



IV PÓŁMARATON GLIWICKI

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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	IVERUK Mykhaylo	1246	LKB RUDNIK	M-40	1	00:00:00	00:16:44	00:33:48	00:50:47	01:11:25.90	01:11:26.50		3:23	17.7 (100%)
2	BARTNIK Sebastian	531	GB GALOPUJĄCE ŚLIMAKI	M-40	2	00:00:02	00:18:40	00:37:10	00:56:54	01:20:54.25	01:20:57.15	+00:09:28 (11.7%)	3:50	15.6 (88.1%)
3	BASA Przemysław	770	KRS TKKF 'JASTRZĄB' RUDA ŚLĄSKA	M-40	3	00:00:06	00:19:08	00:37:51	00:57:48	01:21:43.65	01:21:50.10	+00:10:17 (12.6%)	3:52	15.5 (87.6%)
4	GŁOWINKOWSKI Jarosław	675	ZIEMIA CIESZYŃSKA	M-40	4	00:00:02	00:19:29	00:38:46	00:59:07	01:24:22.35	01:24:24.85	+00:12:56 (15.3%)	3:59	15 (84.7%)
5	STAWINOGA Janusz	581	HIRSCHVOGEL	M-40	5	00:00:20	00:20:05	00:39:42	01:00:09	01:25:03.40	01:25:24.05	+00:13:37 (16.0%)	4:01	14.9 (84.2%)
6	WALKOWIAK Artur	951	MAFIA TEAM LUBLINIEC	M-40	6	00:00:00				01:26:32.00	01:26:32.00	+00:15:06 (17.5%)	4:06	14.6 (82.5%)
7	NOSZCZYK Michał	590	KB JÓZEFINKA	M-40	7	00:00:06	00:20:12	00:40:13	01:01:45	01:28:27.10	01:28:33.85	+00:17:01 (19.2%)	4:11	14.3 (80.8%)
8	ZAGÓRNY Robert	1142	ENTRE RUNNING	M-40	8	00:00:10	00:21:27	00:41:53	01:03:22	01:29:21.25	01:29:32.20	+00:17:55 (20.1%)	4:14	14.2 (80.2%)
9	MYKAŁA Rafał	1205		M-40	9	00:00:12	00:21:35	00:42:23	01:03:52	01:29:23.20	01:29:35.65	+00:17:57 (20.1%)	4:14	14.2 (80.2%)
10	GROCHOLEWSKI Włodzimierz	1163	TRUCHTACZ MYSŁOWICE	M-40	10	00:00:10	00:21:17	00:41:56	01:03:39	01:29:32.00	01:29:42.05	+00:18:06 (20.2%)	4:14	14.1 (79.7%)
11	DAMEC Olek	66	OCHAJORUN&FRIENDS	M-40	11	00:00:05	00:22:22	00:43:01	01:04:10	01:29:39.10	01:29:44.65	+00:18:13 (20.3%)	4:14	14.1 (79.7%)
12	NOGAJ Janusz	1167	OCHAJORUN & FRIENDS	M-40	12	00:00:13	00:21:35	00:42:37	01:04:41	01:30:17.75	01:30:31.30	+00:18:51 (20.9%)	4:16	14 (79.1%)
13	BROSZ Michał	722		M-40	13	00:00:07	00:21:40	00:42:34	01:04:45	01:30:28.50	01:30:36.25	+00:19:02 (21.0%)	4:17	14 (79.1%)
14	SZYMURA Wojciech	766		M-40	14	00:00:09	00:21:37	00:42:42	01:04:46	01:30:37.85	01:30:47.65	+00:19:11 (21.2%)	4:17	14 (79.1%)

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			
15	GRZYB Dariusz	855		M-40	15	00:00:03	00:20:17	00:41:30	01:03:53	01:31:37.60	01:31:40.70	+00:20:11 (22.0%)	4:20	13.8 (78.0%)
16	SZASTAK Damian	743	HARPAGAN SOSNOWIEC	M-40	16	00:00:10	00:21:47	00:43:01	01:05:25	01:32:24.15	01:32:34.20	+00:20:58 (22.7%)	4:22	13.7 (77.4%)
17	JÓSKOWSKI Rafał	1206	KRS JASTRZĄB RUDA ŚLĄSKA	M-40	17	00:00:06	00:21:24	00:42:34	01:04:52	01:32:34.05	01:32:40.70	+00:21:08 (22.8%)	4:23	13.7 (77.4%)
18	NOGAJ Paweł	389	KB MCKIS JAWORZNO	M-40	18	00:00:34	00:22:12	00:43:32	01:05:44	01:33:00.90	01:33:35.55	+00:21:35 (23.2%)	4:24	13.6 (76.8%)
19	BEŚKA Sławomir	63	OCHAJORUN & FRIENDS	M-40	19	00:00:13	00:22:22	00:43:31	01:05:48	01:33:02.80	01:33:16.50	+00:21:36 (23.2%)	4:24	13.6 (76.8%)
20	SZOLC Sebastian	151		M-40	20	00:00:26	00:22:24	00:43:43	01:05:53	01:33:03.30	01:33:30.20	+00:21:37 (23.2%)	4:24	13.6 (76.8%)
21	DŁUGAJ Andrzej	1044		M-40	21	00:00:27	00:24:24	00:45:59	01:07:54	01:33:43.40	01:34:10.50	+00:22:17 (23.8%)	4:26	13.5 (76.3%)
22	KOCOŃ Mariusz	798	BOLKO OPOLE	M-40	22	00:00:12	00:22:05	00:43:27	01:06:03	01:33:59.40	01:34:12.10	+00:22:33 (24.0%)	4:27	13.5 (76.3%)
23	KAŁAMARZ Mariusz	111	PRYZMAT SALON OPTYCZNY GLIWICE CH ARENA	M-40	23	00:00:14	00:21:38	00:42:48	01:05:48	01:34:00.50	01:34:14.65	+00:22:34 (24.0%)	4:27	13.5 (76.3%)
24	GOŁĘBIEWSKI Bartek	786	KS GOŁĘBNIK	M-40	24	00:00:15	00:22:02	00:43:57	01:06:28	01:34:01.25	01:34:16.85	+00:22:35 (24.0%)	4:27	13.5 (76.3%)
25	PIENIAŻEK Krzysztof	33		M-40	25	00:00:22	00:22:29	00:44:18	01:06:55	01:34:24.65	01:34:47.20	+00:22:58 (24.3%)	4:28	13.4 (75.7%)
26	KANIA Michał	248		M-40	26	00:00:07	00:22:07	00:43:53	01:06:44	01:34:34.75	01:34:42.00	+00:23:08 (24.5%)	4:28	13.4 (75.7%)
27	JEREMICZ Krzysztof	1250	RAFKO SA	M-40	27	00:00:32	00:22:26	00:44:29	01:07:22	01:34:49.05	01:35:21.85	+00:23:23 (24.7%)	4:29	13.4 (75.7%)
28	PRYSZCZ Mirosław	22		M-40	28	00:00:11	00:22:39	00:44:23	01:07:12	01:35:11.25	01:35:22.90	+00:23:45 (25.0%)	4:30	13.3 (75.1%)
29	WALIGÓRSKI Robert	440	PARKRUN KĘDZIERZYN-KOŹLE	M-40	29	00:00:04	00:21:28	00:42:47	01:05:45	01:35:25.65	01:35:30.05	+00:23:59 (25.1%)	4:31	13.3 (75.1%)
30	CZAUDERNA Adrian	463	OCHAJORUN & FRIENDS	M-40	30	00:00:50	00:22:47	00:44:16	01:07:06	01:35:31.80	01:36:22.10	+00:24:05 (25.2%)	4:31	13.3 (75.1%)
31	BRYKOWSKI Przemysław	442	RUN AND FUN	M-40	31	00:00:31	00:22:32	00:44:29	01:07:23	01:35:42.40	01:36:13.50	+00:24:16 (25.4%)	4:32	13.2 (74.6%)
