



Event: Półmaraton Gliwicki 2017
Organiser: Fundacja Bieg Rzeźnika
Date: 2017-10-22
Place: Gliwice
Distance: 21.1 km

IV PÓŁMARATON GLIWICKI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: M Open

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace 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	CIEPLAK Marcin	1212	CHEMIK RYBNIK	M-20	1	00:00:00	00:17:21	00:34:04	00:51:19	01:12:14.85	01:12:15.60	+00:00:48 (1.1%)	3:25	17.5 (98.9%)
3	JAMIŃSKI Adam	1227		M-20	2	00:00:00	00:17:23	00:34:06	00:51:19	01:12:23.90	01:12:24.65	+00:00:58 (1.3%)	3:25	17.5 (98.9%)
4	CZAPLA Kamil	1211	INŻYNIERIA BIEGANIA TEAM	M-20	3	00:00:00	00:17:21	00:34:05	00:51:56	01:13:50.50	01:13:51.15	+00:02:24 (3.3%)	3:30	17.1 (96.6%)
5	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	+00:02:31 (3.4%)	3:30	17.1 (96.6%)
6	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	+00:02:35 (3.5%)	3:30	17.1 (96.6%)
7	BIELIŃSKI Piotr	1130	SOKÓŁ KNURÓW	M-20	4	00:00:00	00:17:24	00:34:27	00:52:55	01:15:50.75	01:15:51.70	+00:04:24 (5.8%)	3:35	16.7 (94.4%)
8	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	+00:06:13 (8.0%)	3:40	16.3 (92.1%)
9	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	+00:07:06 (9.0%)	3:43	16.1 (91.0%)
10	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	+00:07:09 (9.1%)	3:43	16.1 (91.0%)
11	MUSKIETORZ Piotr	162		M-20	5	00:00:01	00:18:34	00:36:49	00:56:06	01:18:59.20	01:19:00.65	+00:07:33 (9.6%)	3:44	16 (90.4%)
12	KOZIARZ Przemysław	612	RUNONLINE TEAM	M-20	6	00:00:01	00:18:16	00:36:34	00:55:48	01:19:09.15	01:19:10.60	+00:07:43 (9.8%)	3:45	16 (90.4%)
13	NOWICKI Michał	760	SAKWA AGH/KW GLIWICE	M-20	7	00:00:02	00:18:55	00:37:26	00:56:49	01:19:43.10	01:19:45.55	+00:08:17 (10.4%)	3:46	15.9 (89.8%)
14	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	+00:08:50 (11.0%)	3:48	15.8 (89.3%)
15	GROŃ Krystian	1024	OASIS SPORT TEAM	M-20	8	00:00:02	00:18:37	00:37:13	00:56:50	01:20:26.30	01:20:28.45	+00:09:00 (11.2%)	3:48	15.7 (88.7%)
16	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%)
17	MARSZAŁ 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	+00:10:17 (12.6%)	3:52	15.5 (87.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
18	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%)
19	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	+00:10:35 (12.9%)	3:53	15.4 (87.0%)
20	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	+00:11:12 (13.6%)	3:55	15.3 (86.4%)
21	RZEPKA Piotr	17	PARKRUN KATOWICE	M-20	9	00:00:08	00:19:40	00:38:47	00:58:47	01:22:34.55	01:22:43.20	+00:11:08 (13.5%)	3:54	15.3 (86.4%)
22	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	+00:11:27 (13.8%)	3:55	15.3 (86.4%)
23	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	+00:11:31 (13.9%)	3:55	15.3 (86.4%)
24	NIESLON 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	+00:12:18 (14.7%)	3:58	15.1 (85.3%)
25	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	+00:12:46 (15.2%)	3:59	15 (84.7%)
26	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%)
27	POŚNIAK Tomasz	200	ISTA BIEGAMY	M-20	10	00:00:02	00:19:56	00:39:29	00:59:49	01:24:38.15	01:24:40.90	+00:13:12 (15.6%)	4:00	15 (84.7%)
28	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	+00:13:22 (15.8%)	4:01	14.9 (84.2%)
29	KOWOLIK Maciej	554		M-20	11	00:00:05	00:20:14	00:39:56	01:00:26	01:25:02.65	01:25:08.55	+00:13:36 (16.0%)	4:01	14.9 (84.2%)
30	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	+00:13:52 (16.3%)	4:02	14.8 (83.6%)
31	STAWINOJA 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%)
32	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	+00:14:26 (16.8%)	4:04	14.7 (83.1%)
33	MALINA Dawid	1089	PACEMAKER	M-20	12	00:00:02	00:20:15	00:39:59	01:00:58	01:25:55.80	01:25:58.70	+00:14:29 (16.9%)	4:04	14.7 (83.1%)
34	SZWAJA Mateusz	1179		M-18	1	00:00:01	00:19:34	00:39:26	01:00:25	01:26:05.60	01:26:06.85	+00:14:39 (17.0%)	4:04	14.7 (83.1%)
35	ŻOŁĄDŹ Piotr	1147		M-20	13	00:00:02	00:20:03	00:39:58	01:00:55	01:26:11.45	01:26:13.45	+00:14:45 (17.1%)	4:05	14.7 (83.1%)
36	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	+00:14:44 (17.1%)	4:05	14.7 (83.1%)
37	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%)
38	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	+00:15:05 (17.4%)	4:06	14.6 (82.5%)
39	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	+00:15:14 (17.6%)	4:06	14.6 (82.5%)
40	BANDURA Szymon	1010	BKT ADVANTAGE BIELSKO-BIAŁA	M-18	2	00:00:31	00:20:09	00:39:54	01:00:45	01:26:41.00	01:27:12.20	+00:15:15 (17.6%)	4:06	14.6 (82.5%)
41	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	+00:16:19 (18.6%)	4:09	14.4 (81.4%)
42	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	+00:16:19 (18.6%)	4:09	14.4 (81.4%)
43	KLIMCZAK Piotr	673	DONT GIVE UP!	M-20	14	00:00:04	00:21:30	00:41:38	01:02:32	01:27:50.80	01:27:55.30	+00:16:24 (18.7%)	4:09	14.4 (81.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
44	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%)
45	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	+00:17:04 (19.3%)	4:11	14.3 (80.8%)
46	MOTYL Piotr	1023		M-50	1	00:00:06	00:21:07	00:41:41	01:03:12	01:28:40.10	01:28:46.15	+00:17:14 (19.4%)	4:12	14.3 (80.8%)
47	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	+00:17:32 (19.7%)	4:12	14.2 (80.2%)
48	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	+00:17:33 (19.7%)	4:13	14.2 (80.2%)
49	BEHOUNEK Leszek	1106	TV SOKÓŁ ZAKOPANE	M-50	2	00:00:04	00:21:09	00:41:44	01:03:15	01:29:24.15	01:29:28.15	+00:17:58 (20.1%)	4:14	14.2 (80.2%)
50	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	+00:17:57 (20.1%)	4:14	14.2 (80.2%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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	+00:18:35 (20.7%)	4:16	14.1 (79.7%)
56	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	+00:18:43 (20.8%)	4:16	14 (79.1%)
57	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	+00:18:32 (20.6%)	4:15	14.1 (79.7%)
58	ANGRES Paweł	1059		M-20	16	00:00:06	00:21:41	00:42:41	01:04:47	01:30:16.05	01:30:22.75	+00:18:50 (20.9%)	4:16	14 (79.1%)
59	PIEKARCZYK Sławomir	326	UNIwersytet Śląski	M-20	17	00:00:03	00:20:14	00:40:59	01:03:19	01:30:19.20	01:30:22.95	+00:18:53 (20.9%)	4:16	14 (79.1%)
60	PIELA Mateusz	671		M-20	15	00:00:10	00:21:37	00:42:41	01:04:45	01:30:14.30	01:30:24.70	+00:18:48 (20.8%)	4:16	14 (79.1%)
61	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%)
62	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	+00:18:58 (21.0%)	4:17	14 (79.1%)
63	KASPRZAK Radosław	1216		M-20	18	00:00:07	00:21:38	00:42:35	01:04:44	01:30:25.05	01:30:32.85	+00:18:59 (21.0%)	4:17	14 (79.1%)
64	PACZKA Michał	735	RUNONLINE.PL TEAM	M-50	3	00:00:16	00:21:18	00:41:59	01:04:31	01:30:19.05	01:30:35.60	+00:18:53 (20.9%)	4:16	14 (79.1%)
65	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%)
66	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	+00:18:57 (21.0%)	4:17	14 (79.1%)
67	WILK Dawid	1170	PACEMAKER	M-20	19	00:00:07	00:21:39	00:42:41	01:04:47	01:30:33.05	01:30:40.05	+00:19:07 (21.1%)	4:17	14 (79.1%)
68	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%)
69	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	+00:19:17 (21.3%)	4:18	14 (79.1%)

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70	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	+00:18:46 (20.8%)	4:16	14 (79.1%)
71	MIKOS Marcin	823	NIGHT RUNNERS	M-20	20	00:00:15	00:21:35	00:42:35	01:04:44	01:30:44.65	01:30:59.85	+00:19:18 (21.3%)	4:18	14 (79.1%)
72	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	+00:19:23 (21.3%)	4:18	13.9 (78.5%)
73	PIEJKO Jakub	1066	-	M-20	21	00:00:14	00:20:17	00:41:37	01:04:41	01:30:50.70	01:31:05.00	+00:19:24 (21.4%)	4:18	13.9 (78.5%)
74	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	+00:19:32 (21.5%)	4:18	13.9 (78.5%)
75	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%)
76	MICHAŁSKI 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	+00:20:30 (22.3%)	4:21	13.8 (78.0%)
76	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	+00:20:18 (22.1%)	4:20	13.8 (78.0%)
78	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	+00:20:21 (22.2%)	4:20	13.8 (78.0%)
79	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	+00:20:48 (22.6%)	4:22	13.7 (77.4%)
80	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%)
81	KOWARA Piotrek	301	NOGAMI DO PRZODU	M-20	22	00:00:17	00:21:33	00:42:35	01:04:41	01:32:18.20	01:32:35.20	+00:20:52 (22.6%)	4:22	13.7 (77.4%)
82	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	+00:21:05 (22.8%)	4:23	13.7 (77.4%)
83	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%)
84	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	+00:21:37 (23.2%)	4:24	13.6 (76.8%)
85	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	+00:21:41 (23.3%)	4:24	13.6 (76.8%)
86	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	+00:21:39 (23.3%)	4:24	13.6 (76.8%)
87	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%)
88	GIGOŃ Dariusz	406	KB MCKIS JAWORZNO	M-50	4	00:00:34	00:22:16	00:43:32	01:05:44	01:32:53.20	01:33:27.25	+00:21:27 (23.1%)	4:24	13.6 (76.8%)
89	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%)
90	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%)
91	TROCHIMCZYK Marcin	681		M-20	24	00:00:22	00:21:52	00:43:10	01:05:55	01:33:13.85	01:33:36.45	+00:21:47 (23.4%)	4:25	13.6 (76.8%)
92	KRAWCZYK Dawid	1128	BIEGAJ Z BANANEM	M-20	23	00:00:47	00:21:28	00:43:00	01:05:24	01:32:52.00	01:33:39.95	+00:21:26 (23.1%)	4:24	13.6 (76.8%)
93	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	+00:22:20 (23.8%)	4:26	13.5 (76.3%)
94	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%)
95	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
96	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%)
97	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%)
98	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	+00:22:41 (24.1%)	4:27	13.5 (76.3%)
99	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	+00:22:51 (24.2%)	4:28	13.4 (75.7%)
100	WANIEWSKI Michał	773		M-30	47	00:00:04	00:21:46		01:06:58	01:34:26.20	01:34:31.00	+00:23:00 (24.4%)	4:28	13.4 (75.7%)
