



**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-18  
**Miejsce:** Gliwice  
**Dystans:** 21.1 km

## II PÓLMARATON GLIWICKI

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>OLIINYK Paweł</b>	<b>1204</b>	KS ICE MAT TEAM OSTRÓW WLKP.	M-20	1	00:00:02	00:15:48	00:31:54	00:48:06	01:04:21	<b>01:07:51.30</b>	<b>01:07:54.05</b>		3:12	18.7 (100%)
2	<b>NAGIRNIAK Wiktor</b>	<b>1131</b>		M-20	2	00:00:03	00:16:16	00:33:03	00:50:22	01:07:40	<b>01:11:16.60</b>	<b>01:11:19.65</b>	+00:03:25 (4.8%)	3:22	17.8 (95.2%)
3	<b>KWALIA Launen</b>	<b>1219</b>	SKKS DORCUS SPORT	M-20	3	00:00:03	00:16:15	00:33:03	00:50:22	01:07:41	<b>01:11:19.35</b>	<b>01:11:22.50</b>	+00:03:28 (4.9%)	3:22	17.8 (95.2%)
4	<b>FORMICKI Rafał</b>	<b>165</b>	VICTORIA ZAWIERCIE	M-20	4	00:00:03	00:17:36	00:34:52	00:52:29	01:10:25	<b>01:14:17.70</b>	<b>01:14:21.60</b>	+00:06:26 (8.7%)	3:31	17 (90.9%)
5	<b>KWIECIŃSKI Michał</b>	<b>965</b>	URODZENI BIEGACZE WWW.BORNRUNNERS.PL	M-20	5	00:00:02	00:17:52	00:35:35	00:53:44	01:12:36	<b>01:16:51.35</b>	<b>01:16:53.90</b>	+00:09:00 (11.7%)	3:38	16.5 (88.2%)
6	<b>BIELIŃSKI Piotr</b>	<b>874</b>	SOKÓŁ KNURÓW/RYZDZ TEAM	M-20	6	00:00:02	00:18:09	00:36:15	00:54:48	01:13:57	<b>01:18:01.25</b>	<b>01:18:03.50</b>	+00:10:09 (13.0%)	3:41	16.2 (86.6%)
7	<b>RYSZKA Dariusz</b>	<b>843</b>	UKS OLIMPIA ZABRZE	M-20	7	00:00:02	00:19:11	00:38:06	00:56:30	01:15:16	<b>01:19:15.90</b>	<b>01:19:18.30</b>	+00:11:24 (14.4%)	3:45	16 (85.6%)
8	<b>MORDYŃSKI Bartłomiej</b>	<b>837</b>	UKS OLIMPIA ZABRZE	M-20	8	00:00:03	00:19:13	00:38:05	00:56:42	01:15:40	<b>01:19:45.40</b>	<b>01:19:49.15</b>	+00:11:54 (14.9%)	3:46	15.9 (85.0%)
9	<b>SLADEK Dawid</b>	<b>726</b>		M-20	9	00:00:03	00:18:46	00:37:54	00:56:41	01:15:50	<b>01:20:09.70</b>	<b>01:20:12.85</b>	+00:12:18 (15.4%)	3:47	15.8 (84.5%)
10	<b>CHOJNOWSKI Sebastian</b>	<b>1224</b>	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	M-20	10	00:00:00	00:18:58	00:38:34	00:58:56	01:20:10	<b>01:24:47.85</b>	<b>01:24:47.85</b>	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
11	<b>OCHMAN Paweł</b>	<b>1052</b>	FUTURE PROCESSING RUNNING TEAM	M-20	11	00:00:06	00:20:14	00:40:06	01:00:17	01:20:37	<b>01:24:47.90</b>	<b>01:24:54.75</b>	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
12	<b>PLOCH Jakub</b>	<b>275</b>		M-20	12	00:00:02	00:19:02	00:39:03	00:59:14	01:20:16	<b>01:24:48.05</b>	<b>01:24:50.80</b>	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
13	<b>BUJNOWSKI Artur</b>	<b>79</b>	KLUB BIEGACZA ENDURANCE SOLIDARNI KNURÓW	M-20	13	00:00:05	00:20:34	00:40:40	01:01:07	01:21:41	<b>01:26:19.10</b>	<b>01:26:24.10</b>	+00:18:27 (21.4%)	4:05	14.7 (78.6%)
14	<b>URBAŃCZYK Karol</b>	<b>287</b>	NIGHT RUNNERS GLIWICE	M-20	14	00:00:14	00:20:35	00:41:26	01:02:13	01:22:58	<b>01:27:21.90</b>	<b>01:27:36.25</b>	+00:19:30 (22.3%)	4:08	14.5 (77.5%)
15	<b>FALEJCZYK Mateusz</b>	<b>1106</b>		M-20	15	00:00:11	00:19:38	00:39:58	01:01:14	01:23:24	<b>01:28:07.75</b>	<b>01:28:18.95</b>	+00:20:16 (23.0%)	4:10	14.4 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
16	<b>BUJALSKI Michał</b>	<b>114</b>	AKS DRAGON	M-20	16	00:00:16	00:21:04	00:41:50	01:02:56	01:24:01	<b>01:28:26.80</b>	<b>01:28:43.20</b>	+00:20:35 (23.3%)	4:11	14.3 (76.5%)
17	<b>ŻOŁĄDŹ Piotr</b>	<b>667</b>		M-20	17	00:00:08	00:21:16	00:42:26	01:03:30	01:24:21	<b>01:28:45.05</b>	<b>01:28:53.55</b>	+00:20:53 (23.5%)	4:12	14.3 (76.5%)
18	<b>BAKALARZ Emil</b>	<b>397</b>		M-20	18	00:00:07	00:21:06	00:42:22	01:03:31	01:24:27	<b>01:28:47.40</b>	<b>01:28:54.85</b>	+00:20:56 (23.6%)	4:12	14.3 (76.5%)
19	<b>POŚNIAK Tomasz</b>	<b>436</b>	ISTA BIEGAMY	M-20	19	00:00:09	00:21:18	00:42:34	01:03:53	01:25:09	<b>01:29:40.95</b>	<b>01:29:50.70</b>	+00:21:49 (24.3%)	4:15	14.1 (75.4%)
20	<b>GRZYWNA Grzegorz</b>	<b>1136</b>	WKB META LUBLINIEC	M-20	20	00:00:11	00:20:39	00:41:36	01:02:54	01:25:02	<b>01:29:42.50</b>	<b>01:29:53.70</b>	+00:21:51 (24.4%)	4:15	14.1 (75.4%)
21	<b>GROCHOWINA Filip</b>	<b>138</b>		M-20	21	00:00:10	00:21:16	00:42:33	01:03:52	01:25:05	<b>01:29:43.00</b>	<b>01:29:53.75</b>	+00:21:51 (24.4%)	4:15	14.1 (75.4%)
