

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie: Jastrzębska Dziesiątka
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-09-15
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 5,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km
1	ROP Abel Kibet	1	BENEDEK-TEAM	M30-39	00:00:02	00:09:17	00:15:30
2	KOSGEI Mathew	2	BENEDEK-TEAM	M20-29	00:00:02	00:09:18	00:15:30
3	MRÓWKA Mateusz	4	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41
4	CIEPŁAK Marcin	3	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01
5	DROŻDŻ Damian	398		M30-39	00:00:01	00:09:40	00:16:30
6	KOŹDOŃ Jarek	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41
7	LUBIENIECKI Maciej	823	1979	M30-39	00:00:02	00:09:49	00:16:41
8	KASPRZAK Radosław	7	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42
9	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48
10	BULIK Witold	647	PKS OLIMPIJCZYK GIŁOWICE	M40-49	00:00:01	00:09:52	00:16:49
11	WŁOCH Andrzej	6	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50
12	KARDAS Arkadiusz	876	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07
13	PLIŚ Renata	14	MKL MARATON ŚWINOUJŚCIE	K30-39	00:00:02	00:10:10	00:17:17
14	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21
15	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25
16	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26
17	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26
18	ZIELONKA Robert	758	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30
19	HAJDUK Paweł	787		M16-19	00:00:03	00:10:32	00:17:38
20	SEWERYN Jacek	814		M40-49	00:00:02	00:10:15	00:17:41
21	MATHEBO Ruth Chemisto	9	BENEDEK-TEAM	K30-39	00:00:00	00:10:16	00:17:44
22	RAJWA Roman	502	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44
23	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47
24	GŁOWIAK Lech	746	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48
25	GARCZARCZYK Michał	869	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52
26	CHERUIYOT Emily	8	BENEDEK-TEAM	K30-39	00:00:02	00:10:23	00:17:57
27	BŁASZCZYK Dominik	832		M30-39	00:00:03	00:10:38	00:18:05
28	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06
29	MARCOL Sebastian	69	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10
30	MATUSZNY Marek	209	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
31	KRZEMIEN Krzysztof	697		M20-29	00:00:04	00:10:43	00:18:10
32	ZIELINSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11
33	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11
34	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12
35	KNESZ Marek	464		M50-59	00:00:02	00:10:35	00:18:13
36	RĘBISZ Mariusz	795		M40-49	00:00:03	00:10:41	00:18:16
37	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19
38	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20
39	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20
40	DOBROWOLSKI Tomasz	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	00:00:05	00:10:34	00:18:21
41	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22
42	ŚLĘZAK Sylwia	11		K20-29	00:00:03	00:10:55	00:18:22
43	KLINIK Paweł	321	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23
44	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26
45	GOLBA Kasia	12	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27
46	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28
47	DZIĘGIEŁOWSKI Paweł	883	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29
48	KRAWCZYK Magdalena	777	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33
49	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34
50	MROWIEC Kacper	822		M20-29	00:00:04	00:10:54	00:18:34
51	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35
52	KULESZA Łukasz	678		M30-39	00:00:02	00:10:52	00:18:37
53	NIESŁONY Filip	650		M16-19	00:00:02	00:10:48	00:18:39
54	KMITA Tomasz	851		M20-29	00:00:03	00:10:56	00:18:39
55	KAPELA Marcin	843		M30-39	00:00:05	00:10:57	00:18:46
56	MROWIEC Adam	239		M16-19	00:00:03	00:11:06	00:18:51
57	ALBRECHT Krystian	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52
58	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53
59	WIELOPOLSKI Michał	356		M16-19	00:00:05	00:11:07	00:18:55
60	KOGUCIUK Karol	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56
61	PŁOSKONKA Jan	794	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58
62	JĘDROS Przemysław	630	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58
63	ZOSTAWA Robert	577	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05
64	KUREK Jacek	425	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06
65	MOLA Mateusz	505	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07
66	NOGA Krystian	84	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07
67	HATALA Paweł	445		M30-39	00:00:05	00:11:11	00:19:11
68	KARACZAN Marcin	824		M30-39	00:00:06	00:11:17	00:19:16
69	NOWAK Piotr	129	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19
70	DZIUK Dagmara	13	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21
71	KASTELIK Szymon	422	OLIMPIJCZYK GILOWICE	M20-29	00:00:03	00:11:09	00:19:21
72	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21
73	SUWAJ Aneta	10	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22
74	OREŁ Przemysław	694	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26
75	MAJER Damian	408	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
76	DZIUBAŃSKI Grzegorz	729	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37
77	WANTULOK Paweł	121		M20-29	00:00:07	00:11:33	00:19:38
78	BANASIAK Tomasz	507		M40-49	00:00:04	00:11:35	00:19:40
79	TOKAREWICZ Damian	179	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40
DQ	KUKLA Agata	623	POWOLI DO CELU	K30-39	DQ	00:11:25 DQ	00:19:43 DQ
81	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45
82	MENDECKA Daria	781	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45
83	KYRCZ Mirosław	378	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46
84	KLYSZCZ Paweł	886	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49
85	WITALA Tomasz	381		M40-49	00:00:08	00:11:42	00:19:51
86	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51
87	WOLNY Ariel	183		M30-39	00:00:09	00:11:41	00:19:51
88	DYBCZYŃSKA Jadwiga	890		K30-39	00:00:09	00:11:41	00:19:51
89	MAROSZEK Szymon	153		M30-39	00:00:11	00:11:41	00:19:51
90	KUNINA Paweł	130	AMATOR	M40-49	00:00:06	00:11:34	00:19:52
