



IV PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Wydarzenie: Półmaraton Gliwicki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-10-22
Miejsce: Gliwice
Dystans: 21.1 km

Klasyfikacja: M-30

Punkt pomiarowy: 15,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
1	LABZIUK Aleksander	1234	ACHILLES LESZNO	M-30	00:00:00	00:17:24	00:34:12	00:52:22
2	BEZNER Kamil	1239	MAESTRO BEZNER	M-30	00:00:00	00:17:23	00:34:21	00:52:29
3	OWCZAREK Tomasz	964		M-30	00:00:02	00:17:42	00:35:23	00:53:56
4	ŻABA Marek	1037	MAGNETI MARELLI TRIATHLON X-TEAM	M-30	00:00:01	00:18:14	00:36:11	00:55:19
5	SZCZECIŃSKI Maciej	858	INŻYNIERIA BIEGANIA	M-30	00:00:01	00:18:53	00:37:15	00:56:14
6	ŚLIWIŃSKI Piotr	109	OPEL ACTIVE TEAM	M-30	00:00:00	00:18:55	00:37:28	00:56:51
7	RYSZ Robert	619		M-30	00:00:00	00:18:58	00:37:42	00:57:41
8	MARSZAL Mariusz	822		M-30	00:00:01	00:18:58	00:37:57	00:57:53
9	CHYBA Szymon	623	KS KROTOSZ KROTOSZYN	M-30	00:00:02	00:19:26	00:38:20	00:58:14
10	KRZESIAK Marcin	716		M-30	00:00:03	00:19:26	00:38:21	00:58:14
11	SOREMSKI Marek	967	THESORWBIEGU.PL	M-30	00:00:01	00:19:06	00:38:10	00:58:21
12	NIESŁON Marek	24	AKMB PEDZIWIATR GLIWICE	M-30	00:00:02	00:19:13	00:38:35	00:58:51
13	DUŻNIAK Dominik	658	STEP-DANCE RUN GLIWICE	M-30	00:00:01	00:19:19	00:38:49	00:59:32
14	DWORNICZAK Łukasz	808		M-30	00:00:02	00:20:16	00:39:57	01:00:20
15	KOŹDOŃ Jarek	928	PACEMAKER	M-30	00:00:03	00:20:13	00:39:57	01:00:26
16	FAJGER Jarosław	562		M-30	00:00:04	00:20:09	00:39:56	01:00:36
17	KUMOR Tomasz	1079	MACIEJ BODNAR COACHING	M-30	00:00:04	00:20:28	00:40:20	01:01:11
18	LASKOWSKI Tomasz	264		M-30	00:00:04	00:20:13	00:39:55	01:01:22
19	URBASEK Łukasz	987		M-30	00:00:05	00:20:52	00:40:48	01:01:29
20	CHROBOK Łukasz	315	NIGHT RUNNERS ZABRZE	M-30	00:00:06	00:20:27	00:40:28	01:01:51
21	KIELAK Leszek	1055	ENTRE RUNNING	M-30	00:00:11	00:21:26	00:41:18	01:01:55
22	BUJALSKI Michał	916		M-30	00:00:08	00:20:52	00:40:56	01:02:17
23	LEWICKI Tomasz	155	AKMB PĘDZIWIATR GLIWICE	M-30	00:00:05	00:20:31	00:40:55	01:02:32
24	KSIĄŻEK Dominik	128		M-30	00:00:04	00:21:03	00:41:17	01:02:39
25	WIECHUŁA Marcin	624		M-30	00:00:06	00:20:10	00:40:57	01:02:51
26	LATOŃ Adam	482		M-30	00:00:06	00:20:33	00:41:21	01:03:13
27	PUCHAŁA Michał	419		M-30	00:00:03	00:20:01	00:40:27	01:03:33
28	CZEKAŁA Krzysztof	765	EKO-OKNA RUNNERS	M-30	00:00:45	00:21:26	00:42:24	01:03:48

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
29	SVENSRUD Erik	825		M-30	00:00:22	00:21:52	00:42:29	01:03:53
30	OCHMAN Rafał	119	OPEL ACTIVE TEAM	M-30	00:00:08	00:21:38	00:42:27	01:03:56
31	WIERZBICKI Łukasz	776	VEGE RUNNERS	M-30	00:00:31	00:21:16	00:42:05	01:04:17
32	ORZECH Michał	662		M-30	00:00:05	00:20:44	00:41:53	01:04:19
33	MICHALSKI Jarosław	16	HETMAN TARNOWSKIE GÓRY	M-30	00:00:03	00:21:01	00:41:54	01:04:20
33	PODGÓRSKI Tomasz	641		M-30	00:00:15	00:22:02	00:42:51	01:04:20
35	FURMANEK Łukasz	29	KLUB BIEGACZA SANTANDERA	M-30	00:00:08	00:21:55	00:42:48	01:04:25
36	BARAN Łukasz	1036		M-30	00:00:14	00:21:34	00:42:34	01:04:41
37	SZEJA Paweł	985		M-30	00:00:12	00:21:40	00:42:39	01:04:42
38	MADEJCZYK Tomasz	54	MTM IB TEAM	M-30	00:00:08	00:21:39	00:42:34	01:04:45
39	CZOSNOWSKI Tomasz	495	OTK RZEŹNIK	M-30	00:00:07	00:21:41	00:42:36	01:04:46
40	KRĘŻOŁEK Daniel	767		M-30	00:00:10	00:21:39	00:42:40	01:04:47
41	OKOŃ Łukasz	91		M-30	00:00:08	00:21:29	00:42:35	01:04:49
42	SZCZESZAK Tomasz	852	EWSASZ TEAM	M-30	00:00:05	00:20:33	00:42:05	01:05:17
