



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

Fundacja Bieg Rzeźnika  
2016-10-23  
Gliwice  
21.1 km

## III PÓŁMARATON GLIWICKI

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>RZEPKA Bernard</b>	<b>805</b>	#SOBASTEAM	M-40	1	00:00:02	00:18:05	00:36:41	00:55:31	01:11:57	01:14:54	<b>01:20:08.20</b>	<b>01:20:10.90</b>		3:47	15.8 (100%)
2	<b>BOCHENSKI Grzegorz</b>	<b>90</b>	SBRT GLIWICE	M-40	2	00:00:03	00:18:49	00:37:47	00:56:56	01:13:58	01:17:00	<b>01:22:27.35</b>	<b>01:22:30.45</b>	+00:02:19 (2.8%)	3:54	15.4 (97.5%)
3	<b>MATLOK Marek</b>	<b>859</b>	BIEGAJ Z PILECKIM	M-40	3	00:00:03	00:19:19	00:39:00	00:58:28	01:15:27	01:18:25	<b>01:23:44.25</b>	<b>01:23:47.85</b>	+00:03:36 (4.3%)	3:58	15.1 (95.6%)
4	<b>RAJEK Sebastian</b>	<b>1145</b>		M-40	4	00:00:02	00:18:40	00:38:21	00:58:18	01:15:37	01:18:35	<b>01:23:53.60</b>	<b>01:23:55.65</b>	+00:03:45 (4.5%)	3:58	15.1 (95.6%)
5	<b>SPYCHALSKI Adam</b>	<b>1204</b>		M-40	5	00:00:03	00:19:46	00:40:03	01:00:18	01:17:57	01:21:08	<b>01:26:52.40</b>	<b>01:26:55.55</b>	+00:06:44 (7.8%)	4:07	14.6 (92.4%)
6	<b>SZWEDA Piotr</b>	<b>778</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	6	00:00:09	00:20:32	00:40:36	01:00:46	01:18:18	01:21:29	<b>01:27:09.65</b>	<b>01:27:19.40</b>	+00:07:01 (8.1%)	4:07	14.5 (91.8%)
7	<b>ORZECHOWSKI Arkadiusz</b>	<b>794</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	7	00:00:08	00:20:33	00:41:09	01:01:39	01:19:42	01:22:58	<b>01:28:50.05</b>	<b>01:28:58.70</b>	+00:08:41 (9.8%)	4:12	14.3 (90.5%)
8	<b>MAJCHRZAK Marcin</b>	<b>261</b>	HOLBOX RUNNERS	M-40	8	00:00:05	00:20:21	00:41:01	01:01:54		01:23:38	<b>01:29:25.40</b>	<b>01:29:31.10</b>	+00:09:17 (10.4%)	4:14	14.2 (89.9%)
9	<b>JACHYMEK Bartłomiej</b>	<b>1076</b>	JACEKBIEGA RUNNING TEAM	M-40	9	00:00:05	00:20:56	00:41:45	01:02:41	01:20:36	01:23:51	<b>01:29:34.50</b>	<b>01:29:39.65</b>	+00:09:26 (10.5%)	4:14	14.1 (89.2%)
10	<b>WALKOWIAK Artur</b>	<b>634</b>	UCIEKAM PRZED DOBRĄ ZMIANĄ	M-40	10	00:00:05	00:20:07	00:40:48	01:01:22	01:20:13	01:23:35	<b>01:29:37.00</b>	<b>01:29:42.00</b>	+00:09:28 (10.6%)	4:14	14.1 (89.2%)
11	<b>BAGAN Grzegorz</b>	<b>12</b>	GOGGLE PAE TEAM	M-40	11	00:00:03	00:19:53	00:40:26	01:01:54	01:20:26	01:23:48	<b>01:29:39.30</b>	<b>01:29:42.80</b>	+00:09:31 (10.6%)	4:14	14.1 (89.2%)
12	<b>WYŁUPEK Tomasz</b>	<b>812</b>	SZAKALE	M-40	12	00:00:09	00:21:14	00:42:21	01:03:06	01:21:06	01:24:24	<b>01:30:05.00</b>	<b>01:30:14.25</b>	+00:09:56 (11.0%)	4:16	14.1 (89.2%)
13	<b>PACZKA Michał</b>	<b>1299</b>		M-40	13	00:00:10	00:20:35	00:41:49	01:02:53	01:20:46	01:24:05	<b>01:30:06.25</b>	<b>01:30:17.20</b>	+00:09:58 (11.1%)	4:16	14 (88.6%)
14	<b>GRZYB Dariusz</b>	<b>894</b>	BRAK	M-40	14	00:00:08	00:20:35	00:42:06	01:03:00	01:21:56	01:25:26	<b>01:31:12.20</b>	<b>01:31:20.35</b>	+00:11:04 (12.1%)	4:19	13.9 (88.0%)
15	<b>POLACZEK Alexander</b>	<b>405</b>		M-40	15	00:00:04	00:20:11	00:40:55	01:02:18	01:21:39	01:25:12	<b>01:31:21.30</b>	<b>01:31:25.85</b>	+00:11:13 (12.3%)	4:19	13.9 (88.0%)
16	<b>PAWLIK Marek</b>	<b>192</b>	ATHLETICS NYSA	M-40	16	00:00:06	00:21:22	00:42:43	01:04:09	01:22:41	01:26:02	<b>01:31:45.90</b>	<b>01:31:52.00</b>	+00:11:37 (12.7%)	4:20	13.8 (87.3%)
17	<b>BROSZ Michał</b>	<b>1175</b>		M-40	17	00:00:00						<b>01:31:47.00</b>	<b>01:31:47.00</b>	+00:11:38 (12.7%)	4:20	13.8 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
18	DAMEC Olek	718		M-40	18	00:00:07	00:21:11	00:42:13	01:03:35		01:26:07	<b>01:31:52.35</b>	<b>01:32:00.25</b>	+00:11:44 (12.8%)	4:21	13.8 (87.3%)
19	PYSZ Grzegorz	396	HR MAX ŻORY	M-40	19	00:00:10	00:20:32	00:41:24	01:02:42	01:22:36	01:25:58	<b>01:32:05.10</b>	<b>01:32:15.95</b>	+00:11:56 (13.0%)	4:21	13.7 (86.7%)
20	KILIŃSKI Jacek	1238		M-40	20	00:00:02	00:19:31	00:40:46	01:02:47	01:22:31	01:26:09	<b>01:32:48.50</b>	<b>01:32:50.55</b>	+00:12:40 (13.7%)	4:23	13.6 (86.1%)
21	BAK Henryk	960		M-40	21	00:01:24	00:21:21	00:43:12	01:04:48	01:23:46	01:27:13	<b>01:32:58.20</b>	<b>01:34:22.25</b>	+00:12:50 (13.8%)	4:24	13.6 (86.1%)
22	BOSAK Sławomir	760	BIŁGORAJ BIEGA	M-40	22	00:00:21	00:21:07	00:42:49	01:04:17	01:23:23	01:26:55	<b>01:32:59.55</b>	<b>01:33:20.90</b>	+00:12:51 (13.8%)	4:24	13.6 (86.1%)
23	CISZEWSKI Wojciech	957		M-40	23	00:00:04	00:20:11	00:41:43	01:04:41	01:23:50	01:27:18	<b>01:33:11.10</b>	<b>01:33:16.05</b>	+00:13:02 (14.0%)	4:25	13.6 (86.1%)
24	KROCZEK Andrzej	1061		M-40	24	00:00:53	00:22:34	00:44:16	01:05:40	01:24:35	01:28:03	<b>01:34:05.60</b>	<b>01:34:59.20</b>	+00:13:57 (14.8%)	4:27	13.5 (85.4%)
25	FALKENBERG Ludwik	41	RUN-LOG.COM	M-40	25	00:00:21	00:21:14	00:42:59	01:04:58	01:24:36	01:28:06	<b>01:34:12.00</b>	<b>01:34:33.65</b>	+00:14:03 (14.9%)	4:27	13.4 (84.8%)
26	WÓJCIK Dariusz	1156		M-40	26	00:00:10	00:21:07	00:42:52	01:04:23	01:24:11	01:27:51	<b>01:34:18.05</b>	<b>01:34:28.40</b>	+00:14:09 (15.0%)	4:28	13.4 (84.8%)
27	IMAŃSKI Grzegorz	1136		M-40	27	00:00:08	00:21:20	00:42:59	01:05:00	01:24:44	01:28:17	<b>01:34:29.30</b>	<b>01:34:38.15</b>	+00:14:21 (15.2%)	4:28	13.4 (84.8%)
28	MUSZKIET Piotr	836	MAXIMUS ZAWADZKIE	M-40	28	00:00:05	00:21:09	00:42:09	01:04:06		01:28:05	<b>01:34:33.75</b>	<b>01:34:39.05</b>	+00:14:25 (15.3%)	4:28	13.4 (84.8%)
29	KOWALCZYK Adam	1025	STS BIEGATON	M-40	29	00:00:08	00:21:32	00:43:40	01:05:50	01:25:21	01:28:48	<b>01:34:42.80</b>	<b>01:34:51.55</b>	+00:14:34 (15.4%)	4:29	13.4 (84.8%)
30	OLESIŃSKI Tomasz	374		M-40	30	00:00:10	00:21:22	00:42:52	01:04:45	01:24:32	01:28:13	<b>01:34:47.10</b>	<b>01:34:57.65</b>	+00:14:38 (15.5%)	4:29	13.4 (84.8%)
31	WALIGÓRSKI Robert	633	PARKRUN KĘDZIERZYN-KOŻLE	M-40	31	00:00:07	00:21:18	00:42:58	01:04:58	01:25:08	01:28:40	<b>01:34:57.75</b>	<b>01:35:05.35</b>	+00:14:49 (15.6%)	4:30	13.3 (84.2%)
32	KACZOR Sebastian	845	MIĘDZYGAŁAKTYCZNY KLUB ROZBIEGANYCH KACZEK	M-40	32	00:00:14	00:22:39	00:45:16	01:07:17	01:26:17	01:29:32	<b>01:35:34.45</b>	<b>01:35:48.95</b>	+00:15:26 (16.2%)	4:31	13.2 (83.5%)
33	KANIA Michał	325		M-40	33	00:00:04	00:21:39	00:44:00	01:06:13	01:25:48	01:29:19	<b>01:35:37.30</b>	<b>01:35:41.45</b>	+00:15:29 (16.2%)	4:31	13.2 (83.5%)
34	BEHRENDT Jakub	931	KB LECE BO CHCE	M-40	34	00:00:08	00:21:10	00:43:38	01:06:15	01:25:59	01:29:28	<b>01:35:41.65</b>	<b>01:35:49.80</b>	+00:15:33 (16.3%)	4:32	13.2 (83.5%)
