



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

II PÓŁMARATON GLIWICKI

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| 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 | KOSZAŁKA Dariusz | 743 | PĘDZIWIATR GLIWICE | M-40 | 1 | 00:00:02 | 00:18:19 | 00:37:08 | 00:56:05 | 01:15:18 | 01:19:24.30 | 01:19:27.05 | | 3:45 | 15.9 (100%) |
| 2 | JAGIEŁA Adam | 584 | | M-40 | 2 | 00:00:03 | 00:18:30 | 00:37:21 | 00:56:58 | 01:16:49 | 01:20:56.65 | 01:20:59.65 | +00:01:32 (1.9%) | 3:50 | 15.6 (98.1%) |
| 3 | MIKULSKI Andrzej | 281 | | M-40 | 3 | 00:00:04 | 00:21:35 | 00:42:12 | 01:02:37 | 01:22:47 | 01:27:00.80 | 01:27:05.00 | +00:07:36 (8.7%) | 4:07 | 14.5 (91.2%) |
| 4 | GOŁASZEWSKI Tomasz | 1253 | | M-40 | 4 | 00:00:04 | 00:20:38 | 00:41:10 | 01:02:27 | 01:23:29 | 01:28:05.80 | 01:28:10.70 | +00:08:41 (9.9%) | 4:10 | 14.4 (90.6%) |
| 5 | BRUDNY Grzegorz | 919 | KWK PNIÓWEK | M-40 | 5 | 00:00:05 | 00:20:47 | 00:42:10 | 01:03:40 | 01:25:25 | 01:29:50.20 | 01:29:55.40 | +00:10:25 (11.6%) | 4:15 | 14.1 (88.7%) |
| 6 | ŁATA Piotr | 1223 | | M-40 | 6 | 00:00:08 | 00:21:41 | 00:43:03 | 01:04:29 | 01:26:22 | 01:30:54.60 | 01:31:03.10 | +00:11:30 (12.7%) | 4:18 | 13.9 (87.4%) |
| 7 | KRAWCZYK Grzegorz | 96 | BIEGIEM RADOM! | M-40 | 7 | 00:00:27 | 00:21:38 | 00:43:32 | 01:05:06 | 01:26:44 | 01:31:15.40 | 01:31:42.80 | +00:11:51 (13.0%) | 4:19 | 13.9 (87.4%) |
| 8 | POLACZEK Alexander | 696 | | M-40 | 8 | 00:00:06 | 00:20:51 | 00:42:08 | 01:03:55 | 01:26:45 | 01:31:33.25 | 01:31:39.90 | +00:12:08 (13.3%) | 4:20 | 13.8 (86.8%) |
| 9 | JACKOWSKI Piotr | 1095 | | M-40 | 9 | 00:00:14 | 00:22:09 | 00:43:47 | 01:05:13 | 01:27:21 | 01:31:51.95 | 01:32:06.45 | +00:12:27 (13.6%) | 4:21 | 13.8 (86.8%) |
| 10 | KANIA Michał | 338 | | M-40 | 10 | 00:00:10 | 00:21:29 | 00:43:14 | 01:05:04 | 01:27:21 | 01:32:09.50 | 01:32:20.40 | +00:12:45 (13.8%) | 4:22 | 13.7 (86.2%) |
| 11 | PYSZ Grzegorz | 755 | HRMAX ŻORY | M-40 | 11 | 00:00:16 | 00:21:09 | 00:42:26 | 01:04:21 | 01:27:13 | 01:32:11.15 | 01:32:27.25 | +00:12:46 (13.9%) | 4:22 | 13.7 (86.2%) |
| 12 | GADEK Wojciech | 357 | WWW.BURGMANIA.NET | M-40 | 12 | 00:00:16 | 00:21:10 | 00:42:34 | 01:04:35 | 01:27:32 | 01:32:35.35 | 01:32:52.20 | +00:13:11 (14.2%) | 4:23 | 13.7 (86.2%) |
| 13 | PACZKA Michał | 778 | GLIWICE | M-40 | 13 | 00:00:22 | 00:22:01 | 00:43:46 | 01:05:55 | 01:28:30 | 01:33:10.30 | 01:33:32.35 | +00:13:46 (14.8%) | 4:24 | 13.6 (85.5%) |
| 14 | KOWALSKI Wojciech | 1178 | ITACY BIEGACZE | M-40 | 14 | 00:00:36 | 00:20:54 | 00:42:28 | 01:04:36 | 01:28:12 | 01:33:23.60 | 01:33:59.90 | +00:13:59 (15.0%) | 4:25 | 13.6 (85.5%) |
| 15 | WITAS Jacek | 766 | | M-40 | 15 | 00:01:18 | 00:22:52 | 00:44:45 | 01:06:43 | 01:28:46 | 01:33:39.95 | 01:34:58.05 | +00:14:15 (15.2%) | 4:26 | 13.5 (84.9%) |
| 16 | STAROSTKA Jacek | 1229 | PKO BP | M-40 | 16 | 00:00:12 | 00:22:27 | 00:44:30 | 01:06:40 | 01:29:05 | 01:33:48.30 | 01:34:01.05 | +00:14:24 (15.4%) | 4:26 | 13.5 (84.9%) |
| 17 | PARZONKA Paweł | 410 | KS LENIWIEC | M-40 | 17 | 00:00:37 | 00:22:09 | 00:44:13 | 01:06:24 | 01:29:09 | 01:33:49.20 | 01:34:26.25 | +00:14:24 (15.4%) | 4:26 | 13.5 (84.9%) |

| 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 | | | | | |
| 18 | BŁACH'BUŁA' Piotr | 1037 | OPEL ACTIVE TEAM | M-40 | 18 | 00:00:16 | 00:21:31 | 00:43:39 | 01:06:07 | 01:29:11 | 01:34:08.15 | 01:34:24.20 | +00:14:43 (15.6%) | 4:27 | 13.4 (84.3%) |
| 19 | KORNACKI Adrian | 901 | | M-40 | 19 | 00:00:14 | 00:21:01 | 00:42:58 | 01:05:35 | 01:29:13 | 01:34:23.85 | 01:34:38.30 | +00:14:59 (15.9%) | 4:28 | 13.4 (84.3%) |
| 20 | JAMRÓZ Wojciech | 477 | KW GLIWICE | M-40 | 20 | 00:00:11 | 00:22:10 | 00:44:36 | 01:07:17 | 01:30:27 | 01:35:27.25 | 01:35:39.00 | +00:16:02 (16.8%) | 4:31 | 13.3 (83.6%) |
| 21 | MARCZAK Krzysztof | 1228 | PKO BP | M-40 | 21 | 00:00:12 | 00:22:33 | 00:45:09 | 01:07:53 | 01:30:42 | 01:35:28.15 | 01:35:41.05 | +00:16:03 (16.8%) | 4:31 | 13.3 (83.6%) |
| 22 | BOROWSKI Piotr | 572 | OPEL ACTIVE CLUB | M-40 | 22 | 00:00:16 | 00:22:13 | 00:44:28 | 01:07:20 | 01:30:37 | 01:35:35.55 | 01:35:51.95 | +00:16:11 (16.9%) | 4:31 | 13.2 (83.0%) |
| 23 | DOMAŃSKI Marcin | 92 | WWW.BFRT.ORG.PL | M-40 | 23 | 00:00:23 | 00:23:13 | 00:45:47 | 01:08:24 | 01:31:10 | 01:36:05.65 | 01:36:29.45 | +00:16:41 (17.4%) | 4:33 | 13.2 (83.0%) |
| 24 | BEHRENDT Jakub | 917 | | M-40 | 24 | 00:00:17 | 00:22:34 | 00:45:40 | 01:08:36 | 01:32:01 | 01:36:53.65 | 01:37:11.15 | +00:17:29 (18.0%) | 4:35 | 13.1 (82.4%) |
| 25 | FILIPIAK Hieronim | 1064 | KADRA BOBREK - CENTRUM | M-40 | 25 | 00:00:16 | 00:23:10 | 00:45:42 | 01:08:42 | 01:32:08 | 01:37:07.25 | 01:37:24.20 | +00:17:42 (18.2%) | 4:36 | 13 (81.8%) |
| 26 | KRUPA Grzegorz | 1179 | | M-40 | 26 | 00:00:35 | 00:22:56 | 00:45:47 | 01:08:51 | 01:32:25 | 01:37:26.65 | 01:38:02.20 | +00:18:02 (18.5%) | 4:37 | 13 (81.8%) |
| 27 | HOŁYŃSKI Tomasz | 85 | | M-40 | 27 | 00:00:24 | 00:22:44 | 00:45:03 | 01:08:03 | 01:32:25 | 01:37:29.70 | 01:37:54.55 | +00:18:05 (18.6%) | 4:37 | 13 (81.8%) |
