



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

III PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

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	SZCZECIŃSKI Maciej	1024		M-30	2	00:00:03	00:19:24	00:38:38	00:57:37	01:13:42	01:16:35	01:21:33.35	01:21:37.15		3:51	15.5 (100%)
2	BOCHEŃSKI Grzegorz	90	SBRT GLIWICE	M-40	2	00:00:03	00:18:49	00:37:47	00:56:56	01:13:58	01:17:00	01:22:27.35	01:22:30.45	+00:00:54 (1.1%)	3:54	15.4 (99.4%)
3	ŚLIWIŃSKI Piotr	252	OPEL ACTIVE TEAM GLIWICE	M-30	3	00:00:01	00:18:16	00:37:26	00:57:05	01:14:26	01:17:33	01:22:46.90	01:22:48.70	+00:01:13 (1.5%)	3:55	15.3 (98.7%)
4	NOWICKI Michał	669	KW GLIWICE	M-16	1	00:00:03	00:19:19	00:38:37	00:57:45	01:14:11	01:17:29	01:22:52.20	01:22:55.80	+00:01:18 (1.6%)	3:55	15.3 (98.7%)
5	KULIG Rafał	28	6BPD	M-30	4	00:00:06	00:19:21	00:38:42	00:58:14	01:15:07	01:18:04	01:23:24.55	01:23:30.65	+00:01:51 (2.2%)	3:57	15.2 (98.1%)
6	BUDKA Borys	4	SEJM RP	M-30	5	00:00:01	00:19:36	00:39:16	00:58:52	01:15:52	01:18:53	01:24:22.50	01:24:24.40	+00:02:49 (3.3%)	3:59	15 (96.8%)
7	KRZAK Robert	1312	AUTHOR BICYCLES	M-50	2	00:00:01	00:19:36	00:39:16	00:58:51	01:15:51	01:18:52	01:24:22.55	01:24:24.25	+00:02:49 (3.3%)	3:59	15 (96.8%)
8	DUŻNIAK Dominik	166	STEP-DANCE RUN	M-30	11	00:00:02	00:19:41	00:40:01	01:00:25	01:18:33	01:22:07	01:27:57.20	01:27:59.45	+00:06:23 (7.3%)	4:10	14.4 (92.9%)
9	SKORUPKA Adam	575	III LO IM. WINCENTEGO STYCZYŃSKIEGO	M-16	2	00:00:08	00:20:53	00:42:07	01:02:59	01:20:53	01:24:03	01:29:37.75	01:29:46.70	+00:08:04 (9.0%)	4:14	14.1 (91.0%)
10	BAGAN Grzegorz	12	GOGGLE PAE TEAM	M-40	11	00:00:03	00:19:53	00:40:26	01:01:54	01:20:26	01:23:48	01:29:39.30	01:29:42.80	+00:08:05 (9.0%)	4:14	14.1 (91.0%)
11	PACZKA Michał	1299		M-40	13	00:00:10	00:20:35	00:41:49	01:02:53	01:20:46	01:24:05	01:30:06.25	01:30:17.20	+00:08:32 (9.5%)	4:16	14 (90.3%)
12	KUPIAJ Marcin	410	SOCIOS GÓRNIK	M-20	24	00:00:30	00:20:44	00:41:43	01:02:36	01:21:09	01:24:34	01:30:30.40	01:31:00.40	+00:08:57 (9.9%)	4:17	14 (90.3%)
13	WIECHUŁA Marcin	169		M-30	21	00:00:06	00:20:02	00:40:56	01:02:20	01:21:12	01:24:42	01:31:01.15	01:31:07.95	+00:09:27 (10.4%)	4:18	13.9 (89.7%)
14	LASKOWSKI Tomasz	118	AKMB PĘDZIWIATR GLIWICE	M-30	22	00:00:07	00:20:54	00:42:03	01:03:21	01:22:35	01:25:51	01:31:45.45	01:31:53.15	+00:10:12 (11.1%)	4:20	13.8 (89.0%)
15	NOGAJ Janusz	1037	OCHAJORUN & FRIENDS	M-30	23	00:00:08	00:21:09	00:42:11	01:03:31	01:22:35	01:25:57	01:31:50.25	01:31:58.90	+00:10:16 (11.2%)	4:21	13.8 (89.0%)

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			
16	LEWICKI Tomasz	15	AKMB PĘDZIWIATR GLIWICE	M-30	25	00:00:07	00:20:45	00:42:03	01:03:30	01:22:44	01:26:11	01:32:10.55	01:32:17.85	+00:10:37 (11.5%)	4:22	13.7 (88.4%)
17	RODAK Piotr	298	MZT	M-50	5	00:00:10	00:21:54	00:43:49	01:05:05	01:23:29	01:26:48	01:32:40.40	01:32:51.30	+00:11:07 (12.0%)	4:23	13.7 (88.4%)
18	CHOMIK Rafał	869	T2 TRIATHLON TEAM	M-30	29	00:00:03	00:19:42	00:40:57	01:02:55	01:22:53	01:26:23	01:32:54.35	01:32:57.45	+00:11:21 (12.2%)	4:24	13.6 (87.7%)
19	CZABAŃSKI Rafał	259	RUNHOGS TYCHY	M-30	34	00:00:09	00:21:41	00:43:33	01:05:08	01:23:57	01:27:23	01:33:20.05	01:33:29.70	+00:11:46 (12.6%)	4:25	13.6 (87.7%)
20	STASIAK Mirosław	588	NIGHT RUNNERS GLIWICE	M-30	35	00:00:30	00:21:11	00:42:26	01:05:06	01:24:19	01:27:43	01:33:47.15	01:34:17.65	+00:12:13 (13.0%)	4:26	13.5 (87.1%)
21	KRĘŻOŁEK Daniel	741		M-30	37	00:00:25	00:22:11	00:44:02	01:05:51	01:24:52	01:28:14	01:34:09.75	01:34:35.60	+00:12:36 (13.4%)	4:27	13.4 (86.5%)
22	WÓJCIK Dariusz	1156		M-40	26	00:00:10	00:21:07	00:42:52	01:04:23	01:24:11	01:27:51	01:34:18.05	01:34:28.40	+00:12:44 (13.5%)	4:28	13.4 (86.5%)
23	GRAMATYKA Jan	729		M-30	46	00:00:16	00:22:05	00:44:17	01:06:16	01:25:38	01:29:04	01:35:00.65	01:35:17.05	+00:13:27 (14.2%)	4:30	13.3 (85.8%)
24	RACZEK Sławomir	46	KELLER TEAM	M-30	47	00:00:06	00:21:09	00:43:03	01:05:31	01:25:38	01:29:17	01:35:17.95	01:35:24.55	+00:13:44 (14.4%)	4:30	13.3 (85.8%)
25	WANIEWSKI Michał	250		M-30	48	00:00:18	00:22:47	00:45:14	01:06:59	01:26:13	01:29:38	01:35:20.85	01:35:39.15	+00:13:47 (14.5%)	4:31	13.3 (85.8%)
26	OZYP Mariusz	303	607376112	M-20	31	00:00:03	00:21:54	00:44:12	01:06:18		01:29:29	01:35:23.80	01:35:27.75	+00:13:50 (14.5%)	4:31	13.3 (85.8%)
27	OZYP Mariusz	1288	MOMO RESTAURANT & COCKTAIL BAR	M-20	32	00:00:03	00:21:54	00:44:13	01:06:18	01:25:58	01:29:29	01:35:24.40	01:35:28.05	+00:13:51 (14.5%)	4:31	13.3 (85.8%)
28	CHRAPKOWICZ Damian	365	304	M-20	33	00:00:37	00:22:11	00:44:18	01:06:29	01:26:19	01:29:44	01:35:37.85	01:36:15.20	+00:14:04 (14.7%)	4:31	13.2 (85.2%)
29	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	01:35:41.65	01:35:49.80	+00:14:08 (14.8%)	4:32	13.2 (85.2%)
30	ŚLIWA Paweł	908		M-20	34	00:00:14	00:23:02	00:45:15	01:07:16	01:26:17	01:29:41	01:35:44.45	01:35:58.55	+00:14:11 (14.8%)	4:32	13.2 (85.2%)
31	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	01:35:56.00	01:36:10.05	+00:14:22 (15.0%)	4:32	13.2 (85.2%)
32	ŁUSZCZ Remigiusz	589	NASNIEDOGONIAT	M-16	3	00:00:47	00:20:12	00:41:02	01:03:33	01:25:29	01:29:39	01:36:10.10	01:36:57.75	+00:14:36 (15.2%)	4:33	13.2 (85.2%)
33	SIEJA Sebastian	7	JW 4415	M-20	36	00:00:11	00:22:19	00:44:23	01:06:58		01:30:33	01:36:29.45	01:36:40.75	+00:14:56 (15.5%)	4:34	13.1 (84.5%)
34	SZKÓŁKA Marcin	896	WARY PANY	M-30	59	00:00:43	00:22:45	00:45:21	01:07:39	01:26:54	01:30:25	01:36:35.60	01:37:19.55	+00:15:02 (15.6%)	4:34	13.1 (84.5%)
35	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	01:36:37.15	01:36:53.15	+00:15:03 (15.6%)	4:34	13.1 (84.5%)
36	GOLDA Piotr	827		M-40	40	00:00:26	00:24:12	00:46:36	01:08:27	01:27:29	01:30:51	01:36:44.80	01:37:11.25	+00:15:11 (15.7%)	4:35	13.1 (84.5%)
37	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	01:36:45.20	01:36:53.40	+00:15:11 (15.7%)	4:35	13.1 (84.5%)
38	GOŁĘBIEWSKI Bartek	696		M-40	44	00:00:18	00:22:44	00:45:37	01:08:07		01:30:50	01:36:58.20	01:37:16.80	+00:15:24 (15.9%)	4:35	13.1 (84.5%)
39	KOCHUIEVSKYI Oleksandr	904		M-20	37	00:01:35	00:22:39	00:45:22	01:07:54	01:27:41	01:31:11	01:37:05.10	01:38:40.85	+00:15:31 (16.0%)	4:36	13 (83.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_km	10_km	15_km	19_km	20_km	21.1km	21.1km			
40	WIECZOREK Dawid	638	PSYCHONAUCI	M-30	62	00:00:54	00:22:40	00:45:03	01:07:37	01:27:34	01:31:04	01:37:20.50	01:38:15.25	+00:15:47 (16.2%)	4:36	13 (83.9%)
41	FRĄC Dariusz	1296	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	01:37:33.90	01:37:48.45	+00:16:00 (16.4%)	4:37	13 (83.9%)
42	BERNACKI Eugeniusz	1006	GPRS HYDROKOP	M-50	9	00:00:50	00:21:59	00:44:45	01:07:45	01:27:46	01:31:24	01:37:44.45	01:38:35.40	+00:16:11 (16.6%)	4:37	13 (83.9%)
43	SLUPINA Maciej	270		M-30	65	00:00:05	00:21:54	00:44:42	01:07:28	01:27:40	01:31:22	01:37:47.30	01:37:53.00	+00:16:13 (16.6%)	4:38	12.9 (83.2%)
