



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

II PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Punkt pomiarowy: 20,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5km	10km	15km	20km
1	JARCZYK Marcin	1014		M-30	00:00:03	00:18:25	00:36:56	00:55:43	01:14:44
2	SZCZECIŃSKI Maciej	199		M-30	00:00:03	00:19:42	00:39:04	00:58:06	01:16:49
3	GRZEGORZYCA Marcin	551		M-30	00:00:03	00:19:13	00:38:30	00:57:57	01:17:12
4	ŚNIEGÓRSKI Maciej	1109	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	00:00:02	00:19:11	00:38:07	00:57:22	01:17:33
5	DUŻNIAK Dominik	504	STEP-DANCE RUN GLIWICE	M-30	00:00:03	00:19:11	00:38:32	00:57:58	01:17:33
6	PISKORZ Łukasz	908	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-30	00:00:05	00:20:13	00:40:24	00:59:56	01:19:37
7	MATLOK Marek	319	BIEGAJ Z PILECKIM	M-30	00:00:05	00:19:44	00:39:48	00:59:49	01:19:43
8	BOCHEŃSKI Grzegorz	206	AMATOR	M-30	00:00:16	00:19:49	00:39:44	01:00:03	01:21:10
9	DWORNICZAK Łukasz	724		M-30	00:00:07	00:20:28	00:40:51	01:01:21	01:21:49
10	SKALSKI Mateusz	1278		M-30	00:00:15	00:20:37	00:41:27	01:02:11	01:22:53
11	CHOMIK Rafał	623	T2 SALCO TEAM	M-30	00:00:05	00:20:02	00:40:09	01:01:20	01:23:02
12	MALIK Mateusz	824		M-30	00:00:19	00:21:07	00:41:37	01:02:10	01:23:04
13	MOMOT Michał	1115		M-30	00:00:14	00:20:41	00:41:26	01:02:12	01:23:06
14	STARŻYK Paweł	135	RUNSTARS	M-30	00:00:28	00:21:21	00:42:20	01:03:07	01:23:51
15	GAŁĘZA Sławomir	427	MINNEAPOLIS TWINS	M-30	00:00:27	00:21:00	00:42:11	01:03:24	01:24:07
16	LASKOWSKI Tomasz	345	BIEGAJ Z TRENERAMI FC 24 GLIWICE	M-30	00:00:13	00:20:58	00:42:15	01:03:22	01:24:28
17	WOLNY Krzysztof	169		M-30	00:00:09	00:21:16	00:42:33	01:03:48	01:24:34
18	KOZIOŁ Jarek	1144	NIEWYMIĘKACZE	M-30	00:00:09	00:21:15	00:42:33	01:03:52	01:25:05
19	KANIA Karol	698	AMATOR	M-30	00:00:11	00:21:15	00:42:33	01:03:51	01:25:16
20	LEWICKI Tomasz	166	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:13	00:20:56	00:42:15	01:03:42	01:25:41
21	MAJCHRZAK Marcin	773	HOLBOX RUNNERS	M-30	00:00:05	00:21:21	00:42:39	01:04:11	01:26:38
22	DUPLA Konrad	442		M-30	00:00:18	00:22:45	00:44:42	01:05:37	01:26:55
23	TWARDOCH Krzysztof	1124		M-30	00:00:04	00:20:41	00:42:14	01:04:10	01:26:58
24	POZOWSKI Jan	336		M-30	00:00:24	00:21:28	00:43:33	01:05:13	01:27:11
25	BUL Daniel	915	RAJSPORT ACTIVE ANTON TEAM	M-30	00:00:05	00:21:30	00:43:17	01:05:14	01:27:37
26	ZAMOJSKI Robert	678		M-30	00:00:08	00:21:01	00:42:42	01:05:18	01:27:56
27	STASIAK Mirosław	116	ROCKWELL TEAM	M-30	00:00:35	00:21:03	00:43:11	01:05:51	01:28:49
28	BĄBSKI Szymon	956	KS HALNY WĘGIERSKA GÓRKA	M-30	00:00:31	00:21:47	00:43:38	01:05:55	01:28:50
29	LOS Patryk	22	GARAGEGYM KRAPKOWICE	M-30	00:00:06	00:20:53	00:42:36	01:05:08	01:29:06

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5km	10km	15km	20km
30	WIECHUŁA Marcin	18		M-30	00:00:17	00:21:13	00:42:27	01:04:45	01:29:13
31	DRZAŁ Konrad	1060	SLAYER ADVENTURE 666 TEAM GLIWICE	M-30	00:00:12	00:21:24	00:43:11	01:05:37	01:29:19
32	WUWER Mariusz	162	HRMAX ŻORY	M-30	00:00:06	00:21:55	00:43:58	01:06:28	01:29:26
33	ZIMOCH Przemysław	416	K.S.LENIWIEC	M-30	00:00:06	00:22:07	00:44:14	01:06:30	01:29:39
34	ZOK Karol	124		M-30	00:00:19	00:22:36	00:44:30	01:06:54	01:29:53
35	PRZEŹDZIĘK Adam	747	T2 SALCO TEAM	M-30	00:00:06	00:21:30	00:43:17	01:05:53	01:29:59
36	GALUSKIN Alexey	1032	GRUPA NOMAX	M-30	00:00:26	00:22:01	00:44:19	01:07:16	01:30:02
37	URBAŃCZYK Mariusz	351		M-30	00:00:12	00:22:13	00:44:32	01:06:56	01:30:16
38	DZIĘGIELEWSKI Adam	995	BRAK	M-30	00:00:31	00:22:29	00:44:19	01:06:35	01:30:24
