



# III PÓŁMARATON GLIWICKI

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-10-23  
**Miejsce:** Gliwice  
**Dystans:** 21.1 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Punkt pomiarowy: 15,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
1	<b>ŻABA Marek</b>	<b>1019</b>	TRIATHLON X-TEAM	M-30	00:00:03	00:18:09	00:36:57	00:55:52
2	<b>ŚLIWIŃSKI Piotr</b>	<b>252</b>	OPEL ACTIVE TEAM GLIWICE	M-30	00:00:01	00:18:16	00:37:26	00:57:05
3	<b>SZCZECIŃSKI Maciej</b>	<b>1024</b>		M-30	00:00:03	00:19:24	00:38:38	00:57:37
4	<b>KULIG Rafał</b>	<b>28</b>	6BPD	M-30	00:00:06	00:19:21	00:38:42	00:58:14
5	<b>ROGACZ Piotr</b>	<b>583</b>	SZAKALE	M-30	00:00:05	00:19:23	00:39:09	00:58:50
6	<b>BUDKA Borys</b>	<b>4</b>	SEJM RP	M-30	00:00:01	00:19:36	00:39:16	00:58:52
7	<b>HETMAN Radosław</b>	<b>662</b>	GRUPA NOMAX	M-30	00:00:05	00:20:09	00:39:52	00:59:30
8	<b>DUŻNIAK Dominik</b>	<b>166</b>	STEP-DANCE RUN	M-30	00:00:02	00:19:41	00:40:01	01:00:25
9	<b>NIESLON Marek</b>	<b>603</b>		M-30	00:00:36	00:20:42	00:40:46	01:00:32
10	<b>SZCZESNY Damian</b>	<b>1142</b>	WIELUŃ BIEGA	M-30	00:00:07	00:20:10	00:40:38	01:00:59
11	<b>KRZESIAK Marcin</b>	<b>852</b>		M-30	00:00:05	00:20:05	00:40:47	01:01:01
12	<b>WOLNY Krzysztof</b>	<b>358</b>		M-30	00:00:03	00:20:24	00:40:51	01:01:03
13	<b>PETRUS Łukasz</b>	<b>1117</b>		M-30	00:06:20	00:20:13	00:40:45	01:01:18
14	<b>LIGOCKI Michał</b>	<b>959</b>	CHOP ZE ŻELAZA TRI TEAM	M-30	00:00:03	00:20:34	00:41:21	01:02:08
15	<b>MAŁKA Bartosz</b>	<b>152</b>		M-30	00:00:04	00:20:27	00:41:21	01:02:11
16	<b>BIŃCZYK Dariusz</b>	<b>821</b>	ZABIEGANI CZĘSTOCHOWA	M-30	00:00:04	00:20:41	00:41:30	01:02:13
17	<b>WIECHUŁA Marcin</b>	<b>169</b>		M-30	00:00:06	00:20:02	00:40:56	01:02:20
18	<b>MATERLA Marek</b>	<b>196</b>	ZRYW SŁUPSKO	M-30	00:00:06	00:20:36	00:41:29	01:02:23
19	<b>BĄBSKI Szymon</b>	<b>872</b>	KS HALNY WĘGIERSKA GÓRKA	M-30	00:00:12	00:20:54	00:41:51	01:02:43
20	<b>CHOMIK Rafał</b>	<b>869</b>	T2 TRIATHLON TEAM	M-30	00:00:03	00:19:42	00:40:57	01:02:55
21	<b>DWORNICZAK Łukasz</b>	<b>716</b>		M-30	00:00:07	00:20:52	00:42:06	01:02:59
22	<b>ŚWIDA Adam</b>	<b>1514</b>	TRIDEA TEAM	M-30	00:00:07	00:21:15	00:42:19	01:03:01
23	<b>CYROŃ Adrian</b>	<b>1122</b>		M-30	00:00:07	00:21:15	00:42:18	01:03:11
24	<b>SARNECKI Adam</b>	<b>801</b>		M-30	00:00:12	00:21:03	00:42:03	01:03:11
25	<b>WOLNY Dariusz</b>	<b>336</b>	LIDEON	M-30	00:00:06	00:20:55	00:42:08	01:03:13
26	<b>LASKOWSKI Tomasz</b>	<b>118</b>	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:07	00:20:54	00:42:03	01:03:21
27	<b>LEWICKI Tomasz</b>	<b>15</b>	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:07	00:20:45	00:42:03	01:03:30
28	<b>NOGAJ Janusz</b>	<b>1037</b>	OCHAJORUN & FRIENDS	M-30	00:00:08	00:21:09	00:42:11	01:03:31

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
29	<b>OKOŃ Łukasz</b>	<b>226</b>		M-30	00:00:08	00:20:37	00:42:15	01:03:58
30	<b>OŚLIZŁO Marcin</b>	<b>1157</b>	31 URODZINY:)	M-30	00:00:04	00:21:21	00:42:32	01:04:00
31	<b>HOŁA Paweł</b>	<b>1183</b>	BTM RUNNERS	M-30	00:00:09	00:21:16	00:42:31	01:04:04
32	<b>GŁUSZAK Adam</b>	<b>721</b>		M-30	00:00:59	00:21:21	00:42:40	01:04:10
33	<b>BIELECKI Krzysztof</b>	<b>939</b>		M-30	00:00:10	00:21:22	00:42:53	01:04:17
34	<b>STASIAK Mirosław</b>	<b>588</b>	NIGHT RUNNERS GLIWICE	M-30	00:00:30	00:21:11	00:42:26	01:05:06
35	<b>CZABAŃSKI Rafał</b>	<b>259</b>	RUNHOGS TYCHY	M-30	00:00:09	00:21:41	00:43:33	01:05:08
36	<b>KORKUŚ Jarosław</b>	<b>871</b>	WOSIEK TEAM	M-30	00:00:08	00:21:58	00:43:47	01:05:17
37	<b>FURMANEK Łukasz</b>	<b>175</b>	KLUB BIEGACZA SANTANDERA	M-30	00:00:08	00:21:42	00:43:25	01:05:30
38	<b>RACZEK Sławomir</b>	<b>46</b>	KELLER TEAM	M-30	00:00:06	00:21:09	00:43:03	01:05:31
39	<b>LATOŃ Adam</b>	<b>748</b>		M-30	00:00:08	00:21:35	00:43:46	01:05:43
