



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

IV PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	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		3:43	16.1 (100%)
2	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	+00:01:10 (1.5%)	3:46	15.9 (98.8%)
3	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	+00:01:43 (2.2%)	3:48	15.8 (98.1%)
4	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	+00:04:25 (5.3%)	3:55	15.3 (95.0%)
5	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	+00:05:12 (6.2%)	3:58	15.1 (93.8%)
6	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	+00:06:15 (7.4%)	4:01	14.9 (92.5%)
7	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	+00:07:19 (8.5%)	4:04	14.7 (91.3%)
8	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	+00:07:39 (8.9%)	4:05	14.7 (91.3%)
9	BUJAŁSKI 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	+00:09:13 (10.5%)	4:09	14.4 (89.4%)
10	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	+00:10:25 (11.7%)	4:12	14.2 (88.2%)
11	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	+00:10:26 (11.7%)	4:13	14.2 (88.2%)
12	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	+00:11:29 (12.8%)	4:16	14.1 (87.6%)
13	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	+00:11:37 (12.9%)	4:16	14 (87.0%)
14	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	+00:11:45 (13.0%)	4:16	14 (87.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
15	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	+00:11:46 (13.0%)	4:16	14 (87.0%)
16	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	+00:12:11 (13.4%)	4:18	14 (87.0%)
17	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	+00:12:26 (13.7%)	4:18	13.9 (86.3%)
18	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	+00:13:12 (14.4%)	4:20	13.8 (85.7%)
19	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	+00:13:59 (15.1%)	4:23	13.7 (85.1%)
20	SZOLC Sebastian	151		M-40	20	00:00:26	00:22:24	00:43:43	01:05:53	01:33:03.30	01:33:30.20	+00:14:30 (15.6%)	4:24	13.6 (84.5%)
21	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	+00:14:34 (15.7%)	4:24	13.6 (84.5%)
22	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	+00:15:28 (16.5%)	4:27	13.5 (83.9%)
23	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	+00:15:28 (16.5%)	4:27	13.5 (83.9%)
24	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	+00:15:52 (16.8%)	4:28	13.4 (83.2%)
25	WANIEWSKI Michał	773		M-30	47	00:00:04	00:21:46		01:06:58	01:34:26.20	01:34:31.00	+00:15:53 (16.8%)	4:28	13.4 (83.2%)
26	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	+00:15:55 (16.9%)	4:28	13.4 (83.2%)
27	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	+00:16:05 (17.0%)	4:29	13.4 (83.2%)
28	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	+00:16:07 (17.0%)	4:29	13.4 (83.2%)
29	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	+00:16:16 (17.2%)	4:29	13.3 (82.6%)
30	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	+00:16:20 (17.2%)	4:29	13.3 (82.6%)
31	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	+00:16:31 (17.4%)	4:30	13.3 (82.6%)
32	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	+00:16:50 (17.7%)	4:31	13.3 (82.6%)
33	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	+00:16:59 (17.8%)	4:31	13.3 (82.6%)
34	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	+00:17:10 (17.9%)	4:32	13.2 (82.0%)
35	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	+00:17:22 (18.1%)	4:32	13.2 (82.0%)
36	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	+00:17:59 (18.6%)	4:34	13.1 (81.4%)
37	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	+00:18:08 (18.8%)	4:34	13.1 (81.4%)

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38	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	+00:18:12 (18.8%)	4:35	13.1 (81.4%)
39	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	+00:18:13 (18.8%)	4:35	13.1 (81.4%)
40	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	+00:18:27 (19.0%)	4:35	13.1 (81.4%)
41	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	+00:18:30 (19.1%)	4:35	13 (80.7%)
42	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	+00:18:41 (19.2%)	4:36	13 (80.7%)
43	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	+00:18:43 (19.2%)	4:36	13 (80.7%)
44	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	+00:18:44 (19.3%)	4:36	13 (80.7%)
45	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	+00:18:57 (19.4%)	4:37	13 (80.7%)
46	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	+00:19:00 (19.5%)	4:37	13 (80.7%)
47	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	+00:19:19 (19.8%)	4:38	12.9 (80.1%)
48	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	+00:19:19 (19.8%)	4:38	12.9 (80.1%)
49	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	+00:19:30 (19.9%)	4:38	12.9 (80.1%)
