

# 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: 7,3 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
1	<b>ROP Abel Kibet</b>	<b>1</b>	BENEDEK-TEAM	M30-39	00:00:02	00:09:17	00:15:30	00:22:55
2	<b>KOSGEI Mathew</b>	<b>2</b>	BENEDEK-TEAM	M20-29	00:00:02	00:09:18	00:15:30	00:22:55
3	<b>MRÓWKA Mateusz</b>	<b>4</b>	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41	00:23:16
4	<b>CIEPŁAK Marcin</b>	<b>3</b>	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01	00:24:01
5	<b>LUBIENIECKI Maciej</b>	<b>823</b>	1979	M30-39	00:00:02	00:09:49	00:16:41	00:24:34
6	<b>KASPRZAK Radosław</b>	<b>7</b>	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42	00:24:35
7	<b>DROŹDŹ Damian</b>	<b>398</b>		M30-39	00:00:01	00:09:40	00:16:30	00:24:35
8	<b>KOŹDOŃ Jarek</b>	<b>797</b>	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41	00:24:40
9	<b>SZULIK Grzegorz</b>	<b>5</b>	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00
10	<b>WŁOCH Andrzej</b>	<b>6</b>	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50	00:25:02
11	<b>BULIK Witold</b>	<b>647</b>	PKS OLIMPIJCZYK GILOWICE	M40-49	00:00:01	00:09:52	00:16:49	00:25:08
12	<b>HATALA Paweł</b>	<b>445</b>		M30-39	00:00:05	00:11:11	00:19:11	00:28:25
13	<b>NOGA Krystian</b>	<b>84</b>	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07	00:28:32
14	<b>KASTELIK Szymon</b>	<b>422</b>	OLIMPIJCZYK GILOWICE	M20-29	00:00:03	00:11:09	00:19:21	00:28:50
15	<b>DZIUK Dagmara</b>	<b>13</b>	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21	00:28:52
16	<b>DZIUBAŃSKI Grzegorz</b>	<b>729</b>	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37	00:28:54
17	<b>MAJER Damian</b>	<b>408</b>	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34	00:28:56
18	<b>WANTUŁOK Paweł</b>	<b>121</b>		M20-29	00:00:07	00:11:33	00:19:38	00:28:57
19	<b>TOKAREWICZ Damian</b>	<b>179</b>	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40	00:29:00
DQ	<b>KUKLA Agata</b>	<b>623</b>	POWOLI DO CELU	K30-39	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ
21	<b>WITALA Tomasz</b>	<b>381</b>		M40-49	00:00:08	00:11:42	00:19:51	00:29:08
22	<b>BARTNIK Sebastian</b>	<b>181</b>	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08
23	<b>MENDECKA Daria</b>	<b>781</b>	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45	00:29:09
24	<b>WOLNY Ariel</b>	<b>183</b>		M30-39	00:00:09	00:11:41	00:19:51	00:29:09
25	<b>BANASIAK Tomasz</b>	<b>507</b>		M40-49	00:00:04	00:11:35	00:19:40	00:29:10
26	<b>BOBEREK Grzegorz</b>	<b>706</b>	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52	00:29:10
27	<b>KUNINA Paweł</b>	<b>130</b>	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12
28	<b>JANUSZ Tomasz</b>	<b>604</b>	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57	00:29:12
29	<b>JĘDRUSIAK Przemysław</b>	<b>648</b>		M30-39	00:00:09	00:11:45	00:19:57	00:29:12
30	<b>ŻERDKA Michał</b>	<b>475</b>	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56	00:29:13

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
31	ZYGMA Kordian	151		M20-29	00:00:09	00:11:46	00:19:57	00:29:14
32	KLYSZCZ Paweł	886	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49	00:29:17
33	KYRCZ Mirosław	378	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46	00:29:19
34	KRETEK Łukasz	519	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58	00:29:19
35	DYBCZYŃSKA Jadwiga	890		K30-39	00:00:09	00:11:41	00:19:51	00:29:21
36	MAROSZEK Szymon	153		M30-39	00:00:11	00:11:41	00:19:51	00:29:27
37	DUDEK Bartłomiej	722		M40-49	00:00:08	00:11:45	00:19:53	00:29:28
38	WOWRY Klaudiusz	448	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53	00:29:30
39	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59	00:29:34
40	TŁOŁKA Michał	411		M30-39	00:00:09	00:11:49	00:20:05	00:29:34
41	KOWAL Łukasz	770	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15	00:29:36
42	BRODAKCI Waldemar	909	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04	00:29:41
43	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56	00:29:42
44	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55	00:29:44
45	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57	00:29:44
46	WASZTYL Grzegorz	771		M40-49	00:00:08	00:11:49	00:20:06	00:29:46
47	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45	00:29:47
48	BIELIŃSKA Monika	223		K30-39	00:00:04	00:11:47	00:20:04	00:29:51
49	GÓRNY Mirek	461	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55	00:29:52
50	MASNY Michał	442		M20-29	00:00:12	00:11:47	00:20:11	00:29:58
51	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17	00:29:59
52	URBAŃCZYK Marcin	51		M20-29	00:00:11	00:11:58	00:20:21	00:29:59
53	OPUHLIK Roman	642		M30-39	00:00:09	00:12:00	00:20:23	00:30:02
54	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16	00:30:04
55	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01	00:30:05
56	RAJWA Jan	309	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06
57	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13	00:30:13
58	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16	00:30:15
59	MIKOŁAJCZYK Sandra	607		K30-39	00:00:11	00:12:07	00:20:30	00:30:18
60	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32	00:30:20
61	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18	00:30:23
62	KUTIAN Adam	813		M50-59	00:00:08	00:12:00	00:20:36	00:30:23
63	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25
64	MICHALIK Rafał	405	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26	00:30:25
65	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13	00:30:28
66	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38	00:30:32
67	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49	00:30:32
68	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41	00:30:33
69	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAJŚCI	M30-39	00:00:05	00:11:54	00:20:17	00:30:39
70	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24	00:30:46
71	GLAJC Andrzej	561	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25	00:30:48
72	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01	00:30:48
73	OGIEGŁO Łukasz	659		M30-39	00:00:05	00:11:59	00:20:43	00:30:53
74	ADAMCZEWSKI Waldemar	37		M50-59	00:00:11	00:12:13	00:20:55	00:30:55
75	JARGOŃ Jacek	458		M40-49	00:00:09	00:12:03	00:20:45	00:30:58

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
76	<b>KOMANIECKI Łukasz</b>	<b>249</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48	00:30:58
77	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00
78	<b>GŁUSZYK Andrzej</b>	<b>316</b>		M40-49	00:00:10	00:12:33	00:21:08	00:31:01
79	<b>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	00:00:13	00:12:29	00:21:03	00:31:01
80	<b>OGIERMAN Grzegorz</b>	<b>229</b>	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59	00:31:04
81	<b>GADAJ Grzegorz</b>	<b>562</b>		M30-39	00:00:09	00:12:00	00:20:47	00:31:06
82	<b>WIECZOREK Tomasz</b>	<b>154</b>	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51	00:31:07
83	<b>PRÓSZYŃSKI Sławomir</b>	<b>298</b>		M30-39	00:00:13	00:12:29	00:21:18	00:31:07
84	<b>LEŚNIAK Krzysztof</b>	<b>296</b>	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07	00:31:08
85	<b>GLAJCAR Tomasz</b>	<b>134</b>		M40-49	00:00:14	00:12:26	00:21:12	00:31:08
86	<b>MYNARSKI Sylwester</b>	<b>897</b>		M40-49	00:00:12	00:12:32	00:21:15	00:31:10
87	<b>OLSZOWSKI Marcin</b>	<b>523</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51	00:31:11
88	<b>PRZYBYSZ Ryszard</b>	<b>206</b>		M50-59	00:00:14	00:12:25	00:21:08	00:31:11
89	<b>BEZUCH Paweł</b>	<b>881</b>		M20-29	00:00:14	00:12:28	00:21:19	00:31:14
90	<b>LACHOWSKA Magdalena</b>	<b>828</b>	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00	00:31:18
91	<b>REDZIK Dorota</b>	<b>845</b>	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04	00:31:20
92	<b>TOMCZYK Lesław</b>	<b>854</b>	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22	00:31:22
93	<b>LORANC Maciej</b>	<b>357</b>	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28	00:31:22
94	<b>PIŁATOWSKI Mirosław</b>	<b>85</b>	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24
95	<b>JEREMICZ Krzysztof</b>	<b>57</b>	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14	00:31:28