40	<b>CHROBOK Łukasz</b>	<b>165</b>	NIGHT RUNNERS ZABRZE	M-30	00:00:12	00:21:35	00:43:41	01:05:45
41	<b>ZWOLAK Tomasz</b>	<b>190</b>	NIGHT RUNNERS ZABRZE	M-30	00:00:12	00:21:34	00:43:42	01:05:45
42	<b>KRÓL Dariusz</b>	<b>449</b>	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	00:00:40	00:22:00	00:44:16	01:05:46
43	<b>MICHAŁSKI Jarosław</b>	<b>832</b>	HETMAN TARNOWSKIE GÓRY	M-30	00:00:05	00:21:12	00:43:07	01:05:47
44	<b>SŁOMCZYŃSKI Bartosz</b>	<b>694</b>	10 BLOG	M-30	00:00:09	00:21:54	00:43:52	01:05:47
45	<b>KRĘŻOŁEK Daniel</b>	<b>741</b>		M-30	00:00:25	00:22:11	00:44:02	01:05:51
46	<b>GRAETSCH Sebastian</b>	<b>1266</b>		M-30	00:00:07	00:21:06	00:43:01	01:06:03
47	<b>FOJCIK Rafał</b>	<b>411</b>	OPEL ACTIV TEAM	M-30	00:00:19	00:21:29	00:43:35	01:06:03
48	<b>WIECZOREK Andrzej</b>	<b>768</b>	HASIOK	M-30	00:00:10	00:21:57	00:44:15	01:06:07
49	<b>MAJERANOWSKI Marek</b>	<b>1063</b>	SMOLEŃ BYTOM	M-30	00:00:17	00:21:13	00:43:43	01:06:13
50	<b>PTAK Krzysztof</b>	<b>777</b>	HR MAX ŻORY	M-30	00:00:12	00:22:09	00:44:22	01:06:16
51	<b>GRAMATYKA Jan</b>	<b>729</b>		M-30	00:00:16	00:22:05	00:44:17	01:06:16
52	<b>FIJAŁKOWSKI Paweł</b>	<b>936</b>	KALINOWSKI TEAM	M-30	00:00:19	00:22:15	00:44:30	01:06:16
53	<b>STRUK Maciej</b>	<b>974</b>	DREAM RUN	M-30	00:00:36	00:22:03	00:44:22	01:06:23
54	<b>STAWARCZYK Krystian</b>	<b>840</b>	OPEL ACTIVE TEAM	M-30	00:00:08	00:21:55	00:44:13	01:06:26
55	<b>KĘSICKI Robert</b>	<b>1004</b>	NIGHT RUNNERS GLIWICE	M-30	00:00:06	00:21:59	00:44:19	01:06:28
56	<b>DĄBROWSKI Piotr</b>	<b>1131</b>	BIEGOWA ŚWIDNICA	M-30	00:00:38	00:21:56	00:44:11	01:06:30
57	<b>DZIUBAŃSKI Grzegorz</b>	<b>1110</b>	OPEL ACTIVE TEAM	M-30	00:00:07	00:21:06	00:42:57	01:06:37
58	<b>PUC Paweł</b>	<b>1104</b>		M-30	00:00:16	00:21:03	00:43:12	01:06:42
59	<b>WANIEWSKI Michał</b>	<b>250</b>		M-30	00:00:18	00:22:47	00:45:14	01:06:59
60	<b>SOSNA Adrian</b>	<b>1000</b>		M-30	00:00:10	00:21:57	00:44:42	01:07:01
61	<b>ZOK Karol</b>	<b>221</b>		M-30	00:00:27	00:22:33	00:44:47	01:07:13
62	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>732</b>	ROCKY BALBOA RUNNING CLUB	M-30	00:00:03	00:21:20	00:43:54	01:07:14
63	<b>SLUPINA Maciej</b>	<b>270</b>		M-30	00:00:05	00:21:54	00:44:42	01:07:28
64	<b>KARGÓL Rafał</b>	<b>658</b>	LOGTECH TEAM RADZIONKÓW	M-30	00:00:17	00:23:26	00:45:56	01:07:36
65	<b>WIECZOREK Dawid</b>	<b>638</b>	PSYCHONAUCI	M-30	00:00:54	00:22:40	00:45:03	01:07:37
66	<b>SZKÓŁKA Marcin</b>	<b>896</b>	WARY PANY	M-30	00:00:43	00:22:45	00:45:21	01:07:39
67	<b>WAWRZYNIAK Mariusz</b>	<b>780</b>	DIKOM	M-30	00:00:37	00:22:37	00:45:05	01:07:46
68	<b>BARAN Łukasz</b>	<b>1108</b>		M-30	00:00:21	00:22:50	00:45:25	01:07:56
69	<b>SIKORA Rafał</b>	<b>849</b>	NIGHT RUNNERS ZABRZE	M-30	00:00:15	00:21:52	00:45:03	01:07:58
70	<b>DIDYK Grzegorz</b>	<b>826</b>	MIASTO NIERUCHOMOŚCI BYTOM	M-30	00:00:18	00:22:44	00:45:27	01:08:04
71	<b>BUJOK Mariusz</b>	<b>787</b>		M-30	00:00:30	00:22:37	00:45:16	01:08:08
72	<b>ROSIKOŃ Tomasz</b>	<b>934</b>		M-30	00:00:20	00:22:33	00:45:16	01:08:09
73	<b>WILK Andrzej</b>	<b>605</b>		M-30	00:01:12	00:22:16	00:45:13	01:08:21

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
74	<b>ROSKOSZ Rafał</b>	<b>1178</b>	OBERSCHLESIEIEN TEAM ROHOL TARNOWSKIE GÓRY	M-30	00:00:41	00:22:40	00:45:46	01:08:25
75	<b>BRYKOWSKI Przemysław</b>	<b>500</b>	RUN AND FUN TEAM	M-30	00:00:15	00:23:10	00:46:13	01:08:35
76	<b>JANIK Johan</b>	<b>1177</b>	NIGHT RUNNERS GLIWICE	M-30	00:00:15	00:22:49	00:45:48	01:08:40
77	<b>SADŁO Tomasz</b>	<b>278</b>	KOLEGIUM SĘDZIÓW ZABRZE	M-30	00:00:27	00:22:51	00:45:55	01:08:41
78	<b>MADEJCZYK Tomasz</b>	<b>381</b>	MTM	M-30	00:01:39	00:22:53	00:45:47	01:08:44
79	<b>SMUDA Grzegorz</b>	<b>1138</b>		M-30	00:00:00	00:22:57	00:45:54	01:08:47
