



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

II PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	15km	20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	KOSZAŁKA Dariusz	743	PĘDZIWIATR GLIWICE	M-40	1	00:00:02	00:18:19	00:37:08	00:56:05	01:15:18	01:19:24.30	01:19:27.05		3:45	15.9 (100%)
2	SZCZECIŃSKI Maciej	199		M-30	2	00:00:03	00:19:42	00:39:04	00:58:06	01:16:49	01:20:52.35	01:20:56.25	+00:01:28 (1.8%)	3:49	15.7 (98.7%)
3	ŚNIEGÓRSKI Maciej	1109	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	5	00:00:02	00:19:11	00:38:07	00:57:22	01:17:33	01:21:58.70	01:22:01.45	+00:02:34 (3.1%)	3:53	15.4 (96.9%)
4	NOWICKI Michał	768		M-16	1	00:00:06	00:20:09	00:39:52	00:59:29	01:19:35	01:23:45.20	01:23:52.05	+00:04:20 (5.2%)	3:58	15.1 (95.0%)
5	CHOJNOWSKI Sebastian	1224	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	M-20	10	00:00:00	00:18:58	00:38:34	00:58:56	01:20:10	01:24:47.85	01:24:47.85	+00:05:23 (6.4%)	4:01	14.9 (93.7%)
6	OCHMAN Paweł	1052	FUTURE PROCESSING RUNNING TEAM	M-20	11	00:00:06	00:20:14	00:40:06	01:00:17	01:20:37	01:24:47.90	01:24:54.75	+00:05:23 (6.4%)	4:01	14.9 (93.7%)
7	BOCHEŃSKI Grzegorz	206	AMATOR	M-30	8	00:00:16	00:19:49	00:39:44	01:00:03	01:21:10	01:25:44.50	01:26:00.65	+00:06:20 (7.4%)	4:03	14.8 (93.1%)
8	MIKULSKI Andrzej	281		M-40	3	00:00:04	00:21:35	00:42:12	01:02:37	01:22:47	01:27:00.80	01:27:05.00	+00:07:36 (8.7%)	4:07	14.5 (91.2%)
9	SKALSKI Mateusz	1278		M-30	10	00:00:15	00:20:37	00:41:27	01:02:11	01:22:53	01:27:20.40	01:27:35.55	+00:07:56 (9.1%)	4:08	14.5 (91.2%)
10	URBAŃCZYK Karol	287	NIGHT RUNNERS GLIWICE	M-20	14	00:00:14	00:20:35	00:41:26	01:02:13	01:22:58	01:27:21.90	01:27:36.25	+00:07:57 (9.1%)	4:08	14.5 (91.2%)
11	MOMOT Michał	1115		M-30	12	00:00:14	00:20:41	00:41:26	01:02:12	01:23:06	01:27:26.25	01:27:40.40	+00:08:01 (9.2%)	4:08	14.5 (91.2%)
12	CHOMIK Rafał	623	T2 SALCO TEAM	M-30	13	00:00:05	00:20:02	00:40:09	01:01:20	01:23:02	01:27:45.80	01:27:51.45	+00:08:21 (9.5%)	4:09	14.4 (90.6%)
13	GOŁASZEWSKI Tomasz	1253		M-40	4	00:00:04	00:20:38	00:41:10	01:02:27	01:23:29	01:28:05.80	01:28:10.70	+00:08:41 (9.9%)	4:10	14.4 (90.6%)
14	FALEJCZYK Mateusz	1106		M-20	15	00:00:11	00:19:38	00:39:58	01:01:14	01:23:24	01:28:07.75	01:28:18.95	+00:08:43 (9.9%)	4:10	14.4 (90.6%)
15	BUJALSKI Michał	114	AKS DRAGON	M-20	16	00:00:16	00:21:04	00:41:50	01:02:56	01:24:01	01:28:26.80	01:28:43.20	+00:09:02 (10.2%)	4:11	14.3 (89.9%)
16	ŻOŁĄDŹ Piotr	667		M-20	17	00:00:08	00:21:16	00:42:26	01:03:30	01:24:21	01:28:45.05	01:28:53.55	+00:09:20 (10.5%)	4:12	14.3 (89.9%)
17	LASKOWSKI Tomasz	345	BIEGAJ Z TRENERAMI FC 24 GLIWICE	M-30	17	00:00:13	00:20:58	00:42:15	01:03:22	01:24:28	01:29:14.45	01:29:28.35	+00:09:50 (11.0%)	4:13	14.2 (89.3%)

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					
18	GROCHOWINA Filip	138		M-20	21	00:00:10	00:21:16	00:42:33	01:03:52	01:25:05	01:29:43.00	01:29:53.75	+00:10:18 (11.5%)	4:15	14.1 (88.7%)
19	GUZY Andrzej	767	JW 3940AGAT	M-50	2	00:00:04	00:20:16	00:41:44	01:03:34	01:25:23	01:29:55.00	01:29:59.70	+00:10:30 (11.7%)	4:15	14.1 (88.7%)
20	MIRONOWICZ Bartłomiej	1092		M-20	24	00:00:13	00:21:01	00:42:15	01:03:47	01:25:39	01:30:15.70	01:30:29.35	+00:10:51 (12.0%)	4:16	14 (88.1%)
21	LEWICKI Tomasz	166	AKMB PĘDZIWIATR GLIWICE	M-30	20	00:00:13	00:20:56	00:42:15	01:03:42	01:25:41	01:30:18.75	01:30:31.95	+00:10:54 (12.1%)	4:16	14 (88.1%)
22	MIKULSKI Przemysław	367		M-20	25	00:00:03	00:21:41	00:42:45	01:04:03	01:26:02	01:30:35.65	01:30:39.60	+00:11:11 (12.4%)	4:17	14 (88.1%)
23	SZABELSKI Krzysztof	699	FUTURE PROCESSING RUNNING TEAM	M-20	28	00:00:24	00:22:26	00:44:22	01:05:51	01:26:54	01:31:08.25	01:31:32.80	+00:11:43 (12.9%)	4:19	13.9 (87.4%)
24	OZYP Mariusz	1061		M-20	32	00:00:04	00:20:50	00:42:25	01:04:17	01:26:49	01:31:35.90	01:31:40.50	+00:12:11 (13.3%)	4:20	13.8 (86.8%)
25	TWARDOCH Krzysztof	1124		M-30	24	00:00:04	00:20:41	00:42:14	01:04:10	01:26:58	01:32:13.35	01:32:18.00	+00:12:49 (13.9%)	4:22	13.7 (86.2%)
26	ZAMOJSKI Robert	678		M-30	26	00:00:08	00:21:01	00:42:42	01:05:18	01:27:56	01:32:45.35	01:32:53.55	+00:13:21 (14.4%)	4:23	13.6 (85.5%)
27	PACZKA Michał	778	GLIWICE	M-40	13	00:00:22	00:22:01	00:43:46	01:05:55	01:28:30	01:33:10.30	01:33:32.35	+00:13:46 (14.8%)	4:24	13.6 (85.5%)
28	STASIAK Mirosław	116	ROCKWELL TEAM	M-30	28	00:00:35	00:21:03	00:43:11	01:05:51	01:28:49	01:33:38.85	01:34:13.95	+00:14:14 (15.2%)	4:26	13.5 (84.9%)
29	WEBER Tomasz	460		M-20	38	00:01:13	00:22:55	00:45:22	01:07:26	01:29:20	01:34:01.00	01:35:14.45	+00:14:36 (15.5%)	4:27	13.5 (84.9%)
30	PAKULSKI Przemysław	634		M-20	39	00:00:44	00:22:22	00:44:40	01:07:01	01:29:28	01:34:05.75	01:34:50.40	+00:14:41 (15.6%)	4:27	13.5 (84.9%)
31	BŁACH'BUŁA' Piotr	1037	OPEL ACTIVE TEAM	M-40	18	00:00:16	00:21:31	00:43:39	01:06:07	01:29:11	01:34:08.15	01:34:24.20	+00:14:43 (15.6%)	4:27	13.4 (84.3%)
32	DRZAŁ Konrad	1060	SLAYER ADVENTURE 666 TEAM GLIWICE	M-30	32	00:00:12	00:21:24	00:43:11	01:05:37	01:29:19	01:34:26.70	01:34:39.50	+00:15:02 (15.9%)	4:28	13.4 (84.3%)
33	WIZOR Jakub	1045		M-20	40	00:00:50	00:22:35	00:45:04	01:07:16	01:29:39	01:34:27.15	01:35:17.60	+00:15:02 (15.9%)	4:28	13.4 (84.3%)
34	WIECHUŁA Marcin	18		M-30	34	00:00:17	00:21:13	00:42:27	01:04:45	01:29:13	01:34:53.35	01:35:11.15	+00:15:29 (16.3%)	4:29	13.3 (83.6%)
35	PRZEŹDZIĘK Adam	747	T2 SALCO TEAM	M-30	37	00:00:06	00:21:30	00:43:17	01:05:53	01:29:59	01:35:16.65	01:35:22.70	+00:15:52 (16.7%)	4:30	13.3 (83.6%)
36	JAMRÓZ Wojciech	477	KW GLIWICE	M-40	20	00:00:11	00:22:10	00:44:36	01:07:17	01:30:27	01:35:27.25	01:35:39.00	+00:16:02 (16.8%)	4:31	13.3 (83.6%)
37	BOROWSKI Piotr	572	OPEL ACTIVE CLUB	M-40	22	00:00:16	00:22:13	00:44:28	01:07:20	01:30:37	01:35:35.55	01:35:51.95	+00:16:11 (16.9%)	4:31	13.2 (83.0%)
38	DOMAŃSKI Marcin	92	WWW.BFRT.ORG.PL	M-40	23	00:00:23	00:23:13	00:45:47	01:08:24	01:31:10	01:36:05.65	01:36:29.45	+00:16:41 (17.4%)	4:33	13.2 (83.0%)
39	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	01:36:08.00	01:36:32.95	+00:16:43 (17.4%)	4:33	13.2 (83.0%)
40	BEHRENDT Jakub	917		M-40	24	00:00:17	00:22:34	00:45:40	01:08:36	01:32:01	01:36:53.65	01:37:11.15	+00:17:29 (18.0%)	4:35	13.1 (82.4%)
