

# 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**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

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	<b>BULIK Witold</b>	<b>647</b>	PKS OLIMPIJCZYK GILOWICE	M40-49	1	00:00:01	00:09:52	00:16:49	00:25:08	00:32:31	<b>00:34:38.05</b>	<b>00:34:39.60</b>		3:27	17.3 (100%)
2	<b>ZIELONKA Robert</b>	<b>758</b>	MOTOMASTER	M40-49	2	00:00:02	00:10:14	00:17:30		00:33:25	<b>00:35:29.50</b>	<b>00:35:31.50</b>	+00:00:51 (2.4%)	3:32	16.9 (97.7%)
3	<b>SEWERYN Jacek</b>	<b>814</b>		M40-49	3	00:00:02	00:10:15	00:17:41		00:34:04	<b>00:36:13.70</b>	<b>00:36:16.65</b>	+00:01:35 (4.4%)	3:37	16.6 (96.0%)
4	<b>RĘBISZ Mariusz</b>	<b>795</b>		M40-49	4	00:00:03	00:10:41	00:18:16		00:35:04	<b>00:37:21.10</b>	<b>00:37:24.65</b>	+00:02:43 (7.3%)	3:44	16.1 (93.1%)
5	<b>GRZYWACZ Marcin</b>	<b>173</b>	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	5	00:00:03	00:10:46	00:18:28		00:35:13	<b>00:37:28.00</b>	<b>00:37:31.80</b>	+00:02:49 (7.6%)	3:44	16 (92.5%)
6	<b>KOKOT Krzysztof</b>	<b>748</b>	NIEWYBIEGANI	M40-49	6	00:00:03	00:10:54	00:18:35		00:35:36	<b>00:37:52.00</b>	<b>00:37:55.80</b>	+00:03:13 (8.5%)	3:47	15.8 (91.3%)
7	<b>ALBRECHT Arkadiusz</b>	<b>197</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	7	00:00:06	00:11:00	00:18:53		00:35:47	<b>00:38:05.30</b>	<b>00:38:11.85</b>	+00:03:27 (9.1%)	3:48	15.8 (91.3%)
8	<b>PIECHACZEK Jacek</b>	<b>586</b>	INŻYNIERIA BIEGANIA TEAM	M40-49	8	00:00:05	00:11:25	00:19:21		00:36:36	<b>00:38:50.40</b>	<b>00:38:55.75</b>	+00:04:12 (10.8%)	3:53	15.5 (89.6%)
9	<b>WITALA Tomasz</b>	<b>381</b>		M40-49	9	00:00:08	00:11:42	00:19:51	00:29:08	00:37:05	<b>00:39:21.10</b>	<b>00:39:29.35</b>	+00:04:43 (12.0%)	3:56	15.2 (87.9%)
10	<b>MAJER Damian</b>	<b>408</b>	YNO ULTRA	M40-49	10	00:00:08	00:11:28	00:19:34	00:28:56	00:37:09	<b>00:39:27.25</b>	<b>00:39:35.50</b>	+00:04:49 (12.2%)	3:56	15.2 (87.9%)
11	<b>BOBEREK Grzegorz</b>	<b>706</b>	POGORIA BIEGA	M40-49	11	00:00:08	00:11:43	00:19:52	00:29:10	00:37:09	<b>00:39:27.25</b>	<b>00:39:35.95</b>	+00:04:49 (12.2%)	3:56	15.2 (87.9%)
12	<b>KUREK Jacek</b>	<b>425</b>	ŚWIETLIKOWO	M40-49	12	00:00:04	00:10:59	00:19:06		00:36:58	<b>00:39:30.65</b>	<b>00:39:34.80</b>	+00:04:52 (12.3%)	3:57	15.2 (87.9%)
13	<b>KUNINA Paweł</b>	<b>130</b>	AMATOR	M40-49	13	00:00:06	00:11:34	00:19:52	00:29:12	00:37:08	<b>00:39:32.50</b>	<b>00:39:38.60</b>	+00:04:54 (12.4%)	3:57	15.2 (87.9%)
14	<b>BARTNIK Sebastian</b>	<b>181</b>	GALOPUJĄCE ŚLIMAKI	M40-49	14	00:00:08	00:11:41	00:19:51	00:29:08	00:37:23	<b>00:39:53.05</b>	<b>00:40:01.25</b>	+00:05:15 (13.2%)	3:59	15 (86.7%)
15	<b>WASZTYL Grzegorz</b>	<b>771</b>		M40-49	15	00:00:08	00:11:49	00:20:06	00:29:46	00:37:56	<b>00:40:09.10</b>	<b>00:40:17.80</b>	+00:05:31 (13.7%)	4:00	14.9 (86.1%)
16	<b>OLSZOWSKI Dariusz</b>	<b>889</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	16	00:00:08	00:11:45	00:19:59	00:29:34	00:37:55	<b>00:40:10.65</b>	<b>00:40:19.35</b>	+00:05:32 (13.8%)	4:01	14.9 (86.1%)
17	<b>DUDEK Bartłomiej</b>	<b>722</b>		M40-49	17	00:00:08	00:11:45	00:19:53	00:29:28	00:37:54	<b>00:40:18.30</b>	<b>00:40:26.90</b>	+00:05:40 (14.1%)	4:01	14.9 (86.1%)
18	<b>URBAŚ Roman</b>	<b>491</b>	BIEG PO ZDRÓJ	M40-49	18	00:00:06	00:11:49	00:20:17	00:29:59	00:38:30	<b>00:40:55.50</b>	<b>00:41:01.60</b>	+00:06:17 (15.4%)	4:05	14.7 (85.0%)
19	<b>MAZUR Marek</b>	<b>78</b>		M40-49	19	00:00:08	00:11:44	00:19:55	00:29:44	00:38:26	<b>00:40:58.85</b>	<b>00:41:07.75</b>	+00:06:20 (15.5%)	4:05	14.6 (84.4%)