80	<b>ĆWIKLIŃSKI Piotr</b>	<b>932</b>	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	00:00:13	00:23:15	00:46:08	01:08:49
81	<b>JEZUSEK Piotr</b>	<b>432</b>	SBRT	M-30	00:00:17	00:22:51	00:45:49	01:09:10
82	<b>KĘDZIOR Łukasz</b>	<b>536</b>	HOLBOX RUNNERS	M-30	00:00:33	00:22:47	00:46:03	01:09:14
83	<b>NAWRAT Piotr</b>	<b>132</b>		M-30	00:00:05	00:21:47	00:45:14	01:09:26
84	<b>WRÓBEL Adam</b>	<b>59</b>		M-30	00:01:54	00:22:30	00:45:40	01:09:29
85	<b>SZCZEPAŃSKI Tomasz</b>	<b>964</b>		M-30	00:00:13	00:23:03	00:46:26	01:09:37
86	<b>BRONOWSKI Dariusz</b>	<b>276</b>	SZOMBIERKI RUNNERS / BIEGAM PO ŚLĄSKU	M-30	00:00:40	00:23:29	00:46:44	01:09:38
87	<b>GOCYK Leszek</b>	<b>572</b>		M-30	00:00:31	00:23:03	00:46:18	01:09:39
88	<b>BURZAWA Grzegorz</b>	<b>1518</b>		M-30	00:00:12	00:23:30	00:46:45	01:09:42
89	<b>SŁODKOWSKI Marek</b>	<b>392</b>	MALA PANA ZAWADZKIE	M-30	00:00:39	00:22:46	00:45:59	01:09:44
90	<b>KUKUCZKA Mateusz</b>	<b>846</b>		M-30	00:00:29	00:23:22	00:46:55	01:09:50
91	<b>ZAWADA Sebastian</b>	<b>350</b>	BIEGAMY DLA LAURY	M-30	00:00:20	00:22:31	00:46:05	01:09:51
92	<b>SZWAJNOCH Piotr</b>	<b>584</b>	IMPERIAL PIOTR SZWAJNOCH	M-30	00:00:23	00:22:51	00:46:23	01:09:51
93	<b>GŁOWACKI Jordan</b>	<b>727</b>	JW 4115	M-30	00:02:10	00:23:52	00:46:20	01:09:51
94	<b>FLASIŃSKI Michał</b>	<b>912</b>		M-30	00:00:17	00:23:03	00:46:20	01:09:54
95	<b>MEKIER Bartek</b>	<b>262</b>		M-30	00:00:22	00:23:21	00:46:37	01:09:56
96	<b>MISZTAL Kamil</b>	<b>1012</b>		M-30	00:00:22	00:23:20	00:46:36	01:09:56
97	<b>TYCZYŃSKI Ryszard</b>	<b>1075</b>	FC KNURÓW/COMBAT 56	M-30	00:00:53	00:23:04	00:46:34	01:09:57
98	<b>GAŁKIEWICZ Marcin</b>	<b>1046</b>	WOJEWÓDZKIE POGOTOWIE RATUNKOWE W KATOWICACH	M-30	00:00:20	00:23:34	00:46:41	01:09:58
99	<b>KADZIELA Jan</b>	<b>795</b>		M-30	00:00:19	00:23:25	00:46:41	01:10:03
100	<b>CZAJA Jarosław</b>	<b>502</b>	FUTURE PROCESSING RUNNING TEAM	M-30	00:00:15	00:23:29	00:46:45	01:10:04
101	<b>PACAN Tomasz</b>	<b>448</b>		M-30	00:00:14	00:23:29	00:46:46	01:10:05
102	<b>SKOWRON Marcin</b>	<b>714</b>		M-30	00:00:14	00:23:30	00:46:46	01:10:05
103	<b>BORSIAK Sebastian</b>	<b>151</b>		M-30	00:01:01	00:23:23	00:46:36	01:10:05
104	<b>IMIOŁEK Krzysztof</b>	<b>717</b>		M-30	00:00:14	00:23:29	00:46:46	01:10:07
105	<b>PRACKI Dariusz</b>	<b>473</b>		M-30	00:01:33	00:23:22	00:46:52	01:10:14
106	<b>SUDNIK Krzysztof</b>	<b>1015</b>		M-30	00:00:15	00:23:29	00:46:47	01:10:15
107	<b>SIEKIERKA Janusz</b>	<b>76</b>		M-30	00:00:07	00:23:11	00:46:54	01:10:19
108	<b>PODGÓRSKI Tomasz</b>	<b>541</b>		M-30	00:00:39	00:24:03	00:47:26	01:10:27
109	<b>STANISŁAWCZUK Sebastian</b>	<b>689</b>		M-30	00:00:13	00:23:20	00:46:43	01:10:43
110	<b>RIMPLER Łukasz</b>	<b>1050</b>	BIEGNĘ DLA ZUZI	M-30	00:00:16	00:23:36	00:47:09	01:10:44
111	<b>SZCZYRA Jan</b>	<b>592</b>	ISTA BIEGAMY	M-30	00:01:11	00:23:25	00:47:19	01:10:49
112	<b>ZASUŃ Marcin</b>	<b>1315</b>		M-30	00:00:17	00:23:30	00:46:50	01:10:52
113	<b>SUTKOWSKI Jan</b>	<b>614</b>		M-30	00:00:51	00:23:56	00:47:36	01:10:53
114	<b>GRONDYS Michał</b>	<b>17</b>	SBRT	M-30	00:00:21	00:23:23	00:46:41	01:11:00
115	<b>KŁOSOWSKI Karol</b>	<b>237</b>	LOS TREPOS COMPANIEROS	M-30	00:00:38	00:22:25	00:46:08	01:11:02
116	<b>PIŁAT Jarosław</b>	<b>65</b>	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-30	00:00:11	00:22:27	00:46:01	01:11:17
117	<b>BUCHAŁA Bartek</b>	<b>479</b>		M-30	00:01:30	00:24:09	00:48:09	01:11:37
118	<b>FLORIAN Krzysztof</b>	<b>459</b>		M-30	00:00:23	00:23:44	00:47:24	01:11:42

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
119	NIEDZIELA Janusz	850		M-30	00:00:34	00:23:08	00:46:45	01:11:49
120	NITARSKI Patryk	899		M-30	00:01:44	00:23:51	00:47:53	01:11:49
121	GIESE Michał	609		M-30	00:01:43	00:23:52	00:47:54	01:11:50
122	DESZYŃSKI Damian	590	ISTA BIEGAMY	M-30	00:00:09	00:23:45	00:47:50	01:11:56
