



# III PÓŁMARATON GLIWICKI

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Punkt pomiarowy: 15,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
1	<b>RZEPKA Bernard</b>	<b>805</b>	#SOBASTEAM	M-40	00:00:02	00:18:05	00:36:41	00:55:31
2	<b>BOCHEŃSKI Grzegorz</b>	<b>90</b>	SBRT GLIWICE	M-40	00:00:03	00:18:49	00:37:47	00:56:56
3	<b>RAJEK Sebastian</b>	<b>1145</b>		M-40	00:00:02	00:18:40	00:38:21	00:58:18
4	<b>MATLOK Marek</b>	<b>859</b>	BIEGAJ Z PILECKIM	M-40	00:00:03	00:19:19	00:39:00	00:58:28
5	<b>SPYCHALSKI Adam</b>	<b>1204</b>		M-40	00:00:03	00:19:46	00:40:03	01:00:18
6	<b>SZWEDA Piotr</b>	<b>778</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:09	00:20:32	00:40:36	01:00:46
7	<b>WALKOWIAK Artur</b>	<b>634</b>	UCIEKAM PRZED DOBRĄ ZMIANĄ	M-40	00:00:05	00:20:07	00:40:48	01:01:22
8	<b>ORZECOWSKI Arkadiusz</b>	<b>794</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:08	00:20:33	00:41:09	01:01:39
9	<b>BAGAN Grzegorz</b>	<b>12</b>	GOGGLE PAE TEAM	M-40	00:00:03	00:19:53	00:40:26	01:01:54
10	<b>MAJCHRZAK Marcin</b>	<b>261</b>	HOLBOX RUNNERS	M-40	00:00:05	00:20:21	00:41:01	01:01:54
11	<b>POLACZEK Alexander</b>	<b>405</b>		M-40	00:00:04	00:20:11	00:40:55	01:02:18
12	<b>JACHYMEK Bartłomiej</b>	<b>1076</b>	JACEKBIEGA RUNNING TEAM	M-40	00:00:05	00:20:56	00:41:45	01:02:41
13	<b>PYSZ Grzegorz</b>	<b>396</b>	HR MAX ŻORY	M-40	00:00:10	00:20:32	00:41:24	01:02:42
14	<b>KILIŃSKI Jacek</b>	<b>1238</b>		M-40	00:00:02	00:19:31	00:40:46	01:02:47
15	<b>PACZKA Michał</b>	<b>1299</b>		M-40	00:00:10	00:20:35	00:41:49	01:02:53
16	<b>GRZYB Dariusz</b>	<b>894</b>	BRAK	M-40	00:00:08	00:20:35	00:42:06	01:03:00
17	<b>WYŁUPEK Tomasz</b>	<b>812</b>	SZAKALE	M-40	00:00:09	00:21:14	00:42:21	01:03:06
18	<b>DAMEC Olek</b>	<b>718</b>		M-40	00:00:07	00:21:11	00:42:13	01:03:35
19	<b>MUSZKIET Piotr</b>	<b>836</b>	MAXIMUS ZAWADZKIE	M-40	00:00:05	00:21:09	00:42:09	01:04:06
20	<b>PAWLIK Marek</b>	<b>192</b>	ATHLETICS NYSA	M-40	00:00:06	00:21:22	00:42:43	01:04:09
21	<b>BOSAK Sławomir</b>	<b>760</b>	BIŁGORAJ BIEGA	M-40	00:00:21	00:21:07	00:42:49	01:04:17
22	<b>WÓJCIK Dariusz</b>	<b>1156</b>		M-40	00:00:10	00:21:07	00:42:52	01:04:23
23	<b>CISZEWSKI Wojciech</b>	<b>957</b>		M-40	00:00:04	00:20:11	00:41:43	01:04:41
24	<b>OLESIŃSKI Tomasz</b>	<b>374</b>		M-40	00:00:10	00:21:22	00:42:52	01:04:45
25	<b>BĄK Henryk</b>	<b>960</b>		M-40	00:01:24	00:21:21	00:43:12	01:04:48
26	<b>WALIGÓRSKI Robert</b>	<b>633</b>	PARKRUN KĘDZIERZYN-KOŹLE	M-40	00:00:07	00:21:18	00:42:58	01:04:58
27	<b>FALKENBERG Ludwik</b>	<b>41</b>	RUN-LOG.COM	M-40	00:00:21	00:21:14	00:42:59	01:04:58
28	<b>IMAŃSKI Grzegorz</b>	<b>1136</b>		M-40	00:00:08	00:21:20	00:42:59	01:05:00

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
29	<b>KAWELCZYK Robert</b>	<b>973</b>		M-40	00:00:04	00:21:07	00:42:45	01:05:25
30	<b>STAROSTKA Jacek</b>	<b>1089</b>	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	00:00:07	00:21:41	00:43:33	01:05:26
