10 KM ATEST PZLA GLIWICKI 2016

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

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**KASPRZAK Radosław**	**1281**	INŻYNIERIA BIEGANIA	M-20	1	00:00:00	**00:34:45.15**	**00:34:45.95**		3:28	17.3 (100%)
2	**SZYMAŃSKI Paweł**	**3**	NIEWYMIĘKACZE / TENNECO AUTOMOTIVE	M-20	2	00:00:02	**00:36:11.15**	**00:36:13.50**	+00:01:26 (4.0%)	3:37	16.6 (96.0%)
3	**BABULA Przemysław**	**2317**	AZS AGH KRAKÓW	M-20	3	00:00:02	**00:36:47.40**	**00:36:49.65**	+00:02:02 (5.5%)	3:40	16.3 (94.2%)
4	**SZYMAŃSKI Bartosz**	**2296**	NIEWYMIĘKACZE	M-30	1	00:00:02	**00:37:00.85**	**00:37:03.60**	+00:02:15 (6.1%)	3:42	16.2 (93.6%)
5	**BEDNARZ Jakub**	**2200**	POGORIA BIEGA	M-30	2	00:00:02	**00:37:19.80**	**00:37:22.15**	+00:02:34 (6.9%)	3:44	16.1 (93.1%)
6	**BIELIŃSKI Piotr**	**2266**	SOKÓŁ KNURÓW/RYDZ TEAM	M-20	4	00:00:01	**00:37:32.45**	**00:37:34.20**	+00:02:47 (7.4%)	3:45	16 (92.5%)
7	**STAWINOGA Janusz**	**2166**		M-40	1	00:00:20	**00:38:41.40**	**00:39:02.35**	+00:03:56 (10.2%)	3:52	15.5 (89.6%)
8	**BOK Marcin**	**2099**	AZS KU POLITECHNIKA OPOLSKA / RAJSPORT ACTIVE	M-20	5	00:00:01	**00:39:02.15**	**00:39:03.25**	+00:04:17 (11.0%)	3:54	15.4 (89.0%)
9	**BUJNOWSKI Artur**	**2089**	KB ENDURANCE SOLIDARNI KNURÓW/SOKÓŁ KNURÓW	M-20	6	00:00:03	**00:39:15.70**	**00:39:19.30**	+00:04:30 (11.5%)	3:55	15.3 (88.4%)
10	**OCHMAN Paweł**	**2100**	FUTURE PROCESSING RUNNING TEAM	M-30	3	00:00:05	**00:40:09.30**	**00:40:14.65**	+00:05:24 (13.5%)	4:00	14.9 (86.1%)
11	**SZABELSKI Krzysztof**	**2235**	FUTURE PROCESSING RUNNING TEAM	M-20	7	00:00:05	**00:40:44.60**	**00:40:50.35**	+00:05:59 (14.7%)	4:04	14.7 (85.0%)
12	**BATORYNA Aleksander**	**18**		M-30	4	00:00:03	**00:41:22.60**	**00:41:25.65**	+00:06:37 (16.0%)	4:08	14.5 (83.8%)
13	**KAUF Damian**	**2219**		M-30	5	00:00:04	**00:41:26.95**	**00:41:31.20**	+00:06:41 (16.2%)	4:08	14.5 (83.8%)
14	**REMPUSZEWSKI Mateusz**	**2137**		M-20	8	00:00:02	**00:41:28.85**	**00:41:31.55**	+00:06:43 (16.2%)	4:08	14.5 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	**SOPEL Arkadiusz**	**2329**	OTK RZEŹNIK	M-40	2	00:00:02	**00:41:47.85**	**00:41:50.40**	+00:07:02 (16.9%)	4:10	14.4 (83.2%)
16	**JASIOK Michał**	**2191**	ASSECO	M-30	6	00:00:02	**00:41:57.75**	**00:41:59.75**	+00:07:12 (17.2%)	4:11	14.3 (82.7%)
17	**BOBEREK Grzegorz**	**2270**	POGORIA BIEGA	M-40	3	00:00:04	**00:41:56.75**	**00:42:01.00**	+00:07:11 (17.1%)	4:11	14.3 (82.7%)
18	**LENART Konrad**	**2139**		M-30	7	00:00:05	**00:43:18.85**	**00:43:24.20**	+00:08:33 (19.8%)	4:19	13.9 (80.3%)
19	**TRZOPEK Marcin**	**2041**		M-20	9	00:00:05	**00:43:24.30**	**00:43:29.90**	+00:08:39 (19.9%)	4:20	13.8 (79.8%)
20	**BRODEK Andrzej**	**2006**		M-40	4	00:00:04	**00:43:28.05**	**00:43:32.15**	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
21	**OLEJNIK Rafał**	**2145**		M-40	5	00:00:03	**00:43:49.25**	**00:43:52.75**	+00:09:04 (20.7%)	4:22	13.7 (79.2%)
22	**BRYŁA Grzegorz**	**2116**		M-40	6	00:00:30	**00:43:52.70**	**00:44:23.25**	+00:09:07 (20.8%)	4:23	13.7 (79.2%)
23	**DONIGIEWICZ Mariusz**	**7**		M-30	8	00:01:21	**00:44:01.05**	**00:45:22.70**	+00:09:15 (21.0%)	4:24	13.6 (78.6%)