| 28 | ZIAJA Stefan | 877 | | M-40 | 28 | 00:00:03 | 00:22:36 | 00:45:49 | 01:09:11 | 01:32:42 | 01:37:31.70 | 01:37:34.70 | +00:18:07 (18.6%) | 4:37 | 13 (81.8%) |
| 29 | SOPEL Arkadiusz | 1273 | OTK RZEŹNIK | M-40 | 29 | 00:00:04 | 00:21:49 | 00:44:45 | 01:08:10 | 01:32:27 | 01:37:32.75 | 01:37:37.50 | +00:18:08 (18.6%) | 4:37 | 13 (81.8%) |
| 30 | KAMOLA Sławomir | 907 | | M-40 | 30 | 00:00:37 | 00:23:51 | 00:46:59 | 01:10:05 | 01:32:56 | 01:37:43.60 | 01:38:21.55 | +00:18:19 (18.7%) | 4:37 | 13 (81.8%) |
| 31 | WOJCIECHOWSKI Krzysztof | 566 | RADLINIOKIW BIEGU | M-40 | 31 | 00:00:11 | 00:23:13 | 00:46:11 | 01:09:15 | 01:32:45 | 01:37:45.15 | 01:37:56.15 | +00:18:20 (18.8%) | 4:37 | 13 (81.8%) |
| 32 | SYCAN Krzysztof | 625 | PKO BANK POLSKI | M-40 | 32 | 00:00:09 | 00:22:34 | 00:45:47 | 01:09:17 | 01:33:06 | 01:38:13.85 | 01:38:23.30 | +00:18:49 (19.2%) | 4:39 | 12.9 (81.1%) |
| 33 | KAŁAMARZ Mariusz | 218 | RUN KAZIK RUN! | M-40 | 33 | 00:00:19 | 00:21:52 | 00:44:51 | 01:08:43 | 01:33:08 | 01:38:13.90 | 01:38:33.85 | +00:18:49 (19.2%) | 4:39 | 12.9 (81.1%) |
| 34 | GRZYB Dariusz | 996 | NIEZRZESZONY | M-40 | 34 | 00:00:07 | 00:20:52 | 00:42:37 | 01:06:13 | 01:32:18 | 01:38:25.15 | 01:38:32.15 | +00:19:00 (19.3%) | 4:39 | 12.9 (81.1%) |
| 35 | STĘPIEŃ Wojciech | 47 | JM RUNNING TEAM / NIGHT RUNNERS GLIWICE - ENERGY TEAM | M-40 | 35 | 00:00:47 | 00:23:54 | 00:46:59 | 01:10:23 | 01:33:47 | 01:38:38.55 | 01:39:26.50 | +00:19:14 (19.5%) | 4:40 | 12.8 (80.5%) |
| 36 | OPANOWSKI Dariusz | 146 | | M-40 | 36 | 00:00:13 | 00:22:48 | 00:46:17 | 01:09:36 | 01:33:35 | 01:38:45.00 | 01:38:58.45 | +00:19:20 (19.6%) | 4:40 | 12.8 (80.5%) |
| 37 | ZIOŁA Mirosław | 144 | | M-40 | 37 | 00:02:18 | 00:23:16 | 00:45:18 | 01:08:12 | 01:32:46 | 01:38:50.05 | 01:41:08.10 | +00:19:25 (19.7%) | 4:41 | 12.8 (80.5%) |
| 38 | BEHRENDT Bartek | 614 | NIGHT RUNNERS GLIWICE | M-40 | 38 | 00:00:19 | 00:22:36 | 00:46:11 | 01:09:59 | 01:33:56 | 01:39:00.50 | 01:39:19.90 | +00:19:36 (19.8%) | 4:41 | 12.8 (80.5%) |
| 39 | BEŚKA Sławomir | 99 | OCHAJO RUN | M-40 | 39 | 00:02:19 | 00:24:39 | 00:47:46 | 01:10:43 | 01:33:56 | 01:39:07.80 | 01:41:27.25 | +00:19:43 (19.9%) | 4:41 | 12.8 (80.5%) |
| 40 | FEODORÓW Wojciech | 530 | | M-40 | 40 | 00:00:34 | 00:23:47 | 00:47:33 | 01:10:58 | 01:34:29 | 01:39:18.75 | 01:39:53.25 | +00:19:54 (20.0%) | 4:42 | 12.7 (79.9%) |
| 41 | TROJAN Piotr | 916 | JEBACWYCIAGI | M-40 | 41 | 00:01:53 | 00:24:43 | 00:48:14 | 01:11:29 | 01:34:27 | 01:39:25.45 | 01:41:18.80 | +00:20:01 (20.1%) | 4:42 | 12.7 (79.9%) |
| 42 | STUCHLIK Tadeusz | 697 | | M-40 | 42 | 00:00:22 | 00:23:16 | 00:46:57 | 01:10:23 | 01:34:11 | 01:39:26.20 | 01:39:48.60 | +00:20:01 (20.1%) | 4:42 | 12.7 (79.9%) |
| 43 | ŚWIĄTEK Arkadiusz | 895 | | M-40 | 43 | 00:00:13 | 00:22:24 | 00:46:01 | 01:10:13 | 01:34:40 | 01:39:51.65 | 01:40:05.50 | +00:20:27 (20.5%) | 4:43 | 12.7 (79.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | | 5km | 10km | 15km | 20km | | | | | |
| 44 | REMIORZ Piotr | 1096 | | M-40 | 44 | 00:01:05 | 00:24:15 | 00:47:04 | 01:10:32 | 01:34:53 | 01:40:03.95 | 01:41:09.30 | +00:20:39 (20.6%) | 4:44 | 12.7 (79.9%) |
| 45 | KOSTRUBAŁA Kacper | 717 | ORANGE POLSKA | M-40 | 45 | 00:00:21 | 00:23:47 | 00:47:04 | 01:10:36 | 01:34:45 | 01:40:04.70 | 01:40:26.35 | +00:20:40 (20.7%) | 4:44 | 12.6 (79.2%) |
| 46 | PYZIK Tomasz | 253 | DRUŻYNA MOJACUKRZYCA.PL | M-40 | 46 | 00:00:15 | 00:23:09 | 00:46:50 | 01:10:30 | 01:34:52 | 01:40:06.85 | 01:40:22.25 | +00:20:42 (20.7%) | 4:44 | 12.6 (79.2%) |
| 47 | GERMUGA Sebastian | 15 | OPEL ACTIVE TEAM | M-40 | 47 | 00:00:18 | 00:22:14 | 00:45:27 | 01:09:40 | 01:34:38 | 01:40:18.35 | 01:40:37.00 | +00:20:54 (20.8%) | 4:45 | 12.6 (79.2%) |
| 48 | RAWŁUSZEWICZ Waldemar | 604 | ASTERINA | M-40 | 48 | 00:01:21 | 00:24:35 | 00:48:28 | 01:11:55 | 01:35:27 | 01:40:27.35 | 01:41:48.45 | +00:21:03 (21.0%) | 4:45 | 12.6 (79.2%) |
| 49 | BAGAN Grzegorz | 42 | GOGGLE PAE TEAM | M-40 | 49 | 00:00:20 | 00:23:20 | 00:46:57 | 01:10:34 | 01:35:16 | 01:40:30.30 | 01:40:51.10 | +00:21:06 (21.0%) | 4:45 | 12.6 (79.2%) |
| 50 | DZIEDZIC Andrzej | 579 | BHP | M-40 | 50 | 00:00:56 | 00:22:54 | 00:46:13 | 01:10:22 | 01:35:36 | 01:40:58.50 | 01:41:54.55 | +00:21:34 (21.4%) | 4:47 | 12.5 (78.6%) |
| 51 | WZOREK Marcin | 337 | OPEL ACTIVE TEAM | M-40 | 51 | 00:00:20 | 00:23:45 | 00:47:41 | 01:11:42 | 01:36:01 | 01:41:02.65 | 01:41:22.90 | +00:21:38 (21.4%) | 4:47 | 12.5 (78.6%) |
| 52 | PAWLIK Marek | 378 | | M-40 | 52 | 00:00:32 | 00:23:29 | 00:47:14 | 01:11:13 | 01:36:04 | 01:41:18.30 | 01:41:50.90 | +00:21:54 (21.6%) | 4:48 | 12.5 (78.6%) |
| 53 | NAPIERAJ Andrzej | 776 | FALSTART RUDNIKI | M-40 | 53 | 00:00:25 | 00:23:41 | 00:47:21 | 01:11:19 | 01:36:02 | 01:41:20.10 | 01:41:45.70 | +00:21:55 (21.6%) | 4:48 | 12.5 (78.6%) |
| 54 | ZAPOTOCZNY Przemysław | 861 | | M-40 | 54 | 00:02:18 | 00:24:42 | 00:48:13 | 01:11:56 | 01:36:22 | 01:41:36.75 | 01:43:55.60 | +00:22:12 (21.9%) | 4:48 | 12.5 (78.6%) |