22	<b>KWAŚNIEWSKI Tadeusz</b>	<b>832</b>		M-20	22	00:00:09	00:21:16	00:42:33	01:03:51	01:25:17	<b>01:29:43.75</b>	<b>01:29:53.15</b>	+00:21:52 (24.4%)	4:15	14.1 (75.4%)
23	<b>KIECÓŃ Michał</b>	<b>872</b>	USTROŃ MOUNTAIN TEAM	M-20	23	00:00:09	00:20:57	00:42:00	01:03:08	01:25:11	<b>01:30:06.15</b>	<b>01:30:15.25</b>	+00:22:14 (24.7%)	4:16	14.1 (75.4%)
24	<b>MIRONOWICZ Bartłomiej</b>	<b>1092</b>		M-20	24	00:00:13	00:21:01	00:42:15	01:03:47	01:25:39	<b>01:30:15.70</b>	<b>01:30:29.35</b>	+00:22:24 (24.8%)	4:16	14 (74.9%)
25	<b>MIKULSKI Przemysław</b>	<b>367</b>		M-20	25	00:00:03	00:21:41	00:42:45	01:04:03	01:26:02	<b>01:30:35.65</b>	<b>01:30:39.60</b>	+00:22:44 (25.1%)	4:17	14 (74.9%)
26	<b>KORPAK Piotr</b>	<b>879</b>	MOTIVATO.PL	M-20	26	00:00:14	00:21:31	00:43:18	01:04:58	01:26:24	<b>01:30:55.60</b>	<b>01:31:10.10</b>	+00:23:04 (25.4%)	4:18	13.9 (74.3%)
27	<b>DYMARCZYK Artur</b>	<b>72</b>	TKS KARATE	M-20	27	00:00:41	00:21:13	00:42:29	01:03:57	01:26:22	<b>01:31:07.00</b>	<b>01:31:48.75</b>	+00:23:15 (25.5%)	4:19	13.9 (74.3%)
28	<b>SZABELSKI Krzysztof</b>	<b>699</b>	FUTURE PROCESSING RUNNING TEAM	M-20	28	00:00:24	00:22:26	00:44:22	01:05:51	01:26:54	<b>01:31:08.25</b>	<b>01:31:32.80</b>	+00:23:16 (25.5%)	4:19	13.9 (74.3%)
29	<b>BAROS Daniel</b>	<b>800</b>	FALSTART RUDNIKI	M-20	29	00:00:23	00:22:24	00:43:59	01:05:14	01:26:48	<b>01:31:20.40</b>	<b>01:31:43.85</b>	+00:23:29 (25.7%)	4:19	13.9 (74.3%)
30	<b>OSKWAREK Piotr</b>	<b>681</b>		M-20	30	00:00:14	00:21:13	00:42:44	01:04:21	01:26:42	<b>01:31:21.75</b>	<b>01:31:36.60</b>	+00:23:30 (25.7%)	4:19	13.9 (74.3%)
31	<b>LIS Paweł</b>	<b>943</b>		M-20	31	00:00:09	00:21:16	00:42:33	01:03:48	01:26:09	<b>01:31:22.25</b>	<b>01:31:32.20</b>	+00:23:30 (25.7%)	4:19	13.9 (74.3%)
32	<b>OZYP Mariusz</b>	<b>1061</b>		M-20	32	00:00:04	00:20:50	00:42:25	01:04:17	01:26:49	<b>01:31:35.90</b>	<b>01:31:40.50</b>	+00:23:44 (25.9%)	4:20	13.8 (73.8%)
33	<b>MAŚCIBRZUCH Marcin</b>	<b>1110</b>	SKLEPBIEGACZA.PL GLIWICE TEAM	M-20	33	00:00:24	00:21:04	00:42:19	01:04:04	01:26:55	<b>01:31:47.50</b>	<b>01:32:12.15</b>	+00:23:56 (26.1%)	4:21	13.8 (73.8%)
34	<b>WILK Marcin</b>	<b>55</b>	WILMAR	M-20	34	00:00:03	00:20:41	00:43:13	01:05:24	01:27:09	<b>01:32:03.45</b>	<b>01:32:07.35</b>	+00:24:12 (26.3%)	4:21	13.8 (73.8%)
35	<b>ŁYCZKOWSKI Kamil</b>	<b>271</b>		M-20	35	00:00:53	00:21:09	00:42:43	01:04:47	01:27:41	<b>01:32:21.05</b>	<b>01:33:14.20</b>	+00:24:29 (26.5%)	4:22	13.7 (73.3%)
36	<b>WITKIEWICZ Wojciech</b>	<b>216</b>		M-20	36	00:00:09	00:21:25	00:42:59	01:05:22	01:28:50	<b>01:33:47.25</b>	<b>01:33:57.10</b>	+00:25:55 (27.7%)	4:26	13.5 (72.2%)
37	<b>KOWOLIK Łukasz</b>	<b>1041</b>	NIEDZIELNI KOPACZE	M-20	37	00:00:18	00:22:18	00:44:31	01:06:38	01:29:11	<b>01:33:57.55</b>	<b>01:34:16.00</b>	+00:26:06 (27.8%)	4:27	13.5 (72.2%)
38	<b>WEBER Tomasz</b>	<b>460</b>		M-20	38	00:01:13	00:22:55	00:45:22	01:07:26	01:29:20	<b>01:34:01.00</b>	<b>01:35:14.45</b>	+00:26:09 (27.8%)	4:27	13.5 (72.2%)
39	<b>PAKULSKI Przemysław</b>	<b>634</b>		M-20	39	00:00:44	00:22:22	00:44:40	01:07:01	01:29:28	<b>01:34:05.75</b>	<b>01:34:50.40</b>	+00:26:14 (27.9%)	4:27	13.5 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
40	WIZOR Jakub	1045		M-20	40	00:00:50	00:22:35	00:45:04	01:07:16	01:29:39	<b>01:34:27.15</b>	<b>01:35:17.60</b>	+00:26:35 (28.2%)	4:28	13.4 (71.7%)
41	CHRAPKOWICZ Damian	426	304	M-20	41	00:00:41	00:22:55	00:45:15	01:07:58	01:30:46	<b>01:35:31.45</b>	<b>01:36:13.10</b>	+00:27:40 (29.0%)	4:31	13.3 (71.1%)
42	WOŹNIAK Grzegorz	748	JESTĘ HARDKOREĘ	M-20	42	00:00:11	00:21:54	00:43:44	01:06:58	01:30:44	<b>01:35:46.90</b>	<b>01:35:58.25</b>	+00:27:55 (29.2%)	4:32	13.2 (70.6%)
43	GRAMATYKA Jan	473	FUTURE PROCESSING RUNNING TEAM	M-20	43	00:00:24	00:22:28	00:45:11	01:07:49	01:31:08	<b>01:36:08.00</b>	<b>01:36:32.95</b>	+00:28:16 (29.4%)	4:33	13.2 (70.6%)
44	ABRAHAMOWICZ Jakub	34	RYBNICKA GRUPA BIEGOWA 'PĘDZIMY RAZEM'	M-20	44	00:00:23	00:22:21	00:45:04	01:07:59	01:31:25	<b>01:36:34.00</b>	<b>01:36:57.15</b>	+00:28:42 (29.7%)	4:34	13.1 (70.1%)
