



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

## II PÓLMARATON GLIWICKI

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-30

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	JARCZYK Marcin	1014		M-30	1	00:00:03	00:18:25	00:36:56	00:55:43	01:14:44	<b>01:18:55.90</b>	<b>01:18:59.65</b>		3:44	16 (100%)
2	SZCZECIŃSKI Maciej	199		M-30	2	00:00:03	00:19:42	00:39:04	00:58:06	01:16:49	<b>01:20:52.35</b>	<b>01:20:56.25</b>	+00:01:56 (2.4%)	3:49	15.7 (98.1%)
3	GRZEGORZYCA Marcin	551		M-30	3	00:00:03	00:19:13	00:38:30	00:57:57	01:17:12	<b>01:21:11.30</b>	<b>01:21:15.25</b>	+00:02:15 (2.8%)	3:50	15.6 (97.5%)
4	DUŻNIAK Dominik	504	STEP-DANCE RUN GLIWICE	M-30	4	00:00:03	00:19:11	00:38:32	00:57:58	01:17:33	<b>01:21:53.20</b>	<b>01:21:56.55</b>	+00:02:57 (3.6%)	3:52	15.5 (96.9%)
5	ŚNIEGÓRSKI Maciej	1109	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	5	00:00:02	00:19:11	00:38:07	00:57:22	01:17:33	<b>01:21:58.70</b>	<b>01:22:01.45</b>	+00:03:02 (3.7%)	3:53	15.4 (96.3%)
6	PISKORZ Łukasz	908	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-30	6	00:00:05	00:20:13	00:40:24	00:59:56	01:19:37	<b>01:23:54.30</b>	<b>01:23:59.75</b>	+00:04:58 (5.9%)	3:58	15.1 (94.4%)
7	MATLOK Marek	319	BIEGAJ Z PILECKIM	M-30	7	00:00:05	00:19:44	00:39:48	00:59:49	01:19:43	<b>01:23:57.40</b>	<b>01:24:02.75</b>	+00:05:01 (6.0%)	3:58	15.1 (94.4%)
8	BOCHEŃSKI Grzegorz	206	AMATOR	M-30	8	00:00:16	00:19:49	00:39:44	01:00:03	01:21:10	<b>01:25:44.50</b>	<b>01:26:00.65</b>	+00:06:48 (7.9%)	4:03	14.8 (92.5%)
9	DWORNICZAK Łukasz	724		M-30	9	00:00:07	00:20:28	00:40:51	01:01:21	01:21:49	<b>01:26:06.40</b>	<b>01:26:14.35</b>	+00:07:10 (8.3%)	4:04	14.7 (91.9%)
10	SKALSKI Mateusz	1278		M-30	10	00:00:15	00:20:37	00:41:27	01:02:11	01:22:53	<b>01:27:20.40</b>	<b>01:27:35.55</b>	+00:08:24 (9.6%)	4:08	14.5 (90.6%)
11	MALIK Mateusz	824		M-30	11	00:00:19	00:21:07	00:41:37	01:02:10	01:23:04	<b>01:27:24.55</b>	<b>01:27:43.80</b>	+00:08:28 (9.7%)	4:08	14.5 (90.6%)
12	MOMOT Michał	1115		M-30	12	00:00:14	00:20:41	00:41:26	01:02:12	01:23:06	<b>01:27:26.25</b>	<b>01:27:40.40</b>	+00:08:30 (9.7%)	4:08	14.5 (90.6%)
13	CHOMIK Rafał	623	T2 SALCO TEAM	M-30	13	00:00:05	00:20:02	00:40:09	01:01:20	01:23:02	<b>01:27:45.80</b>	<b>01:27:51.45</b>	+00:08:49 (10.1%)	4:09	14.4 (90.0%)
14	STARŻYK Paweł	135	RUNSTARS	M-30	14	00:00:28	00:21:21	00:42:20	01:03:07	01:23:51	<b>01:28:08.90</b>	<b>01:28:37.65</b>	+00:09:13 (10.5%)	4:10	14.4 (90.0%)
15	GAŁĘŻA Sławomir	427	MINNEAPOLIS TWINS	M-30	15	00:00:27	00:21:00	00:42:11	01:03:24	01:24:07	<b>01:28:27.65</b>	<b>01:28:55.35</b>	+00:09:31 (10.8%)	4:11	14.3 (89.4%)

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					
16	<b>WOLNY Krzysztof</b>	<b>169</b>		M-30	16	00:00:09	00:21:16	00:42:33	01:03:48	01:24:34	<b>01:28:58.90</b>	<b>01:29:08.15</b>	+00:10:03 (11.3%)	4:13	14.2 (88.8%)
17	<b>LASKOWSKI Tomasz</b>	<b>345</b>	BIEGAJ Z TRENERAMI FC 24 GLIWICE	M-30	17	00:00:13	00:20:58	00:42:15	01:03:22	01:24:28	<b>01:29:14.45</b>	<b>01:29:28.35</b>	+00:10:18 (11.6%)	4:13	14.2 (88.8%)
18	<b>KOZIOŁ Jarek</b>	<b>1144</b>	NIEWYMIĘKACZE	M-30	18	00:00:09	00:21:15	00:42:33	01:03:52	01:25:05	<b>01:29:44.05</b>	<b>01:29:53.15</b>	+00:10:48 (12.0%)	4:15	14.1 (88.1%)
19	<b>KANIA Karol</b>	<b>698</b>	AMATOR	M-30	19	00:00:11	00:21:15	00:42:33	01:03:51	01:25:16	<b>01:29:47.90</b>	<b>01:29:58.90</b>	+00:10:52 (12.1%)	4:15	14.1 (88.1%)
20	<b>LEWICKI Tomasz</b>	<b>166</b>	AKMB PĘDZIWIATR GLIWICE	M-30	20	00:00:13	00:20:56	00:42:15	01:03:42	01:25:41	<b>01:30:18.75</b>	<b>01:30:31.95</b>	+00:11:22 (12.6%)	4:16	14 (87.5%)
21	<b>DUPLA Konrad</b>	<b>442</b>		M-30	21	00:00:18	00:22:45	00:44:42	01:05:37	01:26:55	<b>01:31:26.85</b>	<b>01:31:45.70</b>	+00:12:30 (13.7%)	4:20	13.8 (86.3%)
22	<b>MAJCHRZAK Marcin</b>	<b>773</b>	HOLBOX RUNNERS	M-30	22	00:00:05	00:21:21	00:42:39	01:04:11	01:26:38	<b>01:31:36.55</b>	<b>01:31:42.35</b>	+00:12:40 (13.8%)	4:20	13.8 (86.3%)
23	<b>POZOWSKI Jan</b>	<b>336</b>		M-30	23	00:00:24	00:21:28	00:43:33	01:05:13	01:27:11	<b>01:31:56.45</b>	<b>01:32:21.40</b>	+00:13:00 (14.1%)	4:21	13.8 (86.3%)
24	<b>TWARDOCH Krzysztof</b>	<b>1124</b>		M-30	24	00:00:04	00:20:41	00:42:14	01:04:10	01:26:58	<b>01:32:13.35</b>	<b>01:32:18.00</b>	+00:13:17 (14.4%)	4:22	13.7 (85.6%)
25	<b>BUL Daniel</b>	<b>915</b>	RAJSPOORT ACTIVE ANTON TEAM	M-30	25	00:00:05	00:21:30	00:43:17	01:05:14	01:27:37	<b>01:32:29.50</b>	<b>01:32:35.45</b>	+00:13:33 (14.7%)	4:23	13.7 (85.6%)
26	<b>ZAMOJSKI Robert</b>	<b>678</b>		M-30	26	00:00:08	00:21:01	00:42:42	01:05:18	01:27:56	<b>01:32:45.35</b>	<b>01:32:53.55</b>	+00:13:49 (14.9%)	4:23	13.6 (85.0%)
27	<b>BĄBSKI Szymon</b>	<b>956</b>	KS HALNY WĘGIERSKA GÓRKA	M-30	27	00:00:31	00:21:47	00:43:38	01:05:55	01:28:50	<b>01:33:37.65</b>	<b>01:34:09.05</b>	+00:14:41 (15.7%)	4:26	13.5 (84.4%)
28	<b>STASIAK Mirosław</b>	<b>116</b>	ROCKWELL TEAM	M-30	28	00:00:35	00:21:03	00:43:11	01:05:51	01:28:49	<b>01:33:38.85</b>	<b>01:34:13.95</b>	+00:14:42 (15.7%)	4:26	13.5 (84.4%)
29	<b>LOS Patryk</b>	<b>22</b>	GARAGEGYM KRAPKOWICE	M-30	29	00:00:06	00:20:53	00:42:36	01:05:08	01:29:06	<b>01:34:02.25</b>	<b>01:34:08.65</b>	+00:15:06 (16.1%)	4:27	13.5 (84.4%)
30	<b>WUWER Mariusz</b>	<b>162</b>	HRMAX ŻORY	M-30	30	00:00:06	00:21:55	00:43:58	01:06:28	01:29:26	<b>01:34:06.85</b>	<b>01:34:12.95</b>	+00:15:10 (16.1%)	4:27	13.5 (84.4%)
31	<b>ZIMOCH Przemysław</b>	<b>416</b>	K.S.LENIWIEC	M-30	31	00:00:06	00:22:07	00:44:14	01:06:30	01:29:39	<b>01:34:23.45</b>	<b>01:34:30.35</b>	+00:15:27 (16.4%)	4:28	13.4 (83.8%)
32	<b>DRZAŁ Konrad</b>	<b>1060</b>	SLAYER ADVENTURE 666 TEAM GLIWICE	M-30	32	00:00:12	00:21:24	00:43:11	01:05:37	01:29:19	<b>01:34:26.70</b>	<b>01:34:39.50</b>	+00:15:30 (16.4%)	4:28	13.4 (83.8%)
33	<b>GALUSKIN Alexey</b>	<b>1032</b>	GRUPA NOMAX	M-30	33	00:00:26	00:22:01	00:44:19	01:07:16	01:30:02	<b>01:34:51.00</b>	<b>01:35:17.55</b>	+00:15:55 (16.8%)	4:29	13.3 (83.1%)
34	<b>WIECHUŁA Marcin</b>	<b>18</b>		M-30	34	00:00:17	00:21:13	00:42:27	01:04:45	01:29:13	<b>01:34:53.35</b>	<b>01:35:11.15</b>	+00:15:57 (16.8%)	4:29	13.3 (83.1%)
35	<b>ZOK Karol</b>	<b>124</b>		M-30	35	00:00:19	00:22:36	00:44:30	01:06:54	01:29:53	<b>01:34:53.85</b>	<b>01:35:13.20</b>	+00:15:57 (16.8%)	4:29	13.3 (83.1%)
36	<b>URBAŃCZYK Mariusz</b>	<b>351</b>		M-30	36	00:00:12	00:22:13	00:44:32	01:06:56	01:30:16	<b>01:35:11.50</b>	<b>01:35:23.95</b>	+00:16:15 (17.1%)	4:30	13.3 (83.1%)
37	<b>PRZEŹDZIĘK Adam</b>	<b>747</b>	T2 SALCO TEAM	M-30	37	00:00:06	00:21:30	00:43:17	01:05:53	01:29:59	<b>01:35:16.65</b>	<b>01:35:22.70</b>	+00:16:20 (17.2%)	4:30	13.3 (83.1%)
38	<b>BOJARSKI Marek</b>	<b>981</b>	BONAMASSA	M-30	38	00:01:30	00:22:12	00:44:23	01:07:29	01:30:26	<b>01:35:20.80</b>	<b>01:36:51.35</b>	+00:16:24 (17.2%)	4:31	13.3 (83.1%)
39	<b>SOBALA Witold</b>	<b>977</b>	BRYGADA BIEGOWA BEZDECH	M-30	39	00:00:14	00:23:23	00:46:50	01:08:54	01:31:18	<b>01:36:07.10</b>	<b>01:36:21.15</b>	+00:17:11 (17.9%)	4:33	13.2 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
40	<b>FURMANEK Łukasz</b>	<b>91</b>	KBS	M-30	40	00:00:12	00:22:45	00:45:27	01:07:47	01:31:07	<b>01:36:24.70</b>	<b>01:36:37.60</b>	+00:17:28 (18.1%)	4:34	13.1 (81.9%)
41	<b>WŁOSTOWSKI Marek</b>	<b>364</b>	VEGE RUNNERS	M-30	41	00:00:35	00:22:21	00:45:05	01:08:01	01:31:21	<b>01:36:27.45</b>	<b>01:37:02.95</b>	+00:17:31 (18.2%)	4:34	13.1 (81.9%)
