



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Półmaraton Gliwicki 2017
Fundacja Bieg Rzeźnika
2017-10-22
Gliwice
10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	FORMICKI Rafał	2461	CKS BUDOWLANI CZĘSTOCHOWA	M-20	1	00:00:01	00:13:57	00:19:34		00:37:11.15	00:37:12.65		3:43	16.1 (100%)
2	JARCO Dominik	2234	ALPIN SPORT TEAM	M-20	2	00:00:00	00:14:08	00:20:01	00:03:33	00:37:13.05	00:37:13.95	+00:00:01 (0.1%)	3:22	17.8 (110.6%)
3	ROSIŃSKI Artur	2354	PARKRUN KATOWICE	M-20	3	00:00:00	00:15:19	00:20:58	00:03:33	00:37:18.35	00:37:19.25	+00:00:07 (0.3%)	3:22	17.8 (110.6%)
4	WOJDYŁA Mateusz	2313	GMINA STRZELCE OPOLSKIE	M-30	1	00:00:02	00:14:25	00:20:22	00:03:33	00:37:30.30	00:37:32.90	+00:00:19 (0.9%)	3:23	17.7 (109.9%)
5	WINKLER Tomasz	2470		M-30	2	00:00:00	00:15:18	00:20:58	00:03:33	00:37:44.15	00:37:45.10	+00:00:33 (1.5%)	3:25	17.5 (108.7%)
6	SLADEK Dominik	2205	NIEZRZESZONY	M-20	4	00:00:01	00:15:25	00:21:48		00:38:16.10	00:38:17.35	+00:01:04 (2.8%)	3:49	15.7 (97.5%)
7	PSTRAŚ Leszek	2085	PARKRUN KATOWICE	M-30	3	00:00:00	00:16:00	00:22:20		00:38:23.90	00:38:23.90	+00:01:12 (3.2%)	3:50	15.6 (96.9%)
8	WYSOCKI Mariusz	2352	LECYMY DURŚ	M-40	1	00:00:08	00:16:18	00:22:38		00:38:28.50	00:38:36.85	+00:01:17 (3.4%)	3:50	15.6 (96.9%)
9	BUJNOWSKI Artur	2044	SOKÓŁ / ENDURANCE KNURÓW	M-30	4	00:00:02	00:15:58	00:22:21		00:38:53.10	00:38:55.75	+00:01:41 (4.4%)	3:53	15.4 (95.7%)
10	CZERWIŃSKI Michał	2540	SBD ENERGETYK RYBNIK	M-30	5	00:00:01	00:15:55	00:22:27		00:38:57.05	00:38:58.90	+00:01:45 (4.5%)	3:53	15.4 (95.7%)
11	JUCHA Przemysław	2524	ANTONTEM	M-30	6	00:00:03	00:16:55	00:23:39		00:39:49.85	00:39:52.90	+00:02:38 (6.6%)	3:58	15.1 (93.8%)
12	KAUF Damian	2446		M-30	7	00:00:04	00:16:16	00:22:57		00:39:57.05	00:40:01.05	+00:02:45 (6.9%)	3:59	15 (93.2%)
13	BŁASZCZYK Dominik	2401	NIGHT RUNNERS	M-20	5	00:00:02	00:16:38	00:23:13		00:40:10.05	00:40:12.50	+00:02:58 (7.4%)	4:01	14.9 (92.5%)
14	OCHMAN Paweł	2431	FUTURE PROCESSING RUNNING TEAM	M-30	8	00:00:04	00:16:59	00:23:40		00:40:15.05	00:40:19.05	+00:03:03 (7.6%)	4:01	14.9 (92.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PRZEŹDZIAK Zygmunt	2323	KRONOSPAN STRZELCE OPOLSKIE	M-40	2	00:00:04	00:16:51	00:23:34		00:40:21.85	00:40:26.45	+00:03:10 (7.9%)	4:02	14.9 (92.5%)
16	PIOTROWSKI Łukasz	2210		M-30	9	00:00:01	00:16:29	00:23:16		00:40:38.55	00:40:40.05	+00:03:27 (8.5%)	4:03	14.8 (91.9%)
17	WISZYŃSKI Damian	2357		M-30	10	00:00:02	00:16:57	00:23:46		00:40:41.35	00:40:44.15	+00:03:30 (8.6%)	4:04	14.7 (91.3%)
18	LAMPARSKI Łukasz	2063		M-20	6	00:00:01	00:16:43	00:23:38		00:40:59.95	00:41:01.70	+00:03:48 (9.3%)	4:06	14.6 (90.7%)
19	RAJWA Marcin	2375		M-20	7	00:00:03	00:16:09	00:23:09		00:41:06.30	00:41:09.40	+00:03:55 (9.5%)	4:06	14.6 (90.7%)
20	CIECIAK Grzegorz	2480	MEGWAT RUNNING TEAM	M-40	3	00:00:08	00:17:04	00:23:52		00:41:07.15	00:41:15.80	+00:03:56 (9.6%)	4:06	14.6 (90.7%)
21	SZABELSKI Krzysztof	2397	FUTURE PROCESSING RUNNING TEAM	M-30	11	00:00:06	00:16:47	00:23:41		00:41:26.65	00:41:32.85	+00:04:15 (10.3%)	4:08	14.5 (90.1%)
21	GRAMATYKA Jan	2399	FUTURE PROCESSING RUNNING TEAM	M-30	12	00:00:05	00:16:48	00:23:42		00:41:27.05	00:41:32.85	+00:04:15 (10.3%)	4:08	14.5 (90.1%)
23	WISZNIEWSKI Dariusz	2382	ANTONTEAM	M-40	4	00:00:03	00:16:55	00:23:55		00:42:02.15	00:42:05.50	+00:04:51 (11.5%)	4:12	14.3 (88.8%)
24	MAJ Witold	2475	OLDBOYS TRUSKOLASY	M-50	1	00:00:16	00:17:03	00:24:04		00:42:04.15	00:42:20.85	+00:04:53 (11.6%)	4:12	14.3 (88.8%)
25	ALKER Andrzej	2087		M-20	8	00:00:03	00:17:31	00:24:43		00:42:57.45	00:43:00.75	+00:05:46 (13.4%)	4:17	14 (87.0%)
26	WASZTYL Grzegorz	2520		M-40	5	00:00:09	00:17:28	00:24:37		00:42:57.25	00:43:07.15	+00:05:46 (13.4%)	4:17	14 (87.0%)
27	NIKIEL Marcin	2054		M-30	13	00:00:03	00:17:26	00:24:38		00:43:06.45	00:43:10.30	+00:05:55 (13.7%)	4:18	13.9 (86.3%)
28	ZDEBEL Dariusz	2160	LECYMY DURŚ	M-40	6	00:00:07	00:18:04	00:25:14		00:43:11.90	00:43:19.40	+00:06:00 (13.9%)	4:19	13.9 (86.3%)
29	MAJEWSKI Andrzej	2303	KRONOSPAN STRZELCE OPOLSKIE	M-30	14	00:00:07	00:18:02	00:25:20		00:43:29.50	00:43:37.30	+00:06:18 (14.5%)	4:21	13.8 (85.7%)
30	KUCHTA Mirosław	2212	REMAGUM	M-50	2	00:00:04	00:18:00	00:25:23		00:44:08.40	00:44:12.40	+00:06:57 (15.8%)	4:24	13.6 (84.5%)
31	ROSIKOŃ Tomasz	2269		M-30	15	00:00:08	00:18:01	00:25:18		00:44:07.00	00:44:15.05	+00:06:55 (15.7%)	4:24	13.6 (84.5%)
32	GŁOWA Dariusz	2243		M-40	7	00:00:06	00:18:28	00:25:51		00:44:15.45	00:44:21.55	+00:07:04 (16.0%)	4:25	13.6 (84.5%)
33	BOMBELKA Daniel	2376	KRONOSPAN STRZELCE OPOLSKIE	M-20	9	00:00:07	00:18:49	00:26:09		00:44:15.20	00:44:22.55	+00:07:04 (16.0%)	4:25	13.6 (84.5%)
34	BIENIECKI Marek	2539	OTK RZEŹNIK	M-18	1	00:00:08	00:18:12	00:25:33		00:44:30.80	00:44:39.30	+00:07:19 (16.5%)	4:27	13.5 (83.9%)
35	NOWAK Mateusz	2050		M-20	10	00:00:02	00:17:58	00:25:39		00:44:41.40	00:44:43.75	+00:07:30 (16.8%)	4:28	13.4 (83.2%)
36	BRZOSKA Piotr	2363	BIEGNĘ BO MI MARCIN KAZAŁ	M-30	18	00:00:03	00:18:24	00:25:52		00:44:47.10	00:44:50.40	+00:07:35 (17.0%)	4:28	13.4 (83.2%)