101	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%)
102	ŁYZIŃSKI Jan	781		M-50	5	00:00:12	00:21:52	00:43:30	01:06:31	01:34:30.70	01:34:43.35	+00:23:04 (24.4%)	4:28	13.4 (75.7%)
103	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	+00:23:02 (24.4%)	4:28	13.4 (75.7%)
104	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	+00:23:06 (24.4%)	4:28	13.4 (75.7%)
105	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%)
106	KROCZEK Andrzej	1159		M-50	6	00:00:12	00:22:01	00:43:41	01:06:47	01:34:34.90	01:34:47.85	+00:23:09 (24.5%)	4:28	13.4 (75.7%)
107	SCHAB Bartłomiej	14		M-20	25	00:00:10	00:21:11	00:42:44	01:05:59	01:34:39.35	01:34:50.15	+00:23:13 (24.5%)	4:29	13.4 (75.7%)
108	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	+00:23:23 (24.7%)	4:29	13.3 (75.1%)
109	SKORUPKA Adam	306		M-18	3	00:00:37	00:21:25	00:42:15	01:05:29	01:34:28.15	01:35:05.35	+00:23:02 (24.4%)	4:28	13.4 (75.7%)
110	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	+00:23:06 (24.4%)	4:28	13.4 (75.7%)
111	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	+00:23:39 (24.9%)	4:30	13.3 (75.1%)
112	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	+00:22:14 (23.7%)	4:26	13.5 (76.3%)
113	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	+00:23:44 (24.9%)	4:30	13.3 (75.1%)
114	NOWAK Mateusz	869	PRZEBIEGA.PL	M-20	26	00:00:26	00:20:31	00:41:43	01:04:48	01:34:52.80	01:35:19.10	+00:23:26 (24.7%)	4:29	13.3 (75.1%)
115	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%)
116	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%)
117	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	+00:23:41 (24.9%)	4:30	13.3 (75.1%)
118	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	+00:23:23 (24.7%)	4:29	13.4 (75.7%)
119	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%)
120	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	+00:23:56 (25.1%)	4:31	13.3 (75.1%)
121	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	+00:24:09 (25.3%)	4:31	13.2 (74.6%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
122	TKACZ Paweł	584	BBL GŁUCHOŁĄZY	M-30	60	00:00:20	00:21:33	00:43:28	01:06:40	01:35:35.30	01:35:55.60	+00:24:09 (25.3%)	4:31	13.2 (74.6%)
123	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%)
124	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	+00:23:37 (24.9%)	4:30	13.3 (75.1%)
125	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	+00:24:13 (25.3%)	4:31	13.2 (74.6%)
126	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%)
127	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%)
128	MALINA Krzysztof	1202	INŻYNIERIA BIEGANIA TEAM	M-50	7	00:00:09	00:22:10	00:44:18	01:07:30	01:36:19.10	01:36:28.40	+00:24:53 (25.8%)	4:33	13.1 (74.0%)
129	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	+00:24:33 (25.6%)	4:32	13.2 (74.6%)
130	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	+00:24:17 (25.4%)	4:32	13.2 (74.6%)
131	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	+00:23:12 (24.5%)	4:29	13.4 (75.7%)
132	BAŃBUŁA 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	+00:25:19 (26.2%)	4:35	13.1 (74.0%)
133	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	+00:24:50 (25.8%)	4:33	13.2 (74.6%)
134	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%)
135	SZYDŁO Grzesiu	981	LUCKY LOSERS	M-20	27	00:00:12	00:21:55	00:44:14	01:07:38	01:36:48.60	01:37:00.65	+00:25:22 (26.2%)	4:35	13.1 (74.0%)
136	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	+00:25:33 (26.4%)	4:35	13.1 (74.0%)
137	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	+00:25:10 (26.1%)	4:34	13.1 (74.0%)
138	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	+00:25:15 (26.1%)	4:34	13.1 (74.0%)
139	KARLIK Mateusz	883	PROPOINT	M-20	28	00:00:23	00:23:11	00:45:48	01:09:08	01:36:58.25	01:37:21.45	+00:25:32 (26.3%)	4:35	13.1 (74.0%)
140	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%)
141	ZYCHOWICZ Artur	1123	-	M-50	8	00:00:16	00:21:48	00:44:08	01:07:56	01:37:07.80	01:37:24.05	+00:25:41 (26.5%)	4:36	13 (73.4%)
142	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%)
143	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	+00:25:49 (26.6%)	4:36	13 (73.4%)
144	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%)
145	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%)
146	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	+00:25:33 (26.4%)	4:35	13.1 (74.0%)
147	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
148	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	+00:25:09 (26.0%)	4:34	13.1 (74.0%)
149	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	+00:26:19 (26.9%)	4:37	13 (73.4%)
150	URBAN Wiktor	969	NIGHT RUNNERS ZABRZU	M-20	30	00:00:06	00:21:40	00:43:40	01:07:46	01:37:39.10	01:37:46.05	+00:26:13 (26.9%)	4:37	13 (73.4%)
151	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%)
152	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%)
153	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%)
154	HORZELA Błażej	176	BETA-TRANS	M-20	29	00:00:25	00:22:47	00:45:15	01:08:57	01:37:30.20	01:37:55.85	+00:26:04 (26.7%)	4:37	13 (73.4%)
155	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	+00:26:05 (26.8%)	4:37	13 (73.4%)
156	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%)
157	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%)
158	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	+00:26:08 (26.8%)	4:37	13 (73.4%)
159	SUTKOWSKI Marcin	749	AKADEMIA BIEANIA SWIERKLANY	M-20	33	00:00:12	00:22:00	00:44:02	01:07:40	01:37:56.30	01:38:08.65	+00:26:30 (27.1%)	4:38	12.9 (72.9%)
160	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	+00:26:37 (27.1%)	4:38	12.9 (72.9%)
161	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	+00:26:26 (27.0%)	4:38	12.9 (72.9%)
162	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%)
163	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%)
164	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	+00:26:47 (27.3%)	4:39	12.9 (72.9%)
165	MASZKA Marcin	708	MK TEAM	M-20	32	00:00:29	00:23:19	00:45:32	01:08:50	01:37:52.75	01:38:22.65	+00:26:26 (27.0%)	4:38	12.9 (72.9%)
166	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	+00:26:54 (27.4%)	4:39	12.9 (72.9%)
167	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%)
168	CHROBOK Mateusz	318	NIGHT RUNNERS ZABRZE	M-20	34	00:00:36	00:23:40	00:46:19	01:09:52	01:37:56.90	01:38:33.75	+00:26:31 (27.1%)	4:38	12.9 (72.9%)
169	MULARCZYK Marek	212	BYLE DO PRZODU	M-20	31	00:00:43	00:22:30	00:45:00	01:08:43	01:37:51.35	01:38:34.60	+00:26:25 (27.0%)	4:38	12.9 (72.9%)
170	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	+00:26:53 (27.4%)	4:39	12.9 (72.9%)
171	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	+00:27:06 (27.5%)	4:40	12.8 (72.3%)
172	LOSKA Tomasz	20		M-20	39	00:00:28	00:23:48	00:46:38	01:10:38	01:38:22.10	01:38:50.15	+00:26:56 (27.4%)	4:39	12.9 (72.9%)
173	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	+00:26:59 (27.4%)	4:39	12.9 (72.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
174	KOTAS Adam	224	FUTURE PROCESSING RUNNING TEAM	M-20	37	00:00:37	00:23:37	00:46:21	01:09:49	01:38:20.05	01:38:57.80	+00:26:54 (27.4%)	4:39	12.9 (72.9%)
175	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	+00:26:58 (27.4%)	4:39	12.9 (72.9%)
176	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%)
177	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	+00:27:28 (27.8%)	4:41	12.8 (72.3%)
178	ROGAŁSKI 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	+00:26:52 (27.3%)	4:39	12.9 (72.9%)
179	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	+00:27:21 (27.7%)	4:40	12.8 (72.3%)
180	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	+00:27:14 (27.6%)	4:40	12.8 (72.3%)
181	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%)
182	HADZIK Rafał	32		M-30	94	00:00:10	00:23:24	00:46:33	01:10:19	01:39:08.00	01:39:18.75	+00:27:42 (27.9%)	4:41	12.8 (72.3%)
183	GOLA Daniel	574	DO GÓRY NOGAMI	M-20	41	00:00:23	00:23:39	00:46:41	01:10:22	01:38:55.75	01:39:18.85	+00:27:29 (27.8%)	4:41	12.8 (72.3%)
184	KĘDZIERSKI Alfred	1047		M-50	9	00:00:54	00:22:28	00:45:07	01:09:20	01:38:26.65	01:39:21.05	+00:27:00 (27.4%)	4:39	12.9 (72.9%)
185	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	+00:27:22 (27.7%)	4:40	12.8 (72.3%)
186	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	+00:27:33 (27.8%)	4:41	12.8 (72.3%)
187	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	+00:27:14 (27.6%)	4:40	12.8 (72.3%)
188	MASNY Michał	206		M-20	40	00:00:34	00:23:28	00:46:13	01:09:57	01:38:52.50	01:39:26.65	+00:27:26 (27.8%)	4:41	12.8 (72.3%)
189	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%)
190	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	+00:27:24 (27.7%)	4:41	12.8 (72.3%)
190	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	+00:27:24 (27.7%)	4:41	12.8 (72.3%)
192	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	+00:26:07 (26.8%)	4:37	13 (73.4%)
193	HORWAT Jan	993	ROZBIEGAMY TO MIASTO - CZECHOWICE - DZIEDZICE	M-50	10	00:00:29	00:23:48	00:46:40	01:10:40	01:39:01.85	01:39:31.75	+00:27:35 (27.9%)	4:41	12.8 (72.3%)
194	SBECZKA Rafał	942	EASY RUN RACIBÓRZ	M-20	38	00:01:12	00:22:46	00:45:56	01:09:24	01:38:20.15	01:39:32.25	+00:26:54 (27.4%)	4:39	12.9 (72.9%)
195	JĘCZMIONKA Szymon	833	PKM GLIWICE	M-20	44	00:00:27	00:23:50	00:46:42	01:10:42	01:39:06.30	01:39:34.00	+00:27:40 (27.9%)	4:41	12.8 (72.3%)
196	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	+00:27:54 (28.1%)	4:42	12.7 (71.8%)
197	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%)
198	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	+00:28:04 (28.2%)	4:42	12.7 (71.8%)
199	WENGLORZ Marcin	697	PROPOINT	M-20	43	00:00:33	00:23:46	00:46:41	01:10:58	01:39:05.85	01:39:39.75	+00:27:39 (27.9%)	4:41	12.8 (72.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net	Czas	Gap	Pace min/km	Pace km/h
										time 21.1km	brutto 21.1km			
200	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%)
