (2.7%)	3:32	16.9 (97.1%)
6	PSTRAŚ Leszek	1279	POLITECHNIKA ŚLĄSKA	M-30	2	00:00:02	00:09:24	00:23:53	00:37:14.75	00:37:17.45	+00:02:47 (7.5%)	3:43	16.1 (92.5%)
7	MŁYŃCZAK Jakub	1214	GVT BMC BORNGA 3SOFT	M-20	5	00:00:02	00:09:14	00:24:01	00:38:03.40	00:38:06.05	+00:03:36 (9.5%)	3:48	15.8 (90.8%)
8	KLUCZNIAK Mikołaj	1129		M-20	6	00:00:02	00:09:39	00:24:49	00:38:19.55	00:38:22.50	+00:03:52 (10.1%)	3:49	15.7 (90.2%)
9	FURMAN Dawid	1059	DLA ELIZKI I MILENKI	M-30	3	00:00:01	00:09:40	00:24:45	00:38:29.15	00:38:30.90	+00:04:02 (10.5%)	3:50	15.6 (89.7%)
10	SOBOLEWSKI Krzysztof	1323		M-40	1	00:00:01	00:09:54	00:24:56	00:38:51.60	00:38:53.35	+00:04:24 (11.4%)	3:53	15.4 (88.5%)
11	OCHMAN Paweł	1233	FUTURE PROCESSING RUNNING TEAM	M-30	4	00:00:02	00:09:54	00:25:01	00:39:01.50	00:39:04.05	+00:04:34 (11.7%)	3:54	15.4 (88.5%)
12	KLIMAS Kamil	1125		M-30	5	00:00:02	00:09:46	00:25:11	00:39:18.40	00:39:20.95	+00:04:51 (12.4%)	3:55	15.3 (87.9%)
13	DUŻNIAK Dominik	1046	STEP-DANCE	M-30	6	00:00:03	00:09:54	00:25:18	00:39:22.50	00:39:25.50	+00:04:55 (12.5%)	3:56	15.2 (87.4%)
14	KRETEK Łukasz	1154	AKTYWNI LYSKI	M-30	7	00:00:01	00:09:55	00:25:15	00:39:29.35	00:39:31.30	+00:05:02 (12.8%)	3:56	15.2 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	WĘZIK Mikołaj	1366		M-20	7	00:00:04	00:10:03	00:25:34	00:39:36.70	00:39:41.00	+00:05:09 (13.0%)	3:57	15.2 (87.4%)
16	FALEJCZYK Mateusz	1051	HOLBOX RUNNERS	M-20	8	00:00:03	00:09:49	00:25:13	00:39:40.60	00:39:44.25	+00:05:13 (13.2%)	3:58	15.1 (86.8%)
17	STAWINOGA Janusz	1331	HIRSCHVOGEL	M-40	2	00:00:02	00:09:53	00:25:12	00:39:43.05	00:39:45.60	+00:05:16 (13.3%)	3:58	15.1 (86.8%)
18	SMUDA Krzysztof	1319		M-30	8	00:00:03	00:09:54	00:25:38	00:40:04.25	00:40:07.60	+00:05:37 (14.0%)	4:00	15 (86.2%)
19	PIOTROWSKI Łukasz	1262	STRENGTHBODY	M-40	3	00:00:01	00:10:08	00:25:57	00:40:24.00	00:40:25.95	+00:05:57 (14.7%)	4:02	14.9 (85.6%)
20	CZABAŃSKI Rafał	1032	RUNHOGS TYCHY	M-40	4	00:00:04	00:10:28	00:26:18	00:40:26.65	00:40:31.55	+00:05:59 (14.8%)	4:02	14.8 (85.1%)
21	ZALEWSKI Artur	1392		M-30	9	00:00:01	00:10:27	00:26:19	00:40:26.75	00:40:28.70	+00:05:59 (14.8%)	4:02	14.8 (85.1%)
22	FRANK Aleksander	1056	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	M-20	9	00:00:04	00:10:22	00:26:14	00:40:32.00	00:40:36.40	+00:06:05 (15.0%)	4:03	14.8 (85.1%)
23	WISZYŃSKI Damian	1376		M-30	10	00:00:21	00:10:34	00:26:31	00:40:37.35	00:40:58.90	+00:06:10 (15.2%)	4:03	14.8 (85.1%)
24	SNARSKI Bogdan	1320	MISTRZ DWUMARATONU	M-40	5	00:00:03	00:10:20	00:26:01	00:40:46.90	00:40:50.25	+00:06:20 (15.5%)	4:04	14.7 (84.5%)
25	ŻŁOBIŃSKI Krzysztof	1475		M-60	1	00:00:04	00:10:27	00:26:30	00:40:57.20	00:41:02.05	+00:06:30 (15.9%)	4:05	14.7 (84.5%)
26	PRZYBYLKO Nikodem	1274	THE PROSECCOS	M-30	11	00:00:03	00:09:53	00:26:07	00:40:59.65	00:41:02.90	+00:06:32 (16.0%)	4:05	14.6 (83.9%)
27	WRZESIEŃ Dariusz	1388	FUTURE PROCESSING RUNNING TEAM	M-30	12	00:00:02	00:10:29	00:26:24	00:41:03.40	00:41:05.50	+00:06:36 (16.1%)	4:06	14.6 (83.9%)
28	SUDNIK Krzysztof	1341		M-30	13	00:00:05	00:10:30	00:26:20	00:41:03.85	00:41:09.50	+00:06:37 (16.1%)	4:06	14.6 (83.9%)
29	MROWIEC Bernard	1217		M-50	1	00:00:05	00:10:43	00:26:51	00:41:24.90	00:41:30.10	+00:06:58 (16.8%)	4:08	14.5 (83.3%)
30	POŁOMSKI Grzegorz	1470	POLOMSCY TEAM	M-40	6	00:00:05	00:10:20	00:26:45	00:41:57.05	00:42:02.80	+00:07:30 (17.9%)	4:11	14.3 (82.2%)
31	MORAWSKI Konrad	1448		M-20	10	00:00:04	00:10:28	00:27:05	00:42:22.80	00:42:27.55	+00:07:56 (18.7%)	4:14	14.2 (81.6%)
32	WOJAKOWSKI Krzysztof	1380	K&K RUN	M-40	7	00:00:04	00:10:51	00:27:35	00:42:43.10	00:42:47.10	+00:08:16 (19.4%)	4:16	14 (80.5%)
33	ALKER Andrzej	1001	ALKER RUNNING TEAM	M-30	14	00:00:10	00:10:59	00:27:59	00:42:55.50	00:43:05.75	+00:08:28 (19.8%)	4:17	14 (80.5%)
34	BLUS Marcin	1016		M-40	8	00:00:04	00:10:39	00:27:29	00:43:07.80	00:43:11.90	+00:08:41 (20.1%)	4:18	13.9 (79.9%)
35	ZABRZEWSKI Patryk	1390	KLUB BIEGACZA FARTLEK	M-30	15	00:00:06	00:11:17	00:28:13	00:43:13.50	00:43:19.50	+00:08:46 (20.3%)	4:19	13.9 (79.9%)
36	SLADEK Dawid	1316		M-30	16	00:00:06	00:10:45	00:27:38	00:43:19.95	00:43:26.65	+00:08:53 (20.5%)	4:19	13.9 (79.9%)
37	ŁYSY Łukasz	1184		M-20	11	00:00:17	00:10:57	00:28:04	00:43:38.00	00:43:55.85	+00:09:11 (21.1%)	4:21	13.8 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
38	ZORAN Henryk	1406		M-50	2	00:00:05	00:10:53	00:27:57	00:43:41.10	00:43:47.05	+00:09:14 (21.1%)	4:22	13.7 (78.7%)
39	DONIGIEWICZ Mariusz	1420		M-40	9	00:00:10	00:11:13	00:28:25	00:43:57.15	00:44:07.65	+00:09:30 (21.6%)	4:23	13.7 (78.7%)