37	KRAUSE Szymon	2155		M-30	19	00:00:03	00:18:24	00:26:01		00:44:52.05	00:44:55.25	+00:07:40 (17.1%)	4:29	13.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	JAKUBIAK Dawid	2084	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-30	17	00:00:18	00:18:43	00:26:21		00:44:42.85	00:45:01.05	+00:07:31 (16.8%)	4:28	13.4 (83.2%)
39	HALMAN Tomasz	2371		M-30	16	00:00:25	00:18:11	00:25:42		00:44:37.55	00:45:03.15	+00:07:26 (16.7%)	4:27	13.4 (83.2%)
40	BABIUCH Karol	2321		M-30	21	00:00:17	00:18:33	00:25:59		00:45:13.75	00:45:31.70	+00:08:02 (17.8%)	4:31	13.3 (82.6%)
41	MRÓZEK Tomasz	2265		M-30	22	00:00:22	00:19:13	00:26:39		00:45:22.40	00:45:44.70	+00:08:11 (18.0%)	4:32	13.2 (82.0%)
42	JURGA Adam	2384	KS OLKUSZ	M-30	23	00:00:07	00:18:22	00:26:05		00:45:37.30	00:45:45.10	+00:08:26 (18.5%)	4:33	13.1 (81.4%)
43	LNIANY Beniamin	2039	POBIEGA(L)NIANY	M-40	8	00:00:06	00:18:42	00:26:25		00:45:45.40	00:45:52.05	+00:08:34 (18.7%)	4:34	13.1 (81.4%)
44	PACANA Patryk	2043	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:13	00:18:59	00:26:21		00:45:42.00	00:45:55.30	+00:08:30 (18.6%)	4:34	13.1 (81.4%)
45	CZERNIK Jakub	2396	ELZAB ACTIVE TEAM	M-20	14	00:00:16	00:18:26	00:26:05		00:45:52.95	00:46:09.30	+00:08:41 (19.0%)	4:35	13.1 (81.4%)
46	SMOTER Wojciech	2507	SBRT GLIWICE	M-40	10	00:00:03	00:18:46	00:26:31		00:46:09.30	00:46:13.00	+00:08:58 (19.4%)	4:37	13 (80.7%)
47	DONIGIEWICZ Mariusz	2315		M-30	20	00:01:03	00:19:14	00:26:36		00:45:09.80	00:46:13.55	+00:07:58 (17.7%)	4:31	13.3 (82.6%)
48	CZYŻYKOWSKI Marcin	2307	SW RUNNERS	M-40	9	00:00:24	00:18:56	00:26:28		00:45:56.00	00:46:20.95	+00:08:44 (19.0%)	4:35	13.1 (81.4%)
49	BUGAJCZYK Piotr	2069	PROGRESS BYTOM	M-30	25	00:00:04	00:18:39	00:26:24		00:46:24.40	00:46:28.55	+00:09:13 (19.9%)	4:38	12.9 (80.1%)
50	KŁACZEK Grzegorz	2428	WIESZOWA	M-50	3	00:00:07	00:19:09	00:26:51		00:46:23.10	00:46:30.50	+00:09:11 (19.8%)	4:38	12.9 (80.1%)
51	WICHARY Marcin	2056	ISTA BIEGAMY	M-30	26	00:00:11	00:19:18	00:27:01		00:46:33.20	00:46:44.75	+00:09:22 (20.1%)	4:39	12.9 (80.1%)
52	DACZYŃSKI Michał	2103	VEGERUNNERS	M-40	11	00:00:18	00:19:20	00:27:01		00:46:36.35	00:46:55.10	+00:09:25 (20.2%)	4:39	12.9 (80.1%)
53	SZABRA Dawid	2204	-	M-20	11	00:01:47	00:18:35	00:26:07		00:45:19.15	00:47:06.90	+00:08:08 (17.9%)	4:31	13.2 (82.0%)
54	KOWALSKI Tomasz	2443		M-30	28	00:00:09	00:18:44	00:26:50		00:46:59.50	00:47:08.85	+00:09:48 (20.9%)	4:41	12.8 (79.5%)
55	WARZYŃSKI Wojciech	2484		M-30	30	00:00:07	00:19:23	00:27:22		00:47:09.25	00:47:16.60	+00:09:58 (21.1%)	4:42	12.7 (78.9%)
56	GOŁYŚ Grzegorz	2503	CERTUM	M-20	12	00:01:42	00:19:14	00:26:37		00:45:37.85	00:47:20.10	+00:08:26 (18.5%)	4:33	13.1 (81.4%)
57	WATOŁA Marek	2017	M&M	M-30	31	00:00:11	00:19:31	00:27:28		00:47:13.85	00:47:24.85	+00:10:02 (21.3%)	4:43	12.7 (78.9%)
58	HORA Grzegorz	2115		M-30	24	00:01:08	00:20:03	00:27:24		00:46:17.30	00:47:26.05	+00:09:06 (19.7%)	4:37	13 (80.7%)
59	BICZYSKI Paweł	2023	PSYCHONAUCI	M-30	29	00:00:25	00:19:15	00:26:59		00:47:08.40	00:47:33.50	+00:09:57 (21.1%)	4:42	12.7 (78.9%)
60	KIERAT Paweł	2053		M-30	32	00:00:14	00:18:27	00:26:17		00:47:21.45	00:47:35.45	+00:10:10 (21.5%)	4:44	12.7 (78.9%)

										Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata					
61	MAZUR Witold	2296	PROPOINT	M-20	15	00:00:35	00:20:21	00:28:10		00:47:01.30	00:47:36.90	+00:09:50 (20.9%)	4:42	12.8 (79.5%)
62	LATACZ Tomasz	2235		M-40	12	00:00:24	00:19:28	00:27:16		00:47:14.30	00:47:39.10	+00:10:03 (21.3%)	4:43	12.7 (78.9%)
63	KOCIEMBA Patryk	2020		M-30	27	00:00:44	00:19:35	00:27:21		00:46:58.45	00:47:43.05	+00:09:47 (20.8%)	4:41	12.8 (79.5%)
64	WOJTAS Paweł	2346	3940	M-20	17	00:00:10	00:19:23	00:27:27		00:47:35.05	00:47:45.40	+00:10:23 (21.9%)	4:45	12.6 (78.3%)
65	STULIK Paweł	2130		M-30	33	00:00:28	00:19:59	00:27:43		00:47:22.95	00:47:51.60	+00:10:11 (21.5%)	4:44	12.7 (78.9%)
66	SUPETA Andrzej	2519		M-30	34	00:00:29	00:19:48	00:27:18		00:47:25.20	00:47:55.00	+00:10:14 (21.6%)	4:44	12.6 (78.3%)
67	JANOSZ Sławek	2186		M-30	35	00:00:28	00:19:50	00:27:36		00:47:33.35	00:48:02.15	+00:10:22 (21.8%)	4:45	12.6 (78.3%)
68	MARCZAK Paweł	2066		M-30	36	00:00:23	00:19:34	00:27:37		00:47:43.95	00:48:07.05	+00:10:32 (22.1%)	4:46	12.6 (78.3%)
69	ZAKRZOWSKI Krzysztof	2467	TENNECO AUTOMOTIVE EASTERN EUROPE	M-20	18	00:00:36	00:19:28	00:27:31		00:47:41.10	00:48:17.50	+00:10:29 (22.0%)	4:46	12.6 (78.3%)
70	CHOLEWA Grzegorz	2215		M-30	38	00:00:05	00:19:53	00:27:55		00:48:27.50	00:48:33.10	+00:11:16 (23.3%)	4:50	12.4 (77.0%)
71	SIERADZKI Adam	2292	PROPOINT	M-20	19	00:00:31	00:20:07	00:27:57		00:48:03.05	00:48:34.45	+00:10:51 (22.6%)	4:48	12.5 (77.6%)
72	SKIBA Adam	2536		M-40	14	00:00:23	00:20:03	00:28:04		00:48:11.85	00:48:35.80	+00:11:00 (22.8%)	4:49	12.4 (77.0%)
72	ŚWITALSKI Adam	2421		M-20	16	00:01:13	00:21:12	00:28:50		00:47:21.95	00:48:35.80	+00:10:10 (21.5%)	4:44	12.7 (78.9%)
74	SZKLARZ Sebastian	2047		M-30	37	00:00:26	00:20:16	00:28:15		00:48:27.30	00:48:53.60	+00:11:16 (23.3%)	4:50	12.4 (77.0%)