24	**KŁOSOK Adam**	**2047**		M-30	9	00:00:12	**00:45:27.10**	**00:45:39.30**	+00:10:41 (23.5%)	4:32	13.2 (76.3%)
25	**SŁOMKOWSKI Mateusz**	**2211**		M-20	10	00:00:12	**00:46:19.55**	**00:46:31.75**	+00:11:34 (25.0%)	4:37	13 (75.1%)
26	**HERZ Krzysztof**	**2122**	FUCHS OIL TEAM	M-20	11	00:00:10	**00:46:45.45**	**00:46:55.50**	+00:12:00 (25.7%)	4:40	12.8 (74.0%)
27	**KOZIK Bartlomiej**	**2324**		M-30	10	00:00:33	**00:46:32.55**	**00:47:06.35**	+00:11:47 (25.3%)	4:39	12.9 (74.6%)
28	**KRYSTEK Marcin**	**2330**		M-40	7	00:01:22	**00:45:48.90**	**00:47:11.40**	+00:11:03 (24.1%)	4:34	13.1 (75.7%)
29	**BUGAJCZYK Piotr**	**2254**		M-20	12	00:00:10	**00:47:20.60**	**00:47:31.05**	+00:12:35 (26.6%)	4:44	12.7 (73.4%)
30	**BUBAŁA Dawid**	**32**	TL POGOŃ RUDA ŚLĄSKA	M-16	1	00:00:35	**00:46:58.95**	**00:47:34.20**	+00:12:13 (26.0%)	4:41	12.8 (74.0%)
31	**PACANA Patryk**	**2181**	DRUŻYNA ŚWIĘTEGO MARCINA	M-20	13	00:00:09	**00:47:36.70**	**00:47:46.40**	+00:12:51 (27.0%)	4:45	12.6 (72.8%)
32	**ZAPOTOCZNY Przemek**	**2083**		M-40	8	00:01:32	**00:46:15.40**	**00:47:48.30**	+00:11:30 (24.9%)	4:37	13 (75.1%)
33	**BESSA Ricardo**	**2335**		M-30	12	00:00:03	**00:47:52.40**	**00:47:56.35**	+00:13:07 (27.4%)	4:47	12.5 (72.3%)
34	**ZAJAC Mateusz**	**2227**		M-30	11	00:01:17	**00:46:43.90**	**00:48:00.90**	+00:11:58 (25.6%)	4:40	12.8 (74.0%)
35	**KNEBEL Krzysztof**	**2307**		M-30	14	00:00:05	**00:48:14.90**	**00:48:20.20**	+00:13:29 (28.0%)	4:49	12.4 (71.7%)
36	**NOWALIŃSKI Grzegorz**	**2169**		M-20	15	00:00:34	**00:48:01.60**	**00:48:36.15**	+00:13:16 (27.6%)	4:48	12.5 (72.3%)
37	**PYTEL Adam**	**2304**		M-30	15	00:00:18	**00:48:23.60**	**00:48:42.20**	+00:13:38 (28.2%)	4:50	12.4 (71.7%)

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38	**NOWAK Mateusz**	**2287**		M-20	14	00:00:56	**00:47:46.65**	**00:48:42.75**	+00:13:01 (27.3%)	4:46	12.6 (72.8%)
39	**JUROWICZ Łukasz**	**2292**		M-30	13	00:01:24	**00:48:00.00**	**00:49:24.35**	+00:13:14 (27.6%)	4:48	12.5 (72.3%)
40	**BOK Piotr**	**2098**		M-40	10	00:00:11	**00:49:30.70**	**00:49:41.75**	+00:14:45 (29.8%)	4:57	12.1 (69.9%)
41	**BOMBA Marcin**	**2043**	PLASTIC OMNIUM	M-30	16	00:00:57	**00:48:47.05**	**00:49:44.55**	+00:14:01 (28.8%)	4:52	12.3 (71.1%)
42	**KOTRA Jacek**	**44**	LUK JESTOK	M-30	21	00:00:06	**00:49:49.85**	**00:49:56.50**	+00:15:04 (30.3%)	4:59	12 (69.4%)
43	**CISZOWSKI Adam**	**2150**		M-30	18	00:00:23	**00:49:34.00**	**00:49:57.40**	+00:14:48 (29.9%)	4:57	12.1 (69.9%)
44	**HODOR Robert**	**2193**		M-40	9	00:01:33	**00:48:32.95**	**00:50:06.60**	+00:13:47 (28.4%)	4:51	12.4 (71.7%)
45	**CZAPELKA Michał**	**2316**		M-30	17	00:01:31	**00:49:04.75**	**00:50:36.70**	+00:14:19 (29.2%)	4:54	12.2 (70.5%)
46	**SZKLARZ Sebastian**	**2059**		M-30	22	00:00:54	**00:49:55.05**	**00:50:49.20**	+00:15:09 (30.4%)	4:59	12 (69.4%)
47	**WÓJTOWICZ Błażej**	**2068**		M-20	16	00:00:56	**00:49:58.95**	**00:50:55.90**	+00:15:13 (30.5%)	4:59	12 (69.4%)
48	**ZIELIŃSKI Sebastian**	**2265**		M-30	23	00:00:52	**00:50:05.40**	**00:50:57.85**	+00:15:20 (30.6%)	5:00	12 (69.4%)
