



**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Fundacja Bieg Rzeźnika  
2016-10-23  
Gliwice  
21.1 km

## III PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>STARŻYŃSKI Andrii</b>	<b>487</b>	KLEMENTYNKA	M-20	1	00:00:01	00:16:03	00:32:28	00:49:00	01:03:29	01:06:06	<b>01:10:24.45</b>	<b>01:10:25.85</b>		3:20	18 (100%)
2	<b>CIEPLAK Marcin</b>	<b>11</b>	TL ROW RYBNIK	M-20	2	00:00:01	00:16:58	00:33:46	00:50:31	01:05:13	01:07:42	<b>01:12:30.95</b>	<b>01:12:32.15</b>	+00:02:06 (2.9%)	3:26	17.5 (97.2%)
3	<b>NAGIZNJAK Wiktor</b>	<b>56</b>	IKB RUDNIK	M-20	3	00:00:00	00:16:23	00:33:25	00:50:32	01:05:14	01:07:50	<b>01:12:47.70</b>	<b>01:12:47.75</b>	+00:02:23 (3.3%)	3:26	17.4 (96.7%)
4	<b>KAWIK Tomasz</b>	<b>1049</b>	INŻYNIERIA BIEGANIA / NIEWYMIĘKACZE	M-20	4	00:00:01	00:17:04	00:34:16	00:51:25	01:06:45	01:09:26	<b>01:14:21.70</b>	<b>01:14:22.90</b>	+00:03:57 (5.3%)	3:31	17 (94.4%)
5	<b>GRAJCAR Łukasz</b>	<b>1181</b>	CKS BUDOWLANI CZĘSTOCHOWA	M-20	5	00:00:01	00:16:42	00:34:02	00:52:01	01:07:40	01:10:32	<b>01:15:50.05</b>	<b>01:15:51.65</b>	+00:05:25 (7.2%)	3:35	16.7 (92.8%)
6	<b>FORMICKI Rafał</b>	<b>450</b>		M-20	6	00:00:01	00:17:04	00:34:31	00:52:24	01:08:12	01:11:03	<b>01:16:25.10</b>	<b>01:16:26.95</b>	+00:06:00 (7.9%)	3:37	16.6 (92.2%)
7	<b>GORTEL-MACIUK Agnieszka</b>	<b>1506</b>	NIEWYMIĘKACZE	K-30	1	00:00:02	00:17:54	00:35:54	00:54:05	01:10:05	01:12:57	<b>01:17:55.35</b>	<b>01:17:57.55</b>	+00:07:30 (9.6%)	3:41	16.2 (90.0%)
8	<b>RZEPKA Bernard</b>	<b>805</b>	#SOBASTEAM	M-40	1	00:00:02	00:18:05	00:36:41	00:55:31	01:11:57	01:14:54	<b>01:20:08.20</b>	<b>01:20:10.90</b>	+00:09:43 (12.1%)	3:47	15.8 (87.8%)
9	<b>ŻABA Marek</b>	<b>1019</b>	TRIATHLON X-TEAM	M-30	1	00:00:03	00:18:09	00:36:57	00:55:52	01:12:18	01:15:21	<b>01:20:42.60</b>	<b>01:20:46.20</b>	+00:10:18 (12.8%)	3:49	15.7 (87.2%)
10	<b>KUCHARSKA Ewa</b>	<b>1310</b>		K-30	2	00:00:01	00:18:54	00:38:01	00:56:43	01:12:55	01:15:49	<b>01:20:51.95</b>	<b>01:20:53.85</b>	+00:10:27 (12.9%)	3:49	15.7 (87.2%)
11	<b>PAWEŁCZAK Mateusz</b>	<b>434</b>	KB FLORIAN ZAJĄCZKI DRUGIE	M-20	7	00:00:01	00:17:39	00:35:58	00:55:33	01:12:51	01:15:51	<b>01:21:19.30</b>	<b>01:21:21.25</b>	+00:10:54 (13.4%)	3:51	15.6 (86.7%)
12	<b>MUSKIETORZ Piotr</b>	<b>517</b>		M-20	8	00:00:02	00:18:11	00:37:44	00:56:45	01:13:30	01:16:32	<b>01:21:33.35</b>	<b>01:21:35.85</b>	+00:11:08 (13.7%)	3:51	15.5 (86.1%)
13	<b>SZCZECIŃSKI Maciej</b>	<b>1024</b>		M-30	2	00:00:03	00:19:24	00:38:38	00:57:37	01:13:42	01:16:35	<b>01:21:33.35</b>	<b>01:21:37.15</b>	+00:11:08 (13.7%)	3:51	15.5 (86.1%)
14	<b>BOCHEŃSKI Grzegorz</b>	<b>90</b>	SBRT GLIWICE	M-40	2	00:00:03	00:18:49	00:37:47	00:56:56	01:13:58	01:17:00	<b>01:22:27.35</b>	<b>01:22:30.45</b>	+00:12:02 (14.6%)	3:54	15.4 (85.6%)
15	<b>ŚLIWIŃSKI Piotr</b>	<b>252</b>	OPEL ACTIVE TEAM GLIWICE	M-30	3	00:00:01	00:18:16	00:37:26	00:57:05	01:14:26	01:17:33	<b>01:22:46.90</b>	<b>01:22:48.70</b>	+00:12:22 (14.9%)	3:55	15.3 (85.0%)
16	<b>NOWICKI Michał</b>	<b>669</b>	KW GLIWICE	M-16	1	00:00:03	00:19:19	00:38:37	00:57:45	01:14:11	01:17:29	<b>01:22:52.20</b>	<b>01:22:55.80</b>	+00:12:27 (15.0%)	3:55	15.3 (85.0%)
17	<b>FLIEGERT Mateusz</b>	<b>1222</b>	SBRT GLIWICE	M-20	9	00:00:04	00:20:10	00:39:52	00:58:29	01:14:56	01:17:54	<b>01:23:00.05</b>	<b>01:23:04.15</b>	+00:12:35 (15.2%)	3:56	15.3 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
18	<b>KULIG Rafał</b>	<b>28</b>	6BPD	M-30	4	00:00:06	00:19:21	00:38:42	00:58:14	01:15:07	01:18:04	<b>01:23:24.55</b>	<b>01:23:30.65</b>	+00:13:00 (15.6%)	3:57	15.2 (84.4%)
19	<b>MATLOK Marek</b>	<b>859</b>	BIEGAJ Z PILECKIM	M-40	3	00:00:03	00:19:19	00:39:00	00:58:28	01:15:27	01:18:25	<b>01:23:44.25</b>	<b>01:23:47.85</b>	+00:13:19 (15.9%)	3:58	15.1 (83.9%)
20	<b>NAGIRNIAK Natalia</b>	<b>496</b>	LKB RUDNIK	K-20	1	00:00:02	00:18:44	00:37:48	00:56:53	01:14:37	01:17:58	<b>01:23:50.25</b>	<b>01:23:52.30</b>	+00:13:25 (16.0%)	3:58	15.1 (83.9%)
21	<b>RAJEK Sebastian</b>	<b>1145</b>		M-40	4	00:00:02	00:18:40	00:38:21	00:58:18	01:15:37	01:18:35	<b>01:23:53.60</b>	<b>01:23:55.65</b>	+00:13:29 (16.1%)	3:58	15.1 (83.9%)
22	<b>KŁĘBEK Kamil</b>	<b>1182</b>	AWF KATOWICE	M-20	10	00:00:03	00:18:44	00:38:11	00:58:00	01:15:21	01:18:30	<b>01:23:59.35</b>	<b>01:24:02.35</b>	+00:13:34 (16.2%)	3:58	15.1 (83.9%)
23	<b>LUBNAU Marek</b>	<b>1203</b>	HARPAGAN SOSNOWIEC	M-50	1	00:00:02	00:19:36	00:39:10	00:58:49	01:15:43	01:18:41	<b>01:24:03.65</b>	<b>01:24:05.90</b>	+00:13:39 (16.2%)	3:59	15.1 (83.9%)
24	<b>KRZAK Robert</b>	<b>1312</b>	AUTHOR BICYCLES	M-50	2	00:00:01	00:19:36	00:39:16	00:58:51	01:15:51	01:18:52	<b>01:24:22.55</b>	<b>01:24:24.25</b>	+00:13:58 (16.6%)	3:59	15 (83.3%)
25	<b>BUDKA Borys</b>	<b>4</b>	SEJM RP	M-30	5	00:00:01	00:19:36	00:39:16	00:58:52	01:15:52	01:18:53	<b>01:24:22.50</b>	<b>01:24:24.40</b>	+00:13:58 (16.6%)	3:59	15 (83.3%)
26	<b>ROGACZ Piotr</b>	<b>583</b>	SZAKALE	M-30	6	00:00:05	00:19:23	00:39:09	00:58:50	01:16:25	01:19:33	<b>01:25:04.80</b>	<b>01:25:10.15</b>	+00:14:40 (17.2%)	4:01	14.9 (82.8%)
27	<b>POŚNIAK Tomasz</b>	<b>600</b>	ISTA BIEGAMY	M-20	11	00:00:02	00:19:40	00:39:30	00:59:18	01:16:43	01:19:44	<b>01:25:15.30</b>	<b>01:25:17.95</b>	+00:14:50 (17.4%)	4:02	14.9 (82.8%)
28	<b>HETMAN Radosław</b>	<b>662</b>	GRUPA NOMAX	M-30	7	00:00:05	00:20:09	00:39:52	00:59:30	01:16:48	01:19:54	<b>01:25:26.40</b>	<b>01:25:31.75</b>	+00:15:01 (17.6%)	4:02	14.8 (82.2%)
29	<b>GICZEWSKI Grzegorz</b>	<b>839</b>	MIECHOWICKA GRUPA BIEGOWA	M-50	3	00:00:09	00:20:33	00:40:55	01:00:55	01:17:52	01:20:50	<b>01:25:46.75</b>	<b>01:25:55.90</b>	+00:15:22 (17.9%)	4:03	14.8 (82.2%)
30	<b>HOZAKOWSKI Marcin</b>	<b>860</b>		M-20	12	00:00:04	00:20:38	00:40:55	01:00:59	01:17:58	01:20:56	<b>01:26:09.15</b>	<b>01:26:13.60</b>	+00:15:44 (18.3%)	4:04	14.7 (81.7%)
31	<b>PLOCH Jakub</b>	<b>229</b>	NIGHT RUNNERS ZABRZE	M-20	13	00:00:02	00:19:21	00:39:47	01:00:08	01:17:40	01:20:50	<b>01:26:34.70</b>	<b>01:26:37.55</b>	+00:16:10 (18.7%)	4:06	14.6 (81.1%)
32	<b>KRZESIAK Marcin</b>	<b>852</b>		M-30	9	00:00:05	00:20:05	00:40:47	01:01:01	01:18:27		<b>01:26:39.80</b>	<b>01:26:44.80</b>	+00:16:15 (18.8%)	4:06	14.6 (81.1%)
33	<b>SZECÓWKA Aneta</b>	<b>687</b>		K-30	3	00:00:06	00:19:38	00:39:56	01:00:11	01:17:55	01:21:04	<b>01:26:42.85</b>	<b>01:26:49.00</b>	+00:16:18 (18.8%)	4:06	14.6 (81.1%)
34	<b>NIESLON Marek</b>	<b>603</b>		M-30	8	00:00:36	00:20:42	00:40:46	01:00:32	01:17:48	01:20:55	<b>01:26:13.20</b>	<b>01:26:50.10</b>	+00:15:48 (18.3%)	4:05	14.7 (81.7%)
35	<b>SPYCHALSKI Adam</b>	<b>1204</b>		M-40	5	00:00:03	00:19:46	00:40:03	01:00:18	01:17:57	01:21:08	<b>01:26:52.40</b>	<b>01:26:55.55</b>	+00:16:27 (19.0%)	4:07	14.6 (81.1%)
36	<b>SZWEDA Piotr</b>	<b>778</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	6	00:00:09	00:20:32	00:40:36	01:00:46	01:18:18	01:21:29	<b>01:27:09.65</b>	<b>01:27:19.40</b>	+00:16:45 (19.2%)	4:07	14.5 (80.6%)
37	<b>WOLNY Krzysztof</b>	<b>358</b>		M-30	10	00:00:03	00:20:24	00:40:51	01:01:03	01:18:31	01:21:44	<b>01:27:21.10</b>	<b>01:27:24.45</b>	+00:16:56 (19.4%)	4:08	14.5 (80.6%)
38	<b>STACHURA Mateusz</b>	<b>1213</b>	SBRT GLIWICE	M-20	14	00:00:03	00:18:11	00:39:19	01:00:13	01:18:23	01:21:43	<b>01:27:34.85</b>	<b>01:27:38.45</b>	+00:17:10 (19.6%)	4:09	14.5 (80.6%)
39	<b>PIEKARCZYK Sławomir</b>	<b>650</b>	UNIwersytet Śląski	M-20	15	00:00:05	00:19:44	00:40:04	01:00:31	01:18:35	01:21:52	<b>01:27:43.95</b>	<b>01:27:48.95</b>	+00:17:19 (19.7%)	4:09	14.4 (80.0%)
40	<b>GROŃ Krystian</b>	<b>1043</b>		M-20	16	00:00:06	00:20:08	00:40:16	01:00:40	01:18:38	01:21:58	<b>01:27:49.35</b>	<b>01:27:55.75</b>	+00:17:24 (19.8%)	4:09	14.4 (80.0%)
41	<b>DUŻNIAK Dominik</b>	<b>166</b>	STEP-DANCE RUN	M-30	11	00:00:02	00:19:41	00:40:01	01:00:25	01:18:33	01:22:07	<b>01:27:57.20</b>	<b>01:27:59.45</b>	+00:17:32 (19.9%)	4:10	14.4 (80.0%)
42	<b>BIALIK Marcin</b>	<b>971</b>		M-20	17	00:00:03	00:19:33	00:40:02	01:01:06	01:19:28	01:22:45	<b>01:28:19.85</b>	<b>01:28:22.95</b>	+00:17:55 (20.3%)	4:11	14.3 (79.4%)
43	<b>SLADEK Dawid</b>	<b>210</b>		M-20	18	00:00:05	00:19:52	00:40:24	01:00:56	01:18:55	01:22:19	<b>01:28:21.85</b>	<b>01:28:27.65</b>	+00:17:57 (20.3%)	4:11	14.3 (79.4%)
44	<b>SZCZESNY Damian</b>	<b>1142</b>	WIELUŃ BIEGA	M-30	13	00:00:07	00:20:10	00:40:38	01:00:59	01:19:14	01:22:34	<b>01:28:27.75</b>	<b>01:28:34.75</b>	+00:18:03 (20.4%)	4:11	14.3 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
45	<b>OŚLIZŁO Tomasz</b>	<b>1132</b>		M-20	19	00:00:04	00:21:21	00:42:32	01:02:52	01:20:22	01:23:29	<b>01:28:51.00</b>	<b>01:28:55.75</b>	+00:18:26 (20.8%)	4:12	14.2 (78.9%)
46	<b>ORZECHOWSKI Arkadiusz</b>	<b>794</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	7	00:00:08	00:20:33	00:41:09	01:01:39	01:19:42	01:22:58	<b>01:28:50.05</b>	<b>01:28:58.70</b>	+00:18:25 (20.7%)	4:12	14.3 (79.4%)
47	<b>WYLEŻĄLEK Alina</b>	<b>438</b>	NIGHT RUNNERS GLIWICE	K-30	4	00:00:06	00:20:36	00:41:26	01:02:09	01:20:09	01:23:18	<b>01:29:02.85</b>	<b>01:29:09.65</b>	+00:18:38 (20.9%)	4:13	14.2 (78.9%)
48	<b>BIŃCZYK Dariusz</b>	<b>821</b>	ZABIEGANI CZĘSTOCHOWA	M-30	14	00:00:04	00:20:41	00:41:30	01:02:13	01:20:22	01:23:39	<b>01:29:19.10</b>	<b>01:29:23.85</b>	+00:18:54 (21.2%)	4:13	14.2 (78.9%)
49	<b>LIGOCKI Michał</b>	<b>959</b>	CHOP ZE ŻELAZA TRI TEAM	M-30	15	00:00:03	00:20:34	00:41:21	01:02:08	01:20:22	01:23:36	<b>01:29:22.60</b>	<b>01:29:25.60</b>	+00:18:58 (21.2%)	4:14	14.2 (78.9%)
50	<b>MAJCHRZAK Marcin</b>	<b>261</b>	HOLBOX RUNNERS	M-40	8	00:00:05	00:20:21	00:41:01	01:01:54		01:23:38	<b>01:29:25.40</b>	<b>01:29:31.10</b>	+00:19:00 (21.3%)	4:14	14.2 (78.9%)
51	<b>JACHYMEK Bartłomiej</b>	<b>1076</b>	JACEKBIEGA RUNNING TEAM	M-40	9	00:00:05	00:20:56	00:41:45	01:02:41	01:20:36	01:23:51	<b>01:29:34.50</b>	<b>01:29:39.65</b>	+00:19:10 (21.4%)	4:14	14.1 (78.3%)
52	<b>MAŁKA Bartosz</b>	<b>152</b>		M-30	17	00:00:04	00:20:27	00:41:21	01:02:11	01:20:27	01:23:44	<b>01:29:35.85</b>	<b>01:29:40.25</b>	+00:19:11 (21.4%)	4:14	14.1 (78.3%)
53	<b>WALKOWIAK Artur</b>	<b>634</b>	UCIEKAM PRZED DOBRĄ ZMIANĄ	M-40	10	00:00:05	00:20:07	00:40:48	01:01:22	01:20:13	01:23:35	<b>01:29:37.00</b>	<b>01:29:42.00</b>	+00:19:12 (21.4%)	4:14	14.1 (78.3%)
54	<b>BAGAN Grzegorz</b>	<b>12</b>	GOGGLE PAE TEAM	M-40	11	00:00:03	00:19:53	00:40:26	01:01:54	01:20:26	01:23:48	<b>01:29:39.30</b>	<b>01:29:42.80</b>	+00:19:14 (21.5%)	4:14	14.1 (78.3%)
55	<b>BĄBSKI Szymon</b>	<b>872</b>	KS HALNY WĘGIERSKA GÓRKA	M-30	16	00:00:12	00:20:54	00:41:51	01:02:43	01:20:40	01:23:54	<b>01:29:32.20</b>	<b>01:29:44.75</b>	+00:19:07 (21.4%)	4:14	14.1 (78.3%)
56	<b>SKORUPKA Adam</b>	<b>575</b>	III LO IM. WINCENTEGO STYCZYŃSKIEGO	M-16	2	00:00:08	00:20:53	00:42:07	01:02:59	01:20:53	01:24:03	<b>01:29:37.75</b>	<b>01:29:46.70</b>	+00:19:13 (21.4%)	4:14	14.1 (78.3%)
57	<b>MATERLA Marek</b>	<b>196</b>	ZRYW SŁUPSKO	M-30	18	00:00:06	00:20:36	00:41:29	01:02:23	01:20:38	01:23:49	<b>01:29:41.00</b>	<b>01:29:47.95</b>	+00:19:16 (21.5%)	4:15	14.1 (78.3%)
58	<b>MAŚCIBRZUCH Marcin</b>	<b>273</b>		M-20	20	00:00:07	00:21:06	00:42:07	01:02:58	01:20:48	01:24:05	<b>01:29:44.20</b>	<b>01:29:51.40</b>	+00:19:19 (21.5%)	4:15	14.1 (78.3%)
59	<b>BOGUS Bartosz</b>	<b>228</b>		M-20	21	00:00:06	00:21:07	00:42:08	01:02:59	01:21:00	01:24:11	<b>01:29:54.90</b>	<b>01:30:01.30</b>	+00:19:30 (21.7%)	4:15	14.1 (78.3%)
60	<b>WYŁUPEK Tomasz</b>	<b>812</b>	SZAKALE	M-40	12	00:00:09	00:21:14	00:42:21	01:03:06	01:21:06	01:24:24	<b>01:30:05.00</b>	<b>01:30:14.25</b>	+00:19:40 (21.8%)	4:16	14.1 (78.3%)
61	<b>CYROŃ Adrian</b>	<b>1122</b>		M-30	19	00:00:07	00:21:15	00:42:18	01:03:11	01:21:18	01:24:33	<b>01:30:07.30</b>	<b>01:30:14.95</b>	+00:19:42 (21.9%)	4:16	14 (77.8%)
62	<b>HOŁDA Marek</b>	<b>1510</b>		M-20	23	00:00:05	00:21:09	00:42:07	01:02:59	01:20:51	01:24:10	<b>01:30:11.10</b>	<b>01:30:16.90</b>	+00:19:46 (21.9%)	4:16	14 (77.8%)
63	<b>PACZKA Michał</b>	<b>1299</b>		M-40	13	00:00:10	00:20:35	00:41:49	01:02:53	01:20:46	01:24:05	<b>01:30:06.25</b>	<b>01:30:17.20</b>	+00:19:41 (21.9%)	4:16	14 (77.8%)
64	<b>SKRZYDELSKI Tomasz</b>	<b>1023</b>		M-20	22	00:00:33	00:20:40	00:41:14	01:02:02	01:20:48	01:24:14	<b>01:29:58.40</b>	<b>01:30:31.90</b>	+00:19:33 (21.7%)	4:15	14.1 (78.3%)
65	<b>KOCZUR Tamara</b>	<b>1085</b>		K-30	5	00:00:06	00:20:25	00:41:29	01:02:39	01:21:07	01:24:26	<b>01:30:27.45</b>	<b>01:30:33.55</b>	+00:20:03 (22.2%)	4:17	14 (77.8%)
66	<b>ŚWIDA Adam</b>	<b>1514</b>	TRIDEA TEAM	M-30	20	00:00:07	00:21:15	00:42:19	01:03:01	01:21:17	01:24:38	<b>01:30:33.25</b>	<b>01:30:40.85</b>	+00:20:08 (22.2%)	4:17	14 (77.8%)
67	<b>KUPIJAJ Marcin</b>	<b>410</b>	SOCIOS GÓRNIK	M-20	24	00:00:30	00:20:44	00:41:43	01:02:36	01:21:09	01:24:34	<b>01:30:30.40</b>	<b>01:31:00.40</b>	+00:20:05 (22.2%)	4:17	14 (77.8%)
68	<b>WIECHUŁA Marcin</b>	<b>169</b>		M-30	21	00:00:06	00:20:02	00:40:56	01:02:20	01:21:12	01:24:42	<b>01:31:01.15</b>	<b>01:31:07.95</b>	+00:20:36 (22.6%)	4:18	13.9 (77.2%)
69	<b>GRZYB Dariusz</b>	<b>894</b>	BRAK	M-40	14	00:00:08	00:20:35	00:42:06	01:03:00	01:21:56	01:25:26	<b>01:31:12.20</b>	<b>01:31:20.35</b>	+00:20:47 (22.8%)	4:19	13.9 (77.2%)
70	<b>POLACZEK Alexander</b>	<b>405</b>		M-40	15	00:00:04	00:20:11	00:40:55	01:02:18	01:21:39	01:25:12	<b>01:31:21.30</b>	<b>01:31:25.85</b>	+00:20:56 (22.9%)	4:19	13.9 (77.2%)
71	<b>BROSZ Michał</b>	<b>1175</b>		M-40	17	00:00:00						<b>01:31:47.00</b>	<b>01:31:47.00</b>	+00:21:22 (23.3%)	4:20	13.8 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
72	<b>PAWLIK Marek</b>	<b>192</b>	ATHLETICS NYSA	M-40	16	00:00:06	00:21:22	00:42:43	01:04:09	01:22:41	01:26:02	<b>01:31:45.90</b>	<b>01:31:52.00</b>	+00:21:21 (23.3%)	4:20	13.8 (76.7%)
73	<b>LASKOWSKI Tomasz</b>	<b>118</b>	AKMB PĘDZIWIATR GLIWICE	M-30	22	00:00:07	00:20:54	00:42:03	01:03:21	01:22:35	01:25:51	<b>01:31:45.45</b>	<b>01:31:53.15</b>	+00:21:21 (23.3%)	4:20	13.8 (76.7%)
74	<b>NOGAJ Janusz</b>	<b>1037</b>	OCHAJORUN & FRIENDS	M-30	23	00:00:08	00:21:09	00:42:11	01:03:31	01:22:35	01:25:57	<b>01:31:50.25</b>	<b>01:31:58.90</b>	+00:21:25 (23.3%)	4:21	13.8 (76.7%)
75	<b>DAMEC Olek</b>	<b>718</b>		M-40	18	00:00:07	00:21:11	00:42:13	01:03:35		01:26:07	<b>01:31:52.35</b>	<b>01:32:00.25</b>	+00:21:27 (23.4%)	4:21	13.8 (76.7%)
76	<b>WOLNY Dariusz</b>	<b>336</b>	LIDEON	M-30	24	00:00:06	00:20:55	00:42:08	01:03:13	01:22:25	01:25:58	<b>01:32:07.85</b>	<b>01:32:13.85</b>	+00:21:43 (23.6%)	4:21	13.7 (76.1%)
77	<b>PYSZ Grzegorz</b>	<b>396</b>	HR MAX ŻORY	M-40	19	00:00:10	00:20:32	00:41:24	01:02:42	01:22:36	01:25:58	<b>01:32:05.10</b>	<b>01:32:15.95</b>	+00:21:40 (23.5%)	4:21	13.7 (76.1%)
78	<b>LEWICKI Tomasz</b>	<b>15</b>	AKMB PĘDZIWIATR GLIWICE	M-30	25	00:00:07	00:20:45	00:42:03	01:03:30	01:22:44	01:26:11	<b>01:32:10.55</b>	<b>01:32:17.85</b>	+00:21:46 (23.6%)	4:22	13.7 (76.1%)
79	<b>DWORNICZAK Łukasz</b>	<b>716</b>		M-30	26	00:00:07	00:20:52	00:42:06	01:02:59	01:21:37	01:25:37	<b>01:32:20.75</b>	<b>01:32:28.60</b>	+00:21:56 (23.8%)	4:22	13.7 (76.1%)
80	<b>JAWOROWSKI Witold</b>	<b>774</b>	AMATOR	M-50	4	00:00:13	00:21:38	00:43:25	01:04:56	01:23:16	01:26:31	<b>01:32:16.60</b>	<b>01:32:29.65</b>	+00:21:52 (23.7%)	4:22	13.7 (76.1%)
81	<b>SAP Karolina</b>	<b>355</b>	NR GLIWICE	K-20	2	00:00:07	00:20:54	00:42:15	01:04:05	01:23:09	01:26:36	<b>01:32:27.80</b>	<b>01:32:34.95</b>	+00:22:03 (23.9%)	4:22	13.7 (76.1%)
82	<b>ZAWIŚLAK Patryk</b>	<b>1119</b>	RUNNERS WOJKOWICE TEAM	M-20	25	00:00:06	00:20:24	00:42:07	01:03:57		01:26:46	<b>01:32:32.70</b>	<b>01:32:38.95</b>	+00:22:08 (23.9%)	4:23	13.7 (76.1%)
83	<b>SARNECKI Adam</b>	<b>801</b>		M-30	27	00:00:12	00:21:03	00:42:03	01:03:11	01:22:11	01:25:52	<b>01:32:29.05</b>	<b>01:32:41.55</b>	+00:22:04 (23.9%)	4:22	13.7 (76.1%)
84	<b>KILIŃSKI Jacek</b>	<b>1238</b>		M-40	20	00:00:02	00:19:31	00:40:46	01:02:47	01:22:31	01:26:09	<b>01:32:48.50</b>	<b>01:32:50.55</b>	+00:22:24 (24.1%)	4:23	13.6 (75.6%)
85	<b>RODAK Piotr</b>	<b>298</b>	MZT	M-50	5	00:00:10	00:21:54	00:43:49	01:05:05	01:23:29	01:26:48	<b>01:32:40.40</b>	<b>01:32:51.30</b>	+00:22:15 (24.0%)	4:23	13.7 (76.1%)
86	<b>OKOŃ Łukasz</b>	<b>226</b>		M-30	28	00:00:08	00:20:37	00:42:15	01:03:58	01:23:04	01:26:35	<b>01:32:46.10</b>	<b>01:32:54.30</b>	+00:22:21 (24.1%)	4:23	13.6 (75.6%)
87	<b>CHOMIK Rafał</b>	<b>869</b>	T2 TRIATHLON TEAM	M-30	29	00:00:03	00:19:42	00:40:57	01:02:55	01:22:53	01:26:23	<b>01:32:54.35</b>	<b>01:32:57.45</b>	+00:22:29 (24.2%)	4:24	13.6 (75.6%)
88	<b>OŚLIZŁO Marcin</b>	<b>1157</b>	31 URODZINY:)	M-30	30	00:00:04	00:21:21	00:42:32	01:04:00	01:23:17	01:26:48	<b>01:32:57.80</b>	<b>01:33:02.25</b>	+00:22:33 (24.3%)	4:24	13.6 (75.6%)
89	<b>HOŁA Paweł</b>	<b>1183</b>	BTM RUNNERS	M-30	31	00:00:09	00:21:16	00:42:31	01:04:04	01:23:31	01:27:02	<b>01:33:04.70</b>	<b>01:33:14.55</b>	+00:22:40 (24.4%)	4:24	13.6 (75.6%)
90	<b>CISZEWSKI Wojciech</b>	<b>957</b>		M-40	23	00:00:04	00:20:11	00:41:43	01:04:41	01:23:50	01:27:18	<b>01:33:11.10</b>	<b>01:33:16.05</b>	+00:22:46 (24.4%)	4:25	13.6 (75.6%)
91	<b>BOSAK Sławomir</b>	<b>760</b>	BIŁGORAJ BIEGA	M-40	22	00:00:21	00:21:07	00:42:49	01:04:17	01:23:23	01:26:55	<b>01:32:59.55</b>	<b>01:33:20.90</b>	+00:22:35 (24.3%)	4:24	13.6 (75.6%)
92	<b>BIELECKI Krzysztof</b>	<b>939</b>		M-30	33	00:00:10	00:21:22	00:42:53	01:04:17	01:23:25	01:26:59	<b>01:33:13.85</b>	<b>01:33:24.30</b>	+00:22:49 (24.5%)	4:25	13.6 (75.6%)
93	<b>CZABAŃSKI Rafał</b>	<b>259</b>	RUNHOGS TYCHY	M-30	34	00:00:09	00:21:41	00:43:33	01:05:08	01:23:57	01:27:23	<b>01:33:20.05</b>	<b>01:33:29.70</b>	+00:22:55 (24.6%)	4:25	13.6 (75.6%)
94	<b>SKWORC Grzegorz</b>	<b>1013</b>	NIGHT RUNNERS GLIWICE	M-20	27	00:00:03	00:20:22	00:42:35	01:05:12	01:24:30	01:27:53	<b>01:33:32.90</b>	<b>01:33:35.95</b>	+00:23:08 (24.7%)	4:25	13.5 (75.0%)
95	<b>RUDKO Michał</b>	<b>544</b>	KLUCZBORSKA GRUPA BIEGOWA	M-20	28	00:00:05	00:19:33	00:40:06	01:01:43	01:22:20	01:26:23	<b>01:33:37.55</b>	<b>01:33:42.85</b>	+00:23:13 (24.8%)	4:26	13.5 (75.0%)
96	<b>SURMA Jakub</b>	<b>1263</b>		M-20	26	00:00:58	00:20:54	00:42:40	01:04:15	01:23:32	01:27:04	<b>01:33:00.00</b>	<b>01:33:58.15</b>	+00:22:35 (24.3%)	4:24	13.6 (75.6%)
97	<b>GŁUSZAK Adam</b>	<b>721</b>		M-30	32	00:00:59	00:21:21	00:42:40	01:04:10	01:23:14	01:26:50	<b>01:33:11.05</b>	<b>01:34:10.90</b>	+00:22:46 (24.4%)	4:24	13.6 (75.6%)
98	<b>STASIAK Mirosław</b>	<b>588</b>	NIGHT RUNNERS GLIWICE	M-30	35	00:00:30	00:21:11	00:42:26	01:05:06	01:24:19	01:27:43	<b>01:33:47.15</b>	<b>01:34:17.65</b>	+00:23:22 (24.9%)	4:26	13.5 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
99	<b>BAK Henryk</b>	<b>960</b>		M-40	21	00:01:24	00:21:21	00:43:12	01:04:48	01:23:46	01:27:13	<b>01:32:58.20</b>	<b>01:34:22.25</b>	+00:22:33 (24.3%)	4:24	13.6 (75.6%)
100	<b>LATOŃ Adam</b>	<b>748</b>		M-30	38	00:00:08	00:21:35	00:43:46	01:05:43	01:24:37	01:28:05	<b>01:34:15.25</b>	<b>01:34:23.50</b>	+00:23:50 (25.3%)	4:28	13.4 (74.4%)
101	<b>WÓJCIK Dariusz</b>	<b>1156</b>		M-40	26	00:00:10	00:21:07	00:42:52	01:04:23	01:24:11	01:27:51	<b>01:34:18.05</b>	<b>01:34:28.40</b>	+00:23:53 (25.3%)	4:28	13.4 (74.4%)
102	<b>FALKENBERG Ludwik</b>	<b>41</b>	RUN-LOG.COM	M-40	25	00:00:21	00:21:14	00:42:59	01:04:58	01:24:36	01:28:06	<b>01:34:12.00</b>	<b>01:34:33.65</b>	+00:23:47 (25.3%)	4:27	13.4 (74.4%)
103	<b>KRĘŻOŁEK Daniel</b>	<b>741</b>		M-30	37	00:00:25	00:22:11	00:44:02	01:05:51	01:24:52	01:28:14	<b>01:34:09.75</b>	<b>01:34:35.60</b>	+00:23:45 (25.2%)	4:27	13.4 (74.4%)
104	<b>KORKUŚ Jarosław</b>	<b>871</b>	WOSIEK TEAM	M-30	40	00:00:08	00:21:58	00:43:47	01:05:17		01:28:18	<b>01:34:26.80</b>	<b>01:34:35.75</b>	+00:24:02 (25.5%)	4:28	13.4 (74.4%)
105	<b>CHROBOK Łukasz</b>	<b>165</b>	NIGHT RUNNERS ZABRZE	M-30	39	00:00:12	00:21:35	00:43:41	01:05:45	01:24:59	01:28:25	<b>01:34:24.15</b>	<b>01:34:36.40</b>	+00:23:59 (25.4%)	4:28	13.4 (74.4%)
106	<b>IMAŃSKI Grzegorz</b>	<b>1136</b>		M-40	27	00:00:08	00:21:20	00:42:59	01:05:00	01:24:44	01:28:17	<b>01:34:29.30</b>	<b>01:34:38.15</b>	+00:24:04 (25.5%)	4:28	13.4 (74.4%)
107	<b>MUSZKIET Piotr</b>	<b>836</b>	MAXIMUS ZAWADZKIE	M-40	28	00:00:05	00:21:09	00:42:09	01:04:06		01:28:05	<b>01:34:33.75</b>	<b>01:34:39.05</b>	+00:24:09 (25.5%)	4:28	13.4 (74.4%)
108	<b>PETRUS Łukasz</b>	<b>1117</b>		M-30	12	00:06:20	00:20:13	00:40:45	01:01:18	01:19:31	01:22:46	<b>01:28:22.10</b>	<b>01:34:42.25</b>	+00:17:57 (20.3%)	4:11	14.3 (79.4%)
109	<b>KRÓL Dariusz</b>	<b>449</b>	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	36	00:00:40	00:22:00	00:44:16	01:05:46	01:24:27	01:27:56	<b>01:34:03.60</b>	<b>01:34:44.20</b>	+00:23:39 (25.1%)	4:27	13.5 (75.0%)
110	<b>SŁOMCZYŃSKI Bartosz</b>	<b>694</b>	10 BLOG	M-30	41	00:00:09	00:21:54	00:43:52	01:05:47	01:25:16	01:28:47	<b>01:34:39.20</b>	<b>01:34:48.25</b>	+00:24:14 (25.6%)	4:29	13.4 (74.4%)
111	<b>KOWALCZYK Adam</b>	<b>1025</b>	STS BIEGATON	M-40	29	00:00:08	00:21:32	00:43:40	01:05:50	01:25:21	01:28:48	<b>01:34:42.80</b>	<b>01:34:51.55</b>	+00:24:18 (25.7%)	4:29	13.4 (74.4%)
112	<b>OLESIŃSKI Tomasz</b>	<b>374</b>		M-40	30	00:00:10	00:21:22	00:42:52	01:04:45	01:24:32	01:28:13	<b>01:34:47.10</b>	<b>01:34:57.65</b>	+00:24:22 (25.7%)	4:29	13.4 (74.4%)
113	<b>WIECZOREK Andrzej</b>	<b>768</b>	HASIOK	M-30	42	00:00:10	00:21:57	00:44:15	01:06:07	01:25:23	01:28:50	<b>01:34:49.05</b>	<b>01:34:59.05</b>	+00:24:24 (25.7%)	4:29	13.4 (74.4%)
114	<b>KROCZEK Andrzej</b>	<b>1061</b>		M-40	24	00:00:53	00:22:34	00:44:16	01:05:40	01:24:35	01:28:03	<b>01:34:05.60</b>	<b>01:34:59.20</b>	+00:23:41 (25.2%)	4:27	13.5 (75.0%)
115	<b>WALIGÓRSKI Robert</b>	<b>633</b>	PARKRUN KĘDZIERZYN-KOŹLE	M-40	31	00:00:07	00:21:18	00:42:58	01:04:58	01:25:08	01:28:40	<b>01:34:57.75</b>	<b>01:35:05.35</b>	+00:24:33 (25.9%)	4:30	13.3 (73.9%)
116	<b>ZWOLAK Tomasz</b>	<b>190</b>	NIGHT RUNNERS ZABRZE	M-30	44	00:00:12	00:21:34	00:43:42	01:05:45	01:25:22	01:28:51	<b>01:34:56.50</b>	<b>01:35:08.55</b>	+00:24:32 (25.8%)	4:29	13.3 (73.9%)
117	<b>FIJAŁKOWSKI Paweł</b>	<b>936</b>	KALINOWSKI TEAM	M-30	43	00:00:19	00:22:15	00:44:30	01:06:16	01:25:23	01:29:00	<b>01:34:50.30</b>	<b>01:35:09.65</b>	+00:24:25 (25.8%)	4:29	13.3 (73.9%)
118	<b>RZEPKA Piotr</b>	<b>564</b>	PARKRUN KATOWICE	M-20	29	00:00:29	00:22:20	00:44:27	01:06:28	01:25:39	01:29:04	<b>01:34:42.85</b>	<b>01:35:12.05</b>	+00:24:18 (25.7%)	4:29	13.4 (74.4%)
119	<b>FIELHAUER Mateusz</b>	<b>673</b>	KP PSP RACIBÓRZ / EASY RUN	M-20	30	00:00:11	00:21:59	00:44:12	01:06:07	01:25:44	01:29:11	<b>01:35:00.70</b>	<b>01:35:12.35</b>	+00:24:36 (25.9%)	4:30	13.3 (73.9%)
120	<b>KARGÓL Rafał</b>	<b>658</b>	LOGTECH TEAM RADZIONKÓW	M-30	45	00:00:17	00:23:26	00:45:56	01:07:36	01:26:26	01:29:46	<b>01:34:58.65</b>	<b>01:35:15.80</b>	+00:24:34 (25.9%)	4:30	13.3 (73.9%)
121	<b>GRAMATYKA Jan</b>	<b>729</b>		M-30	46	00:00:16	00:22:05	00:44:17	01:06:16	01:25:38	01:29:04	<b>01:35:00.65</b>	<b>01:35:17.05</b>	+00:24:36 (25.9%)	4:30	13.3 (73.9%)
122	<b>RACZEK Sławomir</b>	<b>46</b>	KELLER TEAM	M-30	47	00:00:06	00:21:09	00:43:03	01:05:31	01:25:38	01:29:17	<b>01:35:17.95</b>	<b>01:35:24.55</b>	+00:24:53 (26.1%)	4:30	13.3 (73.9%)
123	<b>OZYP Mariusz</b>	<b>303</b>	607376112	M-20	31	00:00:03	00:21:54	00:44:12	01:06:18		01:29:29	<b>01:35:23.80</b>	<b>01:35:27.75</b>	+00:24:59 (26.2%)	4:31	13.3 (73.9%)
124	<b>OZYP Mariusz</b>	<b>1288</b>	MOMO RESTAURANT & COCKTAIL BAR	M-20	32	00:00:03	00:21:54	00:44:13	01:06:18	01:25:58	01:29:29	<b>01:35:24.40</b>	<b>01:35:28.05</b>	+00:24:59 (26.2%)	4:31	13.3 (73.9%)
125	<b>HRYSZKO Kazimierz</b>	<b>1170</b>	40-LATEK TYCHY	M-50	6	00:00:22	00:23:00	00:44:59	01:06:41	01:25:38	01:29:05	<b>01:35:10.35</b>	<b>01:35:32.45</b>	+00:24:45 (26.0%)	4:30	13.3 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
126	WANIEWSKI Michał	250		M-30	48	00:00:18	00:22:47	00:45:14	01:06:59	01:26:13	01:29:38	<b>01:35:20.85</b>	<b>01:35:39.15</b>	+00:24:56 (26.2%)	4:31	13.3 (73.9%)
127	STAWARCZYK Krystian	840	OPEL ACTIVE TEAM	M-30	50	00:00:08	00:21:55	00:44:13	01:06:26	01:26:00	01:29:31	<b>01:35:32.40</b>	<b>01:35:40.60</b>	+00:25:07 (26.3%)	4:31	13.3 (73.9%)
128	KANIA Michał	325		M-40	33	00:00:04	00:21:39	00:44:00	01:06:13	01:25:48	01:29:19	<b>01:35:37.30</b>	<b>01:35:41.45</b>	+00:25:12 (26.4%)	4:31	13.2 (73.3%)
129	SOSNA Adrian	1000		M-30	49	00:00:10	00:21:57	00:44:42	01:07:01	01:26:17	01:29:43	<b>01:35:31.90</b>	<b>01:35:42.65</b>	+00:25:07 (26.3%)	4:31	13.3 (73.9%)
130	ŁUKASZEK Grzegorz	1230		M Open	1	00:00:10	00:21:57	00:44:42	01:07:01	01:26:16	01:29:42	<b>01:35:32.15</b>	<b>01:35:42.80</b>	+00:25:07 (26.3%)	4:31	13.3 (73.9%)
131	KACZOR Sebastian	845	MIĘDZY GALAKTYCZNY KLUB ROZBIEGANYCH KACZEK	M-40	32	00:00:14	00:22:39	00:45:16	01:07:17	01:26:17	01:29:32	<b>01:35:34.45</b>	<b>01:35:48.95</b>	+00:25:10 (26.3%)	4:31	13.2 (73.3%)
132	BEHRENDT Jakub	931	KB LECE BO CHCE	M-40	34	00:00:08	00:21:10	00:43:38	01:06:15	01:25:59	01:29:28	<b>01:35:41.65</b>	<b>01:35:49.80</b>	+00:25:17 (26.4%)	4:32	13.2 (73.3%)
133	BEŚKA Sławomir	183	OCHAJORUN & FRIENDS	M-40	35	00:00:08	00:21:10	00:43:14	01:05:28	01:25:33	01:29:11	<b>01:35:43.10</b>	<b>01:35:51.20</b>	+00:25:18 (26.4%)	4:32	13.2 (73.3%)
134	KUCHNIA Krzysztof	909	TS REGLE SZKLARSKA PORĘBA	M-50	7	00:00:09	00:22:04	00:44:50	01:07:03	01:26:19	01:29:50	<b>01:35:47.05</b>	<b>01:35:56.90</b>	+00:25:22 (26.5%)	4:32	13.2 (73.3%)
135	STAROSTKA Jacek	1089	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	36	00:00:07	00:21:41	00:43:33	01:05:26	01:25:46	01:29:24	<b>01:35:50.70</b>	<b>01:35:58.30</b>	+00:25:26 (26.5%)	4:32	13.2 (73.3%)
136	ŚLIWA Paweł	908		M-20	34	00:00:14	00:23:02	00:45:15	01:07:16	01:26:17	01:29:41	<b>01:35:44.45</b>	<b>01:35:58.55</b>	+00:25:20 (26.5%)	4:32	13.2 (73.3%)
137	PTAK Krzysztof	777	HR MAX ŻORY	M-30	53	00:00:12	00:22:09	00:44:22	01:06:16	01:25:57	01:29:33	<b>01:35:52.00</b>	<b>01:36:04.85</b>	+00:25:27 (26.6%)	4:32	13.2 (73.3%)
138	DOMAŃSKI Marcin	83	BFRT & LAUF TEAM THIESEN	M-40	37	00:00:14	00:21:43	00:43:49	01:06:28	01:26:11	01:29:41	<b>01:35:56.00</b>	<b>01:36:10.05</b>	+00:25:31 (26.6%)	4:32	13.2 (73.3%)
139	DĄBROWSKI Piotr	1131	BIEGOWA ŚWIDNICA	M-30	51	00:00:38	00:21:56	00:44:11	01:06:30	01:26:04	01:29:31	<b>01:35:34.10</b>	<b>01:36:12.80</b>	+00:25:09 (26.3%)	4:31	13.2 (73.3%)
140	JACKOWSKI Piotr	646		M-40	38	00:00:06	00:22:15	00:44:49	01:07:30		01:30:19	<b>01:36:08.70</b>	<b>01:36:14.75</b>	+00:25:44 (26.8%)	4:33	13.2 (73.3%)
141	CHRAPKOWICZ Damian	365	304	M-20	33	00:00:37	00:22:11	00:44:18	01:06:29	01:26:19	01:29:44	<b>01:35:37.85</b>	<b>01:36:15.20</b>	+00:25:13 (26.4%)	4:31	13.2 (73.3%)
142	MICHALSKI Jarosław	832	HETMAN TARNOWSKIE GÓRY	M-30	56	00:00:05	00:21:12	00:43:07	01:05:47	01:26:07	01:29:47	<b>01:36:14.35</b>	<b>01:36:20.00</b>	+00:25:49 (26.8%)	4:33	13.2 (73.3%)
143	MAJERANOWSKI Marek	1063	SMOLEŃ BYTOM	M-30	54	00:00:17	00:21:13	00:43:43	01:06:13		01:29:41	<b>01:36:06.45</b>	<b>01:36:23.70</b>	+00:25:42 (26.7%)	4:33	13.2 (73.3%)
144	STRUK Maciej	974	DREAM RUN	M-30	52	00:00:36	00:22:03	00:44:22	01:06:23		01:29:37	<b>01:35:49.30</b>	<b>01:36:26.00</b>	+00:25:24 (26.5%)	4:32	13.2 (73.3%)
145	FOJCIK Rafał	411	OPEL ACTIV TEAM	M-30	55	00:00:19	00:21:29	00:43:35	01:06:03	01:26:09	01:29:49	<b>01:36:07.95</b>	<b>01:36:27.65</b>	+00:25:43 (26.8%)	4:33	13.2 (73.3%)