75	SITARSKI Mateusz	2233		M-20	21	00:00:39	00:20:32	00:28:24		00:48:15.20	00:48:54.95	+00:11:04 (22.9%)	4:49	12.4 (77.0%)
76	PACANA Krzysztof	2114		M-20	20	00:00:49	00:19:32	00:27:34		00:48:06.25	00:48:56.05	+00:10:55 (22.7%)	4:48	12.5 (77.6%)
77	PUPIELK Kamil	2550		M-18	2	00:00:13	00:19:00	00:27:12		00:48:45.20	00:48:58.45	+00:11:34 (23.7%)	4:52	12.3 (76.4%)
78	HODOR Robert	2176		M-40	13	00:01:02	00:19:59	00:27:58		00:47:57.50	00:49:00.05	+00:10:46 (22.5%)	4:47	12.5 (77.6%)
79	JAŁOWIEC Ryszard	2304	KS OLKUSZ	M-60	1	00:00:08	00:20:08	00:28:19		00:49:06.80	00:49:15.05	+00:11:55 (24.3%)	4:54	12.2 (75.8%)
80	MACHAŁA Marek	2332	LUCKY LOSERS	M-40	16	00:00:11	00:19:39	00:27:45		00:49:06.95	00:49:18.40	+00:11:55 (24.3%)	4:54	12.2 (75.8%)
81	LITWINCZUK Gabriel	2383		M-30	40	00:00:33	00:19:51	00:27:58		00:48:50.25	00:49:23.75	+00:11:39 (23.9%)	4:53	12.3 (76.4%)
82	ZDON Paweł	2407		M-30	39	00:00:47	00:21:01	00:28:57		00:48:44.20	00:49:31.90	+00:11:33 (23.7%)	4:52	12.3 (76.4%)
83	BURZAWA Jarosław	2300		M-40	17	00:00:28	00:20:13	00:28:30		00:49:16.05	00:49:44.70	+00:12:04 (24.5%)	4:55	12.2 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						startu	10_km 4.3km	15_km 6km		netto 10km	brutto 10km			
84	CYBULSKI Paweł	2295	PROPOINT	M-20	24	00:00:34	00:20:12	00:28:26		00:49:11.35	00:49:46.10	+00:12:00 (24.4%)	4:55	12.2 (75.8%)
85	SMOLARCZYK Dominik	2362	MŁODE WILKI	M-40	18	00:00:25	00:20:24	00:28:35		00:49:21.75	00:49:47.55	+00:12:10 (24.7%)	4:56	12.2 (75.8%)
85	KOWAL Dariusz	2460		M-40	15	00:01:22	00:21:14	00:28:51		00:48:25.35	00:49:47.55	+00:11:14 (23.2%)	4:50	12.4 (77.0%)
87	WESTER Mieczysław	2278		M-40	19	00:00:21	00:20:23	00:28:41		00:49:33.70	00:49:55.10	+00:12:22 (25.0%)	4:57	12.1 (75.2%)
88	SZWARCZYŃSKI Michał	2013		M-30	46	00:00:09	00:19:40	00:27:59		00:49:58.50	00:50:08.35	+00:12:47 (25.6%)	4:59	12 (74.5%)
89	SZULC Sebastian	2012		M-20	26	00:00:23	00:20:17	00:28:36		00:49:51.00	00:50:14.40	+00:12:39 (25.4%)	4:59	12 (74.5%)
90	STRONCZYŃSKI Andrzej	2309	NIGHT RUNNERS GLIWICE	M-20	22	00:01:10	00:21:10	00:29:05		00:49:04.65	00:50:15.15	+00:11:53 (24.2%)	4:54	12.2 (75.8%)
91	DYLONG Piotr	2165		M-50	4	00:01:09	00:20:18	00:28:35		00:49:12.30	00:50:22.15	+00:12:01 (24.4%)	4:55	12.2 (75.8%)
92	KASPRZYK Marcin	2216		M-30	44	00:00:47	00:20:20	00:28:32		00:49:36.50	00:50:24.30	+00:12:25 (25.0%)	4:57	12.1 (75.2%)
93	JANIK Sergiusz	2370		M-20	25	00:01:01	00:20:41	00:28:46		00:49:26.50	00:50:27.65	+00:12:15 (24.8%)	4:56	12.1 (75.2%)
94	PRZYGODZKI Damian	2172	JAZZY	M-20	27	00:00:19	00:21:31	00:29:50		00:50:09.35	00:50:28.40	+00:12:58 (25.9%)	5:00	12 (74.5%)
95	SZCZERZEK Zbigniew	2257		M-60	2	00:00:00				00:50:34.00	00:50:34.00	+00:13:22 (26.5%)	5:03	11.9 (73.9%)
96	WYCIŚLIK Marcin	2081	HIRSCHVOGEL	M-30	41	00:01:37	00:20:22	00:28:24		00:48:59.30	00:50:36.35	+00:11:48 (24.1%)	4:53	12.2 (75.8%)
97	DROSDZOL Piotr	2348	ZDYCHOM ALE LECA	M-20	23	00:01:34	00:21:32	00:29:38		00:49:06.70	00:50:41.00	+00:11:55 (24.3%)	4:54	12.2 (75.8%)
98	ZIELIŃSKI Sebastian	2271		M-30	43	00:01:26	00:20:07	00:28:24		00:49:16.60	00:50:43.15	+00:12:05 (24.5%)	4:55	12.2 (75.8%)
99	PRONCZUK Marcin	2036	ETISOFT RUNNING TEAM	M-30	48	00:00:22	00:20:26	00:29:29		00:50:25.50	00:50:48.15	+00:13:14 (26.3%)	5:02	11.9 (73.9%)
100	ŻEROMSKI Stefan	2218	JASNA	M-50	5	00:00:12	00:21:39	00:29:56		00:50:40.05	00:50:52.65	+00:13:28 (26.6%)	5:04	11.8 (73.3%)
101	SETNIK Robert	2500		M-40	20	00:00:05	00:19:32	00:28:24		00:50:48.15	00:50:53.15	+00:13:37 (26.8%)	5:04	11.8 (73.3%)
102	SKUBAŁA Janusz	2329	LUCKY LOSERS	M-30	50	00:00:10	00:20:36	00:29:13		00:50:45.70	00:50:56.50	+00:13:34 (26.7%)	5:04	11.8 (73.3%)
103	KUKURBA Mikołaj	2360	OMNISQUARE	M-30	42	00:01:55	00:20:31	00:28:42		00:49:01.90	00:50:57.25	+00:11:50 (24.2%)	4:54	12.2 (75.8%)
104	SOKOŁOWSKI Łukasz	2299		M-30	49	00:00:17	00:20:54	00:29:19		00:50:40.50	00:50:57.50	+00:13:29 (26.6%)	5:04	11.8 (73.3%)
105	DUBIEL Leszek	2121		M-30	47	00:00:59	00:20:07	00:28:30		00:50:05.40	00:51:05.15	+00:12:54 (25.8%)	5:00	12 (74.5%)
106	WĄS Szymon	2483		M-20	28	00:00:43	00:21:09	00:29:19		00:50:27.25	00:51:10.25	+00:13:16 (26.3%)	5:02	11.9 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	MACH Marcin	2200		M-40	22	00:00:06	00:20:58	00:29:28		00:51:08.10	00:51:15.05	+00:13:56 (27.3%)	5:06	11.7 (72.7%)
108	JANOWSKI Piotr	2367		M-50	6	00:00:11	00:21:05	00:29:39		00:51:11.65	00:51:22.90	+00:14:00 (27.4%)	5:07	11.7 (72.7%)
109	YOSHIDA Daisuke	2335	TAKENAKA	M-30	45	00:01:34	00:21:22	00:29:11		00:49:57.30	00:51:32.25	+00:12:46 (25.6%)	4:59	12 (74.5%)
110	GABRYŚ Seba	2516	NIGHT RUNNER GLIWICE	M-40	23	00:00:12	00:20:57	00:29:33		00:51:24.60	00:51:37.15	+00:14:13 (27.7%)	5:08	11.7 (72.7%)
111	SKORUPSKI Paweł	2195		M-30	51	00:00:44	00:20:52	00:29:27		00:51:05.50	00:51:49.90	+00:13:54 (27.2%)	5:06	11.7 (72.7%)
112	JUROWICZ Mariusz	2416		M-20	29	00:00:45	00:20:58	00:29:14		00:51:05.20	00:51:50.30	+00:13:54 (27.2%)	5:06	11.7 (72.7%)