39	BOJARSKI Marek	981	BONAMASSA	M-30	00:01:30	00:22:12	00:44:23	01:07:29	01:30:26
40	FURMANEK Łukasz	91	KBS	M-30	00:00:12	00:22:45	00:45:27	01:07:47	01:31:07
41	SOBALA Witold	977	BRYGADA BIEGOWA BEZDECH	M-30	00:00:14	00:23:23	00:46:50	01:08:54	01:31:18
42	WŁOSTOWSKI Marek	364	VEGE RUNNERS	M-30	00:00:35	00:22:21	00:45:05	01:08:01	01:31:21
43	SZAJEWSKI Jarosław	11	KM AKTYWNI SOCHACZEW	M-30	00:00:12	00:22:10	00:44:41	01:07:48	01:31:43
44	SZCZYGIEŁ Krzysztof	883	KNSK RUNNING TEAM	M-30	00:00:07	00:22:37	00:45:23	01:08:35	01:31:46
45	LE CALVEZ Jean-Yves	583		M-30	00:01:53	00:23:33	00:46:26	01:09:14	01:31:52
46	SMUDA Grzegorz	1022	REAL MADRYT	M-30	00:00:47	00:22:49	00:45:44	01:08:36	01:32:01
47	PINDOR Przemysław	761		M-30	00:01:24	00:22:41	00:45:30	01:08:29	01:32:32
48	PIENIAŻEK Krzysztof	526		M-30	00:00:13	00:22:27	00:45:30	01:08:49	01:32:34
49	SARNECKI Adam	74		M-30	00:00:28	00:23:50	00:47:27	01:10:16	01:32:52
50	GÓROWSKI Mateusz	186	BESKIDZKA 160 NA RATY	M-30	00:00:00	00:23:36	00:47:18	01:10:42	01:32:56
51	SZWAJNOCH Piotr	1277		M-30	00:00:07	00:22:09	00:45:31	01:08:51	01:33:09
52	MAŁKA Bartosz	886		M-30	00:00:27	00:23:06	00:45:33	01:08:43	01:33:12
53	LIPKA Sebastian	276	ZABIEGANY-TATA	M-30	00:00:42	00:24:07	00:48:04	01:10:52	01:33:15
54	CZELNY Tomasz	76	SMASHING PĄPKINS	M-30	00:00:11	00:22:51	00:46:08	01:09:34	01:33:16
55	GRZESIKIEWICZ Mariusz	52		M-30	00:00:32	00:23:15	00:46:51	01:10:17	01:33:17
56	KASZUBSKI Andrzej	740		M-30	00:00:28	00:21:38	00:44:25	01:08:18	01:33:21
57	BĄCZYŃSKI Tomasz	903	FHUTRANSTOM.PL	M-30	00:00:44	00:22:57	00:46:07	01:09:18	01:33:23
58	FOJCIK Rafał	16	OPEL ACTIVE TEAM	M-30	00:00:22	00:23:13	00:46:56	01:10:20	01:33:24
59	PASTERNOK Marian	1295	NIGHT RUNNERS ZABRZE	M-30	00:00:22	00:23:12	00:46:55	01:10:20	01:33:26
60	SKWARA Mariusz	1297	IWAGAT	M-30	00:00:12	00:21:47	00:44:23	01:07:50	01:33:31
61	CZOP Kamil	508	NIGHT RUNNERS	M-30	00:00:34	00:23:43	00:46:33	01:09:43	01:33:33
62	JAWORSKI Daniel	399		M-30	00:00:59	00:23:03	00:46:00	01:09:24	01:33:41
63	OGRODOWSKI Paweł	474	RAJSPOORT ACTIVE ANTON TEAM	M-30	00:00:14	00:23:44	00:47:15	01:10:20	01:33:44
64	ANDRACZEK Bartosz	1088		M-30	00:00:19	00:23:13	00:46:21	01:09:42	01:33:44
65	POGOCKI Piotr	524		M-30	00:00:29	00:22:43	00:45:49	01:09:15	01:33:45
66	STRZELCZAK Mariusz	664	KB FLORIAN ZAJĄCZKI DRUGIE	M-30	00:00:10	00:23:25	00:47:08	01:10:32	01:33:47
67	LEWANDOWSKI Tomasz	200	RUNNERS HIGH	M-30	00:00:31	00:22:40	00:45:56	01:09:31	01:33:50
68	PAŁYGIEWICZ Jacek	466	SKPB KATOWICE	M-30	00:00:16	00:23:18	00:47:01	01:10:26	01:33:51
69	BIERNAT Wojciech	155	OPEL ACTIVE TEAM	M-30	00:00:19	00:22:39	00:45:52	01:09:25	01:34:06
70	MEKIER Bartek	968		M-30	00:00:27	00:23:10	00:46:54	01:10:24	01:34:06
71	DĄBROWSKI Piotr	745	BIEGOWA ŚWIDNICA	M-30	00:01:54	00:23:14	00:46:48	01:10:27	01:34:12
72	HANKUS Łukasz	1018		M-30	00:00:53	00:22:31	00:45:30	01:08:42	01:34:14
73	GALWAS Arkadiusz	934		M-30	00:00:19	00:23:13	00:46:48	01:10:43	01:34:19
74	SMALEC Maksymilian	12		M-30	00:01:39	00:23:53	00:46:53	01:10:23	01:34:24
75	NIŻNIKIEWICZ Grzegorz	299		M-30	00:00:16	00:24:05	00:47:24	01:10:48	01:34:25

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76	PUŁA Adrian	957	BRYGADA BIEGOWA BEZDECH	M-30	00:00:13	00:23:34	00:46:51	01:10:29	01:34:29
77	PUSTELNIK Paweł	599	FUTURE PROCESSING RUNNING TEAM	M-30	00:00:23	00:23:20	00:46:55	01:10:21	01:34:29
78	ZIELONKA Jacek	703		M-30	00:00:08	00:22:11	00:45:08	01:08:57	01:34:30
79	SUCH Arkadiusz	622		M-30	00:00:50	00:24:24	00:48:26	01:11:23	01:34:30