91	BOBEREK Grzegorz	706	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52
92	WOWRY Klaudiusz	448	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53
93	DUDEK Bartłomiej	722		M40-49	00:00:08	00:11:45	00:19:53
94	GÓRNY Mirek	461	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55
95	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55
96	ŻERDKA Michał	475	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56
97	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56
98	ZYGMA Kordian	151		M20-29	00:00:09	00:11:46	00:19:57
99	OPUCHLIK Tomasz	377	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57
100	JANUSZ Tomasz	604	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57
101	JĘDRUSIAK Przemysław	648		M30-39	00:00:09	00:11:45	00:19:57
102	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57
103	KRETEK Łukasz	519	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58
104	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59
105	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01
106	BIELIŃSKA Monika	223		K30-39	00:00:04	00:11:47	00:20:04
107	BRODACKI Waldemar	909	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04
108	TŁŁKA Michał	411		M30-39	00:00:09	00:11:49	00:20:05
109	WASZTYL Grzegorz	771		M40-49	00:00:08	00:11:49	00:20:06
110	RAJWA Jan	309	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08
111	MASNY Michał	442		M20-29	00:00:12	00:11:47	00:20:11
112	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13
113	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13
114	KOWAL Łukasz	770	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15
115	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16
116	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16
117	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17
118	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17
119	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18
120	URBAŃCZYK Marcin	51		M20-29	00:00:11	00:11:58	00:20:21

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
121	OPUCHLIK Roman	642		M30-39	00:00:09	00:12:00	00:20:23
122	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24
123	GLAJC Andrzej	561	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25
124	MICHALIK Rafał	405	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26
125	MIKOŁAJCZYK Sandra	607		K30-39	00:00:11	00:12:07	00:20:30
126	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31
127	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32
128	KUTIAN Adam	813		M50-59	00:00:08	00:12:00	00:20:36
129	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38
130	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41
131	OGIEGŁO Łukasz	659		M30-39	00:00:05	00:11:59	00:20:43
132	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43
133	JARGOŃ Jacek	458		M40-49	00:00:09	00:12:03	00:20:45
134	GADAJ Grzegorz	562		M30-39	00:00:09	00:12:00	00:20:47
135	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48
136	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49
137	OLSZOWSKI Marcin	523	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51
138	WIECZOREK Tomasz	154	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51
139	PUDA Krzysztof	790		M40-49	00:00:06	00:12:10	00:20:53
140	ADAMCZEWSKI Waldemar	37		M50-59	00:00:11	00:12:13	00:20:55
141	KUDER Marek	265	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56
142	SITKO Adam	328	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58
143	OGIERMAN Grzegorz	229	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59
144	LACHOWSKA Magdalena	828	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00
145	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01
146	BIAŁECKI Tomasz	492		M40-49	00:00:13	00:12:29	00:21:03
147	REDZIK Dorota	845	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04
148	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07
149	SUCHANEK Robert	808	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07
150	LEŚNIAK Krzysztof	296	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07
151	NALEPKA Ewa	189	BIEGIEM PRZEZ GÓRY	K30-39	00:00:09	00:12:23	00:21:08
152	GŁUSZYK Andrzej	316		M40-49	00:00:10	00:12:33	00:21:08
153	PRZYBYSZ Ryszard	206		M50-59	00:00:14	00:12:25	00:21:08
154	LILLA Piotr	580	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08
155	KRAUSE Dariusz	290	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10
156	GAJ Paulina	735	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12
157	GLAJCAR Tomasz	134		M40-49	00:00:14	00:12:26	00:21:12
158	NIEŚŁONY Dominik	908		M20-29	00:00:09	00:12:25	00:21:14
159	JEREMICZ Krzysztof	57	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14
160	MYNARSKI Sylwester	897		M40-49	00:00:12	00:12:32	00:21:15
161	STEMPEL Grzegorz	667	1989	M20-29	00:00:12	00:12:18	00:21:16
162	WOJTASZEWSKA Sabina	286	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18
163	PRÓSZYŃSKI Sławomir	298		M30-39	00:00:13	00:12:29	00:21:18
164	KAWECKI Stanisław	305	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19
165	BEZUCH Paweł	881		M20-29	00:00:14	00:12:28	00:21:19

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
166	DUDZIK Sebastian	383		M30-39	00:00:14	00:12:28	00:21:20
167	CZAPOROWSKI Tomasz	222		M30-39	00:00:10	00:12:24	00:21:21
168	MRÓZEK Rafał	621	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22
169	TOMCZYK Lesław	854	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22
170	LORANC Paweł	793	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24
171	BYRSKI Henryk	827	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24
172	ŻUR Marek	449	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26
173	PIECZKA Monika	816		K30-39	00:00:04	00:12:37	00:21:28
174	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28
175	LORANC Maciej	357	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28
176	ROGAŁA Maciej	396	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29
177	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31
178	UCIEKLAK Waldemar	221	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35
179	MROWIEC Bernard	393	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37
180	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43
181	MAŁECKI Jacek	462		M30-39	00:00:12	00:12:43	00:21:43
182	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43
183	CHYBIORZ Marek	582		M30-39	00:00:18	00:12:47	00:21:43
