

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
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsi Polacy

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	MRÓWKA Mateusz	4	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	2	00:00:01	00:09:19	00:15:41	00:23:16	00:29:56	00:31:49.15	00:31:50.95		3:10	18.9 (100%)
2	CIEPŁAK Marcin	3	CHEMIKA RYBNIK	M20-29	3	00:00:01	00:09:20	00:16:01	00:24:01	00:31:08	00:33:14.05	00:33:15.35	+00:01:24 (4.3%)	3:19	18.1 (95.8%)
3	KASPRZAK Radosław	7	INŻYNIERIA BIEGANIA TEAM	M20-29	4	00:00:01	00:09:51	00:16:42	00:24:35	00:31:29	00:33:21.50	00:33:23.05	+00:01:32 (4.6%)	3:20	18 (95.2%)
4	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	+00:01:32 (4.6%)	3:20	18 (95.2%)
5	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	+00:01:42 (5.1%)	3:21	17.9 (94.7%)
6	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	+00:01:57 (5.8%)	3:22	17.8 (94.2%)
7	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	+00:02:21 (6.9%)	3:25	17.6 (93.1%)
8	WŁOCH Andrzej	6	KB MOSIR JASTRZĘBIE	M20-29	5	00:00:01	00:09:51	00:16:50	00:25:02	00:32:16	00:34:14.25	00:34:15.40	+00:02:25 (7.1%)	3:25	17.5 (92.6%)
9	BULIK Witold	647	PKS OLIMPIJCZYK GILOWICE	M40-49	1	00:00:01	00:09:52	00:16:49	00:25:08	00:32:31	00:34:38.05	00:34:39.60	+00:02:48 (8.1%)	3:27	17.3 (91.5%)
10	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	+00:02:52 (8.3%)	3:28	17.3 (91.5%)
11	HAJDUK Paweł	787		M16-19	1	00:00:03	00:10:32	00:17:38		00:32:56	00:34:56.15	00:34:59.75	+00:03:07 (8.9%)	3:29	17.2 (91.0%)
12	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	+00:03:14 (9.3%)	3:30	17.1 (90.5%)
13	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	+00:03:25 (9.7%)	3:31	17 (89.9%)
14	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	+00:03:29 (9.9%)	3:31	17 (89.9%)
15	ZIELONKA Robert	758	MOTOMASTER	M40-49	2	00:00:02	00:10:14	00:17:30		00:33:25	00:35:29.50	00:35:31.50	+00:03:40 (10.3%)	3:32	16.9 (89.4%)
16	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	+00:03:43 (10.5%)	3:33	16.9 (89.4%)
17	KARDAS Arkadiusz	876	TS AKS CHORZÓW	M20-29	6	00:00:03	00:09:51	00:17:07		00:33:28	00:35:37.90	00:35:41.10	+00:03:48 (10.7%)	3:33	16.8 (88.9%)
18	RAJWA Roman	502	KB MOSIR JASTRZĘBIE	M20-29	7	00:00:02	00:10:17	00:17:44		00:33:55	00:35:58.20	00:36:00.70	+00:04:09 (11.5%)	3:35	16.7 (88.4%)
19	KRZEMIŃ Krzysztof	697		M20-29	8	00:00:04	00:10:43	00:18:10		00:34:01	00:36:03.45	00:36:07.55	+00:04:14 (11.8%)	3:36	16.6 (87.8%)
20	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	+00:04:20 (12.0%)	3:36	16.6 (87.8%)
21	SEWERYN Jacek	814		M40-49	3	00:00:02	00:10:15	00:17:41		00:34:04	00:36:13.70	00:36:16.65	+00:04:24 (12.2%)	3:37	16.6 (87.8%)

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					
22	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	+00:04:29 (12.4%)	3:37	16.5 (87.3%)
23	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	+00:04:39 (12.8%)	3:38	16.5 (87.3%)
24	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	+00:04:43 (12.9%)	3:39	16.4 (86.8%)
25	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	+00:04:44 (13.0%)	3:39	16.4 (86.8%)
26	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	+00:04:49 (13.2%)	3:39	16.4 (86.8%)
27	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	+00:04:55 (13.4%)	3:40	16.3 (86.2%)
28	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	+00:05:04 (13.7%)	3:41	16.3 (86.2%)
29	KNESZ Marek	464		M50-59	1	00:00:02	00:10:35	00:18:13		00:34:44	00:37:01.20	00:37:04.10	+00:05:12 (14.0%)	3:42	16.2 (85.7%)
30	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	+00:05:15 (14.2%)	3:42	16.2 (85.7%)
31	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	+00:05:16 (14.2%)	3:42	16.2 (85.7%)
32	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	+00:05:20 (14.4%)	3:43	16.1 (85.2%)
33	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	+00:05:23 (14.5%)	3:43	16.1 (85.2%)
34	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	+00:05:27 (14.6%)	3:43	16.1 (85.2%)
35	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	+00:05:31 (14.8%)	3:44	16.1 (85.2%)
36	RĘBISZ Mariusz	795		M40-49	4	00:00:03	00:10:41	00:18:16		00:35:04	00:37:21.10	00:37:24.65	+00:05:31 (14.8%)	3:44	16.1 (85.2%)
37	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	+00:05:38 (15.1%)	3:44	16 (84.7%)
38	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	5	00:00:03	00:10:46	00:18:28		00:35:13	00:37:28.00	00:37:31.80	+00:05:38 (15.1%)	3:44	16 (84.7%)
39	PŁOSKONKA Jan	794	UKS BRENNA-GÓRKI	M20-29	9	00:00:03	00:11:09	00:18:58		00:35:28	00:37:35.20	00:37:38.75	+00:05:46 (15.3%)	3:45	16 (84.7%)