| 55 | STARŻYK Piotr | 133 | RUNSTARS | M-40 | 55 | 00:00:28 | 00:24:25 | 00:48:13 | 01:11:41 | 01:36:31 | 01:41:39.70 | 01:42:08.30 | +00:22:15 (21.9%) | 4:49 | 12.5 (78.6%) |
| 56 | PIOTROWSKI Krzysztof | 38 | CROSS KRAPKOWICE | M-40 | 56 | 00:01:01 | 00:23:22 | 00:47:07 | 01:11:19 | 01:36:32 | 01:41:56.50 | 01:42:58.05 | +00:22:32 (22.1%) | 4:49 | 12.4 (78.0%) |
| 57 | GRYSKA Piotr | 1296 | | M-40 | 57 | 00:00:08 | 00:23:59 | 00:47:33 | 01:11:35 | 01:36:40 | 01:42:07.50 | 01:42:16.05 | +00:22:43 (22.2%) | 4:50 | 12.4 (78.0%) |
| 58 | KOŃCZAK Maciej | 815 | KROTOSZ KROTOSZYN | M-40 | 58 | 00:00:21 | 00:23:41 | 00:47:19 | 01:11:35 | 01:36:51 | 01:42:10.70 | 01:42:31.85 | +00:22:46 (22.3%) | 4:50 | 12.4 (78.0%) |
| 59 | JACKOWICZ Rafał | 828 | JACKOWICZ TEAM | M-40 | 59 | 00:00:35 | 00:23:29 | 00:47:05 | 01:11:21 | 01:36:49 | 01:42:19.85 | 01:42:55.10 | +00:22:55 (22.4%) | 4:50 | 12.4 (78.0%) |
| 60 | LIGUDZIŃSKI Andrzej | 593 | ZA GARŚĆ BANANÓW | M-40 | 60 | 00:01:33 | 00:23:33 | 00:47:32 | 01:11:56 | 01:37:13 | 01:42:20.10 | 01:43:53.65 | +00:22:55 (22.4%) | 4:50 | 12.4 (78.0%) |
| 61 | NITKA Sebastian | 356 | | M-40 | 61 | 00:01:40 | 00:24:28 | 00:48:28 | 01:12:45 | 01:37:31 | 01:42:38.65 | 01:44:18.95 | +00:23:14 (22.6%) | 4:51 | 12.3 (77.4%) |
| 62 | KUBIS Adrian | 909 | | M-40 | 62 | 00:00:43 | 00:24:50 | 00:48:59 | 01:13:06 | 01:37:37 | 01:42:43.95 | 01:43:27.80 | +00:23:19 (22.7%) | 4:52 | 12.3 (77.4%) |
| 63 | ŚWIDEREK Andrzej | 854 | NIEZRZESZONY | M-40 | 63 | 00:00:35 | 00:24:22 | 00:48:27 | 01:12:46 | 01:37:36 | 01:42:44.35 | 01:43:20.00 | +00:23:20 (22.7%) | 4:52 | 12.3 (77.4%) |
| 64 | HETMAŃCZYK Ireneusz | 505 | FAST FOOT OPOLE | M-40 | 64 | 00:01:28 | 00:23:37 | 00:47:47 | 01:12:00 | 01:37:34 | 01:42:58.40 | 01:44:27.25 | +00:23:34 (22.9%) | 4:52 | 12.3 (77.4%) |
| 65 | GOLDA Piotr | 952 | | M-40 | 65 | 00:00:55 | 00:26:33 | 00:51:22 | 01:15:24 | 01:38:24 | 01:43:08.50 | 01:44:04.30 | +00:23:44 (23.0%) | 4:53 | 12.3 (77.4%) |
| 66 | FRĄC Dariusz | 140 | NIGHT RUNNERS GLIWICE | M-40 | 66 | 00:00:47 | 00:24:24 | 00:48:30 | 01:12:53 | 01:38:00 | 01:43:13.70 | 01:44:01.65 | +00:23:49 (23.1%) | 4:53 | 12.3 (77.4%) |
| 67 | KOCYBA Andrzej | 795 | NIEZRZESZONY | M-40 | 67 | 00:00:44 | 00:25:00 | 00:49:05 | 01:13:04 | 01:38:07 | 01:43:39.45 | 01:44:24.35 | +00:24:15 (23.4%) | 4:54 | 12.2 (76.7%) |
| 68 | BELUCH Witold | 463 | | M-40 | 68 | 00:01:02 | 00:24:37 | 00:48:43 | 01:13:02 | 01:38:21 | 01:43:42.80 | 01:44:45.00 | +00:24:18 (23.4%) | 4:54 | 12.2 (76.7%) |
| 69 | BOCHENEK Marcin | 751 | | M-40 | 69 | 00:00:19 | 00:23:21 | 00:47:02 | 01:11:16 | 01:37:42 | 01:43:43.65 | 01:44:03.35 | +00:24:19 (23.4%) | 4:54 | 12.2 (76.7%) |

| 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 | | | | | |
| 70 | CZOK Adrian | 540 | | M-40 | 70 | 00:00:38 | 00:24:31 | 00:49:11 | 01:13:46 | 01:38:47 | 01:43:59.25 | 01:44:38.20 | +00:24:34 (23.6%) | 4:55 | 12.2 (76.7%) |
| 71 | BATKO Janusz | 328 | | M-40 | 71 | 00:00:39 | 00:23:40 | 00:48:05 | 01:13:04 | 01:38:37 | 01:44:02.90 | 01:44:42.40 | +00:24:38 (23.7%) | 4:55 | 12.2 (76.7%) |
| 72 | MICHALSKI Dariusz | 585 | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M-40 | 72 | 00:00:39 | 00:24:43 | 00:49:29 | 01:14:08 | 01:38:51 | 01:44:11.65 | 01:44:50.85 | +00:24:47 (23.8%) | 4:56 | 12.2 (76.7%) |
| 73 | GRABKOWSKI Robert | 1011 | KB SUKCES ŻMIGRÓD | M-40 | 73 | 00:00:50 | 00:23:51 | 00:48:01 | 01:12:31 | 01:38:57 | 01:44:34.05 | 01:45:24.90 | +00:25:09 (24.1%) | 4:57 | 12.1 (76.1%) |
| 74 | STACHOŃ Jacek | 1083 | | M-40 | 74 | 00:01:10 | 00:24:48 | 00:49:20 | 01:13:41 | 01:39:17 | 01:44:34.75 | 01:45:45.70 | +00:25:10 (24.1%) | 4:57 | 12.1 (76.1%) |
| 75 | SMAGOROWICZ Artur | 1117 | W POGONI ZA DUCHEM | M-40 | 75 | 00:00:23 | 00:25:35 | 00:50:35 | 01:15:10 | 01:39:30 | 01:44:41.05 | 01:45:04.85 | +00:25:16 (24.1%) | 4:57 | 12.1 (76.1%) |
| 76 | POLAK Krzysztof | 29 | OPEL ACTIVE TEAM | M-40 | 76 | 00:00:22 | 00:23:57 | 00:48:09 | 01:13:20 | 01:39:31 | 01:44:58.70 | 01:45:21.25 | +00:25:34 (24.4%) | 4:58 | 12.1 (76.1%) |
| 77 | DEREK Piotr | 922 | ZA LEPSZĄ LINIĄ POGOŃ | M-40 | 77 | 00:01:32 | 00:24:58 | 00:49:10 | 01:14:22 | 01:40:00 | 01:45:19.05 | 01:46:51.25 | +00:25:54 (24.6%) | 4:59 | 12 (75.5%) |
| 78 | ŁOBKO Adam | 796 | | M-40 | 78 | 00:01:48 | 00:25:32 | 00:50:09 | 01:15:08 | 01:40:15 | 01:45:44.90 | 01:47:33.30 | +00:26:20 (24.9%) | 5:00 | 12 (75.5%) |
| 79 | BONK Sebastian | 164 | BMS | M-40 | 79 | 00:00:28 | 00:23:51 | 00:48:43 | 01:14:03 | 01:40:21 | 01:45:56.45 | 01:46:24.60 | +00:26:32 (25.0%) | 5:01 | 12 (75.5%) |
| 80 | ZAKRZEWSKI Robert | 1201 | BIEG WEGAŃSKI | M-40 | 80 | 00:00:33 | 00:25:25 | 00:50:24 | 01:15:24 | 01:40:54 | 01:46:11.80 | 01:46:44.90 | +00:26:47 (25.2%) | 5:01 | 11.9 (74.8%) |
| 81 | STALICA Wojciech | 889 | IZO-ERG | M-40 | 81 | 00:00:33 | 00:25:18 | 00:50:29 | 01:15:27 | 01:40:55 | 01:46:16.00 | 01:46:49.65 | +00:26:51 (25.3%) | 5:02 | 11.9 (74.8%) |