20	<b>SIEGMUND Tadeusz</b>	<b>187</b>	KB MOSIR JASTRZĘBIE	M40-49	20	00:00:02	00:11:58	00:20:31	00:30:25	00:38:52	<b>00:41:18.75</b>	<b>00:41:21.60</b>	+00:06:40 (16.2%)	4:07	14.5 (83.8%)
21	<b>ZIELIŃSKI Ireneusz</b>	<b>170</b>		M40-49	21	00:00:07	00:11:45	00:20:13	00:30:13	00:38:55	<b>00:41:23.35</b>	<b>00:41:31.30</b>	+00:06:45 (16.3%)	4:08	14.5 (83.8%)

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
22	<b>MALINOWSKI Krzysztof</b>	<b>110</b>	POWOLI DO CELU	M40-49	22	00:00:02	00:11:43	00:20:18	00:30:23	00:39:03	<b>00:41:26.05</b>	<b>00:41:28.50</b>	+00:06:48 (16.4%)	4:08	14.5 (83.8%)
23	<b>GŁUSZYK Andrzej</b>	<b>316</b>		M40-49	23	00:00:10	00:12:33	00:21:08	00:31:01	00:39:10	<b>00:41:27.20</b>	<b>00:41:37.20</b>	+00:06:49 (16.5%)	4:08	14.5 (83.8%)
24	<b>GLAJCAR Tomasz</b>	<b>134</b>		M40-49	24	00:00:14	00:12:26	00:21:12	00:31:08	00:39:38	<b>00:41:54.50</b>	<b>00:42:09.20</b>	+00:07:16 (17.4%)	4:11	14.3 (82.7%)
25	<b>OGIERMAN Grzegorz</b>	<b>229</b>	OLZA CIESZYN	M40-49	25	00:00:10	00:12:15	00:20:59	00:31:04	00:39:37	<b>00:41:56.60</b>	<b>00:42:07.05</b>	+00:07:18 (17.4%)	4:11	14.3 (82.7%)
26	<b>LEŚNIAK Krzysztof</b>	<b>296</b>	RADLINIOKI W BIEGU	M40-49	26	00:00:11	00:12:26	00:21:07	00:31:08	00:39:39	<b>00:42:01.15</b>	<b>00:42:12.20</b>	+00:07:23 (17.6%)	4:12	14.3 (82.7%)
27	<b>MYNARSKI Sylwester</b>	<b>897</b>		M40-49	27	00:00:12	00:12:32	00:21:15	00:31:10	00:39:47	<b>00:42:15.75</b>	<b>00:42:28.55</b>	+00:07:37 (18.0%)	4:13	14.2 (82.1%)
28	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	28	00:00:08	00:12:02	00:20:43	00:31:00	00:39:47	<b>00:42:17.35</b>	<b>00:42:26.10</b>	+00:07:39 (18.1%)	4:13	14.2 (82.1%)
29	<b>JARGOŃ Jacek</b>	<b>458</b>		M40-49	29	00:00:09	00:12:03	00:20:45	00:30:58	00:39:45	<b>00:42:17.80</b>	<b>00:42:27.25</b>	+00:07:39 (18.1%)	4:13	14.2 (82.1%)
30	<b>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	30	00:00:13	00:12:29	00:21:03	00:31:01		<b>00:42:21.30</b>	<b>00:42:34.40</b>	+00:07:43 (18.2%)	4:14	14.2 (82.1%)
31	<b>BANASIAK Tomasz</b>	<b>507</b>		M40-49	31	00:00:04	00:11:35	00:19:40	00:29:10	00:39:22	<b>00:42:29.40</b>	<b>00:42:33.55</b>	+00:07:51 (18.5%)	4:14	14.1 (81.5%)
32	<b>JEREMICZ Krzysztof</b>	<b>57</b>	RAFAKO RUN TEAM	M40-49	32	00:00:12	00:12:29	00:21:14	00:31:28	00:40:15	<b>00:42:40.45</b>	<b>00:42:52.90</b>	+00:08:02 (18.8%)	4:16	14.1 (81.5%)
33	<b>ŻUR Marek</b>	<b>449</b>	KAC RUNNERS	M40-49	33	00:00:15	00:12:36	00:21:26	00:31:43	00:40:28	<b>00:42:49.55</b>	<b>00:43:04.75</b>	+00:08:11 (19.1%)	4:16	14 (80.9%)
34	<b>OLSZOWSKI Marcin</b>	<b>523</b>	OLZA CIESZYN	M40-49	34	00:00:07	00:12:06	00:20:51	00:31:11	00:40:17	<b>00:42:51.85</b>	<b>00:42:59.20</b>	+00:08:13 (19.2%)	4:17	14 (80.9%)
35	<b>BYRSKI Henryk</b>	<b>827</b>	WILDBUCHAYS	M40-49	35	00:00:19	00:12:38	00:21:24	00:31:32	00:40:23	<b>00:42:52.35</b>	<b>00:43:11.85</b>	+00:08:14 (19.2%)	4:17	14 (80.9%)
36	<b>DZIERZENGA Artur</b>	<b>633</b>		M40-49	36	00:00:00	00:12:14				<b>00:42:54.00</b>	<b>00:42:54.00</b>	+00:08:15 (19.3%)	4:17	14 (80.9%)
37	<b>SUCHANEK Robert</b>	<b>808</b>	ATHLETICS NYSA	M40-49	37	00:00:10	00:12:16	00:21:07	00:31:31	00:40:22	<b>00:42:56.20</b>	<b>00:43:06.80</b>	+00:08:18 (19.3%)	4:17	14 (80.9%)
38	<b>KRAUSE Dariusz</b>	<b>290</b>	RADLINIOKI W BIEGU	M40-49	38	00:00:07	00:12:17	00:21:10	00:31:30	00:40:17	<b>00:43:00.55</b>	<b>00:43:07.60</b>	+00:08:22 (19.5%)	4:18	14 (80.9%)
39	<b>ROGALA Maciej</b>	<b>396</b>	YNO ULTRA	M40-49	39	00:00:19	00:12:42	00:21:29	00:31:45	00:40:30	<b>00:43:01.45</b>	<b>00:43:20.50</b>	+00:08:23 (19.5%)	4:18	13.9 (80.3%)