40	KNOP Szymon	1131		M-30	17	00:00:29	00:11:15	00:28:24	00:43:59.95	00:44:29.50	+00:09:33 (21.7%)	4:23	13.6 (78.2%)
41	CIASTO Sebastian	1483		M-30	18	00:00:04	00:10:36	00:28:01	00:44:08.00	00:44:12.90	+00:09:41 (21.9%)	4:24	13.6 (78.2%)
42	URBAN Jakub	1472		M-20	12	00:00:05	00:10:37	00:28:24	00:44:29.45	00:44:34.45	+00:10:02 (22.6%)	4:26	13.5 (77.6%)
43	JEZUSEK Piotr	1106		M-40	10	00:00:07	00:11:42	00:29:07	00:44:32.55	00:44:39.70	+00:10:05 (22.7%)	4:27	13.5 (77.6%)
44	KUCHTA Łukasz	1160		M-30	19	00:00:14	00:11:40	00:28:46	00:44:34.05	00:44:48.75	+00:10:07 (22.7%)	4:27	13.5 (77.6%)
45	SALISZ Dawid	1300	HIRSCHVOGEL	M-30	20	00:00:22	00:11:08	00:28:33	00:44:53.50	00:45:15.65	+00:10:26 (23.3%)	4:29	13.4 (77.0%)
46	RUSZEL Bartek	1482		M-40	11	00:00:04	00:10:34	00:28:31	00:45:09.25	00:45:14.05	+00:10:42 (23.7%)	4:30	13.3 (76.4%)
47	CHEJDYS Krystian	1461		M-30	21	00:00:10	00:11:18	00:29:21	00:45:14.30	00:45:24.65	+00:10:47 (23.9%)	4:31	13.3 (76.4%)
48	SOŁTYSIK Tomasz	1478		M-40	12	00:00:13	00:11:19	00:28:56	00:45:15.60	00:45:28.75	+00:10:48 (23.9%)	4:31	13.3 (76.4%)
49	UNGIER Łukasz	1362	ELZAB ACTIVE TEAM	M-20	13	00:00:05	00:11:18	00:29:11	00:45:15.75	00:45:21.20	+00:10:48 (23.9%)	4:31	13.3 (76.4%)
50	OLEJNICZAK Tomek	1464		M-40	13	00:00:04	00:11:19	00:29:01	00:45:17.15	00:45:21.60	+00:10:50 (23.9%)	4:31	13.2 (75.9%)
51	SKRZYPIEC Łukasz	1484		M-30	22	00:00:03	00:11:00	00:28:49	00:45:19.15	00:45:22.35	+00:10:52 (24.0%)	4:31	13.2 (75.9%)
52	GŁADYSZ Leszek	1069		M-40	14	00:00:24	00:12:15	00:29:55	00:45:38.40	00:46:02.45	+00:11:11 (24.5%)	4:33	13.1 (75.3%)
53	IGNASIAK Jakub	1089	ABUS CRANE SYSTEMS	M-30	23	00:00:15	00:11:52	00:29:50	00:45:43.55	00:45:58.65	+00:11:16 (24.7%)	4:34	13.1 (75.3%)
54	GAJDA Sebastian	1063		M-30	24	00:00:37	00:12:28	00:29:59	00:45:51.05	00:46:28.50	+00:11:24 (24.9%)	4:35	13.1 (75.3%)
55	SKOP Sebastian	1309		M-30	25	00:00:08	00:11:01	00:28:59	00:45:54.15	00:46:02.55	+00:11:27 (25.0%)	4:35	13.1 (75.3%)
56	LECH Krzysztof	1172	JSB	M-40	15	00:00:03	00:11:55	00:29:54	00:46:11.30	00:46:14.35	+00:11:44 (25.4%)	4:37	13 (74.7%)
57	KASZOWSKI Marcin	1116	KASZKI TEAM	M-40	16	00:00:21	00:12:02	00:30:23	00:46:25.80	00:46:47.70	+00:11:59 (25.8%)	4:38	12.9 (74.1%)
58	MIELNIK Krzysztof	1210		M-30	26	00:00:05	00:11:48	00:30:05	00:46:27.65	00:46:33.30	+00:12:00 (25.9%)	4:38	12.9 (74.1%)
59	TOKARSKI Piotr	1355		M-30	27	00:00:12	00:11:44	00:29:58	00:46:35.55	00:46:48.00	+00:12:08 (26.1%)	4:39	12.9 (74.1%)
60	NOWAK Mateusz	1226		M-30	28	00:00:03	00:11:02	00:29:42	00:47:00.20	00:47:03.90	+00:12:33 (26.7%)	4:42	12.8 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
61	DĘBOWSKI Krzysztof	1041		M-30	29	00:00:14	00:11:51	00:30:18	00:47:02.10	00:47:16.50	+00:12:35 (26.8%)	4:42	12.8 (73.6%)
62	NEJMAN Tadeusz	1222	THE PROSECCOS	M-30	30	00:00:13	00:11:17	00:29:46	00:47:10.65	00:47:24.25	+00:12:43 (27.0%)	4:43	12.7 (73.0%)
63	GAJEWSKI Hubert	1065		M-40	17	00:00:07	00:11:45	00:30:11	00:47:39.30	00:47:46.55	+00:13:12 (27.7%)	4:45	12.6 (72.4%)
64	GMEREK Piotr	1070		M-30	31	00:00:09	00:12:03	00:30:37	00:47:40.95	00:47:50.75	+00:13:14 (27.8%)	4:46	12.6 (72.4%)
65	ŻMUDZIŃSKI Piotr	1409		M-30	32	00:00:10	00:12:28	00:31:31	00:47:50.70	00:48:00.75	+00:13:23 (28.0%)	4:47	12.5 (71.8%)
66	MADEJCZYK Tomasz	1467	INŻYNIERIA BIEGANIA TEAM	M-40	18	00:00:09	00:12:28	00:31:32	00:47:50.95	00:48:00.55	+00:13:24 (28.0%)	4:47	12.5 (71.8%)
67	PYJEK Arkadiusz	1280	HUTA TEAM	M-40	19	00:00:24	00:12:10	00:30:25	00:47:56.15	00:48:20.95	+00:13:29 (28.1%)	4:47	12.5 (71.8%)
68	RAK Krzysztof	1283		M-30	33	00:00:26	00:12:47	00:31:38	00:48:04.10	00:48:30.90	+00:13:37 (28.3%)	4:48	12.5 (71.8%)
69	WANDZEL Piotr	1364		M-30	34	00:00:35	00:13:05	00:31:40	00:48:16.10	00:48:51.80	+00:13:49 (28.6%)	4:49	12.4 (71.3%)
70	KRUK Krzysztof	1155	STG GLIWICE	M-40	20	00:00:08	00:12:19	00:31:35	00:48:32.15	00:48:40.25	+00:14:05 (29.0%)	4:51	12.4 (71.3%)
71	SZOŁTYSEK Piotr	1346		M-50	3	00:00:08	00:12:12	00:31:09	00:48:33.10	00:48:41.50	+00:14:06 (29.1%)	4:51	12.4 (71.3%)
72	JASIK Grzegorz	1101	STG GLIWICE	M-40	21	00:00:06	00:12:11	00:31:28	00:48:38.00	00:48:44.85	+00:14:11 (29.2%)	4:51	12.3 (70.7%)
73	STACHOWSKI Wojciech	1428	TRI&MORE	M-40	22	00:00:11	00:12:19	00:31:34	00:48:57.45	00:49:08.65	+00:14:30 (29.6%)	4:53	12.3 (70.7%)
74	KNOP Andrzej	1130		M-50	4	00:00:30	00:12:29	00:31:36	00:49:21.10	00:49:51.60	+00:14:54 (30.2%)	4:56	12.2 (70.1%)
75	JACHYM Arkadiusz	1092		M-40	23	00:00:52	00:12:46	00:31:49	00:49:21.95	00:50:14.70	+00:14:55 (30.2%)	4:56	12.2 (70.1%)