32	BEZUSZKO Tomasz	193	4. WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	32	00:00:05	00:21:51	00:43:54	01:07:11	01:35:54.75	01:36:00.20	+00:24:28 (25.5%)	4:32	13.2 (74.6%)
33	KRAWCZYK Jarosław	1111		M-40	33	00:01:22	00:24:28	00:46:28	01:09:13	01:36:31.90	01:37:54.35	+00:25:06 (26.0%)	4:34	13.1 (74.0%)
34	BAGAN Grzegorz	283	GOGGLE PAE TEAM	M-40	34	00:00:37	00:23:30	00:46:08	01:08:45	01:36:44.75	01:37:22.25	+00:25:18 (26.2%)	4:35	13.1 (74.0%)
35	ŁOBKO Adam	421	ŚLĘZAK TEAM	M-40	35	00:00:07	00:22:55	00:45:11	01:08:45	01:36:49.70	01:36:57.15	+00:25:23 (26.2%)	4:35	13.1 (74.0%)
36	KUSEK Andrzej	1119		M-40	36	00:00:23	00:23:44	00:46:02	01:09:18	01:37:02.55	01:37:25.85	+00:25:36 (26.4%)	4:35	13 (73.4%)
37	HOŁYŃSKI Tomasz	551	SOKÓŁ KNURÓW	M-40	37	00:00:41	00:23:53	00:46:31	01:10:07	01:37:07.70	01:37:49.60	+00:25:41 (26.5%)	4:36	13 (73.4%)

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
38	WALUKIEWICZ Dariusz	670	KUŹNIA TRIATHLONU	M-40	38	00:00:31	00:23:50	00:46:17	01:09:24	01:37:11.80	01:37:43.40	+00:25:45 (26.5%)	4:36	13 (73.4%)
39	WAWRZAK Ryszard	729	NIGHT RUNNERS GLIWICE	M-40	39	00:00:23	00:22:34	00:44:56	01:08:29	01:37:13.80	01:37:36.95	+00:25:47 (26.5%)	4:36	13 (73.4%)
40	BEHRENDT Jakub	124	LECE BO CHCE	M-40	40	00:00:14	00:22:30	00:44:47	01:08:13	01:37:17.25	01:37:31.75	+00:25:51 (26.6%)	4:36	13 (73.4%)
41	KAWECKI Damian	1117	ITMANAGE	M-40	41	00:00:28	00:22:45	00:45:12	01:08:55	01:37:28.70	01:37:57.60	+00:26:02 (26.7%)	4:37	13 (73.4%)
42	GOLDA Piotr	739		M-40	42	00:01:58	00:25:26	00:47:48	01:10:28	01:37:29.55	01:39:27.60	+00:26:03 (26.7%)	4:37	13 (73.4%)
43	ZWIERZYŃSKI Piotr	1115	UNATCO	M-40	43	00:00:16	00:22:41	00:44:53	01:08:23	01:37:31.65	01:37:48.10	+00:26:05 (26.8%)	4:37	13 (73.4%)
44	KACZOR Rafał	826	PKO BANK POLSKI	M-40	44	00:00:26	00:23:49	00:46:41	01:10:03	01:37:51.65	01:38:18.40	+00:26:25 (27.0%)	4:38	12.9 (72.9%)
45	BRODEK Andrzej	173		M-40	45	00:00:06	00:21:59	00:44:19	01:08:14	01:37:52.30	01:37:58.70	+00:26:26 (27.0%)	4:38	12.9 (72.9%)
46	NIŻNIKIEWICZ Grzegorz	684		M-40	46	00:00:25	00:23:05	00:45:24	01:08:55	01:38:04.30	01:38:29.40	+00:26:38 (27.2%)	4:38	12.9 (72.9%)
47	PYZIK Tomasz	966	DRUŻYNA MOJACUKRZYCA.PL	M-40	47	00:00:04	00:22:06	00:44:33	01:08:17	01:38:16.70	01:38:21.60	+00:26:50 (27.3%)	4:39	12.9 (72.9%)
48	WALTER Marcin	999		M-40	48	00:00:56	00:24:11	00:46:55	01:10:15	01:38:21.10	01:39:17.25	+00:26:55 (27.4%)	4:39	12.9 (72.9%)
49	SZCZEPAŃSKI Rafał	871	OPEL ACTIVE TEAM	M-40	49	00:00:35	00:23:27	00:45:59	01:09:43	01:38:28.70	01:39:04.60	+00:27:02 (27.5%)	4:40	12.9 (72.9%)
50	BRYŁA Grzegorz	448		M-40	50	00:00:49	00:23:29	00:46:22	01:10:33	01:38:45.30	01:39:34.50	+00:27:19 (27.7%)	4:40	12.8 (72.3%)
51	LESZCZYŃSKI Mariusz	271		M-40	51	00:01:07	00:23:54	00:46:38	01:10:32	01:38:51.45	01:39:59.40	+00:27:25 (27.7%)	4:41	12.8 (72.3%)
52	STEFAŃSKI Zbigniew	959	HEBEL LIBIAŻ,	M-40	52	00:00:30	00:23:46	00:46:42	01:11:00	01:39:11.25	01:39:41.25	+00:27:45 (28.0%)	4:42	12.8 (72.3%)
53	RUBIN Andrzej	83	KB MCKIS JAWORZNO	M-40	53	00:00:34	00:24:04	00:46:42	01:10:55	01:39:11.95	01:39:46.80	+00:27:46 (28.0%)	4:42	12.8 (72.3%)
54	DZIECIAŃKOWSKI Jarosław	31	OPEL ACTIVE TEAM	M-40	54	00:00:35	00:22:59	00:45:56	01:09:59	01:39:14.65	01:39:50.10	+00:27:48 (28.0%)	4:42	12.8 (72.3%)
55	NAWROCKI Szymon	903		M-40	55	00:00:54	00:24:16	00:47:35	01:11:06	01:39:16.80	01:40:11.45	+00:27:50 (28.1%)	4:42	12.8 (72.3%)
56	NOWAK Adam	956	TAB2	M-40	56	00:00:39	00:23:11	00:45:10	01:08:59	01:39:19.15	01:39:58.25	+00:27:53 (28.1%)	4:42	12.7 (71.8%)
57	KOTOWICZ Tomasz	487	PRO-RUN WROCŁAW	M-40	57	00:00:47	00:23:57	00:47:00	01:10:42	01:39:27.35	01:40:14.35	+00:28:01 (28.2%)	4:42	12.7 (71.8%)
58	SKOWRON Marcin	313		M-40	58	00:00:29	00:23:52	00:46:44	01:11:01	01:39:32.35	01:40:01.55	+00:28:06 (28.2%)	4:43	12.7 (71.8%)
59	CZAJKA Roman	131		M-40	59	00:00:25	00:23:52	00:46:45	01:11:01	01:39:37.65	01:40:02.75	+00:28:11 (28.3%)	4:43	12.7 (71.8%)
60	MARCOLA Łukasz	796		M-40	60	00:00:37	00:23:57	00:46:51	01:11:05	01:39:39.65	01:40:17.45	+00:28:13 (28.3%)	4:43	12.7 (71.8%)

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			
61	OSTROWSKI Rafał	199		M-40	61	00:00:29	00:23:48	00:46:43	01:11:01	01:39:56.55	01:40:26.45	+00:28:30 (28.5%)	4:44	12.7 (71.8%)
62	STASZEWSKI Łukasz	510		M-40	62	00:01:57	00:23:48	00:46:43	01:10:57	01:39:59.45	01:41:57.25	+00:28:33 (28.6%)	4:44	12.7 (71.8%)
63	SKRZYPCZYK Paweł	1053		M-40	63	00:00:10	00:23:10	00:46:24	01:10:39	01:40:02.40	01:40:13.10	+00:28:36 (28.6%)	4:44	12.7 (71.8%)
64	MIECZNIKOWSKI Jacek	639		M-40	64	00:00:28	00:23:50	00:46:45	01:11:02	01:40:03.40	01:40:31.90	+00:28:37 (28.6%)	4:44	12.7 (71.8%)
