



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

## II PÓŁMARATON GLIWICKI

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>OLIINYK Paweł</b>	<b>1204</b>	KS ICE MAT TEAM OSTRÓW WLKP.	M-20	1	00:00:02	00:15:48	00:31:54	00:48:06	01:04:21	<b>01:07:51.30</b>	<b>01:07:54.05</b>		3:12	18.7 (100%)
2	<b>NAGIRNIAK Wiktor</b>	<b>1131</b>		M-20	2	00:00:03	00:16:16	00:33:03	00:50:22	01:07:40	<b>01:11:16.60</b>	<b>01:11:19.65</b>	+00:03:25 (4.8%)	3:22	17.8 (95.2%)
3	<b>KWALIA Launen</b>	<b>1219</b>	SKKS DORCUS SPORT	M-20	3	00:00:03	00:16:15	00:33:03	00:50:22	01:07:41	<b>01:11:19.35</b>	<b>01:11:22.50</b>	+00:03:28 (4.9%)	3:22	17.8 (95.2%)
4	<b>FORMICKI Rafał</b>	<b>165</b>	VICTORIA ZAWIERCIE	M-20	4	00:00:03	00:17:36	00:34:52	00:52:29	01:10:25	<b>01:14:17.70</b>	<b>01:14:21.60</b>	+00:06:26 (8.7%)	3:31	17 (90.9%)
5	<b>KWIECIŃSKI Michał</b>	<b>965</b>	URODZENI BIEGACZE WWW.BORNRUNNERS.PL	M-20	5	00:00:02	00:17:52	00:35:35	00:53:44	01:12:36	<b>01:16:51.35</b>	<b>01:16:53.90</b>	+00:09:00 (11.7%)	3:38	16.5 (88.2%)
6	<b>BIELIŃSKI Piotr</b>	<b>874</b>	SOKÓŁ KNURÓW/RYDZ TEAM	M-20	6	00:00:02	00:18:09	00:36:15	00:54:48	01:13:57	<b>01:18:01.25</b>	<b>01:18:03.50</b>	+00:10:09 (13.0%)	3:41	16.2 (86.6%)
7	<b>JARCZYK Marcin</b>	<b>1014</b>		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>	+00:11:04 (14.0%)	3:44	16 (85.6%)
8	<b>RYSZKA Dariusz</b>	<b>843</b>	UKS OLIMPIA ZABRZE	M-20	7	00:00:02	00:19:11	00:38:06	00:56:30	01:15:16	<b>01:19:15.90</b>	<b>01:19:18.30</b>	+00:11:24 (14.4%)	3:45	16 (85.6%)
9	<b>KOSZAŁKA Dariusz</b>	<b>743</b>	PĘDZIWIATR GLIWICE	M-40	1	00:00:02	00:18:19	00:37:08	00:56:05	01:15:18	<b>01:19:24.30</b>	<b>01:19:27.05</b>	+00:11:33 (14.5%)	3:45	15.9 (85.0%)
10	<b>MORDYŃSKI Bartłomiej</b>	<b>837</b>	UKS OLIMPIA ZABRZE	M-20	8	00:00:03	00:19:13	00:38:05	00:56:42	01:15:40	<b>01:19:45.40</b>	<b>01:19:49.15</b>	+00:11:54 (14.9%)	3:46	15.9 (85.0%)
11	<b>SLADEK Dawid</b>	<b>726</b>		M-20	9	00:00:03	00:18:46	00:37:54	00:56:41	01:15:50	<b>01:20:09.70</b>	<b>01:20:12.85</b>	+00:12:18 (15.4%)	3:47	15.8 (84.5%)
12	<b>SZCZECIŃSKI Maciej</b>	<b>199</b>		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>	+00:13:01 (16.1%)	3:49	15.7 (84.0%)
13	<b>JAGIEŁA Adam</b>	<b>584</b>		M-40	2	00:00:03	00:18:30	00:37:21	00:56:58	01:16:49	<b>01:20:56.65</b>	<b>01:20:59.65</b>	+00:13:05 (16.2%)	3:50	15.6 (83.4%)
14	<b>GRZEGORZYCA Marcin</b>	<b>551</b>		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>	+00:13:20 (16.4%)	3:50	15.6 (83.4%)
15	<b>DUŻNIAK Dominik</b>	<b>504</b>	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>	+00:14:01 (17.1%)	3:52	15.5 (82.9%)
16	<b>ŚNIEGÓRSKI Maciej</b>	<b>1109</b>	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>	+00:14:07 (17.2%)	3:53	15.4 (82.4%)
17	<b>NOWICKI Michał</b>	<b>768</b>		M-16	1	00:00:06	00:20:09	00:39:52	00:59:29	01:19:35	<b>01:23:45.20</b>	<b>01:23:52.05</b>	+00:15:53 (19.0%)	3:58	15.1 (80.7%)

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					
18	<b>PISKORZ Łukasz</b>	<b>908</b>	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>	+00:16:03 (19.1%)	3:58	15.1 (80.7%)
19	<b>MATLOK Marek</b>	<b>319</b>	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>	+00:16:06 (19.2%)	3:58	15.1 (80.7%)
20	<b>CHOJNOWSKI Sebastian</b>	<b>1224</b>	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	M-20	10	00:00:00	00:18:58	00:38:34	00:58:56	01:20:10	<b>01:24:47.85</b>	<b>01:24:47.85</b>	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
21	<b>PLOCH Jakub</b>	<b>275</b>		M-20	12	00:00:02	00:19:02	00:39:03	00:59:14	01:20:16	<b>01:24:48.05</b>	<b>01:24:50.80</b>	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
22	<b>OCHMAN Paweł</b>	<b>1052</b>	FUTURE PROCESSING RUNNING TEAM	M-20	11	00:00:06	00:20:14	00:40:06	01:00:17	01:20:37	<b>01:24:47.90</b>	<b>01:24:54.75</b>	+00:16:56 (20.0%)	4:01	14.9 (79.7%)
23	<b>BOCHEŃSKI Grzegorz</b>	<b>206</b>	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>	+00:17:53 (20.9%)	4:03	14.8 (79.1%)
24	<b>DWORNICZAK Łukasz</b>	<b>724</b>		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>	+00:18:15 (21.2%)	4:04	14.7 (78.6%)
25	<b>BUJNOWSKI Artur</b>	<b>79</b>	KLUB BIEGACZA ENDURANCE SOLIDARNI KNURÓW	M-20	13	00:00:05	00:20:34	00:40:40	01:01:07	01:21:41	<b>01:26:19.10</b>	<b>01:26:24.10</b>	+00:18:27 (21.4%)	4:05	14.7 (78.6%)
26	<b>MIKULSKI Andrzej</b>	<b>281</b>		M-40	3	00:00:04	00:21:35	00:42:12	01:02:37	01:22:47	<b>01:27:00.80</b>	<b>01:27:05.00</b>	+00:19:09 (22.0%)	4:07	14.5 (77.5%)
27	<b>SKALSKI Mateusz</b>	<b>1278</b>		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>	+00:19:29 (22.3%)	4:08	14.5 (77.5%)
28	<b>URBAŃCZYK Karol</b>	<b>287</b>	NIGHT RUNNERS GLIWICE	M-20	14	00:00:14	00:20:35	00:41:26	01:02:13	01:22:58	<b>01:27:21.90</b>	<b>01:27:36.25</b>	+00:19:30 (22.3%)	4:08	14.5 (77.5%)
29	<b>MOMOT Michał</b>	<b>1115</b>		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>	+00:19:34 (22.4%)	4:08	14.5 (77.5%)
30	<b>MALIK Mateusz</b>	<b>824</b>		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>	+00:19:33 (22.4%)	4:08	14.5 (77.5%)
31	<b>CHOMIK Rafał</b>	<b>623</b>	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>	+00:19:54 (22.7%)	4:09	14.4 (77.0%)
32	<b>GOŁASZEWSKI Tomasz</b>	<b>1253</b>		M-40	4	00:00:04	00:20:38	00:41:10	01:02:27	01:23:29	<b>01:28:05.80</b>	<b>01:28:10.70</b>	+00:20:14 (23.0%)	4:10	14.4 (77.0%)
33	<b>FALEJCZYK Mateusz</b>	<b>1106</b>		M-20	15	00:00:11	00:19:38	00:39:58	01:01:14	01:23:24	<b>01:28:07.75</b>	<b>01:28:18.95</b>	+00:20:16 (23.0%)	4:10	14.4 (77.0%)
34	<b>STARŻYK Paweł</b>	<b>135</b>	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>	+00:20:17 (23.0%)	4:10	14.4 (77.0%)
35	<b>BUJALSKI Michał</b>	<b>114</b>	AKS DRAGON	M-20	16	00:00:16	00:21:04	00:41:50	01:02:56	01:24:01	<b>01:28:26.80</b>	<b>01:28:43.20</b>	+00:20:35 (23.3%)	4:11	14.3 (76.5%)
36	<b>ŻOŁĄDŹ Piotr</b>	<b>667</b>		M-20	17	00:00:08	00:21:16	00:42:26	01:03:30	01:24:21	<b>01:28:45.05</b>	<b>01:28:53.55</b>	+00:20:53 (23.5%)	4:12	14.3 (76.5%)
37	<b>BAKALARZ Emil</b>	<b>397</b>		M-20	18	00:00:07	00:21:06	00:42:22	01:03:31	01:24:27	<b>01:28:47.40</b>	<b>01:28:54.85</b>	+00:20:56 (23.6%)	4:12	14.3 (76.5%)
38	<b>GAŁĘZA Sławomir</b>	<b>427</b>	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>	+00:20:36 (23.3%)	4:11	14.3 (76.5%)
39	<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>	+00:21:07 (23.7%)	4:13	14.2 (75.9%)
40	<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>	+00:21:23 (24.0%)	4:13	14.2 (75.9%)
41	<b>STEC Jerzy</b>	<b>638</b>		M-50	1	00:00:06	00:20:52	00:42:08	01:03:42	01:24:57	<b>01:29:27.85</b>	<b>01:29:33.85</b>	+00:21:36 (24.2%)	4:14	14.2 (75.9%)
42	<b>POŚNIAK Tomasz</b>	<b>436</b>	ISTA BIEGAMY	M-20	19	00:00:09	00:21:18	00:42:34	01:03:53	01:25:09	<b>01:29:40.95</b>	<b>01:29:50.70</b>	+00:21:49 (24.3%)	4:15	14.1 (75.4%)
43	<b>WOLNY Dariusz</b>	<b>484</b>		M Open	1	00:00:06	00:20:48	00:41:59	01:03:12	01:25:09	<b>01:29:46.05</b>	<b>01:29:52.65</b>	+00:21:54 (24.4%)	4:15	14.1 (75.4%)

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					
44	<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>	+00:21:52 (24.4%)	4:15	14.1 (75.4%)
44	<b>KWAŚNIEWSKI Tadeusz</b>	<b>832</b>		M-20	22	00:00:09	00:21:16	00:42:33	01:03:51	01:25:17	<b>01:29:43.75</b>	<b>01:29:53.15</b>	+00:21:52 (24.4%)	4:15	14.1 (75.4%)
46	<b>GRZYWNA Grzegorz</b>	<b>1136</b>	WKB META LUBLINIEC	M-20	20	00:00:11	00:20:39	00:41:36	01:02:54	01:25:02	<b>01:29:42.50</b>	<b>01:29:53.70</b>	+00:21:51 (24.4%)	4:15	14.1 (75.4%)
47	<b>GROCHOWINA Filip</b>	<b>138</b>		M-20	21	00:00:10	00:21:16	00:42:33	01:03:52	01:25:05	<b>01:29:43.00</b>	<b>01:29:53.75</b>	+00:21:51 (24.4%)	4:15	14.1 (75.4%)
48	<b>BRUDNY Grzegorz</b>	<b>919</b>	KWK PNIÓWEK	M-40	5	00:00:05	00:20:47	00:42:10	01:03:40	01:25:25	<b>01:29:50.20</b>	<b>01:29:55.40</b>	+00:21:58 (24.5%)	4:15	14.1 (75.4%)
49	<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>	+00:21:56 (24.4%)	4:15	14.1 (75.4%)
50	<b>GUZY Andrzej</b>	<b>767</b>	JW 3940AGAT	M-50	2	00:00:04	00:20:16	00:41:44	01:03:34	01:25:23	<b>01:29:55.00</b>	<b>01:29:59.70</b>	+00:22:03 (24.5%)	4:15	14.1 (75.4%)
51	<b>KIECOŃ Michał</b>	<b>872</b>	USTROŃ MOUNTAIN TEAM	M-20	23	00:00:09	00:20:57	00:42:00	01:03:08	01:25:11	<b>01:30:06.15</b>	<b>01:30:15.25</b>	+00:22:14 (24.7%)	4:16	14.1 (75.4%)
52	<b>MIRONOWICZ Bartłomiej</b>	<b>1092</b>		M-20	24	00:00:13	00:21:01	00:42:15	01:03:47	01:25:39	<b>01:30:15.70</b>	<b>01:30:29.35</b>	+00:22:24 (24.8%)	4:16	14 (74.9%)
53	<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>	+00:22:27 (24.9%)	4:16	14 (74.9%)
54	<b>MIKULSKI Przemysław</b>	<b>367</b>		M-20	25	00:00:03	00:21:41	00:42:45	01:04:03	01:26:02	<b>01:30:35.65</b>	<b>01:30:39.60</b>	+00:22:44 (25.1%)	4:17	14 (74.9%)
55	<b>ŁATA Piotr</b>	<b>1223</b>		M-40	6	00:00:08	00:21:41	00:43:03	01:04:29	01:26:22	<b>01:30:54.60</b>	<b>01:31:03.10</b>	+00:23:03 (25.4%)	4:18	13.9 (74.3%)
56	<b>KORPAK Piotr</b>	<b>879</b>	MOTIVATO.PL	M-20	26	00:00:14	00:21:31	00:43:18	01:04:58	01:26:24	<b>01:30:55.60</b>	<b>01:31:10.10</b>	+00:23:04 (25.4%)	4:18	13.9 (74.3%)
57	<b>LIS Paweł</b>	<b>943</b>		M-20	31	00:00:09	00:21:16	00:42:33	01:03:48	01:26:09	<b>01:31:22.25</b>	<b>01:31:32.20</b>	+00:23:30 (25.7%)	4:19	13.9 (74.3%)
58	<b>SZABELSKI Krzysztof</b>	<b>699</b>	FUTURE PROCESSING RUNNING TEAM	M-20	28	00:00:24	00:22:26	00:44:22	01:05:51	01:26:54	<b>01:31:08.25</b>	<b>01:31:32.80</b>	+00:23:16 (25.5%)	4:19	13.9 (74.3%)
59	<b>OSKWAREK Piotr</b>	<b>681</b>		M-20	30	00:00:14	00:21:13	00:42:44	01:04:21	01:26:42	<b>01:31:21.75</b>	<b>01:31:36.60</b>	+00:23:30 (25.7%)	4:19	13.9 (74.3%)
60	<b>POLACZEK Alexander</b>	<b>696</b>		M-40	8	00:00:06	00:20:51	00:42:08	01:03:55	01:26:45	<b>01:31:33.25</b>	<b>01:31:39.90</b>	+00:23:41 (25.9%)	4:20	13.8 (73.8%)
61	<b>OZYP Mariusz</b>	<b>1061</b>		M-20	32	00:00:04	00:20:50	00:42:25	01:04:17	01:26:49	<b>01:31:35.90</b>	<b>01:31:40.50</b>	+00:23:44 (25.9%)	4:20	13.8 (73.8%)
62	<b>SANDALUK Łukasz</b>	<b>512</b>		M-16	2	00:00:25	00:21:30	00:43:19	01:04:51	01:26:52	<b>01:31:16.70</b>	<b>01:31:41.95</b>	+00:23:25 (25.7%)	4:19	13.9 (74.3%)
63	<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>	+00:23:45 (25.9%)	4:20	13.8 (73.8%)
64	<b>KRAWCZYK Grzegorz</b>	<b>96</b>	BIEGIEM RADOM!	M-40	7	00:00:27	00:21:38	00:43:32	01:05:06	01:26:44	<b>01:31:15.40</b>	<b>01:31:42.80</b>	+00:23:24 (25.6%)	4:19	13.9 (74.3%)
65	<b>BAROS Daniel</b>	<b>800</b>	FALSTART RUDNIKI	M-20	29	00:00:23	00:22:24	00:43:59	01:05:14	01:26:48	<b>01:31:20.40</b>	<b>01:31:43.85</b>	+00:23:29 (25.7%)	4:19	13.9 (74.3%)
66	<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>	+00:23:35 (25.8%)	4:20	13.8 (73.8%)
67	<b>DYMARCZYK Artur</b>	<b>72</b>	TKS KARATE	M-20	27	00:00:41	00:21:13	00:42:29	01:03:57	01:26:22	<b>01:31:07.00</b>	<b>01:31:48.75</b>	+00:23:15 (25.5%)	4:19	13.9 (74.3%)
68	<b>JACKOWSKI Piotr</b>	<b>1095</b>		M-40	9	00:00:14	00:22:09	00:43:47	01:05:13	01:27:21	<b>01:31:51.95</b>	<b>01:32:06.45</b>	+00:24:00 (26.1%)	4:21	13.8 (73.8%)
69	<b>WILK Marcin</b>	<b>55</b>	WILMAR	M-20	34	00:00:03	00:20:41	00:43:13	01:05:24	01:27:09	<b>01:32:03.45</b>	<b>01:32:07.35</b>	+00:24:12 (26.3%)	4:21	13.8 (73.8%)

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	<b>MAŚCIBRZUCH Marcin</b>	<b>1110</b>	SKLEPBIEGACZA.PL GLIWICE TEAM	M-20	33	00:00:24	00:21:04	00:42:19	01:04:04	01:26:55	<b>01:31:47.50</b>	<b>01:32:12.15</b>	+00:23:56 (26.1%)	4:21	13.8 (73.8%)
71	<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>	+00:24:22 (26.4%)	4:22	13.7 (73.3%)
72	<b>KANIA Michał</b>	<b>338</b>		M-40	10	00:00:10	00:21:29	00:43:14	01:05:04	01:27:21	<b>01:32:09.50</b>	<b>01:32:20.40</b>	+00:24:18 (26.4%)	4:22	13.7 (73.3%)
73	<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>	+00:24:05 (26.2%)	4:21	13.8 (73.8%)
74	<b>PYSZ Grzegorz</b>	<b>755</b>	HRMAX ŻORY	M-40	11	00:00:16	00:21:09	00:42:26	01:04:21	01:27:13	<b>01:32:11.15</b>	<b>01:32:27.25</b>	+00:24:19 (26.4%)	4:22	13.7 (73.3%)
75	<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>	+00:24:38 (26.6%)	4:23	13.7 (73.3%)
76	<b>GADEK Wojciech</b>	<b>357</b>	WWW.BURGMANIA.NET	M-40	12	00:00:16	00:21:10	00:42:34	01:04:35	01:27:32	<b>01:32:35.35</b>	<b>01:32:52.20</b>	+00:24:44 (26.7%)	4:23	13.7 (73.3%)
77	<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>	+00:24:54 (26.8%)	4:23	13.6 (72.7%)
78	<b>ŁYCZKOWSKI Kamil</b>	<b>271</b>		M-20	35	00:00:53	00:21:09	00:42:43	01:04:47	01:27:41	<b>01:32:21.05</b>	<b>01:33:14.20</b>	+00:24:29 (26.5%)	4:22	13.7 (73.3%)
79	<b>PACZKA Michał</b>	<b>778</b>	GLIWICE	M-40	13	00:00:22	00:22:01	00:43:46	01:05:55	01:28:30	<b>01:33:10.30</b>	<b>01:33:32.35</b>	+00:25:19 (27.2%)	4:24	13.6 (72.7%)
80	<b>WITKIEWICZ Wojciech</b>	<b>216</b>		M-20	36	00:00:09	00:21:25	00:42:59	01:05:22	01:28:50	<b>01:33:47.25</b>	<b>01:33:57.10</b>	+00:25:55 (27.7%)	4:26	13.5 (72.2%)
81	<b>KOWALSKI Wojciech</b>	<b>1178</b>	ITACY BIEGACZE	M-40	14	00:00:36	00:20:54	00:42:28	01:04:36	01:28:12	<b>01:33:23.60</b>	<b>01:33:59.90</b>	+00:25:32 (27.3%)	4:25	13.6 (72.7%)
82	<b>STAROSTKA Jacek</b>	<b>1229</b>	PKO BP	M-40	16	00:00:12	00:22:27	00:44:30	01:06:40	01:29:05	<b>01:33:48.30</b>	<b>01:34:01.05</b>	+00:25:57 (27.7%)	4:26	13.5 (72.2%)
83	<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>	+00:26:10 (27.8%)	4:27	13.5 (72.2%)
84	<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>	+00:25:46 (27.5%)	4:26	13.5 (72.2%)
85	<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>	+00:26:15 (27.9%)	4:27	13.5 (72.2%)
86	<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>	+00:25:47 (27.5%)	4:26	13.5 (72.2%)
87	<b>KOWOLIK Łukasz</b>	<b>1041</b>	NIEDZIELNI KOPACZE	M-20	37	00:00:18	00:22:18	00:44:31	01:06:38	01:29:11	<b>01:33:57.55</b>	<b>01:34:16.00</b>	+00:26:06 (27.8%)	4:27	13.5 (72.2%)
88	<b>BŁACH'BUŁA' Piotr</b>	<b>1037</b>	OPEL ACTIVE TEAM	M-40	18	00:00:16	00:21:31	00:43:39	01:06:07	01:29:11	<b>01:34:08.15</b>	<b>01:34:24.20</b>	+00:26:16 (27.9%)	4:27	13.4 (71.7%)
89	<b>JAWOROWSKI Witold</b>	<b>847</b>		M-50	3	00:00:23	00:22:40	00:45:13	01:07:24	01:29:40	<b>01:34:00.80</b>	<b>01:34:24.25</b>	+00:26:09 (27.8%)	4:27	13.5 (72.2%)
90	<b>PARZONKA Paweł</b>	<b>410</b>	KS LENIWIEC	M-40	17	00:00:37	00:22:09	00:44:13	01:06:24	01:29:09	<b>01:33:49.20</b>	<b>01:34:26.25</b>	+00:25:57 (27.7%)	4:26	13.5 (72.2%)
91	<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>	+00:26:32 (28.1%)	4:28	13.4 (71.7%)
92	<b>KORNACKI Adrian</b>	<b>901</b>		M-40	19	00:00:14	00:21:01	00:42:58	01:05:35	01:29:13	<b>01:34:23.85</b>	<b>01:34:38.30</b>	+00:26:32 (28.1%)	4:28	13.4 (71.7%)
93	<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>	+00:26:35 (28.2%)	4:28	13.4 (71.7%)
94	<b>PAKULSKI Przemysław</b>	<b>634</b>		M-20	39	00:00:44	00:22:22	00:44:40	01:07:01	01:29:28	<b>01:34:05.75</b>	<b>01:34:50.40</b>	+00:26:14 (27.9%)	4:27	13.5 (72.2%)
95	<b>BELZYT Edmund</b>	<b>97</b>	ZABIEGANI CZĘSTOCHOWA	M-50	4	00:00:06	00:22:07	00:44:25	01:06:57	01:29:52	<b>01:34:48.50</b>	<b>01:34:55.40</b>	+00:26:57 (28.4%)	4:29	13.4 (71.7%)

