

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Jastrzębska Dziesiątka
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2018-09-15
Jastrzębie-Zdrój
10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ROP Abel Kibet	1	BENEDEK-TEAM	M30-39	1	00:00:02	00:09:17	00:15:30	00:22:55	00:29:14	00:30:51.30	00:30:53.50		3:05	19.4 (100%)
2	LUBIENIECKI Maciej	823	1979	M30-39	2	00:00:02	00:09:49	00:16:41	00:24:34	00:31:29	00:33:21.55	00:33:23.55	+00:02:30 (7.5%)	3:20	18 (92.8%)
3	DROŹDŹ Damian	398		M30-39	3	00:00:01	00:09:40	00:16:30	00:24:35	00:31:33	00:33:31.15	00:33:32.90	+00:02:39 (7.9%)	3:21	17.9 (92.3%)
4	KOŹDOŃ Jarek	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	4	00:00:02	00:09:49	00:16:41	00:24:40	00:31:44	00:33:46.65	00:33:48.65	+00:02:55 (8.7%)	3:22	17.8 (91.8%)
5	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	5	00:00:02	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	+00:03:19 (9.7%)	3:25	17.6 (90.7%)
6	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	6	00:00:02	00:10:14	00:17:26		00:32:42	00:34:41.40	00:34:44.10	+00:03:50 (11.1%)	3:28	17.3 (89.2%)
7	LIZAK Wojciech	164		M30-39	7	00:00:02	00:10:10	00:17:21		00:32:58	00:35:04.00	00:35:06.65	+00:04:12 (12.0%)	3:30	17.1 (88.1%)
8	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	8	00:00:02	00:10:11	00:17:25		00:33:11	00:35:14.70	00:35:16.70	+00:04:23 (12.5%)	3:31	17 (87.6%)
9	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	9	00:00:02	00:10:12	00:17:26		00:33:10	00:35:18.85	00:35:20.90	+00:04:27 (12.6%)	3:31	17 (87.6%)
10	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	10	00:00:02	00:10:27	00:17:47		00:33:29	00:35:32.15	00:35:34.85	+00:04:40 (13.2%)	3:33	16.9 (87.1%)
11	GARCZARCZYK Michał	869	SKLEP BIEGACZA	M30-39	11	00:00:03	00:10:31	00:17:52		00:34:07	00:36:09.35	00:36:12.60	+00:05:18 (14.7%)	3:36	16.6 (85.6%)
12	MARCOL Sebastian	69	AKTYWNI LYSKI	M30-39	12	00:00:04	00:10:43	00:18:10		00:34:09	00:36:19.05	00:36:23.75	+00:05:27 (15.0%)	3:37	16.5 (85.1%)
13	BŁASZCZYK Dominik	832		M30-39	13	00:00:03	00:10:38	00:18:05		00:34:22	00:36:28.25	00:36:31.75	+00:05:36 (15.4%)	3:38	16.5 (85.1%)
14	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	14	00:00:03	00:10:46	00:18:20		00:34:26	00:36:32.15	00:36:35.85	+00:05:40 (15.5%)	3:39	16.4 (84.5%)
15	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	15	00:00:02	00:10:31	00:18:11		00:34:29	00:36:34.00	00:36:36.20	+00:05:42 (15.6%)	3:39	16.4 (84.5%)
16	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	16	00:00:03	00:10:37	00:18:06		00:34:28	00:36:38.40	00:36:41.70	+00:05:47 (15.8%)	3:39	16.4 (84.5%)
17	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	17	00:00:01	00:10:47	00:18:22		00:34:40	00:36:44.65	00:36:46.50	+00:05:53 (16.0%)	3:40	16.3 (84.0%)
18	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	18	00:00:03	00:10:37	00:18:12		00:34:39	00:36:53.40	00:36:57.00	+00:06:02 (16.4%)	3:41	16.3 (84.0%)
19	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	19	00:00:03	00:10:45	00:18:20		00:34:52	00:37:04.85	00:37:07.90	+00:06:13 (16.8%)	3:42	16.2 (83.5%)
20	GŁOWIAK Lech	746	DOLINIARZE.COM	M30-39	20	00:00:04	00:10:25	00:17:48		00:34:39	00:37:05.75	00:37:10.00	+00:06:14 (16.8%)	3:42	16.2 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
21	KLINIK Paweł	321	RAFAKO RUN TEAM	M30-39	21	00:00:04	00:10:55	00:18:23		00:34:54	00:37:09.60	00:37:14.40	+00:06:18 (17.0%)	3:43	16.1 (83.0%)
22	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	22	00:00:02	00:10:41	00:18:19		00:34:58	00:37:13.10	00:37:15.55	+00:06:21 (17.1%)	3:43	16.1 (83.0%)
23	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNE DZIAŁAJ ODWAŻNIE	M30-39	23	00:00:03	00:10:56	00:18:34		00:35:11	00:37:16.80	00:37:20.60	+00:06:25 (17.2%)	3:43	16.1 (83.0%)
