



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

III PÓŁMARATON GLIWICKI

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

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INTELEKTNE ZAWODY SPORTOWE

Classification: M-30

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	ŻABA Marek	1019	TRIATHLON X-TEAM	M-30	1	00:00:03	00:18:09	00:36:57	00:55:52	01:12:18	01:15:21	01:20:42.60	01:20:46.20		3:49	15.7 (100%)
2	SZCZECIŃSKI Maciej	1024		M-30	2	00:00:03	00:19:24	00:38:38	00:57:37	01:13:42	01:16:35	01:21:33.35	01:21:37.15	+00:00:50 (1.0%)	3:51	15.5 (98.7%)
3	ŚLIWIŃSKI Piotr	252	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	01:22:46.90	01:22:48.70	+00:02:04 (2.5%)	3:55	15.3 (97.5%)
4	KULIG Rafał	28	6BPD	M-30	4	00:00:06	00:19:21	00:38:42	00:58:14	01:15:07	01:18:04	01:23:24.55	01:23:30.65	+00:02:41 (3.2%)	3:57	15.2 (96.8%)
5	BUDKA Borys	4	SEJM RP	M-30	5	00:00:01	00:19:36	00:39:16	00:58:52	01:15:52	01:18:53	01:24:22.50	01:24:24.40	+00:03:39 (4.3%)	3:59	15 (95.5%)
6	ROGACZ Piotr	583	SZAKALE	M-30	6	00:00:05	00:19:23	00:39:09	00:58:50	01:16:25	01:19:33	01:25:04.80	01:25:10.15	+00:04:22 (5.1%)	4:01	14.9 (94.9%)
7	HETMAN Radosław	662	GRUPA NOMAX	M-30	7	00:00:05	00:20:09	00:39:52	00:59:30	01:16:48	01:19:54	01:25:26.40	01:25:31.75	+00:04:43 (5.5%)	4:02	14.8 (94.3%)
8	NIESLON Marek	603		M-30	8	00:00:36	00:20:42	00:40:46	01:00:32	01:17:48	01:20:55	01:26:13.20	01:26:50.10	+00:05:30 (6.4%)	4:05	14.7 (93.6%)
9	KRZESIAK Marcin	852		M-30	9	00:00:05	00:20:05	00:40:47	01:01:01	01:18:27		01:26:39.80	01:26:44.80	+00:05:57 (6.9%)	4:06	14.6 (93.0%)
10	WOLNY Krzysztof	358		M-30	10	00:00:03	00:20:24	00:40:51	01:01:03	01:18:31	01:21:44	01:27:21.10	01:27:24.45	+00:06:38 (7.6%)	4:08	14.5 (92.4%)
11	DUŻNIAK Dominik	166	STEP-DANCE RUN	M-30	11	00:00:02	00:19:41	00:40:01	01:00:25	01:18:33	01:22:07	01:27:57.20	01:27:59.45	+00:07:14 (8.2%)	4:10	14.4 (91.7%)
12	PETRUS Łukasz	1117		M-30	12	00:06:20	00:20:13	00:40:45	01:01:18	01:19:31	01:22:46	01:28:22.10	01:34:42.25	+00:07:39 (8.7%)	4:11	14.3 (91.1%)
13	SZCZESNY Damian	1142	WIELUŃ BIEGA	M-30	13	00:00:07	00:20:10	00:40:38	01:00:59	01:19:14	01:22:34	01:28:27.75	01:28:34.75	+00:07:45 (8.8%)	4:11	14.3 (91.1%)
14	BIŃCZYK Dariusz	821	ZABIEGANI CZĘSTOCHOWA	M-30	14	00:00:04	00:20:41	00:41:30	01:02:13	01:20:22	01:23:39	01:29:19.10	01:29:23.85	+00:08:36 (9.6%)	4:13	14.2 (90.4%)
15	LIGOCKI Michał	959	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	01:29:22.60	01:29:25.60	+00:08:40 (9.7%)	4:14	14.2 (90.4%)
16	BĄBSKI Szymon	872	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	01:29:32.20	01:29:44.75	+00:08:49 (9.9%)	4:14	14.1 (89.8%)
17	MAŁKA Bartosz	152		M-30	17	00:00:04	00:20:27	00:41:21	01:02:11	01:20:27	01:23:44	01:29:35.85	01:29:40.25	+00:08:53 (9.9%)	4:14	14.1 (89.8%)
18	MATERLA Marek	196	ZRYW SŁUPSKO	M-30	18	00:00:06	00:20:36	00:41:29	01:02:23	01:20:38	01:23:49	01:29:41.00	01:29:47.95	+00:08:58 (10.0%)	4:15	14.1 (89.8%)

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
19	CYROŃ Adrian	1122		M-30	19	00:00:07	00:21:15	00:42:18	01:03:11	01:21:18	01:24:33	01:30:07.30	01:30:14.95	+00:09:24 (10.4%)	4:16	14 (89.2%)
20	ŚWIDA Adam	1514	TRIDEA TEAM	M-30	20	00:00:07	00:21:15	00:42:19	01:03:01	01:21:17	01:24:38	01:30:33.25	01:30:40.85	+00:09:50 (10.9%)	4:17	14 (89.2%)
21	WIECHUŁA Marcin	169		M-30	21	00:00:06	00:20:02	00:40:56	01:02:20	01:21:12	01:24:42	01:31:01.15	01:31:07.95	+00:10:18 (11.3%)	4:18	13.9 (88.5%)
22	LASKOWSKI Tomasz	118	AKMB PĘDZIWIATR GLIWICE	M-30	22	00:00:07	00:20:54	00:42:03	01:03:21	01:22:35	01:25:51	01:31:45.45	01:31:53.15	+00:11:02 (12.0%)	4:20	13.8 (87.9%)
23	NOGAJ Janusz	1037	OCHAJORUN & FRIENDS	M-30	23	00:00:08	00:21:09	00:42:11	01:03:31	01:22:35	01:25:57	01:31:50.25	01:31:58.90	+00:11:07 (12.1%)	4:21	13.8 (87.9%)
24	WOLNY Dariusz	336	LIDEON	M-30	24	00:00:06	00:20:55	00:42:08	01:03:13	01:22:25	01:25:58	01:32:07.85	01:32:13.85	+00:11:25 (12.4%)	4:21	13.7 (87.3%)
25	LEWICKI Tomasz	15	AKMB PĘDZIWIATR GLIWICE	M-30	25	00:00:07	00:20:45	00:42:03	01:03:30	01:22:44	01:26:11	01:32:10.55	01:32:17.85	+00:11:27 (12.4%)	4:22	13.7 (87.3%)
26	DWORNICZAK Łukasz	716		M-30	26	00:00:07	00:20:52	00:42:06	01:02:59	01:21:37	01:25:37	01:32:20.75	01:32:28.60	+00:11:38 (12.6%)	4:22	13.7 (87.3%)
27	SARNECKI Adam	801		M-30	27	00:00:12	00:21:03	00:42:03	01:03:11	01:22:11	01:25:52	01:32:29.05	01:32:41.55	+00:11:46 (12.7%)	4:22	13.7 (87.3%)
28	OKOŃ Łukasz	226		M-30	28	00:00:08	00:20:37	00:42:15	01:03:58	01:23:04	01:26:35	01:32:46.10	01:32:54.30	+00:12:03 (13.0%)	4:23	13.6 (86.6%)
29	CHOMIK Rafał	869	T2 TRIATHLON TEAM	M-30	29	00:00:03	00:19:42	00:40:57	01:02:55	01:22:53	01:26:23	01:32:54.35	01:32:57.45	+00:12:11 (13.1%)	4:24	13.6 (86.6%)
30	OŚLIZŁO Marcin	1157	31 URODZINY:)	M-30	30	00:00:04	00:21:21	00:42:32	01:04:00	01:23:17	01:26:48	01:32:57.80	01:33:02.25	+00:12:15 (13.2%)	4:24	13.6 (86.6%)
31	HOŁA Paweł	1183	BTM RUNNERS	M-30	31	00:00:09	00:21:16	00:42:31	01:04:04	01:23:31	01:27:02	01:33:04.70	01:33:14.55	+00:12:22 (13.3%)	4:24	13.6 (86.6%)
32	GŁUSZAK Adam	721		M-30	32	00:00:59	00:21:21	00:42:40	01:04:10	01:23:14	01:26:50	01:33:11.05	01:34:10.90	+00:12:28 (13.4%)	4:24	13.6 (86.6%)
33	BIELECKI Krzysztof	939		M-30	33	00:00:10	00:21:22	00:42:53	01:04:17	01:23:25	01:26:59	01:33:13.85	01:33:24.30	+00:12:31 (13.4%)	4:25	13.6 (86.6%)
34	CZABAŃSKI Rafał	259	RUNHOGS TYCHY	M-30	34	00:00:09	00:21:41	00:43:33	01:05:08	01:23:57	01:27:23	01:33:20.05	01:33:29.70	+00:12:37 (13.5%)	4:25	13.6 (86.6%)
35	STASIAK Mirosław	588	NIGHT RUNNERS GLIWICE	M-30	35	00:00:30	00:21:11	00:42:26	01:05:06	01:24:19	01:27:43	01:33:47.15	01:34:17.65	+00:13:04 (13.9%)	4:26	13.5 (86.0%)
36	KRÓL Dariusz	449	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	36	00:00:40	00:22:00	00:44:16	01:05:46	01:24:27	01:27:56	01:34:03.60	01:34:44.20	+00:13:21 (14.2%)	4:27	13.5 (86.0%)
37	KREŻOŁEK Daniel	741		M-30	37	00:00:25	00:22:11	00:44:02	01:05:51	01:24:52	01:28:14	01:34:09.75	01:34:35.60	+00:13:27 (14.3%)	4:27	13.4 (85.4%)
38	LATOŃ Adam	748		M-30	38	00:00:08	00:21:35	00:43:46	01:05:43	01:24:37	01:28:05	01:34:15.25	01:34:23.50	+00:13:32 (14.4%)	4:28	13.4 (85.4%)
39	CHROBOK Łukasz	165	NIGHT RUNNERS ZABRZE	M-30	39	00:00:12	00:21:35	00:43:41	01:05:45	01:24:59	01:28:25	01:34:24.15	01:34:36.40	+00:13:41 (14.5%)	4:28	13.4 (85.4%)
40	KORKUŚ Jarosław	871	WOSIEK TEAM	M-30	40	00:00:08	00:21:58	00:43:47	01:05:17		01:28:18	01:34:26.80	01:34:35.75	+00:13:44 (14.5%)	4:28	13.4 (85.4%)
41	SŁOMCZYŃSKI Bartosz	694	10 BLOG	M-30	41	00:00:09	00:21:54	00:43:52	01:05:47	01:25:16	01:28:47	01:34:39.20	01:34:48.25	+00:13:56 (14.7%)	4:29	13.4 (85.4%)
42	WIECZOREK Andrzej	768	HASIOK	M-30	42	00:00:10	00:21:57	00:44:15	01:06:07	01:25:23	01:28:50	01:34:49.05	01:34:59.05	+00:14:06 (14.9%)	4:29	13.4 (85.4%)
43	FIJĄLKOWSKI Paweł	936	KALINOWSKI TEAM	M-30	43	00:00:19	00:22:15	00:44:30	01:06:16	01:25:23	01:29:00	01:34:50.30	01:35:09.65	+00:14:07 (14.9%)	4:29	13.3 (84.7%)
44	ZWOLAK Tomasz	190	NIGHT RUNNERS ZABRZE	M-30	44	00:00:12	00:21:34	00:43:42	01:05:45	01:25:22	01:28:51	01:34:56.50	01:35:08.55	+00:14:13 (15.0%)	4:29	13.3 (84.7%)