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					
96	WITAS Jacek	766		M-40	15	00:01:18	00:22:52	00:44:45	01:06:43	01:28:46	<b>01:33:39.95</b>	<b>01:34:58.05</b>	+00:25:48 (27.6%)	4:26	13.5 (72.2%)
97	WIECHUŁA Marcin	18		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>	+00:27:02 (28.5%)	4:29	13.3 (71.1%)
98	ZOK Karol	124		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>	+00:27:02 (28.5%)	4:29	13.3 (71.1%)
99	WEBER Tomasz	460		M-20	38	00:01:13	00:22:55	00:45:22	01:07:26	01:29:20	<b>01:34:01.00</b>	<b>01:35:14.45</b>	+00:26:09 (27.8%)	4:27	13.5 (72.2%)
100	NOWAKOWSKI Zenon	1010		M-50	5	00:00:21	00:23:14	00:46:13	01:08:16	01:30:12	<b>01:34:56.05</b>	<b>01:35:17.10</b>	+00:27:04 (28.5%)	4:29	13.3 (71.1%)
101	GALUSKIN Alexey	1032	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>	+00:26:59 (28.5%)	4:29	13.3 (71.1%)
102	WIZOR Jakub	1045		M-20	40	00:00:50	00:22:35	00:45:04	01:07:16	01:29:39	<b>01:34:27.15</b>	<b>01:35:17.60</b>	+00:26:35 (28.2%)	4:28	13.4 (71.7%)
103	PRZEŹDZIĘK Adam	747	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>	+00:27:25 (28.8%)	4:30	13.3 (71.1%)
104	URBAŃCZYK Mariusz	351		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>	+00:27:20 (28.7%)	4:30	13.3 (71.1%)
105	SALASOWICZ Jerzy	640		M-50	6	00:00:12	00:21:59	00:44:26	01:06:57	01:30:19	<b>01:35:14.75</b>	<b>01:35:26.90</b>	+00:27:23 (28.8%)	4:30	13.3 (71.1%)
106	JAMRÓZ Wojciech	477	KW GLIWICE	M-40	20	00:00:11	00:22:10	00:44:36	01:07:17	01:30:27	<b>01:35:27.25</b>	<b>01:35:39.00</b>	+00:27:35 (28.9%)	4:31	13.3 (71.1%)
107	MARCZAK Krzysztof	1228	PKO BP	M-40	21	00:00:12	00:22:33	00:45:09	01:07:53	01:30:42	<b>01:35:28.15</b>	<b>01:35:41.05</b>	+00:27:36 (28.9%)	4:31	13.3 (71.1%)
108	BOROWSKI Piotr	572	OPEL ACTIVE CLUB	M-40	22	00:00:16	00:22:13	00:44:28	01:07:20	01:30:37	<b>01:35:35.55</b>	<b>01:35:51.95</b>	+00:27:44 (29.0%)	4:31	13.2 (70.6%)
109	WOŹNIAK Grzegorz	748	JESTĘ HARDKORĘ	M-20	42	00:00:11	00:21:54	00:43:44	01:06:58	01:30:44	<b>01:35:46.90</b>	<b>01:35:58.25</b>	+00:27:55 (29.2%)	4:32	13.2 (70.6%)
110	CHRAPKOWICZ Damian	426	304	M-20	41	00:00:41	00:22:55	00:45:15	01:07:58	01:30:46	<b>01:35:31.45</b>	<b>01:36:13.10</b>	+00:27:40 (29.0%)	4:31	13.3 (71.1%)
111	SOBALA Witold	977	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>	+00:28:15 (29.4%)	4:33	13.2 (70.6%)
112	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	<b>01:36:05.65</b>	<b>01:36:29.45</b>	+00:28:14 (29.4%)	4:33	13.2 (70.6%)
113	GRAMATYKA Jan	473	FUTURE PROCESSING RUNNING TEAM	M-20	43	00:00:24	00:22:28	00:45:11	01:07:49	01:31:08	<b>01:36:08.00</b>	<b>01:36:32.95</b>	+00:28:16 (29.4%)	4:33	13.2 (70.6%)
114	FURMANEK Łukasz	91	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>	+00:28:33 (29.6%)	4:34	13.1 (70.1%)
115	SZCZYGIĘŁ Krzysztof	883	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>	+00:28:44 (29.8%)	4:34	13.1 (70.1%)
116	BOJARSKI Marek	981	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>	+00:27:29 (28.8%)	4:31	13.3 (71.1%)
117	ABRAHAMOWICZ Jakub	34	RYBNICKA GRUPA BIEGOWA 'PĘDZIMY RAZEM'	M-20	44	00:00:23	00:22:21	00:45:04	01:07:59	01:31:25	<b>01:36:34.00</b>	<b>01:36:57.15</b>	+00:28:42 (29.7%)	4:34	13.1 (70.1%)
118	SZAJEWSKI Jarosław	11	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>	+00:28:54 (29.9%)	4:35	13.1 (70.1%)
119	WŁOSTOWSKI Marek	364	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>	+00:28:36 (29.7%)	4:34	13.1 (70.1%)
120	BEHRENDT Jakub	917		M-40	24	00:00:17	00:22:34	00:45:40	01:08:36	01:32:01	<b>01:36:53.65</b>	<b>01:37:11.15</b>	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
121	DZIAŁOCHA Jakub	819	ODOLANOWSKA DRUŻYNA BIEGOWA	M-20	45	00:00:26	00:23:23	00:46:08	01:08:57	01:31:51	<b>01:36:53.65</b>	<b>01:37:19.70</b>	+00:29:02 (30.0%)	4:35	13.1 (70.1%)

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	<b>PRZERWA Michał</b>	<b>813</b>	KS ICE MAT TEAMOSTRÓW WIELKOPOLSKI	M-20	46	00:00:26	00:23:23	00:46:08	01:08:57	01:31:52	<b>01:36:53.70</b>	<b>01:37:19.85</b>	+00:29:02 (30.0%)	4:35	13.1 (70.1%)
123	<b>FILIPIAK Hieronim</b>	<b>1064</b>	KADRA BOBREK - CENTRUM	M-40	25	00:00:16	00:23:10	00:45:42	01:08:42	01:32:08	<b>01:37:07.25</b>	<b>01:37:24.20</b>	+00:29:15 (30.1%)	4:36	13 (69.5%)
124	<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>	+00:29:39 (30.4%)	4:37	13 (69.5%)
125	<b>ŚLIWA Paweł</b>	<b>834</b>	42 DO SZCZĘŚCIA	M-20	47	00:00:31	00:22:54	00:45:33	01:08:38	01:32:07	<b>01:37:01.00</b>	<b>01:37:32.45</b>	+00:29:09 (30.1%)	4:35	13 (69.5%)
126	<b>BŁASZCZYK Dominik</b>	<b>294</b>	NIGHT RUNNERS GLIWICE	M-20	48	00:00:31	00:22:29	00:45:33	01:08:38	01:32:07	<b>01:37:02.05</b>	<b>01:37:33.30</b>	+00:29:10 (30.1%)	4:35	13 (69.5%)
127	<b>ZIAJA Stefan</b>	<b>877</b>		M-40	28	00:00:03	00:22:36	00:45:49	01:09:11	01:32:42	<b>01:37:31.70</b>	<b>01:37:34.70</b>	+00:29:40 (30.4%)	4:37	13 (69.5%)
128	<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>	+00:29:32 (30.3%)	4:36	13 (69.5%)
129	<b>SOPEL Arkadiusz</b>	<b>1273</b>	OTK RZEŹNIK	M-40	29	00:00:04	00:21:49	00:44:45	01:08:10	01:32:27	<b>01:37:32.75</b>	<b>01:37:37.50</b>	+00:29:41 (30.4%)	4:37	13 (69.5%)
130	<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>	+00:29:08 (30.0%)	4:35	13.1 (70.1%)
131	<b>HOŁYŃSKI Tomasz</b>	<b>85</b>		M-40	27	00:00:24	00:22:44	00:45:03	01:08:03	01:32:25	<b>01:37:29.70</b>	<b>01:37:54.55</b>	+00:29:38 (30.4%)	4:37	13 (69.5%)
132	<b>WOJCIECHOWSKI Krzysztof</b>	<b>566</b>	RADLINIOKIW BIEGU	M-40	31	00:00:11	00:23:13	00:46:11	01:09:15	01:32:45	<b>01:37:45.15</b>	<b>01:37:56.15</b>	+00:29:53 (30.6%)	4:37	13 (69.5%)
133	<b>CZELNY Tomasz</b>	<b>76</b>	SMASHING PĄPKINS	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>	+00:29:55 (30.6%)	4:38	12.9 (69.0%)
134	<b>KRUPA Grzegorz</b>	<b>1179</b>		M-40	26	00:00:35	00:22:56	00:45:47	01:08:51	01:32:25	<b>01:37:26.65</b>	<b>01:38:02.20</b>	+00:29:35 (30.4%)	4:37	13 (69.5%)
135	<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>	+00:29:51 (30.6%)	4:37	13 (69.5%)
136	<b>SIEJA Szymon</b>	<b>1145</b>	JW AGAT	M-20	50	00:00:12	00:22:55	00:46:23	01:09:40	01:32:59	<b>01:38:03.10</b>	<b>01:38:15.35</b>	+00:30:11 (30.8%)	4:38	12.9 (69.0%)
137	<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>	+00:30:17 (30.9%)	4:39	12.9 (69.0%)
138	<b>ZAWADZKI Karol</b>	<b>793</b>	RADLIN	M-20	51	00:00:12	00:23:24	00:47:05	01:10:31	01:33:29	<b>01:38:04.05</b>	<b>01:38:16.05</b>	+00:30:12 (30.8%)	4:38	12.9 (69.0%)
139	<b>KAMOLA Sławomir</b>	<b>907</b>		M-40	30	00:00:37	00:23:51	00:46:59	01:10:05	01:32:56	<b>01:37:43.60</b>	<b>01:38:21.55</b>	+00:29:52 (30.6%)	4:37	13 (69.5%)
140	<b>SYCAN Krzysztof</b>	<b>625</b>	PKO BANK POLSKI	M-40	32	00:00:09	00:22:34	00:45:47	01:09:17	01:33:06	<b>01:38:13.85</b>	<b>01:38:23.30</b>	+00:30:22 (30.9%)	4:39	12.9 (69.0%)
141	<b>GRZYB Dariusz</b>	<b>996</b>	NIEZRZESZONY	M-40	34	00:00:07	00:20:52	00:42:37	01:06:13	01:32:18	<b>01:38:25.15</b>	<b>01:38:32.15</b>	+00:30:33 (31.1%)	4:39	12.9 (69.0%)
142	<b>KAŁAMARZ Mariusz</b>	<b>218</b>	RUN KAZIK RUN!	M-40	33	00:00:19	00:21:52	00:44:51	01:08:43	01:33:08	<b>01:38:13.90</b>	<b>01:38:33.85</b>	+00:30:22 (30.9%)	4:39	12.9 (69.0%)
143	<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>	+00:28:49 (29.8%)	4:34	13.1 (70.1%)
144	<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>	+00:30:02 (30.7%)	4:38	12.9 (69.0%)
145	<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>	+00:30:13 (30.8%)	4:38	12.9 (69.0%)
146	<b>KOCHUIEVSKYI Oleksandr</b>	<b>900</b>		M-20	53	00:00:00	00:24:59	00:47:43	01:10:33	01:33:46	<b>01:38:46.55</b>	<b>01:38:46.55</b>	+00:30:55 (31.3%)	4:40	12.8 (68.4%)
147	<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>	+00:30:36 (31.1%)	4:39	12.9 (69.0%)

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					
148	<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>	+00:30:36 (31.1%)	4:40	12.9 (69.0%)
149	<b>LESIK Henryk</b>	<b>589</b>		M-50	8	00:00:26	00:23:07	00:46:06	01:09:24	01:33:17	<b>01:38:24.00</b>	<b>01:38:50.25</b>	+00:30:32 (31.0%)	4:39	12.9 (69.0%)
150	<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>	+00:30:48 (31.2%)	4:40	12.8 (68.4%)
151	<b>MACZUGA Bartłomiej</b>	<b>1033</b>		M-20	49	00:01:01	00:24:10	00:46:54	01:09:19	01:32:56	<b>01:37:55.25</b>	<b>01:38:56.65</b>	+00:30:03 (30.7%)	4:38	12.9 (69.0%)
152	<b>PIĄTEK Mateusz</b>	<b>489</b>		M-20	52	00:00:25	00:23:57	00:47:16	01:10:30	01:33:46	<b>01:38:31.40</b>	<b>01:38:56.75</b>	+00:30:40 (31.1%)	4:40	12.9 (69.0%)
153	<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>	+00:29:41 (30.4%)	4:37	13 (69.5%)
153	<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>	+00:30:50 (31.2%)	4:40	12.8 (68.4%)
155	<b>OPANOWSKI Dariusz</b>	<b>146</b>		M-40	36	00:00:13	00:22:48	00:46:17	01:09:36	01:33:35	<b>01:38:45.00</b>	<b>01:38:58.45</b>	+00:30:53 (31.3%)	4:40	12.8 (68.4%)
156	<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>	+00:30:41 (31.1%)	4:40	12.8 (68.4%)
157	<b>JUPP Ashley</b>	<b>708</b>		M-20	54	00:00:10	00:20:38	00:42:04	01:04:49	01:33:03	<b>01:38:57.05</b>	<b>01:39:07.10</b>	+00:31:05 (31.4%)	4:41	12.8 (68.4%)
158	<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>	+00:30:32 (31.0%)	4:39	12.9 (69.0%)
159	<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>	+00:31:03 (31.4%)	4:41	12.8 (68.4%)
160	<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>	+00:31:06 (31.4%)	4:41	12.8 (68.4%)
161	<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>	+00:30:53 (31.3%)	4:40	12.8 (68.4%)
162	<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>	+00:30:46 (31.2%)	4:40	12.8 (68.4%)
162	<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>	+00:31:01 (31.4%)	4:41	12.8 (68.4%)
164	<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>	+00:30:57 (31.3%)	4:40	12.8 (68.4%)
165	<b>BEHRENDT Bartek</b>	<b>614</b>	NIGHT RUNNERS GLIWICE	M-40	38	00:00:19	00:22:36	00:46:11	01:09:59	01:33:56	<b>01:39:00.50</b>	<b>01:39:19.90</b>	+00:31:09 (31.5%)	4:41	12.8 (68.4%)
166	<b>STĘPIEŃ Wojciech</b>	<b>47</b>	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	<b>01:38:38.55</b>	<b>01:39:26.50</b>	+00:30:47 (31.2%)	4:40	12.8 (68.4%)
167	<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>	+00:31:08 (31.5%)	4:41	12.8 (68.4%)
168	<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>	+00:31:21 (31.6%)	4:42	12.8 (68.4%)
169	<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>	+00:31:22 (31.6%)	4:42	12.8 (68.4%)
170	<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>	+00:31:11 (31.5%)	4:41	12.8 (68.4%)
171	<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>	+00:31:24 (31.6%)	4:42	12.8 (68.4%)
172	<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>	+00:31:39 (31.8%)	4:42	12.7 (67.9%)
173	<b>SKLORZ Marcin</b>	<b>937</b>		M-20	55	00:00:17	00:24:04	00:47:23	01:10:47	01:34:38	<b>01:39:29.05</b>	<b>01:39:46.30</b>	+00:31:37 (31.8%)	4:42	12.7 (67.9%)

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					
174	STUCHLIK Tadeusz	697		M-40	42	00:00:22	00:23:16	00:46:57	01:10:23	01:34:11	<b>01:39:26.20</b>	<b>01:39:48.60</b>	+00:31:34 (31.8%)	4:42	12.7 (67.9%)
175	FEODORÓW Wojciech	530		M-40	40	00:00:34	00:23:47	00:47:33	01:10:58	01:34:29	<b>01:39:18.75</b>	<b>01:39:53.25</b>	+00:31:27 (31.7%)	4:42	12.7 (67.9%)
176	KURCZEK Tomasz	600		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>	+00:31:33 (31.7%)	4:42	12.7 (67.9%)
177	STACHURA Mateusz	1200	PEACEMAKER	M-20	56	00:00:18	00:23:17	00:46:59	01:10:24	01:33:53	<b>01:39:41.45</b>	<b>01:39:59.70</b>	+00:31:50 (31.9%)	4:43	12.7 (67.9%)
178	JAWORSKI Daniel	399		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>	+00:31:09 (31.5%)	4:41	12.8 (68.4%)
179	MALCHERCZYK Andrzej	374		M-50	7	00:02:08	00:24:02	00:46:58	01:10:06	01:33:07	<b>01:37:56.60</b>	<b>01:40:04.95</b>	+00:30:05 (30.7%)	4:38	12.9 (69.0%)
180	ŚWIĄTEK Arkadiusz	895		M-40	43	00:00:13	00:22:24	00:46:01	01:10:13	01:34:40	<b>01:39:51.65</b>	<b>01:40:05.50</b>	+00:32:00 (32.1%)	4:43	12.7 (67.9%)
181	ROSKOSZ Rafał	1004	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>	+00:32:04 (32.1%)	4:44	12.7 (67.9%)
182	ŁUKASZEK Grzegorz	787		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>	+00:31:27 (31.7%)	4:42	12.7 (67.9%)
183	SZULC Sebastian	13		M-20	57	00:00:22	00:22:40	00:46:31	01:09:53	01:34:24	<b>01:39:45.80</b>	<b>01:40:07.85</b>	+00:31:54 (32.0%)	4:43	12.7 (67.9%)
184	SUCH Arkadiusz	622		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>	+00:31:32 (31.7%)	4:42	12.7 (67.9%)
185	PUSTELNIK Paweł	599	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>	+00:32:06 (32.1%)	4:44	12.7 (67.9%)
186	PYZIK Tomasz	253	DRUŻYNA MOJACUKRZYCA.PL	M-40	46	00:00:15	00:23:09	00:46:50	01:10:30	01:34:52	<b>01:40:06.85</b>	<b>01:40:22.25</b>	+00:32:15 (32.2%)	4:44	12.6 (67.4%)
187	OKSIĘDZKI Tomasz Jan	362	DOGOŃ GRODZISK MAZOWIECKI	M-20	58	00:00:07	00:22:44	00:46:26	01:10:26	01:36:06	<b>01:40:16.85</b>	<b>01:40:24.40</b>	+00:32:25 (32.3%)	4:45	12.6 (67.4%)
188	KOSTRUBAŁA Kacper	717	ORANGE POLSKA	M-40	45	00:00:21	00:23:47	00:47:04	01:10:36	01:34:45	<b>01:40:04.70</b>	<b>01:40:26.35</b>	+00:32:13 (32.2%)	4:44	12.6 (67.4%)
189	GRONDYS Michał	151	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>	+00:32:33 (32.4%)	4:45	12.6 (67.4%)
190	STASZEWSKI Łukasz	352		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>	+00:32:22 (32.3%)	4:44	12.6 (67.4%)
191	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>	+00:32:36 (32.5%)	4:45	12.6 (67.4%)
192	GERMUGA Sebastian	15	OPEL ACTIVE TEAM	M-40	47	00:00:18	00:22:14	00:45:27	01:09:40	01:34:38	<b>01:40:18.35</b>	<b>01:40:37.00</b>	+00:32:27 (32.4%)	4:45	12.6 (67.4%)
193	PACUŁA Piotr	93	OPEL ACTIVE TEAM GLIWICE	M-50	10	00:00:06	00:23:28	00:46:57	01:10:39	01:35:07	<b>01:40:36.55</b>	<b>01:40:43.25</b>	+00:32:45 (32.6%)	4:46	12.6 (67.4%)
193	GAWĘŁKO Janusz	541		M-50	9	00:00:20	00:23:19	00:47:05	01:10:47	01:35:13	<b>01:40:23.05</b>	<b>01:40:43.25</b>	+00:32:31 (32.4%)	4:45	12.6 (67.4%)
195	BAGAN Grzegorz	42	GOGGLE PAE TEAM	M-40	49	00:00:20	00:23:20	00:46:57	01:10:34	01:35:16	<b>01:40:30.30</b>	<b>01:40:51.10</b>	+00:32:39 (32.5%)	4:45	12.6 (67.4%)
196	HANKUS Łukasz	1018		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>	+00:32:08 (32.1%)	4:44	12.7 (67.9%)
197	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>	+00:32:44 (32.5%)	4:46	12.6 (67.4%)
198	DZIĘGIELEWSKI Adam	995	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>	+00:32:34 (32.4%)	4:45	12.6 (67.4%)
199	SMALEC Maksymilian	12		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>	+00:31:27 (31.7%)	4:42	12.7 (67.9%)