201	CZARNOZYNSKI Aleksander	628	GTT INTERPROJEKT	M-50	12	00:00:04	00:23:39	00:46:38	01:10:40	01:39:37.55	01:39:42.25	+00:28:11 (28.3%)	4:43	12.7 (71.8%)
202	GIRYCKI Tomasz	892		M-50	11	00:00:20	00:23:41	00:46:27	01:10:33	01:39:23.70	01:39:44.65	+00:27:57 (28.1%)	4:42	12.7 (71.8%)
203	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	+00:27:21 (27.7%)	4:40	12.8 (72.3%)
204	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%)
205	WALISKO Bartłomiej	603		M-20	42	00:00:48	00:24:16	00:47:40	01:12:01	01:39:00.35	01:39:49.10	+00:27:34 (27.9%)	4:41	12.8 (72.3%)
206	DZIECIĄTKOWSKI 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%)
207	KOCHUIEVSKYI Oleksandr	640		M-20	35	00:01:50	00:23:47	00:46:44	01:11:00	01:38:02.65	01:39:53.35	+00:26:36 (27.1%)	4:38	12.9 (72.9%)
208	SUCHARZEWSKI Eugeniusz	1200		M-20	36	00:01:46	00:23:49	00:46:23	01:09:55	01:38:08.80	01:39:55.05	+00:26:42 (27.2%)	4:39	12.9 (72.9%)
209	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%)
210	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%)
211	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%)
212	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%)
213	WRĘCZYCKI Ireneusz	1110	AUGUSTEAM	M-50	13	00:00:13	00:22:31	00:45:13	01:09:42	01:39:49.85	01:40:02.85	+00:28:23 (28.4%)	4:43	12.7 (71.8%)
214	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	+00:28:03 (28.2%)	4:42	12.7 (71.8%)
215	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	+00:27:59 (28.1%)	4:42	12.7 (71.8%)
216	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%)
217	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%)
218	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%)
219	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%)
220	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%)
221	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	+00:28:17 (28.4%)	4:43	12.7 (71.8%)
222	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	+00:28:25 (28.5%)	4:43	12.7 (71.8%)
223	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%)
224	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	+00:28:22 (28.4%)	4:43	12.7 (71.8%)
225	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
226	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%)
227	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	+00:28:17 (28.4%)	4:43	12.7 (71.8%)
228	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%)
229	BĘBENEK Mieczysław	523	NIEZRZESZONY	M-50	14	00:00:40	00:23:48	00:46:54	01:11:04	01:39:54.65	01:40:35.25	+00:28:28 (28.5%)	4:44	12.7 (71.8%)
230	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	+00:28:38 (28.6%)	4:44	12.6 (71.2%)
231	SKOWROŃSKI Michał	870		M-20	45	00:00:30	00:23:38	00:46:25	01:10:40	01:40:08.05	01:40:38.50	+00:28:42 (28.7%)	4:44	12.6 (71.2%)
232	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	+00:28:44 (28.7%)	4:44	12.6 (71.2%)
233	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%)
234	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	+00:28:46 (28.7%)	4:44	12.6 (71.2%)
235	BARAN Ryszard	529	RAFAKO S.A.	M-50	15	00:00:32	00:23:18	00:46:13	01:10:19	01:40:14.05	01:40:46.50	+00:28:48 (28.7%)	4:45	12.6 (71.2%)
236	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	+00:28:37 (28.6%)	4:44	12.7 (71.8%)
237	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	+00:28:51 (28.8%)	4:45	12.6 (71.2%)
238	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	+00:28:34 (28.6%)	4:44	12.7 (71.8%)
239	WALCZYSZYN Andrzej	1029		M-50	17	00:00:13	00:23:13	00:46:11	01:10:35	01:40:37.60	01:40:50.85	+00:29:11 (29.0%)	4:46	12.6 (71.2%)
240	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%)
241	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	+00:29:15 (29.1%)	4:46	12.6 (71.2%)
242	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%)
243	PIFKO Bartłomiej	809		M-20	46	00:00:12	00:23:13	00:45:32	01:09:48	01:40:48.65	01:41:00.90	+00:29:22 (29.1%)	4:46	12.6 (71.2%)
244	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	+00:29:18 (29.1%)	4:46	12.6 (71.2%)
245	SALASOWICZ Jerzy	508		M-50	16	00:00:37	00:23:48	00:46:33	01:10:51	01:40:27.20	01:41:05.00	+00:29:01 (28.9%)	4:45	12.6 (71.2%)
246	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	+00:29:22 (29.1%)	4:46	12.6 (71.2%)
247	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%)
248	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%)
249	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%)
250	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%)
251	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
252	GAWELKO Janusz	693		M-50	18	00:00:43	00:24:23	00:47:51	01:12:09	01:40:38.75	01:41:22.40	+00:29:12 (29.0%)	4:46	12.6 (71.2%)
253	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%)
254	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%)
255	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	+00:29:25 (29.2%)	4:46	12.6 (71.2%)
256	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	+00:29:16 (29.1%)	4:46	12.6 (71.2%)
257	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	+00:28:39 (28.6%)	4:44	12.6 (71.2%)
258	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	+00:30:01 (29.6%)	4:48	12.5 (70.6%)
259	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%)
260	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%)
261	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%)
262	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	+00:29:01 (28.9%)	4:45	12.6 (71.2%)
263	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	+00:30:07 (29.7%)	4:48	12.5 (70.6%)
264	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	+00:30:08 (29.7%)	4:48	12.5 (70.6%)
265	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%)
266	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	+00:30:03 (29.6%)	4:48	12.5 (70.6%)
267	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	+00:29:54 (29.5%)	4:48	12.5 (70.6%)
268	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	+00:30:08 (29.7%)	4:48	12.5 (70.6%)
269	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	+00:30:07 (29.7%)	4:48	12.5 (70.6%)
270	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%)
271	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	+00:29:51 (29.5%)	4:48	12.5 (70.6%)
272	FLIS Dariusz	633	OLIMP ZABRZE	M-50	19	00:00:43	00:24:24	00:47:48	01:12:09	01:41:33.10	01:42:16.10	+00:30:07 (29.7%)	4:48	12.5 (70.6%)
273	MASARCZYK Wojciech	279		M-20	49	00:00:23	00:24:43	00:48:13	01:12:17	01:41:58.00	01:42:21.30	+00:30:32 (29.9%)	4:49	12.4 (70.1%)
274	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%)
275	GIERADA Grzegorz	1068		M-20	48	00:00:41	00:24:17	00:47:51	01:12:11	01:41:41.95	01:42:23.85	+00:30:16 (29.8%)	4:49	12.4 (70.1%)
276	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%)
277	KOSTORZ Konrad	707		M-20	50	00:00:25	00:23:53	00:47:18	01:12:03	01:42:10.90	01:42:36.35	+00:30:45 (30.1%)	4:50	12.4 (70.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
278	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	+00:30:33 (30.0%)	4:50	12.4 (70.1%)
279	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	+00:29:59 (29.6%)	4:48	12.5 (70.6%)
280	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	+00:30:42 (30.1%)	4:50	12.4 (70.1%)
281	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%)
282	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%)
283	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	+00:30:59 (30.3%)	4:51	12.4 (70.1%)
283	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	+00:30:50 (30.2%)	4:50	12.4 (70.1%)
285	ADAMEK Hubert	845	IPA KĘDZIERZYN-KOŹLE	M-30	129	00:00:39	00:24:08	00:47:42	01:12:14	01:42:24.45	01:43:03.95	+00:30:58 (30.2%)	4:51	12.4 (70.1%)
286	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%)
287	ZEMCZAK Kamil	599		M-20	47	00:01:56	00:23:47	00:47:08	01:11:31	01:41:10.50	01:43:07.20	+00:29:44 (29.4%)	4:47	12.5 (70.6%)
288	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%)
289	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	+00:30:32 (29.9%)	4:49	12.4 (70.1%)
290	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%)
291	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	+00:31:55 (30.9%)	4:53	12.2 (68.9%)
292	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	+00:31:22 (30.5%)	4:52	12.3 (69.5%)
293	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%)
294	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	+00:32:07 (31.0%)	4:54	12.2 (68.9%)
295	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	+00:32:19 (31.2%)	4:55	12.2 (68.9%)
296	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	+00:31:57 (30.9%)	4:54	12.2 (68.9%)
297	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	+00:32:19 (31.2%)	4:55	12.2 (68.9%)
298	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%)
299	PIETRYSIAK Stefan	759	S.A.S ZABRZE	M-50	20	00:00:29	00:23:51	00:47:00	01:12:21	01:43:35.30	01:44:04.70	+00:32:09 (31.0%)	4:54	12.2 (68.9%)
300	DAMIAN MARCZEWSKI Damian	1126		M-20	52	00:00:57	00:24:17	00:47:56	01:12:34	01:43:11.35	01:44:08.85	+00:31:45 (30.8%)	4:53	12.3 (69.5%)
301	ZIELONKA Tomasz	169		M-20	54	00:00:37	00:23:25	00:46:24	01:11:53	01:43:33.00	01:44:10.80	+00:32:07 (31.0%)	4:54	12.2 (68.9%)
302	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	+00:32:03 (31.0%)	4:54	12.2 (68.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net		Pace min/km	Pace km/h	
										time 21.1km	Czas brutto 21.1km			
303	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	+00:32:02 (31.0%)	4:54	12.2 (68.9%)
303	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%)
305	JABŁOŃSKI Łukasz	303	UNISONO / FIS-SST TEAM	M-20	53	00:00:56	00:24:50	00:48:44	01:13:32	01:43:18.85	01:44:15.75	+00:31:52 (30.9%)	4:53	12.3 (69.5%)
306	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	+00:32:54 (31.5%)	4:56	12.1 (68.4%)
307	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%)
308	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%)
309	RAWŁUSZAEWICZ Maksymilian	379		M-20	55	00:00:09	00:24:14	00:47:53	01:12:59	01:44:22.50	01:44:31.65	+00:32:56 (31.6%)	4:56	12.1 (68.4%)
