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# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2022-09-17  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 10 km

Klasyfikacja: **Wszyscy**

Punkt pomiarowy: **7,3 km**

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km
1	<b>WÓJCIK Tomasz</b>	<b>38</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	Aktywna Pszczyna Runners Team	00:00:00	00:09:14	00:16:02	00:23:23
2	<b>ELASRI Abderrahim</b>	<b>27</b>		M40-49		00:00:00	00:09:14	00:16:07	00:23:24
3	<b>FIJAK Tomasz</b>	<b>33</b>	MKS ŻYWIEC	M16-19		00:00:01	00:09:28	00:16:48	00:24:10
4	<b>HARATYK Błażej</b>	<b>43</b>	MKS USTROŃ	M16-19		00:00:00	00:09:29	00:16:49	00:24:12
5	<b>LYSKO Jakub</b>	<b>24</b>	WKB META LUBLINIEC	M30-39		00:00:01	00:09:38	00:16:54	00:24:13
6	<b>RUDZINSKI Jacek</b>	<b>45</b>		M30-39		00:00:00	00:09:40	00:16:57	00:24:28
7	<b>MARCOL Sebastian</b>	<b>9</b>	INŻYNIERIA BIEGANIA	M30-39	Inżynieria biegania	00:00:00	00:09:48	00:17:15	00:24:55
8	<b>ANTCZAK Robert</b>	<b>39</b>		M40-49		00:00:00	00:09:39	00:17:04	00:24:58
9	<b>GAJEWSKI Wojciech</b>	<b>15</b>	UKS „OLIMPIA” ZABRZE	M40-49		00:00:00	00:09:45	00:17:21	00:25:23
10	<b>PYRA Wiesław</b>	<b>129</b>		M50-59		00:00:02	00:10:06	00:17:43	00:25:29
11	<b>STRZODA Marcin</b>	<b>30</b>	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M20-29		00:00:00	00:09:49	00:17:23	00:25:30
12	<b>ALBRECHT Krystian</b>	<b>36</b>	GB GALOPUJĄCE ŚLIMAKI	M20-29	Galopujące Ślimaki	00:00:01	00:09:52	00:17:35	00:25:32
13	<b>WOJCIK Paweł</b>	<b>28</b>	ZADYSZKA OŚWIĘCIM	M20-29	Zadyszka Oświęcim	00:00:01	00:10:10	00:17:48	00:25:40
14	<b>LIZAK Wojciech</b>	<b>10</b>	TL ATHLETICS JASTRZĘBIE	M40-49	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41
15	<b>SZYMULA Michał</b>	<b>23</b>		M30-39		00:00:02	00:10:08	00:17:48	00:25:41
16	<b>PORĘBA Grzegorz</b>	<b>21</b>	EVENTYR	M30-39		00:00:01	00:10:04	00:17:46	00:25:50
17	<b>STARZYCKI Przemysław</b>	<b>34</b>	KB MCKIS JAWORZNO / NOWAK-TEAM	M30-39	Nowak-Team	00:00:02	00:10:13	00:17:56	00:26:04
18	<b>SOCHA Tymon</b>	<b>104</b>	TL POGOŃ RUDA ŚLĄSKA	M16-19	TL Pogoń Ruda Śląska	00:00:03	00:10:21	00:18:10	00:26:08
19	<b>GOLEC Paulina</b>	<b>20</b>		K40-49		00:00:01	00:10:11	00:18:05	00:26:19
20	<b>ZYGMA Kordian</b>	<b>1</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39		00:00:01	00:10:05	00:17:58	00:26:24
21	<b>OSETEK Paweł</b>	<b>72</b>	RADLINIOKI W BIEGU	M30-39	Radlinioki w biegu	00:00:01	00:10:16	00:18:08	00:26:26
22	<b>TOKAREWICZ Damian</b>	<b>13</b>	ZEBRY	M40-49		00:00:03	00:10:17	00:18:11	00:26:27
23	<b>OLEJNIK Franciszek</b>	<b>17</b>	INŻYNIERIA BIEGANIA TEAM	M20-29	Inżynieria biegania	00:00:01	00:10:20	00:18:13	00:26:29
24	<b>PALT Tomasz</b>	<b>62</b>		M40-49		00:00:01	00:10:23	00:18:15	00:26:29
25	<b>SZULIK Grzegorz</b>	<b>40</b>	ZSRG SP Z O.O.	M40-49		00:00:01	00:10:08	00:18:05	00:26:31
26	<b>GOŚCINIEWICZ Paweł</b>	<b>60</b>		M30-39		00:00:02	00:10:29	00:18:24	00:26:35
27	<b>BARTNIK Sebastian</b>	<b>2</b>	STREET SPIRIT-TEAM NOWAK	M40-49	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47
28	<b>MOSKWA Sławomir</b>	<b>18</b>	ZADYSZKA OŚWIĘCIM	M30-39	Zadyszka Oświęcim	00:00:01	00:10:36	00:18:36	00:26:50
29	<b>JAROSZ Marek</b>	<b>32</b>		M40-49		00:00:01	00:10:40	00:18:36	00:26:52
30	<b>PRZYBYLSKI Tomasz</b>	<b>14</b>	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km
31	WOWRY Grzegorz	44	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:02	00:10:24	00:18:29	00:26:56
32	NOWAK Michał	26	RYTM CZECHOWICE-DZIEDZICE	M20-29		00:00:02	00:10:18	00:18:26	00:27:00
33	EISLER Tomasz	102	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49		00:00:02	00:10:36	00:18:40	00:27:07
34	MICHALAK Sandra	47	TRENUN Z SANDRĄ	K30-39		00:00:00	00:10:33	00:18:44	00:27:16
35	JARCZOK Miłosz	25	MKS CZECHOWICE DZIEDZICE	M30-39		00:00:02	00:10:44	00:18:52	00:27:19
36	STEC Łukasz	16	SKL SUCHA BESKIDZKA	M30-39		00:00:01	00:10:45	00:18:54	00:27:20
37	URBANIAK Witek	11	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49		00:00:03	00:10:43	00:18:59	00:27:25
38	MENDECKA-ZEJDLER Michalina	42		K30-39		00:00:01	00:10:56	00:19:04	00:27:27
39	ALBRECHT Arkadiusz	37	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29
40	JĘDRUSIAK Przemysław	122		M40-49		00:00:03	00:10:46	00:18:53	00:27:41
41	KRĘCICHWOST Kamil	121		M30-39		00:00:02	00:10:38	00:19:00	00:27:49
42	DUŻNIAK Dominik	19	STEP-DANCE	M30-39		00:00:01	00:10:43	00:19:07	00:28:00
43	SUWAJ Aneta	12	ALPIN SPORT TEAM	K30-39		00:00:01	00:11:11	00:19:35	00:28:07
44	NALEPKA Adam	65	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:10	00:11:06	00:19:30	00:28:20
45	KRETEK Łukasz	130		M30-39		00:00:01	00:11:10	00:19:35	00:28:26
46	MATERNA Mateusz	118	AHC	M30-39		00:00:03	00:11:22	00:19:47	00:28:29
47	WRÓBEL Michał	133	FIT LAMKA TEAM	M30-39		00:00:02	00:11:16	00:19:49	00:28:38
48	SMYCZEK Bartosz	203	KILOMETROŻERCA	M30-39		00:00:04	00:10:49	00:19:16	00:28:42
49	WRÓBLEWSKI Janmarian	31	JUST TEAM BIELSKO-BIAŁA	M40-49	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43
50	STUCHLIK Magdalena	41	TRENUJ Z SANDRA / FIZJO SPORT SANDRA	K40-49		00:00:01	00:11:11	00:19:43	00:28:45
51	NIEBRZYDOWSKI Łukasz	50	NESSI TIME ŻORY	M30-39	Nessi Time Żory	00:00:01	00:11:07	00:19:42	00:28:45
52	WIECZOREK Maciej	108	ZADYSZKA OŚWIĘCIM	M30-39	Zadyszka Oświęcim	00:00:03	00:11:11	00:19:47	00:28:47
53	BIAŁY Kamil	79	FAST FOOT TEAM SIEWIERZ	M30-39		00:00:04	00:11:19	00:19:54	00:28:50
54	ŁATKA Łukasz	114		M40-49		00:00:03	00:11:20	00:19:57	00:28:51
55	TIDE Krzysztof	96		M20-29		00:00:04	00:11:27	00:20:01	00:28:53
56	KEMPA Piotr	76		M30-39		00:00:02	00:11:20	00:19:54	00:28:54
57	KYRCZ Mirosław	88		M40-49		00:00:03	00:11:27	00:20:05	00:28:56
58	SZAŁAŚNY Piotr	56	TESTYOUTDOOROWE.PL	M30-39		00:00:04	00:11:29	00:20:04	00:28:57
59	CHROMIK Julia	189	LKS POGÓRZE	K20-29		00:00:02	00:11:22	00:20:01	00:29:02