31	<b>BEŚKA Sławomir</b>	<b>183</b>	OCHAJORUN & FRIENDS	M-40	00:00:08	00:21:10	00:43:14	01:05:28
32	<b>KROCZEK Andrzej</b>	<b>1061</b>		M-40	00:00:53	00:22:34	00:44:16	01:05:40
33	<b>KOWALCZYK Adam</b>	<b>1025</b>	STS BIEGATON	M-40	00:00:08	00:21:32	00:43:40	01:05:50
34	<b>KANIA Michał</b>	<b>325</b>		M-40	00:00:04	00:21:39	00:44:00	01:06:13
35	<b>BEHRENDT Jakub</b>	<b>931</b>	KB LECE BO CHCE	M-40	00:00:08	00:21:10	00:43:38	01:06:15
36	<b>WAWRZAK Ryszard</b>	<b>1515</b>	SBRT	M-40	00:00:16	00:21:27	00:43:42	01:06:24
37	<b>DOMAŃSKI Marcin</b>	<b>83</b>	BFRT & LAUF TEAM THIESEN	M-40	00:00:14	00:21:43	00:43:49	01:06:28
38	<b>BŁACH Piotr</b>	<b>1221</b>	SBRT GLIWICE	M-40	00:00:08	00:21:18	00:43:03	01:06:32
39	<b>DRAGA Marek</b>	<b>773</b>		M-40	00:00:07	00:21:08	00:43:33	01:06:38
40	<b>OLSZESKI Zbigniew</b>	<b>1303</b>	ROZTOCZE KRASNOBRÓD	M-40	00:00:10		00:44:42	01:07:01
41	<b>KACZOR Sebastian</b>	<b>845</b>	MIĘDZYGALAKTYCZNY KLUB ROZBIEGANYCH KACZEK	M-40	00:00:14	00:22:39	00:45:16	01:07:17
42	<b>FRĄC Dariusz</b>	<b>1296</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	00:00:14	00:22:16	00:44:46	01:07:24
43	<b>JACKOWSKI Piotr</b>	<b>646</b>		M-40	00:00:06	00:22:15	00:44:49	01:07:30
44	<b>PUŚCIZNA Paweł</b>	<b>775</b>	SAINT-GOBAIN SQUAD	M-40	00:00:08	00:22:28	00:45:09	01:07:43
45	<b>GOŁĘBIEWSKI Bartek</b>	<b>696</b>		M-40	00:00:18	00:22:44	00:45:37	01:08:07
46	<b>DZIEDZIC Andrzej</b>	<b>582</b>	BHP	M-40	00:00:11	00:21:54	00:44:53	01:08:16
47	<b>LESZCZYŃSKI Mariusz</b>	<b>843</b>		M-40	00:00:13	00:22:33	00:45:12	01:08:16
48	<b>PIENIAŻEK Krzysztof</b>	<b>318</b>		M-40	00:00:24	00:22:34	00:45:25	01:08:18
49	<b>KAŁAMARZ Mariusz</b>	<b>1099</b>	RUN KAZIK RUN	M-40	00:00:09	00:22:02	00:45:08	01:08:23
50	<b>GOLDA Piotr</b>	<b>827</b>		M-40	00:00:26	00:24:12	00:46:36	01:08:27
51	<b>BEZUSZKO Tomasz</b>	<b>206</b>		M-40	00:01:08	00:23:26	00:46:17	01:08:32
52	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>577</b>		M-40	00:00:09	00:22:35	00:45:46	01:08:47
53	<b>ŁYCZAK Artur</b>	<b>653</b>	VIBOVIT KNURÓW	M-40	00:00:21	00:22:35	00:45:40	01:08:53
54	<b>JACHIMOWSKI Waldemar</b>	<b>383</b>	VIBOVIT KNURÓW	M-40	00:00:21	00:22:36	00:45:40	01:08:54
55	<b>BYLINOWSKI Oleg</b>	<b>1307</b>	GTT	M-40	00:00:14	00:23:12	00:46:18	01:08:56
56	<b>MAJEREK Marek</b>	<b>199</b>		M-40	00:00:10	00:22:38	00:45:44	01:08:57
57	<b>ZDEBEL Dariusz</b>	<b>401</b>		M-40	00:00:06	00:22:33	00:45:27	01:08:58
58	<b>PODRYGAŁA Tomasz</b>	<b>1223</b>	RYBNICKA GRUPA BIEGOWA	M-40	00:00:24	00:22:33	00:45:40	01:09:02
59	<b>SZPONARSKI Paweł</b>	<b>1020</b>	MASAKRA RZECZYCE	M-40	00:00:31	00:22:51	00:45:59	01:09:23
60	<b>BOROWIAK Piotr</b>	<b>465</b>		M-40	00:00:39	00:23:03	00:46:19	01:09:23
61	<b>ANDRACZEK Bartosz</b>	<b>1265</b>		M-40	00:00:17	00:23:11	00:46:34	01:09:36
62	<b>SYDA Andrzej</b>	<b>1225</b>	GORKI TEAM	M-40	00:00:05	00:22:24	00:45:45	01:09:44
63	<b>NOCOŃ Sławek</b>	<b>831</b>	GNAJ FRETKA, GNAJ... SZYBCIEJ, SZYBCIEJ !!!	M-40	00:00:09	00:22:55	00:46:07	01:09:53