45	DZIAŁOCHA Jakub	819	ODOLANOWSKA DRUŻYNA BIEGOWA	M-20	45	00:00:26	00:23:23	00:46:08	01:08:57	01:31:51	<b>01:36:53.65</b>	<b>01:37:19.70</b>	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
46	PRZERWA Michał	813	KS ICE MAT TEAMOSTRÓW WIELKOPOLSKI	M-20	46	00:00:26	00:23:23	00:46:08	01:08:57	01:31:52	<b>01:36:53.70</b>	<b>01:37:19.85</b>	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
47	ŚLIWA Paweł	834	42 DO SZCZĘŚCIA	M-20	47	00:00:31	00:22:54	00:45:33	01:08:38	01:32:07	<b>01:37:01.00</b>	<b>01:37:32.45</b>	+00:29:09 (30.1%)	4:35	13 (69.5%)
48	BŁASZCZYK Dominik	294	NIGHT RUNNERS GLIWICE	M-20	48	00:00:31	00:22:29	00:45:33	01:08:38	01:32:07	<b>01:37:02.05</b>	<b>01:37:33.30</b>	+00:29:10 (30.1%)	4:35	13 (69.5%)
49	MACZUGA Bartłomiej	1033		M-20	49	00:01:01	00:24:10	00:46:54	01:09:19	01:32:56	<b>01:37:55.25</b>	<b>01:38:56.65</b>	+00:30:03 (30.7%)	4:38	12.9 (69.0%)
50	SIEJA Szymon	1145	JW AGAT	M-20	50	00:00:12	00:22:55	00:46:23	01:09:40	01:32:59	<b>01:38:03.10</b>	<b>01:38:15.35</b>	+00:30:11 (30.8%)	4:38	12.9 (69.0%)
51	ZAWADZKI Karol	793	RADLIN	M-20	51	00:00:12	00:23:24	00:47:05	01:10:31	01:33:29	<b>01:38:04.05</b>	<b>01:38:16.05</b>	+00:30:12 (30.8%)	4:38	12.9 (69.0%)
52	PIĄTEK Mateusz	489		M-20	52	00:00:25	00:23:57	00:47:16	01:10:30	01:33:46	<b>01:38:31.40</b>	<b>01:38:56.75</b>	+00:30:40 (31.1%)	4:40	12.9 (69.0%)
53	KOCHUIEVSKYI Oleksandr	900		M-20	53	00:00:00	00:24:59	00:47:43	01:10:33	01:33:46	<b>01:38:46.55</b>	<b>01:38:46.55</b>	+00:30:55 (31.3%)	4:40	12.8 (68.4%)
54	JUPP Ashley	708		M-20	54	00:00:10	00:20:38	00:42:04	01:04:49	01:33:03	<b>01:38:57.05</b>	<b>01:39:07.10</b>	+00:31:05 (31.4%)	4:41	12.8 (68.4%)
55	SKLORZ Marcin	937		M-20	55	00:00:17	00:24:04	00:47:23	01:10:47	01:34:38	<b>01:39:29.05</b>	<b>01:39:46.30</b>	+00:31:37 (31.8%)	4:42	12.7 (67.9%)
56	STACHURA Mateusz	1200	PEACEMAKER	M-20	56	00:00:18	00:23:17	00:46:59	01:10:24	01:33:53	<b>01:39:41.45</b>	<b>01:39:59.70</b>	+00:31:50 (31.9%)	4:43	12.7 (67.9%)
57	SZULC Sebastian	13		M-20	57	00:00:22	00:22:40	00:46:31	01:09:53	01:34:24	<b>01:39:45.80</b>	<b>01:40:07.85</b>	+00:31:54 (32.0%)	4:43	12.7 (67.9%)
58	OKSIĘDZKI Tomasz Jan	362	DOGOŃ GRODZISK MAZOWIECKI	M-20	58	00:00:07	00:22:44	00:46:26	01:10:26	01:36:06	<b>01:40:16.85</b>	<b>01:40:24.40</b>	+00:32:25 (32.3%)	4:45	12.6 (67.4%)
59	GARUS Tomasz	588	304	M-20	59	00:01:10	00:24:55	00:48:40	01:11:55	01:35:52	<b>01:40:49.00</b>	<b>01:41:59.45</b>	+00:32:57 (32.7%)	4:46	12.6 (67.4%)
60	REMPUSZEWSKI Mateusz	993		M-20	60	00:01:12	00:26:27	00:52:35	01:14:20	01:36:33	<b>01:41:25.25</b>	<b>01:42:37.45</b>	+00:33:33 (33.1%)	4:48	12.5 (66.8%)
61	BEDNORZ Roman	962	TECHNOMEX	M-20	61	00:01:27	00:24:45	00:49:13	01:13:13	01:36:35	<b>01:41:28.65</b>	<b>01:42:55.75</b>	+00:33:37 (33.1%)	4:48	12.5 (66.8%)
62	HAMZIUK Stanisław	898		M-20	62	00:00:31	00:23:40	00:47:30	01:11:45	01:36:15	<b>01:41:32.30</b>	<b>01:42:03.75</b>	+00:33:41 (33.2%)	4:48	12.5 (66.8%)
63	NAWARA Arkadiusz	845		M-20	63	00:01:59	00:24:39	00:48:28	01:12:15	01:36:42	<b>01:41:56.45</b>	<b>01:43:55.95</b>	+00:34:05 (33.4%)	4:49	12.4 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
64	<b>KOSMACZEWSKI Michał</b>	<b>1101</b>		M-20	64	00:01:26	00:24:35	00:49:03	01:12:50	01:37:23	<b>01:42:38.40</b>	<b>01:44:04.70</b>	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
65	<b>CIUMAN Piotr</b>	<b>343</b>		M-20	65	00:00:19	00:23:16	00:46:57	01:10:48	01:37:01	<b>01:42:41.30</b>	<b>01:43:00.95</b>	+00:34:50 (33.9%)	4:51	12.3 (65.8%)
66	<b>RUTKOWSKI Michał</b>	<b>309</b>		M-20	66	00:01:10	00:24:56	00:49:19	01:13:06	01:37:39	<b>01:42:48.35</b>	<b>01:43:58.40</b>	+00:34:57 (34.0%)	4:52	12.3 (65.8%)
67	<b>KARASIŃSKI Łukasz</b>	<b>125</b>		M-20	67	00:00:19	00:23:18	00:47:01	01:10:49	01:37:14	<b>01:42:54.10</b>	<b>01:43:13.85</b>	+00:35:02 (34.1%)	4:52	12.3 (65.8%)
68	<b>BUJA Błażej</b>	<b>321</b>	BIEGACZE CSR	M-20	68	00:00:41	00:23:53	00:47:42	01:11:37	01:37:37	<b>01:43:08.25</b>	<b>01:43:50.15</b>	+00:35:16 (34.2%)	4:53	12.3 (65.8%)
69	<b>DWORNICZAK Paweł</b>	<b>868</b>		M-20	69	00:02:00	00:24:57	00:49:39	01:14:16	01:38:44	<b>01:43:31.80</b>	<b>01:45:32.55</b>	+00:35:40 (34.5%)	4:54	12.2 (65.2%)
