



Organizator:

Data:

Miejsce:

Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2022-09-17

Jastrzębie-Zdrój

10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

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INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WÓJCIK Tomasz	38	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1	Aktywna Pszczyzna Runners Team	00:00:00	00:09:14	00:16:02	00:23:23	00:30:27	00:32:24.30	00:32:25.10		3:14	18.5 (100%)
2	LYSKO Jakub	24	WKB META LUBLINIEC	M30-39	2		00:00:01	00:09:38	00:16:54	00:24:13	00:31:31	00:33:29.15	00:33:30.20	+00:01:04 (3.2%)	3:20	17.9 (96.8%)
3	RUDZINSKI Jacek	45		M30-39	3		00:00:00	00:09:40	00:16:57	00:24:28	00:31:43	00:33:43.15	00:33:43.35	+00:01:18 (3.9%)	3:22	17.8 (96.2%)
4	MARCOL Sebastian	9	INŻYNIERIA BIEGANIA	M30-39	4	Inżynieria biegania	00:00:00	00:09:48	00:17:15	00:24:55	00:32:21	00:34:22.75	00:34:23.70	+00:01:58 (5.7%)	3:26	17.5 (94.6%)
5	SZYMULA Michał	23		M30-39	5		00:00:02	00:10:08	00:17:48	00:25:41	00:33:22	00:35:33.55	00:35:36.35	+00:03:09 (8.9%)	3:33	16.9 (91.4%)
6	PORĘBA Grzegorz	21	EVENTYR	M30-39	6		00:00:01	00:10:04	00:17:46	00:25:50	00:33:44	00:35:53.85	00:35:55.10	+00:03:29 (9.7%)	3:35	16.7 (90.3%)
7	STARZYCKI Przemysław	34	KB MCKIS JAWORZNO / NOWAK-TEAM	M30-39	7	Nowak-Team	00:00:02	00:10:13	00:17:56	00:26:04	00:33:58	00:36:08.05	00:36:10.05	+00:03:43 (10.3%)	3:36	16.6 (89.7%)
8	GOŚCINIEWICZ Paweł	60		M30-39	8		00:00:02	00:10:29	00:18:24	00:26:35	00:34:28	00:36:38.55	00:36:40.55	+00:04:14 (11.6%)	3:39	16.4 (88.6%)
9	OSETEK Paweł	72	RADLINIOKI W BIEGU	M30-39	9	Radlinioki w biegu	00:00:01	00:10:16	00:18:08	00:26:26	00:34:31	00:36:43.50	00:36:45.05	+00:04:19 (11.8%)	3:40	16.3 (88.1%)
10	MOSKWA Sławomir	18	ZADYSZKA OŚWIĘCIM	M30-39	10	Zadzyszka Oświęcim	00:00:01	00:10:36	00:18:36	00:26:50	00:34:42	00:36:45.65	00:36:47.55	+00:04:21 (11.8%)	3:40	16.3 (88.1%)
11	ZYGMA Kordian	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	11		00:00:01	00:10:05	00:17:58	00:26:24	00:34:43	00:36:58.50	00:37:00.40	+00:04:34 (12.4%)	3:41	16.2 (87.6%)
12	JARCZOK Miłosz	25	MKS CZECHOWICE DZIEDZICE	M30-39	12		00:00:02	00:10:44	00:18:52	00:27:19	00:35:18	00:37:28.60	00:37:31.40	+00:05:04 (13.5%)	3:44	16 (86.5%)