96	<b>LILLA Piotr</b>	<b>580</b>	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28
97	<b>KRAUSE Dariusz</b>	<b>290</b>	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10	00:31:30
98	<b>NALEPKA Ewa</b>	<b>189</b>	BIEGIEM PRZEZ GÓRY	K30-39	00:00:09	00:12:23	00:21:08	00:31:30
99	<b>PUDA Krzysztof</b>	<b>790</b>		M40-49	00:00:06	00:12:10	00:20:53	00:31:31
100	<b>SUCHANEK Robert</b>	<b>808</b>	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07	00:31:31
101	<b>BYRSKI Henryk</b>	<b>827</b>	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24	00:31:32
102	<b>WOJTASZEWSKA Sabina</b>	<b>286</b>	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18	00:31:33
103	<b>LORANC Paweł</b>	<b>793</b>	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24	00:31:33
104	<b>KAWECKI Stanisław</b>	<b>305</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19	00:31:35
105	<b>SITKO Adam</b>	<b>328</b>	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58	00:31:40
106	<b>ŻUR Marek</b>	<b>449</b>	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26	00:31:43
107	<b>ROGAŁA Maciej</b>	<b>396</b>	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29	00:31:45
108	<b>STEMPEL Grzegorz</b>	<b>667</b>	1989	M20-29	00:00:12	00:12:18	00:21:16	00:31:47
109	<b>NIEŚŁONY Dominik</b>	<b>908</b>		M20-29	00:00:09	00:12:25	00:21:14	00:31:48
110	<b>CHYBIORZ Marek</b>	<b>582</b>		M30-39	00:00:18	00:12:47	00:21:43	00:31:48
111	<b>UCIEKŁAK Waldemar</b>	<b>221</b>	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35	00:31:52
112	<b>PIECZKA Monika</b>	<b>816</b>		K30-39	00:00:04	00:12:37	00:21:28	00:31:57
113	<b>BUGDOL Zbigniew</b>	<b>459</b>		M20-29	00:00:23	00:12:42	00:21:45	00:31:58
114	<b>KITA Jakub</b>	<b>878</b>		M16-19	00:00:10	00:12:47	00:21:50	00:31:59
115	<b>MROWIEC Bernard</b>	<b>393</b>	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37	00:31:59
116	<b>CZAPOROWSKI Tomasz</b>	<b>222</b>		M30-39	00:00:10	00:12:24	00:21:21	00:32:02
117	<b>BAC Michał</b>	<b>555</b>		M30-39	00:00:15	00:12:55	00:21:51	00:32:06
118	<b>PIECUCH Agnieszka</b>	<b>212</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46	00:32:07
119	<b>KUDER Marek</b>	<b>265</b>	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56	00:32:08
120	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	00:00:26	00:13:06	00:22:05	00:32:08

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
121	<b>DOBROWOLSKI Sławek</b>	<b>219</b>	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44	00:32:10
122	<b>JANKO Anna</b>	<b>712</b>	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45	00:32:12
123	<b>SOJKA Piotr</b>	<b>380</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57	00:32:14
124	<b>BIELA Rafał</b>	<b>595</b>		M30-39	00:00:10	00:12:50	00:21:54	00:32:15
125	<b>TOMCZYK Maurycy</b>	<b>29</b>	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52	00:32:15
126	<b>MRÓZEK Rafał</b>	<b>621</b>	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22	00:32:17
127	<b>DYRCZ Anna</b>	<b>147</b>		K40-49	00:00:11	00:12:58	00:22:02	00:32:18
128	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	00:00:15	00:12:48	00:21:53	00:32:18
129	<b>KANCLERZ Tomasz</b>	<b>708</b>		M30-39	00:00:17	00:12:46	00:21:50	00:32:18
130	<b>GAJ Paulina</b>	<b>735</b>	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12	00:32:19
131	<b>DUDZIK Sebastian</b>	<b>383</b>		M30-39	00:00:14	00:12:28	00:21:20	00:32:19
132	<b>KWAŚNY Marcin</b>	<b>665</b>	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55	00:32:19
133	<b>POHL Armin</b>	<b>581</b>		M20-29	00:00:07	00:12:50	00:21:51	00:32:20
134	<b>NIEDZIELKO Grzegorz</b>	<b>495</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20
135	<b>KOMARNICKI Tomasz</b>	<b>792</b>	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31	00:32:20
136	<b>MAŁECKI Jacek</b>	<b>462</b>		M30-39	00:00:12	00:12:43	00:21:43	00:32:20
137	<b>SUCHY Zbigniew</b>	<b>691</b>		M40-49	00:00:26	00:12:45	00:21:46	00:32:20
138	<b>PASTWA Grzegorz</b>	<b>247</b>	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51	00:32:21
139	<b>TOCHOWICZ Bartosz</b>	<b>268</b>	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46	00:32:22
140	<b>PIWISZKIS Barbara</b>	<b>174</b>	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50	00:32:22
141	<b>DUROK Wojciech</b>	<b>534</b>	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52	00:32:22
142	<b>STUHLIK Marek</b>	<b>376</b>	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02	00:32:23
143	<b>SKWARLIŃSKI Mirosław</b>	<b>874</b>		M50-59	00:00:10	00:12:43	00:21:49	00:32:23
144	<b>KITA Sebastian</b>	<b>877</b>		M40-49	00:00:16	00:12:41	00:21:49	00:32:25
145	<b>ZGRZENDEK Patryk</b>	<b>726</b>		M20-29	00:00:12	00:12:50	00:22:00	00:32:26
146	<b>KACZMAREK Jacek</b>	<b>901</b>	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49	00:32:26
147	<b>JANECKI Mateusz</b>	<b>216</b>	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26
148	<b>ŁYSEK Paweł</b>	<b>392</b>	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26
149	<b>OBROŚLAK Jacek</b>	<b>587</b>	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27
150	<b>OSZCZĘDA Krzysztof</b>	<b>225</b>	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55	00:32:27
151	<b>KIEPIELA Dawid</b>	<b>119</b>	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28
152	<b>POŁEDNIK Tomasz</b>	<b>903</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08	00:32:30
153	<b>KACZOR Łukasz</b>	<b>826</b>	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53	00:32:31
154	<b>BARAN Bartosz</b>	<b>766</b>		M20-29	00:00:15	00:13:13	00:22:17	00:32:34
155	<b>MALIK Rafał</b>	<b>66</b>		M30-39	00:00:03	00:12:29	00:21:43	00:32:35
156	<b>OGRODNIK Damian</b>	<b>280</b>		M30-39	00:00:12	00:12:48	00:21:54	00:32:36
157	<b>FIGOŁUSZKA Dawid</b>	<b>436</b>		M30-39	00:00:13	00:12:47	00:21:55	00:32:36
158	<b>RADOMSKI Mariusz</b>	<b>870</b>	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36
159	<b>KLINGER Alan</b>	<b>226</b>	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50	00:32:37
160	<b>PAWTEL Agata</b>	<b>59</b>		K30-39	00:00:09	00:12:49	00:21:56	00:32:38
161	<b>POŁOMSKI Grzegorz</b>	<b>417</b>	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43	00:32:39
162	<b>MAREK Rafał</b>	<b>564</b>	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53	00:32:39
163	<b>BRAUNER Wojciech</b>	<b>588</b>		M30-39	00:00:11	00:12:45	00:21:53	00:32:42
164	<b>ZWIERZYŃSKI Piotr</b>	<b>849</b>	UNATCO	M40-49	00:00:12	00:12:48	00:21:54	00:32:43
165	<b>JACH Marek</b>	<b>94</b>		M40-49	00:00:17	00:12:41	00:21:50	00:32:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
166	<b>STYCZYŃSKI Paweł</b>	<b>654</b>	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10	00:32:43
167	<b>GMERNICKI Jacek</b>	<b>859</b>	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58	00:32:48
168	<b>PLEWNIA Dawid</b>	<b>776</b>		M20-29	00:00:18	00:12:58	00:22:05	00:32:50
169	<b>KAJDANA Mariusz</b>	<b>211</b>		M40-49	00:00:08	00:12:17	00:21:46	00:32:53
170	<b>MENŻYK Joanna</b>	<b>26</b>		K40-49	00:00:15	00:12:47	00:22:00	00:32:54
171	<b>SZYMCZYCHA Darek</b>	<b>772</b>		M40-49	00:00:17	00:12:45	00:21:52	00:32:54
172	<b>MORAWSKA Julia</b>	<b>468</b>	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16	00:32:54
173	<b>JANISZEWSKI Dominik</b>	<b>282</b>		M30-39	00:00:20	00:13:01	00:22:15	00:32:54
174	<b>JOCHLIK Szymon</b>	<b>391</b>		M30-39	00:00:16	00:12:46	00:21:56	00:32:57
175	<b>TYLEC Michał</b>	<b>92</b>		M30-39	00:00:17	00:12:52	00:22:11	00:32:57
176	<b>KRASKA Włodzimierz</b>	<b>401</b>	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59	00:32:58
177	<b>MARON Tomasz</b>	<b>54</b>	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04
178	<b>MACH Łukasz</b>	<b>369</b>	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53	00:33:04
179	<b>ŁUSZCZYK Sergiusz</b>	<b>700</b>		M20-29	00:00:21	00:13:25	00:22:32	00:33:04
180	<b>MUSZEWSKI Bartłomiej</b>	<b>490</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08	00:33:10
181	<b>JESIONEK Krzysztof</b>	<b>730</b>		M30-39	00:00:16	00:13:05	00:22:21	00:33:10
182	<b>KRZYŻOWSKI Grzegorz</b>	<b>764</b>	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02	00:33:11
