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JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2022-09-17
Miejsce: Jastrzębie-Zdrój
Dystans: 10 km

Klasyfikacja: Mistrz woj. śląskiego

Punkt pomiarowy: 7,3 km

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna 1 | Czas startu | 2.9km | 5km | 7.3km |
|-----|-----------------------------|------------|---|-----------|-------------------------------|-------------|----------|----------|----------|
| 1 | WÓJCIK Tomasz | 38 | AKTYWNA PSZCZYNA RUNNERS TEAM | M30-39 | Aktywna Pszczyna Runners Team | 00:00:00 | 00:09:14 | 00:16:02 | 00:23:23 |
| 2 | FIAK Tomasz | 33 | MKS ŻYWIEC | M16-19 | | 00:00:01 | 00:09:28 | 00:16:48 | 00:24:10 |
| 3 | HARATYK Błażej | 43 | MKS USTRŃ | M16-19 | | 00:00:00 | 00:09:29 | 00:16:49 | 00:24:12 |
| 4 | LYSKO Jakub | 24 | WKB META LUBLINIEC | M30-39 | | 00:00:01 | 00:09:38 | 00:16:54 | 00:24:13 |
| 5 | MARCOL Sebastian | 9 | INŻYNIERIA BIEGANIA | M30-39 | Inżynieria biegania | 00:00:00 | 00:09:48 | 00:17:15 | 00:24:55 |
| 6 | ANTCZAK Robert | 39 | | M40-49 | | 00:00:00 | 00:09:39 | 00:17:04 | 00:24:58 |
| 7 | GAJEWSKI Wojciech | 15 | UKS „OLIMPIA” ZABRZE | M40-49 | | 00:00:00 | 00:09:45 | 00:17:21 | 00:25:23 |
| 8 | STRZODA Marcin | 30 | STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA | M20-29 | | 00:00:00 | 00:09:49 | 00:17:23 | 00:25:30 |
| 9 | ALBRECHT Krystian | 36 | GB GALOPUJĄCE ŚLIMAKI | M20-29 | Galopujące Ślimaki | 00:00:01 | 00:09:52 | 00:17:35 | 00:25:32 |
| 10 | LIZAK Wojciech | 10 | TL ATHLETICS JASTRZĘBIE | M40-49 | TL Athletics Jastrzębie | 00:00:01 | 00:10:03 | 00:17:43 | 00:25:41 |
| 11 | SZYMULA Michał | 23 | | M30-39 | | 00:00:02 | 00:10:08 | 00:17:48 | 00:25:41 |
| 12 | PORĘBA Grzegorz | 21 | EVENTYR | M30-39 | | 00:00:01 | 00:10:04 | 00:17:46 | 00:25:50 |
| 13 | STARZYCKI Przemysław | 34 | KB MCKIS JAWORZNO / NOWAK-TEAM | M30-39 | Nowak-Team | 00:00:02 | 00:10:13 | 00:17:56 | 00:26:04 |
| 14 | SOCHA Tymon | 104 | TL POGOŃ RUDA ŚLĄSKA | M16-19 | TL Pogoń Ruda Śląska | 00:00:03 | 00:10:21 | 00:18:10 | 00:26:08 |
| 15 | ZYGMA Kordian | 1 | AKTYWNA PSZCZYNA RUNNERS TEAM | M30-39 | | 00:00:01 | 00:10:05 | 00:17:58 | 00:26:24 |
| 16 | OSETEK Paweł | 72 | RADLINIOKI W BIEGU | M30-39 | Radlinioki w biegu | 00:00:01 | 00:10:16 | 00:18:08 | 00:26:26 |
| 17 | TOKAREWICZ Damian | 13 | ZEBRY | M40-49 | | 00:00:03 | 00:10:17 | 00:18:11 | 00:26:27 |
