



# 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	<b>MRÓWKA Mateusz</b>	<b>1</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M20-29	1	Aktywna Pszczyna Runners Team	00:00:01	<b>00:32:38.20</b>	<b>00:32:39.95</b>		3:15	18.4 (100%)
2	<b>LUPA Piotr</b>	<b>44</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1	Aktywna Pszczyna Runners Team	00:00:01	<b>00:33:51.20</b>	<b>00:33:52.95</b>	+00:01:13 (3.6%)	3:23	17.7 (96.2%)
3	<b>WÓJCIK Tomasz</b>	<b>2</b>	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M30-39	2	Aktywna Pszczyna Runners Team	00:00:01	<b>00:34:09.80</b>	<b>00:34:11.30</b>	+00:01:31 (4.5%)	3:24	17.6 (95.7%)
4	<b>FIJAK Tomasz</b>	<b>3</b>	MKS ŻYWIEC	M16-19	1		00:00:01	<b>00:34:23.55</b>	<b>00:34:25.30</b>	+00:01:45 (5.1%)	3:26	17.5 (95.1%)
5	<b>MARCOL Sebastian</b>	<b>14</b>	INŻYNIERIA BIEGANIA / AKTYWNI LYSKI	M30-39	3	Inżynieria Biegania	00:00:02	<b>00:34:47.95</b>	<b>00:34:50.60</b>	+00:02:09 (6.2%)	3:28	17.2 (93.5%)
6	<b>KOŹMIŃSKI Józef</b>	<b>10</b>	SKL SUCHA BESKIDZKA	M40-49	1		00:00:02	<b>00:34:57.75</b>	<b>00:34:59.90</b>	+00:02:19 (6.7%)	3:29	17.2 (93.5%)
7	<b>GAJ Paulina</b>	<b>30</b>	BZ TRAINING SYSTEM / KRAKOWSKA AKADEMIA LEKKOATLETYKI	K30-39	1	BZ Training System/Krakowska Akademia Lekkoatletyki	00:00:02	<b>00:37:33.60</b>	<b>00:37:35.95</b>	+00:04:55 (13.1%)	3:45	16 (87.0%)
8	<b>MENDECKA-ZEJDLER Michalina</b>	<b>5</b>		K30-39	2		00:00:02	<b>00:37:58.35</b>	<b>00:38:00.95</b>	+00:05:20 (14.1%)	3:47	15.8 (85.9%)
9	<b>GRIMAN Joanna</b>	<b>57</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	K40-49	1	Aktywna Pszczyna Runners Team	00:00:02	<b>00:38:40.70</b>	<b>00:38:43.05</b>	+00:06:02 (15.6%)	3:52	15.5 (84.2%)
10	<b>BODNAR Anna</b>	<b>36</b>	ANIA HALSKA COACHING	K40-49	2		00:00:03	<b>00:39:09.40</b>	<b>00:39:12.95</b>	+00:06:31 (16.7%)	3:54	15.3 (83.2%)
11	<b>SUWAJ Aneta</b>	<b>4</b>	TL ATHLETIC JASTRZĘBIE/ALPIN SPORT	K30-39	3	TL Athletics Jastrzębie	00:00:02	<b>00:39:19.25</b>	<b>00:39:21.90</b>	+00:06:41 (17.0%)	3:55	15.3 (83.2%)
12	<b>DYBCZYŃSKA Jadwiga</b>	<b>117</b>	LKS POGÓRZE	K40-49	3	Team szalenie szybkich biegaczy	00:00:04	<b>00:40:58.95</b>	<b>00:41:03.60</b>	+00:08:20 (20.4%)	4:05	14.6 (79.3%)
13	<b>WOLNIK Mateusz</b>	<b>31</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	4	Aktywna Pszczyna Runners Team	00:00:01	<b>00:35:30.60</b>	<b>00:35:32.25</b>	+00:02:52 (8.1%)	3:33	16.9 (91.8%)
14	<b>ALBRECHT Krystian</b>	<b>39</b>	GB GALOPUJĄCE ŚLIMAKI	M20-29	2	Galopujące Ślimaki	00:00:02	<b>00:35:43.75</b>	<b>00:35:46.25</b>	+00:03:05 (8.7%)	3:34	16.8 (91.3%)
15	<b>KOSCIELNIK Krzysztof</b>	<b>24</b>	SPLA TYCHY, TEAM PAPRY	M40-49	2	Team Papry	00:00:03	<b>00:35:44.30</b>	<b>00:35:47.30</b>	+00:03:06 (8.7%)	3:34	16.8 (91.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	ANTCZAK Robert	28		M40-49	3		00:00:01	00:35:44.45	00:35:46.25	+00:03:06 (8.7%)	3:34	16.8 (91.3%)
17	KOZIARZ Przemysław	27		M30-39	5		00:00:01	00:35:51.75	00:35:53.65	+00:03:13 (9.0%)	3:35	16.7 (90.8%)
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 (9.2%)	3:35	16.7 (90.8%)
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 (9.4%)	3:36	16.7 (90.8%)
20	PORĘBA Grzegorz	34		M40-49	5	Niewybiegani	00:00:00	00:36:19.85	00:36:19.85	+00:03:41 (10.2%)	3:37	16.5 (89.7%)
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 (10.4%)	3:38	16.5 (89.7%)
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 (10.6%)	3:39	16.4 (89.1%)
23	JAROSZ Marek	593		M40-49	6		00:00:03	00:36:41.65	00:36:45.20	+00:04:03 (11.1%)	3:40	16.4 (89.1%)
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 (11.3%)	3:40	16.3 (88.6%)
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 (11.8%)	3:42	16.2 (88.0%)
26	WRÓBEL Michał	6		M30-39	8		00:00:01	00:37:06.35	00:37:07.85	+00:04:28 (12.0%)	3:42	16.2 (88.0%)
27	PALT Tomasz	9		M40-49	7		00:00:02	00:37:06.80	00:37:08.85	+00:04:28 (12.1%)	3:42	16.2 (88.0%)
28	ZIELONKA Robert	33		M50-59	2		00:00:01	00:37:26.10	00:37:27.85	+00:04:47 (12.8%)	3:44	16 (87.0%)
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 (13.0%)	3:45	16 (87.0%)
30	SZYMULA Michał	40	SANDRA MICHALA TEAM	M30-39	9		00:00:02	00:37:35.35	00:37:38.15	+00:04:57 (13.2%)	3:45	16 (87.0%)
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 (13.3%)	3:45	15.9 (86.4%)
32	OLCHÓWKA Damian	35	LA VISAGE TEAM	M30-39	10		00:00:02	00:38:07.15	00:38:09.35	+00:05:28 (14.4%)	3:48	15.7 (85.3%)
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 (14.6%)	3:49	15.7 (85.3%)
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 (14.6%)	3:49	15.7 (85.3%)
35	EISLER Tomasz	38	MOBILITY	M40-49	10		00:00:03	00:38:25.70	00:38:28.70	+00:05:47 (15.1%)	3:50	15.6 (84.8%)
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 (16.0%)	3:53	15.5 (84.2%)
37	POŁOMSKI Grzegorz	58		M40-49	11	Połomscy Team	00:00:03	00:39:03.80	00:39:07.70	+00:06:25 (16.5%)	3:54	15.4 (83.7%)
38	GÓRSKI Paweł	75	TKKF PIONIER	M30-39	13		00:00:05	00:39:34.35	00:39:39.65	+00:06:56 (17.5%)	3:57	15.2 (82.6%)
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 (17.5%)	3:57	15.2 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	<b>URBANIAK Witek</b>	<b>15</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	13		00:00:03	<b>00:39:41.95</b>	<b>00:39:45.50</b>	+00:07:03 (17.8%)	3:58	15.1 (82.1%)
41	<b>CHRUSZCZ Wojciech</b>	<b>102</b>	KLUB BIEGACZA FARTLEK	M40-49	14	Klub Biegacza Fartlek	00:00:04	<b>00:39:57.45</b>	<b>00:40:02.05</b>	+00:07:19 (18.3%)	3:59	15 (81.5%)
42	<b>ŚWIDER Konrad</b>	<b>118</b>	LKS POGÓRZE	M16-19	3	Team szalenie szybkich biegaczy	00:00:04	<b>00:40:01.15</b>	<b>00:40:05.30</b>	+00:07:22 (18.4%)	4:00	15 (81.5%)
43	<b>KIEŁBASIŃSKI Arkadiusz</b>	<b>122</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	15	Aktywna Pszczyna Runners Team	00:00:04	<b>00:40:03.15</b>	<b>00:40:07.20</b>	+00:07:24 (18.5%)	4:00	15 (81.5%)
44	<b>MENCEWICZ Paweł</b>	<b>67</b>	UKS 5 PLUS RYDUŁTOWY / SILESIA TRIATHLON TEAM	M50-59	3		00:00:00	<b>00:40:26.80</b>	<b>00:40:26.80</b>	+00:07:48 (19.3%)	4:02	14.8 (80.4%)
45	<b>WIECZOREK Patryk</b>	<b>124</b>	ZADYSZKA OŚWIĘCIM	M16-19	4	Zadyszka Oświęcim	00:00:05	<b>00:40:38.25</b>	<b>00:40:43.55</b>	+00:08:00 (19.7%)	4:03	14.8 (80.4%)
46	<b>PIECZONKA Maciej</b>	<b>82</b>		M30-39	14		00:00:05	<b>00:40:40.65</b>	<b>00:40:46.30</b>	+00:08:02 (19.8%)	4:04	14.8 (80.4%)
47	<b>DUŻNIAK Dominik</b>	<b>93</b>		M30-39	15		00:00:03	<b>00:40:43.90</b>	<b>00:40:47.60</b>	+00:08:05 (19.9%)	4:04	14.7 (79.9%)
48	<b>BARTNIK Sebastian</b>	<b>7</b>	STREET SPIRIT	M40-49	16		00:00:10	<b>00:40:44.70</b>	<b>00:40:54.95</b>	+00:08:06 (19.9%)	4:04	14.7 (79.9%)
49	<b>ROMAŃSKI Bartłomiej</b>	<b>85</b>		M30-39	16		00:00:04	<b>00:40:45.10</b>	<b>00:40:49.50</b>	+00:08:06 (19.9%)	4:04	14.7 (79.9%)
50	<b>ABRAHAMCZYK Robert</b>	<b>588</b>		M20-29	5		00:00:32	<b>00:40:46.40</b>	<b>00:41:18.45</b>	+00:08:08 (20.0%)	4:04	14.7 (79.9%)
51	<b>JARCO Dominik</b>	<b>45</b>	ALPIN SPORT TEAM	M30-39	17		00:00:02	<b>00:40:56.60</b>	<b>00:40:58.75</b>	+00:08:18 (20.3%)	4:05	14.7 (79.9%)
52	<b>ADAMSKI Robert</b>	<b>55</b>		M30-39	18		00:00:06	<b>00:40:56.80</b>	<b>00:41:03.05</b>	+00:08:18 (20.3%)	4:05	14.7 (79.9%)
53	<b>OPUCHLIK Tomasz</b>	<b>120</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	17	Aktywna Pszczyna Runners Team	00:00:03	<b>00:40:57.75</b>	<b>00:41:01.00</b>	+00:08:19 (20.3%)	4:05	14.7 (79.9%)
54	<b>TYMAN Karolina</b>	<b>103</b>	UKS DIAMENT GODÓW	K16-19	1		00:00:02	<b>00:41:01.65</b>	<b>00:41:04.45</b>	+00:08:23 (20.5%)	4:06	14.6 (79.3%)
55	<b>SIKORA Joanna</b>	<b>74</b>	LKS POGÓRZE	K20-29	1	Team szalenie szybkich biegaczy	00:00:04	<b>00:41:11.20</b>	<b>00:41:15.80</b>	+00:08:33 (20.8%)	4:07	14.6 (79.3%)
56	<b>RAK Szymon</b>	<b>41</b>	TELOS RUNNING	M40-49	18		00:00:05	<b>00:41:17.55</b>	<b>00:41:22.85</b>	+00:08:39 (21.0%)	4:07	14.5 (78.8%)
57	<b>STUCHLIK Marek</b>	<b>43</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	19	Aktywna Pszczyna Runners Team	00:00:03	<b>00:41:18.65</b>	<b>00:41:22.25</b>	+00:08:40 (21.0%)	4:07	14.5 (78.8%)
58	<b>KUŚ Tomasz</b>	<b>50</b>	RADLINIOKI W BIEGU	M40-49	19		00:00:07	<b>00:41:18.80</b>	<b>00:41:26.55</b>	+00:08:40 (21.0%)	4:07	14.5 (78.8%)
59	<b>BRZÓSKA Rafał</b>	<b>112</b>	BRZOZA TEAM	M40-49	20		00:00:07	<b>00:41:27.35</b>	<b>00:41:35.00</b>	+00:08:49 (21.3%)	4:08	14.5 (78.8%)
60	<b>FIRLA Arkadiusz</b>	<b>22</b>	MDM NT TEAM	M40-49	21	MDM NT Team	00:00:04	<b>00:41:30.50</b>	<b>00:41:34.50</b>	+00:08:52 (21.4%)	4:09	14.5 (78.8%)
61	<b>GOŁEK Robert</b>	<b>90</b>	13KA	M40-49	22		00:00:05	<b>00:41:31.60</b>	<b>00:41:37.25</b>	+00:08:53 (21.4%)	4:09	14.5 (78.8%)