184	DOBROWOLSKI Sławek	219	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44
185	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44
186	JANKO Anna	712	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45
187	BUGDOL Zbigniew	459		M20-29	00:00:23	00:12:42	00:21:45
188	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46
189	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46
190	PIEUCH Agnieszka	212	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46
191	SUCHY Zbigniew	691		M40-49	00:00:26	00:12:45	00:21:46
192	SKWARLIŃSKI Mirosław	874		M50-59	00:00:10	00:12:43	00:21:49
193	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49
194	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49
195	KITA Jakub	878		M16-19	00:00:10	00:12:47	00:21:50
196	PIWISZKIS Barbara	174	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50
197	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50
198	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50
199	KANCLERZ Tomasz	708		M30-39	00:00:17	00:12:46	00:21:50
200	POHL Armin	581		M20-29	00:00:07	00:12:50	00:21:51
201	BAC Michał	555		M30-39	00:00:15	00:12:55	00:21:51
202	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51
203	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51
204	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51
205	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51
206	DUROK Wojciech	534	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52
207	TOMCZYK Maurycy	29	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52
208	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52
209	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53
210	WYREMBELSKI Adam	169		M20-29	00:00:15	00:12:48	00:21:53

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
211	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53
212	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53
213	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53
214	BIELA Rafał	595		M30-39	00:00:10	00:12:50	00:21:54
215	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54
216	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54
217	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55
218	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55
219	KWAŚNY Marcin	665	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55
220	PAWTEL Agata	59		K30-39	00:00:09	00:12:49	00:21:56
221	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56
222	SOJKA Piotr	380	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57
223	PODKOWIK Marcin	329		M30-39	00:00:18	00:12:47	00:21:57
224	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58
225	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59
226	ZGRZENDEK Patryk	726		M20-29	00:00:12	00:12:50	00:22:00
227	MENŻYK Joanna	26		K40-49	00:00:15	00:12:47	00:22:00
228	STUHLIK Marek	376	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02
229	DYRCZ Anna	147		K40-49	00:00:11	00:12:58	00:22:02
230	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02
231	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02
232	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04
233	PLEWNIA Dawid	776		M20-29	00:00:18	00:12:58	00:22:05
234	JĘDRZEJAK Piotr	146		M40-49	00:00:26	00:13:06	00:22:05
235	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08
236	POŁEDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08
237	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09
238	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10
239	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10
240	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11
241	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12
242	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15
243	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15
244	MAJ-DZIUBAŃSKA Izabela	749	AKMB PĘDZIWIATR GLIWICE	K30-39	00:00:17	00:12:46	00:22:16
245	MORAWSKA Julia	468	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16
246	BARAN Bartosz	766		M20-29	00:00:15	00:13:13	00:22:17
247	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21
248	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23
249	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25
250	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27
251	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27
252	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27
253	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28
254	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29
255	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
256	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30
257	KOBIĄŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32
258	ŁUSZCZYK Sergiusz	700		M20-29	00:00:21	00:13:25	00:22:32
259	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36
260	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41
261	MAZURKIEWICZ Jarosław	687		M50-59	00:00:14	00:13:08	00:22:41
262	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42
263	GWÓŹDŹ Andrzej	882	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45
264	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45
265	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46
266	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46
267	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47
268	ZĘBIK Grażyna	426		K40-49	00:00:20	00:13:22	00:22:47
269	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50
270	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51
271	WIELOPOLSKI Łukasz	123		M20-29	00:00:16	00:13:25	00:22:51
272	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51
273	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51
274	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55
275	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55
276	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57
277	STOLORZ Katarzyna	620		K30-39	00:00:15	00:13:32	00:22:59
278	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59
279	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00
280	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01
281	PISAREK Radek	234	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01
282	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02
283	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06
