

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: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
1	ROP Abel Kibet	1	BENEDEK-TEAM	M30-39	00:00:02	00:09:17	00:15:30	00:22:55	00:29:14
2	KOSGEI Mathew	2	BENEDEK-TEAM	M20-29	00:00:02	00:09:18	00:15:30	00:22:55	00:29:14
3	MRÓWKA Mateusz	4	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41	00:23:16	00:29:56
4	CIEPŁAK Marcin	3	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01	00:24:01	00:31:08
5	KASPRZAK Radosław	7	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42	00:24:35	00:31:29
6	LUBIENIECKI Maciej	823	1979	M30-39	00:00:02	00:09:49	00:16:41	00:24:34	00:31:29
7	DROŹDŹ Damian	398		M30-39	00:00:01	00:09:40	00:16:30	00:24:35	00:31:33
8	KOŹDOŃ Jarek	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41	00:24:40	00:31:44
9	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00	00:32:08
10	WŁOCH Andrzej	6	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50	00:25:02	00:32:16
11	PLIŚ Renata	14	MKL MARATON ŚWINOUJŚCIE	K30-39	00:00:02	00:10:10	00:17:17		00:32:16
12	BULIK Witold	647	PKS OLIMPIJCZYK GIŁOWICE	M40-49	00:00:01	00:09:52	00:16:49	00:25:08	00:32:31
13	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26		00:32:42
14	HAJDUK Paweł	787		M16-19	00:00:03	00:10:32	00:17:38		00:32:56
15	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21		00:32:58
16	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26		00:33:10
17	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25		00:33:11
18	ZIELONKA Robert	758	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30		00:33:25
19	KARDAS Arkadiusz	876	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07		00:33:28
20	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47		00:33:29
21	RAJWA Roman	502	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44		00:33:55
22	KRZEMIEŃ Krzysztof	697		M20-29	00:00:04	00:10:43	00:18:10		00:34:01
23	SEWERYN Jacek	814		M40-49	00:00:02	00:10:15	00:17:41		00:34:04
24	MATHEBO Ruth Chemisto	9	BENEDEK-TEAM	K30-39	00:00:00	00:10:16	00:17:44		00:34:05
25	GARCZARCZYK Michał	869	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52		00:34:07
26	MARCOL Sebastian	69	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10		00:34:09
27	ŚLĘZAK Sylwia	11		K20-29	00:00:03	00:10:55	00:18:22		00:34:17
28	BŁASZCZYK Dominik	832		M30-39	00:00:03	00:10:38	00:18:05		00:34:22
29	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20		00:34:26
30	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06		00:34:28

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11		00:34:29
32	CHERUIYOT Emily	8	BENEDEK-TEAM	K30-39	00:00:02	00:10:23	00:17:57		00:34:33
33	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12		00:34:39
34	GŁOWIAK Lech	746	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48		00:34:39
35	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22		00:34:40
36	KNESZ Marek	464		M50-59	00:00:02	00:10:35	00:18:13		00:34:44
37	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20		00:34:52
38	KLINIK Paweł	321	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23		00:34:54
39	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19		00:34:58
40	RĘBISZ Mariusz	795		M40-49	00:00:03	00:10:41	00:18:16		00:35:04
41	GOLBA Kasia	12	1SECOND TEAM / AZS AWF KATOWICE	K20-29	00:00:03	00:10:55	00:18:27		00:35:07
42	DZIĘGIEŁOWSKI Paweł	883	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29		00:35:09
43	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNIIE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34		00:35:11
44	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28		00:35:13
45	KULESZA Łukasz	678		M30-39	00:00:02	00:10:52	00:18:37		00:35:18
46	MATUSZNY Marek	209	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10		00:35:24
47	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26		00:35:28
48	PŁOSKONKA Jan	794	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58		00:35:28
49	MROWIEC Adam	239		M16-19	00:00:03	00:11:06	00:18:51		00:35:30
50	NIESŁONY Filip	650		M16-19	00:00:02	00:10:48	00:18:39		00:35:32
51	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35		00:35:36
52	DOBROWOLSKI Tomasz	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	00:00:05	00:10:34	00:18:21		00:35:38
53	MROWIEC Kacper	822		M20-29	00:00:04	00:10:54	00:18:34		00:35:39
54	KAPELA Marcin	843		M30-39	00:00:05	00:10:57	00:18:46		00:35:40
55	KMITA Tomasz	851		M20-29	00:00:03	00:10:56	00:18:39		00:35:45
56	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11		00:35:46
57	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53		00:35:47
58	ALBRECHT Krystian	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52		00:35:47
59	JĘDROS Przemysław	630	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58		00:35:49
60	ZOSTAWA Robert	577	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05		00:36:02
61	WIEŁOPOLSKI Michał	356		M16-19	00:00:05	00:11:07	00:18:55		00:36:06
62	KRAWCZYK Magdalena	777	GKS PIAST GLIWICE	K20-29	00:00:00	00:10:58	00:18:33		00:36:07
63	KOGUCIUŁ Karol	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56		00:36:10
64	HATALA Paweł	445		M30-39	00:00:05	00:11:11	00:19:11	00:28:25	00:36:20
65	OREŁ Przemysław	694	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26		00:36:21
66	MOLA Mateusz	505	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07		00:36:24
67	SUWAJ Aneta	10	AZS-AWF KATOWICE/ALPIN SPORT	K30-39	00:00:03	00:11:25	00:19:22		00:36:29
68	NOWAK Piotr	129	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19		00:36:32
69	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21		00:36:36
70	KARACZAN Marcin	824		M30-39	00:00:06	00:11:17	00:19:16		00:36:39
71	NOGA Krystian	84	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07	00:28:32	00:36:41
72	WANTUŁOK Paweł	121		M20-29	00:00:07	00:11:33	00:19:38	00:28:57	00:36:54
73	KUREK Jacek	425	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06		00:36:58
74	TOKAREWICZ Damian	179	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40	00:29:00	00:36:58
75	DZIUBAŃSKI Grzegorz	729	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37	00:28:54	00:36:59

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DQ	KUKLA Agata	623	POWOLI DO CELU	K30-39	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ	00:37:02 DQ
77	WITALA Tomasz	381		M40-49	00:00:08	00:11:42	00:19:51	00:29:08	00:37:05
78	DZIUK Dagmara	13	KB MOSIR JASTRZĘBIE	K30-39	00:00:02	00:11:16	00:19:21	00:28:52	00:37:07
79	KUNINA Paweł	130	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12	00:37:08
80	MAJER Damian	408	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34	00:28:56	00:37:09
81	BOBEREK Grzegorz	706	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52	00:29:10	00:37:09
82	ZYGMA Kordian	151		M20-29	00:00:09	00:11:46	00:19:57	00:29:14	00:37:13
82	JANUSZ Tomasz	604	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57	00:29:12	00:37:13
84	KASTELIK Szymon	422	OLIMPIJCZYK GILOWICE	M20-29	00:00:03	00:11:09	00:19:21	00:28:50	00:37:15
85	JĘDRUSIAK Przemysław	648		M30-39	00:00:09	00:11:45	00:19:57	00:29:12	00:37:16
86	ŻERDKA Michał	475	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56	00:29:13	00:37:17
87	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08	00:37:23
88	MENDECKA Daria	781	MOSIR ŁAZISKA GÓRNE	K20-29	00:00:04	00:11:34	00:19:45	00:29:09	00:37:24
89	WOLNY Ariel	183		M30-39	00:00:09	00:11:41	00:19:51	00:29:09	00:37:25
90	KRETEK Łukasz	519	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58	00:29:19	00:37:29
91	KLYSZCZ Paweł	886	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49	00:29:17	00:37:32
92	KYRCZ Mirosław	378	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46	00:29:19	00:37:35
93	KOWAL Łukasz	770	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15	00:29:36	00:37:50
94	DYBCZYŃSKA Jadwiga	890		K30-39	00:00:09	00:11:41	00:19:51	00:29:21	00:37:51
95	BRODACKI Waldemar	909	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04	00:29:41	00:37:54
96	DUDEK Bartłomiej	722		M40-49	00:00:08	00:11:45	00:19:53	00:29:28	00:37:54
97	TŁOŁKA Michał	411		M30-39	00:00:09	00:11:49	00:20:05	00:29:34	00:37:54
98	WOWRY Klaudiusz	448	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53	00:29:30	00:37:55
99	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59	00:29:34	00:37:55
100	WASZTYL Grzegorz	771		M40-49	00:00:08	00:11:49	00:20:06	00:29:46	00:37:56
101	MAROSZEK Szymon	153		M30-39	00:00:11	00:11:41	00:19:51	00:29:27	00:38:04
102	BIELIŃSKA Monika	223		K30-39	00:00:04	00:11:47	00:20:04	00:29:51	00:38:12
103	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56	00:29:42	00:38:13
104	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57	00:29:44	00:38:14
105	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45	00:29:47	00:38:16
106	GÓRNY Mirek	461	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55	00:29:52	00:38:18
107	MASNY Michał	442		M20-29	00:00:12	00:11:47	00:20:11	00:29:58	00:38:18
108	URBAŃCZYK Marcin	51		M20-29	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21
109	OPUCHLIK Roman	642		M30-39	00:00:09	00:12:00	00:20:23	00:30:02	00:38:24
110	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55	00:29:44	00:38:26
111	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17	00:29:59	00:38:30
112	LEWICKA Elżbieta	415	NIEZRZESZONA	K40-49	00:00:07	00:11:51	00:20:16	00:30:04	00:38:34
113	MICHALIK Rafał	405	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26	00:30:25	00:38:43
114	MIKOŁAJCZYK Sandra	607		K30-39	00:00:11	00:12:07	00:20:30	00:30:18	00:38:48
115	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32	00:30:20	00:38:50
116	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25	00:38:52
117	KUTIAN Adam	813		M50-59	00:00:08	00:12:00	00:20:36	00:30:23	00:38:52
118	RAJWA Jan	309	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53
119	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01	00:30:05	00:38:54
120	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16	00:30:15	00:38:55

