



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: 19,9 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km		
DQ	LEGIEŻYŃSKI Krzysztof	45	KATAGURUME	M-30	DQ	DQ	00:24:04	DQ	00:48:09	DQ	00:52:36	DQ
2	ŻABA Marek	1019	TRIATHLON X-TEAM	M-30	00:00:03	00:18:09	00:36:57	00:55:52	01:12:18		01:15:21	
3	SZCZECIŃSKI Maciej	1024		M-30	00:00:03	00:19:24	00:38:38	00:57:37	01:13:42		01:16:35	
4	ŚLIWIŃSKI Piotr	252	OPEL ACTIVE TEAM GLIWICE	M-30	00:00:01	00:18:16	00:37:26	00:57:05	01:14:26		01:17:33	
5	KULIG Rafał	28	6BPD	M-30	00:00:06	00:19:21	00:38:42	00:58:14	01:15:07		01:18:04	
6	BUDKA Borys	4	SEJM RP	M-30	00:00:01	00:19:36	00:39:16	00:58:52	01:15:52		01:18:53	
7	ROGACZ Piotr	583	SZAKALE	M-30	00:00:05	00:19:23	00:39:09	00:58:50	01:16:25		01:19:33	
8	HETMAN Radosław	662	GRUPA NOMAX	M-30	00:00:05	00:20:09	00:39:52	00:59:30	01:16:48		01:19:54	
9	NIESŁON Marek	603		M-30	00:00:36	00:20:42	00:40:46	01:00:32	01:17:48		01:20:55	
10	WOLNY Krzysztof	358		M-30	00:00:03	00:20:24	00:40:51	01:01:03	01:18:31		01:21:44	
11	DUŻNIAK Dominik	166	STEP-DANCE RUN	M-30	00:00:02	00:19:41	00:40:01	01:00:25	01:18:33		01:22:07	
12	SZCZESNY Damian	1142	WIELUŃ BIEGA	M-30	00:00:07	00:20:10	00:40:38	01:00:59	01:19:14		01:22:34	
13	PETRUS Łukasz	1117		M-30	00:06:20	00:20:13	00:40:45	01:01:18	01:19:31		01:22:46	
14	LIGOCKI Michał	959	CHOP ZE ŻELAZA TRI TEAM	M-30	00:00:03	00:20:34	00:41:21	01:02:08	01:20:22		01:23:36	
15	BIŃCZYK Dariusz	821	ZABIEGANI CZĘSTOCHOWA	M-30	00:00:04	00:20:41	00:41:30	01:02:13	01:20:22		01:23:39	
16	MAŁKA Bartosz	152		M-30	00:00:04	00:20:27	00:41:21	01:02:11	01:20:27		01:23:44	
17	MATERLA Marek	196	ZRYW SŁUPSKO	M-30	00:00:06	00:20:36	00:41:29	01:02:23	01:20:38		01:23:49	
18	BĄBSKI Szymon	872	KS HALNY WĘGIERSKA GÓRKA	M-30	00:00:12	00:20:54	00:41:51	01:02:43	01:20:40		01:23:54	
19	CYROŃ Adrian	1122		M-30	00:00:07	00:21:15	00:42:18	01:03:11	01:21:18		01:24:33	
20	ŚWIDA Adam	1514	TRIDEA TEAM	M-30	00:00:07	00:21:15	00:42:19	01:03:01	01:21:17		01:24:38	
21	WIECHUŁA Marcin	169		M-30	00:00:06	00:20:02	00:40:56	01:02:20	01:21:12		01:24:42	
22	DWORNICZAK Łukasz	716		M-30	00:00:07	00:20:52	00:42:06	01:02:59	01:21:37		01:25:37	
23	LASKOWSKI Tomasz	118	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:07	00:20:54	00:42:03	01:03:21	01:22:35		01:25:51	
24	SARNECKI Adam	801		M-30	00:00:12	00:21:03	00:42:03	01:03:11	01:22:11		01:25:52	
25	NOGAJ Janusz	1037	OCHAJORUN & FRIENDS	M-30	00:00:08	00:21:09	00:42:11	01:03:31	01:22:35		01:25:57	
26	WOLNY Dariusz	336	LIDEON	M-30	00:00:06	00:20:55	00:42:08	01:03:13	01:22:25		01:25:58	
27	LEWICKI Tomasz	15	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:07	00:20:45	00:42:03	01:03:30	01:22:44		01:26:11	
28	CHOMIK Rafał	869	T2 TRIATHLON TEAM	M-30	00:00:03	00:19:42	00:40:57	01:02:55	01:22:53		01:26:23	

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
29	OKOŃ Łukasz	226		M-30	00:00:08	00:20:37	00:42:15	01:03:58	01:23:04	01:26:35
30	OŚLIZŁO Marcin	1157	31 URODZINY:)	M-30	00:00:04	00:21:21	00:42:32	01:04:00	01:23:17	01:26:48
31	GŁUSZAK Adam	721		M-30	00:00:59	00:21:21	00:42:40	01:04:10	01:23:14	01:26:50
32	BIELECKI Krzysztof	939		M-30	00:00:10	00:21:22	00:42:53	01:04:17	01:23:25	01:26:59
33	HOŁA Paweł	1183	BTM RUNNERS	M-30	00:00:09	00:21:16	00:42:31	01:04:04	01:23:31	01:27:02
34	CZABAŃSKI Rafał	259	RUNHOGS TYCHY	M-30	00:00:09	00:21:41	00:43:33	01:05:08	01:23:57	01:27:23
35	STASIAK Mirosław	588	NIGHT RUNNERS GLIWICE	M-30	00:00:30	00:21:11	00:42:26	01:05:06	01:24:19	01:27:43
36	KRÓL Dariusz	449	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	00:00:40	00:22:00	00:44:16	01:05:46	01:24:27	01:27:56
37	LATOŃ Adam	748		M-30	00:00:08	00:21:35	00:43:46	01:05:43	01:24:37	01:28:05
38	KRĘŻOŁEK Daniel	741		M-30	00:00:25	00:22:11	00:44:02	01:05:51	01:24:52	01:28:14
39	KORKUŚ Jarosław	871	WOSIEK TEAM	M-30	00:00:08	00:21:58	00:43:47	01:05:17		01:28:18
40	CHROBOK Łukasz	165	NIGHT RUNNERS ZABRZE	M-30	00:00:12	00:21:35	00:43:41	01:05:45	01:24:59	01:28:25
41	SŁOMCZYŃSKI Bartosz	694	10 BLOG	M-30	00:00:09	00:21:54	00:43:52	01:05:47	01:25:16	01:28:47
42	WIECZOREK Andrzej	768	HASIOK	M-30	00:00:10	00:21:57	00:44:15	01:06:07	01:25:23	01:28:50
43	ZWOLAK Tomasz	190	NIGHT RUNNERS ZABRZE	M-30	00:00:12	00:21:34	00:43:42	01:05:45	01:25:22	01:28:51
44	FIJAŁKOWSKI Paweł	936	KALINOWSKI TEAM	M-30	00:00:19	00:22:15	00:44:30	01:06:16	01:25:23	01:29:00