40	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	+00:05:48 (15.4%)	3:45	16 (84.7%)
41	NIESŁONY Filip	650		M16-19	2	00:00:02	00:10:48	00:18:39		00:35:32	00:37:37.95	00:37:40.85	+00:05:48 (15.4%)	3:45	15.9 (84.1%)
42	MATUSZNY Marek	209	OLZA CIESZYN	M20-29	10	00:00:04	00:10:37	00:18:10		00:35:24	00:37:42.10	00:37:46.50	+00:05:52 (15.6%)	3:46	15.9 (84.1%)
43	MROWIEC Adam	239		M16-19	3	00:00:03	00:11:06	00:18:51		00:35:30	00:37:44.40	00:37:47.60	+00:05:55 (15.7%)	3:46	15.9 (84.1%)
44	DOBROWOLSKI Tomasz	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	4	00:00:05	00:10:34	00:18:21		00:35:38	00:37:48.00	00:37:53.05	+00:05:58 (15.8%)	3:46	15.9 (84.1%)
45	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	6	00:00:03	00:10:54	00:18:35		00:35:36	00:37:52.00	00:37:55.80	+00:06:02 (16.0%)	3:47	15.8 (83.6%)
46	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	+00:06:05 (16.1%)	3:47	15.8 (83.6%)
47	MROWIEC Kacper	822		M20-29	11	00:00:04	00:10:54	00:18:34		00:35:39	00:37:56.55	00:38:00.95	+00:06:07 (16.1%)	3:47	15.8 (83.6%)
48	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	+00:06:07 (16.1%)	3:47	15.8 (83.6%)
49	KMITA Tomasz	851		M20-29	12	00:00:03	00:10:56	00:18:39		00:35:45	00:37:59.10	00:38:02.90	+00:06:09 (16.2%)	3:47	15.8 (83.6%)
50	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	+00:06:15 (16.4%)	3:48	15.8 (83.6%)

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						
51	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	7	00:00:06	00:11:00	00:18:53			00:35:47	00:38:05.30	00:38:11.85	+00:06:16 (16.5%)	3:48	15.8 (83.6%)
52	ALBRECHT Krystian	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	5	00:00:06	00:11:00	00:18:52			00:35:47	00:38:05.95	00:38:12.40	+00:06:16 (16.5%)	3:48	15.7 (83.1%)
53	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	+00:06:21 (16.7%)	3:49	15.7 (83.1%)
54	KOGUCIUK Karol	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	6	00:00:14	00:11:02	00:18:56			00:36:10	00:38:18.50	00:38:33.30	+00:06:29 (16.9%)	3:49	15.7 (83.1%)
55	WIELOPOLSKI Michał	356		M16-19	7	00:00:05	00:11:07	00:18:55			00:36:06	00:38:25.50	00:38:31.45	+00:06:36 (17.2%)	3:50	15.6 (82.5%)
56	MOLA Mateusz	505	MUKS CIESZYN	M16-19	8	00:00:04	00:11:01	00:19:07			00:36:24	00:38:29.60	00:38:33.70	+00:06:40 (17.3%)	3:50	15.6 (82.5%)
57	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	+00:06:43 (17.5%)	3:51	15.6 (82.5%)
58	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	+00:06:48 (17.6%)	3:51	15.5 (82.0%)
59	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	8	00:00:05	00:11:25	00:19:21			00:36:36	00:38:50.40	00:38:55.75	+00:07:01 (18.1%)	3:53	15.5 (82.0%)
60	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	+00:07:02 (18.1%)	3:53	15.4 (81.5%)
61	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	+00:07:03 (18.2%)	3:53	15.4 (81.5%)
62	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	+00:07:12 (18.5%)	3:54	15.4 (81.5%)
63	WANTULOK Paweł	121		M20-29	13	00:00:07	00:11:33	00:19:38	00:28:57		00:36:54	00:39:04.70	00:39:12.55	+00:07:15 (18.6%)	3:54	15.4 (81.5%)
64	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	+00:07:23 (18.9%)	3:55	15.3 (81.0%)
65	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	+00:07:27 (19.0%)	3:55	15.3 (81.0%)
66	WITALA Tomasz	381		M40-49	9	00:00:08	00:11:42	00:19:51	00:29:08		00:37:05	00:39:21.10	00:39:29.35	+00:07:31 (19.1%)	3:56	15.2 (80.4%)
67	OLBRICH Artur	318		M30-39	38	00:00:05	00:11:47	00:37:03				00:39:22.45	00:39:28.15	+00:07:33 (19.2%)	3:56	15.2 (80.4%)
68	MAJER Damian	408	YNO ULTRA	M40-49	10	00:00:08	00:11:28	00:19:34	00:28:56		00:37:09	00:39:27.25	00:39:35.50	+00:07:38 (19.4%)	3:56	15.2 (80.4%)
69	BOBEREK Grzegorz	706	POGORIA BIEGA	M40-49	11	00:00:08	00:11:43	00:19:52	00:29:10		00:37:09	00:39:27.25	00:39:35.95	+00:07:38 (19.4%)	3:56	15.2 (80.4%)
70	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	+00:07:39 (19.4%)	3:56	15.2 (80.4%)
71	KUREK Jacek	425	ŚWIETLIKOWO	M40-49	12	00:00:04	00:10:59	00:19:06			00:36:58	00:39:30.65	00:39:34.80	+00:07:41 (19.5%)	3:57	15.2 (80.4%)
72	ZYGMA Kordian	151		M20-29	14	00:00:09	00:11:46	00:19:57	00:29:14		00:37:13	00:39:30.65	00:39:40.35	+00:07:41 (19.5%)	3:57	15.2 (80.4%)
72	JANUSZ Tomasz	604	SKAZANINASUKCES.PL	M20-29	15	00:00:09	00:11:45	00:19:57	00:29:12		00:37:13	00:39:31.05	00:39:40.35	+00:07:41 (19.5%)	3:57	15.2 (80.4%)
74	KUNINA Paweł	130	AMATOR	M40-49	13	00:00:06	00:11:34	00:19:52	00:29:12		00:37:08	00:39:32.50	00:39:38.60	+00:07:43 (19.5%)	3:57	15.2 (80.4%)
74	KASTELIK Szymon	422	OLIMPIJCZYK GIŁOWICE	M20-29	16	00:00:03	00:11:09	00:19:21	00:28:50		00:37:15	00:39:34.75	00:39:38.60	+00:07:45 (19.6%)	3:57	15.2 (80.4%)
