



Event: VII PÓŁMARATON GLIWICKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2021-10-17
Place: Gliwice
Distance: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Mieszkańcy Gliwic

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	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		3:48	15.8 (100%)
2	KLUCZNIAK Mikołaj	1129		M-20	6	00:00:02	00:09:39	00:24:49	00:38:19.55	00:38:22.50	+00:00:16 (0.7%)	3:49	15.7 (99.4%)
3	SOBOLEWSKI Krzysztof	1323		M-40	1	00:00:01	00:09:54	00:24:56	00:38:51.60	00:38:53.35	+00:00:48 (2.1%)	3:53	15.4 (97.5%)
4	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	+00:00:58 (2.5%)	3:54	15.4 (97.5%)
5	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	+00:01:19 (3.3%)	3:56	15.2 (96.2%)
6	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	+00:01:37 (4.1%)	3:58	15.1 (95.6%)
7	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	+00:02:23 (5.9%)	4:02	14.8 (93.7%)
8	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	+00:03:00 (7.3%)	4:06	14.6 (92.4%)
9	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	+00:04:39 (10.9%)	4:16	14 (88.6%)
10	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	+00:04:52 (11.3%)	4:17	14 (88.6%)
11	ŁYSY Łukasz	1184		M-20	11	00:00:17	00:10:57	00:28:04	00:43:38.00	00:43:55.85	+00:05:34 (12.8%)	4:21	13.8 (87.3%)
12	DONIGIEWICZ Mariusz	1420		M-40	9	00:00:10	00:11:13	00:28:25	00:43:57.15	00:44:07.65	+00:05:53 (13.4%)	4:23	13.7 (86.7%)
13	URBAN Jakub	1472		M-20	12	00:00:05	00:10:37	00:28:24	00:44:29.45	00:44:34.45	+00:06:26 (14.5%)	4:26	13.5 (85.4%)
14	JEZUSEK Piotr	1106		M-40	10	00:00:07	00:11:42	00:29:07	00:44:32.55	00:44:39.70	+00:06:29 (14.6%)	4:27	13.5 (85.4%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	RUSZEL Bartek	1482		M-40	11	00:00:04	00:10:34	00:28:31	00:45:09.25	00:45:14.05	+00:07:05 (15.7%)	4:30	13.3 (84.2%)
16	CHEJDYS Krystian	1461		M-30	21	00:00:10	00:11:18	00:29:21	00:45:14.30	00:45:24.65	+00:07:10 (15.9%)	4:31	13.3 (84.2%)
17	SKRZYPIEC Łukasz	1484		M-30	22	00:00:03	00:11:00	00:28:49	00:45:19.15	00:45:22.35	+00:07:15 (16.0%)	4:31	13.2 (83.5%)
18	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	+00:07:40 (16.8%)	4:34	13.1 (82.9%)
19	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	+00:08:22 (18.0%)	4:38	12.9 (81.6%)
20	NOWAK Mateusz	1226		M-30	28	00:00:03	00:11:02	00:29:42	00:47:00.20	00:47:03.90	+00:08:56 (19.0%)	4:42	12.8 (81.0%)
21	DĘBOWSKI Krzysztof	1041		M-30	29	00:00:14	00:11:51	00:30:18	00:47:02.10	00:47:16.50	+00:08:58 (19.1%)	4:42	12.8 (81.0%)
22	GMEREK Piotr	1070		M-30	31	00:00:09	00:12:03	00:30:37	00:47:40.95	00:47:50.75	+00:09:37 (20.2%)	4:46	12.6 (79.7%)
