



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Półmaraton Gliwicki 2017
Fundacja Bieg Rzeźnika
2017-10-22
Gliwice
21.1 km

IV PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	LABZIUK Oleksander	1234	ACHILLES LESZNO	M-30	1	00:00:00	00:17:24	00:34:12	00:52:22	01:13:57.35	01:13:57.65		3:30	17.1 (100%)
2	BEZNER Kamil	1239	MAESTRO BEZNER	M-30	2	00:00:00	00:17:23	00:34:21	00:52:29	01:14:01.60	01:14:02.15	+00:00:04 (0.1%)	3:30	17.1 (100%)
3	OWCZAREK Tomasz	964		M-30	3	00:00:02	00:17:42	00:35:23	00:53:56	01:17:39.45	01:17:41.45	+00:03:42 (4.8%)	3:40	16.3 (95.3%)
4	SZCZECIŃSKI Maciej	858	INŻYNIERIA BIEGANIA	M-30	4	00:00:01	00:18:53	00:37:15	00:56:14	01:18:32.35	01:18:34.15	+00:04:35 (5.8%)	3:43	16.1 (94.2%)
5	ŻABA Marek	1037	MAGNETI MARELLI TRIATHLON X-TEAM	M-30	5	00:00:01	00:18:14	00:36:11	00:55:19	01:18:35.35	01:18:36.90	+00:04:38 (5.9%)	3:43	16.1 (94.2%)
6	ŚLIWIŃSKI Piotr	109	OPEL ACTIVE TEAM	M-30	6	00:00:00	00:18:55	00:37:28	00:56:51	01:20:16.05	01:20:17.00	+00:06:18 (7.9%)	3:48	15.8 (92.4%)
7	MARSZAL Mariusz	822		M-30	7	00:00:01	00:18:58	00:37:57	00:57:53	01:21:43.10	01:21:44.15	+00:07:45 (9.5%)	3:52	15.5 (90.6%)
8	RYSZ Robert	619		M-30	8	00:00:00	00:18:58	00:37:42	00:57:41	01:22:01.60	01:22:02.55	+00:08:04 (9.8%)	3:53	15.4 (90.1%)
9	KRZESIAK Marcin	716		M-30	9	00:00:03	00:19:26	00:38:21	00:58:14	01:22:38.45	01:22:42.15	+00:08:41 (10.5%)	3:55	15.3 (89.5%)
10	SOREMSKI Marek	967	THESORWBIEGU.PL	M-30	10	00:00:01	00:19:06	00:38:10	00:58:21	01:22:53.25	01:22:55.05	+00:08:55 (10.8%)	3:55	15.3 (89.5%)
11	CHYBA Szymon	623	KS KROTOSZ KROTOSZYN	M-30	11	00:00:02	00:19:26	00:38:20	00:58:14	01:22:57.60	01:22:59.65	+00:09:00 (10.9%)	3:55	15.3 (89.5%)
12	NIESŁON Marek	24	AKMB PEDZIWIATR GLIWICE	M-30	12	00:00:02	00:19:13	00:38:35	00:58:51	01:23:44.50	01:23:47.00	+00:09:47 (11.7%)	3:58	15.1 (88.3%)
13	DWORNICZAK Łukasz	808		M-30	13	00:00:02	00:20:16	00:39:57	01:00:20	01:24:12.75	01:24:15.70	+00:10:15 (12.2%)	3:59	15 (87.7%)
14	DUŻNIAK Dominik	658	STEP-DANCE RUN GLIWICE	M-30	14	00:00:01	00:19:19	00:38:49	00:59:32	01:24:47.95	01:24:49.15	+00:10:50 (12.8%)	4:01	14.9 (87.1%)
15	KOŹDOŃ Jarek	928	PACEMAKER	M-30	15	00:00:03	00:20:13	00:39:57	01:00:26	01:25:18.35	01:25:21.95	+00:11:21 (13.3%)	4:02	14.8 (86.5%)
16	URBASEK Łukasz	987		M-30	16	00:00:05	00:20:52	00:40:48	01:01:29	01:25:52.05	01:25:57.60	+00:11:54 (13.9%)	4:04	14.7 (86.0%)

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	21.1km	21.1km			
17	FAJGER Jarosław	562		M-30	17	00:00:04	00:20:09	00:39:56	01:00:36	01:26:10.10	01:26:14.85	+00:12:12 (14.2%)	4:05	14.7 (86.0%)
18	KIELAK Leszek	1055	ENTRE RUNNING	M-30	18	00:00:11	00:21:26	00:41:18	01:01:55	01:26:31.70	01:26:43.15	+00:12:34 (14.5%)	4:06	14.6 (85.4%)
19	KUMOR Tomasz	1079	MACIEJ BODNAR COACHING	M-30	19	00:00:04	00:20:28	00:40:20	01:01:11	01:26:40.45	01:26:44.65	+00:12:43 (14.7%)	4:06	14.6 (85.4%)
20	CHROBOK Łukasz	315	NIGHT RUNNERS ZABRZE	M-30	20	00:00:06	00:20:27	00:40:28	01:01:51	01:27:44.90	01:27:51.50	+00:13:47 (15.7%)	4:09	14.4 (84.2%)
21	BUJALSKI Michał	916		M-30	21	00:00:08	00:20:52	00:40:56	01:02:17	01:27:45.45	01:27:53.50	+00:13:48 (15.7%)	4:09	14.4 (84.2%)
22	KSIĄŻEK Dominik	128		M-30	22	00:00:04	00:21:03	00:41:17	01:02:39	01:28:30.05	01:28:34.50	+00:14:32 (16.4%)	4:11	14.3 (83.6%)
23	LEWICKI Tomasz	155	AKMB PĘDZIWIATR GLIWICE	M-30	23	00:00:05	00:20:31	00:40:55	01:02:32	01:28:57.90	01:29:03.25	+00:15:00 (16.9%)	4:12	14.2 (83.0%)
24	LASKOWSKI Tomasz	264		M-30	24	00:00:04	00:20:13	00:39:55	01:01:22	01:28:59.05	01:29:03.35	+00:15:01 (16.9%)	4:13	14.2 (83.0%)
25	LATOŃ Adam	482		M-30	25	00:00:06	00:20:33	00:41:21	01:03:13	01:29:23.05	01:29:29.20	+00:15:25 (17.3%)	4:14	14.2 (83.0%)
26	SVENSRUD Erik	825		M-30	26	00:00:22	00:21:52	00:42:29	01:03:53	01:29:57.90	01:30:19.90	+00:16:00 (17.8%)	4:15	14.1 (82.5%)
27	WIECHUŁA Marcin	624		M-30	27	00:00:06	00:20:10	00:40:57	01:02:51	01:30:01.50	01:30:08.20	+00:16:04 (17.8%)	4:16	14.1 (82.5%)
28	OCHMAN Rafał	119	OPEL ACTIVE TEAM	M-30	28	00:00:08	00:21:38	00:42:27	01:03:56	01:30:09.85	01:30:18.60	+00:16:12 (18.0%)	4:16	14 (81.9%)
29	CZEKAŁA Krzysztof	765	EKO-OKNA RUNNERS	M-30	29	00:00:45	00:21:26	00:42:24	01:03:48	01:30:12.40	01:30:57.95	+00:16:15 (18.0%)	4:16	14 (81.9%)
30	BARAN Łukasz	1036		M-30	30	00:00:14	00:21:34	00:42:34	01:04:41	01:30:22.90	01:30:37.05	+00:16:25 (18.2%)	4:17	14 (81.9%)
31	FURMANEK Łukasz	29	KLUB BIEGACZA SANTANDERA	M-30	31	00:00:08	00:21:55	00:42:48	01:04:25	01:30:24.25	01:30:32.80	+00:16:26 (18.2%)	4:17	14 (81.9%)
32	CZOSNOWSKI Tomasz	495	OTK RZEŹNIK	M-30	32	00:00:07	00:21:41	00:42:36	01:04:46	01:30:43.85	01:30:51.60	+00:16:46 (18.5%)	4:18	14 (81.9%)
33	SZEJA Paweł	985		M-30	33	00:00:12	00:21:40	00:42:39	01:04:42	01:30:49.00	01:31:01.20	+00:16:51 (18.6%)	4:18	13.9 (81.3%)
34	KRĘŻOŁEK Daniel	767		M-30	34	00:00:10	00:21:39	00:42:40	01:04:47	01:30:58.65	01:31:08.65	+00:17:01 (18.7%)	4:18	13.9 (81.3%)
35	PODGÓRSKI Tomasz	641		M-30	35	00:00:15	00:22:02	00:42:51	01:04:20	01:31:44.60	01:31:59.80	+00:17:47 (19.4%)	4:20	13.8 (80.7%)
36	WIERZBICKI Łukasz	776	VEGE RUNNERS	M-30	36	00:00:31	00:21:16	00:42:05	01:04:17	01:31:47.45	01:32:18.65	+00:17:50 (19.4%)	4:20	13.8 (80.7%)
37	MICHALSKI Jarosław	16	HETMAN TARNOWSKIE GÓRY	M-30	37	00:00:03	00:21:01	00:41:54	01:04:20	01:31:55.95	01:31:59.80	+00:17:58 (19.6%)	4:21	13.8 (80.7%)
38	OKOŃ Łukasz	91		M-30	38	00:00:08	00:21:29	00:42:35	01:04:49	01:32:14.35	01:32:22.45	+00:18:17 (19.8%)	4:22	13.7 (80.1%)
39	MADEJCZYK Tomasz	54	MTM IB TEAM	M-30	39	00:00:08	00:21:39	00:42:34	01:04:45	01:32:31.45	01:32:40.00	+00:18:34 (20.1%)	4:23	13.7 (80.1%)
40	PUCHAŁA Michał	419		M-30	40	00:00:03	00:20:01	00:40:27	01:03:33	01:33:03.70	01:33:06.75	+00:19:06 (20.5%)	4:24	13.6 (79.5%)
41	KOMANIECKI Łukasz	660	PRZYJACIÓŁ PUCHACZY	M-30	41	00:00:09	00:22:18	00:43:57	01:06:30	01:33:05.80	01:33:14.95	+00:19:08 (20.6%)	4:24	13.6 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
42	ORZECH Michał	662		M-30	42	00:00:05	00:20:44	00:41:53	01:04:19	01:33:06.95	01:33:12.25	+00:19:09 (20.6%)	4:24	13.6 (79.5%)
43	WIECZOREK Lucjan	669	VEGE RUNNERS	M-30	43	00:01:36	00:22:48	00:44:09	01:06:41	01:33:40.70	01:35:17.05	+00:19:43 (21.1%)	4:26	13.5 (78.9%)
44	HALCZOK Janusz	1062	MIECHOWICKA GRUPA BIEGOWA	M-30	44	00:00:09	00:21:56	00:43:29	01:06:10	01:33:46.35	01:33:55.55	+00:19:49 (21.1%)	4:26	13.5 (78.9%)