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	Czas brutto	Gap	Pace min/km	Pace km/h
												21.1km	21.1km			
45	KARGÓL Rafał	658	LOGTECH TEAM RADZIONKÓW	M-30	45	00:00:17	00:23:26	00:45:56	01:07:36	01:26:26	01:29:46	01:34:58.65	01:35:15.80	+00:14:16 (15.0%)	4:30	13.3 (84.7%)
46	GRAMATYKA Jan	729		M-30	46	00:00:16	00:22:05	00:44:17	01:06:16	01:25:38	01:29:04	01:35:00.65	01:35:17.05	+00:14:18 (15.1%)	4:30	13.3 (84.7%)
47	RACZEK Sławomir	46	KELLER TEAM	M-30	47	00:00:06	00:21:09	00:43:03	01:05:31	01:25:38	01:29:17	01:35:17.95	01:35:24.55	+00:14:35 (15.3%)	4:30	13.3 (84.7%)
48	WANIEWSKI Michał	250		M-30	48	00:00:18	00:22:47	00:45:14	01:06:59	01:26:13	01:29:38	01:35:20.85	01:35:39.15	+00:14:38 (15.4%)	4:31	13.3 (84.7%)
49	SOSNA Adrian	1000		M-30	49	00:00:10	00:21:57	00:44:42	01:07:01	01:26:17	01:29:43	01:35:31.90	01:35:42.65	+00:14:49 (15.5%)	4:31	13.3 (84.7%)
50	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	01:35:32.40	01:35:40.60	+00:14:49 (15.5%)	4:31	13.3 (84.7%)
51	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	01:35:34.10	01:36:12.80	+00:14:51 (15.5%)	4:31	13.2 (84.1%)
52	STRUK Maciej	974	DREAM RUN	M-30	52	00:00:36	00:22:03	00:44:22	01:06:23		01:29:37	01:35:49.30	01:36:26.00	+00:15:06 (15.8%)	4:32	13.2 (84.1%)
53	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	01:35:52.00	01:36:04.85	+00:15:09 (15.8%)	4:32	13.2 (84.1%)
54	MAJERANOWSKI Marek	1063	SMOLEŃ BYTOM	M-30	54	00:00:17	00:21:13	00:43:43	01:06:13		01:29:41	01:36:06.45	01:36:23.70	+00:15:23 (16.0%)	4:33	13.2 (84.1%)
55	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	01:36:07.95	01:36:27.65	+00:15:25 (16.0%)	4:33	13.2 (84.1%)
56	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	01:36:14.35	01:36:20.00	+00:15:31 (16.1%)	4:33	13.2 (84.1%)
57	FURMANEK Łukasz	175	KLUB BIEGACZA SANTANDERA	M-30	57	00:00:08	00:21:42	00:43:25	01:05:30		01:29:48	01:36:28.30	01:36:36.75	+00:15:45 (16.3%)	4:34	13.1 (83.4%)
58	BARAN Łukasz	1108		M-30	58	00:00:21	00:22:50	00:45:25	01:07:56	01:27:08	01:30:35	01:36:32.50	01:36:54.35	+00:15:49 (16.4%)	4:34	13.1 (83.4%)
59	SZKÓŁKA Marcin	896	WARY PANY	M-30	59	00:00:43	00:22:45	00:45:21	01:07:39	01:26:54	01:30:25	01:36:35.60	01:37:19.55	+00:15:53 (16.4%)	4:34	13.1 (83.4%)
60	ROSKOSZ Rafał	1178	OBERSCHLESIEŃ 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	01:36:36.65	01:37:18.15	+00:15:54 (16.5%)	4:34	13.1 (83.4%)
61	ZOK Karol	221		M-30	61	00:00:27	00:22:33	00:44:47	01:07:13	01:27:15	01:30:51	01:37:09.90	01:37:37.40	+00:16:27 (16.9%)	4:36	13 (82.8%)
62	WIECZOREK Dawid	638	PSYCHONAUCI	M-30	62	00:00:54	00:22:40	00:45:03	01:07:37	01:27:34	01:31:04	01:37:20.50	01:38:15.25	+00:16:37 (17.1%)	4:36	13 (82.8%)
63	WAWRZYŃIAK Mariusz	780	DIKOM	M-30	63	00:00:37	00:22:37	00:45:05	01:07:46	01:27:51	01:31:21	01:37:38.35	01:38:15.40	+00:16:55 (17.3%)	4:37	13 (82.8%)
64	KĘSICKI Robert	1004	NIGHT RUNNERS GLIWICE	M-30	64	00:00:06	00:21:59	00:44:19	01:06:28	01:26:59	01:30:47	01:37:39.15	01:37:45.25	+00:16:56 (17.3%)	4:37	13 (82.8%)
65	SLUPINA Maciej	270		M-30	65	00:00:05	00:21:54	00:44:42	01:07:28	01:27:40	01:31:22	01:37:47.30	01:37:53.00	+00:17:04 (17.5%)	4:38	12.9 (82.2%)
66	DIDYK Grzegorz	826	MIASTO NIERUCHOMOŚCI BYTOM	M-30	66	00:00:18	00:22:44	00:45:27	01:08:04	01:28:07		01:37:51.80	01:38:10.55	+00:17:09 (17.5%)	4:38	12.9 (82.2%)
67	BRYKOWSKI Przemysław	500	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	01:38:06.50	01:38:21.95	+00:17:23 (17.7%)	4:38	12.9 (82.2%)
68	SADŁO Tomasz	278	KOLEGIUM SĘDZIÓW ZABRZE	M-30	68	00:00:27	00:22:51	00:45:55	01:08:41	01:28:14	01:31:47	01:38:08.50	01:38:35.75	+00:17:25 (17.8%)	4:39	12.9 (82.2%)
69	ĆWIKLIŃSKI Piotr	932	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	69	00:00:13	00:23:15	00:46:08	01:08:49	01:28:32	01:32:03	01:38:09.65	01:38:23.10	+00:17:27 (17.8%)	4:39	12.9 (82.2%)
70	KSIĄŻKIEWICZ Bartłomiej	732	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	01:38:19.20	01:38:22.75	+00:17:36 (17.9%)	4:39	12.9 (82.2%)
71	SIKORA Rafał	849	NIGHT RUNNERS ZABRZE	M-30	71	00:00:15	00:21:52	00:45:03	01:07:58	01:28:22	01:32:01	01:38:21.05	01:38:36.65	+00:17:38 (17.9%)	4:39	12.9 (82.2%)

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			
72	SMUDA Grzegorz	1138		M-30	72	00:00:00	00:22:57	00:45:54	01:08:47	01:28:49	01:32:23	01:38:25.30	01:38:25.30	+00:17:42 (18.0%)	4:39	12.9 (82.2%)
73	BRONOWSKI Dariusz	276	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	01:38:26.15	01:39:06.15	+00:17:43 (18.0%)	4:39	12.9 (82.2%)
74	JANIK Johan	1177	NIGHT RUNNERS GLIWICE	M-30	74	00:00:15	00:22:49	00:45:48	01:08:40	01:28:31	01:32:13	01:38:35.55	01:38:50.60	+00:17:52 (18.1%)	4:40	12.8 (81.5%)
75	BURZAWA Grzegorz	1518		M-30	75	00:00:12	00:23:30	00:46:45	01:09:42		01:32:30	01:38:44.10	01:38:56.90	+00:18:01 (18.3%)	4:40	12.8 (81.5%)
76	ROSIKOŃ Tomasz	934		M-30	76	00:00:20	00:22:33	00:45:16	01:08:09	01:28:36	01:32:20	01:38:53.90	01:39:14.05	+00:18:11 (18.4%)	4:41	12.8 (81.5%)
77	GRAETSCH Sebastian	1266		M-30	77	00:00:07	00:21:06	00:43:01	01:06:03	01:28:11	01:32:08	01:39:02.55	01:39:10.00	+00:18:19 (18.5%)	4:41	12.8 (81.5%)
78	PUC Paweł	1104		M-30	78	00:00:16	00:21:03	00:43:12	01:06:42	01:28:16	01:32:11	01:39:04.75	01:39:21.25	+00:18:22 (18.5%)	4:41	12.8 (81.5%)
79	WILK Andrzej	605		M-30	79	00:01:12	00:22:16	00:45:13	01:08:21	01:29:01	01:32:43	01:39:09.30	01:40:21.40	+00:18:26 (18.6%)	4:41	12.8 (81.5%)
80	KĘDZIOR Łukasz	536	HOLBOX RUNNERS	M-30	80	00:00:33	00:22:47	00:46:03	01:09:14	01:29:20	01:33:02	01:39:14.35	01:39:47.95	+00:18:31 (18.7%)	4:42	12.8 (81.5%)
81	MADEJCZYK Tomasz	381	MTM	M-30	81	00:01:39	00:22:53	00:45:47	01:08:44	01:29:02	01:32:44	01:39:15.55	01:40:55.50	+00:18:32 (18.7%)	4:42	12.8 (81.5%)
82	MISZTAL Kamil	1012		M-30	82	00:00:22	00:23:20	00:46:36	01:09:56	01:30:14	01:33:45	01:39:28.25	01:39:51.05	+00:18:45 (18.9%)	4:42	12.7 (80.9%)
83	GŁOWACKI Jordan	727	JW 4115	M-30	83	00:02:10	00:23:52	00:46:20	01:09:51	01:29:56	01:33:39	01:39:31.75	01:41:42.45	+00:18:49 (18.9%)	4:43	12.7 (80.9%)
84	SZCZEPAŃSKI Tomasz	964		M-30	84	00:00:13	00:23:03	00:46:26	01:09:37	01:29:54	01:33:32	01:39:47.80	01:40:00.95	+00:19:05 (19.1%)	4:43	12.7 (80.9%)
85	CZAJA Jarosław	502	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	01:39:53.85	01:40:09.10	+00:19:11 (19.2%)	4:44	12.7 (80.9%)
85	SKOWRON Marcin	714		M-30	86	00:00:14	00:23:30	00:46:46	01:10:05		01:33:52	01:39:54.40	01:40:09.10	+00:19:11 (19.2%)	4:44	12.7 (80.9%)
87	MEKIER Bartek	262		M-30	87	00:00:22	00:23:21	00:46:37	01:09:56	01:30:16	01:33:55	01:39:55.20	01:40:17.85	+00:19:12 (19.2%)	4:44	12.7 (80.9%)
88	GAŁKIEWICZ Marcin	1046	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	01:40:00.35	01:40:20.60	+00:19:17 (19.3%)	4:44	12.7 (80.9%)
89	DZIUBAŃSKI Grzegorz	1110	OPEL ACTIVE TEAM	M-30	89	00:00:07	00:21:06	00:42:57	01:06:37	01:28:56	01:32:59	01:40:01.50	01:40:08.85	+00:19:18 (19.3%)	4:44	12.7 (80.9%)
90	FLASIŃSKI Michał	912		M-30	90	00:00:17	00:23:03	00:46:20	01:09:54		01:33:51	01:40:11.35	01:40:28.80	+00:19:28 (19.4%)	4:44	12.6 (80.3%)
91	GOCYK Leszek	572		M-30	91	00:00:31	00:23:03	00:46:18	01:09:39	01:29:57	01:33:40	01:40:11.70	01:40:43.15	+00:19:29 (19.4%)	4:44	12.6 (80.3%)
92	KUKUCZKA Mateusz	846		M-30	92	00:00:29	00:23:22	00:46:55	01:09:50	01:30:07	01:33:48	01:40:12.40	01:40:42.35	+00:19:29 (19.5%)	4:44	12.6 (80.3%)
93	ZAWADA Sebastian	350	BIEGAMY DLA LAURY	M-30	93	00:00:20	00:22:31	00:46:05	01:09:51	01:30:19	01:33:56	01:40:18.20	01:40:38.45	+00:19:35 (19.5%)	4:45	12.6 (80.3%)
94	BUJOK Mariusz	787		M-30	94	00:00:30	00:22:37	00:45:16	01:08:08	01:29:16	01:33:14	01:40:21.90	01:40:52.45	+00:19:39 (19.6%)	4:45	12.6 (80.3%)
95	PODGÓRSKI Tomasz	541		M-30	95	00:00:39	00:24:03	00:47:26	01:10:27	01:30:21	01:34:01	01:40:22.40	01:41:02.10	+00:19:39 (19.6%)	4:45	12.6 (80.3%)
96	SZWAJNOCH Piotr	584	IMPERIAL PIOTR SZWAJNOCH	M-30	96	00:00:23	00:22:51	00:46:23	01:09:51		01:33:58	01:40:27.70	01:40:51.30	+00:19:45 (19.7%)	4:45	12.6 (80.3%)
97	BORSIAK Sebastian	151		M-30	97	00:01:01	00:23:23	00:46:36	01:10:05	01:30:37	01:34:17	01:40:43.60	01:41:45.35	+00:20:01 (19.9%)	4:46	12.6 (80.3%)
98	SUTKOWSKI Jan	614		M-30	98	00:00:51	00:23:56	00:47:36	01:10:53	01:30:50	01:34:28	01:40:51.35	01:41:42.55	+00:20:08 (20.0%)	4:46	12.6 (80.3%)