23	ŻMUDZIŃSKI Piotr	1409		M-30	32	00:00:10	00:12:28	00:31:31	00:47:50.70	00:48:00.75	+00:09:47 (20.5%)	4:47	12.5 (79.1%)
24	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	+00:09:47 (20.5%)	4:47	12.5 (79.1%)
25	RAK Krzysztof	1283		M-30	33	00:00:26	00:12:47	00:31:38	00:48:04.10	00:48:30.90	+00:10:00 (20.8%)	4:48	12.5 (79.1%)
26	WANDZEL Piotr	1364		M-30	34	00:00:35	00:13:05	00:31:40	00:48:16.10	00:48:51.80	+00:10:12 (21.2%)	4:49	12.4 (78.5%)
27	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	+00:10:28 (21.6%)	4:51	12.4 (78.5%)
28	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	+00:10:34 (21.7%)	4:51	12.3 (77.8%)
29	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	+00:10:54 (22.3%)	4:53	12.3 (77.8%)
30	JACHYM Arkadiusz	1092		M-40	23	00:00:52	00:12:46	00:31:49	00:49:21.95	00:50:14.70	+00:11:18 (22.9%)	4:56	12.2 (77.2%)
31	KWIATKOWSKI Marcin	1168		M-30	36	00:00:20	00:12:38	00:31:45	00:49:24.45	00:49:44.45	+00:11:21 (23.0%)	4:56	12.1 (76.6%)
32	OPANOWSKI Darek	1236		M-50	5	00:00:13	00:12:23	00:31:52	00:49:27.80	00:49:41.20	+00:11:24 (23.1%)	4:56	12.1 (76.6%)
33	BROŻYNA Przemysław	1019		M-40	24	00:00:50	00:13:36	00:32:35	00:49:38.80	00:50:29.30	+00:11:35 (23.3%)	4:57	12.1 (76.6%)
34	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	+00:11:39 (23.4%)	4:58	12.1 (76.6%)
35	DOBOSZ Daniel	1473		M-40	26	00:00:14	00:12:07	00:31:53	00:50:15.85	00:50:30.50	+00:12:12 (24.3%)	5:01	11.9 (75.3%)
36	WIATR Krystian	1367		M-30	40	00:00:25	00:12:23	00:32:04	00:50:26.60	00:50:52.20	+00:12:23 (24.6%)	5:02	11.9 (75.3%)
37	WEBER Tomasz	1466		M-30	41	00:00:18	00:13:17	00:32:53	00:50:29.25	00:50:47.85	+00:12:25 (24.6%)	5:02	11.9 (75.3%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	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	+00:12:30 (24.7%)	5:03	11.9 (75.3%)
39	LIPIŃSKI Michał	1180		M-30	43	00:00:05	00:11:58	00:31:57	00:50:35.60	00:50:41.55	+00:12:32 (24.8%)	5:03	11.9 (75.3%)
40	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	+00:13:16 (25.9%)	5:07	11.7 (74.1%)
41	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	+00:13:22 (26.0%)	5:08	11.7 (74.1%)
42	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	+00:13:28 (26.1%)	5:09	11.6 (73.4%)
43	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	+00:13:32 (26.2%)	5:09	11.6 (73.4%)
44	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	+00:13:41 (26.5%)	5:10	11.6 (73.4%)
45	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	+00:13:47 (26.6%)	5:11	11.6 (73.4%)
46	PROCEK Tomasz	1336		M-20	18	00:00:29	00:13:26	00:33:50	00:51:51.90	00:52:21.60	+00:13:48 (26.6%)	5:11	11.6 (73.4%)
47	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	+00:13:48 (26.6%)	5:11	11.6 (73.4%)
