



JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2024-09-14
Jastrzębie-Zdrój
10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Mateusz	27	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1			00:00:00	00:08:44	00:22:38	00:31:23.94	00:31:24.00		3:08	19.1 (100%)
2	CIEPŁAK Marcin	10		M30-39	2	Tak	TL ROW Rybnik	00:00:00	00:09:44	00:24:51	00:33:54.45	00:33:54.51	+00:02:30 (7.4%)	3:23	17.7 (92.7%)
3	POLOCZEK Kamil	382	UKS OLIMPIA ZABRZE	M16-19	1	Tak		00:00:00	00:09:46	00:24:54	00:34:11.06	00:34:11.12	+00:02:47 (8.1%)	3:25	17.6 (92.1%)
4	PIELA Stanisław	31	MKL CIĘCINA	M30-39	3			00:00:00	00:09:43	00:24:55	00:34:16.45	00:34:17.27	+00:02:52 (8.4%)	3:25	17.5 (91.6%)
5	WAWROWSKI Dominik	293	UKS OLIMPIA ZABRZE	M16-19	2	Tak		00:00:01	00:09:45	00:24:53	00:34:19.19	00:34:20.77	+00:02:55 (8.5%)	3:25	17.5 (91.6%)
6	TOKAREWICZ Damian	35	SCI GÓRSCY ENTUZJAŚCI	M40-49	1			00:00:02	00:09:46	00:24:53	00:34:22.79	00:34:25.34	+00:02:58 (8.7%)	3:26	17.5 (91.6%)
7	RĘBISZ Judyta	99	TL POGOŃ RUDA ŚLĄSKA	K20-29	1	Tak		00:00:01	00:10:35	00:27:13	00:37:31.00	00:37:32.31	+00:06:07 (16.3%)	3:45	16 (83.8%)
8	GRIMAN Joanna	15	AKTYWNA PSZCZYNA RUNNERS TEAM	K40-49	1	Tak	Aktywna Pszczyna Runners Team	00:00:01	00:10:46	00:27:17	00:37:31.56	00:37:33.46	+00:06:07 (16.3%)	3:45	16 (83.8%)
9	MENDECKA-ZEJDLER Michalina	25		K30-39	1			00:00:02	00:10:56	00:28:01	00:38:52.49	00:38:54.62	+00:07:28 (19.2%)	3:53	15.4 (80.6%)
10	SUWAJ Aneta	104	TL ATHLETICS JASTRZĘBIE/ALPIN SPORT TEAM	K30-39	2	Tak	TL Athletics Jastrzębie	00:00:02	00:10:59	00:28:10	00:39:02.61	00:39:04.73	+00:07:38 (19.6%)	3:54	15.4 (80.6%)
11	STUHLIK Magdalena	34		K40-49	2	Tak	Aktywna Pszczyna Runners Team	00:00:00	00:11:20	00:28:37	00:39:28.31	00:39:28.31	+00:08:04 (20.5%)	3:56	15.2 (79.6%)
12	TYMAN Karolina	36	UKS DIAMENT GODÓW	K16-19	1	Tak		00:00:02	00:11:04	00:28:36	00:39:32.57	00:39:34.98	+00:08:08 (20.6%)	3:57	15.2 (79.6%)
13	WOLNIK Mateusz	42	-	M30-39	4			00:00:01	00:09:45	00:24:56	00:34:40.74	00:34:41.81	+00:03:16 (9.5%)	3:28	17.3 (90.6%)
14	ALBRECHT Krystian	2	GB GALOPUJĄCE ŚLIMAKI	M20-29	1		GB Galopujące Ślimaki	00:00:02	00:09:52	00:25:14	00:34:41.02	00:34:43.78	+00:03:17 (9.5%)	3:28	17.3 (90.6%)
15	LIZAK Wojciech	23	TL ATHLETICS JASTRZĘBIE	M40-49	2	Tak	TL Athletics Jastrzębie	00:00:01	00:09:46	00:25:08	00:34:45.73	00:34:47.16	+00:03:21 (9.7%)	3:28	17.3 (90.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	NOWAK Andrzej	29	NOWAK-TEAM	M40-49	3			00:00:00	00:09:48	00:25:01	00:34:51.06	00:34:51.06	+00:03:27 (9.9%)	3:29	17.2 (90.1%)
17	TYNIEC Łukasz	37	TL ATHLETICS JASTRZĘBIE-ZDRÓJ	M40-49	4		TL Athletics Jastrzębie	00:00:00	00:09:46	00:25:07	00:34:51.47	00:34:51.47	+00:03:27 (9.9%)	3:29	17.2 (90.1%)
18	ZYGMA Kordian	45	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	5	Tak	Aktywna Pszczyzna Runners Team	00:00:00	00:09:47	00:25:11	00:34:56.86	00:34:56.92	+00:03:32 (10.2%)	3:29	17.2 (90.1%)
19	DYRLAGA Marcin	11	MOBILITY TEAM	M40-49	5			00:00:00	00:10:02	00:25:30	00:35:11.62	00:35:11.86	+00:03:47 (10.8%)	3:31	17.1 (89.5%)
20	KOŹMIŃSKI Józef	20	SKL SUCHA BESKIDZKA	M40-49	6			00:00:00	00:09:54	00:25:31	00:35:27.38	00:35:27.44	+00:04:03 (11.4%)	3:32	16.9 (88.5%)
21	KOWOLIK Maciej	18		M30-39	6			00:00:01	00:10:01	00:25:45	00:35:37.26	00:35:39.10	+00:04:13 (11.9%)	3:33	16.8 (88.0%)
22	GOŚCINIEWICZ Paweł	14		M30-39	7			00:00:02	00:10:16	00:25:47	00:35:38.22	00:35:40.50	+00:04:14 (11.9%)	3:33	16.8 (88.0%)
23	JAROSZ Marek	67		M40-49	7		HRmax Żory	00:00:02	00:10:12	00:25:55	00:35:43.17	00:35:45.22	+00:04:19 (12.1%)	3:34	16.8 (88.0%)
24	WOJCIK Paweł	41	ZADYSZKA OŚWIĘCIM	M20-29	2		Zadyszka Oświęcim	00:00:01	00:10:15	00:25:54	00:35:51.88	00:35:53.60	+00:04:27 (12.5%)	3:35	16.7 (87.4%)
25	KUŹNIK Bartłomiej	22		M40-49	8			00:00:00	00:10:07	00:25:58	00:36:04.88	00:36:04.88	+00:04:40 (13.0%)	3:36	16.6 (86.9%)
26	WRÓBEL Michał	43		M30-39	8			00:00:00	00:10:17	00:26:11	00:36:16.30	00:36:16.36	+00:04:52 (13.4%)	3:37	16.5 (86.4%)
27	KOZIARZ Przemysław	19		M30-39	9			00:00:02	00:10:15	00:26:17	00:36:33.55	00:36:35.60	+00:05:09 (14.1%)	3:39	16.4 (85.9%)
28	ZIELONKA Robert	44		M50-59	1			00:00:00	00:10:17	00:26:30	00:36:47.53	00:36:47.59	+00:05:23 (14.7%)	3:40	16.3 (85.3%)
29	PALT Tomasz	30		M40-49	9			00:00:01	00:10:37	00:26:49	00:37:04.13	00:37:05.51	+00:05:40 (15.3%)	3:42	16.2 (84.8%)
30	BARCIK Dawid	4	TEAM KOPEĆ	M20-29	3			00:00:03	00:10:34	00:26:56	00:37:21.88	00:37:25.22	+00:05:57 (16.0%)	3:44	16.1 (84.3%)
31	WIECZOREK Patryk	40	ZADYSZKA OŚWIĘCIM	M16-19	3		Zadyszka Oświęcim	00:00:00	00:10:37	00:27:07	00:37:40.50	00:37:40.50	+00:06:16 (16.7%)	3:46	15.9 (83.2%)
32	ALBRECHT Arkadiusz	48	GB GALOPUJĄCE ŚLIMAKI	M40-49	10		GB Galopujące Ślimaki	00:00:03	00:10:45	00:27:21	00:37:45.39	00:37:48.58	+00:06:21 (16.8%)	3:46	15.9 (83.2%)
33	WOWRY Grzegorz	117	WIK	M40-49	11		Ekipa SCI	00:00:02	00:10:38	00:27:42	00:38:23.18	00:38:25.52	+00:06:59 (18.2%)	3:50	15.6 (81.7%)
34	NIKIEL Mateusz	89		M30-39	10			00:00:02	00:10:56	00:27:53	00:38:35.96	00:38:38.03	+00:07:12 (18.7%)	3:51	15.6 (81.7%)
35	EISLER Tomasz	12		M40-49	12			00:00:02	00:10:59	00:28:01	00:38:45.23	00:38:47.74	+00:07:21 (19.0%)	3:52	15.5 (81.2%)
36	ŁYSEK Konrad	24	TL ATHLETICS JASTRZĘBIE	M16-19	4	Tak	TL Athletics Jastrzębie	00:00:01	00:11:05	00:28:23	00:38:47.63	00:38:49.21	+00:07:23 (19.1%)	3:52	15.5 (81.2%)
37	WIECZOREK Maciej	39	ZADYSZKA OŚWIĘCIM	M40-49	13		Zadyszka Oświęcim	00:00:00	00:10:54	00:28:06	00:38:49.80	00:38:49.80	+00:07:25 (19.1%)	3:52	15.5 (81.2%)
38	POŁOMSKI Grzegorz	94		M40-49	14		Połomscy Team	00:00:02	00:11:09	00:28:21	00:39:08.00	00:39:10.93	+00:07:44 (19.8%)	3:54	15.3 (80.1%)
39	SZTUKA Łukasz	608		M40-49	15			00:00:00	00:11:22	00:28:38	00:39:28.43	00:39:28.43	+00:08:04 (20.5%)	3:56	15.2 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
40	MAJDZIŃSKI Adrian	81	HRMAX ŻORY	M30-39	11			00:00:02	00:11:02	00:28:28	00:39:34.53	00:39:37.24	+00:08:10 (20.7%)	3:57	15.2 (79.6%)
41	KRETEK Łukasz	21		M30-39	12			00:00:01	00:28:38		00:39:38.74	00:39:40.16	+00:08:14 (20.8%)	3:57	15.1 (79.1%)
42	DYBCZYŃSKI Paweł	63		M30-39	13			00:00:02	00:11:39	00:29:23	00:39:52.32	00:39:54.57	+00:08:28 (21.3%)	3:59	15.1 (79.1%)
43	STUCHLIK Marek	33		M40-49	16		Aktywna Pszczyna Runners Team	00:00:00	00:11:20	00:28:50	00:39:52.44	00:39:52.71	+00:08:28 (21.3%)	3:59	15.1 (79.1%)
44	PATER Wojciech	93		M40-49	17			00:00:00	00:11:16	00:29:05	00:39:53.05	00:39:53.50	+00:08:29 (21.3%)	3:59	15 (78.5%)
45	BĄCZEK Dawid	127		M30-39	14			00:00:10	00:11:52	00:29:19	00:39:57.97	00:40:08.21	+00:08:34 (21.4%)	3:59	15 (78.5%)
46	CHROMIK Julia	9	WOSIEK TEAM	K20-29	2	Tak		00:00:02	00:11:14	00:28:49	00:40:02.45	00:40:05.15	+00:08:38 (21.6%)	4:00	15 (78.5%)
47	MAŁECKI Jacek	171		M30-39	15			00:00:03	00:11:19	00:28:59	00:40:05.18	00:40:08.81	+00:08:41 (21.7%)	4:00	15 (78.5%)