76	BUJAK Mateusz	1022		M-30	35	00:00:16	00:12:37	00:31:57	00:49:23.90	00:49:40.55	+00:14:57 (30.3%)	4:56	12.1 (69.5%)
77	KWIATKOWSKI Marcin	1168		M-30	36	00:00:20	00:12:38	00:31:45	00:49:24.45	00:49:44.45	+00:14:57 (30.3%)	4:56	12.1 (69.5%)
78	OPANOWSKI Darek	1236		M-50	5	00:00:13	00:12:23	00:31:52	00:49:27.80	00:49:41.20	+00:15:01 (30.4%)	4:56	12.1 (69.5%)
79	KWAŚNIOK Mariusz	1167		M-20	14	00:00:16	00:12:37	00:31:59	00:49:30.90	00:49:47.65	+00:15:04 (30.4%)	4:57	12.1 (69.5%)
80	BROŻYNA Przemysław	1019		M-40	24	00:00:50	00:13:36	00:32:35	00:49:38.80	00:50:29.30	+00:15:12 (30.6%)	4:57	12.1 (69.5%)
81	WOŹNIAKOWSKI Jan	1383	OPEL ACTIVE TEAM	M-30	37	00:00:22	00:13:49	00:33:14	00:49:42.80	00:50:05.75	+00:15:16 (30.7%)	4:58	12.1 (69.5%)
82	PACAN Tomasz	1242	BLEES	M-40	25	00:00:31	00:12:56	00:32:07	00:49:48.55	00:50:19.60	+00:15:21 (30.8%)	4:58	12 (69.0%)
83	POLIS Maciej	1267	#HUTATEAM	M-30	38	00:00:34	00:12:41	00:31:58	00:49:49.55	00:50:24.10	+00:15:22 (30.9%)	4:58	12 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
84	BALONEK Grzegorz	1006	HIRSCHVOGEL	M-20	15	00:00:20	00:13:58	00:32:56	00:49:59.90	00:50:20.55	+00:15:33 (31.1%)	4:59	12 (69.0%)
85	SUPIŃSKI Paweł	1342		M-30	39	00:00:23	00:13:40	00:33:06	00:50:10.00	00:50:33.40	+00:15:43 (31.3%)	5:01	12 (69.0%)
86	DOBOSZ Daniel	1473		M-40	26	00:00:14	00:12:07	00:31:53	00:50:15.85	00:50:30.50	+00:15:49 (31.5%)	5:01	11.9 (68.4%)
87	WIATR Krystian	1367		M-30	40	00:00:25	00:12:23	00:32:04	00:50:26.60	00:50:52.20	+00:15:59 (31.7%)	5:02	11.9 (68.4%)
88	WEBER Tomasz	1466		M-30	41	00:00:18	00:13:17	00:32:53	00:50:29.25	00:50:47.85	+00:16:02 (31.8%)	5:02	11.9 (68.4%)
89	LASKOWSKI Łukasz	1171	KS JUDO TEAM MASTERS GLIWICE	M-30	42	00:00:27	00:12:22	00:31:57	00:50:33.45	00:51:01.40	+00:16:06 (31.9%)	5:03	11.9 (68.4%)
90	LIPIŃSKI Michał	1180		M-30	43	00:00:05	00:11:58	00:31:57	00:50:35.60	00:50:41.55	+00:16:08 (31.9%)	5:03	11.9 (68.4%)
91	JARZOMBEK Cezary	1100		M-20	16	00:00:38	00:13:18	00:32:53	00:50:55.30	00:51:33.65	+00:16:28 (32.4%)	5:05	11.8 (67.8%)
92	PYZIAK Zbigniew	1431		M-50	6	00:00:22	00:13:10	00:32:56	00:51:11.05	00:51:33.95	+00:16:44 (32.7%)	5:07	11.7 (67.2%)
93	MANDRYSZ Grzegorz	1192	AKTYWNI LYSKI	M-40	27	00:00:09	00:12:46	00:32:42	00:51:12.65	00:51:21.80	+00:16:45 (32.7%)	5:07	11.7 (67.2%)
94	HERUD Tomasz	1086	GLIWICKA RADA ROWEROWA	M-30	44	00:00:12	00:12:51	00:33:08	00:51:19.95	00:51:32.80	+00:16:53 (32.9%)	5:07	11.7 (67.2%)
95	UKLEJA Michał	1360		M-40	28	00:00:35	00:13:19	00:33:26	00:51:25.45	00:52:00.90	+00:16:58 (33.0%)	5:08	11.7 (67.2%)
95	GOLEC Jarosław	1449	STG GLIWICE	M-50	7	00:00:06	00:12:25	00:32:51	00:51:25.45	00:51:32.00	+00:16:58 (33.0%)	5:08	11.7 (67.2%)
97	WRÓBLEWSKI Paweł	1387	BOJKÓW TEAM	M-30	45	00:00:51	00:14:01	00:33:33	00:51:31.55	00:52:23.45	+00:17:04 (33.1%)	5:09	11.6 (66.7%)
98	JARZOMBEK Adam	1099		M-40	29	00:00:38	00:13:19	00:32:53	00:51:33.15	00:52:12.00	+00:17:06 (33.2%)	5:09	11.6 (66.7%)
99	MACH Marcin	1185	LIGOTA TIGERS	M-40	30	00:00:10	00:12:52	00:32:54	00:51:36.10	00:51:46.40	+00:17:09 (33.2%)	5:09	11.6 (66.7%)
100	ANCZOK Wojciech	1003		M-40	31	00:00:17	00:13:55	00:34:07	00:51:37.25	00:51:54.50	+00:17:10 (33.3%)	5:09	11.6 (66.7%)
101	KAŁUŻA Mirosław	1112		M-50	8	00:00:04	00:12:31	00:32:33	00:51:43.55	00:51:48.15	+00:17:16 (33.4%)	5:10	11.6 (66.7%)
102	ALKER Zbigniew	1002	ALKER TEAM	M-50	9	00:00:15	00:13:17	00:32:53	00:51:45.25	00:52:00.25	+00:17:18 (33.4%)	5:10	11.6 (66.7%)
103	SZULC Damian	1438		M-20	17	00:00:39	00:13:39	00:33:46	00:51:46.80	00:52:26.45	+00:17:20 (33.5%)	5:10	11.6 (66.7%)
104	BIAŁAS Robert	1012		M-40	32	00:00:27	00:13:01	00:33:08	00:51:48.60	00:52:16.55	+00:17:21 (33.5%)	5:10	11.6 (66.7%)
105	GODLEWSKI Łukasz	1071	HIRSCHVOGEL	M-30	46	00:00:19	00:13:59	00:34:01	00:51:49.00	00:52:08.90	+00:17:22 (33.5%)	5:10	11.6 (66.7%)
106	PASTERNAK Zbigniew	1251	OPEL ACTIVE TEAM	M-50	10	00:00:21	00:13:52	00:33:39	00:51:51.35	00:52:12.60	+00:17:24 (33.6%)	5:11	11.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
107	PROCEK Tomasz	1336		M-20	18	00:00:29	00:13:26	00:33:50	00:51:51.90	00:52:21.60	+00:17:25 (33.6%)	5:11	11.6 (66.7%)
108	MAZUR Krzysztof	1200	OPEL ACTIVE TEAM	M-40	33	00:00:21	00:13:52	00:33:39	00:51:52.00	00:52:13.25	+00:17:25 (33.6%)	5:11	11.6 (66.7%)
109	GRĄBCZEWSKI Marcin	1076		M-30	47	00:00:33	00:13:22	00:33:11	00:51:56.70	00:52:30.05	+00:17:29 (33.7%)	5:11	11.6 (66.7%)
110	DWORACZEK Grzegorz	1047	TRIDIVISION	M-40	34	00:00:12	00:13:11	00:33:31	00:52:02.50	00:52:14.85	+00:17:35 (33.8%)	5:12	11.5 (66.1%)