113	HAJOK Marek	2173		M-40	21	00:00:44	00:20:53	00:29:28		00:51:07.05	00:51:51.20	+00:13:55 (27.3%)	5:06	11.7 (72.7%)
114	GARNCARZ Jakub	2140		M-30	55	00:00:06	00:21:31	00:30:14		00:52:05.30	00:52:12.00	+00:14:54 (28.6%)	5:12	11.5 (71.4%)
115	MISIUREK Ernest	2175	SRH 73PP KATOWICE	M-40	25	00:00:11	00:20:36	00:29:35		00:52:08.95	00:52:20.55	+00:14:57 (28.7%)	5:12	11.5 (71.4%)
116	SOKOŁOWSKI Mateusz	2277		M-20	33	00:00:17	00:22:00	00:30:36		00:52:15.80	00:52:32.80	+00:15:04 (28.8%)	5:13	11.5 (71.4%)
117	ANTONIAK Mateusz	2422		M-20	30	00:01:04	00:21:06	00:29:25		00:51:30.05	00:52:34.55	+00:14:18 (27.8%)	5:09	11.7 (72.7%)
118	GOŁĘBIEWSKI Marek	2456		M-30	53	00:01:19	00:21:01	00:29:39		00:51:15.70	00:52:34.75	+00:14:04 (27.5%)	5:07	11.7 (72.7%)
119	STARCZAŁA Piotr	2481	MEGAWAT RUNNING TEAM	M-40	24	00:00:37	00:21:26	00:29:54		00:52:04.70	00:52:41.70	+00:14:53 (28.6%)	5:12	11.5 (71.4%)
120	GŁÓWKA Piotr	2387		M-30	54	00:00:54	00:20:59	00:29:30		00:51:48.40	00:52:42.45	+00:14:37 (28.2%)	5:10	11.6 (72.0%)
121	OGONOWSKI Edwawrd	2305	ŻÓŁWIK OPOLE	M-60	3	00:01:16	00:21:42	00:30:12		00:51:31.00	00:52:47.05	+00:14:19 (27.8%)	5:09	11.6 (72.0%)
122	SZWAJKOSZ Szczepan	2282		M-30	57	00:00:31	00:20:54	00:29:39		00:52:16.45	00:52:47.65	+00:15:05 (28.9%)	5:13	11.5 (71.4%)
123	SUBIK Tomasz	2150		M-30	59	00:00:24	00:22:07	00:30:44		00:52:26.90	00:52:51.10	+00:15:15 (29.1%)	5:14	11.4 (70.8%)
124	WOJTYŁA Tymoteusz	2052	JAZZY	M-20	31	00:01:00	00:21:58	00:30:29		00:51:51.10	00:52:51.60	+00:14:39 (28.3%)	5:11	11.6 (72.0%)
125	KACZMARZYK Arkadiusz	2272		M-30	60	00:00:29	00:22:13	00:30:54		00:52:30.40	00:52:59.55	+00:15:19 (29.2%)	5:15	11.4 (70.8%)
126	ORŁOWSKI Kamil	2533		M-20	32	00:01:02	00:21:21	00:29:45		00:51:58.25	00:53:00.30	+00:14:47 (28.4%)	5:11	11.5 (71.4%)
127	BIENIEK Dawid	2246		M-20	34	00:00:21	00:22:03	00:30:45		00:52:43.95	00:53:05.65	+00:15:32 (29.5%)	5:16	11.4 (70.8%)
128	MERMON Artur	2230		M-50	8	00:00:08	00:21:48	00:30:34		00:53:08.10	00:53:16.85	+00:15:56 (30.0%)	5:18	11.3 (70.2%)
129	WYLEŻOŁ Piotr	2454	RUN DMC	M-30	52	00:02:16	00:21:22	00:29:54		00:51:07.25	00:53:24.00	+00:13:56 (27.3%)	5:06	11.7 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	ZARUDZKI Łukasz	2353	NOTHING TO FEAR	M-40	27	00:01:03	00:21:52	00:30:35		00:52:23.35	00:53:26.45	+00:15:12 (29.0%)	5:14	11.5 (71.4%)
131	PAWLINA Piotr	2029		M-40	28	00:01:12	00:21:52	00:30:29		00:52:33.50	00:53:46.20	+00:15:22 (29.2%)	5:15	11.4 (70.8%)
132	JAWORSKI Jakub	2369		M-20	35	00:00:59	00:22:04	00:30:53		00:52:52.30	00:53:52.25	+00:15:41 (29.7%)	5:17	11.3 (70.2%)
133	WIĘCKOWSKI-GAWRON Mateusz	2412		M-20	36	00:01:00	00:22:02	00:30:53		00:52:52.40	00:53:52.50	+00:15:41 (29.7%)	5:17	11.3 (70.2%)
134	WILK Krzysztof	2380		M-40	26	00:01:47	00:21:12	00:29:35		00:52:09.85	00:53:57.10	+00:14:58 (28.7%)	5:13	11.5 (71.4%)
135	GRYCMAN Michał	2496		M-20	37	00:00:32	00:21:50	00:30:49		00:53:28.05	00:54:00.20	+00:16:16 (30.5%)	5:20	11.2 (69.6%)
136	MIKA Szymon	2372		M-30	67	00:00:36	00:22:40	00:31:26		00:53:23.65	00:54:00.30	+00:16:12 (30.4%)	5:20	11.2 (69.6%)
137	RENKIEL Tomasz	2492		M-40	31	00:00:24	00:22:33	00:31:53		00:53:47.15	00:54:11.50	+00:16:36 (30.9%)	5:22	11.2 (69.6%)
138	JANIK Janusz	2491		M-40	32	00:00:24	00:22:32	00:31:53		00:53:47.55	00:54:11.90	+00:16:36 (30.9%)	5:22	11.2 (69.6%)
139	JUREKO Maciej	2021		M-30	56	00:01:59	00:22:26	00:30:59		00:52:16.15	00:54:15.30	+00:15:05 (28.9%)	5:13	11.5 (71.4%)
140	ZIELIŃSKI Marek	2457		M-30	70	00:00:51	00:22:36	00:31:18		00:53:27.60	00:54:19.30	+00:16:16 (30.4%)	5:20	11.2 (69.6%)
141	SKWARA Michał	2136	HIRSCHVOGEL	M-30	61	00:01:33	00:21:32	00:30:27		00:52:48.90	00:54:22.70	+00:15:37 (29.6%)	5:16	11.4 (70.8%)
142	ŚLUSARSKI Leszek	2266		M-40	33	00:00:26	00:21:24	00:30:22		00:53:57.60	00:54:24.15	+00:16:46 (31.1%)	5:23	11.1 (68.9%)
143	CAPUTA Michał	2227		M-30	69	00:00:58	00:23:22	00:31:54		00:53:27.35	00:54:25.65	+00:16:16 (30.4%)	5:20	11.2 (69.6%)
144	KACZMARSKI Marcin	2398	KACZMARSKISPORT	M-30	73	00:00:17	00:22:05	00:31:15		00:54:12.30	00:54:29.30	+00:17:01 (31.4%)	5:25	11.1 (68.9%)
145	SEREDYNSKI Roman	2544	PANTERA	M-40	29	00:01:58	00:23:08	00:31:41		00:52:36.50	00:54:34.75	+00:15:25 (29.3%)	5:15	11.4 (70.8%)
146	PIERNIKARCZYK Robert	2445		M-30	66	00:01:22	00:23:07	00:31:38		00:53:16.45	00:54:38.50	+00:16:05 (30.2%)	5:19	11.3 (70.2%)
147	KOWOL Marcin	2194		M-40	34	00:00:30	00:23:01	00:31:59		00:54:09.55	00:54:40.40	+00:16:58 (31.3%)	5:25	11.1 (68.9%)
148	ORZAŻEWSKI Marek	2263	OPEL ACTIVE TEAM	M-30	71	00:00:43	00:22:31	00:31:33		00:53:59.85	00:54:43.45	+00:16:48 (31.1%)	5:24	11.1 (68.9%)
149	ŁUCZAK Marek	2455		M-30	68	00:01:19	00:23:48	00:32:38		00:53:24.45	00:54:44.25	+00:16:13 (30.4%)	5:20	11.2 (69.6%)
150	BOBEŁ Krzysztof	2442	S.A.S. SILESIA	M-30	72	00:00:39	00:22:55	00:31:48		00:54:05.20	00:54:44.65	+00:16:54 (31.2%)	5:24	11.1 (68.9%)
151	ZAKRZOWSKI Wojciech	2241		M-30	62	00:01:49	00:23:10	00:31:53		00:52:58.15	00:54:47.45	+00:15:47 (29.8%)	5:17	11.3 (70.2%)