70	<b>RYCHLEWICZ Tomasz</b>	<b>396</b>		M-20	70	00:00:07	00:23:32	00:47:14	01:11:19	01:37:37	<b>01:43:36.95</b>	<b>01:43:44.10</b>	+00:35:45 (34.5%)	4:54	12.2 (65.2%)
71	<b>KACZMAREK Sławomir</b>	<b>1148</b>	JW AGAT	M-20	71	00:00:50	00:26:20	00:50:12	01:14:55	01:38:58	<b>01:43:49.50</b>	<b>01:44:40.35</b>	+00:35:58 (34.6%)	4:55	12.2 (65.2%)
72	<b>IBROM Mateusz</b>	<b>67</b>	BIEGAMY Z SERCEM.PL	M-20	72	00:01:07	00:25:04	00:49:50	01:14:19	01:38:54	<b>01:43:53.65</b>	<b>01:45:00.75</b>	+00:36:02 (34.7%)	4:55	12.2 (65.2%)
73	<b>BUJAK Miłosz</b>	<b>1027</b>		M-20	73	00:01:37	00:24:32	00:49:29	01:14:12	01:38:46	<b>01:43:54.95</b>	<b>01:45:32.25</b>	+00:36:03 (34.7%)	4:55	12.2 (65.2%)
74	<b>KUKUŁA Adam</b>	<b>369</b>		M-20	74	00:01:06	00:25:40	00:50:53	01:15:13	01:39:27	<b>01:43:57.40</b>	<b>01:45:03.70</b>	+00:36:06 (34.7%)	4:55	12.2 (65.2%)
75	<b>STAŃCZAK Grzegorz</b>	<b>222</b>		M-20	75	00:00:38	00:22:41	00:46:16	01:10:56	01:37:59	<b>01:44:00.65</b>	<b>01:44:38.75</b>	+00:36:09 (34.8%)	4:55	12.2 (65.2%)
76	<b>SZADKOWSKI Paweł</b>	<b>51</b>	NIGHT RUNNERS GLIWICE	M-20	76	00:00:38	00:24:31	00:48:53	01:13:22	01:38:56	<b>01:44:19.45</b>	<b>01:44:58.00</b>	+00:36:28 (35.0%)	4:56	12.1 (64.7%)
77	<b>ZĘBALA Bartłomiej</b>	<b>1122</b>		M-20	77	00:00:07	00:22:59	00:47:11	01:11:54	01:38:52	<b>01:44:26.10</b>	<b>01:44:33.65</b>	+00:36:34 (35.0%)	4:56	12.1 (64.7%)
78	<b>WILK Dawid</b>	<b>153</b>	NIGHT RUNNERS ZABRZE	M-20	78	00:01:21	00:24:57	00:49:44	01:14:34	01:39:20	<b>01:44:28.70</b>	<b>01:45:50.10</b>	+00:36:37 (35.1%)	4:57	12.1 (64.7%)
79	<b>SIKORA Radosław</b>	<b>918</b>	GB SEUL	M-20	79	00:01:29	00:26:12	00:50:37	01:15:31	01:39:57	<b>01:44:33.00</b>	<b>01:46:02.35</b>	+00:36:41 (35.1%)	4:57	12.1 (64.7%)
80	<b>MALEC Arkadiusz</b>	<b>929</b>		M-20	80	00:01:35	00:24:48	00:49:36	01:15:25	01:39:37	<b>01:44:59.75</b>	<b>01:46:35.60</b>	+00:37:08 (35.4%)	4:58	12.1 (64.7%)
81	<b>RADZIKOWSKI Przemysław</b>	<b>642</b>		M-20	81	00:01:07	00:25:51	00:50:53	01:15:15	01:39:57	<b>01:45:13.70</b>	<b>01:46:20.95</b>	+00:37:22 (35.5%)	4:59	12 (64.2%)
82	<b>KANIEWSKI Kamil</b>	<b>26</b>		M-20	82	00:01:00	00:25:39	00:50:42	01:16:12	01:40:29	<b>01:45:33.10</b>	<b>01:46:33.60</b>	+00:37:41 (35.7%)	5:00	12 (64.2%)
83	<b>MEJKA Krzysztof</b>	<b>672</b>		M-20	83	00:00:37	00:25:46	00:51:04	01:15:38	01:40:40	<b>01:45:46.75</b>	<b>01:46:24.25</b>	+00:37:55 (35.9%)	5:00	12 (64.2%)
84	<b>KŁOSEK Jacek</b>	<b>445</b>	INSTAL-TECH TEAM	M-20	84	00:00:53	00:25:41	00:51:14	01:16:17	01:40:58	<b>01:46:10.75</b>	<b>01:47:04.45</b>	+00:38:19 (36.1%)	5:01	11.9 (63.6%)
85	<b>WÓJCIK Krzysztof</b>	<b>857</b>	IRON WORKOUT	M-20	85	00:00:28	00:23:15	00:47:27	01:13:51	01:41:00	<b>01:46:30.40</b>	<b>01:46:58.45</b>	+00:38:39 (36.3%)	5:02	11.9 (63.6%)
86	<b>DZIGORZEWSKI Paweł</b>	<b>1098</b>		M-20	86	00:01:14	00:25:14	00:49:41	01:15:02	01:41:13	<b>01:46:31.05</b>	<b>01:47:45.85</b>	+00:38:39 (36.3%)	5:02	11.9 (63.6%)
87	<b>SOBASZEK Aureliusz</b>	<b>84</b>	PSYCHONAUICI	M-20	87	00:00:08	00:23:59	00:48:41	01:14:17	01:40:50	<b>01:46:32.15</b>	<b>01:46:40.85</b>	+00:38:40 (36.3%)	5:02	11.9 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km	21.1km				
88	<b>BUBULA Krystek</b>	<b>619</b>	DZIK TEAM	M-20	88	00:00:10	00:22:46	00:47:25	01:13:39	01:40:59	<b>01:46:34.35</b>	<b>01:46:44.45</b>	+00:38:43 (36.3%)	5:03	11.9 (63.6%)
89	<b>WITRYK Lesław</b>	<b>401</b>	5 BSP	M-20	89	00:01:14	00:25:06	00:49:43	01:15:08	01:41:24	<b>01:46:54.40</b>	<b>01:48:08.65</b>	+00:39:03 (36.5%)	5:03	11.8 (63.1%)
90	<b>GRZEŻUŁKOWSKI Kamil</b>	<b>1222</b>		M-20	90	00:00:31	00:24:57	00:49:47	01:14:46	01:41:17	<b>01:47:16.65</b>	<b>01:47:48.60</b>	+00:39:25 (36.7%)	5:05	11.8 (63.1%)
91	<b>ADAM Mateusz</b>	<b>569</b>	BOSO PRZEZ SZAŁSZĘ	M-20	91	00:00:33	00:24:37	00:48:58	01:14:14	01:41:49	<b>01:47:24.50</b>	<b>01:47:57.75</b>	+00:39:33 (36.8%)	5:05	11.8 (63.1%)
92	<b>BAJ Tomasz</b>	<b>375</b>		M-20	92	00:01:07	00:26:30	00:51:38	01:17:04	01:42:07	<b>01:47:36.15</b>	<b>01:48:43.15</b>	+00:39:44 (36.9%)	5:05	11.8 (63.1%)