310	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%)
311	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	+00:32:22 (31.2%)	4:55	12.2 (68.9%)
312	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%)
313	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%)
314	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%)
315	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%)
316	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%)
317	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	+00:32:49 (31.5%)	4:56	12.1 (68.4%)
318	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	+00:32:20 (31.2%)	4:55	12.2 (68.9%)
319	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	+00:33:24 (31.9%)	4:58	12.1 (68.4%)
320	SZENDZIELORZ Adam	89		M-50	22	00:00:53	00:24:40	00:48:41	01:13:41	01:44:10.00	01:45:03.80	+00:32:44 (31.4%)	4:56	12.2 (68.9%)
321	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%)
322	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	+00:32:52 (31.5%)	4:56	12.1 (68.4%)
323	KUCH Paweł	906		M-50	24	00:00:10	00:24:51	00:48:19	01:13:45	01:44:56.55	01:45:07.10	+00:33:30 (31.9%)	4:58	12.1 (68.4%)
324	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	+00:32:31 (31.3%)	4:55	12.2 (68.9%)
325	BARTOSIEWICZ Dariusz	156		M-50	23	00:00:45	00:24:22	00:48:12	01:14:01	01:44:22.90	01:45:08.25	+00:32:57 (31.6%)	4:56	12.1 (68.4%)
326	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	+00:33:36 (32.0%)	4:58	12.1 (68.4%)
327	NOWAKOWSKI Dominik	1178		Mieszkańcy Gliwic	1	00:00:36	00:24:07	00:48:49	01:14:34	01:44:33.95	01:45:10.20	+00:33:08 (31.7%)	4:57	12.1 (68.4%)
328	FRĄCZEK Łukasz	520		M-20	51	00:02:02	00:24:53	00:48:59	01:14:02	01:43:08.40	01:45:11.10	+00:31:42 (30.7%)	4:53	12.3 (69.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
329	PACUŁA Piotr	126	OPEL ACTIVE TEAM	M-50	26	00:00:01	00:24:18	00:48:43	01:14:23	01:45:12.00	01:45:13.05	+00:33:46 (32.1%)	4:59	12 (67.8%)
330	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	+00:32:33 (31.3%)	4:55	12.2 (68.9%)
331	RAWŁUSZEWICZ Waldemar	378		M-50	25	00:00:08	00:24:15	00:47:53	01:13:00	01:45:05.00	01:45:13.65	+00:33:39 (32.0%)	4:58	12 (67.8%)
332	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	+00:33:16 (31.8%)	4:57	12.1 (68.4%)
333	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%)
334	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%)
335	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%)
336	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	+00:33:04 (31.6%)	4:57	12.1 (68.4%)
337	SZUŚCIK Piotr	147	OPEL ACTIVE TEAM	M-50	21	00:01:39	00:25:44	00:49:35	01:14:10	01:43:51.90	01:45:30.95	+00:32:26 (31.2%)	4:55	12.2 (68.9%)
338	ŁAZOWSKI Maciej	899	PURE FIRE TEAM	M-20	56	00:00:20	00:24:48	00:48:43	01:14:06	01:45:11.05	01:45:32.00	+00:33:45 (32.1%)	4:59	12 (67.8%)
339	ZDANIEWICZ Radosław	625	PSYCHONAUICI	M-30	146	00:01:04	00:25:22	00:49:19	01:14:12	01:44:29.60	01:45:34.05	+00:33:03 (31.6%)	4:57	12.1 (68.4%)
340	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	+00:34:09 (32.4%)	5:00	12 (67.8%)
341	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%)
342	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	+00:33:10 (31.7%)	4:57	12.1 (68.4%)
343	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	+00:33:57 (32.2%)	4:59	12 (67.8%)
344	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%)
345	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	+00:33:33 (32.0%)	4:58	12.1 (68.4%)
346	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%)
347	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%)
348	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%)
349	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%)
350	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%)
351	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%)
351	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	+00:33:37 (32.0%)	4:58	12.1 (68.4%)
353	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%)
354	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	+00:34:37 (32.6%)	5:01	11.9 (67.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
355	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	+00:33:44 (32.1%)	4:59	12 (67.8%)
356	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	+00:34:15 (32.4%)	5:00	12 (67.8%)
357	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	+00:34:52 (32.8%)	5:02	11.9 (67.2%)
358	FOJCIK Rafal	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	+00:34:35 (32.6%)	5:01	11.9 (67.2%)
359	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%)
360	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	+00:34:35 (32.6%)	5:01	11.9 (67.2%)
361	ŚWIDEREK Andrzej	332	MIECHOWICKA GRUPA BIEGOWA	M-50	27	00:01:08	00:25:03	00:49:25	01:15:05	01:45:47.85	01:46:56.40	+00:34:21 (32.5%)	5:00	12 (67.8%)
362	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%)
363	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	+00:34:07 (32.3%)	5:00	12 (67.8%)
364	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%)
365	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	+00:34:11 (32.4%)	5:00	12 (67.8%)
365	FĄŁEK 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%)
367	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	+00:34:46 (32.7%)	5:01	11.9 (67.2%)
368	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%)
369	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	+00:34:40 (32.7%)	5:01	11.9 (67.2%)
370	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	+00:35:34 (33.3%)	5:04	11.8 (66.7%)
371	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	+00:34:54 (32.8%)	5:02	11.9 (67.2%)
372	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	+00:34:39 (32.7%)	5:01	11.9 (67.2%)
373	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%)
374	ŚWIĘTEK Marcin	896		M-20	57	00:01:19	00:25:01	00:49:29	01:14:59	01:46:02.50	01:47:21.55	+00:34:36 (32.6%)	5:01	11.9 (67.2%)
375	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	+00:35:00 (32.9%)	5:02	11.9 (67.2%)
376	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	+00:35:15 (33.0%)	5:03	11.9 (67.2%)
377	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%)
378	GULBA Stanisław	873		M-50	28	00:01:08	00:25:32	00:49:40	01:15:08	01:46:25.30	01:47:33.45	+00:34:59 (32.9%)	5:02	11.9 (67.2%)
379	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	+00:35:54 (33.5%)	5:05	11.8 (66.7%)
380	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	+00:35:58 (33.5%)	5:05	11.8 (66.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
381	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	+00:35:09 (33.0%)	5:03	11.9 (67.2%)
382	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%)
383	KOŹLIK Paweł	857		M-20	58	00:01:11	00:24:38	00:48:06	01:13:23	01:46:30.00	01:47:41.25	+00:35:04 (32.9%)	5:02	11.9 (67.2%)
384	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	+00:35:42 (33.3%)	5:04	11.8 (66.7%)
385	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%)
386	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%)
387	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	+00:35:38 (33.3%)	5:04	11.8 (66.7%)
388	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	+00:35:38 (33.3%)	5:04	11.8 (66.7%)
389	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	+00:36:17 (33.7%)	5:06	11.8 (66.7%)
390	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	+00:35:43 (33.3%)	5:04	11.8 (66.7%)
391	BEŁKOT Akradiusz	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%)
392	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	+00:35:22 (33.1%)	5:03	11.9 (67.2%)
393	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	+00:36:01 (33.5%)	5:05	11.8 (66.7%)
394	DROZD Grzegorz	163		M-20	61	00:00:42	00:24:34	00:48:55	01:14:49	01:47:29.35	01:48:11.60	+00:36:03 (33.5%)	5:05	11.8 (66.7%)
395	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	+00:36:06 (33.6%)	5:05	11.8 (66.7%)
396	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	+00:36:01 (33.5%)	5:05	11.8 (66.7%)
397	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	+00:35:59 (33.5%)	5:05	11.8 (66.7%)
398	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	+00:35:36 (33.3%)	5:04	11.8 (66.7%)
399	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%)
400	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	+00:35:49 (33.4%)	5:04	11.8 (66.7%)
401	BAJOREK Dawid	854		M-20	60	00:01:07	00:25:32	00:49:41	01:15:10	01:47:13.45	01:48:21.00	+00:35:47 (33.4%)	5:04	11.8 (66.7%)
401	CHMIELARZ Grzesiek	758	PATO KATO RUNNING TEAM	M-20	59	00:01:10	00:25:38	00:50:41	01:17:05	01:47:10.40	01:48:21.00	+00:35:44 (33.3%)	5:04	11.8 (66.7%)
403	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%)
403	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	+00:36:40 (33.9%)	5:07	11.7 (66.1%)
405	MAREK Sławomir	2525		M-50	29	00:00:52	00:26:12	00:51:06	01:17:28	01:47:30.55	01:48:22.80	+00:36:04 (33.6%)	5:05	11.8 (66.7%)
406	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	+00:35:48 (33.4%)	5:04	11.8 (66.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
407	BELZYT Edmund	598	ZABIEGANI CZĘSTOCHOWA	M-60	1	00:00:25	00:25:11	00:49:58	01:16:06	01:48:03.55	01:48:29.15	+00:36:37 (33.9%)	5:07	11.7 (66.1%)
408	SKOTNICKI Paweł	13		M-20	62	00:00:46	00:24:17	00:48:43	01:14:44	01:47:44.05	01:48:30.30	+00:36:18 (33.7%)	5:06	11.8 (66.7%)
409	ZAWIS Marek	285		M-50	30	00:00:59	00:25:49	00:50:52	01:17:10	01:47:33.90	01:48:33.65	+00:36:08 (33.6%)	5:05	11.8 (66.7%)
410	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%)
411	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	+00:36:31 (33.8%)	5:07	11.7 (66.1%)
412	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	+00:36:04 (33.6%)	5:05	11.8 (66.7%)
413	ROSADA Zdzisław	513		M-50	31	00:01:00	00:25:48	00:50:51	01:17:14	01:47:41.95	01:48:42.90	+00:36:16 (33.7%)	5:06	11.8 (66.7%)
414	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	+00:36:40 (33.9%)	5:07	11.7 (66.1%)
415	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%)
416	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	+00:36:35 (33.9%)	5:07	11.7 (66.1%)
