

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie: Jastrzębska Dziesiątka
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-09-15
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Punkt pomiarowy: 7,3 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
1	ROP Abel Kibet	1	BENEDEK-TEAM	M30-39	00:00:02	00:09:17	00:15:30	00:22:55
2	KOSGEI Mathew	2	BENEDEK-TEAM	M20-29	00:00:02	00:09:18	00:15:30	00:22:55
3	MRÓWKA Mateusz	4	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41	00:23:16
4	CIEPŁAK Marcin	3	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01	00:24:01
5	LUBIENIECKI Maciej	823	1979	M30-39	00:00:02	00:09:49	00:16:41	00:24:34
6	KASPRZAK Radosław	7	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42	00:24:35
7	DROŹDŹ Damian	398		M30-39	00:00:01	00:09:40	00:16:30	00:24:35
8	KOŹDOŃ Jarek	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41	00:24:40
9	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00
10	WŁOCH Andrzej	6	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50	00:25:02
11	BULIK Witold	647	PKS OLIMPIJCZYK GILOWICE	M40-49	00:00:01	00:09:52	00:16:49	00:25:08
12	HATALA Paweł	445		M30-39	00:00:05	00:11:11	00:19:11	00:28:25
13	NOGA Krystian	84	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07	00:28:32
14	KASTELIK Szymon	422	OLIMPIJCZYK GILOWICE	M20-29	00:00:03	00:11:09	00:19:21	00:28:50
15	DZIUBAŃSKI Grzegorz	729	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37	00:28:54
16	MAJER Damian	408	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34	00:28:56
17	WANTULOK Paweł	121		M20-29	00:00:07	00:11:33	00:19:38	00:28:57
18	TOKAREWICZ Damian	179	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40	00:29:00
19	WITALA Tomasz	381		M40-49	00:00:08	00:11:42	00:19:51	00:29:08
20	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08
21	WOLNY Ariel	183		M30-39	00:00:09	00:11:41	00:19:51	00:29:09
22	BANASIAK Tomasz	507		M40-49	00:00:04	00:11:35	00:19:40	00:29:10
23	BOBEREK Grzegorz	706	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52	00:29:10
24	KUNINA Paweł	130	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12
25	JANUSZ Tomasz	604	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57	00:29:12
26	JĘDRUSIAK Przemysław	648		M30-39	00:00:09	00:11:45	00:19:57	00:29:12
27	ŻERDKA Michał	475	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56	00:29:13
28	ZYGMA Kordian	151		M20-29	00:00:09	00:11:46	00:19:57	00:29:14
29	KLYSZCZ Paweł	886	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49	00:29:17
30	KYRCZ Mirosław	378	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46	00:29:19

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
31	KRETEK Łukasz	519	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58	00:29:19
32	MAROSZEK Szymon	153		M30-39	00:00:11	00:11:41	00:19:51	00:29:27
33	DUDEK Bartłomiej	722		M40-49	00:00:08	00:11:45	00:19:53	00:29:28
34	WOWRY Klaudiusz	448	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53	00:29:30
35	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59	00:29:34
36	TŁOŁKA Michał	411		M30-39	00:00:09	00:11:49	00:20:05	00:29:34
37	KOWAL Łukasz	770	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15	00:29:36
38	BRODAKI Waldemar	909	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04	00:29:41
39	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56	00:29:42
40	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55	00:29:44
41	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57	00:29:44
42	WASZTYL Grzegorz	771		M40-49	00:00:08	00:11:49	00:20:06	00:29:46
43	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45	00:29:47
44	GÓRNY Mirek	461	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55	00:29:52
45	MASNY Michał	442		M20-29	00:00:12	00:11:47	00:20:11	00:29:58
46	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17	00:29:59
47	URBAŃCZYK Marcin	51		M20-29	00:00:11	00:11:58	00:20:21	00:29:59
48	OPUHLIK Roman	642		M30-39	00:00:09	00:12:00	00:20:23	00:30:02
49	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01	00:30:05
50	RAJWA Jan	309	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06
51	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13	00:30:13
52	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16	00:30:15
53	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32	00:30:20
54	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18	00:30:23
55	KUTIAN Adam	813		M50-59	00:00:08	00:12:00	00:20:36	00:30:23
56	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25
57	MICHALIK Rafał	405	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26	00:30:25
58	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13	00:30:28
59	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41	00:30:33
60	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17	00:30:39
61	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24	00:30:46
62	GLAJC Andrzej	561	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25	00:30:48
63	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01	00:30:48
64	OGIEGŁO Łukasz	659		M30-39	00:00:05	00:11:59	00:20:43	00:30:53
65	ADAMCZEWSKI Waldemar	37		M50-59	00:00:11	00:12:13	00:20:55	00:30:55
66	JARGOŃ Jacek	458		M40-49	00:00:09	00:12:03	00:20:45	00:30:58
67	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48	00:30:58