35	BEŚKA Sławomir	183	OCHAJORUN & FRIENDS	M-40	35	00:00:08	00:21:10	00:43:14	01:05:28	01:25:33	01:29:11	<b>01:35:43.10</b>	<b>01:35:51.20</b>	+00:15:34 (16.3%)	4:32	13.2 (83.5%)
36	STAROSTKA Jacek	1089	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	36	00:00:07	00:21:41	00:43:33	01:05:26	01:25:46	01:29:24	<b>01:35:50.70</b>	<b>01:35:58.30</b>	+00:15:42 (16.4%)	4:32	13.2 (83.5%)
37	DOMAŃSKI Marcin	83	BFRT & LAUF TEAM THIESEN	M-40	37	00:00:14	00:21:43	00:43:49	01:06:28	01:26:11	01:29:41	<b>01:35:56.00</b>	<b>01:36:10.05</b>	+00:15:47 (16.5%)	4:32	13.2 (83.5%)
38	JACKOWSKI Piotr	646		M-40	38	00:00:06	00:22:15	00:44:49	01:07:30		01:30:19	<b>01:36:08.70</b>	<b>01:36:14.75</b>	+00:16:00 (16.7%)	4:33	13.2 (83.5%)
39	WAWRZAK Ryszard	1515	SBRT	M-40	39	00:00:16	00:21:27	00:43:42	01:06:24	01:26:36	01:30:12	<b>01:36:37.15</b>	<b>01:36:53.15</b>	+00:16:28 (17.1%)	4:34	13.1 (82.9%)
40	GOLDA Piotr	827		M-40	40	00:00:26	00:24:12	00:46:36	01:08:27	01:27:29	01:30:51	<b>01:36:44.80</b>	<b>01:37:11.25</b>	+00:16:36 (17.2%)	4:35	13.1 (82.9%)
41	BŁACH Piotr	1221	SBRT GLIWICE	M-40	41	00:00:08	00:21:18	00:43:03	01:06:32	01:26:43	01:30:20	<b>01:36:45.20</b>	<b>01:36:53.40</b>	+00:16:37 (17.2%)	4:35	13.1 (82.9%)
42	MYKAŁA Rafał	393	NBK	M-40	42	00:00:19	00:23:23	00:46:39	01:09:58	01:28:29	01:31:31	<b>01:36:47.95</b>	<b>01:37:07.90</b>	+00:16:39 (17.2%)	4:35	13.1 (82.9%)
43	OLSZESKI Zbigniew	1303	ROZTOCZE KRASNOBRÓD	M-40	43	00:00:10		00:44:42	01:07:01	01:27:05	01:30:45	<b>01:36:54.35</b>	<b>01:37:04.90</b>	+00:16:46 (17.3%)	4:35	13.1 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
44	<b>GOŁĘBIEWSKI Bartek</b>	<b>696</b>		M-40	44	00:00:18	00:22:44	00:45:37	01:08:07		01:30:50	<b>01:36:58.20</b>	<b>01:37:16.80</b>	+00:16:50 (17.4%)	4:35	13.1 (82.9%)
45	<b>PUŚCIZNA Paweł</b>	<b>775</b>	SAINT-GOBAIN SQUAD	M-40	45	00:00:08	00:22:28	00:45:09	01:07:43	01:27:26	01:30:58	<b>01:37:04.15</b>	<b>01:37:13.10</b>	+00:16:55 (17.4%)	4:36	13 (82.3%)
46	<b>BOROWIAK Piotr</b>	<b>465</b>		M-40	46	00:00:39	00:23:03	00:46:19	01:09:23		01:31:36	<b>01:37:09.55</b>	<b>01:37:48.75</b>	+00:17:01 (17.5%)	4:36	13 (82.3%)
47	<b>FRAĆ Dariusz</b>	<b>1296</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	47	00:00:14	00:22:16	00:44:46	01:07:24	01:27:33	01:31:09	<b>01:37:33.90</b>	<b>01:37:48.45</b>	+00:17:25 (17.9%)	4:37	13 (82.3%)
48	<b>DRAGA Marek</b>	<b>773</b>		M-40	48	00:00:07	00:21:08	00:43:33	01:06:38	01:27:24	01:31:11	<b>01:37:53.50</b>	<b>01:38:00.75</b>	+00:17:45 (18.1%)	4:38	12.9 (81.6%)
49	<b>BEZUSZKO Tomasz</b>	<b>206</b>		M-40	49	00:01:08	00:23:26	00:46:17	01:08:32	01:28:13	01:31:49	<b>01:37:58.85</b>	<b>01:39:07.15</b>	+00:17:50 (18.2%)	4:38	12.9 (81.6%)
50	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>577</b>		M-40	50	00:00:09	00:22:35	00:45:46	01:08:47	01:28:41	01:32:17	<b>01:38:17.55</b>	<b>01:38:26.95</b>	+00:18:09 (18.5%)	4:39	12.9 (81.6%)
51	<b>PIENIAŻEK Krzysztof</b>	<b>318</b>		M-40	51	00:00:24	00:22:34	00:45:25	01:08:18	01:28:28	01:32:04	<b>01:38:20.35</b>	<b>01:38:44.90</b>	+00:18:12 (18.5%)	4:39	12.9 (81.6%)
52	<b>KAWELCZYK Robert</b>	<b>973</b>		M-40	52	00:00:04	00:21:07	00:42:45	01:05:25		01:31:07	<b>01:38:26.80</b>	<b>01:38:31.70</b>	+00:18:18 (18.6%)	4:39	12.9 (81.6%)
53	<b>BYLINOWSKI Oleg</b>	<b>1307</b>	GTT	M-40	53	00:00:14	00:23:12	00:46:18	01:08:56	01:28:37	01:32:13	<b>01:38:30.20</b>	<b>01:38:44.25</b>	+00:18:22 (18.6%)	4:40	12.9 (81.6%)
54	<b>DZIEDZIC Andrzej</b>	<b>582</b>	BHP	M-40	54	00:00:11	00:21:54	00:44:53	01:08:16	01:28:41	01:32:19	<b>01:38:49.50</b>	<b>01:39:00.85</b>	+00:18:41 (18.9%)	4:40	12.8 (81.0%)
55	<b>LESZCZYŃSKI Mariusz</b>	<b>843</b>		M-40	55	00:00:13	00:22:33	00:45:12	01:08:16	01:28:38	01:32:21	<b>01:38:50.10</b>	<b>01:39:03.70</b>	+00:18:41 (18.9%)	4:41	12.8 (81.0%)
56	<b>ŁYCZAK Artur</b>	<b>653</b>	VIBOVIT KNURÓW	M-40	56	00:00:21	00:22:35	00:45:40	01:08:53	01:29:05	01:32:41	<b>01:38:53.05</b>	<b>01:39:14.10</b>	+00:18:44 (19.0%)	4:41	12.8 (81.0%)
57	<b>KAŁAMARZ Mariusz</b>	<b>1099</b>	RUN KAZIK RUN	M-40	57	00:00:09	00:22:02	00:45:08	01:08:23	01:29:07	01:32:46	<b>01:39:12.90</b>	<b>01:39:22.80</b>	+00:19:04 (19.2%)	4:42	12.8 (81.0%)
58	<b>PODRYGAŁA Tomasz</b>	<b>1223</b>	RYBNICKA GRUPA BIEGOWA	M-40	58	00:00:24	00:22:33	00:45:40	01:09:02	01:29:46	01:33:22	<b>01:39:39.60</b>	<b>01:40:03.75</b>	+00:19:31 (19.6%)	4:43	12.7 (80.4%)
59	<b>PIETREK Daniel</b>	<b>1034</b>		M-40	59	00:00:14	00:23:28	00:46:44	01:10:03	01:30:17	01:33:50	<b>01:40:04.15</b>	<b>01:40:18.65</b>	+00:19:55 (19.9%)	4:44	12.7 (80.4%)
60	<b>ZDEBEL Dariusz</b>	<b>401</b>		M-40	60	00:00:06	00:22:33	00:45:27	01:08:58	01:29:38	01:33:19	<b>01:40:09.70</b>	<b>01:40:16.25</b>	+00:20:01 (20.0%)	4:44	12.6 (79.7%)
61	<b>JACHIMOWSKI Waldemar</b>	<b>383</b>	VIBOVIT KNURÓW	M-40	61	00:00:21	00:22:36	00:45:40	01:08:54	01:30:04	01:33:41	<b>01:40:10.55</b>	<b>01:40:32.40</b>	+00:20:02 (20.0%)	4:44	12.6 (79.7%)
62	<b>HULIN Sebastian</b>	<b>885</b>	UKS JUDO MYSŁOWICE	M-40	62	00:01:24	00:23:54	00:47:03	01:10:03	01:30:18	01:33:58	<b>01:40:14.55</b>	<b>01:41:38.55</b>	+00:20:06 (20.1%)	4:45	12.6 (79.7%)
63	<b>MAJEREK Marek</b>	<b>199</b>		M-40	63	00:00:10	00:22:38	00:45:44	01:08:57	01:29:40	01:33:30	<b>01:40:21.25</b>	<b>01:40:31.95</b>	+00:20:13 (20.1%)	4:45	12.6 (79.7%)
64	<b>ANDRACZEK Bartosz</b>	<b>1265</b>		M-40	64	00:00:17	00:23:11	00:46:34	01:09:36	01:30:20	01:33:56	<b>01:40:28.40</b>	<b>01:40:45.45</b>	+00:20:20 (20.2%)	4:45	12.6 (79.7%)
65	<b>GOLEC Ryszard</b>	<b>145</b>	KT ŻYWIEC	M-40	65	00:00:13	00:23:23	00:46:40	01:10:06		01:34:01	<b>01:40:34.05</b>	<b>01:40:47.15</b>	+00:20:25 (20.3%)	4:45	12.6 (79.7%)
66	<b>TRZASKALIK Piotr</b>	<b>1137</b>		M-40	66	00:00:08	00:23:36	00:46:53	01:10:23	01:30:59	01:34:43	<b>01:40:45.15</b>	<b>01:40:53.60</b>	+00:20:36 (20.5%)	4:46	12.6 (79.7%)
67	<b>KUSEK Andrzej</b>	<b>1226</b>		M-40	67	00:00:25	00:25:32	00:49:52	01:13:05	01:32:01	01:35:19	<b>01:40:54.25</b>	<b>01:41:19.65</b>	+00:20:46 (20.6%)	4:46	12.5 (79.1%)
68	<b>TYRTANIA Tomasz</b>	<b>925</b>	BOR TEAM BORUSZOWICE	M-40	68	00:00:11	00:24:23	00:48:31	01:11:31	01:31:22	01:34:49	<b>01:40:54.40</b>	<b>01:41:06.15</b>	+00:20:46 (20.6%)	4:46	12.5 (79.1%)