43	KRÓLIKOWSKI Bartłomiej	1132	ORKIESTRA WOJSKOWA W BYTOMIU	M-30	00:00:38	00:20:57	00:42:30	01:05:44
44	NAWRAT Piotr	578		M-30	00:02:01	00:21:33	00:43:15	01:06:06
45	KUKUCZKA Mateusz	606		M-30	00:00:08	00:21:40	00:42:49	01:06:08
46	SIKORA Rafał	677		M-30	00:00:08	00:21:37	00:42:54	01:06:10
47	HALCZOK Janusz	1062	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:09	00:21:56	00:43:29	01:06:10
48	STAWARCZYK Krystian	1034	OPEL ACTIVE TEAM	M-30	00:00:14	00:22:13	00:43:40	01:06:21
49	KOMANIECKI Łukasz	660	PRZYJACIÓŁ PUCHACZY	M-30	00:00:09	00:22:18	00:43:57	01:06:30
50	SADŁO Tomasz	569	@SĘDZIABIEGA	M-30	00:00:05	00:21:59	00:43:49	01:06:39
51	TKACZ Paweł	584	BBL GŁUCHOŁAZY	M-30	00:00:20	00:21:33	00:43:28	01:06:40
52	BORZĘCKI Damian	782	JASTEŃ	M-30	00:01:07	00:22:35	00:44:11	01:06:40
53	WIECZOREK Lucjan	669	VEGE RUNNERS	M-30	00:01:36	00:22:48	00:44:09	01:06:41
54	PŁAWIAK Rafał	172	IPA KĘDZIERZYN-KOŹLE	M-30	00:00:40	00:21:45	00:43:33	01:06:42
55	WIECZOREK Dawid	541	PSYCHONAUCI	M-30	00:00:24	00:22:00	00:43:39	01:06:54
56	WANIEWSKI Michał	773		M-30	00:00:04	00:21:46		01:06:58
57	IMIOLEK Krzysztof	533		M-30	00:00:15	00:22:20	00:44:03	01:07:01
58	MACH Samuel	1065		M-30	00:00:19	00:22:18	00:44:16	01:07:06
59	KONIK Andrzej	1098	AMATOR	M-30	00:00:14	00:22:36	00:44:46	01:07:16
60	KRÓL Dariusz	543	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	00:00:15	00:22:30	00:44:25	01:07:20
61	BUCHTA Adam	1005		M-30	00:00:34	00:22:31	00:44:18	01:07:41
62	NIEDZIELA Janusz	592		M-30	00:00:12	00:21:38	00:43:34	01:07:44
63	JACHYM Arkadiusz	239	SOCIOS GÓRNIK	M-30	00:00:55	00:22:27	00:44:37	01:07:50
64	BORSIAK Sebastian	107	TATA DWÓCH SYNKÓW	M-30	00:00:10	00:22:05	00:44:11	01:07:51
65	BAŃBUŁA Grzegorz	27		M-30	00:00:09	00:22:20	00:44:30	01:08:00
66	STASIAK Mirosław	203	NIGHT RUNNERS GLIWICE	M-30	00:00:01	00:21:51	00:44:26	01:08:05
67	KĘDZIOR Łukasz	894	HOLBOX RUNNERS	M-30	00:00:09	00:21:43	00:43:55	01:08:06
68	BĄBSKI Szymon	309	KS HALNY WĘGIERSKA GÓRKA	M-30	00:00:39	00:22:29	00:44:43	01:08:09
69	DZIDA Janusz	233	EXME BERGER GROUP	M-30	00:00:00	00:22:11	00:44:24	01:08:16
70	MAJERANOWSKI Marek	259	SMOLEŃ BYTOM	M-30	00:00:08	00:21:42	00:43:57	01:08:17
71	PRACKI Dariusz	305		M-30	00:00:29	00:23:00	00:45:14	01:08:21
72	RYBIŃSKI Łukasz	258	EŁKA TEAM	M-30	00:00:14	00:21:53	00:44:22	01:08:23
73	KORCZ Daniel	400	KB MCKIS JAWORZNO	M-30	00:00:32	00:23:26	00:45:40	01:08:42

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
74	ZWOLAK Tomasz	295	NIGHT RUNNERS ZABRZE	M-30	00:00:33	00:23:45	00:46:30	01:08:42
75	KRAJEWSKI Michał	848		M-30	00:00:33	00:23:39	00:45:59	01:08:48
76	CZAJA Jarosław	256	FP RUNNING TEAM	M-30	00:00:24	00:23:19	00:45:18	01:09:00
77	STAŃCZAK Grzegorz	910		M-30	00:00:11	00:22:54	00:45:27	01:09:02
78	FILIPEK Hieronim	1196		M-30	00:01:08	00:23:21	00:45:31	01:09:02
79	CHMURKO Michał	190	STAMINA TEAM	M-30	00:01:58	00:22:54	00:45:33	01:09:15
80	SITKO Mateusz	273		M-30	00:00:58	00:23:37	00:45:52	01:09:23
81	ZIELONKA Jacek	367		M-30	00:00:37	00:23:25	00:45:57	01:09:25
82	DZIAŁOSZYŃSKI Witold	992	X-BIONIC POLSKA	M-30	00:00:22	00:23:11	00:45:47	01:09:27
83	ZIELIŃSKI Łukasz	1213		M-30	00:00:05	00:23:01	00:45:39	01:09:31
84	WAWRZYŃIAK Mariusz	945		M-30	00:00:29	00:23:06	00:45:34	01:09:35
85	RYŃSKI Robert	457		M-30	00:00:12	00:23:11	00:45:42	01:09:44
86	KOLKA Piotr	409	KB MCKIS JAWORZNO	M-30	00:00:33	00:23:32	00:46:18	01:09:45