45	GRAMATYKA Jan	729		M-30	00:00:16	00:22:05	00:44:17	01:06:16	01:25:38	01:29:04
46	RACZEK Sławomir	46	KELLER TEAM	M-30	00:00:06	00:21:09	00:43:03	01:05:31	01:25:38	01:29:17
47	STAWARCZYK Krystian	840	OPEL ACTIVE TEAM	M-30	00:00:08	00:21:55	00:44:13	01:06:26	01:26:00	01:29:31
48	DĄBROWSKI Piotr	1131	BIEGOWA ŚWIDNICA	M-30	00:00:38	00:21:56	00:44:11	01:06:30	01:26:04	01:29:31
49	PTAK Krzysztof	777	HR MAX ŻORY	M-30	00:00:12	00:22:09	00:44:22	01:06:16	01:25:57	01:29:33
50	STRUK Maciej	974	DREAM RUN	M-30	00:00:36	00:22:03	00:44:22	01:06:23		01:29:37
51	WANIEWSKI Michał	250		M-30	00:00:18	00:22:47	00:45:14	01:06:59	01:26:13	01:29:38
52	MAJERANOWSKI Marek	1063	SMOLEŃ BYTOM	M-30	00:00:17	00:21:13	00:43:43	01:06:13		01:29:41
53	SOSNA Adrian	1000		M-30	00:00:10	00:21:57	00:44:42	01:07:01	01:26:17	01:29:43
54	KARGÓL Rafał	658	LOGTECH TEAM RADZIONKÓW	M-30	00:00:17	00:23:26	00:45:56	01:07:36	01:26:26	01:29:46
55	MICHALSKI Jarosław	832	HETMAN TARNOWSKIE GÓRY	M-30	00:00:05	00:21:12	00:43:07	01:05:47	01:26:07	01:29:47
56	FURMANEK Łukasz	175	KLUB BIEGACZA SANTANDERA	M-30	00:00:08	00:21:42	00:43:25	01:05:30		01:29:48
57	FOJCIK Rafał	411	OPEL ACTIV TEAM	M-30	00:00:19	00:21:29	00:43:35	01:06:03	01:26:09	01:29:49
58	SZKÓŁKA Marcin	896	WARY PANY	M-30	00:00:43	00:22:45	00:45:21	01:07:39	01:26:54	01:30:25
59	BARAN Łukasz	1108		M-30	00:00:21	00:22:50	00:45:25	01:07:56	01:27:08	01:30:35
60	KĘSICKI Robert	1004	NIGHT RUNNERS GLIWICE	M-30	00:00:06	00:21:59	00:44:19	01:06:28	01:26:59	01:30:47
61	ROSKOSZ Rafał	1178	OBERSCHLESIEŃ TEAM ROHOL TARNOWSKIE GÓRY	M-30	00:00:41	00:22:40	00:45:46	01:08:25	01:27:26	01:30:47
62	ZOK Karol	221		M-30	00:00:27	00:22:33	00:44:47	01:07:13	01:27:15	01:30:51
63	WIECZOREK Dawid	638	PSYCHONAUCI	M-30	00:00:54	00:22:40	00:45:03	01:07:37	01:27:34	01:31:04
64	WAWRZYŃIAK Mariusz	780	DIKOM	M-30	00:00:37	00:22:37	00:45:05	01:07:46	01:27:51	01:31:21
65	SLUPINA Maciej	270		M-30	00:00:05	00:21:54	00:44:42	01:07:28	01:27:40	01:31:22
66	BRYKOWSKI Przemysław	500	RUN AND FUN TEAM	M-30	00:00:15	00:23:10	00:46:13	01:08:35	01:28:12	01:31:42
67	SADŁO Tomasz	278	KOLEGIUM SĘDZIÓW ZABRZE	M-30	00:00:27	00:22:51	00:45:55	01:08:41	01:28:14	01:31:47
68	KSIĄŻKIEWICZ Bartłomiej	732	ROCKY BALBOA RUNNING CLUB	M-30	00:00:03	00:21:20	00:43:54	01:07:14	01:28:02	01:31:50
69	SIKORA Rafał	849	NIGHT RUNNERS ZABRZE	M-30	00:00:15	00:21:52	00:45:03	01:07:58	01:28:22	01:32:01
70	ĆWIKLIŃSKI Piotr	932	KLUB ŻEGLARSKI ZAGŁĘBIE	M-30	00:00:13	00:23:15	00:46:08	01:08:49	01:28:32	01:32:03
71	GRAETSCH Sebastian	1266		M-30	00:00:07	00:21:06	00:43:01	01:06:03	01:28:11	01:32:08
72	PUC Paweł	1104		M-30	00:00:16	00:21:03	00:43:12	01:06:42	01:28:16	01:32:11
73	JANIK Johan	1177	NIGHT RUNNERS GLIWICE	M-30	00:00:15	00:22:49	00:45:48	01:08:40	01:28:31	01:32:13

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
74	ROSIKOŃ Tomasz	934		M-30	00:00:20	00:22:33	00:45:16	01:08:09	01:28:36	01:32:20
75	SMUDA Grzegorz	1138		M-30	00:00:00	00:22:57	00:45:54	01:08:47	01:28:49	01:32:23
76	BURZAWA Grzegorz	1518		M-30	00:00:12	00:23:30	00:46:45	01:09:42		01:32:30
77	WILK Andrzej	605		M-30	00:01:12	00:22:16	00:45:13	01:08:21	01:29:01	01:32:43
78	MADEJCZYK Tomasz	381	MTM	M-30	00:01:39	00:22:53	00:45:47	01:08:44	01:29:02	01:32:44
79	DZIUBAŃSKI Grzegorz	1110	OPEL ACTIVE TEAM	M-30	00:00:07	00:21:06	00:42:57	01:06:37	01:28:56	01:32:59
80	KĘDZIOR Łukasz	536	HOLBOX RUNNERS	M-30	00:00:33	00:22:47	00:46:03	01:09:14	01:29:20	01:33:02
81	BRONOWSKI Dariusz	276	SZOMBIERKI RUNNERS / BIEGAM PO ŚLĄSKU	M-30	00:00:40	00:23:29	00:46:44	01:09:38	01:29:50	01:33:13
82	BUJOK Mariusz	787		M-30	00:00:30	00:22:37	00:45:16	01:08:08	01:29:16	01:33:14
83	SZCZEPAŃSKI Tomasz	964		M-30	00:00:13	00:23:03	00:46:26	01:09:37	01:29:54	01:33:32
84	GŁOWACKI Jordan	727	JW 4115	M-30	00:02:10	00:23:52	00:46:20	01:09:51	01:29:56	01:33:39
85	GOCYK Leszek	572		M-30	00:00:31	00:23:03	00:46:18	01:09:39	01:29:57	01:33:40
86	GAŁKIEWICZ Marcin	1046	WOJEWÓDZKIE POGOTOWIE RATUNKOWE W KATOWICACH	M-30	00:00:20	00:23:34	00:46:41	01:09:58	01:30:08	01:33:45
87	MISZTAL Kamil	1012		M-30	00:00:22	00:23:20	00:46:36	01:09:56	01:30:14	01:33:45
88	KUKUCZKA Mateusz	846		M-30	00:00:29	00:23:22	00:46:55	01:09:50	01:30:07	01:33:48
89	FLASIŃSKI Michał	912		M-30	00:00:17	00:23:03	00:46:20	01:09:54		01:33:51