284	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11
285	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11
286	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11
287	KOZŁOWSKI Zbigniew	747	OFIARY KAMIEŃCA	M40-49	00:00:19	00:13:36	00:23:12
288	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12
289	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12
290	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13
291	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15
292	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17
293	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19
294	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23
295	LELEŃSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25
296	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26
297	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27
298	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35
299	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35
300	BAKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
301	BARAN Ryszard	767	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37
302	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37
303	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38
304	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38
305	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39
306	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40
307	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40
308	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40
309	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41
310	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41
311	KAŻMIERCZAK Szymon	834		M20-29	00:00:21	00:13:51	00:23:42
312	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42
313	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43
314	SZCZERZEK Zbigniew	636		M60-69	00:00:15	00:13:51	00:23:45
315	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45
316	ŚMIETANA Grzegorz	364	EASYPUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47
317	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47
318	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47
319	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48
320	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48
321	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51
322	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52
323	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52
324	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53
325	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54
326	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55
327	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57
328	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57
329	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58
330	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59
331	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00
332	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01
333	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01
334	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02
335	SZEWCZUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03
336	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04
337	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04
338	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06
339	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06
340	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06
341	MAJCHRZAK Dawid	745		M20-29	00:00:18	00:13:38	00:24:08
342	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08
343	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09
344	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10
345	PAWLOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
346	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13
347	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15
348	FURMANIUK Artur	773		M30-39	00:00:18	00:13:50	00:24:15
349	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16
350	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17
351	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17
352	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18
353	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18
354	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19
355	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20
356	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20
357	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22
358	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22
359	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23
360	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23
361	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23
362	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23
363	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24
364	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24
365	KAMYCZEK Adam	300		M30-39	00:00:22	00:14:10	00:24:25
366	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27
367	GÓRECKI Adam	614		M20-29	00:00:24	00:14:37	00:24:27
368	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29
369	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30
370	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31
371	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32
372	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33
373	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34
374	JUSZCZAK Grzegorz	715		M30-39	00:00:25	00:14:37	00:24:37
375	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38
376	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39
377	FILUSZ Dawid	548		M20-29	00:00:26	00:14:35	00:24:39
378	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40
379	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41
380	WIERCIOCH Tomasz	131		M30-39	00:00:24	00:14:35	00:24:41
381	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42
382	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42
383	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	00:00:30	00:14:37	00:24:43
384	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44
385	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47
386	MACHEJ Stanisław	703	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47
387	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47