417	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%)
418	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%)
419	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%)
420	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%)
421	CZEKA Rudolf	1046		M-50	32	00:01:13	00:25:42	00:50:40	01:17:04	01:47:52.95	01:49:06.15	+00:36:27 (33.8%)	5:06	11.7 (66.1%)
422	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	+00:37:30 (34.4%)	5:09	11.6 (65.5%)
423	MELICH Tomek	853	SOCIOS GÓRNIK	M-20	63	00:00:57	00:26:16	00:51:13	01:17:13	01:48:11.45	01:49:09.00	+00:36:45 (34.0%)	5:07	11.7 (66.1%)
424	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%)
425	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	+00:37:12 (34.3%)	5:08	11.7 (66.1%)
426	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	+00:36:48 (34.0%)	5:07	11.7 (66.1%)
426	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	+00:36:49 (34.0%)	5:07	11.7 (66.1%)
428	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%)
429	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	+00:37:08 (34.2%)	5:08	11.7 (66.1%)
430	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%)
431	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	+00:36:36 (33.9%)	5:07	11.7 (66.1%)
432	DZIEDZIC Andrzej	573	BHP	M-50	33	00:00:38	00:24:29	00:49:08	01:15:40	01:48:42.55	01:49:21.35	+00:37:16 (34.3%)	5:09	11.6 (65.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
433	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%)
434	ORLIK Jerzy	385		M-50	34	00:00:25	00:24:53	00:49:33	01:15:46	01:49:00.85	01:49:26.35	+00:37:34 (34.5%)	5:10	11.6 (65.5%)
435	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%)
436	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	+00:37:48 (34.6%)	5:10	11.6 (65.5%)
437	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	+00:36:47 (34.0%)	5:07	11.7 (66.1%)
438	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	+00:37:06 (34.2%)	5:08	11.7 (66.1%)
439	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%)
440	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	+00:36:53 (34.1%)	5:08	11.7 (66.1%)
441	STANEK Rafał	481	ZABIERZÓW BIEGA	M-50	35	00:00:30	00:23:50	00:47:38	01:14:28	01:49:03.90	01:49:34.00	+00:37:38 (34.5%)	5:10	11.6 (65.5%)
442	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%)
443	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	+00:37:11 (34.2%)	5:08	11.7 (66.1%)
444	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	+00:37:16 (34.3%)	5:09	11.6 (65.5%)
445	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%)
446	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	+00:37:41 (34.5%)	5:10	11.6 (65.5%)
447	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%)
448	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	+00:36:55 (34.1%)	5:08	11.7 (66.1%)
449	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%)
450	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%)
451	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	+00:37:59 (34.7%)	5:11	11.6 (65.5%)
452	GAŁUSZKA Michał	180		M-18	4	00:01:05	00:25:43	00:50:47	01:17:11	01:49:04.65	01:50:10.05	+00:37:38 (34.5%)	5:10	11.6 (65.5%)
453	GRUSZCZYŃSKI Bogusław	634		M-60	2	00:00:46	00:25:08	00:49:59	01:16:30	01:49:28.35	01:50:14.35	+00:38:02 (34.7%)	5:11	11.6 (65.5%)
454	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%)
455	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%)
456	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	+00:37:53 (34.7%)	5:10	11.6 (65.5%)
457	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%)
458	KOŹŁOWSKI Zbigniew	314	OFIARY KAMIEŃCA	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
459	HERZ Krzysztof	77	ANEMIKI	M-20	64	00:00:48	00:24:58	00:49:54	01:16:29	01:49:49.30	01:50:38.15	+00:38:23 (35.0%)	5:12	11.5 (65.0%)
460	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	+00:36:52 (34.0%)	5:08	11.7 (66.1%)
461	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	+00:38:30 (35.0%)	5:12	11.5 (65.0%)
462	GRYSZYN Michał	1140		M-20	65	00:00:19	00:23:30	00:47:14	01:15:11	01:50:27.45	01:50:47.15	+00:39:01 (35.3%)	5:14	11.5 (65.0%)
463	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	+00:38:54 (35.3%)	5:13	11.5 (65.0%)
464	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	+00:37:37 (34.5%)	5:10	11.6 (65.5%)
465	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	+00:38:25 (35.0%)	5:12	11.5 (65.0%)
466	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%)
467	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	+00:37:57 (34.7%)	5:11	11.6 (65.5%)
468	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%)
469	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%)
470	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%)
471	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%)
472	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%)
473	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%)
474	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%)
475	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	+00:38:50 (35.2%)	5:13	11.5 (65.0%)
476	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	+00:38:54 (35.3%)	5:13	11.5 (65.0%)
477	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	+00:39:54 (35.8%)	5:16	11.4 (64.4%)
478	PRENZENA Paweł	47		M-20	67	00:00:29	00:24:04	00:49:05	01:16:51	01:51:01.75	01:51:31.45	+00:39:35 (35.7%)	5:15	11.4 (64.4%)
479	BAJ Tomasz	145		M-20	66	00:00:46	00:25:34	00:50:22	01:17:01	01:50:46.35	01:51:32.90	+00:39:20 (35.5%)	5:14	11.4 (64.4%)
480	MOCEK Roman	613		M-50	37	00:01:55	00:26:08	00:51:02	01:17:02	01:49:39.25	01:51:34.70	+00:38:13 (34.9%)	5:11	11.5 (65.0%)
481	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	+00:39:07 (35.4%)	5:14	11.5 (65.0%)
482	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	+00:39:42 (35.7%)	5:16	11.4 (64.4%)
483	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	+00:38:41 (35.1%)	5:13	11.5 (65.0%)
483	ZELIK Bronisław	844	TSUNAMI BYTKÓW	M-60	3	00:01:00	00:26:29	00:51:54	01:18:11	01:50:39.10	01:51:39.55	+00:39:13 (35.4%)	5:14	11.4 (64.4%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net		Gap	Pace min/km	Pace km/h
										time	21.1km			
485	LUBICKI Wojciech	15	TRIUMF	M-50	38	00:00:27	00:24:33	00:49:23	01:16:45	01:51:14.65	01:51:41.75	+00:39:48 (35.8%)	5:16	11.4 (64.4%)
486	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	+00:39:57 (35.9%)	5:16	11.4 (64.4%)
487	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%)
488	PĘDOWSKI Wojciech	727	OK! SPORT	M-50	36	00:02:11	00:27:12	00:52:25	01:18:18	01:49:35.70	01:51:47.50	+00:38:09 (34.8%)	5:11	11.6 (65.5%)
489	GRUSZKA Michał	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%)
490	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	+00:39:44 (35.7%)	5:16	11.4 (64.4%)
491	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%)
492	NOWARA Andrzej	1229		M-50	39	00:00:18	00:25:48	00:51:26	01:18:45	01:51:33.90	01:51:52.55	+00:40:08 (36.0%)	5:17	11.3 (63.8%)
493	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	+00:39:31 (35.6%)	5:15	11.4 (64.4%)
494	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%)
495	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%)
496	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%)
497	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%)
498	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	+00:39:54 (35.8%)	5:16	11.4 (64.4%)
499	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%)
500	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	+00:38:56 (35.3%)	5:13	11.5 (65.0%)
501	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%)
502	BIENKOWSKI Piotr	352	PROMUR	M-20	69	00:00:57	00:25:52	00:50:58	01:17:26	01:51:28.55	01:52:26.35	+00:40:02 (35.9%)	5:17	11.4 (64.4%)
503	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	+00:40:04 (35.9%)	5:17	11.4 (64.4%)
504	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%)
505	KUŹNICKI Tomasz	820		M-30	235	00:00:00				01:52:35.00	01:52:35.00	+00:41:09 (36.6%)	5:20	11.2 (63.3%)
506	GRABSKI Paweł	790		M-20	68	00:01:18	00:26:37	00:52:21	01:18:59	01:51:18.50	01:52:36.50	+00:39:52 (35.8%)	5:16	11.4 (64.4%)
507	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%)
508	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	+00:41:09 (36.6%)	5:20	11.2 (63.3%)
509	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	+00:40:30 (36.2%)	5:18	11.3 (63.8%)
510	WIETRZYCKI Zenon	290	BIEGAJ Z TRENERAMI	M-50	40	00:00:44	00:25:38	00:50:19	01:17:28	01:51:57.70	01:52:41.80	+00:40:31 (36.2%)	5:18	11.3 (63.8%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
511	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%)
512	OSETEK Paweł	1243		M-20	70	00:00:07	00:22:46	00:46:43	01:14:25	01:52:36.80	01:52:44.55	+00:41:10 (36.6%)	5:20	11.2 (63.3%)
513	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	+00:40:56 (36.4%)	5:19	11.3 (63.8%)
514	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	+00:40:44 (36.3%)	5:18	11.3 (63.8%)
515	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	+00:40:03 (35.9%)	5:17	11.4 (64.4%)
516	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	+00:41:34 (36.8%)	5:21	11.2 (63.3%)
517	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%)
518	KRZYWICKI Jan	674		M-60	4	00:00:56	00:25:31	00:50:20	01:17:31	01:52:28.35	01:53:24.80	+00:41:02 (36.5%)	5:19	11.3 (63.8%)
519	OCHMAN Ireneusz	70	OPEL ACTIVE TEAM	M-50	41	00:01:18	00:27:30	00:53:55	01:20:41	01:52:06.35	01:53:25.25	+00:40:40 (36.3%)	5:18	11.3 (63.8%)
520	JEZIORNY Ryszard	451	WIELUŃ BIEGA	M-50	43	00:00:21	00:28:31	00:54:42	01:21:23	01:53:04.70	01:53:25.95	+00:41:38 (36.8%)	5:21	11.2 (63.3%)
521	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%)
522	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%)
523	SARKOWICZ Adam	1081	NIEZRZESZONY	M-50	42	00:00:56	00:26:52	00:52:41	01:19:27	01:52:46.85	01:53:43.60	+00:41:20 (36.7%)	5:20	11.2 (63.3%)
524	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	+00:40:58 (36.5%)	5:19	11.3 (63.8%)