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					
200	<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>	+00:32:36 (32.5%)	4:45	12.6 (67.4%)
201	<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>	+00:31:21 (31.6%)	4:42	12.8 (68.4%)
202	<b>OKOŃ Łukasz</b>	<b>475</b>		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>	+00:32:55 (32.7%)	4:46	12.6 (67.4%)
203	<b>ZIOŁA Mirosław</b>	<b>144</b>		M-40	37	00:02:18	00:23:16	00:45:18	01:08:12	01:32:46	<b>01:38:50.05</b>	<b>01:41:08.10</b>	+00:30:58 (31.3%)	4:41	12.8 (68.4%)
204	<b>REMIORZ Piotr</b>	<b>1096</b>		M-40	44	00:01:05	00:24:15	00:47:04	01:10:32	01:34:53	<b>01:40:03.95</b>	<b>01:41:09.30</b>	+00:32:12 (32.2%)	4:44	12.7 (67.9%)
205	<b>GÓRECKI Ryszard</b>	<b>1274</b>		M-50	11	00:00:24	00:23:09	00:46:56	01:10:32	01:35:29	<b>01:40:46.40</b>	<b>01:41:11.15</b>	+00:32:55 (32.7%)	4:46	12.6 (67.4%)
206	<b>KRYŃSKI Maciej</b>	<b>488</b>	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>	+00:32:48 (32.6%)	4:46	12.6 (67.4%)
207	<b>TROJAN Piotr</b>	<b>916</b>	JEBACWYCIAGI	M-40	41	00:01:53	00:24:43	00:48:14	01:11:29	01:34:27	<b>01:39:25.45</b>	<b>01:41:18.80</b>	+00:31:34 (31.8%)	4:42	12.7 (67.9%)
208	<b>DZIECIĄTKOWSKI Jarosław</b>	<b>176</b>	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>	+00:33:11 (32.8%)	4:47	12.5 (66.8%)
209	<b>WZOREK Marcin</b>	<b>337</b>	OPEL ACTIVE TEAM	M-40	51	00:00:20	00:23:45	00:47:41	01:11:42	01:36:01	<b>01:41:02.65</b>	<b>01:41:22.90</b>	+00:33:11 (32.8%)	4:47	12.5 (66.8%)
210	<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>	+00:32:31 (32.4%)	4:45	12.6 (67.4%)
211	<b>BEŚKA Sławomir</b>	<b>99</b>	OCHAJO RUN	M-40	39	00:02:19	00:24:39	00:47:46	01:10:43	01:33:56	<b>01:39:07.80</b>	<b>01:41:27.25</b>	+00:31:16 (31.5%)	4:41	12.8 (68.4%)
212	<b>MATUSIAK Radosław</b>	<b>495</b>	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>	+00:33:09 (32.8%)	4:47	12.5 (66.8%)
213	<b>RACZEK Sławomir</b>	<b>107</b>		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>	+00:33:17 (32.9%)	4:47	12.5 (66.8%)
214	<b>NAPIERAJ Andrzej</b>	<b>776</b>	FALSTART RUDNIKI	M-40	53	00:00:25	00:23:41	00:47:21	01:11:19	01:36:02	<b>01:41:20.10</b>	<b>01:41:45.70</b>	+00:33:28 (33.0%)	4:48	12.5 (66.8%)
215	<b>RAWŁUSZEWICZ Waldemar</b>	<b>604</b>	ASTERINA	M-40	48	00:01:21	00:24:35	00:48:28	01:11:55	01:35:27	<b>01:40:27.35</b>	<b>01:41:48.45</b>	+00:32:36 (32.5%)	4:45	12.6 (67.4%)
216	<b>PAWLIK Marek</b>	<b>378</b>		M-40	52	00:00:32	00:23:29	00:47:14	01:11:13	01:36:04	<b>01:41:18.30</b>	<b>01:41:50.90</b>	+00:33:27 (33.0%)	4:48	12.5 (66.8%)
217	<b>DZIEDZIC Andrzej</b>	<b>579</b>	BHP	M-40	50	00:00:56	00:22:54	00:46:13	01:10:22	01:35:36	<b>01:40:58.50</b>	<b>01:41:54.55</b>	+00:33:07 (32.8%)	4:47	12.5 (66.8%)
218	<b>ZMEŁTY Leszek</b>	<b>478</b>	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>	+00:33:50 (33.3%)	4:49	12.4 (66.3%)
219	<b>GARUS Tomasz</b>	<b>588</b>	304	M-20	59	00:01:10	00:24:55	00:48:40	01:11:55	01:35:52	<b>01:40:49.00</b>	<b>01:41:59.45</b>	+00:32:57 (32.7%)	4:46	12.6 (67.4%)
220	<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>	+00:32:22 (32.3%)	4:45	12.6 (67.4%)
221	<b>HAMZIUK Stanisław</b>	<b>898</b>		M-20	62	00:00:31	00:23:40	00:47:30	01:11:45	01:36:15	<b>01:41:32.30</b>	<b>01:42:03.75</b>	+00:33:41 (33.2%)	4:48	12.5 (66.8%)
222	<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>	+00:32:21 (32.3%)	4:44	12.6 (67.4%)
223	<b>PTASZYŃSKI Tomasz</b>	<b>967</b>	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>	+00:33:57 (33.3%)	4:49	12.4 (66.3%)
224	<b>STARŻYK Piotr</b>	<b>133</b>	RUNSTARS	M-40	55	00:00:28	00:24:25	00:48:13	01:11:41	01:36:31	<b>01:41:39.70</b>	<b>01:42:08.30</b>	+00:33:48 (33.3%)	4:49	12.5 (66.8%)
225	<b>ORLIK Jerzy</b>	<b>115</b>		M-50	14	00:00:07	00:23:28	00:47:01	01:11:27	01:36:36	<b>01:42:05.20</b>	<b>01:42:12.30</b>	+00:34:13 (33.5%)	4:50	12.4 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
226	<b>GRYSKA Piotr</b>	<b>1296</b>		M-40	57	00:00:08	00:23:59	00:47:33	01:11:35	01:36:40	<b>01:42:07.50</b>	<b>01:42:16.05</b>	+00:34:16 (33.6%)	4:50	12.4 (66.3%)
227	<b>SADŁO Tomasz</b>	<b>157</b>	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>	+00:33:06 (32.8%)	4:47	12.5 (66.8%)
228	<b>KISIELEWSKI Marek</b>	<b>511</b>	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>	+00:33:41 (33.2%)	4:48	12.5 (66.8%)
229	<b>ZARZYCKI Krzysztof</b>	<b>578</b>	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>	+00:34:16 (33.6%)	4:50	12.4 (66.3%)
230	<b>PODOLAK Alfred</b>	<b>709</b>	NIEZRZESZONY	M-50	12	00:00:22	00:22:03	00:45:27	01:10:31	01:36:45	<b>01:41:58.95</b>	<b>01:42:21.15</b>	+00:34:07 (33.5%)	4:50	12.4 (66.3%)
231	<b>NOWAK Mariusz</b>	<b>359</b>	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>	+00:34:00 (33.4%)	4:49	12.4 (66.3%)
232	<b>RUSZEL Bartosz</b>	<b>855</b>	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>	+00:34:26 (33.7%)	4:50	12.4 (66.3%)
233	<b>KOŃCZAK Maciej</b>	<b>815</b>	KROTOSZ KROTOSZYN	M-40	58	00:00:21	00:23:41	00:47:19	01:11:35	01:36:51	<b>01:42:10.70</b>	<b>01:42:31.85</b>	+00:34:19 (33.6%)	4:50	12.4 (66.3%)
234	<b>DWORSKI Marek</b>	<b>332</b>	AKMB PĘDZIWIATR GLIWICE	M-60	1	00:00:39	00:23:54	00:47:37	01:11:38	01:36:26	<b>01:41:53.70</b>	<b>01:42:33.55</b>	+00:34:02 (33.4%)	4:49	12.4 (66.3%)
235	<b>REMPUSZEWSKI Mateusz</b>	<b>993</b>		M-20	60	00:01:12	00:26:27	00:52:35	01:14:20	01:36:33	<b>01:41:25.25</b>	<b>01:42:37.45</b>	+00:33:33 (33.1%)	4:48	12.5 (66.8%)
236	<b>SAJDOK Łukasz</b>	<b>930</b>		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>	+00:33:34 (33.1%)	4:48	12.5 (66.8%)
237	<b>SZCZYRA Jan</b>	<b>434</b>	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>	+00:33:59 (33.4%)	4:49	12.4 (66.3%)
238	<b>JACKOWICZ Rafał</b>	<b>828</b>	JACKOWICZ TEAM	M-40	59	00:00:35	00:23:29	00:47:05	01:11:21	01:36:49	<b>01:42:19.85</b>	<b>01:42:55.10</b>	+00:34:28 (33.7%)	4:50	12.4 (66.3%)
239	<b>BEDNORZ Roman</b>	<b>962</b>	TECHNOMEX	M-20	61	00:01:27	00:24:45	00:49:13	01:13:13	01:36:35	<b>01:41:28.65</b>	<b>01:42:55.75</b>	+00:33:37 (33.1%)	4:48	12.5 (66.8%)
240	<b>PIOTROWSKI Krzysztof</b>	<b>38</b>	CROSS KRAPKOWICE	M-40	56	00:01:01	00:23:22	00:47:07	01:11:19	01:36:32	<b>01:41:56.50</b>	<b>01:42:58.05</b>	+00:34:05 (33.4%)	4:49	12.4 (66.3%)
241	<b>CIUMAN Piotr</b>	<b>343</b>		M-20	65	00:00:19	00:23:16	00:46:57	01:10:48	01:37:01	<b>01:42:41.30</b>	<b>01:43:00.95</b>	+00:34:50 (33.9%)	4:51	12.3 (65.8%)
242	<b>FORCZEK Grzegorz</b>	<b>507</b>		M-50	15	00:00:23	00:24:09	00:48:02	01:12:14	01:37:10	<b>01:42:39.20</b>	<b>01:43:02.85</b>	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
243	<b>KARASIŃSKI Łukasz</b>	<b>125</b>		M-20	67	00:00:19	00:23:18	00:47:01	01:10:49	01:37:14	<b>01:42:54.10</b>	<b>01:43:13.85</b>	+00:35:02 (34.1%)	4:52	12.3 (65.8%)
244	<b>ŚWIDEREK Andrzej</b>	<b>854</b>	NIEZRZESZONY	M-40	63	00:00:35	00:24:22	00:48:27	01:12:46	01:37:36	<b>01:42:44.35</b>	<b>01:43:20.00</b>	+00:34:53 (34.0%)	4:52	12.3 (65.8%)
245	<b>KUBIS Adrian</b>	<b>909</b>		M-40	62	00:00:43	00:24:50	00:48:59	01:13:06	01:37:37	<b>01:42:43.95</b>	<b>01:43:27.80</b>	+00:34:52 (33.9%)	4:52	12.3 (65.8%)
246	<b>NAZARKO Marek</b>	<b>910</b>		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>	+00:35:09 (34.1%)	4:52	12.3 (65.8%)
247	<b>MOREK Krzysztof</b>	<b>415</b>	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>	+00:35:05 (34.1%)	4:52	12.3 (65.8%)
248	<b>BORSIAK Sebastian</b>	<b>104</b>		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>	+00:34:32 (33.7%)	4:51	12.4 (66.3%)
249	<b>SULICH Michał</b>	<b>912</b>		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>	+00:34:26 (33.7%)	4:50	12.4 (66.3%)
250	<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>	+00:35:27 (34.3%)	4:53	12.3 (65.8%)
250	<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>	+00:35:22 (34.3%)	4:53	12.3 (65.8%)

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					
252	<b>RYCHLEWICZ Tomasz</b>	<b>396</b>		M-20	70	00:00:07	00:23:32	00:47:14	01:11:19	01:37:37	<b>01:43:36.95</b>	<b>01:43:44.10</b>	+00:35:45 (34.5%)	4:54	12.2 (65.2%)
253	<b>BRZEZINA Arkadiusz</b>	<b>59</b>	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>	+00:35:14 (34.2%)	4:53	12.3 (65.8%)
254	<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>	+00:35:46 (34.5%)	4:54	12.2 (65.2%)
255	<b>BUJA Błażej</b>	<b>321</b>	BIEGACZE CSR	M-20	68	00:00:41	00:23:53	00:47:42	01:11:37	01:37:37	<b>01:43:08.25</b>	<b>01:43:50.15</b>	+00:35:16 (34.2%)	4:53	12.3 (65.8%)
256	<b>LIGUDZIŃSKI Andrzej</b>	<b>593</b>	ZA GARŚC BANANÓW	M-40	60	00:01:33	00:23:33	00:47:32	01:11:56	01:37:13	<b>01:42:20.10</b>	<b>01:43:53.65</b>	+00:34:28 (33.7%)	4:50	12.4 (66.3%)
257	<b>KŁACZEK Grzegorz</b>	<b>848</b>	NIEZRZESZONY	M-50	13	00:01:51	00:24:38	00:48:20	01:12:27	01:36:52	<b>01:42:03.50</b>	<b>01:43:55.05</b>	+00:34:12 (33.5%)	4:50	12.4 (66.3%)
258	<b>ZAPOTOCZNY Przemysław</b>	<b>861</b>		M-40	54	00:02:18	00:24:42	00:48:13	01:11:56	01:36:22	<b>01:41:36.75</b>	<b>01:43:55.60</b>	+00:33:45 (33.2%)	4:48	12.5 (66.8%)
259	<b>NAWARA Arkadiusz</b>	<b>845</b>		M-20	63	00:01:59	00:24:39	00:48:28	01:12:15	01:36:42	<b>01:41:56.45</b>	<b>01:43:55.95</b>	+00:34:05 (33.4%)	4:49	12.4 (66.3%)
260	<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>	+00:35:22 (34.3%)	4:53	12.3 (65.8%)
261	<b>RUTKOWSKI Michał</b>	<b>309</b>		M-20	66	00:01:10	00:24:56	00:49:19	01:13:06	01:37:39	<b>01:42:48.35</b>	<b>01:43:58.40</b>	+00:34:57 (34.0%)	4:52	12.3 (65.8%)
262	<b>FRAĆ Dariusz</b>	<b>140</b>	NIGHT RUNNERS GLIWICE	M-40	66	00:00:47	00:24:24	00:48:30	01:12:53	01:38:00	<b>01:43:13.70</b>	<b>01:44:01.65</b>	+00:35:22 (34.3%)	4:53	12.3 (65.8%)
263	<b>SKOWRON Marcin</b>	<b>483</b>		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>	+00:35:11 (34.2%)	4:52	12.3 (65.8%)
264	<b>BOCHENEK Marcin</b>	<b>751</b>		M-40	69	00:00:19	00:23:21	00:47:02	01:11:16	01:37:42	<b>01:43:43.65</b>	<b>01:44:03.35</b>	+00:35:52 (34.6%)	4:54	12.2 (65.2%)
265	<b>GOLDA Piotr</b>	<b>952</b>		M-40	65	00:00:55	00:26:33	00:51:22	01:15:24	01:38:24	<b>01:43:08.50</b>	<b>01:44:04.30</b>	+00:35:17 (34.2%)	4:53	12.3 (65.8%)
266	<b>KOSMACZEWSKI Michał</b>	<b>1101</b>		M-20	64	00:01:26	00:24:35	00:49:03	01:12:50	01:37:23	<b>01:42:38.40</b>	<b>01:44:04.70</b>	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
267	<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>	+00:35:27 (34.3%)	4:53	12.3 (65.8%)
268	<b>NITKA Sebastian</b>	<b>356</b>		M-40	61	00:01:40	00:24:28	00:48:28	01:12:45	01:37:31	<b>01:42:38.65</b>	<b>01:44:18.95</b>	+00:34:47 (33.9%)	4:51	12.3 (65.8%)
269	<b>BYLINOWSKI Oleg</b>	<b>711</b>	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>	+00:35:10 (34.1%)	4:52	12.3 (65.8%)
270	<b>KOCYBA Andrzej</b>	<b>795</b>	NIEZRZESZONY	M-40	67	00:00:44	00:25:00	00:49:05	01:13:04	01:38:07	<b>01:43:39.45</b>	<b>01:44:24.35</b>	+00:35:48 (34.5%)	4:54	12.2 (65.2%)
271	<b>GRZEGORCZYK Wojciech</b>	<b>1146</b>	JW AGAT	M-16	3	00:00:51	00:23:40	00:47:30	01:12:10	01:38:02	<b>01:43:35.90</b>	<b>01:44:26.95</b>	+00:35:44 (34.5%)	4:54	12.2 (65.2%)
272	<b>HETMAŃCZYK Ireneusz</b>	<b>505</b>	FAST FOOT OPOLE	M-40	64	00:01:28	00:23:37	00:47:47	01:12:00	01:37:34	<b>01:42:58.40</b>	<b>01:44:27.25</b>	+00:35:07 (34.1%)	4:52	12.3 (65.8%)
273	<b>ZĘBALA Bartłomiej</b>	<b>1122</b>		M-20	77	00:00:07	00:22:59	00:47:11	01:11:54	01:38:52	<b>01:44:26.10</b>	<b>01:44:33.65</b>	+00:36:34 (35.0%)	4:56	12.1 (64.7%)
274	<b>CZOK Adrian</b>	<b>540</b>		M-40	70	00:00:38	00:24:31	00:49:11	01:13:46	01:38:47	<b>01:43:59.25</b>	<b>01:44:38.20</b>	+00:36:07 (34.7%)	4:55	12.2 (65.2%)
275	<b>STAŃCZAK Grzegorz</b>	<b>222</b>		M-20	75	00:00:38	00:22:41	00:46:16	01:10:56	01:37:59	<b>01:44:00.65</b>	<b>01:44:38.75</b>	+00:36:09 (34.8%)	4:55	12.2 (65.2%)
276	<b>KACZMAREK Sławomir</b>	<b>1148</b>	JW AGAT	M-20	71	00:00:50	00:26:20	00:50:12	01:14:55	01:38:58	<b>01:43:49.50</b>	<b>01:44:40.35</b>	+00:35:58 (34.6%)	4:55	12.2 (65.2%)
277	<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>	+00:35:46 (34.5%)	4:54	12.2 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
278	BATKO Janusz	328		M-40	71	00:00:39	00:23:40	00:48:05	01:13:04	01:38:37	<b>01:44:02.90</b>	<b>01:44:42.40</b>	+00:36:11 (34.8%)	4:55	12.2 (65.2%)
279	BELUCH Witold	463		M-40	68	00:01:02	00:24:37	00:48:43	01:13:02	01:38:21	<b>01:43:42.80</b>	<b>01:44:45.00</b>	+00:35:51 (34.6%)	4:54	12.2 (65.2%)
280	JAMROSZ Bartosz	1118		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>	+00:36:50 (35.2%)	4:57	12.1 (64.7%)
281	MICHALSKI Dariusz	585	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-40	72	00:00:39	00:24:43	00:49:29	01:14:08	01:38:51	<b>01:44:11.65</b>	<b>01:44:50.85</b>	+00:36:20 (34.9%)	4:56	12.2 (65.2%)
282	NOWAK Adam	365	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>	+00:36:37 (35.1%)	4:57	12.1 (64.7%)
283	SZADKOWSKI Paweł	51	NIGHT RUNNERS GLIWICE	M-20	76	00:00:38	00:24:31	00:48:53	01:13:22	01:38:56	<b>01:44:19.45</b>	<b>01:44:58.00</b>	+00:36:28 (35.0%)	4:56	12.1 (64.7%)
284	IBROM Mateusz	67	BIEGAMY Z SERCEM.PL	M-20	72	00:01:07	00:25:04	00:49:50	01:14:19	01:38:54	<b>01:43:53.65</b>	<b>01:45:00.75</b>	+00:36:02 (34.7%)	4:55	12.2 (65.2%)
285	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>	+00:34:53 (34.0%)	4:52	12.3 (65.8%)
286	KUKUŁA Adam	369		M-20	74	00:01:06	00:25:40	00:50:53	01:15:13	01:39:27	<b>01:43:57.40</b>	<b>01:45:03.70</b>	+00:36:06 (34.7%)	4:55	12.2 (65.2%)
287	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	<b>01:44:41.05</b>	<b>01:45:04.85</b>	+00:36:49 (35.2%)	4:57	12.1 (64.7%)
288	TRONINA Grzegorz	5	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>	+00:37:01 (35.3%)	4:58	12.1 (64.7%)
289	MATYSIK Marcin	1150	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>	+00:36:30 (35.0%)	4:56	12.1 (64.7%)
290	IMIOŁEK Krzysztof	109		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>	+00:37:16 (35.5%)	4:58	12 (64.2%)
291	KAMIŃSKI Maciej	864		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>	+00:37:02 (35.3%)	4:58	12.1 (64.7%)
292	POLAK Krzysztof	29	OPEL ACTIVE TEAM	M-40	76	00:00:22	00:23:57	00:48:09	01:13:20	01:39:31	<b>01:44:58.70</b>	<b>01:45:21.25</b>	+00:37:07 (35.4%)	4:58	12.1 (64.7%)
293	GRABKOWSKI Robert	1011	KB SUKCES ŻMIGRÓD	M-40	73	00:00:50	00:23:51	00:48:01	01:12:31	01:38:57	<b>01:44:34.05</b>	<b>01:45:24.90</b>	+00:36:42 (35.1%)	4:57	12.1 (64.7%)
294	WYRÓD Karol	465	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>	+00:37:07 (35.4%)	4:58	12.1 (64.7%)
295	SMUDA Andrzej	70	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>	+00:36:55 (35.2%)	4:57	12.1 (64.7%)
296	BUCHAŁA Bartłomiej	1094		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>	+00:36:30 (35.0%)	4:56	12.1 (64.7%)
297	BUJAK Miłosz	1027		M-20	73	00:01:37	00:24:32	00:49:29	01:14:12	01:38:46	<b>01:43:54.95</b>	<b>01:45:32.25</b>	+00:36:03 (34.7%)	4:55	12.2 (65.2%)
298	DWORNICZAK Paweł	868		M-20	69	00:02:00	00:24:57	00:49:39	01:14:16	01:38:44	<b>01:43:31.80</b>	<b>01:45:32.55</b>	+00:35:40 (34.5%)	4:54	12.2 (65.2%)
299	ZASOŃ Tomasz	654		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>	+00:36:41 (35.1%)	4:57	12.1 (64.7%)
300	STACHOŃ Jacek	1083		M-40	74	00:01:10	00:24:48	00:49:20	01:13:41	01:39:17	<b>01:44:34.75</b>	<b>01:45:45.70</b>	+00:36:43 (35.1%)	4:57	12.1 (64.7%)
301	MODZELEWSKI Adrian	920	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>	+00:37:12 (35.4%)	4:58	12 (64.2%)
302	WILK Dawid	153	NIGHT RUNNERS ZABRZE	M-20	78	00:01:21	00:24:57	00:49:44	01:14:34	01:39:20	<b>01:44:28.70</b>	<b>01:45:50.10</b>	+00:36:37 (35.1%)	4:57	12.1 (64.7%)
303	CESARZ Szymon	632	#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>	+00:37:17 (35.5%)	4:59	12 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
304	ZIOŁA Łukasz	573		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>	+00:37:16 (35.5%)	4:58	12 (64.2%)
305	SZOT Wojciech	232		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>	+00:36:57 (35.3%)	4:58	12.1 (64.7%)
306	SIKORA Radosław	918	GB SEUL	M-20	79	00:01:29	00:26:12	00:50:37	01:15:31	01:39:57	<b>01:44:33.00</b>	<b>01:46:02.35</b>	+00:36:41 (35.1%)	4:57	12.1 (64.7%)
307	MASARCZYK Wojciech	987		M-16	4	00:00:15	00:24:25	00:49:49	01:15:07	01:40:36	<b>01:45:49.70</b>	<b>01:46:05.55</b>	+00:37:58 (35.9%)	5:00	12 (64.2%)
308	SZOBLIK Darek	1036	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>	+00:37:30 (35.6%)	4:59	12 (64.2%)
309	KOŁOSOWSKI Tomasz	63		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>	+00:36:46 (35.2%)	4:57	12.1 (64.7%)
310	FELISIAK Paweł	891		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>	+00:37:30 (35.6%)	4:59	12 (64.2%)
311	RADZIKOWSKI Przemysław	642		M-20	81	00:01:07	00:25:51	00:50:53	01:15:15	01:39:57	<b>01:45:13.70</b>	<b>01:46:20.95</b>	+00:37:22 (35.5%)	4:59	12 (64.2%)
312	MEJKA Krzysztof	672		M-20	83	00:00:37	00:25:46	00:51:04	01:15:38	01:40:40	<b>01:45:46.75</b>	<b>01:46:24.25</b>	+00:37:55 (35.9%)	5:00	12 (64.2%)
313	BONK Sebastian	164	BMS	M-40	79	00:00:28	00:23:51	00:48:43	01:14:03	01:40:21	<b>01:45:56.45</b>	<b>01:46:24.60</b>	+00:38:05 (36.0%)	5:01	12 (64.2%)
314	KANIEWSKI Kamil	26		M-20	82	00:01:00	00:25:39	00:50:42	01:16:12	01:40:29	<b>01:45:33.10</b>	<b>01:46:33.60</b>	+00:37:41 (35.7%)	5:00	12 (64.2%)
315	WISZNIOWSKI Krzysztof	468		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>	+00:37:37 (35.7%)	4:59	12 (64.2%)
316	MALEC Arkadiusz	929		M-20	80	00:01:35	00:24:48	00:49:36	01:15:25	01:39:37	<b>01:44:59.75</b>	<b>01:46:35.60</b>	+00:37:08 (35.4%)	4:58	12.1 (64.7%)
317	UZDOWSKI Jarosław	528	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>	+00:38:09 (36.0%)	5:01	11.9 (63.6%)
318	SOBASZEK Aureliusz	84	PSYCHONAUCI	M-20	87	00:00:08	00:23:59	00:48:41	01:14:17	01:40:50	<b>01:46:32.15</b>	<b>01:46:40.85</b>	+00:38:40 (36.3%)	5:02	11.9 (63.6%)
319	BUBULA Krystek	619	DZIK TEAM	M-20	88	00:00:10	00:22:46	00:47:25	01:13:39	01:40:59	<b>01:46:34.35</b>	<b>01:46:44.45</b>	+00:38:43 (36.3%)	5:03	11.9 (63.6%)
320	ZAKRZEWSKI Robert	1201	BIEG WEGAŃSKI	M-40	80	00:00:33	00:25:25	00:50:24	01:15:24	01:40:54	<b>01:46:11.80</b>	<b>01:46:44.90</b>	+00:38:20 (36.1%)	5:01	11.9 (63.6%)
321	STALICA Wojciech	889	IZO-ERG	M-40	81	00:00:33	00:25:18	00:50:29	01:15:27	01:40:55	<b>01:46:16.00</b>	<b>01:46:49.65</b>	+00:38:24 (36.1%)	5:02	11.9 (63.6%)
322	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	<b>01:45:19.05</b>	<b>01:46:51.25</b>	+00:37:27 (35.6%)	4:59	12 (64.2%)
323	PIŁAT Jarosław	172		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>	+00:38:50 (36.4%)	5:03	11.9 (63.6%)
324	WÓJCIK Krzysztof	857	IRON WORKOUT	M-20	85	00:00:28	00:23:15	00:47:27	01:13:51	01:41:00	<b>01:46:30.40</b>	<b>01:46:58.45</b>	+00:38:39 (36.3%)	5:02	11.9 (63.6%)
325	CIEŚLIK Dawid	984		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>	+00:37:36 (35.7%)	4:59	12 (64.2%)
326	PRACKI Dariusz	523		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>	+00:37:20 (35.5%)	4:59	12 (64.2%)
327	KŁOSEK Jacek	445	INSTAL-TECH TEAM	M-20	84	00:00:53	00:25:41	00:51:14	01:16:17	01:40:58	<b>01:46:10.75</b>	<b>01:47:04.45</b>	+00:38:19 (36.1%)	5:01	11.9 (63.6%)
328	CIERPKA Dariusz	181		M-40	82	00:00:45	00:25:09	00:49:39	01:14:20	01:40:42	<b>01:46:21.15</b>	<b>01:47:07.00</b>	+00:38:29 (36.2%)	5:02	11.9 (63.6%)
329	MAJEREK Marek	156		M-40	86	00:00:07	00:23:03	00:47:14	01:12:38	01:40:29	<b>01:47:01.05</b>	<b>01:47:08.45</b>	+00:39:09 (36.6%)	5:04	11.8 (63.1%)

