



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

IX PKO PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2023-10-08
Gliwice
21 km

IX PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	11km	15.8km	Czas netto 21.097km	Czas brutto 21.097km	Różn	Tempo min/km	Tempo km/h
1	GRZEGORZYCA Marcin	2360	GIERAŁTOWICE	M-30	1	00:00:33	00:36:54	00:57:15	01:15:14.10	01:15:47.40		3:33	16.8 (100%)
2	KUROWSKI Andrew	2151		M-40	1	00:00:33	00:36:54	00:57:14	01:15:20.90	01:15:54.30	+00:00:06 (0.2%)	3:34	16.8 (100%)
3	FURMANEK Łukasz	2019	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	2	00:00:33	00:39:29	01:01:32	01:20:17.80	01:20:51.10	+00:05:03 (6.3%)	3:48	15.8 (94.0%)
4	GARNOWSKI Maciej	2501		M-30	2	00:00:33	00:39:31	01:01:31	01:20:26.90	01:21:00.45	+00:05:12 (6.5%)	3:48	15.7 (93.5%)
5	WIŚNIEWSKI Mateusz	2216		M-30	3	00:00:33	00:38:59	01:01:07	01:20:47.20	01:21:20.30	+00:05:33 (6.9%)	3:49	15.7 (93.5%)
6	BAGSIK Mateusz	2606		M-30	4	00:00:34	00:40:57	01:03:11	01:22:16.45	01:22:50.80	+00:07:02 (8.6%)	3:53	15.4 (91.7%)
7	EISLER Tomasz	2184	MOBILITY	M-40	3	00:00:33	00:40:04	01:03:05	01:22:58.35	01:23:32.30	+00:07:44 (9.3%)	3:55	15.3 (91.1%)
8	MASARCZYK Szymon	2544	TRI&MORE	M-30	5	00:00:34	00:40:23	01:03:02	01:23:02.10	01:23:37.05	+00:07:48 (9.4%)	3:56	15.2 (90.5%)
9	KRZĄPA Łukasz	2050		M-30	6	00:00:33	00:40:30	01:03:00	01:23:21.00	01:23:54.95	+00:08:06 (9.7%)	3:57	15.2 (90.5%)
10	VATUICHAK Pavlo	2472		M-20	1	00:00:33	00:41:12	01:04:46	01:25:14.45	01:25:48.00	+00:10:00 (11.7%)	4:02	14.9 (88.7%)
11	MENDECKA-ZEJDLER Michalina	2571		K-30	1	00:00:34	00:41:29	01:04:40	01:25:20.80	01:25:55.25	+00:10:06 (11.8%)	4:02	14.8 (88.1%)
12	POLAK Tomasz	2128	PRO300.PL	M-40	4	00:00:36	00:42:45	01:05:29	01:25:22.70	01:25:59.20	+00:10:08 (11.9%)	4:02	14.8 (88.1%)
13	GRIMAN Joanna	2077	ERIGO	K-40	1	00:00:34	00:41:29	01:05:01	01:25:42.50	01:26:16.75	+00:10:28 (12.2%)	4:03	14.8 (88.1%)
14	ALKER Adam	2403		M-30	7	00:00:33	00:42:14	01:05:31	01:26:33.85	01:27:07.15	+00:11:19 (13.1%)	4:06	14.6 (86.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
15	SZECÓWKA Aneta	2408		K-40	2	00:00:34	00:42:14	01:05:53	01:26:43.30	01:27:18.05	+00:11:29 (13.2%)	4:06	14.6 (86.9%)
16	MICHALCZYK Mateusz	2320	LUCKY LOSERS	M-20	2	00:00:41	00:43:18	01:07:27	01:27:34.30	01:28:15.35	+00:12:20 (14.1%)	4:09	14.5 (86.3%)
17	GRZESIKIEWICZ Mariusz	2190		M-40	5	00:00:37	00:42:56	01:06:32	01:27:43.35	01:28:20.55	+00:12:29 (14.2%)	4:09	14.4 (85.7%)
18	MUSIAŁ Kacper	2359	IM INSPIRATION	M-20	3	00:00:38	00:44:06	01:07:53	01:28:14.95	01:28:53.90	+00:13:00 (14.7%)	4:10	14.3 (85.1%)
19	MÜLLER Bernard	2259	MAFIA TEAM LUBLINIEC	M-30	8	00:00:36	00:42:57	01:06:59	01:28:28.80	01:29:05.10	+00:13:14 (15.0%)	4:11	14.3 (85.1%)
20	CHLUBEK Jakub	2345		M-20	4	00:00:34	00:42:31	01:06:53	01:28:43.50	01:29:17.55	+00:13:29 (15.2%)	4:12	14.3 (85.1%)
21	BARANOWSKI Maciej	2599	JACEKBIEGA RUNNING TEAM	M-40	6	00:00:37	00:43:32	01:07:46	01:28:49.45	01:29:27.40	+00:13:35 (15.3%)	4:12	14.3 (85.1%)
22	LEŚNIKOWSKI Krzysztof	2029	PKO BANK POLSKI	M-40	7	00:00:36	00:43:36	01:07:50	01:28:57.70	01:29:33.95	+00:13:43 (15.4%)	4:12	14.2 (84.5%)
23	KURCZYK Kamil	2045		M-30	9	00:00:34	00:43:10	01:07:22	01:29:07.00	01:29:41.85	+00:13:52 (15.6%)	4:13	14.2 (84.5%)
24	WYLEŻAŁEK Alina	2104	INŻYNIERIA BIEGANIA	K-30	2	00:00:37	00:43:38	01:07:53	01:29:22.90	01:30:00.35	+00:14:08 (15.8%)	4:14	14.2 (84.5%)
25	FAŁEK Adam	2160	UKS 3 MIKOŁÓW, ŁAMIGNATY	M-20	5	00:00:35	00:43:37	01:07:58	01:29:27.45	01:30:02.50	+00:14:13 (15.9%)	4:14	14.2 (84.5%)
26	CHOMIK Rafał	2577	3COACH - PACEMAKER	M-40	8	00:00:36	00:43:35	01:07:51	01:29:28.20	01:30:04.85	+00:14:14 (15.9%)	4:14	14.1 (83.9%)
27	MIKOŁAJCZYK Rafał	2578	3COACH	M-40	9	00:00:37	00:43:37	01:07:56	01:29:28.55	01:30:05.55	+00:14:14 (15.9%)	4:14	14.1 (83.9%)
28	TRACZUK Marek	2052	POD MURAMI	M-50	1	00:00:37	00:43:37	01:08:22	01:30:08.85	01:30:46.45	+00:14:54 (16.5%)	4:16	14 (83.3%)
29	ŁAKOMSKI Pawel	2225	BOJKOW BIEGA	M-40	10	00:00:39	00:43:35	01:07:54	01:30:09.10	01:30:48.20	+00:14:55 (16.5%)	4:16	14 (83.3%)
30	CZOSNOWSKI Tomasz	2443	CZOSY SIĘ SZWENDAJĄ	M-40	11	00:00:36	00:43:41	01:08:16	01:30:21.10	01:30:57.95	+00:15:07 (16.7%)	4:16	14 (83.3%)
31	ZYCHLA Grzegorz	2103	SU 07	M-30	10	00:00:36	00:44:29	01:09:31	01:31:18.45	01:31:55.10	+00:16:04 (17.6%)	4:19	13.9 (82.7%)
32	LEGASZEWSKI Jerzy	2589		M-20	6	00:01:04	00:45:29	01:09:56	01:31:19.10	01:32:23.95	+00:16:05 (17.6%)	4:19	13.9 (82.7%)
33	POLACZEK Alexander	2231		M-50	2	00:00:36	00:43:39	01:08:22	01:31:31.25	01:32:07.55	+00:16:17 (17.8%)	4:20	13.8 (82.1%)
34	RODAK Karolina	2121	PRZEDWOJEWSKI TEAM	K-30	3	00:00:38	00:45:12	01:10:09	01:31:50.55	01:32:28.70	+00:16:36 (18.1%)	4:21	13.8 (82.1%)
35	ŻOŁĄDŹ Piotr	2124		M-30	11	00:00:38	00:44:38	01:09:47	01:31:53.35	01:32:31.70	+00:16:39 (18.1%)	4:21	13.8 (82.1%)
36	BARAŃSKI Rafał	2508		M-40	12	00:00:37	00:45:12	01:10:08	01:31:59.40	01:32:36.85	+00:16:45 (18.2%)	4:21	13.8 (82.1%)
37	KRAICZICZEK Krzysztof	2244	RESHAPE RUNNERS	M-40	13	00:00:38	00:44:44	01:10:02	01:32:05.05	01:32:43.10	+00:16:50 (18.3%)	4:21	13.7 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
38	KASZOWSKI Marcin	2155	KASZKI TEAM	M-40	14	00:00:39	00:44:40	01:09:59	01:32:08.55	01:32:48.00	+00:16:54 (18.3%)	4:22	13.7 (81.5%)
39	TULEJA Adam	2268	SAYONARA	M-50	3	00:00:37	00:44:32	01:09:59	01:32:42.45	01:33:20.05	+00:17:28 (18.8%)	4:23	13.7 (81.5%)
40	WIECHUŁA Marcin	2567	MOMO RUNNING TEAM	M-40	15	00:00:37	00:43:07	01:08:53	01:32:50.80	01:33:28.45	+00:17:36 (19.0%)	4:24	13.6 (81.0%)
41	TRZCIONKA Maciej	2592		M-40	16	00:00:37	00:45:14	01:10:11	01:32:52.75	01:33:29.90	+00:17:38 (19.0%)	4:24	13.6 (81.0%)
42	BRYŁA Grzegorz	2223	KLUB JEDNEGO BIEGACZA	M-40	17	00:00:38	00:45:38	01:10:41	01:32:54.95	01:33:33.70	+00:17:40 (19.0%)	4:24	13.6 (81.0%)
43	KARNAUKHOV Andrzej	2127	JAC PRODUCTS	M-20	7	00:00:34	00:45:42	01:10:11	01:32:55.05	01:33:29.20	+00:17:40 (19.0%)	4:24	13.6 (81.0%)
44	ŁAKOMY Piotr	2541		M-30	12	00:00:42	00:46:16	01:11:15	01:33:01.50	01:33:44.05	+00:17:47 (19.1%)	4:24	13.6 (81.0%)
45	GAWEŁ Bartosz	2337	GROMKIE WIATRY	M-30	13	00:00:40	00:46:51	01:11:48	01:33:34.95	01:34:15.80	+00:18:20 (19.6%)	4:26	13.5 (80.4%)
46	ŻABSKI Maciej	2289	STALKANT	M-30	14	00:00:41	00:46:47	01:11:50	01:33:35.50	01:34:16.60	+00:18:21 (19.6%)	4:26	13.5 (80.4%)
47	CHEJDYS Krystian	2111		M-40	18	00:00:42	00:46:35	01:11:49	01:33:48.25	01:34:30.45	+00:18:34 (19.8%)	4:26	13.5 (80.4%)
48	ZYMELA Dawid	2174		M-30	15	00:00:48	00:46:21	01:11:55	01:33:56.35	01:34:44.55	+00:18:42 (19.9%)	4:27	13.5 (80.4%)
49	SCHAB Bartłomiej	2021		M-30	16	00:00:35	00:45:13	01:10:54	01:34:01.60	01:34:37.10	+00:18:47 (20.0%)	4:27	13.5 (80.4%)
50	MAZUR Marcin	2505	RESHAPE RUNNERS	M-30	17	00:00:43	00:47:04	01:12:10	01:34:01.75	01:34:44.75	+00:18:47 (20.0%)	4:27	13.5 (80.4%)
51	MUSIOŁ Łukasz	2532		M-30	18	00:00:52	00:47:03	01:12:01	01:34:21.90	01:35:14.55	+00:19:07 (20.3%)	4:28	13.4 (79.8%)
52	STRASZEK Piotr	2170		M-30	19	00:00:34	00:46:39	01:12:14	01:34:33.40	01:35:07.65	+00:19:19 (20.4%)	4:28	13.4 (79.8%)
53	ZALEWSKI Wojciech	2270		M-50	4	00:00:46	00:47:18	01:12:37	01:34:33.50	01:35:19.90	+00:19:19 (20.4%)	4:28	13.4 (79.8%)
54	ZIELONKA Tomasz	2048		M-20	8	00:00:40	00:47:05	01:12:18	01:34:58.75	01:35:39.15	+00:19:44 (20.8%)	4:30	13.3 (79.2%)
55	STANIEK Sławomir	2588		M-40	19	00:00:44	00:46:44	01:12:14	01:35:14.95	01:35:59.50	+00:20:00 (21.0%)	4:30	13.3 (79.2%)
56	STAROSTKA Jacek	2040	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	20	00:00:41	00:46:56	01:13:08	01:35:30.50	01:36:12.10	+00:20:16 (21.2%)	4:31	13.3 (79.2%)
57	NIESLER Michał	2167		M-30	20	00:00:43	00:48:17	01:14:02	01:36:34.00	01:37:17.80	+00:21:19 (22.1%)	4:34	13.1 (78.0%)
58	SZWEDA Marian	2421	RUN TEAM POGWIZDÓW	M-60	1	00:00:35	00:47:23	01:13:44	01:36:36.05	01:37:11.80	+00:21:21 (22.1%)	4:34	13.1 (78.0%)
59	SZWEDA Damian	2523	RUN TEAM POGWIZDÓW	M-30	21	00:00:36	00:47:23		01:36:36.30	01:37:12.35	+00:21:22 (22.1%)	4:34	13.1 (78.0%)
60	POKRYSZKA Bartosz	2031		M-30	22	00:00:48	00:49:28	01:14:46	01:36:36.65	01:37:25.05	+00:21:22 (22.1%)	4:34	13.1 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
61	WIĘCŁAW Artur	2386	4MUSZKIETER.PL	M-40	21	00:01:51	00:48:06	01:13:58	01:36:58.95	01:38:50.05	+00:21:44 (22.4%)	4:35	13.1 (78.0%)
62	TOMASZEWSKI Łukasz	2499	IM INSPIRATION	M-30	23	00:00:39	00:46:52	01:13:58	01:37:13.25	01:37:52.85	+00:21:59 (22.6%)	4:36	13 (77.4%)
63	JAGIEŁA Michał	2046		M-30	24	00:00:33	00:47:02	01:13:14	01:37:25.55	01:37:59.40	+00:22:11 (22.8%)	4:37	13 (77.4%)
64	MARCINIAK Rafał	2044	8A.PL	M-30	25	00:01:13	00:49:03	01:15:05	01:37:47.45	01:39:00.70	+00:22:33 (23.1%)	4:38	12.9 (76.8%)
65	MOŹDŻEŃ Krystian	2441		M-20	9	00:00:46	00:49:09	01:15:50	01:38:00.65	01:38:46.85	+00:22:46 (23.2%)	4:38	12.9 (76.8%)
66	BARZAK Daniel	2327	LUCKY LOSERS	M-30	26	00:00:47	00:49:09	01:15:12	01:38:07.70	01:38:54.85	+00:22:53 (23.3%)	4:39	12.9 (76.8%)
67	KOZA Karol	2335	LUCKY LOSERS	M-20	10	00:00:40	00:47:21	01:15:00	01:38:15.15	01:38:55.95	+00:23:01 (23.4%)	4:39	12.9 (76.8%)