41	ŚLIWA Paweł	834	42 DO SZCZĘŚCIA	M-20	47	00:00:31	00:22:54	00:45:33	01:08:38	01:32:07	01:37:01.00	01:37:32.45	+00:17:36 (18.2%)	4:35	13 (81.8%)
42	BŁASZCZYK Dominik	294	NIGHT RUNNERS GLIWICE	M-20	48	00:00:31	00:22:29	00:45:33	01:08:38	01:32:07	01:37:02.05	01:37:33.30	+00:17:37 (18.2%)	4:35	13 (81.8%)

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					
43	PIENIAŻEK Krzysztof	526		M-30	46	00:00:13	00:22:27	00:45:30	01:08:49	01:32:34	01:37:23.45	01:37:36.55	+00:17:59 (18.5%)	4:36	13 (81.8%)
44	SOPEL Arkadiusz	1273	OTK RZEŹNIK	M-40	29	00:00:04	00:21:49	00:44:45	01:08:10	01:32:27	01:37:32.75	01:37:37.50	+00:18:08 (18.6%)	4:37	13 (81.8%)
45	CZELNY Tomasz	76	SMASHING PĄPKINS	M-30	50	00:00:11	00:22:51	00:46:08	01:09:34	01:33:16	01:37:46.90	01:37:58.55	+00:18:22 (18.8%)	4:38	12.9 (81.1%)
46	MACZUGA Bartłomiej	1033		M-20	49	00:01:01	00:24:10	00:46:54	01:09:19	01:32:56	01:37:55.25	01:38:56.65	+00:18:30 (18.9%)	4:38	12.9 (81.1%)
47	SIEJA Szymon	1145	JW AGAT	M-20	50	00:00:12	00:22:55	00:46:23	01:09:40	01:32:59	01:38:03.10	01:38:15.35	+00:18:38 (19.0%)	4:38	12.9 (81.1%)
48	GRZESIKIEWICZ Mariusz	52		M-30	52	00:00:32	00:23:15	00:46:51	01:10:17	01:33:17	01:38:05.15	01:38:37.70	+00:18:40 (19.0%)	4:38	12.9 (81.1%)
49	KAŁAMARZ Mariusz	218	RUN KAZIK RUN!	M-40	33	00:00:19	00:21:52	00:44:51	01:08:43	01:33:08	01:38:13.90	01:38:33.85	+00:18:49 (19.2%)	4:39	12.9 (81.1%)
50	LESIK Henryk	589		M-50	8	00:00:26	00:23:07	00:46:06	01:09:24	01:33:17	01:38:24.00	01:38:50.25	+00:18:59 (19.3%)	4:39	12.9 (81.1%)
51	STĘPIEŃ Wojciech	47	JM RUNNING TEAM / NIGHT RUNNERS GLIWICE - ENERGY TEAM	M-40	35	00:00:47	00:23:54	00:46:59	01:10:23	01:33:47	01:38:38.55	01:39:26.50	+00:19:14 (19.5%)	4:40	12.8 (80.5%)
52	OPANOWSKI Dariusz	146		M-40	36	00:00:13	00:22:48	00:46:17	01:09:36	01:33:35	01:38:45.00	01:38:58.45	+00:19:20 (19.6%)	4:40	12.8 (80.5%)
53	KOCHUIEVSKYI Oleksandr	900		M-20	53	00:00:00	00:24:59	00:47:43	01:10:33	01:33:46	01:38:46.55	01:38:46.55	+00:19:22 (19.6%)	4:40	12.8 (80.5%)
54	ZIOŁA Mirosław	144		M-40	37	00:02:18	00:23:16	00:45:18	01:08:12	01:32:46	01:38:50.05	01:41:08.10	+00:19:25 (19.7%)	4:41	12.8 (80.5%)
55	SKWARA Mariusz	1297	IWAGAT	M-30	65	00:00:12	00:21:47	00:44:23	01:07:50	01:33:31	01:38:57.95	01:39:10.85	+00:19:33 (19.8%)	4:41	12.8 (80.5%)
56	BEHRENDT Bartek	614	NIGHT RUNNERS GLIWICE	M-40	38	00:00:19	00:22:36	00:46:11	01:09:59	01:33:56	01:39:00.50	01:39:19.90	+00:19:36 (19.8%)	4:41	12.8 (80.5%)
57	LEWANDOWSKI Tomasz	200	RUNNERS HIGH	M-30	68	00:00:31	00:22:40	00:45:56	01:09:31	01:33:50	01:39:02.35	01:39:33.50	+00:19:38 (19.8%)	4:41	12.8 (80.5%)
58	NIŻNIKIEWICZ Grzegorz	299		M-30	70	00:00:16	00:24:05	00:47:24	01:10:48	01:34:25	01:39:12.90	01:39:29.15	+00:19:48 (20.0%)	4:42	12.8 (80.5%)
59	KURCZEK Tomasz	600		M-30	76	00:00:29	00:24:06	00:47:39	01:11:04	01:34:31	01:39:24.45	01:39:54.10	+00:20:00 (20.1%)	4:42	12.7 (79.9%)
60	TROJAN Piotr	916	JEBACWYCIAGI	M-40	41	00:01:53	00:24:43	00:48:14	01:11:29	01:34:27	01:39:25.45	01:41:18.80	+00:20:01 (20.1%)	4:42	12.7 (79.9%)
61	SKLORZ Marcin	937		M-20	55	00:00:17	00:24:04	00:47:23	01:10:47	01:34:38	01:39:29.05	01:39:46.30	+00:20:04 (20.2%)	4:42	12.7 (79.9%)
62	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	01:39:57.50	01:40:21.15	+00:20:33 (20.6%)	4:44	12.7 (79.9%)
63	PYZIK Tomasz	253	DRUŻYNA MOJACUKRZYCA.PL	M-40	46	00:00:15	00:23:09	00:46:50	01:10:30	01:34:52	01:40:06.85	01:40:22.25	+00:20:42 (20.7%)	4:44	12.6 (79.2%)
64	KAMCZYK Damian Kamczyk	1065	JEBACWYCIAGI	M-30	81	00:01:53	00:24:43	00:48:13	01:11:29	01:35:11	01:40:12.95	01:42:06.30	+00:20:48 (20.8%)	4:44	12.6 (79.2%)
65	LASKOWSKI Sebastian	1125	KATA GURUMA	M-30	83	00:01:47	00:23:44	00:46:50	01:10:16	01:34:44	01:40:14.00	01:42:01.15	+00:20:49 (20.8%)	4:45	12.6 (79.2%)
66	GERMUGA Sebastian	15	OPEL ACTIVE TEAM	M-40	47	00:00:18	00:22:14	00:45:27	01:09:40	01:34:38	01:40:18.35	01:40:37.00	+00:20:54 (20.8%)	4:45	12.6 (79.2%)
67	DĘSZYŃSKI Damian	431	ISTA BIEGAMY	M-30	84	00:01:01	00:24:02	00:47:48	01:11:26	01:35:24	01:40:23.10	01:41:24.75	+00:20:58 (20.9%)	4:45	12.6 (79.2%)
68	GRONDYS Michał	151	AKMB PĘDZIWIATR GLIWICE	M-30	85	00:00:07	00:22:55	00:46:42	01:10:45	01:35:19	01:40:24.45	01:40:31.80	+00:21:00 (20.9%)	4:45	12.6 (79.2%)

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					
69	BARANOWSKI Jacek	1120	JACEK BIEGA RUNNING TEAM	M-30	87	00:00:37	00:24:08	00:48:35	01:12:09	01:35:40	01:40:27.50	01:41:05.15	+00:21:03 (21.0%)	4:45	12.6 (79.2%)
70	BAGAN Grzegorz	42	GOGGLE PAE TEAM	M-40	49	00:00:20	00:23:20	00:46:57	01:10:34	01:35:16	01:40:30.30	01:40:51.10	+00:21:06 (21.0%)	4:45	12.6 (79.2%)
71	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	01:40:36.55	01:40:43.25	+00:21:12 (21.1%)	4:46	12.6 (79.2%)
72	GÓRECKI Ryszard	1274		M-50	11	00:00:24	00:23:09	00:46:56	01:10:32	01:35:29	01:40:46.40	01:41:11.15	+00:21:22 (21.2%)	4:46	12.6 (79.2%)
73	DZIECIĄTKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-30	94	00:00:17	00:22:57	00:46:45	01:11:10	01:35:53	01:41:02.60	01:41:19.90	+00:21:38 (21.4%)	4:47	12.5 (78.6%)
74	RACZEK Sławomir	107		M-30	95	00:00:27	00:24:00	00:48:01	01:11:52	01:35:55	01:41:08.75	01:41:36.30	+00:21:44 (21.5%)	4:47	12.5 (78.6%)
75	ZAPOTOCZNY Przemysław	861		M-40	54	00:02:18	00:24:42	00:48:13	01:11:56	01:36:22	01:41:36.75	01:43:55.60	+00:22:12 (21.9%)	4:48	12.5 (78.6%)
76	ZMEŁTY Leszek	478	SKPB KATOWICE	M-30	98	00:00:16	00:24:13	00:47:54	01:11:39	01:36:34	01:41:42.05	01:41:58.55	+00:22:17 (21.9%)	4:49	12.4 (78.0%)
77	NOWAK Mariusz	359	HIRSCHVOGEL	M-30	101	00:00:36	00:24:26	00:48:37	01:12:32	01:36:40	01:41:51.50	01:42:28.40	+00:22:27 (22.0%)	4:49	12.4 (78.0%)
78	DWORSKI Marek	332	AKMB PĘDZIWIATR GLIWICE	M-60	1	00:00:39	00:23:54	00:47:37	01:11:38	01:36:26	01:41:53.70	01:42:33.55	+00:22:29 (22.1%)	4:49	12.4 (78.0%)
79	ORLIK Jerzy	115		M-50	14	00:00:07	00:23:28	00:47:01	01:11:27	01:36:36	01:42:05.20	01:42:12.30	+00:22:40 (22.2%)	4:50	12.4 (78.0%)
80	RUSZEL Bartosz	855	HAVE A NICE DAY	M-30	104	00:00:10	00:22:55	00:47:09	01:11:39	01:36:35	01:42:18.05	01:42:28.80	+00:22:53 (22.4%)	4:50	12.4 (78.0%)