50	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	+00:19:30 (19.9%)	4:38	12.9 (80.1%)
51	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	+00:19:44 (20.1%)	4:39	12.9 (80.1%)
52	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	+00:19:51 (20.2%)	4:39	12.9 (80.1%)
53	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	+00:19:54 (20.2%)	4:39	12.9 (80.1%)
54	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	+00:19:59 (20.3%)	4:40	12.8 (79.5%)
55	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	+00:20:15 (20.5%)	4:40	12.8 (79.5%)
56	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	+00:20:15 (20.5%)	4:40	12.8 (79.5%)
57	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	+00:20:19 (20.6%)	4:41	12.8 (79.5%)
58	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	+00:20:26 (20.7%)	4:41	12.8 (79.5%)
59	HADZIK Rafal	32		M-30	94	00:00:10	00:23:24	00:46:33	01:10:19	01:39:08.00	01:39:18.75	+00:20:35 (20.8%)	4:41	12.8 (79.5%)
60	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	+00:20:42 (20.9%)	4:42	12.8 (79.5%)

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61	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	+00:20:46 (20.9%)	4:42	12.7 (78.9%)
62	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	+00:20:57 (21.1%)	4:42	12.7 (78.9%)
63	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	+00:21:05 (21.2%)	4:43	12.7 (78.9%)
64	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	+00:21:05 (21.2%)	4:43	12.7 (78.9%)
65	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	+00:21:11 (21.2%)	4:43	12.7 (78.9%)
66	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	+00:21:28 (21.5%)	4:44	12.7 (78.9%)
67	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	+00:21:40 (21.6%)	4:44	12.6 (78.3%)
68	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	+00:21:55 (21.8%)	4:45	12.6 (78.3%)
69	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	+00:21:59 (21.9%)	4:45	12.6 (78.3%)
70	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	+00:22:06 (22.0%)	4:46	12.6 (78.3%)
71	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	+00:22:12 (22.0%)	4:46	12.6 (78.3%)
72	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	+00:22:40 (22.4%)	4:47	12.5 (77.6%)
73	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	+00:22:55 (22.6%)	4:48	12.5 (77.6%)
74	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	+00:22:59 (22.6%)	4:48	12.5 (77.6%)
75	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	+00:23:00 (22.7%)	4:48	12.5 (77.6%)
76	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	+00:23:00 (22.7%)	4:48	12.5 (77.6%)
77	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	+00:23:09 (22.8%)	4:49	12.4 (77.0%)
78	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	+00:23:25 (23.0%)	4:49	12.4 (77.0%)
79	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	+00:23:35 (23.1%)	4:50	12.4 (77.0%)
80	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	+00:23:43 (23.2%)	4:50	12.4 (77.0%)
81	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	+00:24:08 (23.5%)	4:51	12.3 (76.4%)
82	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	+00:24:16 (23.6%)	4:52	12.3 (76.4%)
83	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	+00:24:50 (24.0%)	4:53	12.2 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
84	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	+00:24:51 (24.0%)	4:54	12.2 (75.8%)
85	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	+00:24:57 (24.1%)	4:54	12.2 (75.8%)
86	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	+00:24:59 (24.1%)	4:54	12.2 (75.8%)
87	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	+00:25:00 (24.2%)	4:54	12.2 (75.8%)
88	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	+00:25:14 (24.3%)	4:55	12.2 (75.8%)
89	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	+00:25:16 (24.3%)	4:55	12.2 (75.8%)
90	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	+00:25:19 (24.4%)	4:55	12.2 (75.8%)
91	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	+00:25:22 (24.4%)	4:55	12.2 (75.8%)
92	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	+00:25:27 (24.5%)	4:55	12.2 (75.8%)
93	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	+00:25:37 (24.6%)	4:56	12.2 (75.8%)
94	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	+00:25:48 (24.7%)	4:56	12.1 (75.2%)
95	ZDANIEWICZ Radosław	625	PSYCHONAUCI	M-30	146	00:01:04	00:25:22	00:49:19	01:14:12	01:44:29.60	01:45:34.05	+00:25:57 (24.8%)	4:57	12.1 (75.2%)
96	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	+00:26:01 (24.9%)	4:57	12.1 (75.2%)
97	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	+00:26:02 (24.9%)	4:57	12.1 (75.2%)
98	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	+00:26:17 (25.1%)	4:58	12.1 (75.2%)
99	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	+00:26:29 (25.2%)	4:58	12.1 (75.2%)