62	<b>LORENZ Marcin</b>	<b>114</b>	GB GALOPUJĄCE ŚLIMAKI	M50-59	4	GB Galopujące Ślimaki	00:00:05	<b>00:41:34.95</b>	<b>00:41:40.45</b>	+00:08:56 (21.5%)	4:09	14.4 (78.3%)
63	<b>CIURKOT Daniel</b>	<b>16</b>		M30-39	20		00:00:08	<b>00:41:36.60</b>	<b>00:41:45.35</b>	+00:08:58 (21.6%)	4:09	14.4 (78.3%)

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64	<b>SZEWCZYK Damian</b>	<b>92</b>	JEJKOWICE BIEGAJĄ	M40-49	23		00:00:08	<b>00:41:43.90</b>	<b>00:41:52.15</b>	+00:09:05 (21.8%)	4:10	14.4 (78.3%)
65	<b>KNYPS Dawid</b>	<b>179</b>	LKS POGÓRZE	M16-19	5	Team szalenie szybkich biegaczy	00:00:04	<b>00:41:45.50</b>	<b>00:41:50.40</b>	+00:09:07 (21.8%)	4:10	14.4 (78.3%)
66	<b>SIKORA Marek</b>	<b>66</b>	W POGONI ZA DUCHEM	M40-49	24	W Pogoni za Duchem	00:00:06	<b>00:41:50.75</b>	<b>00:41:56.85</b>	+00:09:12 (22.0%)	4:11	14.3 (77.7%)
67	<b>MRÓZEK Rafał</b>	<b>77</b>	TEAM KOPEĆ	M30-39	21		00:00:03	<b>00:42:05.10</b>	<b>00:42:08.80</b>	+00:09:26 (22.5%)	4:12	14.3 (77.7%)
68	<b>KUŚ Dawid</b>	<b>47</b>	POLSKA GRUPA GÓRNICZA	M30-39	22		00:00:03	<b>00:42:12.40</b>	<b>00:42:15.45</b>	+00:09:34 (22.7%)	4:13	14.2 (77.2%)
69	<b>LOKAJCZYK Olivier</b>	<b>63</b>		M16-19	6		00:00:06	<b>00:42:19.10</b>	<b>00:42:25.75</b>	+00:09:40 (22.9%)	4:13	14.2 (77.2%)
70	<b>MARCOL Mariusz</b>	<b>110</b>		M30-39	23		00:00:06	<b>00:42:22.90</b>	<b>00:42:29.55</b>	+00:09:44 (23.0%)	4:14	14.2 (77.2%)
71	<b>SOBOL Adam</b>	<b>197</b>	DYSTANS LUBOMIA	M40-49	25		00:00:10	<b>00:42:23.00</b>	<b>00:42:33.35</b>	+00:09:44 (23.0%)	4:14	14.2 (77.2%)
72	<b>RAJWA Jan</b>	<b>143</b>	BZIEGACZE	M30-39	24	Bziegacze	00:00:06	<b>00:42:30.00</b>	<b>00:42:36.05</b>	+00:09:51 (23.2%)	4:15	14.1 (76.6%)
73	<b>IHAS Grzegorz</b>	<b>226</b>		M30-39	25		00:00:05	<b>00:42:30.45</b>	<b>00:42:35.80</b>	+00:09:52 (23.2%)	4:15	14.1 (76.6%)
74	<b>WIŚNIEWSKI Jarosław</b>	<b>91</b>	ŻORY TEAM	M40-49	26		00:00:06	<b>00:42:39.15</b>	<b>00:42:45.60</b>	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
75	<b>KORZEC Grzegorz</b>	<b>188</b>	AKADEMIA SPORTOWYCH NAWYKÓW	M30-39	26		00:00:06	<b>00:42:51.70</b>	<b>00:42:58.35</b>	+00:10:13 (23.9%)	4:17	14 (76.1%)
76	<b>ZELEK Adam</b>	<b>146</b>	OLZA CIESZYN	M50-59	5	Olza Cieszyn	00:00:05	<b>00:42:57.45</b>	<b>00:43:03.20</b>	+00:10:19 (24.0%)	4:17	14 (76.1%)
77	<b>GIERUSZKA Dariusz</b>	<b>68</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M50-59	6	Aktywna Pszczyzna Runners Team	00:00:04	<b>00:43:00.90</b>	<b>00:43:05.35</b>	+00:10:22 (24.1%)	4:18	14 (76.1%)
78	<b>BEZUCH Paweł</b>	<b>100</b>		M20-29	6		00:00:07	<b>00:43:07.25</b>	<b>00:43:15.00</b>	+00:10:29 (24.3%)	4:18	13.9 (75.5%)
79	<b>PIECUCH Agnieszka</b>	<b>95</b>	INŻYNIERIA BIEGANIA	K30-39	4	Inżynieria Biegania	00:00:10	<b>00:43:13.45</b>	<b>00:43:23.45</b>	+00:10:35 (24.5%)	4:19	13.9 (75.5%)
80	<b>KEMPA Piotr</b>	<b>65</b>	PWR TEAM	M30-39	27	PWR TEAM	00:00:08	<b>00:43:13.90</b>	<b>00:43:22.40</b>	+00:10:35 (24.5%)	4:19	13.9 (75.5%)
81	<b>KMITA Tomasz</b>	<b>80</b>		M30-39	28		00:00:05	<b>00:43:19.75</b>	<b>00:43:24.90</b>	+00:10:41 (24.7%)	4:19	13.9 (75.5%)
82	<b>TARGOSZ Kamil</b>	<b>590</b>	MUKS SZS CIESZYN	M16-19	7	Olza Cieszyn	00:00:05	<b>00:43:20.90</b>	<b>00:43:26.05</b>	+00:10:42 (24.7%)	4:20	13.8 (75.0%)
83	<b>JANKO Anna</b>	<b>97</b>	HRMAX ŻORY	K30-39	5	Niewybiegani	00:00:07	<b>00:43:23.75</b>	<b>00:43:30.85</b>	+00:10:45 (24.8%)	4:20	13.8 (75.0%)
84	<b>ŁYSEK Paweł</b>	<b>99</b>	WATAHA	M40-49	27		00:00:06	<b>00:43:29.60</b>	<b>00:43:35.85</b>	+00:10:51 (25.0%)	4:20	13.8 (75.0%)
85	<b>GRABOWSKA-SZYSZKA Elżbieta</b>	<b>586</b>	ZADYSZKA OŚWIĘCIM	K40-49	4	Zadyszka Oświęcim	00:00:07	<b>00:43:32.30</b>	<b>00:43:39.40</b>	+00:10:54 (25.0%)	4:21	13.8 (75.0%)
86	<b>POŁOMSKA Edyta</b>	<b>144</b>	POŁOMSCY TEAM	K40-49	5	Połomscy Team	00:00:05	<b>00:43:50.10</b>	<b>00:43:56.05</b>	+00:11:11 (25.5%)	4:23	13.7 (74.5%)
87	<b>URBAN Patryk</b>	<b>186</b>		M30-39	29		00:00:11	<b>00:43:54.75</b>	<b>00:44:05.95</b>	+00:11:16 (25.7%)	4:23	13.7 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
88	<b>RATAJCZAK Aleksander</b>	<b>94</b>		M50-59	7		00:00:11	<b>00:43:55.20</b>	<b>00:44:06.65</b>	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
89	<b>MIROSŁAW Piotr</b>	<b>208</b>		M20-29	7		00:00:11	<b>00:43:56.50</b>	<b>00:44:08.10</b>	+00:11:18 (25.7%)	4:23	13.7 (74.5%)
90	<b>LASKOWSKA Katarzyna</b>	<b>109</b>	INŻYNIERIA BIEGANIA	K40-49	6	Inżynieria Biegania	00:00:08	<b>00:43:59.90</b>	<b>00:44:08.45</b>	+00:11:21 (25.8%)	4:23	13.6 (73.9%)
91	<b>STĘPIEŃ Grzegorz</b>	<b>86</b>		M40-49	28		00:00:10	<b>00:44:05.00</b>	<b>00:44:15.50</b>	+00:11:26 (26.0%)	4:24	13.6 (73.9%)
92	<b>GÓRAK Piotr</b>	<b>73</b>	SANDRA MICHALAK TEAM	M40-49	29	Sandra Michalak Team	00:00:07	<b>00:44:13.65</b>	<b>00:44:20.65</b>	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
93	<b>GADAJ Grzegorz</b>	<b>96</b>	RADLINIOKI W BIEGU	M30-39	30		00:00:04	<b>00:44:14.15</b>	<b>00:44:18.35</b>	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
94	<b>SZEFER Wojciech</b>	<b>133</b>	JEJKOWICE BIEGAJĄ	M40-49	30	Jejkowice Biegają	00:00:23	<b>00:44:14.35</b>	<b>00:44:38.10</b>	+00:11:36 (26.2%)	4:25	13.6 (73.9%)
95	<b>SIEGMUND Tadeusz</b>	<b>134</b>	TL ATHLETICS JASTRZĘBIE	M50-59	8	TL Athletics Jastrzębie	00:00:10	<b>00:44:17.65</b>	<b>00:44:27.85</b>	+00:11:39 (26.3%)	4:25	13.5 (73.4%)
96	<b>HORZELA Adam</b>	<b>46</b>	HURAGAN LIGOTA	M30-39	31		00:00:10	<b>00:44:20.45</b>	<b>00:44:30.95</b>	+00:11:42 (26.4%)	4:26	13.5 (73.4%)
97	<b>CHROMIK Julia</b>	<b>60</b>	LKS POGÓRZE	K20-29	2	Team szalenie szybkich biegaczy	00:00:04	<b>00:44:22.90</b>	<b>00:44:27.55</b>	+00:11:44 (26.5%)	4:26	13.5 (73.4%)
98	<b>BRANNY Jacek</b>	<b>98</b>	THE BRANŻY TEAM	M50-59	9		00:00:05	<b>00:44:27.35</b>	<b>00:44:32.90</b>	+00:11:49 (26.6%)	4:26	13.5 (73.4%)
99	<b>UCIEKLAK Waldemar</b>	<b>52</b>	PSZCZÓŁKOWSKI TEAM	M60-69	1		00:00:07	<b>00:44:31.90</b>	<b>00:44:39.85</b>	+00:11:53 (26.7%)	4:27	13.5 (73.4%)
100	<b>ZIMNY Patryk</b>	<b>284</b>		M20-29	8		00:00:16	<b>00:44:35.80</b>	<b>00:44:51.80</b>	+00:11:57 (26.8%)	4:27	13.5 (73.4%)
101	<b>MAŁECKI Jacek</b>	<b>203</b>		M30-39	32		00:00:26	<b>00:44:36.55</b>	<b>00:45:02.90</b>	+00:11:58 (26.8%)	4:27	13.5 (73.4%)
102	<b>WIELOPOLSKI Michał</b>	<b>222</b>		M20-29	9		00:00:11	<b>00:44:37.55</b>	<b>00:44:48.80</b>	+00:11:59 (26.9%)	4:27	13.4 (72.8%)
103	<b>SUSEK Daniel</b>	<b>189</b>	ALBO GRUBO ALBO WCALE	M30-39	33		00:00:04	<b>00:44:39.85</b>	<b>00:44:43.95</b>	+00:12:01 (26.9%)	4:27	13.4 (72.8%)
104	<b>RUTKOWSKA Edyta</b>	<b>76</b>	HRMAX ŻORY	K30-39	6		00:00:07	<b>00:44:44.50</b>	<b>00:44:52.00</b>	+00:12:06 (27.1%)	4:28	13.4 (72.8%)
105	<b>KACPRZYK Sylwester</b>	<b>185</b>		M40-49	31		00:00:10	<b>00:44:45.40</b>	<b>00:44:56.15</b>	+00:12:07 (27.1%)	4:28	13.4 (72.8%)
106	<b>WRÓBLEWSKA Judyta</b>	<b>49</b>	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	7	TL Athletics Jastrzębie	00:00:04	<b>00:44:53.55</b>	<b>00:44:57.95</b>	+00:12:15 (27.3%)	4:29	13.4 (72.8%)
107	<b>DUDZIK Sebastian</b>	<b>158</b>		M30-39	34		00:00:00	<b>00:44:58.00</b>	<b>00:44:58.00</b>	+00:12:19 (27.4%)	4:29	13.3 (72.3%)
108	<b>BARANOWSKI Rafał</b>	<b>223</b>	DALEKO JESZCZE?	M30-39	35	Daleko jeszcze?	00:00:07	<b>00:45:00.50</b>	<b>00:45:07.75</b>	+00:12:22 (27.5%)	4:30	13.3 (72.3%)
109	<b>OPALSKA Karolina</b>	<b>116</b>	ZADYSZKA OŚWIĘCIM	K30-39	8	Zadyszka Oświęcim	00:00:07	<b>00:45:03.75</b>	<b>00:45:11.15</b>	+00:12:25 (27.6%)	4:30	13.3 (72.3%)
110	<b>WIERCIOCH Tomasz</b>	<b>62</b>	PARKRUN KĘDZIERZYN-KOŹLE	M40-49	32		00:00:07	<b>00:45:14.40</b>	<b>00:45:21.85</b>	+00:12:36 (27.9%)	4:31	13.3 (72.3%)
111	<b>WILCZYŃSKI Łukasz</b>	<b>404</b>		M30-39	36		00:00:24	<b>00:45:16.35</b>	<b>00:45:40.70</b>	+00:12:38 (27.9%)	4:31	13.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
112	MOŃKA Marcin	191		M40-49	33		00:00:13	00:45:16.80	00:45:29.85	+00:12:38 (27.9%)	4:31	13.3 (72.3%)
113	BALAWENDER Bartosz	121		M40-49	34		00:00:08	00:45:24.60	00:45:33.45	+00:12:46 (28.1%)	4:32	13.2 (71.7%)
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 (28.4%)	4:33	13.2 (71.7%)
115	KUFKA Judyta	411		K30-39	9		00:00:06	00:45:43.65	00:45:49.75	+00:13:05 (28.6%)	4:34	13.1 (71.2%)
116	MIELAŃCZYK Mateusz	126		M30-39	38		00:00:22	00:45:44.50	00:46:07.10	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
117	MARCZYNSKI Sebastian	184	RODZINKA.PL	M30-39	39		00:00:17	00:45:44.65	00:46:02.10	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
118	MĘDRYGAŁ Andrzej	214	MAMUT TEAM	M40-49	35		00:00:13	00:45:45.60	00:45:59.45	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