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			
99	PACAN Tomasz	448		M-30	99	00:00:14	00:23:29	00:46:46	01:10:05	01:30:32	01:34:16	01:40:58.85	01:41:12.95	+00:20:16 (20.1%)	4:47	12.5 (79.6%)
100	PRACKI Dariusz	473		M-30	100	00:01:33	00:23:22	00:46:52	01:10:14	01:30:44	01:34:26	01:41:03.40	01:42:37.25	+00:20:20 (20.1%)	4:47	12.5 (79.6%)
101	RIMPLER Łukasz	1050	BIEGNĘ DLA ZUZI	M-30	101	00:00:16	00:23:36	00:47:09	01:10:44	01:31:23	01:35:02	01:41:16.60	01:41:33.25	+00:20:34 (20.3%)	4:48	12.5 (79.6%)
102	TYCZYŃSKI Ryszard	1075	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	01:41:16.65	01:42:10.05	+00:20:34 (20.3%)	4:48	12.5 (79.6%)
103	KADZIELA Jan	795		M-30	103	00:00:19	00:23:25	00:46:41	01:10:03	01:30:39	01:34:30	01:41:19.50	01:41:38.85	+00:20:36 (20.3%)	4:48	12.5 (79.6%)
104	SZCZYRA Jan	592	ISTA BIEGAMY	M-30	104	00:01:11	00:23:25	00:47:19	01:10:49	01:31:32	01:35:16	01:41:35.15	01:42:46.95	+00:20:52 (20.5%)	4:48	12.5 (79.6%)
105	IMIOŁEK Krzysztof	717		M-30	105	00:00:14	00:23:29	00:46:46	01:10:07		01:35:05	01:42:05.20	01:42:19.70	+00:21:22 (20.9%)	4:50	12.4 (79.0%)
106	SIEKIERKA Janusz	76		M-30	106	00:00:07	00:23:11	00:46:54	01:10:19	01:31:21	01:35:11	01:42:07.15	01:42:15.10	+00:21:24 (21.0%)	4:50	12.4 (79.0%)
107	WRÓBEL Adam	59		M-30	107	00:01:54	00:22:30	00:45:40	01:09:29		01:35:35	01:42:15.60	01:44:09.60	+00:21:33 (21.1%)	4:50	12.4 (79.0%)
108	NAWRAT Piotr	132		M-30	108	00:00:05	00:21:47	00:45:14	01:09:26	01:31:35	01:35:40	01:42:32.45	01:42:38.30	+00:21:49 (21.3%)	4:51	12.3 (78.3%)
109	SOSINOWSKI-MRÓZ Tomasz	1123	MIECHOWICKA GRUPA BIEGOWA	M-30	109	00:00:17	00:23:34	00:48:05	01:12:02	01:32:37	01:36:20	01:42:37.55	01:42:55.25	+00:21:54 (21.4%)	4:51	12.3 (78.3%)
110	JEZUSEK Piotr	432	SBRT	M-30	110	00:00:17	00:22:51	00:45:49	01:09:10	01:31:13	01:35:28	01:42:41.60	01:42:58.90	+00:21:59 (21.4%)	4:51	12.3 (78.3%)
111	NITARSKI Patryk	899		M-30	111	00:01:44	00:23:51	00:47:53	01:11:49		01:36:34	01:42:48.80	01:44:32.80	+00:22:06 (21.5%)	4:52	12.3 (78.3%)
112	GIESE Michał	609		M-30	112	00:01:43	00:23:52	00:47:54	01:11:50	01:32:47	01:36:35	01:42:49.70	01:44:33.45	+00:22:07 (21.5%)	4:52	12.3 (78.3%)
113	BUCHAŁA Bartek	479		M-30	113	00:01:30	00:24:09	00:48:09	01:11:37	01:32:26	01:36:22	01:42:58.85	01:44:29.15	+00:22:16 (21.6%)	4:52	12.3 (78.3%)
114	KRAJEWSKI Michał	818		M-30	114	00:00:28	00:25:29	00:50:02	01:13:34	01:33:22	01:36:48	01:43:00.10	01:43:28.30	+00:22:17 (21.6%)	4:52	12.3 (78.3%)
115	FILIPCZYK Przemysław	995		M-30	115	00:01:22	00:24:41	00:48:44	01:12:13	01:32:48	01:36:45	01:43:09.50	01:44:31.50	+00:22:26 (21.8%)	4:53	12.3 (78.3%)
116	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	01:43:10.45	01:43:47.45	+00:22:27 (21.8%)	4:53	12.3 (78.3%)
117	FLORIAN Krzysztof	459		M-30	117	00:00:23	00:23:44	00:47:24	01:11:42	01:32:58	01:36:37	01:43:13.35	01:43:36.75	+00:22:30 (21.8%)	4:53	12.3 (78.3%)
118	ZASUŃ Marcin	1315		M-30	118	00:00:17	00:23:30	00:46:50	01:10:52	01:32:31	01:36:26	01:43:22.95	01:43:40.25	+00:22:40 (21.9%)	4:53	12.2 (77.7%)
119	SZOT Wojciech	11		M-30	119	00:01:13	00:24:51	00:48:38	01:12:15	01:33:04	01:36:46	01:43:26.05	01:44:39.55	+00:22:43 (22.0%)	4:54	12.2 (77.7%)
120	KUSZ Janusz	706		M-30	120	00:00:24	00:23:29	00:47:30	01:12:03	01:33:12	01:37:00	01:43:27.45	01:43:51.45	+00:22:44 (22.0%)	4:54	12.2 (77.7%)
121	STACHOWICZ Michał	407	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	121	00:01:12	00:25:26	00:49:21	01:12:58	01:33:33	01:37:19	01:43:30.25	01:44:42.85	+00:22:47 (22.0%)	4:54	12.2 (77.7%)
122	STANISŁAWCZUK Sebastian	689		M-30	122	00:00:13	00:23:20	00:46:43	01:10:43	01:33:00	01:36:57	01:43:35.05	01:43:48.95	+00:22:52 (22.1%)	4:54	12.2 (77.7%)
123	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	01:43:39.45	01:44:18.85	+00:22:56 (22.1%)	4:54	12.2 (77.7%)
124	CHMURKO Michał	1278		M-30	124	00:00:26	00:24:00	00:48:39	01:13:03	01:33:49	01:37:31	01:43:43.30	01:44:10.20	+00:23:00 (22.2%)	4:54	12.2 (77.7%)
125	HADZIK Rafał	602		M-30	125	00:00:37	00:24:32	00:49:06	01:13:37	01:34:06	01:37:47	01:43:53.45	01:44:30.95	+00:23:10 (22.3%)	4:55	12.2 (77.7%)