76	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	+00:07:47 (19.7%)	3:57	15.1 (79.9%)
77	DZIARSKI Wiesław	240	ERBUD RYBNIK	M60-69	1	00:00:08	00:11:30	00:37:21				00:39:43.45	00:39:51.85	+00:07:54 (19.9%)	3:58	15.1 (79.9%)
78	KRETEK Łukasz	519	AKTYWNI LYSKI	M20-29	17	00:00:09	00:11:45	00:19:58	00:29:19		00:37:29	00:39:47.10	00:39:56.60	+00:07:57 (20.0%)	3:58	15.1 (79.9%)
79	KLYSZCZ Paweł	886	ZERO32 ARCHITEKCI	M20-29	18	00:00:05	00:11:36	00:19:49	00:29:17		00:37:32	00:39:48.90	00:39:54.75	+00:07:59 (20.1%)	3:58	15.1 (79.9%)

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
80	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	14	00:00:08	00:11:41	00:19:51	00:29:08	00:37:23	00:39:53.05	00:40:01.25	+00:08:03 (20.2%)	3:59	15 (79.4%)
81	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	+00:08:04 (20.2%)	3:59	15 (79.4%)
82	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	+00:08:12 (20.5%)	4:00	15 (79.4%)
83	KOWAL Łukasz	770	FITNESS EXPRESS RYBNIK	M20-29	19	00:00:13	00:12:01	00:20:15	00:29:36	00:37:50	00:40:03.10	00:40:16.90	+00:08:13 (20.6%)	4:00	15 (79.4%)
84	WASZTYL Grzegorz	771		M40-49	15	00:00:08	00:11:49	00:20:06	00:29:46	00:37:56	00:40:09.10	00:40:17.80	+00:08:19 (20.8%)	4:00	14.9 (78.8%)
85	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	16	00:00:08	00:11:45	00:19:59	00:29:34	00:37:55	00:40:10.65	00:40:19.35	+00:08:21 (20.8%)	4:01	14.9 (78.8%)
86	WOWRY Klaudiusz	448	CIESZYN WIK	M16-19	9	00:00:07	00:11:42	00:19:53	00:29:30	00:37:55	00:40:15.10	00:40:22.80	+00:08:25 (20.9%)	4:01	14.9 (78.8%)
87	DUDEK Bartłomiej	722		M40-49	17	00:00:08	00:11:45	00:19:53	00:29:28	00:37:54	00:40:18.30	00:40:26.90	+00:08:29 (21.1%)	4:01	14.9 (78.8%)
88	BRODACKI Waldemar	909	CHEMIK NOXY PUŁAWY	M60-69	2	00:00:05	00:11:46	00:20:04	00:29:41	00:37:54	00:40:19.00	00:40:24.90	+00:08:29 (21.1%)	4:01	14.9 (78.8%)
89	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	+00:08:32 (21.2%)	4:02	14.9 (78.8%)
90	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	+00:08:44 (21.5%)	4:03	14.8 (78.3%)
91	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	2	00:00:04	00:11:25	00:19:45	00:29:47	00:38:16	00:40:37.40	00:40:41.40	+00:08:48 (21.7%)	4:03	14.8 (78.3%)
92	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	+00:08:50 (21.7%)	4:03	14.8 (78.3%)
93	MASNY Michał	442		M20-29	20	00:00:12	00:11:47	00:20:11	00:29:58	00:38:18	00:40:41.00	00:40:53.65	+00:08:51 (21.8%)	4:04	14.7 (77.8%)
94	URBAŃCZYK Marcin	51		M20-29	21	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21	00:40:42.05	00:40:53.20	+00:08:52 (21.8%)	4:04	14.7 (77.8%)
95	GÓRNY Mirek	461	NUTREND TEAM	M50-59	3	00:00:04	00:11:33	00:19:55	00:29:52	00:38:18	00:40:42.10	00:40:46.10	+00:08:52 (21.8%)	4:04	14.7 (77.8%)
96	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	+00:08:56 (21.9%)	4:04	14.7 (77.8%)
97	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	4	00:00:10	00:11:40	00:19:57	00:29:44	00:38:14	00:40:46.85	00:40:56.90	+00:08:57 (22.0%)	4:04	14.7 (77.8%)
98	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	18	00:00:06	00:11:49	00:20:17	00:29:59	00:38:30	00:40:55.50	00:41:01.60	+00:09:06 (22.3%)	4:05	14.7 (77.8%)
99	MICHALIK Rafał	405	LACHO TEAM	M20-29	22	00:00:05	00:12:01	00:20:26	00:30:25	00:38:43	00:40:57.15	00:41:02.80	+00:09:08 (22.3%)	4:05	14.7 (77.8%)
100	MAZUR Marek	78		M40-49	19	00:00:08	00:11:44	00:19:55	00:29:44	00:38:26	00:40:58.85	00:41:07.75	+00:09:09 (22.4%)	4:05	14.6 (77.2%)
101	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	+00:09:18 (22.6%)	4:06	14.6 (77.2%)
102	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	+00:09:22 (22.8%)	4:07	14.6 (77.2%)
103	RAJWA Jan	309	BZIEGCZE	M20-29	23	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53	00:41:13.55	00:41:20.30	+00:09:24 (22.8%)	4:07	14.6 (77.2%)
104	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	+00:09:27 (22.9%)	4:07	14.5 (76.7%)
105	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	20	00:00:02	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	+00:09:29 (23.0%)	4:07	14.5 (76.7%)
106	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	+00:09:30 (23.0%)	4:07	14.5 (76.7%)
107	KUTIAN Adam	813		M50-59	5	00:00:08	00:12:00	00:20:36	00:30:23	00:38:52	00:41:19.80	00:41:28.70	+00:09:30 (23.0%)	4:08	14.5 (76.7%)
108	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	+00:09:32 (23.1%)	4:08	14.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	ZIELIŃSKI Ireneusz	170		M40-49	21	00:00:07	00:11:45	00:20:13	00:30:13	00:38:55	00:41:23.35	00:41:31.30	+00:09:34 (23.1%)	4:08	14.5 (76.7%)