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					
330	MARCELA Marcin	792	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>	+00:38:19 (36.1%)	5:01	11.9 (63.6%)
331	FRYDRYCHOWSKI Paweł	1123		M-16	5	00:01:26	00:22:41	00:46:44	01:11:16	01:39:12	<b>01:45:56.30</b>	<b>01:47:22.30</b>	+00:38:05 (35.9%)	5:01	12 (64.2%)
332	BANASIK Paweł	173	ENDUHUB.COM	M-50	16	00:00:50	00:25:07	00:50:05	01:15:18	01:41:10	<b>01:46:37.95</b>	<b>01:47:28.90</b>	+00:38:46 (36.4%)	5:03	11.9 (63.6%)
333	KSIĘŻYK Mirosław	487	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>	+00:38:47 (36.4%)	5:03	11.9 (63.6%)
334	ŁOBKO Adam	796		M-40	78	00:01:48	00:25:32	00:50:09	01:15:08	01:40:15	<b>01:45:44.90</b>	<b>01:47:33.30</b>	+00:37:53 (35.8%)	5:00	12 (64.2%)
335	PIETRZAK Marcin	756		M-40	84	00:00:45	00:24:03	00:48:28	01:13:38	01:40:57	<b>01:46:47.75</b>	<b>01:47:33.70</b>	+00:38:56 (36.5%)	5:03	11.9 (63.6%)
335	PRZESPOLEWSKI Dawid	549	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>	+00:38:33 (36.2%)	5:02	11.9 (63.6%)
337	BRYLIŃSKI Grzegorz	450	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>	+00:39:03 (36.5%)	5:04	11.8 (63.1%)
338	KUCZMA Jarosław	534		M-40	83	00:01:01	00:26:13	00:51:46	01:16:37	01:41:17	<b>01:46:35.95</b>	<b>01:47:37.10</b>	+00:38:44 (36.3%)	5:03	11.9 (63.6%)
339	HAJDA Marek	810		M-40	91	00:00:10	00:24:19	00:49:29	01:14:59	01:41:42	<b>01:47:29.80</b>	<b>01:47:40.40</b>	+00:39:38 (36.9%)	5:05	11.8 (63.1%)
340	DZIGORZEWSKI Paweł	1098		M-20	86	00:01:14	00:25:14	00:49:41	01:15:02	01:41:13	<b>01:46:31.05</b>	<b>01:47:45.85</b>	+00:38:39 (36.3%)	5:02	11.9 (63.6%)
341	GRZEŻUŁKOWSKI Kamil	1222		M-20	90	00:00:31	00:24:57	00:49:47	01:14:46	01:41:17	<b>01:47:16.65</b>	<b>01:47:48.60</b>	+00:39:25 (36.7%)	5:05	11.8 (63.1%)
342	KRZEMIŃSKI Andrzej	1227	PKO BP	M-40	87	00:00:52	00:25:09	00:50:30	01:15:52	01:41:49	<b>01:47:03.45</b>	<b>01:47:55.90</b>	+00:39:12 (36.6%)	5:04	11.8 (63.1%)
343	MYCIELSKI Mariusz	687	W DRODZE	M-40	88	00:00:48	00:25:06	00:50:13	01:15:37	01:41:35	<b>01:47:08.80</b>	<b>01:47:57.65</b>	+00:39:17 (36.7%)	5:04	11.8 (63.1%)
344	ADAM Mateusz	569	BOSO PRZEZ SZAŁSZE	M-20	91	00:00:33	00:24:37	00:48:58	01:14:14	01:41:49	<b>01:47:24.50</b>	<b>01:47:57.75</b>	+00:39:33 (36.8%)	5:05	11.8 (63.1%)
345	HAWELKA Łukasz	693		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>	+00:39:10 (36.6%)	5:04	11.8 (63.1%)
346	DYLONG Piotr	229		M-50	19	00:00:47	00:26:00	00:51:25	01:16:56	01:41:55	<b>01:47:12.35</b>	<b>01:48:00.20</b>	+00:39:21 (36.7%)	5:04	11.8 (63.1%)
347	WITRYK Lesław	401	5 BSP	M-20	89	00:01:14	00:25:06	00:49:43	01:15:08	01:41:24	<b>01:46:54.40</b>	<b>01:48:08.65</b>	+00:39:03 (36.5%)	5:03	11.8 (63.1%)
348	KOŁCUN Łukasz	1202	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>	+00:38:25 (36.2%)	5:02	11.9 (63.6%)
349	WARDAK Tomasz	394	RADZYMIN RUN TEAM	M-40	92	00:00:22	00:25:32	00:50:56	01:16:18	01:42:12	<b>01:47:47.20</b>	<b>01:48:09.75</b>	+00:39:55 (37.0%)	5:06	11.7 (62.6%)
350	KUŁAKOWSKI Grzegorz	558	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>	+00:39:57 (37.1%)	5:06	11.7 (62.6%)
351	WOŹNIAK Janusz	82		M-50	18	00:01:12	00:25:04	00:50:04	01:15:26	01:41:17	<b>01:47:00.20</b>	<b>01:48:13.15</b>	+00:39:08 (36.6%)	5:04	11.8 (63.1%)
352	SOLICH Patryk	1289	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>	+00:39:28 (36.8%)	5:05	11.8 (63.1%)
353	CZAPEK Marek	101	BOJKÓW	M-40	89	00:01:04	00:26:30	00:52:18	01:17:09	01:42:00	<b>01:47:13.25</b>	<b>01:48:18.00</b>	+00:39:21 (36.7%)	5:04	11.8 (63.1%)
354	DUDEK Sebastian	517		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>	+00:39:13 (36.6%)	5:04	11.8 (63.1%)
355	KRAJEWSKI Michał	516		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>	+00:39:12 (36.6%)	5:04	11.8 (63.1%)

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					
356	<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>	+00:39:14 (36.6%)	5:04	11.8 (63.1%)
357	<b>JURECKI Zygfryd</b>	<b>184</b>	PRO-RUN WROCŁAW	M-50	17	00:01:29	00:25:50	00:51:25	01:16:39	01:41:49	<b>01:46:57.60</b>	<b>01:48:27.40</b>	+00:39:06 (36.6%)	5:04	11.8 (63.1%)
358	<b>PENKALA Artur</b>	<b>301</b>	GO-LEASING	M-20	98	00:00:08	00:25:43	00:51:28	01:17:05	01:43:04	<b>01:48:19.25</b>	<b>01:48:27.80</b>	+00:40:27 (37.4%)	5:08	11.7 (62.6%)
359	<b>DOBOSZ Mariusz</b>	<b>298</b>	GO-LEASING	M-20	99	00:00:07	00:25:44	00:51:29	01:17:06	01:43:05	<b>01:48:19.90</b>	<b>01:48:27.85</b>	+00:40:28 (37.4%)	5:08	11.7 (62.6%)
360	<b>KUCH Paweł</b>	<b>182</b>		M-40	97	00:00:23	00:25:42	00:51:06	01:16:42	01:42:41	<b>01:48:05.90</b>	<b>01:48:29.25</b>	+00:40:14 (37.2%)	5:07	11.7 (62.6%)
361	<b>GRANDA Marcin</b>	<b>602</b>		M-20	100	00:00:12	00:23:49	00:49:54	01:15:47	01:42:39	<b>01:48:20.85</b>	<b>01:48:33.40</b>	+00:40:29 (37.4%)	5:08	11.7 (62.6%)
362	<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>	+00:40:12 (37.2%)	5:07	11.7 (62.6%)
363	<b>IZBICKI Zbigniew</b>	<b>960</b>	FC24	M-40	90	00:01:23	00:24:40	00:49:24	01:14:38	01:41:30	<b>01:47:18.30</b>	<b>01:48:41.65</b>	+00:39:27 (36.8%)	5:05	11.8 (63.1%)
364	<b>BAJ Tomasz</b>	<b>375</b>		M-20	92	00:01:07	00:26:30	00:51:38	01:17:04	01:42:07	<b>01:47:36.15</b>	<b>01:48:43.15</b>	+00:39:44 (36.9%)	5:05	11.8 (63.1%)
364	<b>JESIONOWSKI Mateusz</b>	<b>308</b>		M-20	94	00:00:53	00:26:23	00:51:58	01:17:04	01:42:29	<b>01:47:49.85</b>	<b>01:48:43.15</b>	+00:39:58 (37.1%)	5:06	11.7 (62.6%)
366	<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>	+00:40:16 (37.2%)	5:07	11.7 (62.6%)
367	<b>LUBICKI Wojciech</b>	<b>78</b>	BRAK	M-40	93	00:00:56	00:25:45	00:50:43	01:16:18	01:42:24	<b>01:47:48.70</b>	<b>01:48:45.05</b>	+00:39:57 (37.1%)	5:06	11.7 (62.6%)
368	<b>GRABSKI Michał</b>	<b>580</b>	KOMBO KURCZAKI	M-20	101	00:00:34	00:25:18	00:50:47	01:16:23	01:42:37	<b>01:48:21.20</b>	<b>01:48:55.20</b>	+00:40:29 (37.4%)	5:08	11.7 (62.6%)
369	<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>	+00:40:06 (37.2%)	5:07	11.7 (62.6%)
370	<b>KOPPEL Bartłomiej</b>	<b>37</b>		M-20	93	00:01:13	00:26:06	00:51:55	01:17:09	01:42:37	<b>01:47:45.80</b>	<b>01:48:59.00</b>	+00:39:54 (37.0%)	5:06	11.7 (62.6%)
371	<b>SERAFICKI Sebastian</b>	<b>425</b>	RYSIE	M-40	85	00:02:05	00:25:11	00:50:23	01:15:28	01:41:32	<b>01:46:53.80</b>	<b>01:48:59.05</b>	+00:39:02 (36.5%)	5:03	11.8 (63.1%)
372	<b>ŁĄTKOWSKI Marcin</b>	<b>992</b>		M-20	95	00:00:51	00:25:45	00:51:25	01:16:49	01:42:39	<b>01:48:07.60</b>	<b>01:48:59.25</b>	+00:40:16 (37.2%)	5:07	11.7 (62.6%)
373	<b>DYNAK Mariusz</b>	<b>999</b>	ADAMIETZ	M-40	94	00:01:14	00:25:28	00:50:29	01:16:02	01:42:26	<b>01:47:50.15</b>	<b>01:49:05.00</b>	+00:39:58 (37.1%)	5:06	11.7 (62.6%)
374	<b>ROCŁAWSKI Marcin</b>	<b>342</b>		M-40	95	00:01:06	00:26:03	00:50:56	01:16:33	01:42:30	<b>01:48:00.85</b>	<b>01:49:06.85</b>	+00:40:09 (37.2%)	5:07	11.7 (62.6%)
375	<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>	+00:39:59 (37.1%)	5:06	11.7 (62.6%)
376	<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>	+00:40:32 (37.4%)	5:08	11.7 (62.6%)
377	<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>	+00:40:53 (37.6%)	5:09	11.6 (62.0%)
378	<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>	+00:40:27 (37.4%)	5:08	11.7 (62.6%)
379	<b>DZIURA Arkadiusz</b>	<b>725</b>	NIUANS	M-40	100	00:00:52	00:25:24	00:50:10	01:15:23	01:42:26	<b>01:48:31.30</b>	<b>01:49:23.55</b>	+00:40:40 (37.5%)	5:08	11.7 (62.6%)
380	<b>MIĘKIŃSKI Jacek</b>	<b>829</b>		M-40	98	00:01:13	00:25:38	00:50:30	01:15:58	01:42:26	<b>01:48:14.45</b>	<b>01:49:27.75</b>	+00:40:23 (37.3%)	5:07	11.7 (62.6%)
381	<b>KLECZKA Roman</b>	<b>1021</b>	PROFORM TEAM	M-20	96	00:01:22	00:25:49	00:51:20	01:16:36	01:42:32	<b>01:48:11.55</b>	<b>01:49:34.05</b>	+00:40:20 (37.3%)	5:07	11.7 (62.6%)

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					
382	<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>	+00:41:22 (37.9%)	5:10	11.6 (62.0%)
383	<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>	+00:40:45 (37.5%)	5:08	11.7 (62.6%)
384	<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>	+00:41:18 (37.8%)	5:10	11.6 (62.0%)
385	<b>SZANIEWSKI Krzysztof</b>	<b>1072</b>		M-40	101	00:00:48	00:27:00	00:52:59	01:18:08	01:43:32	<b>01:48:48.70</b>	<b>01:49:36.95</b>	+00:40:57 (37.6%)	5:09	11.6 (62.0%)
386	<b>PIETRYSIAK Stefan</b>	<b>501</b>		M-50	21	00:00:52	00:24:53	00:49:49	01:16:07	01:42:56	<b>01:48:45.10</b>	<b>01:49:37.75</b>	+00:40:53 (37.6%)	5:09	11.6 (62.0%)
387	<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>	+00:40:06 (37.1%)	5:06	11.7 (62.6%)
388	<b>KATA Damian</b>	<b>129</b>		M-20	112	00:00:00	00:27:30	00:52:36	01:18:02	01:44:03	<b>01:49:39.15</b>	<b>01:49:39.15</b>	+00:41:47 (38.1%)	5:11	11.5 (61.5%)
389	<b>PYZIK Marek</b>	<b>61</b>	OPEL ACTIVE TEAM	M-50	22	00:00:21	00:25:14	00:50:28	01:16:29	01:43:35	<b>01:49:19.80</b>	<b>01:49:40.80</b>	+00:41:28 (37.9%)	5:10	11.6 (62.0%)
390	<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>	+00:40:04 (37.1%)	5:06	11.7 (62.6%)
391	<b>MELLER Tadeusz</b>	<b>149</b>		M-20	97	00:01:25	00:26:34	00:52:13	01:17:27	01:42:36	<b>01:48:17.40</b>	<b>01:49:42.80</b>	+00:40:26 (37.3%)	5:07	11.7 (62.6%)
392	<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>	+00:41:09 (37.8%)	5:09	11.6 (62.0%)
393	<b>WILK Kuba</b>	<b>971</b>	WILK	M-20	102	00:01:13	00:25:44	00:51:03	01:16:30	01:42:51	<b>01:48:32.30</b>	<b>01:49:45.35</b>	+00:40:41 (37.5%)	5:08	11.7 (62.6%)
394	<b>USZKO Grzegorz</b>	<b>354</b>		M-40	105	00:00:20	00:25:23	00:51:01	01:17:37	01:44:12	<b>01:49:26.90</b>	<b>01:49:47.20</b>	+00:41:35 (38.0%)	5:11	11.6 (62.0%)
395	<b>LISOWSKI Jacek</b>	<b>765</b>		M-40	99	00:01:25	00:25:48	00:50:53	01:16:29	01:42:44	<b>01:48:25.85</b>	<b>01:49:51.80</b>	+00:40:34 (37.4%)	5:08	11.7 (62.6%)
396	<b>RUSIN Marcin</b>	<b>195</b>		M-20	103	00:01:17	00:26:27	00:51:41	01:17:04	01:42:53	<b>01:48:34.80</b>	<b>01:49:52.25</b>	+00:40:43 (37.5%)	5:08	11.7 (62.6%)
397	<b>MICHALAK Grzegorz</b>	<b>690</b>	TOTALNY AMATOR	M-40	108	00:00:12	00:24:47	00:50:27	01:16:55	01:44:00	<b>01:49:41.70</b>	<b>01:49:54.05</b>	+00:41:50 (38.1%)	5:11	11.5 (61.5%)
398	<b>MOCEK Roman</b>	<b>990</b>		M-50	20	00:01:12	00:26:27	00:52:06	01:17:31	01:43:22	<b>01:48:42.75</b>	<b>01:49:54.85</b>	+00:40:51 (37.6%)	5:09	11.6 (62.0%)
399	<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>	+00:41:06 (37.7%)	5:09	11.6 (62.0%)
400	<b>PRUSKO Adrian</b>	<b>302</b>		M-40	107	00:00:17	00:25:47	00:51:27	01:17:01	01:43:39	<b>01:49:37.80</b>	<b>01:49:55.65</b>	+00:41:46 (38.1%)	5:11	11.5 (61.5%)
401	<b>GAJDA Marek</b>	<b>945</b>		M-20	106	00:00:49	00:25:17	00:51:14	01:16:51	01:43:18	<b>01:49:09.30</b>	<b>01:49:58.50</b>	+00:41:18 (37.8%)	5:10	11.6 (62.0%)
402	<b>GRUSZCZYŃSKI Bogusław</b>	<b>647</b>		M-60	2	00:00:43	00:25:16	00:50:48	01:16:51	01:43:28	<b>01:49:16.00</b>	<b>01:49:59.75</b>	+00:41:24 (37.9%)	5:10	11.6 (62.0%)
403	<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>	+00:41:49 (38.1%)	5:11	11.5 (61.5%)
404	<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>	+00:41:38 (38.0%)	5:11	11.6 (62.0%)
405	<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>	+00:41:59 (38.2%)	5:12	11.5 (61.5%)
406	<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>	+00:40:57 (37.6%)	5:09	11.6 (62.0%)
407	<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>	+00:40:41 (37.5%)	5:08	11.7 (62.6%)



