

Klasyfikacja: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	BABULA Przemysław	2001	GKS PIAST GLIWICE	M-20	1	00:00:01	00:18:15	00:36:25	00:37:47.75	00:37:49.10		3:36	16.7 (100%)
2	URBAŃCZYK Karol	2559		M-20	2	00:00:01	00:18:09	00:36:51	00:38:14.95	00:38:16.60	+00:00:27 (1.2%)	3:38	16.5 (98.8%)
3	FOLTYN Jakub	2102	WAY2CHAMP.COM	M-20	4	00:00:06	00:19:53	00:39:07	00:40:30.40	00:40:36.45	+00:02:42 (6.7%)	3:51	15.6 (93.4%)
4	OCHMAN Paweł	2351	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:02	00:19:15	00:39:12	00:40:35.60	00:40:38.15	+00:02:47 (6.9%)	3:52	15.5 (92.8%)
5	RODAK Paweł	2428		M-20	5	00:00:02	00:19:35	00:39:46	00:41:17.00	00:41:19.90	+00:03:29 (8.4%)	3:55	15.3 (91.6%)
6	NIESLON Marek	2341	NIGHT RUNNERS GLIWICE	M-30	4	00:00:04	00:18:59	00:39:46	00:41:18.65	00:41:23.10	+00:03:30 (8.5%)	3:56	15.2 (91.0%)
7	DOLATA Krzysztof	2077	SOCIOS SILESIA	M-30	7	00:00:01	00:19:45	00:40:12	00:41:48.65	00:41:50.00	+00:04:00 (9.6%)	3:58	15.1 (90.4%)
8	HALMAN Tomasz	2150	KLAVA	M-30	8	00:00:01	00:19:59	00:41:41	00:43:13.20	00:43:14.85	+00:05:25 (12.6%)	4:06	14.6 (87.4%)
9	JEZUSEK Piotr	2181	BENQ - CO JA BIEGNE	M-30	11	00:00:12	00:20:51	00:42:36	00:44:15.65	00:44:28.20	+00:06:27 (14.6%)	4:12	14.2 (85.0%)
10	KUCHARCZYK Jakub	3144	UKS KOMETA GLIWICE	M-20	9	00:00:01	00:20:00	00:42:44	00:44:16.80	00:44:18.60	+00:06:29 (14.6%)	4:13	14.2 (85.0%)
11	NAPIÓRKOWSKI Adam	2334		M-30	13	00:00:08	00:20:53	00:42:45	00:44:19.90	00:44:28.05	+00:06:32 (14.7%)	4:13	14.2 (85.0%)
12	KUKURBA Mikołaj	2255	ROMET FACTORY TEAM	M-30	14	00:00:03	00:20:05	00:42:43	00:44:24.00	00:44:27.25	+00:06:36 (14.9%)	4:13	14.2 (85.0%)
13	SAŁAMACHA Dawid	2447	DRIV	M-20	11	00:00:38	00:20:40	00:42:46	00:44:26.20	00:45:04.45	+00:06:38 (14.9%)	4:13	14.2 (85.0%)
14	DONIGIEWICZ Mariusz	2080		M-40	10	00:00:18	00:21:43	00:43:20	00:44:48.40	00:45:07.20	+00:07:00 (15.6%)	4:16	14.1 (84.4%)
15	KAMIŃSKI Jacek	2196	ROMET FACTORY TEAM	M-30	17	00:00:03	00:20:39	00:43:19	00:45:09.00	00:45:12.55	+00:07:21 (16.3%)	4:18	14 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
16	CZARNOZYNSKI Aleksander	2067	GTT INTERPROJEKT	M-50	1	00:00:06	00:21:55	00:43:53	00:45:31.60	00:45:38.05	+00:07:43 (17.0%)	4:20	13.8 (82.6%)
17	BORYCZKO Bartłomiej	2030	BARRE STATION FITNESS	M-40	12	00:00:11	00:20:45	00:43:59	00:45:40.80	00:45:52.00	+00:07:53 (17.3%)	4:21	13.8 (82.6%)
18	CZABAŃSKI Rafał	2064	RUNHOGS TYCHY	M-40	13	00:00:25	00:22:12	00:44:13	00:45:44.55	00:46:10.05	+00:07:56 (17.4%)	4:21	13.8 (82.6%)
19	ZALESKI Maciej	2607		M-20	15	00:00:15	00:21:48	00:44:34	00:46:06.70	00:46:21.80	+00:08:18 (18.0%)	4:23	13.7 (82.0%)
20	ALKER Zbigniew	2000	ALKER TEAM	M-50	2	00:00:16	00:22:18	00:44:54	00:46:38.55	00:46:55.00	+00:08:50 (19.0%)	4:26	13.5 (80.8%)
21	NIEPOŃ Michał	2339	FLUOR	M-30	20	00:00:51		00:45:11	00:46:46.95	00:47:38.90	+00:08:59 (19.2%)	4:27	13.5 (80.8%)
22	MICHAŁUSZEK Sebastian	2317	BIEG - UNKA	M-40	15	00:00:04	00:22:25	00:45:19	00:47:02.50	00:47:07.35	+00:09:14 (19.7%)	4:28	13.4 (80.2%)
23	WOJAKOWSKI Krzysztof	2585	K&K RUN	M-40	16	00:00:03	00:21:22	00:45:40	00:47:24.00	00:47:27.95	+00:09:36 (20.3%)	4:30	13.3 (79.6%)