119	TOWŚCIK Mariusz	161		M40-49	36		00:00:13	00:45:48.95	00:46:02.20	+00:13:10 (28.8%)	4:34	13.1 (71.2%)
120	BURAS Roman	145		M50-59	10		00:00:03	00:45:53.10	00:45:56.10	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
121	WITOSZEK Barbara	210		K30-39	10		00:00:09	00:45:53.15	00:46:02.55	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
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 (29.0%)	4:35	13.1 (71.2%)
123	KOPIEC Izabela	131		K40-49	7		00:00:11	00:45:58.15	00:46:09.75	+00:13:19 (29.0%)	4:35	13.1 (71.2%)
124	GOLICZ Dawid	256		M30-39	41		00:00:08	00:46:02.90	00:46:11.25	+00:13:24 (29.1%)	4:36	13 (70.7%)
125	ADAMCZYK Sławomir	199		M30-39	42		00:00:05	00:46:03.80	00:46:09.50	+00:13:25 (29.1%)	4:36	13 (70.7%)
126	ZJAWIONY Adam	202		M30-39	43		00:00:12	00:46:04.20	00:46:16.25	+00:13:26 (29.2%)	4:36	13 (70.7%)
127	RUCIŃSKI Krzysztof	176		M50-59	11		00:00:10	00:46:04.40	00:46:14.65	+00:13:26 (29.2%)	4:36	13 (70.7%)
128	PIECHACZEK Jacek	209		M50-59	12		00:00:13	00:46:06.90	00:46:20.15	+00:13:28 (29.2%)	4:36	13 (70.7%)
129	ORLIK Paweł	296	SOBIESKI6	M16-19	8	Sobieski6	00:00:14	00:46:07.60	00:46:22.40	+00:13:29 (29.2%)	4:36	13 (70.7%)
130	RATKA-MATEJKO Marcin	151		M30-39	44		00:00:10	00:46:09.75	00:46:19.95	+00:13:31 (29.3%)	4:36	13 (70.7%)
131	CAPAŁA Marcin	187	BIEGAM BO LUBIĘ	M50-59	13		00:00:00	00:46:10.65	00:46:10.65	+00:13:32 (29.3%)	4:37	13 (70.7%)
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 (29.4%)	4:37	13 (70.7%)
133	KOWAL Damian	290	INZYNIERIA BIAGANIA	M30-39	45		00:00:22	00:46:22.60	00:46:44.65	+00:13:44 (29.6%)	4:38	12.9 (70.1%)
134	CHROBOK Michał	200		M30-39	46		00:00:11	00:46:24.85	00:46:36.70	+00:13:46 (29.7%)	4:38	12.9 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
135	<b>MACHNIK Andrzej</b>	<b>154</b>		M40-49	37		00:00:11	<b>00:46:28.00</b>	<b>00:46:39.65</b>	+00:13:49 (29.8%)	4:38	12.9 (70.1%)
136	<b>HENDEL Krzysztof</b>	<b>211</b>	IZBICKO W BIEGU	M30-39	47		00:00:12	<b>00:46:32.85</b>	<b>00:46:45.60</b>	+00:13:54 (29.9%)	4:39	12.9 (70.1%)
137	<b>MROWIEC Tomasz</b>	<b>168</b>	BDB TEAM	M40-49	38	BDB Team	00:00:13	<b>00:46:35.30</b>	<b>00:46:48.75</b>	+00:13:57 (29.9%)	4:39	12.9 (70.1%)
138	<b>BUCZAK Lukasz</b>	<b>340</b>		M30-39	48		00:00:21	<b>00:46:36.30</b>	<b>00:46:57.90</b>	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
139	<b>TUPAJ Jarosław</b>	<b>342</b>	BIEGACZ AMATOR	M30-39	49		00:00:14	<b>00:46:40.25</b>	<b>00:46:54.50</b>	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
140	<b>BIELECKI Dawid</b>	<b>279</b>		M30-39	50		00:00:16	<b>00:46:40.60</b>	<b>00:46:56.90</b>	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
141	<b>OGRODNIK Damian</b>	<b>147</b>		M40-49	39		00:00:07	<b>00:46:41.15</b>	<b>00:46:49.00</b>	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
142	<b>SIKORA Piotr</b>	<b>250</b>	WOLNY STRZELEC	M50-59	14	Team szalenie szybkich biegaczy	00:00:23	<b>00:46:42.85</b>	<b>00:47:06.55</b>	+00:14:04 (30.1%)	4:40	12.8 (69.6%)
143	<b>KULISZ Grzegorz</b>	<b>171</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M50-59	15		00:00:14	<b>00:46:47.00</b>	<b>00:47:01.05</b>	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
144	<b>KNYPS Adam</b>	<b>324</b>	ICEMAN SKOCZÓW	M40-49	40		00:00:04	<b>00:46:48.45</b>	<b>00:46:53.35</b>	+00:14:10 (30.3%)	4:40	12.8 (69.6%)
145	<b>KULAWIAK Bogdan</b>	<b>274</b>		M50-59	16		00:00:18	<b>00:46:54.60</b>	<b>00:47:12.70</b>	+00:14:16 (30.4%)	4:41	12.8 (69.6%)
146	<b>SUBIK Tomasz</b>	<b>204</b>		M30-39	51		00:00:14	<b>00:46:55.40</b>	<b>00:47:09.85</b>	+00:14:17 (30.4%)	4:41	12.8 (69.6%)
147	<b>RASAŁA Piotr</b>	<b>285</b>	SILESIA MARATHON CLUB	M20-29	10		00:00:20	<b>00:46:58.60</b>	<b>00:47:18.95</b>	+00:14:20 (30.5%)	4:41	12.8 (69.6%)
148	<b>JĘDRZEJAK Piotr</b>	<b>281</b>		M50-59	17		00:00:15	<b>00:47:03.60</b>	<b>00:47:19.55</b>	+00:14:25 (30.6%)	4:42	12.8 (69.6%)
149	<b>JUROWICZ Mariusz</b>	<b>215</b>		M20-29	11		00:00:18	<b>00:47:06.60</b>	<b>00:47:24.80</b>	+00:14:28 (30.7%)	4:42	12.7 (69.0%)
150	<b>TOMCZYK Lesław</b>	<b>173</b>	OLZA CIESZYN	M60-69	2		00:00:08	<b>00:47:07.45</b>	<b>00:47:15.70</b>	+00:14:29 (30.7%)	4:42	12.7 (69.0%)
151	<b>HENCZKO Karol</b>	<b>138</b>	AKTYWNI NAKRĘCENI	M30-39	52		00:00:14	<b>00:47:07.55</b>	<b>00:47:22.30</b>	+00:14:29 (30.7%)	4:42	12.7 (69.0%)
152	<b>MALIK Rafał</b>	<b>61</b>		M30-39	53		00:00:07	<b>00:47:08.70</b>	<b>00:47:15.70</b>	+00:14:30 (30.8%)	4:42	12.7 (69.0%)
153	<b>TOMOSZ Radomir</b>	<b>172</b>	KLUB PRZYJACIÓŁ KRÓLA ARTURA WIĘCŁAWA LV	M30-39	54		00:00:18	<b>00:47:12.60</b>	<b>00:47:30.80</b>	+00:14:34 (30.9%)	4:43	12.7 (69.0%)
154	<b>WALASZEK Paweł</b>	<b>316</b>	W POGONI ZA DUCHEM	M40-49	41	W Pogoni za Duchem	00:00:19	<b>00:47:14.30</b>	<b>00:47:33.65</b>	+00:14:36 (30.9%)	4:43	12.7 (69.0%)
155	<b>RADWAŃSKI Łukasz</b>	<b>382</b>		M30-39	55		00:00:16	<b>00:47:18.35</b>	<b>00:47:35.10</b>	+00:14:40 (31.0%)	4:43	12.7 (69.0%)
156	<b>WEISS Dominik</b>	<b>313</b>		M40-49	42		00:00:14	<b>00:47:19.60</b>	<b>00:47:33.60</b>	+00:14:41 (31.0%)	4:43	12.7 (69.0%)
157	<b>OPIEKULSKA Renata</b>	<b>153</b>		K40-49	9		00:00:10	<b>00:47:20.00</b>	<b>00:47:30.75</b>	+00:14:41 (31.0%)	4:44	12.7 (69.0%)
158	<b>GÓRAL Stanisław</b>	<b>225</b>		M30-39	56		00:00:19	<b>00:47:22.65</b>	<b>00:47:41.85</b>	+00:14:44 (31.1%)	4:44	12.7 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
159	JUROWICZ Łukasz	337		M30-39	57		00:00:18	00:47:22.90	00:47:41.05	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
160	ŚMIGIEL Hubert	330	CZORNE MORSY	M40-49	43		00:00:12	00:47:24.00	00:47:36.65	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
161	STĘPIEŃ Kamila	87		K30-39	11		00:00:10	00:47:27.10	00:47:37.85	+00:14:48 (31.2%)	4:44	12.6 (68.5%)
162	BURNAGIEL Tomasz	51	HRMAX ŻORY	M50-59	18		00:00:09	00:47:34.60	00:47:43.85	+00:14:56 (31.4%)	4:45	12.6 (68.5%)
163	ANTOŃCZYK Adam	219		M50-59	19		00:00:09	00:47:35.65	00:47:45.25	+00:14:57 (31.4%)	4:45	12.6 (68.5%)
164	GRALAK Wojtek	163		M30-39	58		00:00:11	00:47:41.65	00:47:52.75	+00:15:03 (31.6%)	4:46	12.6 (68.5%)
165	ROSIŃSKI Maciej	207		M20-29	12		00:00:12	00:47:47.05	00:47:59.25	+00:15:08 (31.7%)	4:46	12.6 (68.5%)
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 (31.8%)	4:47	12.5 (67.9%)
167	MAZUREK Anna	198		K40-49	10		00:00:13	00:47:53.25	00:48:06.30	+00:15:15 (31.8%)	4:47	12.5 (67.9%)
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 (31.9%)	4:47	12.5 (67.9%)
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 (31.9%)	4:47	12.5 (67.9%)
170	NOWAK Beata	303		K50-59	2	Olza Cieszyn	00:00:10	00:47:57.35	00:48:07.35	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
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 (32.0%)	4:47	12.5 (67.9%)
172	PURCZYŃSKI Jan	323		M50-59	21		00:00:24	00:48:04.05	00:48:28.55	+00:15:25 (32.1%)	4:48	12.5 (67.9%)
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 (32.3%)	4:49	12.5 (67.9%)
174	SŁOWIŃSKI Dawid	128		M30-39	60	RUNTEAM PAWŁOWICE	00:00:14	00:48:15.70	00:48:30.55	+00:15:37 (32.4%)	4:49	12.4 (67.4%)
175	GŁUSZYK Lesław	166	HRMAX ŻORY	M60-69	3		00:00:08	00:48:17.75	00:48:26.55	+00:15:39 (32.4%)	4:49	12.4 (67.4%)
176	WYPIÓR Sebastian	286		M40-49	45		00:00:19	00:48:19.30	00:48:38.50	+00:15:41 (32.5%)	4:49	12.4 (67.4%)
177	PRZYBYSZ Ryszard	239		M50-59	22		00:00:20	00:48:20.80	00:48:40.85	+00:15:42 (32.5%)	4:50	12.4 (67.4%)
178	WRÓBEL Katarzyna	272	JUSTFEELFIT	K30-39	12	JustFeelFit	00:00:11	00:48:22.75	00:48:34.65	+00:15:44 (32.5%)	4:50	12.4 (67.4%)
178	WIELOPOLSKI Łukasz	343		M30-39	61		00:00:19	00:48:22.75	00:48:42.20	+00:15:44 (32.5%)	4:50	12.4 (67.4%)
180	CZAPOROWSKI Tomasz	127		M40-49	46		00:00:19	00:48:23.70	00:48:43.05	+00:15:45 (32.6%)	4:50	12.4 (67.4%)
181	BUCHTA Michał	333		M40-49	47		00:00:12	00:48:24.50	00:48:37.30	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
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 (32.7%)	4:50	12.4 (67.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
183	<b>ADAMCZEWSKI Waldemar</b>	<b>159</b>	KLUB BIEGACZA FARTLEK	M50-59	23	Klub Biegacza Fartlek	00:00:09	<b>00:48:30.30</b>	<b>00:48:39.50</b>	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
184	<b>WÓJCIK Jerzy</b>	<b>111</b>		M50-59	24		00:00:07	<b>00:48:30.65</b>	<b>00:48:38.45</b>	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
185	<b>TASAREK Ryszard</b>	<b>246</b>	NYSA BIEGA	M70+	1		00:00:12	<b>00:48:33.30</b>	<b>00:48:45.55</b>	+00:15:55 (32.8%)	4:51	12.4 (67.4%)
186	<b>WUWER Łukasz</b>	<b>339</b>		M30-39	63		00:00:26	<b>00:48:38.25</b>	<b>00:49:04.60</b>	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