44	BEZUSZKO Tomasz	206		M-40	49	00:01:08	00:23:26	00:46:17	01:08:32	01:28:13	01:31:49	01:37:58.85	01:39:07.15	+00:16:25 (16.8%)	4:38	12.9 (83.2%)
45	PIENIAŻEK Krzysztof	318		M-40	51	00:00:24	00:22:34	00:45:25	01:08:18	01:28:28	01:32:04	01:38:20.35	01:38:44.90	+00:16:47 (17.1%)	4:39	12.9 (83.2%)
46	BYLINOWSKI Oleg	1307	GTT	M-40	53	00:00:14	00:23:12	00:46:18	01:08:56	01:28:37	01:32:13	01:38:30.20	01:38:44.25	+00:16:56 (17.2%)	4:40	12.9 (83.2%)
47	JANIK Johan	1177	NIGHT RUNNERS GLIWICE	M-30	74	00:00:15	00:22:49	00:45:48	01:08:40	01:28:31	01:32:13	01:38:35.55	01:38:50.60	+00:17:02 (17.3%)	4:40	12.8 (82.6%)
48	LESZCZYŃSKI Mariusz	843		M-40	55	00:00:13	00:22:33	00:45:12	01:08:16	01:28:38	01:32:21	01:38:50.10	01:39:03.70	+00:17:16 (17.5%)	4:41	12.8 (82.6%)
49	ROSIKOŃ Tomasz	934		M-30	76	00:00:20	00:22:33	00:45:16	01:08:09	01:28:36	01:32:20	01:38:53.90	01:39:14.05	+00:17:20 (17.5%)	4:41	12.8 (82.6%)
50	WILK Andrzej	605		M-30	79	00:01:12	00:22:16	00:45:13	01:08:21	01:29:01	01:32:43	01:39:09.30	01:40:21.40	+00:17:35 (17.7%)	4:41	12.8 (82.6%)
51	BOROWSKI Piotr	177	OPEL ACTIVE TEAM	M-50	11	00:00:31	00:22:51	00:45:36	01:08:40	01:29:20	01:32:58	01:39:11.00	01:39:42.20	+00:17:37 (17.8%)	4:42	12.8 (82.6%)
52	KAŁAMARZ Mariusz	1099	RUN KAZIK RUN	M-40	57	00:00:09	00:22:02	00:45:08	01:08:23	01:29:07	01:32:46	01:39:12.90	01:39:22.80	+00:17:39 (17.8%)	4:42	12.8 (82.6%)
53	KĘDZIOR Łukasz	536	HOLBOX RUNNERS	M-30	80	00:00:33	00:22:47	00:46:03	01:09:14	01:29:20	01:33:02	01:39:14.35	01:39:47.95	+00:17:41 (17.8%)	4:42	12.8 (82.6%)
54	MADEJCZYK Tomasz	381	MTM	M-30	81	00:01:39	00:22:53	00:45:47	01:08:44	01:29:02	01:32:44	01:39:15.55	01:40:55.50	+00:17:42 (17.8%)	4:42	12.8 (82.6%)
55	MISZTAL Kamil	1012		M-30	82	00:00:22	00:23:20	00:46:36	01:09:56	01:30:14	01:33:45	01:39:28.25	01:39:51.05	+00:17:54 (18.0%)	4:42	12.7 (81.9%)
56	GŁOWACKI Jordan	727	JW 4115	M-30	83	00:02:10	00:23:52	00:46:20	01:09:51	01:29:56	01:33:39	01:39:31.75	01:41:42.45	+00:17:58 (18.1%)	4:43	12.7 (81.9%)
57	SZCZEPAŃSKI Tomasz	964		M-30	84	00:00:13	00:23:03	00:46:26	01:09:37	01:29:54	01:33:32	01:39:47.80	01:40:00.95	+00:18:14 (18.3%)	4:43	12.7 (81.9%)
58	FLASIŃSKI Michał	912		M-30	90	00:00:17	00:23:03	00:46:20	01:09:54		01:33:51	01:40:11.35	01:40:28.80	+00:18:38 (18.6%)	4:44	12.6 (81.3%)
59	KUKUCZKA Mateusz	846		M-30	92	00:00:29	00:23:22	00:46:55	01:09:50	01:30:07	01:33:48	01:40:12.40	01:40:42.35	+00:18:39 (18.6%)	4:44	12.6 (81.3%)
60	MAJEREK Marek	199		M-40	63	00:00:10	00:22:38	00:45:44	01:08:57	01:29:40	01:33:30	01:40:21.25	01:40:31.95	+00:18:47 (18.7%)	4:45	12.6 (81.3%)
61	PODGÓRSKI Tomasz	541		M-30	95	00:00:39	00:24:03	00:47:26	01:10:27	01:30:21	01:34:01	01:40:22.40	01:41:02.10	+00:18:49 (18.7%)	4:45	12.6 (81.3%)
62	ANDRACZEK Bartosz	1265		M-40	64	00:00:17	00:23:11	00:46:34	01:09:36	01:30:20	01:33:56	01:40:28.40	01:40:45.45	+00:18:55 (18.8%)	4:45	12.6 (81.3%)
63	BORSIAK Sebastian	151		M-30	97	00:01:01	00:23:23	00:46:36	01:10:05	01:30:37	01:34:17	01:40:43.60	01:41:45.35	+00:19:10 (19.0%)	4:46	12.6 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	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	21.1km				21.1km
64	URBAŃCZYK Karol	160	NIGHT RUNNERS GLIWICE	M-20	47	00:00:13	00:23:28	00:46:45	01:10:05	01:30:23	01:34:03	01:40:44.65	01:40:58.25	+00:19:11 (19.0%)	4:46	12.6 (81.3%)
65	SUTKOWSKI Jan	614		M-30	98	00:00:51	00:23:56	00:47:36	01:10:53	01:30:50	01:34:28	01:40:51.35	01:41:42.55	+00:19:18 (19.1%)	4:46	12.6 (81.3%)
66	KUSEK Andrzej	1226		M-40	67	00:00:25	00:25:32	00:49:52	01:13:05	01:32:01	01:35:19	01:40:54.25	01:41:19.65	+00:19:20 (19.2%)	4:46	12.5 (80.6%)
67	BELUCH Witold	322		M-40	69	00:00:17	00:23:26	00:46:32	01:09:56	01:30:27	01:34:17	01:40:58.85	01:41:16.60	+00:19:25 (19.2%)	4:47	12.5 (80.6%)
68	TYCZYŃSKI Ryszard	1075	FC KNURÓW/COMBAT 56	M-30	102	00:00:53	00:23:04	00:46:34	01:09:57	01:30:48	01:34:34	01:41:16.65	01:42:10.05	+00:19:43 (19.5%)	4:48	12.5 (80.6%)
69	CZAUDERNA Adrian	179	OCHAJORUN&FRIENDS	M-40	70	00:00:20	00:23:25	00:46:39	01:10:02	01:30:48	01:34:39	01:41:18.90	01:41:39.50	+00:19:45 (19.5%)	4:48	12.5 (80.6%)
70	ŻEBROWSKI Adrian	404		M-20	49	00:00:38	00:22:26	00:46:09	01:09:59	01:31:11	01:35:05	01:41:30.85	01:42:09.15	+00:19:57 (19.7%)	4:48	12.5 (80.6%)
71	GAWĘŁKO Janusz	953		M-50	15	00:00:11	00:23:13	00:46:49	01:10:24	01:31:31	01:35:17	01:41:56.10	01:42:07.75	+00:20:22 (20.0%)	4:49	12.4 (80.0%)
72	KURCZEK Tomasz	484		M-40	75	00:00:11	00:23:23	00:47:07	01:10:56	01:31:42	01:35:31	01:41:59.15	01:42:11.00	+00:20:25 (20.0%)	4:50	12.4 (80.0%)
73	SZNYDER Wojciech	439	SPORTSTYLE GLIWICE	M-40	76	00:00:15	00:24:01	00:48:01	01:11:33	01:31:58	01:35:38	01:42:02.40	01:42:17.40	+00:20:29 (20.1%)	4:50	12.4 (80.0%)
74	PACUŁA Piotr	194	OPEL ACTIVE TEAM GLIWICE	M-50	17	00:00:03	00:23:18	00:46:49	01:10:17	01:31:30	01:35:16	01:42:04.80	01:42:07.80	+00:20:31 (20.1%)	4:50	12.4 (80.0%)
75	IMIOŁEK Krzysztof	717		M-30	105	00:00:14	00:23:29	00:46:46	01:10:07		01:35:05	01:42:05.20	01:42:19.70	+00:20:31 (20.1%)	4:50	12.4 (80.0%)
76	WRÓBEL Adam	59		M-30	107	00:01:54	00:22:30	00:45:40	01:09:29		01:35:35	01:42:15.60	01:44:09.60	+00:20:42 (20.2%)	4:50	12.4 (80.0%)
77	RUTKOWSKI Michał	224		M-20	52	00:01:16	00:24:51	00:48:58	01:12:29	01:32:41	01:36:18	01:42:18.40	01:43:34.80	+00:20:45 (20.3%)	4:50	12.4 (80.0%)
78	MAZUR Krzysztof	1007	NOWA GLIWICE	M-40	79	00:00:25	00:24:04	00:47:43	01:11:01	01:31:53	01:35:42	01:42:18.95	01:42:44.55	+00:20:45 (20.3%)	4:50	12.4 (80.0%)
79	NAWRAT Piotr	132		M-30	108	00:00:05	00:21:47	00:45:14	01:09:26	01:31:35	01:35:40	01:42:32.45	01:42:38.30	+00:20:59 (20.5%)	4:51	12.3 (79.4%)
80	JEZUSEK Piotr	432	SBRT	M-30	110	00:00:17	00:22:51	00:45:49	01:09:10	01:31:13	01:35:28	01:42:41.60	01:42:58.90	+00:21:08 (20.6%)	4:51	12.3 (79.4%)
81	BONK Sebastian	82	BMS	M-40	84	00:00:50	00:23:41	00:47:18	01:11:09	01:32:21	01:36:11	01:42:45.05	01:43:35.10	+00:21:11 (20.6%)	4:52	12.3 (79.4%)
82	KUBIS Adrian	954		M-40	85	00:00:21	00:23:47	00:47:22	01:11:01	01:32:23	01:36:19	01:42:46.00	01:43:07.05	+00:21:12 (20.6%)	4:52	12.3 (79.4%)
83	NITARSKI Patryk	899		M-30	111	00:01:44	00:23:51	00:47:53	01:11:49		01:36:34	01:42:48.80	01:44:32.80	+00:21:15 (20.7%)	4:52	12.3 (79.4%)
84	KRAJEWSKI Michał	818		M-30	114	00:00:28	00:25:29	00:50:02	01:13:34	01:33:22	01:36:48	01:43:00.10	01:43:28.30	+00:21:26 (20.8%)	4:52	12.3 (79.4%)
85	SZOT Wojciech	11		M-30	119	00:01:13	00:24:51	00:48:38	01:12:15	01:33:04	01:36:46	01:43:26.05	01:44:39.55	+00:21:52 (21.2%)	4:54	12.2 (78.7%)
86	STACHOWICZ Michał	407	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	121	00:01:12	00:25:26	00:49:21	01:12:58	01:33:33	01:37:19	01:43:30.25	01:44:42.85	+00:21:56 (21.2%)	4:54	12.2 (78.7%)