146	FURMANEK Łukasz	175	KLUB BIEGACZA SANTANDERA	M-30	57	00:00:08	00:21:42	00:43:25	01:05:30		01:29:48	<b>01:36:28.30</b>	<b>01:36:36.75</b>	+00:26:03 (27.0%)	4:34	13.1 (72.8%)
147	SIEJA Sebastian	7	JW 4415	M-20	36	00:00:11	00:22:19	00:44:23	01:06:58		01:30:33	<b>01:36:29.45</b>	<b>01:36:40.75</b>	+00:26:05 (27.0%)	4:34	13.1 (72.8%)
148	KOWOLIK Łukasz	994	AMATOR	M-20	35	00:00:20	00:22:11	00:44:55	01:07:15	01:26:37	01:30:11	<b>01:36:22.75</b>	<b>01:36:42.85</b>	+00:25:58 (26.9%)	4:34	13.1 (72.8%)
149	WAWRZAK Ryszard	1515	SBRT	M-40	39	00:00:16	00:21:27	00:43:42	01:06:24	01:26:36	01:30:12	<b>01:36:37.15</b>	<b>01:36:53.15</b>	+00:26:12 (27.1%)	4:34	13.1 (72.8%)
150	BŁACH Piotr	1221	SBRT GLIWICE	M-40	41	00:00:08	00:21:18	00:43:03	01:06:32	01:26:43	01:30:20	<b>01:36:45.20</b>	<b>01:36:53.40</b>	+00:26:20 (27.2%)	4:35	13.1 (72.8%)
151	BARAN Łukasz	1108		M-30	58	00:00:21	00:22:50	00:45:25	01:07:56	01:27:08	01:30:35	<b>01:36:32.50</b>	<b>01:36:54.35</b>	+00:26:08 (27.1%)	4:34	13.1 (72.8%)
152	ŁUSZCZ Remigiusz	589	NASNIEDOGONIAT	M-16	3	00:00:47	00:20:12	00:41:02	01:03:33	01:25:29	01:29:39	<b>01:36:10.10</b>	<b>01:36:57.75</b>	+00:25:45 (26.8%)	4:33	13.2 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
153	<b>OLSZESKI Zbigniew</b>	<b>1303</b>	ROZTOCZE KRASNOBRÓD	M-40	43	00:00:10		00:44:42	01:07:01	01:27:05	01:30:45	<b>01:36:54.35</b>	<b>01:37:04.90</b>	+00:26:29 (27.3%)	4:35	13.1 (72.8%)
154	<b>MYKAŁA Rafał</b>	<b>393</b>	NBK	M-40	42	00:00:19	00:23:23	00:46:39	01:09:58	01:28:29	01:31:31	<b>01:36:47.95</b>	<b>01:37:07.90</b>	+00:26:23 (27.3%)	4:35	13.1 (72.8%)
155	<b>GOLDA Piotr</b>	<b>827</b>		M-40	40	00:00:26	00:24:12	00:46:36	01:08:27	01:27:29	01:30:51	<b>01:36:44.80</b>	<b>01:37:11.25</b>	+00:26:20 (27.2%)	4:35	13.1 (72.8%)
156	<b>PUŚCIZNA Paweł</b>	<b>775</b>	SAINT-GOBAIN SQUAD	M-40	45	00:00:08	00:22:28	00:45:09	01:07:43	01:27:26	01:30:58	<b>01:37:04.15</b>	<b>01:37:13.10</b>	+00:26:39 (27.5%)	4:36	13 (72.2%)
157	<b>NOWAKOWSKI Zenon</b>	<b>841</b>	-	M-50	8	00:00:14	00:23:11	00:45:32	01:07:51	01:27:26	01:30:53	<b>01:37:00.95</b>	<b>01:37:15.45</b>	+00:26:36 (27.4%)	4:35	13 (72.2%)
158	<b>GOŁĘBIEWSKI Bartek</b>	<b>696</b>		M-40	44	00:00:18	00:22:44	00:45:37	01:08:07		01:30:50	<b>01:36:58.20</b>	<b>01:37:16.80</b>	+00:26:33 (27.4%)	4:35	13.1 (72.8%)
159	<b>ROSKOSZ Rafał</b>	<b>1178</b>	OBERSCHLESIEN TEAM ROHOL TARNOWSKIE GÓRY	M-30	60	00:00:41	00:22:40	00:45:46	01:08:25	01:27:26	01:30:47	<b>01:36:36.65</b>	<b>01:37:18.15</b>	+00:26:12 (27.1%)	4:34	13.1 (72.8%)
160	<b>SZKÓŁKA Marcin</b>	<b>896</b>	WARY PANY	M-30	59	00:00:43	00:22:45	00:45:21	01:07:39	01:26:54	01:30:25	<b>01:36:35.60</b>	<b>01:37:19.55</b>	+00:26:11 (27.1%)	4:34	13.1 (72.8%)
161	<b>MULARCZYK Marek</b>	<b>320</b>		M-20	38	00:00:29	00:21:21	00:43:41	01:06:36	01:27:11	01:30:52	<b>01:37:05.15</b>	<b>01:37:34.30</b>	+00:26:40 (27.5%)	4:36	13 (72.2%)
162	<b>ZOK Karol</b>	<b>221</b>		M-30	61	00:00:27	00:22:33	00:44:47	01:07:13	01:27:15	01:30:51	<b>01:37:09.90</b>	<b>01:37:37.40</b>	+00:26:45 (27.5%)	4:36	13 (72.2%)
163	<b>KĘSICKI Robert</b>	<b>1004</b>	NIGHT RUNNERS GLIWICE	M-30	64	00:00:06	00:21:59	00:44:19	01:06:28	01:26:59	01:30:47	<b>01:37:39.15</b>	<b>01:37:45.25</b>	+00:27:14 (27.9%)	4:37	13 (72.2%)
164	<b>FRĄC Dariusz</b>	<b>1296</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	47	00:00:14	00:22:16	00:44:46	01:07:24	01:27:33	01:31:09	<b>01:37:33.90</b>	<b>01:37:48.45</b>	+00:27:09 (27.8%)	4:37	13 (72.2%)
165	<b>BOROWIAK Piotr</b>	<b>465</b>		M-40	46	00:00:39	00:23:03	00:46:19	01:09:23		01:31:36	<b>01:37:09.55</b>	<b>01:37:48.75</b>	+00:26:45 (27.5%)	4:36	13 (72.2%)
166	<b>HILASZEK Agata</b>	<b>124</b>	NIGHT RUNNERS GLIWICE	K-20	3	00:00:16	00:22:19	00:45:06	01:08:07	01:28:04	01:31:31	<b>01:37:33.35</b>	<b>01:37:49.55</b>	+00:27:08 (27.8%)	4:37	13 (72.2%)
167	<b>SLUPINA Maciej</b>	<b>270</b>		M-30	65	00:00:05	00:21:54	00:44:42	01:07:28	01:27:40	01:31:22	<b>01:37:47.30</b>	<b>01:37:53.00</b>	+00:27:22 (28.0%)	4:38	12.9 (71.7%)
168	<b>DRAGA Marek</b>	<b>773</b>		M-40	48	00:00:07	00:21:08	00:43:33	01:06:38	01:27:24	01:31:11	<b>01:37:53.50</b>	<b>01:38:00.75</b>	+00:27:29 (28.1%)	4:38	12.9 (71.7%)
169	<b>FYSZ Karolina</b>	<b>1215</b>	SBRT GLIWICE	K-20	4	00:00:11	00:22:25	00:45:05	01:07:41	01:27:55	01:31:29	<b>01:37:49.65</b>	<b>01:38:01.10</b>	+00:27:25 (28.0%)	4:38	12.9 (71.7%)
170	<b>DIDYK Grzegorz</b>	<b>826</b>	MIASTO NIERUCHOMOŚCI BYTOM	M-30	66	00:00:18	00:22:44	00:45:27	01:08:04	01:28:07		<b>01:37:51.80</b>	<b>01:38:10.55</b>	+00:27:27 (28.1%)	4:38	12.9 (71.7%)
171	<b>WIECZOREK Dawid</b>	<b>638</b>	PSYCHONAUCI	M-30	62	00:00:54	00:22:40	00:45:03	01:07:37	01:27:34	01:31:04	<b>01:37:20.50</b>	<b>01:38:15.25</b>	+00:26:56 (27.7%)	4:36	13 (72.2%)
172	<b>WAWRZY尼亚K Mariusz</b>	<b>780</b>	DIKOM	M-30	63	00:00:37	00:22:37	00:45:05	01:07:46	01:27:51	01:31:21	<b>01:37:38.35</b>	<b>01:38:15.40</b>	+00:27:13 (27.9%)	4:37	13 (72.2%)
173	<b>BRYKOWSKI Przemysław</b>	<b>500</b>	RUN AND FUN TEAM	M-30	67	00:00:15	00:23:10	00:46:13	01:08:35	01:28:12	01:31:42	<b>01:38:06.50</b>	<b>01:38:21.95</b>	+00:27:42 (28.2%)	4:38	12.9 (71.7%)
174	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>732</b>	ROCKY BALBOA RUNNING CLUB	M-30	70	00:00:03	00:21:20	00:43:54	01:07:14	01:28:02	01:31:50	<b>01:38:19.20</b>	<b>01:38:22.75</b>	+00:27:54 (28.4%)	4:39	12.9 (71.7%)
175	<b>ĆWIKLIŃSKI Piotr</b>	<b>932</b>	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	69	00:00:13	00:23:15	00:46:08	01:08:49	01:28:32	01:32:03	<b>01:38:09.65</b>	<b>01:38:23.10</b>	+00:27:45 (28.3%)	4:39	12.9 (71.7%)
176	<b>SMUDA Grzegorz</b>	<b>1138</b>		M-30	72	00:00:00	00:22:57	00:45:54	01:08:47	01:28:49	01:32:23	<b>01:38:25.30</b>	<b>01:38:25.30</b>	+00:28:00 (28.5%)	4:39	12.9 (71.7%)
177	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>577</b>		M-40	50	00:00:09	00:22:35	00:45:46	01:08:47	01:28:41	01:32:17	<b>01:38:17.55</b>	<b>01:38:26.95</b>	+00:27:53 (28.4%)	4:39	12.9 (71.7%)
178	<b>KAWELCZYK Robert</b>	<b>973</b>		M-40	52	00:00:04	00:21:07	00:42:45	01:05:25		01:31:07	<b>01:38:26.80</b>	<b>01:38:31.70</b>	+00:28:02 (28.5%)	4:39	12.9 (71.7%)
179	<b>BERNACKI Eugeniusz</b>	<b>1006</b>	GPRS HYDROKOP	M-50	9	00:00:50	00:21:59	00:44:45	01:07:45	01:27:46	01:31:24	<b>01:37:44.45</b>	<b>01:38:35.40</b>	+00:27:20 (28.0%)	4:37	13 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
180	<b>SADŁO Tomasz</b>	<b>278</b>	KOLEGIUM SĘDZIÓW ZABRZE	M-30	68	00:00:27	00:22:51	00:45:55	01:08:41	01:28:14	01:31:47	<b>01:38:08.50</b>	<b>01:38:35.75</b>	+00:27:44 (28.3%)	4:39	12.9 (71.7%)
181	<b>SIKORA Rafał</b>	<b>849</b>	NIGHT RUNNERS ZABRZE	M-30	71	00:00:15	00:21:52	00:45:03	01:07:58	01:28:22	01:32:01	<b>01:38:21.05</b>	<b>01:38:36.65</b>	+00:27:56 (28.4%)	4:39	12.9 (71.7%)
182	<b>KOCHUIEVSKYI Oleksandr</b>	<b>904</b>		M-20	37	00:01:35	00:22:39	00:45:22	01:07:54	01:27:41	01:31:11	<b>01:37:05.10</b>	<b>01:38:40.85</b>	+00:26:40 (27.5%)	4:36	13 (72.2%)
183	<b>CHOJNA Zygmunt</b>	<b>933</b>	SOCIOS GÓRNIK	M-50	10	00:00:04	00:21:43	00:44:55	01:08:12	01:28:45	01:32:22	<b>01:38:38.40</b>	<b>01:38:43.10</b>	+00:28:13 (28.6%)	4:40	12.8 (71.1%)
184	<b>BYLINOWSKI Oleg</b>	<b>1307</b>	GTT	M-40	53	00:00:14	00:23:12	00:46:18	01:08:56	01:28:37	01:32:13	<b>01:38:30.20</b>	<b>01:38:44.25</b>	+00:28:05 (28.5%)	4:40	12.9 (71.7%)
185	<b>PIENIAŻEK Krzysztof</b>	<b>318</b>		M-40	51	00:00:24	00:22:34	00:45:25	01:08:18	01:28:28	01:32:04	<b>01:38:20.35</b>	<b>01:38:44.90</b>	+00:27:55 (28.4%)	4:39	12.9 (71.7%)
186	<b>JANIK Johan</b>	<b>1177</b>	NIGHT RUNNERS GLIWICE	M-30	74	00:00:15	00:22:49	00:45:48	01:08:40	01:28:31	01:32:13	<b>01:38:35.55</b>	<b>01:38:50.60</b>	+00:28:11 (28.6%)	4:40	12.8 (71.1%)
187	<b>BURZAWA Grzegorz</b>	<b>1518</b>		M-30	75	00:00:12	00:23:30	00:46:45	01:09:42		01:32:30	<b>01:38:44.10</b>	<b>01:38:56.90</b>	+00:28:19 (28.7%)	4:40	12.8 (71.1%)
188	<b>DZIEDZIC Andrzej</b>	<b>582</b>	BHP	M-40	54	00:00:11	00:21:54	00:44:53	01:08:16	01:28:41	01:32:19	<b>01:38:49.50</b>	<b>01:39:00.85</b>	+00:28:25 (28.8%)	4:40	12.8 (71.1%)
189	<b>LESZCZYŃSKI Mariusz</b>	<b>843</b>		M-40	55	00:00:13	00:22:33	00:45:12	01:08:16	01:28:38	01:32:21	<b>01:38:50.10</b>	<b>01:39:03.70</b>	+00:28:25 (28.8%)	4:41	12.8 (71.1%)
190	<b>BRONOWSKI Dariusz</b>	<b>276</b>	SZOMBIERKI RUNNERS / BIEGAM PO ŚLĄSKU	M-30	73	00:00:40	00:23:29	00:46:44	01:09:38	01:29:50	01:33:13	<b>01:38:26.15</b>	<b>01:39:06.15</b>	+00:28:01 (28.5%)	4:39	12.9 (71.7%)
191	<b>BEZUSZKO Tomasz</b>	<b>206</b>		M-40	49	00:01:08	00:23:26	00:46:17	01:08:32	01:28:13	01:31:49	<b>01:37:58.85</b>	<b>01:39:07.15</b>	+00:27:34 (28.1%)	4:38	12.9 (71.7%)
192	<b>GRAETSCH Sebastian</b>	<b>1266</b>		M-30	77	00:00:07	00:21:06	00:43:01	01:06:03	01:28:11	01:32:08	<b>01:39:02.55</b>	<b>01:39:10.00</b>	+00:28:38 (28.9%)	4:41	12.8 (71.1%)
193	<b>ROSIKOŃ Tomasz</b>	<b>934</b>		M-30	76	00:00:20	00:22:33	00:45:16	01:08:09	01:28:36	01:32:20	<b>01:38:53.90</b>	<b>01:39:14.05</b>	+00:28:29 (28.8%)	4:41	12.8 (71.1%)
194	<b>ŁYCZAK Artur</b>	<b>653</b>	VIBOVIT KNURÓW	M-40	56	00:00:21	00:22:35	00:45:40	01:08:53	01:29:05	01:32:41	<b>01:38:53.05</b>	<b>01:39:14.10</b>	+00:28:28 (28.8%)	4:41	12.8 (71.1%)
195	<b>PUC Paweł</b>	<b>1104</b>		M-30	78	00:00:16	00:21:03	00:43:12	01:06:42	01:28:16	01:32:11	<b>01:39:04.75</b>	<b>01:39:21.25</b>	+00:28:40 (28.9%)	4:41	12.8 (71.1%)
196	<b>CHRZANOWSKA Barbara</b>	<b>1285</b>	ZDZIERAJ KAPCIE WWW.AGATSU.PL	K-30	6	00:00:07	00:22:37	00:45:36	01:08:48	01:29:11	01:32:51	<b>01:39:14.95</b>	<b>01:39:22.35</b>	+00:28:50 (29.1%)	4:42	12.8 (71.1%)
197	<b>KAŁAMARZ Mariusz</b>	<b>1099</b>	RUN KAZIK RUN	M-40	57	00:00:09	00:22:02	00:45:08	01:08:23	01:29:07	01:32:46	<b>01:39:12.90</b>	<b>01:39:22.80</b>	+00:28:48 (29.0%)	4:42	12.8 (71.1%)
198	<b>SKOWROŃSKI Michał</b>	<b>993</b>		M-20	40	00:00:45	00:23:13	00:46:26	01:09:23	01:29:08	01:32:39	<b>01:38:42.60</b>	<b>01:39:27.80</b>	+00:28:18 (28.7%)	4:40	12.8 (71.1%)
199	<b>ZASADA Adrian</b>	<b>756</b>	BETANIA TEAM	M-20	42	00:00:07	00:21:42	00:43:48	01:06:07	01:27:32	01:31:48	<b>01:39:27.55</b>	<b>01:39:34.75</b>	+00:29:03 (29.2%)	4:42	12.7 (70.6%)
200	<b>BOROWSKI Piotr</b>	<b>177</b>	OPEL ACTIVE TEAM	M-50	11	00:00:31	00:22:51	00:45:36	01:08:40	01:29:20	01:32:58	<b>01:39:11.00</b>	<b>01:39:42.20</b>	+00:28:46 (29.0%)	4:42	12.8 (71.1%)
201	<b>KĘDZIOR Łukasz</b>	<b>536</b>	HOLBOX RUNNERS	M-30	80	00:00:33	00:22:47	00:46:03	01:09:14	01:29:20	01:33:02	<b>01:39:14.35</b>	<b>01:39:47.95</b>	+00:28:49 (29.1%)	4:42	12.8 (71.1%)
202	<b>MISZTAL Kamil</b>	<b>1012</b>		M-30	82	00:00:22	00:23:20	00:46:36	01:09:56	01:30:14	01:33:45	<b>01:39:28.25</b>	<b>01:39:51.05</b>	+00:29:03 (29.2%)	4:42	12.7 (70.6%)
203	<b>BULIŃSKI Przemysław</b>			M-20	41	00:00:33	00:22:26	00:45:22	01:08:32	01:29:09	01:32:57	<b>01:39:21.35</b>	<b>01:39:54.50</b>	+00:28:56 (29.1%)	4:42	12.7 (70.6%)
204	<b>LOSKA Tomasz</b>	<b>644</b>	TOMASZ LOSKA	M-20	43	00:00:22	00:24:10	00:47:47	01:10:39	01:30:03	01:33:32	<b>01:39:35.45</b>	<b>01:39:57.45</b>	+00:29:11 (29.3%)	4:43	12.7 (70.6%)
205	<b>KLYSZCZ Michał</b>	<b>382</b>		M-20	39	00:01:37	00:24:19	00:46:57	01:09:26	01:28:47	01:32:19	<b>01:38:22.65</b>	<b>01:40:00.50</b>	+00:27:58 (28.4%)	4:39	12.9 (71.7%)
206	<b>SZCZEPAŃSKI Tomasz</b>	<b>964</b>		M-30	84	00:00:13	00:23:03	00:46:26	01:09:37	01:29:54	01:33:32	<b>01:39:47.80</b>	<b>01:40:00.95</b>	+00:29:23 (29.4%)	4:43	12.7 (70.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
207	<b>PODRYGAŁA Tomasz</b>	<b>1223</b>	RYBNICKA GRUPA BIEGOWA	M-40	58	00:00:24	00:22:33	00:45:40	01:09:02	01:29:46	01:33:22	<b>01:39:39.60</b>	<b>01:40:03.75</b>	+00:29:15 (29.4%)	4:43	12.7 (70.6%)
208	<b>DZIUBAŃSKI Grzegorz</b>	<b>1110</b>	OPEL ACTIVE TEAM	M-30	89	00:00:07	00:21:06	00:42:57	01:06:37	01:28:56	01:32:59	<b>01:40:01.50</b>	<b>01:40:08.85</b>	+00:29:37 (29.6%)	4:44	12.7 (70.6%)
209	<b>CZAJA Jarosław</b>	<b>502</b>	FUTURE PROCESSING RUNNING TEAM	M-30	85	00:00:15	00:23:29	00:46:45	01:10:04	01:30:22	01:33:52	<b>01:39:53.85</b>	<b>01:40:09.10</b>	+00:29:29 (29.5%)	4:44	12.7 (70.6%)
209	<b>SKOWRON Marcin</b>	<b>714</b>		M-30	86	00:00:14	00:23:30	00:46:46	01:10:05		01:33:52	<b>01:39:54.40</b>	<b>01:40:09.10</b>	+00:29:29 (29.5%)	4:44	12.7 (70.6%)
211	<b>SZPILOWSKA Paulina</b>	<b>146</b>	KS OLKUSZ	K-20	5	00:00:00	00:23:42	00:46:59	01:10:17	01:30:30	01:33:58	<b>01:40:10.20</b>	<b>01:40:10.20</b>	+00:29:45 (29.7%)	4:44	12.6 (70.0%)
212	<b>MARKOWSKI Przemysław</b>	<b>700</b>	MIECHOWICKA GRUPA BIEGOWA	M-20	44	00:00:10	00:25:09	00:47:14	01:09:56	01:30:02	01:33:40	<b>01:40:04.85</b>	<b>01:40:14.90</b>	+00:29:40 (29.6%)	4:44	12.7 (70.6%)
213	<b>ZDEBEL Dariusz</b>	<b>401</b>		M-40	60	00:00:06	00:22:33	00:45:27	01:08:58	01:29:38	01:33:19	<b>01:40:09.70</b>	<b>01:40:16.25</b>	+00:29:45 (29.7%)	4:44	12.6 (70.0%)
214	<b>MEKIER Bartek</b>	<b>262</b>		M-30	87	00:00:22	00:23:21	00:46:37	01:09:56	01:30:16	01:33:55	<b>01:39:55.20</b>	<b>01:40:17.85</b>	+00:29:30 (29.5%)	4:44	12.7 (70.6%)
215	<b>MARCINIAK Damian</b>	<b>750</b>		M-20	45	00:00:11	00:22:29	00:46:04	01:09:27	01:29:54	01:33:35	<b>01:40:06.95</b>	<b>01:40:18.50</b>	+00:29:42 (29.7%)	4:44	12.6 (70.0%)
216	<b>PIETREK Daniel</b>	<b>1034</b>		M-40	59	00:00:14	00:23:28	00:46:44	01:10:03	01:30:17	01:33:50	<b>01:40:04.15</b>	<b>01:40:18.65</b>	+00:29:39 (29.6%)	4:44	12.7 (70.6%)
217	<b>KOCZAR Paulina</b>	<b>368</b>		K-16	1	00:00:42	00:23:02	00:46:18	01:09:36	01:29:55	01:33:34	<b>01:39:37.50</b>	<b>01:40:20.00</b>	+00:29:13 (29.3%)	4:43	12.7 (70.6%)
218	<b>GAŁKIEWICZ Marcin</b>	<b>1046</b>	WOJEWÓDZKIE POGOTOWIE RATUNKOWE W KATOWICACH	M-30	88	00:00:20	00:23:34	00:46:41	01:09:58	01:30:08	01:33:45	<b>01:40:00.35</b>	<b>01:40:20.60</b>	+00:29:35 (29.6%)	4:44	12.7 (70.6%)
219	<b>WILK Andrzej</b>	<b>605</b>		M-30	79	00:01:12	00:22:16	00:45:13	01:08:21	01:29:01	01:32:43	<b>01:39:09.30</b>	<b>01:40:21.40</b>	+00:28:44 (29.0%)	4:41	12.8 (71.1%)
220	<b>POPIEL- KRUK Aleksandra</b>	<b>1209</b>	SBRT GLIWICE	K-30	7	00:00:15	00:23:28	00:46:44	01:10:03	01:30:20	01:33:56	<b>01:40:06.20</b>	<b>01:40:22.15</b>	+00:29:41 (29.7%)	4:44	12.6 (70.0%)
221	<b>FLASIŃSKI Michał</b>	<b>912</b>		M-30	90	00:00:17	00:23:03	00:46:20	01:09:54		01:33:51	<b>01:40:11.35</b>	<b>01:40:28.80</b>	+00:29:46 (29.7%)	4:44	12.6 (70.0%)
222	<b>MAJEREK Marek</b>	<b>199</b>		M-40	63	00:00:10	00:22:38	00:45:44	01:08:57	01:29:40	01:33:30	<b>01:40:21.25</b>	<b>01:40:31.95</b>	+00:29:56 (29.8%)	4:45	12.6 (70.0%)
223	<b>JACHIMOWSKI Waldemar</b>	<b>383</b>	VIBOVIT KNURÓW	M-40	61	00:00:21	00:22:36	00:45:40	01:08:54	01:30:04	01:33:41	<b>01:40:10.55</b>	<b>01:40:32.40</b>	+00:29:46 (29.7%)	4:44	12.6 (70.0%)
224	<b>ZAWADA Sebastian</b>	<b>350</b>	BIEGAMY DLA LAURY	M-30	93	00:00:20	00:22:31	00:46:05	01:09:51	01:30:19	01:33:56	<b>01:40:18.20</b>	<b>01:40:38.45</b>	+00:29:53 (29.8%)	4:45	12.6 (70.0%)
225	<b>PODOLAK Alfred</b>	<b>1501</b>	PIAST GLIWICE	M-50	14	00:00:15	00:23:26	00:46:43	01:10:02	01:30:20	01:34:00	<b>01:40:26.50</b>	<b>01:40:41.85</b>	+00:30:02 (29.9%)	4:45	12.6 (70.0%)
226	<b>KUKUCZKA Mateusz</b>	<b>846</b>		M-30	92	00:00:29	00:23:22	00:46:55	01:09:50	01:30:07	01:33:48	<b>01:40:12.40</b>	<b>01:40:42.35</b>	+00:29:47 (29.7%)	4:44	12.6 (70.0%)
227	<b>GOCYK Leszek</b>	<b>572</b>		M-30	91	00:00:31	00:23:03	00:46:18	01:09:39	01:29:57	01:33:40	<b>01:40:11.70</b>	<b>01:40:43.15</b>	+00:29:47 (29.7%)	4:44	12.6 (70.0%)
228	<b>ŚWIDEREK Andrzej</b>	<b>460</b>	MIECHOWICKA GRUPA BIEGOWA	M-50	12	00:00:38	00:23:31	00:46:46	01:09:40	01:29:58	01:33:38	<b>01:40:05.05</b>	<b>01:40:43.45</b>	+00:29:40 (29.7%)	4:44	12.6 (70.0%)
229	<b>ANDRACZEK Bartosz</b>	<b>1265</b>		M-40	64	00:00:17	00:23:11	00:46:34	01:09:36	01:30:20	01:33:56	<b>01:40:28.40</b>	<b>01:40:45.45</b>	+00:30:03 (29.9%)	4:45	12.6 (70.0%)
230	<b>GOLEC Ryszard</b>	<b>145</b>	KT ŻYWIEC	M-40	65	00:00:13	00:23:23	00:46:40	01:10:06		01:34:01	<b>01:40:34.05</b>	<b>01:40:47.15</b>	+00:30:09 (30.0%)	4:45	12.6 (70.0%)
231	<b>SZWAJNOCH Piotr</b>	<b>584</b>	IMPERIAL PIOTR SZWAJNOCH	M-30	96	00:00:23	00:22:51	00:46:23	01:09:51		01:33:58	<b>01:40:27.70</b>	<b>01:40:51.30</b>	+00:30:03 (29.9%)	4:45	12.6 (70.0%)
232	<b>BUJOK Mariusz</b>	<b>787</b>		M-30	94	00:00:30	00:22:37	00:45:16	01:08:08	01:29:16	01:33:14	<b>01:40:21.90</b>	<b>01:40:52.45</b>	+00:29:57 (29.8%)	4:45	12.6 (70.0%)
233	<b>TRZASKALIK Piotr</b>	<b>1137</b>		M-40	66	00:00:08	00:23:36	00:46:53	01:10:23	01:30:59	01:34:43	<b>01:40:45.15</b>	<b>01:40:53.60</b>	+00:30:20 (30.1%)	4:46	12.6 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
234	<b>MADEJCZYK Tomasz</b>	<b>381</b>	MTM	M-30	81	00:01:39	00:22:53	00:45:47	01:08:44	01:29:02	01:32:44	<b>01:39:15.55</b>	<b>01:40:55.50</b>	+00:28:51 (29.1%)	4:42	12.8 (71.1%)
235	<b>MILLER Ryszard</b>	<b>639</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-50	13	00:00:30	00:23:13	00:46:29	01:09:49	01:30:12	01:33:57	<b>01:40:26.35</b>	<b>01:40:57.05</b>	+00:30:01 (29.9%)	4:45	12.6 (70.0%)
236	<b>URBAŃCZYK Karol</b>	<b>160</b>	NIGHT RUNNERS GLIWICE	M-20	47	00:00:13	00:23:28	00:46:45	01:10:05	01:30:23	01:34:03	<b>01:40:44.65</b>	<b>01:40:58.25</b>	+00:30:20 (30.1%)	4:46	12.6 (70.0%)
237	<b>BŁASZCZYK Dominik</b>	<b>170</b>	NIGHT RUNNER GLIWICE	M-20	48	00:00:13	00:23:28	00:46:45	01:10:04	01:30:22		<b>01:40:44.75</b>	<b>01:40:58.35</b>	+00:30:20 (30.1%)	4:46	12.6 (70.0%)
238	<b>PODGÓRSKI Tomasz</b>	<b>541</b>		M-30	95	00:00:39	00:24:03	00:47:26	01:10:27	01:30:21	01:34:01	<b>01:40:22.40</b>	<b>01:41:02.10</b>	+00:29:57 (29.9%)	4:45	12.6 (70.0%)
239	<b>TYRTANIA Tomasz</b>	<b>925</b>	BOR TEAM BORUSZOWICE	M-40	68	00:00:11	00:24:23	00:48:31	01:11:31	01:31:22	01:34:49	<b>01:40:54.40</b>	<b>01:41:06.15</b>	+00:30:29 (30.2%)	4:46	12.5 (69.4%)
240	<b>PACAN Tomasz</b>	<b>448</b>		M-30	99	00:00:14	00:23:29	00:46:46	01:10:05	01:30:32	01:34:16	<b>01:40:58.85</b>	<b>01:41:12.95</b>	+00:30:34 (30.3%)	4:47	12.5 (69.4%)
241	<b>BELUCH Witold</b>	<b>322</b>		M-40	69	00:00:17	00:23:26	00:46:32	01:09:56	01:30:27	01:34:17	<b>01:40:58.85</b>	<b>01:41:16.60</b>	+00:30:34 (30.3%)	4:47	12.5 (69.4%)
242	<b>KUSEK Andrzej</b>	<b>1226</b>		M-40	67	00:00:25	00:25:32	00:49:52	01:13:05	01:32:01	01:35:19	<b>01:40:54.25</b>	<b>01:41:19.65</b>	+00:30:29 (30.2%)	4:46	12.5 (69.4%)
243	<b>OZIĘBAŁA Ignacy</b>	<b>284</b>	WKB META LUBLINIEC	M-60	1	00:01:29	00:23:31	00:46:32	01:09:50	01:30:03	01:33:35	<b>01:39:53.35</b>	<b>01:41:22.45</b>	+00:29:28 (29.5%)	4:44	12.7 (70.6%)
244	<b>RIMPLER Łukasz</b>	<b>1050</b>	BIEGNĘ DLA ZUZI	M-30	101	00:00:16	00:23:36	00:47:09	01:10:44	01:31:23	01:35:02	<b>01:41:16.60</b>	<b>01:41:33.25</b>	+00:30:52 (30.5%)	4:48	12.5 (69.4%)
245	<b>HULIN Sebastian</b>	<b>885</b>	UKS JUDO MYSŁOWICE	M-40	62	00:01:24	00:23:54	00:47:03	01:10:03	01:30:18	01:33:58	<b>01:40:14.55</b>	<b>01:41:38.55</b>	+00:29:50 (29.8%)	4:45	12.6 (70.0%)
246	<b>KADZIELA Jan</b>	<b>795</b>		M-30	103	00:00:19	00:23:25	00:46:41	01:10:03	01:30:39	01:34:30	<b>01:41:19.50</b>	<b>01:41:38.85</b>	+00:30:55 (30.5%)	4:48	12.5 (69.4%)
247	<b>CZAUDERNA Adrian</b>	<b>179</b>	OCHAJORUN&FRIENDS	M-40	70	00:00:20	00:23:25	00:46:39	01:10:02	01:30:48	01:34:39	<b>01:41:18.90</b>	<b>01:41:39.50</b>	+00:30:54 (30.5%)	4:48	12.5 (69.4%)
248	<b>GŁOWACKI Jordan</b>	<b>727</b>	JW 4115	M-30	83	00:02:10	00:23:52	00:46:20	01:09:51	01:29:56	01:33:39	<b>01:39:31.75</b>	<b>01:41:42.45</b>	+00:29:07 (29.3%)	4:43	12.7 (70.6%)
249	<b>SUTKOWSKI Jan</b>	<b>614</b>		M-30	98	00:00:51	00:23:56	00:47:36	01:10:53	01:30:50	01:34:28	<b>01:40:51.35</b>	<b>01:41:42.55</b>	+00:30:26 (30.2%)	4:46	12.6 (70.0%)
250	<b>SYDA Andrzej</b>	<b>1225</b>	GORKI TEAM	M-40	71	00:00:05	00:22:24	00:45:45	01:09:44	01:31:12	01:35:00	<b>01:41:38.20</b>	<b>01:41:43.55</b>	+00:31:13 (30.7%)	4:49	12.5 (69.4%)
250	<b>TRZASKA Wojciech</b>	<b>935</b>	FUCHS OIL TEAM	M-20	46	00:01:08	00:24:56	00:49:26	01:12:42	01:31:52	01:35:10	<b>01:40:34.80</b>	<b>01:41:43.55</b>	+00:30:10 (30.0%)	4:46	12.6 (70.0%)
252	<b>BORSIAK Sebastian</b>	<b>151</b>		M-30	97	00:01:01	00:23:23	00:46:36	01:10:05	01:30:37	01:34:17	<b>01:40:43.60</b>	<b>01:41:45.35</b>	+00:30:19 (30.1%)	4:46	12.6 (70.0%)
253	<b>ŻEBROWSKI Cezary</b>	<b>1115</b>		M-50	16	00:00:07	00:21:46	00:45:27	01:09:53	01:31:34	01:35:28	<b>01:41:58.75</b>	<b>01:42:05.95</b>	+00:31:34 (31.0%)	4:49	12.4 (68.9%)
254	<b>GAWEŁKO Janusz</b>	<b>953</b>		M-50	15	00:00:11	00:23:13	00:46:49	01:10:24	01:31:31	01:35:17	<b>01:41:56.10</b>	<b>01:42:07.75</b>	+00:31:31 (30.9%)	4:49	12.4 (68.9%)
255	<b>PACUŁA Piotr</b>	<b>194</b>	OPEL ACTIVE TEAM GLIWICE	M-50	17	00:00:03	00:23:18	00:46:49	01:10:17	01:31:30	01:35:16	<b>01:42:04.80</b>	<b>01:42:07.80</b>	+00:31:40 (31.0%)	4:50	12.4 (68.9%)
256	<b>ŻEBROWSKI Adrian</b>	<b>404</b>		M-20	49	00:00:38	00:22:26	00:46:09	01:09:59	01:31:11	01:35:05	<b>01:41:30.85</b>	<b>01:42:09.15</b>	+00:31:06 (30.6%)	4:48	12.5 (69.4%)
257	<b>TYCZYŃSKI Ryszard</b>	<b>1075</b>	FC KNURÓW/COMBAT 56	M-30	102	00:00:53	00:23:04	00:46:34	01:09:57	01:30:48	01:34:34	<b>01:41:16.65</b>	<b>01:42:10.05</b>	+00:30:52 (30.5%)	4:48	12.5 (69.4%)
258	<b>KURCZEK Tomasz</b>	<b>484</b>		M-40	75	00:00:11	00:23:23	00:47:07	01:10:56	01:31:42	01:35:31	<b>01:41:59.15</b>	<b>01:42:11.00</b>	+00:31:34 (31.0%)	4:50	12.4 (68.9%)
259	<b>SZOŁTYSEK Wojciech</b>	<b>1128</b>	OCHAJORUN&FRIENDS	M-40	72	00:00:22	00:23:47	00:47:25	01:10:57	01:31:25	01:35:08	<b>01:41:50.95</b>	<b>01:42:13.45</b>	+00:31:26 (30.9%)	4:49	12.4 (68.9%)
260	<b>SKRZYPCZYK Paweł</b>	<b>948</b>		M-40	73	00:00:22	00:22:52	00:46:35	01:10:11	01:31:17	01:35:07	<b>01:41:51.70</b>	<b>01:42:14.25</b>	+00:31:27 (30.9%)	4:49	12.4 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
261	<b>SIEKIERKA Janusz</b>	<b>76</b>		M-30	106	00:00:07	00:23:11	00:46:54	01:10:19	01:31:21	01:35:11	<b>01:42:07.15</b>	<b>01:42:15.10</b>	+00:31:42 (31.1%)	4:50	12.4 (68.9%)
262	<b>SZNYDER Wojciech</b>	<b>439</b>	SPORTSTYLE GLIWICE	M-40	76	00:00:15	00:24:01	00:48:01	01:11:33	01:31:58	01:35:38	<b>01:42:02.40</b>	<b>01:42:17.40</b>	+00:31:37 (31.0%)	4:50	12.4 (68.9%)
263	<b>IMIOŁEK Krzysztof</b>	<b>717</b>		M-30	105	00:00:14	00:23:29	00:46:46	01:10:07		01:35:05	<b>01:42:05.20</b>	<b>01:42:19.70</b>	+00:31:40 (31.0%)	4:50	12.4 (68.9%)
264	<b>NOCOŃ Sławek</b>	<b>831</b>	GNAJ FRETKA, GNAJ... SZYBCIEJ, SZYBCIEJ !!!	M-40	77	00:00:09	00:22:55	00:46:07	01:09:53	01:31:00	01:34:58	<b>01:42:17.35</b>	<b>01:42:27.20</b>	+00:31:52 (31.2%)	4:50	12.4 (68.9%)
265	<b>SZPONARSKI Paweł</b>	<b>1020</b>	MASAKRA RZECZYCE	M-40	74	00:00:31	00:22:51	00:45:59	01:09:23	01:31:04	01:35:08	<b>01:41:56.30</b>	<b>01:42:27.80</b>	+00:31:31 (30.9%)	4:49	12.4 (68.9%)
266	<b>PRACKI Dariusz</b>	<b>473</b>		M-30	100	00:01:33	00:23:22	00:46:52	01:10:14	01:30:44	01:34:26	<b>01:41:03.40</b>	<b>01:42:37.25</b>	+00:30:38 (30.3%)	4:47	12.5 (69.4%)
267	<b>NAWRAT Piotr</b>	<b>132</b>		M-30	108	00:00:05	00:21:47	00:45:14	01:09:26	01:31:35	01:35:40	<b>01:42:32.45</b>	<b>01:42:38.30</b>	+00:32:08 (31.3%)	4:51	12.3 (68.3%)
268	<b>MAZUR Krzysztof</b>	<b>1007</b>	NOWA GLIWICE	M-40	79	00:00:25	00:24:04	00:47:43	01:11:01	01:31:53	01:35:42	<b>01:42:18.95</b>	<b>01:42:44.55</b>	+00:31:54 (31.2%)	4:50	12.4 (68.9%)
269	<b>SZCZYRA Jan</b>	<b>592</b>	ISTA BIEGAMY	M-30	104	00:01:11	00:23:25	00:47:19	01:10:49	01:31:32	01:35:16	<b>01:41:35.15</b>	<b>01:42:46.95</b>	+00:31:10 (30.7%)	4:48	12.5 (69.4%)
270	<b>KUBACZ Piotr</b>	<b>227</b>		M-40	78	00:00:28	00:23:58	00:48:01	01:12:00	01:32:51	01:36:24	<b>01:42:18.55</b>	<b>01:42:47.45</b>	+00:31:54 (31.2%)	4:50	12.4 (68.9%)
271	<b>ZIAJA Stefan</b>	<b>453</b>		M-40	83	00:00:12	00:23:23	00:46:24	01:10:47	01:32:38	01:36:38	<b>01:42:39.65</b>	<b>01:42:52.15</b>	+00:32:15 (31.4%)	4:51	12.3 (68.3%)
272	<b>SOSINOWSKI-MRÓZ Tomasz</b>	<b>1123</b>	MIECHOWICKA GRUPA BIEGOWA	M-30	109	00:00:17	00:23:34	00:48:05	01:12:02	01:32:37	01:36:20	<b>01:42:37.55</b>	<b>01:42:55.25</b>	+00:32:13 (31.4%)	4:51	12.3 (68.3%)
273	<b>JEZUSEK Piotr</b>	<b>432</b>	SBRT	M-30	110	00:00:17	00:22:51	00:45:49	01:09:10	01:31:13	01:35:28	<b>01:42:41.60</b>	<b>01:42:58.90</b>	+00:32:17 (31.4%)	4:51	12.3 (68.3%)
274	<b>GĄSZCZYK Grzegorz</b>	<b>1152</b>	NOWA HUTA TEAM	M-40	81	00:00:31	00:24:03	00:48:11	01:11:20	01:32:17	01:36:13	<b>01:42:32.45</b>	<b>01:43:03.80</b>	+00:32:08 (31.3%)	4:51	12.3 (68.3%)
275	<b>KUBIS Adrian</b>	<b>954</b>		M-40	85	00:00:21	00:23:47	00:47:22	01:11:01	01:32:23	01:36:19	<b>01:42:46.00</b>	<b>01:43:07.05</b>	+00:32:21 (31.5%)	4:52	12.3 (68.3%)
276	<b>GRAJNY Piotr</b>	<b>1153</b>	AMATORSKIE BIEGANIE/ULKS LACHOWICE	M-40	80	00:00:39	00:23:46	00:46:56	01:11:01	01:31:53	01:35:45	<b>01:42:28.15</b>	<b>01:43:07.85</b>	+00:32:03 (31.3%)	4:51	12.4 (68.9%)
277	<b>GORCZYCA Jakub</b>	<b>808</b>		M-40	86	00:00:07	00:23:26	00:47:26	01:11:31	01:32:36	01:36:28	<b>01:43:01.15</b>	<b>01:43:09.05</b>	+00:32:36 (31.7%)	4:52	12.3 (68.3%)
278	<b>MIELCZAREK Aleksandra</b>	<b>928</b>	STS BIEGATON MIKOŁÓW	K-40	1	00:00:12	00:23:55	00:47:45	01:12:03	01:33:00	01:36:41	<b>01:42:59.15</b>	<b>01:43:11.65</b>	+00:32:34 (31.6%)	4:52	12.3 (68.3%)
279	<b>WALICKI Bogdan</b>	<b>1047</b>	OPEL ACTIVE TEAM	M-40	82	00:00:41	00:23:44	00:47:47	01:11:38	01:32:33	01:36:10	<b>01:42:34.70</b>	<b>01:43:16.00</b>	+00:32:10 (31.4%)	4:51	12.3 (68.3%)
280	<b>PLUSZKE Paweł</b>	<b>880</b>	BIEGACZE CSR	M-20	50	00:01:36	00:25:49	00:50:31	01:13:43	01:32:23	01:35:48	<b>01:41:48.50</b>	<b>01:43:24.60</b>	+00:31:24 (30.8%)	4:49	12.4 (68.9%)
281	<b>KRAJEWSKI Michał</b>	<b>818</b>		M-30	114	00:00:28	00:25:29	00:50:02	01:13:34	01:33:22	01:36:48	<b>01:43:00.10</b>	<b>01:43:28.30</b>	+00:32:35 (31.6%)	4:52	12.3 (68.3%)
282	<b>WALKOWSKI Kamil</b>	<b>943</b>	TEAM PAPRY 20	M-20	51	00:01:18	00:24:27	00:48:32	01:11:44	01:32:30	01:36:08	<b>01:42:12.15</b>	<b>01:43:31.05</b>	+00:31:47 (31.1%)	4:50	12.4 (68.9%)
283	<b>RUTKOWSKI Michał</b>	<b>224</b>		M-20	52	00:01:16	00:24:51	00:48:58	01:12:29	01:32:41	01:36:18	<b>01:42:18.40</b>	<b>01:43:34.80</b>	+00:31:53 (31.2%)	4:50	12.4 (68.9%)
284	<b>BONK Sebastian</b>	<b>82</b>	BMS	M-40	84	00:00:50	00:23:41	00:47:18	01:11:09	01:32:21	01:36:11	<b>01:42:45.05</b>	<b>01:43:35.10</b>	+00:32:20 (31.5%)	4:52	12.3 (68.3%)
285	<b>FLORIAN Krzysztof</b>	<b>459</b>		M-30	117	00:00:23	00:23:44	00:47:24	01:11:42	01:32:58	01:36:37	<b>01:43:13.35</b>	<b>01:43:36.75</b>	+00:32:48 (31.8%)	4:53	12.3 (68.3%)
286	<b>SKOLUDEK Robert</b>	<b>98</b>		M-20	54	00:00:36	00:24:54	00:49:29	01:13:20		01:37:17	<b>01:43:01.70</b>	<b>01:43:38.10</b>	+00:32:37 (31.7%)	4:52	12.3 (68.3%)
287	<b>ZASUŃ Marcin</b>	<b>1315</b>		M-30	118	00:00:17	00:23:30	00:46:50	01:10:52	01:32:31	01:36:26	<b>01:43:22.95</b>	<b>01:43:40.25</b>	+00:32:58 (31.9%)	4:53	12.2 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
288	KIEŁBASA Artur	779	DIKOM	M-30	116	00:00:37	00:25:28	00:49:35	01:13:00	01:33:10	01:36:48	<b>01:43:10.45</b>	<b>01:43:47.45</b>	+00:32:46 (31.8%)	4:53	12.3 (68.3%)
289	STANISŁAWCZUK Sebastian	689		M-30	122	00:00:13	00:23:20	00:46:43	01:10:43	01:33:00	01:36:57	<b>01:43:35.05</b>	<b>01:43:48.95</b>	+00:33:10 (32.0%)	4:54	12.2 (67.8%)
290	KUSZ Janusz	706		M-30	120	00:00:24	00:23:29	00:47:30	01:12:03	01:33:12	01:37:00	<b>01:43:27.45</b>	<b>01:43:51.45</b>	+00:33:03 (31.9%)	4:54	12.2 (67.8%)