87	PISINGAS Mariusz	774	SEKCJA BIEGOWA FAMILIA	M-30	00:00:24	00:23:55	00:46:24	01:09:47
88	NIESLER Michał	868		M-30	00:00:37	00:23:37	00:46:19	01:09:51
89	PIETRZAK Dariusz	1143		M-30	00:00:21	00:22:33	00:45:15	01:09:56
90	SOSNA Adrian	761		M-30	00:00:25	00:23:34	00:46:13	01:10:01
91	BANAŚ Mateusz	1181		M-30	00:00:39	00:23:45	00:46:34	01:10:11
92	HADZIK Rafał	32		M-30	00:00:10	00:23:24	00:46:33	01:10:19
93	FAMUŁA Tomasz	762	FUTURE PROCESSING RUNNING TEAM / TRI DIVISION TRIATHLON TEAM	M-30	00:00:37	00:23:37	00:46:19	01:10:27
94	ROGALSKI Tomasz	738		M-30	00:00:52	00:23:28	00:46:20	01:10:29
95	MAREK Grzegorz	918		M-30	00:00:33	00:23:27	00:46:26	01:10:32
96	GUZDEK Sławomir	1078		M-30	00:00:37	00:23:31	00:46:21	01:10:35
97	SZYNWELSKI Michał	225	SOCIOS GÓRNIK	M-30	00:00:41	00:23:53	00:46:32	01:10:37
98	SUTKOWSKI Jan	803	OPINION SP. Z O.O.	M-30	00:00:49	00:23:41	00:46:23	01:10:38
99	FRANKIEWICZ Artur	687		M-30	00:00:50	00:23:33	00:46:31	01:10:43
100	BIELA Rafał	355		M-30	00:00:44	00:23:40	00:46:30	01:10:47
101	TŁOŁKA Michał	490		M-30	00:00:44	00:23:40	00:46:30	01:10:47
102	RIMPLER Łukasz	494	BIEGNĘ DLA ZUZI	M-30	00:00:38	00:23:38	00:46:33	01:10:51
103	JAWOREK Jacek	793	TEAM JBC	M-30	00:00:46	00:23:43	00:46:52	01:10:51
104	DATKA Robert	195	ŻYJ BEZ OGRANICZEŃ	M-30	00:00:30	00:23:22	00:46:31	01:10:54
105	HAMERLA Adam	381		M-30	00:00:38	00:23:42	00:46:34	01:10:54
106	KIEŁBASA Artur	944		M-30	00:00:30	00:24:05	00:47:01	01:10:55
107	GRZESIKIEWICZ Mariusz	316		M-30	00:00:33	00:23:49	00:46:44	01:10:58
108	UJMA Michał	383		M-30	00:00:32	00:23:45	00:46:39	01:10:59
109	GIŻYŃSKI Damian	1082	PACEMAKER	M-30	00:00:28	00:23:47	00:46:42	01:11:00
110	BULA Daniel	1192	RKG NOCEK	M-30	00:00:29	00:23:47	00:46:41	01:11:00
111	JEZUSEK Piotr	321		M-30	00:00:23	00:24:16	00:46:55	01:11:02
112	LASKOWSKI Sebastian	1186		M-30	00:00:09	00:22:52	00:45:44	01:11:03
113	JODEŁŁO Piotr	348		M-30	00:00:19	00:24:08	00:46:57	01:11:05
114	SUCHY Łukasz	859	HIRERIGHT RUNNING TEAM	M-30	00:01:32	00:23:24	00:46:36	01:11:09
115	KOWALEWSKI Artur	458	NIE	M-30	00:00:31	00:23:51	00:46:45	01:11:15
116	KWAŚNIEWSKI Dominik	466		M-30	00:01:22	00:24:39	00:47:32	01:11:16
117	KUCHARSKI Rafał	393	KBMCKIS JAWORZNO	M-30	00:00:35	00:24:04	00:46:49	01:11:19
118	NITARSKI Patryk	1108		M-30	00:00:11	00:23:55	00:47:09	01:11:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
119	UZDOWSKI Jarosław	665	KS DEGENERAT	M-30	00:00:20	00:24:00	00:47:11	01:11:36
120	ADAMSKI Daniel	1224	JW3940	M-30	00:01:13	00:24:42	00:47:39	01:11:41
121	MALEC Arkadiusz	472		M-30	00:00:55	00:23:12	00:46:34	01:11:47
122	MOSIO Mariusz	842		M-30	00:00:45	00:24:22	00:47:40	01:11:55
123	PATYNEK Sebastian	484		M-30	00:00:55	00:24:10	00:47:35	01:11:55
124	CHAŁADYN Sławek	478	SBRT GLIWICE	M-30	00:00:55	00:24:10	00:47:35	01:11:56
125	KLAPUCH Michał	1165		M-30	00:00:38	00:23:56	00:47:18	01:11:58
126	MACIASZEK Maciek	415	AMATOR	M-30	00:00:17	00:24:44	00:48:00	01:12:00
127	KOWALECZKO Dariusz	514		M-30	00:00:46	00:24:18	00:47:43	01:12:04
128	MAZUREK Piotr	401	KB MCKIS JAWORZNO	M-30	00:00:32	00:23:58	00:47:04	01:12:07
129	ŁĘCKI Piotr	158		M-30	00:00:40	00:23:39	00:47:12	01:12:08
130	ADAMEK Hubert	845	IPA KĘDZIERZYN-KOŹLE	M-30	00:00:39	00:24:08	00:47:42	01:12:14
131	BOŚ Przemysław	404	KB MCKIS JAWORZNO	M-30	00:00:33	00:24:32	00:47:59	01:12:18
132	ZAWADA Sebastian	1145	ENDURANCE SOLIDARNI KNUROW	M-30	00:00:05	00:22:42	00:46:45	01:12:19
133	TYCZYŃSKI Ryszard	361	FIGHT CLUB KNURÓW/COMBAT 56	M-30	00:00:30	00:24:08	00:47:26	01:12:23