65	RASZEWSKI Wojciech	1219	AUGUSTEAM	M-40	65	00:00:29	00:23:33	00:46:34	01:10:42	01:40:04.70	01:40:34.10	+00:28:38 (28.6%)	4:44	12.6 (71.2%)
66	BOGUS Rafał	963	CYCLING JURA	M-40	66	00:00:12	00:22:52	00:45:37	01:09:47	01:40:05.60	01:40:18.45	+00:28:39 (28.6%)	4:44	12.6 (71.2%)
67	TRACZUK Marek	438		M-40	67	00:00:48	00:24:17	00:47:43	01:12:03	01:40:10.75	01:40:59.15	+00:28:44 (28.7%)	4:44	12.6 (71.2%)
68	WASZKIEWICZ Tomasz	1085	PACEMAKER	M-40	68	00:00:28	00:23:47	00:46:41	01:11:00	01:40:15.50	01:40:43.85	+00:28:49 (28.8%)	4:45	12.6 (71.2%)
69	JASIŃSKI Leszek	983	LUCKY LOSERS	M-40	69	00:00:11	00:22:39	00:45:37	01:10:01	01:40:18.50	01:40:30.45	+00:28:52 (28.8%)	4:45	12.6 (71.2%)
70	GALIŃSKI Rafał	1018	STOWARZYSZENIE POWER WALK	M-40	70	00:00:34	00:24:16	00:47:37	01:11:40	01:40:19.65	01:40:54.10	+00:28:53 (28.8%)	4:45	12.6 (71.2%)
71	GŁÓWKA Rafał	663	DOLINIARZE.COM	M-40	71	00:00:53	00:24:35	00:47:40	01:11:58	01:40:24.45	01:41:18.25	+00:28:58 (28.9%)	4:45	12.6 (71.2%)
72	NOWAK Mariusz	530	HIRSCHVOGEL	M-40	72	00:00:47	00:24:10	00:47:26	01:11:50	01:40:31.90	01:41:19.30	+00:29:06 (28.9%)	4:45	12.6 (71.2%)
73	KURCZEK Tomasz	1203		M-40	73	00:00:40	00:23:55	00:47:10	01:11:25	01:40:33.95	01:41:14.40	+00:29:08 (29.0%)	4:45	12.6 (71.2%)
74	CIEŚLIK Paweł	545		M-40	74	00:00:34	00:23:56	00:46:56	01:11:12	01:40:37.35	01:41:11.60	+00:29:11 (29.0%)	4:46	12.6 (71.2%)
75	MACHURA Arkadiusz	863		M-40	75	00:00:47	00:24:19	00:47:46	01:12:02	01:40:37.50	01:41:24.95	+00:29:11 (29.0%)	4:46	12.6 (71.2%)
76	DANIŁOWSKI Tomasz	957	PARKRUN KATOWICE	M-40	76	00:00:33	00:23:43	00:46:38	01:10:59	01:40:46.40	01:41:19.45	+00:29:20 (29.1%)	4:46	12.6 (71.2%)
77	JACHIMOWSKI Waldemar	382	VIBOVIT KNURÓW	M-40	77	00:00:38	00:23:40	00:46:37	01:10:55	01:40:54.30	01:41:32.65	+00:29:28 (29.2%)	4:46	12.5 (70.6%)
78	CHOMIK Rafał	1026	T2 TEAM / WAY 2 CHAMP	M-40	78	00:00:28	00:23:35	00:47:09	01:12:12	01:41:12.40	01:41:40.60	+00:29:46 (29.4%)	4:47	12.5 (70.6%)
79	NOWAK Sebastian	780	MIECHOWICKA GRUPA BIEGOWA	M-40	79	00:00:16	00:24:06	00:47:52	01:12:28	01:41:31.70	01:41:47.70	+00:30:05 (29.6%)	4:48	12.5 (70.6%)
80	MAZUR Krzysztof	637	NOWA GLIWICE	M-40	80	00:00:51	00:23:33	00:46:11	01:10:29	01:41:31.95	01:42:23.05	+00:30:06 (29.6%)	4:48	12.5 (70.6%)
81	PROŃ Adam	64	IPRONMAN	M-40	81	00:00:04	00:23:39	00:47:33	01:12:36	01:41:35.75	01:41:40.45	+00:30:09 (29.7%)	4:48	12.5 (70.6%)
82	JAJUGA Tomasz	255		M-40	82	00:00:36	00:24:04	00:47:34	01:12:11	01:41:54.75	01:42:31.00	+00:30:28 (29.9%)	4:49	12.4 (70.1%)
83	PARUZEL Ireneusz	876		M-40	83	00:01:07	00:24:44	00:48:15	01:12:44	01:42:03.50	01:43:10.85	+00:30:37 (30.0%)	4:50	12.4 (70.1%)

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			
84	BATKO Janusz	1080		M-40	84	00:00:56	00:23:54	00:47:20	01:12:04	01:42:08.20	01:43:04.20	+00:30:42 (30.1%)	4:50	12.4 (70.1%)
85	MICHAŁOWSKI Bolesław	1207	NIGHT RUNNING TEAM KRAKÓW	M-40	85	00:00:03	00:23:26	00:46:48	01:11:37	01:42:08.80	01:42:12.00	+00:30:42 (30.1%)	4:50	12.4 (70.1%)
86	MOKRZYCKI Patryk	1091	SAINT-GOBAIN SQUAD	M-40	86	00:00:29	00:23:47	00:46:44	01:11:12	01:42:18.70	01:42:48.00	+00:30:52 (30.2%)	4:50	12.4 (70.1%)
87	JANECZEK Marek	532		M-40	87	00:00:41	00:23:53	00:47:07	01:11:55	01:42:39.80	01:43:21.35	+00:31:13 (30.4%)	4:51	12.3 (69.5%)
88	KLIMALA Jacek	1008		M-40	88	00:00:11	00:22:38	00:45:40	01:10:51	01:42:40.50	01:42:51.95	+00:31:14 (30.4%)	4:51	12.3 (69.5%)
89	BIERNAT Wojciech	152	OPEL ACTIVE TEAM	M-40	89	00:01:36	00:24:52	00:48:39	01:13:24	01:43:07.65	01:44:44.45	+00:31:41 (30.7%)	4:53	12.3 (69.5%)
90	GRAJNY Piotr	840	MOCNI POMOCNI	M-40	90	00:00:47	00:24:52	00:48:41	01:13:32	01:43:11.55	01:43:58.70	+00:31:45 (30.8%)	4:53	12.3 (69.5%)
91	KLIKS Andrzej	86	FIS-SST TEAM	M-40	91	00:00:55	00:24:51	00:48:45	01:13:33	01:43:17.30	01:44:13.15	+00:31:51 (30.8%)	4:53	12.3 (69.5%)
92	GRONDECKI Grzegorz	153	BIEGAMY Z SERCEM.PL	M-40	92	00:00:24	00:24:10	00:47:33	01:12:27	01:43:22.45	01:43:46.70	+00:31:56 (30.9%)	4:53	12.2 (68.9%)
93	GAWROŃSKI Zbigniew	1222		M-40	93	00:01:19	00:25:09	00:48:50	01:13:46	01:43:27.75	01:44:47.65	+00:32:01 (31.0%)	4:54	12.2 (68.9%)
94	SWOBODA Jarosław	71	NIGHT RUNNERS GLIWICE	M-40	94	00:00:59	00:25:02	00:48:55	01:13:50	01:43:31.35	01:44:30.35	+00:32:05 (31.0%)	4:54	12.2 (68.9%)
95	KACZKIEWICZ Damian	411	NIGHT RUNNERS GLIWICE	M-40	95	00:00:59	00:25:02	00:48:55	01:13:56	01:43:31.75	01:44:31.05	+00:32:05 (31.0%)	4:54	12.2 (68.9%)
96	STOLARCZYK Robert	55	NIGHT RUNNERS GLIWICE	M-40	96	00:00:45	00:25:01	00:49:08	01:14:04	01:43:54.55	01:44:39.90	+00:32:28 (31.3%)	4:55	12.2 (68.9%)
97	CICHOSZ Arkadiusz	524		M-40	97	00:00:45	00:24:23	00:48:16	01:13:25	01:44:01.40	01:44:46.55	+00:32:35 (31.3%)	4:55	12.2 (68.9%)