64	<b>BELUCH Witold</b>	<b>322</b>		M-40	00:00:17	00:23:26	00:46:32	01:09:56
65	<b>MYKAŁA Rafał</b>	<b>393</b>	NBK	M-40	00:00:19	00:23:23	00:46:39	01:09:58
66	<b>CZAUDERNA Adrian</b>	<b>179</b>	OCHAJORUN&FRIENDS	M-40	00:00:20	00:23:25	00:46:39	01:10:02
67	<b>PIETREK Daniel</b>	<b>1034</b>		M-40	00:00:14	00:23:28	00:46:44	01:10:03
68	<b>HULIN Sebastian</b>	<b>885</b>	UKS JUDO MYSŁOWICE	M-40	00:01:24	00:23:54	00:47:03	01:10:03
69	<b>GOLEC Ryszard</b>	<b>145</b>	KT ŻYWIEC	M-40	00:00:13	00:23:23	00:46:40	01:10:06
70	<b>SKRZYPCZYK Paweł</b>	<b>948</b>		M-40	00:00:22	00:22:52	00:46:35	01:10:11
71	<b>TRZASKALIK Piotr</b>	<b>1137</b>		M-40	00:00:08	00:23:36	00:46:53	01:10:23
72	<b>ZIAJA Stefan</b>	<b>453</b>		M-40	00:00:12	00:23:23	00:46:24	01:10:47
73	<b>KURCZEK Tomasz</b>	<b>484</b>		M-40	00:00:11	00:23:23	00:47:07	01:10:56

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
74	<b>SZOŁTYSEK Wojciech</b>	<b>1128</b>	OCHAJORUN&FRIENDS	M-40	00:00:22	00:23:47	00:47:25	01:10:57
75	<b>KUBIS Adrian</b>	<b>954</b>		M-40	00:00:21	00:23:47	00:47:22	01:11:01
76	<b>MAZUR Krzysztof</b>	<b>1007</b>	NOWA GLIWICE	M-40	00:00:25	00:24:04	00:47:43	01:11:01
77	<b>GRAJNY Piotr</b>	<b>1153</b>	AMATORSKIE BIEGANIE/ULKS LACHOWICE	M-40	00:00:39	00:23:46	00:46:56	01:11:01
78	<b>SZCZEPAŃSKI Rafał</b>	<b>864</b>	OPEL ACTIVE TEAM	M-40	00:00:41	00:23:27	00:46:57	01:11:07
79	<b>BONK Sebastian</b>	<b>82</b>	BMS	M-40	00:00:50	00:23:41	00:47:18	01:11:09
80	<b>GĄSZCZYK Grzegorz</b>	<b>1152</b>	NOWA HUTA TEAM	M-40	00:00:31	00:24:03	00:48:11	01:11:20
81	<b>GORCZYCA Jakub</b>	<b>808</b>		M-40	00:00:07	00:23:26	00:47:26	01:11:31
82	<b>TYRTANIA Tomasz</b>	<b>925</b>	BOR TEAM BORUSZOWICE	M-40	00:00:11	00:24:23	00:48:31	01:11:31
83	<b>SZNYDER Wojciech</b>	<b>439</b>	SPORTSTYLE GLIWICE	M-40	00:00:15	00:24:01	00:48:01	01:11:33
84	<b>WALICKI Bogdan</b>	<b>1047</b>	OPEL ACTIVE TEAM	M-40	00:00:41	00:23:44	00:47:47	01:11:38
85	<b>JAMRÓZ Wojciech</b>	<b>625</b>		M-40	00:00:09	00:21:24	00:45:56	01:11:50
86	<b>PIKTAS Paweł</b>	<b>811</b>		M-40	00:00:10	00:23:23	00:46:50	01:11:51
87	<b>NITKA Sebastian</b>	<b>52</b>		M-40	00:00:30	00:23:40	00:47:49	01:11:54
88	<b>KUBACZ Piotr</b>	<b>227</b>		M-40	00:00:28	00:23:58	00:48:01	01:12:00
89	<b>DYMNICKI Andrzej</b>	<b>120</b>	OCHAJORUN & FRIENDS	M-40	00:00:20	00:23:29	00:47:32	01:12:17
90	<b>BŁASZCZYK Marek</b>	<b>495</b>	OPEL ACTIVE TEAM GLIWICE	M-40	00:00:16	00:24:04	00:48:19	01:12:21
91	<b>BEHRENDT Bartek</b>	<b>695</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:50	00:24:04	00:48:11	01:12:32
92	<b>KRUK Tomasz</b>	<b>861</b>	NYSA BIEGA	M-40	00:01:23	00:24:23	00:48:15	01:12:38
93	<b>LIC Janusz</b>	<b>693</b>		M-40	00:00:23	00:24:07	00:48:05	01:12:44
94	<b>BIERNAT Wojtek</b>	<b>93</b>	OPEL ACTIVE TEAM	M-40	00:00:21	00:24:14	00:48:21	01:12:46
95	<b>MULEWSKI Bogdan</b>	<b>454</b>	NIGHT RUNNERS ZABRZE	M-40	00:01:27	00:25:11	00:49:17	01:13:04
96	<b>KUSEK Andrzej</b>	<b>1226</b>		M-40	00:00:25	00:25:32	00:49:52	01:13:05