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						2.9km	5km	7.3km	9.4km
121	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13	00:30:13	00:38:55
122	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41	00:30:33	00:38:55
123	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18	00:30:23	00:39:03
124	LASKOWSKA Katarzyna	801	INŻYNIERIA BIEGANIA TEAM	K40-49	00:00:11	00:12:14	00:20:49	00:30:32	00:39:04
125	GŁUSZYK Andrzej	316		M40-49	00:00:10	00:12:33	00:21:08	00:31:01	00:39:10
126	PIETROCZUK Sylwia	875	KOTWICA BRZEG/ ATHLETICS NYSA	K20-29	00:00:10	00:12:09	00:20:38	00:30:32	00:39:13
127	BANASIAK Tomasz	507		M40-49	00:00:04	00:11:35	00:19:40	00:29:10	00:39:22
128	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13	00:30:28	00:39:26
129	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01	00:30:48	00:39:27
130	ADAMCZEWSKI Waldemar	37		M50-59	00:00:11	00:12:13	00:20:55	00:30:55	00:39:34
131	OGIERMAN Grzegorz	229	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59	00:31:04	00:39:37
132	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17	00:30:39	00:39:38
133	GLAJCAR Tomasz	134		M40-49	00:00:14	00:12:26	00:21:12	00:31:08	00:39:38
134	LEŚNIAK Krzysztof	296	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07	00:31:08	00:39:39
135	OGIEGŁO Łukasz	659		M30-39	00:00:05	00:11:59	00:20:43	00:30:53	00:39:41
136	BEZUCH Paweł	881		M20-29	00:00:14	00:12:28	00:21:19	00:31:14	00:39:42
137	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24	00:30:46	00:39:43
138	PRÓSZYŃSKI Sławomir	298		M30-39	00:00:13	00:12:29	00:21:18	00:31:07	00:39:43
139	JARGOŃ Jacek	458		M40-49	00:00:09	00:12:03	00:20:45	00:30:58	00:39:45
140	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00	00:39:47
141	MYNARSKI Sylwester	897		M40-49	00:00:12	00:12:32	00:21:15	00:31:10	00:39:47
142	LORANC Maciej	357	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28	00:31:22	00:39:50
143	PRZYBYSZ Ryszard	206		M50-59	00:00:14	00:12:25	00:21:08	00:31:11	00:40:01
144	GADAJ Grzegorz	562		M30-39	00:00:09	00:12:00	00:20:47	00:31:06	00:40:03
145	WIECZOREK Tomasz	154	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51	00:31:07	00:40:03
146	LACHOWSKA Magdalena	828	K.S. SPRINT	K40-49	00:00:07	00:12:11	00:21:00	00:31:18	00:40:09
147	REDZIK Dorota	845	ENDURANCE TEAM	K30-39	00:00:10	00:12:16	00:21:04	00:31:20	00:40:12
148	GLAJC Andrzej	561	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25	00:30:48	00:40:13
149	JEREMICZ Krzysztof	57	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14	00:31:28	00:40:15
150	TOMCZYK Lesław	854	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22	00:31:22	00:40:16
151	KRAUSE Dariusz	290	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10	00:31:30	00:40:17
152	OLSZOWSKI Marcin	523	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51	00:31:11	00:40:17
153	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24	00:40:18
154	WOJTASZEWSKA Sabina	286	BBL RACIBÓRZ	K30-39	00:00:09	00:12:21	00:21:18	00:31:33	00:40:20
155	SUCHANEK Robert	808	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07	00:31:31	00:40:22
156	LORANC Paweł	793	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24	00:31:33	00:40:22
157	CHYBIORZ Marek	582		M30-39	00:00:18	00:12:47	00:21:43	00:31:48	00:40:23
158	BYRSKI Henryk	827	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24	00:31:32	00:40:23
159	ŻUR Marek	449	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26	00:31:43	00:40:28
160	ROGAŁA Maciej	396	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29	00:31:45	00:40:30
161	NALEPKA Ewa	189	BIEGIEM PRZEZ GÓRY	K30-39	00:00:09	00:12:23	00:21:08	00:31:30	00:40:31
162	KITA Jakub	878		M16-19	00:00:10	00:12:47	00:21:50	00:31:59	00:40:33
163	KAWECKI Stanisław	305	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19	00:31:35	00:40:38
164	LILLA Piotr	580	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28	00:40:38
165	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48	00:30:58	00:40:45

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
166	SITKO Adam	328	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58	00:31:40	00:40:46
167	MROWIEC Bernard	393	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37	00:31:59	00:40:47
168	NIEŚŁONY Dominik	908		M20-29	00:00:09	00:12:25	00:21:14	00:31:48	00:40:49
169	UCIEKLAK Waldemar	221	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35	00:31:52	00:40:49
170	BUGDOL Zbigniew	459		M20-29	00:00:23	00:12:42	00:21:45	00:31:58	00:40:50
171	BAC Michał	555		M30-39	00:00:15	00:12:55	00:21:51	00:32:06	00:40:51
172	STEMPEL Grzegorz	667	1989	M20-29	00:00:12	00:12:18	00:21:16	00:31:47	00:40:53
172	JĘDRZEJAK Piotr	146		M40-49	00:00:26	00:13:06	00:22:05	00:32:08	00:40:54
174	PIECZKA Monika	816		K30-39	00:00:04	00:12:37	00:21:28	00:31:57	00:40:55
175	PUDA Krzysztof	790		M40-49	00:00:06	00:12:10	00:20:53	00:31:31	00:40:55
176	TOMCZYK Maurycy	29	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52	00:32:15	00:41:00
177	SOJKA Piotr	380	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57	00:32:14	00:41:03
178	DOBROWOLSKI Sławek	219	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44	00:32:10	00:41:05
179	PIEUCH Agnieszka	212	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:17	00:12:49	00:21:46	00:32:07	00:41:07
180	STUHLIK Marek	376	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02	00:32:23	00:41:11
181	GAJ Paulina	735	MCKIS JAWORZNO	K20-29	00:00:04	00:12:02	00:21:12	00:32:19	00:41:14
182	KUDER Marek	265	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56	00:32:08	00:41:14
183	CZAPOROWSKI Tomasz	222		M30-39	00:00:10	00:12:24	00:21:21	00:32:02	00:41:17
184	WYREMBELSKI Adam	169		M20-29	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17
185	BARAN Bartosz	766		M20-29	00:00:15	00:13:13	00:22:17	00:32:34	00:41:17
186	MAŁECKI Jacek	462		M30-39	00:00:12	00:12:43	00:21:43	00:32:20	00:41:18
187	MRÓZEK Rafał	621	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22	00:32:17	00:41:21
188	BIELA Rafał	595		M30-39	00:00:10	00:12:50	00:21:54	00:32:15	00:41:21
189	JANKO Anna	712	HRMAX ŻORY	K20-29	00:00:10	00:12:44	00:21:45	00:32:12	00:41:23
190	POŁEDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08	00:32:30	00:41:26
191	KWAŚNY Marcin	665	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55	00:32:19	00:41:27
192	POHL Armin	581		M20-29	00:00:07	00:12:50	00:21:51	00:32:20	00:41:29
193	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49	00:32:25	00:41:30
194	KANCLERZ Tomasz	708		M30-39	00:00:17	00:12:46	00:21:50	00:32:18	00:41:30
195	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31
196	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51	00:32:21	00:41:31
197	ZGRZENDEK Patryk	726		M20-29	00:00:12	00:12:50	00:22:00	00:32:26	00:41:32
198	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28	00:41:32
199	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49	00:32:26	00:41:33
200	PIWISZKIS Barbara	174	KOBIETY NA 5+	K30-39	00:00:15	00:12:46	00:21:50	00:32:22	00:41:33
201	DUROK Wojciech	534	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52	00:32:22	00:41:33
202	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55	00:32:27	00:41:33
203	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31	00:32:20	00:41:35
204	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36	00:41:35
205	SUCHY Zbigniew	691		M40-49	00:00:26	00:12:45	00:21:46	00:32:20	00:41:35
206	SKWARLIŃSKI Mirosław	874		M50-59	00:00:10	00:12:43	00:21:49	00:32:23	00:41:37
207	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10	00:32:43	00:41:44
208	PAWTEL Agata	59		K30-39	00:00:09	00:12:49	00:21:56	00:32:38	00:41:45
209	DUDZIK Sebastian	383		M30-39	00:00:14	00:12:28	00:21:20	00:32:19	00:41:46
210	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53	00:32:31	00:41:46