13	STEC Łukasz	16	SKL SUCHA BESKIDZKA	M30-39	13		00:00:01	00:10:45	00:18:54	00:27:20	00:35:26	00:37:39.30	00:37:40.60	+00:05:15 (13.9%)	3:45	15.9 (85.9%)
14	KRĘCICHWOST Kamil	121		M30-39	14		00:00:02	00:10:38	00:19:00	00:27:49	00:36:23	00:38:39.85	00:38:42.50	+00:06:15 (16.2%)	3:51	15.5 (83.8%)
15	KNOPEK Bartłomiej	46		M30-39	15		00:00:00		00:36:19			00:38:43.00	00:38:43.00	+00:06:18 (16.3%)	3:52	15.5 (83.8%)
16	DUŻNIAK Dominik	19	STEP-DANCE	M30-39	16		00:00:01	00:10:43	00:19:07	00:28:00	00:36:39	00:39:01.80	00:39:03.40	+00:06:37 (17.0%)	3:54	15.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	NALEPKA Adam	65	KLUB BIEGACZA FARTLEK	M30-39	17	Klub Biegacza Fartlek	00:00:10	00:11:06	00:19:30	00:28:20	00:36:47	00:39:05.65	00:39:16.05	+00:06:41 (17.1%)	3:54	15.4 (83.2%)
18	MATERNA Mateusz	118	AHC	M30-39	18		00:00:03	00:11:22	00:19:47	00:28:29	00:36:56	00:39:20.05	00:39:23.55	+00:06:55 (17.6%)	3:56	15.3 (82.7%)
19	WRÓBEL Michał	133	FIT LAMKA TEAM	M30-39	19		00:00:02	00:11:16	00:19:49	00:28:38	00:37:06	00:39:21.75	00:39:23.95	+00:06:57 (17.7%)	3:56	15.2 (82.2%)
20	KRETEK Łukasz	130		M30-39	20		00:00:01	00:11:10	00:19:35	00:28:26	00:37:04	00:39:25.90	00:39:27.20	+00:07:01 (17.8%)	3:56	15.2 (82.2%)
21	SZAŁĄŚNY Piotr	56	TESTYOUTDOOROWE.PL	M30-39	21		00:00:04	00:11:29	00:20:04	00:28:57	00:37:25	00:39:36.00	00:39:40.55	+00:07:11 (18.2%)	3:57	15.2 (82.2%)
22	WIECZOREK Maciej	108	ZADYSZKA OŚWIĘCIM	M30-39	22	Zadyszka Oświęcim	00:00:03	00:11:11	00:19:47	00:28:47	00:37:27	00:39:46.40	00:39:49.70	+00:07:22 (18.5%)	3:58	15.1 (81.6%)
23	SMYCZEK Bartosz	203	KILOMETROŻERCA	M30-39	23		00:00:04	00:10:49	00:19:16	00:28:42	00:37:21	00:39:48.35	00:39:52.40	+00:07:24 (18.6%)	3:58	15.1 (81.6%)
24	NIEBRZYDOWSKI Łukasz	50	NESSI TIME ŻORY	M30-39	24	Nessi Time Żory	00:00:01	00:11:07	00:19:42	00:28:45	00:37:28	00:39:48.50	00:39:50.30	+00:07:24 (18.6%)	3:58	15.1 (81.6%)
25	BIAŁY Kamil	79	FAST FOOT TEAM SIEWIERZ	M30-39	25		00:00:04	00:11:19	00:19:54	00:28:50	00:37:30	00:39:52.65	00:39:56.65	+00:07:28 (18.7%)	3:59	15.1 (81.6%)
26	KEMPA Piotr	76		M30-39	26		00:00:02	00:11:20	00:19:54	00:28:54	00:37:38	00:39:56.60	00:39:58.80	+00:07:32 (18.9%)	3:59	15 (81.1%)
27	WRZECIONKOWSKI Adrian	105	TYSKIE DELFINY	M30-39	27		00:00:04	00:11:23	00:20:03	00:29:02	00:37:46	00:40:11.60	00:40:15.85	+00:07:47 (19.4%)	4:01	14.9 (80.5%)