97	<b>SZEREMETA Andrzej</b>	<b>759</b>	PZU SPORT TEAM	M-40	00:00:13	00:23:40	00:48:13	01:13:08
98	<b>FAŁEK Krzysztof</b>	<b>475</b>		M-40	00:01:08	00:25:20	00:49:13	01:13:11
99	<b>HOŁYŃSKI Tomasz</b>	<b>477</b>		M-40	00:00:28	00:24:06	00:48:40	01:13:16
100	<b>MIECZNIKOWSKI Jacek</b>	<b>1173</b>		M-40	00:00:25	00:24:50	00:49:13	01:13:17
101	<b>JASIK Grzegorz</b>	<b>1293</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	00:00:19	00:23:56	00:48:31	01:13:34
102	<b>DUDEK Jan</b>	<b>828</b>	HONOROWI DAWCY KRWI	M-40	00:00:25	00:23:17	00:47:57	01:13:35
103	<b>OCHMAN Ireneusz</b>	<b>234</b>	OPEL ACTIVE TEAM	M-40	00:00:40	00:23:44	00:48:39	01:13:39
104	<b>ŁAKOMSKI Marcin</b>	<b>203</b>		M-40	00:00:32	00:24:50	00:49:36	01:13:44
105	<b>CHWALISZEWSKI Jarosław</b>	<b>585</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:33	00:23:57	00:49:10	01:13:54
106	<b>KOTAJNY Piotr</b>	<b>704</b>		M-40	00:00:34	00:24:59	00:49:31	01:14:00
107	<b>STRUG Mariusz</b>	<b>800</b>		M-40	00:01:14	00:25:01	00:49:29	01:14:05
108	<b>KONIK Tomasz</b>	<b>370</b>	KONIK TEAM	M-40	00:00:37	00:24:19	00:49:14	01:14:09
109	<b>PIETRZAK Marcin</b>	<b>244</b>	STRAŻAK JRG GLIWICE	M-40	00:00:19	00:23:51	00:48:45	01:14:12
110	<b>ZAMOJSKI Bartek</b>	<b>796</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:41	00:24:51	00:49:36	01:14:15
111	<b>MIERZWA Adam</b>	<b>569</b>		M-40	00:00:22	00:23:21	00:47:43	01:14:26
112	<b>KUCZMA Jarosław</b>	<b>161</b>		M-40	00:00:30	00:25:10	00:49:56	01:14:27
113	<b>ŁOBKO Adam</b>	<b>1052</b>		M-40	00:01:10	00:25:18	00:49:32	01:14:30
114	<b>FILIPIAK Hieronim</b>	<b>1171</b>	KADRA BOBREK-CENTRUM	M-40	00:00:16	00:25:35	00:50:12	01:14:34
115	<b>PYTLASIŃSKI Adam</b>	<b>672</b>	AKTYWNE ZABRZE	M-40	00:00:14	00:24:28	00:49:23	01:14:38
116	<b>NOWAKOWSKI Jarosław</b>	<b>555</b>	FORGOSIA	M-40	00:00:15	00:25:14	00:50:11	01:14:39
117	<b>CZYŻYKOWSKI Marcin</b>	<b>898</b>		M-40	00:01:33	00:25:03	00:49:44	01:14:47
118	<b>SPINCZYK Andrzej</b>	<b>1009</b>		M-40	00:00:59	00:24:19	00:49:16	01:14:49

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
119	<b>KOWALCZYK Grzegorz</b>	<b>247</b>		M-40	00:00:27	00:23:28	00:47:51	01:14:54
120	<b>STOLARCZYK Marcin</b>	<b>1291</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	00:00:32	00:25:19	00:50:08	01:15:02
121	<b>URBANEK Darek</b>	<b>635</b>	PRZED LIMITEM	M-40	00:00:14	00:24:09	00:49:39	01:15:03
122	<b>STALICA Wojciech</b>	<b>723</b>	IZOERG	M-40	00:00:13	00:24:16	00:49:40	01:15:04
123	<b>GAWROŃSKI Paweł</b>	<b>967</b>		M-40	00:00:35	00:24:47	00:49:17	01:15:04
124	<b>KOZIELEC Tomasz</b>	<b>240</b>	PĘDZĄCE MISIE	M-40	00:00:22	00:25:05	00:50:07	01:15:05
125	<b>BOCZAROWSKI Michal</b>	<b>1014</b>	EXPERT TRAVEL	M-40	00:00:45	00:24:57	00:50:02	01:15:15
126	<b>RENKE Piotr</b>	<b>565</b>	BAUREN TEAM	M-40	00:00:33	00:24:44	00:49:48	01:15:18
127	<b>PARUZEL Ireneusz</b>	<b>681</b>		M-40	00:00:38	00:24:22	00:49:34	01:15:21
128	<b>BORSUK Mirosław</b>	<b>682</b>	NIGHT RUNNERS GLIWICE	M-40	00:01:01	00:25:49	00:50:50	01:15:32