152	BACHMAN Robert	2522		M-30	74	00:00:16	00:22:04	00:31:13		00:54:31.25	00:54:48.05	+00:17:20 (31.8%)	5:27	11 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	ZHYKHARAU Vasili	2255		M-30	58	00:02:26	00:22:05	00:30:49		00:52:21.95	00:54:48.20	+00:15:10 (29.0%)	5:14	11.5 (71.4%)
154	GIERADA Ryszard	2356	NIGHT RUNNERS GLIWICE	M-50	7	00:01:53	00:22:02	00:30:37		00:52:57.55	00:54:51.10	+00:15:46 (29.8%)	5:17	11.3 (70.2%)
155	RUTKOWSKI Łukasz	2437		M-20	39	00:01:00	00:22:29	00:31:23		00:53:59.10	00:54:59.20	+00:16:47 (31.1%)	5:23	11.1 (68.9%)
156	KOBUSIŃSKI Jurek	2389	PKO SILESIA RUNNING TEAM	M-50	10	00:01:30	00:22:00	00:30:57		00:53:32.65	00:55:03.50	+00:16:21 (30.6%)	5:21	11.2 (69.6%)
157	WLAŻŁAK Wiesław	2135		M-50	9	00:01:36	00:22:30	00:31:15		00:53:28.40	00:55:04.45	+00:16:17 (30.5%)	5:20	11.2 (69.6%)
158	HAJDA Adam	2308		M-40	35	00:00:38	00:22:30	00:31:37		00:54:28.65	00:55:07.25	+00:17:17 (31.7%)	5:26	11 (68.3%)
159	KŁODA Marcin	2468	TENNECO AUTOMOTIVE EASTERN EUROPE	M-30	63	00:02:00	00:21:04	00:29:49		00:53:08.00	00:55:08.15	+00:15:56 (30.0%)	5:18	11.3 (70.2%)
160	SIATA Sebastian	2466	TENNECO AUTOMOTIVEEASTERN EUROPE	M-30	64	00:02:00	00:21:03	00:29:49		00:53:08.15	00:55:08.50	+00:15:57 (30.0%)	5:18	11.3 (70.2%)
161	CISZEWSKI Krzysztof	2418		M-30	77	00:00:17	00:22:57	00:32:08		00:54:51.80	00:55:09.55	+00:17:40 (32.2%)	5:29	10.9 (67.7%)
162	OKOŃ Zdzisław	2108		M-60	4	00:01:05	00:22:23	00:31:21		00:54:05.10	00:55:10.40	+00:16:53 (31.2%)	5:24	11.1 (68.9%)
163	JURASZEK Tomasz	2240		M-40	30	00:01:49	00:23:10	00:31:54		00:53:23.80	00:55:13.35	+00:16:12 (30.4%)	5:20	11.2 (69.6%)
164	JANICKI Krzysztof	2403		M-40	37	00:00:36	00:22:28	00:31:22		00:54:46.80	00:55:23.25	+00:17:35 (32.1%)	5:28	11 (68.3%)
165	TRYBUS Michał	2232		M-20	41	00:01:01	00:23:02	00:31:59		00:54:23.70	00:55:24.85	+00:17:12 (31.6%)	5:26	11 (68.3%)
166	SOCZAWA Wojciech	2459		M-30	65	00:02:14	00:23:50	00:32:42		00:53:12.10	00:55:26.60	+00:16:00 (30.1%)	5:19	11.3 (70.2%)
167	MUCHARSKI Jacek	2306	PROPOINT	M-20	44	00:00:32	00:22:34	00:31:22		00:54:54.90	00:55:27.15	+00:17:43 (32.3%)	5:29	10.9 (67.7%)
168	KOZŁOWSKI Mariusz	2281		M-40	36	00:00:44	00:23:19	00:32:18		00:54:43.75	00:55:28.15	+00:17:32 (32.1%)	5:28	11 (68.3%)
169	SIMKA Łukasz	2100	PROMILKI	M-30	75	00:00:55	00:23:19	00:32:19		00:54:33.50	00:55:28.60	+00:17:22 (31.8%)	5:27	11 (68.3%)
170	HEINCE Łukasz	2290	PROPOINT	M-20	45	00:00:35	00:24:21	00:32:47		00:55:02.35	00:55:37.65	+00:17:51 (32.4%)	5:30	10.9 (67.7%)
171	MATSUDA Takura	2327	TAKENAKA	M-30	79	00:00:15	00:22:58	00:32:03		00:55:37.35	00:55:52.60	+00:18:26 (33.1%)	5:33	10.8 (67.1%)
172	ZIELIŃSKI Kamil	2551		M-20	38	00:02:16	00:22:17	00:31:01		00:53:38.80	00:55:55.40	+00:16:27 (30.7%)	5:21	11.2 (69.6%)
173	PALUS Piotr	2231		M-30	83	00:00:04	00:22:41	00:31:46		00:55:52.25	00:55:56.90	+00:18:41 (33.4%)	5:35	10.7 (66.5%)
174	DYBAŁA Adam	2406		M-20	43	00:01:03	00:22:12	00:31:24		00:54:53.75	00:55:57.65	+00:17:42 (32.3%)	5:29	10.9 (67.7%)
175	OSHIMBE Masaaki	2328	TAKENAKA	M-40	38	00:00:18	00:23:03	00:32:15		00:55:40.35	00:55:59.10	+00:18:29 (33.2%)	5:34	10.8 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	KOZŁOWSKI Andrzej Jerzy	2238		M-50	11	00:01:16	00:22:00	00:31:10		00:54:44.85	00:56:01.45	+00:17:33 (32.1%)	5:28	11 (68.3%)
177	JEŻEWSKI Adam	2201	ETISOFT RUNNING TEAM	M-30	82	00:00:22	00:23:06	00:32:32		00:55:50.90	00:56:13.45	+00:18:39 (33.4%)	5:35	10.7 (66.5%)
178	DOMBEK Paweł	2171	ISTA BIEGAMY	M-20	40	00:02:02	00:22:55	00:31:45		00:54:15.65	00:56:18.30	+00:17:04 (31.5%)	5:25	11.1 (68.9%)
179	SIRKO Zbigniew	2048		M-50	12	00:01:02	00:22:44	00:31:56		00:55:15.95	00:56:18.40	+00:18:04 (32.7%)	5:31	10.9 (67.7%)
180	HAJDUKIEWICZ Michał	2502	CERTUM	M-20	46	00:00:05	00:21:59	00:31:52		00:56:18.15	00:56:23.50	+00:19:07 (34.0%)	5:37	10.7 (66.5%)
181	WIĘCŁAW Grzegorz	2531		M-30	86	00:00:19	00:24:39	00:33:54		00:56:08.40	00:56:27.85	+00:18:57 (33.8%)	5:36	10.7 (66.5%)
182	TROSKO Adam	2027		M-30	76	00:02:00	00:21:43	00:30:42		00:54:40.35	00:56:41.15	+00:17:29 (32.0%)	5:28	11 (68.3%)
183	MICHALSKI Robert	2014	HETMAN TARNOWSKIE GÓRY	M-30	88	00:00:19	00:24:05	00:33:23		00:56:22.60	00:56:42.15	+00:19:11 (34.0%)	5:38	10.6 (65.8%)
184	GARBACZ Damian	2374	FP RUNNING TEAM	M-30	89	00:00:17	00:22:57	00:32:08		00:56:28.20	00:56:45.80	+00:19:17 (34.1%)	5:38	10.6 (65.8%)
185	LESZKIEWICZ Krzysztof	2517	ELZAB ACTIVE TEAM	M-30	78	00:01:46	00:23:19	00:32:31		00:55:04.30	00:56:50.40	+00:17:53 (32.5%)	5:30	10.9 (67.7%)
186	ZIELONKA Dawid	2239		M-20	47	00:00:27	00:24:00	00:33:29		00:56:23.25	00:56:50.50	+00:19:12 (34.1%)	5:38	10.6 (65.8%)
187	BAUC Bartłomiej	2083		M-30	85	00:00:52	00:22:59	00:32:16		00:55:59.60	00:56:52.45	+00:18:48 (33.6%)	5:36	10.7 (66.5%)
188	MIERZEJEWSKI Jacek	2199	AMATOR	M-40	39	00:01:20	00:23:25	00:32:36		00:55:47.00	00:57:07.95	+00:18:35 (33.3%)	5:34	10.8 (67.1%)
189	STANISZ Michał	2068		M-30	87	00:00:52	00:23:25	00:32:35		00:56:16.50	00:57:09.35	+00:19:05 (33.9%)	5:37	10.7 (66.5%)