87	CHMURKO Michał	1278		M-30	124	00:00:26	00:24:00	00:48:39	01:13:03	01:33:49	01:37:31	01:43:43.30	01:44:10.20	+00:22:09 (21.4%)	4:54	12.2 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_km	10_km	15_km	19_km	20_km	21.1km	21.1km			
88	ADAMSKI Kamil	655	LEGION WILCZE GARDŁO	M-20	56	00:00:53	00:23:51	00:47:50	01:12:06	01:33:32	01:37:17	01:43:49.25	01:44:43.10	+00:22:15 (21.4%)	4:55	12.2 (78.7%)
89	HADZIK Rafał	602		M-30	125	00:00:37	00:24:32	00:49:06	01:13:37	01:34:06	01:37:47	01:43:53.45	01:44:30.95	+00:22:20 (21.5%)	4:55	12.2 (78.7%)
90	NITKA Sebastian	52		M-40	91	00:00:30	00:23:40	00:47:49	01:11:54		01:37:37	01:44:05.15	01:44:35.55	+00:22:31 (21.6%)	4:55	12.2 (78.7%)
91	DESZYŃSKI Damian	590	ISTA BIEGAMY	M-30	127	00:00:09	00:23:45	00:47:50	01:11:56	01:33:41	01:37:44	01:44:10.00	01:44:19.65	+00:22:36 (21.7%)	4:56	12.2 (78.7%)
92	GRONDYS Michał	17	SBRT	M-30	128	00:00:21	00:23:23	00:46:41	01:11:00	01:33:10	01:37:08	01:44:10.60	01:44:31.95	+00:22:37 (21.7%)	4:56	12.2 (78.7%)
93	BEHRENDT Bartek	695	NIGHT RUNNERS GLIWICE	M-40	92	00:00:50	00:24:04	00:48:11	01:12:32	01:34:26	01:38:14	01:44:22.20	01:45:13.15	+00:22:48 (21.9%)	4:56	12.1 (78.1%)
94	KILIJANEK Adrian	1163		M-30	129	00:01:09	00:24:11	00:48:20	01:13:05	01:34:21	01:38:14	01:44:29.75	01:45:39.15	+00:22:56 (22.0%)	4:57	12.1 (78.1%)
95	WALSKI Łukasz	680	RANGER SURVIVAL CLUB	M-30	132	00:01:42	00:26:20	00:50:46	01:14:13	01:34:42	01:38:25	01:44:45.70	01:46:28.55	+00:23:12 (22.2%)	4:57	12.1 (78.1%)
96	ORLIK Jerzy	340	PLASTIC OMNIUM	M-50	20	00:01:24	00:24:27	00:48:32	01:12:52	01:34:15	01:38:07	01:44:57.35	01:46:22.30	+00:23:24 (22.3%)	4:58	12.1 (78.1%)
97	PĘDOWSKI Wojciech	1056		M-50	21	00:00:54	00:25:15	00:50:39	01:14:31	01:34:59	01:38:39	01:45:02.75	01:45:57.15	+00:23:29 (22.4%)	4:58	12.1 (78.1%)
98	NOWAK Mariusz	813	HIRSCHVOGEL COMPONENTS POLAND	M-30	136	00:00:35	00:25:04	00:49:29	01:13:36	01:34:38	01:38:25	01:45:05.35	01:45:41.00	+00:23:32 (22.4%)	4:58	12 (77.4%)
99	MACZKA Bronisław	987		M-60	2	00:00:32	00:23:58	00:47:55	01:12:21	01:34:10	01:38:05	01:45:07.15	01:45:39.65	+00:23:33 (22.4%)	4:58	12 (77.4%)
100	KUCZMA Jarosław	161		M-40	95	00:00:30	00:25:10	00:49:56	01:14:27	01:35:15	01:39:01	01:45:22.75	01:45:53.15	+00:23:49 (22.6%)	4:59	12 (77.4%)
101	CICHY Andrzej	651	OPEL ACTIVE TEAM	M-20	61	00:00:06	00:21:16	00:45:07	01:11:35	01:34:45	01:38:34	01:45:23.20	01:45:29.75	+00:23:49 (22.6%)	4:59	12 (77.4%)
102	WANDOCH Tyberiusz	333	CARRY ON W CZORAJSI	M-30	140	00:00:38	00:24:01	00:48:25	01:12:46	01:34:34	01:38:35	01:45:33.65	01:46:11.70	+00:24:00 (22.7%)	5:00	12 (77.4%)
103	BIERNAT Wojtek	93	OPEL ACTIVE TEAM	M-40	98	00:00:21	00:24:14	00:48:21	01:12:46	01:34:48	01:38:55	01:45:37.00	01:45:58.50	+00:24:03 (22.8%)	5:00	12 (77.4%)
104	RAJTOR Paweł	558		M-30	141	00:00:16	00:25:47	00:50:39	01:15:09	01:35:43	01:39:28	01:45:42.70	01:45:58.80	+00:24:09 (22.9%)	5:00	12 (77.4%)
105	NOWAKOWSKI Jarosław	555	FORGOSIA	M-40	101	00:00:15	00:25:14	00:50:11	01:14:39	01:35:39	01:39:23	01:45:44.35	01:45:59.40	+00:24:11 (22.9%)	5:00	12 (77.4%)
106	PANZ Krzysztof	838		M-30	142	00:00:36	00:25:12	00:49:53	01:14:25	01:35:38	01:39:19	01:45:46.30	01:46:23.20	+00:24:12 (22.9%)	5:00	12 (77.4%)
107	MALEC Arkadiusz	875		M-30	143	00:01:21	00:24:15	00:49:33	01:14:30	01:35:47	01:39:31	01:45:47.85	01:47:09.55	+00:24:14 (22.9%)	5:00	12 (77.4%)
108	SOLICH Patryk	1208	SBRT GLIWICE	M-30	144	00:00:20	00:23:55	00:48:29	01:13:02	01:34:57	01:38:53	01:45:50.40	01:46:10.55	+00:24:17 (22.9%)	5:00	12 (77.4%)
109	FUGOWSKI Roman	380		M-50	23	00:00:13	00:23:53	00:47:45	01:12:02	01:34:33	01:38:39	01:45:51.00	01:46:04.95	+00:24:17 (23.0%)	5:00	12 (77.4%)
110	CHWALISZEWSKI Jarosław	585	NIGHT RUNNERS GLIWICE	M-40	102	00:00:33	00:23:57	00:49:10	01:13:54	01:35:04	01:39:00	01:46:00.75	01:46:34.40	+00:24:27 (23.1%)	5:01	11.9 (76.8%)
111	SZEWCZYK Michał	911		M-20	62	00:01:05	00:23:22	00:47:42	01:12:13	01:34:50	01:38:57	01:46:05.60	01:47:11.20	+00:24:32 (23.1%)	5:01	11.9 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	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	21.1km				21.1km
112	TEICHMANN Norbert	1002		M-50	24	00:01:21	00:25:43	00:50:56	01:14:47		01:39:37	01:46:24.75	01:47:46.55	+00:24:51 (23.4%)	5:02	11.9 (76.8%)
113	FRANKIEWICZ Artur	915		M-30	148	00:00:36	00:25:12	00:49:53	01:14:25	01:35:52	01:39:48	01:46:33.05	01:47:09.60	+00:24:59 (23.5%)	5:02	11.9 (76.8%)
114	OCHMAN Ireneusz	234	OPEL ACTIVE TEAM	M-40	105	00:00:40	00:23:44	00:48:39	01:13:39	01:36:02	01:39:55	01:46:41.15	01:47:21.65	+00:25:07 (23.6%)	5:03	11.9 (76.8%)
115	STRUG Mariusz	800		M-40	106	00:01:14	00:25:01	00:49:29	01:14:05	01:35:51	01:39:46	01:46:41.90	01:47:56.25	+00:25:08 (23.6%)	5:03	11.9 (76.8%)
116	PIKTAS Paweł	811		M-40	107	00:00:10	00:23:23	00:46:50	01:11:51	01:35:13	01:39:30	01:46:53.80	01:47:04.45	+00:25:20 (23.7%)	5:03	11.8 (76.1%)
117	DACZYŃSKI Michał	431	GRUPA CMYKI	M-30	150	00:00:22	00:25:39	00:50:25	01:15:13	01:36:43	01:40:24	01:46:54.70	01:47:17.35	+00:25:21 (23.7%)	5:04	11.8 (76.1%)
118	KONIK Tomasz	370	KONIK TEAM	M-40	109	00:00:37	00:24:19	00:49:14	01:14:09	01:36:23	01:40:12	01:47:03.20	01:47:40.55	+00:25:29 (23.8%)	5:04	11.8 (76.1%)
119	BAK-CESARZ Damian	552		M-40	111	00:01:38	00:26:39	00:52:55	01:17:40	01:37:47	01:41:15	01:47:08.60	01:48:47.20	+00:25:35 (23.9%)	5:04	11.8 (76.1%)
120	KOTAJNY Piotr	704		M-40	112	00:00:34	00:24:59	00:49:31	01:14:00	01:36:02	01:40:06	01:47:15.70	01:47:50.30	+00:25:42 (24.0%)	5:05	11.8 (76.1%)
121	KOWAL Bartosz	95		M-30	152	00:01:06	00:24:07	00:48:21	01:13:23	01:35:40	01:39:49	01:47:18.45	01:48:24.90	+00:25:45 (24.0%)	5:05	11.8 (76.1%)
122	JAMRÓZ Wojciech	625		M-40	115	00:00:09	00:21:24	00:45:56	01:11:50	01:35:46	01:40:14	01:47:27.95	01:47:37.10	+00:25:54 (24.1%)	5:05	11.8 (76.1%)
123	KRZYWICKI Jan	923		M-60	3	00:00:40	00:24:35	00:49:23	01:14:23	01:36:44	01:40:41	01:47:29.55	01:48:10.35	+00:25:56 (24.1%)	5:05	11.8 (76.1%)
124	LIGOCKI Szymon	1255	CHOP ZE ŻELAZA TRI TEAM	M-20	65	00:00:19	00:23:50	00:48:45	01:14:11	01:36:52	01:40:48	01:47:31.30	01:47:50.45	+00:25:57 (24.1%)	5:05	11.8 (76.1%)
125	KOSMACZEWSKI Michał	684		M-20	66	00:00:20	00:23:49	00:48:03	01:13:03	01:36:06	01:40:22	01:47:51.95	01:48:12.35	+00:26:18 (24.4%)	5:06	11.7 (75.5%)
126	GRUSZKA Sławomir	740		M-30	158	00:01:13	00:25:57	00:51:38	01:16:33	01:37:37	01:41:25	01:47:53.75	01:49:06.95	+00:26:20 (24.4%)	5:06	11.7 (75.5%)
127	KOZIELEC Tomasz	240	PĘDZĄCE MISIE	M-40	119	00:00:22	00:25:05	00:50:07	01:15:05	01:36:50	01:40:50	01:48:01.35	01:48:23.65	+00:26:28 (24.5%)	5:07	11.7 (75.5%)
128	SPINCZYK Andrzej	1009		M-40	121	00:00:59	00:24:19	00:49:16	01:14:49	01:37:09	01:41:10	01:48:06.10	01:49:05.70	+00:26:32 (24.6%)	5:07	11.7 (75.5%)
129	SŁOWIKOWSKI Damian	707		M-20	67	00:01:27	00:24:44	00:49:35	01:14:52	01:37:41	01:41:45	01:48:06.35	01:49:34.25	+00:26:33 (24.6%)	5:07	11.7 (75.5%)
