



Event: V Radan Półmaraton Gliwicki 2018
Organiser: Fundacja Bieg Rzeźnika
Date: 2018-11-04
Place: Gliwice
Distance: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: Mieszkańcy Gliwic

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
1	BABULA Przemysław	1015	GKS PIAST GLIWICE	M-20	4	00:00:02	00:17:44	00:37:26	00:38:55.85	00:38:58.10		3:42	16.2 (100%)
2	BYRCZEK Jan	1001		M-18	1	00:00:02	00:18:37	00:38:58	00:40:22.15	00:40:25.00	+00:01:26 (3.6%)	3:50	15.6 (96.3%)
3	OCHMAN Paweł	1232	FUTURE PROCESSING RUNNING TEAM	M-30	6	00:00:03	00:19:05	00:39:04	00:40:31.25	00:40:34.35	+00:01:35 (3.9%)	3:51	15.5 (95.7%)
4	BOJARCZUK Tomasz	1028	PRO366	M-20	5	00:00:02	00:19:29	00:40:03	00:41:38.20	00:41:40.85	+00:02:42 (6.5%)	3:57	15.1 (93.2%)
5	ALKER Andrzej	1013		M-30	9	00:00:03	00:19:42	00:40:15	00:41:42.50	00:41:45.85	+00:02:46 (6.7%)	3:58	15.1 (93.2%)
6	HALMAN Tomasz	1105		M-30	10	00:00:03	00:19:26	00:40:30	00:41:58.20	00:42:01.80	+00:03:02 (7.2%)	3:59	15 (92.6%)
7	KUCHARCZYK Jakub	1002	OTK RZEŹNIK	M-18	2	00:00:02	00:19:12	00:41:12	00:42:39.60	00:42:41.80	+00:03:43 (8.7%)	4:03	14.8 (91.4%)
8	DOLATA Krzysztof	1051	SOCIOS SILESIA	M-30	12	00:00:04	00:20:32	00:41:40	00:43:18.55	00:43:22.60	+00:04:22 (10.1%)	4:07	14.5 (89.5%)
9	BUŁAWA Filip	1004	OTK RZEŹNIK	M-18	4	00:00:02	00:20:15	00:41:46	00:43:20.70	00:43:23.65	+00:04:24 (10.2%)	4:07	14.5 (89.5%)
10	NOWAK Mateusz	1227		M-20	8	00:00:05	00:20:45	00:43:15	00:44:52.85	00:44:58.80	+00:05:57 (13.3%)	4:16	14 (86.4%)
11	KAMIŃSKI Jacek	1129		M-30	15	00:00:48	00:21:27	00:43:28	00:45:08.10	00:45:56.55	+00:06:12 (13.7%)	4:17	14 (86.4%)
12	CZARNOZYŃSKI Aleksander	1045	GTT INTERPROJEKT	M-50	1	00:00:07	00:22:03	00:44:21	00:46:03.05	00:46:10.50	+00:07:07 (15.5%)	4:23	13.7 (84.6%)
13	JEZUSEK Piotrek	1121	NIGHT RUNNERS GLIWICE	M-30	20	00:00:16	00:22:03	00:44:34	00:46:09.35	00:46:26.15	+00:07:13 (15.7%)	4:23	13.6 (84.0%)
14	KUKURBA Mikołaj	1179	ENGINIETY	M-30	22	00:01:10	00:21:44	00:44:46	00:46:28.55	00:47:39.40	+00:07:32 (16.2%)	4:25	13.6 (84.0%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
15	MICHAŁUSZEK Sebastian	1209	BIEG - UNKA	M-40	11	00:00:11	00:22:30	00:45:11	00:46:55.65	00:47:07.50	+00:07:59 (17.0%)	4:28	13.4 (82.7%)
16	ZIÓŁKOWSKI Grzegorz	1409		M-40	13	00:00:23	00:22:13	00:45:29	00:47:09.40	00:47:32.80	+00:08:13 (17.4%)	4:29	13.4 (82.7%)
17	ALKER Zbigniew	1014		M-50	2	00:00:34	00:22:35	00:45:51	00:47:28.95	00:48:03.70	+00:08:33 (18.0%)	4:31	13.3 (82.1%)