98	KWIATKOWSKI Grzegorz	1141		M-40	98	00:01:16	00:24:40	00:47:59	01:13:38	01:44:10.05	01:45:26.20	+00:32:44 (31.4%)	4:56	12.2 (68.9%)
99	STACHOWIAK Adam	654		M-40	99	00:01:33	00:24:38	00:48:16	01:13:17	01:44:11.15	01:45:44.45	+00:32:45 (31.4%)	4:56	12.2 (68.9%)
100	IMIOŁEK Arkadiusz	230	ED-CERT RUN	M-40	100	00:00:12	00:24:41	00:48:58	01:14:11	01:44:21.55	01:44:33.55	+00:32:55 (31.6%)	4:56	12.1 (68.4%)
101	SKRZYPIEC Konrad	818	OPEL ACTIVE TEAM	M-40	101	00:00:42	00:24:23	00:48:14	01:13:35	01:44:21.80	01:45:04.05	+00:32:55 (31.6%)	4:56	12.1 (68.4%)
102	TUREK Maciej	251		M-40	102	00:00:13	00:24:01	00:48:19	01:14:18	01:44:34.65	01:44:48.30	+00:33:08 (31.7%)	4:57	12.1 (68.4%)
103	KROCZYK Lesław	1105	SZTAFETA WOŚP	M-40	103	00:01:13	00:25:11	00:49:19	01:14:32	01:44:44.30	01:45:57.80	+00:33:18 (31.8%)	4:57	12.1 (68.4%)
104	SITEK Grzegorz	141	TARNOGORSKIE TOWARZYSTWO TRIATHLONOWE	M-40	104	00:00:30	00:25:17	00:49:21	01:14:15	01:44:55.90	01:45:26.25	+00:33:30 (31.9%)	4:58	12.1 (68.4%)
105	JANY Kamil	473		M-40	105	00:00:19	00:24:45	00:48:37	01:14:15	01:44:57.80	01:45:17.35	+00:33:31 (31.9%)	4:58	12.1 (68.4%)
106	KUCZMA Jarosław	432		M-40	106	00:01:02	00:25:30	00:49:52	01:15:13	01:45:02.25	01:46:04.70	+00:33:36 (32.0%)	4:58	12.1 (68.4%)

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			
107	WOJAKOWSKI Krzysztof	325	K&K RUN	M-40	107	00:01:04	00:25:54	00:49:45	01:15:09	01:45:03.50	01:46:07.55	+00:33:37 (32.0%)	4:58	12.1 (68.4%)
108	CHWALISZEWSKI Jarosław	59	NIGHT RUNNERS GLIWICE	M-40	108	00:01:08	00:25:30	00:49:38	01:15:03	01:45:08.60	01:46:17.05	+00:33:42 (32.1%)	4:59	12 (67.8%)
109	NARUSZEWICZ Arkadiusz	1011	VEOLIA - PWIK TARNOWSKIE GÓRY	M-40	109	00:00:19	00:24:45	00:48:36	01:14:00	01:45:20.60	01:45:39.95	+00:33:54 (32.2%)	4:59	12 (67.8%)
110	BRZozowski Piotr	398	KB MCKIS JAWORZNO	M-40	110	00:00:33	00:24:05	00:47:39	01:13:08	01:45:37.20	01:46:10.65	+00:34:11 (32.4%)	5:00	12 (67.8%)
111	JELEŃ Michał	384		M-40	111	00:00:24	00:24:26	00:48:36	01:14:11	01:45:40.15	01:46:04.95	+00:34:14 (32.4%)	5:00	12 (67.8%)
112	NOWAKOWSKI Jarek	806	TRI DIVISION FOR GOSIA	M-40	112	00:00:25	00:25:13	00:49:16	01:14:51	01:45:46.70	01:46:12.35	+00:34:20 (32.5%)	5:00	12 (67.8%)
113	PATRZYK Jacek	1114		M-40	113	00:01:03	00:25:46	00:50:48	01:16:52	01:45:47.15	01:46:50.40	+00:34:21 (32.5%)	5:00	12 (67.8%)
114	FAŁEK Krzysztof	804	ŁAMIGNATY	M-40	114	00:01:15	00:26:09	00:49:37	01:15:17	01:45:48.75	01:47:04.25	+00:34:22 (32.5%)	5:00	12 (67.8%)
115	PRZYBYLSKI Mariusz	146	PGB SPORTOWA PACZKA	M-40	115	00:00:48	00:25:18	00:49:46	01:15:25	01:46:08.15	01:46:56.50	+00:34:42 (32.7%)	5:01	11.9 (67.2%)
116	BUDZIŃSKI Krzysztof	1006	SCUBA DIVE	M-40	116	00:01:56	00:25:52	00:50:39	01:16:14	01:46:26.30	01:48:22.35	+00:35:00 (32.9%)	5:02	11.9 (67.2%)
117	KUBICA Gerard	1104		M-40	117	00:00:26	00:24:08	00:48:56	01:14:41	01:46:35.00	01:47:01.30	+00:35:09 (33.0%)	5:03	11.9 (67.2%)
118	JAROSZ Maciej	1201		M-40	118	00:00:57	00:25:04	00:49:19	01:14:49	01:46:35.65	01:47:32.85	+00:35:09 (33.0%)	5:03	11.9 (67.2%)
119	MIERZWA Adam	261		M-40	119	00:00:35	00:25:47	00:50:44	01:17:21	01:46:43.30	01:47:18.95	+00:35:17 (33.1%)	5:03	11.9 (67.2%)
120	BEŁKOT Akadiusz	1214		M-40	120	00:01:11	00:25:38	00:50:43	01:17:04	01:46:51.90	01:48:03.25	+00:35:26 (33.2%)	5:03	11.8 (66.7%)
121	PTASZNIK Jacek	1131		M-40	121	00:00:40	00:23:48	00:47:13	01:12:24	01:47:00.10	01:47:41.05	+00:35:34 (33.2%)	5:04	11.8 (66.7%)
122	KALITA Artur	535	ANTONTEAM	M-40	122	00:00:07	00:26:17	00:51:55	01:16:55	01:47:00.10	01:47:07.45	+00:35:34 (33.2%)	5:04	11.8 (66.7%)
123	PIETRZAK Marcin	93		M-40	123	00:00:46	00:24:26	00:48:42	01:14:19	01:47:04.20	01:47:51.00	+00:35:38 (33.3%)	5:04	11.8 (66.7%)
124	MARYNIAK Piotr	730	MIECHOWICKA GRUPA BIEGOWA	M-40	124	00:01:48	00:25:27	00:50:02	01:15:32	01:47:09.50	01:48:57.50	+00:35:43 (33.3%)	5:04	11.8 (66.7%)
125	MICHALSKI Bartosz	694	ABM	M-40	125	00:01:28	00:25:08	00:50:04	01:15:35	01:47:11.45	01:48:39.95	+00:35:45 (33.4%)	5:04	11.8 (66.7%)
126	WELM Grzegorz	506	ZABIEGANI CZĘSTOCHOWA	M-40	126	00:01:40	00:26:10	00:51:18	01:17:00	01:47:19.90	01:49:00.50	+00:35:54 (33.4%)	5:05	11.8 (66.7%)
127	PACAN Tomasz	589		M-40	127	00:00:29	00:23:47	00:46:45	01:12:28	01:47:23.80	01:47:52.90	+00:35:57 (33.5%)	5:05	11.8 (66.7%)
128	GOLEC Przemysław	1139		M-40	128	00:01:58	00:25:51	00:49:59	01:16:18	01:47:37.20	01:49:35.65	+00:36:11 (33.6%)	5:06	11.8 (66.7%)
129	KRZESIAK Michał	372		M-40	129	00:00:40	00:24:54	00:49:15	01:15:17	01:47:39.10	01:48:19.60	+00:36:13 (33.6%)	5:06	11.8 (66.7%)

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