48	GRĄBCZEWSKI Marcin	1076		M-30	47	00:00:33	00:13:22	00:33:11	00:51:56.70	00:52:30.05	+00:13:53 (26.7%)	5:11	11.6 (73.4%)
49	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	+00:14:05 (27.0%)	5:12	11.5 (72.8%)
50	KOWALCZYK Grzegorz	1148		M-40	36	00:00:17	00:13:17	00:33:18	00:52:09.75	00:52:27.30	+00:14:06 (27.0%)	5:12	11.5 (72.8%)
51	CIEPLIK Grzegorz	1030		M-30	49	00:00:13	00:13:12	00:33:44	00:52:24.35	00:52:37.50	+00:14:20 (27.4%)	5:14	11.5 (72.8%)
52	MICHOŃ Maciej	1427		M-20	21	00:00:29	00:13:53	00:34:29	00:52:30.45	00:52:59.95	+00:14:27 (27.5%)	5:15	11.4 (72.2%)
53	HAJOK Marek	1083		M-40	37	00:00:11	00:12:58	00:33:37	00:52:34.50	00:52:45.95	+00:14:31 (27.6%)	5:15	11.4 (72.2%)
54	SZULC Sebastian	1436		M-30	51	00:00:40	00:13:39	00:34:09	00:53:02.90	00:53:43.10	+00:14:59 (28.3%)	5:18	11.3 (71.5%)
55	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	+00:15:02 (28.3%)	5:18	11.3 (71.5%)
56	ZAPOTOCZNY Przemek	1394		M-40	42	00:00:16	00:14:09	00:34:54	00:53:08.55	00:53:25.25	+00:15:05 (28.4%)	5:18	11.3 (71.5%)
57	KIZINIEWICZ Krzysztof	1121		M-30	53	00:00:49	00:13:46	00:34:09	00:53:14.90	00:54:03.95	+00:15:11 (28.5%)	5:19	11.3 (71.5%)
58	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	+00:15:12 (28.5%)	5:19	11.3 (71.5%)
59	FRANIA Andrzej	1445		M-50	12	00:00:27	00:13:04	00:33:20	00:53:26.00	00:53:53.65	+00:15:22 (28.8%)	5:20	11.2 (70.9%)
60	BEDNARSKI Daniel	1011	BRAK	M-30	56	00:00:08	00:12:40	00:33:48	00:53:31.65	00:53:40.55	+00:15:28 (28.9%)	5:21	11.2 (70.9%)

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61	KONDRUSIEWICZ Michał	1437		M-30	57	00:00:32	00:14:01	00:35:06	00:53:34.45	00:54:06.80	+00:15:31 (29.0%)	5:21	11.2 (70.9%)
62	ŚWIDLIK Piotr	1352		M-30	58	00:00:17	00:13:15	00:34:17	00:53:48.05	00:54:05.20	+00:15:44 (29.3%)	5:22	11.2 (70.9%)
63	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	+00:15:45 (29.3%)	5:22	11.1 (70.3%)
64	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	+00:15:52 (29.4%)	5:23	11.1 (70.3%)
65	SKORUPSKI Paweł	1311		M-40	44	00:00:11	00:14:05	00:35:23	00:54:09.10	00:54:20.85	+00:16:05 (29.7%)	5:24	11.1 (70.3%)
66	LEGIEŻYŃSKI Krzysztof	1175		M-30	65	00:00:07	00:14:00	00:35:39	00:54:52.95	00:55:00.55	+00:16:49 (30.7%)	5:29	10.9 (69.0%)
67	MICZKA Łukasz	1208		M-30	66	00:00:38	00:13:46	00:34:55	00:54:53.60	00:55:32.35	+00:16:50 (30.7%)	5:29	10.9 (69.0%)
68	SKUPIEŃ Dariusz	1314	#HUTATEAM	M-30	67	00:00:34	00:14:44	00:36:23	00:55:10.60	00:55:45.30	+00:17:07 (31.0%)	5:31	10.9 (69.0%)
69	SIEWIER Damian	1304		M-40	47	00:00:48	00:14:24	00:35:35	00:55:11.40	00:55:59.95	+00:17:08 (31.0%)	5:31	10.9 (69.0%)
70	GAWŁOWSKI Piotr	1066		M-20	27	00:00:14	00:13:57	00:35:50	00:55:22.25	00:55:36.45	+00:17:18 (31.3%)	5:32	10.8 (68.4%)