183	<b>DUDEK Danial</b>	<b>541</b>		M40-49	00:00:20	00:13:13	00:22:27	00:33:13
184	<b>WOŁOSZYN Ryszard</b>	<b>367</b>	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27	00:33:14
185	<b>RECLIK Łukasz</b>	<b>439</b>	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12	00:33:14
186	<b>BULANDA Andrzej</b>	<b>560</b>		M40-49	00:00:16	00:12:48	00:22:02	00:33:14
187	<b>TWARDZIK Kamil</b>	<b>238</b>	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23	00:33:14
188	<b>BALICKI Piotr</b>	<b>64</b>	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09	00:33:19
189	<b>ONAK Paweł</b>	<b>93</b>		M30-39	00:00:18	00:12:52	00:22:15	00:33:21
190	<b>LIS Grzegorz</b>	<b>299</b>		M40-49	00:00:14	00:12:59	00:22:29	00:33:25
191	<b>LIZAK Krzysztof</b>	<b>756</b>		M40-49	00:00:06	00:13:00	00:22:30	00:33:26
192	<b>KOWALSKI Robert</b>	<b>236</b>	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45	00:33:30
193	<b>OGRODNIK Damian</b>	<b>757</b>		M30-39	00:00:14	00:12:58	00:22:25	00:33:37
194	<b>SUBIK Tomasz</b>	<b>444</b>		M30-39	00:00:20	00:13:09	00:22:28	00:33:38
195	<b>KOWALSKA Kinga</b>	<b>21</b>	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46	00:33:43
196	<b>KOWALSKI Janusz</b>	<b>22</b>	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46	00:33:43
197	<b>WIELOPOLSKI Łukasz</b>	<b>123</b>		M20-29	00:00:16	00:13:25	00:22:51	00:33:47
197	<b>JAKUBCZYK Jacek</b>	<b>441</b>	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27	00:33:48
199	<b>PETER Marcin</b>	<b>510</b>		M40-49	00:00:12	00:12:58	00:22:29	00:33:48
200	<b>POJDA Grzegorz</b>	<b>233</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57	00:33:48
201	<b>STOLORZ Katarzyna</b>	<b>620</b>		K30-39	00:00:15	00:13:32	00:22:59	00:33:49
202	<b>DOBRENIUK Krzysztof</b>	<b>590</b>	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47	00:33:50
203	<b>KAMIŃSKI Zbigniew</b>	<b>763</b>	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41	00:33:50
204	<b>GWÓZDŹ Andrzej</b>	<b>882</b>	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45	00:33:50
205	<b>URBASIK Mariusz</b>	<b>205</b>	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00	00:33:50
206	<b>MAGOŃ Marcin</b>	<b>175</b>	AMATOR	M40-49	00:00:12	00:13:17	00:22:51	00:33:52
207	<b>GANCARZ Mariusz</b>	<b>613</b>		M40-49	00:00:24	00:13:47	00:23:12	00:33:53
208	<b>MOTOWIDŁO Tomasz</b>	<b>210</b>		M30-39	00:00:15	00:13:04	00:22:42	00:33:55
209	<b>ROEHRICH Krzysztof</b>	<b>553</b>	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02	00:33:55
210	<b>MAZURKIEWICZ Jarosław</b>	<b>687</b>		M50-59	00:00:14	00:13:08	00:22:41	00:33:56

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
211	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36	00:33:59
212	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59	00:34:00
213	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03
214	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51	00:34:09
215	KOBIAŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11
216	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11	00:34:11
217	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12	00:34:11
218	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55	00:34:13
219	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51	00:34:15
220	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06	00:34:16
221	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11	00:34:16
222	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50	00:34:16
223	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11	00:34:19
224	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40	00:34:22
225	KOZŁOWSKI Zbigniew	747	OFIARY KAMIEŃCA	M40-49	00:00:19	00:13:36	00:23:12	00:34:25
226	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29
227	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43	00:34:33
228	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25	00:34:34
229	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17	00:34:37
230	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39	00:34:37
231	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38	00:34:37
232	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38
233	ZĘBIK Grażyna	426		K40-49	00:00:20	00:13:22	00:22:47	00:34:39
234	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01	00:34:40
235	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35	00:34:43
236	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47	00:34:44
237	PISAREK Radek	234	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01	00:34:45
238	KAŻMIERCZAK Szymon	834		M20-29	00:00:21	00:13:51	00:23:42	00:34:45
239	BĄKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47
240	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48
241	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23	00:34:49
242	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26	00:34:54
243	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57
244	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35	00:34:57
245	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51	00:35:03
246	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41	00:35:03
247	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06
248	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27	00:35:07
249	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52	00:35:07
250	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53	00:35:07
251	BARAN Ryszard	767	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37	00:35:08
252	SZCZERZEK Zbigniew	636		M60-69	00:00:15	00:13:51	00:23:45	00:35:11
253	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47	00:35:11
254	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48	00:35:12
255	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48	00:35:12

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
256	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54	00:35:12
257	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13
258	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52	00:35:13
259	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19	00:35:18
260	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18
261	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09	00:35:20
262	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21
263	GÓRECKI Adam	614		M20-29	00:00:24	00:14:37	00:24:27	00:35:23
264	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02	00:35:23
265	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00	00:35:23
266	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40	00:35:24
267	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06	00:35:24
268	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04	00:35:24
269	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08	00:35:26
270	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18	00:35:26
271	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13	00:35:29
272	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55	00:35:32
273	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19	00:35:32
274	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06	00:35:36
275	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13	00:35:36
276	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06	00:35:40
277	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23	00:35:42
278	SZEWCZUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03	00:35:43
279	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57	00:35:45
280	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38	00:35:45
281	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04	00:35:45
282	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17	00:35:46
283	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58	00:35:48
284	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48
285	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20	00:35:48
286	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49
287	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33	00:35:49
288	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52
289	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57	00:35:53