525	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	+00:40:58 (36.5%)	5:19	11.3 (63.8%)
525	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	+00:40:55 (36.4%)	5:19	11.3 (63.8%)
527	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	+00:40:53 (36.4%)	5:19	11.3 (63.8%)
528	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	+00:41:38 (36.8%)	5:21	11.2 (63.3%)
529	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%)
530	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%)
531	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%)
532	ŻYNDA Łukasz	648		M-20	72	00:00:14	00:27:06	00:53:38	01:20:56	01:53:51.35	01:54:05.85	+00:42:25 (37.3%)	5:23	11.1 (62.7%)
533	KOŁAK Szymon	480		M-20	71	00:00:30	00:26:02	00:52:25	01:20:01	01:53:36.50	01:54:07.35	+00:42:10 (37.1%)	5:23	11.1 (62.7%)
534	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	+00:41:30 (36.7%)	5:21	11.2 (63.3%)
535	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%)
536	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	+00:41:31 (36.8%)	5:21	11.2 (63.3%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
537	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	+00:41:00 (36.5%)	5:19	11.3 (63.8%)
538	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%)
539	KANIA Dominik	1075	R.R. MARTIN PISZ JUŻ TE KSIĄŻKI	M-30	243	00:01:15	00:27:42	00:54:08	01:21:24	01:53:09.20	01:54:25.15	+00:41:43 (36.9%)	5:21	11.2 (63.3%)
540	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	+00:41:24 (36.7%)	5:20	11.2 (63.3%)
541	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%)
542	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%)
543	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	+00:43:00 (37.6%)	5:25	11.1 (62.7%)
544	HANO Jan	1061		M-70	1	00:00:40	00:26:42	00:53:05	01:20:45	01:54:00.40	01:54:40.55	+00:42:34 (37.3%)	5:24	11.1 (62.7%)
545	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	+00:41:31 (36.8%)	5:21	11.2 (63.3%)
546	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%)
547	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%)
548	KORCZAK Krzysztof	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%)
549	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%)
550	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%)
551	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	+00:42:43 (37.4%)	5:24	11.1 (62.7%)
552	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%)
553	GÓRECKI Janusz	175		M-50	44	00:00:16	00:25:21	00:51:22	01:19:31	01:54:56.55	01:55:12.80	+00:43:30 (37.9%)	5:26	11 (62.1%)
553	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	+00:42:08 (37.1%)	5:22	11.1 (62.7%)
555	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	+00:42:25 (37.3%)	5:23	11.1 (62.7%)
556	BODUCH Marcin	636		M-20	73	00:00:19	00:25:21	00:50:47	01:18:22	01:55:03.90	01:55:23.70	+00:43:38 (37.9%)	5:27	11 (62.1%)
556	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	+00:42:55 (37.5%)	5:25	11.1 (62.7%)
558	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	+00:42:56 (37.5%)	5:25	11.1 (62.7%)
559	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%)
560	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	+00:43:57 (38.1%)	5:28	11 (62.1%)
561	PIERZCHAŁSKI 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	+00:42:47 (37.5%)	5:24	11.1 (62.7%)
562	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	+00:43:00 (37.6%)	5:25	11.1 (62.7%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
563	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%)
564	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%)
565	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	+00:43:03 (37.6%)	5:25	11.1 (62.7%)
566	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%)
567	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	+00:43:18 (37.7%)	5:26	11 (62.1%)
568	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	+00:43:02 (37.6%)	5:25	11.1 (62.7%)
569	WĄSOWSKI 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%)
570	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	+00:43:38 (37.9%)	5:27	11 (62.1%)
571	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%)
572	GAŁECZKA Michał	247		M-20	74	00:01:12	00:26:01	00:52:19	01:20:13	01:55:12.10	01:56:24.90	+00:43:46 (38.0%)	5:27	11 (62.1%)
573	GAWEŁ Krzysztof	216		M-50	45	00:00:26	00:26:15	00:52:36	01:21:10	01:56:00.30	01:56:26.55	+00:44:34 (38.4%)	5:29	10.9 (61.6%)
574	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%)
575	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	+00:44:19 (38.3%)	5:29	10.9 (61.6%)
576	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	+00:43:17 (37.7%)	5:26	11 (62.1%)
577	KLEJNOWSKI Mateusz	461		M-20	75	00:00:58	00:28:11	00:55:48	01:24:51	01:56:12.45	01:57:10.80	+00:44:46 (38.5%)	5:30	10.9 (61.6%)
578	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%)
579	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	+00:44:33 (38.4%)	5:29	10.9 (61.6%)
580	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%)
581	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	+00:45:46 (39.1%)	5:33	10.8 (61.0%)
582	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	+00:44:43 (38.5%)	5:30	10.9 (61.6%)
583	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	+00:45:48 (39.1%)	5:33	10.8 (61.0%)
584	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	+00:45:35 (39.0%)	5:32	10.8 (61.0%)
584	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	+00:44:48 (38.5%)	5:30	10.9 (61.6%)
586	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	+00:43:57 (38.1%)	5:28	11 (62.1%)
587	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%)
588	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	+00:45:24 (38.9%)	5:32	10.8 (61.0%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
589	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%)
590	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	+00:44:34 (38.4%)	5:29	10.9 (61.6%)
591	BOJDA Dawid	477		M-20	78	00:00:31	00:27:10	00:54:37	01:23:06	01:57:24.55	01:57:55.65	+00:45:58 (39.2%)	5:33	10.8 (61.0%)
592	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%)
593	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	+00:45:30 (38.9%)	5:32	10.8 (61.0%)
594	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	+00:45:16 (38.8%)	5:31	10.8 (61.0%)
595	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%)
596	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%)
597	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%)
598	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%)
599	ROŻEK Michał	276		M-50	46	00:01:20	00:27:58	00:54:58	01:23:27	01:56:52.45	01:58:13.00	+00:45:26 (38.9%)	5:32	10.8 (61.0%)
600	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	+00:45:42 (39.0%)	5:33	10.8 (61.0%)
601	RYZIŃSKI Dariusz	19	SAN ESCOBAR	M-50	50	00:00:10	00:25:56	00:52:48	01:21:52	01:58:04.65	01:58:15.10	+00:46:38 (39.5%)	5:35	10.7 (60.5%)
602	MISIURA Artur	1057		M-20	79	00:00:45	00:28:42	00:56:24	01:25:15	01:57:29.35	01:58:15.20	+00:46:03 (39.2%)	5:34	10.8 (61.0%)
603	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%)
604	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	+00:45:46 (39.1%)	5:33	10.8 (61.0%)
605	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	+00:44:18 (38.3%)	5:29	10.9 (61.6%)
606	MĄCZKO Jan	1045		M-50	47	00:00:51	00:28:41	00:55:54	01:24:04	01:57:36.60	01:58:27.75	+00:46:10 (39.3%)	5:34	10.8 (61.0%)
607	GŁÓWKA Alfred	965	KARCZMA U FREDA	M-50	49	00:00:40	00:27:18	00:54:30	01:22:58	01:57:50.60	01:58:30.60	+00:46:24 (39.4%)	5:35	10.7 (60.5%)
608	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%)
609	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%)
610	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%)
611	WEBER Tomasz	23	HUSARIA RACE TEAM	M-20	77	00:01:22	00:28:36	00:55:36	01:23:48	01:57:24.35	01:58:47.00	+00:45:58 (39.2%)	5:33	10.8 (61.0%)
612	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%)
613	OZYP Mariusz	232	ODRIVE	M-20	85	00:00:01	00:28:30	00:56:23	01:24:35	01:58:47.85	01:58:49.65	+00:47:21 (39.9%)	5:37	10.7 (60.5%)
614	ROGÓŹIK 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	+00:46:14 (39.3%)	5:34	10.8 (61.0%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
615	PRZESTALSKI Marian	1169		M-20	76	00:01:52	00:28:19	00:55:03	01:23:08	01:57:07.30	01:59:00.15	+00:45:41 (39.0%)	5:33	10.8 (61.0%)
616	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	+00:46:12 (39.3%)	5:34	10.8 (61.0%)
617	MICHALAK Patryk	509		M-20	82	00:01:09	00:28:16	00:55:47	01:24:01	01:57:59.55	01:59:09.10	+00:46:33 (39.5%)	5:35	10.7 (60.5%)
618	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	+00:47:17 (39.8%)	5:37	10.7 (60.5%)
619	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	+00:46:06 (39.2%)	5:34	10.8 (61.0%)
620	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	+00:46:28 (39.4%)	5:35	10.7 (60.5%)
621	BIAŁECKI Jan	347	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-60	5	00:01:34	00:27:52	00:54:35	01:23:19	01:57:47.40	01:59:21.85	+00:46:21 (39.4%)	5:34	10.7 (60.5%)
622	SERAFIN Patryk	847		M-20	83	00:01:23	00:28:23	00:55:08	01:23:13	01:58:01.60	01:59:25.40	+00:46:35 (39.5%)	5:35	10.7 (60.5%)
623	MICHNA Wojciech	1177		M-20	84	00:01:12	00:26:00	00:52:39	01:20:51	01:58:15.45	01:59:28.10	+00:46:49 (39.6%)	5:36	10.7 (60.5%)
624	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%)
625	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%)
626	POLEWSKI Piotr	1090		M-50	48	00:01:46	00:27:40	00:54:17	01:22:30	01:57:43.10	01:59:29.40	+00:46:17 (39.3%)	5:34	10.8 (61.0%)
627	OSTROMEŃCKI 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	+00:46:35 (39.5%)	5:35	10.7 (60.5%)
628	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%)
629	PRUCHNIK Andrzej	88	OPEL ACTIVE TEAM	M-50	54	00:00:15	00:26:06	00:52:36	01:22:20	01:59:27.60	01:59:42.75	+00:48:01 (40.2%)	5:39	10.6 (59.9%)
630	PRZESTALSKI Kornel	1168		M-20	80	00:01:52	00:28:19	00:55:07	01:23:08	01:57:50.60	01:59:43.30	+00:46:24 (39.4%)	5:35	10.7 (60.5%)
