



III PÓŁMARATON GLIWICKI

B4SPORT

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

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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
1	RZEPKA Bernard	805	#SOBASTEAM	M-40	00:00:02	00:18:05	00:36:41	00:55:31	01:11:57	01:14:54
2	BOCHEŃSKI Grzegorz	90	SBRT GLIWICE	M-40	00:00:03	00:18:49	00:37:47	00:56:56	01:13:58	01:17:00
3	MATLOK Marek	859	BIEGAJ Z PILECKIM	M-40	00:00:03	00:19:19	00:39:00	00:58:28	01:15:27	01:18:25
4	RAJEK Sebastian	1145		M-40	00:00:02	00:18:40	00:38:21	00:58:18	01:15:37	01:18:35
5	SPYCHAŁSKI Adam	1204		M-40	00:00:03	00:19:46	00:40:03	01:00:18	01:17:57	01:21:08
6	SZWEDA Piotr	778	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:09	00:20:32	00:40:36	01:00:46	01:18:18	01:21:29
7	ORZECHOWSKI Arkadiusz	794	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:08	00:20:33	00:41:09	01:01:39	01:19:42	01:22:58
8	WALKOWIAK Artur	634	UCIEKAM PRZED DOBRĄ ZMIANĄ	M-40	00:00:05	00:20:07	00:40:48	01:01:22	01:20:13	01:23:35
9	MAJCHRZAK Marcin	261	HOLBOX RUNNERS	M-40	00:00:05	00:20:21	00:41:01	01:01:54		01:23:38
10	BAGAN Grzegorz	12	GOGGLE PAE TEAM	M-40	00:00:03	00:19:53	00:40:26	01:01:54	01:20:26	01:23:48
11	JACHYMEK Bartłomiej	1076	JACEKBIEGA RUNNING TEAM	M-40	00:00:05	00:20:56	00:41:45	01:02:41	01:20:36	01:23:51
12	PACZKA Michał	1299		M-40	00:00:10	00:20:35	00:41:49	01:02:53	01:20:46	01:24:05
13	WYŁUPEK Tomasz	812	SZAKALE	M-40	00:00:09	00:21:14	00:42:21	01:03:06	01:21:06	01:24:24
14	POLACZEK Alexander	405		M-40	00:00:04	00:20:11	00:40:55	01:02:18	01:21:39	01:25:12
15	GRZYB Dariusz	894	BRAK	M-40	00:00:08	00:20:35	00:42:06	01:03:00	01:21:56	01:25:26
16	PYSZ Grzegorz	396	HR MAX ŻORY	M-40	00:00:10	00:20:32	00:41:24	01:02:42	01:22:36	01:25:58
17	PAWLIK Marek	192	ATHLETICS NYSA	M-40	00:00:06	00:21:22	00:42:43	01:04:09	01:22:41	01:26:02
18	DAMEC Olek	718		M-40	00:00:07	00:21:11	00:42:13	01:03:35		01:26:07
19	KILIŃSKI Jacek	1238		M-40	00:00:02	00:19:31	00:40:46	01:02:47	01:22:31	01:26:09
20	BOSAK Sławomir	760	BIŁGORAJ BIEGA	M-40	00:00:21	00:21:07	00:42:49	01:04:17	01:23:23	01:26:55
21	BĄK Henryk	960		M-40	00:01:24	00:21:21	00:43:12	01:04:48	01:23:46	01:27:13
22	CISZEWSKI Wojciech	957		M-40	00:00:04	00:20:11	00:41:43	01:04:41	01:23:50	01:27:18
23	WÓJCIK Dariusz	1156		M-40	00:00:10	00:21:07	00:42:52	01:04:23	01:24:11	01:27:51
24	KROCZEK Andrzej	1061		M-40	00:00:53	00:22:34	00:44:16	01:05:40	01:24:35	01:28:03
25	MUSZKIET Piotr	836	MAXIMUS ZAWADZKIE	M-40	00:00:05	00:21:09	00:42:09	01:04:06		01:28:05
26	FALKENBERG Ludwik	41	RUN-LOG.COM	M-40	00:00:21	00:21:14	00:42:59	01:04:58	01:24:36	01:28:06
27	OLESIŃSKI Tomasz	374		M-40	00:00:10	00:21:22	00:42:52	01:04:45	01:24:32	01:28:13
28	IMAŃSKI Grzegorz	1136		M-40	00:00:08	00:21:20	00:42:59	01:05:00	01:24:44	01:28:17

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	WALIGÓRSKI Robert	633	PARKRUN KĘDZIERZYN-KOŹLE	M-40	00:00:07	00:21:18	00:42:58	01:04:58	01:25:08	01:28:40
30	KOWALCZYK Adam	1025	STS BIEGATON	M-40	00:00:08	00:21:32	00:43:40	01:05:50	01:25:21	01:28:48
31	BEŚKA Sławomir	183	OCHAJORUN & FRIENDS	M-40	00:00:08	00:21:10	00:43:14	01:05:28	01:25:33	01:29:11
