



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
1	CZYŻ Marlena	120	UKS DIAMENT GODÓW	K16-19		00:00:00	00:13:18	00:23:22	00:33:30	00:43:32
2	GAJEWSKI Wojciech	15	UKS „OLIMPIA” ZABRZE	M40-49		00:00:00	00:09:45	00:17:21	00:25:23	00:33:11
3	ELASRI Abderrahim	27		M40-49		00:00:00	00:09:14	00:16:07	00:23:24	00:30:28
4	DĄBROWSKI Sebastian	287	BYLE DOBIEC	M40-49		00:00:00				
5	WARMIŃSKA Klaudia	295	INŻYNIERIA BIEGANIA/ TL „ROW” RYBNIK	K20-29	Inżynieria biegania	00:00:00	00:11:59	00:21:09	00:30:47	00:40:09
6	STRZODA Marcin	30	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M20-29		00:00:00	00:09:49	00:17:23	00:25:30	00:33:14
7	WRÓBLEWSKI Janmarian	31	JUST TEAM BIELSKO-BIAŁA	M40-49	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43	00:37:42
8	WÓJCIK Tomasz	38	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	Aktywna Pszczyna Runners Team	00:00:00	00:09:14	00:16:02	00:23:23	00:30:27
9	ANTCZAK Robert	39		M40-49		00:00:00	00:09:39	00:17:04	00:24:58	00:32:41
10	KAPUSTA Bartłomiej	421		M30-39		00:00:00				
11	HARATYK Błażej	43	MKS USTROŃ	M16-19		00:00:00	00:09:29	00:16:49	00:24:12	00:31:31
12	RUDZINSKI Jacek	45		M30-39		00:00:00	00:09:40	00:16:57	00:24:28	00:31:43
13	KNOPEK Bartłomiej	46		M30-39		00:00:00		00:36:19		
14	MICHALAK Sandra	47	TRENUN Z SANDRĄ	K30-39		00:00:00	00:10:33	00:18:44	00:27:16	00:35:24
15	KUŚ Dawid	49	POLSKA GRUPA GÓRNICZA	M30-39		00:00:00	00:11:11	00:19:56	00:29:09	00:38:18
16	LISZKA Mirosław	566		M50-59	Radlinioki w biegu	00:00:00		00:57:16		
17	KOŹMIŃSKI Józef	7	SKL SUCHA BESKIDZKA	M40-49		00:00:00				
18	MARCOL Sebastian	9	INŻYNIERIA BIEGANIA	M30-39	Inżynieria biegania	00:00:00	00:09:48	00:17:15	00:24:55	00:32:21
19	WALCZYŃSKI Mariusz	91	NIEWYBIEGANI	M40-49	Niewybiegani	00:00:00		00:36:54		
20	ZYGMA Kordian	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39		00:00:01	00:10:05	00:17:58	00:26:24	00:34:43
21	LIZAK Wojciech	10	TL ATHLETICS JASTRZĘBIE	M40-49	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41	00:33:24
22	DYBCZYŃSKA Jadwiga	101	LKS POGÓRZE	K40-49		00:00:01	00:11:22	00:20:01	00:29:03	00:37:49
23	SIKORA Joanna	113	LKS POGÓRZE	K20-29		00:00:01	00:11:43	00:20:49	00:30:21	00:39:36
24	WRONECKA Emilia	115	ALCHEMIA BIEGANIA	K30-39		00:00:01	00:12:15	00:21:35	00:31:03	00:40:08
25	TYMAN Karolina	119	UKS DIAMENT GODÓW	K16-19		00:00:01	00:13:17	00:23:22	00:33:26	00:42:54
26	SUWAJ Aneta	12	ALPIN SPORT TEAM	K30-39		00:00:01	00:11:11	00:19:35	00:28:07	00:36:28
27	KRETEK Łukasz	130		M30-39		00:00:01	00:11:10	00:19:35	00:28:26	00:37:04
28	PRZYBYLSKI Tomasz	14	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54	00:34:45
29	STEC Łukasz	16	SKL SUCHA BESKIDZKA	M30-39		00:00:01	00:10:45	00:18:54	00:27:20	00:35:26
30	OLEJNIK Franciszek	17	INŻYNIERIA BIEGANIA TEAM	M20-29	Inżynieria biegania	00:00:01	00:10:20	00:18:13	00:26:29	00:34:38

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
31	WRÓBLEWSKA Judyta	171	ZAWIERUCHA TRAINING ACADEMY	K20-29	Zawierucha Training Academy	00:00:01	00:12:38	00:22:21	00:32:45	00:42:39
32	MOSKWA Sławomir	18	ZADYSZKA OŚWIĘCIM	M30-39	Zadyszka Oświęcim	00:00:01	00:10:36	00:18:36	00:26:50	00:34:42
33	DUŻNIAK Dominik	19	STEP-DANCE	M30-39		00:00:01	00:10:43	00:19:07	00:28:00	00:36:39
34	GOLEC Paulina	20		K40-49		00:00:01	00:10:11	00:18:05	00:26:19	00:34:16
35	PORĘBA Grzegorz	21	EVENTYR	M30-39		00:00:01	00:10:04	00:17:46	00:25:50	00:33:44
36	LYSKO Jakub	24	WKB META LUBLINIEC	M30-39		00:00:01	00:09:38	00:16:54	00:24:13	00:31:31
37	WOJCIK Paweł	28	ZADYSZKA OŚWIĘCIM	M20-29	Zadyszka Oświęcim	00:00:01	00:10:10	00:17:48	00:25:40	00:33:18
38	JAROSZ Marek	32		M40-49		00:00:01	00:10:40	00:18:36	00:26:52	00:34:48
39	FIJAK Tomasz	33	MKS ŻYWIEC	M16-19		00:00:01	00:09:28	00:16:48	00:24:10	00:31:19
40	GRZONKA Magdalena	359		K40-49		00:00:01	00:15:44	00:28:25	00:41:45	00:54:57
41	ALBRECHT Krystian	36	GB GALOPUJĄCE ŚLIMAKI	M20-29	Galopujące Ślimaki	00:00:01	00:09:52	00:17:35	00:25:32	00:33:20
42	SZULIK Grzegorz	40	ZSRG SP Z O.O.	M40-49		00:00:01	00:10:08	00:18:05	00:26:31	00:34:45
43	STUCHLIK Magdalena	41	TRENUJ Z SANDRA / FIZJO SPORT SANDRA	K40-49		00:00:01	00:11:11	00:19:43	00:28:45	00:37:26
44	MENDECKA-ZEJDLER Michalina	42		K30-39		00:00:01	00:10:56	00:19:04	00:27:27	00:35:35
45	NIEBRZYDOWSKI Łukasz	50	NESSI TIME ŻORY	M30-39	Nessi Time Żory	00:00:01	00:11:07	00:19:42	00:28:45	00:37:28
46	JASTRZĘBSKA Ewa	542		K50-59		00:00:01	00:17:25	00:31:16	00:46:10	01:01:29
47	PASTUSIAK Janina	573		K40-49		00:00:01	00:15:48	00:28:18	00:41:40	00:54:36
48	IDZIKOWSKA Elżbieta	574		K40-49		00:00:01	00:18:35	00:33:25	00:49:29	01:04:38
49	PALT Tomasz	62		M40-49		00:00:01	00:10:23	00:18:15	00:26:29	00:34:33
50	KARPLEWICZ Andrzej	70	GALOPUJĄCE ŚLIMAKI	M60-69	Galopujące Ślimaki	00:00:01	00:11:24	00:20:14	00:29:40	00:38:49
51	OSETEK Paweł	72	RADLINIOKI W BIEGU	M30-39	Radlinioki w biegu	00:00:01	00:10:16	00:18:08	00:26:26	00:34:31
52	JANKO Anna	92	HRMAX ŻORY/ NIEWYBIEGANI	K30-39	Niewybiegani	00:00:01	00:12:50	00:22:47	00:33:16	00:43:16
53	EISLER Tomasz	102	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49		00:00:02	00:10:36	00:18:40	00:27:07	00:35:26
54	LASKOWSKA Katarzyna	106	INŻYNIERIA BIEGANIA	K40-49	Inżynieria biegania	00:00:02	00:12:00	00:21:11	00:30:47	00:40:16
55	KRĘCICHWOST Kamil	121		M30-39		00:00:02	00:10:38	00:19:00	00:27:49	00:36:23
56	WYSŁUCH Iza	127		K20-29		00:00:02	00:11:38	00:20:48	00:30:04	00:39:00
57	PYRA Wiesław	129		M50-59		00:00:02	00:10:06	00:17:43	00:25:29	00:33:01
58	WRÓBEL Michał	133	FIT LAMKA TEAM	M30-39		00:00:02	00:11:16	00:19:49	00:28:38	00:37:06
59	JURASZEK Elżbieta	144	JUSTFEELFIT	K30-39		00:00:02	00:12:52	00:22:58	00:33:24	00:43:28