129	<b>KABAŁA Sebastian</b>	<b>1241</b>		M-40	00:00:16	00:25:26	00:50:52	01:15:38
130	<b>HAJDA Marek</b>	<b>749</b>		M-40	00:00:41	00:24:48	00:50:26	01:15:42
131	<b>PRZYBYLSKI Mariusz</b>	<b>330</b>		M-40	00:00:26	00:25:39	00:50:59	01:15:43
132	<b>IZBICKI Zbigniew</b>	<b>1113</b>		M-40	00:00:28	00:25:25	00:50:33	01:15:52
133	<b>BIAŁAS Krzysztof</b>	<b>47</b>	ZESPÓŁ SZKÓŁ NR 2 W RUDZIE ŚLĄSKIEJ	M-40	00:01:07	00:26:10	00:51:29	01:15:57
134	<b>KOŁODZIEJ Jacek</b>	<b>70</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:20	00:25:46	00:50:56	01:16:10
135	<b>KOTNIS Bogusław</b>	<b>620</b>	RFC ACTIVE TEAM	M-40	00:01:31	00:25:24	00:50:59	01:16:10
136	<b>GOMOLA Zbigniew</b>	<b>461</b>		M-40	00:01:07	00:26:10	00:51:29	01:16:13
137	<b>NIESZPOREK Adam</b>	<b>344</b>	RUN-3	M-40	00:00:56	00:25:34	00:50:57	01:16:20
138	<b>CIEŚLIK Paweł</b>	<b>421</b>	CHATEAU CHALIN	M-40	00:00:26		00:51:23	01:16:25
139	<b>KAFARSKI Robert</b>	<b>829</b>	MALA PANA ZAWADZKIE	M-40	00:00:42	00:25:26	00:50:43	01:16:31
140	<b>DRYNDA Andrzej</b>	<b>18</b>		M-40	00:00:40	00:25:36	00:51:08	01:16:37
141	<b>NAWROCKI Paweł</b>	<b>1118</b>		M-40	00:01:34	00:25:30	00:50:47	01:16:37
142	<b>KORPETTA Andrzej</b>	<b>568</b>		M-40	00:01:13	00:25:56	00:51:38	01:16:41
143	<b>KACZKIEWICZ Damian</b>	<b>683</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:28	00:25:35	00:51:17	01:16:49
144	<b>CHUDZIŃSKI Tomasz</b>	<b>835</b>		M-40	00:00:15	00:23:54	00:49:27	01:16:50
145	<b>DYDO Arkadiusz</b>	<b>865</b>		M-40	00:00:22	00:25:39	00:51:08	01:16:52
146	<b>STĘPIEŃ Wojciech</b>	<b>217</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:18	00:25:44	00:51:27	01:16:58
147	<b>IMIOŁEK Arkadiusz</b>	<b>121</b>	ED-CERT	M-40	00:00:15	00:25:24	00:51:11	01:17:01
148	<b>MICHALAK Grzegorz</b>	<b>659</b>	TOTALNY AMATOR	M-40	00:00:20	00:24:48	00:50:33	01:17:01
149	<b>DADAŚ Janusz</b>	<b>13</b>		M-40	00:00:37	00:25:37	00:51:15	01:17:02
150	<b>RYZIŃSKI Dariusz</b>	<b>255</b>		M-40	00:01:40	00:25:20	00:51:01	01:17:03
151	<b>DZIURA Arkadiusz</b>	<b>50</b>		M-40	00:00:48	00:26:05	00:51:28	01:17:04
152	<b>KĄDZIOŁKA Jan</b>	<b>868</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:35	00:25:39	00:51:24	01:17:06
153	<b>ZDZIEBKO Artur</b>	<b>176</b>		M-40	00:00:24	00:26:01	00:51:47	01:17:11
154	<b>SMUDA Andrzej</b>	<b>512</b>	AKMB PĘDZIWIATR GLIWICE	M-40	00:01:26	00:26:13	00:51:46	01:17:12
155	<b>SITEK Grzegorz</b>	<b>892</b>	TARNOGORSKIE TOWARZYSTWO TRIATHLONOWE	M-40	00:00:38	00:25:34	00:51:22	01:17:17
156	<b>ĆWIK Paweł</b>	<b>1003</b>		M-40	00:00:39	00:25:37	00:51:13	01:17:21
157	<b>GRAMATYKA Paweł</b>	<b>631</b>		M-40	00:00:31	00:25:32	00:51:20	01:17:24
158	<b>GRONDECKI Grzegorz</b>	<b>302</b>	BIEGAMY Z SERCEM.PL	M-40	00:00:18	00:25:06	00:50:55	01:17:28
159	<b>KLIKS Andrzej</b>	<b>125</b>	UNISONO	M-40	00:01:09	00:25:21	00:51:14	01:17:28
160	<b>SOSZYŃSKI Wojtek</b>	<b>291</b>	PZU SPORT TEAM	M-40	00:00:26	00:25:55	00:51:46	01:17:31
161	<b>LEWANDOWSKI Henryk</b>	<b>733</b>		M-40	00:01:03	00:25:23	00:51:03	01:17:34