69	<b>BELUCH Witold</b>	<b>322</b>		M-40	69	00:00:17	00:23:26	00:46:32	01:09:56	01:30:27	01:34:17	<b>01:40:58.85</b>	<b>01:41:16.60</b>	+00:20:50 (20.6%)	4:47	12.5 (79.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
70	<b>CZAUDERNA Adrian</b>	<b>179</b>	OCHAJORUN&FRIENDS	M-40	70	00:00:20	00:23:25	00:46:39	01:10:02	01:30:48	01:34:39	<b>01:41:18.90</b>	<b>01:41:39.50</b>	+00:21:10 (20.9%)	4:48	12.5 (79.1%)
71	<b>SYDA Andrzej</b>	<b>1225</b>	GORKI TEAM	M-40	71	00:00:05	00:22:24	00:45:45	01:09:44	01:31:12	01:35:00	<b>01:41:38.20</b>	<b>01:41:43.55</b>	+00:21:30 (21.2%)	4:49	12.5 (79.1%)
72	<b>SZOŁTYSEK Wojciech</b>	<b>1128</b>	OCHAJORUN&FRIENDS	M-40	72	00:00:22	00:23:47	00:47:25	01:10:57	01:31:25	01:35:08	<b>01:41:50.95</b>	<b>01:42:13.45</b>	+00:21:42 (21.3%)	4:49	12.4 (78.5%)
73	<b>SKRZYPCZYK Paweł</b>	<b>948</b>		M-40	73	00:00:22	00:22:52	00:46:35	01:10:11	01:31:17	01:35:07	<b>01:41:51.70</b>	<b>01:42:14.25</b>	+00:21:43 (21.3%)	4:49	12.4 (78.5%)
74	<b>SZPONARSKI Paweł</b>	<b>1020</b>	MASAKRA RZECZYCE	M-40	74	00:00:31	00:22:51	00:45:59	01:09:23	01:31:04	01:35:08	<b>01:41:56.30</b>	<b>01:42:27.80</b>	+00:21:48 (21.4%)	4:49	12.4 (78.5%)
75	<b>KURCZEK Tomasz</b>	<b>484</b>		M-40	75	00:00:11	00:23:23	00:47:07	01:10:56	01:31:42	01:35:31	<b>01:41:59.15</b>	<b>01:42:11.00</b>	+00:21:50 (21.4%)	4:50	12.4 (78.5%)
76	<b>SZNYDER Wojciech</b>	<b>439</b>	SPORTSTYLE GLIWICE	M-40	76	00:00:15	00:24:01	00:48:01	01:11:33	01:31:58	01:35:38	<b>01:42:02.40</b>	<b>01:42:17.40</b>	+00:21:54 (21.5%)	4:50	12.4 (78.5%)
77	<b>NOCOŃ Sławek</b>	<b>831</b>	GNAJ FRETKA, GNAJ... SZYBCIEJ, SZYBCIEJ !!!	M-40	77	00:00:09	00:22:55	00:46:07	01:09:53	01:31:00	01:34:58	<b>01:42:17.35</b>	<b>01:42:27.20</b>	+00:22:09 (21.7%)	4:50	12.4 (78.5%)
78	<b>KUBACZ Piotr</b>	<b>227</b>		M-40	78	00:00:28	00:23:58	00:48:01	01:12:00	01:32:51	01:36:24	<b>01:42:18.55</b>	<b>01:42:47.45</b>	+00:22:10 (21.7%)	4:50	12.4 (78.5%)
79	<b>MAZUR Krzysztof</b>	<b>1007</b>	NOWA GLIWICE	M-40	79	00:00:25	00:24:04	00:47:43	01:11:01	01:31:53	01:35:42	<b>01:42:18.95</b>	<b>01:42:44.55</b>	+00:22:10 (21.7%)	4:50	12.4 (78.5%)
80	<b>GRAJNY Piotr</b>	<b>1153</b>	AMATORSKIE BIEGANIE/ULKS LACHOWICE	M-40	80	00:00:39	00:23:46	00:46:56	01:11:01	01:31:53	01:35:45	<b>01:42:28.15</b>	<b>01:43:07.85</b>	+00:22:19 (21.8%)	4:51	12.4 (78.5%)
81	<b>GĄSZCZYK Grzegorz</b>	<b>1152</b>	NOWA HUTA TEAM	M-40	81	00:00:31	00:24:03	00:48:11	01:11:20	01:32:17	01:36:13	<b>01:42:32.45</b>	<b>01:43:03.80</b>	+00:22:24 (21.8%)	4:51	12.3 (77.8%)
82	<b>WALICKI Bogdan</b>	<b>1047</b>	OPEL ACTIVE TEAM	M-40	82	00:00:41	00:23:44	00:47:47	01:11:38	01:32:33	01:36:10	<b>01:42:34.70</b>	<b>01:43:16.00</b>	+00:22:26 (21.9%)	4:51	12.3 (77.8%)
83	<b>ZIAJA Stefan</b>	<b>453</b>		M-40	83	00:00:12	00:23:23	00:46:24	01:10:47	01:32:38	01:36:38	<b>01:42:39.65</b>	<b>01:42:52.15</b>	+00:22:31 (21.9%)	4:51	12.3 (77.8%)
84	<b>BONK Sebastian</b>	<b>82</b>	BMS	M-40	84	00:00:50	00:23:41	00:47:18	01:11:09	01:32:21	01:36:11	<b>01:42:45.05</b>	<b>01:43:35.10</b>	+00:22:36 (22.0%)	4:52	12.3 (77.8%)
85	<b>KUBIS Adrian</b>	<b>954</b>		M-40	85	00:00:21	00:23:47	00:47:22	01:11:01	01:32:23	01:36:19	<b>01:42:46.00</b>	<b>01:43:07.05</b>	+00:22:37 (22.0%)	4:52	12.3 (77.8%)
86	<b>GORCZYCA Jakub</b>	<b>808</b>		M-40	86	00:00:07	00:23:26	00:47:26	01:11:31	01:32:36	01:36:28	<b>01:43:01.15</b>	<b>01:43:09.05</b>	+00:22:52 (22.2%)	4:52	12.3 (77.8%)
87	<b>MULEWSKI Bogdan</b>	<b>454</b>	NIGHT RUNNERS ZABRZE	M-40	87	00:01:27	00:25:11	00:49:17	01:13:04	01:33:21	01:37:02	<b>01:43:29.55</b>	<b>01:44:56.75</b>	+00:23:21 (22.6%)	4:54	12.2 (77.2%)
88	<b>SZCZEPAŃSKI Rafał</b>	<b>864</b>	OPEL ACTIVE TEAM	M-40	88	00:00:41	00:23:27	00:46:57	01:11:07	01:32:49	01:36:39	<b>01:43:33.60</b>	<b>01:44:15.30</b>	+00:23:25 (22.6%)	4:54	12.2 (77.2%)
89	<b>MIECZNIKOWSKI Jacek</b>	<b>1173</b>		M-40	89	00:00:25	00:24:50	00:49:13	01:13:17	01:33:56	01:37:30	<b>01:43:42.75</b>	<b>01:44:08.50</b>	+00:23:34 (22.7%)	4:54	12.2 (77.2%)
90	<b>BŁASZCZYK Marek</b>	<b>495</b>	OPEL ACTIVE TEAM GLIWICE	M-40	90	00:00:16	00:24:04	00:48:19	01:12:21		01:37:18	<b>01:43:56.05</b>	<b>01:44:12.05</b>	+00:23:47 (22.9%)	4:55	12.2 (77.2%)
91	<b>NITKA Sebastian</b>	<b>52</b>		M-40	91	00:00:30	00:23:40	00:47:49	01:11:54		01:37:37	<b>01:44:05.15</b>	<b>01:44:35.55</b>	+00:23:56 (23.0%)	4:55	12.2 (77.2%)
92	<b>BEHRENDT Bartek</b>	<b>695</b>	NIGHT RUNNERS GLIWICE	M-40	92	00:00:50	00:24:04	00:48:11	01:12:32	01:34:26	01:38:14	<b>01:44:22.20</b>	<b>01:45:13.15</b>	+00:24:14 (23.2%)	4:56	12.1 (76.6%)
93	<b>ŁAKOMSKI Marcin</b>	<b>203</b>		M-40	93	00:00:32	00:24:50	00:49:36	01:13:44	01:34:22	01:38:07	<b>01:44:41.05</b>	<b>01:45:13.45</b>	+00:24:32 (23.4%)	4:57	12.1 (76.6%)
94	<b>HOŁYŃSKI Tomasz</b>	<b>477</b>		M-40	94	00:00:28	00:24:06	00:48:40	01:13:16	01:35:07	01:38:55	<b>01:45:06.60</b>	<b>01:45:34.95</b>	+00:24:58 (23.8%)	4:58	12 (75.9%)
95	<b>KUCZMA Jarosław</b>	<b>161</b>		M-40	95	00:00:30	00:25:10	00:49:56	01:14:27	01:35:15	01:39:01	<b>01:45:22.75</b>	<b>01:45:53.15</b>	+00:25:14 (24.0%)	4:59	12 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
96	<b>FAŁEK Krzysztof</b>	<b>475</b>		M-40	96	00:01:08	00:25:20	00:49:13	01:13:11	01:34:34	01:38:29	<b>01:45:23.15</b>	<b>01:46:31.35</b>	+00:25:14 (24.0%)	4:59	12 (75.9%)
97	<b>KRUK Tomasz</b>	<b>861</b>	NYSA BIEGA	M-40	97	00:01:23	00:24:23	00:48:15	01:12:38	01:34:38	01:38:31	<b>01:45:23.15</b>	<b>01:46:46.70</b>	+00:25:14 (24.0%)	4:59	12 (75.9%)
98	<b>BIERNAT Wojtek</b>	<b>93</b>	OPEL ACTIVE TEAM	M-40	98	00:00:21	00:24:14	00:48:21	01:12:46	01:34:48	01:38:55	<b>01:45:37.00</b>	<b>01:45:58.50</b>	+00:25:28 (24.1%)	5:00	12 (75.9%)
99	<b>FILIPIAK Hieronim</b>	<b>1171</b>	KADRA BOBREK-CENTRUM	M-40	99	00:00:16	00:25:35	00:50:12	01:14:34	01:35:36	01:39:20	<b>01:45:39.75</b>	<b>01:45:56.10</b>	+00:25:31 (24.2%)	5:00	12 (75.9%)
100	<b>SZEREMETA Andrzej</b>	<b>759</b>	PZU SPORT TEAM	M-40	100	00:00:13	00:23:40	00:48:13	01:13:08	01:35:27	01:39:16	<b>01:45:42.90</b>	<b>01:45:56.25</b>	+00:25:34 (24.2%)	5:00	12 (75.9%)
101	<b>NOWAKOWSKI Jarosław</b>	<b>555</b>	FORGOSIA	M-40	101	00:00:15	00:25:14	00:50:11	01:14:39	01:35:39	01:39:23	<b>01:45:44.35</b>	<b>01:45:59.40</b>	+00:25:36 (24.2%)	5:00	12 (75.9%)
102	<b>CHWALISZEWSKI Jarosław</b>	<b>585</b>	NIGHT RUNNERS GLIWICE	M-40	102	00:00:33	00:23:57	00:49:10	01:13:54	01:35:04	01:39:00	<b>01:46:00.75</b>	<b>01:46:34.40</b>	+00:25:52 (24.4%)	5:01	11.9 (75.3%)