68	HAJOK Oliwer	2543		M-20	11	00:00:45	00:49:10	01:15:48	01:38:27.50	01:39:12.95	+00:23:13 (23.6%)	4:39	12.9 (76.8%)
69	KACPRZYK Sylwester	2074	-	M-40	22	00:00:43	00:46:11	01:12:47	01:38:39.00	01:39:22.50	+00:23:24 (23.7%)	4:40	12.8 (76.2%)
70	ANGRES Paweł	2342		M-30	27	00:00:37	00:49:18	01:15:56	01:38:40.40	01:39:17.80	+00:23:26 (23.8%)	4:40	12.8 (76.2%)
71	DOMAGAŁA Damian	2372	NIGHT RUNNERS ZABRZE	M-30	28	00:00:46	00:48:11	01:14:51	01:38:40.60	01:39:26.75	+00:23:26 (23.8%)	4:40	12.8 (76.2%)
72	WILK Piotr	2585		M-40	23	00:00:43	00:49:01	01:15:26	01:38:50.75	01:39:34.55	+00:23:36 (23.9%)	4:41	12.8 (76.2%)
73	ZIÓŁKOWSKI Grzegorz	2147		M-50	5	00:00:43	00:49:03	01:15:36	01:38:54.50	01:39:38.15	+00:23:40 (23.9%)	4:41	12.8 (76.2%)
74	GAJDA Dariusz	2255		M-50	6	00:00:43	00:46:54	01:13:06	01:38:58.65	01:39:41.70	+00:23:44 (24.0%)	4:41	12.8 (76.2%)
75	BUŁAWA Grzegorz	2055		M-40	24	00:00:43	00:48:53	01:15:36	01:38:58.70	01:39:42.45	+00:23:44 (24.0%)	4:41	12.8 (76.2%)
76	JANECZEK Marek	2203		M-40	25	00:00:46	00:49:13	01:15:27	01:38:59.50	01:39:46.25	+00:23:45 (24.0%)	4:41	12.8 (76.2%)
77	CZAJA Jarosław	2138	FUTURE PROCESSING RUNNING TEAM	M-40	26	00:00:43	00:48:23	01:15:29	01:39:01.10	01:39:44.10	+00:23:47 (24.0%)	4:41	12.8 (76.2%)
78	HANUSIAK Ireneusz	2531	AKADEMIA BIEGANIA ORNONTOWICE	M-50	7	00:00:44	00:48:21	01:15:23	01:39:08.55	01:39:53.15	+00:23:54 (24.1%)	4:41	12.8 (76.2%)
79	KAWKA Marcin	2461		M-30	29	00:00:46	00:49:12	01:15:50	01:39:10.65	01:39:57.40	+00:23:56 (24.1%)	4:42	12.8 (76.2%)
80	RAUCH Wiesław	2374	AUGUSTEAM	M-60	2	00:00:39	00:49:16	01:15:56	01:39:11.80	01:39:51.50	+00:23:57 (24.2%)	4:42	12.8 (76.2%)
81	SZABOŃ Tomasz	2336	UKS REFLEX RYBNIK	M-40	27	00:00:42	00:49:05	01:15:45	01:39:12.05	01:39:54.45	+00:23:57 (24.2%)	4:42	12.8 (76.2%)
82	GDOWSKI Sławek	2464	NEXTEER RUNNERS	M-40	28	00:00:35	00:48:18	01:15:39	01:39:13.65	01:39:49.55	+00:23:59 (24.2%)	4:42	12.8 (76.2%)
83	WOJAKOWSKI Krzysztof	2569	MOMO TEAM	M-40	29	00:01:01	00:46:54	01:15:23	01:39:16.75	01:40:18.00	+00:24:02 (24.2%)	4:42	12.8 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
83	POKS Paweł	2109		M-30	30	00:00:50	00:48:56	01:15:30	01:39:16.75	01:40:07.00	+00:24:02 (24.2%)	4:42	12.8 (76.2%)
85	SZYSLER Maciej	2558	BIOLYTRENUJE	M-20	12	00:00:45	00:48:56	01:15:33	01:39:23.60	01:40:09.25	+00:24:09 (24.3%)	4:42	12.7 (75.6%)
86	HREKOV Bohdan	2480		M-30	31	00:00:41	00:49:16	01:15:39	01:39:26.70	01:40:08.15	+00:24:12 (24.3%)	4:42	12.7 (75.6%)
87	IVANOVYCH Orest	2450		M-20	13	00:00:41	00:48:19	01:15:21	01:39:29.85	01:40:11.35	+00:24:15 (24.4%)	4:42	12.7 (75.6%)
88	KLUCZNIK Mikołaj	2576	EY RUN4FUN PACEMAKER	M-20	14	00:00:44	00:49:10	01:15:50	01:39:34.45	01:40:18.95	+00:24:20 (24.4%)	4:43	12.7 (75.6%)
89	OZYP Mariusz	2161	SILTE MATERACE	M-30	32	00:00:34	00:48:50	01:15:51	01:39:35.00	01:40:09.70	+00:24:20 (24.5%)	4:43	12.7 (75.6%)
90	WILK Dawid	2581	RESHAPE RUNNERS PACEMAKER	M-30	33	00:00:44	00:49:11	01:15:50	01:39:35.70	01:40:20.10	+00:24:21 (24.5%)	4:43	12.7 (75.6%)
91	WIORA Łukasz	2250		M-30	34	00:00:55	00:49:06	01:15:55	01:39:35.75	01:40:31.35	+00:24:21 (24.5%)	4:43	12.7 (75.6%)
92	WIŚNIEWSKI Jarosław	2473	MOSTOSTAL ZABRZE UNITED	M-50	8	00:00:45	00:49:11	01:15:53	01:39:40.10	01:40:25.15	+00:24:26 (24.5%)	4:43	12.7 (75.6%)
93	GBUREK Piotr	2565	SAINT-GOBAIN SQUAD	M-40	30	00:01:03	00:49:02	01:16:07	01:39:53.80	01:40:57.75	+00:24:39 (24.7%)	4:44	12.7 (75.6%)
94	PRUSKO Gabriela	2402		K-20	1	00:00:58	00:48:47	01:15:37	01:39:56.85	01:40:55.45	+00:24:42 (24.7%)	4:44	12.7 (75.6%)
95	STACHOWSKI Wojciech	2365	TRI&MORE	M-40	31	00:00:40	00:50:08	01:17:02	01:40:07.50	01:40:47.85	+00:24:53 (24.9%)	4:44	12.6 (75.0%)
96	PIENIAK Adrian	2098		M-30	35	00:00:47	00:49:33	01:16:47	01:40:23.10	01:41:11.00	+00:25:09 (25.1%)	4:45	12.6 (75.0%)
97	MASIALSKI Maciej	2409	AKTYWNA DOLINA KARPIA	M-30	36	00:00:53	00:49:53	01:16:57	01:40:28.60	01:41:22.05	+00:25:14 (25.1%)	4:45	12.6 (75.0%)
98	MIRONOWICZ Bartłomiej	2412		M-30	37	00:00:41	00:49:08	01:16:01	01:40:36.70	01:41:18.35	+00:25:22 (25.2%)	4:46	12.6 (75.0%)
99	MACHOŃ Paweł	2466	LUCKY LOSERS	M-30	38	00:00:48	00:49:13	01:16:21	01:40:40.65	01:41:29.10	+00:25:26 (25.3%)	4:46	12.6 (75.0%)
100	MISIŃSKI Paweł	2498	TROWELMASTER	M-40	32	00:00:45	00:49:16	01:16:28	01:40:41.75	01:41:26.95	+00:25:27 (25.3%)	4:46	12.6 (75.0%)
101	LASKA Michał	2229	KLUB SKIALPINISTYCZNY KANDAHAR	M-30	39	00:00:52	00:49:41	01:17:14	01:40:56.90	01:41:49.45	+00:25:42 (25.5%)	4:47	12.5 (74.4%)
102	OGAZA Mariusz	2018	KLUB LENIWYCH BIEGACZY	M-40	33	00:00:40	00:49:04	01:16:21	01:40:58.35	01:41:38.60	+00:25:44 (25.5%)	4:47	12.5 (74.4%)
103	MOJŻESZEWICZ Jan	2315		M-20	15	00:00:49	00:48:51	01:15:49	01:40:59.00	01:41:48.80	+00:25:44 (25.5%)	4:47	12.5 (74.4%)
104	PRADELA Mariusz	2467	DHL RUN CLUB	M-40	34	00:00:46	00:49:10	01:16:01	01:41:00.35	01:41:47.00	+00:25:46 (25.5%)	4:47	12.5 (74.4%)
105	WOLNIACZYK Marcin	2616		M-40	35	00:00:43	00:49:20	01:16:41	01:41:04.50	01:41:47.95	+00:25:50 (25.6%)	4:47	12.5 (74.4%)
106	KOZAKIEWICZ Paweł	2309		M-30	40	00:00:57	00:50:08	01:17:21	01:41:38.85	01:42:36.65	+00:26:24 (26.0%)	4:49	12.5 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
107	KĄDZIOŁKA Łukasz	2422	K2	M-30	41	00:00:46	00:49:56	01:17:19	01:41:41.20	01:42:27.95	+00:26:27 (26.0%)	4:49	12.4 (73.8%)
108	WAJS Tomasz	2264		M-30	42	00:00:45	00:49:12	01:16:00	01:41:41.45	01:42:26.75	+00:26:27 (26.0%)	4:49	12.4 (73.8%)
109	IGNACZAK Robert	2324	VIRUZ	M-40	36	00:01:02	00:49:37	01:17:16	01:41:50.70	01:42:53.25	+00:26:36 (26.1%)	4:49	12.4 (73.8%)
110	CIEŚLIK Bartłomiej	2492	CHATEAU CHALIN	M-40	37	00:00:49	00:50:31	01:18:12	01:42:01.95	01:42:51.75	+00:26:47 (26.3%)	4:50	12.4 (73.8%)
111	WARDA Radosław	2037	GRUPA BIEGOWA ŻWAWĘ DZIADY	M-40	38	00:01:10	00:50:35	01:17:25	01:42:03.75	01:43:13.90	+00:26:49 (26.3%)	4:50	12.4 (73.8%)
112	HOŁYŃSKI Tomasz	2424		M-40	39	00:01:10	00:50:36	01:17:24	01:42:04.20	01:43:14.60	+00:26:50 (26.3%)	4:50	12.4 (73.8%)
113	MARYNIOK Marian	2073	SEGURIDAD	M-60	3	00:00:50	00:49:07	01:16:17	01:42:04.85	01:42:55.50	+00:26:50 (26.3%)	4:50	12.4 (73.8%)
114	ŻMIJEWSKI Dariusz	2613	EXTREMALNI RZEŹNICY NA RELAKSIE	M-50	9	00:00:48	00:50:04	01:17:40	01:42:10.10	01:42:58.25	+00:26:56 (26.4%)	4:50	12.4 (73.8%)
115	ULIASZ Krzysztof	2112	STELLANTIS ACTIVE TEAM	M-40	40	00:00:50	00:50:31	01:18:14	01:42:18.65	01:43:08.75	+00:27:04 (26.5%)	4:50	12.4 (73.8%)
116	TULEJA Blanka	2263	AUGUSTEAM	K-30	4	00:00:39	00:49:17	01:16:43	01:42:24.50	01:43:03.80	+00:27:10 (26.5%)	4:51	12.4 (73.8%)
117	RAWŁUSZEWICZ Waldemar	2145		M-50	10	00:00:48	00:49:08	01:16:52	01:42:24.75	01:43:13.15	+00:27:10 (26.5%)	4:51	12.4 (73.8%)
118	CYGAN Mateusz	2448		M-20	16	00:00:46	00:49:13	01:17:15	01:42:26.30	01:43:12.75	+00:27:12 (26.6%)	4:51	12.4 (73.8%)
119	RADOMSKI Grzegorz	2332	MOKRE RUN	M-40	41	00:00:51	00:49:45	01:17:38	01:42:27.00	01:43:18.45	+00:27:12 (26.6%)	4:51	12.4 (73.8%)
120	FIZEK Andrzej	2435		M-40	42	00:01:02	00:49:41	01:17:21	01:42:39.35	01:43:41.70	+00:27:25 (26.7%)	4:51	12.3 (73.2%)
121	STRUPOWSKI Michał	2269		M-30	43	00:00:44	00:48:28	01:15:57	01:42:45.20	01:43:30.00	+00:27:31 (26.8%)	4:52	12.3 (73.2%)
122	ZAWISZA Michał	2053		M-30	44	00:01:49	00:50:28	01:18:11	01:42:47.45	01:44:37.20	+00:27:33 (26.8%)	4:52	12.3 (73.2%)
123	KOLENDA Tomasz	2446	ING BANK ŚLĄSKI	M-40	43	00:00:35	00:49:54	01:18:09	01:42:53.50	01:43:29.25	+00:27:39 (26.9%)	4:52	12.3 (73.2%)
124	KUŹMIŃSKI Michał	2224	DELTAPRIME	M-40	44	00:00:48	00:48:17	01:15:34	01:43:09.65	01:43:58.50	+00:27:55 (27.1%)	4:53	12.3 (73.2%)
125	SZABRA Dawid	2256	-	M-30	45	00:00:55	00:49:52	01:18:09	01:43:20.00	01:44:15.25	+00:28:05 (27.2%)	4:53	12.2 (72.6%)
126	MAZUREK Marek	2400		M-40	45	00:00:45	00:49:33	01:17:51	01:43:35.90	01:44:21.55	+00:28:21 (27.4%)	4:54	12.2 (72.6%)
127	MAY-MAJEWSKI Michał	2210		M-30	46	00:00:49	00:50:18	01:18:19	01:43:39.40	01:44:28.70	+00:28:25 (27.4%)	4:54	12.2 (72.6%)
128	KOWOLIK Piotr	2506		M-40	46	00:00:46	00:51:29	01:19:20	01:43:45.00	01:44:31.25	+00:28:30 (27.5%)	4:55	12.2 (72.6%)
129	MIKA Jakub	2546		M-20	17	00:01:13	00:51:01	01:18:41	01:43:50.00	01:45:03.80	+00:28:35 (27.5%)	4:55	12.2 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
130	TYNDYK Grzegorz	2500		M-30	47	00:00:58	00:51:21	01:19:31	01:44:02.65	01:45:00.85	+00:28:48 (27.7%)	4:55	12.2 (72.6%)
131	ŻÓŁTOWSKI Michał	2099		M-30	48	00:00:47	00:50:37	01:18:47	01:44:02.85	01:44:50.70	+00:28:48 (27.7%)	4:55	12.2 (72.6%)
132	KUKURBA Mikołaj	2338		M-30	49	00:00:47	00:50:37	01:18:49	01:44:02.95	01:44:50.30	+00:28:48 (27.7%)	4:55	12.2 (72.6%)
133	KWIATKOWSKI Grzegorz	2199		M-50	11	00:00:52	00:49:53	01:18:59	01:44:06.75	01:44:58.90	+00:28:52 (27.7%)	4:56	12.2 (72.6%)
134	SOJKA Wojciech	2343	KAC RUNNERS	M-50	12	00:00:55	00:51:18	01:19:45	01:44:09.45	01:45:05.25	+00:28:55 (27.8%)	4:56	12.2 (72.6%)
135	DUROK Wojciech	2381	KAC RUNNERS	M-40	47	00:00:54	00:51:20	01:19:46	01:44:11.45	01:45:05.65	+00:28:57 (27.8%)	4:56	12.1 (72.0%)
136	SZOŁTYSEK Denis	2321	LEŚNE DZIKI	M-30	50	00:01:00	00:52:14	01:19:55	01:44:13.85	01:45:13.90	+00:28:59 (27.8%)	4:56	12.1 (72.0%)