90	SKOWRON Marcin	714		M-30	00:00:14	00:23:30	00:46:46	01:10:05		01:33:52
90	CZAJA Jarosław	502	FUTURE PROCESSING RUNNING TEAM	M-30	00:00:15	00:23:29	00:46:45	01:10:04	01:30:22	01:33:52
92	MEKIER Bartek	262		M-30	00:00:22	00:23:21	00:46:37	01:09:56	01:30:16	01:33:55
93	ZAWADA Sebastian	350	BIEGAMY DLA LAURY	M-30	00:00:20	00:22:31	00:46:05	01:09:51	01:30:19	01:33:56
94	SZWAJNOCH Piotr	584	IMPERIAL PIOTR SZWAJNOCH	M-30	00:00:23	00:22:51	00:46:23	01:09:51		01:33:58
95	PODGÓRSKI Tomasz	541		M-30	00:00:39	00:24:03	00:47:26	01:10:27	01:30:21	01:34:01
96	PACAN Tomasz	448		M-30	00:00:14	00:23:29	00:46:46	01:10:05	01:30:32	01:34:16
97	BORSIAK Sebastian	151		M-30	00:01:01	00:23:23	00:46:36	01:10:05	01:30:37	01:34:17
98	PRACKI Dariusz	473		M-30	00:01:33	00:23:22	00:46:52	01:10:14	01:30:44	01:34:26
99	SUTKOWSKI Jan	614		M-30	00:00:51	00:23:56	00:47:36	01:10:53	01:30:50	01:34:28
100	KADZIELA Jan	795		M-30	00:00:19	00:23:25	00:46:41	01:10:03	01:30:39	01:34:30
101	TYCZYŃSKI Ryszard	1075	FC KNURÓW/COMBAT 56	M-30	00:00:53	00:23:04	00:46:34	01:09:57	01:30:48	01:34:34
102	RIMPLER Łukasz	1050	BIEGNĘ DLA ZUZI	M-30	00:00:16	00:23:36	00:47:09	01:10:44	01:31:23	01:35:02
103	IMIOŁEK Krzysztof	717		M-30	00:00:14	00:23:29	00:46:46	01:10:07		01:35:05
104	SIEKIERKA Janusz	76		M-30	00:00:07	00:23:11	00:46:54	01:10:19	01:31:21	01:35:11
105	SZCZYRA Jan	592	ISTA BIEGAMY	M-30	00:01:11	00:23:25	00:47:19	01:10:49	01:31:32	01:35:16
106	JEZUSEK Piotr	432	SBRT	M-30	00:00:17	00:22:51	00:45:49	01:09:10	01:31:13	01:35:28
107	WRÓBEL Adam	59		M-30	00:01:54	00:22:30	00:45:40	01:09:29		01:35:35
108	NAWRAT Piotr	132		M-30	00:00:05	00:21:47	00:45:14	01:09:26	01:31:35	01:35:40
109	SŁODKOWSKI Marek	392	MAŁA PANA ZAWADZKIE	M-30	00:00:39	00:22:46	00:45:59	01:09:44	01:32:12	01:36:18
110	SOSINOWSKI-MRÓZ Tomasz	1123	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:17	00:23:34	00:48:05	01:12:02	01:32:37	01:36:20
111	BUCHAŁA Bartek	479		M-30	00:01:30	00:24:09	00:48:09	01:11:37	01:32:26	01:36:22
112	ZASUŃ Marcin	1315		M-30	00:00:17	00:23:30	00:46:50	01:10:52	01:32:31	01:36:26
113	NITARSKI Patryk	899		M-30	00:01:44	00:23:51	00:47:53	01:11:49		01:36:34
114	GIESE Michał	609		M-30	00:01:43	00:23:52	00:47:54	01:11:50	01:32:47	01:36:35
115	FLORIAN Krzysztof	459		M-30	00:00:23	00:23:44	00:47:24	01:11:42	01:32:58	01:36:37
116	SUDNIK Krzysztof	1015		M-30	00:00:15	00:23:29	00:46:47	01:10:15	01:32:26	01:36:40
117	FILIPCZYK Przemysław	995		M-30	00:01:22	00:24:41	00:48:44	01:12:13	01:32:48	01:36:45
118	SZOT Wojciech	11		M-30	00:01:13	00:24:51	00:48:38	01:12:15	01:33:04	01:36:46

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
119	KRAJEWSKI Michał	818		M-30	00:00:28	00:25:29	00:50:02	01:13:34	01:33:22	01:36:48
120	KIEŁBASA Artur	779	DIKOM	M-30	00:00:37	00:25:28	00:49:35	01:13:00	01:33:10	01:36:48
121	STANISŁAWCZUK Sebastian	689		M-30	00:00:13	00:23:20	00:46:43	01:10:43	01:33:00	01:36:57
122	KUSZ Janusz	706		M-30	00:00:24	00:23:29	00:47:30	01:12:03	01:33:12	01:37:00
123	GRONDYS Michał	17	SBRT	M-30	00:00:21	00:23:23	00:46:41	01:11:00	01:33:10	01:37:08
124	STACHOWICZ Michał	407	BIEGNE, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	00:01:12	00:25:26	00:49:21	01:12:58	01:33:33	01:37:19
125	CHMURKO Michał	1278		M-30	00:00:26	00:24:00	00:48:39	01:13:03	01:33:49	01:37:31
126	PIŁAT Jarosław	65	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-30	00:00:11	00:22:27	00:46:01	01:11:17	01:33:42	01:37:43
127	DESZYŃSKI Damian	590	ISTA BIEGAMY	M-30	00:00:09	00:23:45	00:47:50	01:11:56	01:33:41	01:37:44
128	KŁOSOWSKI Karol	237	LOS TREPOS COMPANIEROS	M-30	00:00:38	00:22:25	00:46:08	01:11:02	01:33:39	01:37:44
129	HADZIK Rafał	602		M-30	00:00:37	00:24:32	00:49:06	01:13:37	01:34:06	01:37:47
130	PLOCH Adam	886		M-30	00:01:09	00:24:24	00:48:56	01:12:28	01:34:10	01:38:10
131	KILIJANEK Adrian	1163		M-30	00:01:09	00:24:11	00:48:20	01:13:05	01:34:21	01:38:14
132	ULIASZ Krzysztof	979		M-30	00:00:59	00:24:13	00:48:52	01:13:19	01:34:24	01:38:17
133	NOWAK Mariusz	813	HIRSCHVOGEL COMPONENTS POLAND	M-30	00:00:35	00:25:04	00:49:29	01:13:36	01:34:38	01:38:25
134	WALSKI Łukasz	680	RANGER SURVIVAL CLUB	M-30	00:01:42	00:26:20	00:50:46	01:14:13	01:34:42	01:38:25
135	PTASZYŃSKI Tomasz	157	STARY HANGAR	M-30	00:00:16	00:23:11	00:46:50	01:12:39	01:34:44	01:38:31
