



Wydarzenie: IX PKO PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-10-08
Miejsce: Gliwice
Dystans: 10 km

IX GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DOMERECKI Krzysztof	1305	STAJNIAKTEAM	M-40	1	00:00:05	00:17:15	00:35:42.45	00:35:47.80		3:34	16.8 (100%)
2	ŚLIWIŃSKI Piotr	1367		M-20	1	00:00:05	00:17:44	00:37:03.95	00:37:09.50	+00:01:21 (3.7%)	3:42	16.2 (96.4%)
3	MŁYŃCZAK Jakub	1359	PHO3NIX GVT TEAM	M-20	2	00:00:05	00:17:44	00:37:22.20	00:37:27.50	+00:01:39 (4.4%)	3:44	16.1 (95.8%)
4	DUŻNIAK Dominik	1087	STEP-DANCE	M-30	1	00:00:05	00:18:41	00:38:17.25	00:38:23.15	+00:02:34 (6.7%)	3:49	15.7 (93.5%)
5	STAWINOGA Janusz	1170	HIRSCHVOGEL	M-40	2	00:00:06	00:18:53	00:38:29.80	00:38:36.25	+00:02:47 (7.2%)	3:50	15.6 (92.9%)
6	STAWINOGA Marian	1285		M-50	1	00:00:08	00:18:50	00:38:42.15	00:38:50.25	+00:02:59 (7.7%)	3:52	15.5 (92.3%)
7	TYŃSKI Michał	1089		M-40	3	00:00:00	00:10:01	00:38:50.35	00:38:50.35	+00:03:07 (8.1%)	3:53	15.5 (92.3%)
8	PALIGA Krzysztof	1257		M-20	3	00:00:05	00:19:14	00:39:45.60	00:39:51.05	+00:04:03 (10.2%)	3:58	15.1 (89.9%)
9	KRAWCZYK Dawid	1106		M-30	2	00:00:11	00:21:04	00:42:18.15	00:42:29.80	+00:06:35 (15.6%)	4:13	14.2 (84.5%)
10	BOŻEK Artur	1261	LECYMY DURŚ	M-30	3	00:00:07	00:20:38	00:42:36.75	00:42:43.80	+00:06:54 (16.2%)	4:15	14.1 (83.9%)
11	PIECUCH Agnieszka	1253		K-30	1	00:00:07	00:21:04	00:43:09.05	00:43:16.05	+00:07:26 (17.2%)	4:18	13.9 (82.7%)
12	NOWAKOWSKI Arek	1119	OASIS SPORT TEAM	M-30	4	00:00:13	00:22:22	00:44:06.55	00:44:20.00	+00:08:24 (19.0%)	4:24	13.6 (81.0%)
13	BANACHEWICZ Seweryn	1243		M-20	4	00:00:08	00:22:27	00:44:29.00	00:44:37.65	+00:08:46 (19.7%)	4:26	13.5 (80.4%)
14	MACHNIK Andrzej	1088		M-40	4	00:00:14	00:22:13	00:44:52.90	00:45:06.95	+00:09:10 (20.4%)	4:29	13.4 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	SKIBA Krzysztof	1450		M-30	5	00:01:40	00:22:29	00:44:57.70	00:46:38.60	+00:09:15 (20.6%)	4:29	13.3 (79.2%)
16	UCIEKLAK Waldemar	1292	PSZCZÓŁKOWSKI TEAM	M-60	1	00:00:10	00:22:08	00:45:03.20	00:45:13.55	+00:09:20 (20.7%)	4:30	13.3 (79.2%)
17	MICHAŁUSZEK Sebastian	1344	BIEG-UNKA	M-40	5	00:00:14	00:22:23	00:45:13.40	00:45:27.85	+00:09:30 (21.0%)	4:31	13.3 (79.2%)
18	JACHYM Arkadiusz	1028		M-40	6	00:00:07	00:22:04	00:45:22.40	00:45:30.30	+00:09:39 (21.3%)	4:32	13.2 (78.6%)
19	STAWIŃSKI Kamil	1365		M-20	5	00:00:50	00:22:10	00:45:27.70	00:46:18.30	+00:09:45 (21.5%)	4:32	13.2 (78.6%)
20	ZENOWICZ Kinga	1066	ATHLETICS NYSA	K-20	1	00:00:05	00:22:21	00:45:42.05	00:45:47.95	+00:09:59 (21.9%)	4:34	13.1 (78.0%)
21	BOBRZYŃSKI Feliks	1242		M-20	6	00:01:22	00:23:33	00:46:03.15	00:47:25.65	+00:10:20 (22.5%)	4:36	13 (77.4%)
22	KWIATKOWSKI Marcin	1004		M-30	6	00:00:32	00:22:49	00:46:12.15	00:46:44.95	+00:10:29 (22.7%)	4:37	13 (77.4%)
23	LUTECKI Robert	1202	OASIS SPORT TEAM	M-30	7	00:00:15	00:23:28	00:46:16.20	00:46:31.55	+00:10:33 (22.8%)	4:37	13 (77.4%)
24	HERLICZKA Dominik	1125		M-20	7	00:00:23	00:24:02	00:46:21.85	00:46:45.05	+00:10:39 (23.0%)	4:38	12.9 (76.8%)
25	KOTRA Jacek	1139	POLA@GAJA	M-40	7	00:00:06	00:22:33	00:46:24.95	00:46:31.05	+00:10:42 (23.1%)	4:38	12.9 (76.8%)
26	POLIS Maciej	1059	#HUTATEAM	M-30	8	00:00:24	00:23:03	00:46:53.50	00:47:17.65	+00:11:11 (23.9%)	4:41	12.8 (76.2%)
27	WRÓBLEWSKI Paweł	1358	GIO	M-30	9	00:00:56	00:22:59	00:47:01.90	00:47:58.20	+00:11:19 (24.1%)	4:42	12.8 (76.2%)
28	LIPIŃSKI Michał	1031		M-30	10	00:00:21	00:23:20	00:47:02.05	00:47:24.00	+00:11:19 (24.1%)	4:42	12.8 (76.2%)
29	KASPERIDUS Robert	1073		M-30	11	00:00:54	00:22:32	00:47:08.90	00:48:03.75	+00:11:26 (24.3%)	4:42	12.7 (75.6%)
30	FALSKI Patryk	1274		M-30	12	00:00:13	00:24:31	00:47:36.15	00:47:49.30	+00:11:53 (25.0%)	4:45	12.6 (75.0%)
31	SIDORSKI Robert	1017	STELLANTIS ACTIVE TEAM	M-40	8	00:00:09	00:22:59	00:47:42.55	00:47:52.35	+00:12:00 (25.2%)	4:46	12.6 (75.0%)
32	OLEJNICZAK Tomek	1332		M-40	9	00:00:17	00:23:36	00:47:45.40	00:48:02.90	+00:12:02 (25.2%)	4:46	12.6 (75.0%)
33	PŁONKA Krzysztof	1321	DKMS	M-50	2	00:00:24	00:23:36	00:48:01.70	00:48:26.50	+00:12:19 (25.7%)	4:48	12.5 (74.4%)
34	MAZGAJSKI Mateusz	1368		M-30	13	00:00:38	00:23:45	00:48:07.70	00:48:46.30	+00:12:25 (25.8%)	4:48	12.5 (74.4%)
35	KOWALSKI Bartłomiej	1286		M-30	14	00:00:49	00:24:18	00:48:45.85	00:49:35.20	+00:13:03 (26.8%)	4:52	12.3 (73.2%)
36	PAŃTAK Łukasz	1189		M-40	10	00:00:46	00:23:40	00:48:52.40	00:49:38.70	+00:13:09 (26.9%)	4:53	12.3 (73.2%)
37	NIEDWOROK Mariusz	1283	IZBICKO W BIEGU,OTMICE	M-40	11	00:00:16	00:24:22	00:49:14.75	00:49:31.65	+00:13:32 (27.5%)	4:55	12.2 (72.6%)

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38	PĄPKA Wojtek	1313	PĄPKA TEAM	M-20	8	00:00:16	00:23:53	00:49:15.00	00:49:31.65	+00:13:32 (27.5%)	4:55	12.2 (72.6%)
39	HANDZLIK Przemysław	1331		M-40	12	00:00:33	00:26:21	00:49:28.25	00:50:02.15	+00:13:45 (27.8%)	4:56	12.1 (72.0%)
40	GODLEWSKI Łukasz	1175	HIRSCHVOGEL	M-30	15	00:01:26	00:24:23	00:49:30.65	00:50:56.95	+00:13:48 (27.9%)	4:57	12.1 (72.0%)