42	<b>SZCZYGIEŁ Krzysztof</b>	<b>883</b>	KNSK RUNNING TEAM	M-30	42	00:00:07	00:22:37	00:45:23	01:08:35	01:31:46	<b>01:36:36.00</b>	<b>01:36:43.25</b>	+00:17:40 (18.3%)	4:34	13.1 (81.9%)
43	<b>LE CALVEZ Jean-Yves</b>	<b>583</b>		M-30	43	00:01:53	00:23:33	00:46:26	01:09:14	01:31:52	<b>01:36:40.45</b>	<b>01:38:34.30</b>	+00:17:44 (18.4%)	4:34	13.1 (81.9%)
44	<b>SZAJEWSKI Jarosław</b>	<b>11</b>	KM AKTYWNI SOCHACZEW	M-30	44	00:00:12	00:22:10	00:44:41	01:07:48	01:31:43	<b>01:36:45.55</b>	<b>01:36:57.85</b>	+00:17:49 (18.4%)	4:35	13.1 (81.9%)
45	<b>SMUDA Grzegorz</b>	<b>1022</b>	REAL MADRYT	M-30	45	00:00:47	00:22:49	00:45:44	01:08:36	01:32:01	<b>01:36:59.30</b>	<b>01:37:46.80</b>	+00:18:03 (18.6%)	4:35	13.1 (81.9%)
46	<b>PIENIAŻEK Krzysztof</b>	<b>526</b>		M-30	46	00:00:13	00:22:27	00:45:30	01:08:49	01:32:34	<b>01:37:23.45</b>	<b>01:37:36.55</b>	+00:18:27 (19.0%)	4:36	13 (81.3%)
47	<b>GÓROWSKI Mateusz</b>	<b>186</b>	BESKIDZKA 160 NA RATY	M-30	47	00:00:00	00:23:36	00:47:18	01:10:42	01:32:56	<b>01:37:30.30</b>	<b>01:37:30.30</b>	+00:18:34 (19.0%)	4:37	13 (81.3%)
48	<b>PINDOR Przemysław</b>	<b>761</b>		M-30	48	00:01:24	00:22:41	00:45:30	01:08:29	01:32:32	<b>01:37:32.95</b>	<b>01:38:57.85</b>	+00:18:37 (19.1%)	4:37	13 (81.3%)
49	<b>SARNECKI Adam</b>	<b>74</b>		M-30	49	00:00:28	00:23:50	00:47:27	01:10:16	01:32:52	<b>01:37:42.45</b>	<b>01:38:10.55</b>	+00:18:46 (19.2%)	4:37	13 (81.3%)
50	<b>CZELNY Tomasz</b>	<b>76</b>	SMASHING PAPKINS	M-30	50	00:00:11	00:22:51	00:46:08	01:09:34	01:33:16	<b>01:37:46.90</b>	<b>01:37:58.55</b>	+00:18:51 (19.3%)	4:38	12.9 (80.6%)
51	<b>LIPKA Sebastian</b>	<b>276</b>	ZABIEGANY-TATA	M-30	51	00:00:42	00:24:07	00:48:04	01:10:52	01:33:15	<b>01:37:53.55</b>	<b>01:38:35.65</b>	+00:18:57 (19.4%)	4:38	12.9 (80.6%)
52	<b>GRZESIKIEWICZ Mariusz</b>	<b>52</b>		M-30	52	00:00:32	00:23:15	00:46:51	01:10:17	01:33:17	<b>01:38:05.15</b>	<b>01:38:37.70</b>	+00:19:09 (19.5%)	4:38	12.9 (80.6%)
53	<b>SZWAJNOCH Piotr</b>	<b>1277</b>		M-30	53	00:00:07	00:22:09	00:45:31	01:08:51	01:33:09	<b>01:38:08.30</b>	<b>01:38:16.00</b>	+00:19:12 (19.6%)	4:39	12.9 (80.6%)
54	<b>BĄCZYŃSKI Tomasz</b>	<b>903</b>	FHUTRANSTOM.PL	M-30	54	00:00:44	00:22:57	00:46:07	01:09:18	01:33:23	<b>01:38:23.55</b>	<b>01:39:07.85</b>	+00:19:27 (19.8%)	4:39	12.9 (80.6%)
55	<b>FOJCIK Rafał</b>	<b>16</b>	OPEL ACTIVE TEAM	M-30	55	00:00:22	00:23:13	00:46:56	01:10:20	01:33:24	<b>01:38:27.70</b>	<b>01:38:49.95</b>	+00:19:31 (19.8%)	4:39	12.9 (80.6%)
56	<b>PASTERNOK Marian</b>	<b>1295</b>	NIGHT RUNNERS ZABRZE	M-30	56	00:00:22	00:23:12	00:46:55	01:10:20	01:33:26	<b>01:38:27.90</b>	<b>01:38:50.10</b>	+00:19:32 (19.8%)	4:40	12.9 (80.6%)
57	<b>KASZUBSKI Andrzej</b>	<b>740</b>		M-30	57	00:00:28	00:21:38	00:44:25	01:08:18	01:33:21	<b>01:38:33.05</b>	<b>01:39:01.75</b>	+00:19:37 (19.9%)	4:40	12.8 (80.0%)
58	<b>CZOP Kamil</b>	<b>508</b>	NIGHT RUNNERS	M-30	58	00:00:34	00:23:43	00:46:33	01:09:43	01:33:33	<b>01:38:38.25</b>	<b>01:39:12.65</b>	+00:19:42 (20.0%)	4:40	12.8 (80.0%)
59	<b>STRZELCZAK Mariusz</b>	<b>664</b>	KB FLORIAN ZAJĄCZKI DRUGIE	M-30	59	00:00:10	00:23:25	00:47:08	01:10:32	01:33:47	<b>01:38:39.90</b>	<b>01:38:50.80</b>	+00:19:44 (20.0%)	4:40	12.8 (80.0%)
60	<b>PAŁYGIEWICZ Jacek</b>	<b>466</b>	SKPB KATOWICE	M-30	60	00:00:16	00:23:18	00:47:01	01:10:26	01:33:51	<b>01:38:41.45</b>	<b>01:38:57.85</b>	+00:19:45 (20.0%)	4:40	12.8 (80.0%)
61	<b>MAŁKA Bartosz</b>	<b>886</b>		M-30	61	00:00:27	00:23:06	00:45:33	01:08:43	01:33:12	<b>01:38:44.35</b>	<b>01:39:12.05</b>	+00:19:48 (20.1%)	4:40	12.8 (80.0%)
62	<b>POGOCKI Piotr</b>	<b>524</b>		M-30	62	00:00:29	00:22:43	00:45:49	01:09:15	01:33:45	<b>01:38:49.05</b>	<b>01:39:18.05</b>	+00:19:53 (20.1%)	4:40	12.8 (80.0%)
63	<b>ANDRACZEK Bartosz</b>	<b>1088</b>		M-30	63	00:00:19	00:23:13	00:46:21	01:09:42	01:33:44	<b>01:38:53.20</b>	<b>01:39:12.65</b>	+00:19:57 (20.2%)	4:41	12.8 (80.0%)

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>OGRODOWSKI Paweł</b>	<b>474</b>	RAJSPOORT ACTIVE ANTON TEAM	M-30	64	00:00:14	00:23:44	00:47:15	01:10:20	01:33:44	<b>01:38:55.10</b>	<b>01:39:09.15</b>	+00:19:59 (20.2%)	4:41	12.8 (80.0%)
65	<b>SKWARA Mariusz</b>	<b>1297</b>	IWAGAT	M-30	65	00:00:12	00:21:47	00:44:23	01:07:50	01:33:31	<b>01:38:57.95</b>	<b>01:39:10.85</b>	+00:20:02 (20.2%)	4:41	12.8 (80.0%)
66	<b>MEKIER Bartek</b>	<b>968</b>		M-30	66	00:00:27	00:23:10	00:46:54	01:10:24	01:34:06	<b>01:38:59.95</b>	<b>01:39:27.70</b>	+00:20:04 (20.3%)	4:41	12.8 (80.0%)
67	<b>JAWORSKI Daniel</b>	<b>399</b>		M-30	67	00:00:59	00:23:03	00:46:00	01:09:24	01:33:41	<b>01:39:01.25</b>	<b>01:40:00.85</b>	+00:20:05 (20.3%)	4:41	12.8 (80.0%)
68	<b>LEWANDOWSKI Tomasz</b>	<b>200</b>	RUNNERS HIGH	M-30	68	00:00:31	00:22:40	00:45:56	01:09:31	01:33:50	<b>01:39:02.35</b>	<b>01:39:33.50</b>	+00:20:06 (20.3%)	4:41	12.8 (80.0%)
69	<b>DĄBROWSKI Piotr</b>	<b>745</b>	BIEGOWA ŚWIDNICA	M-30	69	00:01:54	00:23:14	00:46:48	01:10:27	01:34:12	<b>01:39:12.55</b>	<b>01:41:07.05</b>	+00:20:16 (20.4%)	4:42	12.8 (80.0%)
70	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>299</b>		M-30	70	00:00:16	00:24:05	00:47:24	01:10:48	01:34:25	<b>01:39:12.90</b>	<b>01:39:29.15</b>	+00:20:17 (20.4%)	4:42	12.8 (80.0%)
71	<b>GALWAS Arkadiusz</b>	<b>934</b>		M-30	71	00:00:19	00:23:13	00:46:48	01:10:43	01:34:19	<b>01:39:13.45</b>	<b>01:39:33.00</b>	+00:20:17 (20.5%)	4:42	12.8 (80.0%)
72	<b>BIERNAT Wojciech</b>	<b>155</b>	OPEL ACTIVE TEAM	M-30	72	00:00:19	00:22:39	00:45:52	01:09:25	01:34:06	<b>01:39:15.40</b>	<b>01:39:35.35</b>	+00:20:19 (20.5%)	4:42	12.8 (80.0%)
73	<b>SMALEC Maksymilian</b>	<b>12</b>		M-30	73	00:01:39	00:23:53	00:46:53	01:10:23	01:34:24	<b>01:39:19.00</b>	<b>01:40:58.15</b>	+00:20:23 (20.5%)	4:42	12.7 (79.4%)
74	<b>ŁUKASZEK Grzegorz</b>	<b>787</b>		M-30	74	00:00:47	00:25:15	00:49:16	01:12:19	01:34:49	<b>01:39:19.10</b>	<b>01:40:06.55</b>	+00:20:23 (20.5%)	4:42	12.7 (79.4%)
75	<b>SUCH Arkadiusz</b>	<b>622</b>		M-30	75	00:00:50	00:24:24	00:48:26	01:11:23	01:34:30	<b>01:39:23.70</b>	<b>01:40:14.00</b>	+00:20:27 (20.6%)	4:42	12.7 (79.4%)
76	<b>KURCZEK Tomasz</b>	<b>600</b>		M-30	76	00:00:29	00:24:06	00:47:39	01:11:04	01:34:31	<b>01:39:24.45</b>	<b>01:39:54.10</b>	+00:20:28 (20.6%)	4:42	12.7 (79.4%)
77	<b>PUŁA Adrian</b>	<b>957</b>	BRYGADA BIEGOWA BEZDECH	M-30	77	00:00:13	00:23:34	00:46:51	01:10:29	01:34:29	<b>01:39:31.05</b>	<b>01:39:44.95</b>	+00:20:35 (20.7%)	4:42	12.7 (79.4%)
78	<b>ROSKOSZ Rafał</b>	<b>1004</b>	OBERSCHLESIEIEN TEAM ROHOL TARNOWSKIE GÓRY	M-30	78	00:00:10	00:22:58	00:46:40	01:10:42	01:34:57	<b>01:39:55.30</b>	<b>01:40:06.20</b>	+00:20:59 (21.0%)	4:44	12.7 (79.4%)
79	<b>PUSTELNIK Paweł</b>	<b>599</b>	FUTURE PROCESSING RUNNING TEAM	M-30	79	00:00:23	00:23:20	00:46:55	01:10:21	01:34:29	<b>01:39:57.50</b>	<b>01:40:21.15</b>	+00:21:01 (21.0%)	4:44	12.7 (79.4%)
80	<b>HANKUS Łukasz</b>	<b>1018</b>		M-30	80	00:00:53	00:22:31	00:45:30	01:08:42	01:34:14	<b>01:39:59.35</b>	<b>01:40:52.35</b>	+00:21:03 (21.1%)	4:44	12.7 (79.4%)
81	<b>KAMCZYK Damian Kamczyk</b>	<b>1065</b>	JEBACWYCIAGI	M-30	81	00:01:53	00:24:43	00:48:13	01:11:29	01:35:11	<b>01:40:12.95</b>	<b>01:42:06.30</b>	+00:21:17 (21.2%)	4:44	12.6 (78.8%)
82	<b>STASZEWSKI Łukasz</b>	<b>352</b>		M-30	82	00:00:22	00:22:41	00:45:52	01:09:17	01:34:34	<b>01:40:13.35</b>	<b>01:40:35.55</b>	+00:21:17 (21.2%)	4:44	12.6 (78.8%)