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					
408	<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>	+00:40:33 (37.4%)	5:08	11.7 (62.6%)
409	<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>	+00:42:11 (38.3%)	5:12	11.5 (61.5%)
410	<b>LANGOSZ Grzegorz</b>	<b>420</b>		M-40	104	00:00:55	00:26:45	00:53:06	01:18:46	01:44:04	<b>01:49:25.95</b>	<b>01:50:21.25</b>	+00:41:34 (38.0%)	5:11	11.6 (62.0%)
411	<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>	+00:41:57 (38.2%)	5:12	11.5 (61.5%)
412	<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>	+00:41:23 (37.9%)	5:10	11.6 (62.0%)
413	<b>WÓJCIK Rafał</b>	<b>784</b>		M-40	96	00:02:19	00:24:58	00:49:51	01:15:38	01:42:24	<b>01:48:05.80</b>	<b>01:50:25.40</b>	+00:40:14 (37.2%)	5:07	11.7 (62.6%)
414	<b>ADAMSKI Kamil</b>	<b>32</b>	LEGION WILCZE GARDŁO	M-20	105	00:01:37	00:26:05	00:51:55	01:17:20	01:43:17	<b>01:48:52.25</b>	<b>01:50:29.25</b>	+00:41:00 (37.7%)	5:09	11.6 (62.0%)
415	<b>KONDRUSIEWICZ Michał</b>	<b>331</b>	BIEGACZE CSR	M-20	113	00:00:42	00:26:28	00:52:52	01:19:04	01:44:38	<b>01:49:48.00</b>	<b>01:50:30.45</b>	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
416	<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>	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
417	<b>BUŁA Tomasz</b>	<b>286</b>		M-20	108	00:01:10	00:26:24	00:52:27	01:18:41	01:44:12	<b>01:49:22.70</b>	<b>01:50:32.95</b>	+00:41:31 (38.0%)	5:10	11.6 (62.0%)
418	<b>GŁOGOWSKI Konrad</b>	<b>313</b>		M-20	107	00:01:17	00:26:16	00:52:21	01:18:37	01:44:08	<b>01:49:15.60</b>	<b>01:50:33.35</b>	+00:41:24 (37.9%)	5:10	11.6 (62.0%)
419	<b>KULPA Marek</b>	<b>846</b>	AKMB PĘDZIWIATR GLIWICE	M-40	110	00:00:38	00:24:44	00:50:23	01:16:03	01:43:58	<b>01:49:57.00</b>	<b>01:50:35.85</b>	+00:42:05 (38.3%)	5:12	11.5 (61.5%)
420	<b>RYBICKI Jerzy</b>	<b>712</b>		M-50	23	00:00:17	00:24:40	00:49:46	01:15:56	01:43:53	<b>01:50:20.35</b>	<b>01:50:37.35</b>	+00:42:29 (38.5%)	5:13	11.5 (61.5%)
421	<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>	+00:42:34 (38.6%)	5:14	11.5 (61.5%)
422	<b>ŁUKASZEK Krzysztof</b>	<b>974</b>		M-40	102	00:01:48	00:27:32	00:54:13	01:19:28	01:43:47	<b>01:48:51.30</b>	<b>01:50:40.25</b>	+00:41:00 (37.7%)	5:09	11.6 (62.0%)
423	<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>	+00:41:51 (38.2%)	5:11	11.5 (61.5%)
424	<b>KACZKIEWICZ Damian</b>	<b>1271</b>	NIGHT RUNNERS GLIWICE	M-40	103	00:01:16	00:27:05	00:53:06	01:19:29	01:43:59	<b>01:49:24.60</b>	<b>01:50:40.85</b>	+00:41:33 (38.0%)	5:11	11.6 (62.0%)
425	<b>BŁASZCZYSZYN Łukasz</b>	<b>676</b>	HEAVY METAL ALL-STAR TEAM	M-20	109	00:01:10	00:26:20	00:52:27	01:18:27	01:44:01	<b>01:49:31.70</b>	<b>01:50:41.80</b>	+00:41:40 (38.0%)	5:11	11.6 (62.0%)
426	<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>	+00:40:37 (37.4%)	5:08	11.7 (62.6%)
427	<b>WADOWSKI Paweł</b>	<b>1074</b>		M-20	104	00:02:04	00:26:16	00:51:27	01:16:24	01:43:17	<b>01:48:38.85</b>	<b>01:50:43.00</b>	+00:40:47 (37.5%)	5:08	11.7 (62.6%)
428	<b>JAGIEŁA Michał</b>	<b>252</b>		M-20	118	00:00:41	00:24:08	00:48:33	01:14:11	01:43:46	<b>01:50:04.00</b>	<b>01:50:45.15</b>	+00:42:12 (38.4%)	5:12	11.5 (61.5%)
429	<b>JASIŃSKI Dawid</b>	<b>794</b>		M-20	110	00:01:11	00:26:22	00:52:28	01:18:47	01:44:09	<b>01:49:35.95</b>	<b>01:50:47.50</b>	+00:41:44 (38.1%)	5:11	11.6 (62.0%)
430	<b>KRZYWICKI Jan</b>	<b>650</b>		M-60	4	00:00:29	00:25:21	00:50:56	01:17:02	01:44:33	<b>01:50:20.30</b>	<b>01:50:49.55</b>	+00:42:29 (38.5%)	5:13	11.5 (61.5%)
431	<b>MACIEJEWSKI Wiesław</b>	<b>238</b>	AKB-KNURÓW	M-70	1	00:00:24	00:25:25	00:51:05	01:17:44	01:44:42	<b>01:50:25.70</b>	<b>01:50:50.15</b>	+00:42:34 (38.6%)	5:14	11.5 (61.5%)
432	<b>KROWIAK Grzegorz</b>	<b>735</b>		M-40	106	00:01:15	00:26:35	00:52:32	01:18:22	01:44:19	<b>01:49:34.65</b>	<b>01:50:50.30</b>	+00:41:43 (38.1%)	5:11	11.6 (62.0%)
433	<b>JANIK Ireneusz</b>	<b>1025</b>		M-40	111	00:00:49	00:26:32	00:52:34	01:18:32	01:44:49	<b>01:50:03.55</b>	<b>01:50:53.30</b>	+00:42:12 (38.3%)	5:12	11.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
434	WOZNIAK Marek	875		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>	+00:41:41 (38.1%)	5:11	11.6 (62.0%)
435	CZERWIŃSKI Tomasz	183		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>	+00:41:56 (38.2%)	5:12	11.5 (61.5%)
436	MUSIALIK Jan	890		M-40	115	00:00:10	00:24:59	00:50:52	01:17:22	01:44:55	<b>01:50:47.80</b>	<b>01:50:58.55</b>	+00:42:56 (38.8%)	5:15	11.4 (61.0%)
437	MATUSZCZAK Witold	718		M-20	114	00:01:09	00:25:04	00:50:08	01:16:33	01:44:20	<b>01:49:50.10</b>	<b>01:50:59.95</b>	+00:41:58 (38.2%)	5:12	11.5 (61.5%)
438	POŚPIECH Rafał	733		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>	+00:42:15 (38.4%)	5:13	11.5 (61.5%)
439	PLOCH Tomasz	1291	PACEMAKER	M-20	115	00:01:05	00:26:25	00:52:32	01:18:46	01:44:30	<b>01:49:58.00</b>	<b>01:51:03.00</b>	+00:42:06 (38.3%)	5:12	11.5 (61.5%)
440	MIESZAŁA Tomasz	750	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>	+00:42:06 (38.3%)	5:12	11.5 (61.5%)
441	SZAFRUGA Piotr	594		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>	+00:42:11 (38.3%)	5:12	11.5 (61.5%)
442	DZIAMSKI Ryszard	807	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>	+00:41:55 (38.2%)	5:12	11.5 (61.5%)
443	BIELA Marcin	1086		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>	+00:42:49 (38.7%)	5:14	11.4 (61.0%)
444	GRESZTA Grzegorz	366	JAH RASTAFARAJ	M-30	198	00:00:00			01:14:37		<b>01:51:08.00</b>	<b>01:51:08.00</b>	+00:43:16 (38.9%)	5:16	11.4 (61.0%)
445	STABLA Marek	154	NIGHT RUNNERS GLIWICE	M-20	117	00:01:06	00:26:27	00:52:20	01:18:43	01:44:34	<b>01:50:03.05</b>	<b>01:51:09.55</b>	+00:42:11 (38.3%)	5:12	11.5 (61.5%)
446	PRZYBYLSKI Mariusz	215	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>	+00:42:51 (38.7%)	5:14	11.4 (61.0%)
447	FAMUŁA Tomasz	1103	FUTURE PROCESSING RUNNING CLUB	M-20	116	00:01:10	00:26:21	00:52:27	01:18:42	01:44:29	<b>01:49:59.40</b>	<b>01:51:10.10</b>	+00:42:08 (38.3%)	5:12	11.5 (61.5%)
448	POPIEL Wojciech	383		M-20	111	00:01:31	00:24:10	00:48:41	01:14:53	01:44:09	<b>01:49:38.90</b>	<b>01:51:10.40</b>	+00:41:47 (38.1%)	5:11	11.5 (61.5%)
449	HANO Jan	400	PĘDZIWIATR GLIWICE	M-60	5	00:00:41	00:25:54	00:51:50	01:17:59	01:44:53	<b>01:50:29.75</b>	<b>01:51:11.25</b>	+00:42:38 (38.6%)	5:14	11.5 (61.5%)
450	PARUZEL Ireneusz	112		M-40	112	00:00:58	00:24:54	00:50:02	01:16:07	01:44:23	<b>01:50:13.70</b>	<b>01:51:12.00</b>	+00:42:22 (38.4%)	5:13	11.5 (61.5%)
451	BIAŁOSKÓRSKI Grzegorz	102		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>	+00:42:59 (38.8%)	5:15	11.4 (61.0%)
452	PRZYBYLSKI Witek	71	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>	+00:43:21 (39.0%)	5:16	11.4 (61.0%)
453	KWAPIEŃ Aleksander	1009		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>	+00:42:47 (38.7%)	5:14	11.4 (61.0%)
454	KWAŚNIOK Rafał	87	NIGHT RUNNERS GLIWICE	M-20	119	00:01:17	00:27:41	00:55:26	01:20:35	01:45:09	<b>01:50:05.45</b>	<b>01:51:22.95</b>	+00:42:14 (38.4%)	5:13	11.5 (61.5%)
455	TEICHMANN Norbert	381		M-50	24	00:00:40	00:27:01	00:52:59	01:18:32	01:45:15	<b>01:50:46.75</b>	<b>01:51:27.15</b>	+00:42:55 (38.7%)	5:15	11.4 (61.0%)
456	FLORECKI Andrzej	88	AKMB PĘDZIWIATR GLIWICE	M-60	6	00:00:28	00:25:08	00:50:42	01:17:42	01:45:17	<b>01:51:00.95</b>	<b>01:51:29.75</b>	+00:43:09 (38.9%)	5:15	11.4 (61.0%)
457	STARŻYK Andrzej	139	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>	+00:43:10 (38.9%)	5:15	11.4 (61.0%)
458	PODSTUFKA Szymon	774		M-20	120	00:00:57	00:26:17	00:52:40	01:18:32	01:45:02	<b>01:50:37.30</b>	<b>01:51:35.25</b>	+00:42:46 (38.7%)	5:14	11.4 (61.0%)
459	BAUMERT Rafał	430	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>	+00:42:32 (38.5%)	5:13	11.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
460	<b>PAWLUSZUK Bogdan</b>	<b>261</b>		M-40	113	00:01:06	00:25:38	00:50:51	01:16:50	01:44:45	<b>01:50:29.95</b>	<b>01:51:36.15</b>	+00:42:38 (38.6%)	5:14	11.5 (61.5%)
461	<b>KUJAWSKI Tomasz</b>	<b>210</b>	NIGHT RUNNERS GLIWICE	M-40	114	00:01:05	00:25:34	00:50:38	01:16:08	01:44:12	<b>01:50:31.20</b>	<b>01:51:37.15</b>	+00:42:39 (38.6%)	5:14	11.5 (61.5%)
462	<b>TURNIAK Miłosz</b>	<b>613</b>		M-20	123	00:00:50	00:25:06	00:50:16	01:16:53	01:44:58	<b>01:50:56.50</b>	<b>01:51:47.05</b>	+00:43:05 (38.8%)	5:15	11.4 (61.0%)
463	<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>	+00:43:35 (39.1%)	5:16	11.4 (61.0%)
464	<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>	+00:41:53 (38.2%)	5:12	11.5 (61.5%)
465	<b>POKRYSZKA Bartosz</b>	<b>28</b>	KOMBO KURCZAKI	M-20	122	00:01:24	00:26:35	00:52:34	01:18:27	01:45:08	<b>01:50:42.05</b>	<b>01:52:06.90</b>	+00:42:50 (38.7%)	5:14	11.4 (61.0%)
466	<b>POKRYSZKA Wojciech</b>	<b>240</b>	KOMBO KURCZAKI	M-20	121	00:01:25	00:26:34	00:52:33	01:18:26	01:45:08	<b>01:50:41.55</b>	<b>01:52:07.05</b>	+00:42:50 (38.7%)	5:14	11.4 (61.0%)
467	<b>PRENZENA Paweł</b>	<b>45</b>		M-20	127	00:00:22	00:25:19	00:50:34	01:17:13	01:46:11	<b>01:51:48.30</b>	<b>01:52:10.95</b>	+00:43:57 (39.3%)	5:17	11.3 (60.4%)
468	<b>WYSOCKI Tomasz</b>	<b>160</b>	ETERUN	M-40	109	00:02:20	00:26:23	00:51:58	01:17:37	01:44:16	<b>01:49:50.50</b>	<b>01:52:11.30</b>	+00:41:59 (38.2%)	5:12	11.5 (61.5%)
469	<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>	+00:43:57 (39.3%)	5:18	11.3 (60.4%)
470	<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>	+00:42:19 (38.4%)	5:13	11.5 (61.5%)
471	<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>	+00:42:20 (38.4%)	5:13	11.5 (61.5%)
472	<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>	+00:43:25 (39.0%)	5:16	11.4 (61.0%)
473	<b>KUBISZ Mariusz</b>	<b>544</b>		M-20	124	00:01:19	00:26:49	00:53:15	01:18:51	01:45:29	<b>01:51:00.25</b>	<b>01:52:20.00</b>	+00:43:08 (38.9%)	5:15	11.4 (61.0%)
474	<b>ZAJDEL Dariusz</b>	<b>980</b>		M-50	25	00:01:22	00:24:56	00:50:28	01:17:07	01:44:48	<b>01:50:58.80</b>	<b>01:52:21.05</b>	+00:43:07 (38.9%)	5:15	11.4 (61.0%)
475	<b>CZERNIK Andrzej</b>	<b>134</b>		M-60	3	00:02:23	00:25:40	00:50:53	01:16:42	01:44:03	<b>01:49:58.60</b>	<b>01:52:22.00</b>	+00:42:07 (38.3%)	5:12	11.5 (61.5%)
476	<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>	+00:42:49 (38.7%)	5:14	11.4 (61.0%)
477	<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>	+00:42:52 (38.7%)	5:14	11.4 (61.0%)
478	<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>	+00:43:07 (38.9%)	5:15	11.4 (61.0%)
479	<b>WILK Andrzej</b>	<b>818</b>		M-40	118	00:01:08	00:26:19	00:51:53	01:17:57	01:45:42	<b>01:51:34.10</b>	<b>01:52:42.15</b>	+00:43:42 (39.2%)	5:17	11.3 (60.4%)
480	<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>	+00:43:45 (39.2%)	5:17	11.3 (60.4%)
481	<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>	+00:42:54 (38.7%)	5:14	11.4 (61.0%)
482	<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>	+00:43:52 (39.3%)	5:17	11.3 (60.4%)
483	<b>BOIŃSKI Marcin</b>	<b>224</b>		M-20	125	00:01:08	00:25:49	00:51:22	01:17:10	01:45:23	<b>01:51:38.50</b>	<b>01:52:47.30</b>	+00:43:47 (39.2%)	5:17	11.3 (60.4%)
484	<b>BĄK-CESARZ Damian</b>	<b>282</b>		M-40	117	00:01:38	00:26:49	00:54:01	01:21:03	01:46:16	<b>01:51:10.00</b>	<b>01:52:48.45</b>	+00:43:18 (39.0%)	5:16	11.4 (61.0%)
485	<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>	+00:43:44 (39.2%)	5:17	11.3 (60.4%)

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					
486	<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>	+00:43:50 (39.3%)	5:17	11.3 (60.4%)
487	<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>	+00:42:55 (38.7%)	5:15	11.4 (61.0%)
488	<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>	+00:44:23 (39.6%)	5:19	11.3 (60.4%)
489	<b>SZELKA Andrzej</b>	<b>46</b>	AKMB PĘDZIWIATR GLIWICE	M-50	26	00:01:31	00:25:20	00:50:39	01:17:15	01:45:33	<b>01:51:37.35</b>	<b>01:53:08.70</b>	+00:43:46 (39.2%)	5:17	11.3 (60.4%)
490	<b>GIERAS Mirosław</b>	<b>506</b>	DELOITTE ADVENTURE TEAM	M-40	116	00:02:07	00:25:56	00:52:08	01:18:27	01:45:11	<b>01:51:04.15</b>	<b>01:53:11.25</b>	+00:43:12 (38.9%)	5:15	11.4 (61.0%)
491	<b>WYPYCHOWICZ Piotr</b>	<b>388</b>	WWW.BURGMANIA.NET	M-40	123	00:00:20	00:23:43	00:48:06	01:15:41	01:46:26	<b>01:52:53.95</b>	<b>01:53:14.45</b>	+00:45:02 (39.9%)	5:21	11.2 (59.9%)
492	<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>	+00:44:44 (39.7%)	5:20	11.2 (59.9%)
493	<b>GROŃSKI Janusz</b>	<b>598</b>		M-50	27	00:00:30	00:26:19	00:53:01	01:19:44	01:47:05	<b>01:52:48.45</b>	<b>01:53:18.55</b>	+00:44:57 (39.8%)	5:20	11.2 (59.9%)
494	<b>SKOLUDEK Robert</b>	<b>447</b>		M-20	130	00:00:43	00:26:30	00:53:17	01:20:36	01:47:34	<b>01:52:38.10</b>	<b>01:53:21.15</b>	+00:44:46 (39.8%)	5:20	11.2 (59.9%)
495	<b>ZDZIEBKO Artur</b>	<b>105</b>		M-40	120	00:01:07	00:26:04	00:52:13	01:18:27	01:46:06	<b>01:52:18.45</b>	<b>01:53:25.90</b>	+00:44:27 (39.6%)	5:19	11.3 (60.4%)
496	<b>RUDNER Jakub</b>	<b>1105</b>		M-20	131	00:00:45	00:27:05	00:53:46	01:20:06	01:47:06	<b>01:52:42.60</b>	<b>01:53:27.70</b>	+00:44:51 (39.8%)	5:20	11.2 (59.9%)
497	<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>	+00:44:27 (39.6%)	5:19	11.3 (60.4%)
498	<b>KACZOR Rafał</b>	<b>1226</b>	PKO BP	M-40	119	00:01:50	00:26:29	00:53:04	01:19:20	01:46:15	<b>01:51:40.60</b>	<b>01:53:31.15</b>	+00:43:49 (39.2%)	5:17	11.3 (60.4%)
499	<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>	+00:43:57 (39.3%)	5:17	11.3 (60.4%)
500	<b>WALSKI Łukasz</b>	<b>546</b>	RANGER SURVIVAL CLUB	M-20	126	00:01:53	00:27:38	00:54:27	01:21:24	01:46:40	<b>01:51:40.00</b>	<b>01:53:33.55</b>	+00:43:48 (39.2%)	5:17	11.3 (60.4%)
501	<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>	+00:44:37 (39.7%)	5:19	11.3 (60.4%)
502	<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>	+00:44:27 (39.6%)	5:19	11.3 (60.4%)
503	<b>BLACH Damian</b>	<b>556</b>		M-20	128	00:01:18	00:28:14	00:55:11	01:21:59	01:47:14	<b>01:52:19.85</b>	<b>01:53:37.85</b>	+00:44:28 (39.6%)	5:19	11.3 (60.4%)
504	<b>BIEŃKOWSKI Piotr</b>	<b>384</b>		M-20	133	00:00:37	00:23:36	00:49:14	01:17:25	01:47:01	<b>01:53:07.00</b>	<b>01:53:44.55</b>	+00:45:15 (40.0%)	5:21	11.2 (59.9%)
505	<b>KUROWSKI Michał</b>	<b>742</b>	NIGHT RUNNERS GLIWICE	M-20	129	00:01:16	00:27:05	00:53:06	01:19:34	01:46:54	<b>01:52:34.75</b>	<b>01:53:50.85</b>	+00:44:43 (39.7%)	5:20	11.2 (59.9%)
506	<b>PISKORZ Robert</b>	<b>948</b>		M-40	122	00:01:12	00:25:44	00:52:28	01:18:54	01:46:46	<b>01:52:47.55</b>	<b>01:54:00.30</b>	+00:44:56 (39.8%)	5:20	11.2 (59.9%)
507	<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>	+00:44:39 (39.7%)	5:19	11.3 (60.4%)
508	<b>IMIOŁEK Arkadiusz</b>	<b>419</b>	BIEGAM Z ED-CERT	M-40	124	00:00:38	00:26:33	00:53:02	01:19:48	01:47:40	<b>01:53:25.10</b>	<b>01:54:03.95</b>	+00:45:33 (40.2%)	5:22	11.2 (59.9%)
509	<b>PAWLIK Wojciech</b>	<b>665</b>		M-20	132	00:01:17	00:26:27	00:52:41	01:19:12	01:46:56	<b>01:52:48.00</b>	<b>01:54:05.50</b>	+00:44:56 (39.8%)	5:20	11.2 (59.9%)
510	<b>MASIAREK Mariusz</b>	<b>1265</b>	DRUŻYNA MOJACUKRZYCA.PL	M-40	121	00:01:29	00:26:03	00:51:33	01:17:56	01:46:19	<b>01:52:38.75</b>	<b>01:54:07.95</b>	+00:44:47 (39.8%)	5:20	11.2 (59.9%)
511	<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>	+00:45:08 (39.9%)	5:21	11.2 (59.9%)

