



**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2016-10-23  
**Place:** Gliwice  
**Distance:** 21.1 km

## III PÓŁMARATON GLIWICKI

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-20

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace 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>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%)
8	<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%)
9	<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%)
10	<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%)
11	<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%)
12	<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%)
13	<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%)
14	<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%)
15	<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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km	10_km	15_km	19_km	20_km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
16	<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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<b>KUPIAJ 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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<b>CHRAPKOWICZ Damian</b>	<b>365</b>	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%)
34	<b>ŚLIWA Paweł</b>	<b>908</b>		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%)
35	<b>KOWOLIK Łukasz</b>	<b>994</b>	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%)
36	<b>SIEJA Sebastian</b>	<b>7</b>	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%)
37	<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%)
38	<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%)
39	<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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km	10_km	15_km	19_km	20_km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
40	<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%)
41	<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%)
42	<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%)
43	<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%)
44	<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%)
45	<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%)
46	<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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<b>ZAWADZKI Karol</b>	<b>533</b>	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%)
54	<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%)
55	<b>GARUS Tomasz</b>	<b>611</b>	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%)
56	<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%)
57	<b>GIEROŃ Bartosz</b>	<b>920</b>		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%)
58	<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%)
59	<b>LEBEK Adam</b>	<b>503</b>	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%)
60	<b>SZULC Sebastian</b>	<b>114</b>	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%)
61	<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%)
62	<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%)
63	<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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km	10_km	15_km	19_km	20_km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
70	<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%)
71	<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%)
72	<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%)
73	<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%)
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<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%)
79	<b>WĄS 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%)
80	<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%)
81	<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%)
82	<b>ZAWADA Marcin</b>	<b>79</b>	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%)
83	<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%)
84	<b>KONDRUSIEWICZ Michał</b>	<b>1064</b>	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%)
85	<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%)
86	<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%)
87	<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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km	10_km	15_km	19_km	20_km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
88	<b>CHROBOK Mateusz</b>	<b>164</b>	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%)
89	<b>TALKOWSKI Gabriel</b>	<b>1513</b>	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%)
90	<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%)
91	<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%)
92	<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%)
93	<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%)
94	<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%)
95	<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%)
96	<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%)
97	<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%)
98	<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%)
99	<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%)
100	<b>BIENKOWSKI 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%)
101	<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%)
102	<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%)
103	<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%)
104	<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%)
105	<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%)
106	<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%)
107	<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%)
108	<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%)
109	<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%)
110	<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%)
111	<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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km	10_km	15_km	19_km	20_km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
112	<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%)
113	<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%)
114	<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%)
115	<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%)
116	<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%)
117	<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%)
118	<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%)
119	<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%)
120	<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%)
121	<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%)
122	<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%)
123	<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%)
124	<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%)
125	<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%)
126	<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%)
127	<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%)
128	<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%)
129	<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%)
130	<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%)
131	<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%)
132	<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%)
133	<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%)
134	<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%)
135	<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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
136	<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%)
137	<b>ŚLEŻAK Jakub</b>	<b>963</b>	BANDA PE	M-20	137	00:01:32	00:29:55	01:00:23	01:30:24	01:54:45	01:59:04	<b>02:06:15.40</b>	<b>02:07:48.00</b>	+00:55:50 (44.2%)	5:59	10 (55.6%)
138	<b>OGIŃSKI Daniel</b>	<b>1106</b>	1992	M-20	138	00:00:47	00:27:52	00:57:12	01:25:56	01:53:54	01:59:00	<b>02:06:17.55</b>	<b>02:07:04.60</b>	+00:55:53 (44.3%)	5:59	10 (55.6%)
139	<b>MULLER Rafał</b>	<b>890</b>		M-20	139	00:00:41	00:27:57	00:57:10	01:26:21	01:54:19	01:59:18	<b>02:06:42.15</b>	<b>02:07:23.60</b>	+00:56:17 (44.4%)	6:00	10 (55.6%)
140	<b>WOJTAS Paweł</b>	<b>510</b>		M-20	140	00:00:43	00:27:48	00:56:30	01:26:04	01:53:10	01:58:16	<b>02:06:46.50</b>	<b>02:07:29.80</b>	+00:56:22 (44.5%)	6:00	10 (55.6%)
141	<b>KAPICA Wojciech</b>	<b>883</b>	BANDA PE	M-20	141	00:00:00						<b>02:07:42.00</b>	<b>02:07:42.00</b>	+00:57:17 (44.9%)	6:03	9.9 (55.0%)
142	<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%)
143	<b>DWORNICZAK Paweł</b>	<b>887</b>		M-20	143	00:01:34	00:29:32	01:00:38	01:31:21	01:57:03	02:01:30	<b>02:08:45.80</b>	<b>02:10:19.85</b>	+00:58:21 (45.3%)	6:06	9.8 (54.4%)
144	<b>WIŚNIEWSKI Paweł</b>	<b>5</b>	NIGHT RUNNERS GLIWICE	M-20	144	00:00:47	00:28:47	00:59:04	01:29:38	01:56:28	02:01:15	<b>02:09:39.10</b>	<b>02:10:26.35</b>	+00:59:14 (45.7%)	6:08	9.8 (54.4%)
145	<b>KWAŚNIOK Rafał</b>	<b>348</b>	NIGHT RUNNERS GLIWICE	M-20	145	00:01:04	00:29:54	01:00:42	01:30:51	01:57:13	02:01:48	<b>02:09:46.55</b>	<b>02:10:50.80</b>	+00:59:22 (45.7%)	6:09	9.8 (54.4%)
146	<b>SITKO Filip</b>	<b>387</b>		M-20	146	00:00:14	00:24:50	00:52:19	01:23:21	01:54:23	02:00:06	<b>02:10:00.50</b>	<b>02:10:15.00</b>	+00:59:36 (45.8%)	6:09	9.7 (53.9%)
147	<b>WOŁOWSKI Michał</b>	<b>1160</b>	SLAM DRINKERS BIŁGORAJ	M-20	147	00:00:10	00:28:08	00:55:53	01:25:02	01:56:12	02:01:52	<b>02:10:19.65</b>	<b>02:10:30.10</b>	+00:59:55 (46.0%)	6:10	9.7 (53.9%)
148	<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%)
149	<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%)
150	<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%)
151	<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%)
152	<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%)
153	<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%)
154	<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%)
155	<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%)
156	<b>SUSEŁ Aleksander</b>	<b>16</b>		M-20	156	00:00:00	00:31:26	01:04:00	01:42:57	02:20:05	02:26:02	<b>02:32:22.75</b>	<b>02:32:23.00</b>	+01:21:58 (53.8%)	7:13	8.3 (46.1%)
157	<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%)
158	<b>JASIKOWSKI Łukasz</b>	<b>89</b>		M-20	158	00:01:23	00:27:20							+00:11:16	5:28	11 (61.1%)

Total 158 results.