



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Organizator:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

Data:

2023-09-09

Miejsce:

Jastrzębie-Zdrój

Dystans:

10 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Mateusz	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M20-29	1	Aktywna Pszczyna Runners Team	00:00:01	00:32:38.20	00:32:39.95		3:15	18.4
2	LUPA Piotr	44	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1	Aktywna Pszczyna Runners Team	00:00:01	00:33:51.20	00:33:52.95	+00:01:13	3:23	17.7
3	WÓJCIK Tomasz	2	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M30-39	2	Aktywna Pszczyna Runners Team	00:00:01	00:34:09.80	00:34:11.30	+00:01:31	3:24	17.6
4	FIJAK Tomasz	3	MKS ŻYWIEC	M16-19	1		00:00:01	00:34:23.55	00:34:25.30	+00:01:45	3:26	17.5
5	MARCOL Sebastian	14	INŻYNIERIA BIEGANIA / AKTYWNI LYSKI	M30-39	3	Inżynieria Biegania	00:00:02	00:34:47.95	00:34:50.60	+00:02:09	3:28	17.2
6	KOŹMIŃSKI Józef	10	SKL SUCHA BESKIDZKA	M40-49	1		00:00:02	00:34:57.75	00:34:59.90	+00:02:19	3:29	17.2
7	GAJ Paulina	30	BZ TRAINING SYSTEM / KRAKOWSKA AKADEMIA LEKKOATLETYKI	K30-39	1	BZ Training System/Krakowska Akademia Lekkoatletyki	00:00:02	00:37:33.60	00:37:35.95	+00:04:55	3:45	16
8	MENDECKA-ZEJDLER Michalina	5		K30-39	2		00:00:02	00:37:58.35	00:38:00.95	+00:05:20	3:47	15.8
9	GRIMAN Joanna	57	AKTYWNA PSZCZYNA RUNNERS TEAM	K40-49	1	Aktywna Pszczyna Runners Team	00:00:02	00:38:40.70	00:38:43.05	+00:06:02	3:52	15.5
10	BODNAR Anna	36	ANIA HALSKA COACHING	K40-49	2		00:00:03	00:39:09.40	00:39:12.95	+00:06:31	3:54	15.3
11	SUWAJ Aneta	4	TL ATHLETIC JASTRZĘBIE/ALPIN SPORT	K30-39	3	TL Athletics Jastrzębie	00:00:02	00:39:19.25	00:39:21.90	+00:06:41	3:55	15.3
12	DYBCZYŃSKA Jadwiga	117	LKS POGÓRZE	K40-49	3	Team szalenie szybkich biegaczy	00:00:04	00:40:58.95	00:41:03.60	+00:08:20	4:05	14.6
13	WOLNIK Mateusz	31	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	4	Aktywna Pszczyna Runners Team	00:00:01	00:35:30.60	00:35:32.25	+00:02:52	3:33	16.9
14	ALBRECHT Krystian	39	GB GALOPUJĄCE ŚLIMAKI	M20-29	2	Galopujące Ślimaki	00:00:02	00:35:43.75	00:35:46.25	+00:03:05	3:34	16.8
15	KOSCIELNIK Krzysztof	24	SPLA TYCHY, TEAM PAPRY	M40-49	2	Team Papry	00:00:03	00:35:44.30	00:35:47.30	+00:03:06	3:34	16.8
16	ANTCZAK Robert	28		M40-49	3		00:00:01	00:35:44.45	00:35:46.25	+00:03:06	3:34	16.8
17	KOZIARZ Przemysław	27		M30-39	5		00:00:01	00:35:51.75	00:35:53.65	+00:03:13	3:35	16.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	TOKAREWICZ Damian	13	SCI GÓRSCY ENTUZJAŚCI	M40-49	4	Aktywna Pszczyna Runners Team	00:00:03	00:35:57.70	00:36:01.15	+00:03:19	3:35	16.7
19	OLEJNIK Franciszek	18	INŻYNIERIA BIEGANIA TEAM	M20-29	3	Inżynieria Biegania	00:00:03	00:36:00.30	00:36:03.90	+00:03:22	3:36	16.7
20	PORĘBA Grzegorz	34		M40-49	5	Niewybiegani	00:00:00	00:36:19.85	00:36:19.85	+00:03:41	3:37	16.5
21	KUNINA Paweł	53	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	M50-59	1	TL Athletics Jastrzębie	00:00:02	00:36:24.70	00:36:27.65	+00:03:46	3:38	16.5
22	ZYGMA Kordian	8	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	6	Aktywna Pszczyna Runners Team	00:00:02	00:36:30.40	00:36:33.05	+00:03:52	3:39	16.4
23	JAROSZ Marek	593		M40-49	6		00:00:03	00:36:41.65	00:36:45.20	+00:04:03	3:40	16.4
24	MOSKWA Sławomir	19	ZADYSZKA OŚWIĘCIM	M30-39	7	Zadyszka Oświęcim	00:00:05	00:36:46.60	00:36:51.60	+00:04:08	3:40	16.3
25	WOJCIK Paweł	25	ZADYSZKA OŚWIĘCIM	M20-29	4	Zadyszka Oświęcim	00:00:04	00:37:00.90	00:37:05.60	+00:04:22	3:42	16.2
26	WRÓBEL Michał	6		M30-39	8		00:00:01	00:37:06.35	00:37:07.85	+00:04:28	3:42	16.2
27	PALT Tomasz	9		M40-49	7		00:00:02	00:37:06.80	00:37:08.85	+00:04:28	3:42	16.2
28	ZIELONKA Robert	33		M50-59	2		00:00:01	00:37:26.10	00:37:27.85	+00:04:47	3:44	16
29	ALBRECHT Arkadiusz	113	GB GALOPUJĄCE ŚLIMAKU	M40-49	8	Galopujące Ślimaki	00:00:03	00:37:31.45	00:37:34.60	+00:04:53	3:45	16
30	SZYMULA Michał	40	SANDRA MICHALA TEAM	M30-39	9		00:00:02	00:37:35.35	00:37:38.15	+00:04:57	3:45	16
31	GROBELNY Tymoteusz	20	MKS-MOS PŁOMIEŃ SOSNOWIEC	M16-19	2		00:00:03	00:37:38.70	00:37:41.95	+00:05:00	3:45	15.9
32	OLCHÓWKA Damian	35	LA VISAGE TEAM	M30-39	10		00:00:02	00:38:07.15	00:38:09.35	+00:05:28	3:48	15.7
33	WIECZOREK Maciej	123	ZADYSZKA OŚWIĘCIM	M40-49	9	Zadyszka Oświęcim	00:00:05	00:38:12.80	00:38:18.05	+00:05:34	3:49	15.7
34	BARTOSIK Sebastian	32	SILESIA TRIATHLON TEAM	M30-39	11	Połomscy Team	00:00:02	00:38:13.95	00:38:16.40	+00:05:35	3:49	15.7
35	EISLER Tomasz	38	MOBILITY	M40-49	10		00:00:03	00:38:25.70	00:38:28.70	+00:05:47	3:50	15.6
36	OSETEK Paweł	23	PWR TEAM	M30-39	12	PWR TEAM	00:00:03	00:38:50.65	00:38:53.85	+00:06:12	3:53	15.5
37	POŁOMSKI Grzegorz	58		M40-49	11	Połomscy Team	00:00:03	00:39:03.80	00:39:07.70	+00:06:25	3:54	15.4
38	GÓRSKI Paweł	75	TKKF PIONIER	M30-39	13		00:00:05	00:39:34.35	00:39:39.65	+00:06:56	3:57	15.2
39	KUBIAK Rafał	106	W POGONI ZA DUCHEM	M40-49	12	W Pogoni za Duchem	00:00:04	00:39:35.00	00:39:39.35	+00:06:56	3:57	15.2
40	URBANIAK Witek	15	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	13		00:00:03	00:39:41.95	00:39:45.50	+00:07:03	3:58	15.1
41	CHRUSZCZ Wojciech	102	KLUB BIEGACZA FARTLEK	M40-49	14	Klub Biegacza Fartlek	00:00:04	00:39:57.45	00:40:02.05	+00:07:19	3:59	15
42	ŚWIDER Konrad	118	LKS POGÓRZE	M16-19	3	Team szalenie szybkich biegaczy	00:00:04	00:40:01.15	00:40:05.30	+00:07:22	4:00	15
43	KIEŁBASIŃSKI Arkadiusz	122	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	15	Aktywna Pszczyna Runners Team	00:00:04	00:40:03.15	00:40:07.20	+00:07:24	4:00	15
44	MENCEWICZ Paweł	67	UKS 5 PLUS RYDUŁTOWY / SILESIA TRIATHLON TEAM	M50-59	3		00:00:00	00:40:26.80	00:40:26.80	+00:07:48	4:02	14.8
45	WIECZOREK Patryk	124	ZADYSZKA OŚWIĘCIM	M16-19	4	Zadyszka Oświęcim	00:00:05	00:40:38.25	00:40:43.55	+00:08:00	4:03	14.8

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46	PIECZONKA Maciej	82		M30-39	14		00:00:05	00:40:40.65	00:40:46.30	+00:08:02	4:04	14.8
47	DUŻNIAK Dominik	93		M30-39	15		00:00:03	00:40:43.90	00:40:47.60	+00:08:05	4:04	14.7
48	BARTNIK Sebastian	7	STREET SPIRIT	M40-49	16		00:00:10	00:40:44.70	00:40:54.95	+00:08:06	4:04	14.7
49	ROMAŃSKI Bartłomiej	85		M30-39	16		00:00:04	00:40:45.10	00:40:49.50	+00:08:06	4:04	14.7
50	ABRAHAMCZYK Robert	588		M20-29	5		00:00:32	00:40:46.40	00:41:18.45	+00:08:08	4:04	14.7
51	JARCO Dominik	45	ALPIN SPORT TEAM	M30-39	17		00:00:02	00:40:56.60	00:40:58.75	+00:08:18	4:05	14.7