41	ŻYŁCZYŃSKI Tomasz	1174		M-40	13	00:00:18	00:23:35	00:49:31.45	00:49:50.10	+00:13:49 (27.9%)	4:57	12.1 (72.0%)
42	KOSZYKOWSKI Dominik	1362		M-40	14	00:00:28	00:24:55	00:49:35.20	00:50:03.30	+00:13:52 (28.0%)	4:57	12.1 (72.0%)
43	SKOP Rafał	1092		M-20	9	00:00:23	00:24:42	00:49:48.20	00:50:12.15	+00:14:05 (28.3%)	4:58	12 (71.4%)
44	JANOSZ Sławek	1315		M-40	15	00:00:40	00:25:24	00:49:49.95	00:50:29.95	+00:14:07 (28.3%)	4:58	12 (71.4%)
45	ADAMCZYK Damian	1336		M-40	16	00:00:05	00:23:56	00:49:50.85	00:49:56.45	+00:14:08 (28.4%)	4:59	12 (71.4%)
46	JAWORSKI Krzysztof	1319	ORŁY Z KNUROWA	M-40	17	00:01:36	00:24:57	00:49:51.50	00:51:27.90	+00:14:09 (28.4%)	4:59	12 (71.4%)
47	KROLIŃSKI Szymon	1370		M-20	10	00:00:36	00:26:02	00:49:54.85	00:50:30.90	+00:14:12 (28.5%)	4:59	12 (71.4%)
48	TOMAL Anna	1021	BOJKÓW BIEGA	K-30	2	00:00:16	00:24:27	00:50:05.95	00:50:22.55	+00:14:23 (28.7%)	5:00	12 (71.4%)
49	KAFLOWSKI Artur	1082	SOCIOS SILESIA	M-30	16	00:00:17	00:24:03	00:50:06.95	00:50:24.65	+00:14:24 (28.8%)	5:00	12 (71.4%)
50	IBROM Mateusz	1102	KOŁPAKI	M-30	17	00:00:45	00:25:14	00:50:13.35	00:50:58.85	+00:14:30 (28.9%)	5:01	11.9 (70.8%)
51	WOJCIECHOWSKI Tomasz	1251		M-40	18	00:00:46	00:24:39	00:50:16.45	00:51:03.10	+00:14:34 (29.0%)	5:01	11.9 (70.8%)
52	SOŁTYSIK Aleksandra	1297		K-20	2	00:00:35	00:25:12	00:50:22.70	00:50:58.10	+00:14:40 (29.1%)	5:02	11.9 (70.8%)
53	LORENCKI Krzysztof	1042	ISTA BIEGAMY	M-40	19	00:00:09	00:24:12	00:50:26.25	00:50:35.40	+00:14:43 (29.2%)	5:02	11.9 (70.8%)
54	LASKOWSKI Sebastian	1335	KATA GURUMA	M-40	20	00:00:46	00:25:24	00:50:28.40	00:51:15.35	+00:14:45 (29.3%)	5:02	11.9 (70.8%)
55	ZIAJA Bartłomiej	1263		M-30	18	00:00:12	00:24:48	00:50:48.50	00:51:01.20	+00:15:06 (29.7%)	5:04	11.8 (70.2%)
56	SADOWNICZYK Agnieszka	1118	BOJKÓW BIEGA	K-30	3	00:00:16	00:24:28	00:50:52.80	00:51:09.10	+00:15:10 (29.8%)	5:05	11.8 (70.2%)
57	KORZAN Robert	1187	BRAK	M-30	19	00:01:22	00:25:50	00:51:01.80	00:52:24.15	+00:15:19 (30.0%)	5:06	11.8 (70.2%)
58	SZOŁTYSEK Piotr	1060		M-50	3	00:00:24	00:25:26	00:51:08.30	00:51:32.80	+00:15:25 (30.2%)	5:06	11.7 (69.6%)
59	POLANECKA Malwina	1140		K-30	4	00:00:22	00:24:57	00:51:18.30	00:51:40.45	+00:15:35 (30.4%)	5:07	11.7 (69.6%)
60	PIETROŃ Marcin	1138		M-40	21	00:01:04	00:25:40	00:51:19.60	00:52:24.05	+00:15:37 (30.4%)	5:07	11.7 (69.6%)

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61	ŚPIEWOK Mariusz	1207		M-40	22	00:00:55	00:25:39	00:51:19.85	00:52:15.65	+00:15:37 (30.4%)	5:07	11.7 (69.6%)
62	BURZAK Jacek	1349	TRUTEŃ	M-20	11	00:00:49	00:25:07	00:51:20.80	00:52:10.00	+00:15:38 (30.5%)	5:08	11.7 (69.6%)
63	SPENDE Tomasz	1067		M-40	23	00:00:54	00:24:27	00:51:25.45	00:52:19.70	+00:15:43 (30.6%)	5:08	11.7 (69.6%)
64	SELIGA Monika	1375		K-30	5	00:00:07	00:24:50	00:51:27.50	00:51:35.00	+00:15:45 (30.6%)	5:08	11.7 (69.6%)
65	PIETROŃ Beata	1137		K-50	1	00:01:04	00:25:58	00:51:29.80	00:52:33.80	+00:15:47 (30.7%)	5:08	11.7 (69.6%)
66	WÓJCIK Anna	1020		K-40	1	00:00:11	00:25:32	00:51:31.30	00:51:42.65	+00:15:48 (30.7%)	5:09	11.6 (69.0%)
67	ŁUCZAK Agnieszka	1181		K-30	6	00:00:22	00:25:09	00:51:36.00	00:51:58.35	+00:15:53 (30.8%)	5:09	11.6 (69.0%)
68	WARDEJN Sonia	1296		K-20	3	00:00:24	00:25:46	00:51:38.15	00:52:02.70	+00:15:55 (30.8%)	5:09	11.6 (69.0%)
69	MACH Marcin	1094		M-40	24	00:00:24	00:25:34	00:51:40.50	00:52:05.40	+00:15:58 (30.9%)	5:10	11.6 (69.0%)
70	WACHOWICZ Krzysztof	1227		M-30	20	00:00:42	00:25:42	00:51:41.05	00:52:23.25	+00:15:58 (30.9%)	5:10	11.6 (69.0%)
71	MIŁKOWSKI Daniel	1303		M-40	25	00:00:24	00:25:41	00:51:42.70	00:52:07.00	+00:16:00 (30.9%)	5:10	11.6 (69.0%)
72	KULETA Katarzyna	1224		K-40	2	00:00:22	00:24:41	00:51:44.40	00:52:06.85	+00:16:01 (31.0%)	5:10	11.6 (69.0%)
73	DURAK Łukasz	1014	KATA GURUMA	M-40	26	00:00:09	00:24:53	00:51:48.15	00:51:57.40	+00:16:05 (31.1%)	5:10	11.6 (69.0%)
74	WIĘCŁAW Grzegorz	1076	GLOWARZADZI.PL	M-30	21	00:00:10	00:25:52	00:51:49.85	00:52:00.00	+00:16:07 (31.1%)	5:10	11.6 (69.0%)
75	MAZUR Krzysztof	1053	STELLANTIS ACTIVE TEAM	M-40	27	00:01:03	00:26:14	00:51:51.20	00:52:55.05	+00:16:08 (31.1%)	5:11	11.6 (69.0%)
76	PRZYBYŁA Rafał	1205		M-30	22	00:01:42	00:26:25	00:51:51.65	00:53:33.80	+00:16:09 (31.1%)	5:11	11.6 (69.0%)
77	CZEKAŁA Dominika	1339		K-30	7	00:01:25	00:25:20	00:51:56.35	00:53:22.10	+00:16:13 (31.3%)	5:11	11.6 (69.0%)
78	JANOWSKI Piotr	1194		M-50	4	00:00:35	00:25:55	00:52:02.60	00:52:38.05	+00:16:20 (31.4%)	5:12	11.5 (68.5%)
79	SIENKO Anna	1037		K-30	8	00:00:55	00:25:36	00:52:13.80	00:53:09.45	+00:16:31 (31.6%)	5:13	11.5 (68.5%)
80	BERNAD Szymon	1153		M-30	23	00:01:04	00:25:36	00:52:13.95	00:53:18.85	+00:16:31 (31.6%)	5:13	11.5 (68.5%)
81	TROSKO Adam	1103		M-40	28	00:01:07	00:24:56	00:52:17.25	00:53:25.05	+00:16:34 (31.7%)	5:13	11.5 (68.5%)
82	KOWALSKI Zbyszek	1307	LECIMY PO ZŁOTO!	M-40	29	00:00:43	00:25:44	00:52:20.40	00:53:03.95	+00:16:37 (31.8%)	5:14	11.5 (68.5%)