24	DZIĘGIEŁOWSKI Paweł	883	NIEWYBIEGANI	M30-39	24	00:00:02	00:10:56	00:18:29		00:35:09	00:37:20.15	00:37:22.60	+00:06:28 (17.4%)	3:44	16.1 (83.0%)
25	KULESZA Łukasz	678		M30-39	25	00:00:02	00:10:52	00:18:37		00:35:18	00:37:27.70	00:37:30.65	+00:06:36 (17.6%)	3:44	16 (82.5%)
26	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	26	00:00:01	00:10:45	00:18:26		00:35:28	00:37:37.25	00:37:38.65	+00:06:45 (18.0%)	3:45	16 (82.5%)
27	KAPELA Marcin	843		M30-39	27	00:00:05	00:10:57	00:18:46		00:35:40	00:37:54.50	00:37:59.90	+00:07:03 (18.6%)	3:47	15.8 (81.4%)
28	GIŻYŃSKI Damian	252		M30-39	28	00:00:03	00:10:38	00:18:11		00:35:46	00:37:56.60	00:37:59.85	+00:07:05 (18.7%)	3:47	15.8 (81.4%)
29	JĘDROS Przemysław	630	INŻYNIERIA BIEGANIA	M30-39	29	00:00:04	00:11:08	00:18:58		00:35:49	00:38:04.25	00:38:09.15	+00:07:12 (19.0%)	3:48	15.8 (81.4%)
30	ZOSTAWA Robert	577	INŻYNIERIA BIEGANIA	M30-39	30	00:00:04	00:11:19	00:19:05		00:36:02	00:38:10.80	00:38:15.75	+00:07:19 (19.2%)	3:49	15.7 (80.9%)
31	HATALA Paweł	445		M30-39	31	00:00:05	00:11:11	00:19:11	00:28:25	00:36:20	00:38:32.95	00:38:38.55	+00:07:41 (20.0%)	3:51	15.6 (80.4%)
32	OREŁ Przemysław	694	SCI GÓRSCY ENTUZJAŚCI	M30-39	32	00:00:05	00:11:25	00:19:26		00:36:21	00:38:37.60	00:38:42.95	+00:07:46 (20.1%)	3:51	15.5 (79.9%)
33	NOWAK Piotr	129	STOLARIUS RUN TEAM	M30-39	33	00:00:06	00:11:24	00:19:19		00:36:32	00:38:51.45	00:38:57.65	+00:08:00 (20.6%)	3:53	15.4 (79.4%)
34	NOGA Krystian	84	FORMA WODZISŁAW ŚLĄSKI	M30-39	34	00:00:10	00:11:07	00:19:07	00:28:32	00:36:41	00:38:52.75	00:39:03.30	+00:08:01 (20.6%)	3:53	15.4 (79.4%)
35	KARACZAN Marcin	824		M30-39	35	00:00:06	00:11:17	00:19:16		00:36:39	00:39:01.70	00:39:07.80	+00:08:10 (20.9%)	3:54	15.4 (79.4%)
36	TOKAREWICZ Damian	179	ZEBRY	M30-39	36	00:00:06	00:11:35	00:19:40	00:29:00	00:36:58	00:39:12.75	00:39:19.00	+00:08:21 (21.3%)	3:55	15.3 (78.9%)
37	DZIUBAŃSKI Grzegorz	729	OPEL ACTIVE TEAM	M30-39	37	00:00:06	00:11:37	00:19:37	00:28:54	00:36:59	00:39:17.10	00:39:23.50	+00:08:25 (21.5%)	3:55	15.3 (78.9%)
38	OLBRICH Artur	318		M30-39	38	00:00:05	00:11:47	00:37:03			00:39:22.45	00:39:28.15	+00:08:31 (21.6%)	3:56	15.2 (78.4%)
39	ŻERDKA Michał	475	BRYKAJĄCA GRUPA BIEGOWA	M30-39	39	00:00:04	00:11:47	00:19:56	00:29:13	00:37:17	00:39:29.05	00:39:33.45	+00:08:37 (21.9%)	3:56	15.2 (78.4%)
40	JĘDRUSIAK Przemysław	648		M30-39	40	00:00:09	00:11:45	00:19:57	00:29:12	00:37:16	00:39:37.05	00:39:46.85	+00:08:45 (22.1%)	3:57	15.1 (77.8%)
41	WOLNY Ariel	183		M30-39	41	00:00:09	00:11:41	00:19:51	00:29:09	00:37:25	00:39:53.25	00:40:02.55	+00:09:01 (22.6%)	3:59	15 (77.3%)
42	KYRCZ Mirosław	378	MIRASTEAM	M30-39	42	00:00:06	00:11:33	00:19:46	00:29:19	00:37:35	00:40:01.70	00:40:08.60	+00:09:10 (22.9%)	4:00	15 (77.3%)
43	TŁOŁKA Michał	411		M30-39	43	00:00:09	00:11:49	00:20:05	00:29:34	00:37:54	00:40:21.85	00:40:31.60	+00:09:30 (23.6%)	4:02	14.9 (76.8%)
44	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	44	00:00:09	00:11:43	00:19:56	00:29:42	00:38:13	00:40:33.55	00:40:43.20	+00:09:42 (23.9%)	4:03	14.8 (76.3%)
45	MAROSZEK Szymon	153		M30-39	45	00:00:11	00:11:41	00:19:51	00:29:27	00:38:04	00:40:39.25	00:40:50.60	+00:09:47 (24.1%)	4:03	14.8 (76.3%)
46	OPUCHLIK Roman	642		M30-39	46	00:00:09	00:12:00	00:20:23	00:30:02	00:38:24	00:40:45.20	00:40:54.65	+00:09:53 (24.3%)	4:04	14.7 (75.8%)
47	FURMAN Dawid	686	BIEGAM DLA MILUSI	M30-39	47	00:00:09	00:11:52	00:38:44			00:41:07.80	00:41:17.30	+00:10:16 (25.0%)	4:06	14.6 (75.3%)
48	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	48	00:00:08	00:12:05	00:20:32	00:30:20	00:38:50	00:41:11.85	00:41:20.00	+00:10:20 (25.1%)	4:07	14.6 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.9km	5km	7.3km	9.4km	10km	10km				
49	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	49	00:00:11	00:12:09	00:20:41	00:30:33	00:38:55	00:41:16.50	00:41:27.95	+00:10:25 (25.2%)	4:07	14.5 (74.7%)	