60	WRZECIONKOWSKI Adrian	105	TYSKIE DELFINY	M30-39		00:00:04	00:11:23	00:20:03	00:29:02
61	DYBCZYŃSKA Jadwiga	101	LKS POGÓRZE	K40-49		00:00:01	00:11:22	00:20:01	00:29:03
62	KUŚ Dawid	49	POLSKA GRUPA GÓRNICZA	M30-39		00:00:00	00:11:11	00:19:56	00:29:09
63	MRÓZEK Rafał	83	TEAM KOPEĆ	M30-39		00:00:02	00:11:05	00:19:55	00:29:11
64	WOŹNIAK Paweł	82	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13
65	WOLNY Ariel	94		M40-49		00:00:02	00:11:33	00:20:07	00:29:15
66	MAZUR Marek	68		M40-49		00:00:04	00:11:30	00:20:11	00:29:15
67	TŁOŁKA Michał	58		M30-39		00:00:05	00:11:26	00:20:10	00:29:18
68	SAMBAK Tadeusz	90	ZADYSZKA OŚWIĘCIM	M50-59	Zadyszka Oświęcim	00:00:03	00:11:32	00:20:13	00:29:20
69	KOWALSKI Grzegorz	77	W POGONI ZA DUCHEM	M40-49	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20
70	NOWICKI Tomasz	86	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:06	00:11:34	00:20:19	00:29:23
71	ADAMSKI Robert	53	BRYKAJĄCA GRUPA BIEGOWA	M30-39	Brykająca Grupa Biegowa	00:00:04	00:11:34	00:20:19	00:29:31
72	PASTERNOK Marian	134	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49		00:00:05	00:11:34	00:20:23	00:29:37
73	GOLUCH Robert	97	INŻYNIERIA BIEGANIA	M30-39		00:00:04	00:11:32	00:20:20	00:29:39
74	KARPLEWICZ Andrzej	70	GALOPUJĄCE ŚLIMAKI	M60-69	Galopujące Ślimaki	00:00:01	00:11:24	00:20:14	00:29:40
75	HORZELA Adam	93	HURAGAN LIGOTA	M30-39		00:00:06	00:11:52	00:20:50	00:30:01

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km
76	<b>WADELSKI Eugeniusz</b>	<b>103</b>		M50-59		00:00:06	00:11:44	00:20:43	00:30:03
77	<b>WYSŁUCH Iza</b>	<b>127</b>		K20-29		00:00:02	00:11:38	00:20:48	00:30:04
78	<b>SIKORA Joanna</b>	<b>113</b>	LKS POGÓRZE	K20-29		00:00:01	00:11:43	00:20:49	00:30:21
79	<b>BRAŃSKI Tomasz</b>	<b>132</b>		M40-49		00:00:04	00:11:50	00:20:58	00:30:25
80	<b>CHRUSZCZ Wojciech</b>	<b>80</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27
81	<b>POŁOMSKI Grzegorz</b>	<b>51</b>	POLOMSCY TEAM	M40-49	POLOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31
82	<b>MOŃKA Marcin</b>	<b>212</b>		M40-49		00:00:11	00:12:04	00:21:13	00:30:35
83	<b>BEZUCH Paweł</b>	<b>64</b>		M20-29		00:00:15	00:12:14	00:21:14	00:30:35
84	<b>BUĆKO Marcin</b>	<b>54</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36
85	<b>GŁUSZYK Andrzej</b>	<b>218</b>		M50-59		00:00:04	00:12:14	00:21:20	00:30:40
86	<b>HERBA Grzegorz</b>	<b>99</b>	KS GRYF KIETRZ	M40-49		00:00:04	00:12:02	00:21:10	00:30:42
87	<b>MROWIEC Bernard</b>	<b>207</b>	MKS SMS VICTORIA RACIBÓRZ	M50-59		00:00:05	00:12:07	00:21:09	00:30:44
88	<b>KRAJEWSKI Tomasz</b>	<b>98</b>		M40-49		00:00:10	00:12:23	00:21:25	00:30:44
89	<b>WARMIŃSKA Klaudia</b>	<b>295</b>	INŻYNIERIA BIEGANIA/ TL „ROW” RYBNIK	K20-29	Inżynieria biegania	00:00:00	00:11:59	00:21:09	00:30:47
90	<b>LASKOWSKA Katarzyna</b>	<b>106</b>	INŻYNIERIA BIEGANIA	K40-49	Inżynieria biegania	00:00:02	00:12:00	00:21:11	00:30:47
91	<b>BURAS Roman</b>	<b>163</b>		M50-59		00:00:05	00:12:09	00:21:25	00:30:47
92	<b>WIELOPOLSKI Michał</b>	<b>67</b>		M20-29		00:00:07	00:12:15	00:21:24	00:30:53
93	<b>STAMATEL Sebastian</b>	<b>126</b>		M20-29		00:00:09	00:12:00	00:21:14	00:30:55
94	<b>WRONECKA Emilia</b>	<b>115</b>	ALCHEMIA BIEGANIA	K30-39		00:00:01	00:12:15	00:21:35	00:31:03
95	<b>RUP Dariusz</b>	<b>131</b>	BLUES BROTHERS OPOLE	M40-49		00:00:07	00:12:11	00:21:21	00:31:08
96	<b>HEJNA Michał</b>	<b>188</b>	KS M.E.T.A.	M30-39		00:00:07	00:12:27	00:21:45	00:31:14
97	<b>WILDNER Witold</b>	<b>184</b>	MINOVA EKOCEM	M40-49		00:00:07	00:12:23	00:21:37	00:31:18
98	<b>MECHTA Sebastian</b>	<b>124</b>	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:03	00:12:09	00:21:33	00:31:20
99	<b>URBAN Patryk</b>	<b>123</b>		M30-39		00:00:03	00:11:51	00:21:23	00:31:23
100	<b>RAJWA Jan</b>	<b>143</b>	BZIEGACZE	M30-39	Bziegacze	00:00:04	00:12:23	00:21:44	00:31:27
101	<b>WALA Piotr</b>	<b>29</b>		M16-19		00:00:04	00:11:40	00:21:07	00:31:28
102	<b>MAŁECKI Jacek</b>	<b>214</b>		M30-39		00:00:12	00:12:43	00:21:43	00:31:29
103	<b>BOCHENEK Adam</b>	<b>335</b>	BRAK	M20-29		00:00:15	00:12:07	00:21:36	00:31:38
104	<b>WRÓBEL Ryszard</b>	<b>185</b>		M30-39		00:00:05	00:12:08	00:21:42	00:31:39
105	<b>KĄKOL Ryszard</b>	<b>100</b>	PĘDZIWIATRY NA ANIMUSZU	M60-69		00:00:03	00:12:29	00:22:05	00:31:51
106	<b>LORENZ Marcin</b>	<b>166</b>	GALOPUJĄCE ŚLIMAKI	M50-59	Galopujące Ślimaki	00:00:05	00:12:31	00:22:03	00:31:52
107	<b>STATECZNY Patryk</b>	<b>182</b>		M20-29		00:00:05	00:12:20	00:22:00	00:31:53
108	<b>BIELA Rafał</b>	<b>78</b>		M40-49		00:00:06	00:12:29	00:22:04	00:31:53
109	<b>GANCARCZYK Adam</b>	<b>181</b>	BIEGOWE WARIATY	M30-39		00:00:04	00:12:10	00:21:49	00:31:58
110	<b>CZUWAJ Krzysztof</b>	<b>186</b>		M50-59		00:00:08	00:12:34	00:22:07	00:31:59
111	<b>RAJWA Roman</b>	<b>57</b>	TL ATHLETICS JASTRZĘBIE	M30-39	TL Athletics Jastrzębie	00:00:04	00:11:53	00:21:35	00:32:00
112	<b>ZĘBIK Tomasz</b>	<b>216</b>		M40-49		00:00:04	00:12:22	00:22:03	00:32:01
113	<b>CIESIELSKI Dariusz</b>	<b>187</b>		M50-59		00:00:04	00:12:38	00:22:19	00:32:05
114	<b>TOMCZYK Lesław</b>	<b>117</b>		M60-69		00:00:11	00:12:48	00:22:16	00:32:06
115	<b>PIECHACZEK Jacek</b>	<b>175</b>		M40-49		00:00:10	00:12:33	00:22:12	00:32:11
116	<b>OWCZAREK Paweł</b>	<b>258</b>		M40-49		00:00:08	00:12:31	00:22:06	00:32:12
117	<b>TOCHOWICZ Bartosz</b>	<b>228</b>		M50-59		00:00:05	00:12:37	00:22:19	00:32:14
118	<b>ŁYSEK Paweł</b>	<b>66</b>	BZIEGACZE	M40-49	Bziegacze	00:00:04	00:12:38	00:22:18	00:32:15
119	<b>ZELEK Adam</b>	<b>89</b>	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:23	00:12:37	00:22:10	00:32:16
120	<b>KUBOŃ Mateusz</b>	<b>435</b>	STUDIO ENERGIA TEAM RYBNIK	M30-39	Studio Energia Team Rybnik	00:00:03	00:12:10	00:21:53	00:32:17

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas			
						startu	2.9km	5km	7.3km
121	<b>MAREK Rafał</b>	<b>201</b>	KAC RUNNERS	M50-59		00:00:08	00:12:36	00:22:18	00:32:20