52	ADAMSKI Robert	55		M30-39	18		00:00:06	00:40:56.80	00:41:03.05	+00:08:18	4:05	14.7
53	OPUCHLIK Tomasz	120	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	17	Aktywna Pszczyna Runners Team	00:00:03	00:40:57.75	00:41:01.00	+00:08:19	4:05	14.7
54	TYMAN Karolina	103	UKS DIAMENT GODÓW	K16-19	1		00:00:02	00:41:01.65	00:41:04.45	+00:08:23	4:06	14.6
55	SIKORA Joanna	74	LKS POGÓRZE	K20-29	1	Team szalenie szybkich biegaczy	00:00:04	00:41:11.20	00:41:15.80	+00:08:33	4:07	14.6
56	RAK Szymon	41	TELOS RUNNING	M40-49	18		00:00:05	00:41:17.55	00:41:22.85	+00:08:39	4:07	14.5
57	STUHLIK Marek	43	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	19	Aktywna Pszczyna Runners Team	00:00:03	00:41:18.65	00:41:22.25	+00:08:40	4:07	14.5
58	KUŚ Tomasz	50	RADLINIOKI W BIEGU	M40-49	19		00:00:07	00:41:18.80	00:41:26.55	+00:08:40	4:07	14.5
59	BRZÓSKA Rafał	112	BRZOZA TEAM	M40-49	20		00:00:07	00:41:27.35	00:41:35.00	+00:08:49	4:08	14.5
60	FIRLA Arkadiusz	22	MDM NT TEAM	M40-49	21	MDM NT Team	00:00:04	00:41:30.50	00:41:34.50	+00:08:52	4:09	14.5
61	GOŁEK Robert	90	13KA	M40-49	22		00:00:05	00:41:31.60	00:41:37.25	+00:08:53	4:09	14.5
62	LORENZ Marcin	114	GB GALOPUJĄCE ŚLIMAKI	M50-59	4	GB Galopujące Ślimaki	00:00:05	00:41:34.95	00:41:40.45	+00:08:56	4:09	14.4
63	CIURKOT Daniel	16		M30-39	20		00:00:08	00:41:36.60	00:41:45.35	+00:08:58	4:09	14.4
64	SZEWCZYK Damian	92	JEJKOWICE BIEGAJĄ	M40-49	23		00:00:08	00:41:43.90	00:41:52.15	+00:09:05	4:10	14.4
65	KNYPS Dawid	179	LKS POGÓRZE	M16-19	5	Team szalenie szybkich biegaczy	00:00:04	00:41:45.50	00:41:50.40	+00:09:07	4:10	14.4
66	SIKORA Marek	66	W POGONI ZA DUCHEM	M40-49	24	W Pogoni za Duchem	00:00:06	00:41:50.75	00:41:56.85	+00:09:12	4:11	14.3
67	MRÓZEK Rafał	77	TEAM KOPEĆ	M30-39	21		00:00:03	00:42:05.10	00:42:08.80	+00:09:26	4:12	14.3
68	KUŚ Dawid	47	POLSKA GRUPA GÓRNICZA	M30-39	22		00:00:03	00:42:12.40	00:42:15.45	+00:09:34	4:13	14.2
69	LOKAJCZYK Olivier	63		M16-19	6		00:00:06	00:42:19.10	00:42:25.75	+00:09:40	4:13	14.2
70	MARCOL Mariusz	110		M30-39	23		00:00:06	00:42:22.90	00:42:29.55	+00:09:44	4:14	14.2
71	SOBOL Adam	197	DYSTANS LUBOMIA	M40-49	25		00:00:10	00:42:23.00	00:42:33.35	+00:09:44	4:14	14.2
72	RAJWA Jan	143	BZIEGACZE	M30-39	24	Bziegacze	00:00:06	00:42:30.00	00:42:36.05	+00:09:51	4:15	14.1
73	IHAS Grzegorz	226		M30-39	25		00:00:05	00:42:30.45	00:42:35.80	+00:09:52	4:15	14.1
74	WIŚNIEWSKI Jarosław	91	ŻORY TEAM	M40-49	26		00:00:06	00:42:39.15	00:42:45.60	+00:10:00	4:15	14.1
75	KORZEC Grzegorz	188	AKADEMIA SPORTOWYCH NAWYKÓW	M30-39	26		00:00:06	00:42:51.70	00:42:58.35	+00:10:13	4:17	14
76	ZELEK Adam	146	OLZA CIESZYN	M50-59	5	Olza Cieszyn	00:00:05	00:42:57.45	00:43:03.20	+00:10:19	4:17	14
77	GIERUSZKA Dariusz	68	AKTYWNA PSZCZYNA RUNNERS TEAM	M50-59	6	Aktywna Pszczyna Runners Team	00:00:04	00:43:00.90	00:43:05.35	+00:10:22	4:18	14

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78	BEZUCH Paweł	100		M20-29	6		00:00:07	00:43:07.25	00:43:15.00	+00:10:29	4:18	13.9
79	PIEUCH Agnieszka	95	INŻYNIERIA BIEGANIA	K30-39	4	Inżynieria Biegania	00:00:10	00:43:13.45	00:43:23.45	+00:10:35	4:19	13.9
80	KEMPA Piotr	65	PWR TEAM	M30-39	27	PWR TEAM	00:00:08	00:43:13.90	00:43:22.40	+00:10:35	4:19	13.9
81	KMITA Tomasz	80		M30-39	28		00:00:05	00:43:19.75	00:43:24.90	+00:10:41	4:19	13.9
82	TARGOSZ Kamil	590	MUKS SZS CIESZYN	M16-19	7	Olza Cieszyn	00:00:05	00:43:20.90	00:43:26.05	+00:10:42	4:20	13.8
83	JANKO Anna	97	HRMAX ŻORY	K30-39	5	Niewybiegani	00:00:07	00:43:23.75	00:43:30.85	+00:10:45	4:20	13.8
84	ŁYSEK Paweł	99	WATAHA	M40-49	27		00:00:06	00:43:29.60	00:43:35.85	+00:10:51	4:20	13.8
85	GRABOWSKA-SZYSZKA Elżbieta	586	ZADYSZKA OŚWIĘCIM	K40-49	4	Zadyszka Oświęcim	00:00:07	00:43:32.30	00:43:39.40	+00:10:54	4:21	13.8
86	POŁOMSKA Edyta	144	POŁOMSCY TEAM	K40-49	5	Połomscy Team	00:00:05	00:43:50.10	00:43:56.05	+00:11:11	4:23	13.7
87	URBAN Patryk	186		M30-39	29		00:00:11	00:43:54.75	00:44:05.95	+00:11:16	4:23	13.7
88	RATAJCZAK Aleksander	94		M50-59	7		00:00:11	00:43:55.20	00:44:06.65	+00:11:17	4:23	13.7
89	MIROSŁAW Piotr	208		M20-29	7		00:00:11	00:43:56.50	00:44:08.10	+00:11:18	4:23	13.7
90	LASKOWSKA Katarzyna	109	INŻYNIERIA BIEGANIA	K40-49	6	Inżynieria Biegania	00:00:08	00:43:59.90	00:44:08.45	+00:11:21	4:23	13.6
91	STĘPIEŃ Grzegorz	86		M40-49	28		00:00:10	00:44:05.00	00:44:15.50	+00:11:26	4:24	13.6
92	GÓRAK Piotr	73	SANDRA MICHALAK TEAM	M40-49	29	Sandra Michalak Team	00:00:07	00:44:13.65	00:44:20.65	+00:11:35	4:25	13.6
93	GADAJ Grzegorz	96	RADLINIOKI W BIEGU	M30-39	30		00:00:04	00:44:14.15	00:44:18.35	+00:11:35	4:25	13.6
94	SZEFER Wojciech	133	JEJKOWICE BIEGAJĄ	M40-49	30	Jejkowice Biegają	00:00:23	00:44:14.35	00:44:38.10	+00:11:36	4:25	13.6
95	SIEGMUND Tadeusz	134	TL ATHLETICS JASTRZĘBIE	M50-59	8	TL Athletics Jastrzębie	00:00:10	00:44:17.65	00:44:27.85	+00:11:39	4:25	13.5
96	HORZELA Adam	46	HURAGAN LIGOTA	M30-39	31		00:00:10	00:44:20.45	00:44:30.95	+00:11:42	4:26	13.5
97	CHROMIK Julia	60	LKS POGÓRZE	K20-29	2	Team szalenie szybkich biegaczy	00:00:04	00:44:22.90	00:44:27.55	+00:11:44	4:26	13.5
98	BRANNY Jacek	98	THE BRANŻY TEAM	M50-59	9		00:00:05	00:44:27.35	00:44:32.90	+00:11:49	4:26	13.5
99	UCIEKLAK Waldemar	52	PSZCZÓŁKOWSKI TEAM	M60-69	1		00:00:07	00:44:31.90	00:44:39.85	+00:11:53	4:27	13.5
100	ZIMNY Patryk	284		M20-29	8		00:00:16	00:44:35.80	00:44:51.80	+00:11:57	4:27	13.5
101	MAŁECKI Jacek	203		M30-39	32		00:00:26	00:44:36.55	00:45:02.90	+00:11:58	4:27	13.5
102	WIELOPOLSKI Michał	222		M20-29	9		00:00:11	00:44:37.55	00:44:48.80	+00:11:59	4:27	13.4
103	SUSEK Daniel	189	ALBO GRUBO ALBO WCALE	M30-39	33		00:00:04	00:44:39.85	00:44:43.95	+00:12:01	4:27	13.4
104	RUTKOWSKA Edyta	76	HRMAX ŻORY	K30-39	6		00:00:07	00:44:44.50	00:44:52.00	+00:12:06	4:28	13.4
105	KACPRZYK Sylwester	185		M40-49	31		00:00:10	00:44:45.40	00:44:56.15	+00:12:07	4:28	13.4
106	WRÓBLEWSKA Judyta	49	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	7	TL Athletics Jastrzębie	00:00:04	00:44:53.55	00:44:57.95	+00:12:15	4:29	13.4
107	DUDZIK Sebastian	158		M30-39	34		00:00:00	00:44:58.00	00:44:58.00	+00:12:19	4:29	13.3
108	BARANOWSKI Rafał	223	DALEKO JESZCZE?	M30-39	35	Daleko jeszcze?	00:00:07	00:45:00.50	00:45:07.75	+00:12:22	4:30	13.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	OPALSKA Karolina	116	ZADYSZKA OŚWIĘCIM	K30-39	8	Zadyszka Oświęcim	00:00:07	00:45:03.75	00:45:11.15	+00:12:25	4:30	13.3
110	WIERCIOCH Tomasz	62	PARKRUN KĘDZIERZYN-KOŹLE	M40-49	32		00:00:07	00:45:14.40	00:45:21.85	+00:12:36	4:31	13.3