71	ZWIERZYŃSKI Tomasz	1408		M-30	68	00:00:27	00:14:27	00:36:02	00:55:27.05	00:55:54.20	+00:17:23 (31.4%)	5:32	10.8 (68.4%)
72	PAWLIK Michał	1253		M-30	69	00:00:14	00:13:54	00:35:47	00:55:35.90	00:55:49.95	+00:17:32 (31.6%)	5:33	10.8 (68.4%)
73	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	+00:17:42 (31.8%)	5:34	10.8 (68.4%)
74	GRUDZIŃSKI Jakub	1079		M-20	28	00:00:47	00:14:28	00:36:03	00:55:53.30	00:56:40.35	+00:17:49 (31.9%)	5:35	10.7 (67.7%)
75	ĆWIKŁA Grzegorz	1036		M-50	14	00:00:19	00:14:46	00:36:09	00:55:54.90	00:56:14.50	+00:17:51 (31.9%)	5:35	10.7 (67.7%)
76	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	+00:18:18 (32.5%)	5:38	10.6 (67.1%)
77	ZAREMBA Tadeusz	1395		M-60	3	00:00:05	00:14:05	00:36:08	00:56:30.20	00:56:35.70	+00:18:26 (32.6%)	5:39	10.6 (67.1%)
78	OCHKOVSKYY Valeriy	1232		M-40	52	00:00:32	00:15:36	00:37:25	00:56:41.35	00:57:14.05	+00:18:37 (32.9%)	5:40	10.6 (67.1%)
79	TUZ Dmytro	1358		M-30	73	00:00:45	00:15:41	00:38:26	00:56:44.50	00:57:29.65	+00:18:41 (32.9%)	5:40	10.6 (67.1%)
80	PACHOLAK Patryk	1244		M-20	31	00:00:18	00:14:40	00:36:54	00:56:51.75	00:57:10.55	+00:18:48 (33.1%)	5:41	10.6 (67.1%)
81	MIKULSKI Przemek	1443		M-30	75	00:00:45	00:15:41	00:38:26	00:57:08.30	00:57:53.30	+00:19:04 (33.4%)	5:42	10.5 (66.5%)
82	MAZANOWSKI Janusz	1199		M-30	77	00:00:25	00:15:27	00:37:40	00:57:19.65	00:57:45.55	+00:19:16 (33.6%)	5:43	10.5 (66.5%)
83	RASZKOWSKI Adam	1284	#HUTATEAM	M-30	79	00:00:21	00:14:39	00:37:08	00:57:29.25	00:57:50.25	+00:19:25 (33.8%)	5:44	10.4 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
84	FOLEK Mateusz	1054	#HUTATEAM	M-30	80	00:00:33	00:14:22	00:37:09	00:57:31.55	00:58:04.70	+00:19:28 (33.8%)	5:45	10.4 (65.8%)
85	SMOŁA Mieczysław	1318		M-60	5	00:00:05	00:14:52	00:36:33	00:57:32.05	00:57:37.10	+00:19:28 (33.9%)	5:45	10.4 (65.8%)
86	GUNIA Krystian	1081		M-60	6	00:00:21	00:14:18	00:36:32	00:57:44.50	00:58:06.15	+00:19:41 (34.1%)	5:46	10.4 (65.8%)
87	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	+00:19:46 (34.2%)	5:47	10.4 (65.8%)
88	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	+00:19:55 (34.4%)	5:47	10.4 (65.8%)
89	DYLSKI Jacek	1048		M-30	82	00:00:44	00:15:04	00:37:20	00:58:03.55	00:58:47.60	+00:20:00 (34.5%)	5:48	10.3 (65.2%)
90	ZYGMAŃSKI Piotr	1432		M-40	57	00:00:47	00:14:37	00:36:55	00:58:04.70	00:58:52.55	+00:20:01 (34.5%)	5:48	10.3 (65.2%)
91	PIERONKIEWICZ Kamil	1260		M-30	84	00:00:35	00:14:45	00:37:34	00:58:09.45	00:58:44.50	+00:20:06 (34.6%)	5:48	10.3 (65.2%)
92	WIERCIŃSKI Robert	1369		M-40	59	00:00:20	00:15:12	00:37:50	00:58:12.20	00:58:32.40	+00:20:08 (34.6%)	5:49	10.3 (65.2%)
93	PNIEWSKI Kamil	1265		M-30	85	00:00:20	00:15:08	00:38:22	00:58:15.05	00:58:35.55	+00:20:11 (34.7%)	5:49	10.3 (65.2%)