122	<b>MROWIEC Kinga</b>	<b>223</b>	TL POGOŃ RUDA ŚLĄSKA	K20-29	TL Pogoń Ruda Śląska	00:00:02	00:12:52	00:22:41	00:32:28
123	<b>JANECKI Mateusz</b>	<b>52</b>	BZIEGACZE	M20-29	Bziegacze	00:00:04	00:12:39	00:22:21	00:32:29
124	<b>SOJKA Wojciech</b>	<b>204</b>	KAC RUNNERS	M50-59		00:00:09	00:12:43	00:22:25	00:32:33
125	<b>GÓRAL Stanisław</b>	<b>268</b>		M30-39		00:00:11	00:12:52	00:22:44	00:32:36
126	<b>LOKAJCZYK Olivier</b>	<b>422</b>		M16-19		00:00:12	00:13:02	00:22:43	00:32:39
127	<b>MIROSŁAW Piotr</b>	<b>199</b>		M20-29		00:00:07	00:12:28	00:22:09	00:32:40
128	<b>WRANA Radosław</b>	<b>220</b>		M20-29		00:00:16	00:13:23	00:22:54	00:32:40
129	<b>SWISTEK Marcin</b>	<b>71</b>		M40-49		00:00:07	00:12:35	00:22:19	00:32:42
130	<b>KOŹLIK Tomek</b>	<b>211</b>	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:08	00:12:58	00:22:47	00:32:44
131	<b>WRÓBLEWSKA Judyta</b>	<b>171</b>	ZAWIERUCHA TRAINING ACADEMY	K20-29	Zawierucha Training Academy	00:00:01	00:12:38	00:22:21	00:32:45
132	<b>GROBORZ Mateusz</b>	<b>222</b>	KLUB BIEGACZA FARTLEK	M20-29	Klub Biegacza Fartlek	00:00:10	00:13:06	00:22:47	00:32:47
133	<b>RATKA-MATEJKO Marcin</b>	<b>174</b>		M30-39		00:00:05	00:12:16	00:22:17	00:32:55
134	<b>MACH Sebastian</b>	<b>304</b>	PORANNY BESKID RUN	M40-49		00:00:12	00:12:59	00:22:47	00:32:55
135	<b>BIAŁOŃCZYK Joanna</b>	<b>225</b>		K30-39		00:00:02	00:13:06	00:22:52	00:32:58
136	<b>JĘDRZEJAK Piotr</b>	<b>485</b>		M40-49		00:00:16	00:13:07	00:22:47	00:32:58
137	<b>PRÓSZYŃSKI Sławomir</b>	<b>160</b>		M40-49		00:00:17	00:12:46	00:22:08	00:32:58
138	<b>PRZYBYSZ Ryszard</b>	<b>162</b>		M50-59		00:00:13	00:13:01	00:22:49	00:33:00
139	<b>PAWŁOWSKI Tomasz</b>	<b>224</b>	NIEZRZESZONY	M40-49		00:00:10	00:12:51	00:22:45	00:33:02
140	<b>BRYŁA Rafał</b>	<b>81</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:06	00:13:09	00:22:55	00:33:05
141	<b>DRÓŹDŹ Marcin</b>	<b>300</b>		M30-39		00:00:13	00:12:28	00:22:35	00:33:05
142	<b>MALIK Rafał</b>	<b>63</b>	AMATOR	M30-39		00:00:06	00:12:37	00:22:30	00:33:10
143	<b>DUROK Wojciech</b>	<b>202</b>	KAC RUNNERS	M40-49		00:00:09	00:12:57	00:22:51	00:33:10
144	<b>FLISZTA Marcin</b>	<b>161</b>	HARPAGAN SOSNOWIEC	M40-49		00:00:07	00:12:39	00:22:45	00:33:11
145	<b>HENCZKO Karol</b>	<b>369</b>	AKTYWNIENAKRĘCENI	M30-39		00:00:16	00:13:07	00:22:52	00:33:11
146	<b>BAKOWSKI Michał</b>	<b>235</b>	YNOULTRA	M30-39		00:00:17	00:12:50	00:22:44	00:33:13
147	<b>JANKO Anna</b>	<b>92</b>	HRMAX ŻORY/ NIEWYBIEGANI	K30-39	Niewybiegani	00:00:01	00:12:50	00:22:47	00:33:16
148	<b>TURAK Rafał</b>	<b>164</b>		M50-59		00:00:04	00:12:39	00:22:46	00:33:20
149	<b>KIEPIELA Dawid</b>	<b>139</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:23	00:12:34	00:22:38	00:33:20
150	<b>JURASZEK Elżbieta</b>	<b>144</b>	JUSTFEELFIT	K30-39		00:00:02	00:12:52	00:22:58	00:33:24
151	<b>ADAMCZYK Andrzej</b>	<b>226</b>	RUN RYDUŁTOWY	M40-49		00:00:12	00:12:43	00:22:44	00:33:24
152	<b>TYMAN Karolina</b>	<b>119</b>	UKS DIAMENT GODÓW	K16-19		00:00:01	00:13:17	00:23:22	00:33:26
153	<b>ORŁOWSKI Grzegorz</b>	<b>209</b>		M40-49		00:00:07	00:13:17	00:23:12	00:33:26
154	<b>CZYŻ Marlena</b>	<b>120</b>	UKS DIAMENT GODÓW	K16-19		00:00:00	00:13:18	00:23:22	00:33:30
155	<b>FANGOR-GRAB Agata</b>	<b>194</b>		K30-39		00:00:03	00:13:12	00:23:08	00:33:32
156	<b>GRZONKA Andrzej</b>	<b>180</b>		M40-49		00:00:03	00:13:02	00:23:03	00:33:34
157	<b>BALICKI Piotr</b>	<b>332</b>	WSPÓLNA TEAM	M30-39		00:00:14	00:13:13	00:23:07	00:33:34
158	<b>DĄBROWSKI Marcin</b>	<b>420</b>		M30-39		00:00:04	00:13:12	00:23:18	00:33:35
159	<b>MAZUREK Anna</b>	<b>197</b>		K30-39		00:00:04	00:13:05	00:23:06	00:33:36
160	<b>PERKOWSKA Daria</b>	<b>410</b>	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:02	00:12:52	00:22:58	00:33:37
161	<b>NIZIOŁEK Marcin</b>	<b>249</b>		M40-49		00:00:07	00:13:24	00:23:28	00:33:43
162	<b>JACH Marek</b>	<b>147</b>		M50-59	Street Spirit-Team Nowak	00:00:13	00:12:47	00:22:53	00:33:50
163	<b>BIAŁECKI Zbigniew</b>	<b>439</b>	WATAHA	M16-19	WATAHA	00:00:05	00:12:52	00:22:51	00:33:52
164	<b>BERKE Krzysztof</b>	<b>284</b>		M50-59		00:00:07	00:13:18	00:23:26	00:33:53
165	<b>KUBIŚ Krzysztof</b>	<b>217</b>		M40-49		00:00:07	00:13:07	00:23:17	00:33:54

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km
166	<b>PETRYNA Bartosz</b>	<b>248</b>	OCHAJO RUN AND FRIENDS	M40-49		00:00:04	00:12:41	00:22:49	00:33:55
167	<b>TUPAJ Jarosław</b>	<b>299</b>	AKTYWNI RYDUŁTOWY	M30-39		00:00:11	00:13:14	00:23:06	00:33:58
168	<b>FOKS Damian</b>	<b>272</b>		M50-59		00:00:05	00:13:16	00:23:21	00:33:59
169	<b>CEGLARSKI Adrian</b>	<b>165</b>	JEJKOWICE BIEGAJĄ	M30-39	Jejkowice Biegają	00:00:06	00:13:17	00:23:21	00:34:00
170	<b>BEZWIŃSKI Piotr</b>	<b>156</b>	KOKO DŻAMBO I DO PRZODU	M40-49		00:00:08	00:12:56	00:23:04	00:34:00
171	<b>GAŁKIEWICZ Michał</b>	<b>172</b>		M40-49		00:00:02	00:13:00	00:23:13	00:34:03
172	<b>URGACZ Mirosław</b>	<b>291</b>		M40-49		00:00:07	00:13:16	00:23:25	00:34:10
173	<b>ADAMCZEWSKI Waldemar</b>	<b>150</b>	KLUB BIEGACZA FARTLEK	M50-59	Klub Biegacza Fartlek	00:00:08	00:13:04	00:23:22	00:34:11
174	<b>PIETRASZ Krzysztof</b>	<b>221</b>		M30-39		00:00:10	00:13:20	00:23:40	00:34:14
175	<b>URBASIK Mariusz</b>	<b>193</b>	RUN RYDUŁTOWY	M50-59		00:00:12	00:13:27	00:23:34	00:34:17
176	<b>PŁONKA Krzysztof</b>	<b>346</b>	DKMS	M50-59		00:00:16	00:13:30	00:23:44	00:34:22
177	<b>WUWER Łukasz</b>	<b>303</b>		M30-39		00:00:17	00:13:33	00:23:36	00:34:22
178	<b>CHROBOK Michał</b>	<b>325</b>		M30-39		00:00:09	00:13:22	00:23:42	00:34:27
179	<b>PASŁAWSKA Katarzyna</b>	<b>358</b>	KOBIETY NA 5 +	K40-49	Kobiety na 5+	00:00:02	00:13:15	00:23:36	00:34:34
180	<b>BASTA Dorota</b>	<b>318</b>	ZADYSZKA OŚWIĘCIM	K40-49	Zadzyszka Oświęcim	00:00:06	00:13:37	00:23:50	00:34:35
181	<b>MOTOWIDŁO Tomasz</b>	<b>337</b>		M40-49		00:00:12	00:13:25	00:23:48	00:34:37
182	<b>ŚMIETANA Grzegorz</b>	<b>169</b>	EASYRUN RACIBÓRZ	M40-49		00:00:11	00:13:35	00:23:58	00:34:40