111	SKOP Rafał	1310		M-20	19	00:00:09	00:12:32	00:32:36	00:52:03.10	00:52:13.05	+00:17:36 (33.8%)	5:12	11.5 (66.1%)
112	RENKE Piotr	1285		M-40	35	00:00:11	00:12:56	00:33:11	00:52:04.20	00:52:15.95	+00:17:37 (33.8%)	5:12	11.5 (66.1%)
113	SERAFIN Szymon	1462		M-20	20	00:00:29	00:13:34	00:33:37	00:52:05.50	00:52:35.15	+00:17:38 (33.9%)	5:12	11.5 (66.1%)
114	MALCZEWSKI Jacek	1190	AZS GLIWICE JUDO	M-30	48	00:00:18	00:13:01	00:33:29	00:52:08.50	00:52:26.75	+00:17:41 (33.9%)	5:12	11.5 (66.1%)
115	KOWALCZYK Grzegorz	1148		M-40	36	00:00:17	00:13:17	00:33:18	00:52:09.75	00:52:27.30	+00:17:42 (34.0%)	5:12	11.5 (66.1%)
116	CIEPLIK Grzegorz	1030		M-30	49	00:00:13	00:13:12	00:33:44	00:52:24.35	00:52:37.50	+00:17:57 (34.3%)	5:14	11.5 (66.1%)
117	MICHON Maciej	1427		M-20	21	00:00:29	00:13:53	00:34:29	00:52:30.45	00:52:59.95	+00:18:03 (34.4%)	5:15	11.4 (65.5%)
118	HAJOK Marek	1083		M-40	37	00:00:11	00:12:58	00:33:37	00:52:34.50	00:52:45.95	+00:18:07 (34.5%)	5:15	11.4 (65.5%)
119	TULCZYJEW Łukasz	1476		M-20	22	00:00:08	00:12:17	00:33:25	00:52:35.15	00:52:43.85	+00:18:08 (34.5%)	5:15	11.4 (65.5%)
120	BOGACKI Tomasz	1442		M-30	50	00:00:18	00:13:39	00:34:39	00:52:41.00	00:52:59.80	+00:18:14 (34.6%)	5:16	11.4 (65.5%)
121	SADKOWSKI Robert	1297		M-40	38	00:00:12	00:12:32	00:33:15	00:52:50.30	00:53:02.65	+00:18:23 (34.8%)	5:17	11.4 (65.5%)
122	SIWECKI Adrian	1307		M-40	39	00:00:08	00:12:57		00:52:57.95	00:53:06.05	+00:18:31 (35.0%)	5:17	11.3 (64.9%)
123	SZULC Sebastian	1436		M-30	51	00:00:40	00:13:39	00:34:09	00:53:02.90	00:53:43.10	+00:18:36 (35.1%)	5:18	11.3 (64.9%)
124	KRAWCZYK Dariusz	1152	WARTKIE PIERONY	M-40	40	00:00:15	00:13:35	00:34:29	00:53:04.65	00:53:20.40	+00:18:37 (35.1%)	5:18	11.3 (64.9%)
125	SKULSKI Tomasz	1456	LILA TEAM	M-40	41	00:00:45	00:13:35	00:34:37	00:53:05.70	00:53:51.45	+00:18:38 (35.1%)	5:18	11.3 (64.9%)
126	SKIBA Adrian	1308		M-20	23	00:00:40	00:14:22	00:35:10	00:53:07.90	00:53:48.10	+00:18:41 (35.2%)	5:18	11.3 (64.9%)
127	ZAPOTOCZNY Przemek	1394		M-40	42	00:00:16	00:14:09	00:34:54	00:53:08.55	00:53:25.25	+00:18:41 (35.2%)	5:18	11.3 (64.9%)
128	ĆWIK Paweł	1453		M-50	11	00:00:41	00:13:40	00:34:23	00:53:10.75	00:53:51.85	+00:18:43 (35.2%)	5:19	11.3 (64.9%)
129	JANOWSKI Michał	1097		M-20	24	00:00:22	00:13:59	00:34:47	00:53:14.15	00:53:36.40	+00:18:47 (35.3%)	5:19	11.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
130	MASARZ Dawid	1196	#HUTATEAM	M-30	52	00:00:32	00:13:09	00:33:47	00:53:14.80	00:53:47.35	+00:18:48 (35.3%)	5:19	11.3 (64.9%)
131	KIZINIEWICZ Krzysztof	1121		M-30	53	00:00:49	00:13:46	00:34:09	00:53:14.90	00:54:03.95	+00:18:48 (35.3%)	5:19	11.3 (64.9%)
132	WIŚNIEWSKI Michał	1377	PHOENIX WORKOUT	M-30	54	00:00:46	00:14:29	00:34:49	00:53:15.45	00:54:01.95	+00:18:48 (35.3%)	5:19	11.3 (64.9%)
133	FRANIA Andrzej	1445		M-50	12	00:00:27	00:13:04	00:33:20	00:53:26.00	00:53:53.65	+00:18:59 (35.5%)	5:20	11.2 (64.4%)
134	KELLER Patryk	1118	ŚLĄZACY BIEGAJĄ	M-20	25	00:00:17	00:13:07	00:33:59	00:53:27.40	00:53:44.80	+00:19:00 (35.6%)	5:20	11.2 (64.4%)
135	NEJMAN Mateusz	1221		M-30	55	00:00:28	00:13:42	00:34:32	00:53:27.95	00:53:56.30	+00:19:01 (35.6%)	5:20	11.2 (64.4%)
136	BEDNARSKI Daniel	1011	BRAK	M-30	56	00:00:08	00:12:40	00:33:48	00:53:31.65	00:53:40.55	+00:19:04 (35.6%)	5:21	11.2 (64.4%)
137	KONDRUSIEWICZ Michał	1437		M-30	57	00:00:32	00:14:01	00:35:06	00:53:34.45	00:54:06.80	+00:19:07 (35.7%)	5:21	11.2 (64.4%)
138	ŚWIDLIK Piotr	1352		M-30	58	00:00:17	00:13:15	00:34:17	00:53:48.05	00:54:05.20	+00:19:21 (36.0%)	5:22	11.2 (64.4%)
139	MAŃKA Marcin	1193	STREFA 04	M-30	59	00:00:46	00:15:20	00:36:09	00:53:49.25	00:54:35.30	+00:19:22 (36.0%)	5:22	11.1 (63.8%)
140	NOWAK Robert	1228		M-30	60	00:00:35	00:15:05	00:36:03	00:53:52.40	00:54:27.55	+00:19:25 (36.1%)	5:23	11.1 (63.8%)
141	KULA Jan	1161	DECATHLON CAR GLIWICE	M-30	61	00:00:04	00:12:53	00:34:07	00:53:56.20	00:54:00.60	+00:19:29 (36.1%)	5:23	11.1 (63.8%)
142	TROSKO Adam	1357		M-40	43	00:00:12	00:12:19	00:33:37	00:54:04.60	00:54:17.40	+00:19:37 (36.3%)	5:24	11.1 (63.8%)
143	WILSZ Adam	1375	#PANIÓWKIRUN	M-50	13	00:00:23	00:14:37	00:35:18	00:54:05.40	00:54:28.90	+00:19:38 (36.3%)	5:24	11.1 (63.8%)
144	SKORUPSKI Paweł	1311		M-40	44	00:00:11	00:14:05	00:35:23	00:54:09.10	00:54:20.85	+00:19:42 (36.4%)	5:24	11.1 (63.8%)
145	KLIKS Kazimierz	1122		M-60	2	00:00:25	00:14:19	00:35:07	00:54:11.60	00:54:36.90	+00:19:44 (36.4%)	5:25	11.1 (63.8%)
145	SKORUPSKI Łukasz	1312		M-20	26	00:00:11	00:14:06	00:35:24	00:54:11.60	00:54:22.95	+00:19:44 (36.4%)	5:25	11.1 (63.8%)