28	NOWICKI Tomasz	86	KLUB BIEGACZA FARTLEK	M30-39	28	Klub Biegacza Fartlek	00:00:06	00:11:34	00:20:19	00:29:23	00:38:10	00:40:29.35	00:40:36.30	+00:08:05 (20.0%)	4:02	14.8 (80.0%)
29	MRÓZEK Rafał	83	TEAM KOPEĆ	M30-39	29		00:00:02	00:11:05	00:19:55	00:29:11	00:38:15	00:40:38.00	00:40:40.05	+00:08:13 (20.3%)	4:03	14.8 (80.0%)
30	TŁOŁKA Michał	58		M30-39	30		00:00:05	00:11:26	00:20:10	00:29:18	00:38:17	00:40:46.65	00:40:52.55	+00:08:22 (20.5%)	4:04	14.7 (79.5%)
31	KUŚ Dawid	49	POLSKA GRUPA GÓRNICZA	M30-39	31		00:00:00	00:11:11	00:19:56	00:29:09	00:38:18	00:40:49.10	00:40:49.90	+00:08:24 (20.6%)	4:04	14.7 (79.5%)
32	ADAMSKI Robert	53	BRYKAJĄCA GRUPA BIEGOWA	M30-39	32	Brykająca Grupa Biegowa	00:00:04	00:11:34	00:20:19	00:29:31	00:38:26	00:40:51.85	00:40:55.95	+00:08:27 (20.7%)	4:05	14.7 (79.5%)
33	HORZELA Adam	93	HURAGAN LIGOTA	M30-39	33		00:00:06	00:11:52	00:20:50	00:30:01	00:39:07	00:41:36.60	00:41:42.85	+00:09:12 (22.1%)	4:09	14.4 (77.8%)
34	HEJNA Michał	188	KS M.E.T.A.	M30-39	34		00:00:07	00:12:27	00:21:45	00:31:14	00:40:19	00:42:45.70	00:42:52.75	+00:10:21 (24.2%)	4:16	14 (75.7%)
35	RAJWA Jan	143	BZIEGACZE	M30-39	35	Bziegacze	00:00:04	00:12:23	00:21:44	00:31:27	00:40:52	00:43:23.50	00:43:27.95	+00:10:59 (25.3%)	4:20	13.8 (74.6%)
36	MAŁECKI Jacek	214		M30-39	36		00:00:12	00:12:43	00:21:43	00:31:29	00:40:58	00:43:28.85	00:43:41.35	+00:11:04 (25.5%)	4:20	13.8 (74.6%)
37	URBAN Patryk	123		M30-39	37		00:00:03	00:11:51	00:21:23	00:31:23	00:41:11	00:43:44.50	00:43:47.95	+00:11:20 (25.9%)	4:22	13.7 (74.1%)
38	WRÓBEL Ryszard	185		M30-39	38		00:00:05	00:12:08	00:21:42	00:31:39	00:41:26	00:44:03.50	00:44:09.00	+00:11:39 (26.4%)	4:24	13.6 (73.5%)
39	GANCARCZYK Adam	181	BIEGOWE WARIATY	M30-39	39		00:00:04	00:12:10	00:21:49	00:31:58	00:41:52	00:44:26.35	00:44:30.70	+00:12:02 (27.1%)	4:26	13.5 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	2.9km	5km	7.3km	9.4km					
40	GÓRAL Stanisław	268		M30-39	40		00:00:11	00:12:52	00:22:44	00:32:36	00:42:07	00:44:49.90	00:45:00.90	+00:12:25 (27.7%)	4:28	13.4 (72.4%)
41	RAJWA Roman	57	TL ATHLETICS JASTRZĘBIE	M30-39	41	TL Athletics Jastrzębie	00:00:04	00:11:53	00:21:35	00:32:00	00:42:17	00:44:58.65	00:45:02.65	+00:12:34 (28.0%)	4:29	13.3 (71.9%)