60	GAŁKIEWICZ Michał	172		M40-49		00:00:02	00:13:00	00:23:13	00:34:03	00:44:36
61	CHROMIK Julia	189	LKS POGÓRZE	K20-29		00:00:02	00:11:22	00:20:01	00:29:02	00:38:00
62	BARTNIK Sebastian	2	STREET SPIRIT-TEAM NOWAK	M40-49	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47	00:34:47
63	MROWIEC Kinga	223	TL POGOŃ RUDA ŚLĄSKA	K20-29	TL Pogoń Ruda Śląska	00:00:02	00:12:52	00:22:41	00:32:28	00:41:50
64	BIAŁOŃCZYK Joanna	225		K30-39		00:00:02	00:13:06	00:22:52	00:32:58	00:42:46
65	SZYMULA Michał	23		M30-39		00:00:02	00:10:08	00:17:48	00:25:41	00:33:22
66	JARCZOK Miłosz	25	MKS CZECHOWICE DZIEDZICE	M30-39		00:00:02	00:10:44	00:18:52	00:27:19	00:35:18
67	NOWAK Michał	26	RYTM CZECHOWICE-DZIEDZICE	M20-29		00:00:02	00:10:18	00:18:26	00:27:00	00:35:25
68	KARLIK Agnieszka	269	AKTYWNI LYSKI	K40-49		00:00:02	00:13:15			
69	WRÓBEL Katarzyna	283		K30-39		00:00:02	00:13:37	00:24:14	00:35:19	00:45:57
70	OGIERMAN Małgorzata	338		K50-59		00:00:02	00:14:26	00:25:35	00:37:44	00:49:44
71	STARZYCKI Przemysław	34	KB MCKIS JAWORZNO / NOWAK-TEAM	M30-39	Nowak-Team	00:00:02	00:10:13	00:17:56	00:26:04	00:33:58
72	ZAJĄC Anna	344	SCI GÓRSCY ENTUZJAŚCI	K30-39		00:00:02	00:13:31	00:23:55	00:34:49	00:45:29
73	PASŁAWSKA Katarzyna	358	KOBIETY NA 5 +	K40-49	Kobiety na 5+	00:00:02	00:13:15	00:23:36	00:34:34	00:45:08
74	ALBRECHT Arkadiusz	37	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29	00:35:47

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
75	PIWISZKIS Barbara	4	STREET SPIRIT- TEAM NOWAK	K40-49	Street Spirit-Team Nowak	00:00:02	00:14:14	00:25:32	00:37:24	00:48:51
76	ROTTER Hanna	401		K60-69		00:00:02	00:20:37	00:38:02	00:57:40	01:16:47
77	PERKOWSKA Daria	410	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:02	00:12:52	00:22:58	00:33:37	00:43:55
78	WOWRY Grzegorz	44	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:02	00:10:24	00:18:29	00:26:56	00:35:07
79	RAŻNIAK Beata	444	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52	00:47:58
80	PŁASKA Barbara	463		K50-59	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46	00:55:06
81	UKLEJA Sebastian	570		M40-49		00:00:02	00:16:13	00:29:25	00:43:22	00:56:57
82	FECZKO Lucyna	578		K40-49		00:00:02	00:16:30	00:29:37	00:43:57	00:58:01
83	KOWALONEK Aleksandra	590		K20-29		00:00:02	00:16:00	00:28:34	00:42:08	00:55:16
84	GOŚCINIEWICZ Paweł	60		M30-39		00:00:02	00:10:29	00:18:24	00:26:35	00:34:28
85	KEMPA Piotr	76		M30-39		00:00:02	00:11:20	00:19:54	00:28:54	00:37:38
86	MRÓZEK Rafał	83	TEAM KOPEĆ	M30-39		00:00:02	00:11:05	00:19:55	00:29:11	00:38:15
87	WOLNY Ariel	94		M40-49		00:00:02	00:11:33	00:20:07	00:29:15	00:38:10
88	KĄKOL Ryszard	100	PĘDZIWIATRY NA ANIMUSZU	M60-69		00:00:03	00:12:29	00:22:05	00:31:51	00:41:22
89	SOCHA Tymon	104	TL POGOŃ RUDA ŚLĄSKA	M16-19	TL Pogoń Ruda Śląska	00:00:03	00:10:21	00:18:10	00:26:08	00:33:53
90	WIECZOREK Maciej	108	ZADYSZKA OŚWIĘCIM	M30-39	Zadyszka Oświęcim	00:00:03	00:11:11	00:19:47	00:28:47	00:37:27
91	URBANIAK Witek	11	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49		00:00:03	00:10:43	00:18:59	00:27:25	00:35:46
92	ŁATKA Łukasz	114		M40-49		00:00:03	00:11:20	00:19:57	00:28:51	00:37:30
93	MATERNA Mateusz	118	AHC	M30-39		00:00:03	00:11:22	00:19:47	00:28:29	00:36:56
94	JĘDRUSIAK Przemysław	122		M40-49		00:00:03	00:10:46	00:18:53	00:27:41	00:36:09
95	URBAN Patryk	123		M30-39		00:00:03	00:11:51	00:21:23	00:31:23	00:41:11
96	MECHTA Sebastian	124	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:03	00:12:09	00:21:33	00:31:20	00:40:51
97	TOKAREWICZ Damian	13	ZEBRY	M40-49		00:00:03	00:10:17	00:18:11	00:26:27	00:34:26
98	GRZONKA Andrzej	180		M40-49		00:00:03	00:13:02	00:23:03	00:33:34	00:43:45
99	FANGOR-GRAB Agata	194		K30-39		00:00:03	00:13:12	00:23:08	00:33:32	00:43:33
100	FURMANEK Ela	206	NOWAK-TEAM	K50-59	Nowak-Team	00:00:03	00:13:55	00:24:37	00:35:48	00:46:41
101	POPEK Barbara	215		K50-59	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48	00:46:45
102	KAWIK Janusz	255		M50-59		00:00:03	00:14:23	00:25:27	00:37:00	00:48:03
103	MUSIAŁ Wioletta	356	GALOPUJĄCE ŚLIMAKI	K40-49	Galopujące Ślimaki	00:00:03	00:14:30	00:25:24	00:36:49	00:47:53
104	MAZUR Aleksandra	400		K30-39		00:00:03	00:16:24	00:29:21	00:43:14	00:56:38
105	KUBOŃ Mateusz	435	STUDIO ENERGIA TEAM RYBNIK	M30-39	Studio Energia Team Rybnik	00:00:03	00:12:10	00:21:53	00:32:17	00:42:33
106	PASZEK Hania	443	HRMAX ŻORY	K40-49		00:00:03	00:15:59	00:28:32	00:42:17	00:55:34
107	NAWROT Aleksandra	447	BIEG Z CHRYSTUSEM!	K30-39		00:00:03	00:14:07	00:24:39	00:35:39	00:46:31
108	MOSZ Weronika	450		K40-49		00:00:03	00:16:55	00:29:37	00:42:54	00:55:49
109	GORZELAK Joanna	453	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:03	00:15:14	00:26:56	00:39:14	00:51:13
110	NIEDZIOŁKO Bożena	457	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13	01:01:25
111	MALISZEWSKA Beata	469		K30-39		00:00:03	00:17:31	00:31:19	00:45:41	01:00:33
112	KOŁODZIEJ Artur	488		M40-49		00:00:03	00:16:06	00:28:43	00:42:08	00:54:47
113	OLCZYK Wioletta	491		K50-59	Kobiety na 5+	00:00:03	00:19:02	00:34:12		
114	GANCARCZYK Karolina	506		K30-39		00:00:03	00:14:16	00:25:28	00:37:07	00:48:25
115	BUĆKO Marcin	54	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36	00:39:51
116	PIPIRO Grażyna	540	KOBIETY NA5+	K60-69	Kobiety na 5+	00:00:03	00:19:00	00:33:39	00:49:26	01:04:22
117	WYSOCKA Magdalena	583		K40-49		00:00:03	00:17:00	00:30:34	00:44:56	00:59:00

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
118	KIERMASZEK Barbara	588		K60-69		00:00:03	00:20:37	00:38:03	00:57:41	01:16:54
119	KYRCZ Mirosław	88		M40-49		00:00:03	00:11:27	00:20:05	00:28:56	00:37:21
120	SAMBAK Tadeusz	90	ZADYSZKA OŚWIĘCIM	M50-59	Zadyszka Oświęcim	00:00:03	00:11:32	00:20:13	00:29:20	00:38:09