110	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	22	00:00:02	00:11:43	00:20:18	00:30:23	00:39:03	00:41:26.05	00:41:28.50	+00:09:36 (23.2%)	4:08	14.5 (76.7%)
111	GŁUSZYK Andrzej	316		M40-49	23	00:00:10	00:12:33	00:21:08	00:31:01	00:39:10	00:41:27.20	00:41:37.20	+00:09:38 (23.2%)	4:08	14.5 (76.7%)
112	GLAJCAR Tomasz	134		M40-49	24	00:00:14	00:12:26	00:21:12	00:31:08	00:39:38	00:41:54.50	00:42:09.20	+00:10:05 (24.1%)	4:11	14.3 (75.7%)
113	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	+00:10:06 (24.1%)	4:11	14.3 (75.7%)
114	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	+00:10:06 (24.1%)	4:11	14.3 (75.7%)
115	ADAMCZEWSKI Waldemar	37		M50-59	6	00:00:11	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	+00:10:07 (24.1%)	4:11	14.3 (75.7%)
116	OGIERMAN Grzegorz	229	OLZA CIESZYN	M40-49	25	00:00:10	00:12:15	00:20:59	00:31:04	00:39:37	00:41:56.60	00:42:07.05	+00:10:07 (24.1%)	4:11	14.3 (75.7%)
117	BEZUCH Paweł	881		M20-29	24	00:00:14	00:12:28	00:21:19	00:31:14	00:39:42	00:41:59.75	00:42:14.00	+00:10:10 (24.2%)	4:12	14.3 (75.7%)
118	LEŚNIAK Krzysztof	296	RADLINIOKI W BIEGU	M40-49	26	00:00:11	00:12:26	00:21:07	00:31:08	00:39:39	00:42:01.15	00:42:12.20	+00:10:12 (24.3%)	4:12	14.3 (75.7%)
119	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	+00:10:18 (24.5%)	4:12	14.2 (75.1%)
120	LORANC Maciej	357	NUTREND BIEGA	M50-59	7	00:00:13	00:12:42	00:21:28	00:31:22	00:39:50	00:42:09.65	00:42:23.00	+00:10:20 (24.5%)	4:13	14.2 (75.1%)
121	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAŚCI	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	+00:10:22 (24.6%)	4:13	14.2 (75.1%)
122	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	+00:10:22 (24.6%)	4:13	14.2 (75.1%)
123	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	+00:10:22 (24.6%)	4:13	14.2 (75.1%)
124	MYNARSKI Sylwester	897		M40-49	27	00:00:12	00:12:32	00:21:15	00:31:10	00:39:47	00:42:15.75	00:42:28.55	+00:10:26 (24.7%)	4:13	14.2 (75.1%)
125	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	28	00:00:08	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	+00:10:28 (24.8%)	4:13	14.2 (75.1%)
126	JARGOŃ Jacek	458		M40-49	29	00:00:09	00:12:03	00:20:45	00:30:58	00:39:45	00:42:17.80	00:42:27.25	+00:10:28 (24.8%)	4:13	14.2 (75.1%)
127	BIAŁECKI Tomasz	492		M40-49	30	00:00:13	00:12:29	00:21:03	00:31:01		00:42:21.30	00:42:34.40	+00:10:32 (24.9%)	4:14	14.2 (75.1%)
128	BANASIAK Tomasz	507		M40-49	31	00:00:04	00:11:35	00:19:40	00:29:10	00:39:22	00:42:29.40	00:42:33.55	+00:10:40 (25.1%)	4:14	14.1 (74.6%)
129	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	+00:10:40 (25.1%)	4:15	14.1 (74.6%)
130	PRZYBYSZ Ryszard	206		M50-59	8	00:00:14	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	+00:10:40 (25.1%)	4:15	14.1 (74.6%)
131	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	+00:10:47 (25.3%)	4:15	14.1 (74.6%)
132	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	+00:10:47 (25.3%)	4:15	14.1 (74.6%)
133	JEREMICZ Krzysztof	57	RAFAKO RUN TEAM	M40-49	32	00:00:12	00:12:29	00:21:14	00:31:28	00:40:15	00:42:40.45	00:42:52.90	+00:10:51 (25.4%)	4:16	14.1 (74.6%)
134	GLAJC Andrzej	561	WYPAS RUN	M50-59	9	00:00:09	00:11:42	00:20:25	00:30:48	00:40:13	00:42:43.60	00:42:52.75	+00:10:54 (25.5%)	4:16	14 (74.1%)
135	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	10	00:00:09	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	+00:10:59 (25.7%)	4:16	14 (74.1%)
136	ŻUR Marek	449	KAC RUNNERS	M40-49	33	00:00:15	00:12:36	00:21:26	00:31:43	00:40:28	00:42:49.55	00:43:04.75	+00:11:00 (25.7%)	4:16	14 (74.1%)
137	OLSZOWSKI Marcin	523	OLZA CIESZYN	M40-49	34	00:00:07	00:12:06	00:20:51	00:31:11	00:40:17	00:42:51.85	00:42:59.20	+00:11:02 (25.8%)	4:17	14 (74.1%)

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
138	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	+00:11:02 (25.8%)	4:17	14 (74.1%)
139	BYRSKI Henryk	827	WILDBUCHAYS	M40-49	35	00:00:19	00:12:38	00:21:24	00:31:32	00:40:23	00:42:52.35	00:43:11.85	+00:11:03 (25.8%)	4:17	14 (74.1%)
140	TOMCZYK Lesław	854	OLZA CIESZYN	M50-59	11	00:00:11	00:12:36	00:21:22	00:31:22	00:40:16	00:42:53.40	00:43:05.05	+00:11:04 (25.8%)	4:17	14 (74.1%)
141	DZIERZENGA Artur	633		M40-49	36	00:00:00	00:12:14				00:42:54.00	00:42:54.00	+00:11:04 (25.8%)	4:17	14 (74.1%)
142	SUCHANEK Robert	808	ATHLETICS NYSA	M40-49	37	00:00:10	00:12:16	00:21:07	00:31:31	00:40:22	00:42:56.20	00:43:06.80	+00:11:07 (25.9%)	4:17	14 (74.1%)
143	KITA Jakub	878		M16-19	10	00:00:10	00:12:47	00:21:50	00:31:59	00:40:33	00:42:58.05	00:43:08.75	+00:11:08 (25.9%)	4:17	14 (74.1%)