80	KURCZEK Tomasz	600		M-30	00:00:29	00:24:06	00:47:39	01:11:04	01:34:31
81	STASZEWSKI Łukasz	352		M-30	00:00:22	00:22:41	00:45:52	01:09:17	01:34:34
82	LASKOWSKI Sebastian	1125	KATA GURUMA	M-30	00:01:47	00:23:44	00:46:50	01:10:16	01:34:44
83	ŁUKASZEK Grzegorz	787		M-30	00:00:47	00:25:15	00:49:16	01:12:19	01:34:49
84	ROSKOSZ Rafał	1004	OBERSCHLESIEEN TEAM ROHOL TARNOWSKIE GÓRY	M-30	00:00:10	00:22:58	00:46:40	01:10:42	01:34:57
85	KRYŃSKI Maciej	488	NIGHT RUNNERS	M-30	00:00:34	00:22:38	00:45:56	01:09:45	01:35:08
86	KAMCZYK Damian Kamczyk	1065	JEBACWYCIAGI	M-30	00:01:53	00:24:43	00:48:13	01:11:29	01:35:11
87	GRONDYS Michał	151	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:07	00:22:55	00:46:42	01:10:45	01:35:19
88	OKOŃ Łukasz	475		M-30	00:00:20	00:22:55	00:46:39	01:10:41	01:35:21
89	DESZYŃSKI Damian	431	ISTA BIEGAMY	M-30	00:01:01	00:24:02	00:47:48	01:11:26	01:35:24
90	TOMCZYK Tomasz	66		M-30	00:00:20	00:23:32	00:47:36	01:11:13	01:35:32
91	BARANOWSKI Jacek	1120	JACEK BIEGA RUNNING TEAM	M-30	00:00:37	00:24:08	00:48:35	01:12:09	01:35:40
92	SADŁO Tomasz	157	KOLEGIUM SĘDZIÓW ZABRZE	M-30	00:01:18	00:24:15	00:48:00	01:11:41	01:35:47
93	DZIECIAŃKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-30	00:00:17	00:22:57	00:46:45	01:11:10	01:35:53
94	RACZEK Sławomir	107		M-30	00:00:27	00:24:00	00:48:01	01:11:52	01:35:55
95	MATUSIAK Radosław	495	RAJSPOORT ACTIVE ANTON TEAM	M-30	00:00:29	00:24:27	00:48:09	01:12:02	01:35:59
96	SAJDOK Łukasz	930		M-30	00:01:25	00:23:46	00:47:19	01:10:59	01:36:04
97	KISIELEWSKI Marek	511	LOTOS RUNNING TEAM	M-30	00:00:45	00:23:14	00:46:46	01:11:06	01:36:14
98	ZARZYCKI Krzysztof	578	PEDZIWIATR GLIWICE	M-30	00:00:11	00:22:48	00:46:22	01:10:20	01:36:19
99	PTASZYŃSKI Tomasz	967	STARY HANGAR	M-30	00:00:18	00:23:15	00:46:28	01:10:26	01:36:24
100	ZMEŁTY Leszek	478	SKPB KATOWICE	M-30	00:00:16	00:24:13	00:47:54	01:11:39	01:36:34
101	RUSZEL Bartosz	855	HAVE A NICE DAY	M-30	00:00:10	00:22:55	00:47:09	01:11:39	01:36:35
102	NOWAK Mariusz	359	HIRSCHVOGEL	M-30	00:00:36	00:24:26	00:48:37	01:12:32	01:36:40
103	SZCZYRA Jan	434	ISTA BIEGAMY	M-30	00:01:01	00:24:54	00:49:03	01:12:38	01:36:47
104	BORSIAK Sebastian	104		M-30	00:01:10	00:24:34	00:48:03	01:11:48	01:36:53
105	MOREK Krzysztof	415	K.S. LENIWIEC	M-30	00:00:36	00:23:45	00:47:05	01:11:00	01:37:09
106	SULICH Michał	912		M-30	00:01:16	00:24:53	00:49:10	01:13:11	01:37:12
107	ROLNIK Robert	1107	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	00:00:21	00:23:12	00:46:33	01:10:57	01:37:15
108	SPIECHOWICZ Andrzej	791		M-30	00:02:17	00:23:15	00:46:59	01:10:44	01:37:33
109	FRANKIEWICZ Artur	330		M-30	00:00:42	00:23:42	00:47:28	01:11:35	01:37:37
110	DOMITRZ Mariusz	781	NADAKTYWNI	M-30	00:00:27	00:23:43	00:47:40	01:12:05	01:37:38
111	BRZEZINA Arkadiusz	59	TARNOGÓRSKA GRUPA BIEGOWA	M-30	00:00:39	00:24:27	00:48:39	01:12:55	01:37:51
112	SKOWRON Marcin	483		M-30	00:01:00	00:25:14	00:49:31	01:13:56	01:37:51
113	BYLINOWSKI Oleg	711	GTT	M-30	00:01:20	00:25:02	00:49:43	01:13:36	01:37:52
114	NAZARKO Marek	910		M-30	00:00:29	00:24:42	00:49:03	01:13:16	01:37:58
115	DEMEL Piotr	704		M-30	00:00:11	00:23:37	00:47:38	01:12:18	01:38:05
116	SZYMKÓW Krzysztof	1230	PKO BP	M-30	00:00:51	00:24:48	00:49:10	01:13:22	01:38:07
117	NOWAK Adam	365	TAB2	M-30	00:00:26	00:24:03	00:47:45	01:12:09	01:38:36
118	CZABAŃSKI Rafał	802	RUNHOGS TYCHY	M-30	00:01:03	00:24:34	00:48:46	01:13:05	01:38:41
119	JAMROSZ Bartosz	1118		M-30	00:00:06	00:22:36	00:46:41	01:11:55	01:38:51
120	MATYSIK Marcin	1150	JW AGAT	M-30	00:00:51	00:24:34	00:48:35	01:13:15	01:38:58