| 18 | OLEJNIK Franciszek | 17 | INŻYNIERIA BIEGANIA TEAM | M20-29 | Inżynieria biegania | 00:00:01 | 00:10:20 | 00:18:13 | 00:26:29 |
| 19 | PALT Tomasz | 62 | | M40-49 | | 00:00:01 | 00:10:23 | 00:18:15 | 00:26:29 |
| 20 | SZULIK Grzegorz | 40 | ZSRG SP Z O.O. | M40-49 | | 00:00:01 | 00:10:08 | 00:18:05 | 00:26:31 |
| 21 | BARTNIK Sebastian | 2 | STREET SPIRIT-TEAM NOWAK | M40-49 | Street Spirit-Team Nowak | 00:00:02 | 00:10:31 | 00:18:29 | 00:26:47 |
| 22 | JAROSZ Marek | 32 | | M40-49 | | 00:00:01 | 00:10:40 | 00:18:36 | 00:26:52 |
| 23 | PRZYBYLSKI Tomasz | 14 | W POGONI ZA DUCHEM | M40-49 | W pogoni za duchem | 00:00:01 | 00:10:44 | 00:18:45 | 00:26:54 |
| 24 | NOWAK Michał | 26 | RYTM CZECHOWICE-DZIEDZICE | M20-29 | | 00:00:02 | 00:10:18 | 00:18:26 | 00:27:00 |
| 25 | EISLER Tomasz | 102 | BIEGAM, BO MNIE ŻONA ZAPISUJE | M40-49 | | 00:00:02 | 00:10:36 | 00:18:40 | 00:27:07 |
| 26 | JARCZOK Miłosz | 25 | MKS CZECHOWICE DZIEDZICE | M30-39 | | 00:00:02 | 00:10:44 | 00:18:52 | 00:27:19 |
| 27 | STEC Łukasz | 16 | SKL SUCHA BESKIDZKA | M30-39 | | 00:00:01 | 00:10:45 | 00:18:54 | 00:27:20 |
| 28 | URBANIAK Wittek | 11 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | M40-49 | | 00:00:03 | 00:10:43 | 00:18:59 | 00:27:25 |
| 29 | ALBRECHT Arkadiusz | 37 | GB GALOPUJĄCE ŚLIMAKI | M40-49 | Galopujące Ślimaki | 00:00:02 | 00:10:42 | 00:18:55 | 00:27:29 |
| 30 | JĘDRUSIAK Przemysław | 122 | | M40-49 | | 00:00:03 | 00:10:46 | 00:18:53 | 00:27:41 |
| 31 | KRĘCICHWOST Kamil | 121 | | M30-39 | | 00:00:02 | 00:10:38 | 00:19:00 | 00:27:49 |
| 32 | DUŻNIAK Dominik | 19 | STEP-DANCE | M30-39 | | 00:00:01 | 00:10:43 | 00:19:07 | 00:28:00 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna 1 | Czas startu | 2.9km | 5km | 7.3km |
|-----|-----------------------|-------|------------------------------|-----------|-------------------------|-------------|----------|----------|----------|
| 33 | KRETEK Łukasz | 130 | | M30-39 | | 00:00:01 | 00:11:10 | 00:19:35 | 00:28:26 |
| 34 | WRÓBEL Michał | 133 | FIT LAMKA TEAM | M30-39 | | 00:00:02 | 00:11:16 | 00:19:49 | 00:28:38 |
| 35 | WRÓBLEWSKI Janmarian | 31 | JUST TEAM BIELSKO-BIAŁA | M40-49 | HRmax Żory | 00:00:00 | 00:10:54 | 00:19:29 | 00:28:43 |
| 36 | NIEBRZYDOWSKI Łukasz | 50 | NESSI TIME ŻORY | M30-39 | Nessi Time Żory | 00:00:01 | 00:11:07 | 00:19:42 | 00:28:45 |
| 37 | BIAŁY Kamil | 79 | FAST FOOT TEAM SIEWIERZ | M30-39 | | 00:00:04 | 00:11:19 | 00:19:54 | 00:28:50 |