45	STAWARCZYK Krystian	1034	OPEL ACTIVE TEAM	M-30	45	00:00:14	00:22:13	00:43:40	01:06:21	01:34:07.00	01:34:21.25	+00:20:09 (21.4%)	4:27	13.5 (78.9%)
46	SADŁO Tomasz	569	@SĘDZIABIEGA	M-30	46	00:00:05	00:21:59	00:43:49	01:06:39	01:34:17.10	01:34:22.45	+00:20:19 (21.6%)	4:28	13.4 (78.4%)
47	WANIEWSKI Michał	773		M-30	47	00:00:04	00:21:46		01:06:58	01:34:26.20	01:34:31.00	+00:20:28 (21.7%)	4:28	13.4 (78.4%)
48	IMIOLEK Krzysztof	533		M-30	48	00:00:15	00:22:20	00:44:03	01:07:01	01:34:27.95	01:34:43.90	+00:20:30 (21.7%)	4:28	13.4 (78.4%)
49	KRÓLIKOWSKI Bartłomiej	1132	ORKIESTRA WOJSKOWA W BYTOMIU	M-30	49	00:00:38	00:20:57	00:42:30	01:05:44	01:34:32.00	01:35:10.30	+00:20:34 (21.8%)	4:28	13.4 (78.4%)
50	KONIK Andrzej	1098	AMATOR	M-30	50	00:00:14	00:22:36	00:44:46	01:07:16	01:34:32.20	01:34:46.85	+00:20:34 (21.8%)	4:28	13.4 (78.4%)
51	NAWRAT Piotr	578		M-30	51	00:02:01	00:21:33	00:43:15	01:06:06	01:34:38.10	01:36:39.45	+00:20:40 (21.9%)	4:29	13.4 (78.4%)
52	PŁAWIAK Rafał	172	IPA KĘDZIERZYN-KOŹLE	M-30	52	00:00:40	00:21:45	00:43:33	01:06:42	01:34:49.00	01:35:29.45	+00:20:51 (22.0%)	4:29	13.4 (78.4%)
53	KUKUCZKA Mateusz	606		M-30	53	00:00:08	00:21:40	00:42:49	01:06:08	01:34:49.25	01:34:58.20	+00:20:51 (22.0%)	4:29	13.3 (77.8%)
54	BORZĘCKI Damian	782	JASTEŃ	M-30	54	00:01:07	00:22:35	00:44:11	01:06:40	01:35:03.85	01:36:11.35	+00:21:06 (22.2%)	4:30	13.3 (77.8%)
55	SZCZESZAK Tomasz	852	EWSASZ TEAM	M-30	55	00:00:05	00:20:33	00:42:05	01:05:17	01:35:05.75	01:35:10.75	+00:21:08 (22.2%)	4:30	13.3 (77.8%)
56	MACH Samuel	1065		M-30	56	00:00:19	00:22:18	00:44:16	01:07:06	01:35:06.95	01:35:26.30	+00:21:09 (22.2%)	4:30	13.3 (77.8%)
57	SIKORA Rafał	677		M-30	57	00:00:08	00:21:37	00:42:54	01:06:10	01:35:10.65	01:35:18.80	+00:21:13 (22.3%)	4:30	13.3 (77.8%)
58	WIECZOREK Dawid	541	PSYCHONAUCI	M-30	58	00:00:24	00:22:00	00:43:39	01:06:54	01:35:22.85	01:35:47.05	+00:21:25 (22.5%)	4:31	13.3 (77.8%)
59	KRÓL Dariusz	543	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	59	00:00:15	00:22:30	00:44:25	01:07:20	01:35:34.90	01:35:50.45	+00:21:37 (22.6%)	4:31	13.2 (77.2%)
60	TKACZ Paweł	584	BBL GŁUCHOŁAZY	M-30	60	00:00:20	00:21:33	00:43:28	01:06:40	01:35:35.30	01:35:55.60	+00:21:37 (22.6%)	4:31	13.2 (77.2%)
61	ZWOLAK Tomasz	295	NIGHT RUNNERS ZABRZE	M-30	61	00:00:33	00:23:45	00:46:30	01:08:42	01:35:39.30	01:36:12.75	+00:21:41 (22.7%)	4:31	13.2 (77.2%)
62	JACHYM Arkadiusz	239	SOCIOS GÓRNIK	M-30	62	00:00:55	00:22:27	00:44:37	01:07:50	01:35:42.90	01:36:38.35	+00:21:45 (22.7%)	4:32	13.2 (77.2%)
63	KORCZ Daniel	400	KB MCKIS JAWORZNO	M-30	63	00:00:32	00:23:26	00:45:40	01:08:42	01:35:59.25	01:36:31.80	+00:22:01 (23.0%)	4:32	13.2 (77.2%)
64	BĄBSKI Szymon	309	KS HALNY WĘGIERSKA GÓRKA	M-30	64	00:00:39	00:22:29	00:44:43	01:08:09	01:36:16.15	01:36:55.85	+00:22:18 (23.2%)	4:33	13.2 (77.2%)
65	FILIPEK Hieronim	1196		M-30	65	00:01:08	00:23:21	00:45:31	01:09:02	01:36:35.15	01:37:43.55	+00:22:37 (23.4%)	4:34	13.1 (76.6%)
66	PRACKI Dariusz	305		M-30	66	00:00:29	00:23:00	00:45:14	01:08:21	01:36:36.35	01:37:06.20	+00:22:39 (23.4%)	4:34	13.1 (76.6%)

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	21.1km	21.1km			
67	KRAJEWSKI Michał	848		M-30	67	00:00:33	00:23:39	00:45:59	01:08:48	01:36:41.05	01:37:14.25	+00:22:43 (23.5%)	4:34	13.1 (76.6%)
68	BAÑBUŁA Grzegorz	27		M-30	68	00:00:09	00:22:20	00:44:30	01:08:00	01:36:45.75	01:36:55.65	+00:22:48 (23.6%)	4:35	13.1 (76.6%)
69	ZIELONKA Jacek	367		M-30	69	00:00:37	00:23:25	00:45:57	01:09:25	01:36:59.50	01:37:37.15	+00:23:02 (23.8%)	4:35	13.1 (76.6%)
70	STASIAK Mirosław	203	NIGHT RUNNERS GLIWICE	M-30	70	00:00:01	00:21:51	00:44:26	01:08:05	01:36:59.75	01:37:01.70	+00:23:02 (23.8%)	4:35	13.1 (76.6%)
71	STAŃCZAK Grzegorz	910		M-30	71	00:00:11	00:22:54	00:45:27	01:09:02	01:37:15.35	01:37:27.25	+00:23:18 (24.0%)	4:36	13 (76.0%)
72	CZAJA Jarosław	256	FP RUNNING TEAM	M-30	72	00:00:24	00:23:19	00:45:18	01:09:00	01:37:31.25	01:37:56.15	+00:23:33 (24.2%)	4:37	13 (76.0%)
73	CHMURKO Michał	190	STAMINA TEAM	M-30	73	00:01:58	00:22:54	00:45:33	01:09:15	01:37:32.95	01:39:31.70	+00:23:35 (24.2%)	4:37	13 (76.0%)
74	KOLKA Piotr	409	KB MCKIS JAWORZNO	M-30	74	00:00:33	00:23:32	00:46:18	01:09:45	01:37:33.95	01:38:07.20	+00:23:36 (24.2%)	4:37	13 (76.0%)
75	DZIDA Janusz	233	EXME BERGER GROUP	M-30	75	00:00:00	00:22:11	00:44:24	01:08:16	01:37:45.30	01:37:45.30	+00:23:47 (24.3%)	4:37	13 (76.0%)
76	PISINGAS Mariusz	774	SEKCJA BIEGOWA FAMILIA	M-30	76	00:00:24	00:23:55	00:46:24	01:09:47	01:37:52.20	01:38:16.75	+00:23:54 (24.4%)	4:38	12.9 (75.4%)
77	BORSIAK Sebastian	107	TATA DWÓCH SYNKÓW	M-30	77	00:00:10	00:22:05	00:44:11	01:07:51	01:38:03.10	01:38:13.55	+00:24:05 (24.6%)	4:38	12.9 (75.4%)
78	MAJERANOWSKI Marek	259	SMOLEŃ BYTOM	M-30	78	00:00:08	00:21:42	00:43:57	01:08:17	01:38:13.55	01:38:22.30	+00:24:16 (24.7%)	4:39	12.9 (75.4%)
79	ROGALSKI Tomasz	738		M-30	79	00:00:52	00:23:28	00:46:20	01:10:29	01:38:18.20	01:39:10.45	+00:24:20 (24.8%)	4:39	12.9 (75.4%)
80	DZIAŁOSZYŃSKI Witold	992	X-BIONIC POLSKA	M-30	80	00:00:22	00:23:11	00:45:47	01:09:27	01:38:19.55	01:38:42.20	+00:24:22 (24.8%)	4:39	12.9 (75.4%)
81	ZIELIŃSKI Łukasz	1213		M-30	81	00:00:05	00:23:01	00:45:39	01:09:31	01:38:20.15	01:38:26.00	+00:24:22 (24.8%)	4:39	12.9 (75.4%)
82	NIESLER Michał	868		M-30	82	00:00:37	00:23:37	00:46:19	01:09:51	01:38:23.95	01:39:01.55	+00:24:26 (24.8%)	4:39	12.9 (75.4%)
83	WAWRZYŃIAK Mariusz	945		M-30	83	00:00:29	00:23:06	00:45:34	01:09:35	01:38:25.60	01:38:55.00	+00:24:28 (24.9%)	4:39	12.9 (75.4%)
84	RYŃSKI Robert	457		M-30	84	00:00:12	00:23:11	00:45:42	01:09:44	01:38:32.00	01:38:44.00	+00:24:34 (24.9%)	4:40	12.8 (74.9%)
85	TŁOŁKA Michał	490		M-30	85	00:00:44	00:23:40	00:46:30	01:10:47	01:38:40.75	01:39:25.05	+00:24:43 (25.1%)	4:40	12.8 (74.9%)
86	BUCHTA Adam	1005		M-30	86	00:00:34	00:22:31	00:44:18	01:07:41	01:38:40.80	01:39:15.65	+00:24:43 (25.1%)	4:40	12.8 (74.9%)
87	SOSNA Adrian	761		M-30	87	00:00:25	00:23:34	00:46:13	01:10:01	01:38:47.35	01:39:12.55	+00:24:50 (25.1%)	4:40	12.8 (74.9%)
88	SITKO Mateusz	273		M-30	88	00:00:58	00:23:37	00:45:52	01:09:23	01:38:47.45	01:39:45.50	+00:24:50 (25.1%)	4:40	12.8 (74.9%)
89	GRZESIKIEWICZ Mariusz	316		M-30	89	00:00:33	00:23:49	00:46:44	01:10:58	01:38:48.20	01:39:22.15	+00:24:50 (25.1%)	4:40	12.8 (74.9%)
90	BANAŚ Mateusz	1181		M-30	90	00:00:39	00:23:45	00:46:34	01:10:11	01:38:50.25	01:39:29.60	+00:24:52 (25.2%)	4:41	12.8 (74.9%)