50	SPYRKA Piotr	97		M30-39	50	00:00:05	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	+00:10:28 (25.3%)	4:07	14.5 (74.7%)	
51	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	51	00:00:05	00:11:28	00:20:01	00:30:05	00:38:54	00:41:21.45	00:41:26.50	+00:10:30 (25.4%)	4:08	14.5 (74.7%)	
52	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	52	00:00:14	00:12:29	00:21:01	00:30:48	00:39:27	00:41:55.25	00:42:09.95	+00:11:03 (26.4%)	4:11	14.3 (73.7%)	
53	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	53	00:00:06	00:11:43	00:20:13	00:30:28	00:39:26	00:41:55.50	00:42:02.10	+00:11:04 (26.4%)	4:11	14.3 (73.7%)	
54	OGIEGŁO Łukasz	659		M30-39	54	00:00:05	00:11:59	00:20:43	00:30:53	00:39:41	00:42:07.65	00:42:13.45	+00:11:16 (26.8%)	4:12	14.2 (73.2%)	
55	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJĄSCI	M30-39	55	00:00:05	00:11:54	00:20:17	00:30:39	00:39:38	00:42:11.40	00:42:16.90	+00:11:20 (26.9%)	4:13	14.2 (73.2%)	
56	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	56	00:00:07	00:11:46	00:20:24	00:30:46	00:39:43	00:42:11.50	00:42:18.65	+00:11:20 (26.9%)	4:13	14.2 (73.2%)	
57	PRÓSZYŃSKI Sławomir	298		M30-39	57	00:00:13	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	+00:11:20 (26.9%)	4:13	14.2 (73.2%)	
58	WIECZOREK Tomasz	154	YNO ULTRA	M30-39	58	00:00:10	00:12:01	00:20:51	00:31:07	00:40:03	00:42:29.70	00:42:40.55	+00:11:38 (27.4%)	4:15	14.1 (72.7%)	
59	CHYBIORZ Marek	582		M30-39	59	00:00:18	00:12:47	00:21:43	00:31:48	00:40:23	00:42:36.95	00:42:55.20	+00:11:45 (27.6%)	4:15	14.1 (72.7%)	
60	GADAJ Grzegorz	562		M30-39	60	00:00:09	00:12:00	00:20:47	00:31:06	00:40:03	00:42:37.10	00:42:47.00	+00:11:45 (27.6%)	4:15	14.1 (72.7%)	
61	LORANC Paweł	793	WILDBUCHAYS	M30-39	61	00:00:19	00:12:38	00:21:24	00:31:33	00:40:22	00:42:51.90	00:43:11.55	+00:12:00 (28.0%)	4:17	14 (72.2%)	
62	LILLA Piotr	580	ML DESIGN	M30-39	62	00:00:14	00:12:20	00:21:08	00:31:28	00:40:38	00:43:11.00	00:43:25.05	+00:12:19 (28.5%)	4:19	13.9 (71.6%)	
63	BAC Michał	555		M30-39	63	00:00:15	00:12:55	00:21:51	00:32:06	00:40:51	00:43:21.85	00:43:37.80	+00:12:30 (28.8%)	4:20	13.8 (71.1%)	
64	SOJKA Piotr	380	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	64	00:00:10	00:12:52	00:21:57	00:32:14	00:41:03	00:43:30.80	00:43:41.30	+00:12:39 (29.1%)	4:21	13.8 (71.1%)	
65	STUHLIK Marek	376	AKTYWNAPSZCZYNA.PL	M30-39	65	00:00:10	00:12:55	00:22:02	00:32:23	00:41:11	00:43:37.00	00:43:47.40	+00:12:45 (29.3%)	4:21	13.8 (71.1%)	
66	MAŁECKI Jacek	462		M30-39	66	00:00:12	00:12:43	00:21:43	00:32:20	00:41:18	00:43:41.50	00:43:53.95	+00:12:50 (29.4%)	4:22	13.7 (70.6%)	
67	MRÓZEK Rafał	621	OLIMPIJCZYK GILOWICE	M30-39	67	00:00:04	00:12:21	00:21:22	00:32:17	00:41:21	00:43:49.75	00:43:54.20	+00:12:58 (29.6%)	4:23	13.7 (70.6%)	
68	CZAPOROWSKI Tomasz	222		M30-39	68	00:00:10	00:12:24	00:21:21	00:32:02	00:41:17	00:43:53.45	00:44:04.30	+00:13:02 (29.7%)	4:23	13.7 (70.6%)	
69	BIELA Rafał	595		M30-39	69	00:00:10	00:12:50	00:21:54	00:32:15	00:41:21	00:43:57.10	00:44:07.85	+00:13:05 (29.8%)	4:23	13.7 (70.6%)	
70	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	70	00:00:16	00:12:47	00:21:51	00:32:28	00:41:32	00:44:07.45	00:44:23.70	+00:13:16 (30.1%)	4:24	13.6 (70.1%)	
71	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	71	00:00:12	00:12:47	00:21:49	00:32:26	00:41:33	00:44:10.50	00:44:22.50	+00:13:19 (30.2%)	4:25	13.6 (70.1%)	
72	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	72	00:00:19	00:13:00	00:22:10	00:32:43	00:41:44	00:44:11.45	00:44:31.40	+00:13:20 (30.2%)	4:25	13.6 (70.1%)	
73	KANCLERZ Tomasz	708		M30-39	73	00:00:17	00:12:46	00:21:50	00:32:18	00:41:30	00:44:12.85	00:44:30.20	+00:13:21 (30.2%)	4:25	13.6 (70.1%)	