48	DYBCZYŃSKA Jadwiga	62	LKS POGÓRZE	K40-49	3			00:00:01	00:11:24	00:29:04	00:40:07.37	00:40:09.20	+00:08:43 (21.7%)	4:00	15 (78.5%)
49	BEZUCH Paweł	51		M20-29	4			00:00:06	00:11:14	00:28:58	00:40:08.52	00:40:15.10	+00:08:44 (21.8%)	4:00	15 (78.5%)
50	JASZCZYK Adam	16	TL ATHLETICS JASTRZĘBIE	M16-19	5	Tak	TL Athletics Jastrzębie	00:00:01	00:11:05	00:28:52	00:40:11.22	00:40:12.96	+00:08:47 (21.9%)	4:01	14.9 (78.0%)
51	KNYPS Dawid	69	LKS POGÓRZE	M16-19	6	Tak		00:00:02	00:10:59	00:28:18	00:40:12.69	00:40:14.93	+00:08:48 (21.9%)	4:01	14.9 (78.0%)
52	PAŁUBSKI Janusz	92	KLUB BIEGACZA GOGOLIN	M40-49	18			00:00:03	00:11:34	00:29:22	00:40:16.70	00:40:19.97	+00:08:52 (22.0%)	4:01	14.9 (78.0%)
53	DUŻNIAK Dominik	61	STEP-DANCE	M30-39	16			00:00:02	00:11:13	00:29:05	00:40:18.87	00:40:21.69	+00:08:54 (22.1%)	4:01	14.9 (78.0%)
54	BAŃDO Jakub	50		M20-29	5			00:00:01	00:11:35	00:29:23	00:40:20.97	00:40:22.46	+00:08:57 (22.2%)	4:02	14.9 (78.0%)
55	BARTOSIK Sebastian	6	SILESIA TRIATHLON TEAM	M30-39	17		PWR TEAM	00:00:01	00:11:03	00:29:09	00:40:34.13	00:40:35.86	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
56	CZYŻ Zuzanna	60	TL POGOŃ RUDA ŚLĄSKA	K16-19	2	Tak		00:00:00	00:11:35	00:29:26	00:40:34.56	00:40:34.90	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
57	GOGÓŁKA Szymon	65		M30-39	18		Ekipa SCI	00:00:01	00:11:31	00:29:27	00:40:35.50	00:40:36.61	+00:09:11 (22.6%)	4:03	14.8 (77.5%)
58	MRÓZEK Rafał	87	TEAM KOPEĆ	M30-39	19			00:00:01	00:11:35	00:29:39	00:40:55.13	00:40:56.24	+00:09:31 (23.3%)	4:05	14.7 (77.0%)
59	PAGIEŁA Łukasz	64		M40-49	19			00:00:00	00:11:43	00:29:50	00:40:55.49	00:40:55.49	+00:09:31 (23.3%)	4:05	14.7 (77.0%)
60	PALUCHIEWICZ Michał	91		M30-39	20			00:00:03	00:12:05	00:29:58	00:40:57.86	00:41:00.94	+00:09:33 (23.4%)	4:05	14.7 (77.0%)
61	BARTNIK Sebastian	5	STREET SPIRIT	M40-49	20			00:00:00	00:11:52	00:29:51	00:40:59.73	00:40:59.73	+00:09:35 (23.4%)	4:05	14.6 (76.4%)
62	JĘDRUSIAK Przemysław	68	AKTYWNAPSZCZYNA	M40-49	21			00:00:06	00:11:17	00:29:36	00:40:59.78	00:41:06.10	+00:09:35 (23.4%)	4:05	14.6 (76.4%)
63	CHRAPKIEWICZ Michał	56	SCI GÓRSCY ENTUZJAŚCI	M30-39	21		Ekipa SCI	00:00:02	00:11:32	00:29:29	00:41:01.97	00:41:04.85	+00:09:38 (23.5%)	4:06	14.6 (76.4%)
64	TARGOSZ Kamil	109	MUKS SZS CIESZYN	M16-19	7	Tak	Ekipa SCI	00:00:01	00:11:38	00:30:18	00:41:06.38	00:41:08.00	+00:09:42 (23.6%)	4:06	14.6 (76.4%)

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								startu	2.9km	7.3km					
65	MORCINEK Patryk	86	ZŁOTE BĄCZKI KLIMAFACH	M30-39	22			00:00:00	00:11:43	00:30:03	00:41:17.56	00:41:18.19	+00:09:53 (24.0%)	4:07	14.5 (75.9%)
66	MUSIK Łukasz	88		M40-49	22			00:00:04	00:11:33	00:29:58	00:41:30.62	00:41:35.46	+00:10:06 (24.4%)	4:09	14.5 (75.9%)
67	HENCZKO Karol	149	AKTYWNIENIE NAKRĘCENI	M30-39	23			00:00:03	00:11:11	00:29:51	00:41:38.51	00:41:41.81	+00:10:14 (24.6%)	4:09	14.4 (75.4%)
68	WOJTANOWICZ Bartosz	116		M40-49	23			00:00:08	00:12:00	00:30:14	00:41:43.52	00:41:51.66	+00:10:19 (24.7%)	4:10	14.4 (75.4%)
69	KUŚ Tomasz	74		M40-49	24			00:00:04	00:11:49	00:30:08	00:41:44.17	00:41:48.30	+00:10:20 (24.8%)	4:10	14.4 (75.4%)
70	WRANA Radosław	119		M20-29	6			00:00:03	00:11:25	00:30:15	00:41:45.66	00:41:49.46	+00:10:21 (24.8%)	4:10	14.4 (75.4%)
71	STOPYRA Jakub	102	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	24		Aktywna Pszczyna Runners Team	00:00:00	00:11:25	00:30:01	00:41:49.54	00:41:50.43	+00:10:25 (24.9%)	4:10	14.3 (74.9%)
72	ZIMNY Patryk	124	PIERUNY RUNNING TEAM	M30-39	25			00:00:03	00:30:35		00:42:05.54	00:42:08.56	+00:10:41 (25.4%)	4:12	14.3 (74.9%)
73	RAJWA Roman	199	TL ATHLETICS JASTRZĘBIE	M30-39	26		TL Athletics Jastrzębie	00:00:02	00:11:50	00:30:33	00:42:09.56	00:42:12.22	+00:10:45 (25.5%)	4:12	14.2 (74.3%)
74	ZIELIŃSKI Ireneusz	123	DKMS ŻORY	M50-59	2			00:00:04	00:11:54	00:30:30	00:42:13.14	00:42:17.70	+00:10:49 (25.6%)	4:13	14.2 (74.3%)
75	WIĘCŁAW Artur	115	4MUSZKIETER.PL	M40-49	25		Ekipa SCI	00:00:10	00:11:59	00:30:42	00:42:22.76	00:42:33.00	+00:10:58 (25.9%)	4:14	14.2 (74.3%)
76	SAMBAK Tadeusz	100		M50-59	3		Zadyszka Oświęcim	00:00:05	00:11:59	00:30:30	00:42:25.17	00:42:30.35	+00:11:01 (26.0%)	4:14	14.1 (73.8%)
77	RAJWA Jan	198	BZIEGACZE	M30-39	27		Bziegacze	00:00:02	00:11:55	00:30:48	00:42:33.42	00:42:36.25	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
78	ŁYSEK Paweł	79	BZIEGACZE	M40-49	26		Bziegacze	00:00:00	00:11:59	00:30:50	00:42:33.68	00:42:34.58	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
79	POSTAWKA Kamil	96	AMATOR	M30-39	28			00:00:00	00:12:08	00:30:54	00:42:34.40	00:42:34.78	+00:11:10 (26.2%)	4:15	14.1 (73.8%)
80	PROKSA Robert	97	UKS CHROMIK MYSŁOWICE	M60-69	1		UKS Chromik Mysłowice	00:00:01	00:12:00	00:30:50	00:42:36.28	00:42:37.33	+00:11:12 (26.3%)	4:15	14.1 (73.8%)
81	WASZTYL Grzegorz	113	NOWAK-TEAM	M50-59	4			00:00:04	00:11:56	00:30:50	00:42:48.63	00:42:53.34	+00:11:24 (26.7%)	4:16	14 (73.3%)
82	WYPIÓR Sebastian	228		M40-49	27			00:00:10	00:12:20	00:31:22	00:42:57.58	00:43:07.83	+00:11:33 (26.9%)	4:17	14 (73.3%)
83	ZADWORNY Jan	121	TL ATHLETICS JASTRZĘBIE	M20-29	7		TL Athletics Jastrzębie	00:00:06	00:12:02	00:31:20	00:43:05.74	00:43:11.80	+00:11:41 (27.1%)	4:18	13.9 (72.8%)
84	KUSTRA Mateusz	169	NIEZRZESZONY	M30-39	29		Centrum Treningu Personalnego i Dietetyki Mateusz Kustra Paulina Grad	00:00:07	00:11:52	00:31:09	00:43:06.20	00:43:14.01	+00:11:42 (27.2%)	4:18	13.9 (72.8%)
85	MIROSŁAW Piotr	178		M20-29	8			00:00:08	00:11:32	00:30:31	00:43:06.80	00:43:14.85	+00:11:42 (27.2%)	4:18	13.9 (72.8%)
86	WIELOPOLSKI Michał	221		M20-29	9			00:00:08	00:12:25	00:31:21	00:43:11.96	00:43:20.68	+00:11:48 (27.3%)	4:19	13.9 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas		Tempo min/km	Tempo km/h	
											netto 10km	brutto 10km			Różn
87	MACIOŁ Andrzej	80	MPK RUNNERS KRAKÓW	M70+	1			00:00:03	00:12:12	00:31:29	00:43:18.76	00:43:22.63	+00:11:54 (27.5%)	4:19	13.9 (72.8%)
88	CIEPŁAK Maciej	59	TL ROW RYBNIK	M60-69	2			00:00:00	00:12:00	00:30:59	00:43:26.54	00:43:26.54	+00:12:02 (27.7%)	4:20	13.8 (72.3%)
89	ADAMSKI Robert	47		M30-39	30			00:00:05	00:12:22	00:31:37	00:43:27.50	00:43:32.51	+00:12:03 (27.7%)	4:20	13.8 (72.3%)
90	BOŻKO Jakub	240		M20-29	10			00:00:11	00:11:53	00:31:14	00:43:28.18	00:43:39.79	+00:12:04 (27.8%)	4:20	13.8 (72.3%)
91	LEWICKA Elżbieta	75		K40-49	4	Tak		00:00:02	00:12:15	00:31:49	00:43:45.97	00:43:48.47	+00:12:22 (28.3%)	4:22	13.7 (71.7%)
92	RUTKOWSKA Edyta	203	HRMAX ŻORY	K30-39	3			00:00:03	00:31:50		00:43:47.14	00:43:51.05	+00:12:23 (28.3%)	4:22	13.7 (71.7%)
93	LIGENZA Michałina	76	TL ATHLETICS JASTRZĘBIE	K16-19	3	Tak	TL Athletics Jastrzębie	00:00:04	00:12:37	00:31:48	00:43:50.70	00:43:55.40	+00:12:26 (28.4%)	4:23	13.7 (71.7%)