103	<b>BIAŁAS Krzysztof</b>	<b>47</b>	ZESPÓŁ SZKÓŁ NR 2 W RUDZIE ŚLĄSKIEJ	M-40	103	00:01:07	00:26:10	00:51:29	01:15:57	01:36:10	01:39:43	<b>01:46:03.25</b>	<b>01:47:10.95</b>	+00:25:55 (24.4%)	5:01	11.9 (75.3%)
104	<b>KABAŁA Sebastian</b>	<b>1241</b>		M-40	104	00:00:16	00:25:26	00:50:52	01:15:38	01:36:45	01:40:24	<b>01:46:23.60</b>	<b>01:46:39.70</b>	+00:26:15 (24.7%)	5:02	11.9 (75.3%)
105	<b>OCHMAN Ireneusz</b>	<b>234</b>	OPEL ACTIVE TEAM	M-40	105	00:00:40	00:23:44	00:48:39	01:13:39	01:36:02	01:39:55	<b>01:46:41.15</b>	<b>01:47:21.65</b>	+00:26:32 (24.9%)	5:03	11.9 (75.3%)
106	<b>STRUG Mariusz</b>	<b>800</b>		M-40	106	00:01:14	00:25:01	00:49:29	01:14:05	01:35:51	01:39:46	<b>01:46:41.90</b>	<b>01:47:56.25</b>	+00:26:33 (24.9%)	5:03	11.9 (75.3%)
107	<b>PIKTAS Paweł</b>	<b>811</b>		M-40	107	00:00:10	00:23:23	00:46:50	01:11:51	01:35:13	01:39:30	<b>01:46:53.80</b>	<b>01:47:04.45</b>	+00:26:45 (25.0%)	5:03	11.8 (74.7%)
108	<b>ŁOBKO Adam</b>	<b>1052</b>		M-40	108	00:01:10	00:25:18	00:49:32	01:14:30	01:36:03	01:40:04	<b>01:47:00.75</b>	<b>01:48:11.10</b>	+00:26:52 (25.1%)	5:04	11.8 (74.7%)
109	<b>KONIK Tomasz</b>	<b>370</b>	KONIK TEAM	M-40	109	00:00:37	00:24:19	00:49:14	01:14:09	01:36:23	01:40:12	<b>01:47:03.20</b>	<b>01:47:40.55</b>	+00:26:55 (25.1%)	5:04	11.8 (74.7%)
110	<b>URBANEK Darek</b>	<b>635</b>	PRZED LIMITEM	M-40	110	00:00:14	00:24:09	00:49:39	01:15:03	01:37:01	01:40:49	<b>01:47:08.55</b>	<b>01:47:23.05</b>	+00:27:00 (25.2%)	5:04	11.8 (74.7%)
111	<b>BAK-CESARZ Damian</b>	<b>552</b>		M-40	111	00:01:38	00:26:39	00:52:55	01:17:40	01:37:47	01:41:15	<b>01:47:08.60</b>	<b>01:48:47.20</b>	+00:27:00 (25.2%)	5:04	11.8 (74.7%)
112	<b>KOTAJNY Piotr</b>	<b>704</b>		M-40	112	00:00:34	00:24:59	00:49:31	01:14:00	01:36:02	01:40:06	<b>01:47:15.70</b>	<b>01:47:50.30</b>	+00:27:07 (25.3%)	5:05	11.8 (74.7%)
113	<b>STALICA Wojciech</b>	<b>723</b>	IZOERG	M-40	113	00:00:13	00:24:16	00:49:40	01:15:04		01:40:50	<b>01:47:20.10</b>	<b>01:47:34.00</b>	+00:27:11 (25.3%)	5:05	11.8 (74.7%)
114	<b>CZYŻYKOWSKI Marcin</b>	<b>898</b>		M-40	114	00:01:33	00:25:03	00:49:44	01:14:47	01:36:41	01:40:39	<b>01:47:23.25</b>	<b>01:48:56.65</b>	+00:27:15 (25.4%)	5:05	11.8 (74.7%)
115	<b>JAMRÓZ Wojciech</b>	<b>625</b>		M-40	115	00:00:09	00:21:24	00:45:56	01:11:50	01:35:46	01:40:14	<b>01:47:27.95</b>	<b>01:47:37.10</b>	+00:27:19 (25.4%)	5:05	11.8 (74.7%)
116	<b>BORSUK Mirosław</b>	<b>682</b>	NIGHT RUNNERS GLIWICE	M-40	116	00:01:01	00:25:49	00:50:50	01:15:32	01:37:06	01:40:55	<b>01:47:41.65</b>	<b>01:48:43.20</b>	+00:27:33 (25.6%)	5:06	11.8 (74.7%)
117	<b>MIERZWA Adam</b>	<b>569</b>		M-40	117	00:00:22	00:23:21	00:47:43	01:14:26	01:38:04	01:41:47	<b>01:47:47.90</b>	<b>01:48:10.50</b>	+00:27:39 (25.7%)	5:06	11.7 (74.1%)
118	<b>ZAMOJSKI Bartek</b>	<b>796</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	118	00:00:41	00:24:51	00:49:36	01:14:15	01:36:33	01:40:41	<b>01:47:54.80</b>	<b>01:48:35.80</b>	+00:27:46 (25.7%)	5:06	11.7 (74.1%)
119	<b>KOZIELEC Tomasz</b>	<b>240</b>	PĘDZĄCE MISIE	M-40	119	00:00:22	00:25:05	00:50:07	01:15:05	01:36:50	01:40:50	<b>01:48:01.35</b>	<b>01:48:23.65</b>	+00:27:53 (25.8%)	5:07	11.7 (74.1%)
120	<b>CIEŚLIK Paweł</b>	<b>421</b>	CHATEAU CHALIN	M-40	120	00:00:26		00:51:23	01:16:25	01:37:43	01:41:27	<b>01:48:03.25</b>	<b>01:48:30.00</b>	+00:27:55 (25.8%)	5:07	11.7 (74.1%)
121	<b>SPINCZYK Andrzej</b>	<b>1009</b>		M-40	121	00:00:59	00:24:19	00:49:16	01:14:49	01:37:09	01:41:10	<b>01:48:06.10</b>	<b>01:49:05.70</b>	+00:27:57 (25.9%)	5:07	11.7 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
122	<b>DYMNICKI Andrzej</b>	<b>120</b>	OCHAJORUN & FRIENDS	M-40	122	00:00:20	00:23:29	00:47:32	01:12:17	01:34:59	01:40:53	<b>01:48:06.65</b>	<b>01:48:27.30</b>	+00:27:58 (25.9%)	5:07	11.7 (74.1%)
123	<b>STOLARCZYK Marcin</b>	<b>1291</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	123	00:00:32	00:25:19	00:50:08	01:15:02	01:37:03	01:41:03	<b>01:48:07.85</b>	<b>01:48:40.70</b>	+00:27:59 (25.9%)	5:07	11.7 (74.1%)
124	<b>GAWROŃSKI Paweł</b>	<b>967</b>		M-40	124	00:00:35	00:24:47	00:49:17	01:15:04	01:36:51	01:40:56	<b>01:48:11.25</b>	<b>01:48:46.55</b>	+00:28:03 (25.9%)	5:07	11.7 (74.1%)
125	<b>KOTNIS Bogusław</b>	<b>620</b>	RFC ACTIVE TEAM	M-40	125	00:01:31	00:25:24	00:50:59	01:16:10	01:37:36	01:41:28	<b>01:48:12.25</b>	<b>01:49:43.95</b>	+00:28:04 (25.9%)	5:07	11.7 (74.1%)
126	<b>PRZYBYLSKI Mariusz</b>	<b>330</b>		M-40	126	00:00:26	00:25:39	00:50:59	01:15:43	01:37:20	01:41:20	<b>01:48:18.80</b>	<b>01:48:45.30</b>	+00:28:10 (26.0%)	5:08	11.7 (74.1%)
127	<b>DRYNDA Andrzej</b>	<b>18</b>		M-40	127	00:00:40	00:25:36	00:51:08	01:16:37	01:38:04	01:41:48	<b>01:48:21.95</b>	<b>01:49:02.25</b>	+00:28:13 (26.0%)	5:08	11.7 (74.1%)
128	<b>JASIK Grzegorz</b>	<b>1293</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	128	00:00:19	00:23:56	00:48:31	01:13:34	01:37:18	01:41:26	<b>01:48:39.15</b>	<b>01:48:58.80</b>	+00:28:30 (26.2%)	5:08	11.7 (74.1%)
129	<b>KOŁODZIEJ Jacek</b>	<b>70</b>	NIGHT RUNNERS GLIWICE	M-40	129	00:00:20	00:25:46	00:50:56	01:16:10	01:38:04	01:41:59	<b>01:48:45.65</b>	<b>01:49:06.00</b>	+00:28:37 (26.3%)	5:09	11.6 (73.4%)
130	<b>PIETRZAK Marcin</b>	<b>244</b>	STRAŻAK JRG GLIWICE	M-40	130	00:00:19	00:23:51	00:48:45	01:14:12	01:37:22	01:41:35	<b>01:49:05.60</b>	<b>01:49:24.70</b>	+00:28:57 (26.5%)	5:10	11.6 (73.4%)
131	<b>RENKE Piotr</b>	<b>565</b>	BAUREN TEAM	M-40	131	00:00:33	00:24:44	00:49:48	01:15:18	01:38:09	01:42:16	<b>01:49:12.65</b>	<b>01:49:46.30</b>	+00:29:04 (26.6%)	5:10	11.6 (73.4%)
132	<b>DUDEK Jan</b>	<b>828</b>	HONOROWI DAWCY KRWI	M-40	132	00:00:25	00:23:17	00:47:57	01:13:35	01:37:29	01:41:48	<b>01:49:16.45</b>	<b>01:49:42.25</b>	+00:29:08 (26.7%)	5:10	11.6 (73.4%)
133	<b>LIC Janusz</b>	<b>693</b>		M-40	133	00:00:23	00:24:07	00:48:05	01:12:44	01:37:04	01:41:32	<b>01:49:19.50</b>	<b>01:49:43.20</b>	+00:29:11 (26.7%)	5:10	11.6 (73.4%)
134	<b>KORPETTA Andrzej</b>	<b>568</b>		M-40	134	00:01:13	00:25:56	00:51:38	01:16:41	01:38:23	01:42:20	<b>01:49:22.85</b>	<b>01:50:36.35</b>	+00:29:14 (26.7%)	5:11	11.6 (73.4%)
135	<b>HAJDA Marek</b>	<b>749</b>		M-40	135	00:00:41	00:24:48	00:50:26	01:15:42	01:38:33	01:42:25	<b>01:49:29.15</b>	<b>01:50:10.25</b>	+00:29:20 (26.8%)	5:11	11.6 (73.4%)