100	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	+00:26:30 (25.2%)	4:58	12.1 (75.2%)
101	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	+00:26:36 (25.3%)	4:59	12 (74.5%)
102	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	+00:26:39 (25.3%)	4:59	12 (74.5%)
103	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	+00:27:03 (25.6%)	5:00	12 (74.5%)
104	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	+00:27:08 (25.7%)	5:00	12 (74.5%)
105	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	+00:27:14 (25.8%)	5:00	12 (74.5%)
106	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	+00:27:31 (25.9%)	5:01	11.9 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
107	SROCZYŃSKI Dariusz	810	PGB SPORTOWA PACZKA	M-30	164	00:01:01	00:25:43	00:50:14	01:15:33	01:46:06.40	01:47:07.75	+00:27:34 (26.0%)	5:01	11.9 (73.9%)
108	PRZYBYLSKI Mariusz	146		M-40	115	00:00:48	00:25:18	00:49:46	01:15:25	01:46:08.15	01:46:56.50	+00:27:35 (26.0%)	5:01	11.9 (73.9%)
109	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	+00:27:39 (26.0%)	5:01	11.9 (73.9%)
110	STAŚKO Marcin	375	GWARDZIŚCI	M-30	166	00:00:18	00:25:03	00:49:17	01:14:25	01:46:18.60	01:46:37.55	+00:27:46 (26.1%)	5:02	11.9 (73.9%)
111	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	+00:27:47 (26.1%)	5:02	11.9 (73.9%)
112	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	+00:28:03 (26.3%)	5:03	11.9 (73.9%)
113	PTASZNIK Jacek	1131	SPARTA PLATFUS	M-40	121	00:00:40	00:23:48	00:47:13	01:12:24	01:47:00.10	01:47:41.05	+00:28:27 (26.6%)	5:04	11.8 (73.3%)
114	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	+00:28:31 (26.6%)	5:04	11.8 (73.3%)
115	TOMCZAK Mariusz	179		M-30	175	00:00:50	00:26:09	00:50:04	01:15:28	01:47:04.50	01:47:54.90	+00:28:32 (26.7%)	5:04	11.8 (73.3%)
116	PRYMAS Krystian	39	ABM	M-30	177	00:00:51	00:25:22	00:49:42	01:15:39	01:47:09.75	01:48:01.45	+00:28:37 (26.7%)	5:04	11.8 (73.3%)
117	MICHALSKI Bartosz	694		M-40	125	00:01:28	00:25:08	00:50:04	01:15:35	01:47:11.45	01:48:39.95	+00:28:39 (26.7%)	5:04	11.8 (73.3%)
118	ZIOBER Grzegorz	1107		M-30	179	00:01:05	00:25:27	00:50:34	01:16:48	01:47:15.75	01:48:20.90	+00:28:43 (26.8%)	5:04	11.8 (73.3%)
119	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	+00:28:48 (26.8%)	5:05	11.8 (73.3%)
120	WILK Andrzej	915	WATAHA TEAM	M-30	181	00:00:13	00:22:53	00:46:48	01:12:36	01:47:24.20	01:47:37.45	+00:28:51 (26.9%)	5:05	11.8 (73.3%)
121	ŁUSIAK Mariusz	970		M-30	183	00:00:43	00:24:22	00:47:52	01:13:34	01:47:27.55	01:48:10.75	+00:28:55 (26.9%)	5:05	11.8 (73.3%)
122	PALEWICZ Wojciech	897		M-30	184	00:00:47	00:24:50	00:49:02	01:14:34	01:47:27.85	01:48:15.80	+00:28:55 (26.9%)	5:05	11.8 (73.3%)
123	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	+00:28:57 (26.9%)	5:05	11.8 (73.3%)
124	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	+00:28:59 (27.0%)	5:05	11.8 (73.3%)
125	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	+00:29:04 (27.0%)	5:06	11.8 (73.3%)
126	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	+00:29:09 (27.1%)	5:06	11.8 (73.3%)
127	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	+00:29:11 (27.1%)	5:06	11.8 (73.3%)
128	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	+00:29:25 (27.3%)	5:07	11.7 (72.7%)
129	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	+00:29:29 (27.3%)	5:07	11.7 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
130	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	+00:29:41 (27.4%)	5:07	11.7 (72.7%)
131	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	+00:29:42 (27.4%)	5:07	11.7 (72.7%)
132	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	+00:29:59 (27.6%)	5:08	11.7 (72.7%)
133	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	+00:30:06 (27.7%)	5:08	11.7 (72.7%)
134	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	+00:30:12 (27.8%)	5:09	11.6 (72.0%)
135	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	+00:30:12 (27.8%)	5:09	11.6 (72.0%)
136	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	+00:30:24 (27.9%)	5:09	11.6 (72.0%)
137	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	+00:30:28 (28.0%)	5:10	11.6 (72.0%)
138	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	+00:30:30 (28.0%)	5:10	11.6 (72.0%)
139	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	+00:30:32 (28.0%)	5:10	11.6 (72.0%)
140	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	+00:30:52 (28.2%)	5:11	11.6 (72.0%)
141	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	+00:30:56 (28.3%)	5:11	11.6 (72.0%)
142	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	+00:31:03 (28.3%)	5:11	11.6 (72.0%)
143	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	+00:31:05 (28.4%)	5:11	11.5 (71.4%)
144	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	+00:31:18 (28.5%)	5:12	11.5 (71.4%)