130	DYMNICKI Andrzej	120	OCHAJORUN & FRIENDS	M-40	122	00:00:20	00:23:29	00:47:32	01:12:17	01:34:59	01:40:53	01:48:06.65	01:48:27.30	+00:26:33 (24.6%)	5:07	11.7 (75.5%)
131	STOLARCZYK Marcin	1291	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	01:48:07.85	01:48:40.70	+00:26:34 (24.6%)	5:07	11.7 (75.5%)
132	ZIĘBIK Grzegorz	891		M-30	162	00:00:46	00:25:18	00:50:48	01:16:11	01:37:48	01:41:37	01:48:12.20	01:48:59.05	+00:26:38 (24.6%)	5:07	11.7 (75.5%)
133	DYLONG Piotr	265		M-50	26	00:01:13	00:24:48	00:49:19	01:14:44	01:37:13	01:41:16	01:48:16.40	01:49:29.90	+00:26:43 (24.7%)	5:07	11.7 (75.5%)
134	PRZYBYLSKI Mariusz	330		M-40	126	00:00:26	00:25:39	00:50:59	01:15:43	01:37:20	01:41:20	01:48:18.80	01:48:45.30	+00:26:45 (24.7%)	5:08	11.7 (75.5%)
135	GÓRKA Szymon	833		M-30	164	00:01:19	00:24:43	00:49:05	01:14:26	01:37:12	01:41:17	01:48:20.30	01:49:39.95	+00:26:46 (24.7%)	5:08	11.7 (75.5%)

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			
136	SELIGA Paweł	60	BIEGAJ Z TRENERAMI GLIWICE	M-30	169	00:00:13	00:24:16	00:49:12	01:14:26	01:37:41	01:41:50	01:48:36.70	01:48:50.00	+00:27:03 (24.9%)	5:08	11.7 (75.5%)
137	KRAKOWCZYK Adam	496	SBRT GLIWICE	M-30	170	00:00:19	00:25:45	00:51:27	01:16:58	01:38:20	01:42:08	01:48:37.05	01:48:56.65	+00:27:03 (24.9%)	5:08	11.7 (75.5%)
138	JASIK Grzegorz	1293	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	01:48:39.15	01:48:58.80	+00:27:05 (24.9%)	5:08	11.7 (75.5%)
139	STAŃCZAK Grzegorz	173		M-20	70	00:00:09	00:23:12	00:47:56	01:13:27	01:36:50	01:41:04	01:48:44.95	01:48:54.25	+00:27:11 (25.0%)	5:09	11.6 (74.8%)
140	KOŁODZIEJ Jacek	70	NIGHT RUNNERS GLIWICE	M-40	129	00:00:20	00:25:46	00:50:56	01:16:10	01:38:04	01:41:59	01:48:45.65	01:49:06.00	+00:27:12 (25.0%)	5:09	11.6 (74.8%)
141	BOJANEK Tomasz	1031		M-20	72	00:00:20	00:24:12	00:48:29	01:13:12	01:36:55	01:41:14	01:48:53.85	01:49:14.25	+00:27:20 (25.1%)	5:09	11.6 (74.8%)
142	GOLIASZ Bartłomiej	1100		M-30	176	00:00:23	00:25:42	00:51:26	01:16:55	01:38:42	01:42:32	01:49:00.35	01:49:23.50	+00:27:27 (25.2%)	5:09	11.6 (74.8%)
143	DROZD Grzegorz	274		M-20	74	00:00:43	00:26:13	00:51:14	01:16:01	01:38:13	01:42:10	01:49:04.20	01:49:47.80	+00:27:30 (25.2%)	5:10	11.6 (74.8%)
144	PIETRZAK Marcin	244	STRAŻAK JRG GLIWICE	M-40	130	00:00:19	00:23:51	00:48:45	01:14:12	01:37:22	01:41:35	01:49:05.60	01:49:24.70	+00:27:32 (25.2%)	5:10	11.6 (74.8%)
145	SCHAB Bartłomiej	642		M-20	76	00:00:38	00:23:41	00:48:29	01:14:15	01:37:30	01:41:45	01:49:15.75	01:49:54.15	+00:27:42 (25.4%)	5:10	11.6 (74.8%)
146	GRUSZCZYŃSKI Bogusław	902		M-60	4	00:00:32	00:24:57	00:50:16	01:15:28	01:38:03	01:42:04	01:49:23.90	01:49:56.10	+00:27:50 (25.5%)	5:11	11.6 (74.8%)
147	BOGACZ Paweł	481	JAGODA TEAM	M-30	182	00:00:22	00:25:40	00:51:25	01:16:54	01:38:51	01:42:39	01:49:27.65	01:49:49.90	+00:27:54 (25.5%)	5:11	11.6 (74.8%)
148	BAJ Tomasz	236		M-20	77	00:00:19	00:23:37	00:48:27	01:14:35	01:38:14	01:42:16	01:49:30.25	01:49:50.15	+00:27:56 (25.5%)	5:11	11.6 (74.8%)
149	WAŚ Szymon	1292	MOMO RESTAURANT & COCKTAIL BAR	M-20	79	00:00:20	00:25:43	00:51:02	01:16:21	01:38:43	01:42:41	01:49:35.30	01:49:55.45	+00:28:01 (25.6%)	5:11	11.6 (74.8%)
150	MAY-MAJEWSKI Michał	793		M-30	187	00:00:48	00:25:35	00:51:01	01:16:19		01:42:46	01:49:37.40	01:50:26.00	+00:28:04 (25.6%)	5:11	11.5 (74.2%)
151	IZBICKI Zbigniew	1113		M-40	138	00:00:28	00:25:25	00:50:33	01:15:52	01:38:30	01:42:34	01:49:45.00	01:50:13.00	+00:28:11 (25.7%)	5:12	11.5 (74.2%)
152	SMUDA Andrzej	512	AKMB PĘDZIWIATR GLIWICE	M-40	139	00:01:26	00:26:13	00:51:46	01:17:12	01:38:59	01:42:58	01:49:47.10	01:51:13.70	+00:28:13 (25.7%)	5:12	11.5 (74.2%)
153	SKOTNICKI Paweł	34		M-20	81	00:00:20	00:24:13	00:49:15	01:15:06	01:38:19	01:42:32	01:49:48.65	01:50:09.30	+00:28:15 (25.7%)	5:12	11.5 (74.2%)
154	SOŚNIAK Tomasz	25	KUDŁATY ART ACTIVE TEAM	M-30	189	00:00:21	00:25:35	00:51:03	01:16:10	01:38:22	01:42:24	01:49:53.30	01:50:14.75	+00:28:19 (25.8%)	5:12	11.5 (74.2%)
155	KULASEK Michał	917		M-20	83	00:00:08	00:22:13	00:46:48	01:12:43	01:37:28	01:42:14	01:49:54.00	01:50:02.65	+00:28:20 (25.8%)	5:12	11.5 (74.2%)
156	ZDZIEBKO Artur	176		M-40	140	00:00:24	00:26:01	00:51:47	01:17:11	01:39:12	01:43:08	01:49:56.10	01:50:20.25	+00:28:22 (25.8%)	5:12	11.5 (74.2%)
157	GORECKI Janusz	361		M-50	30	00:00:18	00:25:22	00:51:05	01:16:29	01:38:54	01:42:50	01:49:56.75	01:50:15.55	+00:28:23 (25.8%)	5:12	11.5 (74.2%)
158	SZADKOWSKI Paweł	1313	NIGHT RUNNERS GLIWICE	M-30	190	00:00:18	00:25:43	00:51:27	01:16:58	01:38:53	01:42:43	01:49:57.25	01:50:15.85	+00:28:23 (25.8%)	5:12	11.5 (74.2%)
159	STĘPIEŃ Wojciech	217	NIGHT RUNNERS GLIWICE	M-40	141	00:00:18	00:25:44	00:51:27	01:16:58	01:38:54	01:42:43	01:49:57.80	01:50:16.05	+00:28:24 (25.8%)	5:12	11.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_km	10_km	15_km	19_km	20_km	21.1km	21.1km			
160	ROŻEK Jacek	53	PSYCHONAUCI	M-30	191	00:00:28	00:23:59	00:50:11	01:16:21	01:38:42	01:42:36	01:50:00.90	01:50:29.15	+00:28:27 (25.9%)	5:12	11.5 (74.2%)
161	WIEKIERA Adam	385		M-30	192	00:00:11	00:23:41	00:48:09	01:13:53	01:37:52	01:42:13	01:50:02.70	01:50:14.45	+00:28:29 (25.9%)	5:12	11.5 (74.2%)
162	KONDRUSIEWICZ Michał	1064	BIEGACZE CSR	M-20	84	00:01:36	00:26:43	00:52:16	01:17:40	01:39:36	01:43:34	01:50:08.10	01:51:44.45	+00:28:34 (25.9%)	5:13	11.5 (74.2%)
163	TURNIAK Miłosz	373		M-20	85	00:00:34	00:24:31	00:49:36	01:15:01	01:38:17	01:42:30	01:50:15.85	01:50:50.20	+00:28:42 (26.0%)	5:13	11.5 (74.2%)
164	KĄDZIOŁKA Jan	868	NIGHT RUNNERS GLIWICE	M-40	142	00:00:35	00:25:39	00:51:24	01:17:06	01:39:39	01:43:41	01:50:23.40	01:50:58.45	+00:28:50 (26.1%)	5:13	11.5 (74.2%)
165	WIKIERSKI Michał	36		M-30	196	00:00:24	00:25:40	00:51:23	01:16:53	01:38:55	01:43:04	01:50:24.25	01:50:49.05	+00:28:50 (26.1%)	5:13	11.5 (74.2%)
166	KOŁAK Szymon	335	PIAST GLIWICE	M-20	86	00:00:24	00:23:20	00:47:52	01:13:24	01:37:41	01:42:19	01:50:29.80	01:50:54.25	+00:28:56 (26.2%)	5:14	11.5 (74.2%)
167	OLSZEWSKI Tomasz	440		M-20	87	00:01:16	00:25:41	00:51:54	01:17:35	01:39:57	01:43:53	01:50:31.10	01:51:47.15	+00:28:57 (26.2%)	5:14	11.5 (74.2%)
168	ORZECH Michał	857	AMATOR	M-30	198	00:00:27	00:25:19	00:50:08	01:15:04	01:38:26	01:42:50	01:50:38.95	01:51:06.15	+00:29:05 (26.3%)	5:14	11.4 (73.5%)
169	PISINGAS Mariusz	1150		M-30	200	00:01:13	00:25:38	00:51:41	01:17:25	01:39:55	01:44:07	01:50:44.40	01:51:57.90	+00:29:11 (26.4%)	5:14	11.4 (73.5%)
170	TROJAK Grzegorz	1116		M-16	5	00:01:13	00:26:32	00:52:04	01:17:48	01:40:30	01:44:31	01:50:45.25	01:51:59.10	+00:29:11 (26.4%)	5:14	11.4 (73.5%)
171	ADAMOWSKI Jacek	1005	NIGHT RUNNERS GLIWICE	M-30	201	00:00:54	00:23:37	00:48:49	01:14:31	01:38:44	01:43:08	01:50:50.45	01:51:45.05	+00:29:17 (26.4%)	5:15	11.4 (73.5%)
172	DZIURA Arkadiusz	50		M-40	146	00:00:48	00:26:05	00:51:28	01:17:04	01:39:42	01:43:50	01:50:55.80	01:51:44.15	+00:29:22 (26.5%)	5:15	11.4 (73.5%)