74	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	74	00:00:11	00:12:35	00:21:31	00:32:20	00:41:35	00:44:18.50	00:44:30.15	+00:13:27 (30.4%)	4:25	13.5 (69.6%)	
75	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	75	00:00:19	00:12:43	00:21:53	00:32:31	00:41:46	00:44:19.90	00:44:38.95	+00:13:28 (30.4%)	4:25	13.5 (69.6%)	
76	OGRODNIK Damian	280		M30-39	76	00:00:12	00:12:48	00:21:54	00:32:36	00:41:50	00:44:25.50	00:44:38.15	+00:13:34 (30.5%)	4:26	13.5 (69.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						startu	2.9km	5km	7.3km	9.4km	netto 10km	brutto 10km			
77	JANISZEWSKI Dominik	282		M30-39	77	00:00:20	00:13:01	00:22:15	00:32:54	00:41:55	00:44:27.30	00:44:47.60	+00:13:36 (30.6%)	4:26	13.5 (69.6%)
78	DUDZIK Sebastian	383		M30-39	78	00:00:14	00:12:28	00:21:20	00:32:19	00:41:46	00:44:28.80	00:44:43.40	+00:13:37 (30.6%)	4:26	13.5 (69.6%)
79	FIGOŁUSZKA Dawid	436		M30-39	79	00:00:13	00:12:47	00:21:55	00:32:36	00:41:57	00:44:40.70	00:44:54.05	+00:13:49 (30.9%)	4:28	13.4 (69.1%)
80	BRAUNER Wojciech	588		M30-39	80	00:00:11	00:12:45	00:21:53	00:32:42	00:42:04	00:44:44.35	00:44:56.20	+00:13:53 (31.0%)	4:28	13.4 (69.1%)
81	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	81	00:00:14	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	+00:13:57 (31.1%)	4:28	13.4 (69.1%)
82	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	82	00:00:10	00:12:46	00:21:58	00:32:48	00:42:23	00:44:56.95	00:45:07.70	+00:14:05 (31.4%)	4:29	13.3 (68.6%)
83	TYLEC Michał	92		M30-39	83	00:00:17	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	+00:14:06 (31.4%)	4:29	13.3 (68.6%)
84	MALIK Rafał	66		M30-39	84	00:00:03	00:12:29	00:21:43	00:32:35	00:42:26	00:44:58.50	00:45:01.80	+00:14:07 (31.4%)	4:29	13.3 (68.6%)
85	PODKOWIK Marcin	329		M30-39	85	00:00:18	00:12:47	00:21:57			00:45:00.00	00:45:18.00	+00:14:08 (31.4%)	4:30	13.3 (68.6%)
86	JOCHLIK Szymon	391		M30-39	86	00:00:16	00:12:46	00:21:56	00:32:57	00:42:31	00:45:03.30	00:45:19.85	+00:14:12 (31.5%)	4:30	13.3 (68.6%)
87	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	87	00:00:13	00:12:31	00:21:43	00:32:39	00:42:23	00:45:10.65	00:45:23.90	+00:14:19 (31.7%)	4:31	13.3 (68.6%)
88	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	88	00:00:12	00:12:47	00:22:02	00:33:11	00:42:43	00:45:18.30	00:45:30.50	+00:14:27 (31.9%)	4:31	13.2 (68.0%)
89	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	89	00:00:17	00:12:43	00:21:50	00:32:37	00:42:14	00:45:18.60	00:45:36.55	+00:14:27 (31.9%)	4:31	13.2 (68.0%)
90	JESIONEK Krzysztof	730		M30-39	90	00:00:16	00:13:05	00:22:21	00:33:10	00:42:45	00:45:27.10	00:45:43.75	+00:14:35 (32.1%)	4:32	13.2 (68.0%)
91	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	91	00:00:08	00:12:51	00:22:09	00:33:19	00:42:47	00:45:30.45	00:45:39.35	+00:14:39 (32.2%)	4:33	13.2 (68.0%)
92	RECLIK Łukasz	439	NESSI TEAM	M30-39	92	00:00:15	00:12:52	00:22:12	00:33:14	00:42:50	00:45:35.70	00:45:51.10	+00:14:44 (32.3%)	4:33	13.2 (68.0%)
93	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	93	00:00:17	00:13:35	00:23:02	00:33:55	00:42:59	00:45:44.35	00:46:01.90	+00:14:53 (32.5%)	4:34	13.1 (67.5%)
94	SUBIK Tomasz	444		M30-39	94	00:00:20	00:13:09	00:22:28	00:33:38	00:43:08	00:45:56.00	00:46:16.10	+00:15:04 (32.8%)	4:35	13.1 (67.5%)
95	JAKUBCZYK Jacek	441	CONTANTE	M30-39	95	00:00:12	00:13:06	00:22:27	00:33:48	00:43:19	00:46:00.85	00:46:13.05	+00:15:09 (32.9%)	4:36	13 (67.0%)
96	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	96	00:00:09	00:13:21	00:22:55	00:34:03	00:43:34	00:46:04.90	00:46:14.20	+00:15:13 (33.0%)	4:36	13 (67.0%)
97	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	97	00:00:11	00:13:08	00:22:41	00:33:50	00:43:24	00:46:08.55	00:46:20.50	+00:15:17 (33.1%)	4:36	13 (67.0%)