| 82 | CIERPKA Dariusz | 181 | | M-40 | 82 | 00:00:45 | 00:25:09 | 00:49:39 | 01:14:20 | 01:40:42 | 01:46:21.15 | 01:47:07.00 | +00:26:56 (25.3%) | 5:02 | 11.9 (74.8%) |
| 83 | KUCZMA Jarosław | 534 | | M-40 | 83 | 00:01:01 | 00:26:13 | 00:51:46 | 01:16:37 | 01:41:17 | 01:46:35.95 | 01:47:37.10 | +00:27:11 (25.5%) | 5:03 | 11.9 (74.8%) |
| 84 | PIETRZAK Marcin | 756 | | M-40 | 84 | 00:00:45 | 00:24:03 | 00:48:28 | 01:13:38 | 01:40:57 | 01:46:47.75 | 01:47:33.70 | +00:27:23 (25.6%) | 5:03 | 11.9 (74.8%) |
| 85 | SERAFICKI Sebastian | 425 | RYSIE | M-40 | 85 | 00:02:05 | 00:25:11 | 00:50:23 | 01:15:28 | 01:41:32 | 01:46:53.80 | 01:48:59.05 | +00:27:29 (25.7%) | 5:03 | 11.8 (74.2%) |
| 86 | MAJEREK Marek | 156 | | M-40 | 86 | 00:00:07 | 00:23:03 | 00:47:14 | 01:12:38 | 01:40:29 | 01:47:01.05 | 01:47:08.45 | +00:27:36 (25.8%) | 5:04 | 11.8 (74.2%) |
| 87 | KRZEMIŃSKI Andrzej | 1227 | PKO BP | M-40 | 87 | 00:00:52 | 00:25:09 | 00:50:30 | 01:15:52 | 01:41:49 | 01:47:03.45 | 01:47:55.90 | +00:27:39 (25.8%) | 5:04 | 11.8 (74.2%) |
| 88 | MYCIELSKI Mariusz | 687 | W DRODZE | M-40 | 88 | 00:00:48 | 00:25:06 | 00:50:13 | 01:15:37 | 01:41:35 | 01:47:08.80 | 01:47:57.65 | +00:27:44 (25.9%) | 5:04 | 11.8 (74.2%) |
| 89 | CZAPEK Marek | 101 | BOJKÓW | M-40 | 89 | 00:01:04 | 00:26:30 | 00:52:18 | 01:17:09 | 01:42:00 | 01:47:13.25 | 01:48:18.00 | +00:27:48 (25.9%) | 5:04 | 11.8 (74.2%) |
| 90 | IZBICKI Zbigniew | 960 | FC24 | M-40 | 90 | 00:01:23 | 00:24:40 | 00:49:24 | 01:14:38 | 01:41:30 | 01:47:18.30 | 01:48:41.65 | +00:27:54 (26.0%) | 5:05 | 11.8 (74.2%) |
| 91 | HAJDA Marek | 810 | | M-40 | 91 | 00:00:10 | 00:24:19 | 00:49:29 | 01:14:59 | 01:41:42 | 01:47:29.80 | 01:47:40.40 | +00:28:05 (26.1%) | 5:05 | 11.8 (74.2%) |
| 92 | WARDAK Tomasz | 394 | RADZYMIN RUN TEAM | M-40 | 92 | 00:00:22 | 00:25:32 | 00:50:56 | 01:16:18 | 01:42:12 | 01:47:47.20 | 01:48:09.75 | +00:28:22 (26.3%) | 5:06 | 11.7 (73.6%) |
| 93 | LUBICKI Wojciech | 78 | BRAK | M-40 | 93 | 00:00:56 | 00:25:45 | 00:50:43 | 01:16:18 | 01:42:24 | 01:47:48.70 | 01:48:45.05 | +00:28:24 (26.3%) | 5:06 | 11.7 (73.6%) |
| 94 | DYNAK Mariusz | 999 | ADAMIETZ | M-40 | 94 | 00:01:14 | 00:25:28 | 00:50:29 | 01:16:02 | 01:42:26 | 01:47:50.15 | 01:49:05.00 | +00:28:25 (26.4%) | 5:06 | 11.7 (73.6%) |
| 95 | ROCŁAWSKI Marcin | 342 | | M-40 | 95 | 00:01:06 | 00:26:03 | 00:50:56 | 01:16:33 | 01:42:30 | 01:48:00.85 | 01:49:06.85 | +00:28:36 (26.5%) | 5:07 | 11.7 (73.6%) |

| 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 | | | | | |
| 96 | WÓJCIK Rafał | 784 | | M-40 | 96 | 00:02:19 | 00:24:58 | 00:49:51 | 01:15:38 | 01:42:24 | 01:48:05.80 | 01:50:25.40 | +00:28:41 (26.5%) | 5:07 | 11.7 (73.6%) |
| 97 | KUCH Paweł | 182 | | M-40 | 97 | 00:00:23 | 00:25:42 | 00:51:06 | 01:16:42 | 01:42:41 | 01:48:05.90 | 01:48:29.25 | +00:28:41 (26.5%) | 5:07 | 11.7 (73.6%) |
| 98 | MIĘKIŃSKI Jacek | 829 | | M-40 | 98 | 00:01:13 | 00:25:38 | 00:50:30 | 01:15:58 | 01:42:26 | 01:48:14.45 | 01:49:27.75 | +00:28:50 (26.6%) | 5:07 | 11.7 (73.6%) |
| 99 | LISOWSKI Jacek | 765 | | M-40 | 99 | 00:01:25 | 00:25:48 | 00:50:53 | 01:16:29 | 01:42:44 | 01:48:25.85 | 01:49:51.80 | +00:29:01 (26.8%) | 5:08 | 11.7 (73.6%) |
| 100 | DZIURA Arkadiusz | 725 | NIUANS | M-40 | 100 | 00:00:52 | 00:25:24 | 00:50:10 | 01:15:23 | 01:42:26 | 01:48:31.30 | 01:49:23.55 | +00:29:07 (26.8%) | 5:08 | 11.7 (73.6%) |
| 101 | SZANIEWSKI Krzysztof | 1072 | | M-40 | 101 | 00:00:48 | 00:27:00 | 00:52:59 | 01:18:08 | 01:43:32 | 01:48:48.70 | 01:49:36.95 | +00:29:24 (27.0%) | 5:09 | 11.6 (73.0%) |
| 102 | ŁUKASZEK Krzysztof | 974 | | M-40 | 102 | 00:01:48 | 00:27:32 | 00:54:13 | 01:19:28 | 01:43:47 | 01:48:51.30 | 01:50:40.25 | +00:29:27 (27.1%) | 5:09 | 11.6 (73.0%) |
| 103 | KACZKIEWICZ Damian | 1271 | NIGHT RUNNERS GLIWICE | M-40 | 103 | 00:01:16 | 00:27:05 | 00:53:06 | 01:19:29 | 01:43:59 | 01:49:24.60 | 01:50:40.85 | +00:30:00 (27.4%) | 5:11 | 11.6 (73.0%) |
| 104 | LANGOSZ Grzegorz | 420 | | M-40 | 104 | 00:00:55 | 00:26:45 | 00:53:06 | 01:18:46 | 01:44:04 | 01:49:25.95 | 01:50:21.25 | +00:30:01 (27.4%) | 5:11 | 11.6 (73.0%) |
| 105 | USZKO Grzegorz | 354 | | M-40 | 105 | 00:00:20 | 00:25:23 | 00:51:01 | 01:17:37 | 01:44:12 | 01:49:26.90 | 01:49:47.20 | +00:30:02 (27.4%) | 5:11 | 11.6 (73.0%) |
| 106 | KROWIAK Grzegorz | 735 | | M-40 | 106 | 00:01:15 | 00:26:35 | 00:52:32 | 01:18:22 | 01:44:19 | 01:49:34.65 | 01:50:50.30 | +00:30:10 (27.5%) | 5:11 | 11.6 (73.0%) |
| 107 | PRUSKO Adrian | 302 | | M-40 | 107 | 00:00:17 | 00:25:47 | 00:51:27 | 01:17:01 | 01:43:39 | 01:49:37.80 | 01:49:55.65 | +00:30:13 (27.6%) | 5:11 | 11.5 (72.3%) |
| 108 | MICHALAK Grzegorz | 690 | TOTALNY AMATOR | M-40 | 108 | 00:00:12 | 00:24:47 | 00:50:27 | 01:16:55 | 01:44:00 | 01:49:41.70 | 01:49:54.05 | +00:30:17 (27.6%) | 5:11 | 11.5 (72.3%) |
| 109 | WYSOCKI Tomasz | 160 | ETERUN | M-40 | 109 | 00:02:20 | 00:26:23 | 00:51:58 | 01:17:37 | 01:44:16 | 01:49:50.50 | 01:52:11.30 | +00:30:26 (27.7%) | 5:12 | 11.5 (72.3%) |