94	MARCZYNSKI Sebastian	172		M40-49	28			00:00:09	00:12:39	00:31:49	00:43:53.06	00:44:02.78	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
95	MOŃKA Marcin	179		M40-49	29			00:00:11	00:12:16	00:31:31	00:43:53.68	00:44:05.35	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
96	LOKAJCZYK Olivier	78		M16-19	8			00:00:02	00:11:52	00:31:56	00:43:53.85	00:43:55.93	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
97	PAKOŃSKI Bartosz	90		M30-39	31			00:00:08	00:11:55	00:31:30	00:43:55.49	00:44:04.18	+00:12:31 (28.5%)	4:23	13.7 (71.7%)
98	BOCHENEK Adam	53		M30-39	32			00:00:17	00:12:17	00:31:40	00:43:57.16	00:44:14.60	+00:12:33 (28.6%)	4:23	13.7 (71.7%)
99	DANDYK Raian	132		M20-29	11			00:00:08	00:12:51	00:32:10	00:43:58.36	00:44:06.98	+00:12:34 (28.6%)	4:23	13.6 (71.2%)
100	MROWIEC Kinga	180	TL „POGOŃ” RUDA ŚLĄSKA	K20-29	3	Tak		00:00:02	00:12:34	00:32:12	00:44:16.32	00:44:18.85	+00:12:52 (29.1%)	4:25	13.6 (71.2%)
101	WIERCIOCH Tomasz	222	PARKRUN KĘDZIERZYN-KOŹLE	M40-49	30		Parkrun Kędzierzyn- Koźle	00:00:08	00:12:39	00:32:09	00:44:18.66	00:44:26.98	+00:12:54 (29.1%)	4:25	13.5 (70.7%)
102	WRÓBEL Ryszard	120		M40-49	31			00:00:04	00:12:22	00:31:59	00:44:24.86	00:44:29.30	+00:13:00 (29.3%)	4:26	13.5 (70.7%)
103	URBAN Patryk	112		M30-39	33			00:00:05	00:12:43	00:32:18	00:44:24.99	00:44:30.95	+00:13:01 (29.3%)	4:26	13.5 (70.7%)
104	WENGLORZ Marcin	220		M30-39	34			00:00:08	00:12:06	00:31:27	00:44:31.87	00:44:40.02	+00:13:07 (29.5%)	4:27	13.5 (70.7%)
105	PATAS Tomasz	188	GYM-FIT PATAS	M40-49	32			00:00:12	00:12:39	00:32:31	00:44:51.05	00:45:03.65	+00:13:27 (30.0%)	4:29	13.4 (70.2%)
106	JANKO Anna	153	HRMAX ŻORY	K30-39	4		HRmax Żory	00:00:04	00:12:42	00:32:25	00:44:51.41	00:44:55.55	+00:13:27 (30.0%)	4:29	13.4 (70.2%)
107	SŁOWIŃSKI Dawid	209	RUNTEAM PAWŁOWICE	M30-39	35		Runteam Pawłowice	00:00:10	00:12:58	00:32:33	00:44:54.08	00:45:04.90	+00:13:30 (30.1%)	4:29	13.4 (70.2%)
108	MAREK Bartłomiej	84	SUSZECKIE ITEN	M30-39	36		Suszeckie Iten	00:00:05	00:13:37	00:33:15	00:44:54.89	00:45:00.40	+00:13:30 (30.1%)	4:29	13.4 (70.2%)
109	RUCIŃSKI Krzysztof	202		M50-59	5			00:00:07	00:12:22	00:32:23	00:44:59.02	00:45:06.72	+00:13:35 (30.2%)	4:29	13.3 (69.6%)
110	DOBRENIUK Krzysztof	134		M50-59	6			00:00:00	00:12:31	00:32:41	00:44:59.05	00:45:00.00	+00:13:35 (30.2%)	4:29	13.3 (69.6%)
111	BIAŁECKI Tomasz	128	BZIEGACZE	M40-49	33		Bziegacze	00:00:02	00:12:51	00:32:37	00:45:03.69	00:45:06.24	+00:13:39 (30.3%)	4:30	13.3 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas		Tempo min/km	Tempo km/h	
											netto 10km	brutto 10km			Różn
112	MIELAŃCZYK Mateusz	177	PAT&MAT	M30-39	37			00:00:06	00:12:26	00:32:31	00:45:07.84	00:45:14.25	+00:13:43 (30.4%)	4:30	13.3 (69.6%)
113	ANTOŃCZYK Adam	126	DKMS JASTRZĘBIE	M50-59	7			00:00:07	00:12:36	00:32:32	00:45:08.03	00:45:15.20	+00:13:44 (30.4%)	4:30	13.3 (69.6%)
114	Kawecki Stanisław	162	OLZA CIESZYN	M50-59	8		Ekipa SCI	00:00:09	00:12:57	00:32:55	00:45:25.14	00:45:34.48	+00:14:01 (30.9%)	4:32	13.2 (69.1%)
115	DOSTOŁ Dominik	137	KS M. E. T. A.	M40-49	34			00:00:13	00:32:43		00:45:33.61	00:45:47.46	+00:14:09 (31.1%)	4:33	13.2 (69.1%)
116	ADAMCZYK Sławomir	1		M30-39	38			00:00:00	00:12:29	00:32:53	00:45:33.90	00:45:33.96	+00:14:09 (31.1%)	4:33	13.2 (69.1%)
117	KUBICA Marcin	282		M30-39	39			00:00:14	00:13:05	00:33:16	00:45:40.46	00:45:55.12	+00:14:16 (31.3%)	4:34	13.1 (68.6%)
118	WRÓBLEWSKA Judyta	226	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	5		TL Athletics Jastrzębie	00:00:05	00:12:38	00:32:57	00:45:40.49	00:45:45.74	+00:14:16 (31.3%)	4:34	13.1 (68.6%)
119	SIKORSKI Sebastian	338		M30-39	40			00:00:18	00:13:27	00:33:30	00:45:44.24	00:46:03.16	+00:14:20 (31.3%)	4:34	13.1 (68.6%)
120	JARSZAK Mateusz	155		M30-39	41			00:00:11	00:12:55	00:32:49	00:45:50.84	00:46:02.83	+00:14:26 (31.5%)	4:35	13.1 (68.6%)
121	NOWAK Michał	28		M20-29	12			00:00:02	00:12:56	00:33:35	00:45:52.84	00:45:55.07	+00:14:28 (31.6%)	4:35	13.1 (68.6%)
122	BOŁOTIUCH Sebastian	129	POWOLI DO CELU	M40-49	35			00:00:15	00:13:35	00:33:41	00:45:56.44	00:46:11.74	+00:14:32 (31.7%)	4:35	13.1 (68.6%)
123	SIENIAK Michalina	206		K40-49	5		TL Athletics Jastrzębie	00:00:01	00:13:00	00:33:19	00:45:58.08	00:45:59.92	+00:14:34 (31.7%)	4:35	13.1 (68.6%)
124	UCIEKŁAK Waldemar	111	PSZCZÓŁKOWSKI TEAM	M60-69	3			00:00:05	00:12:42	00:33:15	00:46:04.96	00:46:10.48	+00:14:41 (31.9%)	4:36	13 (68.1%)
125	WYPIÓR Ewa	369		K40-49	6			00:00:13	00:13:20	00:33:31	00:46:06.68	00:46:20.62	+00:14:42 (31.9%)	4:36	13 (68.1%)
126	JUSKOWIAK Jakub	160		M30-39	42			00:00:09	00:13:01	00:33:13	00:46:07.86	00:46:17.72	+00:14:43 (31.9%)	4:36	13 (68.1%)
127	CHROBOK Michał	57	SHARK CREW RYBNIK	M30-39	43			00:00:10	00:33:31		00:46:08.42	00:46:19.18	+00:14:44 (31.9%)	4:36	13 (68.1%)
128	MAREK Robert	174	TM IRONTEAM	M50-59	9			00:00:14	00:13:14	00:33:34	00:46:16.27	00:46:30.59	+00:14:52 (32.1%)	4:37	13 (68.1%)
129	MERES Jarosław	176		M40-49	36			00:00:07	00:12:48	00:33:28	00:46:25.46	00:46:32.80	+00:15:01 (32.4%)	4:38	12.9 (67.5%)
130	WOLNY Piotr	225		M30-39	44			00:00:13	00:12:38	00:33:05	00:46:29.90	00:46:43.75	+00:15:05 (32.5%)	4:38	12.9 (67.5%)
131	KOWALCZYK Michał	166	ŻWAWĘ MIŃKI	M30-39	45			00:00:14	00:13:34	00:34:13	00:46:32.91	00:46:47.52	+00:15:08 (32.5%)	4:39	12.9 (67.5%)
132	ROSINSKI Maciek	201		M20-29	13			00:00:16	00:13:34	00:33:59	00:46:35.82	00:46:52.18	+00:15:11 (32.6%)	4:39	12.9 (67.5%)
133	JURASZEK Elżbieta	159		K40-49	7			00:00:05	00:33:48		00:46:36.62	00:46:42.28	+00:15:12 (32.6%)	4:39	12.9 (67.5%)
134	BURDZIK Wojciech	55	ITMBW KRAKÓW	M30-39	46			00:00:05	00:12:45	00:33:42	00:46:38.97	00:46:44.81	+00:15:15 (32.7%)	4:39	12.9 (67.5%)
135	HOMBEK Krzysztof	150		M30-39	47			00:00:15	00:14:05	00:34:13	00:46:39.22	00:46:55.13	+00:15:15 (32.7%)	4:39	12.9 (67.5%)
136	POJDA Grzegorz	195		M50-59	10			00:00:10	00:13:20	00:33:51	00:46:41.49	00:46:52.23	+00:15:17 (32.8%)	4:40	12.9 (67.5%)
137	LIS Grzegorz	77	EKO-OKNA RUNNERS	M40-49	37			00:00:05	00:13:12	00:33:51	00:46:42.90	00:46:48.34	+00:15:18 (32.8%)	4:40	12.8 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
138	HANAK Aleksander	148		M40-49	38			00:00:04	00:12:39	00:33:40	00:46:44.47	00:46:48.66	+00:15:20 (32.8%)	4:40	12.8 (67.0%)
139	OPIEKULSKA Renata	185		K40-49	8			00:00:01	00:13:17	00:34:01	00:46:54.78	00:46:56.40	+00:15:30 (33.1%)	4:41	12.8 (67.0%)
140	ORLIK Paweł	186	SOBIESKI6	M20-29	14		Sobieski6	00:00:18	00:14:30	00:34:39	00:46:56.78	00:47:15.35	+00:15:32 (33.1%)	4:41	12.8 (67.0%)
141	MASARCZYK Grzegorz	294		M40-49	39			00:00:00	00:13:25	00:34:11	00:47:02.42	00:47:02.42	+00:15:38 (33.3%)	4:42	12.8 (67.0%)
142	GURNICZ Paweł	261		M30-39	48			00:00:16	00:13:44	00:34:22	00:47:06.34	00:47:22.64	+00:15:42 (33.3%)	4:42	12.7 (66.5%)
143	JĘDRZEJAK Piotr	269		M50-59	11			00:00:18	00:13:15	00:33:56	00:47:06.42	00:47:24.42	+00:15:42 (33.3%)	4:42	12.7 (66.5%)