90	RIMPLER Łukasz	494	BIEGNĘ DLA ZUZI	M-30	91	00:00:38	00:23:38	00:46:33	01:10:51	01:38:50.65	01:39:29.60	+00:24:53 (25.2%)	4:41	12.8 (74.9%)

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	netto 21.1km	brutto 21.1km			
92	NIEDZIELA Janusz	592		M-30	92	00:00:12	00:21:38	00:43:34	01:07:44	01:38:54.75	01:39:07.20	+00:24:57 (25.2%)	4:41	12.8 (74.9%)
93	JEZUSEK Piotr	321		M-30	93	00:00:23	00:24:16	00:46:55	01:11:02	01:38:59.15	01:39:22.95	+00:25:01 (25.3%)	4:41	12.8 (74.9%)
94	HADZIK Rafal	32		M-30	94	00:00:10	00:23:24	00:46:33	01:10:19	01:39:08.00	01:39:18.75	+00:25:10 (25.4%)	4:41	12.8 (74.9%)
95	RYBIŃSKI Łukasz	258	EŁKA TEAM	M-30	95	00:00:14	00:21:53	00:44:22	01:08:23	01:39:20.15	01:39:34.30	+00:25:22 (25.5%)	4:42	12.7 (74.3%)
96	JAWOREK Jacek	793	TEAM JBC	M-30	96	00:00:46	00:23:43	00:46:52	01:10:51	01:39:24.95	01:40:11.15	+00:25:27 (25.6%)	4:42	12.7 (74.3%)
97	GUZDEK Sławomir	1078		M-30	97	00:00:37	00:23:31	00:46:21	01:10:35	01:39:28.95	01:40:06.75	+00:25:31 (25.7%)	4:42	12.7 (74.3%)
98	KĘDZIOR Łukasz	894	HOLBOX RUNNERS	M-30	98	00:00:09	00:21:43	00:43:55	01:08:06	01:39:30.30	01:39:39.65	+00:25:32 (25.7%)	4:42	12.7 (74.3%)
99	FAMUŁA Tomasz	762	FUTURE PROCESSING RUNNING TEAM / TRI DIVISION TRIATHLON TEAM	M-30	99	00:00:37	00:23:37	00:46:19	01:10:27	01:39:43.60	01:40:20.90	+00:25:46 (25.8%)	4:43	12.7 (74.3%)
100	SUTKOWSKI Jan	803	OPINION SP. Z O.O.	M-30	100	00:00:49	00:23:41	00:46:23	01:10:38	01:39:43.85	01:40:33.30	+00:25:46 (25.8%)	4:43	12.7 (74.3%)
101	SZYNWELSKI Michał	225	SOCIOS GÓRNIK	M-30	101	00:00:41	00:23:53	00:46:32	01:10:37	01:39:48.25	01:40:30.00	+00:25:50 (25.9%)	4:43	12.7 (74.3%)
102	KIEŁBASA Artur	944		M-30	102	00:00:30	00:24:05	00:47:01	01:10:55	01:39:51.65	01:40:22.15	+00:25:54 (25.9%)	4:43	12.7 (74.3%)
103	FRANKIEWICZ Artur	687		M-30	103	00:00:50	00:23:33	00:46:31	01:10:43	01:40:00.65	01:40:50.65	+00:26:03 (26.1%)	4:44	12.7 (74.3%)
104	BIELA Rafał	355		M-30	104	00:00:44	00:23:40	00:46:30	01:10:47	01:40:03.75	01:40:47.90	+00:26:06 (26.1%)	4:44	12.7 (74.3%)
105	MAREK Grzegorz	918		M-30	105	00:00:33	00:23:27	00:46:26	01:10:32	01:40:04.60	01:40:38.10	+00:26:07 (26.1%)	4:44	12.6 (73.7%)
106	SUCHY Łukasz	859	HIRERIGHT RUNNING TEAM	M-30	106	00:01:32	00:23:24	00:46:36	01:11:09	01:40:05.10	01:41:37.40	+00:26:07 (26.1%)	4:44	12.6 (73.7%)
107	GIŻYŃSKI Damian	1082	PACEMAKER	M-30	107	00:00:28	00:23:47	00:46:42	01:11:00	01:40:10.25	01:40:38.55	+00:26:12 (26.2%)	4:44	12.6 (73.7%)
108	UJMA Michał	383		M-30	108	00:00:32	00:23:45	00:46:39	01:10:59	01:40:12.70	01:40:44.75	+00:26:15 (26.2%)	4:44	12.6 (73.7%)
109	DATKA Robert	195	ŻYJ BEZ OGRANICZEŃ	M-30	109	00:00:30	00:23:22	00:46:31	01:10:54	01:40:17.55	01:40:48.05	+00:26:20 (26.3%)	4:45	12.6 (73.7%)
110	KWAŚNIEWSKI Dominik	466		M-30	110	00:01:22	00:24:39	00:47:32	01:11:16	01:40:27.45	01:41:49.80	+00:26:30 (26.4%)	4:45	12.6 (73.7%)
111	MACIASZEK Maciek	415	AMATOR	M-30	111	00:00:17	00:24:44	00:48:00	01:12:00	01:40:40.95	01:40:58.85	+00:26:43 (26.5%)	4:46	12.6 (73.7%)
112	PATYNEK Sebastian	484		M-30	112	00:00:55	00:24:10	00:47:35	01:11:55	01:40:42.00	01:41:37.20	+00:26:44 (26.6%)	4:46	12.6 (73.7%)
113	JODEŁŁO Piotr	348		M-30	113	00:00:19	00:24:08	00:46:57	01:11:05	01:40:44.45	01:41:03.50	+00:26:47 (26.6%)	4:46	12.6 (73.7%)
114	DIDYK Grzegorz	802	WWW.MIASTO-NIERUCHOMOSCI.PL	M-30	114	00:00:20	00:24:48	00:48:43	01:14:05	01:40:48.80	01:41:09.75	+00:26:51 (26.6%)	4:46	12.6 (73.7%)
115	MOSIO Mariusz	842		M-30	115	00:00:45	00:24:22	00:47:40	01:11:55	01:40:51.35	01:41:36.90	+00:26:54 (26.7%)	4:46	12.6 (73.7%)
116	CHAŁADYN Sławek	478	SBRT GLIWICE	M-30	116	00:00:55	00:24:10	00:47:35	01:11:56	01:41:17.70	01:42:12.95	+00:27:20 (27.0%)	4:48	12.5 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
117	KOWALECZKO Dariusz	514		M-30	117	00:00:46	00:24:18	00:47:43	01:12:04	01:41:20.40	01:42:07.10	+00:27:23 (27.0%)	4:48	12.5 (73.1%)
118	ADAMSKI Daniel	1224	JW3940	M-30	118	00:01:13	00:24:42	00:47:39	01:11:41	01:41:25.10	01:42:38.10	+00:27:27 (27.1%)	4:48	12.5 (73.1%)
119	NITARSKI Patryk	1108		M-30	119	00:00:11	00:23:55	00:47:09	01:11:23	01:41:27.35	01:41:38.35	+00:27:30 (27.1%)	4:48	12.5 (73.1%)
120	BULA Daniel	1192	RKG NOCEK	M-30	120	00:00:29	00:23:47	00:46:41	01:11:00	01:41:29.40	01:41:58.50	+00:27:32 (27.1%)	4:48	12.5 (73.1%)
121	PIETRZAK Dariusz	1143		M-30	121	00:00:21	00:22:33	00:45:15	01:09:56	01:41:33.05	01:41:54.45	+00:27:35 (27.2%)	4:48	12.5 (73.1%)
122	KLAPUCH Michał	1165		M-30	122	00:00:38	00:23:56	00:47:18	01:11:58	01:41:33.25	01:42:11.35	+00:27:35 (27.2%)	4:48	12.5 (73.1%)
123	BOŚ Przemysław	404	KB MCKIS JAWORZNO	M-30	123	00:00:33	00:24:32	00:47:59	01:12:18	01:41:34.35	01:42:08.25	+00:27:37 (27.2%)	4:48	12.5 (73.1%)
124	UZDOWSKI Jarosław	665	KS DEGENERAT	M-30	124	00:00:20	00:24:00	00:47:11	01:11:36	01:41:34.50	01:41:54.65	+00:27:37 (27.2%)	4:48	12.5 (73.1%)
125	WASKI Łukasz	715		M-30	125	00:01:13	00:25:30	00:49:10	01:13:23	01:41:58.10	01:43:11.20	+00:28:00 (27.5%)	4:49	12.4 (72.5%)
126	HAMERLA Adam	381		M-30	126	00:00:38	00:23:42	00:46:34	01:10:54	01:41:59.45	01:42:38.05	+00:28:02 (27.5%)	4:50	12.4 (72.5%)
127	KUCHARSKI Rafał	393	KBMCKIS JAWORZNO	M-30	127	00:00:35	00:24:04	00:46:49	01:11:19	01:42:08.55	01:42:43.60	+00:28:11 (27.6%)	4:50	12.4 (72.5%)
128	ŁĘCKI Piotr	158		M-30	128	00:00:40	00:23:39	00:47:12	01:12:08	01:42:16.00	01:42:56.25	+00:28:18 (27.7%)	4:50	12.4 (72.5%)
129	ADAMEK Hubert	845	IPA KĘDZIERZYN-KOŻLE	M-30	129	00:00:39	00:24:08	00:47:42	01:12:14	01:42:24.45	01:43:03.95	+00:28:27 (27.8%)	4:51	12.4 (72.5%)
130	KOWALEWSKI Artur	458	NIE	M-30	130	00:00:31	00:23:51	00:46:45	01:11:15	01:42:25.10	01:42:56.25	+00:28:27 (27.8%)	4:51	12.4 (72.5%)
131	MALEC Arkadiusz	472		M-30	131	00:00:55	00:23:12	00:46:34	01:11:47	01:42:48.45	01:43:44.25	+00:28:51 (28.1%)	4:52	12.3 (71.9%)
132	LASKOWSKI Sebastian	1186		M-30	132	00:00:09	00:22:52	00:45:44	01:11:03	01:43:20.95	01:43:30.80	+00:29:23 (28.4%)	4:53	12.2 (71.3%)
133	TYCZYŃSKI Ryszard	361	FIGHT CLUB KNURÓW/COMBAT 56	M-30	133	00:00:30	00:24:08	00:47:26	01:12:23	01:43:23.65	01:43:54.00	+00:29:26 (28.5%)	4:54	12.2 (71.3%)
134	SOSINOWSKI-MRÓZ Tomasz	1007	MIECHOWICKA GRUPA BIEGOWA	M-30	134	00:00:44	00:24:22	00:47:52	01:12:44	01:43:28.35	01:44:13.15	+00:29:31 (28.5%)	4:54	12.2 (71.3%)
135	GANSZCZYK Rafał	130	OPEL ACTIVE TEAM	M-30	135	00:00:42	00:24:24	00:48:03	01:12:48	01:43:29.70	01:44:12.40	+00:29:32 (28.5%)	4:54	12.2 (71.3%)