190	SAMOL Grzegorz	2046		M-50	13	00:01:05	00:23:06	00:32:23		00:56:03.75	00:57:09.65	+00:18:52 (33.7%)	5:36	10.7 (66.5%)
191	KOWALIK Tomasz	2320		M-30	90	00:00:26	00:23:39	00:32:48		00:56:46.05	00:57:12.30	+00:19:34 (34.5%)	5:40	10.6 (65.8%)
192	JAWOREK Dariusz	2538	OTK RZEŹNIK	M-40	41	00:00:56	00:23:13	00:32:30		00:56:17.60	00:57:14.55	+00:19:06 (33.9%)	5:37	10.7 (66.5%)
193	SADŁEK Robert	2221		M-30	81	00:01:38	00:22:25	00:31:39		00:55:44.25	00:57:22.60	+00:18:33 (33.3%)	5:34	10.8 (67.1%)
194	KOWALSKI Krzysztof	2016		M-20	42	00:03:00	00:22:07	00:31:18		00:54:32.30	00:57:33.25	+00:17:21 (31.8%)	5:27	11 (68.3%)
195	SZOT Wojciech	2000	WORD KATOWICE	M-30	84	00:01:36	00:23:25	00:32:40		00:55:57.30	00:57:33.65	+00:18:46 (33.5%)	5:35	10.7 (66.5%)
196	MALINOWSKI Łukasz	2358		M-40	40	00:01:55	00:23:08	00:32:22		00:55:49.60	00:57:44.85	+00:18:38 (33.4%)	5:34	10.7 (66.5%)
197	MILISZKIEWICZ Adam	2189		M-30	94	00:00:21	00:23:23	00:32:55		00:57:24.65	00:57:46.05	+00:20:13 (35.2%)	5:44	10.4 (64.6%)
198	JASIŃSKI Tomasz	2410		M-40	42	00:01:21	00:23:03	00:32:33		00:56:34.90	00:57:56.75	+00:19:23 (34.3%)	5:39	10.6 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	DMOCHOWSKI Artur	2441		M-30	80	00:02:22	00:23:53	00:32:52		00:55:38.40	00:58:00.45	+00:18:27 (33.2%)	5:33	10.8 (67.1%)
200	BORYCKA Józef	2198		M-60	5	00:01:33	00:23:39	00:33:01		00:56:52.80	00:58:26.10	+00:19:41 (34.6%)	5:41	10.5 (65.2%)
201	PAWLAS Seweryn	2532		M-30	91	00:01:31	00:24:14	00:33:35		00:57:02.25	00:58:34.15	+00:19:51 (34.8%)	5:42	10.5 (65.2%)
202	MOCHNACZ Patryk	2402		M-30	98	00:00:36	00:22:29	00:32:14		00:58:03.50	00:58:40.15	+00:20:52 (36.0%)	5:48	10.3 (64.0%)
203	ORYSZCZAK Łukasz	2366		M-30	93	00:01:18	00:23:44	00:33:13		00:57:24.20	00:58:42.80	+00:20:13 (35.2%)	5:44	10.5 (65.2%)
204	STALMACH Leszek	2361	WKB META LUBLINIEC	M-50	14	00:01:50	00:23:03	00:32:40		00:56:54.45	00:58:45.05	+00:19:43 (34.7%)	5:41	10.5 (65.2%)
205	GÓRA Marek	2159		M-50	17	00:00:10	00:23:30	00:33:25		00:58:35.90	00:58:45.95	+00:21:24 (36.5%)	5:51	10.2 (63.4%)
206	ZABRZEWSKI Adam	2388		M-30	97	00:00:51	00:22:45	00:32:27		00:57:57.70	00:58:49.35	+00:20:46 (35.8%)	5:47	10.4 (64.6%)
207	BRYLIŃSKI Ryszard	2294	NIEZRZESZONY	M-50	15	00:01:42	00:23:54	00:33:12		00:57:09.90	00:58:52.40	+00:19:58 (34.9%)	5:43	10.5 (65.2%)
208	KRAJEWSKI Adam	2471	OASIS SPORT TEAM	M-30	95	00:01:28	00:22:52	00:32:19		00:57:24.75	00:58:53.05	+00:20:13 (35.2%)	5:44	10.4 (64.6%)
209	MYŚLAK Mariusz	2527		M-40	46	00:00:16	00:23:42	00:33:37		00:58:37.65	00:58:54.45	+00:21:26 (36.6%)	5:51	10.2 (63.4%)
210	TURCZYN Mateusz	2143	HIRSCHVOGEL	M-20	50	00:01:34	00:24:26	00:33:45		00:57:21.50	00:58:55.80	+00:20:10 (35.2%)	5:44	10.5 (65.2%)
211	WIAZANIA Marek	2364		M-40	43	00:02:21	00:24:18	00:33:52		00:56:39.45	00:59:00.70	+00:19:28 (34.4%)	5:39	10.6 (65.8%)
212	MICEK Maciej	2062		M-20	48	00:02:10	00:24:10	00:33:26		00:56:50.85	00:59:00.95	+00:19:39 (34.6%)	5:41	10.6 (65.8%)
213	JANOSZEK Robert	2178	ISTA BIEGAMY	M-20	49	00:02:05	00:23:04	00:32:39		00:57:07.00	00:59:12.20	+00:19:55 (34.9%)	5:42	10.5 (65.2%)
214	GIERADA Mateusz	2355	NIGHT RUNNERS GLIWICE	M-20	53	00:00:14	00:29:05	00:37:59		00:59:19.10	00:59:33.95	+00:22:07 (37.3%)	5:55	10.1 (62.7%)
215	PANENKA Maciej	2015	FIS-SST TEAM	M-40	44	00:02:11	00:24:19	00:33:49		00:57:25.40	00:59:37.25	+00:20:14 (35.2%)	5:44	10.4 (64.6%)
216	NIEMIEC Sławek	2207	INTERGRAFIK POLAND	M-30	92	00:02:26	00:23:13	00:32:35		00:57:18.70	00:59:45.45	+00:20:07 (35.1%)	5:43	10.5 (65.2%)
216	KLEMCZAK Szymon	2478	AQUASENSE.PL	M-18	3	00:00:54	00:24:43	00:34:54		00:58:51.30	00:59:45.45	+00:21:40 (36.8%)	5:53	10.2 (63.4%)
218	GRZESICZEK Piotr	2267	HIRERIGHT RUNNING TEAM	M-20	51	00:01:40	00:24:00	00:33:35		00:58:15.65	00:59:56.60	+00:21:04 (36.2%)	5:49	10.3 (64.0%)
219	KOSIAK Maciej	2359		M-40	45	00:01:54	00:24:30	00:33:55		00:58:02.70	00:59:57.20	+00:20:51 (35.9%)	5:48	10.3 (64.0%)
220	ZAREMBA Tadeusz	2024		M-60	6	00:01:29	00:24:39	00:34:25		00:58:31.25	01:00:01.15	+00:21:20 (36.5%)	5:51	10.3 (64.0%)
221	OLIMSKI Fabian	2226	SOKÓŁ KNURÓW	M-40	48	00:00:41	00:24:40	00:34:43		00:59:26.05	01:00:07.80	+00:22:14 (37.4%)	5:56	10.1 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	SKRABA Krzysztof	2511	SZCZYGŁOWICE AMATOR	M-30	101	00:00:41	00:24:39	00:34:42		00:59:26.85	01:00:08.15	+00:22:15 (37.4%)	5:56	10.1 (62.7%)
223	PROCEK Marcin	2145		M-40	47	00:01:26	00:23:06	00:32:48		00:58:47.35	01:00:14.05	+00:21:36 (36.7%)	5:52	10.2 (63.4%)
224	MARCZYK Dariusz	2393		M-30	96	00:02:19	00:24:22	00:33:54		00:57:56.65	01:00:15.90	+00:20:45 (35.8%)	5:47	10.4 (64.6%)
225	JASIKOWSKI Łukasz	2429	KONIUCHY	M-20	52	00:01:50	00:24:38	00:34:09		00:58:26.55	01:00:16.75	+00:21:15 (36.4%)	5:50	10.3 (64.0%)
226	KOMANDER Marcin	2319		M-50	16	00:02:08	00:23:41	00:33:19		00:58:27.25	01:00:36.05	+00:21:16 (36.4%)	5:50	10.3 (64.0%)
227	KRZOS Piotr	2439		M-30	99	00:02:22	00:24:22	00:33:49		00:58:20.00	01:00:42.20	+00:21:08 (36.3%)	5:50	10.3 (64.0%)