93	<b>KOPPEL Bartłomiej</b>	<b>37</b>		M-20	93	00:01:13	00:26:06	00:51:55	01:17:09	01:42:37	<b>01:47:45.80</b>	<b>01:48:59.00</b>	+00:39:54 (37.0%)	5:06	11.7 (62.6%)
94	<b>JESIONOWSKI Mateusz</b>	<b>308</b>		M-20	94	00:00:53	00:26:23	00:51:58	01:17:04	01:42:29	<b>01:47:49.85</b>	<b>01:48:43.15</b>	+00:39:58 (37.1%)	5:06	11.7 (62.6%)
95	<b>ŁĄTKOWSKI Marcin</b>	<b>992</b>		M-20	95	00:00:51	00:25:45	00:51:25	01:16:49	01:42:39	<b>01:48:07.60</b>	<b>01:48:59.25</b>	+00:40:16 (37.2%)	5:07	11.7 (62.6%)
96	<b>KLECZKA Roman</b>	<b>1021</b>	PROFORM TEAM	M-20	96	00:01:22	00:25:49	00:51:20	01:16:36	01:42:32	<b>01:48:11.55</b>	<b>01:49:34.05</b>	+00:40:20 (37.3%)	5:07	11.7 (62.6%)
97	<b>MELLER Tadeusz</b>	<b>149</b>		M-20	97	00:01:25	00:26:34	00:52:13	01:17:27	01:42:36	<b>01:48:17.40</b>	<b>01:49:42.80</b>	+00:40:26 (37.3%)	5:07	11.7 (62.6%)
98	<b>PENKALA Artur</b>	<b>301</b>	GO-LEASING	M-20	98	00:00:08	00:25:43	00:51:28	01:17:05	01:43:04	<b>01:48:19.25</b>	<b>01:48:27.80</b>	+00:40:27 (37.4%)	5:08	11.7 (62.6%)
99	<b>DOBOSZ Mariusz</b>	<b>298</b>	GO-LEASING	M-20	99	00:00:07	00:25:44	00:51:29	01:17:06	01:43:05	<b>01:48:19.90</b>	<b>01:48:27.85</b>	+00:40:28 (37.4%)	5:08	11.7 (62.6%)
100	<b>GRANDA Marcin</b>	<b>602</b>		M-20	100	00:00:12	00:23:49	00:49:54	01:15:47	01:42:39	<b>01:48:20.85</b>	<b>01:48:33.40</b>	+00:40:29 (37.4%)	5:08	11.7 (62.6%)
101	<b>GRABSKI Michał</b>	<b>580</b>	KOMBO KURCZAKI	M-20	101	00:00:34	00:25:18	00:50:47	01:16:23	01:42:37	<b>01:48:21.20</b>	<b>01:48:55.20</b>	+00:40:29 (37.4%)	5:08	11.7 (62.6%)
102	<b>WILK Kuba</b>	<b>971</b>	WILK	M-20	102	00:01:13	00:25:44	00:51:03	01:16:30	01:42:51	<b>01:48:32.30</b>	<b>01:49:45.35</b>	+00:40:41 (37.5%)	5:08	11.7 (62.6%)
103	<b>RUSIN Marcin</b>	<b>195</b>		M-20	103	00:01:17	00:26:27	00:51:41	01:17:04	01:42:53	<b>01:48:34.80</b>	<b>01:49:52.25</b>	+00:40:43 (37.5%)	5:08	11.7 (62.6%)
104	<b>WADOWSKI Paweł</b>	<b>1074</b>		M-20	104	00:02:04	00:26:16	00:51:27	01:16:24	01:43:17	<b>01:48:38.85</b>	<b>01:50:43.00</b>	+00:40:47 (37.5%)	5:08	11.7 (62.6%)
105	<b>ADAMSKI Kamil</b>	<b>32</b>	LEGION WILCZE GARDŁO	M-20	105	00:01:37	00:26:05	00:51:55	01:17:20	01:43:17	<b>01:48:52.25</b>	<b>01:50:29.25</b>	+00:41:00 (37.7%)	5:09	11.6 (62.0%)
106	<b>GAJDA Marek</b>	<b>945</b>		M-20	106	00:00:49	00:25:17	00:51:14	01:16:51	01:43:18	<b>01:49:09.30</b>	<b>01:49:58.50</b>	+00:41:18 (37.8%)	5:10	11.6 (62.0%)
107	<b>GŁOGOWSKI Konrad</b>	<b>313</b>		M-20	107	00:01:17	00:26:16	00:52:21	01:18:37	01:44:08	<b>01:49:15.60</b>	<b>01:50:33.35</b>	+00:41:24 (37.9%)	5:10	11.6 (62.0%)
108	<b>BUŁA Tomasz</b>	<b>286</b>		M-20	108	00:01:10	00:26:24	00:52:27	01:18:41	01:44:12	<b>01:49:22.70</b>	<b>01:50:32.95</b>	+00:41:31 (38.0%)	5:10	11.6 (62.0%)
109	<b>BŁASZCZYSZYN Łukasz</b>	<b>676</b>	HEAVY METAL ALL-STAR TEAM	M-20	109	00:01:10	00:26:20	00:52:27	01:18:27	01:44:01	<b>01:49:31.70</b>	<b>01:50:41.80</b>	+00:41:40 (38.0%)	5:11	11.6 (62.0%)
110	<b>JASIŃSKI Dawid</b>	<b>794</b>		M-20	110	00:01:11	00:26:22	00:52:28	01:18:47	01:44:09	<b>01:49:35.95</b>	<b>01:50:47.50</b>	+00:41:44 (38.1%)	5:11	11.6 (62.0%)
111	<b>POPIEL Wojciech</b>	<b>383</b>		M-20	111	00:01:31	00:24:10	00:48:41	01:14:53	01:44:09	<b>01:49:38.90</b>	<b>01:51:10.40</b>	+00:41:47 (38.1%)	5:11	11.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
112	<b>KATA Damian</b>	<b>129</b>		M-20	112	00:00:00	00:27:30	00:52:36	01:18:02	01:44:03	<b>01:49:39.15</b>	<b>01:49:39.15</b>	+00:41:47 (38.1%)	5:11	11.5 (61.5%)
113	<b>KONDRUSIEWICZ Michał</b>	<b>331</b>	BIEGACZE CSR	M-20	113	00:00:42	00:26:28	00:52:52	01:19:04	01:44:38	<b>01:49:48.00</b>	<b>01:50:30.45</b>	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
114	<b>MATUSZCZAK Witold</b>	<b>718</b>		M-20	114	00:01:09	00:25:04	00:50:08	01:16:33	01:44:20	<b>01:49:50.10</b>	<b>01:50:59.95</b>	+00:41:58 (38.2%)	5:12	11.5 (61.5%)
115	<b>PLOCH Tomasz</b>	<b>1291</b>	PACEMAKER	M-20	115	00:01:05	00:26:25	00:52:32	01:18:46	01:44:30	<b>01:49:58.00</b>	<b>01:51:03.00</b>	+00:42:06 (38.3%)	5:12	11.5 (61.5%)