42	KUBOŃ Mateusz	435	STUDIO ENERGIA TEAM RYBNIK	M30-39	42	Studio Energia Team Rybnik	00:00:03	00:12:10	00:21:53	00:32:17	00:42:33	00:45:16.95	00:45:20.60	+00:12:52 (28.4%)	4:31	13.3 (71.9%)
43	HENCZKO Karol	369	AKTYWNIE NAKRĘCENI	M30-39	43		00:00:16	00:13:07	00:22:52	00:33:11	00:43:02	00:45:42.65	00:45:58.65	+00:13:18 (29.1%)	4:34	13.1 (70.8%)
44	DĄBROWSKI Marcin	420		M30-39	44		00:00:04	00:13:12	00:23:18	00:33:35	00:43:17	00:45:46.05	00:45:50.05	+00:13:21 (29.2%)	4:34	13.1 (70.8%)
45	DRÓZDŹ Marcin	300		M30-39	45		00:00:13	00:12:28	00:22:35	00:33:05	00:43:09	00:45:48.10	00:46:01.25	+00:13:23 (29.2%)	4:34	13.1 (70.8%)
46	BAKOWSKI Michał	235	YNOULTRA	M30-39	46		00:00:17	00:12:50	00:22:44	00:33:13	00:43:21	00:46:08.35	00:46:26.15	+00:13:44 (29.8%)	4:36	13 (70.3%)
47	RATKA-MATEJKO Marcin	174		M30-39	47		00:00:05	00:12:16	00:22:17	00:32:55	00:43:16	00:46:10.20	00:46:15.55	+00:13:45 (29.8%)	4:37	13 (70.3%)
48	BALICKI Piotr	332	WSPÓLNA TEAM	M30-39	48		00:00:14	00:13:13	00:23:07	00:33:34	00:43:31	00:46:18.05	00:46:32.30	+00:13:53 (30.0%)	4:37	13 (70.3%)
49	MALIK Rafał	63	AMATOR	M30-39	49		00:00:06	00:12:37	00:22:30	00:33:10	00:43:44	00:46:27.45	00:46:34.10	+00:14:03 (30.2%)	4:38	12.9 (69.7%)
50	PIETRASZ Krzysztof	221		M30-39	50		00:00:10	00:13:20	00:23:40	00:34:14	00:43:58	00:46:31.15	00:46:41.85	+00:14:06 (30.3%)	4:39	12.9 (69.7%)
51	CEGLARSKI Adrian	165	JEJKOWICE BIEGAJĄ	M30-39	51	Jejkowice Biegają	00:00:06	00:13:17	00:23:21	00:34:00	00:44:06	00:46:43.80	00:46:50.05	+00:14:19 (30.7%)	4:40	12.8 (69.2%)
52	TUPAJ Jarosław	299	AKTYWNI RYDUŁTOWY	M30-39	52		00:00:11	00:13:14	00:23:06	00:33:58	00:44:11	00:47:00.40	00:47:12.20	+00:14:36 (31.1%)	4:42	12.8 (69.2%)
52	WUWER Łukasz	303		M30-39	53		00:00:17	00:13:33	00:23:36	00:34:22	00:44:18	00:47:00.40	00:47:17.80	+00:14:36 (31.1%)	4:42	12.8 (69.2%)
54	CHROBOK Michał	325		M30-39	54		00:00:09	00:13:22	00:23:42	00:34:27	00:44:53	00:47:39.90	00:47:49.60	+00:15:15 (32.0%)	4:45	12.6 (68.1%)
55	CISOWSKI Kamil	288	PREZESA	M30-39	55		00:00:08	00:13:35	00:24:08	00:34:51	00:45:11	00:47:47.20	00:47:55.45	+00:15:22 (32.2%)	4:46	12.6 (68.1%)
56	HARAZIN Janusz	178	2 TM 4,7	M30-39	56		00:00:09	00:13:54	00:24:17	00:35:06	00:45:28	00:48:17.40	00:48:26.60	+00:15:53 (32.9%)	4:49	12.4 (67.0%)