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			
126	SUDNIK Krzysztof	1015		M-30	126	00:00:15	00:23:29	00:46:47	01:10:15	01:32:26	01:36:40	01:44:03.00	01:44:18.55	+00:23:20 (22.4%)	4:55	12.2 (77.7%)
127	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	01:44:10.00	01:44:19.65	+00:23:27 (22.5%)	4:56	12.2 (77.7%)
128	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	01:44:10.60	01:44:31.95	+00:23:28 (22.5%)	4:56	12.2 (77.7%)
129	KILIJANEK Adrian	1163		M-30	129	00:01:09	00:24:11	00:48:20	01:13:05	01:34:21	01:38:14	01:44:29.75	01:45:39.15	+00:23:47 (22.8%)	4:57	12.1 (77.1%)
130	PIŁAT Jarosław	65	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	01:44:31.90	01:44:43.75	+00:23:49 (22.8%)	4:57	12.1 (77.1%)
131	KŁOSOWSKI Karol	237	LOS TREPOS COMPANIEROS	M-30	131	00:00:38	00:22:25	00:46:08	01:11:02	01:33:39	01:37:44	01:44:45.25	01:45:23.85	+00:24:02 (23.0%)	4:57	12.1 (77.1%)
132	WALSKI Łukasz	680	RANGER SURVIVAL CLUB	M-30	132	00:01:42	00:26:20	00:50:46	01:14:13	01:34:42	01:38:25	01:44:45.70	01:46:28.55	+00:24:03 (23.0%)	4:57	12.1 (77.1%)
133	ULIASZ Krzysztof	979		M-30	133	00:00:59	00:24:13	00:48:52	01:13:19	01:34:24	01:38:17	01:45:02.95	01:46:02.25	+00:24:20 (23.2%)	4:58	12.1 (77.1%)
134	PTASZYŃSKI Tomasz	157	STARY HANGAR	M-30	134	00:00:16	00:23:11	00:46:50	01:12:39	01:34:44	01:38:31	01:45:04.05	01:45:20.95	+00:24:21 (23.2%)	4:58	12 (76.4%)
135	PLOCH Adam	886		M-30	135	00:01:09	00:24:24	00:48:56	01:12:28	01:34:10	01:38:10	01:45:04.40	01:46:13.55	+00:24:21 (23.2%)	4:58	12 (76.4%)
136	NOWAK Mariusz	813	HIRSCHVOGEL COMPONENTS POLAND	M-30	136	00:00:35	00:25:04	00:49:29	01:13:36	01:34:38	01:38:25	01:45:05.35	01:45:41.00	+00:24:22 (23.2%)	4:58	12 (76.4%)
137	WALASZEK Sławomir	507		M-30	137	00:00:27	00:24:08	00:48:43	01:13:20	01:35:10	01:38:57	01:45:09.55	01:45:36.80	+00:24:26 (23.2%)	4:59	12 (76.4%)
138	HAŁADUS Dominik	1026	ŻYCIE CZĘSTOCHOWY TEAM	M-30	138	00:00:19	00:24:11	00:48:36	01:13:06	01:34:55	01:38:51	01:45:25.30	01:45:44.35	+00:24:42 (23.4%)	4:59	12 (76.4%)
139	NOGA Łukasz	879	ZDZIERAJ KAPCIE	M-30	139	00:00:07	00:23:13	00:47:35	01:12:57	01:35:15	01:39:03	01:45:27.70	01:45:35.05	+00:24:45 (23.5%)	4:59	12 (76.4%)
140	WANDOCH Tyberiusz	333	CARRY ON W CZORAJSI	M-30	140	00:00:38	00:24:01	00:48:25	01:12:46	01:34:34	01:38:35	01:45:33.65	01:46:11.70	+00:24:51 (23.5%)	5:00	12 (76.4%)
141	RAJTOR Paweł	558		M-30	141	00:00:16	00:25:47	00:50:39	01:15:09	01:35:43	01:39:28	01:45:42.70	01:45:58.80	+00:25:00 (23.7%)	5:00	12 (76.4%)
142	PANZ Krzysztof	838		M-30	142	00:00:36	00:25:12	00:49:53	01:14:25	01:35:38	01:39:19	01:45:46.30	01:46:23.20	+00:25:03 (23.7%)	5:00	12 (76.4%)
143	MALEC Arkadiusz	875		M-30	143	00:01:21	00:24:15	00:49:33	01:14:30	01:35:47	01:39:31	01:45:47.85	01:47:09.55	+00:25:05 (23.7%)	5:00	12 (76.4%)
144	SOLICH Patryk	1208	SBRT GLIWICE	M-30	144	00:00:20	00:23:55	00:48:29	01:13:02	01:34:57	01:38:53	01:45:50.40	01:46:10.55	+00:25:07 (23.7%)	5:00	12 (76.4%)
145	STANIK Bogdan	763	6 BPD	M-30	145	00:00:59	00:24:24	00:49:03	01:14:16	01:36:11	01:40:08	01:46:10.95	01:47:10.55	+00:25:28 (24.0%)	5:01	11.9 (75.8%)
146	ZIELONKA Jacek	457		M-30	146	00:00:45	00:25:07	00:49:47	01:14:22	01:35:55	01:39:40	01:46:16.80	01:47:01.95	+00:25:34 (24.1%)	5:02	11.9 (75.8%)
147	STASIK Krzysztof	666	LOGTECH TEAM RADZIONKÓW	M-30	147	00:00:17	00:23:48	00:48:22	01:13:17	01:35:15	01:39:22	01:46:22.25	01:46:40.20	+00:25:39 (24.1%)	5:02	11.9 (75.8%)
148	FRANKIEWICZ Artur	915		M-30	148	00:00:36	00:25:12	00:49:53	01:14:25	01:35:52	01:39:48	01:46:33.05	01:47:09.60	+00:25:50 (24.3%)	5:02	11.9 (75.8%)
149	WÓJCIK Rafał	807		M-30	149	00:00:19	00:24:49	00:49:48	01:14:47	01:36:28	01:40:10	01:46:46.35	01:47:06.00	+00:26:03 (24.4%)	5:03	11.9 (75.8%)
150	DACZYŃSKI Michał	431	GRUPA CMYKI	M-30	150	00:00:22	00:25:39	00:50:25	01:15:13	01:36:43	01:40:24	01:46:54.70	01:47:17.35	+00:26:12 (24.5%)	5:04	11.8 (75.2%)
151	MODZELEWSKI Michał	1074		M-30	151	00:01:01	00:25:04	00:50:22	01:14:45	01:36:28	01:40:17	01:47:06.70	01:48:08.00	+00:26:24 (24.6%)	5:04	11.8 (75.2%)
152	KOWAL Bartosz	95		M-30	152	00:01:06	00:24:07	00:48:21	01:13:23	01:35:40	01:39:49	01:47:18.45	01:48:24.90	+00:26:35 (24.8%)	5:05	11.8 (75.2%)

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			
153	NIEDZIELA Janusz	850		M-30	153	00:00:34	00:23:08	00:46:45	01:11:49	01:35:14	01:39:41	01:47:18.85	01:47:52.90	+00:26:36 (24.8%)	5:05	11.8 (75.2%)
154	JAWOREK Jacek	837	OPEL ACTIVE TEAM	M-30	154	00:01:02	00:25:03	00:50:48	01:16:16	01:37:20	01:41:05	01:47:33.65	01:48:36.60	+00:26:51 (25.0%)	5:05	11.8 (75.2%)
155	DAWIEC Michał	418	FAT ZABRZE	M-30	155	00:01:09	00:25:45	00:50:45	01:15:16	01:36:53	01:40:50	01:47:34.75	01:48:43.85	+00:26:52 (25.0%)	5:05	11.8 (75.2%)
156	SWOBODA Jarosław	1158	NIGHT RUNNERS GLIWICE	M-30	156	00:00:59	00:25:51	00:50:51	01:15:34	01:37:07	01:40:57	01:47:38.40	01:48:37.85	+00:26:55 (25.0%)	5:06	11.8 (75.2%)
157	JAZOWY Tomasz	1261		M-30	157	00:00:08	00:24:11	00:49:19	01:14:34	01:36:55	01:40:54	01:47:45.50	01:47:54.15	+00:27:02 (25.1%)	5:06	11.7 (74.5%)
158	GRUZKA Sławomir	740		M-30	158	00:01:13	00:25:57	00:51:38	01:16:33	01:37:37	01:41:25	01:47:53.75	01:49:06.95	+00:27:11 (25.2%)	5:06	11.7 (74.5%)
159	SOBEL Łukasz	419	OPEL ACTIVE TEAM	M-30	159	00:00:41	00:25:29	00:50:31	01:15:36	01:37:36	01:41:23	01:47:55.90	01:48:37.75	+00:27:13 (25.2%)	5:06	11.7 (74.5%)
160	MANDRYSZ Jacek	1055		M-30	160	00:00:50	00:25:06	00:50:27	01:15:32	01:37:10	01:41:09	01:48:04.40	01:48:55.00	+00:27:21 (25.3%)	5:07	11.7 (74.5%)
161	KLAMECKI Marek	789		M-30	161	00:01:03	00:23:48	00:48:25	01:13:11	01:36:37	01:40:58	01:48:10.90	01:49:14.35	+00:27:28 (25.4%)	5:07	11.7 (74.5%)
162	ZIĘBIK Grzegorz	891		M-30	162	00:00:46	00:25:18	00:50:48	01:16:11	01:37:48	01:41:37	01:48:12.20	01:48:59.05	+00:27:29 (25.4%)	5:07	11.7 (74.5%)
163	ZAWADZKI Robert	937		M-30	163	00:00:16	00:25:47	00:50:55	01:16:03	01:37:53	01:41:38	01:48:19.40	01:48:36.15	+00:27:36 (25.5%)	5:08	11.7 (74.5%)
164	GÓRKA Szymon	833		M-30	164	00:01:19	00:24:43	00:49:05	01:14:26	01:37:12	01:41:17	01:48:20.30	01:49:39.95	+00:27:37 (25.5%)	5:08	11.7 (74.5%)
165	MACIASZEK Maciek	202		M-30	165	00:00:09	00:24:25	00:49:36	01:14:33	01:36:55	01:41:02	01:48:21.60	01:48:31.15	+00:27:39 (25.5%)	5:08	11.7 (74.5%)
166	RYBIŃSKI Łukasz	854	EŁKA TEAM	M-30	166	00:00:47	00:23:24	00:47:37	01:12:24	01:36:04	01:40:13	01:48:28.15	01:49:15.70	+00:27:45 (25.6%)	5:08	11.7 (74.5%)
167	KOZIEŁ Kamil	893		M-30	167	00:00:30	00:25:33	00:50:52	01:16:01	01:37:55	01:41:52	01:48:32.80	01:49:03.65	+00:27:50 (25.6%)	5:08	11.7 (74.5%)
168	KOŁODZIEJ Kamil	1276	PB TEAM PYSKOWICE	M-30	168	00:00:27	00:25:39	00:51:03	01:16:24	01:38:20	01:42:08	01:48:33.95	01:49:01.10	+00:27:51 (25.7%)	5:08	11.7 (74.5%)
169	SELIGA Paweł	60	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	01:48:36.70	01:48:50.00	+00:27:54 (25.7%)	5:08	11.7 (74.5%)
170	KRAKOWCZYK Adam	496	SBRT GLIWICE	M-30	170	00:00:19	00:25:45	00:51:27	01:16:58	01:38:20	01:42:08	01:48:37.05	01:48:56.65	+00:27:54 (25.7%)	5:08	11.7 (74.5%)
171	BRZEZINA Arkadiusz	54	TARNOGÓRSKA GRUPA BIEGOWA	M-30	171	00:00:29	00:25:38	00:51:20	01:16:38	01:38:18	01:42:10	01:48:46.90	01:49:16.25	+00:28:04 (25.8%)	5:09	11.6 (73.9%)
172	KŁYK Dominik	1127	RUN FOREST! RUN!!!	M-30	172	00:00:29	00:26:11	00:51:24	01:16:51		01:42:41	01:48:48.00	01:49:17.20	+00:28:05 (25.8%)	5:09	11.6 (73.9%)
173	KUŹNICKI Tomasz	686		M-30	173	00:00:31	00:24:02	00:49:06	01:14:33	01:37:16	01:41:27	01:48:51.10	01:49:22.85	+00:28:08 (25.9%)	5:09	11.6 (73.9%)
174	JARUGA Damian Izabela	944	DIKOM.PL	M-30	174	00:00:36	00:25:39	00:50:54	01:15:54	01:37:55	01:41:56	01:48:55.05	01:49:31.45	+00:28:12 (25.9%)	5:09	11.6 (73.9%)
175	PATYNEK Sebastian	516	BRAK	M-30	175	00:00:18	00:25:22	00:51:05	01:16:29	01:38:52	01:42:36	01:48:59.70	01:49:18.40	+00:28:17 (26.0%)	5:09	11.6 (73.9%)
176	GOLIASZ Bartłomiej	1100		M-30	176	00:00:23	00:25:42	00:51:26	01:16:55	01:38:42	01:42:32	01:49:00.35	01:49:23.50	+00:28:17 (26.0%)	5:09	11.6 (73.9%)
177	FAMUŁA Tomasz	389	FUTURE PROCESSING RUNNING TEAM	M-30	177	00:01:19	00:25:49	00:51:29	01:17:18		01:42:45	01:49:00.90	01:50:20.55	+00:28:18 (26.0%)	5:10	11.6 (73.9%)
178	FIDOR Damian	924	RUNHOGS TYCHY	M-30	178	00:00:24	00:25:40	00:51:21	01:16:53	01:38:50	01:42:36	01:49:08.40	01:49:32.60	+00:28:25 (26.0%)	5:10	11.6 (73.9%)
179	SADOWSKI Tomasz	1072		M-30	179	00:00:36	00:24:40	00:49:30	01:14:38	01:37:42	01:41:49	01:49:10.25	01:49:46.30	+00:28:27 (26.1%)	5:10	11.6 (73.9%)