144	KRAUSE Dariusz	290	RADLINIOKI W BIEGU	M40-49	38	00:00:07	00:12:17	00:21:10	00:31:30	00:40:17	00:43:00.55	00:43:07.60	+00:11:11 (26.0%)	4:18	14 (74.1%)
145	ROGAŁA Maciej	396	YNO ULTRA	M40-49	39	00:00:19	00:12:42	00:21:29	00:31:45	00:40:30	00:43:01.45	00:43:20.50	+00:11:12 (26.0%)	4:18	13.9 (73.5%)
146	KAWECKI Stanisław	305	OLZA CIESZYN	M40-49	40	00:00:07	00:12:26	00:21:19	00:31:35	00:40:38	00:43:08.25	00:43:15.50	+00:11:19 (26.2%)	4:18	13.9 (73.5%)
147	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	+00:11:21 (26.3%)	4:19	13.9 (73.5%)
148	MROWIEC Bernard	393	TEMPO TWORKÓW	M50-59	12	00:00:13	00:12:40	00:21:37	00:31:59	00:40:47	00:43:11.80	00:43:24.95	+00:11:22 (26.3%)	4:19	13.9 (73.5%)
149	NIEŚŁONY Dominik	908		M20-29	25	00:00:09	00:12:25	00:21:14	00:31:48	00:40:49	00:43:12.60	00:43:21.90	+00:11:23 (26.4%)	4:19	13.9 (73.5%)
150	BUGDOL Zbigniew	459		M20-29	26	00:00:23	00:12:42	00:21:45	00:31:58	00:40:50	00:43:19.75	00:43:42.90	+00:11:30 (26.6%)	4:19	13.9 (73.5%)
151	PUDA Krzysztof	790		M40-49	41	00:00:06	00:12:10	00:20:53	00:31:31	00:40:55	00:43:20.50	00:43:26.75	+00:11:31 (26.6%)	4:20	13.8 (73.0%)
152	JĘDRZEJAK Piotr	146		M40-49	42	00:00:26	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	+00:11:32 (26.6%)	4:20	13.8 (73.0%)
153	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	+00:11:32 (26.6%)	4:20	13.8 (73.0%)
154	UCIEKŁAK Waldemar	221	PSZCZÓŁKOWSKI TEAM	M50-59	13	00:00:13	00:12:46	00:21:35	00:31:52	00:40:49	00:43:22.80	00:43:35.85	+00:11:33 (26.7%)	4:20	13.8 (73.0%)
155	TOMCZYK Maurycy	29	ESKADRA KRAKÓW	M20-29	27	00:00:16	00:12:50	00:21:52	00:32:15	00:41:00	00:43:27.75	00:43:43.95	+00:11:38 (26.8%)	4:20	13.8 (73.0%)
156	SITKO Adam	328	SBD ENERGETYK RYBNIK	M40-49	43	00:00:10	00:12:12	00:20:58	00:31:40	00:40:46	00:43:28.50	00:43:39.40	+00:11:39 (26.8%)	4:20	13.8 (73.0%)
157	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	+00:11:41 (26.9%)	4:21	13.8 (73.0%)
158	DOBROWOLSKI Sławek	219	NAPRZÓD MŁOCINY	M50-59	14	00:00:15	00:12:47	00:21:44	00:32:10	00:41:05	00:43:32.65	00:43:48.30	+00:11:43 (26.9%)	4:21	13.8 (73.0%)
159	STEMPEL Grzegorz	667	1989	M20-29	28	00:00:12	00:12:18	00:21:16	00:31:47	00:40:53	00:43:36.05	00:43:48.20	+00:11:46 (27.0%)	4:21	13.8 (73.0%)
160	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	+00:11:47 (27.0%)	4:21	13.8 (73.0%)
161	BARAN Bartosz	766		M20-29	29	00:00:15	00:13:13	00:22:17	00:32:34	00:41:17	00:43:39.10	00:43:54.70	+00:11:49 (27.1%)	4:21	13.7 (72.5%)
162	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	+00:11:52 (27.2%)	4:22	13.7 (72.5%)
163	WYREMBELSKI Adam	169		M20-29	30	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17	00:43:44.95	00:44:00.75	+00:11:55 (27.3%)	4:22	13.7 (72.5%)
164	MRÓZEK Rafał	621	OLIMPIJCZYK GIŁOWICE	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	+00:12:00 (27.4%)	4:23	13.7 (72.5%)
165	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	31	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	+00:12:01 (27.4%)	4:23	13.7 (72.5%)
166	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	+00:12:04 (27.5%)	4:23	13.7 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
167	BIELA Rafat	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	+00:12:07 (27.6%)	4:23	13.7 (72.5%)
168	POHL Armin	581		M20-29	32	00:00:07	00:12:50	00:21:51	00:32:20	00:41:29	00:43:58.30	00:44:05.95	+00:12:09 (27.6%)	4:23	13.6 (72.0%)
169	KUDER Marek	265	KS M.E.T.A.	M40-49	44	00:00:10	00:11:50	00:20:56	00:32:08	00:41:14	00:43:58.70	00:44:09.50	+00:12:09 (27.6%)	4:23	13.6 (72.0%)
170	KWAŚNY Marcin	665	WILD BUCHAYS	M40-49	45	00:00:20	00:12:49	00:21:55	00:32:19	00:41:27	00:44:00.55	00:44:20.60	+00:12:11 (27.7%)	4:24	13.6 (72.0%)
171	POŁĘDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	46	00:00:15	00:12:53	00:22:08	00:32:30	00:41:26	00:44:01.45	00:44:16.45	+00:12:12 (27.7%)	4:24	13.6 (72.0%)
172	ZGRZENDEK Patryk	726		M20-29	33	00:00:12	00:12:50	00:22:00	00:32:26	00:41:32	00:44:05.10	00:44:17.90	+00:12:15 (27.8%)	4:24	13.6 (72.0%)
173	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	47	00:00:16	00:12:50	00:21:51	00:32:21	00:41:31	00:44:05.50	00:44:22.35	+00:12:16 (27.8%)	4:24	13.6 (72.0%)
174	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	48	00:00:16	00:12:51	00:21:55	00:32:27	00:41:33	00:44:05.95	00:44:22.40	+00:12:16 (27.8%)	4:24	13.6 (72.0%)
175	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	+00:12:18 (27.9%)	4:24	13.6 (72.0%)
176	KITA Sebastian	877		M40-49	49	00:00:16	00:12:41	00:21:49	00:32:25	00:41:30	00:44:08.85	00:44:25.60	+00:12:19 (27.9%)	4:24	13.6 (72.0%)
177	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	+00:12:21 (28.0%)	4:25	13.6 (72.0%)