98	OGRODNIK Damian	757		M30-39	98	00:00:14	00:12:58	00:22:25	00:33:37	00:43:25	00:46:08.75	00:46:23.30	+00:15:17 (33.1%)	4:36	13 (67.0%)
99	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	99	00:00:23	00:13:47	00:23:12	00:34:11	00:43:35	00:46:11.25	00:46:34.90	+00:15:19 (33.2%)	4:37	13 (67.0%)
100	ONAK Paweł	93		M30-39	100	00:00:18	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	+00:15:27 (33.4%)	4:37	13 (67.0%)
101	FERENC Paweł	527		M30-39	101	00:00:25	00:13:40	00:22:59	00:34:00	00:43:39	00:46:19.40	00:46:44.50	+00:15:28 (33.4%)	4:37	13 (67.0%)
102	SMYCZEK Bartosz	622		M30-39	102	00:00:25	00:14:14	00:23:40	00:34:22	00:43:35	00:46:19.65	00:46:45.55	+00:15:28 (33.4%)	4:38	12.9 (66.5%)
103	WOŹNIAK Przemysław	304		M30-39	103	00:00:24	00:14:08	00:23:47	00:34:38	00:43:52	00:46:20.25	00:46:45.20	+00:15:28 (33.4%)	4:38	12.9 (66.5%)
104	MOTOWIDŁO Tomasz	210		M30-39	104	00:00:15	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	+00:15:31 (33.5%)	4:38	12.9 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							2.9km	5km	7.3km	9.4km					
105	JANETA Dawid	359		M30-39	105	00:00:15	00:13:06	00:22:36	00:33:59	00:43:54	00:46:25.80	00:46:41.25	+00:15:34 (33.5%)	4:38	12.9 (66.5%)
106	ŚPIEWAK Marek	674		M30-39	106	00:00:18	00:13:25	00:22:55	00:34:13	00:43:47	00:46:27.25	00:46:46.00	+00:15:35 (33.6%)	4:38	12.9 (66.5%)
107	BRANDYS Adam	857		M30-39	107	00:00:20	00:13:42	00:23:11	00:34:19	00:43:56	00:46:40.05	00:47:00.80	+00:15:48 (33.9%)	4:40	12.9 (66.5%)
108	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	108	00:00:16	00:13:11	00:23:01	00:34:40	00:44:32	00:46:55.50	00:47:12.05	+00:16:04 (34.2%)	4:41	12.8 (66.0%)
109	MACHEJ Remigiusz	579	ML DESIGN	M30-39	109	00:00:27	00:13:55	00:23:42	00:34:48	00:44:26	00:47:02.40	00:47:29.75	+00:16:11 (34.4%)	4:42	12.8 (66.0%)
110	LELENIEWSKI Jacek	820		M30-39	110	00:00:18	00:13:35	00:23:25	00:34:34	00:44:19	00:47:02.70	00:47:20.70	+00:16:11 (34.4%)	4:42	12.8 (66.0%)
111	ŁATKA Łukasz	370		M30-39	111	00:00:17	00:12:56	00:22:51	00:34:15	00:44:15	00:47:03.80	00:47:21.45	+00:16:12 (34.4%)	4:42	12.7 (65.5%)
112	HELD Radek	698		M30-39	112	00:00:28	00:14:07	00:23:38	00:34:37	00:44:21	00:47:08.30	00:47:36.60	+00:16:17 (34.5%)	4:42	12.7 (65.5%)
113	KURTO Paweł	830		M30-39	113	00:00:21	00:14:24	00:24:18	00:35:26	00:44:30	00:47:09.75	00:47:31.10	+00:16:18 (34.6%)	4:43	12.7 (65.5%)
114	BAKOWSKI Michał	345		M30-39	114	00:00:37	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	+00:16:26 (34.8%)	4:43	12.7 (65.5%)
115	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	115	00:00:27	00:14:48	00:24:42	00:35:54	00:45:04	00:47:33.10	00:48:01.05	+00:16:41 (35.1%)	4:45	12.6 (64.9%)
116	WISEŁKA Andrzej	46		M30-39	116	00:00:23	00:14:26	00:24:20	00:35:48	00:45:20	00:47:53.10	00:48:16.35	+00:17:01 (35.6%)	4:47	12.5 (64.4%)
117	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	117	00:00:20	00:13:52	00:23:47	00:35:11	00:45:09	00:48:00.90	00:48:21.35	+00:17:09 (35.7%)	4:48	12.5 (64.4%)
118	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	118	00:00:17	00:13:38	00:23:40	00:35:24	00:45:13	00:48:02.65	00:48:19.80	+00:17:11 (35.8%)	4:48	12.5 (64.4%)
119	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	119	00:00:20	00:14:22	00:24:13	00:35:36	00:45:23	00:48:07.25	00:48:27.90	+00:17:15 (35.9%)	4:48	12.5 (64.4%)
120	KOWALSKI Artur	724		M30-39	120	00:00:24	00:13:26	00:23:15	00:35:06	00:45:23	00:48:08.05	00:48:32.60	+00:17:16 (35.9%)	4:48	12.5 (64.4%)
121	WALA Marek	188		M30-39	121	00:00:22	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	+00:17:21 (36.0%)	4:49	12.4 (63.9%)
122	JUNKA Piotr	888		M30-39	122	00:00:23	00:14:36	00:24:47	00:36:13	00:45:48	00:48:20.55	00:48:43.80	+00:17:29 (36.2%)	4:50	12.4 (63.9%)
123	PIECHOCKI Piotr	74		M30-39	123	00:00:23	00:14:39	00:24:32	00:36:02	00:45:46	00:48:27.80	00:48:51.70	+00:17:36 (36.3%)	4:50	12.4 (63.9%)