136	WANDOCH Tyberiusz	333	CARRY ON WCZORAJSI	M-30	00:00:38	00:24:01	00:48:25	01:12:46	01:34:34	01:38:35
137	HAŁADUS Dominik	1026	ŻYCIE CZĘSTOCHOWY TEAM	M-30	00:00:19	00:24:11	00:48:36	01:13:06	01:34:55	01:38:51
138	SOLICH Patryk	1208	SBRT GLIWICE	M-30	00:00:20	00:23:55	00:48:29	01:13:02	01:34:57	01:38:53
139	WALASZEK Sławomir	507		M-30	00:00:27	00:24:08	00:48:43	01:13:20	01:35:10	01:38:57
140	NOGA Łukasz	879	ZDZIERAJ KAPCIE	M-30	00:00:07	00:23:13	00:47:35	01:12:57	01:35:15	01:39:03
141	PANZ Krzysztof	838		M-30	00:00:36	00:25:12	00:49:53	01:14:25	01:35:38	01:39:19
142	STASIK Krzysztof	666	LOGTECH TEAM RADZIONKÓW	M-30	00:00:17	00:23:48	00:48:22	01:13:17	01:35:15	01:39:22
143	RAJTOR Paweł	558		M-30	00:00:16	00:25:47	00:50:39	01:15:09	01:35:43	01:39:28
144	MALEC Arkadiusz	875		M-30	00:01:21	00:24:15	00:49:33	01:14:30	01:35:47	01:39:31
145	ZIELONKA Jacek	457		M-30	00:00:45	00:25:07	00:49:47	01:14:22	01:35:55	01:39:40
146	NIEDZIELA Janusz	850		M-30	00:00:34	00:23:08	00:46:45	01:11:49	01:35:14	01:39:41
147	FRANKIEWICZ Artur	915		M-30	00:00:36	00:25:12	00:49:53	01:14:25	01:35:52	01:39:48
148	KOWAL Bartosz	95		M-30	00:01:06	00:24:07	00:48:21	01:13:23	01:35:40	01:39:49
149	STANIK Bogdan	763	6 BPD	M-30	00:00:59	00:24:24	00:49:03	01:14:16	01:36:11	01:40:08
150	WÓJCIK Rafał	807		M-30	00:00:19	00:24:49	00:49:48	01:14:47	01:36:28	01:40:10
151	RYBIŃSKI Łukasz	854	EŁKA TEAM	M-30	00:00:47	00:23:24	00:47:37	01:12:24	01:36:04	01:40:13
152	MODZELEWSKI Michał	1074		M-30	00:01:01	00:25:04	00:50:22	01:14:45	01:36:28	01:40:17
153	DACZYŃSKI Michał	431	GRUPA CMYKI	M-30	00:00:22	00:25:39	00:50:25	01:15:13	01:36:43	01:40:24
154	DAWIEC Michał	418	FAT ZABRZE	M-30	00:01:09	00:25:45	00:50:45	01:15:16	01:36:53	01:40:50
155	JAZOWY Tomasz	1261		M-30	00:00:08	00:24:11	00:49:19	01:14:34	01:36:55	01:40:54
156	SWOBODA Jarosław	1158	NIGHT RUNNERS GLIWICE	M-30	00:00:59	00:25:51	00:50:51	01:15:34	01:37:07	01:40:57
157	KLAMECKI Marek	789		M-30	00:01:03	00:23:48	00:48:25	01:13:11	01:36:37	01:40:58
158	MACIASZEK Maciek	202		M-30	00:00:09	00:24:25	00:49:36	01:14:33	01:36:55	01:41:02
159	JAWOREK Jacek	837	OPEL ACTIVE TEAM	M-30	00:01:02	00:25:03	00:50:48	01:16:16	01:37:20	01:41:05
160	MANDRYSZ Jacek	1055		M-30	00:00:50	00:25:06	00:50:27	01:15:32	01:37:10	01:41:09
161	GÓRKA Szymon	833		M-30	00:01:19	00:24:43	00:49:05	01:14:26	01:37:12	01:41:17
162	SOBEL Łukasz	419	OPEL ACTIVE TEAM	M-30	00:00:41	00:25:29	00:50:31	01:15:36	01:37:36	01:41:23
163	GRUSZKA Sławomir	740		M-30	00:01:13	00:25:57	00:51:38	01:16:33	01:37:37	01:41:25

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
164	KUŹNICKI Tomasz	686		M-30	00:00:31	00:24:02	00:49:06	01:14:33	01:37:16	01:41:27
165	ZIĘBIK Grzegorz	891		M-30	00:00:46	00:25:18	00:50:48	01:16:11	01:37:48	01:41:37
166	ZAWADZKI Robert	937		M-30	00:00:16	00:25:47	00:50:55	01:16:03	01:37:53	01:41:38
167	SADOWSKI Tomasz	1072		M-30	00:00:36	00:24:40	00:49:30	01:14:38	01:37:42	01:41:49
168	SELIGA Paweł	60	BIEGAJ Z TRENERAMI GLIWICE	M-30	00:00:13	00:24:16	00:49:12	01:14:26	01:37:41	01:41:50
169	KOZIEŁ Kamil	893		M-30	00:00:30	00:25:33	00:50:52	01:16:01	01:37:55	01:41:52
170	STULIK Paweł	661		M-30	00:00:22	00:23:55	00:48:40	01:14:19	01:37:45	01:41:53
171	JARUGA Damian Izabela	944	DIKOM.PL	M-30	00:00:36	00:25:39	00:50:54	01:15:54	01:37:55	01:41:56
172	KASZUBSKI Andrzej	1212	SBRT GLIWICE	M-30	00:00:40	00:23:02	00:47:13	01:14:00	01:38:22	01:42:07
173	KRAKOWCZYK Adam	496	SBRT GLIWICE	M-30	00:00:19	00:25:45	00:51:27	01:16:58	01:38:20	01:42:08
174	KOŁODZIEJ Kamil	1276	PB TEAM PYSKOWICE	M-30	00:00:27	00:25:39	00:51:03	01:16:24	01:38:20	01:42:08
175	BRZEZINA Arkadiusz	54	TARNOGÓRSKA GRUPA BIEGOWA	M-30	00:00:29	00:25:38	00:51:20	01:16:38	01:38:18	01:42:10
176	KIDOŃ Krzysztof	877	BYTOM	M-30	00:00:30	00:23:51	00:48:43	01:14:32	01:37:57	01:42:10
177	WIEKIERA Adam	385		M-30	00:00:11	00:23:41	00:48:09	01:13:53	01:37:52	01:42:13
178	SOŚNIAK Tomasz	25	KUDŁATY ART ACTIVE TEAM	M-30	00:00:21	00:25:35	00:51:03	01:16:10	01:38:22	01:42:24
179	MRÓZ Dawid	746		M-30	00:01:50	00:25:40	00:51:33	01:16:15	01:38:27	01:42:24
180	WALCZAK Mateusz	734		M-30	00:00:30	00:25:30	00:50:56	01:16:18	01:38:30	01:42:26
181	GOLIASZ Bartłomiej	1100		M-30	00:00:23	00:25:42	00:51:26	01:16:55	01:38:42	01:42:32
182	POKRYSZKA Bartosz	156	KOMBO KURCZAKI	M-30	00:00:25	00:25:42	00:51:21	01:16:54	01:38:50	01:42:33