40	<b>KAWECKI Stanisław</b>	<b>305</b>	OLZA CIESZYN	M40-49	40	00:00:07	00:12:26	00:21:19	00:31:35	00:40:38	<b>00:43:08.25</b>	<b>00:43:15.50</b>	+00:08:30 (19.7%)	4:18	13.9 (80.3%)
41	<b>PUDA Krzysztof</b>	<b>790</b>		M40-49	41	00:00:06	00:12:10	00:20:53	00:31:31	00:40:55	<b>00:43:20.50</b>	<b>00:43:26.75</b>	+00:08:42 (20.1%)	4:20	13.8 (79.8%)
42	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	42	00:00:26	00:13:06	00:22:05	00:32:08	00:40:54	<b>00:43:21.35</b>	<b>00:43:48.20</b>	+00:08:43 (20.1%)	4:20	13.8 (79.8%)
43	<b>SITKO Adam</b>	<b>328</b>	SBD ENERGETYK RYBNIK	M40-49	43	00:00:10	00:12:12	00:20:58	00:31:40	00:40:46	<b>00:43:28.50</b>	<b>00:43:39.40</b>	+00:08:50 (20.3%)	4:20	13.8 (79.8%)
44	<b>KUDER Marek</b>	<b>265</b>	KS M.E.T.A.	M40-49	44	00:00:10	00:11:50	00:20:56	00:32:08	00:41:14	<b>00:43:58.70</b>	<b>00:44:09.50</b>	+00:09:20 (21.2%)	4:23	13.6 (78.6%)
45	<b>KWAŚNY Marcin</b>	<b>665</b>	WILD BUCHAYS	M40-49	45	00:00:20	00:12:49	00:21:55	00:32:19	00:41:27	<b>00:44:00.55</b>	<b>00:44:20.60</b>	+00:09:22 (21.3%)	4:24	13.6 (78.6%)
46	<b>POŁĘDNIK Tomasz</b>	<b>903</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	46	00:00:15	00:12:53	00:22:08	00:32:30	00:41:26	<b>00:44:01.45</b>	<b>00:44:16.45</b>	+00:09:23 (21.3%)	4:24	13.6 (78.6%)
47	<b>PASTWA Grzegorz</b>	<b>247</b>	UBS / ADAMUS	M40-49	47	00:00:16	00:12:50	00:21:51	00:32:21	00:41:31	<b>00:44:05.50</b>	<b>00:44:22.35</b>	+00:09:27 (21.4%)	4:24	13.6 (78.6%)
48	<b>OSZCZĘDA Krzysztof</b>	<b>225</b>	ZARAZIĆ PASJĄ	M40-49	48	00:00:16	00:12:51	00:21:55	00:32:27	00:41:33	<b>00:44:05.95</b>	<b>00:44:22.40</b>	+00:09:27 (21.5%)	4:24	13.6 (78.6%)
49	<b>KITA Sebastian</b>	<b>877</b>		M40-49	49	00:00:16	00:12:41	00:21:49	00:32:25	00:41:30	<b>00:44:08.85</b>	<b>00:44:25.60</b>	+00:09:30 (21.5%)	4:24	13.6 (78.6%)
50	<b>SUCHY Zbigniew</b>	<b>691</b>		M40-49	50	00:00:26	00:12:45	00:21:46	00:32:20	00:41:35	<b>00:44:10.50</b>	<b>00:44:36.80</b>	+00:09:32 (21.6%)	4:25	13.6 (78.6%)

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
51	<b>RADOMSKI Mariusz</b>	<b>870</b>	BZIOK	M40-49	51	00:00:23	00:13:04	00:22:04	00:32:36	00:41:35	<b>00:44:11.65</b>	<b>00:44:35.25</b>	+00:09:33 (21.6%)	4:25	13.6 (78.6%)
52	<b>DUROK Wojciech</b>	<b>534</b>	KAC RUNNERS	M40-49	52	00:00:15	00:12:51	00:21:52	00:32:22	00:41:33	<b>00:44:12.30</b>	<b>00:44:27.35</b>	+00:09:34 (21.7%)	4:25	13.6 (78.6%)
53	<b>ŁYSEK Paweł</b>	<b>392</b>	BZIEGACZE	M40-49	53	00:00:16	00:12:47	00:21:51	00:32:26	00:41:47	<b>00:44:16.60</b>	<b>00:44:32.95</b>	+00:09:38 (21.8%)	4:25	13.6 (78.6%)
54	<b>ZWIERYŃSKI Piotr</b>	<b>849</b>	UNATCO	M40-49	54	00:00:12	00:12:48	00:21:54	00:32:43	00:41:47	<b>00:44:24.75</b>	<b>00:44:36.90</b>	+00:09:46 (22.0%)	4:26	13.5 (78.0%)
55	<b>TOCHOWICZ Bartosz</b>	<b>268</b>	OLZA TEAM	M40-49	55	00:00:11	00:12:37	00:21:46	00:32:22	00:41:51	<b>00:44:31.50</b>	<b>00:44:42.85</b>	+00:09:53 (22.2%)	4:27	13.5 (78.0%)
56	<b>OBROŚLAK Jacek</b>	<b>587</b>	BIEGIEM PRZEZ GÓRY	M40-49	56	00:00:15	00:12:47	00:21:51	00:32:27	00:41:52	<b>00:44:41.30</b>	<b>00:44:56.50</b>	+00:10:03 (22.5%)	4:28	13.4 (77.5%)
57	<b>JACH Marek</b>	<b>94</b>		M40-49	57	00:00:17	00:12:41	00:21:50	00:32:43	00:42:05	<b>00:44:51.80</b>	<b>00:45:09.20</b>	+00:10:13 (22.8%)	4:29	13.4 (77.5%)
58	<b>GANCARZ Mariusz</b>	<b>613</b>		M40-49	58	00:00:24	00:13:47	00:23:12	00:33:53	00:42:32	<b>00:44:56.50</b>	<b>00:45:20.65</b>	+00:10:18 (22.9%)	4:29	13.4 (77.5%)
59	<b>MAREK Rafał</b>	<b>564</b>	KAC RUNNERS	M40-49	59	00:00:16	00:12:48	00:21:53	00:32:39	00:42:09	<b>00:44:57.45</b>	<b>00:45:13.55</b>	+00:10:19 (23.0%)	4:29	13.3 (76.9%)