83	FUGOWSKI Roman	1097		M-50	5	00:00:09	00:25:34	00:52:23.50	00:52:32.95	+00:16:41 (31.8%)	5:14	11.5 (68.5%)

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84	KOWALCZYK Grzegorz	1007		M-40	30	00:00:10	00:25:35	00:52:27.45	00:52:38.40	+00:16:45 (31.9%)	5:14	11.4 (67.9%)
85	SMOLARCZYK Dominik	1288	EL CORREDOR DÉBIL	M-50	6	00:00:28	00:25:13	00:52:30.25	00:52:58.95	+00:16:47 (32.0%)	5:15	11.4 (67.9%)
86	MIGAS Anna	1377	AKMB PĘDZIWIATR GLIWICE	K-40	3	00:00:15	00:25:46	00:52:34.75	00:52:50.60	+00:16:52 (32.1%)	5:15	11.4 (67.9%)
87	SULIGA Wojciech	1299		M-40	31	00:00:25	00:26:14	00:52:36.70	00:53:02.35	+00:16:54 (32.1%)	5:15	11.4 (67.9%)
88	HAJDA Adam	1287		M-40	32	00:00:25	00:26:17	00:52:37.10	00:53:02.55	+00:16:54 (32.1%)	5:15	11.4 (67.9%)
89	SOBOŃ Tomasz	1213	POLSCY RYCERZE ORTALIONU	M-30	24	00:01:17	00:26:14	00:52:37.70	00:53:54.70	+00:16:55 (32.2%)	5:15	11.4 (67.9%)
90	MAZANOWSKI Janusz	1065		M-30	25	00:00:11	00:26:00	00:52:37.80	00:52:48.90	+00:16:55 (32.2%)	5:15	11.4 (67.9%)
91	BIAŁAS Robert	1122		M-40	33	00:01:02	00:26:31	00:52:46.70	00:53:49.65	+00:17:04 (32.3%)	5:16	11.4 (67.9%)
92	KRZYSZTOF Tomasz	1309	NIEZRZESZONY	M-40	34	00:00:49	00:25:41	00:52:51.20	00:53:40.55	+00:17:08 (32.4%)	5:17	11.4 (67.9%)
93	GÓRSKI Bartek	1206		M-20	12	00:01:02	00:27:15	00:52:53.95	00:53:56.60	+00:17:11 (32.5%)	5:17	11.3 (67.3%)
94	KROCHMAL Michał	1282		M-40	35	00:00:57		00:53:00.30	00:53:58.05	+00:17:17 (32.6%)	5:18	11.3 (67.3%)
95	KOŁTUN Marcin	1237		M-50	7	00:00:10	00:25:37	00:53:06.10	00:53:16.75	+00:17:23 (32.8%)	5:18	11.3 (67.3%)
96	ZIĘBA Paweł	1249	WITOSA	M-30	26	00:00:10	00:25:36	00:53:06.20	00:53:16.85	+00:17:23 (32.8%)	5:18	11.3 (67.3%)
97	PNIEWSKI Kamil	1133		M-30	27	00:01:11	00:26:03	00:53:11.95	00:54:23.15	+00:17:29 (32.9%)	5:19	11.3 (67.3%)
98	BOJDA Dawid	1364		M-30	28	00:01:43	00:26:25	00:53:13.35	00:54:56.95	+00:17:30 (32.9%)	5:19	11.3 (67.3%)
99	KRAJEWSKI Marek	1372		M-40	36	00:01:05	00:26:50	00:53:20.95	00:54:26.80	+00:17:38 (33.1%)	5:20	11.3 (67.3%)
100	KOŁAKOWSKI Tomasz	1345	PKO BP	M-20	13	00:00:31	00:27:06	00:53:22.15	00:53:54.00	+00:17:39 (33.1%)	5:20	11.2 (66.7%)
101	BURZAWA Jarosław	1312		M-40	37	00:00:39	00:26:05	00:53:22.75	00:54:02.50	+00:17:40 (33.1%)	5:20	11.2 (66.7%)
102	GOŁĘBIEWSKI Marek	1347		M-40	38	00:01:11	00:26:09	00:53:24.90	00:54:36.85	+00:17:42 (33.2%)	5:20	11.2 (66.7%)
103	SAPEK Arkadiusz	1176		M-20	14	00:01:44	00:27:29	00:53:26.85	00:55:11.10	+00:17:44 (33.2%)	5:20	11.2 (66.7%)
104	MAZGAJSKA Monika	1356		K-30	9	00:00:38	00:25:34	00:53:28.65	00:54:07.30	+00:17:46 (33.2%)	5:20	11.2 (66.7%)
105	WOJCIECHOWSKI Patryk	1279		M-20	15	00:00:19	00:27:11	00:53:39.35	00:53:58.90	+00:17:56 (33.5%)	5:21	11.2 (66.7%)
106	SZCZYPIŃSKI Marcin	1276		M-30	29	00:00:19	00:27:11	00:53:39.95	00:53:59.35	+00:17:57 (33.5%)	5:21	11.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	NOWAK Karolina	1280		K-20	4	00:00:18	00:27:11	00:53:40.55	00:53:59.50	+00:17:58 (33.5%)	5:22	11.2 (66.7%)
108	SZAMPERA Rafał	1360		M-30	30	00:01:12	00:26:46	00:53:48.20	00:55:01.05	+00:18:05 (33.6%)	5:22	11.2 (66.7%)
109	ROZIAK Damian	1301	ISTA BIEGAMY	M-30	31	00:00:28	00:27:35	00:53:50.55	00:54:18.65	+00:18:08 (33.7%)	5:23	11.1 (66.1%)
110	KULA Jan	1107	DECATHLON	M-30	32	00:00:38	00:26:23	00:53:50.90	00:54:29.10	+00:18:08 (33.7%)	5:23	11.1 (66.1%)
111	SZMYD Wojciech	1262		M-40	39	00:01:10	00:26:36	00:53:51.35	00:55:01.50	+00:18:08 (33.7%)	5:23	11.1 (66.1%)
112		1450				00:01:28	00:28:43	00:53:53.40	00:55:21.75	+00:18:10 (33.7%)	5:23	11.1 (66.1%)
113	LISZCZYK Ireneusz	1248	ŁYSI LOTAJÓ	M-30	33	00:00:38	00:26:59	00:53:53.85	00:54:32.45	+00:18:11 (33.7%)	5:23	11.1 (66.1%)
114	GOROL Martina	1383		K-30	10	00:00:26	00:27:24	00:53:57.35	00:54:23.50	+00:18:14 (33.8%)	5:23	11.1 (66.1%)
115	KNOPIK Iwo	1291		M-30	34	00:00:54	00:26:47	00:54:03.50	00:54:58.20	+00:18:21 (33.9%)	5:24	11.1 (66.1%)
116	JANTOS Tomasz	1034		M-30	35	00:01:30	00:26:27	00:54:04.45	00:55:34.65	+00:18:22 (34.0%)	5:24	11.1 (66.1%)
117	HUTNIK Michał	1246		M-20	16	00:00:26	00:27:22	00:54:08.90	00:54:35.15	+00:18:26 (34.1%)	5:24	11.1 (66.1%)
118	KAŁUŻNA Małgorzata	1005	SOCIOS SILESIA	K-30	11	00:00:43	00:27:05	00:54:10.85	00:54:54.40	+00:18:28 (34.1%)	5:25	11.1 (66.1%)
119	PRZYBYŁA Damian	1338		M-30	36	00:01:37	00:26:57	00:54:13.95	00:55:51.00	+00:18:31 (34.2%)	5:25	11.1 (66.1%)
120	PUTOWSKA Natalia	1211	BIEGAJ Z KS SOŚNICA	K-30	12	00:00:52	00:28:10	00:54:15.55	00:55:08.10	+00:18:33 (34.2%)	5:25	11.1 (66.1%)
121	MUCHA Adam	1218		M-40	40	00:00:39	00:26:22	00:54:17.80	00:54:56.90	+00:18:35 (34.2%)	5:25	11.1 (66.1%)
122	JANOWSKI Michał	1193		M-30	37	00:00:50	00:26:46	00:54:28.95	00:55:19.05	+00:18:46 (34.5%)	5:26	11 (65.5%)
123	HORYNIECKI Maciej	1209		M-30	38	00:01:52	00:28:12	00:54:37.15	00:56:30.10	+00:18:54 (34.6%)	5:27	11 (65.5%)