24	TOWAREK Michał	3139	UKS KOMETA GLIWICE	M-20	18	00:00:10	00:21:53	00:45:38	00:47:31.55	00:47:41.60	+00:09:43 (20.5%)	4:31	13.3 (79.6%)
25	GANSZCZYK Rafał	2116	OPEL ACTIVE TEAM	M-40	18	00:00:09	00:22:44	00:45:54	00:47:41.70	00:47:51.25	+00:09:53 (20.8%)	4:32	13.2 (79.0%)
26	GÓRALEWSKI Rafał	2133		M-20	19	00:00:03	00:21:52	00:46:07	00:47:46.10	00:47:49.90	+00:09:58 (20.9%)	4:32	13.2 (79.0%)
27	JACHYM Arkadiusz	2165	SILESIA SOCIOS	M-40	19	00:00:05	00:21:39	00:44:53	00:48:01.25	00:48:06.70	+00:10:13 (21.3%)	4:34	13.1 (78.4%)
28	CITUK Rajmund	2061	BIEGAMNACZTERECHŁAPACH	M-20	20	00:00:20	00:23:39	00:46:20	00:48:02.50	00:48:22.55	+00:10:14 (21.3%)	4:34	13.1 (78.4%)
29	KURCZYK Kamil	2260		M-20	21	00:00:46	00:23:23	00:46:20	00:48:05.50	00:48:51.80	+00:10:17 (21.4%)	4:34	13.1 (78.4%)
30	JASIK Grzegorz	2175	SRTG GLIWICE	M-40	20	00:00:17	00:23:20	00:46:50	00:48:35.60	00:48:53.40	+00:10:47 (22.2%)	4:37	13 (77.8%)
31	MIELNIK Krzysiek	2323		M-30	24	00:00:26	00:23:26	00:46:56	00:48:41.15	00:49:07.25	+00:10:53 (22.4%)	4:38	12.9 (77.2%)
32	FOLTYN Pawel	2103	FOLKI	M-30	25	00:00:14	00:23:19	00:47:23	00:49:09.55	00:49:23.75	+00:11:21 (23.1%)	4:40	12.8 (76.6%)
33	WOCHNIK Dawid	2583	CF ZABRZE	M-30	28	00:00:44	00:24:27	00:47:55	00:49:43.95	00:50:28.20	+00:11:56 (24.0%)	4:44	12.7 (76.0%)
34	ULFIK Bartłomiej	2555		M-40	26	00:00:06	00:22:49	00:47:56	00:49:47.35	00:49:54.15	+00:11:59 (24.1%)	4:44	12.7 (76.0%)
35	LEMPART Tomasz	2272		M-40	27	00:00:11	00:22:24	00:47:49	00:49:50.75	00:50:01.90	+00:12:03 (24.2%)	4:44	12.6 (75.4%)
36	WILMA Krzysztof	2575		M-40	34	00:00:23	00:23:40	00:48:24	00:50:15.25	00:50:38.80	+00:12:27 (24.8%)	4:47	12.5 (74.9%)
37	GĘBCZYŃSKI Paweł	2120		M-40	35	00:00:38	00:23:47	00:48:25	00:50:16.20	00:50:54.80	+00:12:28 (24.8%)	4:47	12.5 (74.9%)
38	GODLEWSKI Łukasz	2126	HIRSCHVOGEL	M-20	27	00:00:31	00:24:13	00:49:02	00:50:43.30	00:51:14.90	+00:12:55 (25.5%)	4:49	12.4 (74.3%)

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39	ROMIK Artur	2435		M-40	37	00:01:42	00:24:13	00:49:04	00:50:56.95	00:52:39.70	+00:13:09 (25.8%)	4:51	12.4 (74.3%)
40	PAROL Tomasz	2381	PROPOINT	M-30	36	00:00:29	00:23:59	00:49:20	00:51:09.90	00:51:39.20	+00:13:22 (26.1%)	4:52	12.3 (73.7%)
41	RUDZIŃSKI Kamil	2439		M-30	37	00:00:44	00:25:28	00:49:27	00:51:14.10	00:51:58.40	+00:13:26 (26.2%)	4:52	12.3 (73.7%)
42	RUDZIŃSKI Jacek	2440		M-30	38	00:00:42	00:25:30	00:49:30	00:51:15.40	00:51:58.20	+00:13:27 (26.3%)	4:52	12.3 (73.7%)
43	KWIATKOWSKI Marcin	2266		M-30	39	00:00:32	00:23:30	00:49:27	00:51:23.05	00:51:55.50	+00:13:35 (26.4%)	4:53	12.3 (73.7%)
44	PAWLINA Piotr	2387		M-40	39	00:00:00	00:25:31	00:49:42	00:51:24.55	00:51:24.55	+00:13:36 (26.5%)	4:53	12.3 (73.7%)
45	ZAJĄC Mateusz	2604		M-30	41	00:01:09	00:25:24	00:50:00	00:51:39.55	00:52:49.35	+00:13:51 (26.8%)	4:55	12.2 (73.1%)
46	SZWARCZYŃSKI Michał	2530		M-30	43	00:00:07	00:23:04	00:49:49	00:51:44.15	00:51:51.20	+00:13:56 (26.9%)	4:55	12.2 (73.1%)
47	SZOŁTYSIK Łukasz	2649		M-30	44	00:01:18	00:25:11	00:49:57	00:51:54.05	00:53:12.60	+00:14:06 (27.2%)	4:56	12.1 (72.5%)
48	PORĘBSKI Grześ	2410		M-20	30	00:00:09	00:24:44	00:50:14	00:51:56.80	00:52:06.65	+00:14:09 (27.2%)	4:56	12.1 (72.5%)