144	ROJ Janusz	200	SILESIA SKATING TEAM	M40-49	40			00:00:11	00:13:04	00:33:55	00:47:07.44	00:47:19.26	+00:15:43 (33.4%)	4:42	12.7 (66.5%)
145	TOCHOWICZ Bartosz	218	OOLZA CIESZYN	M50-59	12		Ekipa SCI	00:00:15	00:13:12	00:33:53	00:47:10.66	00:47:26.36	+00:15:46 (33.4%)	4:43	12.7 (66.5%)
146	WRÓBEL Katarzyna	368		K30-39	6			00:00:06	00:13:25	00:34:19	00:47:14.08	00:47:20.28	+00:15:50 (33.5%)	4:43	12.7 (66.5%)
147	PERUGIEWICZ Joanna	192		K30-39	7			00:00:14	00:13:21	00:34:06	00:47:15.84	00:47:30.29	+00:15:51 (33.6%)	4:43	12.7 (66.5%)
148	SŁYSZ Dawid	570		M30-39	49			00:00:11	00:13:43	00:34:23	00:47:19.02	00:47:30.12	+00:15:55 (33.6%)	4:43	12.7 (66.5%)
149	DRABIK Sylwia	492		K40-49	9			00:00:10	00:13:28	00:34:19	00:47:25.94	00:47:36.29	+00:16:02 (33.8%)	4:44	12.7 (66.5%)
150	KUNIEJ Piotr	415		M30-39	50			00:00:12	00:12:55	00:33:56	00:47:29.47	00:47:41.48	+00:16:05 (33.9%)	4:44	12.6 (66.0%)
151	TOMOSZ Radomir	356	EKIPA SCI	M30-39	51		Ekipa SCI	00:00:16	00:13:45	00:34:38	00:47:31.16	00:47:47.96	+00:16:07 (33.9%)	4:45	12.6 (66.0%)
152	NOWAK Robert	310		M30-39	52			00:00:13	00:13:31	00:34:38	00:47:32.40	00:47:46.27	+00:16:08 (34.0%)	4:45	12.6 (66.0%)
153	PRÓSZYŃSKI Sławomir	98		M40-49	41			00:00:19	00:13:53	00:34:55	00:47:35.07	00:47:54.81	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
154	MALIK Rafał	82		M40-49	42			00:00:05	00:13:14	00:34:05	00:47:35.36	00:47:41.19	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
155	KŁAK Antoni	272		M20-29	15			00:00:12	00:13:33	00:34:37	00:47:39.79	00:47:52.39	+00:16:15 (34.1%)	4:45	12.6 (66.0%)
156	KULAWIAK Bogdan	283		M50-59	13			00:00:29	00:13:35	00:34:28	00:47:41.16	00:48:10.20	+00:16:17 (34.2%)	4:46	12.6 (66.0%)
157	BIAŁECKI Zbigniew	236		M16-19	9			00:00:13	00:13:24	00:35:29	00:47:48.43	00:48:02.17	+00:16:24 (34.3%)	4:46	12.6 (66.0%)
158	OGRODNIK Damian	182		M40-49	43			00:00:07	00:13:14	00:34:21	00:47:53.77	00:48:00.87	+00:16:29 (34.4%)	4:47	12.5 (65.4%)
159	SUTKOWSKI Marcin	103	ZŁOTE BĄCZKI KLIMAFACH	M30-39	53			00:00:00	00:14:15		00:47:54.61	00:47:54.61	+00:16:30 (34.5%)	4:47	12.5 (65.4%)
160	SZCZEPKOWSKI Paweł	211	:)	M40-49	44			00:00:01	00:13:14	00:34:41	00:48:00.47	00:48:01.97	+00:16:36 (34.6%)	4:48	12.5 (65.4%)
161	TARGOSZ Piotr	217	OLZA CIESZYN	M40-49	45		Ekipa SCI	00:00:06	00:13:24	00:34:43	00:48:07.31	00:48:13.31	+00:16:43 (34.8%)	4:48	12.5 (65.4%)
162	PILICH Urszula	322	LEŚNA TEAM	K50-59	1			00:00:10	00:13:51	00:34:54	00:48:08.48	00:48:18.48	+00:16:44 (34.8%)	4:48	12.5 (65.4%)
163	SEKIERKA Piotr	205		M30-39	54			00:00:02	00:13:17	00:34:39	00:48:11.05	00:48:13.65	+00:16:47 (34.8%)	4:49	12.5 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
											10km	10km			
164	WISKULSKI Mateusz	224		M30-39	55			00:00:21	00:13:22	00:34:39	00:48:11.30	00:48:32.45	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
165	BEDNARZ Marcin	235		M40-49	46			00:00:00	00:13:11	00:34:46	00:48:11.36	00:48:11.36	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
166	WIELOPOLSKI Łukasz	364		M30-39	56			00:00:11	00:14:07	00:35:26	00:48:13.46	00:48:24.79	+00:16:49 (34.9%)	4:49	12.4 (64.9%)
167	LORENZ Marcin	170		M50-59	14		GB Galopujące Ślimaki	00:00:15	00:14:01	00:35:16	00:48:14.76	00:48:30.28	+00:16:50 (34.9%)	4:49	12.4 (64.9%)
168	DEJEWSKI Jakub	388	GB GALOPUJĄCE ŚLIMAKI	M40-49	47		GB Galopujące Ślimaki	00:00:15	00:14:01	00:35:15	00:48:15.55	00:48:31.13	+00:16:51 (34.9%)	4:49	12.4 (64.9%)
169	MODLIŃSKI Arkadiusz	429		M30-39	57			00:00:13	00:13:38	00:35:11	00:48:16.60	00:48:30.31	+00:16:52 (35.0%)	4:49	12.4 (64.9%)
170	FAJFEREK Dariusz	247	SPPP BB	M50-59	15		SPPP BB	00:00:08	00:13:59	00:35:23	00:48:29.81	00:48:38.71	+00:17:05 (35.3%)	4:50	12.4 (64.9%)
171	GŁĘBOCKI Grzegorz	252	BIEGAM SOBIE	M50-59	16			00:00:13	00:14:01	00:35:08	00:48:32.17	00:48:45.23	+00:17:08 (35.3%)	4:51	12.4 (64.9%)
172	GŁUSZYK Lesław	145	HRMAX ŻORY	M60-69	4			00:00:04	00:13:49	00:35:17	00:48:46.12	00:48:50.27	+00:17:22 (35.6%)	4:52	12.3 (64.4%)
173	NOWAK Beata	181	OLZA CIESZYN	K50-59	2		Ekipa SCI	00:00:05	00:13:46	00:35:18	00:48:47.31	00:48:52.59	+00:17:23 (35.6%)	4:52	12.3 (64.4%)
174	SZEREDA Robert	213		M40-49	48			00:00:01	00:13:12	00:35:05	00:48:48.88	00:48:50.35	+00:17:24 (35.7%)	4:52	12.3 (64.4%)
175	TARAŁA Jakub	216		M20-29	16			00:00:09	00:14:11	00:36:06	00:48:50.80	00:48:59.85	+00:17:26 (35.7%)	4:53	12.3 (64.4%)
176	DZIEDZICKI Jakub	496		M20-29	17			00:00:16	00:14:02	00:35:56	00:48:54.42	00:49:11.26	+00:17:30 (35.8%)	4:53	12.3 (64.4%)
177	PIŻGAŁA Kordian	326		M20-29	18			00:00:07	00:12:44	00:34:59	00:49:08.60	00:49:15.77	+00:17:44 (36.1%)	4:54	12.2 (63.9%)
178	CZYŻ Leonarda	245	OLZA CIESZYN	K50-59	3		Ekipa SCI	00:00:05	00:13:51	00:35:34	00:49:14.61	00:49:20.53	+00:17:50 (36.2%)	4:55	12.2 (63.9%)
179	PUSTELNIK Michał	443		M40-49	49			00:00:13	00:14:01		00:49:20.80	00:49:34.05	+00:17:56 (36.4%)	4:56	12.2 (63.9%)
180	KUBICA Ariel	168	ZAWSZE WTOREK	M30-39	58			00:00:09	00:14:12	00:36:07	00:49:24.27	00:49:34.15	+00:18:00 (36.4%)	4:56	12.1 (63.4%)
181	MAZUR Krzysztof	175		M30-39	59			00:00:00	00:13:13	00:35:24	00:49:28.44	00:49:28.50	+00:18:04 (36.5%)	4:56	12.1 (63.4%)
182	HAJSKI Kamil	147	#HASKIENDURONRUN	M30-39	60			00:00:10	00:14:38	00:36:07	00:49:34.70	00:49:45.19	+00:18:10 (36.7%)	4:57	12.1 (63.4%)
183	PAWŁOWSKI Rafał	190	PND RUNNING TEAM	M30-39	61		PND Running Team	00:00:09	00:13:23	00:35:37	00:49:39.61	00:49:48.85	+00:18:15 (36.8%)	4:57	12.1 (63.4%)
184	BIERSKI Jan	122	PARKRUN CIESZYN	M60-69	5		Ekipa SCI	00:00:13	00:14:12	00:36:06	00:49:40.61	00:49:54.50	+00:18:16 (36.8%)	4:58	12.1 (63.4%)
185	BACHUR Mateusz	471		M30-39	62			00:00:16	00:15:23	00:36:59	00:49:41.23	00:49:57.50	+00:18:17 (36.8%)	4:58	12.1 (63.4%)
186	RUSEK Kamil	335	2137	M20-29	19		2137	00:00:15	00:13:47	00:35:58	00:49:42.92	00:49:58.82	+00:18:18 (36.8%)	4:58	12.1 (63.4%)
187	WISŁA Grzegorz	366	TIFS	M40-49	50			00:00:18	00:14:45	00:36:34	00:49:45.24	00:50:03.88	+00:18:21 (36.9%)	4:58	12.1 (63.4%)
188	PILICH Marcin	321	LEŚNA TEAM	M40-49	51			00:00:09	00:14:05	00:36:20	00:49:47.95	00:49:57.85	+00:18:24 (36.9%)	4:58	12.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
189	HOLONA Agata	512		K30-39	8			00:00:15	00:14:19	00:36:15	00:49:55.21	00:50:10.88	+00:18:31 (37.1%)	4:59	12 (62.8%)
190	JOPEK Damian	158	PIERUNNING	M30-39	63			00:00:09			00:49:58.53	00:50:08.12	+00:18:34 (37.2%)	4:59	12 (62.8%)
191	SZWEDA Krzysztof	349		M40-49	52			00:00:14	00:13:57	00:36:15	00:49:59.97	00:50:14.02	+00:18:36 (37.2%)	4:59	12 (62.8%)
192	PODŻORSKI Rafał	442		M40-49	53			00:00:13	00:14:10	00:36:16	00:50:02.51	00:50:15.76	+00:18:38 (37.3%)	5:00	12 (62.8%)
193	PLASKA Grzegorz	441	WRM	M50-59	17			00:00:09	00:13:51	00:36:06	00:50:08.09	00:50:17.44	+00:18:44 (37.4%)	5:00	12 (62.8%)