631	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%)
632	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	+00:47:16 (39.8%)	5:37	10.7 (60.5%)
633	PAWLIK Rafał	591	POBORSZÓW	M-20	81	00:01:56	00:27:37	00:53:34	01:22:17	01:57:54.30	01:59:50.70	+00:46:28 (39.4%)	5:35	10.7 (60.5%)
634	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	+00:47:01 (39.7%)	5:36	10.7 (60.5%)
635	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%)
636	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%)
637	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%)
638	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	+00:47:50 (40.1%)	5:39	10.6 (59.9%)
639	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%)
640	BLASZKE Waldemar	328	NR GLIWICE	M-50	52	00:01:37	00:28:00	00:54:54	01:23:29	01:58:32.95	02:00:10.40	+00:47:07 (39.7%)	5:37	10.7 (60.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
641	WOLIŃSKI Józef	36		M-50	51	00:01:40	00:28:00	00:54:48	01:23:11	01:58:32.70	02:00:13.45	+00:47:06 (39.7%)	5:37	10.7 (60.5%)
642	JAKUBIK Witold	692		M-60	7	00:00:15	00:27:25	00:54:28	01:23:24	02:00:03.40	02:00:18.55	+00:48:37 (40.5%)	5:41	10.5 (59.3%)
643	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	+00:47:34 (40.0%)	5:38	10.6 (59.9%)
644	PADOŁ Zbigniew	278		M-50	57	00:00:12	00:29:22	00:56:59	01:25:32	02:00:08.00	02:00:20.20	+00:48:42 (40.5%)	5:41	10.5 (59.3%)
645	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	+00:48:47 (40.6%)	5:41	10.5 (59.3%)
646	FLORECKI Andrzej	82	AKMB PĘDZIWIATR GLIWICE	M-60	6	00:01:08	00:26:41	00:53:29	01:23:01	01:59:15.35	02:00:24.05	+00:47:49 (40.1%)	5:39	10.6 (59.9%)
647	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	+00:47:26 (39.9%)	5:38	10.7 (60.5%)
648	PIEKARA Piotr	653		M-20	88	00:00:46	00:29:29	00:57:04	01:25:34	01:59:47.40	02:00:34.00	+00:48:21 (40.4%)	5:40	10.6 (59.9%)
649	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%)
650	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	+00:48:02 (40.2%)	5:39	10.6 (59.9%)
651	MAŚLANKA Ireneusz	464	NIGHT RUNNERS GLIWICE	M-50	53	00:01:18	00:28:10	00:55:32	01:24:23	01:59:18.75	02:00:37.45	+00:47:52 (40.1%)	5:39	10.6 (59.9%)
652	PERZANOWSKI Piotr	414		M-20	86	00:01:41	00:27:48	00:54:39	01:23:01	01:58:57.10	02:00:38.45	+00:47:31 (39.9%)	5:38	10.6 (59.9%)
653	BUKOWSKI Adam	234		M-20	90	00:00:44	00:27:43	00:55:52	01:24:29	01:59:55.50	02:00:39.95	+00:48:29 (40.4%)	5:40	10.6 (59.9%)
654	BIOLIK Piotr	527		M-50	58	00:00:20	00:26:06	00:53:05	01:22:56	02:00:22.80	02:00:43.45	+00:48:56 (40.7%)	5:42	10.5 (59.3%)
655	GRADOŃ Włodzimierz	850		M-50	55	00:01:10	00:28:22	00:55:38	01:24:47	01:59:33.90	02:00:44.75	+00:48:08 (40.3%)	5:40	10.6 (59.9%)
656	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	+00:47:43 (40.1%)	5:38	10.6 (59.9%)
657	KALATA Grzegorz	564		M-20	87	00:01:57	00:26:32	00:53:07	01:22:18	01:58:58.10	02:00:56.05	+00:47:32 (40.0%)	5:38	10.6 (59.9%)
658	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	+00:48:08 (40.3%)	5:40	10.6 (59.9%)
659	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	+00:48:13 (40.3%)	5:40	10.6 (59.9%)
660	OSETEK Wiesław	1102	OSETEK TEAM	M-20	92	00:00:07	00:23:50	00:50:41	01:20:12	02:01:00.30	02:01:07.80	+00:49:34 (41.0%)	5:44	10.5 (59.3%)
661	BŁACH Piotr Buła	968	PACEMAKER	M-50	56	00:01:16	00:28:08	00:55:38	01:23:53	01:59:53.15	02:01:09.90	+00:48:27 (40.4%)	5:40	10.6 (59.9%)
662	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	+00:47:44 (40.1%)	5:38	10.6 (59.9%)
663	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	+00:48:30 (40.4%)	5:41	10.6 (59.9%)
664	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%)
665	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	+00:48:41 (40.5%)	5:41	10.5 (59.3%)
666	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	+00:48:31 (40.4%)	5:41	10.6 (59.9%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
667	MANISTA Paweł	651		M-20	91	00:01:20	00:28:07	00:55:07	01:23:24	02:00:06.35	02:01:26.40	+00:48:40 (40.5%)	5:41	10.5 (59.3%)
668	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%)
669	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	+00:48:03 (40.2%)	5:39	10.6 (59.9%)
670	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%)
671	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	+00:48:38 (40.5%)	5:41	10.5 (59.3%)
672	WYPCHOŁ Piotr	646		M-50	59	00:01:21	00:29:07	00:56:15	01:25:27	02:00:26.80	02:01:48.25	+00:49:00 (40.7%)	5:42	10.5 (59.3%)
673	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	+00:50:02 (41.2%)	5:45	10.4 (58.8%)
674	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%)
675	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%)
676	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	+00:48:59 (40.7%)	5:42	10.5 (59.3%)
677	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%)
678	BLACH Damian	791	EZUNIVERSE	M-20	89	00:02:13	00:29:30	00:57:17	01:26:02	01:59:55.05	02:02:08.60	+00:48:29 (40.4%)	5:40	10.6 (59.9%)
679	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	+00:49:28 (40.9%)	5:43	10.5 (59.3%)
680	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%)
681	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	+00:49:16 (40.8%)	5:43	10.5 (59.3%)
682	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%)
683	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%)
684	BĄK-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%)
685	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	+00:49:42 (41.0%)	5:44	10.5 (59.3%)
686	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%)
687	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	+00:51:44 (42.0%)	5:50	10.3 (58.2%)
688	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	+00:51:21 (41.8%)	5:49	10.3 (58.2%)
689	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	+00:51:14 (41.8%)	5:48	10.3 (58.2%)
690	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	+00:50:11 (41.3%)	5:45	10.4 (58.8%)
691	MACIASZEK Grzegorz	736	CROSSFIT CZĘSTOCHOWA BASTION	M-20	95	00:00:24	00:29:52	00:58:57	01:27:49	02:03:37.65	02:04:01.85	+00:52:11 (42.2%)	5:51	10.2 (57.6%)
692	GUJA Bogusław	197	KB MCKIS JAWORZNO	M-60	9	00:00:41	00:28:33	00:56:53	01:26:58	02:03:21.95	02:04:02.95	+00:51:56 (42.1%)	5:50	10.3 (58.2%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
693	STEINHOFF-TRACZEWSKI Marek	704		M-20	97	00:00:20	00:25:52	00:52:14	01:22:32	02:03:44.80	02:04:05.10	+00:52:18 (42.3%)	5:51	10.2 (57.6%)
694	JAWORECKI Paweł	1112		M-50	60	00:01:00	00:26:41	00:54:37	01:24:55	02:03:13.95	02:04:14.45	+00:51:48 (42.0%)	5:50	10.3 (58.2%)
695	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%)
696	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	+00:52:17 (42.3%)	5:51	10.2 (57.6%)
697	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	+00:50:14 (41.3%)	5:45	10.4 (58.8%)
698	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	+00:51:30 (41.9%)	5:49	10.3 (58.2%)
699	GRABOWSKI Zbigniew	923		M-60	8	00:01:24	00:28:25	00:56:16	01:26:14	02:03:19.30	02:04:43.50	+00:51:53 (42.1%)	5:50	10.3 (58.2%)
700	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	+00:52:42 (42.5%)	5:52	10.2 (57.6%)
701	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%)
702	POKRYSZKA Wojciech	242	KOMBO KURCZAKI	M-20	96	00:01:20	00:27:40	00:55:46	01:25:56	02:03:41.60	02:05:01.85	+00:52:15 (42.3%)	5:51	10.2 (57.6%)
703	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%)
704	ZIĘBA Michał	889		M-20	94	00:01:41	00:27:39	00:55:49	01:26:05	02:03:26.35	02:05:07.60	+00:52:00 (42.1%)	5:50	10.3 (58.2%)
705	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	+00:52:25 (42.3%)	5:52	10.2 (57.6%)
706	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%)
707	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	+00:52:16 (42.3%)	5:51	10.2 (57.6%)
708	OLSZEWSKI Bartosz	1244		M-20	98	00:01:26	00:29:12	00:57:16	01:26:28	02:03:59.15	02:05:25.70	+00:52:33 (42.4%)	5:52	10.2 (57.6%)
709	KWAŚNIOK Rafał	150	NIGHT RUNNERS GLIWICE	M-20	93	00:02:07	00:28:41	00:57:07	01:26:58	02:03:24.85	02:05:32.35	+00:51:58 (42.1%)	5:50	10.3 (58.2%)
710	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	+00:54:00 (43.1%)	5:56	10.1 (57.1%)
711	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	+00:52:43 (42.5%)	5:53	10.2 (57.6%)
712	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	+00:52:02 (42.1%)	5:51	10.3 (58.2%)
713	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	+00:54:30 (43.3%)	5:58	10.1 (57.1%)
714	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	+00:52:35 (42.4%)	5:52	10.2 (57.6%)
714	PUDEŁKO Dariusz	343	OPEL ACTIV TEAM	M-50	61	00:01:36	00:29:40	00:58:43	01:28:44	02:04:45.05	02:06:21.35	+00:53:19 (42.7%)	5:54	10.1 (57.1%)
716	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	+00:54:15 (43.2%)	5:57	10.1 (57.1%)
717	BIENKOWSKI 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	+00:53:26 (42.8%)	5:55	10.1 (57.1%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
718	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%)
719	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%)
720	KLAWENDER Ryszard	186	BIEGAMY Z SERCEM.PL	M-50	63	00:01:30	00:29:06	00:57:38	01:28:02	02:05:15.25	02:06:45.60	+00:53:49 (43.0%)	5:56	10.1 (57.1%)
721	MIERNICKI Mariusz	188	1959	M-50	62	00:02:00	00:28:40	00:57:31	01:28:20	02:04:47.15	02:06:47.40	+00:53:21 (42.8%)	5:54	10.1 (57.1%)
722	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	+00:53:41 (42.9%)	5:55	10.1 (57.1%)
723	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%)
724	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	+00:55:34 (43.8%)	6:01	10 (56.5%)
725	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%)
726	BUK Marcin	244		M-20	99	00:02:05	00:30:42	00:58:59	01:27:36	02:05:18.45	02:07:23.95	+00:53:52 (43.0%)	5:56	10.1 (57.1%)
727	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	+00:54:07 (43.1%)	5:57	10.1 (57.1%)
728	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	+00:55:31 (43.7%)	6:01	10 (56.5%)
729	KRAWCZYK Franciszek	113		M-18	5	00:01:23	00:29:38	00:57:24	01:28:17	02:06:11.90	02:07:35.25	+00:54:46 (43.4%)	5:58	10 (56.5%)