121	WRZECIONKOWSKI Adrian	105	TYSKIE DELFINY	M30-39		00:00:04	00:11:23	00:20:03	00:29:02	00:37:46
122	BRAŃSKI Tomasz	132		M40-49		00:00:04	00:11:50	00:20:58	00:30:25	00:39:35
123	RAJWA Jan	143	BZIEGACZE	M30-39	Biegacze	00:00:04	00:12:23	00:21:44	00:31:27	00:40:52
124	JADACH Oleksandra	146	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	K50-59		00:00:04	00:13:41	00:23:57	00:34:45	00:45:17
125	TURAK Rafał	164		M50-59		00:00:04	00:12:39	00:22:46	00:33:20	00:43:44
126	PAWŁOK Anna	168	TRIATHLON TRAINING CENTER	K30-39		00:00:04	00:13:53	00:24:17	00:35:12	00:45:41
127	GANCARCZYK Adam	181	BIEGOWE WARIATY	M30-39		00:00:04	00:12:10	00:21:49	00:31:58	00:41:52
128	MIKOŁAJEC Paulina	183		K20-29		00:00:04	00:16:14	00:28:25	00:41:16	00:53:26
129	CIESIELSKI Dariusz	187		M50-59		00:00:04	00:12:38	00:22:19	00:32:05	00:41:31
130	KARBOWY Izabela	195	JEJKOWICE BIEGAJĄ	K30-39	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33
131	MAZUREK Anna	197		K30-39		00:00:04	00:13:05	00:23:06	00:33:36	00:43:54
132	SMYCZEK Bartosz	203	KILOMETROŻERCA	M30-39		00:00:04	00:10:49	00:19:16	00:28:42	00:37:21
133	ZĘBIK Tomasz	216		M40-49		00:00:04	00:12:22	00:22:03	00:32:01	00:41:51
134	GŁUSZYK Andrzej	218		M50-59		00:00:04	00:12:14	00:21:20	00:30:40	00:39:39
135	POŁOMSKA Edyta	239	POŁOMSCY TEAM	K40-49	POŁOMSCY TEAM	00:00:04	00:14:04	00:24:51	00:36:19	00:47:42
136	PETRYNA Bartosz	248	OCHAJO RUN AND FRIENDS	M40-49		00:00:04	00:12:41	00:22:49	00:33:55	00:44:53
137	WALA Piotr	29		M16-19		00:00:04	00:11:40	00:21:07	00:31:28	00:41:37
138	KRÓTKI Janina	349	EASYRUN RACIBÓRZ	K30-39		00:00:04	00:14:12	00:24:54	00:36:33	00:47:44
139	CEGLARSKA Sonia	386	JEJKOWICE BIEGAJĄ	K40-49	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33
140	NOWOMIEJSKI Sylwester	405	AMATOR	M50-59		00:00:04	00:14:54	00:26:54	00:39:45	00:52:24
141	DĄBROWSKI Marcin	420		M30-39		00:00:04	00:13:12	00:23:18	00:33:35	00:43:17
142	PODLEŚNY Michał	438	STUDIO ENERGIA TEAM RYBNIK	M30-39	Studio Energia Team Rybnik	00:00:04	00:14:15	00:25:57	00:39:20	00:52:59
143	MYŚLIWIEC Barbara	458	KOBIETY NA 5+	K20-29	Kobiety na 5+	00:00:04	00:21:11	00:38:47	00:58:27	01:17:28
144	ZALEWSKA Barbara	464	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:04	00:20:54	00:36:59	00:54:15	01:11:10
145	KRZYK Małgorzata	496		K40-49		00:00:04	00:16:53	00:29:14	00:42:13	00:54:45
146	DROBIAK Kornelia	511	KOBIETY NA 5+	K30-39	Kobiety na 5+	00:00:04	00:16:04	00:28:33	00:41:43	00:54:20
147	JANECKI Mateusz	52	BZIEGACZE	M20-29	Biegacze	00:00:04	00:12:39	00:22:21	00:32:29	00:42:32
148	CEGLARSKA Alicja	520	JEJKOWICE BIEGAJĄ	K40-49	Jejkowice Biegają	00:00:04	00:19:09	00:33:45	00:49:35	01:04:55
149	ADAMSKI Robert	53	BRYKAJĄCA GRUPA BIEGOWA	M30-39	Brykająca Grupa Biegowa	00:00:04	00:11:34	00:20:19	00:29:31	00:38:26
150	SZAŁAŚNY Piotr	56	TESTYOUTDOOROWE.PL	M30-39		00:00:04	00:11:29	00:20:04	00:28:57	00:37:25
151	RAJWA Roman	57	TL ATHLETICS JASTRZĘBIE	M30-39	TL Athletics Jastrzębie	00:00:04	00:11:53	00:21:35	00:32:00	00:42:17
152	SŁOWIŃSKA Joanna	589	RUNTEAM PAWŁOWICE	K30-39		00:00:04	00:16:56	00:29:44	00:43:31	00:56:54
153	ŁYSEK Paweł	66	BZIEGACZE	M40-49	Biegacze	00:00:04	00:12:38	00:22:18	00:32:15	00:41:49
154	MAZUR Marek	68		M40-49		00:00:04	00:11:30	00:20:11	00:29:15	00:38:04
155	KOWALSKI Grzegorz	77	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20	00:37:58
156	BIAŁY Kamil	79	FAST FOOT TEAM SIEWIERZ	M30-39		00:00:04	00:11:19	00:19:54	00:28:50	00:37:30
157	TIDE Krzysztof	96		M20-29		00:00:04	00:11:27	00:20:01	00:28:53	00:37:31
158	GOLUCH Robert	97	INŻYNIERIA BIEGANIA	M30-39		00:00:04	00:11:32	00:20:20	00:29:39	
159	HERBA Grzegorz	99	KS GRYF KIETRZ	M40-49		00:00:04	00:12:02	00:21:10	00:30:42	00:39:51
160	PASTERNOK Marian	134	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49		00:00:05	00:11:34	00:20:23	00:29:37	00:38:36
161	BURAS Roman	163		M50-59		00:00:05	00:12:09	00:21:25	00:30:47	00:40:05

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
162	LORENZ Marcin	166	GALOPUJĄCE ŚLIMAKI	M50-59	Galopujące Ślimaki	00:00:05	00:12:31	00:22:03	00:31:52	00:41:27
163	RATKA-MATEJKO Marcin	174		M30-39		00:00:05	00:12:16	00:22:17	00:32:55	00:43:16
164	STATECZNY Patryk	182	MKS SMS VICTORIA RACIBÓRZ	M20-29		00:00:05	00:12:20	00:22:00	00:31:53	00:41:33
164	WRÓBEL Ryszard	185		M30-39		00:00:05	00:12:08	00:21:42	00:31:39	00:41:26
166	DOBRENIUK Krzysztof	196		M40-49		00:00:05	00:13:44	00:24:32	00:35:39	00:46:17
167	MROWIEC Bernard	207		M50-59		00:00:05	00:12:07	00:21:09	00:30:44	00:39:49
168	TOCHOWICZ Bartosz	228	NIEZRZESZONA	M50-59		00:00:05	00:12:37	00:22:19	00:32:14	00:41:51
169	URBAINSKA Ilona	234		K30-39		00:00:05	00:14:08	00:24:47	00:35:55	00:46:42
170	MAREK-WRÓBEL Edyta	257		K60-69		00:00:05	00:15:38	00:27:06	00:39:24	00:51:04
171	FOKS Damian	272		M50-59		00:00:05	00:13:16	00:23:21	00:33:59	00:44:20
172	JĘDRYKA Sebastian	320	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:05	00:13:21	00:24:12	00:37:15	00:49:47
173	KOTOWICZ Anna	334		K40-49		00:00:05	00:15:25	00:27:08	00:39:27	00:51:13
174	KORDEK Dorota	360	AKTYWNIE NAKRĘCENI	K30-39		00:00:05	00:15:44	00:28:03	00:40:52	00:53:28
175	LERCH Maria	370		K30-39		00:00:05	00:15:20	00:27:07	00:39:53	00:51:37
176	BAJCAR Beata	379	KOBIEТЫ NA 5+	K50-59	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32	00:54:06
177	GMITRZUK-ZMORZYŃSKA Ewelina	409		K30-39		00:00:05	00:14:32	00:25:25	00:37:07	00:48:31
178	PAPLA Jolanta	423		K20-29		00:00:05	00:15:54	00:28:04	00:40:41	00:52:50
179	BAJKACZ Krzysztof	429		M30-39		00:00:05	00:14:19	00:25:49	00:38:24	00:50:39
180	LISOWSKA Agnieszka	434	WATAHA	K40-49		00:00:05	00:18:11	00:32:28	00:48:04	01:03:16