116	<b>FAMUŁA Tomasz</b>	<b>1103</b>	FUTURE PROCESSING RUNNING CLUB	M-20	116	00:01:10	00:26:21	00:52:27	01:18:42	01:44:29	<b>01:49:59.40</b>	<b>01:51:10.10</b>	+00:42:08 (38.3%)	5:12	11.5 (61.5%)
117	<b>STABLA Marek</b>	<b>154</b>	NIGHT RUNNERS GLIWICE	M-20	117	00:01:06	00:26:27	00:52:20	01:18:43	01:44:34	<b>01:50:03.05</b>	<b>01:51:09.55</b>	+00:42:11 (38.3%)	5:12	11.5 (61.5%)
118	<b>JAGIEŁA Michał</b>	<b>252</b>		M-20	118	00:00:41	00:24:08	00:48:33	01:14:11	01:43:46	<b>01:50:04.00</b>	<b>01:50:45.15</b>	+00:42:12 (38.4%)	5:12	11.5 (61.5%)
119	<b>KWAŚNIOK Rafał</b>	<b>87</b>	NIGHT RUNNERS GLIWICE	M-20	119	00:01:17	00:27:41	00:55:26	01:20:35	01:45:09	<b>01:50:05.45</b>	<b>01:51:22.95</b>	+00:42:14 (38.4%)	5:13	11.5 (61.5%)
120	<b>PODSTUFKA Szymon</b>	<b>774</b>		M-20	120	00:00:57	00:26:17	00:52:40	01:18:32	01:45:02	<b>01:50:37.30</b>	<b>01:51:35.25</b>	+00:42:46 (38.7%)	5:14	11.4 (61.0%)
121	<b>POKRYSZKA Wojciech</b>	<b>240</b>	KOMBO KURCZAKI	M-20	121	00:01:25	00:26:34	00:52:33	01:18:26	01:45:08	<b>01:50:41.55</b>	<b>01:52:07.05</b>	+00:42:50 (38.7%)	5:14	11.4 (61.0%)
122	<b>POKRYSZKA Bartosz</b>	<b>28</b>	KOMBO KURCZAKI	M-20	122	00:01:24	00:26:35	00:52:34	01:18:27	01:45:08	<b>01:50:42.05</b>	<b>01:52:06.90</b>	+00:42:50 (38.7%)	5:14	11.4 (61.0%)
123	<b>TURNIAK Miłosz</b>	<b>613</b>		M-20	123	00:00:50	00:25:06	00:50:16	01:16:53	01:44:58	<b>01:50:56.50</b>	<b>01:51:47.05</b>	+00:43:05 (38.8%)	5:15	11.4 (61.0%)
124	<b>KUBISZ Mariusz</b>	<b>544</b>		M-20	124	00:01:19	00:26:49	00:53:15	01:18:51	01:45:29	<b>01:51:00.25</b>	<b>01:52:20.00</b>	+00:43:08 (38.9%)	5:15	11.4 (61.0%)
125	<b>BOIŃSKI Marcin</b>	<b>224</b>		M-20	125	00:01:08	00:25:49	00:51:22	01:17:10	01:45:23	<b>01:51:38.50</b>	<b>01:52:47.30</b>	+00:43:47 (39.2%)	5:17	11.3 (60.4%)
126	<b>WALSKI Łukasz</b>	<b>546</b>	RANGER SURVIVAL CLUB	M-20	126	00:01:53	00:27:38	00:54:27	01:21:24	01:46:40	<b>01:51:40.00</b>	<b>01:53:33.55</b>	+00:43:48 (39.2%)	5:17	11.3 (60.4%)
127	<b>PRENZENA Paweł</b>	<b>45</b>		M-20	127	00:00:22	00:25:19	00:50:34	01:17:13	01:46:11	<b>01:51:48.30</b>	<b>01:52:10.95</b>	+00:43:57 (39.3%)	5:17	11.3 (60.4%)
128	<b>BLACH Damian</b>	<b>556</b>		M-20	128	00:01:18	00:28:14	00:55:11	01:21:59	01:47:14	<b>01:52:19.85</b>	<b>01:53:37.85</b>	+00:44:28 (39.6%)	5:19	11.3 (60.4%)
129	<b>KUROWSKI Michał</b>	<b>742</b>	NIGHT RUNNERS GLIWICE	M-20	129	00:01:16	00:27:05	00:53:06	01:19:34	01:46:54	<b>01:52:34.75</b>	<b>01:53:50.85</b>	+00:44:43 (39.7%)	5:20	11.2 (59.9%)
130	<b>SKOLUDEK Robert</b>	<b>447</b>		M-20	130	00:00:43	00:26:30	00:53:17	01:20:36	01:47:34	<b>01:52:38.10</b>	<b>01:53:21.15</b>	+00:44:46 (39.8%)	5:20	11.2 (59.9%)
131	<b>RUDNER Jakub</b>	<b>1105</b>		M-20	131	00:00:45	00:27:05	00:53:46	01:20:06	01:47:06	<b>01:52:42.60</b>	<b>01:53:27.70</b>	+00:44:51 (39.8%)	5:20	11.2 (59.9%)
132	<b>PAWLIK Wojciech</b>	<b>665</b>		M-20	132	00:01:17	00:26:27	00:52:41	01:19:12	01:46:56	<b>01:52:48.00</b>	<b>01:54:05.50</b>	+00:44:56 (39.8%)	5:20	11.2 (59.9%)
133	<b>BIENKOWSKI Piotr</b>	<b>384</b>		M-20	133	00:00:37	00:23:36	00:49:14	01:17:25	01:47:01	<b>01:53:07.00</b>	<b>01:53:44.55</b>	+00:45:15 (40.0%)	5:21	11.2 (59.9%)
134	<b>BUJAK Mateusz</b>	<b>679</b>		M-20	134	00:00:59	00:26:13	00:52:09	01:19:22	01:47:40	<b>01:53:20.15</b>	<b>01:54:19.70</b>	+00:45:28 (40.1%)	5:22	11.2 (59.9%)
135	<b>WILK Andrzej</b>	<b>764</b>		M-20	135	00:01:02	00:24:46	00:50:52	01:18:03	01:47:26	<b>01:53:43.20</b>	<b>01:54:46.15</b>	+00:45:51 (40.3%)	5:23	11.1 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
136	<b>SZARUGA Jan</b>	<b>266</b>		M-20	136	00:01:34	00:27:13	00:53:13	01:18:58	01:47:29	<b>01:53:44.20</b>	<b>01:55:18.75</b>	+00:45:52 (40.3%)	5:23	11.1 (59.4%)
137	<b>KUMOR Tomasz</b>	<b>894</b>		M-20	137	00:00:37	00:27:25	00:54:07	01:20:53	01:47:53	<b>01:53:44.65</b>	<b>01:54:22.45</b>	+00:45:53 (40.3%)	5:23	11.1 (59.4%)
138	<b>BEDNARSKI Tomasz</b>	<b>457</b>	NR GLIWICE	M-20	138	00:02:00	00:29:26	00:55:57	01:22:59	01:48:44	<b>01:53:47.95</b>	<b>01:55:47.95</b>	+00:45:56 (40.4%)	5:23	11.1 (59.4%)
139	<b>KOKOSZKA Marcin</b>	<b>609</b>	EMEDIATOR.PL	M-20	139	00:00:54	00:28:03	00:55:52	01:23:06	01:48:42	<b>01:54:00.85</b>	<b>01:54:55.35</b>	+00:46:09 (40.5%)	5:24	11.1 (59.4%)