32	KANIA Michał	325		M-40	00:00:04	00:21:39	00:44:00	01:06:13	01:25:48	01:29:19
33	STAROSTKA Jacek	1089	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	00:00:07	00:21:41	00:43:33	01:05:26	01:25:46	01:29:24
34	BEHRENDT Jakub	931	KB LECE BO CHCE	M-40	00:00:08	00:21:10	00:43:38	01:06:15	01:25:59	01:29:28
35	KACZOR Sebastian	845	MIĘDZYGALAKTYCZNY KLUB ROZBIEGANYCH KACZEK	M-40	00:00:14	00:22:39	00:45:16	01:07:17	01:26:17	01:29:32
36	DOMAŃSKI Marcin	83	BFRT & LAUF TEAM THIESEN	M-40	00:00:14	00:21:43	00:43:49	01:06:28	01:26:11	01:29:41
37	WAWRZAK Ryszard	1515	SBRT	M-40	00:00:16	00:21:27	00:43:42	01:06:24	01:26:36	01:30:12
38	JACKOWSKI Piotr	646		M-40	00:00:06	00:22:15	00:44:49	01:07:30		01:30:19
39	BŁACH Piotr	1221	SBRT GLIWICE	M-40	00:00:08	00:21:18	00:43:03	01:06:32	01:26:43	01:30:20
40	OLSZESKI Zbigniew	1303	ROZTOCZE KRASNOBRÓD	M-40	00:00:10		00:44:42	01:07:01	01:27:05	01:30:45
41	GOŁĘBIEWSKI Bartek	696		M-40	00:00:18	00:22:44	00:45:37	01:08:07		01:30:50
42	GOLDA Piotr	827		M-40	00:00:26	00:24:12	00:46:36	01:08:27	01:27:29	01:30:51
43	PUŚCIZNA Paweł	775	SAINT-GOBAIN SQUAD	M-40	00:00:08	00:22:28	00:45:09	01:07:43	01:27:26	01:30:58
44	KAWELCZYK Robert	973		M-40	00:00:04	00:21:07	00:42:45	01:05:25		01:31:07
45	FRĄC Dariusz	1296	MOMO RESTAURANT & COCKTAIL BAR	M-40	00:00:14	00:22:16	00:44:46	01:07:24	01:27:33	01:31:09
46	DRAGA Marek	773		M-40	00:00:07	00:21:08	00:43:33	01:06:38	01:27:24	01:31:11
47	MYKAŁA Rafał	393	NBK	M-40	00:00:19	00:23:23	00:46:39	01:09:58	01:28:29	01:31:31
48	BOROWIAK Piotr	465		M-40	00:00:39	00:23:03	00:46:19	01:09:23		01:31:36
49	BEZUSZKO Tomasz	206		M-40	00:01:08	00:23:26	00:46:17	01:08:32	01:28:13	01:31:49
50	PIENIAŻEK Krzysztof	318		M-40	00:00:24	00:22:34	00:45:25	01:08:18	01:28:28	01:32:04
51	BYLINOWSKI Oleg	1307	GTT	M-40	00:00:14	00:23:12	00:46:18	01:08:56	01:28:37	01:32:13
52	NIŻNIKIEWICZ Grzegorz	577		M-40	00:00:09	00:22:35	00:45:46	01:08:47	01:28:41	01:32:17
53	DZIEDZIC Andrzej	582	BHP	M-40	00:00:11	00:21:54	00:44:53	01:08:16	01:28:41	01:32:19
54	LESZCZYŃSKI Mariusz	843		M-40	00:00:13	00:22:33	00:45:12	01:08:16	01:28:38	01:32:21
55	ŁYCZAK Artur	653	VIBOVIT KNURÓW	M-40	00:00:21	00:22:35	00:45:40	01:08:53	01:29:05	01:32:41
56	KAŁAMARZ Mariusz	1099	RUN KAZIK RUN	M-40	00:00:09	00:22:02	00:45:08	01:08:23	01:29:07	01:32:46
57	ZDEBEL Dariusz	401		M-40	00:00:06	00:22:33	00:45:27	01:08:58	01:29:38	01:33:19
58	PODRYGAŁA Tomasz	1223	RYBNICKA GRUPA BIEGOWA	M-40	00:00:24	00:22:33	00:45:40	01:09:02	01:29:46	01:33:22
59	MAJEREK Marek	199		M-40	00:00:10	00:22:38	00:45:44	01:08:57	01:29:40	01:33:30
60	JACHIMOWSKI Waldemar	383	VIBOVIT KNURÓW	M-40	00:00:21	00:22:36	00:45:40	01:08:54	01:30:04	01:33:41
61	PIETREK Daniel	1034		M-40	00:00:14	00:23:28	00:46:44	01:10:03	01:30:17	01:33:50
62	ANDRACZEK Bartosz	1265		M-40	00:00:17	00:23:11	00:46:34	01:09:36	01:30:20	01:33:56
63	HULIN Sebastian	885	UKS JUDO MYSŁOWICE	M-40	00:01:24	00:23:54	00:47:03	01:10:03	01:30:18	01:33:58
64	GOLEC Ryszard	145	KT ŻYWIEC	M-40	00:00:13	00:23:23	00:46:40	01:10:06		01:34:01
65	BELUCH Witold	322		M-40	00:00:17	00:23:26	00:46:32	01:09:56	01:30:27	01:34:17
66	CZAUDERNA Adrian	179	OCHAJORUN&FRIENDS	M-40	00:00:20	00:23:25	00:46:39	01:10:02	01:30:48	01:34:39