194	STREIT Mariusz	344		M40-49	54			00:00:10	00:14:03	00:36:20	00:50:10.11	00:50:20.65	+00:18:46 (37.4%)	5:01	12 (62.8%)
195	URGACZ Mirosław	361	EKIPA SCI	M40-49	55		Ekipa SCI	00:00:09	00:14:16	00:36:26	00:50:14.73	00:50:24.06	+00:18:50 (37.5%)	5:01	11.9 (62.3%)
196	TOMCZYK Lesław	219	OLZA CIESZYN	M60-69	6		Ekipa SCI	00:00:11	00:14:17	00:36:18	00:50:20.94	00:50:32.25	+00:18:57 (37.6%)	5:02	11.9 (62.3%)
197	DĘBICKA Aneta	133		K20-29	4			00:00:06	00:14:06	00:36:21	00:50:28.82	00:50:35.27	+00:19:04 (37.8%)	5:02	11.9 (62.3%)
198	PFEIFER Dariusz	318	SBD ENERGETYK RYBNIK / SZYBKI KRECIK	M50-59	18			00:00:12	00:14:35	00:36:56	00:50:32.99	00:50:45.35	+00:19:09 (37.9%)	5:03	11.9 (62.3%)
199	SITEK Olivia	207	UKS DIAMENT GODOW	K16-19	4	Tak		00:00:04	00:13:48	00:36:36	00:50:38.67	00:50:43.66	+00:19:14 (38.0%)	5:03	11.8 (61.8%)
200	OLMA Władysław	183	JASTRZĘBIE - FORMA BIEGANIA	M60-69	7		Brygada RR	00:00:16	00:14:12	00:36:23	00:50:43.13	00:50:59.49	+00:19:19 (38.1%)	5:04	11.8 (61.8%)
201	JANECKA Marta	151		K20-29	5			00:00:04	00:14:08	00:36:38	00:50:48.80	00:50:53.75	+00:19:24 (38.2%)	5:04	11.8 (61.8%)
202	KUBALA Jan	167		M30-39	64			00:00:26	00:15:12	00:37:09	00:50:51.56	00:51:18.47	+00:19:27 (38.3%)	5:05	11.8 (61.8%)
203	ZIĘBA Michał	371		M40-49	56			00:00:21	00:14:20	00:36:52	00:50:52.75	00:51:14.08	+00:19:28 (38.3%)	5:05	11.8 (61.8%)
204	PETRYNA Bartosz	317		M40-49	57			00:00:13	00:14:01	00:36:24	00:50:57.82	00:51:11.19	+00:19:33 (38.4%)	5:05	11.8 (61.8%)
205	ŚMIETANA Grzegorz	352	EASYRUN RACIBÓRZ	M40-49	58			00:00:20	00:14:55	00:37:15	00:50:58.38	00:51:18.74	+00:19:34 (38.4%)	5:05	11.8 (61.8%)
206	PAWŁOWSKI Marcin	191		M20-29	20			00:00:17	00:14:51	00:37:41	00:51:03.96	00:51:21.17	+00:19:40 (38.5%)	5:06	11.8 (61.8%)
207	BAC Michał	232		M40-49	59			00:00:11	00:14:47	00:37:17	00:51:07.17	00:51:18.92	+00:19:43 (38.6%)	5:06	11.7 (61.3%)
208	OGIERMAN Mariusz	311	SOCIOS SILESIA	M20-29	21			00:00:16	00:14:55	00:37:18	00:51:08.10	00:51:24.44	+00:19:44 (38.6%)	5:06	11.7 (61.3%)
209	MRZYGLÓD Ewa	305	ZADYSZKA OŚWIĘCIM	K40-49	10		Zadyszka Oświęcim	00:00:14	00:14:59	00:37:36	00:51:11.77	00:51:26.48	+00:19:47 (38.7%)	5:07	11.7 (61.3%)
210	SZUBARSKI Krzysztof	348	4MUSZKIETER	M50-59	19		parkrun Cieszyn	00:00:17	00:14:48	00:37:10	00:51:13.29	00:51:30.96	+00:19:49 (38.7%)	5:07	11.7 (61.3%)
211	HERBAN Jacek	262	SZYBKI KRECIK	M50-59	20			00:00:10	00:14:37	00:36:59	00:51:18.48	00:51:28.68	+00:19:54 (38.8%)	5:07	11.7 (61.3%)
212	KLUCZNIK Andrzej	407		M50-59	21			00:00:24	00:15:04	00:37:38	00:51:22.99	00:51:47.27	+00:19:59 (38.9%)	5:08	11.7 (61.3%)
213	BANASIAK Aleksandra	233		K20-29	6			00:00:06	00:13:50	00:37:01	00:51:24.48	00:51:30.49	+00:20:00 (38.9%)	5:08	11.7 (61.3%)
214	MIELAŃCZYK Patrycja	298	PAT&MAT	K30-39	9			00:00:07	00:14:27	00:37:00	00:51:27.60	00:51:35.41	+00:20:03 (39.0%)	5:08	11.7 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
215	PAŁUBSKA Maria	187	KLUB BIEGACZA GOGOLIN	K40-49	11			00:00:13	00:16:07	00:38:27	00:51:38.50	00:51:51.72	+00:20:14 (39.2%)	5:09	11.6 (60.7%)
216	CHMIELEWSKI Jakub	485		M20-29	22			00:00:23	00:15:38	00:38:16	00:51:40.10	00:52:03.59	+00:20:16 (39.2%)	5:10	11.6 (60.7%)
217	MAZUR Małgorzata	295		K40-49	12			00:00:08	00:14:49	00:37:39	00:51:41.86	00:51:49.95	+00:20:17 (39.3%)	5:10	11.6 (60.7%)
218	TOBOROWICZ Dżesika	355		K20-29	7		Biegacze	00:00:19	00:15:21	00:37:46	00:51:41.99	00:52:01.70	+00:20:18 (39.3%)	5:10	11.6 (60.7%)
219	KSIĘŻYK Mirosław	281	KREJZOLE	M40-49	60		Krejzole	00:00:14	00:14:32	00:36:51	00:51:42.43	00:51:56.89	+00:20:18 (39.3%)	5:10	11.6 (60.7%)
220	KORUS Michał	277	C9	M30-39	65			00:00:10	00:14:47	00:37:44	00:51:53.03	00:52:03.47	+00:20:29 (39.5%)	5:11	11.6 (60.7%)
221	PIDANTY Łukasz	319		M40-49	61			00:00:19	00:15:08	00:38:28	00:52:15.32	00:52:35.02	+00:20:51 (39.9%)	5:13	11.5 (60.2%)
222	PASTUSZAK Przemysław	557		M20-29	23			00:00:16	00:14:02	00:36:48	00:52:15.80	00:52:32.75	+00:20:51 (39.9%)	5:13	11.5 (60.2%)
223	BOJARSKI Krzysztof	238		M40-49	62			00:00:07	00:14:47	00:38:07	00:52:27.62	00:52:35.51	+00:21:03 (40.1%)	5:14	11.4 (59.7%)
224	SOBOLEWSKI Piotr	341	#CZELADZBIEGA	M60-69	8			00:00:12	00:14:48	00:38:06	00:52:34.43	00:52:46.74	+00:21:10 (40.3%)	5:15	11.4 (59.7%)
225	CZYŻ Jacek	387	OLZA CIESZYN	M50-59	22		Ekipa SCI	00:00:09	00:15:07	00:38:07	00:52:37.88	00:52:47.53	+00:21:13 (40.3%)	5:15	11.4 (59.7%)
226	GUZDEK Zuzanna	397		K16-19	5			00:00:20	00:15:23	00:38:49	00:52:41.81	00:53:02.20	+00:21:17 (40.4%)	5:16	11.4 (59.7%)
227	CZAUDERNA Marcin	386		M40-49	63			00:00:09	00:15:06	00:38:24	00:52:49.13	00:52:58.62	+00:21:25 (40.6%)	5:16	11.4 (59.7%)
228	RASZKA Janusz	333	DARK ONE	M50-59	23		Ekipa SCI	00:00:17	00:14:54	00:38:02	00:52:56.30	00:53:13.46	+00:21:32 (40.7%)	5:17	11.3 (59.2%)
229	JANIK Anna	402		K30-39	10			00:00:19	00:15:36	00:38:35	00:53:03.72	00:53:22.96	+00:21:39 (40.8%)	5:18	11.3 (59.2%)
230	SŁOWIŃSKA Joanna	339	RUNTEAM PAWŁOWICE	K30-39	11		Runteam Pawłowice	00:00:11	00:14:56	00:38:19	00:53:06.90	00:53:18.54	+00:21:42 (40.9%)	5:18	11.3 (59.2%)
231	BUDNIK Piotr	482	OPTIMISTICEDUCATION.PL	M40-49	64			00:00:20	00:15:22	00:38:38	00:53:10.68	00:53:30.86	+00:21:46 (41.0%)	5:19	11.3 (59.2%)
232	BOGACKI Tomasz	380	LECYMY DURŚ	M40-49	65			00:00:07	00:15:04	00:38:47	00:53:11.41	00:53:19.41	+00:21:47 (41.0%)	5:19	11.3 (59.2%)
233	GOŁĄBEK Anna	254		K30-39	12			00:00:10	00:15:12	00:38:36	00:53:14.05	00:53:24.44	+00:21:50 (41.0%)	5:19	11.3 (59.2%)
234	LORENZ Agnieszka	418	GB GALOPUJĄCE ŚLIMAKI	K40-49	13		GB Galopujące Ślimaki	00:00:15	00:15:11	00:38:31	00:53:14.51	00:53:30.44	+00:21:50 (41.0%)	5:19	11.3 (59.2%)
235	ŻURKOWSKI Kacper	229		M20-29	24			00:00:18	00:14:39	00:38:35	00:53:30.09	00:53:48.17	+00:22:06 (41.3%)	5:21	11.2 (58.6%)
236	BAC Małgorzata	231		K16-19	6			00:00:08	00:14:54	00:38:19	00:53:31.28	00:53:39.88	+00:22:07 (41.3%)	5:21	11.2 (58.6%)
237	JANECKI Piotr	515		M50-59	24			00:00:18	00:15:31	00:38:51	00:53:31.60	00:53:50.59	+00:22:07 (41.3%)	5:21	11.2 (58.6%)
238	MIKULAK Natalia	426		K20-29	8			00:00:18	00:16:02	00:39:40	00:53:53.23	00:54:12.13	+00:22:29 (41.7%)	5:23	11.1 (58.1%)
239	SZMULIK- WOJTANOWICZ Marta	346		K30-39	13			00:00:10	00:15:30	00:39:09	00:53:59.15	00:54:10.00	+00:22:35 (41.8%)	5:23	11.1 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						śląskie								
240	ZASIEK Marek	467		M50-59	25		00:00:23	00:15:26	00:39:03	00:54:03.10	00:54:26.33	+00:22:39 (41.9%)	5:24	11.1 (58.1%)
241	KWIATKOWSKA-KOŁACZ Klaudia	284	YOGA CAFE	K30-39	14		00:00:06	00:15:32	00:39:23	00:54:05.91	00:54:12.70	+00:22:41 (42.0%)	5:24	11.1 (58.1%)
242	PIŁATOWSKI Mirosław	323		M50-59	26		00:00:10	00:15:11	00:39:05	00:54:09.62	00:54:19.91	+00:22:45 (42.0%)	5:24	11.1 (58.1%)
243	GAJOWY Magdalena	251	TL ATHLETICS JASTRZĘBIE	K20-29	9		00:00:03	00:15:21	00:39:59	00:54:09.73	00:54:13.43	+00:22:45 (42.0%)	5:24	11.1 (58.1%)