| 38 | TIDE Krzysztof | 96 | | M20-29 | | 00:00:04 | 00:11:27 | 00:20:01 | 00:28:53 |
| 39 | KEMPA Piotr | 76 | | M30-39 | | 00:00:02 | 00:11:20 | 00:19:54 | 00:28:54 |
| 40 | SZAŁAŚNY Piotr | 56 | TESTYOUTDOOROWE.PL | M30-39 | | 00:00:04 | 00:11:29 | 00:20:04 | 00:28:57 |
| 41 | WRZECIONKOWSKI Adrian | 105 | TYSKIE DELFINY | M30-39 | | 00:00:04 | 00:11:23 | 00:20:03 | 00:29:02 |
| 42 | KUŚ Dawid | 49 | POLSKA GRUPA GÓRNICZA | M30-39 | | 00:00:00 | 00:11:11 | 00:19:56 | 00:29:09 |
| 43 | MRÓZEK Rafał | 83 | TEAM KOPEĆ | M30-39 | | 00:00:02 | 00:11:05 | 00:19:55 | 00:29:11 |
| 44 | WOŹNIAK Paweł | 82 | W POGONI ZA DUCHEM | M40-49 | W pogoni za duchem | 00:00:07 | 00:11:27 | 00:20:04 | 00:29:13 |
| 45 | WOLNY Ariel | 94 | | M40-49 | | 00:00:02 | 00:11:33 | 00:20:07 | 00:29:15 |
| 46 | SAMBAK Tadeusz | 90 | ZADYSZKA OŚWIĘCIM | M50-59 | Zadzyszka Oświęcim | 00:00:03 | 00:11:32 | 00:20:13 | 00:29:20 |
| 47 | KOWALSKI Grzegorz | 77 | W POGONI ZA DUCHEM | M40-49 | W pogoni za duchem | 00:00:04 | 00:11:28 | 00:20:12 | 00:29:20 |
| 48 | NOWICKI Tomasz | 86 | KLUB BIEGACZA FARTLEK | M30-39 | Klub Biegacza Fartlek | 00:00:06 | 00:11:34 | 00:20:19 | 00:29:23 |
| 49 | PASTERNOK Marian | 134 | ZABRZAŃSKIE PARKOWE BIEGANIE | M40-49 | | 00:00:05 | 00:11:34 | 00:20:23 | 00:29:37 |
| 50 | KARPLEWICZ Andrzej | 70 | GALOPUJĄCE ŚLIMAKI | M60-69 | Galopujące Ślimaki | 00:00:01 | 00:11:24 | 00:20:14 | 00:29:40 |
| 51 | HORZELA Adam | 93 | HURAGAN LIGOTA | M30-39 | | 00:00:06 | 00:11:52 | 00:20:50 | 00:30:01 |
| 52 | CHRUSZCZ Wojciech | 80 | KLUB BIEGACZA FARTLEK | M40-49 | Klub Biegacza Fartlek | 00:00:06 | 00:11:51 | 00:20:57 | 00:30:27 |
| 53 | POŁOMSKI Grzegorz | 51 | POLOMSCY TEAM | M40-49 | POLOMSCY TEAM | 00:00:05 | 00:11:44 | 00:20:50 | 00:30:31 |
| 54 | BUĆKO Marcin | 54 | KLUB BIEGACZA FARTLEK | M40-49 | Klub Biegacza Fartlek | 00:00:03 | 00:11:54 | 00:21:00 | 00:30:36 |
| 55 | MROWIEC Bernard | 207 | MKS SMS VICTORIA RACIBÓRZ | M50-59 | | 00:00:05 | 00:12:07 | 00:21:09 | 00:30:44 |
| 56 | KRAJEWSKI Tomasz | 98 | | M40-49 | | 00:00:10 | 00:12:23 | 00:21:25 | 00:30:44 |
| 57 | STAMATEL Sebastian | 126 | | M20-29 | | 00:00:09 | 00:12:00 | 00:21:14 | 00:30:55 |
| 58 | HEJNA Michał | 188 | KS M.E.T.A. | M30-39 | | 00:00:07 | 00:12:27 | 00:21:45 | 00:31:14 |
| 59 | WILDNER Witold | 184 | MINOVA EKOCEM | M40-49 | | 00:00:07 | 00:12:23 | 00:21:37 | 00:31:18 |