94	ROLNIK Tomasz	1287		M-30	86	00:00:48	00:14:41	00:37:08	00:58:19.50	00:59:08.25	+00:20:16 (34.8%)	5:49	10.3 (65.2%)
95	LENCZYK Mariusz	1176		M-20	33	00:00:30	00:14:47	00:37:22	00:58:38.65	00:59:08.75	+00:20:35 (35.1%)	5:51	10.2 (64.6%)
96	FURMAN Michał	1060		M-20	34	00:00:33	00:15:28	00:37:17	00:58:48.80	00:59:22.60	+00:20:45 (35.3%)	5:52	10.2 (64.6%)
97	WILKOŃ Artur	1373	#HUTATEAM	M-40	62	00:00:24	00:14:49	00:37:33	00:58:49.60	00:59:13.90	+00:20:46 (35.3%)	5:52	10.2 (64.6%)
98	JANAS Piotr	1480		M-50	17	00:00:31	00:15:05	00:38:17	00:58:55.55	00:59:27.40	+00:20:52 (35.4%)	5:53	10.2 (64.6%)
99	SMOLARCZYK Michał	1479		M-40	66	00:00:41	00:16:03	00:39:22	00:59:48.70	01:00:29.85	+00:21:45 (36.4%)	5:58	10 (63.3%)
100	KOPER Tomasz	1140		M-30	91	00:00:11	00:14:34	00:37:59	01:00:02.50	01:00:13.95	+00:21:59 (36.6%)	6:00	10 (63.3%)
101	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	+00:22:23 (37.0%)	6:02	9.9 (62.7%)
102	WIETRZYCKI Zenon	1372		M-60	7	00:00:17	00:14:33	00:38:21	01:00:27.05	01:00:44.90	+00:22:23 (37.0%)	6:02	9.9 (62.7%)
103	KACZMARZYK Arkadiusz	1110		M-30	92	00:00:48	00:15:49	00:39:35	01:00:39.75	01:01:27.90	+00:22:36 (37.3%)	6:03	9.9 (62.7%)
104	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	+00:22:48 (37.5%)	6:05	9.9 (62.7%)
105	SONDEJ Tomasz	1325	#HUTATEAM	M-40	73	00:00:30	00:15:13	00:38:44	01:00:57.70	01:01:28.50	+00:22:54 (37.6%)	6:05	9.8 (62.0%)
106	RADLIŃSKI Wojciech	1282		M-40	74	00:00:14	00:15:17	00:38:51	01:01:11.45	01:01:26.25	+00:23:08 (37.8%)	6:07	9.8 (62.0%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	ZEGARTOWSKI Grzegorz	1397		M-40	75	00:00:29	00:15:20	00:38:56	01:01:12.40	01:01:42.10	+00:23:09 (37.8%)	6:07	9.8 (62.0%)
108	DRABIK Marek	1044		M-40	76	00:00:41	00:15:54		01:01:45.45	01:02:27.00	+00:23:42 (38.4%)	6:10	9.7 (61.4%)
109	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	+00:23:53 (38.6%)	6:11	9.7 (61.4%)
110	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	+00:24:03 (38.7%)	6:12	9.7 (61.4%)
111	ROŻEK Rafał	1292		M-40	77	00:00:16	00:15:36	00:39:56	01:02:09.55	01:02:25.95	+00:24:06 (38.8%)	6:12	9.7 (61.4%)
112	FURMANEK Grzegorz	1061	BEERTEAM	M-20	39	00:00:32	00:16:39	00:40:55	01:02:12.90	01:02:45.35	+00:24:09 (38.8%)	6:13	9.6 (60.8%)
113	CHĘCIŃSKI Tomasz	1026		M-40	78	00:00:38	00:16:16	00:40:10	01:02:15.60	01:02:53.95	+00:24:12 (38.9%)	6:13	9.6 (60.8%)
114	SZULCEK Arkadiusz	1411		M-30	97	00:00:42	00:16:33	00:40:57	01:02:27.50	01:03:09.75	+00:24:24 (39.1%)	6:14	9.6 (60.8%)
115	SOKOŁOWSKI Łukasz	1324		M-30	98	00:00:10	00:15:17	00:40:03	01:02:31.05	01:02:41.25	+00:24:27 (39.1%)	6:15	9.6 (60.8%)