67	TRZASKALIK Piotr	1137		M-40	00:00:08	00:23:36	00:46:53	01:10:23	01:30:59	01:34:43
68	TYRTANIA Tomasz	925	BOR TEAM BORUSZOWICE	M-40	00:00:11	00:24:23	00:48:31	01:11:31	01:31:22	01:34:49
69	NOCOŃ Sławek	831	GNAJ FRETKA, GNAJ... SZYBCIEJ, SZYBCIEJ !!!	M-40	00:00:09	00:22:55	00:46:07	01:09:53	01:31:00	01:34:58
70	SYDA Andrzej	1225	GORKI TEAM	M-40	00:00:05	00:22:24	00:45:45	01:09:44	01:31:12	01:35:00
71	SKRZYPCZYK Paweł	948		M-40	00:00:22	00:22:52	00:46:35	01:10:11	01:31:17	01:35:07
72	SZOŁTYSEK Wojciech	1128	OCHAJORUN&FRIENDS	M-40	00:00:22	00:23:47	00:47:25	01:10:57	01:31:25	01:35:08
73	SZPONARSKI Paweł	1020	MASAKRA RZECZYCE	M-40	00:00:31	00:22:51	00:45:59	01:09:23	01:31:04	01:35:08

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	KUSEK Andrzej	1226		M-40	00:00:25	00:25:32	00:49:52	01:13:05	01:32:01	01:35:19
75	KURCZEK Tomasz	484		M-40	00:00:11	00:23:23	00:47:07	01:10:56	01:31:42	01:35:31
76	SZNYDER Wojciech	439	SPORTSTYLE GLIWICE	M-40	00:00:15	00:24:01	00:48:01	01:11:33	01:31:58	01:35:38
77	MAZUR Krzysztof	1007	NOWA GLIWICE	M-40	00:00:25	00:24:04	00:47:43	01:11:01	01:31:53	01:35:42
78	GRAJNY Piotr	1153	AMATORSKIE BIEGANIE/ULKS LACHOWICE	M-40	00:00:39	00:23:46	00:46:56	01:11:01	01:31:53	01:35:45
79	WALICKI Bogdan	1047	OPEL ACTIVE TEAM	M-40	00:00:41	00:23:44	00:47:47	01:11:38	01:32:33	01:36:10
80	BONK Sebastian	82	BMS	M-40	00:00:50	00:23:41	00:47:18	01:11:09	01:32:21	01:36:11
81	GAŚCZYK Grzegorz	1152	NOWA HUTA TEAM	M-40	00:00:31	00:24:03	00:48:11	01:11:20	01:32:17	01:36:13
82	KUBIS Adrian	954		M-40	00:00:21	00:23:47	00:47:22	01:11:01	01:32:23	01:36:19
83	KUBACZ Piotr	227		M-40	00:00:28	00:23:58	00:48:01	01:12:00	01:32:51	01:36:24
84	GORCZYCA Jakub	808		M-40	00:00:07	00:23:26	00:47:26	01:11:31	01:32:36	01:36:28
85	ZIAJA Stefan	453		M-40	00:00:12	00:23:23	00:46:24	01:10:47	01:32:38	01:36:38
86	SZCZEPAŃSKI Rafał	864	OPEL ACTIVE TEAM	M-40	00:00:41	00:23:27	00:46:57	01:11:07	01:32:49	01:36:39
87	MULEWSKI Bogdan	454	NIGHT RUNNERS ZABRZE	M-40	00:01:27	00:25:11	00:49:17	01:13:04	01:33:21	01:37:02
88	BŁASZCZYK Marek	495	OPEL ACTIVE TEAM GLIWICE	M-40	00:00:16	00:24:04	00:48:19	01:12:21		01:37:18
89	MIECZNIKOWSKI Jacek	1173		M-40	00:00:25	00:24:50	00:49:13	01:13:17	01:33:56	01:37:30
90	NITKA Sebastian	52		M-40	00:00:30	00:23:40	00:47:49	01:11:54		01:37:37
91	ŁAKOMSKI Marcin	203		M-40	00:00:32	00:24:50	00:49:36	01:13:44	01:34:22	01:38:07
92	BEHRENDT Bartek	695	NIGHT RUNNERS GLIWICE	M-40	00:00:50	00:24:04	00:48:11	01:12:32	01:34:26	01:38:14
93	FAŁEK Krzysztof	475		M-40	00:01:08	00:25:20	00:49:13	01:13:11	01:34:34	01:38:29
94	KRUK Tomasz	861	NYSA BIEGA	M-40	00:01:23	00:24:23	00:48:15	01:12:38	01:34:38	01:38:31
95	BIERNAT Wojtek	93	OPEL ACTIVE TEAM	M-40	00:00:21	00:24:14	00:48:21	01:12:46	01:34:48	01:38:55
96	HOŁYŃSKI Tomasz	477		M-40	00:00:28	00:24:06	00:48:40	01:13:16	01:35:07	01:38:55
97	CHWALISZEWSKI Jarosław	585	NIGHT RUNNERS GLIWICE	M-40	00:00:33	00:23:57	00:49:10	01:13:54	01:35:04	01:39:00
98	KUCZMA Jarosław	161		M-40	00:00:30	00:25:10	00:49:56	01:14:27	01:35:15	01:39:01
99	SZEREMETA Andrzej	759	PZU SPORT TEAM	M-40	00:00:13	00:23:40	00:48:13	01:13:08	01:35:27	01:39:16