49	MACH Marcin	2297		M-40	44	00:00:12	00:24:04	00:50:01	00:51:58.70	00:52:10.95	+00:14:10 (27.3%)	4:56	12.1 (72.5%)
50	WARDAK Piotr	2565		M-30	47	00:00:27	00:24:15	00:50:21	00:52:12.25	00:52:39.85	+00:14:24 (27.6%)	4:58	12.1 (72.5%)
51	LASKOWSKI Sebastian	3129	KATA GUROMA	M-40	45	00:01:53	00:25:27	00:50:21	00:52:15.25	00:54:08.35	+00:14:27 (27.7%)	4:58	12.1 (72.5%)
52	WIETRZYCKI Zenon	2573	MOMO TEAM	M-60	3	00:00:04	00:24:16	00:50:15	00:52:16.70	00:52:21.10	+00:14:28 (27.7%)	4:58	12 (71.9%)
53	WIETRZYCKI Mariusz	2572	MOMO TEAM	M-30	48	00:00:04	00:24:05	00:50:15	00:52:16.85	00:52:20.90	+00:14:29 (27.7%)	4:58	12.1 (72.5%)
54	TOKAJ Dominik	2546		M-20	31	00:00:43	00:24:58	00:50:21	00:52:18.90	00:53:02.05	+00:14:31 (27.8%)	4:58	12 (71.9%)
55	PIOTROWSKI Kajetan	2401	DECATHLON&PRZYJACIELE	M-20	32	00:01:13	00:25:29	00:50:50	00:52:22.25	00:53:35.75	+00:14:34 (27.8%)	4:59	12 (71.9%)
56	LASIUK Paweł	2268	HIRSCHVOGEL	M-30	50	00:00:30	00:25:11	00:50:42	00:52:26.25	00:52:56.80	+00:14:38 (27.9%)	4:59	12 (71.9%)
57	PIECHOWIAK Wojciech	2392		M-30	52	00:00:26	00:24:13	00:50:44	00:52:43.70	00:53:09.80	+00:14:55 (28.3%)	5:01	12 (71.9%)
58	JANOSZ Sławomir	2170	BIURO INŻYNIERSKIE IEC	M-30	53	00:00:23	00:23:49	00:51:00	00:52:44.25	00:53:08.20	+00:14:56 (28.3%)	5:01	11.9 (71.3%)
59	DREWNIAK Łukasz	2674		M-30	54	00:00:43	00:25:40	00:51:05	00:52:44.35	00:53:27.55	+00:14:56 (28.3%)	5:01	11.9 (71.3%)
60	BLADYN Dawid	2024	DECATHLON&PRZYJACIELE	M-20	34	00:01:13	00:25:29	00:50:57	00:52:45.90	00:53:59.45	+00:14:58 (28.4%)	5:01	11.9 (71.3%)
61	SŁODKIEWICZ Grzegorz	2475		M-40	48	00:00:13	00:24:34	00:50:46	00:52:49.10	00:53:02.35	+00:15:01 (28.4%)	5:01	11.9 (71.3%)

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62	IGNACZAK Robert	2650		M-40	49	00:01:18	00:25:20	00:50:56	00:52:49.60	00:54:07.70	+00:15:01 (28.5%)	5:01	11.9 (71.3%)
63	WOJTAS Marcin	2586	ISTA BIEGAMY	M-30	56	00:01:04	00:26:20	00:51:10	00:52:51.00	00:53:55.20	+00:15:03 (28.5%)	5:02	11.9 (71.3%)
64	SEMLA Tomasz	2454		M-30	57	00:00:35	00:24:33	00:50:54	00:52:52.20	00:53:28.10	+00:15:04 (28.5%)	5:02	11.9 (71.3%)
65	SZULC Sebastian	2527	EXLABS	M-30	58	00:00:41	00:23:46	00:50:48	00:52:59.70	00:53:40.95	+00:15:11 (28.7%)	5:02	11.9 (71.3%)
66	CHEGE Danson	2048	DECATHLON CAR GLIWICE	M-30	60	00:00:15	00:23:51	00:51:35	00:53:15.85	00:53:31.35	+00:15:28 (29.0%)	5:04	11.8 (70.7%)
67	KULA Jan	2256	DECATHLON I PRZYJACIELE	M-30	61	00:00:13	00:26:04	00:51:36	00:53:17.80	00:53:31.65	+00:15:30 (29.1%)	5:04	11.8 (70.7%)
68	WIŚNIEWSKI Tomasz	2577		M-30	62	00:00:48	00:25:33	00:51:18	00:53:18.45	00:54:07.10	+00:15:30 (29.1%)	5:04	11.8 (70.7%)
69	FABER Jacek	2638		M-30	63	00:00:29	00:24:53	00:51:36	00:53:39.65	00:54:09.30	+00:15:51 (29.6%)	5:06	11.7 (70.1%)
70	SZMIGIEL Daniel	2520		M-30	66	00:00:32	00:25:21	00:51:55	00:53:50.45	00:54:22.80	+00:16:02 (29.8%)	5:07	11.7 (70.1%)
71	MAZUR Marcin	555		M-20	35	00:01:31	00:26:21	00:51:44	00:53:51.35	00:55:22.80	+00:16:03 (29.8%)	5:07	11.7 (70.1%)
72	ZIELIŃSKI Wojciech	2619		M-20	36	00:01:11	00:23:43	00:52:02	00:54:06.60	00:55:18.35	+00:16:18 (30.2%)	5:09	11.6 (69.5%)