291	ZAWADZKI Karol	533	RADLIN	M-20	53	00:01:05	00:25:18	00:49:42	01:13:01	01:33:23	01:36:51	<b>01:42:47.70</b>	<b>01:43:53.20</b>	+00:32:23 (31.5%)	4:52	12.3 (68.3%)
292	HANKE Dominika	367		K-40	2	00:00:42	00:23:05	00:46:54	01:11:22	01:32:55	01:36:44	<b>01:43:12.15</b>	<b>01:43:54.65</b>	+00:32:47 (31.8%)	4:53	12.3 (68.3%)
293	JASIŃSKI Dawid	802		M-16	4	00:00:52	00:23:50	00:47:15	01:11:28	01:32:33	01:36:27	<b>01:43:13.80</b>	<b>01:44:05.95</b>	+00:32:49 (31.8%)	4:53	12.3 (68.3%)
294	GIEROŃ Bartosz	920		M-20	57	00:00:15	00:22:06	00:45:37	01:10:21	01:33:01	01:37:02	<b>01:43:50.40</b>	<b>01:44:06.35</b>	+00:33:25 (32.2%)	4:55	12.2 (67.8%)
295	MIECZNIKOWSKI Jacek	1173		M-40	89	00:00:25	00:24:50	00:49:13	01:13:17	01:33:56	01:37:30	<b>01:43:42.75</b>	<b>01:44:08.50</b>	+00:33:18 (32.1%)	4:54	12.2 (67.8%)
296	WRÓBEL Adam	59		M-30	107	00:01:54	00:22:30	00:45:40	01:09:29		01:35:35	<b>01:42:15.60</b>	<b>01:44:09.60</b>	+00:31:51 (31.1%)	4:50	12.4 (68.9%)
297	CHMURKO Michał	1278		M-30	124	00:00:26	00:24:00	00:48:39	01:13:03	01:33:49	01:37:31	<b>01:43:43.30</b>	<b>01:44:10.20</b>	+00:33:18 (32.1%)	4:54	12.2 (67.8%)
298	BŁASZCZYK Marek	495	OPEL ACTIVE TEAM GLIWICE	M-40	90	00:00:16	00:24:04	00:48:19	01:12:21		01:37:18	<b>01:43:56.05</b>	<b>01:44:12.05</b>	+00:33:31 (32.3%)	4:55	12.2 (67.8%)
299	SZCZEPAŃSKI Rafał	864	OPEL ACTIVE TEAM	M-40	88	00:00:41	00:23:27	00:46:57	01:11:07	01:32:49	01:36:39	<b>01:43:33.60</b>	<b>01:44:15.30</b>	+00:33:09 (32.0%)	4:54	12.2 (67.8%)
300	SUDNIK Krzysztof	1015		M-30	126	00:00:15	00:23:29	00:46:47	01:10:15	01:32:26	01:36:40	<b>01:44:03.00</b>	<b>01:44:18.55</b>	+00:33:38 (32.3%)	4:55	12.2 (67.8%)
301	SŁODKOWSKI Marek	392	MALA PANA ZAWADZKIE	M-30	123	00:00:39	00:22:46	00:45:59	01:09:44	01:32:12	01:36:18	<b>01:43:39.45</b>	<b>01:44:18.85</b>	+00:33:15 (32.1%)	4:54	12.2 (67.8%)
302	DESZYŃSKI Damian	590	ISTA BIEGAMY	M-30	127	00:00:09	00:23:45	00:47:50	01:11:56	01:33:41	01:37:44	<b>01:44:10.00</b>	<b>01:44:19.65</b>	+00:33:45 (32.4%)	4:56	12.2 (67.8%)
303	BUCHAŁA Bartek	479		M-30	113	00:01:30	00:24:09	00:48:09	01:11:37	01:32:26	01:36:22	<b>01:42:58.85</b>	<b>01:44:29.15</b>	+00:32:34 (31.6%)	4:52	12.3 (68.3%)
304	SZULC Sebastian	114	EXLABS	M-20	60	00:00:13	00:24:14	00:47:58	01:11:34	01:33:29	01:37:33	<b>01:44:15.55</b>	<b>01:44:29.30</b>	+00:33:51 (32.5%)	4:56	12.1 (67.2%)
305	HADZIK Rafał	602		M-30	125	00:00:37	00:24:32	00:49:06	01:13:37	01:34:06	01:37:47	<b>01:43:53.45</b>	<b>01:44:30.95</b>	+00:33:29 (32.2%)	4:55	12.2 (67.8%)
306	FILIPCZYK Przemysław	995		M-30	115	00:01:22	00:24:41	00:48:44	01:12:13	01:32:48	01:36:45	<b>01:43:09.50</b>	<b>01:44:31.50</b>	+00:32:45 (31.7%)	4:53	12.3 (68.3%)
307	GRONDYS Michał	17	SBRT	M-30	128	00:00:21	00:23:23	00:46:41	01:11:00	01:33:10	01:37:08	<b>01:44:10.60</b>	<b>01:44:31.95</b>	+00:33:46 (32.4%)	4:56	12.2 (67.8%)
308	NITARSKI Patryk	899		M-30	111	00:01:44	00:23:51	00:47:53	01:11:49		01:36:34	<b>01:42:48.80</b>	<b>01:44:32.80</b>	+00:32:24 (31.5%)	4:52	12.3 (68.3%)
309	BIAŁOŃCZYK Joanna	876		K-20	6	00:00:30	00:24:06	00:48:37	01:13:04	01:34:05	01:37:51	<b>01:44:02.75</b>	<b>01:44:33.00</b>	+00:33:38 (32.3%)	4:55	12.2 (67.8%)
310	GIESE Michał	609		M-30	112	00:01:43	00:23:52	00:47:54	01:11:50	01:32:47	01:36:35	<b>01:42:49.70</b>	<b>01:44:33.45</b>	+00:32:25 (31.5%)	4:52	12.3 (68.3%)
311	NITKA Sebastian	52		M-40	91	00:00:30	00:23:40	00:47:49	01:11:54		01:37:37	<b>01:44:05.15</b>	<b>01:44:35.55</b>	+00:33:40 (32.4%)	4:55	12.2 (67.8%)
312	GARUS Tomasz	611	304	M-20	55	00:00:52	00:23:56	00:47:41	01:11:39	01:33:04	01:36:54	<b>01:43:46.50</b>	<b>01:44:39.00</b>	+00:33:22 (32.2%)	4:55	12.2 (67.8%)
313	SZOT Wojciech	11		M-30	119	00:01:13	00:24:51	00:48:38	01:12:15	01:33:04	01:36:46	<b>01:43:26.05</b>	<b>01:44:39.55</b>	+00:33:01 (31.9%)	4:54	12.2 (67.8%)
314	LEBEK Adam	503	VEGE RUNNERS	M-20	59	00:00:30	00:23:56	00:48:30	01:12:59	01:34:08	01:37:51	<b>01:44:10.65</b>	<b>01:44:41.50</b>	+00:33:46 (32.4%)	4:56	12.2 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
315	<b>STACHOWICZ Michał</b>	<b>407</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	121	00:01:12	00:25:26	00:49:21	01:12:58	01:33:33	01:37:19	<b>01:43:30.25</b>	<b>01:44:42.85</b>	+00:33:05 (32.0%)	4:54	12.2 (67.8%)
316	<b>ADAMSKI Kamil</b>	<b>655</b>	LEGION WILCZE GARDŁO	M-20	56	00:00:53	00:23:51	00:47:50	01:12:06	01:33:32	01:37:17	<b>01:43:49.25</b>	<b>01:44:43.10</b>	+00:33:24 (32.2%)	4:55	12.2 (67.8%)
317	<b>PIŁAT Jarosław</b>	<b>65</b>	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-30	130	00:00:11	00:22:27	00:46:01	01:11:17	01:33:42	01:37:43	<b>01:44:31.90</b>	<b>01:44:43.75</b>	+00:34:07 (32.6%)	4:57	12.1 (67.2%)
318	<b>TOMAL Marek</b>	<b>1314</b>		M-50	18	00:00:15	00:23:44	00:48:06	01:12:25	01:34:01	01:37:52	<b>01:44:31.95</b>	<b>01:44:47.00</b>	+00:34:07 (32.6%)	4:57	12.1 (67.2%)
319	<b>MULEWSKI Bogdan</b>	<b>454</b>	NIGHT RUNNERS ZABRZE	M-40	87	00:01:27	00:25:11	00:49:17	01:13:04	01:33:21	01:37:02	<b>01:43:29.55</b>	<b>01:44:56.75</b>	+00:33:05 (32.0%)	4:54	12.2 (67.8%)
320	<b>LUBICKI Wojciech</b>	<b>14</b>	TRIUMF	M-50	19	00:00:13	00:24:02	00:48:11	01:12:24	01:33:42	01:37:39	<b>01:44:50.30</b>	<b>01:45:03.70</b>	+00:34:25 (32.8%)	4:58	12.1 (67.2%)
321	<b>BEHRENDT Bartek</b>	<b>695</b>	NIGHT RUNNERS GLIWICE	M-40	92	00:00:50	00:24:04	00:48:11	01:12:32	01:34:26	01:38:14	<b>01:44:22.20</b>	<b>01:45:13.15</b>	+00:33:57 (32.5%)	4:56	12.1 (67.2%)
322	<b>ŁAKOMSKI Marcin</b>	<b>203</b>		M-40	93	00:00:32	00:24:50	00:49:36	01:13:44	01:34:22	01:38:07	<b>01:44:41.05</b>	<b>01:45:13.45</b>	+00:34:16 (32.7%)	4:57	12.1 (67.2%)
323	<b>PTASZYŃSKI Tomasz</b>	<b>157</b>	STARY HANGAR	M-30	134	00:00:16	00:23:11	00:46:50	01:12:39	01:34:44	01:38:31	<b>01:45:04.05</b>	<b>01:45:20.95</b>	+00:34:39 (33.0%)	4:58	12 (66.7%)
324	<b>KŁOSOWSKI Karol</b>	<b>237</b>	LOS TREPOS COMPANIEROS	M-30	131	00:00:38	00:22:25	00:46:08	01:11:02	01:33:39	01:37:44	<b>01:44:45.25</b>	<b>01:45:23.85</b>	+00:34:20 (32.8%)	4:57	12.1 (67.2%)
325	<b>MARCOL Tomasz</b>	<b>941</b>		M-20	58	00:01:14	00:23:46	00:48:12	01:12:21	01:33:17	01:37:10	<b>01:44:09.10</b>	<b>01:45:24.05</b>	+00:33:44 (32.4%)	4:56	12.2 (67.8%)
325	<b>BOCHEŃSKA Agnieszka</b>	<b>91</b>	SBRT GLIWICE	K-30	8	00:00:15	00:23:41	00:47:37	01:12:59	01:34:37	01:38:27	<b>01:45:08.15</b>	<b>01:45:24.05</b>	+00:34:43 (33.0%)	4:59	12 (66.7%)
327	<b>CICHY Andrzej</b>	<b>651</b>	OPEL ACTIVE TEAM	M-20	61	00:00:06	00:21:16	00:45:07	01:11:35	01:34:45	01:38:34	<b>01:45:23.20</b>	<b>01:45:29.75</b>	+00:34:58 (33.2%)	4:59	12 (66.7%)
328	<b>HOŁYŃSKI Tomasz</b>	<b>477</b>		M-40	94	00:00:28	00:24:06	00:48:40	01:13:16	01:35:07	01:38:55	<b>01:45:06.60</b>	<b>01:45:34.95</b>	+00:34:42 (33.0%)	4:58	12 (66.7%)
329	<b>NOGA Łukasz</b>	<b>879</b>	ZDZIERAJ KAPCIE	M-30	139	00:00:07	00:23:13	00:47:35	01:12:57	01:35:15	01:39:03	<b>01:45:27.70</b>	<b>01:45:35.05</b>	+00:35:03 (33.2%)	4:59	12 (66.7%)
330	<b>WALASZEK Sławomir</b>	<b>507</b>		M-30	137	00:00:27	00:24:08	00:48:43	01:13:20	01:35:10	01:38:57	<b>01:45:09.55</b>	<b>01:45:36.80</b>	+00:34:45 (33.0%)	4:59	12 (66.7%)
331	<b>KILIJANEK Adrian</b>	<b>1163</b>		M-30	129	00:01:09	00:24:11	00:48:20	01:13:05	01:34:21	01:38:14	<b>01:44:29.75</b>	<b>01:45:39.15</b>	+00:34:05 (32.6%)	4:57	12.1 (67.2%)
332	<b>MĄCZKA Bronisław</b>	<b>987</b>		M-60	2	00:00:32	00:23:58	00:47:55	01:12:21	01:34:10	01:38:05	<b>01:45:07.15</b>	<b>01:45:39.65</b>	+00:34:42 (33.0%)	4:58	12 (66.7%)
333	<b>NOWAK Mariusz</b>	<b>813</b>	HIRSCHVOGEL COMPONENTS POLAND	M-30	136	00:00:35	00:25:04	00:49:29	01:13:36	01:34:38	01:38:25	<b>01:45:05.35</b>	<b>01:45:41.00</b>	+00:34:40 (33.0%)	4:58	12 (66.7%)
334	<b>HAŁADUS Dominik</b>	<b>1026</b>	ŻYCIE CZĘSTOCHOWY TEAM	M-30	138	00:00:19	00:24:11	00:48:36	01:13:06	01:34:55	01:38:51	<b>01:45:25.30</b>	<b>01:45:44.35</b>	+00:35:00 (33.2%)	4:59	12 (66.7%)
335	<b>NASIENIAK-CZECH Anna</b>	<b>766</b>		K-30	9	00:00:27	00:25:34	00:50:30	01:14:30	01:35:18	01:39:04	<b>01:45:18.70</b>	<b>01:45:46.35</b>	+00:34:54 (33.1%)	4:59	12 (66.7%)
336	<b>KUCZMA Jarosław</b>	<b>161</b>		M-40	95	00:00:30	00:25:10	00:49:56	01:14:27	01:35:15	01:39:01	<b>01:45:22.75</b>	<b>01:45:53.15</b>	+00:34:58 (33.2%)	4:59	12 (66.7%)
337	<b>FILIPIAK Hieronim</b>	<b>1171</b>	KADRA BOBREK-CENTRUM	M-40	99	00:00:16	00:25:35	00:50:12	01:14:34	01:35:36	01:39:20	<b>01:45:39.75</b>	<b>01:45:56.10</b>	+00:35:15 (33.4%)	5:00	12 (66.7%)
338	<b>SZEREMETA Andrzej</b>	<b>759</b>	PZU SPORT TEAM	M-40	100	00:00:13	00:23:40	00:48:13	01:13:08	01:35:27	01:39:16	<b>01:45:42.90</b>	<b>01:45:56.25</b>	+00:35:18 (33.4%)	5:00	12 (66.7%)
339	<b>PĘDOWSKI Wojciech</b>	<b>1056</b>		M-50	21	00:00:54	00:25:15	00:50:39	01:14:31	01:34:59	01:38:39	<b>01:45:02.75</b>	<b>01:45:57.15</b>	+00:34:38 (33.0%)	4:58	12.1 (67.2%)
340	<b>BIERNAT Wojtek</b>	<b>93</b>	OPEL ACTIVE TEAM	M-40	98	00:00:21	00:24:14	00:48:21	01:12:46	01:34:48	01:38:55	<b>01:45:37.00</b>	<b>01:45:58.50</b>	+00:35:12 (33.3%)	5:00	12 (66.7%)
341	<b>RAJTOR Paweł</b>	<b>558</b>		M-30	141	00:00:16	00:25:47	00:50:39	01:15:09	01:35:43	01:39:28	<b>01:45:42.70</b>	<b>01:45:58.80</b>	+00:35:18 (33.4%)	5:00	12 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
342	<b>NOWAKOWSKI Jarosław</b>	<b>555</b>	FORGOSIA	M-40	101	00:00:15	00:25:14	00:50:11	01:14:39	01:35:39	01:39:23	<b>01:45:44.35</b>	<b>01:45:59.40</b>	+00:35:19 (33.4%)	5:00	12 (66.7%)
343	<b>MIROWSKI Zbigniew</b>	<b>1098</b>	48605681921	M-50	22	00:00:20	00:24:45	00:49:14	01:13:45	01:35:09	01:39:04	<b>01:45:39.90</b>	<b>01:46:00.35</b>	+00:35:15 (33.4%)	5:00	12 (66.7%)
344	<b>ULIASZ Krzysztof</b>	<b>979</b>		M-30	133	00:00:59	00:24:13	00:48:52	01:13:19	01:34:24	01:38:17	<b>01:45:02.95</b>	<b>01:46:02.25</b>	+00:34:38 (33.0%)	4:58	12.1 (67.2%)
345	<b>FUGOWSKI Roman</b>	<b>380</b>		M-50	23	00:00:13	00:23:53	00:47:45	01:12:02	01:34:33	01:38:39	<b>01:45:51.00</b>	<b>01:46:04.95</b>	+00:35:26 (33.5%)	5:00	12 (66.7%)
346	<b>SOLICH Patryk</b>	<b>1208</b>	SBRT GLIWICE	M-30	144	00:00:20	00:23:55	00:48:29	01:13:02	01:34:57	01:38:53	<b>01:45:50.40</b>	<b>01:46:10.55</b>	+00:35:25 (33.5%)	5:00	12 (66.7%)
347	<b>WANDOCH Tyberiusz</b>	<b>333</b>	CARRY ON WCZORAJSI	M-30	140	00:00:38	00:24:01	00:48:25	01:12:46	01:34:34	01:38:35	<b>01:45:33.65</b>	<b>01:46:11.70</b>	+00:35:09 (33.3%)	5:00	12 (66.7%)
348	<b>PLOCH Adam</b>	<b>886</b>		M-30	135	00:01:09	00:24:24	00:48:56	01:12:28	01:34:10	01:38:10	<b>01:45:04.40</b>	<b>01:46:13.55</b>	+00:34:39 (33.0%)	4:58	12 (66.7%)
349	<b>ORLIK Jerzy</b>	<b>340</b>	PLASTIC OMNIUM	M-50	20	00:01:24	00:24:27	00:48:32	01:12:52	01:34:15	01:38:07	<b>01:44:57.35</b>	<b>01:46:22.30</b>	+00:34:32 (32.9%)	4:58	12.1 (67.2%)
350	<b>PANZ Krzysztof</b>	<b>838</b>		M-30	142	00:00:36	00:25:12	00:49:53	01:14:25	01:35:38	01:39:19	<b>01:45:46.30</b>	<b>01:46:23.20</b>	+00:35:21 (33.4%)	5:00	12 (66.7%)
351	<b>WALSKI Łukasz</b>	<b>680</b>	RANGER SURVIVAL CLUB	M-30	132	00:01:42	00:26:20	00:50:46	01:14:13	01:34:42	01:38:25	<b>01:44:45.70</b>	<b>01:46:28.55</b>	+00:34:21 (32.8%)	4:57	12.1 (67.2%)
352	<b>FAŁEK Krzysztof</b>	<b>475</b>		M-40	96	00:01:08	00:25:20	00:49:13	01:13:11	01:34:34	01:38:29	<b>01:45:23.15</b>	<b>01:46:31.35</b>	+00:34:58 (33.2%)	4:59	12 (66.7%)
353	<b>CHWALISZEWSKI Jarosław</b>	<b>585</b>	NIGHT RUNNERS GLIWICE	M-40	102	00:00:33	00:23:57	00:49:10	01:13:54	01:35:04	01:39:00	<b>01:46:00.75</b>	<b>01:46:34.40</b>	+00:35:36 (33.6%)	5:01	11.9 (66.1%)
354	<b>KABAŁA Sebastian</b>	<b>1241</b>		M-40	104	00:00:16	00:25:26	00:50:52	01:15:38	01:36:45	01:40:24	<b>01:46:23.60</b>	<b>01:46:39.70</b>	+00:35:59 (33.8%)	5:02	11.9 (66.1%)
355	<b>STASIK Krzysztof</b>	<b>666</b>	LOGTECH TEAM RADZIONKÓW	M-30	147	00:00:17	00:23:48	00:48:22	01:13:17	01:35:15	01:39:22	<b>01:46:22.25</b>	<b>01:46:40.20</b>	+00:35:57 (33.8%)	5:02	11.9 (66.1%)
356	<b>ŻUKOWSKA Anna</b>	<b>862</b>	ATHLETICS NYSA	K-40	3	00:01:22	00:24:24	00:48:16	01:12:40	01:34:40	01:38:32	<b>01:45:23.25</b>	<b>01:46:46.20</b>	+00:34:58 (33.2%)	4:59	12 (66.7%)
357	<b>KRUK Tomasz</b>	<b>861</b>	NYSA BIEGA	M-40	97	00:01:23	00:24:23	00:48:15	01:12:38	01:34:38	01:38:31	<b>01:45:23.15</b>	<b>01:46:46.70</b>	+00:34:58 (33.2%)	4:59	12 (66.7%)
358	<b>CHWAŁ Magdalena</b>	<b>573</b>		K-30	10	00:00:25	00:25:24	00:50:35	01:15:24	01:36:29	01:40:13	<b>01:46:23.85</b>	<b>01:46:48.95</b>	+00:35:59 (33.8%)	5:02	11.9 (66.1%)
359	<b>ZIELONKA Jacek</b>	<b>457</b>		M-30	146	00:00:45	00:25:07	00:49:47	01:14:22	01:35:55	01:39:40	<b>01:46:16.80</b>	<b>01:47:01.95</b>	+00:35:52 (33.8%)	5:02	11.9 (66.1%)
360	<b>PIKTAS Paweł</b>	<b>811</b>		M-40	107	00:00:10	00:23:23	00:46:50	01:11:51	01:35:13	01:39:30	<b>01:46:53.80</b>	<b>01:47:04.45</b>	+00:36:29 (34.1%)	5:03	11.8 (65.6%)
361	<b>WÓJCIK Rafał</b>	<b>807</b>		M-30	149	00:00:19	00:24:49	00:49:48	01:14:47	01:36:28	01:40:10	<b>01:46:46.35</b>	<b>01:47:06.00</b>	+00:36:21 (34.1%)	5:03	11.9 (66.1%)
362	<b>MATERZOK Aleksandra</b>	<b>388</b>	FUTURE PROCESSING RUNNING TEAM	K-20	7	00:00:13	00:23:21	00:47:58	01:13:09		01:39:48	<b>01:46:53.60</b>	<b>01:47:07.50</b>	+00:36:29 (34.1%)	5:03	11.8 (65.6%)
363	<b>MALEC Arkadiusz</b>	<b>875</b>		M-30	143	00:01:21	00:24:15	00:49:33	01:14:30	01:35:47	01:39:31	<b>01:45:47.85</b>	<b>01:47:09.55</b>	+00:35:23 (33.5%)	5:00	12 (66.7%)
364	<b>FRANKIEWICZ Artur</b>	<b>915</b>		M-30	148	00:00:36	00:25:12	00:49:53	01:14:25	01:35:52	01:39:48	<b>01:46:33.05</b>	<b>01:47:09.60</b>	+00:36:08 (33.9%)	5:02	11.9 (66.1%)
365	<b>STANIK Bogdan</b>	<b>763</b>	6 BPD	M-30	145	00:00:59	00:24:24	00:49:03	01:14:16	01:36:11	01:40:08	<b>01:46:10.95</b>	<b>01:47:10.55</b>	+00:35:46 (33.7%)	5:01	11.9 (66.1%)
366	<b>BIAŁAS Krzysztof</b>	<b>47</b>	ZESPÓŁ SZKÓŁ NR 2 W RUDZIE ŚLĄSKIEJ	M-40	103	00:01:07	00:26:10	00:51:29	01:15:57	01:36:10	01:39:43	<b>01:46:03.25</b>	<b>01:47:10.95</b>	+00:35:38 (33.6%)	5:01	11.9 (66.1%)
366	<b>PRENZENA Paweł</b>	<b>64</b>		M-20	64	00:00:19	00:22:46	00:47:32	01:13:09	01:36:06	01:40:00	<b>01:46:51.60</b>	<b>01:47:10.95</b>	+00:36:27 (34.1%)	5:03	11.8 (65.6%)
368	<b>SZEWCZYK Michał</b>	<b>911</b>		M-20	62	00:01:05	00:23:22	00:47:42	01:12:13	01:34:50	01:38:57	<b>01:46:05.60</b>	<b>01:47:11.20</b>	+00:35:41 (33.6%)	5:01	11.9 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
369	<b>DACZYŃSKI Michał</b>	<b>431</b>	GRUPA CMYKI	M-30	150	00:00:22	00:25:39	00:50:25	01:15:13	01:36:43	01:40:24	<b>01:46:54.70</b>	<b>01:47:17.35</b>	+00:36:30 (34.1%)	5:04	11.8 (65.6%)
370	<b>BLASZKE Beata</b>	<b>158</b>	NIGHT RUNNERS GLIWICE	K-40	4	00:00:15	00:24:05	00:48:47	01:14:03	01:36:09	01:40:06	<b>01:47:02.80</b>	<b>01:47:17.95</b>	+00:36:38 (34.2%)	5:04	11.8 (65.6%)
371	<b>OCHMAN Ireneusz</b>	<b>234</b>	OPEL ACTIVE TEAM	M-40	105	00:00:40	00:23:44	00:48:39	01:13:39	01:36:02	01:39:55	<b>01:46:41.15</b>	<b>01:47:21.65</b>	+00:36:16 (34.0%)	5:03	11.9 (66.1%)
372	<b>URBANEK Darek</b>	<b>635</b>	PRZED LIMITEM	M-40	110	00:00:14	00:24:09	00:49:39	01:15:03	01:37:01	01:40:49	<b>01:47:08.55</b>	<b>01:47:23.05</b>	+00:36:44 (34.3%)	5:04	11.8 (65.6%)
373	<b>BARTECKA Sabina</b>	<b>853</b>	HRMAX ŻORY	K-30	11	00:00:24	00:24:35	00:49:48	01:15:02	01:36:35	01:40:20	<b>01:47:05.15</b>	<b>01:47:29.70</b>	+00:36:40 (34.3%)	5:04	11.8 (65.6%)
374	<b>STALICA Wojciech</b>	<b>723</b>	IZOERG	M-40	113	00:00:13	00:24:16	00:49:40	01:15:04		01:40:50	<b>01:47:20.10</b>	<b>01:47:34.00</b>	+00:36:55 (34.4%)	5:05	11.8 (65.6%)
375	<b>JAMRÓZ Wojciech</b>	<b>625</b>		M-40	115	00:00:09	00:21:24	00:45:56	01:11:50	01:35:46	01:40:14	<b>01:47:27.95</b>	<b>01:47:37.10</b>	+00:37:03 (34.5%)	5:05	11.8 (65.6%)
376	<b>KONIK Tomasz</b>	<b>370</b>	KONIK TEAM	M-40	109	00:00:37	00:24:19	00:49:14	01:14:09	01:36:23	01:40:12	<b>01:47:03.20</b>	<b>01:47:40.55</b>	+00:36:38 (34.2%)	5:04	11.8 (65.6%)
377	<b>TEICHMANN Norbert</b>	<b>1002</b>		M-50	24	00:01:21	00:25:43	00:50:56	01:14:47		01:39:37	<b>01:46:24.75</b>	<b>01:47:46.55</b>	+00:36:00 (33.8%)	5:02	11.9 (66.1%)
378	<b>NAWARA Arkadiusz</b>	<b>720</b>		M-20	63	00:01:10	00:25:03	00:49:26	01:13:58	01:35:51	01:39:46	<b>01:46:36.60</b>	<b>01:47:47.45</b>	+00:36:12 (34.0%)	5:03	11.9 (66.1%)
379	<b>KOTAJNY Piotr</b>	<b>704</b>		M-40	112	00:00:34	00:24:59	00:49:31	01:14:00	01:36:02	01:40:06	<b>01:47:15.70</b>	<b>01:47:50.30</b>	+00:36:51 (34.4%)	5:05	11.8 (65.6%)
380	<b>LIGOCKI Szymon</b>	<b>1255</b>	CHOP ZE ŻELAZA TRI TEAM	M-20	65	00:00:19	00:23:50	00:48:45	01:14:11	01:36:52	01:40:48	<b>01:47:31.30</b>	<b>01:47:50.45</b>	+00:37:06 (34.5%)	5:05	11.8 (65.6%)
381	<b>NIEDZIELA Janusz</b>	<b>850</b>		M-30	153	00:00:34	00:23:08	00:46:45	01:11:49	01:35:14	01:39:41	<b>01:47:18.85</b>	<b>01:47:52.90</b>	+00:36:54 (34.4%)	5:05	11.8 (65.6%)
382	<b>JAZOWY Tomasz</b>	<b>1261</b>		M-30	157	00:00:08	00:24:11	00:49:19	01:14:34	01:36:55	01:40:54	<b>01:47:45.50</b>	<b>01:47:54.15</b>	+00:37:21 (34.7%)	5:06	11.7 (65.0%)
383	<b>STRUG Mariusz</b>	<b>800</b>		M-40	106	00:01:14	00:25:01	00:49:29	01:14:05	01:35:51	01:39:46	<b>01:46:41.90</b>	<b>01:47:56.25</b>	+00:36:17 (34.0%)	5:03	11.9 (66.1%)
384	<b>PIETRAS Sylwia</b>	<b>463</b>	MIECHOWICKA GRUPA BIEGOWA	K-20	8	00:00:23	00:25:47	00:50:10	01:15:05	01:36:41	01:40:37	<b>01:47:34.50</b>	<b>01:47:57.90</b>	+00:37:10 (34.6%)	5:05	11.8 (65.6%)
385	<b>PIELKA Erwin</b>	<b>197</b>		M-50	25	00:00:24	00:22:41	00:45:55	01:11:10	01:35:34	01:39:58	<b>01:47:37.15</b>	<b>01:48:01.15</b>	+00:37:12 (34.6%)	5:06	11.8 (65.6%)
386	<b>KARŁOWSKA Katarzyna</b>	<b>528</b>		K-30	12	00:00:36	00:24:45	00:49:51	01:14:50	01:36:35	01:40:27	<b>01:47:28.70</b>	<b>01:48:05.40</b>	+00:37:04 (34.5%)	5:05	11.8 (65.6%)
387	<b>MODZELEWSKI Michał</b>	<b>1074</b>		M-30	151	00:01:01	00:25:04	00:50:22	01:14:45	01:36:28	01:40:17	<b>01:47:06.70</b>	<b>01:48:08.00</b>	+00:36:42 (34.3%)	5:04	11.8 (65.6%)
388	<b>KRZYWICKI Jan</b>	<b>923</b>		M-60	3	00:00:40	00:24:35	00:49:23	01:14:23	01:36:44	01:40:41	<b>01:47:29.55</b>	<b>01:48:10.35</b>	+00:37:05 (34.5%)	5:05	11.8 (65.6%)
389	<b>MIERZWA Adam</b>	<b>569</b>		M-40	117	00:00:22	00:23:21	00:47:43	01:14:26	01:38:04	01:41:47	<b>01:47:47.90</b>	<b>01:48:10.50</b>	+00:37:23 (34.7%)	5:06	11.7 (65.0%)
390	<b>ŁOBKO Adam</b>	<b>1052</b>		M-40	108	00:01:10	00:25:18	00:49:32	01:14:30	01:36:03	01:40:04	<b>01:47:00.75</b>	<b>01:48:11.10</b>	+00:36:36 (34.2%)	5:04	11.8 (65.6%)
391	<b>KOSMACZEWSKI Michał</b>	<b>684</b>		M-20	66	00:00:20	00:23:49	00:48:03	01:13:03	01:36:06	01:40:22	<b>01:47:51.95</b>	<b>01:48:12.35</b>	+00:37:27 (34.7%)	5:06	11.7 (65.0%)
392	<b>ŻÓRAW Tomek</b>	<b>754</b>	BETANIA TEAM	M-20	68	00:00:10	00:21:42	00:46:24	01:11:40	01:35:24	01:39:56	<b>01:48:10.80</b>	<b>01:48:21.55</b>	+00:37:46 (34.9%)	5:07	11.7 (65.0%)
393	<b>KOZIELEC Tomasz</b>	<b>240</b>	PĘDZĄCE MISIE	M-40	119	00:00:22	00:25:05	00:50:07	01:15:05	01:36:50	01:40:50	<b>01:48:01.35</b>	<b>01:48:23.65</b>	+00:37:36 (34.8%)	5:07	11.7 (65.0%)
394	<b>KOWAL Bartosz</b>	<b>95</b>		M-30	152	00:01:06	00:24:07	00:48:21	01:13:23	01:35:40	01:39:49	<b>01:47:18.45</b>	<b>01:48:24.90</b>	+00:36:54 (34.4%)	5:05	11.8 (65.6%)
395	<b>DYMNICKI Andrzej</b>	<b>120</b>	OCHAJORUN & FRIENDS	M-40	122	00:00:20	00:23:29	00:47:32	01:12:17	01:34:59	01:40:53	<b>01:48:06.65</b>	<b>01:48:27.30</b>	+00:37:42 (34.9%)	5:07	11.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
396	<b>CIEŚLIK Paweł</b>	<b>421</b>	CHATEAU CHALIN	M-40	120	00:00:26		00:51:23	01:16:25	01:37:43	01:41:27	<b>01:48:03.25</b>	<b>01:48:30.00</b>	+00:37:38 (34.8%)	5:07	11.7 (65.0%)
397	<b>MACIASZEK Maciek</b>	<b>202</b>		M-30	165	00:00:09	00:24:25	00:49:36	01:14:33	01:36:55	01:41:02	<b>01:48:21.60</b>	<b>01:48:31.15</b>	+00:37:57 (35.0%)	5:08	11.7 (65.0%)
398	<b>ZAMOJSKI Bartek</b>	<b>796</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	118	00:00:41	00:24:51	00:49:36	01:14:15	01:36:33	01:40:41	<b>01:47:54.80</b>	<b>01:48:35.80</b>	+00:37:30 (34.8%)	5:06	11.7 (65.0%)
399	<b>ZAWADZKI Robert</b>	<b>937</b>		M-30	163	00:00:16	00:25:47	00:50:55	01:16:03	01:37:53	01:41:38	<b>01:48:19.40</b>	<b>01:48:36.15</b>	+00:37:54 (35.0%)	5:08	11.7 (65.0%)
400	<b>JAWOREK Jacek</b>	<b>837</b>	OPEL ACTIVE TEAM	M-30	154	00:01:02	00:25:03	00:50:48	01:16:16	01:37:20	01:41:05	<b>01:47:33.65</b>	<b>01:48:36.60</b>	+00:37:09 (34.5%)	5:05	11.8 (65.6%)
401	<b>CHODAWSKA Dorota</b>	<b>790</b>	OPEL ACTIVE TEAM	K-30	13	00:00:42	00:25:28	00:50:30	01:15:35	01:37:34	01:41:22	<b>01:47:54.40</b>	<b>01:48:36.90</b>	+00:37:29 (34.8%)	5:06	11.7 (65.0%)
402	<b>SOBEL Łukasz</b>	<b>419</b>	OPEL ACTIVE TEAM	M-30	159	00:00:41	00:25:29	00:50:31	01:15:36	01:37:36	01:41:23	<b>01:47:55.90</b>	<b>01:48:37.75</b>	+00:37:31 (34.8%)	5:06	11.7 (65.0%)
403	<b>SWOBODA Jarosław</b>	<b>1158</b>	NIGHT RUNNERS GLIWICE	M-30	156	00:00:59	00:25:51	00:50:51	01:15:34	01:37:07	01:40:57	<b>01:47:38.40</b>	<b>01:48:37.85</b>	+00:37:13 (34.6%)	5:06	11.8 (65.6%)
404	<b>BŁĄŻYTKO Monika</b>	<b>31</b>	BIEGAJ Z TRENERAMI GLIWICE	K-20	9	00:00:12	00:23:33	00:47:25	01:12:41	01:36:01	01:40:23	<b>01:48:27.30</b>	<b>01:48:39.65</b>	+00:38:02 (35.1%)	5:08	11.7 (65.0%)
405	<b>STOLARCZYK Marcin</b>	<b>1291</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	123	00:00:32	00:25:19	00:50:08	01:15:02	01:37:03	01:41:03	<b>01:48:07.85</b>	<b>01:48:40.70</b>	+00:37:43 (34.9%)	5:07	11.7 (65.0%)
406	<b>BORSUK Mirosław</b>	<b>682</b>	NIGHT RUNNERS GLIWICE	M-40	116	00:01:01	00:25:49	00:50:50	01:15:32	01:37:06	01:40:55	<b>01:47:41.65</b>	<b>01:48:43.20</b>	+00:37:17 (34.6%)	5:06	11.8 (65.6%)
407	<b>DAWIEC Michał</b>	<b>418</b>	FAT ZABRZE	M-30	155	00:01:09	00:25:45	00:50:45	01:15:16	01:36:53	01:40:50	<b>01:47:34.75</b>	<b>01:48:43.85</b>	+00:37:10 (34.6%)	5:05	11.8 (65.6%)
408	<b>PRZYBYLSKI Mariusz</b>	<b>330</b>		M-40	126	00:00:26	00:25:39	00:50:59	01:15:43	01:37:20	01:41:20	<b>01:48:18.80</b>	<b>01:48:45.30</b>	+00:37:54 (35.0%)	5:08	11.7 (65.0%)
409	<b>KONOPACKA-BESSA Magdalena</b>	<b>1267</b>		K-30	14	00:00:13	00:23:30	00:47:48	01:13:43	01:36:57	01:41:07	<b>01:48:32.00</b>	<b>01:48:45.45</b>	+00:38:07 (35.1%)	5:08	11.7 (65.0%)
410	<b>GAWROŃSKI Paweł</b>	<b>967</b>		M-40	124	00:00:35	00:24:47	00:49:17	01:15:04	01:36:51	01:40:56	<b>01:48:11.25</b>	<b>01:48:46.55</b>	+00:37:46 (34.9%)	5:07	11.7 (65.0%)
411	<b>BĄK-CESARZ Damian</b>	<b>552</b>		M-40	111	00:01:38	00:26:39	00:52:55	01:17:40	01:37:47	01:41:15	<b>01:47:08.60</b>	<b>01:48:47.20</b>	+00:36:44 (34.3%)	5:04	11.8 (65.6%)
412	<b>SELIGA Paweł</b>	<b>60</b>	BIEGAJ Z TRENERAMI GLIWICE	M-30	169	00:00:13	00:24:16	00:49:12	01:14:26	01:37:41	01:41:50	<b>01:48:36.70</b>	<b>01:48:50.00</b>	+00:38:12 (35.2%)	5:08	11.7 (65.0%)
413	<b>STAŃCZAK Grzegorz</b>	<b>173</b>		M-20	70	00:00:09	00:23:12	00:47:56	01:13:27	01:36:50	01:41:04	<b>01:48:44.95</b>	<b>01:48:54.25</b>	+00:38:20 (35.3%)	5:09	11.6 (64.4%)
414	<b>MANDRYSZ Jacek</b>	<b>1055</b>		M-30	160	00:00:50	00:25:06	00:50:27	01:15:32	01:37:10	01:41:09	<b>01:48:04.40</b>	<b>01:48:55.00</b>	+00:37:39 (34.9%)	5:07	11.7 (65.0%)
415	<b>CZYŻYKOWSKI Marcin</b>	<b>898</b>		M-40	114	00:01:33	00:25:03	00:49:44	01:14:47	01:36:41	01:40:39	<b>01:47:23.25</b>	<b>01:48:56.65</b>	+00:36:58 (34.4%)	5:05	11.8 (65.6%)
415	<b>KRAKOWCZYK Adam</b>	<b>496</b>	SBRT GLIWICE	M-30	170	00:00:19	00:25:45	00:51:27	01:16:58	01:38:20	01:42:08	<b>01:48:37.05</b>	<b>01:48:56.65</b>	+00:38:12 (35.2%)	5:08	11.7 (65.0%)
417	<b>JASIK Grzegorz</b>	<b>1293</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	128	00:00:19	00:23:56	00:48:31	01:13:34	01:37:18	01:41:26	<b>01:48:39.15</b>	<b>01:48:58.80</b>	+00:38:14 (35.2%)	5:08	11.7 (65.0%)
418	<b>ZIĘBIK Grzegorz</b>	<b>891</b>		M-30	162	00:00:46	00:25:18	00:50:48	01:16:11	01:37:48	01:41:37	<b>01:48:12.20</b>	<b>01:48:59.05</b>	+00:37:47 (34.9%)	5:07	11.7 (65.0%)
419	<b>KOŁODZIEJ Kamil</b>	<b>1276</b>	PB TEAM PYSKOWICE	M-30	168	00:00:27	00:25:39	00:51:03	01:16:24	01:38:20	01:42:08	<b>01:48:33.95</b>	<b>01:49:01.10</b>	+00:38:09 (35.1%)	5:08	11.7 (65.0%)
420	<b>MAJEWSKA Gizela</b>	<b>24</b>	BIEGAJ Z TRENERAMI FC24	K-40	5	00:00:44	00:25:13	00:50:22	01:15:28	01:37:37	01:41:31	<b>01:48:17.35</b>	<b>01:49:01.95</b>	+00:37:52 (35.0%)	5:07	11.7 (65.0%)
421	<b>DRYNDA Andrzej</b>	<b>18</b>		M-40	127	00:00:40	00:25:36	00:51:08	01:16:37	01:38:04	01:41:48	<b>01:48:21.95</b>	<b>01:49:02.25</b>	+00:37:57 (35.0%)	5:08	11.7 (65.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
422	<b>KOZIEŁ Kamil</b>	<b>893</b>		M-30	167	00:00:30	00:25:33	00:50:52	01:16:01	01:37:55	01:41:52	<b>01:48:32.80</b>	<b>01:49:03.65</b>	+00:38:08 (35.1%)	5:08	11.7 (65.0%)
423	<b>MAŁEK Andrzej</b>	<b>970</b>	ABAKON	M-20	69	00:00:33	00:23:40	00:48:33	01:14:00	01:37:05	01:41:14	<b>01:48:31.15</b>	<b>01:49:04.60</b>	+00:38:06 (35.1%)	5:08	11.7 (65.0%)
424	<b>SPINCZYK Andrzej</b>	<b>1009</b>		M-40	121	00:00:59	00:24:19	00:49:16	01:14:49	01:37:09	01:41:10	<b>01:48:06.10</b>	<b>01:49:05.70</b>	+00:37:41 (34.9%)	5:07	11.7 (65.0%)
425	<b>KOŁODZIEJ Jacek</b>	<b>70</b>	NIGHT RUNNERS GLIWICE	M-40	129	00:00:20	00:25:46	00:50:56	01:16:10	01:38:04	01:41:59	<b>01:48:45.65</b>	<b>01:49:06.00</b>	+00:38:21 (35.3%)	5:09	11.6 (64.4%)
426	<b>ŻARSKI Sławomir</b>	<b>867</b>		M-50	27	00:00:39	00:25:05	00:50:22	01:15:24	01:37:31	01:41:28	<b>01:48:26.45</b>	<b>01:49:06.20</b>	+00:38:02 (35.1%)	5:08	11.7 (65.0%)
427	<b>GRUSZKA Sławomir</b>	<b>740</b>		M-30	158	00:01:13	00:25:57	00:51:38	01:16:33	01:37:37	01:41:25	<b>01:47:53.75</b>	<b>01:49:06.95</b>	+00:37:29 (34.7%)	5:06	11.7 (65.0%)
428	<b>BOJANEK Tomasz</b>	<b>1031</b>		M-20	72	00:00:20	00:24:12	00:48:29	01:13:12	01:36:55	01:41:14	<b>01:48:53.85</b>	<b>01:49:14.25</b>	+00:38:29 (35.3%)	5:09	11.6 (64.4%)
429	<b>KLAMECKI Marek</b>	<b>789</b>		M-30	161	00:01:03	00:23:48	00:48:25	01:13:11	01:36:37	01:40:58	<b>01:48:10.90</b>	<b>01:49:14.35</b>	+00:37:46 (34.9%)	5:07	11.7 (65.0%)
430	<b>RYBIŃSKI Łukasz</b>	<b>854</b>	EŁKA TEAM	M-30	166	00:00:47	00:23:24	00:47:37	01:12:24	01:36:04	01:40:13	<b>01:48:28.15</b>	<b>01:49:15.70</b>	+00:38:03 (35.1%)	5:08	11.7 (65.0%)
431	<b>BRZEZINA Arkadiusz</b>	<b>54</b>	TARNOGÓRSKA GRUPA BIEGOWA	M-30	171	00:00:29	00:25:38	00:51:20	01:16:38	01:38:18	01:42:10	<b>01:48:46.90</b>	<b>01:49:16.25</b>	+00:38:22 (35.3%)	5:09	11.6 (64.4%)
432	<b>KŁYK Dominik</b>	<b>1127</b>	RUN FOREST! RUN!!!	M-30	172	00:00:29	00:26:11	00:51:24	01:16:51		01:42:41	<b>01:48:48.00</b>	<b>01:49:17.20</b>	+00:38:23 (35.3%)	5:09	11.6 (64.4%)
433	<b>PATYNEK Sebastian</b>	<b>516</b>	BRAK	M-30	175	00:00:18	00:25:22	00:51:05	01:16:29	01:38:52	01:42:36	<b>01:48:59.70</b>	<b>01:49:18.40</b>	+00:38:35 (35.4%)	5:09	11.6 (64.4%)
434	<b>LEWICKA Justyna</b>	<b>235</b>	AKMB PĘDZIWIATR GLIWICE	K-30	17	00:00:12	00:23:43	00:48:20	01:14:23	01:37:55	01:42:00	<b>01:49:07.35</b>	<b>01:49:19.35</b>	+00:38:42 (35.5%)	5:10	11.6 (64.4%)
435	<b>MASARCZYK Wojciech</b>	<b>269</b>	NIEZRZESZONY	M-20	73	00:00:17	00:23:55	00:48:45	01:17:00	01:38:34	01:42:23	<b>01:49:03.20</b>	<b>01:49:20.25</b>	+00:38:38 (35.4%)	5:10	11.6 (64.4%)
436	<b>KUŹNICKI Tomasz</b>	<b>686</b>		M-30	173	00:00:31	00:24:02	00:49:06	01:14:33	01:37:16	01:41:27	<b>01:48:51.10</b>	<b>01:49:22.85</b>	+00:38:26 (35.3%)	5:09	11.6 (64.4%)
436	<b>PIECUCH Agnieszka</b>	<b>1217</b>	SBRT GLIWICE	K-20	10	00:00:20	00:25:54	00:51:23	01:16:47	01:38:28	01:42:14	<b>01:49:02.25</b>	<b>01:49:22.85</b>	+00:38:37 (35.4%)	5:10	11.6 (64.4%)