134	PANZ Krzysztof	672		M-30	00:00:50	00:23:33	00:47:14	01:12:35
135	WILK Andrzej	915		M-30	00:00:13	00:22:53	00:46:48	01:12:36
136	MAREK Franciszek	1064	ENERGOPROJEKT KATOWICE	M-30	00:00:38	00:24:20	00:47:50	01:12:40
137	SOSINOWSKI-MRÓZ Tomasz	1007	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:44	00:24:22	00:47:52	01:12:44
138	SZOŁTYSEK Adrian	812		M-30	00:00:10	00:24:47	00:48:17	01:12:47
139	GANSZCZYK Rafał	130	OPEL ACTIVE TEAM	M-30	00:00:42	00:24:24	00:48:03	01:12:48
140	SZOJDA Marcin	668	KS DEGENERAT	M-30	00:00:20	00:24:08	00:47:21	01:12:58
141	WÓJCIK Rafał	1040		M-30	00:00:15	00:24:23	00:48:05	01:13:06
142	SOWA Andrzej	695		M-30	00:01:13	00:24:34	00:48:24	01:13:22
143	WASKI Łukasz	715		M-30	00:01:13	00:25:30	00:49:10	01:13:23
144	BUCZYŃSKI Radosław	1149	NIGHT RUNNERS GLIWICE	M-30	00:01:07	00:24:44	00:48:29	01:13:29
145	MUSIOŁ Janusz	266	FIS-SST TEAM	M-30	00:00:57	00:24:49	00:48:38	01:13:31
146	ŁUSIAK Mariusz	970	WATAHA TEAM	M-30	00:00:43	00:24:22	00:47:52	01:13:34
147	WIKTORCZYK Przemysław	249		M-30	00:00:02	00:23:40	00:47:50	01:13:35
148	RUTKOWSKI Bartłomiej	134		M-30	00:00:07	00:24:26	00:48:40	01:13:38
149	RUTKOWSKI Michał	40		M-30	00:00:07	00:24:26	00:48:40	01:13:38
150	SOŚNIAK Tomasz	441	KUDŁATY ART ACTIVE TEAM	M-30	00:00:08	00:24:34	00:48:25	01:13:38
151	GÓRKA Szymon	60		M-30	00:00:55	00:24:37	00:48:20	01:13:45
152	FOJCIK Rafal	582	OPEL ACTIVE TEAM	M-30	00:00:43	00:24:22	00:48:01	01:13:46
153	STUDENT Arkadiusz	980	LUCKY LOSERS	M-30	00:00:10	00:23:21	00:47:15	01:13:54
154	WRÓBEL Piotr	1120	ITMBW KRAKÓW	M-30	00:00:52	00:24:11	00:47:57	01:13:57
155	DIDYK Grzegorz	802	WWW.MIASTO-NIERUCHOMOSCI.PL	M-30	00:00:20	00:24:48	00:48:43	01:14:05
156	WISZNIOWSKI Krzysztof	177		M-30	00:01:45	00:24:09	00:48:02	01:14:11
157	ZDANIEWICZ Radosław	625	PSYCHONAUCI	M-30	00:01:04	00:25:22	00:49:19	01:14:12
158	NIKODON Paweł	718	BIEGAJ Z TRENERAMI	M-30	00:01:26	00:24:57	00:48:46	01:14:17
159	NOWICKI Jakub	849		M-30	00:00:46	00:24:26	00:48:42	01:14:18
160	HEINRICH Mariusz	1076		M-30	00:01:11	00:24:39	00:48:52	01:14:21
161	ŻOŁNOWSKI Piotr	304		M-30	00:00:55	00:24:52	00:49:00	01:14:22
162	STAŚKO Marcin	375		M-30	00:00:18	00:25:03	00:49:17	01:14:25
163	ZYMELA Dawid	764		M-30	00:00:48	00:24:21	00:48:45	01:14:27

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
164	OSTASZEWSKI Grzegorz	211		M-30	00:01:06	00:25:19	00:49:32	01:14:28
165	TKOCZ Rafał	366		M-30	00:00:16	00:24:09	00:48:32	01:14:31
166	ULIASZ Krzysztof	604	OPEL ACTIVE TEAM	M-30	00:00:42	00:24:45	00:48:38	01:14:32
167	PALEWICZ Wojciech	897	DENTYSTAZGLIWIC.PL	M-30	00:00:47	00:24:50	00:49:02	01:14:34
168	SZCZEPAŃSKI Tomasz	839		M-30	00:01:17	00:25:53	00:50:18	01:14:50
169	BŁASZCZYSZYN Łukasz	222		M-30	00:01:12	00:25:07	00:49:24	01:14:53
170	SZWAJNOCH Piotr	1193		M-30	00:01:00	00:24:59	00:49:37	01:15:06
171	KAWKA Maciej	1039	ETICOD	M-30	00:00:14	00:25:46	00:49:24	01:15:07
172	KASZUBSKI Andrzej	974		M-30	00:02:22	00:24:49	00:49:20	01:15:08
173	WIORA Łukasz	594		M-30	00:00:43	00:24:45	00:49:23	01:15:17
174	ĆWIKŁA Kamil	78	HARPAGANY	M-30	00:00:15	00:24:35	00:49:15	01:15:21
175	HETMAŃCZYK Jakub	1225	HIRERIGHT RUNNING TEAM	M-30	00:01:31	00:24:42	00:49:08	01:15:21
176	FILUS Michał	1237		M-30	00:01:09	00:25:37	00:50:01	01:15:22
177	GOŁKOWSKI Radosław	622	ZIN	M-30	00:00:10	00:25:06	00:49:38	01:15:23
178	TOMCZAK Mariusz	179	GWARDZIŚCI	M-30	00:00:50	00:26:09	00:50:04	01:15:28