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			
180	MRÓZ Dawid	746		M-30	180	00:01:50	00:25:40	00:51:33	01:16:15	01:38:27	01:42:24	01:49:20.10	01:51:10.10	+00:28:37 (26.2%)	5:10	11.6 (73.9%)
181	POKRYSZKA Bartosz	156	KOMBO KURCZAKI	M-30	181	00:00:25	00:25:42	00:51:21	01:16:54	01:38:50	01:42:33	01:49:25.75	01:49:51.35	+00:28:43 (26.2%)	5:11	11.6 (73.9%)
182	BOGACZ Paweł	481	JAGODA TEAM	M-30	182	00:00:22	00:25:40	00:51:25	01:16:54	01:38:51	01:42:39	01:49:27.65	01:49:49.90	+00:28:45 (26.3%)	5:11	11.6 (73.9%)
183	KASZUBSKI Andrzej	1212	SBRT GLIWICE	M-30	183	00:00:40	00:23:02	00:47:13	01:14:00	01:38:22	01:42:07	01:49:30.20	01:50:10.50	+00:28:47 (26.3%)	5:11	11.6 (73.9%)
184	KIDOŃ Krzysztof	877	BYTOM	M-30	184	00:00:30	00:23:51	00:48:43	01:14:32	01:37:57	01:42:10	01:49:34.85	01:50:05.40	+00:28:52 (26.3%)	5:11	11.6 (73.9%)
184	WALCZAK Mateusz	734		M-30	185	00:00:30	00:25:30	00:50:56	01:16:18	01:38:30	01:42:26	01:49:34.95	01:50:05.40	+00:28:52 (26.3%)	5:11	11.6 (73.9%)
186	STULIK Paweł	661		M-30	186	00:00:22	00:23:55	00:48:40	01:14:19	01:37:45	01:41:53	01:49:35.25	01:49:57.35	+00:28:52 (26.4%)	5:11	11.6 (73.9%)
187	MAY-MAJEWSKI Michał	793		M-30	187	00:00:48	00:25:35	00:51:01	01:16:19		01:42:46	01:49:37.40	01:50:26.00	+00:28:54 (26.4%)	5:11	11.5 (73.2%)
188	MILER Ireneusz	182		M-30	188	00:01:23	00:25:54	00:51:29	01:16:31	01:38:37	01:42:43	01:49:40.75	01:51:04.65	+00:28:58 (26.4%)	5:11	11.5 (73.2%)
189	SOŚNIAK Tomasz	25	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	01:49:53.30	01:50:14.75	+00:29:10 (26.6%)	5:12	11.5 (73.2%)
190	SZADKOWSKI Paweł	1313	NIGHT RUNNERS GLIWICE	M-30	190	00:00:18	00:25:43	00:51:27	01:16:58	01:38:53	01:42:43	01:49:57.25	01:50:15.85	+00:29:14 (26.6%)	5:12	11.5 (73.2%)
191	ROŻEK Jacek	53	PSYCHONAUCI	M-30	191	00:00:28	00:23:59	00:50:11	01:16:21	01:38:42	01:42:36	01:50:00.90	01:50:29.15	+00:29:18 (26.6%)	5:12	11.5 (73.2%)
192	WIEKIERA Adam	385		M-30	192	00:00:11	00:23:41	00:48:09	01:13:53	01:37:52	01:42:13	01:50:02.70	01:50:14.45	+00:29:20 (26.7%)	5:12	11.5 (73.2%)
193	PAWLIK Wojtek	736		M-30	193	00:00:25	00:25:46	00:51:53	01:17:54	01:39:54	01:43:42	01:50:09.25	01:50:34.60	+00:29:26 (26.7%)	5:13	11.5 (73.2%)
194	KRUK Krzysztof	842	CROSSFIT ZABRZE	M-30	194	00:00:26	00:25:32	00:51:25	01:17:18	01:39:50	01:43:45	01:50:12.60	01:50:39.30	+00:29:30 (26.8%)	5:13	11.5 (73.2%)
195	SPIECHOWICZ Andrzej	703	POLICJA	M-30	195	00:01:42	00:24:33	00:49:27	01:15:12	01:38:36	01:42:50	01:50:18.60	01:52:01.55	+00:29:36 (26.8%)	5:13	11.5 (73.2%)
196	WIKIERSKI Michał	36		M-30	196	00:00:24	00:25:40	00:51:23	01:16:53	01:38:55	01:43:04	01:50:24.25	01:50:49.05	+00:29:41 (26.9%)	5:13	11.5 (73.2%)
197	CZERNY Michał	464		M-30	197	00:01:08	00:25:51	00:51:35	01:17:07		01:43:33	01:50:33.15	01:51:42.00	+00:29:50 (27.0%)	5:14	11.5 (73.2%)
198	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	01:50:38.95	01:51:06.15	+00:29:56 (27.1%)	5:14	11.4 (72.6%)
199	IZDEBSKI Adrian	527		M-30	199	00:00:55	00:26:23	00:53:43	01:18:41	01:40:36	01:44:18	01:50:41.65	01:51:36.70	+00:29:59 (27.1%)	5:14	11.4 (72.6%)
200	PISINGAS Mariusz	1150		M-30	200	00:01:13	00:25:38	00:51:41	01:17:25	01:39:55	01:44:07	01:50:44.40	01:51:57.90	+00:30:01 (27.1%)	5:14	11.4 (72.6%)
201	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	01:50:50.45	01:51:45.05	+00:30:07 (27.2%)	5:15	11.4 (72.6%)
202	KNUTELSKI Mariusz	1155		M-30	202	00:00:18	00:23:36	00:48:41	01:14:49	01:38:51	01:43:17	01:51:00.50	01:51:19.05	+00:30:17 (27.3%)	5:15	11.4 (72.6%)
203	KREMPA Sławomir	1030		M-30	203	00:00:25	00:25:39	00:51:16	01:16:43	01:39:40	01:43:50	01:51:04.30	01:51:29.35	+00:30:21 (27.3%)	5:15	11.4 (72.6%)
204	GANSZCZYK Rafał	823	OPEL ACTIVE TEAM	M-30	204	00:00:43	00:26:11	00:52:50	01:19:00	01:40:33	01:44:29	01:51:09.95	01:51:53.75	+00:30:27 (27.4%)	5:16	11.4 (72.6%)
205	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	01:51:10.95	01:51:44.05	+00:30:28 (27.4%)	5:16	11.4 (72.6%)
206	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	01:51:12.35	01:51:45.35	+00:30:29 (27.4%)	5:16	11.4 (72.6%)

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			
207	ĆWIKŁA Kamil	315	HARPAGANY	M-30	207	00:00:36	00:25:15	00:50:47	01:16:10	01:39:20	01:43:43	01:51:14.45	01:51:51.00	+00:30:31 (27.4%)	5:16	11.4 (72.6%)
208	CIEŚLIK Bartłomiej	531	CHATEAU CHALIN	M-30	208	00:00:26	00:25:39	00:51:23	01:16:58	01:39:47	01:44:05	01:51:33.20	01:51:59.40	+00:30:50 (27.6%)	5:17	11.3 (72.0%)
209	WOJTAS Marcin	593	ISTA BIEGAMY	M-30	209	00:01:38	00:27:53	00:54:46	01:20:32	01:42:06	01:45:46	01:51:34.45	01:53:12.75	+00:30:51 (27.7%)	5:17	11.3 (72.0%)
210	ZDANIEWICZ Radosław	1065	PSYCHONAUCI	M-30	210	00:00:56	00:26:39	00:52:54	01:18:43	01:40:54	01:44:52	01:51:34.55	01:52:30.85	+00:30:51 (27.7%)	5:17	11.3 (72.0%)
211	MAJDA Kamil	786	PSYCHONAUCI	M-30	211	00:00:53	00:25:37	00:50:29	01:15:02	01:38:50	01:43:24	01:51:48.25	01:52:42.20	+00:31:05 (27.8%)	5:17	11.3 (72.0%)
212	BAUMERT Rafał	597	ISTA BIEGAMY	M-30	212	00:00:47	00:26:09	00:52:23	01:18:45	01:41:14	01:45:05	01:51:52.85	01:52:40.30	+00:31:10 (27.9%)	5:18	11.3 (72.0%)
213	FATYGA Arkadiusz	1302		M-30	213	00:00:56	00:25:10	00:50:28	01:16:00	01:39:52	01:44:15	01:51:55.35	01:52:51.60	+00:31:12 (27.9%)	5:18	11.3 (72.0%)
214	ORZECH Michał	820		M-30	214	00:00:44	00:24:07	00:49:20	01:15:35	01:39:37	01:44:07	01:52:05.55	01:52:49.60	+00:31:22 (28.0%)	5:18	11.3 (72.0%)
215	CIEŚLAK Paweł	725		M-30	215	00:00:44	00:25:08	00:50:41	01:16:33	01:39:50	01:44:20	01:52:17.20	01:53:02.05	+00:31:34 (28.1%)	5:19	11.3 (72.0%)
216	DZIDA Janusz	999	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	01:52:18.60	01:52:37.05	+00:31:36 (28.1%)	5:19	11.3 (72.0%)
217	STEFAŃCZYK Krzysztof	752		M-30	217	00:01:28	00:24:49	00:50:06	01:15:59	01:39:54	01:44:21	01:52:19.45	01:53:47.70	+00:31:36 (28.1%)	5:19	11.3 (72.0%)
218	GRABCZEWSKI Marcin	171		M-30	218	00:00:21	00:25:43	00:51:31	01:17:21	01:41:11	01:45:21	01:52:22.20	01:52:43.40	+00:31:39 (28.2%)	5:19	11.3 (72.0%)
219	MALINOWSKI Mihał	952		M-30	219	00:00:38	00:25:26	00:51:06	01:16:51	01:40:20	01:44:44	01:52:27.80	01:53:05.95	+00:31:45 (28.2%)	5:19	11.3 (72.0%)
220	WALCZAK Bartłomiej	1287		M-30	220	00:00:11	00:25:29	00:51:13	01:16:59	01:40:20	01:44:43	01:52:35.10	01:52:46.30	+00:31:52 (28.3%)	5:20	11.2 (71.3%)
221	WICHARY Marcin	594	ISTA BIEGAMY	M-30	221	00:00:40	00:25:51	00:52:30	01:18:52	01:41:37	01:45:42	01:52:36.05	01:53:16.20	+00:31:53 (28.3%)	5:20	11.2 (71.3%)
222	KUPKA Bartosz	1232	OPEL ACTIV TEAM	M-30	222	00:00:36	00:25:44	00:52:00	01:18:21		01:45:32	01:52:37.25	01:53:13.65	+00:31:54 (28.3%)	5:20	11.2 (71.3%)
223	STEC Marcin	657	KW GLIWICE	M-30	223	00:00:35	00:25:28	00:51:11	01:16:45	01:40:24	01:44:51	01:53:00.35	01:53:36.05	+00:32:17 (28.6%)	5:21	11.2 (71.3%)
224	CZEMPIEL Łukasz	441		M-30	224	00:01:53	00:26:45	00:52:52	01:18:11	01:41:28	01:45:47	01:53:09.75	01:55:03.35	+00:32:27 (28.7%)	5:21	11.2 (71.3%)
225	BUJALSKI Michał	571	AKS DRAGON	M-30	225	00:01:32	00:27:08	00:53:00	01:18:42	01:41:30	01:45:43	01:53:10.55	01:54:43.35	+00:32:27 (28.7%)	5:21	11.2 (71.3%)
226	MACIEJCZYK Marcin	429	AKS DRAGON	M-30	226	00:01:32	00:27:08	00:53:00	01:18:41	01:41:29	01:45:43	01:53:11.40	01:54:43.50	+00:32:28 (28.7%)	5:21	11.2 (71.3%)
227	PANOCHA Daniel	452		M-30	227	00:01:06	00:25:03	00:50:41	01:16:24	01:40:42	01:45:07	01:53:11.75	01:54:17.80	+00:32:29 (28.7%)	5:21	11.2 (71.3%)
228	KWAPIEŃ Paweł	1133		M-30	228	00:00:09	00:25:38	00:51:37	01:17:45	01:41:32	01:45:47	01:53:21.95	01:53:31.90	+00:32:39 (28.8%)	5:22	11.2 (71.3%)
229	WRÓBEL Maciej	1289	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	01:53:21.95	01:53:56.40	+00:32:39 (28.8%)	5:22	11.2 (71.3%)
230	DROZD Kajetan	677	STREFAGITARY.PL	M-30	230	00:00:28	00:26:04	00:51:57	01:18:39	01:42:18	01:46:39	01:53:34.10	01:54:02.70	+00:32:51 (28.9%)	5:22	11.1 (70.7%)
231	DOBOSZ Mariusz	130	GO-LEASING	M-30	231	00:00:23	00:26:22	00:52:49	01:19:30	01:42:45	01:47:01	01:53:37.10	01:54:00.20	+00:32:54 (29.0%)	5:23	11.1 (70.7%)
232	SOJKA Łukasz	1301		M-30	232	00:01:29	00:25:26	00:51:12	01:17:11	01:41:25	01:45:58	01:53:40.30	01:55:09.60	+00:32:57 (29.0%)	5:23	11.1 (70.7%)
233	KLEWANIEC Jakub	299		M-30	233	00:00:37	00:25:45	00:51:52	01:18:23	01:42:02	01:46:18	01:54:04.85	01:54:42.60	+00:33:22 (29.3%)	5:24	11.1 (70.7%)