130	PAWIŃSKI Wojciech	165		M-40	130	00:01:01	00:26:20	00:51:24	01:17:17	01:47:47.80	01:48:49.05	+00:36:21 (33.7%)	5:06	11.7 (66.1%)
131	GRAMATYKA Paweł	585		M-40	131	00:01:18	00:25:49	00:50:40	01:17:00	01:47:57.10	01:49:15.70	+00:36:31 (33.8%)	5:06	11.7 (66.1%)
132	POPIEL Artur	51		M-40	132	00:01:07	00:25:43	00:50:48	01:17:08	01:47:57.80	01:49:05.15	+00:36:31 (33.8%)	5:07	11.7 (66.1%)
133	WYSOCKI Tomasz	322	OCHAJORUN & FRIENDS	M-40	133	00:01:10	00:25:21	00:49:38	01:15:30	01:48:16.80	01:49:27.60	+00:36:50 (34.0%)	5:07	11.7 (66.1%)
134	RENKE Piotr	631	EWA BUGDOŁ TEAM	M-40	134	00:00:36	00:23:49	00:48:13	01:15:21	01:48:22.60	01:48:58.75	+00:36:56 (34.1%)	5:08	11.7 (66.1%)
135	WILSZ Adam	92	FIS-SST TEAM	M-40	135	00:00:55	00:25:58	00:50:55	01:16:49	01:48:27.45	01:49:22.90	+00:37:01 (34.1%)	5:08	11.7 (66.1%)
136	DADAŚ Janusz	11		M-40	136	00:00:41	00:25:34	00:51:00	01:17:39	01:48:32.10	01:49:13.55	+00:37:06 (34.2%)	5:08	11.7 (66.1%)
137	BORC Jacek	73		M-40	137	00:01:10	00:25:47	00:50:35	01:16:57	01:48:44.45	01:49:54.80	+00:37:18 (34.3%)	5:09	11.6 (65.5%)
138	DYMNICKI Andrzej	75	OCHAJORUN&FRIENDS	M-40	138	00:01:13	00:25:46	00:51:06	01:17:02	01:48:45.10	01:49:59.00	+00:37:19 (34.3%)	5:09	11.6 (65.5%)
139	ZAPOTOCZNY Przemek	358		M-40	139	00:01:32	00:26:18	00:51:18	01:17:28	01:48:57.10	01:50:29.35	+00:37:31 (34.4%)	5:09	11.6 (65.5%)
140	LEWANDOWSKI Henry	728		M-40	140	00:01:02	00:26:00	00:50:56	01:17:16	01:49:01.90	01:50:04.15	+00:37:36 (34.5%)	5:10	11.6 (65.5%)
141	ZDZIEBKO Artur	44		M-40	141	00:00:58	00:26:06	00:50:58	01:16:51	01:49:03.05	01:50:01.10	+00:37:37 (34.5%)	5:10	11.6 (65.5%)
142	PALICZKA Tomasz	676		M-40	142	00:00:00				01:49:19.00	01:49:19.00	+00:37:53 (34.7%)	5:10	11.6 (65.5%)
143	SIKORA Marek	865	W POGONI ZA DUCHEM	M-40	143	00:00:50	00:26:14	00:51:53	01:18:22	01:49:24.50	01:50:14.90	+00:37:58 (34.7%)	5:11	11.6 (65.5%)
144	KWAPIEŃ Paweł	1183		M-40	144	00:00:08	00:25:17	00:50:19	01:16:46	01:49:25.00	01:49:33.75	+00:37:59 (34.7%)	5:11	11.6 (65.5%)
145	JAMRÓZ Wojciech	1174	KW GLIWICE	M-40	145	00:00:39	00:25:21	00:50:04	01:16:24	01:49:37.70	01:50:16.75	+00:38:11 (34.8%)	5:11	11.5 (65.0%)
146	KOŻŁOWSKI Zbigniew	314	OFIARY KAMIENICA	M-40	146	00:00:56	00:25:58	00:50:43	01:17:24	01:49:41.00	01:50:37.45	+00:38:15 (34.9%)	5:11	11.5 (65.0%)
147	DEWOR Marek	418	OPEL ACTIVE TEAM	M-40	147	00:01:18	00:26:30	00:51:29	01:17:24	01:49:51.20	01:51:09.55	+00:38:25 (35.0%)	5:12	11.5 (65.0%)
148	BORSUK Mirosław	330	PACEMAKER	M-40	148	00:00:58	00:25:50	00:50:52	01:17:16	01:49:51.60	01:50:49.65	+00:38:25 (35.0%)	5:12	11.5 (65.0%)
149	HASA Adam	1129	SZTAFETA NA WOŚP	M-40	149	00:01:13	00:25:11	00:49:22	01:16:13	01:49:55.80	01:51:09.45	+00:38:29 (35.0%)	5:12	11.5 (65.0%)
150	DOBOSZ Daniel	1042		M-40	150	00:01:01	00:23:58	00:48:10	01:15:40	01:50:07.30	01:51:08.90	+00:38:41 (35.1%)	5:13	11.5 (65.0%)
151	MORDARSKI Artur	924		M-40	151	00:00:52	00:26:20	00:51:15	01:17:48	01:50:31.10	01:51:23.70	+00:39:05 (35.4%)	5:14	11.5 (65.0%)
152	STRASZAK Marek	732	KGB	M-40	152	00:01:23	00:25:39	00:50:45	01:17:43	01:50:53.65	01:52:17.55	+00:39:27 (35.6%)	5:15	11.4 (64.4%)

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			
153	PIWOWAR Grzegorz	841	EASY RUN	M-40	153	00:01:11	00:26:32	00:52:21	01:19:24	01:50:56.15	01:52:08.10	+00:39:30 (35.6%)	5:15	11.4 (64.4%)
154	BROM Tomasz	629		M-40	154	00:01:33	00:27:00	00:52:35	01:18:55	01:51:00.40	01:52:34.10	+00:39:34 (35.7%)	5:15	11.4 (64.4%)
155	SZOŁTYSEK Piotr	308		M-40	155	00:01:01	00:26:25	00:51:23	01:18:02	01:51:02.20	01:52:03.55	+00:39:36 (35.7%)	5:15	11.4 (64.4%)
156	MICHALAK Grzegorz	666	TOTALNY AMATOR	M-40	156	00:00:12	00:25:27	00:50:54	01:18:05	01:51:05.95	01:51:18.50	+00:39:40 (35.7%)	5:15	11.4 (64.4%)
157	BOREK Dariusz	1164		M-40	157	00:00:08	00:24:28	00:48:24	01:14:27	01:51:08.15	01:51:17.10	+00:39:42 (35.7%)	5:16	11.4 (64.4%)
158	ODOSZEWSKI Roman	454	OASIS SPORT TEAM	M-40	158	00:01:27	00:26:35	00:52:20	01:19:19	01:51:09.20	01:52:36.95	+00:39:43 (35.7%)	5:16	11.4 (64.4%)
159	GIERAS Mirosław	1019		M-40	159	00:00:10	00:26:20	00:52:15	01:19:23	01:51:10.65	01:51:20.70	+00:39:44 (35.7%)	5:16	11.4 (64.4%)
160	UCHNAST Sebastian	679	KUŹNIA TRIATHLONU	M-40	160	00:00:33	00:25:40	00:51:32	01:18:23	01:51:13.15	01:51:46.20	+00:39:47 (35.8%)	5:16	11.4 (64.4%)
161	RZESZOWSKI Arkadiusz	1101	EKOOKNA RUNNERS	M-40	161	00:00:45	00:26:38	00:52:24	01:19:20	01:51:14.60	01:51:59.85	+00:39:48 (35.8%)	5:16	11.4 (64.4%)
162	GRUSZKA Michal	374	KUŹNIA TRIATHLONU	M-40	162	00:00:32	00:25:41	00:51:34	01:18:23	01:51:15.10	01:51:47.85	+00:39:49 (35.8%)	5:16	11.4 (64.4%)