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
211	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54	00:32:43	00:41:47
212	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26	00:41:47
213	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48
214	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54	00:32:36	00:41:50
215	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46	00:32:22	00:41:51
216	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27	00:41:52
217	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15	00:32:54	00:41:55
218	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55	00:32:36	00:41:57
219	MENŻYK Joanna	26		K40-49	00:00:15	00:12:47	00:22:00	00:32:54	00:42:03
220	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53	00:32:42	00:42:04
221	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50	00:32:43	00:42:05
222	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53	00:32:39	00:42:09
223	MORAWSKA Julia	468	UKS CHROMIK MYSŁOWICE	K16-19	00:00:18	00:12:58	00:22:16	00:32:54	00:42:12
224	ŁUSZCZYK Sergiusz	700		M20-29	00:00:21	00:13:25	00:22:32	00:33:04	00:42:12
225	PLEWNIA Dawid	776		M20-29	00:00:18	00:12:58	00:22:05	00:32:50	00:42:13
226	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46	00:32:53	00:42:14
227	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50	00:32:37	00:42:14
228	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04	00:42:17
229	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11	00:32:57	00:42:18
230	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27	00:33:14	00:42:22
231	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58	00:32:48	00:42:23
232	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43	00:32:39	00:42:23
233	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43	00:32:35	00:42:26
234	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23	00:33:14	00:42:26
235	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02	00:33:14	00:42:30
236	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56	00:32:57	00:42:31
237	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13	00:42:32
238	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53	00:42:32
239	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52	00:32:54	00:42:35
240	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59	00:32:58	00:42:38
241	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53	00:33:04	00:42:42
242	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02	00:33:11	00:42:43
243	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21	00:33:10	00:42:45
244	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08	00:33:10	00:42:46
245	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09	00:33:19	00:42:47
246	DYRCZ Anna	147		K40-49	00:00:11	00:12:58	00:22:02	00:32:18	00:42:47
247	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29	00:33:25	00:42:50
248	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12	00:33:14	00:42:50
249	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30	00:33:26	00:42:51
250	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45	00:33:30	00:42:55
251	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02	00:33:55	00:42:59
252	STOLORZ Katarzyna	620		K30-39	00:00:15	00:13:32	00:22:59	00:33:49	00:43:01
253	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00	00:33:50	00:43:03
254	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28	00:33:38	00:43:08
255	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51	00:33:52	00:43:16

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
256	KOWALSKA Kinga	21	OLZA CIESZYN	K40-49	00:00:20	00:13:22	00:22:46	00:33:43	00:43:16
257	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46	00:33:43	00:43:17
258	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47	00:33:50	00:43:19
259	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27	00:33:48	00:43:19
259	WIELOPOLSKI Łukasz	123		M20-29	00:00:16	00:13:25	00:22:51	00:33:47	00:43:20
261	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41	00:33:50	00:43:24
262	MAZURKIEWICZ Jarosław	687		M50-59	00:00:14	00:13:08	00:22:41	00:33:56	00:43:25
263	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25	00:33:37	00:43:25
264	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57	00:33:48	00:43:25
265	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21	00:43:26
266	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45	00:33:50	00:43:29
267	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03	00:43:34
268	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11	00:34:11	00:43:35
269	NANTKA Wittek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12	00:34:11	00:43:35
270	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40	00:34:22	00:43:35
271	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55	00:43:36
272	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11	00:34:16	00:43:39
273	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59	00:34:00	00:43:39
274	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29	00:33:48	00:43:40
275	KRAKOWCZYK Marta	38	YNO ULTRA	K20-29	00:00:18	00:13:10	00:23:06	00:34:16	00:43:40
276	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55	00:34:13	00:43:47
277	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38	00:43:52
278	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29	00:43:52
279	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36	00:33:59	00:43:54
280	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11	00:34:19	00:43:56
281	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51	00:34:09	00:44:00
282	LERCH Bożena	276	RUNTEAM PAWŁOWICE	K30-39	00:00:23	00:14:04	00:23:39	00:34:37	00:44:00
283	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43	00:34:33	00:44:01
284	KOZŁOWSKI Zbigniew	747	OFIARY KAMIEŃCA	M40-49	00:00:19	00:13:36	00:23:12	00:34:25	00:44:11
285	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47	00:34:44	00:44:12
286	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51	00:34:15	00:44:15
287	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25	00:34:34	00:44:19
288	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38	00:34:37	00:44:21
289	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50	00:34:16	00:44:22
290	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48	00:44:26
291	KAŻMIERCZAK Szymon	834		M20-29	00:00:21	00:13:51	00:23:42	00:34:45	00:44:27
292	KOBIALKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11	00:44:29
293	BAKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47	00:44:29
294	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18	00:35:26	00:44:30
295	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01	00:34:40	00:44:32
296	ZĘBIK Grażyna	426		K40-49	00:00:20	00:13:22	00:22:47	00:34:39	00:44:32
297	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35	00:34:43	00:44:33
298	GÓRECKI Adam	614		M20-29	00:00:24	00:14:37	00:24:27	00:35:23	00:44:33
299	WINIARSKA Monika	103	BIEGIEM PRZEZ GÓRY	K30-39	00:00:15	00:13:28	00:23:23	00:34:49	00:44:34
300	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17	00:34:37	00:44:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
301	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57	00:44:40
302	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35	00:34:57	00:44:42
303	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53	00:35:07	00:44:45
304	POŁOMSKA Edyta	416	POŁOMSCU TEAM	K40-49	00:00:14	00:14:07	00:23:51	00:35:03	00:44:46
305	KOPIEC Izabela	35	INTER ROPE TEAM	K30-39	00:00:16	00:14:08	00:23:52	00:35:07	00:44:46
306	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18	00:44:49
307	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19	00:35:32	00:44:51
308	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54
309	URBANEK Małgorzata	366	WAPIENICKITEAM	K40-49	00:00:22	00:14:07	00:23:54	00:35:12	00:44:54
310	PISAREK Radek	234	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01	00:34:45	00:44:57
311	HELIOSZ Agnieszka	144	INTERAKTYWNI	K40-49	00:00:17	00:13:51	00:23:41	00:35:03	00:44:59
312	STĘPIEŃ Kamila	319		K30-39	00:00:20	00:13:57	00:23:52	00:35:13	00:45:01
313	SZCZERZEK Zbigniew	636		M60-69	00:00:15	00:13:51	00:23:45	00:35:11	00:45:03
314	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42	00:35:54	00:45:04
315	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48	00:35:12	00:45:06
316	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26	00:34:54	00:45:08
317	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47	00:35:11	00:45:09
318	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02	00:35:23	00:45:11
319	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27	00:35:07	00:45:12
320	BARAN Ryszard	767	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37	00:35:08	00:45:12
321	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40	00:35:24	00:45:13
322	PAJESTKA Katarzyna	142		K40-49	00:00:18	00:13:52	00:23:48	00:35:12	00:45:13
323	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06	00:35:24	00:45:13
324	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09	00:35:20	00:45:15
325	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20	00:35:48	00:45:20
326	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13	00:35:36	00:45:23
327	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06	00:45:23
328	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08	00:35:26	00:45:24
329	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04	00:35:24	00:45:26
330	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23	00:35:42	00:45:26
331	ŻBEL Ania	355	HRMAX ŻORY	K30-39	00:00:23	00:14:45	00:24:38	00:35:45	00:45:28
332	RĘBISZ Agnieszka	796	EKO-OKNA RUNNERS	K40-49	00:00:10	00:13:31	00:23:19	00:35:18	00:45:29
333	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17	00:35:46	00:45:29
334	PROKOPENKO Aga	186		K40-49	00:00:27	00:14:03	00:24:00	00:35:23	00:45:30
335	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33	00:35:49	00:45:31
336	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21	00:45:34
337	SICH- SOSNA Agnieszka	334		K40-49	00:00:16	00:14:16	00:24:06	00:35:36	00:45:36
338	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52	00:45:37
339	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48	00:45:39
340	LOT Michał	533		M20-29	00:00:25	00:14:38	00:24:50	00:36:22	00:45:41
341	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55	00:35:32	00:45:44
342	SICH-ŚWITAŁA Małgorzata	133		K40-49	00:00:16	00:14:16	00:24:06	00:35:40	00:45:44
343	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59	00:45:46
344	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02	00:45:46
345	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04	00:35:45	00:45:47