18	GRUSZCZYŃSKI Stanisław	1421		M-30	27	00:00:11	00:22:09	00:46:00	00:47:43.70	00:47:55.50	+00:08:47 (18.4%)	4:32	13.2 (81.5%)
19	WÓJCIKOWSKI Mateusz	1391	ANICA TEAM	M-20	12	00:00:04	00:22:13	00:46:04	00:47:47.45	00:47:51.80	+00:08:51 (18.5%)	4:33	13.2 (81.5%)
20	KRAICZICZEK Krzysztof	1449		M-40	17	00:00:12	00:22:46	00:46:49	00:48:35.20	00:48:48.00	+00:09:39 (19.9%)	4:37	13 (80.2%)
21	DACZYŃSKI Michał	1493		M-40	18	00:00:05	00:22:28	00:46:53	00:48:44.00	00:48:49.35	+00:09:48 (20.1%)	4:38	12.9 (79.6%)
22	RYSIEWICZ Maciej	1303	6 BATALION POWIETRZNODESANTOWY GLIWICE	M-40	19	00:00:41	00:23:31	00:47:02	00:48:47.65	00:49:28.80	+00:09:51 (20.2%)	4:38	12.9 (79.6%)
23	WĄS Szymon	1378	MOMO RESTAURANT & COCKTAIL BAR	M-20	13	00:00:43	00:23:41	00:47:18	00:49:02.75	00:49:46.70	+00:10:06 (20.6%)	4:40	12.8 (79.0%)
24	FRYDA Marek	1074		M-40	24	00:01:11	00:23:44	00:47:47	00:49:37.85	00:50:49.05	+00:10:42 (21.6%)	4:43	12.7 (78.4%)
25	MAŃKA Marcin	1200	MOMO RESTAURANT & COCKTAIL BAR	M-30	31	00:00:38	00:24:11	00:48:03	00:49:44.85	00:50:23.65	+00:10:49 (21.7%)	4:44	12.7 (78.4%)
26	IGNASIAK Jakub	1505		M-30	33	00:00:06	00:23:23	00:48:09	00:49:58.35	00:50:04.60	+00:11:02 (22.1%)	4:45	12.6 (77.8%)
27	WIĘCŁAW Grzegorz	1381	GŁOWA RZĄDZI	M-30	34	00:00:32	00:23:21	00:48:19	00:50:12.00	00:50:44.15	+00:11:16 (22.4%)	4:46	12.5 (77.2%)
28	DOBOSZ Daniel	1050		M-40	26	00:00:18	00:23:10	00:48:26	00:50:13.95	00:50:32.05	+00:11:18 (22.5%)	4:47	12.5 (77.2%)
29	SKORUPSKI Paweł	1318		M-40	27	00:00:11	00:23:32	00:48:13	00:50:15.00	00:50:26.05	+00:11:19 (22.5%)	4:47	12.5 (77.2%)
30	HAJOK Marek	1104		M-40	28	00:00:10	00:23:36	00:48:43	00:50:30.75	00:50:41.65	+00:11:34 (22.9%)	4:48	12.5 (77.2%)
31	SZWARCZYŃSKI Michał	1353		M-30	37	00:00:09	00:22:58	00:48:49	00:50:47.15	00:50:56.15	+00:11:51 (23.3%)	4:50	12.4 (76.5%)
32	WILMA Krzysztof	1466		M-40	30	00:00:23	00:23:35	00:48:59	00:50:52.35	00:51:16.15	+00:11:56 (23.5%)	4:50	12.4 (76.5%)
33	MAZUR Łukasz	1204	EKO-OKNA RUNNERS	M-20	16	00:00:40	00:24:42	00:49:31	00:51:19.70	00:51:59.75	+00:12:23 (24.2%)	4:53	12.3 (75.9%)
34	SMOLARCZYK Michał	1321		M-40	31	00:00:23	00:24:56	00:49:48	00:51:42.90	00:52:05.90	+00:12:47 (24.7%)	4:55	12.2 (75.3%)
35	MICHAŁOWSKI Rafał	1208		M-30	40	00:00:48	00:25:00	00:50:08	00:52:02.40	00:52:50.40	+00:13:06 (25.2%)	4:57	12.1 (74.7%)
36	MICHALSKI Robert	1207	HETMAN TARNOWSKIE GÓRY	M-30	44	00:00:25	00:25:18	00:50:41	00:52:31.05	00:52:56.95	+00:13:35 (25.9%)	5:00	12 (74.1%)