163	DOROS Adam	254		M-40	163	00:00:59	00:26:10	00:51:42	01:18:24	01:51:23.15	01:52:22.40	+00:39:57 (35.9%)	5:16	11.4 (64.4%)
164	SULIN Marek	1015	SPARTANIE DZIECIOM	M-40	164	00:00:44	00:26:30	00:51:52	01:18:46	01:51:26.65	01:52:10.95	+00:40:00 (35.9%)	5:16	11.4 (64.4%)
165	BUCHAL Grzegorz	1099		M-40	165	00:00:18	00:25:48	00:51:26	01:18:46	01:51:33.90	01:51:52.35	+00:40:08 (36.0%)	5:17	11.3 (63.8%)
166	KLYTA Wojciech	1185		M-40	166	00:01:53	00:25:57	00:51:42	01:18:36	01:51:35.75	01:53:29.50	+00:40:09 (36.0%)	5:17	11.3 (63.8%)
167	SZYMCZYSZYN Jerzy	1004	SCUBA DIVE	M-40	167	00:01:56	00:27:07	00:53:21	01:20:07	01:52:05.45	01:54:02.15	+00:40:39 (36.3%)	5:18	11.3 (63.8%)
168	PRUSKO Adrian	685		M-40	168	00:01:22	00:26:35	00:52:22	01:19:13	01:52:09.80	01:53:32.25	+00:40:43 (36.3%)	5:18	11.3 (63.8%)
169	KRAKOWCZYK Adam	120	SBRT	M-40	169	00:01:03	00:25:55	00:51:06	01:18:18	01:52:12.90	01:53:16.65	+00:40:47 (36.3%)	5:19	11.3 (63.8%)
170	ZAMOJSKI Bartek	829	MIECHOWICKA GRUPA BIEGOWA	M-40	170	00:01:39	00:25:50	00:51:29	01:18:31	01:52:35.30	01:54:14.65	+00:41:09 (36.6%)	5:20	11.2 (63.3%)
171	SIUDYGA Tomasz	1022		M-40	171	00:00:05	00:26:48	00:52:50	01:19:56	01:52:38.80	01:52:44.35	+00:41:12 (36.6%)	5:20	11.2 (63.3%)
172	KORCZAK Krzysztoff	1088		M-40	172	00:01:47	00:27:15	00:53:28	01:20:29	01:53:02.35	01:54:49.85	+00:41:36 (36.8%)	5:21	11.2 (63.3%)
173	MIZERA Robert	81		M-40	173	00:01:31	00:27:14	00:53:03	01:19:58	01:53:11.85	01:54:43.80	+00:41:45 (36.9%)	5:21	11.2 (63.3%)
174	RADUCKI Andrzej	1001	WIELUŃ BIEGA	M-40	174	00:00:50	00:28:20	00:54:51	01:21:58	01:53:12.05	01:54:02.45	+00:41:46 (36.9%)	5:21	11.2 (63.3%)
175	ROZWADOWSKI Dariusz	1060		M-40	175	00:01:14	00:26:42	00:53:01	01:20:14	01:53:32.10	01:54:46.45	+00:42:06 (37.1%)	5:22	11.2 (63.3%)

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			
176	KOWALCZYK Józef	1198		M-40	176	00:00:55	00:26:01	00:51:52	01:19:38	01:53:34.30	01:54:29.55	+00:42:08 (37.1%)	5:22	11.1 (62.7%)
177	MILER Ireneusz	369		M-40	177	00:01:44	00:27:00	00:52:45	01:20:08	01:53:42.30	01:55:26.45	+00:42:16 (37.2%)	5:23	11.1 (62.7%)
178	POLAK Krzysztof	133	OPEL ACTIVE TEAM	M-40	178	00:01:06	00:28:06	00:54:42	01:21:36	01:53:43.60	01:54:50.35	+00:42:17 (37.2%)	5:23	11.1 (62.7%)
179	DZIAŁKOWSKI Adam	377	4ACTIVE TEAM	M-40	179	00:00:35	00:24:29	00:48:16	01:15:59	01:53:47.40	01:54:23.15	+00:42:21 (37.2%)	5:23	11.1 (62.7%)
180	SZULC Michał	336	4M	M-40	180	00:01:01	00:27:18	00:53:50	01:21:16	01:53:52.15	01:54:53.15	+00:42:26 (37.3%)	5:23	11.1 (62.7%)
181	ZELMANOWICZ Jacek	932	ANTONTEAM	M-40	181	00:00:06	00:26:18	00:52:03	01:18:59	01:53:52.75	01:53:59.60	+00:42:26 (37.3%)	5:23	11.1 (62.7%)
182	CYRAN Adam	1048	PF	M-40	182	00:00:28	00:26:48	00:52:50	01:19:47	01:54:03.00	01:54:31.00	+00:42:37 (37.4%)	5:24	11.1 (62.7%)
183	CIMAŁA Rafał	652	ISTA BIEGAMY	M-40	183	00:01:39	00:27:07	00:53:14	01:20:12	01:54:32.80	01:56:12.45	+00:43:06 (37.6%)	5:25	11.1 (62.7%)
184	STACHOWSKI Wojciech	142		M-40	184	00:00:14	00:26:27	00:52:41	01:20:13	01:54:43.80	01:54:58.40	+00:43:17 (37.7%)	5:26	11 (62.1%)
185	BIELECKI Adam	576	CHÂTEAU CHALIN	M-40	185	00:01:01	00:26:56	00:53:49	01:22:03	01:54:56.00	01:55:57.25	+00:43:30 (37.8%)	5:26	11 (62.1%)
186	WAŚOWSKI Marek	939	MAXIMUS	M-40	186	00:01:12	00:27:08	00:53:21	01:20:57	01:55:01.80	01:56:14.75	+00:43:35 (37.9%)	5:27	11 (62.1%)
187	JEGLA Sebastian	439	4T SP. Z O.O.	M-40	187	00:00:53	00:26:19	00:52:38	01:20:25	01:55:36.00	01:56:29.05	+00:44:10 (38.2%)	5:28	11 (62.1%)
188	CZAPLA Arkadiusz	498		M-40	188	00:02:09	00:26:58	00:51:43	01:19:38	01:55:42.75	01:57:52.25	+00:44:16 (38.3%)	5:29	10.9 (61.6%)
189	POPIELA Mirosław	1188	FITBULL	M-40	189	00:00:07	00:24:46	00:50:37	01:19:18	01:55:44.15	01:55:51.85	+00:44:18 (38.3%)	5:29	10.9 (61.6%)
190	ŁOSIK Konrad	2405		M-40	190	00:01:59	00:26:40	00:53:18	01:22:14	01:56:07.00	01:58:06.05	+00:44:41 (38.5%)	5:30	10.9 (61.6%)
191	OLESIŃSKI Tomasz	299		M-40	191	00:00:11	00:27:38	00:54:04	01:21:51	01:56:10.80	01:56:22.65	+00:44:44 (38.5%)	5:30	10.9 (61.6%)
192	SMUDA Andrzej	157	AKMB PĘDZIWIATR GLIWICE	M-40	192	00:01:25	00:27:14	00:53:45	01:21:52	01:56:11.15	01:57:37.05	+00:44:45 (38.5%)	5:30	10.9 (61.6%)
193	CZERNEK Marek	549	BIEGAJ Z TRENERAMI	M-40	193	00:01:42	00:28:10	00:55:23	01:23:29	01:56:16.60	01:57:58.60	+00:44:50 (38.6%)	5:30	10.9 (61.6%)
194	LINEK Mariusz	1180		M-40	194	00:00:29	00:27:07	00:53:48	01:21:59	01:56:44.65	01:57:14.35	+00:45:18 (38.8%)	5:31	10.8 (61.0%)
195	STALICA Wojciech	984	IZOERG	M-40	195	00:01:16	00:28:07	00:54:30	01:22:39	01:56:47.95	01:58:04.55	+00:45:22 (38.8%)	5:32	10.8 (61.0%)