181	BIAŁECKI Zbigniew	439		M16-19		00:00:05	00:12:52	00:22:51	00:33:52	00:44:50
182	OSOWSKA Katarzyna	451	SMAKI BIEGANIA	K40-49		00:00:05	00:16:20	00:29:15	00:42:52	00:56:29
183	ZIMNY Cecylia	484		K40-49		00:00:05	00:18:10	00:32:51	00:48:45	01:03:51
184	KOLAT Jadzia	497	KOBIEТЫ NA 5+	K40-49	Kobiety na 5+	00:00:05	00:17:17	00:30:38	00:44:50	00:58:51
185	POŁOMSKI Grzegorz	51	POŁOMSCY TEAM	M40-49	POŁOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31	00:39:55
186	MARCISZ Natalia	515	-	K30-39		00:00:05	00:16:39	00:30:07	00:44:43	00:59:24
187	KUBIK Aleksandra	545		K40-49		00:00:05	00:17:27	00:31:01	00:45:29	00:59:39
188	GŁÓWCZYK Izabella	548	BEACHVOLLEYBALL	K40-49	Kobiety na 5+	00:00:05	00:17:55	00:32:04	00:47:15	01:02:02
189	MARCZYNSKA Izabela	551		K30-39		00:00:05	00:17:13	00:30:23	00:44:16	00:57:50
190	TŁOŁKA Michał	58		M30-39		00:00:05	00:11:26	00:20:10	00:29:18	00:38:17
191	WADELSKI Eugeniusz	103		M50-59		00:00:06	00:11:44	00:20:43	00:30:03	00:39:22
192	URBANEK Łukasz	110	JEJKOWICE BIEGAJĄ	M16-19		00:00:06		00:20:49		00:39:24
193	LELENIEWSKI Jacek	140		M40-49		00:00:06	00:13:34	00:24:01	00:34:58	00:45:40
194	CEGLARSKI Adrian	165		M30-39	Jejkowice Biegają	00:00:06	00:13:17	00:23:21	00:34:00	00:44:06
195	KRYSZTAFKIEWICZ Katarzyna	261		K40-49		00:00:06	00:14:44	00:25:40	00:37:07	00:48:13
196	RAFA Asia	276	RUNNERS TEAM NYSA	K40-49	Zadyszka Oświęcim	00:00:06	00:13:48	00:24:13	00:34:53	00:45:21
197	BASTA Dorota	318	ZADYSZKA OŚWIĘCIM	K40-49		00:00:06	00:13:37	00:23:50	00:34:35	00:44:48
198	WALICA Jerzy	372	BIEGAM BO LUBIĘ	M50-59	Galopujące Ślimaki	00:00:06	00:16:08	00:28:34	00:41:15	00:53:42
199	LORENZ Agnieszka	385	GB GALOPUJĄCE ŚLIMAKI	K40-49		00:00:06	00:14:27	00:25:21	00:36:47	00:47:57
200	BRYCHCY Estera	389	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	PieRUNskie CanGóry	00:00:06	00:17:24	00:32:03	00:46:34	01:00:08
201	GENSTY Klaudia	392	DYSTANS LUBOMIA	K40-49		00:00:06	00:15:51	00:27:43	00:40:01	00:51:37
202	BOBER Wojciech	394	PIERUNSKIE CANGÓRY	M30-39		00:00:06	00:14:12	00:25:11	00:37:03	00:48:28
203	GIEROŃ Katarzyna	399	DYSTANS LUBOMIA	K40-49		00:00:06	00:15:52	00:27:48	00:40:22	00:52:24
204	KOLORZ-STYLOK Katarzyna	417		K40-49		00:00:06	00:17:18	00:31:10	00:46:09	01:00:09
205	MAZURKIEWICZ Rafał	424		M40-49		00:00:06	00:15:13	00:26:55	00:39:13	00:51:09

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
206	GÓRALSKI Jarosław	467		M50-59		00:00:06	00:16:10	00:28:15	00:40:44	00:52:44
207	MALICH Dominik	501		M20-29		00:00:06	00:14:29	00:25:29	00:36:49	00:48:02
208	GAJ Monika	505	DAR-BUD TEAM	K40-49		00:00:06	00:17:22			
209	RATAJSZCZAK-MAŁYS Ewa	512	NORDIC WALKING TAEM RACIBÓRZ	K50-59		00:00:06	00:18:59	00:32:59	00:47:40	01:01:49
210	GACH Bernadeta	524	KS GRYF KIETRZ	K40-49		00:00:06	00:15:40	00:27:07	00:38:49	00:49:55
211	SOCHA Marlena	528	TL POGOŃ RUDA ŚLĄSKA	K40-49	TL Pogoń Ruda Śląska	00:00:06	00:16:37	00:29:19	00:43:01	00:56:13
212	KUBIK Dariusz	544	SAINT GOBAIN SQUAD	M40-49		00:00:06	00:15:08	00:27:48	00:41:52	00:55:47
213	JĘDRYKA Patrycja	547	GB GALOPUJĄCE ŚLIMAKI	K30-39		00:00:06	00:15:46	00:28:15	00:41:17	00:53:48
214	PIWOŃSKA Ada	556	INTERAKTYWNI KROSTOSZOWICE	K40-49		00:00:06	00:14:37	00:25:54	00:37:45	00:49:07
215	ZAGÓRSKA Beata	569		K40-49	Olza Cieszyn	00:00:06	00:18:23	00:32:50	00:48:09	01:03:20
216	MALIK Rafał	63	AMATOR	M30-39		00:00:06	00:12:37	00:22:30	00:33:10	00:43:44
217	BIELA Rafał	78		M40-49		00:00:06	00:12:29	00:22:04	00:31:53	00:41:27
218	CHRUSZCZ Wojciech	80	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27	00:39:46
219	BRYŁA Rafał	81	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:13:09	00:22:55	00:33:05	00:42:58
220	NOWICKI Tomasz	86	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:06	00:11:34	00:20:19	00:29:23	00:38:10
221	HORZELA Adam	93	HURAGAN LIGOTA	M30-39		00:00:06	00:11:52	00:20:50	00:30:01	00:39:07
222	RUP Dariusz	131	BLUES BROTHERS OPOLE	M40-49		00:00:07	00:12:11	00:21:21	00:31:08	00:40:35
223	FLISZTA Marcin	161	HARPAGAN SOSNOWIEC	M40-49		00:00:07	00:12:39	00:22:45	00:33:11	00:43:18
224	HARAZIN Anna	179	2 TM 4,7	K30-39		00:00:07	00:14:08	00:25:04	00:36:27	00:47:16
225	WILDNER Witold	184	MINOVA EKOCHYM	M40-49		00:00:07	00:12:23	00:21:37	00:31:18	00:40:46
226	HEJNA Michał	188	KS M.E.T.A.	M30-39		00:00:07	00:12:27	00:21:45	00:31:14	00:40:19
227	MIROŚLAW Piotr	199		M20-29		00:00:07	00:12:28	00:22:09	00:32:40	00:42:58
228	ORŁOWSKI Grzegorz	209		M40-49		00:00:07	00:13:17	00:23:12	00:33:26	00:43:29
229	KUBIŚ Krzysztof	217		M40-49		00:00:07	00:13:07	00:23:17	00:33:54	00:44:07
230	TORBIŃSKI Wiesław	237		M70+	Szare Morsy	00:00:07	00:14:27	00:25:43	00:37:42	00:49:17
231	NIZIOŁEK Marcin	249		M40-49		00:00:07	00:13:24	00:23:28	00:33:43	00:43:47
232	MARSZOLIK Angela	256		K40-49		00:00:07	00:16:12	00:28:48	00:41:49	00:54:24
233	MARYNIOK Marian	265	SEGURIDAD	M60-69		00:00:07	00:13:25	00:23:56	00:34:42	00:45:18
234	BERKE Krzysztof	284		M50-59		00:00:07	00:13:18	00:23:26	00:33:53	00:43:55
235	URGACZ Mirosław	291		M40-49		00:00:07	00:13:16	00:23:25	00:34:10	00:44:33
236	RYSZKA Eugeniusz	319	KS FORMA WODZISŁAW ŚLĄSKI	M40-49		00:00:07	00:13:35	00:24:30	00:36:04	00:46:56
237	MAZUR Małgorzata	327		K40-49		00:00:07	00:14:43	00:25:47	00:37:22	00:48:33
238	GAJDA Magdalena	351		K30-39		00:00:07	00:16:30	00:29:02	00:42:14	00:54:55
239	MALISZEWSKI Dariusz	352		M30-39		00:00:07	00:15:25	00:28:02	00:41:23	00:53:54
240	KARASIEWICZ-STARCZEWSKA Elżbieta	361		K30-39		00:00:07	00:16:13	00:28:43	00:42:02	00:55:08
241	KULA Katarzyna	433	STUDIO ENERGIA TEAM RYBNIK	K30-39	Studio Energia Team Rybnik	00:00:07	00:15:14	00:26:40	00:38:45	00:50:18