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
346	SZEW CZUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03	00:35:43	00:45:48
347	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47	00:36:13	00:45:48
348	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13	00:35:29	00:45:49
349	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27	00:36:02	00:45:49
350	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58	00:35:48	00:45:54
351	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23	00:35:56	00:45:57
352	SOKOŁOWSKA Anna	394	BRAK	K50-59	00:00:20	00:14:01	00:23:57	00:35:45	00:46:01
353	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15	00:46:03
354	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20	00:35:56	00:46:09
355	WIERCIOCH Tomasz	131		M30-39	00:00:24	00:14:35	00:24:41	00:36:17	00:46:09
356	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	00:00:30	00:14:37	00:24:43	00:36:12	00:46:09
357	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22	00:36:07	00:46:11
358	MACHEJ Stanisław	703	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47	00:36:22	00:46:12
359	FILUSZ Dawid	548		M20-29	00:00:26	00:14:35	00:24:39	00:36:14	00:46:12
360	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39	00:36:24	00:46:13
361	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14
362	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48	00:36:18	00:46:14
363	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49	00:46:16
364	LORANC Izabela	358		K40-49	00:00:24	00:14:26	00:24:34	00:36:12	00:46:16
365	BOTOREK Michał	742		M30-39	00:00:24	00:14:39	00:24:51	00:36:24	00:46:16
366	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18
367	PŁÓCIENNIK Aleksandra	752		K30-39	00:00:17	00:13:43	00:23:57	00:35:53	00:46:18
368	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20
369	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19	00:46:21
370	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52	00:36:24	00:46:23
371	WOWRY Sylwia	644		K30-39	00:00:19	00:14:09	00:24:16	00:36:21	00:46:27
372	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24	00:36:14	00:46:31
373	JUSZCZAK Grzegorz	715		M30-39	00:00:25	00:14:37	00:24:37	00:36:23	00:46:32
374	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08	00:36:36	00:46:33
375	KAMYCZEK Adam	300		M30-39	00:00:22	00:14:10	00:24:25	00:36:26	00:46:42
376	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27	00:46:44
377	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53	00:36:35	00:46:46
378	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23	00:36:25	00:46:51
379	CYGANIK Piotr	465	FC CWANIANKI	M30-39	00:00:25	00:14:37	00:24:51	00:36:38	00:46:52
380	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01	00:36:20	00:46:53
381	WÓJCIK-KRZYŻOWSKA Barbara	166	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:14:57	00:25:12	00:36:45	00:46:53
382	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24	00:46:54
383	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41	00:36:27	00:46:54
384	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20	00:37:00	00:46:57
385	OLSZYNA Mirosław	156		M40-49	00:00:30	00:15:15	00:25:42	00:37:32	00:46:58
386	PLOCH Weronika	831	MKS PARASOL WROCŁAW	K16-19	00:00:19	00:14:12	00:24:17	00:36:22	00:46:59
387	PAWŁOK Anna	250		K20-29	00:00:18	00:14:12	00:24:12	00:36:19	00:47:01
388	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56	00:37:03	00:47:04

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
389	OLBRYCH Monika	907		K20-29	00:00:31	00:14:36	00:24:44	00:36:53	00:47:04
390	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05	00:36:49	00:47:05
391	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17	00:37:02	00:47:05
392	SIKORA Alicja	609	TEAM SIKORA	K60-69	00:00:18	00:14:49	00:25:04	00:37:03	00:47:09
393	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52	00:36:49	00:47:09
394	GORZELAK Joanna	352	KOBIETY NA 5+	K30-39	00:00:31	00:14:38	00:24:51	00:36:46	00:47:09
395	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29	00:36:42	00:47:10
396	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00	00:47:19
397	BORKOWSKA Paulina	406		K30-39	00:00:06	00:14:30	00:24:47	00:36:48	00:47:29
398	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15	00:36:34	00:47:33
399	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17	00:37:11	00:47:38
400	FURMANIUK Artur	773		M30-39	00:00:18	00:13:50	00:24:15	00:36:42	00:47:42
401	TYCZYŃSKA Paulina	194	SZYBKIE ŻÓŁWIE	K30-39	00:00:22	00:14:39	00:24:56	00:37:11	00:47:46
402	SOLICH Ola	79	SULIS HOKO TEAM	K30-39	00:00:30	00:15:15	00:25:42	00:37:32	00:47:47
403	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30	00:37:34	00:47:52
404	JANECKA Marta	362		K16-19	00:00:16	00:14:59	00:25:21	00:37:38	00:47:55
405	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42	00:37:02	00:47:57
406	PĘDZIK Błażej	143		M20-29	00:00:46	00:15:34	00:25:46	00:37:33	00:47:57
407	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10	00:37:06	00:47:59
408	RASZKA Janusz	419	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50	00:37:11	00:48:05
409	KOTOWICZ Anna	716		K30-39	00:00:26	00:15:10	00:25:40	00:37:49	00:48:12
410	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51	00:36:55	00:48:14
411	SOKOŁOWSKI Piotr	395	BRAK	M50-59	00:00:33	00:15:10	00:25:32	00:37:55	00:48:20
412	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54	00:48:20
413	MALARA Anna	862		K30-39	00:00:27	00:14:35	00:24:56	00:37:31	00:48:21
414	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10	00:38:29	00:48:21
415	JASZCZYK Łukasz	760		M30-39	00:00:33	00:16:04	00:26:39	00:38:15	00:48:22
416	SOBIERAJSKI Przemek	573		M40-49	00:00:24	00:14:39	00:24:50	00:37:21	00:48:24
417	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07	00:37:20	00:48:28
418	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33
419	KUBICA Patrycja	348	OLZA CIESZYN	K30-39	00:00:31	00:14:49	00:25:38	00:37:46	00:48:34
420	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59	00:37:38	00:48:36
421	BURNAGIEL Tomasz	27		M50-59	00:00:25	00:15:16	00:25:59	00:38:11	00:48:36
422	WIERBICKI Krystian	333		M40-49	00:00:39	00:15:30	00:25:54	00:38:08	00:48:41
423	JAWORSKI Mateusz	514		M30-39	00:00:30	00:14:33	00:25:02	00:37:34	00:48:42
424	MAJCHRZAK Dawid	745		M20-29	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43
425	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40	00:37:37	00:48:44
426	PLEWNIA Irena	308	FORMA WODZISŁAW ŚLĄSKI	K30-39	00:00:31	00:15:03	00:25:33	00:38:11	00:48:46
427	SZUL Józef	634		M60-69	00:00:00	00:15:06	00:25:26	00:37:56	00:48:47
428	DOMAGAŁA Kornelia	161		K30-39	00:00:31	00:15:10	00:25:39	00:38:01	00:48:50
429	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53	00:48:56
430	MACURA Ewa	306	HRMAX ŻORY	K50-59	00:00:24	00:14:38	00:25:22	00:38:23	00:48:58
431	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57	00:38:26	00:49:00
432	TYLMAN-MADEJCZYK Marta	798	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:28	00:15:11	00:26:10	00:38:33	00:49:03
433	MALINOWSKA Małgorzata	111	POWOLI DO CELU	K40-49	00:00:35	00:15:33	00:26:06	00:38:20	00:49:04

