



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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Drużyna 1	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						śląskie		startu	2.9km	7.3km	10km	10km			
16	<b>NOWAK Andrzej</b>	<b>29</b>	NOWAK-TEAM	M40-49	3			00:00:00	00:09:48	00:25:01	<b>00:34:51.06</b>	<b>00:34:51.06</b>	+00:03:27 (9.9%)	3:29	17.2 (90.1%)
17	<b>TYNIEC Łukasz</b>	<b>37</b>	TL ATHLETICS JASTRZĘBIE-ZDRÓJ	M40-49	4		TL Athletics Jastrzębie	00:00:00	00:09:46	00:25:07	<b>00:34:51.47</b>	<b>00:34:51.47</b>	+00:03:27 (9.9%)	3:29	17.2 (90.1%)
18	<b>ZYGMA Kordian</b>	<b>45</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	5	Tak	Aktywna Pszczyzna Runners Team	00:00:00	00:09:47	00:25:11	<b>00:34:56.86</b>	<b>00:34:56.92</b>	+00:03:32 (10.2%)	3:29	17.2 (90.1%)
19	<b>DYRLAGA Marcin</b>	<b>11</b>	MOBILITY TEAM	M40-49	5			00:00:00	00:10:02	00:25:30	<b>00:35:11.62</b>	<b>00:35:11.86</b>	+00:03:47 (10.8%)	3:31	17.1 (89.5%)
20	<b>KOŹMIŃSKI Józef</b>	<b>20</b>	SKL SUCHA BESKIDZKA	M40-49	6			00:00:00	00:09:54	00:25:31	<b>00:35:27.38</b>	<b>00:35:27.44</b>	+00:04:03 (11.4%)	3:32	16.9 (88.5%)
21	<b>KOWOLIK Maciej</b>	<b>18</b>		M30-39	6			00:00:01	00:10:01	00:25:45	<b>00:35:37.26</b>	<b>00:35:39.10</b>	+00:04:13 (11.9%)	3:33	16.8 (88.0%)
22	<b>GOŚCINIEWICZ Paweł</b>	<b>14</b>		M30-39	7			00:00:02	00:10:16	00:25:47	<b>00:35:38.22</b>	<b>00:35:40.50</b>	+00:04:14 (11.9%)	3:33	16.8 (88.0%)
23	<b>JAROSZ Marek</b>	<b>67</b>		M40-49	7		HRmax Żory	00:00:02	00:10:12	00:25:55	<b>00:35:43.17</b>	<b>00:35:45.22</b>	+00:04:19 (12.1%)	3:34	16.8 (88.0%)
24	<b>WOJCIK Paweł</b>	<b>41</b>	ZADYSZKA OŚWIĘCIM	M20-29	2		Zadyszka Oświęcim	00:00:01	00:10:15	00:25:54	<b>00:35:51.88</b>	<b>00:35:53.60</b>	+00:04:27 (12.5%)	3:35	16.7 (87.4%)
25	<b>KUŹNIK Bartłomiej</b>	<b>22</b>		M40-49	8			00:00:00	00:10:07	00:25:58	<b>00:36:04.88</b>	<b>00:36:04.88</b>	+00:04:40 (13.0%)	3:36	16.6 (86.9%)
26	<b>WRÓBEL Michał</b>	<b>43</b>		M30-39	8			00:00:00	00:10:17	00:26:11	<b>00:36:16.30</b>	<b>00:36:16.36</b>	+00:04:52 (13.4%)	3:37	16.5 (86.4%)
27	<b>KOZIARZ Przemysław</b>	<b>19</b>		M30-39	9			00:00:02	00:10:15	00:26:17	<b>00:36:33.55</b>	<b>00:36:35.60</b>	+00:05:09 (14.1%)	3:39	16.4 (85.9%)
28	<b>ZIELONKA Robert</b>	<b>44</b>		M50-59	1			00:00:00	00:10:17	00:26:30	<b>00:36:47.53</b>	<b>00:36:47.59</b>	+00:05:23 (14.7%)	3:40	16.3 (85.3%)
29	<b>PALT Tomasz</b>	<b>30</b>		M40-49	9			00:00:01	00:10:37	00:26:49	<b>00:37:04.13</b>	<b>00:37:05.51</b>	+00:05:40 (15.3%)	3:42	16.2 (84.8%)
30	<b>BARCIK Dawid</b>	<b>4</b>	TEAM KOPEĆ	M20-29	3			00:00:03	00:10:34	00:26:56	<b>00:37:21.88</b>	<b>00:37:25.22</b>	+00:05:57 (16.0%)	3:44	16.1 (84.3%)
31	<b>WIECZOREK Patryk</b>	<b>40</b>	ZADYSZKA OŚWIĘCIM	M16-19	3		Zadyszka Oświęcim	00:00:00	00:10:37	00:27:07	<b>00:37:40.50</b>	<b>00:37:40.50</b>	+00:06:16 (16.7%)	3:46	15.9 (83.2%)
32	<b>ALBRECHT Arkadiusz</b>	<b>48</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	10		GB Galopujące Ślimaki	00:00:03	00:10:45	00:27:21	<b>00:37:45.39</b>	<b>00:37:48.58</b>	+00:06:21 (16.8%)	3:46	15.9 (83.2%)
33	<b>WOWRY Grzegorz</b>	<b>117</b>	WIK	M40-49	11		Ekipa SCI	00:00:02	00:10:38	00:27:42	<b>00:38:23.18</b>	<b>00:38:25.52</b>	+00:06:59 (18.2%)	3:50	15.6 (81.7%)
34	<b>NIKIEL Mateusz</b>	<b>89</b>		M30-39	10			00:00:02	00:10:56	00:27:53	<b>00:38:35.96</b>	<b>00:38:38.03</b>	+00:07:12 (18.7%)	3:51	15.6 (81.7%)
35	<b>EISLER Tomasz</b>	<b>12</b>		M40-49	12			00:00:02	00:10:59	00:28:01	<b>00:38:45.23</b>	<b>00:38:47.74</b>	+00:07:21 (19.0%)	3:52	15.5 (81.2%)
36	<b>ŁYSEK Konrad</b>	<b>24</b>	TL ATHLETICS JASTRZĘBIE	M16-19	4	Tak	TL Athletics Jastrzębie	00:00:01	00:11:05	00:28:23	<b>00:38:47.63</b>	<b>00:38:49.21</b>	+00:07:23 (19.1%)	3:52	15.5 (81.2%)
37	<b>WIECZOREK Maciej</b>	<b>39</b>	ZADYSZKA OŚWIĘCIM	M40-49	13		Zadyszka Oświęcim	00:00:00	00:10:54	00:28:06	<b>00:38:49.80</b>	<b>00:38:49.80</b>	+00:07:25 (19.1%)	3:52	15.5 (81.2%)
38	<b>POŁOMSKI Grzegorz</b>	<b>94</b>		M40-49	14		Połomscy Team	00:00:02	00:11:09	00:28:21	<b>00:39:08.00</b>	<b>00:39:10.93</b>	+00:07:44 (19.8%)	3:54	15.3 (80.1%)
39	<b>SZTUKA Łukasz</b>	<b>608</b>		M40-49	15			00:00:00	00:11:22	00:28:38	<b>00:39:28.43</b>	<b>00:39:28.43</b>	+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		Tempo min/km	Tempo km/h	
											netto 10km	brutto 10km			Różn
40	<b>MAJDZIŃSKI Adrian</b>	<b>81</b>	HRMAX ŻORY	M30-39	11			00:00:02	00:11:02	00:28:28	<b>00:39:34.53</b>	<b>00:39:37.24</b>	+00:08:10 (20.7%)	3:57	15.2 (79.6%)
41	<b>KRETEK Łukasz</b>	<b>21</b>		M30-39	12			00:00:01	00:28:38		<b>00:39:38.74</b>	<b>00:39:40.16</b>	+00:08:14 (20.8%)	3:57	15.1 (79.1%)
42	<b>DYBCZYŃSKI Paweł</b>	<b>63</b>		M30-39	13			00:00:02	00:11:39	00:29:23	<b>00:39:52.32</b>	<b>00:39:54.57</b>	+00:08:28 (21.3%)	3:59	15.1 (79.1%)
43	<b>STUHLIK Marek</b>	<b>33</b>		M40-49	16		Aktywna Pszczyna Runners Team	00:00:00	00:11:20	00:28:50	<b>00:39:52.44</b>	<b>00:39:52.71</b>	+00:08:28 (21.3%)	3:59	15.1 (79.1%)
44	<b>PATER Wojciech</b>	<b>93</b>		M40-49	17			00:00:00	00:11:16	00:29:05	<b>00:39:53.05</b>	<b>00:39:53.50</b>	+00:08:29 (21.3%)	3:59	15 (78.5%)
45	<b>BĄCZEK Dawid</b>	<b>127</b>		M30-39	14			00:00:10	00:11:52	00:29:19	<b>00:39:57.97</b>	<b>00:40:08.21</b>	+00:08:34 (21.4%)	3:59	15 (78.5%)
46	<b>CHROMIK Julia</b>	<b>9</b>	WOSIEK TEAM	K20-29	2	Tak		00:00:02	00:11:14	00:28:49	<b>00:40:02.45</b>	<b>00:40:05.15</b>	+00:08:38 (21.6%)	4:00	15 (78.5%)
47	<b>MAŁECKI Jacek</b>	<b>171</b>		M30-39	15			00:00:03	00:11:19	00:28:59	<b>00:40:05.18</b>	<b>00:40:08.81</b>	+00:08:41 (21.7%)	4:00	15 (78.5%)
48	<b>DYBCZYŃSKA Jadwiga</b>	<b>62</b>	LKS POGÓRZE	K40-49	3			00:00:01	00:11:24	00:29:04	<b>00:40:07.37</b>	<b>00:40:09.20</b>	+00:08:43 (21.7%)	4:00	15 (78.5%)
49	<b>BEZUCH Paweł</b>	<b>51</b>		M20-29	4			00:00:06	00:11:14	00:28:58	<b>00:40:08.52</b>	<b>00:40:15.10</b>	+00:08:44 (21.8%)	4:00	15 (78.5%)
50	<b>JASZCZYK Adam</b>	<b>16</b>	TL ATHLETICS JASTRZĘBIE	M16-19	5	Tak	TL Athletics Jastrzębie	00:00:01	00:11:05	00:28:52	<b>00:40:11.22</b>	<b>00:40:12.96</b>	+00:08:47 (21.9%)	4:01	14.9 (78.0%)
51	<b>KNYPS Dawid</b>	<b>69</b>	LKS POGÓRZE	M16-19	6	Tak		00:00:02	00:10:59	00:28:18	<b>00:40:12.69</b>	<b>00:40:14.93</b>	+00:08:48 (21.9%)	4:01	14.9 (78.0%)
52	<b>PAŁUBSKI Janusz</b>	<b>92</b>	KLUB BIEGACZA GOGOLIN	M40-49	18			00:00:03	00:11:34	00:29:22	<b>00:40:16.70</b>	<b>00:40:19.97</b>	+00:08:52 (22.0%)	4:01	14.9 (78.0%)
53	<b>DUŻNIAK Dominik</b>	<b>61</b>	STEP-DANCE	M30-39	16			00:00:02	00:11:13	00:29:05	<b>00:40:18.87</b>	<b>00:40:21.69</b>	+00:08:54 (22.1%)	4:01	14.9 (78.0%)
54	<b>BAŃDO Jakub</b>	<b>50</b>		M20-29	5			00:00:01	00:11:35	00:29:23	<b>00:40:20.97</b>	<b>00:40:22.46</b>	+00:08:57 (22.2%)	4:02	14.9 (78.0%)
55	<b>BARTOSIK Sebastian</b>	<b>6</b>	SILESIA TRIATHLON TEAM	M30-39	17		PWR TEAM	00:00:01	00:11:03	00:29:09	<b>00:40:34.13</b>	<b>00:40:35.86</b>	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
56	<b>CZYŻ Zuzanna</b>	<b>60</b>	TL POGOŃ RUDA ŚLĄSKA	K16-19	2	Tak		00:00:00	00:11:35	00:29:26	<b>00:40:34.56</b>	<b>00:40:34.90</b>	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