121	BUCHAŁA Bartłomiej	1094		M-30	00:01:08	00:25:51	00:50:32	01:14:38	01:38:59

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122	SZOT Wojciech	232		M-30	00:01:02	00:23:59	00:48:06	01:13:02	01:39:15
123	WYRÓD Karol	465	TUBES INTERNATIONAL GLIWICE	M-30	00:00:26	00:23:14	00:47:06	01:11:57	01:39:18
124	IMIOŁEK Krzysztof	109		M-30	00:00:05	00:23:14	00:47:13	01:12:10	01:39:19
125	SMUDA Andrzej	70	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:40	00:25:00	00:49:25	01:14:03	01:39:21
126	KOŁOSOWSKI Tomasz	63		M-30	00:01:37	00:23:42	00:47:14	01:11:46	01:39:22
127	PRACKI Dariusz	523		M-30	00:01:49	00:24:14	00:48:20	01:13:06	01:39:22
128	ZASOŃ Tomasz	654		M-30	00:01:07	00:25:27	00:50:03	01:14:24	01:39:23
129	KAMIŃSKI Maciej	864		M-30	00:00:26	00:24:04	00:48:41	01:13:23	01:39:26
130	MODZELEWSKI Adrian	920	EUROPEJSKIE CENTRUM SOLIDARNOŚCI	M-30	00:00:44	00:24:29	00:49:17	01:14:13	01:39:42
131	ZIOŁA Łukasz	573		M-30	00:00:44	00:24:29	00:49:17	01:14:13	01:39:42
132	CESARZ Szymon	632	#RUN4FUN	M-30	00:00:41	00:24:57	00:49:35	01:14:26	01:39:48
133	WISZNIOWSKI Krzysztof	468		M-30	00:01:06	00:24:23	00:48:57	01:13:51	01:39:57
134	TRONINA Grzegorz	5	AUKCJA	M-30	00:00:16	00:25:42	00:50:54	01:15:47	01:40:10
135	FELISIAK Paweł	891		M-30	00:00:56	00:25:52	00:50:44	01:15:29	01:40:12
136	SZOBLIK Darek	1036	SZOBLIK AUTO CZESCI	M-30	00:00:51	00:25:02	00:49:47	01:15:12	01:40:13
137	CIEŚLIK Dawid	984		M-30	00:01:32	00:25:34	00:50:35	01:15:35	01:40:20
138	KOŁCUN Łukasz	1202	OKRZEI RESIDANCE	M-30	00:01:52	00:24:49	00:49:02	01:14:22	01:40:27
139	UZDOWSKI Jarosław	528	KS DEGENERAT	M-30	00:00:37	00:25:07	00:50:00	01:14:54	01:40:32
140	PIŁAT Jarosław	172		M-30	00:00:15	00:24:06	00:48:01	01:12:48	01:40:53
141	MARCELA Marcin	792	AMATOR	M-30	00:01:08	00:26:25	00:51:13	01:15:54	01:40:56
142	PRZESPOLEWSKI Dawid	549	FP RUNNERS TEAM	M-30	00:01:08	00:24:34	00:49:19	01:15:02	01:41:03
143	KSIĘŻYK Mirosław	487	MACROLOGOC	M-30	00:00:53	00:24:41	00:50:00	01:15:07	01:41:12
144	DUDEK Sebastian	517		M-30	00:01:14	00:25:24	00:50:24	01:15:40	01:41:42
145	KRAJEWSKI Michał	516		M-30	00:01:18	00:26:24	00:52:30	01:17:17	01:41:45
146	HAWEŁKA Łukasz	693		M-30	00:00:58	00:25:45	00:51:01	01:16:25	01:41:49
147	SOLICH Patryk	1289	GTT	M-30	00:00:57	00:25:46	00:51:02	01:16:26	01:41:50
148	KUŁAKOWSKI Grzegorz	558	W POGONI ZA DUCHEM	M-30	00:00:22	00:23:51	00:47:45	01:12:31	01:41:54
149	GOŁĘBIEWSKI Bartosz	988	ZGRYŻLIWI TETRYCY	M-30	00:01:18	00:26:13	00:51:36	01:17:16	01:41:54
150	BRYLIŃSKI Grzegorz	450	DAREMNY TRUD TSH	M-30	00:00:39	00:25:36	00:51:05	01:16:29	01:41:56
151	PLOCH Adam	408		M-30	00:00:59	00:25:25	00:50:08	01:15:16	01:41:56
152	DZIACKO Robert	1087		M-30	00:01:47	00:25:00	00:49:58	01:15:16	01:41:58
153	FERFECKI Paweł	1232	GIERAŁTOWICE	M-30	00:01:22	00:25:44	00:50:47	01:15:43	01:42:17
154	PRYMAS Krystian	452		M-30	00:00:29	00:24:22	00:49:37	01:15:33	01:42:22
155	HŁADZYŃSKI Łukasz	417	K.S. LENIWIEC	M-30	00:00:35	00:24:32	00:50:00	01:16:00	01:42:22
156	BYŚ Adam	782		M-30	00:00:51	00:25:36	00:50:41	01:16:10	01:42:36
157	ZIĘBA Piotr	668		M-30	00:01:41	00:26:23	00:51:42	01:16:48	01:42:37
158	SZKLARZ Sebastian	217		M-30	00:00:58	00:25:20	00:50:16	01:15:53	01:42:48
159	LEWANDOWSKI Henryk	527		M-30	00:02:13	00:25:47	00:50:46	01:16:25	01:42:54
160	WIEKIERA Adam	535	GLIWICE	M-30	00:00:44	00:25:21	00:50:28	01:16:09	01:42:55
161	NOWAKOWSKI Sławomir	448	GRUPA BIEGOWA PARKRUN WARSZAWA-PRAGA	M-30	00:01:51	00:26:16	00:52:01	01:17:40	01:43:16
162	KOZIK Bartłomiej	683		M-30	00:00:32	00:26:26	00:52:02	01:17:29	01:43:17