145	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	+00:31:23 (28.6%)	5:12	11.5 (71.4%)
146	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	+00:31:34 (28.7%)	5:13	11.5 (71.4%)
147	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	+00:31:35 (28.7%)	5:13	11.5 (71.4%)
148	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	+00:31:43 (28.8%)	5:13	11.5 (71.4%)
149	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	+00:31:48 (28.8%)	5:13	11.5 (71.4%)
150	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	+00:31:58 (28.9%)	5:14	11.5 (71.4%)
151	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	+00:32:00 (29.0%)	5:14	11.5 (71.4%)
152	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	+00:32:14 (29.1%)	5:14	11.4 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
153	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	+00:32:21 (29.2%)	5:15	11.4 (70.8%)
154	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	+00:32:36 (29.3%)	5:16	11.4 (70.8%)
155	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	+00:32:37 (29.4%)	5:16	11.4 (70.8%)
156	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	+00:32:38 (29.4%)	5:16	11.4 (70.8%)
157	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	+00:32:48 (29.5%)	5:16	11.4 (70.8%)
158	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	+00:32:54 (29.5%)	5:16	11.4 (70.8%)
159	BIEŃKOWSKI 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	+00:32:56 (29.5%)	5:17	11.4 (70.8%)
160	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	+00:33:01 (29.6%)	5:17	11.3 (70.2%)
161	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	+00:33:03 (29.6%)	5:17	11.3 (70.2%)
162	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	+00:33:24 (29.8%)	5:18	11.3 (70.2%)
163	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	+00:33:25 (29.9%)	5:18	11.3 (70.2%)
164	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	+00:33:34 (29.9%)	5:18	11.3 (70.2%)
165	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	+00:33:38 (30.0%)	5:18	11.3 (70.2%)
166	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	+00:33:40 (30.0%)	5:19	11.3 (70.2%)
167	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	+00:33:49 (30.1%)	5:19	11.3 (70.2%)
168	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	+00:33:56 (30.2%)	5:19	11.3 (70.2%)
169	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	+00:34:03 (30.2%)	5:20	11.2 (69.6%)
170	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	+00:34:14 (30.4%)	5:20	11.2 (69.6%)
171	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	+00:34:17 (30.4%)	5:20	11.2 (69.6%)
172	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	+00:34:25 (30.5%)	5:21	11.2 (69.6%)
173	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	+00:34:28 (30.5%)	5:21	11.2 (69.6%)
174	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	+00:34:39 (30.6%)	5:21	11.2 (69.6%)
175	ROZWADOWSKI Dariusz	1060		M-40	175	00:01:14	00:26:42	00:53:01	01:20:14	01:53:32.10	01:54:46.45	+00:34:59 (30.8%)	5:22	11.2 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
176	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	+00:35:02 (30.9%)	5:22	11.1 (68.9%)
177	ŻYNDĄ 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	+00:35:19 (31.0%)	5:23	11.1 (68.9%)
178	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	+00:35:28 (31.1%)	5:24	11.1 (68.9%)
179	PŁOCH 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	+00:35:37 (31.2%)	5:24	11.1 (68.9%)
180	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	+00:35:49 (31.3%)	5:25	11.1 (68.9%)
181	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	+00:35:49 (31.3%)	5:25	11.1 (68.9%)
182	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	+00:35:55 (31.4%)	5:25	11.1 (68.9%)
183	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	+00:36:11 (31.5%)	5:26	11 (68.3%)
184	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	+00:36:24 (31.7%)	5:26	11 (68.3%)
185	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	+00:36:31 (31.7%)	5:27	11 (68.3%)
186	GAŁĘCZKA 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	+00:36:39 (31.8%)	5:27	11 (68.3%)
187	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	+00:37:11 (32.1%)	5:29	10.9 (67.7%)
188	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	+00:37:11 (32.1%)	5:29	10.9 (67.7%)
189	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	+00:37:38 (32.4%)	5:30	10.9 (67.7%)
190	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	+00:37:40 (32.4%)	5:30	10.9 (67.7%)
191	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	+00:37:44 (32.5%)	5:30	10.9 (67.7%)
192	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	+00:38:10 (32.7%)	5:31	10.8 (67.1%)
193	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	+00:38:12 (32.7%)	5:31	10.8 (67.1%)