388	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48
389	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48
390	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
391	RASZKA Janusz	419	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50
392	SOBIERAJSKI Przemek	573		M40-49	00:00:24	00:14:39	00:24:50
393	LOT Michał	533		M20-29	00:00:25	00:14:38	00:24:50
394	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51
395	BOTOREK Michał	742		M30-39	00:00:24	00:14:39	00:24:51
396	CYGANIK Piotr	465	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51
397	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51
398	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52
399	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52
400	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52
401	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53
402	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56
403	TYCZYŃSKA Paulina	194	SZYBKE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56
404	MALARA Anna	862		K30-39	00:00:27	00:14:35	00:24:56
405	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59
406	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59
407	JAWORSKI Mateusz	514		M30-39	00:00:30	00:14:33	00:25:02
408	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04
409	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05
410	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07
411	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08
412	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11
413	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12
414	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17
415	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17
416	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20
417	JANECKA Marta	362		K16-19	00:00:16	00:14:59	00:25:21
418	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22
419	MACURA Ewa	306	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22
420	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24
421	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24
422	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25
423	SZUL Józef	634		M60-69	00:00:00	00:15:06	00:25:26
424	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27
425	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30
426	GNAŚ Anna	60	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30
427	SOKOŁOWSKI Piotr	395	BRAK	M50-59	00:00:33	00:15:10	00:25:32
428	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33
429	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35
430	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35
431	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38
432	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38
433	SRADOMSKA Barbara	504	1972	K40-49	00:00:25	00:15:08	00:25:39
434	DOMAGAŁA Kornelia	161		K30-39	00:00:31	00:15:10	00:25:39
435	KOTOWICZ Anna	716		K30-39	00:00:26	00:15:10	00:25:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
436	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42
437	OLSZYNA Mirosław	156		M40-49	00:00:30	00:15:15	00:25:42
438	PALUCHIEWICZ Szymon	243		M40-49	00:00:23	00:14:49	00:25:44
439	PĘDZIK Błażej	143		M20-29	00:00:46	00:15:34	00:25:46
440	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50
441	BORUCKI Dariusz	517		M30-39	00:00:26	00:15:20	00:25:51
442	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51
443	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52
444	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54
445	WIERBICKI Krystian	333		M40-49	00:00:39	00:15:30	00:25:54
446	DOMIN-ZBYL Agnieszka	171		K40-49	00:00:29	00:15:15	00:25:56
447	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57
448	BURNAGIEL Tomasz	27		M50-59	00:00:25	00:15:16	00:25:59
449	BYWALEC Stanisław	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59
450	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59
451	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00
452	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01
453	BRZEŹNIAK Jan	893		M30-39	00:00:36	00:15:27	00:26:01
454	RZĘSITA Damian	780		M30-39	00:00:36	00:15:27	00:26:01
455	CZYŻ Wojciech	624		M40-49	00:00:30	00:15:13	00:26:03
456	ŁATKA Marek	387		M40-49	00:00:25	00:15:10	00:26:04
457	HARATYK Gabriela	295		K30-39	00:00:26	00:15:07	00:26:04
458	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05
459	KUBICA Edyta	891		K40-49	00:00:24	00:15:08	00:26:06
460	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06
461	KOPTA Jerzy	80	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08
462	JASIŃSKI Kristof	865	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08
463	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10
464	CHYBIORZ Magdalena	470		K20-29	00:00:29	00:15:24	00:26:10
465	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10
466	PODBIOL Agnieszka	558		K20-29	00:00:43	00:15:21	00:26:12
467	POPEK Barbara	397	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13
468	MYNARSKA Ligia	896	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13
469	KUJAŃSKA Aleksandra	811	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16
470	BARANKIEWICZ Irek	513	XT 500	M40-49	00:00:30	00:15:37	00:26:17
471	STRZAŁA Marek	551		M20-29	00:00:25	00:15:02	00:26:18
472	JANKO Kamil	743		M30-39	00:00:27	00:15:43	00:26:20
473	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21
474	CHROBOK Józefa	532		K40-49	00:00:30	00:15:22	00:26:21
475	LUBSZCZYK Justyna	584	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22
476	LERCH Marysia	257	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23
477	BIAŁOŃCZYK Joanna	542		K30-39	00:00:26	00:15:36	00:26:24
478	CHROBOK Gerard	535		M50-59	00:00:30	00:15:22	00:26:24
479	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24
480	MARCINIAK Artur	710		M50-59	00:00:27	00:15:29	00:26:25

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
481	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25
482	GÓRA Marta	327		K30-39	00:00:07	00:15:17	00:26:26
483	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29
484	PAJESTKA Marek	148	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30
485	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31
486	BRODA Kamila	105		K20-29	00:00:28	00:15:49	00:26:31