57	<b>GOGÓŁKA Szymon</b>	<b>65</b>		M30-39	18		Ekipa SCI	00:00:01	00:11:31	00:29:27	<b>00:40:35.50</b>	<b>00:40:36.61</b>	+00:09:11 (22.6%)	4:03	14.8 (77.5%)
58	<b>MRÓZEK Rafał</b>	<b>87</b>	TEAM KOPEĆ	M30-39	19			00:00:01	00:11:35	00:29:39	<b>00:40:55.13</b>	<b>00:40:56.24</b>	+00:09:31 (23.3%)	4:05	14.7 (77.0%)
59	<b>PAGIEŁA Łukasz</b>	<b>64</b>		M40-49	19			00:00:00	00:11:43	00:29:50	<b>00:40:55.49</b>	<b>00:40:55.49</b>	+00:09:31 (23.3%)	4:05	14.7 (77.0%)
60	<b>PALUCHIEWICZ Michał</b>	<b>91</b>		M30-39	20			00:00:03	00:12:05	00:29:58	<b>00:40:57.86</b>	<b>00:41:00.94</b>	+00:09:33 (23.4%)	4:05	14.7 (77.0%)
61	<b>BARTNIK Sebastian</b>	<b>5</b>	STREET SPIRIT	M40-49	20			00:00:00	00:11:52	00:29:51	<b>00:40:59.73</b>	<b>00:40:59.73</b>	+00:09:35 (23.4%)	4:05	14.6 (76.4%)
62	<b>JĘDRUSIAK Przemysław</b>	<b>68</b>	AKTYWNAPSZCZYNA	M40-49	21			00:00:06	00:11:17	00:29:36	<b>00:40:59.78</b>	<b>00:41:06.10</b>	+00:09:35 (23.4%)	4:05	14.6 (76.4%)
63	<b>CHRAPKIEWICZ Michał</b>	<b>56</b>	SCI GÓRSCY ENTUZJAŚCI	M30-39	21		Ekipa SCI	00:00:02	00:11:32	00:29:29	<b>00:41:01.97</b>	<b>00:41:04.85</b>	+00:09:38 (23.5%)	4:06	14.6 (76.4%)
64	<b>TARGOSZ Kamil</b>	<b>109</b>	MUKS SZS CIESZYN	M16-19	7	Tak	Ekipa SCI	00:00:01	00:11:38	00:30:18	<b>00:41:06.38</b>	<b>00:41:08.00</b>	+00:09:42 (23.6%)	4:06	14.6 (76.4%)

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					
65	<b>MORCINEK Patryk</b>	<b>86</b>	ZŁOTE BĄCZKI KLIMAFACH	M30-39	22			00:00:00	00:11:43	00:30:03	<b>00:41:17.56</b>	<b>00:41:18.19</b>	+00:09:53 (24.0%)	4:07	14.5 (75.9%)
66	<b>MUSIK Łukasz</b>	<b>88</b>		M40-49	22			00:00:04	00:11:33	00:29:58	<b>00:41:30.62</b>	<b>00:41:35.46</b>	+00:10:06 (24.4%)	4:09	14.5 (75.9%)
67	<b>HENCZKO Karol</b>	<b>149</b>	AKTYWNIENIE NAKRĘCENI	M30-39	23			00:00:03	00:11:11	00:29:51	<b>00:41:38.51</b>	<b>00:41:41.81</b>	+00:10:14 (24.6%)	4:09	14.4 (75.4%)
68	<b>WOJTANOWICZ Bartosz</b>	<b>116</b>		M40-49	23			00:00:08	00:12:00	00:30:14	<b>00:41:43.52</b>	<b>00:41:51.66</b>	+00:10:19 (24.7%)	4:10	14.4 (75.4%)
69	<b>KUŚ Tomasz</b>	<b>74</b>		M40-49	24			00:00:04	00:11:49	00:30:08	<b>00:41:44.17</b>	<b>00:41:48.30</b>	+00:10:20 (24.8%)	4:10	14.4 (75.4%)
70	<b>WRANA Radosław</b>	<b>119</b>		M20-29	6			00:00:03	00:11:25	00:30:15	<b>00:41:45.66</b>	<b>00:41:49.46</b>	+00:10:21 (24.8%)	4:10	14.4 (75.4%)
71	<b>STOPYRA Jakub</b>	<b>102</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	24		Aktywna Pszczyzna Runners Team	00:00:00	00:11:25	00:30:01	<b>00:41:49.54</b>	<b>00:41:50.43</b>	+00:10:25 (24.9%)	4:10	14.3 (74.9%)
72	<b>ZIMNY Patryk</b>	<b>124</b>	PIERUNY RUNNING TEAM	M30-39	25			00:00:03	00:30:35		<b>00:42:05.54</b>	<b>00:42:08.56</b>	+00:10:41 (25.4%)	4:12	14.3 (74.9%)
73	<b>RAJWA Roman</b>	<b>199</b>	TL ATHLETICS JASTRZĘBIE	M30-39	26		TL Athletics Jastrzębie	00:00:02	00:11:50	00:30:33	<b>00:42:09.56</b>	<b>00:42:12.22</b>	+00:10:45 (25.5%)	4:12	14.2 (74.3%)
74	<b>ZIELIŃSKI Ireneusz</b>	<b>123</b>	DKMS ŻORY	M50-59	2			00:00:04	00:11:54	00:30:30	<b>00:42:13.14</b>	<b>00:42:17.70</b>	+00:10:49 (25.6%)	4:13	14.2 (74.3%)
75	<b>WIĘCŁAW Artur</b>	<b>115</b>	4MUSZKIETER.PL	M40-49	25		Ekipa SCI	00:00:10	00:11:59	00:30:42	<b>00:42:22.76</b>	<b>00:42:33.00</b>	+00:10:58 (25.9%)	4:14	14.2 (74.3%)
76	<b>SAMBAK Tadeusz</b>	<b>100</b>		M50-59	3		Zadyszka Oświęcim	00:00:05	00:11:59	00:30:30	<b>00:42:25.17</b>	<b>00:42:30.35</b>	+00:11:01 (26.0%)	4:14	14.1 (73.8%)
77	<b>RAJWA Jan</b>	<b>198</b>	BZIEGACZE	M30-39	27		Bziegacze	00:00:02	00:11:55	00:30:48	<b>00:42:33.42</b>	<b>00:42:36.25</b>	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
78	<b>ŁYSEK Paweł</b>	<b>79</b>	BZIEGACZE	M40-49	26		Bziegacze	00:00:00	00:11:59	00:30:50	<b>00:42:33.68</b>	<b>00:42:34.58</b>	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
79	<b>POSTAWKA Kamil</b>	<b>96</b>	AMATOR	M30-39	28			00:00:00	00:12:08	00:30:54	<b>00:42:34.40</b>	<b>00:42:34.78</b>	+00:11:10 (26.2%)	4:15	14.1 (73.8%)
80	<b>PROKSA Robert</b>	<b>97</b>	UKS CHROMIK MYSŁOWICE	M60-69	1		UKS Chromik Mysłowice	00:00:01	00:12:00	00:30:50	<b>00:42:36.28</b>	<b>00:42:37.33</b>	+00:11:12 (26.3%)	4:15	14.1 (73.8%)
81	<b>WASZTYL Grzegorz</b>	<b>113</b>	NOWAK-TEAM	M50-59	4			00:00:04	00:11:56	00:30:50	<b>00:42:48.63</b>	<b>00:42:53.34</b>	+00:11:24 (26.7%)	4:16	14 (73.3%)
82	<b>WYPIÓR Sebastian</b>	<b>228</b>		M40-49	27			00:00:10	00:12:20	00:31:22	<b>00:42:57.58</b>	<b>00:43:07.83</b>	+00:11:33 (26.9%)	4:17	14 (73.3%)
83	<b>ZADWORNY Jan</b>	<b>121</b>	TL ATHLETICS JASTRZĘBIE	M20-29	7		TL Athletics Jastrzębie	00:00:06	00:12:02	00:31:20	<b>00:43:05.74</b>	<b>00:43:11.80</b>	+00:11:41 (27.1%)	4:18	13.9 (72.8%)
84	<b>KUSTRA Mateusz</b>	<b>169</b>	NIEZRZESZONY	M30-39	29		Centrum Treningu Personalnego i Dietetyki Mateusz Kustra Paulina Grad	00:00:07	00:11:52	00:31:09	<b>00:43:06.20</b>	<b>00:43:14.01</b>	+00:11:42 (27.2%)	4:18	13.9 (72.8%)
85	<b>MIROSŁAW Piotr</b>	<b>178</b>		M20-29	8			00:00:08	00:11:32	00:30:31	<b>00:43:06.80</b>	<b>00:43:14.85</b>	+00:11:42 (27.2%)	4:18	13.9 (72.8%)
86	<b>WIELOPOLSKI Michał</b>	<b>221</b>		M20-29	9			00:00:08	00:12:25	00:31:21	<b>00:43:11.96</b>	<b>00:43:20.68</b>	+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 netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
87	<b>MACIOŁ Andrzej</b>	<b>80</b>	MPK RUNNERS KRAKÓW	M70+	1			00:00:03	00:12:12	00:31:29	<b>00:43:18.76</b>	<b>00:43:22.63</b>	+00:11:54 (27.5%)	4:19	13.9 (72.8%)
88	<b>CIEPŁAK Maciej</b>	<b>59</b>	TL ROW RYBNIK	M60-69	2			00:00:00	00:12:00	00:30:59	<b>00:43:26.54</b>	<b>00:43:26.54</b>	+00:12:02 (27.7%)	4:20	13.8 (72.3%)
89	<b>ADAMSKI Robert</b>	<b>47</b>		M30-39	30			00:00:05	00:12:22	00:31:37	<b>00:43:27.50</b>	<b>00:43:32.51</b>	+00:12:03 (27.7%)	4:20	13.8 (72.3%)
90	<b>BOŻKO Jakub</b>	<b>240</b>		M20-29	10			00:00:11	00:11:53	00:31:14	<b>00:43:28.18</b>	<b>00:43:39.79</b>	+00:12:04 (27.8%)	4:20	13.8 (72.3%)
91	<b>LEWICKA Elżbieta</b>	<b>75</b>		K40-49	4	Tak		00:00:02	00:12:15	00:31:49	<b>00:43:45.97</b>	<b>00:43:48.47</b>	+00:12:22 (28.3%)	4:22	13.7 (71.7%)
92	<b>RUTKOWSKA Edyta</b>	<b>203</b>	HRMAX ŻORY	K30-39	3			00:00:03	00:31:50		<b>00:43:47.14</b>	<b>00:43:51.05</b>	+00:12:23 (28.3%)	4:22	13.7 (71.7%)
93	<b>LIGENZA Michałina</b>	<b>76</b>	TL ATHLETICS JASTRZĘBIE	K16-19	3	Tak	TL Athletics Jastrzębie	00:00:04	00:12:37	00:31:48	<b>00:43:50.70</b>	<b>00:43:55.40</b>	+00:12:26 (28.4%)	4:23	13.7 (71.7%)
94	<b>MARCZYNSKI Sebastian</b>	<b>172</b>		M40-49	28			00:00:09	00:12:39	00:31:49	<b>00:43:53.06</b>	<b>00:44:02.78</b>	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
95	<b>MOŃKA Marcin</b>	<b>179</b>		M40-49	29			00:00:11	00:12:16	00:31:31	<b>00:43:53.68</b>	<b>00:44:05.35</b>	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
96	<b>LOKAJCZYK Olivier</b>	<b>78</b>		M16-19	8			00:00:02	00:11:52	00:31:56	<b>00:43:53.85</b>	<b>00:43:55.93</b>	+00:12:29 (28.5%)	4:23	13.7 (71.7%)
97	<b>PAKOŃSKI Bartosz</b>	<b>90</b>		M30-39	31			00:00:08	00:11:55	00:31:30	<b>00:43:55.49</b>	<b>00:44:04.18</b>	+00:12:31 (28.5%)	4:23	13.7 (71.7%)