| 60 | URBAN Patryk | 123 | | M30-39 | | 00:00:03 | 00:11:51 | 00:21:23 | 00:31:23 |
| 61 | RAJWA Jan | 143 | BZIEGACZE | M30-39 | Bziegacze | 00:00:04 | 00:12:23 | 00:21:44 | 00:31:27 |
| 62 | WALA Piotr | 29 | | M16-19 | | 00:00:04 | 00:11:40 | 00:21:07 | 00:31:28 |
| 63 | MAŁECKI Jacek | 214 | | M30-39 | | 00:00:12 | 00:12:43 | 00:21:43 | 00:31:29 |
| 64 | WRÓBEL Ryszard | 185 | | M30-39 | | 00:00:05 | 00:12:08 | 00:21:42 | 00:31:39 |
| 65 | KĄKOL Ryszard | 100 | PĘDZIWIATRY NA ANIMUSZU | M60-69 | | 00:00:03 | 00:12:29 | 00:22:05 | 00:31:51 |
| 66 | LORENZ Marcin | 166 | GALOPUJĄCE ŚLIMAKI | M50-59 | Galopujące Ślimaki | 00:00:05 | 00:12:31 | 00:22:03 | 00:31:52 |
| 67 | STATECZNY Patryk | 182 | | M20-29 | | 00:00:05 | 00:12:20 | 00:22:00 | 00:31:53 |
| 68 | RAJWA Roman | 57 | TL ATHLETICS JASTRZĘBIE | M30-39 | TL Athletics Jastrzębie | 00:00:04 | 00:11:53 | 00:21:35 | 00:32:00 |
| 69 | ZĘBIK Tomasz | 216 | | M40-49 | | 00:00:04 | 00:12:22 | 00:22:03 | 00:32:01 |
| 70 | PIECHACZEK Jacek | 175 | | M40-49 | | 00:00:10 | 00:12:33 | 00:22:12 | 00:32:11 |
| 71 | OWCZAREK Paweł | 258 | | M40-49 | | 00:00:08 | 00:12:31 | 00:22:06 | 00:32:12 |
| 72 | TOCHOWICZ Bartosz | 228 | | M50-59 | | 00:00:05 | 00:12:37 | 00:22:19 | 00:32:14 |
| 73 | ŁYSEK Paweł | 66 | BZIEGACZE | M40-49 | Bziegacze | 00:00:04 | 00:12:38 | 00:22:18 | 00:32:15 |
| 74 | SOJKA Wojciech | 204 | KAC RUNNERS | M50-59 | | 00:00:09 | 00:12:43 | 00:22:25 | 00:32:33 |
| 75 | LOKAJCZYK Olivier | 422 | | M16-19 | | 00:00:12 | 00:13:02 | 00:22:43 | 00:32:39 |
| 76 | JĘDRZEJAK Piotr | 485 | | M40-49 | | 00:00:16 | 00:13:07 | 00:22:47 | 00:32:58 |
| 77 | DUROK Wojciech | 202 | KAC RUNNERS | M40-49 | | 00:00:09 | 00:12:57 | 00:22:51 | 00:33:10 |
| 78 | FLISZTA Marcin | 161 | HARPAGAN SOSNOWIEC | M40-49 | | 00:00:07 | 00:12:39 | 00:22:45 | 00:33:11 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna 1 | Czas startu | 2.9km | 5km | 7.3km |
|-----|-----------------------------|------------|-----------------------------------|-----------|-----------------------------------|-------------|----------|----------|----------|
| 79 | HENCZKO Karol | 369 | AKTYWNI NAKRĘCENI | M30-39 | | 00:00:16 | 00:13:07 | 00:22:52 | 00:33:11 |
| 80 | TURAK Rafał | 164 | | M50-59 | | 00:00:04 | 00:12:39 | 00:22:46 | 00:33:20 |
| 81 | DĄBROWSKI Marcin | 420 | | M30-39 | | 00:00:04 | 00:13:12 | 00:23:18 | 00:33:35 |