Msc	Zawodnik	Numer	Klub	Kategoria	Czas	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
					startu	2.9km	5km	7.3km	9.4km
434	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05
435	MANISZEWSKA Dorota	547	OLZA CIESZYN	K40-49	00:00:32	00:15:26	00:26:05	00:38:27	00:49:07
436	SRADOMSKA Barbara	504	1972	K40-49	00:00:25	00:15:08	00:25:39	00:38:21	00:49:08
437	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11
438	MAZUR Arkadiusz	569		M30-39	00:00:27	00:15:53	00:26:35	00:38:43	00:49:12
439	JANKO Kamil	743		M30-39	00:00:27	00:15:43	00:26:20	00:38:42	00:49:13
440	DOMIN-ZBYL Agnieszka	171		K40-49	00:00:29	00:15:15	00:25:56	00:38:24	00:49:13
441	GENSTY Klaudia	639	DYSTANS LUBOMIA	K40-49	00:00:31	00:15:45	00:26:25	00:38:43	00:49:13
442	JASIŃSKI Kristof	865	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08	00:38:22	00:49:14
443	PALUCHIEWICZ Szymon	243		M40-49	00:00:23	00:14:49	00:25:44	00:38:24	00:49:15
444	BORUCKI Dariusz	517		M30-39	00:00:26	00:15:20	00:25:51	00:38:33	00:49:16
445	CHYBIORZ Magdalena	470		K20-29	00:00:29	00:15:24	00:26:10	00:38:34	00:49:16
446	BARANKIEWICZ Irek	513	XT 500	M40-49	00:00:30	00:15:37	00:26:17	00:38:45	00:49:18
447	CZERNICKA Magdalena	40	YNO ULTRA	K30-39	00:00:28	00:15:11	00:25:52	00:38:28	00:49:19
448	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35	00:38:16	00:49:22
449	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25	00:38:14	00:49:23
450	BIAŁOŃCZYK Joanna	542		K30-39	00:00:26	00:15:36	00:26:24	00:38:45	00:49:24
451	MAZUR Katarzyna	455		K30-39	00:00:38	00:15:56	00:26:42	00:39:00	00:49:27
451	ROMANIUK-DEMONCHAUX Katarzyna	853	DRUŻYNA KOPERNIKA	K40-49	00:00:36	00:16:05	00:26:51	00:39:03	00:49:29
453	KOSMALA-LANDZIŃSKA Ewa	346		K30-39	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30
454	LANDZIŃSKI Jacek	471		M30-39	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30
455	BRZEŹNIAK Jan	893		M30-39	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30
456	RZEŚITA Damian	780		M30-39	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30
457	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22	00:38:24	00:49:36
458	BRODA Kamila	105		K20-29	00:00:28	00:15:49	00:26:31	00:39:00	00:49:38
459	RZEPECKA Bożena	645	OLZA CIESZYN	K50-59	00:00:30	00:15:01	00:25:51	00:38:32	00:49:39
460	MARYNIAK Wojtek	689		M30-39	00:00:39	00:16:07	00:27:03	00:39:16	00:49:41
461	GNAŚ Anna	60	KOBIETY NA 5+	K30-39	00:00:24	00:14:44	00:25:30	00:38:39	00:49:43
462	MARCINIAK Artur	710		M50-59	00:00:27	00:15:29	00:26:25	00:38:55	00:49:43
463	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45	00:39:13	00:49:43
464	NIEMIEC Halina	141	KAJTEAM	K40-49	00:00:29	00:15:58	00:26:40	00:39:04	00:49:44
465	KAZIMIERCZUK Monika	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	K30-39	00:00:29	00:15:58	00:26:41	00:39:05	00:49:44
466	KOPTA Jerzy	80	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08	00:38:51	00:49:47
467	LUBSZCZYK Justyna	584	YNO ULTRA	K20-29	00:00:26	00:15:24	00:26:22	00:39:14	00:49:48
468	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05	00:39:29	00:49:48
469	LISIOWSKI Jakub	524		M16-19	00:00:33	00:16:06	00:26:48	00:39:07	00:49:49
470	STARCZEWSKI Marcin	593		M30-39	00:00:35	00:15:50	00:26:43	00:39:02	00:49:49
471	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59	00:38:40	00:49:49
472	ŁATKA Marek	387		M40-49	00:00:25	00:15:10	00:26:04	00:38:41	00:49:55
473	JURASZEK Elzbieta	632	JUSTFEELFIT	K30-39	00:00:34	00:15:59	00:26:55	00:39:27	00:49:58
474	HARATYK Gabriela	295		K30-39	00:00:26	00:15:07	00:26:04	00:38:58	00:49:59
475	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36	00:40:11	00:49:59
476	CZYŻ Wojciech	624		M40-49	00:00:30	00:15:13	00:26:03	00:38:51	00:50:00
477	DURAJ Dariusz	86	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06	00:39:30	00:50:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
478	KROCZEK Przemysław	829		M20-29	00:00:46	00:16:17	00:27:02	00:39:48	00:50:03
479	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06
480	MYNARSKA Ligia	896	DALEKO JESZCZE?	K40-49	00:00:23	00:15:13	00:26:13	00:39:15	00:50:09
481	POPEK Barbara	397	SOBIESKI6	K40-49	00:00:19	00:15:21	00:26:13	00:39:05	00:50:10
482	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31	00:39:28	00:50:10
483	BYWALEC Stanislaw	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59	00:38:48	00:50:11
484	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24	00:38:46	00:50:16
485	JAGODZIŃSKA Magdalena	605	KOLKA TEAM	K30-39	00:00:35	00:15:52	00:26:57	00:39:29	00:50:19
486	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21	00:39:08	00:50:20
487	KONOPKA Jaroslaw	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23	00:50:22
488	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10	00:50:23
489	DURAJ Magdalena	145		K30-39	00:00:33	00:16:09	00:27:24	00:40:04	00:50:23
490	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55	00:50:24
491	MUSIAŁ Maria	407		K50-59	00:00:31	00:15:40	00:26:36	00:39:31	00:50:26
492	LERCH Marysia	257	RUNTEAM PAWŁOWICE	K30-39	00:00:32	00:15:20	00:26:23	00:39:29	00:50:34
493	KUBICA Edyta	891		K40-49	00:00:24	00:15:08	00:26:06	00:39:04	00:50:37
494	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11	00:39:47	00:50:37
495	HARAZIN Ania	571		K20-29	00:00:35	00:16:01	00:27:11	00:39:47	00:50:38
496	PAJESTKA Marek	148	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30	00:39:25	00:50:40
497	CHROBOK Gerard	535		M50-59	00:00:30	00:15:22	00:26:24	00:39:26	00:50:41
498	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29	00:39:26	00:50:41
499	CHROBOK Józefa	532		K40-49	00:00:30	00:15:22	00:26:21	00:39:26	00:50:42
500	CIESLAR Kasia	646		K30-39	00:00:32	00:16:15	00:27:25	00:40:09	00:50:42
501	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07	00:50:43
502	CHOJCAN Beata	424	INŻYNIERIA BIEGANIA	K40-49	00:00:28	00:16:00	00:27:01	00:39:43	00:50:44
503	WERNIK Katarzyna	469	BESTFITCLUB RYBNIK	K40-49	00:00:32	00:15:45	00:26:52	00:39:44	00:50:44
504	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54	00:39:08	00:50:46
505	KRAUSE Sylwia	289	RADLINIOKI W BIEGU	K40-49	00:00:32	00:15:47	00:26:52	00:39:37	00:50:49
506	MARCZAK-OLEJNICZAK Ania	718		K30-39	00:00:39	00:16:11	00:27:19	00:40:03	00:50:54
507	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59	00:39:46	00:50:57
508	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14	00:40:01	00:51:00
509	STABLA Agata	335		K30-39	00:00:18	00:15:27	00:26:32	00:39:44	00:51:03
510	GÓRA Marta	327		K30-39	00:00:07	00:15:17	00:26:26	00:39:40	00:51:04
511	BANDÍK Pavel	350	SK ČERNÉ PLÍČE	M50-59	00:00:34	00:16:09	00:27:23	00:40:11	00:51:04
512	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22	00:40:09	00:51:05
513	WOLIŃSKI Józef	114		M50-59	00:00:37	00:15:57	00:26:55	00:39:50	00:51:05
514	ZELENT Karolina	33	DIETETYKJASTRZEBIE.PL	K20-29	00:00:37	00:15:39	00:26:54	00:40:06	00:51:06
515	MAREK-WRÓBEL Edyta	680		K60-69	00:00:35	00:16:08	00:27:23	00:40:10	00:51:08
516	NALEWAJKA Wioleta	87	KOBIETY NA 5+	K40-49	00:00:32	00:16:11	00:27:22	00:40:08	00:51:10
517	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00	00:51:12
518	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46	00:51:12
519	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00	00:40:46	00:51:13
520	GIEROŃ Katarzyna	709	DYSTANS LUBOMIA	K30-39	00:00:31	00:16:02	00:27:09	00:40:01	00:51:17
521	JESIONEK Małgorzata	731		K30-39	00:00:38	00:15:57	00:27:06	00:40:04	00:51:19
522	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17	00:40:20	00:51:20

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
523	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50	00:39:04	00:51:22
524	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10	00:51:22
525	STRZAŁA Marek	551		M20-29	00:00:25	00:15:02	00:26:18	00:39:55	00:51:24
526	PRZYBYSZ Kinga	204		K20-29	00:00:37	00:16:12	00:27:25	00:40:16	00:51:25
527	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44	00:40:25	00:51:26
528	KUJAŃSKA Aleksandra	811	INŻYNIERIA BIEGANIA TEAM	K30-39	00:00:27	00:15:12	00:26:16	00:39:42	00:51:28
529	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24	00:40:13	00:51:29
530	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22	00:40:15	00:51:29
531	PODBIOL Agnieszka	558		K20-29	00:00:43	00:15:21	00:26:12	00:39:56	00:51:36
532	KOMAJDA Basia	343	OLZA CIESZYN	K30-39	00:00:37	00:16:03	00:27:11	00:40:21	00:51:37
533	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57	00:40:42	00:51:37
534	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13	00:51:38
535	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09	00:40:09	00:51:39
536	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50	00:40:16	00:51:40
537	SIEGMUND Jolanta	63		K40-49	00:00:29	00:16:04	00:27:13	00:40:11	00:51:45
538	GWIZDAŁA Dominika	138		K20-29	00:00:41	00:16:16	00:27:31	00:40:38	00:51:45
539	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38	00:40:04	00:51:48
540	CIMAŁA Katarzyna	232		K20-29	00:00:41	00:16:15	00:27:24	00:40:24	00:51:48
541	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26	00:51:50
542	SKWARK Aneta	255		K30-39	00:00:27	00:15:48	00:27:13	00:40:22	00:51:53
543	STEKLA Bartłomiej	610		M20-29	00:00:36	00:16:10	00:27:23	00:40:24	00:51:53
544	MIŁOBÓG Ewa	779	KOLKA TEAM	K30-39	00:00:35	00:15:54	00:27:12	00:40:30	00:51:54
545	KOLORZ-STYLOK Katarzyna	640		K40-49	00:00:32	00:16:12	00:27:23	00:40:36	00:51:59
546	RYZ Dawid	545		M20-29	00:00:36	00:16:04	00:27:26	00:40:48	00:51:59
547	GRABKA Stanisław	737	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30	00:40:52	00:52:03
548	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32	00:40:48	00:52:04
549	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32	00:40:37	00:52:05
550	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:07
550	FROSZTĘGA Katarzyna	835		K30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:08
552	ŻŁOBICKA Agnieszka	768	DAR-BUD TEAM	K30-39	00:00:40	00:16:43	00:28:15	00:41:12	00:52:08
553	SŁOTWIŃSKA Anna	177		K40-49	00:00:28	00:16:03	00:27:15	00:40:26	00:52:10
554	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27	00:40:52	00:52:12
555	FLASZ Anna	192		K30-39	00:00:27	00:16:23	00:27:43	00:40:55	00:52:20
556	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52	00:41:18	00:52:25
557	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50	00:40:06	00:52:28
558	SOBCZYK Sławomir	627	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30	00:41:27	00:52:28
559	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34	00:52:31
560	KOSMAŁA Stanisława	472		K60-69	00:00:30	00:16:40	00:28:07	00:41:20	00:52:31
561	JĘDRUSIAK Lidia	649		K30-39	00:00:32	00:16:13	00:27:31	00:40:59	00:52:37
562	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48	00:41:03	00:52:39
563	KIEŁKOWSKA Agnieszka	217		K40-49	00:00:43	00:16:43	00:28:06	00:41:17	00:52:39
564	ĆWIOK Barbara	546	FIS-SST TEAM	K40-49	00:00:37	00:16:45	00:28:19	00:41:22	00:52:44
565	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27	00:41:50	00:52:44
566	PIECYK Adrianna	190		K40-49	00:00:26	00:15:46	00:27:09	00:41:00	00:52:45
567	WILSZ Ewa	481	FIS-SST TEAM	K40-49	00:00:36	00:16:46	00:28:21	00:41:22	00:52:45