147	JANUSZEWSKI Paweł	1098	BIEGAMBOLUBIĘ WARSZAWA	M-40	45	00:00:06	00:13:39	00:35:16	00:54:18.55	00:54:24.80	+00:19:51 (36.6%)	5:25	11 (63.2%)
148	STARCZAK Karol	1329		M-30	62	00:00:33	00:15:30	00:37:34	00:54:27.50	00:55:00.85	+00:20:00 (36.7%)	5:26	11 (63.2%)
149	SKRZYPCZYK Tomek	1313		M-30	63	00:00:51	00:14:23	00:35:18	00:54:46.25	00:55:38.15	+00:20:19 (37.1%)	5:28	11 (63.2%)
150	LIBISZ Marcin	1178		M-30	64	00:00:42	00:15:35	00:37:15	00:54:50.70	00:55:33.35	+00:20:23 (37.2%)	5:29	10.9 (62.6%)
151	LEGIEŻYŃSKI Krzysztof	1175		M-30	65	00:00:07	00:14:00	00:35:39	00:54:52.95	00:55:00.55	+00:20:26 (37.2%)	5:29	10.9 (62.6%)
152	MICZKA Łukasz	1208		M-30	66	00:00:38	00:13:46	00:34:55	00:54:53.60	00:55:32.35	+00:20:26 (37.2%)	5:29	10.9 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	SKUPIEŃ Dariusz	1314	#HUTATEAM	M-30	67	00:00:34	00:14:44	00:36:23	00:55:10.60	00:55:45.30	+00:20:43 (37.6%)	5:31	10.9 (62.6%)
154	DOBRAS Marek	1426	PKO KATOWICE	M-40	46	00:00:12	00:13:21	00:35:12	00:55:11.25	00:55:23.30	+00:20:44 (37.6%)	5:31	10.9 (62.6%)
155	SIEWIER Damian	1304		M-40	47	00:00:48	00:14:24	00:35:35	00:55:11.40	00:55:59.95	+00:20:44 (37.6%)	5:31	10.9 (62.6%)
156	GAWŁOWSKI Piotr	1066		M-20	27	00:00:14	00:13:57	00:35:50	00:55:22.25	00:55:36.45	+00:20:55 (37.8%)	5:32	10.8 (62.1%)
157	ZWIERZYŃSKI Tomasz	1408		M-30	68	00:00:27	00:14:27	00:36:02	00:55:27.05	00:55:54.20	+00:21:00 (37.9%)	5:32	10.8 (62.1%)
158	KLOZA Mariusz	1128	#HUTATEAM	M-40	48	00:00:23	00:14:00	00:35:47	00:55:35.05	00:55:58.75	+00:21:08 (38.0%)	5:33	10.8 (62.1%)
159	PAWLIK Michał	1253		M-30	69	00:00:14	00:13:54	00:35:47	00:55:35.90	00:55:49.95	+00:21:09 (38.0%)	5:33	10.8 (62.1%)
160	SAK Wojciech	1298	CMP	M-40	49	00:00:45	00:15:20	00:36:10	00:55:38.50	00:56:24.25	+00:21:11 (38.1%)	5:33	10.8 (62.1%)
161	RYZNER Michał	1296	KS SOŚNICA GLIWICE	M-30	70	00:01:37	00:14:32	00:36:31	00:55:46.15	00:57:23.90	+00:21:19 (38.2%)	5:34	10.8 (62.1%)
162	PACAN Krzysztof	1243		M-40	50	00:00:29	00:14:46	00:36:16	00:55:49.10	00:56:19.05	+00:21:22 (38.3%)	5:34	10.7 (61.5%)
163	ŚLĘCZKOWSKI Piotr	1350		M-30	71	00:00:39	00:14:39	00:36:22	00:55:50.20	00:56:29.85	+00:21:23 (38.3%)	5:35	10.7 (61.5%)
164	GRUDZIŃSKI Jakub	1079		M-20	28	00:00:47	00:14:28	00:36:03	00:55:53.30	00:56:40.35	+00:21:26 (38.4%)	5:35	10.7 (61.5%)
165	ĆWIKŁA Grzegorz	1036		M-50	14	00:00:19	00:14:46	00:36:09	00:55:54.90	00:56:14.50	+00:21:28 (38.4%)	5:35	10.7 (61.5%)
166	ANDRUSZKIEWICZ Andrzej	1004		M-40	51	00:00:26	00:14:10	00:35:47	00:56:10.30	00:56:36.80	+00:21:43 (38.7%)	5:37	10.7 (61.5%)
167	MROCZKOWSKI Krystian	1216	HUTA ŁABĘDY S.A.	M-20	29	00:00:34	00:14:02	00:36:01	00:56:21.45	00:56:55.60	+00:21:54 (38.9%)	5:38	10.6 (60.9%)
168	ZAREMBA Tadeusz	1395		M-60	3	00:00:05	00:14:05	00:36:08	00:56:30.20	00:56:35.70	+00:22:03 (39.0%)	5:39	10.6 (60.9%)
169	OLSZOK Dawid	1234	HIRSCHVOGEL	M-30	72	00:00:21	00:14:33	00:35:57	00:56:35.90	00:56:57.50	+00:22:09 (39.1%)	5:39	10.6 (60.9%)
170	OCHKOVSKYY Valeriy	1232		M-40	52	00:00:32	00:15:36	00:37:25	00:56:41.35	00:57:14.05	+00:22:14 (39.2%)	5:40	10.6 (60.9%)
171	ROSÓŁ Adrian	1290	SHARK TOP TEAM BYTOM	M-20	30	00:00:43	00:14:09	00:36:20	00:56:44.45	00:57:27.60	+00:22:17 (39.3%)	5:40	10.6 (60.9%)
172	TUZ Dmytro	1358		M-30	73	00:00:45	00:15:41	00:38:26	00:56:44.50	00:57:29.65	+00:22:17 (39.3%)	5:40	10.6 (60.9%)
173	SOWA Jarosław	1327	NIEZRZESZONY	M-60	4	00:00:11	00:14:34	00:36:35	00:56:49.60	00:57:01.45	+00:22:22 (39.4%)	5:40	10.6 (60.9%)
174	PACHOLAK Patryk	1244		M-20	31	00:00:18	00:14:40	00:36:54	00:56:51.75	00:57:10.55	+00:22:24 (39.4%)	5:41	10.6 (60.9%)
175	ZENOWICZ Piotr	1401	ATHLETICS NYSA	M-50	15	00:00:18	00:14:40	00:36:54	00:56:51.95	00:57:09.95	+00:22:25 (39.4%)	5:41	10.6 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	SZYMURA Grzegorz	1349	#HUTATEAM	M-30	74	00:00:31	00:14:24	00:36:34	00:57:01.30	00:57:33.15	+00:22:34 (39.6%)	5:42	10.5 (60.3%)
177	MIKULSKI Przemek	1443		M-30	75	00:00:45	00:15:41	00:38:26	00:57:08.30	00:57:53.30	+00:22:41 (39.7%)	5:42	10.5 (60.3%)
178	WRÓBEL Paweł	1386		M-40	53	00:00:45	00:15:03	00:37:15	00:57:09.70	00:57:54.80	+00:22:42 (39.7%)	5:42	10.5 (60.3%)
179	WRÓBEL Michał	1385		M-40	54	00:00:45	00:15:02	00:37:16	00:57:09.80	00:57:54.80	+00:22:43 (39.7%)	5:42	10.5 (60.3%)
180	MAKUCH Damian	1189	#HUTATEAM	M-30	76	00:00:33	00:15:07	00:37:09	00:57:11.15	00:57:44.95	+00:22:44 (39.8%)	5:43	10.5 (60.3%)
181	MAZANOWSKI Janusz	1199		M-30	77	00:00:25	00:15:27	00:37:40	00:57:19.65	00:57:45.55	+00:22:52 (39.9%)	5:43	10.5 (60.3%)