49	**OGONOWSKI Edward**	**2285**		M-60	1	00:00:52	**00:50:06.50**	**00:50:59.20**	+00:15:21 (30.6%)	5:00	12 (69.4%)
50	**ŻOŁNOWSKI Piotr**	**2257**		M-30	19	00:01:22	**00:49:39.15**	**00:51:01.75**	+00:14:54 (30.0%)	4:57	12.1 (69.9%)
51	**WYSZOMIRSKI Robert**	**2217**		M-30	24	00:01:00	**00:50:09.90**	**00:51:10.65**	+00:15:24 (30.7%)	5:01	12 (69.4%)
52	**SOKOŁOWSKI Łukasz**	**2081**	BIEGAMY NIE ŚPIMY :)	M-30	20	00:01:25	**00:49:47.55**	**00:51:13.25**	+00:15:02 (30.2%)	4:58	12 (69.4%)
53	**JANOWSKI Piotr**	**2188**		M-50	1	00:00:17	**00:50:57.00**	**00:51:14.55**	+00:16:11 (31.8%)	5:05	11.8 (68.2%)
54	**CUPIAŁ Dawid**	**2284**		M-20	17	00:00:52	**00:50:23.50**	**00:51:15.55**	+00:15:38 (31.0%)	5:02	11.9 (68.8%)
55	**GĘBCZYŃSKI Paweł**	**2202**		M-30	25	00:00:57	**00:50:24.15**	**00:51:21.75**	+00:15:39 (31.1%)	5:02	11.9 (68.8%)
56	**PAKULSKI Przemysław**	**2042**	JW 3946 BYTOM	M-20	20	00:00:42	**00:50:48.40**	**00:51:30.85**	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
57	**ZAWIŚLAK Dawid**	**2226**	RUNNERS WOJKOWICE TEAM	M-20	18	00:01:14	**00:50:31.10**	**00:51:45.35**	+00:15:45 (31.2%)	5:03	11.9 (68.8%)
58	**MERMON Artur**	**2076**		M-50	3	00:00:07	**00:51:40.10**	**00:51:47.10**	+00:16:54 (32.7%)	5:10	11.6 (67.1%)
59	**DOROS Adam**	**2288**		M-40	12	00:00:54	**00:50:56.90**	**00:51:51.30**	+00:16:11 (31.8%)	5:05	11.8 (68.2%)
60	**JELEŃ Michał**	**2077**		M-40	11	00:01:20	**00:50:37.70**	**00:51:58.05**	+00:15:52 (31.4%)	5:03	11.8 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	**ŻEROMSKI Stefan**	**2205**		M-50	2	00:00:24	**00:51:39.00**	**00:52:03.95**	+00:16:53 (32.7%)	5:09	11.6 (67.1%)
62	**CUPIAŁ Jakub**	**2105**	ARTGROUP	M-20	21	00:00:46	**00:51:23.40**	**00:52:09.40**	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
63	**JUROWICZ Daniel**	**2289**		M-20	19	00:01:23	**00:50:45.60**	**00:52:09.45**	+00:16:00 (31.5%)	5:04	11.8 (68.2%)
64	**NOWAK Sebastian**	**2182**	MIECHOWICE	M-30	26	00:01:38	**00:50:31.90**	**00:52:10.40**	+00:15:46 (31.2%)	5:03	11.9 (68.8%)
65	**WOJAKOWSKI Krzysztof**	**2295**		M-40	14	00:00:47	**00:51:25.50**	**00:52:13.45**	+00:16:40 (32.4%)	5:08	11.7 (67.6%)
66	**BIENIECKI Marek**	**20**	OTK RZEŹNIK	M-16	2	00:00:16	**00:52:03.70**	**00:52:20.30**	+00:17:18 (33.2%)	5:12	11.5 (66.5%)
67	**ZEGARTOWSKI Grzegorz**	**2101**		M-40	13	00:01:03	**00:51:24.10**	**00:52:28.05**	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
68	**BICZYSKI Paweł**	**2196**	PSYCHONAUCI	M-30	27	00:00:56	**00:51:36.45**	**00:52:32.85**	+00:16:51 (32.7%)	5:09	11.6 (67.1%)
69	**PACANA Krzysztof**	**2180**		M-20	24	00:00:34	**00:52:07.60**	**00:52:41.85**	+00:17:22 (33.3%)	5:12	11.5 (66.5%)
70	**KLĘBOWSKI Sebastian**	**2251**		M-40	15	00:00:58	**00:51:52.95**	**00:52:51.10**	+00:17:07 (33.0%)	5:11	11.6 (67.1%)
71	**ZEGARTOWSKI Michał**	**2282**		M-30	28	00:01:05	**00:51:50.00**	**00:52:55.00**	+00:17:04 (33.0%)	5:11	11.6 (67.1%)
72	**RUTKOWSKI Bartłomiej**	**2313**		M-20	23	00:01:16	**00:51:57.60**	**00:53:14.45**	+00:17:12 (33.1%)	5:11	11.5 (66.5%)
73	**SKRZYPCZAK Michał**	**2027**		M-30	30	00:00:49	**00:52:24.75**	**00:53:14.55**	+00:17:39 (33.7%)	5:14	11.4 (65.9%)