123	SOSINOWSKI-MRÓZ Tomasz	1123	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:17	00:23:34	00:48:05	01:12:02
124	KUSZ Janusz	706		M-30	00:00:24	00:23:29	00:47:30	01:12:03
125	FILIPCZYK Przemysław	995		M-30	00:01:22	00:24:41	00:48:44	01:12:13
126	SZOT Wojciech	11		M-30	00:01:13	00:24:51	00:48:38	01:12:15
127	RYBIŃSKI Łukasz	854	EŁKA TEAM	M-30	00:00:47	00:23:24	00:47:37	01:12:24
128	PLOCH Adam	886		M-30	00:01:09	00:24:24	00:48:56	01:12:28
129	PTASZYŃSKI Tomasz	157	STARY HANGAR	M-30	00:00:16	00:23:11	00:46:50	01:12:39
130	WANDOCH Tyberiusz	333	CARRY ON W CZORAJSI	M-30	00:00:38	00:24:01	00:48:25	01:12:46
131	NOGA Łukasz	879	ZDZIERAJ KAPCIE	M-30	00:00:07	00:23:13	00:47:35	01:12:57
132	STACHOWICZ Michał	407	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	00:01:12	00:25:26	00:49:21	01:12:58
133	KIEŁBASA Artur	779	DIKOM	M-30	00:00:37	00:25:28	00:49:35	01:13:00
134	SOLICH Patryk	1208	SBRT GLIWICE	M-30	00:00:20	00:23:55	00:48:29	01:13:02
135	CHMURKO Michał	1278		M-30	00:00:26	00:24:00	00:48:39	01:13:03
136	KILIJANEK Adrian	1163		M-30	00:01:09	00:24:11	00:48:20	01:13:05
137	HAŁADUS Dominik	1026	ŻYCIE CZĘSTOCHOWY TEAM	M-30	00:00:19	00:24:11	00:48:36	01:13:06
138	KLAMECKI Marek	789		M-30	00:01:03	00:23:48	00:48:25	01:13:11
139	STASIK Krzysztof	666	LOGTECH TEAM RADZIONKÓW	M-30	00:00:17	00:23:48	00:48:22	01:13:17
140	ULIASZ Krzysztof	979		M-30	00:00:59	00:24:13	00:48:52	01:13:19
141	WALASZEK Sławomir	507		M-30	00:00:27	00:24:08	00:48:43	01:13:20
142	KOWAL Bartosz	95		M-30	00:01:06	00:24:07	00:48:21	01:13:23
143	KRAJEWSKI Michał	818		M-30	00:00:28	00:25:29	00:50:02	01:13:34
144	NOWAK Mariusz	813	HIRSCHVOGEL COMPONENTS POLAND	M-30	00:00:35	00:25:04	00:49:29	01:13:36
145	HADZIK Rafał	602		M-30	00:00:37	00:24:32	00:49:06	01:13:37
146	WIEKIERA Adam	385		M-30	00:00:11	00:23:41	00:48:09	01:13:53
147	KASZUBSKI Andrzej	1212	SBRT GLIWICE	M-30	00:00:40	00:23:02	00:47:13	01:14:00
148	WALSKI Łukasz	680	RANGER SURVIVAL CLUB	M-30	00:01:42	00:26:20	00:50:46	01:14:13
149	STANIK Bogdan	763	6 BPD	M-30	00:00:59	00:24:24	00:49:03	01:14:16
150	STULIK Paweł	661		M-30	00:00:22	00:23:55	00:48:40	01:14:19
151	ZIELONKA Jacek	457		M-30	00:00:45	00:25:07	00:49:47	01:14:22
152	FRANKIEWICZ Artur	915		M-30	00:00:36	00:25:12	00:49:53	01:14:25
153	PANZ Krzysztof	838		M-30	00:00:36	00:25:12	00:49:53	01:14:25
154	SELIGA Paweł	60	BIEGAJ Z TRENERAMI GLIWICE	M-30	00:00:13	00:24:16	00:49:12	01:14:26
155	GÓRKA Szymon	833		M-30	00:01:19	00:24:43	00:49:05	01:14:26
156	MALEC Arkadiusz	875		M-30	00:01:21	00:24:15	00:49:33	01:14:30
157	ADAMOWSKI Jacek	1005	NIGHT RUNNERS GLIWICE	M-30	00:00:54	00:23:37	00:48:49	01:14:31
158	KIDOŃ Krzysztof	877	BYTOM	M-30	00:00:30	00:23:51	00:48:43	01:14:32
159	MACIASZEK Maciek	202		M-30	00:00:09	00:24:25	00:49:36	01:14:33
160	KUŹNICKI Tomasz	686		M-30	00:00:31	00:24:02	00:49:06	01:14:33
161	JAZOWY Tomasz	1261		M-30	00:00:08	00:24:11	00:49:19	01:14:34
162	SADOWSKI Tomasz	1072		M-30	00:00:36	00:24:40	00:49:30	01:14:38
163	MODZELEWSKI Michał	1074		M-30	00:01:01	00:25:04	00:50:22	01:14:45

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
164	WÓJCIK Rafał	807		M-30	00:00:19	00:24:49	00:49:48	01:14:47
165	KNUTELSKI Mariusz	1155		M-30	00:00:18	00:23:36	00:48:41	01:14:49
166	DUDA Piotr	1162		M-30	00:00:36	00:24:42	00:49:26	01:15:02
167	MAJDA Kamil	786	PSYCHONAUICI	M-30	00:00:53	00:25:37	00:50:29	01:15:02
168	ORZECH Michał	857	AMATOR	M-30	00:00:27	00:25:19	00:50:08	01:15:04
169	RAJTOR Paweł	558		M-30	00:00:16	00:25:47	00:50:39	01:15:09
170	SPIECHOWICZ Andrzej	703	POLICJA	M-30	00:01:42	00:24:33	00:49:27	01:15:12
171	DACZYŃSKI Michał	431	GRUPA CMYKI	M-30	00:00:22	00:25:39	00:50:25	01:15:13
172	DAWIEC Michał	418	FAT ZABRZE	M-30	00:01:09	00:25:45	00:50:45	01:15:16
173	MANDRYSZ Jacek	1055		M-30	00:00:50	00:25:06	00:50:27	01:15:32