183	PATYNEK Sebastian	516	BRAK	M-30	00:00:18	00:25:22	00:51:05	01:16:29	01:38:52	01:42:36
184	FIDOR Damian	924	RUNHOGS TYCHY	M-30	00:00:24	00:25:40	00:51:21	01:16:53	01:38:50	01:42:36
185	ROŻEK Jacek	53	PSYCHONAUCI	M-30	00:00:28	00:23:59	00:50:11	01:16:21	01:38:42	01:42:36
186	BOGACZ Paweł	481	JAGODA TEAM	M-30	00:00:22	00:25:40	00:51:25	01:16:54	01:38:51	01:42:39
187	KŁYK Dominik	1127	RUN FOREST! RUN!!!	M-30	00:00:29	00:26:11	00:51:24	01:16:51		01:42:41
188	SZADKOWSKI Paweł	1313	NIGHT RUNNERS GLIWICE	M-30	00:00:18	00:25:43	00:51:27	01:16:58	01:38:53	01:42:43
189	MILER Ireneusz	182		M-30	00:01:23	00:25:54	00:51:29	01:16:31	01:38:37	01:42:43
190	FAMUŁA Tomasz	389	FUTURE PROCESSING RUNNING TEAM	M-30	00:01:19	00:25:49	00:51:29	01:17:18		01:42:45
191	MAY-MAJEWSKI Michał	793		M-30	00:00:48	00:25:35	00:51:01	01:16:19		01:42:46
192	ORZECH Michał	857	AMATOR	M-30	00:00:27	00:25:19	00:50:08	01:15:04	01:38:26	01:42:50
193	SPIECHOWICZ Andrzej	703	POLICJA	M-30	00:01:42	00:24:33	00:49:27	01:15:12	01:38:36	01:42:50
194	WIKIERSKI Michał	36		M-30	00:00:24	00:25:40	00:51:23	01:16:53	01:38:55	01:43:04
195	ADAMOWSKI Jacek	1005	NIGHT RUNNERS GLIWICE	M-30	00:00:54	00:23:37	00:48:49	01:14:31	01:38:44	01:43:08
196	KNUTELSKI Mariusz	1155		M-30	00:00:18	00:23:36	00:48:41	01:14:49	01:38:51	01:43:17
197	MAJDA Kamil	786	PSYCHONAUCI	M-30	00:00:53	00:25:37	00:50:29	01:15:02	01:38:50	01:43:24
198	CZERNY Michał	464		M-30	00:01:08	00:25:51	00:51:35	01:17:07		01:43:33
199	PAWLIK Wojtek	736		M-30	00:00:25	00:25:46	00:51:53	01:17:54	01:39:54	01:43:42
200	ĆWIKŁA Kamil	315	HARPAGANY	M-30	00:00:36	00:25:15	00:50:47	01:16:10	01:39:20	01:43:43
201	KRUK Krzysztof	842	CROSSFIT ZABRZE	M-30	00:00:26	00:25:32	00:51:25	01:17:18	01:39:50	01:43:45
202	KREMPA Sławomir	1030		M-30	00:00:25	00:25:39	00:51:16	01:16:43	01:39:40	01:43:50
203	CIEŚLIK Bartłomiej	531	CHATEAU CHALIN	M-30	00:00:26	00:25:39	00:51:23	01:16:58	01:39:47	01:44:05
204	ORZECH Michał	820		M-30	00:00:44	00:24:07	00:49:20	01:15:35	01:39:37	01:44:07
205	PISINGAS Mariusz	1150		M-30	00:01:13	00:25:38	00:51:41	01:17:25	01:39:55	01:44:07
206	FATYGA Arkadiusz	1302		M-30	00:00:56	00:25:10	00:50:28	01:16:00	01:39:52	01:44:15
207	IZDEBSKI Adrian	527		M-30	00:00:55	00:26:23	00:53:43	01:18:41	01:40:36	01:44:18
208	CIEŚLAK Paweł	725		M-30	00:00:44	00:25:08	00:50:41	01:16:33	01:39:50	01:44:20

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
209	STEFAŃCZYK Krzysztof	752		M-30	00:01:28	00:24:49	00:50:06	01:15:59	01:39:54	01:44:21
210	GANSZCZYK Rafał	823	OPEL ACTIVE TEAM	M-30	00:00:43	00:26:11	00:52:50	01:19:00	01:40:33	01:44:29
211	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	01:40:09	01:44:35
212	ZIOBER Grzegorz	1092	SPARTA PLATFUS	M-30	00:00:33	00:27:21	00:54:12	01:19:33	01:40:51	01:44:40
213	WIECHOWSKI Artur	209	SPARTA PLATFUS	M-30	00:00:33	00:27:22	00:54:12	01:19:32	01:40:52	01:44:41
214	WALCZAK Bartłomiej	1287		M-30	00:00:11	00:25:29	00:51:13	01:16:59	01:40:20	01:44:43
215	MALINOWSKI Mihał	952		M-30	00:00:38	00:25:26	00:51:06	01:16:51	01:40:20	01:44:44
216	STEC Marcin	657	KW GLIWICE	M-30	00:00:35	00:25:28	00:51:11	01:16:45	01:40:24	01:44:51
217	ZDANIEWICZ Radosław	1065	PSYCHONAUCI	M-30	00:00:56	00:26:39	00:52:54	01:18:43	01:40:54	01:44:52
218	BAUMERT Rafał	597	ISTA BIEGAMY	M-30	00:00:47	00:26:09	00:52:23	01:18:45	01:41:14	01:45:05
219	PANOCHA Daniel	452		M-30	00:01:06	00:25:03	00:50:41	01:16:24	01:40:42	01:45:07
220	GRĄBCZEWSKI Marcin	171		M-30	00:00:21	00:25:43	00:51:31	01:17:21	01:41:11	01:45:21
221	KUPKA Bartosz	1232	OPEL ACTIV TEAM	M-30	00:00:36	00:25:44	00:52:00	01:18:21		01:45:32
222	WICHARY Marcin	594	ISTA BIEGAMY	M-30	00:00:40	00:25:51	00:52:30	01:18:52	01:41:37	01:45:42
223	BUJALSKI Michał	571	AKS DRAGON	M-30	00:01:32	00:27:08	00:53:00	01:18:42	01:41:30	01:45:43
224	MACIEJCZYK Marcin	429	AKS DRAGON	M-30	00:01:32	00:27:08	00:53:00	01:18:41	01:41:29	01:45:43
225	WOJTAS Marcin	593	ISTA BIEGAMY	M-30	00:01:38	00:27:53	00:54:46	01:20:32	01:42:06	01:45:46
226	KWAPIEŃ Paweł	1133		M-30	00:00:09	00:25:38	00:51:37	01:17:45	01:41:32	01:45:47
227	CZEMPIEL Łukasz	441		M-30	00:01:53	00:26:45	00:52:52	01:18:11	01:41:28	01:45:47
228	SOJKA Łukasz	1301		M-30	00:01:29	00:25:26	00:51:12	01:17:11	01:41:25	01:45:58
229	WRÓBEL Maciej	1289	MOMO RESTAURANT & COCKTAIL BAR	M-30	00:00:34	00:26:26	00:52:19	01:18:46	01:41:55	01:46:11