487	STABLA Agata	335		K30-39	00:00:18	00:15:27	00:26:32
488	MAZUR Arkadiusz	569		M30-39	00:00:27	00:15:53	00:26:35
489	MUSIAŁ Maria	407		K50-59	00:00:31	00:15:40	00:26:36
490	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38
491	KOSMALA-LANDZIŃSKA Ewa	346		K30-39	00:00:31	00:15:55	00:26:38
492	LANDZIŃSKI Jacek	471		M30-39	00:00:31	00:15:55	00:26:38
493	JASZCZYK Łukasz	760		M30-39	00:00:33	00:16:04	00:26:39
494	NIEMIEC Halina	141	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40
495	KAZIMIERCZUK Monika	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41
496	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42
497	MAZUR Katarzyna	455		K30-39	00:00:38	00:15:56	00:26:42
498	STARCZEWSKI Marcin	593		M30-39	00:00:35	00:15:50	00:26:43
499	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44
500	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45
501	LISIEWSKI Jakub	524		M16-19	00:00:33	00:16:06	00:26:48
502	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50
503	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50
504	ROMANIUK-DEMONCHAUX Katarzyna	853	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51
505	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52
506	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52
507	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54
508	JURASZEK Elzbieta	632	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55
509	WOLIŃSKI Józef	114		M50-59	00:00:37	00:15:57	00:26:55
510	JAGODZIŃSKA Magdalena	605	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57
511	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59
512	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01
513	KONOPKA Jarosław	707		M40-49	00:00:41	00:16:03	00:27:01
514	KROCZEK Przemysław	829		M20-29	00:00:46	00:16:17	00:27:02
515	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03
516	MARYNIAK Wojtek	689		M30-39	00:00:39	00:16:07	00:27:03
517	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05
518	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05
519	DURAJ Dariusz	86	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06
520	JESIONEK Małgorzata	731		K30-39	00:00:38	00:15:57	00:27:06
521	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07
522	PIECYK Adrianna	190		K40-49	00:00:26	00:15:46	00:27:09
523	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09
524	GIEROŃ Katarzyna	709	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09
525	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
526	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11
527	HARAZIN Ania	571		K20-29	00:00:35	00:16:01	00:27:11
528	KOMAJDA Basia	343	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11
529	MIŁOBÓG Ewa	779	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12
530	SKWARK Aneta	255		K30-39	00:00:27	00:15:48	00:27:13
531	SIEGMUND Jolanta	63		K40-49	00:00:29	00:16:04	00:27:13
532	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14
533	SŁOTWIŃSKA Anna	177		K40-49	00:00:28	00:16:03	00:27:15
534	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16
535	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17
536	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19
537	MARCZAK-OLEJNICZAK Ania	718		K30-39	00:00:39	00:16:11	00:27:19
538	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20
539	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22
540	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22
541	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22
542	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22
543	KOLORZ-STYLOK Katarzyna	640		K40-49	00:00:32	00:16:12	00:27:23
544	BANDÍK Pavel	350	SK ČERNÉ PLÍCE	M50-59	00:00:34	00:16:09	00:27:23
545	MAREK-WRÓBEL Edyta	680		K60-69	00:00:35	00:16:08	00:27:23
546	STEKLA Bartłomiej	610		M20-29	00:00:36	00:16:10	00:27:23
547	DURAJ Magdalena	145		K30-39	00:00:33	00:16:09	00:27:24
548	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24
549	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24
550	CIMAŁA Katarzyna	232		K20-29	00:00:41	00:16:15	00:27:24
551	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25
552	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25
553	GREŃ Dorota	629	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25
554	CIESLAR Kasia	646		K30-39	00:00:32	00:16:15	00:27:25
555	PRZYBYSZ Kinga	204		K20-29	00:00:37	00:16:12	00:27:25
556	GWIZDAŁA Joanna	139		K30-39	00:00:41	00:16:07	00:27:25
557	RĘKAL Dorota	552		K50-59	00:00:27	00:15:41	00:27:26
558	RYZ Dawid	545		M20-29	00:00:36	00:16:04	00:27:26
559	CHWAŁEK Agnieszka	522		K20-29	00:00:42	00:16:46	00:27:26
560	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27
561	FROSZTĘGA Katarzyna	835		K30-39	00:00:27	00:16:12	00:27:29
561	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29
563	ŻAGIEL Wiktor	457		M20-29	00:00:33	00:16:12	00:27:29
564	GRABKA Stanislaw	737	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30
565	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31
566	JĘDRUSIAK Lidia	649		K30-39	00:00:32	00:16:13	00:27:31
567	GWIZDAŁA Dominika	138		K20-29	00:00:41	00:16:16	00:27:31
568	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32
569	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32
570	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
571	FRYDECKA Miroslawa	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34
572	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36
573	FRAJHOFER Ewa	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37
574	PYTEL Renata	440		K40-49	00:00:07	00:16:10	00:27:42
575	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42
576	FLASZ Anna	192		K30-39	00:00:27	00:16:23	00:27:43
577	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46
578	PIETRZYK Marek	556	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47
579	PRÓSZYŃSKA Agnieszka	244		K30-39	00:00:36	00:16:15	00:27:48
580	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48
581	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50
582	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50
583	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52
584	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53
585	SZKLANNY-RECLIK Elżbieta	487		K30-39	00:00:37	00:16:29	00:27:57
586	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57
587	KOTERZYNA Janusz	641	AMATOR	M60-69	00:00:26	00:16:20	00:27:58