111	WILCZYŃSKI Łukasz	404		M30-39	36		00:00:24	00:45:16.35	00:45:40.70	+00:12:38	4:31	13.3
112	MOŃKA Marcin	191		M40-49	33		00:00:13	00:45:16.80	00:45:29.85	+00:12:38	4:31	13.3
113	BALAWENDER Bartosz	121		M40-49	34		00:00:08	00:45:24.60	00:45:33.45	+00:12:46	4:32	13.2
114	SPYRKA Piotr	119	KLUB BIEGACZA FARTLEK	M30-39	37	Klub Biegacza Fartlek	00:00:09	00:45:33.85	00:45:42.95	+00:12:55	4:33	13.2
115	KUFKA Judyta	411		K30-39	9		00:00:06	00:45:43.65	00:45:49.75	+00:13:05	4:34	13.1
116	MIELAŃCZYK Mateusz	126		M30-39	38		00:00:22	00:45:44.50	00:46:07.10	+00:13:06	4:34	13.1
117	MARCZYŃSKI Sebastian	184	RODZINKA.PL	M30-39	39		00:00:17	00:45:44.65	00:46:02.10	+00:13:06	4:34	13.1
118	MĘDRYGAŁ Andrzej	214	MAMUT TEAM	M40-49	35		00:00:13	00:45:45.60	00:45:59.45	+00:13:07	4:34	13.1
119	TOWŚCIK Mariusz	161		M40-49	36		00:00:13	00:45:48.95	00:46:02.20	+00:13:10	4:34	13.1
120	BURAS Roman	145		M50-59	10		00:00:03	00:45:53.10	00:45:56.10	+00:13:14	4:35	13.1
121	WITOSZEK Barbara	210		K30-39	10		00:00:09	00:45:53.15	00:46:02.55	+00:13:14	4:35	13.1
122	RAJWA Roman	48	TL ATHLETICS JASTRZĘBIE	M30-39	40	TL Athletics Jastrzębie	00:00:03	00:45:57.35	00:46:00.75	+00:13:19	4:35	13.1
123	KOPIEC Izabela	131		K40-49	7		00:00:11	00:45:58.15	00:46:09.75	+00:13:19	4:35	13.1
124	GOLICZ Dawid	256		M30-39	41		00:00:08	00:46:02.90	00:46:11.25	+00:13:24	4:36	13
125	ADAMCZYK Sławomir	199		M30-39	42		00:00:05	00:46:03.80	00:46:09.50	+00:13:25	4:36	13
126	ZJAWIONY Adam	202		M30-39	43		00:00:12	00:46:04.20	00:46:16.25	+00:13:26	4:36	13
127	RUCIŃSKI Krzysztof	176		M50-59	11		00:00:10	00:46:04.40	00:46:14.65	+00:13:26	4:36	13
128	PIECHACZEK Jacek	209		M50-59	12		00:00:13	00:46:06.90	00:46:20.15	+00:13:28	4:36	13
129	ORLIK Paweł	296	SOBIESKI6	M16-19	8	Sobieski6	00:00:14	00:46:07.60	00:46:22.40	+00:13:29	4:36	13
130	RATKA-MATEJKO Marcin	151		M30-39	44		00:00:10	00:46:09.75	00:46:19.95	+00:13:31	4:36	13
131	CAPAŁA Marcin	187	BIEGAM BO LUBIĘ	M50-59	13		00:00:00	00:46:10.65	00:46:10.65	+00:13:32	4:37	13
132	PARZYCH Katarzyna	79		K40-49	8	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:09	00:46:11.70	00:46:21.40	+00:13:33	4:37	13
133	KOWAL Damian	290	INZYNIERIA BIAGANIA	M30-39	45		00:00:22	00:46:22.60	00:46:44.65	+00:13:44	4:38	12.9
134	CHROBOK Michał	200		M30-39	46		00:00:11	00:46:24.85	00:46:36.70	+00:13:46	4:38	12.9
135	MACHNIK Andrzej	154		M40-49	37		00:00:11	00:46:28.00	00:46:39.65	+00:13:49	4:38	12.9
136	HENDEL Krzysztof	211	IZBICKO W BIEGU	M30-39	47		00:00:12	00:46:32.85	00:46:45.60	+00:13:54	4:39	12.9
137	MROWIEC Tomasz	168	BDB TEAM	M40-49	38	BDB Team	00:00:13	00:46:35.30	00:46:48.75	+00:13:57	4:39	12.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
138	BUCZAK Lukasz	340		M30-39	48		00:00:21	00:46:36.30	00:46:57.90	+00:13:58	4:39	12.9
139	TUPAJ Jarosław	342	BIEGACZ AMATOR	M30-39	49		00:00:14	00:46:40.25	00:46:54.50	+00:14:02	4:40	12.9
140	BIELECKI Dawid	279		M30-39	50		00:00:16	00:46:40.60	00:46:56.90	+00:14:02	4:40	12.9
141	OGRODNIK Damian	147		M40-49	39		00:00:07	00:46:41.15	00:46:49.00	+00:14:02	4:40	12.9
142	SIKORA Piotr	250	WOLNY STRZELEC	M50-59	14	Team szalenie szybkich biegaczy	00:00:23	00:46:42.85	00:47:06.55	+00:14:04	4:40	12.8
143	KULISZ Grzegorz	171	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M50-59	15		00:00:14	00:46:47.00	00:47:01.05	+00:14:08	4:40	12.8
144	KNYPS Adam	324	ICEMAN SKOCZÓW	M40-49	40		00:00:04	00:46:48.45	00:46:53.35	+00:14:10	4:40	12.8
145	KULAWIAK Bogdan	274		M50-59	16		00:00:18	00:46:54.60	00:47:12.70	+00:14:16	4:41	12.8
146	SUBIK Tomasz	204		M30-39	51		00:00:14	00:46:55.40	00:47:09.85	+00:14:17	4:41	12.8
147	RASAŁA Piotr	285	SILESIA MARATHON CLUB	M20-29	10		00:00:20	00:46:58.60	00:47:18.95	+00:14:20	4:41	12.8
148	JĘDRZEJAK Piotr	281		M50-59	17		00:00:15	00:47:03.60	00:47:19.55	+00:14:25	4:42	12.8
149	JUROWICZ Mariusz	215		M20-29	11		00:00:18	00:47:06.60	00:47:24.80	+00:14:28	4:42	12.7
150	TOMCZYK Lesław	173	OLZA CIESZYN	M60-69	2		00:00:08	00:47:07.45	00:47:15.70	+00:14:29	4:42	12.7
151	HENCZKO Karol	138	AKTYWNIENAKRĘCENI	M30-39	52		00:00:14	00:47:07.55	00:47:22.30	+00:14:29	4:42	12.7
152	MALIK Rafał	61		M30-39	53		00:00:07	00:47:08.70	00:47:15.70	+00:14:30	4:42	12.7
153	TOMOSZ Radomir	172	KLUB PRZYJACIOŁ KRÓLA ARTURA WIĘCŁAWA LV	M30-39	54		00:00:18	00:47:12.60	00:47:30.80	+00:14:34	4:43	12.7
154	WALASZEK Paweł	316	W POGONI ZA DUCHEM	M40-49	41	W Pogoni za Duchem	00:00:19	00:47:14.30	00:47:33.65	+00:14:36	4:43	12.7
155	RADWAŃSKI Łukasz	382		M30-39	55		00:00:16	00:47:18.35	00:47:35.10	+00:14:40	4:43	12.7
156	WEISS Dominik	313		M40-49	42		00:00:14	00:47:19.60	00:47:33.60	+00:14:41	4:43	12.7
157	OPIEKULSKA Renata	153		K40-49	9		00:00:10	00:47:20.00	00:47:30.75	+00:14:41	4:44	12.7
158	GÓRAL Stanisław	225		M30-39	56		00:00:19	00:47:22.65	00:47:41.85	+00:14:44	4:44	12.7
159	JUROWICZ Łukasz	337		M30-39	57		00:00:18	00:47:22.90	00:47:41.05	+00:14:44	4:44	12.7
160	ŚMIGIEL Hubert	330	CZORNE MORSY	M40-49	43		00:00:12	00:47:24.00	00:47:36.65	+00:14:45	4:44	12.7
161	STĘPIEŃ Kamila	87		K30-39	11		00:00:10	00:47:27.10	00:47:37.85	+00:14:48	4:44	12.6
162	BURNAGIEL Tomasz	51	HRMAX ŻORY	M50-59	18		00:00:09	00:47:34.60	00:47:43.85	+00:14:56	4:45	12.6
163	ANTOŃCZYK Adam	219		M50-59	19		00:00:09	00:47:35.65	00:47:45.25	+00:14:57	4:45	12.6
164	GRALAK Wojtek	163		M30-39	58		00:00:11	00:47:41.65	00:47:52.75	+00:15:03	4:46	12.6
165	ROSIŃSKI Maciej	207		M20-29	12		00:00:12	00:47:47.05	00:47:59.25	+00:15:08	4:46	12.6
166	TARGOSZ Piotr	589	OLZA CIESZYN	M40-49	44	Olza Cieszyn	00:00:10	00:47:51.80	00:48:01.80	+00:15:13	4:47	12.5
167	MAZUREK Anna	198		K40-49	10		00:00:13	00:47:53.25	00:48:06.30	+00:15:15	4:47	12.5
168	CZYŻ Leonarda	302	OLZA CIESZYN	K50-59	1	Olza Cieszyn	00:00:10	00:47:54.15	00:48:05.00	+00:15:15	4:47	12.5
169	BASTA Grzegorz	331	ZADYSZKA OŚWIĘCIM	M50-59	20	Zadyszka Oświęcim	00:00:00	00:47:55.90	00:47:55.90	+00:15:17	4:47	12.5
170	NOWAK Beata	303		K50-59	2	Olza Cieszyn	00:00:10	00:47:57.35	00:48:07.35	+00:15:19	4:47	12.5
171	BARTOSZEK Tomasz	277	SAINT-GOBAIN SQUAD	M30-39	59	SAINT-GOBAIN SQUAD	00:00:18	00:47:59.60	00:48:18.05	+00:15:21	4:47	12.5
172	PURCZYŃSKI Jan	323		M50-59	21		00:00:24	00:48:04.05	00:48:28.55	+00:15:25	4:48	12.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
173	MACHEJ Tymoteusz	221	MAROTEAM	M16-19	9	MARO Team Jastrzębie -Żory	00:00:13	00:48:11.60	00:48:25.15	+00:15:33	4:49	12.5