37	POLEWKA Tomasz	1005	OTK RZEŹNIK	M-40	32	00:00:02	00:24:51	00:50:47	00:52:41.75	00:52:44.30	+00:13:45 (26.1%)	5:01	12 (74.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
38	BASZUN Michał	1019	DAMY RADĘ!	M-30	46	00:00:47	00:25:15	00:50:51	00:52:44.10	00:53:31.65	+00:13:48 (26.2%)	5:01	11.9 (73.5%)
39	KACZMARZYK Arkadiusz	1426	ASSECO ACTIVE TEAM	M-30	47	00:00:38	00:24:39	00:50:43	00:52:51.05	00:53:29.30	+00:13:55 (26.3%)	5:02	11.9 (73.5%)
40	KOSMACZEWSKI Michał	1156	EUVIC	M-30	48	00:00:21	00:25:05	00:51:01	00:53:00.55	00:53:22.30	+00:14:04 (26.6%)	5:02	11.9 (73.5%)
41	WYCIŚLIK Marcin	1392	HIRSCHVOGEL	M-30	49	00:00:30	00:25:11	00:51:06	00:53:01.75	00:53:32.65	+00:14:05 (26.6%)	5:03	11.9 (73.5%)
42	JAWORSKI Jakub	1118		M-20	19	00:00:43	00:25:25	00:51:06	00:53:05.55	00:53:49.40	+00:14:09 (26.7%)	5:03	11.9 (73.5%)
43	CAPUTA Michał	1036		M-30	50	00:01:26	00:24:56	00:51:13	00:53:13.20	00:54:39.30	+00:14:17 (26.8%)	5:04	11.8 (72.8%)
44	JANIKOWSKI Adam	1115	ANICA TEAM	M-30	51	00:00:05	00:24:20	00:51:21	00:53:16.20	00:53:21.40	+00:14:20 (26.9%)	5:04	11.8 (72.8%)
45	MACH Marcin	1193	1976	M-40	34	00:00:10	00:24:36	00:51:21	00:53:22.20	00:53:32.95	+00:14:26 (27.1%)	5:04	11.8 (72.8%)
46	KOWAL Dariusz	1487		M-40	35	00:00:24	00:25:33	00:51:33	00:53:24.20	00:53:48.75	+00:14:28 (27.1%)	5:05	11.8 (72.8%)
47	GAJEWSKI Jacek	1453		M-50	7	00:00:21	00:25:42	00:51:38	00:53:24.95	00:53:46.90	+00:14:29 (27.1%)	5:05	11.8 (72.8%)
48	SKUPIEŃ Piotr	1512		M-40	36	00:00:59	00:25:08	00:51:29	00:53:28.00	00:54:27.05	+00:14:32 (27.2%)	5:05	11.8 (72.8%)
49	JAWORSKI Kamil	1119	FUCHS OIL TEAM	M-30	54	00:00:38	00:26:14	00:51:50	00:53:37.80	00:54:16.60	+00:14:41 (27.4%)	5:06	11.7 (72.2%)
50	SETNIK Robert	1451		M-40	37	00:00:10	00:25:23	00:51:51	00:53:38.35	00:53:48.40	+00:14:42 (27.4%)	5:06	11.7 (72.2%)
51	PORĘBSKI Grzegorz	1472		M-20	22	00:00:47	00:26:19	00:52:27	00:54:12.75	00:55:00.20	+00:15:16 (28.2%)	5:09	11.6 (71.6%)
52	TURCZYN Mateusz	1367	HIRSCHVOGEL	M-20	23	00:00:32	00:25:15	00:52:18	00:54:12.90	00:54:45.15	+00:15:17 (28.2%)	5:09	11.6 (71.6%)
53	SOKOŁOWSKI Łukasz	1329		M-30	57	00:00:55	00:26:08	00:52:42	00:54:29.45	00:55:24.70	+00:15:33 (28.6%)	5:11	11.6 (71.6%)
54	NIEMIEC Sławek	1221	INTERGRAFIK POLAND	M-30	58	00:00:50	00:25:54	00:52:42	00:54:41.90	00:55:32.20	+00:15:46 (28.8%)	5:12	11.5 (71.0%)