230	KLEWANIEC Jakub	299		M-30	00:00:37	00:25:45	00:51:52	01:18:23	01:42:02	01:46:18
231	WIORA Łukasz	297		M-30	00:00:23	00:25:47	00:51:36	01:17:44	01:41:49	01:46:21
232	DROZD Kajetan	677	STREFAGITARY.PL	M-30	00:00:28	00:26:04	00:51:57	01:18:39	01:42:18	01:46:39
233	DOBOSZ Mariusz	130	GO-LEASING	M-30	00:00:23	00:26:22	00:52:49	01:19:30	01:42:45	01:47:01
234	DUDA Piotr	1162		M-30	00:00:36	00:24:42	00:49:26	01:15:02	01:41:35	01:47:04
235	KWAPIEŃ Aleksander	1111		M-30	00:00:09	00:25:38	00:51:38	01:17:45	01:42:15	01:47:10
236	DYMAREK Łukasz	57	KM PSP GLIWICE	M-30	00:00:18	00:25:56	00:52:11	01:19:02	01:42:47	01:47:10
237	OSIŃSKI Paweł	187	NIGHT RUNNERS GLIWICE	M-30	00:00:24	00:25:35	00:52:00	01:18:52	01:42:48	01:47:10
238	CZARNIK Stanisław	848	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:09	00:26:37	00:53:06	01:19:31	01:43:06	01:47:13
239	BEDNORZ Adam	1243		M-30	00:00:09	00:25:11	00:52:41	01:19:21	01:43:05	01:47:20
240	KONIECKO Łukasz	545		M-30	00:00:49	00:27:09	00:53:54	01:20:30	01:43:25	01:47:36
241	ZYMELA Dawid	524		M-30	00:00:54	00:25:32	00:51:50	01:18:31	01:43:12	01:47:36
242	PODSIADŁY Tomasz	616		M-30	00:00:39	00:27:09	00:53:39	01:19:58	01:43:22	01:47:39
243	ZIMOCH Grzegorz	215		M-30	00:00:12	00:26:19	00:54:41	01:22:40	01:43:44	01:47:43
244	WITEK Jacek	1086	OPEL ACTIVE TEAM	M-30	00:00:42	00:25:35	00:51:23	01:18:16	01:43:18	01:47:43
245	SOSNOWSKI Maciej	581		M-30	00:01:24	00:26:59	00:52:29	01:18:48	01:43:07	01:47:44
246	BALCAREK Grzegorz	1073		M-30	00:01:30	00:27:22	00:54:49	01:20:56	01:43:31	01:47:44
247	PENKALA Artur	131	GO-LEASING	M-30	00:00:23	00:26:22	00:52:50	01:19:30	01:43:22	01:47:49
248	GRABOWSKI Maciej	61		M-30	00:00:49	00:26:18	00:52:45	01:19:18	01:43:28	01:47:58
249	DZIECIAŃKOWSKI Jarosław	1237	OPEL ACTIVE TEAM	M-30	00:00:42	00:24:48	00:51:42	01:19:01		01:48:16
250	WÓJCIK Tomasz	22		M-30	00:01:16	00:26:37	00:53:17	01:19:47	01:44:05	01:48:29
251	BABIŃSKI Szymon	263		M-30	00:00:44	00:26:08	00:52:47	01:20:01	01:44:20	01:48:49
252	WIETRZYCKI Mariusz	353	BIEGAJ Z TRENERAMI	M-30	00:00:20	00:25:43	00:51:02	01:17:10	01:44:36	01:48:53
253	SMOTER Wojciech	35		M-30	00:01:27	00:25:00	00:50:23	01:16:45	01:43:59	01:48:57

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
254	HAHN Piotr	532	NORRUN TEAM	M-30	00:00:34	00:27:19	00:54:20	01:21:08	01:44:50	01:49:11
255	RYMASZEWSKI Wojciech	20		M-30	00:00:55	00:26:04	00:51:48	01:17:35	01:43:26	01:49:16
256	KWIATKOWSKI Krzysztof	1087		M-30	00:00:35	00:24:57	00:51:26	01:19:11	01:44:45	01:49:23
257	KUŚKA Paweł	346		M-30	00:00:45	00:26:03	00:52:55	01:20:12	01:44:54	01:49:26
258	WIERZBICA Adrian	403		M-30	00:00:33	00:27:34	00:54:56	01:21:56	01:45:08	01:49:27
259	FUGOWSKI Grzegorz	283		M-30	00:01:33	00:25:47	00:53:00	01:20:45	01:45:18	01:49:32
260	JAGOSZ Patryk	519	PATRYK JAGOSZ	M-30	00:00:54	00:26:24	00:53:44	01:20:28	01:45:09	01:49:45
261	BŁASZCZY SZYŃ Łukasz	135	HEAVY METAL ALL-STAR TEAM	M-30	00:00:58	00:26:58	00:54:08	01:21:04	01:45:17	01:49:48
262	URBANEK Marcin	595	ISTA BIEGAMY	M-30	00:00:46	00:26:21	00:53:29	01:20:23	01:45:12	01:49:50
263	KROPKA Szymon	140	NIGHT RUNNERS GLIWICE	M-30	00:00:28	00:26:40	00:54:08	01:21:18	01:45:37	01:49:56
264	SKRABA Krzysztof	1077	AMATOR SZCZYGLOWICE	M-30	00:00:59	00:28:49	00:56:28	01:22:39	01:45:48	01:49:56
265	KOPCIK Tomasz	982	COMBAT56	M-30	00:00:34	00:25:47	00:52:01	01:20:17	01:45:36	01:49:58
266	SKRZYPCZAK Tomasz	288	KFPR	M-30	00:01:19	00:27:42	00:55:04	01:22:16	01:45:54	01:50:00
267	PŁOTEK Tomasz	561		M-30	00:00:32	00:25:44	00:52:11	01:19:44	01:45:37	01:50:06
268	TKOCZ Rafał	323		M-30	00:01:09	00:27:22	00:54:37	01:21:58	01:46:03	01:50:14
269	ŁUKASZKIEWICZ Michał	530		M-30	00:00:35	00:25:37	00:51:25	01:18:28	01:45:53	01:50:21
270	MRÓZEK Przemysław	379	KB ŚPIOCHY OPATÓW	M-30	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23
271	IGNASIAK Rafał	378	XXX	M-30	00:00:27	00:26:46	00:54:04	01:21:49	01:45:54	01:50:23
272	BARAŃSKI Grzegorz	111		M-30	00:01:12	00:27:29	00:54:53	01:22:11	01:46:04	01:50:25
273	LUDWIG Marcin	518		M-30	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:36
274	KOWALSKI Zbyszek	913	MARYSIA & SZYMEK TEAM	M-30	00:00:56	00:27:21	00:55:05	01:22:39	01:46:30	01:50:41
275	MISKÓW Marcin	629	ZARAZIĆ PASJĄ	M-30	00:01:20	00:25:05	00:50:15	01:18:24	01:46:16	01:51:05