182	PSIUK Piotr	1277		M-30	78	00:00:19	00:14:17	00:36:29	00:57:23.55	00:57:43.30	+00:22:56 (40.0%)	5:44	10.5 (60.3%)
183	RASZKOWSKI Adam	1284	#HUTATEAM	M-30	79	00:00:21	00:14:39	00:37:08	00:57:29.25	00:57:50.25	+00:23:02 (40.1%)	5:44	10.4 (59.8%)
184	FOLEK Mateusz	1054	#HUTATEAM	M-30	80	00:00:33	00:14:22	00:37:09	00:57:31.55	00:58:04.70	+00:23:04 (40.1%)	5:45	10.4 (59.8%)
185	SMOŁA Mieczysław	1318		M-60	5	00:00:05	00:14:52	00:36:33	00:57:32.05	00:57:37.10	+00:23:05 (40.1%)	5:45	10.4 (59.8%)
186	GUNIA Krystian	1081		M-60	6	00:00:21	00:14:18	00:36:32	00:57:44.50	00:58:06.15	+00:23:17 (40.3%)	5:46	10.4 (59.8%)
187	ORLICKI Ireneusz	1237	#HUTATEAM	M-40	55	00:00:32	00:15:09	00:37:22	00:57:47.55	00:58:20.40	+00:23:20 (40.4%)	5:46	10.4 (59.8%)
188	SELIGA Paweł	1301	BIEGAJ Z TRENERAMI GLIWICE	M-30	81	00:00:07	00:14:04	00:36:29	00:57:50.15	00:57:57.45	+00:23:23 (40.4%)	5:47	10.4 (59.8%)
189	PAWELAK Szymon	1460		M-20	32	00:00:30	00:14:50	00:37:02	00:57:55.80	00:58:26.05	+00:23:29 (40.5%)	5:47	10.4 (59.8%)
190	ULIASZ Krzysztof	1361	OPEL ACTIVE TEAM	M-40	56	00:00:21	00:15:19	00:38:35	00:57:58.40	00:58:19.45	+00:23:31 (40.6%)	5:47	10.4 (59.8%)
191	DYLSKI Jacek	1048		M-30	82	00:00:44	00:15:04	00:37:20	00:58:03.55	00:58:47.60	+00:23:36 (40.7%)	5:48	10.3 (59.2%)
192	ZYGMAŃSKI Piotr	1432		M-40	57	00:00:47	00:14:37	00:36:55	00:58:04.70	00:58:52.55	+00:23:37 (40.7%)	5:48	10.3 (59.2%)
193	ORZAŻEWSKI Marek	1239	HIRSCHVOGEL	M-30	83	00:00:21	00:15:18	00:38:34	00:58:04.85	00:58:26.60	+00:23:38 (40.7%)	5:48	10.3 (59.2%)
194	PIERONKIEWICZ Kamil	1260		M-30	84	00:00:35	00:14:45	00:37:34	00:58:09.45	00:58:44.50	+00:23:42 (40.8%)	5:48	10.3 (59.2%)
195	WARECKI Wojciech	1450		M-40	58	00:00:04	00:13:33	00:36:44	00:58:11.35	00:58:15.50	+00:23:44 (40.8%)	5:49	10.3 (59.2%)
196	WIERCIŃSKI Robert	1369		M-40	59	00:00:20	00:15:12	00:37:50	00:58:12.20	00:58:32.40	+00:23:45 (40.8%)	5:49	10.3 (59.2%)
197	PNIEWSKI Kamil	1265		M-30	85	00:00:20	00:15:08	00:38:22	00:58:15.05	00:58:35.55	+00:23:48 (40.9%)	5:49	10.3 (59.2%)
198	ROLNIK Tomasz	1287		M-30	86	00:00:48	00:14:41	00:37:08	00:58:19.50	00:59:08.25	+00:23:52 (40.9%)	5:49	10.3 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
199	WOŹNIAK Mariusz	1413		M-40	60	00:00:50	00:14:59	00:37:37	00:58:26.85	00:59:16.85	+00:24:00 (41.1%)	5:50	10.3 (59.2%)
200	NIEMIEC Rafał	1224	INTERGRAFIK POLSKA	M-40	61	00:00:28	00:15:04	00:37:39	00:58:27.15	00:58:55.40	+00:24:00 (41.1%)	5:50	10.3 (59.2%)
201	PASZKOWSKI Waldemar	1252		M-50	16	00:00:12	00:13:20	00:36:21	00:58:38.55	00:58:51.20	+00:24:11 (41.3%)	5:51	10.2 (58.6%)
202	LENCZYK Mariusz	1176		M-20	33	00:00:30	00:14:47	00:37:22	00:58:38.65	00:59:08.75	+00:24:11 (41.3%)	5:51	10.2 (58.6%)
203	FURMAN Michał	1060		M-20	34	00:00:33	00:15:28	00:37:17	00:58:48.80	00:59:22.60	+00:24:22 (41.4%)	5:52	10.2 (58.6%)
204	WILKOŃ Artur	1373	#HUTATEAM	M-40	62	00:00:24	00:14:49	00:37:33	00:58:49.60	00:59:13.90	+00:24:22 (41.4%)	5:52	10.2 (58.6%)
205	KOŁAKOWSKI Tomasz	1459	PKO KATOWICE	M-20	35	00:00:44	00:15:41	00:39:00	00:58:51.55	00:59:36.40	+00:24:24 (41.5%)	5:53	10.2 (58.6%)
206	GÓRSKI Jakub	1073	HUTATEAM	M-20	36	00:00:31	00:15:45	00:38:58	00:58:52.45	00:59:24.00	+00:24:25 (41.5%)	5:53	10.2 (58.6%)
207	JANAS Piotr	1480		M-50	17	00:00:31	00:15:05	00:38:17	00:58:55.55	00:59:27.40	+00:24:28 (41.5%)	5:53	10.2 (58.6%)
208	KOWACZ Adrian	1147	#HUTATEAM	M-30	87	00:00:32	00:16:30	00:39:52	00:59:05.75	00:59:38.45	+00:24:38 (41.7%)	5:54	10.2 (58.6%)
209	ŚMIERTKA Grzegorz	1351	#HUTATEAM	M-30	88	00:00:00	00:15:43	00:40:41	00:59:09.15	00:59:09.15	+00:24:42 (41.8%)	5:54	10.1 (58.0%)
210	PRZYBYŁA Krystian	1276		M-30	89	00:00:43	00:16:05	00:38:57	00:59:09.30	00:59:52.55	+00:24:42 (41.8%)	5:54	10.1 (58.0%)
211	LANGE Marcin	1169	WARTO BIEGAĆ ZAWIERCIE	M-30	90	00:00:15	00:14:50	00:38:02	00:59:13.45	00:59:29.15	+00:24:46 (41.8%)	5:55	10.1 (58.0%)
212	MAGURNO Franco	1481		M-40	63	00:00:43	00:15:38	00:38:52	00:59:21.90	01:00:05.35	+00:24:55 (42.0%)	5:56	10.1 (58.0%)
213	SNOCHOWSKI Mirek	1321	SZOMBIERKI CHODZĄ I BIEGAJĄ	M-50	18	00:00:21	00:15:10	00:38:48	00:59:32.10	00:59:54.05	+00:25:05 (42.1%)	5:57	10.1 (58.0%)
214	MIŚKIEWICZ Andrzej	1211	WARTO BIEGAĆ ZAWIERCIE	M-50	19	00:00:14	00:15:09	00:38:33	00:59:32.20	00:59:46.70	+00:25:05 (42.1%)	5:57	10.1 (58.0%)
215	STASIK Mirosław	1330	HUTATEAM	M-40	64	00:00:36	00:16:06	00:39:48	00:59:45.00	01:00:21.40	+00:25:18 (42.3%)	5:58	10 (57.5%)