183	<b>MARYNIOK Marian</b>	<b>265</b>	SEGURIDAD	M60-69		00:00:07	00:13:25	00:23:56	00:34:42
184	<b>JADACH Oleksandra</b>	<b>146</b>	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	K50-59		00:00:04	00:13:41	00:23:57	00:34:45
185	<b>ZAJĄC Anna</b>	<b>344</b>	SCI GÓRSCY ENTUZJAJŚCI	K30-39		00:00:02	00:13:31	00:23:55	00:34:49
186	<b>CISOWSKI Kamil</b>	<b>288</b>	PREZESA	M30-39		00:00:08	00:13:35	00:24:08	00:34:51
187	<b>RAFA Asia</b>	<b>276</b>	RUNNERS TEAM NYSA	K40-49		00:00:06	00:13:48	00:24:13	00:34:53
188	<b>STREIT Mariusz</b>	<b>293</b>		M40-49		00:00:09	00:13:18	00:23:53	00:34:57
189	<b>LELENIEWSKI Jacek</b>	<b>140</b>		M40-49		00:00:06	00:13:34	00:24:01	00:34:58
190	<b>HARAZIN Janusz</b>	<b>178</b>	2 TM 4,7	M30-39		00:00:09	00:13:54	00:24:17	00:35:06
191	<b>MAREK Robert</b>	<b>158</b>		M40-49		00:00:10	00:13:46	00:24:26	00:35:09
192	<b>ZIĘTARA Paweł</b>	<b>236</b>		M50-59		00:00:16	00:13:53	00:24:13	00:35:11
193	<b>PAWŁOK Anna</b>	<b>168</b>	TRIATHLON TRAINING CENTER	K30-39		00:00:04	00:13:53	00:24:17	00:35:12
194	<b>WRÓBEL Katarzyna</b>	<b>283</b>		K30-39		00:00:02	00:13:37	00:24:14	00:35:19
195	<b>KORBUS Piotr</b>	<b>339</b>	PORANNY BESKID RUN	M40-49		00:00:12	00:13:50	00:24:22	00:35:19
196	<b>FILIKS Leszek</b>	<b>533</b>		M40-49		00:00:13	00:13:41	00:24:17	00:35:22
197	<b>GŁĘBOCKI Grzegorz</b>	<b>324</b>	BIEGAM SOBIE	M50-59		00:00:14	00:13:53	00:24:30	00:35:23
198	<b>MAGA Przemysław</b>	<b>205</b>		M40-49		00:00:13	00:13:56	00:24:25	00:35:28
199	<b>REK Krzysztof</b>	<b>345</b>	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:11	00:13:32	00:24:25	00:35:31
200	<b>KARWOT Maciej</b>	<b>148</b>	RADLINIOKI W BIEGU	M40-49	Radlinioki w biegu	00:00:13	00:13:51	00:24:22	00:35:31
201	<b>NIEŚLAŃCZYK Jan</b>	<b>310</b>		M40-49		00:00:15	00:13:37	00:24:20	00:35:32
202	<b>SŁOWIŃSKI Dawid</b>	<b>286</b>		M30-39		00:00:14	00:14:01	00:24:39	00:35:33
203	<b>PODKOWIK Marcin</b>	<b>267</b>	ŻORY	M40-49		00:00:13	00:13:49	00:24:29	00:35:36
204	<b>NAWROT Aleksandra</b>	<b>447</b>	BIEG Z CHRYSYSEM!	K30-39		00:00:03	00:14:07	00:24:39	00:35:39
205	<b>DOBRENIUK Krzysztof</b>	<b>196</b>		M40-49		00:00:05	00:13:44	00:24:32	00:35:39
206	<b>WIEŁOPOLSKI Łukasz</b>	<b>159</b>		M30-39		00:00:12	00:14:04	00:24:47	00:35:41
207	<b>GURGOŃ Marcin</b>	<b>415</b>		M30-39		00:00:15	00:13:19	00:24:16	00:35:44
208	<b>TESSMER Tomasz</b>	<b>333</b>		M20-29		00:00:19	00:14:33	00:25:01	00:35:45
209	<b>FURMANEK Ela</b>	<b>206</b>	NOWAK-TEAM	K50-59	Nowak-Team	00:00:03	00:13:55	00:24:37	00:35:48
210	<b>POPEK Barbara</b>	<b>215</b>		K50-59	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas			
						startu	2.9km	5km	7.3km
211	<b>CZAPOROWSKI Tomasz</b>	<b>142</b>		M40-49		00:00:12	00:14:16	00:24:53	00:35:50
212	<b>HAJSKI Kamil</b>	<b>391</b>		M30-39		00:00:10	00:14:15	00:24:58	00:35:51
213	<b>CZYRNEK Dariusz</b>	<b>289</b>	SMAKI BIEGANIA	M40-49	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53
214	<b>KUŁACZ Wiesław</b>	<b>311</b>		M40-49		00:00:11	00:13:46	00:24:30	00:35:53
215	<b>URBAINSKA Ilona</b>	<b>234</b>		K30-39		00:00:05	00:14:08	00:24:47	00:35:55
216	<b>PRZYŁUDZKI Janusz</b>	<b>326</b>	STS BIEGATON	M70+		00:00:11	00:14:09	00:24:51	00:35:56
217	<b>REMIORZ Piotr</b>	<b>128</b>	ABOVE2000	M50-59		00:00:08	00:13:37	00:23:57	00:35:57
218	<b>FRITZ Tomasz</b>	<b>403</b>		M40-49		00:00:16	00:14:08	00:24:50	00:35:59
219	<b>PASZKOWSKI Cezary</b>	<b>233</b>		M40-49	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01
220	<b>ADAMCZYK Dominik</b>	<b>227</b>	RUN RYDUŁTOWY	M16-19		00:00:11	00:13:18	00:24:19	00:36:03
221	<b>SOBEL Adrian</b>	<b>230</b>		M30-39		00:00:17	00:14:09	00:24:37	00:36:03
222	<b>RYSZKA Eugeniusz</b>	<b>319</b>	KS FORMA WODZISŁAW ŚLĄSKI	M40-49		00:00:07	00:13:35	00:24:30	00:36:04
223	<b>FIEROCH Karol</b>	<b>367</b>		M30-39		00:00:18	00:14:22	00:24:52	00:36:04
224	<b>OGRODNIK Damian</b>	<b>152</b>		M40-49		00:00:14	00:14:08	00:24:50	00:36:07
225	<b>CIEŚLA Jonasz</b>	<b>137</b>	RYBNICKI KLUB JU JITSU SPORTOWEGO	M16-19	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:14:17	00:25:12	00:36:07
226	<b>KUBIK Arkadiusz</b>	<b>135</b>	DYSTANS LUBOMIA	M50-59		00:00:19	00:14:39	00:25:03	00:36:07
227	<b>WINCIERZ Sławomir</b>	<b>263</b>		M30-39		00:00:11	00:14:03	00:24:57	00:36:09
228	<b>KOZIK Marcin</b>	<b>305</b>	DELOITTE ADVENTURE TEAM	M30-39		00:00:15	00:14:19	00:25:14	00:36:10
229	<b>COJG Mateusz</b>	<b>241</b>		M20-29		00:00:14	00:14:25	00:25:16	00:36:13
230	<b>WARZOCHA Mirosław</b>	<b>308</b>		M60-69		00:00:10	00:13:58	00:24:43	00:36:17
231	<b>BERNAT Tomasz</b>	<b>414</b>	OPEL FIJAŁKOWSKI TEAM	M20-29		00:00:17	00:14:01	00:24:50	00:36:17
232	<b>SKRABEL Artur</b>	<b>431</b>	STUDIO ENERGIA TEAM RYBNIK	M40-49	Studio Energia Team Rybnik	00:00:10	00:14:02	00:24:53	00:36:18
233	<b>GOŁAWSKI Łukasz</b>	<b>592</b>	OPEL FIJAŁKOWSKI	M30-39		00:00:16	00:14:00	00:24:49	00:36:18
234	<b>POŁOMSKA Edyta</b>	<b>239</b>	POŁOMSCY TEAM	K40-49	POŁOMSCY TEAM	00:00:04	00:14:04	00:24:51	00:36:19
235	<b>MACHARZYŃSKI Piotr</b>	<b>242</b>	NESSI TEAM ŻORY	M40-49	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19
236	<b>MROCZKOWSKI Tomasz</b>	<b>309</b>		M40-49		00:00:14	00:14:16	00:25:06	00:36:22
237	<b>OLMA Władysław</b>	<b>382</b>	JASTRZĘBIE - BIEGAM BO LUBIĘ	M50-59		00:00:10	00:14:02	00:24:57	00:36:24
238	<b>WOJNAR Janusz</b>	<b>331</b>		M40-49		00:00:15	00:14:00	00:25:02	00:36:25
239	<b>HARAZIN Anna</b>	<b>179</b>	2 TM 4,7	K30-39		00:00:07	00:14:08	00:25:04	00:36:27
240	<b>SIKORA Stefan</b>	<b>173</b>		M70+		00:00:16	00:14:17	00:25:02	00:36:27
241	<b>STARCZEWSKI Marcin</b>	<b>247</b>		M30-39		00:00:09	00:14:15	00:25:09	00:36:28
242	<b>KRASKA Włodzimierz</b>	<b>151</b>	NIEZRZESZONY	M70+		00:00:08	00:14:05	00:25:00	00:36:30
243	<b>BORYCZKA Szymon</b>	<b>292</b>		M40-49		00:00:11	00:14:05	00:24:47	00:36:30