276	PACAN Krzysztof	713		M-30	00:00:15	00:25:01	00:51:39	01:19:48	01:46:15	01:51:10
277	KUBIT Bartłomiej	1304		M-30	00:00:55	00:28:41	00:55:02		01:46:54	01:51:10
278	UJMA Michał	962		M-30	00:00:51	00:28:44	00:55:06	01:22:51	01:46:48	01:51:13
279	KAMECKI Maciej	870	GOOD TIME - SPORT	M-30	00:00:42	00:25:44	00:52:00	01:20:12	01:46:32	01:51:20
280	PŁOMIN Marcin	1206	SBRT GLIWICE	M-30	00:00:39	00:27:41	00:55:26	01:23:00	01:47:12	01:51:25
281	HONISZ Andrzej	1179		M-30	00:00:52	00:27:24	00:55:10	01:22:44	01:46:56	01:51:33
282	ROLEK Marcin	73		M-30	00:01:39	00:27:27	00:55:06	01:22:17	01:47:15	01:51:33
283	ŁUSIAK Mariusz	1135		M-30	00:00:45	00:27:33	00:55:21	01:22:55	01:47:10	01:51:41
284	DĄBROWSKI Marcin	257		M-30	00:01:10	00:26:33	00:54:30	01:22:35	01:47:48	01:51:57
285	MAJEWSKI Grzegorz	108		M-30	00:01:19	00:25:19	00:52:53	01:21:02	01:47:26	01:52:13
286	FEREFCKI Paweł	604		M-30	00:01:15	00:25:40	00:53:16	01:21:55	01:47:47	01:52:17
287	KOŁODZIEJ Paweł	505		M-30	00:00:39	00:27:49	00:55:27	01:23:12	01:47:49	01:52:18
288	KRAJEWSKI Radosław	486		M-30	00:00:41	00:26:05	00:53:18	01:20:38	01:47:12	01:52:27
289	OSIŃSKI Robert	399	NIGHT RUNNERS GLIWICE	M-30	00:00:55	00:28:39	00:56:54	01:24:33	01:48:16	01:52:29
290	WIŚNIEWSKI Paweł	1169	JW AGAT	M-30	00:00:39	00:26:52	00:54:18	01:22:19	01:47:53	01:52:31
291	KOŚNIEWSKI Paweł	245		M-30	00:00:48	00:27:36	00:55:16	01:22:52	01:47:57	01:52:34
292	WIECZOREK Jarosław	2		M-30	00:00:54	00:29:07	00:57:05	01:25:09	01:49:16	01:53:24
293	KOZŁOWSKI Przemysław	549		M-30	00:00:43	00:27:49	00:55:38	01:23:32	01:49:05	01:53:33
294	NAGEL Jan	1227		M-30	00:01:16	00:27:03	00:54:36	01:22:33	01:48:31	01:53:33
295	RYGIEL Sebastian	143		M-30	00:01:54	00:29:04	00:57:51	01:25:35	01:49:13	01:53:35
296	TOCZYDŁOWSKI Łukasz	1095	HALEMBA	M-30	00:01:07	00:28:35	00:56:32	01:24:20		01:53:40
297	DREWUSZEWSKI Maciej	515	4M	M-30	00:00:49	00:25:34	00:54:04	01:22:24	01:49:01	01:53:45
298	WRÓBEL Jarosław	1233		M-30	00:01:25	00:27:34	00:55:15	01:23:32	01:49:27	01:53:52

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
299	ERDMANN Robert	280		M-30	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01
300	JANOSZEK Piotr	293		M-30	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01
301	NIKODON Paweł	343	PLASTIC OMNIUM	M-30	00:01:25	00:26:14	00:51:49	01:21:17	01:49:45	01:54:10
302	CICHOWSKI Marcin	722		M-30	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:11
303	WOJTASIŃSKI Robert	819	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:16	00:27:03	00:54:34	01:22:32	01:49:37	01:54:14
304	SZOŁTYSIK Paweł	213	SPARTA PLATFUS	M-30	00:00:33	00:27:22	00:55:22	01:23:36	01:49:46	01:54:36
305	BATKO Dawid	711		M-30	00:00:47	00:27:43	00:54:48	01:22:49	01:50:12	01:54:39
306	HEFFNER Remigiusz	762	OPEL ACTIVE TEAM	M-30	00:01:15	00:28:02	00:56:08	01:24:47	01:50:08	01:54:44
307	GUZDEK Sławomir	940		M-30	00:01:32	00:29:22	00:58:03	01:26:32	01:50:33	01:54:56
308	SZKUDLAREK Michał	761		M-30	00:00:42	00:26:34	00:54:17	01:22:56	01:50:25	01:55:01
309	SOŁTYSIAK Robert	1258	HALEMBA	M-30	00:01:08	00:28:34	00:56:32	01:24:19	01:50:28	01:55:16
310	MICEK Marek	929		M-30	00:01:13	00:27:57	00:57:13	01:26:37	01:50:46	01:55:16
311	KANIOWSKI Andrzej	205		M-30	00:00:23	00:25:51	00:52:17	01:21:32	01:50:14	01:55:18
312	BUCZYŃSKI Radosław	307	NIGHT RUNNERS GLIWICE	M-30	00:00:18	00:25:21	00:51:24	01:21:11	01:49:36	01:55:23
313	KRZESIAK Michał	1041	3SOFT S.A.	M-30	00:00:51	00:26:28	00:54:03	01:22:34	01:50:22	01:55:35
314	ZWOLIŃSKI Gabriel	1273		M-30	00:00:44	00:26:49	00:54:55	01:24:15	01:51:00	01:55:41
315	ZGÓRSKI Grzegorz	116		M-30	00:00:42	00:25:47	00:52:30	01:22:42	01:51:39	01:55:52
316	CIASTO Sebastian	1039		M-30	00:00:39	00:26:51	00:54:50	01:23:05	01:50:31	01:55:53
317	ZIELIŃSKI Marek	317		M-30	00:01:47	00:27:52	00:55:55	01:24:37	01:51:15	01:56:17
318	KOTWICKI Marek	332		M-30	00:01:46	00:28:03	00:56:34	01:25:32	01:51:59	01:56:31
319	BOGULAK Grzegorz	184	RUN GB! RUN	M-30	00:00:29	00:27:06	00:54:37	01:23:13	01:52:04	01:57:15
320	MACHNOWSKI Wojciech	19	NIGHT RUNNERS GLIWICE	M-30	00:01:02	00:28:02	00:55:51	01:24:09	01:52:42	01:57:38
321	ORYSZCZAK Łukasz	313		M-30	00:01:21	00:27:13	00:56:17	01:26:03	01:53:08	01:57:59
322	KOWALCZYK Wojciech	738	RUN AND FUN	M-30	00:00:44	00:27:28	00:55:16	01:25:14	01:53:40	01:58:30
323	MUSIOŁ Janusz	830	UNISONO	M-30	00:01:05	00:30:06	00:59:15	01:28:00	01:54:12	01:59:06