81	BORSIAK Sebastian	104		M-30	105	00:01:10	00:24:34	00:48:03	01:11:48	01:36:53	01:42:23.55	01:43:33.90	+00:22:59 (22.5%)	4:51	12.4 (78.0%)
82	KOSMACZEWSKI Michał	1101		M-20	64	00:01:26	00:24:35	00:49:03	01:12:50	01:37:23	01:42:38.40	01:44:04.70	+00:23:14 (22.6%)	4:51	12.3 (77.4%)
83	NITKA Sebastian	356		M-40	61	00:01:40	00:24:28	00:48:28	01:12:45	01:37:31	01:42:38.65	01:44:18.95	+00:23:14 (22.6%)	4:51	12.3 (77.4%)
84	CIUMAN Piotr	343		M-20	65	00:00:19	00:23:16	00:46:57	01:10:48	01:37:01	01:42:41.30	01:43:00.95	+00:23:17 (22.7%)	4:51	12.3 (77.4%)
85	KUBIS Adrian	909		M-40	62	00:00:43	00:24:50	00:48:59	01:13:06	01:37:37	01:42:43.95	01:43:27.80	+00:23:19 (22.7%)	4:52	12.3 (77.4%)
86	RUTKOWSKI Michał	309		M-20	66	00:01:10	00:24:56	00:49:19	01:13:06	01:37:39	01:42:48.35	01:43:58.40	+00:23:24 (22.8%)	4:52	12.3 (77.4%)
87	KARASIŃSKI Łukasz	125		M-20	67	00:00:19	00:23:18	00:47:01	01:10:49	01:37:14	01:42:54.10	01:43:13.85	+00:23:29 (22.8%)	4:52	12.3 (77.4%)
88	BYLINOWSKI Oleg	711	GTT	M-30	109	00:01:20	00:25:02	00:49:43	01:13:36	01:37:52	01:43:01.35	01:44:22.05	+00:23:37 (22.9%)	4:52	12.3 (77.4%)
89	GOLDA Piotr	952		M-40	65	00:00:55	00:26:33	00:51:22	01:15:24	01:38:24	01:43:08.50	01:44:04.30	+00:23:44 (23.0%)	4:53	12.3 (77.4%)
90	FRANKIEWICZ Artur	330		M-30	112	00:00:42	00:23:42	00:47:28	01:11:35	01:37:37	01:43:13.40	01:43:56.25	+00:23:49 (23.1%)	4:53	12.3 (77.4%)
91	FRĄC Dariusz	140	NIGHT RUNNERS GLIWICE	M-40	66	00:00:47	00:24:24	00:48:30	01:12:53	01:38:00	01:43:13.70	01:44:01.65	+00:23:49 (23.1%)	4:53	12.3 (77.4%)
92	ROLNIK Robert	1107	SKLEPBIEGACZA.PL GLIWICE TEAM	M-30	114	00:00:21	00:23:12	00:46:33	01:10:57	01:37:15	01:43:19.05	01:43:40.65	+00:23:54 (23.1%)	4:53	12.3 (77.4%)
93	CZABAŃSKI Rafał	802	RUNHOGS TYCHY	M-30	116	00:01:03	00:24:34	00:48:46	01:13:05	01:38:41	01:43:37.75	01:44:41.50	+00:24:13 (23.4%)	4:54	12.2 (76.7%)
94	DEMEL Piotr	704		M-30	117	00:00:11	00:23:37	00:47:38	01:12:18	01:38:05	01:43:38.10	01:43:49.85	+00:24:13 (23.4%)	4:54	12.2 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km	21.1km				
95	BELUCH Witold	463		M-40	68	00:01:02	00:24:37	00:48:43	01:13:02	01:38:21	01:43:42.80	01:44:45.00	+00:24:18 (23.4%)	4:54	12.2 (76.7%)
96	BOCHENEK Marcin	751		M-40	69	00:00:19	00:23:21	00:47:02	01:11:16	01:37:42	01:43:43.65	01:44:03.35	+00:24:19 (23.4%)	4:54	12.2 (76.7%)
97	KACZMAREK Sławomir	1148	JW AGAT	M-20	71	00:00:50	00:26:20	00:50:12	01:14:55	01:38:58	01:43:49.50	01:44:40.35	+00:24:25 (23.5%)	4:55	12.2 (76.7%)
98	STANCZAK Grzegorz	222		M-20	75	00:00:38	00:22:41	00:46:16	01:10:56	01:37:59	01:44:00.65	01:44:38.75	+00:24:36 (23.7%)	4:55	12.2 (76.7%)
99	BATKO Janusz	328		M-40	71	00:00:39	00:23:40	00:48:05	01:13:04	01:38:37	01:44:02.90	01:44:42.40	+00:24:38 (23.7%)	4:55	12.2 (76.7%)
100	SZADKOWSKI Paweł	51	NIGHT RUNNERS GLIWICE	M-20	76	00:00:38	00:24:31	00:48:53	01:13:22	01:38:56	01:44:19.45	01:44:58.00	+00:24:55 (23.9%)	4:56	12.1 (76.1%)
101	NOWAK Adam	365	TAB2	M-30	120	00:00:26	00:24:03	00:47:45	01:12:09	01:38:36	01:44:29.15	01:44:55.70	+00:25:04 (24.0%)	4:57	12.1 (76.1%)
102	ZASON Tomasz	654		M-30	121	00:01:07	00:25:27	00:50:03	01:14:24	01:39:23	01:44:33.25	01:45:40.95	+00:25:08 (24.1%)	4:57	12.1 (76.1%)
103	JAMROSZ Bartosz	1118		M-30	123	00:00:06	00:22:36	00:46:41	01:11:55	01:38:51	01:44:42.15	01:44:48.40	+00:25:17 (24.2%)	4:57	12.1 (76.1%)
104	SMUDA Andrzej	70	AKMB PĘDZIWIATR GLIWICE	M-30	124	00:00:40	00:25:00	00:49:25	01:14:03	01:39:21	01:44:47.15	01:45:27.25	+00:25:22 (24.2%)	4:57	12.1 (76.1%)
105	SZOT Wojciech	232		M-30	125	00:01:02	00:23:59	00:48:06	01:13:02	01:39:15	01:44:48.80	01:45:51.65	+00:25:24 (24.2%)	4:58	12.1 (76.1%)
106	KAMIŃSKI Maciej	864		M-30	127	00:00:26	00:24:04	00:48:41	01:13:23	01:39:26	01:44:53.90	01:45:20.45	+00:25:29 (24.3%)	4:58	12.1 (76.1%)
107	MALEC Arkadiusz	929		M-20	80	00:01:35	00:24:48	00:49:36	01:15:25	01:39:37	01:44:59.75	01:46:35.60	+00:25:35 (24.4%)	4:58	12.1 (76.1%)
108	IMIOŁEK Krzysztof	109		M-30	130	00:00:05	00:23:14	00:47:13	01:12:10	01:39:19	01:45:07.30	01:45:13.10	+00:25:43 (24.5%)	4:58	12 (75.5%)
109	FELISIAK Paweł	891		M-30	135	00:00:56	00:25:52	00:50:44	01:15:29	01:40:12	01:45:22.15	01:46:18.60	+00:25:57 (24.6%)	4:59	12 (75.5%)
110	KANIEWSKI Kamil	26		M-20	82	00:01:00	00:25:39	00:50:42	01:16:12	01:40:29	01:45:33.10	01:46:33.60	+00:26:08 (24.8%)	5:00	12 (75.5%)
111	MEJKA Krzysztof	672		M-20	83	00:00:37	00:25:46	00:51:04	01:15:38	01:40:40	01:45:46.75	01:46:24.25	+00:26:22 (24.9%)	5:00	12 (75.5%)
112	FRYDRYCHOWSKI Paweł	1123		M-16	5	00:01:26	00:22:41	00:46:44	01:11:16	01:39:12	01:45:56.30	01:47:22.30	+00:26:32 (25.0%)	5:01	12 (75.5%)
113	BONK Sebastian	164	BMS	M-40	79	00:00:28	00:23:51	00:48:43	01:14:03	01:40:21	01:45:56.45	01:46:24.60	+00:26:32 (25.0%)	5:01	12 (75.5%)
114	PRZESPOLEWSKI Dawid	549	FP RUNNERS TEAM	M-30	141	00:01:08	00:24:34	00:49:19	01:15:02	01:41:03	01:46:24.95	01:47:33.70	+00:27:00 (25.4%)	5:02	11.9 (74.8%)
115	DZIGORZEWSKI Paweł	1098		M-20	86	00:01:14	00:25:14	00:49:41	01:15:02	01:41:13	01:46:31.05	01:47:45.85	+00:27:06 (25.5%)	5:02	11.9 (74.8%)
116	SOBASZEK Aureliusz	84	PSYCHONAUCI	M-20	87	00:00:08	00:23:59	00:48:41	01:14:17	01:40:50	01:46:32.15	01:46:40.85	+00:27:07 (25.5%)	5:02	11.9 (74.8%)
117	KUCZMA Jarosław	534		M-40	83	00:01:01	00:26:13	00:51:46	01:16:37	01:41:17	01:46:35.95	01:47:37.10	+00:27:11 (25.5%)	5:03	11.9 (74.8%)
118	PIETRZAK Marcin	756		M-40	84	00:00:45	00:24:03	00:48:28	01:13:38	01:40:57	01:46:47.75	01:47:33.70	+00:27:23 (25.6%)	5:03	11.9 (74.8%)
119	BRYLIŃSKI Grzegorz	450	DAREMNY TRUD TSH	M-30	144	00:00:39	00:25:36	00:51:05	01:16:29	01:41:56	01:46:54.70	01:47:34.30	+00:27:30 (25.7%)	5:04	11.8 (74.2%)
120	MAJEREK Marek	156		M-40	86	00:00:07	00:23:03	00:47:14	01:12:38	01:40:29	01:47:01.05	01:47:08.45	+00:27:36 (25.8%)	5:04	11.8 (74.2%)

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					
121	HAWĘŁKA Łukasz	693		M-30	145	00:00:58	00:25:45	00:51:01	01:16:25	01:41:49	01:47:01.95	01:48:00.10	+00:27:37 (25.8%)	5:04	11.8 (74.2%)
122	KRAJEWSKI Michał	516		M-30	146	00:01:18	00:26:24	00:52:30	01:17:17	01:41:45	01:47:03.35	01:48:21.50	+00:27:39 (25.8%)	5:04	11.8 (74.2%)