55	SZOŁTYSIK Łukasz	1447		M-30	59	00:01:15	00:26:27	00:52:48	00:54:45.60	00:56:01.25	+00:15:49 (28.9%)	5:12	11.5 (71.0%)
56	GOŁĘBIEWSKI Kazimierz	1091		M-40	41	00:00:35	00:25:33	00:52:42	00:54:48.15	00:55:23.30	+00:15:52 (29.0%)	5:13	11.5 (71.0%)
57	PIÓRKOWSKI Tomasz	1268		M-40	43	00:00:48	00:26:06	00:53:02	00:54:51.35	00:55:40.15	+00:15:55 (29.0%)	5:13	11.5 (71.0%)
58	PAWLAS Seweryn	1483		M-30	60	00:01:08	00:27:17	00:53:07	00:54:55.95	00:56:04.20	+00:16:00 (29.1%)	5:13	11.5 (71.0%)
59	PAWLINA Piotr	1256		M-40	46	00:01:10	00:28:13	00:53:28	00:55:17.90	00:56:28.60	+00:16:22 (29.6%)	5:16	11.4 (70.4%)
60	PAWLIK Michał	554		M-30	63	00:00:40	00:26:21	00:53:25	00:55:22.80	00:56:02.85	+00:16:26 (29.7%)	5:16	11.4 (70.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
61	KACZMAREK Marcin	1126	ETISOFT RUNNING TEAM	M-40	47	00:01:06	00:26:52	00:53:24	00:55:23.25	00:56:29.40	+00:16:27 (29.7%)	5:16	11.4 (70.4%)
62	MILISZKIEWICZ Adam	1215		M-30	64	00:00:46	00:27:11	00:53:31	00:55:27.65	00:56:14.55	+00:16:31 (29.8%)	5:16	11.4 (70.4%)
63	MIŁKOWSKI Bartosz	1468		M-30	66	00:00:54	00:28:05	00:53:49	00:55:34.50	00:56:29.35	+00:16:38 (29.9%)	5:17	11.3 (69.8%)
64	KARGUL Konrad	1132		M-30	67	00:00:35	00:26:41	00:53:39	00:55:37.95	00:56:13.75	+00:16:42 (30.0%)	5:17	11.3 (69.8%)
65	SŁODKIEWICZ Grzegorz	1320		M-40	48	00:00:32	00:25:35	00:53:41	00:55:54.15	00:56:26.40	+00:16:58 (30.4%)	5:19	11.3 (69.8%)
66	PRONCZUK Marcin	1282	WQRW TEAM	M-30	69	00:00:48	00:26:43	00:53:57	00:55:58.40	00:56:47.00	+00:17:02 (30.4%)	5:19	11.3 (69.8%)
67	KOMANDER Marcin	1149		M-50	10	00:01:23	00:26:20	00:54:19	00:56:28.85	00:57:52.80	+00:17:33 (31.1%)	5:22	11.2 (69.1%)
68	LINEK Mariusz	411		M-40	49	00:01:23	00:26:03	00:54:17	00:56:29.15	00:57:53.00	+00:17:33 (31.1%)	5:22	11.2 (69.1%)
69	MARYNIAK Wojtek	451		M-30	71	00:01:21	00:27:36	00:54:47	00:56:48.25	00:58:10.15	+00:17:52 (31.5%)	5:24	11.1 (68.5%)
70	LEDWOŃ Jakub	1182		M-40	54	00:00:45	00:26:33	00:54:51	00:56:58.15	00:57:43.80	+00:18:02 (31.7%)	5:25	11.1 (68.5%)
71	PROCEK Marcin	1507	WWW.OQS.COM.PL	M-40	55	00:00:58	00:26:56	00:55:34	00:57:41.70	00:58:40.25	+00:18:45 (32.5%)	5:29	10.9 (67.3%)
72	SZMIGIEL Daniel	1348		M-30	73	00:00:49	00:28:23	00:55:49	00:57:43.45	00:58:32.85	+00:18:47 (32.6%)	5:29	10.9 (67.3%)
73	OSWALD Karol	1243		M-30	74	00:00:42	00:27:34	00:55:45	00:57:46.55	00:58:29.15	+00:18:50 (32.6%)	5:30	10.9 (67.3%)
74	KROTOS Krzysztof	1169		M-40	56	00:00:19	00:26:52	00:56:04	00:58:05.00	00:58:24.35	+00:19:09 (33.0%)	5:31	10.8 (66.7%)