194	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	+00:38:17 (32.8%)	5:32	10.8 (67.1%)
195	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	+00:38:20 (32.8%)	5:32	10.8 (67.1%)
196	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	+00:38:40 (33.0%)	5:33	10.8 (67.1%)
197	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	+00:38:41 (33.0%)	5:33	10.8 (67.1%)
198	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	+00:38:45 (33.0%)	5:33	10.8 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
199	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	+00:38:52 (33.1%)	5:33	10.8 (67.1%)
200	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	+00:38:52 (33.1%)	5:33	10.8 (67.1%)
201	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	+00:38:56 (33.1%)	5:34	10.8 (67.1%)
202	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	+00:38:57 (33.2%)	5:34	10.8 (67.1%)
203	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	+00:38:59 (33.2%)	5:34	10.8 (67.1%)
204	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	+00:39:10 (33.3%)	5:34	10.8 (67.1%)
205	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	+00:39:13 (33.3%)	5:34	10.8 (67.1%)
206	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	+00:39:29 (33.5%)	5:35	10.7 (66.5%)
207	OSTROMĘCKI Andrzej	424	PĘDZĄCA KREWETKA	M-30	277	00:01:32	00:27:56	00:55:25	01:23:38	01:58:01.60	01:59:34.05	+00:39:29 (33.5%)	5:35	10.7 (66.5%)
208	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	+00:39:32 (33.5%)	5:35	10.7 (66.5%)
209	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	+00:39:43 (33.6%)	5:36	10.7 (66.5%)
210	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	+00:39:45 (33.6%)	5:36	10.7 (66.5%)
211	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	+00:39:55 (33.7%)	5:36	10.7 (66.5%)
212	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	+00:40:00 (33.7%)	5:37	10.7 (66.5%)
213	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	+00:40:00 (33.7%)	5:37	10.7 (66.5%)
214	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	+00:40:15 (33.9%)	5:37	10.7 (66.5%)
215	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	+00:40:19 (33.9%)	5:38	10.7 (66.5%)
216	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	+00:40:24 (34.0%)	5:38	10.6 (65.8%)
217	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	+00:40:25 (34.0%)	5:38	10.6 (65.8%)
218	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	+00:40:27 (34.0%)	5:38	10.6 (65.8%)
219	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	+00:40:43 (34.1%)	5:39	10.6 (65.8%)
220	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	+00:40:46 (34.2%)	5:39	10.6 (65.8%)
221	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	+00:40:55 (34.3%)	5:39	10.6 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
222	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	+00:40:55 (34.3%)	5:39	10.6 (65.8%)
223	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	+00:41:06 (34.4%)	5:40	10.6 (65.8%)
224	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	+00:41:15 (34.4%)	5:40	10.6 (65.8%)
225	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	+00:41:20 (34.5%)	5:40	10.6 (65.8%)
226	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	+00:41:22 (34.5%)	5:40	10.6 (65.8%)
227	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	+00:41:23 (34.5%)	5:40	10.6 (65.8%)
228	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	+00:41:23 (34.5%)	5:41	10.6 (65.8%)
229	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	+00:41:34 (34.6%)	5:41	10.5 (65.2%)
230	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	+00:41:35 (34.6%)	5:41	10.5 (65.2%)
231	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	+00:41:36 (34.6%)	5:41	10.5 (65.2%)
232	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	+00:41:40 (34.7%)	5:41	10.5 (65.2%)
233	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	+00:41:50 (34.8%)	5:42	10.5 (65.2%)
234	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	+00:42:06 (34.9%)	5:43	10.5 (65.2%)
235	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	+00:42:09 (34.9%)	5:43	10.5 (65.2%)
236	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	+00:42:21 (35.0%)	5:43	10.5 (65.2%)
237	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	+00:42:37 (35.2%)	5:44	10.4 (64.6%)
238	BAK-CESARZ Damian	596		M-40	223	00:01:13	00:28:47	00:56:36	01:25:39	02:01:34.45	02:02:47.45	+00:43:02 (35.4%)	5:45	10.4 (64.6%)
239	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	+00:43:04 (35.4%)	5:45	10.4 (64.6%)
240	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	+00:43:07 (35.4%)	5:45	10.4 (64.6%)
241	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	+00:44:08 (36.0%)	5:48	10.3 (64.0%)
242	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	+00:44:38 (36.2%)	5:50	10.3 (64.0%)