123	GOŁĘBIEWSKI Bartosz	988	ZGRYŻLIWI TETRYCY	M-30	148	00:01:18	00:26:13	00:51:36	01:17:16	01:41:54	01:47:05.95	01:48:24.55	+00:27:41 (25.9%)	5:04	11.8 (74.2%)
124	DYLONG Piotr	229		M-50	19	00:00:47	00:26:00	00:51:25	01:16:56	01:41:55	01:47:12.35	01:48:00.20	+00:27:48 (25.9%)	5:04	11.8 (74.2%)
125	CZAPEK Marek	101	BOJKÓW	M-40	89	00:01:04	00:26:30	00:52:18	01:17:09	01:42:00	01:47:13.25	01:48:18.00	+00:27:48 (25.9%)	5:04	11.8 (74.2%)
126	IZBICKI Zbigniew	960	FC24	M-40	90	00:01:23	00:24:40	00:49:24	01:14:38	01:41:30	01:47:18.30	01:48:41.65	+00:27:54 (26.0%)	5:05	11.8 (74.2%)
127	SOLICH Patryk	1289	GTT	M-30	149	00:00:57	00:25:46	00:51:02	01:16:26	01:41:50	01:47:19.30	01:48:16.85	+00:27:55 (26.0%)	5:05	11.8 (74.2%)
128	BAJ Tomasz	375		M-20	92	00:01:07	00:26:30	00:51:38	01:17:04	01:42:07	01:47:36.15	01:48:43.15	+00:28:11 (26.2%)	5:05	11.8 (74.2%)
129	KOPPEL Bartłomiej	37		M-20	93	00:01:13	00:26:06	00:51:55	01:17:09	01:42:37	01:47:45.80	01:48:59.00	+00:28:21 (26.3%)	5:06	11.7 (73.6%)
130	FERFECKI Paweł	1232	GIERAŁTOWICE	M-30	151	00:01:22	00:25:44	00:50:47	01:15:43	01:42:17	01:47:50.90	01:49:13.10	+00:28:26 (26.4%)	5:06	11.7 (73.6%)
131	DZIACKO Robert	1087		M-30	152	00:01:47	00:25:00	00:49:58	01:15:16	01:41:58	01:47:55.70	01:49:42.75	+00:28:31 (26.4%)	5:06	11.7 (73.6%)
132	PRYMAS Krystian	452		M-30	155	00:00:29	00:24:22	00:49:37	01:15:33	01:42:22	01:48:03.70	01:48:33.65	+00:28:39 (26.5%)	5:07	11.7 (73.6%)
133	ŁĄTKOWSKI Marcin	992		M-20	95	00:00:51	00:25:45	00:51:25	01:16:49	01:42:39	01:48:07.60	01:48:59.25	+00:28:43 (26.6%)	5:07	11.7 (73.6%)
134	MELLER Tadeusz	149		M-20	97	00:01:25	00:26:34	00:52:13	01:17:27	01:42:36	01:48:17.40	01:49:42.80	+00:28:53 (26.7%)	5:07	11.7 (73.6%)
135	PENKALA Artur	301	GO-LEASING	M-20	98	00:00:08	00:25:43	00:51:28	01:17:05	01:43:04	01:48:19.25	01:48:27.80	+00:28:54 (26.7%)	5:08	11.7 (73.6%)
136	DOBOSZ Mariusz	298	GO-LEASING	M-20	99	00:00:07	00:25:44	00:51:29	01:17:06	01:43:05	01:48:19.90	01:48:27.85	+00:28:55 (26.7%)	5:08	11.7 (73.6%)
137	GRANDA Marcin	602		M-20	100	00:00:12	00:23:49	00:49:54	01:15:47	01:42:39	01:48:20.85	01:48:33.40	+00:28:56 (26.7%)	5:08	11.7 (73.6%)
138	GRABSKI Michał	580	KOMBO KURCZAKI	M-20	101	00:00:34	00:25:18	00:50:47	01:16:23	01:42:37	01:48:21.20	01:48:55.20	+00:28:56 (26.7%)	5:08	11.7 (73.6%)
139	LEWANDOWSKI Henryk	527		M-30	160	00:02:13	00:25:47	00:50:46	01:16:25	01:42:54	01:48:28.80	01:50:42.60	+00:29:04 (26.8%)	5:08	11.7 (73.6%)
140	DZIURA Arkadiusz	725	NIUANS	M-40	100	00:00:52	00:25:24	00:50:10	01:15:23	01:42:26	01:48:31.30	01:49:23.55	+00:29:07 (26.8%)	5:08	11.7 (73.6%)
141	SZKLARZ Sebastian	217		M-30	162	00:00:58	00:25:20	00:50:16	01:15:53	01:42:48	01:48:36.55	01:49:35.40	+00:29:12 (26.9%)	5:08	11.7 (73.6%)
142	KOZIK Bartłomiej	683		M-30	163	00:00:32	00:26:26	00:52:02	01:17:29	01:43:17	01:48:44.65	01:49:17.45	+00:29:20 (27.0%)	5:09	11.6 (73.0%)
143	SZANIEWSKI Krzysztof	1072		M-40	101	00:00:48	00:27:00	00:52:59	01:18:08	01:43:32	01:48:48.70	01:49:36.95	+00:29:24 (27.0%)	5:09	11.6 (73.0%)
144	ADAMSKI Kamil	32	LEGION WILCZE GARDŁO	M-20	105	00:01:37	00:26:05	00:51:55	01:17:20	01:43:17	01:48:52.25	01:50:29.25	+00:29:27 (27.1%)	5:09	11.6 (73.0%)
145	WIEKIERA Adam	535	GLIWICE	M-30	166	00:00:44	00:25:21	00:50:28	01:16:09	01:42:55	01:49:00.30	01:49:44.55	+00:29:36 (27.2%)	5:09	11.6 (73.0%)
146	GAJDA Marek	945		M-20	106	00:00:49	00:25:17	00:51:14	01:16:51	01:43:18	01:49:09.30	01:49:58.50	+00:29:45 (27.3%)	5:10	11.6 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km					
147	MALINOWSKI Michał	675	LILUSIA	M-30	168	00:00:20	00:25:13	00:50:50	01:16:36		01:49:13.95	01:49:34.15	+00:29:49 (27.3%)	5:10	11.6 (73.0%)
148	GŁOGOWSKI Konrad	313		M-20	107	00:01:17	00:26:16	00:52:21	01:18:37	01:44:08	01:49:15.60	01:50:33.35	+00:29:51 (27.3%)	5:10	11.6 (73.0%)
149	GRUSZCZYŃSKI Bogusław	647		M-60	2	00:00:43	00:25:16	00:50:48	01:16:51	01:43:28	01:49:16.00	01:49:59.75	+00:29:51 (27.3%)	5:10	11.6 (73.0%)
150	PYZIK Marek	61	OPEL ACTIVE TEAM	M-50	22	00:00:21	00:25:14	00:50:28	01:16:29	01:43:35	01:49:19.80	01:49:40.80	+00:29:55 (27.4%)	5:10	11.6 (73.0%)
151	BUŁA Tomasz	286		M-20	108	00:01:10	00:26:24	00:52:27	01:18:41	01:44:12	01:49:22.70	01:50:32.95	+00:29:58 (27.4%)	5:10	11.6 (73.0%)
152	KACZKIEWICZ Damian	1271	NIGHT RUNNERS GLIWICE	M-40	103	00:01:16	00:27:05	00:53:06	01:19:29	01:43:59	01:49:24.60	01:50:40.85	+00:30:00 (27.4%)	5:11	11.6 (73.0%)
153	JASIŃSKI Dawid	794		M-20	110	00:01:11	00:26:22	00:52:28	01:18:47	01:44:09	01:49:35.95	01:50:47.50	+00:30:11 (27.5%)	5:11	11.6 (73.0%)
154	POPIEL Wojciech	383		M-20	111	00:01:31	00:24:10	00:48:41	01:14:53	01:44:09	01:49:38.90	01:51:10.40	+00:30:14 (27.6%)	5:11	11.5 (72.3%)
155	KATA Damian	129		M-20	112	00:00:00	00:27:30	00:52:36	01:18:02	01:44:03	01:49:39.15	01:49:39.15	+00:30:14 (27.6%)	5:11	11.5 (72.3%)
156	BOGULAK Grzegorz	241	RUN GB, RUN!	M-30	173	00:00:57	00:26:32	00:52:36	01:18:29	01:44:10	01:49:43.15	01:50:40.40	+00:30:18 (27.6%)	5:11	11.5 (72.3%)
157	WANDOCH Tyberiusz	305		M-30	176	00:00:43	00:25:37	00:50:51	01:16:44	01:43:49	01:49:47.70	01:50:30.75	+00:30:23 (27.7%)	5:12	11.5 (72.3%)
158	KONDRUSIEWICZ Michał	331	BIEGACZE CSR	M-20	113	00:00:42	00:26:28	00:52:52	01:19:04	01:44:38	01:49:48.00	01:50:30.45	+00:30:23 (27.7%)	5:12	11.5 (72.3%)
159	KROPKA Szymon	130	NIGHT RUNNERS GLIWICE	M-30	178	00:00:33	00:26:00	00:52:13	01:18:25	01:44:30	01:49:49.20	01:50:23.15	+00:30:24 (27.7%)	5:12	11.5 (72.3%)
160	PLOCH Tomasz	1291	PACEMAKER	M-20	115	00:01:05	00:26:25	00:52:32	01:18:46	01:44:30	01:49:58.00	01:51:03.00	+00:30:33 (27.8%)	5:12	11.5 (72.3%)
161	SZAFRUGA Piotr	594		M-30	181	00:01:03	00:26:24	00:52:27	01:18:24	01:44:36	01:50:02.30	01:51:05.55	+00:30:38 (27.8%)	5:12	11.5 (72.3%)
162	WIŚNIEWSKI Paweł	713	JW AGAT	M-30	182	00:00:13	00:24:52	00:50:41	01:17:20	01:44:27	01:50:02.95	01:50:16.05	+00:30:38 (27.8%)	5:12	11.5 (72.3%)
163	KRZYWICKI Jan	650		M-60	4	00:00:29	00:25:21	00:50:56	01:17:02	01:44:33	01:50:20.30	01:50:49.55	+00:30:56 (28.0%)	5:13	11.5 (72.3%)