163	MACIASZEK Maciej	221		M-30	00:00:26	00:25:32	00:50:52	01:16:29	01:43:21
164	PILCH Michał	1218		M-30	00:01:22	00:25:58	00:51:01	01:17:13	01:43:21
165	WEBER Krzysztof	1031		M-30	00:01:42	00:26:52	00:52:36	01:18:17	01:43:26
166	MICHALAK Artur	897	PGB SPORTOWA PACZKA	M-30	00:00:59	00:26:19	00:51:34	01:17:29	01:43:28
167	MARCZUK Tomasz	953		M-30	00:02:03	00:24:05	00:49:02	01:15:05	01:43:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5km	10km	15km	20km
168	WANDOCH Tyberiusz	305		M-30	00:00:43	00:25:37	00:50:51	01:16:44	01:43:49
169	BRYKOWSKI Przemysław	682	EVENT 360 RUNNING TEAM	M-30	00:01:10	00:26:19	00:52:23	01:18:28	01:43:56
170	TOMCZAK Karol	1038	BRAK	M-30	00:00:32	00:26:05	00:52:16	01:17:43	01:43:57
171	WOZNIAK Marek	875		M-30	00:01:24	00:26:28	00:52:35	01:18:21	01:43:59
172	BOGULAK Grzegorz	241	RUN GB, RUN!	M-30	00:00:57	00:26:32	00:52:36	01:18:29	01:44:10
173	DZIAMSKI Ryszard	807	FUNDACJA ISKIERKA - BIEGAM DLA MIRKI	M-30	00:01:19	00:26:16	00:52:36	01:18:33	01:44:12
174	FLORIAN Krzysztof	976		M-30	00:00:56	00:26:13	00:52:59	01:18:56	01:44:13
175	WAGNER Mariusz	680		M-30	00:02:04	00:26:05	00:51:23	01:17:31	01:44:13
176	ROŻEK Jacek	770	ETE SPORT TEAM	M-30	00:02:21	00:26:22	00:51:57	01:17:36	01:44:15
177	BIGOS Grzegorz	954	GRAMMI	M-30	00:00:18	00:23:28	00:49:45	01:16:14	01:44:16
178	CZERWIŃSKI Tomasz	183		M-30	00:01:09	00:26:51	00:52:51	01:18:39	01:44:17
179	NOWAK Bartosz	1270		M-30	00:00:19	00:25:11	00:53:36	01:19:34	01:44:20
180	WIŚNIEWSKI Paweł	713	JW AGAT	M-30	00:00:13	00:24:52	00:50:41	01:17:20	01:44:27
181	BIAŁOSKÓRSKI Grzegorz	102		M-30	00:00:21	00:25:14	00:50:28	01:16:29	01:44:27
182	PRZYBYLSKI Mariusz	215	PGB SPORTOWA PACZKA	M-30	00:00:26	00:25:16	00:50:48	01:16:52	01:44:30
183	KROPKA Szymon	130	NIGHT RUNNERS GLIWICE	M-30	00:00:33	00:26:00	00:52:13	01:18:25	01:44:30
184	SZAFRUGA Piotr	594		M-30	00:01:03	00:26:24	00:52:27	01:18:24	01:44:36
185	MIESZAŁA Tomasz	750	KW PSP WROCŁAW	M-30	00:01:05	00:26:26	00:52:32	01:18:50	01:44:36
186	POŚPIECH Rafał	733		M-30	00:00:54	00:26:46	00:53:07	01:18:47	01:44:39
187	ZDUŃCZYK Mariusz	1255		M-30	00:01:01	00:26:01	00:51:51	01:17:54	01:44:40
188	GRABARCZYK Mateusz	1015	ALLIANZ RUNNING TEAM	M-30	00:00:11	00:24:37	00:50:33	01:17:27	01:44:44
189	KUŹNICKI Tomasz	627		M-30	00:02:09	00:26:12	00:52:16	01:17:59	01:45:02
190	BIELA Marcin	1086		M-30	00:00:25	00:25:41	00:51:41	01:18:05	01:45:10
191	KWAPIEŃ Aleksander	1009		M-30	00:00:39	00:25:43	00:52:08	01:18:36	01:45:11
192	STROBA Marek	462	FC24	M-30	00:01:59	00:25:48	00:51:42	01:17:38	01:45:12
193	BAUMERT Rafał	430	ISTA BIEGAMY	M-30	00:01:11	00:26:22	00:52:30	01:19:04	01:45:18
194	STARŻYK Andrzej	139	RUNSTARS	M-30	00:00:29	00:25:15	00:51:10	01:17:42	01:45:19
195	KOMALA Wojciech	853		M-30	00:01:03	00:25:27	00:51:11	01:17:34	01:45:21
196	ZIĘTERSKI Robert	339		M-30	00:01:41	00:25:59	00:51:23	01:17:43	01:45:23
197	KALINOWSKI Krzysztof	885		M-30	00:01:53	00:26:40	00:52:42	01:19:14	01:45:24
198	ŚLĄZOK Krzysztof	884		M-30	00:01:52	00:26:42	00:52:44	01:19:16	01:45:25
199	NIESZPOREK Adam	190	RUN-3	M-30	00:01:11	00:26:20	00:52:10	01:18:21	01:45:30
200	GÓRKA Szymon	292	PRZODOWI SIEPACZE	M-30	00:01:43	00:24:58	00:50:17	01:17:05	01:45:31
201	LEDWOŃ Jakub	122		M-30	00:01:06	00:26:31	00:51:39	01:17:05	01:45:34
202	UJMA Michał	98		M-30	00:00:22	00:26:34	00:52:31	01:19:06	01:45:51
203	STRUG Mariusz	631		M-30	00:00:51	00:25:14	00:51:09	01:17:59	01:45:57
204	KUPKA Bartosz	1100		M-30	00:00:30	00:26:16	00:52:31	01:19:24	01:46:05
205	JASTRZĘBSKI Rafał	57	EASY RUN RACIBÓRZ	M-30	00:01:15	00:27:28	00:54:41	01:20:41	01:46:11