| 110 | KULPA Marek | 846 | AKMB PĘDZIWIATR GLIWICE | M-40 | 110 | 00:00:38 | 00:24:44 | 00:50:23 | 01:16:03 | 01:43:58 | 01:49:57.00 | 01:50:35.85 | +00:30:32 (27.8%) | 5:12 | 11.5 (72.3%) |
| 111 | JANIK Ireneusz | 1025 | | M-40 | 111 | 00:00:49 | 00:26:32 | 00:52:34 | 01:18:32 | 01:44:49 | 01:50:03.55 | 01:50:53.30 | +00:30:39 (27.9%) | 5:12 | 11.5 (72.3%) |
| 112 | PARUZEL Ireneusz | 112 | | M-40 | 112 | 00:00:58 | 00:24:54 | 00:50:02 | 01:16:07 | 01:44:23 | 01:50:13.70 | 01:51:12.00 | +00:30:49 (28.0%) | 5:13 | 11.5 (72.3%) |
| 113 | PAWLUSZUK Bogdan | 261 | | M-40 | 113 | 00:01:06 | 00:25:38 | 00:50:51 | 01:16:50 | 01:44:45 | 01:50:29.95 | 01:51:36.15 | +00:31:05 (28.1%) | 5:14 | 11.5 (72.3%) |
| 114 | KUJAWSKI Tomasz | 210 | NIGHT RUNNERS GLIWICE | M-40 | 114 | 00:01:05 | 00:25:34 | 00:50:38 | 01:16:08 | 01:44:12 | 01:50:31.20 | 01:51:37.15 | +00:31:06 (28.2%) | 5:14 | 11.5 (72.3%) |
| 115 | MUSIALIK Jan | 890 | | M-40 | 115 | 00:00:10 | 00:24:59 | 00:50:52 | 01:17:22 | 01:44:55 | 01:50:47.80 | 01:50:58.55 | +00:31:23 (28.3%) | 5:15 | 11.4 (71.7%) |
| 116 | GIERAS Mirosław | 506 | DELOITTE ADVENTURE TEAM | M-40 | 116 | 00:02:07 | 00:25:56 | 00:52:08 | 01:18:27 | 01:45:11 | 01:51:04.15 | 01:53:11.25 | +00:31:39 (28.5%) | 5:15 | 11.4 (71.7%) |
| 117 | BAK-CESARZ Damian | 282 | | M-40 | 117 | 00:01:38 | 00:26:49 | 00:54:01 | 01:21:03 | 01:46:16 | 01:51:10.00 | 01:52:48.45 | +00:31:45 (28.6%) | 5:16 | 11.4 (71.7%) |
| 118 | WILK Andrzej | 818 | | M-40 | 118 | 00:01:08 | 00:26:19 | 00:51:53 | 01:17:57 | 01:45:42 | 01:51:34.10 | 01:52:42.15 | +00:32:09 (28.8%) | 5:17 | 11.3 (71.1%) |
| 119 | KACZOR Rafał | 1226 | PKO BP | M-40 | 119 | 00:01:50 | 00:26:29 | 00:53:04 | 01:19:20 | 01:46:15 | 01:51:40.60 | 01:53:31.15 | +00:32:16 (28.9%) | 5:17 | 11.3 (71.1%) |
| 120 | ZDZIEBKO Artur | 105 | | M-40 | 120 | 00:01:07 | 00:26:04 | 00:52:13 | 01:18:27 | 01:46:06 | 01:52:18.45 | 01:53:25.90 | +00:32:54 (29.3%) | 5:19 | 11.3 (71.1%) |
| 121 | MASIAREK Mariusz | 1265 | DRUŻYNA MOJACUKRZYCA.PL | M-40 | 121 | 00:01:29 | 00:26:03 | 00:51:33 | 01:17:56 | 01:46:19 | 01:52:38.75 | 01:54:07.95 | +00:33:14 (29.5%) | 5:20 | 11.2 (70.4%) |

| 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 | | | | | |
| 122 | PISKORZ Robert | 948 | | M-40 | 122 | 00:01:12 | 00:25:44 | 00:52:28 | 01:18:54 | 01:46:46 | 01:52:47.55 | 01:54:00.30 | +00:33:23 (29.6%) | 5:20 | 11.2 (70.4%) |
| 123 | WYPYCHOWICZ Piotr | 388 | WWW.BURGMANIA.NET | M-40 | 123 | 00:00:20 | 00:23:43 | 00:48:06 | 01:15:41 | 01:46:26 | 01:52:53.95 | 01:53:14.45 | +00:33:29 (29.7%) | 5:21 | 11.2 (70.4%) |
| 124 | IMIOŁEK Arkadiusz | 419 | BIEGAM Z ED-CERT | M-40 | 124 | 00:00:38 | 00:26:33 | 00:53:02 | 01:19:48 | 01:47:40 | 01:53:25.10 | 01:54:03.95 | +00:34:00 (30.0%) | 5:22 | 11.2 (70.4%) |
| 125 | ZEMŁA Piotr | 235 | | M-40 | 125 | 00:00:48 | 00:26:51 | 00:53:41 | 01:20:40 | 01:47:48 | 01:53:42.65 | 01:54:31.60 | +00:34:18 (30.2%) | 5:23 | 11.1 (69.8%) |
| 126 | ĆWIK Paweł | 1024 | | M-40 | 126 | 00:00:53 | 00:26:39 | 00:52:55 | 01:19:44 | 01:48:17 | 01:53:49.80 | 01:54:43.40 | +00:34:25 (30.2%) | 5:23 | 11.1 (69.8%) |
| 127 | PYKA Dariusz | 1127 | | M-40 | 127 | 00:01:58 | 00:27:55 | 00:55:42 | 01:23:21 | 01:48:50 | 01:54:06.25 | 01:56:04.40 | +00:34:41 (30.4%) | 5:24 | 11.1 (69.8%) |
| 128 | KOWALCZYK Robert | 433 | ISTA BIEGAMY | M-40 | 128 | 00:00:59 | 00:25:34 | 00:51:46 | 01:18:59 | 01:47:54 | 01:54:06.85 | 01:55:06.55 | +00:34:42 (30.4%) | 5:24 | 11.1 (69.8%) |
| 129 | GRUSZKA Tomasz | 1276 | | M-40 | 129 | 00:00:49 | 00:26:38 | 00:52:42 | 01:19:10 | 01:48:08 | 01:54:23.80 | 01:55:13.55 | +00:34:59 (30.6%) | 5:25 | 11.1 (69.8%) |
| 130 | OCHMAN Ireneusz | 1073 | OPEL ACTIVE TEAM | M-40 | 130 | 00:00:17 | 00:24:41 | 00:51:13 | 01:18:37 | 01:48:15 | 01:54:31.35 | 01:54:48.90 | +00:35:07 (30.7%) | 5:25 | 11.1 (69.8%) |
| 131 | WOŹNIAK Marek | 277 | | M-40 | 131 | 00:02:08 | 00:27:06 | 00:53:32 | 01:20:45 | 01:48:34 | 01:54:35.00 | 01:56:43.25 | +00:35:10 (30.7%) | 5:25 | 11 (69.2%) |
| 132 | MIKETA Marek | 1090 | RYBICKA GRUPA BIEGOWA | M-40 | 132 | 00:00:27 | 00:27:47 | 00:54:56 | 01:21:08 | 01:48:31 | 01:54:35.65 | 01:55:02.95 | +00:35:11 (30.7%) | 5:25 | 11 (69.2%) |
| 133 | PATRYAS Arkadiusz | 985 | | M-40 | 133 | 00:00:59 | 00:27:46 | 00:55:16 | 01:22:54 | 01:49:21 | 01:54:44.05 | 01:55:43.45 | +00:35:19 (30.8%) | 5:26 | 11 (69.2%) |
| 134 | KONIK Tomasz | 385 | | M-40 | 134 | 00:00:52 | 00:26:17 | 00:52:40 | 01:19:36 | 01:48:40 | 01:54:54.40 | 01:55:47.20 | +00:35:30 (30.9%) | 5:26 | 11 (69.2%) |
| 135 | GRONDECKI Grzegorz | 310 | BIEGAMY Z SERCEM.PL | M-40 | 135 | 00:01:20 | 00:27:18 | 00:54:09 | 01:21:39 | 01:49:18 | 01:54:55.75 | 01:56:15.75 | +00:35:31 (30.9%) | 5:26 | 11 (69.2%) |
| 136 | UTRATNY Ludomir Jan | 284 | | M-40 | 136 | 00:00:41 | 00:26:30 | 00:53:12 | 01:20:45 | 01:49:12 | 01:54:56.40 | 01:55:37.50 | +00:35:32 (30.9%) | 5:26 | 11 (69.2%) |