83	<b>LASKOWSKI Sebastian</b>	<b>1125</b>	KATA GURUMA	M-30	83	00:01:47	00:23:44	00:46:50	01:10:16	01:34:44	<b>01:40:14.00</b>	<b>01:42:01.15</b>	+00:21:18 (21.3%)	4:45	12.6 (78.8%)
84	<b>DESZYŃSKI Damian</b>	<b>431</b>	ISTA BIEGAMY	M-30	84	00:01:01	00:24:02	00:47:48	01:11:26	01:35:24	<b>01:40:23.10</b>	<b>01:41:24.75</b>	+00:21:27 (21.4%)	4:45	12.6 (78.8%)
85	<b>GRONDYS Michał</b>	<b>151</b>	AKMB PĘDZIWIATR GLIWICE	M-30	85	00:00:07	00:22:55	00:46:42	01:10:45	01:35:19	<b>01:40:24.45</b>	<b>01:40:31.80</b>	+00:21:28 (21.4%)	4:45	12.6 (78.8%)
86	<b>DZIĘGIELEWSKI Adam</b>	<b>995</b>	BRAK	M-30	86	00:00:31	00:22:29	00:44:19	01:06:35	01:30:24	<b>01:40:25.85</b>	<b>01:40:57.00</b>	+00:21:29 (21.4%)	4:45	12.6 (78.8%)
87	<b>BARANOWSKI Jacek</b>	<b>1120</b>	JACEK BIEGA RUNNING TEAM	M-30	87	00:00:37	00:24:08	00:48:35	01:12:09	01:35:40	<b>01:40:27.50</b>	<b>01:41:05.15</b>	+00:21:31 (21.4%)	4:45	12.6 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
88	ZIELONKA Jacek	703		M-30	88	00:00:08	00:22:11	00:45:08	01:08:57	01:34:30	<b>01:40:27.70</b>	<b>01:40:35.70</b>	+00:21:31 (21.4%)	4:45	12.6 (78.8%)
89	TOMCZYK Tomasz	66		M-30	89	00:00:20	00:23:32	00:47:36	01:11:13	01:35:32	<b>01:40:35.90</b>	<b>01:40:56.65</b>	+00:21:40 (21.5%)	4:46	12.6 (78.8%)
90	KRYŃSKI Maciej	488	NIGHT RUNNERS	M-30	90	00:00:34	00:22:38	00:45:56	01:09:45	01:35:08	<b>01:40:40.20</b>	<b>01:41:14.40</b>	+00:21:44 (21.6%)	4:46	12.6 (78.8%)
91	OKOŃ Łukasz	475		M-30	91	00:00:20	00:22:55	00:46:39	01:10:41	01:35:21	<b>01:40:47.20</b>	<b>01:41:07.20</b>	+00:21:51 (21.7%)	4:46	12.6 (78.8%)
92	SADŁO Tomasz	157	KOLEGIUM SĘDZIÓW ZABRZE	M-30	92	00:01:18	00:24:15	00:48:00	01:11:41	01:35:47	<b>01:40:58.10</b>	<b>01:42:16.45</b>	+00:22:02 (21.8%)	4:47	12.5 (78.1%)
93	MATUSIAK Radosław	495	RAJSPOORT ACTIVE ANTON TEAM	M-30	93	00:00:29	00:24:27	00:48:09	01:12:02	01:35:59	<b>01:41:00.80</b>	<b>01:41:30.40</b>	+00:22:04 (21.9%)	4:47	12.5 (78.1%)
94	DZIECIAŃKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-30	94	00:00:17	00:22:57	00:46:45	01:11:10	01:35:53	<b>01:41:02.60</b>	<b>01:41:19.90</b>	+00:22:06 (21.9%)	4:47	12.5 (78.1%)
95	RACZEK Sławomir	107		M-30	95	00:00:27	00:24:00	00:48:01	01:11:52	01:35:55	<b>01:41:08.75</b>	<b>01:41:36.30</b>	+00:22:12 (22.0%)	4:47	12.5 (78.1%)
96	SAJDOK Łukasz	930		M-30	96	00:01:25	00:23:46	00:47:19	01:10:59	01:36:04	<b>01:41:25.30</b>	<b>01:42:50.90</b>	+00:22:29 (22.2%)	4:48	12.5 (78.1%)
97	KISIELEWSKI Marek	511	LOTOS RUNNING TEAM	M-30	97	00:00:45	00:23:14	00:46:46	01:11:06	01:36:14	<b>01:41:32.75</b>	<b>01:42:17.95</b>	+00:22:36 (22.3%)	4:48	12.5 (78.1%)
98	ZMEŁTY Leszek	478	SKPB KATOWICE	M-30	98	00:00:16	00:24:13	00:47:54	01:11:39	01:36:34	<b>01:41:42.05</b>	<b>01:41:58.55</b>	+00:22:46 (22.4%)	4:49	12.4 (77.5%)
99	PTASZYŃSKI Tomasz	967	STARY HANGAR	M-30	99	00:00:18	00:23:15	00:46:28	01:10:26	01:36:24	<b>01:41:48.40</b>	<b>01:42:06.50</b>	+00:22:52 (22.5%)	4:49	12.4 (77.5%)
100	SZCZYRA Jan	434	ISTA BIEGAMY	M-30	100	00:01:01	00:24:54	00:49:03	01:12:38	01:36:47	<b>01:41:50.75</b>	<b>01:42:52.05</b>	+00:22:54 (22.5%)	4:49	12.4 (77.5%)
101	NOWAK Mariusz	359	HIRSCHVOGEL	M-30	101	00:00:36	00:24:26	00:48:37	01:12:32	01:36:40	<b>01:41:51.50</b>	<b>01:42:28.40</b>	+00:22:55 (22.5%)	4:49	12.4 (77.5%)
102	ZARZYCKI Krzysztof	578	PEDZIWIATR GLIWICE	M-30	102	00:00:11	00:22:48	00:46:22	01:10:20	01:36:19	<b>01:42:07.35</b>	<b>01:42:18.55</b>	+00:23:11 (22.7%)	4:50	12.4 (77.5%)
103	SULICH Michał	912		M-30	103	00:01:16	00:24:53	00:49:10	01:13:11	01:37:12	<b>01:42:18.00</b>	<b>01:43:34.90</b>	+00:23:22 (22.8%)	4:50	12.4 (77.5%)
104	RUSZEL Bartosz	855	HAVE A NICE DAY	M-30	104	00:00:10	00:22:55	00:47:09	01:11:39	01:36:35	<b>01:42:18.05</b>	<b>01:42:28.80</b>	+00:23:22 (22.8%)	4:50	12.4 (77.5%)
105	BORSIAK Sebastian	104		M-30	105	00:01:10	00:24:34	00:48:03	01:11:48	01:36:53	<b>01:42:23.55</b>	<b>01:43:33.90</b>	+00:23:27 (22.9%)	4:51	12.4 (77.5%)
106	SPIECHOWICZ Andrzej	791		M-30	106	00:02:17	00:23:15	00:46:59	01:10:44	01:37:33	<b>01:42:44.40</b>	<b>01:45:01.55</b>	+00:23:48 (23.2%)	4:52	12.3 (76.9%)
107	MOREK Krzysztof	415	K.S. LENIWIEC	M-30	107	00:00:36	00:23:45	00:47:05	01:11:00	01:37:09	<b>01:42:57.15</b>	<b>01:43:33.50</b>	+00:24:01 (23.3%)	4:52	12.3 (76.9%)
108	NAZARKO Marek	910		M-30	108	00:00:29	00:24:42	00:49:03	01:13:16	01:37:58	<b>01:43:00.55</b>	<b>01:43:29.95</b>	+00:24:04 (23.4%)	4:52	12.3 (76.9%)
109	BYLINOWSKI Oleg	711	GTT	M-30	109	00:01:20	00:25:02	00:49:43	01:13:36	01:37:52	<b>01:43:01.35</b>	<b>01:44:22.05</b>	+00:24:05 (23.4%)	4:52	12.3 (76.9%)
110	SKOWRON Marcin	483		M-30	110	00:01:00	00:25:14	00:49:31	01:13:56	01:37:51	<b>01:43:02.70</b>	<b>01:44:02.95</b>	+00:24:06 (23.4%)	4:52	12.3 (76.9%)
111	BRZEZINA Arkadiusz	59	TARNOGÓRSKA GRUPA BIEGOWA	M-30	111	00:00:39	00:24:27	00:48:39	01:12:55	01:37:51	<b>01:43:05.70</b>	<b>01:43:45.05</b>	+00:24:09 (23.4%)	4:53	12.3 (76.9%)

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>FRANKIEWICZ Artur</b>	<b>330</b>		M-30	112	00:00:42	00:23:42	00:47:28	01:11:35	01:37:37	<b>01:43:13.40</b>	<b>01:43:56.25</b>	+00:24:17 (23.5%)	4:53	12.3 (76.9%)
113	<b>DOMITRZ Mariusz</b>	<b>781</b>	NADAKTYWNI	M-30	113	00:00:27	00:23:43	00:47:40	01:12:05	01:37:38	<b>01:43:13.50</b>	<b>01:43:40.65</b>	+00:24:17 (23.5%)	4:53	12.3 (76.9%)
113	<b>ROLNIK Robert</b>	<b>1107</b>	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	114	00:00:21	00:23:12	00:46:33	01:10:57	01:37:15	<b>01:43:19.05</b>	<b>01:43:40.65</b>	+00:24:23 (23.6%)	4:53	12.3 (76.9%)
115	<b>SZYMKÓW Krzysztof</b>	<b>1230</b>	PKO BP	M-30	115	00:00:51	00:24:48	00:49:10	01:13:22	01:38:07	<b>01:43:19.15</b>	<b>01:44:11.05</b>	+00:24:23 (23.6%)	4:53	12.3 (76.9%)
116	<b>CZABAŃSKI Rafał</b>	<b>802</b>	RUNHOGS TYCHY	M-30	116	00:01:03	00:24:34	00:48:46	01:13:05	01:38:41	<b>01:43:37.75</b>	<b>01:44:41.50</b>	+00:24:41 (23.8%)	4:54	12.2 (76.3%)
117	<b>DEMEL Piotr</b>	<b>704</b>		M-30	117	00:00:11	00:23:37	00:47:38	01:12:18	01:38:05	<b>01:43:38.10</b>	<b>01:43:49.85</b>	+00:24:42 (23.8%)	4:54	12.2 (76.3%)
118	<b>MATYSIK Marcin</b>	<b>1150</b>	JW AGAT	M-30	118	00:00:51	00:24:34	00:48:35	01:13:15	01:38:58	<b>01:44:21.70</b>	<b>01:45:12.80</b>	+00:25:25 (24.4%)	4:56	12.1 (75.6%)
119	<b>BUCHAŁA Bartłomiej</b>	<b>1094</b>		M-30	119	00:01:08	00:25:51	00:50:32	01:14:38	01:38:59	<b>01:44:22.05</b>	<b>01:45:30.75</b>	+00:25:26 (24.4%)	4:56	12.1 (75.6%)
120	<b>NOWAK Adam</b>	<b>365</b>	TAB2	M-30	120	00:00:26	00:24:03	00:47:45	01:12:09	01:38:36	<b>01:44:29.15</b>	<b>01:44:55.70</b>	+00:25:33 (24.5%)	4:57	12.1 (75.6%)
121	<b>ZASOŃ Tomasz</b>	<b>654</b>		M-30	121	00:01:07	00:25:27	00:50:03	01:14:24	01:39:23	<b>01:44:33.25</b>	<b>01:45:40.95</b>	+00:25:37 (24.5%)	4:57	12.1 (75.6%)
122	<b>KOŁOSOWSKI Tomasz</b>	<b>63</b>		M-30	122	00:01:37	00:23:42	00:47:14	01:11:46	01:39:22	<b>01:44:38.05</b>	<b>01:46:15.95</b>	+00:25:42 (24.6%)	4:57	12.1 (75.6%)
123	<b>JAMROSZ Bartosz</b>	<b>1118</b>		M-30	123	00:00:06	00:22:36	00:46:41	01:11:55	01:38:51	<b>01:44:42.15</b>	<b>01:44:48.40</b>	+00:25:46 (24.6%)	4:57	12.1 (75.6%)
124	<b>SMUDA Andrzej</b>	<b>70</b>	AKMB PĘDZIWIATR GLIWICE	M-30	124	00:00:40	00:25:00	00:49:25	01:14:03	01:39:21	<b>01:44:47.15</b>	<b>01:45:27.25</b>	+00:25:51 (24.7%)	4:57	12.1 (75.6%)