164	BAUMERT Rafał	430	ISTA BIEGAMY	M-30	186	00:01:11	00:26:22	00:52:30	01:19:04	01:45:18	01:50:24.05	01:51:35.55	+00:30:59 (28.1%)	5:13	11.5 (72.3%)
165	HANO Jan	400	PĘDZIWIATR GLIWICE	M-60	5	00:00:41	00:25:54	00:51:50	01:17:59	01:44:53	01:50:29.75	01:51:11.25	+00:31:05 (28.1%)	5:14	11.5 (72.3%)
166	PAWLUSZUK Bogdan	261		M-40	113	00:01:06	00:25:38	00:50:51	01:16:50	01:44:45	01:50:29.95	01:51:36.15	+00:31:05 (28.1%)	5:14	11.5 (72.3%)
167	KUJAWSKI Tomasz	210	NIGHT RUNNERS GLIWICE	M-40	114	00:01:05	00:25:34	00:50:38	01:16:08	01:44:12	01:50:31.20	01:51:37.15	+00:31:06 (28.2%)	5:14	11.5 (72.3%)
168	PODSTUFKA Szymon	774		M-20	120	00:00:57	00:26:17	00:52:40	01:18:32	01:45:02	01:50:37.30	01:51:35.25	+00:31:13 (28.2%)	5:14	11.4 (71.7%)
169	KWAPIEŃ Aleksander	1009		M-30	188	00:00:39	00:25:43	00:52:08	01:18:36	01:45:11	01:50:39.10	01:51:18.90	+00:31:14 (28.2%)	5:14	11.4 (71.7%)
170	POKRYSZKA Wojciech	240	KOMBO KURCZAKI	M-20	121	00:01:25	00:26:34	00:52:33	01:18:26	01:45:08	01:50:41.55	01:52:07.05	+00:31:17 (28.3%)	5:14	11.4 (71.7%)
171	POKRYSZKA Bartosz	28	KOMBO KURCZAKI	M-20	122	00:01:24	00:26:35	00:52:34	01:18:27	01:45:08	01:50:42.05	01:52:06.90	+00:31:17 (28.3%)	5:14	11.4 (71.7%)
172	PRZYBYLSKI Mariusz	215	PGB SPORTOWA PACZKA	M-30	191	00:00:26	00:25:16	00:50:48	01:16:52	01:44:30	01:50:43.10	01:51:09.85	+00:31:18 (28.3%)	5:14	11.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km					
173	TEICHMANN Norbert	381		M-50	24	00:00:40	00:27:01	00:52:59	01:18:32	01:45:15	01:50:46.75	01:51:27.15	+00:31:22 (28.3%)	5:15	11.4 (71.7%)
174	BIAŁOSKÓRSKI Grzegorz	102		M-30	195	00:00:21	00:25:14	00:50:28	01:16:29	01:44:27	01:50:50.95	01:51:12.55	+00:31:26 (28.4%)	5:15	11.4 (71.7%)
175	TURNIAK Miłosz	613		M-20	123	00:00:50	00:25:06	00:50:16	01:16:53	01:44:58	01:50:56.50	01:51:47.05	+00:31:32 (28.4%)	5:15	11.4 (71.7%)
176	FLORECKI Andrzej	88	AKMB PĘDZIWIATR GLIWICE	M-60	6	00:00:28	00:25:08	00:50:42	01:17:42	01:45:17	01:51:00.95	01:51:29.75	+00:31:36 (28.5%)	5:15	11.4 (71.7%)
177	GIERAS Mirosław	506	DELOITTE ADVENTURE TEAM	M-40	116	00:02:07	00:25:56	00:52:08	01:18:27	01:45:11	01:51:04.15	01:53:11.25	+00:31:39 (28.5%)	5:15	11.4 (71.7%)
178	GRESZTA Grzegorz	366	JAH RASTAFARAJ	M-30	198	00:00:00			01:14:37		01:51:08.00	01:51:08.00	+00:31:43 (28.5%)	5:16	11.4 (71.7%)
179	BAK-CESARZ Damian	282		M-40	117	00:01:38	00:26:49	00:54:01	01:21:03	01:46:16	01:51:10.00	01:52:48.45	+00:31:45 (28.6%)	5:16	11.4 (71.7%)
180	PRZYBYLSKI Wittek	71	OTK RZEŹNIK	M-30	199	00:00:00	00:27:29	00:53:55	01:19:52		01:51:12.65	01:51:12.65	+00:31:48 (28.6%)	5:16	11.4 (71.7%)
181	LEDWOŃ Jakub	122		M-30	203	00:01:06	00:26:31	00:51:39	01:17:05	01:45:34	01:51:37.05	01:52:43.90	+00:32:12 (28.9%)	5:17	11.3 (71.1%)
182	SZELKA Andrzej	46	AKMB PĘDZIWIATR GLIWICE	M-50	26	00:01:31	00:25:20	00:50:39	01:17:15	01:45:33	01:51:37.35	01:53:08.70	+00:32:13 (28.9%)	5:17	11.3 (71.1%)
183	BOIŃSKI Marcin	224		M-20	125	00:01:08	00:25:49	00:51:22	01:17:10	01:45:23	01:51:38.50	01:52:47.30	+00:32:14 (28.9%)	5:17	11.3 (71.1%)
184	WALSKI Łukasz	546	RANGER SURVIVAL CLUB	M-20	126	00:01:53	00:27:38	00:54:27	01:21:24	01:46:40	01:51:40.00	01:53:33.55	+00:32:15 (28.9%)	5:17	11.3 (71.1%)
185	GÓRKA Szymon	292	PRZODOWI SIEPACZE	M-30	206	00:01:43	00:24:58	00:50:17	01:17:05	01:45:31	01:51:49.00	01:53:32.80	+00:32:24 (29.0%)	5:17	11.3 (71.1%)
186	UJMA Michał	98		M-30	207	00:00:22	00:26:34	00:52:31	01:19:06	01:45:51	01:51:49.25	01:52:12.20	+00:32:24 (29.0%)	5:18	11.3 (71.1%)
187	STRUG Mariusz	631		M-30	208	00:00:51	00:25:14	00:51:09	01:17:59	01:45:57	01:52:15.20	01:53:07.00	+00:32:50 (29.3%)	5:19	11.3 (71.1%)
188	ZDZIEBKO Artur	105		M-40	120	00:01:07	00:26:04	00:52:13	01:18:27	01:46:06	01:52:18.45	01:53:25.90	+00:32:54 (29.3%)	5:19	11.3 (71.1%)
189	NOWOROLNIK Paweł	649		M-30	209	00:01:18	00:26:31	00:53:09	01:20:10	01:46:49	01:52:19.05	01:53:37.35	+00:32:54 (29.3%)	5:19	11.3 (71.1%)
190	BLACH Damian	556		M-20	128	00:01:18	00:28:14	00:55:11	01:21:59	01:47:14	01:52:19.85	01:53:37.85	+00:32:55 (29.3%)	5:19	11.3 (71.1%)
191	GAJEWSKI Michał	449		M-30	211	00:01:05	00:26:26	00:52:50	01:19:07	01:46:30	01:52:28.70	01:53:34.15	+00:33:04 (29.4%)	5:19	11.3 (71.1%)
192	KWAPIEŃ Paweł	1069		M-30	214	00:00:39	00:25:43	00:52:08	01:18:38	01:46:18	01:52:36.25	01:53:15.50	+00:33:11 (29.5%)	5:20	11.2 (70.4%)
193	MASIAREK Mariusz	1265	DRUŻYNA MOJACUKRZYCA.PL	M-40	121	00:01:29	00:26:03	00:51:33	01:17:56	01:46:19	01:52:38.75	01:54:07.95	+00:33:14 (29.5%)	5:20	11.2 (70.4%)
194	GRĄBCZEWSKI Marcin	274		M-30	216	00:01:13	00:27:05	00:53:46	01:20:24	01:47:20	01:52:59.50	01:54:13.15	+00:33:35 (29.7%)	5:21	11.2 (70.4%)
195	BIENKOWSKI Piotr	384		M-20	133	00:00:37	00:23:36	00:49:14	01:17:25	01:47:01	01:53:07.00	01:53:44.55	+00:33:42 (29.8%)	5:21	11.2 (70.4%)
196	OSIŃSKI Paweł	322	NIGHT RUNNERS GLIWICE	M-30	218	00:02:11	00:25:25	00:51:46	01:19:23	01:47:18	01:53:18.15	01:55:29.70	+00:33:53 (29.9%)	5:22	11.2 (70.4%)
197	ZEMŁA Piotr	235		M-40	125	00:00:48	00:26:51	00:53:41	01:20:40	01:47:48	01:53:42.65	01:54:31.60	+00:34:18 (30.2%)	5:23	11.1 (69.8%)
198	WILK Andrzej	764		M-20	135	00:01:02	00:24:46	00:50:52	01:18:03	01:47:26	01:53:43.20	01:54:46.15	+00:34:18 (30.2%)	5:23	11.1 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km					
199	SZARUGA Jan	266		M-20	136	00:01:34	00:27:13	00:53:13	01:18:58	01:47:29	01:53:44.20	01:55:18.75	+00:34:19 (30.2%)	5:23	11.1 (69.8%)
200	KUMOR Tomasz	894		M-20	137	00:00:37	00:27:25	00:54:07	01:20:53	01:47:53	01:53:44.65	01:54:22.45	+00:34:20 (30.2%)	5:23	11.1 (69.8%)
201	ADAMOWSKI Jacek	48	NIGHT RUNNERS GLIWICE	M-30	219	00:01:42	00:26:36	00:52:16	01:18:28	01:47:35	01:53:47.45	01:55:30.25	+00:34:23 (30.2%)	5:23	11.1 (69.8%)
202	BEDNARSKI Tomasz	457	NR GLIWICE	M-20	138	00:02:00	00:29:26	00:55:57	01:22:59	01:48:44	01:53:47.95	01:55:47.95	+00:34:23 (30.2%)	5:23	11.1 (69.8%)
203	KOKOSZKA Marcin	609	EMEDIATOR.PL	M-20	139	00:00:54	00:28:03	00:55:52	01:23:06	01:48:42	01:54:00.85	01:54:55.35	+00:34:36 (30.4%)	5:24	11.1 (69.8%)
204	STANISZEWSKI Krzysztof	973	BIEGAMY Z SERCEM.PL	M-16	6	00:00:23	00:24:17	00:49:25	01:16:29	01:47:24	01:54:01.50	01:54:24.85	+00:34:37 (30.4%)	5:24	11.1 (69.8%)