196	BIAŁAS Krzysztof	797	ŁAMIGNATY	M-40	196	00:01:15	00:28:51	00:56:22	01:24:07	01:56:55.55	01:58:10.75	+00:45:29 (38.9%)	5:32	10.8 (61.0%)
197	PINKAWA Olgierd	1073		M-40	197	00:00:27	00:26:49	00:52:51	01:20:31	01:56:56.90	01:57:24.75	+00:45:31 (38.9%)	5:32	10.8 (61.0%)
198	KOŁODZIEJ Jacek	890	NIGHT RUNNERS GLIWICE	M-40	198	00:01:09	00:28:00	00:55:01	01:23:19	01:57:13.70	01:58:23.15	+00:45:47 (39.1%)	5:33	10.8 (61.0%)

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			
199	WOŹNIAK Marek	337		M-40	199	00:01:17	00:28:08	00:55:12	01:23:41	01:57:15.40	01:58:32.45	+00:45:49 (39.1%)	5:33	10.8 (61.0%)
200	PŁONKA Krzysztof	621		M-40	200	00:01:29	00:27:57	00:55:05	01:23:25	01:57:18.00	01:58:47.70	+00:45:52 (39.1%)	5:33	10.8 (61.0%)
201	KOZACZKA Włodzimierz	192	BB EL-PROJEKT TEAM	M-40	201	00:01:22	00:28:00	00:55:18	01:23:43	01:57:18.10	01:58:40.45	+00:45:52 (39.1%)	5:33	10.8 (61.0%)
202	KOWALCZYK Grzegorz	159	BIEGAJ Z TRENERAMI	M-40	202	00:01:07	00:26:34	00:52:44	01:20:48	01:57:28.45	01:58:36.25	+00:46:02 (39.2%)	5:34	10.8 (61.0%)
203	JĘDRYKA Piotr	1157	TENNECO AUTOMOTIVE EASTERN EUROPE	M-40	203	00:00:27	00:25:06	00:51:06	01:19:49	01:57:35.40	01:58:03.00	+00:46:09 (39.3%)	5:34	10.8 (61.0%)
204	CYBA Marek	129		M-40	204	00:01:42	00:27:43	00:54:17	01:22:34	01:57:46.25	01:59:28.55	+00:46:20 (39.3%)	5:34	10.8 (61.0%)
205	PATRYARCHA Piotr	851		M-40	205	00:01:54	00:28:07	00:55:05	01:23:27	01:57:58.05	01:59:52.55	+00:46:32 (39.4%)	5:35	10.7 (60.5%)
206	SIKORA Grzegorz	420		M-40	206	00:01:47	00:27:43	00:53:09	01:21:37	01:57:59.60	01:59:47.55	+00:46:33 (39.5%)	5:35	10.7 (60.5%)
207	ŁUBKOWSKI Robert	1100		M-40	207	00:01:49	00:28:58	00:56:31	01:25:16	01:58:07.35	01:59:57.20	+00:46:41 (39.5%)	5:35	10.7 (60.5%)
208	KRAKOWSKI Jacek	1121	IPA II KATOWICE	M-40	208	00:01:45	00:28:11	00:55:53	01:24:55	01:58:17.70	02:00:03.05	+00:46:51 (39.6%)	5:36	10.7 (60.5%)
209	ĆWIOK Marek	426	TUV RHEINLAND	M-40	209	00:00:55	00:27:26	00:55:00	01:23:36	01:58:33.05	01:59:28.25	+00:47:07 (39.7%)	5:37	10.7 (60.5%)
210	ZEMŁA Piotr	267		M-40	210	00:00:56	00:27:55	00:55:52	01:24:26	01:58:59.90	01:59:55.90	+00:47:34 (40.0%)	5:38	10.6 (59.9%)
211	WIECZORKE Marcin	553		M-40	211	00:00:37	00:25:54	00:52:19	01:21:37	01:59:01.95	01:59:39.25	+00:47:36 (40.0%)	5:38	10.6 (59.9%)
212	ORŁOWSKI Daniel	838	BESTWHISKYMARKET.COM	M-40	212	00:01:25	00:28:20	00:55:59	01:24:59	01:59:08.70	02:00:34.65	+00:47:42 (40.0%)	5:38	10.6 (59.9%)
213	BRZEŹNIAK Krzysztof	1152	TENNECO AUTOMOTIVE EASTERN EUROPE	M-40	213	00:02:32	00:28:26	00:56:18	01:25:29	01:59:28.75	02:02:01.45	+00:48:02 (40.2%)	5:39	10.6 (59.9%)
214	KOWALCZYK Robert	664	ISTA BIEGAMY	M-40	214	00:01:35	00:27:11	00:53:20	01:22:06	01:59:53.60	02:01:28.80	+00:48:27 (40.4%)	5:40	10.6 (59.9%)
215	ZEGARTOWSKI Grzegorz	649	EZUNIVERSE	M-40	215	00:02:13	00:29:30	00:57:18	01:26:01	02:00:08.55	02:02:21.60	+00:48:42 (40.5%)	5:41	10.5 (59.3%)
216	SZCZECH Krzysztof	742		M-40	216	00:01:14	00:28:03	00:55:24	01:24:28	02:00:21.10	02:01:35.80	+00:48:55 (40.6%)	5:42	10.5 (59.3%)
217	KUCHNO Marcin	978	TAKENAKA	M-40	217	00:01:38	00:29:03	00:57:17	01:25:41	02:00:28.70	02:02:07.65	+00:49:02 (40.7%)	5:42	10.5 (59.3%)
218	JAKUBIAK Arkadiusz	12	OPEL ACTIVE TEAM	M-40	218	00:01:19	00:28:10	00:55:43	01:24:55	02:00:38.55	02:01:57.90	+00:49:12 (40.8%)	5:43	10.5 (59.3%)
219	MARKIEWICZ Rafał	1134		M-40	219	00:00:18	00:27:26	00:54:06	01:22:56	02:00:58.15	02:01:16.20	+00:49:32 (41.0%)	5:43	10.5 (59.3%)
220	MAZUR Sławek	408	INIEMASLABYCH.PL	M-40	220	00:01:19	00:28:46	00:56:38	01:25:45	02:01:06.05	02:02:25.95	+00:49:40 (41.0%)	5:44	10.5 (59.3%)
221	WÓJCIK Rafał	824		M-40	221	00:01:19	00:28:34	00:56:46	01:25:59	02:01:09.45	02:02:28.60	+00:49:43 (41.0%)	5:44	10.4 (58.8%)

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			
222	SZAFRUGA Michał	499	W POGONI ZA DUCHEM	M-40	222	00:01:49	00:28:13	00:55:29	01:25:08	02:01:30.10	02:03:19.20	+00:50:04 (41.2%)	5:45	10.4 (58.8%)
223	BAK-CESARZ Damian	596		M-40	223	00:01:13	00:28:47	00:56:36	01:25:39	02:01:34.45	02:02:47.45	+00:50:08 (41.2%)	5:45	10.4 (58.8%)
224	MASIAREK Mariusz	327	DRUŻYNA MOJACUKRZYCA.PL	M-40	224	00:01:11	00:28:13	00:55:45	01:24:30	02:03:20.50	02:04:31.85	+00:51:54 (42.1%)	5:50	10.3 (58.2%)
225	WIECZOREK Tomasz	807		M-40	225	00:01:38	00:28:00	00:55:46	01:25:39	02:03:44.05	02:05:22.85	+00:52:18 (42.3%)	5:51	10.2 (57.6%)
226	MRÓZ Adrian	647	TS IRON MAN GOGOLIN	M-40	226	00:01:20	00:28:07	00:55:41	01:25:37	02:03:45.20	02:05:05.40	+00:52:19 (42.3%)	5:51	10.2 (57.6%)
227	URBAŃSKI Marek	1021	WORK4	M-40	227	00:01:12	00:27:48	00:55:25	01:24:15	02:03:47.50	02:04:59.60	+00:52:21 (42.3%)	5:51	10.2 (57.6%)