136	WÓJCIK Rafał	1040		M-30	136	00:00:15	00:24:23	00:48:05	01:13:06	01:43:33.35	01:43:49.25	+00:29:36 (28.6%)	4:54	12.2 (71.3%)
137	ZAWADA Sebastian	1145	ENDURANCE SOLIDARNI KNUROW	M-30	137	00:00:05	00:22:42	00:46:45	01:12:19	01:43:45.00	01:43:50.45	+00:29:47 (28.7%)	4:55	12.2 (71.3%)
138	SZOŁTYSEK Adrian	812		M-30	138	00:00:10	00:24:47	00:48:17	01:12:47	01:43:45.00	01:43:55.55	+00:29:47 (28.7%)	4:55	12.2 (71.3%)
139	BUCZYŃSKI Radosław	1149	NIGHT RUNNERS GLIWICE	M-30	139	00:01:07	00:24:44	00:48:29	01:13:29	01:43:46.65	01:44:54.45	+00:29:49 (28.7%)	4:55	12.2 (71.3%)
140	PANZ Krzysztof	672		M-30	140	00:00:50	00:23:33	00:47:14	01:12:35	01:43:48.60	01:44:39.30	+00:29:51 (28.8%)	4:55	12.2 (71.3%)
141	FAJGER Sebastian	744		M-30	141	00:01:11	00:26:06	00:50:55	01:15:33	01:43:57.15	01:45:08.20	+00:29:59 (28.9%)	4:55	12.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km					
142	SOWA Andrzej	695		M-30	142	00:01:13	00:24:34	00:48:24	01:13:22	01:43:59.35	01:45:13.15	+00:30:02 (28.9%)	4:55	12.2 (71.3%)
143	MAREK Franciszek	1064	ENERGOPROJEKT KATOWICE	M-30	143	00:00:38	00:24:20	00:47:50	01:12:40	01:44:15.10	01:44:53.40	+00:30:17 (29.1%)	4:56	12.1 (70.8%)
144	NOWICKI Jakub	849		M-30	144	00:00:46	00:24:26	00:48:42	01:14:18	01:44:18.75	01:45:05.60	+00:30:21 (29.1%)	4:56	12.1 (70.8%)
145	SOŚNIAK Tomasz	441	KUDŁATY ART ACTIVE TEAM	M-30	145	00:00:08	00:24:34	00:48:25	01:13:38	01:44:20.50	01:44:28.60	+00:30:23 (29.1%)	4:56	12.1 (70.8%)
146	ZDANIEWICZ Radosław	625	PSYCHONAUCI	M-30	146	00:01:04	00:25:22	00:49:19	01:14:12	01:44:29.60	01:45:34.05	+00:30:32 (29.2%)	4:57	12.1 (70.8%)
147	MUSIOŁ Janusz	266	FIS-SST TEAM	M-30	147	00:00:57	00:24:49	00:48:38	01:13:31	01:44:30.00	01:45:27.05	+00:30:32 (29.2%)	4:57	12.1 (70.8%)
148	OSTASZEWSKI Grzegorz	211		M-30	148	00:01:06	00:25:19	00:49:32	01:14:28	01:44:36.05	01:45:42.15	+00:30:38 (29.3%)	4:57	12.1 (70.8%)
149	MAZUREK Piotr	401	KB MCKIS JAWORZNO	M-30	149	00:00:32	00:23:58	00:47:04	01:12:07	01:44:42.85	01:45:14.95	+00:30:45 (29.4%)	4:57	12.1 (70.8%)
150	RUTKOWSKI Michał	40		M-30	150	00:00:07	00:24:26	00:48:40	01:13:38	01:44:50.25	01:44:57.25	+00:30:52 (29.5%)	4:58	12.1 (70.8%)
151	ZYMELA Dawid	764		M-30	151	00:00:48	00:24:21	00:48:45	01:14:27	01:44:59.65	01:45:48.30	+00:31:02 (29.6%)	4:58	12.1 (70.8%)
152	RUTKOWSKI Bartłomiej	134		M-30	152	00:00:07	00:24:26	00:48:40	01:13:38	01:45:02.45	01:45:09.80	+00:31:05 (29.6%)	4:58	12.1 (70.8%)
153	FILUS Michał	1237		M-30	153	00:01:09	00:25:37	00:50:01	01:15:22	01:45:03.10	01:46:12.35	+00:31:05 (29.6%)	4:58	12.1 (70.8%)
154	HEINRICH Mariusz	1076		M-30	154	00:01:11	00:24:39	00:48:52	01:14:21	01:45:10.20	01:46:21.25	+00:31:12 (29.7%)	4:59	12 (70.2%)
155	SZOJDA Marcin	668	KS DEGENERAT	M-30	155	00:00:20	00:24:08	00:47:21	01:12:58	01:45:23.00	01:45:43.15	+00:31:25 (29.8%)	4:59	12 (70.2%)
156	WOŹNIAK Przemysław	867		M-30	156	00:01:22	00:27:37	00:52:32	01:17:12	01:45:33.60	01:46:56.55	+00:31:36 (29.9%)	5:00	12 (70.2%)
157	WIKTORCZYK Przemysław	249		M-30	157	00:00:02	00:23:40	00:47:50	01:13:35	01:45:35.50	01:45:38.30	+00:31:38 (30.0%)	5:00	12 (70.2%)
158	NIKODON Paweł	718	BIEGAJ Z TRENERAMI	M-30	158	00:01:26	00:24:57	00:48:46	01:14:17	01:45:37.70	01:47:04.25	+00:31:40 (30.0%)	5:00	12 (70.2%)
159	WIORA Łukasz	594		M-30	159	00:00:43	00:24:45	00:49:23	01:15:17	01:45:41.25	01:46:25.00	+00:31:43 (30.0%)	5:00	12 (70.2%)
160	WRÓBEL Piotr	1120	ITMBW KRAKÓW	M-30	160	00:00:52	00:24:11	00:47:57	01:13:57	01:46:01.40	01:46:53.65	+00:32:04 (30.2%)	5:01	11.9 (69.6%)
161	FOJCIK Rafał	582	OPEL ACTIVE TEAM	M-30	161	00:00:43	00:24:22	00:48:01	01:13:46	01:46:01.80	01:46:45.30	+00:32:04 (30.3%)	5:01	11.9 (69.6%)
162	TKOCZ Rafał	366		M-30	162	00:00:16	00:24:09	00:48:32	01:14:31	01:46:03.45	01:46:19.75	+00:32:06 (30.3%)	5:01	11.9 (69.6%)
163	BŁASZCZYSZYN Łukasz	222		M-30	163	00:01:12	00:25:07	00:49:24	01:14:53	01:46:05.85	01:47:18.65	+00:32:08 (30.3%)	5:01	11.9 (69.6%)
164	SROCZYŃSKI Dariusz	810		M-30	164	00:01:01	00:25:43	00:50:14	01:15:33	01:46:06.40	01:47:07.75	+00:32:09 (30.3%)	5:01	11.9 (69.6%)
165	ŻOŁNOWSKI Piotr	304		M-30	165	00:00:55	00:24:52	00:49:00	01:14:22	01:46:12.05	01:47:07.40	+00:32:14 (30.4%)	5:01	11.9 (69.6%)
166	STAŚKO Marcin	375		M-30	166	00:00:18	00:25:03	00:49:17	01:14:25	01:46:18.60	01:46:37.55	+00:32:21 (30.4%)	5:02	11.9 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km					
167	GÓRKA Szymon	60		M-30	167	00:00:55	00:24:37	00:48:20	01:13:45	01:46:20.00	01:47:15.75	+00:32:22 (30.4%)	5:02	11.9 (69.6%)
168	SZWAJNOCH Piotr	1193		M-30	168	00:01:00	00:24:59	00:49:37	01:15:06	01:46:26.40	01:47:27.10	+00:32:29 (30.5%)	5:02	11.9 (69.6%)
169	PODLEWSKI Piotr	1012		M-30	169	00:01:02	00:25:29	00:49:37	01:15:37	01:46:35.00	01:47:37.70	+00:32:37 (30.6%)	5:03	11.9 (69.6%)
170	TRESKA Piotr	1228	RUNHOGS	M-30	170	00:00:47	00:26:29	00:51:21	01:16:34	01:46:40.95	01:47:28.10	+00:32:43 (30.7%)	5:03	11.9 (69.6%)
171	PAPROTNY Witold	284		M-30	171	00:01:21	00:25:56	00:50:24	01:16:02	01:46:48.60	01:48:09.85	+00:32:51 (30.8%)	5:03	11.9 (69.6%)
172	GOŁKOWSKI Radosław	622	ZIN	M-30	172	00:00:10	00:25:06	00:49:38	01:15:23	01:47:00.85	01:47:11.25	+00:33:03 (30.9%)	5:04	11.8 (69.0%)
173	GLISZCZYŃSKI Paweł	1155	ORZEŁ BIAŁY S.A.	M-30	173	00:01:15	00:25:24	00:50:02	01:15:51	01:47:02.65	01:48:18.10	+00:33:05 (30.9%)	5:04	11.8 (69.0%)
174	KOWACZEK Marek	1135		M-30	174	00:00:50	00:25:26	00:50:19	01:16:06	01:47:04.20	01:47:55.10	+00:33:06 (30.9%)	5:04	11.8 (69.0%)
175	TOMCZAK Mariusz	179	GWARDZIŚCI	M-30	175	00:00:50	00:26:09	00:50:04	01:15:28	01:47:04.50	01:47:54.90	+00:33:07 (30.9%)	5:04	11.8 (69.0%)
176	ULIASZ Krzysztof	604	OPEL ACTIVE TEAM	M-30	176	00:00:42	00:24:45	00:48:38	01:14:32	01:47:08.45	01:47:50.55	+00:33:11 (31.0%)	5:04	11.8 (69.0%)
177	PRYMAS Krystian	39		M-30	177	00:00:51	00:25:22	00:49:42	01:15:39	01:47:09.75	01:48:01.45	+00:33:12 (31.0%)	5:04	11.8 (69.0%)
178	SZTECHMILER Grzegorz	864	ARNOLDS	M-30	178	00:01:11	00:25:43	00:50:46	01:17:04	01:47:14.25	01:48:26.00	+00:33:16 (31.0%)	5:04	11.8 (69.0%)
179	ZIOBER Grzegorz	1107	SPARTA PLATFUS	M-30	179	00:01:05	00:25:27	00:50:34	01:16:48	01:47:15.75	01:48:20.90	+00:33:18 (31.1%)	5:04	11.8 (69.0%)
180	ĆWIKŁA Kamil	78	HARPAGANY	M-30	180	00:00:15	00:24:35	00:49:15	01:15:21	01:47:20.50	01:47:36.45	+00:33:23 (31.1%)	5:05	11.8 (69.0%)