75	SZWAJKOSZ Szczepan	1352		M-30	75	00:00:51	00:28:04	00:56:08	00:58:05.15	00:58:56.15	+00:19:09 (33.0%)	5:31	10.8 (66.7%)
76	ZAREMBA Tadeusz	1402	STROXWARE KORPOREJSZYN	M-60	4	00:01:11	00:28:11	00:56:18	00:58:21.05	00:59:32.25	+00:19:25 (33.3%)	5:33	10.8 (66.7%)
77	STRĄCAŁA Paweł	1339		M-20	29	00:00:45	00:27:46	00:56:16	00:58:23.25	00:59:08.40	+00:19:27 (33.3%)	5:33	10.8 (66.7%)
78	SAMOL Grzegorz	1307		M-50	14	00:00:41	00:27:21	00:56:23	00:58:27.45	00:59:09.15	+00:19:31 (33.4%)	5:34	10.8 (66.7%)
79	SZOT Wojciech	1417		M-30	76	00:01:00	00:28:00	00:56:21	00:58:27.60	00:59:28.05	+00:19:31 (33.4%)	5:34	10.8 (66.7%)
80	CHOLEWA Tomasz	1490		M-40	59	00:00:27	00:27:26	00:56:30	00:58:43.80	00:59:11.25	+00:19:47 (33.7%)	5:35	10.7 (66.0%)
81	LESZKOVEN Piotr	1183	FLUOR	M-40	60	00:00:37	00:27:40	00:56:35	00:58:43.80	00:59:21.30	+00:19:47 (33.7%)	5:35	10.7 (66.0%)
82	ŻEROMSKI Stefan	1443		M-50	16	00:01:28	00:29:42	00:57:03	00:59:04.35	01:00:32.50	+00:20:08 (34.1%)	5:37	10.7 (66.0%)
83	SIKORA Michał	1310		M-40	62	00:00:57	00:27:41	00:57:15	00:59:30.95	01:00:28.75	+00:20:35 (34.6%)	5:40	10.6 (65.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
84	BIAŁOSKÓRSKI Grzegorz	1503		M-40	63	00:01:04	00:27:40	00:57:47	01:00:02.10	01:01:06.80	+00:21:06 (35.2%)	5:43	10.5 (64.8%)
85	ODZIOMEK Sebastian	1504		M-40	64	00:01:04	00:27:40	00:57:47	01:00:10.55	01:01:14.85	+00:21:14 (35.3%)	5:43	10.5 (64.8%)
86	SUPERNAK Marcin	1342		M-30	81	00:01:29	00:28:56	00:58:09	01:00:14.50	01:01:43.85	+00:21:18 (35.4%)	5:44	10.5 (64.8%)
87	PACZKOWSKI Tomasz	1247		M-40	66	00:00:27	00:27:47	00:58:01	01:00:17.85	01:00:45.60	+00:21:22 (35.4%)	5:44	10.4 (64.2%)
88	ZIMNY Marcin	1463		M-30	82	00:00:35	00:26:55	00:57:40	01:00:23.40	01:00:58.40	+00:21:27 (35.5%)	5:45	10.4 (64.2%)
89	MICHALSKI Marek	1206		M-40	67	00:00:18	00:28:15	00:58:15	01:00:30.00	01:00:48.75	+00:21:34 (35.7%)	5:45	10.4 (64.2%)
90	MICZKA Łukasz	1211	NIECHCEMISIE	M-30	83	00:01:35	00:28:51	00:58:31	01:00:40.95	01:02:16.30	+00:21:45 (35.8%)	5:46	10.4 (64.2%)
91	SIRKO Zbigniew	1314		M-50	18	00:00:30	00:28:18	00:58:17	01:00:46.90	01:01:17.00	+00:21:51 (35.9%)	5:47	10.4 (64.2%)
92	SMUDA Grzegorz	1324	AKMB PĘDZIWIATR GLIWICE	M-30	84	00:01:26	00:30:00	00:59:11	01:01:21.25	01:02:47.80	+00:22:25 (36.5%)	5:50	10.3 (63.6%)
93	WIERCIŃSKI Robert	1380	OPEL ACTIVE TEAM	M-30	86	00:01:15	00:30:07	00:59:14	01:01:30.55	01:02:46.05	+00:22:34 (36.7%)	5:51	10.2 (63.0%)