205	MAZUR Krzysztof	1288	NOWA GLIWICE	M-30	220	00:01:38	00:27:22	00:54:21	01:21:00	01:48:11	01:54:07.70	01:55:45.75	+00:34:43 (30.4%)	5:24	11.1 (69.8%)
206	FUGOWSKI Grzegorz	341		M-30	221	00:01:19	00:26:28	00:53:37	01:20:32	01:48:33	01:54:08.30	01:55:28.05	+00:34:44 (30.4%)	5:24	11.1 (69.8%)
207	DE LA MERCED PUGA Daniel	1070		M-20	141	00:02:18	00:26:55	00:53:11	01:19:09	01:47:36	01:54:25.40	01:56:44.15	+00:35:01 (30.6%)	5:25	11.1 (69.8%)
208	OCHMAN Ireneusz	1073	OPEL ACTIVE TEAM	M-40	130	00:00:17	00:24:41	00:51:13	01:18:37	01:48:15	01:54:31.35	01:54:48.90	+00:35:07 (30.7%)	5:25	11.1 (69.8%)
209	WOŹNIAK Marek	277		M-40	131	00:02:08	00:27:06	00:53:32	01:20:45	01:48:34	01:54:35.00	01:56:43.25	+00:35:10 (30.7%)	5:25	11 (69.2%)
210	DUDEK Łukasz	307		M-30	224	00:02:08	00:27:07	00:53:31	01:20:45	01:48:34	01:54:36.25	01:56:44.75	+00:35:11 (30.7%)	5:25	11 (69.2%)
211	BŁASZCZY SZYN Maciej	1290		M-50	29	00:01:20	00:28:15	00:55:47	01:22:28	01:49:12	01:54:44.10	01:56:04.25	+00:35:19 (30.8%)	5:26	11 (69.2%)
212	KONIK Tomasz	385		M-40	134	00:00:52	00:26:17	00:52:40	01:19:36	01:48:40	01:54:54.40	01:55:47.20	+00:35:30 (30.9%)	5:26	11 (69.2%)
213	GRONDECKI Grzegorz	310	BIEGAMY Z SERCEM.PL	M-40	135	00:01:20	00:27:18	00:54:09	01:21:39	01:49:18	01:54:55.75	01:56:15.75	+00:35:31 (30.9%)	5:26	11 (69.2%)
214	UTRATNY Ludomir Jan	284		M-40	136	00:00:41	00:26:30	00:53:12	01:20:45	01:49:12	01:54:56.40	01:55:37.50	+00:35:32 (30.9%)	5:26	11 (69.2%)
215	SŁUSZNIAK Sławomir	752		M-40	137	00:00:37	00:26:30	00:53:05	01:20:20	01:49:00	01:54:57.50	01:55:34.75	+00:35:33 (30.9%)	5:26	11 (69.2%)
216	BOJDA Dawid	1152		M-20	144	00:01:36	00:27:41	00:55:18	01:22:18	01:49:14	01:55:01.20	01:56:37.60	+00:35:36 (31.0%)	5:27	11 (69.2%)
217	SKOTNICKI Paweł	83		M-20	146	00:01:07	00:26:34	00:52:55	01:19:46	01:49:16	01:55:07.20	01:56:14.80	+00:35:42 (31.0%)	5:27	11 (69.2%)
218	ZIĘBIK Grzegorz	1017		M-30	230	00:00:38	00:26:48	00:53:28	01:21:13	01:49:28	01:55:13.95	01:55:52.35	+00:35:49 (31.1%)	5:27	11 (69.2%)
219	KOZIELEC Tomasz	372		M-40	140	00:01:18	00:27:05	00:53:52	01:21:07	01:49:25	01:55:20.35	01:56:39.25	+00:35:56 (31.2%)	5:28	11 (69.2%)
220	SULIN Marek	904		M-40	141	00:02:11	00:28:10	00:55:52	01:22:47	01:49:43	01:55:31.80	01:57:42.95	+00:36:07 (31.3%)	5:28	11 (69.2%)
221	WIORA Łukasz	1284		M-30	234	00:00:32	00:27:59	00:56:18	01:23:35	01:50:09	01:55:39.15	01:56:11.45	+00:36:14 (31.3%)	5:28	10.9 (68.6%)
222	ANDRZEJCZAK Michał	247		M-30	235	00:01:37	00:27:29	00:55:05	01:22:16	01:49:39	01:55:48.20	01:57:25.90	+00:36:23 (31.4%)	5:29	10.9 (68.6%)
223	GRABOWSKI Michał	568		M-40	142	00:00:35	00:27:51	00:55:34	01:22:58	01:50:03	01:55:53.75	01:56:28.75	+00:36:29 (31.5%)	5:29	10.9 (68.6%)
224	MIKUŁA Leszek	617		M-40	144	00:00:25	00:25:28	00:51:24	01:19:06	01:49:36	01:56:01.30	01:56:26.50	+00:36:37 (31.6%)	5:29	10.9 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km					
225	POPIEL Artur	414	NIGHT RUNNERS GLIWICE	M-40	146	00:01:00	00:27:40	00:55:14	01:22:43	01:50:35	01:56:08.60	01:57:09.40	+00:36:44 (31.6%)	5:30	10.9 (68.6%)
225	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	01:56:09.40	01:57:09.40	+00:36:45 (31.6%)	5:30	10.9 (68.6%)
227	OPALIŃSKI Tomasz	938	GOOD TIME SPORT	M-20	150	00:01:11	00:28:02	00:56:06	01:23:47	01:50:47	01:56:23.65	01:57:35.50	+00:36:59 (31.8%)	5:30	10.9 (68.6%)
228	GOSŁAWSKI Piotr	1262		M-40	147	00:01:13	00:27:18	00:53:53	01:21:09	01:50:04	01:56:24.25	01:57:38.15	+00:36:59 (31.8%)	5:31	10.9 (68.6%)
229	JANIK Janusz	131	NIGHT RUNNERS GLIWICE	M-30	239	00:01:02	00:27:16	00:54:21	01:22:02	01:50:27	01:56:27.50	01:57:29.60	+00:37:03 (31.8%)	5:31	10.9 (68.6%)
230	TKACZUK Marcin	191	NIGHT RUNNERS GLIWICE	M-30	240	00:00:59	00:27:21	00:54:24	01:22:05	01:50:27	01:56:30.10	01:57:29.85	+00:37:05 (31.8%)	5:31	10.9 (68.6%)
231	KAMIŃSKA Anna	429	ISTA BIEGAMY	M-20	151	00:02:00	00:29:26	00:55:57	01:22:59	01:50:53	01:56:38.10	01:58:38.55	+00:37:13 (31.9%)	5:31	10.9 (68.6%)
232	WIŚNIEWSKI Paweł	265		M-20	152	00:01:04	00:27:21	00:54:20	01:22:02	01:50:32	01:56:40.45	01:57:45.30	+00:37:16 (31.9%)	5:31	10.8 (67.9%)
233	BUCZYŃSKI Radosław	53	NIGHT RUNNERS GLIWICE	M-20	153	00:01:04	00:27:21	00:54:20	01:22:02	01:50:31	01:56:41.10	01:57:45.90	+00:37:16 (31.9%)	5:31	10.8 (67.9%)
234	KOZŁOWSKI Przemysław	808		M-30	242	00:00:49	00:27:56	00:55:25	01:22:39	01:50:38	01:56:43.65	01:57:32.90	+00:37:19 (32.0%)	5:31	10.8 (67.9%)
235	GĘBCZYŃSKI Paweł	201		M-30	244	00:00:58	00:25:36	00:51:32	01:18:37	01:49:54	01:57:03.65	01:58:02.10	+00:37:39 (32.2%)	5:32	10.8 (67.9%)
236	MICHNA Wojciech	1077		M-20	157	00:01:03	00:25:29	00:52:49	01:20:30	01:50:22	01:57:06.60	01:58:09.75	+00:37:42 (32.2%)	5:32	10.8 (67.9%)
237	GRABOWSKI Lech	870		M-50	33	00:00:07	00:26:21	00:54:11	01:22:24	01:51:12	01:57:14.60	01:57:21.80	+00:37:50 (32.3%)	5:33	10.8 (67.9%)
238	KRAWCZYK Jakub	1119		M-30	247	00:01:54	00:27:51	00:55:20	01:23:03	01:51:23	01:57:15.65	01:59:10.00	+00:37:51 (32.3%)	5:33	10.8 (67.9%)
239	WOLAŃSKI Michał	1051		M-20	158	00:01:37	00:25:45	00:53:26	01:22:12	01:51:28	01:57:17.95	01:58:55.00	+00:37:53 (32.3%)	5:33	10.8 (67.9%)
240	SZALIŃSKI Krzysztof	975	PRYWATNY	M-40	151	00:00:09	00:27:29	00:55:27	01:23:12	01:51:47	01:57:35.50	01:57:45.35	+00:38:11 (32.5%)	5:34	10.8 (67.9%)
241	MACIEJCZYK Marcin	117	AKS DRAGON	M-20	160	00:00:58	00:26:54	00:53:17	01:20:28	01:51:43	01:57:57.45	01:58:56.05	+00:38:33 (32.7%)	5:35	10.7 (67.3%)
242	FRANKE Tomasz	458		M-40	154	00:01:23	00:27:48	00:55:44	01:23:31	01:51:38	01:57:58.35	01:59:21.35	+00:38:34 (32.7%)	5:35	10.7 (67.3%)
243	SZLĘZAK Andrzej	1048		M-20	161	00:01:35	00:28:51	00:57:06	01:25:03	01:52:27	01:58:08.45	01:59:44.05	+00:38:44 (32.8%)	5:35	10.7 (67.3%)
244	STEC Marcin	633	KW GLIWICE	M-30	251	00:01:45	00:28:06	00:56:19	01:24:10	01:52:20	01:58:13.85	01:59:59.80	+00:38:49 (32.8%)	5:36	10.7 (67.3%)
245	JASIŃSKI Tomasz	805		M-40	155	00:01:36	00:27:13	00:54:10	01:22:49	01:51:52	01:58:16.25	01:59:52.95	+00:38:51 (32.9%)	5:36	10.7 (67.3%)
246	MACIEJASZ Piotr	1062		M-30	252	00:02:06	00:25:49	00:51:57	01:19:55	01:51:05	01:58:17.80	02:00:23.85	+00:38:53 (32.9%)	5:36	10.7 (67.3%)