125	<b>SZOT Wojciech</b>	<b>232</b>		M-30	125	00:01:02	00:23:59	00:48:06	01:13:02	01:39:15	<b>01:44:48.80</b>	<b>01:45:51.65</b>	+00:25:52 (24.7%)	4:58	12.1 (75.6%)
126	<b>TRONINA Grzegorz</b>	<b>5</b>	AUKCJA	M-30	126	00:00:16	00:25:42	00:50:54	01:15:47	01:40:10	<b>01:44:52.70</b>	<b>01:45:09.00</b>	+00:25:56 (24.7%)	4:58	12.1 (75.6%)
127	<b>KAMIŃSKI Maciej</b>	<b>864</b>		M-30	127	00:00:26	00:24:04	00:48:41	01:13:23	01:39:26	<b>01:44:53.90</b>	<b>01:45:20.45</b>	+00:25:58 (24.8%)	4:58	12.1 (75.6%)
128	<b>WYRÓD Karol</b>	<b>465</b>	TUBES INTERNATIONAL GLIWICE	M-30	128	00:00:26	00:23:14	00:47:06	01:11:57	01:39:18	<b>01:44:58.85</b>	<b>01:45:25.70</b>	+00:26:02 (24.8%)	4:58	12.1 (75.6%)
129	<b>MODZELEWSKI Adrian</b>	<b>920</b>	EUROPEJSKIE CENTRUM SOLIDARNOŚCI	M-30	129	00:00:44	00:24:29	00:49:17	01:14:13	01:39:42	<b>01:45:03.80</b>	<b>01:45:48.25</b>	+00:26:07 (24.9%)	4:58	12 (75.0%)
130	<b>IMIÓŁEK Krzysztof</b>	<b>109</b>		M-30	130	00:00:05	00:23:14	00:47:13	01:12:10	01:39:19	<b>01:45:07.30</b>	<b>01:45:13.10</b>	+00:26:11 (24.9%)	4:58	12 (75.0%)
131	<b>ZIOŁA Łukasz</b>	<b>573</b>		M-30	131	00:00:44	00:24:29	00:49:17	01:14:13	01:39:42	<b>01:45:07.35</b>	<b>01:45:51.50</b>	+00:26:11 (24.9%)	4:58	12 (75.0%)
132	<b>CESARZ Szymon</b>	<b>632</b>	#RUN4FUN	M-30	132	00:00:41	00:24:57	00:49:35	01:14:26	01:39:48	<b>01:45:08.95</b>	<b>01:45:50.60</b>	+00:26:13 (24.9%)	4:59	12 (75.0%)
133	<b>PRACKI Dariusz</b>	<b>523</b>		M-30	133	00:01:49	00:24:14	00:48:20	01:13:06	01:39:22	<b>01:45:12.20</b>	<b>01:47:01.50</b>	+00:26:16 (25.0%)	4:59	12 (75.0%)
134	<b>SZOBLIK Darek</b>	<b>1036</b>	SZOBLIK AUTO CZESCI	M-30	134	00:00:51	00:25:02	00:49:47	01:15:12	01:40:13	<b>01:45:21.95</b>	<b>01:46:13.90</b>	+00:26:26 (25.1%)	4:59	12 (75.0%)
135	<b>FELISIAK Paweł</b>	<b>891</b>		M-30	135	00:00:56	00:25:52	00:50:44	01:15:29	01:40:12	<b>01:45:22.15</b>	<b>01:46:18.60</b>	+00:26:26 (25.1%)	4:59	12 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
136	<b>CIEŚLIK Dawid</b>	<b>984</b>		M-30	136	00:01:32	00:25:34	00:50:35	01:15:35	01:40:20	<b>01:45:27.75</b>	<b>01:47:00.05</b>	+00:26:31 (25.2%)	4:59	12 (75.0%)
137	<b>WISZNIOWSKI Krzysztof</b>	<b>468</b>		M-30	137	00:01:06	00:24:23	00:48:57	01:13:51	01:39:57	<b>01:45:28.70</b>	<b>01:46:35.20</b>	+00:26:32 (25.2%)	4:59	12 (75.0%)
138	<b>UZDOWSKI Jarosław</b>	<b>528</b>	KS DEGENERAT	M-30	138	00:00:37	00:25:07	00:50:00	01:14:54	01:40:32	<b>01:46:01.25</b>	<b>01:46:38.30</b>	+00:27:05 (25.6%)	5:01	11.9 (74.4%)
139	<b>MARCELA Marcin</b>	<b>792</b>	AMATOR	M-30	139	00:01:08	00:26:25	00:51:13	01:15:54	01:40:56	<b>01:46:10.55</b>	<b>01:47:19.25</b>	+00:27:14 (25.7%)	5:01	11.9 (74.4%)
140	<b>KOŁCUN Łukasz</b>	<b>1202</b>	OKRZEI RESIDANCE	M-30	140	00:01:52	00:24:49	00:49:02	01:14:22	01:40:27	<b>01:46:16.80</b>	<b>01:48:08.85</b>	+00:27:20 (25.7%)	5:02	11.9 (74.4%)
141	<b>PRZESPOLEWSKI Dawid</b>	<b>549</b>	FP RUNNERS TEAM	M-30	141	00:01:08	00:24:34	00:49:19	01:15:02	01:41:03	<b>01:46:24.95</b>	<b>01:47:33.70</b>	+00:27:29 (25.8%)	5:02	11.9 (74.4%)
142	<b>KSIEŻYK Mirosław</b>	<b>487</b>	MACROLOGOC	M-30	142	00:00:53	00:24:41	00:50:00	01:15:07	01:41:12	<b>01:46:38.55</b>	<b>01:47:31.90</b>	+00:27:42 (26.0%)	5:03	11.9 (74.4%)
143	<b>PIŁAT Jarosław</b>	<b>172</b>		M-30	143	00:00:15	00:24:06	00:48:01	01:12:48	01:40:53	<b>01:46:41.35</b>	<b>01:46:56.40</b>	+00:27:45 (26.0%)	5:03	11.9 (74.4%)
144	<b>BRYLIŃSKI Grzegorz</b>	<b>450</b>	DAREMNY TRUD TSH	M-30	144	00:00:39	00:25:36	00:51:05	01:16:29	01:41:56	<b>01:46:54.70</b>	<b>01:47:34.30</b>	+00:27:58 (26.2%)	5:04	11.8 (73.8%)
145	<b>HAWĘŁKA Łukasz</b>	<b>693</b>		M-30	145	00:00:58	00:25:45	00:51:01	01:16:25	01:41:49	<b>01:47:01.95</b>	<b>01:48:00.10</b>	+00:28:06 (26.3%)	5:04	11.8 (73.8%)
146	<b>KRAJEWSKI Michał</b>	<b>516</b>		M-30	146	00:01:18	00:26:24	00:52:30	01:17:17	01:41:45	<b>01:47:03.35</b>	<b>01:48:21.50</b>	+00:28:07 (26.3%)	5:04	11.8 (73.8%)
147	<b>DUDEK Sebastian</b>	<b>517</b>		M-30	147	00:01:14	00:25:24	00:50:24	01:15:40	01:41:42	<b>01:47:04.50</b>	<b>01:48:18.55</b>	+00:28:08 (26.3%)	5:04	11.8 (73.8%)
148	<b>GOŁĘBIEWSKI Bartosz</b>	<b>988</b>	ZGRYŻLIWI TETRYCY	M-30	148	00:01:18	00:26:13	00:51:36	01:17:16	01:41:54	<b>01:47:05.95</b>	<b>01:48:24.55</b>	+00:28:10 (26.3%)	5:04	11.8 (73.8%)
149	<b>SOLICH Patryk</b>	<b>1289</b>	GTT	M-30	149	00:00:57	00:25:46	00:51:02	01:16:26	01:41:50	<b>01:47:19.30</b>	<b>01:48:16.85</b>	+00:28:23 (26.5%)	5:05	11.8 (73.8%)
150	<b>KUŁAKOWSKI Grzegorz</b>	<b>558</b>	W POGONI ZA DUCHEM	M-30	150	00:00:22	00:23:51	00:47:45	01:12:31	01:41:54	<b>01:47:48.85</b>	<b>01:48:11.50</b>	+00:28:52 (26.8%)	5:06	11.7 (73.1%)
151	<b>FERFECKI Paweł</b>	<b>1232</b>	GIERAŁTOWICE	M-30	151	00:01:22	00:25:44	00:50:47	01:15:43	01:42:17	<b>01:47:50.90</b>	<b>01:49:13.10</b>	+00:28:55 (26.8%)	5:06	11.7 (73.1%)
152	<b>DZIACKO Robert</b>	<b>1087</b>		M-30	152	00:01:47	00:25:00	00:49:58	01:15:16	01:41:58	<b>01:47:55.70</b>	<b>01:49:42.75</b>	+00:28:59 (26.9%)	5:06	11.7 (73.1%)
153	<b>ZIĘBA Piotr</b>	<b>668</b>		M-30	153	00:01:41	00:26:23	00:51:42	01:16:48	01:42:37	<b>01:47:57.45</b>	<b>01:49:38.70</b>	+00:29:01 (26.9%)	5:06	11.7 (73.1%)
154	<b>PLOCH Adam</b>	<b>408</b>		M-30	154	00:00:59	00:25:25	00:50:08	01:15:16	01:41:56	<b>01:47:57.85</b>	<b>01:48:57.05</b>	+00:29:01 (26.9%)	5:07	11.7 (73.1%)
155	<b>PRYMAS Krystian</b>	<b>452</b>		M-30	155	00:00:29	00:24:22	00:49:37	01:15:33	01:42:22	<b>01:48:03.70</b>	<b>01:48:33.65</b>	+00:29:07 (27.0%)	5:07	11.7 (73.1%)
156	<b>HŁADZYŃSKI Łukasz</b>	<b>417</b>	K.S. LENIWIEC	M-30	156	00:00:35	00:24:32	00:50:00	01:16:00	01:42:22	<b>01:48:07.85</b>	<b>01:48:43.35</b>	+00:29:11 (27.0%)	5:07	11.7 (73.1%)
157	<b>MICHALAK Artur</b>	<b>897</b>	PGB SPORTOWA PACZKA	M-30	157	00:00:59	00:26:19	00:51:34	01:17:29	01:43:28	<b>01:48:18.65</b>	<b>01:49:18.55</b>	+00:29:22 (27.1%)	5:08	11.7 (73.1%)
158	<b>BYŚ Adam</b>	<b>782</b>		M-30	158	00:00:51	00:25:36	00:50:41	01:16:10	01:42:36	<b>01:48:23.75</b>	<b>01:49:15.30</b>	+00:29:27 (27.2%)	5:08	11.7 (73.1%)
159	<b>NOWAKOWSKI Sławomir</b>	<b>448</b>	GRUPA BIEGOWA PARKRUN WARSZAWA-PRAGA	M-30	159	00:01:51	00:26:16	00:52:01	01:17:40	01:43:16	<b>01:48:24.60</b>	<b>01:50:15.60</b>	+00:29:28 (27.2%)	5:08	11.7 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
160	<b>LEWANDOWSKI Henryk</b>	<b>527</b>		M-30	160	00:02:13	00:25:47	00:50:46	01:16:25	01:42:54	<b>01:48:28.80</b>	<b>01:50:42.60</b>	+00:29:32 (27.2%)	5:08	11.7 (73.1%)
161	<b>WEBER Krzysztof</b>	<b>1031</b>		M-30	161	00:01:42	00:26:52	00:52:36	01:18:17	01:43:26	<b>01:48:32.75</b>	<b>01:50:15.10</b>	+00:29:36 (27.3%)	5:08	11.7 (73.1%)
162	<b>SZKLARZ Sebastian</b>	<b>217</b>		M-30	162	00:00:58	00:25:20	00:50:16	01:15:53	01:42:48	<b>01:48:36.55</b>	<b>01:49:35.40</b>	+00:29:40 (27.3%)	5:08	11.7 (73.1%)
163	<b>KOZIK Bartłomiej</b>	<b>683</b>		M-30	163	00:00:32	00:26:26	00:52:02	01:17:29	01:43:17	<b>01:48:44.65</b>	<b>01:49:17.45</b>	+00:29:48 (27.4%)	5:09	11.6 (72.5%)
164	<b>PILCH Michał</b>	<b>1218</b>		M-30	164	00:01:22	00:25:58	00:51:01	01:17:13	01:43:21	<b>01:48:49.20</b>	<b>01:50:11.25</b>	+00:29:53 (27.5%)	5:09	11.6 (72.5%)
165	<b>FLORIAN Krzysztof</b>	<b>976</b>		M-30	165	00:00:56	00:26:13	00:52:59	01:18:56	01:44:13	<b>01:48:58.10</b>	<b>01:49:55.05</b>	+00:30:02 (27.6%)	5:09	11.6 (72.5%)
166	<b>WIEKIERA Adam</b>	<b>535</b>	GLIWICE	M-30	166	00:00:44	00:25:21	00:50:28	01:16:09	01:42:55	<b>01:49:00.30</b>	<b>01:49:44.55</b>	+00:30:04 (27.6%)	5:09	11.6 (72.5%)