228	HERLICZKA Tomasz	714		M-40	228	00:01:31	00:29:15	00:57:54	01:28:10	02:05:00.25	02:06:31.35	+00:53:34 (42.9%)	5:55	10.1 (57.1%)
229	GAJDA Marek	689		M-40	229	00:01:34	00:28:54	00:57:24	01:27:41	02:05:05.10	02:06:39.60	+00:53:39 (42.9%)	5:55	10.1 (57.1%)
230	BOBKOWSKI Maciej	46	PYSKOWICKIE KROKUSY	M-40	230	00:00:19	00:28:38	00:57:36	01:28:20	02:06:33.75	02:06:52.80	+00:55:07 (43.6%)	5:59	10 (56.5%)
231	KONOPKA Marek	228		M-40	231	00:00:35	00:27:45	00:55:22	01:25:17	02:06:46.70	02:07:22.35	+00:55:20 (43.7%)	6:00	10 (56.5%)
232	JARASZ Aleksander	449	NIGHT RUNNERS ZABRZE	M-40	232	00:01:37	00:29:59	00:59:00	01:29:54	02:07:23.10	02:09:00.95	+00:55:57 (43.9%)	6:02	9.9 (55.9%)
233	SZELUGA Jerzy	555		M-40	233	00:01:37	00:30:00	00:59:05	01:29:55	02:07:23.60	02:09:01.45	+00:55:57 (43.9%)	6:02	9.9 (55.9%)
234	CZAJKA Edward	122	NIGHT RUNNERS ZABRZE	M-40	234	00:01:35	00:30:02	00:59:04	01:29:56	02:07:25.85	02:09:00.95	+00:55:59 (43.9%)	6:02	9.9 (55.9%)
235	KAPIAS Krystian	166		M-40	235	00:00:53	00:27:28	00:55:34	01:27:51	02:07:29.75	02:08:22.75	+00:56:03 (44.0%)	6:02	9.9 (55.9%)
236	KOWALCZYK Owidiusz	104	RADIO WROCŁAW	M-40	236	00:00:18	00:30:07	00:59:17	01:30:01	02:07:33.45	02:07:52.30	+00:56:07 (44.0%)	6:02	9.9 (55.9%)
237	STYGIENKO Daniel	813		M-40	237	00:01:45	00:30:27	00:59:57	01:30:48	02:07:41.25	02:09:26.60	+00:56:15 (44.1%)	6:03	9.9 (55.9%)
238	MULEWSKI Bogdan	181		M-40	238	00:01:11	00:30:25	00:59:27	01:30:19	02:07:49.55	02:09:00.65	+00:56:23 (44.1%)	6:03	9.9 (55.9%)
239	JANAS Piotr	700	NIGHT RUNNERS	M-40	239	00:00:29	00:29:07	00:58:13	01:29:52	02:08:31.50	02:09:00.60	+00:57:05 (44.4%)	6:05	9.9 (55.9%)
240	PIETRAS Marcin	931		M-40	240	00:01:33	00:29:07	00:58:15	01:29:37	02:08:43.20	02:10:16.40	+00:57:17 (44.5%)	6:06	9.8 (55.4%)
241	ZGÓRSKI Grzegorz	830	SBRT GLIWICE	M-40	241	00:01:39	00:28:59	00:57:54	01:28:57	02:08:55.25	02:10:34.60	+00:57:29 (44.6%)	6:06	9.8 (55.4%)
242	BUFNAL Krzysztof	219		M-40	242	00:01:17	00:28:55	00:59:13	01:30:47	02:09:05.85	02:10:23.50	+00:57:39 (44.7%)	6:07	9.8 (55.4%)
243	KURIATA Janek	1000	GRYF KIETRZ	M-40	243	00:02:21	00:28:28	00:58:08	01:30:34	02:09:14.70	02:11:36.65	+00:57:48 (44.7%)	6:07	9.8 (55.4%)
244	POLEWKA Tomasz	988	UKS KOMETA GLIWICE	M-40	244	00:00:03	00:30:03	00:59:39	01:31:00	02:09:32.30	02:09:36.05	+00:58:06 (44.9%)	6:08	9.8 (55.4%)

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
245	DZIOBEK Jacek	816		M-40	245	00:00:13	00:28:39	00:56:18	01:28:07	02:09:47.90	02:10:01.15	+00:58:22 (45.0%)	6:09	9.8 (55.4%)
246	CHOJOWSKI Oskar	470		M-40	246	00:01:18	00:30:00	00:59:51	01:32:01	02:11:56.85	02:13:15.35	+01:00:30 (45.9%)	6:15	9.6 (54.2%)
247	MAREK Robert	447	MUSTANGI GLIWICE	M-40	247	00:01:35	00:30:09	01:00:37	01:32:47	02:14:19.90	02:15:55.55	+01:02:54 (46.8%)	6:21	9.4 (53.1%)
248	KAWECKI Dariusz	1072	ETISOFT RUNNING TEAM	M-40	248	00:01:23	00:31:26	01:02:36	01:34:55	02:15:00.25	02:16:23.90	+01:03:34 (47.1%)	6:23	9.4 (53.1%)
249	KRUSZYŃSKI Marcin	388	STADO PĘDZĄCYCH IMADEŁ	M-40	249	00:00:18	00:28:18	00:57:22	01:31:11	02:15:21.15	02:15:39.80	+01:03:55 (47.2%)	6:24	9.4 (53.1%)
250	STEINHOFF Adam	213	WIKTOR TEAM	M-40	250	00:01:56	00:31:19	01:02:25	01:37:54	02:16:04.85	02:18:01.05	+01:04:38 (47.5%)	6:26	9.3 (52.5%)
251	KASPEREK Ireneusz	136	FIS-SST	M-40	251	00:02:10	00:31:51	01:03:10	01:36:17	02:17:43.70	02:19:54.15	+01:06:17 (48.1%)	6:31	9.2 (52.0%)
252	WIEDERMANN Krzysztof	925	PEDRAFORCA	M-40	252	00:03:04	00:32:16	01:04:34	01:38:54	02:20:00.95	02:23:04.95	+01:08:35 (49.0%)	6:38	9 (50.8%)
253	CZAPEK Marek	467	NIGHT RUNNERS GLIWICE	M-40	253	00:02:36	00:32:37	01:04:32	01:39:24	02:20:29.90	02:23:06.70	+01:09:04 (49.2%)	6:39	9 (50.8%)
254	SAMULEWICZ Marcin	201		M-40	254	00:01:54	00:30:43	01:02:18	01:37:58	02:20:41.65	02:22:36.40	+01:09:15 (49.2%)	6:40	9 (50.8%)
255	ADAMOWSKI Jacek	745	NIGHT RUNNERS GLIWICE	M-40	255	00:02:03	00:33:16	01:05:44	01:39:53	02:21:03.45	02:23:07.10	+01:09:37 (49.4%)	6:41	9 (50.8%)
256	FRAĆ Dariusz	34	PACEMAKER	M-40	256	00:02:02	00:33:21	01:05:47	01:39:57	02:21:05.00	02:23:07.75	+01:09:39 (49.4%)	6:41	9 (50.8%)
257	PIETRZAK Maciej	149		M-40	257	00:01:45	00:31:58	01:04:57	01:41:25	02:26:06.90	02:27:52.15	+01:14:41 (51.1%)	6:55	8.7 (49.2%)
258	DOMAŃSKI Marcin	52		M-40	258	00:01:44	00:31:58	01:04:57	01:41:26	02:26:08.95	02:27:53.70	+01:14:43 (51.1%)	6:55	8.7 (49.2%)
259	MIGDAŁ Grzegorz	116		M-40	259	00:02:21	00:33:18	01:06:48	01:41:50	02:26:15.65	02:28:36.90	+01:14:49 (51.2%)	6:55	8.7 (49.2%)
	MALCZYK Janusz	933	GOPR BESKIDY	M-40		DNF	00:33:20 DNF	01:04:45 DNF	01:39:04 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 260 wynik(ów)