74	**KLESZCZ Marcin**	**2255**		M-30	29	00:01:03	**00:52:13.80**	**00:53:17.40**	+00:17:28 (33.5%)	5:13	11.5 (66.5%)
75	**JUROWICZ Mariusz**	**2260**		M-20	22	00:01:25	**00:51:54.00**	**00:53:19.55**	+00:17:08 (33.0%)	5:11	11.6 (67.1%)
76	**WYCIŚLIK Marcin**	**2156**	HIRSCHVOGEL COMPONENTS POLAND	M-30	31	00:01:02	**00:52:31.95**	**00:53:34.10**	+00:17:46 (33.8%)	5:15	11.4 (65.9%)
77	**SZABRA Dawid**	**2135**		M-20	25	00:01:05	**00:52:28.55**	**00:53:34.20**	+00:17:43 (33.8%)	5:14	11.4 (65.9%)
78	**OPIOŁA Tomasz**	**2331**		M-30	32	00:01:11	**00:52:32.85**	**00:53:44.30**	+00:17:47 (33.9%)	5:15	11.4 (65.9%)
79	**ŁUCZAK Marek**	**2207**		M-20	26	00:01:04	**00:52:43.85**	**00:53:48.40**	+00:17:58 (34.1%)	5:16	11.4 (65.9%)
80	**DOBOSZ Daniel**	**2311**		M-40	17	00:00:25	**00:53:35.15**	**00:54:01.05**	+00:18:50 (35.1%)	5:21	11.2 (64.7%)
81	**JEGLA Sebastian**			M-40	18	00:00:23	**00:53:40.20**	**00:54:03.30**	+00:18:55 (35.2%)	5:22	11.2 (64.7%)
82	**BIELECKI Adam**	**1**	CHATEAU CHALIN	M-40	21	00:00:24	**00:53:51.90**	**00:54:16.60**	+00:19:06 (35.5%)	5:23	11.1 (64.2%)
83	**ROSADA Zdzisław**	**2023**		M-50	4	00:01:13	**00:53:12.85**	**00:54:26.80**	+00:18:27 (34.7%)	5:19	11.3 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	**GOŁĘBIOWSKI Marek**	**2186**		M-30	39	00:00:22	**00:54:05.85**	**00:54:27.85**	+00:19:20 (35.8%)	5:24	11.1 (64.2%)
85	**LEGUTKO Piotr**	**2003**	--	M-30	41	00:00:04	**00:54:26.55**	**00:54:30.70**	+00:19:41 (36.2%)	5:26	11 (63.6%)
86	**CYBA Marek**	**2123**		M-40	16	00:01:15	**00:53:15.75**	**00:54:31.00**	+00:18:30 (34.8%)	5:19	11.3 (65.3%)
87	**USZYŃSKI Grzegorz**	**6**		M-40	20	00:00:54	**00:53:43.55**	**00:54:38.25**	+00:18:58 (35.3%)	5:22	11.2 (64.7%)
88	**ŁAZOWSKI Marcin**	**2126**		M-30	33	00:01:19	**00:53:19.75**	**00:54:39.55**	+00:18:34 (34.8%)	5:20	11.3 (65.3%)
89	**SIERADZKI Dariusz**	**2067**	BIEGAJ Z TRENERAMI	M-30	40	00:00:27	**00:54:12.60**	**00:54:40.10**	+00:19:27 (35.9%)	5:25	11.1 (64.2%)
90	**SUBIK Tomasz**	**2028**		M-30	38	00:00:45	**00:53:56.90**	**00:54:42.85**	+00:19:11 (35.6%)	5:23	11.1 (64.2%)
91	**RYBAK Andrzej**	**2157**	HIRSCHVOGEL COMPONENTS POLAND	M-20	27	00:00:57	**00:53:50.15**	**00:54:47.75**	+00:19:05 (35.4%)	5:23	11.1 (64.2%)
92	**ŻYMŁA Maciej**			M-30	34	00:01:29	**00:53:21.75**	**00:54:50.75**	+00:18:36 (34.9%)	5:20	11.2 (64.7%)
93	**MATYSIEWICZ Piotr**	**2312**	INTER PROJEKT	M-20	31	00:00:00	**00:54:54.00**	**00:54:54.00**	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
94	**ZARUDZKI Łukasz**	**2022**	NOTHING TO FEAR	M-40	19	00:01:14	**00:53:40.55**	**00:54:54.60**	+00:18:55 (35.3%)	5:22	11.2 (64.7%)
95	**JASIŃSKI Tomasz**	**27**		M-40	22	00:01:01	**00:53:53.50**	**00:54:55.45**	+00:19:08 (35.5%)	5:23	11.1 (64.2%)
96	**KUŚ Andrzej**	**10**	PURE FORUM GLIWICE	M-30	44	00:00:12	**00:54:44.85**	**00:54:57.05**	+00:19:59 (36.5%)	5:28	11 (63.6%)
97	**KOPPEL Bartłomiej**	**2107**	ARTGROUP	M-30	36	00:01:32	**00:53:30.60**	**00:55:03.45**	+00:18:45 (35.1%)	5:21	11.2 (64.7%)