181	WILK Andrzej	915		M-30	181	00:00:13	00:22:53	00:46:48	01:12:36	01:47:24.20	01:47:37.45	+00:33:26 (31.1%)	5:05	11.8 (69.0%)
182	ADAMSKI Dawid	161		M-30	182	00:00:52	00:25:52	00:50:45	01:16:33	01:47:25.60	01:48:17.85	+00:33:28 (31.2%)	5:05	11.8 (69.0%)
183	ŁUSIAK Mariusz	970	WATAHA TEAM	M-30	183	00:00:43	00:24:22	00:47:52	01:13:34	01:47:27.55	01:48:10.75	+00:33:30 (31.2%)	5:05	11.8 (69.0%)
184	PALEWICZ Wojciech	897	DENTYSTAZGLIWIC.PL	M-30	184	00:00:47	00:24:50	00:49:02	01:14:34	01:47:27.85	01:48:15.80	+00:33:30 (31.2%)	5:05	11.8 (69.0%)
185	RATAJCZAK Krystian	1050		M-30	185	00:01:10	00:25:54	00:50:49	01:17:06	01:47:30.85	01:48:41.45	+00:33:33 (31.2%)	5:05	11.8 (69.0%)
186	MIELNIK Krzysiek	550		M-30	186	00:00:41	00:26:17	00:50:32	01:16:24	01:47:31.90	01:48:12.95	+00:33:34 (31.2%)	5:05	11.8 (69.0%)
187	ŁUKASZKIEWICZ Michał	274	POŻERACZE KILOSÓW	M-30	187	00:00:14	00:25:11	00:49:52	01:15:49	01:47:43.30	01:47:57.30	+00:33:45 (31.3%)	5:06	11.8 (69.0%)
188	IZDEBSKI Adrian	344		M-30	188	00:00:42	00:26:16	00:51:39	01:17:54	01:47:57.75	01:48:40.20	+00:34:00 (31.5%)	5:07	11.7 (68.4%)
189	ORZECH Michał	784		M-30	189	00:00:47	00:25:05	00:49:38	01:15:34	01:48:01.55	01:48:49.25	+00:34:04 (31.5%)	5:07	11.7 (68.4%)
190	SZCZEPAŃSKI Tomasz	839		M-30	190	00:01:17	00:25:53	00:50:18	01:14:50	01:48:02.20	01:49:19.60	+00:34:04 (31.5%)	5:07	11.7 (68.4%)
191	DAWIEC Michał	96	ARKADIA FIT ZABRZE	M-30	191	00:00:16	00:25:48	00:50:33	01:16:34	01:48:06.15	01:48:22.35	+00:34:08 (31.6%)	5:07	11.7 (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	21.1km	21.1km			
192	GAWINEK Adam	991		M-30	192	00:00:41	00:26:27	00:51:02	01:16:29	01:48:06.50	01:48:47.95	+00:34:09 (31.6%)	5:07	11.7 (68.4%)
193	KOPCIK Tomasz	229	COMBAT56	M-30	193	00:01:16	00:26:01	00:51:09	01:17:03	01:48:13.40	01:49:30.05	+00:34:16 (31.7%)	5:07	11.7 (68.4%)
194	MAY-MAJEWSKI Michał	345	4 M	M-30	194	00:01:00	00:25:39	00:50:35	01:16:45	01:48:14.80	01:49:15.20	+00:34:17 (31.7%)	5:07	11.7 (68.4%)
194	DREWUSZEWSKI Maciej	342	4M	M-30	195	00:01:00	00:25:39	00:50:34	01:16:46	01:48:15.10	01:49:15.20	+00:34:17 (31.7%)	5:07	11.7 (68.4%)
196	KASZUBSKI Andrzej	974		M-30	196	00:02:22	00:24:49	00:49:20	01:15:08	01:48:18.30	01:50:41.15	+00:34:20 (31.7%)	5:08	11.7 (68.4%)
197	KONIECKO Łukasz	610	WKURW_TEAM	M-30	197	00:01:14	00:25:55	00:50:03	01:15:54	01:48:19.65	01:49:33.90	+00:34:22 (31.7%)	5:08	11.7 (68.4%)
198	BORUCKI Witold	977	TAKENAKA	M-30	198	00:01:37	00:26:35	00:51:45	01:17:41	01:48:21.55	01:49:59.30	+00:34:24 (31.7%)	5:08	11.7 (68.4%)
199	WIERZBICA Adrian	356		M-30	199	00:00:59	00:25:52	00:50:58	01:17:17	01:48:32.05	01:49:31.10	+00:34:34 (31.9%)	5:08	11.7 (68.4%)
200	WOJDA Maksymilian	396	MAKSYMILIAN WOJDA	M-30	200	00:00:42	00:25:27	00:50:11	01:16:17	01:48:34.80	01:49:17.50	+00:34:37 (31.9%)	5:08	11.7 (68.4%)
201	AUGUŚCIK Paweł	746	EKO-OKNA RUNNERS	M-30	201	00:01:11	00:26:00	00:50:44	01:16:52	01:48:37.40	01:49:49.35	+00:34:40 (31.9%)	5:08	11.7 (68.4%)
202	WIEKIERA Adam	118		M-30	202	00:00:35	00:25:57	00:51:11	01:17:41	01:48:38.65	01:49:14.40	+00:34:41 (31.9%)	5:08	11.7 (68.4%)
203	WEGNER Tomasz	1156	ORZEŁ BIAŁY S.A.	M-30	203	00:01:10	00:25:34	00:50:06	01:15:58	01:48:42.45	01:49:52.75	+00:34:45 (32.0%)	5:09	11.6 (67.8%)
204	STUDENT Arkadiusz	980	LUCKY LOSERS	M-30	204	00:00:10	00:23:21	00:47:15	01:13:54	01:48:56.65	01:49:07.05	+00:34:59 (32.1%)	5:09	11.6 (67.8%)
205	WISZNIOWSKI Krzysztof	177		M-30	205	00:01:45	00:24:09	00:48:02	01:14:11	01:49:03.25	01:50:48.80	+00:35:05 (32.2%)	5:10	11.6 (67.8%)
206	KOŹLIK Robert	914		M-30	206	00:00:49	00:25:07	00:50:45	01:17:13	01:49:07.25	01:49:56.40	+00:35:09 (32.2%)	5:10	11.6 (67.8%)
207	KAWKA Maciej	1039	ETICOD	M-30	207	00:00:14	00:25:46	00:49:24	01:15:07	01:49:14.85	01:49:29.45	+00:35:17 (32.3%)	5:10	11.6 (67.8%)
208	DĄBROWSKI Piotr	1241	ŚWIDNICKA GRUPA BIEGOWA	M-30	208	00:01:04	00:25:13	00:50:33	01:17:31	01:49:19.10	01:50:23.55	+00:35:21 (32.3%)	5:10	11.6 (67.8%)
209	HETMAŃCZYK Jakub	1225	HIRERIGHT RUNNING TEAM	M-30	209	00:01:31	00:24:42	00:49:08	01:15:21	01:49:22.90	01:50:54.65	+00:35:25 (32.4%)	5:11	11.6 (67.8%)
210	NIEMCZYK Rafał	405	KB MCKIS JAWORZNO	M-30	210	00:00:39	00:26:26	00:51:28	01:17:11	01:49:25.85	01:50:05.80	+00:35:28 (32.4%)	5:11	11.6 (67.8%)
211	SZADKOWSKI Paweł	1009	PACEMAKER	M-30	211	00:00:57	00:25:50	00:50:53	01:17:17	01:49:51.30	01:50:49.10	+00:35:53 (32.7%)	5:12	11.5 (67.3%)
212	GARYGA Łukasz	167	RUNHOGS	M-30	212	00:00:48	00:24:58	00:49:54	01:16:29	01:49:55.90	01:50:44.40	+00:35:58 (32.7%)	5:12	11.5 (67.3%)
213	TURNIAK Miłosz	860	HIRERIGHT RUNNING TEAM	M-30	213	00:01:31	00:25:40	00:50:37	01:16:51	01:50:07.70	01:51:39.55	+00:36:10 (32.8%)	5:13	11.5 (67.3%)
214	WALCZAK Bartłomiej	882		M-30	214	00:01:09	00:26:29	00:51:35	01:18:01	01:50:15.95	01:51:25.10	+00:36:18 (32.9%)	5:13	11.5 (67.3%)
215	PACAN Krzysztof	721		M-30	215	00:00:27	00:26:22	00:51:25	01:17:47	01:50:19.95	01:50:47.30	+00:36:22 (33.0%)	5:13	11.5 (67.3%)
216	WIECHOWSKI Artur	1077	SPARTA PLATFUS	M-30	216	00:01:05	00:25:27	00:50:34	01:16:49	01:50:20.45	01:51:25.50	+00:36:23 (33.0%)	5:13	11.5 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_km 5km	10_km 10km	15_km 15km					
217	TOCZYDŁOWSKI Łukasz	819		M-30	217	00:01:55	00:26:08	00:51:03	01:17:03	01:50:22.45	01:52:18.05	+00:36:25 (33.0%)	5:13	11.5 (67.3%)
218	WIKIERSKI Michał	48		M-30	218	00:01:03	00:26:13	00:51:16	01:17:43	01:50:33.00	01:51:36.55	+00:36:35 (33.1%)	5:14	11.5 (67.3%)
219	KOWALSKI Zbyszek	615	MARYSIA & SZYMEK TEAM	M-30	219	00:00:57	00:25:57	00:51:14	01:18:13	01:50:57.15	01:51:54.50	+00:36:59 (33.3%)	5:15	11.4 (66.7%)
220	KREMPA Sławomir	1041		M-30	220	00:00:30	00:24:12	00:48:34	01:16:20	01:51:08.50	01:51:38.70	+00:37:11 (33.5%)	5:16	11.4 (66.7%)
221	KRAJEWSKI Radosław	320		M-30	221	00:00:40	00:28:19	00:53:36	01:19:56	01:51:10.20	01:51:50.80	+00:37:12 (33.5%)	5:16	11.4 (66.7%)
222	KWAPIEŃ Aleksander	1184		M-30	222	00:00:09	00:25:22	00:51:11	01:18:13	01:51:20.55	01:51:30.00	+00:37:23 (33.6%)	5:16	11.4 (66.7%)
223	MAJEWSKI Grzegorz	185	BEZ KLUBU	M-30	223	00:00:55	00:26:05	00:51:24	01:18:09	01:51:20.60	01:52:15.60	+00:37:23 (33.6%)	5:16	11.4 (66.7%)
224	ZYCH Wiktor	779		M-30	224	00:00:21	00:25:22	00:51:10	01:18:30	01:51:23.20	01:51:44.60	+00:37:25 (33.6%)	5:16	11.4 (66.7%)
225	TRAM Tomasz	1217		M-30	225	00:01:44	00:26:07	00:51:06	01:17:59	01:51:29.80	01:53:14.60	+00:37:32 (33.7%)	5:17	11.4 (66.7%)