244	PAKUŁA Paweł	315		M30-39	66		00:00:13	00:14:39	00:38:51	00:54:11.73	00:54:24.94	+00:22:47 (42.1%)	5:25	11.1 (58.1%)
245	TYKIERKA Szymon	462	TOXPRESS	M16-19	10		00:00:19	00:16:37	00:40:24	00:54:12.84	00:54:32.82	+00:22:48 (42.1%)	5:25	11.1 (58.1%)
246	KURASZ Tomasz	416		M40-49	66		00:00:20	00:15:36	00:39:32	00:54:14.99	00:54:35.36	+00:22:51 (42.1%)	5:25	11.1 (58.1%)
247	PAPLA Anna	436		K40-49	14		00:00:20	00:15:21	00:39:14	00:54:19.80	00:54:40.57	+00:22:55 (42.2%)	5:25	11 (57.6%)
248	MUSIAŁ Łukasz	306	GB GALOPUJĄCE ŚLIMAKI	M40-49	67		00:00:13	00:15:27	00:39:09	00:54:20.79	00:54:34.20	+00:22:56 (42.2%)	5:26	11 (57.6%)
249	RABSZTYN-PILARSKA Sylwia	444	KOBIETY NA 5+	K40-49	15		00:00:06	00:15:21	00:39:09	00:54:21.27	00:54:27.67	+00:22:57 (42.2%)	5:26	11 (57.6%)
250	MUSIAŁ Wioletta	431	GB GALOPUJĄCE ŚLIMAKI	K40-49	16		00:00:12	00:15:25	00:39:09	00:54:21.32	00:54:34.21	+00:22:57 (42.2%)	5:26	11 (57.6%)
251	PUSTELNIK Justyna	331		K40-49	17		00:00:12	00:14:54	00:39:00	00:54:25.70	00:54:38.40	+00:23:01 (42.3%)	5:26	11 (57.6%)
252	NOWOTARSKI Jakub	433		M20-29	25		00:00:12	00:16:00		00:54:29.80	00:54:42.80	+00:23:05 (42.4%)	5:26	11 (57.6%)
253	NOWOTARSKA Magdalena	432		K20-29	10		00:00:12	00:16:01	00:40:08	00:54:31.05	00:54:43.16	+00:23:07 (42.4%)	5:27	11 (57.6%)
254	TRYBAŁA Dawid	583	WATAHA	M16-19	11		00:00:15	00:15:59	00:40:13	00:54:35.66	00:54:50.73	+00:23:11 (42.5%)	5:27	11 (57.6%)
255	CICHOWLAS Mateusz	244	SELFMAKER	M30-39	67		00:00:17	00:14:54	00:38:36	00:54:36.83	00:54:54.54	+00:23:12 (42.5%)	5:27	11 (57.6%)
256	TOMALA Dariusz	460	OPEL FIJAŁKOWSKI	M40-49	68		00:00:13	00:15:30	00:39:44	00:54:48.62	00:55:02.13	+00:23:24 (42.7%)	5:28	10.9 (57.1%)
257	KUBICIUS Małgorzata	533		K30-39	15		00:00:19	00:15:57	00:39:58	00:54:48.73	00:55:08.60	+00:23:24 (42.7%)	5:28	10.9 (57.1%)
258	GRONOWSKI Patryk	258		M20-29	26		00:00:11	00:15:01	00:40:05	00:54:49.25	00:55:00.70	+00:23:25 (42.7%)	5:28	10.9 (57.1%)
259	LERCH-HENCZKO Maria	286	AKTYWNIENIE NAKRĘCENI	K30-39	16		00:00:07	00:15:25	00:39:57	00:55:00.52	00:55:07.74	+00:23:36 (42.9%)	5:30	10.9 (57.1%)
260	TORBIŃSKI Wiesław	357	SZARE MORSY	M70+	2		00:00:16	00:15:20	00:39:45	00:55:01.04	00:55:17.51	+00:23:37 (42.9%)	5:30	10.9 (57.1%)
261	ZAMARŁO Natalia	600	EKIPA SCI	K30-39	17		00:00:11	00:16:08	00:40:31	00:55:09.17	00:55:21.14	+00:23:45 (43.1%)	5:30	10.9 (57.1%)
262	RASZKA Bartłomiej	332	EKIPA SCI	M30-39	68		00:00:12	00:16:08	00:40:31	00:55:11.66	00:55:23.73	+00:23:47 (43.1%)	5:31	10.9 (57.1%)
263	FORNAL Paweł	250	ZABIEGANY TEAM	M40-49	69		00:00:11	00:16:04	00:40:31	00:55:16.45	00:55:28.12	+00:23:52 (43.2%)	5:31	10.9 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						śląskie								
264	MATUSZEK Karolina	546		K20-29	11		00:00:19	00:16:07	00:40:45	00:55:31.01	00:55:50.15	+00:24:07 (43.4%)	5:33	10.8 (56.5%)
265	BARAN Dawid	376		M40-49	70		00:00:24	00:16:05	00:40:50	00:55:34.26	00:55:58.42	+00:24:10 (43.5%)	5:33	10.8 (56.5%)
266	ŚMIETANA Mariusz	459	EASYRUN RACIBÓRZ	M40-49	71		00:00:17	00:16:06	00:40:30	00:55:38.38	00:55:55.79	+00:24:14 (43.6%)	5:33	10.8 (56.5%)
267	NOWAK Krzysztof	308	2137	M20-29	27		00:00:16	00:15:32	00:40:14	00:55:40.06	00:55:56.29	+00:24:16 (43.6%)	5:34	10.8 (56.5%)
268	JOCHLIK Szymon	157		M30-39	69		00:00:17	00:15:55	00:40:39	00:55:48.64	00:56:06.59	+00:24:24 (43.7%)	5:34	10.8 (56.5%)
269	MAKOŚ Tomek	290		M40-49	72		00:00:23	00:16:02	00:40:43	00:55:54.60	00:56:18.35	+00:24:30 (43.8%)	5:35	10.7 (56.0%)
270	ZADOMSKI Jakub	609	GB GALOPUJĄCE ŚLIMAKI	M30-39	70		00:00:15	00:15:31	00:40:14	00:55:58.90	00:56:14.73	+00:24:34 (43.9%)	5:35	10.7 (56.0%)
271	JAWOREK Rafał	268		M40-49	73		00:00:13	00:16:13	00:40:45	00:56:02.66	00:56:15.83	+00:24:38 (44.0%)	5:36	10.7 (56.0%)
272	MISZ Hubert	300	WSPÓLNA TEAM	M40-49	74		00:00:13	00:16:13	00:40:45	00:56:02.81	00:56:15.89	+00:24:38 (44.0%)	5:36	10.7 (56.0%)
273	MIĄSIK Dariusz	297		M50-59	27		00:00:21	00:16:01	00:40:44	00:56:05.80	00:56:27.61	+00:24:41 (44.0%)	5:36	10.7 (56.0%)
274	DURAJ Dariusz	392	ULTRA BESKID SPORT	M40-49	75		00:00:20	00:16:02	00:40:45	00:56:06.80	00:56:26.83	+00:24:42 (44.0%)	5:36	10.7 (56.0%)
275	MALICH Dominik	419		M20-29	28		00:00:17	00:15:40	00:40:35	00:56:14.16	00:56:31.54	+00:24:50 (44.2%)	5:37	10.7 (56.0%)
276	WAWRZYCZEK Dominika	591		K30-39	18		00:00:15	00:15:59	00:40:55	00:56:29.35	00:56:45.32	+00:25:05 (44.4%)	5:38	10.6 (55.5%)
277	PIDANTY Milena	440		K30-39	19		00:00:19	00:16:27	00:41:22	00:56:35.43	00:56:55.14	+00:25:11 (44.5%)	5:39	10.6 (55.5%)
278	DUDZIAK Grzegorz	391		M40-49	76		00:00:13	00:15:29	00:40:12	00:56:39.63	00:56:53.18	+00:25:15 (44.6%)	5:39	10.6 (55.5%)
279	BUCHTA Edyta	480		K40-49	18		00:00:23	00:16:33	00:41:21	00:56:44.21	00:57:07.69	+00:25:20 (44.7%)	5:40	10.6 (55.5%)
280	LACH Denis	537		M20-29	29		00:00:14	00:15:53	00:41:25	00:57:09.16	00:57:23.20	+00:25:45 (45.1%)	5:42	10.5 (55.0%)
281	SZULIŃSKI Paweł	574		M50-59	28		00:00:22	00:16:29	00:41:30	00:57:12.85	00:57:35.82	+00:25:48 (45.1%)	5:43	10.5 (55.0%)
282	CZARNOTA Leszek	488		M50-59	29		00:00:18	00:16:34	00:41:39	00:57:19.90	00:57:37.99	+00:25:55 (45.2%)	5:43	10.5 (55.0%)
283	JASIŃSKI Maksymilian	156	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	9		00:00:06	00:17:09	00:42:29	00:57:24.48	00:57:31.38	+00:26:00 (45.3%)	5:44	10.5 (55.0%)
284	KUFKA Paweł	414		M40-49	77		00:00:12	00:16:06	00:41:36	00:57:28.76	00:57:41.03	+00:26:04 (45.4%)	5:44	10.4 (54.5%)
285	KUFKA Judyta	535		K30-39	20		00:00:12	00:16:06	00:41:36	00:57:28.81	00:57:41.02	+00:26:04 (45.4%)	5:44	10.4 (54.5%)
286	ORZECHOWSKI Michał	313		M20-29	30		00:00:12	00:15:29	00:41:23	00:57:30.13	00:57:42.17	+00:26:06 (45.4%)	5:45	10.4 (54.5%)
287	ŻYŁA Wojciech	605		M40-49	78		00:00:21	00:16:10	00:41:07	00:57:31.21	00:57:52.41	+00:26:07 (45.4%)	5:45	10.4 (54.5%)
288	HERBAN Larysa	511	SZYBKI KRECIK	K50-59	4		00:00:12	00:16:12	00:41:34	00:57:34.00	00:57:46.93	+00:26:10 (45.5%)	5:45	10.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								startu	2.9km	7.3km					
289	WERNIK Katarzyna	464		K50-59	5			00:00:18	00:16:09	00:41:32	00:57:37.07	00:57:55.66	+00:26:13 (45.5%)	5:45	10.4 (54.5%)
290	GORZELAK Zbyszek	506		M40-49	79			00:00:07	00:16:05	00:41:22	00:57:41.51	00:57:49.33	+00:26:17 (45.6%)	5:46	10.4 (54.5%)
291	GORZELAK Joanna	394		K40-49	19		Kobiety na 5+	00:00:07	00:16:05	00:41:17	00:57:41.91	00:57:49.13	+00:26:17 (45.6%)	5:46	10.4 (54.5%)
292	STOCHLIŃSKA Aleksandra	453	DO BIEGU, GOTOWI? SIAD!	K20-29	12		Do biegu, gotowi? Siad!	00:00:14	00:16:04	00:41:56	00:57:43.89	00:57:57.98	+00:26:19 (45.6%)	5:46	10.4 (54.5%)
293	GÓRKA Barbara	256	SUSZECKIE ITEN	K40-49	20		Suszeckie Iten	00:00:19	00:17:04	00:42:21	00:57:47.40	00:58:06.75	+00:26:23 (45.7%)	5:46	10.4 (54.5%)