173	KACZKIEWICZ Damian	683	NIGHT RUNNERS GLIWICE	M-40	148	00:00:28	00:25:35	00:51:17	01:16:49	01:39:46	01:43:52	01:50:56.80	01:51:24.90	+00:29:23 (26.5%)	5:15	11.4 (73.5%)
174	GANSZCZYK Rafał	823	OPEL ACTIVE TEAM	M-30	204	00:00:43	00:26:11	00:52:50	01:19:00	01:40:33	01:44:29	01:51:09.95	01:51:53.75	+00:29:36 (26.6%)	5:16	11.4 (73.5%)
175	ZIOBER Grzegorz	1092	SPARTA PLATFUS	M-30	205	00:00:33	00:27:21	00:54:12	01:19:33	01:40:51	01:44:40	01:51:10.95	01:51:44.05	+00:29:37 (26.6%)	5:16	11.4 (73.5%)
176	WIECHOWSKI Artur	209	SPARTA PLATFUS	M-30	206	00:00:33	00:27:22	00:54:12	01:19:32	01:40:52	01:44:41	01:51:12.35	01:51:45.35	+00:29:39 (26.7%)	5:16	11.4 (73.5%)
177	ĆWIKŁA Kamil	315	HARPAGANY	M-30	207	00:00:36	00:25:15	00:50:47	01:16:10	01:39:20	01:43:43	01:51:14.45	01:51:51.00	+00:29:41 (26.7%)	5:16	11.4 (73.5%)
178	WOJTAS Marcin	593	ISTA BIEGAMY	M-30	209	00:01:38	00:27:53	00:54:46	01:20:32	01:42:06	01:45:46	01:51:34.45	01:53:12.75	+00:30:01 (26.9%)	5:17	11.3 (72.9%)
179	ZDANIEWICZ Radosław	1065	PSYCHONAUCI	M-30	210	00:00:56	00:26:39	00:52:54	01:18:43	01:40:54	01:44:52	01:51:34.55	01:52:30.85	+00:30:01 (26.9%)	5:17	11.3 (72.9%)
180	MAJDA Kamil	786	PSYCHONAUCI	M-30	211	00:00:53	00:25:37	00:50:29	01:15:02	01:38:50	01:43:24	01:51:48.25	01:52:42.20	+00:30:14 (27.1%)	5:17	11.3 (72.9%)
181	BAUMERT Rafał	597	ISTA BIEGAMY	M-30	212	00:00:47	00:26:09	00:52:23	01:18:45	01:41:14	01:45:05	01:51:52.85	01:52:40.30	+00:30:19 (27.1%)	5:18	11.3 (72.9%)
182	RYZIŃSKI Dariusz	255		M-40	156	00:01:40	00:25:20	00:51:01	01:17:03		01:44:45	01:52:16.05	01:53:56.75	+00:30:42 (27.4%)	5:19	11.3 (72.9%)
183	GRĄBCZEWSKI Marcin	171		M-30	218	00:00:21	00:25:43	00:51:31	01:17:21	01:41:11	01:45:21	01:52:22.20	01:52:43.40	+00:30:48 (27.4%)	5:19	11.3 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
						startu	5_km	10_km	15_km	19_km	20_km	21.1km				21.1km
184	MALINOWSKI Mihał	952		M-30	219	00:00:38	00:25:26	00:51:06	01:16:51	01:40:20	01:44:44	01:52:27.80	01:53:05.95	+00:30:54 (27.5%)	5:19	11.3 (72.9%)
185	KUPKA Bartosz	1232	OPEL ACTIV TEAM	M-30	222	00:00:36	00:25:44	00:52:00	01:18:21		01:45:32	01:52:37.25	01:53:13.65	+00:31:03 (27.6%)	5:20	11.2 (72.3%)
186	MACYSZYN Waldemar	730		M-50	36	00:01:34	00:25:30	00:50:47	01:16:37	01:40:12	01:44:45	01:52:56.90	01:54:31.40	+00:31:23 (27.8%)	5:21	11.2 (72.3%)
187	SIWCZYK Robert	538		M-20	97	00:01:20	00:24:55	00:50:01	01:15:51	01:40:31	01:45:14	01:52:57.95	01:54:18.90	+00:31:24 (27.8%)	5:21	11.2 (72.3%)
188	STEC Marcin	657	KW GLIWICE	M-30	223	00:00:35	00:25:28	00:51:11	01:16:45	01:40:24	01:44:51	01:53:00.35	01:53:36.05	+00:31:27 (27.8%)	5:21	11.2 (72.3%)
189	DADAŚ Janusz	13		M-40	162	00:00:37	00:25:37	00:51:15	01:17:02	01:40:40	01:44:58	01:53:02.35	01:53:40.10	+00:31:29 (27.9%)	5:21	11.2 (72.3%)
190	HNATIUK Mateusz	679		M-20	98	00:01:06	00:27:58	00:54:50	01:20:36	01:42:36	01:46:31	01:53:06.70	01:54:13.25	+00:31:33 (27.9%)	5:21	11.2 (72.3%)
191	BUJALSKI Michał	571	AKS DRAGON	M-30	225	00:01:32	00:27:08	00:53:00	01:18:42	01:41:30	01:45:43	01:53:10.55	01:54:43.35	+00:31:37 (27.9%)	5:21	11.2 (72.3%)
192	MACIEJCZYK Marcin	429	AKS DRAGON	M-30	226	00:01:32	00:27:08	00:53:00	01:18:41	01:41:29	01:45:43	01:53:11.40	01:54:43.50	+00:31:38 (27.9%)	5:21	11.2 (72.3%)
193	TUREK Maciej	375		M-40	163	00:01:06	00:26:20	00:53:30	01:20:17	01:43:03	01:46:52	01:53:11.85	01:54:18.30	+00:31:38 (28.0%)	5:21	11.2 (72.3%)
194	KWAPIEŃ Paweł	1133		M-30	228	00:00:09	00:25:38	00:51:37	01:17:45	01:41:32	01:45:47	01:53:21.95	01:53:31.90	+00:31:48 (28.1%)	5:22	11.2 (72.3%)
195	WRÓBEL Maciej	1289	MOMO RESTAURANT & COCKTAIL BAR	M-30	229	00:00:34	00:26:26	00:52:19	01:18:46	01:41:55	01:46:11	01:53:21.95	01:53:56.40	+00:31:48 (28.1%)	5:22	11.2 (72.3%)
196	KOWALCZYK Grzegorz	247		M-40	164	00:00:27	00:23:28	00:47:51	01:14:54	01:40:44	01:45:34	01:53:24.40	01:53:52.35	+00:31:51 (28.1%)	5:22	11.2 (72.3%)
197	BIENKOWSKI Piotr	922		M-20	100	00:00:21	00:24:01	00:49:12	01:15:49		01:45:33	01:53:25.25	01:53:46.65	+00:31:51 (28.1%)	5:22	11.2 (72.3%)
198	DROZD Kajetan	677	STREFAGITARY.PL	M-30	230	00:00:28	00:26:04	00:51:57	01:18:39	01:42:18	01:46:39	01:53:34.10	01:54:02.70	+00:32:00 (28.2%)	5:22	11.1 (71.6%)
199	DOBOSZ Mariusz	130	GO-LEASING	M-30	231	00:00:23	00:26:22	00:52:49	01:19:30	01:42:45	01:47:01	01:53:37.10	01:54:00.20	+00:32:03 (28.2%)	5:23	11.1 (71.6%)
200	SOJKA Łukasz	1301		M-30	232	00:01:29	00:25:26	00:51:12	01:17:11	01:41:25	01:45:58	01:53:40.30	01:55:09.60	+00:32:06 (28.3%)	5:23	11.1 (71.6%)
201	SZESZKO Sławomir	612		M-50	37	00:01:34	00:27:26	00:54:33	01:20:57	01:43:32	01:47:27	01:53:57.50	01:55:32.35	+00:32:24 (28.4%)	5:24	11.1 (71.6%)
202	RABIEJ Rafał	906		M-40	171	00:00:35	00:25:39	00:51:24	01:17:50	01:41:51	01:46:17	01:54:16.80	01:54:51.85	+00:32:43 (28.6%)	5:24	11.1 (71.6%)
203	WIORA Łukasz	297		M-30	236	00:00:23	00:25:47	00:51:36	01:17:44	01:41:49	01:46:21	01:54:26.00	01:54:49.55	+00:32:52 (28.7%)	5:25	11.1 (71.6%)
204	OSIŃSKI Paweł	187	NIGHT RUNNERS GLIWICE	M-30	237	00:00:24	00:25:35	00:52:00	01:18:52	01:42:48	01:47:10	01:54:26.25	01:54:50.30	+00:32:52 (28.7%)	5:25	11.1 (71.6%)
205	ROŻEK Michał	550		M-40	173	00:01:03	00:26:43	00:53:24	01:20:17	01:43:33	01:47:44	01:54:39.15	01:55:43.10	+00:33:05 (28.9%)	5:26	11 (71.0%)
206	BUK Marcin	286		M-20	105	00:01:53	00:27:19	00:54:11	01:20:49	01:43:37	01:47:37	01:54:43.15	01:56:36.30	+00:33:09 (28.9%)	5:26	11 (71.0%)
207	PAWLINA Piotr	103		M-40	174	00:01:27	00:27:06	00:54:03	01:20:50	01:43:26	01:47:38	01:54:46.35	01:56:13.40	+00:33:13 (28.9%)	5:26	11 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	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	21.1km				21.1km
208	POKRYSZKA Wojciech	360		M-20	106	00:00:29	00:25:39	00:51:49	01:18:56	01:43:39	01:47:46	01:54:47.05	01:55:16.50	+00:33:13 (28.9%)	5:26	11 (71.0%)
209	ZIMOCH Grzegorz	215		M-30	239	00:00:12	00:26:19	00:54:41	01:22:40	01:43:44	01:47:43	01:54:50.60	01:55:03.35	+00:33:17 (29.0%)	5:26	11 (71.0%)
210	NOWAKOWSKI Dominik	1294	MOMO RESTAURANT & COCKTAIL BAR	Mieszkańcy Gliwic	1	00:01:05	00:24:18	00:50:17	01:17:13	01:43:19	01:48:07	01:54:56.25	01:56:02.00	+00:33:22 (29.0%)	5:26	11 (71.0%)
211	SŁUSZNIAK Sławomir	799		M-40	175	00:01:21	00:25:35	00:51:28	01:18:46	01:43:18	01:47:39	01:55:08.05	01:56:29.95	+00:33:34 (29.2%)	5:27	11 (71.0%)
212	PENKALA Artur	131	GO-LEASING	M-30	243	00:00:23	00:26:22	00:52:50	01:19:30	01:43:22	01:47:49	01:55:17.50	01:55:40.85	+00:33:44 (29.3%)	5:27	11 (71.0%)
213	KAMPKA Aleksander	149		M-40	177	00:00:34	00:26:34	00:53:29	01:20:21	01:43:51	01:47:59	01:55:18.75	01:55:53.70	+00:33:45 (29.3%)	5:27	11 (71.0%)
214	WOŹNIAK Marek	608		M-40	178	00:00:45	00:26:26	00:53:18	01:19:43	01:43:32	01:47:52	01:55:22.15	01:56:07.65	+00:33:48 (29.3%)	5:28	11 (71.0%)