178	SUCHY Zbigniew	691		M40-49	50	00:00:26	00:12:45	00:21:46	00:32:20	00:41:35	00:44:10.50	00:44:36.80	+00:12:21 (28.0%)	4:25	13.6 (72.0%)
179	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	+00:12:22 (28.0%)	4:25	13.6 (72.0%)
180	RADOMSKI Mariusz	870	BZIOK	M40-49	51	00:00:23	00:13:04	00:22:04	00:32:36	00:41:35	00:44:11.65	00:44:35.25	+00:12:22 (28.0%)	4:25	13.6 (72.0%)
181	DUROK Wojciech	534	KAC RUNNERS	M40-49	52	00:00:15	00:12:51	00:21:52	00:32:22	00:41:33	00:44:12.30	00:44:27.35	+00:12:23 (28.0%)	4:25	13.6 (72.0%)
182	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	+00:12:23 (28.0%)	4:25	13.6 (72.0%)
183	ŁYSEK Paweł	392	BZIEGACZE	M40-49	53	00:00:16	00:12:47	00:21:51	00:32:26	00:41:47	00:44:16.60	00:44:32.95	+00:12:27 (28.1%)	4:25	13.6 (72.0%)
184	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	+00:12:29 (28.2%)	4:25	13.5 (71.4%)
185	ZADROGA Karol	721		M20-29	34	00:00:00					00:44:19.00	00:44:19.00	+00:12:29 (28.2%)	4:25	13.5 (71.4%)
186	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	+00:12:30 (28.2%)	4:25	13.5 (71.4%)
187	SKWARLIŃSKI Mirosław	874		M50-59	15	00:00:10	00:12:43	00:21:49	00:32:23	00:41:37	00:44:21.35	00:44:31.50	+00:12:32 (28.3%)	4:26	13.5 (71.4%)
188	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	54	00:00:12	00:12:48	00:21:54	00:32:43	00:41:47	00:44:24.75	00:44:36.90	+00:12:35 (28.4%)	4:26	13.5 (71.4%)
189	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	+00:12:36 (28.4%)	4:26	13.5 (71.4%)
190	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	+00:12:38 (28.4%)	4:26	13.5 (71.4%)
191	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	+00:12:39 (28.5%)	4:26	13.5 (71.4%)
192	JANECKI Mateusz	216	BZIEGACZE	M20-29	35	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48	00:44:30.65	00:44:46.90	+00:12:41 (28.5%)	4:27	13.5 (71.4%)
193	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	55	00:00:11	00:12:37	00:21:46	00:32:22	00:41:51	00:44:31.50	00:44:42.85	+00:12:42 (28.5%)	4:27	13.5 (71.4%)
194	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	+00:12:51 (28.8%)	4:28	13.4 (70.9%)
195	ŁUSZCZYK Sergiusz	700		M20-29	36	00:00:21	00:13:25	00:22:32	00:33:04	00:42:12	00:44:41.05	00:45:02.10	+00:12:51 (28.8%)	4:28	13.4 (70.9%)

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
196	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	56	00:00:15	00:12:47	00:21:51	00:32:27	00:41:52	00:44:41.30	00:44:56.50	+00:12:52 (28.8%)	4:28	13.4 (70.9%)
197	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	+00:12:55 (28.9%)	4:28	13.4 (70.9%)
198	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	+00:12:59 (29.0%)	4:28	13.4 (70.9%)
199	PLEWNIA Dawid	776		M20-29	37	00:00:18	00:12:58	00:22:05	00:32:50	00:42:13	00:44:50.80	00:45:09.35	+00:13:01 (29.0%)	4:29	13.4 (70.9%)
200	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	16	00:00:13	00:13:03	00:22:27	00:33:14	00:42:22	00:44:51.40	00:45:05.05	+00:13:02 (29.1%)	4:29	13.4 (70.9%)
201	JACH Marek	94		M40-49	57	00:00:17	00:12:41	00:21:50	00:32:43	00:42:05	00:44:51.80	00:45:09.20	+00:13:02 (29.1%)	4:29	13.4 (70.9%)
202	GANCARZ Mariusz	613		M40-49	58	00:00:24	00:13:47	00:23:12	00:33:53	00:42:32	00:44:56.50	00:45:20.65	+00:13:07 (29.2%)	4:29	13.4 (70.9%)
203	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	+00:13:07 (29.2%)	4:29	13.3 (70.4%)
204	MAREK Rafał	564	KAC RUNNERS	M40-49	59	00:00:16	00:12:48	00:21:53	00:32:39	00:42:09	00:44:57.45	00:45:13.55	+00:13:08 (29.2%)	4:29	13.3 (70.4%)
205	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	+00:13:08 (29.2%)	4:29	13.3 (70.4%)
206	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	+00:13:09 (29.3%)	4:29	13.3 (70.4%)
207	PODKOWIK Marcin	329		M30-39	85	00:00:18	00:12:47	00:21:57			00:45:00.00	00:45:18.00	+00:13:10 (29.3%)	4:30	13.3 (70.4%)
208	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	+00:13:14 (29.4%)	4:30	13.3 (70.4%)
209	DUDEK Danial	541		M40-49	60	00:00:20	00:13:13	00:22:27	00:33:13	00:42:32	00:45:05.60	00:45:26.20	+00:13:16 (29.4%)	4:30	13.3 (70.4%)
210	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	38	00:00:18	00:13:12	00:22:23	00:33:14	00:42:26	00:45:05.90	00:45:24.75	+00:13:16 (29.4%)	4:30	13.3 (70.4%)
211	SZYMCZYCHA Darek	772		M40-49	61	00:00:17	00:12:45	00:21:52	00:32:54	00:42:35	00:45:08.40	00:45:26.30	+00:13:19 (29.5%)	4:30	13.3 (70.4%)
212	BULANDA Andrzej	560		M40-49	62	00:00:16	00:12:48	00:22:02	00:33:14	00:42:30	00:45:10.15	00:45:26.20	+00:13:21 (29.6%)	4:31	13.3 (70.4%)
213	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	+00:13:21 (29.6%)	4:31	13.3 (70.4%)