167	<b>MACIASZEK Maciej</b>	<b>221</b>		M-30	167	00:00:26	00:25:32	00:50:52	01:16:29	01:43:21	<b>01:49:09.40</b>	<b>01:49:36.35</b>	+00:30:13 (27.7%)	5:10	11.6 (72.5%)
168	<b>MALINOWSKI Michał</b>	<b>675</b>	LILUSIA	M-30	168	00:00:20	00:25:13	00:50:50	01:16:36		<b>01:49:13.95</b>	<b>01:49:34.15</b>	+00:30:18 (27.7%)	5:10	11.6 (72.5%)
169	<b>BRYKOWSKI Przemysław</b>	<b>682</b>	EVENT 360 RUNNING TEAM	M-30	169	00:01:10	00:26:19	00:52:23	01:18:28	01:43:56	<b>01:49:14.60</b>	<b>01:50:25.25</b>	+00:30:18 (27.7%)	5:10	11.6 (72.5%)
170	<b>TOMCZAK Karol</b>	<b>1038</b>	BRAK	M-30	170	00:00:32	00:26:05	00:52:16	01:17:43	01:43:57	<b>01:49:29.90</b>	<b>01:50:02.20</b>	+00:30:34 (27.9%)	5:11	11.6 (72.5%)
171	<b>WOZNIAK Marek</b>	<b>875</b>		M-30	171	00:01:24	00:26:28	00:52:35	01:18:21	01:43:59	<b>01:49:32.55</b>	<b>01:50:57.00</b>	+00:30:36 (27.9%)	5:11	11.6 (72.5%)
172	<b>NOWAK Bartosz</b>	<b>1270</b>		M-30	172	00:00:19	00:25:11	00:53:36	01:19:34	01:44:20	<b>01:49:41.25</b>	<b>01:50:00.80</b>	+00:30:45 (28.0%)	5:11	11.5 (71.9%)
173	<b>BOGULAK Grzegorz</b>	<b>241</b>	RUN GB, RUN!	M-30	173	00:00:57	00:26:32	00:52:36	01:18:29	01:44:10	<b>01:49:43.15</b>	<b>01:50:40.40</b>	+00:30:47 (28.1%)	5:11	11.5 (71.9%)
174	<b>ROŻEK Jacek</b>	<b>770</b>	ETE SPORT TEAM	M-30	174	00:02:21	00:26:22	00:51:57	01:17:36	01:44:15	<b>01:49:44.55</b>	<b>01:52:05.65</b>	+00:30:48 (28.1%)	5:12	11.5 (71.9%)
175	<b>DZIAMSKI Ryszard</b>	<b>807</b>	FUNDACJA ISKIERKA - BIEGAM DLA MIRKI	M-30	175	00:01:19	00:26:16	00:52:36	01:18:33	01:44:12	<b>01:49:46.65</b>	<b>01:51:06.05</b>	+00:30:50 (28.1%)	5:12	11.5 (71.9%)
176	<b>WANDOCH Tyberiusz</b>	<b>305</b>		M-30	176	00:00:43	00:25:37	00:50:51	01:16:44	01:43:49	<b>01:49:47.70</b>	<b>01:50:30.75</b>	+00:30:51 (28.1%)	5:12	11.5 (71.9%)
177	<b>CZERWIŃSKI Tomasz</b>	<b>183</b>		M-30	177	00:01:09	00:26:51	00:52:51	01:18:39	01:44:17	<b>01:49:48.05</b>	<b>01:50:57.80</b>	+00:30:52 (28.1%)	5:12	11.5 (71.9%)
178	<b>KROPKA Szymon</b>	<b>130</b>	NIGHT RUNNERS GLIWICE	M-30	178	00:00:33	00:26:00	00:52:13	01:18:25	01:44:30	<b>01:49:49.20</b>	<b>01:50:23.15</b>	+00:30:53 (28.1%)	5:12	11.5 (71.9%)
179	<b>BIGOS Grzegorz</b>	<b>954</b>	GRAMMI	M-30	179	00:00:18	00:23:28	00:49:45	01:16:14	01:44:16	<b>01:49:50.75</b>	<b>01:50:08.75</b>	+00:30:54 (28.1%)	5:12	11.5 (71.9%)
180	<b>MIESZAŁA Tomasz</b>	<b>750</b>	KW PSP WROCŁAW	M-30	180	00:01:05	00:26:26	00:52:32	01:18:50	01:44:36	<b>01:49:57.65</b>	<b>01:51:03.60</b>	+00:31:01 (28.2%)	5:12	11.5 (71.9%)
181	<b>SZAFRUGA Piotr</b>	<b>594</b>		M-30	181	00:01:03	00:26:24	00:52:27	01:18:24	01:44:36	<b>01:50:02.30</b>	<b>01:51:05.55</b>	+00:31:06 (28.3%)	5:12	11.5 (71.9%)
182	<b>WIŚNIEWSKI Paweł</b>	<b>713</b>	JW AGAT	M-30	182	00:00:13	00:24:52	00:50:41	01:17:20	01:44:27	<b>01:50:02.95</b>	<b>01:50:16.05</b>	+00:31:07 (28.3%)	5:12	11.5 (71.9%)
183	<b>POŚPIECH Rafał</b>	<b>733</b>		M-30	183	00:00:54	00:26:46	00:53:07	01:18:47	01:44:39	<b>01:50:06.30</b>	<b>01:51:00.70</b>	+00:31:10 (28.3%)	5:13	11.5 (71.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
184	<b>MARCZUK Tomasz</b>	<b>953</b>		M-30	184	00:02:03	00:24:05	00:49:02	01:15:05	01:43:35	<b>01:50:10.45</b>	<b>01:52:14.30</b>	+00:31:14 (28.4%)	5:13	11.5 (71.9%)
185	<b>WAGNER Mariusz</b>	<b>680</b>		M-30	185	00:02:04	00:26:05	00:51:23	01:17:31	01:44:13	<b>01:50:11.35</b>	<b>01:52:15.80</b>	+00:31:15 (28.4%)	5:13	11.5 (71.9%)
186	<b>BAUMERT Rafał</b>	<b>430</b>	ISTA BIEGAMY	M-30	186	00:01:11	00:26:22	00:52:30	01:19:04	01:45:18	<b>01:50:24.05</b>	<b>01:51:35.55</b>	+00:31:28 (28.5%)	5:13	11.5 (71.9%)
187	<b>GRABARCZYK Mateusz</b>	<b>1015</b>	ALLIANZ RUNNING TEAM	M-30	187	00:00:11	00:24:37	00:50:33	01:17:27	01:44:44	<b>01:50:25.95</b>	<b>01:50:37.45</b>	+00:31:30 (28.5%)	5:14	11.5 (71.9%)
188	<b>KWAPIEŃ Aleksander</b>	<b>1009</b>		M-30	188	00:00:39	00:25:43	00:52:08	01:18:36	01:45:11	<b>01:50:39.10</b>	<b>01:51:18.90</b>	+00:31:43 (28.7%)	5:14	11.4 (71.3%)
189	<b>KALINOWSKI Krzysztof</b>	<b>885</b>		M-30	189	00:01:53	00:26:40	00:52:42	01:19:14	01:45:24	<b>01:50:40.80</b>	<b>01:52:33.90</b>	+00:31:44 (28.7%)	5:14	11.4 (71.3%)
190	<b>BIELA Marcin</b>	<b>1086</b>		M-30	190	00:00:25	00:25:41	00:51:41	01:18:05	01:45:10	<b>01:50:41.15</b>	<b>01:51:06.65</b>	+00:31:45 (28.7%)	5:14	11.4 (71.3%)
191	<b>PRZYBYLSKI Mariusz</b>	<b>215</b>	PGB SPORTOWA PACZKA	M-30	191	00:00:26	00:25:16	00:50:48	01:16:52	01:44:30	<b>01:50:43.10</b>	<b>01:51:09.85</b>	+00:31:47 (28.7%)	5:14	11.4 (71.3%)
192	<b>ŚLĄZOK Krzysztof</b>	<b>884</b>		M-30	192	00:01:52	00:26:42	00:52:44	01:19:16	01:45:25	<b>01:50:43.95</b>	<b>01:52:36.75</b>	+00:31:48 (28.7%)	5:14	11.4 (71.3%)
193	<b>STROBA Marek</b>	<b>462</b>	FC24	M-30	193	00:01:59	00:25:48	00:51:42	01:17:38	01:45:12	<b>01:50:45.75</b>	<b>01:52:44.95</b>	+00:31:49 (28.7%)	5:14	11.4 (71.3%)
194	<b>KUŹNICKI Tomasz</b>	<b>627</b>		M-30	194	00:02:09	00:26:12	00:52:16	01:17:59	01:45:02	<b>01:50:46.70</b>	<b>01:52:56.25</b>	+00:31:50 (28.7%)	5:15	11.4 (71.3%)
195	<b>BIAŁOSKÓRSKI Grzegorz</b>	<b>102</b>		M-30	195	00:00:21	00:25:14	00:50:28	01:16:29	01:44:27	<b>01:50:50.95</b>	<b>01:51:12.55</b>	+00:31:55 (28.8%)	5:15	11.4 (71.3%)
196	<b>ZIĘTERSKI Robert</b>	<b>339</b>		M-30	196	00:01:41	00:25:59	00:51:23	01:17:43	01:45:23	<b>01:50:59.15</b>	<b>01:52:41.00</b>	+00:32:03 (28.9%)	5:15	11.4 (71.3%)
197	<b>STARŻYK Andrzej</b>	<b>139</b>	RUNSTARS	M-30	197	00:00:29	00:25:15	00:51:10	01:17:42	01:45:19	<b>01:51:02.05</b>	<b>01:51:31.25</b>	+00:32:06 (28.9%)	5:15	11.4 (71.3%)
198	<b>GRESZTA Grzegorz</b>	<b>366</b>	JAH RASTAFARAJ	M-30	198	00:00:00			01:14:37		<b>01:51:08.00</b>	<b>01:51:08.00</b>	+00:32:12 (29.0%)	5:16	11.4 (71.3%)
199	<b>PRZYBYLSKI Witek</b>	<b>71</b>	OTK RZEŹNIK	M-30	199	00:00:00	00:27:29	00:53:55	01:19:52		<b>01:51:12.65</b>	<b>01:51:12.65</b>	+00:32:16 (29.0%)	5:16	11.4 (71.3%)
200	<b>ZDUŃCZYK Mariusz</b>	<b>1255</b>		M-30	200	00:01:01	00:26:01	00:51:51	01:17:54	01:44:40	<b>01:51:16.55</b>	<b>01:52:18.50</b>	+00:32:20 (29.1%)	5:16	11.4 (71.3%)
201	<b>KUPKA Bartosz</b>	<b>1100</b>		M-30	201	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05	<b>01:51:26.55</b>	<b>01:51:57.45</b>	+00:32:30 (29.2%)	5:16	11.4 (71.3%)
202	<b>JASTRZĘBSKI Rafał</b>	<b>57</b>	EASY RUN RACIBÓRZ	M-30	202	00:01:15	00:27:28	00:54:41	01:20:41	01:46:11	<b>01:51:35.30</b>	<b>01:52:50.65</b>	+00:32:39 (29.3%)	5:17	11.3 (70.6%)
203	<b>LEDWOŃ Jakub</b>	<b>122</b>		M-30	203	00:01:06	00:26:31	00:51:39	01:17:05	01:45:34	<b>01:51:37.05</b>	<b>01:52:43.90</b>	+00:32:41 (29.3%)	5:17	11.3 (70.6%)
204	<b>NIESZPOREK Adam</b>	<b>190</b>	RUN-3	M-30	204	00:01:11	00:26:20	00:52:10	01:18:21	01:45:30	<b>01:51:42.00</b>	<b>01:52:53.95</b>	+00:32:46 (29.3%)	5:17	11.3 (70.6%)
205	<b>KOMALA Wojciech</b>	<b>853</b>		M-30	205	00:01:03	00:25:27	00:51:11	01:17:34	01:45:21	<b>01:51:43.70</b>	<b>01:52:46.95</b>	+00:32:47 (29.4%)	5:17	11.3 (70.6%)
206	<b>GÓRKA Szymon</b>	<b>292</b>	PRZODOWI SIEPACZE	M-30	206	00:01:43	00:24:58	00:50:17	01:17:05	01:45:31	<b>01:51:49.00</b>	<b>01:53:32.80</b>	+00:32:53 (29.4%)	5:17	11.3 (70.6%)
207	<b>UJMA Michał</b>	<b>98</b>		M-30	207	00:00:22	00:26:34	00:52:31	01:19:06	01:45:51	<b>01:51:49.25</b>	<b>01:52:12.20</b>	+00:32:53 (29.4%)	5:18	11.3 (70.6%)

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					