242	STEKLA MAJER Anna	448	GRUPA SPORTOWA REKORD	K30-39		00:00:07	00:16:38	00:30:12	00:45:28	01:01:19
243	KAŁUS Joanna	476		K40-49		00:00:07	00:17:05	00:30:20	00:44:28	00:58:20
244	BAJOR Paweł	480		M40-49		00:00:07	00:13:33	00:25:04	00:37:41	00:50:05
245	STEKLA Joanna	489		K50-59		00:00:07	00:18:09	00:33:04	00:49:27	01:05:35
246	ZAKRZEWSKA Barbara	531		K40-49		00:00:07	00:16:31	00:30:03	00:44:51	00:59:38
247	TYRYTKO Sylwia	538	WATAHA	K40-49	WATAHA	00:00:07	00:16:54	00:29:23	00:42:30	00:55:24
248	TRYBAŁA Danuta	549	WATAHA	K30-39	WATAHA	00:00:07	00:16:54	00:29:22	00:42:30	00:55:23

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
249	TRYBAŁA Weronika	550	WATAHA	K20-29	WATAHA	00:00:07	00:16:54	00:29:02	00:41:14	00:52:37
250	BOMBOR Antonina	561		K40-49		00:00:07	00:17:10	00:30:27	00:44:29	00:58:01
251	HOLONA Bożena	572		K50-59		00:00:07	00:17:06	00:29:42	00:42:50	00:55:41
252	WIEŁOPOLSKI Michał	67		M20-29		00:00:07	00:12:15	00:21:24	00:30:53	00:40:12
253	SWISTEK Marcin	71		M40-49		00:00:07	00:12:35	00:22:19	00:32:42	00:42:49
254	WOŹNIAK Paweł	82	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13	00:38:09
255	REMIORZ Piotr	128	ABOVE2000	M50-59		00:00:08	00:13:37	00:23:57	00:35:57	00:47:32
256	BYSTRYKOWSKI Marcin	141	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:08	00:15:14	00:27:22	00:40:24	00:53:24
257	ADAMCZEWSKI Waldemar	150	KLUB BIEGACZA FARTLEK	M50-59	Klub Biegacza Fartlek	00:00:08	00:13:04	00:23:22	00:34:11	00:44:33
258	KRASKA Włodzimierz	151	NIEZRZESZONY	M70+		00:00:08	00:14:05	00:25:00	00:36:30	00:47:36
259	BEZWIŃSKI Piotr	156	KOKO DŻAMBO I DO PRZODU	M40-49		00:00:08	00:12:56	00:23:04	00:34:00	00:44:35
260	CZUWAJ Krzysztof	186		M50-59		00:00:08	00:12:34	00:22:07	00:31:59	00:41:42
261	MAREK Rafał	201	KAC RUNNERS	M50-59		00:00:08	00:12:36	00:22:18	00:32:20	00:41:59
262	KOŹLIK Tomek	211	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:08	00:12:58	00:22:47	00:32:44	00:42:39
263	OWCZAREK Paweł	258		M40-49		00:00:08	00:12:31	00:22:06	00:32:12	00:41:56
264	SIKORA Alicja	271		K70+		00:00:08	00:17:55	00:31:06	00:44:59	00:58:08
265	CISOWSKI Kamil	288	PREZESA	M30-39		00:00:08	00:13:35	00:24:08	00:34:51	00:45:11
266	KRAUSE Sylwia	316	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:08	00:16:19	00:28:20	00:40:51	00:52:58
267	GAŁKIEWICZ Monika	390		K40-49		00:00:08	00:16:01	00:28:31	00:41:52	00:54:53
268	WERNIK Katarzyna	398	BESTFITCLUB RYBNIK	K50-59		00:00:08	00:15:47	00:27:46	00:40:25	00:52:37
269	KUBICA Tadeusz	425	NESSI TIME ŻORY	M60-69	Nessi Time Żory	00:00:08	00:14:25	00:25:24	00:36:44	00:48:36
270	SOKÓŁ-OLEŚ Ewelina	427	RUNTEAM PAWŁOWICE	K50-59	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44	00:55:29
271	DĄBROWSKA Agata	430	NESSI TIME ŻORY	K40-49	Nessi Time Żory	00:00:08	00:16:02	00:28:00	00:39:55	00:50:58
272	KLUCZNIOK Magda	455		K16-19		00:00:08	00:14:48	00:26:29	00:39:14	00:51:20
273	TRAWNICKI Jan	462		M70+		00:00:08	00:20:02	00:36:08	00:53:01	01:09:07
274	PŁASKA Grzegorz	473	WRM MC POLAND	M50-59		00:00:08	00:14:08	00:25:21	00:37:20	00:49:14
275	KĘDZIERSKI Krzysztof	486		M50-59		00:00:08	00:15:16	00:27:05	00:39:44	00:51:55
276	SOBCZAK Sławek	487	MEGA MOC RACIBÓRZ	M40-49		00:00:08	00:17:16	00:30:25	00:44:29	00:57:55
277	MATIOSZEK Patryk	510		M30-39		00:00:08	00:17:16	00:30:25	00:44:29	00:56:46
278	DOBRENIUK Aurelia	523		K40-49		00:00:08	00:16:11	00:28:45	00:42:04	00:55:03
279	GÓRKA Barbara	534		K40-49	RUNTEAM Pawłowice	00:00:08	00:16:58	00:29:35	00:42:44	00:55:11
280	NOWAK Magdalena	537	NESSI TIME ŻORY	K30-39	Nessi Time Żory	00:00:08	00:16:02	00:28:04	00:40:35	00:52:37
281	TARGOSZ Aneta	552	OLZA CIESZYN	K30-39	Olza Cieszyn	00:00:08	00:16:08	00:28:34	00:41:47	00:54:47
282	BRANKA Barbara	555		K40-49		00:00:08	00:16:27	00:28:58	00:41:42	00:53:43
283	JUTKA Katarzyna	557		K40-49		00:00:08	00:21:28	00:38:16	00:56:35	01:14:12
284	SZOJDA Paulina	558	VIKING TRAINING CENTER	K40-49		00:00:08	00:21:27	00:38:16	00:56:35	01:14:12
285	JARCZEWSKA Renata	567		K50-59		00:00:08	00:17:41	00:31:25	00:46:06	01:00:39
286	MARMURA Marek	568	SILESIA MARATON CLUB	M40-49		00:00:08	00:15:43	00:28:20	00:41:41	00:54:29
287	REK Katarzyna	581	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:08	00:19:03	00:34:05	00:49:54	01:05:02
288	HEJNA Izabela	586	RADLINIOKI W BIEGU	K50-59	Radlinioki w biegu	00:00:08	00:16:52	00:29:06	00:41:48	00:54:14
289	STAMATEL Sebastian	126		M20-29		00:00:09	00:12:00	00:21:14	00:30:55	00:40:12
290	HARAZIN Janusz	178	2 TM 4,7	M30-39		00:00:09	00:13:54	00:24:17	00:35:06	00:45:28
291	DUROK Wojciech	202	KAC RUNNERS	M40-49		00:00:09	00:12:57	00:22:51	00:33:10	00:43:14
292	SOJKA Wojciech	204	KAC RUNNERS	M50-59		00:00:09	00:12:43	00:22:25	00:32:33	00:42:24
293	MROWCZYK Michał	210		M30-39		00:00:09	00:14:41	00:26:00	00:38:00	00:49:57

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
294	OGIERMAN Mariusz	245	SOCIOS SILESIA	M20-29		00:00:09	00:14:16	00:25:41	00:38:09	00:50:21
295	STARCZEWSKI Marcin	247		M30-39		00:00:09	00:14:15	00:25:09	00:36:28	00:47:52
296	BIEDA Piotr	277	RUNNERS TEAM NYSA	M30-39		00:00:09	00:15:20	00:26:51	00:38:59	00:50:31
297	STREIT Mariusz	293		M40-49		00:00:09	00:13:18	00:23:53	00:34:57	00:45:41
298	PALA Mariusz	301	KOKO DŻAMBO I DO PRZODU	M30-39		00:00:09	00:15:17	00:27:38	00:41:19	00:54:42
299	GODEK Grzegorz	317		M30-39		00:00:09	00:16:04	00:28:29	00:41:12	00:52:04
300	WILK Grzegorz	323		M40-49		00:00:09	00:14:23	00:25:15	00:36:37	00:47:46
301	CHROBOK Michał	325		M30-39		00:00:09	00:13:22	00:23:42	00:34:27	00:44:53
302	RASZKA Janusz	336	DARK ONE	M50-59		00:00:09	00:15:07	00:26:33	00:38:38	00:50:15
303	WHITE Ashley	357	KLUB BIEGACZA FARTLEK	K40-49	Klub Biegacza Fartlek	00:00:09	00:18:14	00:32:13	00:46:51	01:01:19