124	KOWACZ Andrzej	1056	HUTA TEAM	M-30	39	00:00:44	00:27:57	00:54:39.40	00:55:23.85	+00:18:56 (34.7%)	5:27	11 (65.5%)
125	CHOLEWA Tomasz	1117		M-40	41	00:00:14	00:26:03	00:54:47.90	00:55:02.60	+00:19:05 (34.8%)	5:28	11 (65.5%)
126	PRUSICKI Rafał	1342		M-50	8	00:00:13	00:26:45	00:54:51.75	00:55:05.30	+00:19:09 (34.9%)	5:29	10.9 (64.9%)
127	KNEBEL Paweł	1294		M-40	42	00:01:02	00:27:27	00:54:54.60	00:55:56.75	+00:19:12 (35.0%)	5:29	10.9 (64.9%)
128	SZCZYPCZYK-PRUSICKA Małgorzata	1343		K-40	4	00:00:14	00:26:45	00:54:55.00	00:55:09.55	+00:19:12 (35.0%)	5:29	10.9 (64.9%)
129	BURZAK Justyna	1350	BALASANA JOGA	K-30	13	00:00:47	00:27:03	00:54:55.60	00:55:43.55	+00:19:13 (35.0%)	5:29	10.9 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	PIEKARZ Małgorzata	1072	DRUŻYNA JEDYNKI	K-30	14	00:00:48	00:27:00	00:54:55.95	00:55:44.30	+00:19:13 (35.0%)	5:29	10.9 (64.9%)
131	WIDERA Kacper	1220	KS JUDO TEAM MASTERS GLIWICE	M-20	17	00:00:48	00:27:32	00:55:02.10	00:55:50.15	+00:19:19 (35.1%)	5:30	10.9 (64.9%)
132	MIŚTA Paweł	1369		M-40	43	00:00:13	00:26:28	00:55:02.20	00:55:16.05	+00:19:19 (35.1%)	5:30	10.9 (64.9%)
133	SZYMURA Adam	1322		M-30	40	00:00:29	00:27:02	00:55:04.05	00:55:33.85	+00:19:21 (35.2%)	5:30	10.9 (64.9%)
134	KOWACZ Adrian	1057	HUTA TEAM	M-30	41	00:00:44	00:27:57	00:55:05.70	00:55:49.85	+00:19:23 (35.2%)	5:30	10.9 (64.9%)
135	FRANIA Andrzej	1219	KS JUDO TEAM MASTERS GLIWICE	M-50	9	00:00:47	00:27:19	00:55:08.55	00:55:55.80	+00:19:26 (35.2%)	5:30	10.9 (64.9%)
136	PAWLIK Michał	1120		M-30	42	00:00:31	00:27:30	00:55:09.30	00:55:41.05	+00:19:26 (35.3%)	5:30	10.9 (64.9%)
137	MAĆZYŃSKA Agnieszka	1264		K-40	5	00:00:58	00:27:24	00:55:09.75	00:56:08.40	+00:19:27 (35.3%)	5:30	10.9 (64.9%)
138	GEC Monika	1163		K-40	6	00:00:57	00:27:05	00:55:14.80	00:56:12.55	+00:19:32 (35.4%)	5:31	10.9 (64.9%)
139	ŻMUDZIŃSKI Piotr	1348		M-30	43	00:01:37	00:27:57	00:55:16.10	00:56:53.70	+00:19:33 (35.4%)	5:31	10.9 (64.9%)
140	MIKA Iwona	1341		K-50	2	00:00:45	00:27:18	00:55:16.65	00:56:02.20	+00:19:34 (35.4%)	5:31	10.9 (64.9%)
141	ORLICKI Ireneusz	1172	#HUTATEAM	M-40	44	00:00:44	00:27:50	00:55:18.80	00:56:03.60	+00:19:36 (35.4%)	5:31	10.8 (64.3%)
142	PAROVCHENKO Dmytro	1231	ЛК ОЛЕКСАНДРІЯ	M-30	44	00:00:59	00:26:36	00:55:22.25	00:56:21.65	+00:19:39 (35.5%)	5:32	10.8 (64.3%)
143	KROTOS Krzysztof	1084	OQS	M-40	45	00:00:31	00:27:31	00:55:22.70	00:55:54.55	+00:19:40 (35.5%)	5:32	10.8 (64.3%)
144	PRZYBYLSKI Mariusz	1032	#POSTDATATEAM	M-40	46	00:00:40	00:27:34	00:55:24.60	00:56:05.40	+00:19:42 (35.6%)	5:32	10.8 (64.3%)
145	GNIECKI Przemysław	1271		M-20	18	00:01:34	00:25:58	00:55:25.25	00:56:59.35	+00:19:42 (35.6%)	5:32	10.8 (64.3%)
146	SZIFLER Arkadiusz	1036		M-20	19	00:01:32	00:26:46	00:55:26.60	00:56:59.40	+00:19:44 (35.6%)	5:32	10.8 (64.3%)
147	NIEMIEC Rafał	1086	INTERGRAFIK POLSKA	M-40	47	00:00:34	00:27:30	00:55:27.20	00:56:01.75	+00:19:44 (35.6%)	5:32	10.8 (64.3%)
148	KOZIEŁ Łukasz	1145	ING BANK ŚLĄSKI	M-30	45	00:00:22	00:27:03	00:55:27.40	00:55:50.30	+00:19:44 (35.6%)	5:32	10.8 (64.3%)
149	PASTERNAK Mateusz	1179	LEŚNE DZIKI	M-30	46	00:00:59	00:27:41	00:55:30.05	00:56:29.15	+00:19:47 (35.7%)	5:33	10.8 (64.3%)
150	JEZIERSKA-KRUPA Barbara	1373		K-60	1	00:00:22	00:27:38	00:55:32.45	00:55:55.35	+00:19:50 (35.7%)	5:33	10.8 (64.3%)
151	GŁADYSZ Aneta	1016		K-40	7	00:00:34	00:27:30	00:55:33.60	00:56:08.25	+00:19:51 (35.7%)	5:33	10.8 (64.3%)
152	PLOCH Tomasz	1152		M-30	47	00:00:42	00:27:11	00:55:34.60	00:56:17.50	+00:19:52 (35.8%)	5:33	10.8 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	PASIECZNIK Mirosław	1278		M-40	48	00:00:28	00:29:01	00:55:34.95	00:56:03.80	+00:19:52 (35.8%)	5:33	10.8 (64.3%)
154	BARTOSZEK Wojciech	1203		M-30	48	00:00:58	00:27:38	00:55:38.45	00:56:36.55	+00:19:56 (35.8%)	5:33	10.8 (64.3%)
155	WALCZUK Maciej	1199	VOX BIEGA	M-50	10	00:00:27	00:27:59	00:55:38.60	00:56:05.85	+00:19:56 (35.8%)	5:33	10.8 (64.3%)
156	WIŚNIEWSKI Tomasz	1136		M-40	49	00:01:41	00:27:50	00:55:42.70	00:57:24.55	+00:20:00 (35.9%)	5:34	10.8 (64.3%)
157	WIŚNIEWSKA Beata	1134		K-30	15	00:01:41	00:27:50	00:55:42.80	00:57:24.45	+00:20:00 (35.9%)	5:34	10.8 (64.3%)
158	ŚWIDLIK Piotr	1064		M-40	50	00:00:49	00:27:13	00:55:54.20	00:56:43.70	+00:20:11 (36.1%)	5:35	10.7 (63.7%)
159	NOWAKOWSKA-TRZASKA Joanna	1085	CROSSFIT HELLWOOD	K-40	8	00:00:45	00:27:11	00:56:05.80	00:56:51.00	+00:20:23 (36.3%)	5:36	10.7 (63.7%)
160	WIECZOREK Jarosław	1002		M-40	51	00:00:48	00:28:38	00:56:07.50	00:56:55.85	+00:20:25 (36.4%)	5:36	10.7 (63.7%)
161	BOGULAK Krzysztof	1167	FLUOR	M-20	20	00:00:30	00:26:57	00:56:12.50	00:56:43.45	+00:20:30 (36.5%)	5:37	10.7 (63.7%)
162	CISŁO Daria	1230		K-30	16	00:00:16	00:28:02	00:56:22.20	00:56:38.20	+00:20:39 (36.7%)	5:38	10.6 (63.1%)
163	SIĄŻNIK Aleksandra	1109		K-20	5	00:01:01	00:28:18	00:56:23.70	00:57:25.20	+00:20:41 (36.7%)	5:38	10.6 (63.1%)
164	SZEWC Renata	1062	#HUTATEAM	K-40	9	00:00:50	00:28:08	00:56:29.25	00:57:19.35	+00:20:46 (36.8%)	5:38	10.6 (63.1%)