247	KLAWENDER Ryszard	1269	BIEGAMY Z SERCEM.PL	M-50	36	00:00:42	00:27:58	00:55:22	01:23:24	01:52:14	01:58:23.40	01:59:05.75	+00:38:59 (32.9%)	5:36	10.7 (67.3%)
248	KRAKOWSKI Jacek	565		M-40	156	00:02:07	00:28:10	00:56:08	01:24:55	01:52:54	01:58:25.40	02:00:32.60	+00:39:01 (32.9%)	5:36	10.7 (67.3%)
249	WALCZAK Bartłomiej	1057		M-30	253	00:01:04	00:26:31	00:52:28	01:20:13	01:51:47	01:58:33.60	01:59:38.15	+00:39:09 (33.0%)	5:37	10.7 (67.3%)
250	PIONTEK Michal	762		M-30	256	00:02:04	00:28:20	00:55:57	01:23:52	01:52:26	01:58:45.55	02:00:49.95	+00:39:21 (33.1%)	5:37	10.7 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						5km	10km	15km	20km	21.1km					
251	URBANIAK Andrzej	1063	SKLEP BIEGACZA	M-40	159	00:00:33	00:27:40	00:55:22	01:23:08	01:52:10	01:58:46.05	01:59:19.75	+00:39:21 (33.1%)	5:37	10.7 (67.3%)
252	LUKOSZEK Marek	194	RUN 3	M-30	257	00:01:13	00:27:08	00:54:26	01:21:41	01:52:18	01:58:46.10	01:59:59.55	+00:39:21 (33.1%)	5:37	10.7 (67.3%)
253	WIKIERSKI Michał	671	DARIUSZ MAX	M-30	258	00:01:23	00:27:51	00:55:37	01:23:25	01:52:36	01:58:46.10	02:00:09.65	+00:39:21 (33.1%)	5:37	10.7 (67.3%)
254	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	01:58:48.15	01:59:58.60	+00:39:23 (33.2%)	5:37	10.7 (67.3%)
255	JĘDRZEJOWSKI Andrzej	333	BIEGACZE CSR	M-30	261	00:00:41	00:28:11	00:56:09	01:23:49	01:52:35	01:58:54.00	01:59:35.65	+00:39:29 (33.2%)	5:38	10.6 (66.7%)
256	DACZYŃSKI Michał	40	GRUPA CMYKI	M-30	262	00:02:13	00:28:27	00:56:20	01:24:20	01:52:40	01:58:54.30	02:01:07.40	+00:39:30 (33.2%)	5:38	10.6 (66.7%)
257	ROZWADOWSKI Dariusz	924		M-40	162	00:01:50	00:28:03	00:55:50	01:24:01	01:52:58	01:59:13.75	02:01:04.00	+00:39:49 (33.4%)	5:39	10.6 (66.7%)
258	RENKIEL Tomasz	1282		M-40	163	00:01:16	00:27:43	00:56:03	01:24:26	01:53:17	01:59:16.90	02:00:33.15	+00:39:52 (33.4%)	5:39	10.6 (66.7%)
259	DĄBROWSKI Marcin	39		M-30	265	00:01:52	00:27:40	00:55:14	01:23:36	01:53:09	01:59:20.00	02:01:12.25	+00:39:55 (33.5%)	5:39	10.6 (66.7%)
260	MORDARSKI Artur	392		M-30	267	00:01:03	00:28:11	00:56:42	01:24:49	01:53:47	01:59:25.20	02:00:28.25	+00:40:00 (33.5%)	5:39	10.6 (66.7%)
261	ZALEWSKI Krzysztof	790	ZALEWSKI ARCHITECTURE GROUP	M-40	167	00:00:38	00:28:39	00:57:12	01:25:51	01:53:34	01:59:25.70	02:00:03.80	+00:40:01 (33.5%)	5:39	10.6 (66.7%)
262	HRYSZKIEWICZ Janusz	933	UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE	M-40	168	00:02:09	00:28:57	00:57:14	01:25:27	01:53:50	01:59:27.90	02:01:37.75	+00:40:03 (33.5%)	5:39	10.6 (66.7%)
263	MACHNOWSKI Wojciech	203		M-30	270	00:00:55	00:28:38	00:56:35	01:24:23	01:53:29	01:59:50.45	02:00:45.65	+00:40:26 (33.7%)	5:40	10.6 (66.7%)
264	BOCZAROWSKI Michał	1058	EXPERT TRAVEL	M-40	170	00:01:28	00:27:11	00:54:26	01:22:27	01:53:07	01:59:50.85	02:01:19.30	+00:40:26 (33.7%)	5:40	10.6 (66.7%)
265	SALAŁA Miłosz	621		M-20	164	00:00:59	00:27:33	00:55:14	01:23:05	01:53:37	02:00:03.10	02:01:02.50	+00:40:38 (33.9%)	5:41	10.5 (66.0%)
266	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	+00:40:39 (33.9%)	5:41	10.5 (66.0%)
267	GRABOWSKI Maciej	911		M-20	165	00:00:46	00:27:53	00:56:05	01:24:31	01:54:10	02:00:24.90	02:01:11.35	+00:41:00 (34.1%)	5:42	10.5 (66.0%)
268	ZIMOCZ Grzegorz	636		M-30	274	00:00:31	00:28:16	00:56:33	01:25:48	01:54:44	02:00:33.80	02:01:05.05	+00:41:09 (34.1%)	5:42	10.5 (66.0%)
269	WÓJCIK Rafał	719		M-40	175	00:01:14	00:28:18	00:56:29	01:25:14	01:54:15	02:00:39.50	02:01:54.45	+00:41:15 (34.2%)	5:43	10.5 (66.0%)
270	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	+00:41:25 (34.3%)	5:43	10.5 (66.0%)
271	MICHALIK Bartłomiej	928	BIEGACZE CSR	M-30	275	00:00:08	00:25:02	00:53:03	01:22:14	01:53:50	02:00:58.30	02:01:06.65	+00:41:34 (34.4%)	5:43	10.5 (66.0%)
272	WALKE Piotr	350	NIGHT RUNNERS GLIWICE	M-40	177	00:00:44	00:24:26	00:48:37	01:13:03	01:55:18	02:01:23.45	02:02:07.80	+00:41:59 (34.6%)	5:45	10.4 (65.4%)
273	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	+00:42:29 (34.9%)	5:46	10.4 (65.4%)
274	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	+00:42:34 (34.9%)	5:46	10.4 (65.4%)
275	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	+00:42:43 (35.0%)	5:47	10.4 (65.4%)
276	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	+00:43:05 (35.2%)	5:48	10.3 (64.8%)

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					
277	KOTWICKI Marek	1260		M-30	287	00:01:53	00:27:38	00:56:14	01:25:16	01:56:32	02:03:16.05	02:05:09.20	+00:43:51 (35.6%)	5:50	10.3 (64.8%)
278	KOŁODZIEJ Jacek	223	NIGHT RUNNERS GLIWICE, ENERGY TEAM	M-40	182	00:01:16	00:27:42	00:56:33	01:25:32	01:56:56	02:03:45.55	02:05:02.25	+00:44:21 (35.8%)	5:51	10.2 (64.2%)
279	CHWALISZEWSKI Jarosław	35	NIGHT RUNNERS GLIWICE	M-40	183	00:01:17	00:27:40	00:56:32	01:25:19	01:56:55	02:03:45.65	02:05:02.65	+00:44:21 (35.8%)	5:51	10.2 (64.2%)
280	MARTYNOWICZ Radosław	702		M-20	166	00:01:25	00:28:16	00:57:10	01:25:45	01:57:15	02:04:08.45	02:05:33.55	+00:44:44 (36.0%)	5:52	10.2 (64.2%)
281	DAWIDKO Paweł	89		M-20	169	00:01:48	00:31:06	01:02:23	01:33:49		02:05:02.60	02:06:50.60	+00:45:38 (36.5%)	5:55	10.1 (63.5%)
282	BUCHAL Grzegorz	581		M-40	185	00:01:38	00:28:38	00:56:53	01:26:25	01:58:30	02:05:31.80	02:07:10.60	+00:46:07 (36.7%)	5:56	10.1 (63.5%)
283	GOLEC Przemysław	893		M-30	295	00:01:48	00:30:52	01:00:01	01:28:46	01:59:00	02:05:49.35	02:07:37.75	+00:46:25 (36.9%)	5:57	10.1 (63.5%)
284	WESTER Mieczysław	1114	NIGHT RUNNERS GLIWICE	M-30	296	00:00:38	00:27:41	00:55:50	01:25:07	01:58:29	02:06:17.30	02:06:56.05	+00:46:53 (37.1%)	5:59	10 (62.9%)
285	KALETA Łukasz	769		M-30	297	00:01:47	00:28:46	00:57:55	01:27:25	01:59:12	02:06:25.55	02:08:12.90	+00:47:01 (37.2%)	5:59	10 (62.9%)
286	GILEWSKI Franciszek	363	BIEGAMY Z SERCEM .PL	M-70	2	00:00:42	00:28:28	00:58:10	01:28:58	02:00:13	02:06:51.15	02:07:33.80	+00:47:26 (37.4%)	6:00	10 (62.9%)
287	JANTAS Andrzej	986		M-40	187	00:00:14	00:26:59	00:57:07	01:28:32	02:00:45	02:07:17.15	02:07:31.15	+00:47:52 (37.6%)	6:01	9.9 (62.3%)
288	WARDZIŃSKI Mateusz	887		M-20	172	00:00:49	00:26:01	00:52:51	01:22:17	01:58:27	02:07:19.75	02:08:08.95	+00:47:55 (37.6%)	6:02	9.9 (62.3%)