206	KAMECKI Maciej	873	GOOD TIME SPORT	M-30	00:01:11	00:26:05	00:52:45	01:18:44	01:46:16
207	KWAPIEŃ Paweł	1069		M-30	00:00:39	00:25:43	00:52:08	01:18:38	01:46:18
208	GAJEWSKI Michał	449		M-30	00:01:05	00:26:26	00:52:50	01:19:07	01:46:30
209	MAJEWSKI Grzegorz	318	BEZ KLUBU	M-30	00:01:43	00:25:43	00:52:10	01:18:28	01:46:42
210	NOWOROLNIK Paweł	649		M-30	00:01:18	00:26:31	00:53:09	01:20:10	01:46:49
211	GRAMATYKA Paweł	499		M-30	00:01:10	00:25:41	00:51:37	01:18:36	01:46:58
212	JURASZCZYK Jan	865	FEBYS RUN TEAM	M-30	00:01:32	00:26:56	00:53:14	01:19:55	01:47:02
213	WOJTASZEK Grzegorz	404		M-30	00:01:46	00:26:26	00:52:47	01:19:32	01:47:12

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5km	10km	15km	20km
214	OSIŃSKI Paweł	322	NIGHT RUNNERS GLIWICE	M-30	00:02:11	00:25:25	00:51:46	01:19:23	01:47:18
215	GRĄBCZEWSKI Marcin	274		M-30	00:01:13	00:27:05	00:53:46	01:20:24	01:47:20
216	ADAMOWSKI Jacek	48	NIGHT RUNNERS GLIWICE	M-30	00:01:42	00:26:36	00:52:16	01:18:28	01:47:35
217	BORECKI Marcin	249		M-30	00:00:19	00:25:19	00:51:28	01:19:11	01:48:06
218	SZAMRYK Konrad	789		M-30	00:00:56	00:26:53	00:53:01	01:19:39	01:48:06
219	MAZUR Krzysztof	1288	NOWA GLIWICE	M-30	00:01:38	00:27:22	00:54:21	01:21:00	01:48:11
220	MRÓZEK Przemysław	612	PŁOMIEŃ OPATÓW	M-30	00:00:29	00:24:52	00:50:35	01:17:49	01:48:25
221	FUGOWSKI Grzegorz	341		M-30	00:01:19	00:26:28	00:53:37	01:20:32	01:48:33
222	DUDEK Łukasz	307		M-30	00:02:08	00:27:07	00:53:31	01:20:45	01:48:34
223	WIEDERMANN Krzysztof	624	PEDRAFORCA	M-30	00:02:26	00:27:04	00:53:34	01:20:58	01:48:37
224	BOROWSKI Sławomir	482	SOLVITUR AMBULANDO	M-30	00:01:01	00:26:00	00:51:52	01:18:53	01:48:42
225	GRABOWSKI Maciej	788		M-30	00:01:05	00:27:16	00:53:52	01:20:37	01:48:50
226	RYMASZEWSKI Wojciech	469		M-30	00:01:02	00:25:23	00:51:11	01:17:29	01:48:59
227	BUTOR Arkadiusz	651	12TRI.PL	M-30	00:00:40	00:26:43	00:53:23	01:20:46	01:49:07
228	GALERT Adam	17	PRO-RUN WROCŁAW	M-30	00:01:14	00:25:57	00:52:08	01:18:46	01:49:19
229	ZIĘBIK Grzegorz	1017		M-30	00:00:38	00:26:48	00:53:28	01:21:13	01:49:28
230	ANDRZEJCZAK Michał	247		M-30	00:01:37	00:27:29	00:55:05	01:22:16	01:49:39
231	KAZULA Grzegorz	251		M-30	00:01:39	00:27:33	00:54:38	01:22:00	01:49:48
232	GĘBCZYŃSKI Paweł	201		M-30	00:00:58	00:25:36	00:51:32	01:18:37	01:49:54
233	CZARNOTA Arkadiusz	555		M-30	00:00:27	00:26:43	00:54:15	01:21:56	01:50:05
234	WIORA Łukasz	1284		M-30	00:00:32	00:27:59	00:56:18	01:23:35	01:50:09
235	DUSZA Michał	158	BIEGOWE NIEDZIELNE PORANKI W ŻERNICY	M-30	00:01:23	00:25:22	00:50:38	01:18:26	01:50:09
236	ANDRZEJ Kuś	1080	PURE JATOMI FORUM GLIWICE	M-30	00:01:00	00:27:42	00:55:15	01:22:44	01:50:18
237	TKACZUK Marcin	191	NIGHT RUNNERS GLIWICE	M-30	00:00:59	00:27:21	00:54:24	01:22:05	01:50:27
238	JANIK Janusz	131	NIGHT RUNNERS GLIWICE	M-30	00:01:02	00:27:16	00:54:21	01:22:02	01:50:27
239	KOZŁOWSKI Przemysław	808		M-30	00:00:49	00:27:56	00:55:25	01:22:39	01:50:38
240	ŻĄDŁO Łukasz	344	CABALLO BLANCO TEAM	M-30	00:00:30	00:28:36	00:56:59	01:25:02	01:50:43
241	BRZÓZKA Sebastian	412	SBD ENERGETYK RYBNIK	M-30	00:02:00	00:27:07	00:53:56	01:22:01	01:50:46
242	TWARDOWSKI Jacek	152		M-30	00:01:51	00:27:10	00:53:56	01:21:17	01:50:50
243	ALBERT Łukasz	481	10 BLOG OPOLE	M-30	00:00:44	00:27:14	00:55:05	01:23:11	01:50:51
244	MACIEJASZ Piotr	1062		M-30	00:02:06	00:25:49	00:51:57	01:19:55	01:51:05
245	MUCHA Adam	925		M-30	00:01:52	00:27:11	00:54:56	01:22:16	01:51:11
246	KRAWCZYK Jakub	1119		M-30	00:01:54	00:27:51	00:55:20	01:23:03	01:51:23