60	<b>DUDEK Danial</b>	<b>541</b>		M40-49	60	00:00:20	00:13:13	00:22:27	00:33:13	00:42:32	<b>00:45:05.60</b>	<b>00:45:26.20</b>	+00:10:27 (23.2%)	4:30	13.3 (76.9%)
61	<b>SZYMCZYCHA Darek</b>	<b>772</b>		M40-49	61	00:00:17	00:12:45	00:21:52	00:32:54	00:42:35	<b>00:45:08.40</b>	<b>00:45:26.30</b>	+00:10:30 (23.3%)	4:30	13.3 (76.9%)
62	<b>BULANDA Andrzej</b>	<b>560</b>		M40-49	62	00:00:16	00:12:48	00:22:02	00:33:14	00:42:30	<b>00:45:10.15</b>	<b>00:45:26.20</b>	+00:10:32 (23.3%)	4:31	13.3 (76.9%)
63	<b>MACH Łukasz</b>	<b>369</b>	BIEGACZ	M40-49	63	00:00:18	00:12:44	00:21:53	00:33:04	00:42:42	<b>00:45:10.95</b>	<b>00:45:28.95</b>	+00:10:32 (23.3%)	4:31	13.3 (76.9%)
64	<b>KAJDANA Mariusz</b>	<b>211</b>		M40-49	64	00:00:08	00:12:17	00:21:46	00:32:53	00:42:14	<b>00:45:14.95</b>	<b>00:45:23.65</b>	+00:10:36 (23.5%)	4:31	13.3 (76.9%)
65	<b>LIZAK Krzysztof</b>	<b>756</b>		M40-49	65	00:00:06	00:13:00	00:22:30	00:33:26	00:42:51	<b>00:45:21.10</b>	<b>00:45:27.70</b>	+00:10:43 (23.6%)	4:32	13.2 (76.3%)
66	<b>LIS Grzegorz</b>	<b>299</b>		M40-49	66	00:00:14	00:12:59	00:22:29	00:33:25	00:42:50	<b>00:45:29.80</b>	<b>00:45:44.15</b>	+00:10:51 (23.9%)	4:33	13.2 (76.3%)
67	<b>MUSZEWSKI Bartłomiej</b>	<b>490</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	67	00:00:15	00:12:49	00:22:08	00:33:10	00:42:46	<b>00:45:34.20</b>	<b>00:45:49.50</b>	+00:10:56 (24.0%)	4:33	13.2 (76.3%)
68	<b>DOBRENIUK Krzysztof</b>	<b>590</b>	AKTYWNI LYSKI	M40-49	68	00:00:11	00:13:17	00:22:47	00:33:50	00:43:19	<b>00:45:43.70</b>	<b>00:45:54.90</b>	+00:11:05 (24.3%)	4:34	13.1 (75.7%)
69	<b>KOWALSKI Janusz</b>	<b>22</b>	OLZA CIESZYN	M40-49	69	00:00:20	00:13:22	00:22:46	00:33:43	00:43:17	<b>00:45:45.45</b>	<b>00:46:05.75</b>	+00:11:07 (24.3%)	4:34	13.1 (75.7%)
70	<b>MAGOŃ Marcin</b>	<b>175</b>	AMATOR	M40-49	70	00:00:12	00:13:17	00:22:51	00:33:52	00:43:16	<b>00:45:49.05</b>	<b>00:46:01.10</b>	+00:11:11 (24.4%)	4:34	13.1 (75.7%)
71	<b>POJDA Grzegorz</b>	<b>233</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	71	00:00:22	00:13:34	00:22:57	00:33:48	00:43:25	<b>00:45:58.35</b>	<b>00:46:21.20</b>	+00:11:20 (24.7%)	4:35	13 (75.1%)
72	<b>STĘPIEŃ Grzegorz</b>	<b>317</b>		M40-49	72	00:00:19	00:13:39	00:23:11	00:34:16	00:43:39	<b>00:46:07.60</b>	<b>00:46:27.55</b>	+00:11:29 (24.9%)	4:36	13 (75.1%)
73	<b>OWCZAREK Paweł</b>	<b>332</b>		M40-49	73	00:00:21	00:13:45	00:23:11	00:34:11	00:43:35	<b>00:46:16.05</b>	<b>00:46:37.85</b>	+00:11:38 (25.1%)	4:37	13 (75.1%)
74	<b>PETER Marcin</b>	<b>510</b>		M40-49	74	00:00:12	00:12:58	00:22:29	00:33:48	00:43:40	<b>00:46:20.85</b>	<b>00:46:33.80</b>	+00:11:42 (25.3%)	4:38	12.9 (74.6%)
75	<b>ZIĘTARA Paweł</b>	<b>203</b>		M40-49	75	00:00:33	00:14:06	00:23:38	00:34:29	00:43:52	<b>00:46:42.50</b>	<b>00:47:15.90</b>	+00:12:04 (25.9%)	4:40	12.8 (74.0%)
76	<b>ŚMIETANA Grzegorz</b>	<b>364</b>	EASYRUN RACIBÓRZ	M40-49	76	00:00:20	00:14:12	00:23:47	00:34:44	00:44:12	<b>00:46:45.80</b>	<b>00:47:06.40</b>	+00:12:07 (25.9%)	4:40	12.8 (74.0%)
77	<b>KOZŁOWSKI Zbigniew</b>	<b>747</b>	OFIARY KAMIENCA	M40-49	77	00:00:19	00:13:36	00:23:12	00:34:25	00:44:11	<b>00:46:54.80</b>	<b>00:47:14.25</b>	+00:12:16 (26.2%)	4:41	12.8 (74.0%)
78	<b>STAWICKI Grzegorz</b>	<b>669</b>	RUNTAEM PAWŁOWICE	M40-49	78	00:00:19	00:13:45	00:23:35	00:34:43	00:44:33	<b>00:47:13.25</b>	<b>00:47:33.20</b>	+00:12:35 (26.7%)	4:43	12.7 (73.4%)
79	<b>KURTO Grzegorz</b>	<b>705</b>	KURTO TEAM	M40-49	79	00:00:21	00:14:23	00:24:19	00:35:32	00:44:51	<b>00:47:19.15</b>	<b>00:47:40.60</b>	+00:12:41 (26.8%)	4:43	12.7 (73.4%)