162	<b>BĄK-CESARZ Damian</b>	<b>552</b>		M-40	00:01:38	00:26:39	00:52:55	01:17:40
163	<b>SIKORA Mariusz</b>	<b>758</b>		M-40	00:00:29	00:25:44	00:51:29	01:17:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
164	<b>RABIEJ Rafał</b>	<b>906</b>		M-40	00:00:35	00:25:39	00:51:24	01:17:50
165	<b>MARCINKIEWICZ Paweł</b>	<b>1036</b>	UNIwersytet Opolski	M-40	00:00:37	00:25:32	00:51:11	01:17:50
166	<b>LUKOSZEK Marek</b>	<b>349</b>	RUN3	M-40	00:00:56	00:26:06	00:52:18	01:18:08
167	<b>SŁUSZNIAK Sławomir</b>	<b>799</b>		M-40	00:01:21	00:25:35	00:51:28	01:18:46
168	<b>SZUMSKI Tomasz</b>	<b>321</b>		M-40	00:00:27	00:25:52	00:51:47	01:18:47
169	<b>SZOLC Grzegorz</b>	<b>1078</b>		M-40	00:01:05	00:26:17	00:52:40	01:18:48
170	<b>SIKORA Grzegorz</b>	<b>882</b>		M-40	00:01:51	00:26:35	00:52:38	01:18:56
171	<b>BIOLIK Piotr</b>	<b>413</b>	--	M-40	00:00:21	00:24:21	00:50:29	01:18:58
172	<b>KRUSZYŃSKI Marcin</b>	<b>301</b>	STADO PĘDZĄCYCH IMADEŁ	M-40	00:00:46	00:26:07	00:51:58	01:18:59
173	<b>MUSIALIK Jan</b>	<b>991</b>	CARPE DIEM	M-40	00:00:44	00:26:11	00:52:53	01:19:11
174	<b>KOWALCZYK Robert</b>	<b>599</b>	BIEGAMY	M-40	00:00:46	00:26:12	00:52:50	01:19:16
175	<b>JANUSZKA Mariusz</b>	<b>822</b>		M-40	00:00:50	00:26:51	00:53:26	01:19:26
176	<b>ZELMANOWICZ Jacek</b>	<b>1272</b>		M-40	00:00:24	00:25:24	00:51:51	01:19:29
177	<b>GIERAS Mirosław</b>	<b>469</b>		M-40	00:00:33	00:25:29	00:51:22	01:19:30
178	<b>GÓRNIAK Adam</b>	<b>884</b>	HARPAGAN SOSNOWIEC	M-40	00:00:34	00:26:39	00:53:17	01:19:37
179	<b>WOŹNIAK Marek</b>	<b>608</b>		M-40	00:00:45	00:26:26	00:53:18	01:19:43
180	<b>KACZOR Rafał</b>	<b>1027</b>	PKO BANK POLSKI	M-40	00:01:27	00:26:32	00:53:08	01:19:45
181	<b>CIMAŁA Rafał</b>	<b>598</b>	ISTA BIEGAMY	M-40	00:00:55	00:27:39	00:54:19	01:20:08
182	<b>WILSZ Adam</b>	<b>27</b>	UNISONO	M-40	00:01:10	00:28:19	00:55:12	01:20:16
183	<b>ROŻEK Michał</b>	<b>550</b>		M-40	00:01:03	00:26:43	00:53:24	01:20:17
184	<b>TUREK Maciej</b>	<b>375</b>		M-40	00:01:06	00:26:20	00:53:30	01:20:17
185	<b>KAMPKA Aleksander</b>	<b>149</b>		M-40	00:00:34	00:26:34	00:53:29	01:20:21
186	<b>PRUSKO Adrian</b>	<b>627</b>		M-40	00:00:11	00:25:07	00:52:29	01:20:42
187	<b>ZEMŁA Piotr</b>	<b>195</b>		M-40	00:00:42	00:26:25	00:53:40	01:20:46
188	<b>PAWLINA Piotr</b>	<b>103</b>		M-40	00:01:27	00:27:06	00:54:03	01:20:50
189	<b>BUGAJSKI Mariusz</b>	<b>844</b>		M-40	00:00:02	00:24:36	00:52:11	01:21:05
190	<b>MICHALSKI Bartosz</b>	<b>85</b>		M-40	00:01:14	00:27:21	00:54:28	01:21:31
191	<b>PAWIŃSKI Wojciech</b>	<b>285</b>		M-40	00:00:50	00:27:46	00:55:32	01:21:33
192	<b>GONERA Paweł</b>	<b>676</b>		M-40	00:00:47	00:25:59	00:53:27	01:21:34
193	<b>KOWALCZYK Józef</b>	<b>1045</b>		M-40	00:01:43	00:27:19	00:54:20	01:21:46
194	<b>KLYTA Wojciech</b>	<b>1284</b>		M-40	00:01:41	00:27:13	00:54:21	01:22:05
195	<b>SZULC Michał</b>	<b>1021</b>	4M	M-40	00:00:49	00:27:33	00:54:51	01:22:10
196	<b>PTAK Leszek</b>	<b>824</b>		M-40	00:00:21	00:26:04	00:53:28	01:22:13