304	DOMAŃSKA Joanna	393		K30-39		00:00:09	00:16:32	00:29:33	00:43:28	00:56:43
305	PIECHA-ŁACHAJCZYK Hanna	416		K30-39		00:00:09	00:16:04	00:27:58	00:40:06	00:51:42
306	GMYREK Michał	437	RODZIC SPORTOWCA	M40-49		00:00:09	00:15:38	00:27:54	00:40:48	00:52:41
307	STOCHLIŃSKI Szymon	440		M20-29		00:00:09	00:16:03	00:28:29	00:41:18	00:54:00
308	KUŚMIRSKA-KUBAS Alina	475	KLUB BIEGACZA FARTLEK	K50-59	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56	01:15:38
309	JURKIEWICZ-FILIKS Basia	532		K40-49		00:00:09	00:16:12	00:28:13	00:40:32	00:52:35
310	ŻYŁA Bogumiła	553	KLUB BIEGACZA RTV EURO AGD	K30-39		00:00:09	00:17:38	00:30:29	00:44:03	00:57:23
311	KARPETA Ilona	562		K30-39		00:00:09	00:17:29	00:30:20	00:44:12	00:57:07
312	KAJSZTURA Weronika	563		K30-39		00:00:09	00:17:29	00:30:19	00:44:12	00:57:07
313	KOŁODZIEJCZYK Aleksandra	565	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:09	00:19:49	00:35:53	00:53:02	01:09:55
314	PIŁATOWSKI Mirosław	138	TL ATHLETICS JASTRZĘBIE	M50-59	TL Athletics Jastrzębie	00:00:10	00:15:05	00:26:33	00:38:32	00:50:08
315	MAREK Robert	158		M40-49		00:00:10	00:13:46	00:24:26	00:35:09	00:45:35
316	PIECHACZEK Jacek	175		M40-49		00:00:10	00:12:33	00:22:12	00:32:11	00:41:44
317	MARCZYNSKI Sebastian	213	BEACHVOLLEYBALL	M30-39		00:00:10	00:14:01	00:25:21	00:37:15	00:48:31
318	PIETRASZ Krzysztof	221		M30-39		00:00:10	00:13:20	00:23:40	00:34:14	00:43:58
319	GROBORZ Mateusz	222	KLUB BIEGACZA FARTLEK	M20-29	Klub Biegacza Fartlek	00:00:10	00:13:06	00:22:47	00:32:47	00:42:26
320	PAWŁOWSKI Tomasz	224	NIEZRZESZONY	M40-49		00:00:10	00:12:51	00:22:45	00:33:02	00:43:01
321	ZIMNY Ireneusz	260	EKO-OKNA RUNNERS	M40-49		00:00:10	00:14:52	00:26:34	00:38:51	00:50:42
322	TARGOSZ Piotr	270	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03	00:51:15
323	CZYRNEK Dariusz	289	SMAKI BIEGANIA	M40-49	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53	00:46:42
324	WARZOCZA Mirosław	308		M60-69		00:00:10	00:13:58	00:24:43	00:36:17	00:46:49
325	NIEWRZOŁ Łukasz	343		M40-49		00:00:10	00:14:18	00:25:15	00:36:50	00:47:42
326	OLMA Władysław	382	JASTRZĘBIE - BIEGAM BO LUBIĘ	M50-59		00:00:10	00:14:02	00:24:57	00:36:24	00:47:48
327	HAJSKI Kamil	391		M30-39		00:00:10	00:14:15	00:24:58	00:35:51	00:46:21
328	GAŃKO Grażyna	411		K60-69		00:00:10	00:19:33	00:34:15	00:49:59	01:04:53
329	SKRABEL Artur	431	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:10	00:14:02	00:24:53	00:36:18	00:47:20
330	ZIĘTARA Agata	460		K50-59		00:00:10	00:16:52	00:29:49	00:43:18	00:56:33
331	ŁASIEWICKI Sławomir	474		M50-59		00:00:10	00:16:22	00:29:00	00:42:16	00:55:02
332	BETLEJ Dorota	499		K30-39		00:00:10	00:19:38	00:34:25	00:50:45	01:06:48
333	DYNIA Magdalena	502		K40-49		00:00:10	00:18:27	00:33:17	00:49:22	01:04:31
334	SPYRKA Monika	507	KLUB BIEGACZA FARTLEK	K30-39	Klub Biegacza Fartlek	00:00:10	00:18:14	00:32:13	00:46:51	01:01:19
335	CEMBALA Magda	543		K40-49		00:00:10	00:18:41	00:33:07	00:47:57	01:01:47
336	ORŁOWSKA Joanna	571	ULTRA BESKID SPORT	K40-49		00:00:10	00:17:46	00:31:31	00:46:07	00:59:52
337	URBANEK Iwona	576		K30-39		00:00:10	00:14:21	00:25:16	00:36:52	00:48:18

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
338	NALEPKA Adam	65	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:10	00:11:06	00:19:30	00:28:20	00:36:47
339	KRAJEWSKI Tomasz	98		M40-49		00:00:10	00:12:23	00:21:25	00:30:44	00:39:33
340	TOMCZYK Lesław	117		M60-69		00:00:11	00:12:48	00:22:16	00:32:06	00:41:45
341	ŚMIETANA Grzegorz	169	EASYRUN RACIBÓRZ	M40-49		00:00:11	00:13:35	00:23:58	00:34:40	00:45:01
342	MOŃKA Marcin	212		M40-49		00:00:11	00:12:04	00:21:13	00:30:35	00:39:41
343	ADAMCZYK Dominik	227	RUN RYDUŁTOWY	M16-19		00:00:11	00:13:18	00:24:19	00:36:03	00:46:33
344	WINCIERZ Sławomir	263		M30-39		00:00:11	00:14:03	00:24:57	00:36:09	00:47:12
345	GÓRAL Stanisław	268		M30-39		00:00:11	00:12:52	00:22:44	00:32:36	00:42:07
346	BRACHMAŃSKI Dariusz	281	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50-59		00:00:11	00:15:10	00:26:42	00:38:33	00:49:59
347	BORYCZKA Szymon	292		M40-49		00:00:11	00:14:05	00:24:47	00:36:30	00:47:45
348	TUPAJ Jarosław	299	AKTYWNI RYDUŁTOWY	M30-39		00:00:11	00:13:14	00:23:06	00:33:58	00:44:11
349	KUŁACZ Wiesław	311		M40-49		00:00:11	00:13:46	00:24:30	00:35:53	00:46:58
350	PRZYŁUDZKI Janusz	326	STS BIEGATON	M70+		00:00:11	00:14:09	00:24:51	00:35:56	00:46:42
351	REK Krzysztof	345	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:11	00:13:32	00:24:25	00:35:31	00:46:14
352	WOLIŃSKI Dariusz	376	HRMAX	M40-49		00:00:11				
353	SWIERCZ Janusz	381	WRM MC POLAND	M50-59		00:00:11	00:16:23	00:30:22	00:45:16	01:00:12
354	ZIEJA Martyna	396		K20-29		00:00:11	00:17:43	00:31:33	00:46:10	01:00:53
355	ŚMIETANA Mariusz	471	TUPOT MAŁYCH STÓPEK	M40-49		00:00:11	00:15:00	00:26:30	00:38:46	00:51:02
356	BUCHTA Michał	493		M40-49		00:00:11	00:14:31	00:25:39	00:37:00	00:47:21
357	NIEŚLAŃCZYK Barbara	503		K30-39		00:00:11	00:16:51	00:29:34	00:43:02	00:56:24
358	KARAŚ Daria	508		K30-39		00:00:11	00:18:12	00:32:34	00:48:25	01:03:19
359	HEJNA Artur	585	RADLINIOKI W BIEGU	M50-59	Radlinioki w biegu	00:00:11	00:14:24	00:25:28	00:37:29	00:49:04
360	CZAPOROWSKI Tomasz	142		M40-49		00:00:12	00:14:16	00:24:53	00:35:50	00:46:09
361	WIELOPOLSKI Łukasz	159		M30-39		00:00:12	00:14:04	00:24:47	00:35:41	00:46:09
362	URBASIK Mariusz	193	RUN RYDUŁTOWY	M50-59		00:00:12	00:13:27	00:23:34	00:34:17	00:44:48
363	MAŁECKI Jacek	214		M30-39		00:00:12	00:12:43	00:21:43	00:31:29	00:40:58
364	ADAMCZYK Andrzej	226	RUN RYDUŁTOWY	M40-49		00:00:12	00:12:43	00:22:44	00:33:24	00:43:23
365	PIDANTY Łukasz	264		M30-39		00:00:12	00:15:13	00:26:48	00:38:36	00:49:47