165	LENCZYK Mariusz	1151		M-20	21	00:01:06	00:26:58	00:56:30.40	00:57:36.70	+00:20:47 (36.8%)	5:39	10.6 (63.1%)
166	WIECZOREK Łukasz	1266		M-30	49	00:00:51	00:28:40	00:56:31.80	00:57:22.90	+00:20:49 (36.8%)	5:39	10.6 (63.1%)
167	MELKOWSKI Karol	1241		M-20	22	00:01:00	00:28:28	00:56:37.30	00:57:37.30	+00:20:54 (36.9%)	5:39	10.6 (63.1%)
168	SZWEDKOWICZ Błażej	1240		M-20	23	00:01:00	00:28:28	00:56:37.35	00:57:37.40	+00:20:54 (36.9%)	5:39	10.6 (63.1%)
169	SZKLARSKI Paweł	1293		M-30	50	00:01:02	00:27:32	00:56:37.85	00:57:40.15	+00:20:55 (36.9%)	5:39	10.6 (63.1%)
170	SZYMOS Damian	1115	RYWAL GLIWICE	M-40	52	00:00:53	00:28:39	00:56:39.15	00:57:32.60	+00:20:56 (37.0%)	5:39	10.6 (63.1%)
171	LINDENBERG Jarosław	1340		M-30	51	00:00:50	00:27:50	00:56:40.05	00:57:30.65	+00:20:57 (37.0%)	5:40	10.6 (63.1%)
172	MAZURKIEWICZ Paweł	1191	HIRSCHVOGERL	M-20	24	00:01:14	00:28:32	00:56:40.10	00:57:54.85	+00:20:57 (37.0%)	5:40	10.6 (63.1%)
173	SAMOL Grzegorz	1013	GLIWICE	M-50	11	00:00:44	00:27:54	00:56:52.00	00:57:36.75	+00:21:09 (37.2%)	5:41	10.6 (63.1%)
174	SOKOŁOWSKI Łukasz	1080		M-30	52	00:00:42	00:28:04	00:56:53.15	00:57:35.75	+00:21:10 (37.2%)	5:41	10.5 (62.5%)
175	HAUSCHILD Adam	1217		M-30	53	00:00:26	00:28:10	00:56:55.75	00:57:22.40	+00:21:13 (37.3%)	5:41	10.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	BOROWIEC Marta	1171		K-30	17	00:00:56	00:27:44	00:56:57.55	00:57:54.15	+00:21:15 (37.3%)	5:41	10.5 (62.5%)
177	SZNAJDER Anna	1320		K-30	18	00:00:12	00:27:48	00:56:58.20	00:57:10.25	+00:21:15 (37.3%)	5:41	10.5 (62.5%)
178	GLINKA Marta	1328		K-30	19	00:01:00	00:28:25	00:57:02.75	00:58:03.55	+00:21:20 (37.4%)	5:42	10.5 (62.5%)
179	JANOSZKA Izabela	1379	HCP	K-20	6	00:01:14	00:28:32	00:57:04.30	00:58:18.45	+00:21:21 (37.4%)	5:42	10.5 (62.5%)
180	JEŻYK Krzysztof	1270		M-30	54	00:00:52	00:27:09	00:57:06.25	00:57:59.10	+00:21:23 (37.5%)	5:42	10.5 (62.5%)
181	PEĐOWSKI Wojciech	1295		M-50	12	00:01:52	00:28:03	00:57:06.65	00:58:59.10	+00:21:24 (37.5%)	5:42	10.5 (62.5%)
182	POCZEŚNY Karol	1245		M-40	53	00:01:45	00:29:22	00:57:08.80	00:58:54.15	+00:21:26 (37.5%)	5:42	10.5 (62.5%)
183	PSIUK Piotr	1068		M-30	55	00:01:08	00:28:24	00:57:09.35	00:58:18.20	+00:21:26 (37.5%)	5:42	10.5 (62.5%)
184	WERSZNER - GRAMAŁA Aleksandra	1380		K-20	7	00:01:18	00:28:05	00:57:11.15	00:58:30.00	+00:21:28 (37.6%)	5:43	10.5 (62.5%)
185	FRANIELCZYK Marta	1112		K-40	10	00:01:23	00:28:40	00:57:16.70	00:58:40.00	+00:21:34 (37.7%)	5:43	10.5 (62.5%)
186	BUŃ Dariusz	1129	BANDA Z POŁUDNIA	M-50	13	00:01:32	00:28:55	00:57:19.75	00:58:51.90	+00:21:37 (37.7%)	5:43	10.5 (62.5%)
187	KUBISIEWICZ-BOBA Ewa	1225		K-40	11	00:01:25	00:29:46	00:57:34.95	00:59:00.10	+00:21:52 (38.0%)	5:45	10.4 (61.9%)
188	ŻORNACZUK Zuzanna	1325	DOM NADZIEI	K-20	8	00:01:22	00:27:25	00:57:35.75	00:58:58.40	+00:21:53 (38.0%)	5:45	10.4 (61.9%)
189	SAMEK Łukasz	1256		M-30	56	00:00:15	00:28:15	00:57:36.60	00:57:51.75	+00:21:54 (38.0%)	5:45	10.4 (61.9%)
190	KOTLARSKA Anna	1051		K-40	12	00:00:11	00:28:05	00:57:41.75	00:57:53.20	+00:21:59 (38.1%)	5:46	10.4 (61.9%)
191	EICHHOF Joanna	1108		K-40	13	00:01:06	00:29:01	00:57:48.30	00:58:55.05	+00:22:05 (38.2%)	5:46	10.4 (61.9%)
192	WOJTOK Katarzyna	1323		K-30	20	00:00:30	00:29:02	00:57:51.30	00:58:21.85	+00:22:08 (38.3%)	5:47	10.4 (61.9%)
193	GLET Marcel	1371	KATA GURUMA	M-20	25	00:00:47	00:26:59	00:57:53.30	00:58:41.05	+00:22:10 (38.3%)	5:47	10.4 (61.9%)
194	MANDRYSZ Grzegorz	1354	AKTYWNI LYSKI	M-50	14	00:00:29	00:29:53	00:57:55.80	00:58:25.00	+00:22:13 (38.4%)	5:47	10.4 (61.9%)
195	WÓJTOWICZ Agnieszka	1259	ISTA BIEGAMY	K-40	14	00:00:10	00:28:33	00:58:00.90	00:58:10.95	+00:22:18 (38.5%)	5:48	10.3 (61.3%)
196	MACURA Marcin	1144		M-30	57	00:00:41	00:28:49	00:58:05.05	00:58:46.35	+00:22:22 (38.5%)	5:48	10.3 (61.3%)
196	PACHOLAK Patryk	1142		M-20	26	00:00:41	00:28:49	00:58:05.05	00:58:46.65	+00:22:22 (38.5%)	5:48	10.3 (61.3%)
198	HUDY Grażyna	1135		K-30	21	00:01:05	00:28:05	00:58:10.95	00:59:16.80	+00:22:28 (38.6%)	5:49	10.3 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	POPIEL Artur	1126		M-40	54	00:00:12	00:29:13	00:58:15.75	00:58:28.30	+00:22:33 (38.7%)	5:49	10.3 (61.3%)
200	STOLARSKI Aleksander	1363		M-30	58	00:00:38	00:27:42	00:58:24.75	00:59:03.65	+00:22:42 (38.9%)	5:50	10.3 (61.3%)
201	RYBAK Andrzej	1178	HIRSCHVOGEL	M-30	59	00:01:16	00:28:31	00:58:27.05	00:59:43.75	+00:22:44 (38.9%)	5:50	10.3 (61.3%)
202	GŁOWACKA Justyna	1302	ISTA BIEGAMY	K-30	22	00:00:28	00:28:25	00:58:27.25	00:58:55.95	+00:22:44 (38.9%)	5:50	10.3 (61.3%)
203	HILDEBRAND Justyna	1113		K-30	23	00:01:24	00:28:42	00:58:31.45	00:59:55.80	+00:22:49 (39.0%)	5:51	10.3 (61.3%)
204	POPIEL Adriana	1124		K-40	15	00:00:12	00:29:14	00:58:36.25	00:58:48.75	+00:22:53 (39.1%)	5:51	10.2 (60.7%)
205	BALCER Weronika	1185	JOMAR RUNNERS	K-30	24	00:00:36	00:27:40	00:58:41.45	00:59:18.15	+00:22:59 (39.2%)	5:52	10.2 (60.7%)