124	MARCZYNSKI Sebastian	817		M30-39	124	00:00:19	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	+00:17:42 (36.5%)	4:51	12.4 (63.9%)
125	MARON Tadeusz	56		M30-39	125	00:00:21	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	+00:17:51 (36.7%)	4:52	12.3 (63.4%)
126	JACHYMEK Marcin	719		M30-39	126	00:00:17	00:13:17	00:23:13	00:35:29	00:45:49	00:48:42.45	00:48:59.50	+00:17:51 (36.7%)	4:52	12.3 (63.4%)
127	BOTOREK Michał	742		M30-39	127	00:00:24	00:14:39	00:24:51	00:36:24	00:46:16	00:48:47.80	00:49:12.05	+00:17:56 (36.8%)	4:52	12.3 (63.4%)
128	KUSIDŁO Marcin	463		M30-39	128	00:00:21	00:14:26	00:24:23	00:35:56	00:45:57	00:48:53.25	00:49:14.50	+00:18:01 (36.9%)	4:53	12.3 (63.4%)
129	WIERCIOCH Tomasz	131		M30-39	129	00:00:24	00:14:35	00:24:41	00:36:17	00:46:09	00:48:56.40	00:49:20.55	+00:18:05 (37.0%)	4:53	12.3 (63.4%)
130	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	130	00:00:22	00:14:16	00:24:20	00:35:56	00:46:09	00:49:00.85	00:49:23.20	+00:18:09 (37.0%)	4:54	12.2 (62.9%)
131	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	131	00:00:18	00:13:33	00:23:45	00:35:49	00:46:16	00:49:10.10	00:49:28.80	+00:18:18 (37.2%)	4:55	12.2 (62.9%)
132	JUSZCZAK Grzegorz	715		M30-39	132	00:00:25	00:14:37	00:24:37	00:36:23	00:46:32	00:49:23.65	00:49:48.85	+00:18:32 (37.5%)	4:56	12.1 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
133	KAMYCZEK Adam	300		M30-39	133	00:00:22	00:14:10	00:24:25	00:36:26	00:46:42	00:49:30.05	00:49:53.00	+00:18:38 (37.7%)	4:57	12.1 (62.4%)
134	CYGANIK Piotr	465	FC CWANIAKI	M30-39	134	00:00:25	00:14:37	00:24:51	00:36:38	00:46:52	00:49:35.40	00:50:01.20	+00:18:44 (37.8%)	4:57	12.1 (62.4%)
135	GANDZEL Szymon	905		M30-39	135	00:00:18	00:14:27	00:24:56	00:37:03	00:47:04	00:49:43.60	00:50:01.65	+00:18:52 (38.0%)	4:58	12.1 (62.4%)
136	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	136	00:00:21	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	+00:18:57 (38.0%)	4:58	12 (61.9%)
137	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	137	00:00:21	00:14:16	00:24:29	00:36:42	00:47:10	00:50:19.25	00:50:41.10	+00:19:27 (38.7%)	5:02	11.9 (61.3%)
138	FURMANIUK Artur	773		M30-39	138	00:00:18	00:13:50	00:24:15	00:36:42	00:47:42	00:50:33.60	00:50:52.55	+00:19:42 (39.0%)	5:03	11.9 (61.3%)
139	PARTYKA Karol	101		M30-39	139	00:00:35	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	+00:19:43 (39.0%)	5:03	11.9 (61.3%)
140	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	140	00:00:16	00:13:48	00:24:15	00:36:34	00:47:33	00:50:43.85	00:51:00.30	+00:19:52 (39.2%)	5:04	11.8 (60.8%)
141	PIDANTY Łukasz	81		M30-39	141	00:00:42	00:15:44	00:26:10	00:38:29	00:48:21	00:51:02.35	00:51:45.15	+00:20:11 (39.5%)	5:06	11.8 (60.8%)
142	JASZCZYK Łukasz	760		M30-39	142	00:00:33	00:16:04	00:26:39	00:38:15	00:48:22	00:51:07.85	00:51:41.00	+00:20:16 (39.7%)	5:06	11.7 (60.3%)
143	JAWORSKI Mateusz	514		M30-39	143	00:00:30	00:14:33	00:25:02	00:37:34	00:48:42	00:51:31.75	00:52:02.30	+00:20:40 (40.1%)	5:09	11.6 (59.8%)
144	MARCHEWKA Bartek	603		M30-39	144	00:00:31	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	+00:20:53 (40.4%)	5:10	11.6 (59.8%)
145	JANKO Kamil	743		M30-39	145	00:00:27	00:15:43	00:26:20	00:38:42	00:49:13	00:51:49.00	00:52:16.15	+00:20:57 (40.5%)	5:10	11.6 (59.8%)
146	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	146	00:00:08	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	+00:21:05 (40.6%)	5:11	11.5 (59.3%)
147	MAZUR Arkadiusz	569		M30-39	147	00:00:27	00:15:53	00:26:35	00:38:43	00:49:12	00:51:59.80	00:52:27.25	+00:21:08 (40.7%)	5:12	11.5 (59.3%)
148	RZĘSITA Damian	780		M30-39	148	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30	00:52:04.80	00:52:41.30	+00:21:13 (40.8%)	5:12	11.5 (59.3%)