100	FILIPIAK Hieronim	1171	KADRA BOBREK-CENTRUM	M-40	00:00:16	00:25:35	00:50:12	01:14:34	01:35:36	01:39:20
101	NOWAKOWSKI Jarosław	555	FORGOSIA	M-40	00:00:15	00:25:14	00:50:11	01:14:39	01:35:39	01:39:23
102	PIKTAS Paweł	811		M-40	00:00:10	00:23:23	00:46:50	01:11:51	01:35:13	01:39:30
103	BIAŁAS Krzysztof	47	ZESPÓŁ SZKÓŁ NR 2 W RUDZIE ŚLĄSKIEJ	M-40	00:01:07	00:26:10	00:51:29	01:15:57	01:36:10	01:39:43
104	STRUG Mariusz	800		M-40	00:01:14	00:25:01	00:49:29	01:14:05	01:35:51	01:39:46
105	OCHMAN Ireneusz	234	OPEL ACTIVE TEAM	M-40	00:00:40	00:23:44	00:48:39	01:13:39	01:36:02	01:39:55
106	ŁOBKO Adam	1052		M-40	00:01:10	00:25:18	00:49:32	01:14:30	01:36:03	01:40:04
107	KOTAJNY Piotr	704		M-40	00:00:34	00:24:59	00:49:31	01:14:00	01:36:02	01:40:06
108	KONIK Tomasz	370	KONIK TEAM	M-40	00:00:37	00:24:19	00:49:14	01:14:09	01:36:23	01:40:12
109	JAMRÓZ Wojciech	625		M-40	00:00:09	00:21:24	00:45:56	01:11:50	01:35:46	01:40:14
110	KABAŁA Sebastian	1241		M-40	00:00:16	00:25:26	00:50:52	01:15:38	01:36:45	01:40:24
111	CZYŻYKOWSKI Marcin	898		M-40	00:01:33	00:25:03	00:49:44	01:14:47	01:36:41	01:40:39
112	ZAMOJSKI Bartek	796	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:41	00:24:51	00:49:36	01:14:15	01:36:33	01:40:41
113	URBANEK Darek	635	PRZED LIMITEM	M-40	00:00:14	00:24:09	00:49:39	01:15:03	01:37:01	01:40:49
114	STALICA Wojciech	723	IZOERG	M-40	00:00:13	00:24:16	00:49:40	01:15:04		01:40:50
115	KOZIELEC Tomasz	240	PĘDZĄCE MISIE	M-40	00:00:22	00:25:05	00:50:07	01:15:05	01:36:50	01:40:50
116	DYMNICKI Andrzej	120	OCHAJORUN & FRIENDS	M-40	00:00:20	00:23:29	00:47:32	01:12:17	01:34:59	01:40:53
117	BORSUK Mirosław	682	NIGHT RUNNERS GLIWICE	M-40	00:01:01	00:25:49	00:50:50	01:15:32	01:37:06	01:40:55
118	GAWROŃSKI Paweł	967		M-40	00:00:35	00:24:47	00:49:17	01:15:04	01:36:51	01:40:56

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	STOLARCZYK Marcin	1291	MOMO RESTAURANT & COCKTAIL BAR	M-40	00:00:32	00:25:19	00:50:08	01:15:02	01:37:03	01:41:03
120	SPINCZYK Andrzej	1009		M-40	00:00:59	00:24:19	00:49:16	01:14:49	01:37:09	01:41:10
121	BAK-CESARZ Damian	552		M-40	00:01:38	00:26:39	00:52:55	01:17:40	01:37:47	01:41:15
122	PRZYBYLSKI Mariusz	330		M-40	00:00:26	00:25:39	00:50:59	01:15:43	01:37:20	01:41:20
123	JASIK Grzegorz	1293	MOMO RESTAURANT & COCKTAIL BAR	M-40	00:00:19	00:23:56	00:48:31	01:13:34	01:37:18	01:41:26
124	CIEŚLIK Paweł	421	CHATEAU CHALIN	M-40	00:00:26		00:51:23	01:16:25	01:37:43	01:41:27
125	KOTNIS Bogusław	620	RFC ACTIVE TEAM	M-40	00:01:31	00:25:24	00:50:59	01:16:10	01:37:36	01:41:28
126	LIC Janusz	693		M-40	00:00:23	00:24:07	00:48:05	01:12:44	01:37:04	01:41:32
127	PIETRZAK Marcin	244	STRAŻAK JRG GLIWICE	M-40	00:00:19	00:23:51	00:48:45	01:14:12	01:37:22	01:41:35
128	MIERZWA Adam	569		M-40	00:00:22	00:23:21	00:47:43	01:14:26	01:38:04	01:41:47
129	DUDEK Jan	828	HONOROWI DAWCY KRWI	M-40	00:00:25	00:23:17	00:47:57	01:13:35	01:37:29	01:41:48
130	DRYNDA Andrzej	18		M-40	00:00:40	00:25:36	00:51:08	01:16:37	01:38:04	01:41:48
131	KOŁODZIEJ Jacek	70	NIGHT RUNNERS GLIWICE	M-40	00:00:20	00:25:46	00:50:56	01:16:10	01:38:04	01:41:59
132	RENKE Piotr	565	BAUREN TEAM	M-40	00:00:33	00:24:44	00:49:48	01:15:18	01:38:09	01:42:16