137	KRAWIEC Adam	2394		M-30	51	00:00:55	00:51:49	01:19:37	01:44:15.85	01:45:10.90	+00:29:01 (27.8%)	4:56	12.1 (72.0%)
138	SZCZYGIĘŁ Joanna	2393		K-40	3	00:00:49	00:50:33	01:19:03	01:44:18.90	01:45:07.95	+00:29:04 (27.9%)	4:56	12.1 (72.0%)
139	COFALIK Michał	2397		M-30	52	00:00:51	00:51:46	01:20:03	01:44:22.70	01:45:14.45	+00:29:08 (27.9%)	4:56	12.1 (72.0%)
140	ORZECOWSKI Marek	2157		M-30	53	00:01:14	00:52:05	01:20:20	01:44:26.95	01:45:41.20	+00:29:12 (28.0%)	4:57	12.1 (72.0%)
141	LEŚNIAK Matylda	2425	FUNTRI	K-20	2	00:01:06	00:52:22	01:20:17	01:44:33.75	01:45:40.65	+00:29:19 (28.0%)	4:57	12.1 (72.0%)
142	SEROCKI Michał	2084		M-30	54	00:01:03	00:52:01	01:20:05	01:44:34.20	01:45:37.65	+00:29:20 (28.1%)	4:57	12.1 (72.0%)
143	BAK-CESARZ Damian	2142		M-40	48	00:01:12	00:53:49	01:22:02	01:44:39.35	01:45:51.40	+00:29:25 (28.1%)	4:57	12.1 (72.0%)
144	KRUK Grzegorz	2028	PRESS GLASS BIEGAMY I WSPIERAMY	M-50	13	00:00:51	00:49:58	01:18:12	01:44:40.85	01:45:31.90	+00:29:26 (28.1%)	4:57	12.1 (72.0%)
145	GRABIEC Piotr	2610	KS JASZCZOMP	M-30	55	00:00:48	00:51:20	01:19:47	01:44:46.35	01:45:35.10	+00:29:32 (28.2%)	4:57	12.1 (72.0%)
146	BENSZ Dariusz	2379		M-40	49	00:01:13	00:52:01	01:20:22	01:44:47.70	01:46:01.00	+00:29:33 (28.2%)	4:58	12.1 (72.0%)
147	SZCZABEL Krystian	2550		M-30	56	00:00:39	00:49:36	01:18:43	01:44:49.60	01:45:29.05	+00:29:35 (28.2%)	4:58	12.1 (72.0%)
148	WAL Sebastian	2595		M-30	57	00:01:04	00:53:50	01:22:10	01:44:56.15	01:46:00.65	+00:29:42 (28.3%)	4:58	12.1 (72.0%)
149	GAIK Damian	2076		M-30	58	00:01:47	00:52:35	01:21:17	01:45:00.80	01:46:48.10	+00:29:46 (28.4%)	4:58	12.1 (72.0%)
150	STABLA Jakub	2404	EKO-OKNA RUNNERS	M-30	59	00:01:34	00:51:03	01:19:29	01:45:04.30	01:46:38.75	+00:29:50 (28.4%)	4:58	12 (71.4%)
151	GAJDA Dorota	2163		K-40	4	00:00:59	00:50:55	01:19:43	01:45:07.45	01:46:07.25	+00:29:53 (28.4%)	4:58	12 (71.4%)
152	KNIEJSKI Damian	2237		M-50	14	00:00:44	00:50:11	01:18:55	01:45:11.55	01:45:56.15	+00:29:57 (28.5%)	4:59	12 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
153	MARCINIAK Krzysztof	2171		M-40	50	00:00:57	00:51:51	01:20:41	01:45:12.00	01:46:09.95	+00:29:57 (28.5%)	4:59	12 (71.4%)
154	TUŹNIK Łukasz	2415		M-40	51	00:00:55	00:51:55	01:20:21	01:45:15.45	01:46:10.50	+00:30:01 (28.5%)	4:59	12 (71.4%)
155	HERUD Tomasz	2060	ROWEROWE GLIWICE	M-30	60	00:00:56	00:52:06	01:21:02	01:45:15.85	01:46:12.80	+00:30:01 (28.5%)	4:59	12 (71.4%)
156	CETERA Łukasz	2150	#HUTATEAM	M-30	61	00:00:47	00:50:12	01:18:55	01:45:21.40	01:46:08.90	+00:30:07 (28.6%)	4:59	12 (71.4%)
157	MAZUR Kamil	2469	PKO BANK POLSKI	M-30	62	00:01:16	00:50:50	01:19:28	01:45:21.90	01:46:38.00	+00:30:07 (28.6%)	4:59	12 (71.4%)
158	SULEJCZAK Szymon	2007		M-20	18	00:00:45	00:49:11	01:16:43	01:45:27.50	01:46:13.05	+00:30:13 (28.7%)	4:59	12 (71.4%)
159	BEHRENDT Jakub	2042	LECE BO CHCE	M-50	15	00:01:11	00:51:26	01:20:09	01:45:32.25	01:46:43.90	+00:30:18 (28.7%)	5:00	12 (71.4%)
160	MAREK Rafał	2282	KAC RUNNERS	M-50	16	00:00:53	00:51:22	01:19:51	01:45:34.95	01:46:28.25	+00:30:20 (28.7%)	5:00	12 (71.4%)
161	SIKORA Michał	2080		M-40	52	00:00:53	00:51:53	01:20:25	01:45:36.90	01:46:29.95	+00:30:22 (28.8%)	5:00	12 (71.4%)
162	SKRYCKI Aleksander	2535		M-20	19	00:01:00	00:52:11	01:20:23	01:45:38.20	01:46:38.90	+00:30:24 (28.8%)	5:00	12 (71.4%)
163	ROGALSKI Witold	2295		M-30	63	00:00:51	00:50:58	01:20:23	01:45:49.40	01:46:40.55	+00:30:35 (28.9%)	5:00	12 (71.4%)
164	RATAJCZYK Michał	2593		M-20	20	00:00:48	00:51:54	01:20:51	01:45:49.90	01:46:38.60	+00:30:35 (28.9%)	5:00	12 (71.4%)
165	WROBLEWSKI Mateusz	2100		M-30	64	00:01:03	00:52:13	01:20:41	01:45:51.85	01:46:55.35	+00:30:37 (28.9%)	5:01	12 (71.4%)
166	ŁUKOMSKI Tomek	2258		M-30	65	00:00:50	00:51:12	01:20:37	01:45:54.95	01:46:45.20	+00:30:40 (29.0%)	5:01	12 (71.4%)
167	GRONDYS Andrzej	2108	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	53	00:00:49	00:53:14	01:21:27	01:46:05.80	01:46:54.85	+00:30:51 (29.1%)	5:01	11.9 (70.8%)
168	SZCZUR Szymon	2522	JURUNNERS	M-20	21	00:01:19	00:52:33	01:21:35	01:46:07.30	01:47:26.75	+00:30:53 (29.1%)	5:01	11.9 (70.8%)
169	ŁATAK - SKRABUT Basia	2090	BIEGAJ Z TRENERAMI	K-40	5	00:00:55	00:51:37	01:20:20	01:46:09.95	01:47:05.15	+00:30:55 (29.1%)	5:01	11.9 (70.8%)
170	SEREDA Maciej	2193		M-20	22	00:00:48	00:49:52	01:19:47	01:46:11.80	01:47:00.05	+00:30:57 (29.2%)	5:01	11.9 (70.8%)
171	SZOŁTYSEK-GRZESIKIEWICZ Anna	2191		K-40	6	00:00:59	00:51:39	01:20:32	01:46:17.90	01:47:17.25	+00:31:03 (29.2%)	5:02	11.9 (70.8%)
172	HERLICZKA Tomasz	2209	AML-FLY TEAM	M-40	54	00:01:00	00:52:27	01:21:08	01:46:25.80	01:47:26.30	+00:31:11 (29.3%)	5:02	11.9 (70.8%)
173	MOTOWIDŁO Tomasz	2272		M-40	55	00:00:59	00:51:43	01:19:59	01:46:27.25	01:47:26.30	+00:31:13 (29.3%)	5:02	11.9 (70.8%)
174	KRAJEWSKI Radosław	2176		M-30	66	00:01:13	00:52:37	01:21:24	01:46:36.70	01:47:49.85	+00:31:22 (29.4%)	5:03	11.9 (70.8%)
175	KOPEĆ Tomasz	2430		M-40	56	00:01:08	00:53:22	01:22:06	01:46:46.10	01:47:55.05	+00:31:32 (29.5%)	5:03	11.9 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
176	BODYS Michał	2451		M-20	23	00:00:54	00:52:12	01:21:58	01:46:46.75	01:47:41.70	+00:31:32 (29.5%)	5:03	11.9 (70.8%)
177	KRAWCZYŃSKI Sławomir	2391		M-50	17	00:00:56	00:52:54	01:21:40	01:46:48.30	01:47:44.30	+00:31:34 (29.6%)	5:03	11.9 (70.8%)
178	MALCZYK Dominik	2233		M-20	24	00:01:09	00:52:55	01:21:18	01:46:49.70	01:47:58.95	+00:31:35 (29.6%)	5:03	11.9 (70.8%)
179	ZAJDEL Dariusz	2200	ZAWADZKIE BIEGNIE	M-60	4	00:00:55	00:52:10	01:21:29	01:46:59.05	01:47:54.70	+00:31:44 (29.7%)	5:04	11.8 (70.2%)
180	PASTERNAK Zbigniew	2116	STELLANTIS ACTIVE TEAM	M-50	18	00:00:55	00:52:12	01:21:12	01:47:13.90	01:48:09.70	+00:31:59 (29.8%)	5:04	11.8 (70.2%)
181	KUKAWKA Dariusz	2011	CIANKIE BOLKI	M-40	57	00:00:52	00:52:14	01:21:06	01:47:14.35	01:48:06.40	+00:32:00 (29.8%)	5:04	11.8 (70.2%)
182	TKACZ Grzegorz	2319		M-40	58	00:01:06	00:51:34	01:20:37	01:47:14.40	01:48:20.75	+00:32:00 (29.8%)	5:04	11.8 (70.2%)
183	RUTKOWSKI Michał	2117	MOMO RUNNIG TEAM	M-30	67	00:01:06	00:53:49	01:22:53	01:47:17.65	01:48:24.60	+00:32:03 (29.9%)	5:05	11.8 (70.2%)
184	IGNACEK Bartek	2350	ORŁY BOJSZÓW	M-30	68	00:00:53	00:52:16	01:21:38	01:47:18.60	01:48:11.95	+00:32:04 (29.9%)	5:05	11.8 (70.2%)
185	MURAL Pavel	2239		M-30	69	00:02:03	00:54:46	01:23:21	01:47:21.70	01:49:25.55	+00:32:07 (29.9%)	5:05	11.8 (70.2%)
186	GRABOŚ Karolina	2453		K-20	3	00:00:42	00:52:29	01:21:30	01:47:23.70	01:48:05.80	+00:32:09 (29.9%)	5:05	11.8 (70.2%)
187	OŻGA Michał	2542	KLUB LENIWYCH BIEGACZY	M-30	70	00:01:27	00:53:31	01:22:34	01:47:27.00	01:48:54.05	+00:32:12 (30.0%)	5:05	11.8 (70.2%)
188	DURAJ Marcin	2426		M-30	71	00:00:40	00:51:28	01:20:45	01:47:38.50	01:48:19.00	+00:32:24 (30.1%)	5:06	11.8 (70.2%)
189	BIENIEK Kewin	2119		M-20	25	00:01:05	00:53:31	01:22:01	01:47:39.65	01:48:45.25	+00:32:25 (30.1%)	5:06	11.8 (70.2%)
190	SERAFIŃSKI Marek	2401		M-50	19	00:00:45	00:51:47	01:21:15	01:47:43.60	01:48:28.70	+00:32:29 (30.2%)	5:06	11.8 (70.2%)
191	OSOJCA Mariusz	2276	FLUOR	M-40	59	00:01:12	00:53:12	01:22:06	01:47:46.25	01:48:58.45	+00:32:32 (30.2%)	5:06	11.7 (69.6%)
192	WENGLORZ Marcin	2059		M-30	72	00:00:52	00:52:14	01:21:57	01:47:47.50	01:48:40.30	+00:32:33 (30.2%)	5:06	11.7 (69.6%)
193	FIDELOK Michał	2278		M-20	26	00:00:53	00:52:10	01:21:29	01:47:49.95	01:48:43.55	+00:32:35 (30.2%)	5:06	11.7 (69.6%)
194	SOŁTYSIK Tomasz	2573	MARUDA TEAM KATOWICE	M-40	60	00:01:03	00:50:02	01:20:30	01:47:55.80	01:48:59.65	+00:32:41 (30.3%)	5:06	11.7 (69.6%)
195	POGODA Kinga	2168	UKS KOMETA GLIWICE	K-20	4	00:01:06	00:52:26	01:21:36	01:47:57.10	01:49:03.60	+00:32:43 (30.3%)	5:07	11.7 (69.6%)
196	RUDZIŃSKI Karol	2220		M-20	27	00:00:54	00:51:42	01:20:07	01:47:58.05	01:48:52.60	+00:32:43 (30.3%)	5:07	11.7 (69.6%)
197	CIEPLIK Grzegorz	2096	CIEPLIKI TEAM	M-30	73	00:01:03	00:50:13	01:20:29	01:48:00.15	01:49:03.95	+00:32:46 (30.3%)	5:07	11.7 (69.6%)
198	BOGACZ Paweł	2020	POMPEJANKA TEAM	M-40	61	00:00:46	00:52:22	01:22:09	01:48:01.05	01:48:47.60	+00:32:46 (30.3%)	5:07	11.7 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
199	UJMA Michał	2038	SII RUNNING TEAM	M-40	62	00:00:38	00:51:12	01:21:36	01:48:11.90	01:48:49.90	+00:32:57 (30.5%)	5:07	11.7 (69.6%)
200	RUTKOWSKI Bartłomiej	2186		M-30	74	00:01:06	00:53:50	01:22:50	01:48:13.55	01:49:20.35	+00:32:59 (30.5%)	5:07	11.7 (69.6%)
201	STRZELECKI Rafał	2066	PORUSZENI - AKTYWNI Z SOŚNICY	M-30	75	00:00:57	00:52:13	01:21:28	01:48:15.85	01:49:13.25	+00:33:01 (30.5%)	5:07	11.7 (69.6%)
202	ZIARKO Danuta	2434		K-40	7	00:01:02	00:54:02	01:23:23	01:48:18.85	01:49:20.95	+00:33:04 (30.5%)	5:08	11.7 (69.6%)
203	MAŃKA Marcin	2181		M-40	63	00:01:08	00:53:50	01:23:10	01:48:39.25	01:49:47.55	+00:33:25 (30.8%)	5:09	11.7 (69.6%)
204	BUCZYŃSKI Radosław	2579	PACEMAKER	M-30	76	00:00:51	00:52:12	01:21:50	01:48:40.60	01:49:32.10	+00:33:26 (30.8%)	5:09	11.6 (69.0%)
204	STĘPIEŃ Wojciech	2575	PACEMAKER	M-40	64	00:00:51	00:52:16	01:22:01	01:48:40.60	01:49:31.75	+00:33:26 (30.8%)	5:09	11.6 (69.0%)