68	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00
69	GŁUSZYK Andrzej	316		M40-49	00:00:10	00:12:33	00:21:08	00:31:01
70	BIAŁECKI Tomasz	492		M40-49	00:00:13	00:12:29	00:21:03	00:31:01
71	OGIERMAN Grzegorz	229	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59	00:31:04
72	GADAJ Grzegorz	562		M30-39	00:00:09	00:12:00	00:20:47	00:31:06
73	WIECZOREK Tomasz	154	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51	00:31:07
74	PRÓSZYŃSKI Sławomir	298		M30-39	00:00:13	00:12:29	00:21:18	00:31:07
75	LEŚNIAK Krzysztof	296	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07	00:31:08

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
76	GLAJCAR Tomasz	134		M40-49	00:00:14	00:12:26	00:21:12	00:31:08
77	MYNARSKI Sylwester	897		M40-49	00:00:12	00:12:32	00:21:15	00:31:10
78	OLSZOWSKI Marcin	523	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51	00:31:11
79	PRZYBYSZ Ryszard	206		M50-59	00:00:14	00:12:25	00:21:08	00:31:11
80	BEZUCH Paweł	881		M20-29	00:00:14	00:12:28	00:21:19	00:31:14
81	TOMCZYK Lesław	854	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22	00:31:22
82	LORANC Maciej	357	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28	00:31:22
83	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24
84	JEREMICZ Krzysztof	57	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14	00:31:28
85	LILLA Piotr	580	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28
86	KRAUSE Dariusz	290	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10	00:31:30
87	PUDA Krzysztof	790		M40-49	00:00:06	00:12:10	00:20:53	00:31:31
88	SUCHANEK Robert	808	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07	00:31:31
89	BYRSKI Henryk	827	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24	00:31:32
90	LORANC Paweł	793	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24	00:31:33
91	KAWECKI Stanisław	305	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19	00:31:35
92	SITKO Adam	328	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58	00:31:40
93	ŻUR Marek	449	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26	00:31:43
94	ROGAŁA Maciej	396	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29	00:31:45
95	STEMPEL Grzegorz	667	1989	M20-29	00:00:12	00:12:18	00:21:16	00:31:47
96	NIEŚŁONY Dominik	908		M20-29	00:00:09	00:12:25	00:21:14	00:31:48
97	CHYBIORZ Marek	582		M30-39	00:00:18	00:12:47	00:21:43	00:31:48
98	UCIEKLAK Waldemar	221	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35	00:31:52
99	BUGDOL Zbigniew	459		M20-29	00:00:23	00:12:42	00:21:45	00:31:58
100	KITA Jakub	878		M16-19	00:00:10	00:12:47	00:21:50	00:31:59
101	MROWIEC Bernard	393	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37	00:31:59
102	CZAPOROWSKI Tomasz	222		M30-39	00:00:10	00:12:24	00:21:21	00:32:02
103	BAC Michał	555		M30-39	00:00:15	00:12:55	00:21:51	00:32:06
104	KUDER Marek	265	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56	00:32:08
105	JĘDRZEJAK Piotr	146		M40-49	00:00:26	00:13:06	00:22:05	00:32:08
106	DOBROWOLSKI Sławek	219	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44	00:32:10
107	SOJKA Piotr	380	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57	00:32:14
108	BIELA Rafał	595		M30-39	00:00:10	00:12:50	00:21:54	00:32:15
109	TOMCZYK Maurycy	29	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52	00:32:15
110	MRÓZEK Rafał	621	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22	00:32:17
111	WYREMBELSKI Adam	169		M20-29	00:00:15	00:12:48	00:21:53	00:32:18
112	KANCLERZ Tomasz	708		M30-39	00:00:17	00:12:46	00:21:50	00:32:18
113	DUDZIK Sebastian	383		M30-39	00:00:14	00:12:28	00:21:20	00:32:19
114	KWAŚNY Marcin	665	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55	00:32:19
115	POHL Armin	581		M20-29	00:00:07	00:12:50	00:21:51	00:32:20
116	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20
117	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31	00:32:20
118	MAŁECKI Jacek	462		M30-39	00:00:12	00:12:43	00:21:43	00:32:20
119	SUCHY Zbigniew	691		M40-49	00:00:26	00:12:45	00:21:46	00:32:20
120	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51	00:32:21

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
121	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46	00:32:22
122	DUROK Wojciech	534	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52	00:32:22
123	STUHLIK Marek	376	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02	00:32:23
124	SKWARLIŃSKI Mirosław	874		M50-59	00:00:10	00:12:43	00:21:49	00:32:23
125	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49	00:32:25
126	ZGRZENDEK Patryk	726		M20-29	00:00:12	00:12:50	00:22:00	00:32:26
127	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49	00:32:26
128	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26
129	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26
130	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27
131	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55	00:32:27
132	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28
133	POŁEDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08	00:32:30
134	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53	00:32:31
135	BARAN Bartosz	766		M20-29	00:00:15	00:13:13	00:22:17	00:32:34
136	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43	00:32:35
137	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54	00:32:36