133	BOCZAROWSKI Michal	1014	EXPERT TRAVEL	M-40	00:00:45	00:24:57	00:50:02	01:15:15	01:38:07	01:42:18
134	KORPETTA Andrzej	568		M-40	00:01:13	00:25:56	00:51:38	01:16:41	01:38:23	01:42:20
135	HAJDA Marek	749		M-40	00:00:41	00:24:48	00:50:26	01:15:42	01:38:33	01:42:25
136	IZBICKI Zbigniew	1113		M-40	00:00:28	00:25:25	00:50:33	01:15:52	01:38:30	01:42:34
137	STĘPIEŃ Wojciech	217	NIGHT RUNNERS GLIWICE	M-40	00:00:18	00:25:44	00:51:27	01:16:58	01:38:54	01:42:43
138	PYTLASIŃSKI Adam	672	AKTYWNE ZABRZE	M-40	00:00:14	00:24:28	00:49:23	01:14:38	01:38:37	01:42:48
139	SMUDA Andrzej	512	AKMB PĘDZIWIATR GLIWICE	M-40	00:01:26	00:26:13	00:51:46	01:17:12	01:38:59	01:42:58
140	ZDZIEBKO Artur	176		M-40	00:00:24	00:26:01	00:51:47	01:17:11	01:39:12	01:43:08
141	DYDO Arkadiusz	865		M-40	00:00:22	00:25:39	00:51:08	01:16:52	01:39:18	01:43:27
142	KAFARSKI Robert	829	MALA PANA ZAWADZKIE	M-40	00:00:42	00:25:26	00:50:43	01:16:31	01:39:29	01:43:38
143	KĄDZIOŁKA Jan	868	NIGHT RUNNERS GLIWICE	M-40	00:00:35	00:25:39	00:51:24	01:17:06	01:39:39	01:43:41
144	NIESZPOREK Adam	344	RUN-3	M-40	00:00:56	00:25:34	00:50:57	01:16:20	01:39:24	01:43:45
145	IMIOŁEK Arkadiusz	121	ED-CERT	M-40	00:00:15	00:25:24	00:51:11	01:17:01	01:39:42	01:43:46
146	ĆWIK Paweł	1003		M-40	00:00:39	00:25:37	00:51:13	01:17:21	01:39:46	01:43:46
147	DZIURA Arkadiusz	50		M-40	00:00:48	00:26:05	00:51:28	01:17:04	01:39:42	01:43:50
148	KACZKIEWICZ Damian	683	NIGHT RUNNERS GLIWICE	M-40	00:00:28	00:25:35	00:51:17	01:16:49	01:39:46	01:43:52
149	GOMOLA Zbigniew	461		M-40	00:01:07	00:26:10	00:51:29	01:16:13	01:38:34	01:43:54
150	KLIKS Andrzej	125	UNISONO	M-40	00:01:09	00:25:21	00:51:14	01:17:28		01:44:38
151	SITEK Grzegorz	892	TARNOGORSKIE TOWARZYSTWO TRIATHLONOWE	M-40	00:00:38	00:25:34	00:51:22	01:17:17	01:40:27	01:44:39
152	PARUZEL Ireneusz	681		M-40	00:00:38	00:24:22	00:49:34	01:15:21	01:40:06	01:44:40
153	NAWROCKI Paweł	1118		M-40	00:01:34	00:25:30	00:50:47	01:16:37	01:40:11	01:44:45
154	RYZIŃSKI Dariusz	255		M-40	00:01:40	00:25:20	00:51:01	01:17:03		01:44:45
155	MICHALAK Grzegorz	659	TOTALNY AMATOR	M-40	00:00:20	00:24:48	00:50:33	01:17:01	01:40:23	01:44:47
156	DADAŚ Janusz	13		M-40	00:00:37	00:25:37	00:51:15	01:17:02	01:40:40	01:44:58
157	CIMAŁA Rafał	598	ISTA BIEGAMY	M-40	00:00:55	00:27:39	00:54:19	01:20:08	01:41:32	01:45:14
158	SOSZYŃSKI Wojtek	291	PZU SPORT TEAM	M-40	00:00:26	00:25:55	00:51:46	01:17:31	01:41:02	01:45:17
159	MARCINKIEWICZ Paweł	1036	UNIWERSYTET OPOLSKI	M-40	00:00:37	00:25:32	00:51:11	01:17:50	01:41:16	01:45:20
160	KOWALCZYK Grzegorz	247		M-40	00:00:27	00:23:28	00:47:51	01:14:54	01:40:44	01:45:34
161	WILSZ Adam	27	UNISONO	M-40	00:01:10	00:28:19	00:55:12	01:20:16	01:41:54	01:45:47
162	LUKOSZEK Marek	349	RUN3	M-40	00:00:56	00:26:06	00:52:18	01:18:08	01:41:26	01:45:55
163	JANUSZKA Mariusz	822		M-40	00:00:50	00:26:51	00:53:26	01:19:26	01:42:02	01:46:06

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	SZOLC Grzegorz	1078		M-40	00:01:05	00:26:17	00:52:40	01:18:48	01:42:04	01:46:13
165	RABIEJ Rafał	906		M-40	00:00:35	00:25:39	00:51:24	01:17:50	01:41:51	01:46:17
166	KOWALCZYK Robert	599	BIEGAMY	M-40	00:00:46	00:26:12	00:52:50	01:19:16	01:42:16	01:46:30