| 137 | SŁUSZNIAK Sławomir | 752 | | M-40 | 137 | 00:00:37 | 00:26:30 | 00:53:05 | 01:20:20 | 01:49:00 | 01:54:57.50 | 01:55:34.75 | +00:35:33 (30.9%) | 5:26 | 11 (69.2%) |
| 138 | ALEKSANDROWICZ Krzysztof | 1104 | FIZJO RUNNERS UMED WROCŁAW | M-40 | 138 | 00:01:32 | 00:26:45 | 00:53:31 | 01:20:47 | 01:49:06 | 01:55:03.75 | 01:56:36.70 | +00:35:39 (31.0%) | 5:27 | 11 (69.2%) |
| 139 | KULIK Adam | 989 | | M-40 | 139 | 00:00:40 | 00:26:04 | 00:52:44 | 01:19:49 | 01:48:57 | 01:55:11.65 | 01:55:51.65 | +00:35:47 (31.1%) | 5:27 | 11 (69.2%) |
| 140 | KOZIELEC Tomasz | 372 | | M-40 | 140 | 00:01:18 | 00:27:05 | 00:53:52 | 01:21:07 | 01:49:25 | 01:55:20.35 | 01:56:39.25 | +00:35:56 (31.2%) | 5:28 | 11 (69.2%) |
| 141 | SULIN Marek | 904 | | M-40 | 141 | 00:02:11 | 00:28:10 | 00:55:52 | 01:22:47 | 01:49:43 | 01:55:31.80 | 01:57:42.95 | +00:36:07 (31.3%) | 5:28 | 11 (69.2%) |
| 142 | GRABOWSKI Michał | 568 | | M-40 | 142 | 00:00:35 | 00:27:51 | 00:55:34 | 01:22:58 | 01:50:03 | 01:55:53.75 | 01:56:28.75 | +00:36:29 (31.5%) | 5:29 | 10.9 (68.6%) |
| 143 | STASIAK Michał | 180 | | M-40 | 143 | 00:01:05 | 00:27:13 | 00:54:14 | 01:21:24 | 01:49:53 | 01:56:00.05 | 01:57:05.75 | +00:36:35 (31.5%) | 5:29 | 10.9 (68.6%) |
| 144 | MIKUŁA Leszek | 617 | | M-40 | 144 | 00:00:25 | 00:25:28 | 00:51:24 | 01:19:06 | 01:49:36 | 01:56:01.30 | 01:56:26.50 | +00:36:37 (31.6%) | 5:29 | 10.9 (68.6%) |
| 145 | JANY Kamil | 545 | | M-40 | 145 | 00:01:20 | 00:27:35 | 00:54:40 | 01:22:13 | 01:50:03 | 01:56:07.00 | 01:57:27.70 | +00:36:42 (31.6%) | 5:30 | 10.9 (68.6%) |
| 146 | POPIEL Artur | 414 | NIGHT RUNNERS GLIWICE | M-40 | 146 | 00:01:00 | 00:27:40 | 00:55:14 | 01:22:43 | 01:50:35 | 01:56:08.60 | 01:57:09.40 | +00:36:44 (31.6%) | 5:30 | 10.9 (68.6%) |
| 147 | GOSŁAWSKI Piotr | 1262 | | M-40 | 147 | 00:01:13 | 00:27:18 | 00:53:53 | 01:21:09 | 01:50:04 | 01:56:24.25 | 01:57:38.15 | +00:36:59 (31.8%) | 5:31 | 10.9 (68.6%) |

| 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 | | | | | |
| 148 | MALINOWSKI Piotr | 913 | NIEZRZESZONY | M-40 | 148 | 00:01:14 | 00:26:56 | 00:54:21 | 01:21:56 | 01:50:22 | 01:56:39.95 | 01:57:54.00 | +00:37:15 (31.9%) | 5:31 | 10.9 (68.6%) |
| 149 | KOZDRA Krzysztof | 736 | NIEZRZESZONY | M-40 | 149 | 00:00:00 | | | | | 01:57:04.00 | 01:57:04.00 | +00:37:39 (32.2%) | 5:32 | 10.8 (67.9%) |
| 150 | BYCZYK Jarosław | 536 | KB SWIATDOMU.COM | M-40 | 150 | 00:01:03 | 00:27:03 | 00:53:43 | 01:21:04 | 01:50:53 | 01:57:18.45 | 01:58:22.15 | +00:37:54 (32.3%) | 5:33 | 10.8 (67.9%) |
| 151 | SZALIŃSKI Krzysztof | 975 | PRYWATNY | M-40 | 151 | 00:00:09 | 00:27:29 | 00:55:27 | 01:23:12 | 01:51:47 | 01:57:35.50 | 01:57:45.35 | +00:38:11 (32.5%) | 5:34 | 10.8 (67.9%) |
| 152 | RENKE Piotr | 841 | | M-40 | 152 | 00:01:00 | 00:26:02 | 00:52:42 | 01:20:54 | 01:50:45 | 01:57:43.40 | 01:58:43.80 | +00:38:19 (32.5%) | 5:34 | 10.8 (67.9%) |
| 153 | WNUK Grzegorz | 896 | SBD ENERGETYK RYBNIK | M-40 | 153 | 00:01:21 | 00:28:21 | 00:56:49 | 01:25:19 | 01:52:22 | 01:57:47.60 | 01:59:09.50 | +00:38:23 (32.6%) | 5:34 | 10.7 (67.3%) |
| 154 | FRANKE Tomasz | 458 | | M-40 | 154 | 00:01:23 | 00:27:48 | 00:55:44 | 01:23:31 | 01:51:38 | 01:57:58.35 | 01:59:21.35 | +00:38:34 (32.7%) | 5:35 | 10.7 (67.3%) |
| 155 | JASIŃSKI Tomasz | 805 | | M-40 | 155 | 00:01:36 | 00:27:13 | 00:54:10 | 01:22:49 | 01:51:52 | 01:58:16.25 | 01:59:52.95 | +00:38:51 (32.9%) | 5:36 | 10.7 (67.3%) |
| 156 | KRAKOWSKI Jacek | 565 | | M-40 | 156 | 00:02:07 | 00:28:10 | 00:56:08 | 01:24:55 | 01:52:54 | 01:58:25.40 | 02:00:32.60 | +00:39:01 (32.9%) | 5:36 | 10.7 (67.3%) |
| 157 | WILK Mariusz | 142 | | M-40 | 157 | 00:00:41 | 00:27:06 | 00:55:02 | 01:23:35 | 01:52:26 | 01:58:28.35 | 01:59:09.35 | +00:39:04 (33.0%) | 5:36 | 10.7 (67.3%) |
| 158 | BAROS Grzegorz | 836 | FALSTART RUDNIKI | M-40 | 158 | 00:01:02 | 00:27:15 | 00:55:12 | 01:23:45 | 01:52:35 | 01:58:36.30 | 01:59:39.05 | +00:39:12 (33.1%) | 5:37 | 10.7 (67.3%) |
| 159 | URBANIAK Andrzej | 1063 | SKLEP BIEGACZA | M-40 | 159 | 00:00:33 | 00:27:40 | 00:55:22 | 01:23:08 | 01:52:10 | 01:58:46.05 | 01:59:19.75 | +00:39:21 (33.1%) | 5:37 | 10.7 (67.3%) |
| 160 | WARSZAWIK Antoni | 723 | EXTEAM | M-40 | 160 | 00:01:12 | 00:25:31 | 00:51:49 | 01:19:36 | 01:51:47 | 01:58:50.25 | 02:00:02.55 | +00:39:25 (33.2%) | 5:37 | 10.7 (67.3%) |
| 161 | LALA Mariusz | 1177 | | M-40 | 161 | 00:01:57 | 00:27:56 | 00:55:44 | 01:23:40 | 01:52:52 | 01:59:10.65 | 02:01:08.60 | +00:39:46 (33.4%) | 5:38 | 10.6 (66.7%) |
| 162 | ROZWADOWSKI Dariusz | 924 | | M-40 | 162 | 00:01:50 | 00:28:03 | 00:55:50 | 01:24:01 | 01:52:58 | 01:59:13.75 | 02:01:04.00 | +00:39:49 (33.4%) | 5:39 | 10.6 (66.7%) |
| 163 | RENKIEL Tomasz | 1282 | | M-40 | 163 | 00:01:16 | 00:27:43 | 00:56:03 | 01:24:26 | 01:53:17 | 01:59:16.90 | 02:00:33.15 | +00:39:52 (33.4%) | 5:39 | 10.6 (66.7%) |
| 164 | KOPIEL Grzegorz | 780 | | M-40 | 164 | 00:01:41 | 00:27:01 | 00:55:07 | 01:23:52 | 01:53:09 | 01:59:20.40 | 02:01:01.40 | +00:39:56 (33.5%) | 5:39 | 10.6 (66.7%) |