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			
234	DYMAREK Łukasz	57	KM PSP GLIWICE	M-30	234	00:00:18	00:25:56	00:52:11	01:19:02	01:42:47	01:47:10	01:54:08.75	01:54:27.60	+00:33:26 (29.3%)	5:24	11.1 (70.7%)
235	CZARNIK Stanisław	848	MIECHOWICKA GRUPA BIEGOWA	M-30	235	00:00:09	00:26:37	00:53:06	01:19:31	01:43:06	01:47:13	01:54:09.25	01:54:18.90	+00:33:26 (29.3%)	5:24	11.1 (70.7%)
236	WIORA Łukasz	297		M-30	236	00:00:23	00:25:47	00:51:36	01:17:44	01:41:49	01:46:21	01:54:26.00	01:54:49.55	+00:33:43 (29.5%)	5:25	11.1 (70.7%)
237	OSIŃSKI Paweł	187	NIGHT RUNNERS GLIWICE	M-30	237	00:00:24	00:25:35	00:52:00	01:18:52	01:42:48	01:47:10	01:54:26.25	01:54:50.30	+00:33:43 (29.5%)	5:25	11.1 (70.7%)
238	BEDNORZ Adam	1243		M-30	238	00:00:09	00:25:11	00:52:41	01:19:21	01:43:05	01:47:20	01:54:49.55	01:54:58.65	+00:34:06 (29.7%)	5:26	11 (70.1%)
239	ZIMOCH Grzegorz	215		M-30	239	00:00:12	00:26:19	00:54:41	01:22:40	01:43:44	01:47:43	01:54:50.60	01:55:03.35	+00:34:08 (29.7%)	5:26	11 (70.1%)
240	SOSNOWSKI Maciej	581		M-30	240	00:01:24	00:26:59	00:52:29	01:18:48	01:43:07	01:47:44	01:55:00.05	01:56:24.75	+00:34:17 (29.8%)	5:27	11 (70.1%)
241	BALCAREK Grzegorz	1073		M-30	241	00:01:30	00:27:22	00:54:49	01:20:56	01:43:31	01:47:44	01:55:03.05	01:56:33.75	+00:34:20 (29.8%)	5:27	11 (70.1%)
242	KONIECKO Łukasz	545		M-30	242	00:00:49	00:27:09	00:53:54	01:20:30	01:43:25	01:47:36	01:55:08.85	01:55:58.15	+00:34:26 (29.9%)	5:27	11 (70.1%)
243	PENKALA Artur	131	GO-LEASING	M-30	243	00:00:23	00:26:22	00:52:50	01:19:30	01:43:22	01:47:49	01:55:17.50	01:55:40.85	+00:34:34 (30.0%)	5:27	11 (70.1%)
244	PODSIADŁY Tomasz	616		M-30	244	00:00:39	00:27:09	00:53:39	01:19:58	01:43:22	01:47:39	01:55:21.95	01:56:01.10	+00:34:39 (30.0%)	5:28	11 (70.1%)
245	GRABOWSKI Maciej	61		M-30	245	00:00:49	00:26:18	00:52:45	01:19:18	01:43:28	01:47:58	01:55:29.70	01:56:19.00	+00:34:47 (30.1%)	5:28	11 (70.1%)
246	KWAPIEŃ Aleksander	1111		M-30	246	00:00:09	00:25:38	00:51:38	01:17:45	01:42:15	01:47:10	01:55:35.00	01:55:44.60	+00:34:52 (30.2%)	5:28	11 (70.1%)
247	ZYMELA Dawid	524		M-30	247	00:00:54	00:25:32	00:51:50	01:18:31	01:43:12	01:47:36	01:55:36.50	01:56:31.40	+00:34:53 (30.2%)	5:28	10.9 (69.4%)
248	WITEK Jacek	1086	OPEL ACTIVE TEAM	M-30	248	00:00:42	00:25:35	00:51:23	01:18:16	01:43:18	01:47:43	01:55:46.55	01:56:29.45	+00:35:03 (30.3%)	5:29	10.9 (69.4%)
249	WIETRZYCKI Mariusz	353	BIEGAJ Z TRENERAMI	M-30	249	00:00:20	00:25:43	00:51:02	01:17:10	01:44:36	01:48:53	01:56:05.05	01:56:25.10	+00:35:22 (30.5%)	5:30	10.9 (69.4%)
250	DZIECIĄTKOWSKI Jarosław	1237	OPEL ACTIVE TEAM	M-30	250	00:00:42	00:24:48	00:51:42	01:19:01		01:48:16	01:56:06.55	01:56:48.90	+00:35:23 (30.5%)	5:30	10.9 (69.4%)
251	DUDA Piotr	1162		M-30	251	00:00:36	00:24:42	00:49:26	01:15:02	01:41:35	01:47:04	01:56:24.10	01:57:00.35	+00:35:41 (30.7%)	5:30	10.9 (69.4%)
252	BABIŃSKI Szymon	263		M-30	252	00:00:44	00:26:08	00:52:47	01:20:01	01:44:20	01:48:49	01:56:26.40	01:57:10.75	+00:35:43 (30.7%)	5:31	10.9 (69.4%)
253	WÓJCIK Tomasz	22		M-30	253	00:01:16	00:26:37	00:53:17	01:19:47	01:44:05	01:48:29	01:56:29.50	01:57:46.20	+00:35:46 (30.7%)	5:31	10.9 (69.4%)
254	HAHN Piotr	532	NORRUN TEAM	M-30	254	00:00:34	00:27:19	00:54:20	01:21:08	01:44:50	01:49:11	01:56:29.65	01:57:04.55	+00:35:47 (30.7%)	5:31	10.9 (69.4%)
255	SKRABA Krzysztof	1077	AMATOR SZCZYGLOWICE	M-30	255	00:00:59	00:28:49	00:56:28	01:22:39	01:45:48	01:49:56	01:56:29.75	01:57:28.80	+00:35:47 (30.7%)	5:31	10.9 (69.4%)
256	RYMASZEWSKI Wojciech	20		M-30	256	00:00:55	00:26:04	00:51:48	01:17:35	01:43:26	01:49:16	01:56:38.90	01:57:34.10	+00:35:56 (30.8%)	5:31	10.9 (69.4%)
257	WIERZBICA Adrian	403		M-30	257	00:00:33	00:27:34	00:54:56	01:21:56	01:45:08	01:49:27	01:56:44.85	01:57:18.30	+00:36:02 (30.9%)	5:31	10.8 (68.8%)
258	KUŚKA Paweł	346		M-30	258	00:00:45	00:26:03	00:52:55	01:20:12	01:44:54	01:49:26	01:56:53.05	01:57:38.90	+00:36:10 (30.9%)	5:32	10.8 (68.8%)
259	SKRZYPCZAK Tomasz	288	KFPR	M-30	259	00:01:19	00:27:42	00:55:04	01:22:16	01:45:54	01:50:00	01:56:56.85	01:58:16.05	+00:36:14 (31.0%)	5:32	10.8 (68.8%)
260	KROPKA Szymon	140	NIGHT RUNNERS GLIWICE	M-30	260	00:00:28	00:26:40	00:54:08	01:21:18	01:45:37	01:49:56	01:56:57.70	01:57:26.55	+00:36:15 (31.0%)	5:32	10.8 (68.8%)