167	SIKORA Grzegorz	882		M-40	00:01:51	00:26:35	00:52:38	01:18:56	01:42:13	01:46:34
168	MUSIALIK Jan	991	CARPE DIEM	M-40	00:00:44	00:26:11	00:52:53	01:19:11	01:42:34	01:46:50
169	TUREK Maciej	375		M-40	00:01:06	00:26:20	00:53:30	01:20:17	01:43:03	01:46:52
170	SIKORA Mariusz	758		M-40	00:00:29	00:25:44	00:51:29	01:17:43	01:42:24	01:47:00
171	GÓRNIAK Adam	884	HARPAGAN SOSNOWIEC	M-40	00:00:34	00:26:39	00:53:17	01:19:37	01:42:56	01:47:08
172	PAWIŃSKI Wojciech	285		M-40	00:00:50	00:27:46	00:55:32	01:21:33	01:43:29	01:47:16
173	PAWLINA Piotr	103		M-40	00:01:27	00:27:06	00:54:03	01:20:50	01:43:26	01:47:38
174	SŁUSZNIAK Sławomir	799		M-40	00:01:21	00:25:35	00:51:28	01:18:46	01:43:18	01:47:39
175	ROŻEK Michał	550		M-40	00:01:03	00:26:43	00:53:24	01:20:17	01:43:33	01:47:44
176	LEWANDOWSKI Henryk	733		M-40	00:01:03	00:25:23	00:51:03	01:17:34	01:43:07	01:47:49
177	KACZOR Rafał	1027	PKO BANK POLSKI	M-40	00:01:27	00:26:32	00:53:08	01:19:45	01:43:33	01:47:49
178	WOŹNIAK Marek	608		M-40	00:00:45	00:26:26	00:53:18	01:19:43	01:43:32	01:47:52
179	KAMPKA Aleksander	149		M-40	00:00:34	00:26:34	00:53:29	01:20:21	01:43:51	01:47:59
180	GRAMATYKA Paweł	631		M-40	00:00:31	00:25:32	00:51:20	01:17:24	01:43:08	01:48:05
181	SZUMSKI Tomasz	321		M-40	00:00:27	00:25:52	00:51:47	01:18:47	01:43:38	01:48:16
182	KOWALCZYK Józef	1045		M-40	00:01:43	00:27:19	00:54:20	01:21:46	01:44:27	01:48:33
183	ZEMŁA Piotr	195		M-40	00:00:42	00:26:25	00:53:40	01:20:46	01:44:33	01:48:51
184	GIERAS Mirosław	469		M-40	00:00:33	00:25:29	00:51:22	01:19:30	01:44:43	01:49:07
185	GRONDECKI Grzegorz	302	BIEGAMY Z SERCEM.PL	M-40	00:00:18	00:25:06	00:50:55	01:17:28	01:45:01	01:49:31
186	ZELMANOWICZ Jacek	1272		M-40	00:00:24	00:25:24	00:51:51	01:19:29	01:45:15	01:49:39
187	MICHALSKI Bartosz	85		M-40	00:01:14	00:27:21	00:54:28	01:21:31	01:45:20	01:49:40
188	BIOLIK Piotr	413	--	M-40	00:00:21	00:24:21	00:50:29	01:18:58	01:45:24	01:50:02
189	KRUSZYŃSKI Marcin	301	STADO PĘDZĄCYCH IMADEŁ	M-40	00:00:46	00:26:07	00:51:58	01:18:59	01:45:13	01:50:09
190	CHUDZIŃSKI Tomasz	835		M-40	00:00:15	00:23:54	00:49:27	01:16:50	01:46:03	01:50:27
191	SZULC Michał	1021	4M	M-40	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:35
192	HRYSZKIEWICZ Janusz	467	UNISONO/AKMB PĘDZIWIATR GLIWICE	M-40	00:01:10	00:28:19	00:55:14	01:22:27	01:46:40	01:50:58
193	GONERA Paweł	676		M-40	00:00:47	00:25:59	00:53:27	01:21:34	01:46:28	01:51:08
194	JĘDRYCHA Artur	708		M-40	00:00:38	00:27:39	00:55:24	01:22:59	01:46:55	01:51:10
195	GRUSZKA Michał	371		M-40	00:01:26	00:27:37	00:55:44	01:23:44	01:47:14	01:51:22
196	UCHNAST Sebastian	990		M-40	00:01:26	00:27:37	00:55:43	01:23:44	01:47:15	01:51:22
197	RENKIEL Tomasz	55	NIGHT RUNNERS GLIWICE	M-40	00:01:00	00:28:03	00:55:53	01:23:50	01:47:25	01:51:35
198	BIERNAT Adam	268		M-40	00:01:38	00:28:06	00:55:49	01:23:20	01:47:40	01:51:46
199	WILIMSKI Tomasz	101	SBRT GLIWICE	M-40	00:00:34	00:27:41	00:55:28	01:23:01	01:47:14	01:51:50
200	TISZBIEREK Henryk	180	SBRT GLIWICE	M-40	00:01:12	00:27:58	00:55:43	01:23:35	01:47:38	01:51:51
201	POPIEL Artur	21		M-40	00:01:08	00:27:56	00:55:15	01:23:09	01:47:38	01:51:59