73	GOLIASZ Bartłomiej	2127		M-30	68	00:00:54	00:26:43	00:52:28	00:54:08.75	00:55:03.65	+00:16:21 (30.2%)	5:09	11.6 (69.5%)
74	GOŹDZIŃSKI Wojciech	2131		M-40	57	00:00:20	00:24:38	00:52:10	00:54:12.55	00:54:33.20	+00:16:24 (30.3%)	5:09	11.6 (69.5%)
75	DOBOSZ Mariusz	2075	GO-LEASING	M-30	69	00:00:29	00:25:57	00:52:28	00:54:16.15	00:54:45.95	+00:16:28 (30.4%)	5:10	11.6 (69.5%)
76	NIEMIEC Sławomir	2337	INTERGRAFIK POLSKA	M-30	71	00:00:46	00:25:50	00:52:25	00:54:22.00	00:55:08.85	+00:16:34 (30.5%)	5:10	11.6 (69.5%)
77	DRZYMALSKI Przemysław	2088	PROPOINT	M-30	72	00:01:12	00:27:01	00:52:21	00:54:22.45	00:55:34.45	+00:16:34 (30.5%)	5:10	11.6 (69.5%)
78	CZĄSTKIEWICZ Marcin	2069		M-30	74	00:00:26	00:25:17	00:52:32	00:54:27.20	00:54:53.30	+00:16:39 (30.6%)	5:11	11.6 (69.5%)
79	KOKOT Marcel	2218	DECATHLON CAR GLIWICE	M-20	37	00:01:30	00:25:59	00:52:12	00:54:28.15	00:55:58.20	+00:16:40 (30.6%)	5:11	11.6 (69.5%)
80	CYROŃ Marcin	2686		M-30	76	00:00:33	00:26:30	00:52:49	00:54:43.45	00:55:16.55	+00:16:55 (30.9%)	5:12	11.5 (68.9%)
81	DYTO Michał	2682		M-20	38	00:01:48	00:25:21	00:53:10	00:54:59.95	00:56:48.25	+00:17:12 (31.3%)	5:14	11.5 (68.9%)
82	SZUMIATA Piotr	2529		M-20	39	00:00:19	00:25:42	00:53:11	00:55:07.50	00:55:26.60	+00:17:19 (31.4%)	5:14	11.4 (68.3%)
83	MICHOŃ Maciej	2319		M-20	40	00:01:06	00:26:52	00:53:14	00:55:14.75	00:56:21.55	+00:17:27 (31.6%)	5:15	11.4 (68.3%)
84	DĘBOWSKI Krzysztof	2074		M-30	81	00:01:06	00:26:11	00:53:13	00:55:18.25	00:56:24.60	+00:17:30 (31.7%)	5:16	11.4 (68.3%)

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85	BEHERNOT Jan	2680		M-20	41	00:00:56	00:26:33	00:53:36	00:55:29.50	00:56:26.45	+00:17:41 (31.9%)	5:17	11.4 (68.3%)
86	URBANIAK Dawid	2558	AVANTOR PERFORMANCE MATERIALS POLAND	M-20	42	00:00:53	00:25:39	00:53:39	00:55:29.90	00:56:23.80	+00:17:42 (31.9%)	5:17	11.4 (68.3%)
87	CHEĆIŃSKI Tomasz	2050		M-40	63	00:00:33	00:25:44	00:53:34	00:55:31.80	00:56:05.20	+00:17:44 (31.9%)	5:17	11.3 (67.7%)
88	SERWACH Mateusz	2455	FALUSSO BERGAMO	M-20	43	00:00:18	00:25:43	00:53:42	00:55:34.40	00:55:53.20	+00:17:46 (32.0%)	5:17	11.3 (67.7%)
89	ROLEK Marcin	2434		M-30	82	00:00:56	00:26:41	00:53:34	00:55:35.00	00:56:31.30	+00:17:47 (32.0%)	5:17	11.3 (67.7%)
90	OPALIŃSKI Tomasz	2365	ZF TEAM	M-30	83	00:00:54	00:26:43	00:53:35	00:55:36.00	00:56:30.40	+00:17:48 (32.0%)	5:17	11.3 (67.7%)
91	KOWALCZYK Grzegorz	2230		M-40	64	00:00:16	00:25:19	00:53:32	00:55:37.10	00:55:53.20	+00:17:49 (32.0%)	5:17	11.3 (67.7%)
92	KOZIOL Ryszard	2240	SOSNICA	M-60	6	00:00:14	00:25:54	00:53:35	00:55:40.25	00:55:54.75	+00:17:52 (32.1%)	5:18	11.3 (67.7%)
93	SAMOL Grzegorz	2448	GLIWICE	M-50	9	00:00:38	00:26:07	00:53:50	00:55:51.20	00:56:29.20	+00:18:03 (32.3%)	5:19	11.3 (67.7%)
94	PAWLETA Michał	2383	BPRT	M-40	67	00:01:14	00:27:00	00:54:01	00:56:01.55	00:57:15.95	+00:18:13 (32.5%)	5:20	11.2 (67.1%)
95	GRĄBCZEWSKI Marcin	2139		M-30	87	00:01:03	00:26:42	00:54:00	00:56:03.50	00:57:07.05	+00:18:15 (32.6%)	5:20	11.2 (67.1%)
96	MATULICZ Damian	2313		M-40	69	00:00:20	00:25:25	00:53:59	00:56:09.85	00:56:30.00	+00:18:22 (32.7%)	5:20	11.2 (67.1%)
97	BEDNAREK Jakub	2014		M-30	89	00:00:47	00:26:20	00:54:17	00:56:25.75	00:57:12.80	+00:18:38 (33.0%)	5:22	11.2 (67.1%)