136	<b>BOCZAROWSKI Michał</b>	<b>1014</b>	EXPERT TRAVEL	M-40	136	00:00:45	00:24:57	00:50:02	01:15:15	01:38:07	01:42:18	<b>01:49:29.70</b>	<b>01:50:14.90</b>	+00:29:21 (26.8%)	5:11	11.6 (73.4%)
137	<b>PYTLASIŃSKI Adam</b>	<b>672</b>	AKTYWNE ZABRZE	M-40	137	00:00:14	00:24:28	00:49:23	01:14:38	01:38:37	01:42:48	<b>01:49:40.30</b>	<b>01:49:55.05</b>	+00:29:32 (26.9%)	5:11	11.5 (72.8%)
138	<b>IZBICKI Zbigniew</b>	<b>1113</b>		M-40	138	00:00:28	00:25:25	00:50:33	01:15:52	01:38:30	01:42:34	<b>01:49:45.00</b>	<b>01:50:13.00</b>	+00:29:36 (27.0%)	5:12	11.5 (72.8%)
139	<b>SMUDA Andrzej</b>	<b>512</b>	AKMB PĘDZIWIATR GLIWICE	M-40	139	00:01:26	00:26:13	00:51:46	01:17:12	01:38:59	01:42:58	<b>01:49:47.10</b>	<b>01:51:13.70</b>	+00:29:38 (27.0%)	5:12	11.5 (72.8%)
140	<b>ZDZIEBKO Artur</b>	<b>176</b>		M-40	140	00:00:24	00:26:01	00:51:47	01:17:11	01:39:12	01:43:08	<b>01:49:56.10</b>	<b>01:50:20.25</b>	+00:29:47 (27.1%)	5:12	11.5 (72.8%)
141	<b>STĘPIEŃ Wojciech</b>	<b>217</b>	NIGHT RUNNERS GLIWICE	M-40	141	00:00:18	00:25:44	00:51:27	01:16:58	01:38:54	01:42:43	<b>01:49:57.80</b>	<b>01:50:16.05</b>	+00:29:49 (27.1%)	5:12	11.5 (72.8%)
142	<b>KĄDZIOŁKA Jan</b>	<b>868</b>	NIGHT RUNNERS GLIWICE	M-40	142	00:00:35	00:25:39	00:51:24	01:17:06	01:39:39	01:43:41	<b>01:50:23.40</b>	<b>01:50:58.45</b>	+00:30:15 (27.4%)	5:13	11.5 (72.8%)
143	<b>IMIOŁEK Arkadiusz</b>	<b>121</b>	ED-CERT	M-40	143	00:00:15	00:25:24	00:51:11	01:17:01	01:39:42	01:43:46	<b>01:50:30.00</b>	<b>01:50:45.95</b>	+00:30:21 (27.5%)	5:14	11.5 (72.8%)
144	<b>ĆWIK Paweł</b>	<b>1003</b>		M-40	144	00:00:39	00:25:37	00:51:13	01:17:21	01:39:46	01:43:46	<b>01:50:33.65</b>	<b>01:51:12.85</b>	+00:30:25 (27.5%)	5:14	11.5 (72.8%)
145	<b>DYDO Arkadiusz</b>	<b>865</b>		M-40	145	00:00:22	00:25:39	00:51:08	01:16:52	01:39:18	01:43:27	<b>01:50:38.95</b>	<b>01:51:00.95</b>	+00:30:30 (27.6%)	5:14	11.4 (72.2%)
146	<b>DZIURA Arkadiusz</b>	<b>50</b>		M-40	146	00:00:48	00:26:05	00:51:28	01:17:04	01:39:42	01:43:50	<b>01:50:55.80</b>	<b>01:51:44.15</b>	+00:30:47 (27.8%)	5:15	11.4 (72.2%)
147	<b>KAFARSKI Robert</b>	<b>829</b>	MALA PANA ZAWADZKIE	M-40	147	00:00:42	00:25:26	00:50:43	01:16:31	01:39:29	01:43:38	<b>01:50:56.15</b>	<b>01:51:38.50</b>	+00:30:47 (27.8%)	5:15	11.4 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
148	<b>KACZKIEWICZ Damian</b>	<b>683</b>	NIGHT RUNNERS GLIWICE	M-40	148	00:00:28	00:25:35	00:51:17	01:16:49	01:39:46	01:43:52	<b>01:50:56.80</b>	<b>01:51:24.90</b>	+00:30:48 (27.8%)	5:15	11.4 (72.2%)
149	<b>GOMOLA Zbigniew</b>	<b>461</b>		M-40	149	00:01:07	00:26:10	00:51:29	01:16:13	01:38:34	01:43:54	<b>01:51:18.45</b>	<b>01:52:26.15</b>	+00:31:10 (28.0%)	5:16	11.4 (72.2%)
150	<b>NIESZPOREK Adam</b>	<b>344</b>	RUN-3	M-40	150	00:00:56	00:25:34	00:50:57	01:16:20	01:39:24	01:43:45	<b>01:51:27.25</b>	<b>01:52:23.35</b>	+00:31:19 (28.1%)	5:16	11.4 (72.2%)
151	<b>CIMAŁA Rafał</b>	<b>598</b>	ISTA BIEGAMY	M-40	151	00:00:55	00:27:39	00:54:19	01:20:08	01:41:32	01:45:14	<b>01:51:36.80</b>	<b>01:52:32.10</b>	+00:31:28 (28.2%)	5:17	11.3 (71.5%)
152	<b>KLIKS Andrzej</b>	<b>125</b>	UNISONO	M-40	152	00:01:09	00:25:21	00:51:14	01:17:28		01:44:38	<b>01:51:46.65</b>	<b>01:52:56.50</b>	+00:31:38 (28.3%)	5:17	11.3 (71.5%)
153	<b>SITEK Grzegorz</b>	<b>892</b>	TARNOGORSKIE TOWARZYSTWO TRIATHLONOWE	M-40	153	00:00:38	00:25:34	00:51:22	01:17:17	01:40:27	01:44:39	<b>01:51:49.70</b>	<b>01:52:28.60</b>	+00:31:41 (28.3%)	5:18	11.3 (71.5%)
154	<b>MARCINKIEWICZ Paweł</b>	<b>1036</b>	UNIWERSYTET OPOLSKI	M-40	154	00:00:37	00:25:32	00:51:11	01:17:50	01:41:16	01:45:20	<b>01:52:12.50</b>	<b>01:52:50.35</b>	+00:32:04 (28.6%)	5:19	11.3 (71.5%)
155	<b>PARUZEL Ireneusz</b>	<b>681</b>		M-40	155	00:00:38	00:24:22	00:49:34	01:15:21	01:40:06	01:44:40	<b>01:52:15.85</b>	<b>01:52:54.15</b>	+00:32:07 (28.6%)	5:19	11.3 (71.5%)
156	<b>RYZIŃSKI Dariusz</b>	<b>255</b>		M-40	156	00:01:40	00:25:20	00:51:01	01:17:03		01:44:45	<b>01:52:16.05</b>	<b>01:53:56.75</b>	+00:32:07 (28.6%)	5:19	11.3 (71.5%)
157	<b>MICHALAK Grzegorz</b>	<b>659</b>	TOTALNY AMATOR	M-40	157	00:00:20	00:24:48	00:50:33	01:17:01	01:40:23	01:44:47	<b>01:52:18.20</b>	<b>01:52:38.95</b>	+00:32:10 (28.6%)	5:19	11.3 (71.5%)
158	<b>WILSZ Adam</b>	<b>27</b>	UNISONO	M-40	158	00:01:10	00:28:19	00:55:12	01:20:16	01:41:54	01:45:47	<b>01:52:43.90</b>	<b>01:53:53.95</b>	+00:32:35 (28.9%)	5:20	11.2 (70.9%)
159	<b>JANUSZKA Mariusz</b>	<b>822</b>		M-40	159	00:00:50	00:26:51	00:53:26	01:19:26	01:42:02	01:46:06	<b>01:52:43.95</b>	<b>01:53:34.75</b>	+00:32:35 (28.9%)	5:20	11.2 (70.9%)
160	<b>NAWROCKI Paweł</b>	<b>1118</b>		M-40	160	00:01:34	00:25:30	00:50:47	01:16:37	01:40:11	01:44:45	<b>01:52:57.00</b>	<b>01:54:31.40</b>	+00:32:48 (29.1%)	5:21	11.2 (70.9%)
161	<b>SOSZYŃSKI Wojtek</b>	<b>291</b>	PZU SPORT TEAM	M-40	161	00:00:26	00:25:55	00:51:46	01:17:31	01:41:02	01:45:17	<b>01:53:00.60</b>	<b>01:53:27.20</b>	+00:32:52 (29.1%)	5:21	11.2 (70.9%)
162	<b>DADAŚ Janusz</b>	<b>13</b>		M-40	162	00:00:37	00:25:37	00:51:15	01:17:02	01:40:40	01:44:58	<b>01:53:02.35</b>	<b>01:53:40.10</b>	+00:32:54 (29.1%)	5:21	11.2 (70.9%)
163	<b>TUREK Maciej</b>	<b>375</b>		M-40	163	00:01:06	00:26:20	00:53:30	01:20:17	01:43:03	01:46:52	<b>01:53:11.85</b>	<b>01:54:18.30</b>	+00:33:03 (29.2%)	5:21	11.2 (70.9%)
164	<b>KOWALCZYK Grzegorz</b>	<b>247</b>		M-40	164	00:00:27	00:23:28	00:47:51	01:14:54	01:40:44	01:45:34	<b>01:53:24.40</b>	<b>01:53:52.35</b>	+00:33:16 (29.3%)	5:22	11.2 (70.9%)
165	<b>KOWALCZYK Robert</b>	<b>599</b>	BIEGAMY	M-40	165	00:00:46	00:26:12	00:52:50	01:19:16	01:42:16	01:46:30	<b>01:53:31.65</b>	<b>01:54:17.85</b>	+00:33:23 (29.4%)	5:22	11.2 (70.9%)
166	<b>LUKOSZEK Marek</b>	<b>349</b>	RUN3	M-40	166	00:00:56	00:26:06	00:52:18	01:18:08	01:41:26	01:45:55	<b>01:53:37.60</b>	<b>01:54:33.70</b>	+00:33:29 (29.5%)	5:23	11.1 (70.3%)
167	<b>SZOLC Grzegorz</b>	<b>1078</b>		M-40	167	00:01:05	00:26:17	00:52:40	01:18:48	01:42:04	01:46:13	<b>01:53:41.80</b>	<b>01:54:46.90</b>	+00:33:33 (29.5%)	5:23	11.1 (70.3%)
168	<b>PAWIŃSKI Wojciech</b>	<b>285</b>		M-40	168	00:00:50	00:27:46	00:55:32	01:21:33	01:43:29	01:47:16	<b>01:53:46.60</b>	<b>01:54:36.60</b>	+00:33:38 (29.6%)	5:23	11.1 (70.3%)