| 82 | BIAŁECKI Zbigniew | 439 | WATAHA | M16-19 | WATAHA | 00:00:05 | 00:12:52 | 00:22:51 | 00:33:52 |
| 83 | PETRYNA Bartosz | 248 | OCHAJO RUN AND FRIENDS | M40-49 | | 00:00:04 | 00:12:41 | 00:22:49 | 00:33:55 |
| 84 | TUPAJ Jarosław | 299 | AKTYWNI RYDUŁTOWY | M30-39 | | 00:00:11 | 00:13:14 | 00:23:06 | 00:33:58 |
| 85 | GAŁKIEWICZ Michał | 172 | | M40-49 | | 00:00:02 | 00:13:00 | 00:23:13 | 00:34:03 |
| 86 | ADAMCZEWSKI Waldemar | 150 | KLUB BIEGACZA FARTLEK | M50-59 | Klub Biegacza Fartlek | 00:00:08 | 00:13:04 | 00:23:22 | 00:34:11 |
| 87 | PIETRASZ Krzysztof | 221 | | M30-39 | | 00:00:10 | 00:13:20 | 00:23:40 | 00:34:14 |
| 88 | URBASIK Mariusz | 193 | RUN RYDUŁTOWY | M50-59 | | 00:00:12 | 00:13:27 | 00:23:34 | 00:34:17 |
| 89 | PŁONKA Krzysztof | 346 | DKMS | M50-59 | | 00:00:16 | 00:13:30 | 00:23:44 | 00:34:22 |
| 90 | CHROBOK Michał | 325 | | M30-39 | | 00:00:09 | 00:13:22 | 00:23:42 | 00:34:27 |
| 91 | MOTOWIDŁO Tomasz | 337 | | M40-49 | | 00:00:12 | 00:13:25 | 00:23:48 | 00:34:37 |
| 92 | CISOWSKI Kamil | 288 | PREZESA | M30-39 | | 00:00:08 | 00:13:35 | 00:24:08 | 00:34:51 |
| 93 | HARAZIN Janusz | 178 | 2 TM 4,7 | M30-39 | | 00:00:09 | 00:13:54 | 00:24:17 | 00:35:06 |
| 94 | FILIKS Leszek | 533 | | M40-49 | | 00:00:13 | 00:13:41 | 00:24:17 | 00:35:22 |
| 95 | MAGA Przemysław | 205 | | M40-49 | | 00:00:13 | 00:13:56 | 00:24:25 | 00:35:28 |
| 96 | NIEŚLAŃCZYK Jan | 310 | | M40-49 | | 00:00:15 | 00:13:37 | 00:24:20 | 00:35:32 |
| 97 | GURGOŃ Marcin | 415 | | M30-39 | | 00:00:15 | 00:13:19 | 00:24:16 | 00:35:44 |
| 98 | CZYRNEK Dariusz | 289 | SMAKI BIEGANIA | M40-49 | Smaki biegania | 00:00:10 | 00:13:54 | 00:24:32 | 00:35:53 |
| 99 | PRZYŁUDZKI Janusz | 326 | STS BIEGATON | M70+ | | 00:00:11 | 00:14:09 | 00:24:51 | 00:35:56 |
| 100 | PASZKOWSKI Cezary | 233 | | M40-49 | MDM NT TEAM | 00:00:15 | 00:14:13 | 00:24:54 | 00:36:01 |
| 101 | SOBEL Adrian | 230 | | M30-39 | | 00:00:17 | 00:14:09 | 00:24:37 | 00:36:03 |
| 102 | FIEROCH Karol | 367 | | M30-39 | | 00:00:18 | 00:14:22 | 00:24:52 | 00:36:04 |
| 103 | CIEŚLA Jonasz | 137 | RYBNICKI KLUB JU JITSU SPORTOWEGO | M16-19 | Rybnicki Klub Ju Jitsu Sportowego | 00:00:18 | 00:14:17 | 00:25:12 | 00:36:07 |
| 104 | COJG Mateusz | 241 | | M20-29 | | 00:00:14 | 00:14:25 | 00:25:16 | 00:36:13 |
| 105 | WARZOCHA Mirosław | 308 | | M60-69 | | 00:00:10 | 00:13:58 | 00:24:43 | 00:36:17 |