116	JAKUBIEC Łukasz	1094		M-30	99	00:00:47	00:15:58	00:39:47	01:02:46.25	01:03:34.00	+00:24:42 (39.4%)	6:16	9.6 (60.8%)
117	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	+00:25:12 (39.8%)	6:19	9.5 (60.1%)
118	FOJCIK Ryszard	1053		M-50	24	00:00:34	00:16:30	00:41:04	01:03:44.55	01:04:18.80	+00:25:41 (40.3%)	6:22	9.4 (59.5%)
119	JASTRZĘBSKI Michał	1103		M-40	80	00:00:45	00:16:21	00:41:19	01:04:06.35	01:04:51.95	+00:26:02 (40.6%)	6:24	9.4 (59.5%)
120	DZIEDZIC Dominik	1050		M-30	100	00:00:49	00:16:10	00:41:20	01:04:19.45	01:05:09.15	+00:26:16 (40.8%)	6:25	9.3 (58.9%)
121	MAREK Robert	1194		M-40	81	00:00:43	00:16:01	00:41:10	01:04:33.25	01:05:16.60	+00:26:29 (41.0%)	6:27	9.3 (58.9%)
122	GIERCZYCKI Michał	1068	CHRZAŚCZCZE CHRABĄSZCZE	M-30	101	00:00:25	00:17:15	00:42:24	01:04:35.90	01:05:01.10	+00:26:32 (41.1%)	6:27	9.3 (58.9%)
123	MAZUR Paweł	1201		M-20	40	00:00:35	00:17:04	00:43:22	01:07:26.00	01:08:01.80	+00:29:22 (43.6%)	6:44	8.9 (56.3%)
124	ROJEK Michał	1286		M-40	89	00:00:47	00:16:56	00:43:47	01:08:41.20	01:09:29.05	+00:30:37 (44.6%)	6:52	8.7 (55.1%)
125	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	+00:30:52 (44.8%)	6:53	8.7 (55.1%)
126	ŁUKASZEWSKI Piotr	1183		M-40	90	00:00:38	00:17:00	00:44:05	01:09:08.05	01:09:46.20	+00:31:04 (45.0%)	6:54	8.7 (55.1%)
127	NĘDZA Ryszard	1223	HIRSCHVOGEL	M-50	27	00:00:21	00:16:28	00:44:33	01:09:58.70	01:10:20.05	+00:31:55 (45.6%)	6:59	8.6 (54.4%)
128	HABRAJSKI Michał	1082		M-40	92	00:00:16	00:16:46	00:44:32	01:10:14.10	01:10:30.35	+00:32:10 (45.8%)	7:01	8.5 (53.8%)
129	MALEC Marek	1433		M-20	41	00:00:47	00:16:07	00:44:10	01:10:15.35	01:11:02.65	+00:32:11 (45.8%)	7:01	8.5 (53.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	DUDRA Piotr	1045	#HUTATEAM	M-20	42	00:00:32	00:16:31	00:44:36	01:10:19.40	01:10:52.05	+00:32:16 (45.9%)	7:01	8.5 (53.8%)
131	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	+00:33:34 (46.9%)	7:09	8.4 (53.2%)
132	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	+00:33:35 (46.9%)	7:09	8.4 (53.2%)
133	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	+00:33:35 (46.9%)	7:09	8.4 (53.2%)
134	PRYMAS Krystian	1454		M-30	108	00:00:21	00:17:41	00:46:45	01:12:49.60	01:13:11.20	+00:34:46 (47.7%)	7:16	8.2 (51.9%)
135	SIEDLECKI Lesław	1303		M-60	9	00:00:31	00:19:21	00:48:26	01:14:54.10	01:15:25.30	+00:36:50 (49.2%)	7:29	8 (50.6%)
136	ZEGZUŁA Jakub	1399	#HUTATEAM	M-20	43	00:00:27	00:21:13	00:53:16	01:22:04.15	01:22:31.60	+00:44:00 (53.6%)	8:12	7.3 (46.2%)
137	ZEGZUŁA Łukasz	1398	#HUTATEAM	M-40	95	00:00:26	00:25:38	01:04:39	01:37:54.60	01:38:20.80	+00:59:51 (61.1%)	9:47	6.1 (38.6%)
DNC	CHOLEWA Tomasz	1029		M-40		00:00:00	00:25:25		00:39:26.10	00:39:26.10		0:00	15.2 (96.2%)

Total 138 results.