438	<b>GOLIASZ Bartłomiej</b>	<b>1100</b>		M-30	176	00:00:23	00:25:42	00:51:26	01:16:55	01:38:42	01:42:32	<b>01:49:00.35</b>	<b>01:49:23.50</b>	+00:38:35 (35.4%)	5:09	11.6 (64.4%)
439	<b>PIETRZAK Marcin</b>	<b>244</b>	STRAŻAK JRG GLIWICE	M-40	130	00:00:19	00:23:51	00:48:45	01:14:12	01:37:22	01:41:35	<b>01:49:05.60</b>	<b>01:49:24.70</b>	+00:38:41 (35.5%)	5:10	11.6 (64.4%)
440	<b>KUCH Paweł</b>	<b>630</b>		M-50	28	00:00:38	00:24:21	00:49:03	01:14:00	01:37:28	01:41:30	<b>01:48:47.90</b>	<b>01:49:26.20</b>	+00:38:23 (35.3%)	5:09	11.6 (64.4%)
441	<b>DYLONG Piotr</b>	<b>265</b>		M-50	26	00:01:13	00:24:48	00:49:19	01:14:44	01:37:13	01:41:16	<b>01:48:16.40</b>	<b>01:49:29.90</b>	+00:37:51 (35.0%)	5:07	11.7 (65.0%)
442	<b>JARUGA Damian Izabela</b>	<b>944</b>	DIKOM.PL	M-30	174	00:00:36	00:25:39	00:50:54	01:15:54	01:37:55	01:41:56	<b>01:48:55.05</b>	<b>01:49:31.45</b>	+00:38:30 (35.4%)	5:09	11.6 (64.4%)
443	<b>FIDOR Damian</b>	<b>924</b>	RUNHOGS TYCHY	M-30	178	00:00:24	00:25:40	00:51:21	01:16:53	01:38:50	01:42:36	<b>01:49:08.40</b>	<b>01:49:32.60</b>	+00:38:43 (35.5%)	5:10	11.6 (64.4%)
444	<b>SŁOWIKOWSKI Damian</b>	<b>707</b>		M-20	67	00:01:27	00:24:44	00:49:35	01:14:52	01:37:41	01:41:45	<b>01:48:06.35</b>	<b>01:49:34.25</b>	+00:37:41 (34.9%)	5:07	11.7 (65.0%)
445	<b>GÓRKA Szymon</b>	<b>833</b>		M-30	164	00:01:19	00:24:43	00:49:05	01:14:26	01:37:12	01:41:17	<b>01:48:20.30</b>	<b>01:49:39.95</b>	+00:37:55 (35.0%)	5:08	11.7 (65.0%)
446	<b>GRABOWSKA Joanna</b>	<b>1164</b>		K-40	8	00:00:39	00:23:55	00:49:06	01:14:47	01:37:45	01:41:56	<b>01:49:02.55</b>	<b>01:49:41.60</b>	+00:38:38 (35.4%)	5:10	11.6 (64.4%)
447	<b>DUDEK Jan</b>	<b>828</b>	HONOROWI DAWCY KRWI	M-40	132	00:00:25	00:23:17	00:47:57	01:13:35	01:37:29	01:41:48	<b>01:49:16.45</b>	<b>01:49:42.25</b>	+00:38:52 (35.6%)	5:10	11.6 (64.4%)
448	<b>LIC Janusz</b>	<b>693</b>		M-40	133	00:00:23	00:24:07	00:48:05	01:12:44	01:37:04	01:41:32	<b>01:49:19.50</b>	<b>01:49:43.20</b>	+00:38:55 (35.6%)	5:10	11.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
449	<b>JAGŁA Aleksandra</b>	<b>798</b>		K-30	15	00:00:53	00:24:37	00:49:32	01:15:04	01:37:35	01:41:39	<b>01:48:50.35</b>	<b>01:49:43.45</b>	+00:38:25 (35.3%)	5:09	11.6 (64.4%)
450	<b>KOTNIS Bogusław</b>	<b>620</b>	RFC ACTIVE TEAM	M-40	125	00:01:31	00:25:24	00:50:59	01:16:10	01:37:36	01:41:28	<b>01:48:12.25</b>	<b>01:49:43.95</b>	+00:37:47 (34.9%)	5:07	11.7 (65.0%)
451	<b>RAWŁUSZEWICZ Maksymilian</b>	<b>956</b>		M-20	78	00:00:13	00:25:16	00:51:02	01:16:39	01:38:42	01:42:44	<b>01:49:32.35</b>	<b>01:49:45.45</b>	+00:39:07 (35.7%)	5:11	11.6 (64.4%)
452	<b>SADOWSKI Tomasz</b>	<b>1072</b>		M-30	179	00:00:36	00:24:40	00:49:30	01:14:38	01:37:42	01:41:49	<b>01:49:10.25</b>	<b>01:49:46.30</b>	+00:38:45 (35.5%)	5:10	11.6 (64.4%)
452	<b>RENKE Piotr</b>	<b>565</b>	BAUREN TEAM	M-40	131	00:00:33	00:24:44	00:49:48	01:15:18	01:38:09	01:42:16	<b>01:49:12.65</b>	<b>01:49:46.30</b>	+00:38:48 (35.5%)	5:10	11.6 (64.4%)
454	<b>JANTAS Dominika</b>	<b>300</b>		K-16	2	00:00:17	00:24:50	00:49:46	01:14:59	01:37:48	01:42:07	<b>01:49:28.95</b>	<b>01:49:46.90</b>	+00:39:04 (35.7%)	5:11	11.6 (64.4%)
455	<b>CZAUDERNA Klaudia</b>	<b>178</b>	OCHAJORUN&FRIENDS	K-40	6	00:00:57	00:25:10	00:49:59	01:15:20	01:37:53	01:41:50	<b>01:48:49.60</b>	<b>01:49:46.95</b>	+00:38:25 (35.3%)	5:09	11.6 (64.4%)
456	<b>DROZD Grzegorz</b>	<b>274</b>		M-20	74	00:00:43	00:26:13	00:51:14	01:16:01	01:38:13	01:42:10	<b>01:49:04.20</b>	<b>01:49:47.80</b>	+00:38:39 (35.4%)	5:10	11.6 (64.4%)
457	<b>BOGACZ Paweł</b>	<b>481</b>	JAGODA TEAM	M-30	182	00:00:22	00:25:40	00:51:25	01:16:54	01:38:51	01:42:39	<b>01:49:27.65</b>	<b>01:49:49.90</b>	+00:39:03 (35.7%)	5:11	11.6 (64.4%)
458	<b>BAJ Tomasz</b>	<b>236</b>		M-20	77	00:00:19	00:23:37	00:48:27	01:14:35	01:38:14	01:42:16	<b>01:49:30.25</b>	<b>01:49:50.15</b>	+00:39:05 (35.7%)	5:11	11.6 (64.4%)
459	<b>POKRYSZKA Bartosz</b>	<b>156</b>	KOMBO KURCZAKI	M-30	181	00:00:25	00:25:42	00:51:21	01:16:54	01:38:50	01:42:33	<b>01:49:25.75</b>	<b>01:49:51.35</b>	+00:39:01 (35.7%)	5:11	11.6 (64.4%)
460	<b>NIŻNIKIEWICZ Elżbieta</b>	<b>578</b>		K-30	19	00:00:10	00:24:53	00:50:04	01:15:49	01:38:44	01:42:45	<b>01:49:42.00</b>	<b>01:49:52.10</b>	+00:39:17 (35.8%)	5:11	11.5 (63.9%)
461	<b>POGORZAŁEK Mateusz</b>	<b>1231</b>		M-20	75	00:00:45	00:25:57	00:51:33	01:16:37	01:38:53	01:42:49	<b>01:49:07.15</b>	<b>01:49:53.10</b>	+00:38:42 (35.5%)	5:10	11.6 (64.4%)
462	<b>LASICZ Aleksandra</b>	<b>702</b>	ALEKSANDRA K. LASICZ	K-30	16	00:00:54	00:26:14	00:51:52	01:16:59	01:38:38	01:42:32	<b>01:48:59.75</b>	<b>01:49:53.85</b>	+00:38:35 (35.4%)	5:09	11.6 (64.4%)
463	<b>SCHAB Bartłomiej</b>	<b>642</b>		M-20	76	00:00:38	00:23:41	00:48:29	01:14:15	01:37:30	01:41:45	<b>01:49:15.75</b>	<b>01:49:54.15</b>	+00:38:51 (35.6%)	5:10	11.6 (64.4%)
464	<b>PYTLASIŃSKI Adam</b>	<b>672</b>	AKTYWNE ZABRZE	M-40	137	00:00:14	00:24:28	00:49:23	01:14:38	01:38:37	01:42:48	<b>01:49:40.30</b>	<b>01:49:55.05</b>	+00:39:15 (35.8%)	5:11	11.5 (63.9%)
465	<b>WAŚ Szymon</b>	<b>1292</b>	MOMO RESTAURANT & COCKTAIL BAR	M-20	79	00:00:20	00:25:43	00:51:02	01:16:21	01:38:43	01:42:41	<b>01:49:35.30</b>	<b>01:49:55.45</b>	+00:39:10 (35.8%)	5:11	11.6 (64.4%)
466	<b>SKÓRA Aneta</b>	<b>1268</b>	NIGHT RUNNERS GLIWICE	K-30	18	00:00:18	00:25:40	00:51:13	01:16:51	01:38:54	01:42:44	<b>01:49:37.25</b>	<b>01:49:55.75</b>	+00:39:12 (35.8%)	5:11	11.5 (63.9%)
467	<b>GRUSZCZYŃSKI Bogusław</b>	<b>902</b>		M-60	4	00:00:32	00:24:57	00:50:16	01:15:28	01:38:03	01:42:04	<b>01:49:23.90</b>	<b>01:49:56.10</b>	+00:38:59 (35.6%)	5:11	11.6 (64.4%)
468	<b>STULIK Paweł</b>	<b>661</b>		M-30	186	00:00:22	00:23:55	00:48:40	01:14:19	01:37:45	01:41:53	<b>01:49:35.25</b>	<b>01:49:57.35</b>	+00:39:10 (35.8%)	5:11	11.6 (64.4%)
469	<b>ZAJDEL Dariusz</b>	<b>390</b>		M-50	29	00:00:30	00:25:42	00:51:20	01:16:48		01:42:37	<b>01:49:28.65</b>	<b>01:49:59.10</b>	+00:39:04 (35.7%)	5:11	11.6 (64.4%)
470	<b>KULASEK Michał</b>	<b>917</b>		M-20	83	00:00:08	00:22:13	00:46:48	01:12:43	01:37:28	01:42:14	<b>01:49:54.00</b>	<b>01:50:02.65</b>	+00:39:29 (35.9%)	5:12	11.5 (63.9%)
471	<b>KIDOŃ Krzysztof</b>	<b>877</b>	BYTOM	M-30	184	00:00:30	00:23:51	00:48:43	01:14:32	01:37:57	01:42:10	<b>01:49:34.85</b>	<b>01:50:05.40</b>	+00:39:10 (35.7%)	5:11	11.6 (64.4%)
471	<b>WALCZAK Mateusz</b>	<b>734</b>		M-30	185	00:00:30	00:25:30	00:50:56	01:16:18	01:38:30	01:42:26	<b>01:49:34.95</b>	<b>01:50:05.40</b>	+00:39:10 (35.7%)	5:11	11.6 (64.4%)
473	<b>MUCHA Krzysztof</b>	<b>938</b>	TEAM PAPRY 20	M-20	71	00:01:18	00:24:27	00:48:32	01:14:09	01:37:20	01:41:28	<b>01:48:47.45</b>	<b>01:50:05.55</b>	+00:38:23 (35.3%)	5:09	11.6 (64.4%)
474	<b>SKOTNICKI Paweł</b>	<b>34</b>		M-20	81	00:00:20	00:24:13	00:49:15	01:15:06	01:38:19	01:42:32	<b>01:49:48.65</b>	<b>01:50:09.30</b>	+00:39:24 (35.9%)	5:12	11.5 (63.9%)
475	<b>HAJDA Marek</b>	<b>749</b>		M-40	135	00:00:41	00:24:48	00:50:26	01:15:42	01:38:33	01:42:25	<b>01:49:29.15</b>	<b>01:50:10.25</b>	+00:39:04 (35.7%)	5:11	11.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
476	<b>KASZUBSKI Andrzej</b>	<b>1212</b>	SBRT GLIWICE	M-30	183	00:00:40	00:23:02	00:47:13	01:14:00	01:38:22	01:42:07	<b>01:49:30.20</b>	<b>01:50:10.50</b>	+00:39:05 (35.7%)	5:11	11.6 (64.4%)
477	<b>IZBICKI Zbigniew</b>	<b>1113</b>		M-40	138	00:00:28	00:25:25	00:50:33	01:15:52	01:38:30	01:42:34	<b>01:49:45.00</b>	<b>01:50:13.00</b>	+00:39:20 (35.8%)	5:12	11.5 (63.9%)
478	<b>WIEKIERA Adam</b>	<b>385</b>		M-30	192	00:00:11	00:23:41	00:48:09	01:13:53	01:37:52	01:42:13	<b>01:50:02.70</b>	<b>01:50:14.45</b>	+00:39:38 (36.0%)	5:12	11.5 (63.9%)
479	<b>SOŚNIAK Tomasz</b>	<b>25</b>	KUDŁATY ART ACTIVE TEAM	M-30	189	00:00:21	00:25:35	00:51:03	01:16:10	01:38:22	01:42:24	<b>01:49:53.30</b>	<b>01:50:14.75</b>	+00:39:28 (35.9%)	5:12	11.5 (63.9%)
480	<b>BOCZAROWSKI Michał</b>	<b>1014</b>	EXPERT TRAVEL	M-40	136	00:00:45	00:24:57	00:50:02	01:15:15	01:38:07	01:42:18	<b>01:49:29.70</b>	<b>01:50:14.90</b>	+00:39:05 (35.7%)	5:11	11.6 (64.4%)
481	<b>GORECKI Janusz</b>	<b>361</b>		M-50	30	00:00:18	00:25:22	00:51:05	01:16:29	01:38:54	01:42:50	<b>01:49:56.75</b>	<b>01:50:15.55</b>	+00:39:32 (36.0%)	5:12	11.5 (63.9%)
482	<b>SZADKOWSKI Paweł</b>	<b>1313</b>	NIGHT RUNNERS GLIWICE	M-30	190	00:00:18	00:25:43	00:51:27	01:16:58	01:38:53	01:42:43	<b>01:49:57.25</b>	<b>01:50:15.85</b>	+00:39:32 (36.0%)	5:12	11.5 (63.9%)
483	<b>STĘPIEŃ Wojciech</b>	<b>217</b>	NIGHT RUNNERS GLIWICE	M-40	141	00:00:18	00:25:44	00:51:27	01:16:58	01:38:54	01:42:43	<b>01:49:57.80</b>	<b>01:50:16.05</b>	+00:39:33 (36.0%)	5:12	11.5 (63.9%)
484	<b>RAWŁUSZEWICZ Waldemar</b>	<b>674</b>		M-50	31	00:00:12	00:25:17	00:51:03	01:16:40	01:38:43	01:42:45	<b>01:50:04.00</b>	<b>01:50:16.80</b>	+00:39:39 (36.0%)	5:12	11.5 (63.9%)
485	<b>MACEŁAJTIS Elżbieta</b>	<b>105</b>		K-20	11	00:01:12	00:25:56	00:50:55	01:16:18	01:38:25	01:42:22	<b>01:49:06.15</b>	<b>01:50:19.05</b>	+00:38:41 (35.5%)	5:10	11.6 (64.4%)
486	<b>ZDZIEBKO Artur</b>	<b>176</b>		M-40	140	00:00:24	00:26:01	00:51:47	01:17:11	01:39:12	01:43:08	<b>01:49:56.10</b>	<b>01:50:20.25</b>	+00:39:31 (36.0%)	5:12	11.5 (63.9%)
487	<b>FAMUŁA Tomasz</b>	<b>389</b>	FUTURE PROCESSING RUNNING TEAM	M-30	177	00:01:19	00:25:49	00:51:29	01:17:18		01:42:45	<b>01:49:00.90</b>	<b>01:50:20.55</b>	+00:38:36 (35.4%)	5:10	11.6 (64.4%)
488	<b>MAY-MAJEWSKI Michał</b>	<b>793</b>		M-30	187	00:00:48	00:25:35	00:51:01	01:16:19		01:42:46	<b>01:49:37.40</b>	<b>01:50:26.00</b>	+00:39:12 (35.8%)	5:11	11.5 (63.9%)
489	<b>ROŻEK Jacek</b>	<b>53</b>	PSYCHONAUICI	M-30	191	00:00:28	00:23:59	00:50:11	01:16:21	01:38:42	01:42:36	<b>01:50:00.90</b>	<b>01:50:29.15</b>	+00:39:36 (36.0%)	5:12	11.5 (63.9%)
490	<b>CZARNIK-PECIAK Aleksandra</b>	<b>198</b>	BRAK	K-40	9	00:00:04	00:24:59	00:50:42	01:16:19	01:39:14	01:43:19	<b>01:50:27.65</b>	<b>01:50:31.80</b>	+00:40:03 (36.3%)	5:14	11.5 (63.9%)
491	<b>PAWLIK Wojtek</b>	<b>736</b>		M-30	193	00:00:25	00:25:46	00:51:53	01:17:54	01:39:54	01:43:42	<b>01:50:09.25</b>	<b>01:50:34.60</b>	+00:39:44 (36.1%)	5:13	11.5 (63.9%)
492	<b>RYZIŃSKA Aneta</b>	<b>150</b>	AMATOR	K-40	7	00:01:40	00:25:58	00:51:10	01:16:37	01:38:39	01:42:27	<b>01:48:54.85</b>	<b>01:50:35.40</b>	+00:38:30 (35.4%)	5:09	11.6 (64.4%)
493	<b>KORPETTA Andrzej</b>	<b>568</b>		M-40	134	00:01:13	00:25:56	00:51:38	01:16:41	01:38:23	01:42:20	<b>01:49:22.85</b>	<b>01:50:36.35</b>	+00:38:58 (35.6%)	5:11	11.6 (64.4%)
494	<b>KRUK Krzysztof</b>	<b>842</b>	CROSSFIT ZABRZE	M-30	194	00:00:26	00:25:32	00:51:25	01:17:18	01:39:50	01:43:45	<b>01:50:12.60</b>	<b>01:50:39.30</b>	+00:39:48 (36.1%)	5:13	11.5 (63.9%)
495	<b>IMIOŁEK Arkadiusz</b>	<b>121</b>	ED-CERT	M-40	143	00:00:15	00:25:24	00:51:11	01:17:01	01:39:42	01:43:46	<b>01:50:30.00</b>	<b>01:50:45.95</b>	+00:40:05 (36.3%)	5:14	11.5 (63.9%)
496	<b>KARSKI Oskar</b>	<b>745</b>		M-20	80	00:01:02	00:25:19	00:50:52	01:16:23	01:39:03	01:43:06	<b>01:49:44.70</b>	<b>01:50:46.95</b>	+00:39:20 (35.8%)	5:12	11.5 (63.9%)
497	<b>WIKIERSKI Michał</b>	<b>36</b>		M-30	196	00:00:24	00:25:40	00:51:23	01:16:53	01:38:55	01:43:04	<b>01:50:24.25</b>	<b>01:50:49.05</b>	+00:39:59 (36.2%)	5:13	11.5 (63.9%)
498	<b>TURNIAK Miłosz</b>	<b>373</b>		M-20	85	00:00:34	00:24:31	00:49:36	01:15:01	01:38:17	01:42:30	<b>01:50:15.85</b>	<b>01:50:50.20</b>	+00:39:51 (36.1%)	5:13	11.5 (63.9%)
499	<b>KOŁAK Szymon</b>	<b>335</b>	PIAST GLIWICE	M-20	86	00:00:24	00:23:20	00:47:52	01:13:24	01:37:41	01:42:19	<b>01:50:29.80</b>	<b>01:50:54.25</b>	+00:40:05 (36.3%)	5:14	11.5 (63.9%)
500	<b>SMOLARCZYK Agnieszka</b>	<b>314</b>		K-30	20	00:00:53	00:24:49	00:50:01	01:15:39	01:38:33	01:42:43	<b>01:50:03.90</b>	<b>01:50:56.95</b>	+00:39:39 (36.0%)	5:12	11.5 (63.9%)
501	<b>KĄDZIOŁKA Jan</b>	<b>868</b>	NIGHT RUNNERS GLIWICE	M-40	142	00:00:35	00:25:39	00:51:24	01:17:06	01:39:39	01:43:41	<b>01:50:23.40</b>	<b>01:50:58.45</b>	+00:39:58 (36.2%)	5:13	11.5 (63.9%)
502	<b>DYDO Arkadiusz</b>	<b>865</b>		M-40	145	00:00:22	00:25:39	00:51:08	01:16:52	01:39:18	01:43:27	<b>01:50:38.95</b>	<b>01:51:00.95</b>	+00:40:14 (36.4%)	5:14	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
503	ZAWADA Marcin	79	NIGHT RUNNERS	M-20	82	00:01:12	00:25:57	00:50:54	01:16:18		01:42:51	<b>01:49:51.20</b>	<b>01:51:03.95</b>	+00:39:26 (35.9%)	5:12	11.5 (63.9%)
504	MILER Ireneusz	182		M-30	188	00:01:23	00:25:54	00:51:29	01:16:31	01:38:37	01:42:43	<b>01:49:40.75</b>	<b>01:51:04.65</b>	+00:39:16 (35.8%)	5:11	11.5 (63.9%)
504	CHROBOK Mateusz	164	NIGHT RUNNERS ZABRZE	M-20	88	00:00:16	00:23:48	00:48:22	01:13:53	01:38:34	01:43:16	<b>01:50:48.25</b>	<b>01:51:04.65</b>	+00:40:23 (36.5%)	5:15	11.4 (63.3%)
506	ORZECH Michał	857	AMATOR	M-30	198	00:00:27	00:25:19	00:50:08	01:15:04	01:38:26	01:42:50	<b>01:50:38.95</b>	<b>01:51:06.15</b>	+00:40:14 (36.4%)	5:14	11.4 (63.3%)
507	BOCHEŃSKA Wiktoria	1210	SBRT GLIWICE	K-16	3	00:00:20	00:25:54	00:51:23	01:16:56	01:39:44	01:43:53	<b>01:50:46.55</b>	<b>01:51:07.30</b>	+00:40:22 (36.4%)	5:15	11.4 (63.3%)
508	SŁOMIAN Marcelina	1011		K-20	12	00:00:26	00:25:32	00:51:24	01:17:18	01:39:49	01:43:45	<b>01:50:41.65</b>	<b>01:51:07.90</b>	+00:40:17 (36.4%)	5:14	11.4 (63.3%)
509	MRÓZ Dawid	746		M-30	180	00:01:50	00:25:40	00:51:33	01:16:15	01:38:27	01:42:24	<b>01:49:20.10</b>	<b>01:51:10.10</b>	+00:38:55 (35.6%)	5:10	11.6 (64.4%)
510	ĆWIK Paweł	1003		M-40	144	00:00:39	00:25:37	00:51:13	01:17:21	01:39:46	01:43:46	<b>01:50:33.65</b>	<b>01:51:12.85</b>	+00:40:09 (36.3%)	5:14	11.5 (63.9%)
511	SMUDA Andrzej	512	AKMB PĘDZIWIATR GLIWICE	M-40	139	00:01:26	00:26:13	00:51:46	01:17:12	01:38:59	01:42:58	<b>01:49:47.10</b>	<b>01:51:13.70</b>	+00:39:22 (35.9%)	5:12	11.5 (63.9%)
512	KONIK Sylwia	369	KONIKI TEAM	K-40	10	00:00:36	00:24:23	00:49:55	01:16:12	01:38:53	01:43:09	<b>01:50:37.85</b>	<b>01:51:14.55</b>	+00:40:13 (36.4%)	5:14	11.4 (63.3%)
513	PUDLO Hanna	945		K-30	22	00:00:49	00:25:14	00:50:22	01:15:32	01:38:35	01:42:49	<b>01:50:25.35</b>	<b>01:51:15.15</b>	+00:40:00 (36.2%)	5:14	11.5 (63.9%)
514	GRACH Aleksandra	185	RUN AND FUN TEAM	K-40	11	00:00:17	00:24:39	00:50:41	01:16:23	01:39:50	01:43:57	<b>01:50:59.60</b>	<b>01:51:16.95</b>	+00:40:35 (36.6%)	5:15	11.4 (63.3%)
515	KNUTELSKI Mariusz	1155		M-30	202	00:00:18	00:23:36	00:48:41	01:14:49	01:38:51	01:43:17	<b>01:51:00.50</b>	<b>01:51:19.05</b>	+00:40:36 (36.6%)	5:15	11.4 (63.3%)
516	PIECHOWICZ-KUROWSKA Agata	1218	SBRT GLIWICE	K-30	23	00:00:28	00:25:33	00:51:17	01:16:48	01:39:45	01:43:52	<b>01:50:56.25</b>	<b>01:51:24.50</b>	+00:40:31 (36.5%)	5:15	11.4 (63.3%)
517	KACZKIEWICZ Damian	683	NIGHT RUNNERS GLIWICE	M-40	148	00:00:28	00:25:35	00:51:17	01:16:49	01:39:46	01:43:52	<b>01:50:56.80</b>	<b>01:51:24.90</b>	+00:40:32 (36.5%)	5:15	11.4 (63.3%)
518	KREMPA Sławomir	1030		M-30	203	00:00:25	00:25:39	00:51:16	01:16:43	01:39:40	01:43:50	<b>01:51:04.30</b>	<b>01:51:29.35</b>	+00:40:39 (36.6%)	5:15	11.4 (63.3%)
519	IZDEBSKI Adrian	527		M-30	199	00:00:55	00:26:23	00:53:43	01:18:41	01:40:36	01:44:18	<b>01:50:41.65</b>	<b>01:51:36.70</b>	+00:40:17 (36.4%)	5:14	11.4 (63.3%)
520	KAFARSKI Robert	829	MALA PANA ZAWADZKIE	M-40	147	00:00:42	00:25:26	00:50:43	01:16:31	01:39:29	01:43:38	<b>01:50:56.15</b>	<b>01:51:38.50</b>	+00:40:31 (36.5%)	5:15	11.4 (63.3%)
521	TALKOWSKI Gabriel	1513	EXLABS	M-20	89	00:00:47	00:26:19	00:52:07	01:18:15	01:40:24	01:44:20	<b>01:50:53.30</b>	<b>01:51:40.60</b>	+00:40:28 (36.5%)	5:15	11.4 (63.3%)
522	CZERNY Michał	464		M-30	197	00:01:08	00:25:51	00:51:35	01:17:07		01:43:33	<b>01:50:33.15</b>	<b>01:51:42.00</b>	+00:40:08 (36.3%)	5:14	11.5 (63.9%)
523	CANIBOŁ Anna	444		K-20	13	00:00:42	00:25:45	00:51:46	01:17:25	01:40:17	01:44:26	<b>01:51:01.10</b>	<b>01:51:43.95</b>	+00:40:36 (36.6%)	5:15	11.4 (63.3%)
524	ZIOBER Grzegorz	1092	SPARTA PLATFUS	M-30	205	00:00:33	00:27:21	00:54:12	01:19:33	01:40:51	01:44:40	<b>01:51:10.95</b>	<b>01:51:44.05</b>	+00:40:46 (36.7%)	5:16	11.4 (63.3%)
525	DZIURA Arkadiusz	50		M-40	146	00:00:48	00:26:05	00:51:28	01:17:04	01:39:42	01:43:50	<b>01:50:55.80</b>	<b>01:51:44.15</b>	+00:40:31 (36.5%)	5:15	11.4 (63.3%)
526	KONDRUSIEWICZ Michał	1064	BIEGACZE CSR	M-20	84	00:01:36	00:26:43	00:52:16	01:17:40	01:39:36	01:43:34	<b>01:50:08.10</b>	<b>01:51:44.45</b>	+00:39:43 (36.1%)	5:13	11.5 (63.9%)
527	ADAMOWSKI Jacek	1005	NIGHT RUNNERS GLIWICE	M-30	201	00:00:54	00:23:37	00:48:49	01:14:31	01:38:44	01:43:08	<b>01:50:50.45</b>	<b>01:51:45.05</b>	+00:40:26 (36.5%)	5:15	11.4 (63.3%)
528	WIECHOWSKI Artur	209	SPARTA PLATFUS	M-30	206	00:00:33	00:27:22	00:54:12	01:19:32	01:40:52	01:44:41	<b>01:51:12.35</b>	<b>01:51:45.35</b>	+00:40:47 (36.7%)	5:16	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
529	<b>OLSZEWSKI Tomasz</b>	<b>440</b>		M-20	87	00:01:16	00:25:41	00:51:54	01:17:35	01:39:57	01:43:53	<b>01:50:31.10</b>	<b>01:51:47.15</b>	+00:40:06 (36.3%)	5:14	11.5 (63.9%)
530	<b>SKACZKOWSKA Barbara</b>	<b>863</b>	POLSKI KLUB MTB	K-30	24	00:00:32	00:25:11	00:50:57	01:16:45	01:39:57	01:44:15	<b>01:51:17.80</b>	<b>01:51:49.95</b>	+00:40:53 (36.7%)	5:16	11.4 (63.3%)
531	<b>ĆWIKŁA Kamil</b>	<b>315</b>	HARPAGANY	M-30	207	00:00:36	00:25:15	00:50:47	01:16:10	01:39:20	01:43:43	<b>01:51:14.45</b>	<b>01:51:51.00</b>	+00:40:50 (36.7%)	5:16	11.4 (63.3%)
532	<b>GANSZCZYK Rafał</b>	<b>823</b>	OPEL ACTIVE TEAM	M-30	204	00:00:43	00:26:11	00:52:50	01:19:00	01:40:33	01:44:29	<b>01:51:09.95</b>	<b>01:51:53.75</b>	+00:40:45 (36.7%)	5:16	11.4 (63.3%)
533	<b>PISINGAS Mariusz</b>	<b>1150</b>		M-30	200	00:01:13	00:25:38	00:51:41	01:17:25	01:39:55	01:44:07	<b>01:50:44.40</b>	<b>01:51:57.90</b>	+00:40:19 (36.4%)	5:14	11.4 (63.3%)
534	<b>TROJAK Grzegorz</b>	<b>1116</b>		M-16	5	00:01:13	00:26:32	00:52:04	01:17:48	01:40:30	01:44:31	<b>01:50:45.25</b>	<b>01:51:59.10</b>	+00:40:20 (36.4%)	5:14	11.4 (63.3%)
535	<b>BŁOŃSKA Monika</b>	<b>692</b>		K-30	21	00:01:36	00:28:24	00:53:56	01:18:36	01:40:06	01:43:58	<b>01:50:22.95</b>	<b>01:51:59.20</b>	+00:39:58 (36.2%)	5:13	11.5 (63.9%)
536	<b>CIEŚLIK Bartłomiej</b>	<b>531</b>	CHATEAU CHALIN	M-30	208	00:00:26	00:25:39	00:51:23	01:16:58	01:39:47	01:44:05	<b>01:51:33.20</b>	<b>01:51:59.40</b>	+00:41:08 (36.9%)	5:17	11.3 (62.8%)
537	<b>SPIECHOWICZ Andrzej</b>	<b>703</b>	POLICJA	M-30	195	00:01:42	00:24:33	00:49:27	01:15:12	01:38:36	01:42:50	<b>01:50:18.60</b>	<b>01:52:01.55</b>	+00:39:54 (36.2%)	5:13	11.5 (63.9%)
538	<b>RÓG Marcin</b>	<b>1054</b>		M-20	92	00:00:19	00:25:54	00:51:02	01:15:59	01:39:51	01:44:12	<b>01:51:53.10</b>	<b>01:52:12.25</b>	+00:41:28 (37.1%)	5:18	11.3 (62.8%)
539	<b>DYCHA Eliza</b>	<b>33</b>		K-30	25	00:00:49	00:25:50	00:51:51	01:18:25	01:40:37	01:44:37	<b>01:51:31.00</b>	<b>01:52:20.30</b>	+00:41:06 (36.9%)	5:17	11.4 (63.3%)
540	<b>NIESZPOREK Adam</b>	<b>344</b>	RUN-3	M-40	150	00:00:56	00:25:34	00:50:57	01:16:20	01:39:24	01:43:45	<b>01:51:27.25</b>	<b>01:52:23.35</b>	+00:41:02 (36.8%)	5:16	11.4 (63.3%)
541	<b>GOMOLA Zbigniew</b>	<b>461</b>		M-40	149	00:01:07	00:26:10	00:51:29	01:16:13	01:38:34	01:43:54	<b>01:51:18.45</b>	<b>01:52:26.15</b>	+00:40:54 (36.7%)	5:16	11.4 (63.3%)
542	<b>SITEK Grzegorz</b>	<b>892</b>	TARNOGORSKIE TOWARZYSTWO TRIATHLONOWE	M-40	153	00:00:38	00:25:34	00:51:22	01:17:17	01:40:27	01:44:39	<b>01:51:49.70</b>	<b>01:52:28.60</b>	+00:41:25 (37.0%)	5:18	11.3 (62.8%)
543	<b>ZDANIEWICZ Radosław</b>	<b>1065</b>	PSYCHONAUCI	M-30	210	00:00:56	00:26:39	00:52:54	01:18:43	01:40:54	01:44:52	<b>01:51:34.55</b>	<b>01:52:30.85</b>	+00:41:10 (36.9%)	5:17	11.3 (62.8%)
544	<b>CIMAŁA Rafał</b>	<b>598</b>	ISTA BIEGAMY	M-40	151	00:00:55	00:27:39	00:54:19	01:20:08	01:41:32	01:45:14	<b>01:51:36.80</b>	<b>01:52:32.10</b>	+00:41:12 (36.9%)	5:17	11.3 (62.8%)
545	<b>PIETRYSIAK Stefan</b>	<b>772</b>		M-50	35	00:00:32	00:25:31	00:50:38	01:16:11	01:40:00	01:44:17	<b>01:52:00.10</b>	<b>01:52:32.15</b>	+00:41:35 (37.1%)	5:18	11.3 (62.8%)
546	<b>SOREMSKI Dominik</b>	<b>480</b>	BZUT	M-20	93	00:00:39	00:26:43	00:53:11	01:18:37	01:41:03	01:45:01	<b>01:51:53.75</b>	<b>01:52:32.75</b>	+00:41:29 (37.1%)	5:18	11.3 (62.8%)
547	<b>GOLEC Aleksandra</b>	<b>212</b>	PTTK ŻYWIEC	K-40	12	00:00:37	00:26:12	00:52:07	01:17:56	01:40:52	01:44:55	<b>01:51:56.20</b>	<b>01:52:33.70</b>	+00:41:31 (37.1%)	5:18	11.3 (62.8%)
548	<b>JAGODA Mateusz</b>	<b>972</b>	FUCHS OIL TEAM	M-20	90	00:01:10	00:26:28	00:52:52	01:17:54	01:40:44	01:44:43	<b>01:51:26.15</b>	<b>01:52:36.95</b>	+00:41:01 (36.8%)	5:16	11.4 (63.3%)
549	<b>DZIDA Janusz</b>	<b>999</b>	EXME BERGER GROUP ZOK SPÓŁKA Z O.O.	M-30	216	00:00:18	00:24:22	00:50:02	01:16:17	01:40:09	01:44:35	<b>01:52:18.60</b>	<b>01:52:37.05</b>	+00:41:54 (37.3%)	5:19	11.3 (62.8%)
550	<b>MICHALAK Grzegorz</b>	<b>659</b>	TOTALNY AMATOR	M-40	157	00:00:20	00:24:48	00:50:33	01:17:01	01:40:23	01:44:47	<b>01:52:18.20</b>	<b>01:52:38.95</b>	+00:41:53 (37.3%)	5:19	11.3 (62.8%)
551	<b>BAUMERT Rafał</b>	<b>597</b>	ISTA BIEGAMY	M-30	212	00:00:47	00:26:09	00:52:23	01:18:45	01:41:14	01:45:05	<b>01:51:52.85</b>	<b>01:52:40.30</b>	+00:41:28 (37.1%)	5:18	11.3 (62.8%)
552	<b>KUROWSKI Michał</b>	<b>540</b>	NIGHT RUNNERS GLIWICE	M-20	91	00:01:00	00:25:30	00:51:22	01:17:42	01:40:52	01:44:52	<b>01:51:40.80</b>	<b>01:52:40.95</b>	+00:41:16 (37.0%)	5:17	11.3 (62.8%)
553	<b>MAJDA Kamil</b>	<b>786</b>	PSYCHONAUCI	M-30	211	00:00:53	00:25:37	00:50:29	01:15:02	01:38:50	01:43:24	<b>01:51:48.25</b>	<b>01:52:42.20</b>	+00:41:23 (37.0%)	5:17	11.3 (62.8%)
554	<b>GRĄBCZEWSKI Marcin</b>	<b>171</b>		M-30	218	00:00:21	00:25:43	00:51:31	01:17:21	01:41:11	01:45:21	<b>01:52:22.20</b>	<b>01:52:43.40</b>	+00:41:57 (37.3%)	5:19	11.3 (62.8%)
555	<b>WALCZAK Bartłomiej</b>	<b>1287</b>		M-30	220	00:00:11	00:25:29	00:51:13	01:16:59	01:40:20	01:44:43	<b>01:52:35.10</b>	<b>01:52:46.30</b>	+00:42:10 (37.5%)	5:20	11.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
556	<b>ORZECH Michał</b>	<b>820</b>		M-30	214	00:00:44	00:24:07	00:49:20	01:15:35	01:39:37	01:44:07	<b>01:52:05.55</b>	<b>01:52:49.60</b>	+00:41:41 (37.2%)	5:18	11.3 (62.8%)
557	<b>MARCINKIEWICZ Paweł</b>	<b>1036</b>	UNIwersytet Opolski	M-40	154	00:00:37	00:25:32	00:51:11	01:17:50	01:41:16	01:45:20	<b>01:52:12.50</b>	<b>01:52:50.35</b>	+00:41:48 (37.3%)	5:19	11.3 (62.8%)
558	<b>BUDKA Henryk</b>	<b>632</b>		M-50	32	00:01:25	00:26:43	00:52:02	01:17:21	01:39:50	01:44:01	<b>01:51:25.75</b>	<b>01:52:50.95</b>	+00:41:01 (36.8%)	5:16	11.4 (63.3%)
559	<b>FATYGA Arkadiusz</b>	<b>1302</b>		M-30	213	00:00:56	00:25:10	00:50:28	01:16:00	01:39:52	01:44:15	<b>01:51:55.35</b>	<b>01:52:51.60</b>	+00:41:30 (37.1%)	5:18	11.3 (62.8%)
560	<b>PARUZEL Ireneusz</b>	<b>681</b>		M-40	155	00:00:38	00:24:22	00:49:34	01:15:21	01:40:06	01:44:40	<b>01:52:15.85</b>	<b>01:52:54.15</b>	+00:41:51 (37.3%)	5:19	11.3 (62.8%)
561	<b>JANKOWSKA Justyna</b>	<b>1059</b>		K-30	26	00:00:18	00:25:44	00:51:33	01:17:57	01:41:20	01:45:27	<b>01:52:36.75</b>	<b>01:52:55.10</b>	+00:42:12 (37.5%)	5:20	11.2 (62.2%)
562	<b>DELEWSKA Dorota</b>	<b>735</b>	NIGHT RUNNERS ZABRZE	K-40	13	00:00:47	00:25:51	00:51:24	01:17:27	01:40:51	01:44:58	<b>01:52:08.20</b>	<b>01:52:55.35</b>	+00:41:43 (37.2%)	5:18	11.3 (62.8%)
563	<b>KLIKS Andrzej</b>	<b>125</b>	UNISONO	M-40	152	00:01:09	00:25:21	00:51:14	01:17:28		01:44:38	<b>01:51:46.65</b>	<b>01:52:56.50</b>	+00:41:22 (37.0%)	5:17	11.3 (62.8%)
564	<b>CIEŚLAK Paweł</b>	<b>725</b>		M-30	215	00:00:44	00:25:08	00:50:41	01:16:33	01:39:50	01:44:20	<b>01:52:17.20</b>	<b>01:53:02.05</b>	+00:41:52 (37.3%)	5:19	11.3 (62.8%)
565	<b>MALINOWSKI Mihał</b>	<b>952</b>		M-30	219	00:00:38	00:25:26	00:51:06	01:16:51	01:40:20	01:44:44	<b>01:52:27.80</b>	<b>01:53:05.95</b>	+00:42:03 (37.4%)	5:19	11.3 (62.8%)
565	<b>KALUS Marta</b>	<b>1060</b>		K-20	14	00:01:17	00:27:00	00:53:09	01:18:33	01:41:33	01:45:29	<b>01:51:48.15</b>	<b>01:53:05.95</b>	+00:41:23 (37.0%)	5:17	11.3 (62.8%)
567	<b>MACIOSZEK Mariusz</b>	<b>712</b>		M-20	95	00:00:22	00:25:50	00:51:39	01:17:32	01:41:13	01:45:33	<b>01:52:44.70</b>	<b>01:53:06.75</b>	+00:42:20 (37.6%)	5:20	11.2 (62.2%)
568	<b>MIKA Szymon</b>	<b>628</b>		M-20	96	00:00:14	00:26:20	00:52:46	01:18:37	01:41:32	01:45:44	<b>01:52:54.35</b>	<b>01:53:08.85</b>	+00:42:29 (37.6%)	5:21	11.2 (62.2%)
569	<b>WOJTAS Marcin</b>	<b>593</b>	ISTA BIEGAMY	M-30	209	00:01:38	00:27:53	00:54:46	01:20:32	01:42:06	01:45:46	<b>01:51:34.45</b>	<b>01:53:12.75</b>	+00:41:10 (36.9%)	5:17	11.3 (62.8%)
570	<b>POPŁAWSKA-WAL Agata</b>	<b>1120</b>	OPEL ACTIVE TEAM	K-30	27	00:00:35	00:25:45	00:52:01	01:18:22	01:41:19	01:45:33	<b>01:52:37.95</b>	<b>01:53:13.60</b>	+00:42:13 (37.5%)	5:20	11.2 (62.2%)
571	<b>KUPKA Bartosz</b>	<b>1232</b>	OPEL ACTIV TEAM	M-30	222	00:00:36	00:25:44	00:52:00	01:18:21		01:45:32	<b>01:52:37.25</b>	<b>01:53:13.65</b>	+00:42:12 (37.5%)	5:20	11.2 (62.2%)
572	<b>WICHARY Marcin</b>	<b>594</b>	ISTA BIEGAMY	M-30	221	00:00:40	00:25:51	00:52:30	01:18:52	01:41:37	01:45:42	<b>01:52:36.05</b>	<b>01:53:16.20</b>	+00:42:11 (37.5%)	5:20	11.2 (62.2%)
573	<b>MADEJSKI Kamil</b>	<b>1502</b>		M-20	94	00:00:56	00:25:18	00:51:24	01:17:23	01:40:49	01:44:56	<b>01:52:26.85</b>	<b>01:53:23.25</b>	+00:42:02 (37.4%)	5:19	11.3 (62.8%)
574	<b>KOSMAL Marek</b>	<b>1159</b>		M-50	33	00:01:52	00:27:00	00:53:03	01:18:48	01:40:43	01:44:41	<b>01:51:31.75</b>	<b>01:53:24.65</b>	+00:41:07 (36.9%)	5:17	11.4 (63.3%)
575	<b>SOSZYŃSKI Wojtek</b>	<b>291</b>	PZU SPORT TEAM	M-40	161	00:00:26	00:25:55	00:51:46	01:17:31	01:41:02	01:45:17	<b>01:53:00.60</b>	<b>01:53:27.20</b>	+00:42:36 (37.7%)	5:21	11.2 (62.2%)
576	<b>MOCEK Roman</b>	<b>751</b>		M-50	34	00:01:54	00:26:19	00:52:14	01:17:55	01:40:11	01:44:19	<b>01:51:34.30</b>	<b>01:53:28.65</b>	+00:41:09 (36.9%)	5:17	11.3 (62.8%)
577	<b>KWAPIEŃ Paweł</b>	<b>1133</b>		M-30	228	00:00:09	00:25:38	00:51:37	01:17:45	01:41:32	01:45:47	<b>01:53:21.95</b>	<b>01:53:31.90</b>	+00:42:57 (37.9%)	5:22	11.2 (62.2%)
578	<b>JANUSZKA Mariusz</b>	<b>822</b>		M-40	159	00:00:50	00:26:51	00:53:26	01:19:26	01:42:02	01:46:06	<b>01:52:43.95</b>	<b>01:53:34.75</b>	+00:42:19 (37.5%)	5:20	11.2 (62.2%)
579	<b>STEC Marcin</b>	<b>657</b>	KW GLIWICE	M-30	223	00:00:35	00:25:28	00:51:11	01:16:45	01:40:24	01:44:51	<b>01:53:00.35</b>	<b>01:53:36.05</b>	+00:42:35 (37.7%)	5:21	11.2 (62.2%)
580	<b>DADAŚ Janusz</b>	<b>13</b>		M-40	162	00:00:37	00:25:37	00:51:15	01:17:02	01:40:40	01:44:58	<b>01:53:02.35</b>	<b>01:53:40.10</b>	+00:42:37 (37.7%)	5:21	11.2 (62.2%)
581	<b>BIEŃKOWSKI Piotr</b>	<b>922</b>		M-20	100	00:00:21	00:24:01	00:49:12	01:15:49		01:45:33	<b>01:53:25.25</b>	<b>01:53:46.65</b>	+00:43:00 (37.9%)	5:22	11.2 (62.2%)
582	<b>STEFAŃCZYK Krzysztof</b>	<b>752</b>		M-30	217	00:01:28	00:24:49	00:50:06	01:15:59	01:39:54	01:44:21	<b>01:52:19.45</b>	<b>01:53:47.70</b>	+00:41:55 (37.3%)	5:19	11.3 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
583	<b>KOWALCZYK Grzegorz</b>	<b>247</b>		M-40	164	00:00:27	00:23:28	00:47:51	01:14:54	01:40:44	01:45:34	<b>01:53:24.40</b>	<b>01:53:52.35</b>	+00:42:59 (37.9%)	5:22	11.2 (62.2%)
584	<b>WILSZ Adam</b>	<b>27</b>	UNISONO	M-40	158	00:01:10	00:28:19	00:55:12	01:20:16	01:41:54	01:45:47	<b>01:52:43.90</b>	<b>01:53:53.95</b>	+00:42:19 (37.5%)	5:20	11.2 (62.2%)
585	<b>WRÓBEL Maciej</b>	<b>1289</b>	MOMO RESTAURANT & COCKTAIL BAR	M-30	229	00:00:34	00:26:26	00:52:19	01:18:46	01:41:55	01:46:11	<b>01:53:21.95</b>	<b>01:53:56.40</b>	+00:42:57 (37.9%)	5:22	11.2 (62.2%)