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
80	<b>MROCZKOWSKI Tomasz</b>	<b>536</b>		M40-49	80	00:00:23	00:13:57	00:23:41	00:34:57	00:44:40	<b>00:47:23.70</b>	<b>00:47:47.45</b>	+00:12:45 (26.9%)	4:44	12.7 (73.4%)
81	<b>BUĆKO Marcin</b>	<b>275</b>		M40-49	81	00:00:21	00:14:12	00:23:59	00:35:18	00:44:49	<b>00:47:24.70</b>	<b>00:47:45.75</b>	+00:12:46 (27.0%)	4:44	12.7 (73.4%)
82	<b>KOPIEC Arkadiusz</b>	<b>45</b>		M40-49	82	00:00:16	00:14:08	00:23:53	00:35:07	00:44:45	<b>00:47:26.60</b>	<b>00:47:43.45</b>	+00:12:48 (27.0%)	4:44	12.6 (72.8%)
83	<b>STUDNIK Jarosław</b>	<b>884</b>		M40-49	83	00:00:23	00:13:43	00:23:35	00:34:57	00:44:42	<b>00:47:27.45</b>	<b>00:47:50.50</b>	+00:12:49 (27.0%)	4:44	12.6 (72.8%)
84	<b>KOBIAŁKA Robert</b>	<b>125</b>	JASTRZĘBIE ZDRÓJ	M40-49	84	00:00:06	00:12:57	00:22:32	00:34:11	00:44:29	<b>00:47:32.10</b>	<b>00:47:39.00</b>	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
85	<b>ZALEWSKI Andrzej</b>	<b>807</b>	ATHLETICS NYSA	M40-49	85	00:00:13	00:13:42	00:23:26	00:34:54	00:45:08	<b>00:47:51.70</b>	<b>00:48:04.70</b>	+00:13:13 (27.6%)	4:47	12.5 (72.3%)
86	<b>PRZYBYŁA Tomasz</b>	<b>673</b>		M40-49	86	00:00:25	00:14:27	00:24:23	00:35:42	00:45:26	<b>00:47:54.90</b>	<b>00:48:20.45</b>	+00:13:16 (27.7%)	4:47	12.5 (72.3%)
87	<b>MAKOŚ Tomek</b>	<b>516</b>		M40-49	87	00:00:20	00:14:11	00:24:09	00:35:20	00:45:15	<b>00:47:59.80</b>	<b>00:48:19.90</b>	+00:13:21 (27.8%)	4:47	12.5 (72.3%)
88	<b>BIŁKO Sławek</b>	<b>666</b>		M40-49	88	00:00:22	00:14:15	00:24:06	00:35:24	00:45:13	<b>00:48:02.10</b>	<b>00:48:25.00</b>	+00:13:24 (27.9%)	4:48	12.5 (72.3%)
89	<b>KUBICA Mieczysław</b>	<b>892</b>		M40-49	89	00:00:24	00:14:15	00:24:04	00:35:24	00:45:26	<b>00:48:05.15</b>	<b>00:48:29.70</b>	+00:13:27 (28.0%)	4:48	12.5 (72.3%)
90	<b>SZUBARSKI Krzysztof</b>	<b>566</b>	OLZA CIESZYN PARKRUN	M40-49	90	00:00:20	00:14:25	00:24:17	00:35:46	00:45:29	<b>00:48:06.75</b>	<b>00:48:27.70</b>	+00:13:28 (28.0%)	4:48	12.5 (72.3%)
91	<b>STREIT Mariusz</b>	<b>664</b>		M40-49	91	00:00:12	00:13:25	00:23:27	00:35:07	00:45:12	<b>00:48:09.50</b>	<b>00:48:22.25</b>	+00:13:31 (28.1%)	4:49	12.5 (72.3%)
92	<b>KONCKI Andrzej</b>	<b>34</b>		M40-49	92	00:00:21	00:14:18	00:24:08	00:35:26	00:45:24	<b>00:48:12.05</b>	<b>00:48:34.00</b>	+00:13:34 (28.1%)	4:49	12.4 (71.7%)
93	<b>BYSTRYKOWSKI Marcin</b>	<b>281</b>		M40-49	93	00:00:16	00:13:38	00:23:37	00:35:21	00:45:34	<b>00:48:14.55</b>	<b>00:48:31.50</b>	+00:13:36 (28.2%)	4:49	12.4 (71.7%)
94	<b>TYKIERKA Tomasz</b>	<b>844</b>	TOXPRESS	M40-49	94	00:00:38	00:14:44	00:24:33	00:35:49	00:45:31	<b>00:48:17.60</b>	<b>00:48:55.70</b>	+00:13:39 (28.3%)	4:49	12.4 (71.7%)
95	<b>CZYRNEK Dariusz</b>	<b>379</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	95	00:00:22	00:14:29	00:24:27	00:36:02	00:45:49	<b>00:48:31.50</b>	<b>00:48:54.10</b>	+00:13:53 (28.6%)	4:51	12.4 (71.7%)
96	<b>GAŁKIEWICZ Michał</b>	<b>565</b>		M40-49	96	00:00:13	00:13:54	00:23:55	00:35:32	00:45:44	<b>00:48:41.80</b>	<b>00:48:55.55</b>	+00:14:03 (28.9%)	4:52	12.3 (71.1%)
97	<b>SOWA Paweł</b>	<b>812</b>		M40-49	97	00:00:24	00:14:09	00:24:04	00:35:45	00:45:47	<b>00:48:42.20</b>	<b>00:49:06.40</b>	+00:14:04 (28.9%)	4:52	12.3 (71.1%)
98	<b>ŚLEDZIŃSKI Maciej</b>	<b>585</b>	ŚLEDZIE	M40-49	98	00:00:25	00:14:36	00:24:48	00:36:15	00:46:03	<b>00:48:52.50</b>	<b>00:49:18.05</b>	+00:14:14 (29.1%)	4:53	12.3 (71.1%)
99	<b>SKECZEK Arkadiusz</b>	<b>744</b>	POWOLI DO CELU	M40-49	99	00:00:13	00:13:51	00:23:58	00:35:48	00:45:54	<b>00:48:56.55</b>	<b>00:49:10.50</b>	+00:14:18 (29.2%)	4:53	12.3 (71.1%)