226	LUDWIG Marcin	338	4M	M-30	226	00:00:58	00:27:11	00:52:26	01:18:51	01:51:30.40	01:52:28.85	+00:37:33 (33.7%)	5:17	11.4 (66.7%)
227	WIETRZYCKI Mariusz	289	BIEGAJ Z TRENERAMI	M-30	227	00:00:43	00:25:39	00:50:16	01:17:28	01:51:56.45	01:52:39.80	+00:37:59 (33.9%)	5:18	11.3 (66.1%)
228	STEC Marcin	287	KW GLIWICE	M-30	228	00:00:59	00:25:41	00:50:43	01:17:20	01:52:10.50	01:53:09.85	+00:38:13 (34.1%)	5:18	11.3 (66.1%)
229	SZCZYRA Jan	552		M-30	229	00:01:35	00:27:11	00:53:19	01:20:16	01:52:19.20	01:53:54.95	+00:38:21 (34.2%)	5:19	11.3 (66.1%)
230	SIERADZKI Dariusz	293	BIEGAJ Z TRENERAMI	M-30	230	00:01:31	00:27:16	00:52:56	01:19:41	01:52:21.45	01:53:52.75	+00:38:24 (34.2%)	5:19	11.3 (66.1%)
231	BRZEZINA Arkadiusz	139		M-30	231	00:00:45	00:26:35	00:52:17	01:19:10	01:52:22.40	01:53:08.30	+00:38:25 (34.2%)	5:19	11.3 (66.1%)
232	SMUDA Grzegorz	1093		M-30	232	00:01:28	00:26:11	00:51:46	01:18:41	01:52:24.70	01:53:52.75	+00:38:27 (34.2%)	5:19	11.3 (66.1%)
233	PIŁAT Jarosław	74	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-30	233	00:01:21	00:28:04	00:55:34	01:22:30	01:52:24.75	01:53:46.10	+00:38:27 (34.2%)	5:19	11.3 (66.1%)
234	SZYMIK Michał	1051		M-30	234	00:01:48	00:26:38	00:52:48	01:20:06	01:52:26.65	01:54:15.55	+00:38:29 (34.2%)	5:19	11.3 (66.1%)
235	KUŹNICKI Tomasz	820		M-30	235	00:00:00				01:52:35.00	01:52:35.00	+00:38:37 (34.3%)	5:20	11.2 (65.5%)
236	GRESZTA Grzegorz	474	JAH RASTAFARAJ	M-30	236	00:00:03	00:23:18	00:48:28	01:16:08	01:52:35.85	01:52:39.45	+00:38:38 (34.3%)	5:20	11.2 (65.5%)
237	BAUMERT Rafał	577	ISTA BIEGAMY	M-30	237	00:01:35	00:27:41	00:53:20	01:20:27	01:52:50.25	01:54:26.15	+00:38:52 (34.5%)	5:20	11.2 (65.5%)
238	CZAJA Łukasz	1204		M-30	238	00:01:18	00:27:34	00:53:04	01:19:51	01:52:55.95	01:54:13.95	+00:38:58 (34.5%)	5:21	11.2 (65.5%)
239	KUROWSKI Michał	789	NIGHT RUNNER'S GLIWICE	M-30	239	00:01:44	00:26:24	00:52:11	01:19:24	01:52:57.05	01:54:41.80	+00:38:59 (34.5%)	5:21	11.2 (65.5%)
240	SELIGA Paweł	291	BIEGAJ Z TRENERAMI	M-30	240	00:01:17	00:27:34	00:53:06	01:19:52	01:52:57.40	01:54:14.80	+00:39:00 (34.5%)	5:21	11.2 (65.5%)
241	DĄBROWSKI Marcin	154		M-30	241	00:00:14	00:25:58	00:52:37	01:20:08	01:53:00.75	01:53:14.75	+00:39:03 (34.6%)	5:21	11.2 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
242	ZAWADZKI Robert	1002		M-30	242	00:00:54	00:26:30	00:52:39	01:19:58	01:53:04.70	01:53:58.95	+00:39:07 (34.6%)	5:21	11.2 (65.5%)
243	KANIA Dominik	1075	R.R. MARTIN PISZ JUŻ TE KSIAŻKI	M-30	243	00:01:15	00:27:42	00:54:08	01:21:24	01:53:09.20	01:54:25.15	+00:39:11 (34.6%)	5:21	11.2 (65.5%)
244	ŚWIĘS Robert	975	TAKENAKA	M-30	244	00:01:38	00:26:43	00:52:21	01:20:06	01:53:34.80	01:55:12.80	+00:39:37 (34.9%)	5:22	11.1 (64.9%)
245	SZKUDLAREK Michał	144	RUN-LOG.COM	M-30	245	00:01:28	00:25:26	00:51:19	01:19:25	01:53:50.90	01:55:19.85	+00:39:53 (35.0%)	5:23	11.1 (64.9%)
246	PLOCH Tomasz	5	MOMO TEAM	M-30	246	00:00:44	00:26:47	00:52:57	01:20:37	01:54:09.60	01:54:54.55	+00:40:12 (35.2%)	5:24	11.1 (64.9%)
247	PIERZCHALSKI Krystian	1056		M-30	247	00:01:36	00:27:47	00:53:45	01:21:12	01:54:13.15	01:55:49.15	+00:40:15 (35.3%)	5:24	11.1 (64.9%)
248	DOBOSZ Mariusz	138	GO-LEASING	M-30	248	00:01:02	00:27:19	00:53:30	01:21:05	01:54:21.70	01:55:23.70	+00:40:24 (35.3%)	5:25	11.1 (64.9%)
249	PENKALA Artur	137	GO-LEASING	M-30	249	00:01:01	00:27:19	00:53:31	01:21:06	01:54:22.30	01:55:23.90	+00:40:24 (35.3%)	5:25	11.1 (64.9%)
250	FERDYNANDZKI Dominik	930		M-30	250	00:01:25	00:25:43	00:50:31	01:17:44	01:54:26.00	01:55:51.10	+00:40:28 (35.4%)	5:25	11.1 (64.9%)
251	CZORNIK Jarosław	979	LUCKY LOSERS	M-30	251	00:00:10	00:26:25	00:52:50	01:20:41	01:54:26.65	01:54:37.50	+00:40:29 (35.4%)	5:25	11.1 (64.9%)
252	ZIMOCH Grzegorz	240		M-30	252	00:01:46	00:29:09	00:56:25	01:24:35	01:54:28.30	01:56:14.55	+00:40:30 (35.4%)	5:25	11.1 (64.9%)
253	KUCZERA Łukasz	540		M-30	253	00:01:40	00:27:42	00:54:10	01:21:50	01:54:29.85	01:56:09.95	+00:40:32 (35.4%)	5:25	11.1 (64.9%)
254	KOŁAKOWSKI Bartosz	982		M-30	254	00:02:08	00:25:56	00:52:05	01:19:50	01:54:43.60	01:56:52.45	+00:40:46 (35.5%)	5:26	11 (64.3%)
255	LEWANDERSKI Dariusz	547	HIRSCHVOGEL	M-30	255	00:01:30	00:27:36	00:53:53	01:21:06	01:54:43.90	01:56:14.10	+00:40:46 (35.5%)	5:26	11 (64.3%)
256	KLESZCZ Marcin	901		M-30	256	00:01:14	00:26:40	00:52:58	01:20:34	01:55:03.90	01:56:18.55	+00:41:06 (35.7%)	5:27	11 (64.3%)
257	MUSIALIK Rafal	1160		M-30	257	00:00:24	00:25:08	00:50:21	01:18:22	01:55:23.60	01:55:48.55	+00:41:26 (35.9%)	5:28	11 (64.3%)
258	CZEMPIEL Łukasz	655		M-30	258	00:02:12	00:27:13	00:53:16	01:21:08	01:55:23.85	01:57:36.75	+00:41:26 (35.9%)	5:28	11 (64.3%)
259	JEZIOR Bartosz	1153	TENNECO AUTOMOTIVE EASTERN EUROPE	M-30	259	00:02:40	00:27:11	00:53:16	01:21:17	01:55:43.95	01:58:24.65	+00:41:46 (36.1%)	5:29	10.9 (63.7%)
260	BOGDAŁ Michał	768		M-30	260	00:01:03	00:28:36	00:55:11	01:22:22	01:55:45.60	01:56:49.35	+00:41:48 (36.1%)	5:29	10.9 (63.7%)
261	GRABOWSKI Maciej	922		M-30	261	00:01:22	00:27:25	00:53:42	01:21:14	01:55:59.40	01:57:21.75	+00:42:02 (36.2%)	5:29	10.9 (63.7%)
262	DWORNICZAK Paweł	880		M-30	262	00:01:53	00:28:02	00:55:13	01:23:08	01:55:59.90	01:57:53.15	+00:42:02 (36.2%)	5:29	10.9 (63.7%)
263	PASSIA Robert	445		M-30	263	00:01:17	00:28:09	00:55:39	01:23:15	01:56:09.45	01:57:27.35	+00:42:12 (36.3%)	5:30	10.9 (63.7%)
264	KORDECKI Bartosz	778	BALLENA MORADA	M-30	264	00:01:19	00:27:46	00:54:34	01:22:40	01:56:14.45	01:57:33.90	+00:42:17 (36.4%)	5:30	10.9 (63.7%)
265	POKRYSZKA Bartosz	30		M-30	265	00:01:20	00:28:03	00:54:26	01:22:35	01:56:42.45	01:58:02.45	+00:42:45 (36.6%)	5:31	10.8 (63.2%)
266	RYGIEL Sebastian	702		M-30	266	00:00:51	00:26:30	00:52:43	01:21:06	01:56:49.95	01:57:41.85	+00:42:52 (36.7%)	5:32	10.8 (63.2%)

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	21.1km	21.1km			
267	RYMASZEWSKI Wojtek	1054		M-30	267	00:01:04	00:28:14	00:55:53	01:24:05	01:56:56.35	01:58:00.80	+00:42:59 (36.8%)	5:32	10.8 (63.2%)
268	CIASTO Sebastian	800		M-30	268	00:00:32	00:25:41	00:51:09	01:19:44	01:57:01.05	01:57:33.90	+00:43:03 (36.8%)	5:32	10.8 (63.2%)
269	WOZNIAK Marek	938	CISCO RUNNING TEAM	M-30	269	00:01:05	00:26:11	00:52:19	01:20:51	01:57:08.85	01:58:13.85	+00:43:11 (36.9%)	5:33	10.8 (63.2%)
270	MAŁKOWSKI Tomasz	557	NIGHT RUNNERS ZABRZE	M-30	270	00:01:11	00:28:08	00:54:53	01:23:14	01:57:12.70	01:58:23.95	+00:43:15 (36.9%)	5:33	10.8 (63.2%)