208	<b>STRUG Mariusz</b>	<b>631</b>		M-30	208	00:00:51	00:25:14	00:51:09	01:17:59	01:45:57	<b>01:52:15.20</b>	<b>01:53:07.00</b>	+00:33:19 (29.7%)	5:19	11.3 (70.6%)
209	<b>NOWOROLNIK Paweł</b>	<b>649</b>		M-30	209	00:01:18	00:26:31	00:53:09	01:20:10	01:46:49	<b>01:52:19.05</b>	<b>01:53:37.35</b>	+00:33:23 (29.7%)	5:19	11.3 (70.6%)
210	<b>KAMECKI Maciej</b>	<b>873</b>	GOOD TIME SPORT	M-30	210	00:01:11	00:26:05	00:52:45	01:18:44	01:46:16	<b>01:52:19.15</b>	<b>01:53:30.25</b>	+00:33:23 (29.7%)	5:19	11.3 (70.6%)
211	<b>GAJEWSKI Michał</b>	<b>449</b>		M-30	211	00:01:05	00:26:26	00:52:50	01:19:07	01:46:30	<b>01:52:28.70</b>	<b>01:53:34.15</b>	+00:33:32 (29.8%)	5:19	11.3 (70.6%)
212	<b>JURASZCZYK Jan</b>	<b>865</b>	FEBYS RUN TEAM	M-30	212	00:01:32	00:26:56	00:53:14	01:19:55	01:47:02	<b>01:52:31.00</b>	<b>01:54:03.45</b>	+00:33:35 (29.8%)	5:19	11.3 (70.6%)
213	<b>MAJEWSKI Grzegorz</b>	<b>318</b>	BEZ KLUBU	M-30	213	00:01:43	00:25:43	00:52:10	01:18:28	01:46:42	<b>01:52:35.60</b>	<b>01:54:19.55</b>	+00:33:39 (29.9%)	5:20	11.2 (70.0%)
214	<b>KWAPIEŃ Paweł</b>	<b>1069</b>		M-30	214	00:00:39	00:25:43	00:52:08	01:18:38	01:46:18	<b>01:52:36.25</b>	<b>01:53:15.50</b>	+00:33:40 (29.9%)	5:20	11.2 (70.0%)
215	<b>WOJTASZEK Grzegorz</b>	<b>404</b>		M-30	215	00:01:46	00:26:26	00:52:47	01:19:32	01:47:12	<b>01:52:53.70</b>	<b>01:54:40.15</b>	+00:33:57 (30.1%)	5:21	11.2 (70.0%)
216	<b>GRĄBCZEWSKI Marcin</b>	<b>274</b>		M-30	216	00:01:13	00:27:05	00:53:46	01:20:24	01:47:20	<b>01:52:59.50</b>	<b>01:54:13.15</b>	+00:34:03 (30.1%)	5:21	11.2 (70.0%)
217	<b>GRAMATYKA Paweł</b>	<b>499</b>		M-30	217	00:01:10	00:25:41	00:51:37	01:18:36	01:46:58	<b>01:53:04.00</b>	<b>01:54:14.05</b>	+00:34:08 (30.2%)	5:21	11.2 (70.0%)
218	<b>OSIŃSKI Paweł</b>	<b>322</b>	NIGHT RUNNERS GLIWICE	M-30	218	00:02:11	00:25:25	00:51:46	01:19:23	01:47:18	<b>01:53:18.15</b>	<b>01:55:29.70</b>	+00:34:22 (30.3%)	5:22	11.2 (70.0%)
219	<b>ADAMOWSKI Jacek</b>	<b>48</b>	NIGHT RUNNERS GLIWICE	M-30	219	00:01:42	00:26:36	00:52:16	01:18:28	01:47:35	<b>01:53:47.45</b>	<b>01:55:30.25</b>	+00:34:51 (30.6%)	5:23	11.1 (69.4%)
220	<b>MAZUR Krzysztof</b>	<b>1288</b>	NOWA GLIWICE	M-30	220	00:01:38	00:27:22	00:54:21	01:21:00	01:48:11	<b>01:54:07.70</b>	<b>01:55:45.75</b>	+00:35:11 (30.8%)	5:24	11.1 (69.4%)
221	<b>FUGOWSKI Grzegorz</b>	<b>341</b>		M-30	221	00:01:19	00:26:28	00:53:37	01:20:32	01:48:33	<b>01:54:08.30</b>	<b>01:55:28.05</b>	+00:35:12 (30.8%)	5:24	11.1 (69.4%)
222	<b>BORECKI Marcin</b>	<b>249</b>		M-30	222	00:00:19	00:25:19	00:51:28	01:19:11	01:48:06	<b>01:54:16.00</b>	<b>01:54:35.25</b>	+00:35:20 (30.9%)	5:24	11.1 (69.4%)
223	<b>SZAMRYK Konrad</b>	<b>789</b>		M-30	223	00:00:56	00:26:53	00:53:01	01:19:39	01:48:06	<b>01:54:19.60</b>	<b>01:55:16.15</b>	+00:35:23 (31.0%)	5:25	11.1 (69.4%)
224	<b>DUDEK Łukasz</b>	<b>307</b>		M-30	224	00:02:08	00:27:07	00:53:31	01:20:45	01:48:34	<b>01:54:36.25</b>	<b>01:56:44.75</b>	+00:35:40 (31.1%)	5:25	11 (68.8%)
225	<b>GRABOWSKI Maciej</b>	<b>788</b>		M-30	225	00:01:05	00:27:16	00:53:52	01:20:37	01:48:50	<b>01:54:43.40</b>	<b>01:55:49.35</b>	+00:35:47 (31.2%)	5:26	11 (68.8%)
226	<b>WIEDERMANN Krzysztof</b>	<b>624</b>	PEDRAFORCA	M-30	226	00:02:26	00:27:04	00:53:34	01:20:58	01:48:37	<b>01:54:48.95</b>	<b>01:57:15.75</b>	+00:35:53 (31.3%)	5:26	11 (68.8%)
227	<b>BOROWSKI Sławomir</b>	<b>482</b>	SOLVITUR AMBULANDO	M-30	227	00:01:01	00:26:00	00:51:52	01:18:53	01:48:42	<b>01:54:55.60</b>	<b>01:55:57.40</b>	+00:35:59 (31.3%)	5:26	11 (68.8%)
228	<b>MRÓZEK Przemysław</b>	<b>612</b>	PŁOMIEŃ OPATÓW	M-30	228	00:00:29	00:24:52	00:50:35	01:17:49	01:48:25	<b>01:54:59.40</b>	<b>01:55:28.95</b>	+00:36:03 (31.4%)	5:26	11 (68.8%)
229	<b>RYMASZEWSKI Wojciech</b>	<b>469</b>		M-30	229	00:01:02	00:25:23	00:51:11	01:17:29	01:48:59	<b>01:55:10.75</b>	<b>01:56:13.15</b>	+00:36:14 (31.5%)	5:27	11 (68.8%)
230	<b>ZIĘBIK Grzegorz</b>	<b>1017</b>		M-30	230	00:00:38	00:26:48	00:53:28	01:21:13	01:49:28	<b>01:55:13.95</b>	<b>01:55:52.35</b>	+00:36:18 (31.5%)	5:27	11 (68.8%)
231	<b>ŻĄDŁO Łukasz</b>	<b>344</b>	CABALLO BLANCO TEAM	M-30	231	00:00:30	00:28:36	00:56:59	01:25:02	01:50:43	<b>01:55:33.85</b>	<b>01:56:04.70</b>	+00:36:37 (31.7%)	5:28	11 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
232	<b>KAZULA Grzegorz</b>	<b>251</b>		M-30	232	00:01:39	00:27:33	00:54:38	01:22:00	01:49:48	<b>01:55:36.40</b>	<b>01:57:16.35</b>	+00:36:40 (31.7%)	5:28	10.9 (68.1%)
233	<b>GALERT Adam</b>	<b>17</b>	PRO-RUN WROCŁAW	M-30	233	00:01:14	00:25:57	00:52:08	01:18:46	01:49:19	<b>01:55:38.00</b>	<b>01:56:52.80</b>	+00:36:42 (31.7%)	5:28	10.9 (68.1%)
234	<b>WIORA Łukasz</b>	<b>1284</b>		M-30	234	00:00:32	00:27:59	00:56:18	01:23:35	01:50:09	<b>01:55:39.15</b>	<b>01:56:11.45</b>	+00:36:43 (31.8%)	5:28	10.9 (68.1%)
235	<b>ANDRZEJCZAK Michał</b>	<b>247</b>		M-30	235	00:01:37	00:27:29	00:55:05	01:22:16	01:49:39	<b>01:55:48.20</b>	<b>01:57:25.90</b>	+00:36:52 (31.8%)	5:29	10.9 (68.1%)
236	<b>CZARNOTA Arkadiusz</b>	<b>555</b>		M-30	236	00:00:27	00:26:43	00:54:15	01:21:56	01:50:05	<b>01:56:01.85</b>	<b>01:56:29.30</b>	+00:37:05 (32.0%)	5:29	10.9 (68.1%)
237	<b>ANDRZEJ Kuś</b>	<b>1080</b>	PURE JATOMI FORUM GLIWICE	M-30	237	00:01:00	00:27:42	00:55:15	01:22:44	01:50:18	<b>01:56:09.40</b>	<b>01:57:09.40</b>	+00:37:13 (32.0%)	5:30	10.9 (68.1%)
238	<b>BUTOR Arkadiusz</b>	<b>651</b>	12TRI.PL	M-30	238	00:00:40	00:26:43	00:53:23	01:20:46	01:49:07	<b>01:56:25.05</b>	<b>01:57:05.55</b>	+00:37:29 (32.2%)	5:31	10.9 (68.1%)
239	<b>JANIK Janusz</b>	<b>131</b>	NIGHT RUNNERS GLIWICE	M-30	239	00:01:02	00:27:16	00:54:21	01:22:02	01:50:27	<b>01:56:27.50</b>	<b>01:57:29.60</b>	+00:37:31 (32.2%)	5:31	10.9 (68.1%)
240	<b>TKACZUK Marcin</b>	<b>191</b>	NIGHT RUNNERS GLIWICE	M-30	240	00:00:59	00:27:21	00:54:24	01:22:05	01:50:27	<b>01:56:30.10</b>	<b>01:57:29.85</b>	+00:37:34 (32.2%)	5:31	10.9 (68.1%)
241	<b>ALBERT Łukasz</b>	<b>481</b>	10 BLOG OPOLE	M-30	241	00:00:44	00:27:14	00:55:05	01:23:11	01:50:51	<b>01:56:40.15</b>	<b>01:57:24.70</b>	+00:37:44 (32.3%)	5:31	10.9 (68.1%)
242	<b>KOZŁOWSKI Przemysław</b>	<b>808</b>		M-30	242	00:00:49	00:27:56	00:55:25	01:22:39	01:50:38	<b>01:56:43.65</b>	<b>01:57:32.90</b>	+00:37:47 (32.4%)	5:31	10.8 (67.5%)
243	<b>TWARDOWSKI Jacek</b>	<b>152</b>		M-30	243	00:01:51	00:27:10	00:53:56	01:21:17	01:50:50	<b>01:56:54.85</b>	<b>01:58:45.90</b>	+00:37:58 (32.5%)	5:32	10.8 (67.5%)
244	<b>GĘBCZYŃSKI Paweł</b>	<b>201</b>		M-30	244	00:00:58	00:25:36	00:51:32	01:18:37	01:49:54	<b>01:57:03.65</b>	<b>01:58:02.10</b>	+00:38:07 (32.6%)	5:32	10.8 (67.5%)
245	<b>DUSZA Michał</b>	<b>158</b>	BIEGOWE NIEDZIELNE PORANKI W ŻERNICY	M-30	245	00:01:23	00:25:22	00:50:38	01:18:26	01:50:09	<b>01:57:07.20</b>	<b>01:58:30.85</b>	+00:38:11 (32.6%)	5:33	10.8 (67.5%)
246	<b>BRZÓZKA Sebastian</b>	<b>412</b>	SBD ENERGETYK RYBNIK	M-30	246	00:02:00	00:27:07	00:53:56	01:22:01	01:50:46	<b>01:57:09.20</b>	<b>01:59:09.20</b>	+00:38:13 (32.6%)	5:33	10.8 (67.5%)
247	<b>KRAWCZYK Jakub</b>	<b>1119</b>		M-30	247	00:01:54	00:27:51	00:55:20	01:23:03	01:51:23	<b>01:57:15.65</b>	<b>01:59:10.00</b>	+00:38:19 (32.7%)	5:33	10.8 (67.5%)
248	<b>MUCHA Adam</b>	<b>925</b>		M-30	248	00:01:52	00:27:11	00:54:56	01:22:16	01:51:11	<b>01:57:28.00</b>	<b>01:59:20.25</b>	+00:38:32 (32.8%)	5:34	10.8 (67.5%)