586	<b>RZYŃSKI Dariusz</b>	<b>255</b>		M-40	156	00:01:40	00:25:20	00:51:01	01:17:03		01:44:45	<b>01:52:16.05</b>	<b>01:53:56.75</b>	+00:41:51 (37.3%)	5:19	11.3 (62.8%)
587	<b>DOBOSZ Mariusz</b>	<b>130</b>	GO-LEASING	M-30	231	00:00:23	00:26:22	00:52:49	01:19:30	01:42:45	01:47:01	<b>01:53:37.10</b>	<b>01:54:00.20</b>	+00:43:12 (38.0%)	5:23	11.1 (61.7%)
588	<b>DROZD Kajetan</b>	<b>677</b>	STRE FAGITARY.PL	M-30	230	00:00:28	00:26:04	00:51:57	01:18:39	01:42:18	01:46:39	<b>01:53:34.10</b>	<b>01:54:02.70</b>	+00:43:09 (38.0%)	5:22	11.1 (61.7%)
589	<b>GRYSZYN Michał</b>	<b>1035</b>		M-20	101	00:00:35	00:23:48	00:48:10	01:15:15	01:42:11	01:46:32	<b>01:53:28.35</b>	<b>01:54:03.95</b>	+00:43:03 (38.0%)	5:22	11.2 (62.2%)
590	<b>HNATIUK Mateusz</b>	<b>679</b>		M-20	98	00:01:06	00:27:58	00:54:50	01:20:36	01:42:36	01:46:31	<b>01:53:06.70</b>	<b>01:54:13.25</b>	+00:42:42 (37.8%)	5:21	11.2 (62.2%)
591	<b>PANOCHA Daniel</b>	<b>452</b>		M-30	227	00:01:06	00:25:03	00:50:41	01:16:24	01:40:42	01:45:07	<b>01:53:11.75</b>	<b>01:54:17.80</b>	+00:42:47 (37.8%)	5:21	11.2 (62.2%)
592	<b>KOWALCZYK Robert</b>	<b>599</b>	BIEGAMY	M-40	165	00:00:46	00:26:12	00:52:50	01:19:16	01:42:16	01:46:30	<b>01:53:31.65</b>	<b>01:54:17.85</b>	+00:43:07 (38.0%)	5:22	11.2 (62.2%)
593	<b>TUREK Maciej</b>	<b>375</b>		M-40	163	00:01:06	00:26:20	00:53:30	01:20:17	01:43:03	01:46:52	<b>01:53:11.85</b>	<b>01:54:18.30</b>	+00:42:47 (37.8%)	5:21	11.2 (62.2%)
594	<b>SIWCZYK Robert</b>	<b>538</b>		M-20	97	00:01:20	00:24:55	00:50:01	01:15:51	01:40:31	01:45:14	<b>01:52:57.95</b>	<b>01:54:18.90</b>	+00:42:33 (37.7%)	5:21	11.2 (62.2%)
594	<b>CZARNIK Stanisław</b>	<b>848</b>	MIECHOWICKA GRUPA BIEGOWA	M-30	235	00:00:09	00:26:37	00:53:06	01:19:31	01:43:06	01:47:13	<b>01:54:09.25</b>	<b>01:54:18.90</b>	+00:43:44 (38.3%)	5:24	11.1 (61.7%)
596	<b>RUPNIK Asia</b>	<b>188</b>		K-30	29	00:00:22	00:25:43	00:51:32	01:17:33	01:42:05	01:46:32	<b>01:53:59.75</b>	<b>01:54:21.90</b>	+00:43:35 (38.2%)	5:24	11.1 (61.7%)
597	<b>JADCZYK Jarosław</b>	<b>753</b>	JCOMMERCE	M-20	99	00:01:14	00:26:16	00:52:42	01:18:17	01:41:08	01:45:27	<b>01:53:09.30</b>	<b>01:54:23.80</b>	+00:42:44 (37.8%)	5:21	11.2 (62.2%)
598	<b>DYMAREK Łukasz</b>	<b>57</b>	KM PSP GLIWICE	M-30	234	00:00:18	00:25:56	00:52:11	01:19:02	01:42:47	01:47:10	<b>01:54:08.75</b>	<b>01:54:27.60</b>	+00:43:44 (38.3%)	5:24	11.1 (61.7%)
599	<b>NANCKA Brygida</b>	<b>406</b>		K-40	14	00:00:23	00:26:05	00:52:53	01:19:19	01:42:43	01:47:02	<b>01:54:07.55</b>	<b>01:54:31.10</b>	+00:43:43 (38.3%)	5:24	11.1 (61.7%)
600	<b>NAWROCKI Paweł</b>	<b>1118</b>		M-40	160	00:01:34	00:25:30	00:50:47	01:16:37	01:40:11	01:44:45	<b>01:52:57.00</b>	<b>01:54:31.40</b>	+00:42:32 (37.7%)	5:21	11.2 (62.2%)
600	<b>MACYSZYN Waldemar</b>	<b>730</b>		M-50	36	00:01:34	00:25:30	00:50:47	01:16:37	01:40:12	01:44:45	<b>01:52:56.90</b>	<b>01:54:31.40</b>	+00:42:32 (37.7%)	5:21	11.2 (62.2%)
602	<b>LUKOSZEK Marek</b>	<b>349</b>	RUN3	M-40	166	00:00:56	00:26:06	00:52:18	01:18:08	01:41:26	01:45:55	<b>01:53:37.60</b>	<b>01:54:33.70</b>	+00:43:13 (38.0%)	5:23	11.1 (61.7%)
603	<b>SZOTA Magdalena</b>	<b>1091</b>		K-30	30	00:00:24	00:26:30	00:53:15	01:19:42	01:42:58	01:47:05	<b>01:54:09.20</b>	<b>01:54:34.00</b>	+00:43:44 (38.3%)	5:24	11.1 (61.7%)
604	<b>PAWIŃSKI Wojciech</b>	<b>285</b>		M-40	168	00:00:50	00:27:46	00:55:32	01:21:33	01:43:29	01:47:16	<b>01:53:46.60</b>	<b>01:54:36.60</b>	+00:43:22 (38.1%)	5:23	11.1 (61.7%)
605	<b>WILCZEK Małgorzata</b>	<b>596</b>	ISTA BIEGAMY	K-30	31	00:00:28	00:25:54	00:52:42	01:19:04	01:42:30	01:46:42	<b>01:54:12.45</b>	<b>01:54:41.10</b>	+00:43:48 (38.4%)	5:24	11.1 (61.7%)
606	<b>KLEWANIEC Jakub</b>	<b>299</b>		M-30	233	00:00:37	00:25:45	00:51:52	01:18:23	01:42:02	01:46:18	<b>01:54:04.85</b>	<b>01:54:42.60</b>	+00:43:40 (38.3%)	5:24	11.1 (61.7%)
606	<b>WOLAŃCZYK Kamila</b>	<b>1149</b>		K-30	28	00:00:48	00:25:20	00:52:07	01:19:20	01:42:37	01:46:40	<b>01:53:54.50</b>	<b>01:54:42.60</b>	+00:43:30 (38.2%)	5:23	11.1 (61.7%)
608	<b>BUJALSKI Michał</b>	<b>571</b>	AKS DRAGON	M-30	225	00:01:32	00:27:08	00:53:00	01:18:42	01:41:30	01:45:43	<b>01:53:10.55</b>	<b>01:54:43.35</b>	+00:42:46 (37.8%)	5:21	11.2 (62.2%)
609	<b>MACIEJCZYK Marcin</b>	<b>429</b>	AKS DRAGON	M-30	226	00:01:32	00:27:08	00:53:00	01:18:41	01:41:29	01:45:43	<b>01:53:11.40</b>	<b>01:54:43.50</b>	+00:42:46 (37.8%)	5:21	11.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
610	<b>GÓRNIAK Adam</b>	<b>884</b>	HARPAGAN SOSNOWIEC	M-40	170	00:00:34	00:26:39	00:53:17	01:19:37	01:42:56	01:47:08	<b>01:54:10.75</b>	<b>01:54:45.50</b>	+00:43:46 (38.3%)	5:24	11.1 (61.7%)
611	<b>SZOLC Grzegorz</b>	<b>1078</b>		M-40	167	00:01:05	00:26:17	00:52:40	01:18:48	01:42:04	01:46:13	<b>01:53:41.80</b>	<b>01:54:46.90</b>	+00:43:17 (38.1%)	5:23	11.1 (61.7%)
612	<b>WIORA Łukasz</b>	<b>297</b>		M-30	236	00:00:23	00:25:47	00:51:36	01:17:44	01:41:49	01:46:21	<b>01:54:26.00</b>	<b>01:54:49.55</b>	+00:44:01 (38.5%)	5:25	11.1 (61.7%)
613	<b>OSIŃSKI Paweł</b>	<b>187</b>	NIGHT RUNNERS GLIWICE	M-30	237	00:00:24	00:25:35	00:52:00	01:18:52	01:42:48	01:47:10	<b>01:54:26.25</b>	<b>01:54:50.30</b>	+00:44:01 (38.5%)	5:25	11.1 (61.7%)
614	<b>ZWALIŃSKI Przemysław</b>	<b>671</b>		M-20	102	00:00:37	00:22:41	00:47:49	01:14:34	01:41:00	01:46:02	<b>01:54:13.55</b>	<b>01:54:50.55</b>	+00:43:49 (38.4%)	5:24	11.1 (61.7%)
615	<b>RABIEJ Rafał</b>	<b>906</b>		M-40	171	00:00:35	00:25:39	00:51:24	01:17:50	01:41:51	01:46:17	<b>01:54:16.80</b>	<b>01:54:51.85</b>	+00:43:52 (38.4%)	5:24	11.1 (61.7%)
616	<b>BEDNORZ Adam</b>	<b>1243</b>		M-30	238	00:00:09	00:25:11	00:52:41	01:19:21	01:43:05	01:47:20	<b>01:54:49.55</b>	<b>01:54:58.65</b>	+00:44:25 (38.7%)	5:26	11 (61.1%)
617	<b>GAWEŁ Krzysztof</b>	<b>1029</b>	NIEZRZESZONY	M-50	38	00:00:34	00:25:07	00:51:24	01:17:53	01:42:20	01:46:38	<b>01:54:27.30</b>	<b>01:55:02.20</b>	+00:44:02 (38.5%)	5:25	11.1 (61.7%)
618	<b>CZEMPIEL Łukasz</b>	<b>441</b>		M-30	224	00:01:53	00:26:45	00:52:52	01:18:11	01:41:28	01:45:47	<b>01:53:09.75</b>	<b>01:55:03.35</b>	+00:42:45 (37.8%)	5:21	11.2 (62.2%)
618	<b>ZIMOCH Grzegorz</b>	<b>215</b>		M-30	239	00:00:12	00:26:19	00:54:41	01:22:40	01:43:44	01:47:43	<b>01:54:50.60</b>	<b>01:55:03.35</b>	+00:44:26 (38.7%)	5:26	11 (61.1%)
620	<b>KOWALSKI Rafał</b>	<b>494</b>		M-20	103	00:00:47	00:27:21	00:54:20	01:20:47	01:43:16	01:47:17	<b>01:54:16.25</b>	<b>01:55:03.55</b>	+00:43:51 (38.4%)	5:24	11.1 (61.7%)
621	<b>SPODZIEJA Aleksandra</b>	<b>137</b>		K-20	15	00:01:03	00:28:12	00:55:09	01:20:46	01:43:04	01:47:12	<b>01:54:06.10</b>	<b>01:55:09.20</b>	+00:43:41 (38.3%)	5:24	11.1 (61.7%)
622	<b>SOJKA Łukasz</b>	<b>1301</b>		M-30	232	00:01:29	00:25:26	00:51:12	01:17:11	01:41:25	01:45:58	<b>01:53:40.30</b>	<b>01:55:09.60</b>	+00:43:15 (38.1%)	5:23	11.1 (61.7%)
623	<b>MUSIALIK Jan</b>	<b>991</b>	CARPE DIEM	M-40	172	00:00:44	00:26:11	00:52:53	01:19:11	01:42:34	01:46:50	<b>01:54:27.25</b>	<b>01:55:12.15</b>	+00:44:02 (38.5%)	5:25	11.1 (61.7%)
624	<b>RACZEK Magdalena</b>	<b>649</b>		K-30	33	00:00:29	00:26:54	00:53:27	01:20:00	01:43:17	01:47:30	<b>01:54:44.15</b>	<b>01:55:13.85</b>	+00:44:19 (38.6%)	5:26	11 (61.1%)
625	<b>POKRYSZKA Wojciech</b>	<b>360</b>		M-20	106	00:00:29	00:25:39	00:51:49	01:18:56	01:43:39	01:47:46	<b>01:54:47.05</b>	<b>01:55:16.50</b>	+00:44:22 (38.7%)	5:26	11 (61.1%)
626	<b>CZERNIK Andrzej</b>	<b>337</b>		M-60	5	00:02:18	00:25:39	00:51:15	01:17:19	01:41:19	01:45:33	<b>01:53:01.15</b>	<b>01:55:19.25</b>	+00:42:36 (37.7%)	5:21	11.2 (62.2%)
627	<b>CHOJCAN Beata</b>	<b>1228</b>	RYBNICKA GRUPA BIEGOWA PEDZIMY RAZEM	K-30	34	00:00:24	00:26:49	00:53:38	01:20:32	01:44:00	01:47:59	<b>01:54:56.35</b>	<b>01:55:21.15</b>	+00:44:31 (38.7%)	5:26	11 (61.1%)
628	<b>WALASZCZYK Anna</b>	<b>451</b>	RUN & FUN	K-30	37	00:00:17	00:24:39	00:50:41	01:17:33	01:42:38	01:47:10	<b>01:55:05.65</b>	<b>01:55:22.70</b>	+00:44:41 (38.8%)	5:27	11 (61.1%)
629	<b>SZESZKO Sławomir</b>	<b>612</b>		M-50	37	00:01:34	00:27:26	00:54:33	01:20:57	01:43:32	01:47:27	<b>01:53:57.50</b>	<b>01:55:32.35</b>	+00:43:33 (38.2%)	5:24	11.1 (61.7%)
630	<b>GOGOLIN Anna</b>	<b>1107</b>		K-30	32	00:01:19	00:26:59	00:53:38	01:20:17	01:43:11	01:47:10	<b>01:54:14.15</b>	<b>01:55:33.70</b>	+00:43:49 (38.4%)	5:24	11.1 (61.7%)
631	<b>SIEJA Szymon</b>	<b>1103</b>	JW AGAT	M-20	108	00:00:10	00:24:04	00:49:46	01:16:48	01:42:31	01:47:17	<b>01:55:24.50</b>	<b>01:55:35.35</b>	+00:45:00 (39.0%)	5:28	11 (61.1%)
632	<b>SAMUL Bartłomiej</b>	<b>1121</b>	WKS DESANT BOKS	M-20	107	00:00:11	00:24:04	00:49:45	01:16:48	01:42:33	01:47:15	<b>01:55:24.10</b>	<b>01:55:35.60</b>	+00:44:59 (39.0%)	5:28	11 (61.1%)
633	<b>SIKORA Grzegorz</b>	<b>882</b>		M-40	169	00:01:51	00:26:35	00:52:38	01:18:56	01:42:13	01:46:34	<b>01:53:47.50</b>	<b>01:55:39.00</b>	+00:43:23 (38.1%)	5:23	11.1 (61.7%)
634	<b>PENKALA Artur</b>	<b>131</b>	GO-LEASING	M-30	243	00:00:23	00:26:22	00:52:50	01:19:30	01:43:22	01:47:49	<b>01:55:17.50</b>	<b>01:55:40.85</b>	+00:44:53 (38.9%)	5:27	11 (61.1%)
635	<b>BALWIERZ Kamil</b>	<b>907</b>		M-20	104	00:01:10	00:24:28	00:48:55	01:14:23	01:40:24	01:45:35	<b>01:54:31.00</b>	<b>01:55:41.55</b>	+00:44:06 (38.5%)	5:25	11.1 (61.7%)
636	<b>ROŻEK Michał</b>	<b>550</b>		M-40	173	00:01:03	00:26:43	00:53:24	01:20:17	01:43:33	01:47:44	<b>01:54:39.15</b>	<b>01:55:43.10</b>	+00:44:14 (38.6%)	5:26	11 (61.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
637	<b>KWAPIEŃ Aleksander</b>	<b>1111</b>		M-30	246	00:00:09	00:25:38	00:51:38	01:17:45	01:42:15	01:47:10	<b>01:55:35.00</b>	<b>01:55:44.60</b>	+00:45:10 (39.1%)	5:28	11 (61.1%)
638	<b>GRODZKA-SZKÓŁKA Ewa</b>	<b>895</b>		K-30	36	00:00:44	00:25:20	00:51:29	01:18:25	01:42:51	01:47:15	<b>01:55:01.40</b>	<b>01:55:46.15</b>	+00:44:36 (38.8%)	5:27	11 (61.1%)
639	<b>KAMPKA Aleksander</b>	<b>149</b>		M-40	177	00:00:34	00:26:34	00:53:29	01:20:21	01:43:51	01:47:59	<b>01:55:18.75</b>	<b>01:55:53.70</b>	+00:44:54 (38.9%)	5:27	11 (61.1%)
640	<b>KONIECKO Łukasz</b>	<b>545</b>		M-30	242	00:00:49	00:27:09	00:53:54	01:20:30	01:43:25	01:47:36	<b>01:55:08.85</b>	<b>01:55:58.15</b>	+00:44:44 (38.9%)	5:27	11 (61.1%)
641	<b>KARNIA Agnieszka</b>	<b>617</b>	SBRT	K-30	38	00:00:39	00:27:09	00:53:38	01:19:58	01:43:22	01:47:39	<b>01:55:21.65</b>	<b>01:56:00.75</b>	+00:44:57 (39.0%)	5:28	11 (61.1%)
642	<b>PODSIADŁY Tomasz</b>	<b>616</b>		M-30	244	00:00:39	00:27:09	00:53:39	01:19:58	01:43:22	01:47:39	<b>01:55:21.95</b>	<b>01:56:01.10</b>	+00:44:57 (39.0%)	5:28	11 (61.1%)
643	<b>GERLE Anna</b>	<b>287</b>		K-30	40	00:00:35	00:25:35	00:51:50	01:18:46	01:43:27	01:48:01	<b>01:55:25.80</b>	<b>01:56:01.50</b>	+00:45:01 (39.0%)	5:28	11 (61.1%)
644	<b>NOWAKOWSKI Dominik</b>	<b>1294</b>	MOMO RESTAURANT & COCKTAIL BAR	Mieszkańcy Gliwic	1	00:01:05	00:24:18	00:50:17	01:17:13	01:43:19	01:48:07	<b>01:54:56.25</b>	<b>01:56:02.00</b>	+00:44:31 (38.7%)	5:26	11 (61.1%)
645	<b>WOŹNIAK Marek</b>	<b>608</b>		M-40	178	00:00:45	00:26:26	00:53:18	01:19:43	01:43:32	01:47:52	<b>01:55:22.15</b>	<b>01:56:07.65</b>	+00:44:57 (39.0%)	5:28	11 (61.1%)
646	<b>GRAMATYKA Paweł</b>	<b>631</b>		M-40	179	00:00:31	00:25:32	00:51:20	01:17:24	01:43:08	01:48:05	<b>01:55:36.90</b>	<b>01:56:08.00</b>	+00:45:12 (39.1%)	5:28	10.9 (60.6%)
647	<b>GŁOWACKA Małgorzata</b>	<b>728</b>	NOWOSOLSKA GRUPA BIEGOWA	K-30	39	00:00:48	00:26:30	00:52:45	01:19:22	01:43:25	01:47:47	<b>01:55:22.25</b>	<b>01:56:11.15</b>	+00:44:57 (39.0%)	5:28	11 (61.1%)
648	<b>PAWLINA Piotr</b>	<b>103</b>		M-40	174	00:01:27	00:27:06	00:54:03	01:20:50	01:43:26	01:47:38	<b>01:54:46.35</b>	<b>01:56:13.40</b>	+00:44:21 (38.7%)	5:26	11 (61.1%)
649	<b>SIKORA Mariusz</b>	<b>758</b>		M-40	181	00:00:29	00:25:44	00:51:29	01:17:43	01:42:24	01:47:00	<b>01:55:45.35</b>	<b>01:56:14.45</b>	+00:45:20 (39.2%)	5:29	10.9 (60.6%)
650	<b>KOŁAKOWSKI Bartosz</b>	<b>817</b>		M-20	109	00:00:50	00:26:08	00:52:40	01:19:27	01:43:05	01:47:21	<b>01:55:25.45</b>	<b>01:56:15.50</b>	+00:45:01 (39.0%)	5:28	11 (61.1%)
651	<b>GRABOWSKI Maciej</b>	<b>61</b>		M-30	245	00:00:49	00:26:18	00:52:45	01:19:18	01:43:28	01:47:58	<b>01:55:29.70</b>	<b>01:56:19.00</b>	+00:45:05 (39.0%)	5:28	11 (61.1%)
652	<b>KONOPKA Agnieszka</b>	<b>68</b>		K-30	35	00:01:24	00:26:20	00:52:38	01:19:03	01:42:53	01:47:13	<b>01:54:57.65</b>	<b>01:56:21.75</b>	+00:44:33 (38.8%)	5:26	11 (61.1%)
653	<b>SOSNOWSKI Maciej</b>	<b>581</b>		M-30	240	00:01:24	00:26:59	00:52:29	01:18:48	01:43:07	01:47:44	<b>01:55:00.05</b>	<b>01:56:24.75</b>	+00:44:35 (38.8%)	5:27	11 (61.1%)
654	<b>WIETRZYCKI Mariusz</b>	<b>353</b>	BIEGAJ Z TRENERAMI	M-30	249	00:00:20	00:25:43	00:51:02	01:17:10	01:44:36	01:48:53	<b>01:56:05.05</b>	<b>01:56:25.10</b>	+00:45:40 (39.3%)	5:30	10.9 (60.6%)
655	<b>WITEK Jacek</b>	<b>1086</b>	OPEL ACTIVE TEAM	M-30	248	00:00:42	00:25:35	00:51:23	01:18:16	01:43:18	01:47:43	<b>01:55:46.55</b>	<b>01:56:29.45</b>	+00:45:22 (39.2%)	5:29	10.9 (60.6%)
656	<b>SŁUSZNIAK Sławomir</b>	<b>799</b>		M-40	175	00:01:21	00:25:35	00:51:28	01:18:46	01:43:18	01:47:39	<b>01:55:08.05</b>	<b>01:56:29.95</b>	+00:44:43 (38.8%)	5:27	11 (61.1%)
657	<b>WARECKA Agata</b>	<b>697</b>		K-20	16	00:01:23	00:27:20	00:55:10	01:21:15	01:44:05	01:48:06	<b>01:55:06.60</b>	<b>01:56:30.20</b>	+00:44:42 (38.8%)	5:27	11 (61.1%)
658	<b>ZYMELA Dawid</b>	<b>524</b>		M-30	247	00:00:54	00:25:32	00:51:50	01:18:31	01:43:12	01:47:36	<b>01:55:36.50</b>	<b>01:56:31.40</b>	+00:45:12 (39.1%)	5:28	10.9 (60.6%)
659	<b>BALCAREK Grzegorz</b>	<b>1073</b>		M-30	241	00:01:30	00:27:22	00:54:49	01:20:56	01:43:31	01:47:44	<b>01:55:03.05</b>	<b>01:56:33.75</b>	+00:44:38 (38.8%)	5:27	11 (61.1%)
660	<b>BUK Marcin</b>	<b>286</b>		M-20	105	00:01:53	00:27:19	00:54:11	01:20:49	01:43:37	01:47:37	<b>01:54:43.15</b>	<b>01:56:36.30</b>	+00:44:18 (38.6%)	5:26	11 (61.1%)
661	<b>GABOR Katarzyna</b>	<b>1235</b>		K-20	17	00:01:20	00:27:37	00:55:00	01:21:30	01:44:11	01:48:16	<b>01:55:16.65</b>	<b>01:56:37.25</b>	+00:44:52 (38.9%)	5:27	11 (61.1%)
662	<b>WIETRZYCKI Zenon</b>	<b>354</b>	POLSKA	M-50	39	00:00:19	00:25:46	00:51:04	01:17:11	01:44:40	01:49:02	<b>01:56:21.05</b>	<b>01:56:40.70</b>	+00:45:56 (39.5%)	5:30	10.9 (60.6%)
663	<b>SZUMSKI Tomasz</b>	<b>321</b>		M-40	183	00:00:27	00:25:52	00:51:47	01:18:47	01:43:38	01:48:16	<b>01:56:16.85</b>	<b>01:56:44.15</b>	+00:45:52 (39.5%)	5:30	10.9 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
664	<b>KACZOR Rafał</b>	<b>1027</b>	PKO BANK POLSKI	M-40	176	00:01:27	00:26:32	00:53:08	01:19:45	01:43:33	01:47:49	<b>01:55:18.35</b>	<b>01:56:46.25</b>	+00:44:53 (38.9%)	5:27	11 (61.1%)
665	<b>WÓJCIK Bartłomiej</b>	<b>670</b>		M-20	111	00:01:08	00:27:08	00:53:50	01:21:06	01:44:27	01:48:37	<b>01:55:38.80</b>	<b>01:56:47.55</b>	+00:45:14 (39.1%)	5:28	10.9 (60.6%)
666	<b>DZIECIĄTKOWSKI Jarosław</b>	<b>1237</b>	OPEL ACTIVE TEAM	M-30	250	00:00:42	00:24:48	00:51:42	01:19:01		01:48:16	<b>01:56:06.55</b>	<b>01:56:48.90</b>	+00:45:42 (39.4%)	5:30	10.9 (60.6%)
667	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>1239</b>	PYSKOWICE	K-30	42	00:00:42	00:24:34	00:49:28	01:16:09	01:43:36	01:48:16	<b>01:56:06.95</b>	<b>01:56:49.15</b>	+00:45:42 (39.4%)	5:30	10.9 (60.6%)
668	<b>ŻOŁNOWSKA Anna</b>	<b>427</b>		K-30	41	00:01:23	00:25:00	00:51:01	01:17:53	01:42:58	01:47:36	<b>01:55:27.65</b>	<b>01:56:51.40</b>	+00:45:03 (39.0%)	5:28	11 (61.1%)
669	<b>KĘPSKI Albert</b>	<b>784</b>		M-20	110	00:01:21	00:28:04	00:56:07	01:21:54	01:44:45	01:48:44	<b>01:55:30.75</b>	<b>01:56:52.00</b>	+00:45:06 (39.0%)	5:28	11 (61.1%)
670	<b>RATAJCZAK Krystian</b>	<b>1042</b>		M-20	112	00:01:08	00:27:08	00:53:51	01:21:05		01:48:29	<b>01:55:43.10</b>	<b>01:56:52.05</b>	+00:45:18 (39.2%)	5:29	10.9 (60.6%)
671	<b>LEWANDOWSKI Henryk</b>	<b>733</b>		M-40	182	00:01:03	00:25:23	00:51:03	01:17:34	01:43:07	01:47:49	<b>01:55:54.80</b>	<b>01:56:58.05</b>	+00:45:30 (39.3%)	5:29	10.9 (60.6%)
672	<b>DUDA Piotr</b>	<b>1162</b>		M-30	251	00:00:36	00:24:42	00:49:26	01:15:02	01:41:35	01:47:04	<b>01:56:24.10</b>	<b>01:57:00.35</b>	+00:45:59 (39.5%)	5:30	10.9 (60.6%)
673	<b>GIERAS Mirosław</b>	<b>469</b>		M-40	184	00:00:33	00:25:29	00:51:22	01:19:30	01:44:43	01:49:07	<b>01:56:27.45</b>	<b>01:57:00.80</b>	+00:46:03 (39.5%)	5:31	10.9 (60.6%)
674	<b>MILIK Dagmara</b>	<b>986</b>		K-20	19	00:00:50	00:26:20	00:52:59	01:20:06	01:44:26	01:48:42	<b>01:56:13.45</b>	<b>01:57:04.05</b>	+00:45:49 (39.4%)	5:30	10.9 (60.6%)
675	<b>HAHN Piotr</b>	<b>532</b>	NORRUN TEAM	M-30	254	00:00:34	00:27:19	00:54:20	01:21:08	01:44:50	01:49:11	<b>01:56:29.65</b>	<b>01:57:04.55</b>	+00:46:05 (39.6%)	5:31	10.9 (60.6%)
676	<b>BABIŃSKI Szymon</b>	<b>263</b>		M-30	252	00:00:44	00:26:08	00:52:47	01:20:01	01:44:20	01:48:49	<b>01:56:26.40</b>	<b>01:57:10.75</b>	+00:46:01 (39.5%)	5:31	10.9 (60.6%)
677	<b>BZOWSKA Aleksandra</b>	<b>86</b>	NIGHT RUNNERS GLIWICE	K-30	43	00:00:44	00:26:08	00:52:47	01:20:02	01:44:23	01:48:51	<b>01:56:26.65</b>	<b>01:57:10.90</b>	+00:46:02 (39.5%)	5:31	10.9 (60.6%)
678	<b>OLESIŃSKA Joanna</b>	<b>372</b>		K-40	16	00:00:28	00:26:41	00:54:06	01:21:28	01:44:56	01:49:13	<b>01:56:43.85</b>	<b>01:57:12.75</b>	+00:46:19 (39.7%)	5:31	10.8 (60.0%)
679	<b>ZEMŁA Piotr</b>	<b>195</b>		M-40	185	00:00:42	00:26:25	00:53:40	01:20:46	01:44:33	01:48:51	<b>01:56:30.85</b>	<b>01:57:13.55</b>	+00:46:06 (39.6%)	5:31	10.9 (60.6%)
680	<b>MATUSIK-SKALSKA Renata</b>	<b>966</b>		K-40	15	00:01:00	00:27:01	00:53:39	01:20:50	01:44:27	01:48:46	<b>01:56:13.40</b>	<b>01:57:14.15</b>	+00:45:48 (39.4%)	5:30	10.9 (60.6%)
681	<b>ZELMANOWICZ Jacek</b>	<b>1272</b>		M-40	187	00:00:24	00:25:24	00:51:51	01:19:29	01:45:15	01:49:39	<b>01:56:52.00</b>	<b>01:57:16.15</b>	+00:46:27 (39.8%)	5:32	10.8 (60.0%)
682	<b>WIERZBICA Adrian</b>	<b>403</b>		M-30	257	00:00:33	00:27:34	00:54:56	01:21:56	01:45:08	01:49:27	<b>01:56:44.85</b>	<b>01:57:18.30</b>	+00:46:20 (39.7%)	5:31	10.8 (60.0%)
683	<b>GADAWSKI Bartłomiej</b>	<b>242</b>	SBRT GLIWICE	M-16	6	00:00:45	00:26:09	00:53:12	01:20:38	01:44:46	01:49:10	<b>01:56:33.00</b>	<b>01:57:18.95</b>	+00:46:08 (39.6%)	5:31	10.9 (60.6%)
684	<b>SZOŁTYSEK - GRZESIKIEWICZ Anna</b>	<b>425</b>	TORCIDA GLIWICE	K-30	45	00:00:30	00:27:46	00:55:33	01:23:06	01:46:17	01:50:25	<b>01:56:48.50</b>	<b>01:57:19.35</b>	+00:46:24 (39.7%)	5:32	10.8 (60.0%)
685	<b>KOZMINCZUK-MARKULAK Agnieszka</b>	<b>1101</b>		K-30	46	00:00:32	00:25:06	00:50:57	01:18:52	01:44:26	01:49:15	<b>01:56:50.85</b>	<b>01:57:23.25</b>	+00:46:26 (39.7%)	5:32	10.8 (60.0%)
686	<b>HOMA Dorota</b>	<b>551</b>		K-20	18	00:01:36	00:26:25	00:53:13	01:20:03	01:43:50	01:48:09	<b>01:55:47.80</b>	<b>01:57:24.50</b>	+00:45:23 (39.2%)	5:29	10.9 (60.6%)
687	<b>KROPKA Szymon</b>	<b>140</b>	NIGHT RUNNERS GLIWICE	M-30	260	00:00:28	00:26:40	00:54:08	01:21:18	01:45:37	01:49:56	<b>01:56:57.70</b>	<b>01:57:26.55</b>	+00:46:33 (39.8%)	5:32	10.8 (60.0%)
688	<b>KOWALCZYK Józef</b>	<b>1045</b>		M-40	180	00:01:43	00:27:19	00:54:20	01:21:46	01:44:27	01:48:33	<b>01:55:44.35</b>	<b>01:57:27.65</b>	+00:45:19 (39.2%)	5:29	10.9 (60.6%)
689	<b>SKRABA Krzysztof</b>	<b>1077</b>	AMATOR SZCZYGLOWICE	M-30	255	00:00:59	00:28:49	00:56:28	01:22:39	01:45:48	01:49:56	<b>01:56:29.75</b>	<b>01:57:28.80</b>	+00:46:05 (39.6%)	5:31	10.9 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
690	<b>RYMASZEWSKI Wojciech</b>	<b>20</b>		M-30	256	00:00:55	00:26:04	00:51:48	01:17:35	01:43:26	01:49:16	<b>01:56:38.90</b>	<b>01:57:34.10</b>	+00:46:14 (39.6%)	5:31	10.9 (60.6%)
691	<b>KWIATKOWSKI Krzysztof</b>	<b>1087</b>		M-30	261	00:00:35	00:24:57	00:51:26	01:19:11	01:44:45	01:49:23	<b>01:56:59.25</b>	<b>01:57:34.55</b>	+00:46:34 (39.8%)	5:32	10.8 (60.0%)
692	<b>GRONDECKI Grzegorz</b>	<b>302</b>	BIEGAMY Z SERCEM.PL	M-40	188	00:00:18	00:25:06	00:50:55	01:17:28	01:45:01	01:49:31	<b>01:57:19.30</b>	<b>01:57:37.35</b>	+00:46:54 (40.0%)	5:33	10.8 (60.0%)
693	<b>KUŚKA Paweł</b>	<b>346</b>		M-30	258	00:00:45	00:26:03	00:52:55	01:20:12	01:44:54	01:49:26	<b>01:56:53.05</b>	<b>01:57:38.90</b>	+00:46:28 (39.8%)	5:32	10.8 (60.0%)
694	<b>ŁĄTKOWSKI Marcin</b>	<b>1205</b>	SBRT GLIWICE	M-20	113	00:01:26	00:26:53	00:53:36	01:20:19	01:44:27	01:48:51	<b>01:56:13.90</b>	<b>01:57:39.95</b>	+00:45:49 (39.4%)	5:30	10.9 (60.6%)
695	<b>LAMPA Alicja</b>	<b>84</b>	NIGHT RUNNERS GLIWICE	K-20	20	00:00:26	00:26:20	00:53:56	01:21:46	01:45:58	01:50:10	<b>01:57:16.10</b>	<b>01:57:42.20</b>	+00:46:51 (40.0%)	5:33	10.8 (60.0%)
696	<b>WÓJCIK Tomasz</b>	<b>22</b>		M-30	253	00:01:16	00:26:37	00:53:17	01:19:47	01:44:05	01:48:29	<b>01:56:29.50</b>	<b>01:57:46.20</b>	+00:46:05 (39.6%)	5:31	10.9 (60.6%)
697	<b>SZCZĘŚNIAK Krzysztof</b>	<b>1264</b>		M-20	114	00:01:08	00:26:35	00:53:19	01:20:22	01:44:44	01:49:19	<b>01:56:50.40</b>	<b>01:57:58.65</b>	+00:46:25 (39.7%)	5:32	10.8 (60.0%)
698	<b>KOPCIK Tomasz</b>	<b>982</b>	COMBAT56	M-30	265	00:00:34	00:25:47	00:52:01	01:20:17	01:45:36	01:49:58	<b>01:57:27.90</b>	<b>01:58:02.55</b>	+00:47:03 (40.1%)	5:34	10.8 (60.0%)
699	<b>KUCZMA Joanna</b>	<b>162</b>		K-40	18	00:00:42	00:27:38	00:55:23	01:22:16	01:45:49	01:49:59	<b>01:57:21.10</b>	<b>01:58:03.55</b>	+00:46:56 (40.0%)	5:33	10.8 (60.0%)
700	<b>MALSKA - WYROZUMSKA Małgorzata</b>	<b>984</b>	NIGHT RUNNERS GLIWICE	K-30	49	00:00:19	00:25:51	00:52:29	01:20:54	01:45:40	01:49:59	<b>01:57:45.70</b>	<b>01:58:04.80</b>	+00:47:21 (40.2%)	5:34	10.8 (60.0%)
701	<b>HORDZIEJEWICZ-KARASIŃSKA Ewa</b>	<b>816</b>	PURE FIRE BYTOM	K-40	17	00:00:57	00:27:37	00:54:45	01:21:48	01:45:37	01:49:56	<b>01:57:07.80</b>	<b>01:58:05.15</b>	+00:46:43 (39.9%)	5:33	10.8 (60.0%)
702	<b>MICHAŁSKI Bartosz</b>	<b>85</b>		M-40	186	00:01:14	00:27:21	00:54:28	01:21:31	01:45:20	01:49:40	<b>01:56:50.60</b>	<b>01:58:05.55</b>	+00:46:26 (39.7%)	5:32	10.8 (60.0%)
703	<b>BŁASZCZYSZYN Łukasz</b>	<b>135</b>	HEAVY METAL ALL-STAR TEAM	M-30	262	00:00:58	00:26:58	00:54:08	01:21:04	01:45:17	01:49:48	<b>01:57:10.10</b>	<b>01:58:08.85</b>	+00:46:45 (39.9%)	5:33	10.8 (60.0%)
704	<b>CHUDZIŃSKI Tomasz</b>	<b>835</b>		M-40	190	00:00:15	00:23:54	00:49:27	01:16:50	01:46:03	01:50:27	<b>01:57:55.90</b>	<b>01:58:11.50</b>	+00:47:31 (40.3%)	5:35	10.7 (59.4%)
705	<b>KOCIELSKA Anna</b>	<b>810</b>	AKMB PĘDZIWIATR GLIWICE	K-20	21	00:00:28	00:26:12	00:53:24	01:20:56	01:45:36	01:49:56	<b>01:57:46.45</b>	<b>01:58:15.00</b>	+00:47:22 (40.2%)	5:34	10.7 (59.4%)
706	<b>SKRZYPCZAK Tomasz</b>	<b>288</b>	KFPR	M-30	259	00:01:19	00:27:42	00:55:04	01:22:16	01:45:54	01:50:00	<b>01:56:56.85</b>	<b>01:58:16.05</b>	+00:46:32 (39.8%)	5:32	10.8 (60.0%)
707	<b>SZULC Michał</b>	<b>1021</b>	4M	M-40	189	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:35	<b>01:57:31.25</b>	<b>01:58:20.50</b>	+00:47:06 (40.1%)	5:34	10.8 (60.0%)
708	<b>BDZIONEK Jolanta</b>	<b>958</b>		K-30	44	00:01:36	00:27:29	00:54:37	01:21:47	01:45:22	01:49:36	<b>01:56:46.00</b>	<b>01:58:22.95</b>	+00:46:21 (39.7%)	5:32	10.8 (60.0%)
709	<b>KOLASIŃSKA Monika</b>	<b>292</b>		K-20	23	00:00:11	00:26:55	00:55:06	01:22:09	01:46:47	01:51:14	<b>01:58:12.30</b>	<b>01:58:24.15</b>	+00:47:47 (40.4%)	5:36	10.7 (59.4%)
710	<b>KUZIOR Karol</b>	<b>1256</b>		M-20	115	00:01:33	00:24:29	00:53:11	01:20:56	01:45:31	01:49:44	<b>01:56:52.30</b>	<b>01:58:25.95</b>	+00:46:27 (39.8%)	5:32	10.8 (60.0%)
711	<b>PŁOTEK Tomasz</b>	<b>561</b>		M-30	268	00:00:32	00:25:44	00:52:11	01:19:44	01:45:37	01:50:06	<b>01:57:56.95</b>	<b>01:58:29.90</b>	+00:47:32 (40.3%)	5:35	10.7 (59.4%)
712	<b>TKOCZ Rafał</b>	<b>323</b>		M-30	263	00:01:09	00:27:22	00:54:37	01:21:58	01:46:03	01:50:14	<b>01:57:21.75</b>	<b>01:58:31.70</b>	+00:46:57 (40.0%)	5:33	10.8 (60.0%)
713	<b>BIOLIK Piotr</b>	<b>413</b>	--	M-40	193	00:00:21	00:24:21	00:50:29	01:18:58	01:45:24	01:50:02	<b>01:58:15.00</b>	<b>01:58:36.80</b>	+00:47:50 (40.5%)	5:36	10.7 (59.4%)
714	<b>LIPKA Katarzyna</b>	<b>1017</b>	NIGHT RUNNERS GLIWICE	K-20	22	00:00:37	00:27:38	00:55:14	01:22:07	01:46:19	01:50:44	<b>01:57:59.50</b>	<b>01:58:37.35</b>	+00:47:35 (40.3%)	5:35	10.7 (59.4%)
715	<b>WOLANIN Maciej</b>	<b>645</b>		M-20	120	00:00:38	00:27:37	00:55:12	01:22:05	01:46:16	01:50:42	<b>01:57:59.35</b>	<b>01:58:37.45</b>	+00:47:34 (40.3%)	5:35	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
716	<b>SZWAJKOSZ Szczepan</b>	<b>275</b>	NIGHT RUNNERS GLIWICE	M-20	121	00:00:26	00:25:36	00:51:19	01:16:52	01:43:12	01:48:30	<b>01:58:11.35</b>	<b>01:58:38.15</b>	+00:47:46 (40.4%)	5:36	10.7 (59.4%)
717	<b>KOSTRZAK Czesław</b>	<b>489</b>	KB ENDURANCE SOLIDARNI KNURÓW	M-50	41	00:01:02	00:26:45	00:55:00	01:23:15	01:46:55	01:51:06	<b>01:57:36.70</b>	<b>01:58:39.05</b>	+00:47:12 (40.1%)	5:34	10.8 (60.0%)
718	<b>TATERKA Michał</b>	<b>764</b>		M-20	116	00:01:37	00:28:14	00:54:10	01:20:48	01:45:42	01:50:06	<b>01:57:02.75</b>	<b>01:58:40.25</b>	+00:46:38 (39.8%)	5:32	10.8 (60.0%)
719	<b>JARECKI Ryszard</b>	<b>1180</b>		M-50	42	00:00:46	00:27:29	00:55:15	01:22:49	01:46:23	01:50:31	<b>01:57:55.05</b>	<b>01:58:41.20</b>	+00:47:30 (40.3%)	5:35	10.7 (59.4%)
720	<b>GAŁĘCZKA Michał</b>	<b>548</b>		M-20	119	00:01:06	00:28:43	00:56:30	01:23:06	01:46:12	01:50:27	<b>01:57:35.20</b>	<b>01:58:41.95</b>	+00:47:10 (40.1%)	5:34	10.8 (60.0%)
721	<b>KULIK Katarzyna</b>	<b>462</b>	NIGHT RUNNERS GLIWICE	K-30	50	00:00:19	00:26:47	00:54:18	01:21:32	01:46:24	01:50:48	<b>01:58:25.95</b>	<b>01:58:45.50</b>	+00:48:01 (40.6%)	5:36	10.7 (59.4%)
722	<b>ZACHARA Michał</b>	<b>1051</b>		M-20	118	00:01:31	00:26:15	00:54:03	01:21:05	01:44:58	01:49:14	<b>01:57:15.75</b>	<b>01:58:46.90</b>	+00:46:51 (40.0%)	5:33	10.8 (60.0%)
723	<b>KOZDRA Krzysztof</b>	<b>579</b>	NIEZRZESZONY	M-50	40	00:01:38	00:27:25	00:54:39	01:21:28	01:45:31	01:49:46	<b>01:57:09.85</b>	<b>01:58:48.45</b>	+00:46:45 (39.9%)	5:33	10.8 (60.0%)
724	<b>JAGOSZ Patryk</b>	<b>519</b>	PATRYK JAGOSZ	M-30	267	00:00:54	00:26:24	00:53:44	01:20:28	01:45:09	01:49:45	<b>01:57:55.55</b>	<b>01:58:50.15</b>	+00:47:31 (40.3%)	5:35	10.7 (59.4%)
725	<b>URBANEK Marcin</b>	<b>595</b>	ISTA BIEGAMY	M-30	272	00:00:46	00:26:21	00:53:29	01:20:23	01:45:12	01:49:50	<b>01:58:05.95</b>	<b>01:58:52.70</b>	+00:47:41 (40.4%)	5:35	10.7 (59.4%)
726	<b>LUDWIG Marcin</b>	<b>518</b>		M-30	271	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:36	<b>01:58:05.30</b>	<b>01:58:54.50</b>	+00:47:40 (40.4%)	5:35	10.7 (59.4%)
727	<b>FUGOWSKI Grzegorz</b>	<b>283</b>		M-30	264	00:01:33	00:25:47	00:53:00	01:20:45	01:45:18	01:49:32	<b>01:57:22.85</b>	<b>01:58:56.80</b>	+00:46:58 (40.0%)	5:33	10.8 (60.0%)
728	<b>JĘDRYCHA Zbigniew</b>	<b>709</b>		M-60	6	00:00:38	00:27:39	00:55:24	01:22:59	01:46:56	01:51:10	<b>01:58:19.45</b>	<b>01:58:58.40</b>	+00:47:55 (40.5%)	5:36	10.7 (59.4%)
729	<b>SMOTER Wojciech</b>	<b>35</b>		M-30	266	00:01:27	00:25:00	00:50:23	01:16:45	01:43:59	01:48:57	<b>01:57:30.70</b>	<b>01:58:58.45</b>	+00:47:06 (40.1%)	5:34	10.8 (60.0%)
730	<b>KRUSZYŃSKI Marcin</b>	<b>301</b>	STADO PĘDZĄCYCH IMADEŁ	M-40	192	00:00:46	00:26:07	00:51:58	01:18:59	01:45:13	01:50:09	<b>01:58:12.50</b>	<b>01:58:59.05</b>	+00:47:48 (40.4%)	5:36	10.7 (59.4%)
731	<b>IGNASIAK Rafał</b>	<b>378</b>	XXX	M-30	274	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23	<b>01:58:31.80</b>	<b>01:58:59.55</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