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					
512	<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>	+00:45:12 (40.0%)	5:21	11.2 (59.9%)
513	<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>	+00:44:44 (39.7%)	5:20	11.2 (59.9%)
514	<b>BUJAK Mateusz</b>	<b>679</b>		M-20	134	00:00:59	00:26:13	00:52:09	01:19:22	01:47:40	<b>01:53:20.15</b>	<b>01:54:19.70</b>	+00:45:28 (40.1%)	5:22	11.2 (59.9%)
515	<b>KUMOR Tomasz</b>	<b>894</b>		M-20	137	00:00:37	00:27:25	00:54:07	01:20:53	01:47:53	<b>01:53:44.65</b>	<b>01:54:22.45</b>	+00:45:53 (40.3%)	5:23	11.1 (59.4%)
516	<b>STANISZEWSKI Krzysztof</b>	<b>973</b>	BIEGAMY Z SERCEM.PL	M-16	6	00:00:23	00:24:17	00:49:25	01:16:29	01:47:24	<b>01:54:01.50</b>	<b>01:54:24.85</b>	+00:46:10 (40.5%)	5:24	11.1 (59.4%)
517	<b>ZEMŁA Piotr</b>	<b>235</b>		M-40	125	00:00:48	00:26:51	00:53:41	01:20:40	01:47:48	<b>01:53:42.65</b>	<b>01:54:31.60</b>	+00:45:51 (40.3%)	5:23	11.1 (59.4%)
518	<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>	+00:46:24 (40.6%)	5:24	11.1 (59.4%)
519	<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>	+00:45:02 (39.9%)	5:21	11.2 (59.9%)
520	<b>ĆWIK Paweł</b>	<b>1024</b>		M-40	126	00:00:53	00:26:39	00:52:55	01:19:44	01:48:17	<b>01:53:49.80</b>	<b>01:54:43.40</b>	+00:45:58 (40.4%)	5:23	11.1 (59.4%)
521	<b>WILK Andrzej</b>	<b>764</b>		M-20	135	00:01:02	00:24:46	00:50:52	01:18:03	01:47:26	<b>01:53:43.20</b>	<b>01:54:46.15</b>	+00:45:51 (40.3%)	5:23	11.1 (59.4%)
522	<b>OCHMAN Ireneusz</b>	<b>1073</b>	OPEL ACTIVE TEAM	M-40	130	00:00:17	00:24:41	00:51:13	01:18:37	01:48:15	<b>01:54:31.35</b>	<b>01:54:48.90</b>	+00:46:40 (40.7%)	5:25	11.1 (59.4%)
523	<b>KOKOSZKA Marcin</b>	<b>609</b>	EMEDIATOR.PL	M-20	139	00:00:54	00:28:03	00:55:52	01:23:06	01:48:42	<b>01:54:00.85</b>	<b>01:54:55.35</b>	+00:46:09 (40.5%)	5:24	11.1 (59.4%)
524	<b>MIKETA Marek</b>	<b>1090</b>	RYBICKA GRUPA BIEGOWA	M-40	132	00:00:27	00:27:47	00:54:56	01:21:08	01:48:31	<b>01:54:35.65</b>	<b>01:55:02.95</b>	+00:46:44 (40.8%)	5:25	11 (58.8%)
525	<b>KOWALCZYK Robert</b>	<b>433</b>	ISTA BIEGAMY	M-40	128	00:00:59	00:25:34	00:51:46	01:18:59	01:47:54	<b>01:54:06.85</b>	<b>01:55:06.55</b>	+00:46:15 (40.5%)	5:24	11.1 (59.4%)
526	<b>SIUDA Krzysztof</b>	<b>858</b>		M-20	142	00:00:39	00:28:01	00:54:32	01:20:58	01:48:42	<b>01:54:27.75</b>	<b>01:55:07.25</b>	+00:46:36 (40.7%)	5:25	11.1 (59.4%)
527	<b>GRUSZKA Tomasz</b>	<b>1276</b>		M-40	129	00:00:49	00:26:38	00:52:42	01:19:10	01:48:08	<b>01:54:23.80</b>	<b>01:55:13.55</b>	+00:46:32 (40.7%)	5:25	11.1 (59.4%)
528	<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>	+00:46:28 (40.6%)	5:25	11.1 (59.4%)
529	<b>SZARUGA Jan</b>	<b>266</b>		M-20	136	00:01:34	00:27:13	00:53:13	01:18:58	01:47:29	<b>01:53:44.20</b>	<b>01:55:18.75</b>	+00:45:52 (40.3%)	5:23	11.1 (59.4%)
530	<b>FIELHAUER Damian</b>	<b>685</b>		M-20	140	00:00:57	00:25:36	00:51:02	01:17:50	01:47:50	<b>01:54:22.45</b>	<b>01:55:20.40</b>	+00:46:31 (40.7%)	5:25	11.1 (59.4%)
531	<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>	+00:46:17 (40.6%)	5:24	11.1 (59.4%)
532	<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>	+00:47:08 (41.0%)	5:26	11 (58.8%)
533	<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>	+00:45:26 (40.1%)	5:22	11.2 (59.9%)
534	<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>	+00:45:56 (40.4%)	5:23	11.1 (59.4%)
535	<b>SŁUSZNIAK Sławomir</b>	<b>752</b>		M-40	137	00:00:37	00:26:30	00:53:05	01:20:20	01:49:00	<b>01:54:57.50</b>	<b>01:55:34.75</b>	+00:47:06 (41.0%)	5:26	11 (58.8%)
536	<b>UTRATNY Ludomir Jan</b>	<b>284</b>		M-40	136	00:00:41	00:26:30	00:53:12	01:20:45	01:49:12	<b>01:54:56.40</b>	<b>01:55:37.50</b>	+00:47:05 (41.0%)	5:26	11 (58.8%)
537	<b>PATRYAS Arkadiusz</b>	<b>985</b>		M-40	133	00:00:59	00:27:46	00:55:16	01:22:54	01:49:21	<b>01:54:44.05</b>	<b>01:55:43.45</b>	+00:46:52 (40.9%)	5:26	11 (58.8%)

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					
538	<b>RÓG Marcin</b>	<b>892</b>	NIGHT RUNNERS KATOWICE	M-20	145	00:00:38	00:25:00	00:49:22	01:17:00	01:48:41	<b>01:55:06.20</b>	<b>01:55:45.15</b>	+00:47:14 (41.0%)	5:27	11 (58.8%)
539	<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>	+00:46:16 (40.5%)	5:24	11.1 (59.4%)
540	<b>KONIK Tomasz</b>	<b>385</b>		M-40	134	00:00:52	00:26:17	00:52:40	01:19:36	01:48:40	<b>01:54:54.40</b>	<b>01:55:47.20</b>	+00:47:03 (40.9%)	5:26	11 (58.8%)
541	<b>BEDNARSKI Tomasz</b>	<b>457</b>	NR GLIWICE	M-20	138	00:02:00	00:29:26	00:55:57	01:22:59	01:48:44	<b>01:53:47.95</b>	<b>01:55:47.95</b>	+00:45:56 (40.4%)	5:23	11.1 (59.4%)
542	<b>ZABIEROWSKI Witold</b>	<b>1046</b>	ADAMIETZ	M-50	28	00:01:16	00:27:17	00:54:25	01:21:44	01:48:58	<b>01:54:32.20</b>	<b>01:55:48.70</b>	+00:46:40 (40.8%)	5:25	11.1 (59.4%)
543	<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>	+00:46:52 (40.9%)	5:26	11 (58.8%)
544	<b>WIERZBICA Adrian</b>	<b>730</b>		M Open	2	00:01:23	00:27:49	00:54:45	01:21:36	01:48:37	<b>01:54:26.40</b>	<b>01:55:50.35</b>	+00:46:35 (40.7%)	5:25	11.1 (59.4%)
545	<b>KULIK Adam</b>	<b>989</b>		M-40	139	00:00:40	00:26:04	00:52:44	01:19:49	01:48:57	<b>01:55:11.65</b>	<b>01:55:51.65</b>	+00:47:20 (41.1%)	5:27	11 (58.8%)
546	<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>	+00:47:22 (41.1%)	5:27	11 (58.8%)
547	<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>	+00:47:04 (41.0%)	5:26	11 (58.8%)
548	<b>ADAMSKI Maciej</b>	<b>927</b>	WROCŁAW MARATHON TEAM	M-20	143	00:01:14	00:26:41	00:53:10	01:20:12	01:48:44	<b>01:54:45.65</b>	<b>01:55:59.85</b>	+00:46:54 (40.9%)	5:26	11 (58.8%)
549	<b>BŁASZCZY SZYN Maciej</b>	<b>1290</b>		M-50	29	00:01:20	00:28:15	00:55:47	01:22:28	01:49:12	<b>01:54:44.10</b>	<b>01:56:04.25</b>	+00:46:52 (40.9%)	5:26	11 (58.8%)
550	<b>PYKA Dariusz</b>	<b>1127</b>		M-40	127	00:01:58	00:27:55	00:55:42	01:23:21	01:48:50	<b>01:54:06.25</b>	<b>01:56:04.40</b>	+00:46:14 (40.5%)	5:24	11.1 (59.4%)
551	<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>	+00:47:42 (41.3%)	5:28	11 (58.8%)
552	<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>	+00:47:47 (41.3%)	5:28	10.9 (58.3%)
553	<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>	+00:47:19 (41.1%)	5:27	11 (58.8%)
554	<b>SKOTNICKI Paweł</b>	<b>83</b>		M-20	146	00:01:07	00:26:34	00:52:55	01:19:46	01:49:16	<b>01:55:07.20</b>	<b>01:56:14.80</b>	+00:47:15 (41.1%)	5:27	11 (58.8%)
555	<b>GRONDECKI Grzegorz</b>	<b>310</b>	BIEGAMY Z SERCEM.PL	M-40	135	00:01:20	00:27:18	00:54:09	01:21:39	01:49:18	<b>01:54:55.75</b>	<b>01:56:15.75</b>	+00:47:04 (41.0%)	5:26	11 (58.8%)
556	<b>CHROBOK Mateusz</b>	<b>905</b>	NIGHT RUNNERS ZABRZE	M-20	148	00:00:14	00:25:48	00:53:15	01:20:31	01:49:42	<b>01:56:03.30</b>	<b>01:56:17.85</b>	+00:48:12 (41.5%)	5:30	10.9 (58.3%)
557	<b>MIKUŁA Leszek</b>	<b>617</b>		M-40	144	00:00:25	00:25:28	00:51:24	01:19:06	01:49:36	<b>01:56:01.30</b>	<b>01:56:26.50</b>	+00:48:10 (41.5%)	5:29	10.9 (58.3%)
558	<b>WIĄCEK Krzysztof</b>	<b>25</b>		M-50	30	00:01:23	00:27:49	00:55:12	01:22:17	01:49:25	<b>01:55:05.20</b>	<b>01:56:28.75</b>	+00:47:13 (41.0%)	5:27	11 (58.8%)
558	<b>GRABOWSKI Michał</b>	<b>568</b>		M-40	142	00:00:35	00:27:51	00:55:34	01:22:58	01:50:03	<b>01:55:53.75</b>	<b>01:56:28.75</b>	+00:48:02 (41.5%)	5:29	10.9 (58.3%)
560	<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>	+00:48:10 (41.5%)	5:29	10.9 (58.3%)
561	<b>ALEKSANDROWICZ Krzysztof</b>	<b>1104</b>	FIZJO RUNNERS UMED WROCŁAW	M-40	138	00:01:32	00:26:45	00:53:31	01:20:47	01:49:06	<b>01:55:03.75</b>	<b>01:56:36.70</b>	+00:47:12 (41.0%)	5:27	11 (58.8%)
562	<b>BOJDA Dawid</b>	<b>1152</b>		M-20	144	00:01:36	00:27:41	00:55:18	01:22:18	01:49:14	<b>01:55:01.20</b>	<b>01:56:37.60</b>	+00:47:09 (41.0%)	5:27	11 (58.8%)
563	<b>KOZIELEC Tomasz</b>	<b>372</b>		M-40	140	00:01:18	00:27:05	00:53:52	01:21:07	01:49:25	<b>01:55:20.35</b>	<b>01:56:39.25</b>	+00:47:29 (41.2%)	5:28	11 (58.8%)

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					
564	WOŹNIAK Marek	277		M-40	131	00:02:08	00:27:06	00:53:32	01:20:45	01:48:34	<b>01:54:35.00</b>	<b>01:56:43.25</b>	+00:46:43 (40.8%)	5:25	11 (58.8%)
565	DE LA MERCED PUGA Daniel	1070		M-20	141	00:02:18	00:26:55	00:53:11	01:19:09	01:47:36	<b>01:54:25.40</b>	<b>01:56:44.15</b>	+00:46:34 (40.7%)	5:25	11.1 (59.4%)
566	DUDEK Łukasz	307		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>	+00:46:44 (40.8%)	5:25	11 (58.8%)
567	GALERT Adam	17	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>	+00:47:46 (41.3%)	5:28	10.9 (58.3%)
568	KOZDRA Krzysztof	736	NIEZRZESZONY	M-40	149	00:00:00					<b>01:57:04.00</b>	<b>01:57:04.00</b>	+00:49:12 (42.0%)	5:32	10.8 (57.8%)
569	BUTOR Arkadiusz	651	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>	+00:48:33 (41.7%)	5:31	10.9 (58.3%)
570	STASIAK Michał	180		M-40	143	00:01:05	00:27:13	00:54:14	01:21:24	01:49:53	<b>01:56:00.05</b>	<b>01:57:05.75</b>	+00:48:08 (41.5%)	5:29	10.9 (58.3%)
571	ANDRZEJ Kuś	1080	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>	+00:48:18 (41.6%)	5:30	10.9 (58.3%)
571	POPIEL Artur	414	NIGHT RUNNERS GLIWICE	M-40	146	00:01:00	00:27:40	00:55:14	01:22:43	01:50:35	<b>01:56:08.60</b>	<b>01:57:09.40</b>	+00:48:17 (41.6%)	5:30	10.9 (58.3%)
573	WIEDERMANN Krzysztof	624	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>	+00:46:57 (40.9%)	5:26	11 (58.8%)
574	KAZULA Grzegorz	251		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>	+00:47:45 (41.3%)	5:28	10.9 (58.3%)
575	GRABOWSKI Lech	870		M-50	33	00:00:07	00:26:21	00:54:11	01:22:24	01:51:12	<b>01:57:14.60</b>	<b>01:57:21.80</b>	+00:49:23 (42.1%)	5:33	10.8 (57.8%)
576	GUTOWSKI Łukasz	312		M-20	156	00:00:20	00:27:27	00:55:04	01:22:46	01:51:06	<b>01:57:01.30</b>	<b>01:57:21.95</b>	+00:49:10 (42.0%)	5:32	10.8 (57.8%)
577	ALBERT Łukasz	481	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>	+00:48:48 (41.8%)	5:31	10.9 (58.3%)
578	ANDRZEJCZAK Michał	247		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>	+00:47:56 (41.4%)	5:29	10.9 (58.3%)
579	JANY Kamil	545		M-40	145	00:01:20	00:27:35	00:54:40	01:22:13	01:50:03	<b>01:56:07.00</b>	<b>01:57:27.70</b>	+00:48:15 (41.6%)	5:30	10.9 (58.3%)
580	JANIK Janusz	131	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>	+00:48:36 (41.7%)	5:31	10.9 (58.3%)
581	TKACZUK Marcin	191	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>	+00:48:38 (41.8%)	5:31	10.9 (58.3%)
582	KOZŁOWSKI Przemysław	808		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>	+00:48:52 (41.9%)	5:31	10.8 (57.8%)
583	OPALIŃSKI Tomasz	938	GOOD TIME SPORT	M-20	150	00:01:11	00:28:02	00:56:06	01:23:47	01:50:47	<b>01:56:23.65</b>	<b>01:57:35.50</b>	+00:48:32 (41.7%)	5:30	10.9 (58.3%)
584	GOSŁAWSKI Piotr	1262		M-40	147	00:01:13	00:27:18	00:53:53	01:21:09	01:50:04	<b>01:56:24.25</b>	<b>01:57:38.15</b>	+00:48:32 (41.7%)	5:31	10.9 (58.3%)
585	NIEDZIELA Janusz	760		M-20	149	00:01:36	00:24:35	00:49:52	01:16:15	01:48:43	<b>01:56:04.85</b>	<b>01:57:41.45</b>	+00:48:13 (41.5%)	5:30	10.9 (58.3%)
586	SULIN Marek	904		M-40	141	00:02:11	00:28:10	00:55:52	01:22:47	01:49:43	<b>01:55:31.80</b>	<b>01:57:42.95</b>	+00:47:40 (41.3%)	5:28	11 (58.8%)
587	KŁOBUSZEWSKI Stanisław	62		M-50	31	00:02:05	00:28:05	00:55:49	01:23:03	01:50:07	<b>01:55:38.75</b>	<b>01:57:44.55</b>	+00:47:47 (41.3%)	5:28	10.9 (58.3%)
588	WIŚNIEWSKI Paweł	265		M-20	152	00:01:04	00:27:21	00:54:20	01:22:02	01:50:32	<b>01:56:40.45</b>	<b>01:57:45.30</b>	+00:48:49 (41.8%)	5:31	10.8 (57.8%)
589	SZALIŃSKI Krzysztof	975	PRYWATNY	M-40	151	00:00:09	00:27:29	00:55:27	01:23:12	01:51:47	<b>01:57:35.50</b>	<b>01:57:45.35</b>	+00:49:44 (42.3%)	5:34	10.8 (57.8%)

