

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
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
1	ROP Abel Kibet	1	BENEDEK-TEAM	M30-39	00:00:02	00:09:17	00:15:30	00:22:55	00:29:14
2	LUBIENIECKI Maciej	823	1979	M30-39	00:00:02	00:09:49	00:16:41	00:24:34	00:31:29
3	DROŹDŹ Damian	398		M30-39	00:00:01	00:09:40	00:16:30	00:24:35	00:31:33
4	KOŹDOŃ Jarek	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41	00:24:40	00:31:44
5	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00	00:32:08
6	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26		00:32:42
7	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21		00:32:58
8	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26		00:33:10
9	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25		00:33:11
10	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47		00:33:29
11	GARCZARCZYK Michał	869	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52		00:34:07
12	MARCOL Sebastian	69	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10		00:34:09
13	BŁASZCZYK Dominik	832		M30-39	00:00:03	00:10:38	00:18:05		00:34:22
14	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20		00:34:26
15	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06		00:34:28
16	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11		00:34:29
17	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12		00:34:39
18	GŁOWIAK Lech	746	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48		00:34:39
19	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22		00:34:40
20	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20		00:34:52
21	KLINIK Paweł	321	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23		00:34:54
22	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19		00:34:58
23	DZIĘGIEŁOWSKI Paweł	883	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29		00:35:09
24	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNI DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34		00:35:11
25	KULESZA Łukasz	678		M30-39	00:00:02	00:10:52	00:18:37		00:35:18
26	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26		00:35:28
27	KAPELA Marcin	843		M30-39	00:00:05	00:10:57	00:18:46		00:35:40
28	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11		00:35:46
29	JĘDROS Przemysław	630	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58		00:35:49
30	ZOSTAWA Robert	577	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05		00:36:02

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	HATALA Paweł	445		M30-39	00:00:05	00:11:11	00:19:11	00:28:25	00:36:20
32	OREŁ Przemysław	694	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26		00:36:21
33	NOWAK Piotr	129	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19		00:36:32
34	KARACZAN Marcin	824		M30-39	00:00:06	00:11:17	00:19:16		00:36:39
35	NOGA Krystian	84	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07	00:28:32	00:36:41
36	TOKAREWICZ Damian	179	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40	00:29:00	00:36:58
37	DZIUBAŃSKI Grzegorz	729	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37	00:28:54	00:36:59
38	JĘDRUSIAK Przemysław	648		M30-39	00:00:09	00:11:45	00:19:57	00:29:12	00:37:16
39	ŻERDKA Michał	475	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56	00:29:13	00:37:17
40	WOLNY Ariel	183		M30-39	00:00:09	00:11:41	00:19:51	00:29:09	00:37:25
41	KYRCZ Mirosław	378	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46	00:29:19	00:37:35
42	TŁOŁKA Michał	411		M30-39	00:00:09	00:11:49	00:20:05	00:29:34	00:37:54
43	MAROSZEK Szymon	153		M30-39	00:00:11	00:11:41	00:19:51	00:29:27	00:38:04
44	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56	00:29:42	00:38:13
45	OPUCHLIK Roman	642		M30-39	00:00:09	00:12:00	00:20:23	00:30:02	00:38:24
46	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32	00:30:20	00:38:50
47	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01	00:30:05	00:38:54
48	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16	00:30:15	00:38:55
49	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41	00:30:33	00:38:55
50	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13	00:30:28	00:39:26
51	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01	00:30:48	00:39:27
52	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17	00:30:39	00:39:38
53	OGIEGŁO Łukasz	659		M30-39	00:00:05	00:11:59	00:20:43	00:30:53	00:39:41
54	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24	00:30:46	00:39:43
55	PRÓSZYŃSKI Sławomir	298		M30-39	00:00:13	00:12:29	00:21:18	00:31:07	00:39:43
56	GADAJ Grzegorz	562		M30-39	00:00:09	00:12:00	00:20:47	00:31:06	00:40:03
57	WIECZOREK Tomasz	154	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51	00:31:07	00:40:03
58	LORANC Paweł	793	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24	00:31:33	00:40:22
59	CHYBIORZ Marek	582		M30-39	00:00:18	00:12:47	00:21:43	00:31:48	00:40:23
60	LILLA Piotr	580	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28	00:40:38
61	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48	00:30:58	00:40:45
62	BAC Michał	555		M30-39	00:00:15	00:12:55	00:21:51	00:32:06	00:40:51
63	SOJKA Piotr	380	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57	00:32:14	00:41:03
64	STUCHLIK Marek	376	AKTYWNA PSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02	00:32:23	00:41:11
65	CZAPOROWSKI Tomasz	222		M30-39	00:00:10	00:12:24	00:21:21	00:32:02	00:41:17
66	MAŁECKI Jacek	462		M30-39	00:00:12	00:12:43	00:21:43	00:32:20	00:41:18
67	MRÓZEK Rafał	621	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22	00:32:17	00:41:21
68	BIELA Rafał	595		M30-39	00:00:10	00:12:50	00:21:54	00:32:15	00:41:21
69	KANCLERZ Tomasz	708		M30-39	00:00:17	00:12:46	00:21:50	00:32:18	00:41:30
70	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28	00:41:32
71	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49	00:32:26	00:41:33
72	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31	00:32:20	00:41:35
73	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10	00:32:43	00:41:44
74	DUDZIK Sebastian	383		M30-39	00:00:14	00:12:28	00:21:20	00:32:19	00:41:46
75	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53	00:32:31	00:41:46