174	SŁOWIŃSKI Dawid	128		M30-39	60	RUNTEAM PAWŁOWICE	00:00:14	00:48:15.70	00:48:30.55	+00:15:37	4:49	12.4
175	GŁUSZYK Lesław	166	HRMAX ŻORY	M60-69	3		00:00:08	00:48:17.75	00:48:26.55	+00:15:39	4:49	12.4
176	WYPIÓR Sebastian	286		M40-49	45		00:00:19	00:48:19.30	00:48:38.50	+00:15:41	4:49	12.4
177	PRZYBYSZ Ryszard	239		M50-59	22		00:00:20	00:48:20.80	00:48:40.85	+00:15:42	4:50	12.4
178	WRÓBEL Katarzyna	272	JUSTFEELFIT	K30-39	12	JustFeelFit	00:00:11	00:48:22.75	00:48:34.65	+00:15:44	4:50	12.4
178	WIELOPOLSKI Łukasz	343		M30-39	61		00:00:19	00:48:22.75	00:48:42.20	+00:15:44	4:50	12.4
180	CZAPOROWSKI Tomasz	127		M40-49	46		00:00:19	00:48:23.70	00:48:43.05	+00:15:45	4:50	12.4
181	BUCHTA Michał	333		M40-49	47		00:00:12	00:48:24.50	00:48:37.30	+00:15:46	4:50	12.4
182	SOWIŃSKI Krzysztof	276	BDB TEAM	M30-39	62	BDB Team	00:00:23	00:48:29.10	00:48:52.25	+00:15:50	4:50	12.4
183	ADAMCZEWSKI Waldemar	159	KLUB BIEGACZA FARTLEK	M50-59	23	Klub Biegacza Fartlek	00:00:09	00:48:30.30	00:48:39.50	+00:15:52	4:51	12.4
184	WÓJCIK Jerzy	111		M50-59	24		00:00:07	00:48:30.65	00:48:38.45	+00:15:52	4:51	12.4
185	TASAREK Ryszard	246	NYSA BIEGA	M70+	1		00:00:12	00:48:33.30	00:48:45.55	+00:15:55	4:51	12.4
186	WUWER Łukasz	339		M30-39	63		00:00:26	00:48:38.25	00:49:04.60	+00:16:00	4:51	12.3
187	BOŁOTIUCH Sebastian	367	POWOLI DO CELU	M40-49	48		00:00:24	00:48:39.40	00:49:04.30	+00:16:01	4:51	12.3
188	GURGOŃ Marcin	228	AKTYWNY ŚLĄSKI	M30-39	64		00:00:14	00:48:44.45	00:48:59.40	+00:16:06	4:52	12.3
189	TOCHOWICZ Bartosz	192		M50-59	25	Olza Cieszyn	00:00:14	00:48:45.55	00:49:00.20	+00:16:07	4:52	12.3
190	KAWECKI Stanisław	140	OLZA CIESZYN	M50-59	26	Olza Cieszyn	00:00:14	00:48:48.80	00:49:03.45	+00:16:10	4:52	12.3
191	WARZOCHA Mirosław	287		M60-69	4		00:00:22	00:48:49.20	00:49:11.25	+00:16:11	4:52	12.3
192	MOTOWIDŁO Tomasz	194		M40-49	49		00:00:15	00:48:49.85	00:49:05.20	+00:16:11	4:52	12.3
193	MARSZAŁKOWSKI Marcin	243		M30-39	65		00:00:00	00:48:51.65	00:48:51.65	+00:16:13	4:53	12.3
194	PAWŁOWSKI Rafał	130	IŁAWA BIEGA	M30-39	66		00:00:13	00:48:55.70	00:49:09.45	+00:16:17	4:53	12.3
195	GAŁKIEWICZ Michał	175		M50-59	27		00:00:09	00:48:55.75	00:49:05.40	+00:16:17	4:53	12.3
196	HETMAN Maryjusz	224	DZIADEK Z WEHRMACHTU	M60-69	5		00:00:13	00:48:55.80	00:49:09.45	+00:16:17	4:53	12.3
197	SIKORA Stefan	201	TEAM SIKORA	M70+	2		00:00:23	00:48:57.20	00:49:20.50	+00:16:19	4:53	12.3
198	GRZONKA Andrzej	183	KLUB BIEGACZA FARTLEK	M40-49	50	Klub Biegacza Fartlek	00:00:10	00:48:58.55	00:49:09.00	+00:16:20	4:53	12.3
199	FIEROCH Karol	307		M30-39	67		00:00:28	00:49:08.35	00:49:37.15	+00:16:30	4:54	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	MODLIŃSKI Arkadiusz	434		M30-39	68		00:00:27	00:49:09.05	00:49:36.55	+00:16:30	4:54	12.2
201	SZCZOTKA Katarzyna	263	AKTYWNA PSZCZYNA	K40-49	11	Aktywna Pszczyzna Runners Team	00:00:15	00:49:11.40	00:49:27.30	+00:16:33	4:55	12.2
202	MACH Sebastian	275	PORANNY BESKID RUN	M40-49	51		00:00:20	00:49:12.05	00:49:32.65	+00:16:33	4:55	12.2
203	PERKOWSKA Daria	234	KOBIETY NA 5+	K40-49	12	Kobiety na 5+	00:00:08	00:49:12.50	00:49:20.70	+00:16:34	4:55	12.2
204	MAREK Robert	155	IRON TEAM	M40-49	52		00:00:19	00:49:18.75	00:49:37.95	+00:16:40	4:55	12.2
205	ATACHIM Łukasz	300	STUDIO ENERGIA TEAM RYBNIK	M40-49	53		00:00:24	00:49:24.35	00:49:48.75	+00:16:46	4:56	12.1
206	SUSZCZYK Monika	311		K40-49	13		00:00:13	00:49:24.95	00:49:37.95	+00:16:46	4:56	12.1
207	JARSZAK Mateusz	334		M30-39	69		00:00:18	00:49:31.40	00:49:50.05	+00:16:53	4:57	12.1
208	URGACZ Mirosław	244		M40-49	54		00:00:20	00:49:33.40	00:49:54.05	+00:16:55	4:57	12.1
209	GATNER Sebastian	288		M30-39	70		00:00:16	00:49:33.50	00:49:50.30	+00:16:55	4:57	12.1
210	WYPIÓR Ewa	350		K40-49	14		00:00:19	00:49:37.25	00:49:57.00	+00:16:59	4:57	12.1
211	CZYŻ Marlena	104	UKS DIAMENT GODÓW	K16-19	2		00:00:03	00:49:37.45	00:49:40.50	+00:16:59	4:57	12.1
212	MASARCZYK Grzegorz	195		M40-49	55		00:00:12	00:49:38.40	00:49:50.60	+00:17:00	4:57	12.1
213	NIESŁAŃCZYK Małgorzata	332	WATAHA	K40-49	15	WATAHA	00:00:12	00:49:43.00	00:49:55.85	+00:17:04	4:58	12.1
214	CISOWSKI Kamil	178	STS BIEGATON MIKOŁÓW	M30-39	71		00:00:22	00:49:46.20	00:50:08.65	+00:17:08	4:58	12.1
215	GŁĘBOCKI Grzegorz	294	BIEGAM SOBIE	M50-59	28		00:00:21	00:49:46.35	00:50:07.45	+00:17:08	4:58	12.1
216	MERES Jarosław	329		M40-49	56		00:00:16	00:49:50.20	00:50:06.40	+00:17:12	4:59	12
217	SKACZYŁO Patryk	396		M30-39	72		00:00:17	00:49:59.20	00:50:16.55	+00:17:21	4:59	12
218	CZYRNEK Dariusz	251	SMAKI BIEGANIA	M40-49	57	Smaki biegania	00:00:13	00:50:04.45	00:50:18.00	+00:17:26	5:00	12
219	PASZKOWSKI Cezary	273	MDM NT TEAM	M40-49	58	MDM NT Team	00:00:20	00:50:12.60	00:50:33.20	+00:17:34	5:01	12
220	LELENIEWSKI Jacek	149		M40-49	59		00:00:14	00:50:13.55	00:50:28.35	+00:17:35	5:01	11.9
221	PRZYBYŁA Przemysław	216	MDM NT TEAM	M40-49	60	MDM NT Team	00:00:19	00:50:15.55	00:50:35.30	+00:17:37	5:01	11.9
222	BOJARSKI Krzysztof	233		M40-49	61		00:00:19	00:50:18.50	00:50:38.35	+00:17:40	5:01	11.9
223	PAWŁOWSKI Marcin	402		M20-29	13		00:00:18	00:50:21.65	00:50:40.60	+00:17:43	5:02	11.9
224	RYBARZ Michał	182		M30-39	73		00:00:12	00:50:23.95	00:50:36.15	+00:17:45	5:02	11.9
225	MUSIAŁ Łukasz	240	GALOPUJĄCE ŚLIMAKI	M40-49	62	Galopujące Ślimaki	00:00:21	00:50:27.25	00:50:49.15	+00:17:49	5:02	11.9
226	GURECKI Grzegorz	235		M30-39	74		00:00:15	00:50:28.15	00:50:43.55	+00:17:49	5:02	11.9
227	MAGUDA Marcin	308		M40-49	63		00:00:22	00:50:35.30	00:50:57.65	+00:17:57	5:03	11.9
228	ORŁOWSKI Grzegorz	312		M40-49	64		00:00:12	00:50:37.80	00:50:50.45	+00:17:59	5:03	11.9
229	URBAINSKA Ilona	270		K30-39	13		00:00:06	00:50:40.05	00:50:46.30	+00:18:01	5:04	11.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
230	WALA Marek	443		M40-49	65		00:00:30	00:50:44.65	00:51:15.10	+00:18:06	5:04	11.8
231	JASIŃSKI Maksymilian	282		M60-69	6	MARO Team Jastrzębie -Żory	00:00:15	00:50:49.55	00:51:05.15	+00:18:11	5:04	11.8
232	WISKULSKI Mateusz	280		M30-39	75		00:00:16	00:50:57.70	00:51:13.95	+00:18:19	5:05	11.8
233	JACKIEWICZ Mirosław	141	133 BLP CIESZYN	M50-59	29		00:00:19	00:50:59.30	00:51:18.65	+00:18:21	5:05	11.8
234	RASZKA Janusz	320	DARK ONE	M50-59	30		00:00:20	00:51:03.65	00:51:23.65	+00:18:25	5:06	11.8
235	BIELICH Adrian	237	ALKOTEAM	M30-39	76		00:00:21	00:51:06.25	00:51:28.05	+00:18:28	5:06	11.7
236	BOŻKO Jakub	507		M20-29	14		00:00:35	00:51:09.10	00:51:44.20	+00:18:30	5:06	11.7