215	SAMUL Bartłomiej	1121	WKS DESANT BOKS	M-20	107	00:00:11	00:24:04	00:49:45	01:16:48	01:42:33	01:47:15	01:55:24.10	01:55:35.60	+00:33:50 (29.3%)	5:28	11 (71.0%)
216	SIEJA Szymon	1103	JW AGAT	M-20	108	00:00:10	00:24:04	00:49:46	01:16:48	01:42:31	01:47:17	01:55:24.50	01:55:35.35	+00:33:51 (29.3%)	5:28	11 (71.0%)
217	KWAPIEŃ Aleksander	1111		M-30	246	00:00:09	00:25:38	00:51:38	01:17:45	01:42:15	01:47:10	01:55:35.00	01:55:44.60	+00:34:01 (29.4%)	5:28	11 (71.0%)
218	WÓJCIK Bartłomiej	670		M-20	111	00:01:08	00:27:08	00:53:50	01:21:06	01:44:27	01:48:37	01:55:38.80	01:56:47.55	+00:34:05 (29.5%)	5:28	10.9 (70.3%)
219	WITEK Jacek	1086	OPEL ACTIVE TEAM	M-30	248	00:00:42	00:25:35	00:51:23	01:18:16	01:43:18	01:47:43	01:55:46.55	01:56:29.45	+00:34:13 (29.6%)	5:29	10.9 (70.3%)
220	LEWANDOWSKI Henryk	733		M-40	182	00:01:03	00:25:23	00:51:03	01:17:34	01:43:07	01:47:49	01:55:54.80	01:56:58.05	+00:34:21 (29.6%)	5:29	10.9 (70.3%)
221	WIETRZYCKI Mariusz	353	BIEGAJ Z TRENERAMI	M-30	249	00:00:20	00:25:43	00:51:02	01:17:10	01:44:36	01:48:53	01:56:05.05	01:56:25.10	+00:34:31 (29.7%)	5:30	10.9 (70.3%)
222	DZIECIĄTKOWSKI Jarosław	1237	OPEL ACTIVE TEAM	M-30	250	00:00:42	00:24:48	00:51:42	01:19:01		01:48:16	01:56:06.55	01:56:48.90	+00:34:33 (29.8%)	5:30	10.9 (70.3%)
223	ŁĄTKOWSKI Marcin	1205	SBRT GLIWICE	M-20	113	00:01:26	00:26:53	00:53:36	01:20:19	01:44:27	01:48:51	01:56:13.90	01:57:39.95	+00:34:40 (29.8%)	5:30	10.9 (70.3%)
224	SZUMSKI Tomasz	321		M-40	183	00:00:27	00:25:52	00:51:47	01:18:47	01:43:38	01:48:16	01:56:16.85	01:56:44.15	+00:34:43 (29.9%)	5:30	10.9 (70.3%)
225	WIETRZYCKI Zenon	354	POLSKA	M-50	39	00:00:19	00:25:46	00:51:04	01:17:11	01:44:40	01:49:02	01:56:21.05	01:56:40.70	+00:34:47 (29.9%)	5:30	10.9 (70.3%)
226	GIERAS Mirosław	469		M-40	184	00:00:33	00:25:29	00:51:22	01:19:30	01:44:43	01:49:07	01:56:27.45	01:57:00.80	+00:34:54 (30.0%)	5:31	10.9 (70.3%)
227	WÓJCIK Tomasz	22		M-30	253	00:01:16	00:26:37	00:53:17	01:19:47	01:44:05	01:48:29	01:56:29.50	01:57:46.20	+00:34:56 (30.0%)	5:31	10.9 (70.3%)
228	ZEMŁA Piotr	195		M-40	185	00:00:42	00:26:25	00:53:40	01:20:46	01:44:33	01:48:51	01:56:30.85	01:57:13.55	+00:34:57 (30.0%)	5:31	10.9 (70.3%)
229	GDAWSKI Bartłomiej	242	SBRT GLIWICE	M-16	6	00:00:45	00:26:09	00:53:12	01:20:38	01:44:46	01:49:10	01:56:33.00	01:57:18.95	+00:34:59 (30.0%)	5:31	10.9 (70.3%)
230	SZCZĘŚNIAK Krzysztof	1264		M-20	114	00:01:08	00:26:35	00:53:19	01:20:22	01:44:44	01:49:19	01:56:50.40	01:57:58.65	+00:35:17 (30.2%)	5:32	10.8 (69.7%)
231	MICHALSKI Bartosz	85		M-40	186	00:01:14	00:27:21	00:54:28	01:21:31	01:45:20	01:49:40	01:56:50.60	01:58:05.55	+00:35:17 (30.2%)	5:32	10.8 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas		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	netto 21.1km	brutto 21.1km			
232	KUŚKA Paweł	346		M-30	258	00:00:45	00:26:03	00:52:55	01:20:12	01:44:54	01:49:26	01:56:53.05	01:57:38.90	+00:35:19 (30.2%)	5:32	10.8 (69.7%)
233	KROPKA Szymon	140	NIGHT RUNNERS GLIWICE	M-30	260	00:00:28	00:26:40	00:54:08	01:21:18	01:45:37	01:49:56	01:56:57.70	01:57:26.55	+00:35:24 (30.3%)	5:32	10.8 (69.7%)
234	ZACHARA Michał	1051		M-20	118	00:01:31	00:26:15	00:54:03	01:21:05	01:44:58	01:49:14	01:57:15.75	01:58:46.90	+00:35:42 (30.5%)	5:33	10.8 (69.7%)
235	GRONDECKI Grzegorz	302	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	01:57:19.30	01:57:37.35	+00:35:45 (30.5%)	5:33	10.8 (69.7%)
236	TKOCZ Rafał	323		M-30	263	00:01:09	00:27:22	00:54:37	01:21:58	01:46:03	01:50:14	01:57:21.75	01:58:31.70	+00:35:48 (30.5%)	5:33	10.8 (69.7%)
237	FUGOWSKI Grzegorz	283		M-30	264	00:01:33	00:25:47	00:53:00	01:20:45	01:45:18	01:49:32	01:57:22.85	01:58:56.80	+00:35:49 (30.5%)	5:33	10.8 (69.7%)
238	KOPCIK Tomasz	982	COMBAT56	M-30	265	00:00:34	00:25:47	00:52:01	01:20:17	01:45:36	01:49:58	01:57:27.90	01:58:02.55	+00:35:54 (30.6%)	5:34	10.8 (69.7%)
239	SMOTER Wojciech	35		M-30	266	00:01:27	00:25:00	00:50:23	01:16:45	01:43:59	01:48:57	01:57:30.70	01:58:58.45	+00:35:57 (30.6%)	5:34	10.8 (69.7%)
240	SZULC Michał	1021	4M	M-40	189	00:00:49	00:27:33	00:54:51	01:22:10	01:46:17	01:50:35	01:57:31.25	01:58:20.50	+00:35:57 (30.6%)	5:34	10.8 (69.7%)
241	GAŁĘCZKA Michał	548		M-20	119	00:01:06	00:28:43	00:56:30	01:23:06	01:46:12	01:50:27	01:57:35.20	01:58:41.95	+00:36:01 (30.6%)	5:34	10.8 (69.7%)
242	CHUDZIŃSKI Tomasz	835		M-40	190	00:00:15	00:23:54	00:49:27	01:16:50	01:46:03	01:50:27	01:57:55.90	01:58:11.50	+00:36:22 (30.8%)	5:35	10.7 (69.0%)
243	BARAŃSKI Grzegorz	111		M-30	269	00:01:12	00:27:29	00:54:53	01:22:11	01:46:04	01:50:25	01:58:01.95	01:59:14.25	+00:36:28 (30.9%)	5:35	10.7 (69.0%)
244	SZWAJKOSZ Szczepan	275	NIGHT RUNNERS GLIWICE	M-20	121	00:00:26	00:25:36	00:51:19	01:16:52	01:43:12	01:48:30	01:58:11.35	01:58:38.15	+00:36:38 (31.0%)	5:36	10.7 (69.0%)
245	KRUSZYŃSKI Marcin	301	STADO PĘDZĄCYCH IMADEŁ	M-40	192	00:00:46	00:26:07	00:51:58	01:18:59	01:45:13	01:50:09	01:58:12.50	01:58:59.05	+00:36:39 (31.0%)	5:36	10.7 (69.0%)
246	RENKIEL Tomasz	55	NIGHT RUNNERS GLIWICE	M-40	196	00:01:00	00:28:03	00:55:53	01:23:50	01:47:25	01:51:35	01:58:31.75	01:59:31.85	+00:36:58 (31.2%)	5:37	10.7 (69.0%)
247	GONERA Paweł	676		M-40	197	00:00:47	00:25:59	00:53:27	01:21:34	01:46:28	01:51:08	01:58:31.80	01:59:19.35	+00:36:58 (31.2%)	5:37	10.7 (69.0%)
248	POPIEL Artur	21		M-40	199	00:01:08	00:27:56	00:55:15	01:23:09	01:47:38	01:51:59	01:58:32.35	01:59:40.95	+00:36:59 (31.2%)	5:37	10.7 (69.0%)
249	PŁOMIN Marcin	1206	SBRT GLIWICE	M-30	276	00:00:39	00:27:41	00:55:26	01:23:00	01:47:12	01:51:25	01:58:39.50	01:59:19.00	+00:37:06 (31.3%)	5:37	10.7 (69.0%)
250	KUBIT Bartłomiej	1304		M-30	277	00:00:55	00:28:41	00:55:02		01:46:54	01:51:10	01:58:47.90	01:59:43.20	+00:37:14 (31.3%)	5:37	10.7 (69.0%)
251	WILIMSKI Tomasz	101	SBRT GLIWICE	M-40	200	00:00:34	00:27:41	00:55:28	01:23:01	01:47:14	01:51:50	01:58:49.70	01:59:24.30	+00:37:16 (31.4%)	5:37	10.7 (69.0%)
252	BIERNAT Adam	268		M-40	201	00:01:38	00:28:06	00:55:49	01:23:20	01:47:40	01:51:46	01:58:50.85	02:00:29.45	+00:37:17 (31.4%)	5:37	10.7 (69.0%)
253	UJMA Michał	962		M-30	278	00:00:51	00:28:44	00:55:06	01:22:51	01:46:48	01:51:13	01:58:51.05	01:59:42.90	+00:37:17 (31.4%)	5:37	10.7 (69.0%)
254	ROLEK Marcin	73		M-30	279	00:01:39	00:27:27	00:55:06	01:22:17	01:47:15	01:51:33	01:58:54.55	02:00:33.95	+00:37:21 (31.4%)	5:38	10.6 (68.4%)
255	SZYLER Kamil	660		M-20	124	00:00:45	00:27:30	00:55:16	01:22:53	01:47:04	01:51:39	01:59:12.00	01:59:57.20	+00:37:38 (31.6%)	5:38	10.6 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	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	21.1km				21.1km
256	DĄBROWSKI Marcin	257		M-30	281	00:01:10	00:26:33	00:54:30	01:22:35	01:47:48	01:51:57	01:59:15.65	02:00:26.00	+00:37:42 (31.6%)	5:39	10.6 (68.4%)
257	STANISZEWSKI Krzysiek	637	BIEGAMY Z SERCEM.PL	M-20	126	00:01:20	00:25:06	00:50:15	01:18:24	01:46:16	01:51:06	01:59:24.10	02:00:44.30	+00:37:50 (31.7%)	5:39	10.6 (68.4%)