| 165 | DZIEWIOR Marek | 1000 | | M-40 | 165 | 00:00:36 | 00:26:30 | 00:53:24 | 01:21:36 | 01:52:28 | 01:59:23.50 | 02:00:00.45 | +00:39:59 (33.5%) | 5:39 | 10.6 (66.7%) |
| 166 | WILSZ Adam | 657 | | M-40 | 166 | 00:02:12 | 00:28:55 | 00:57:14 | 01:25:25 | 01:53:47 | 01:59:24.65 | 02:01:37.05 | +00:40:00 (33.5%) | 5:39 | 10.6 (66.7%) |
| 167 | ZALEWSKI Krzysztof | 790 | ZALEWSKI ARCHITECTURE GROUP | M-40 | 167 | 00:00:38 | 00:28:39 | 00:57:12 | 01:25:51 | 01:53:34 | 01:59:25.70 | 02:00:03.80 | +00:40:01 (33.5%) | 5:39 | 10.6 (66.7%) |
| 168 | HRYSZKIEWICZ Janusz | 933 | UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE | M-40 | 168 | 00:02:09 | 00:28:57 | 00:57:14 | 01:25:27 | 01:53:50 | 01:59:27.90 | 02:01:37.75 | +00:40:03 (33.5%) | 5:39 | 10.6 (66.7%) |
| 169 | MIERZEJEWSKI Jacek | 150 | AMATOR | M-40 | 169 | 00:00:29 | 00:27:00 | 00:54:16 | 01:23:18 | 01:53:31 | 01:59:37.65 | 02:00:06.85 | +00:40:13 (33.6%) | 5:40 | 10.6 (66.7%) |
| 170 | BOCZAROWSKI Michał | 1058 | EXPERT TRAVEL | M-40 | 170 | 00:01:28 | 00:27:11 | 00:54:26 | 01:22:27 | 01:53:07 | 01:59:50.85 | 02:01:19.30 | +00:40:26 (33.7%) | 5:40 | 10.6 (66.7%) |
| 171 | GRYNICKI Jacek | 804 | | M-40 | 171 | 00:00:43 | 00:29:17 | 00:57:36 | 01:25:55 | 01:54:27 | 02:00:13.15 | 02:00:56.50 | +00:40:48 (33.9%) | 5:41 | 10.5 (66.0%) |
| 172 | ZNAMIROWSKI Krzysztof | 361 | RADIO WROCŁAW | M-40 | 172 | 00:00:32 | 00:26:43 | 00:54:29 | 01:23:41 | 01:53:51 | 02:00:13.50 | 02:00:45.55 | +00:40:49 (34.0%) | 5:41 | 10.5 (66.0%) |
| 173 | WIECZORKE Marcin | 741 | | M-40 | 173 | 00:00:24 | 00:26:28 | 00:53:32 | 01:23:29 | 01:53:48 | 02:00:23.75 | 02:00:48.55 | +00:40:59 (34.0%) | 5:42 | 10.5 (66.0%) |

| 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 |
|-----|-------------------------------|-------------|---|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 174 | WOJCIECHOWSKI Ireneusz | 311 | BBL GRÓJEC | M-40 | 174 | 00:02:06 | | 00:56:12 | | 01:54:16 | 02:00:27.85 | 02:02:34.00 | +00:41:03 (34.1%) | 5:42 | 10.5 (66.0%) |
| 175 | WÓJCIK Rafał | 719 | | M-40 | 175 | 00:01:14 | 00:28:18 | 00:56:29 | 01:25:14 | 01:54:15 | 02:00:39.50 | 02:01:54.45 | +00:41:15 (34.2%) | 5:43 | 10.5 (66.0%) |
| 176 | SKORUPSKI Grzegorz | 823 | | M-40 | 176 | 00:01:36 | 00:28:03 | 00:56:16 | 01:24:45 | 01:53:42 | 02:00:43.85 | 02:02:19.95 | +00:41:19 (34.2%) | 5:43 | 10.5 (66.0%) |
| 177 | WALKE Piotr | 350 | NIGHT RUNNERS GLIWICE | M-40 | 177 | 00:00:44 | 00:24:26 | 00:48:37 | 01:13:03 | 01:55:18 | 02:01:23.45 | 02:02:07.80 | +00:41:59 (34.6%) | 5:45 | 10.4 (65.4%) |
| 178 | INGLANT Zbigniew | 1030 | | M-40 | 178 | 00:01:21 | 00:30:17 | 01:00:00 | 01:28:06 | 01:55:41 | 02:01:25.75 | 02:02:47.15 | +00:42:01 (34.6%) | 5:45 | 10.4 (65.4%) |
| 179 | KAŁUŻA Aleksander | 1256 | | M-40 | 179 | 00:01:19 | 00:28:20 | 00:57:27 | 01:25:39 | 01:55:33 | 02:02:01.65 | 02:03:20.75 | +00:42:37 (34.9%) | 5:46 | 10.4 (65.4%) |
| 180 | KLIKS Andrzej | 655 | UNISONO | M-40 | 180 | 00:02:04 | 00:29:01 | 00:57:21 | 01:25:32 | 01:55:39 | 02:02:50.50 | 02:04:55.45 | +00:43:26 (35.4%) | 5:49 | 10.3 (64.8%) |
| 181 | HUZIOR Roman | 1225 | | M-40 | 181 | 00:01:11 | 00:28:16 | 00:56:35 | 01:25:29 | 01:56:32 | 02:03:23.55 | 02:04:35.25 | +00:43:59 (35.6%) | 5:50 | 10.3 (64.8%) |
| 182 | KOŁODZIEJ Jacek | 223 | NIGHT RUNNERS GLIWICE, ENERGY TEAM | M-40 | 182 | 00:01:16 | 00:27:42 | 00:56:33 | 01:25:32 | 01:56:56 | 02:03:45.55 | 02:05:02.25 | +00:44:21 (35.8%) | 5:51 | 10.2 (64.2%) |
| 183 | CHWALISZEWSKI Jarosław | 35 | NIGHT RUNNERS GLIWICE | M-40 | 183 | 00:01:17 | 00:27:40 | 00:56:32 | 01:25:19 | 01:56:55 | 02:03:45.65 | 02:05:02.65 | +00:44:21 (35.8%) | 5:51 | 10.2 (64.2%) |
| 184 | MITRĘGA Paweł | 994 | | M-40 | 184 | 00:01:18 | 00:29:02 | 00:58:19 | 01:27:10 | 01:57:28 | 02:03:59.25 | 02:05:18.05 | +00:44:34 (36.0%) | 5:52 | 10.2 (64.2%) |
| 185 | BUCHAL Grzegorz | 581 | | M-40 | 185 | 00:01:38 | 00:28:38 | 00:56:53 | 01:26:25 | 01:58:30 | 02:05:31.80 | 02:07:10.60 | +00:46:07 (36.7%) | 5:56 | 10.1 (63.5%) |
| 186 | CAPUTA Piotr | 998 | | M-40 | 186 | 00:01:14 | 00:26:18 | 00:54:04 | 01:24:37 | 01:59:41 | 02:06:42.50 | 02:07:56.70 | +00:47:18 (37.3%) | 6:00 | 10 (62.9%) |
| 187 | JANTAS Andrzej | 986 | | M-40 | 187 | 00:00:14 | 00:26:59 | 00:57:07 | 01:28:32 | 02:00:45 | 02:07:17.15 | 02:07:31.15 | +00:47:52 (37.6%) | 6:01 | 9.9 (62.3%) |
| 188 | CIEŚLA Adam | 209 | KLUB: RYBNICKI KLUB JU JITSU SPORTOWEGO | M-40 | 188 | 00:00:12 | 00:25:34 | 00:54:03 | 01:25:18 | 01:59:55 | 02:07:41.65 | 02:07:53.95 | +00:48:17 (37.8%) | 6:03 | 9.9 (62.3%) |
| 189 | MICHALSKI Bartosz | 1281 | | M-40 | 189 | 00:01:39 | 00:29:08 | 00:58:23 | 01:28:28 | 02:02:04 | 02:08:26.25 | 02:10:05.90 | +00:49:01 (38.2%) | 6:05 | 9.9 (62.3%) |
| 190 | GAIM Jacek | 946 | SOSNOWIEC | M-40 | 190 | 00:00:53 | 00:29:20 | 00:58:47 | 01:29:30 | 02:01:50 | 02:08:27.95 | 02:09:20.95 | +00:49:03 (38.2%) | 6:05 | 9.9 (62.3%) |