98	RUDZIŃSKI Łukasz	2438		M-30	90	00:00:44	00:26:55	00:54:43	00:56:27.35	00:57:12.00	+00:18:39 (33.1%)	5:22	11.2 (67.1%)
99	MAŃKA Adam	2307		M-40	70	00:01:20	00:28:04	00:54:46	00:56:43.30	00:58:04.20	+00:18:55 (33.4%)	5:24	11.1 (66.5%)
100	HERUD Tomasz	2663		M-30	92	00:01:44	00:27:49	00:54:55	00:56:44.30	00:58:28.85	+00:18:56 (33.4%)	5:24	11.1 (66.5%)
101	MAGURNO Franco	2677		M-40	71	00:00:44	00:26:49	00:54:57	00:56:49.90	00:57:34.50	+00:19:02 (33.5%)	5:24	11.1 (66.5%)
102	SUPERNAK Marcin	2507		M-40	72	00:01:48	00:27:25	00:54:54	00:56:53.65	00:58:41.80	+00:19:05 (33.6%)	5:25	11.1 (66.5%)
103	WYCIŚLIK Marcin	2598	HIRSCHVOGEL	M-30	93	00:00:33	00:26:26	00:54:44	00:56:54.10	00:57:27.10	+00:19:06 (33.6%)	5:25	11.1 (66.5%)
104	SZYMOS Damian	2536	RYWAL GLIWICE	M-30	95	00:02:01	00:26:44	00:55:08	00:57:03.45	00:59:04.95	+00:19:15 (33.8%)	5:26	11 (65.9%)
105	SZOPIŃSKI Grzegorz	2523	DECATHLON&PRZYJACIELE	M-20	47	00:01:16	00:28:14	00:55:30	00:57:11.40	00:58:28.05	+00:19:23 (33.9%)	5:26	11 (65.9%)
106	SOKOŁOWSKI Łukasz	2485		M-30	97	00:01:04	00:27:28	00:55:25	00:57:22.75	00:58:27.35	+00:19:35 (34.1%)	5:27	11 (65.9%)
107	GĘBCZYŃSKI Oliwier	2121		M-20	49	00:00:38	00:25:11	00:55:09	00:57:38.20	00:58:16.30	+00:19:50 (34.4%)	5:29	10.9 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
108	KUKLA Bartosz	3143	UKS KOMETA GLIWICE	M-20	50	00:01:13	00:25:26	00:55:29	00:57:50.10	00:59:03.30	+00:20:02 (34.6%)	5:30	10.9 (65.3%)
109	WIECZOROWSKI Krzysztof	2570	MOSTOSTAL ZABRZE UNITED	M-30	100	00:00:50	00:26:41	00:55:39	00:57:50.75	00:58:41.40	+00:20:03 (34.7%)	5:30	10.9 (65.3%)
110	KARBOWNIK Marcin	2666		M-20	51	00:00:22	00:26:35	00:55:55	00:58:00.35	00:58:23.20	+00:20:12 (34.8%)	5:31	10.9 (65.3%)
111	SAFERNA Przemek	2443		M-30	101	00:00:25	00:28:12	00:56:10	00:58:04.30	00:58:29.90	+00:20:16 (34.9%)	5:31	10.8 (64.7%)
112	ZDANOWICZ Michał	2614		M-40	75	00:00:13	00:26:02	00:56:09	00:58:14.20	00:58:27.30	+00:20:26 (35.1%)	5:32	10.8 (64.7%)
113	MARYNIAK Wojciech	2676		M-30	102	00:01:56	00:28:51	00:56:23	00:58:20.15	01:00:17.10	+00:20:32 (35.2%)	5:33	10.8 (64.7%)
114	BAŃKA Jakub	2007		M-30	104	00:00:40	00:27:10	00:56:23	00:58:32.05	00:59:12.60	+00:20:44 (35.4%)	5:34	10.8 (64.7%)
115	WOJTASIK Adrian	2587		M-20	54	00:01:19	00:28:06	00:56:31	00:58:32.05	00:59:52.00	+00:20:44 (35.4%)	5:34	10.8 (64.7%)
116	SKULSKI Tomasz	2469	LILA LOGISTIK	M-40	77	00:00:37	00:26:53	00:56:23	00:58:33.30	00:59:11.25	+00:20:45 (35.5%)	5:34	10.8 (64.7%)
117	CZARNECKI Michał	2066		M-20	55	00:01:20	00:28:05	00:56:51	00:58:59.35	01:00:19.80	+00:21:11 (35.9%)	5:37	10.7 (64.1%)
118	KUMOR Marcin	2259		M-30	107	00:00:33	00:26:46	00:57:00	00:59:01.95	00:59:35.10	+00:21:14 (36.0%)	5:37	10.7 (64.1%)
119	GAWŁOWSKI Piotr	2119	PKO BANK POLSKI	M-20	56	00:01:57	00:29:04	00:57:21	00:59:12.60	01:01:10.45	+00:21:24 (36.2%)	5:38	10.6 (63.5%)
120	DULĘBA Juliusz	2090		M-30	111	00:01:12	00:30:25	00:57:16	00:59:19.80	01:00:32.05	+00:21:32 (36.3%)	5:39	10.6 (63.5%)
121	BARTELA Łukasz	2645		M-30	112	00:02:11	00:28:30	00:57:14	00:59:33.35	01:01:45.30	+00:21:45 (36.5%)	5:40	10.6 (63.5%)