100	<b>WALA Andrzej</b>	<b>512</b>	1977	M40-49	100	00:00:20	00:14:19	00:24:22	00:36:07	00:46:11	<b>00:48:58.05</b>	<b>00:49:18.35</b>	+00:14:20 (29.3%)	4:53	12.3 (71.1%)
101	<b>GLEBOCKI Grzegorz</b>	<b>906</b>	GRZEGORZ GLEBOCKI	M40-49	101	00:00:22	00:14:42	00:24:48	00:36:18	00:46:14	<b>00:49:06.90</b>	<b>00:49:29.10</b>	+00:14:28 (29.5%)	4:54	12.2 (70.5%)
102	<b>ŻBEL Michał</b>	<b>354</b>	HRMAX ŻORY	M40-49	102	00:00:23	00:14:46	00:24:52	00:36:24	00:46:23	<b>00:49:07.20</b>	<b>00:49:30.95</b>	+00:14:29 (29.5%)	4:54	12.2 (70.5%)
103	<b>WILSZ Adam</b>	<b>482</b>	FIS-SST TEAM	M40-49	103	00:00:34	00:14:50	00:25:08	00:36:36	00:46:33	<b>00:49:16.45</b>	<b>00:49:51.25</b>	+00:14:38 (29.7%)	4:55	12.2 (70.5%)
104	<b>ROMANIUK-DEMONCHAUX Adam</b>	<b>852</b>	DRUŻYNA KOPERNIKA	M40-49	104	00:00:24	00:14:32	00:24:39	00:36:24	00:46:13	<b>00:49:17.50</b>	<b>00:49:41.90</b>	+00:14:39 (29.7%)	4:55	12.2 (70.5%)
105	<b>HERZYK Adam</b>	<b>656</b>		M40-49	105	00:00:28	00:14:12	00:24:24	00:36:14	00:46:31	<b>00:49:32.55</b>	<b>00:50:00.90</b>	+00:14:54 (30.1%)	4:57	12.1 (69.9%)
106	<b>OLSZYNA Mirosław</b>	<b>156</b>		M40-49	106	00:00:30	00:15:15	00:25:42	00:37:32	00:46:58	<b>00:49:32.70</b>	<b>00:50:03.60</b>	+00:14:54 (30.1%)	4:57	12.1 (69.9%)
107	<b>HEJNA Artur</b>	<b>467</b>	RADLINIOKI W BIEGU	M40-49	107	00:00:32	00:14:55	00:25:20	00:37:00	00:46:57	<b>00:49:41.20</b>	<b>00:50:13.40</b>	+00:15:03 (30.3%)	4:58	12.1 (69.9%)

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
108	KACHEL Arek	751		M40-49	108	00:00:22	00:14:40	00:24:41	00:36:27	00:46:54	00:49:46.95	00:50:09.70	+00:15:08 (30.4%)	4:58	12.1 (69.9%)
109	TURNIAK Dariusz	260		M40-49	109	00:00:33	00:14:15	00:24:23	00:36:25	00:46:51	00:49:51.50	00:50:24.75	+00:15:13 (30.5%)	4:59	12 (69.4%)
110	DĘBSKI Mariusz	608		M40-49	110	00:00:13	00:13:37	00:24:01	00:36:20	00:46:53	00:49:52.70	00:50:06.65	+00:15:14 (30.6%)	4:59	12 (69.4%)
111	SOJ Przemysław	230		M40-49	111	00:00:28	00:14:45	00:25:05	00:36:49	00:47:05	00:49:55.55	00:50:23.80	+00:15:17 (30.6%)	4:59	12 (69.4%)
112	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	112	00:00:27	00:14:37	00:24:52	00:36:49	00:47:09	00:50:03.75	00:50:31.30	+00:15:25 (30.8%)	5:00	12 (69.4%)
113	ZMUDA Dariusz	227		M40-49	113	00:00:23	00:15:06	00:25:30	00:37:34	00:47:52	00:50:53.25	00:51:17.00	+00:16:15 (31.9%)	5:05	11.8 (68.2%)
114	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	114	00:00:17	00:14:00	00:24:42	00:37:02	00:47:57	00:50:59.80	00:51:16.85	+00:16:21 (32.1%)	5:05	11.8 (68.2%)
115	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	115	00:00:22	00:14:39	00:24:51	00:36:55	00:48:14	00:51:15.10	00:51:37.45	+00:16:37 (32.4%)	5:07	11.7 (67.6%)
116	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	116	00:00:34	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	+00:16:46 (32.6%)	5:08	11.7 (67.6%)
117	SOBIERAJSKI Przemek	573		M40-49	117	00:00:24	00:14:39	00:24:50	00:37:21	00:48:24	00:51:29.30	00:51:53.95	+00:16:51 (32.7%)	5:08	11.7 (67.6%)
118	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	118	00:00:23	00:14:40	00:24:59	00:37:38	00:48:36	00:51:29.70	00:51:53.45	+00:16:51 (32.7%)	5:09	11.7 (67.6%)
119	WIERBICKI Krystian	333		M40-49	119	00:00:39	00:15:30	00:25:54	00:38:08	00:48:41	00:51:36.05	00:52:15.45	+00:16:58 (32.9%)	5:09	11.6 (67.1%)
120	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	120	00:00:34	00:14:50	00:25:07	00:37:20	00:48:28	00:51:37.10	00:52:12.00	+00:16:59 (32.9%)	5:09	11.6 (67.1%)