244	<b>ORAWSKI Robert</b>	<b>377</b>	MIKI	M60-69		00:00:12	00:14:26	00:25:22	00:36:30
245	<b>BRÓZDA Tomasz</b>	<b>307</b>	MDM NT TEAM	M30-39	MDM NT TEAM	00:00:15	00:14:14	00:24:54	00:36:30
246	<b>KRÓTKI Janina</b>	<b>349</b>	EASYPON RACIBÓRZ	K30-39		00:00:04	00:14:12	00:24:54	00:36:33
247	<b>WILK Grzegorz</b>	<b>323</b>		M40-49		00:00:09	00:14:23	00:25:15	00:36:37
248	<b>KUBICA Tadeusz</b>	<b>425</b>	NESSI TIME ŻORY	M60-69	Nessi Time Żory	00:00:08	00:14:25	00:25:24	00:36:44
249	<b>RASZCZYK Szymon</b>	<b>296</b>	AKTYWNI LYSKI	M40-49		00:00:14	00:14:36	00:25:20	00:36:44
250	<b>LORENZ Agnieszka</b>	<b>385</b>	GB GALOPUJĄCE ŚLIMAKI	K40-49	Galopujące Ślimaki	00:00:06	00:14:27	00:25:21	00:36:47
251	<b>WOŹNIAK Przemysław</b>	<b>253</b>		M30-39		00:00:19	00:14:53	00:25:50	00:36:48
252	<b>MUSIAŁ Wioletta</b>	<b>356</b>	GALOPUJĄCE ŚLIMAKI	K40-49	Galopujące Ślimaki	00:00:03	00:14:30	00:25:24	00:36:49
253	<b>MALICH Dominik</b>	<b>501</b>		M20-29		00:00:06	00:14:29	00:25:29	00:36:49
254	<b>SPYRKA Piotr</b>	<b>229</b>	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:23	00:14:40	00:25:51	00:36:49

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km
255	<b>NIEWRZOŁ Łukasz</b>	<b>343</b>		M40-49		00:00:10	00:14:18	00:25:15	00:36:50
256	<b>RAŻNIAK Beata</b>	<b>444</b>	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52
257	<b>URBANEK Iwona</b>	<b>576</b>		K30-39		00:00:10	00:14:21	00:25:16	00:36:52
258	<b>KAWIK Janusz</b>	<b>255</b>		M50-59		00:00:03	00:14:23	00:25:27	00:37:00
259	<b>BUCHTA Michał</b>	<b>493</b>		M40-49		00:00:11	00:14:31	00:25:39	00:37:00
260	<b>BOBER Wojciech</b>	<b>394</b>	PIERUNSKIE CANGÓRY	M30-39	PieRUNskie CanGóry	00:00:06	00:14:12	00:25:11	00:37:03
261	<b>GANCARCZYK Karolina</b>	<b>506</b>		K30-39		00:00:03	00:14:16	00:25:28	00:37:07
262	<b>GMITRZUK-ZMORZYŃSKA Ewelina</b>	<b>409</b>		K30-39		00:00:05	00:14:32	00:25:25	00:37:07
263	<b>KRYSZTAFKIEWICZ Katarzyna</b>	<b>261</b>		K40-49		00:00:06	00:14:44	00:25:40	00:37:07
264	<b>GRALAK Wojciech</b>	<b>347</b>		M20-29		00:00:18	00:15:01	00:26:09	00:37:12
265	<b>JĘDRYKA Sebastian</b>	<b>320</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:05	00:13:21	00:24:12	00:37:15
266	<b>MARCZYNSKI Sebastian</b>	<b>213</b>	BEACHVOLLEYBALL	M30-39		00:00:10	00:14:01	00:25:21	00:37:15
267	<b>PŁASKA Grzegorz</b>	<b>473</b>	WRM MC POLAND	M50-59		00:00:08	00:14:08	00:25:21	00:37:20
268	<b>JASIŃSKI Maksymilian</b>	<b>252</b>	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	MARO Team Jastrzębie-Żory	00:00:19	00:14:55	00:26:01	00:37:21
269	<b>MAZUR Małgorzata</b>	<b>327</b>		K40-49		00:00:07	00:14:43	00:25:47	00:37:22
270	<b>PIWISZKIS Barbara</b>	<b>4</b>	STREET SPIRIT- TEAM NOWAK	K40-49	Street Spirit-Team Nowak	00:00:02	00:14:14	00:25:32	00:37:24
271	<b>HEJNA Artur</b>	<b>585</b>	RADLINIOKI W BIEGU	M50-59	Radlinioki w biegu	00:00:11	00:14:24	00:25:28	00:37:29
272	<b>KRAJCARZ Tomasz</b>	<b>432</b>		M30-39		00:00:12	00:14:26	00:25:35	00:37:34
273	<b>KROCHMAL Artur</b>	<b>274</b>	MDM NT TEAM	M40-49	MDM NT TEAM	00:00:12	00:14:32	00:25:54	00:37:40
274	<b>BAJOR Paweł</b>	<b>480</b>		M40-49		00:00:07	00:13:33	00:25:04	00:37:41
275	<b>DOMASZK Paweł</b>	<b>250</b>		M20-29	Street Spirit-Team Nowak	00:00:15	00:14:34	00:25:56	00:37:41
276	<b>TORBIŃSKI Wiesław</b>	<b>237</b>		M70+	Szare Morsy	00:00:07	00:14:27	00:25:43	00:37:42
277	<b>OGIERMAN Małgorzata</b>	<b>338</b>		K50-59		00:00:02	00:14:26	00:25:35	00:37:44
278	<b>PIWOŃSKA Ada</b>	<b>556</b>	INTERAKTYWNI KROSTOSZOWICE	K40-49		00:00:06	00:14:37	00:25:54	00:37:45
279	<b>RUCIŃSKI Krzysztof</b>	<b>190</b>		M50-59		00:00:18	00:15:03	00:26:15	00:37:51
280	<b>KUBULUS Tomasz</b>	<b>366</b>	DO PORZYGU OCR TEAM	M40-49		00:00:17	00:14:55	00:25:53	00:37:56
281	<b>SZCZYRBOWSKI Jan</b>	<b>322</b>		M60-69		00:00:12	00:15:05	00:26:27	00:37:57
282	<b>MROWCZYK Michał</b>	<b>210</b>		M30-39		00:00:09	00:14:41	00:26:00	00:38:00
283	<b>OGIERMAN Mariusz</b>	<b>245</b>	SOCIOS SILESIA	M20-29		00:00:09	00:14:16	00:25:41	00:38:09
284	<b>WEYGAND Patryk</b>	<b>478</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:18	00:15:27	00:26:42	00:38:17
285	<b>GORZELAK Zbigniew</b>	<b>454</b>		M40-49		00:00:18	00:15:23	00:26:42	00:38:18
286	<b>MARCINIAK Artur</b>	<b>341</b>		M50-59		00:00:21	00:15:13	00:26:39	00:38:18
287	<b>BAJKACZ Krzysztof</b>	<b>429</b>		M30-39		00:00:05	00:14:19	00:25:49	00:38:24
288	<b>SOJ Przemysław</b>	<b>238</b>		M40-49		00:00:18	00:15:06	00:26:21	00:38:25
289	<b>JAWOREK Rafał</b>	<b>374</b>	WSPÓLNA TEAM	M40-49		00:00:14	00:15:06	00:26:39	00:38:29
290	<b>MISZ Hubert</b>	<b>445</b>	WSPÓLNA TEAM	M40-49		00:00:14	00:15:07	00:26:38	00:38:30
291	<b>PIŁATOWSKI Mirosław</b>	<b>138</b>	TL ATHLETICS JASTRZĘBIE	M50-59	TL Athletics Jastrzębie	00:00:10	00:15:05	00:26:33	00:38:32
292	<b>BRACHMAŃSKI Dariusz</b>	<b>281</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50-59		00:00:11	00:15:10	00:26:42	00:38:33
293	<b>PIDANTY Łukasz</b>	<b>264</b>		M30-39		00:00:12	00:15:13	00:26:48	00:38:36
294	<b>ŻYWICA Tadeusz</b>	<b>275</b>		M60-69		00:00:15	00:15:20	00:26:46	00:38:37
295	<b>RASZKA Janusz</b>	<b>336</b>	DARK ONE	M50-59		00:00:09	00:15:07	00:26:33	00:38:38
296	<b>KULA Katarzyna</b>	<b>433</b>	STUDIO ENERGIA TEAM RYBNIK	K30-39	Studio Energia Team Rybnik	00:00:07	00:15:14	00:26:40	00:38:45
297	<b>ŚMIETANA Mariusz</b>	<b>471</b>	TUPOT MAŁYCH STÓPEK	M40-49		00:00:11	00:15:00	00:26:30	00:38:46
298	<b>GACH Bernadeta</b>	<b>524</b>	KS GRYF KIETRZ	K40-49		00:00:06	00:15:40	00:27:07	00:38:49
299	<b>ZIMNY Ireneusz</b>	<b>260</b>	EKO-OKNA RUNNERS	M40-49		00:00:10	00:14:52	00:26:34	00:38:51

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas			
						startu	2.9km	5km	7.3km
300	<b>BARAN Dawid</b>	<b>364</b>	DO PORZYGU OCR TEAM	M30-39		00:00:18	00:15:27	00:27:05	00:38:53
301	<b>JAGIEŁA Marcin</b>	<b>354</b>	KRS TKKF MORSY.PL	M40-49		00:00:20	00:15:30	00:27:05	00:38:54