179	SROCZYŃSKI Dariusz	810		M-30	00:01:01	00:25:43	00:50:14	01:15:33
180	FAJGER Sebastian	744		M-30	00:01:11	00:26:06	00:50:55	01:15:33
181	ORZECH Michał	784		M-30	00:00:47	00:25:05	00:49:38	01:15:34
182	PODLEWSKI Piotr	1012		M-30	00:01:02	00:25:29	00:49:37	01:15:37
183	PRYMAS Krystian	39		M-30	00:00:51	00:25:22	00:49:42	01:15:39
184	ŁUKASZKIEWICZ Michał	274	POŻERACZE KILOSÓW	M-30	00:00:14	00:25:11	00:49:52	01:15:49
185	GLISZCZYŃSKI Paweł	1155	ORZEŁ BIAŁY S.A.	M-30	00:01:15	00:25:24	00:50:02	01:15:51
186	KONIECKO Łukasz	610	WKURW_TEAM	M-30	00:01:14	00:25:55	00:50:03	01:15:54
187	WEGNER Tomasz	1156	ORZEŁ BIAŁY S.A.	M-30	00:01:10	00:25:34	00:50:06	01:15:58
188	PAPROTNY Witold	284		M-30	00:01:21	00:25:56	00:50:24	01:16:02
189	KOWACZEK Marek	1135		M-30	00:00:50	00:25:26	00:50:19	01:16:06
190	GRESZTA Grzegorz	474	JAH RASTAFARAJ	M-30	00:00:03	00:23:18	00:48:28	01:16:08
191	WOJDA Maksymilian	396	MAKSYMILIAN WOJDA	M-30	00:00:42	00:25:27	00:50:11	01:16:17
192	KREMPA Sławomir	1041		M-30	00:00:30	00:24:12	00:48:34	01:16:20
193	MIELNIK Krzysiek	550		M-30	00:00:41	00:26:17	00:50:32	01:16:24
194	GAWINEK Adam	991		M-30	00:00:41	00:26:27	00:51:02	01:16:29
195	GARYGA Łukasz	167	RUNHOGS	M-30	00:00:48	00:24:58	00:49:54	01:16:29
196	ADAMSKI Dawid	161		M-30	00:00:52	00:25:52	00:50:45	01:16:33
197	DAWIEC Michał	96	ARKADIA FIT ZABRZE	M-30	00:00:16	00:25:48	00:50:33	01:16:34
198	TRESKA Piotr	1228	RUNHOGS	M-30	00:00:47	00:26:29	00:51:21	01:16:34
199	MAY-MAJEWSKI Michał	345	4 M	M-30	00:01:00	00:25:39	00:50:35	01:16:45
199	DREWUSZEWSKI Maciej	342	4M	M-30	00:01:00	00:25:39	00:50:34	01:16:46
201	ZIOBER Grzegorz	1107	SPARTA PLATFUS	M-30	00:01:05	00:25:27	00:50:34	01:16:48
202	WIECHOWSKI Artur	1077	SPARTA PLATFUS	M-30	00:01:05	00:25:27	00:50:34	01:16:49
203	TURNIAK Miłosz	860	HIRERIGHT RUNNING TEAM	M-30	00:01:31	00:25:40	00:50:37	01:16:51
204	AUGUŚCIK Paweł	746	EKO-OKNA RUNNERS	M-30	00:01:11	00:26:00	00:50:44	01:16:52
205	KOPCIK Tomasz	229	COMBAT56	M-30	00:01:16	00:26:01	00:51:09	01:17:03
206	TOCZYDŁOWSKI Łukasz	819		M-30	00:01:55	00:26:08	00:51:03	01:17:03
207	SZTECHMILER Grzegorz	864	ARNOLDS	M-30	00:01:11	00:25:43	00:50:46	01:17:04
208	RATAJCZAK Krystian	1050		M-30	00:01:10	00:25:54	00:50:49	01:17:06

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
209	NIEMCZYK Rafał	405	KB MCKIS JAWORZNO	M-30	00:00:39	00:26:26	00:51:28	01:17:11
210	WOŹNIAK Przemysław	867		M-30	00:01:22	00:27:37	00:52:32	01:17:12
211	KOŹLIK Robert	914		M-30	00:00:49	00:25:07	00:50:45	01:17:13
212	SZADKOWSKI Paweł	1009	PACEMAKER	M-30	00:00:57	00:25:50	00:50:53	01:17:17
213	WIERZBICA Adrian	356		M-30	00:00:59	00:25:52	00:50:58	01:17:17
214	STEC Marcin	287	KW GLIWICE	M-30	00:00:59	00:25:41	00:50:43	01:17:20
215	WIETRZYCKI Mariusz	289	BIEGAJ Z TRENERAMI	M-30	00:00:43	00:25:39	00:50:16	01:17:28
216	DĄBROWSKI Piotr	1241	ŚWIDNICKA GRUPA BIEGOWA	M-30	00:01:04	00:25:13	00:50:33	01:17:31
217	WIEKIERA Adam	118		M-30	00:00:35	00:25:57	00:51:11	01:17:41
218	BORUCKI Witold	977	TAKENAKA	M-30	00:01:37	00:26:35	00:51:45	01:17:41
219	WIKIERSKI Michał	48		M-30	00:01:03	00:26:13	00:51:16	01:17:43
220	FERDYNANDZKI Dominik	930		M-30	00:01:25	00:25:43	00:50:31	01:17:44
221	PACAN Krzysztof	721		M-30	00:00:27	00:26:22	00:51:25	01:17:47
222	IZDEBSKI Adrian	344		M-30	00:00:42	00:26:16	00:51:39	01:17:54
223	TRAM Tomasz	1217		M-30	00:01:44	00:26:07	00:51:06	01:17:59
224	WALCZAK Bartłomiej	882		M-30	00:01:09	00:26:29	00:51:35	01:18:01