98	<b>BOCHENEK Adam</b>	<b>53</b>		M30-39	32			00:00:17	00:12:17	00:31:40	<b>00:43:57.16</b>	<b>00:44:14.60</b>	+00:12:33 (28.6%)	4:23	13.7 (71.7%)
99	<b>DANDYK Raian</b>	<b>132</b>		M20-29	11			00:00:08	00:12:51	00:32:10	<b>00:43:58.36</b>	<b>00:44:06.98</b>	+00:12:34 (28.6%)	4:23	13.6 (71.2%)
100	<b>MROWIEC Kinga</b>	<b>180</b>	TL „POGOŃ” RUDA ŚLĄSKA	K20-29	3	Tak		00:00:02	00:12:34	00:32:12	<b>00:44:16.32</b>	<b>00:44:18.85</b>	+00:12:52 (29.1%)	4:25	13.6 (71.2%)
101	<b>WIERCIOCH Tomasz</b>	<b>222</b>	PARKRUN KĘDZIERZYN-KOŹLE	M40-49	30		Parkrun Kędzierzyn-Koźle	00:00:08	00:12:39	00:32:09	<b>00:44:18.66</b>	<b>00:44:26.98</b>	+00:12:54 (29.1%)	4:25	13.5 (70.7%)
102	<b>WRÓBEL Ryszard</b>	<b>120</b>		M40-49	31			00:00:04	00:12:22	00:31:59	<b>00:44:24.86</b>	<b>00:44:29.30</b>	+00:13:00 (29.3%)	4:26	13.5 (70.7%)
103	<b>URBAN Patryk</b>	<b>112</b>		M30-39	33			00:00:05	00:12:43	00:32:18	<b>00:44:24.99</b>	<b>00:44:30.95</b>	+00:13:01 (29.3%)	4:26	13.5 (70.7%)
104	<b>WENGLORZ Marcin</b>	<b>220</b>		M30-39	34			00:00:08	00:12:06	00:31:27	<b>00:44:31.87</b>	<b>00:44:40.02</b>	+00:13:07 (29.5%)	4:27	13.5 (70.7%)
105	<b>PATAS Tomasz</b>	<b>188</b>	GYM-FIT PATAS	M40-49	32			00:00:12	00:12:39	00:32:31	<b>00:44:51.05</b>	<b>00:45:03.65</b>	+00:13:27 (30.0%)	4:29	13.4 (70.2%)
106	<b>JANKO Anna</b>	<b>153</b>	HRMAX ŻORY	K30-39	4		HRmax Żory	00:00:04	00:12:42	00:32:25	<b>00:44:51.41</b>	<b>00:44:55.55</b>	+00:13:27 (30.0%)	4:29	13.4 (70.2%)
107	<b>SŁOWIŃSKI Dawid</b>	<b>209</b>	RUNTEAM PAWŁOWICE	M30-39	35		Runteam Pawłowice	00:00:10	00:12:58	00:32:33	<b>00:44:54.08</b>	<b>00:45:04.90</b>	+00:13:30 (30.1%)	4:29	13.4 (70.2%)
108	<b>MAREK Bartłomiej</b>	<b>84</b>	SUSZECKIE ITEN	M30-39	36		Suszeckie Iten	00:00:05	00:13:37	00:33:15	<b>00:44:54.89</b>	<b>00:45:00.40</b>	+00:13:30 (30.1%)	4:29	13.4 (70.2%)
109	<b>RUCIŃSKI Krzysztof</b>	<b>202</b>		M50-59	5			00:00:07	00:12:22	00:32:23	<b>00:44:59.02</b>	<b>00:45:06.72</b>	+00:13:35 (30.2%)	4:29	13.3 (69.6%)
110	<b>DOBRENIUK Krzysztof</b>	<b>134</b>		M50-59	6			00:00:00	00:12:31	00:32:41	<b>00:44:59.05</b>	<b>00:45:00.00</b>	+00:13:35 (30.2%)	4:29	13.3 (69.6%)
111	<b>BIAŁECKI Tomasz</b>	<b>128</b>	BZIEGACZE	M40-49	33		Bziegacze	00:00:02	00:12:51	00:32:37	<b>00:45:03.69</b>	<b>00:45:06.24</b>	+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	<b>MIELAŃCZYK Mateusz</b>	<b>177</b>	PAT&MAT	M30-39	37			00:00:06	00:12:26	00:32:31	<b>00:45:07.84</b>	<b>00:45:14.25</b>	+00:13:43 (30.4%)	4:30	13.3 (69.6%)
113	<b>ANTOŃCZYK Adam</b>	<b>126</b>	DKMS JASTRZĘBIE	M50-59	7			00:00:07	00:12:36	00:32:32	<b>00:45:08.03</b>	<b>00:45:15.20</b>	+00:13:44 (30.4%)	4:30	13.3 (69.6%)
114	<b>Kawecki Stanisław</b>	<b>162</b>	OLZA CIESZYN	M50-59	8		Ekipa SCI	00:00:09	00:12:57	00:32:55	<b>00:45:25.14</b>	<b>00:45:34.48</b>	+00:14:01 (30.9%)	4:32	13.2 (69.1%)
115	<b>DOSTOŁ Dominik</b>	<b>137</b>	KS M. E. T. A.	M40-49	34			00:00:13	00:32:43		<b>00:45:33.61</b>	<b>00:45:47.46</b>	+00:14:09 (31.1%)	4:33	13.2 (69.1%)
116	<b>ADAMCZYK Sławomir</b>	<b>1</b>		M30-39	38			00:00:00	00:12:29	00:32:53	<b>00:45:33.90</b>	<b>00:45:33.96</b>	+00:14:09 (31.1%)	4:33	13.2 (69.1%)
117	<b>KUBICA Marcin</b>	<b>282</b>		M30-39	39			00:00:14	00:13:05	00:33:16	<b>00:45:40.46</b>	<b>00:45:55.12</b>	+00:14:16 (31.3%)	4:34	13.1 (68.6%)
118	<b>WRÓBLEWSKA Judyta</b>	<b>226</b>	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	K30-39	5		TL Athletics Jastrzębie	00:00:05	00:12:38	00:32:57	<b>00:45:40.49</b>	<b>00:45:45.74</b>	+00:14:16 (31.3%)	4:34	13.1 (68.6%)
119	<b>SIKORSKI Sebastian</b>	<b>338</b>		M30-39	40			00:00:18	00:13:27	00:33:30	<b>00:45:44.24</b>	<b>00:46:03.16</b>	+00:14:20 (31.3%)	4:34	13.1 (68.6%)
120	<b>JARSZAK Mateusz</b>	<b>155</b>		M30-39	41			00:00:11	00:12:55	00:32:49	<b>00:45:50.84</b>	<b>00:46:02.83</b>	+00:14:26 (31.5%)	4:35	13.1 (68.6%)
121	<b>NOWAK Michał</b>	<b>28</b>		M20-29	12			00:00:02	00:12:56	00:33:35	<b>00:45:52.84</b>	<b>00:45:55.07</b>	+00:14:28 (31.6%)	4:35	13.1 (68.6%)
122	<b>BOŁOTIUCH Sebastian</b>	<b>129</b>	POWOLI DO CELU	M40-49	35			00:00:15	00:13:35	00:33:41	<b>00:45:56.44</b>	<b>00:46:11.74</b>	+00:14:32 (31.7%)	4:35	13.1 (68.6%)
123	<b>SIENNIK Michalina</b>	<b>206</b>		K40-49	5		TL Athletics Jastrzębie	00:00:01	00:13:00	00:33:19	<b>00:45:58.08</b>	<b>00:45:59.92</b>	+00:14:34 (31.7%)	4:35	13.1 (68.6%)
124	<b>UCIEKŁAK Waldemar</b>	<b>111</b>	PSZCZÓŁKOWSKI TEAM	M60-69	3			00:00:05	00:12:42	00:33:15	<b>00:46:04.96</b>	<b>00:46:10.48</b>	+00:14:41 (31.9%)	4:36	13 (68.1%)
125	<b>WYPIÓR Ewa</b>	<b>369</b>		K40-49	6			00:00:13	00:13:20	00:33:31	<b>00:46:06.68</b>	<b>00:46:20.62</b>	+00:14:42 (31.9%)	4:36	13 (68.1%)
126	<b>JUSKOWIAK Jakub</b>	<b>160</b>		M30-39	42			00:00:09	00:13:01	00:33:13	<b>00:46:07.86</b>	<b>00:46:17.72</b>	+00:14:43 (31.9%)	4:36	13 (68.1%)
127	<b>CHROBOK Michał</b>	<b>57</b>	SHARK CREW RYBNIK	M30-39	43			00:00:10	00:33:31		<b>00:46:08.42</b>	<b>00:46:19.18</b>	+00:14:44 (31.9%)	4:36	13 (68.1%)
128	<b>MAREK Robert</b>	<b>174</b>	TM IRONTEAM	M50-59	9			00:00:14	00:13:14	00:33:34	<b>00:46:16.27</b>	<b>00:46:30.59</b>	+00:14:52 (32.1%)	4:37	13 (68.1%)
129	<b>MERES Jarosław</b>	<b>176</b>		M40-49	36			00:00:07	00:12:48	00:33:28	<b>00:46:25.46</b>	<b>00:46:32.80</b>	+00:15:01 (32.4%)	4:38	12.9 (67.5%)
130	<b>WOLNY Piotr</b>	<b>225</b>		M30-39	44			00:00:13	00:12:38	00:33:05	<b>00:46:29.90</b>	<b>00:46:43.75</b>	+00:15:05 (32.5%)	4:38	12.9 (67.5%)
131	<b>KOWALCZYK Michał</b>	<b>166</b>	ŻWAWĘ MIŃKI	M30-39	45			00:00:14	00:13:34	00:34:13	<b>00:46:32.91</b>	<b>00:46:47.52</b>	+00:15:08 (32.5%)	4:39	12.9 (67.5%)
132	<b>ROSINSKI Maciek</b>	<b>201</b>		M20-29	13			00:00:16	00:13:34	00:33:59	<b>00:46:35.82</b>	<b>00:46:52.18</b>	+00:15:11 (32.6%)	4:39	12.9 (67.5%)
133	<b>JURASZEK Elżbieta</b>	<b>159</b>		K40-49	7			00:00:05	00:33:48		<b>00:46:36.62</b>	<b>00:46:42.28</b>	+00:15:12 (32.6%)	4:39	12.9 (67.5%)
134	<b>BURDZIK Wojciech</b>	<b>55</b>	ITMBW KRAKÓW	M30-39	46			00:00:05	00:12:45	00:33:42	<b>00:46:38.97</b>	<b>00:46:44.81</b>	+00:15:15 (32.7%)	4:39	12.9 (67.5%)
135	<b>HOMBEK Krzysztof</b>	<b>150</b>		M30-39	47			00:00:15	00:14:05	00:34:13	<b>00:46:39.22</b>	<b>00:46:55.13</b>	+00:15:15 (32.7%)	4:39	12.9 (67.5%)
136	<b>POJDA Grzegorz</b>	<b>195</b>		M50-59	10			00:00:10	00:13:20	00:33:51	<b>00:46:41.49</b>	<b>00:46:52.23</b>	+00:15:17 (32.8%)	4:40	12.9 (67.5%)
137	<b>LIS Grzegorz</b>	<b>77</b>	EKO-OKNA RUNNERS	M40-49	37			00:00:05	00:13:12	00:33:51	<b>00:46:42.90</b>	<b>00:46:48.34</b>	+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		Tempo min/km	Tempo km/h	
											netto 10km	brutto 10km			Różn
138	<b>HANAK Aleksander</b>	<b>148</b>		M40-49	38			00:00:04	00:12:39	00:33:40	<b>00:46:44.47</b>	<b>00:46:48.66</b>	+00:15:20 (32.8%)	4:40	12.8 (67.0%)
139	<b>OPIEKULSKA Renata</b>	<b>185</b>		K40-49	8			00:00:01	00:13:17	00:34:01	<b>00:46:54.78</b>	<b>00:46:56.40</b>	+00:15:30 (33.1%)	4:41	12.8 (67.0%)