206	JASIŃSKI Rafał	2507	NAGEL POLSKA	M-30	77	00:01:09	00:53:49	01:22:51	01:48:41.95	01:49:51.10	+00:33:27 (30.8%)	5:09	11.6 (69.0%)
207	ROLNIK Bartosz	2274		M-20	28	00:01:37	00:54:52	01:22:58	01:48:43.35	01:50:20.50	+00:33:29 (30.8%)	5:09	11.6 (69.0%)
208	FUDAL Michał	2539		M-40	65	00:01:08	00:53:51	01:23:00	01:48:56.25	01:50:04.90	+00:33:42 (30.9%)	5:09	11.6 (69.0%)
209	ANTOSZ Wojciech	2202		M-30	78	00:01:28	00:54:55	01:23:37	01:49:04.95	01:50:33.55	+00:33:50 (31.0%)	5:10	11.6 (69.0%)
210	CZECH Marek	2454		M-30	79	00:01:03	00:53:45	01:23:05	01:49:09.15	01:50:12.95	+00:33:55 (31.1%)	5:10	11.6 (69.0%)
211	MALEWSKI Robert	2095	KB ORŁY Z KNUROWA	M-50	20	00:01:04	00:53:46	01:22:48	01:49:17.10	01:50:22.05	+00:34:03 (31.2%)	5:10	11.6 (69.0%)
212	ZIELIŃSKI Przemysław	2328	ARGIDATA	M-30	80	00:01:08	00:53:58	01:23:22	01:49:20.55	01:50:28.65	+00:34:06 (31.2%)	5:10	11.6 (69.0%)
213	HAŁUPKA Paweł	2482	LEŚNY DZIK	M-30	81	00:00:58	00:52:15	01:21:45	01:49:24.65	01:50:23.25	+00:34:10 (31.2%)	5:11	11.6 (69.0%)
214	MIELNIK Krzysztof	2483		M-30	82	00:00:52	00:52:55	01:22:31	01:49:27.45	01:50:19.95	+00:34:13 (31.3%)	5:11	11.6 (69.0%)
215	WOŁOSZ Marcin	2230		M-40	66	00:01:11	00:53:27	01:23:06	01:49:30.00	01:50:41.45	+00:34:15 (31.3%)	5:11	11.6 (69.0%)
216	PIJET Ewa	2485		K-40	8	00:00:49	00:51:59	01:21:47	01:49:32.50	01:50:21.95	+00:34:18 (31.3%)	5:11	11.6 (69.0%)
217	SITARSKI Mateusz	2521	MEDICI PL	M-30	83	00:01:10	00:52:36	01:21:35	01:49:33.40	01:50:43.90	+00:34:19 (31.3%)	5:11	11.6 (69.0%)
218	LESZEK Agata	2597		K-20	5	00:00:37	00:52:31	01:23:12	01:49:35.30	01:50:12.45	+00:34:21 (31.3%)	5:11	11.6 (69.0%)
219	RAJCZAK Agnieszka	2471		K-30	5	00:00:53	00:53:43	01:23:30	01:49:37.75	01:50:31.70	+00:34:23 (31.4%)	5:11	11.5 (68.5%)
220	HELLWIG Adam	2192		M-40	67	00:01:00	00:52:03	01:21:43	01:49:47.55	01:50:48.50	+00:34:33 (31.5%)	5:12	11.5 (68.5%)
221	WOJAKOWSKA Katarzyna	2568	MOMO TEAM	K-40	9	00:01:01	00:53:34	01:23:22	01:49:49.15	01:50:50.70	+00:34:35 (31.5%)	5:12	11.5 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
222	RÓŻAŃSKI Tomasz	2517		M-40	68	00:01:02	00:54:00	01:23:35	01:49:49.35	01:50:51.80	+00:34:35 (31.5%)	5:12	11.5 (68.5%)
223	KRAKOWCZYK Adam	2570	MOMO TEAM	M-40	69	00:01:01	00:53:34	01:23:23	01:49:49.45	01:50:51.20	+00:34:35 (31.5%)	5:12	11.5 (68.5%)
224	KRYŃSKI Grzegorz	2110	CASTORAMA TARNOWSKIE GÓRY	M-30	84	00:01:03	00:52:18	01:22:42	01:49:53.60	01:50:56.85	+00:34:39 (31.5%)	5:12	11.5 (68.5%)
225	TYROL Tomasz	2444		M-40	70	00:01:40	00:56:01	01:25:03	01:49:54.25	01:51:34.95	+00:34:40 (31.5%)	5:12	11.5 (68.5%)
226	ORŁOWSKI Mateusz	2089		M-30	85	00:00:57	00:53:53	01:23:29	01:49:57.80	01:50:55.00	+00:34:43 (31.6%)	5:12	11.5 (68.5%)
227	DUDZIAK Sebastian	2277		M-40	71	00:01:22	00:55:29	01:24:51	01:49:58.10	01:51:20.15	+00:34:44 (31.6%)	5:12	11.5 (68.5%)
228	MOJŻESZEWICZ Jerzy	2344		M-50	21	00:01:08	00:55:54	01:24:52	01:50:00.05	01:51:08.35	+00:34:45 (31.6%)	5:12	11.5 (68.5%)
229	MIKOŁAJCZYK Marcin	2159	PKO BANK POLSKI	M-40	72	00:01:58	00:54:40	01:24:23	01:50:08.30	01:52:06.40	+00:34:54 (31.7%)	5:13	11.5 (68.5%)
230	SURMA Grzegorz	2398	LECYMY DURŚ	M-30	86	00:00:54	00:52:09	01:21:30	01:50:09.05	01:51:03.45	+00:34:54 (31.7%)	5:13	11.5 (68.5%)
231	WINCZAKIEWICZ Michał	2384	PKO BP	M-30	87	00:01:15	00:53:41	01:23:56	01:50:14.60	01:51:30.45	+00:35:00 (31.8%)	5:13	11.5 (68.5%)
232	MARKOWICZ Mateusz	2436	BOJKÓW BIEGA	M-30	88	00:01:16	00:53:51	01:23:53	01:50:16.30	01:51:32.30	+00:35:02 (31.8%)	5:13	11.5 (68.5%)
233	MARCZAK Krzysztof	2349	PKO BANK POLSKI	M-50	22	00:01:13	00:53:43	01:23:57	01:50:16.40	01:51:30.30	+00:35:02 (31.8%)	5:13	11.5 (68.5%)
234	PRZYBYŁA Krystian	2547		M-30	89	00:01:02	00:52:48	01:22:05	01:50:18.25	01:51:20.90	+00:35:04 (31.8%)	5:13	11.5 (68.5%)
235	MACYSZYN Waldemar	2245	GLIWICE	M-60	5	00:00:48	00:52:49	01:22:43	01:50:21.70	01:51:09.95	+00:35:07 (31.8%)	5:13	11.5 (68.5%)
236	OGŁAZA Marek	2438	BDB TEAM	M-40	73	00:01:22	00:55:25	01:25:09	01:50:22.85	01:51:45.55	+00:35:08 (31.8%)	5:13	11.5 (68.5%)
237	WISKULSKI Mateusz	2194		M-30	90	00:01:03	00:54:04	01:23:57	01:50:25.35	01:51:28.35	+00:35:11 (31.9%)	5:14	11.5 (68.5%)
238	ZALESKI Arkadiusz	2131		M-50	23	00:00:41	00:53:21	01:23:25	01:50:25.50	01:51:06.55	+00:35:11 (31.9%)	5:14	11.5 (68.5%)
239	JĘDRZEJAK Piotr	2243		M-50	24	00:01:02	00:54:05	01:23:57	01:50:26.25	01:51:29.10	+00:35:12 (31.9%)	5:14	11.5 (68.5%)
240	PIECHOTA Janusz	2283	FLUOR	M-50	25	00:01:10	00:53:19	01:23:20	01:50:30.05	01:51:40.95	+00:35:15 (31.9%)	5:14	11.5 (68.5%)
241	ŚCIEPIEŃ Krzysztof	2388	ING BANK ŚLĄSKI	M-40	74	00:01:42	00:55:30	01:24:47	01:50:45.05	01:52:27.95	+00:35:30 (32.1%)	5:14	11.4 (67.9%)
242	RUSZKIEWICZ Marcin	2457	ING BANK ŚLĄSKI	M-40	75	00:01:42	00:55:31	01:24:47	01:50:45.80	01:52:28.35	+00:35:31 (32.1%)	5:14	11.4 (67.9%)
243	STOCHNIJ Katarzyna	2241	ING BANK ŚLĄSKI	K-30	6	00:01:36	00:55:37	01:24:53	01:50:53.65	01:52:29.75	+00:35:39 (32.2%)	5:15	11.4 (67.9%)
244	KOCZY-ŁUSIAK Sylwia	2248	3COACH	K-30	7	00:01:09	00:55:52	01:25:21	01:51:04.90	01:52:14.35	+00:35:50 (32.3%)	5:15	11.4 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
245	SZCZĘŚNIAK Krzysztof	2572		M-30	91	00:01:12	00:55:00	01:25:18	01:51:10.10	01:52:22.25	+00:35:56 (32.3%)	5:16	11.4 (67.9%)
246	BUJAK Magdalena	2249	NIGHT RUNNERS PYSKOWICE	K-30	8	00:01:05	00:53:53	01:24:07	01:51:27.85	01:52:33.10	+00:36:13 (32.5%)	5:16	11.4 (67.9%)
247	BRODAKCI Paweł	2311		M-30	92	00:00:47	00:52:37	01:23:01	01:51:32.35	01:52:19.70	+00:36:18 (32.5%)	5:17	11.3 (67.3%)
248	KACZANOWSKI Maciej	2427		M-40	76	00:00:54	00:52:16	01:22:39	01:51:44.40	01:52:38.65	+00:36:30 (32.7%)	5:17	11.3 (67.3%)
249	TOMOSZ Radomir	2267		M-30	93	00:01:51	00:57:47	01:26:56	01:52:01.25	01:53:53.10	+00:36:47 (32.8%)	5:18	11.3 (67.3%)
250	SOBOLEWSKI Tomasz	2557		M-40	77	00:01:23	00:55:16	01:25:02	01:52:02.30	01:53:26.10	+00:36:48 (32.8%)	5:18	11.3 (67.3%)
251	NOWAKOWSKI Dominik	2285		M-20	29	00:01:04	00:53:06	01:24:47	01:52:03.55	01:53:08.30	+00:36:49 (32.9%)	5:18	11.3 (67.3%)
252	GAWEŁKO Janusz	2417		M-60	6	00:01:43	00:56:49	01:26:20	01:52:05.85	01:53:49.05	+00:36:51 (32.9%)	5:18	11.3 (67.3%)
253	YAROSHENKO Olha	2607		K-30	9	00:01:15	00:55:34	01:25:35	01:52:10.10	01:53:25.65	+00:36:56 (32.9%)	5:19	11.3 (67.3%)
254	ZABRZAŃSKI Alfred	2411	RUN GLORIA	M-60	7	00:01:22	00:55:01	01:24:27	01:52:12.30	01:53:35.20	+00:36:58 (32.9%)	5:19	11.3 (67.3%)
255	RYLUKOWSKI Łukasz	2563		M-20	30	00:01:21	00:53:12	01:23:43	01:52:13.90	01:53:35.10	+00:36:59 (33.0%)	5:19	11.3 (67.3%)
256	GŁOWACKI Maciej	2290	SZKÓŁKA NARCIARSKA GIGANT	M-30	94	00:00:51	00:54:22	01:25:05	01:52:22.00	01:53:13.65	+00:37:07 (33.0%)	5:19	11.3 (67.3%)
256	FILIPCZYK Przemysław	2515		M-40	78	00:01:15	00:54:56	01:25:18	01:52:22.00	01:53:37.05	+00:37:07 (33.0%)	5:19	11.3 (67.3%)
258	WEGNER Tomasz	2497	LECYMY DURŚ	M-40	79	00:01:12	00:53:59	01:24:39	01:52:24.00	01:53:36.55	+00:37:09 (33.1%)	5:19	11.3 (67.3%)
259	CIELEŃCY Bartłomiej	2354		M-30	95	00:00:35	00:55:19	01:26:05	01:52:31.90	01:53:07.80	+00:37:17 (33.1%)	5:19	11.3 (67.3%)
260	ŁAZUKA Klaudia	2242	ING BANK ŚLĄSKI	K-30	10	00:01:41	00:55:29	01:25:19	01:52:32.00	01:54:13.95	+00:37:17 (33.1%)	5:20	11.2 (66.7%)
261	POLAK Sylwia	2024		K-20	6	00:01:00	00:53:56	01:24:38	01:52:34.75	01:53:35.50	+00:37:20 (33.2%)	5:20	11.2 (66.7%)
262	HOFMAN Artur	2298		M-30	96	00:01:10	00:52:51	01:22:43	01:52:35.05	01:53:45.95	+00:37:20 (33.2%)	5:20	11.2 (66.7%)
263	GIERAS Mirosław	2201		M-50	26	00:00:56	00:55:25	01:25:58	01:52:35.80	01:53:32.25	+00:37:21 (33.2%)	5:20	11.2 (66.7%)
264	BREGUŁA Krzysztof	2175		M-50	27	00:01:07	00:54:57	01:25:50	01:52:38.20	01:53:45.35	+00:37:24 (33.2%)	5:20	11.2 (66.7%)
265	OLMA Władysław	2373	JASTRZĘBIE BIEGAM BO LUBIĘ	M-50	28	00:00:52	00:53:28	01:24:12	01:52:43.45	01:53:35.50	+00:37:29 (33.3%)	5:20	11.2 (66.7%)
266	BRODEK Andrzej	2477		M-50	29	00:00:53	00:52:53	01:24:33	01:52:46.35	01:53:39.90	+00:37:32 (33.3%)	5:20	11.2 (66.7%)
267	GMEREK Piotr	2534		M-30	97	00:00:52	00:53:08	01:23:58	01:52:49.05	01:53:41.40	+00:37:34 (33.3%)	5:20	11.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
268	CZAPLA Arkadiusz	2608		M-50	30	00:01:31	00:51:53	01:23:33	01:52:54.85	01:54:26.05	+00:37:40 (33.4%)	5:21	11.2 (66.7%)
269	CYGAN Piotr	2431		M-50	31	00:01:16	00:55:51	01:25:58	01:52:57.60	01:54:14.20	+00:37:43 (33.4%)	5:21	11.2 (66.7%)
270	SZNURA Piotr	2347	ISTA BIEGAMY	M-30	98	00:01:20	00:54:31	01:25:24	01:52:58.05	01:54:18.75	+00:37:43 (33.4%)	5:21	11.2 (66.7%)
271	SKAŁKOWSKA Aniela	2387	DYSZKA DLA SERCA	K-30	11	00:01:20	00:54:21	01:25:23	01:52:58.95	01:54:18.95	+00:37:44 (33.4%)	5:21	11.2 (66.7%)
272	DRABEK Piotr	2087	SENIORZY	M-30	99	00:01:01	00:54:13	01:24:06	01:53:00.90	01:54:01.90	+00:37:46 (33.4%)	5:21	11.2 (66.7%)
273	PILSZYK Kazimierz	2086	SENIORZY	M-60	8	00:00:58	00:54:14	01:24:08	01:53:02.30	01:54:00.90	+00:37:48 (33.4%)	5:21	11.2 (66.7%)
274	SALAMON Emil	2083		M-40	80	00:00:52	00:52:34	01:23:17	01:53:09.55	01:54:01.90	+00:37:55 (33.5%)	5:21	11.2 (66.7%)