174	SWOBODA Jarosław	1158	NIGHT RUNNERS GLIWICE	M-30	00:00:59	00:25:51	00:50:51	01:15:34
175	ORZECH Michał	820		M-30	00:00:44	00:24:07	00:49:20	01:15:35
176	SOBEL Łukasz	419	OPEL ACTIVE TEAM	M-30	00:00:41	00:25:29	00:50:31	01:15:36
177	JARUGA Damian Izabela	944	DIKOM.PL	M-30	00:00:36	00:25:39	00:50:54	01:15:54
178	STEFAŃCZYK Krzysztof	752		M-30	00:01:28	00:24:49	00:50:06	01:15:59
179	FATYGA Arkadiusz	1302		M-30	00:00:56	00:25:10	00:50:28	01:16:00
180	KOZIEŁ Kamil	893		M-30	00:00:30	00:25:33	00:50:52	01:16:01
181	ZAWADZKI Robert	937		M-30	00:00:16	00:25:47	00:50:55	01:16:03
182	SOŚNIAK Tomasz	25	KUDŁATY ART ACTIVE TEAM	M-30	00:00:21	00:25:35	00:51:03	01:16:10
183	ĆWIKŁA Kamil	315	HARPAGANY	M-30	00:00:36	00:25:15	00:50:47	01:16:10
184	ZIĘBIK Grzegorz	891		M-30	00:00:46	00:25:18	00:50:48	01:16:11
185	MRÓZ Dawid	746		M-30	00:01:50	00:25:40	00:51:33	01:16:15
186	JAWOREK Jacek	837	OPEL ACTIVE TEAM	M-30	00:01:02	00:25:03	00:50:48	01:16:16
187	DZIDA Janusz	999	EXME BERGER GROUP ZOK SPÓŁKA Z O.O.	M-30	00:00:18	00:24:22	00:50:02	01:16:17
188	WALCZAK Mateusz	734		M-30	00:00:30	00:25:30	00:50:56	01:16:18
189	MAY-MAJEWSKI Michał	793		M-30	00:00:48	00:25:35	00:51:01	01:16:19
190	ROŻEK Jacek	53	PSYCHONAUICI	M-30	00:00:28	00:23:59	00:50:11	01:16:21
191	KOŁODZIEJ Kamil	1276	PB TEAM PYSKOWICE	M-30	00:00:27	00:25:39	00:51:03	01:16:24
192	PANOCHA Daniel	452		M-30	00:01:06	00:25:03	00:50:41	01:16:24
193	PATYNEK Sebastian	516	BRAK	M-30	00:00:18	00:25:22	00:51:05	01:16:29
194	MILER Ireneusz	182		M-30	00:01:23	00:25:54	00:51:29	01:16:31
195	CIEŚLAK Paweł	725		M-30	00:00:44	00:25:08	00:50:41	01:16:33
196	GRUSZKA Sławomir	740		M-30	00:01:13	00:25:57	00:51:38	01:16:33
197	BRZEZINA Arkadiusz	54	TARNOGÓRSKA GRUPA BIEGOWA	M-30	00:00:29	00:25:38	00:51:20	01:16:38
198	KREMPA Sławomir	1030		M-30	00:00:25	00:25:39	00:51:16	01:16:43
199	STEC Marcin	657	KW GLIWICE	M-30	00:00:35	00:25:28	00:51:11	01:16:45
200	SMOTER Wojciech	35		M-30	00:01:27	00:25:00	00:50:23	01:16:45
201	KŁYK Dominik	1127	RUN FOREST! RUN!!!	M-30	00:00:29	00:26:11	00:51:24	01:16:51
202	MALINOWSKI Mihał	952		M-30	00:00:38	00:25:26	00:51:06	01:16:51
203	WIKIERSKI Michał	36		M-30	00:00:24	00:25:40	00:51:23	01:16:53
204	FIDOR Damian	924	RUNHOGS TYCHY	M-30	00:00:24	00:25:40	00:51:21	01:16:53
205	BOGACZ Paweł	481	JAGODA TEAM	M-30	00:00:22	00:25:40	00:51:25	01:16:54
206	POKRYSZKA Bartosz	156	KOMBO KURCZAKI	M-30	00:00:25	00:25:42	00:51:21	01:16:54
207	GOLIASZ Bartłomiej	1100		M-30	00:00:23	00:25:42	00:51:26	01:16:55
208	SZADKOWSKI Paweł	1313	NIGHT RUNNERS GLIWICE	M-30	00:00:18	00:25:43	00:51:27	01:16:58

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
209	KRAKOWCZYK Adam	496	SBRT GLIWICE	M-30	00:00:19	00:25:45	00:51:27	01:16:58
210	CIEŚLIK Bartłomiej	531	CHATEAU CHALIN	M-30	00:00:26	00:25:39	00:51:23	01:16:58
211	WALCZAK Bartłomiej	1287		M-30	00:00:11	00:25:29	00:51:13	01:16:59
212	CZERNY Michał	464		M-30	00:01:08	00:25:51	00:51:35	01:17:07
213	WIETRZYCKI Mariusz	353	BIEGAJ Z TRENERAMI	M-30	00:00:20	00:25:43	00:51:02	01:17:10
214	SOJKA Łukasz	1301		M-30	00:01:29	00:25:26	00:51:12	01:17:11
215	MAŁKOWSKI Tomasz	207	NIGHT RUNNERS ZABRZE	M-30	00:00:00	00:26:30	00:51:49	01:17:16
216	KRUK Krzysztof	842	CROSSFIT ZABRZE	M-30	00:00:26	00:25:32	00:51:25	01:17:18
217	FAMUŁA Tomasz	389	FUTURE PROCESSING RUNNING TEAM	M-30	00:01:19	00:25:49	00:51:29	01:17:18
218	GRĄBCZEWSKI Marcin	171		M-30	00:00:21	00:25:43	00:51:31	01:17:21
219	PISINGAS Mariusz	1150		M-30	00:01:13	00:25:38	00:51:41	01:17:25
220	RYMASZEWSKI Wojciech	20		M-30	00:00:55	00:26:04	00:51:48	01:17:35
221	WIORA Łukasz	297		M-30	00:00:23	00:25:47	00:51:36	01:17:44
222	KWAPIEŃ Aleksander	1111		M-30	00:00:09	00:25:38	00:51:38	01:17:45
223	KWAPIEŃ Paweł	1133		M-30	00:00:09	00:25:38	00:51:37	01:17:45