138	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55	00:32:36
139	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36
140	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50	00:32:37
141	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43	00:32:39
142	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53	00:32:39
143	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53	00:32:42
144	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54	00:32:43
145	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50	00:32:43
146	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10	00:32:43
147	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58	00:32:48
148	PLEWNIA Dawid	776		M20-29	00:00:18	00:12:58	00:22:05	00:32:50
149	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46	00:32:53
150	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52	00:32:54
151	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15	00:32:54
152	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56	00:32:57
153	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11	00:32:57
154	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59	00:32:58
155	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04
156	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53	00:33:04
157	ŁUSZCZYK Sergiusz	700		M20-29	00:00:21	00:13:25	00:22:32	00:33:04
158	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08	00:33:10
159	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21	00:33:10
160	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02	00:33:11
161	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13
162	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27	00:33:14
163	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12	00:33:14
164	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02	00:33:14
165	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23	00:33:14

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
166	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09	00:33:19
167	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21
168	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29	00:33:25
169	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30	00:33:26
170	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45	00:33:30
171	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25	00:33:37
172	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28	00:33:38
173	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46	00:33:43
174	WIELOPOLSKI Łukasz	123		M20-29	00:00:16	00:13:25	00:22:51	00:33:47
174	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27	00:33:48
176	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29	00:33:48
177	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57	00:33:48
178	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47	00:33:50
179	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41	00:33:50
180	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45	00:33:50
181	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00	00:33:50
182	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51	00:33:52
183	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53
184	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55
185	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02	00:33:55
186	MAZURKIEWICZ Jarosław	687		M50-59	00:00:14	00:13:08	00:22:41	00:33:56
187	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36	00:33:59
188	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59	00:34:00
189	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03
190	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51	00:34:09
191	KOBIĄŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11
192	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11	00:34:11
193	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12	00:34:11
194	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55	00:34:13
195	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51	00:34:15
196	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11	00:34:16
197	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50	00:34:16
198	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11	00:34:19
199	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40	00:34:22
200	KOZŁOWSKI Zbigniew	747	OFIARY KAMIEŃCA	M40-49	00:00:19	00:13:36	00:23:12	00:34:25
201	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29
202	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43	00:34:33
203	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25	00:34:34
204	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17	00:34:37
205	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38	00:34:37
206	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38
207	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01	00:34:40
208	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35	00:34:43
209	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47	00:34:44
210	PISAREK Radek	234	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01	00:34:45

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
211	KAŻMIERCZAK Szymon	834		M20-29	00:00:21	00:13:51	00:23:42	00:34:45
212	BĄKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47