214	MACH Łukasz	369	BIEGACZ	M40-49	63	00:00:18	00:12:44	00:21:53	00:33:04	00:42:42	00:45:10.95	00:45:28.95	+00:13:21 (29.6%)	4:31	13.3 (70.4%)
215	KAJDANA Mariusz	211		M40-49	64	00:00:08	00:12:17	00:21:46	00:32:53	00:42:14	00:45:14.95	00:45:23.65	+00:13:25 (29.7%)	4:31	13.3 (70.4%)
216	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	+00:13:29 (29.8%)	4:31	13.2 (69.8%)
217	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	+00:13:29 (29.8%)	4:31	13.2 (69.8%)
218	LIZAK Krzysztof	756		M40-49	65	00:00:06	00:13:00	00:22:30	00:33:26	00:42:51	00:45:21.10	00:45:27.70	+00:13:31 (29.8%)	4:32	13.2 (69.8%)
219	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	+00:13:37 (30.0%)	4:32	13.2 (69.8%)
220	LIS Grzegorz	299		M40-49	66	00:00:14	00:12:59	00:22:29	00:33:25	00:42:50	00:45:29.80	00:45:44.15	+00:13:40 (30.1%)	4:33	13.2 (69.8%)
221	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	+00:13:41 (30.1%)	4:33	13.2 (69.8%)
222	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	1	00:00:14	00:12:50	00:21:59	00:32:58	00:42:38	00:45:34.10	00:45:48.20	+00:13:44 (30.2%)	4:33	13.2 (69.8%)
223	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	17	00:00:18	00:13:22	00:22:45	00:33:30	00:42:55	00:45:34.15	00:45:52.80	+00:13:45 (30.2%)	4:33	13.2 (69.8%)
224	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	67	00:00:15	00:12:49	00:22:08	00:33:10	00:42:46	00:45:34.20	00:45:49.50	+00:13:45 (30.2%)	4:33	13.2 (69.8%)

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
225	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	+00:13:46 (30.2%)	4:33	13.2 (69.8%)
226	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	18	00:00:19	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	+00:13:49 (30.3%)	4:33	13.1 (69.3%)
227	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	68	00:00:11	00:13:17	00:22:47	00:33:50	00:43:19	00:45:43.70	00:45:54.90	+00:13:54 (30.4%)	4:34	13.1 (69.3%)
228	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	+00:13:55 (30.4%)	4:34	13.1 (69.3%)
229	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	69	00:00:20	00:13:22	00:22:46	00:33:43	00:43:17	00:45:45.45	00:46:05.75	+00:13:56 (30.5%)	4:34	13.1 (69.3%)
230	MAGOŃ Marcin	175	AMATOR	M40-49	70	00:00:12	00:13:17	00:22:51	00:33:52	00:43:16	00:45:49.05	00:46:01.10	+00:13:59 (30.6%)	4:34	13.1 (69.3%)
231	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	+00:14:06 (30.7%)	4:35	13.1 (69.3%)
232	WIELOPOLSKI Łukasz	123		M20-29	39	00:00:16	00:13:25	00:22:51	00:33:47	00:43:20	00:45:56.60	00:46:13.05	+00:14:07 (30.7%)	4:35	13.1 (69.3%)
233	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	71	00:00:22	00:13:34	00:22:57	00:33:48	00:43:25	00:45:58.35	00:46:21.20	+00:14:09 (30.8%)	4:35	13 (68.8%)
234	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	+00:14:11 (30.8%)	4:36	13 (68.8%)
235	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	+00:14:15 (31.0%)	4:36	13 (68.8%)
236	STĘPIEŃ Grzegorz	317		M40-49	72	00:00:19	00:13:39	00:23:11	00:34:16	00:43:39	00:46:07.60	00:46:27.55	+00:14:18 (31.0%)	4:36	13 (68.8%)
237	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	+00:14:19 (31.0%)	4:36	13 (68.8%)
238	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	+00:14:19 (31.0%)	4:36	13 (68.8%)
239	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	+00:14:22 (31.1%)	4:37	13 (68.8%)
240	MAZURKIEWICZ Jarosław	687		M50-59	19	00:00:14	00:13:08	00:22:41	00:33:56	00:43:25	00:46:12.05	00:46:27.00	+00:14:22 (31.1%)	4:37	13 (68.8%)
241	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	20	00:00:13	00:13:19	00:22:45	00:33:50	00:43:29	00:46:15.65	00:46:29.55	+00:14:26 (31.2%)	4:37	13 (68.8%)
242	OWCZAREK Paweł	332		M40-49	73	00:00:21	00:13:45	00:23:11	00:34:11	00:43:35	00:46:16.05	00:46:37.85	+00:14:26 (31.2%)	4:37	13 (68.8%)
243	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	+00:14:29 (31.3%)	4:37	13 (68.8%)
244	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	+00:14:30 (31.3%)	4:37	13 (68.8%)
245	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	+00:14:30 (31.3%)	4:38	12.9 (68.3%)
246	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	+00:14:31 (31.3%)	4:38	12.9 (68.3%)
247	KRZYSZTAŁA Paweł	612		M16-19	11	00:00:15	00:14:04	00:23:43	00:34:33	00:44:01	00:46:20.45	00:46:36.15	+00:14:31 (31.3%)	4:38	12.9 (68.3%)
248	PETER Marcin	510		M40-49	74	00:00:12	00:12:58	00:22:29	00:33:48	00:43:40	00:46:20.85	00:46:33.80	+00:14:31 (31.3%)	4:38	12.9 (68.3%)
249	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	+00:14:33 (31.4%)	4:38	12.9 (68.3%)
250	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	+00:14:36 (31.5%)	4:38	12.9 (68.3%)