225	MAJEWSKI Grzegorz	185	BEZ KLUBU	M-30	00:00:55	00:26:05	00:51:24	01:18:09
226	KWAPIEŃ Aleksander	1184		M-30	00:00:09	00:25:22	00:51:11	01:18:13
227	KOWALSKI Zbyszek	615	MARYSIA & SZYMEK TEAM	M-30	00:00:57	00:25:57	00:51:14	01:18:13
228	MUSIALIK Rafal	1160		M-30	00:00:24	00:25:08	00:50:21	01:18:22
229	ZYCH Wiktor	779		M-30	00:00:21	00:25:22	00:51:10	01:18:30
230	SMUDA Grzegorz	1093		M-30	00:01:28	00:26:11	00:51:46	01:18:41
231	LUDWIG Marcin	338	4M	M-30	00:00:58	00:27:11	00:52:26	01:18:51
232	BRZEZINA Arkadiusz	139		M-30	00:00:45	00:26:35	00:52:17	01:19:10
233	KUROWSKI Michał	789	NIGHT RUNNER'S GLIWICE	M-30	00:01:44	00:26:24	00:52:11	01:19:24
234	SZKUDLAREK Michał	144	RUN-LOG.COM	M-30	00:01:28	00:25:26	00:51:19	01:19:25
235	SIERADZKI Dariusz	293	BIEGAJ Z TRENERAMI	M-30	00:01:31	00:27:16	00:52:56	01:19:41
236	CIASTO Sebastian	800		M-30	00:00:32	00:25:41	00:51:09	01:19:44
237	KOŁAKOWSKI Bartosz	982		M-30	00:02:08	00:25:56	00:52:05	01:19:50
238	CZAJA Łukasz	1204		M-30	00:01:18	00:27:34	00:53:04	01:19:51
239	SELIGA Paweł	291	BIEGAJ Z TRENERAMI	M-30	00:01:17	00:27:34	00:53:06	01:19:52
240	KRAJEWSKI Radosław	320		M-30	00:00:40	00:28:19	00:53:36	01:19:56
241	ZAWADZKI Robert	1002		M-30	00:00:54	00:26:30	00:52:39	01:19:58
242	ŚWIĘS Robert	975	TAKENAKA	M-30	00:01:38	00:26:43	00:52:21	01:20:06
243	SZYMIK Michał	1051		M-30	00:01:48	00:26:38	00:52:48	01:20:06
244	DĄBROWSKI Marcin	154		M-30	00:00:14	00:25:58	00:52:37	01:20:08
245	SZCZYRA Jan	552		M-30	00:01:35	00:27:11	00:53:19	01:20:16
246	BAUMERT Rafał	577	ISTA BIEGAMY	M-30	00:01:35	00:27:41	00:53:20	01:20:27
247	KLESZCZ Marcin	901		M-30	00:01:14	00:26:40	00:52:58	01:20:34
248	PLOCH Tomasz	5	MOMO TEAM	M-30	00:00:44	00:26:47	00:52:57	01:20:37
249	CZORNIK Jarosław	979	LUCKY LOSERS	M-30	00:00:10	00:26:25	00:52:50	01:20:41
250	WOZNIAK Marek	938	CISCO RUNNING TEAM	M-30	00:01:05	00:26:11	00:52:19	01:20:51
251	DOBOSZ Mariusz	138	GO-LEASING	M-30	00:01:02	00:27:19	00:53:30	01:21:05
252	RYGIEL Sebastian	702		M-30	00:00:51	00:26:30	00:52:43	01:21:06
253	PENKALA Artur	137	GO-LEASING	M-30	00:01:01	00:27:19	00:53:31	01:21:06

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
254	LEWANDERSKI Dariusz	547	HIRSCHVOGEL	M-30	00:01:30	00:27:36	00:53:53	01:21:06
255	CZEMPIEL Łukasz	655		M-30	00:02:12	00:27:13	00:53:16	01:21:08
256	PIERZCHALSKI Krystian	1056		M-30	00:01:36	00:27:47	00:53:45	01:21:12
257	GRABOWSKI Maciej	922		M-30	00:01:22	00:27:25	00:53:42	01:21:14
258	JEZIOR Bartosz	1153	TENNECO AUTOMOTIVE EASTERN EUROPE	M-30	00:02:40	00:27:11	00:53:16	01:21:17
259	KANIA Dominik	1075	R.R. MARTIN PISZ JUŻ TE KSIĄŻKI	M-30	00:01:15	00:27:42	00:54:08	01:21:24
260	OSIŃSKI Paweł	140	BIEGAJ Z TRENERAMI	M-30	00:02:00	00:26:32	00:52:39	01:21:32
261	ROGÓŻIK Szymon	1232		M-30	00:01:13	00:26:33	00:53:07	01:21:41
262	KUCZERA Łukasz	540		M-30	00:01:40	00:27:42	00:54:10	01:21:50
263	SZCZĘŚNIAK Krzysztof	1124		M-30	00:01:43	00:27:42	00:53:52	01:22:19
264	BOGDAŁ Michał	768		M-30	00:01:03	00:28:36	00:55:11	01:22:22
265	DYMAREK Łukasz	351	KM PSP GLIWICE	M-30	00:01:07	00:26:31	00:53:07	01:22:22
266	PIŁAT Jarosław	74	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-30	00:01:21	00:28:04	00:55:34	01:22:30
267	GAWRYŚ Bartek	2409		M-30	00:01:59	00:26:39	00:53:17	01:22:34
268	POKRYSZKA Bartosz	30		M-30	00:01:20	00:28:03	00:54:26	01:22:35
269	KORDECKI Bartosz	778	BALLENA MORADA	M-30	00:01:19	00:27:46	00:54:34	01:22:40