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					
590	<b>BUCZYŃSKI Radosław</b>	<b>53</b>	NIGHT RUNNERS GLIWICE	M-20	153	00:01:04	00:27:21	00:54:20	01:22:02	01:50:31	<b>01:56:41.10</b>	<b>01:57:45.90</b>	+00:48:49 (41.8%)	5:31	10.8 (57.8%)
591	<b>MALINOWSKI Piotr</b>	<b>913</b>	NIEZRZESZONY	M-40	148	00:01:14	00:26:56	00:54:21	01:21:56	01:50:22	<b>01:56:39.95</b>	<b>01:57:54.00</b>	+00:48:48 (41.8%)	5:31	10.9 (58.3%)
592	<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>	+00:49:12 (42.0%)	5:32	10.8 (57.8%)
593	<b>MACIASZEK Jarosław</b>	<b>513</b>		M-20	147	00:02:16	00:27:28	00:54:46	01:22:26	01:49:51	<b>01:55:47.85</b>	<b>01:58:04.65</b>	+00:47:56 (41.4%)	5:29	10.9 (58.3%)
594	<b>MICHNA Wojciech</b>	<b>1077</b>		M-20	157	00:01:03	00:25:29	00:52:49	01:20:30	01:50:22	<b>01:57:06.60</b>	<b>01:58:09.75</b>	+00:49:15 (42.1%)	5:32	10.8 (57.8%)
595	<b>SZUŁCZYŃSKI Karol</b>	<b>451</b>		M-50	32	00:01:47	00:27:17	00:53:58	01:20:59	01:50:02	<b>01:56:24.55</b>	<b>01:58:11.65</b>	+00:48:33 (41.7%)	5:30	10.9 (58.3%)
596	<b>ZASADA Edwin</b>	<b>982</b>	ZABIJGRUBASA.PL	M-20	154	00:01:21	00:28:27	00:56:40	01:24:05	01:51:03	<b>01:56:53.70</b>	<b>01:58:15.55</b>	+00:49:02 (42.0%)	5:32	10.8 (57.8%)
597	<b>CZOIK Tomasz</b>	<b>978</b>	NIGHT RUNNERS GLIWICE	M-20	155	00:01:19	00:28:29	00:56:42	01:23:50	01:51:05	<b>01:56:55.75</b>	<b>01:58:15.65</b>	+00:49:04 (42.0%)	5:32	10.8 (57.8%)
598	<b>BYCZYK Jarosław</b>	<b>536</b>	KB SWIATDOMU.COM	M-40	150	00:01:03	00:27:03	00:53:43	01:21:04	01:50:53	<b>01:57:18.45</b>	<b>01:58:22.15</b>	+00:49:27 (42.2%)	5:33	10.8 (57.8%)
599	<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>	+00:49:15 (42.1%)	5:33	10.8 (57.8%)
600	<b>KAMIŃSKA Anna</b>	<b>429</b>	ISTA BIEGAMY	M-20	151	00:02:00	00:29:26	00:55:57	01:22:59	01:50:53	<b>01:56:38.10</b>	<b>01:58:38.55</b>	+00:48:46 (41.8%)	5:31	10.9 (58.3%)
601	<b>RENKE Piotr</b>	<b>841</b>		M-40	152	00:01:00	00:26:02	00:52:42	01:20:54	01:50:45	<b>01:57:43.40</b>	<b>01:58:43.80</b>	+00:49:52 (42.4%)	5:34	10.8 (57.8%)
602	<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>	+00:49:03 (42.0%)	5:32	10.8 (57.8%)
603	<b>WOLAŃSKI Michał</b>	<b>1051</b>		M-20	158	00:01:37	00:25:45	00:53:26	01:22:12	01:51:28	<b>01:57:17.95</b>	<b>01:58:55.00</b>	+00:49:26 (42.2%)	5:33	10.8 (57.8%)
604	<b>MACIEJCZYK Marcin</b>	<b>117</b>	AKS DRAGON	M-20	160	00:00:58	00:26:54	00:53:17	01:20:28	01:51:43	<b>01:57:57.45</b>	<b>01:58:56.05</b>	+00:50:06 (42.5%)	5:35	10.7 (57.2%)
605	<b>KLAWENDER Ryszard</b>	<b>1269</b>	BIEGAMY Z SERCEM.PL	M-50	36	00:00:42	00:27:58	00:55:22	01:23:24	01:52:14	<b>01:58:23.40</b>	<b>01:59:05.75</b>	+00:50:32 (42.7%)	5:36	10.7 (57.2%)
606	<b>SMAKOSZ Wojciech</b>	<b>888</b>		M-50	34	00:01:34	00:28:00	00:55:41	01:23:15	01:51:44	<b>01:57:32.90</b>	<b>01:59:07.60</b>	+00:49:41 (42.3%)	5:34	10.8 (57.8%)
607	<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>	+00:49:56 (42.4%)	5:34	10.7 (57.2%)
608	<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>	+00:49:17 (42.1%)	5:33	10.8 (57.8%)
609	<b>WILK Mariusz</b>	<b>142</b>		M-40	157	00:00:41	00:27:06	00:55:02	01:23:35	01:52:26	<b>01:58:28.35</b>	<b>01:59:09.35</b>	+00:50:37 (42.7%)	5:36	10.7 (57.2%)
610	<b>WNUK Grzegorz</b>	<b>896</b>	SBD ENERGETYK RYBNIK	M-40	153	00:01:21	00:28:21	00:56:49	01:25:19	01:52:22	<b>01:57:47.60</b>	<b>01:59:09.50</b>	+00:49:56 (42.4%)	5:34	10.7 (57.2%)
611	<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>	+00:49:24 (42.1%)	5:33	10.8 (57.8%)
612	<b>URBANIAK Andrzej</b>	<b>1063</b>	SKLEP BIEGACZA	M-40	159	00:00:33	00:27:40	00:55:22	01:23:08	01:52:10	<b>01:58:46.05</b>	<b>01:59:19.75</b>	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
613	<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>	+00:49:36 (42.2%)	5:34	10.8 (57.8%)
614	<b>CZERNIAK Tobiasz</b>	<b>23</b>	RAJSPOORT ACTIVE ANTON TEAM	M-20	163	00:00:13	00:25:06	00:51:04	01:20:15	01:52:17	<b>01:59:06.85</b>	<b>01:59:20.80</b>	+00:51:15 (43.0%)	5:38	10.6 (56.7%)
615	<b>FRANKE Tomasz</b>	<b>458</b>		M-40	154	00:01:23	00:27:48	00:55:44	01:23:31	01:51:38	<b>01:57:58.35</b>	<b>01:59:21.35</b>	+00:50:07 (42.5%)	5:35	10.7 (57.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
616	MATECKI Maciej	126	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>	+00:51:03 (42.9%)	5:38	10.6 (56.7%)
617	JĘDRZEJOWSKI Andrzej	333	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>	+00:51:02 (42.9%)	5:38	10.6 (56.7%)
618	WANAT Wacław	315	PRO-RUN WROCLAW.	M-60	7	00:01:28	00:27:52	00:55:21	01:23:44	01:52:07	<b>01:58:08.65</b>	<b>01:59:37.50</b>	+00:50:17 (42.6%)	5:35	10.7 (57.2%)
619	WALCZAK Bartłomiej	1057		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>	+00:50:42 (42.8%)	5:37	10.7 (57.2%)
620	BAROS Grzegorz	836	FALSTART RUDNIKI	M-40	158	00:01:02	00:27:15	00:55:12	01:23:45	01:52:35	<b>01:58:36.30</b>	<b>01:59:39.05</b>	+00:50:45 (42.8%)	5:37	10.7 (57.2%)
621	URBANEK Marcin	439	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>	+00:50:52 (42.9%)	5:37	10.7 (57.2%)
622	SZŁĘZAK Andrzej	1048		M-20	161	00:01:35	00:28:51	00:57:06	01:25:03	01:52:27	<b>01:58:08.45</b>	<b>01:59:44.05</b>	+00:50:17 (42.6%)	5:35	10.7 (57.2%)
623	WADOWSKI Adrian	1075		M-20	159	00:02:03	00:29:32	00:57:21	01:24:24	01:52:06	<b>01:57:49.10</b>	<b>01:59:52.65</b>	+00:49:57 (42.4%)	5:35	10.7 (57.2%)
624	JASIŃSKI Tomasz	805		M-40	155	00:01:36	00:27:13	00:54:10	01:22:49	01:51:52	<b>01:58:16.25</b>	<b>01:59:52.95</b>	+00:50:24 (42.6%)	5:36	10.7 (57.2%)
625	MATERLA Marek	233	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>	+00:50:21 (42.6%)	5:36	10.7 (57.2%)
626	PIELKA Erwin	234	ZRYW SŁUPSKO	M-50	35	00:01:44	00:27:31	00:55:09	01:23:12	01:52:26	<b>01:58:12.95</b>	<b>01:59:57.85</b>	+00:50:21 (42.6%)	5:36	10.7 (57.2%)
627	NYGA Robert	550	FUTURE PROCESSING RUNNING TEAM	M-20	162	00:01:10	00:25:59	00:53:52	01:22:46	01:52:56	<b>01:58:48.15</b>	<b>01:59:58.60</b>	+00:50:56 (42.9%)	5:37	10.7 (57.2%)
628	LUKOSZEK Marek	194	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>	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
629	STEC Marcin	633	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>	+00:50:22 (42.6%)	5:36	10.7 (57.2%)
630	DZIEWIOR Marek	1000		M-40	165	00:00:36	00:26:30	00:53:24	01:21:36	01:52:28	<b>01:59:23.50</b>	<b>02:00:00.45</b>	+00:51:32 (43.2%)	5:39	10.6 (56.7%)
631	WARSZAWIK Antoni	723	EXTEAM	M-40	160	00:01:12	00:25:31	00:51:49	01:19:36	01:51:47	<b>01:58:50.25</b>	<b>02:00:02.55</b>	+00:50:58 (42.9%)	5:37	10.7 (57.2%)
632	ZALEWSKI Krzysztof	790	ZALEWSKI ARCHITECTURE GROUP	M-40	167	00:00:38	00:28:39	00:57:12	01:25:51	01:53:34	<b>01:59:25.70</b>	<b>02:00:03.80</b>	+00:51:34 (43.2%)	5:39	10.6 (56.7%)
633	MIERZEJEWSKI Jacek	150	AMATOR	M-40	169	00:00:29	00:27:00	00:54:16	01:23:18	01:53:31	<b>01:59:37.65</b>	<b>02:00:06.85</b>	+00:51:46 (43.3%)	5:40	10.6 (56.7%)
634	HAHN Piotr	349	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>	+00:50:49 (42.8%)	5:37	10.7 (57.2%)
635	WIKIERSKI Michał	671	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>	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
636	OCHÓD Dawid	618	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>	+00:51:39 (43.2%)	5:39	10.6 (56.7%)
637	GAJEWSKI Łukasz	515		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>	+00:51:00 (42.9%)	5:38	10.7 (57.2%)
638	MACIEJASZ Piotr	1062		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>	+00:50:26 (42.6%)	5:36	10.7 (57.2%)
639	MORDARSKI Artur	392		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>	+00:51:33 (43.2%)	5:39	10.6 (56.7%)
640	KRAKOWSKI Jacek	565		M-40	156	00:02:07	00:28:10	00:56:08	01:24:55	01:52:54	<b>01:58:25.40</b>	<b>02:00:32.60</b>	+00:50:34 (42.7%)	5:36	10.7 (57.2%)
641	RENKIEL Tomasz	1282		M-40	163	00:01:16	00:27:43	00:56:03	01:24:26	01:53:17	<b>01:59:16.90</b>	<b>02:00:33.15</b>	+00:51:25 (43.1%)	5:39	10.6 (56.7%)

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					
642	<b>ATLASIK Tom</b>	<b>1268</b>	SASOZ	M-50	37	00:01:30	00:27:48	00:55:38	01:24:04	01:53:01	<b>01:59:07.10</b>	<b>02:00:37.55</b>	+00:51:15 (43.0%)	5:38	10.6 (56.7%)
643	<b>SZENDZIELORZ Jan</b>	<b>539</b>		M-50	38	00:00:46	00:28:25	00:57:04	01:26:23	01:54:11	<b>01:59:57.45</b>	<b>02:00:43.60</b>	+00:52:06 (43.4%)	5:41	10.6 (56.7%)
644	<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>	+00:50:56 (42.9%)	5:37	10.7 (57.2%)
645	<b>ZNAMIROWSKI Krzysztof</b>	<b>361</b>	RADIO WROCŁAW	M-40	172	00:00:32	00:26:43	00:54:29	01:23:41	01:53:51	<b>02:00:13.50</b>	<b>02:00:45.55</b>	+00:52:22 (43.6%)	5:41	10.5 (56.1%)
646	<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>	+00:51:59 (43.4%)	5:40	10.6 (56.7%)
647	<b>WIECZORKE Marcin</b>	<b>741</b>		M-40	173	00:00:24	00:26:28	00:53:32	01:23:29	01:53:48	<b>02:00:23.75</b>	<b>02:00:48.55</b>	+00:52:32 (43.6%)	5:42	10.5 (56.1%)
648	<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>	+00:50:54 (42.9%)	5:37	10.7 (57.2%)
649	<b>GRYNICKI Jacek</b>	<b>804</b>		M-40	171	00:00:43	00:29:17	00:57:36	01:25:55	01:54:27	<b>02:00:13.15</b>	<b>02:00:56.50</b>	+00:52:21 (43.6%)	5:41	10.5 (56.1%)
650	<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>	+00:51:29 (43.1%)	5:39	10.6 (56.7%)
651	<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>	+00:51:54 (43.3%)	5:40	10.6 (56.7%)
652	<b>KOPIEL Grzegorz</b>	<b>780</b>		M-40	164	00:01:41	00:27:01	00:55:07	01:23:52	01:53:09	<b>01:59:20.40</b>	<b>02:01:01.40</b>	+00:51:29 (43.1%)	5:39	10.6 (56.7%)
653	<b>SAŁATA Miłosz</b>	<b>621</b>		M-20	164	00:00:59	00:27:33	00:55:14	01:23:05	01:53:37	<b>02:00:03.10</b>	<b>02:01:02.50</b>	+00:52:11 (43.5%)	5:41	10.5 (56.1%)
654	<b>ROZWADOWSKI Dariusz</b>	<b>924</b>		M-40	162	00:01:50	00:28:03	00:55:50	01:24:01	01:52:58	<b>01:59:13.75</b>	<b>02:01:04.00</b>	+00:51:22 (43.1%)	5:39	10.6 (56.7%)
655	<b>ZIMOCZ 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>	+00:52:42 (43.7%)	5:42	10.5 (56.1%)
656	<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>	+00:53:07 (43.9%)	5:43	10.5 (56.1%)
657	<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>	+00:51:03 (42.9%)	5:38	10.6 (56.7%)
658	<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>	+00:51:26 (43.1%)	5:39	10.6 (56.7%)
659	<b>LALA Mariusz</b>	<b>1177</b>		M-40	161	00:01:57	00:27:56	00:55:44	01:23:40	01:52:52	<b>01:59:10.65</b>	<b>02:01:08.60</b>	+00:51:19 (43.1%)	5:38	10.6 (56.7%)
660	<b>GRABOWSKI Maciej</b>	<b>911</b>		M-20	165	00:00:46	00:27:53	00:56:05	01:24:31	01:54:10	<b>02:00:24.90</b>	<b>02:01:11.35</b>	+00:52:33 (43.6%)	5:42	10.5 (56.1%)
661	<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>	+00:51:28 (43.1%)	5:39	10.6 (56.7%)
662	<b>BOCZAROWSKI Michał</b>	<b>1058</b>	EXPERT TRAVEL	M-40	170	00:01:28	00:27:11	00:54:26	01:22:27	01:53:07	<b>01:59:50.85</b>	<b>02:01:19.30</b>	+00:51:59 (43.4%)	5:40	10.6 (56.7%)
663	<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>	+00:53:15 (44.0%)	5:44	10.5 (56.1%)
664	<b>WILSZ Adam</b>	<b>657</b>		M-40	166	00:02:12	00:28:55	00:57:14	01:25:25	01:53:47	<b>01:59:24.65</b>	<b>02:01:37.05</b>	+00:51:33 (43.2%)	5:39	10.6 (56.7%)
665	<b>SCHUMANN Robert</b>	<b>1097</b>	UNISONO	M-60	8	00:02:09	00:28:56	00:57:14	01:25:27	01:53:49	<b>01:59:27.75</b>	<b>02:01:37.15</b>	+00:51:36 (43.2%)	5:39	10.6 (56.7%)
666	<b>HRYSZKIEWICZ Janusz</b>	<b>933</b>	UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE	M-40	168	00:02:09	00:28:57	00:57:14	01:25:27	01:53:50	<b>01:59:27.90</b>	<b>02:01:37.75</b>	+00:51:36 (43.2%)	5:39	10.6 (56.7%)
667	<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>	+00:52:07 (43.4%)	5:41	10.6 (56.7%)

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					
668	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	+00:52:48 (43.8%)	5:43	10.5 (56.1%)
669	RUTKOWSKI Tadeusz	731		M-30	273	00:01:25	00:28:18	00:57:09	01:25:12	01:54:28	02:00:32.90	02:01:58.20	+00:52:41 (43.7%)	5:42	10.5 (56.1%)
670	ROGOZIK Szymon	1126		M-30	272	00:01:55	00:27:57	00:55:43	01:23:43	01:53:55	02:00:04.10	02:01:59.45	+00:52:12 (43.5%)	5:41	10.5 (56.1%)
671	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	+00:53:32 (44.1%)	5:45	10.4 (55.6%)
672	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	+00:52:52 (43.8%)	5:43	10.5 (56.1%)
673	BĄBKA Tomasz	939		M-30	276	00:01:24	00:29:01	00:57:52	01:26:46	01:55:10	02:01:04.80	02:02:29.60	+00:53:13 (44.0%)	5:44	10.5 (56.1%)
674	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	+00:52:36 (43.7%)	5:42	10.5 (56.1%)
675	WALASZCZYK Grzegorz	798		M-50	40	00:00:28	00:28:35	00:57:17	01:26:05	01:55:46	02:02:06.05	02:02:34.20	+00:54:14 (44.4%)	5:47	10.4 (55.6%)
676	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	+00:53:34 (44.1%)	5:45	10.4 (55.6%)
677	BŁACH Lech	722		M-50	39	00:01:58	00:27:16	00:54:58	01:23:42	01:54:01	02:00:49.70	02:02:47.85	+00:52:58 (43.8%)	5:43	10.5 (56.1%)
678	SOŚNIAK Tomasz	56	KUDŁATY ART ACTIVE TEAM	M-30	278	00:01:09	00:27:10	00:55:31	01:23:57	01:54:37	02:01:53.95	02:03:03.25	+00:54:02 (44.3%)	5:46	10.4 (55.6%)
679	GOCYK Leszek	932		M-30	282	00:00:51	00:26:12	00:53:04	01:21:31	01:54:27	02:02:12.70	02:03:04.45	+00:54:21 (44.5%)	5:47	10.4 (55.6%)
680	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	+00:54:10 (44.4%)	5:46	10.4 (55.6%)
681	WARDZIŃSKI Paweł	821	RUN AND GUN	M-30	283	00:01:25	00:28:58	00:58:11	01:26:49	01:55:47	02:02:13.70	02:03:38.70	+00:54:22 (44.5%)	5:47	10.4 (55.6%)
682	NESTER Łukasz	50		M-30	281	00:01:37	00:28:48	00:57:02	01:25:17	01:56:15	02:02:09.40	02:03:47.15	+00:54:18 (44.5%)	5:47	10.4 (55.6%)
683	POZOWSKI Włodzimierz	335	EKOINSTAL	M-60	9	00:00:28	00:27:18	00:55:39	01:25:34	01:56:47	02:03:18.35	02:03:47.25	+00:55:27 (45.0%)	5:50	10.3 (55.1%)
684	BOGACZ Paweł	777		M-30	279	00:01:55	00:28:06	00:56:54	01:24:44	01:55:08	02:01:58.35	02:03:54.30	+00:54:07 (44.4%)	5:46	10.4 (55.6%)
685	KOPCIK Tomasz	1020	FC KUNRÓW/COMBAT 56	M-30	284	00:01:32	00:27:04	00:54:06	01:23:33	01:55:36	02:02:29.85	02:04:02.55	+00:54:38 (44.6%)	5:48	10.3 (55.1%)
686	KRZYWIECKI Maciej	812		M-30	280	00:02:06	00:28:32	00:56:12	01:24:28	01:55:51	02:02:07.50	02:04:13.55	+00:54:16 (44.4%)	5:47	10.4 (55.6%)
687	TOMKOWICZ Rafał	881	SFERA BIEGANIA	M-30	286	00:01:30	00:27:46	00:55:59	01:24:50	01:56:08	02:02:45.40	02:04:15.50	+00:54:54 (44.7%)	5:49	10.3 (55.1%)
688	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	+00:55:32 (45.0%)	5:50	10.3 (55.1%)
689	RYDZYŃSKI Jacek	270	RYSIE	M-30	285	00:02:12	00:26:05	00:54:20	01:24:32	01:56:10	02:02:37.70	02:04:50.20	+00:54:46 (44.7%)	5:48	10.3 (55.1%)
690	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	+00:54:59 (44.8%)	5:49	10.3 (55.1%)
691	OBCOWSKI Maciej	797		M-30	290	00:00:41	00:26:44	00:56:38	01:26:28	01:57:43	02:04:19.30	02:05:00.95	+00:56:28 (45.4%)	5:53	10.2 (54.5%)
692	CIMAŁA Rafał	440	ISTA BIEGAMY	M-30	288	00:00:58	00:28:21	00:57:01	01:26:22	01:57:22	02:04:03.05	02:05:01.25	+00:56:11 (45.3%)	5:52	10.2 (54.5%)
693	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	+00:55:54 (45.2%)	5:51	10.2 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
694	<b>CHWALISZEWSKI Jarosław</b>	<b>35</b>	NIGHT RUNNERS GLIWICE	M-40	183	00:01:17	00:27:40	00:56:32	01:25:19	01:56:55	<b>02:03:45.65</b>	<b>02:05:02.65</b>	+00:55:54 (45.2%)	5:51	10.2 (54.5%)
695	<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>	+00:55:24 (45.0%)	5:50	10.3 (55.1%)
696	<b>MITRĘGA Paweł</b>	<b>994</b>		M-40	184	00:01:18	00:29:02	00:58:19	01:27:10	01:57:28	<b>02:03:59.25</b>	<b>02:05:18.05</b>	+00:56:07 (45.3%)	5:52	10.2 (54.5%)
697	<b>MARTYNOWICZ Radosław</b>	<b>702</b>		M-20	166	00:01:25	00:28:16	00:57:10	01:25:45	01:57:15	<b>02:04:08.45</b>	<b>02:05:33.55</b>	+00:56:17 (45.3%)	5:52	10.2 (54.5%)
698	<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>	+00:56:14 (45.3%)	5:52	10.2 (54.5%)
699	<b>PRZESTALSKI Leszek</b>	<b>225</b>		M-20	168	00:01:46	00:29:54	00:59:06	01:28:24	01:58:29	<b>02:04:15.50</b>	<b>02:06:01.90</b>	+00:56:24 (45.4%)	5:53	10.2 (54.5%)
700	<b>STAŚ Adam</b>	<b>940</b>		M-20	167	00:01:52	00:28:32	00:56:56	01:26:09	01:57:25	<b>02:04:12.15</b>	<b>02:06:04.60</b>	+00:56:20 (45.4%)	5:53	10.2 (54.5%)
701	<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>	+00:57:24 (45.8%)	5:56	10.1 (54.0%)
702	<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>	+00:57:08 (45.7%)	5:55	10.1 (54.0%)
703	<b>DAWIDKO Paweł</b>	<b>89</b>		M-20	169	00:01:48	00:31:06	01:02:23	01:33:49		<b>02:05:02.60</b>	<b>02:06:50.60</b>	+00:57:11 (45.7%)	5:55	10.1 (54.0%)
704	<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>	+00:58:26 (46.3%)	5:59	10 (53.5%)
705	<b>BUCHAL Grzegorz</b>	<b>581</b>		M-40	185	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	<b>02:05:31.80</b>	<b>02:07:10.60</b>	+00:57:40 (45.9%)	5:56	10.1 (54.0%)
706	<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>	+00:57:27 (45.9%)	5:56	10.1 (54.0%)
707	<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>	+00:57:44 (46.0%)	5:57	10.1 (54.0%)
708	<b>JANTAS Andrzej</b>	<b>986</b>		M-40	187	00:00:14	00:26:59	00:57:07	01:28:32	02:00:45	<b>02:07:17.15</b>	<b>02:07:31.15</b>	+00:59:25 (46.7%)	6:01	9.9 (52.9%)
709	<b>GILEWSKI Franciszek</b>	<b>363</b>	BIEGAMY Z SERCEM .PL	M-70	2	00:00:42	00:28:28	00:58:10	01:28:58	02:00:13	<b>02:06:51.15</b>	<b>02:07:33.80</b>	+00:58:59 (46.5%)	6:00	10 (53.5%)
710	<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>	+00:59:25 (46.7%)	6:01	9.9 (52.9%)
711	<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>	+00:57:58 (46.1%)	5:57	10.1 (54.0%)
712	<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>	+00:59:52 (46.9%)	6:03	9.9 (52.9%)
713	<b>CIEŚLA Adam</b>	<b>209</b>	KLUB: RYBNICKI KLUB JU JITSU SPORTOWEGO	M-40	188	00:00:12	00:25:34	00:54:03	01:25:18	01:59:55	<b>02:07:41.65</b>	<b>02:07:53.95</b>	+00:59:50 (46.9%)	6:03	9.9 (52.9%)
714	<b>CAPUTA Piotr</b>	<b>998</b>		M-40	186	00:01:14	00:26:18	00:54:04	01:24:37	01:59:41	<b>02:06:42.50</b>	<b>02:07:56.70</b>	+00:58:51 (46.4%)	6:00	10 (53.5%)
715	<b>WARDZIŃSKI Mateusz</b>	<b>887</b>		M-20	172	00:00:49	00:26:01	00:52:51	01:22:17	01:58:27	<b>02:07:19.75</b>	<b>02:08:08.95</b>	+00:59:28 (46.7%)	6:02	9.9 (52.9%)
716	<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>	+00:58:34 (46.3%)	5:59	10 (53.5%)
717	<b>KALINOWSKI Dawid</b>	<b>783</b>		M-20	170	00:01:51	00:29:19	00:58:38	01:28:43	02:00:09	<b>02:06:26.80</b>	<b>02:08:18.30</b>	+00:58:35 (46.3%)	5:59	10 (53.5%)
718	<b>BOROWIEC Wojciech</b>	<b>521</b>		M-20	173	00:00:46	00:27:07	00:55:24	01:25:47	02:00:19	<b>02:07:32.05</b>	<b>02:08:18.60</b>	+00:59:40 (46.8%)	6:02	9.9 (52.9%)
719	<b>KONIKOWSKI Paweł</b>	<b>942</b>	NIEZRZESZONY	M-60	10	00:01:34	00:28:39	00:57:52	01:28:04	01:59:48	<b>02:06:43.95</b>	<b>02:08:18.70</b>	+00:58:52 (46.5%)	6:00	10 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
720	<b>GAIM Jacek</b>	<b>946</b>	SOSNOWIEC	M-40	190	00:00:53	00:29:20	00:58:47	01:29:30	02:01:50	<b>02:08:27.95</b>	<b>02:09:20.95</b>	+01:00:36 (47.2%)	6:05	9.9 (52.9%)
721	<b>SOWA Maciej</b>	<b>500</b>	ELECTROCHEMISTRY GROUP	M-20	171	00:02:16	00:28:56	00:58:10	01:28:49	02:01:56	<b>02:07:13.00</b>	<b>02:09:29.10</b>	+00:59:21 (46.7%)	6:01	10 (53.5%)
722	<b>GRABOWSKI Zbigniew</b>	<b>871</b>		M-60	11	00:00:58	00:28:52	00:58:16	01:29:25	02:02:02	<b>02:08:54.05</b>	<b>02:09:52.25</b>	+01:01:02 (47.4%)	6:06	9.8 (52.4%)
723	<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>	+01:00:39 (47.2%)	6:05	9.9 (52.9%)
724	<b>MICHALSKI Bartosz</b>	<b>1281</b>		M-40	189	00:01:39	00:29:08	00:58:23	01:28:28	02:02:04	<b>02:08:26.25</b>	<b>02:10:05.90</b>	+01:00:34 (47.2%)	6:05	9.9 (52.9%)
725	<b>WOLIŃSKI Józef</b>	<b>406</b>		M-50	41	00:01:30	00:28:29	00:57:31	01:28:24	02:01:28	<b>02:08:38.70</b>	<b>02:10:09.40</b>	+01:00:47 (47.3%)	6:05	9.8 (52.4%)
726	<b>WIADEREK Sławomir</b>	<b>509</b>	PĘDZĄCE ŻÓŁWIE	M-50	42	00:01:15	00:29:03	00:58:53	01:29:49	02:02:18	<b>02:09:03.65</b>	<b>02:10:19.20</b>	+01:01:12 (47.4%)	6:07	9.8 (52.4%)
727	<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>	+01:00:47 (47.3%)	6:05	9.8 (52.4%)
728	<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>	+01:00:53 (47.3%)	6:06	9.8 (52.4%)
729	<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>	+01:00:56 (47.3%)	6:06	9.8 (52.4%)
730	<b>KANIA Dominik</b>	<b>326</b>		M-20	174	00:01:30	00:28:32	00:58:59	01:29:48	02:02:41	<b>02:09:36.45</b>	<b>02:11:06.55</b>	+01:01:45 (47.6%)	6:08	9.8 (52.4%)
731	<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>	+01:01:52 (47.7%)	6:08	9.8 (52.4%)
732	<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>	+01:01:53 (47.7%)	6:08	9.8 (52.4%)
733	<b>ROGOWSKI Tadeusz</b>	<b>728</b>		M-40	192	00:01:25	00:29:04	00:58:36	01:28:41	02:02:20	<b>02:09:44.60</b>	<b>02:11:10.55</b>	+01:01:53 (47.7%)	6:08	9.8 (52.4%)
734	<b>CHOJOWSKI Oskar</b>	<b>259</b>		M-40	191	00:01:55	00:30:14	01:00:09	01:30:27	02:02:31	<b>02:09:23.25</b>	<b>02:11:18.60</b>	+01:01:31 (47.6%)	6:07	9.8 (52.4%)
735	<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>	+01:01:25 (47.5%)	6:07	9.8 (52.4%)
736	<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>	+01:01:38 (47.6%)	6:08	9.8 (52.4%)
737	<b>MASTERNAK Albert</b>	<b>1084</b>	SZCZAWNO RUN	M-50	43	00:00:47	00:30:53	01:01:44	01:33:07	02:04:45	<b>02:11:18.05</b>	<b>02:12:05.05</b>	+01:03:26 (48.3%)	6:13	9.6 (51.3%)
738	<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>	+01:02:58 (48.1%)	6:12	9.7 (51.9%)
739	<b>GŁOWACKI Michał</b>	<b>398</b>	TEAM GŁOWACKI	M-20	177	00:01:20	00:26:55	00:55:35	01:26:42	02:03:37	<b>02:11:16.55</b>	<b>02:12:37.15</b>	+01:03:25 (48.3%)	6:13	9.6 (51.3%)
740	<b>BUK Marcin</b>	<b>597</b>		M-20	175	00:01:24	00:29:40	00:59:25	01:29:08	02:03:35	<b>02:11:14.70</b>	<b>02:12:38.75</b>	+01:03:23 (48.3%)	6:13	9.6 (51.3%)
741	<b>KOŁTKO Łukasz</b>	<b>610</b>		M-20	176	00:01:23	00:29:41	00:59:26	01:29:09	02:03:35	<b>02:11:15.45</b>	<b>02:12:39.20</b>	+01:03:24 (48.3%)	6:13	9.6 (51.3%)
742	<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>	+01:02:37 (48.0%)	6:11	9.7 (51.9%)
743	<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>	+01:03:21 (48.3%)	6:13	9.6 (51.3%)
744	<b>KONTNY Paweł</b>	<b>1007</b>	-	M-70	3	00:02:03	00:30:46	01:00:49	01:31:50	02:04:22	<b>02:11:02.60</b>	<b>02:13:05.95</b>	+01:03:11 (48.2%)	6:12	9.7 (51.9%)
745	<b>BUFNAL Krzysztof</b>	<b>710</b>		M-40	193	00:02:17	00:30:38	01:01:58	01:32:47	02:04:09	<b>02:10:53.30</b>	<b>02:13:10.65</b>	+01:03:02 (48.2%)	6:12	9.7 (51.9%)