275	BABIŃSKI Szymon	2182	BAREL-MANAGEMENT	M-40	81	00:01:01	00:53:40	01:23:16	01:53:11.05	01:54:12.05	+00:37:56 (33.5%)	5:21	11.2 (66.7%)
276	STALICA Wojciech	2273		M-50	32	00:01:04	00:53:54	01:24:37	01:53:21.20	01:54:25.45	+00:38:07 (33.6%)	5:22	11.2 (66.7%)
277	FIGIEL Ewa	2106		K-50	1	00:00:57	00:55:27	01:26:12	01:53:23.60	01:54:21.15	+00:38:09 (33.7%)	5:22	11.2 (66.7%)
278	SIBILSKI Rafał	2555		M-40	82	00:01:44	00:56:29	01:27:07	01:53:26.30	01:55:10.45	+00:38:12 (33.7%)	5:22	11.2 (66.7%)
279	RYZIŃSKA Aneta	2169		K-40	10	00:01:03	00:55:20	01:25:56	01:53:26.45	01:54:29.80	+00:38:12 (33.7%)	5:22	11.2 (66.7%)
280	MASARZ Dawid	2488	#HUTA TEAM	M-30	100	00:01:24	00:54:27	01:25:08	01:53:31.50	01:54:56.45	+00:38:17 (33.7%)	5:22	11.2 (66.7%)
281	GAWLIKOWSKA Agnieszka	2378		K-30	12	00:01:04	00:53:50	01:25:40	01:53:35.70	01:54:40.20	+00:38:21 (33.8%)	5:23	11.1 (66.1%)
282	RAKOCZY Piotr	2611		M-30	101	00:01:14	00:55:05	01:25:30	01:53:41.65	01:54:56.55	+00:38:27 (33.8%)	5:23	11.1 (66.1%)
283	GRACH Aleksandra	2006		K-40	11	00:00:47	00:54:29	01:25:39	01:53:44.55	01:54:32.35	+00:38:30 (33.9%)	5:23	11.1 (66.1%)
284	KUŹNICKI Tomasz	2530		M-30	102	00:01:59	00:55:24	01:25:39	01:53:51.30	01:55:50.50	+00:38:37 (33.9%)	5:23	11.1 (66.1%)
285	ZEGARTOWSKI Grzegorz	2152		M-40	83	00:01:05	00:52:31	01:23:08	01:53:59.95	01:55:05.15	+00:38:45 (34.0%)	5:24	11.1 (66.1%)
286	PALIWODA Dawid	2396		M-30	103	00:01:26	00:57:18	01:27:22	01:54:02.55	01:55:28.95	+00:38:48 (34.0%)	5:24	11.1 (66.1%)
287	GAWEŁ Artur	2460	LECYMY DURŚ	M-30	104	00:01:17	00:55:17	01:26:08	01:54:03.20	01:55:20.90	+00:38:49 (34.0%)	5:24	11.1 (66.1%)
288	SNOCH Wojciech	2079		M-30	105	00:00:53	00:52:11	01:23:21	01:54:07.35	01:55:01.20	+00:38:53 (34.1%)	5:24	11.1 (66.1%)
289	SKOTNICKI Paweł	2078		M-30	106	00:00:49	00:53:25	01:25:04	01:54:14.00	01:55:03.80	+00:38:59 (34.1%)	5:24	11.1 (66.1%)
290	CYGAN Tomasz	2609		M-50	33	00:01:09	00:54:42	01:25:41	01:54:14.55	01:55:23.55	+00:39:00 (34.1%)	5:24	11.1 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
291	GAŁECZKA Michał	2198		M-30	107	00:00:53	00:53:36	01:24:11	01:54:18.10	01:55:11.90	+00:39:04 (34.2%)	5:25	11.1 (66.1%)
292	DOMAŃSKI Marcin	2035	RUNNINGFISH74	M-40	84	00:01:18	00:55:29	01:26:05	01:54:22.15	01:55:40.65	+00:39:08 (34.2%)	5:25	11.1 (66.1%)
293	KWIATKOWSKA Katarzyna	2197	ING BANK ŚLĄSKI	K-50	2	00:01:05	00:55:06	01:25:39	01:54:28.70	01:55:34.30	+00:39:14 (34.3%)	5:25	11.1 (66.1%)
294	FAJKOWSKI Patryk	2251	FLUOR	M-30	108	00:01:14	00:54:43	01:25:21	01:54:29.55	01:55:44.30	+00:39:15 (34.3%)	5:25	11.1 (66.1%)
295	CZYŻ Wojciech	2218		M-40	85	00:00:34	00:54:03	01:25:16	01:54:31.05	01:55:06.00	+00:39:16 (34.3%)	5:25	11.1 (66.1%)
296	WÓJCIK Jakub	2039		M-40	86	00:01:08	00:54:06	01:25:49	01:54:37.30	01:55:45.30	+00:39:23 (34.4%)	5:25	11 (65.5%)
297	KACZKIEWICZ Wiktor	2341		M-20	31	00:01:14	00:57:31	01:28:09	01:54:39.75	01:55:54.10	+00:39:25 (34.4%)	5:26	11 (65.5%)
298	CADER Wojciech	2363	DFK KONIGSHUTTE	M-50	34	00:01:11	00:55:54	01:26:59	01:54:45.10	01:55:56.75	+00:39:31 (34.4%)	5:26	11 (65.5%)
299	ZMARZŁY Tomasz	2392		M-50	35	00:01:03	00:56:44	01:27:47	01:54:47.05	01:55:50.20	+00:39:32 (34.5%)	5:26	11 (65.5%)
300	DĄBROWSKA Anna	2026	-	K-20	7	00:01:02	00:54:52	01:26:37	01:54:49.80	01:55:52.15	+00:39:35 (34.5%)	5:26	11 (65.5%)
301	BRZOZOWSKA Katarzyna	2017	KB ORŁY Z KNUROWA	K-40	12	00:01:16	00:56:13	01:27:35	01:54:54.20	01:56:11.10	+00:39:40 (34.5%)	5:26	11 (65.5%)
302	ROSADA Zdzisław	2041	PORUSZENI - AKTYWNI Z SOŚNICY	M-60	9	00:01:29	00:57:25	01:28:34	01:54:56.35	01:56:25.55	+00:39:42 (34.5%)	5:26	11 (65.5%)
303	MAĆIOR Piotr	2206		M-40	87	00:01:05	00:56:15	01:27:50	01:55:00.70	01:56:06.55	+00:39:46 (34.6%)	5:27	11 (65.5%)
304	MATONIA Szymon	2051	#CZELADZBIEGA	M-40	88	00:01:34	00:57:01	01:27:39	01:55:04.75	01:56:39.70	+00:39:50 (34.6%)	5:27	11 (65.5%)
305	HAŁAKUC Damian	2382		M-30	109	00:01:18	00:56:14	01:26:49	01:55:17.10	01:56:35.10	+00:40:03 (34.7%)	5:27	11 (65.5%)
306	ZIELONKA Jacek	2056		M-40	89	00:01:17	00:57:16	01:27:44	01:55:21.25	01:56:38.80	+00:40:07 (34.8%)	5:28	11 (65.5%)
307	KREMPA Sławomir	2554		M-30	110	00:01:09	00:54:59	01:26:36	01:55:21.95	01:56:30.95	+00:40:07 (34.8%)	5:28	11 (65.5%)
308	CZARNIK-PECIAK Aleksandra	2136	ZSO8	K-50	3	00:01:29	00:56:47	01:27:41	01:55:27.85	01:56:57.35	+00:40:13 (34.8%)	5:28	11 (65.5%)
309	RAŚ Natalia	2217		K-30	13	00:01:05	00:56:02	01:27:56	01:55:31.55	01:56:37.30	+00:40:17 (34.9%)	5:28	11 (65.5%)
310	JANKOWSKA Barbara	2591		K-40	13	00:01:12	00:57:24	01:28:15	01:55:33.25	01:56:45.70	+00:40:19 (34.9%)	5:28	11 (65.5%)
311	BRONICKI Rafał	2085		M-20	32	00:01:09	00:56:08	01:26:43	01:55:38.00	01:56:47.75	+00:40:23 (34.9%)	5:28	10.9 (64.9%)
312	PAŁUS Bartłomiej	2449		M-30	111	00:01:46	00:57:16	01:28:28	01:55:39.10	01:57:25.30	+00:40:25 (34.9%)	5:28	10.9 (64.9%)
313	WOŹNIAKOWSKI Jan	2185	STELLANTIS ACTIVE TEAM	M-30	112	00:02:10	00:57:54	01:28:41	01:55:43.00	01:57:53.55	+00:40:28 (35.0%)	5:29	10.9 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
314	FLISIAK Jakub	2549		M-30	113	00:01:57	00:56:47	01:28:14	01:55:43.70	01:57:41.45	+00:40:29 (35.0%)	5:29	10.9 (64.9%)
315	TOMALA Marek	2456		M-60	10	00:01:18	00:56:42	01:27:51	01:55:51.00	01:57:09.15	+00:40:36 (35.1%)	5:29	10.9 (64.9%)
316	PYTLIK Dominika	2455		K-20	8	00:01:46	00:57:16	01:28:29	01:55:52.00	01:57:38.40	+00:40:37 (35.1%)	5:29	10.9 (64.9%)
317	SKURZYŃSKA Kaja	2566		K-30	14	00:01:14	00:55:56	01:27:45	01:55:55.10	01:57:09.65	+00:40:41 (35.1%)	5:29	10.9 (64.9%)
318	COFAŁKA Piotr	2005	UFOKI ŚWIERKLANIEC	M-50	36	00:01:44	00:56:48	01:27:59	01:56:29.50	01:58:14.40	+00:41:15 (35.4%)	5:31	10.9 (64.9%)
319	BEHRENDT Jan	2265	LECE BO CHCE	M-20	33	00:01:10	00:58:20	01:30:22	01:56:39.40	01:57:50.25	+00:41:25 (35.5%)	5:31	10.9 (64.9%)
320	SOŁTYSEK Marcin	2406	JUSTFEELFIT WĘGIERSKA GÓRKA	M-40	90	00:01:30	00:56:17	01:27:53	01:56:55.60	01:58:26.00	+00:41:41 (35.7%)	5:32	10.8 (64.3%)
321	MACHALSKI Maciej	2410	OASIS SPORT TEAM	M-30	114	00:01:24	00:57:53	01:29:46	01:56:58.15	01:58:22.75	+00:41:44 (35.7%)	5:32	10.8 (64.3%)
322	GOTLIB Jacek	2102		M-40	91	00:01:32	00:51:13	01:24:08	01:57:04.55	01:58:37.35	+00:41:50 (35.7%)	5:32	10.8 (64.3%)
323	ZAZGÓRNIK Andrzej	2325		M-30	115	00:01:23	00:55:29	01:27:24	01:57:11.60	01:58:35.05	+00:41:57 (35.8%)	5:33	10.8 (64.3%)
324	MUSZYŃSKI Mirosław	2219		M-60	11	00:01:24	00:58:06	01:30:10	01:57:16.10	01:58:40.60	+00:42:02 (35.8%)	5:33	10.8 (64.3%)
325	WEBER Dominik	2339	UFOKI ŚWIERKLANIEC	M-40	92	00:01:44	00:56:49	01:28:00	01:57:19.40	01:59:04.20	+00:42:05 (35.9%)	5:33	10.8 (64.3%)
326	PĘDOWSKA Bożena	2475		K-50	4	00:01:34	00:57:48	01:29:47	01:57:20.50	01:58:54.90	+00:42:06 (35.9%)	5:33	10.8 (64.3%)
327	SADOWSKI Przemysław	2586		M-30	116	00:00:43	00:56:42	01:28:42	01:57:26.10	01:58:10.05	+00:42:12 (35.9%)	5:33	10.8 (64.3%)
328	MIŚTA Sebastian	2364		M-40	93	00:01:28	00:58:03	01:30:04	01:57:27.45	01:58:56.35	+00:42:13 (35.9%)	5:34	10.8 (64.3%)
329	BOROWIEC Wojciech	2129		M-30	117	00:01:00	00:57:38	01:29:44	01:57:28.20	01:58:28.50	+00:42:14 (36.0%)	5:34	10.8 (64.3%)
330	PISZCZ Marek	2389	STELLANITS ACTIVE TEAM	M-40	94	00:00:50	00:58:17	01:30:02	01:57:33.10	01:58:23.50	+00:42:19 (36.0%)	5:34	10.8 (64.3%)
331	FAŁEK Krzysztof	2146	ŁAMIGNATY	M-40	95	00:00:42	00:56:33	01:28:57	01:57:37.75	01:58:20.65	+00:42:23 (36.0%)	5:34	10.8 (64.3%)
332	STANKIEWICZ Jakub	2527		M-30	118	00:01:18	00:58:37	01:30:13	01:57:40.15	01:58:59.10	+00:42:26 (36.1%)	5:34	10.8 (64.3%)
333	JANIK Sebastian	2556		M-20	34	00:00:45	00:54:34	01:26:40	01:57:41.75	01:58:27.35	+00:42:27 (36.1%)	5:34	10.8 (64.3%)
334	OTRĘBSKI Tomasz	2479		M-40	96	00:01:30	00:58:02	01:30:06	01:57:44.80	01:59:15.10	+00:42:30 (36.1%)	5:34	10.8 (64.3%)
335	KAŁKA Romuald	2419	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	37	00:01:39	00:59:03	01:31:09	01:57:50.05	01:59:30.00	+00:42:35 (36.2%)	5:35	10.7 (63.7%)
336	MENCEWICZ Paweł	2070	UKS 5 PLUS RYDUŁTOWY / SILESIA TRIATHLON TEAM	M-50	38	00:01:02	00:58:38	01:30:14	01:57:52.85	01:58:54.95	+00:42:38 (36.2%)	5:35	10.7 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
337	MARCINIAK Paulina	2088		K-30	15	00:01:13	00:56:02	01:28:43	01:57:56.80	01:59:10.40	+00:42:42 (36.2%)	5:35	10.7 (63.7%)
338	ROLNIK Remigiusz	2275		M-50	39	00:01:37	00:59:22	01:31:20	01:58:07.00	01:59:44.05	+00:42:52 (36.3%)	5:35	10.7 (63.7%)
339	KAJZER Artur	2188		M-30	119	00:01:19	00:58:11	01:30:12	01:58:07.30	01:59:26.50	+00:42:53 (36.3%)	5:35	10.7 (63.7%)
340	TWARDOWSKA Monika	2452		K-30	16	00:01:33	00:58:34	01:30:02	01:58:07.75	01:59:41.05	+00:42:53 (36.3%)	5:35	10.7 (63.7%)
341	SZUDEJ Krzysztof	2478		M-40	97	00:01:18	00:54:57	01:27:04	01:58:16.45	01:59:34.45	+00:43:02 (36.4%)	5:36	10.7 (63.7%)
342	MIKULSKI Przemek	2584		M-30	120	00:01:23	00:57:30	01:29:32	01:58:19.45	01:59:42.95	+00:43:05 (36.4%)	5:36	10.7 (63.7%)
343	KIDABIONEK Olga	2323		K-30	17	00:01:26	00:58:04	01:30:14	01:58:22.00	01:59:48.30	+00:43:07 (36.4%)	5:36	10.7 (63.7%)
344	ŚMIETANA Grzegorz	2407	EASYRUN RACIBÓRZ	M-40	98	00:01:04	00:58:44	01:31:06	01:58:22.25	01:59:26.60	+00:43:08 (36.4%)	5:36	10.7 (63.7%)