247	WALCZAK Bartłomiej	1057		M-30	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47
248	KREMPA Sławomir	727		M-30	00:01:20	00:28:31	00:56:41	01:23:49	01:51:58
249	HAHN Piotr	349	FABRIKA NORDIKA	M-30	00:01:27	00:26:35	00:53:04	01:21:05	01:51:58
250	URBANEK Marcin	439	ISTA BIEGAMY	M-30	00:00:57	00:26:39	00:53:52	01:22:13	01:52:05
251	ŻYDEK Sławomir	2	RYBICKA GRUPA BIEGOWA	M-30	00:01:57	00:27:10	00:54:15	01:22:07	01:52:14
252	LUKOSZEK Marek	194	RUN 3	M-30	00:01:13	00:27:08	00:54:26	01:21:41	01:52:18
253	STEC Marcin	633	KW GLIWICE	M-30	00:01:45	00:28:06	00:56:19	01:24:10	01:52:20
254	GAJEWSKI Łukasz	515		M-30	00:01:31	00:26:56	00:54:13	01:21:48	01:52:24
255	MATERLA Marek	233	ZRYW SŁUPSKO	M-30	00:01:45	00:27:30	00:55:08	01:23:12	01:52:25
256	PIONTEK Michał	762		M-30	00:02:04	00:28:20	00:55:57	01:23:52	01:52:26
257	JĘDRZEJOWSKI Andrzej	333	BIEGACZE CSR	M-30	00:00:41	00:28:11	00:56:09	01:23:49	01:52:35
258	WIKIERSKI Michał	671	DARIUSZ MAX	M-30	00:01:23	00:27:51	00:55:37	01:23:25	01:52:36
259	DACZYŃSKI Michał	40	GRUPA CMYKI	M-30	00:02:13	00:28:27	00:56:20	01:24:20	01:52:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5km	10km	15km	20km
260	MATECKI Maciej	126	2XM	M-30	00:00:40	00:28:01	00:55:45	01:23:38	01:52:45
261	OCHÓD Dawid	618	DRUŻYNA CSR	M-30	00:00:41	00:26:27	00:53:16	01:21:41	01:52:56
262	DORCZAK Jarosław	906	TATA W ETE	M-30	00:01:50	00:28:11	00:56:13	01:24:21	01:53:06
263	CHICHY Jacek	1257		M-30	00:01:36	00:28:14	00:55:22	01:23:37	01:53:07
264	DĄBROWSKI Marcin	39		M-30	00:01:52	00:27:40	00:55:14	01:23:36	01:53:09
265	ZDUNIAK Robert	49		M-30	00:01:09	00:27:52	00:55:32	01:24:09	01:53:18
266	MACHNOWSKI Wojciech	203		M-30	00:00:55	00:28:38	00:56:35	01:24:23	01:53:29
267	WIADEREK Piotr	510	PĘDZĄCE ŻÓŁWIE	M-30	00:01:15	00:28:03	00:56:45	01:25:10	01:53:45
268	MORDARSKI Artur	392		M-30	00:01:03	00:28:11	00:56:42	01:24:49	01:53:47
269	SZEWczyk Marcin	835		M-30	00:01:44	00:27:53	00:56:51	01:24:56	01:53:47
270	MICHALIK Bartłomiej	928	BIEGACZE CSR	M-30	00:00:08	00:25:02	00:53:03	01:22:14	01:53:50
271	ROGOZIK Szymon	1126		M-30	00:01:55	00:27:57	00:55:43	01:23:43	01:53:55
272	GOCYK Leszek	932		M-30	00:00:51	00:26:12	00:53:04	01:21:31	01:54:27
273	RUTKOWSKI Tadeusz	731		M-30	00:01:25	00:28:18	00:57:09	01:25:12	01:54:28
274	SOŚNIAK Tomasz	56	KUDŁATY ART ACTIVE TEAM	M-30	00:01:09	00:27:10	00:55:31	01:23:57	01:54:37
275	ZIMOCH Grzegorz	636		M-30	00:00:31	00:28:16	00:56:33	01:25:48	01:54:44
276	WRÓBEL Jarosław	641		M-30	00:00:17	00:29:05	00:58:04	01:26:43	01:55:06
277	BOGACZ Paweł	777		M-30	00:01:55	00:28:06	00:56:54	01:24:44	01:55:08
278	BĄBKA Tomasz	939		M-30	00:01:24	00:29:01	00:57:52	01:26:46	01:55:10
279	KOPCIK Tomasz	1020	FC KUNRÓW/COMBAT 56	M-30	00:01:32	00:27:04	00:54:06	01:23:33	01:55:36
280	WARDZIŃSKI Paweł	821	RUN AND GUN	M-30	00:01:25	00:28:58	00:58:11	01:26:49	01:55:47
281	KRZYWIECKI Maciej	812		M-30	00:02:06	00:28:32	00:56:12	01:24:28	01:55:51
282	TOMKOWICZ Rafał	881	SFERA BIEGANIA	M-30	00:01:30	00:27:46	00:55:59	01:24:50	01:56:08
283	RYDZYŃSKI Jacek	270	RYSIE	M-30	00:02:12	00:26:05	00:54:20	01:24:32	01:56:10
284	NESTER Łukasz	50		M-30	00:01:37	00:28:48	00:57:02	01:25:17	01:56:15
285	KOTWICKI Marek	1260		M-30	00:01:53	00:27:38	00:56:14	01:25:16	01:56:32
286	CIMAŁA Rafał	440	ISTA BIEGAMY	M-30	00:00:58	00:28:21	00:57:01	01:26:22	01:57:22
287	WOJTASIŃSKI Robert	628	MIECHOWICKA GRUPA BIEGOWA	M-30	00:01:44	00:29:45	00:58:00	01:26:56	01:57:23
288	OBCOWSKI Maciej	797		M-30	00:00:41	00:26:44	00:56:38	01:26:28	01:57:43
289	KLĘKA Bartłomiej	167		M-30	00:01:47	00:28:57	00:58:16	01:26:55	01:57:46