732	<b>MRÓZEK Przemysław</b>	<b>379</b>	KB ŚPIOCHY OPATÓW	M-30	275	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23	<b>01:58:31.95</b>	<b>01:58:59.65</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
732	<b>KOWALSKI Zbyszek</b>	<b>913</b>	MARYSIA & SZYMEK TEAM	M-30	270	00:00:56	00:27:21	00:55:05	01:22:39	01:46:30	01:50:41	<b>01:58:03.40</b>	<b>01:58:59.65</b>	+00:47:38 (40.4%)	5:35	10.7 (59.4%)
734	<b>JĘDRYCHA Artur</b>	<b>708</b>		M-40	195	00:00:38	00:27:39	00:55:24	01:22:59	01:46:55	01:51:10	<b>01:58:21.50</b>	<b>01:58:59.85</b>	+00:47:57 (40.5%)	5:36	10.7 (59.4%)
735	<b>ŁUKASZKIEWICZ Michał</b>	<b>530</b>		M-30	273	00:00:35	00:25:37	00:51:25	01:18:28	01:45:53	01:50:21	<b>01:58:25.35</b>	<b>01:59:01.25</b>	+00:48:00 (40.5%)	5:36	10.7 (59.4%)
736	<b>ŚNIEGOWSKA Julia</b>	<b>1102</b>		K-20	24	00:00:26	00:26:49	00:54:17	01:22:07	01:46:50	01:51:16	<b>01:58:40.00</b>	<b>01:59:06.80</b>	+00:48:15 (40.7%)	5:37	10.7 (59.4%)
737	<b>PRACKA Danuta</b>	<b>377</b>		K-30	47	00:01:33	00:27:02	00:54:27	01:22:04		01:50:25	<b>01:57:34.35</b>	<b>01:59:08.00</b>	+00:47:09 (40.1%)	5:34	10.8 (60.0%)
738	<b>ŻUCHOWSKA Aneta</b>	<b>834</b>		K-40	19	00:01:34	00:29:02	00:57:28	01:24:22	01:46:47	01:50:42	<b>01:57:36.20</b>	<b>01:59:10.60</b>	+00:47:11 (40.1%)	5:34	10.8 (60.0%)
739	<b>BARAŃSKI Grzegorz</b>	<b>111</b>		M-30	269	00:01:12	00:27:29	00:54:53	01:22:11	01:46:04	01:50:25	<b>01:58:01.95</b>	<b>01:59:14.25</b>	+00:47:37 (40.3%)	5:35	10.7 (59.4%)
740	<b>CHROBAK Ania</b>	<b>767</b>	OPEL ACTIVE TEAM	K-30	48	00:01:30	00:26:47	00:53:23	01:20:23	01:45:09	01:49:42	<b>01:57:45.45</b>	<b>01:59:16.15</b>	+00:47:21 (40.2%)	5:34	10.8 (60.0%)
741	<b>PŁOMIN Marcin</b>	<b>1206</b>	SBRT GLIWICE	M-30	276	00:00:39	00:27:41	00:55:26	01:23:00	01:47:12	01:51:25	<b>01:58:39.50</b>	<b>01:59:19.00</b>	+00:48:15 (40.7%)	5:37	10.7 (59.4%)
742	<b>GONERA Paweł</b>	<b>676</b>		M-40	197	00:00:47	00:25:59	00:53:27	01:21:34	01:46:28	01:51:08	<b>01:58:31.80</b>	<b>01:59:19.35</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
743	<b>GRUSZKA Michał</b>	<b>371</b>		M-40	191	00:01:26	00:27:37	00:55:44	01:23:44	01:47:14	01:51:22	<b>01:57:56.25</b>	<b>01:59:23.20</b>	+00:47:31 (40.3%)	5:35	10.7 (59.4%)
744	<b>SZMIDT Marcin</b>	<b>1216</b>	SBRT GLIWICE	M-20	117	00:02:19	00:26:08	00:51:34	01:17:56	01:44:27	01:48:58	<b>01:57:04.45</b>	<b>01:59:23.95</b>	+00:46:40 (39.9%)	5:32	10.8 (60.0%)
745	<b>WILIMSKI Tomasz</b>	<b>101</b>	SBRT GLIWICE	M-40	200	00:00:34	00:27:41	00:55:28	01:23:01	01:47:14	01:51:50	<b>01:58:49.70</b>	<b>01:59:24.30</b>	+00:48:25 (40.7%)	5:37	10.7 (59.4%)
746	<b>ADAMCZYK Marcin</b>	<b>364</b>		M-20	123	00:00:32	00:24:04	00:50:45	01:19:18	01:46:49	01:51:09	<b>01:58:52.65</b>	<b>01:59:24.70</b>	+00:48:28 (40.8%)	5:38	10.7 (59.4%)
747	<b>WYPCHOŁ Piotr</b>	<b>254</b>		M-50	43	00:01:11	00:27:58	00:54:55	01:22:28	01:46:39	01:50:59	<b>01:58:14.60</b>	<b>01:59:26.40</b>	+00:47:50 (40.5%)	5:36	10.7 (59.4%)
748	<b>HRYSZKIEWICZ Janusz</b>	<b>467</b>	UNISONO/AKMB PĘDZIWIATR GLIWICE	M-40	194	00:01:10	00:28:19	00:55:14	01:22:27	01:46:40	01:50:58	<b>01:58:15.55</b>	<b>01:59:26.50</b>	+00:47:51 (40.5%)	5:36	10.7 (59.4%)
749	<b>RENKIEL Tomasz</b>	<b>55</b>	NIGHT RUNNERS GLIWICE	M-40	196	00:01:00	00:28:03	00:55:53	01:23:50	01:47:25	01:51:35	<b>01:58:31.75</b>	<b>01:59:31.85</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
750	<b>MACIASZEK Grzegorz</b>	<b>414</b>		M-20	125	00:00:17	00:27:58	00:55:52	01:22:53	01:46:58	01:51:31	<b>01:59:16.05</b>	<b>01:59:33.05</b>	+00:48:51 (41.0%)	5:39	10.6 (58.9%)
751	<b>KOWALCZYK Anna</b>	<b>814</b>	HIRSCHVOGEL COMPONENTS POLAND	K-40	22	00:00:53	00:27:44	00:55:34	01:22:50	01:46:59	01:51:18	<b>01:58:40.85</b>	<b>01:59:34.45</b>	+00:48:16 (40.7%)	5:37	10.7 (59.4%)
752	<b>RADECKA Paulina</b>	<b>167</b>		K-20	25	00:00:43	00:27:54	00:55:21	01:22:44	01:46:51	01:51:14	<b>01:58:51.10</b>	<b>01:59:34.65</b>	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
753	<b>PYZIK Marek</b>	<b>96</b>	OPEL ACTIVE TEAM	M-50	45	00:00:28	00:26:25	00:53:30	01:21:52	01:46:54	01:51:21	<b>01:59:05.90</b>	<b>01:59:34.75</b>	+00:48:41 (40.9%)	5:38	10.6 (58.9%)
754	<b>PAWEŁKÓW Alicja</b>	<b>168</b>		K-20	26	00:00:43	00:27:54	00:55:21	01:22:45	01:46:52	01:51:15	<b>01:58:51.30</b>	<b>01:59:34.85</b>	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
755	<b>POPIEL Artur</b>	<b>21</b>		M-40	199	00:01:08	00:27:56	00:55:15	01:23:09	01:47:38	01:51:59	<b>01:58:32.35</b>	<b>01:59:40.95</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
756	<b>UJMA Michał</b>	<b>962</b>		M-30	278	00:00:51	00:28:44	00:55:06	01:22:51	01:46:48	01:51:13	<b>01:58:51.05</b>	<b>01:59:42.90</b>	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
757	<b>KUBIT Bartłomiej</b>	<b>1304</b>		M-30	277	00:00:55	00:28:41	00:55:02		01:46:54	01:51:10	<b>01:58:47.90</b>	<b>01:59:43.20</b>	+00:48:23 (40.7%)	5:37	10.7 (59.4%)
758	<b>URBANKE Bartosz</b>	<b>1305</b>		M-20	122	00:01:07	00:28:29	00:54:52	01:22:35	01:46:43	01:50:58	<b>01:58:36.90</b>	<b>01:59:44.30</b>	+00:48:12 (40.6%)	5:37	10.7 (59.4%)
759	<b>SZPALA Ireneusz</b>	<b>897</b>	WKU GLIWICE	M-50	44	00:01:09	00:27:14	00:55:16	01:23:31	01:47:24	01:51:30	<b>01:58:35.05</b>	<b>01:59:44.80</b>	+00:48:10 (40.6%)	5:37	10.7 (59.4%)
760	<b>BIAŁY Dagmara</b>	<b>996</b>		K-40	20	00:01:46	00:27:25	00:54:39	01:22:12	01:45:56	01:50:15	<b>01:57:58.35</b>	<b>01:59:44.90</b>	+00:47:33 (40.3%)	5:35	10.7 (59.4%)
761	<b>BIAŁECKI Jan</b>	<b>916</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-60	7	00:01:09	00:26:35	00:53:16	01:21:15	01:46:23	01:50:58	<b>01:58:36.85</b>	<b>01:59:45.95</b>	+00:48:12 (40.6%)	5:37	10.7 (59.4%)
762	<b>KRZYSZKOWSKA Agnieszka</b>	<b>1211</b>	SBRT GLIWICE	K-30	54	00:00:31	00:26:21	00:53:52	01:21:47	01:47:11	01:51:40	<b>01:59:17.15</b>	<b>01:59:48.65</b>	+00:48:52 (41.0%)	5:39	10.6 (58.9%)
763	<b>PILCH-NANOWSKA Agnieszka</b>	<b>587</b>		K-30	51	00:01:17	00:27:48	00:55:06	01:23:05	01:46:41	01:51:01	<b>01:58:33.85</b>	<b>01:59:51.40</b>	+00:48:09 (40.6%)	5:37	10.7 (59.4%)
764	<b>HONISZ Andrzej</b>	<b>1179</b>		M-30	280	00:00:52	00:27:24	00:55:10	01:22:44	01:46:56	01:51:33	<b>01:59:00.05</b>	<b>01:59:52.75</b>	+00:48:35 (40.8%)	5:38	10.6 (58.9%)
765	<b>PAWLIK Agnieszka</b>	<b>193</b>	ATHLETICS NYSA	K-40	21	00:01:23	00:26:49	00:54:09	01:21:51	01:46:32	01:50:53	<b>01:58:31.55</b>	<b>01:59:54.80</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)
766	<b>TARTANUS-ORYSZCZAK Marta</b>	<b>239</b>		K-30	52	00:01:21	00:27:12	00:54:25	01:21:42	01:46:23	01:50:50	<b>01:58:34.45</b>	<b>01:59:56.05</b>	+00:48:10 (40.6%)	5:37	10.7 (59.4%)
767	<b>SZYLER Kamil</b>	<b>660</b>		M-20	124	00:00:45	00:27:30	00:55:16	01:22:53	01:47:04	01:51:39	<b>01:59:12.00</b>	<b>01:59:57.20</b>	+00:48:47 (40.9%)	5:38	10.6 (58.9%)
768	<b>UCHNAST Sebastian</b>	<b>990</b>		M-40	198	00:01:26	00:27:37	00:55:43	01:23:44	01:47:15	01:51:22	<b>01:58:31.80</b>	<b>01:59:58.75</b>	+00:48:07 (40.6%)	5:37	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
769	<b>PACAN Krzysztof</b>	<b>713</b>		M-30	287	00:00:15	00:25:01	00:51:39	01:19:48	01:46:15	01:51:10	<b>01:59:56.05</b>	<b>02:00:11.35</b>	+00:49:31 (41.3%)	5:41	10.6 (58.9%)
770	<b>ŁUSIAK Mariusz</b>	<b>1135</b>		M-30	283	00:00:45	00:27:33	00:55:21	01:22:55	01:47:10	01:51:41	<b>01:59:32.90</b>	<b>02:00:18.35</b>	+00:49:08 (41.1%)	5:39	10.6 (58.9%)
771	<b>TISZBIEREK Henryk</b>	<b>180</b>	SBRT GLIWICE	M-40	202	00:01:12	00:27:58	00:55:43	01:23:35	01:47:38	01:51:51	<b>01:59:07.85</b>	<b>02:00:19.90</b>	+00:48:43 (40.9%)	5:38	10.6 (58.9%)
772	<b>TYLMAN-MADEJCZYK Marta</b>	<b>1</b>	MTM	K-30	53	00:01:40	00:27:44	00:54:54	01:22:08	01:46:44	01:51:04	<b>01:58:43.60</b>	<b>02:00:24.35</b>	+00:48:19 (40.7%)	5:37	10.7 (59.4%)
773	<b>DĄBROWSKI Marcin</b>	<b>257</b>		M-30	281	00:01:10	00:26:33	00:54:30	01:22:35	01:47:48	01:51:57	<b>01:59:15.65</b>	<b>02:00:26.00</b>	+00:48:51 (41.0%)	5:39	10.6 (58.9%)
774	<b>KAMECKI Maciej</b>	<b>870</b>	GOOD TIME - SPORT	M-30	285	00:00:42	00:25:44	00:52:00	01:20:12	01:46:32	01:51:20	<b>01:59:44.95</b>	<b>02:00:26.95</b>	+00:49:20 (41.2%)	5:40	10.6 (58.9%)
775	<b>BIERNAT Adam</b>	<b>268</b>		M-40	201	00:01:38	00:28:06	00:55:49	01:23:20	01:47:40	01:51:46	<b>01:58:50.85</b>	<b>02:00:29.45</b>	+00:48:26 (40.8%)	5:37	10.7 (59.4%)
776	<b>ROLEK Marcin</b>	<b>73</b>		M-30	279	00:01:39	00:27:27	00:55:06	01:22:17	01:47:15	01:51:33	<b>01:58:54.55</b>	<b>02:00:33.95</b>	+00:48:30 (40.8%)	5:38	10.6 (58.9%)
777	<b>POPIEL Adriana</b>	<b>23</b>		K-30	55	00:01:05	00:27:59	00:55:18	01:23:12	01:47:42	01:52:02	<b>01:59:29.15</b>	<b>02:00:34.30</b>	+00:49:04 (41.1%)	5:39	10.6 (58.9%)
778	<b>STYPA Jerzy</b>	<b>415</b>	STONOGI MILANÓWEK	M-50	46	00:00:55	00:28:39	00:56:54	01:24:33	01:48:15	01:52:29	<b>01:59:40.20</b>	<b>02:00:36.15</b>	+00:49:15 (41.2%)	5:40	10.6 (58.9%)
779	<b>OSIŃSKI Robert</b>	<b>399</b>	NIGHT RUNNERS GLIWICE	M-30	284	00:00:55	00:28:39	00:56:54	01:24:33	01:48:16	01:52:29	<b>01:59:41.05</b>	<b>02:00:36.20</b>	+00:49:16 (41.2%)	5:40	10.6 (58.9%)
780	<b>KOPLIN Kasia</b>	<b>281</b>		K-30	57	00:00:17	00:25:05	00:52:45	01:21:02	01:47:16	01:52:01	<b>02:00:20.05</b>	<b>02:00:37.50</b>	+00:49:55 (41.5%)	5:42	10.5 (58.3%)
781	<b>KAISER-CHROMIK Beata</b>	<b>258</b>		K-40	25	00:00:32	00:28:09	00:56:43	01:24:39	01:48:43	01:52:54	<b>02:00:07.30</b>	<b>02:00:39.90</b>	+00:49:42 (41.4%)	5:41	10.5 (58.3%)
782	<b>PECIAK Kamila</b>	<b>606</b>		K-30	56	00:00:31	00:26:04	00:54:04	01:22:34	01:48:13	01:52:37	<b>02:00:12.10</b>	<b>02:00:43.65</b>	+00:49:47 (41.4%)	5:41	10.5 (58.3%)
783	<b>STANISZEWSKI Krzysiek</b>	<b>637</b>	BIEGAMY Z SERCEM.PL	M-20	126	00:01:20	00:25:06	00:50:15	01:18:24	01:46:16	01:51:06	<b>01:59:24.10</b>	<b>02:00:44.30</b>	+00:48:59 (41.0%)	5:39	10.6 (58.9%)
784	<b>MIŚKÓW Marcin</b>	<b>629</b>	ZARAZIĆ PASJĄ	M-30	282	00:01:20	00:25:05	00:50:15	01:18:24	01:46:16	01:51:05	<b>01:59:24.55</b>	<b>02:00:44.85</b>	+00:49:00 (41.0%)	5:39	10.6 (58.9%)
785	<b>WIŚNIEWSKI Paweł</b>	<b>1169</b>	JW AGAT	M-30	289	00:00:39	00:26:52	00:54:18	01:22:19	01:47:53	01:52:31	<b>02:00:09.40</b>	<b>02:00:48.80</b>	+00:49:44 (41.4%)	5:41	10.5 (58.3%)
786	<b>PADOŁ Zbigniew</b>	<b>141</b>	NIEZRZESZONY	M-50	48	00:00:17	00:27:56	00:56:03	01:23:34	01:48:31	01:53:00	<b>02:00:37.00</b>	<b>02:00:54.35</b>	+00:50:12 (41.6%)	5:42	10.5 (58.3%)
787	<b>PRUSKO Adrian</b>	<b>627</b>		M-40	203	00:00:11	00:25:07	00:52:29	01:20:42	01:47:20	01:52:08	<b>02:00:44.45</b>	<b>02:00:56.20</b>	+00:50:20 (41.7%)	5:43	10.5 (58.3%)
788	<b>BOROWIEC Wojciech</b>	<b>946</b>		M-20	127	00:01:31	00:26:23	00:54:06	01:21:44	01:46:45	01:51:30	<b>01:59:26.75</b>	<b>02:00:58.30</b>	+00:49:02 (41.1%)	5:39	10.6 (58.9%)
789	<b>MELCHER Ewa</b>	<b>950</b>		K-40	23	00:01:34	00:29:02	00:57:28	01:24:44	01:48:02	01:52:13	<b>01:59:26.85</b>	<b>02:01:01.55</b>	+00:49:02 (41.1%)	5:39	10.6 (58.9%)
790	<b>KOŁODZIEJ Paweł</b>	<b>505</b>		M-30	292	00:00:39	00:27:49	00:55:27	01:23:12	01:47:49	01:52:18	<b>02:00:23.70</b>	<b>02:01:02.80</b>	+00:49:59 (41.5%)	5:42	10.5 (58.3%)
791	<b>KANIGOWSKA Kaja</b>	<b>1058</b>		K-20	27	00:01:18	00:27:02	00:54:41	01:22:18	01:47:10	01:52:04	<b>01:59:54.25</b>	<b>02:01:12.35</b>	+00:49:29 (41.3%)	5:40	10.6 (58.9%)
792	<b>KOWALCZYK Bożena</b>	<b>1044</b>		K-40	24	00:01:43	00:27:21	00:54:49	01:22:13	01:47:26	01:51:54	<b>01:59:29.55</b>	<b>02:01:12.60</b>	+00:49:05 (41.1%)	5:39	10.6 (58.9%)
793	<b>MAJEWSKI Grzegorz</b>	<b>108</b>		M-30	288	00:01:19	00:25:19	00:52:53	01:21:02	01:47:26	01:52:13	<b>01:59:56.15</b>	<b>02:01:15.15</b>	+00:49:31 (41.3%)	5:41	10.6 (58.9%)
794	<b>BAK Magdalena</b>	<b>1048</b>		K-20	28	00:01:14	00:28:20	00:56:25	01:24:23	01:48:24	01:52:54	<b>02:00:01.80</b>	<b>02:01:16.45</b>	+00:49:37 (41.3%)	5:41	10.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
795	<b>TOCZYDŁOWSKI Łukasz</b>	<b>1095</b>	HALEMBA	M-30	290	00:01:07	00:28:35	00:56:32	01:24:20		01:53:40	<b>02:00:18.70</b>	<b>02:01:26.65</b>	+00:49:54 (41.5%)	5:42	10.5 (58.3%)
796	<b>GRYGIEREK Marcin</b>	<b>420</b>		M-20	129	00:00:34	00:26:14	00:53:38	01:21:57	01:47:49	01:52:37	<b>02:00:53.35</b>	<b>02:01:27.50</b>	+00:50:28 (41.8%)	5:43	10.5 (58.3%)
797	<b>KOŚNIEWSKI Paweł</b>	<b>245</b>		M-30	293	00:00:48	00:27:36	00:55:16	01:22:52	01:47:57	01:52:34	<b>02:00:41.90</b>	<b>02:01:30.55</b>	+00:50:17 (41.7%)	5:43	10.5 (58.3%)
798	<b>FEREFCKI Paweł</b>	<b>604</b>		M-30	291	00:01:15	00:25:40	00:53:16	01:21:55	01:47:47	01:52:17	<b>02:00:19.75</b>	<b>02:01:35.20</b>	+00:49:55 (41.5%)	5:42	10.5 (58.3%)
799	<b>MAĆZKO Jan</b>	<b>914</b>		M-50	47	00:01:04	00:27:57	00:56:22	01:24:32	01:48:53	01:53:11	<b>02:00:31.90</b>	<b>02:01:36.70</b>	+00:50:07 (41.6%)	5:42	10.5 (58.3%)
800	<b>NIEGOWSKA Anna</b>	<b>94</b>	ZSO10 GLIWICE	K-50	1	00:01:27	00:27:45	00:55:20	01:23:08	01:47:48	01:52:17	<b>02:00:09.90</b>	<b>02:01:37.65</b>	+00:49:45 (41.4%)	5:41	10.5 (58.3%)
801	<b>LERCH Dagmara</b>	<b>1126</b>		K-40	26	00:00:40	00:27:36	00:55:26	01:23:24	01:48:36	01:53:19	<b>02:00:59.60</b>	<b>02:01:40.15</b>	+00:50:35 (41.8%)	5:44	10.5 (58.3%)
802	<b>CZAJKA Aleksander</b>	<b>1124</b>		M-40	205	00:00:40	00:27:36	00:55:26	01:23:24	01:48:37	01:53:19	<b>02:01:00.30</b>	<b>02:01:40.30</b>	+00:50:35 (41.8%)	5:44	10.5 (58.3%)
803	<b>KLEKOWSKI Włodzimierz</b>	<b>1028</b>	NIGHT RUNNERS ZABRZE	M-50	49	00:00:49	00:27:16	00:54:52	01:22:47	01:48:08	01:52:44	<b>02:00:53.65</b>	<b>02:01:42.65</b>	+00:50:29 (41.8%)	5:43	10.5 (58.3%)
804	<b>STAROŃ Sylwester</b>	<b>470</b>		M-40	204	00:01:04	00:27:31	00:55:35	01:24:01	01:48:52	01:53:13	<b>02:00:44.65</b>	<b>02:01:48.90</b>	+00:50:20 (41.7%)	5:43	10.5 (58.3%)
805	<b>KRZOS Piotr</b>	<b>74</b>		M-30	286	00:01:57	00:29:08	00:57:45	01:25:17	01:48:34		<b>01:59:52.65</b>	<b>02:01:50.00</b>	+00:49:28 (41.3%)	5:40	10.6 (58.9%)
806	<b>WIECZOREK Jarosław</b>	<b>2</b>		M-30	295	00:00:54	00:29:07	00:57:05	01:25:09	01:49:16	01:53:24	<b>02:00:56.85</b>	<b>02:01:51.10</b>	+00:50:32 (41.8%)	5:43	10.5 (58.3%)
807	<b>ROZCIECHA Radosław</b>	<b>1069</b>		M-20	128	00:01:15	00:27:00	00:54:41	01:22:21	01:48:34	01:53:16	<b>02:00:38.70</b>	<b>02:01:54.45</b>	+00:50:14 (41.6%)	5:43	10.5 (58.3%)
808	<b>ŁAGOSZ Kasia</b>	<b>1509</b>	CA AKTYWNI / BROKER	K-30	60	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	<b>02:01:25.30</b>	<b>02:01:56.25</b>	+00:51:00 (42.0%)	5:45	10.4 (57.8%)
809	<b>GÓRNY Magdalena</b>	<b>1511</b>	CA AKTYWNI	K-30	61	00:00:30	00:27:44	00:55:31	01:23:05	01:47:17	01:51:55	<b>02:01:25.75</b>	<b>02:01:56.50</b>	+00:51:01 (42.0%)	5:45	10.4 (57.8%)
810	<b>KRAJEWSKI Radosław</b>	<b>486</b>		M-30	297	00:00:41	00:26:05	00:53:18	01:20:38	01:47:12	01:52:27	<b>02:01:23.00</b>	<b>02:02:04.95</b>	+00:50:58 (42.0%)	5:45	10.4 (57.8%)
811	<b>MULARCZYK Agnieszka</b>	<b>888</b>		K-30	59	00:00:51	00:27:27	00:55:30	01:24:45	01:50:00	01:54:18	<b>02:01:16.70</b>	<b>02:02:07.75</b>	+00:50:52 (41.9%)	5:44	10.4 (57.8%)
812	<b>BOROWICZ Roksana</b>	<b>776</b>	NIGHT RUNNERS GLIWICE	K-20	29	00:00:30	00:27:59	00:56:30	01:25:10	01:50:18	01:54:34	<b>02:01:42.20</b>	<b>02:02:12.75</b>	+00:51:17 (42.1%)	5:46	10.4 (57.8%)
813	<b>CEGIELSKA Dorota</b>	<b>977</b>		K-30	63	00:00:42	00:27:44	00:55:54	01:24:14	01:49:39	01:53:54	<b>02:01:34.60</b>	<b>02:02:16.65</b>	+00:51:10 (42.1%)	5:45	10.4 (57.8%)
814	<b>PTAK Leszek</b>	<b>824</b>		M-40	206	00:00:21	00:26:04	00:53:28	01:22:13	01:49:02	01:53:56	<b>02:01:56.10</b>	<b>02:02:17.90</b>	+00:51:31 (42.3%)	5:46	10.4 (57.8%)
815	<b>WOJTASIŃSKI Robert</b>	<b>819</b>	MIECHOWICKA GRUPA BIEGOWA	M-30	299	00:00:16	00:27:03	00:54:34	01:22:32	01:49:37	01:54:14	<b>02:02:02.60</b>	<b>02:02:18.65</b>	+00:51:38 (42.3%)	5:47	10.4 (57.8%)
816	<b>HANZEL Anna</b>	<b>110</b>	AKMB PĘDZIWIATR GLIWICE	K-50	2	00:00:41	00:27:38	00:55:43	01:23:56	01:49:30	01:54:06	<b>02:01:42.55</b>	<b>02:02:23.65</b>	+00:51:18 (42.2%)	5:46	10.4 (57.8%)
817	<b>WRÓBEL Jarosław</b>	<b>1233</b>		M-30	296	00:01:25	00:27:34	00:55:15	01:23:32	01:49:27	01:53:52	<b>02:01:00.30</b>	<b>02:02:25.30</b>	+00:50:35 (41.8%)	5:44	10.5 (58.3%)
818	<b>BULENDA Patrycja</b>	<b>351</b>		K-30	66	00:00:15	00:28:23	00:56:18	01:24:58	01:50:18	01:54:54	<b>02:02:10.80</b>	<b>02:02:26.70</b>	+00:51:46 (42.4%)	5:47	10.4 (57.8%)
819	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>334</b>		K-30	62	00:01:01	00:28:03	00:55:56	01:25:21	01:50:00	01:54:15	<b>02:01:34.30</b>	<b>02:02:35.80</b>	+00:51:09 (42.1%)	5:45	10.4 (57.8%)
820	<b>BATKO Dawid</b>	<b>711</b>		M-30	298	00:00:47	00:27:43	00:54:48	01:22:49	01:50:12	01:54:39	<b>02:01:52.20</b>	<b>02:02:40.10</b>	+00:51:27 (42.2%)	5:46	10.4 (57.8%)
821	<b>RYGIEL Sebastian</b>	<b>143</b>		M-30	294	00:01:54	00:29:04	00:57:51	01:25:35	01:49:13	01:53:35	<b>02:00:45.70</b>	<b>02:02:40.40</b>	+00:50:21 (41.7%)	5:43	10.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
822	<b>STUDNICKA Katarzyna</b>	<b>1038</b>		K-30	58	00:01:41	00:27:22	00:54:51	01:23:16	01:48:41	01:53:12	<b>02:01:00.70</b>	<b>02:02:42.15</b>	+00:50:36 (41.8%)	5:44	10.5 (58.3%)
823	<b>MELLER Tadeusz</b>	<b>312</b>		M-20	130	00:01:21	00:26:58	00:53:24	01:21:09	01:48:32	01:53:18	<b>02:01:30.50</b>	<b>02:02:51.55</b>	+00:51:06 (42.1%)	5:45	10.4 (57.8%)
824	<b>KOZŁOWSKI Przemysław</b>	<b>549</b>		M-30	302	00:00:43	00:27:49	00:55:38	01:23:32	01:49:05	01:53:33	<b>02:02:14.60</b>	<b>02:02:58.55</b>	+00:51:50 (42.4%)	5:47	10.4 (57.8%)
825	<b>CZAJKA Edward</b>	<b>1234</b>	BRAK	M-40	208	00:00:47	00:26:27	00:54:12	01:22:45	01:49:44	01:54:15	<b>02:02:17.20</b>	<b>02:03:04.65</b>	+00:51:52 (42.4%)	5:47	10.4 (57.8%)
826	<b>SIUDEK Kazimierz</b>	<b>1088</b>		M-50	50	00:00:26	00:25:48	00:53:46	01:22:46	01:49:47	01:54:25	<b>02:02:48.95</b>	<b>02:03:15.60</b>	+00:52:24 (42.7%)	5:49	10.3 (57.2%)
827	<b>DREWUSZEWSKI Maciej</b>	<b>515</b>	4M	M-30	306	00:00:49	00:25:34	00:54:04	01:22:24	01:49:01	01:53:45	<b>02:02:38.15</b>	<b>02:03:27.15</b>	+00:52:13 (42.6%)	5:48	10.3 (57.2%)
828	<b>NIKODON Paweł</b>	<b>343</b>	PLASTIC OMNIUM	M-30	300	00:01:25	00:26:14	00:51:49	01:21:17	01:49:45	01:54:10	<b>02:02:03.50</b>	<b>02:03:29.45</b>	+00:51:39 (42.3%)	5:47	10.4 (57.8%)
829	<b>KAROLCZAK Joanna</b>	<b>791</b>		K-40	30	00:00:28	00:26:00	00:53:58	01:23:43	01:50:14	01:55:15	<b>02:03:05.60</b>	<b>02:03:33.95</b>	+00:52:41 (42.8%)	5:50	10.3 (57.2%)
830	<b>MICEK Marek</b>	<b>929</b>		M-30	303	00:01:13	00:27:57	00:57:13	01:26:37	01:50:46	01:55:16	<b>02:02:21.00</b>	<b>02:03:34.55</b>	+00:51:56 (42.5%)	5:47	10.3 (57.2%)
831	<b>BUCZYŃSKI Radosław</b>	<b>307</b>	NIGHT RUNNERS GLIWICE	M-30	311	00:00:18	00:25:21	00:51:24	01:21:11	01:49:36	01:55:23	<b>02:03:17.50</b>	<b>02:03:35.65</b>	+00:52:53 (42.9%)	5:50	10.3 (57.2%)
832	<b>BUGAJSKI Mariusz</b>	<b>844</b>		M-40	214	00:00:02	00:24:36	00:52:11	01:21:05	01:49:22	01:54:27	<b>02:03:34.40</b>	<b>02:03:36.95</b>	+00:53:09 (43.0%)	5:51	10.2 (56.7%)
833	<b>GUZDEK Sławomir</b>	<b>940</b>		M-30	301	00:01:32	00:29:22	00:58:03	01:26:32	01:50:33	01:54:56	<b>02:02:05.25</b>	<b>02:03:37.45</b>	+00:51:40 (42.3%)	5:47	10.4 (57.8%)
834	<b>CICHOWSKI Marcin</b>	<b>722</b>		M-30	310	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:11	<b>02:03:15.35</b>	<b>02:03:38.00</b>	+00:52:50 (42.9%)	5:50	10.3 (57.2%)
835	<b>KATA Damian</b>	<b>1207</b>	SBRT GLIWICE	M-20	131	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:10	<b>02:03:15.70</b>	<b>02:03:38.05</b>	+00:52:51 (42.9%)	5:50	10.3 (57.2%)
836	<b>ERDMANN Robert</b>	<b>280</b>		M-30	307	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	<b>02:02:43.75</b>	<b>02:03:43.35</b>	+00:52:19 (42.6%)	5:49	10.3 (57.2%)
837	<b>CZERNAK Żaneta</b>	<b>249</b>		K-40	28	00:01:33	00:28:00	00:56:13	01:24:15	01:49:23	01:53:58	<b>02:02:10.50</b>	<b>02:03:43.60</b>	+00:51:46 (42.4%)	5:47	10.4 (57.8%)
837	<b>JANOSZEK Piotr</b>	<b>293</b>		M-30	308	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	<b>02:02:44.20</b>	<b>02:03:43.60</b>	+00:52:19 (42.6%)	5:49	10.3 (57.2%)
839	<b>WÓJCIAK Katarzyna</b>	<b>1229</b>		K-30	65	00:01:33	00:28:00	00:56:13	01:24:14	01:49:24	01:53:59	<b>02:02:10.45</b>	<b>02:03:44.00</b>	+00:51:46 (42.4%)	5:47	10.4 (57.8%)
840	<b>SZKUDLAREK Michał</b>	<b>761</b>		M-30	309	00:00:42	00:26:34	00:54:17	01:22:56	01:50:25	01:55:01	<b>02:03:01.50</b>	<b>02:03:44.40</b>	+00:52:37 (42.8%)	5:49	10.3 (57.2%)
841	<b>NAGEL Jan</b>	<b>1227</b>		M-30	304	00:01:16	00:27:03	00:54:36	01:22:33	01:48:31	01:53:33	<b>02:02:29.35</b>	<b>02:03:45.50</b>	+00:52:04 (42.5%)	5:48	10.3 (57.2%)
842	<b>PORĘBA Gabriela</b>	<b>554</b>		K-40	27	00:01:41	00:28:48	00:57:20	01:25:11		01:54:13	<b>02:02:05.20</b>	<b>02:03:46.55</b>	+00:51:40 (42.3%)	5:47	10.4 (57.8%)
843	<b>JANIK Basia</b>	<b>615</b>		K-30	64	00:01:41	00:26:57	00:54:44	01:23:12	01:49:17	01:54:08	<b>02:02:05.80</b>	<b>02:03:46.80</b>	+00:51:41 (42.3%)	5:47	10.4 (57.8%)
844	<b>ŁĘCZJAR Ewelina</b>	<b>998</b>		K-30	68	00:01:15	00:28:03	00:56:09	01:24:47	01:50:07	01:54:44	<b>02:02:32.90</b>	<b>02:03:48.55</b>	+00:52:08 (42.5%)	5:48	10.3 (57.2%)
845	<b>HEFFNER Remigiusz</b>	<b>762</b>	OPEL ACTIVE TEAM	M-30	305	00:01:15	00:28:02	00:56:08	01:24:47	01:50:08	01:54:44	<b>02:02:35.60</b>	<b>02:03:51.05</b>	+00:52:11 (42.6%)	5:48	10.3 (57.2%)
846	<b>KLAWENDER Ryszard</b>	<b>1090</b>	BIEGAMY Z SERCEM.PL	M-50	51	00:00:43	00:27:44	00:56:12	01:24:55	01:50:56	01:55:20	<b>02:03:07.70</b>	<b>02:03:51.20</b>	+00:52:43 (42.8%)	5:50	10.3 (57.2%)
847	<b>MUZA Karolina</b>	<b>126</b>		K-30	69	00:00:52	00:29:25	00:57:46	01:25:31	01:50:17	01:54:50	<b>02:03:00.20</b>	<b>02:03:52.35</b>	+00:52:35 (42.8%)	5:49	10.3 (57.2%)
848	<b>SANOCKA Dorota</b>	<b>331</b>		K-40	29	00:01:03	00:28:01	00:55:54	01:25:19	01:50:44	01:55:12	<b>02:02:51.50</b>	<b>02:03:54.75</b>	+00:52:27 (42.7%)	5:49	10.3 (57.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
849	<b>SZOŁTYSIK Paweł</b>	<b>213</b>	SPARTA PLATFUS	M-30	313	00:00:33	00:27:22	00:55:22	01:23:36	01:49:46	01:54:36	<b>02:03:23.85</b>	<b>02:03:57.35</b>	+00:52:59 (42.9%)	5:50	10.3 (57.2%)
850	<b>KRAKOWSKI Jacek</b>	<b>1505</b>		M-40	209	00:01:18	00:29:36	00:59:00	01:27:31	01:51:36	01:55:50	<b>02:02:42.85</b>	<b>02:04:01.25</b>	+00:52:18 (42.6%)	5:48	10.3 (57.2%)
851	<b>PROKOP Elżbieta</b>	<b>546</b>		K-50	3	00:00:56	00:27:47	00:56:02	01:24:55	01:50:55	01:55:25	<b>02:03:05.75</b>	<b>02:04:02.50</b>	+00:52:41 (42.8%)	5:50	10.3 (57.2%)
852	<b>JACHYMSKA Katarzyna</b>	<b>1290</b>	MOMO RESTAURANT & COCKTAIL BAR	K-40	31	00:00:33	00:27:03	00:56:13	01:25:18	01:51:18	01:55:48	<b>02:03:29.05</b>	<b>02:04:02.55</b>	+00:53:04 (43.0%)	5:51	10.3 (57.2%)
853	<b>BRZEZIŃSKA Teresa</b>	<b>251</b>	NIGHT RUNNERS GLIWICE	K-40	33	00:00:29	00:28:00	00:56:32	01:25:11	01:50:46	01:55:21	<b>02:03:34.00</b>	<b>02:04:03.60</b>	+00:53:09 (43.0%)	5:51	10.2 (56.7%)
854	<b>BUFNAL Krzysztof</b>	<b>574</b>		M-40	207	00:01:53	00:29:00	00:56:08	01:24:11	01:49:21	01:54:13	<b>02:02:14.90</b>	<b>02:04:08.55</b>	+00:51:50 (42.4%)	5:47	10.4 (57.8%)
855	<b>SALA Nela</b>	<b>621</b>	AKTYWNE ATOMOOFKI	K-30	67	00:01:36	00:27:46	00:56:15	01:24:25	01:49:48	01:54:31	<b>02:02:32.20</b>	<b>02:04:09.05</b>	+00:52:07 (42.5%)	5:48	10.3 (57.2%)
856	<b>GUJA Bogusław</b>	<b>858</b>		M-60	8	00:00:27	00:25:51	00:53:07	01:22:25	01:49:53	01:54:59	<b>02:03:43.70</b>	<b>02:04:11.50</b>	+00:53:19 (43.1%)	5:51	10.2 (56.7%)
857	<b>BLASZKE Waldemar</b>	<b>159</b>	NIGHT RUNNERS GLIWICE	M-50	52	00:00:51	00:27:46	00:55:31	01:24:26	01:50:22	01:55:05	<b>02:03:21.00</b>	<b>02:04:12.95</b>	+00:52:56 (42.9%)	5:50	10.3 (57.2%)
858	<b>SZAMPERA Agnieszka</b>	<b>771</b>	RUN AND FUN TEAM	K-30	70	00:00:43	00:27:06	00:55:10	01:23:33	01:50:26	01:55:02	<b>02:03:31.00</b>	<b>02:04:14.20</b>	+00:53:06 (43.0%)	5:51	10.2 (56.7%)
859	<b>KANIOWSKI Andrzej</b>	<b>205</b>		M-30	314	00:00:23	00:25:51	00:52:17	01:21:32	01:50:14	01:55:18	<b>02:03:54.10</b>	<b>02:04:17.55</b>	+00:53:29 (43.2%)	5:52	10.2 (56.7%)
860	<b>GLINIANY Adam</b>	<b>1082</b>	ZABIEGANA RODZINKA	M-40	210	00:01:28	00:29:04	00:57:58	01:26:14	01:51:02	01:55:26	<b>02:02:49.60</b>	<b>02:04:18.30</b>	+00:52:25 (42.7%)	5:49	10.3 (57.2%)
861	<b>BŁASZCZYSZYN Michał</b>	<b>138</b>		M-20	133	00:00:58	00:28:33	00:57:24	01:25:27	01:50:44	01:55:24	<b>02:03:21.85</b>	<b>02:04:20.60</b>	+00:52:57 (42.9%)	5:50	10.3 (57.2%)
862	<b>DĘBSKI Mariusz</b>	<b>1270</b>	NIGHT RUNNER'S GLIWICE	M-40	217	00:00:29	00:27:59	00:55:54	01:24:48	01:50:52	01:55:31	<b>02:03:52.95</b>	<b>02:04:22.80</b>	+00:53:28 (43.2%)	5:52	10.2 (56.7%)
863	<b>LESZCZYŃSKA Małgorzata</b>	<b>189</b>	STEP-DANCE RUN	K-40	32	00:00:51	00:27:28	00:55:30	01:24:45	01:50:40	01:55:30	<b>02:03:31.80</b>	<b>02:04:23.05</b>	+00:53:07 (43.0%)	5:51	10.2 (56.7%)
864	<b>JABŁOŃSKI Łukasz</b>	<b>889</b>	UNISONO	M-20	132	00:01:07	00:30:06	00:59:29	01:27:56	01:51:58	01:56:09	<b>02:03:18.80</b>	<b>02:04:26.60</b>	+00:52:54 (42.9%)	5:50	10.3 (57.2%)
865	<b>SOŁTYSIAK Robert</b>	<b>1258</b>	HALEMBA	M-30	312	00:01:08	00:28:34	00:56:32	01:24:19	01:50:28	01:55:16	<b>02:03:22.60</b>	<b>02:04:31.25</b>	+00:52:58 (42.9%)	5:50	10.3 (57.2%)
866	<b>KUROWICZ Marcin</b>	<b>539</b>	NIEZRZESZONY	M-40	211	00:01:18	00:28:43	00:57:40	01:25:26		01:55:03	<b>02:03:16.90</b>	<b>02:04:35.65</b>	+00:52:52 (42.9%)	5:50	10.3 (57.2%)
867	<b>ZWOLIŃSKI Gabriel</b>	<b>1273</b>		M-30	315	00:00:44	00:26:49	00:54:55	01:24:15	01:51:00	01:55:41	<b>02:03:59.90</b>	<b>02:04:44.55</b>	+00:53:35 (43.2%)	5:52	10.2 (56.7%)
868	<b>KOCÓJ Dominika</b>	<b>534</b>	NIGHT RUNNER'S GLIWICE	K-20	30	00:00:29	00:28:00	00:56:56	01:26:15	01:51:58	01:56:36	<b>02:04:18.10</b>	<b>02:04:47.25</b>	+00:53:53 (43.4%)	5:53	10.2 (56.7%)
869	<b>ZGÓRSKI Grzegorz</b>	<b>116</b>		M-30	316	00:00:42	00:25:47	00:52:30	01:22:42	01:51:39	01:55:52	<b>02:04:07.80</b>	<b>02:04:50.70</b>	+00:53:43 (43.3%)	5:52	10.2 (56.7%)
870	<b>DOMARADZKA Ewa</b>	<b>306</b>		K-40	36	00:00:25	00:26:35	00:53:56	01:22:48	01:51:08	01:56:03	<b>02:04:25.60</b>	<b>02:04:50.90</b>	+00:54:01 (43.4%)	5:53	10.2 (56.7%)
871	<b>WIECZORKE Marcin</b>	<b>488</b>		M-40	216	00:01:05	00:25:26	00:52:56	01:22:23	01:50:14	01:55:02	<b>02:03:46.50</b>	<b>02:04:51.95</b>	+00:53:22 (43.1%)	5:51	10.2 (56.7%)
872	<b>ZALEWSKI Krzysztof</b>	<b>900</b>		M-40	218	00:00:47	00:26:46	00:54:47	01:22:31	01:50:17	01:55:04	<b>02:04:04.95</b>	<b>02:04:52.20</b>	+00:53:40 (43.3%)	5:52	10.2 (56.7%)
873	<b>NOWAKOWSKI Marek</b>	<b>386</b>	AMEC FOSTER WHEELER RUNNING TEAM	M-40	212	00:01:44	00:27:01	00:54:24	01:22:48	01:49:58	01:54:48	<b>02:03:18.05</b>	<b>02:05:02.55</b>	+00:52:53 (42.9%)	5:50	10.3 (57.2%)
874	<b>CIASTO Sebastian</b>	<b>1039</b>		M-30	317	00:00:39	00:26:51	00:54:50	01:23:05	01:50:31	01:55:53	<b>02:04:23.50</b>	<b>02:05:02.95</b>	+00:53:59 (43.4%)	5:53	10.2 (56.7%)
875	<b>BURLIGA Mariusz</b>	<b>492</b>	KB ENDURANCE SOLIDARNI KNURÓW	M-40	215	00:01:23	00:29:10	00:58:02	01:26:20	01:51:10	01:55:41	<b>02:03:44.70</b>	<b>02:05:07.85</b>	+00:53:20 (43.1%)	5:51	10.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
876	<b>KLYTA Wojciech</b>	<b>1284</b>		M-40	213	00:01:41	00:27:13	00:54:21	01:22:05	01:49:30	01:54:34	<b>02:03:28.40</b>	<b>02:05:10.35</b>	+00:53:03 (43.0%)	5:51	10.3 (57.2%)
877	<b>RYCHLEWSKA Kasia</b>	<b>279</b>	KATE & KATE	K-40	34	00:01:07	00:28:28	00:56:51	01:25:42	01:51:08	01:55:49	<b>02:04:05.60</b>	<b>02:05:12.65</b>	+00:53:41 (43.3%)	5:52	10.2 (56.7%)