57	WIELOPOLSKI Łukasz	159		M30-39	57		00:00:12	00:14:04	00:24:47	00:35:41	00:46:09	00:48:52.20	00:49:05.00	+00:16:27 (33.7%)	4:53	12.3 (66.5%)
58	SŁOWIŃSKI Dawid	286		M30-39	58		00:00:14	00:14:01	00:24:39	00:35:33	00:46:07	00:48:58.10	00:49:12.15	+00:16:33 (33.8%)	4:53	12.3 (66.5%)
59	HAJSKI Kamil	391		M30-39	59		00:00:10	00:14:15	00:24:58	00:35:51	00:46:21	00:49:06.90	00:49:17.75	+00:16:42 (34.0%)	4:54	12.2 (65.9%)
60	KOZIK Marcin	305	DELOITTE ADVENTURE TEAM	M30-39	60		00:00:15	00:14:19	00:25:14	00:36:10	00:46:30	00:49:12.40	00:49:28.00	+00:16:48 (34.1%)	4:55	12.2 (65.9%)
61	FIEROCH Karol	367		M30-39	61		00:00:18	00:14:22	00:24:52	00:36:04	00:46:32	00:49:23.30	00:49:42.20	+00:16:59 (34.4%)	4:56	12.1 (65.4%)
62	WOŹNIAK Przemysław	253		M30-39	62		00:00:19	00:14:53	00:25:50	00:36:48	00:47:03	00:49:30.55	00:49:49.80	+00:17:06 (34.5%)	4:57	12.1 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	2.9km	5km	7.3km	9.4km					
63	SOBEL Adrian	230		M30-39	63		00:00:17	00:14:09	00:24:37	00:36:03	00:46:54	00:49:40.75	00:49:58.10	+00:17:16 (34.8%)	4:58	12.1 (65.4%)
64	GURGOŃ Marcin	415		M30-39	64		00:00:15	00:13:19	00:24:16	00:35:44	00:47:00	00:49:55.15	00:50:10.25	+00:17:30 (35.1%)	4:59	12 (64.9%)
65	KAPUSTA Bartłomiej	421		M30-39	65		00:00:00					00:50:03.00	00:50:03.00	+00:17:38 (35.3%)	5:00	12 (64.9%)
66	SPYRKA Piotr	229	KLUB BIEGACZA FARTLEK	M30-39	66	Klub Biegacza Fartlek	00:00:23	00:14:40	00:25:51	00:36:49	00:47:18	00:50:04.35	00:50:27.70	+00:17:40 (35.3%)	5:00	12 (64.9%)
67	WINCIERZ Sławomir	263		M30-39	67		00:00:11	00:14:03	00:24:57	00:36:09	00:47:12	00:50:07.85	00:50:19.75	+00:17:43 (35.4%)	5:00	12 (64.9%)
68	GOŁAWSKI Łukasz	592	OPEL FIJAŁKOWSKI	M30-39	68		00:00:16	00:14:00	00:24:49	00:36:18	00:47:15	00:50:15.95	00:50:32.80	+00:17:51 (35.5%)	5:01	11.9 (64.3%)
69	STARCZEWSKI Marcin	247		M30-39	69		00:00:09	00:14:15	00:25:09	00:36:28	00:47:52	00:51:01.90	00:51:11.65	+00:18:37 (36.5%)	5:06	11.8 (63.8%)
70	BOBER Wojciech	394	PIERUNSKIE CANGÓRY	M30-39	70	PieRUNskie CanGóry	00:00:06	00:14:12	00:25:11	00:37:03	00:48:28	00:51:09.35	00:51:15.60	+00:18:45 (36.7%)	5:06	11.7 (63.2%)