294	BOŁOTIUCH Katarzyna	477	POWOLI DO CELU	K40-49	21			00:00:15	00:16:36	00:42:06	00:57:53.12	00:58:08.12	+00:26:29 (45.8%)	5:47	10.4 (54.5%)
295	SZYMCZYK Teresa	457	TEAM SZYMCZYKI /ZABIEGANA BABCIA	K60-69	1			00:00:18	00:16:09	00:41:43	00:57:54.95	00:58:13.28	+00:26:31 (45.8%)	5:47	10.4 (54.5%)
296	MALISZEWSKI Dariusz	420		M30-39	71		Brygada RR	00:00:23	00:16:07	00:42:07	00:57:59.44	00:58:23.26	+00:26:35 (45.9%)	5:47	10.3 (53.9%)
297	BALCAREK Magdalena	472		K40-49	22			00:00:07	00:16:05	00:41:48	00:58:02.49	00:58:09.55	+00:26:38 (45.9%)	5:48	10.3 (53.9%)
298	JARZĄBEK Robert	403		M40-49	80			00:00:21	00:16:45	00:42:12	00:58:05.21	00:58:26.30	+00:26:41 (45.9%)	5:48	10.3 (53.9%)
299	SZEWCZYK Marzena	455	JEJKOWICE BIEGAJĄ	K40-49	23		jejkowice biegają	00:00:16	00:16:47	00:42:32	00:58:08.64	00:58:25.27	+00:26:44 (46.0%)	5:48	10.3 (53.9%)
300	LELENIEWSKI Jacek	285	RYBNIK	M40-49	81			00:00:13	00:16:50	00:42:35	00:58:11.45	00:58:24.90	+00:26:47 (46.0%)	5:49	10.3 (53.9%)
301	MARCZYŃSKA Izabela	422		K30-39	21			00:00:15	00:16:35	00:42:36	00:58:22.29	00:58:38.05	+00:26:58 (46.2%)	5:50	10.3 (53.9%)
302	SCHNAIDER Paweł	568		M20-29	31			00:00:25	00:16:56	00:43:19	00:58:24.02	00:58:49.16	+00:27:00 (46.2%)	5:50	10.3 (53.9%)
303	KONSEK Anna	275		K30-39	22			00:00:07	00:15:18	00:42:14	00:58:50.31	00:58:57.81	+00:27:26 (46.6%)	5:53	10.2 (53.4%)
304	PAWŁOWSKI Dariusz	439	BEBRUN	M20-29	32			00:00:21	00:16:38	00:42:28	00:58:57.51	00:59:18.88	+00:27:33 (46.7%)	5:53	10.2 (53.4%)
305	GMYREK Michał	606	RODZIC SPORTOWCA	M40-49	82			00:00:27	00:16:15	00:42:43	00:59:02.68	00:59:30.14	+00:27:38 (46.8%)	5:54	10.2 (53.4%)
306	SZPYRA Anieli	347	SOBIESKI6	K16-19	7		Sobieski6	00:00:07	00:16:27	00:43:10	00:59:03.92	00:59:11.23	+00:27:39 (46.8%)	5:54	10.2 (53.4%)
307	DOMAŃSKA Joanna	135		K30-39	23			00:00:09	00:16:10	00:42:17	00:59:11.77	00:59:21.71	+00:27:47 (47.0%)	5:55	10.1 (52.9%)
308	DURAJ Magdalena	393	UBS	K40-49	24			00:00:20	00:16:28		00:59:17.91	00:59:38.63	+00:27:53 (47.0%)	5:55	10.1 (52.9%)
309	TOMANEK Magdalena	581		K30-39	24			00:00:22	00:16:59	00:43:26	00:59:22.82	00:59:44.99	+00:27:58 (47.1%)	5:56	10.1 (52.9%)
310	BORUCKI Dariusz	381		M40-49	83			00:00:23	00:17:16	00:43:30	00:59:31.92	00:59:55.81	+00:28:07 (47.3%)	5:57	10.1 (52.9%)
311	MIKOŁAJEC Paulina	299		K20-29	13			00:00:16	00:16:47	00:42:55	00:59:36.15	00:59:52.44	+00:28:12 (47.3%)	5:57	10.1 (52.9%)
312	TYKIERKA Tomasz	461	TOXPRESS	M40-49	84		Toxpress	00:00:19	00:17:21	00:42:57	00:59:37.31	00:59:57.30	+00:28:13 (47.3%)	5:57	10.1 (52.9%)
313	TYKIERKA Małgorzata	586	TOXPRESS	K40-49	25		Toxpress	00:00:19	00:17:21	00:43:23	00:59:37.47	00:59:56.92	+00:28:13 (47.3%)	5:57	10.1 (52.9%)
314	KSIĘŻYK Anna	72	KREJZOLE	K40-49	26		Krejzole	00:00:17	00:16:57	00:43:32	00:59:45.72	01:00:03.02	+00:28:21 (47.5%)	5:58	10 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						śląskie									Drużyna 1
315	KOBIELA Marcin	273	KREJZOLE	M40-49	85		Krejzole	00:00:14	00:17:01	00:43:34	00:59:48.42	01:00:03.00	+00:28:24 (47.5%)	5:58	10 (52.4%)
316	SĘK Henryk	449		M50-59	30		Suszeckie Iten	00:00:18	00:17:40	00:44:04	01:00:07.42	01:00:26.09	+00:28:43 (47.8%)	6:00	10 (52.4%)
317	ONAK Paweł	553	TL ATHLETICS JASTRZĘBIE	M30-39	72			00:00:25	00:17:10	00:43:37	01:00:07.94	01:00:33.45	+00:28:44 (47.8%)	6:00	10 (52.4%)
318	CHMIEL Jacek	383		M60-69	10			00:00:22	00:17:12	00:43:40	01:00:08.23	01:00:31.10	+00:28:44 (47.8%)	6:00	10 (52.4%)
319	DOBRENIUK Aurelia	490		K40-49	27			00:00:20	00:17:00	00:43:47	01:00:16.52	01:00:36.80	+00:28:52 (47.9%)	6:01	10 (52.4%)
320	SZWEDA Sebastian	350		M20-29	33			00:00:13	00:13:15	00:39:05	01:00:17.48	01:00:31.29	+00:28:53 (47.9%)	6:01	10 (52.4%)
321	TRYBAŁA Danuta	584	WATAHA	K40-49	28		WATAHA	00:00:14	00:16:51	00:42:28	01:00:21.13	01:00:35.57	+00:28:57 (48.0%)	6:02	9.9 (51.8%)
322	JĘDRUSIAK Lidia	518	KONTAKT-SIMON ADVENTURE TEAM	K40-49	29			00:00:20	00:17:09	00:43:45	01:00:24.31	01:00:45.07	+00:29:00 (48.0%)	6:02	9.9 (51.8%)
323	MORAWSKI Janusz	430		M50-59	31			00:00:23	00:16:38	00:43:22	01:00:27.28	01:00:50.77	+00:29:03 (48.1%)	6:02	9.9 (51.8%)
324	SPYRKA Monika	571	KLUB BIEGACZA FARTLEK	K30-39	25		Klub Biegacza Fartlek	00:00:15	00:16:49	00:43:46	01:00:30.21	01:00:45.86	+00:29:06 (48.1%)	6:03	9.9 (51.8%)
325	TYRYTKO Jarosław	588	WATAHA	M50-59	32		WATAHA	00:00:15	00:17:04	00:43:41	01:00:32.11	01:00:47.19	+00:29:08 (48.1%)	6:03	9.9 (51.8%)
326	TYRYTKO Sylwia	587	WATAHA	K40-49	30		WATAHA	00:00:14	00:17:04	00:43:42	01:00:32.24	01:00:47.10	+00:29:08 (48.1%)	6:03	9.9 (51.8%)
327	KOLORZ-STYLOK Katarzyna	410		K50-59	6			00:00:14	00:16:18	00:43:10	01:00:42.82	01:00:57.57	+00:29:18 (48.3%)	6:04	9.9 (51.8%)
328	KLAPCZYŃSKI Dorian	406		M30-39	73			00:00:17	00:17:05	00:44:07	01:01:12.64	01:01:29.91	+00:29:48 (48.7%)	6:07	9.8 (51.3%)
329	ARENDARSKA Patrycja	470		K30-39	26			00:00:25	00:17:26	00:44:06	01:01:15.31	01:01:40.32	+00:29:51 (48.7%)	6:07	9.8 (51.3%)
330	SKIBA Maciej	452		M40-49	86			00:00:22	00:16:55	00:44:36	01:01:22.88	01:01:45.55	+00:29:58 (48.8%)	6:08	9.8 (51.3%)
331	SKIBA Krzysia	569		K40-49	31			00:00:19	00:16:59	00:44:39	01:01:25.68	01:01:45.17	+00:30:01 (48.9%)	6:08	9.8 (51.3%)
332	KRÓLIK Arkadiusz	280	MARO TEAM JASTRZĘBIE-ŻORY	M40-49	87		MARO Team Jastrzębie-Żory	00:00:08	00:17:25	00:44:41	01:01:29.19	01:01:37.88	+00:30:05 (48.9%)	6:08	9.8 (51.3%)
333	MARKOWSKI Cyryl	424		M16-19	12			00:00:28	00:18:21	00:45:29	01:01:51.40	01:02:19.54	+00:30:27 (49.2%)	6:11	9.7 (50.8%)
334	MARKOWSKI Jacek	423		M40-49	88			00:00:28	00:18:19	00:45:29	01:01:58.59	01:02:27.01	+00:30:34 (49.3%)	6:11	9.7 (50.8%)
335	ŚMIATEK Martyna	458		K20-29	14			00:00:13	00:17:27	00:45:15	01:02:07.57	01:02:21.40	+00:30:43 (49.5%)	6:12	9.7 (50.8%)
336	KOŁODZIEJ Artur	526	BRYGADA RR	M50-59	33		Brygada RR	00:00:23	00:17:21	00:44:47	01:02:10.67	01:02:33.90	+00:30:46 (49.5%)	6:13	9.7 (50.8%)
337	MOCHNACZ Patryk	550	I LO	M40-49	89			00:00:19	00:16:42	00:44:02	01:02:23.80	01:02:43.51	+00:30:59 (49.7%)	6:14	9.6 (50.3%)
338	RACZYŃSKA Martyna	564		K20-29	15			00:00:20	00:17:20	00:44:33	01:02:32.63	01:02:53.60	+00:31:08 (49.8%)	6:15	9.6 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						śląskie								
339	JASTRZĘBSKA Ewa	517		K50-59	7		00:00:03	00:17:03	00:44:43	01:02:42.07	01:02:46.00	+00:31:18 (49.9%)	6:16	9.6 (50.3%)
340	MŁYNARCZYK Tomasz	428		M30-39	74		00:00:25	00:17:43	00:45:09	01:02:43.04	01:03:08.14	+00:31:19 (49.9%)	6:16	9.6 (50.3%)
341	IDZIKOWSKA Elżbieta	514		K40-49	32		00:00:06	00:17:32	00:45:28	01:02:49.66	01:02:56.26	+00:31:25 (50.0%)	6:16	9.6 (50.3%)
342	MAKAL Wiesława	547		K20-29	16		00:00:22	00:17:46	00:45:36	01:02:50.92	01:03:13.13	+00:31:26 (50.0%)	6:17	9.5 (49.7%)
343	ZIEJA Martyna	601	MAGDA	K20-29	17		00:00:15	00:18:18	00:46:05	01:03:03.25	01:03:19.22	+00:31:39 (50.2%)	6:18	9.5 (49.7%)