202	PRUSKO Adrian	627		M-40	00:00:11	00:25:07	00:52:29	01:20:42	01:47:20	01:52:08
203	STAROŃ Sylwester	470		M-40	00:01:04	00:27:31	00:55:35	01:24:01	01:48:52	01:53:13
204	CZAJKA Aleksander	1124		M-40	00:00:40	00:27:36	00:55:26	01:23:24	01:48:37	01:53:19
205	PTAK Leszek	824		M-40	00:00:21	00:26:04	00:53:28	01:22:13	01:49:02	01:53:56
206	BUFNAL Krzysztof	574		M-40	00:01:53	00:29:00	00:56:08	01:24:11	01:49:21	01:54:13
207	CZAJKA Edward	1234	BRAK	M-40	00:00:47	00:26:27	00:54:12	01:22:45	01:49:44	01:54:15
208	BUGAJSKI Mariusz	844		M-40	00:00:02	00:24:36	00:52:11	01:21:05	01:49:22	01:54:27

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	KLYTA Wojciech	1284		M-40	00:01:41	00:27:13	00:54:21	01:22:05	01:49:30	01:54:34
210	NOWAKOWSKI Marek	386	AMEC FOSTER WHEELER RUNNING TEAM	M-40	00:01:44	00:27:01	00:54:24	01:22:48	01:49:58	01:54:48
211	WIECZORKE Marcin	488		M-40	00:01:05	00:25:26	00:52:56	01:22:23	01:50:14	01:55:02
212	KUROWICZ Marcin	539	NIEZRZESZONY	M-40	00:01:18	00:28:43	00:57:40	01:25:26		01:55:03
213	ZALEWSKI Krzysztof	900		M-40	00:00:47	00:26:46	00:54:47	01:22:31	01:50:17	01:55:04
214	GLINIANY Adam	1082	ZABIEGANA RODZINKA	M-40	00:01:28	00:29:04	00:57:58	01:26:14	01:51:02	01:55:26
215	DĘBSKI Mariusz	1270	NIGHT RUNNER'S GLIWICE	M-40	00:00:29	00:27:59	00:55:54	01:24:48	01:50:52	01:55:31
216	BURLIGA Mariusz	492	KB ENDURANCE SOLIDARNI KNURÓW	M-40	00:01:23	00:29:10	00:58:02	01:26:20	01:51:10	01:55:41
217	KRAKOWSKI Jacek	1505		M-40	00:01:18	00:29:36	00:59:00	01:27:31	01:51:36	01:55:50
218	WÓJCIK Rafał	327		M-40	00:00:35	00:27:40	00:55:24	01:23:39	01:51:29	01:56:21
219	WYLEŻAŁEK Irek	985	NIGHT RUNNER GLIWICE	M-40	00:01:47	00:28:19	00:57:12	01:26:17	01:51:56	01:56:34
220	BUCHAL Grzegorz	782		M-40	00:01:00	00:28:32	00:57:34	01:26:25	01:52:22	01:57:08
221	SMAGOROWICZ Artur	1079	W POGONI ZA DUCHEM	M-40	00:00:58	00:28:21	00:59:08	01:28:22	01:53:10	01:58:15
222	STOKŁOSA Marcin	222		M-40	00:01:11	00:30:23	00:59:25	01:27:51	01:53:42	01:58:34
223	SZUBERT Grzegorz	6		M-40	00:00:46	00:26:29	00:55:26	01:25:20	01:53:53	01:58:48
224	GRACH Tomasz	311	RUN AND FUN TEAM	M-40	00:00:59	00:29:53	01:00:06	01:28:31	01:54:28	01:59:02
225	CYWIŃSKI Robert	1176		M-40	00:00:58	00:29:58	00:59:41	01:29:24	01:54:55	01:59:36
226	CZAPEK Marek	309	NIGHT RUNNERS GLIWICE	M-40	00:00:34	00:29:58	01:00:25	01:30:20	01:56:36	02:01:04
227	PLEWIK Michał	667	GRAMMI	M-40	00:00:41	00:28:17	00:57:32	01:27:41	01:56:00	02:01:07
228	GABRYŚ Seba	1277	NIGHT RUNNERS GLIWICE	M-40	00:00:30	00:30:02	01:00:31	01:30:24	01:56:40	02:01:08
229	MIRSKI Rafał	663	IMPULS DO DZIAŁANIA	M-40	00:00:40	00:28:18	00:57:34	01:27:43	01:56:02	02:01:08
230	ORLEF Jarosław	566		M-40	00:00:39	00:28:19	00:57:34	01:27:43	01:56:03	02:01:09
231	CHOJOWSKI Oskar	154		M-40	00:01:02	00:29:53	00:59:52	01:29:38	01:56:31	02:01:26
232	MUSIOŁ Grzegorz	394	OPEL ACTIVE TEAM	M-40	00:00:46	00:28:37	00:57:49	01:28:25	01:56:42	02:01:37
233	KAPIAS Krystian	521		M-40	00:01:07	00:30:05	01:00:12	01:30:21	01:57:15	02:02:02
234	SAWIONEK Robert	1516		M-40	00:00:23	00:25:25	00:53:57	01:27:01	01:58:45	02:03:29
235	KUPCZAK Rafał	1084		M-40	00:01:05	00:30:32	01:00:55	01:31:52	01:58:50	02:03:42