98	**WATOŁA Marek**	**2183**		M-30	35	00:01:44	**00:53:26.35**	**00:55:10.75**	+00:18:41 (35.0%)	5:20	11.2 (64.7%)
99	**MARCZAK Paweł**	**2308**		M-30	37	00:01:28	**00:53:43.35**	**00:55:11.90**	+00:18:58 (35.3%)	5:22	11.2 (64.7%)
100	**OPALIŃSKI Tomasz**	**2286**	GOOD TIME SPORT	M-30	42	00:00:41	**00:54:33.25**	**00:55:14.75**	+00:19:48 (36.3%)	5:27	11 (63.6%)
101	**GRYNKIEWICZ-SUDNIK Maciej**	**2115**		M-30	43	00:00:42	**00:54:41.10**	**00:55:23.55**	+00:19:55 (36.4%)	5:28	11 (63.6%)
102	**KUBIT Janusz**	**2204**		M-50	5	00:00:54	**00:54:56.45**	**00:55:50.55**	+00:20:11 (36.7%)	5:29	10.9 (63.0%)
103	**LUDYGA Sebastian**	**2229**		M-20	30	00:01:00	**00:54:53.80**	**00:55:54.15**	+00:20:08 (36.7%)	5:29	10.9 (63.0%)
104	**DZIAŁKOWSKI Adam**	**2208**		M-40	23	00:01:06	**00:54:48.90**	**00:55:55.20**	+00:20:03 (36.6%)	5:28	10.9 (63.0%)
105	**NICIŃSKI Denis**	**2228**		M-20	28	00:01:28	**00:54:43.50**	**00:56:12.25**	+00:19:58 (36.5%)	5:28	11 (63.6%)
105	**TURCZYN Mateusz**	**2162**	HIRSCHVOGEL COMPONENTS POLAND	M-20	33	00:00:57	**00:55:14.30**	**00:56:12.25**	+00:20:29 (37.1%)	5:31	10.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	**NIEWIEDZIOŁ Robert**	**2342**		M-20	29	00:01:32	**00:54:45.75**	**00:56:17.75**	+00:20:00 (36.5%)	5:28	11 (63.6%)
108	**JANUSZ Radosław**	**2225**		M-30	47	00:01:00	**00:55:27.50**	**00:56:28.25**	+00:20:42 (37.3%)	5:32	10.8 (62.4%)
109	**KRZYWIECKI Maciej**			M-30	45	00:01:41	**00:54:47.95**	**00:56:29.60**	+00:20:02 (36.6%)	5:28	10.9 (63.0%)
110	**ŻBEL Michał**	**2294**		M-30	53	00:00:27	**00:56:06.00**	**00:56:33.75**	+00:21:20 (38.1%)	5:36	10.7 (61.8%)
111	**SZWARCZYŃSKI Michał**	**2036**		M-30	52	00:00:37	**00:55:57.25**	**00:56:34.60**	+00:21:12 (37.9%)	5:35	10.7 (61.8%)
112	**CIUMAN Piotr**	**2336**		M-20	34	00:00:45	**00:55:49.20**	**00:56:34.70**	+00:21:04 (37.7%)	5:34	10.7 (61.8%)
113	**MICHULEC Kuba**	**2106**	ARTGROUP	M-20	32	00:01:32	**00:55:08.90**	**00:56:41.75**	+00:20:23 (37.0%)	5:30	10.9 (63.0%)
114	**BURDA Krzysztof**	**1286**		M-40	24	00:01:30	**00:55:19.35**	**00:56:50.30**	+00:20:34 (37.2%)	5:32	10.8 (62.4%)
115	**MILKOWSKI Bartosz**	**2271**		M-30	51	00:00:56	**00:55:56.05**	**00:56:52.60**	+00:21:10 (37.9%)	5:35	10.7 (61.8%)
116	**JABŁKIEWICZ Rafał**	**1253**		M-30	48	00:01:31	**00:55:29.00**	**00:57:00.15**	+00:20:43 (37.4%)	5:32	10.8 (62.4%)
116	**GŁUŚNIEWSKI Jacek**	**2046**	PLASTIC OMNIUM	M-30	56	00:00:29	**00:56:30.70**	**00:57:00.15**	+00:21:45 (38.5%)	5:39	10.6 (61.3%)
118	**SMOLARCZYK Michał**	**2333**		M-30	46	00:01:34	**00:55:26.65**	**00:57:01.45**	+00:20:41 (37.3%)	5:32	10.8 (62.4%)
119	**JAKUBIK Witold**	**2129**		M-60	2	00:00:54	**00:56:07.40**	**00:57:02.30**	+00:21:22 (38.1%)	5:36	10.7 (61.8%)
120	**POPCZYK Piotr**	**2097**		M-30	54	00:00:48	**00:56:15.20**	**00:57:03.25**	+00:21:30 (38.2%)	5:37	10.7 (61.8%)
121	**GÓRA Marek**	**2242**		M-40	28	00:00:14	**00:56:51.60**	**00:57:06.00**	+00:22:06 (38.9%)	5:41	10.6 (61.3%)
122	**WIAZANIA Marek**	**2168**		M-40	25	00:01:16	**00:55:50.60**	**00:57:07.35**	+00:21:05 (37.8%)	5:35	10.7 (61.8%)
123	**SZCZECH Krzysztof**	**2117**		M-40	26	00:01:09	**00:56:08.30**	**00:57:18.00**	+00:21:23 (38.1%)	5:36	10.7 (61.8%)