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
568	HYŁA Aleksandra	373	KRS TKKF MORSY.PL	K20-29	00:00:34	00:16:11	00:27:24	00:40:54	00:52:50
569	GREŃ Dorota	629	OLZA CIESZYN	K30-39	00:00:32	00:16:15	00:27:25	00:40:58	00:52:53
570	HERUD Magdalena	761	EKO-OKNA RUNNERS	K30-39	00:00:40	00:16:45	00:28:19	00:41:35	00:52:55
571	BRZUSKA Katarzyna	120	OLZA CIESZYN	K40-49	00:00:40	00:16:43	00:28:15	00:41:22	00:52:58
572	PYTEL Renata	440		K40-49	00:00:07	00:16:10	00:27:42	00:41:05	00:53:06
573	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19	00:41:02	00:53:10
574	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25	00:41:18	00:53:10
575	PIETRZYK Marek	556	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47	00:41:28	00:53:12
576	SOBIERAJSKA Renata	575	EKO-OKNA RUNNERS	K40-49	00:00:24	00:15:27	00:27:05	00:41:04	00:53:17
577	SZKLANNY-RECLIK Elżbieta	487		K30-39	00:00:37	00:16:29	00:27:57	00:41:27	00:53:21
578	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33	00:53:25
579	MUSIAŁ Wioletta	271	GB GALOPUJĄCE ŚLIMAKI	K30-39	00:00:29	00:16:23	00:27:32	00:41:34	00:53:25
580	FRAJHOFER Ewa	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	K30-39	00:00:33	00:16:10	00:27:37	00:41:27	00:53:27
581	KUBICA Tadeusz	353	BWM	M50-59	00:00:35	00:16:30	00:28:01	00:41:43	00:53:28
582	NOWAK Magdalena	351	BWM	K20-29	00:00:34	00:16:31	00:28:02	00:41:44	00:53:29
583	HEJNA Izabela	466	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:17	00:27:53	00:41:51	00:53:33
584	FRYDECKA Mirosława	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	K40-49	00:00:35	00:16:12	00:27:34	00:41:31	00:53:34
585	STANULA Dominika	228		K20-29	00:00:34	00:16:44	00:28:31	00:42:02	00:53:36
586	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13	00:41:52	00:53:38
587	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40
588	BARAN Irena	25	SZARE MORSY	K50-59	00:00:34	00:16:25	00:28:04	00:42:08	00:53:40
589	GWIZDAŁA Joanna	139		K30-39	00:00:41	00:16:07	00:27:25	00:41:27	00:53:40
590	KOTERYNA Janusz	641	AMATOR	M60-69	00:00:26	00:16:20	00:27:58	00:41:53	00:53:45
591	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45	00:53:51
592	PRÓSZYŃSKA Agnieszka	244		K30-39	00:00:36	00:16:15	00:27:48	00:41:43	00:53:54
593	SOBCZYK Renata	625	PASJONAT	K40-49	00:00:41	00:17:00	00:28:30	00:41:58	00:53:56
594	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53	00:42:14	00:53:56
595	BIELA Małgorzata	284	KOBIETY NA 5+	K40-49	00:00:33	00:16:16	00:27:50	00:41:47	00:53:57
596	ŻEBROWSKA Matylda	73	MYSŁOWICKI KLUB BIEGACZA NO.I	K40-49	00:00:43	00:16:47	00:28:53	00:42:17	00:53:57
597	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16	00:41:20	00:54:02
598	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04	00:42:05	00:54:03
599	OSZCZĘDA Marzena	224	ZARAZIĆ PASJĄ	K40-49	00:00:26	00:15:55	00:27:42	00:42:06	00:54:06
600	GIŻYŃSKA Katarzyna	253	KOBIETY NA 5+	K30-39	00:00:34	00:16:40	00:28:24	00:42:14	00:54:06
601	BAJCAR Beata	184	KOBIETY NA 5+	K40-49	00:00:34	00:16:39	00:28:24	00:42:14	00:54:07
602	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22	00:42:21	00:54:10
603	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46	00:54:19
604	WOJTAŚ Patrycja	734	KOLKA TEAM	K20-29	00:00:34	00:17:16	00:28:58	00:42:36	00:54:25
605	KACZOREK Ania	386	HRMAX ŻORY	K40-49	00:00:25	00:16:34	00:28:20	00:42:21	00:54:26
606	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30
607	DONOCIK Bogusława	508	OLZA CIESZYN	K40-49	00:00:41	00:16:53	00:28:44	00:42:33	00:54:37
608	SIENIAWSKA Janina	109	KS KOZIOŁEK KĘDZIERZYN-KOŻLE	K60-69	00:00:29	00:17:18	00:29:12	00:42:51	00:54:42
609	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45	00:42:37	00:54:43
610	BURZYŃSKA Beata	266		K40-49	00:00:35	00:16:27	00:28:16	00:42:24	00:54:47
611	PODBIOŁ Inez	557		K30-39	00:00:44	00:17:24	00:29:05	00:42:49	00:54:51
612	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40	00:54:52