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			
261	KWIATKOWSKI Krzysztof	1087		M-30	261	00:00:35	00:24:57	00:51:26	01:19:11	01:44:45	01:49:23	01:56:59.25	01:57:34.55	+00:36:16 (31.0%)	5:32	10.8 (68.8%)
262	BŁASZCZYŹYŃ Łukasz	135	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	01:57:10.10	01:58:08.85	+00:36:27 (31.1%)	5:33	10.8 (68.8%)
263	TKOCZ Rafał	323		M-30	263	00:01:09	00:27:22	00:54:37	01:21:58	01:46:03	01:50:14	01:57:21.75	01:58:31.70	+00:36:39 (31.2%)	5:33	10.8 (68.8%)
264	FUGOWSKI Grzegorz	283		M-30	264	00:01:33	00:25:47	00:53:00	01:20:45	01:45:18	01:49:32	01:57:22.85	01:58:56.80	+00:36:40 (31.2%)	5:33	10.8 (68.8%)
265	KOPCIK Tomasz	982	COMBAT56	M-30	265	00:00:34	00:25:47	00:52:01	01:20:17	01:45:36	01:49:58	01:57:27.90	01:58:02.55	+00:36:45 (31.3%)	5:34	10.8 (68.8%)
266	SMOTER Wojciech	35		M-30	266	00:01:27	00:25:00	00:50:23	01:16:45	01:43:59	01:48:57	01:57:30.70	01:58:58.45	+00:36:48 (31.3%)	5:34	10.8 (68.8%)
267	JAGOSZ Patryk	519	PATRYK JAGOSZ	M-30	267	00:00:54	00:26:24	00:53:44	01:20:28	01:45:09	01:49:45	01:57:55.55	01:58:50.15	+00:37:12 (31.6%)	5:35	10.7 (68.2%)
268	PŁOTEK Tomasz	561		M-30	268	00:00:32	00:25:44	00:52:11	01:19:44	01:45:37	01:50:06	01:57:56.95	01:58:29.90	+00:37:14 (31.6%)	5:35	10.7 (68.2%)
269	BARAŃSKI Grzegorz	111		M-30	269	00:01:12	00:27:29	00:54:53	01:22:11	01:46:04	01:50:25	01:58:01.95	01:59:14.25	+00:37:19 (31.6%)	5:35	10.7 (68.2%)
270	KOWALSKI Zbyszek	913	MARYSIA & SZYMEK TEAM	M-30	270	00:00:56	00:27:21	00:55:05	01:22:39	01:46:30	01:50:41	01:58:03.40	01:58:59.65	+00:37:20 (31.6%)	5:35	10.7 (68.2%)
271	LUDWIG Marcin	518		M-30	271	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:36	01:58:05.30	01:58:54.50	+00:37:22 (31.7%)	5:35	10.7 (68.2%)
272	URBANEK Marcin	595	ISTA BIEGAMY	M-30	272	00:00:46	00:26:21	00:53:29	01:20:23	01:45:12	01:49:50	01:58:05.95	01:58:52.70	+00:37:23 (31.7%)	5:35	10.7 (68.2%)
273	ŁUKASZKIEWICZ Michał	530		M-30	273	00:00:35	00:25:37	00:51:25	01:18:28	01:45:53	01:50:21	01:58:25.35	01:59:01.25	+00:37:42 (31.8%)	5:36	10.7 (68.2%)
274	IGNASIAK Rafał	378	XXX	M-30	274	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23	01:58:31.80	01:58:59.55	+00:37:49 (31.9%)	5:37	10.7 (68.2%)
275	MRÓZEK Przemysław	379	KB ŚPIOCHY OPATÓW	M-30	275	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23	01:58:31.95	01:58:59.65	+00:37:49 (31.9%)	5:37	10.7 (68.2%)
276	PŁOMIN Marcin	1206	SBRT GLIWICE	M-30	276	00:00:39	00:27:41	00:55:26	01:23:00	01:47:12	01:51:25	01:58:39.50	01:59:19.00	+00:37:56 (32.0%)	5:37	10.7 (68.2%)
277	KUBIT Bartłomiej	1304		M-30	277	00:00:55	00:28:41	00:55:02		01:46:54	01:51:10	01:58:47.90	01:59:43.20	+00:38:05 (32.1%)	5:37	10.7 (68.2%)
278	UJMA Michał	962		M-30	278	00:00:51	00:28:44	00:55:06	01:22:51	01:46:48	01:51:13	01:58:51.05	01:59:42.90	+00:38:08 (32.1%)	5:37	10.7 (68.2%)
279	ROLEK Marcin	73		M-30	279	00:01:39	00:27:27	00:55:06	01:22:17	01:47:15	01:51:33	01:58:54.55	02:00:33.95	+00:38:11 (32.1%)	5:38	10.6 (67.5%)
280	HONISZ Andrzej	1179		M-30	280	00:00:52	00:27:24	00:55:10	01:22:44	01:46:56	01:51:33	01:59:00.05	01:59:52.75	+00:38:17 (32.2%)	5:38	10.6 (67.5%)
281	DĄBROWSKI Marcin	257		M-30	281	00:01:10	00:26:33	00:54:30	01:22:35	01:47:48	01:51:57	01:59:15.65	02:00:26.00	+00:38:33 (32.3%)	5:39	10.6 (67.5%)
282	MIŚKÓW Marcin	629	ZARAZIĆ PASJĄ	M-30	282	00:01:20	00:25:05	00:50:15	01:18:24	01:46:16	01:51:05	01:59:24.55	02:00:44.85	+00:38:41 (32.4%)	5:39	10.6 (67.5%)
283	ŁUSIAK Mariusz	1135		M-30	283	00:00:45	00:27:33	00:55:21	01:22:55	01:47:10	01:51:41	01:59:32.90	02:00:18.35	+00:38:50 (32.5%)	5:39	10.6 (67.5%)
284	OSIŃSKI Robert	399	NIGHT RUNNERS GLIWICE	M-30	284	00:00:55	00:28:39	00:56:54	01:24:33	01:48:16	01:52:29	01:59:41.05	02:00:36.20	+00:38:58 (32.6%)	5:40	10.6 (67.5%)
285	KAMECKI Maciej	870	GOOD TIME - SPORT	M-30	285	00:00:42	00:25:44	00:52:00	01:20:12	01:46:32	01:51:20	01:59:44.95	02:00:26.95	+00:39:02 (32.6%)	5:40	10.6 (67.5%)
286	KRZOS Piotr	74		M-30	286	00:01:57	00:29:08	00:57:45	01:25:17	01:48:34		01:59:52.65	02:01:50.00	+00:39:10 (32.7%)	5:40	10.6 (67.5%)
287	PACAN Krzysztof	713		M-30	287	00:00:15	00:25:01	00:51:39	01:19:48	01:46:15	01:51:10	01:59:56.05	02:00:11.35	+00:39:13 (32.7%)	5:41	10.6 (67.5%)

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			
288	MAJEWSKI Grzegorz	108		M-30	288	00:01:19	00:25:19	00:52:53	01:21:02	01:47:26	01:52:13	01:59:56.15	02:01:15.15	+00:39:13 (32.7%)	5:41	10.6 (67.5%)
289	WIŚNIEWSKI Paweł	1169	JW AGAT	M-30	289	00:00:39	00:26:52	00:54:18	01:22:19	01:47:53	01:52:31	02:00:09.40	02:00:48.80	+00:39:26 (32.8%)	5:41	10.5 (66.9%)
290	TOCZYDŁOWSKI Łukasz	1095	HALEMBA	M-30	290	00:01:07	00:28:35	00:56:32	01:24:20		01:53:40	02:00:18.70	02:01:26.65	+00:39:36 (32.9%)	5:42	10.5 (66.9%)
291	FEREFCKI Paweł	604		M-30	291	00:01:15	00:25:40	00:53:16	01:21:55	01:47:47	01:52:17	02:00:19.75	02:01:35.20	+00:39:37 (32.9%)	5:42	10.5 (66.9%)
292	KOŁODZIEJ Paweł	505		M-30	292	00:00:39	00:27:49	00:55:27	01:23:12	01:47:49	01:52:18	02:00:23.70	02:01:02.80	+00:39:41 (33.0%)	5:42	10.5 (66.9%)
293	KOŚNIEWSKI Paweł	245		M-30	293	00:00:48	00:27:36	00:55:16	01:22:52	01:47:57	01:52:34	02:00:41.90	02:01:30.55	+00:39:59 (33.1%)	5:43	10.5 (66.9%)
294	RYGIEL Sebastian	143		M-30	294	00:01:54	00:29:04	00:57:51	01:25:35	01:49:13	01:53:35	02:00:45.70	02:02:40.40	+00:40:03 (33.2%)	5:43	10.5 (66.9%)
295	WIECZOREK Jarosław	2		M-30	295	00:00:54	00:29:07	00:57:05	01:25:09	01:49:16	01:53:24	02:00:56.85	02:01:51.10	+00:40:14 (33.3%)	5:43	10.5 (66.9%)
296	WRÓBEL Jarosław	1233		M-30	296	00:01:25	00:27:34	00:55:15	01:23:32	01:49:27	01:53:52	02:01:00.30	02:02:25.30	+00:40:17 (33.3%)	5:44	10.5 (66.9%)
297	KRAJEWSKI Radosław	486		M-30	297	00:00:41	00:26:05	00:53:18	01:20:38	01:47:12	01:52:27	02:01:23.00	02:02:04.95	+00:40:40 (33.5%)	5:45	10.4 (66.2%)
298	BATKO Dawid	711		M-30	298	00:00:47	00:27:43	00:54:48	01:22:49	01:50:12	01:54:39	02:01:52.20	02:02:40.10	+00:41:09 (33.8%)	5:46	10.4 (66.2%)
299	WOJTASIŃSKI Robert	819	MIECHOWICKA GRUPA BIEGOWA	M-30	299	00:00:16	00:27:03	00:54:34	01:22:32	01:49:37	01:54:14	02:02:02.60	02:02:18.65	+00:41:20 (33.9%)	5:47	10.4 (66.2%)
300	NIKODON Paweł	343	PLASTIC OMNIUM	M-30	300	00:01:25	00:26:14	00:51:49	01:21:17	01:49:45	01:54:10	02:02:03.50	02:03:29.45	+00:41:20 (33.9%)	5:47	10.4 (66.2%)
301	GUZDEK Sławomir	940		M-30	301	00:01:32	00:29:22	00:58:03	01:26:32	01:50:33	01:54:56	02:02:05.25	02:03:37.45	+00:41:22 (33.9%)	5:47	10.4 (66.2%)
302	KOZŁOWSKI Przemysław	549		M-30	302	00:00:43	00:27:49	00:55:38	01:23:32	01:49:05	01:53:33	02:02:14.60	02:02:58.55	+00:41:32 (34.0%)	5:47	10.4 (66.2%)
303	MICEK Marek	929		M-30	303	00:01:13	00:27:57	00:57:13	01:26:37	01:50:46	01:55:16	02:02:21.00	02:03:34.55	+00:41:38 (34.0%)	5:47	10.3 (65.6%)
304	NAGEL Jan	1227		M-30	304	00:01:16	00:27:03	00:54:36	01:22:33	01:48:31	01:53:33	02:02:29.35	02:03:45.50	+00:41:46 (34.1%)	5:48	10.3 (65.6%)
305	HEFFNER Remigiusz	762	OPEL ACTIVE TEAM	M-30	305	00:01:15	00:28:02	00:56:08	01:24:47	01:50:08	01:54:44	02:02:35.60	02:03:51.05	+00:41:53 (34.2%)	5:48	10.3 (65.6%)
306	DREWUSZEWSKI Maciej	515	4M	M-30	306	00:00:49	00:25:34	00:54:04	01:22:24	01:49:01	01:53:45	02:02:38.15	02:03:27.15	+00:41:55 (34.2%)	5:48	10.3 (65.6%)
307	ERDMANN Robert	280		M-30	307	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	02:02:43.75	02:03:43.35	+00:42:01 (34.2%)	5:49	10.3 (65.6%)
308	JANOSZEK Piotr	293		M-30	308	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	02:02:44.20	02:03:43.60	+00:42:01 (34.2%)	5:49	10.3 (65.6%)
309	SZKUDLAREK Michał	761		M-30	309	00:00:42	00:26:34	00:54:17	01:22:56	01:50:25	01:55:01	02:03:01.50	02:03:44.40	+00:42:18 (34.4%)	5:49	10.3 (65.6%)
310	CICHOWSKI Marcin	722		M-30	310	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:11	02:03:15.35	02:03:38.00	+00:42:32 (34.5%)	5:50	10.3 (65.6%)
311	BUCZYŃSKI Radosław	307	NIGHT RUNNERS GLIWICE	M-30	311	00:00:18	00:25:21	00:51:24	01:21:11	01:49:36	01:55:23	02:03:17.50	02:03:35.65	+00:42:34 (34.5%)	5:50	10.3 (65.6%)
312	SOŁTYSIAK Robert	1258	HALEMBA	M-30	312	00:01:08	00:28:34	00:56:32	01:24:19	01:50:28	01:55:16	02:03:22.60	02:04:31.25	+00:42:40 (34.6%)	5:50	10.3 (65.6%)
313	SZOŁTYSIK Paweł	213	SPARTA PLATFUS	M-30	313	00:00:33	00:27:22	00:55:22	01:23:36	01:49:46	01:54:36	02:03:23.85	02:03:57.35	+00:42:41 (34.6%)	5:50	10.3 (65.6%)
314	KANIEWSKI Andrzej	205		M-30	314	00:00:23	00:25:51	00:52:17	01:21:32	01:50:14	01:55:18	02:03:54.10	02:04:17.55	+00:43:11 (34.9%)	5:52	10.2 (65.0%)