324	MAŁKOWSKI Tomasz	207	NIGHT RUNNERS ZABRZE	M-30	00:00:00	00:26:30	00:51:49	01:17:16	01:51:27	01:59:07
325	KORDECKI Bartosz	1071		M-30	00:01:35	00:30:33	01:01:02	01:29:57	01:54:39	01:59:14
326	SOSIN Adam	200	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	00:01:20	00:30:12	00:59:43	01:29:06	01:55:10	01:59:52
327	CIESIELSKI Radosław	757	BETANIA TEAM	M-30	00:00:22	00:28:16	00:56:05	01:30:35	01:55:44	02:00:12
328	SYNÓWKA Maciej	981		M-30	00:00:34	00:28:23	00:58:13	01:28:40	01:56:23	02:01:05
329	MANDOK Bogdan	742		M-30	00:00:07	00:28:10	00:59:23	01:30:02	01:56:19	02:01:10
330	STOLARCZYK Robert	115	NIGHT RUNNERS	M-30	00:00:49	00:30:01	01:00:23	01:30:22	01:56:24	02:01:13
331	LEWICKI Krzysztof	43	NIGHT RUNNERS GLIWICE	M-30	00:00:51	00:29:41	01:00:09	01:30:25	01:56:44	02:01:31
332	TKACZUK Marcin	1016	NIGHT RUNNERS GLIWICE	M-30	00:00:50	00:29:42	01:00:10	01:30:26	01:56:44	02:01:32
333	KRASZKIEWICZ Aleksander	968	NASNIEDOGONIAT	M-30	00:00:50	00:29:59	01:00:08	01:30:19	01:56:57	02:01:36
334	GRZESIKIEWICZ Mariusz	426		M-30	00:00:53	00:30:11	01:00:47	01:30:55	01:57:15	02:02:04
335	LIPSKI Dariusz	71		M-30	00:01:52	00:29:39	01:00:59	01:30:22	01:57:15	02:02:20
336	PRYMAS Krystian	32		M-30	00:00:48	00:26:24	00:55:23	01:29:02	01:57:25	02:02:27
337	DYNEK Sebastian		PĘDZIWIATR	M-30	00:00:00	00:31:32	01:02:59	01:32:14	01:58:33	02:03:12
338	DROZDOWSKI Wojciech	1125	BIEGAJ Z TRENERAMI	M-30	00:00:37	00:28:06	00:58:11	01:29:39	01:58:05	02:03:13
339	WIEDERMANN Krzysztof	1309	PEDRA FORCH	M-30	00:00:44	00:28:21	00:58:19	01:29:28	01:58:20	02:03:31
340	MARKOWICZ Piotr	1298	MOMO RESTAURANT & COCKTAIL BAR	M-30	00:01:15	00:30:51	01:02:25	01:32:54	01:59:28	02:04:25
341	MATECKI Maciej	520	2XM	M-30	00:00:56	00:30:04	01:00:25	01:30:36	01:59:11	02:04:36
342	KOWALIK Tomasz	1066	KALINOWSKI TEAM	M-30	00:00:53	00:28:51	00:59:27	01:31:09	01:59:14	02:04:39
343	PASSIA Robert	1141		M-30	00:01:19	00:30:59	01:03:32	01:35:37	02:01:40	02:06:09

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km
344	KUŚ Michał	1236	1982	M-30	00:01:16	00:30:09	01:01:21	01:32:52	02:01:49	02:07:04
345	POŁOK Adrian	1022	OPEL ACTIVE TEAM	M-30	00:00:52	00:29:58	01:00:19	01:32:12	02:02:30	02:08:12
346	GRUCHALSKI Jakub	591	ISTA BIEGAMY	M-30	00:01:23	00:30:10	01:02:32	01:34:27	02:03:34	02:08:38
347	STACHOWSKI Wojciech	930		M-30	00:01:30	00:30:12	01:01:48	01:34:18	02:03:35	02:08:51
348	CIEŚLAK Michał	376		M-30	00:01:37	00:30:22	01:01:59	01:35:16	02:04:23	02:09:34
349	ŁYSIUK Grzegorz	506		M-30	00:01:30	00:30:59	01:03:13	01:35:58	02:04:51	02:10:14
350	LEDWOŃ Jakub	87	NIGHT RUNNERS GLIWICE	M-30	00:01:17	00:31:01	01:03:41	01:36:37	02:05:30	02:10:39
351	KURPIOS Piotr	542		M-30	00:01:35	00:34:02	01:06:49	01:37:57	02:05:43	02:10:41
352	KANIEWSKI Paweł	1248		M-30	00:01:12	00:30:53	01:03:50	01:37:47	02:06:34	02:11:27
353	PTAK Arkadiusz	1197	SPARTANIE DZIECIOM	M-30	00:01:09	00:30:55	01:03:53	01:37:46	02:06:34	02:11:28
354	RESZKE Michał	1195	SPARTANIE DZIECIOM	M-30	00:01:08	00:30:55	01:03:52	01:37:49	02:06:39	02:11:31
355	BRZÓZKA Sebastian	233	SBD ENERGETYK RYBNIK	M-30	00:01:26	00:29:07	01:00:46	01:35:59	02:08:01	02:13:55
356	MAŁYSA Łukasz	509		M-30	00:01:28	00:30:18	01:03:22	01:37:20	02:08:45	02:15:09
357	JEŻEWSKI Adam	328	VRC	M-30	00:01:28	00:31:15	01:04:09	01:38:42	02:11:09	02:17:02
358	ROJEK Michał	856		M-30	00:00:58	00:29:20	01:02:08	01:36:14	02:11:15	02:17:28
359	RAKINT Bogdan	44	PIŃCET PLUS	M-30	00:01:53	00:31:56	01:05:30	01:42:23	02:15:23	02:21:08
360	DZIEDZIC Dominik	39	PIŃCET PLUS	M-30	00:01:52	00:32:10	01:05:23	01:41:01	02:15:22	02:21:09
361	DRABIK Krzysztof	1257	FUNDACJA DZIECIOM TWÓJ REKORD POMAGA	M-30	00:01:56	00:30:41	01:02:13	01:35:35	02:13:36	02:22:47
362	ZAWADA Piotr	78	NIGHT RUNNERS	M-30	00:01:51	00:36:29	01:13:28	01:47:45	02:21:57	02:27:27
363	ŻELEZNY Tomasz	69	NIGHT RUNNERS GLIWICE	M-30	00:01:33	00:35:07	01:10:02	01:46:36	02:21:19	02:27:45
364	KRZESIAK Marcin	852		M-30	00:00:05	00:20:05	00:40:47	01:01:01	01:18:27	
365	DIDYK Grzegorz	826	MIASTO NIERUCHOMOŚCI BYTOM	M-30	00:00:18	00:22:44	00:45:27	01:08:04	01:28:07	
366	KACZMARCZYK Grzegorz	186		M-30	00:00:56					
367	WOJTUKIEWICZ Artur	691		M-30	00:01:35	00:28:58	01:02:18			
368	KRZOS Piotr	74		M-30	00:01:57	00:29:08	00:57:45	01:25:17	01:48:34	

Znaleziono 368 wynik(ów)