290	SYPEK Grzegorz	443	GET RUN	M-30	00:00:56	00:28:25	00:57:12	01:26:06	01:58:03
291	WESTER Mieczysław	1114	NIGHT RUNNERS GLIWICE	M-30	00:00:38	00:27:41	00:55:50	01:25:07	01:58:29
292	GOLEC Przemysław	893		M-30	00:01:48	00:30:52	01:00:01	01:28:46	01:59:00
293	KALETA Łukasz	769		M-30	00:01:47	00:28:46	00:57:55	01:27:25	01:59:12
294	ŻYŁKA Grzegorz	844		M-30	00:01:56	00:30:56	01:01:29	01:30:28	01:59:16
295	SOSNA Adrian	485		M-30	00:01:48	00:30:58	01:01:55	01:31:11	01:59:52
296	BAŃCZYK Piotr	961	NIGHT RUNNERS KATOWICE / SKPB KATOWICE	M-30	00:00:17	00:28:42	00:57:41	01:27:44	02:00:11
297	FRANCZYK Michał	159	GLIWICE	M-30	00:00:05	00:29:00	00:58:15	01:29:03	02:01:09
298	NAPORA Łukasz	293		M-30	00:02:03	00:28:12	00:56:28	01:26:01	02:01:24
299	POREBSKI Paweł	720		M-30	00:01:32	00:29:08	00:59:22	01:30:21	02:01:41
300	KUBACKI Adam	966	BIEGAM Z SERCEM	M-30	00:01:59	00:29:09	00:58:51	01:28:34	02:01:46
301	HAMANN Sławomir	239		M-30	00:01:45	00:31:08	01:01:59	01:32:24	02:02:13
302	PALENGA Adrian	1053	OPEL ACTIVE TEAM	M-30	00:01:26	00:29:03	00:58:36	01:28:41	02:02:18
303	JAWOREK Jacek	491	OPEL ACTIVE TEAM	M-30	00:01:26	00:29:03	00:58:35	01:28:40	02:02:18
304	JASIŃSKI Mateusz	838		M-30	00:01:39	00:31:53	01:02:06	01:32:30	02:02:19
305	MICEK Marek	608		M-30	00:01:57	00:29:14	00:58:14	01:28:34	02:02:19

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5km	10km	15km	20km
306	MACIEJ Artur	320	ELECTROCHEMISTRY GROUP	M-30	00:02:16	00:28:56	00:58:10	01:28:49	02:03:19
307	MALISZEWSKI Jakub	950	TECHNOMEX	M-30	00:01:30	00:29:33	01:00:50	01:31:34	02:03:35
308	SZKUDLAREK Michał	744		M-30	00:01:39	00:28:11	00:58:51	01:31:24	02:04:44
309	FERFECKI Dawid	1137		M-30	00:01:22	00:28:55	01:00:17	01:32:19	02:05:46
310	CZOSNOWSKI Tomasz	1272	OTK RZEŹNIK	M-30	00:01:44	00:31:07	01:02:28	01:33:54	02:07:23
311	STOLARCZYK Maciej	1134		M-30	00:02:25	00:24:20	00:47:14	01:11:22	02:07:31
312	ORYSZCZAK Łukasz	662		M-30	00:01:35	00:30:06	01:01:19	01:34:06	02:09:52
313	KOSTRZEWA Krzysztof	41	BIEGAM, BO LUBIĘ	M-30	00:01:24	00:30:37	01:02:19	01:35:15	02:09:54
314	OSUBNIAK Tomasz	467		M-30	00:01:09	00:26:42	00:56:11	01:31:06	02:09:58
315	PŁOTEK Tomasz	921		M-30	00:00:30	00:28:24	00:58:12	01:32:25	02:10:03
316	WEKWERT Dariusz	285	BIEGAMYZSERCEM.PL	M-30	00:00:25	00:29:03	01:00:23	01:34:19	02:10:31
317	BATKO Dawid	1016		M-30	00:00:29	00:26:40	00:58:02	01:33:16	02:11:37
318	ZAWADA Michał	601		M-30	00:00:45	00:29:24	00:59:58	01:32:58	02:12:12
319	KALISZ Krzysztof	689		M-30	00:01:40	00:29:50	01:02:02	01:34:53	02:12:39
320	JĘDRYCHA Michał	695	CFO RUNNING TEAM	M-30	00:02:02	00:33:44	01:07:00	01:40:03	02:12:41
321	OSTAFIŃSKI Bartosz	850		M-30	00:01:54	00:31:37	01:04:59	01:38:25	02:13:26
322	MAJCHRZAK Paweł	1081		M-30	00:02:22	00:32:03	01:05:08	01:39:28	02:15:11
323	DROZDOWSKI Wojceich	1059	BIEGAJZ TRENERAMI	M-30	00:00:43	00:30:13	01:02:58	01:36:56	02:17:41
324	SIKORA Michał	825	MSH	M-30	00:01:27	00:31:35	01:05:00	01:40:07	02:18:53
325	MARQUARDT Adam	691		M-30	00:01:40	00:30:07	01:02:32	01:37:49	02:19:48
326	STOKŁOSA Marcin	220		M-30	00:01:42	00:33:50	01:08:17	01:44:28	02:22:04
327	KAMROWSKI Łukasz	1135		M-30	00:01:47	00:31:08	01:04:06	01:41:00	02:24:32
328	PRZYBYLSKI Witek	71	OTK RZEŹNIK	M-30	00:00:00	00:27:29	00:53:55	01:19:52	
329	GRESZTA Grzegorz	366	JAH RASTAFARAJ	M-30	00:00:00			01:14:37	
330	PRÓBAN Robert	44		M-30	00:00:19				
331	MALINOWSKI Michał	675	LILUSIA	M-30	00:00:20	00:25:13	00:50:50	01:16:36	
332	MADEJCZYK Tomasz	264	MTM	M-30	00:00:42	00:23:28			

Znaleziono 332 wynik(ów)