187	<b>BOŁOTIUCH Sebastian</b>	<b>367</b>	POWOLI DO CELU	M40-49	48		00:00:24	<b>00:48:39.40</b>	<b>00:49:04.30</b>	+00:16:01 (32.9%)	4:51	12.3 (66.8%)
188	<b>GURGOŃ Marcin</b>	<b>228</b>	AKTYWNY ŚLĄSKI	M30-39	64		00:00:14	<b>00:48:44.45</b>	<b>00:48:59.40</b>	+00:16:06 (33.0%)	4:52	12.3 (66.8%)
189	<b>TOCHOWICZ Bartosz</b>	<b>192</b>		M50-59	25	Olza Cieszyn	00:00:14	<b>00:48:45.55</b>	<b>00:49:00.20</b>	+00:16:07 (33.1%)	4:52	12.3 (66.8%)
190	<b>KAWECKI Stanisław</b>	<b>140</b>	OLZA CIESZYN	M50-59	26	Olza Cieszyn	00:00:14	<b>00:48:48.80</b>	<b>00:49:03.45</b>	+00:16:10 (33.1%)	4:52	12.3 (66.8%)
191	<b>WARZOCHA Mirosław</b>	<b>287</b>		M60-69	4		00:00:22	<b>00:48:49.20</b>	<b>00:49:11.25</b>	+00:16:11 (33.1%)	4:52	12.3 (66.8%)
192	<b>MOTOWIDŁO Tomasz</b>	<b>194</b>		M40-49	49		00:00:15	<b>00:48:49.85</b>	<b>00:49:05.20</b>	+00:16:11 (33.2%)	4:52	12.3 (66.8%)
193	<b>MARSZAŁKOWSKI Marcin</b>	<b>243</b>		M30-39	65		00:00:00	<b>00:48:51.65</b>	<b>00:48:51.65</b>	+00:16:13 (33.2%)	4:53	12.3 (66.8%)
194	<b>PAWŁOWSKI Rafał</b>	<b>130</b>	ŁAWA BIEGA	M30-39	66		00:00:13	<b>00:48:55.70</b>	<b>00:49:09.45</b>	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
195	<b>GAŁKIEWICZ Michał</b>	<b>175</b>		M50-59	27		00:00:09	<b>00:48:55.75</b>	<b>00:49:05.40</b>	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
196	<b>HETMAN Maryjusz</b>	<b>224</b>	DZIADEK Z WEHRMACHTU	M60-69	5		00:00:13	<b>00:48:55.80</b>	<b>00:49:09.45</b>	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
197	<b>SIKORA Stefan</b>	<b>201</b>	TEAM SIKORA	M70+	2		00:00:23	<b>00:48:57.20</b>	<b>00:49:20.50</b>	+00:16:19 (33.3%)	4:53	12.3 (66.8%)
198	<b>GRZONKA Andrzej</b>	<b>183</b>	KLUB BIEGACZA FARTLEK	M40-49	50	Klub Biegacza Fartlek	00:00:10	<b>00:48:58.55</b>	<b>00:49:09.00</b>	+00:16:20 (33.4%)	4:53	12.3 (66.8%)
199	<b>FIEROCH Karol</b>	<b>307</b>		M30-39	67		00:00:28	<b>00:49:08.35</b>	<b>00:49:37.15</b>	+00:16:30 (33.6%)	4:54	12.2 (66.3%)
200	<b>MODLIŃSKI Arkadiusz</b>	<b>434</b>		M30-39	68		00:00:27	<b>00:49:09.05</b>	<b>00:49:36.55</b>	+00:16:30 (33.6%)	4:54	12.2 (66.3%)
201	<b>SZCZOTKA Katarzyna</b>	<b>263</b>	AKTYWNA PSZCZYNA	K40-49	11	Aktywna Pszczyzna Runners Team	00:00:15	<b>00:49:11.40</b>	<b>00:49:27.30</b>	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
202	<b>MACH Sebastian</b>	<b>275</b>	PORANNY BESKID RUN	M40-49	51		00:00:20	<b>00:49:12.05</b>	<b>00:49:32.65</b>	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
203	<b>PERKOWSKA Daria</b>	<b>234</b>	KOBIETY NA 5+	K40-49	12	Kobiety na 5+	00:00:08	<b>00:49:12.50</b>	<b>00:49:20.70</b>	+00:16:34 (33.7%)	4:55	12.2 (66.3%)
204	<b>MAREK Robert</b>	<b>155</b>	IRON TEAM	M40-49	52		00:00:19	<b>00:49:18.75</b>	<b>00:49:37.95</b>	+00:16:40 (33.8%)	4:55	12.2 (66.3%)
205	<b>ATACHIM Łukasz</b>	<b>300</b>	STUDIO ENERGIA TEAM RYBNIK	M40-49	53		00:00:24	<b>00:49:24.35</b>	<b>00:49:48.75</b>	+00:16:46 (33.9%)	4:56	12.1 (65.8%)
206	<b>SUSZCZYK Monika</b>	<b>311</b>		K40-49	13		00:00:13	<b>00:49:24.95</b>	<b>00:49:37.95</b>	+00:16:46 (34.0%)	4:56	12.1 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
207	<b>JARSZAK Mateusz</b>	<b>334</b>		M30-39	69		00:00:18	<b>00:49:31.40</b>	<b>00:49:50.05</b>	+00:16:53 (34.1%)	4:57	12.1 (65.8%)
208	<b>URGACZ Mirosław</b>	<b>244</b>		M40-49	54		00:00:20	<b>00:49:33.40</b>	<b>00:49:54.05</b>	+00:16:55 (34.1%)	4:57	12.1 (65.8%)
209	<b>GATNER Sebastian</b>	<b>288</b>		M30-39	70		00:00:16	<b>00:49:33.50</b>	<b>00:49:50.30</b>	+00:16:55 (34.1%)	4:57	12.1 (65.8%)
210	<b>WYPIÓR Ewa</b>	<b>350</b>		K40-49	14		00:00:19	<b>00:49:37.25</b>	<b>00:49:57.00</b>	+00:16:59 (34.2%)	4:57	12.1 (65.8%)
211	<b>CZYŻ Marlena</b>	<b>104</b>	UKS DIAMENT GODÓW	K16-19	2		00:00:03	<b>00:49:37.45</b>	<b>00:49:40.50</b>	+00:16:59 (34.2%)	4:57	12.1 (65.8%)
212	<b>MASARCZYK Grzegorz</b>	<b>195</b>		M40-49	55		00:00:12	<b>00:49:38.40</b>	<b>00:49:50.60</b>	+00:17:00 (34.3%)	4:57	12.1 (65.8%)
213	<b>NIESŁAŃCZYK Małgorzata</b>	<b>332</b>	WATAHA	K40-49	15	WATAHA	00:00:12	<b>00:49:43.00</b>	<b>00:49:55.85</b>	+00:17:04 (34.4%)	4:58	12.1 (65.8%)
214	<b>CISOWSKI Kamil</b>	<b>178</b>	STS BIEGATON MIKOŁÓW	M30-39	71		00:00:22	<b>00:49:46.20</b>	<b>00:50:08.65</b>	+00:17:08 (34.4%)	4:58	12.1 (65.8%)
215	<b>GŁĘBOCKI Grzegorz</b>	<b>294</b>	BIEGAM SOBIE	M50-59	28		00:00:21	<b>00:49:46.35</b>	<b>00:50:07.45</b>	+00:17:08 (34.4%)	4:58	12.1 (65.8%)
216	<b>MERES Jarosław</b>	<b>329</b>		M40-49	56		00:00:16	<b>00:49:50.20</b>	<b>00:50:06.40</b>	+00:17:12 (34.5%)	4:59	12 (65.2%)
217	<b>SKACZYŁO Patryk</b>	<b>396</b>		M30-39	72		00:00:17	<b>00:49:59.20</b>	<b>00:50:16.55</b>	+00:17:21 (34.7%)	4:59	12 (65.2%)
218	<b>CZYRNEK Dariusz</b>	<b>251</b>	SMAKI BIEGANIA	M40-49	57	Smaki biegania	00:00:13	<b>00:50:04.45</b>	<b>00:50:18.00</b>	+00:17:26 (34.8%)	5:00	12 (65.2%)
219	<b>PASZKOWSKI Cezary</b>	<b>273</b>	MDM NT TEAM	M40-49	58	MDM NT Team	00:00:20	<b>00:50:12.60</b>	<b>00:50:33.20</b>	+00:17:34 (35.0%)	5:01	12 (65.2%)
220	<b>LELENIEWSKI Jacek</b>	<b>149</b>		M40-49	59		00:00:14	<b>00:50:13.55</b>	<b>00:50:28.35</b>	+00:17:35 (35.0%)	5:01	11.9 (64.7%)
221	<b>PRZYBYŁA Przemysław</b>	<b>216</b>	MDM NT TEAM	M40-49	60	MDM NT Team	00:00:19	<b>00:50:15.55</b>	<b>00:50:35.30</b>	+00:17:37 (35.1%)	5:01	11.9 (64.7%)
222	<b>BOJARSKI Krzysztof</b>	<b>233</b>		M40-49	61		00:00:19	<b>00:50:18.50</b>	<b>00:50:38.35</b>	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
223	<b>PAWŁOWSKI Marcin</b>	<b>402</b>		M20-29	13		00:00:18	<b>00:50:21.65</b>	<b>00:50:40.60</b>	+00:17:43 (35.2%)	5:02	11.9 (64.7%)
224	<b>RYBARZ Michał</b>	<b>182</b>		M30-39	73		00:00:12	<b>00:50:23.95</b>	<b>00:50:36.15</b>	+00:17:45 (35.2%)	5:02	11.9 (64.7%)
225	<b>MUSIAŁ Łukasz</b>	<b>240</b>	GALOPUJĄCE ŚLIMAKI	M40-49	62	Galopujące Ślimaki	00:00:21	<b>00:50:27.25</b>	<b>00:50:49.15</b>	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
226	<b>GURECKI Grzegorz</b>	<b>235</b>		M30-39	74		00:00:15	<b>00:50:28.15</b>	<b>00:50:43.55</b>	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
227	<b>MAGUDA Marcin</b>	<b>308</b>		M40-49	63		00:00:22	<b>00:50:35.30</b>	<b>00:50:57.65</b>	+00:17:57 (35.5%)	5:03	11.9 (64.7%)
228	<b>ORŁOWSKI Grzegorz</b>	<b>312</b>		M40-49	64		00:00:12	<b>00:50:37.80</b>	<b>00:50:50.45</b>	+00:17:59 (35.5%)	5:03	11.9 (64.7%)
229	<b>URBAINSKA Ilona</b>	<b>270</b>		K30-39	13		00:00:06	<b>00:50:40.05</b>	<b>00:50:46.30</b>	+00:18:01 (35.6%)	5:04	11.8 (64.1%)
230	<b>WALA Marek</b>	<b>443</b>		M40-49	65		00:00:30	<b>00:50:44.65</b>	<b>00:51:15.10</b>	+00:18:06 (35.7%)	5:04	11.8 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
231	<b>JASIŃSKI Maksymilian</b>	<b>282</b>		M60-69	6	MARO Team Jastrzębie -Żory	00:00:15	<b>00:50:49.55</b>	<b>00:51:05.15</b>	+00:18:11 (35.8%)	5:04	11.8 (64.1%)
232	<b>WISKULSKI Mateusz</b>	<b>280</b>		M30-39	75		00:00:16	<b>00:50:57.70</b>	<b>00:51:13.95</b>	+00:18:19 (36.0%)	5:05	11.8 (64.1%)
233	<b>JACKIEWICZ Mirosław</b>	<b>141</b>	133 BLP CIESZYN	M50-59	29		00:00:19	<b>00:50:59.30</b>	<b>00:51:18.65</b>	+00:18:21 (36.0%)	5:05	11.8 (64.1%)
234	<b>RASZKA Janusz</b>	<b>320</b>	DARK ONE	M50-59	30		00:00:20	<b>00:51:03.65</b>	<b>00:51:23.65</b>	+00:18:25 (36.1%)	5:06	11.8 (64.1%)
235	<b>BIELICH Adrian</b>	<b>237</b>	ALKOTEAM	M30-39	76		00:00:21	<b>00:51:06.25</b>	<b>00:51:28.05</b>	+00:18:28 (36.1%)	5:06	11.7 (63.6%)
236	<b>BOŹKO Jakub</b>	<b>507</b>		M20-29	14		00:00:35	<b>00:51:09.10</b>	<b>00:51:44.20</b>	+00:18:30 (36.2%)	5:06	11.7 (63.6%)
237	<b>BOCHENEK Adam</b>	<b>105</b>		M30-39	77		00:00:11	<b>00:51:09.70</b>	<b>00:51:20.95</b>	+00:18:31 (36.2%)	5:06	11.7 (63.6%)
238	<b>WOLNY Piotr</b>	<b>578</b>		M30-39	78		00:00:33	<b>00:51:14.35</b>	<b>00:51:47.70</b>	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
239	<b>STREIT Mariusz</b>	<b>242</b>		M40-49	66		00:00:20	<b>00:51:14.65</b>	<b>00:51:35.20</b>	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
240	<b>MAJCHRZAK Dawid</b>	<b>416</b>		M20-29	15		00:00:23	<b>00:51:15.30</b>	<b>00:51:38.35</b>	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
241	<b>JACH Marek</b>	<b>139</b>		M50-59	31		00:00:15	<b>00:51:15.60</b>	<b>00:51:31.35</b>	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
242	<b>SZEREDA Robert</b>	<b>59</b>		M40-49	67		00:00:03	<b>00:51:21.65</b>	<b>00:51:25.05</b>	+00:18:43 (36.5%)	5:08	11.7 (63.6%)
243	<b>MAZUR Małgorzata</b>	<b>385</b>		K40-49	16		00:00:06	<b>00:51:23.30</b>	<b>00:51:29.75</b>	+00:18:45 (36.5%)	5:08	11.7 (63.6%)
244	<b>FORNAL Paweł</b>	<b>379</b>		M40-49	68		00:00:14	<b>00:51:24.50</b>	<b>00:51:38.60</b>	+00:18:46 (36.5%)	5:08	11.7 (63.6%)