345	GAWRON Konrad	2156		M-20	35	00:00:50	00:56:24	01:29:08	01:58:26.45	01:59:17.10	+00:43:12 (36.5%)	5:36	10.7 (63.7%)
346	KĄDZIOŁKA Sebastian	2322		M-30	121	00:00:39	00:56:26	01:29:31	01:58:27.30	01:59:06.45	+00:43:13 (36.5%)	5:36	10.7 (63.7%)
347	WYCIŚŁOK Krzysztof	2114		M-40	99	00:01:05	00:58:22	01:30:32	01:58:31.70	01:59:36.90	+00:43:17 (36.5%)	5:37	10.7 (63.7%)
348	NOWAK Tomasz	2284		M-40	100	00:02:03	00:56:56	01:29:37	01:58:40.35	02:00:44.10	+00:43:26 (36.6%)	5:37	10.7 (63.7%)
349	KANSY Tomasz	2582		M-40	101	00:01:09	00:57:59	01:29:44	01:58:40.75	01:59:50.50	+00:43:26 (36.6%)	5:37	10.7 (63.7%)
350		2615				00:00:38	00:53:56	01:27:11	01:58:47.50	01:59:25.75	+00:43:33 (36.7%)	5:37	10.7 (63.7%)
351	ŚLIWIŃSKA Alicja	2177		K-40	14	00:01:25	00:58:01	01:30:23	01:58:54.00	02:00:19.05	+00:43:39 (36.7%)	5:38	10.6 (63.1%)
352	KOŁODZIEJ Jacek	2227		M-50	40	00:01:24	00:58:01	01:30:22	01:58:54.30	02:00:19.25	+00:43:40 (36.7%)	5:38	10.6 (63.1%)
353	MICHALIK Tomasz	2286		M-40	102	00:01:50	01:02:21	01:33:35	01:58:55.45	02:00:46.05	+00:43:41 (36.7%)	5:38	10.6 (63.1%)
354	SZPUNAR Paweł	2590	NIGHT RUNNERS PYSKOWICE	M-30	122	00:01:05	00:56:10	01:28:36	01:58:57.00	02:00:02.90	+00:43:42 (36.8%)	5:38	10.6 (63.1%)
355	KOCUR Marta	2524	SREBRNE MIASTO TARNOWSKIE GÓRY	K-40	15	00:01:43	00:56:50	01:28:59	01:58:57.80	02:00:41.10	+00:43:43 (36.8%)	5:38	10.6 (63.1%)
356	ŁOBODA Wojciech	2432		M-40	103	00:01:25	00:58:22	01:30:48	01:58:58.70	02:00:24.45	+00:43:44 (36.8%)	5:38	10.6 (63.1%)
357	BAK Mariusz	2307		M-40	104	00:01:01	00:55:41	01:28:55	01:59:02.60	02:00:04.20	+00:43:48 (36.8%)	5:38	10.6 (63.1%)
358	GABRYŚ Bartosz	2068		M-20	36	00:01:08	00:58:11	01:30:31	01:59:07.80	02:00:16.00	+00:43:53 (36.8%)	5:38	10.6 (63.1%)
359	TYL Artur	2262		M-40	105	00:01:29	00:58:12	01:30:17	01:59:09.00	02:00:38.25	+00:43:54 (36.9%)	5:38	10.6 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
360	GRYGIEREK Marcin	2240		M-30	123	00:00:38	00:57:43	01:29:56	01:59:17.35	01:59:56.30	+00:44:03 (36.9%)	5:39	10.6 (63.1%)
361	SAKOWSKI Patryk	2439		M-20	37	00:00:45	00:54:35	01:27:25	01:59:18.15	02:00:03.95	+00:44:04 (36.9%)	5:39	10.6 (63.1%)
362	BUZE Kamila	2204		K-40	16	00:01:25	00:58:04	01:30:26	01:59:26.70	02:00:52.45	+00:44:12 (37.0%)	5:39	10.6 (63.1%)
363	STOCHNIJ Karol	2294		M-30	124	00:01:39	00:57:49	01:29:58	01:59:30.20	02:01:10.00	+00:44:16 (37.0%)	5:39	10.6 (63.1%)
363	FURMAN Dariusz	2433	PRESS GLASS BIEGAMY I WSPIERAMY	M-40	106	00:01:19	00:58:03	01:30:22	01:59:30.20	02:00:49.20	+00:44:16 (37.0%)	5:39	10.6 (63.1%)
365	WOZNIAK Marek	2305	LONELY RUNNERS CREW	M-40	107	00:01:13	00:57:37	01:30:04	01:59:39.60	02:00:53.40	+00:44:25 (37.1%)	5:40	10.6 (63.1%)
366	SAJKOWSKI Maciej	2583		M-50	41	00:01:25	00:55:02	01:28:01	01:59:45.90	02:01:11.35	+00:44:31 (37.2%)	5:40	10.6 (63.1%)
367	POPIEL-KRUK Aleksandra	2605		K-40	17	00:01:23	00:58:08	01:30:13	01:59:49.15	02:01:12.25	+00:44:35 (37.2%)	5:40	10.6 (63.1%)
368	MACIASZ Paweł	2288	KUZYNY	M-50	42	00:01:46	00:58:41	01:31:39	01:59:52.70	02:01:39.00	+00:44:38 (37.2%)	5:40	10.6 (63.1%)
369	WRĘCZYCKI Robert	2580	PACEMAKER 2:00 O CO BIEGA W KALETACH	M-40	108	00:01:19	00:58:11	01:30:15	01:59:57.85	02:01:17.55	+00:44:43 (37.3%)	5:41	10.6 (63.1%)
370	PIŁAT Jarosław	2574	PACEMAKER	M-40	109	00:01:19	00:58:10	01:30:11	01:59:58.05	02:01:17.45	+00:44:43 (37.3%)	5:41	10.6 (63.1%)
371	WALNIK Krzysztof	2054		M-30	125	00:01:07	00:57:26	01:30:19	02:00:00.20	02:01:07.50	+00:44:46 (37.3%)	5:41	10.5 (62.5%)
372	POPCZYK Piotr	2353		Niepełnosprawni M	1	00:01:45	00:59:47	01:32:03	02:00:02.20	02:01:47.30	+00:44:48 (37.3%)	5:41	10.5 (62.5%)
373	PALENGA Adrian	2496	ŁATACH ŁILKÓF	M-40	110	00:01:27	00:58:09	01:30:33	02:00:02.70	02:01:30.50	+00:44:48 (37.3%)	5:41	10.5 (62.5%)
374	KONIARSKI Jaromir	2002	BOJKÓW BIEGA	M-30	126	00:01:34	00:58:39	01:30:55	02:00:11.35	02:01:46.00	+00:44:57 (37.4%)	5:41	10.5 (62.5%)
375	IZBICKI Zbigniew	2614	-	M-50	43	00:00:54	00:54:54	01:29:15	02:00:12.25	02:01:06.95	+00:44:58 (37.4%)	5:41	10.5 (62.5%)
376	CYGAN Kamil	2445		M-20	38	00:01:20	00:59:57	01:32:09	02:00:14.40	02:01:34.60	+00:45:00 (37.4%)	5:41	10.5 (62.5%)
377	TOPOLSKI Marek	2001		M-30	127	00:01:34	00:58:40	01:30:55	02:00:20.10	02:01:54.45	+00:45:06 (37.5%)	5:42	10.5 (62.5%)
378	YOUSSEF Anna	2148	ŁAMIGNATY	K-40	18	00:00:43	00:58:20	01:30:40	02:00:20.40	02:01:03.40	+00:45:06 (37.5%)	5:42	10.5 (62.5%)
379	LERKA Wojciech	2470		M-40	111	00:01:43	00:58:34	01:30:31	02:00:23.80	02:02:07.10	+00:45:09 (37.5%)	5:42	10.5 (62.5%)
380	JACKOWSKA Monika	2604		K-40	19	00:01:04	00:58:55	01:31:41	02:00:29.85	02:01:34.80	+00:45:15 (37.6%)	5:42	10.5 (62.5%)
381	URBAŃSKI Adam	2297		M-50	44	00:01:20	00:58:13	01:30:32	02:00:31.70	02:01:52.65	+00:45:17 (37.6%)	5:42	10.5 (62.5%)
382	MAREK Wioletta	2423		K-30	18	00:01:38	00:58:20	01:31:06	02:00:31.80	02:02:10.15	+00:45:17 (37.6%)	5:42	10.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
383	FERFECKI Paweł	2247	K.S. GLAUBENSTADT	M-40	112	00:01:30	00:59:14	01:31:42	02:00:32.75	02:02:03.65	+00:45:18 (37.6%)	5:42	10.5 (62.5%)
384	GNOTH Michał	2348	OASIS SPORT TEAM	M-40	113	00:01:20	00:55:02	01:29:10	02:00:42.80	02:02:02.90	+00:45:28 (37.7%)	5:43	10.5 (62.5%)
384	MANDRYSZ Kamil	2303		M-20	39	00:01:40	01:00:51	01:34:35	02:00:42.80	02:02:23.35	+00:45:28 (37.7%)	5:43	10.5 (62.5%)
386	GAWLIK Mariusz	2308		M-40	114	00:01:49	00:59:03	01:31:44	02:00:42.85	02:02:32.30	+00:45:28 (37.7%)	5:43	10.5 (62.5%)
387	MARKOWSKI Kamil	2490	TUTU AM	M-40	115	00:01:21	00:58:07	01:31:19	02:00:48.75	02:02:10.05	+00:45:34 (37.7%)	5:43	10.5 (62.5%)
388	KARMAŃSKI Jacek	2287	KUZYNY	M-50	45	00:01:46	00:58:41	01:32:13	02:01:02.20	02:02:48.50	+00:45:48 (37.8%)	5:44	10.5 (62.5%)
389	CHMIEL Michał	2513		M-30	128	00:01:31	00:58:59	01:31:54	02:01:11.70	02:02:43.40	+00:45:57 (37.9%)	5:44	10.4 (61.9%)
390	WOJTOWICZ Karolina	2561	SIOSTRY MADIZAR	K-40	20	00:01:09	00:58:27	01:31:17	02:01:19.10	02:02:28.85	+00:46:05 (38.0%)	5:45	10.4 (61.9%)
391	GRUCHALSKI Jakub	2442	BIEGAMY	M-40	116	00:01:30	00:58:49	01:31:39	02:01:21.40	02:02:52.30	+00:46:07 (38.0%)	5:45	10.4 (61.9%)
392	KANIA Paweł	2551		M-40	117	00:01:59	00:59:20	01:32:10	02:01:22.40	02:03:22.00	+00:46:08 (38.0%)	5:45	10.4 (61.9%)
393	PIÓRKOWSKI Kamil	2281	FLUOR	M-30	129	00:01:41	01:00:17	01:32:57	02:01:23.65	02:03:05.50	+00:46:09 (38.0%)	5:45	10.4 (61.9%)
394	ZAPOTOCZNA Renata	2334		K-40	21	00:01:06	00:57:27	01:31:10	02:01:31.60	02:02:37.80	+00:46:17 (38.1%)	5:45	10.4 (61.9%)
395	KOJ Jakub	2367	MATYLDA TEAM	M-30	130	00:01:06	00:59:05	01:32:35	02:01:33.75	02:02:40.65	+00:46:19 (38.1%)	5:45	10.4 (61.9%)
396	ZARZYCKA Ola	2097		K-40	22	00:01:15	00:59:48	01:32:41	02:01:36.90	02:02:52.20	+00:46:22 (38.1%)	5:45	10.4 (61.9%)
397	KRAWCZYK Wiktor	2355		M-30	131	00:01:14	00:58:18	01:31:34	02:01:57.80	02:03:12.05	+00:46:43 (38.3%)	5:46	10.4 (61.9%)
398	KRZYSZKOWSKA Agnieszka	2123	ING BANK ŚLĄSKI	K-40	23	00:01:43	00:58:28	01:32:22	02:02:21.80	02:04:04.80	+00:47:07 (38.5%)	5:47	10.3 (61.3%)
399	KASZUBSKI Andrzej	2033		M-40	118	00:00:53	00:56:42	01:30:50	02:02:38.65	02:03:32.55	+00:47:24 (38.7%)	5:48	10.3 (61.3%)
400	SZYDŁO Krzysztof	2545		M-30	132	00:00:56	00:58:53	01:33:03	02:02:39.45	02:03:36.10	+00:47:25 (38.7%)	5:48	10.3 (61.3%)
401	KUFIETA Magdalena	2205		K-40	24	00:01:28	00:58:29	01:32:34	02:02:39.70	02:04:07.95	+00:47:25 (38.7%)	5:48	10.3 (61.3%)
402	SLISZ Maria	2067	DECATHLON & PRZYJACIELE	K-40	25	00:01:28	00:58:29	01:32:34	02:02:40.05	02:04:08.10	+00:47:25 (38.7%)	5:48	10.3 (61.3%)
403	HOMA Dorota	2226		K-30	19	00:00:57	00:58:12	01:31:21	02:02:42.40	02:03:40.10	+00:47:28 (38.7%)	5:48	10.3 (61.3%)
404	KOSNO Łukasz	2107		M-30	133	00:01:50	01:00:44	01:33:43	02:02:45.85	02:04:36.65	+00:47:31 (38.7%)	5:49	10.3 (61.3%)
405	LUBICKI Wojciech	2014	DWÓJKA BEZ SERNIKA	M-50	46	00:01:20	00:58:10	01:30:54	02:02:53.70	02:04:14.05	+00:47:39 (38.8%)	5:49	10.3 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
406	MEOSSI Alessandro	2299	ZŁOTA MARKA RUNNING TEAM	M-20	40	00:00:41	00:58:28	01:31:43	02:03:03.45	02:03:45.35	+00:47:49 (38.9%)	5:49	10.3 (61.3%)
407	MARKOWSKA Sylwia	2380		K-30	20	00:01:21	00:58:14	01:31:55	02:03:13.30	02:04:35.10	+00:47:59 (38.9%)	5:50	10.3 (61.3%)
408	TYRKA Anna	2416		K-40	26	00:01:20	00:59:09	01:32:56	02:03:16.95	02:04:37.00	+00:48:02 (39.0%)	5:50	10.3 (61.3%)
409	BEREŹNICKA Dorota	2346		K-30	21	00:01:16	00:59:12	01:32:59	02:03:20.05	02:04:36.65	+00:48:05 (39.0%)	5:50	10.3 (61.3%)
410	BRZEZINA Arkadiusz	2180	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	119	00:01:40	00:58:46	01:33:37	02:03:49.20	02:05:30.00	+00:48:35 (39.2%)	5:52	10.2 (60.7%)
411	WENGERSKA Kalina	2280	FLUOR	K-40	27	00:01:20	01:00:06	01:33:30	02:04:05.10	02:05:25.60	+00:48:51 (39.4%)	5:52	10.2 (60.7%)
412	DZIARMAGA Mateusz	2301		M-20	41	00:01:16	00:58:13	01:32:13	02:04:11.80	02:05:28.40	+00:48:57 (39.4%)	5:53	10.2 (60.7%)
413	KACPROWICZ Jakub	2300		M-20	42	00:01:16	00:58:14	01:32:16	02:04:12.55	02:05:28.60	+00:48:58 (39.4%)	5:53	10.2 (60.7%)