344	PYCH Krzysztof	563	OSK KAMELEON TEAM	M40-49	90		00:00:26	00:17:28	00:45:53	01:03:09.06	01:03:35.40	+00:31:45 (50.3%)	6:18	9.5 (49.7%)
345	CHWAST Kinga	384	OSK KAMELEON TEAM	K16-19	8		00:00:26	00:17:28	00:45:54	01:03:09.31	01:03:35.61	+00:31:45 (50.3%)	6:18	9.5 (49.7%)
346	CHWAST Adam	486	OSK KAMELEON	M40-49	91		00:00:25	00:17:30	00:45:56	01:03:09.37	01:03:35.00	+00:31:45 (50.3%)	6:18	9.5 (49.7%)
347	ZAKRZEWSKA Barbara	597		K40-49	33		00:00:15	00:17:14	00:45:26	01:03:09.86	01:03:25.46	+00:31:45 (50.3%)	6:18	9.5 (49.7%)
348	SIEKIERKA Klaudia	450		K30-39	27		00:00:22	00:17:28	00:45:17	01:03:17.27	01:03:39.90	+00:31:53 (50.4%)	6:19	9.5 (49.7%)
349	SZYSZKA Natalia	577		K30-39	28		00:00:23	00:17:32	00:45:49	01:03:20.06	01:03:43.25	+00:31:56 (50.4%)	6:20	9.5 (49.7%)
350	PAŁYS Agata	435		K40-49	34		00:00:00	00:16:48	00:45:32	01:03:22.21	01:03:22.30	+00:31:58 (50.5%)	6:20	9.5 (49.7%)
351	TARGOSZ Aneta	579	OLZA CIESZYN	K40-49	35		00:00:19	00:17:25	00:45:34	01:03:25.95	01:03:45.14	+00:32:02 (50.5%)	6:20	9.5 (49.7%)
352	ZALEWSKI Maciej	599		M50-59	34		00:00:17	00:18:04	00:45:47	01:03:30.39	01:03:47.54	+00:32:06 (50.6%)	6:21	9.4 (49.2%)
353	GLANERT Karolina	503	SUSZECKIE ITEN	K60-69	2		00:00:03	00:17:45	00:45:41	01:03:40.87	01:03:44.00	+00:32:16 (50.7%)	6:22	9.4 (49.2%)
354	MALISZEWSKA Beata	543		K30-39	29		00:00:24	00:17:54	00:45:54	01:03:41.65	01:04:06.20	+00:32:17 (50.7%)	6:22	9.4 (49.2%)
355	MALISZEWSKI Marcin	292		M30-39	75		00:00:24	00:17:54	00:45:52	01:03:44.05	01:04:08.86	+00:32:20 (50.7%)	6:22	9.4 (49.2%)
356	DROBIAK Kornelia	390	KOBIETY NA 5+	K30-39	30		00:00:07	00:17:56	00:46:27	01:03:53.21	01:04:01.18	+00:32:29 (50.9%)	6:23	9.4 (49.2%)
357	PERKOWSKA Daria	316	KOBIETY NA 5+	K40-49	36		00:00:07	00:17:56	00:46:27	01:03:53.41	01:04:00.88	+00:32:29 (50.9%)	6:23	9.4 (49.2%)
358	PIETRZYK Marek	559		M60-69	11		00:00:15	00:18:11	00:46:36	01:04:00.47	01:04:16.15	+00:32:36 (50.9%)	6:24	9.4 (49.2%)
359	FLORKIEWICZ Sławomir	140		M50-59	35		00:00:16	00:17:47	00:45:18	01:04:02.62	01:04:19.25	+00:32:38 (51.0%)	6:24	9.4 (49.2%)
360	MOSLER Martyna	301		K50-59	8		00:00:16	00:17:53	00:46:25	01:04:02.73	01:04:19.52	+00:32:38 (51.0%)	6:24	9.4 (49.2%)
361	NIEDZIOŁKO Bożena	551	KOBIETY NA 5+	K50-59	9		00:00:07	00:17:31	00:46:20	01:04:03.29	01:04:10.54	+00:32:39 (51.0%)	6:24	9.4 (49.2%)
362	PŁASKA Barbara	560	KOBIETY NA 5+	K50-59	10		00:00:06	00:17:32	00:46:20	01:04:04.09	01:04:10.24	+00:32:40 (51.0%)	6:24	9.4 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						śląskie								
363	MITIN Beata Izabella	548		K40-49	37		00:00:06	00:17:44	00:46:20	01:04:15.13	01:04:22.09	+00:32:51 (51.1%)	6:25	9.3 (48.7%)
364	KASPRZYCKA-SZUBARSKA Katarzyna	521	PARKRUN CIESZYN	K50-59	11		00:00:18	00:18:17	00:46:34	01:04:19.96	01:04:38.37	+00:32:56 (51.2%)	6:25	9.3 (48.7%)
365	GRUSZKA Aleksander	259		M16-19	13		00:00:19	00:18:14	00:46:24	01:05:12.98	01:05:32.50	+00:33:49 (51.9%)	6:31	9.2 (48.2%)
366	ŚLEZIAK Paulina	578		K20-29	18		00:00:25	00:18:55	00:47:31	01:05:20.91	01:05:46.48	+00:33:56 (52.0%)	6:32	9.2 (48.2%)
367	BODZEK Piotr	237		M20-29	34		00:00:13	00:17:09	00:46:32	01:05:42.13	01:05:55.31	+00:34:18 (52.2%)	6:34	9.1 (47.6%)
368	RADWAŃSKI Łukasz	197		M30-39	76		00:00:10	00:17:04	00:47:20	01:05:44.16	01:05:54.69	+00:34:20 (52.2%)	6:34	9.1 (47.6%)
369	BYSTRYKOWSKI Marcin	241	KLUB BIEGACZA FARTLEK	M40-49	92		00:00:24	00:17:22	00:45:50	01:06:11.99	01:06:36.08	+00:34:48 (52.6%)	6:37	9.1 (47.6%)
370	ANIÓŁ-BARLIK Agnieszka	468		K40-49	38		00:00:08	00:18:56	00:48:36	01:06:40.71	01:06:49.19	+00:35:16 (52.9%)	6:40	9 (47.1%)
371	BIAŁECKI Jan	474	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M70+	3		00:00:22	00:18:40	00:48:05	01:06:49.82	01:07:12.23	+00:35:25 (53.0%)	6:40	9 (47.1%)
372	KWIATKOWSKA Elwira	536	ZABIEGANY TEAM	K40-49	39		00:00:11	00:18:53	00:48:59	01:07:35.77	01:07:47.67	+00:36:11 (53.5%)	6:45	8.9 (46.6%)
373	KASZUBA Katarzyna	522	ŻWAWĘ MIŃKI	K30-39	31		00:00:23	00:19:31	00:50:23	01:09:06.40	01:09:29.46	+00:37:42 (54.6%)	6:54	8.7 (45.5%)
374	PAJĄK Magdalena	556		K20-29	19		00:00:27	00:18:52	00:49:39	01:09:09.82	01:09:37.26	+00:37:45 (54.6%)	6:54	8.7 (45.5%)
375	GRUSZKA Magdalena	396	TL ATHLETICS JASTRZĘBIE	K40-49	40		00:00:22	00:18:39	00:49:25	01:09:24.00	01:09:46.77	+00:38:00 (54.8%)	6:56	8.6 (45.0%)
376	HUCHULSKA Roksana	401		K40-49	41		00:00:16	00:19:08	00:49:34	01:09:34.69	01:09:50.84	+00:38:10 (54.9%)	6:57	8.6 (45.0%)
377	BIERNACKA Magdalena	476		K40-49	42		00:00:15	00:19:09	00:49:34	01:09:35.09	01:09:50.62	+00:38:11 (54.9%)	6:57	8.6 (45.0%)
378	ZIĘTARA Agata	602		K50-59	12		00:00:27	00:20:11	00:50:54	01:09:49.16	01:10:16.34	+00:38:25 (55.0%)	6:58	8.6 (45.0%)
379	MŁYNARCZYK Jerzy	427	PKM ŚNIEŻNE KOTŁY	M60-69	12		00:00:24	00:19:09	00:50:25	01:11:12.00	01:11:36.50	+00:39:48 (55.9%)	7:07	8.4 (44.0%)
380	KATRYNIOK Adam	523		M40-49	93		00:00:22	00:19:35	00:51:32	01:12:13.91	01:12:36.25	+00:40:49 (56.5%)	7:13	8.3 (43.5%)
381	MASZTALERZ Anna	545		K30-39	32		00:00:16	00:20:37	00:52:30	01:12:19.77	01:12:36.60	+00:40:55 (56.6%)	7:13	8.3 (43.5%)
382	GARUS Angelika	500		K40-49	43		00:00:08	00:20:41	00:52:55	01:12:21.43	01:12:30.00	+00:40:57 (56.6%)	7:14	8.3 (43.5%)
383	KUBAS Mariusz	532	KLUB BIEGACZA FARTLEK	M50-59	36		00:00:28	00:20:05	00:52:09	01:12:25.66	01:12:54.46	+00:41:01 (56.6%)	7:14	8.3 (43.5%)
384	KARBOWY Iza	520	JEJKOWICE BIEGAJĄ	K30-39	33		00:00:09	00:19:22	00:52:37	01:12:35.12	01:12:44.13	+00:41:11 (56.7%)	7:15	8.3 (43.5%)
385	GAŃKO Grażyna	499		K60-69	3		00:00:26	00:20:26	00:52:37	01:13:16.13	01:13:42.30	+00:41:52 (57.1%)	7:19	8.2 (42.9%)
386	GŁÓWCZYK Izabella	505	KOBIETY NA 5+	K40-49	44		00:00:08	00:20:26	00:53:17	01:14:32.61	01:14:40.68	+00:43:08 (57.9%)	7:27	8.1 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj. śląskie	Drużyna 1	Czas startu	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
387	OLCZYK Wioletta	446		K50-59	13			00:00:06	00:20:27	00:53:15	01:14:33.83	01:14:40.32	+00:43:09 (57.9%)	7:27	8 (41.9%)
388	ROTTER Hanna	447		K60-69	4			00:00:09	00:20:40	00:52:54	01:14:45.04	01:14:54.48	+00:43:21 (58.0%)	7:28	8 (41.9%)
389	ZALEWSKA Barbara	598		K40-49	45		Kobiety na 5+	00:00:06	00:21:04	00:55:45	01:18:59.09	01:19:05.78	+00:47:35 (60.2%)	7:53	7.6 (39.8%)
390	WIERCIOCH Barbara	593		K70+	1		Parkrun Kędzierzyn- Kozle	00:00:27	00:23:45	01:02:33	01:25:53.25	01:26:20.71	+00:54:29 (63.4%)	8:35	7 (36.6%)
Przekroczony limit czasu: 01:30:00															
391	TRAWNICKI Jan	582		M70+	4			00:00:22	00:22:43	01:12:41	01:37:27.75	01:37:49.77	+01:06:03 (67.8%)	9:44	6.2 (32.5%)
392	KOŁACZ Krzysztof	163	BO CZEMU NIE?	M30-39	77			00:00:05	00:12:29				+00:03:45	4:18	13.9 (72.8%)
DNC	KOZUB Franciszek	530		M60-69				00:00:19	00:18:25		00:38:33.23	00:38:53.10		0:00	15.6 (81.7%)

Znaleziono 393 wynik(ów)