124	**KUBIT Tomasz**	**2203**		M-20	35	00:00:55	**00:56:25.20**	**00:57:20.65**	+00:21:40 (38.4%)	5:38	10.6 (61.3%)
125	**KURZAC Wit**	**2318**		M-30	49	00:01:41	**00:55:39.35**	**00:57:20.95**	+00:20:54 (37.6%)	5:33	10.8 (62.4%)
126	**MAŚLANKIEWICZ Paweł**	**2267**		M-30	50	00:01:52	**00:55:42.45**	**00:57:34.55**	+00:20:57 (37.6%)	5:34	10.8 (62.4%)
127	**BRZEŹNIAK Krzysztof**	**2323**		M-30	58	00:00:56	**00:56:46.00**	**00:57:42.05**	+00:22:00 (38.8%)	5:40	10.6 (61.3%)
128	**MAZUR Krzysztof**	**2194**	UNISONO	M-20	36	00:01:07	**00:56:36.25**	**00:57:43.90**	+00:21:51 (38.6%)	5:39	10.6 (61.3%)
129	**PAWLIK Michał**	**2092**		M-30	57	00:01:08	**00:56:44.45**	**00:57:52.75**	+00:21:59 (38.8%)	5:40	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	**GUŁA Błażej**	**2262**		M-30	62	00:00:16	**00:57:39.45**	**00:57:55.90**	+00:22:54 (39.7%)	5:45	10.4 (60.1%)
131	**WIECHUŁA Krzysztof**	**2305**		M-30	55	00:01:48	**00:56:22.85**	**00:58:11.05**	+00:21:37 (38.4%)	5:38	10.6 (61.3%)
132	**SAMOL Grzegorz**	**2034**		M-50	7	00:00:35	**00:57:39.40**	**00:58:14.80**	+00:22:54 (39.7%)	5:45	10.4 (60.1%)
133	**CAPUTA Michał**	**2261**		M-30	60	00:01:14	**00:57:15.80**	**00:58:29.90**	+00:22:30 (39.3%)	5:43	10.5 (60.7%)
134	**ZIMNY Marcin**	**2269**	'1/2 FAJNA FERAJNA'	M-30	61	00:01:11	**00:57:19.15**	**00:58:30.50**	+00:22:34 (39.4%)	5:43	10.5 (60.7%)
135	**OLEJNICZAK Wojciech**	**2114**		M-40	27	00:01:55	**00:56:43.05**	**00:58:38.70**	+00:21:57 (38.7%)	5:40	10.6 (61.3%)
136	**GRUCEL Damian**	**2199**	GBC RUNNERS	M-30	65	00:00:24	**00:58:20.75**	**00:58:45.45**	+00:23:35 (40.4%)	5:50	10.3 (59.5%)
137	**SAMUL Mirosław**	**2293**	DRAGOMIRO	M-40	29	00:01:22	**00:57:25.35**	**00:58:47.60**	+00:22:40 (39.5%)	5:44	10.4 (60.1%)
138	**DURAJ Michał**	**2276**		M-20	37	00:01:07	**00:57:44.20**	**00:58:51.90**	+00:22:59 (39.8%)	5:46	10.4 (60.1%)
139	**MICHALSKI Robert**	**2044**	PLASTIC OMNIUM	M-30	59	00:01:52	**00:57:05.60**	**00:58:58.00**	+00:22:20 (39.1%)	5:42	10.5 (60.7%)
140	**MACIEJCZYK Marcin**	**2302**	FAMILIA	M-30	63	00:01:14	**00:57:50.40**	**00:59:04.85**	+00:23:05 (39.9%)	5:47	10.4 (60.1%)
141	**BRYLIŃSKI Ryszard**	**2275**		M-50	6	00:01:49	**00:57:31.60**	**00:59:21.55**	+00:22:46 (39.6%)	5:45	10.4 (60.1%)
142	**FOLTYN Armin**	**2343**		M-40	30	00:00:26	**00:59:07.75**	**00:59:33.95**	+00:24:22 (41.2%)	5:54	10.1 (58.4%)
143	**BEDNORZ Roman**	**29**		M-30	64	00:01:45	**00:58:01.20**	**00:59:47.05**	+00:23:16 (40.1%)	5:48	10.3 (59.5%)
144	**MIZERA Mateusz**	**2290**		M-16	3	00:00:45	**00:59:05.05**	**00:59:50.10**	+00:24:19 (41.2%)	5:54	10.2 (59.0%)
145	**HENDRYK Leszek**	**2140**	1/2 FAJNA FERAJNA	M-30	66	00:01:11	**00:58:43.55**	**00:59:54.80**	+00:23:58 (40.8%)	5:52	10.2 (59.0%)
146	**DENKOWSKI Wojciech**	**2320**	SBRT GLIWICE	M-50	9	00:00:25	**00:59:47.40**	**01:00:12.95**	+00:25:02 (41.9%)	5:58	10 (57.8%)
147	**WESOŁOWSKI Marcin**	**2315**		M-30	67	00:01:31	**00:58:51.45**	**01:00:23.20**	+00:24:06 (41.0%)	5:53	10.2 (59.0%)
148	**PAWLAK Adam**	**2310**	KTO ICH TU WPUŚCIŁ?	M-30	68	00:01:24	**00:59:02.85**	**01:00:27.20**	+00:24:17 (41.1%)	5:54	10.2 (59.0%)