122	STANISZ Michał	2491		M-30	113	00:00:50	00:26:39	00:57:15	00:59:36.40	01:00:27.00	+00:21:48 (36.6%)	5:40	10.6 (63.5%)
123	ZALESKI Arkadiusz	2608		M-40	81	00:01:29	00:27:07	00:57:38	00:59:47.85	01:01:16.90	+00:22:00 (36.8%)	5:41	10.5 (62.9%)
124	BOREK Wojciech	2029		M-30	115	00:00:29	00:27:24	00:57:38	01:00:01.35	01:00:31.25	+00:22:13 (37.0%)	5:43	10.5 (62.9%)
125	KACZOROWSKI Grzegorz	2191		M-20	58	00:01:08	00:28:26	00:57:42	01:00:05.10	01:01:13.10	+00:22:17 (37.1%)	5:43	10.5 (62.9%)
126	TABOR Andrzej	2543		M-30	116	00:01:59	00:28:08	00:58:08	01:00:16.30	01:02:15.55	+00:22:28 (37.3%)	5:44	10.5 (62.9%)
127	LINDENBERG Jarosław	2282		M-30	117	00:01:23	00:27:26	00:58:17	01:00:21.30	01:01:45.25	+00:22:33 (37.4%)	5:44	10.4 (62.3%)
128	KOTOWSKI Piotr	2658		M-40	86	00:01:15	00:28:35	00:58:25	01:00:44.70	01:01:59.80	+00:22:56 (37.8%)	5:47	10.4 (62.3%)
129	ZAREMBA Tadeusz	2609	STARY HANGAR	M-60	9	00:00:36	00:28:24	00:58:33	01:00:46.55	01:01:22.80	+00:22:58 (37.8%)	5:47	10.4 (62.3%)
130	ZDZIEBKO Jakub	2616		M-20	59	00:01:41	00:29:21	00:59:15	01:00:57.15	01:02:38.90	+00:23:09 (38.0%)	5:48	10.3 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
131	BORYCZKA Dawid	2700	NIGHT RUNNERS GLIWICE	M-20	60	00:01:44	00:30:11	00:59:16	01:01:00.70	01:02:44.75	+00:23:12 (38.1%)	5:48	10.3 (61.7%)
132	ZDZIEBKO Artur	2615		M-40	89	00:01:41	00:29:21	00:59:15	01:01:02.45	01:02:43.90	+00:23:14 (38.1%)	5:48	10.3 (61.7%)
133	FRANIA Andrzej	2109	JUDO TEAM MASTERS GLIWICE	M-40	90	00:01:52	00:29:56	00:59:16	01:01:03.80	01:02:55.85	+00:23:16 (38.1%)	5:48	10.3 (61.7%)
134	MIŁKOWSKI Andrzej	2327		M-60	10	00:00:25	00:28:33	00:58:50	01:01:07.65	01:01:33.20	+00:23:19 (38.2%)	5:49	10.3 (61.7%)
135	ŁADA Mirek	2293		M-40	91	00:01:59	00:29:02	00:59:07	01:01:12.90	01:03:12.75	+00:23:25 (38.3%)	5:49	10.3 (61.7%)
136	SMUDA Grzegorz	2481	AKMB PĘDZIWIATR GLIWICE	M-30	120	00:01:58	00:29:24	00:58:57	01:01:14.90	01:03:13.20	+00:23:27 (38.3%)	5:50	10.3 (61.7%)
137	WEJNER Marcin	2568		M-40	93	00:01:54	00:28:49	00:59:01	01:01:19.45	01:03:14.40	+00:23:31 (38.4%)	5:50	10.3 (61.7%)
138	KOWALSKI Włodzimierz	2234	JUDO TEAM MASTERS GLIWICE	M-30	121	00:01:51	00:29:57	00:59:17	01:01:19.50	01:03:10.60	+00:23:31 (38.4%)	5:50	10.3 (61.7%)
139	PIÓRKOWSKI Tomasz	2402		M-40	94	00:00:45	00:28:42	00:59:17	01:01:29.20	01:02:14.80	+00:23:41 (38.5%)	5:51	10.2 (61.1%)
140	BRUDEK Grzegorz	2035		M-30	122	00:01:41	00:30:02	00:59:22	01:01:30.45	01:03:12.10	+00:23:42 (38.6%)	5:51	10.2 (61.1%)
141	LESZKOVEN Piotr	2274	FLUOR	M-40	95	00:01:23	00:30:15	00:59:39	01:01:42.25	01:03:06.20	+00:23:54 (38.7%)	5:52	10.2 (61.1%)
142	ROJEK Michał	2433	WKURW_TEAM	M-40	96	00:01:00	00:29:29	00:59:44	01:01:50.35	01:02:50.55	+00:24:02 (38.9%)	5:53	10.2 (61.1%)
143	DACZYŃSKI Kajetan	2073		M-20	62	00:00:58	00:29:31	01:00:37	01:01:58.95	01:02:56.95	+00:24:11 (39.0%)	5:54	10.2 (61.1%)
144	PSIUK-MAKSYMOWICZ Krzysztof	2420	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	124	00:02:00	00:30:16	00:59:58	01:02:04.70	01:04:05.45	+00:24:16 (39.1%)	5:54	10.1 (60.5%)
145	GRADZIŃSKI Artur	2138	FLUOR	M-40	97	00:01:44	00:29:57	00:59:55	01:02:12.05	01:03:56.60	+00:24:24 (39.2%)	5:55	10.1 (60.5%)