149	LANDZIŃSKI Jacek	471		M30-39	149	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30	00:52:22.20	00:52:53.55	+00:21:30 (41.1%)	5:14	11.5 (59.3%)
150	BORUCKI Dariusz	517		M30-39	150	00:00:26	00:15:20	00:25:51	00:38:33	00:49:16	00:52:23.45	00:52:50.00	+00:21:32 (41.1%)	5:14	11.5 (59.3%)
151	MARYNIAK Wojtek	689		M30-39	151	00:00:39	00:16:07	00:27:03	00:39:16	00:49:41	00:52:32.50	00:53:11.65	+00:21:41 (41.3%)	5:15	11.4 (58.8%)
152	ANUSZKIEWICZ Igor	53		M30-39	152	00:00:25	00:14:47	00:25:25	00:38:14	00:49:23	00:52:33.90	00:52:59.70	+00:21:42 (41.3%)	5:15	11.4 (58.8%)
153	BRZEŹNIAK Jan	893		M30-39	153	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30	00:52:34.50	00:53:10.50	+00:21:43 (41.3%)	5:15	11.4 (58.8%)
154	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	154	00:00:23	00:14:37	00:25:22	00:38:24	00:49:36	00:52:50.05	00:53:13.95	+00:21:58 (41.6%)	5:17	11.4 (58.8%)
155	STARCZEWSKI Marcin	593		M30-39	155	00:00:35	00:15:50	00:26:43	00:39:02	00:49:49	00:52:50.70	00:53:26.40	+00:21:59 (41.6%)	5:17	11.4 (58.8%)
156	DURAJ Dariusz	86	WKURW_TEAM	M30-39	156	00:00:33	00:16:06	00:27:06	00:39:30	00:50:03	00:52:56.75	00:53:30.45	+00:22:05 (41.7%)	5:17	11.3 (58.2%)
157	MALISZEWSKI Marcin	578		M30-39	157	00:00:43	00:15:39	00:25:59	00:38:40	00:49:49	00:53:12.55	00:53:56.35	+00:22:21 (42.0%)	5:19	11.3 (58.2%)
158	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	158	00:00:24	00:14:37	00:25:24	00:38:46	00:50:16	00:53:23.30	00:53:47.55	+00:22:32 (42.2%)	5:20	11.2 (57.7%)
159	MAKOWSKI Dariusz	311		M30-39	159	00:00:35	00:15:12	00:26:00	00:38:55	00:50:24	00:53:27.05	00:54:02.45	+00:22:35 (42.3%)	5:20	11.2 (57.7%)
160	HARAZIN Janusz	434	2 TM 4,7	M30-39	160	00:00:35	00:16:01	00:27:11	00:39:47	00:50:37	00:53:33.15	00:54:08.75	+00:22:41 (42.4%)	5:21	11.2 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
161	KAPUSTA Bartłomiej	178		M30-39	161	00:00:41	00:16:07	00:27:20	00:40:07	00:50:43	00:53:41.95	00:54:23.75	+00:22:50 (42.5%)	5:22	11.2 (57.7%)
162	SUTKOWSKI Marcin	690		M30-39	162	00:00:21	00:14:44	00:25:54	00:39:08	00:50:46	00:53:52.85	00:54:13.90	+00:23:01 (42.7%)	5:23	11.1 (57.2%)
163	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	163	00:00:35	00:17:15	00:28:14	00:40:46	00:51:12	00:54:12.05	00:54:47.90	+00:23:20 (43.1%)	5:25	11.1 (57.2%)
164	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	164	00:00:36	00:16:23	00:28:00	00:40:46	00:51:13	00:54:18.30	00:54:54.70	+00:23:27 (43.2%)	5:25	11 (56.7%)
165	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	165	00:00:34	00:16:01	00:27:22	00:40:10	00:51:22	00:54:24.30	00:54:58.45	+00:23:33 (43.3%)	5:26	11 (56.7%)
166	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	166	00:00:31	00:15:46	00:26:44	00:40:25	00:51:26	00:54:24.35	00:54:55.40	+00:23:33 (43.3%)	5:26	11 (56.7%)
167	HYLA Przemysław	713		M30-39	167	00:00:40	00:16:38	00:27:57	00:40:42	00:51:37	00:54:42.85	00:55:23.80	+00:23:51 (43.6%)	5:28	11 (56.7%)
168	RAPUCHA Adam	720		M30-39	168	00:00:33	00:16:11	00:27:24	00:40:13	00:51:29	00:54:44.00	00:55:17.80	+00:23:52 (43.6%)	5:28	11 (56.7%)
169	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	169	00:00:28	00:15:30	00:26:38	00:40:04	00:51:48	00:54:55.95	00:55:24.70	+00:24:04 (43.8%)	5:29	10.9 (56.2%)
170	DEJEWSKI Jakub	303	1984	M30-39	170	00:00:32	00:16:10	00:27:25	00:40:13	00:51:38	00:55:01.15	00:55:33.80	+00:24:09 (43.9%)	5:30	10.9 (56.2%)
171	SKURSKI Jakub	840		M30-39	171	00:00:28	00:15:55	00:27:03	00:40:26	00:51:50	00:55:02.15	00:55:31.00	+00:24:10 (43.9%)	5:30	10.9 (56.2%)
172	BIGOS Grzegorz	637	GRAMMI	M30-39	172	00:00:15	00:14:38	00:25:50	00:39:04	00:51:22	00:55:03.75	00:55:18.95	+00:24:12 (44.0%)	5:30	10.9 (56.2%)
173	CIEŚLIK Rafał	677		M30-39	173	00:00:43	00:16:53	00:28:27	00:41:50	00:52:44	00:55:28.90	00:56:12.25	+00:24:37 (44.4%)	5:32	10.8 (55.7%)