216	POWAŁKA Piotr	1269	SOCIOS SILESIA	M-40	65	00:00:41	00:16:02	00:39:22	00:59:48.20	01:00:29.45	+00:25:21 (42.4%)	5:58	10 (57.5%)
217	SMOLARCZYK Michał	1479		M-40	66	00:00:41	00:16:03	00:39:22	00:59:48.70	01:00:29.85	+00:25:21 (42.4%)	5:58	10 (57.5%)
218	JURETKO Adam	1107		M-40	67	00:00:27	00:14:57	00:38:27	00:59:53.15	01:00:20.50	+00:25:26 (42.5%)	5:59	10 (57.5%)
219	KOPER Tomasz	1140		M-30	91	00:00:11	00:14:34	00:37:59	01:00:02.50	01:00:13.95	+00:25:35 (42.6%)	6:00	10 (57.5%)
220	JAWORSKI Marcin	1105		M-40	68	00:00:46	00:14:41	00:37:57	01:00:14.20	01:01:00.60	+00:25:47 (42.8%)	6:01	10 (57.5%)
221	DZIECIĄTKOWSKI Jarosław	1049	OPEL ACTIVE TEAM	M-40	69	00:00:37	00:16:02	00:39:41	01:00:27.00	01:01:04.75	+00:26:00 (43.0%)	6:02	9.9 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	WIETRZYCKI Zenon	1372		M-60	7	00:00:17	00:14:33	00:38:21	01:00:27.05	01:00:44.90	+00:26:00 (43.0%)	6:02	9.9 (56.9%)
223	KACZMARZYK Arkadiusz	1110		M-30	92	00:00:48	00:15:49	00:39:35	01:00:39.75	01:01:27.90	+00:26:12 (43.2%)	6:03	9.9 (56.9%)
224	POLOCZEK Adam	1423	PKO KATOWICE	M-40	70	00:00:44	00:15:40	00:39:01	01:00:48.10	01:01:32.75	+00:26:21 (43.3%)	6:04	9.9 (56.9%)
225	DROZD Marcin	1421	PKO KATOWICE	M-40	71	00:00:43	00:15:42	00:39:01	01:00:49.05	01:01:32.95	+00:26:22 (43.4%)	6:04	9.9 (56.9%)
226	PSIUK-MAKSYMOWICZ Krzysztof	1278	POLITECHNIKA ŚLĄSKA	M-40	72	00:00:39	00:14:39	00:37:44	01:00:52.10	01:01:31.55	+00:26:25 (43.4%)	6:05	9.9 (56.9%)
227	SONDEJ Tomasz	1325	#HUTATEAM	M-40	73	00:00:30	00:15:13	00:38:44	01:00:57.70	01:01:28.50	+00:26:30 (43.5%)	6:05	9.8 (56.3%)
228	CZERNACHOWSKI Marek	1033	STARY HANGAR	M-50	20	00:00:30	00:16:08	00:39:50	01:01:09.25	01:01:39.40	+00:26:42 (43.7%)	6:06	9.8 (56.3%)
228	RYTEL Jakub	1295		M-30	93	00:00:35	00:16:24	00:41:04	01:01:09.25	01:01:44.25	+00:26:42 (43.7%)	6:06	9.8 (56.3%)
230	RADLIŃSKI Wojciech	1282		M-40	74	00:00:14	00:15:17	00:38:51	01:01:11.45	01:01:26.25	+00:26:44 (43.7%)	6:07	9.8 (56.3%)
231	ZEGARTOWSKI Grzegorz	1397		M-40	75	00:00:29	00:15:20	00:38:56	01:01:12.40	01:01:42.10	+00:26:45 (43.7%)	6:07	9.8 (56.3%)
232	STELMASZCZYK Dawid	1334	BEERTEAM	M-20	37	00:00:31	00:16:39	00:40:56	01:01:22.20	01:01:54.05	+00:26:55 (43.9%)	6:08	9.8 (56.3%)
233	DYCHA Bartosz	1457		M-30	94	00:00:35	00:17:03	00:41:47	01:01:37.25	01:02:13.05	+00:27:10 (44.1%)	6:09	9.7 (55.7%)
234	POLOCZEK Mateusz	1268	OST TEAM	M-20	38	00:00:37	00:16:05	00:39:09	01:01:41.70	01:02:19.45	+00:27:14 (44.2%)	6:10	9.7 (55.7%)
235	DRABIK Marek	1044		M-40	76	00:00:41	00:15:54		01:01:45.45	01:02:27.00	+00:27:18 (44.2%)	6:10	9.7 (55.7%)
236	PRZYBYLSKI Paweł	1275	OPEL ACTIVE TEAM	M-30	95	00:00:20	00:15:20	00:38:56	01:01:57.15	01:02:17.15	+00:27:30 (44.4%)	6:11	9.7 (55.7%)
237	GRAMŚ Bogumił	1075	NEXTEER RUNNERS	M-30	96	00:00:46	00:15:47	00:41:02	01:02:06.90	01:02:53.65	+00:27:40 (44.5%)	6:12	9.7 (55.7%)
238	ROŻEK Rafał	1292		M-40	77	00:00:16	00:15:36	00:39:56	01:02:09.55	01:02:25.95	+00:27:42 (44.6%)	6:12	9.7 (55.7%)
239	FURMANEK Grzegorz	1061	BEERTEAM	M-20	39	00:00:32	00:16:39	00:40:55	01:02:12.90	01:02:45.35	+00:27:46 (44.6%)	6:13	9.6 (55.2%)
240	CHĘCIŃSKI Tomasz	1026		M-40	78	00:00:38	00:16:16	00:40:10	01:02:15.60	01:02:53.95	+00:27:48 (44.7%)	6:13	9.6 (55.2%)
241	SZULCEK Arkadiusz	1411		M-30	97	00:00:42	00:16:33	00:40:57	01:02:27.50	01:03:09.75	+00:28:00 (44.8%)	6:14	9.6 (55.2%)
242	SOKOŁOWSKI Łukasz	1324		M-30	98	00:00:10	00:15:17	00:40:03	01:02:31.05	01:02:41.25	+00:28:04 (44.9%)	6:15	9.6 (55.2%)
243	ROSIŃSKI Sławomir	1289		M-50	21	00:00:40	00:15:44	00:40:02	01:02:36.35	01:03:17.00	+00:28:09 (45.0%)	6:15	9.6 (55.2%)
244	JAKUBIEC Łukasz	1094		M-30	99	00:00:47	00:15:58	00:39:47	01:02:46.25	01:03:34.00	+00:28:19 (45.1%)	6:16	9.6 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	GÓRA Marek	1072		M-50	22	00:00:09	00:15:49	00:40:58	01:02:53.45	01:03:02.95	+00:28:26 (45.2%)	6:17	9.5 (54.6%)
246	PACZKOWSKI Jacek	1246		M-50	23	00:00:40	00:16:01	00:40:24	01:03:08.10	01:03:48.30	+00:28:41 (45.4%)	6:18	9.5 (54.6%)
247	KRAJEWSKI Adam	1451	OASIS SPORT TEAM	M-40	79	00:00:23	00:15:46	00:40:18	01:03:16.15	01:03:39.20	+00:28:49 (45.6%)	6:19	9.5 (54.6%)
248	FOJCIK Ryszard	1053		M-50	24	00:00:34	00:16:30	00:41:04	01:03:44.55	01:04:18.80	+00:29:17 (46.0%)	6:22	9.4 (54.0%)
249	KUWAK Bogdan	1165	WARTO BIEGAĆ ZAWIERCIE	M-50	25	00:00:16	00:15:54	00:41:20	01:04:00.80	01:04:16.85	+00:29:34 (46.2%)	6:24	9.4 (54.0%)
250	JASTRZĘBSKI Michał	1103		M-40	80	00:00:45	00:16:21	00:41:19	01:04:06.35	01:04:51.95	+00:29:39 (46.3%)	6:24	9.4 (54.0%)