414	KALINOWSKI Krzysztof	2137	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-50	47	00:01:41	00:59:29	01:33:36	02:04:24.80	02:06:06.60	+00:49:10 (39.5%)	5:53	10.2 (60.7%)
415	JANICKI Jacek	2271		M-30	134	00:01:30	00:59:16	01:32:29	02:04:25.75	02:05:55.80	+00:49:11 (39.5%)	5:53	10.2 (60.7%)
416	SOKÓŁ-OLEŚ Ewelina	2081	RUNTEAM PAWŁOWICE	K-50	5	00:01:26	01:01:23	01:35:16	02:04:30.85	02:05:57.70	+00:49:16 (39.6%)	5:54	10.2 (60.7%)
417	GABOR Robert	2064		M-40	120	00:00:57	00:57:58	01:32:00	02:04:52.05	02:05:49.85	+00:49:37 (39.7%)	5:55	10.1 (60.1%)
418	MYNARSKA Ligia	2465	JUST TEAM	K-50	6	00:01:27	00:59:41	01:34:10	02:04:54.65	02:06:21.95	+00:49:40 (39.8%)	5:55	10.1 (60.1%)
419	SOBCZYK Renata	2420	40-LATEK TYCHY	K-40	28	00:01:32	01:01:01	01:35:13	02:05:00.90	02:06:33.40	+00:49:46 (39.8%)	5:55	10.1 (60.1%)
420	SZYMCZYK Witold	2528		M-20	43	00:01:22	00:57:58	01:33:51	02:05:25.70	02:06:48.65	+00:50:11 (40.0%)	5:56	10.1 (60.1%)
421	SZYMCZYK Paweł	2594		M-50	48	00:01:22	00:58:23	01:33:51	02:05:26.90	02:06:49.15	+00:50:12 (40.0%)	5:56	10.1 (60.1%)
422	PIEKARSKA Magdalena	2179		K-40	29	00:01:43	00:58:56	01:33:05	02:05:27.85	02:07:11.20	+00:50:13 (40.0%)	5:56	10.1 (60.1%)
423	HERLICZKA Renata	2208	AML-FLY TEAM	K-40	30	00:01:41	01:02:12	01:36:46	02:05:30.60	02:07:12.20	+00:50:16 (40.1%)	5:56	10.1 (60.1%)
424	GWÓZDŹ Katarzyna	2361		K-20	9	00:00:48	00:58:18	01:32:30	02:05:36.90	02:06:25.75	+00:50:22 (40.1%)	5:57	10.1 (60.1%)
425	STĘPIEŃ Piotr	2601		M-30	135	00:00:56	00:59:59	01:34:01	02:06:01.30	02:06:57.55	+00:50:47 (40.3%)	5:58	10 (59.5%)
426	BUCHCIK Artur	2261		M-30	136	00:01:35	01:01:11	01:35:12	02:06:04.75	02:07:39.95	+00:50:50 (40.3%)	5:58	10 (59.5%)
427	KWIECIEŃ Małgorzata	2027		K-20	10	00:01:17	00:59:48	01:34:32	02:06:15.20	02:07:32.75	+00:51:01 (40.4%)	5:59	10 (59.5%)
428	WENGLORZ Wojciech	2370		M-20	44	00:01:23	01:02:27	01:36:46	02:06:36.20	02:07:59.20	+00:51:22 (40.6%)	6:00	10 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
429	FORENC Tomasz	2519		M-40	121	00:01:48	01:02:04	01:36:37	02:06:37.80	02:08:26.65	+00:51:23 (40.6%)	6:00	10 (59.5%)
430	KRAJEWSKI Michał	2049		M-40	122	00:01:22	01:00:35	01:34:24	02:06:39.30	02:08:01.65	+00:51:25 (40.6%)	6:00	10 (59.5%)
431	GOŁĄBEK Piotr	2016		M-40	123	00:01:30	01:01:20	01:36:32	02:06:40.60	02:08:11.00	+00:51:26 (40.6%)	6:00	10 (59.5%)
432	RAPCEWICZ Marcin	2559	ŁATACH ŁILKÓW	M-30	137	00:01:28	00:58:23	01:33:21	02:06:45.20	02:08:13.45	+00:51:31 (40.6%)	6:00	10 (59.5%)
433	MARMURA Marek	2034		M-40	124	00:01:31	01:00:18	01:35:34	02:06:52.65	02:08:24.35	+00:51:38 (40.7%)	6:00	10 (59.5%)
434	BERESKA Bartek	2537		M-30	138	00:01:20	00:59:10	01:34:43	02:07:09.10	02:08:29.80	+00:51:55 (40.8%)	6:01	10 (59.5%)
435	SELIGA Paweł	2125	BIEGAJ Z TRENERAMI GLIWICE	M-40	125	00:01:50	01:02:21	01:36:37	02:07:09.15	02:08:59.60	+00:51:55 (40.8%)	6:01	10 (59.5%)
436	LEDWOŃ Aneta	2025		K-40	31	00:01:08	01:02:09	01:37:13	02:07:11.70	02:08:20.10	+00:51:57 (40.9%)	6:01	10 (59.5%)
437	KOWALCZYK Tomasz	2023		M-40	126	00:01:41	00:59:16	01:34:08	02:07:20.50	02:09:01.80	+00:52:06 (40.9%)	6:02	9.9 (58.9%)
438	FUGOWSKI Grzegorz	2008		M-30	139	00:01:47	00:59:52	01:35:59	02:07:21.45	02:09:08.45	+00:52:07 (40.9%)	6:02	9.9 (58.9%)
439	PAWLUSIŃSKA Karolina	2362		K-20	11	00:01:37	01:01:07	01:35:54	02:07:32.85	02:09:10.80	+00:52:18 (41.0%)	6:02	9.9 (58.9%)
440	WOLSEY Derek	2540		M-40	127	00:01:12	01:00:06	01:34:35	02:07:37.95	02:08:50.60	+00:52:23 (41.1%)	6:02	9.9 (58.9%)
441	KLYTA Wojciech	2596	WYDZIAŁ PRAWA UŚŁ	M-50	49	00:01:25	00:58:05	01:32:45	02:07:41.00	02:09:06.60	+00:52:26 (41.1%)	6:03	9.9 (58.9%)
442	GOŹDZIŃSKA Magdalena	2122		K-40	32	00:01:21	01:00:15	01:34:19	02:07:52.85	02:09:14.25	+00:52:38 (41.2%)	6:03	9.9 (58.9%)
443	KACZYŃSKI Marek	2165	MOSTOSTAL ZABRZE UNITED	M-30	140	00:00:50	01:03:47	01:38:41	02:07:58.75	02:08:49.40	+00:52:44 (41.2%)	6:03	9.9 (58.9%)
444	KWAPIEŃ Paweł	2536		M-40	128	00:01:03	01:02:03	01:37:16	02:08:09.50	02:09:12.85	+00:52:55 (41.3%)	6:04	9.9 (58.9%)
445	WEGNER Agnieszka	2399	LECYMY DURŚ	K-40	33	00:01:17	01:02:31	01:37:44	02:08:10.60	02:09:28.10	+00:52:56 (41.3%)	6:04	9.9 (58.9%)
446	BOŹEK Bernadeta	2474	LECYMY DURŚ	K-30	22	00:01:17	01:02:32	01:37:43	02:08:10.70	02:09:27.80	+00:52:56 (41.3%)	6:04	9.9 (58.9%)
447	SOBANIA Rafał	2504		M-40	129	00:01:43	01:01:31	01:35:51	02:08:14.65	02:09:58.60	+00:53:00 (41.3%)	6:04	9.9 (58.9%)
448	ĆWIKŁA Kamil	2013	BUDDY TEAM	M-30	141	00:01:00	01:00:39	01:35:50	02:08:16.60	02:09:16.75	+00:53:02 (41.3%)	6:04	9.9 (58.9%)
449	BOREK Cezary	2463		M-30	142	00:01:10	00:59:38	01:35:03	02:08:17.35	02:09:27.60	+00:53:03 (41.4%)	6:04	9.9 (58.9%)
450	BOREK Stanisław	2491		M-60	12	00:01:10	00:59:37	01:34:50	02:08:17.55	02:09:27.90	+00:53:03 (41.4%)	6:04	9.9 (58.9%)
451	WIĄCEK Tomasz	2489		M-20	45	00:01:41	01:00:50	01:34:36	02:08:21.35	02:10:02.40	+00:53:07 (41.4%)	6:05	9.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
452	NIESLER Magdalena	2166		K-30	23	00:01:33	01:01:59	01:37:40	02:08:24.15	02:09:57.75	+00:53:10 (41.4%)	6:05	9.9 (58.9%)
453	WIŚNIEWSKI Adam	2486	AMATOR RUDZINIEC	M-20	46	00:01:45	01:02:46	01:39:08	02:08:27.85	02:10:13.50	+00:53:13 (41.4%)	6:05	9.9 (58.9%)
454	PRACKA Danuta	2061		K-30	24	00:01:29	00:59:09	01:35:46	02:08:36.15	02:10:05.65	+00:53:22 (41.5%)	6:05	9.8 (58.3%)
455	MAGIERA Adam	2458	CHWALISZ CZY NIE CHWALISZ LOTEJ Z NAMI	M-40	130	00:00:50	01:02:14	01:37:53	02:08:53.05	02:09:43.45	+00:53:38 (41.6%)	6:06	9.8 (58.3%)
456	NIEMIEC Sławek	2154	INTERGRAFIK.PL	M-40	131	00:01:29	01:01:34	01:36:42	02:08:59.35	02:10:28.90	+00:53:45 (41.7%)	6:06	9.8 (58.3%)
457	MANDOWSKI Marek	2063		M-40	132	00:01:58	00:58:48	01:34:36	02:09:00.00	02:10:58.75	+00:53:45 (41.7%)	6:06	9.8 (58.3%)
458	WASIK Piotr	2366		M-20	47	00:01:26	01:03:13	01:37:40	02:09:11.15	02:10:37.45	+00:53:57 (41.8%)	6:07	9.8 (58.3%)
459	PODOLAK Alfred	2318	LAKS FRETPOŁ	M-60	13	00:01:43	01:01:48	01:37:17	02:09:38.60	02:11:22.10	+00:54:24 (42.0%)	6:08	9.8 (58.3%)
460	KOPPEL Bartłomiej	2030		M-30	143	00:01:32	01:01:29	01:38:01	02:09:42.40	02:11:15.05	+00:54:28 (42.0%)	6:08	9.8 (58.3%)
461	ULIASZ Joanna	2113	STELLANTIS ACTIVE TEAM	K-40	34	00:01:34	01:02:52	01:38:40	02:10:01.05	02:11:35.05	+00:54:46 (42.1%)	6:09	9.7 (57.7%)
462	SIEDLECKA Anna	2115		K-30	25	00:01:33	01:02:52	01:38:40	02:10:01.40	02:11:35.20	+00:54:47 (42.1%)	6:09	9.7 (57.7%)
463	STASZEWSKA Zuzanna	2266	LECE BO CHCE	K-20	12	00:01:11	01:00:58	01:37:08	02:10:07.35	02:11:18.55	+00:54:53 (42.2%)	6:10	9.7 (57.7%)
464	WYLĘŻEK Piotr	2395		M-30	144	00:01:12	00:58:26	01:35:26	02:10:16.50	02:11:29.45	+00:55:02 (42.2%)	6:10	9.7 (57.7%)
465	OCZOŚ Aleksandra	2004		K-30	26	00:01:01	01:02:42	01:38:18	02:10:34.15	02:11:35.60	+00:55:20 (42.4%)	6:11	9.7 (57.7%)
466	WIĘCEK Oliwia	2371		K-20	13	00:01:28	01:02:07	01:38:21	02:10:44.05	02:12:12.70	+00:55:29 (42.5%)	6:11	9.7 (57.7%)
467	KOCOT Krzysztof	2598		M-20	48	00:01:54	01:05:38	01:40:10	02:10:57.10	02:12:51.55	+00:55:43 (42.5%)	6:12	9.7 (57.7%)
468	MIKULA Wojciech	2331		M-30	145	00:01:35	01:02:25	01:38:51	02:11:02.30	02:12:38.15	+00:55:48 (42.6%)	6:12	9.7 (57.7%)
469	SKONIECZNY Michał	2612		M-40	133	00:00:59	01:01:30	01:38:15	02:11:32.00	02:12:31.60	+00:56:17 (42.8%)	6:14	9.6 (57.1%)
470	GÓRNY Piotr	2075	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-50	50	00:02:03	01:02:00	01:37:45	02:12:03.65	02:14:06.95	+00:56:49 (43.0%)	6:15	9.6 (57.1%)
471	WOJCIESZAK Patryk	2476		M-20	49	00:01:06	01:04:24	01:40:12	02:12:13.50	02:13:20.00	+00:56:59 (43.1%)	6:16	9.6 (57.1%)
472	LEWANDOWSKI Henryk	2236		M-40	134	00:01:28	01:01:40	01:38:10	02:12:15.10	02:13:43.20	+00:57:01 (43.1%)	6:16	9.6 (57.1%)
473	HADZIK Tomasz	2516	CHSBD W RUCHU	M-30	146	00:01:31	01:04:00	01:40:12	02:12:45.00	02:14:16.75	+00:57:30 (43.3%)	6:17	9.5 (56.5%)
474	BOBKOWSKI Maciej	2257		M-40	135	00:00:56	01:04:02	01:40:32	02:12:58.55	02:13:55.15	+00:57:44 (43.4%)	6:18	9.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
475	ZIÓŁKOWSKA Katarzyna	2564		K-30	27	00:01:51	01:07:26	01:42:30	02:13:09.80	02:15:01.20	+00:57:55 (43.5%)	6:18	9.5 (56.5%)
476	DEMBOWSKA Bożena	2214		K-40	35	00:01:10	01:03:02	01:39:18	02:13:12.20	02:14:22.25	+00:57:58 (43.5%)	6:18	9.5 (56.5%)
477	KRZYWICKI Jan	2428		M-60	14	00:01:11	01:02:54	01:40:22	02:13:14.40	02:14:26.15	+00:58:00 (43.5%)	6:18	9.5 (56.5%)
478	ŁAZAJ Szymon	2526		M-30	147	00:01:07	01:05:56	01:41:15	02:13:17.50	02:14:25.05	+00:58:03 (43.6%)	6:19	9.5 (56.5%)
479	GRYGIEREK Jarosław	2043		M-30	148	00:01:33	01:00:31	01:36:34	02:13:23.30	02:14:56.35	+00:58:09 (43.6%)	6:19	9.5 (56.5%)
480	BRYGILEWICZ Karolina	2357		K-20	14	00:01:38	01:04:29	01:42:02	02:13:30.60	02:15:08.65	+00:58:16 (43.6%)	6:19	9.5 (56.5%)
481	STAROŃ Jagoda	2091		K-30	28	00:01:36	01:02:51	01:39:25	02:13:40.85	02:15:16.95	+00:58:26 (43.7%)	6:20	9.5 (56.5%)
482	BRYNIARSKI Artur	2304		M-20	50	00:01:41	01:00:49	01:36:31	02:13:40.95	02:15:22.05	+00:58:26 (43.7%)	6:20	9.5 (56.5%)
483	PIETRZAK Marcin	2228		M-50	51	00:01:22	01:01:12	01:38:18	02:13:48.25	02:15:10.40	+00:58:34 (43.8%)	6:20	9.5 (56.5%)