| 106 | MACHARZYŃSKI Piotr | 242 | NESSI TEAM ŻORY | M40-49 | Nessi Time Żory | 00:00:13 | 00:14:20 | 00:25:02 | 00:36:19 |
| 107 | OLMA Władysław | 382 | JASTRZĘBIE - BIEGAM BO LUBIĘ | M50-59 | | 00:00:10 | 00:14:02 | 00:24:57 | 00:36:24 |
| 108 | BORYCZKA Szymon | 292 | | M40-49 | | 00:00:11 | 00:14:05 | 00:24:47 | 00:36:30 |
| 109 | BRÓZDA Tomasz | 307 | MDM NT TEAM | M30-39 | MDM NT TEAM | 00:00:15 | 00:14:14 | 00:24:54 | 00:36:30 |
| 110 | SPYRKA Piotr | 229 | KLUB BIEGACZA FARTLEK | M30-39 | Klub Biegacza Fartlek | 00:00:23 | 00:14:40 | 00:25:51 | 00:36:49 |
| 111 | KAWIK Janusz | 255 | | M50-59 | | 00:00:03 | 00:14:23 | 00:25:27 | 00:37:00 |
| 112 | GRALAK Wojciech | 347 | | M20-29 | | 00:00:18 | 00:15:01 | 00:26:09 | 00:37:12 |
| 113 | MARCZYNSKI Sebastian | 213 | BEACHVOLLEYBALL | M30-39 | | 00:00:10 | 00:14:01 | 00:25:21 | 00:37:15 |
| 114 | JASIŃSKI Maksymilian | 252 | MARO TEAM JASTRZĘBIE-ŻORY | M60-69 | MARO Team Jastrzębie-Żory | 00:00:19 | 00:14:55 | 00:26:01 | 00:37:21 |
| 115 | BAJOR Paweł | 480 | | M40-49 | | 00:00:07 | 00:13:33 | 00:25:04 | 00:37:41 |
| 116 | TORBIŃSKI Wiesław | 237 | | M70+ | Szare Morsy | 00:00:07 | 00:14:27 | 00:25:43 | 00:37:42 |
| 117 | SZCZYRBOWSKI Jan | 322 | | M60-69 | | 00:00:12 | 00:15:05 | 00:26:27 | 00:37:57 |
| 118 | PIŁATOWSKI Mirosław | 138 | TL ATHLETICS JASTRZĘBIE | M50-59 | TL Athletics Jastrzębie | 00:00:10 | 00:15:05 | 00:26:33 | 00:38:32 |
| 119 | RASZKA Janusz | 336 | DARK ONE | M50-59 | | 00:00:09 | 00:15:07 | 00:26:33 | 00:38:38 |
| 120 | TARGOSZ Piotr | 270 | OLZA CIESZYN | M40-49 | Olza Cieszyn | 00:00:10 | 00:15:06 | 00:26:48 | 00:39:03 |
| 121 | MAZURKIEWICZ Rafał | 424 | | M40-49 | | 00:00:06 | 00:15:13 | 00:26:55 | 00:39:13 |
| 122 | MAKOŚ Tomek | 428 | | M40-49 | | 00:00:18 | 00:16:02 | 00:27:54 | 00:39:34 |
| 123 | CIEŚLA Adam | 350 | RYBNICKI KLUB JU JITSU SPORTOWEGO | M40-49 | Rybnicki Klub Ju Jitsu Sportowego | 00:00:18 | 00:15:42 | 00:27:30 | 00:39:38 |
| 124 | DEJEWSKI Jakub | 402 | GB GALOPUJĄCE ŚLIMAKI | M30-39 | Galopujące Ślimaki | 00:00:19 | 00:15:46 | 00:27:47 | 00:39:45 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Drużyna 1 | Czas startu | 2.9km | 5km | 7.3km |
|-----|-------------------------------|------------|---------------------------|-----------|---------------------------|-------------|----------|----------|----------|
| 125 | JOCHLIK Szymon | 191 | | M30-39 | | 00:00:16 | 00:15:22 | 00:27:31 | 00:40:15 |