245	<b>SYKUŁA Bartosz</b>	<b>344</b>		M40-49	69		00:00:17	<b>00:51:26.60</b>	<b>00:51:44.20</b>	+00:18:48 (36.6%)	5:08	11.7 (63.6%)
246	<b>HAJSKI Kamil</b>	<b>181</b>	HASKIENDURONRUN	M30-39	79		00:00:12	<b>00:51:28.20</b>	<b>00:51:40.65</b>	+00:18:50 (36.6%)	5:08	11.7 (63.6%)
247	<b>KRAWCZYK Elżbieta</b>	<b>318</b>	W POGONI ZA DUCHEM	K30-39	14	W Pogoni za Duchem	00:00:19	<b>00:51:30.40</b>	<b>00:51:49.85</b>	+00:18:52 (36.6%)	5:09	11.7 (63.6%)
248	<b>ZASIEK Amadeusz</b>	<b>346</b>		M30-39	80		00:00:17	<b>00:51:32.50</b>	<b>00:51:50.45</b>	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
249	<b>MIĄSIK Dariusz</b>	<b>553</b>		M50-59	32		00:00:37	<b>00:51:40.60</b>	<b>00:52:17.60</b>	+00:19:02 (36.8%)	5:10	11.6 (63.0%)
250	<b>BAC Michał</b>	<b>164</b>		M40-49	70		00:00:11	<b>00:51:45.30</b>	<b>00:51:56.95</b>	+00:19:07 (36.9%)	5:10	11.6 (63.0%)
251	<b>KILIANEK Rafał</b>	<b>419</b>	BIEG Z CHRYSTUSEM	M30-39	81		00:00:27	<b>00:51:49.60</b>	<b>00:52:17.45</b>	+00:19:11 (37.0%)	5:10	11.6 (63.0%)
252	<b>CZYŻ Jacek</b>	<b>301</b>	OLZA CIESZYN	M50-59	33	Olza Cieszyn	00:00:10	<b>00:51:49.85</b>	<b>00:52:00.10</b>	+00:19:11 (37.0%)	5:10	11.6 (63.0%)
253	<b>KOBIELUSZ Martyna</b>	<b>487</b>		K20-29	3		00:00:31	<b>00:51:54.90</b>	<b>00:52:26.25</b>	+00:19:16 (37.1%)	5:11	11.6 (63.0%)
254	<b>PAWŁOK Anna</b>	<b>129</b>	TRIATHLON TRAINING CENTER	K30-39	15		00:00:14	<b>00:51:55.40</b>	<b>00:52:10.35</b>	+00:19:17 (37.1%)	5:11	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
255	<b>GURNICZ Paweł</b>	<b>338</b>		M30-39	82		00:00:21	<b>00:51:56.00</b>	<b>00:52:17.45</b>	+00:19:17 (37.2%)	5:11	11.6 (63.0%)
256	<b>GARAJ Mariusz</b>	<b>497</b>		M40-49	71		00:00:27	<b>00:52:01.55</b>	<b>00:52:28.75</b>	+00:19:23 (37.3%)	5:12	11.5 (62.5%)
257	<b>MUSIAŁ Wioletta</b>	<b>241</b>		K40-49	17	Galopujące Ślimaki	00:00:15	<b>00:52:02.30</b>	<b>00:52:18.20</b>	+00:19:24 (37.3%)	5:12	11.5 (62.5%)
258	<b>SULICH Marcin</b>	<b>584</b>	MDM NT TEAM	M40-49	72	MDM NT Team	00:00:31	<b>00:52:05.70</b>	<b>00:52:37.45</b>	+00:19:27 (37.4%)	5:12	11.5 (62.5%)
259	<b>PILICH Marcin</b>	<b>444</b>	LEŚNA TEAM	M40-49	73		00:00:30	<b>00:52:08.30</b>	<b>00:52:38.50</b>	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
260	<b>WIEJACZ Rafał</b>	<b>438</b>		M30-39	83		00:00:26	<b>00:52:08.85</b>	<b>00:52:35.70</b>	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
261	<b>PROSÓŁ Michał</b>	<b>591</b>		M30-39	84		00:00:26	<b>00:52:09.10</b>	<b>00:52:35.45</b>	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
262	<b>PIŁATOWSKI Mirosław</b>	<b>230</b>		M50-59	34	TL Athletics Jastrzębie	00:00:17	<b>00:52:09.40</b>	<b>00:52:27.30</b>	+00:19:31 (37.4%)	5:12	11.5 (62.5%)
263	<b>NIEWRZOŁ Łukasz</b>	<b>336</b>		M40-49	74		00:00:15	<b>00:52:18.10</b>	<b>00:52:33.55</b>	+00:19:39 (37.6%)	5:13	11.5 (62.5%)
264	<b>KROCHMAL Artur</b>	<b>447</b>	MDM NT TEAM	M40-49	75	MDM NT Team	00:00:25	<b>00:52:18.75</b>	<b>00:52:44.55</b>	+00:19:40 (37.6%)	5:13	11.5 (62.5%)
265	<b>OLMA Władysław</b>	<b>137</b>	FORMA BIEGANIA - JASTRZĘBIE	M50-59	35		00:00:06	<b>00:52:25.05</b>	<b>00:52:31.40</b>	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
266	<b>KEMPNY Mariusz</b>	<b>271</b>		M30-39	85		00:00:17	<b>00:52:28.55</b>	<b>00:52:45.55</b>	+00:19:50 (37.8%)	5:14	11.4 (62.0%)
267	<b>LACHOWICZ Izabela</b>	<b>162</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K30-39	16	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:13	<b>00:52:30.55</b>	<b>00:52:44.30</b>	+00:19:52 (37.8%)	5:15	11.4 (62.0%)
268	<b>DĘBICKA Aneta</b>	<b>260</b>		K20-29	4		00:00:14	<b>00:52:32.35</b>	<b>00:52:46.70</b>	+00:19:54 (37.9%)	5:15	11.4 (62.0%)
269	<b>LACHOWICZ Marcin</b>	<b>397</b>		M40-49	76		00:00:30	<b>00:52:33.40</b>	<b>00:53:03.85</b>	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
270	<b>KIJAK Marcin</b>	<b>364</b>	KRAKÓW AIRPORT RUNNING TEAM	M30-39	86		00:00:28	<b>00:52:35.45</b>	<b>00:53:04.40</b>	+00:19:57 (37.9%)	5:15	11.4 (62.0%)
271	<b>SZCZYRBOWSKI Jan</b>	<b>327</b>		M60-69	7		00:00:22	<b>00:52:36.00</b>	<b>00:52:58.25</b>	+00:19:57 (38.0%)	5:15	11.4 (62.0%)
272	<b>NOWAK Joanna</b>	<b>520</b>	W POGONI ZA DUCHEM	K30-39	17	W Pogoni za Duchem	00:00:19	<b>00:52:38.50</b>	<b>00:52:57.50</b>	+00:20:00 (38.0%)	5:15	11.4 (62.0%)
273	<b>FURMANEK Ela</b>	<b>150</b>	HURAGAN LIGOTA	K50-59	3		00:00:13	<b>00:52:56.30</b>	<b>00:53:10.00</b>	+00:20:18 (38.3%)	5:17	11.3 (61.4%)
274	<b>PIETRZYK Aleksandra</b>	<b>232</b>	TEAM PAPRY	K40-49	18		00:00:17	<b>00:53:03.95</b>	<b>00:53:21.75</b>	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
275	<b>BEŁCZYKOWSKI Zbigniew</b>	<b>174</b>	TEAM PAPRY	M30-39	87	Team Papry	00:00:18	<b>00:53:04.60</b>	<b>00:53:22.65</b>	+00:20:26 (38.5%)	5:18	11.3 (61.4%)
276	<b>CEGLARSKA Sonia</b>	<b>461</b>	JEJKOWICE BIEGAJĄ	K40-49	19	Jejkowice Biegają	00:00:32	<b>00:53:09.55</b>	<b>00:53:42.20</b>	+00:20:31 (38.6%)	5:18	11.3 (61.4%)
277	<b>ROMAŃSKA Klaudia</b>	<b>436</b>	W POGONI ZA DUCHEM	K20-29	5	W Pogoni za Duchem	00:00:18	<b>00:53:09.75</b>	<b>00:53:28.20</b>	+00:20:31 (38.6%)	5:18	11.3 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
278	<b>KULA Katarzyna</b>	<b>193</b>	STUDIO ENERGIA TEAM RYBNIK	K30-39	18	Studio Energia Team Rybnik	00:00:10	<b>00:53:13.25</b>	<b>00:53:23.25</b>	+00:20:35 (38.7%)	5:19	11.3 (61.4%)
279	<b>MROCKOWSKI Tomasz</b>	<b>321</b>		M40-49	77		00:00:19	<b>00:53:16.95</b>	<b>00:53:36.65</b>	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
280	<b>BOBER Wojciech</b>	<b>440</b>	PIERUNSKIE CANGÓRY	M30-39	88		00:00:14	<b>00:53:17.05</b>	<b>00:53:31.50</b>	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
281	<b>DOMASZK Paweł</b>	<b>371</b>		M20-29	16		00:00:26	<b>00:53:20.05</b>	<b>00:53:46.15</b>	+00:20:41 (38.8%)	5:20	11.3 (61.4%)
282	<b>KONSEK Anna</b>	<b>314</b>		K30-39	19		00:00:20	<b>00:53:20.25</b>	<b>00:53:40.30</b>	+00:20:42 (38.8%)	5:20	11.3 (61.4%)
283	<b>LURKA Tomasz</b>	<b>448</b>	MDM NT TEAM	M40-49	78	MDM NT Team	00:00:32	<b>00:53:22.15</b>	<b>00:53:54.35</b>	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
284	<b>KIEPIELA Dawid</b>	<b>132</b>	KLUB BIEGACZA FARTLEK	M40-49	79	Klub Biegacza Fartlek	00:00:36	<b>00:53:30.60</b>	<b>00:54:07.25</b>	+00:20:52 (39.0%)	5:21	11.2 (60.9%)
285	<b>PODKOWIK Marcin</b>	<b>248</b>		M40-49	80		00:00:25	<b>00:53:30.85</b>	<b>00:53:56.65</b>	+00:20:52 (39.0%)	5:21	11.2 (60.9%)
286	<b>SZCZOTKA Arkadiusz</b>	<b>267</b>		M50-59	36		00:00:21	<b>00:53:31.40</b>	<b>00:53:52.85</b>	+00:20:53 (39.0%)	5:21	11.2 (60.9%)
287	<b>BASTA Dorota</b>	<b>437</b>	ZADYSZKA OŚWIĘCIM	K40-49	20	Zadyszka Oświęcim	00:00:31	<b>00:53:32.20</b>	<b>00:54:03.75</b>	+00:20:54 (39.0%)	5:21	11.2 (60.9%)
288	<b>BRÓZDA Tomasz</b>	<b>328</b>	MDM NT TEAM	M30-39	89	MDM NT Team	00:00:20	<b>00:53:33.40</b>	<b>00:53:54.15</b>	+00:20:55 (39.1%)	5:21	11.2 (60.9%)
289	<b>RACIBORSKI Aleksander</b>	<b>217</b>	SOBIESKI6	M16-19	10	Sobieski6	00:00:14	<b>00:53:34.30</b>	<b>00:53:49.15</b>	+00:20:56 (39.1%)	5:21	11.2 (60.9%)
290	<b>DEJEWSKI Jakub</b>	<b>414</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	90	Galopujące Ślimaki	00:00:26	<b>00:53:35.75</b>	<b>00:54:02.45</b>	+00:20:57 (39.1%)	5:21	11.2 (60.9%)
291	<b>MACIONCZYK Szymon</b>	<b>572</b>		M30-39	91		00:00:30	<b>00:53:36.20</b>	<b>00:54:06.95</b>	+00:20:58 (39.1%)	5:21	11.2 (60.9%)
292	<b>ZIĘBA Michał</b>	<b>505</b>		M40-49	81		00:00:34	<b>00:53:37.75</b>	<b>00:54:12.55</b>	+00:20:59 (39.1%)	5:21	11.2 (60.9%)
293	<b>ORAWSKI Robert</b>	<b>395</b>	MIKI	M60-69	8		00:00:26	<b>00:53:39.40</b>	<b>00:54:05.80</b>	+00:21:01 (39.2%)	5:21	11.2 (60.9%)
294	<b>BAJOR Paweł</b>	<b>373</b>		M40-49	82		00:00:07	<b>00:53:48.90</b>	<b>00:53:56.05</b>	+00:21:10 (39.4%)	5:22	11.2 (60.9%)
295	<b>BIEŃKO Edyta</b>	<b>556</b>		K40-49	21		00:00:22	<b>00:53:50.40</b>	<b>00:54:12.45</b>	+00:21:12 (39.4%)	5:23	11.1 (60.3%)
296	<b>PŁASKA Grzegorz</b>	<b>451</b>	WRM	M50-59	37		00:00:17	<b>00:53:51.10</b>	<b>00:54:08.10</b>	+00:21:12 (39.4%)	5:23	11.1 (60.3%)
297	<b>HARAZIN Janusz</b>	<b>196</b>		M30-39	92		00:00:15	<b>00:53:52.45</b>	<b>00:54:07.80</b>	+00:21:14 (39.4%)	5:23	11.1 (60.3%)
298	<b>SUBIK Edyta</b>	<b>322</b>		K30-39	20		00:00:21	<b>00:53:59.20</b>	<b>00:54:20.30</b>	+00:21:21 (39.5%)	5:23	11.1 (60.3%)
299	<b>LORENZ Agnieszka</b>	<b>335</b>	GB GALOPUJĄCE ŚLIMAKI	K40-49	22	GB Galopujące Ślimaki	00:00:15	<b>00:54:06.55</b>	<b>00:54:22.25</b>	+00:21:28 (39.7%)	5:24	11.1 (60.3%)
300	<b>ŚMIETANA Mariusz</b>	<b>368</b>	EASYRUN RACIBÓRZ	M40-49	83		00:00:23	<b>00:54:07.50</b>	<b>00:54:30.85</b>	+00:21:29 (39.7%)	5:24	11.1 (60.3%)