146	KARBOWNICZEK Dawid	2199		M-30	125	00:01:55	00:31:20	01:00:31	01:02:22.55	01:04:18.05	+00:24:34 (39.4%)	5:56	10.1 (60.5%)
147	SKOTNICKI Michał	2642		M-30	126	00:00:26	00:29:09	01:00:05	01:02:22.70	01:02:49.40	+00:24:34 (39.4%)	5:56	10.1 (60.5%)
148	MICZKA Łukasz	2320		M-30	127	00:01:11	00:28:38	00:59:54	01:02:28.45	01:03:40.20	+00:24:40 (39.5%)	5:57	10.1 (60.5%)
149	WOŹNIACKI Tomasz	2590		M-20	63	00:01:47	00:29:28	01:00:19	01:02:33.90	01:04:21.40	+00:24:46 (39.6%)	5:57	10.1 (60.5%)
150	ORLICKI Ireneusz	2368	POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO	M-30	128	00:00:45	00:30:07	01:00:28	01:02:37.75	01:03:23.70	+00:24:50 (39.7%)	5:57	10.1 (60.5%)
151	WACŁAWEK Tomek	2562		M-20	64	00:00:42	00:28:38	01:00:32	01:02:50.90	01:03:33.10	+00:25:03 (39.9%)	5:59	10 (59.9%)
152	NIWIŃSKI Michał	2344	PKO BANK POLSKI	M-30	129	00:01:58	00:31:18	01:00:35	01:02:51.55	01:04:50.40	+00:25:03 (39.9%)	5:59	10 (59.9%)
153	NARUSZEWICZ Krzysztof	2335		M-30	130	00:01:14	00:29:46	01:01:02	01:03:24.20	01:04:38.50	+00:25:36 (40.4%)	6:02	9.9 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
154	WITAŁA Rafał	2578		M-30	132	00:01:09	00:30:05	01:01:28	01:03:40.70	01:04:50.15	+00:25:52 (40.6%)	6:03	9.9 (59.3%)
155	PALENGA Adrian	2378	ZF TEAM	M-30	134	00:00:51	00:28:27	01:01:34	01:03:48.75	01:04:40.00	+00:26:01 (40.8%)	6:04	9.9 (59.3%)
156	WÓJCIK Jakub	2593		M-30	136	00:00:00	00:30:00	01:01:05	01:03:53.05	01:03:53.05	+00:26:05 (40.8%)	6:05	9.9 (59.3%)
157	PAPROCKI Roman	2380		M-50	13	00:01:38	00:31:49	01:01:43	01:03:57.20	01:05:35.65	+00:26:09 (40.9%)	6:05	9.9 (59.3%)
158	BAJKACZ Tomasz	2690		M-20	65	00:01:09	00:31:06	01:01:51	01:03:57.20	01:05:06.95	+00:26:09 (40.9%)	6:05	9.9 (59.3%)
159	STANGEL Michał	2648		M-40	100	00:00:32	00:30:18	01:01:59	01:04:04.40	01:04:36.80	+00:26:16 (41.0%)	6:06	9.8 (58.7%)
160	DROZD Krzysztof	2085		M-30	139	00:01:57	00:29:29	01:01:59	01:04:47.95	01:06:45.05	+00:27:00 (41.7%)	6:10	9.7 (58.1%)
161	PORWOŁ Adam	2411		M-20	66	00:01:09	00:31:06	01:02:40	01:04:58.50	01:06:08.35	+00:27:10 (41.8%)	6:11	9.7 (58.1%)
162	GÓRECKI Janusz	2135		M-50	14	00:01:06	00:30:40	01:02:48	01:05:15.35	01:06:22.30	+00:27:27 (42.1%)	6:12	9.7 (58.1%)
163	ŻYDAK Kamil	2633	DRIV	M-30	141	00:01:50	00:29:24	01:02:50	01:05:17.20	01:07:07.40	+00:27:29 (42.1%)	6:13	9.7 (58.1%)
164	KIJANKA Damian	2205	HIRSCHVOGEL COMPONENTS POLAND	M-30	142	00:00:37	00:32:16	01:03:11	01:05:23.85	01:06:01.40	+00:27:36 (42.2%)	6:13	9.6 (57.5%)
165	KOJ Krzysztof	2217	PPP GLIWICE	M-30	144	00:01:54	00:31:38	01:03:15	01:05:25.65	01:07:20.05	+00:27:37 (42.2%)	6:13	9.6 (57.5%)
166	GRABYSZ Witold	2137		M-50	15	00:00:27	00:31:08	01:03:03	01:05:29.40	01:05:56.60	+00:27:41 (42.3%)	6:14	9.6 (57.5%)
167	PRZYGOCKI Robert	2418		M-40	102	00:00:34	00:29:50	01:03:26	01:05:55.30	01:06:29.75	+00:28:07 (42.7%)	6:16	9.6 (57.5%)
168	KOPEĆ Marek	2673		M-40	103	00:01:23	00:30:08	01:04:03	01:06:15.70	01:07:39.15	+00:28:27 (43.0%)	6:18	9.5 (56.9%)
169	GIERCZYCKI Michał	2123		M-30	146	00:01:21	00:32:35	01:04:06	01:06:27.85	01:07:48.85	+00:28:40 (43.1%)	6:19	9.5 (56.9%)
170	BEM Andrzej	2015	OAT	M-50	16	00:00:20	00:30:30	01:04:05	01:06:35.80	01:06:56.25	+00:28:48 (43.2%)	6:20	9.5 (56.9%)