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
613	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58	00:54:56
614	LISZOK Iwona	117		K30-39	00:00:38	00:16:59	00:29:01	00:42:58	00:54:56
615	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47	00:42:49	00:55:03
616	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04	00:43:00	00:55:04
617	SZKODA Magda	839		K30-39	00:00:38	00:16:43	00:28:46	00:42:50	00:55:04
618	REKAL Dorota	552		K50-59	00:00:27	00:15:41	00:27:26	00:42:03	00:55:05
619	TYKIERKA Małgorzata	842	TOXPRESS	K40-49	00:00:38	00:17:08	00:29:06	00:43:08	00:55:05
620	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22	00:55:09
621	JURKIEWICZ-FILIKS Basia	652		K40-49	00:00:47	00:17:59	00:29:59	00:43:24	00:55:10
622	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09	00:42:25	00:55:13
623	MALISZEWSKA Beata	72		K30-39	00:00:44	00:17:46	00:30:09	00:43:52	00:55:13
624	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30	00:55:13
625	CIEŚLAR Ewa	701		K30-39	00:00:37	00:16:16	00:28:02	00:42:14	00:55:14
626	GAŃKO Grażyna	399		K50-59	00:00:18	00:17:12	00:29:12	00:43:12	00:55:16
627	FECZKO Lucyna	493		K40-49	00:00:31	00:16:26	00:28:03	00:42:14	00:55:16
628	REK Katarzyna	540	RADLINIOKI W BIEGU	K40-49	00:00:32	00:16:18	00:28:08	00:42:53	00:55:17
629	ZAGÓRSKA Ania	717		K30-39	00:00:39	00:17:05	00:29:13	00:43:10	00:55:17
630	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17	00:43:14	00:55:19
631	ŻAGIEL Wiktor	457		M20-29	00:00:33	00:16:12	00:27:29	00:42:00	00:55:21
632	WYSZYŃSKA Karina	738	DAR BUD TEAM	K30-39	00:00:40	00:17:18	00:29:24	00:43:27	00:55:22
633	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47	00:43:02	00:55:23
634	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34	00:42:34	00:55:26
635	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56	00:43:26	00:55:29
636	DOBRENIUK Aurelia	591		K40-49	00:00:39	00:17:13	00:29:38	00:43:44	00:55:35
637	WIDENKA Krystian	152	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22	00:42:39	00:55:35
638	GAŁKIEWICZ Monika	759		K40-49	00:00:33	00:16:30	00:28:36	00:42:59	00:55:36
639	SŁODZIŃSKA Magdalena	688		K20-29	00:00:42	00:17:40	00:29:57	00:43:55	00:55:40
640	FABRYKIEWICZ Joanna	412		K30-39	00:00:37	00:17:03	00:29:27	00:44:00	00:55:44
641	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21	00:55:44
642	ADAMIK Lukasz	825	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11	00:43:59	00:55:45
643	STOPYRA Agnieszka	124		K40-49	00:00:43	00:17:46	00:30:09	00:43:54	00:55:50
644	WIDENKA Joanna	293	DYSTANS LUBOMIA	K20-29	00:00:45	00:17:44	00:30:05	00:43:51	00:55:50
645	ŻAGIEL Edyta	102		K50-59	00:00:33	00:16:29	00:28:13	00:42:58	00:55:52
646	TARNOWSKA Edyta	443		K30-39	00:00:32	00:16:07	00:28:07	00:44:17	00:55:53
647	SZCZELINA Marta	39		K30-39	00:00:37	00:17:02	00:29:15	00:43:52	00:55:53
648	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50	00:42:35	00:55:54
649	TYCZYŃSKA Małgorzata	285	SZYBKE ŻÓŁWIE	K50-59	00:00:34	00:16:31	00:28:50	00:43:17	00:55:55
650	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54	00:55:56
651	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55	00:55:56
652	WACŁAWIK Ewa	301	FANTASTIC TEAM ANNA SIKORA	K40-49	00:00:39	00:17:08	00:29:12	00:43:23	00:55:57
653	KOSOWSKA Grażyna	576	KOBIETY NA5+	K50-59	00:00:43	00:17:02	00:29:07	00:43:25	00:55:57
654	STEKLA MAJER Anna	421	GRUPA SPORTOWA REKORD	K20-29	00:00:36	00:17:03	00:29:12	00:43:58	00:55:59
655	PŁASKA Barbara	202	KOBIETY NA 5+	K40-49	00:00:42	00:17:35	00:30:02	00:43:50	00:55:59
656	BETAŃSKA Aneta	158	KOBIETY NA 5+	K40-49	00:00:43	00:17:01	00:29:07	00:43:33	00:55:59
657	ZIĘBA Anna	789	DAR BUD-TEAM	K30-39	00:00:00	00:17:58	00:30:04	00:44:07	00:56:02

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
658	HOLONA Bożena	251	NIEDŹWIEDŹ TEAM	K40-49	00:00:40	00:17:41	00:30:00	00:43:55	00:56:04
659	SITKO Dagmara	597		K30-39	00:00:44	00:18:28	00:30:59	00:44:34	00:56:04
660	HERDUŚ Lucyna	806		K30-39	00:00:34	00:16:43	00:28:45	00:43:14	00:56:05
661	LACH Grzegorz	616	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03	00:44:38	00:56:08
662	NIEDZIOŁKO Bożena	90	KOBIETY NA5+	K50-59	00:00:33	00:16:41	00:29:04	00:43:43	00:56:12
663	MALINOWSKA Aneta	331	OLZA CIESZYN	K40-49	00:00:46	00:18:37	00:30:54	00:44:31	00:56:19
664	MUSIOŁ Helena	88		K40-49	00:00:29	00:16:35	00:28:55	00:43:36	00:56:22
665	PASZENDA Katarzyna	390	YNO ULTRA	K20-29	00:00:00	00:17:37	00:29:42	00:44:15	00:56:27
666	CYLC Agnieszka	755	YNO ULTRA	K40-49	00:00:00	00:17:38	00:30:02	00:44:35	00:56:38
667	HAJNSZ Robert	802		M20-29	00:00:38	00:17:49	00:30:13	00:44:34	00:56:44
668	BADURA Dorota	628		K30-39	00:00:26	00:15:58	00:28:27	00:43:46	00:56:54
669	BRANDYS Krystyna	70		K30-39	00:00:40	00:17:39	00:30:05	00:44:30	00:56:56
670	KOŁAK Alicja	476		K30-39	00:00:39	00:17:43	00:30:03	00:44:26	00:57:01
671	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25	00:44:35	00:57:02
672	ORŁOWSKA Joanna	371	ULTRA BESKID SPORT	K30-39	00:00:40	00:18:11	00:30:36	00:44:49	00:57:18
673	MOSKAŁA Magdalena	163		K20-29	00:00:40	00:17:15	00:29:33	00:44:35	00:57:21
674	BOŹEK Dagmara	52		K40-49	00:00:39	00:17:51	00:30:21	00:44:52	00:57:30
675	POŁOK Robert	661		M20-29	00:00:31	00:16:48	00:29:05	00:44:07	00:57:32
676	MIŚKOWIEC Agnieszka	41		K40-49	00:00:39	00:17:10	00:29:59	00:44:42	00:57:32
677	ROMAŃSKA Klaudia	711	BEBECHA TEAM	K20-29	00:00:31	00:16:47	00:29:05	00:44:07	00:57:33
678	MARCZYK-LURANC Ewa	775	MARCZYK-LURANC TEAM	K30-39	00:00:43	00:18:30	00:31:10	00:45:16	00:57:35
679	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17	00:57:36
680	GAJ Monika	651	DAR - BUD TEAM	K30-39	00:00:44	00:18:28	00:30:59	00:45:23	00:57:41
681	KASPRZYCKA-SZUBARSKA Katarzyna	567	OLZA CIESZYN PARKRUN	K40-49	00:00:45	00:18:40	00:31:03	00:45:27	00:57:44
682	KRAUZ Sandra	437		K20-29	00:00:37	00:17:56	00:30:29	00:45:05	00:57:56
683	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48	00:45:32	00:57:58
684	POKORA Izabela	99	KOLKA TEAM	K30-39	00:00:36	00:17:16	00:29:46	00:44:57	00:58:01
685	ŚWIERCZ Anna	478		K40-49	00:00:42	00:17:48	00:30:11	00:45:13	00:58:01
686	SZPYRA Sonia	68		K40-49	00:00:28	00:17:33	00:30:02	00:44:56	00:58:03
687	SZABLA Mateusz	750		M20-29	00:00:42	00:17:06	00:29:05	00:44:37	00:58:03
688	SOBIERAJ Paweł	914		M40-49	00:00:36	00:16:41	00:29:29	00:44:44	00:58:13
689	PIPIRO Grażyna	193	KOBIETY 5+	K60-69	00:00:42	00:18:17	00:30:55	00:45:42	00:58:13
690	MORIC Anna	496		K30-39	00:00:36	00:17:04	00:29:18	00:44:50	00:58:42
691	STEKLA Joanna	598		K50-59	00:00:37	00:17:30	00:30:19	00:45:38	00:58:42
692	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58	00:45:36	00:58:42
693	HETMANIOK Agnieszka	83		K20-29	00:00:23	00:16:53	00:29:55	00:45:26	00:58:44
694	WALA Anna	180		K30-39	00:00:22	00:16:54	00:29:55	00:45:27	00:58:45
695	GÓRNY Jola	460		K40-49	00:00:31	00:17:21	00:29:55	00:45:17	00:58:57
696	SAWICKA Marta	96		K30-39	00:00:45	00:19:00	00:31:50	00:46:36	00:59:03
697	PYZIK Barbara	196		K30-39	00:00:39	00:17:10	00:30:08	00:46:05	00:59:11
698	WAWOCZNY Anita	538	ZAZ WSPÓLNA PASJA	K30-39	00:00:45	00:19:00	00:31:50	00:46:36	00:59:16
699	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05	00:46:26	00:59:16
700	ZAIK Karolina	549		K20-29	00:00:36	00:16:32	00:29:15	00:45:35	00:59:18
701	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
702	KUCZA-CHMIEL Kalina	518		K40-49	00:00:39	00:18:14	00:31:17	00:46:22	00:59:24
703	SZKLORZ Dominika	511	OLZA CIESZYN	K30-39	00:00:47	00:18:38	00:31:34	00:46:50	00:59:24
704	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28	00:45:46	00:59:31
705	SOBCZYK Gabriela	248	RAFAKO RUN TEAM	K40-49	00:00:36	00:17:49	00:30:39	00:45:56	00:59:34
706	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05	00:47:18	00:59:34
707	OSTROWSKA Izabela	314	KOBIETY NA 5+	K40-49	00:00:41	00:18:28	00:31:35	00:47:02	00:59:48
708	WÓJCIK Dariusz	670	ŻORY	M40-49	00:00:46	00:18:24	00:31:10	00:46:18	00:59:49
709	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05	00:45:48	00:59:51
710	ADAMUS Katarzyna	269	OLZA CIESZYN	K40-49	00:00:45	00:18:40	00:31:34	00:46:38	00:59:52
711	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57	00:46:28	00:59:53
712	KUCZERA Bernadeta	414	CZERNICA TEAM	K30-39	00:00:30	00:18:04	00:30:57	00:46:29	00:59:53
713	ZAKRZEWSKA Barbara	683		K40-49	00:00:35	00:18:02	00:31:15	00:46:36	00:59:56
714	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21	00:46:42	01:00:17
715	OSTROWSKI Sławomir	315		M50-59	00:00:42	00:18:27	00:31:33	00:47:01	01:00:25
716	ZIMNY Ireneusz	36		M40-49	00:00:26	00:18:13	00:31:26	00:47:13	01:00:30
717	PRZYŁUCKA Grażyna	638	GRAMMI	K40-49	00:00:37	00:17:33	00:30:29	00:46:32	01:00:35
718	KRZACZEK Aleksandra	389	RADLINIOKI W BIEGU	K40-49	00:00:39	00:18:06	00:31:25	00:47:04	01:00:40
719	BOSIACKA Marta	279	REBELLION OF FREE RUNNERS	K20-29	00:00:30	00:17:59	00:31:18	00:47:03	01:00:42
720	CZAK Renata	785		K30-39	00:00:30	00:17:24	00:30:43	00:46:36	01:00:42
721	SŁABOŃ Ania	273		K30-39	00:00:41	00:18:05	00:31:18	00:47:15	01:00:42
722	JUNKA Maria	699		K30-39	00:00:23	00:17:39	00:31:21	00:46:54	01:00:59
723	PIOTROWSKI Mieczysław	583		M70+	00:00:29	00:18:14	00:31:32	00:47:19	01:01:06
724	KABUT Małgorzata	388	RADLINIOKI W BIEGU	K30-39	00:00:00	00:18:45	00:32:04	00:47:43	01:01:19
725	GRZELAK Patrycja	213		K30-39	00:00:37	00:18:49	00:31:59	00:47:44	01:01:21
726	BAK Karina	503	RADLINIOKI W BIEGU	K30-39	00:00:35	00:18:34	00:32:34	00:48:04	01:01:22
727	SOBAŃSKI Mateusz	485		M20-29	00:00:47	00:19:50	00:33:11	00:48:20	01:01:23
728	ZIĘTARA Agata	347		K40-49	00:00:40	00:19:15	00:32:55	00:48:19	01:01:37
729	MOORE Colleen	803		K20-29	00:00:29	00:17:57	00:31:28	00:47:46	01:01:40
730	AUGUŚCIK Ewelina	784	KOBIETY NA 5+	K30-39	00:00:44	00:18:40	00:32:10	00:48:01	01:01:41
731	KIERMASZEK Barbara	428	J TEAM	K50-59	00:00:34	00:19:10	00:32:23	00:48:22	01:01:59
732	ROTTER Hanna	427	J TEAM	K50-59	00:00:33	00:19:11	00:32:24	00:48:24	01:02:01
733	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16	00:48:21	01:02:01
734	OLSZEWSKA Dorota	360	KOBIETY NA 5+	K40-49	00:00:34	00:18:28	00:31:59	00:48:12	01:02:04
735	ZBYL Jacek	172		M50-59	00:00:37	00:18:32	00:32:33	00:48:09	01:02:05
736	PRZYŁUCKI Grzegorz	611		M50-59	00:00:45	00:18:43	00:32:00	00:48:26	01:02:11
737	ŚPIEWAK Agnieszka	675		K30-39	00:00:38	00:19:30	00:33:08	00:48:55	01:02:14
738	GÓRNY Mieczysław	363		M30-39	00:00:30	00:19:04	00:33:09	00:48:35	01:02:26
739	WOLNY Łukasz	821		M30-39	00:00:30	00:19:04	00:33:10	00:48:35	01:02:26
740	BARTNIK Joanna	176	GALOPUJĄCE ŚLIMAKI	K40-49	00:00:42	00:19:30	00:33:00	00:48:44	01:02:27
741	BRAUN Justyna	572		K30-39	00:00:46	00:19:00	00:32:01	00:48:41	01:02:32
742	ZAWADA Jakub	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15	00:49:01	01:02:47
743	ŁUKASIK Aldona	858	PIEPRZ I WANILIA	K30-39	00:00:48	00:19:37	00:33:15	00:49:01	01:02:47
744	KUBAS Alina	278	KLUB BIEGACZA FARTLEK	K40-49	00:00:45	00:19:31	00:33:22	00:49:19	01:03:02
745	KOSAŁKA Dominika	848	REBELLION OF FREE RUNNERS	K30-39	00:00:29	00:18:49	00:33:04	00:49:09	01:03:10