301	<b>MACHACZ Michał</b>	<b>551</b>	OPEL FIJAŁKOWSKI	M40-49	84		00:00:30	<b>00:54:19.65</b>	<b>00:54:50.25</b>	+00:21:41 (39.9%)	5:25	11 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
302	DWORNIK Mateusz	326		M20-29	17		00:00:17	00:54:20.05	00:54:37.95	+00:21:41 (39.9%)	5:26	11 (59.8%)
303	CIEŚLAK Adam	420	STOWARZYSZENIE "JASTRZĘBSKI SPORT"	M30-39	93		00:00:27	00:54:22.95	00:54:50.15	+00:21:44 (40.0%)	5:26	11 (59.8%)
304	TORBIŃSKI Wiesław	361	SZARE MORSY	M70+	3	Szare Morsy	00:00:20	00:54:25.75	00:54:45.90	+00:21:47 (40.0%)	5:26	11 (59.8%)
305	PERUGIEWICZ Joanna	410	@GOOD VIBES	K30-39	21		00:00:24	00:54:26.10	00:54:50.85	+00:21:47 (40.0%)	5:26	11 (59.8%)
306	PIDANTY Łukasz	351	MADYRUN	M30-39	94		00:00:29	00:54:32.35	00:55:02.00	+00:21:54 (40.2%)	5:27	11 (59.8%)
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 (40.2%)	5:27	11 (59.8%)
308	BAC Małgorzata	165		K16-19	3		00:00:11	00:54:46.50	00:54:58.35	+00:22:08 (40.4%)	5:28	11 (59.8%)
309	GORZAWSKI Marcin	399		M30-39	95		00:00:27	00:55:01.60	00:55:29.40	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
310	GABRYŚ Patrycja	435	DOMIN TEAM	K30-39	23		00:00:28	00:55:01.85	00:55:30.10	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
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 (40.7%)	5:30	10.9 (59.2%)
312	KÓZKA Grzegorz	391		M30-39	96		00:00:29	00:55:05.25	00:55:34.50	+00:22:27 (40.8%)	5:30	10.9 (59.2%)
313	MAZUR Arkadiusz	319		M30-39	97		00:00:24	00:55:11.10	00:55:35.55	+00:22:32 (40.9%)	5:31	10.9 (59.2%)
314	POPEK Barbara	64	SOBIESKI6	K50-59	4	Sobieski6	00:00:24	00:55:13.40	00:55:37.80	+00:22:35 (40.9%)	5:31	10.9 (59.2%)
315	GAJ Monika	474	DAR-BUD TEAM	K40-49	23		00:00:13	00:55:20.25	00:55:33.30	+00:22:42 (41.0%)	5:32	10.8 (58.7%)
316	MIKULAK Natalia	412		K20-29	7		00:00:25	00:55:23.55	00:55:49.10	+00:22:45 (41.1%)	5:32	10.8 (58.7%)
317	ZIĘTARA Paweł	462		M50-59	38		00:00:28	00:55:26.80	00:55:54.85	+00:22:48 (41.1%)	5:32	10.8 (58.7%)
318	SIKORA Alicja	317	TEAM SIKORA	K70+	1		00:00:23	00:55:28.60	00:55:52.35	+00:22:50 (41.2%)	5:32	10.8 (58.7%)
319	KOMOŃ Mateusz	543		M30-39	98		00:00:37	00:55:34.85	00:56:12.15	+00:22:56 (41.3%)	5:33	10.8 (58.7%)
320	ŻYWICA Tadeusz	266		M60-69	9		00:00:20	00:55:37.80	00:55:58.55	+00:22:59 (41.3%)	5:33	10.8 (58.7%)
321	KĄKOL Ryszard	101		M60-69	10		00:00:07	00:55:49.05	00:55:56.30	+00:23:10 (41.5%)	5:34	10.7 (58.2%)
322	ZIMNY Ireneusz	380	EKO-OKNA RUNNERS	M40-49	85		00:00:13	00:56:00.65	00:56:14.45	+00:23:22 (41.7%)	5:36	10.7 (58.2%)
323	PEREK Karol	268	DOGONIĆ SEBĘ	M30-39	99		00:00:18	00:56:01.60	00:56:20.35	+00:23:23 (41.7%)	5:36	10.7 (58.2%)
324	KARWOT Leszek	378		M40-49	86		00:00:28	00:56:03.00	00:56:31.80	+00:23:24 (41.8%)	5:36	10.7 (58.2%)
325	KARWOT Maciej	304	RADLINIOKI W BIEGU	M40-49	87		00:00:19	00:56:09.35	00:56:28.90	+00:23:31 (41.9%)	5:36	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
326	<b>BRZEZIŃSKA Anna</b>	<b>508</b>		K30-39	24		00:00:24	<b>00:56:09.40</b>	<b>00:56:33.70</b>	+00:23:31 (41.9%)	5:36	10.7 (58.2%)
327	<b>URBANEK Iwona</b>	<b>347</b>		K30-39	25		00:00:30	<b>00:56:15.05</b>	<b>00:56:45.05</b>	+00:23:36 (42.0%)	5:37	10.7 (58.2%)
328	<b>MASON Grzegorz</b>	<b>415</b>	MEJSONY Z KAMIENIA	M40-49	88		00:00:35	<b>00:56:15.55</b>	<b>00:56:51.30</b>	+00:23:37 (42.0%)	5:37	10.7 (58.2%)
329	<b>SZYMCZYK Teresa</b>	<b>550</b>	TEAM SZYMCZYKI	K60-69	1		00:00:30	<b>00:56:15.80</b>	<b>00:56:46.60</b>	+00:23:37 (42.0%)	5:37	10.7 (58.2%)
330	<b>GABRUŚ Iwona</b>	<b>390</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K50-59	5	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:29	<b>00:56:17.00</b>	<b>00:56:46.85</b>	+00:23:38 (42.0%)	5:37	10.7 (58.2%)
331	<b>PAKUŁA Paweł</b>	<b>571</b>		M30-39	100		00:00:34	<b>00:56:20.90</b>	<b>00:56:55.15</b>	+00:23:42 (42.1%)	5:38	10.7 (58.2%)
332	<b>BOGACKI Tomasz</b>	<b>278</b>		M30-39	101		00:00:21	<b>00:56:23.90</b>	<b>00:56:45.40</b>	+00:23:45 (42.1%)	5:38	10.6 (57.6%)
333	<b>BADURA Artur</b>	<b>529</b>	JEJKOWICE BIEGAJĄ	M40-49	89	Jejkowice Biegają	00:00:34	<b>00:56:45.70</b>	<b>00:57:20.05</b>	+00:24:07 (42.5%)	5:40	10.6 (57.6%)
334	<b>DROZD Magdalena</b>	<b>531</b>		K30-39	26		00:00:35	<b>00:56:46.50</b>	<b>00:57:21.70</b>	+00:24:08 (42.5%)	5:40	10.6 (57.6%)
335	<b>GÓRALSKI Jarosław</b>	<b>310</b>		M50-59	39		00:00:11	<b>00:56:52.40</b>	<b>00:57:04.05</b>	+00:24:14 (42.6%)	5:41	10.6 (57.6%)
336	<b>KLUCZYŃSKA Honorata</b>	<b>298</b>		K40-49	24		00:00:21	<b>00:56:54.05</b>	<b>00:57:15.25</b>	+00:24:15 (42.6%)	5:41	10.5 (57.1%)
337	<b>TERESZYŃSKA Anna</b>	<b>495</b>		K40-49	25		00:00:06	<b>00:57:04.20</b>	<b>00:57:10.75</b>	+00:24:26 (42.8%)	5:42	10.5 (57.1%)
338	<b>GIEROŃ Katarzyna</b>	<b>442</b>	DYSTANS LUBOMIA	K40-49	26		00:00:00	<b>00:57:13.70</b>	<b>00:57:13.70</b>	+00:24:35 (43.0%)	5:43	10.5 (57.1%)
339	<b>WERNIK Katarzyna</b>	<b>352</b>		K50-59	6		00:00:25	<b>00:57:16.05</b>	<b>00:57:41.15</b>	+00:24:37 (43.0%)	5:43	10.5 (57.1%)
340	<b>CZAUDERNA Marcin</b>	<b>547</b>		M40-49	90		00:00:35	<b>00:57:20.10</b>	<b>00:57:55.60</b>	+00:24:41 (43.1%)	5:44	10.5 (57.1%)
341	<b>CICHOWLAS Mateusz</b>	<b>297</b>	SELFMAKER	M30-39	102	Selfmaker	00:00:00	<b>00:57:24.95</b>	<b>00:57:24.95</b>	+00:24:46 (43.2%)	5:44	10.5 (57.1%)
342	<b>RUDNICKI Maciej</b>	<b>369</b>	BĄBELKI	M50-59	40		00:00:38	<b>00:57:25.65</b>	<b>00:58:04.35</b>	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
343	<b>KORDEK Dorota</b>	<b>353</b>		K40-49	27		00:00:26	<b>00:57:26.25</b>	<b>00:57:52.85</b>	+00:24:48 (43.2%)	5:44	10.4 (56.5%)
344	<b>MAKOŚ Tomek</b>	<b>423</b>		M40-49	91		00:00:34	<b>00:57:26.30</b>	<b>00:58:00.45</b>	+00:24:48 (43.2%)	5:44	10.4 (56.5%)
345	<b>HALSZKA Joanna</b>	<b>567</b>	DYSTANS LUBOMIA	K40-49	28		00:00:29	<b>00:57:28.65</b>	<b>00:57:58.15</b>	+00:24:50 (43.2%)	5:44	10.4 (56.5%)
346	<b>GORZELAK Zbigniew</b>	<b>581</b>		M40-49	92		00:00:17	<b>00:57:35.50</b>	<b>00:57:52.80</b>	+00:24:57 (43.3%)	5:45	10.4 (56.5%)
347	<b>SZEWCZYK Marzena</b>	<b>421</b>	JEJKOWICE BIEGAJĄ	K40-49	29		00:00:33	<b>00:57:37.40</b>	<b>00:58:10.45</b>	+00:24:59 (43.4%)	5:45	10.4 (56.5%)
348	<b>TRYBAŁA Danuta</b>	<b>534</b>	WATAHA	K30-39	27	WATAHA	00:00:30	<b>00:57:49.45</b>	<b>00:58:19.85</b>	+00:25:11 (43.6%)	5:46	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
349	<b>LERCH-HENCZKO Maria</b>	<b>360</b>	AKTYWNIENAKRĘCENI	K30-39	28		00:00:22	<b>00:57:57.65</b>	<b>00:58:20.55</b>	+00:25:19 (43.7%)	5:47	10.4 (56.5%)
350	<b>KONIECKO Karolina</b>	<b>417</b>		K30-39	29		00:00:00	<b>00:57:59.55</b>	<b>00:57:59.55</b>	+00:25:21 (43.7%)	5:47	10.3 (56.0%)
351	<b>STALMACH Damian</b>	<b>549</b>		M20-29	18		00:00:39	<b>00:57:59.60</b>	<b>00:58:39.15</b>	+00:25:21 (43.7%)	5:47	10.3 (56.0%)
352	<b>POŁOMSKI Jerzy</b>	<b>283</b>	WISAGER ACTIVE	M40-49	93		00:00:12	<b>00:58:06.05</b>	<b>00:58:18.40</b>	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
353	<b>JANKO Kamil</b>	<b>401</b>		M30-39	103		00:00:24	<b>00:58:10.65</b>	<b>00:58:35.15</b>	+00:25:32 (43.9%)	5:49	10.3 (56.0%)
354	<b>ŁUSZCZYK Sergiusz</b>	<b>370</b>		M30-39	104		00:00:28	<b>00:58:12.45</b>	<b>00:58:41.05</b>	+00:25:34 (43.9%)	5:49	10.3 (56.0%)
355	<b>KUFEL Beata</b>	<b>429</b>		K50-59	7		00:00:28	<b>00:58:14.30</b>	<b>00:58:42.65</b>	+00:25:36 (44.0%)	5:49	10.3 (56.0%)
356	<b>CZARNOTA Leszek</b>	<b>372</b>		M50-59	41		00:00:23	<b>00:58:16.90</b>	<b>00:58:40.50</b>	+00:25:38 (44.0%)	5:49	10.3 (56.0%)
357	<b>PŁASKA Barbara</b>	<b>452</b>	KOBIETY NA 5+	K50-59	8	Kobiety na 5+	00:00:11	<b>00:58:24.50</b>	<b>00:58:36.05</b>	+00:25:46 (44.1%)	5:50	10.3 (56.0%)
358	<b>TOMALA Dariusz</b>	<b>357</b>	OPEL FIJAŁKOWSKI	M40-49	94		00:00:30	<b>00:58:28.75</b>	<b>00:58:59.35</b>	+00:25:50 (44.2%)	5:50	10.3 (56.0%)
359	<b>KUFKA Paweł</b>	<b>409</b>		M40-49	95		00:00:29	<b>00:58:29.65</b>	<b>00:58:59.05</b>	+00:25:51 (44.2%)	5:50	10.3 (56.0%)
360	<b>KOTENKO Serhii</b>	<b>376</b>		M30-39	105		00:00:32	<b>00:58:42.25</b>	<b>00:59:14.35</b>	+00:26:04 (44.4%)	5:52	10.2 (55.4%)
361	<b>TYRYTKO Jarosław</b>	<b>546</b>	WATAHA	M50-59	42	WATAHA	00:00:30	<b>00:58:45.75</b>	<b>00:59:16.65</b>	+00:26:07 (44.5%)	5:52	10.2 (55.4%)
362	<b>MROZEK Maciej</b>	<b>365</b>		M40-49	96		00:00:28	<b>00:58:50.05</b>	<b>00:59:18.95</b>	+00:26:11 (44.5%)	5:53	10.2 (55.4%)
363	<b>CIEŚLA Artur</b>	<b>517</b>		M40-49	97		00:00:38	<b>00:58:50.50</b>	<b>00:59:28.60</b>	+00:26:12 (44.5%)	5:53	10.2 (55.4%)
364	<b>GENSTY Klaudia</b>	<b>573</b>	DYSTANS LUBOMIA	K40-49	30		00:00:30	<b>00:58:54.90</b>	<b>00:59:25.80</b>	+00:26:16 (44.6%)	5:53	10.2 (55.4%)