271	KOPER Tomasz	365		M-30	271	00:00:13	00:28:56	00:56:20	01:24:28	01:57:12.80	01:57:26.15	+00:43:15 (36.9%)	5:33	10.8 (63.2%)
272	LATUSEK Krzysztof	373	PIERDZĄCY KALAFIOR	M-30	272	00:00:13	00:28:56	00:56:19	01:24:28	01:57:14.40	01:57:28.25	+00:43:17 (36.9%)	5:33	10.8 (63.2%)
273	SZCZĘŚNIAK Krzysztof	1124		M-30	273	00:01:43	00:27:42	00:53:52	01:22:19	01:57:32.30	01:59:15.75	+00:43:34 (37.1%)	5:34	10.8 (63.2%)
274	BOGUSZ Damian	49		M-30	274	00:01:26	00:27:16	00:54:16	01:23:27	01:57:38.40	01:59:05.10	+00:43:41 (37.1%)	5:34	10.8 (63.2%)
275	ROGÓŻIK Szymon	1232		M-30	275	00:01:13	00:26:33	00:53:07	01:21:41	01:57:39.95	01:58:53.50	+00:43:42 (37.1%)	5:34	10.8 (63.2%)
276	SOBEL Łukasz	801	OPEL ACTIVE TEAM	M-30	276	00:01:21	00:28:04	00:55:23	01:23:43	01:57:54.60	01:59:16.55	+00:43:57 (37.3%)	5:35	10.7 (62.6%)
277	OSTROMĘCKI Andrzej	424	PĘDZĄCA KREWETKA	M-30	277	00:01:32	00:27:56	00:55:25	01:23:38	01:58:01.60	01:59:34.05	+00:44:04 (37.3%)	5:35	10.7 (62.6%)
278	KOWALCZYK Tomasz	713	LIFE COACH	M-30	278	00:01:24	00:27:57	00:55:01	01:23:31	01:58:27.70	01:59:52.35	+00:44:30 (37.6%)	5:36	10.7 (62.6%)
279	DYMAREK Łukasz	351	KM PSP GLIWICE	M-30	279	00:01:07	00:26:31	00:53:07	01:22:22	01:58:41.95	01:59:48.95	+00:44:44 (37.7%)	5:37	10.7 (62.6%)
280	KANIOWSKI Andrzej	431		M-30	280	00:00:29	00:27:45	00:55:12	01:24:23	01:58:43.05	01:59:12.75	+00:44:45 (37.7%)	5:37	10.7 (62.6%)
281	JAROSZEK Artur	491		M-30	281	00:01:40	00:29:09	00:56:39	01:25:34	01:58:52.10	02:00:32.35	+00:44:54 (37.8%)	5:38	10.7 (62.6%)
282	KALBARCZYK Arkadiusz	954	EASY RUN RACIBÓRZ	M-30	282	00:01:18	00:27:58	00:55:17	01:23:53	01:59:00.80	02:00:19.70	+00:45:03 (37.9%)	5:38	10.6 (62.0%)
283	POPIELUCH Daniel	492		M-30	283	00:01:39	00:29:10	00:56:38	01:25:35	01:59:09.85	02:00:49.60	+00:45:12 (37.9%)	5:38	10.6 (62.0%)
284	GAWRYŚ Bartek	2409		M-30	284	00:01:59	00:26:39	00:53:17	01:22:34	01:59:10.65	02:01:09.95	+00:45:13 (37.9%)	5:38	10.6 (62.0%)
285	NOGA Łukasz	788	ZDZIERAJ KAPCIE	M-30	285	00:00:45	00:28:28	00:56:06	01:26:05	01:59:16.80	02:00:02.45	+00:45:19 (38.0%)	5:39	10.6 (62.0%)
286	PAWLIK Michał	245		M-30	286	00:01:06	00:27:53	00:55:28	01:24:22	01:59:28.05	02:00:34.75	+00:45:30 (38.1%)	5:39	10.6 (62.0%)
287	DYNIA Krystian	1218		M-30	287	00:02:03	00:28:15	00:55:06	01:24:12	01:59:29.00	02:01:32.75	+00:45:31 (38.1%)	5:39	10.6 (62.0%)
288	LEWANDOWSKI Grzegorz	1025		M-30	288	00:01:23	00:28:35	00:56:24	01:25:30	01:59:33.95	02:00:57.00	+00:45:36 (38.1%)	5:40	10.6 (62.0%)
289	GUŁA Błażej	635		M-30	289	00:01:25	00:28:54	00:56:49	01:25:54	01:59:39.25	02:01:05.00	+00:45:41 (38.2%)	5:40	10.6 (62.0%)
290	GRABSKI Michał	548	KOMBO KURCZAKI	M-30	290	00:01:16	00:28:07	00:55:33	01:24:49	01:59:56.00	02:01:12.50	+00:45:58 (38.3%)	5:41	10.6 (62.0%)
291	ŚLIWKA Janusz	630		M-30	291	00:01:24	00:28:10	00:55:35	01:24:49	01:59:56.95	02:01:21.40	+00:45:59 (38.3%)	5:41	10.6 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km	10_km	15_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	21.1km	21.1km			
292	KAMECKI Maciej	875	GOOD TIME MACIEJ KAMECKI	M-30	292	00:01:42	00:29:22	00:57:11	01:25:44	02:00:04.55	02:01:47.00	+00:46:07 (38.4%)	5:41	10.5 (61.4%)
293	NIEDŹWIECKI Paweł	958	OCHOTNICZA STRAŻ POŻARA W KOTUSZOWIE	M-30	293	00:01:12	00:29:23	00:57:08	01:25:39	02:00:07.00	02:01:19.50	+00:46:09 (38.4%)	5:41	10.5 (61.4%)
294	WALEWSKI Kamil	888	PROPOINT	M-30	294	00:00:09	00:26:00	00:54:08	01:23:13	02:00:13.30	02:00:22.50	+00:46:15 (38.5%)	5:41	10.5 (61.4%)
295	HAMANN Sławomir	294	NIGHT RUNNERS	M-30	295	00:01:38	00:27:52	00:56:18	01:25:34	02:00:25.60	02:02:03.75	+00:46:28 (38.6%)	5:42	10.5 (61.4%)
296	GĘBCZYŃSKI Paweł	143		M-30	296	00:01:43	00:28:06	00:55:58	01:25:10	02:00:42.25	02:02:25.30	+00:46:44 (38.7%)	5:43	10.5 (61.4%)
297	ZIMNY Marcin	737		M-30	297	00:01:19	00:28:02	00:55:26	01:24:43	02:00:54.05	02:02:13.35	+00:46:56 (38.8%)	5:43	10.5 (61.4%)
298	SOROKA Krzysztof	1083		M-30	298	00:01:51	00:28:01	00:55:13	01:23:52	02:01:08.40	02:02:59.70	+00:47:11 (39.0%)	5:44	10.5 (61.4%)
299	KUREK Jacek	205		M-30	299	00:00:19	00:27:01	00:54:51	01:24:42	02:01:28.80	02:01:48.55	+00:47:31 (39.1%)	5:45	10.4 (60.8%)
300	OSIŃSKI Paweł	140	BIEGAJ Z TRENERAMI	M-30	300	00:02:00	00:26:32	00:52:39	01:21:32	02:01:37.25	02:03:38.10	+00:47:39 (39.2%)	5:45	10.4 (60.8%)
301	BĄCZEK Grzegorz	973		M-30	301	00:02:56	00:29:10	00:57:02	01:26:15	02:01:40.20	02:04:36.85	+00:47:42 (39.2%)	5:45	10.4 (60.8%)
302	KUŹMA Jakub	407		M-30	302	00:00:43	00:28:41	00:56:29	01:25:58	02:02:40.55	02:03:23.85	+00:48:43 (39.7%)	5:48	10.3 (60.2%)
303	HAJNRICH Maciej	1058		M-30	303	00:00:35	00:28:43	00:56:51	01:27:02	02:02:47.10	02:03:22.25	+00:48:49 (39.8%)	5:49	10.3 (60.2%)
304	PAWLIK Sebastian	507		M-30	304	00:01:43	00:29:18	00:57:59	01:27:46	02:02:56.55	02:04:39.95	+00:48:59 (39.8%)	5:49	10.3 (60.2%)
305	SCHWARZ Jarosław	1189		M-30	305	00:00:09	00:26:23	00:53:20	01:23:17	02:03:10.45	02:03:20.30	+00:49:13 (40.0%)	5:50	10.3 (60.2%)
306	MOTYL Adrian	170		M-30	306	00:02:40	00:30:54	00:59:09	01:28:45	02:03:28.25	02:06:08.35	+00:49:30 (40.1%)	5:51	10.3 (60.2%)
307	KMIEĆ Zbigniew	754	CERTUM	M-30	307	00:01:40	00:29:15	00:58:09	01:28:40	02:03:42.80	02:05:23.05	+00:49:45 (40.2%)	5:51	10.2 (59.6%)
308	KLIMAS Jarosław	360	JAVAPPA	M-30	308	00:00:51	00:27:20	00:55:00	01:25:02	02:03:43.35	02:04:34.55	+00:49:46 (40.2%)	5:51	10.2 (59.6%)
309	MACHNOWSKI Wojciech	207	NIGHT RUNNERS GLIWICE	M-30	309	00:01:20	00:28:08	00:55:45	01:25:29	02:03:51.30	02:05:11.75	+00:49:53 (40.3%)	5:52	10.2 (59.6%)
310	NOWORYTA Bogusław	1074	FLUOR SA	M-30	310	00:02:19	00:29:13	00:57:33	01:27:17	02:04:01.50	02:06:21.35	+00:50:04 (40.4%)	5:52	10.2 (59.6%)
311	SEROCKI Michał	907		M-30	311	00:00:47	00:29:02	00:56:27	01:25:55	02:04:07.95	02:04:55.85	+00:50:10 (40.4%)	5:52	10.2 (59.6%)
312	KACZMARSKI Jacek	502		M-30	312	00:01:45	00:27:58	00:56:40	01:26:32	02:04:09.05	02:05:54.85	+00:50:11 (40.4%)	5:53	10.2 (59.6%)
313	BIEŃKOWSKI Paweł	609		M-30	313	00:01:34	00:29:52	00:59:09	01:29:42	02:04:52.70	02:06:27.10	+00:50:55 (40.8%)	5:55	10.1 (59.1%)
314	JEZUSEK Piotr	210	REBELIA	M-30	314	00:01:41	00:28:24	00:56:12	01:26:46	02:05:07.60	02:06:48.80	+00:51:10 (40.9%)	5:55	10.1 (59.1%)
315	KUBIAK Grzegorz	650		M-30	315	00:00:20	00:27:30	00:55:21	01:25:51	02:05:25.95	02:05:46.30	+00:51:28 (41.0%)	5:56	10.1 (59.1%)