290	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42	00:35:54
291	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40	00:35:56
292	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23	00:35:56
293	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20	00:35:56
294	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59
295	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27	00:36:02
296	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02
297	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22	00:36:07
298	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31	00:36:09
299	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34	00:36:12
300	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	00:00:30	00:14:37	00:24:43	00:36:12

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
301	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47	00:36:13
302	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14
303	FILUSZ Dawid	548		M20-29	00:00:26	00:14:35	00:24:39	00:36:14
304	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24	00:36:14
305	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15
306	WIERCIOCH Tomasz	131		M30-39	00:00:24	00:14:35	00:24:41	00:36:17
307	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48	00:36:18
308	PAWLOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12	00:36:19
309	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19
310	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01	00:36:20
311	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16	00:36:21
312	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17	00:36:22
313	MACHEJ Stanisław	703	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47	00:36:22
314	LOT Michał	533		M20-29	00:00:25	00:14:38	00:24:50	00:36:22
315	JUSZCZAK Grzegorz	715		M30-39	00:00:25	00:14:37	00:24:37	00:36:23
316	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24
317	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52	00:36:24
318	BOTOREK Michał	742		M30-39	00:00:24	00:14:39	00:24:51	00:36:24
319	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39	00:36:24
320	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23	00:36:25
321	KAMYCZEK Adam	300		M30-39	00:00:22	00:14:10	00:24:25	00:36:26
322	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41	00:36:27
323	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27
324	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15	00:36:34
325	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53	00:36:35
326	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08	00:36:36
327	CYGANIK Piotr	465	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51	00:36:38
328	FURMANIUK Artur	773		M30-39	00:00:18	00:13:50	00:24:15	00:36:42
329	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29	00:36:42
330	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12	00:36:45
331	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51	00:36:46
332	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47	00:36:48
333	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52	00:36:49
334	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05	00:36:49
335	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44	00:36:53
336	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51	00:36:55
337	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00
338	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20	00:37:00
339	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42	00:37:02
340	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17	00:37:02
341	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04	00:37:03
342	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56	00:37:03
343	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10	00:37:06
344	RASZKA Janusz	419	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50	00:37:11
345	TYCZYŃSKA Paulina	194	SZYBKE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56	00:37:11

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
346	<b>PARTYKA Karol</b>	<b>101</b>		M30-39	00:00:35	00:15:14	00:25:17	00:37:11
347	<b>ĆWIOK Marek</b>	<b>530</b>	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07	00:37:20
348	<b>SOBIERAJSKI Przemek</b>	<b>573</b>		M40-49	00:00:24	00:14:39	00:24:50	00:37:21
349	<b>MAJCHRZAK Dawid</b>	<b>745</b>		M20-29	00:00:18	00:13:38	00:24:08	00:37:24
350	<b>MALARA Anna</b>	<b>862</b>		K30-39	00:00:27	00:14:35	00:24:56	00:37:31
351	<b>NOWAK Patryk</b>	<b>162</b>	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32
352	<b>SOLICH Ola</b>	<b>79</b>	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42	00:37:32
353	<b>OLSZYNA Mirosław</b>	<b>156</b>		M40-49	00:00:30	00:15:15	00:25:42	00:37:32
354	<b>PĘDZIK Błażej</b>	<b>143</b>		M20-29	00:00:46	00:15:34	00:25:46	00:37:33
355	<b>ZMUDA Dariusz</b>	<b>227</b>		M40-49	00:00:23	00:15:06	00:25:30	00:37:34
356	<b>JAWORSKI Mateusz</b>	<b>514</b>		M30-39	00:00:30	00:14:33	00:25:02	00:37:34
357	<b>CIEŚLA Adam</b>	<b>660</b>	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40	00:37:37
358	<b>JANECKA Marta</b>	<b>362</b>		K16-19	00:00:16	00:14:59	00:25:21	00:37:38
359	<b>WISEŁKA Zbigniew</b>	<b>550</b>	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59	00:37:38
360	<b>KUBICA Patrycja</b>	<b>348</b>	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38	00:37:46
361	<b>KOTOWICZ Anna</b>	<b>716</b>		K30-39	00:00:26	00:15:10	00:25:40	00:37:49
362	<b>PAJĄK Kamil</b>	<b>312</b>	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53
363	<b>KRÓLIK Arkadiusz</b>	<b>489</b>	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54
364	<b>SOKOŁOWSKI Piotr</b>	<b>395</b>	BRAK	M50-59	00:00:33	00:15:10	00:25:32	00:37:55
365	<b>SZUL Józef</b>	<b>634</b>		M60-69	00:00:00	00:15:06	00:25:26	00:37:56
366	<b>DOMAGAŁA Kornelia</b>	<b>161</b>		K30-39	00:00:31	00:15:10	00:25:39	00:38:01
367	<b>WIERBICKI Krystian</b>	<b>333</b>		M40-49	00:00:39	00:15:30	00:25:54	00:38:08
368	<b>BURNAGIEL Tomasz</b>	<b>27</b>		M50-59	00:00:25	00:15:16	00:25:59	00:38:11
369	<b>PLEWNIA Irena</b>	<b>308</b>	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33	00:38:11
370	<b>ANUSZKIEWICZ Igor</b>	<b>53</b>		M30-39	00:00:25	00:14:47	00:25:25	00:38:14
371	<b>JASZCZYK Łukasz</b>	<b>760</b>		M30-39	00:00:33	00:16:04	00:26:39	00:38:15
372	<b>JANIEC Witold</b>	<b>902</b>	UNATCO	M40-49	00:00:12	00:14:50	00:25:35	00:38:16
373	<b>MALINOWSKA Małgorzata</b>	<b>111</b>	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06	00:38:20
374	<b>SRADOMSKA Barbara</b>	<b>504</b>	1972	K40-49	00:00:25	00:15:08	00:25:39	00:38:21
375	<b>JASIŃSKI Kristof</b>	<b>865</b>	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08	00:38:22
376	<b>MACURA Ewa</b>	<b>306</b>	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22	00:38:23
377	<b>PALUCHIEWICZ Szymon</b>	<b>243</b>		M40-49	00:00:23	00:14:49	00:25:44	00:38:24
378	<b>BARAN Dawid</b>	<b>486</b>	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22	00:38:24
379	<b>DOMIN-ZBYL Agnieszka</b>	<b>171</b>		K40-49	00:00:29	00:15:15	00:25:56	00:38:24
380	<b>MARCHEWKA Bartek</b>	<b>603</b>		M30-39	00:00:31	00:15:09	00:25:57	00:38:26
381	<b>MANISZEWSKA Dorota</b>	<b>547</b>	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05	00:38:27
382	<b>CZERNICKA Magdalena</b>	<b>40</b>	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52	00:38:28
383	<b>PIDANTY Łukasz</b>	<b>81</b>		M30-39	00:00:42	00:15:44	00:26:10	00:38:29
384	<b>BRZEŹNIAK Jan</b>	<b>893</b>		M30-39	00:00:36	00:15:27	00:26:01	00:38:30
385	<b>RZĘSITA Damian</b>	<b>780</b>		M30-39	00:00:36	00:15:27	00:26:01	00:38:30
386	<b>RZEPECKA Bożena</b>	<b>645</b>	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51	00:38:32
387	<b>BORUCKI Dariusz</b>	<b>517</b>		M30-39	00:00:26	00:15:20	00:25:51	00:38:33
388	<b>TYLMAN-MADEJCZYK Marta</b>	<b>798</b>	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10	00:38:33
389	<b>CHYBIORZ Magdalena</b>	<b>470</b>		K20-29	00:00:29	00:15:24	00:26:10	00:38:34
390	<b>PAJĄK Marcin</b>	<b>431</b>		M20-29	00:00:30	00:14:57	00:25:24	00:38:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