237	BOCHENEK Adam	105		M30-39	77		00:00:11	00:51:09.70	00:51:20.95	+00:18:31	5:06	11.7
238	WOLNY Piotr	578		M30-39	78		00:00:33	00:51:14.35	00:51:47.70	+00:18:36	5:07	11.7
239	STREIT Mariusz	242		M40-49	66		00:00:20	00:51:14.65	00:51:35.20	+00:18:36	5:07	11.7
240	MAJCHRZAK Dawid	416		M20-29	15		00:00:23	00:51:15.30	00:51:38.35	+00:18:37	5:07	11.7
241	JACH Marek	139		M50-59	31		00:00:15	00:51:15.60	00:51:31.35	+00:18:37	5:07	11.7
242	SZEREDA Robert	59		M40-49	67		00:00:03	00:51:21.65	00:51:25.05	+00:18:43	5:08	11.7
243	MAZUR Małgorzata	385		K40-49	16		00:00:06	00:51:23.30	00:51:29.75	+00:18:45	5:08	11.7
244	FORNAL Paweł	379		M40-49	68		00:00:14	00:51:24.50	00:51:38.60	+00:18:46	5:08	11.7
245	SYKUŁA Bartosz	344		M40-49	69		00:00:17	00:51:26.60	00:51:44.20	+00:18:48	5:08	11.7
246	HAJSKI Kamil	181	HASKIENDURONRUN	M30-39	79		00:00:12	00:51:28.20	00:51:40.65	+00:18:50	5:08	11.7
247	KRAWCZYK Elżbieta	318	W POGONI ZA DUCHEM	K30-39	14	W Pogoni za Duchem	00:00:19	00:51:30.40	00:51:49.85	+00:18:52	5:09	11.7
248	ZASIEK Amadeusz	346		M30-39	80		00:00:17	00:51:32.50	00:51:50.45	+00:18:54	5:09	11.6
249	MIĄSIK Dariusz	553		M50-59	32		00:00:37	00:51:40.60	00:52:17.60	+00:19:02	5:10	11.6
250	BAC Michał	164		M40-49	70		00:00:11	00:51:45.30	00:51:56.95	+00:19:07	5:10	11.6
251	KILIANEK Rafał	419	BIEG Z CHRYSYSEM	M30-39	81		00:00:27	00:51:49.60	00:52:17.45	+00:19:11	5:10	11.6
252	CZYŻ Jacek	301	OLZA CIESZYN	M50-59	33	Olza Cieszyn	00:00:10	00:51:49.85	00:52:00.10	+00:19:11	5:10	11.6
253	KOBIELUSZ Martyna	487		K20-29	3		00:00:31	00:51:54.90	00:52:26.25	+00:19:16	5:11	11.6
254	PAWŁOK Anna	129	TRIATHLON TRAINING CENTER	K30-39	15		00:00:14	00:51:55.40	00:52:10.35	+00:19:17	5:11	11.6
255	GURNICZ Paweł	338		M30-39	82		00:00:21	00:51:56.00	00:52:17.45	+00:19:17	5:11	11.6
256	GARAJ Mariusz	497		M40-49	71		00:00:27	00:52:01.55	00:52:28.75	+00:19:23	5:12	11.5
257	MUSIAŁ Wioletta	241		K40-49	17	Galopujące Ślimaki	00:00:15	00:52:02.30	00:52:18.20	+00:19:24	5:12	11.5
258	SULICH Marcin	584	MDM NT TEAM	M40-49	72	MDM NT Team	00:00:31	00:52:05.70	00:52:37.45	+00:19:27	5:12	11.5
259	PILICH Marcin	444	LEŚNA TEAM	M40-49	73		00:00:30	00:52:08.30	00:52:38.50	+00:19:30	5:12	11.5
260	WIEJACZ Rafał	438		M30-39	83		00:00:26	00:52:08.85	00:52:35.70	+00:19:30	5:12	11.5
261	PROSÓŁ Michał	591		M30-39	84		00:00:26	00:52:09.10	00:52:35.45	+00:19:30	5:12	11.5
262	PIŁATOWSKI Mirosław	230		M50-59	34	TL Athletics Jastrzębie	00:00:17	00:52:09.40	00:52:27.30	+00:19:31	5:12	11.5
263	NIEWRZOŁ Łukasz	336		M40-49	74		00:00:15	00:52:18.10	00:52:33.55	+00:19:39	5:13	11.5
264	KROCHMAL Artur	447	MDM NT TEAM	M40-49	75	MDM NT Team	00:00:25	00:52:18.75	00:52:44.55	+00:19:40	5:13	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
265	OLMA Władysław	137	FORMA BIEGANIA - JASTRZĘBIE	M50-59	35		00:00:06	00:52:25.05	00:52:31.40	+00:19:46	5:14	11.4
266	KEMPNY Mariusz	271		M30-39	85		00:00:17	00:52:28.55	00:52:45.55	+00:19:50	5:14	11.4
267	LACHOWICZ Izabela	162	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K30-39	16	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:13	00:52:30.55	00:52:44.30	+00:19:52	5:15	11.4
268	DĘBICKA Aneta	260		K20-29	4		00:00:14	00:52:32.35	00:52:46.70	+00:19:54	5:15	11.4
269	LACHOWICZ Marcin	397		M40-49	76		00:00:30	00:52:33.40	00:53:03.85	+00:19:55	5:15	11.4
270	KIJAK Marcin	364	KRAKÓW AIRPORT RUNNING TEAM	M30-39	86		00:00:28	00:52:35.45	00:53:04.40	+00:19:57	5:15	11.4
271	SZCZYRBOWSKI Jan	327		M60-69	7		00:00:22	00:52:36.00	00:52:58.25	+00:19:57	5:15	11.4
272	NOWAK Joanna	520	W POGONI ZA DUCHEM	K30-39	17	W Pogoni za Duchem	00:00:19	00:52:38.50	00:52:57.50	+00:20:00	5:15	11.4
273	FURMANEK Ela	150	HURAGAN LIGOTA	K50-59	3		00:00:13	00:52:56.30	00:53:10.00	+00:20:18	5:17	11.3
274	PIETRZYK Aleksandra	232	TEAM PAPRY	K40-49	18		00:00:17	00:53:03.95	00:53:21.75	+00:20:25	5:18	11.3
275	BEŁCZYKOWSKI Zbigniew	174	TEAM PAPRY	M30-39	87	Team Papry	00:00:18	00:53:04.60	00:53:22.65	+00:20:26	5:18	11.3
276	CEGLARSKA Sonia	461	JEJKOWICE BIEGAJĄ	K40-49	19	Jejkowice Biegają	00:00:32	00:53:09.55	00:53:42.20	+00:20:31	5:18	11.3
277	ROMAŃSKA Klaudia	436	W POGONI ZA DUCHEM	K20-29	5	W Pogoni za Duchem	00:00:18	00:53:09.75	00:53:28.20	+00:20:31	5:18	11.3
278	KULA Katarzyna	193	STUDIO ENERGIA TEAM RYBNIK	K30-39	18	Studio Energia Team Rybnik	00:00:10	00:53:13.25	00:53:23.25	+00:20:35	5:19	11.3
279	MROCZKOWSKI Tomasz	321		M40-49	77		00:00:19	00:53:16.95	00:53:36.65	+00:20:38	5:19	11.3
280	BOBER Wojciech	440	PIERUNSKIE CANGÓRY	M30-39	88		00:00:14	00:53:17.05	00:53:31.50	+00:20:38	5:19	11.3
281	DOMASZK Paweł	371		M20-29	16		00:00:26	00:53:20.05	00:53:46.15	+00:20:41	5:20	11.3
282	KONSEK Anna	314		K30-39	19		00:00:20	00:53:20.25	00:53:40.30	+00:20:42	5:20	11.3
283	LURKA Tomasz	448	MDM NT TEAM	M40-49	78	MDM NT Team	00:00:32	00:53:22.15	00:53:54.35	+00:20:43	5:20	11.2
284	KIEPIELA Dawid	132	KLUB BIEGACZA FARTLEK	M40-49	79	Klub Biegacza Fartlek	00:00:36	00:53:30.60	00:54:07.25	+00:20:52	5:21	11.2
285	PODKOWIK Marcin	248		M40-49	80		00:00:25	00:53:30.85	00:53:56.65	+00:20:52	5:21	11.2
286	SZCZOTKA Arkadiusz	267		M50-59	36		00:00:21	00:53:31.40	00:53:52.85	+00:20:53	5:21	11.2
287	BASTA Dorota	437	ZADYSZKA OŚWIĘCIM	K40-49	20	Zadyszka Oświęcim	00:00:31	00:53:32.20	00:54:03.75	+00:20:54	5:21	11.2
288	BRÓZDA Tomasz	328	MDM NT TEAM	M30-39	89	MDM NT Team	00:00:20	00:53:33.40	00:53:54.15	+00:20:55	5:21	11.2
289	RACIBORSKI Aleksander	217	SOBIESKI6	M16-19	10	Sobieski6	00:00:14	00:53:34.30	00:53:49.15	+00:20:56	5:21	11.2
290	DEJEWSKI Jakub	414	GB GALOPUJĄCE ŚLIMAKI	M30-39	90	Galopujące Ślimaki	00:00:26	00:53:35.75	00:54:02.45	+00:20:57	5:21	11.2
291	MACIONCZYK Szymon	572		M30-39	91		00:00:30	00:53:36.20	00:54:06.95	+00:20:58	5:21	11.2
292	ZIĘBA Michał	505		M40-49	81		00:00:34	00:53:37.75	00:54:12.55	+00:20:59	5:21	11.2
293	ORAWSKI Robert	395	MIKI	M60-69	8		00:00:26	00:53:39.40	00:54:05.80	+00:21:01	5:21	11.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
294	BAJOR Paweł	373		M40-49	82		00:00:07	00:53:48.90	00:53:56.05	+00:21:10	5:22	11.2
295	BIENKO Edyta	556		K40-49	21		00:00:22	00:53:50.40	00:54:12.45	+00:21:12	5:23	11.1
296	PŁASKA Grzegorz	451	WRM	M50-59	37		00:00:17	00:53:51.10	00:54:08.10	+00:21:12	5:23	11.1
297	HARAZIN Janusz	196		M30-39	92		00:00:15	00:53:52.45	00:54:07.80	+00:21:14	5:23	11.1
298	SUBIK Edyta	322		K30-39	20		00:00:21	00:53:59.20	00:54:20.30	+00:21:21	5:23	11.1