302	<b>BIEDA Piotr</b>	<b>277</b>	RUNNERS TEAM NYSA	M30-39		00:00:09	00:15:20	00:26:51	00:38:59
303	<b>TARGOSZ Piotr</b>	<b>270</b>	OLZA CIESZYN	M40-49	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03
304	<b>MAZURKIEWICZ Rafał</b>	<b>424</b>		M40-49		00:00:06	00:15:13	00:26:55	00:39:13
305	<b>GORZELAK Joanna</b>	<b>453</b>	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:03	00:15:14	00:26:56	00:39:14
306	<b>KLUCZNIOK Magda</b>	<b>455</b>		K16-19		00:00:08	00:14:48	00:26:29	00:39:14
307	<b>POŁOMSKI Jerzy</b>	<b>407</b>	WISAGER ACTIVE	M40-49		00:00:18	00:14:49	00:26:36	00:39:18
308	<b>PODLEŚNY Michał</b>	<b>438</b>	STUDIO ENERGIA TEAM RYBNIK	M30-39	Studio Energia Team Rybnik	00:00:04	00:14:15	00:25:57	00:39:20
309	<b>BADURA Artur</b>	<b>521</b>	JEJKOWICE BIEGAJĄ	M40-49	Jejkowice Biegają	00:00:21	00:15:20	00:27:05	00:39:21
310	<b>MAREK-WRÓBEL Edyta</b>	<b>257</b>	NIEZRZESZONA	K60-69		00:00:05	00:15:38	00:27:06	00:39:24
311	<b>KOTOWICZ Anna</b>	<b>334</b>		K40-49		00:00:05	00:15:25	00:27:08	00:39:27
312	<b>MAKOŚ Tomek</b>	<b>428</b>		M40-49		00:00:18	00:16:02	00:27:54	00:39:34
313	<b>CIEŚLA Adam</b>	<b>350</b>	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:42	00:27:30	00:39:38
314	<b>SŁOWIŃSKI Kamil</b>	<b>449</b>		M40-49		00:00:16	00:15:44	00:27:32	00:39:39
315	<b>KĘDZIERSKI Krzysztof</b>	<b>486</b>		M50-59		00:00:08	00:15:16	00:27:05	00:39:44
316	<b>NOWOMIEJSKI Sylwester</b>	<b>405</b>	AMATOR	M50-59		00:00:04	00:14:54	00:26:54	00:39:45
317	<b>DEJEWSKI Jakub</b>	<b>402</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	Galopujące Ślimaki	00:00:19	00:15:46	00:27:47	00:39:45
318	<b>LERCH Maria</b>	<b>370</b>	AKTYWNIENAKRĘCENI	K30-39		00:00:05	00:15:20	00:27:07	00:39:53
319	<b>DĄBROWSKA Agata</b>	<b>430</b>	NESSI TIME ŻORY	K40-49	Nessi Time Żory	00:00:08	00:16:02	00:28:00	00:39:55
320	<b>ZMORZYŃSKI Marcin</b>	<b>408</b>		M40-49		00:00:14	00:15:25	00:27:15	00:39:58
321	<b>GENSTY Klaudia</b>	<b>392</b>	DYSTANS LUBOMIA	K40-49		00:00:06	00:15:51	00:27:43	00:40:01
322	<b>RUDNICKI Maciej</b>	<b>525</b>	BĄBELKI	M50-59		00:00:21	00:15:43	00:27:40	00:40:05
323	<b>PIECHA-ŁACHAJCZYK Hanna</b>	<b>416</b>		K30-39		00:00:09	00:16:04	00:27:58	00:40:06
324	<b>ŻYŁA Wojciech</b>	<b>582</b>		M40-49		00:00:14	00:14:58	00:27:08	00:40:06
325	<b>CZARNOTA Leszek</b>	<b>465</b>		M50-59		00:00:14	00:15:31	00:27:28	00:40:11
326	<b>JOCHLIK Szymon</b>	<b>191</b>		M30-39		00:00:16	00:15:22	00:27:31	00:40:15
327	<b>MROZEK Maciej</b>	<b>365</b>		M40-49		00:00:15	00:15:55	00:27:38	00:40:16
328	<b>KONOPKA Jarosław</b>	<b>232</b>		M50-59		00:00:18	00:15:35	00:27:32	00:40:17
329	<b>DUDZIAK Grzegorz</b>	<b>321</b>		M40-49		00:00:12	00:15:22	00:27:29	00:40:19
330	<b>STEKLA Bartłomiej</b>	<b>378</b>		M20-29		00:00:16	00:15:01	00:27:05	00:40:20
331	<b>BORUCKI Dariusz</b>	<b>419</b>		M40-49		00:00:17	00:16:05	00:27:56	00:40:20
332	<b>GIEROŃ Katarzyna</b>	<b>399</b>	DYSTANS LUBOMIA	K40-49		00:00:06	00:15:52	00:27:48	00:40:22
333	<b>BYSTRYKOWSKI Marcin</b>	<b>141</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:08	00:15:14	00:27:22	00:40:24
334	<b>WERNIK Katarzyna</b>	<b>398</b>	BESTFITCLUB RYBNIK	K50-59		00:00:08	00:15:47	00:27:46	00:40:25
335	<b>WISKULSKI Mateusz</b>	<b>483</b>		M30-39		00:00:16	00:15:50	00:27:47	00:40:31
336	<b>JURKIEWICZ-FILIKS Basia</b>	<b>532</b>		K40-49		00:00:09	00:16:12	00:28:13	00:40:32
337	<b>NOWAK Magdalena</b>	<b>537</b>	NESSI TIME ŻORY	K30-39	Nessi Time Żory	00:00:08	00:16:02	00:28:04	00:40:35
338	<b>SZCZEPANIAK Aleksander</b>	<b>584</b>		M50-59		00:00:21	00:15:46	00:27:47	00:40:38
339	<b>PAPLA Jolanta</b>	<b>423</b>		K20-29		00:00:05	00:15:54	00:28:04	00:40:41
340	<b>GÓRALSKI Jarosław</b>	<b>467</b>		M50-59		00:00:06	00:16:10	00:28:15	00:40:44
341	<b>GMYREK Michał</b>	<b>437</b>	RODZIC SPORTOWCA	M40-49		00:00:09	00:15:38	00:27:54	00:40:48
342	<b>KRAUSE Sylwia</b>	<b>316</b>	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:08	00:16:19	00:28:20	00:40:51
343	<b>KORDEK Dorota</b>	<b>360</b>		K30-39		00:00:05	00:15:44	00:28:03	00:40:52



Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas			
						startu	2.9km	5km	7.3km
344	<b>PISAREK Witold</b>	<b>244</b>	TOTUTANIEJ.PL	M40-49		00:00:14	00:15:14	00:27:15	00:40:52
345	<b>GODEK Grzegorz</b>	<b>317</b>		M30-39		00:00:09	00:16:04	00:28:29	00:41:12
346	<b>TRYBAŁA Weronika</b>	<b>550</b>	WATAHA	K20-29	WATAHA	00:00:07	00:16:54	00:29:02	00:41:14
347	<b>WALICA Jerzy</b>	<b>372</b>	BIEGAM BO LUBIĘ	M50-59		00:00:06	00:16:08	00:28:34	00:41:15
348	<b>MIKOŁAJEC Paulina</b>	<b>183</b>		K20-29		00:00:04	00:16:14	00:28:25	00:41:16
349	<b>JĘDRYKA Patrycja</b>	<b>547</b>	GB GALOPUJĄCE ŚLIMAKI	K30-39		00:00:06	00:15:46	00:28:15	00:41:17
350	<b>STOCHLIŃSKI Szymon</b>	<b>440</b>		M20-29		00:00:09	00:16:03	00:28:29	00:41:18
351	<b>PALA Mariusz</b>	<b>301</b>	KOKO DŻAMBO I DO PRZODU	M30-39		00:00:09	00:15:17	00:27:38	00:41:19
352	<b>MALISZEWSKI Dariusz</b>	<b>352</b>		M30-39		00:00:07	00:15:25	00:28:02	00:41:23
353	<b>JASTRZĘBSKI Igor</b>	<b>314</b>		M20-29		00:00:12	00:15:14	00:28:03	00:41:25
354	<b>URBAŃSKI Tomasz</b>	<b>482</b>	MTB KYNDRA KLUB	M30-39		00:00:16	00:16:16	00:28:29	00:41:30
355	<b>BAJCAR Beata</b>	<b>379</b>	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32
356	<b>SOBIERAJ Paweł</b>	<b>412</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:13	00:15:27	00:27:55	00:41:32
357	<b>MARKOWSKI Jacek</b>	<b>441</b>		M40-49		00:00:15	00:16:46	00:29:11	00:41:35
358	<b>SZCZEPANIK Piotr</b>	<b>353</b>	KLUB BIEGACZA FARTLEK	M30-39	Klub Biegacza Fartlek	00:00:14	00:16:55	00:29:16	00:41:36
359	<b>NAWROCKI Zbigniew</b>	<b>170</b>		M40-49		00:00:13	00:15:43	00:28:10	00:41:37
360	<b>PASTUSIAK Janina</b>	<b>573</b>		K40-49		00:00:01	00:15:48	00:28:18	00:41:40
361	<b>RUŻAŃSKI Tomasz</b>	<b>517</b>		M40-49		00:00:19	00:16:26	00:28:41	00:41:40