588	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00
589	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01
590	KUBICA Tadeusz	353	BWM	M50-59	00:00:35	00:16:30	00:28:01
591	NOWAK Magdalena	351	BWM	K20-29	00:00:34	00:16:31	00:28:02
592	CIEŚLAR Ewa	701		K30-39	00:00:37	00:16:16	00:28:02
593	FECZKO Lucyna	493		K40-49	00:00:31	00:16:26	00:28:03
594	BARAN Irena	25	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04
595	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04
596	KIEŁKOWSKA Agnieszka	217		K40-49	00:00:43	00:16:43	00:28:06
597	KOSMALA Stanisława	472		K60-69	00:00:30	00:16:40	00:28:07
598	TARNOWSKA Edyta	443		K30-39	00:00:32	00:16:07	00:28:07
599	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08
600	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08
601	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13
602	ŻAGIEL Edyta	102		K50-59	00:00:33	00:16:29	00:28:13
603	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14
604	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15
605	ŻŁOBICKA Agnieszka	768	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15
606	BURZYŃSKA Beata	266		K40-49	00:00:35	00:16:27	00:28:16
607	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19
608	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19
609	KACZOREK Ania	386	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20
610	WILSZ Ewa	481	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21
611	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22
612	WIDENKA Krystian	152	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22
613	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24
614	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24
615	BADURA Dorota	628		K30-39	00:00:26	00:15:58	00:28:27

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
616	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27
617	SOBCZYK Renata	625	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30
618	SOBCZYK Sławomir	627	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30
619	STANULA Dominika	228		K20-29	00:00:34	00:16:44	00:28:31
620	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34
621	GAŁKIEWICZ Monika	759		K40-49	00:00:33	00:16:30	00:28:36
622	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44
623	HERDUŚ Lucyna	806		K30-39	00:00:34	00:16:43	00:28:45
624	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45
625	SZKODA Magda	839		K30-39	00:00:38	00:16:43	00:28:46
626	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47
627	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47
628	TYCZYŃSKA Małgorzata	285	SZYBKIE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50
629	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53
630	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53
631	MUSIOŁ Helena	88		K40-49	00:00:29	00:16:35	00:28:55
632	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58
633	LISZOK Iwona	117		K30-39	00:00:38	00:16:59	00:29:01
634	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02
635	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04
636	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04
637	POŁOK Robert	661		M20-29	00:00:31	00:16:48	00:29:05
638	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05
639	SZABLA Mateusz	750		M20-29	00:00:42	00:17:06	00:29:05
640	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05
641	PODBIOŁ Inez	557		K30-39	00:00:44	00:17:24	00:29:05
642	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05
643	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06
644	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07
645	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07
646	GAŃKO Grażyna	399		K50-59	00:00:18	00:17:12	00:29:12
647	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŻŁE	K60-69	00:00:29	00:17:18	00:29:12
648	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12
649	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12
650	ZAGÓRSKA Ania	717		K30-39	00:00:39	00:17:05	00:29:13
651	ZAIK Karolina	549		K20-29	00:00:36	00:16:32	00:29:15
652	SZCZELINA Marta	39		K30-39	00:00:37	00:17:02	00:29:15
653	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17
654	MORIC Anna	496		K30-39	00:00:36	00:17:04	00:29:18
655	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24
656	FABRYKIEWICZ Joanna	412		K30-39	00:00:37	00:17:03	00:29:27
657	SOBIERAJ Paweł	914		M40-49	00:00:36	00:16:41	00:29:29
658	MOSKAŁA Magdalena	163		K20-29	00:00:40	00:17:15	00:29:33
659	DOBRENIUK Aurelia	591		K40-49	00:00:39	00:17:13	00:29:38
660	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
661	POKORA Izabela	99	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46
662	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52
663	WALA Anna	180		K30-39	00:00:22	00:16:54	00:29:55
664	HETMANIOK Agnieszka	83		K20-29	00:00:23	00:16:53	00:29:55
665	GÓRNY Jola	460		K40-49	00:00:31	00:17:21	00:29:55
666	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56
667	SŁODZIŃSKA Magdalena	688		K20-29	00:00:42	00:17:40	00:29:57
668	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57
669	MISKOWIEC Agnieszka	41		K40-49	00:00:39	00:17:10	00:29:59
670	JURKIEWICZ-FILIKS Basia	652		K40-49	00:00:47	00:17:59	00:29:59
671	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00
672	CYLC Agnieszka	755	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02
673	SZPYRA Sonia	68		K40-49	00:00:28	00:17:33	00:30:02
674	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02
675	KOŁAK Alicja	476		K30-39	00:00:39	00:17:43	00:30:03
676	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04
677	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04
678	BRANDYS Krystyna	70		K30-39	00:00:40	00:17:39	00:30:05
679	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05
680	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05
681	PYZIK Barbara	196		K30-39	00:00:39	00:17:10	00:30:08
682	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09
683	STOPYRA Agnieszka	124		K40-49	00:00:43	00:17:46	00:30:09
684	MALISZEWSKA Beata	72		K30-39	00:00:44	00:17:46	00:30:09
685	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10
686	ADAMIK Lukasz	825	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11
687	ŚWIERCZ Anna	478		K40-49	00:00:42	00:17:48	00:30:11
688	HAJNSZ Robert	802		M20-29	00:00:38	00:17:49	00:30:13