197	<b>WIECZORKE Marcin</b>	<b>488</b>		M-40	00:01:05	00:25:26	00:52:56	01:22:23
198	<b>HRYSZKIEWICZ Janusz</b>	<b>467</b>	UNISONO/AKMB PĘDZIWIATR GLIWICE	M-40	00:01:10	00:28:19	00:55:14	01:22:27
199	<b>ZALEWSKI Krzysztof</b>	<b>900</b>		M-40	00:00:47	00:26:46	00:54:47	01:22:31
200	<b>CZAJKA Edward</b>	<b>1234</b>	BRAK	M-40	00:00:47	00:26:27	00:54:12	01:22:45
201	<b>NOWAKOWSKI Marek</b>	<b>386</b>	AMEC FOSTER WHEELER RUNNING TEAM	M-40	00:01:44	00:27:01	00:54:24	01:22:48
202	<b>JĘDRYCHA Artur</b>	<b>708</b>		M-40	00:00:38	00:27:39	00:55:24	01:22:59
203	<b>WILIMSKI Tomasz</b>	<b>101</b>	SBRT GLIWICE	M-40	00:00:34	00:27:41	00:55:28	01:23:01
204	<b>POPIEL Artur</b>	<b>21</b>		M-40	00:01:08	00:27:56	00:55:15	01:23:09
205	<b>BIERNAT Adam</b>	<b>268</b>		M-40	00:01:38	00:28:06	00:55:49	01:23:20
206	<b>CZAJKA Aleksander</b>	<b>1124</b>		M-40	00:00:40	00:27:36	00:55:26	01:23:24
207	<b>TISZBIEREK Henryk</b>	<b>180</b>	SBRT GLIWICE	M-40	00:01:12	00:27:58	00:55:43	01:23:35
208	<b>WÓJCIK Rafał</b>	<b>327</b>		M-40	00:00:35	00:27:40	00:55:24	01:23:39

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
209	GRUSZKA Michał	371		M-40	00:01:26	00:27:37	00:55:44	01:23:44
210	UCHNAST Sebastian	990		M-40	00:01:26	00:27:37	00:55:43	01:23:44
211	RENKIEL Tomasz	55	NIGHT RUNNERS GLIWICE	M-40	00:01:00	00:28:03	00:55:53	01:23:50
212	STAROŃ Sylwester	470		M-40	00:01:04	00:27:31	00:55:35	01:24:01
213	BUFNAL Krzysztof	574		M-40	00:01:53	00:29:00	00:56:08	01:24:11
214	DĘBSKI Mariusz	1270	NIGHT RUNNER'S GLIWICE	M-40	00:00:29	00:27:59	00:55:54	01:24:48
215	WESTER Mieczysław	1219	SBRT GLIWICE	M-40	00:02:18	00:26:09	00:53:01	01:25:13
216	SZUBERT Grzegorz	6		M-40	00:00:46	00:26:29	00:55:26	01:25:20
217	KUROWICZ Marcin	539	NIEZRZESZONY	M-40	00:01:18	00:28:43	00:57:40	01:25:26
218	GLINIANY Adam	1082	ZABIEGANA RODZINKA	M-40	00:01:28	00:29:04	00:57:58	01:26:14
219	WYLEŻAŁEK Irek	985	NIGHT RUNNER GLIWICE	M-40	00:01:47	00:28:19	00:57:12	01:26:17
220	BURLIGA Mariusz	492	KB ENDURANCE SOLIDARNI KNURÓW	M-40	00:01:23	00:29:10	00:58:02	01:26:20
221	BUCHAL Grzegorz	782		M-40	00:01:00	00:28:32	00:57:34	01:26:25
222	SAWIOŃEK Robert	1516		M-40	00:00:23	00:25:25	00:53:57	01:27:01
223	KRAKOWSKI Jacek	1505		M-40	00:01:18	00:29:36	00:59:00	01:27:31
224	PLEWIK Michał	667	GRAMMI	M-40	00:00:41	00:28:17	00:57:32	01:27:41
225	ORLEF Jarosław	566		M-40	00:00:39	00:28:19	00:57:34	01:27:43
226	MIRSKI Rafał	663	IMPULS DO DZIAŁANIA	M-40	00:00:40	00:28:18	00:57:34	01:27:43
227	STOKŁOSA Marcin	222		M-40	00:01:11	00:30:23	00:59:25	01:27:51
228	WRÓBLEWSKI Robert	456	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:54	00:27:48	00:56:43	01:28:04
229	SMAGOROWICZ Artur	1079	W POGONI ZA DUCHEM	M-40	00:00:58	00:28:21	00:59:08	01:28:22
230	MUSIOŁ Grzegorz	394	OPEL ACTIVE TEAM	M-40	00:00:46	00:28:37	00:57:49	01:28:25
231	GRACH Tomasz	311	RUN AND FUN TEAM	M-40	00:00:59	00:29:53	01:00:06	01:28:31
232	CYWIŃSKI Robert	1176		M-40	00:00:58	00:29:58	00:59:41	01:29:24