206	KOMANDER Marcin	1197	JOMAR RUNNERS	M-50	15	00:00:35	00:27:41	00:58:41.90	00:59:17.75	+00:22:59 (39.2%)	5:52	10.2 (60.7%)
207	LIPIŃSKA Anita	1024		K-30	25	00:00:31	00:29:01	00:58:47.50	00:59:18.75	+00:23:05 (39.3%)	5:52	10.2 (60.7%)
208	PACAN Tomasz	1186	BLEES	M-40	55	00:00:30	00:29:02	00:58:48.70	00:59:18.75	+00:23:06 (39.3%)	5:52	10.2 (60.7%)
209	SZOŁTYSIK Marta	1131		K-30	26	00:01:09	00:28:59	00:58:49.10	00:59:58.15	+00:23:06 (39.3%)	5:52	10.2 (60.7%)
210	BEMŚ Emilia	1012	KS SOŚNICA	K-30	27	00:00:51	00:29:10	00:58:58.30	00:59:50.25	+00:23:15 (39.4%)	5:53	10.2 (60.7%)
211	BADURA Karina	1048		K-40	16	00:01:17	00:30:33	00:59:04.60	01:00:22.25	+00:23:22 (39.6%)	5:54	10.2 (60.7%)
212	CIEŚLIK Paweł	1355	CHATEA CHALIN	M-40	56	00:01:05	00:29:22	00:59:07.70	01:00:13.25	+00:23:25 (39.6%)	5:54	10.1 (60.1%)
213	KRÓL Andrzej	1196		M-40	57	00:01:05	00:29:15	00:59:08.80	01:00:14.30	+00:23:26 (39.6%)	5:54	10.1 (60.1%)
214	DOBOSZ Daniel	1374	DOBOSZE	M-40	58	00:01:04	00:29:19	00:59:09.75	01:00:14.55	+00:23:27 (39.6%)	5:54	10.1 (60.1%)
215	DRAGON Karolina	1132	DRAGON TEAM	K-30	28	00:00:33	00:28:39	00:59:15.30	00:59:48.65	+00:23:32 (39.7%)	5:55	10.1 (60.1%)
216	GRABYSZ Witold	1121	MZ RUN STARS	M-50	16	00:00:37	00:29:12	00:59:19.55	00:59:57.25	+00:23:37 (39.8%)	5:55	10.1 (60.1%)
217	MIARECKA Monika	1314	BOJKÓW BIEGA	K-40	17	00:00:18	00:29:15	00:59:20.85	00:59:38.90	+00:23:38 (39.8%)	5:56	10.1 (60.1%)
218	CHOLEWA Magdalena	1116		K-40	18	00:00:15	00:28:34	00:59:21.40	00:59:36.75	+00:23:38 (39.8%)	5:56	10.1 (60.1%)
219	MICZKA Łukasz	1039		M-40	59	00:00:57		00:59:24.85	01:00:21.95	+00:23:42 (39.9%)	5:56	10.1 (60.1%)
220	ZAKLIŃSKA Katarzyna	1130		K-40	19	00:01:46	00:29:26	00:59:26.75	01:01:13.10	+00:23:44 (39.9%)	5:56	10.1 (60.1%)
221	DROZD Marcin	1204	PKO BANK POLSKI	M-40	60	00:00:33	00:28:22	00:59:28.90	01:00:01.90	+00:23:46 (40.0%)	5:56	10.1 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	HERUD Sandra	1030	ROWEROWE GLIWICE	K-30	29	00:00:27	00:28:40	00:59:29.00	00:59:56.50	+00:23:46 (40.0%)	5:56	10.1 (60.1%)
223	POLOCZEK Adam	1162	PKO BP	M-50	17	00:00:32	00:28:19	00:59:29.55	01:00:01.60	+00:23:47 (40.0%)	5:56	10.1 (60.1%)
224	TARADAJ Tomasz	1200		M-50	18	00:00:27	00:28:00	00:59:31.65	00:59:58.80	+00:23:49 (40.0%)	5:57	10.1 (60.1%)
225	BRZOZA Aleksandra	1289	MOSTOSTAL ZABRZE UNITED	K-40	20	00:00:37	00:29:12	00:59:32.55	01:00:10.10	+00:23:50 (40.0%)	5:57	10.1 (60.1%)
226	CHOMACKI Leszek	1252		M-30	60	00:00:55	00:30:08	00:59:36.90	01:00:32.35	+00:23:54 (40.1%)	5:57	10.1 (60.1%)
227	JAŃCZUK Piotr	1318		M-40	61	00:01:19	00:29:40	00:59:39.50	01:00:59.35	+00:23:57 (40.1%)	5:57	10.1 (60.1%)
228	ZASIEK Marek	1269		M-50	19	00:01:18	00:29:46	00:59:44.40	01:01:02.45	+00:24:01 (40.2%)	5:58	10 (59.5%)
229	SCHWARZ Joanna	1054		K-40	21	00:00:21	00:29:22	00:59:48.70	01:00:09.90	+00:24:06 (40.3%)	5:58	10 (59.5%)
230	PORSZKE Magdalena	1055		K-30	30	00:00:20	00:29:23	00:59:48.75	01:00:09.50	+00:24:06 (40.3%)	5:58	10 (59.5%)
231	SMOLARCZYK Michał	1304	WOLNA WIEŚ	M-40	62	00:01:26	00:29:48	00:59:50.55	01:01:16.85	+00:24:08 (40.3%)	5:59	10 (59.5%)
232	KOZICKI Jacek	1378		M-40	63	00:01:03	00:30:24	00:59:55.10	01:00:58.65	+00:24:12 (40.4%)	5:59	10 (59.5%)
233	KOZICKA Zofia	1381		K-20	9	00:01:03	00:30:25	00:59:56.05	01:00:59.05	+00:24:13 (40.4%)	5:59	10 (59.5%)
234	WILCZEK Małgorzata	1327	ISTA BIEGAMY	K-40	22	00:00:09	00:28:42	00:59:59.10	01:00:08.45	+00:24:16 (40.5%)	5:59	10 (59.5%)
235	KASZUB-DEDYK Katarzyna	1195		K-30	31	00:00:52	00:29:42	01:00:00.95	01:00:53.50	+00:24:18 (40.5%)	6:00	10 (59.5%)
236	STARZYK Tomasz	1330	AKMB PĘDZIWIATR GLIWICE	M-30	61	00:00:43	00:28:27	01:00:03.60	01:00:46.65	+00:24:21 (40.5%)	6:00	10 (59.5%)
237	WIERCIŃSKI Robert	1158		M-40	64	00:01:06	00:29:49	01:00:08.90	01:01:15.10	+00:24:26 (40.6%)	6:00	10 (59.5%)
238	KĘPA Joanna	1123		K-40	23	00:01:24	00:28:40	01:00:11.10	01:01:35.95	+00:24:28 (40.7%)	6:01	10 (59.5%)
239	WINDYS Jacek	1281		M-50	20	00:00:35	00:29:56	01:00:13.60	01:00:48.80	+00:24:31 (40.7%)	6:01	10 (59.5%)
240	SMOŁA Mieczysław	1351	AKMB PĘDZIWIATR	M-60	2	00:00:59	00:30:17	01:00:26.50	01:01:25.75	+00:24:44 (40.9%)	6:02	9.9 (58.9%)
241	GIERCZYCKI Michał	1026	CHRZAŚCZCZE CHRABAŚCZCZE DZIKI	M-30	62	00:01:48	00:30:08	01:00:28.70	01:02:17.25	+00:24:46 (41.0%)	6:02	9.9 (58.9%)
242	DOROS Adam	1077		M-40	65	00:01:21	00:27:25	01:00:30.20	01:01:51.20	+00:24:47 (41.0%)	6:03	9.9 (58.9%)
243	ZIĘBA Sabina	1155		K-40	24	00:00:14	00:28:51	01:00:30.85	01:00:45.00	+00:24:48 (41.0%)	6:03	9.9 (58.9%)
244	MATUSEK Anna	1074		K-20	10	00:01:20	00:28:32	01:00:31.10	01:01:51.75	+00:24:48 (41.0%)	6:03	9.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	SABAS Arkadiusz	1180		M-30	63	00:01:15	00:29:18	01:00:41.20	01:01:56.70	+00:24:58 (41.2%)	6:04	9.9 (58.9%)
246	FILIPCZYK Anna	1308		K-30	32	00:00:25	00:29:48	01:00:54.55	01:01:19.90	+00:25:12 (41.4%)	6:05	9.9 (58.9%)