236	MIGDAŁ Grzegorz	29	SBRT GLIWICE	M-40	00:01:12	00:29:31	00:59:49	01:30:07	01:58:57	02:04:12
237	WRÓBLEWSKI Robert	456	MIECHOWICKA GRUPA BIEGOWA	M-40	00:00:54	00:27:48	00:56:43	01:28:04	02:00:20	02:05:13
238	WESTER Mieczysław	1219	SBRT GLIWICE	M-40	00:02:18	00:26:09	00:53:01	01:25:13	01:59:31	02:06:32
239	STEINHOFF Adam	1033	WIKTOR TEAM	M-40	00:01:15	00:30:19	01:01:06	01:32:11	02:01:21	02:06:38
240	BIERNACKI Tomasz	626		M-40	00:01:19	00:30:59	01:02:44	01:34:51	02:02:00	02:06:43
241	SZYMAŃSKI Jacek	472	TELESKOPY.PL	M-40	00:01:41	00:32:57	01:04:35	01:36:13	02:03:08	02:07:51
242	ŻOCHOWSKI Leszek	225		M-40	00:00:52	00:29:58	01:00:21	01:31:40	02:02:54	02:08:24
243	KOPYŚC Jarosław	1112	PSZCZÓŁKOWSKI TEAM	M-40	00:01:43	00:32:01	01:04:02	01:35:53	02:03:30	02:08:30
244	BRODIUK Norbert	622	SBRT GLIWICE	M-40	00:00:37	00:28:02	00:59:02	01:32:26	02:03:02	02:08:37
245	WALIGÓRA Aleksander	769	BBL KĘDZIERZYN-KOŻLE	M-40	00:01:17	00:30:50	01:02:31	01:34:45	02:04:44	02:09:55
246	WOJTASZEK Grzegorz	324	MOSIR PIEKARY ŚLĄSKIE	M-40	00:01:43	00:28:50	01:00:13	01:34:33	02:04:52	02:10:04
247	DUDZIAK Piotr	978	OPEL ACTIVE TEAM	M-40	00:01:17	00:30:55	01:03:09	01:36:04	02:05:09	02:10:20
248	BOBKOWSKI Maciej	58	PĘDZACE ŻÓŁWIE	M-40	00:00:48	00:28:52	00:59:47	01:34:01	02:04:58	02:10:29
249	DOROTA Zbigniew	1247	SPARTANIE DZIECIOM	M-40	00:01:09	00:30:55	01:03:52	01:37:44	02:06:27	02:11:26
250	KOŁKOWSKI Andrzej	1189	SPARTANIE DZIECIOM	M-40	00:01:13	00:30:53	01:03:50	01:37:46	02:06:32	02:11:27
251	ZYCH Dawid	1190	SPARTANIE DZIECIOM	M-40	00:01:13	00:30:53	01:03:50	01:37:46	02:06:34	02:11:27
252	MAŁKOWSKI Bogdan	1202	SPARTANIE DZIECIOM	M-40	00:01:08	00:30:55	01:03:53	01:37:49	02:06:32	02:11:28
253	KOWALCZYK Mariusz	1185	SPARTANIE DZIECIOM	M-40	00:01:11	00:30:54	01:03:50	01:37:47	02:06:33	02:11:28

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	SULIN Marek	949	SPARTANIE DZIECIOM	M-40	00:01:06	00:30:56	01:03:52	01:37:48	02:06:34	02:11:29
255	SOLBIATI Davide	1199	SPARTANIE DZIECIOM	M-40	00:01:06	00:30:56	01:03:52	01:37:47	02:06:33	02:11:29
256	SZAFRAŃSKI Krzysztof	295	SPARTANIE DZIECIOM	M-40	00:01:07	00:30:56	01:03:53	01:37:50	02:06:35	02:11:29
257	LASKOWSKI Piotr	1251	SPARTANIE DZIECIOM	M-40	00:01:06	00:30:54	01:03:53	01:37:49	02:06:36	02:11:30
258	LEŚNIEWSKI Michał	1252	SPARTANIE DZIECIOM	M-40	00:01:01	00:30:59	01:03:57	01:37:52	02:06:32	02:11:31
259	PIORKOWSKI Karol	1193	SPARTANIE DZIECIOM	M-40	00:01:05	00:30:52	01:03:55	01:37:51	02:06:39	02:11:32
260	KREMPA Michał	1192	SPARTANIE DZIECIOM	M-40	00:01:05	00:30:56	01:03:53	01:37:49	02:06:40	02:11:33
261	MISZTAL Andrzej	975		M-40	00:01:52	00:30:56	01:02:52	01:36:06	02:06:19	02:11:35
262	ZUWAŁA Robert	1168	RAGNAR TEAM	M-40	00:01:29	00:30:36	01:02:27	01:35:29	02:06:12	02:11:54
263	DYRAGA Marcin	559	SAINT-GOBAIN SQUAD	M-40	00:01:37	00:33:04	01:05:54	01:38:24	02:06:45	02:11:56
264	KONOPKA Marek	556	ŚAF-OBRO	M-40	00:01:25	00:30:38	01:02:32	01:36:10	02:08:45	02:14:36
265	JURETKO Adam	97		M-40	00:00:56	00:32:56	01:07:59	01:43:05	02:15:41	02:21:26
266	RECZKO Mariusz	476		M-40	00:01:27	00:32:11	01:09:31	01:47:32	02:23:51	02:29:33
267	BROSZ Michał	1175		M-40	00:00:00					

Znaleziono 267 wynik(ów)