169	<b>SIKORA Grzegorz</b>	<b>882</b>		M-40	169	00:01:51	00:26:35	00:52:38	01:18:56	01:42:13	01:46:34	<b>01:53:47.50</b>	<b>01:55:39.00</b>	+00:33:39 (29.6%)	5:23	11.1 (70.3%)
170	<b>GÓRNIAK Adam</b>	<b>884</b>	HARPAGAN SOSNOWIEC	M-40	170	00:00:34	00:26:39	00:53:17	01:19:37	01:42:56	01:47:08	<b>01:54:10.75</b>	<b>01:54:45.50</b>	+00:34:02 (29.8%)	5:24	11.1 (70.3%)
171	<b>RABIEJ Rafał</b>	<b>906</b>		M-40	171	00:00:35	00:25:39	00:51:24	01:17:50	01:41:51	01:46:17	<b>01:54:16.80</b>	<b>01:54:51.85</b>	+00:34:08 (29.9%)	5:24	11.1 (70.3%)
172	<b>MUSIALIK Jan</b>	<b>991</b>	CARPE DIEM	M-40	172	00:00:44	00:26:11	00:52:53	01:19:11	01:42:34	01:46:50	<b>01:54:27.25</b>	<b>01:55:12.15</b>	+00:34:19 (30.0%)	5:25	11.1 (70.3%)
173	<b>ROŻEK Michał</b>	<b>550</b>		M-40	173	00:01:03	00:26:43	00:53:24	01:20:17	01:43:33	01:47:44	<b>01:54:39.15</b>	<b>01:55:43.10</b>	+00:34:30 (30.1%)	5:26	11 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
174	<b>PAWLINA Piotr</b>	<b>103</b>		M-40	174	00:01:27	00:27:06	00:54:03	01:20:50	01:43:26	01:47:38	<b>01:54:46.35</b>	<b>01:56:13.40</b>	+00:34:38 (30.2%)	5:26	11 (69.6%)
175	<b>SŁUSZNIK Sławomir</b>	<b>799</b>		M-40	175	00:01:21	00:25:35	00:51:28	01:18:46	01:43:18	01:47:39	<b>01:55:08.05</b>	<b>01:56:29.95</b>	+00:34:59 (30.4%)	5:27	11 (69.6%)
176	<b>KACZOR Rafał</b>	<b>1027</b>	PKO BANK POLSKI	M-40	176	00:01:27	00:26:32	00:53:08	01:19:45	01:43:33	01:47:49	<b>01:55:18.35</b>	<b>01:56:46.25</b>	+00:35:10 (30.5%)	5:27	11 (69.6%)
177	<b>KAMPKA Aleksander</b>	<b>149</b>		M-40	177	00:00:34	00:26:34	00:53:29	01:20:21	01:43:51	01:47:59	<b>01:55:18.75</b>	<b>01:55:53.70</b>	+00:35:10 (30.5%)	5:27	11 (69.6%)
178	<b>WOŹNIAK Marek</b>	<b>608</b>		M-40	178	00:00:45	00:26:26	00:53:18	01:19:43	01:43:32	01:47:52	<b>01:55:22.15</b>	<b>01:56:07.65</b>	+00:35:13 (30.5%)	5:28	11 (69.6%)
179	<b>GRAMATYKA Paweł</b>	<b>631</b>		M-40	179	00:00:31	00:25:32	00:51:20	01:17:24	01:43:08	01:48:05	<b>01:55:36.90</b>	<b>01:56:08.00</b>	+00:35:28 (30.7%)	5:28	10.9 (69.0%)
180	<b>KOWALCZYK Józef</b>	<b>1045</b>		M-40	180	00:01:43	00:27:19	00:54:20	01:21:46	01:44:27	01:48:33	<b>01:55:44.35</b>	<b>01:57:27.65</b>	+00:35:36 (30.8%)	5:29	10.9 (69.0%)
181	<b>SIKORA Mariusz</b>	<b>758</b>		M-40	181	00:00:29	00:25:44	00:51:29	01:17:43	01:42:24	01:47:00	<b>01:55:45.35</b>	<b>01:56:14.45</b>	+00:35:37 (30.8%)	5:29	10.9 (69.0%)
182	<b>LEWANDOWSKI Henryk</b>	<b>733</b>		M-40	182	00:01:03	00:25:23	00:51:03	01:17:34	01:43:07	01:47:49	<b>01:55:54.80</b>	<b>01:56:58.05</b>	+00:35:46 (30.9%)	5:29	10.9 (69.0%)
183	<b>SZUMSKI Tomasz</b>	<b>321</b>		M-40	183	00:00:27	00:25:52	00:51:47	01:18:47	01:43:38	01:48:16	<b>01:56:16.85</b>	<b>01:56:44.15</b>	+00:36:08 (31.1%)	5:30	10.9 (69.0%)
184	<b>GIERAS Mirosław</b>	<b>469</b>		M-40	184	00:00:33	00:25:29	00:51:22	01:19:30	01:44:43	01:49:07	<b>01:56:27.45</b>	<b>01:57:00.80</b>	+00:36:19 (31.2%)	5:31	10.9 (69.0%)
185	<b>ZEMŁA Piotr</b>	<b>195</b>		M-40	185	00:00:42	00:26:25	00:53:40	01:20:46	01:44:33	01:48:51	<b>01:56:30.85</b>	<b>01:57:13.55</b>	+00:36:22 (31.2%)	5:31	10.9 (69.0%)
186	<b>MICHALSKI Bartosz</b>	<b>85</b>		M-40	186	00:01:14	00:27:21	00:54:28	01:21:31	01:45:20	01:49:40	<b>01:56:50.60</b>	<b>01:58:05.55</b>	+00:36:42 (31.4%)	5:32	10.8 (68.4%)
187	<b>ZELMANOWICZ Jacek</b>	<b>1272</b>		M-40	187	00:00:24	00:25:24	00:51:51	01:19:29	01:45:15	01:49:39	<b>01:56:52.00</b>	<b>01:57:16.15</b>	+00:36:43 (31.4%)	5:32	10.8 (68.4%)
188	<b>GRONDECKI Grzegorz</b>	<b>302</b>	BIEGAMY Z SERCEM.PL	M-40	188	00:00:18	00:25:06	00:50:55	01:17:28	01:45:01	01:49:31	<b>01:57:19.30</b>	<b>01:57:37.35</b>	+00:37:11 (31.7%)	5:33	10.8 (68.4%)
189	<b>SZULC Michał</b>	<b>1021</b>	4M	M-40	189	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:35	<b>01:57:31.25</b>	<b>01:58:20.50</b>	+00:37:23 (31.8%)	5:34	10.8 (68.4%)
190	<b>CHUDZIŃSKI Tomasz</b>	<b>835</b>		M-40	190	00:00:15	00:23:54	00:49:27	01:16:50	01:46:03	01:50:27	<b>01:57:55.90</b>	<b>01:58:11.50</b>	+00:37:47 (32.0%)	5:35	10.7 (67.7%)
191	<b>GRUSZKA Michał</b>	<b>371</b>		M-40	191	00:01:26	00:27:37	00:55:44	01:23:44	01:47:14	01:51:22	<b>01:57:56.25</b>	<b>01:59:23.20</b>	+00:37:48 (32.1%)	5:35	10.7 (67.7%)
192	<b>KRUSZYŃSKI Marcin</b>	<b>301</b>	STADO PĘDZĄCYCH IMADEŁ	M-40	192	00:00:46	00:26:07	00:51:58	01:18:59	01:45:13	01:50:09	<b>01:58:12.50</b>	<b>01:58:59.05</b>	+00:38:04 (32.2%)	5:36	10.7 (67.7%)
193	<b>BIOLIK Piotr</b>	<b>413</b>	--	M-40	193	00:00:21	00:24:21	00:50:29	01:18:58	01:45:24	01:50:02	<b>01:58:15.00</b>	<b>01:58:36.80</b>	+00:38:06 (32.2%)	5:36	10.7 (67.7%)
194	<b>HRYSKIEWICZ Janusz</b>	<b>467</b>	UNISONO/AKMB PĘDZIWIATR GLIWICE	M-40	194	00:01:10	00:28:19	00:55:14	01:22:27	01:46:40	01:50:58	<b>01:58:15.55</b>	<b>01:59:26.50</b>	+00:38:07 (32.2%)	5:36	10.7 (67.7%)
195	<b>JĘDRYCHA Artur</b>	<b>708</b>		M-40	195	00:00:38	00:27:39	00:55:24	01:22:59	01:46:55	01:51:10	<b>01:58:21.50</b>	<b>01:58:59.85</b>	+00:38:13 (32.3%)	5:36	10.7 (67.7%)
196	<b>RENKIEL Tomasz</b>	<b>55</b>	NIGHT RUNNERS GLIWICE	M-40	196	00:01:00	00:28:03	00:55:53	01:23:50	01:47:25	01:51:35	<b>01:58:31.75</b>	<b>01:59:31.85</b>	+00:38:23 (32.4%)	5:37	10.7 (67.7%)
197	<b>GONERA Paweł</b>	<b>676</b>		M-40	197	00:00:47	00:25:59	00:53:27	01:21:34	01:46:28	01:51:08	<b>01:58:31.80</b>	<b>01:59:19.35</b>	+00:38:23 (32.4%)	5:37	10.7 (67.7%)
198	<b>UCHNAST Sebastian</b>	<b>990</b>		M-40	198	00:01:26	00:27:37	00:55:43	01:23:44	01:47:15	01:51:22	<b>01:58:31.80</b>	<b>01:59:58.75</b>	+00:38:23 (32.4%)	5:37	10.7 (67.7%)
199	<b>POPIEL Artur</b>	<b>21</b>		M-40	199	00:01:08	00:27:56	00:55:15	01:23:09	01:47:38	01:51:59	<b>01:58:32.35</b>	<b>01:59:40.95</b>	+00:38:24 (32.4%)	5:37	10.7 (67.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km					
200	<b>WILIMSKI Tomasz</b>	<b>101</b>	SBRT GLIWICE	M-40	200	00:00:34	00:27:41	00:55:28	01:23:01	01:47:14	01:51:50	<b>01:58:49.70</b>	<b>01:59:24.30</b>	+00:38:41 (32.6%)	5:37	10.7 (67.7%)
201	<b>BIERNAT Adam</b>	<b>268</b>		M-40	201	00:01:38	00:28:06	00:55:49	01:23:20	01:47:40	01:51:46	<b>01:58:50.85</b>	<b>02:00:29.45</b>	+00:38:42 (32.6%)	5:37	10.7 (67.7%)
202	<b>TISZBIEREK Henryk</b>	<b>180</b>	SBRT GLIWICE	M-40	202	00:01:12	00:27:58	00:55:43	01:23:35	01:47:38	01:51:51	<b>01:59:07.85</b>	<b>02:00:19.90</b>	+00:38:59 (32.7%)	5:38	10.6 (67.1%)