140	<b>FIELHAUER Damian</b>	<b>685</b>		M-20	140	00:00:57	00:25:36	00:51:02	01:17:50	01:47:50	<b>01:54:22.45</b>	<b>01:55:20.40</b>	+00:46:31 (40.7%)	5:25	11.1 (59.4%)
141	<b>DE LA MERCED PUGA Daniel</b>	<b>1070</b>		M-20	141	00:02:18	00:26:55	00:53:11	01:19:09	01:47:36	<b>01:54:25.40</b>	<b>01:56:44.15</b>	+00:46:34 (40.7%)	5:25	11.1 (59.4%)
142	<b>SIUDA Krzysztof</b>	<b>858</b>		M-20	142	00:00:39	00:28:01	00:54:32	01:20:58	01:48:42	<b>01:54:27.75</b>	<b>01:55:07.25</b>	+00:46:36 (40.7%)	5:25	11.1 (59.4%)
143	<b>ADAMSKI Maciej</b>	<b>927</b>	WROCŁAW MARATHON TEAM	M-20	143	00:01:14	00:26:41	00:53:10	01:20:12	01:48:44	<b>01:54:45.65</b>	<b>01:55:59.85</b>	+00:46:54 (40.9%)	5:26	11 (58.8%)
144	<b>BOJDA Dawid</b>	<b>1152</b>		M-20	144	00:01:36	00:27:41	00:55:18	01:22:18	01:49:14	<b>01:55:01.20</b>	<b>01:56:37.60</b>	+00:47:09 (41.0%)	5:27	11 (58.8%)
145	<b>RÓG Marcin</b>	<b>892</b>	NIGHT RUNNERS KATOWICE	M-20	145	00:00:38	00:25:00	00:49:22	01:17:00	01:48:41	<b>01:55:06.20</b>	<b>01:55:45.15</b>	+00:47:14 (41.0%)	5:27	11 (58.8%)
146	<b>SKOTNICKI Paweł</b>	<b>83</b>		M-20	146	00:01:07	00:26:34	00:52:55	01:19:46	01:49:16	<b>01:55:07.20</b>	<b>01:56:14.80</b>	+00:47:15 (41.1%)	5:27	11 (58.8%)
147	<b>MACIASZEK Jarosław</b>	<b>513</b>		M-20	147	00:02:16	00:27:28	00:54:46	01:22:26	01:49:51	<b>01:55:47.85</b>	<b>01:58:04.65</b>	+00:47:56 (41.4%)	5:29	10.9 (58.3%)
148	<b>CHROBOK Mateusz</b>	<b>905</b>	NIGHT RUNNERS ZABRZE	M-20	148	00:00:14	00:25:48	00:53:15	01:20:31	01:49:42	<b>01:56:03.30</b>	<b>01:56:17.85</b>	+00:48:12 (41.5%)	5:30	10.9 (58.3%)
149	<b>NIEDZIELA Janusz</b>	<b>760</b>		M-20	149	00:01:36	00:24:35	00:49:52	01:16:15	01:48:43	<b>01:56:04.85</b>	<b>01:57:41.45</b>	+00:48:13 (41.5%)	5:30	10.9 (58.3%)
150	<b>OPALIŃSKI Tomasz</b>	<b>938</b>	GOOD TIME SPORT	M-20	150	00:01:11	00:28:02	00:56:06	01:23:47	01:50:47	<b>01:56:23.65</b>	<b>01:57:35.50</b>	+00:48:32 (41.7%)	5:30	10.9 (58.3%)
151	<b>KAMIŃSKA Anna</b>	<b>429</b>	ISTA BIEGAMY	M-20	151	00:02:00	00:29:26	00:55:57	01:22:59	01:50:53	<b>01:56:38.10</b>	<b>01:58:38.55</b>	+00:48:46 (41.8%)	5:31	10.9 (58.3%)
152	<b>WIŚNIEWSKI Paweł</b>	<b>265</b>		M-20	152	00:01:04	00:27:21	00:54:20	01:22:02	01:50:32	<b>01:56:40.45</b>	<b>01:57:45.30</b>	+00:48:49 (41.8%)	5:31	10.8 (57.8%)
153	<b>BUCZYŃSKI Radosław</b>	<b>53</b>	NIGHT RUNNERS GLIWICE	M-20	153	00:01:04	00:27:21	00:54:20	01:22:02	01:50:31	<b>01:56:41.10</b>	<b>01:57:45.90</b>	+00:48:49 (41.8%)	5:31	10.8 (57.8%)
154	<b>ZASADA Edwin</b>	<b>982</b>	ZABIJGRUBASA.PL	M-20	154	00:01:21	00:28:27	00:56:40	01:24:05	01:51:03	<b>01:56:53.70</b>	<b>01:58:15.55</b>	+00:49:02 (42.0%)	5:32	10.8 (57.8%)
155	<b>CZOIK Tomasz</b>	<b>978</b>	NIGHT RUNNERS GLIWICE	M-20	155	00:01:19	00:28:29	00:56:42	01:23:50	01:51:05	<b>01:56:55.75</b>	<b>01:58:15.65</b>	+00:49:04 (42.0%)	5:32	10.8 (57.8%)
156	<b>GUTOWSKI Łukasz</b>	<b>312</b>		M-20	156	00:00:20	00:27:27	00:55:04	01:22:46	01:51:06	<b>01:57:01.30</b>	<b>01:57:21.95</b>	+00:49:10 (42.0%)	5:32	10.8 (57.8%)
157	<b>MICHNA Wojciech</b>	<b>1077</b>		M-20	157	00:01:03	00:25:29	00:52:49	01:20:30	01:50:22	<b>01:57:06.60</b>	<b>01:58:09.75</b>	+00:49:15 (42.1%)	5:32	10.8 (57.8%)
158	<b>WOLAŃSKI Michał</b>	<b>1051</b>		M-20	158	00:01:37	00:25:45	00:53:26	01:22:12	01:51:28	<b>01:57:17.95</b>	<b>01:58:55.00</b>	+00:49:26 (42.2%)	5:33	10.8 (57.8%)
159	<b>WADOWSKI Adrian</b>	<b>1075</b>		M-20	159	00:02:03	00:29:32	00:57:21	01:24:24	01:52:06	<b>01:57:49.10</b>	<b>01:59:52.65</b>	+00:49:57 (42.4%)	5:35	10.7 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
160	<b>MACIEJCZYK Marcin</b>	<b>117</b>	AKS DRAGON	M-20	160	00:00:58	00:26:54	00:53:17	01:20:28	01:51:43	<b>01:57:57.45</b>	<b>01:58:56.05</b>	+00:50:06 (42.5%)	5:35	10.7 (57.2%)
161	<b>SZŁĘZAK Andrzej</b>	<b>1048</b>		M-20	161	00:01:35	00:28:51	00:57:06	01:25:03	01:52:27	<b>01:58:08.45</b>	<b>01:59:44.05</b>	+00:50:17 (42.6%)	5:35	10.7 (57.2%)
162	<b>NYGA Robert</b>	<b>550</b>	FUTURE PROCESSING RUNNING TEAM	M-20	162	00:01:10	00:25:59	00:53:52	01:22:46	01:52:56	<b>01:58:48.15</b>	<b>01:59:58.60</b>	+00:50:56 (42.9%)	5:37	10.7 (57.2%)