94	ULIASZ Krzysztof	1369	OPEL ACTIVE TEAM	M-30	87	00:01:13	00:30:09	00:59:16	01:01:32.35	01:02:46.00	+00:22:36 (36.7%)	5:51	10.2 (63.0%)
95	PRZYGOCKI Robert	1450		M-40	69	00:01:03	00:28:45	00:59:29	01:01:45.45	01:02:48.70	+00:22:49 (37.0%)	5:52	10.2 (63.0%)
96	KOWALSKI Włodzimierz	1163	KS JUDO TEAM MASTERS GLIWICE	M-30	89	00:00:34	00:27:12	01:00:25	01:02:41.75	01:03:16.40	+00:23:45 (37.9%)	5:58	10 (61.7%)
97	DROŹDŹ Michał	1056	RYWAL GLIWICE	M-30	90	00:01:32	00:29:09	01:00:37	01:03:11.15	01:04:43.15	+00:24:15 (38.4%)	6:01	10 (61.7%)
98	DUKAŁA Daniel	1423		M-20	32	00:01:40	00:29:32	01:00:33	01:03:12.90	01:04:53.15	+00:24:17 (38.4%)	6:01	10 (61.7%)
99	MARKOWICZ Piotr	1201	MOMO RESTAURANT & COCKTAIL BAR	M-30	93	00:00:22	00:30:31	01:01:15	01:03:36.10	01:03:58.75	+00:24:40 (38.8%)	6:03	9.9 (61.1%)
100	MEDRALA Jacek	464		M-40	71	00:01:27	00:31:11	01:01:30	01:03:42.45	01:05:10.30	+00:24:46 (38.9%)	6:04	9.9 (61.1%)
101	WYSOKIŃSKI Arkadiusz	1396		M-18	6	00:00:11	00:27:55	01:01:07	01:03:43.15	01:03:54.45	+00:24:47 (38.9%)	6:04	9.9 (61.1%)
102	ORYSZCZAK Łukasz	1240		M-30	94	00:01:07	00:28:24	01:00:52	01:03:44.20	01:04:51.65	+00:24:48 (38.9%)	6:04	9.9 (61.1%)
103	GOLENIEWSKI Błażej	1089		M-20	34	00:00:45	00:30:25	01:01:30	01:03:53.50	01:04:38.90	+00:24:57 (39.1%)	6:05	9.9 (61.1%)
104	WITAŁA Rafał	1384		M-30	95	00:00:51	00:31:41	01:02:03	01:04:00.35	01:04:52.05	+00:25:04 (39.2%)	6:05	9.8 (60.5%)
105	PIASECKI Mariusz	1259		M-30	96	00:01:32	00:30:52	01:01:56	01:04:00.90	01:05:33.70	+00:25:05 (39.2%)	6:05	9.8 (60.5%)
106	JAWOREK Dariusz	1492		M-40	74	00:01:28	00:31:09	01:02:54	01:05:18.35	01:06:46.80	+00:26:22 (40.4%)	6:13	9.6 (59.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
107	ŻELEZNY Tomasz	1413		M-30	100	00:01:32	00:31:26	01:03:07	01:05:20.95	01:06:53.80	+00:26:25 (40.4%)	6:13	9.6 (59.3%)
108	GILLNER Rafał	1086		M-40	75	00:01:36	00:31:50	01:03:02	01:05:22.40	01:06:59.05	+00:26:26 (40.4%)	6:13	9.6 (59.3%)
109	RYZNER Michał	1475		M-30	101	00:01:47	00:30:44	01:03:06	01:05:22.95	01:07:10.00	+00:26:27 (40.5%)	6:13	9.6 (59.3%)
110	ZACZEK Adam	1400		M-30	103	00:01:32	00:31:30	01:03:18	01:05:39.25	01:07:11.75	+00:26:43 (40.7%)	6:15	9.6 (59.3%)
111	DZIEDZIC Dominik	163		M-30	104	00:00:31	00:29:58	01:03:17	01:05:45.30	01:06:17.25	+00:26:49 (40.8%)	6:15	9.6 (59.3%)
112	GALICZEK Bronisław	1080	OPEL ACTIVE TEAM	M-50	20	00:01:28	00:30:48	01:03:17	01:05:45.85	01:07:14.65	+00:26:50 (40.8%)	6:15	9.6 (59.3%)