213	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48
214	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26	00:34:54
215	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57
216	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35	00:34:57
217	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06
218	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27	00:35:07
219	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53	00:35:07
220	BARAN Ryszard	767	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37	00:35:08
221	SZCZERZEK Zbigniew	636		M60-69	00:00:15	00:13:51	00:23:45	00:35:11
222	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47	00:35:11
223	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48	00:35:12
224	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13
225	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18
226	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09	00:35:20
227	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21
228	GÓRECKI Adam	614		M20-29	00:00:24	00:14:37	00:24:27	00:35:23
229	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02	00:35:23
230	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40	00:35:24
231	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06	00:35:24
232	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04	00:35:24
233	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08	00:35:26
234	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18	00:35:26
235	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13	00:35:29
236	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55	00:35:32
237	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19	00:35:32
238	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13	00:35:36
239	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23	00:35:42
240	SZEWCZUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03	00:35:43
241	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04	00:35:45
242	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17	00:35:46
243	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58	00:35:48
244	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48
245	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20	00:35:48
246	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49
247	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33	00:35:49
248	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52
249	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42	00:35:54
250	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40	00:35:56
251	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23	00:35:56
252	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20	00:35:56
253	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59
254	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27	00:36:02
255	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
256	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22	00:36:07
257	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31	00:36:09
258	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	00:00:30	00:14:37	00:24:43	00:36:12
259	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47	00:36:13
260	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14
261	FILUSZ Dawid	548		M20-29	00:00:26	00:14:35	00:24:39	00:36:14
262	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24	00:36:14
263	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15
264	WIERCIOCH Tomasz	131		M30-39	00:00:24	00:14:35	00:24:41	00:36:17
265	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48	00:36:18
266	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19
267	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01	00:36:20
268	MACHEJ Stanisław	703	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47	00:36:22
269	LOT Michał	533		M20-29	00:00:25	00:14:38	00:24:50	00:36:22
270	JUSZCZAK Grzegorz	715		M30-39	00:00:25	00:14:37	00:24:37	00:36:23
271	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24
272	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52	00:36:24
273	BOTOREK Michał	742		M30-39	00:00:24	00:14:39	00:24:51	00:36:24
274	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39	00:36:24
275	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23	00:36:25
276	KAMYCZEK Adam	300		M30-39	00:00:22	00:14:10	00:24:25	00:36:26
277	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41	00:36:27
278	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27
279	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15	00:36:34
280	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53	00:36:35
281	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08	00:36:36
282	CYGANIK Piotr	465	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51	00:36:38
283	FURMANIUK Artur	773		M30-39	00:00:18	00:13:50	00:24:15	00:36:42
284	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29	00:36:42
285	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52	00:36:49
286	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05	00:36:49
287	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51	00:36:55
288	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00
289	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20	00:37:00
290	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42	00:37:02