249	<b>KREMPA Sławomir</b>	<b>727</b>		M-30	249	00:01:20	00:28:31	00:56:41	01:23:49	01:51:58	<b>01:57:48.10</b>	<b>01:59:08.85</b>	+00:38:52 (33.0%)	5:34	10.7 (66.9%)
250	<b>MATERLA Marek</b>	<b>233</b>	ZRYW SŁUPSKO	M-30	250	00:01:45	00:27:30	00:55:08	01:23:12	01:52:25	<b>01:58:12.65</b>	<b>01:59:57.75</b>	+00:39:16 (33.2%)	5:36	10.7 (66.9%)
251	<b>STEC Marcin</b>	<b>633</b>	KW GLIWICE	M-30	251	00:01:45	00:28:06	00:56:19	01:24:10	01:52:20	<b>01:58:13.85</b>	<b>01:59:59.80</b>	+00:39:17 (33.2%)	5:36	10.7 (66.9%)
252	<b>MACIEJASZ Piotr</b>	<b>1062</b>		M-30	252	00:02:06	00:25:49	00:51:57	01:19:55	01:51:05	<b>01:58:17.80</b>	<b>02:00:23.85</b>	+00:39:21 (33.3%)	5:36	10.7 (66.9%)
253	<b>WALCZAK Bartłomiej</b>	<b>1057</b>		M-30	253	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	<b>01:58:33.60</b>	<b>01:59:38.15</b>	+00:39:37 (33.4%)	5:37	10.7 (66.9%)
254	<b>HAHN Piotr</b>	<b>349</b>	FABRIKA NORDIKA	M-30	254	00:01:27	00:26:35	00:53:04	01:21:05	01:51:58	<b>01:58:40.60</b>	<b>02:00:07.60</b>	+00:39:44 (33.5%)	5:37	10.7 (66.9%)
255	<b>URBANEK Marcin</b>	<b>439</b>	ISTA BIEGAMY	M-30	255	00:00:57	00:26:39	00:53:52	01:22:13	01:52:05	<b>01:58:44.15</b>	<b>01:59:41.85</b>	+00:39:48 (33.5%)	5:37	10.7 (66.9%)

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					
256	<b>PIONTEK Michał</b>	<b>762</b>		M-30	256	00:02:04	00:28:20	00:55:57	01:23:52	01:52:26	<b>01:58:45.55</b>	<b>02:00:49.95</b>	+00:39:49 (33.5%)	5:37	10.7 (66.9%)
257	<b>LUKOSZEK Marek</b>	<b>194</b>	RUN 3	M-30	257	00:01:13	00:27:08	00:54:26	01:21:41	01:52:18	<b>01:58:46.10</b>	<b>01:59:59.55</b>	+00:39:50 (33.5%)	5:37	10.7 (66.9%)
258	<b>WIKIERSKI Michał</b>	<b>671</b>	DARIUSZ MAX	M-30	258	00:01:23	00:27:51	00:55:37	01:23:25	01:52:36	<b>01:58:46.10</b>	<b>02:00:09.65</b>	+00:39:50 (33.5%)	5:37	10.7 (66.9%)
259	<b>ŻYDEK Sławomir</b>	<b>2</b>	RYBICKA GRUPA BIEGOWA	M-30	259	00:01:57	00:27:10	00:54:15	01:22:07	01:52:14	<b>01:58:47.55</b>	<b>02:00:44.55</b>	+00:39:51 (33.6%)	5:37	10.7 (66.9%)
260	<b>GAJEWSKI Łukasz</b>	<b>515</b>		M-30	260	00:01:31	00:26:56	00:54:13	01:21:48	01:52:24	<b>01:58:51.90</b>	<b>02:00:23.05</b>	+00:39:56 (33.6%)	5:38	10.7 (66.9%)
261	<b>JĘDRZEJOWSKI Andrzej</b>	<b>333</b>	BIEGACZE CSR	M-30	261	00:00:41	00:28:11	00:56:09	01:23:49	01:52:35	<b>01:58:54.00</b>	<b>01:59:35.65</b>	+00:39:58 (33.6%)	5:38	10.6 (66.3%)
262	<b>DACZYŃSKI Michał</b>	<b>40</b>	GRUPA CMYKI	M-30	262	00:02:13	00:28:27	00:56:20	01:24:20	01:52:40	<b>01:58:54.30</b>	<b>02:01:07.40</b>	+00:39:58 (33.6%)	5:38	10.6 (66.3%)
263	<b>MATECKI Maciej</b>	<b>126</b>	2XM	M-30	263	00:00:40	00:28:01	00:55:45	01:23:38	01:52:45	<b>01:58:55.25</b>	<b>01:59:35.35</b>	+00:39:59 (33.6%)	5:38	10.6 (66.3%)
264	<b>DORCZAK Jarosław</b>	<b>906</b>	TATA W ETE	M-30	264	00:01:50	00:28:11	00:56:13	01:24:21	01:53:06	<b>01:59:17.85</b>	<b>02:01:08.00</b>	+00:40:21 (33.8%)	5:39	10.6 (66.3%)
265	<b>DĄBROWSKI Marcin</b>	<b>39</b>		M-30	265	00:01:52	00:27:40	00:55:14	01:23:36	01:53:09	<b>01:59:20.00</b>	<b>02:01:12.25</b>	+00:40:24 (33.9%)	5:39	10.6 (66.3%)
266	<b>CHICHY Jacek</b>	<b>1257</b>		M-30	266	00:01:36	00:28:14	00:55:22	01:23:37	01:53:07	<b>01:59:20.45</b>	<b>02:00:57.15</b>	+00:40:24 (33.9%)	5:39	10.6 (66.3%)
267	<b>MORDARSKI Artur</b>	<b>392</b>		M-30	267	00:01:03	00:28:11	00:56:42	01:24:49	01:53:47	<b>01:59:25.20</b>	<b>02:00:28.25</b>	+00:40:29 (33.9%)	5:39	10.6 (66.3%)
268	<b>OCHÓD Dawid</b>	<b>618</b>	DRUŻYNA CSR	M-30	268	00:00:41	00:26:27	00:53:16	01:21:41	01:52:56	<b>01:59:30.60</b>	<b>02:00:11.60</b>	+00:40:34 (34.0%)	5:39	10.6 (66.3%)
269	<b>WIADEREK Piotr</b>	<b>510</b>	PĘDZĄCE ŻÓŁWIE	M-30	269	00:01:15	00:28:03	00:56:45	01:25:10	01:53:45	<b>01:59:45.45</b>	<b>02:01:00.95</b>	+00:40:49 (34.1%)	5:40	10.6 (66.3%)
270	<b>MACHNOWSKI Wojciech</b>	<b>203</b>		M-30	270	00:00:55	00:28:38	00:56:35	01:24:23	01:53:29	<b>01:59:50.45</b>	<b>02:00:45.65</b>	+00:40:54 (34.1%)	5:40	10.6 (66.3%)
271	<b>SZEWczyk Marcin</b>	<b>835</b>		M-30	271	00:01:44	00:27:53	00:56:51	01:24:56	01:53:47	<b>01:59:58.35</b>	<b>02:01:42.60</b>	+00:41:02 (34.2%)	5:41	10.6 (66.3%)
272	<b>ROGOZIK Szymon</b>	<b>1126</b>		M-30	272	00:01:55	00:27:57	00:55:43	01:23:43	01:53:55	<b>02:00:04.10</b>	<b>02:01:59.45</b>	+00:41:08 (34.3%)	5:41	10.5 (65.6%)
273	<b>RUTKOWSKI Tadeusz</b>	<b>731</b>		M-30	273	00:01:25	00:28:18	00:57:09	01:25:12	01:54:28	<b>02:00:32.90</b>	<b>02:01:58.20</b>	+00:41:37 (34.5%)	5:42	10.5 (65.6%)
274	<b>ZIMOCH Grzegorz</b>	<b>636</b>		M-30	274	00:00:31	00:28:16	00:56:33	01:25:48	01:54:44	<b>02:00:33.80</b>	<b>02:01:05.05</b>	+00:41:37 (34.5%)	5:42	10.5 (65.6%)
275	<b>MICHALIK Bartłomiej</b>	<b>928</b>	BIEGACZE CSR	M-30	275	00:00:08	00:25:02	00:53:03	01:22:14	01:53:50	<b>02:00:58.30</b>	<b>02:01:06.65</b>	+00:42:02 (34.8%)	5:43	10.5 (65.6%)
276	<b>BĄBKA Tomasz</b>	<b>939</b>		M-30	276	00:01:24	00:29:01	00:57:52	01:26:46	01:55:10	<b>02:01:04.80</b>	<b>02:02:29.60</b>	+00:42:08 (34.8%)	5:44	10.5 (65.6%)
277	<b>WRÓBEL Jarosław</b>	<b>641</b>		M-30	277	00:00:17	00:29:05	00:58:04	01:26:43	01:55:06	<b>02:01:07.15</b>	<b>02:01:24.65</b>	+00:42:11 (34.8%)	5:44	10.5 (65.6%)
278	<b>SOŚNIAK Tomasz</b>	<b>56</b>	KUDŁATY ART ACTIVE TEAM	M-30	278	00:01:09	00:27:10	00:55:31	01:23:57	01:54:37	<b>02:01:53.95</b>	<b>02:03:03.25</b>	+00:42:58 (35.2%)	5:46	10.4 (65.0%)
279	<b>BOGACZ Paweł</b>	<b>777</b>		M-30	279	00:01:55	00:28:06	00:56:54	01:24:44	01:55:08	<b>02:01:58.35</b>	<b>02:03:54.30</b>	+00:43:02 (35.3%)	5:46	10.4 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
280	<b>KRZYWIECKI Maciej</b>	<b>812</b>		M-30	280	00:02:06	00:28:32	00:56:12	01:24:28	01:55:51	<b>02:02:07.50</b>	<b>02:04:13.55</b>	+00:43:11 (35.4%)	5:47	10.4 (65.0%)
281	<b>NESTER Łukasz</b>	<b>50</b>		M-30	281	00:01:37	00:28:48	00:57:02	01:25:17	01:56:15	<b>02:02:09.40</b>	<b>02:03:47.15</b>	+00:43:13 (35.4%)	5:47	10.4 (65.0%)
282	<b>GOCYK Leszek</b>	<b>932</b>		M-30	282	00:00:51	00:26:12	00:53:04	01:21:31	01:54:27	<b>02:02:12.70</b>	<b>02:03:04.45</b>	+00:43:16 (35.4%)	5:47	10.4 (65.0%)
283	<b>WARDZIŃSKI Paweł</b>	<b>821</b>	RUN AND GUN	M-30	283	00:01:25	00:28:58	00:58:11	01:26:49	01:55:47	<b>02:02:13.70</b>	<b>02:03:38.70</b>	+00:43:17 (35.4%)	5:47	10.4 (65.0%)
284	<b>KOPCIK Tomasz</b>	<b>1020</b>	FC KUNRÓW/COMBAT 56	M-30	284	00:01:32	00:27:04	00:54:06	01:23:33	01:55:36	<b>02:02:29.85</b>	<b>02:04:02.55</b>	+00:43:33 (35.6%)	5:48	10.3 (64.4%)
285	<b>RYDZYŃSKI Jacek</b>	<b>270</b>	RYSIE	M-30	285	00:02:12	00:26:05	00:54:20	01:24:32	01:56:10	<b>02:02:37.70</b>	<b>02:04:50.20</b>	+00:43:41 (35.6%)	5:48	10.3 (64.4%)
286	<b>TOMKOWICZ Rafał</b>	<b>881</b>	SFERA BIEGANIA	M-30	286	00:01:30	00:27:46	00:55:59	01:24:50	01:56:08	<b>02:02:45.40</b>	<b>02:04:15.50</b>	+00:43:49 (35.7%)	5:49	10.3 (64.4%)
287	<b>KOTWICKI Marek</b>	<b>1260</b>		M-30	287	00:01:53	00:27:38	00:56:14	01:25:16	01:56:32	<b>02:03:16.05</b>	<b>02:05:09.20</b>	+00:44:20 (36.0%)	5:50	10.3 (64.4%)
288	<b>CIMAŁA Rafał</b>	<b>440</b>	ISTA BIEGAMY	M-30	288	00:00:58	00:28:21	00:57:01	01:26:22	01:57:22	<b>02:04:03.05</b>	<b>02:05:01.25</b>	+00:45:07 (36.4%)	5:52	10.2 (63.8%)
289	<b>WOJTASIŃSKI Robert</b>	<b>628</b>	MIECHOWICKA GRUPA BIEGOWA	M-30	289	00:01:44	00:29:45	00:58:00	01:26:56	01:57:23	<b>02:04:05.30</b>	<b>02:05:49.85</b>	+00:45:09 (36.4%)	5:52	10.2 (63.8%)