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
746	POPE-ŚWIDZIKOWSKA Małgorzata	856		K40-49	00:00:00	00:19:47	00:33:40	00:49:42	01:03:27
747	ZAGÓRSKA Beata	89	NIEDŹWIEDŹ TEAM	K30-39	00:00:40	00:19:14	00:32:51	00:48:57	01:03:27
748	KLACZEK Anna	681		K40-49	00:00:38	00:19:30	00:33:17	00:49:19	01:03:34
749	ZYCHOWSKA Dominika	526		K20-29	00:00:39	00:18:56	00:33:06	00:49:41	01:04:10
750	OLEJNIK Ewa	684	INŻYNIERIA BIEGANIA	K30-39	00:00:44	00:19:52	00:34:08	00:50:25	01:04:22
751	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59	00:49:49	01:04:28
752	SUCHY Mariola	692		K40-49	00:00:44	00:20:21	00:34:23	00:50:53	01:04:29
753	HERZYK Beata	657		K40-49	00:00:43	00:19:53	00:34:11	00:51:00	01:04:31
754	ŚLEDŹ Dorota	76	HRMAX ŻORY	K16-19	00:00:32	00:19:58	00:34:05	00:50:35	01:04:37
755	BRYCHCY Estera	62	RUNTEAM PAWŁOWICE	K30-39	00:00:41	00:19:59	00:34:10	00:50:48	01:05:21
756	KACZMARCZYK Magdalena	75	RUNTEAM PAWŁOWICE	K20-29	00:00:42	00:19:58	00:34:09	00:50:47	01:05:21
757	WÓJCIAK Magdalena	375		K30-39	00:00:33	00:19:34	00:33:46	00:50:36	01:05:23
758	ZALEWSKA Barbara	149	KOBIETY NA 5+	K40-49	00:00:43	00:19:41	00:34:11	00:51:01	01:05:58
759	LAZAR Joanna	126		K30-39	00:00:46	00:19:53	00:34:01	00:51:01	01:07:05
760	KOWALSKA Dorota	237	SBD ENERGETYK RYBNIK	K50-59	00:00:37	00:20:49	00:35:18	00:52:40	01:07:40
761	SAWICKA Agnieszka	594		K30-39	00:00:45	00:20:23	00:35:18	00:53:02	01:07:49
762	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10	01:07:58
763	ŁANUCHA Mariola	100	KOBIETY NA 5+	K50-59	00:00:44	00:20:52	00:36:07	00:53:24	01:08:24
764	MYŚLIWIEC Barbara	337	KOBIETY NA 5+	K20-29	00:00:44	00:20:52	00:36:06	00:53:24	01:08:24
765	RUMPEL Maria	95	KS M.E.T.A.	K30-39	00:00:40	00:21:34	00:36:46	00:53:59	01:09:22
766	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45	00:53:59	01:09:23
767	PROKOPIUK Adriana	261		K30-39	00:00:45	00:20:09	00:35:18	00:53:28	01:09:35
768	BANKA Jan	601	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28	00:54:56	01:10:31
769	GŁĄB Mariola	207		K30-39	00:00:40	00:20:37	00:36:31	00:54:58	01:11:12
770	MIERZYŃSKI Kamil	658		M20-29	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13
771	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14			
772	ZADROGA Karol	721		M20-29	00:00:00				
773	OLBRICH Artur	318		M30-39	00:00:05	00:11:47	00:37:03		
774	DZIARSKI Wiesław	240	ERBUD RYBNIK	M60-69	00:00:08	00:11:30	00:37:21		
775	ULATOWSKA Alicja	913	TGU TEAM	K20-29	00:00:08	00:11:43	00:37:51		
776	OPUCHLIK Tomasz	377	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57		
777	FURMAN Dawid	686	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44		
778	BIAŁECKI Tomasz	492		M40-49	00:00:13	00:12:29	00:21:03	00:31:01	
779	HAN Julia	374		K16-19	00:00:17	00:13:35			
780	MAJ-DZIUBAŃSKA Izabela	749	AKMB PĘDZIWIATR GLIWICE	K30-39	00:00:17	00:12:46	00:22:16		
781	PODKOWIK Marcin	329		M30-39	00:00:18	00:12:47	00:21:57		
782	SZCZYGIEŁ Adriana	753	BENERUNNER	K30-39	00:00:24	00:15:39			
783	PASŁAWSKA Katarzyna	30	KOBIETY NA 5 +	K40-49	00:00:31				
784	CHWAŁEK Agnieszka	522		K20-29	00:00:42	00:16:46	00:27:26		
785	WAGNER Natalia	42		K30-39	00:00:45				
786	SYPNIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	00:00:48	00:17:34			

Znaleziono 786 wynik(ów)