689	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18
690	STEKLA Joanna	598		K50-59	00:00:37	00:17:30	00:30:19
691	BOŻEK Dagmara	52		K40-49	00:00:39	00:17:51	00:30:21
692	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25
693	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28
694	KRAUZ Sandra	437		K20-29	00:00:37	00:17:56	00:30:29
695	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29
696	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36
697	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39
698	CZAK Renata	785		K30-39	00:00:30	00:17:24	00:30:43
699	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48
700	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54
701	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55
702	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57
703	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57
704	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58
705	SITKO Dagmara	597		K30-39	00:00:44	00:18:28	00:30:59

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
706	GAJ Monika	651	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59
707	LACH Grzegorz	616	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03
708	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03
709	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05
710	MARCZYK-LURANC Ewa	775	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10
711	WÓJCIK Dariusz	670	ŻORY	M40-49	00:00:46	00:18:24	00:31:10
712	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12
713	ZAKRZEWSKA Barbara	683		K40-49	00:00:35	00:18:02	00:31:15
714	KUCZA-CHMIEL Kalina	518		K40-49	00:00:39	00:18:14	00:31:17
715	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18
716	SŁABOŃ Ania	273		K30-39	00:00:41	00:18:05	00:31:18
717	JUNKA Maria	699		K30-39	00:00:23	00:17:39	00:31:21
718	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21
719	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25
720	ZIMNY Ireneusz	36		M40-49	00:00:26	00:18:13	00:31:26
721	MOORE Colleen	803		K20-29	00:00:29	00:17:57	00:31:28
722	PIOTROWSKI Mieczyslaw	583		M70+	00:00:29	00:18:14	00:31:32
723	OSTROWSKI Sławomir	315		M50-59	00:00:42	00:18:27	00:31:33
724	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34
725	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34
726	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35
727	SAWICKA Marta	96		K30-39	00:00:45	00:19:00	00:31:50
728	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50
729	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59
730	GRZELAK Patrycja	213		K30-39	00:00:37	00:18:49	00:31:59
731	PRZYŁUCKI Grzegorz	611		M50-59	00:00:45	00:18:43	00:32:00
732	BRAUN Justyna	572		K30-39	00:00:46	00:19:00	00:32:01
733	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04
734	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10
735	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16
736	KIERMASZEK Barbara	428	J TEAM	K50-59	00:00:34	00:19:10	00:32:23
737	ROTTER Hanna	427	J TEAM	K50-59	00:00:33	00:19:11	00:32:24
738	ZBYL Jacek	172		M50-59	00:00:37	00:18:32	00:32:33
739	BAK Karina	503	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34
740	ZAGÓRSKA Beata	89	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51
741	ZIĘTARA Agata	347		K40-49	00:00:40	00:19:15	00:32:55
742	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59
743	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00
744	KOSAŁKA Dominika	848	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04
745	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05
746	ZYCHOWSKA Dominika	526		K20-29	00:00:39	00:18:56	00:33:06
747	ŚPIEWAK Agnieszka	675		K30-39	00:00:38	00:19:30	00:33:08
748	GÓRNY Mieczysław	363		M30-39	00:00:30	00:19:04	00:33:09
749	WOLNY Łukasz	821		M30-39	00:00:30	00:19:04	00:33:10
750	SOBAŃSKI Mateusz	485		M20-29	00:00:47	00:19:50	00:33:11

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
751	ZAWADA Jakub	786	NAJMNIJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15
752	ŁUKASIK Aldona	858	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15
753	KLACZEK Anna	681		K40-49	00:00:38	00:19:30	00:33:17
754	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22
755	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	00:00:00	00:19:47	00:33:40
756	WÓJCIAK Magdalena	375		K30-39	00:00:33	00:19:34	00:33:46
757	LAZAR Joanna	126		K30-39	00:00:46	00:19:53	00:34:01
758	ŚLEDŹ Dorota	76	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05
759	OLEJNIK Ewa	684	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08
760	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09
761	BRYCHCY Estera	62	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10
762	ZALEWSKA Barbara	149	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11
763	HERZYK Beata	657		K40-49	00:00:43	00:19:53	00:34:11
764	SUCHY Mariola	692		K40-49	00:00:44	00:20:21	00:34:23
765	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52
766	KOWALSKA Dorota	237	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18
767	PROKOPIUK Adriana	261		K30-39	00:00:45	00:20:09	00:35:18
768	SAWICKA Agnieszka	594		K30-39	00:00:45	00:20:23	00:35:18
769	MYŚLIWIEC Barbara	337	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06
770	ŁANUCHA Mariola	100	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07
771	BAŃKA Jan	601	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28
772	GŁĄB Mariola	207		K30-39	00:00:40	00:20:37	00:36:31
773	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45
774	RUMPEL Maria	95	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46
775	OLBRICH Artur	318		M30-39	00:00:05	00:11:47	00:37:03
776	DZIARSKI Wiesław	240	ERBUD RYBNIK	M60-69	00:00:08	00:11:30	00:37:21
777	ULATOWSKA Alicja	913	TGU TEAM	K20-29	00:00:08	00:11:43	00:37:51
778	FURMAN Dawid	686	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44
779	MIERZYŃSKI Kamil	658		M20-29	00:00:04	00:24:11	00:42:32
780	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14	
781	ZADROGA Karol	721		M20-29	00:00:00		
782	HAN Julia	374		K16-19	00:00:17	00:13:35	
783	SZCZYGIĘŁ Adriana	753	BENERUNNER	K30-39	00:00:24	00:15:39	
784	PASŁAWSKA Katarzyna	30	KOBIETY NA 5 +	K40-49	00:00:31		
785	WAGNER Natalia	42		K30-39	00:00:45		
786	SYPIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	00:00:48	00:17:34	

Znaleziono 786 wynik(ów)