366	KROCHMAL Artur	274	MDM NT TEAM	M40-49	MDM NT TEAM	00:00:12	00:14:32	00:25:54	00:37:40	00:48:56
367	MACH Sebastian	304	PORANNY BESKID RUN	M40-49		00:00:12	00:12:59	00:22:47	00:32:55	00:42:42
368	JASTRZĘBSKI Igor	314		M20-29		00:00:12	00:15:14	00:28:03	00:41:25	00:54:51
369	DUDZIAK Grzegorz	321		M40-49		00:00:12	00:15:22	00:27:29	00:40:19	00:53:06
370	SZCZYRBOWSKI Jan	322		M60-69		00:00:12	00:15:05	00:26:27	00:37:57	00:48:58
371	MOTOWIDŁO Tomasz	337		M40-49		00:00:12	00:13:25	00:23:48	00:34:37	00:45:02
372	KORBUS Piotr	339	PORANNY BESKID RUN	M40-49		00:00:12	00:13:50	00:24:22	00:35:19	00:45:42
373	ORAWSKI Robert	377	MIKI	M60-69		00:00:12	00:14:26	00:25:22	00:36:30	00:47:10
374	LOKAJCZYK Olivier	422		M16-19		00:00:12	00:13:02	00:22:43	00:32:39	00:42:29
375	SIENKIEWICZ Piotr	418	BIEGAM BO LUBIĘ RACIBÓRZ	M60-69		00:00:12	00:17:55	00:31:31	00:45:58	01:00:14
376	KRAJCARZ Tomasz	432		M30-39		00:00:12	00:14:26	00:25:35	00:37:34	00:48:40
377	JACH Marek	147		M50-59	Street Spirit-Team Nowak	00:00:13	00:12:47	00:22:53	00:33:50	00:44:19
378	KARWOT Maciej	148	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:13	00:13:51	00:24:22	00:35:31	00:46:34
379	PRZYBYSZ Ryszard	162		M50-59		00:00:13	00:13:01	00:22:49	00:33:00	00:42:52
380	NAWROCKI Zbigniew	170		M40-49		00:00:13	00:15:43	00:28:10	00:41:37	00:54:16
381	MAGA Przemysław	205		M40-49		00:00:13	00:13:56	00:24:25	00:35:28	00:46:06
382	MACHARZYŃSKI Piotr	242	NESSI TEAM ŻORY	M40-49	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19	00:46:29

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
383	PODKOWIK Marcin	267	ŻORY	M40-49		00:00:13	00:13:49	00:24:29	00:35:36	00:46:18
384	WARDACH Tomasz	280		M30-39		00:00:13	00:17:01	00:30:33	00:44:53	00:58:59
385	DRÓZDŹ Marcin	300		M30-39		00:00:13	00:12:28	00:22:35	00:33:05	00:43:09
386	SOBIERAJ Paweł	412	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:13	00:15:27	00:27:55	00:41:32	00:54:25
387	GRABALSKI Marcin	513		M30-39		00:00:13	00:15:51	00:28:21	00:42:03	00:55:15
388	SOCHA Michał	529	TL POGOŃ RUDA ŚLĄSKA	M50-59	TL Pogoń Ruda Śląska	00:00:13	00:16:19	00:31:47	00:44:25	00:57:39
389	FILIKS Leszek	533		M40-49		00:00:13	00:13:41	00:24:17	00:35:22	00:45:48
390	OGRODNIK Damian	152		M40-49		00:00:14	00:14:08	00:24:50	00:36:07	00:46:50
391	COJG Mateusz	241		M20-29		00:00:14	00:14:25	00:25:16	00:36:13	00:46:40
392	PISAREK Witold	244	TOTUTANIEJ.PL	M40-49		00:00:14	00:15:14	00:27:15	00:40:52	00:53:56
393	SŁOWIŃSKI Dawid	286		M30-39		00:00:14	00:14:01	00:24:39	00:35:33	00:46:07
394	RASZCZYK Szymon	296	AKTYWNI LYSKI	M40-49		00:00:14	00:14:36	00:25:20	00:36:44	00:47:39
395	MROCZKOWSKI Tomasz	309		M40-49		00:00:14	00:14:16	00:25:06	00:36:22	00:47:22
396	GŁĘBOCKI Grzegorz	324	BIEGAM SOBIE	M50-59		00:00:14	00:13:53	00:24:30	00:35:23	00:45:46
397	BALICKI Piotr	332	WSPÓLNA TEAM	M30-39		00:00:14	00:13:13	00:23:07	00:33:34	00:43:31
398	SZCZEPANIK Piotr	353	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:14	00:16:55	00:29:16	00:41:36	00:53:32
399	JAWOREK Rafał	374	WSPÓLNA TEAM	M40-49		00:00:14	00:15:06	00:26:39	00:38:29	00:49:56
400	MŁYNARCZYK Tomasz	383	PKM ŚNIEŻNE KOTŁY	M60-69		00:00:14	00:16:40	00:29:31	00:43:08	00:56:48
401	MŁYNARCZYK Jerzy	384	PKM ŚNIEŻNE KOTŁY	M60-69		00:00:14	00:17:43	00:31:26	00:46:01	01:00:08
402	PYZIK Marcin	406	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:14	00:17:00	00:30:01	00:44:06	00:58:22
403	ZMORZYŃSKI Marcin	408		M40-49		00:00:14	00:15:25	00:27:15	00:39:58	00:52:09
404	MISZ Hubert	445	WSPÓLNA TEAM	M40-49		00:00:14	00:15:07	00:26:38	00:38:30	00:49:56
405	CZARNOTA Leszek	465		M50-59		00:00:14	00:15:31	00:27:28	00:40:11	00:52:37
406	ŻYŁA Wojciech	582		M40-49		00:00:14	00:14:58	00:27:08	00:40:06	00:52:26
407	MARON Tomasz	231	TL ATHLETICS JASTRZĘBIE	M30-39	TL Athletics Jastrzębie	00:00:15	00:18:16	00:31:56	00:47:11	01:01:35
408	PASZKOWSKI Cezary	233		M40-49	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01	00:46:49
409	CHMIEL Jacek	240		M60-69		00:00:15	00:16:54	00:29:57	00:43:23	00:56:32
410	DOMASZK Paweł	250		M20-29	Street Spirit-Team Nowak	00:00:15	00:14:34	00:25:56	00:37:41	00:49:14
411	ŻYWICA Tadeusz	275		M60-69		00:00:15	00:15:20	00:26:46	00:38:37	00:50:21
412	KOZIK Marcin	305	DELOITTE ADVENTURE TEAM	M30-39		00:00:15	00:14:19	00:25:14	00:36:10	00:46:30
413	BRÓZDA Tomasz	307	MDM NT TEAM	M30-39	MDM NT TEAM	00:00:15	00:14:14	00:24:54	00:36:30	00:48:22
414	NIEŚLAŃCZYK Jan	310		M40-49		00:00:15	00:13:37	00:24:20	00:35:32	00:46:26
415	WOJNAR Janusz	331		M40-49		00:00:15	00:14:00	00:25:02	00:36:25	00:47:34
416	BOCHENEK Adam	335	BRAK	M20-29		00:00:15	00:12:07	00:21:36	00:31:38	00:41:08
417	MROZEK Maciej	365		M40-49		00:00:15	00:15:55	00:27:38	00:40:16	00:52:15
418	GURGOŃ Marcin	415		M30-39		00:00:15	00:13:19	00:24:16	00:35:44	00:47:00
419	MARKOWSKI Jacek	441		M40-49		00:00:15	00:16:46	00:29:11	00:41:35	00:53:15
420	BANDER Jerzy	577		M50-59		00:00:15	00:18:56	00:33:55	00:50:18	01:05:54
421	WŁODARSKI Dariusz	579		M30-39		00:00:15	00:15:53	00:29:13	00:43:00	00:55:32
422	BEZUCH Paweł	64		M20-29		00:00:15	00:12:14	00:21:14	00:30:35	00:39:49
423	SIKORA Stefan	173		M70+		00:00:16	00:14:17	00:25:02	00:36:27	00:47:13
424	JOCHLIK Szymon	191		M30-39		00:00:16	00:15:22	00:27:31	00:40:15	00:52:24
425	WRANA Radosław	220		M20-29		00:00:16	00:13:23	00:22:54	00:32:40	00:42:09
426	ZIĘTARA Paweł	236		M50-59		00:00:16	00:13:53	00:24:13	00:35:11	00:45:40
427	PŁONKA Krzysztof	346	DKMS	M50-59		00:00:16	00:13:30	00:23:44	00:34:22	00:44:34

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
428	MAKOWSKI Grzegorz	348	AKTYWNIENAKRĘCENI	M30-39		00:00:16	00:16:05	00:29:36	00:44:45	00:59:16