291	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17	00:37:02
292	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56	00:37:03
293	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10	00:37:06
294	RASZKA Janusz	419	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50	00:37:11
295	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17	00:37:11
296	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07	00:37:20
297	SOBIERAJSKI Przemek	573		M40-49	00:00:24	00:14:39	00:24:50	00:37:21
298	MAJCHRZAK Dawid	745		M20-29	00:00:18	00:13:38	00:24:08	00:37:24
299	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32
300	OLSZYNA Mirosław	156		M40-49	00:00:30	00:15:15	00:25:42	00:37:32

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
301	PĘDZIK Błażej	143		M20-29	00:00:46	00:15:34	00:25:46	00:37:33
302	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30	00:37:34
303	JAWORSKI Mateusz	514		M30-39	00:00:30	00:14:33	00:25:02	00:37:34
304	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40	00:37:37
305	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59	00:37:38
306	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53
307	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54
308	SOKOŁOWSKI Piotr	395	BRAK	M50-59	00:00:33	00:15:10	00:25:32	00:37:55
309	SZUL Józef	634		M60-69	00:00:00	00:15:06	00:25:26	00:37:56
310	WIERBICKI Krystian	333		M40-49	00:00:39	00:15:30	00:25:54	00:38:08
311	BURNAGIEL Tomasz	27		M50-59	00:00:25	00:15:16	00:25:59	00:38:11
312	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25	00:38:14
313	JASZCZYK Łukasz	760		M30-39	00:00:33	00:16:04	00:26:39	00:38:15
314	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35	00:38:16
315	JASIŃSKI Kristof	865	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08	00:38:22
316	PALUCHIEWICZ Szymon	243		M40-49	00:00:23	00:14:49	00:25:44	00:38:24
317	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22	00:38:24
318	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57	00:38:26
319	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10	00:38:29
320	BRZEŹNIAK Jan	893		M30-39	00:00:36	00:15:27	00:26:01	00:38:30
321	RZĘSITA Damian	780		M30-39	00:00:36	00:15:27	00:26:01	00:38:30
322	BORUCKI Dariusz	517		M30-39	00:00:26	00:15:20	00:25:51	00:38:33
323	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24	00:38:35
324	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59	00:38:40
325	ŁATKA Marek	387		M40-49	00:00:25	00:15:10	00:26:04	00:38:41
326	JANKO Kamil	743		M30-39	00:00:27	00:15:43	00:26:20	00:38:42
327	MAZUR Arkadiusz	569		M30-39	00:00:27	00:15:53	00:26:35	00:38:43
328	BARANKIEWICZ Irek	513	XT 500	M40-49	00:00:30	00:15:37	00:26:17	00:38:45
329	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24	00:38:46
330	BYWALEC Stanislaw	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59	00:38:48
331	KOPTA Jerzy	80	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08	00:38:51
332	CZYŻ Wojciech	624		M40-49	00:00:30	00:15:13	00:26:03	00:38:51
333	MARCINIAK Artur	710		M50-59	00:00:27	00:15:29	00:26:25	00:38:55
334	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55
335	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01	00:38:56
336	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42	00:38:58
337	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00
338	LANDZIŃSKI Jacek	471		M30-39	00:00:31	00:15:55	00:26:38	00:39:00
339	STARCZEWSKI Marcin	593		M30-39	00:00:35	00:15:50	00:26:43	00:39:02
340	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50	00:39:04
341	LISIEWSKI Jakub	524		M16-19	00:00:33	00:16:06	00:26:48	00:39:07
342	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54	00:39:08
343	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21	00:39:08
344	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10
345	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45	00:39:13

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
346	MARYNIAK Wojtek	689		M30-39	00:00:39	00:16:07	00:27:03	00:39:16
347	KONOPKA Jaroslaw	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23
348	PAJESTKA Marek	148	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30	00:39:25
349	CHROBOK Gerard	535		M50-59	00:00:30	00:15:22	00:26:24	00:39:26
350	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29	00:39:26
351	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31	00:39:28
352	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05	00:39:29
353	DURAJ Dariusz	86	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06	00:39:30
354	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59	00:39:46
355	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11	00:39:47
356	KROCZEK Przemysław	829		M20-29	00:00:46	00:16:17	00:27:02	00:39:48
357	WOLIŃSKI Józef	114		M50-59	00:00:37	00:15:57	00:26:55	00:39:50
358	STRZAŁA Marek	551		M20-29	00:00:25	00:15:02	00:26:18	00:39:55
359	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14	00:40:01
360	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38	00:40:04
361	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50	00:40:06
362	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07
363	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22	00:40:09
364	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09	00:40:09