391	<b>GNAŚ Anna</b>	<b>60</b>	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30	00:38:39
392	<b>MALISZEWSKI Marcin</b>	<b>578</b>		M30-39	00:00:43	00:15:39	00:25:59	00:38:40
393	<b>ŁATKA Marek</b>	<b>387</b>		M40-49	00:00:25	00:15:10	00:26:04	00:38:41
394	<b>JANKO Kamil</b>	<b>743</b>		M30-39	00:00:27	00:15:43	00:26:20	00:38:42
395	<b>MAZUR Arkadiusz</b>	<b>569</b>		M30-39	00:00:27	00:15:53	00:26:35	00:38:43
396	<b>GENSTY Klaudia</b>	<b>639</b>	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25	00:38:43
397	<b>BIAŁOŃCZYK Joanna</b>	<b>542</b>		K30-39	00:00:26	00:15:36	00:26:24	00:38:45
398	<b>BARANKIEWICZ Irek</b>	<b>513</b>	XT 500	M40-49	00:00:30	00:15:37	00:26:17	00:38:45
399	<b>KUBULUS Tomasz</b>	<b>570</b>	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24	00:38:46
400	<b>BYWALEC Stanislaw</b>	<b>704</b>	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59	00:38:48
401	<b>KOPTA Jerzy</b>	<b>80</b>	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08	00:38:51
402	<b>CZYŻ Wojciech</b>	<b>624</b>		M40-49	00:00:30	00:15:13	00:26:03	00:38:51
403	<b>MARCINIAK Artur</b>	<b>710</b>		M50-59	00:00:27	00:15:29	00:26:25	00:38:55
404	<b>MAKOWSKI Dariusz</b>	<b>311</b>		M30-39	00:00:35	00:15:12	00:26:00	00:38:55
405	<b>MAKOWSKI Grzegorz</b>	<b>201</b>		M20-29	00:00:34	00:15:13	00:26:01	00:38:56
406	<b>HARATYK Gabriela</b>	<b>295</b>		K30-39	00:00:26	00:15:07	00:26:04	00:38:58
407	<b>DOMASZK Paweł</b>	<b>702</b>		M20-29	00:00:34	00:15:53	00:26:42	00:38:58
408	<b>SZEREDA Robert</b>	<b>340</b>		M40-49	00:00:04	00:14:24	00:25:27	00:39:00
409	<b>BRODA Kamila</b>	<b>105</b>		K20-29	00:00:28	00:15:49	00:26:31	00:39:00
410	<b>KOSMALA-LANDZIŃSKA Ewa</b>	<b>346</b>		K30-39	00:00:31	00:15:55	00:26:38	00:39:00
411	<b>LANDZIŃSKI Jacek</b>	<b>471</b>		M30-39	00:00:31	00:15:55	00:26:38	00:39:00
412	<b>MAZUR Katarzyna</b>	<b>455</b>		K30-39	00:00:38	00:15:56	00:26:42	00:39:00
413	<b>STARCZEWSKI Marcin</b>	<b>593</b>		M30-39	00:00:35	00:15:50	00:26:43	00:39:02
414	<b>ROMANIUK-DEMONCHAUX Katarzyna</b>	<b>853</b>	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51	00:39:03
415	<b>BIGOS Grzegorz</b>	<b>637</b>	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50	00:39:04
416	<b>KUBICA Edyta</b>	<b>891</b>		K40-49	00:00:24	00:15:08	00:26:06	00:39:04
417	<b>NIEMIEC Halina</b>	<b>141</b>	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40	00:39:04
418	<b>POPEK Barbara</b>	<b>397</b>	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13	00:39:05
419	<b>KAZIMIERCZUK Monika</b>	<b>446</b>	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41	00:39:05
420	<b>LISIOWSKI Jakub</b>	<b>524</b>		M16-19	00:00:33	00:16:06	00:26:48	00:39:07
421	<b>SUTKOWSKI Marcin</b>	<b>690</b>		M30-39	00:00:21	00:14:44	00:25:54	00:39:08
422	<b>ŚWIECA Marcin</b>	<b>402</b>	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21	00:39:08
423	<b>KUBIENIEC Grzegorz</b>	<b>618</b>		M40-49	00:00:31	00:15:25	00:26:24	00:39:10
424	<b>WACNIK Dariusz</b>	<b>67</b>		M40-49	00:00:32	00:16:03	00:26:45	00:39:13
425	<b>LUBSZCZYK Justyna</b>	<b>584</b>	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22	00:39:14
426	<b>MYNARSKA Ligia</b>	<b>896</b>	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13	00:39:15
427	<b>MARYNIAK Wojtek</b>	<b>689</b>		M30-39	00:00:39	00:16:07	00:27:03	00:39:16
428	<b>KONOPKA Jaroslaw</b>	<b>707</b>		M40-49	00:00:41	00:16:03	00:27:01	00:39:23
429	<b>PAJESTKA Marek</b>	<b>148</b>	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30	00:39:25
430	<b>CHROBOK Józefa</b>	<b>532</b>		K40-49	00:00:30	00:15:22	00:26:21	00:39:26
431	<b>CHROBOK Gerard</b>	<b>535</b>		M50-59	00:00:30	00:15:22	00:26:24	00:39:26
432	<b>PŁASKA Grzegorz</b>	<b>208</b>	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29	00:39:26
433	<b>JURASZEK Elzbieta</b>	<b>632</b>	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55	00:39:27
434	<b>FLASZ Dawid</b>	<b>191</b>		M40-49	00:00:26	00:15:09	00:26:31	00:39:28
435	<b>LERCH Marysia</b>	<b>257</b>	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23	00:39:29

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
436	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05	00:39:29
437	JAGODZIŃSKA Magdalena	605	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57	00:39:29
438	DURAJ Dariusz	86	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06	00:39:30
439	MUSIAŁ Maria	407		K50-59	00:00:31	00:15:40	00:26:36	00:39:31
440	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52	00:39:37
441	GÓRA Marta	327		K30-39	00:00:07	00:15:17	00:26:26	00:39:40
442	KUJAŃSKA Aleksandra	811	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16	00:39:42
443	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01	00:39:43
444	STABLA Agata	335		K30-39	00:00:18	00:15:27	00:26:32	00:39:44
445	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52	00:39:44
446	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59	00:39:46
447	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11	00:39:47
448	HARAZIN Ania	571		K20-29	00:00:35	00:16:01	00:27:11	00:39:47
449	KROCZEK Przemysław	829		M20-29	00:00:46	00:16:17	00:27:02	00:39:48
450	WOLIŃSKI Józef	114		M50-59	00:00:37	00:15:57	00:26:55	00:39:50
451	STRZAŁA Marek	551		M20-29	00:00:25	00:15:02	00:26:18	00:39:55
452	PODBIOL Agnieszka	558		K20-29	00:00:43	00:15:21	00:26:12	00:39:56
453	GIEROŃ Katarzyna	709	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09	00:40:01
454	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14	00:40:01
455	MARCZAK-OLEJNICZAK Ania	718		K30-39	00:00:39	00:16:11	00:27:19	00:40:03
456	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38	00:40:04
457	DURAJ Magdalena	145		K30-39	00:00:33	00:16:09	00:27:24	00:40:04
458	JESIONEK Małgorzata	731		K30-39	00:00:38	00:15:57	00:27:06	00:40:04
459	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54	00:40:06
460	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50	00:40:06
461	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07
462	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22	00:40:08
463	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22	00:40:09
464	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09	00:40:09
465	CIESLAR Kasia	646		K30-39	00:00:32	00:16:15	00:27:25	00:40:09
466	POŁĘĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10
467	MAREK-WRÓBEL Edyta	680		K60-69	00:00:35	00:16:08	00:27:23	00:40:10
468	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36	00:40:11
469	SIEGMUND Jolanta	63		K40-49	00:00:29	00:16:04	00:27:13	00:40:11
470	BANDÍK Pavel	350	SK ČERNÉ PLÍČE	M50-59	00:00:34	00:16:09	00:27:23	00:40:11
471	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13
472	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24	00:40:13
473	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22	00:40:15
474	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50	00:40:16
475	PRZYBYSZ Kinga	204		K20-29	00:00:37	00:16:12	00:27:25	00:40:16
476	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17	00:40:20
477	KOMAJDA Basia	343	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11	00:40:21
478	SKWARK Aneta	255		K30-39	00:00:27	00:15:48	00:27:13	00:40:22
479	STEKLA Bartłomiej	610		M20-29	00:00:36	00:16:10	00:27:23	00:40:24
480	CIMAŁA Katarzyna	232		K20-29	00:00:41	00:16:15	00:27:24	00:40:24

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
481	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44	00:40:25
482	SŁOTWIŃSKA Anna	177		K40-49	00:00:28	00:16:03	00:27:15	00:40:26
483	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26
484	MIŁOBÓG Ewa	779	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12	00:40:30
485	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34
486	KOLORZ-STYLOK Katarzyna	640		K40-49	00:00:32	00:16:12	00:27:23	00:40:36
487	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32	00:40:37
488	FROSZTĘGA Katarzyna	835		K30-39	00:00:27	00:16:12	00:27:29	00:40:37
488	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37
490	GWIZDAŁA Dominika	138		K20-29	00:00:41	00:16:16	00:27:31	00:40:38
491	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57	00:40:42