299	LORENZ Agnieszka	335	GB GALOPUJĄCE ŚLIMAKI	K40-49	22	GB Galopujące Ślimaki	00:00:15	00:54:06.55	00:54:22.25	+00:21:28	5:24	11.1
300	ŚMIETANA Mariusz	368	EASYRUN RACIBÓRZ	M40-49	83		00:00:23	00:54:07.50	00:54:30.85	+00:21:29	5:24	11.1
301	MACHACZ Michał	551	OPEL FIJAŁKOWSKI	M40-49	84		00:00:30	00:54:19.65	00:54:50.25	+00:21:41	5:25	11
302	DWORNIK Mateusz	326		M20-29	17		00:00:17	00:54:20.05	00:54:37.95	+00:21:41	5:26	11
303	CIEŚLAK Adam	420	STOWARZYSZENIE "JASTRZĘBSKI SPORT"	M30-39	93		00:00:27	00:54:22.95	00:54:50.15	+00:21:44	5:26	11
304	TORBIŃSKI Wiesław	361	SZARE MORSY	M70+	3	Szare Morsy	00:00:20	00:54:25.75	00:54:45.90	+00:21:47	5:26	11
305	PERUGIEWICZ Joanna	410	@GOOD VIBES	K30-39	21		00:00:24	00:54:26.10	00:54:50.85	+00:21:47	5:26	11
306	PIDANTY Łukasz	351	MADYRUN	M30-39	94		00:00:29	00:54:32.35	00:55:02.00	+00:21:54	5:27	11
307	SŁOWIŃSKA Joanna	348	RUNTEAM PAWŁOWICE	K30-39	22	RUNTEAM PAWŁOWICE	00:00:14	00:54:34.50	00:54:48.65	+00:21:56	5:27	11
308	BAC Małgorzata	165		K16-19	3		00:00:11	00:54:46.50	00:54:58.35	+00:22:08	5:28	11
309	GORZAWSKI Marcin	399		M30-39	95		00:00:27	00:55:01.60	00:55:29.40	+00:22:23	5:30	10.9
310	GABRYŚ Patrycja	435	DOMIN TEAM	K30-39	23		00:00:28	00:55:01.85	00:55:30.10	+00:22:23	5:30	10.9
311	KOWALONEK Aleksandra	392		K20-29	6	Do biegu, gotowi? Siad!	00:00:24	00:55:04.95	00:55:29.25	+00:22:26	5:30	10.9
312	KÓZKA Grzegorz	391		M30-39	96		00:00:29	00:55:05.25	00:55:34.50	+00:22:27	5:30	10.9
313	MAZUR Arkadiusz	319		M30-39	97		00:00:24	00:55:11.10	00:55:35.55	+00:22:32	5:31	10.9
314	POPEK Barbara	64	SOBIESKI6	K50-59	4	Sobieski6	00:00:24	00:55:13.40	00:55:37.80	+00:22:35	5:31	10.9
315	GAJ Monika	474	DAR-BUD TEAM	K40-49	23		00:00:13	00:55:20.25	00:55:33.30	+00:22:42	5:32	10.8
316	MIKULAK Natalia	412		K20-29	7		00:00:25	00:55:23.55	00:55:49.10	+00:22:45	5:32	10.8
317	ZIĘTARA Paweł	462		M50-59	38		00:00:28	00:55:26.80	00:55:54.85	+00:22:48	5:32	10.8
318	SIKORA Alicja	317	TEAM SIKORA	K70+	1		00:00:23	00:55:28.60	00:55:52.35	+00:22:50	5:32	10.8
319	KOMOŃ Mateusz	543		M30-39	98		00:00:37	00:55:34.85	00:56:12.15	+00:22:56	5:33	10.8
320	ŻYWICA Tadeusz	266		M60-69	9		00:00:20	00:55:37.80	00:55:58.55	+00:22:59	5:33	10.8
321	KĄKOL Ryszard	101		M60-69	10		00:00:07	00:55:49.05	00:55:56.30	+00:23:10	5:34	10.7
322	ZIMNY Ireneusz	380	EKO-OKNA RUNNERS	M40-49	85		00:00:13	00:56:00.65	00:56:14.45	+00:23:22	5:36	10.7
323	PEREK Karol	268	DOGONIĆ SEBĘ	M30-39	99		00:00:18	00:56:01.60	00:56:20.35	+00:23:23	5:36	10.7
324	KARWOT Leszek	378		M40-49	86		00:00:28	00:56:03.00	00:56:31.80	+00:23:24	5:36	10.7
325	KARWOT Maciej	304	RADLINIOKI W BIEGU	M40-49	87		00:00:19	00:56:09.35	00:56:28.90	+00:23:31	5:36	10.7
326	BRZEZIŃSKA Anna	508		K30-39	24		00:00:24	00:56:09.40	00:56:33.70	+00:23:31	5:36	10.7
327	URBANEK Iwona	347		K30-39	25		00:00:30	00:56:15.05	00:56:45.05	+00:23:36	5:37	10.7
328	MASON Grzegorz	415	MEJSONY Z KAMIENIA	M40-49	88		00:00:35	00:56:15.55	00:56:51.30	+00:23:37	5:37	10.7
329	SZYMCZYK Teresa	550	TEAM SZYMCZYKI	K60-69	1		00:00:30	00:56:15.80	00:56:46.60	+00:23:37	5:37	10.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
330	GABRUŚ Iwona	390	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K50-59	5	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:29	00:56:17.00	00:56:46.85	+00:23:38	5:37	10.7
331	PAKUŁA Paweł	571		M30-39	100		00:00:34	00:56:20.90	00:56:55.15	+00:23:42	5:38	10.7
332	BOGACKI Tomasz	278		M30-39	101		00:00:21	00:56:23.90	00:56:45.40	+00:23:45	5:38	10.6
333	BADURA Artur	529	JEJKOWICE BIEGAJĄ	M40-49	89	Jejkowice Biegają	00:00:34	00:56:45.70	00:57:20.05	+00:24:07	5:40	10.6
334	DROZD Magdalena	531		K30-39	26		00:00:35	00:56:46.50	00:57:21.70	+00:24:08	5:40	10.6
335	GÓRALSKI Jarosław	310		M50-59	39		00:00:11	00:56:52.40	00:57:04.05	+00:24:14	5:41	10.6
336	KLUCZYŃSKA Honorata	298		K40-49	24		00:00:21	00:56:54.05	00:57:15.25	+00:24:15	5:41	10.5
337	TERESZYŃSKA Anna	495		K40-49	25		00:00:06	00:57:04.20	00:57:10.75	+00:24:26	5:42	10.5
338	GIEROŃ Katarzyna	442	DYSTANS LUBOMIA	K40-49	26		00:00:00	00:57:13.70	00:57:13.70	+00:24:35	5:43	10.5
339	WERNIK Katarzyna	352		K50-59	6		00:00:25	00:57:16.05	00:57:41.15	+00:24:37	5:43	10.5
340	CZAUDERNA Marcin	547		M40-49	90		00:00:35	00:57:20.10	00:57:55.60	+00:24:41	5:44	10.5
341	CICHOWLAS Mateusz	297	SELFMAKER	M30-39	102	Selfmaker	00:00:00	00:57:24.95	00:57:24.95	+00:24:46	5:44	10.5
342	RUDNICKI Maciej	369	BĄBELKI	M50-59	40		00:00:38	00:57:25.65	00:58:04.35	+00:24:47	5:44	10.4
343	KORDEK Dorota	353		K40-49	27		00:00:26	00:57:26.25	00:57:52.85	+00:24:48	5:44	10.4
344	MAKOŚ Tomek	423		M40-49	91		00:00:34	00:57:26.30	00:58:00.45	+00:24:48	5:44	10.4
345	HALSZKA Joanna	567	DYSTANS LUBOMIA	K40-49	28		00:00:29	00:57:28.65	00:57:58.15	+00:24:50	5:44	10.4
346	GORZELAK Zbigniew	581		M40-49	92		00:00:17	00:57:35.50	00:57:52.80	+00:24:57	5:45	10.4
347	SZEWCZYK Marzena	421	JEJKOWICE BIEGAJĄ	K40-49	29		00:00:33	00:57:37.40	00:58:10.45	+00:24:59	5:45	10.4
348	TRYBAŁA Danuta	534	WATAHA	K30-39	27	WATAHA	00:00:30	00:57:49.45	00:58:19.85	+00:25:11	5:46	10.4
349	LERCH-HENCZKO Maria	360	AKTYWNI NAKRĘCENI	K30-39	28		00:00:22	00:57:57.65	00:58:20.55	+00:25:19	5:47	10.4
350	KONIECKO Karolina	417		K30-39	29		00:00:00	00:57:59.55	00:57:59.55	+00:25:21	5:47	10.3
351	STALMACH Damian	549		M20-29	18		00:00:39	00:57:59.60	00:58:39.15	+00:25:21	5:47	10.3
352	POŁOMSKI Jerzy	283	WISAGER ACTIVE	M40-49	93		00:00:12	00:58:06.05	00:58:18.40	+00:25:27	5:48	10.3
353	JANKO Kamil	401		M30-39	103		00:00:24	00:58:10.65	00:58:35.15	+00:25:32	5:49	10.3
354	ŁUSZCZYK Sergiusz	370		M30-39	104		00:00:28	00:58:12.45	00:58:41.05	+00:25:34	5:49	10.3
355	KUFEL Beata	429		K50-59	7		00:00:28	00:58:14.30	00:58:42.65	+00:25:36	5:49	10.3
356	CZARNOTA Leszek	372		M50-59	41		00:00:23	00:58:16.90	00:58:40.50	+00:25:38	5:49	10.3
357	PŁASKA Barbara	452	KOBIETY NA 5+	K50-59	8	Kobiety na 5+	00:00:11	00:58:24.50	00:58:36.05	+00:25:46	5:50	10.3
358	TOMALA Dariusz	357	OPEL FIJAŁKOWSKI	M40-49	94		00:00:30	00:58:28.75	00:58:59.35	+00:25:50	5:50	10.3
359	KUFKA Paweł	409		M40-49	95		00:00:29	00:58:29.65	00:58:59.05	+00:25:51	5:50	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	KOTENKO Serhii	376		M30-39	105		00:00:32	00:58:42.25	00:59:14.35	+00:26:04	5:52	10.2
361	TYRYTKO Jarosław	546	WATAHA	M50-59	42	WATAHA	00:00:30	00:58:45.75	00:59:16.65	+00:26:07	5:52	10.2
362	MROZEK Maciej	365		M40-49	96		00:00:28	00:58:50.05	00:59:18.95	+00:26:11	5:53	10.2