247	JASIŃSKA-GMEREK Anna	1063		K-40	25	00:00:21	00:29:21	01:01:08.80	01:01:30.45	+00:25:26 (41.6%)	6:06	9.8 (58.3%)
248	KACPRZYK Iwona	1228		K-40	26	00:01:10	00:30:18	01:01:10.15	01:02:20.85	+00:25:27 (41.6%)	6:07	9.8 (58.3%)
249	MARSCHNER Mateusz	1290		M-20	27	00:01:06	00:30:17	01:01:21.50	01:02:28.30	+00:25:39 (41.8%)	6:08	9.8 (58.3%)
250	ROMANIK Katarzyna	1069		K-20	11	00:00:37	00:29:53	01:01:32.60	01:02:10.25	+00:25:50 (42.0%)	6:09	9.8 (58.3%)
251	BOCHEŃSKI Mariusz	1044	POMPEJANKA TEAM	M-40	66	00:01:09	00:30:50	01:01:41.50	01:02:51.35	+00:25:59 (42.1%)	6:10	9.7 (57.7%)
252	GIERCZYCKA Natalia	1027	KOTKI PIESKI CHOMICZKI	K-30	33	00:01:48	00:30:16	01:02:03.60	01:03:51.80	+00:26:21 (42.5%)	6:12	9.7 (57.7%)
253	SZEWC Henryk	1061	#HUTATEAM	M-50	21	00:00:51	00:30:06	01:02:06.05	01:02:58.00	+00:26:23 (42.5%)	6:12	9.7 (57.7%)
254	WYDRA Dawid	1023		M-40	67	00:01:10	00:29:55	01:02:07.10	01:03:18.00	+00:26:24 (42.5%)	6:12	9.7 (57.7%)
255	ZWOLSKI Aleksander	1156		M-60	3	00:01:10	00:30:48	01:02:10.50	01:03:20.50	+00:26:28 (42.6%)	6:13	9.7 (57.7%)
256	BABŁO Marcin	1154	#HUTATEAM	M-30	64	00:00:47	00:28:57	01:02:13.70	01:03:01.35	+00:26:31 (42.6%)	6:13	9.6 (57.1%)
257	PRZYDACZ Aleksandra	1221	HIRSCHVOGEL	K-30	34	00:01:21	00:30:00	01:02:22.45	01:03:44.35	+00:26:40 (42.8%)	6:14	9.6 (57.1%)
258	SKWARA Katarzyna	1165	HIRSCHVOGEL	K-40	27	00:01:19	00:31:56	01:02:24.80	01:03:44.70	+00:26:42 (42.8%)	6:14	9.6 (57.1%)
259	ORZECZOWSKA Katarzyna	1164	HIRSCHVOGEL	K-30	35	00:01:20	00:31:55	01:02:25.25	01:03:46.10	+00:26:42 (42.8%)	6:14	9.6 (57.1%)
260	MARKOWICZ Magdalena	1260	BOJKÓW BIEGA	K-30	36	00:00:19	00:31:26	01:02:29.30	01:02:48.70	+00:26:46 (42.9%)	6:14	9.6 (57.1%)
261	WOJTUKIEWICZ Justyna	1047		K-30	37	00:01:18	00:30:32	01:02:37.15	01:03:55.80	+00:26:54 (43.0%)	6:15	9.6 (57.1%)
262	BROŹEK Bartosz	1198		M-20	28	00:00:59	00:28:50	01:02:40.25	01:03:39.65	+00:26:57 (43.0%)	6:16	9.6 (57.1%)
263	STELMASZCZYK Iwona	1334	NIEZRZESZONA	K-50	3	00:01:14	00:32:07	01:02:43.75	01:03:58.60	+00:27:01 (43.1%)	6:16	9.6 (57.1%)
264	STASIK Mirosław	1079	HUTA TEAM	M-50	22	00:00:44	00:31:06	01:02:51.80	01:03:35.80	+00:27:09 (43.2%)	6:17	9.5 (56.5%)
265	ROSIEK Radosław	1366		M-20	29	00:01:01	00:31:22	01:02:52.75	01:03:54.00	+00:27:10 (43.2%)	6:17	9.5 (56.5%)
266	CESARZ Piotr	1310		M-20	30	00:00:15	00:28:55	01:02:52.80	01:03:08.10	+00:27:10 (43.2%)	6:17	9.5 (56.5%)
267	HAWRANEK Anna	1201		K-40	28	00:01:07	00:31:00	01:02:54.10	01:04:01.40	+00:27:11 (43.2%)	6:17	9.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	SOŁTYSIK Rafał	1298		M-40	68	00:00:35	00:30:04	01:03:06.15	01:03:41.45	+00:27:23 (43.4%)	6:18	9.5 (56.5%)
269	KIJANKA Damian	1173	HIRSCHVOGEL COMPONENTS POLAND	M-30	65	00:01:22	00:32:04	01:03:21.40	01:04:43.90	+00:27:38 (43.6%)	6:20	9.5 (56.5%)
270	FIZEK Anna	1258		K-20	12	00:01:26	00:30:40	01:03:28.45	01:04:54.95	+00:27:46 (43.7%)	6:20	9.5 (56.5%)
271	ROŻEK Mariola	1058	#HUTATEAM	K-40	29	00:00:52	00:30:54	01:03:29.45	01:04:22.30	+00:27:47 (43.8%)	6:20	9.5 (56.5%)
272	BAÜTEN Daniel	1361		M-40	69	00:00:11	00:29:57	01:03:31.25	01:03:42.90	+00:27:48 (43.8%)	6:21	9.4 (56.0%)
273	SYMELA-BOCHEŃSKA Katarzyna	1043	POMPEJANKA TEAM	K-40	30	00:01:02	00:31:12	01:03:37.05	01:04:39.75	+00:27:54 (43.9%)	6:21	9.4 (56.0%)
274	ĆWIOK Barbara	1306	#PANIOWKIRUN	K-50	4	00:00:41	00:30:58	01:03:54.75	01:04:36.20	+00:28:12 (44.1%)	6:23	9.4 (56.0%)
275	WILSZ Adam	1233	#PANIÓWKIRUN	M-50	23	00:00:42	00:31:23	01:04:10.10	01:04:52.15	+00:28:27 (44.4%)	6:25	9.4 (56.0%)
276	SOWA Weronika	1160		K-20	13	00:01:01	00:32:08	01:04:32.55	01:05:33.80	+00:28:50 (44.7%)	6:27	9.3 (55.4%)
277	MICHAŁEK Kinga	1234		K-30	38	00:00:35	00:31:35	01:04:36.25	01:05:11.25	+00:28:53 (44.7%)	6:27	9.3 (55.4%)
278	CZARNECKA-KARBOWNICZEK Magdalena	1235	KARBONY	K-30	39	00:00:34	00:31:36	01:04:37.10	01:05:11.35	+00:28:54 (44.7%)	6:27	9.3 (55.4%)
279	JANIK Helena	1265		K-20	14	00:01:40	00:31:11	01:04:57.60	01:06:37.90	+00:29:15 (45.0%)	6:29	9.2 (54.8%)
280	BOBA Marek	1226		M-40	70	00:01:24	00:32:24	01:04:59.85	01:06:24.80	+00:29:17 (45.1%)	6:29	9.2 (54.8%)
281	STUKAN Szymon	1025	WARZONE AFTER HOURS	M-30	66	00:01:49	00:31:35	01:05:04.25	01:06:53.35	+00:29:21 (45.1%)	6:30	9.2 (54.8%)
282	STELMASZCZYK Zbigniew	1161	NIEZRZESZONY	M-50	24	00:01:14	00:32:14	01:05:09.80	01:06:24.20	+00:29:27 (45.2%)	6:30	9.2 (54.8%)
283	WILSZ Ewa	1232	#PANIÓWKIRUN	K-40	31	00:00:41	00:31:21	01:05:28.45	01:06:09.80	+00:29:46 (45.5%)	6:32	9.2 (54.8%)
284	IBROM Tomasz	1093		M-40	71	00:00:44	00:33:35	01:05:31.80	01:06:16.40	+00:29:49 (45.5%)	6:33	9.2 (54.8%)
285	MIŁKOWSKI Andrzej	1212		M-60	4	00:00:20	00:31:20	01:05:35.80	01:05:56.25	+00:29:53 (45.6%)	6:33	9.1 (54.2%)
286	GAWŁOWSKA-SZTWIERTNIA Agnieszka	1148		K-30	40	00:00:40	00:32:55	01:05:47.55	01:06:27.75	+00:30:05 (45.7%)	6:34	9.1 (54.2%)