203	<b>PRUSKO Adrian</b>	<b>627</b>		M-40	203	00:00:11	00:25:07	00:52:29	01:20:42	01:47:20	01:52:08	<b>02:00:44.45</b>	<b>02:00:56.20</b>	+00:40:36 (33.6%)	5:43	10.5 (66.5%)
204	<b>STAROŃ Sylwester</b>	<b>470</b>		M-40	204	00:01:04	00:27:31	00:55:35	01:24:01	01:48:52	01:53:13	<b>02:00:44.65</b>	<b>02:01:48.90</b>	+00:40:36 (33.6%)	5:43	10.5 (66.5%)
205	<b>CZAJKA Aleksander</b>	<b>1124</b>		M-40	205	00:00:40	00:27:36	00:55:26	01:23:24	01:48:37	01:53:19	<b>02:01:00.30</b>	<b>02:01:40.30</b>	+00:40:52 (33.8%)	5:44	10.5 (66.5%)
206	<b>PTAK Leszek</b>	<b>824</b>		M-40	206	00:00:21	00:26:04	00:53:28	01:22:13	01:49:02	01:53:56	<b>02:01:56.10</b>	<b>02:02:17.90</b>	+00:41:47 (34.3%)	5:46	10.4 (65.8%)
207	<b>BUFNAL Krzysztof</b>	<b>574</b>		M-40	207	00:01:53	00:29:00	00:56:08	01:24:11	01:49:21	01:54:13	<b>02:02:14.90</b>	<b>02:04:08.55</b>	+00:42:06 (34.4%)	5:47	10.4 (65.8%)
208	<b>CZAJKA Edward</b>	<b>1234</b>	BRAK	M-40	208	00:00:47	00:26:27	00:54:12	01:22:45	01:49:44	01:54:15	<b>02:02:17.20</b>	<b>02:03:04.65</b>	+00:42:09 (34.5%)	5:47	10.4 (65.8%)
209	<b>KRAKOWSKI Jacek</b>	<b>1505</b>		M-40	209	00:01:18	00:29:36	00:59:00	01:27:31	01:51:36	01:55:50	<b>02:02:42.85</b>	<b>02:04:01.25</b>	+00:42:34 (34.7%)	5:48	10.3 (65.2%)
210	<b>GLINIANY Adam</b>	<b>1082</b>	ZABIEGANA RODZINKA	M-40	210	00:01:28	00:29:04	00:57:58	01:26:14	01:51:02	01:55:26	<b>02:02:49.60</b>	<b>02:04:18.30</b>	+00:42:41 (34.8%)	5:49	10.3 (65.2%)
211	<b>KUROWICZ Marcin</b>	<b>539</b>	NIEZRZESZONY	M-40	211	00:01:18	00:28:43	00:57:40	01:25:26		01:55:03	<b>02:03:16.90</b>	<b>02:04:35.65</b>	+00:43:08 (35.0%)	5:50	10.3 (65.2%)
212	<b>NOWAKOWSKI Marek</b>	<b>386</b>	AMEC FOSTER WHEELER RUNNING TEAM	M-40	212	00:01:44	00:27:01	00:54:24	01:22:48	01:49:58	01:54:48	<b>02:03:18.05</b>	<b>02:05:02.55</b>	+00:43:09 (35.0%)	5:50	10.3 (65.2%)
213	<b>KLYTA Wojciech</b>	<b>1284</b>		M-40	213	00:01:41	00:27:13	00:54:21	01:22:05	01:49:30	01:54:34	<b>02:03:28.40</b>	<b>02:05:10.35</b>	+00:43:20 (35.1%)	5:51	10.3 (65.2%)
214	<b>BUGAJSKI Mariusz</b>	<b>844</b>		M-40	214	00:00:02	00:24:36	00:52:11	01:21:05	01:49:22	01:54:27	<b>02:03:34.40</b>	<b>02:03:36.95</b>	+00:43:26 (35.2%)	5:51	10.2 (64.6%)
215	<b>BURLIGA Mariusz</b>	<b>492</b>	KB ENDURANCE SOLIDARNI KNURÓW	M-40	215	00:01:23	00:29:10	00:58:02	01:26:20	01:51:10	01:55:41	<b>02:03:44.70</b>	<b>02:05:07.85</b>	+00:43:36 (35.2%)	5:51	10.2 (64.6%)
216	<b>WIECZORKE Marcin</b>	<b>488</b>		M-40	216	00:01:05	00:25:26	00:52:56	01:22:23	01:50:14	01:55:02	<b>02:03:46.50</b>	<b>02:04:51.95</b>	+00:43:38 (35.3%)	5:51	10.2 (64.6%)
217	<b>DĘBSKI Mariusz</b>	<b>1270</b>	NIGHT RUNNER'S GLIWICE	M-40	217	00:00:29	00:27:59	00:55:54	01:24:48	01:50:52	01:55:31	<b>02:03:52.95</b>	<b>02:04:22.80</b>	+00:43:44 (35.3%)	5:52	10.2 (64.6%)
218	<b>ZALEWSKI Krzysztof</b>	<b>900</b>		M-40	218	00:00:47	00:26:46	00:54:47	01:22:31	01:50:17	01:55:04	<b>02:04:04.95</b>	<b>02:04:52.20</b>	+00:43:56 (35.4%)	5:52	10.2 (64.6%)
219	<b>WYLEŻAŁEK Irek</b>	<b>985</b>	NIGHT RUNNER GLIWICE	M-40	219	00:01:47	00:28:19	00:57:12	01:26:17	01:51:56	01:56:34	<b>02:04:33.05</b>	<b>02:06:20.50</b>	+00:44:24 (35.7%)	5:54	10.2 (64.6%)
220	<b>WÓJCIK Rafał</b>	<b>327</b>		M-40	220	00:00:35	00:27:40	00:55:24	01:23:39	01:51:29	01:56:21	<b>02:04:44.70</b>	<b>02:05:20.40</b>	+00:44:36 (35.8%)	5:54	10.1 (63.9%)
221	<b>BUCHAL Grzegorz</b>	<b>782</b>		M-40	221	00:01:00	00:28:32	00:57:34	01:26:25	01:52:22	01:57:08	<b>02:05:36.05</b>	<b>02:06:36.35</b>	+00:45:27 (36.2%)	5:57	10.1 (63.9%)
222	<b>SMAGOROWICZ Artur</b>	<b>1079</b>	W POGONI ZA DUCHEM	M-40	222	00:00:58	00:28:21	00:59:08	01:28:22	01:53:10	01:58:15	<b>02:06:18.80</b>	<b>02:07:17.55</b>	+00:46:10 (36.6%)	5:59	10 (63.3%)
223	<b>STOKŁOSA Marcin</b>	<b>222</b>		M-40	223	00:01:11	00:30:23	00:59:25	01:27:51	01:53:42	01:58:34	<b>02:06:34.20</b>	<b>02:07:46.15</b>	+00:46:26 (36.7%)	5:59	10 (63.3%)
224	<b>GRACH Tomasz</b>	<b>311</b>	RUN AND FUN TEAM	M-40	224	00:00:59	00:29:53	01:00:06	01:28:31	01:54:28	01:59:02	<b>02:06:53.45</b>	<b>02:07:52.65</b>	+00:46:45 (36.8%)	6:00	10 (63.3%)
225	<b>CYWIŃSKI Robert</b>	<b>1176</b>		M-40	225	00:00:58	00:29:58	00:59:41	01:29:24	01:54:55	01:59:36	<b>02:07:29.50</b>	<b>02:08:27.50</b>	+00:47:21 (37.1%)	6:02	9.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	19_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	19.2km	19.9km	21.1km	21.1km			
226	<b>SZUBERT Grzegorz</b>	<b>6</b>		M-40	226	00:00:46	00:26:29	00:55:26	01:25:20	01:53:53	01:58:48	<b>02:07:43.20</b>	<b>02:08:29.75</b>	+00:47:35 (37.3%)	6:03	9.9 (62.7%)
227	<b>CZAPEK Marek</b>	<b>309</b>	NIGHT RUNNERS GLIWICE	M-40	227	00:00:34	00:29:58	01:00:25	01:30:20	01:56:36	02:01:04	<b>02:08:32.10</b>	<b>02:09:06.75</b>	+00:48:23 (37.7%)	6:05	9.8 (62.0%)
228	<b>GABRYŚ Seba</b>	<b>1277</b>	NIGHT RUNNERS GLIWICE	M-40	228	00:00:30	00:30:02	01:00:31	01:30:24	01:56:40	02:01:08	<b>02:08:36.60</b>	<b>02:09:06.65</b>	+00:48:28 (37.7%)	6:05	9.8 (62.0%)
229	<b>PLEWIK Michał</b>	<b>667</b>	GRAMMI	M-40	229	00:00:41	00:28:17	00:57:32	01:27:41	01:56:00	02:01:07	<b>02:09:17.20</b>	<b>02:09:58.35</b>	+00:49:09 (38.0%)	6:07	9.8 (62.0%)
230	<b>MIRSKI Rafał</b>	<b>663</b>	IMPULS DO DZIAŁANIA	M-40	230	00:00:40	00:28:18	00:57:34	01:27:43	01:56:02	02:01:08	<b>02:09:17.70</b>	<b>02:09:58.45</b>	+00:49:09 (38.0%)	6:07	9.8 (62.0%)
231	<b>ORLEF Jarosław</b>	<b>566</b>		M-40	231	00:00:39	00:28:19	00:57:34	01:27:43	01:56:03	02:01:09	<b>02:09:18.25</b>	<b>02:09:58.15</b>	+00:49:10 (38.0%)	6:07	9.8 (62.0%)
232	<b>CHOJOWSKI Oskar</b>	<b>154</b>		M-40	232	00:01:02	00:29:53	00:59:52	01:29:38	01:56:31	02:01:26	<b>02:09:56.90</b>	<b>02:10:59.00</b>	+00:49:48 (38.3%)	6:09	9.7 (61.4%)
233	<b>MUSIOŁ Grzegorz</b>	<b>394</b>	OPEL ACTIVE TEAM	M-40	233	00:00:46	00:28:37	00:57:49	01:28:25	01:56:42	02:01:37	<b>02:10:09.30</b>	<b>02:10:55.60</b>	+00:50:01 (38.4%)	6:10	9.7 (61.4%)
234	<b>KAPIAS Krystian</b>	<b>521</b>		M-40	234	00:01:07	00:30:05	01:00:12	01:30:21	01:57:15	02:02:02	<b>02:10:36.20</b>	<b>02:11:43.40</b>	+00:50:28 (38.6%)	6:11	9.7 (61.4%)
235	<b>KUPCZAK Rafał</b>	<b>1084</b>		M-40	235	00:01:05	00:30:32	01:00:55	01:31:52	01:58:50	02:03:42	<b>02:12:23.25</b>	<b>02:13:28.25</b>	+00:52:15 (39.5%)	6:16	9.6 (60.8%)