363	CIEŚLA Artur	517		M40-49	97		00:00:38	00:58:50.50	00:59:28.60	+00:26:12	5:53	10.2
364	GENSTY Klaudia	573	DYSTANS LUBOMIA	K40-49	30		00:00:30	00:58:54.90	00:59:25.80	+00:26:16	5:53	10.2
365	MARKOWSKI Jacek	592		M40-49	98		00:00:29	00:58:54.95	00:59:24.35	+00:26:16	5:53	10.2
366	ŻYWICA Piotr	575		M30-39	106		00:00:26	00:58:55.65	00:59:22.60	+00:26:17	5:53	10.2
367	MALISZEWSKI Dariusz	349		M30-39	107		00:00:27	00:58:56.65	00:59:23.90	+00:26:18	5:53	10.2
368	SOBOL Ewa	552	DYSTANS LUBOMIA	K40-49	31		00:00:28	00:58:57.65	00:59:26.20	+00:26:19	5:53	10.2
369	ZASIEK Marek	569		M50-59	43		00:00:35	00:59:00.40	00:59:35.80	+00:26:22	5:54	10.2
370	MILOWSKA Sylwia	504		K40-49	32		00:00:32	00:59:06.05	00:59:38.80	+00:26:27	5:54	10.2
371	JAGIEŁA Marcin	355	KRS TKKF MORSY.PL	M40-49	99		00:00:21	00:59:09.00	00:59:30.00	+00:26:30	5:54	10.1
372	NOWAK Patryk	446	KLUB BIEGACZA FARTLEK	M30-39	108	Klub Biegacza Fartlek	00:00:37	00:59:16.25	00:59:53.60	+00:26:38	5:55	10.1
373	GORZELAK Joanna	580	KOBIETY NA 5+	K40-49	33	Kobiety na 5+	00:00:16	00:59:18.50	00:59:35.25	+00:26:40	5:55	10.1
374	MIELAŃCZYK Patrycja	227		K30-39	30		00:00:22	00:59:23.20	00:59:46.05	+00:26:45	5:56	10.1
375	DUDZIAK Grzegorz	358		M40-49	100		00:00:22	00:59:24.95	00:59:47.60	+00:26:46	5:56	10.1
376	PAWŁOWSKI Dariusz	403		M20-29	19		00:00:18	00:59:26.00	00:59:44.65	+00:26:47	5:56	10.1
377	PAPLA Jolanta	299		K20-29	8		00:00:26	00:59:31.90	00:59:58.05	+00:26:53	5:57	10.1
378	KARLIK Agnieszka	258	AKTYWNI LYSKI	K40-49	34		00:00:33	00:59:38.15	01:00:11.15	+00:26:59	5:57	10.1
379	NOJEK Wieslaw	424	NOJEK TEAM	M50-59	44		00:00:36	00:59:40.25	01:00:16.30	+00:27:02	5:58	10.1
380	MAREK-WRÓBEL Edyta	291	NIEZRZESZONA	K60-69	2		00:00:21	00:59:42.70	01:00:03.75	+00:27:04	5:58	10.1
381	LISZKA Mirosław	441		M50-59	45		00:00:31	00:59:44.95	01:00:16.40	+00:27:06	5:58	10
382	HERMAN Błażej	255		M16-19	11		00:00:22	00:59:49.85	01:00:12.75	+00:27:11	5:58	10
383	BUJNA Tomasz	236		M50-59	46		00:00:32	00:59:58.70	01:00:30.80	+00:27:20	5:59	10
384	TRYBAŁA Weronika	535	WATAHA	K20-29	9	WATAHA	00:00:29	01:00:13.35	01:00:42.70	+00:27:35	6:01	10
385	KOLORZ-STYLOK Katarzyna	582		K40-49	35		00:00:30	01:00:16.10	01:00:46.80	+00:27:37	6:01	10
386	RANSZ Beata	359	PRZYJACIÓŁKI DO SPÓŁKI	K50-59	9		00:00:32	01:00:22.35	01:00:54.75	+00:27:44	6:02	9.9
387	WEYGAND Patryk	594	GB GALOPUJĄCE ŚLIMAKI	M40-49	101	GB Galopujące Ślimaki	00:00:35	01:00:31.70	01:01:07.45	+00:27:53	6:03	9.9
388	SOBÓL Pawel	289		M30-39	109		00:00:22	01:00:37.30	01:01:00.15	+00:27:59	6:03	9.9
389	KĘDZIERSKI Krzysztof	565	FOCZKI I MORSY RYBNIK	M50-59	47		00:00:13	01:00:41.35	01:00:54.75	+00:28:03	6:04	9.9
390	POŁOK Robert	574		M30-39	110		00:00:30	01:00:52.95	01:01:23.80	+00:28:14	6:05	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
391	ZAKRZEWSKA Barbara	583		K40-49	36		00:00:31	01:00:59.15	01:01:30.50	+00:28:20	6:05	9.8
392	FIJAŁKOWSKA Ewelina	555	W POGONI ZA DUCHEM	K30-39	31	W Pogoni za Duchem	00:00:35	01:01:03.00	01:01:38.25	+00:28:24	6:06	9.8
393	SOJ Przemysław	374		M40-49	102		00:00:25	01:01:05.65	01:01:31.00	+00:28:27	6:06	9.8
394	BORUCKI Dariusz	430		M40-49	103		00:00:34	01:01:10.40	01:01:44.75	+00:28:32	6:07	9.8
395	BURDA Renata	484	AKTYWNI RYDUŁTOWY	K40-49	37		00:00:38	01:01:11.50	01:01:50.35	+00:28:33	6:07	9.8
396	BODZEK Piotr	245		M20-29	20		00:00:32	01:01:22.70	01:01:55.00	+00:28:44	6:08	9.8
397	PISNIAK Rafał	426		M40-49	104		00:00:38	01:01:30.45	01:02:08.65	+00:28:52	6:09	9.8
398	MOCHNACZ Patryk	537		M40-49	105		00:00:34	01:01:35.80	01:02:10.35	+00:28:57	6:09	9.7
399	SZYPUŁA Anna	595	MK TEAM	K50-59	10		00:00:27	01:01:52.25	01:02:20.05	+00:29:14	6:11	9.7
400	KUBIK Dariusz	398	SAINT GOBAIN SQUAD	M40-49	106		00:00:27	01:01:55.85	01:02:23.35	+00:29:17	6:11	9.7
401	GAŁKIEWICZ Monika	528		K40-49	38		00:00:25	01:02:00.40	01:02:25.65	+00:29:22	6:12	9.7
402	TURCZYN Iwona	568		K20-29	10		00:00:35	01:02:06.50	01:02:41.90	+00:29:28	6:12	9.7
403	MARCZYŃSKA Izabela	418	RODZINKA.PL	K30-39	32		00:00:31	01:02:19.10	01:02:50.55	+00:29:40	6:13	9.6
404	PEPEK Jakub	432		M20-29	21		00:00:30	01:02:19.30	01:02:49.30	+00:29:41	6:13	9.6
405	MACHAJSKA Patrycja	229	TEAM WĄSACZA	K20-29	11		00:00:20	01:02:28.50	01:02:48.65	+00:29:50	6:14	9.6
406	NIEDZIOŁKO Bożena	458	KOBIETY NA 5+	K50-59	11	Kobiety na 5+	00:00:11	01:02:28.80	01:02:40.05	+00:29:50	6:14	9.6
407	YALOVOI Anton	427		M30-39	111		00:00:31	01:02:31.80	01:03:03.65	+00:29:53	6:15	9.6
408	SZPYRA Aniela	261		K16-19	4		00:00:19	01:02:37.95	01:02:57.70	+00:29:59	6:15	9.6
409	TYRYTKO Sylwia	545	WATAHA	K40-49	39	WATAHA	00:00:30	01:02:38.70	01:03:09.20	+00:30:00	6:15	9.6
410	BRYCHCY Estera	512		K30-39	33		00:00:14	01:02:51.25	01:03:05.40	+00:30:13	6:17	9.5
411	ZAUŚCIŃSKI Tomasz	501	GMINA STRZELCE OPOLSKIE	M60-69	11		00:00:27	01:02:53.90	01:03:21.10	+00:30:15	6:17	9.5
412	KAMINSKA-SUCHOWICZ Anna	564	INŻYNIERIA BIEGANIA	K30-39	34	Inżynieria Biegania	00:00:34	01:02:57.70	01:03:32.30	+00:30:19	6:17	9.5
413	DOBOSZ Ilona	254		K50-59	12		00:00:25	01:03:00.40	01:03:25.55	+00:30:22	6:18	9.5
414	MOSZ Weronika	542		K40-49	40		00:00:33	01:03:15.60	01:03:48.85	+00:30:37	6:19	9.5
415	BOŁOTIUCH Katarzyna	469	POWOLI DO CELU	K40-49	41		00:00:33	01:03:25.00	01:03:58.55	+00:30:46	6:20	9.5
416	ZIMNY Cecylia	471	SMAKI BIEGANIA	K40-49	42		00:00:13	01:03:31.45	01:03:45.20	+00:30:53	6:21	9.4
417	KRYSHMARU Viktor	439		M50-59	48		00:00:30	01:03:32.35	01:04:02.60	+00:30:54	6:21	9.4
418	SKOTNICKA Urszula	264	NIE ZRZESZONA	K50-59	13		00:00:25	01:03:41.65	01:04:06.65	+00:31:03	6:22	9.4
419	SKRZYPIEC Andrzej	518		M60-69	12		00:00:27	01:03:42.35	01:04:09.55	+00:31:04	6:22	9.4
420	BORDA Grażyna	460	KOBIETYNA5+	K40-49	43		00:00:09	01:03:43.00	01:03:52.90	+00:31:04	6:22	9.4
421	ORŁOWSKA Joanna	562	ULTRA BESKID SPORT	K40-49	44		00:00:32	01:04:04.75	01:04:37.20	+00:31:26	6:24	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
422	WOWRA Aleksandra	554		K30-39	35		00:00:35	01:04:06.60	01:04:42.50	+00:31:28	6:24	9.4
423	FIJAŁKOWSKA Angelika	375		K20-29	12		00:00:35	01:04:26.85	01:05:02.60	+00:31:48	6:26	9.3
424	KAMIŃSKI Marcin	478	GRUBIORZE LOTAJOM	M40-49	107		00:00:35	01:04:27.10	01:05:02.65	+00:31:48	6:26	9.3
425	FECZKO Lucyna	577		K40-49	45		00:00:12	01:04:34.05	01:04:46.20	+00:31:55	6:27	9.3
426	FILIP Andrzej	548	BIEGAM SOBIE	M50-59	49		00:00:36	01:04:45.30	01:05:22.10	+00:32:07	6:28	9.3