| 191 | CHOJOWSKI Oskar | 259 | | M-40 | 191 | 00:01:55 | 00:30:14 | 01:00:09 | 01:30:27 | 02:02:31 | 02:09:23.25 | 02:11:18.60 | +00:49:58 (38.6%) | 6:07 | 9.8 (61.6%) |
| 192 | ROGOWSKI Tadeusz | 728 | | M-40 | 192 | 00:01:25 | 00:29:04 | 00:58:36 | 01:28:41 | 02:02:20 | 02:09:44.60 | 02:11:10.55 | +00:50:20 (38.8%) | 6:08 | 9.8 (61.6%) |
| 193 | BUFNAL Krzysztof | 710 | | M-40 | 193 | 00:02:17 | 00:30:38 | 01:01:58 | 01:32:47 | 02:04:09 | 02:10:53.30 | 02:13:10.65 | +00:51:29 (39.3%) | 6:12 | 9.7 (61.0%) |
| 194 | KLYTA Wojciech | 1071 | NIEZRZESZONY | M-40 | 194 | 00:01:53 | 00:27:16 | 00:55:46 | 01:27:32 | 02:03:46 | 02:11:25.05 | 02:13:18.50 | +00:52:00 (39.6%) | 6:13 | 9.6 (60.4%) |
| 195 | ROJEK Grzegorz | 1076 | | M-40 | 195 | 00:01:43 | 00:31:21 | 01:02:28 | 01:33:54 | 02:05:21 | 02:11:47.60 | 02:13:31.15 | +00:52:23 (39.8%) | 6:14 | 9.6 (60.4%) |
| 196 | MISKIEWICZ Andrzej | 188 | | M-40 | 196 | 00:01:46 | 00:30:50 | 01:01:42 | 01:33:12 | 02:05:22 | 02:11:59.95 | 02:13:46.65 | +00:52:35 (39.8%) | 6:15 | 9.6 (60.4%) |
| 197 | JAWOREK Dariusz | 31 | SPORT-RELAKS.PL | M-40 | 197 | 00:01:52 | 00:29:50 | 01:00:20 | 01:31:34 | 02:05:00 | 02:12:43.90 | 02:14:36.25 | +00:53:19 (40.2%) | 6:17 | 9.5 (59.7%) |
| 198 | NADOLNY Wiesław | 833 | SOLIDARNOŚĆ MZA I TW | M-40 | 198 | 00:02:01 | 00:30:36 | 01:02:04 | 01:33:55 | 02:06:33 | 02:13:36.95 | 02:15:38.10 | +00:54:12 (40.6%) | 6:19 | 9.5 (59.7%) |
| 199 | ADAMSKI Tomasz | 280 | | M-40 | 199 | 00:01:10 | 00:30:28 | 01:02:59 | 01:34:41 | 02:07:44 | 02:14:21.75 | 02:15:31.80 | +00:54:57 (40.9%) | 6:22 | 9.4 (59.1%) |

| 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 | | | | | |
| 200 | KRUSZYŃSKI Marcin | 570 | | M-40 | 200 | 00:00:34 | 00:26:36 | 00:55:03 | 01:28:40 | 02:06:34 | 02:14:36.95 | 02:15:11.75 | +00:55:12 (41.0%) | 6:22 | 9.4 (59.1%) |
| 201 | KOSIERKIEWICZ Kamil | 1066 | | M-40 | 201 | 00:01:58 | 00:33:47 | 01:07:04 | 01:40:05 | 02:09:28 | 02:14:42.00 | 02:16:40.85 | +00:55:17 (41.1%) | 6:23 | 9.4 (59.1%) |
| 202 | URBAN Dariusz | 1012 | | M-40 | 202 | 00:00:40 | 00:29:11 | 00:59:31 | 01:31:57 | 02:08:19 | 02:16:21.20 | 02:17:01.50 | +00:56:56 (41.8%) | 6:27 | 9.3 (58.5%) |
| 203 | MIGDAŁ Grzegorz | 325 | | M-40 | 203 | 00:01:35 | 00:31:31 | 01:03:10 | 01:34:57 | 02:09:35 | 02:17:04.10 | 02:18:39.65 | +00:57:39 (42.1%) | 6:29 | 9.2 (57.9%) |
| 204 | TISZBIEREK Henryk | 324 | | M-40 | 204 | 00:01:35 | 00:31:30 | 01:03:10 | 01:34:57 | 02:09:35 | 02:17:04.55 | 02:18:39.60 | +00:57:40 (42.1%) | 6:29 | 9.2 (57.9%) |
| 205 | BRODIUK Norbert | 148 | TRAINPAUL | M-40 | 205 | 00:00:24 | 00:28:45 | 01:00:44 | 01:35:27 | 02:10:40 | 02:17:47.45 | 02:18:11.80 | +00:58:23 (42.4%) | 6:31 | 9.2 (57.9%) |
| 206 | DOBREK Wojciech | 851 | WIECZORNEBIEGANIE | M-40 | 206 | 00:02:11 | 00:30:05 | 01:03:17 | 01:38:44 | 02:12:15 | 02:19:14.10 | 02:21:25.70 | +00:59:49 (43.0%) | 6:35 | 9.1 (57.2%) |
| 207 | JĘDRYCHA Artur | 830 | | M-40 | 207 | 00:02:02 | 00:33:44 | 01:07:00 | 01:40:03 | 02:12:41 | 02:19:33.80 | 02:21:36.35 | +01:00:09 (43.1%) | 6:36 | 9.1 (57.2%) |
| 208 | KAPUSTA Grzegorz | 1108 | | M-40 | 208 | 00:00:18 | 00:32:10 | 01:05:13 | 01:40:02 | 02:16:38 | 02:24:31.50 | 02:24:49.65 | +01:05:07 (45.1%) | 6:50 | 8.8 (55.3%) |
| 209 | BOBKOWSKI Maciej | 393 | | M-40 | 209 | 00:00:45 | 00:31:05 | 01:05:59 | 01:43:38 | 02:22:10 | 02:29:59.70 | 02:30:45.10 | +01:10:35 (47.1%) | 7:06 | 8.4 (52.8%) |
| 210 | DOŁĘGA Andrzej | 827 | | M-40 | 210 | 00:02:21 | 00:32:24 | 01:07:47 | 01:42:24 | 02:21:11 | 02:30:18.05 | 02:32:40.00 | +01:10:53 (47.2%) | 7:07 | 8.4 (52.8%) |
| 211 | MACHAŁA Tomasz | 453 | | M-40 | 211 | 00:02:12 | 00:31:56 | 01:06:18 | 01:43:29 | 02:22:46 | 02:30:58.60 | 02:33:11.40 | +01:11:34 (47.4%) | 7:09 | 8.4 (52.8%) |
| 212 | WRZESIŃSKI Zbyszek | 867 | | M-40 | 212 | 00:02:13 | 00:33:25 | 01:07:29 | 01:42:33 | 02:23:03 | 02:31:52.05 | 02:34:05.80 | +01:12:27 (47.7%) | 7:11 | 8.3 (52.2%) |
| 213 | KRYWALSKI Wilhelm | 202 | | M-40 | 213 | 00:02:08 | 00:35:03 | 01:10:41 | 01:48:16 | 02:24:33 | 02:32:24.20 | 02:34:32.55 | +01:12:59 (47.9%) | 7:13 | 8.3 (52.2%) |
| 214 | BIEL Michał | 758 | | M-40 | 214 | 00:01:51 | 00:32:06 | 01:06:28 | 01:43:25 | 02:26:09 | 02:35:10.10 | 02:37:01.15 | +01:15:45 (48.8%) | 7:21 | 8.2 (51.6%) |
| 215 | GLIŃSKI Michał | 1286 | NIGHT RUNNERS GLIWICE | M-40 | 215 | 00:01:42 | 00:34:07 | 01:09:58 | 01:48:51 | 02:30:23 | 02:38:41.95 | 02:40:24.65 | +01:19:17 (50.0%) | 7:31 | 8 (50.3%) |
| 216 | GRUSZKA Michał | 1039 | | M-40 | 216 | 00:01:31 | 00:32:34 | 01:08:02 | 01:46:57 | 02:30:33 | 02:40:24.50 | 02:41:56.45 | +01:21:00 (50.5%) | 7:36 | 7.9 (49.7%) |
| 217 | MIRECKI Jan | 757 | | M-40 | 217 | 00:00:35 | 00:39:11 | 01:20:14 | 02:02:57 | 02:45:43 | 02:55:47.95 | 02:56:23.75 | +01:36:23 (54.8%) | 8:19 | 7.2 (45.3%) |
| 218 | MEJ Paweł | 734 | NIEZRZESZONY - BOSY BIEGACZ | M-40 | 218 | 00:00:04 | 00:36:15 | 01:20:45 | 02:03:27 | 02:46:14 | 02:56:19.55 | 02:56:23.65 | +01:36:55 (55.0%) | 8:21 | 7.2 (45.3%) |

Znaleziono 218 wynik(ów)