730	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	+00:54:35 (43.3%)	5:58	10 (56.5%)
731	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	+00:54:52 (43.4%)	5:59	10 (56.5%)
732	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	+00:54:54 (43.5%)	5:59	10 (56.5%)
733	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%)
734	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	+00:54:20 (43.2%)	5:57	10.1 (57.1%)
735	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	+00:55:04 (43.5%)	5:59	10 (56.5%)
736	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	+00:54:22 (43.2%)	5:57	10.1 (57.1%)
737	CZERNIK Andrzej	884		M-60	10	00:02:55	00:28:08	00:56:23	01:26:38	02:05:00.90	02:07:55.95	+00:53:35 (42.9%)	5:55	10.1 (57.1%)
738	SUSEŁ Alek	1245		M-20	102	00:00:01	00:27:28	00:53:47	01:28:04	02:08:03.50	02:08:05.15	+00:56:37 (44.2%)	6:04	9.9 (55.9%)
739	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	+00:55:15 (43.6%)	6:00	10 (56.5%)
740	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	+00:54:23 (43.2%)	5:57	10.1 (57.1%)
741	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%)
742	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	+00:55:53 (43.9%)	6:02	9.9 (55.9%)
743	TOMANEK Paweł	948		M-20	100	00:01:20	00:28:55	00:57:36	01:27:53	02:07:13.20	02:08:33.80	+00:55:47 (43.9%)	6:01	10 (56.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
744	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	+00:55:35 (43.8%)	6:01	10 (56.5%)
745	JĘDRZEJEWSKI Piotr	187		M-50	64	00:01:35	00:29:37	00:57:59	01:29:26	02:07:00.25	02:08:35.30	+00:55:34 (43.8%)	6:01	10 (56.5%)
746	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	+00:55:29 (43.7%)	6:00	10 (56.5%)
747	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	+00:55:34 (43.8%)	6:01	10 (56.5%)
748	STARONIEWICZ Janusz	1127	KJB RABKA-SŁONE	M-60	11	00:00:52	00:30:02	00:59:18	01:30:12	02:07:56.00	02:08:48.15	+00:56:30 (44.2%)	6:03	9.9 (55.9%)
749	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%)
749	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	+00:55:56 (43.9%)	6:02	9.9 (55.9%)
751	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%)
752	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	+00:55:58 (43.9%)	6:02	9.9 (55.9%)
753	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%)
753	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%)
755	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%)
756	ROLIŃSKI Tymoteusz	1118		M-20	101	00:01:37	00:29:59	00:59:00	01:29:55	02:07:24.25	02:09:01.85	+00:55:58 (43.9%)	6:02	9.9 (55.9%)
757	GĄSZCZAK Tadeusz	593		M-70	2	00:00:21	00:29:34	00:58:17	01:29:13	02:08:41.80	02:09:03.50	+00:57:15 (44.5%)	6:05	9.8 (55.4%)
758	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	+00:55:21 (43.7%)	6:00	10 (56.5%)
759	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	+00:56:00 (43.9%)	6:02	9.9 (55.9%)
760	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%)
761	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%)
762	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	+00:56:36 (44.2%)	6:04	9.9 (55.9%)
763	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%)
764	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	+00:57:27 (44.6%)	6:06	9.8 (55.4%)
765	PODOLAK Alfred	501	LAKS FRETPOŁ	M-50	65	00:01:57	00:27:01	00:55:21	01:28:32	02:08:17.15	02:10:14.20	+00:56:51 (44.3%)	6:04	9.9 (55.9%)
766	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%)
767	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%)
768	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	+00:58:41 (45.1%)	6:10	9.7 (54.8%)
769	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
770	STANISZEWSKI Krzysiek	706	ZARAZIĆ PASJĄ	M-20	104	00:01:07	00:28:15	00:55:33	01:27:03	02:10:24.90	02:11:31.90	+00:58:59 (45.2%)	6:10	9.7 (54.8%)
771	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	+00:58:54 (45.2%)	6:10	9.7 (54.8%)
772	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%)
773	RECZKO Mariusz	608		M-50	66	00:00:33	00:29:44	01:00:14	01:32:16	02:11:16.95	02:11:50.25	+00:59:51 (45.6%)	6:13	9.6 (54.2%)
774	KOZIOŁ Ryszard	595		M-50	67	00:00:30	00:27:46	00:56:53	01:29:38	02:11:34.65	02:12:04.90	+01:00:08 (45.7%)	6:14	9.6 (54.2%)
775	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	+00:58:35 (45.1%)	6:09	9.7 (54.8%)
776	BŁASZCZYSZYN Michał	392		M-20	103	00:02:27	00:30:10	00:59:19	01:30:14	02:09:59.45	02:12:26.95	+00:58:33 (45.0%)	6:09	9.7 (54.8%)
777	GADAWSKI Bartłomiej	189	SBRT GLIWICE	M-20	105	00:01:14	00:29:17	00:58:10	01:29:49	02:11:41.30	02:12:55.75	+01:00:15 (45.8%)	6:14	9.6 (54.2%)
778	DAWIDKO Paweł	717		M-20	106	00:01:14	00:29:17	00:58:10	01:29:49	02:11:42.25	02:12:56.50	+01:00:16 (45.8%)	6:14	9.6 (54.2%)
779	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%)
780	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	+01:01:43 (46.4%)	6:18	9.5 (53.7%)
781	SKURA Adam	1052	FLUOR SA	M-20	107	00:01:53	00:31:51	01:02:43	01:35:00	02:12:23.30	02:14:17.25	+01:00:57 (46.0%)	6:16	9.6 (54.2%)
782	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	+01:01:38 (46.3%)	6:18	9.5 (53.7%)
783	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	+01:02:41 (46.7%)	6:21	9.4 (53.1%)
784	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	+01:02:43 (46.8%)	6:21	9.4 (53.1%)
785	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	+01:03:33 (47.1%)	6:23	9.4 (53.1%)
786	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%)
787	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	+01:02:36 (46.7%)	6:21	9.4 (53.1%)
788	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%)
789	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	+01:02:25 (46.6%)	6:20	9.5 (53.7%)
790	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	+01:02:43 (46.8%)	6:21	9.4 (53.1%)
791	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%)
792	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	+01:05:02 (47.7%)	6:28	9.3 (52.5%)
793	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	+01:03:49 (47.2%)	6:24	9.4 (53.1%)
794	JASIŃSKI Sebastian	817		M-18	6	00:01:09	00:30:06	01:00:12	01:33:07	02:16:17.05	02:17:26.50	+01:04:51 (47.6%)	6:27	9.3 (52.5%)
795	SMOŁA Mieczysław	446	AKMB PĘDZIWIATR GLIWICE	M-60	12	00:01:05	00:29:49	00:59:09	01:32:13	02:16:34.00	02:17:39.95	+01:05:08 (47.7%)	6:28	9.3 (52.5%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
796	MIKOŁAJCZYK Michał	209		M-20	108	00:00:38	00:32:16	01:03:46	01:35:53	02:17:01.50	02:17:40.45	+01:05:35 (47.9%)	6:29	9.2 (52.0%)
797	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	+01:04:25 (47.4%)	6:26	9.3 (52.5%)
798	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%)
799	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%)
800	MARUMO Keishi	976	TAKENAKA	M-50	68	00:00:16	00:30:37	01:01:04	01:34:37	02:19:49.75	02:20:05.95	+01:08:23 (48.9%)	6:37	9.1 (51.4%)
801	GRABALSKI Kamil	171		M-20	109	00:01:43	00:33:14	01:05:03	01:38:15	02:18:27.90	02:20:10.95	+01:07:02 (48.4%)	6:33	9.1 (51.4%)
802	STELMACH Michał	429		M-20	110	00:01:56	00:31:03	01:02:41	01:36:33	02:18:37.00	02:20:33.05	+01:07:11 (48.5%)	6:34	9.1 (51.4%)
803	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	+01:07:19 (48.5%)	6:34	9.1 (51.4%)
804	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	+01:07:48 (48.7%)	6:35	9.1 (51.4%)
805	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	+01:08:21 (48.9%)	6:37	9.1 (51.4%)
806	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	+01:09:00 (49.1%)	6:39	9 (50.8%)
807	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	+01:08:01 (48.8%)	6:36	9.1 (51.4%)
808	KAPICKI Jan	862		M-60	13	00:00:11	00:30:34	01:03:28	01:39:59	02:22:10.35	02:22:21.95	+01:10:44 (49.8%)	6:44	8.9 (50.3%)
809	WOŁOWSKI Michał	413	SLAM DRINKERS BIŁGORAJ	M-20	111	00:01:41	00:32:19	01:04:32	01:38:48	02:20:40.80	02:22:22.30	+01:09:14 (49.2%)	6:40	9 (50.8%)
810	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%)
811	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%)
812	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%)
813	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%)
814	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%)
815	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	+01:11:17 (50.0%)	6:45	8.9 (50.3%)
816	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	+01:10:27 (49.7%)	6:43	8.9 (50.3%)
817	BEDNARCZYK Łukasz	719	BRAK	M-20	113	00:01:48	00:31:31	01:02:26	01:38:59	02:23:29.35	02:25:18.20	+01:12:03 (50.2%)	6:48	8.8 (49.7%)
818	POŁOK 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	+01:12:44 (50.5%)	6:49	8.8 (49.7%)
819	KOWALCZYK Arkadiusz	614		M-20	112	00:02:37	00:33:27	01:05:46	01:40:16	02:23:13.75	02:25:51.70	+01:11:47 (50.1%)	6:47	8.8 (49.7%)
820	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%)
821	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%)

Place	Participant	Number	Club	Category	MCat	Start time	5_km 5km	10_km 10km	15_km 15km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
822	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%)
823	STEBEL Damian	394		M-20	114	00:02:25	00:35:11	01:09:01	01:46:19	02:31:18.60	02:33:44.10	+01:19:52 (52.8%)	7:10	8.4 (47.5%)
824	HANKE Jerzy	835		M-50	69	00:01:02	00:35:15	01:10:32	01:48:59	02:36:14.45	02:37:17.20	+01:24:48 (54.3%)	7:24	8.1 (45.8%)
825	FLOREK Wojciech	769	EZUNIVERSE	M-20	115	00:02:19	00:30:29	01:02:53	01:38:52	02:39:25.50	02:41:45.15	+01:27:59 (55.2%)	7:33	7.9 (44.6%)
826	WĘGIEL Kacper	775	FUNDACJA,,BIEGAMY Z SERCEM'	M-20	116	00:02:34	00:32:39	01:04:34	01:51:18	02:42:52.45	02:45:27.00	+01:31:26 (56.1%)	7:43	7.8 (44.1%)
827	CYBULSKI Krzysztof	1210		M-50	70	00:00:06	00:42:24	01:26:45	02:20:30	03:11:40.85	03:11:47.00	+02:00:14 (62.7%)	9:05	6.6 (37.3%)
	MALCZYK Janusz	933	GOPR BESKIDY	M-40		DNF	00:33:20 DNF	01:04:45 DNF	01:39:04 DNF	DNF	DNF		-	- (0.0%)
	GIESE Michał	1113		M-30		DNF	00:23:55 DNF	00:48:33 DNF	DNF	DNF	DNF		-	- (0.0%)
	PRZEWOŻNY Daniel	1190		M-20		DNF	00:28:55 DNF	00:57:41 DNF	DNF	DNF	DNF		-	- (0.0%)

Total 830 results.