149	**MIZERA Robert**	**2291**		M-40	34	00:00:45	**00:59:47.75**	**01:00:33.10**	+00:25:02 (41.9%)	5:58	10 (57.8%)
150	**JAKUBIAK Arkadiusz**	**2164**	OPEL ACTIVE TEAM	M-40	32	00:01:08	**00:59:25.75**	**01:00:33.75**	+00:24:40 (41.5%)	5:56	10.1 (58.4%)
151	**POKLUDA Radosław**	**2237**	TABELAOFERT.PL	M-40	31	00:01:30	**00:59:12.85**	**01:00:43.10**	+00:24:27 (41.3%)	5:55	10.1 (58.4%)
152	**WARZECHA Krzysztof**	**40**		M-40	35	00:00:53	**00:59:55.40**	**01:00:48.45**	+00:25:10 (42.0%)	5:59	10 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	**PALEJ Leszek**	**2314**	WARSZTAT KOSZULKOWY TESTING TEAM	M-50	8	00:01:32	**00:59:18.10**	**01:00:50.15**	+00:24:32 (41.4%)	5:55	10.1 (58.4%)
154	**OKOŃ Zdzisław**	**2174**		M-60	3	00:01:06	**00:59:47.40**	**01:00:54.00**	+00:25:02 (41.9%)	5:58	10 (57.8%)
155	**STYS Marek**	**2185**		M-40	33	00:01:47	**00:59:28.90**	**01:01:16.05**	+00:24:43 (41.6%)	5:56	10.1 (58.4%)
156	**JUROWICZ Damian**	**2010**		M-20	38	00:01:24	**01:00:22.80**	**01:01:47.55**	+00:25:37 (42.4%)	6:02	9.9 (57.2%)
157	**PIOTROWSKI Jarosław**	**2118**	FUCHS OIL TEAM	M-40	36	00:00:51	**01:01:31.30**	**01:02:23.20**	+00:26:46 (43.5%)	6:09	9.8 (56.6%)
158	**MALEC Marek**	**2060**		M-20	39	00:01:47	**01:01:04.05**	**01:02:51.50**	+00:26:18 (43.1%)	6:06	9.8 (56.6%)
159	**GARNCARZ Jakub**	**2259**		M-30	69	00:01:31	**01:01:22.15**	**01:02:53.70**	+00:26:37 (43.4%)	6:08	9.8 (56.6%)
160	**PRUCHNIK Andrzej**	**2299**		M-50	10	00:01:23	**01:01:41.55**	**01:03:05.30**	+00:26:56 (43.7%)	6:10	9.7 (56.1%)
161	**JAWORSKI Kamil**	**2327**	T.A.K.	M-30	70	00:01:45	**01:01:39.00**	**01:03:24.15**	+00:26:53 (43.6%)	6:09	9.7 (56.1%)
162	**DEWOR Marek**	**2244**	OPEL ACTIVE TEAM	M-40	38	00:01:07	**01:02:36.35**	**01:03:43.90**	+00:27:51 (44.5%)	6:15	9.6 (55.5%)
163	**MIERZEJEWSKI Jacek**	**2004**	AMATOR	M-40	37	00:01:22	**01:02:32.20**	**01:03:54.55**	+00:27:47 (44.4%)	6:15	9.6 (55.5%)
164	**SITARZ Marek**	**2224**		M-30	73	00:01:31	**01:02:25.45**	**01:03:56.60**	+00:27:40 (44.3%)	6:14	9.6 (55.5%)
165	**KOJ Krzysztof**	**2091**		M-30	71	00:01:47	**01:02:19.50**	**01:04:06.80**	+00:27:34 (44.2%)	6:13	9.6 (55.5%)
166	**WOJTAS Michał**	**2131**		M-30	72	00:01:48	**01:02:19.60**	**01:04:08.35**	+00:27:34 (44.2%)	6:14	9.6 (55.5%)
167	**RATKA Dawid**	**2247**		M-20	40	00:01:24	**01:02:53.60**	**01:04:18.30**	+00:28:08 (44.7%)	6:17	9.5 (54.9%)
168	**ADAMEK Marcin**	**2346**		M-30	74	00:01:26	**01:03:03.25**	**01:04:29.75**	+00:28:18 (44.9%)	6:18	9.5 (54.9%)
169	**PROCEK Łukasz**	**33**	NAKATZU GLIWICE	M-30	76	00:00:41	**01:04:08.65**	**01:04:50.35**	+00:29:23 (45.8%)	6:24	9.4 (54.3%)
170	**GARNOWSKI Dariusz**	**2080**		M-50	11	00:01:54	**01:03:19.50**	**01:05:14.00**	+00:28:34 (45.1%)	6:20	9.5 (54.9%)
171	**KIJANKA Damian**	**2158**	HIRSCHVOGEL COMPONENTS POLAND	M-20	41	00:01:03	**01:04:17.50**	**01:05:21.15**	+00:29:32 (45.9%)	6:25	9.3 (53.8%)
172	**MORDARSKI Artur**	**2056**		M-30	75	00:01:49	**01:03:43.00**	**01:05:32.35**	+00:28:57 (45.5%)	6:22	9.4 (54.3%)