71	BRÓZDA Tomasz	307	MDM NT TEAM	M30-39	71	MDM NT TEAM	00:00:15	00:14:14	00:24:54	00:36:30	00:48:22	00:51:26.20	00:51:42.00	+00:19:01 (37.0%)	5:08	11.7 (63.2%)
72	KRAJCARZ Tomasz	432		M30-39	72		00:00:12	00:14:26	00:25:35	00:37:34	00:48:40	00:51:33.05	00:51:45.55	+00:19:08 (37.1%)	5:09	11.6 (62.7%)
73	MARCZYNSKI Sebastian	213	BEACHVOLLEYBALL	M30-39	73		00:00:10	00:14:01	00:25:21	00:37:15	00:48:31	00:51:37.60	00:51:47.70	+00:19:13 (37.2%)	5:09	11.6 (62.7%)
74	PIDANTY Łukasz	264		M30-39	74		00:00:12	00:15:13	00:26:48	00:38:36	00:49:47	00:52:42.85	00:52:55.15	+00:20:18 (38.5%)	5:16	11.4 (61.6%)
75	MROWCZYK Michał	210		M30-39	75		00:00:09	00:14:41	00:26:00	00:38:00	00:49:57	00:52:57.50	00:53:06.80	+00:20:33 (38.8%)	5:17	11.3 (61.1%)
76	BARAN Dawid	364	DO PORZYGU OCR TEAM	M30-39	76		00:00:18	00:15:27	00:27:05	00:38:53	00:50:17	00:53:15.00	00:53:33.05	+00:20:50 (39.1%)	5:19	11.3 (61.1%)
77	BIEDA Piotr	277	RUNNERS TEAM NYSA	M30-39	77		00:00:09	00:15:20	00:26:51	00:38:59	00:50:31	00:53:29.70	00:53:39.45	+00:21:05 (39.4%)	5:20	11.2 (60.5%)
78	BAJKACZ Krzysztof	429		M30-39	78		00:00:05	00:14:19	00:25:49	00:38:24	00:50:39	00:53:45.80	00:53:51.50	+00:21:21 (39.7%)	5:22	11.2 (60.5%)
79	DEJEWSKI Jakub	402	GB GALOPUJĄCE ŚLIMAKI	M30-39	79	Galopujące Ślimaki	00:00:19	00:15:46	00:27:47	00:39:45	00:51:20	00:54:01.65	00:54:20.95	+00:21:37 (40.0%)	5:24	11.1 (60.0%)
80	GODEK Grzegorz	317		M30-39	80		00:00:09	00:16:04	00:28:29	00:41:12	00:52:04	00:54:57.65	00:55:06.70	+00:22:33 (41.0%)	5:29	10.9 (58.9%)
81	JOCHLIK Szymon	191		M30-39	81		00:00:16	00:15:22	00:27:31	00:40:15	00:52:24	00:55:30.90	00:55:47.30	+00:23:06 (41.6%)	5:33	10.8 (58.4%)
82	WISKULSKI Mateusz	483		M30-39	82		00:00:16	00:15:50	00:27:47	00:40:31	00:52:53	00:56:19.00	00:56:35.60	+00:23:54 (42.5%)	5:37	10.7 (57.8%)
83	URBAŃSKI Tomasz	482	MTB KYNDRA KLUB	M30-39	83		00:00:16	00:16:16	00:28:29	00:41:30	00:53:30	00:56:28.55	00:56:45.35	+00:24:04 (42.6%)	5:38	10.6 (57.3%)
84	SZCZEPANIK Piotr	353	KLUB BIEGACZA FARTLEK	M30-39	84	Klub Biegacza Fartlek	00:00:14	00:16:55	00:29:16	00:41:36	00:53:32	00:56:28.75	00:56:43.60	+00:24:04 (42.6%)	5:38	10.6 (57.3%)
85	MALISZEWSKI Dariusz	352		M30-39	85		00:00:07	00:15:25	00:28:02	00:41:23	00:53:54	00:57:09.25	00:57:16.85	+00:24:44 (43.3%)	5:42	10.5 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