140	<b>ORLIK Paweł</b>	<b>186</b>	SOBIESKI6	M20-29	14		Sobieski6	00:00:18	00:14:30	00:34:39	<b>00:46:56.78</b>	<b>00:47:15.35</b>	+00:15:32 (33.1%)	4:41	12.8 (67.0%)
141	<b>MASARCZYK Grzegorz</b>	<b>294</b>		M40-49	39			00:00:00	00:13:25	00:34:11	<b>00:47:02.42</b>	<b>00:47:02.42</b>	+00:15:38 (33.3%)	4:42	12.8 (67.0%)
142	<b>GURNICZ Paweł</b>	<b>261</b>		M30-39	48			00:00:16	00:13:44	00:34:22	<b>00:47:06.34</b>	<b>00:47:22.64</b>	+00:15:42 (33.3%)	4:42	12.7 (66.5%)
143	<b>JĘDRZEJAK Piotr</b>	<b>269</b>		M50-59	11			00:00:18	00:13:15	00:33:56	<b>00:47:06.42</b>	<b>00:47:24.42</b>	+00:15:42 (33.3%)	4:42	12.7 (66.5%)
144	<b>ROJ Janusz</b>	<b>200</b>	SILESIA SKATING TEAM	M40-49	40			00:00:11	00:13:04	00:33:55	<b>00:47:07.44</b>	<b>00:47:19.26</b>	+00:15:43 (33.4%)	4:42	12.7 (66.5%)
145	<b>TOCHOWICZ Bartosz</b>	<b>218</b>	OOLZA CIESZYN	M50-59	12		Ekipa SCI	00:00:15	00:13:12	00:33:53	<b>00:47:10.66</b>	<b>00:47:26.36</b>	+00:15:46 (33.4%)	4:43	12.7 (66.5%)
146	<b>WRÓBEL Katarzyna</b>	<b>368</b>		K30-39	6			00:00:06	00:13:25	00:34:19	<b>00:47:14.08</b>	<b>00:47:20.28</b>	+00:15:50 (33.5%)	4:43	12.7 (66.5%)
147	<b>PERUGIEWICZ Joanna</b>	<b>192</b>		K30-39	7			00:00:14	00:13:21	00:34:06	<b>00:47:15.84</b>	<b>00:47:30.29</b>	+00:15:51 (33.6%)	4:43	12.7 (66.5%)
148	<b>SŁYSZ Dawid</b>	<b>570</b>		M30-39	49			00:00:11	00:13:43	00:34:23	<b>00:47:19.02</b>	<b>00:47:30.12</b>	+00:15:55 (33.6%)	4:43	12.7 (66.5%)
149	<b>DRABIK Sylwia</b>	<b>492</b>		K40-49	9			00:00:10	00:13:28	00:34:19	<b>00:47:25.94</b>	<b>00:47:36.29</b>	+00:16:02 (33.8%)	4:44	12.7 (66.5%)
150	<b>KUNIEJ Piotr</b>	<b>415</b>		M30-39	50			00:00:12	00:12:55	00:33:56	<b>00:47:29.47</b>	<b>00:47:41.48</b>	+00:16:05 (33.9%)	4:44	12.6 (66.0%)
151	<b>TOMOSZ Radomir</b>	<b>356</b>	EKIPA SCI	M30-39	51		Ekipa SCI	00:00:16	00:13:45	00:34:38	<b>00:47:31.16</b>	<b>00:47:47.96</b>	+00:16:07 (33.9%)	4:45	12.6 (66.0%)
152	<b>NOWAK Robert</b>	<b>310</b>		M30-39	52			00:00:13	00:13:31	00:34:38	<b>00:47:32.40</b>	<b>00:47:46.27</b>	+00:16:08 (34.0%)	4:45	12.6 (66.0%)
153	<b>PRÓSZYŃSKI Sławomir</b>	<b>98</b>		M40-49	41			00:00:19	00:13:53	00:34:55	<b>00:47:35.07</b>	<b>00:47:54.81</b>	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
154	<b>MALIK Rafał</b>	<b>82</b>		M40-49	42			00:00:05	00:13:14	00:34:05	<b>00:47:35.36</b>	<b>00:47:41.19</b>	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
155	<b>KŁAK Antoni</b>	<b>272</b>		M20-29	15			00:00:12	00:13:33	00:34:37	<b>00:47:39.79</b>	<b>00:47:52.39</b>	+00:16:15 (34.1%)	4:45	12.6 (66.0%)
156	<b>KULAWIAK Bogdan</b>	<b>283</b>		M50-59	13			00:00:29	00:13:35	00:34:28	<b>00:47:41.16</b>	<b>00:48:10.20</b>	+00:16:17 (34.2%)	4:46	12.6 (66.0%)
157	<b>BIAŁECKI Zbigniew</b>	<b>236</b>		M16-19	9			00:00:13	00:13:24	00:35:29	<b>00:47:48.43</b>	<b>00:48:02.17</b>	+00:16:24 (34.3%)	4:46	12.6 (66.0%)
158	<b>OGRODNIK Damian</b>	<b>182</b>		M40-49	43			00:00:07	00:13:14	00:34:21	<b>00:47:53.77</b>	<b>00:48:00.87</b>	+00:16:29 (34.4%)	4:47	12.5 (65.4%)
159	<b>SUTKOWSKI Marcin</b>	<b>103</b>	ZŁOTE BĄCZKI KLIMAFACH	M30-39	53			00:00:00	00:14:15		<b>00:47:54.61</b>	<b>00:47:54.61</b>	+00:16:30 (34.5%)	4:47	12.5 (65.4%)
160	<b>SZCZEPKOWSKI Paweł</b>	<b>211</b>	:)	M40-49	44			00:00:01	00:13:14	00:34:41	<b>00:48:00.47</b>	<b>00:48:01.97</b>	+00:16:36 (34.6%)	4:48	12.5 (65.4%)
161	<b>TARGOSZ Piotr</b>	<b>217</b>	OLZA CIESZYN	M40-49	45		Ekipa SCI	00:00:06	00:13:24	00:34:43	<b>00:48:07.31</b>	<b>00:48:13.31</b>	+00:16:43 (34.8%)	4:48	12.5 (65.4%)
162	<b>PILICH Urszula</b>	<b>322</b>	LEŚNA TEAM	K50-59	1			00:00:10	00:13:51	00:34:54	<b>00:48:08.48</b>	<b>00:48:18.48</b>	+00:16:44 (34.8%)	4:48	12.5 (65.4%)
163	<b>SEKIERKA Piotr</b>	<b>205</b>		M30-39	54			00:00:02	00:13:17	00:34:39	<b>00:48:11.05</b>	<b>00:48:13.65</b>	+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		Tempo min/km	Tempo km/h	
											netto 10km	brutto 10km			Różn
164	<b>WISKULSKI Mateusz</b>	<b>224</b>		M30-39	55			00:00:21	00:13:22	00:34:39	<b>00:48:11.30</b>	<b>00:48:32.45</b>	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
165	<b>BEDNARZ Marcin</b>	<b>235</b>		M40-49	46			00:00:00	00:13:11	00:34:46	<b>00:48:11.36</b>	<b>00:48:11.36</b>	+00:16:47 (34.8%)	4:49	12.5 (65.4%)
166	<b>WIELOPOLSKI Łukasz</b>	<b>364</b>		M30-39	56			00:00:11	00:14:07	00:35:26	<b>00:48:13.46</b>	<b>00:48:24.79</b>	+00:16:49 (34.9%)	4:49	12.4 (64.9%)
167	<b>LORENZ Marcin</b>	<b>170</b>		M50-59	14		GB Galopujące Ślimaki	00:00:15	00:14:01	00:35:16	<b>00:48:14.76</b>	<b>00:48:30.28</b>	+00:16:50 (34.9%)	4:49	12.4 (64.9%)
168	<b>DEJEWSKI Jakub</b>	<b>388</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	47		GB Galopujące Ślimaki	00:00:15	00:14:01	00:35:15	<b>00:48:15.55</b>	<b>00:48:31.13</b>	+00:16:51 (34.9%)	4:49	12.4 (64.9%)
169	<b>MODLIŃSKI Arkadiusz</b>	<b>429</b>		M30-39	57			00:00:13	00:13:38	00:35:11	<b>00:48:16.60</b>	<b>00:48:30.31</b>	+00:16:52 (35.0%)	4:49	12.4 (64.9%)
170	<b>FAJFEREK Dariusz</b>	<b>247</b>	SPPP BB	M50-59	15		SPPP BB	00:00:08	00:13:59	00:35:23	<b>00:48:29.81</b>	<b>00:48:38.71</b>	+00:17:05 (35.3%)	4:50	12.4 (64.9%)
171	<b>GŁĘBOCKI Grzegorz</b>	<b>252</b>	BIEGAM SOBIE	M50-59	16			00:00:13	00:14:01	00:35:08	<b>00:48:32.17</b>	<b>00:48:45.23</b>	+00:17:08 (35.3%)	4:51	12.4 (64.9%)
172	<b>GŁUSZYK Lesław</b>	<b>145</b>	HRMAX ŻORY	M60-69	4			00:00:04	00:13:49	00:35:17	<b>00:48:46.12</b>	<b>00:48:50.27</b>	+00:17:22 (35.6%)	4:52	12.3 (64.4%)
173	<b>NOWAK Beata</b>	<b>181</b>	OLZA CIESZYN	K50-59	2		Ekipa SCI	00:00:05	00:13:46	00:35:18	<b>00:48:47.31</b>	<b>00:48:52.59</b>	+00:17:23 (35.6%)	4:52	12.3 (64.4%)
174	<b>SZEREDA Robert</b>	<b>213</b>		M40-49	48			00:00:01	00:13:12	00:35:05	<b>00:48:48.88</b>	<b>00:48:50.35</b>	+00:17:24 (35.7%)	4:52	12.3 (64.4%)
175	<b>TARAŁA Jakub</b>	<b>216</b>		M20-29	16			00:00:09	00:14:11	00:36:06	<b>00:48:50.80</b>	<b>00:48:59.85</b>	+00:17:26 (35.7%)	4:53	12.3 (64.4%)
176	<b>DZIEDZICKI Jakub</b>	<b>496</b>		M20-29	17			00:00:16	00:14:02	00:35:56	<b>00:48:54.42</b>	<b>00:49:11.26</b>	+00:17:30 (35.8%)	4:53	12.3 (64.4%)
177	<b>PIŻGAŁA Kordian</b>	<b>326</b>		M20-29	18			00:00:07	00:12:44	00:34:59	<b>00:49:08.60</b>	<b>00:49:15.77</b>	+00:17:44 (36.1%)	4:54	12.2 (63.9%)
178	<b>CZYŻ Leonarda</b>	<b>245</b>	OLZA CIESZYN	K50-59	3		Ekipa SCI	00:00:05	00:13:51	00:35:34	<b>00:49:14.61</b>	<b>00:49:20.53</b>	+00:17:50 (36.2%)	4:55	12.2 (63.9%)
179	<b>PUSTELNIK Michał</b>	<b>443</b>		M40-49	49			00:00:13	00:14:01		<b>00:49:20.80</b>	<b>00:49:34.05</b>	+00:17:56 (36.4%)	4:56	12.2 (63.9%)
180	<b>KUBICA Ariel</b>	<b>168</b>	ZAWSZE WTOREK	M30-39	58			00:00:09	00:14:12	00:36:07	<b>00:49:24.27</b>	<b>00:49:34.15</b>	+00:18:00 (36.4%)	4:56	12.1 (63.4%)
181	<b>MAZUR Krzysztof</b>	<b>175</b>		M30-39	59			00:00:00	00:13:13	00:35:24	<b>00:49:28.44</b>	<b>00:49:28.50</b>	+00:18:04 (36.5%)	4:56	12.1 (63.4%)
182	<b>HAJSKI Kamil</b>	<b>147</b>	#HASKIENDURONRUN	M30-39	60			00:00:10	00:14:38	00:36:07	<b>00:49:34.70</b>	<b>00:49:45.19</b>	+00:18:10 (36.7%)	4:57	12.1 (63.4%)
183	<b>PAWŁOWSKI Rafał</b>	<b>190</b>	PND RUNNING TEAM	M30-39	61		PND Running Team	00:00:09	00:13:23	00:35:37	<b>00:49:39.61</b>	<b>00:49:48.85</b>	+00:18:15 (36.8%)	4:57	12.1 (63.4%)