228	PAWLETA Michał	2112	NIGHT RUNNERS GLIWICE	M-40	50	00:00:35	00:25:45	00:35:35		01:00:07.90	01:00:43.75	+00:22:56 (38.2%)	6:00	10 (62.1%)
229	URBAN Dariusz	2005		M-40	53	00:00:06	00:24:08	00:34:31		01:00:40.40	01:00:47.10	+00:23:29 (38.7%)	6:04	9.9 (61.5%)
230	MATYSIEWICZ Piotr	2079	INTER PROJEKT SA	M-30	100	00:02:24	00:24:44	00:34:22		00:58:25.05	01:00:49.05	+00:21:13 (36.3%)	5:50	10.3 (64.0%)
231	HOLETZKE Krzysztof	2158		M-30	102	00:01:18	00:24:59	00:34:50		00:59:38.25	01:00:56.60	+00:22:27 (37.6%)	5:57	10.1 (62.7%)
232	MIŚKIEWICZ Andrzej	2342		M-50	19	00:01:01	00:24:29	00:34:43		01:00:04.80	01:01:06.25	+00:22:53 (38.1%)	6:00	10 (62.1%)
233	RAPCIA Rafał	2153		M-30	107	00:00:35	00:25:23	00:35:05		01:00:39.70	01:01:15.45	+00:23:28 (38.7%)	6:04	9.9 (61.5%)
234	GWIOŹDZIK Sławek	2350	ATO	M-50	18	00:01:33	00:25:14	00:35:10		00:59:48.85	01:01:22.65	+00:22:37 (37.8%)	5:58	10 (62.1%)
235	PAŚNIK Jacek	2523		M-20	57	00:00:37	00:24:30	00:34:24		01:00:49.55	01:01:27.35	+00:23:38 (38.9%)	6:05	9.9 (61.5%)
236	KIJANKA Damian	2082	HIRSCHVOGEL	M-20	54	00:01:32	00:24:50	00:34:55		00:59:55.80	01:01:28.55	+00:22:44 (38.0%)	5:59	10 (62.1%)
237	FOREMSKI Paweł	2126	BETANIA	M-30	104	00:01:43	00:24:52	00:35:08		01:00:06.10	01:01:49.40	+00:22:54 (38.1%)	6:00	10 (62.1%)
238	ZEIDLER Aleksander	2289		M-40	54	00:00:25	00:25:45	00:35:56		01:01:25.90	01:01:51.25	+00:24:14 (39.5%)	6:08	9.8 (60.9%)
239	LEŚNIAK Marcin	2368	SEKCJA BIEGOWA FAMILIA	M-30	103	00:02:05	00:25:34	00:35:01		01:00:01.55	01:02:06.85	+00:22:50 (38.1%)	6:00	10 (62.1%)
240	KOCJAN Łukasz	2217	EZUNIVERSE	M-40	49	00:02:18	00:25:16	00:35:27		00:59:52.25	01:02:11.00	+00:22:41 (37.9%)	5:59	10 (62.1%)
241	BEDNORZ Roman	2433	NAPĘDZANI PROCENTEM	M-30	105	00:01:51	00:25:03	00:35:04		01:00:19.65	01:02:11.55	+00:23:08 (38.4%)	6:02	9.9 (61.5%)
242	DRZEJA Zbigniew	2506		M-40	51	00:01:58	00:25:07	00:35:03		01:00:14.80	01:02:13.20	+00:23:03 (38.3%)	6:01	10 (62.1%)
243	GROBORZ Grzegorz	2059		M-40	52	00:01:47	00:25:17	00:35:19		01:00:28.20	01:02:15.35	+00:23:17 (38.5%)	6:02	9.9 (61.5%)
244	MACIĄGA Marcin	2458		M-20	55	00:02:20	00:25:16	00:34:53		00:59:59.65	01:02:19.65	+00:22:48 (38.0%)	5:59	10 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	KARWAT Jarek	2196	EZUNIVERSE	M-30	106	00:02:10	00:25:24	00:35:35		01:00:20.20	01:02:30.85	+00:23:09 (38.4%)	6:02	9.9 (61.5%)
246	PACZKOWSKI Jacek	2220		M-40	55	00:01:15	00:24:47	00:35:03		01:01:28.10	01:02:43.20	+00:24:16 (39.5%)	6:08	9.8 (60.9%)
247	SALAMON Dawid	2259	FILIPOWE KILOMETRY WALCZYMY Z AUTYZMEM	M-30	109	00:01:35	00:24:46	00:34:34		01:01:08.65	01:02:44.55	+00:23:57 (39.2%)	6:06	9.8 (60.9%)
248	DROZD Krzysztof	2113		M-20	58	00:01:25	00:24:55	00:34:54		01:01:22.20	01:02:48.10	+00:24:11 (39.4%)	6:08	9.8 (60.9%)
249	GIBAS Wojciech	2270	HIRERIGHT RUNNING TEAM	M-30	110	00:01:34	00:25:53	00:36:01		01:01:22.45	01:02:56.45	+00:24:11 (39.4%)	6:08	9.8 (60.9%)
250	RATKA Dawid	2109		M-20	59	00:01:28	00:25:19	00:35:24		01:01:29.40	01:02:57.45	+00:24:18 (39.5%)	6:08	9.8 (60.9%)
251	MORMUL Witold	2061	SUPER FAJNY KLUB	M-20	56	00:02:41	00:24:45	00:34:54		01:00:18.50	01:03:00.25	+00:23:07 (38.3%)	6:01	9.9 (61.5%)
252	MARKOWICZ Piotr	2485		M-30	108	00:02:19	00:25:44	00:35:41		01:00:55.20	01:03:14.75	+00:23:44 (39.0%)	6:05	9.8 (60.9%)
253	WAYDOWICZ Przemysław	2139	PKO SILESIA RUNNING TEAM	M-30	111	00:01:30	00:24:52	00:35:09		01:01:54.00	01:03:24.85	+00:24:42 (39.9%)	6:11	9.7 (60.2%)
254	BATORYNA Aleksander	2548		M-30	117	00:00:02	00:38:44	00:45:40		01:03:53.15	01:03:55.15	+00:26:42 (41.8%)	6:23	9.4 (58.4%)
255	JACH Wojciech	2179		M-40	56	00:01:52	00:25:43	00:36:33		01:02:35.75	01:04:28.20	+00:25:24 (40.6%)	6:15	9.6 (59.6%)
256	JACHYMIAK Damian	2385		M-30	115	00:01:04	00:26:03	00:36:30		01:03:23.90	01:04:28.35	+00:26:12 (41.3%)	6:20	9.5 (59.0%)
257	WITAŁA Rafał	2025		M-30	112	00:02:01	00:26:07	00:36:47		01:02:34.80	01:04:35.85	+00:25:23 (40.6%)	6:15	9.6 (59.6%)
258	ZAJDEL Dariusz	2093		M-50	20	00:01:57	00:27:02	00:37:09		01:02:38.50	01:04:35.95	+00:25:27 (40.6%)	6:15	9.6 (59.6%)
259	KOTOWSKI Piotr	2426		M-40	58	00:01:28	00:25:51	00:36:28		01:03:26.35	01:04:55.30	+00:26:15 (41.4%)	6:20	9.5 (59.0%)
260	BOROWIAK Mateusz	2286	SEKCJA BIEGOWA FAMILIA	M-30	113	00:02:23	00:26:28	00:37:04		01:02:34.90	01:04:58.30	+00:25:23 (40.6%)	6:15	9.6 (59.6%)
261	GĄSIOREK Łukasz	2288	SEKCJA BIEGOWA FAMILIA	M-20	60	00:02:21	00:26:30	00:37:06		01:02:36.75	01:04:58.45	+00:25:25 (40.6%)	6:15	9.6 (59.6%)
262	ŻELEZNY Tomasz	2249		M-30	114	00:01:52	00:26:46	00:37:15		01:03:06.65	01:04:59.05	+00:25:55 (41.1%)	6:18	9.5 (59.0%)
263	GILEWSKI Franciszek	2509	BIEGAM Z SERCEM	M-70	1	00:01:53	00:25:38	00:36:23		01:03:07.80	01:05:00.95	+00:25:56 (41.1%)	6:18	9.5 (59.0%)
264	DUDEK Mateusz	2394	FLUOR SA.	M-20	61	00:01:54	00:27:20	00:38:46		01:03:13.40	01:05:07.95	+00:26:02 (41.2%)	6:19	9.5 (59.0%)
265	NIEMIEC Rafał	2261	INTERGRAFIK POLSKA	M-40	57	00:02:27	00:24:46	00:35:37		01:03:05.25	01:05:32.45	+00:25:54 (41.1%)	6:18	9.5 (59.0%)