174	FROSZTĘGA Daniel	837		M30-39	174	00:00:27	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	+00:24:40 (44.4%)	5:33	10.8 (55.7%)
175	MALISZEWSKI Dariusz	214		M30-39	175	00:00:44	00:17:09	00:29:05	00:42:45	00:53:51	00:56:44.20	00:57:28.90	+00:25:52 (45.6%)	5:40	10.6 (54.6%)
176	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	176	00:00:29	00:16:23	00:27:31	00:41:33	00:53:25	00:56:49.90	00:57:19.80	+00:25:58 (45.7%)	5:41	10.6 (54.6%)
177	BAŃCZYK Krzysztof	71		M30-39	177	00:00:45	00:17:08	00:28:53	00:42:14	00:53:56	00:57:14.25	00:58:00.20	+00:26:22 (46.1%)	5:43	10.5 (54.1%)
178	WOWRA Robert	116		M30-39	178	00:00:50	00:17:52	00:30:04	00:43:40	00:54:52	00:57:49.00	00:58:39.10	+00:26:57 (46.6%)	5:46	10.4 (53.6%)
179	CIEŚLA Artur	769		M30-39	179	00:00:37	00:16:04	00:27:46	00:41:46	00:54:19	00:57:54.80	00:58:32.30	+00:27:03 (46.7%)	5:47	10.4 (53.6%)
180	LISZOK Przemysław	112		M30-39	180	00:00:38	00:16:59	00:29:02	00:42:58	00:54:56	00:58:19.90	00:58:58.55	+00:27:28 (47.1%)	5:50	10.3 (53.1%)
181	SŁOWIŃSKI Kamil	895		M30-39	181	00:00:36	00:17:01	00:29:04	00:43:00	00:55:04	00:58:20.25	00:58:56.75	+00:27:28 (47.1%)	5:50	10.3 (53.1%)
182	POSTUPALSKI Marcin	307		M30-39	182	00:00:49	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	+00:27:32 (47.2%)	5:50	10.3 (53.1%)
183	PASTUSZKA Marcin	841		M30-39	183	00:00:38	00:16:42	00:28:47	00:42:49	00:55:03	00:58:33.30	00:59:11.30	+00:27:42 (47.3%)	5:51	10.2 (52.6%)
184	DRĄG Rafał	287		M30-39	184	00:00:39	00:17:17	00:29:17	00:43:14	00:55:19	00:58:35.45	00:59:14.70	+00:27:44 (47.3%)	5:51	10.2 (52.6%)
185	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	185	00:00:47	00:16:37	00:28:47	00:43:02	00:55:23	00:58:47.80	00:59:35.00	+00:27:56 (47.5%)	5:52	10.2 (52.6%)
186	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	186	00:00:43	00:17:47	00:30:09	00:43:54	00:55:56	00:59:17.85	01:00:01.40	+00:28:26 (48.0%)	5:55	10.1 (52.1%)
187	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	187	00:00:43	00:17:47	00:30:10	00:43:55	00:55:56	00:59:18.25	01:00:01.80	+00:28:26 (48.0%)	5:55	10.1 (52.1%)
188	LACH Grzegorz	616	BLOOD MANTRA	M30-39	188	00:00:40	00:18:27	00:31:03	00:44:38	00:56:08	00:59:25.15	01:00:06.10	+00:28:33 (48.1%)	5:56	10.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
189	KRZYSTOLIK Damian	418		M30-39	189	00:00:47	00:18:12	00:30:48	00:45:32	00:57:58	01:01:19.05	01:02:06.45	+00:30:27 (49.7%)	6:07	9.8 (50.5%)
190	DANIŁOŚ Bartłomiej	501		M30-39	190	00:00:46	00:18:06	00:30:58	00:45:36	00:58:42	01:02:37.85	01:03:24.80	+00:31:46 (50.7%)	6:15	9.6 (49.5%)
191	JANISZEWSKI Bartosz	554		M30-39	191	00:00:42	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	+00:32:22 (51.2%)	6:19	9.5 (49.0%)
192	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	192	00:00:45	00:17:32	00:30:28	00:45:46	00:59:31	01:03:16.75	01:04:01.95	+00:32:25 (51.2%)	6:19	9.5 (49.0%)
193	WOJTKOWIAK Robert	43		M30-39	193	00:00:46	00:18:02	00:31:05	00:46:26	00:59:16	01:03:22.15	01:04:08.70	+00:32:30 (51.3%)	6:20	9.5 (49.0%)
194	WOLNY Łukasz	821		M30-39	194	00:00:30	00:19:04	00:33:10	00:48:35	01:02:26	01:05:35.80	01:06:06.35	+00:34:44 (53.0%)	6:33	9.1 (46.9%)
195	GÓRNY Mieczysław	363		M30-39	195	00:00:30	00:19:04	00:33:09	00:48:35	01:02:26	01:05:36.35	01:06:06.70	+00:34:45 (53.0%)	6:33	9.1 (46.9%)
196	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	196	00:00:40	00:21:35	00:36:45	00:53:59	01:09:23	01:13:49.85	01:14:30.75	+00:42:58 (58.2%)	7:23	8.1 (41.8%)
197	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	197	00:00:10	00:12:10	00:20:48	00:30:58	00:40:45			+00:11:31	4:20	13.8 (71.1%)
198	OPUHLIK Tomasz	377	AKTYWNAPSZCZYNA.PL	M30-39	198	00:00:09	00:11:45	00:19:57					+00:04:26	3:59	15 (77.3%)

Znaleziono 198 wynik(ów)