184	<b>BIERSKI Jan</b>	<b>122</b>	PARKRUN CIESZYN	M60-69	5		Ekipa SCI	00:00:13	00:14:12	00:36:06	<b>00:49:40.61</b>	<b>00:49:54.50</b>	+00:18:16 (36.8%)	4:58	12.1 (63.4%)
185	<b>BACHUR Mateusz</b>	<b>471</b>		M30-39	62			00:00:16	00:15:23	00:36:59	<b>00:49:41.23</b>	<b>00:49:57.50</b>	+00:18:17 (36.8%)	4:58	12.1 (63.4%)
186	<b>RUSEK Kamil</b>	<b>335</b>	2137	M20-29	19		2137	00:00:15	00:13:47	00:35:58	<b>00:49:42.92</b>	<b>00:49:58.82</b>	+00:18:18 (36.8%)	4:58	12.1 (63.4%)
187	<b>WISŁA Grzegorz</b>	<b>366</b>	TIFS	M40-49	50			00:00:18	00:14:45	00:36:34	<b>00:49:45.24</b>	<b>00:50:03.88</b>	+00:18:21 (36.9%)	4:58	12.1 (63.4%)
188	<b>PILICH Marcin</b>	<b>321</b>	LEŚNA TEAM	M40-49	51			00:00:09	00:14:05	00:36:20	<b>00:49:47.95</b>	<b>00:49:57.85</b>	+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 netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
189	<b>HOLONA Agata</b>	<b>512</b>		K30-39	8			00:00:15	00:14:19	00:36:15	<b>00:49:55.21</b>	<b>00:50:10.88</b>	+00:18:31 (37.1%)	4:59	12 (62.8%)
190	<b>JOPEK Damian</b>	<b>158</b>	PIERUNNING	M30-39	63			00:00:09			<b>00:49:58.53</b>	<b>00:50:08.12</b>	+00:18:34 (37.2%)	4:59	12 (62.8%)
191	<b>SZWEDA Krzysztof</b>	<b>349</b>		M40-49	52			00:00:14	00:13:57	00:36:15	<b>00:49:59.97</b>	<b>00:50:14.02</b>	+00:18:36 (37.2%)	4:59	12 (62.8%)
192	<b>PODŻORSKI Rafał</b>	<b>442</b>		M40-49	53			00:00:13	00:14:10	00:36:16	<b>00:50:02.51</b>	<b>00:50:15.76</b>	+00:18:38 (37.3%)	5:00	12 (62.8%)
193	<b>PLASKA Grzegorz</b>	<b>441</b>	WRM	M50-59	17			00:00:09	00:13:51	00:36:06	<b>00:50:08.09</b>	<b>00:50:17.44</b>	+00:18:44 (37.4%)	5:00	12 (62.8%)
194	<b>STREIT Mariusz</b>	<b>344</b>		M40-49	54			00:00:10	00:14:03	00:36:20	<b>00:50:10.11</b>	<b>00:50:20.65</b>	+00:18:46 (37.4%)	5:01	12 (62.8%)
195	<b>URGACZ Mirosław</b>	<b>361</b>	EKIPA SCI	M40-49	55		Ekipa SCI	00:00:09	00:14:16	00:36:26	<b>00:50:14.73</b>	<b>00:50:24.06</b>	+00:18:50 (37.5%)	5:01	11.9 (62.3%)
196	<b>TOMCZYK Lesław</b>	<b>219</b>	OLZA CIESZYN	M60-69	6		Ekipa SCI	00:00:11	00:14:17	00:36:18	<b>00:50:20.94</b>	<b>00:50:32.25</b>	+00:18:57 (37.6%)	5:02	11.9 (62.3%)
197	<b>DĘBICKA Aneta</b>	<b>133</b>		K20-29	4			00:00:06	00:14:06	00:36:21	<b>00:50:28.82</b>	<b>00:50:35.27</b>	+00:19:04 (37.8%)	5:02	11.9 (62.3%)
198	<b>PFEIFER Dariusz</b>	<b>318</b>	SBD ENERGETYK RYBNIK / SZYBKI KRECIK	M50-59	18			00:00:12	00:14:35	00:36:56	<b>00:50:32.99</b>	<b>00:50:45.35</b>	+00:19:09 (37.9%)	5:03	11.9 (62.3%)
199	<b>SITEK Olivia</b>	<b>207</b>	UKS DIAMENT GODOW	K16-19	4	Tak		00:00:04	00:13:48	00:36:36	<b>00:50:38.67</b>	<b>00:50:43.66</b>	+00:19:14 (38.0%)	5:03	11.8 (61.8%)
200	<b>OLMA Władysław</b>	<b>183</b>	JASTRZĘBIE - FORMA BIEGANIA	M60-69	7		Brygada RR	00:00:16	00:14:12	00:36:23	<b>00:50:43.13</b>	<b>00:50:59.49</b>	+00:19:19 (38.1%)	5:04	11.8 (61.8%)
201	<b>JANECKA Marta</b>	<b>151</b>		K20-29	5			00:00:04	00:14:08	00:36:38	<b>00:50:48.80</b>	<b>00:50:53.75</b>	+00:19:24 (38.2%)	5:04	11.8 (61.8%)
202	<b>KUBALA Jan</b>	<b>167</b>		M30-39	64			00:00:26	00:15:12	00:37:09	<b>00:50:51.56</b>	<b>00:51:18.47</b>	+00:19:27 (38.3%)	5:05	11.8 (61.8%)
203	<b>ZIĘBA Michał</b>	<b>371</b>		M40-49	56			00:00:21	00:14:20	00:36:52	<b>00:50:52.75</b>	<b>00:51:14.08</b>	+00:19:28 (38.3%)	5:05	11.8 (61.8%)
204	<b>PETRYNA Bartosz</b>	<b>317</b>		M40-49	57			00:00:13	00:14:01	00:36:24	<b>00:50:57.82</b>	<b>00:51:11.19</b>	+00:19:33 (38.4%)	5:05	11.8 (61.8%)
205	<b>ŚMIETANA Grzegorz</b>	<b>352</b>	EASYRUN RACIBÓRZ	M40-49	58			00:00:20	00:14:55	00:37:15	<b>00:50:58.38</b>	<b>00:51:18.74</b>	+00:19:34 (38.4%)	5:05	11.8 (61.8%)
206	<b>PAWŁOWSKI Marcin</b>	<b>191</b>		M20-29	20			00:00:17	00:14:51	00:37:41	<b>00:51:03.96</b>	<b>00:51:21.17</b>	+00:19:40 (38.5%)	5:06	11.8 (61.8%)
207	<b>BAC Michał</b>	<b>232</b>		M40-49	59			00:00:11	00:14:47	00:37:17	<b>00:51:07.17</b>	<b>00:51:18.92</b>	+00:19:43 (38.6%)	5:06	11.7 (61.3%)
208	<b>OGIERMAN Mariusz</b>	<b>311</b>	SOCIOS SILESIA	M20-29	21			00:00:16	00:14:55	00:37:18	<b>00:51:08.10</b>	<b>00:51:24.44</b>	+00:19:44 (38.6%)	5:06	11.7 (61.3%)
209	<b>MRZYGLÓD Ewa</b>	<b>305</b>	ZADYSZKA OŚWIĘCIM	K40-49	10		Zadyszka Oświęcim	00:00:14	00:14:59	00:37:36	<b>00:51:11.77</b>	<b>00:51:26.48</b>	+00:19:47 (38.7%)	5:07	11.7 (61.3%)
210	<b>SZUBARSKI Krzysztof</b>	<b>348</b>	4MUSZKIETER	M50-59	19		parkrun Cieszyn	00:00:17	00:14:48	00:37:10	<b>00:51:13.29</b>	<b>00:51:30.96</b>	+00:19:49 (38.7%)	5:07	11.7 (61.3%)
211	<b>HERBAN Jacek</b>	<b>262</b>	SZYBKI KRECIK	M50-59	20			00:00:10	00:14:37	00:36:59	<b>00:51:18.48</b>	<b>00:51:28.68</b>	+00:19:54 (38.8%)	5:07	11.7 (61.3%)
212	<b>KLUCZNIOK Andrzej</b>	<b>407</b>		M50-59	21			00:00:24	00:15:04	00:37:38	<b>00:51:22.99</b>	<b>00:51:47.27</b>	+00:19:59 (38.9%)	5:08	11.7 (61.3%)
213	<b>BANASIAK Aleksandra</b>	<b>233</b>		K20-29	6			00:00:06	00:13:50	00:37:01	<b>00:51:24.48</b>	<b>00:51:30.49</b>	+00:20:00 (38.9%)	5:08	11.7 (61.3%)
214	<b>MIELAŃCZYK Patrycja</b>	<b>298</b>	PAT&MAT	K30-39	9			00:00:07	00:14:27	00:37:00	<b>00:51:27.60</b>	<b>00:51:35.41</b>	+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		Tempo min/km	Tempo km/h	
											netto 10km	brutto 10km			Różn
215	<b>PAŁUBSKA</b> Maria	<b>187</b>	KLUB BIEGACZA GOGOLIN	K40-49	11			00:00:13	00:16:07	00:38:27	<b>00:51:38.50</b>	<b>00:51:51.72</b>	+00:20:14 (39.2%)	5:09	11.6 (60.7%)
216	<b>CHMIELEWSKI</b> Jakub	<b>485</b>		M20-29	22			00:00:23	00:15:38	00:38:16	<b>00:51:40.10</b>	<b>00:52:03.59</b>	+00:20:16 (39.2%)	5:10	11.6 (60.7%)
217	<b>MAZUR</b> Małgorzata	<b>295</b>		K40-49	12			00:00:08	00:14:49	00:37:39	<b>00:51:41.86</b>	<b>00:51:49.95</b>	+00:20:17 (39.3%)	5:10	11.6 (60.7%)
218	<b>TOBOROWICZ</b> Dżesika	<b>355</b>		K20-29	7		Biegacze	00:00:19	00:15:21	00:37:46	<b>00:51:41.99</b>	<b>00:52:01.70</b>	+00:20:18 (39.3%)	5:10	11.6 (60.7%)
219	<b>KSIĘŻYK</b> Mirośław	<b>281</b>	KREJZOLE	M40-49	60		Krejzole	00:00:14	00:14:32	00:36:51	<b>00:51:42.43</b>	<b>00:51:56.89</b>	+00:20:18 (39.3%)	5:10	11.6 (60.7%)
220	<b>KORUS</b> Michał	<b>277</b>	C9	M30-39	65			00:00:10	00:14:47	00:37:44	<b>00:51:53.03</b>	<b>00:52:03.47</b>	+00:20:29 (39.5%)	5:11	11.6 (60.7%)
221	<b>PIDANTY</b> Łukasz	<b>319</b>		M40-49	61			00:00:19	00:15:08	00:38:28	<b>00:52:15.32</b>	<b>00:52:35.02</b>	+00:20:51 (39.9%)	5:13	11.5 (60.2%)
222	<b>PASTUSZAK</b> Przemysław	<b>557</b>		M20-29	23			00:00:16	00:14:02	00:36:48	<b>00:52:15.80</b>	<b>00:52:32.75</b>	+00:20:51 (39.9%)	5:13	11.5 (60.2%)
223	<b>BOJARSKI</b> Krzysztof	<b>238</b>		M40-49	62			00:00:07	00:14:47	00:38:07	<b>00:52:27.62</b>	<b>00:52:35.51</b>	+00:21:03 (40.1%)	5:14	11.4 (59.7%)
224	<b>SOBOLEWSKI</b> Piotr	<b>341</b>	#CZELADZBIEGA	M60-69	8			00:00:12	00:14:48	00:38:06	<b>00:52:34.43</b>	<b>00:52:46.74</b>	+00:21:10 (40.3%)	5:15	11.4 (59.7%)
225	<b>CZYŻ</b> Jacek	<b>387</b>	OLZA CIESZYN	M50-59	22		Ekipa SCI	00:00:09	00:15:07	00:38:07	<b>00:52:37.88</b>	<b>00:52:47.53</b>	+00:21:13 (40.3%)	5:15	11.4 (59.7%)