224	PAWLIK Wojtek	736		M-30	00:00:25	00:25:46	00:51:53	01:17:54
225	CZEMPIEL Łukasz	441		M-30	00:01:53	00:26:45	00:52:52	01:18:11
226	WITEK Jacek	1086	OPEL ACTIVE TEAM	M-30	00:00:42	00:25:35	00:51:23	01:18:16
227	KUPKA Bartosz	1232	OPEL ACTIV TEAM	M-30	00:00:36	00:25:44	00:52:00	01:18:21
228	KLEWANIEC Jakub	299		M-30	00:00:37	00:25:45	00:51:52	01:18:23
229	MIŚKÓW Marcin	629	ZARAZIĆ PASJĄ	M-30	00:01:20	00:25:05	00:50:15	01:18:24
230	ŁUKASZKIEWICZ Michał	530		M-30	00:00:35	00:25:37	00:51:25	01:18:28
231	ZYMELA Dawid	524		M-30	00:00:54	00:25:32	00:51:50	01:18:31
232	DROZD Kajetan	677	STREFAGITARY.PL	M-30	00:00:28	00:26:04	00:51:57	01:18:39
233	IZDEBSKI Adrian	527		M-30	00:00:55	00:26:23	00:53:43	01:18:41
234	MACIEJCZYK Marcin	429	AKS DRAGON	M-30	00:01:32	00:27:08	00:53:00	01:18:41
235	BUJALSKI Michał	571	AKS DRAGON	M-30	00:01:32	00:27:08	00:53:00	01:18:42
236	ZDANIEWICZ Radosław	1065	PSYCHONAUCI	M-30	00:00:56	00:26:39	00:52:54	01:18:43
237	BAUMERT Rafał	597	ISTA BIEGAMY	M-30	00:00:47	00:26:09	00:52:23	01:18:45
238	WRÓBEL Maciej	1289	MOMO RESTAURANT & COCKTAIL BAR	M-30	00:00:34	00:26:26	00:52:19	01:18:46
239	SOSNOWSKI Maciej	581		M-30	00:01:24	00:26:59	00:52:29	01:18:48
240	OSIŃSKI Paweł	187	NIGHT RUNNERS GLIWICE	M-30	00:00:24	00:25:35	00:52:00	01:18:52
241	WICHARY Marcin	594	ISTA BIEGAMY	M-30	00:00:40	00:25:51	00:52:30	01:18:52
242	GANSZCZYK Rafał	823	OPEL ACTIVE TEAM	M-30	00:00:43	00:26:11	00:52:50	01:19:00
243	DZIECIĄTKOWSKI Jarosław	1237	OPEL ACTIVE TEAM	M-30	00:00:42	00:24:48	00:51:42	01:19:01
244	DYMAREK Łukasz	57	KM PSP GLIWICE	M-30	00:00:18	00:25:56	00:52:11	01:19:02
245	KWIATKOWSKI Krzysztof	1087		M-30	00:00:35	00:24:57	00:51:26	01:19:11
246	GRABOWSKI Maciej	61		M-30	00:00:49	00:26:18	00:52:45	01:19:18
247	BEDNORZ Adam	1243		M-30	00:00:09	00:25:11	00:52:41	01:19:21
248	PENKALA Artur	131	GO-LEASING	M-30	00:00:23	00:26:22	00:52:50	01:19:30
249	DOBOSZ Mariusz	130	GO-LEASING	M-30	00:00:23	00:26:22	00:52:49	01:19:30
250	CZARNIK Stanisław	848	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:09	00:26:37	00:53:06	01:19:31
251	WIECHOWSKI Artur	209	SPARTA PLATFUS	M-30	00:00:33	00:27:22	00:54:12	01:19:32
252	ZIOBER Grzegorz	1092	SPARTA PLATFUS	M-30	00:00:33	00:27:21	00:54:12	01:19:33
253	PŁOTEK Tomasz	561		M-30	00:00:32	00:25:44	00:52:11	01:19:44

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
254	WÓJCIK Tomasz	22		M-30	00:01:16	00:26:37	00:53:17	01:19:47
255	PACAN Krzysztof	713		M-30	00:00:15	00:25:01	00:51:39	01:19:48
256	PODSIADŁY Tomasz	616		M-30	00:00:39	00:27:09	00:53:39	01:19:58
257	BABIŃSKI Szymon	263		M-30	00:00:44	00:26:08	00:52:47	01:20:01
258	KAMECKI Maciej	870	GOOD TIME - SPORT	M-30	00:00:42	00:25:44	00:52:00	01:20:12
259	KUŚKA Paweł	346		M-30	00:00:45	00:26:03	00:52:55	01:20:12
260	KOPCIK Tomasz	982	COMBAT56	M-30	00:00:34	00:25:47	00:52:01	01:20:17
261	URBANEK Marcin	595	ISTA BIEGAMY	M-30	00:00:46	00:26:21	00:53:29	01:20:23
262	JAGOSZ Patryk	519	PATRYK JAGOSZ	M-30	00:00:54	00:26:24	00:53:44	01:20:28
263	KONIECKO Łukasz	545		M-30	00:00:49	00:27:09	00:53:54	01:20:30
264	WOJTAS Marcin	593	ISTA BIEGAMY	M-30	00:01:38	00:27:53	00:54:46	01:20:32
265	KRAJEWSKI Radosław	486		M-30	00:00:41	00:26:05	00:53:18	01:20:38
266	FUGOWSKI Grzegorz	283		M-30	00:01:33	00:25:47	00:53:00	01:20:45
267	ERDMANN Robert	280		M-30	00:00:59	00:26:26	00:53:11	01:20:54
268	JANOSZEK Piotr	293		M-30	00:00:59	00:26:26	00:53:11	01:20:54
269	BALCAREK Grzegorz	1073		M-30	00:01:30	00:27:22	00:54:49	01:20:56
270	MAJEWSKI Grzegorz	108		M-30	00:01:19	00:25:19	00:52:53	01:21:02
271	BŁASZCZYSZYN Łukasz	135	HEAVY METAL ALL-STAR TEAM	M-30	00:00:58	00:26:58	00:54:08	01:21:04
272	HAHN Piotr	532	NORRUN TEAM	M-30	00:00:34	00:27:19	00:54:20	01:21:08
273	BUCZYŃSKI Radosław	307	NIGHT RUNNERS GLIWICE	M-30	00:00:18	00:25:21	00:51:24	01:21:11