365	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10
366	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36	00:40:11
367	BANDÍK Pavel	350	SK ČERNÉ PLÍCE	M50-59	00:00:34	00:16:09	00:27:23	00:40:11
368	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13
369	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24	00:40:13
370	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22	00:40:15
371	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50	00:40:16
372	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17	00:40:20
373	STEKLA Bartłomiej	610		M20-29	00:00:36	00:16:10	00:27:23	00:40:24
374	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44	00:40:25
375	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26
376	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34
377	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32	00:40:37
378	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37
379	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57	00:40:42
380	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46
381	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00	00:40:46
382	RYZ Dawid	545		M20-29	00:00:36	00:16:04	00:27:26	00:40:48
383	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32	00:40:48
384	GRABKA Stanislaw	737	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30	00:40:52
385	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27	00:40:52
386	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19	00:41:02
387	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48	00:41:03
388	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52	00:41:18
389	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25	00:41:18
390	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16	00:41:20

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
391	SOBCZYK Sławomir	627	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30	00:41:27
392	PIETRZYK Marek	556	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47	00:41:28
393	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33
394	KUBICA Tadeusz	353	BWM	M50-59	00:00:35	00:16:30	00:28:01	00:41:43
395	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46
396	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27	00:41:50
397	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01	00:41:51
398	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13	00:41:52
399	KOTERYNA Janusz	641	AMATOR	M60-69	00:00:26	00:16:20	00:27:58	00:41:53
400	ŻAGIEL Wiktor	457		M20-29	00:00:33	00:16:12	00:27:29	00:42:00
401	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04	00:42:05
402	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53	00:42:14
403	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22	00:42:21
404	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09	00:42:25
405	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30
406	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34	00:42:34
407	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50	00:42:35
408	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45	00:42:37
409	WIDENKA Krystian	152	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22	00:42:39
410	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45
411	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47	00:42:49
412	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05	00:42:51
413	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58
414	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04	00:43:00
415	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47	00:43:02
416	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17	00:43:14
417	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22
418	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56	00:43:26
419	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40
420	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54
421	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55
422	ADAMIK Łukasz	825	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11	00:43:59
423	POŁOK Robert	661		M20-29	00:00:31	00:16:48	00:29:05	00:44:07
424	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21
425	HAJNSZ Robert	802		M20-29	00:00:38	00:17:49	00:30:13	00:44:34
426	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25	00:44:35
427	SZABLA Mateusz	750		M20-29	00:00:42	00:17:06	00:29:05	00:44:37
428	LACH Grzegorz	616	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03	00:44:38
429	SOBIERAJ Paweł	914		M40-49	00:00:36	00:16:41	00:29:29	00:44:44
430	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17
431	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48	00:45:32
432	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58	00:45:36
433	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52	00:45:39
434	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28	00:45:46
435	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05	00:45:48

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
436	WÓJCIK Dariusz	670	ŻORY	M40-49	00:00:46	00:18:24	00:31:10	00:46:18
437	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05	00:46:26
438	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57	00:46:28
439	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21	00:46:42
440	OSTROWSKI Sławomir	315		M50-59	00:00:42	00:18:27	00:31:33	00:47:01