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			
315	ZWOLIŃSKI Gabriel	1273		M-30	315	00:00:44	00:26:49	00:54:55	01:24:15	01:51:00	01:55:41	02:03:59.90	02:04:44.55	+00:43:17 (34.9%)	5:52	10.2 (65.0%)
316	ZGÓRSKI Grzegorz	116		M-30	316	00:00:42	00:25:47	00:52:30	01:22:42	01:51:39	01:55:52	02:04:07.80	02:04:50.70	+00:43:25 (35.0%)	5:52	10.2 (65.0%)
317	CIASTO Sebastian	1039		M-30	317	00:00:39	00:26:51	00:54:50	01:23:05	01:50:31	01:55:53	02:04:23.50	02:05:02.95	+00:43:40 (35.1%)	5:53	10.2 (65.0%)
318	KRZESIAK Michał	1041	3SOFT S.A.	M-30	318	00:00:51	00:26:28	00:54:03	01:22:34	01:50:22	01:55:35	02:04:25.95	02:05:17.75	+00:43:43 (35.1%)	5:53	10.2 (65.0%)
319	ZIELIŃSKI Marek	317		M-30	319	00:01:47	00:27:52	00:55:55	01:24:37	01:51:15	01:56:17	02:05:00.65	02:06:48.40	+00:44:18 (35.4%)	5:55	10.1 (64.3%)
320	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	+00:44:23 (35.5%)	5:55	10.1 (64.3%)
321	BOGULAK Grzegorz	184	RUN GB! RUN	M-30	321	00:00:29	00:27:06	00:54:37	01:23:13	01:52:04	01:57:15	02:05:48.25	02:06:17.80	+00:45:05 (35.8%)	5:57	10.1 (64.3%)
322	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	+00:45:16 (35.9%)	5:58	10 (63.7%)
323	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	+00:45:40 (36.1%)	5:59	10 (63.7%)
324	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	+00:45:53 (36.2%)	6:00	10 (63.7%)
325	ORYSZCZAK Łukasz	313		M-30	325	00:01:21	00:27:13	00:56:17	01:26:03	01:53:08	01:57:59	02:07:02.15	02:08:23.20	+00:46:19 (36.5%)	6:01	10 (63.7%)
326	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	+00:46:42 (36.7%)	6:02	9.9 (63.1%)
327	MUSIOŁ Janusz	830	UNISONO	M-30	327	00:01:05	00:30:06	00:59:15	01:28:00	01:54:12	01:59:06	02:07:30.00	02:08:35.85	+00:46:47 (36.7%)	6:02	9.9 (63.1%)
328	SOSIN Adam	200	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	328	00:01:20	00:30:12	00:59:43	01:29:06	01:55:10	01:59:52	02:08:16.55	02:09:37.15	+00:47:33 (37.1%)	6:04	9.9 (63.1%)
329	MAŁKOWSKI Tomasz	207	NIGHT RUNNERS ZABRZE	M-30	329	00:00:00	00:26:30	00:51:49	01:17:16	01:51:27	01:59:07	02:09:13.35	02:09:13.35	+00:48:30 (37.5%)	6:07	9.8 (62.4%)
330	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	+00:48:41 (37.6%)	6:07	9.8 (62.4%)
331	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	+00:48:42 (37.6%)	6:08	9.8 (62.4%)
332	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	+00:48:56 (37.7%)	6:08	9.8 (62.4%)
333	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	+00:48:58 (37.8%)	6:08	9.8 (62.4%)
334	MANDOK Bogdan	742		M-30	334	00:00:07	00:28:10	00:59:23	01:30:02	01:56:19	02:01:10	02:09:41.60	02:09:48.65	+00:48:59 (37.8%)	6:08	9.8 (62.4%)
335	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	+00:49:05 (37.8%)	6:09	9.8 (62.4%)
336	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	+00:49:10 (37.9%)	6:09	9.7 (61.8%)
337	LIPSKI Dariusz	71		M-30	337	00:01:52	00:29:39	01:00:59	01:30:22	01:57:15	02:02:20	02:10:52.65	02:12:45.50	+00:50:10 (38.3%)	6:12	9.7 (61.8%)
338	PRYMAS Krystian	32		M-30	338	00:00:48	00:26:24	00:55:23	01:29:02	01:57:25	02:02:27	02:11:13.60	02:12:02.50	+00:50:31 (38.5%)	6:13	9.6 (61.1%)
339	DYNEK Sebastian		PĘDZIWIATR	M-30	339	00:00:00	00:31:32	01:02:59	01:32:14	01:58:33	02:03:12	02:11:15.45	02:11:15.45	+00:50:32 (38.5%)	6:13	9.6 (61.1%)
340	DROZDOWSKI Wojciech	1125	BIEGAJ Z TRENERAMI	M-30	340	00:00:37	00:28:06	00:58:11	01:29:39	01:58:05	02:03:13	02:11:48.15	02:12:25.20	+00:51:05 (38.8%)	6:14	9.6 (61.1%)
341	MARKOWICZ Piotr	1298	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	02:12:58.25	02:14:13.70	+00:52:15 (39.3%)	6:18	9.5 (60.5%)

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			
342	WIEDERMANN Krzysztof	1309	PEDRA FORCH	M-30	342	00:00:44	00:28:21	00:58:19	01:29:28	01:58:20	02:03:31	02:13:10.55	02:13:54.85	+00:52:27 (39.4%)	6:18	9.5 (60.5%)
343	KOWALIK Tomasz	1066	KALINOWSKI TEAM	M-30	343	00:00:53	00:28:51	00:59:27	01:31:09	01:59:14	02:04:39	02:13:13.20	02:14:06.65	+00:52:30 (39.4%)	6:18	9.5 (60.5%)
344	MATECKI Maciej	520	2XM	M-30	344	00:00:56	00:30:04	01:00:25	01:30:36	01:59:11	02:04:36	02:13:18.80	02:14:15.55	+00:52:36 (39.5%)	6:19	9.5 (60.5%)
345	PASSIA Robert	1141		M-30	345	00:01:19	00:30:59	01:03:32	01:35:37	02:01:40	02:06:09	02:13:51.40	02:15:10.40	+00:53:08 (39.7%)	6:20	9.5 (60.5%)
346	KUŚ Michał	1236	1982	M-30	346	00:01:16	00:30:09	01:01:21	01:32:52	02:01:49	02:07:04	02:16:30.20	02:17:46.40	+00:55:47 (40.9%)	6:28	9.3 (59.2%)
347	POLOK Adrian	1022	OPEL ACTIVE TEAM	M-30	347	00:00:52	00:29:58	01:00:19	01:32:12	02:02:30	02:08:12	02:17:41.50	02:18:33.85	+00:56:58 (41.4%)	6:31	9.2 (58.6%)
348	STACHOWSKI Wojciech	930		M-30	348	00:01:30	00:30:12	01:01:48	01:34:18	02:03:35	02:08:51	02:18:03.95	02:19:34.00	+00:57:21 (41.5%)	6:32	9.2 (58.6%)
349	GRUCHALSKI Jakub	591	ISTA BIEGAMY	M-30	349	00:01:23	00:30:10	01:02:32	01:34:27	02:03:34	02:08:38	02:18:23.20	02:19:47.10	+00:57:40 (41.7%)	6:33	9.1 (58.0%)
350	CIEŚLAK Michał	376		M-30	350	00:01:37	00:30:22	01:01:59	01:35:16	02:04:23	02:09:34	02:18:31.10	02:20:08.95	+00:57:48 (41.7%)	6:33	9.1 (58.0%)
351	ŁYSIUK Grzegorz	506		M-30	351	00:01:30	00:30:59	01:03:13	01:35:58	02:04:51	02:10:14	02:19:15.00	02:20:45.00	+00:58:32 (42.0%)	6:35	9.1 (58.0%)
352	KURPIOS Piotr	542		M-30	352	00:01:35	00:34:02	01:06:49	01:37:57	02:05:43	02:10:41	02:19:28.30	02:21:03.40	+00:58:45 (42.1%)	6:36	9.1 (58.0%)
353	LEDWOŃ Jakub	87	NIGHT RUNNERS GLIWICE	M-30	353	00:01:17	00:31:01	01:03:41	01:36:37	02:05:30	02:10:39	02:21:27.30	02:22:44.80	+01:00:44 (42.9%)	6:42	9 (57.3%)
354	KANIEWSKI Paweł	1248		M-30	354	00:01:12	00:30:53	01:03:50	01:37:47	02:06:34	02:11:27	02:21:29.65	02:22:42.40	+01:00:47 (43.0%)	6:42	8.9 (56.7%)
355	PTAK Arkadiusz	1197	SPARTANIE DZIECIOM	M-30	355	00:01:09	00:30:55	01:03:53	01:37:46	02:06:34	02:11:28	02:21:30.50	02:22:40.10	+01:00:47 (43.0%)	6:42	8.9 (56.7%)
356	RESZKE Michał	1195	SPARTANIE DZIECIOM	M-30	356	00:01:08	00:30:55	01:03:52	01:37:49	02:06:39	02:11:31	02:21:35.95	02:22:44.15	+01:00:53 (43.0%)	6:42	8.9 (56.7%)
357	BRZÓZKA Sebastian	233	SBD ENERGETYK RYBNIK	M-30	357	00:01:26	00:29:07	01:00:46	01:35:59	02:08:01	02:13:55	02:24:15.40	02:25:41.45	+01:03:32 (44.1%)	6:50	8.8 (56.1%)
358	MAŁYSA Łukasz	509		M-30	358	00:01:28	00:30:18	01:03:22	01:37:20	02:08:45	02:15:09	02:25:44.80	02:27:13.00	+01:05:02 (44.6%)	6:54	8.7 (55.4%)
359	JEŻEWSKI Adam	328	VRC	M-30	359	00:01:28	00:31:15	01:04:09	01:38:42	02:11:09	02:17:02	02:27:15.40	02:28:43.80	+01:06:32 (45.2%)	6:58	8.6 (54.8%)
360	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	+01:07:16 (45.5%)	7:00	8.6 (54.8%)
361	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	+01:10:16 (46.5%)	7:09	8.4 (53.5%)
362	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	+01:10:25 (46.6%)	7:09	8.4 (53.5%)
363	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	+01:16:37 (48.7%)	7:27	8 (51.0%)
364	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	+01:17:02 (48.8%)	7:28	8 (51.0%)
365	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	+01:17:23 (49.0%)	7:29	8 (51.0%)
366	WOJTUKIEWICZ Artur	691		M-30	366	00:01:35	00:28:58	01:02:18						+00:25:22	6:13	9.6 (61.1%)
367	KACZMARCZYK Grzegorz	186		M-30	367	00:00:56										(0.0%)
DQ	LEGIEŻYŃSKI Krzysztof	45	KATAGURUME	M-30		DQ	DQ	00:24:04 DQ	DQ	00:48:09 DQ	00:52:36 DQ	01:00:06.15 DQ	DQ		-	- (0.0%)

Total 368 results.