878	<b>KRZESIAK Michał</b>	<b>1041</b>	3SOFT S.A.	M-30	318	00:00:51	00:26:28	00:54:03	01:22:34	01:50:22	01:55:35	<b>02:04:25.95</b>	<b>02:05:17.75</b>	+00:54:01 (43.4%)	5:53	10.2 (56.7%)
879	<b>WÓJCIK Rafał</b>	<b>327</b>		M-40	220	00:00:35	00:27:40	00:55:24	01:23:39	01:51:29	01:56:21	<b>02:04:44.70</b>	<b>02:05:20.40</b>	+00:54:20 (43.6%)	5:54	10.1 (56.1%)
880	<b>KRÓL Krystyna</b>	<b>478</b>	RAJSPOORT ACTIVE	K-40	35	00:01:12	00:29:04	00:57:25	01:25:36	01:51:18	01:56:00	<b>02:04:09.90</b>	<b>02:05:22.85</b>	+00:53:45 (43.3%)	5:53	10.2 (56.7%)
881	<b>SIEDLECKA Anna</b>	<b>400</b>	NIGHT RUNNERS GLIWICE	K-30	72	00:00:34	00:28:23	00:57:11	01:26:17	01:51:55	01:56:34	<b>02:04:53.90</b>	<b>02:05:28.15</b>	+00:54:29 (43.6%)	5:55	10.1 (56.1%)
882	<b>ZDRZAŁEK Jan</b>	<b>624</b>		M-20	134	00:01:58	00:29:04	00:58:21	01:26:46	01:51:12	01:55:40	<b>02:03:33.70</b>	<b>02:05:32.15</b>	+00:53:09 (43.0%)	5:51	10.2 (56.7%)
883	<b>WITCZAK Dagmara</b>	<b>1144</b>		K-30	71	00:01:23	00:28:24	00:57:29	01:27:01	01:51:50	01:56:23	<b>02:04:17.45</b>	<b>02:05:40.70</b>	+00:53:53 (43.4%)	5:53	10.2 (56.7%)
884	<b>ŻBEL Anna</b>	<b>1129</b>		K-30	74	00:00:28	00:28:02	00:56:29	01:25:54	01:52:37	01:57:26	<b>02:05:12.90</b>	<b>02:05:41.35</b>	+00:54:48 (43.8%)	5:56	10.1 (56.1%)
885	<b>BILON Bogdan</b>	<b>1146</b>	ZBROJOWNIA SULECHÓW	M-60	9	00:00:53	00:28:46	00:57:55	01:26:53	01:52:50	01:57:11	<b>02:04:48.45</b>	<b>02:05:41.45</b>	+00:54:24 (43.6%)	5:54	10.1 (56.1%)
886	<b>GABRYŚ Jola</b>	<b>1300</b>	NIGHT RUNNERS GLIWICE	K-40	40	00:00:29	00:29:01	00:58:32	01:27:52	01:53:21	01:57:37	<b>02:05:17.80</b>	<b>02:05:47.55</b>	+00:54:53 (43.8%)	5:56	10.1 (56.1%)
887	<b>WIEDERMANN Anita</b>	<b>1308</b>		K-30	73	00:00:44	00:27:46	00:56:49	01:26:13	01:52:28	01:56:57	<b>02:05:05.75</b>	<b>02:05:50.20</b>	+00:54:41 (43.7%)	5:55	10.1 (56.1%)
888	<b>HARAZIN Anna</b>	<b>142</b>		K-20	31	00:00:57	00:28:30	00:57:41	01:26:25	01:52:28	01:57:05	<b>02:04:53.45</b>	<b>02:05:50.70</b>	+00:54:29 (43.6%)	5:55	10.1 (56.1%)
889	<b>WANAT Wacław</b>	<b>1008</b>	SKY TOWER RUNNERS WROCŁAW	M-70	1	00:01:05	00:29:28	00:58:29	01:27:39	01:52:43	01:57:05	<b>02:04:45.25</b>	<b>02:05:51.00</b>	+00:54:20 (43.6%)	5:54	10.1 (56.1%)
890	<b>HANKE Klaudia</b>	<b>815</b>		K-40	42	00:00:08	00:26:45	00:55:20	01:25:08	01:51:36	01:56:28	<b>02:05:52.15</b>	<b>02:06:00.35</b>	+00:55:27 (44.1%)	5:57	10.1 (56.1%)
891	<b>GOŁOFIT Aneta</b>	<b>570</b>		K-30	75	00:00:45	00:28:44	00:58:10	01:27:43	01:53:13	01:57:38	<b>02:05:18.35</b>	<b>02:06:04.30</b>	+00:54:53 (43.8%)	5:56	10.1 (56.1%)
892	<b>GLINIANY Małgorzata</b>	<b>1083</b>	ZABIEGANA RODZINKA	K-40	37	00:01:28	00:29:03	00:57:53	01:26:15	01:52:03	01:56:35	<b>02:04:42.45</b>	<b>02:06:11.15</b>	+00:54:18 (43.5%)	5:54	10.2 (56.7%)
893	<b>ROKOSZ Łukasz</b>	<b>128</b>		M-20	135	00:01:36	00:30:39	00:59:47	01:28:02	01:52:35	01:57:06	<b>02:04:37.05</b>	<b>02:06:13.65</b>	+00:54:12 (43.5%)	5:54	10.2 (56.7%)
894	<b>WILCZOK Krzysztof</b>	<b>129</b>		M-20	136	00:01:36	00:30:39	00:59:47	01:28:03	01:52:34	01:57:06	<b>02:04:37.45</b>	<b>02:06:13.75</b>	+00:54:13 (43.5%)	5:54	10.2 (56.7%)
895	<b>BOGULAK Grzegorz</b>	<b>184</b>	RUN GB! RUN	M-30	321	00:00:29	00:27:06	00:54:37	01:23:13	01:52:04	01:57:15	<b>02:05:48.25</b>	<b>02:06:17.80</b>	+00:55:23 (44.0%)	5:57	10.1 (56.1%)
896	<b>WYLEŻAŁEK Irek</b>	<b>985</b>	NIGHT RUNNER GLIWICE	M-40	219	00:01:47	00:28:19	00:57:12	01:26:17	01:51:56	01:56:34	<b>02:04:33.05</b>	<b>02:06:20.50</b>	+00:54:08 (43.5%)	5:54	10.2 (56.7%)
897	<b>KRZAK Wioleta</b>	<b>675</b>		K-20	32	00:00:55	00:26:29	00:54:31	01:25:02	01:52:36	01:57:23	<b>02:05:28.75</b>	<b>02:06:24.30</b>	+00:55:04 (43.9%)	5:56	10.1 (56.1%)
898	<b>STOKŁOSA Magdalena</b>	<b>223</b>		K-40	38	00:01:11	00:30:22	00:59:24	01:27:50	01:53:16	01:57:50	<b>02:05:15.90</b>	<b>02:06:27.55</b>	+00:54:51 (43.8%)	5:56	10.1 (56.1%)
899	<b>SYGUŁA Katarzyna</b>	<b>647</b>	KB MCKIS JAWORZNO	K-40	39	00:01:15	00:28:39	00:57:36	01:26:57	01:52:57	01:57:38	<b>02:05:17.50</b>	<b>02:06:33.10</b>	+00:54:53 (43.8%)	5:56	10.1 (56.1%)
900	<b>BUCHAL Katarzyna</b>	<b>783</b>		K-40	41	00:01:00	00:28:33	00:57:34	01:26:26	01:52:28	01:57:08	<b>02:05:35.45</b>	<b>02:06:35.75</b>	+00:55:11 (43.9%)	5:57	10.1 (56.1%)
901	<b>BUCHAL Grzegorz</b>	<b>782</b>		M-40	221	00:01:00	00:28:32	00:57:34	01:26:25	01:52:22	01:57:08	<b>02:05:36.05</b>	<b>02:06:36.35</b>	+00:55:11 (43.9%)	5:57	10.1 (56.1%)
902	<b>ZIELIŃSKI Marek</b>	<b>317</b>		M-30	319	00:01:47	00:27:52	00:55:55	01:24:37	01:51:15	01:56:17	<b>02:05:00.65</b>	<b>02:06:48.40</b>	+00:54:36 (43.7%)	5:55	10.1 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
903	ZIMOCH Beata	214		K-30	79	00:00:12	00:26:19	00:54:41	01:23:37	01:52:16	01:57:41	02:06:35.65	02:06:48.60	+00:56:11 (44.4%)	6:00	10 (55.6%)
904	KOTWICKI Marek	332		M-30	320	00:01:46	00:28:03	00:56:34	01:25:32	01:51:59	01:56:31	02:05:05.60	02:06:51.60	+00:54:41 (43.7%)	5:55	10.1 (56.1%)
905	SATKO Jacek	238		M-50	53	00:00:51	00:30:04	00:59:38	01:28:53	01:53:52	01:58:20	02:06:08.80	02:07:00.25	+00:55:44 (44.2%)	5:58	10 (55.6%)
906	MACHNOWSKI Wojciech	19	NIGHT RUNNERS GLIWICE	M-30	322	00:01:02	00:28:02	00:55:51	01:24:09	01:52:42	01:57:38	02:05:59.45	02:07:02.25	+00:55:35 (44.1%)	5:58	10 (55.6%)
907	OGIŃSKI Daniel	1106	1992	M-20	138	00:00:47	00:27:52	00:57:12	01:25:56	01:53:54	01:59:00	02:06:17.55	02:07:04.60	+00:55:53 (44.3%)	5:59	10 (55.6%)
908	DACZYŃSKI Kajetan	458	GRUPA CMYKI	M-16	7	00:00:53	00:29:57	01:00:19	01:30:18	01:55:26	01:59:44	02:06:20.35	02:07:13.35	+00:55:55 (44.3%)	5:59	10 (55.6%)
909	WINICKA Daria	710	AMATOR	K-30	77	00:00:50	00:27:49	00:56:45	01:26:19	01:53:15	01:58:06	02:06:23.80	02:07:14.75	+00:55:59 (44.3%)	5:59	10 (55.6%)
910	GĄSZCZAK Tadeusz	1279		M-70	2	00:00:32	00:29:15	00:58:24	01:28:08	01:53:35	01:58:24	02:06:41.95	02:07:14.90	+00:56:17 (44.4%)	6:00	10 (55.6%)
911	SMAGOROWICZ Artur	1079	W POGONI ZA DUCHEM	M-40	222	00:00:58	00:28:21	00:59:08	01:28:22	01:53:10	01:58:15	02:06:18.80	02:07:17.55	+00:55:54 (44.3%)	5:59	10 (55.6%)
912	UCIŃSKA Anna	1080		K-30	76	00:00:58	00:28:21	00:59:09	01:28:22	01:53:17	01:58:15	02:06:18.95	02:07:17.75	+00:55:54 (44.3%)	5:59	10 (55.6%)
913	KOWALCZYK Wojciech	738	RUN AND FUN	M-30	324	00:00:44	00:27:28	00:55:16	01:25:14	01:53:40	01:58:30	02:06:36.15	02:07:20.20	+00:56:11 (44.4%)	6:00	10 (55.6%)
914	KOWALCZYK Katarzyna	739	RUN AND FUN	K-30	80	00:00:44	00:27:28	00:55:16	01:25:14	01:53:41	01:58:30	02:06:36.30	02:07:20.35	+00:56:11 (44.4%)	6:00	10 (55.6%)
915	MULLER Rafał	890		M-20	139	00:00:41	00:27:57	00:57:10	01:26:21	01:54:19	01:59:18	02:06:42.15	02:07:23.60	+00:56:17 (44.4%)	6:00	10 (55.6%)
916	WOJTAS Paweł	510		M-20	140	00:00:43	00:27:48	00:56:30	01:26:04	01:53:10	01:58:16	02:06:46.50	02:07:29.80	+00:56:22 (44.5%)	6:00	10 (55.6%)
917	KAPICA Wojciech	883	BANDA PE	M-20	141	00:00:00						02:07:42.00	02:07:42.00	+00:57:17 (44.9%)	6:03	9.9 (55.0%)
918	STOKŁOSA Marcin	222		M-40	223	00:01:11	00:30:23	00:59:25	01:27:51	01:53:42	01:58:34	02:06:34.20	02:07:46.15	+00:56:09 (44.4%)	5:59	10 (55.6%)
919	ŚLĘZAK Jakub	963	BANDA PE	M-20	137	00:01:32	00:29:55	01:00:23	01:30:24	01:54:45	01:59:04	02:06:15.40	02:07:48.00	+00:55:50 (44.2%)	5:59	10 (55.6%)
920	CIESIELSKI Radosław	757	BETANIA TEAM	M-30	326	00:00:22	00:28:16	00:56:05	01:30:35	01:55:44	02:00:12	02:07:25.55	02:07:48.20	+00:57:01 (44.7%)	6:02	9.9 (55.0%)
921	BARAN Michalina	1139		K-30	83	00:00:21	00:28:13	00:57:03	01:26:48	01:54:06	01:58:57	02:07:27.75	02:07:49.00	+00:57:03 (44.8%)	6:02	9.9 (55.0%)
922	GRACH Tomasz	311	RUN AND FUN TEAM	M-40	224	00:00:59	00:29:53	01:00:06	01:28:31	01:54:28	01:59:02	02:06:53.45	02:07:52.65	+00:56:29 (44.5%)	6:00	10 (55.6%)
923	DYLONG Natalia	947		K-16	4	00:00:44	00:30:31	01:00:38	01:29:51	01:54:57	01:59:35	02:07:08.60	02:07:52.95	+00:56:44 (44.6%)	6:01	10 (55.6%)
924	POSTÓŁ Karolina	983	NIGHT RUNNERS GLIWICE	K-30	82	00:00:29	00:29:01	00:58:31	01:27:52	01:54:02	01:59:13	02:07:25.85	02:07:55.70	+00:57:01 (44.7%)	6:02	9.9 (55.0%)
925	MAKSYMIOUK-KONOPKA Ewa	557		K-40	43	00:01:26	00:29:25	00:59:15	01:28:08	01:53:58	01:58:38	02:06:30.60	02:07:57.10	+00:56:06 (44.3%)	5:59	10 (55.6%)
926	KORDECKI Bartosz	1071		M-30	323	00:01:35	00:30:33	01:01:02	01:29:57	01:54:39	01:59:14	02:06:22.80	02:07:57.95	+00:55:58 (44.3%)	5:59	10 (55.6%)
927	MAŚLANKA Ireneusz	1093	NIGHT RUNNERS GLIWICE	M-50	54	00:00:58	00:29:18	00:59:04	01:29:19	01:55:16	01:59:44	02:06:59.30	02:07:58.25	+00:56:34 (44.6%)	6:01	10 (55.6%)
928	KNAPIK Karolina	1174		K-30	78	00:01:46	00:28:55	00:57:42	01:26:47	01:53:30	01:58:14	02:06:28.05	02:08:14.10	+00:56:03 (44.3%)	5:59	10 (55.6%)
929	SEWERYNIAK Adam	1260		M-50	55	00:00:56	00:29:14	00:58:41	01:28:06	01:54:23	01:59:06	02:07:19.65	02:08:15.65	+00:56:55 (44.7%)	6:02	9.9 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
930	<b>ORYSZCZAK Łukasz</b>	<b>313</b>		M-30	325	00:01:21	00:27:13	00:56:17	01:26:03	01:53:08	01:57:59	<b>02:07:02.15</b>	<b>02:08:23.20</b>	+00:56:37 (44.6%)	6:01	10 (55.6%)
931	<b>CYWIŃSKI Robert</b>	<b>1176</b>		M-40	225	00:00:58	00:29:58	00:59:41	01:29:24	01:54:55	01:59:36	<b>02:07:29.50</b>	<b>02:08:27.50</b>	+00:57:05 (44.8%)	6:02	9.9 (55.0%)
931	<b>CYWIŃSKA Elżbieta</b>	<b>1010</b>		K-40	44	00:00:58	00:29:58	00:59:41	01:29:24	01:54:57	01:59:36	<b>02:07:29.50</b>	<b>02:08:27.50</b>	+00:57:05 (44.8%)	6:02	9.9 (55.0%)
933	<b>SZUBERT Grzegorz</b>	<b>6</b>		M-40	226	00:00:46	00:26:29	00:55:26	01:25:20	01:53:53	01:58:48	<b>02:07:43.20</b>	<b>02:08:29.75</b>	+00:57:18 (44.9%)	6:03	9.9 (55.0%)
934	<b>MUSIOŁ Janusz</b>	<b>830</b>	UNISONO	M-30	327	00:01:05	00:30:06	00:59:15	01:28:00	01:54:12	01:59:06	<b>02:07:30.00</b>	<b>02:08:35.85</b>	+00:57:05 (44.8%)	6:02	9.9 (55.0%)
935	<b>DZIERŻANOWSKA Blanka</b>	<b>654</b>	NIGHT RUNNERS ZABRZE	K-20	33	00:00:46	00:27:21	00:56:39	01:26:21	01:54:22	01:59:15	<b>02:07:52.25</b>	<b>02:08:39.10</b>	+00:57:27 (44.9%)	6:03	9.9 (55.0%)
936	<b>PUŁTORAK Roksana</b>	<b>1504</b>		K-30	81	00:01:48	00:28:55	00:57:53	01:26:52	01:53:27	01:58:25	<b>02:07:00.10</b>	<b>02:08:48.70</b>	+00:56:35 (44.6%)	6:01	10 (55.6%)
937	<b>SAP Alina</b>	<b>362</b>	NR GLIWICE	K-40	45	00:00:50	00:29:11	00:58:36	01:28:54	01:55:13	01:59:57	<b>02:08:01.55</b>	<b>02:08:52.20</b>	+00:57:37 (45.0%)	6:04	9.9 (55.0%)
938	<b>FIEDOR Anna</b>	<b>107</b>		K-30	84	00:01:26	00:31:00	01:01:53	01:30:46	01:55:49	02:00:11	<b>02:07:38.10</b>	<b>02:09:04.75</b>	+00:57:13 (44.8%)	6:02	9.9 (55.0%)
939	<b>GABRYŚ Seba</b>	<b>1277</b>	NIGHT RUNNERS GLIWICE	M-40	228	00:00:30	00:30:02	01:00:31	01:30:24	01:56:40	02:01:08	<b>02:08:36.60</b>	<b>02:09:06.65</b>	+00:58:12 (45.3%)	6:05	9.8 (54.4%)
940	<b>CZAPEK Marek</b>	<b>309</b>	NIGHT RUNNERS GLIWICE	M-40	227	00:00:34	00:29:58	01:00:25	01:30:20	01:56:36	02:01:04	<b>02:08:32.10</b>	<b>02:09:06.75</b>	+00:58:07 (45.2%)	6:05	9.8 (54.4%)
940	<b>CZAPEK Anna</b>	<b>310</b>	NIGHT RUNNERS GLIWICE	K-40	49	00:00:33	00:29:59	01:00:26	01:30:24	01:56:36	02:01:05	<b>02:08:33.15</b>	<b>02:09:06.75</b>	+00:58:08 (45.2%)	6:05	9.8 (54.4%)
942	<b>NIESLER Magdalena</b>	<b>338</b>	NIGHT RUNNERS GLIWICE	K-30	87	00:00:37	00:26:32	00:54:14	01:22:20	01:48:42		<b>02:08:33.10</b>	<b>02:09:10.95</b>	+00:58:08 (45.2%)	6:05	9.8 (54.4%)
943	<b>CHOJOWSKA Edyta</b>	<b>153</b>		K-40	46	00:01:01	00:29:54	00:59:53	01:29:35	01:55:47	02:00:31	<b>02:08:11.95</b>	<b>02:09:13.25</b>	+00:57:47 (45.1%)	6:04	9.9 (55.0%)
944	<b>MAŁKOWSKI Tomasz</b>	<b>207</b>	NIGHT RUNNERS ZABRZE	M-30	329	00:00:00	00:26:30	00:51:49	01:17:16	01:51:27	01:59:07	<b>02:09:13.35</b>	<b>02:09:13.35</b>	+00:58:48 (45.5%)	6:07	9.8 (54.4%)
945	<b>CHMIELEWSKA Anna</b>	<b>144</b>		K-30	86	00:01:01	00:29:21	00:59:32	01:29:22	01:56:06	02:00:37	<b>02:08:13.80</b>	<b>02:09:15.20</b>	+00:57:49 (45.1%)	6:04	9.9 (55.0%)
946	<b>KOŻUCH Agnieszka</b>	<b>139</b>	1975	K-40	48	00:01:01	00:29:21	00:59:32	01:29:22	01:56:07	02:00:37	<b>02:08:17.80</b>	<b>02:09:19.35</b>	+00:57:53 (45.1%)	6:04	9.9 (55.0%)
947	<b>WOJTAS Magdalena</b>	<b>498</b>		K-30	85	00:01:36	00:27:56	00:55:56	01:25:17	01:52:55	01:58:18	<b>02:07:55.10</b>	<b>02:09:31.65</b>	+00:57:30 (45.0%)	6:03	9.9 (55.0%)
948	<b>KĘDZIOR Wiesława</b>	<b>961</b>	NAS NIE DOGONIAŁ	K-50	4	00:00:48	00:30:01	01:00:10	01:30:21	01:56:17	02:00:48	<b>02:08:46.30</b>	<b>02:09:34.65</b>	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
949	<b>SOSIN Adam</b>	<b>200</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	328	00:01:20	00:30:12	00:59:43	01:29:06	01:55:10	01:59:52	<b>02:08:16.55</b>	<b>02:09:37.15</b>	+00:57:52 (45.1%)	6:04	9.9 (55.0%)
950	<b>SOSIN Sylwia</b>	<b>201</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K-40	47	00:01:20	00:30:12	00:59:43	01:29:07	01:55:10	01:59:52	<b>02:08:16.90</b>	<b>02:09:37.25</b>	+00:57:52 (45.1%)	6:04	9.9 (55.0%)
951	<b>BIAŁOŻYT Agata</b>	<b>873</b>		K-20	34	00:01:32	00:29:56	01:00:23	01:30:24	01:55:48	02:00:14	<b>02:08:13.45</b>	<b>02:09:46.00</b>	+00:57:49 (45.1%)	6:04	9.9 (55.0%)
952	<b>MANDOK Bogdan</b>	<b>742</b>		M-30	334	00:00:07	00:28:10	00:59:23	01:30:02	01:56:19	02:01:10	<b>02:09:41.60</b>	<b>02:09:48.65</b>	+00:59:17 (45.7%)	6:08	9.8 (54.4%)
953	<b>KURIANOWICZ Wiesław</b>	<b>436</b>	BIEGAM BO LUBIĘ	M-50	56	00:01:32	00:28:45	00:57:19	01:27:09	01:55:15	01:59:52	<b>02:08:20.30</b>	<b>02:09:52.85</b>	+00:57:55 (45.1%)	6:04	9.9 (55.0%)
954	<b>KLEJNOWSKI Mateusz</b>	<b>878</b>		M-20	142	00:01:19	00:30:23	01:01:55	01:33:25	01:57:34	02:01:54	<b>02:08:36.45</b>	<b>02:09:55.45</b>	+00:58:12 (45.3%)	6:05	9.8 (54.4%)
955	<b>ORLEF Jarosław</b>	<b>566</b>		M-40	231	00:00:39	00:28:19	00:57:34	01:27:43	01:56:03	02:01:09	<b>02:09:18.25</b>	<b>02:09:58.15</b>	+00:58:53 (45.5%)	6:07	9.8 (54.4%)
956	<b>PLEWIK Michał</b>	<b>667</b>	GRAMMI	M-40	229	00:00:41	00:28:17	00:57:32	01:27:41	01:56:00	02:01:07	<b>02:09:17.20</b>	<b>02:09:58.35</b>	+00:58:52 (45.5%)	6:07	9.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
957	MIRSKI Rafał	663	IMPULS DO DZIAŁANIA	M-40	230	00:00:40	00:28:18	00:57:34	01:27:43	01:56:02	02:01:08	02:09:17.70	02:09:58.45	+00:58:53 (45.5%)	6:07	9.8 (54.4%)
958	GOŁĘBIEWSKA Aleksandra	42	BIEGAJ S TRENERAMI	K-40	50	00:00:40	00:28:06	00:57:47	01:28:13	01:56:06	02:00:56	02:09:18.70	02:09:59.65	+00:58:54 (45.6%)	6:07	9.8 (54.4%)
959	GÓRECKA Anna	474		K-30	90	00:00:31	00:27:45	00:57:59	01:28:18	01:56:26	02:01:19	02:09:37.50	02:10:09.15	+00:59:13 (45.7%)	6:08	9.8 (54.4%)
960	BUDZIŃSKA Ania	567		K-30	88	00:01:12	00:27:29	00:56:45	01:27:17		02:00:19	02:08:59.00	02:10:11.30	+00:58:34 (45.4%)	6:06	9.8 (54.4%)
961	SITKO Filip	387		M-20	146	00:00:14	00:24:50	00:52:19	01:23:21	01:54:23	02:00:06	02:10:00.50	02:10:15.00	+00:59:36 (45.8%)	6:09	9.7 (53.9%)
962	LEWICKI Krzysztof	43	NIGHT RUNNERS GLIWICE	M-30	330	00:00:51	00:29:41	01:00:09	01:30:25	01:56:44	02:01:31	02:09:23.85	02:10:15.25	+00:58:59 (45.6%)	6:07	9.8 (54.4%)
963	TKACZUK Marcin	1016	NIGHT RUNNERS GLIWICE	M-30	331	00:00:50	00:29:42	01:00:10	01:30:26	01:56:44	02:01:32	02:09:24.85	02:10:15.65	+00:59:00 (45.6%)	6:08	9.8 (54.4%)
964	ULIASZ Natalia	980		K-20	38	00:00:34	00:28:23	00:58:13	01:28:40	01:56:24	02:01:05	02:09:41.80	02:10:15.85	+00:59:17 (45.7%)	6:08	9.8 (54.4%)
965	SYNÓWKA Maciej	981		M-30	333	00:00:34	00:28:23	00:58:13	01:28:40	01:56:23	02:01:05	02:09:41.40	02:10:16.15	+00:59:16 (45.7%)	6:08	9.8 (54.4%)
966	DWORNICZAK Paweł	887		M-20	143	00:01:34	00:29:32	01:00:38	01:31:21	01:57:03	02:01:30	02:08:45.80	02:10:19.85	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
966	HRYSZKO Jagoda	1172		K-20	35	00:01:34	00:29:32	01:00:39	01:31:21	01:57:03	02:01:30	02:08:45.60	02:10:19.85	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
968	PAUL Violetta	119	NIGHT RUNNERS GLIWICE	K-40	52	00:00:51	00:29:43	01:00:05	01:30:04	01:56:59	02:01:46	02:09:29.30	02:10:20.35	+00:59:04 (45.6%)	6:08	9.8 (54.4%)
969	KROCZEK Liliana	1269	NIGHT RUNNER'S GLIWICE	K-40	51	00:00:51	00:29:43	01:00:05	01:30:05	01:56:58	02:01:46	02:09:29.10	02:10:20.50	+00:59:04 (45.6%)	6:08	9.8 (54.4%)
970	JUSZCZAK Kalina	181		K-20	37	00:00:47	00:28:47	00:59:04	01:29:38	01:56:27	02:01:15	02:09:38.90	02:10:26.35	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
970	WIŚNIEWSKI Paweł	5	NIGHT RUNNERS GLIWICE	M-20	144	00:00:47	00:28:47	00:59:04	01:29:38	01:56:28	02:01:15	02:09:39.10	02:10:26.35	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
972	RATAJ Adrianna	825	1992	K-20	41	00:00:18	00:28:22	00:57:34	01:27:49	01:56:37	02:01:26	02:10:08.75	02:10:26.90	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
972	SALICKA Izabela	1143	PURE FIRE TEAM	K-20	42	00:00:17	00:28:23	00:57:35	01:27:50	01:56:38	02:01:28	02:10:08.95	02:10:26.90	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
974	STOLARCZYK Robert	115	NIGHT RUNNERS	M-30	332	00:00:49	00:30:01	01:00:23	01:30:22	01:56:24	02:01:13	02:09:38.80	02:10:28.65	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
975	PREJS Beata	1224	NIGHT RUNNER'S	K-30	91	00:00:49	00:30:02	01:00:23	01:30:22	01:56:25	02:01:12	02:09:39.10	02:10:28.90	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
976	WOŁOWSKI Michał	1160	SLAM DRINKERS BIŁGORAJ	M-20	147	00:00:10	00:28:08	00:55:53	01:25:02	01:56:12	02:01:52	02:10:19.65	02:10:30.10	+00:59:55 (46.0%)	6:10	9.7 (53.9%)
977	BOH Mariusz	1306		M-60	10	00:00:52	00:30:00	01:00:20	01:30:20	01:56:27	02:01:13	02:09:41.70	02:10:34.20	+00:59:17 (45.7%)	6:08	9.8 (54.4%)
978	GORELL Bogumiła	446		K-30	92	00:00:53	00:30:11	01:00:47	01:30:55	01:57:14	02:02:04	02:09:48.60	02:10:41.60	+00:59:24 (45.8%)	6:09	9.8 (54.4%)
979	GRZESIKIEWICZ Mariusz	426		M-30	335	00:00:53	00:30:11	01:00:47	01:30:55	01:57:15	02:02:04	02:09:48.40	02:10:41.70	+00:59:23 (45.8%)	6:09	9.8 (54.4%)
980	KRASZKIEWICZ Aleksander	968	NASNIEDOGONIAT	M-30	336	00:00:50	00:29:59	01:00:08	01:30:19	01:56:57	02:01:36	02:09:53.00	02:10:43.65	+00:59:28 (45.8%)	6:09	9.7 (53.9%)
981	KRASZKIEWICZ Marta	969	NASNIEDOGONIAT	K-30	94	00:00:51	00:29:59	01:00:08	01:30:19	01:56:57	02:01:35	02:09:52.45	02:10:43.80	+00:59:28 (45.8%)	6:09	9.7 (53.9%)
982	KWAŚNIOK Rafał	348	NIGHT RUNNERS GLIWICE	M-20	145	00:01:04	00:29:54	01:00:42	01:30:51	01:57:13	02:01:48	02:09:46.55	02:10:50.80	+00:59:22 (45.7%)	6:09	9.8 (54.4%)
983	BIGAJ Agnieszka	347		K-20	39	00:01:04	00:29:54	01:00:42	01:30:51		02:01:48	02:09:46.80	02:10:51.00	+00:59:22 (45.7%)	6:09	9.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
984	<b>WOŁCZYK Aldona</b>	<b>881</b>		K-20	40	00:00:54	00:28:29	00:57:42	01:28:19	01:56:07	02:01:15	<b>02:09:57.65</b>	<b>02:10:52.55</b>	+00:59:33 (45.8%)	6:09	9.7 (53.9%)
985	<b>CICHY Agnieszka</b>	<b>408</b>		K-30	89	00:01:20	00:29:14	00:59:41	01:29:38	01:56:32	02:01:20	<b>02:09:33.50</b>	<b>02:10:53.60</b>	+00:59:09 (45.7%)	6:08	9.8 (54.4%)
986	<b>MUSIOŁ Grzegorz</b>	<b>394</b>	OPEL ACTIVE TEAM	M-40	233	00:00:46	00:28:37	00:57:49	01:28:25	01:56:42	02:01:37	<b>02:10:09.30</b>	<b>02:10:55.60</b>	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
987	<b>MUSIOŁ Małgorzata</b>	<b>395</b>		K-30	95	00:00:46	00:28:37	00:57:49	01:28:26	01:56:43	02:01:37	<b>02:10:09.20</b>	<b>02:10:55.85</b>	+00:59:44 (45.9%)	6:10	9.7 (53.9%)
988	<b>CHOJOWSKI Oskar</b>	<b>154</b>		M-40	232	00:01:02	00:29:53	00:59:52	01:29:38	01:56:31	02:01:26	<b>02:09:56.90</b>	<b>02:10:59.00</b>	+00:59:32 (45.8%)	6:09	9.7 (53.9%)
989	<b>STERNAL Marta</b>	<b>951</b>		K-20	36	00:01:31	00:28:07	00:58:13	01:28:09	01:56:10	02:01:00	<b>02:09:31.90</b>	<b>02:11:03.45</b>	+00:59:07 (45.6%)	6:08	9.8 (54.4%)
990	<b>WESTER Halina</b>	<b>1274</b>	NIGHT RUNNERS	K-40	56	00:00:34	00:29:21	00:59:40	01:30:23	01:57:07	02:01:55	<b>02:10:30.00</b>	<b>02:11:04.25</b>	+01:00:05 (46.0%)	6:11	9.7 (53.9%)
991	<b>ONAK Izabela</b>	<b>1134</b>	OCHAJORUN & FRIENDS	K-40	53	00:01:13	00:30:22	01:00:22	01:30:08	01:56:44	02:01:25	<b>02:09:50.55</b>	<b>02:11:04.35</b>	+00:59:26 (45.8%)	6:09	9.7 (53.9%)
992	<b>FURMAN Agnieszka</b>	<b>1140</b>	OCHAJO RUN&FRIENDS	K-30	93	00:01:15	00:30:20	01:00:21	01:30:06	01:56:42	02:01:23	<b>02:09:51.65</b>	<b>02:11:06.70</b>	+00:59:27 (45.8%)	6:09	9.7 (53.9%)
993	<b>DEBOIBE Loic</b>	<b>341</b>	PLASTIC OMNIUM	M-20	148	00:00:28	00:26:47	00:54:15	01:24:52	01:56:45	02:01:53	<b>02:10:43.30</b>	<b>02:11:11.30</b>	+01:00:18 (46.1%)	6:11	9.7 (53.9%)
994	<b>MURZEK Aleksandra</b>	<b>997</b>	PURE FIRE BYTOM	K-20	43	00:00:57	00:28:55	00:58:53	01:29:20	01:56:33	02:01:33	<b>02:10:16.15</b>	<b>02:11:13.70</b>	+00:59:51 (46.0%)	6:10	9.7 (53.9%)
995	<b>DYNEK Sebastian</b>		PĘDZIWIATR	M-30	339	00:00:00	00:31:32	01:02:59	01:32:14	01:58:33	02:03:12	<b>02:11:15.45</b>	<b>02:11:15.45</b>	+01:00:51 (46.4%)	6:13	9.6 (53.3%)
996	<b>DĘBSKA Joanna</b>		NIGHT RUNNERS GLIWICE	K-40	55	00:00:50	00:29:44	01:00:09	01:30:06	01:56:52	02:01:50	<b>02:10:26.00</b>	<b>02:11:16.30</b>	+01:00:01 (46.0%)	6:10	9.7 (53.9%)
997	<b>SZCZEŚNIAK Barbara</b>	<b>580</b>		K-30	96	00:00:50	00:29:44	01:00:10	01:30:06	01:56:52	02:01:50	<b>02:10:26.15</b>	<b>02:11:16.45</b>	+01:00:01 (46.0%)	6:10	9.7 (53.9%)
998	<b>HAŃCZUR Józef</b>	<b>792</b>	B T M RUNNERS	M-50	57	00:01:14	00:30:53	01:02:01	01:31:02	01:58:49	02:03:07	<b>02:10:03.50</b>	<b>02:11:18.40</b>	+00:59:39 (45.9%)	6:09	9.7 (53.9%)
999	<b>SZOŁTYSEK Beata</b>	<b>1282</b>	OCHAJORUN & FRIENDS	K-40	58	00:00:29	00:28:23	00:58:21	01:29:10	01:57:09	02:02:02	<b>02:10:48.75</b>	<b>02:11:18.70</b>	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1000	<b>WILSZ Ewa</b>	<b>26</b>	UNISONO	K-40	54	00:01:06	00:30:05	01:00:13	01:30:24	01:57:15	02:02:03	<b>02:10:15.10</b>	<b>02:11:21.40</b>	+00:59:50 (45.9%)	6:10	9.7 (53.9%)
1001	<b>KAPIAS Krystian</b>	<b>521</b>		M-40	234	00:01:07	00:30:05	01:00:12	01:30:21	01:57:15	02:02:02	<b>02:10:36.20</b>	<b>02:11:43.40</b>	+01:00:11 (46.1%)	6:11	9.7 (53.9%)
1002	<b>ĆWIOK Barbara</b>	<b>806</b>	UNISONO	K-40	57	00:01:06	00:30:06	01:00:14	01:30:22	01:57:16	02:02:06	<b>02:10:39.75</b>	<b>02:11:46.35</b>	+01:00:15 (46.1%)	6:11	9.7 (53.9%)
1003	<b>BŁASZCZYK Paulina</b>	<b>37</b>		K-30	98	00:00:58	00:28:03	00:57:52	01:28:20	01:56:48	02:01:54	<b>02:10:48.85</b>	<b>02:11:47.60</b>	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1004	<b>STANGEL Dorota</b>	<b>1262</b>		K-30	97	00:01:16	00:29:54	01:00:23	01:31:24	01:57:54	02:02:33	<b>02:10:45.85</b>	<b>02:12:01.90</b>	+01:00:21 (46.2%)	6:11	9.7 (53.9%)
1005	<b>PRYMAS Krystian</b>	<b>32</b>		M-30	338	00:00:48	00:26:24	00:55:23	01:29:02	01:57:25	02:02:27	<b>02:11:13.60</b>	<b>02:12:02.50</b>	+01:00:49 (46.3%)	6:13	9.6 (53.3%)
1006	<b>JANGROT Dominika</b>	<b>1081</b>	NIGHT RUNNERS GLIWICE	K-30	100	00:00:50	00:29:11	00:58:36	01:28:55	01:57:22	02:02:25	<b>02:11:12.55</b>	<b>02:12:02.60</b>	+01:00:48 (46.3%)	6:13	9.6 (53.3%)
1007	<b>HRISTOVA-KOSOBUDZKA Daria</b>	<b>1097</b>	SPOT PSZCZYNA	K-20	44	00:01:21	00:29:34	00:59:52	01:29:52	01:57:02	02:02:00	<b>02:10:42.90</b>	<b>02:12:04.20</b>	+01:00:18 (46.1%)	6:11	9.7 (53.9%)
1008	<b>BURY Mirosław</b>	<b>271</b>		M-20	149	00:01:17	00:27:16	00:54:13	01:21:55	01:54:00	02:00:26	<b>02:10:48.80</b>	<b>02:12:06.40</b>	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1009	<b>MAZUR Ewelina</b>	<b>102</b>		K-40	59	00:00:57	00:29:55	01:00:16	01:30:14	01:57:28	02:02:27	<b>02:11:09.90</b>	<b>02:12:07.30</b>	+01:00:45 (46.3%)	6:12	9.7 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1010	<b>SKORUPA Agnieszka</b>	<b>391</b>	RUN AND FUN	K-40	60	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	<b>02:11:13.90</b>	<b>02:12:12.95</b>	+01:00:49 (46.3%)	6:13	9.6 (53.3%)
1011	<b>NAWROT Bożena</b>	<b>804</b>		K-40	61	00:00:59	00:29:50	01:00:39	01:31:15	01:57:56	02:02:54	<b>02:11:15.15</b>	<b>02:12:14.40</b>	+01:00:50 (46.4%)	6:13	9.6 (53.3%)
1012	<b>GRABOWSKI Lech</b>	<b>1165</b>		M-50	58	00:00:06	00:26:55	00:56:12	01:28:19	01:57:40	02:03:11	<b>02:12:16.20</b>	<b>02:12:22.90</b>	+01:01:51 (46.8%)	6:16	9.6 (53.3%)
1013	<b>DROZDOWSKI Wojciech</b>	<b>1125</b>	BIEGAJ Z TRENERAMI	M-30	340	00:00:37	00:28:06	00:58:11	01:29:39	01:58:05	02:03:13	<b>02:11:48.15</b>	<b>02:12:25.20</b>	+01:01:23 (46.6%)	6:14	9.6 (53.3%)
1014	<b>GORUS Anna</b>	<b>113</b>	NIGHT RUNNERS ZABRZE	K-30	99	00:01:52	00:31:35	01:01:55	01:31:26	01:58:28	02:03:00	<b>02:10:49.10</b>	<b>02:12:41.25</b>	+01:00:24 (46.2%)	6:11	9.7 (53.9%)
1015	<b>LIPSKI Dariusz</b>	<b>71</b>		M-30	337	00:01:52	00:29:39	01:00:59	01:30:22	01:57:15	02:02:20	<b>02:10:52.65</b>	<b>02:12:45.50</b>	+01:00:28 (46.2%)	6:12	9.7 (53.9%)
1016	<b>DĄBROWSKA Halina</b>	<b>1130</b>	BIEGOWA ŚWIDNICA	K-30	101	00:00:45	00:29:01	00:59:37	01:31:06	01:58:42	02:03:35	<b>02:12:07.25</b>	<b>02:12:52.35</b>	+01:01:42 (46.7%)	6:15	9.6 (53.3%)
1017	<b>STANIK Sonia</b>	<b>765</b>		K-20	45	00:00:59	00:27:20	00:57:34	01:28:36	01:57:22	02:03:14	<b>02:11:57.75</b>	<b>02:12:57.60</b>	+01:01:33 (46.6%)	6:15	9.6 (53.3%)
1018	<b>KUPCZAK Rafał</b>	<b>1084</b>		M-40	235	00:01:05	00:30:32	01:00:55	01:31:52	01:58:50	02:03:42	<b>02:12:23.25</b>	<b>02:13:28.25</b>	+01:01:58 (46.8%)	6:16	9.6 (53.3%)
1019	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>656</b>	RUNTEAM PAWŁOWICE	K-40	62	00:01:52	00:31:35	01:01:56	01:31:26	01:59:01	02:03:39	<b>02:11:37.65</b>	<b>02:13:29.75</b>	+01:01:13 (46.5%)	6:14	9.6 (53.3%)
1020	<b>CABAŁA Adam</b>	<b>918</b>		M-20	150	00:01:02	00:29:49	00:59:30	01:30:09	01:58:23	02:04:03	<b>02:12:37.85</b>	<b>02:13:40.65</b>	+01:02:13 (46.9%)	6:17	9.5 (52.8%)
1021	<b>MACKIEWICZ Katarzyna</b>	<b>308</b>		K-50	5	00:00:40	00:30:14	01:00:44	01:31:51	01:59:35	02:04:39	<b>02:13:07.05</b>	<b>02:13:47.60</b>	+01:02:42 (47.1%)	6:18	9.5 (52.8%)
1022	<b>WIEDERMANN Krzysztof</b>	<b>1309</b>	PEDRA FORCH	M-30	342	00:00:44	00:28:21	00:58:19	01:29:28	01:58:20	02:03:31	<b>02:13:10.55</b>	<b>02:13:54.85</b>	+01:02:46 (47.1%)	6:18	9.5 (52.8%)
1023	<b>KOWALIK Tomasz</b>	<b>1066</b>	KALINOWSKI TEAM	M-30	343	00:00:53	00:28:51	00:59:27	01:31:09	01:59:14	02:04:39	<b>02:13:13.20</b>	<b>02:14:06.65</b>	+01:02:48 (47.1%)	6:18	9.5 (52.8%)
1024	<b>SKĄPSKA Joanna</b>	<b>688</b>		K-20	47	00:00:57	00:32:37	01:04:01	01:34:46	02:00:55	02:05:39	<b>02:13:10.25</b>	<b>02:14:07.75</b>	+01:02:45 (47.1%)	6:18	9.5 (52.8%)
1025	<b>MARKOWICZ Piotr</b>	<b>1298</b>	MOMO RESTAURANT & COCKTAIL BAR	M-30	341	00:01:15	00:30:51	01:02:25	01:32:54	01:59:28	02:04:25	<b>02:12:58.25</b>	<b>02:14:13.70</b>	+01:02:33 (47.1%)	6:18	9.5 (52.8%)
1026	<b>MATECKI Maciej</b>	<b>520</b>	2XM	M-30	344	00:00:56	00:30:04	01:00:25	01:30:36	01:59:11	02:04:36	<b>02:13:18.80</b>	<b>02:14:15.55</b>	+01:02:54 (47.2%)	6:19	9.5 (52.8%)
1027	<b>MIGDAŁ Grzegorz</b>	<b>29</b>	SBRT GLIWICE	M-40	236	00:01:12	00:29:31	00:59:49	01:30:07	01:58:57	02:04:12	<b>02:13:05.65</b>	<b>02:14:17.95</b>	+01:02:41 (47.1%)	6:18	9.5 (52.8%)
1028	<b>KOŁODZIEJCZYK Zbigniew</b>	<b>491</b>	KB ENDURANCE SOLIDARNI KNURÓW	M-60	11	00:01:42	00:28:01	00:56:08	01:26:32	01:57:35	02:02:53	<b>02:12:46.45</b>	<b>02:14:28.90</b>	+01:02:22 (47.0%)	6:17	9.5 (52.8%)
1029	<b>WRÓBLEWSKI Robert</b>	<b>456</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	237	00:00:54	00:27:48	00:56:43	01:28:04	02:00:20	02:05:13	<b>02:13:42.80</b>	<b>02:14:36.95</b>	+01:03:18 (47.3%)	6:20	9.5 (52.8%)