492	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46
493	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00	00:40:46
494	RYZ Dawid	545		M20-29	00:00:36	00:16:04	00:27:26	00:40:48
495	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32	00:40:48
496	GRABKA Stanisław	737	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30	00:40:52
497	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27	00:40:52
498	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24	00:40:54
499	FLASZ Anna	192		K30-39	00:00:27	00:16:23	00:27:43	00:40:55
500	GREŃ Dorota	629	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25	00:40:58
501	JĘDRUSIAK Lidia	649		K30-39	00:00:32	00:16:13	00:27:31	00:40:59
502	PIECYK Adrianna	190		K40-49	00:00:26	00:15:46	00:27:09	00:41:00
503	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19	00:41:02
504	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48	00:41:03
505	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05	00:41:04
506	PYTEL Renata	440		K40-49	00:00:07	00:16:10	00:27:42	00:41:05
507	ŻŁOBICKA Agnieszka	768	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15	00:41:12
508	KIEŁKOWSKA Agnieszka	217		K40-49	00:00:43	00:16:43	00:28:06	00:41:17
509	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52	00:41:18
510	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25	00:41:18
511	KOSMAŁA Stanisława	472		K60-69	00:00:30	00:16:40	00:28:07	00:41:20
512	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16	00:41:20
513	WILSZ Ewa	481	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21	00:41:22
514	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19	00:41:22
515	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15	00:41:22
516	FRAJHOFER Ewa	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37	00:41:27
517	SZKLANNY-RECLIK Elżbieta	487		K30-39	00:00:37	00:16:29	00:27:57	00:41:27
518	GWIZDAŁA Joanna	139		K30-39	00:00:41	00:16:07	00:27:25	00:41:27
519	SOBCZYK Sławomir	627	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30	00:41:27
520	PIETRZYK Marek	556	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47	00:41:28
521	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34	00:41:31
522	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33
523	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32	00:41:34
524	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19	00:41:35
525	KUBICA Tadeusz	353	BWM	M50-59	00:00:35	00:16:30	00:28:01	00:41:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
526	PRÓSZYŃSKA Agnieszka	244		K30-39	00:00:36	00:16:15	00:27:48	00:41:43
527	NOWAK Magdalena	351	BWM	K20-29	00:00:34	00:16:31	00:28:02	00:41:44
528	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46
529	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50	00:41:47
530	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27	00:41:50
531	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01	00:41:51
532	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53	00:41:51
533	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13	00:41:52
534	KOTERYNA Janusz	641	AMATOR	M60-69	00:00:26	00:16:20	00:27:58	00:41:53
535	SOBCZYK Renata	625	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30	00:41:58
536	ŻAGIEL Wiktor	457		M20-29	00:00:33	00:16:12	00:27:29	00:42:00
537	STANULA Dominika	228		K20-29	00:00:34	00:16:44	00:28:31	00:42:02
538	REKAL Dorota	552		K50-59	00:00:27	00:15:41	00:27:26	00:42:03
539	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04	00:42:05
540	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42	00:42:06
541	BARAN Irena	25	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04	00:42:08
542	FECZKO Lucyna	493		K40-49	00:00:31	00:16:26	00:28:03	00:42:14
543	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24	00:42:14
544	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24	00:42:14
545	CIEŚLAR Ewa	701		K30-39	00:00:37	00:16:16	00:28:02	00:42:14
546	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53	00:42:14
547	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53	00:42:17
548	KACZOREK Ania	386	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20	00:42:21
549	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22	00:42:21
550	BURZYŃSKA Beata	266		K40-49	00:00:35	00:16:27	00:28:16	00:42:24
551	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09	00:42:25
552	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30
553	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44	00:42:33
554	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34	00:42:34
555	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50	00:42:35
556	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58	00:42:36
557	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45	00:42:37
558	WIDENKA Krystian	152	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22	00:42:39
559	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45
560	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47	00:42:49
561	PODBIOŁ Inez	557		K30-39	00:00:44	00:17:24	00:29:05	00:42:49
562	SZKODA Magda	839		K30-39	00:00:38	00:16:43	00:28:46	00:42:50
563	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŻLE	K60-69	00:00:29	00:17:18	00:29:12	00:42:51
564	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05	00:42:51
565	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08	00:42:53
566	ŻAGIEL Edyta	102		K50-59	00:00:33	00:16:29	00:28:13	00:42:58
567	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58
568	LISZOK Iwona	117		K30-39	00:00:38	00:16:59	00:29:01	00:42:58
569	GAŁKIEWICZ Monika	759		K40-49	00:00:33	00:16:30	00:28:36	00:42:59
570	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04	00:43:00

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
571	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47	00:43:02
572	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06	00:43:08
573	ZAGÓRSKA Ania	717		K30-39	00:00:39	00:17:05	00:29:13	00:43:10
574	GAŃKO Grażyna	399		K50-59	00:00:18	00:17:12	00:29:12	00:43:12
575	HERDUŚ Lucyna	806		K30-39	00:00:34	00:16:43	00:28:45	00:43:14
576	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17	00:43:14
577	TYCZYŃSKA Małgorzata	285	SZYBKIE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50	00:43:17
578	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22
579	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12	00:43:23
580	JURKIEWICZ-FILIKS Basia	652		K40-49	00:00:47	00:17:59	00:29:59	00:43:24
581	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07	00:43:25
582	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56	00:43:26
583	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24	00:43:27
584	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07	00:43:33
585	MUSIOŁ Helena	88		K40-49	00:00:29	00:16:35	00:28:55	00:43:36
586	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40
587	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04	00:43:43
588	DOBRENIUK Aurelia	591		K40-49	00:00:39	00:17:13	00:29:38	00:43:44
589	BADURA Dorota	628		K30-39	00:00:26	00:15:58	00:28:27	00:43:46
590	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02	00:43:50
591	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05	00:43:51
592	SZCZELINA Marta	39		K30-39	00:00:37	00:17:02	00:29:15	00:43:52
593	MALISZEWSKA Beata	72		K30-39	00:00:44	00:17:46	00:30:09	00:43:52
594	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54
595	STOPYRA Agnieszka	124		K40-49	00:00:43	00:17:46	00:30:09	00:43:54
596	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00	00:43:55
597	SŁODZIŃSKA Magdalena	688		K20-29	00:00:42	00:17:40	00:29:57	00:43:55
598	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55
599	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12	00:43:58
600	ADAMIK Lukasz	825	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11	00:43:59
601	FABRYKIEWICZ Joanna	412		K30-39	00:00:37	00:17:03	00:29:27	00:44:00
602	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04	00:44:07
603	POŁOK Robert	661		M20-29	00:00:31	00:16:48	00:29:05	00:44:07
604	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05	00:44:07
605	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42	00:44:15