226	<b>GUZDEK</b> Zuzanna	<b>397</b>		K16-19	5			00:00:20	00:15:23	00:38:49	<b>00:52:41.81</b>	<b>00:53:02.20</b>	+00:21:17 (40.4%)	5:16	11.4 (59.7%)
227	<b>CZAUDERNA</b> Marcin	<b>386</b>		M40-49	63			00:00:09	00:15:06	00:38:24	<b>00:52:49.13</b>	<b>00:52:58.62</b>	+00:21:25 (40.6%)	5:16	11.4 (59.7%)
228	<b>RASZKA</b> Janusz	<b>333</b>	DARK ONE	M50-59	23		Ekipa SCI	00:00:17	00:14:54	00:38:02	<b>00:52:56.30</b>	<b>00:53:13.46</b>	+00:21:32 (40.7%)	5:17	11.3 (59.2%)
229	<b>JANIK</b> Anna	<b>402</b>		K30-39	10			00:00:19	00:15:36	00:38:35	<b>00:53:03.72</b>	<b>00:53:22.96</b>	+00:21:39 (40.8%)	5:18	11.3 (59.2%)
230	<b>SŁOWIŃSKA</b> Joanna	<b>339</b>	RUNTEAM PAWŁOWICE	K30-39	11		Runteam Pawłowice	00:00:11	00:14:56	00:38:19	<b>00:53:06.90</b>	<b>00:53:18.54</b>	+00:21:42 (40.9%)	5:18	11.3 (59.2%)
231	<b>BUDNIK</b> Piotr	<b>482</b>	OPTIMISTICEDUCATION.PL	M40-49	64			00:00:20	00:15:22	00:38:38	<b>00:53:10.68</b>	<b>00:53:30.86</b>	+00:21:46 (41.0%)	5:19	11.3 (59.2%)
232	<b>BOGACKI</b> Tomasz	<b>380</b>	LECYMY DURŚ	M40-49	65			00:00:07	00:15:04	00:38:47	<b>00:53:11.41</b>	<b>00:53:19.41</b>	+00:21:47 (41.0%)	5:19	11.3 (59.2%)
233	<b>GOŁĄBEK</b> Anna	<b>254</b>		K30-39	12			00:00:10	00:15:12	00:38:36	<b>00:53:14.05</b>	<b>00:53:24.44</b>	+00:21:50 (41.0%)	5:19	11.3 (59.2%)
234	<b>LORENZ</b> Agnieszka	<b>418</b>	GB GALOPUJĄCE ŚLIMAKI	K40-49	13		GB Galopujące Ślimaki	00:00:15	00:15:11	00:38:31	<b>00:53:14.51</b>	<b>00:53:30.44</b>	+00:21:50 (41.0%)	5:19	11.3 (59.2%)
235	<b>ŻURKOWSKI</b> Kacper	<b>229</b>		M20-29	24			00:00:18	00:14:39	00:38:35	<b>00:53:30.09</b>	<b>00:53:48.17</b>	+00:22:06 (41.3%)	5:21	11.2 (58.6%)
236	<b>BAC</b> Małgorzata	<b>231</b>		K16-19	6			00:00:08	00:14:54	00:38:19	<b>00:53:31.28</b>	<b>00:53:39.88</b>	+00:22:07 (41.3%)	5:21	11.2 (58.6%)
237	<b>JANECKI</b> Piotr	<b>515</b>		M50-59	24			00:00:18	00:15:31	00:38:51	<b>00:53:31.60</b>	<b>00:53:50.59</b>	+00:22:07 (41.3%)	5:21	11.2 (58.6%)
238	<b>MIKULAK</b> Natalia	<b>426</b>		K20-29	8			00:00:18	00:16:02	00:39:40	<b>00:53:53.23</b>	<b>00:54:12.13</b>	+00:22:29 (41.7%)	5:23	11.1 (58.1%)
239	<b>SZMULIK- WOJTANOWICZ</b> Marta	<b>346</b>		K30-39	13			00:00:10	00:15:30	00:39:09	<b>00:53:59.15</b>	<b>00:54:10.00</b>	+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	TL Athletics Jastrzębie	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	TL Athletics Jastrzębie	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	Toxpress	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	GB Galopujące Ślimaki	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	Kobiety na 5+	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	GB Galopujące Ślimaki	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	WATAHA	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	Selfmaker	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	Szare Morsy	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	Ekipa SCI	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	Ekipa SCI	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	<b>MATUSZEK Karolina</b>	<b>546</b>		K20-29	11		00:00:19	00:16:07	00:40:45	<b>00:55:31.01</b>	<b>00:55:50.15</b>	+00:24:07 (43.4%)	5:33	10.8 (56.5%)
265	<b>BARAN Dawid</b>	<b>376</b>		M40-49	70		00:00:24	00:16:05	00:40:50	<b>00:55:34.26</b>	<b>00:55:58.42</b>	+00:24:10 (43.5%)	5:33	10.8 (56.5%)
266	<b>ŚMIETANA Mariusz</b>	<b>459</b>	EASYRUN RACIBÓRZ	M40-49	71		00:00:17	00:16:06	00:40:30	<b>00:55:38.38</b>	<b>00:55:55.79</b>	+00:24:14 (43.6%)	5:33	10.8 (56.5%)
267	<b>NOWAK Krzysztof</b>	<b>308</b>	2137	M20-29	27		00:00:16	00:15:32	00:40:14	<b>00:55:40.06</b>	<b>00:55:56.29</b>	+00:24:16 (43.6%)	5:34	10.8 (56.5%)
268	<b>JOCHLIK Szymon</b>	<b>157</b>		M30-39	69		00:00:17	00:15:55	00:40:39	<b>00:55:48.64</b>	<b>00:56:06.59</b>	+00:24:24 (43.7%)	5:34	10.8 (56.5%)
269	<b>MAKOŚ Tomek</b>	<b>290</b>		M40-49	72		00:00:23	00:16:02	00:40:43	<b>00:55:54.60</b>	<b>00:56:18.35</b>	+00:24:30 (43.8%)	5:35	10.7 (56.0%)
270	<b>ZADOMSKI Jakub</b>	<b>609</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	70		00:00:15	00:15:31	00:40:14	<b>00:55:58.90</b>	<b>00:56:14.73</b>	+00:24:34 (43.9%)	5:35	10.7 (56.0%)
271	<b>JAWOREK Rafał</b>	<b>268</b>		M40-49	73		00:00:13	00:16:13	00:40:45	<b>00:56:02.66</b>	<b>00:56:15.83</b>	+00:24:38 (44.0%)	5:36	10.7 (56.0%)
272	<b>MISZ Hubert</b>	<b>300</b>	WSPÓLNA TEAM	M40-49	74		00:00:13	00:16:13	00:40:45	<b>00:56:02.81</b>	<b>00:56:15.89</b>	+00:24:38 (44.0%)	5:36	10.7 (56.0%)
273	<b>MIĄSIK Dariusz</b>	<b>297</b>		M50-59	27		00:00:21	00:16:01	00:40:44	<b>00:56:05.80</b>	<b>00:56:27.61</b>	+00:24:41 (44.0%)	5:36	10.7 (56.0%)
274	<b>DURAJ Dariusz</b>	<b>392</b>	ULTRA BESKID SPORT	M40-49	75		00:00:20	00:16:02	00:40:45	<b>00:56:06.80</b>	<b>00:56:26.83</b>	+00:24:42 (44.0%)	5:36	10.7 (56.0%)
275	<b>MALICH Dominik</b>	<b>419</b>		M20-29	28		00:00:17	00:15:40	00:40:35	<b>00:56:14.16</b>	<b>00:56:31.54</b>	+00:24:50 (44.2%)	5:37	10.7 (56.0%)
276	<b>WAWRZYCZEK Dominika</b>	<b>591</b>		K30-39	18		00:00:15	00:15:59	00:40:55	<b>00:56:29.35</b>	<b>00:56:45.32</b>	+00:25:05 (44.4%)	5:38	10.6 (55.5%)
277	<b>PIDANTY Milena</b>	<b>440</b>		K30-39	19		00:00:19	00:16:27	00:41:22	<b>00:56:35.43</b>	<b>00:56:55.14</b>	+00:25:11 (44.5%)	5:39	10.6 (55.5%)
278	<b>DUDZIAK Grzegorz</b>	<b>391</b>		M40-49	76		00:00:13	00:15:29	00:40:12	<b>00:56:39.63</b>	<b>00:56:53.18</b>	+00:25:15 (44.6%)	5:39	10.6 (55.5%)
279	<b>BUCHTA Edyta</b>	<b>480</b>		K40-49	18		00:00:23	00:16:33	00:41:21	<b>00:56:44.21</b>	<b>00:57:07.69</b>	+00:25:20 (44.7%)	5:40	10.6 (55.5%)
280	<b>LACH Denis</b>	<b>537</b>		M20-29	29		00:00:14	00:15:53	00:41:25	<b>00:57:09.16</b>	<b>00:57:23.20</b>	+00:25:45 (45.1%)	5:42	10.5 (55.0%)
281	<b>SZULIŃSKI Paweł</b>	<b>574</b>		M50-59	28		00:00:22	00:16:29	00:41:30	<b>00:57:12.85</b>	<b>00:57:35.82</b>	+00:25:48 (45.1%)	5:43	10.5 (55.0%)
282	<b>CZARNOTA Leszek</b>	<b>488</b>		M50-59	29		00:00:18	00:16:34	00:41:39	<b>00:57:19.90</b>	<b>00:57:37.99</b>	+00:25:55 (45.2%)	5:43	10.5 (55.0%)
283	<b>JASIŃSKI Maksymilian</b>	<b>156</b>	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	9		00:00:06	00:17:09	00:42:29	<b>00:57:24.48</b>	<b>00:57:31.38</b>	+00:26:00 (45.3%)	5:44	10.5 (55.0%)
284	<b>KUFKA Paweł</b>	<b>414</b>		M40-49	77		00:00:12	00:16:06	00:41:36	<b>00:57:28.76</b>	<b>00:57:41.03</b>	+00:26:04 (45.4%)	5:44	10.4 (54.5%)
285	<b>KUFKA Judyta</b>	<b>535</b>		K30-39	20		00:00:12	00:16:06	00:41:36	<b>00:57:28.81</b>	<b>00:57:41.02</b>	+00:26:04 (45.4%)	5:44	10.4 (54.5%)
286	<b>ORZECZOWSKI Michał</b>	<b>313</b>		M20-29	30		00:00:12	00:15:29	00:41:23	<b>00:57:30.13</b>	<b>00:57:42.17</b>	+00:26:06 (45.4%)	5:45	10.4 (54.5%)
287	<b>ŻYŁA Wojciech</b>	<b>605</b>		M40-49	78		00:00:21	00:16:10	00:41:07	<b>00:57:31.21</b>	<b>00:57:52.41</b>	+00:26:07 (45.4%)	5:45	10.4 (54.5%)
288	<b>HERBAN Larysa</b>	<b>511</b>	SZYBKI KRECIK	K50-59	4		00:00:12	00:16:12	00:41:34	<b>00:57:34.00</b>	<b>00:57:46.93</b>	+00:26:10 (45.5%)	5:45	10.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Woj.	Czas	2.9km	7.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						śląskie								