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
76	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54	00:32:36	00:41:50
77	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15	00:32:54	00:41:55
78	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55	00:32:36	00:41:57
79	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53	00:32:42	00:42:04
80	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50	00:32:37	00:42:14
81	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04	00:42:17
82	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11	00:32:57	00:42:18
83	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58	00:32:48	00:42:23
84	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43	00:32:39	00:42:23
85	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43	00:32:35	00:42:26
86	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56	00:32:57	00:42:31
87	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02	00:33:11	00:42:43
88	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21	00:33:10	00:42:45
89	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09	00:33:19	00:42:47
90	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12	00:33:14	00:42:50
91	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02	00:33:55	00:42:59
92	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28	00:33:38	00:43:08
93	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27	00:33:48	00:43:19
94	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41	00:33:50	00:43:24
95	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25	00:33:37	00:43:25
96	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21	00:43:26
97	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03	00:43:34
98	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12	00:34:11	00:43:35
99	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40	00:34:22	00:43:35
100	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55	00:43:36
101	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59	00:34:00	00:43:39
102	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55	00:34:13	00:43:47
103	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38	00:43:52
104	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36	00:33:59	00:43:54
105	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11	00:34:19	00:43:56
106	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51	00:34:15	00:44:15
107	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25	00:34:34	00:44:19
108	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38	00:34:37	00:44:21
109	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48	00:44:26
110	BĄKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47	00:44:29
111	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18	00:35:26	00:44:30
112	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01	00:34:40	00:44:32
113	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42	00:35:54	00:45:04
114	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47	00:35:11	00:45:09
115	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40	00:35:24	00:45:13
116	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20	00:35:48	00:45:20
117	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13	00:35:36	00:45:23
118	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06	00:45:23
119	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52	00:45:37
120	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48	00:45:39