274	NIKODON Paweł	343	PLASTIC OMNIUM	M-30	00:01:25	00:26:14	00:51:49	01:21:17
275	KROPKA Szymon	140	NIGHT RUNNERS GLIWICE	M-30	00:00:28	00:26:40	00:54:08	01:21:18
276	KANIOWSKI Andrzej	205		M-30	00:00:23	00:25:51	00:52:17	01:21:32
277	MRÓZEK Przemysław	379	KB ŚPIOCHY OPATÓW	M-30	00:00:27	00:26:46	00:54:04	01:21:49
278	IGNASIAK Rafał	378	XXX	M-30	00:00:27	00:26:46	00:54:04	01:21:49
279	FEREFCKI Paweł	604		M-30	00:01:15	00:25:40	00:53:16	01:21:55
280	WIERZBICA Adrian	403		M-30	00:00:33	00:27:34	00:54:56	01:21:56
281	CICHOWSKI Marcin	722		M-30	00:00:22	00:26:07	00:53:51	01:21:57
282	TKOCZ Rafał	323		M-30	00:01:09	00:27:22	00:54:37	01:21:58
283	LUDWIG Marcin	518		M-30	00:00:49	00:27:33	00:54:51	01:22:10
284	BARAŃSKI Grzegorz	111		M-30	00:01:12	00:27:29	00:54:53	01:22:11
285	SKRZYPCZAK Tomasz	288	KFPR	M-30	00:01:19	00:27:42	00:55:04	01:22:16
286	ROLEK Marcin	73		M-30	00:01:39	00:27:27	00:55:06	01:22:17
287	WIŚNIEWSKI Paweł	1169	JW AGAT	M-30	00:00:39	00:26:52	00:54:18	01:22:19
288	DREWUSZEWSKI Maciej	515	4M	M-30	00:00:49	00:25:34	00:54:04	01:22:24
289	WOJTASIŃSKI Robert	819	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:16	00:27:03	00:54:34	01:22:32
290	NAGEL Jan	1227		M-30	00:01:16	00:27:03	00:54:36	01:22:33
291	KRZESIAK Michał	1041	3SOFT S.A.	M-30	00:00:51	00:26:28	00:54:03	01:22:34
292	DĄBROWSKI Marcin	257		M-30	00:01:10	00:26:33	00:54:30	01:22:35
293	KOWALSKI Zbyszek	913	MARYSIA & SZYMEK TEAM	M-30	00:00:56	00:27:21	00:55:05	01:22:39
294	SKRABA Krzysztof	1077	AMATOR SZCZYGLOWICE	M-30	00:00:59	00:28:49	00:56:28	01:22:39
295	ZIMOCH Grzegorz	215		M-30	00:00:12	00:26:19	00:54:41	01:22:40
296	ZGÓRSKI Grzegorz	116		M-30	00:00:42	00:25:47	00:52:30	01:22:42
297	HONISZ Andrzej	1179		M-30	00:00:52	00:27:24	00:55:10	01:22:44
298	BATKO Dawid	711		M-30	00:00:47	00:27:43	00:54:48	01:22:49

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5 km 5km	10 km 10km	15 km 15km
299	UJMA Michał	962		M-30	00:00:51	00:28:44	00:55:06	01:22:51
300	KOŚNIEWSKI Paweł	245		M-30	00:00:48	00:27:36	00:55:16	01:22:52
301	ŁUSIAK Mariusz	1135		M-30	00:00:45	00:27:33	00:55:21	01:22:55
302	SZKUDLAREK Michał	761		M-30	00:00:42	00:26:34	00:54:17	01:22:56
303	PŁOMIN Marcin	1206	SBRT GLIWICE	M-30	00:00:39	00:27:41	00:55:26	01:23:00
304	CIASTO Sebastian	1039		M-30	00:00:39	00:26:51	00:54:50	01:23:05
305	KOŁODZIEJ Paweł	505		M-30	00:00:39	00:27:49	00:55:27	01:23:12
306	BOGULAK Grzegorz	184	RUN GB! RUN	M-30	00:00:29	00:27:06	00:54:37	01:23:13
307	KOZŁOWSKI Przemysław	549		M-30	00:00:43	00:27:49	00:55:38	01:23:32
308	WRÓBEL Jarosław	1233		M-30	00:01:25	00:27:34	00:55:15	01:23:32
309	SZOŁTYSIK Paweł	213	SPARTA PLATFUS	M-30	00:00:33	00:27:22	00:55:22	01:23:36
310	MACHNOWSKI Wojciech	19	NIGHT RUNNERS GLIWICE	M-30	00:01:02	00:28:02	00:55:51	01:24:09
311	ZWOLIŃSKI Gabriel	1273		M-30	00:00:44	00:26:49	00:54:55	01:24:15
312	SOŁTYSIAK Robert	1258	HALEMBA	M-30	00:01:08	00:28:34	00:56:32	01:24:19
313	TOCZYDŁOWSKI Łukasz	1095	HALEMBA	M-30	00:01:07	00:28:35	00:56:32	01:24:20
314	OSIŃSKI Robert	399	NIGHT RUNNERS GLIWICE	M-30	00:00:55	00:28:39	00:56:54	01:24:33
315	ZIELIŃSKI Marek	317		M-30	00:01:47	00:27:52	00:55:55	01:24:37
316	HEFFNER Remigiusz	762	OPEL ACTIVE TEAM	M-30	00:01:15	00:28:02	00:56:08	01:24:47
317	WIECZOREK Jarosław	2		M-30	00:00:54	00:29:07	00:57:05	01:25:09
318	KOWALCZYK Wojciech	738	RUN AND FUN	M-30	00:00:44	00:27:28	00:55:16	01:25:14
319	KRZOS Piotr	74		M-30	00:01:57	00:29:08	00:57:45	01:25:17
320	KOTWICKI Marek	332		M-30	00:01:46	00:28:03	00:56:34	01:25:32
321	RYGIEL Sebastian	143		M-30	00:01:54	00:29:04	00:57:51	01:25:35
322	ORYSZCZAK Łukasz	313		M-30	00:01:21	00:27:13	00:56:17	01:26:03
323	GUZDEK Sławomir	940		M-30	00:01:32	00:29:22	00:58:03	01:26:32
324	MICEK Marek	929		M-30	00:01:13	00:27:57	00:57:13	01:26:37