606	TARNOWSKA Edyta	443		K30-39	00:00:32	00:16:07	00:28:07	00:44:17
607	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21
608	KOŁAK Alicja	476		K30-39	00:00:39	00:17:43	00:30:03	00:44:26
609	BRANDYS Krystyna	70		K30-39	00:00:40	00:17:39	00:30:05	00:44:30
610	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54	00:44:31
611	HAJNSZ Robert	802		M20-29	00:00:38	00:17:49	00:30:13	00:44:34
612	SITKO Dagmara	597		K30-39	00:00:44	00:18:28	00:30:59	00:44:34
613	CYLC Agnieszka	755	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02	00:44:35
614	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25	00:44:35
615	MOSKAŁA Magdalena	163		K20-29	00:00:40	00:17:15	00:29:33	00:44:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
616	<b>SZABLA Mateusz</b>	<b>750</b>		M20-29	00:00:42	00:17:06	00:29:05	00:44:37
617	<b>LACH Grzegorz</b>	<b>616</b>	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03	00:44:38
618	<b>MIŚKOWIEC Agnieszka</b>	<b>41</b>		K40-49	00:00:39	00:17:10	00:29:59	00:44:42
619	<b>SOBIERAJ Paweł</b>	<b>914</b>		M40-49	00:00:36	00:16:41	00:29:29	00:44:44
620	<b>ORŁOWSKA Joanna</b>	<b>371</b>	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36	00:44:49
621	<b>MORIC Anna</b>	<b>496</b>		K30-39	00:00:36	00:17:04	00:29:18	00:44:50
622	<b>BOŻEK Dagmara</b>	<b>52</b>		K40-49	00:00:39	00:17:51	00:30:21	00:44:52
623	<b>SZPYRA Sonia</b>	<b>68</b>		K40-49	00:00:28	00:17:33	00:30:02	00:44:56
624	<b>POKORA Izabela</b>	<b>99</b>	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46	00:44:57
625	<b>KRAUZ Sandra</b>	<b>437</b>		K20-29	00:00:37	00:17:56	00:30:29	00:45:05
626	<b>ŚWIERCZ Anna</b>	<b>478</b>		K40-49	00:00:42	00:17:48	00:30:11	00:45:13
627	<b>MARCZYK-LURANC Ewa</b>	<b>775</b>	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10	00:45:16
628	<b>GÓRNY Jola</b>	<b>460</b>		K40-49	00:00:31	00:17:21	00:29:55	00:45:17
629	<b>LURANC Paweł</b>	<b>774</b>	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17
630	<b>GAJ Monika</b>	<b>651</b>	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59	00:45:23
631	<b>HETMANIOK Agnieszka</b>	<b>83</b>		K20-29	00:00:23	00:16:53	00:29:55	00:45:26
632	<b>WALA Anna</b>	<b>180</b>		K30-39	00:00:22	00:16:54	00:29:55	00:45:27
633	<b>KASPRZYCKA-SZUBARSKA Katarzyna</b>	<b>567</b>	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03	00:45:27
634	<b>KRZYSTOLIK Damian</b>	<b>418</b>		M30-39	00:00:47	00:18:12	00:30:48	00:45:32
635	<b>ZAIK Karolina</b>	<b>549</b>		K20-29	00:00:36	00:16:32	00:29:15	00:45:35
636	<b>DANIŁOŚ Bartłomiej</b>	<b>501</b>		M30-39	00:00:46	00:18:06	00:30:58	00:45:36
637	<b>STEKLA Joanna</b>	<b>598</b>		K50-59	00:00:37	00:17:30	00:30:19	00:45:38
638	<b>GIŻYŃSKI Krystian</b>	<b>274</b>		M20-29	00:00:46	00:16:52	00:29:52	00:45:39
639	<b>PIPIRO Grażyna</b>	<b>193</b>	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55	00:45:42
640	<b>BACHTA Wojciech</b>	<b>108</b>	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28	00:45:46
641	<b>ŚMIETANA Mariusz</b>	<b>474</b>	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05	00:45:48
642	<b>SOBCZYK Gabriela</b>	<b>248</b>	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39	00:45:56
643	<b>PYZIK Barbara</b>	<b>196</b>		K30-39	00:00:39	00:17:10	00:30:08	00:46:05
644	<b>WÓJCIK Dariusz</b>	<b>670</b>	ŻORY	M40-49	00:00:46	00:18:24	00:31:10	00:46:18
645	<b>KUCZA-CHMIEL Kalina</b>	<b>518</b>		K40-49	00:00:39	00:18:14	00:31:17	00:46:22
646	<b>WOJTKOWIAK Robert</b>	<b>43</b>		M30-39	00:00:46	00:18:02	00:31:05	00:46:26
647	<b>KUCZERA Marek</b>	<b>413</b>	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57	00:46:28
648	<b>KUCZERA Bernadeta</b>	<b>414</b>	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57	00:46:29
649	<b>PRZYŁUCKA Grażyna</b>	<b>638</b>	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29	00:46:32
650	<b>CZAK Renata</b>	<b>785</b>		K30-39	00:00:30	00:17:24	00:30:43	00:46:36
651	<b>ZAKRZEWSKA Barbara</b>	<b>683</b>		K40-49	00:00:35	00:18:02	00:31:15	00:46:36
652	<b>SAWICKA Marta</b>	<b>96</b>		K30-39	00:00:45	00:19:00	00:31:50	00:46:36
653	<b>WAWOCZNY Anita</b>	<b>538</b>	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50	00:46:36
654	<b>ADAMUS Katarzyna</b>	<b>269</b>	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34	00:46:38
655	<b>HEFTOWICZ Dominik</b>	<b>861</b>	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21	00:46:42
656	<b>SZKLORZ Dominika</b>	<b>511</b>	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34	00:46:50
657	<b>JUNKA Maria</b>	<b>699</b>		K30-39	00:00:23	00:17:39	00:31:21	00:46:54
658	<b>OSTROWSKI Sławomir</b>	<b>315</b>		M50-59	00:00:42	00:18:27	00:31:33	00:47:01
659	<b>OSTROWSKA Izabela</b>	<b>314</b>	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35	00:47:02
660	<b>BOSIACKA Marta</b>	<b>279</b>	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18	00:47:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
661	<b>KRZACZEK Aleksandra</b>	<b>389</b>	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25	00:47:04
662	<b>ZIMNY Ireneusz</b>	<b>36</b>		M40-49	00:00:26	00:18:13	00:31:26	00:47:13
663	<b>SŁABOŃ Ania</b>	<b>273</b>		K30-39	00:00:41	00:18:05	00:31:18	00:47:15
664	<b>JANISZEWSKI Bartosz</b>	<b>554</b>		M30-39	00:00:42	00:19:17	00:33:05	00:47:18
665	<b>PIOTROWSKI Mieczyslaw</b>	<b>583</b>		M70+	00:00:29	00:18:14	00:31:32	00:47:19
666	<b>KABUT Małgorzata</b>	<b>388</b>	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04	00:47:43
667	<b>GRZELAK Patrycja</b>	<b>213</b>		K30-39	00:00:37	00:18:49	00:31:59	00:47:44
668	<b>MOORE Colleen</b>	<b>803</b>		K20-29	00:00:29	00:17:57	00:31:28	00:47:46
669	<b>AUGUŚCIK Ewelina</b>	<b>784</b>	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10	00:48:01
670	<b>BAK Karina</b>	<b>503</b>	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34	00:48:04
671	<b>ZBYL Jacek</b>	<b>172</b>		M50-59	00:00:37	00:18:32	00:32:33	00:48:09
672	<b>OLSZEWSKA Dorota</b>	<b>360</b>	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59	00:48:12
673	<b>ZIĘTARA Agata</b>	<b>347</b>		K40-49	00:00:40	00:19:15	00:32:55	00:48:19
674	<b>SOBAŃSKI Mateusz</b>	<b>485</b>		M20-29	00:00:47	00:19:50	00:33:11	00:48:20
675	<b>KAWULAK Kazimierz</b>	<b>494</b>	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16	00:48:21
676	<b>KIERMASZEK Barbara</b>	<b>428</b>	J TEAM	K50-59	00:00:34	00:19:10	00:32:23	00:48:22
677	<b>ROTTER Hanna</b>	<b>427</b>	J TEAM	K50-59	00:00:33	00:19:11	00:32:24	00:48:24
678	<b>PRZYŁUCKI Grzegorz</b>	<b>611</b>		M50-59	00:00:45	00:18:43	00:32:00	00:48:26
679	<b>GÓRNY Mieczysław</b>	<b>363</b>		M30-39	00:00:30	00:19:04	00:33:09	00:48:35
680	<b>WOLNY Łukasz</b>	<b>821</b>		M30-39	00:00:30	00:19:04	00:33:10	00:48:35
681	<b>BRAUN Justyna</b>	<b>572</b>		K30-39	00:00:46	00:19:00	00:32:01	00:48:41
682	<b>BARTNIK Joanna</b>	<b>176</b>	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00	00:48:44
683	<b>ŚPIEWAK Agnieszka</b>	<b>675</b>		K30-39	00:00:38	00:19:30	00:33:08	00:48:55
684	<b>ZAGÓRSKA Beata</b>	<b>89</b>	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51	00:48:57
685	<b>ZAWADA Jakub</b>	<b>786</b>	NAJMNIEJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15	00:49:01
686	<b>ŁUKASIK Aldona</b>	<b>858</b>	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15	00:49:01
687	<b>KOSAŁKA Dominika</b>	<b>848</b>	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04	00:49:09
688	<b>KLACZEK Anna</b>	<b>681</b>		K40-49	00:00:38	00:19:30	00:33:17	00:49:19
689	<b>KUBAS Alina</b>	<b>278</b>	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22	00:49:19
690	<b>ZYCHOWSKA Dominika</b>	<b>526</b>		K20-29	00:00:39	00:18:56	00:33:06	00:49:41
691	<b>POPE-ŚWIDZIKOWSKA Małgorzata</b>	<b>856</b>		K40-49	00:00:00	00:19:47	00:33:40	00:49:42
692	<b>PROĆ Andrzej</b>	<b>61</b>	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59	00:49:49
693	<b>OLEJNIK Ewa</b>	<b>684</b>	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08	00:50:25
694	<b>ŚLEDŹ Dorota</b>	<b>76</b>	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05	00:50:35
695	<b>WÓJCIAK Magdalena</b>	<b>375</b>		K30-39	00:00:33	00:19:34	00:33:46	00:50:36