121	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	121	00:00:22	00:14:19	00:24:40	00:37:37	00:48:44	00:51:44.90	00:52:07.35	+00:17:06 (33.1%)	5:10	11.6 (67.1%)
122	BARANKIEWICZ Irek	513	XT 500	M40-49	122	00:00:30	00:15:37	00:26:17	00:38:45	00:49:18	00:52:04.45	00:52:34.85	+00:17:26 (33.5%)	5:12	11.5 (66.5%)
123	PALUCHIEWICZ Szymon	243		M40-49	123	00:00:23	00:14:49	00:25:44	00:38:24	00:49:15	00:52:21.20	00:52:44.90	+00:17:43 (33.8%)	5:14	11.5 (66.5%)
124	JANIEC Witold	902	UNATCO	M40-49	124	00:00:12	00:14:50	00:25:35	00:38:16	00:49:22	00:52:26.35	00:52:38.80	+00:17:48 (34.0%)	5:14	11.4 (65.9%)
125	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	125	00:00:26	00:16:26	00:27:36	00:40:11	00:49:59	00:52:32.35	00:52:58.65	+00:17:54 (34.1%)	5:15	11.4 (65.9%)
126	WACNIK Dariusz	67		M40-49	126	00:00:32	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	+00:17:55 (34.1%)	5:15	11.4 (65.9%)
127	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	127	00:00:34	00:16:05	00:27:05	00:39:29	00:49:48	00:52:42.45	00:53:17.00	+00:18:04 (34.3%)	5:16	11.4 (65.9%)
128	FLASZ Dawid	191		M40-49	128	00:00:26	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	+00:18:21 (34.6%)	5:17	11.3 (65.3%)
129	CZYŻ Wojciech	624		M40-49	129	00:00:30	00:15:13	00:26:03	00:38:51	00:50:00	00:53:05.30	00:53:35.30	+00:18:27 (34.8%)	5:18	11.3 (65.3%)
130	ŁATKA Marek	387		M40-49	130	00:00:25	00:15:10	00:26:04	00:38:41	00:49:55	00:53:07.20	00:53:32.70	+00:18:29 (34.8%)	5:18	11.3 (65.3%)
131	BYWALEC Stanisław	704	DIET-FIGHT	M40-49	131	00:00:32	00:15:16	00:25:59	00:38:48	00:50:11	00:53:25.20	00:53:57.95	+00:18:47 (35.2%)	5:20	11.2 (64.7%)
132	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	132	00:00:29	00:15:23	00:26:21	00:39:08	00:50:20	00:53:26.20	00:53:55.50	+00:18:48 (35.2%)	5:20	11.2 (64.7%)
133	KONOPKA Jarosław	707		M40-49	133	00:00:41	00:16:03	00:27:01	00:39:23	00:50:22	00:53:33.60	00:54:15.05	+00:18:55 (35.3%)	5:21	11.2 (64.7%)
134	KUBIENIEC Grzegorz	618		M40-49	134	00:00:31	00:15:25	00:26:24	00:39:10	00:50:23	00:53:43.35	00:54:14.60	+00:19:05 (35.5%)	5:22	11.2 (64.7%)
135	PAJESTKA Marek	148	WRM MC POLAND	M40-49	135	00:00:46	00:15:35	00:26:30	00:39:25	00:50:40	00:53:50.25	00:54:36.75	+00:19:12 (35.7%)	5:23	11.1 (64.2%)
136	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	136	00:00:45	00:15:33	00:26:29	00:39:26	00:50:41	00:53:51.65	00:54:37.00	+00:19:13 (35.7%)	5:23	11.1 (64.2%)

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
137	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	137	00:00:48	00:16:15	00:26:59	00:39:46	00:50:57	00:54:02.65	00:54:50.80	+00:19:24 (35.9%)	5:24	11.1 (64.2%)
138	POPCZYK Piotr	732		M40-49	138	00:00:26	00:16:00	00:27:17	00:40:20	00:51:20	00:54:13.25	00:54:39.30	+00:19:35 (36.1%)	5:25	11.1 (64.2%)
139	CZARNOTA Leszek	113		M40-49	139	00:00:35	00:16:11	00:27:22	00:40:15	00:51:29	00:54:36.90	00:55:12.75	+00:19:58 (36.6%)	5:27	11 (63.6%)
140	SZEREDA Robert	340		M40-49	140	00:00:04	00:14:24	00:25:27	00:39:00	00:51:12	00:54:40.75	00:54:45.55	+00:20:02 (36.7%)	5:28	11 (63.6%)
141	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	141	00:00:40	00:16:03	00:27:32	00:40:48	00:52:04	00:55:05.25	00:55:45.90	+00:20:27 (37.1%)	5:30	10.9 (63.0%)
142	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	142	00:00:28	00:15:29	00:26:50	00:40:16	00:51:40	00:55:06.65	00:55:35.15	+00:20:28 (37.2%)	5:30	10.9 (63.0%)
143	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	143	00:00:36	00:16:14	00:27:27	00:40:52	00:52:12	00:55:20.85	00:55:57.70	+00:20:42 (37.4%)	5:32	10.8 (62.4%)