251	DZIEDZIC Dominik	1050		M-30	100	00:00:49	00:16:10	00:41:20	01:04:19.45	01:05:09.15	+00:29:52 (46.4%)	6:25	9.3 (53.4%)
252	MAREK Robert	1194		M-40	81	00:00:43	00:16:01	00:41:10	01:04:33.25	01:05:16.60	+00:30:06 (46.6%)	6:27	9.3 (53.4%)
253	CZYŻYKOWSKI Marcin	1035	TELMART RUN CLUB	M-40	82	00:00:39	00:16:53	00:42:00	01:04:34.85	01:05:14.30	+00:30:08 (46.7%)	6:27	9.3 (53.4%)
254	GIERCZYCKI Michał	1068	CHRZAŚZCZE CHRABAŚZCZE	M-30	101	00:00:25	00:17:15	00:42:24	01:04:35.90	01:05:01.10	+00:30:09 (46.7%)	6:27	9.3 (53.4%)
255	SOBCZYK Patryk	1322		M-30	102	00:00:21	00:15:17	00:41:03	01:04:51.95	01:05:13.10	+00:30:25 (46.9%)	6:29	9.3 (53.4%)
256	WIERZBICA Adrian	1371		M-40	83	00:00:37	00:16:38	00:42:23	01:04:53.20	01:05:30.35	+00:30:26 (46.9%)	6:29	9.2 (52.9%)
257	KLIKS Andrzej	1123		M-40	84	00:00:24	00:16:33	00:42:17	01:05:26.15	01:05:50.45	+00:30:59 (47.4%)	6:32	9.2 (52.9%)
258	KLIKS Stanisław	1124		M-60	8	00:00:24	00:16:33	00:42:17	01:05:26.30	01:05:50.75	+00:30:59 (47.4%)	6:32	9.2 (52.9%)
259	MACURA Marcin	1186		M-30	103	00:00:19	00:15:51	00:42:14	01:05:55.70	01:06:15.40	+00:31:28 (47.8%)	6:35	9.1 (52.3%)
260	BIENKOWSKI Paweł	1014		M-30	104	00:00:47	00:17:38	00:43:54	01:06:09.60	01:06:57.35	+00:31:42 (47.9%)	6:36	9.1 (52.3%)
261	TYŃSKI Michał	1359		M-40	85	00:00:34	00:17:03	00:43:17	01:06:16.40	01:06:50.85	+00:31:49 (48.0%)	6:37	9.1 (52.3%)
262	BOGUSZ Jarosław	1018	WARSAW RUNNERS	M-50	26	00:00:27	00:16:14	00:42:05	01:06:52.20	01:07:19.55	+00:32:25 (48.5%)	6:41	9 (51.7%)
263	MAZUR Paweł	1201		M-20	40	00:00:35	00:17:04	00:43:22	01:07:26.00	01:08:01.80	+00:32:59 (48.9%)	6:44	8.9 (51.1%)
264	MALINOWSKI Przemek	1191		M-40	86	00:00:11	00:17:01	00:43:42	01:07:28.65	01:07:39.80	+00:33:01 (49.0%)	6:44	8.9 (51.1%)
265	KRZYK Jarosław	1157		M-40	87	00:00:11	00:17:01	00:43:42	01:07:28.85	01:07:40.30	+00:33:02 (49.0%)	6:44	8.9 (51.1%)
266	WROŃSKI Marcin	1384		M-40	88	00:00:00	00:17:42	00:43:41	01:07:39.35	01:07:39.35	+00:33:12 (49.1%)	6:45	8.9 (51.1%)
267	ROJEK Michał	1286		M-40	89	00:00:47	00:16:56	00:43:47	01:08:41.20	01:09:29.05	+00:34:14 (49.8%)	6:52	8.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	SZYMOS Damian	1348	RYWAL GLIWICE	M-30	105	00:00:31	00:16:30	00:43:16	01:08:56.30	01:09:27.50	+00:34:29 (50.0%)	6:53	8.7 (50.0%)
269	ŁUKASZEWSKI Piotr	1183		M-40	90	00:00:38	00:17:00	00:44:05	01:09:08.05	01:09:46.20	+00:34:41 (50.2%)	6:54	8.7 (50.0%)
270	JASTO Sławomir	1102		M-40	91	00:00:38	00:17:39	00:45:02	01:09:26.95	01:10:05.30	+00:35:00 (50.4%)	6:56	8.6 (49.4%)
271	PŁOSKONKA Tomasz	1263		M-30	106	00:00:39	00:16:38	00:43:43	01:09:43.85	01:10:23.15	+00:35:17 (50.6%)	6:58	8.6 (49.4%)
272	NĘDZA Ryszard	1223	HIRSCHVOGEL	M-50	27	00:00:21	00:16:28	00:44:33	01:09:58.70	01:10:20.05	+00:35:31 (50.8%)	6:59	8.6 (49.4%)
273	HABRAJSKI Michał	1082		M-40	92	00:00:16	00:16:46	00:44:32	01:10:14.10	01:10:30.35	+00:35:47 (51.0%)	7:01	8.5 (48.9%)
274	MALEC Marek	1433		M-20	41	00:00:47	00:16:07	00:44:10	01:10:15.35	01:11:02.65	+00:35:48 (51.0%)	7:01	8.5 (48.9%)
275	DUDRA Piotr	1045	#HUTATEAM	M-20	42	00:00:32	00:16:31	00:44:36	01:10:19.40	01:10:52.05	+00:35:52 (51.0%)	7:01	8.5 (48.9%)
276	FRYDRYCH Przemysław	1058	KEMPER TEAM	M-30	107	00:00:26	00:17:30	00:45:47	01:11:38.35	01:12:04.55	+00:37:11 (51.9%)	7:09	8.4 (48.3%)
277	SZENDZIELORZ Marek	1345	KEMPER TEAM	M-40	93	00:00:26	00:17:30	00:45:48	01:11:38.75	01:12:04.85	+00:37:11 (51.9%)	7:09	8.4 (48.3%)
278	MĘDRALA Jacek	1203	ABUS CRANE SYSTEMS POLSKA	M-40	94	00:00:25	00:17:31	00:45:48	01:11:38.90	01:12:04.70	+00:37:12 (51.9%)	7:09	8.4 (48.3%)
279	PRYMAS Krystian	1454		M-30	108	00:00:21	00:17:41	00:46:45	01:12:49.60	01:13:11.20	+00:38:22 (52.7%)	7:16	8.2 (47.1%)
280	WYLEŻOŁ Marek	1389		M-50	28	00:00:17	00:17:43	00:47:19	01:14:18.60	01:14:36.45	+00:39:51 (53.6%)	7:25	8.1 (46.6%)
281	SIEDLECKI Lesław	1303		M-60	9	00:00:31	00:19:21	00:48:26	01:14:54.10	01:15:25.30	+00:40:27 (54.0%)	7:29	8 (46.0%)
282	ZEGZUŁA Jakub	1399	#HUTATEAM	M-20	43	00:00:27	00:21:13	00:53:16	01:22:04.15	01:22:31.60	+00:47:37 (58.0%)	8:12	7.3 (42.0%)
283	ZEGZUŁA Łukasz	1398	#HUTATEAM	M-40	95	00:00:26	00:25:38	01:04:39	01:37:54.60	01:38:20.80	+01:03:27 (64.8%)	9:47	6.1 (35.1%)
DNC	PIEKIEŁKO Jakub	1259		M-30		00:00:00		00:10:53	00:31:27.65	00:31:27.65		0:00	19.1 (109.8%)
DNC	HANDZLIK Artur	1085		M-40		00:00:00		00:10:53	00:31:28.10	00:31:28.10		0:00	19.1 (109.8%)
DNC	SIUDA Daniel	1306		M-40		00:00:00			00:39:02.85	00:39:02.85		0:00	15.4 (88.5%)
DNC	CHOLEWA Tomasz	1029		M-40		00:00:00	00:25:25		00:39:26.10	00:39:26.10		0:00	15.2 (87.4%)

Znaleziono 287 wynik(ów)