266	MACIEJCZYK Marcin	2244	FAMILIA	M-30	116	00:02:04	00:25:36	00:36:15		01:03:43.30	01:05:47.80	+00:26:32 (41.6%)	6:22	9.4 (58.4%)
267	BOJEŚ Marcin	2310	EZUNIVERSE	M-20	62	00:02:16	00:27:03	00:37:53		01:04:00.35	01:06:16.35	+00:26:49 (41.9%)	6:24	9.4 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	PŁACHTA Marek	2076	INTER PROJEKT SA	M-40	60	00:00:53	00:26:02	00:37:01		01:05:33.10	01:06:26.25	+00:28:21 (43.3%)	6:33	9.2 (57.1%)
269	WÓJCIK Rafał	2331	SEKCJA BIEGOWA FAMILIA	M-30	118	00:02:25	00:25:18	00:35:54		01:04:02.70	01:06:27.85	+00:26:51 (41.9%)	6:24	9.4 (58.4%)
270	KUBICA Michał	2479		M-20	63	00:01:30	00:28:15	00:39:18		01:05:10.30	01:06:40.50	+00:27:59 (42.9%)	6:31	9.2 (57.1%)
271	ŚWIDER Tomasz	2222	BYTOM	M-40	59	00:01:43	00:28:26	00:40:24		01:05:15.90	01:06:59.20	+00:28:04 (43.0%)	6:31	9.2 (57.1%)
272	JUROWICZ Damian	2447		M-20	64	00:01:28	00:26:42	00:37:43		01:05:33.70	01:07:01.70	+00:28:22 (43.3%)	6:33	9.2 (57.1%)
273	PORADA Tomasz	2312		M-30	119	00:01:56	00:27:18	00:38:04		01:05:10.75	01:07:06.95	+00:27:59 (42.9%)	6:31	9.2 (57.1%)
274	BRODIUK Norbert	2001	SBRT ,NIGHT RUNNERS GLIWICE	M-40	62	00:00:36	00:26:54	00:38:01		01:06:41.30	01:07:17.85	+00:29:30 (44.2%)	6:40	9 (55.9%)
275	SMUDA Grzegorz	2110	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:49	00:27:23	00:38:10		01:05:29.35	01:07:18.45	+00:28:18 (43.2%)	6:32	9.2 (57.1%)
276	MALEC Marek	2391		M-20	65	00:01:33	00:25:38	00:37:07		01:05:51.85	01:07:25.50	+00:28:40 (43.5%)	6:35	9.1 (56.5%)
277	STACHOWIAK Janusz	2169		M-60	7	00:01:40	00:26:24	00:37:24		01:05:56.65	01:07:36.80	+00:28:45 (43.6%)	6:35	9.1 (56.5%)
278	SOWA Ireneusz	2098	SOWA TEAM OPOLE	M-40	61	00:01:25	00:26:30	00:37:43		01:06:27.90	01:07:53.20	+00:29:16 (44.1%)	6:38	9 (55.9%)
279	STEPEL Grzegorz	2214		M-40	63	00:00:50	00:26:55	00:38:33		01:07:17.45	01:08:07.50	+00:30:06 (44.7%)	6:43	8.9 (55.3%)
280	KLIKS Kazimierz	2071		M-50	21	00:02:12	00:27:30	00:38:40		01:07:17.70	01:09:30.35	+00:30:06 (44.7%)	6:43	8.9 (55.3%)
281	STRUG Mariusz	2482		M-40	64	00:02:17	00:27:32	00:38:56		01:07:56.80	01:10:14.60	+00:30:45 (45.3%)	6:47	8.8 (54.7%)
282	CIESLAK Pawel	2438		M-30	121	00:01:53	00:28:23	00:39:55		01:08:58.65	01:10:52.50	+00:31:47 (46.1%)	6:53	8.7 (54.0%)
283	MALISZEWSKI Jakub	2379	NAPĘDZANI PROCENTEM	M-30	122	00:01:55	00:29:12	00:40:43		01:09:22.70	01:11:18.05	+00:32:11 (46.4%)	6:56	8.6 (53.4%)
284	MALISZEWSKI Bogusław	2381	NAPĘDZANI PROCENTEM	M-60	8	00:01:54	00:29:13	00:40:44		01:09:23.55	01:11:18.20	+00:32:12 (46.4%)	6:56	8.6 (53.4%)
285	LEWICKI Krzysztof	97	NIGHT RUNNERS GLIWICE	M-30	123	00:01:03	00:28:24	00:40:01		01:10:19.40	01:11:22.95	+00:33:08 (47.1%)	7:01	8.5 (52.8%)
286	GĄTEK Gerard	2549		M-70	2	00:01:50	00:28:37	00:40:21		01:10:58.75	01:12:48.75	+00:33:47 (47.6%)	7:05	8.5 (52.8%)
287	PYREK Marek	2314	TOROS DE ESPANA	M-30	125	00:00:56	00:29:29	00:41:40		01:12:04.15	01:13:00.20	+00:34:53 (48.4%)	7:12	8.3 (51.6%)
288	NOWIŃSKI Kamil	2284	SEKCJA BIEGOWA FAMILIA	M-30	124	00:02:24	00:31:33	00:44:51		01:11:24.25	01:13:48.25	+00:34:13 (47.9%)	7:08	8.4 (52.2%)
289	TISZBIEREK Henryk	2117	NIGHT RUNNERS GLIWICE	M-40	65	00:01:42	00:29:04	00:41:11		01:12:13.80	01:13:55.95	+00:35:02 (48.5%)	7:13	8.3 (51.6%)
290	PRUCHNIK Sławek	2051	JAZZY	M-20	66	00:00:59	00:29:16	00:42:57		01:13:49.40	01:14:48.45	+00:36:38 (49.6%)	7:22	8.1 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10_km 4.3km	15_km 6km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	JURETKO Adam	2535		M-40	66	00:01:37	00:29:33	00:41:56		01:13:24.60	01:15:02.10	+00:36:13 (49.3%)	7:20	8.2 (50.9%)
292	KUT Krzysztof	2031		M-30	126	00:01:02	00:30:01	00:42:32		01:14:00.65	01:15:02.70	+00:36:49 (49.8%)	7:24	8.1 (50.3%)
293	UEMURA Yoshihiko	2334	TAKENAKA	M-50	22	00:00:18	00:31:12	00:43:33		01:16:01.40	01:16:19.95	+00:38:50 (51.1%)	7:36	7.9 (49.1%)
294	KAMIŃSKI Wojciech	2477	INTERPROJEKT	M-20	67	00:02:25	00:30:05	00:42:12		01:14:15.20	01:16:40.55	+00:37:04 (49.9%)	7:25	8.1 (50.3%)
295	KOSTRO Rafał	2285	SEKCJA BIEGOWA FAMILIA	M-30	127	00:02:22	00:31:35	00:44:53		01:15:34.20	01:17:56.50	+00:38:23 (50.8%)	7:33	7.9 (49.1%)
296	CUDZIK Waldemar	2463		M-50	23	00:01:28	00:52:11			01:16:35.70	01:18:03.95	+00:39:24 (51.5%)	7:39	7.8 (48.4%)
297	KULIG Maciej	2504	CERTUM	M-30	128	00:00:06	00:31:31	00:45:13		01:21:17.75	01:21:23.75	+00:44:06 (54.3%)	8:07	7.4 (46.0%)
298	DOLIŃSKI Daniel	2414	UNISONO / FIS-SST TEAM	M-20	68	00:02:18	00:31:35	00:45:43		01:20:05.90	01:22:24.70	+00:42:54 (53.6%)	8:00	7.5 (46.6%)
299	SKUPIEŃ Piotr	2526		M-40	67	00:00:37	00:53:51	01:03:37		01:30:19.05	01:30:56.55	+00:53:07 (58.8%)	9:01	6.6 (41.0%)
300	WIERCIŃSKI Łukasz	2473		M-60	9	00:00:05	00:57:51			01:43:58.20	01:44:03.45	+01:06:47 (64.2%)	10:23	5.8 (36.0%)
301	OLEJNIK Marcin	2302	PROPOINT	M-20	69	00:00:35	00:48:26	01:14:52		01:52:26.45	01:53:01.80	+01:15:15 (66.9%)	11:14	5.3 (32.9%)
	STASIERSKI Maciej	2279		M-30		DNF	00:42:53 DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 302 wynik(ów)