484	BAŁAJ Anna	2352		K-30	29	00:01:39	01:08:53	01:44:16	02:13:53.60	02:15:32.80	+00:58:39 (43.8%)	6:20	9.5 (56.5%)
485	TEMPKA Adam	2481		M-30	149	00:01:07	01:01:10	01:36:41	02:14:00.60	02:15:08.35	+00:58:46 (43.9%)	6:21	9.4 (56.0%)
486	BIGOS Grzegorz	2330	GRAMMI	M-40	136	00:01:17	01:00:20	01:38:55	02:14:09.35	02:15:26.55	+00:58:55 (43.9%)	6:21	9.4 (56.0%)
487	SNOCH Michał	2317		M-30	150	00:01:00	01:01:57	01:39:09	02:14:13.00	02:15:13.05	+00:58:58 (43.9%)	6:21	9.4 (56.0%)
488	CETERA Kamila	2141	#HUTA TEAM	K-40	36	00:01:26	01:03:19	01:40:28	02:14:29.40	02:15:55.70	+00:59:15 (44.1%)	6:22	9.4 (56.0%)
489	KACZKIEWICZ Damian	2340	NIGHT RUNNERS GLIWICE	M-40	137	00:01:47	01:02:05	01:37:40	02:15:40.60	02:17:28.35	+01:00:26 (44.5%)	6:25	9.3 (55.4%)
490	STAŃCZYK Roksana	2560		K-20	15	00:01:34	01:05:55	01:42:17	02:15:46.20	02:17:20.40	+01:00:32 (44.6%)	6:26	9.3 (55.4%)
491	JERNAŚ Paweł	2459		M-30	151	00:01:55	01:02:31	01:36:31	02:15:46.30	02:17:41.60	+01:00:32 (44.6%)	6:26	9.3 (55.4%)
492	ZWOLAK Mateusz	2140	LECE BO CHCE	M-20	51	00:01:12	01:05:22	01:44:54	02:15:58.85	02:17:11.40	+01:00:44 (44.7%)	6:26	9.3 (55.4%)
493	KRUPIŃSKI Arek	2312		M-30	152	00:01:21	01:02:12	01:39:31	02:16:13.80	02:17:34.80	+01:00:59 (44.8%)	6:27	9.3 (55.4%)
494	GRUDZIĘŃ Daniel	2552		M-30	153	00:01:24	01:03:36	01:40:17	02:16:22.00	02:17:46.10	+01:01:07 (44.8%)	6:27	9.3 (55.4%)
495	KAPTACZ Magdalena	2135		K-40	37	00:01:21	01:04:39	01:42:27	02:16:39.15	02:18:00.45	+01:01:25 (44.9%)	6:28	9.3 (55.4%)
496	ZALEWSKI Kacper	2326		M-20	52	00:01:15	00:58:32	01:36:54	02:17:03.90	02:18:19.20	+01:01:49 (45.1%)	6:29	9.2 (54.8%)
497	BUFNAL Krzysztof	2130		M-40	138	00:01:57	01:04:57	01:41:50	02:17:18.80	02:19:16.25	+01:02:04 (45.2%)	6:30	9.2 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
498	WÓJCIK Rafał	2189		M-50	52	00:01:47	01:05:11	01:43:27	02:17:55.15	02:19:42.50	+01:02:41 (45.4%)	6:32	9.2 (54.8%)
499	LERKA - GIZA Justyna	2509		K-40	38	00:01:43	01:05:16	01:43:35	02:17:59.55	02:19:42.55	+01:02:45 (45.5%)	6:32	9.2 (54.8%)
500	WYSOKIŃSKI Arkadiusz	2520		M-20	53	00:01:41	01:02:07	01:39:51	02:18:04.45	02:19:45.45	+01:02:50 (45.5%)	6:32	9.2 (54.8%)
501	ZEMŁA Piotr	2533	-	M-50	53	00:01:37	01:06:46	01:44:21	02:18:14.40	02:19:51.85	+01:03:00 (45.6%)	6:33	9.2 (54.8%)
502	GĘBSKI Dawid	2368		M-30	154	00:01:01	01:05:23	01:43:44	02:18:30.75	02:19:32.65	+01:03:16 (45.7%)	6:33	9.1 (54.2%)
503	SOBCZYK Sławomir	2405	40-LATEK TYCHY	M-50	54	00:01:36	01:06:01	01:44:45	02:18:56.85	02:20:33.50	+01:03:42 (45.9%)	6:35	9.1 (54.2%)
504	FRUK Natalia	2010	ULTRAS I MALINA	K-30	30	00:00:57	01:07:27	01:45:22	02:19:03.90	02:20:01.10	+01:03:49 (45.9%)	6:35	9.1 (54.2%)
505	CIEPKA Paulina	2413		K-30	31	00:01:38	01:06:44	01:46:24	02:19:51.80	02:21:30.40	+01:04:37 (46.2%)	6:37	9.1 (54.2%)
506	SABIK Mateusz	2525		M-30	155	00:00:49	00:59:53	01:40:45	02:19:58.00	02:20:47.45	+01:04:43 (46.2%)	6:38	9 (53.6%)
507	CIEŚLIK Olivia	2333		K-20	16	00:01:31	01:05:22	01:48:49	02:20:07.95	02:21:39.70	+01:04:53 (46.3%)	6:38	9 (53.6%)
508	GŁOGOWSKI Tomasz	2351		M-20	54	00:01:31	01:05:21	01:48:49	02:20:08.10	02:21:39.85	+01:04:54 (46.3%)	6:38	9 (53.6%)
509	CIEŚLIK Dawid	2238		M-40	139	00:01:30	01:05:21	01:48:50	02:20:08.85	02:21:39.65	+01:04:54 (46.3%)	6:38	9 (53.6%)
510	PUC Julia	2495		K-20	17	00:01:53	01:07:23	01:45:58	02:20:15.95	02:22:09.80	+01:05:01 (46.4%)	6:38	9 (53.6%)
511	PUC Małgorzata	2514		K-40	39	00:01:53	01:07:24	01:45:59	02:20:16.35	02:22:09.90	+01:05:02 (46.4%)	6:38	9 (53.6%)
512	ZAWISZA Marta	2602		K-30	32	00:01:48	01:11:06	01:49:17	02:20:40.40	02:22:29.30	+01:05:26 (46.5%)	6:40	9 (53.6%)
513	BRESKE Dagmara	2418		K-40	40	00:01:37	01:06:34	01:45:49	02:20:41.45	02:22:19.25	+01:05:27 (46.5%)	6:40	9 (53.6%)
514	ŚLUSARSKA Sylwia	2072		K-30	33	00:00:45	01:05:32	01:45:35	02:20:59.50	02:21:45.05	+01:05:45 (46.6%)	6:40	9 (53.6%)
515	PRYC Maciej	2529	SAGOT	M-30	156	00:01:40	01:08:17	01:46:52	02:21:14.60	02:22:54.65	+01:06:00 (46.7%)	6:41	9 (53.6%)
516	RACZYŃSKI Ryszard	2390		M-50	55	00:01:39	01:08:08	01:46:54	02:21:14.95	02:22:54.25	+01:06:00 (46.7%)	6:41	9 (53.6%)
517	JANIA Alina	2377		K-40	41	00:01:39	01:08:18	01:46:54	02:21:15.35	02:22:54.90	+01:06:01 (46.7%)	6:41	9 (53.6%)
518	KOTARSKA Iwona	2376		K-30	34	00:01:38	01:08:09	01:46:54	02:21:15.70	02:22:54.60	+01:06:01 (46.7%)	6:41	9 (53.6%)
519	DERRA Celina	2512		K-20	18	00:01:43	01:08:00	01:45:56	02:21:31.20	02:23:14.35	+01:06:17 (46.8%)	6:42	8.9 (53.0%)
520	CIUCHTA Rafał	2511		M-20	55	00:01:42	01:08:01	01:45:57	02:21:32.40	02:23:14.55	+01:06:18 (46.8%)	6:42	8.9 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
521	GRUSZCZYŃSKI Paweł	2487		M-30	157	00:01:47	01:04:41	01:43:31	02:21:36.55	02:23:24.45	+01:06:22 (46.9%)	6:42	8.9 (53.0%)
522	WAWRZYNEK Aleksandra	2518		K-30	35	00:01:56	01:09:39	01:47:31	02:21:41.00	02:23:37.65	+01:06:26 (46.9%)	6:42	8.9 (53.0%)
523	KĘDZIERSKA Izabela	2092	FOCZKI I MORSY RYBNIK	K-20	19	00:01:27	01:07:57	01:48:22	02:22:14.55	02:23:41.70	+01:07:00 (47.1%)	6:44	8.9 (53.0%)
524	DZIEDZIC Angelika	2329		K-20	20	00:01:28	01:02:23	01:47:08	02:22:34.35	02:24:03.00	+01:07:20 (47.2%)	6:45	8.9 (53.0%)
525	SOBEL Natalia	2158		K-20	21	00:01:07	01:05:42	01:45:41	02:22:43.90	02:23:51.15	+01:07:29 (47.3%)	6:45	8.9 (53.0%)
526	WENZEL Filip	2195		M-20	56	00:01:28	01:08:36	01:47:21	02:23:03.55	02:24:31.70	+01:07:49 (47.4%)	6:46	8.8 (52.4%)
527	JAŚNIEWICZ Sandra	2196		K-30	36	00:01:27	01:08:37	01:47:21	02:23:03.80	02:24:31.60	+01:07:49 (47.4%)	6:46	8.8 (52.4%)
528	CHODZIDŁO Rafał	2292		M-30	158	00:02:19	01:06:28	01:47:09	02:23:37.00	02:25:56.50	+01:08:22 (47.6%)	6:48	8.8 (52.4%)
529	DANIELSKI Patryk	2058		M-30	159	00:02:18	01:06:30	01:47:05	02:23:37.90	02:25:56.25	+01:08:23 (47.6%)	6:48	8.8 (52.4%)
530	WOJCIECHOWSKA Barbara	2437		K-30	37	00:01:33	01:07:49	01:48:40	02:26:43.65	02:28:16.75	+01:11:29 (48.7%)	6:57	8.6 (51.2%)
531	ŁASZCZYCH Krzysztof	2293		M-20	57	00:02:19	01:06:28	01:47:09	02:26:43.70	02:29:02.75	+01:11:29 (48.7%)	6:57	8.6 (51.2%)
532	ŁASZCZYCH Paweł	2306		M-30	160	00:02:19	01:06:29	01:47:13	02:26:44.00	02:29:03.15	+01:11:29 (48.7%)	6:57	8.6 (51.2%)
533	ŁYSIUK Grzegorz	2139		M-40	140	00:00:00			02:26:56.00	02:26:56.00	+01:11:41 (48.8%)	6:57	8.6 (51.2%)
534	DUDEK Łukasz	2032	BIEGAJĄCE PRZYSZOWICE	M-30	161	00:01:23	01:10:14	01:49:50	02:27:13.70	02:28:37.55	+01:11:59 (48.9%)	6:58	8.6 (51.2%)
535	PIOTROWIAK Przemysław	2429		M-40	141	00:02:04	01:10:21	01:50:19	02:27:34.60	02:29:39.25	+01:12:20 (49.0%)	6:59	8.6 (51.2%)
536	GĄSOWSKI Kacper	2126		M-20	58	00:07:15	01:08:18	01:50:44	02:28:26.15	02:35:42.05	+01:13:12 (49.3%)	7:02	8.5 (50.6%)
537	DUDKIEWICZ Anna	2120	EKO-OKNA RUNNERS	K-40	42	00:01:35	01:10:59	01:52:08	02:29:01.90	02:30:37.05	+01:13:47 (49.5%)	7:03	8.5 (50.6%)
538	KLEMCZAK Szymon	2314	4MMC	M-20	59	00:01:40	01:06:28	01:49:07	02:29:45.70	02:31:26.10	+01:14:31 (49.8%)	7:05	8.5 (50.6%)
539	SERWOTKA Adam	2503		M-40	142	00:01:52	01:12:45	01:54:25	02:30:48.45	02:32:41.30	+01:15:34 (50.1%)	7:08	8.4 (50.0%)
540	JOCHYMEK Karolina	2207		K-30	38	00:01:51	01:12:10	01:55:11	02:33:50.70	02:35:42.20	+01:18:36 (51.1%)	7:17	8.2 (48.8%)
541	ROJEK Michał	2093	WKURW_TEAM	M-40	143	00:01:59	01:13:10	01:56:14	02:34:18.30	02:36:18.05	+01:19:04 (51.2%)	7:18	8.2 (48.8%)
542	PALAK Rafał	2316		M-30	162	00:02:37	01:15:12	01:57:01	02:34:19.35	02:36:56.40	+01:19:05 (51.2%)	7:18	8.2 (48.8%)
543	WOLIŃSKI Józef	2358		M-50	56	00:01:53	01:13:41	01:56:13	02:34:31.20	02:36:24.95	+01:19:17 (51.3%)	7:19	8.2 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	11km	15.8km	Czas netto 21.097km	Czas brutto 21.097km	Różn	Tempo min/km	Tempo km/h
544	JUSZKOWSKI Michał	2302		M-40	144	00:01:24	01:17:26	02:00:20	02:36:11.35	02:37:36.20	+01:20:57 (51.8%)	7:24	8.1 (48.2%)
545	KACZMARCZYK-ZIELIŃSKA Magdalena	2212	RUNTEAM PAWŁOWICE	K-30	39	00:01:26	01:16:32	02:02:27	02:40:46.25	02:42:13.10	+01:25:32 (53.2%)	7:37	7.9 (47.0%)
546	KUBIAK Jakub	2144		M-20	60	00:01:22	01:12:50	02:00:50	02:42:34.40	02:43:56.65	+01:27:20 (53.7%)	7:42	7.8 (46.4%)
547	KUBIAK Celina	2143		K-40	43	00:01:22	01:12:50	02:00:50	02:42:34.60	02:43:56.75	+01:27:20 (53.7%)	7:42	7.8 (46.4%)
548	SEREDA Wojciech	2313		M-30	163	00:01:36	01:15:50	01:58:51	02:43:15.20	02:44:51.25	+01:28:01 (53.9%)	7:44	7.8 (46.4%)
549	PILARSKI Arkadiusz	2062		M-30	164	00:01:28	01:15:08	02:02:02	02:43:41.50	02:45:09.75	+01:28:27 (54.0%)	7:45	7.7 (45.8%)
550	RUTKA Wiola	2057		K-40	44	00:01:27	01:15:08	02:02:03	02:43:42.20	02:45:10.00	+01:28:28 (54.0%)	7:45	7.7 (45.8%)
551	LISZKA Szymon	2553		M-20	61	00:00:59	01:18:51	02:04:19	02:49:00.00	02:49:59.70	+01:33:45 (55.5%)	8:00	7.5 (44.6%)
552	PAWLARCZYK Karolina	2009		K-30	40	00:01:47	01:17:18	02:06:13	02:49:10.35	02:50:57.65	+01:33:56 (55.5%)	8:01	7.5 (44.6%)
553	GÓRECKA-WRÓBEL Jolanta	2101		K-40	45	00:00:55	01:19:54	02:07:54	02:51:20.25	02:52:15.85	+01:36:06 (56.1%)	8:07	7.4 (44.0%)
554	MAJEWSKA Dorota	2375	DRUŻYNA JEDYNKI	K-50	7	00:01:17							(0.0%)
	TERESZKIEWICZ Martyna	2603		K-20		DNF	00:51:59 DNF	01:19:23 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 555 wynik(ów)