316	BARAŃSKI Grzegorz	416		M-30	316	00:01:51	00:29:46	00:57:41	01:27:23	02:05:33.35	02:07:24.75	+00:51:36 (41.1%)	5:57	10.1 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 21.1km	brutto 21.1km			
317	GRZELA Jacek	1199		M-30	317	00:00:42	00:29:25	00:58:02	01:29:11	02:05:41.40	02:06:24.10	+00:51:44 (41.2%)	5:57	10.1 (59.1%)
318	CZERNIK Rafał	333	RAFI TEAM	M-30	318	00:02:08	00:28:57	00:57:12	01:27:36	02:05:46.85	02:07:54.95	+00:51:49 (41.2%)	5:57	10.1 (59.1%)
319	OSIŃSKI Robert	310	RAFI TEAM	M-30	319	00:02:07	00:28:58	00:57:12	01:27:37	02:05:48.20	02:07:55.85	+00:51:50 (41.2%)	5:57	10.1 (59.1%)
320	LACH Grzegorz	917	BLOOD MANTRA	M-30	320	00:02:24	00:27:29	00:54:20	01:23:01	02:05:49.75	02:08:14.70	+00:51:52 (41.2%)	5:57	10.1 (59.1%)
321	WOŹNICZKO Robert	312	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	321	00:00:17	00:27:37	00:56:08	01:27:26	02:05:56.65	02:06:14.20	+00:51:59 (41.3%)	5:58	10.1 (59.1%)
322	HONISZ Andrzej	1063		M-30	322	00:01:42	00:28:58	00:57:51	01:28:37	02:06:01.00	02:07:43.20	+00:52:03 (41.3%)	5:58	10 (58.5%)
323	ŚWIDEREK Michał	600		M-30	323	00:01:27	00:30:31	01:00:30	01:31:19	02:06:18.70	02:07:45.70	+00:52:21 (41.4%)	5:59	10 (58.5%)
324	CODOGNI Adam	601	BNI SILESIA	M-30	324	00:01:25	00:30:33	01:00:27	01:31:09	02:06:20.25	02:07:46.20	+00:52:22 (41.5%)	5:59	10 (58.5%)
325	UNIEJEWSKI Tomasz	961		M-30	325	00:01:25	00:28:04	00:55:40	01:25:30	02:06:30.55	02:07:55.60	+00:52:33 (41.5%)	5:59	10 (58.5%)
326	KOPPEL Bartłomiej	68	NIGHT RUNNERS GLIWICE	M-30	326	00:01:27	00:28:16	00:55:37	01:24:10	02:06:41.35	02:08:08.95	+00:52:44 (41.6%)	6:00	10 (58.5%)
327	LATOS Marek	436	ZABRZAŃSKIE TOWARZYSTWO TRAITHLONOWE	M-30	327	00:02:29	00:29:11	01:09:31	01:34:21	02:06:47.50	02:09:16.65	+00:52:50 (41.7%)	6:00	10 (58.5%)
328	OPALIŃSKI Tomasz	874	BETANIA	M-30	328	00:01:43	00:29:22	00:58:36	01:28:33	02:06:55.30	02:08:38.40	+00:52:57 (41.7%)	6:00	10 (58.5%)
329	KULESZA Łukasz	1094		M-30	329	00:00:34	00:28:44	00:56:52	01:27:03	02:06:57.80	02:07:32.55	+00:53:00 (41.8%)	6:01	10 (58.5%)
330	MOJ Adam	1003		M-30	330	00:01:47	00:27:13	00:54:14	01:23:44	02:07:00.00	02:08:47.65	+00:53:02 (41.8%)	6:01	10 (58.5%)
331	ADAMCZYK Jan	106	JOHN JAN ADAMCZYK	M-30	331	00:00:15	00:27:33	00:57:00	01:29:21	02:07:00.15	02:07:15.40	+00:53:02 (41.8%)	6:01	10 (58.5%)
332	DZIEDZIC Dominik	26	PINCETPLUS	M-30	332	00:01:33	00:29:08	00:58:01	01:28:42	02:07:01.40	02:08:34.45	+00:53:04 (41.8%)	6:01	10 (58.5%)
333	MAŁYSA Łukasz	620		M-30	333	00:01:14	00:29:25	00:58:18	01:29:05	02:07:19.00	02:08:33.70	+00:53:21 (41.9%)	6:02	9.9 (57.9%)
334	BIENIEK Adam	444	NIGHT RUNNERS ZABRZE	M-30	334	00:01:38	00:29:57	00:59:01	01:29:54	02:07:22.05	02:09:00.60	+00:53:24 (41.9%)	6:02	9.9 (57.9%)
335	STEMBALSKI Remigiusz	427	NIGHT RUNNERS ZABRZE	M-30	335	00:01:36	00:30:00	00:59:03	01:29:54	02:07:24.15	02:09:00.90	+00:53:26 (42.0%)	6:02	9.9 (57.9%)
336	STOJAK Paweł	740		M-30	336	00:01:57	00:29:42	00:58:37	01:29:54	02:07:26.00	02:09:23.00	+00:53:28 (42.0%)	6:02	9.9 (57.9%)
337	URBANEK Martin	618	ISTA BIEGAMY	M-30	337	00:01:38	00:28:22	00:57:37	01:28:08	02:08:02.35	02:09:41.25	+00:54:05 (42.2%)	6:04	9.9 (57.9%)
338	PŁOTEK Tomasz	1236		M-30	338	00:01:20	00:30:29	00:59:57	01:30:47	02:08:53.40	02:10:14.15	+00:54:56 (42.6%)	6:06	9.8 (57.3%)
339	MIRKA Arkadiusz	544		M-30	339	00:02:05	00:30:40	01:00:55	01:32:18	02:10:01.20	02:12:07.00	+00:56:03 (43.1%)	6:09	9.7 (56.7%)
340	BOJANEK Tomasz	1191		M-30	340	00:00:23	00:26:24	00:53:11	01:26:01	02:10:07.45	02:10:31.05	+00:56:10 (43.2%)	6:10	9.7 (56.7%)
341	WTORKOWSKI Eryk	1158	JUDO CZĘSTOCHOWA	M-30	341	00:01:15	00:29:41	00:58:39	01:30:07	02:10:20.50	02:11:35.85	+00:56:23 (43.3%)	6:10	9.7 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
342	CIEŚLAK Michał	526		M-30	342	00:01:48	00:30:31	01:01:11	01:34:11	02:13:03.95	02:14:52.05	+00:59:06 (44.4%)	6:18	9.5 (55.6%)
343	DUSCHA Damian	1220		M-30	343	00:00:47	00:30:59	01:01:24	01:32:44	02:13:08.90	02:13:56.50	+00:59:11 (44.5%)	6:18	9.5 (55.6%)
344	KMIECIK Marciin	370		M-30	344	00:02:08	00:29:51	00:59:02	01:32:25	02:13:51.80	02:16:00.05	+00:59:54 (44.8%)	6:20	9.5 (55.6%)
345	MACHACZKA Mariusz	1038	WSOP	M-30	345	00:01:45	00:31:51	01:02:53	01:35:16	02:14:01.95	02:15:47.40	+01:00:04 (44.8%)	6:21	9.4 (55.0%)
346	MONRZYCKI Dawid	1248		M-30	346	00:01:03	00:30:54	01:00:37	01:33:46	02:14:07.05	02:15:10.95	+01:00:09 (44.9%)	6:21	9.4 (55.0%)
347	CISEK Stanisław	570		M-30	347	00:02:07	00:31:39	01:01:05	01:33:55	02:14:09.10	02:16:16.60	+01:00:11 (44.9%)	6:21	9.4 (55.0%)
348	RUSIECKI Dawid	1097		M-30	348	00:01:06	00:27:19	00:55:22	01:27:17	02:14:09.30	02:15:15.75	+01:00:11 (44.9%)	6:21	9.4 (55.0%)
349	BIZUGA Łukasz	946	EWSASZ	M-30	349	00:00:22	00:29:19	00:57:44	01:29:59	02:14:59.65	02:15:22.35	+01:01:02 (45.2%)	6:23	9.4 (55.0%)
350	GRUCHALSKI Jakub	572	BIEGAMY	M-30	350	00:01:40	00:31:23	01:03:22	01:35:52	02:15:15.70	02:16:56.60	+01:01:18 (45.3%)	6:24	9.4 (55.0%)
351	ADAMSKI Michał	955	GALLUP ARTERIA MANAGEMENT SP Z O.O. S.K.A.	M-30	351	00:02:06	00:32:00	01:03:54	01:36:37	02:15:51.80	02:17:57.95	+01:01:54 (45.6%)	6:26	9.3 (54.4%)
352	KUNA Krzysztof	815		M-30	352	00:00:13	00:28:54	00:59:24	01:32:39	02:16:28.40	02:16:41.95	+01:02:31 (45.8%)	6:28	9.3 (54.4%)
353	ŻABICKI Mariusz	566	KLUB SYNKA ADASIA	M-30	353	00:01:57	00:32:04	01:03:36	01:36:45	02:18:45.45	02:20:42.45	+01:04:48 (46.7%)	6:34	9.1 (53.2%)
354	SOWULA Mateusz	485		M-30	354	00:01:48	00:32:40	01:05:12	01:39:41	02:19:13.90	02:21:02.15	+01:05:16 (46.9%)	6:35	9.1 (53.2%)
355	ZIMNY Michał	168		M-30	355	00:02:38	00:34:31	01:05:13	01:39:43	02:19:27.60	02:22:06.15	+01:05:30 (47.0%)	6:36	9.1 (53.2%)
356	NOWAKOWSKI Radosław	560	WWW.RA-NO.PL	M-30	356	00:01:48	00:32:40	01:05:12	01:39:41	02:19:46.95	02:21:35.80	+01:05:49 (47.1%)	6:37	9.1 (53.2%)
357	NOWAK Michał	1136		M-30	357	00:01:35	00:30:24	01:01:47	01:35:24	02:20:26.10	02:22:01.15	+01:06:28 (47.3%)	6:39	9 (52.6%)
358	WĄSIK Rafał	886	#KRONIKIBIEGOWE	M-30	358	00:01:58	00:32:32	01:04:04	01:39:20	02:21:53.60	02:23:51.85	+01:07:56 (47.9%)	6:43	8.9 (52.0%)
359	SZWARCZYŃSKI Jakub	1215	JAZZY	M-30	359	00:01:00	00:31:41	01:05:40	01:40:48	02:22:43.30	02:23:44.05	+01:08:45 (48.2%)	6:45	8.9 (52.0%)
360	POLOK Adrian	21	OPEL ACTIVE TEAM	M-30	360	00:01:40	00:30:18	01:02:56	01:38:30	02:24:10.35	02:25:50.60	+01:10:13 (48.7%)	6:49	8.8 (51.5%)
	GIESE Michał	1113		M-30		DNF	00:23:55 DNF	00:48:33 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 361 wynik(ów)