243	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	+00:44:48 (36.3%)	5:50	10.3 (64.0%)
244	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	+00:44:54 (36.4%)	5:50	10.3 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
245	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	+00:45:10 (36.5%)	5:51	10.2 (63.4%)
246	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	+00:45:12 (36.5%)	5:51	10.2 (63.4%)
247	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	+00:45:18 (36.6%)	5:52	10.2 (63.4%)
248	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	+00:45:35 (36.7%)	5:52	10.2 (63.4%)
249	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	+00:46:27 (37.2%)	5:55	10.1 (62.7%)
250	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	+00:46:42 (37.3%)	5:56	10.1 (62.7%)
251	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	+00:46:46 (37.3%)	5:56	10.1 (62.7%)
252	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	+00:46:53 (37.4%)	5:56	10.1 (62.7%)
253	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	+00:47:01 (37.4%)	5:57	10.1 (62.7%)
254	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	+00:47:39 (37.8%)	5:58	10 (62.1%)
255	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	+00:47:46 (37.8%)	5:59	10 (62.1%)
256	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	+00:48:09 (38.0%)	6:00	10 (62.1%)
257	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	+00:48:15 (38.1%)	6:00	10 (62.1%)
258	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	+00:48:22 (38.1%)	6:00	10 (62.1%)
259	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	+00:48:29 (38.2%)	6:01	10 (62.1%)
260	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	+00:48:57 (38.4%)	6:02	9.9 (61.5%)
261	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	+00:49:59 (38.9%)	6:05	9.9 (61.5%)
262	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	+00:50:09 (39.0%)	6:05	9.8 (60.9%)
263	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	+00:50:22 (39.1%)	6:06	9.8 (60.9%)
264	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	+00:50:33 (39.2%)	6:07	9.8 (60.9%)
265	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	+00:50:42 (39.2%)	6:07	9.8 (60.9%)
266	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	+00:51:27 (39.6%)	6:09	9.7 (60.2%)
267	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	+00:51:28 (39.6%)	6:09	9.7 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
268	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	+00:51:35 (39.6%)	6:10	9.7 (60.2%)
269	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	+00:51:52 (39.8%)	6:10	9.7 (60.2%)
270	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	+00:53:02 (40.3%)	6:14	9.6 (59.6%)
271	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	+00:53:08 (40.4%)	6:14	9.6 (59.6%)
272	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	+00:53:09 (40.4%)	6:14	9.6 (59.6%)
273	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	+00:55:36 (41.5%)	6:21	9.4 (58.4%)
274	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	+00:55:36 (41.5%)	6:21	9.4 (58.4%)
275	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	+00:55:47 (41.5%)	6:21	9.4 (58.4%)
276	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	+00:56:48 (42.0%)	6:24	9.4 (58.4%)
277	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	+01:00:13 (43.4%)	6:34	9.1 (56.5%)
278	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	+01:00:55 (43.7%)	6:36	9.1 (56.5%)
279	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	+01:01:53 (44.1%)	6:39	9 (55.9%)
280	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	+01:01:57 (44.1%)	6:39	9 (55.9%)
281	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	+01:02:09 (44.2%)	6:40	9 (55.9%)
282	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	+01:02:31 (44.3%)	6:41	9 (55.9%)
283	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	+01:02:32 (44.3%)	6:41	9 (55.9%)
284	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	+01:04:41 (45.2%)	6:47	8.8 (54.7%)
285	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	+01:05:38 (45.5%)	6:49	8.8 (54.7%)
286	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	+01:07:36 (46.3%)	6:55	8.7 (54.0%)
287	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	+01:07:43 (46.3%)	6:55	8.7 (54.0%)
288	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	+01:12:46 (48.1%)	7:10	8.4 (52.2%)
289	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	+01:17:42 (49.7%)	7:24	8.1 (50.3%)
290	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	+01:53:08 (59.0%)	9:05	6.6 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_km 5km	10_km 10km	15_km 15km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
	PRZEWOŹNY Daniel	1190		M-20		DNF	00:28:55 DNF	00:57:41 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 291 wynik(ów)