427	KOTARBA Katarzyna	411		K30-39	36		00:00:19	01:04:49.50	01:05:09.05	+00:32:11	6:28	9.3
428	MICZEK Marcin	384		M30-39	112		00:00:00	01:04:52.00	01:04:52.00	+00:32:13	6:29	9.2
429	ŻEBROWSKA Matylda	500	MORS HUBERTUS MYSŁOWICE	K40-49	46		00:00:39	01:04:54.65	01:05:34.30	+00:32:16	6:29	9.2
430	DROBIAK Kornelia	455	KOBIETY NA 5+	K30-39	37	Kobiety na 5+	00:00:08	01:04:57.70	01:05:06.50	+00:32:19	6:29	9.2
431	KUBIK Aleksandra	516		K40-49	47		00:00:32	01:05:00.05	01:05:32.90	+00:32:21	6:30	9.2
432	OSOWSKA Katarzyna	486		K50-59	14		00:00:31	01:05:10.90	01:05:42.00	+00:32:32	6:31	9.2
433	PIETRZYK Marek	431		M60-69	13		00:00:28	01:05:16.30	01:05:45.25	+00:32:38	6:31	9.2
434	KARBOWY Iza	389	JEJKOWICE BIEGAJĄ	K30-39	38	Jejkowice Biegają	00:00:17	01:05:21.30	01:05:38.75	+00:32:43	6:32	9.2
435	KARAŚ Daria	249		K30-39	39		00:00:15	01:05:32.85	01:05:48.60	+00:32:54	6:33	9.2
436	KRAWCZYK Monika	510		K30-39	40		00:00:32	01:05:45.95	01:06:18.20	+00:33:07	6:34	9.1
437	CEGLARSKA Alicja	457	JEJKOWICE BIEGAJĄ	K40-49	48	Jejkowice Biegają	00:00:32	01:05:50.20	01:06:22.95	+00:33:12	6:35	9.1
438	PASTUSIAK Janina	557		K40-49	49		00:00:04	01:05:54.80	01:05:59.55	+00:33:16	6:35	9.1
439	JASTRZĘBSKA Ewa	506		K50-59	15		00:00:14	01:06:28.50	01:06:43.30	+00:33:50	6:38	9
440	PIDANTY Milena	42		K30-39	41		00:00:29	01:06:28.85	01:06:58.80	+00:33:50	6:38	9
441	ŁAPA Aleksandra	544	4A	K40-49	50		00:00:32	01:06:29.40	01:07:02.05	+00:33:51	6:38	9
442	MARON Tomasz	356	TL ATHLETICS JASTRZĘBIE	M30-39	113	TL Athletics Jastrzębie	00:00:25	01:06:29.75	01:06:54.75	+00:33:51	6:38	9
443	KACPRZYK Iwona	538		K40-49	51		00:00:33	01:06:33.45	01:07:06.50	+00:33:55	6:39	9
444	WARDACH Tomasz	247		M30-39	114		00:00:26	01:06:42.25	01:07:08.90	+00:34:04	6:40	9
445	SZPYRA Sonia	388		K40-49	52		00:00:24	01:06:52.00	01:07:16.80	+00:34:13	6:41	9
446	MŁYNARCZYK Jerzy	362	PKM ŚNIEŻNE KOTŁY	M60-69	14		00:00:30	01:06:54.65	01:07:24.95	+00:34:16	6:41	9
447	MICHALAK Nikola	472		K20-29	13		00:00:29	01:07:01.90	01:07:31.10	+00:34:23	6:42	9
448	RESPONDEK Karolina	563		K30-39	42		00:00:37	01:07:11.60	01:07:48.90	+00:34:33	6:43	8.9
449	CZYRNEK Ewa	489	SMAKI BIEGANIA	K40-49	53	Smaki bieganania	00:00:34	01:07:17.20	01:07:52.00	+00:34:39	6:43	8.9
450	MARCISZ Natalia	514	INTERAKTYWNI	K40-49	54		00:00:26	01:07:32.20	01:07:58.45	+00:34:54	6:45	8.9
451	RATAJSZCZAK-MAŁYS Ewa	449	NORDIC WALKING TAEM RACIBÓRZ	K50-59	16		00:00:34	01:07:33.50	01:08:07.55	+00:34:55	6:45	8.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
452	FABRYKIEWICZ Joanna	238	ZOJAN	K30-39	43		00:00:20	01:07:38.30	01:07:58.95	+00:35:00	6:45	8.9
453	KRAMER Piotr	470		M40-49	108		00:00:36	01:07:58.95	01:08:35.75	+00:35:20	6:47	8.8
454	BOGACZ-BUCHTA Anna	566		K40-49	55		00:00:33	01:08:30.00	01:09:03.60	+00:35:51	6:51	8.8
455	KARBOWY Marzena	498	ZATYRANI.PL	K30-39	44		00:00:16	01:09:20.40	01:09:37.10	+00:36:42	6:56	8.7
456	KWIATKOWSKA Elwira	482		K40-49	56		00:00:14	01:09:31.10	01:09:45.70	+00:36:52	6:57	8.6
457	KOWALCZYK Wojciech	488		M20-29	22		00:00:38	01:09:58.95	01:10:37.65	+00:37:20	6:59	8.6
458	WRÓBEL Ewa	561		K40-49	57		00:00:36	01:10:57.20	01:11:33.55	+00:38:19	7:05	8.5
459	HETMANIOK Agnieszka	560		K30-39	45		00:00:29	01:11:22.55	01:11:52.15	+00:38:44	7:08	8.4
460	HARATYK Anastazja	539		K30-39	46		00:00:38	01:11:37.90	01:12:16.05	+00:38:59	7:09	8.4
461	HARATYK Przemysław	540		M40-49	109		00:00:38	01:11:40.25	01:12:18.80	+00:39:02	7:10	8.4
462	GŁÓWCZYK Izabella	525	KOBIETY NA 5+	K40-49	58	Kobiety na 5+	00:00:11	01:11:46.50	01:11:58.05	+00:39:08	7:10	8.4
463	KOLAT Jadzia	454	KOBIETY NA 5+	K40-49	59	Kobiety na 5+	00:00:08	01:11:46.95	01:11:55.60	+00:39:08	7:10	8.4
464	GAŃKO Grażyna	393		K60-69	3		00:00:17	01:12:37.75	01:12:55.70	+00:39:59	7:15	8.3
465	BYSTRYKOWSKI Marcin	135	KLUB BIEGACZA FARTLEK	M40-49	110	Klub Biegacza Fartlek	00:00:36	01:13:26.90	01:14:03.45	+00:40:48	7:20	8.2
466	OLCZYK Wioletta	456		K50-59	17	Kobiety na 5+	00:00:11	01:13:32.15	01:13:43.20	+00:40:53	7:21	8.2
467	WIŚNIEWSKA Maria	413		K20-29	14		00:00:29	01:13:32.20	01:14:02.05	+00:40:54	7:21	8.2
468	RATAJCZAK Ewa	463	PRZYJACIÓŁKI DO SPÓŁKI	K40-49	60		00:00:34	01:13:46.20	01:14:20.20	+00:41:08	7:22	8.1
469	DUDKIEWICZ Sylwia	558		K30-39	47		00:00:33	01:14:18.80	01:14:52.25	+00:41:40	7:25	8.1
470	KUBAS Mariusz	519	KLUB BIEGACZA FARTLEK	M40-49	111	Klub Biegacza Fartlek	00:00:37	01:14:45.40	01:15:23.25	+00:42:07	7:28	8
471	SZABLICKA Magda	522	MAGDA	K20-29	15		00:00:12	01:15:25.20	01:15:38.15	+00:42:47	7:32	8
472	ŚMIATEK Martyna	523		K20-29	16		00:00:12	01:15:25.40	01:15:37.55	+00:42:47	7:32	8
473	ANIOŁ-BARLIK Agnieszka	453		K40-49	61		00:00:17	01:15:56.20	01:16:13.20	+00:43:18	7:35	7.9
474	TRAWNICKI Jan	530		M70+	4		00:00:23	01:16:16.15	01:16:39.85	+00:43:37	7:37	7.9
475	ROTTER Hanna	381		K60-69	4		00:00:10	01:16:44.40	01:16:55.15	+00:44:06	7:40	7.8
476	SITKO Dagmara	485	KOBIETY NA 5±	K30-39	48	Kobiety na 5+	00:00:25	01:17:09.40	01:17:34.55	+00:44:31	7:42	7.8
477	IDZIKOWSKA Urszula	502		K20-29	17		00:00:23	01:17:23.20	01:17:46.45	+00:44:45	7:44	7.8
478	IDZIKOWSKA Elżbieta	503		K40-49	62		00:00:22	01:17:23.35	01:17:46.25	+00:44:45	7:44	7.8
479	ZAJĄCZKOWSKA Emilia	533	KOBIETY NA 5+	K30-39	49	Kobiety na 5+	00:00:09	01:17:45.15	01:17:54.55	+00:45:06	7:46	7.7
480	KANTOR Jakub	585		M30-39	115	MDM NT Team	00:00:32	01:17:54.70	01:18:27.10	+00:45:16	7:47	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
481	ZALEWSKA Barbara	481		K40-49	63	Kobiety na 5+	00:00:10	01:18:45.00	01:18:55.85	+00:46:06	7:52	7.6
482	PAJĄK Małgorzata	231	KOBIETY NA5+	K50-59	18	Kobiety na 5+	00:00:09	01:18:46.20	01:18:56.05	+00:46:08	7:52	7.6
483	MYŚLIWIEC Barbara	450	KOBIETY NA 5+	K20-29	18	Kobiety na 5+	00:00:08	01:18:47.95	01:18:56.30	+00:46:09	7:52	7.6
484	WIERCIOCH Barbara	509	PARKRUN KĘDZIERZYN-KOŻLE	K70+	2		00:00:39	01:24:49.45	01:25:28.75	+00:52:11	8:28	7.1
485	WIŚNIEWSKA Janina	490		K50-59	19		00:00:10	01:25:40.20	01:25:50.65	+00:53:02	8:34	7
486	KUŚMIRSKA-KUBAS Alina	494	KLUB BIEGACZA FARTLEK	K50-59	20	Klub Biegacza Fartlek	00:00:37	01:26:45.80	01:27:23.25	+00:54:07	8:40	6.9
Przekroczony limit czasu: 01:30:00												
487	MADEJ Józef	559	ZADYSZKA OŚWIĘCIM	M70+	5		00:00:00	01:40:01.70	01:40:01.70	+01:07:23	10:00	6
488	TIDE Krzysztof	54	7PRO TEAM	M20-29	23		00:00:07			+00:02:14	4:01	14.9
489	GOLUCH Robert	78	INŻYNIERIA BIEGANIA	M30-39	116	Inżynieria Biegania	00:00:06			+00:02:18	4:02	14.9

Znaleziono 489 wynik(ów)