290	<b>OBCOWSKI Maciej</b>	<b>797</b>		M-30	290	00:00:41	00:26:44	00:56:38	01:26:28	01:57:43	<b>02:04:19.30</b>	<b>02:05:00.95</b>	+00:45:23 (36.5%)	5:53	10.2 (63.8%)
291	<b>KLĘKA Bartłomiej</b>	<b>167</b>		M-30	291	00:01:47	00:28:57	00:58:16	01:26:55	01:57:46	<b>02:05:00.05</b>	<b>02:06:48.00</b>	+00:46:04 (36.9%)	5:55	10.1 (63.1%)
292	<b>SYPEK Grzegorz</b>	<b>443</b>	GET RUN	M-30	292	00:00:56	00:28:25	00:57:12	01:26:06	01:58:03	<b>02:05:15.85</b>	<b>02:06:12.50</b>	+00:46:19 (37.0%)	5:56	10.1 (63.1%)
293	<b>ŻYŁKA Grzegorz</b>	<b>844</b>		M-30	293	00:01:56	00:30:56	01:01:29	01:30:28	01:59:16	<b>02:05:18.90</b>	<b>02:07:15.45</b>	+00:46:23 (37.0%)	5:56	10.1 (63.1%)
294	<b>SOSNA Adrian</b>	<b>485</b>		M-30	294	00:01:48	00:30:58	01:01:55	01:31:11	01:59:52	<b>02:05:36.15</b>	<b>02:07:24.65</b>	+00:46:40 (37.2%)	5:57	10.1 (63.1%)
295	<b>GOLEC Przemysław</b>	<b>893</b>		M-30	295	00:01:48	00:30:52	01:00:01	01:28:46	01:59:00	<b>02:05:49.35</b>	<b>02:07:37.75</b>	+00:46:53 (37.3%)	5:57	10.1 (63.1%)
296	<b>WESTER Mieczysław</b>	<b>1114</b>	NIGHT RUNNERS GLIWICE	M-30	296	00:00:38	00:27:41	00:55:50	01:25:07	01:58:29	<b>02:06:17.30</b>	<b>02:06:56.05</b>	+00:47:21 (37.5%)	5:59	10 (62.5%)
297	<b>KALETA Łukasz</b>	<b>769</b>		M-30	297	00:01:47	00:28:46	00:57:55	01:27:25	01:59:12	<b>02:06:25.55</b>	<b>02:08:12.90</b>	+00:47:29 (37.6%)	5:59	10 (62.5%)
298	<b>BAŃCZYK Piotr</b>	<b>961</b>	NIGHT RUNNERS KATOWICE / SKPB KATOWICE	M-30	298	00:00:17	00:28:42	00:57:41	01:27:44	02:00:11	<b>02:07:17.20</b>	<b>02:07:34.40</b>	+00:48:21 (38.0%)	6:01	9.9 (61.9%)
299	<b>FRANCZYK Michał</b>	<b>159</b>	GLIWICE	M-30	299	00:00:05	00:29:00	00:58:15	01:29:03	02:01:09	<b>02:07:44.00</b>	<b>02:07:49.90</b>	+00:48:48 (38.2%)	6:03	9.9 (61.9%)
300	<b>POREBSKI Paweł</b>	<b>720</b>		M-30	300	00:01:32	00:29:08	00:59:22	01:30:21	02:01:41	<b>02:08:30.85</b>	<b>02:10:03.40</b>	+00:49:34 (38.6%)	6:05	9.9 (61.9%)
301	<b>HAMANN Sławomir</b>	<b>239</b>		M-30	301	00:01:45	00:31:08	01:01:59	01:32:24	02:02:13	<b>02:08:38.45</b>	<b>02:10:24.15</b>	+00:49:42 (38.6%)	6:05	9.8 (61.3%)
302	<b>JASIŃSKI Mateusz</b>	<b>838</b>		M-30	302	00:01:39	00:31:53	01:02:06	01:32:30	02:02:19	<b>02:08:45.05</b>	<b>02:10:24.20</b>	+00:49:49 (38.7%)	6:06	9.8 (61.3%)
303	<b>KUBACKI Adam</b>	<b>966</b>	BIEGAM Z SERCEM	M-30	303	00:01:59	00:29:09	00:58:51	01:28:34	02:01:46	<b>02:08:47.50</b>	<b>02:10:46.75</b>	+00:49:51 (38.7%)	6:06	9.8 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km	21.1km	21.1km			
304	<b>NAPORA Łukasz</b>	<b>293</b>		M-30	304	00:02:03	00:28:12	00:56:28	01:26:01	02:01:24	<b>02:09:16.55</b>	<b>02:11:20.00</b>	+00:50:20 (38.9%)	6:07	9.8 (61.3%)
305	<b>MICEK Marek</b>	<b>608</b>		M-30	305	00:01:57	00:29:14	00:58:14	01:28:34	02:02:19	<b>02:09:30.05</b>	<b>02:11:27.85</b>	+00:50:34 (39.0%)	6:08	9.8 (61.3%)
306	<b>JAWOREK Jacek</b>	<b>491</b>	OPEL ACTIVE TEAM	M-30	306	00:01:26	00:29:03	00:58:35	01:28:40	02:02:18	<b>02:09:43.95</b>	<b>02:11:09.95</b>	+00:50:48 (39.2%)	6:08	9.8 (61.3%)
307	<b>PALENGA Adrian</b>	<b>1053</b>	OPEL ACTIVE TEAM	M-30	307	00:01:26	00:29:03	00:58:36	01:28:41	02:02:18	<b>02:09:44.40</b>	<b>02:11:10.40</b>	+00:50:48 (39.2%)	6:08	9.8 (61.3%)
308	<b>MACIEJ Artur</b>	<b>320</b>	ELECTROCHEMISTRY GROUP	M-30	308	00:02:16	00:28:56	00:58:10	01:28:49	02:03:19	<b>02:10:29.05</b>	<b>02:12:45.15</b>	+00:51:33 (39.5%)	6:11	9.7 (60.6%)
309	<b>MALISZEWSKI Jakub</b>	<b>950</b>	TECHNOMEX	M-30	309	00:01:30	00:29:33	01:00:50	01:31:34	02:03:35	<b>02:10:49.70</b>	<b>02:12:20.35</b>	+00:51:53 (39.7%)	6:12	9.7 (60.6%)
310	<b>SZKUDLAREK Michał</b>	<b>744</b>		M-30	310	00:01:39	00:28:11	00:58:51	01:31:24	02:04:44	<b>02:11:12.80</b>	<b>02:12:52.65</b>	+00:52:16 (39.8%)	6:13	9.6 (60.0%)
311	<b>FERFECKI Dawid</b>	<b>1137</b>		M-30	311	00:01:22	00:28:55	01:00:17	01:32:19	02:05:46	<b>02:13:21.35</b>	<b>02:14:43.95</b>	+00:54:25 (40.8%)	6:19	9.5 (59.4%)
312	<b>STOLARCZYK Maciej</b>	<b>1134</b>		M-30	312	00:02:25	00:24:20	00:47:14	01:11:22	02:07:31	<b>02:14:20.25</b>	<b>02:16:45.30</b>	+00:55:24 (41.2%)	6:21	9.4 (58.8%)
313	<b>CZOSNOWSKI Tomasz</b>	<b>1272</b>	OTK RZEŹNIK	M-30	313	00:01:44	00:31:07	01:02:28	01:33:54	02:07:23	<b>02:14:31.45</b>	<b>02:16:16.30</b>	+00:55:35 (41.3%)	6:22	9.4 (58.8%)
314	<b>KOSTRZEWA Krzysztof</b>	<b>41</b>	BIEGAM, BO LUBIĘ	M-30	314	00:01:24	00:30:37	01:02:19	01:35:15	02:09:54	<b>02:16:56.05</b>	<b>02:18:20.35</b>	+00:58:00 (42.4%)	6:29	9.2 (57.5%)
315	<b>ORYSZCZAK Łukasz</b>	<b>662</b>		M-30	315	00:01:35	00:30:06	01:01:19	01:34:06	02:09:52	<b>02:17:14.80</b>	<b>02:18:50.30</b>	+00:58:18 (42.5%)	6:30	9.2 (57.5%)
316	<b>WEKWERT Dariusz</b>	<b>285</b>	BIEGAMYZSERCEM.PL	M-30	316	00:00:25	00:29:03	01:00:23	01:34:19	02:10:31	<b>02:17:48.65</b>	<b>02:18:14.15</b>	+00:58:52 (42.7%)	6:31	9.2 (57.5%)
317	<b>PŁOTEK Tomasz</b>	<b>921</b>		M-30	317	00:00:30	00:28:24	00:58:12	01:32:25	02:10:03	<b>02:17:54.30</b>	<b>02:18:24.40</b>	+00:58:58 (42.8%)	6:32	9.2 (57.5%)
318	<b>OSUBNIAK Tomasz</b>	<b>467</b>		M-30	318	00:01:09	00:26:42	00:56:11	01:31:06	02:09:58	<b>02:18:10.75</b>	<b>02:19:20.25</b>	+00:59:14 (42.9%)	6:32	9.2 (57.5%)
319	<b>BATKO Dawid</b>	<b>1016</b>		M-30	319	00:00:29	00:26:40	00:58:02	01:33:16	02:11:37	<b>02:18:55.90</b>	<b>02:19:25.75</b>	+01:00:00 (43.2%)	6:35	9.1 (56.9%)
320	<b>JĘDRYCHA Michał</b>	<b>695</b>	CFO RUNNING TEAM	M-30	320	00:02:02	00:33:44	01:07:00	01:40:03	02:12:41	<b>02:19:33.85</b>	<b>02:21:36.50</b>	+01:00:37 (43.4%)	6:36	9.1 (56.9%)
321	<b>OSTAFIŃSKI Bartosz</b>	<b>850</b>		M-30	321	00:01:54	00:31:37	01:04:59	01:38:25	02:13:26	<b>02:20:40.60</b>	<b>02:22:34.85</b>	+01:01:44 (43.9%)	6:40	9 (56.3%)
322	<b>KALISZ Krzysztof</b>	<b>689</b>		M-30	322	00:01:40	00:29:50	01:02:02	01:34:53	02:12:39	<b>02:21:09.85</b>	<b>02:22:50.30</b>	+01:02:13 (44.1%)	6:41	9 (56.3%)
323	<b>ZAWADA Michał</b>	<b>601</b>		M-30	323	00:00:45	00:29:24	00:59:58	01:32:58	02:12:12	<b>02:22:07.55</b>	<b>02:22:53.45</b>	+01:03:11 (44.5%)	6:44	8.9 (55.6%)
324	<b>MAJCHRZAK Paweł</b>	<b>1081</b>		M-30	324	00:02:22	00:32:03	01:05:08	01:39:28	02:15:11	<b>02:23:00.75</b>	<b>02:25:23.00</b>	+01:04:04 (44.8%)	6:46	8.9 (55.6%)
325	<b>DROZDOWSKI Wojciech</b>	<b>1059</b>	BIEGAJZ TRENERAMI	M-30	325	00:00:43	00:30:13	01:02:58	01:36:56	02:17:41	<b>02:25:21.30</b>	<b>02:26:04.95</b>	+01:06:25 (45.7%)	6:53	8.7 (54.4%)
326	<b>SIKORA Michał</b>	<b>825</b>	MSH	M-30	326	00:01:27	00:31:35	01:05:00	01:40:07	02:18:53	<b>02:27:16.80</b>	<b>02:28:44.20</b>	+01:08:20 (46.4%)	6:58	8.6 (53.8%)
327	<b>MARQUARDT Adam</b>	<b>691</b>		M-30	327	00:01:40	00:30:07	01:02:32	01:37:49	02:19:48	<b>02:29:21.00</b>	<b>02:31:01.95</b>	+01:10:25 (47.1%)	7:04	8.5 (53.1%)

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
328	<b>STOKŁOSA Marcin</b>	<b>220</b>		M-30	328	00:01:42	00:33:50	01:08:17	01:44:28	02:22:04	<b>02:30:02.15</b>	<b>02:31:44.50</b>	+01:11:06 (47.4%)	7:06	8.4 (52.5%)
329	<b>KAMROWSKI Łukasz</b>	<b>1135</b>		M-30	329	00:01:47	00:31:08	01:04:06	01:41:00	02:24:32	<b>02:33:27.75</b>	<b>02:35:15.10</b>	+01:14:31 (48.6%)	7:16	8.2 (51.3%)
330	<b>ZDUNIAK Robert</b>	<b>49</b>		M-30	330	00:01:09	00:27:52	00:55:32	01:24:09	01:53:18			+00:38:35	5:39	10.6 (66.3%)
331	<b>MADEJCZYK Tomasz</b>	<b>264</b>	MTM	M-30	331	00:00:42	00:23:28						+00:05:02	4:41	12.8 (80.0%)
332	<b>PRÓBAN Robert</b>	<b>44</b>		M-30	332	00:00:19									(0.0%)

Znaleziono 332 wynik(ów)