1029	<b>KONIECZKA Katarzyna</b>	<b>455</b>	MIECHOWICKA GRUPA BIEGOWA	K-40	63	00:00:54	00:27:48	00:56:43	01:28:05	02:00:20	02:05:13	<b>02:13:42.70</b>	<b>02:14:36.95</b>	+01:03:18 (47.3%)	6:20	9.5 (52.8%)
1031	<b>ZAMOJSKA Iwona</b>	<b>797</b>	MIECHOWICKA GRUPA BIEGOWA	K-30	102	00:00:41	00:28:01	00:57:04	01:29:31	02:00:33	02:05:26	<b>02:13:55.80</b>	<b>02:14:37.20</b>	+01:03:31 (47.4%)	6:20	9.5 (52.8%)
1032	<b>SAWIONEK Robert</b>	<b>1516</b>		M-40	238	00:00:23	00:25:25	00:53:57	01:27:01	01:58:45	02:03:29	<b>02:14:17.80</b>	<b>02:14:41.70</b>	+01:03:53 (47.6%)	6:21	9.4 (52.2%)
1033	<b>FURMANIK Jacek</b>	<b>648</b>	AKMB PĘDZIWIATR GLIWICE	M-50	59	00:01:53	00:30:56	01:00:54	01:31:40	01:59:24	02:04:22	<b>02:12:56.45</b>	<b>02:14:49.50</b>	+01:02:32 (47.0%)	6:18	9.5 (52.8%)
1034	<b>WÓJTOWICZ Liza</b>	<b>514</b>		K-20	46	00:01:51	00:30:56	01:03:22	01:35:38	02:01:45	02:06:05	<b>02:13:09.60</b>	<b>02:15:00.70</b>	+01:02:45 (47.1%)	6:18	9.5 (52.8%)
1035	<b>PASSIA Robert</b>	<b>1141</b>		M-30	345	00:01:19	00:30:59	01:03:32	01:35:37	02:01:40	02:06:09	<b>02:13:51.40</b>	<b>02:15:10.40</b>	+01:03:26 (47.4%)	6:20	9.5 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 21.1km	brutto 21.1km			
1036	<b>SMIESZKOŁ-BRYKOWSKA Sonia</b>	<b>501</b>	RUN AND FUN TEAM	K-30	103	00:00:57	00:29:55	01:00:15	01:30:15	01:58:42	02:04:34	<b>02:14:49.30</b>	<b>02:15:46.65</b>	+01:04:24 (47.8%)	6:23	9.4 (52.2%)
1037	<b>ĆWIKŁA Andrzej</b>	<b>1067</b>	TENT GRUPA	M-60	12	00:01:00	00:30:16	01:00:59	01:31:54	02:00:33	02:05:53	<b>02:14:57.00</b>	<b>02:15:57.45</b>	+01:04:32 (47.8%)	6:23	9.4 (52.2%)
1038	<b>STOLARZ Agnieszka</b>	<b>976</b>	NIGHT RUNNERS GLIWICE	K-40	65	00:00:51	00:30:34	01:02:09	01:33:39	02:01:27	02:06:32	<b>02:15:16.80</b>	<b>02:16:08.75</b>	+01:04:52 (48.0%)	6:24	9.4 (52.2%)
1039	<b>BIERNACKI Tomasz</b>	<b>626</b>		M-40	239	00:01:19	00:30:59	01:02:44	01:34:51	02:02:00	02:06:43	<b>02:14:59.55</b>	<b>02:16:19.20</b>	+01:04:35 (47.8%)	6:23	9.4 (52.2%)
1040	<b>BIERNACKA Agnieszka</b>	<b>623</b>		K-30	104	00:01:19	00:30:58	01:02:45	01:34:54	02:02:00	02:06:44	<b>02:15:02.20</b>	<b>02:16:21.90</b>	+01:04:37 (47.9%)	6:23	9.4 (52.2%)
1041	<b>STALICA Marzena</b>	<b>468</b>		K-40	64	00:01:24	00:30:50	01:02:34	01:34:17	02:01:34	02:06:30	<b>02:14:59.75</b>	<b>02:16:24.55</b>	+01:04:35 (47.8%)	6:23	9.4 (52.2%)
1042	<b>KOSTORZ Paweł</b>	<b>613</b>	PAWEŁ KOSTORZ	M-20	151	00:01:21	00:29:15	00:59:52	01:30:34	02:00:59	02:06:12	<b>02:15:04.35</b>	<b>02:16:25.45</b>	+01:04:39 (47.9%)	6:24	9.4 (52.2%)
1043	<b>STEINHOFF Adam</b>	<b>1033</b>	WIKTOR TEAM	M-40	240	00:01:15	00:30:19	01:01:06	01:32:11	02:01:21	02:06:38	<b>02:15:14.30</b>	<b>02:16:29.85</b>	+01:04:49 (47.9%)	6:24	9.4 (52.2%)
1044	<b>BOŚ Iwona</b>	<b>690</b>	WIŚLAŃSKA AKADEMIA BIEGOWA	K-40	66	00:01:25	00:31:16	01:02:44	01:34:03	02:02:19	02:07:14	<b>02:15:21.25</b>	<b>02:16:46.60</b>	+01:04:56 (48.0%)	6:24	9.4 (52.2%)
1045	<b>RÓŻYC Barbara</b>	<b>366</b>	NIGHT RUNNERS ZABRZE	K-40	68	00:01:12	00:30:08	01:01:43	01:33:50	02:02:31	02:07:31	<b>02:15:35.80</b>	<b>02:16:48.45</b>	+01:05:11 (48.1%)	6:25	9.3 (51.7%)
1046	<b>BUKSINSKA Iwona</b>	<b>272</b>		K-40	69	00:00:48	00:29:45	01:00:19	01:32:42	02:01:50	02:07:09	<b>02:16:00.30</b>	<b>02:16:49.00</b>	+01:05:35 (48.2%)	6:26	9.3 (51.7%)
1047	<b>KLEJNOWSKA Katarzyna</b>	<b>903</b>		K-20	49	00:01:18	00:30:24	01:01:56	01:33:26	02:02:19	02:07:09	<b>02:15:35.70</b>	<b>02:16:54.30</b>	+01:05:11 (48.1%)	6:25	9.3 (51.7%)
1048	<b>PIKULSKA Beata</b>	<b>104</b>	NIGHT RUNNERS	K-30	105	00:01:37	00:30:46	01:02:15	01:33:43	02:01:29	02:06:38	<b>02:15:22.00</b>	<b>02:16:59.75</b>	+01:04:57 (48.0%)	6:24	9.4 (52.2%)
1049	<b>RECHMAN-NOWAKOWSKA Dorota</b>	<b>122</b>	NIGHT RUNNERS	K-40	67	00:01:38	00:30:45	01:02:14	01:33:42	02:01:33	02:06:38	<b>02:15:21.70</b>	<b>02:17:00.00</b>	+01:04:57 (48.0%)	6:24	9.4 (52.2%)
1050	<b>KOWALSKA Natalia</b>	<b>219</b>	NIGHT RUNNERS GLIWICE	K-20	48	00:01:39	00:30:56	01:02:21	01:34:34	02:02:14	02:07:20	<b>02:15:22.45</b>	<b>02:17:01.65</b>	+01:04:58 (48.0%)	6:24	9.4 (52.2%)
1051	<b>MULARCZYK Teresa</b>	<b>409</b>	BIEGAM,	K-50	6	00:00:57	00:29:33	01:00:01	01:32:05	02:01:40	02:06:50	<b>02:16:04.15</b>	<b>02:17:01.95</b>	+01:05:39 (48.3%)	6:26	9.3 (51.7%)
1052	<b>BALICZ Agnieszka</b>	<b>148</b>		K-20	50	00:00:55	00:30:16	01:01:06	01:33:38	02:02:36	02:07:23	<b>02:16:12.85</b>	<b>02:17:08.50</b>	+01:05:48 (48.3%)	6:27	9.3 (51.7%)
1053	<b>ESTKO Anna</b>	<b>788</b>		K-30	106	00:01:27	00:30:56	01:02:23	01:34:01	02:01:56	02:06:57	<b>02:15:42.40</b>	<b>02:17:10.05</b>	+01:05:17 (48.1%)	6:25	9.3 (51.7%)
1054	<b>SZYMAŃSKI Jacek</b>	<b>472</b>	TELESKOPY.PL	M-40	241	00:01:41	00:32:57	01:04:35	01:36:13	02:03:08	02:07:51	<b>02:15:56.00</b>	<b>02:17:37.05</b>	+01:05:31 (48.2%)	6:26	9.3 (51.7%)
1055	<b>MĄCZKA Krystyna</b>	<b>988</b>		K-60	1	00:00:54	00:29:38	01:00:19	01:33:04	02:03:05	02:08:03	<b>02:16:50.25</b>	<b>02:17:44.40</b>	+01:06:25 (48.5%)	6:29	9.3 (51.7%)
1056	<b>KUŚ Michał</b>	<b>1236</b>	1982	M-30	346	00:01:16	00:30:09	01:01:21	01:32:52	02:01:49	02:07:04	<b>02:16:30.20</b>	<b>02:17:46.40</b>	+01:06:05 (48.4%)	6:28	9.3 (51.7%)
1057	<b>WOJTAS - WÓJCIK Justyna</b>	<b>511</b>		K-20	51	00:00:59	00:29:15	01:00:20	01:31:43	02:02:13	02:08:02	<b>02:17:03.85</b>	<b>02:18:03.15</b>	+01:06:39 (48.6%)	6:29	9.2 (51.1%)
1058	<b>KOPYŚĆ Jarosław</b>	<b>1112</b>	PSZCZÓŁKOWSKI TEAM	M-40	242	00:01:43	00:32:01	01:04:02	01:35:53	02:03:30	02:08:30	<b>02:16:25.80</b>	<b>02:18:09.70</b>	+01:06:01 (48.4%)	6:27	9.3 (51.7%)
1059	<b>BRODIUK Norbert</b>	<b>622</b>	SBRT GLIWICE	M-40	243	00:00:37	00:28:02	00:59:02	01:32:26	02:03:02	02:08:37	<b>02:17:44.10</b>	<b>02:18:21.10</b>	+01:07:19 (48.9%)	6:31	9.2 (51.1%)
1060	<b>POŁOK Adrian</b>	<b>1022</b>	OPEL ACTIVE TEAM	M-30	347	00:00:52	00:29:58	01:00:19	01:32:12	02:02:30	02:08:12	<b>02:17:41.50</b>	<b>02:18:33.85</b>	+01:07:17 (48.9%)	6:31	9.2 (51.1%)
1061	<b>ŻOCHOWSKI Leszek</b>	<b>225</b>		M-40	244	00:00:52	00:29:58	01:00:21	01:31:40	02:02:54	02:08:24	<b>02:17:53.70</b>	<b>02:18:46.15</b>	+01:07:29 (48.9%)	6:32	9.2 (51.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
1062	<b>MIŚKIEWICZ Andrzej</b>	<b>1147</b>		M-50	60	00:01:22	00:31:41	01:03:50	01:36:06	02:03:59	02:08:50	<b>02:17:25.10</b>	<b>02:18:47.35</b>	+01:07:00 (48.8%)	6:30	9.2 (51.1%)
1063	<b>WIRA Agnieszka</b>	<b>1161</b>	NIGHT RUNNERS GLIWICE	K-20	52	00:01:50	00:29:09	00:59:55	01:32:12	02:03:01	02:08:02	<b>02:17:06.75</b>	<b>02:18:56.75</b>	+01:06:42 (48.6%)	6:29	9.2 (51.1%)
1063	<b>TUMIDAJEWICZ Beata</b>	<b>1151</b>		K-30	107	00:01:49	00:29:10	00:59:56	01:32:13	02:03:03	02:08:03	<b>02:17:07.50</b>	<b>02:18:56.75</b>	+01:06:43 (48.7%)	6:29	9.2 (51.1%)
1065	<b>DYLONG Mariola</b>	<b>266</b>		K-16	5	00:00:26	00:27:23	00:58:06	01:30:17	02:01:45	02:08:26	<b>02:18:31.25</b>	<b>02:18:57.60</b>	+01:08:06 (49.2%)	6:33	9.1 (50.6%)
1066	<b>STACHOWSKI Wojciech</b>	<b>930</b>		M-30	348	00:01:30	00:30:12	01:01:48	01:34:18	02:03:35	02:08:51	<b>02:18:03.95</b>	<b>02:19:34.00</b>	+01:07:39 (49.0%)	6:32	9.2 (51.1%)
1067	<b>SZAŁAJKO Jerzy</b>	<b>665</b>	DUCH GÓR	M-50	61	00:01:28	00:28:44	00:59:03	01:32:19	02:04:15	02:09:08	<b>02:18:09.55</b>	<b>02:19:37.95</b>	+01:07:45 (49.0%)	6:32	9.2 (51.1%)
1068	<b>KUSZ Gosia</b>	<b>705</b>		K-30	108	00:00:51	00:28:56	01:00:00	01:33:28	02:04:32	02:09:41	<b>02:18:49.25</b>	<b>02:19:40.90</b>	+01:08:24 (49.3%)	6:34	9.1 (50.6%)
1069	<b>GRUCHALSKI Jakub</b>	<b>591</b>	ISTA BIEGAMY	M-30	349	00:01:23	00:30:10	01:02:32	01:34:27	02:03:34	02:08:38	<b>02:18:23.20</b>	<b>02:19:47.10</b>	+01:07:58 (49.1%)	6:33	9.1 (50.6%)
1070	<b>STĘPIEŃ-KUCHNIA Anna</b>	<b>910</b>	TS REGLE SZKLARSKA PORĘBA	K-40	70	00:01:10	00:30:59	01:02:33	01:35:19	02:05:00	02:09:54	<b>02:18:40.95</b>	<b>02:19:51.80</b>	+01:08:16 (49.2%)	6:34	9.1 (50.6%)
1071	<b>DOGIEL Agnieszka</b>	<b>1109</b>		K-30	109	00:00:53	00:30:08	01:02:46	01:36:47	02:05:30	02:10:31	<b>02:19:08.50</b>	<b>02:20:01.65</b>	+01:08:44 (49.4%)	6:35	9.1 (50.6%)
1072	<b>CIEŚLAK Michał</b>	<b>376</b>		M-30	350	00:01:37	00:30:22	01:01:59	01:35:16	02:04:23	02:09:34	<b>02:18:31.10</b>	<b>02:20:08.95</b>	+01:08:06 (49.2%)	6:33	9.1 (50.6%)
1073	<b>BOBKOWSKI Maciej</b>	<b>58</b>	PĘDZACE ŻÓŁWIE	M-40	248	00:00:48	00:28:52	00:59:47	01:34:01	02:04:58	02:10:29	<b>02:19:27.20</b>	<b>02:20:15.90</b>	+01:09:02 (49.5%)	6:36	9.1 (50.6%)
1074	<b>DUDZIAK Piotr</b>	<b>978</b>	OPEL ACTIVE TEAM	M-40	246	00:01:17	00:30:55	01:03:09	01:36:04	02:05:09	02:10:20	<b>02:19:06.00</b>	<b>02:20:23.65</b>	+01:08:41 (49.4%)	6:35	9.1 (50.6%)
1075	<b>WOJTASZEK Grzegorz</b>	<b>324</b>	MOSIR PIEKARY ŚLĄSKIE	M-40	245	00:01:43	00:28:50	01:00:13	01:34:33	02:04:52	02:10:04	<b>02:18:54.75</b>	<b>02:20:38.45</b>	+01:08:30 (49.3%)	6:35	9.1 (50.6%)
1076	<b>WALIGÓRA Aleksander</b>	<b>769</b>	BBL KĘDZIERZYN-KOŹLE	M-40	247	00:01:17	00:30:50	01:02:31	01:34:45	02:04:44	02:09:55	<b>02:19:23.50</b>	<b>02:20:41.25</b>	+01:08:59 (49.5%)	6:36	9.1 (50.6%)
1077	<b>WALIGÓRA Aleksandra</b>	<b>770</b>	BBL KĘDZIERZYN-KOŹLE	K-40	71	00:01:17	00:30:50	01:02:31	01:34:45	02:04:45	02:09:55	<b>02:19:24.25</b>	<b>02:20:41.30</b>	+01:08:59 (49.5%)	6:36	9.1 (50.6%)
1078	<b>ŁYSIUK Grzegorz</b>	<b>506</b>		M-30	351	00:01:30	00:30:59	01:03:13	01:35:58	02:04:51	02:10:14	<b>02:19:15.00</b>	<b>02:20:45.00</b>	+01:08:50 (49.4%)	6:35	9.1 (50.6%)
1079	<b>CIOMEK Marta</b>	<b>99</b>	SBRT	K-20	54	00:00:43	00:28:19	00:59:29	01:32:12	02:03:43	02:09:52	<b>02:20:03.40</b>	<b>02:20:47.10</b>	+01:09:38 (49.7%)	6:38	9 (50.0%)
1080	<b>CESARZ Alicja</b>	<b>553</b>		K-30	110	00:01:38	00:30:57	01:02:16	01:34:08	02:04:32	02:09:50	<b>02:19:18.95</b>	<b>02:20:56.95</b>	+01:08:54 (49.5%)	6:36	9.1 (50.6%)
1081	<b>KURPIOS Piotr</b>	<b>542</b>		M-30	352	00:01:35	00:34:02	01:06:49	01:37:57	02:05:43	02:10:41	<b>02:19:28.30</b>	<b>02:21:03.40</b>	+01:09:03 (49.5%)	6:36	9.1 (50.6%)
1082	<b>MIŚKIEWICZ Lucyna</b>	<b>1148</b>		K-50	7	00:01:22	00:31:41	01:03:50	01:36:04	02:05:41	02:10:34	<b>02:19:46.70</b>	<b>02:21:09.65</b>	+01:09:22 (49.6%)	6:37	9.1 (50.6%)
1083	<b>MALCHERCZYK Anna</b>	<b>866</b>		K-20	53	00:01:45	00:30:42	01:02:13	01:34:07	02:04:42	02:10:20	<b>02:19:51.65</b>	<b>02:21:36.90</b>	+01:09:27 (49.7%)	6:37	9.1 (50.6%)
1084	<b>BANASIK Wiesław</b>	<b>1062</b>		M-50	62	00:00:49	00:30:04	01:02:16	01:35:56	02:05:54	02:11:32	<b>02:20:51.15</b>	<b>02:21:41.05</b>	+01:10:26 (50.0%)	6:40	9 (50.0%)
1085	<b>BOGACZ Jadwiga</b>	<b>482</b>	JAGODA TEAM	K-30	111	00:01:47	00:30:51	01:03:03	01:35:50	02:05:26	02:10:38	<b>02:20:01.65</b>	<b>02:21:49.55</b>	+01:09:37 (49.7%)	6:38	9 (50.0%)
1086	<b>BATEJKO Beata</b>	<b>417</b>		K-40	73	00:00:56	00:28:31	00:59:48	01:33:54	02:05:33	02:11:08	<b>02:21:06.55</b>	<b>02:22:03.45</b>	+01:10:42 (50.1%)	6:41	9 (50.0%)
1087	<b>MISZTAL Andrzej</b>	<b>975</b>		M-40	249	00:01:52	00:30:56	01:02:52	01:36:06	02:06:19	02:11:35	<b>02:20:14.15</b>	<b>02:22:06.35</b>	+01:09:49 (49.8%)	6:38	9 (50.0%)
1088	<b>GILEWSKI Franciszek</b>	<b>543</b>	BIEGAMY Z SERCEM	M-70	4	00:00:43	00:31:25	01:04:02	01:36:50	02:07:06	02:12:27	<b>02:21:28.20</b>	<b>02:22:11.65</b>	+01:11:03 (50.2%)	6:42	8.9 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
1089	<b>KONTNY Paweł</b>	<b>1032</b>		M-70	3	00:01:55	00:31:00	01:02:50	01:35:38	02:05:53	02:11:15	<b>02:20:18.60</b>	<b>02:22:14.35</b>	+01:09:54 (49.8%)	6:39	9 (50.0%)
1090	<b>DYRAGA Barbara</b>	<b>204</b>	NIEZRZESZONA	K-30	112	00:01:37	00:33:04	01:05:54	01:38:24	02:06:44	02:11:56	<b>02:20:37.50</b>	<b>02:22:14.60</b>	+01:10:13 (49.9%)	6:39	9 (50.0%)
1091	<b>DYRAGA Marcin</b>	<b>559</b>	SAINT-GOBAIN SQUAD	M-40	250	00:01:37	00:33:04	01:05:54	01:38:24	02:06:45	02:11:56	<b>02:20:37.80</b>	<b>02:22:15.30</b>	+01:10:13 (49.9%)	6:39	9 (50.0%)
1092	<b>LEDWOŃ Aneta</b>	<b>88</b>	NIGHT RUNNERS GLIWICE	K-40	72	00:01:18	00:30:59	01:03:38	01:36:27	02:05:28	02:10:38	<b>02:21:00.95</b>	<b>02:22:19.00</b>	+01:10:36 (50.1%)	6:40	9 (50.0%)
1093	<b>RÓŻOWICZ Eliza</b>	<b>1188</b>	SPARTANIE DZIECIOM	K-30	113	00:01:01	00:30:57	01:03:54	01:37:50	02:06:35	02:11:32	<b>02:21:32.00</b>	<b>02:22:33.85</b>	+01:11:07 (50.3%)	6:42	8.9 (49.4%)
1094	<b>LEŚNIEWSKI Michał</b>	<b>1252</b>	SPARTANIE DZIECIOM	M-40	259	00:01:01	00:30:59	01:03:57	01:37:52	02:06:32	02:11:31	<b>02:21:33.10</b>	<b>02:22:34.25</b>	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1095	<b>SERWACZYŃSKI Mirosław</b>	<b>1191</b>	SPARTANIE DZIECIOM	M-50	65	00:01:04	00:30:57	01:03:51	01:37:47	02:06:32	02:11:29	<b>02:21:30.55</b>	<b>02:22:34.85</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1096	<b>CHRYCIUK Wojciech</b>	<b>1245</b>	SPARTANIE DZIECIOM	M-50	63	00:01:10	00:30:54	01:03:49	01:37:45	02:06:34	02:11:22	<b>02:21:24.20</b>	<b>02:22:35.15</b>	+01:10:59 (50.2%)	6:42	9 (50.0%)
1097	<b>BĄK Katarzyna</b>	<b>1249</b>	SPARTANIE DZIECIOM	K-30	115	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	<b>02:21:33.30</b>	<b>02:22:35.35</b>	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1098	<b>DOBAJ Katarzyna</b>	<b>1246</b>	SPARTANIE DZIECIOM	K-40	75	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	<b>02:21:33.40</b>	<b>02:22:35.90</b>	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1099	<b>STĘPKA Daria</b>	<b>1253</b>	SPARTANIE DZIECIOM	K-40	76	00:01:02	00:30:56	01:03:54	01:37:49	02:06:35	02:11:32	<b>02:21:33.45</b>	<b>02:22:36.00</b>	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1100	<b>DOROTA Jola</b>	<b>1503</b>	RUN RUN OLESZYCE	K-40	74	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	<b>02:21:32.85</b>	<b>02:22:36.30</b>	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1100	<b>RAJCHERT Joanna</b>	<b>1254</b>	SPARTANIE DZIECIOM	K-30	114	00:01:03	00:30:56	01:03:54	01:37:49	02:06:35	02:11:31	<b>02:21:32.70</b>	<b>02:22:36.30</b>	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1102	<b>RAKOWSKA Katarzyna</b>	<b>1187</b>	SPARTANIE DZIECIOM	K-30	116	00:01:03	00:30:56	01:03:54	01:38:34		02:11:32	<b>02:21:33.90</b>	<b>02:22:36.95</b>	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1103	<b>CZAPKIEWICZ Gosia</b>	<b>1201</b>	SPARTANIE DZIECIOM	K-40	77	00:01:02	00:30:58	01:03:55	01:37:50	02:06:37	02:11:32	<b>02:21:34.05</b>	<b>02:22:37.00</b>	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1104	<b>SULIN Marek</b>	<b>949</b>	SPARTANIE DZIECIOM	M-40	257	00:01:06	00:30:56	01:03:52	01:37:48	02:06:34	02:11:29	<b>02:21:31.30</b>	<b>02:22:37.35</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1105	<b>SOLBIATI Davide</b>	<b>1199</b>	SPARTANIE DZIECIOM	M-40	255	00:01:06	00:30:56	01:03:52	01:37:47	02:06:33	02:11:29	<b>02:21:30.90</b>	<b>02:22:37.80</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1106	<b>NOWAK Wiktor</b>	<b>1186</b>	SPARTANIE DZIECIOM	M-50	67	00:01:04	00:30:57	01:03:54	01:37:48	02:06:35	02:11:31	<b>02:21:34.05</b>	<b>02:22:38.10</b>	+01:11:09 (50.3%)	6:42	8.9 (49.4%)
1107	<b>MAŁKOWSKI Bogdan</b>	<b>1202</b>	SPARTANIE DZIECIOM	M-40	252	00:01:08	00:30:55	01:03:53	01:37:49	02:06:32	02:11:28	<b>02:21:29.35</b>	<b>02:22:38.15</b>	+01:11:04 (50.2%)	6:42	8.9 (49.4%)
1108	<b>DOROTA Zbigniew</b>	<b>1247</b>	SPARTANIE DZIECIOM	M-40	251	00:01:09	00:30:55	01:03:52	01:37:44	02:06:27	02:11:26	<b>02:21:28.85</b>	<b>02:22:38.70</b>	+01:11:04 (50.2%)	6:42	8.9 (49.4%)
1108	<b>GRONOWSKI Waldemar</b>	<b>1198</b>	SPARTANIE DZIECIOM	M-50	64	00:01:09	00:30:54	01:03:51	01:37:48	02:06:31	02:11:27	<b>02:21:29.60</b>	<b>02:22:38.70</b>	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1110	<b>SZAFRAŃSKI Krzysztof</b>	<b>295</b>	SPARTANIE DZIECIOM	M-40	258	00:01:07	00:30:56	01:03:53	01:37:50	02:06:35	02:11:29	<b>02:21:31.95</b>	<b>02:22:39.50</b>	+01:11:07 (50.3%)	6:42	8.9 (49.4%)
1111	<b>LASKOWSKI Piotr</b>	<b>1251</b>	SPARTANIE DZIECIOM	M-40	260	00:01:06	00:30:54	01:03:53	01:37:49	02:06:36	02:11:30	<b>02:21:33.20</b>	<b>02:22:39.80</b>	+01:11:08 (50.3%)	6:42	8.9 (49.4%)
1112	<b>PTAK Arkadiusz</b>	<b>1197</b>	SPARTANIE DZIECIOM	M-30	355	00:01:09	00:30:55	01:03:53	01:37:46	02:06:34	02:11:28	<b>02:21:30.50</b>	<b>02:22:40.10</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1113	<b>BEJNAROWICZ Damian</b>	<b>1196</b>	SPARTANIE DZIECIOM	M-20	155	00:01:04	00:30:58	01:03:56	01:37:52	02:06:39	02:11:33	<b>02:21:35.90</b>	<b>02:22:40.60</b>	+01:11:11 (50.3%)	6:42	8.9 (49.4%)
1114	<b>KREMPA Michał</b>	<b>1192</b>	SPARTANIE DZIECIOM	M-40	261	00:01:05	00:30:56	01:03:53	01:37:49	02:06:40	02:11:33	<b>02:21:35.10</b>	<b>02:22:40.70</b>	+01:11:10 (50.3%)	6:42	8.9 (49.4%)
1115	<b>PIORKOWSKI Karol</b>	<b>1193</b>	SPARTANIE DZIECIOM	M-40	262	00:01:05	00:30:52	01:03:55	01:37:51	02:06:39	02:11:32	<b>02:21:36.05</b>	<b>02:22:41.05</b>	+01:11:11 (50.3%)	6:42	8.9 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
1116	<b>SZAŁAŚNY Piotr</b>	<b>601</b>	TESTYOUTDOOROWE.PL	M-20	153	00:01:11	00:30:54	01:03:51	01:37:47	02:06:33	02:11:28	<b>02:21:30.00</b>	<b>02:22:41.55</b>	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1117	<b>KRÓL Adam</b>	<b>1250</b>	SPARTANIE DZIECIOM	M-50	66	00:01:10	00:30:54	01:03:45	01:37:40	02:06:34	02:11:28	<b>02:21:31.15</b>	<b>02:22:41.80</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1118	<b>KOWALCZYK Mariusz</b>	<b>1185</b>	SPARTANIE DZIECIOM	M-40	256	00:01:11	00:30:54	01:03:50	01:37:47	02:06:33	02:11:28	<b>02:21:31.15</b>	<b>02:22:42.30</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1119	<b>KANIEWSKI Paweł</b>	<b>1248</b>		M-30	354	00:01:12	00:30:53	01:03:50	01:37:47	02:06:34	02:11:27	<b>02:21:29.65</b>	<b>02:22:42.40</b>	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1120	<b>SANECKI Patryk</b>	<b>1194</b>	SPARTANIE DZIECIOM	M-20	154	00:01:11	00:30:54	01:03:52	01:37:48	02:06:36	02:11:28	<b>02:21:31.10</b>	<b>02:22:43.05</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1121	<b>ZYCH Dawid</b>	<b>1190</b>	SPARTANIE DZIECIOM	M-40	253	00:01:13	00:30:53	01:03:50	01:37:46	02:06:34	02:11:27	<b>02:21:29.70</b>	<b>02:22:43.50</b>	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1122	<b>KOŁKOWSKI Andrzej</b>	<b>1189</b>	SPARTANIE DZIECIOM	M-40	254	00:01:13	00:30:53	01:03:50	01:37:46	02:06:32	02:11:27	<b>02:21:30.45</b>	<b>02:22:43.95</b>	+01:11:06 (50.2%)	6:42	8.9 (49.4%)
1123	<b>RESZKE Michał</b>	<b>1195</b>	SPARTANIE DZIECIOM	M-30	356	00:01:08	00:30:55	01:03:52	01:37:49	02:06:39	02:11:31	<b>02:21:35.95</b>	<b>02:22:44.15</b>	+01:11:11 (50.3%)	6:42	8.9 (49.4%)
1124	<b>KĘCIK Janusz</b>	<b>1184</b>	SPARTANIE DZIECIOM	M-60	13	00:01:14	00:30:53	01:03:50	01:37:46	02:06:38	02:11:26	<b>02:21:30.15</b>	<b>02:22:44.50</b>	+01:11:05 (50.2%)	6:42	8.9 (49.4%)
1125	<b>LEDWOŃ Jakub</b>	<b>87</b>	NIGHT RUNNERS GLIWICE	M-30	353	00:01:17	00:31:01	01:03:41	01:36:37	02:05:30	02:10:39	<b>02:21:27.30</b>	<b>02:22:44.80</b>	+01:11:02 (50.2%)	6:42	9 (50.0%)
1126	<b>GORZAWSKI Andrzej</b>	<b>1200</b>	SPARTANIE DZIECIOM	M-20	152	00:01:38	00:30:20	01:03:18	01:37:22	02:06:11	02:11:00	<b>02:21:06.95</b>	<b>02:22:44.95</b>	+01:10:42 (50.1%)	6:41	9 (50.0%)
1127	<b>ZUWAŁA Robert</b>	<b>1168</b>	RAGNAR TEAM	M-40	263	00:01:29	00:30:36	01:02:27	01:35:29	02:06:12	02:11:54	<b>02:22:13.45</b>	<b>02:23:42.75</b>	+01:11:49 (50.5%)	6:44	8.9 (49.4%)
1128	<b>ZUWAŁA Anna</b>	<b>1167</b>	RAGNAR TEAM	K-40	78	00:01:28	00:30:37	01:02:28	01:35:30	02:06:14	02:11:56	<b>02:22:14.20</b>	<b>02:23:43.00</b>	+01:11:49 (50.5%)	6:44	8.9 (49.4%)
1129	<b>ŚCISŁOWICZ Natalia</b>	<b>989</b>		K-30	117	00:01:30	00:30:36	01:03:19	01:36:57	02:08:01	02:13:45	<b>02:23:38.55</b>	<b>02:25:09.30</b>	+01:13:14 (51.0%)	6:48	8.8 (48.9%)
1130	<b>KONOPKA Marek</b>	<b>556</b>	ŚAF-OBRO	M-40	265	00:01:25	00:30:38	01:02:32	01:36:10	02:08:45	02:14:36	<b>02:23:51.00</b>	<b>02:25:16.55</b>	+01:13:26 (51.1%)	6:49	8.8 (48.9%)
1131	<b>NOWAK-BODUCH Joanna</b>	<b>1259</b>	NIGHT RUNNERS	K-50	8	00:00:53	00:30:00	01:00:41	01:34:00	02:06:42	02:13:00	<b>02:24:28.90</b>	<b>02:25:22.80</b>	+01:14:04 (51.3%)	6:50	8.8 (48.9%)
1132	<b>KOŁODZIEJCZAK Kinga</b>	<b>63</b>	ACCENTURE	K-30	120	00:01:01	00:29:28	01:01:25	01:36:04	02:08:39	02:14:41	<b>02:24:36.70</b>	<b>02:25:37.85</b>	+01:14:12 (51.3%)	6:51	8.8 (48.9%)
1133	<b>WESTER Mieczysław</b>	<b>1219</b>	SBRT GLIWICE	M-40	264	00:02:18	00:26:09	00:53:01	01:25:13	01:59:31	02:06:32	<b>02:23:22.25</b>	<b>02:25:41.10</b>	+01:12:57 (50.9%)	6:47	8.8 (48.9%)
1134	<b>BRZÓZKA Sebastian</b>	<b>233</b>	SBD ENERGETYK RYBNIK	M-30	357	00:01:26	00:29:07	01:00:46	01:35:59	02:08:01	02:13:55	<b>02:24:15.40</b>	<b>02:25:41.45</b>	+01:13:50 (51.2%)	6:50	8.8 (48.9%)
1135	<b>SZALA Beata</b>	<b>191</b>	SBD ENERGETYK RYBNIK	K-30	119	00:01:25	00:29:08	01:00:46	01:35:59	02:08:02	02:13:55	<b>02:24:16.30</b>	<b>02:25:41.95</b>	+01:13:51 (51.2%)	6:50	8.8 (48.9%)
1136	<b>MOKRZYCKA Justyna</b>	<b>493</b>	BIEGAMY Z SERCEM	K-30	118	00:01:52	00:31:37	01:03:11	01:36:55	02:08:36	02:13:52	<b>02:23:52.60</b>	<b>02:25:45.20</b>	+01:13:28 (51.1%)	6:49	8.8 (48.9%)
1137	<b>GAWLIK - RYBIŃSKA Kasia</b>	<b>855</b>	EŁKA TEAM	K-30	121	00:00:48	00:30:50	01:03:16	01:37:30	02:09:26	02:15:15	<b>02:25:15.05</b>	<b>02:26:03.15</b>	+01:14:50 (51.5%)	6:53	8.7 (48.3%)
1138	<b>FLORECKI Andrzej</b>	<b>112</b>	AKMB PĘDZIWIATR GLIWICE	M-60	14	00:00:44	00:30:51	01:03:30	01:37:30	02:09:25	02:15:21	<b>02:25:59.35</b>	<b>02:26:44.10</b>	+01:15:34 (51.8%)	6:55	8.7 (48.3%)
1139	<b>STAŃCZYK Paulina</b>	<b>1275</b>		K-20	55	00:01:46	00:30:33	01:03:18	01:38:10	02:09:49	02:15:24	<b>02:25:26.40</b>	<b>02:27:12.95</b>	+01:15:01 (51.6%)	6:53	8.7 (48.3%)
1140	<b>MAŁYSA Łukasz</b>	<b>509</b>		M-30	358	00:01:28	00:30:18	01:03:22	01:37:20	02:08:45	02:15:09	<b>02:25:44.80</b>	<b>02:27:13.00</b>	+01:15:20 (51.7%)	6:54	8.7 (48.3%)
1141	<b>WŁOSZCZYŃSKA Ewa</b>	<b>329</b>		K-30	122	00:01:30	00:35:10	01:10:07	01:44:21	02:12:25	02:17:30	<b>02:25:59.70</b>	<b>02:27:30.00</b>	+01:15:35 (51.8%)	6:55	8.7 (48.3%)
1142	<b>JEŻEWSKI Adam</b>	<b>328</b>	VRC	M-30	359	00:01:28	00:31:15	01:04:09	01:38:42	02:11:09	02:17:02	<b>02:27:15.40</b>	<b>02:28:43.80</b>	+01:16:50 (52.2%)	6:58	8.6 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
1143	GRUBICH Irena	526		K-60	2	00:00:02	00:29:46	01:01:35	01:37:15	02:11:10	02:17:35	02:28:42.75	02:28:45.50	+01:18:18 (52.7%)	7:02	8.5 (47.2%)
1144	ROJEK Michał	856		M-30	360	00:00:58	00:29:20	01:02:08	01:36:14	02:11:15	02:17:28	02:27:59.45	02:28:57.75	+01:17:35 (52.4%)	7:00	8.6 (47.8%)
1145	SOJKA Anna	685		K-30	123	00:01:22	00:29:50	01:02:33	01:37:56	02:10:43	02:17:15	02:27:43.20	02:29:06.00	+01:17:18 (52.3%)	7:00	8.6 (47.8%)
1146	KOCH Marta	942		K-30	124	00:01:19	00:32:21	01:06:26	01:41:27	02:12:50	02:18:21	02:28:21.10	02:29:40.90	+01:17:56 (52.5%)	7:01	8.5 (47.2%)
1147	BOBA Ryszard	485		M-60	15	00:01:31	00:30:25	01:04:21	01:38:56	02:11:51	02:17:47	02:28:20.75	02:29:52.60	+01:17:56 (52.5%)	7:01	8.5 (47.2%)
1148	PLESZCZYŃSKA Iwona	743		K-30	125	00:01:04	00:31:36	01:04:58	01:40:23	02:13:25	02:19:03	02:29:07.35	02:30:12.05	+01:18:42 (52.8%)	7:04	8.5 (47.2%)
1149	ZAWISZA Joanna	106		K-20	56	00:01:21	00:35:20	01:10:15	01:45:09	02:15:37	02:21:00	02:29:54.60	02:31:15.80	+01:19:30 (53.0%)	7:06	8.4 (46.7%)
1150	BUCHALIK Katarzyna	513		K-20	57	00:01:22	00:32:21	01:06:03	01:39:53	02:12:34	02:19:04	02:30:14.65	02:31:37.55	+01:19:50 (53.1%)	7:07	8.4 (46.7%)
1151	FORYST Wojciech	560		M-60	16	00:01:22	00:31:01	01:03:26	01:38:35	02:13:56	02:19:55	02:30:36.70	02:31:58.80	+01:20:12 (53.3%)	7:08	8.4 (46.7%)
1152	SUSEŁ Aleksander	16		M-20	156	00:00:00	00:31:26	01:04:00	01:42:57	02:20:05	02:26:02	02:32:22.75	02:32:23.00	+01:21:58 (53.8%)	7:13	8.3 (46.1%)
1153	REITER Hanna	363	BIEGAMY Z SERCEM	K-40	79	00:01:41	00:33:11	01:07:21	01:41:58	02:14:35	02:20:25	02:30:47.65	02:32:28.80	+01:20:23 (53.3%)	7:08	8.4 (46.7%)
1153	BOGDANOWICZ Maja	304		K-30	126	00:01:40	00:33:11	01:07:21	01:41:59	02:14:36	02:20:26	02:30:48.05	02:32:28.80	+01:20:23 (53.3%)	7:08	8.4 (46.7%)
1155	RAKINT Bogdan	44	PIŃCET PLUS	M-30	361	00:01:53	00:31:56	01:05:30	01:42:23	02:15:23	02:21:08	02:30:59.45	02:32:53.40	+01:20:35 (53.4%)	7:09	8.4 (46.7%)
1156	JURETKO Adam	97		M-40	266	00:00:56	00:32:56	01:07:59	01:43:05	02:15:41	02:21:26	02:31:59.85	02:32:56.55	+01:21:35 (53.7%)	7:12	8.3 (46.1%)
1157	WALCZYŃSKA Karolina	747	NIGHT RUNNERS GLIWICE	K-30	127	00:01:30	00:35:11	01:10:04	01:45:00	02:15:28	02:20:52	02:31:29.55	02:32:59.65	+01:21:05 (53.5%)	7:10	8.4 (46.7%)
1158	DZIEDZIC Dominik	39	PIŃCET PLUS	M-30	362	00:01:52	00:32:10	01:05:23	01:41:01	02:15:22	02:21:09	02:31:08.25	02:33:01.00	+01:20:43 (53.4%)	7:09	8.4 (46.7%)
1159	GROSS Teresa	231	UNISONO	K-40	80	00:01:06	00:31:43	01:08:40	01:46:16	02:19:14	02:25:54	02:37:16.30	02:38:22.40	+01:26:51 (55.2%)	7:27	8.1 (45.0%)
1160	BIJAK Adriana	1508	NIGHT RUNNER'S	K-30	128	00:01:30	00:35:11	01:10:03	01:46:38	02:20:50	02:26:42	02:37:02.70	02:38:32.85	+01:26:38 (55.2%)	7:26	8.1 (45.0%)
1161	RUDNICKA Maria	803	BBL KĘDZIERZYN-KOŻLE	K-50	9	00:01:18	00:34:03	01:10:29	01:46:51	02:21:20	02:27:08	02:37:14.70	02:38:33.15	+01:26:50 (55.2%)	7:27	8.1 (45.0%)
1162	NOWAK-KASPRZAK Anna	127		K-30	129	00:01:18	00:32:35	01:08:08	01:45:55	02:21:12	02:27:05	02:37:34.65	02:38:52.75	+01:27:10 (55.3%)	7:28	8 (44.4%)
1163	DRABIK Krzysztof	1257	FUNDACJA DZIECIOM TWÓJ REKORD POMAGA	M-30	363	00:01:56	00:30:41	01:02:13	01:35:35	02:13:36	02:22:47	02:37:20.50	02:39:17.00	+01:26:56 (55.3%)	7:27	8 (44.4%)
1164	ŻELEZNY Tomasz	69	NIGHT RUNNERS GLIWICE	M-30	364	00:01:33	00:35:07	01:10:02	01:46:36	02:21:19	02:27:45	02:37:45.00	02:39:18.10	+01:27:20 (55.4%)	7:28	8 (44.4%)
1165	ZAWADA Ewa	77	NIGHT RUNNERS	K-20	58	00:01:51	00:36:29	01:13:27	01:47:45	02:21:56	02:27:27	02:38:05.30	02:39:57.20	+01:27:40 (55.5%)	7:29	8 (44.4%)
1165	ZAWADA Piotr	78	NIGHT RUNNERS	M-30	365	00:01:51	00:36:29	01:13:28	01:47:45	02:21:57	02:27:27	02:38:06.20	02:39:57.20	+01:27:41 (55.5%)	7:29	8 (44.4%)
1167	RECZKO Mariusz	476		M-40	267	00:01:27	00:32:11	01:09:31	01:47:32	02:23:51	02:29:33	02:40:30.30	02:41:57.40	+01:30:05 (56.1%)	7:36	7.9 (43.9%)
1168	PASIEKA Anna	402		K-30	130	00:01:02	00:33:15	01:10:05	01:48:35	02:25:03	02:31:21	02:42:30.90	02:43:33.40	+01:32:06 (56.7%)	7:42	7.8 (43.3%)
1169	DYDYCZ Marta	652	AKMB PĘDZIWIATR GLIWICE	K-20	59	00:00:19	00:30:11	01:04:45	01:47:04	02:25:22	02:32:23	02:44:08.00	02:44:27.55	+01:33:43 (57.1%)	7:46	7.7 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1170	<b>LATOS Barbara</b>	<b>874</b>	ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE	K-60	3	00:01:26	00:36:25	01:15:04	01:55:17	02:31:35	02:38:14	<b>02:50:34.65</b>	<b>02:52:00.70</b>	+01:40:10 (58.7%)	8:05	7.4 (41.1%)
1171	<b>RESZKE Marek</b>	<b>1154</b>	OPOLEBIEGA.PL	M-20	157	00:00:34	00:21:53	00:43:34						+00:11:06	4:21	13.8 (76.7%)
1172	<b>SMOŁA Mieczysław</b>	<b>1240</b>	PĘDZIWIATR GLIWICE	M-60	17	00:00:02	00:27:57	00:56:01						+00:23:34	5:36	10.7 (59.4%)
1173	<b>WOJTUKIEWICZ Artur</b>	<b>691</b>		M-30	366	00:01:35	00:28:58	01:02:18						+00:29:51	6:13	9.6 (53.3%)
1174	<b>JASIKOWSKI Łukasz</b>	<b>89</b>		M-20	158	00:01:23	00:27:20							+00:11:16	5:28	11 (61.1%)
1175	<b>KACZMARCZYK Grzegorz</b>	<b>186</b>		M-30	367	00:00:56										(0.0%)
DQ	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>45</b>	KATAGURUME	M-30		DQ	DQ	00:24:04 DQ	DQ	00:48:09 DQ	00:52:36 DQ	<b>01:00:06.15</b> DQ	<b>DQ</b>		-	- (0.0%)

Znaleziono 1176 wynik(ów)