365	<b>MARKOWSKI Jacek</b>	<b>592</b>		M40-49	98		00:00:29	<b>00:58:54.95</b>	<b>00:59:24.35</b>	+00:26:16 (44.6%)	5:53	10.2 (55.4%)
366	<b>ŻYWICA Piotr</b>	<b>575</b>		M30-39	106		00:00:26	<b>00:58:55.65</b>	<b>00:59:22.60</b>	+00:26:17 (44.6%)	5:53	10.2 (55.4%)
367	<b>MALISZEWSKI Dariusz</b>	<b>349</b>		M30-39	107		00:00:27	<b>00:58:56.65</b>	<b>00:59:23.90</b>	+00:26:18 (44.6%)	5:53	10.2 (55.4%)
368	<b>SOBOL Ewa</b>	<b>552</b>	DYSTANS LUBOMIA	K40-49	31		00:00:28	<b>00:58:57.65</b>	<b>00:59:26.20</b>	+00:26:19 (44.6%)	5:53	10.2 (55.4%)
369	<b>ZASIEK Marek</b>	<b>569</b>		M50-59	43		00:00:35	<b>00:59:00.40</b>	<b>00:59:35.80</b>	+00:26:22 (44.7%)	5:54	10.2 (55.4%)
370	<b>MILOWSKA Sylwia</b>	<b>504</b>		K40-49	32		00:00:32	<b>00:59:06.05</b>	<b>00:59:38.80</b>	+00:26:27 (44.8%)	5:54	10.2 (55.4%)
371	<b>JAGIEŁA Marcin</b>	<b>355</b>	KRS TKKF MORSY.PL	M40-49	99		00:00:21	<b>00:59:09.00</b>	<b>00:59:30.00</b>	+00:26:30 (44.8%)	5:54	10.1 (54.9%)
372	<b>NOWAK Patryk</b>	<b>446</b>	KLUB BIEGACZA FARTLEK	M30-39	108	Klub Biegacza Fartlek	00:00:37	<b>00:59:16.25</b>	<b>00:59:53.60</b>	+00:26:38 (44.9%)	5:55	10.1 (54.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
373	<b>GORZELAK Joanna</b>	<b>580</b>	KOBIETY NA 5+	K40-49	33	Kobiety na 5+	00:00:16	<b>00:59:18.50</b>	<b>00:59:35.25</b>	+00:26:40 (45.0%)	5:55	10.1 (54.9%)
374	<b>MIELAŃCZYK Patrycja</b>	<b>227</b>		K30-39	30		00:00:22	<b>00:59:23.20</b>	<b>00:59:46.05</b>	+00:26:45 (45.0%)	5:56	10.1 (54.9%)
375	<b>DUDZIAK Grzegorz</b>	<b>358</b>		M40-49	100		00:00:22	<b>00:59:24.95</b>	<b>00:59:47.60</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
376	<b>PAWŁOWSKI Dariusz</b>	<b>403</b>		M20-29	19		00:00:18	<b>00:59:26.00</b>	<b>00:59:44.65</b>	+00:26:47 (45.1%)	5:56	10.1 (54.9%)
377	<b>PAPLA Jolanta</b>	<b>299</b>		K20-29	8		00:00:26	<b>00:59:31.90</b>	<b>00:59:58.05</b>	+00:26:53 (45.2%)	5:57	10.1 (54.9%)
378	<b>KARLIK Agnieszka</b>	<b>258</b>	AKTYWNI LYSKI	K40-49	34		00:00:33	<b>00:59:38.15</b>	<b>01:00:11.15</b>	+00:26:59 (45.3%)	5:57	10.1 (54.9%)
379	<b>NOJEK Wiesław</b>	<b>424</b>	NOJEK TEAM	M50-59	44		00:00:36	<b>00:59:40.25</b>	<b>01:00:16.30</b>	+00:27:02 (45.3%)	5:58	10.1 (54.9%)
380	<b>MAREK-WRÓBEL Edyta</b>	<b>291</b>	NIEZRZESZONA	K60-69	2		00:00:21	<b>00:59:42.70</b>	<b>01:00:03.75</b>	+00:27:04 (45.3%)	5:58	10.1 (54.9%)
381	<b>LISZKA Mirosław</b>	<b>441</b>		M50-59	45		00:00:31	<b>00:59:44.95</b>	<b>01:00:16.40</b>	+00:27:06 (45.4%)	5:58	10 (54.3%)
382	<b>HERMAN Błażej</b>	<b>255</b>		M16-19	11		00:00:22	<b>00:59:49.85</b>	<b>01:00:12.75</b>	+00:27:11 (45.5%)	5:58	10 (54.3%)
383	<b>BUJNA Tomasz</b>	<b>236</b>		M50-59	46		00:00:32	<b>00:59:58.70</b>	<b>01:00:30.80</b>	+00:27:20 (45.6%)	5:59	10 (54.3%)
384	<b>TRYBAŁA Weronika</b>	<b>535</b>	WATAHA	K20-29	9	WATAHA	00:00:29	<b>01:00:13.35</b>	<b>01:00:42.70</b>	+00:27:35 (45.8%)	6:01	10 (54.3%)
385	<b>KOLORZ-STYLOK Katarzyna</b>	<b>582</b>		K40-49	35		00:00:30	<b>01:00:16.10</b>	<b>01:00:46.80</b>	+00:27:37 (45.8%)	6:01	10 (54.3%)
386	<b>RANSZ Beata</b>	<b>359</b>	PRZYJACIÓŁKI DO SPÓŁKI	K50-59	9		00:00:32	<b>01:00:22.35</b>	<b>01:00:54.75</b>	+00:27:44 (45.9%)	6:02	9.9 (53.8%)
387	<b>WEYGAND Patryk</b>	<b>594</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	101	GB Galopujące Ślimaki	00:00:35	<b>01:00:31.70</b>	<b>01:01:07.45</b>	+00:27:53 (46.1%)	6:03	9.9 (53.8%)
388	<b>SOBÓL Paweł</b>	<b>289</b>		M30-39	109		00:00:22	<b>01:00:37.30</b>	<b>01:01:00.15</b>	+00:27:59 (46.2%)	6:03	9.9 (53.8%)
389	<b>KĘDZIERSKI Krzysztof</b>	<b>565</b>	FOCZKI I MORSY RYBNIK	M50-59	47		00:00:13	<b>01:00:41.35</b>	<b>01:00:54.75</b>	+00:28:03 (46.2%)	6:04	9.9 (53.8%)
390	<b>POŁOK Robert</b>	<b>574</b>		M30-39	110		00:00:30	<b>01:00:52.95</b>	<b>01:01:23.80</b>	+00:28:14 (46.4%)	6:05	9.9 (53.8%)
391	<b>ZAKRZEWSKA Barbara</b>	<b>583</b>		K40-49	36		00:00:31	<b>01:00:59.15</b>	<b>01:01:30.50</b>	+00:28:20 (46.5%)	6:05	9.8 (53.3%)
392	<b>FIJAŁKOWSKA Ewelina</b>	<b>555</b>	W POGONI ZA DUCHEM	K30-39	31	W Pogoni za Duchem	00:00:35	<b>01:01:03.00</b>	<b>01:01:38.25</b>	+00:28:24 (46.5%)	6:06	9.8 (53.3%)
393	<b>SOJ Przemysław</b>	<b>374</b>		M40-49	102		00:00:25	<b>01:01:05.65</b>	<b>01:01:31.00</b>	+00:28:27 (46.6%)	6:06	9.8 (53.3%)
394	<b>BORUCKI Dariusz</b>	<b>430</b>		M40-49	103		00:00:34	<b>01:01:10.40</b>	<b>01:01:44.75</b>	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
395	<b>BURDA Renata</b>	<b>484</b>	AKTYWNI RYDUŁTOWY	K40-49	37		00:00:38	<b>01:01:11.50</b>	<b>01:01:50.35</b>	+00:28:33 (46.7%)	6:07	9.8 (53.3%)
396	<b>BODZEK Piotr</b>	<b>245</b>		M20-29	20		00:00:32	<b>01:01:22.70</b>	<b>01:01:55.00</b>	+00:28:44 (46.8%)	6:08	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
397	<b>PISNIAK Rafał</b>	<b>426</b>		M40-49	104		00:00:38	<b>01:01:30.45</b>	<b>01:02:08.65</b>	+00:28:52 (46.9%)	6:09	9.8 (53.3%)
398	<b>MOCHNACZ Patryk</b>	<b>537</b>		M40-49	105		00:00:34	<b>01:01:35.80</b>	<b>01:02:10.35</b>	+00:28:57 (47.0%)	6:09	9.7 (52.7%)
399	<b>SZYPUŁA Anna</b>	<b>595</b>	MK TEAM	K50-59	10		00:00:27	<b>01:01:52.25</b>	<b>01:02:20.05</b>	+00:29:14 (47.3%)	6:11	9.7 (52.7%)
400	<b>KUBIK Dariusz</b>	<b>398</b>	SAINT GOBAIN SQUAD	M40-49	106		00:00:27	<b>01:01:55.85</b>	<b>01:02:23.35</b>	+00:29:17 (47.3%)	6:11	9.7 (52.7%)
401	<b>GAŁKIEWICZ Monika</b>	<b>528</b>		K40-49	38		00:00:25	<b>01:02:00.40</b>	<b>01:02:25.65</b>	+00:29:22 (47.4%)	6:12	9.7 (52.7%)
402	<b>TURCZYN Iwona</b>	<b>568</b>		K20-29	10		00:00:35	<b>01:02:06.50</b>	<b>01:02:41.90</b>	+00:29:28 (47.5%)	6:12	9.7 (52.7%)
403	<b>MARCZYŃSKA Izabela</b>	<b>418</b>	RODZINKA.PL	K30-39	32		00:00:31	<b>01:02:19.10</b>	<b>01:02:50.55</b>	+00:29:40 (47.6%)	6:13	9.6 (52.2%)
404	<b>PĘPEK Jakub</b>	<b>432</b>		M20-29	21		00:00:30	<b>01:02:19.30</b>	<b>01:02:49.30</b>	+00:29:41 (47.6%)	6:13	9.6 (52.2%)
405	<b>MACHAJSKA Patrycja</b>	<b>229</b>	TEAM WĄSACZA	K20-29	11		00:00:20	<b>01:02:28.50</b>	<b>01:02:48.65</b>	+00:29:50 (47.8%)	6:14	9.6 (52.2%)
406	<b>NIEDZIOŁKO Bożena</b>	<b>458</b>	KOBIETY NA 5+	K50-59	11	Kobiety na 5+	00:00:11	<b>01:02:28.80</b>	<b>01:02:40.05</b>	+00:29:50 (47.8%)	6:14	9.6 (52.2%)
407	<b>YALOVOI Anton</b>	<b>427</b>		M30-39	111		00:00:31	<b>01:02:31.80</b>	<b>01:03:03.65</b>	+00:29:53 (47.8%)	6:15	9.6 (52.2%)
408	<b>SZPYRA Aniela</b>	<b>261</b>		K16-19	4		00:00:19	<b>01:02:37.95</b>	<b>01:02:57.70</b>	+00:29:59 (47.9%)	6:15	9.6 (52.2%)
409	<b>TYRYTKO Sylwia</b>	<b>545</b>	WATAHA	K40-49	39	WATAHA	00:00:30	<b>01:02:38.70</b>	<b>01:03:09.20</b>	+00:30:00 (47.9%)	6:15	9.6 (52.2%)
410	<b>BRYCHCY Estera</b>	<b>512</b>		K30-39	33		00:00:14	<b>01:02:51.25</b>	<b>01:03:05.40</b>	+00:30:13 (48.1%)	6:17	9.5 (51.6%)
411	<b>ZAUŚCIŃSKI Tomasz</b>	<b>501</b>	GMINA STRZELCE OPOLSKIE	M60-69	11		00:00:27	<b>01:02:53.90</b>	<b>01:03:21.10</b>	+00:30:15 (48.1%)	6:17	9.5 (51.6%)
412	<b>KAMINSKA-SUCHOWICZ Anna</b>	<b>564</b>	INŻYNIERIA BIEGANIA	K30-39	34	Inżynieria Biegania	00:00:34	<b>01:02:57.70</b>	<b>01:03:32.30</b>	+00:30:19 (48.2%)	6:17	9.5 (51.6%)
413	<b>DOBOSZ Ilona</b>	<b>254</b>		K50-59	12		00:00:25	<b>01:03:00.40</b>	<b>01:03:25.55</b>	+00:30:22 (48.2%)	6:18	9.5 (51.6%)
414	<b>MOSZ Weronika</b>	<b>542</b>		K40-49	40		00:00:33	<b>01:03:15.60</b>	<b>01:03:48.85</b>	+00:30:37 (48.4%)	6:19	9.5 (51.6%)
415	<b>BOŁOTIUCH Katarzyna</b>	<b>469</b>	POWOLI DO CELU	K40-49	41		00:00:33	<b>01:03:25.00</b>	<b>01:03:58.55</b>	+00:30:46 (48.5%)	6:20	9.5 (51.6%)
416	<b>ZIMNY Cecylia</b>	<b>471</b>	SMAKI BIEGANIA	K40-49	42		00:00:13	<b>01:03:31.45</b>	<b>01:03:45.20</b>	+00:30:53 (48.6%)	6:21	9.4 (51.1%)
417	<b>KRYSHMARU Viktor</b>	<b>439</b>		M50-59	48		00:00:30	<b>01:03:32.35</b>	<b>01:04:02.60</b>	+00:30:54 (48.6%)	6:21	9.4 (51.1%)
418	<b>SKOTNICKA Urszula</b>	<b>264</b>	NIE ZRZESZONA	K50-59	13		00:00:25	<b>01:03:41.65</b>	<b>01:04:06.65</b>	+00:31:03 (48.8%)	6:22	9.4 (51.1%)
419	<b>SKRZYPIEC Andrzej</b>	<b>518</b>		M60-69	12		00:00:27	<b>01:03:42.35</b>	<b>01:04:09.55</b>	+00:31:04 (48.8%)	6:22	9.4 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
420	<b>BORDA Grażyna</b>	<b>460</b>	KOBIETYNA5+	K40-49	43		00:00:09	<b>01:03:43.00</b>	<b>01:03:52.90</b>	+00:31:04 (48.8%)	6:22	9.4 (51.1%)
421	<b>ORŁOWSKA Joanna</b>	<b>562</b>	ULTRA BESKID SPORT	K40-49	44		00:00:32	<b>01:04:04.75</b>	<b>01:04:37.20</b>	+00:31:26 (49.1%)	6:24	9.4 (51.1%)
422	<b>WOWRA Aleksandra</b>	<b>554</b>		K30-39	35		00:00:35	<b>01:04:06.60</b>	<b>01:04:42.50</b>	+00:31:28 (49.1%)	6:24	9.4 (51.1%)
423	<b>FIJAŁKOWSKA Angelika</b>	<b>375</b>		K20-29	12		00:00:35	<b>01:04:26.85</b>	<b>01:05:02.60</b>	+00:31:48 (49.4%)	6:26	9.3 (50.5%)