289	<b>WERNIK Katarzyna</b>	<b>464</b>		K50-59	5		00:00:18	00:16:09	00:41:32	<b>00:57:37.07</b>	<b>00:57:55.66</b>	+00:26:13 (45.5%)	5:45	10.4 (54.5%)
290	<b>GORZELAK Zbyszek</b>	<b>506</b>		M40-49	79		00:00:07	00:16:05	00:41:22	<b>00:57:41.51</b>	<b>00:57:49.33</b>	+00:26:17 (45.6%)	5:46	10.4 (54.5%)
291	<b>GORZELAK Joanna</b>	<b>394</b>		K40-49	19	Kobiety na 5+	00:00:07	00:16:05	00:41:17	<b>00:57:41.91</b>	<b>00:57:49.13</b>	+00:26:17 (45.6%)	5:46	10.4 (54.5%)
292	<b>STOCHLIŃSKA Aleksandra</b>	<b>453</b>	DO BIEGU, GOTOWI? SIAD!	K20-29	12	Do biegu, gotowi? Siad!	00:00:14	00:16:04	00:41:56	<b>00:57:43.89</b>	<b>00:57:57.98</b>	+00:26:19 (45.6%)	5:46	10.4 (54.5%)
293	<b>GÓRKA Barbara</b>	<b>256</b>	SUSZECKIE ITEN	K40-49	20	Suszeckie Iten	00:00:19	00:17:04	00:42:21	<b>00:57:47.40</b>	<b>00:58:06.75</b>	+00:26:23 (45.7%)	5:46	10.4 (54.5%)
294	<b>BOŁOTIUCH Katarzyna</b>	<b>477</b>	POWOLI DO CELU	K40-49	21		00:00:15	00:16:36	00:42:06	<b>00:57:53.12</b>	<b>00:58:08.12</b>	+00:26:29 (45.8%)	5:47	10.4 (54.5%)
295	<b>SZYMCZYK Teresa</b>	<b>457</b>	TEAM SZYMCZYKI /ZABIEGANA BABCIA	K60-69	1		00:00:18	00:16:09	00:41:43	<b>00:57:54.95</b>	<b>00:58:13.28</b>	+00:26:31 (45.8%)	5:47	10.4 (54.5%)
296	<b>MALISZEWSKI Dariusz</b>	<b>420</b>		M30-39	71	Brygada RR	00:00:23	00:16:07	00:42:07	<b>00:57:59.44</b>	<b>00:58:23.26</b>	+00:26:35 (45.9%)	5:47	10.3 (53.9%)
297	<b>BALCAREK Magdalena</b>	<b>472</b>		K40-49	22		00:00:07	00:16:05	00:41:48	<b>00:58:02.49</b>	<b>00:58:09.55</b>	+00:26:38 (45.9%)	5:48	10.3 (53.9%)
298	<b>JARZĄBEK Robert</b>	<b>403</b>		M40-49	80		00:00:21	00:16:45	00:42:12	<b>00:58:05.21</b>	<b>00:58:26.30</b>	+00:26:41 (45.9%)	5:48	10.3 (53.9%)
299	<b>SZEWCZYK Marzena</b>	<b>455</b>	JEJKOWICE BIEGAJĄ	K40-49	23	jejkowice biegają	00:00:16	00:16:47	00:42:32	<b>00:58:08.64</b>	<b>00:58:25.27</b>	+00:26:44 (46.0%)	5:48	10.3 (53.9%)
300	<b>LELENIEWSKI Jacek</b>	<b>285</b>	RYBNIK	M40-49	81		00:00:13	00:16:50	00:42:35	<b>00:58:11.45</b>	<b>00:58:24.90</b>	+00:26:47 (46.0%)	5:49	10.3 (53.9%)
301	<b>MARCZYŃSKA Izabela</b>	<b>422</b>		K30-39	21		00:00:15	00:16:35	00:42:36	<b>00:58:22.29</b>	<b>00:58:38.05</b>	+00:26:58 (46.2%)	5:50	10.3 (53.9%)
302	<b>SCHNAIDER Paweł</b>	<b>568</b>		M20-29	31		00:00:25	00:16:56	00:43:19	<b>00:58:24.02</b>	<b>00:58:49.16</b>	+00:27:00 (46.2%)	5:50	10.3 (53.9%)
303	<b>KONSEK Anna</b>	<b>275</b>		K30-39	22		00:00:07	00:15:18	00:42:14	<b>00:58:50.31</b>	<b>00:58:57.81</b>	+00:27:26 (46.6%)	5:53	10.2 (53.4%)
304	<b>PAWŁOWSKI Dariusz</b>	<b>439</b>	BEBRUN	M20-29	32		00:00:21	00:16:38	00:42:28	<b>00:58:57.51</b>	<b>00:59:18.88</b>	+00:27:33 (46.7%)	5:53	10.2 (53.4%)
305	<b>GMYREK Michał</b>	<b>606</b>	RODZIC SPORTOWCA	M40-49	82		00:00:27	00:16:15	00:42:43	<b>00:59:02.68</b>	<b>00:59:30.14</b>	+00:27:38 (46.8%)	5:54	10.2 (53.4%)
306	<b>SZPYRA Anieli</b>	<b>347</b>	SOBIESKI6	K16-19	7	Sobieski6	00:00:07	00:16:27	00:43:10	<b>00:59:03.92</b>	<b>00:59:11.23</b>	+00:27:39 (46.8%)	5:54	10.2 (53.4%)
307	<b>DOMAŃSKA Joanna</b>	<b>135</b>		K30-39	23		00:00:09	00:16:10	00:42:17	<b>00:59:11.77</b>	<b>00:59:21.71</b>	+00:27:47 (47.0%)	5:55	10.1 (52.9%)
308	<b>DURAJ Magdalena</b>	<b>393</b>	UBS	K40-49	24		00:00:20	00:16:28		<b>00:59:17.91</b>	<b>00:59:38.63</b>	+00:27:53 (47.0%)	5:55	10.1 (52.9%)
309	<b>TOMANEK Magdalena</b>	<b>581</b>		K30-39	24		00:00:22	00:16:59	00:43:26	<b>00:59:22.82</b>	<b>00:59:44.99</b>	+00:27:58 (47.1%)	5:56	10.1 (52.9%)
310	<b>BORUCKI Dariusz</b>	<b>381</b>		M40-49	83		00:00:23	00:17:16	00:43:30	<b>00:59:31.92</b>	<b>00:59:55.81</b>	+00:28:07 (47.3%)	5:57	10.1 (52.9%)
311	<b>MIKOŁAJEC Paulina</b>	<b>299</b>		K20-29	13		00:00:16	00:16:47	00:42:55	<b>00:59:36.15</b>	<b>00:59:52.44</b>	+00:28:12 (47.3%)	5:57	10.1 (52.9%)
312	<b>TYKIERKA Tomasz</b>	<b>461</b>	TOXPRESS	M40-49	84	Toxpress	00:00:19	00:17:21	00:42:57	<b>00:59:37.31</b>	<b>00:59:57.30</b>	+00:28:13 (47.3%)	5:57	10.1 (52.9%)
313	<b>TYKIERKA Małgorzata</b>	<b>586</b>	TOXPRESS	K40-49	25	Toxpress	00:00:19	00:17:21	00:43:23	<b>00:59:37.47</b>	<b>00:59:56.92</b>	+00:28:13 (47.3%)	5:57	10.1 (52.9%)
314	<b>KSIĘŻYK Anna</b>	<b>72</b>	KREJZOLE	K40-49	26	Krejzole	00:00:17	00:16:57	00:43:32	<b>00:59:45.72</b>	<b>01:00:03.02</b>	+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	<b>KOBIELA Marcin</b>	<b>273</b>	KREJZOLE	M40-49	85		Krejzole	00:00:14	00:17:01	00:43:34	<b>00:59:48.42</b>	<b>01:00:03.00</b>	+00:28:24 (47.5%)	5:58	10 (52.4%)
316	<b>SĘK Henryk</b>	<b>449</b>		M50-59	30		Suszeckie Iten	00:00:18	00:17:40	00:44:04	<b>01:00:07.42</b>	<b>01:00:26.09</b>	+00:28:43 (47.8%)	6:00	10 (52.4%)
317	<b>ONAK Paweł</b>	<b>553</b>	TL ATHLETICS JASTRZĘBIE	M30-39	72			00:00:25	00:17:10	00:43:37	<b>01:00:07.94</b>	<b>01:00:33.45</b>	+00:28:44 (47.8%)	6:00	10 (52.4%)
318	<b>CHMIEL Jacek</b>	<b>383</b>		M60-69	10			00:00:22	00:17:12	00:43:40	<b>01:00:08.23</b>	<b>01:00:31.10</b>	+00:28:44 (47.8%)	6:00	10 (52.4%)
319	<b>DOBRENIUK Aurelia</b>	<b>490</b>		K40-49	27			00:00:20	00:17:00	00:43:47	<b>01:00:16.52</b>	<b>01:00:36.80</b>	+00:28:52 (47.9%)	6:01	10 (52.4%)
320	<b>SZWEDA Sebastian</b>	<b>350</b>		M20-29	33			00:00:13	00:13:15	00:39:05	<b>01:00:17.48</b>	<b>01:00:31.29</b>	+00:28:53 (47.9%)	6:01	10 (52.4%)
321	<b>TRYBAŁA Danuta</b>	<b>584</b>	WATAHA	K40-49	28		WATAHA	00:00:14	00:16:51	00:42:28	<b>01:00:21.13</b>	<b>01:00:35.57</b>	+00:28:57 (48.0%)	6:02	9.9 (51.8%)
322	<b>JĘDRUSIAK Lidia</b>	<b>518</b>	KONTAKT-SIMON ADVENTURE TEAM	K40-49	29			00:00:20	00:17:09	00:43:45	<b>01:00:24.31</b>	<b>01:00:45.07</b>	+00:29:00 (48.0%)	6:02	9.9 (51.8%)
323	<b>MORAWSKI Janusz</b>	<b>430</b>		M50-59	31			00:00:23	00:16:38	00:43:22	<b>01:00:27.28</b>	<b>01:00:50.77</b>	+00:29:03 (48.1%)	6:02	9.9 (51.8%)
324	<b>SPYRKA Monika</b>	<b>571</b>	KLUB BIEGACZA FARTLEK	K30-39	25		Klub Biegacza Fartlek	00:00:15	00:16:49	00:43:46	<b>01:00:30.21</b>	<b>01:00:45.86</b>	+00:29:06 (48.1%)	6:03	9.9 (51.8%)
325	<b>TYRYTKO Jarosław</b>	<b>588</b>	WATAHA	M50-59	32		WATAHA	00:00:15	00:17:04	00:43:41	<b>01:00:32.11</b>	<b>01:00:47.19</b>	+00:29:08 (48.1%)	6:03	9.9 (51.8%)
326	<b>TYRYTKO Sylwia</b>	<b>587</b>	WATAHA	K40-49	30		WATAHA	00:00:14	00:17:04	00:43:42	<b>01:00:32.24</b>	<b>01:00:47.10</b>	+00:29:08 (48.1%)	6:03	9.9 (51.8%)
327	<b>KOLORZ-STYLOK Katarzyna</b>	<b>410</b>		K50-59	6			00:00:14	00:16:18	00:43:10	<b>01:00:42.82</b>	<b>01:00:57.57</b>	+00:29:18 (48.3%)	6:04	9.9 (51.8%)
328	<b>KLAPCZYŃSKI Dorian</b>	<b>406</b>		M30-39	73			00:00:17	00:17:05	00:44:07	<b>01:01:12.64</b>	<b>01:01:29.91</b>	+00:29:48 (48.7%)	6:07	9.8 (51.3%)
329	<b>ARENDARSKA Patrycja</b>	<b>470</b>		K30-39	26			00:00:25	00:17:26	00:44:06	<b>01:01:15.31</b>	<b>01:01:40.32</b>	+00:29:51 (48.7%)	6:07	9.8 (51.3%)
330	<b>SKIBA Maciej</b>	<b>452</b>		M40-49	86			00:00:22	00:16:55	00:44:36	<b>01:01:22.88</b>	<b>01:01:45.55</b>	+00:29:58 (48.8%)	6:08	9.8 (51.3%)
331	<b>SKIBA Krzysia</b>	<b>569</b>		K40-49	31			00:00:19	00:16:59	00:44:39	<b>01:01:25.68</b>	<b>01:01:45.17</b>	+00:30:01 (48.9%)	6:08	9.8 (51.3%)