362	<b>MARMURA Marek</b>	<b>568</b>	SILESIA MARATON CLUB	M40-49		00:00:08	00:15:43	00:28:20	00:41:41
363	<b>BRAŃKA Barbara</b>	<b>555</b>		K40-49		00:00:08	00:16:27	00:28:58	00:41:42
364	<b>DROBIAK Kornelia</b>	<b>511</b>	KOBIETY NA 5+	K30-39	Kobiety na 5+	00:00:04	00:16:04	00:28:33	00:41:43
365	<b>GRZONKA Magdalena</b>	<b>359</b>		K40-49		00:00:01	00:15:44	00:28:25	00:41:45
366	<b>PŁASKA Barbara</b>	<b>463</b>		K50-59	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46
367	<b>TARGOSZ Aneta</b>	<b>552</b>	OLZA CIESZYN	K30-39	Olza Cieszyn	00:00:08	00:16:08	00:28:34	00:41:47
368	<b>SWACHTA Konrad</b>	<b>564</b>	KANAPOWCY	M30-39		00:00:20	00:16:24	00:28:48	00:41:47
369	<b>HEJNA Izabela</b>	<b>586</b>	RADLINIOKI W BIEGU	K50-59	Radlinioki w biegu	00:00:08	00:16:52	00:29:06	00:41:48
370	<b>MARSZOLIK Angela</b>	<b>256</b>		K40-49		00:00:07	00:16:12	00:28:48	00:41:49
371	<b>KUBIK Dariusz</b>	<b>544</b>	SAINT GOBAIN SQUAD	M40-49		00:00:06	00:15:08	00:27:48	00:41:52
372	<b>GAŁKIEWICZ Monika</b>	<b>390</b>		K40-49		00:00:08	00:16:01	00:28:31	00:41:52
373	<b>KARBOWY Izabela</b>	<b>195</b>	JEJKOWICE BIEGAJĄ	K30-39	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53
374	<b>CEGLARSKA Sonia</b>	<b>386</b>	JEJKOWICE BIEGAJĄ	K40-49	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53
375	<b>CIEŚLA Artur</b>	<b>388</b>		M30-39		00:00:19	00:16:10	00:28:43	00:41:56
376	<b>KARASIEWICZ-STARCZEWSKA Elżbieta</b>	<b>361</b>		K30-39		00:00:07	00:16:13	00:28:43	00:42:02
377	<b>GRABALSKI Marcin</b>	<b>513</b>		M30-39		00:00:13	00:15:51	00:28:21	00:42:03
378	<b>DOBRENIUK Aurelia</b>	<b>523</b>		K40-49		00:00:08	00:16:11	00:28:45	00:42:04
379	<b>KOWALONEK Aleksandra</b>	<b>590</b>		K20-29		00:00:02	00:16:00	00:28:34	00:42:08
380	<b>KOŁODZIEJ Artur</b>	<b>488</b>		M40-49		00:00:03	00:16:06	00:28:43	00:42:08
381	<b>KRZYK Małgorzata</b>	<b>496</b>		K40-49		00:00:04	00:16:53	00:29:14	00:42:13
382	<b>GAJDA Magdalena</b>	<b>351</b>		K30-39		00:00:07	00:16:30	00:29:02	00:42:14
383	<b>ŁASIEWICKI Sławomir</b>	<b>474</b>		M50-59		00:00:10	00:16:22	00:29:00	00:42:16
384	<b>PASZEK Hania</b>	<b>443</b>	HRMAX ŻORY	K40-49		00:00:03	00:15:59	00:28:32	00:42:17
385	<b>TYRYTKO Sylwia</b>	<b>538</b>	WATAHA	K40-49	WATAHA	00:00:07	00:16:54	00:29:23	00:42:30
386	<b>TRYBAŁA Danuta</b>	<b>549</b>	WATAHA	K30-39	WATAHA	00:00:07	00:16:54	00:29:22	00:42:30
387	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>427</b>	RUNTEAM PAWŁOWICE	K50-59	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas			
						startu	2.9km	5km	7.3km
388	<b>GÓRKA Barbara</b>	<b>534</b>		K40-49	RUNTEAM Pawłowice	00:00:08	00:16:58	00:29:35	00:42:44
389	<b>HOLONA Bożena</b>	<b>572</b>		K50-59		00:00:07	00:17:06	00:29:42	00:42:50
390	<b>OSOWSKA Katarzyna</b>	<b>451</b>		K40-49		00:00:05	00:16:20	00:29:15	00:42:52
391	<b>MOSZ Weronika</b>	<b>450</b>		K40-49		00:00:03	00:16:55	00:29:37	00:42:54
392	<b>WŁODARSKI Dariusz</b>	<b>579</b>		M30-39		00:00:15	00:15:53	00:29:13	00:43:00
393	<b>SOCHA Marlena</b>	<b>528</b>	TL POGOŃ RUDA ŚLĄSKA	K40-49	TL Pogoń Ruda Śląska	00:00:06	00:16:37	00:29:19	00:43:01
394	<b>NIESŁAŃCZYK Barbara</b>	<b>503</b>		K30-39		00:00:11	00:16:51	00:29:34	00:43:02
395	<b>WARDENGA Kazimierz</b>	<b>522</b>	JEJKOWICE BIEGAJĄ	M50-59	Jejkowice Biegają	00:00:21	00:16:39	00:29:25	00:43:04
396	<b>MŁYNARCZYK Tomasz</b>	<b>383</b>	PKM ŚNIEŻNE KOTŁY	M60-69		00:00:14	00:16:40	00:29:31	00:43:08
397	<b>MAZUR Aleksandra</b>	<b>400</b>		K30-39		00:00:03	00:16:24	00:29:21	00:43:14
398	<b>ZIĘTARA Agata</b>	<b>460</b>		K50-59		00:00:10	00:16:52	00:29:49	00:43:18
399	<b>TYRYTKO Jarosław</b>	<b>539</b>	WATAHA	M50-59	WATAHA	00:00:17	00:16:56	00:29:49	00:43:20
400	<b>UKLEJA Sebastian</b>	<b>570</b>		M40-49		00:00:02	00:16:13	00:29:25	00:43:22
401	<b>CHMIEL Jacek</b>	<b>240</b>		M60-69		00:00:15	00:16:54	00:29:57	00:43:23
402	<b>DOMAŃSKA Joanna</b>	<b>393</b>		K30-39		00:00:09	00:16:32	00:29:33	00:43:28
403	<b>SŁOWIŃSKA Joanna</b>	<b>589</b>	RUNTEAM PAWŁOWICE	K30-39		00:00:04	00:16:56	00:29:44	00:43:31
404	<b>KRAMER Piotr</b>	<b>541</b>		M40-49		00:00:22	00:16:02	00:29:12	00:43:32
405	<b>FECZKO Lucyna</b>	<b>578</b>		K40-49		00:00:02	00:16:30	00:29:37	00:43:57
406	<b>ŻYŁA Bogumiła</b>	<b>553</b>	KLUB BIEGACZA RTV EURO AGD	K30-39		00:00:09	00:17:38	00:30:29	00:44:03
407	<b>PYZIK Marcin</b>	<b>406</b>	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:14	00:17:00	00:30:01	00:44:06
408	<b>TOMALA Dariusz</b>	<b>530</b>	OPEL FIJAŁKOWSKI	M40-49	OPEL FIJAŁKOWSKI	00:00:16	00:16:28	00:29:46	00:44:07
409	<b>KARPETA Ilona</b>	<b>562</b>		K30-39		00:00:09	00:17:29	00:30:20	00:44:12
410	<b>KAJSZTURA Weronika</b>	<b>563</b>		K30-39		00:00:09	00:17:29	00:30:19	00:44:12
411	<b>MOCHNACZ Patryk</b>	<b>479</b>	ILO - JASTRZĘBIE-ZDRÓJ	M40-49		00:00:18	00:16:57	00:30:01	00:44:14
412	<b>MARCZYŃSKA Izabela</b>	<b>551</b>	BEACHVOLLEYBALL	K30-39		00:00:05	00:17:13	00:30:23	00:44:16
413	<b>SOCHA Michał</b>	<b>529</b>	TL POGOŃ RUDA ŚLĄSKA	M50-59	TL Pogoń Ruda Śląska	00:00:13	00:16:19	00:31:47	00:44:25
414	<b>KĄŁUS Joanna</b>	<b>476</b>		K40-49		00:00:07	00:17:05	00:30:20	00:44:28
415	<b>MARYNIOK Patryk</b>	<b>492</b>		M30-39		00:00:17	00:16:48	00:30:10	00:44:28
416	<b>BOMBOR Antonina</b>	<b>561</b>		K40-49		00:00:07	00:17:10	00:30:27	00:44:29
417	<b>SOBCZAK Sławek</b>	<b>487</b>	MEGA MOC RACIBÓRZ	M40-49		00:00:08	00:17:16	00:30:25	00:44:29
418	<b>MATIOSZEK Patryk</b>	<b>510</b>		M30-39		00:00:08	00:17:16	00:30:25	00:44:29
419	<b>MARCISZ Natalia</b>	<b>515</b>		K30-39		00:00:05	00:16:39	00:30:07	00:44:43
420	<b>MAKOWSKI Grzegorz</b>	<b>348</b>		M30-39		00:00:16	00:16:05	00:29:36	00:44:45
421	<b>PIETRZYK Marek</b>	<b>509</b>		M60-69		00:00:17	00:17:08	00:30:27	00:44:48
422	<b>KOLAT Jadzia</b>	<b>497</b>	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:05	00:17:17	00:30:38	00:44:50
423	<b>ZAKRZEWSKA Barbara</b>	<b>531</b>		K40-49		00:00:07	00:16:31	00:30:03	00:44:51