270	LACH Grzegorz	917	BLOOD MANTRA	M-30	00:02:24	00:27:29	00:54:20	01:23:01
271	DWORNICZAK Paweł	880		M-30	00:01:53	00:28:02	00:55:13	01:23:08
272	WALEWSKI Kamil	888	PROPOINT	M-30	00:00:09	00:26:00	00:54:08	01:23:13
273	MAŁKOWSKI Tomasz	557	NIGHT RUNNERS ZABRZE	M-30	00:01:11	00:28:08	00:54:53	01:23:14
274	PASSIA Robert	445		M-30	00:01:17	00:28:09	00:55:39	01:23:15
275	SCHWARZ Jarosław	1189		M-30	00:00:09	00:26:23	00:53:20	01:23:17
276	BOGUSZ Damian	49		M-30	00:01:26	00:27:16	00:54:16	01:23:27
277	KOWALCZYK Tomasz	713	LIFE COACH	M-30	00:01:24	00:27:57	00:55:01	01:23:31
278	OSTROMĘCKI Andrzej	424	PĘDZĄCA KREWETKA	M-30	00:01:32	00:27:56	00:55:25	01:23:38
279	SOBEL Łukasz	801	OPEL ACTIVE TEAM	M-30	00:01:21	00:28:04	00:55:23	01:23:43
280	MOJ Adam	1003		M-30	00:01:47	00:27:13	00:54:14	01:23:44
281	SOROKA Krzysztof	1083		M-30	00:01:51	00:28:01	00:55:13	01:23:52
282	KALBARCZYK Arkadiusz	954	EASY RUN RACIBÓRZ	M-30	00:01:18	00:27:58	00:55:17	01:23:53
283	RYMASZEWSKI Wojtek	1054		M-30	00:01:04	00:28:14	00:55:53	01:24:05
284	KOPPEL Bartłomiej	68	NIGHT RUNNERS GLIWICE	M-30	00:01:27	00:28:16	00:55:37	01:24:10
285	DYNIA Krystian	1218		M-30	00:02:03	00:28:15	00:55:06	01:24:12
286	PAWLIK Michał	245		M-30	00:01:06	00:27:53	00:55:28	01:24:22
287	KANIOWSKI Andrzej	431		M-30	00:00:29	00:27:45	00:55:12	01:24:23
288	KOPER Tomasz	365		M-30	00:00:13	00:28:56	00:56:20	01:24:28
289	LATUSEK Krzysztof	373	PIERDZĄCY KALAFIOR	M-30	00:00:13	00:28:56	00:56:19	01:24:28
290	ZIMPOCH Grzegorz	240		M-30	00:01:46	00:29:09	00:56:25	01:24:35
291	KUREK Jacek	205		M-30	00:00:19	00:27:01	00:54:51	01:24:42
292	ZIMNY Marcin	737		M-30	00:01:19	00:28:02	00:55:26	01:24:43
293	GRABSKI Michał	548	KOMBO KURCZAKI	M-30	00:01:16	00:28:07	00:55:33	01:24:49
294	ŚLIWKA Janusz	630		M-30	00:01:24	00:28:10	00:55:35	01:24:49
295	KLIMAS Jarosław	360	JAVAPPA	M-30	00:00:51	00:27:20	00:55:00	01:25:02
296	GĘBCZYŃSKI Paweł	143		M-30	00:01:43	00:28:06	00:55:58	01:25:10
297	MACHNOWSKI Wojciech	207	NIGHT RUNNERS GLIWICE	M-30	00:01:20	00:28:08	00:55:45	01:25:29
298	LEWANDOWSKI Grzegorz	1025		M-30	00:01:23	00:28:35	00:56:24	01:25:30

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
299	UNIEJEWSKI Tomasz	961		M-30	00:01:25	00:28:04	00:55:40	01:25:30
300	HAMANN Sławomir	294	NIGHT RUNNERS	M-30	00:01:38	00:27:52	00:56:18	01:25:34
301	JAROSZEK Artur	491		M-30	00:01:40	00:29:09	00:56:39	01:25:34
302	POPIELUCH Daniel	492		M-30	00:01:39	00:29:10	00:56:38	01:25:35
303	NIEDŹWIECKI Paweł	958	OCHOTNICZA STRAŻ POŻARA W KOTUSZOWIE	M-30	00:01:12	00:29:23	00:57:08	01:25:39
304	KAMECKI Maciej	875	GOOD TIME MACIEJ KAMECKI	M-30	00:01:42	00:29:22	00:57:11	01:25:44
305	KUBIAK Grzegorz	650		M-30	00:00:20	00:27:30	00:55:21	01:25:51
306	GUŁA Błażej	635		M-30	00:01:25	00:28:54	00:56:49	01:25:54
307	SEROCKI Michał	907		M-30	00:00:47	00:29:02	00:56:27	01:25:55
308	KUŹMA Jakub	407		M-30	00:00:43	00:28:41	00:56:29	01:25:58
309	BOJANEK Tomasz	1191		M-30	00:00:23	00:26:24	00:53:11	01:26:01
310	NOGA Łukasz	788	ZDZIERAJ KAPCIE	M-30	00:00:45	00:28:28	00:56:06	01:26:05
311	BĄCZEK Grzegorz	973		M-30	00:02:56	00:29:10	00:57:02	01:26:15
312	KACZMARSKI Jacek	502		M-30	00:01:45	00:27:58	00:56:40	01:26:32
313	JEZUSEK Piotr	210	REBELIA	M-30	00:01:41	00:28:24	00:56:12	01:26:46
314	HAJNRICH Maciej	1058		M-30	00:00:35	00:28:43	00:56:51	01:27:02
315	KULESZA Łukasz	1094		M-30	00:00:34	00:28:44	00:56:52	01:27:03
316	RUSIECKI Dawid	1097		M-30	00:01:06	00:27:19	00:55:22	01:27:17