441	ZIMNY Ireneusz	36		M40-49	00:00:26	00:18:13	00:31:26	00:47:13
442	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05	00:47:18
443	PIOTROWSKI Mieczysław	583		M70+	00:00:29	00:18:14	00:31:32	00:47:19
444	ZBYL Jacek	172		M50-59	00:00:37	00:18:32	00:32:33	00:48:09
445	SOBAŃSKI Mateusz	485		M20-29	00:00:47	00:19:50	00:33:11	00:48:20
446	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16	00:48:21
447	PRZYŁUCKI Grzegorz	611		M50-59	00:00:45	00:18:43	00:32:00	00:48:26
448	GÓRNY Mieczysław	363		M30-39	00:00:30	00:19:04	00:33:09	00:48:35
449	WOLNY Łukasz	821		M30-39	00:00:30	00:19:04	00:33:10	00:48:35
450	ZAWADA Jakub	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15	00:49:01
451	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59	00:49:49
452	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10
453	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45	00:53:59
454	BAŃKA Jan	601	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28	00:54:56
455	MIERZYŃSKI Kamil	658		M20-29	00:00:04	00:24:11	00:42:32	01:03:28
456	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14		
457	ZADROGA Karol	721		M20-29	00:00:00			
458	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22	
459	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26	
460	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26	
461	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21	
462	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47	
463	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11	
464	KNESZ Marek	464		M50-59	00:00:02	00:10:35	00:18:13	
465	RAJWA Roman	502	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44	
466	NIEŚŁONY Filip	650		M16-19	00:00:02	00:10:48	00:18:39	
467	KULESZA Łukasz	678		M30-39	00:00:02	00:10:52	00:18:37	
468	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26	
469	ZIELONKA Robert	758	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30	
470	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25	
471	SEWERYN Jacek	814		M40-49	00:00:02	00:10:15	00:17:41	
472	DZIĘGIEŁOWSKI Paweł	883	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29	
473	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19	
474	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28	
475	MROWIEC Adam	239		M16-19	00:00:03	00:11:06	00:18:51	
476	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11	
477	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06	
478	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNIIE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34	
479	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12	
480	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20	

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
481	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20	
482	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35	
483	PŁOSKONKA Jan	794	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58	
484	RĘBISZ Mariusz	795		M40-49	00:00:03	00:10:41	00:18:16	
485	BŁASZCZYK Dominik	832		M30-39	00:00:03	00:10:38	00:18:05	
486	KMITA Tomasz	851		M20-29	00:00:03	00:10:56	00:18:39	
487	GARCZARCZYK Michał	869	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52	
488	KARDAS Arkadiusz	876	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07	
489	HAJDUK Paweł	787		M16-19	00:00:03	00:10:32	00:17:38	
490	MARCOL Sebastian	69	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10	
491	MATUSZNY Marek	209	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10	
492	KLINIK Paweł	321	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23	
493	KUREK Jacek	425	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06	
494	KRZEMIEN Krzysztof	697		M20-29	00:00:04	00:10:43	00:18:10	
495	GŁOWIAK Lech	746	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48	
496	MROWIEC Kacper	822		M20-29	00:00:04	00:10:54	00:18:34	
497	MOLA Mateusz	505	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07	
498	JĘDROS Przemysław	630	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58	
499	ZOSTAWA Robert	577	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05	
500	WIELOPOLSKI Michał	356		M16-19	00:00:05	00:11:07	00:18:55	
501	DOBROWOLSKI Tomasz	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	00:00:05	00:10:34	00:18:21	
502	OREŁ Przemysław	694	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26	
503	KAPELA Marcin	843		M30-39	00:00:05	00:10:57	00:18:46	
504	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21	
505	OLBRICH Artur	318		M30-39	00:00:05	00:11:47	00:37:03	
506	NOWAK Piotr	129	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19	
507	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53	
508	ALBRECHT Krystian	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52	
509	KARACZAN Marcin	824		M30-39	00:00:06	00:11:17	00:19:16	
510	DZIARSKI Wiesław	240	ERBUD RYBNIK	M60-69	00:00:08	00:11:30	00:37:21	
511	OPUCHLIK Tomasz	377	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57	
512	FURMAN Dawid	686	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44	
513	KOGUCIUŁ Karol	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56	
514	PODKOWIK Marcin	329		M30-39	00:00:18	00:12:47	00:21:57	
515	SYPNIIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	00:00:48	00:17:34		

Znaleziono 515 wynik(ów)