424	<b>WARDACH Tomasz</b>	<b>280</b>		M30-39		00:00:13	00:17:01	00:30:33	00:44:53
425	<b>WYSOCKA Magdalena</b>	<b>583</b>		K40-49		00:00:03	00:17:00	00:30:34	00:44:56
426	<b>SIKORA Alicja</b>	<b>271</b>		K70+		00:00:08	00:17:55	00:31:06	00:44:59
427	<b>WOWRA Robert</b>	<b>559</b>		M30-39		00:00:22	00:17:37	00:31:03	00:45:12
428	<b>SWIERCZ Janusz</b>	<b>381</b>	WRM MC POLAND	M50-59		00:00:11	00:16:23	00:30:22	00:45:16
429	<b>STEKLA MAJER Anna</b>	<b>448</b>	GRUPA SPORTOWA REKORD	K30-39		00:00:07	00:16:38	00:30:12	00:45:28
430	<b>KUBIK Aleksandra</b>	<b>545</b>	-	K40-49		00:00:05	00:17:27	00:31:01	00:45:29
431	<b>CHRAŚCINA Rafał</b>	<b>554</b>		M30-39		00:00:22	00:18:12	00:31:34	00:45:39
432	<b>MALISZEWSKA Beata</b>	<b>469</b>		K30-39		00:00:03	00:17:31	00:31:19	00:45:41

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas			
						startu	2.9km	5km	7.3km
433	WILDNER Kamil	313		M20-29		00:00:19	00:17:49	00:31:24	00:45:41
434	GAWĘŁ Julia	546		K20-29		00:04:21	00:17:49	00:31:24	00:45:41
435	BĘBENEK Marcin	363	GALOPUJĄCE ŚLIMAKI	M40-49	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52
436	SIENKIEWICZ Piotr	418	BIEGAM BO LUBIĘ RACIBÓRZ	M60-69		00:00:12	00:17:55	00:31:31	00:45:58
437	MŁYNARCZYK Jerzy	384	PKM ŚNIEŻNE KOTŁY	M60-69		00:00:14	00:17:43	00:31:26	00:46:01
438	JARCZEWSKA Renata	567		K50-59		00:00:08	00:17:41	00:31:25	00:46:06
439	ORŁOWSKA Joanna	571	ULTRA BESKID SPORT	K40-49		00:00:10	00:17:46	00:31:31	00:46:07
440	WALA Andrzej	285		M40-49		00:00:17	00:17:03	00:30:35	00:46:07
441	KOLORZ-STYLOK Katarzyna	417		K40-49		00:00:06	00:17:18	00:31:10	00:46:09
442	JASTRZĘBSKA Ewa	542		K50-59		00:00:01	00:17:25	00:31:16	00:46:10
443	ZIEJA Martyna	396		K20-29		00:00:11	00:17:43	00:31:33	00:46:10
444	BRYCHCY Estera	389	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39		00:00:06	00:17:24	00:32:03	00:46:34
445	WHITE Ashley	357	KLUB BIEGACZA FARTLEK	K40-49	Klub Biegacza Fartlek	00:00:09	00:18:14	00:32:13	00:46:51
446	SPYRKA Monika	507	KLUB BIEGACZA FARTLEK	K30-39	Klub Biegacza Fartlek	00:00:10	00:18:14	00:32:13	00:46:51
447	MARON Tomasz	231	TL ATHLETICS JASTRZĘBIE	M30-39	TL Athletics Jastrzębie	00:00:15	00:18:16	00:31:56	00:47:11
448	NIEDZIOŁKO Bożena	457	KOBIETY NA 5+	K50-59	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13
449	GŁÓWCZYK Izabella	548		K40-49	Kobiety na 5+	00:00:05	00:17:55	00:32:04	00:47:15
450	RATAJSZCZAK-MAŁYS Ewa	512	NORDIC WALKING TAEM RACIBÓRZ	K50-59		00:00:06	00:18:59	00:32:59	00:47:40
451	PACUT Szymon	452		M40-49		00:00:17	00:17:16	00:32:11	00:47:56
452	CEMBALA Magda	543		K40-49		00:00:10	00:18:41	00:33:07	00:47:57
453	LISOWSKA Agnieszka	434		K40-49		00:00:05	00:18:11	00:32:28	00:48:04
454	ZAGÓRSKA Beata	569		K40-49	Olza Cieszyn	00:00:06	00:18:23	00:32:50	00:48:09
455	KARAS Daria	508		K30-39		00:00:11	00:18:12	00:32:34	00:48:25
456	ZIMNY Cecylia	484	SMAKI BIEGANIA	K40-49		00:00:05	00:18:10	00:32:51	00:48:45
457	DYNIA Magdalena	502		K40-49		00:00:10	00:18:27	00:33:17	00:49:22
458	PIPIRO Grażyna	540	KOBIETY NA5+	K60-69	Kobiety na 5+	00:00:03	00:19:00	00:33:39	00:49:26
459	STEKLA Joanna	489		K50-59		00:00:07	00:18:09	00:33:04	00:49:27
460	IDZIKOWSKA Elżbieta	574		K40-49		00:00:01	00:18:35	00:33:25	00:49:29
461	CEGLARSKA Alicja	520	JEJKOWICE BIEGAJĄ	K40-49	Jejkowice Biegają	00:00:04	00:19:09	00:33:45	00:49:35
462	REK Katarzyna	581	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:08	00:19:03	00:34:05	00:49:54
463	GAŃKO Grażyna	411		K60-69		00:00:10	00:19:33	00:34:15	00:49:59
464	BANDER Jerzy	577		M50-59		00:00:15	00:18:56	00:33:55	00:50:18
465	BETLEJ Dorota	499		K30-39		00:00:10	00:19:38	00:34:25	00:50:45
466	ŚWIERZYŃSKI Ariel	527		M30-39		00:00:17	00:20:03	00:35:00	00:51:41
467	TRAWNICKI Jan	462		M70+		00:00:08	00:20:02	00:36:08	00:53:01
468	KOŁODZIEJCZYK Aleksandra	565	RADLINIOKI W BIEGU	K40-49	Radlinioki w biegu	00:00:09	00:19:49	00:35:53	00:53:02
469	KUBAS Mariusz	461	KLUB BIEGACZA FARTLEK	M40-49	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41
470	ZALEWSKA Barbara	464	KOBIETY NA 5+	K40-49	Kobiety na 5+	00:00:04	00:20:54	00:36:59	00:54:15
471	JUTKA Katarzyna	557		K40-49		00:00:08	00:21:28	00:38:16	00:56:35
472	SZOJDA Paulina	558	VIKING TRAINING CENTER	K40-49		00:00:08	00:21:27	00:38:16	00:56:35
473	ROTTER Hanna	401		K60-69		00:00:02	00:20:37	00:38:02	00:57:40
474	KIERMASZEK Barbara	588		K60-69		00:00:03	00:20:37	00:38:03	00:57:41
475	KUŚMIRSKA-KUBAS Alina	475	KLUB BIEGACZA FARTLEK	K50-59	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56
476	MYŚLIWIEC Barbara	458	KOBIETY NA 5+	K20-29	Kobiety na 5+	00:00:04	00:21:11	00:38:47	00:58:27
477	MADEJ Józef	481	ZADYSZKA OŚWIĘCIM	M70+	Zadyszka Oświęcim	00:00:21	00:22:57	00:41:12	00:59:52

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna 1	Czas startu	2.9km	5km	7.3km
478	<b>DĄBROWSKI Sebastian</b>	<b>287</b>	BYLE DOBIEC	M40-49		00:00:00			
479	<b>KAPUSTA Bartłomiej</b>	<b>421</b>		M30-39		00:00:00			
480	<b>KNOPEK Bartłomiej</b>	<b>46</b>		M30-39		00:00:00		00:36:19	
481	<b>LISZKA Mirosław</b>	<b>566</b>		M50-59	Radlinioki w biegu	00:00:00		00:57:16	
482	<b>KOŹMIŃSKI Józef</b>	<b>7</b>	SKL SUCHA BESKIDZKA	M40-49		00:00:00			
483	<b>WALCZYŃSKI Mariusz</b>	<b>91</b>	NIEWYBIEGANI	M40-49	Niewybiegani	00:00:00		00:36:54	
484	<b>KARLIK Agnieszka</b>	<b>269</b>	AKTYWNI LYSKI	K40-49		00:00:02	00:13:15		
485	<b>OLCZYK Wioletta</b>	<b>491</b>		K50-59	Kobiety na 5+	00:00:03	00:19:02	00:34:12	
486	<b>URBANEK Łukasz</b>	<b>110</b>		M16-19		00:00:06		00:20:49	
487	<b>GAJ Monika</b>	<b>505</b>	DAR-BUD TEAM	K40-49		00:00:06	00:17:22		
488	<b>WOLIŃSKI Dariusz</b>	<b>376</b>	HRMAX	M40-49		00:00:11			
489	<b>ZAWIERUCHA Aleksander</b>	<b>404</b>	MARO TEAM JASTRZĘBIR-ŻORY	M50-59	MARO Team Jastrzębie-Żory	00:00:19			
	<b>MORAWSKA Julia</b>	<b>136</b>		K20-29		DNF	00:12:25 DNF	00:22:40 DNF	DNF

Znaleziono 490 wynik(ów)