696	<b>KACZMARCZYK Magdalena</b>	<b>75</b>	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09	00:50:47
697	<b>BRYCHCY Estera</b>	<b>62</b>	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10	00:50:48
698	<b>SUCHY Mariola</b>	<b>692</b>		K40-49	00:00:44	00:20:21	00:34:23	00:50:53
699	<b>HERZYK Beata</b>	<b>657</b>		K40-49	00:00:43	00:19:53	00:34:11	00:51:00
700	<b>ZALEWSKA Barbara</b>	<b>149</b>	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11	00:51:01
701	<b>LAZAR Joanna</b>	<b>126</b>		K30-39	00:00:46	00:19:53	00:34:01	00:51:01
702	<b>KOWALSKA Dorota</b>	<b>237</b>	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18	00:52:40
703	<b>SAWICKA Agnieszka</b>	<b>594</b>		K30-39	00:00:45	00:20:23	00:35:18	00:53:02
704	<b>KUBAS Mariusz</b>	<b>322</b>	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10
705	<b>ŁANUCHA Mariola</b>	<b>100</b>	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07	00:53:24

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
706	<b>MYŚLIWIEC Barbara</b>	<b>337</b>	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06	00:53:24
707	<b>PROKOPIUK Adriana</b>	<b>261</b>		K30-39	00:00:45	00:20:09	00:35:18	00:53:28
708	<b>RUMPEL Krzysztof</b>	<b>91</b>	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45	00:53:59
709	<b>RUMPEL Maria</b>	<b>95</b>	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46	00:53:59
710	<b>BAŃKA Jan</b>	<b>601</b>	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28	00:54:56
711	<b>GŁĄB Mariola</b>	<b>207</b>		K30-39	00:00:40	00:20:37	00:36:31	00:54:58
712	<b>MIERZYŃSKI Kamil</b>	<b>658</b>		M20-29	00:00:04	00:24:11	00:42:32	01:03:28
713	<b>MATHEBO Ruth Chemisto</b>	<b>9</b>	BENEDEK-TEAM	K30-39	00:00:00	00:10:16	00:17:44	
714	<b>DZIERZENG A Artur</b>	<b>633</b>		M40-49	00:00:00	00:12:14		
715	<b>KRAWCZYK Magdalena</b>	<b>777</b>	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33	
716	<b>ZADROGA Karol</b>	<b>721</b>		M20-29	00:00:00			
717	<b>WALCZYŃSKI Mariusz</b>	<b>98</b>	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22	
718	<b>WOWRY Grzegorz</b>	<b>447</b>	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26	
719	<b>CHERUIYOT Emily</b>	<b>8</b>	BENEDEK-TEAM	K30-39	00:00:02	00:10:23	00:17:57	
720	<b>PLIŚ Renata</b>	<b>14</b>	MKL MARATON ŚWINOUJŚCIE	K30-39	00:00:02	00:10:10	00:17:17	
721	<b>WRÓBLEWSKI Janmarian</b>	<b>118</b>	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26	
722	<b>LIZAK Wojciech</b>	<b>164</b>		M30-39	00:00:02	00:10:10	00:17:21	
723	<b>KRÓL Piotr</b>	<b>338</b>	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47	
724	<b>ZIELIŃSKI Rafał</b>	<b>433</b>	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11	
725	<b>KNESZ Marek</b>	<b>464</b>		M50-59	00:00:02	00:10:35	00:18:13	
726	<b>RAJWA Roman</b>	<b>502</b>	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44	
727	<b>NIESŁONY Filip</b>	<b>650</b>		M16-19	00:00:02	00:10:48	00:18:39	
728	<b>KULESZA Łukasz</b>	<b>678</b>		M30-39	00:00:02	00:10:52	00:18:37	
729	<b>KOŹMIŃSKI Józef</b>	<b>727</b>	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26	
730	<b>ZIELONKA Robert</b>	<b>758</b>	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30	
731	<b>LYSKO Jakub</b>	<b>765</b>	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25	
732	<b>SEWERYN Jacek</b>	<b>814</b>		M40-49	00:00:02	00:10:15	00:17:41	
733	<b>DZIĘGIEŁOWSKI Paweł</b>	<b>883</b>	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29	
734	<b>MARCINIAK Przemysław</b>	<b>894</b>	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19	
735	<b>SUWAJ Aneta</b>	<b>10</b>	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22	
736	<b>ŚLĘZAK Sylwia</b>	<b>11</b>		K20-29	00:00:03	00:10:55	00:18:22	
737	<b>GOLBA Kasia</b>	<b>12</b>	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27	
738	<b>GRZYWACZ Marcin</b>	<b>173</b>	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28	
739	<b>MROWIEC Adam</b>	<b>239</b>		M16-19	00:00:03	00:11:06	00:18:51	
740	<b>GIŻYŃSKI Damian</b>	<b>252</b>		M30-39	00:00:03	00:10:38	00:18:11	
741	<b>CHRAPKIEWICZ Michał</b>	<b>292</b>	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06	
742	<b>MIKA Łukasz</b>	<b>330</b>	FUNDACJA MYŚL POZYTYWNIIE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34	
743	<b>URBANIAK Witold</b>	<b>342</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12	
744	<b>PORĘBA Grzegorz</b>	<b>438</b>	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20	
745	<b>ADAMSKI Robert</b>	<b>589</b>	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20	
746	<b>KOKOT Krzysztof</b>	<b>748</b>	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35	
747	<b>PŁOSKONKA Jan</b>	<b>794</b>	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58	
748	<b>RĘBISZ Mariusz</b>	<b>795</b>		M40-49	00:00:03	00:10:41	00:18:16	
749	<b>BŁASZCZYK Dominik</b>	<b>832</b>		M30-39	00:00:03	00:10:38	00:18:05	
750	<b>KMITA Tomasz</b>	<b>851</b>		M20-29	00:00:03	00:10:56	00:18:39	

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
751	<b>GARCZARCZYK Michał</b>	<b>869</b>	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52	
752	<b>KARDAS Arkadiusz</b>	<b>876</b>	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07	
753	<b>HAJDUK Paweł</b>	<b>787</b>		M16-19	00:00:03	00:10:32	00:17:38	
754	<b>MARCOL Sebastian</b>	<b>69</b>	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10	
755	<b>MATUSZNY Marek</b>	<b>209</b>	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10	
756	<b>KLINIK Paweł</b>	<b>321</b>	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23	
757	<b>KUREK Jacek</b>	<b>425</b>	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06	
758	<b>KRZEMIEŃ Krzysztof</b>	<b>697</b>		M20-29	00:00:04	00:10:43	00:18:10	
759	<b>GŁOWIAK Lech</b>	<b>746</b>	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48	
760	<b>MROWIEC Kacper</b>	<b>822</b>		M20-29	00:00:04	00:10:54	00:18:34	
761	<b>MOLA Mateusz</b>	<b>505</b>	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07	
762	<b>JĘDROS Przemysław</b>	<b>630</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58	
763	<b>ZOSTAWA Robert</b>	<b>577</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05	
764	<b>WIELOPOLSKI Michał</b>	<b>356</b>		M16-19	00:00:05	00:11:07	00:18:55	
765	<b>DOBROWOLSKI Tomasz</b>	<b>429</b>	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	00:00:05	00:10:34	00:18:21	
766	<b>OREŁ Przemysław</b>	<b>694</b>	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26	
767	<b>KAPELA Marcin</b>	<b>843</b>		M30-39	00:00:05	00:10:57	00:18:46	
768	<b>PIECHACZEK Jacek</b>	<b>586</b>	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21	
769	<b>OLBRICH Artur</b>	<b>318</b>		M30-39	00:00:05	00:11:47	00:37:03	
770	<b>NOWAK Piotr</b>	<b>129</b>	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19	
771	<b>ALBRECHT Arkadiusz</b>	<b>197</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53	
772	<b>ALBRECHT Krystian</b>	<b>198</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52	
773	<b>KARACZAN Marcin</b>	<b>824</b>		M30-39	00:00:06	00:11:17	00:19:16	
774	<b>DZIARSKI Wiesław</b>	<b>240</b>	ERBUD RYBNIK	M60-69	00:00:08	00:11:30	00:37:21	
775	<b>ULATOWSKA Alicja</b>	<b>913</b>	TGU TEAM	K20-29	00:00:08	00:11:43	00:37:51	
776	<b>OPUHLIK Tomasz</b>	<b>377</b>	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57	
777	<b>FURMAN Dawid</b>	<b>686</b>	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44	
778	<b>KOGUCIUK Karol</b>	<b>157</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56	
779	<b>HAN Julia</b>	<b>374</b>		K16-19	00:00:17	00:13:35		
780	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>749</b>	AKMB PĘDZIWIATR GLIWICE	K30-39	00:00:17	00:12:46	00:22:16	
781	<b>PODKOWIK Marcin</b>	<b>329</b>		M30-39	00:00:18	00:12:47	00:21:57	
782	<b>SZCZYGIEŁ Adriana</b>	<b>753</b>	BENERUNNER	K30-39	00:00:24	00:15:39		
783	<b>PASŁAWSKA Katarzyna</b>	<b>30</b>	KOBIETY NA 5 +	K40-49	00:00:31			
784	<b>CHWAŁEK Agnieszka</b>	<b>522</b>		K20-29	00:00:42	00:16:46	00:27:26	
785	<b>WAGNER Natalia</b>	<b>42</b>		K30-39	00:00:45			
786	<b>SYPIEWSKI Grzegorz</b>	<b>818</b>	WRM MC POLAND	M40-49	00:00:48	00:17:34		

Znaleziono 786 wynik(ów)