325	MUSIOŁ Janusz	830	UNISONO	M-30	00:01:05	00:30:06	00:59:15	01:28:00
326	SYNÓWKA Maciej	981		M-30	00:00:34	00:28:23	00:58:13	01:28:40
327	PRYMAS Krystian	32		M-30	00:00:48	00:26:24	00:55:23	01:29:02
328	SOSIN Adam	200	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	00:01:20	00:30:12	00:59:43	01:29:06
329	WIEDERMANN Krzysztof	1309	PEDRA FORCH	M-30	00:00:44	00:28:21	00:58:19	01:29:28
330	DROZDOWSKI Wojciech	1125	BIEGAJ Z TRENERAMI	M-30	00:00:37	00:28:06	00:58:11	01:29:39
331	KORDECKI Bartosz	1071		M-30	00:01:35	00:30:33	01:01:02	01:29:57
332	MANDOK Bogdan	742		M-30	00:00:07	00:28:10	00:59:23	01:30:02
333	KRASZKIEWICZ Aleksander	968	NASNIEDOGONIAT	M-30	00:00:50	00:29:59	01:00:08	01:30:19
334	STOLARCZYK Robert	115	NIGHT RUNNERS	M-30	00:00:49	00:30:01	01:00:23	01:30:22
335	LIPSKI Dariusz	71		M-30	00:01:52	00:29:39	01:00:59	01:30:22
336	LEWICKI Krzysztof	43	NIGHT RUNNERS GLIWICE	M-30	00:00:51	00:29:41	01:00:09	01:30:25
337	TKACZUK Marcin	1016	NIGHT RUNNERS GLIWICE	M-30	00:00:50	00:29:42	01:00:10	01:30:26
338	CIESIELSKI Radosław	757	BETANIA TEAM	M-30	00:00:22	00:28:16	00:56:05	01:30:35
339	MATECKI Maciej	520	2XM	M-30	00:00:56	00:30:04	01:00:25	01:30:36
340	GRZESIKIEWICZ Mariusz	426		M-30	00:00:53	00:30:11	01:00:47	01:30:55
341	KOWALIK Tomasz	1066	KALINOWSKI TEAM	M-30	00:00:53	00:28:51	00:59:27	01:31:09
342	POŁOK Adrian	1022	OPEL ACTIVE TEAM	M-30	00:00:52	00:29:58	01:00:19	01:32:12
343	DYNEK Sebastian		PĘDZIWIATR	M-30	00:00:00	00:31:32	01:02:59	01:32:14



Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
344	<b>KUŚ Michał</b>	<b>1236</b>	1982	M-30	00:01:16	00:30:09	01:01:21	01:32:52
345	<b>MARKOWICZ Piotr</b>	<b>1298</b>	MOMO RESTAURANT & COCKTAIL BAR	M-30	00:01:15	00:30:51	01:02:25	01:32:54
346	<b>STACHOWSKI Wojciech</b>	<b>930</b>		M-30	00:01:30	00:30:12	01:01:48	01:34:18
347	<b>GRUCHALSKI Jakub</b>	<b>591</b>	ISTA BIEGAMY	M-30	00:01:23	00:30:10	01:02:32	01:34:27
348	<b>CIEŚLAK Michał</b>	<b>376</b>		M-30	00:01:37	00:30:22	01:01:59	01:35:16
349	<b>DRABIK Krzysztof</b>	<b>1257</b>	FUNDACJA DZIECIOM TWÓJ REKORD POMAGA	M-30	00:01:56	00:30:41	01:02:13	01:35:35
350	<b>PASSIA Robert</b>	<b>1141</b>		M-30	00:01:19	00:30:59	01:03:32	01:35:37
351	<b>ŁYSIUK Grzegorz</b>	<b>506</b>		M-30	00:01:30	00:30:59	01:03:13	01:35:58
352	<b>BRZÓZKA Sebastian</b>	<b>233</b>	SBD ENERGETYK RYBNIK	M-30	00:01:26	00:29:07	01:00:46	01:35:59
353	<b>ROJEK Michał</b>	<b>856</b>		M-30	00:00:58	00:29:20	01:02:08	01:36:14
354	<b>LEDWOŃ Jakub</b>	<b>87</b>	NIGHT RUNNERS GLIWICE	M-30	00:01:17	00:31:01	01:03:41	01:36:37
355	<b>MAŁYSA Łukasz</b>	<b>509</b>		M-30	00:01:28	00:30:18	01:03:22	01:37:20
356	<b>PTAK Arkadiusz</b>	<b>1197</b>	SPARTANIE DZIECIOM	M-30	00:01:09	00:30:55	01:03:53	01:37:46
357	<b>KANIEWSKI Paweł</b>	<b>1248</b>		M-30	00:01:12	00:30:53	01:03:50	01:37:47
358	<b>RESZKE Michał</b>	<b>1195</b>	SPARTANIE DZIECIOM	M-30	00:01:08	00:30:55	01:03:52	01:37:49
359	<b>KURPIOS Piotr</b>	<b>542</b>		M-30	00:01:35	00:34:02	01:06:49	01:37:57
360	<b>JEŻEWSKI Adam</b>	<b>328</b>	VRC	M-30	00:01:28	00:31:15	01:04:09	01:38:42
361	<b>DZIEDZIC Dominik</b>	<b>39</b>	PIŃCET PLUS	M-30	00:01:52	00:32:10	01:05:23	01:41:01
362	<b>RAKINT Bogdan</b>	<b>44</b>	PIŃCET PLUS	M-30	00:01:53	00:31:56	01:05:30	01:42:23
363	<b>ŻELEZNY Tomasz</b>	<b>69</b>	NIGHT RUNNERS GLIWICE	M-30	00:01:33	00:35:07	01:10:02	01:46:36
364	<b>ZAWADA Piotr</b>	<b>78</b>	NIGHT RUNNERS	M-30	00:01:51	00:36:29	01:13:28	01:47:45
365	<b>KUBIT Bartłomiej</b>	<b>1304</b>		M-30	00:00:55	00:28:41	00:55:02	
366	<b>KACZMARCZYK Grzegorz</b>	<b>186</b>		M-30	00:00:56			
367	<b>WOJTUKIEWICZ Artur</b>	<b>691</b>		M-30	00:01:35	00:28:58	01:02:18	
DQ	<b>LEGIEŻYŃSKI Krzysztof</b>	<b>45</b>	KATAGURUME	M-30	DQ	DQ	00:24:04 DQ	DQ

Znaleziono 368 wynik(ów)