429	HENCZKO Karol	369		M30-39		00:00:16	00:13:07	00:22:52	00:33:11	00:43:02
430	STEKLA Bartłomiej	378		M20-29		00:00:16	00:15:01	00:27:05	00:40:20	00:53:35
431	FRITZ Tomasz	403	MTBKYNDRAKLUB	M40-49		00:00:16	00:14:08	00:24:50	00:35:59	00:46:32
432	SŁOWIŃSKI Kamil	449		M40-49		00:00:16	00:15:44	00:27:32	00:39:39	00:51:23
433	URBAŃSKI Tomasz	482		M30-39		00:00:16	00:16:16	00:28:29	00:41:30	00:53:30
434	WISKULSKI Mateusz	483	OPELFIJALKOWSKI	M30-39	OPELFIJALKOWSKI	00:00:16	00:15:50	00:27:47	00:40:31	00:52:53
435	JĘDRZEJAK Piotr	485		M40-49		00:00:16	00:13:07	00:22:47	00:32:58	00:43:01
436	TOMALA Dariusz	530		M40-49		00:00:16	00:16:28	00:29:46	00:44:07	00:57:54
437	GOŁAWSKI Łukasz	592	OPELFIJALKOWSKI	M30-39		00:00:16	00:14:00	00:24:49	00:36:18	00:47:15
438	PRÓSZYŃSKI Sławomir	160	YNOULTRA	M40-49		00:00:17	00:12:46	00:22:08	00:32:58	00:43:26
439	SOBEL Adrian	230		M30-39		00:00:17	00:14:09	00:24:37	00:36:03	00:46:54
440	BAKOWSKI Michał	235		M30-39		00:00:17	00:12:50	00:22:44	00:33:13	00:43:21
441	WALA Andrzej	285	DO PORZYGUOCRTEAM	M40-49		00:00:17	00:17:03	00:30:35	00:46:07	01:00:58
442	WUWER Łukasz	303		M30-39		00:00:17	00:13:33	00:23:36	00:34:22	00:44:18
443	KUBULUS Tomasz	366		M40-49		00:00:17	00:14:55	00:25:53	00:37:56	00:49:14
444	BERNAT Tomasz	414	OPELFIJALKOWSKI TEAM	M20-29		00:00:17	00:14:01	00:24:50	00:36:17	
445	BORUCKI Dariusz	419		M40-49		00:00:17	00:16:05	00:27:56	00:40:20	00:52:19
446	PACUT Szymon	452		M40-49		00:00:17	00:17:16	00:32:11	00:47:56	01:03:13
447	MARYNIOK Patryk	492		M30-39		00:00:17	00:16:48	00:30:10	00:44:28	00:58:46
448	PIETRZYK Marek	509	WATAHA	M60-69		00:00:17	00:17:08	00:30:27	00:44:48	00:58:55
449	ŚWIERZYŃSKI Ariel	527		M30-39		00:00:17	00:20:03	00:35:00	00:51:41	01:07:21
450	TYRYTKO Jarosław	539		M50-59		00:00:17	00:16:56	00:29:49	00:43:20	00:56:09
451	CIEŚLA Jonasz	137	RYBNICKIKLUBJUIJSUSPORTOWEGO	M16-19	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:14:17	00:25:12	00:36:07	00:46:27
452	RUCIŃSKI Krzysztof	190		M50-59		00:00:18	00:15:03	00:26:15	00:37:51	00:48:57
453	KONOPKA Jarosław	232		M50-59		00:00:18	00:15:35	00:27:32	00:40:17	00:52:23
454	SOJ Przemysław	238		M40-49		00:00:18	00:15:06	00:26:21	00:38:25	00:50:13
455	GRALAK Wojciech	347	RYBNICKIKLUBJUIJSUSPORTOWEGO	M20-29	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:01	00:26:09	00:37:12	00:47:34
456	CIEŚLA Adam	350		M40-49		00:00:18	00:15:42	00:27:30	00:39:38	00:51:22
457	BARAN Dawid	364		M30-39		00:00:18	00:15:27	00:27:05	00:38:53	00:50:17
458	FIEROCH Karol	367	WISAGERACTIVE	M30-39		00:00:18	00:14:22	00:24:52	00:36:04	00:46:32
459	POŁOMSKI Jerzy	407		M40-49		00:00:18	00:14:49	00:26:36	00:39:18	00:51:57
460	MAKOŚ Tomek	428		M40-49		00:00:18	00:16:02	00:27:54	00:39:34	00:51:00
461	GORZELAK Zbigniew	454	GB GALOPUJĄCESŁIMAKI	M40-49	Galopujące Ślimaki	00:00:18	00:15:23	00:26:42	00:38:18	00:49:19
462	WEYGAND Patryk	478		M40-49		00:00:18	00:15:27	00:26:42	00:38:17	00:49:19
463	MOCHNACZ Patryk	479		M40-49		00:00:18	00:16:57	00:30:01	00:44:14	00:58:39
464	KUBIK Arkadiusz	135	DYSTANS LUBOMIA	M50-59		00:00:19	00:14:39	00:25:03	00:36:07	00:48:09
465	JASIŃSKI Maksymilian	252	MAROTEAMJASTRZĘBIE-ŻORY	M60-69	MARO Team Jastrzębie-Żory	00:00:19	00:14:55	00:26:01	00:37:21	00:48:15
466	WOŹNIAK Przemysław	253	GALOPUJĄCESŁIMAKI	M30-39		00:00:19	00:14:53	00:25:50	00:36:48	00:47:03
467	WILDNER Kamil	313		M20-29		00:00:19	00:17:49	00:31:24	00:45:41	00:59:13
468	TESSMER Tomasz	333		M20-29		00:00:19	00:14:33	00:25:01	00:35:45	00:46:01
469	BĘBENEK Marcin	363	GALOPUJĄCESŁIMAKI	M40-49	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52	01:01:06
470	CIEŚLA Artur	388		M30-39		00:00:19	00:16:10	00:28:43	00:41:56	00:54:24

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km
471	DEJEWSKI Jakub	402	GB GALOPUJĄCE ŚLIMAKI	M30-39	Galopujące Ślimaki	00:00:19	00:15:46	00:27:47	00:39:45	00:51:20
472	ZAWIERUCHA Aleksander	404	MARO TEAM JASTRZĘBIR-ŻORY	M50-59	MARO Team Jastrzębie-Żory	00:00:19				
473	RUŻAŃSKI Tomasz	517		M40-49		00:00:19	00:16:26	00:28:41	00:41:40	00:53:35
474	JAGIEŁA Marcin	354	KRS TKKF MORSY.PL	M40-49		00:00:20	00:15:30	00:27:05	00:38:54	00:50:12
475	SWACHTA Konrad	564	KANAPOWCY	M30-39		00:00:20	00:16:24	00:28:48	00:41:47	00:54:24
476	MARCINIAK Artur	341		M50-59		00:00:21	00:15:13	00:26:39	00:38:18	00:49:41
477	MADEJ Józef	481	ZADYSZKA OŚWIĘCIM	M70+	Zadyszka Oświęcim	00:00:21	00:22:57	00:41:12	00:59:52	01:18:37
478	BADURA Artur	521	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:21	00:15:20	00:27:05	00:39:21	00:51:19
479	WARDENGA Kazimierz	522	JEJKOWICE BIEGAJĄ	M50-59	Jejkowice Biegają	00:00:21	00:16:39	00:29:25	00:43:04	00:56:02
480	RUDNICKI Maciej	525	BĄBELKI	M50-59		00:00:21	00:15:43	00:27:40	00:40:05	00:52:02
481	SZCZEPANIAK Aleksander	584		M50-59		00:00:21	00:15:46	00:27:47	00:40:38	00:53:16
482	KUBAS Mariusz	461	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41	01:11:22
483	KRAMER Piotr	541		M40-49		00:00:22	00:16:02	00:29:12	00:43:32	00:57:43
484	CHRAŚCINA Rafał	554		M30-39		00:00:22	00:18:12	00:31:34	00:45:39	00:59:03
485	WOWRA Robert	559		M30-39		00:00:22	00:17:37	00:31:03	00:45:12	00:59:05
486	KIEPIELA Dawid	139	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:23	00:12:34	00:22:38	00:33:20	00:43:39
487	SPYRKA Piotr	229	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:23	00:14:40	00:25:51	00:36:49	00:47:18
488	ZELEK Adam	89	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:23	00:12:37	00:22:10	00:32:16	00:42:12
489	GAWEŁ Julia	546		K20-29		00:04:21	00:17:49	00:31:24	00:45:41	00:59:13
	MORAWSKA Julia	136		K20-29		DNF	00:12:25 DNF	00:22:40 DNF	DNF	DNF

Znaleziono 490 wynik(ów)