163	<b>CZERNAK Tobiasz</b>	<b>23</b>	RAJSPOORT ACTIVE ANTON TEAM	M-20	163	00:00:13	00:25:06	00:51:04	01:20:15	01:52:17	<b>01:59:06.85</b>	<b>01:59:20.80</b>	+00:51:15 (43.0%)	5:38	10.6 (56.7%)
164	<b>SAŁATA Miłosz</b>	<b>621</b>		M-20	164	00:00:59	00:27:33	00:55:14	01:23:05	01:53:37	<b>02:00:03.10</b>	<b>02:01:02.50</b>	+00:52:11 (43.5%)	5:41	10.5 (56.1%)
165	<b>GRABOWSKI Maciej</b>	<b>911</b>		M-20	165	00:00:46	00:27:53	00:56:05	01:24:31	01:54:10	<b>02:00:24.90</b>	<b>02:01:11.35</b>	+00:52:33 (43.6%)	5:42	10.5 (56.1%)
166	<b>MARTYNOWICZ Radosław</b>	<b>702</b>		M-20	166	00:01:25	00:28:16	00:57:10	01:25:45	01:57:15	<b>02:04:08.45</b>	<b>02:05:33.55</b>	+00:56:17 (45.3%)	5:52	10.2 (54.5%)
167	<b>STAŚ Adam</b>	<b>940</b>		M-20	167	00:01:52	00:28:32	00:56:56	01:26:09	01:57:25	<b>02:04:12.15</b>	<b>02:06:04.60</b>	+00:56:20 (45.4%)	5:53	10.2 (54.5%)
168	<b>PRZESTALSKI Leszek</b>	<b>225</b>		M-20	168	00:01:46	00:29:54	00:59:06	01:28:24	01:58:29	<b>02:04:15.50</b>	<b>02:06:01.90</b>	+00:56:24 (45.4%)	5:53	10.2 (54.5%)
169	<b>DAWIDKO Paweł</b>	<b>89</b>		M-20	169	00:01:48	00:31:06	01:02:23	01:33:49		<b>02:05:02.60</b>	<b>02:06:50.60</b>	+00:57:11 (45.7%)	5:55	10.1 (54.0%)
170	<b>KALINOWSKI Dawid</b>	<b>783</b>		M-20	170	00:01:51	00:29:19	00:58:38	01:28:43	02:00:09	<b>02:06:26.80</b>	<b>02:08:18.30</b>	+00:58:35 (46.3%)	5:59	10 (53.5%)
171	<b>SOWA Maciej</b>	<b>500</b>	ELECTROCHEMISTRY GROUP	M-20	171	00:02:16	00:28:56	00:58:10	01:28:49	02:01:56	<b>02:07:13.00</b>	<b>02:09:29.10</b>	+00:59:21 (46.7%)	6:01	10 (53.5%)
172	<b>WARDZIŃSKI Mateusz</b>	<b>887</b>		M-20	172	00:00:49	00:26:01	00:52:51	01:22:17	01:58:27	<b>02:07:19.75</b>	<b>02:08:08.95</b>	+00:59:28 (46.7%)	6:02	9.9 (52.9%)
173	<b>BOROWIEC Wojciech</b>	<b>521</b>		M-20	173	00:00:46	00:27:07	00:55:24	01:25:47	02:00:19	<b>02:07:32.05</b>	<b>02:08:18.60</b>	+00:59:40 (46.8%)	6:02	9.9 (52.9%)
174	<b>KANIA Dominik</b>	<b>326</b>		M-20	174	00:01:30	00:28:32	00:58:59	01:29:48	02:02:41	<b>02:09:36.45</b>	<b>02:11:06.55</b>	+01:01:45 (47.6%)	6:08	9.8 (52.4%)
175	<b>BUK Marcin</b>	<b>597</b>		M-20	175	00:01:24	00:29:40	00:59:25	01:29:08	02:03:35	<b>02:11:14.70</b>	<b>02:12:38.75</b>	+01:03:23 (48.3%)	6:13	9.6 (51.3%)
176	<b>KOŁTKO Łukasz</b>	<b>610</b>		M-20	176	00:01:23	00:29:41	00:59:26	01:29:09	02:03:35	<b>02:11:15.45</b>	<b>02:12:39.20</b>	+01:03:24 (48.3%)	6:13	9.6 (51.3%)
177	<b>GŁOWACKI Michał</b>	<b>398</b>	TEAM GŁOWACKI	M-20	177	00:01:20	00:26:55	00:55:35	01:26:42	02:03:37	<b>02:11:16.55</b>	<b>02:12:37.15</b>	+01:03:25 (48.3%)	6:13	9.6 (51.3%)
178	<b>ZAWADA Piotr</b>	<b>739</b>	NIGHT RUNNERS ZABRZE	M-20	178	00:01:38	00:31:00	01:01:44	01:32:34	02:04:44	<b>02:11:33.25</b>	<b>02:13:12.20</b>	+01:03:41 (48.4%)	6:14	9.6 (51.3%)
179	<b>URBANEK Arkadiusz</b>	<b>878</b>		M-20	179	00:01:55	00:30:17	01:01:02	01:32:04	02:06:54	<b>02:14:34.45</b>	<b>02:16:29.55</b>	+01:06:43 (49.6%)	6:22	9.4 (50.3%)
180	<b>SZYPUŁA Michał</b>	<b>629</b>		M-20	180	00:02:02	00:31:26	01:03:34	01:36:05	02:08:51	<b>02:15:30.35</b>	<b>02:17:32.55</b>	+01:07:39 (49.9%)	6:25	9.3 (49.7%)
181	<b>OLCZYK Adrian</b>	<b>983</b>	SMSAPI	M-20	181	00:02:13	00:31:05	01:03:10	01:35:14	02:10:36	<b>02:17:54.10</b>	<b>02:20:07.15</b>	+01:10:02 (50.8%)	6:32	9.2 (49.2%)
182	<b>ŻELEZNY Tomasz</b>	<b>295</b>	NIGHT RUNNERS GLIWICE	M-20	182	00:01:56	00:30:55	01:02:15	01:35:09	02:14:37	<b>02:22:08.65</b>	<b>02:24:05.20</b>	+01:14:17 (52.3%)	6:44	8.9 (47.6%)
183	<b>GRANAT Jarosław</b>	<b>243</b>		M-20	183	00:01:38	00:31:41	01:04:28	01:38:15	02:15:44	<b>02:23:28.45</b>	<b>02:25:07.35</b>	+01:15:37 (52.7%)	6:48	8.8 (47.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
184	<b>CHMIELOWIEC Patryk</b>	<b>1093</b>		M-20	184	00:00:01	00:11:13	00:22:21	00:34:30	00:50:17			+	2:30	23.9 (127.8%)
185	<b>RACZKOWSKI Denis</b>	<b>673</b>		M-20	185	00:02:00	00:31:02	01:02:15	01:33:41	02:06:04			+01:01:43	6:18	9.5 (50.8%)
186	<b>IGNASIAK Jakub</b>	<b>862</b>		M-20	186	00:00:12	00:27:29						+00:11:40	5:29	10.9 (58.3%)

Znaleziono 186 wynik(ów)