113	KRAWCZYŃSKI Mirosław	1168		M-40	76	00:01:05	00:30:58	01:03:41	01:05:55.45	01:07:00.90	+00:26:59 (40.9%)	6:16	9.6 (59.3%)
114	KIJANKA Damian	1134	HIRSCHVOGEL	M-20	35	00:00:31	00:30:20	01:04:41	01:06:57.15	01:07:28.80	+00:28:01 (41.9%)	6:22	9.4 (58.0%)
115	MIGURSKI Jakub	1213	FUCHS OIL TEAM	M-30	108	00:01:24	00:31:41	01:04:34	01:06:59.80	01:08:23.85	+00:28:03 (41.9%)	6:22	9.4 (58.0%)
116	DENKOWSKI Wojciech	1422	NIGHT RUNNERS GLIWICE	M-50	23	00:01:19	00:32:46	01:05:56	01:08:18.15	01:09:38.05	+00:29:22 (43.0%)	6:30	9.2 (56.8%)
117	STEBEL Damian	1418		M-20	37	00:01:32	00:33:22	01:06:52	01:08:56.90	01:10:29.85	+00:30:01 (43.5%)	6:34	9.1 (56.2%)
118	STEFANEK Michał	1497		M-30	110	00:01:35	00:32:09	01:07:32	01:09:46.75	01:11:22.00	+00:30:50 (44.2%)	6:38	9 (55.6%)
119	BENTKOWSKI Lesław	1020	DIRTY SPARROWS	M-70	1	00:00:20	00:33:22	01:07:42	01:10:21.20	01:10:41.75	+00:31:25 (44.7%)	6:42	9 (55.6%)
120	STEPEL Grzegorz	1338		M-40	81	00:01:00	00:33:25	01:08:25	01:10:57.20	01:11:57.80	+00:32:01 (45.1%)	6:45	8.9 (54.9%)
121	ŁUKASZEWSKI Piotr	1190	PIAST GLIWICE	M-30	116	00:00:33	00:33:47	01:10:48	01:13:13.80	01:13:46.95	+00:34:17 (46.8%)	6:58	8.6 (53.1%)
122	MYŚLAK Mariusz	1484		M-40	82	00:01:12	00:33:59	01:10:50	01:13:27.55	01:14:39.60	+00:34:31 (47.0%)	6:59	8.6 (53.1%)
123	KOCHANEK Jarosław	1139		M-40	83	00:01:22	00:33:53	01:12:38	01:15:19.35	01:16:42.05	+00:36:23 (48.3%)	7:10	8.4 (51.9%)
124	PILARSKI Arkadiusz	1264		M-20	41	00:00:26	00:35:31	01:13:23	01:16:08.00	01:16:34.80	+00:37:12 (48.9%)	7:15	8.3 (51.2%)
125	CEBULAK Grzegorz	1037		M-40	84	00:00:44	00:34:34	01:15:41	01:18:18.65	01:19:02.95	+00:39:22 (50.3%)	7:27	8 (49.4%)
126	CZENCZEK Michał	1047	ETISOFT RUNNING TEAM	M-30	118	00:01:37	00:39:46	01:20:57	01:23:20.05	01:24:57.90	+00:44:24 (53.3%)	7:56	7.6 (46.9%)
127	STELMASZCZUK Damian	1337		M-40	85	00:00:18	00:39:01	01:22:09	01:24:47.15	01:25:05.75	+00:45:51 (54.1%)	8:04	7.4 (45.7%)
128	KOJ Krzysztof	1145	PPP GLIWICE	M-30	119	00:01:15	00:39:10	01:20:41	01:25:18.80	01:26:34.40	+00:46:22 (54.4%)	8:07	7.4 (45.7%)
129	SANESTRZIK Jkaub	1494		M-20	43	00:01:31	00:41:42	01:26:32	01:29:46.70	01:31:18.50	+00:50:50 (56.6%)	8:33	7 (43.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5_15_km 5km	20_km 10km	Net time 10.5km	Czas brutto 10.5km	Gap	Pace min/km	Pace km/h
	WOJCIECH Szymon	1385		M-20		DNF	00:26:33 DNF	DNF	DNF	DNF		-	- (0.0%)

Total 130 results.