332	<b>KRÓLIK Arkadiusz</b>	<b>280</b>	MARO TEAM JASTRZĘBIE-ŻORY	M40-49	87		MARO Team Jastrzębie-Żory	00:00:08	00:17:25	00:44:41	<b>01:01:29.19</b>	<b>01:01:37.88</b>	+00:30:05 (48.9%)	6:08	9.8 (51.3%)
333	<b>MARKOWSKI Cyryl</b>	<b>424</b>		M16-19	12			00:00:28	00:18:21	00:45:29	<b>01:01:51.40</b>	<b>01:02:19.54</b>	+00:30:27 (49.2%)	6:11	9.7 (50.8%)
334	<b>MARKOWSKI Jacek</b>	<b>423</b>		M40-49	88			00:00:28	00:18:19	00:45:29	<b>01:01:58.59</b>	<b>01:02:27.01</b>	+00:30:34 (49.3%)	6:11	9.7 (50.8%)
335	<b>ŚMIATEK Martyna</b>	<b>458</b>		K20-29	14			00:00:13	00:17:27	00:45:15	<b>01:02:07.57</b>	<b>01:02:21.40</b>	+00:30:43 (49.5%)	6:12	9.7 (50.8%)
336	<b>KOŁODZIEJ Artur</b>	<b>526</b>	BRYGADA RR	M50-59	33		Brygada RR	00:00:23	00:17:21	00:44:47	<b>01:02:10.67</b>	<b>01:02:33.90</b>	+00:30:46 (49.5%)	6:13	9.7 (50.8%)
337	<b>MOCHNACZ Patryk</b>	<b>550</b>	I LO	M40-49	89			00:00:19	00:16:42	00:44:02	<b>01:02:23.80</b>	<b>01:02:43.51</b>	+00:30:59 (49.7%)	6:14	9.6 (50.3%)
338	<b>RACZYŃSKA Martyna</b>	<b>564</b>		K20-29	15			00:00:20	00:17:20	00:44:33	<b>01:02:32.63</b>	<b>01:02:53.60</b>	+00:31:08 (49.8%)	6:15	9.6 (50.3%)

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
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		Magda	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		OSK Kameleon Team	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		OSK Kameleon Team	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		OSK Kameleon Team	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		Ekipa SCI	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		Suszeckie Iten	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		Brygada RR	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		Brygada RR	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		Kobiety na 5+	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		Kobiety na 5+	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		Kobiety na 5+	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		Kobiety na 5+	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	<b>MITIN Beata Izabella</b>	<b>548</b>		K40-49	37		00:00:06	00:17:44	00:46:20	<b>01:04:15.13</b>	<b>01:04:22.09</b>	+00:32:51 (51.1%)	6:25	9.3 (48.7%)
364	<b>KASPRZYCKA-SZUBARSKA Katarzyna</b>	<b>521</b>	PARKRUN CIESZYN	K50-59	11		00:00:18	00:18:17	00:46:34	<b>01:04:19.96</b>	<b>01:04:38.37</b>	+00:32:56 (51.2%)	6:25	9.3 (48.7%)
365	<b>GRUSZKA Aleksander</b>	<b>259</b>		M16-19	13		00:00:19	00:18:14	00:46:24	<b>01:05:12.98</b>	<b>01:05:32.50</b>	+00:33:49 (51.9%)	6:31	9.2 (48.2%)
366	<b>ŚLEZIAK Paulina</b>	<b>578</b>		K20-29	18		00:00:25	00:18:55	00:47:31	<b>01:05:20.91</b>	<b>01:05:46.48</b>	+00:33:56 (52.0%)	6:32	9.2 (48.2%)
367	<b>BODZEK Piotr</b>	<b>237</b>		M20-29	34		00:00:13	00:17:09	00:46:32	<b>01:05:42.13</b>	<b>01:05:55.31</b>	+00:34:18 (52.2%)	6:34	9.1 (47.6%)
368	<b>RADWAŃSKI Łukasz</b>	<b>197</b>		M30-39	76		00:00:10	00:17:04	00:47:20	<b>01:05:44.16</b>	<b>01:05:54.69</b>	+00:34:20 (52.2%)	6:34	9.1 (47.6%)
369	<b>BYSTRYKOWSKI Marcin</b>	<b>241</b>	KLUB BIEGACZA FARTLEK	M40-49	92		00:00:24	00:17:22	00:45:50	<b>01:06:11.99</b>	<b>01:06:36.08</b>	+00:34:48 (52.6%)	6:37	9.1 (47.6%)
370	<b>ANIOL-BARLIK Agnieszka</b>	<b>468</b>		K40-49	38		00:00:08	00:18:56	00:48:36	<b>01:06:40.71</b>	<b>01:06:49.19</b>	+00:35:16 (52.9%)	6:40	9 (47.1%)
371	<b>BIAŁECKI Jan</b>	<b>474</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M70+	3		00:00:22	00:18:40	00:48:05	<b>01:06:49.82</b>	<b>01:07:12.23</b>	+00:35:25 (53.0%)	6:40	9 (47.1%)
372	<b>KWIATKOWSKA Elwira</b>	<b>536</b>	ZABIEGANY TEAM	K40-49	39		00:00:11	00:18:53	00:48:59	<b>01:07:35.77</b>	<b>01:07:47.67</b>	+00:36:11 (53.5%)	6:45	8.9 (46.6%)
373	<b>KASZUBA Katarzyna</b>	<b>522</b>	ŻWAWĘ MIŃKI	K30-39	31		00:00:23	00:19:31	00:50:23	<b>01:09:06.40</b>	<b>01:09:29.46</b>	+00:37:42 (54.6%)	6:54	8.7 (45.5%)
374	<b>PAJĄK Magdalena</b>	<b>556</b>		K20-29	19		00:00:27	00:18:52	00:49:39	<b>01:09:09.82</b>	<b>01:09:37.26</b>	+00:37:45 (54.6%)	6:54	8.7 (45.5%)
375	<b>GRUSZKA Magdalena</b>	<b>396</b>	TL ATHLETICS JASTRZĘBIE	K40-49	40		00:00:22	00:18:39	00:49:25	<b>01:09:24.00</b>	<b>01:09:46.77</b>	+00:38:00 (54.8%)	6:56	8.6 (45.0%)
376	<b>HUCHULSKA Roksana</b>	<b>401</b>		K40-49	41		00:00:16	00:19:08	00:49:34	<b>01:09:34.69</b>	<b>01:09:50.84</b>	+00:38:10 (54.9%)	6:57	8.6 (45.0%)
377	<b>BIERNACKA Magdalena</b>	<b>476</b>		K40-49	42		00:00:15	00:19:09	00:49:34	<b>01:09:35.09</b>	<b>01:09:50.62</b>	+00:38:11 (54.9%)	6:57	8.6 (45.0%)
378	<b>ZIĘTARA Agata</b>	<b>602</b>		K50-59	12		00:00:27	00:20:11	00:50:54	<b>01:09:49.16</b>	<b>01:10:16.34</b>	+00:38:25 (55.0%)	6:58	8.6 (45.0%)
379	<b>MŁYNARCZYK Jerzy</b>	<b>427</b>	PKM ŚNIEŻNE KOTŁY	M60-69	12		00:00:24	00:19:09	00:50:25	<b>01:11:12.00</b>	<b>01:11:36.50</b>	+00:39:48 (55.9%)	7:07	8.4 (44.0%)
380	<b>KATRYNIOK Adam</b>	<b>523</b>		M40-49	93		00:00:22	00:19:35	00:51:32	<b>01:12:13.91</b>	<b>01:12:36.25</b>	+00:40:49 (56.5%)	7:13	8.3 (43.5%)
381	<b>MASZTALERZ Anna</b>	<b>545</b>		K30-39	32		00:00:16	00:20:37	00:52:30	<b>01:12:19.77</b>	<b>01:12:36.60</b>	+00:40:55 (56.6%)	7:13	8.3 (43.5%)
382	<b>GARUS Angelika</b>	<b>500</b>		K40-49	43		00:00:08	00:20:41	00:52:55	<b>01:12:21.43</b>	<b>01:12:30.00</b>	+00:40:57 (56.6%)	7:14	8.3 (43.5%)
383	<b>KUBAS Mariusz</b>	<b>532</b>	KLUB BIEGACZA FARTLEK	M50-59	36		00:00:28	00:20:05	00:52:09	<b>01:12:25.66</b>	<b>01:12:54.46</b>	+00:41:01 (56.6%)	7:14	8.3 (43.5%)
384	<b>KARBOWY Iza</b>	<b>520</b>	JEJKOWICE BIEGAJĄ	K30-39	33		00:00:09	00:19:22	00:52:37	<b>01:12:35.12</b>	<b>01:12:44.13</b>	+00:41:11 (56.7%)	7:15	8.3 (43.5%)
385	<b>GAŃKO Grażyna</b>	<b>499</b>		K60-69	3		00:00:26	00:20:26	00:52:37	<b>01:13:16.13</b>	<b>01:13:42.30</b>	+00:41:52 (57.1%)	7:19	8.2 (42.9%)
386	<b>GŁÓWCZYK Izabella</b>	<b>505</b>	KOBIETY NA 5+	K40-49	44		00:00:08	00:20:26	00:53:17	<b>01:14:32.61</b>	<b>01:14:40.68</b>	+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	<b>OLCZYK Wioletta</b>	<b>446</b>		K50-59	13			00:00:06	00:20:27	00:53:15	<b>01:14:33.83</b>	<b>01:14:40.32</b>	+00:43:09 (57.9%)	7:27	8 (41.9%)
388	<b>ROTTER Hanna</b>	<b>447</b>		K60-69	4			00:00:09	00:20:40	00:52:54	<b>01:14:45.04</b>	<b>01:14:54.48</b>	+00:43:21 (58.0%)	7:28	8 (41.9%)
389	<b>ZALEWSKA Barbara</b>	<b>598</b>		K40-49	45		Kobiety na 5+	00:00:06	00:21:04	00:55:45	<b>01:18:59.09</b>	<b>01:19:05.78</b>	+00:47:35 (60.2%)	7:53	7.6 (39.8%)
390	<b>WIERCIOCH Barbara</b>	<b>593</b>		K70+	1		Parkrun Kędzierzyn- Kozle	00:00:27	00:23:45	01:02:33	<b>01:25:53.25</b>	<b>01:26:20.71</b>	+00:54:29 (63.4%)	8:35	7 (36.6%)
<b>Przekroczony limit czasu: 01:30:00</b>															
391	<b>TRAWNICKI Jan</b>	<b>582</b>		M70+	4			00:00:22	00:22:43	01:12:41	<b>01:37:27.75</b>	<b>01:37:49.77</b>	+01:06:03 (67.8%)	9:44	6.2 (32.5%)
392	<b>KOŁACZ Krzysztof</b>	<b>163</b>	BO CZEMU NIE?	M30-39	77			00:00:05	00:12:29				+00:03:45	4:18	13.9 (72.8%)
DNC	<b>KOZUB Franciszek</b>	<b>530</b>		M60-69				00:00:19	00:18:25		<b>00:38:33.23</b>	<b>00:38:53.10</b>		0:00	15.6 (81.7%)

Znaleziono 393 wynik(ów)