| 126 | MROZEK Maciej | 365 | | M40-49 | | 00:00:15 | 00:15:55 | 00:27:38 | 00:40:16 |
| 127 | WISKULSKI Mateusz | 483 | | M30-39 | | 00:00:16 | 00:15:50 | 00:27:47 | 00:40:31 |
| 128 | SZCZEPANIAK Aleksander | 584 | | M50-59 | | 00:00:21 | 00:15:46 | 00:27:47 | 00:40:38 |
| 129 | GÓRALSKI Jarosław | 467 | | M50-59 | | 00:00:06 | 00:16:10 | 00:28:15 | 00:40:44 |
| 130 | WALICA Jerzy | 372 | BIEGAM BO LUBIĘ | M50-59 | | 00:00:06 | 00:16:08 | 00:28:34 | 00:41:15 |
| 131 | PALA Mariusz | 301 | KOKO DŻAMBO I DO PRZODU | M30-39 | | 00:00:09 | 00:15:17 | 00:27:38 | 00:41:19 |
| 132 | MALISZEWSKI Dariusz | 352 | | M30-39 | | 00:00:07 | 00:15:25 | 00:28:02 | 00:41:23 |
| 133 | SZCZEPANIK Piotr | 353 | KLUB BIEGACZA FARTLEK | M30-39 | Klub Biegacza Fartlek | 00:00:14 | 00:16:55 | 00:29:16 | 00:41:36 |
| 134 | KUBIK Dariusz | 544 | SAINT GOBAIN SQUAD | M40-49 | | 00:00:06 | 00:15:08 | 00:27:48 | 00:41:52 |
| 135 | GRABALSKI Marcin | 513 | | M30-39 | | 00:00:13 | 00:15:51 | 00:28:21 | 00:42:03 |
| 136 | KOŁODZIEJ Artur | 488 | | M40-49 | | 00:00:03 | 00:16:06 | 00:28:43 | 00:42:08 |
| 137 | ŁASIEWICKI Sławomir | 474 | | M50-59 | | 00:00:10 | 00:16:22 | 00:29:00 | 00:42:16 |
| 138 | SOCHA Michał | 529 | TL POGOŃ RUDA ŚLĄSKA | M50-59 | TL Pogoń Ruda Śląska | 00:00:13 | 00:16:19 | 00:31:47 | 00:44:25 |
| 139 | PIETRZYK Marek | 509 | | M60-69 | | 00:00:17 | 00:17:08 | 00:30:27 | 00:44:48 |
| 140 | BĘBENEK Marcin | 363 | GALOPUJĄCE ŚLIMAKI | M40-49 | Galopujące Ślimaki | 00:00:19 | 00:17:16 | 00:30:46 | 00:45:52 |
| 141 | SIENKIEWICZ Piotr | 418 | BIEGAM BO LUBIĘ RACIBÓRZ | M60-69 | | 00:00:12 | 00:17:55 | 00:31:31 | 00:45:58 |
| 142 | MARON Tomasz | 231 | TL ATHLETICS JASTRZĘBIE | M30-39 | TL Athletics Jastrzębie | 00:00:15 | 00:18:16 | 00:31:56 | 00:47:11 |
| 143 | KUBAS Mariusz | 461 | KLUB BIEGACZA FARTLEK | M40-49 | Klub Biegacza Fartlek | 00:00:22 | 00:18:58 | 00:34:43 | 00:53:41 |
| 144 | DĄBROWSKI Sebastian | 287 | BYLE DOBIEC | M40-49 | | 00:00:00 | | | |
| 145 | KOŹMIŃSKI Józef | 7 | SKL SUCHA BESKIDZKA | M40-49 | | 00:00:00 | | | |
| 146 | WALCZYŃSKI Mariusz | 91 | NIEWYBIEGANI | M40-49 | Niewybiegani | 00:00:00 | | 00:36:54 | |
| 147 | URBANEK Łukasz | 110 | | M16-19 | | 00:00:06 | | 00:20:49 | |
| 148 | ZAWIERUCHA Aleksander | 404 | MARO TEAM JASTRZĘBIR-ŻORY | M50-59 | MARO Team Jastrzębie-Żory | 00:00:19 | | | |

Znaleziono 148 wynik(ów)