86	PODLEŚNY Michał	438	STUDIO ENERGIA TEAM RYBNIK	M30-39	86	Studio Energia Team Rybnik	00:00:04	00:14:15	00:25:57	00:39:20	00:52:59	00:57:17.65	00:57:21.70	+00:24:53 (43.4%)	5:43	10.5 (56.8%)
87	CIEŚLA Artur	388		M30-39	87		00:00:19	00:16:10	00:28:43	00:41:56	00:54:24	00:57:28.10	00:57:47.90	+00:25:03 (43.6%)	5:44	10.4 (56.2%)
88	SWACHTA Konrad	564	KANAPOWCY	M30-39	88		00:00:20	00:16:24	00:28:48	00:41:47	00:54:24	00:57:53.30	00:58:13.35	+00:25:29 (44.0%)	5:47	10.4 (56.2%)
89	PALA Mariusz	301	KOKO DŻAMBO I DO PRZODU	M30-39	89		00:00:09	00:15:17	00:27:38	00:41:19	00:54:42	00:58:11.55	00:58:20.85	+00:25:47 (44.3%)	5:49	10.3 (55.7%)
90	GRABALSKI Marcin	513		M30-39	90		00:00:13	00:15:51	00:28:21	00:42:03	00:55:15	00:58:43.30	00:58:56.75	+00:26:19 (44.8%)	5:52	10.2 (55.1%)
91	WŁODARSKI Dariusz	579		M30-39	91		00:00:15	00:15:53	00:29:13	00:43:00	00:55:32	00:59:05.25	00:59:20.25	+00:26:40 (45.2%)	5:54	10.2 (55.1%)
92	MATIOSZEK Patryk	510		M30-39	92		00:00:08	00:17:16	00:30:25	00:44:29	00:56:46	00:59:37.80	00:59:45.90	+00:27:13 (45.7%)	5:57	10.1 (54.6%)
93	MARYNIOK Patryk	492		M30-39	93		00:00:17	00:16:48	00:30:10	00:44:28	00:58:46	01:02:28.00	01:02:45.05	+00:30:03 (48.1%)	6:14	9.6 (51.9%)
94	WOWRA Robert	559		M30-39	94		00:00:22	00:17:37	00:31:03	00:45:12	00:59:05	01:02:36.20	01:02:58.95	+00:30:11 (48.2%)	6:15	9.6 (51.9%)
95	WARDACH Tomasz	280		M30-39	95		00:00:13	00:17:01	00:30:33	00:44:53	00:58:59	01:02:36.65	01:02:50.25	+00:30:12 (48.2%)	6:15	9.6 (51.9%)
96	CHRAŚCINA Rafał	554		M30-39	96		00:00:22	00:18:12	00:31:34	00:45:39	00:59:03	01:02:42.70	01:03:05.10	+00:30:18 (48.3%)	6:16	9.6 (51.9%)
97	MAKOWSKI Grzegorz	348		M30-39	97		00:00:16	00:16:05	00:29:36	00:44:45	00:59:16	01:03:11.35	01:03:27.65	+00:30:47 (48.7%)	6:19	9.5 (51.4%)
98	MARON Tomasz	231	TL ATHLETICS JASTRZĘBIE	M30-39	98	TL Athletics Jastrzębie	00:00:15	00:18:16	00:31:56	00:47:11	01:01:35	01:05:16.05	01:05:31.55	+00:32:51 (50.4%)	6:31	9.2 (49.7%)
99	ŚWIERZYŃSKI Ariel	527		M30-39	99		00:00:17	00:20:03	00:35:00	00:51:41	01:07:21	01:11:25.55	01:11:43.10	+00:39:01 (54.6%)	7:08	8.4 (45.4%)
100	GOLUCH Robert	97	INŻYNIERIA BIEGANIA	M30-39	100		00:00:04	00:11:32	00:20:20	00:29:39				+00:06:16	4:03	14.8 (80.0%)

Znaleziono 100 wynik(ów)