289	BOROWIEC Wojciech	521		M-20	173	00:00:46	00:27:07	00:55:24	01:25:47	02:00:19	02:07:32.05	02:08:18.60	+00:48:07 (37.7%)	6:02	9.9 (62.3%)
290	FRANCZYK Michał	159	GLIWICE	M-30	299	00:00:05	00:29:00	00:58:15	01:29:03	02:01:09	02:07:44.00	02:07:49.90	+00:48:19 (37.8%)	6:03	9.9 (62.3%)
291	MICHALSKI Bartosz	1281		M-40	189	00:01:39	00:29:08	00:58:23	01:28:28	02:02:04	02:08:26.25	02:10:05.90	+00:49:01 (38.2%)	6:05	9.9 (62.3%)
292	WOLIŃSKI Józef	406		M-50	41	00:01:30	00:28:29	00:57:31	01:28:24	02:01:28	02:08:38.70	02:10:09.40	+00:49:14 (38.3%)	6:05	9.8 (61.6%)
293	KUBACKI Adam	966	BIEGAM Z SERCEM	M-30	303	00:01:59	00:29:09	00:58:51	01:28:34	02:01:46	02:08:47.50	02:10:46.75	+00:49:23 (38.3%)	6:06	9.8 (61.6%)
294	ROGOWSKI Tadeusz	728		M-40	192	00:01:25	00:29:04	00:58:36	01:28:41	02:02:20	02:09:44.60	02:11:10.55	+00:50:20 (38.8%)	6:08	9.8 (61.6%)
295	MALISZEWSKI Jakub	950	TECHNOMEX	M-30	309	00:01:30	00:29:33	01:00:50	01:31:34	02:03:35	02:10:49.70	02:12:20.35	+00:51:25 (39.3%)	6:12	9.7 (61.0%)
296	BUFNAL Krzysztof	710		M-40	193	00:02:17	00:30:38	01:01:58	01:32:47	02:04:09	02:10:53.30	02:13:10.65	+00:51:29 (39.3%)	6:12	9.7 (61.0%)
297	KONTNY Paweł	1007	-	M-70	3	00:02:03	00:30:46	01:00:49	01:31:50	02:04:22	02:11:02.60	02:13:05.95	+00:51:38 (39.4%)	6:12	9.7 (61.0%)
298	BUK Marcin	597		M-20	175	00:01:24	00:29:40	00:59:25	01:29:08	02:03:35	02:11:14.70	02:12:38.75	+00:51:50 (39.5%)	6:13	9.6 (60.4%)
299	KOŁTKO Łukasz	610		M-20	176	00:01:23	00:29:41	00:59:26	01:29:09	02:03:35	02:11:15.45	02:12:39.20	+00:51:51 (39.5%)	6:13	9.6 (60.4%)
300	KLYTA Wojciech	1071	NIEZRZESZONY	M-40	194	00:01:53	00:27:16	00:55:46	01:27:32	02:03:46	02:11:25.05	02:13:18.50	+00:52:00 (39.6%)	6:13	9.6 (60.4%)
301	JAWOREK Dariusz	31	SPORT-RELAKS.PL	M-40	197	00:01:52	00:29:50	01:00:20	01:31:34	02:05:00	02:12:43.90	02:14:36.25	+00:53:19 (40.2%)	6:17	9.5 (59.7%)
302	FERFECKI Dawid	1137		M-30	311	00:01:22	00:28:55	01:00:17	01:32:19	02:05:46	02:13:21.35	02:14:43.95	+00:53:57 (40.5%)	6:19	9.5 (59.7%)

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					
303	STOLARCZYK Maciej	1134		M-30	312	00:02:25	00:24:20	00:47:14	01:11:22	02:07:31	02:14:20.25	02:16:45.30	+00:54:55 (40.9%)	6:21	9.4 (59.1%)
304	CZOSNOWSKI Tomasz	1272	OTK RZEŹNIK	M-30	313	00:01:44	00:31:07	01:02:28	01:33:54	02:07:23	02:14:31.45	02:16:16.30	+00:55:07 (41.0%)	6:22	9.4 (59.1%)
305	KRUSZYŃSKI Marcin	570		M-40	200	00:00:34	00:26:36	00:55:03	01:28:40	02:06:34	02:14:36.95	02:15:11.75	+00:55:12 (41.0%)	6:22	9.4 (59.1%)
306	PADOŁ Zbigniew	586		M-50	45	00:00:15	00:30:05	01:00:58	01:32:55	02:07:19	02:14:57.70	02:15:13.25	+00:55:33 (41.2%)	6:23	9.4 (59.1%)
307	SZYPUŁA Michał	629		M-20	180	00:02:02	00:31:26	01:03:34	01:36:05	02:08:51	02:15:30.35	02:17:32.55	+00:56:06 (41.4%)	6:25	9.3 (58.5%)
308	URBAN Dariusz	1012		M-40	202	00:00:40	00:29:11	00:59:31	01:31:57	02:08:19	02:16:21.20	02:17:01.50	+00:56:56 (41.8%)	6:27	9.3 (58.5%)
309	MIGDAŁ Grzegorz	325		M-40	203	00:01:35	00:31:31	01:03:10	01:34:57	02:09:35	02:17:04.10	02:18:39.65	+00:57:39 (42.1%)	6:29	9.2 (57.9%)
310	ORYSZCZAK Łukasz	662		M-30	315	00:01:35	00:30:06	01:01:19	01:34:06	02:09:52	02:17:14.80	02:18:50.30	+00:57:50 (42.1%)	6:30	9.2 (57.9%)
311	BRODIUK Norbert	148	TRAINPAUL	M-40	205	00:00:24	00:28:45	01:00:44	01:35:27	02:10:40	02:17:47.45	02:18:11.80	+00:58:23 (42.4%)	6:31	9.2 (57.9%)
312	WEKWERT Dariusz	285	BIEGAMYZSERCEM.PL	M-30	316	00:00:25	00:29:03	01:00:23	01:34:19	02:10:31	02:17:48.65	02:18:14.15	+00:58:24 (42.4%)	6:31	9.2 (57.9%)
313	OLCZYK Adrian	983	SMSAPI	M-20	181	00:02:13	00:31:05	01:03:10	01:35:14	02:10:36	02:17:54.10	02:20:07.15	+00:58:29 (42.4%)	6:32	9.2 (57.9%)
314	OSUBNIAK Tomasz	467		M-30	318	00:01:09	00:26:42	00:56:11	01:31:06	02:09:58	02:18:10.75	02:19:20.25	+00:58:46 (42.5%)	6:32	9.2 (57.9%)
315	FRYDRYK Ryszard	1264	EKO-ATOM.PL	M-50	47	00:01:39	00:31:03	01:03:41	01:37:45	02:11:45	02:18:17.35	02:19:57.05	+00:58:53 (42.6%)	6:33	9.2 (57.9%)
316	SMOŁA Mieczysław	228	AKMB PĘDZIWIATR GLIWICE	M-60	13	00:00:16	00:28:57	00:59:22	01:33:27	02:11:43	02:20:16.05	02:20:32.45	+01:00:51 (43.4%)	6:38	9 (56.6%)
317	KALISZ Krzysztof	689		M-30	322	00:01:40	00:29:50	01:02:02	01:34:53	02:12:39	02:21:09.85	02:22:50.30	+01:01:45 (43.7%)	6:41	9 (56.6%)
318	ZAWADA Michał	601		M-30	323	00:00:45	00:29:24	00:59:58	01:32:58	02:12:12	02:22:07.55	02:22:53.45	+01:02:43 (44.1%)	6:44	8.9 (56.0%)
319	ŻELEZNY Tomasz	295	NIGHT RUNNERS GLIWICE	M-20	182	00:01:56	00:30:55	01:02:15	01:35:09	02:14:37	02:22:08.65	02:24:05.20	+01:02:44 (44.1%)	6:44	8.9 (56.0%)
320	MAJCHRZAK Paweł	1081		M-30	324	00:02:22	00:32:03	01:05:08	01:39:28	02:15:11	02:23:00.75	02:25:23.00	+01:03:36 (44.5%)	6:46	8.9 (56.0%)
321	DROZDOWSKI Wojciech	1059	BIEGAJZ TRENERAMI	M-30	325	00:00:43	00:30:13	01:02:58	01:36:56	02:17:41	02:25:21.30	02:26:04.95	+01:05:57 (45.4%)	6:53	8.7 (54.7%)
322	SIKORA Michał	825	MSH	M-30	326	00:01:27	00:31:35	01:05:00	01:40:07	02:18:53	02:27:16.80	02:28:44.20	+01:07:52 (46.1%)	6:58	8.6 (54.1%)
323	STOKŁOSA Marcin	220		M-30	328	00:01:42	00:33:50	01:08:17	01:44:28	02:22:04	02:30:02.15	02:31:44.50	+01:10:37 (47.1%)	7:06	8.4 (52.8%)
324	MACHAŁA Tomasz	453		M-40	211	00:02:12	00:31:56	01:06:18	01:43:29	02:22:46	02:30:58.60	02:33:11.40	+01:11:34 (47.4%)	7:09	8.4 (52.8%)
325	KAMROWSKI Łukasz	1135		M-30	329	00:01:47	00:31:08	01:04:06	01:41:00	02:24:32	02:33:27.75	02:35:15.10	+01:14:03 (48.3%)	7:16	8.2 (51.6%)
326	BIEL Michał	758		M-40	214	00:01:51	00:32:06	01:06:28	01:43:25	02:26:09	02:35:10.10	02:37:01.15	+01:15:45 (48.8%)	7:21	8.2 (51.6%)
327	GLIŃSKI Michał	1286	NIGHT RUNNERS GLIWICE	M-40	215	00:01:42	00:34:07	01:09:58	01:48:51	02:30:23	02:38:41.95	02:40:24.65	+01:19:17 (50.0%)	7:31	8 (50.3%)
328	RACZKOWSKI Denis	673		M-20	185	00:02:00	00:31:02	01:02:15	01:33:41	02:06:04			+00:50:46	6:18	9.5 (59.7%)

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					
329	MADEJCZYK Tomasz	264	MTM	M-30	331	00:00:42	00:23:28						+00:05:09	4:41	12.8 (80.5%)
330	IGNASIAK Jakub	862		M-20	186	00:00:12	00:27:29						+00:09:10	5:29	10.9 (68.6%)
331	PRÓBAN Robert	44		M-30	332	00:00:19									(0.0%)

Znaleziono 331 wynik(ów)