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
121	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59	00:45:46
122	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02	00:45:46
123	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47	00:36:13	00:45:48
124	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13	00:35:29	00:45:49
125	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23	00:35:56	00:45:57
126	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20	00:35:56	00:46:09
127	WIERCIOCH Tomasz	131		M30-39	00:00:24	00:14:35	00:24:41	00:36:17	00:46:09
128	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49	00:46:16
129	BOTOREK Michał	742		M30-39	00:00:24	00:14:39	00:24:51	00:36:24	00:46:16
130	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19	00:46:21
131	JUSZCZAK Grzegorz	715		M30-39	00:00:25	00:14:37	00:24:37	00:36:23	00:46:32
132	KAMYCZEK Adam	300		M30-39	00:00:22	00:14:10	00:24:25	00:36:26	00:46:42
133	CYGANIK Piotr	465	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51	00:36:38	00:46:52
134	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56	00:37:03	00:47:04
135	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29	00:36:42	00:47:10
136	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15	00:36:34	00:47:33
137	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17	00:37:11	00:47:38
138	FURMANIUK Artur	773		M30-39	00:00:18	00:13:50	00:24:15	00:36:42	00:47:42
139	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10	00:38:29	00:48:21
140	JASZCZYK Łukasz	760		M30-39	00:00:33	00:16:04	00:26:39	00:38:15	00:48:22
141	JAWORSKI Mateusz	514		M30-39	00:00:30	00:14:33	00:25:02	00:37:34	00:48:42
142	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53	00:48:56
143	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57	00:38:26	00:49:00
144	MAZUR Arkadiusz	569		M30-39	00:00:27	00:15:53	00:26:35	00:38:43	00:49:12
145	JANKO Kamil	743		M30-39	00:00:27	00:15:43	00:26:20	00:38:42	00:49:13
146	BORUCKI Dariusz	517		M30-39	00:00:26	00:15:20	00:25:51	00:38:33	00:49:16
147	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25	00:38:14	00:49:23
148	LANDZIŃSKI Jacek	471		M30-39	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30
149	BRZEŹNIAK Jan	893		M30-39	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30
150	RZEŚITA Damian	780		M30-39	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30
151	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22	00:38:24	00:49:36
152	MARYNIAK Wojtek	689		M30-39	00:00:39	00:16:07	00:27:03	00:39:16	00:49:41
153	STARCZEWSKI Marcin	593		M30-39	00:00:35	00:15:50	00:26:43	00:39:02	00:49:49
154	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59	00:38:40	00:49:49
155	DURAJ Dariusz	86	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06	00:39:30	00:50:03
156	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24	00:38:46	00:50:16
157	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55	00:50:24
158	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11	00:39:47	00:50:37
159	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07	00:50:43
160	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54	00:39:08	00:50:46
161	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46	00:51:12
162	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00	00:40:46	00:51:13
163	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50	00:39:04	00:51:22
164	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10	00:51:22
165	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44	00:40:25	00:51:26

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
166	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24	00:40:13	00:51:29
167	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57	00:40:42	00:51:37
168	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13	00:51:38
169	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38	00:40:04	00:51:48
170	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26	00:51:50
171	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:07
172	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27	00:41:50	00:52:44
173	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33	00:53:25
174	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45	00:53:51
175	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53	00:42:14	00:53:56
176	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46	00:54:19
177	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40	00:54:52
178	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58	00:54:56
179	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47	00:42:49	00:55:03
180	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04	00:43:00	00:55:04
181	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22	00:55:09
182	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17	00:43:14	00:55:19
183	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47	00:43:02	00:55:23
184	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54	00:55:56
185	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55	00:55:56
186	LACH Grzegorz	616	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03	00:44:38	00:56:08
187	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48	00:45:32	00:57:58
188	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58	00:45:36	00:58:42
189	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05	00:46:26	00:59:16
190	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28	00:45:46	00:59:31
191	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05	00:47:18	00:59:34
192	GÓRNY Mieczysław	363		M30-39	00:00:30	00:19:04	00:33:09	00:48:35	01:02:26
193	WOLNY Łukasz	821		M30-39	00:00:30	00:19:04	00:33:10	00:48:35	01:02:26
194	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45	00:53:59	01:09:23
195	OLBRICH Artur	318		M30-39	00:00:05	00:11:47	00:37:03		
196	OPUCHLIK Tomasz	377	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57		
197	FURMAN Dawid	686	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44		
198	PODKOWIK Marcin	329		M30-39	00:00:18	00:12:47	00:21:57		

Znaleziono 198 wynik(ów)