317	NOWORYTA Bogusław	1074	FLUOR SA	M-30	00:02:19	00:29:13	00:57:33	01:27:17
318	BARAŃSKI Grzegorz	416		M-30	00:01:51	00:29:46	00:57:41	01:27:23
319	WOŹNICZKO Robert	312	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	00:00:17	00:27:37	00:56:08	01:27:26
320	CZERNIK Rafał	333	RAFI TEAM	M-30	00:02:08	00:28:57	00:57:12	01:27:36
321	OSIŃSKI Robert	310	RAFI TEAM	M-30	00:02:07	00:28:58	00:57:12	01:27:37
322	PAWLIK Sebastian	507		M-30	00:01:43	00:29:18	00:57:59	01:27:46
323	URBANEK Martin	618	ISTA BIEGAMY	M-30	00:01:38	00:28:22	00:57:37	01:28:08
324	OPALIŃSKI Tomasz	874	BETANIA	M-30	00:01:43	00:29:22	00:58:36	01:28:33
325	HONISZ Andrzej	1063		M-30	00:01:42	00:28:58	00:57:51	01:28:37
326	KMIEĆ Zbigniew	754	CERTUM	M-30	00:01:40	00:29:15	00:58:09	01:28:40
327	DZIEDZIC Dominik	26	PINCETPLUS	M-30	00:01:33	00:29:08	00:58:01	01:28:42
328	MOTYL Adrian	170		M-30	00:02:40	00:30:54	00:59:09	01:28:45
329	MAŁYSA Łukasz	620		M-30	00:01:14	00:29:25	00:58:18	01:29:05
330	GRZELA Jacek	1199		M-30	00:00:42	00:29:25	00:58:02	01:29:11
331	ADAMCZYK Jan	106	JOHN JAN ADAMCZYK	M-30	00:00:15	00:27:33	00:57:00	01:29:21
332	BIEŃKOWSKI Paweł	609		M-30	00:01:34	00:29:52	00:59:09	01:29:42
333	STEMBALSKI Remigiusz	427	NIGHT RUNNERS ZABRZE	M-30	00:01:36	00:30:00	00:59:03	01:29:54
334	BIENIEK Adam	444	NIGHT RUNNERS ZABRZE	M-30	00:01:38	00:29:57	00:59:01	01:29:54
335	STOJAK Paweł	740		M-30	00:01:57	00:29:42	00:58:37	01:29:54
336	BIZUGA Łukasz	946	EWSASZ	M-30	00:00:22	00:29:19	00:57:44	01:29:59
337	WTORKOWSKI Eryk	1158	JUDO CZĘSTOCHOWA	M-30	00:01:15	00:29:41	00:58:39	01:30:07
338	PŁOTEK Tomasz	1236		M-30	00:01:20	00:30:29	00:59:57	01:30:47
339	CODOGNI Adam	601	BNI SILESIA	M-30	00:01:25	00:30:33	01:00:27	01:31:09
340	ŚWIDEREK Michał	600		M-30	00:01:27	00:30:31	01:00:30	01:31:19
341	MIRKA Arkadiusz	544		M-30	00:02:05	00:30:40	01:00:55	01:32:18
342	KMIECIK Marciin	370		M-30	00:02:08	00:29:51	00:59:02	01:32:25
343	KUNA Krzysztof	815		M-30	00:00:13	00:28:54	00:59:24	01:32:39

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_km 5km	10_km 10km	15_km 15km
344	DUSCHA Damian	1220		M-30	00:00:47	00:30:59	01:01:24	01:32:44
345	MONRZYCKI Dawid	1248		M-30	00:01:03	00:30:54	01:00:37	01:33:46
346	CISEK Stanisław	570		M-30	00:02:07	00:31:39	01:01:05	01:33:55
347	CIEŚLAK Michał	526		M-30	00:01:48	00:30:31	01:01:11	01:34:11
348	LATOS Marek	436	ZABRZAŃSKIE TOWARZYSTWO TRAITHLONOWE	M-30	00:02:29	00:29:11	01:09:31	01:34:21
349	MACHACZKA Mariusz	1038	WSOP	M-30	00:01:45	00:31:51	01:02:53	01:35:16
350	NOWAK Michał	1136		M-30	00:01:35	00:30:24	01:01:47	01:35:24
351	GRUCHALSKI Jakub	572	BIEGAMY	M-30	00:01:40	00:31:23	01:03:22	01:35:52
352	ADAMSKI Michał	955	GALLUP ARTERIA MANAGEMENT SP Z O.O. S.K.A.	M-30	00:02:06	00:32:00	01:03:54	01:36:37
353	ŻABICKI Mariusz	566	KLUB SYNKA ADASIA	M-30	00:01:57	00:32:04	01:03:36	01:36:45
354	POŁOK Adrian	21	OPEL ACTIVE TEAM	M-30	00:01:40	00:30:18	01:02:56	01:38:30
355	WĄSIK Rafał	886	#KRONIKIBIEGOWE	M-30	00:01:58	00:32:32	01:04:04	01:39:20
356	SOWULA Mateusz	485		M-30	00:01:48	00:32:40	01:05:12	01:39:41
357	NOWAKOWSKI Radosław	560	WWW.RA-NO.PL	M-30	00:01:48	00:32:40	01:05:12	01:39:41
358	ZIMNY Michał	168		M-30	00:02:38	00:34:31	01:05:13	01:39:43
359	SZWARCZYŃSKI Jakub	1215	JAZZY	M-30	00:01:00	00:31:41	01:05:40	01:40:48
360	KUŹNICKI Tomasz	820		M-30	00:00:00			
	GIESE Michał	1113		M-30	DNF	00:23:55 DNF	00:48:33 DNF	DNF

Znaleziono 361 wynik(ów)