287	CHMELIK Katarzyna	1003	PWIK - GLIWICKA Z GŁĘBIN	K-30	41	00:01:13	00:30:56	01:05:49.35	01:07:02.70	+00:30:06 (45.8%)	6:34	9.1 (54.2%)
288	SOSNA Joanna	1326	PWIK - GLIWICKA Z GŁĘBIN	K-30	42	00:01:13	00:32:33	01:05:52.70	01:07:06.05	+00:30:10 (45.8%)	6:35	9.1 (54.2%)
289	SZCZABEL Aleksandra	1357	BIEGAM Z SM	K-20	15	00:00:27	00:31:44	01:05:59.20	01:06:26.70	+00:30:16 (45.9%)	6:35	9.1 (54.2%)
290	DZIECH Mariusz	1169	FLUOR	M-50	25	00:00:32	00:30:32	01:06:03.35	01:06:35.85	+00:30:20 (45.9%)	6:36	9.1 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	KIESLICH-PAŃTAK Aleksandra	1188		K-40	32	00:00:45	00:31:41	01:06:06.00	01:06:51.95	+00:30:23 (46.0%)	6:36	9.1 (54.2%)
292	ZASADZIŃSKA Angelika	1229	FUCHS OIL TEAM	K-30	43	00:01:46	00:32:09	01:06:07.25	01:07:53.40	+00:30:24 (46.0%)	6:36	9.1 (54.2%)
293	JAGODA Adam	1329	FUCHS OIL TEAM	M-50	26	00:01:46	00:32:10	01:06:08.00	01:07:54.05	+00:30:25 (46.0%)	6:36	9.1 (54.2%)
294	GAŁECZKA-TURKIEWICZ Alicja	1046		K-20	16	00:01:01	00:32:06	01:06:11.60	01:07:13.45	+00:30:29 (46.1%)	6:37	9.1 (54.2%)
295	TURKIEWICZ Jan	1045		M-20	31	00:01:01	00:32:07	01:06:12.50	01:07:14.35	+00:30:30 (46.1%)	6:37	9.1 (54.2%)
296	BIDZIŃSKI Piotr	1284		M-40	72	00:01:50	00:32:38	01:06:17.75	01:08:08.05	+00:30:35 (46.1%)	6:37	9.1 (54.2%)
297	FOSZNER Paweł	1071		M-30	67	00:01:09	00:31:57	01:06:25.90	01:07:35.05	+00:30:43 (46.2%)	6:38	9 (53.6%)
298	STANISZEWSKI Michał	1352	MIECHOWICKA GRUPA BIEGOWA	M-30	68	00:01:09	00:31:58	01:06:26.60	01:07:35.80	+00:30:44 (46.3%)	6:38	9 (53.6%)
299	ŁACNY Michał	1277		M-30	69	00:00:53	00:31:48	01:06:39.65	01:07:33.60	+00:30:57 (46.4%)	6:39	9 (53.6%)
300	KURIANOWICZ Wiesław	1096	BIEGAMBOLUBIĘ	M-60	5	00:01:12	00:31:34	01:06:58.55	01:08:11.00	+00:31:16 (46.7%)	6:41	9 (53.6%)
301	MICZKA Justyna	1040		K-40	33	00:00:57	00:32:33	01:07:12.70	01:08:09.85	+00:31:30 (46.9%)	6:43	8.9 (53.0%)
302	HOMIŃSKA Aleksandra	1346		K-20	17	00:01:34	00:32:31	01:07:41.50	01:09:16.45	+00:31:59 (47.2%)	6:46	8.9 (53.0%)
303	DROZDOWSKI Wojciech	1376	BIEGAJ Z TRENERAMI	M-40	73	00:01:33	00:32:02	01:07:52.65	01:09:25.75	+00:32:10 (47.4%)	6:47	8.8 (52.4%)
304	WACŁAWEK Tomek	1275	TEAM TOMSON	M-30	70	00:00:13	00:33:20	01:07:59.25	01:08:12.65	+00:32:16 (47.5%)	6:47	8.8 (52.4%)
305	OŹGA Grzegorz	1353	PWIK-GLIWICKA Z GŁĘBIN	M-50	27	00:01:11	00:31:07	01:08:00.35	01:09:11.90	+00:32:17 (47.5%)	6:48	8.8 (52.4%)
306	KOCHANEK Aleksandra	1141		K-50	5	00:00:27	00:34:53	01:09:13.10	01:09:40.65	+00:33:30 (48.4%)	6:55	8.7 (51.8%)
307	BENTKOWSKI Lesław	1010	FORBET RUNNERS	M-60	6	00:00:20	00:34:23	01:10:03.35	01:10:23.40	+00:34:20 (49.0%)	7:00	8.6 (51.2%)
308	MIGDAŁ Iwona	1041		K-40	34	00:00:37	00:34:24	01:10:57.75	01:11:35.00	+00:35:15 (49.7%)	7:05	8.5 (50.6%)
309	ZIARNIK Helena	1038		K-50	6	00:00:36	00:34:24	01:10:57.80	01:11:34.75	+00:35:15 (49.7%)	7:05	8.5 (50.6%)
310	FRANCZYK Kinga	1091	FUNDACJA TOŚKA I PRZYJACIELE	K-40	35	00:01:29	00:34:22	01:11:52.40	01:13:21.45	+00:36:09 (50.3%)	7:11	8.3 (49.4%)
311	ORYSZCZAK Łukasz	1311		M-40	74	00:01:12	00:35:28	01:11:56.65	01:13:08.65	+00:36:14 (50.4%)	7:11	8.3 (49.4%)
312	LIPCZYK Katarzyna	1317		K-30	44	00:00:46	00:36:12	01:12:28.10	01:13:14.85	+00:36:45 (50.7%)	7:14	8.3 (49.4%)
313	ŁODO Dominika	1222		K-20	18	00:00:16	00:33:13	01:13:16.15	01:13:32.50	+00:37:33 (51.3%)	7:19	8.2 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	KOCHANEK Jarosław	1143		M-50	28	00:00:30	00:34:55	01:13:46.70	01:14:17.30	+00:38:04 (51.6%)	7:22	8.1 (48.2%)
315	OLSZOK Dawid	1208	HIRSCHVOGEL	M-30	71	00:01:26	00:33:51	01:14:20.55	01:15:47.05	+00:38:38 (52.0%)	7:26	8.1 (48.2%)
316	GAŚSIOR Dariusz	1255	HUTA TEAM	M-40	75	00:00:51	00:50:36	01:15:10.85	01:16:02.05	+00:39:28 (52.5%)	7:31	8 (47.6%)
317	WILKOŃ Artur	1009	#HUTATEAM	M-50	29	00:00:48	00:50:40	01:15:14.55	01:16:03.10	+00:39:32 (52.5%)	7:31	8 (47.6%)
318	MIKOŁAJCZYK Michał	1078		M-30	72	00:01:51	00:38:08	01:15:27.40	01:17:19.05	+00:39:44 (52.7%)	7:32	8 (47.6%)
319	ŁEPIK Michał	1177		M-20	32	00:01:43	00:36:33	01:15:37.40	01:17:21.35	+00:39:54 (52.8%)	7:33	7.9 (47.0%)
320	LUBECKI Michał	1215		M-30	73	00:00:08	00:36:52	01:16:18.75	01:16:27.55	+00:40:36 (53.2%)	7:37	7.9 (47.0%)
321	PAJĄK Aleksandra	1090	#HUTATEAM	K-40	36	00:00:48	00:37:12	01:16:28.00	01:17:16.55	+00:40:45 (53.3%)	7:38	7.8 (46.4%)
322	MICHALIK-LUBECKA Joanna	1214		K-30	45	00:00:08	00:38:36	01:20:44.90	01:20:53.30	+00:45:02 (55.8%)	8:04	7.4 (44.0%)
323	ZEGZUŁA Jakub	1216	#HUTATEQM	M-20	33	00:00:45	00:41:00	01:21:37.80	01:22:23.60	+00:45:55 (56.3%)	8:09	7.4 (44.0%)
324	MACH Monika	1104		K-40	37	00:00:29	00:36:03	01:22:41.75	01:23:10.80	+00:46:59 (56.8%)	8:16	7.3 (43.5%)
325	GALLAGHER Eoghan	1105		M-40	76	00:00:00	00:36:52	01:23:11.20	01:23:11.20	+00:47:28 (57.1%)	8:19	7.2 (42.9%)
Przekroczony limit czasu: 01:30:00												
326	GABOR Aleksandra	1022		K-30	46	00:00:40	00:44:24	01:33:39.75	01:34:20.15	+00:57:57 (61.9%)	9:21	6.4 (38.1%)

Znaleziono 326 wynik(ów)