171	FOREMSKI Paweł	2105	RZ 3,21	M-30	147	00:01:25	00:29:28	01:04:44	01:06:54.50	01:08:20.15	+00:29:06 (43.5%)	6:22	9.4 (56.3%)
172	ŻEROMSKI Stefan	2651		M-50	17	00:02:09	00:32:27	01:04:38	01:06:58.70	01:09:08.30	+00:29:10 (43.6%)	6:22	9.4 (56.3%)
173	MICHALEK Lukasz	2316		M-30	148	00:01:55	00:31:20	01:04:29	01:07:03.50	01:08:59.00	+00:29:15 (43.6%)	6:23	9.4 (56.3%)
174	GILLNER Rafał	2124		M-40	105	00:02:01	00:32:04	01:05:18	01:07:50.45	01:09:51.55	+00:30:02 (44.3%)	6:27	9.3 (55.7%)
175	ZIMNY Marcin	2623		M-30	150	00:01:26	00:31:16	01:05:54	01:08:50.00	01:10:16.80	+00:31:02 (45.1%)	6:33	9.2 (55.1%)
176	MIGDAŁ Grzegorz	2325		M-40	108	00:01:58	00:32:09	01:06:14	01:08:50.10	01:10:48.20	+00:31:02 (45.1%)	6:33	9.2 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	20_km 10km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
177	OSIŃSKI Krzysztof	2369	DTIQ POLAND	M-40	109	00:01:43	00:32:43	01:06:28	01:08:56.60	01:10:40.05	+00:31:08 (45.2%)	6:34	9.1 (54.5%)
178	BENTKOWSKI Lesław	2016	DIRTY SPARROWS	M-60	13	00:00:16	00:33:26	01:07:29	01:09:59.45	01:10:16.00	+00:32:11 (46.0%)	6:40	9 (53.9%)
179	PAWLIK Michał	2385		M-30	152	00:01:11	00:31:25	01:07:33	01:10:16.15	01:11:27.45	+00:32:28 (46.2%)	6:41	9 (53.9%)
180	BRODIUK Norbert	70	NIGHT RUNNERS GLIWICE	M-40	110	00:00:58	00:31:58	01:08:28	01:10:52.25	01:11:50.90	+00:33:04 (46.7%)	6:44	8.9 (53.3%)
181	GALICZEK Bronisław	2114	OPEL ACTIVE TEAM	M-50	18	00:01:25	00:33:59	01:08:50	01:11:18.85	01:12:44.65	+00:33:31 (47.0%)	6:47	8.8 (52.7%)
182	CEBULA Wojciech	2046		M-60	14	00:02:07	00:32:22	01:10:50	01:14:02.65	01:16:10.05	+00:36:14 (49.0%)	7:03	8.5 (50.9%)
183	NOGIEĆ Jakub	2345	PROPOINT	M-20	70	00:00:22	00:32:02	01:11:45	01:14:10.65	01:14:33.55	+00:36:22 (49.0%)	7:03	8.5 (50.9%)
184	HANULA Bartłomiej	2153		M-20	71	00:02:05	00:34:50	01:11:41	01:14:12.75	01:16:18.40	+00:36:25 (49.1%)	7:04	8.5 (50.9%)
185	DROŹDŹ Michał	2087	RYWAL GLIWICE	M-30	156	00:02:00	00:34:07	01:12:21	01:15:02.95	01:17:03.10	+00:37:15 (49.6%)	7:08	8.4 (50.3%)
186	PAWLICZEK Łukasz	2384		M-30	157	00:01:36	00:34:34	01:12:31	01:15:17.95	01:16:54.15	+00:37:30 (49.8%)	7:10	8.4 (50.3%)
187	KOCHANEK Jarosław	2215	MOMO TEAM	M-40	112	00:02:03	00:37:29	01:12:41	01:15:27.00	01:17:30.95	+00:37:39 (49.9%)	7:11	8.3 (49.7%)
188	FRYDRYCH Przemysław	2110		M-30	158	00:00:35	00:34:53	01:13:08	01:15:48.20	01:16:24.00	+00:38:00 (50.1%)	7:13	8.3 (49.7%)
189	SZENDZIELORZ Marek	2518		M-40	113	00:00:35	00:34:53	01:13:08	01:15:48.25	01:16:23.60	+00:38:00 (50.1%)	7:13	8.3 (49.7%)
190	ŻELEŻNY Tomasz	2631		M-30	159	00:02:01	00:33:28	01:13:07	01:15:48.55	01:17:50.00	+00:38:00 (50.1%)	7:13	8.3 (49.7%)
191	NĘDZA Ryszard	2336	HIRSCHVOGEL	M-50	20	00:00:34	00:38:02	01:20:08	01:22:30.40	01:23:05.20	+00:44:42 (54.2%)	7:51	7.6 (45.5%)
192	STELMASZCZUK Damian	2496		M-40	114	00:00:11	00:40:07	01:25:28	01:28:23.20	01:28:34.90	+00:50:35 (57.2%)	8:25	7.1 (42.5%)
193	ŻOCHOWSKI Mirosław	3127		M-50	21	00:00:00	00:41:50	01:33:26	01:36:17.70	01:36:17.70	+00:58:29 (60.7%)	9:10	6.5 (38.9%)
194	GARBALA Kamil	2117		M-30	163	00:00:00		00:48:31			+	4:51	12.4 (74.3%)

Znaleziono 194 wynik(ów)