173	**PŁACHTA Marek**	**2338**	INTER PROJEKT	M-30	77	00:00:21	**01:05:20.15**	**01:05:41.90**	+00:30:35 (46.8%)	6:32	9.2 (53.2%)
174	**ZAREMBA Tadeusz**	**2154**	----------	M-60	4	00:00:43	**01:05:10.25**	**01:05:53.55**	+00:30:25 (46.7%)	6:31	9.2 (53.2%)
175	**KRZEMIŃSKI Kamil**	**2243**		M-20	42	00:01:24	**01:04:33.15**	**01:05:57.55**	+00:29:48 (46.2%)	6:27	9.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	**KUPISZEWSKI Tomasz**	**2045**	PLASTIC OMNIUM	M-20	43	00:01:24	**01:04:41.50**	**01:06:06.45**	+00:29:56 (46.3%)	6:28	9.3 (53.8%)
177	**STRZYŻ Ryszard**	**13**	CHORZOWSKA GRUPA BIEGOWA	M-40	39	00:01:29	**01:05:49.05**	**01:07:18.55**	+00:31:03 (47.2%)	6:34	9.1 (52.6%)
178	**KONICZEK Marek**	**2297**		M-50	12	00:01:29	**01:05:58.25**	**01:07:27.85**	+00:31:13 (47.3%)	6:35	9.1 (52.6%)
179	**KLEMCZAK Szymon**	**2209**		M-16	4	00:01:35	**01:06:09.00**	**01:07:44.80**	+00:31:23 (47.5%)	6:36	9.1 (52.6%)
180	**TRELA Marcin**	**2350**		M-30	78	00:01:21	**01:06:34.90**	**01:07:56.55**	+00:31:49 (47.8%)	6:39	9 (52.0%)
181	**WYLĘŻEK Piotr**	**2066**		M-20	44	00:01:23	**01:06:35.60**	**01:07:58.85**	+00:31:50 (47.8%)	6:39	9 (52.0%)
182	**MAREK Tomasz**	**2071**		M-30	79	00:01:32	**01:06:43.50**	**01:08:15.75**	+00:31:58 (47.9%)	6:40	9 (52.0%)
183	**KOLAKOWSKI Fabian**	**25**	NIGHT RUNNERS GLIWICE	M-16	5	00:00:42	**01:07:39.35**	**01:08:21.35**	+00:32:54 (48.6%)	6:45	8.9 (51.4%)
184	**MAREK Robert**	**2075**		M-40	40	00:01:32	**01:06:50.50**	**01:08:22.95**	+00:32:05 (48.0%)	6:41	9 (52.0%)
185	**DOMAGALSKI Mirek**	**2058**		M-30	80	00:00:51	**01:07:38.35**	**01:08:29.55**	+00:32:53 (48.6%)	6:45	8.9 (51.4%)
186	**ZAWADA Paweł**	**2050**	SOK	M-30	81	00:01:03	**01:07:52.40**	**01:08:55.45**	+00:33:07 (48.8%)	6:47	8.8 (50.9%)
187	**STEBEL Damian**	**2007**		M-20	45	00:01:44	**01:07:37.70**	**01:09:22.25**	+00:32:52 (48.6%)	6:45	8.9 (51.4%)
188	**KACZMARSKI Jacek**	**2239**		M-30	82	00:01:16	**01:08:50.00**	**01:10:06.95**	+00:34:04 (49.5%)	6:53	8.7 (50.3%)
189	**MIŁKOWSKI Andrzej**	**2263**		M-50	13	00:01:18	**01:09:40.40**	**01:10:58.80**	+00:34:55 (50.1%)	6:58	8.6 (49.7%)
190	**ŁADA Mirosław**	**2258**		M-40	41	00:01:37	**01:11:30.40**	**01:13:07.85**	+00:36:45 (51.4%)	7:09	8.4 (48.6%)
191	**BRATEK Łukasz**	**2348**	OTK RZEŻNIK	M-40	42	00:00:25	**01:12:51.35**	**01:13:16.75**	+00:38:06 (52.3%)	7:17	8.2 (47.4%)
192	**FURMAN Michał**	**2298**	OCHAJO RUN & FRIENDS	M-30	83	00:01:16	**01:14:00.30**	**01:15:16.80**	+00:39:15 (53.0%)	7:24	8.1 (46.8%)
193	**PIASECKI Bartłomiej**	**1094**	PINCET PLUS	M-30	84	00:01:56	**01:14:16.75**	**01:16:13.65**	+00:39:31 (53.2%)	7:25	8.1 (46.8%)
194	**GALOCH Bartosz**	**2218**		M-20	46	00:01:50	**01:15:17.45**	**01:17:07.75**	+00:40:32 (53.8%)	7:31	8 (46.2%)
195	**WALASZCZYK Tomasz**	**2063**	RUN & FUN	M-30	85	00:01:19	**01:17:28.65**	**01:18:48.50**	+00:42:43 (55.1%)	7:44	7.7 (44.5%)
196	**OPILSKI Mateusz**	**2234**		M-20	47	00:01:16	**01:20:05.90**	**01:21:22.45**	+00:45:20 (56.6%)	8:00	7.5 (43.4%)
197	**GOGOLIN Jerzy**	**2087**		M-60	5	00:00:14					(0.0%)
198	**MUCHA Edward**	**c31**		M-70	1	00:01:44					(0.0%)

Znaleziono 198 wynik(ów)