258	BOROWIEC Wojciech	946		M-20	127	00:01:31	00:26:23	00:54:06	01:21:44	01:46:45	01:51:30	01:59:26.75	02:00:58.30	+00:37:53 (31.7%)	5:39	10.6 (68.4%)
259	ŁUSIAK Mariusz	1135		M-30	283	00:00:45	00:27:33	00:55:21	01:22:55	01:47:10	01:51:41	01:59:32.90	02:00:18.35	+00:37:59 (31.8%)	5:39	10.6 (68.4%)
260	WIŚNIEWSKI Paweł	1169	JW AGAT	M-30	289	00:00:39	00:26:52	00:54:18	01:22:19	01:47:53	01:52:31	02:00:09.40	02:00:48.80	+00:38:36 (32.1%)	5:41	10.5 (67.7%)
261	FEREFCKI Paweł	604		M-30	291	00:01:15	00:25:40	00:53:16	01:21:55	01:47:47	01:52:17	02:00:19.75	02:01:35.20	+00:38:46 (32.2%)	5:42	10.5 (67.7%)
262	PADOŁ Zbigniew	141	NIEZRZESZONY	M-50	48	00:00:17	00:27:56	00:56:03	01:23:34	01:48:31	01:53:00	02:00:37.00	02:00:54.35	+00:39:03 (32.4%)	5:42	10.5 (67.7%)
263	RYGIEL Sebastian	143		M-30	294	00:01:54	00:29:04	00:57:51	01:25:35	01:49:13	01:53:35	02:00:45.70	02:02:40.40	+00:39:12 (32.5%)	5:43	10.5 (67.7%)
264	GRYGIEREK Marcin	420		M-20	129	00:00:34	00:26:14	00:53:38	01:21:57	01:47:49	01:52:37	02:00:53.35	02:01:27.50	+00:39:20 (32.5%)	5:43	10.5 (67.7%)
265	WIECZOREK Jarosław	2		M-30	295	00:00:54	00:29:07	00:57:05	01:25:09	01:49:16	01:53:24	02:00:56.85	02:01:51.10	+00:39:23 (32.6%)	5:43	10.5 (67.7%)
266	KRAJEWSKI Radosław	486		M-30	297	00:00:41	00:26:05	00:53:18	01:20:38	01:47:12	01:52:27	02:01:23.00	02:02:04.95	+00:39:49 (32.8%)	5:45	10.4 (67.1%)
267	MELLER Tadeusz	312		M-20	130	00:01:21	00:26:58	00:53:24	01:21:09	01:48:32	01:53:18	02:01:30.50	02:02:51.55	+00:39:57 (32.9%)	5:45	10.4 (67.1%)
268	KOZŁOWSKI Przemysław	549		M-30	302	00:00:43	00:27:49	00:55:38	01:23:32	01:49:05	01:53:33	02:02:14.60	02:02:58.55	+00:40:41 (33.3%)	5:47	10.4 (67.1%)
269	BUFNAL Krzysztof	574		M-40	207	00:01:53	00:29:00	00:56:08	01:24:11	01:49:21	01:54:13	02:02:14.90	02:04:08.55	+00:40:41 (33.3%)	5:47	10.4 (67.1%)
270	KRAKOWSKI Jacek	1505		M-40	209	00:01:18	00:29:36	00:59:00	01:27:31	01:51:36	01:55:50	02:02:42.85	02:04:01.25	+00:41:09 (33.5%)	5:48	10.3 (66.5%)
271	JANOSZEK Piotr	293		M-30	308	00:00:59	00:26:26	00:53:11	01:20:54	01:49:04	01:54:01	02:02:44.20	02:03:43.60	+00:41:10 (33.6%)	5:49	10.3 (66.5%)
272	KLAWENDER Ryszard	1090	BIEGAMY Z SERCEM.PL	M-50	51	00:00:43	00:27:44	00:56:12	01:24:55	01:50:56	01:55:20	02:03:07.70	02:03:51.20	+00:41:34 (33.8%)	5:50	10.3 (66.5%)
273	KATA Damian	1207	SBRT GLIWICE	M-20	131	00:00:22	00:26:07	00:53:51	01:21:57	01:48:31	01:54:10	02:03:15.70	02:03:38.05	+00:41:42 (33.8%)	5:50	10.3 (66.5%)
274	KUROWICZ Marcin	539	NIEZRZESZONY	M-40	211	00:01:18	00:28:43	00:57:40	01:25:26		01:55:03	02:03:16.90	02:04:35.65	+00:41:43 (33.8%)	5:50	10.3 (66.5%)
275	BLASZKE Waldemar	159	NIGHT RUNNERS GLIWICE	M-50	52	00:00:51	00:27:46	00:55:31	01:24:26	01:50:22	01:55:05	02:03:21.00	02:04:12.95	+00:41:47 (33.9%)	5:50	10.3 (66.5%)
276	BŁASZCZYSZYN Michał	138		M-20	133	00:00:58	00:28:33	00:57:24	01:25:27	01:50:44	01:55:24	02:03:21.85	02:04:20.60	+00:41:48 (33.9%)	5:50	10.3 (66.5%)
277	SZOŁTYSIK Paweł	213	SPARTA PLATFUS	M-30	313	00:00:33	00:27:22	00:55:22	01:23:36	01:49:46	01:54:36	02:03:23.85	02:03:57.35	+00:41:50 (33.9%)	5:50	10.3 (66.5%)
278	KLYTA Wojciech	1284		M-40	213	00:01:41	00:27:13	00:54:21	01:22:05	01:49:30	01:54:34	02:03:28.40	02:05:10.35	+00:41:55 (33.9%)	5:51	10.3 (66.5%)
279	BUGAJSKI Mariusz	844		M-40	214	00:00:02	00:24:36	00:52:11	01:21:05	01:49:22	01:54:27	02:03:34.40	02:03:36.95	+00:42:01 (34.0%)	5:51	10.2 (65.8%)

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			
280	DĘBSKI Mariusz	1270	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	02:03:52.95	02:04:22.80	+00:42:19 (34.2%)	5:52	10.2 (65.8%)
281	ZALEWSKI Krzysztof	900		M-40	218	00:00:47	00:26:46	00:54:47	01:22:31	01:50:17	01:55:04	02:04:04.95	02:04:52.20	+00:42:31 (34.3%)	5:52	10.2 (65.8%)
282	ZGÓRSKI Grzegorz	116		M-30	316	00:00:42	00:25:47	00:52:30	01:22:42	01:51:39	01:55:52	02:04:07.80	02:04:50.70	+00:42:34 (34.3%)	5:52	10.2 (65.8%)
283	ROKOSZ Łukasz	128		M-20	135	00:01:36	00:30:39	00:59:47	01:28:02	01:52:35	01:57:06	02:04:37.05	02:06:13.65	+00:43:03 (34.6%)	5:54	10.2 (65.8%)
284	WÓJCIK Rafał	327		M-40	220	00:00:35	00:27:40	00:55:24	01:23:39	01:51:29	01:56:21	02:04:44.70	02:05:20.40	+00:43:11 (34.6%)	5:54	10.1 (65.2%)
285	ZIELIŃSKI Marek	317		M-30	319	00:01:47	00:27:52	00:55:55	01:24:37	01:51:15	01:56:17	02:05:00.65	02:06:48.40	+00:43:27 (34.8%)	5:55	10.1 (65.2%)
286	BOGULAK Grzegorz	184	RUN GB! RUN	M-30	321	00:00:29	00:27:06	00:54:37	01:23:13	01:52:04	01:57:15	02:05:48.25	02:06:17.80	+00:44:14 (35.2%)	5:57	10.1 (65.2%)
287	MACHNOWSKI Wojciech	19	NIGHT RUNNERS GLIWICE	M-30	322	00:01:02	00:28:02	00:55:51	01:24:09	01:52:42	01:57:38	02:05:59.45	02:07:02.25	+00:44:26 (35.3%)	5:58	10 (64.5%)
288	DACZYŃSKI Kajetan	458	GRUPA CMYKI	M-16	7	00:00:53	00:29:57	01:00:19	01:30:18	01:55:26	01:59:44	02:06:20.35	02:07:13.35	+00:44:47 (35.4%)	5:59	10 (64.5%)
289	KORDECKI Bartosz	1071		M-30	323	00:01:35	00:30:33	01:01:02	01:29:57	01:54:39	01:59:14	02:06:22.80	02:07:57.95	+00:44:49 (35.5%)	5:59	10 (64.5%)
290	STOKŁOSA Marcin	222		M-40	223	00:01:11	00:30:23	00:59:25	01:27:51	01:53:42	01:58:34	02:06:34.20	02:07:46.15	+00:45:00 (35.6%)	5:59	10 (64.5%)
291	GĄSZCZAK Tadeusz	1279		M-70	2	00:00:32	00:29:15	00:58:24	01:28:08	01:53:35	01:58:24	02:06:41.95	02:07:14.90	+00:45:08 (35.6%)	6:00	10 (64.5%)
292	WOJTAS Paweł	510		M-20	140	00:00:43	00:27:48	00:56:30	01:26:04	01:53:10	01:58:16	02:06:46.50	02:07:29.80	+00:45:13 (35.7%)	6:00	10 (64.5%)
293	GRACH Tomasz	311	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	02:06:53.45	02:07:52.65	+00:45:20 (35.7%)	6:00	10 (64.5%)
294	MAŚLANKA Ireneusz	1093	NIGHT RUNNERS GLIWICE	M-50	54	00:00:58	00:29:18	00:59:04	01:29:19	01:55:16	01:59:44	02:06:59.30	02:07:58.25	+00:45:25 (35.8%)	6:01	10 (64.5%)
295	ORYSZCZAK Łukasz	313		M-30	325	00:01:21	00:27:13	00:56:17	01:26:03	01:53:08	01:57:59	02:07:02.15	02:08:23.20	+00:45:28 (35.8%)	6:01	10 (64.5%)
296	SZUBERT Grzegorz	6		M-40	226	00:00:46	00:26:29	00:55:26	01:25:20	01:53:53	01:58:48	02:07:43.20	02:08:29.75	+00:46:09 (36.1%)	6:03	9.9 (63.9%)
297	KURIANOWICZ Wiesław	436	BIEGAM BO LUBIĘ	M-50	56	00:01:32	00:28:45	00:57:19	01:27:09	01:55:15	01:59:52	02:08:20.30	02:09:52.85	+00:46:46 (36.5%)	6:04	9.9 (63.9%)
298	CZAPEK Marek	309	NIGHT RUNNERS GLIWICE	M-40	227	00:00:34	00:29:58	01:00:25	01:30:20	01:56:36	02:01:04	02:08:32.10	02:09:06.75	+00:46:58 (36.5%)	6:05	9.8 (63.2%)
299	KLEJNOWSKI Mateusz	878		M-20	142	00:01:19	00:30:23	01:01:55	01:33:25	01:57:34	02:01:54	02:08:36.45	02:09:55.45	+00:47:03 (36.6%)	6:05	9.8 (63.2%)
300	GABRYŚ Seba	1277	NIGHT RUNNERS GLIWICE	M-40	228	00:00:30	00:30:02	01:00:31	01:30:24	01:56:40	02:01:08	02:08:36.60	02:09:06.65	+00:47:03 (36.6%)	6:05	9.8 (63.2%)
301	ORLEF Jarosław	566		M-40	231	00:00:39	00:28:19	00:57:34	01:27:43	01:56:03	02:01:09	02:09:18.25	02:09:58.15	+00:47:44 (36.9%)	6:07	9.8 (63.2%)