144	BANDER Jerzy	498		M40-49	144	00:00:25	00:16:24	00:27:52	00:41:18	00:52:25	00:55:36.40	00:56:02.15	+00:20:58 (37.7%)	5:33	10.8 (62.4%)
145	KRAMER Piotr	539		M40-49	145	00:00:41	00:16:33	00:27:48	00:41:03	00:52:39	00:55:51.25	00:56:33.10	+00:21:13 (38.0%)	5:35	10.7 (61.8%)
146	WITOSZA Adam	695		M40-49	146	00:00:38	00:16:05	00:26:50	00:40:06	00:52:28	00:56:16.75	00:56:55.45	+00:21:38 (38.5%)	5:37	10.7 (61.8%)
147	UKLEJA Sebastian	258		M40-49	147	00:00:28	00:15:46	00:27:25	00:41:18	00:53:10	00:56:25.30	00:56:53.60	+00:21:47 (38.6%)	5:38	10.6 (61.3%)
148	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	148	00:00:34	00:16:18	00:28:04	00:42:05	00:54:03	00:57:15.60	00:57:49.80	+00:22:37 (39.5%)	5:43	10.5 (60.7%)
149	PYZIK Marcin	506		M40-49	149	00:00:35	00:15:56	00:27:16	00:41:20	00:54:02	00:57:31.60	00:58:06.70	+00:22:53 (39.8%)	5:45	10.4 (60.1%)
150	WILCZEK Marek	815		M40-49	150	00:00:41	00:16:51	00:28:45	00:42:37	00:54:43	00:57:59.85	00:58:41.15	+00:23:21 (40.3%)	5:48	10.3 (59.5%)
151	SZCZERBA Michał	855		M40-49	151	00:00:32	00:15:39	00:27:09	00:42:25	00:55:13	00:58:24.90	00:58:56.95	+00:23:46 (40.7%)	5:50	10.3 (59.5%)
152	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	152	00:00:47	00:17:28	00:29:56	00:43:26	00:55:29	00:58:54.35	00:59:42.00	+00:24:16 (41.2%)	5:53	10.2 (59.0%)
153	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	153	00:00:46	00:16:15	00:28:08	00:42:30	00:55:13	00:58:55.10	00:59:42.05	+00:24:17 (41.2%)	5:53	10.2 (59.0%)
154	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	154	00:00:21	00:16:35	00:28:34	00:42:34	00:55:26	00:58:58.55	00:59:20.25	+00:24:20 (41.3%)	5:53	10.2 (59.0%)
155	KOWALSKI Piotr	543		M40-49	155	00:00:48	00:17:50	00:30:18	00:44:21	00:55:44	00:59:01.25	00:59:49.95	+00:24:23 (41.3%)	5:54	10.2 (59.0%)
156	MAREK Jarosław	409		M40-49	156	00:00:39	00:17:55	00:30:25	00:44:35	00:57:02	01:00:23.70	01:01:02.95	+00:25:45 (42.7%)	6:02	9.9 (57.2%)
157	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	157	00:00:42	00:18:30	00:31:12	00:45:17	00:57:36	01:01:03.20	01:01:45.75	+00:26:25 (43.3%)	6:06	9.8 (56.6%)
158	SOBIERAJ Paweł	914		M40-49	158	00:00:36	00:16:41	00:29:29	00:44:44	00:58:13	01:02:00.35	01:02:36.90	+00:27:22 (44.1%)	6:12	9.7 (56.1%)
159	WÓJCIK Dariusz	670	ŻORY	M40-49	159	00:00:46	00:18:24	00:31:10	00:46:18	00:59:49	01:03:34.35	01:04:20.60	+00:28:56 (45.5%)	6:21	9.4 (54.3%)
160	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	160	00:00:30	00:18:03	00:30:57	00:46:28	00:59:53	01:03:44.45	01:04:14.90	+00:29:06 (45.7%)	6:22	9.4 (54.3%)
161	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	161	00:00:45	00:17:41	00:30:05	00:45:48	00:59:51	01:03:56.50	01:04:41.85	+00:29:18 (45.8%)	6:23	9.4 (54.3%)
162	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	162	00:00:40	00:18:16	00:31:21	00:46:42	01:00:17	01:04:10.10	01:04:50.45	+00:29:32 (46.0%)	6:25	9.4 (54.3%)
163	ZIMNY Ireneusz	36		M40-49	163	00:00:26	00:18:13	00:31:26	00:47:13	01:00:30	01:04:22.00	01:04:48.10	+00:29:43 (46.2%)	6:26	9.3 (53.8%)
164	ZAWADA Jakub	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	M40-49	164	00:00:48	00:19:36	00:33:15	00:49:01	01:02:47	01:06:27.55	01:07:16.00	+00:31:49 (47.9%)	6:38	9 (52.0%)
165	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	165	00:00:44	00:19:57	00:34:52	00:53:10	01:07:58	01:11:53.45	01:12:38.40	+00:37:15 (51.8%)	7:11	8.3 (48.0%)

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
166	<b>SYPNIEWSKI Grzegorz</b>	<b>818</b>	WRM MC POLAND	M40-49	166	00:00:48	00:17:34						+00:07:43	6:03	9.9 (57.2%)

Znaleziono 166 wynik(ów)