236	<b>MIGDAŁ Grzegorz</b>	<b>29</b>	SBRT GLIWICE	M-40	236	00:01:12	00:29:31	00:59:49	01:30:07	01:58:57	02:04:12	<b>02:13:05.65</b>	<b>02:14:17.95</b>	+00:52:57 (39.8%)	6:18	9.5 (60.1%)
237	<b>WRÓBLEWSKI Robert</b>	<b>456</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	237	00:00:54	00:27:48	00:56:43	01:28:04	02:00:20	02:05:13	<b>02:13:42.80</b>	<b>02:14:36.95</b>	+00:53:34 (40.1%)	6:20	9.5 (60.1%)
238	<b>SAWIONEK Robert</b>	<b>1516</b>		M-40	238	00:00:23	00:25:25	00:53:57	01:27:01	01:58:45	02:03:29	<b>02:14:17.80</b>	<b>02:14:41.70</b>	+00:54:09 (40.3%)	6:21	9.4 (59.5%)
239	<b>BIERNACKI Tomasz</b>	<b>626</b>		M-40	239	00:01:19	00:30:59	01:02:44	01:34:51	02:02:00	02:06:43	<b>02:14:59.55</b>	<b>02:16:19.20</b>	+00:54:51 (40.6%)	6:23	9.4 (59.5%)
240	<b>STEINHOFF Adam</b>	<b>1033</b>	WIKTOR TEAM	M-40	240	00:01:15	00:30:19	01:01:06	01:32:11	02:01:21	02:06:38	<b>02:15:14.30</b>	<b>02:16:29.85</b>	+00:55:06 (40.7%)	6:24	9.4 (59.5%)
241	<b>SZYMAŃSKI Jacek</b>	<b>472</b>	TELESKOPY.PL	M-40	241	00:01:41	00:32:57	01:04:35	01:36:13	02:03:08	02:07:51	<b>02:15:56.00</b>	<b>02:17:37.05</b>	+00:55:47 (41.0%)	6:26	9.3 (58.9%)
242	<b>KOPYŚĆ Jarosław</b>	<b>1112</b>	PSZCZÓŁKOWSKI TEAM	M-40	242	00:01:43	00:32:01	01:04:02	01:35:53	02:03:30	02:08:30	<b>02:16:25.80</b>	<b>02:18:09.70</b>	+00:56:17 (41.3%)	6:27	9.3 (58.9%)
243	<b>BRODIUK Norbert</b>	<b>622</b>	SBRT GLIWICE	M-40	243	00:00:37	00:28:02	00:59:02	01:32:26	02:03:02	02:08:37	<b>02:17:44.10</b>	<b>02:18:21.10</b>	+00:57:35 (41.8%)	6:31	9.2 (58.2%)
244	<b>ŻOCHOWSKI Leszek</b>	<b>225</b>		M-40	244	00:00:52	00:29:58	01:00:21	01:31:40	02:02:54	02:08:24	<b>02:17:53.70</b>	<b>02:18:46.15</b>	+00:57:45 (41.9%)	6:32	9.2 (58.2%)
245	<b>WOJTASZEK Grzegorz</b>	<b>324</b>	MOSIR PIEKARY ŚLĄSKIE	M-40	245	00:01:43	00:28:50	01:00:13	01:34:33	02:04:52	02:10:04	<b>02:18:54.75</b>	<b>02:20:38.45</b>	+00:58:46 (42.3%)	6:35	9.1 (57.6%)
246	<b>DUDZIAK Piotr</b>	<b>978</b>	OPEL ACTIVE TEAM	M-40	246	00:01:17	00:30:55	01:03:09	01:36:04	02:05:09	02:10:20	<b>02:19:06.00</b>	<b>02:20:23.65</b>	+00:58:57 (42.4%)	6:35	9.1 (57.6%)
247	<b>WALIGÓRA Aleksander</b>	<b>769</b>	BBL KĘDZIERZYN-KOŹLE	M-40	247	00:01:17	00:30:50	01:02:31	01:34:45	02:04:44	02:09:55	<b>02:19:23.50</b>	<b>02:20:41.25</b>	+00:59:15 (42.5%)	6:36	9.1 (57.6%)
248	<b>BOBKOWSKI Maciej</b>	<b>58</b>	PĘDZACE ŻÓŁWIE	M-40	248	00:00:48	00:28:52	00:59:47	01:34:01	02:04:58	02:10:29	<b>02:19:27.20</b>	<b>02:20:15.90</b>	+00:59:19 (42.5%)	6:36	9.1 (57.6%)
249	<b>MISZTAL Andrzej</b>	<b>975</b>		M-40	249	00:01:52	00:30:56	01:02:52	01:36:06	02:06:19	02:11:35	<b>02:20:14.15</b>	<b>02:22:06.35</b>	+01:00:05 (42.9%)	6:38	9 (57.0%)
250	<b>DYRAGA Marcin</b>	<b>559</b>	SAINT-GOBAIN SQUAD	M-40	250	00:01:37	00:33:04	01:05:54	01:38:24	02:06:45	02:11:56	<b>02:20:37.80</b>	<b>02:22:15.30</b>	+01:00:29 (43.0%)	6:39	9 (57.0%)
251	<b>DOROTA Zbigniew</b>	<b>1247</b>	SPARTANIE DZIECIOM	M-40	251	00:01:09	00:30:55	01:03:52	01:37:44	02:06:27	02:11:26	<b>02:21:28.85</b>	<b>02:22:38.70</b>	+01:01:20 (43.4%)	6:42	8.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	19_km 19.2km	20_km 19.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
252	<b>MAŁKOWSKI Bogdan</b>	<b>1202</b>	SPARTANIE DZIECIOM	M-40	252	00:01:08	00:30:55	01:03:53	01:37:49	02:06:32	02:11:28	<b>02:21:29.35</b>	<b>02:22:38.15</b>	+01:01:21 (43.4%)	6:42	8.9 (56.3%)
253	<b>ZYCH Dawid</b>	<b>1190</b>	SPARTANIE DZIECIOM	M-40	253	00:01:13	00:30:53	01:03:50	01:37:46	02:06:34	02:11:27	<b>02:21:29.70</b>	<b>02:22:43.50</b>	+01:01:21 (43.4%)	6:42	8.9 (56.3%)
254	<b>KOŁKOWSKI Andrzej</b>	<b>1189</b>	SPARTANIE DZIECIOM	M-40	254	00:01:13	00:30:53	01:03:50	01:37:46	02:06:32	02:11:27	<b>02:21:30.45</b>	<b>02:22:43.95</b>	+01:01:22 (43.4%)	6:42	8.9 (56.3%)
255	<b>SOLBIATI Davide</b>	<b>1199</b>	SPARTANIE DZIECIOM	M-40	255	00:01:06	00:30:56	01:03:52	01:37:47	02:06:33	02:11:29	<b>02:21:30.90</b>	<b>02:22:37.80</b>	+01:01:22 (43.4%)	6:42	8.9 (56.3%)
256	<b>KOWALCZYK Mariusz</b>	<b>1185</b>	SPARTANIE DZIECIOM	M-40	256	00:01:11	00:30:54	01:03:50	01:37:47	02:06:33	02:11:28	<b>02:21:31.15</b>	<b>02:22:42.30</b>	+01:01:22 (43.4%)	6:42	8.9 (56.3%)
257	<b>SULIN Marek</b>	<b>949</b>	SPARTANIE DZIECIOM	M-40	257	00:01:06	00:30:56	01:03:52	01:37:48	02:06:34	02:11:29	<b>02:21:31.30</b>	<b>02:22:37.35</b>	+01:01:23 (43.4%)	6:42	8.9 (56.3%)
258	<b>SZAFRAŃSKI Krzysztof</b>	<b>295</b>	SPARTANIE DZIECIOM	M-40	258	00:01:07	00:30:56	01:03:53	01:37:50	02:06:35	02:11:29	<b>02:21:31.95</b>	<b>02:22:39.50</b>	+01:01:23 (43.4%)	6:42	8.9 (56.3%)
259	<b>LEŚNIEWSKI Michał</b>	<b>1252</b>	SPARTANIE DZIECIOM	M-40	259	00:01:01	00:30:59	01:03:57	01:37:52	02:06:32	02:11:31	<b>02:21:33.10</b>	<b>02:22:34.25</b>	+01:01:24 (43.4%)	6:42	8.9 (56.3%)
260	<b>LASKOWSKI Piotr</b>	<b>1251</b>	SPARTANIE DZIECIOM	M-40	260	00:01:06	00:30:54	01:03:53	01:37:49	02:06:36	02:11:30	<b>02:21:33.20</b>	<b>02:22:39.80</b>	+01:01:25 (43.4%)	6:42	8.9 (56.3%)
261	<b>KREMPA Michał</b>	<b>1192</b>	SPARTANIE DZIECIOM	M-40	261	00:01:05	00:30:56	01:03:53	01:37:49	02:06:40	02:11:33	<b>02:21:35.10</b>	<b>02:22:40.70</b>	+01:01:26 (43.4%)	6:42	8.9 (56.3%)
262	<b>PIORKOWSKI Karol</b>	<b>1193</b>	SPARTANIE DZIECIOM	M-40	262	00:01:05	00:30:52	01:03:55	01:37:51	02:06:39	02:11:32	<b>02:21:36.05</b>	<b>02:22:41.05</b>	+01:01:27 (43.4%)	6:42	8.9 (56.3%)
263	<b>ZUWAŁA Robert</b>	<b>1168</b>	RAGNAR TEAM	M-40	263	00:01:29	00:30:36	01:02:27	01:35:29	02:06:12	02:11:54	<b>02:22:13.45</b>	<b>02:23:42.75</b>	+01:02:05 (43.7%)	6:44	8.9 (56.3%)
264	<b>WESTER Mieczysław</b>	<b>1219</b>	SBRT GLIWICE	M-40	264	00:02:18	00:26:09	00:53:01	01:25:13	01:59:31	02:06:32	<b>02:23:22.25</b>	<b>02:25:41.10</b>	+01:03:14 (44.1%)	6:47	8.8 (55.7%)
265	<b>KONOPKA Marek</b>	<b>556</b>	ŚAF-OBRO	M-40	265	00:01:25	00:30:38	01:02:32	01:36:10	02:08:45	02:14:36	<b>02:23:51.00</b>	<b>02:25:16.55</b>	+01:03:42 (44.3%)	6:49	8.8 (55.7%)
266	<b>JURETKO Adam</b>	<b>97</b>		M-40	266	00:00:56	00:32:56	01:07:59	01:43:05	02:15:41	02:21:26	<b>02:31:59.85</b>	<b>02:32:56.55</b>	+01:11:51 (47.3%)	7:12	8.3 (52.5%)
267	<b>RECZKO Mariusz</b>	<b>476</b>		M-40	267	00:01:27	00:32:11	01:09:31	01:47:32	02:23:51	02:29:33	<b>02:40:30.30</b>	<b>02:41:57.40</b>	+01:20:22 (50.1%)	7:36	7.9 (50.0%)

Znaleziono 267 wynik(ów)