302	LEWICKI Krzysztof	43	NIGHT RUNNERS GLIWICE	M-30	330	00:00:51	00:29:41	01:00:09	01:30:25	01:56:44	02:01:31	02:09:23.85	02:10:15.25	+00:47:50 (37.0%)	6:07	9.8 (63.2%)
303	TKACZUK Marcin	1016	NIGHT RUNNERS GLIWICE	M-30	331	00:00:50	00:29:42	01:00:10	01:30:26	01:56:44	02:01:32	02:09:24.85	02:10:15.65	+00:47:51 (37.0%)	6:08	9.8 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas		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	netto 21.1km	brutto 21.1km			
304	STOLARCZYK Robert	115	NIGHT RUNNERS	M-30	332	00:00:49	00:30:01	01:00:23	01:30:22	01:56:24	02:01:13	02:09:38.80	02:10:28.65	+00:48:05 (37.1%)	6:08	9.8 (63.2%)
305	WIŚNIEWSKI Paweł	5	NIGHT RUNNERS GLIWICE	M-20	144	00:00:47	00:28:47	00:59:04	01:29:38	01:56:28	02:01:15	02:09:39.10	02:10:26.35	+00:48:05 (37.1%)	6:08	9.8 (63.2%)
306	GRZESIKIEWICZ Mariusz	426		M-30	335	00:00:53	00:30:11	01:00:47	01:30:55	01:57:15	02:02:04	02:09:48.40	02:10:41.70	+00:48:15 (37.2%)	6:09	9.8 (63.2%)
307	SITKO Filip	387		M-20	146	00:00:14	00:24:50	00:52:19	01:23:21	01:54:23	02:00:06	02:10:00.50	02:10:15.00	+00:48:27 (37.3%)	6:09	9.7 (62.6%)
308	KAPIAS Krystian	521		M-40	234	00:01:07	00:30:05	01:00:12	01:30:21	01:57:15	02:02:02	02:10:36.20	02:11:43.40	+00:49:02 (37.6%)	6:11	9.7 (62.6%)
309	DEBOIBE Loic	341	PLASTIC OMNIUM	M-20	148	00:00:28	00:26:47	00:54:15	01:24:52	01:56:45	02:01:53	02:10:43.30	02:11:11.30	+00:49:09 (37.6%)	6:11	9.7 (62.6%)
310	BURY Mirosław	271		M-20	149	00:01:17	00:27:16	00:54:13	01:21:55	01:54:00	02:00:26	02:10:48.80	02:12:06.40	+00:49:15 (37.7%)	6:11	9.7 (62.6%)
311	LIPSKI Dariusz	71		M-30	337	00:01:52	00:29:39	01:00:59	01:30:22	01:57:15	02:02:20	02:10:52.65	02:12:45.50	+00:49:19 (37.7%)	6:12	9.7 (62.6%)
312	PRYMAS Krystian	32		M-30	338	00:00:48	00:26:24	00:55:23	01:29:02	01:57:25	02:02:27	02:11:13.60	02:12:02.50	+00:49:40 (37.9%)	6:13	9.6 (61.9%)
313	DYNEK Sebastian		PĘDZIWIATR	M-30	339	00:00:00	00:31:32	01:02:59	01:32:14	01:58:33	02:03:12	02:11:15.45	02:11:15.45	+00:49:42 (37.9%)	6:13	9.6 (61.9%)
314	DROZDOWSKI Wojciech	1125	BIEGAJ Z TRENERAMI	M-30	340	00:00:37	00:28:06	00:58:11	01:29:39	01:58:05	02:03:13	02:11:48.15	02:12:25.20	+00:50:14 (38.1%)	6:14	9.6 (61.9%)
315	GRABOWSKI Lech	1165		M-50	58	00:00:06	00:26:55	00:56:12	01:28:19	01:57:40	02:03:11	02:12:16.20	02:12:22.90	+00:50:42 (38.3%)	6:16	9.6 (61.9%)
316	FURMANIK Jacek	648	AKMB PĘDZIWIATR GLIWICE	M-50	59	00:01:53	00:30:56	01:00:54	01:31:40	01:59:24	02:04:22	02:12:56.45	02:14:49.50	+00:51:23 (38.7%)	6:18	9.5 (61.3%)
317	MARKOWICZ Piotr	1298	MOMO RESTAURANT & COCKTAIL BAR	M-30	341	00:01:15	00:30:51	01:02:25	01:32:54	01:59:28	02:04:25	02:12:58.25	02:14:13.70	+00:51:24 (38.7%)	6:18	9.5 (61.3%)
318	MIGDAŁ Grzegorz	29	SBRT GLIWICE	M-40	236	00:01:12	00:29:31	00:59:49	01:30:07	01:58:57	02:04:12	02:13:05.65	02:14:17.95	+00:51:32 (38.7%)	6:18	9.5 (61.3%)
319	BIERNACKI Tomasz	626		M-40	239	00:01:19	00:30:59	01:02:44	01:34:51	02:02:00	02:06:43	02:14:59.55	02:16:19.20	+00:53:26 (39.6%)	6:23	9.4 (60.6%)
320	POŁOK Adrian	1022	OPEL ACTIVE TEAM	M-30	347	00:00:52	00:29:58	01:00:19	01:32:12	02:02:30	02:08:12	02:17:41.50	02:18:33.85	+00:56:08 (40.8%)	6:31	9.2 (59.4%)
321	BRODIUK Norbert	622	SBRT GLIWICE	M-40	243	00:00:37	00:28:02	00:59:02	01:32:26	02:03:02	02:08:37	02:17:44.10	02:18:21.10	+00:56:10 (40.8%)	6:31	9.2 (59.4%)
322	ŻOCHOWSKI Leszek	225		M-40	244	00:00:52	00:29:58	01:00:21	01:31:40	02:02:54	02:08:24	02:17:53.70	02:18:46.15	+00:56:20 (40.9%)	6:32	9.2 (59.4%)
323	STACHOWSKI Wojciech	930		M-30	348	00:01:30	00:30:12	01:01:48	01:34:18	02:03:35	02:08:51	02:18:03.95	02:19:34.00	+00:56:30 (40.9%)	6:32	9.2 (59.4%)
324	ŁYSIUK Grzegorz	506		M-30	351	00:01:30	00:30:59	01:03:13	01:35:58	02:04:51	02:10:14	02:19:15.00	02:20:45.00	+00:57:41 (41.4%)	6:35	9.1 (58.7%)
325	KURPIOS Piotr	542		M-30	352	00:01:35	00:34:02	01:06:49	01:37:57	02:05:43	02:10:41	02:19:28.30	02:21:03.40	+00:57:54 (41.5%)	6:36	9.1 (58.7%)
326	MISZTAL Andrzej	975		M-40	249	00:01:52	00:30:56	01:02:52	01:36:06	02:06:19	02:11:35	02:20:14.15	02:22:06.35	+00:58:40 (41.8%)	6:38	9 (58.1%)
327	KONTNY Paweł	1032		M-70	3	00:01:55	00:31:00	01:02:50	01:35:38	02:05:53	02:11:15	02:20:18.60	02:22:14.35	+00:58:45 (41.9%)	6:39	9 (58.1%)

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
328	DYRAGA Marcin	559	SAINT-GOBAIN SQUAD	M-40	250	00:01:37	00:33:04	01:05:54	01:38:24	02:06:45	02:11:56	02:20:37.80	02:22:15.30	+00:59:04 (42.0%)	6:39	9 (58.1%)
329	LEDWOŃ Jakub	87	NIGHT RUNNERS GLIWICE	M-30	353	00:01:17	00:31:01	01:03:41	01:36:37	02:05:30	02:10:39	02:21:27.30	02:22:44.80	+00:59:53 (42.3%)	6:42	9 (58.1%)
330	GILEWSKI Franciszek	543	BIEGAMY Z SERCEM	M-70	4	00:00:43	00:31:25	01:04:02	01:36:50	02:07:06	02:12:27	02:21:28.20	02:22:11.65	+00:59:54 (42.4%)	6:42	8.9 (57.4%)
331	SULIN Marek	949	SPARTANIE DZIECIOM	M-40	257	00:01:06	00:30:56	01:03:52	01:37:48	02:06:34	02:11:29	02:21:31.30	02:22:37.35	+00:59:57 (42.4%)	6:42	8.9 (57.4%)
332	WESTER Mieczysław	1219	SBRT GLIWICE	M-40	264	00:02:18	00:26:09	00:53:01	01:25:13	01:59:31	02:06:32	02:23:22.25	02:25:41.10	+01:01:48 (43.1%)	6:47	8.8 (56.8%)
333	FLORECKI Andrzej	112	AKMB PĘDZIWIATR GLIWICE	M-60	14	00:00:44	00:30:51	01:03:30	01:37:30	02:09:25	02:15:21	02:25:59.35	02:26:44.10	+01:04:26 (44.1%)	6:55	8.7 (56.1%)
334	JEŻEWSKI Adam	328	VRC	M-30	359	00:01:28	00:31:15	01:04:09	01:38:42	02:11:09	02:17:02	02:27:15.40	02:28:43.80	+01:05:42 (44.6%)	6:58	8.6 (55.5%)
335	ROJEK Michał	856		M-30	360	00:00:58	00:29:20	01:02:08	01:36:14	02:11:15	02:17:28	02:27:59.45	02:28:57.75	+01:06:26 (44.9%)	7:00	8.6 (55.5%)
336	BOBA Ryszard	485		M-60	15	00:01:31	00:30:25	01:04:21	01:38:56	02:11:51	02:17:47	02:28:20.75	02:29:52.60	+01:06:47 (45.0%)	7:01	8.5 (54.8%)
337	FORYST Wojciech	560		M-60	16	00:01:22	00:31:01	01:03:26	01:38:35	02:13:56	02:19:55	02:30:36.70	02:31:58.80	+01:09:03 (45.9%)	7:08	8.4 (54.2%)
338	RAKINT Bogdan	44	PIŃCET PLUS	M-30	361	00:01:53	00:31:56	01:05:30	01:42:23	02:15:23	02:21:08	02:30:59.45	02:32:53.40	+01:09:26 (46.0%)	7:09	8.4 (54.2%)
339	DZIEDZIC Dominik	39	PIŃCET PLUS	M-30	362	00:01:52	00:32:10	01:05:23	01:41:01	02:15:22	02:21:09	02:31:08.25	02:33:01.00	+01:09:34 (46.0%)	7:09	8.4 (54.2%)
340	ŻELEZNY Tomasz	69	NIGHT RUNNERS GLIWICE	M-30	364	00:01:33	00:35:07	01:10:02	01:46:36	02:21:19	02:27:45	02:37:45.00	02:39:18.10	+01:16:11 (48.3%)	7:28	8 (51.6%)
341	SMOŁA Mieczysław	1240	PĘDZIWIATR GLIWICE	M-60	17	00:00:02	00:27:57	00:56:01						+00:17:24	5:36	10.7 (69.0%)
342	WOJTUKIEWICZ Artur	691		M-30	366	00:01:35	00:28:58	01:02:18						+00:23:41	6:13	9.6 (61.9%)
343	JASIKOWSKI Łukasz	89		M-20	158	00:01:23	00:27:20							+00:07:56	5:28	11 (71.0%)
DQ	LEGIEŻYŃSKI Krzysztof	45	KATAGURUME	M-30		DQ	DQ	00:24:04 DQ	DQ	00:48:09 DQ	00:52:36 DQ	01:00:06.15 DQ	DQ		-	- (0.0%)

Znaleziono 344 wynik(ów)