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					
746	ZAWADA Piotr	739	NIGHT RUNNERS ZABRZE	M-20	178	00:01:38	00:31:00	01:01:44	01:32:34	02:04:44	<b>02:11:33.25</b>	<b>02:13:12.20</b>	+01:03:41 (48.4%)	6:14	9.6 (51.3%)
747	WYPCHOŁ Piotr	936		M-50	44	00:01:34	00:29:20	01:00:04	01:32:07	02:04:39	<b>02:11:39.05</b>	<b>02:13:13.25</b>	+01:03:47 (48.5%)	6:14	9.6 (51.3%)
748	KLYTA Wojciech	1071	NIEZRZESZONY	M-40	194	00:01:53	00:27:16	00:55:46	01:27:32	02:03:46	<b>02:11:25.05</b>	<b>02:13:18.50</b>	+01:03:33 (48.4%)	6:13	9.6 (51.3%)
749	ROJEK Grzegorz	1076		M-40	195	00:01:43	00:31:21	01:02:28	01:33:54	02:05:21	<b>02:11:47.60</b>	<b>02:13:31.15</b>	+01:03:56 (48.5%)	6:14	9.6 (51.3%)
750	MIŚKIEWICZ Andrzej	188		M-40	196	00:01:46	00:30:50	01:01:42	01:33:12	02:05:22	<b>02:11:59.95</b>	<b>02:13:46.65</b>	+01:04:08 (48.6%)	6:15	9.6 (51.3%)
751	JAWOREK Dariusz	31	SPORT-RELAKS.PL	M-40	197	00:01:52	00:29:50	01:00:20	01:31:34	02:05:00	<b>02:12:43.90</b>	<b>02:14:36.25</b>	+01:04:52 (48.9%)	6:17	9.5 (50.8%)
752	FERFECKI Dawid	1137		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>	+01:05:30 (49.1%)	6:19	9.5 (50.8%)
753	KRUSZYŃSKI Marcin	570		M-40	200	00:00:34	00:26:36	00:55:03	01:28:40	02:06:34	<b>02:14:36.95</b>	<b>02:15:11.75</b>	+01:06:45 (49.6%)	6:22	9.4 (50.3%)
754	PADOŁ Zbigniew	586		M-50	45	00:00:15	00:30:05	01:00:58	01:32:55	02:07:19	<b>02:14:57.70</b>	<b>02:15:13.25</b>	+01:07:06 (49.7%)	6:23	9.4 (50.3%)
755	ADAMSKI Tomasz	280		M-40	199	00:01:10	00:30:28	01:02:59	01:34:41	02:07:44	<b>02:14:21.75</b>	<b>02:15:31.80</b>	+01:06:30 (49.5%)	6:22	9.4 (50.3%)
756	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	<b>02:13:36.95</b>	<b>02:15:38.10</b>	+01:05:45 (49.2%)	6:19	9.5 (50.8%)
757	CZOSNOWSKI Tomasz	1272	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>	+01:06:40 (49.6%)	6:22	9.4 (50.3%)
758	URBANEK Arkadiusz	878		M-20	179	00:01:55	00:30:17	01:01:02	01:32:04	02:06:54	<b>02:14:34.45</b>	<b>02:16:29.55</b>	+01:06:43 (49.6%)	6:22	9.4 (50.3%)
759	KOSIERKIEWICZ Kamil	1066		M-40	201	00:01:58	00:33:47	01:07:04	01:40:05	02:09:28	<b>02:14:42.00</b>	<b>02:16:40.85</b>	+01:06:50 (49.6%)	6:23	9.4 (50.3%)
760	STOLARCZYK Maciej	1134		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>	+01:06:28 (49.5%)	6:21	9.4 (50.3%)
761	URBAN Dariusz	1012		M-40	202	00:00:40	00:29:11	00:59:31	01:31:57	02:08:19	<b>02:16:21.20</b>	<b>02:17:01.50</b>	+01:08:29 (50.2%)	6:27	9.3 (49.7%)
762	SZYPUŁA Michał	629		M-20	180	00:02:02	00:31:26	01:03:34	01:36:05	02:08:51	<b>02:15:30.35</b>	<b>02:17:32.55</b>	+01:07:39 (49.9%)	6:25	9.3 (49.7%)
763	BRODIUK Norbert	148	TRAINPAUL	M-40	205	00:00:24	00:28:45	01:00:44	01:35:27	02:10:40	<b>02:17:47.45</b>	<b>02:18:11.80</b>	+01:09:56 (50.8%)	6:31	9.2 (49.2%)
764	WEKWERT Witold	283	BIEGAMYZSERCEM.PL	M-50	46	00:00:25	00:29:03	01:00:24	01:34:19	02:10:31	<b>02:17:48.75</b>	<b>02:18:13.85</b>	+01:09:57 (50.8%)	6:31	9.2 (49.2%)
765	WEKWERT Dariusz	285	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>	+01:09:57 (50.8%)	6:31	9.2 (49.2%)
766	KOSTRZEWA Krzysztof	41	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>	+01:09:04 (50.4%)	6:29	9.2 (49.2%)
767	PŁOTEK Tomasz	921		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>	+01:10:03 (50.8%)	6:32	9.2 (49.2%)
768	TISZBIEREK Henryk	324		M-40	204	00:01:35	00:31:30	01:03:10	01:34:57	02:09:35	<b>02:17:04.55</b>	<b>02:18:39.60</b>	+01:09:13 (50.5%)	6:29	9.2 (49.2%)
769	MIGDAŁ Grzegorz	325		M-40	203	00:01:35	00:31:31	01:03:10	01:34:57	02:09:35	<b>02:17:04.10</b>	<b>02:18:39.65</b>	+01:09:12 (50.5%)	6:29	9.2 (49.2%)
770	ORYSZCZAK Łukasz	662		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>	+01:09:23 (50.6%)	6:30	9.2 (49.2%)
771	OSUBNIAK Tomasz	467		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>	+01:10:19 (50.9%)	6:32	9.2 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	15km	20km					
772	<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>	+01:11:04 (51.2%)	6:35	9.1 (48.7%)
773	<b>FRYDRYK Ryszard</b>	<b>1264</b>	EKO-ATOM.PL	M-50	47	00:01:39	00:31:03	01:03:41	01:37:45	02:11:45	<b>02:18:17.35</b>	<b>02:19:57.05</b>	+01:10:26 (50.9%)	6:33	9.2 (49.2%)
774	<b>OLCZYK Adrian</b>	<b>983</b>	SMSAPI	M-20	181	00:02:13	00:31:05	01:03:10	01:35:14	02:10:36	<b>02:17:54.10</b>	<b>02:20:07.15</b>	+01:10:02 (50.8%)	6:32	9.2 (49.2%)
775	<b>SMOŁA Mieczysław</b>	<b>228</b>	AKMB PĘDZIWIATR GLIWICE	M-60	13	00:00:16	00:28:57	00:59:22	01:33:27	02:11:43	<b>02:20:16.05</b>	<b>02:20:32.45</b>	+01:12:24 (51.6%)	6:38	9 (48.1%)
776	<b>DOBREK Wojciech</b>	<b>851</b>	WIECZORNEBIEGANIE	M-40	206	00:02:11	00:30:05	01:03:17	01:38:44	02:12:15	<b>02:19:14.10</b>	<b>02:21:25.70</b>	+01:11:22 (51.3%)	6:35	9.1 (48.7%)
777	<b>JĘDRYCHA Zbigniew</b>	<b>694</b>		M-60	12	00:02:01	00:33:44	01:07:01	01:40:04	02:12:42	<b>02:19:34.65</b>	<b>02:21:36.30</b>	+01:11:43 (51.4%)	6:36	9.1 (48.7%)
778	<b>JĘDRYCHA Artur</b>	<b>830</b>		M-40	207	00:02:02	00:33:44	01:07:00	01:40:03	02:12:41	<b>02:19:33.80</b>	<b>02:21:36.35</b>	+01:11:42 (51.4%)	6:36	9.1 (48.7%)
779	<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>	+01:11:42 (51.4%)	6:36	9.1 (48.7%)
780	<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>	+01:12:49 (51.8%)	6:40	9 (48.1%)
781	<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>	+01:13:18 (51.9%)	6:41	9 (48.1%)
782	<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>	+01:14:16 (52.3%)	6:44	8.9 (47.6%)
783	<b>ŻELEZNY Tomasz</b>	<b>295</b>	NIGHT RUNNERS GLIWICE	M-20	182	00:01:56	00:30:55	01:02:15	01:35:09	02:14:37	<b>02:22:08.65</b>	<b>02:24:05.20</b>	+01:14:17 (52.3%)	6:44	8.9 (47.6%)
784	<b>KAPUSTA Grzegorz</b>	<b>1108</b>		M-40	208	00:00:18	00:32:10	01:05:13	01:40:02	02:16:38	<b>02:24:31.50</b>	<b>02:24:49.65</b>	+01:16:40 (53.0%)	6:50	8.8 (47.1%)
785	<b>GRANAT Jarosław</b>	<b>243</b>		M-20	183	00:01:38	00:31:41	01:04:28	01:38:15	02:15:44	<b>02:23:28.45</b>	<b>02:25:07.35</b>	+01:15:37 (52.7%)	6:48	8.8 (47.1%)
786	<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>	+01:15:09 (52.6%)	6:46	8.9 (47.6%)
787	<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>	+01:17:30 (53.3%)	6:53	8.7 (46.5%)
788	<b>ŚWITAŁA Józef</b>	<b>1008</b>	FALSTART RUDNIKI	M-60	14	00:01:02	00:27:16	00:55:12	01:29:49	02:15:00	<b>02:25:24.80</b>	<b>02:26:27.05</b>	+01:17:33 (53.3%)	6:53	8.7 (46.5%)
789	<b>SPÓLNIK Stanisław</b>	<b>567</b>	KRAKOWSKI KLUB LAJKONIK	M-60	15	00:01:53	00:32:13	01:07:41	01:42:53	02:18:30	<b>02:26:06.55</b>	<b>02:28:00.30</b>	+01:18:15 (53.6%)	6:55	8.7 (46.5%)
790	<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>	+01:19:25 (53.9%)	6:58	8.6 (46.0%)
791	<b>PRUS Dariusz</b>	<b>123</b>	BRAK	M-50	48	00:02:03	00:32:50	01:07:37	01:42:42	02:18:55	<b>02:26:44.90</b>	<b>02:28:48.75</b>	+01:18:53 (53.8%)	6:57	8.6 (46.0%)
792	<b>FORYST Wojciech</b>	<b>626</b>		M-60	16	00:01:31	00:30:36	01:02:43	01:37:36	02:18:17	<b>02:27:18.95</b>	<b>02:28:50.75</b>	+01:19:27 (53.9%)	6:58	8.6 (46.0%)
793	<b>BOBKOWSKI Maciej</b>	<b>393</b>		M-40	209	00:00:45	00:31:05	01:05:59	01:43:38	02:22:10	<b>02:29:59.70</b>	<b>02:30:45.10</b>	+01:22:08 (54.8%)	7:06	8.4 (44.9%)
794	<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>	+01:21:29 (54.6%)	7:04	8.5 (45.5%)
795	<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>	+01:22:10 (54.8%)	7:06	8.4 (44.9%)
796	<b>DOŁĘGA Andrzej</b>	<b>827</b>		M-40	210	00:02:21	00:32:24	01:07:47	01:42:24	02:21:11	<b>02:30:18.05</b>	<b>02:32:40.00</b>	+01:22:26 (54.9%)	7:07	8.4 (44.9%)
797	<b>MACHAŁA Tomasz</b>	<b>453</b>		M-40	211	00:02:12	00:31:56	01:06:18	01:43:29	02:22:46	<b>02:30:58.60</b>	<b>02:33:11.40</b>	+01:23:07 (55.1%)	7:09	8.4 (44.9%)

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					
798	<b>WRZESIŃSKI Zbyszek</b>	<b>867</b>		M-40	212	00:02:13	00:33:25	01:07:29	01:42:33	02:23:03	<b>02:31:52.05</b>	<b>02:34:05.80</b>	+01:24:00 (55.3%)	7:11	8.3 (44.4%)
799	<b>KRYWALSKI Wilhelm</b>	<b>202</b>		M-40	213	00:02:08	00:35:03	01:10:41	01:48:16	02:24:33	<b>02:32:24.20</b>	<b>02:34:32.55</b>	+01:24:32 (55.5%)	7:13	8.3 (44.4%)
800	<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>	+01:25:36 (55.8%)	7:16	8.2 (43.9%)
801	<b>BIEL Michał</b>	<b>758</b>		M-40	214	00:01:51	00:32:06	01:06:28	01:43:25	02:26:09	<b>02:35:10.10</b>	<b>02:37:01.15</b>	+01:27:18 (56.3%)	7:21	8.2 (43.9%)
802	<b>GLIŃSKI Michał</b>	<b>1286</b>	NIGHT RUNNERS GLIWICE	M-40	215	00:01:42	00:34:07	01:09:58	01:48:51	02:30:23	<b>02:38:41.95</b>	<b>02:40:24.65</b>	+01:30:50 (57.2%)	7:31	8 (42.8%)
803	<b>GRUSZKA Michał</b>	<b>1039</b>		M-40	216	00:01:31	00:32:34	01:08:02	01:46:57	02:30:33	<b>02:40:24.50</b>	<b>02:41:56.45</b>	+01:32:33 (57.7%)	7:36	7.9 (42.2%)
804	<b>MEJ Paweł</b>	<b>734</b>	NIEZRZESZONY - BOSY BIEGACZ	M-40	218	00:00:04	00:36:15	01:20:45	02:03:27	02:46:14	<b>02:56:19.55</b>	<b>02:56:23.65</b>	+01:48:28 (61.5%)	8:21	7.2 (38.5%)
805	<b>MIRECKI Jan</b>	<b>757</b>		M-40	217	00:00:35	00:39:11	01:20:14	02:02:57	02:45:43	<b>02:55:47.95</b>	<b>02:56:23.75</b>	+01:47:56 (61.4%)	8:19	7.2 (38.5%)
806	<b>CHMIELOWIEC Patryk</b>	<b>1093</b>		M-20	184	00:00:01	00:11:13	00:22:21	00:34:30	00:50:17			+	2:30	23.9 (127.8%)
807	<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			+00:48:58	5:39	10.6 (56.7%)
808	<b>RACZKOWSKI Denis</b>	<b>673</b>		M-20	185	00:02:00	00:31:02	01:02:15	01:33:41	02:06:04			+01:01:43	6:18	9.5 (50.8%)
809	<b>MADEJCZYK Tomasz</b>	<b>264</b>	MTM	M-30	331	00:00:42	00:23:28						+00:07:39	4:41	12.8 (68.4%)
810	<b>IGNASIAK Jakub</b>	<b>862</b>		M-20	186	00:00:12	00:27:29						+00:11:40	5:29	10.9 (58.3%)
811	<b>PRÓBAN Robert</b>	<b>44</b>		M-30	332	00:00:19									(0.0%)

Znaleziono 811 wynik(ów)