424	<b>KAMIŃSKI Marcin</b>	<b>478</b>	GRUBIORZE LOTAJOM	M40-49	107		00:00:35	<b>01:04:27.10</b>	<b>01:05:02.65</b>	+00:31:48 (49.4%)	6:26	9.3 (50.5%)
425	<b>FECZKO Lucyna</b>	<b>577</b>		K40-49	45		00:00:12	<b>01:04:34.05</b>	<b>01:04:46.20</b>	+00:31:55 (49.5%)	6:27	9.3 (50.5%)
426	<b>FILIP Andrzej</b>	<b>548</b>	BIEGAM SOBIE	M50-59	49		00:00:36	<b>01:04:45.30</b>	<b>01:05:22.10</b>	+00:32:07 (49.6%)	6:28	9.3 (50.5%)
427	<b>KOTARBA Katarzyna</b>	<b>411</b>		K30-39	36		00:00:19	<b>01:04:49.50</b>	<b>01:05:09.05</b>	+00:32:11 (49.7%)	6:28	9.3 (50.5%)
428	<b>MICZEK Marcin</b>	<b>384</b>		M30-39	112		00:00:00	<b>01:04:52.00</b>	<b>01:04:52.00</b>	+00:32:13 (49.7%)	6:29	9.2 (50.0%)
429	<b>ŻEBROWSKA Matylda</b>	<b>500</b>	MORS HUBERTUS MYSŁOWICE	K40-49	46		00:00:39	<b>01:04:54.65</b>	<b>01:05:34.30</b>	+00:32:16 (49.7%)	6:29	9.2 (50.0%)
430	<b>DROBIAK Kornelia</b>	<b>455</b>	KOBIETY NA 5+	K30-39	37	Kobiety na 5+	00:00:08	<b>01:04:57.70</b>	<b>01:05:06.50</b>	+00:32:19 (49.8%)	6:29	9.2 (50.0%)
431	<b>KUBIK Aleksandra</b>	<b>516</b>		K40-49	47		00:00:32	<b>01:05:00.05</b>	<b>01:05:32.90</b>	+00:32:21 (49.8%)	6:30	9.2 (50.0%)
432	<b>OSOWSKA Katarzyna</b>	<b>486</b>		K50-59	14		00:00:31	<b>01:05:10.90</b>	<b>01:05:42.00</b>	+00:32:32 (49.9%)	6:31	9.2 (50.0%)
433	<b>PIETRZYK Marek</b>	<b>431</b>		M60-69	13		00:00:28	<b>01:05:16.30</b>	<b>01:05:45.25</b>	+00:32:38 (50.0%)	6:31	9.2 (50.0%)
434	<b>KARBOWY Iza</b>	<b>389</b>	JEJKOWICE BIEGAJĄ	K30-39	38	Jejkowice Biegają	00:00:17	<b>01:05:21.30</b>	<b>01:05:38.75</b>	+00:32:43 (50.1%)	6:32	9.2 (50.0%)
435	<b>KARAŚ Daria</b>	<b>249</b>		K30-39	39		00:00:15	<b>01:05:32.85</b>	<b>01:05:48.60</b>	+00:32:54 (50.2%)	6:33	9.2 (50.0%)
436	<b>KRAWCZYK Monika</b>	<b>510</b>		K30-39	40		00:00:32	<b>01:05:45.95</b>	<b>01:06:18.20</b>	+00:33:07 (50.4%)	6:34	9.1 (49.5%)
437	<b>CEGLARSKA Alicja</b>	<b>457</b>	JEJKOWICE BIEGAJĄ	K40-49	48	Jejkowice Biegają	00:00:32	<b>01:05:50.20</b>	<b>01:06:22.95</b>	+00:33:12 (50.4%)	6:35	9.1 (49.5%)
438	<b>PASTUSIAK Janina</b>	<b>557</b>		K40-49	49		00:00:04	<b>01:05:54.80</b>	<b>01:05:59.55</b>	+00:33:16 (50.5%)	6:35	9.1 (49.5%)
439	<b>JASTRZĘBSKA Ewa</b>	<b>506</b>		K50-59	15		00:00:14	<b>01:06:28.50</b>	<b>01:06:43.30</b>	+00:33:50 (50.9%)	6:38	9 (48.9%)
440	<b>PIDANTY Milena</b>	<b>42</b>		K30-39	41		00:00:29	<b>01:06:28.85</b>	<b>01:06:58.80</b>	+00:33:50 (50.9%)	6:38	9 (48.9%)
441	<b>ŁAPA Aleksandra</b>	<b>544</b>	4A	K40-49	50		00:00:32	<b>01:06:29.40</b>	<b>01:07:02.05</b>	+00:33:51 (50.9%)	6:38	9 (48.9%)
442	<b>MARON Tomasz</b>	<b>356</b>	TL ATHLETICS JASTRZĘBIE	M30-39	113	TL Athletics Jastrzębie	00:00:25	<b>01:06:29.75</b>	<b>01:06:54.75</b>	+00:33:51 (50.9%)	6:38	9 (48.9%)
443	<b>KACPRZYK Iwona</b>	<b>538</b>		K40-49	51		00:00:33	<b>01:06:33.45</b>	<b>01:07:06.50</b>	+00:33:55 (51.0%)	6:39	9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
444	<b>WARDACH Tomasz</b>	<b>247</b>		M30-39	114		00:00:26	<b>01:06:42.25</b>	<b>01:07:08.90</b>	+00:34:04 (51.1%)	6:40	9 (48.9%)
445	<b>SZPYRA Sonia</b>	<b>388</b>		K40-49	52		00:00:24	<b>01:06:52.00</b>	<b>01:07:16.80</b>	+00:34:13 (51.2%)	6:41	9 (48.9%)
446	<b>MŁYNARCZYK Jerzy</b>	<b>362</b>	PKM ŚNIEŻNE KOTŁY	M60-69	14		00:00:30	<b>01:06:54.65</b>	<b>01:07:24.95</b>	+00:34:16 (51.2%)	6:41	9 (48.9%)
447	<b>MICHALAK Nikola</b>	<b>472</b>		K20-29	13		00:00:29	<b>01:07:01.90</b>	<b>01:07:31.10</b>	+00:34:23 (51.3%)	6:42	9 (48.9%)
448	<b>RESPONDEK Karolina</b>	<b>563</b>		K30-39	42		00:00:37	<b>01:07:11.60</b>	<b>01:07:48.90</b>	+00:34:33 (51.4%)	6:43	8.9 (48.4%)
449	<b>CZYRNEK Ewa</b>	<b>489</b>	SMAKI BIEGANIA	K40-49	53	Smaki biegania	00:00:34	<b>01:07:17.20</b>	<b>01:07:52.00</b>	+00:34:39 (51.5%)	6:43	8.9 (48.4%)
450	<b>MARCISZ Natalia</b>	<b>514</b>	INTERAKTYWNI	K40-49	54		00:00:26	<b>01:07:32.20</b>	<b>01:07:58.45</b>	+00:34:54 (51.7%)	6:45	8.9 (48.4%)
451	<b>RATAJSZCZAK-MAŁYS Ewa</b>	<b>449</b>	NORDIC WALKING TAEM RACIBÓRZ	K50-59	16		00:00:34	<b>01:07:33.50</b>	<b>01:08:07.55</b>	+00:34:55 (51.7%)	6:45	8.9 (48.4%)
452	<b>FABRYKIEWICZ Joanna</b>	<b>238</b>	ZOJAN	K30-39	43		00:00:20	<b>01:07:38.30</b>	<b>01:07:58.95</b>	+00:35:00 (51.7%)	6:45	8.9 (48.4%)
453	<b>KRAMER Piotr</b>	<b>470</b>		M40-49	108		00:00:36	<b>01:07:58.95</b>	<b>01:08:35.75</b>	+00:35:20 (52.0%)	6:47	8.8 (47.8%)
454	<b>BOGACZ-BUCHTA Anna</b>	<b>566</b>		K40-49	55		00:00:33	<b>01:08:30.00</b>	<b>01:09:03.60</b>	+00:35:51 (52.4%)	6:51	8.8 (47.8%)
455	<b>KARBOWY Marzena</b>	<b>498</b>	ZATYRANI.PL	K30-39	44		00:00:16	<b>01:09:20.40</b>	<b>01:09:37.10</b>	+00:36:42 (52.9%)	6:56	8.7 (47.3%)
456	<b>KWIATKOWSKA Elwira</b>	<b>482</b>		K40-49	56		00:00:14	<b>01:09:31.10</b>	<b>01:09:45.70</b>	+00:36:52 (53.1%)	6:57	8.6 (46.7%)
457	<b>KOWALCZYK Wojciech</b>	<b>488</b>		M20-29	22		00:00:38	<b>01:09:58.95</b>	<b>01:10:37.65</b>	+00:37:20 (53.4%)	6:59	8.6 (46.7%)
458	<b>WRÓBEL Ewa</b>	<b>561</b>		K40-49	57		00:00:36	<b>01:10:57.20</b>	<b>01:11:33.55</b>	+00:38:19 (54.0%)	7:05	8.5 (46.2%)
459	<b>HETMANIOK Agnieszka</b>	<b>560</b>		K30-39	45		00:00:29	<b>01:11:22.55</b>	<b>01:11:52.15</b>	+00:38:44 (54.3%)	7:08	8.4 (45.7%)
460	<b>HARATYK Anastazja</b>	<b>539</b>		K30-39	46		00:00:38	<b>01:11:37.90</b>	<b>01:12:16.05</b>	+00:38:59 (54.4%)	7:09	8.4 (45.7%)
461	<b>HARATYK Przemysław</b>	<b>540</b>		M40-49	109		00:00:38	<b>01:11:40.25</b>	<b>01:12:18.80</b>	+00:39:02 (54.5%)	7:10	8.4 (45.7%)
462	<b>GŁÓWCZYK Izabella</b>	<b>525</b>	KOBIETY NA 5+	K40-49	58	Kobiety na 5+	00:00:11	<b>01:11:46.50</b>	<b>01:11:58.05</b>	+00:39:08 (54.5%)	7:10	8.4 (45.7%)
463	<b>KOLAT Jadzia</b>	<b>454</b>	KOBIETY NA 5+	K40-49	59	Kobiety na 5+	00:00:08	<b>01:11:46.95</b>	<b>01:11:55.60</b>	+00:39:08 (54.5%)	7:10	8.4 (45.7%)
464	<b>GAŃKO Grażyna</b>	<b>393</b>		K60-69	3		00:00:17	<b>01:12:37.75</b>	<b>01:12:55.70</b>	+00:39:59 (55.1%)	7:15	8.3 (45.1%)
465	<b>BYSTRYKOWSKI Marcin</b>	<b>135</b>	KLUB BIEGACZA FARTLEK	M40-49	110	Klub Biegacza Fartlek	00:00:36	<b>01:13:26.90</b>	<b>01:14:03.45</b>	+00:40:48 (55.6%)	7:20	8.2 (44.6%)
466	<b>OLCZYK Wioletta</b>	<b>456</b>		K50-59	17	Kobiety na 5+	00:00:11	<b>01:13:32.15</b>	<b>01:13:43.20</b>	+00:40:53 (55.6%)	7:21	8.2 (44.6%)
467	<b>WIŚNIEWSKA Maria</b>	<b>413</b>		K20-29	14		00:00:29	<b>01:13:32.20</b>	<b>01:14:02.05</b>	+00:40:54 (55.6%)	7:21	8.2 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
468	RATAJCZAK Ewa	463	PRZYJACIÓŁKI DO SPÓŁKI	K40-49	60		00:00:34	01:13:46.20	01:14:20.20	+00:41:08 (55.8%)	7:22	8.1 (44.0%)
469	DUDKIEWICZ Sylwia	558		K30-39	47		00:00:33	01:14:18.80	01:14:52.25	+00:41:40 (56.1%)	7:25	8.1 (44.0%)
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 (56.3%)	7:28	8 (43.5%)
471	SZABLICKA Magda	522	MAGDA	K20-29	15		00:00:12	01:15:25.20	01:15:38.15	+00:42:47 (56.7%)	7:32	8 (43.5%)
472	ŚMIATEK Martyna	523		K20-29	16		00:00:12	01:15:25.40	01:15:37.55	+00:42:47 (56.7%)	7:32	8 (43.5%)
473	ANIOŁ-BARLIK Agnieszka	453		K40-49	61		00:00:17	01:15:56.20	01:16:13.20	+00:43:18 (57.0%)	7:35	7.9 (42.9%)
474	TRAWNICKI Jan	530		M70+	4		00:00:23	01:16:16.15	01:16:39.85	+00:43:37 (57.2%)	7:37	7.9 (42.9%)
475	ROTTER Hanna	381		K60-69	4		00:00:10	01:16:44.40	01:16:55.15	+00:44:06 (57.5%)	7:40	7.8 (42.4%)
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 (57.7%)	7:42	7.8 (42.4%)
477	IDZIKOWSKA Urszula	502		K20-29	17		00:00:23	01:17:23.20	01:17:46.45	+00:44:45 (57.8%)	7:44	7.8 (42.4%)
478	IDZIKOWSKA Elżbieta	503		K40-49	62		00:00:22	01:17:23.35	01:17:46.25	+00:44:45 (57.8%)	7:44	7.8 (42.4%)
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 (58.0%)	7:46	7.7 (41.8%)
480	KANTOR Jakub	585		M30-39	115	MDM NT Team	00:00:32	01:17:54.70	01:18:27.10	+00:45:16 (58.1%)	7:47	7.7 (41.8%)
481	ZALEWSKA Barbara	481		K40-49	63	Kobiety na 5+	00:00:10	01:18:45.00	01:18:55.85	+00:46:06 (58.6%)	7:52	7.6 (41.3%)
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 (58.6%)	7:52	7.6 (41.3%)
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 (58.6%)	7:52	7.6 (41.3%)
484	WIERCIOCH Barbara	509	PARKRUN KĘDZIERZYN-KOŹLE	K70+	2		00:00:39	01:24:49.45	01:25:28.75	+00:52:11 (61.5%)	8:28	7.1 (38.6%)
485	WIŚNIEWSKA Janina	490		K50-59	19		00:00:10	01:25:40.20	01:25:50.65	+00:53:02 (61.9%)	8:34	7 (38.0%)
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 (62.4%)	8:40	6.9 (37.5%)
<b>Przekroczony limit czasu: 01:30:00</b>												
487	MADEJ Józef	559	ZADYSZKA OŚWIĘCIM	M70+	5		00:00:00	01:40:01.70	01:40:01.70	+01:07:23 (67.4%)	10:00	6 (32.6%)
488	TIDE Krzysztof	54	7PRO TEAM	M20-29	23		00:00:07			+00:02:14	4:01	14.9 (81.0%)
489	GOLUCH Robert	78	INŻYNIERIA BIEGANIA	M30-39	116	Inżynieria Biegania	00:00:06			+00:02:18	4:02	14.9 (81.0%)

Znaleziono 489 wynik(ów)