233	CHOJOWSKI Oskar	154		M-40	00:01:02	00:29:53	00:59:52	01:29:38
234	MIGDAŁ Grzegorz	29	SBRT GLIWICE	M-40	00:01:12	00:29:31	00:59:49	01:30:07
235	CZAPEK Marek	309	NIGHT RUNNERS GLIWICE	M-40	00:00:34	00:29:58	01:00:25	01:30:20
236	KAPIAS Krystian	521		M-40	00:01:07	00:30:05	01:00:12	01:30:21
237	GABRYŚ Seba	1277	NIGHT RUNNERS GLIWICE	M-40	00:00:30	00:30:02	01:00:31	01:30:24
238	ŻOCHOWSKI Leszek	225		M-40	00:00:52	00:29:58	01:00:21	01:31:40
239	KUPCZAK Rafał	1084		M-40	00:01:05	00:30:32	01:00:55	01:31:52
240	STEINHOFF Adam	1033	WIKTOR TEAM	M-40	00:01:15	00:30:19	01:01:06	01:32:11
241	BRODIUK Norbert	622	SBRT GLIWICE	M-40	00:00:37	00:28:02	00:59:02	01:32:26
242	BOBKOWSKI Maciej	58	PĘDZACE ŻÓŁWIE	M-40	00:00:48	00:28:52	00:59:47	01:34:01
243	WOJTASZEK Grzegorz	324	MOSIR PIEKARY ŚLĄSKIE	M-40	00:01:43	00:28:50	01:00:13	01:34:33
244	WALIGÓRA Aleksander	769	BBL KĘDZIERZYN-KOŻLE	M-40	00:01:17	00:30:50	01:02:31	01:34:45
245	BIERNACKI Tomasz	626		M-40	00:01:19	00:30:59	01:02:44	01:34:51
246	ZUWAŁA Robert	1168	RAGNAR TEAM	M-40	00:01:29	00:30:36	01:02:27	01:35:29
247	KOPYŚĆ Jarosław	1112	PSZCZÓŁKOWSKI TEAM	M-40	00:01:43	00:32:01	01:04:02	01:35:53
248	DUDZIAK Piotr	978	OPEL ACTIVE TEAM	M-40	00:01:17	00:30:55	01:03:09	01:36:04
249	MISZTAL Andrzej	975		M-40	00:01:52	00:30:56	01:02:52	01:36:06
250	KONOPKA Marek	556	ŚAF-OBRO	M-40	00:01:25	00:30:38	01:02:32	01:36:10
251	SZYMAŃSKI Jacek	472	TELESKOPY.PL	M-40	00:01:41	00:32:57	01:04:35	01:36:13
252	DOROTA Zbigniew	1247	SPARTANIE DZIECIOM	M-40	00:01:09	00:30:55	01:03:52	01:37:44
253	KOŁKOWSKI Andrzej	1189	SPARTANIE DZIECIOM	M-40	00:01:13	00:30:53	01:03:50	01:37:46

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
254	<b>ZYCH Dawid</b>	<b>1190</b>	SPARTANIE DZIECIOM	M-40	00:01:13	00:30:53	01:03:50	01:37:46
255	<b>SOLBIATI Davide</b>	<b>1199</b>	SPARTANIE DZIECIOM	M-40	00:01:06	00:30:56	01:03:52	01:37:47
256	<b>KOWALCZYK Mariusz</b>	<b>1185</b>	SPARTANIE DZIECIOM	M-40	00:01:11	00:30:54	01:03:50	01:37:47
257	<b>SULIN Marek</b>	<b>949</b>	SPARTANIE DZIECIOM	M-40	00:01:06	00:30:56	01:03:52	01:37:48
258	<b>KREMPA Michał</b>	<b>1192</b>	SPARTANIE DZIECIOM	M-40	00:01:05	00:30:56	01:03:53	01:37:49
259	<b>LASKOWSKI Piotr</b>	<b>1251</b>	SPARTANIE DZIECIOM	M-40	00:01:06	00:30:54	01:03:53	01:37:49
260	<b>MAŁKOWSKI Bogdan</b>	<b>1202</b>	SPARTANIE DZIECIOM	M-40	00:01:08	00:30:55	01:03:53	01:37:49
261	<b>SZAFRAŃSKI Krzysztof</b>	<b>295</b>	SPARTANIE DZIECIOM	M-40	00:01:07	00:30:56	01:03:53	01:37:50
262	<b>PIORKOWSKI Karol</b>	<b>1193</b>	SPARTANIE DZIECIOM	M-40	00:01:05	00:30:52	01:03:55	01:37:51
263	<b>LEŚNIEWSKI Michał</b>	<b>1252</b>	SPARTANIE DZIECIOM	M-40	00:01:01	00:30:59	01:03:57	01:37:52
264	<b>DYRAGA Marcin</b>	<b>559</b>	SAINT-GOBAIN SQUAD	M-40	00:01:37	00:33:04	01:05:54	01:38:24
265	<b>JURETKO Adam</b>	<b>97</b>		M-40	00:00:56	00:32:56	01:07:59	01:43:05
266	<b>RECZKO Mariusz</b>	<b>476</b>		M-40	00:01:27	00:32:11	01:09:31	01:47:32
267	<b>BROSZ Michał</b>	<b>1175</b>		M-40	00:00:00			

Znaleziono 267 wynik(ów)