251	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	+00:14:38 (31.5%)	4:38	12.9 (68.3%)
252	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	+00:14:50 (31.8%)	4:40	12.9 (68.3%)
253	ZIĘTARA Paweł	203		M40-49	75	00:00:33	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	+00:14:53 (31.9%)	4:40	12.8 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
254	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	76	00:00:20	00:14:12	00:23:47	00:34:44	00:44:12	00:46:45.80	00:47:06.40	+00:14:56 (32.0%)	4:40	12.8 (67.7%)
255	POCZĄTEK Damian	132		M20-29	40	00:00:18	00:13:14	00:22:51	00:34:09	00:44:00	00:46:49.65	00:47:07.90	+00:15:00 (32.1%)	4:40	12.8 (67.7%)
256	KOZŁOWSKI Zbigniew	747	OFIARY KAMIENCA	M40-49	77	00:00:19	00:13:36	00:23:12	00:34:25	00:44:11	00:46:54.80	00:47:14.25	+00:15:05 (32.2%)	4:41	12.8 (67.7%)
257	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	+00:15:06 (32.2%)	4:41	12.8 (67.7%)
258	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	+00:15:13 (32.4%)	4:42	12.8 (67.7%)
259	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	+00:15:13 (32.4%)	4:42	12.8 (67.7%)
260	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	+00:15:14 (32.4%)	4:42	12.7 (67.2%)
261	KAŻMIERCZAK Szymon	834		M20-29	41	00:00:21	00:13:51	00:23:42	00:34:45	00:44:27	00:47:04.10	00:47:25.15	+00:15:14 (32.4%)	4:42	12.7 (67.2%)
262	GÓRECKI Adam	614		M20-29	42	00:00:24	00:14:37	00:24:27	00:35:23	00:44:33	00:47:05.55	00:47:30.00	+00:15:16 (32.4%)	4:42	12.7 (67.2%)
263	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	+00:15:19 (32.5%)	4:42	12.7 (67.2%)
264	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	+00:15:20 (32.5%)	4:43	12.7 (67.2%)
265	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	43	00:00:31	00:13:13	00:22:50	00:34:16	00:44:22	00:47:09.90	00:47:40.95	+00:15:20 (32.5%)	4:42	12.7 (67.2%)
266	KULAWIAK Bogdan	480		M50-59	21	00:00:23	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	+00:15:22 (32.6%)	4:43	12.7 (67.2%)
267	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	78	00:00:19	00:13:45	00:23:35	00:34:43	00:44:33	00:47:13.25	00:47:33.20	+00:15:24 (32.6%)	4:43	12.7 (67.2%)
268	BĄKOWSKI 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	+00:15:29 (32.7%)	4:43	12.7 (67.2%)
269	KURTO Grzegorz	705	KURTO TEAM	M40-49	79	00:00:21	00:14:23	00:24:19	00:35:32	00:44:51	00:47:19.15	00:47:40.60	+00:15:30 (32.8%)	4:43	12.7 (67.2%)
270	MROCZKOWSKI Tomasz	536		M40-49	80	00:00:23	00:13:57	00:23:41	00:34:57	00:44:40	00:47:23.70	00:47:47.45	+00:15:34 (32.9%)	4:44	12.7 (67.2%)
271	BUĆKO Marcin	275		M40-49	81	00:00:21	00:14:12	00:23:59	00:35:18	00:44:49	00:47:24.70	00:47:45.75	+00:15:35 (32.9%)	4:44	12.7 (67.2%)
272	KOPIEC Arkadiusz	45		M40-49	82	00:00:16	00:14:08	00:23:53	00:35:07	00:44:45	00:47:26.60	00:47:43.45	+00:15:37 (32.9%)	4:44	12.6 (66.7%)
273	STUDNIK Jarosław	884		M40-49	83	00:00:23	00:13:43	00:23:35	00:34:57	00:44:42	00:47:27.45	00:47:50.50	+00:15:38 (33.0%)	4:44	12.6 (66.7%)
274	RAJWA Stanisław	313	BZIEGACZE	M20-29	44	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54	00:47:27.90	00:47:46.15	+00:15:38 (33.0%)	4:44	12.6 (66.7%)
275	KOBIAŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	84	00:00:06	00:12:57	00:22:32	00:34:11	00:44:29	00:47:32.10	00:47:39.00	+00:15:42 (33.1%)	4:45	12.6 (66.7%)
276	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	+00:15:43 (33.1%)	4:45	12.6 (66.7%)
277	PISAREK Radek	234	WKURW_TEAM	M20-29	45	00:00:17	00:13:16	00:23:01	00:34:45	00:44:57	00:47:40.75	00:47:58.70	+00:15:51 (33.3%)	4:46	12.6 (66.7%)
278	ODROZEK Alfred	626		M50-59	22	00:00:16	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	+00:16:01 (33.5%)	4:47	12.5 (66.1%)
279	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	85	00:00:13	00:13:42	00:23:26	00:34:54	00:45:08	00:47:51.70	00:48:04.70	+00:16:02 (33.5%)	4:47	12.5 (66.1%)
280	SZCZERZEK Zbigniew	636		M60-69	3	00:00:15	00:13:51	00:23:45	00:35:11	00:45:03	00:47:52.05	00:48:07.25	+00:16:02 (33.5%)	4:47	12.5 (66.1%)
281	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	+00:16:03 (33.6%)	4:47	12.5 (66.1%)
282	PRZYBYŁA Tomasz	673		M40-49	86	00:00:25	00:14:27	00:24:23	00:35:42	00:45:26	00:47:54.90	00:48:20.45	+00:16:05 (33.6%)	4:47	12.5 (66.1%)

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
283	MAKOŚ Tomek	516		M40-49	87	00:00:20	00:14:11	00:24:09	00:35:20	00:45:15	00:47:59.80	00:48:19.90	+00:16:10 (33.7%)	4:47	12.5 (66.1%)
284	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	+00:16:11 (33.7%)	4:48	12.5 (66.1%)
285	BIŁKO Sławek	666		M40-49	88	00:00:22	00:14:15	00:24:06	00:35:24	00:45:13	00:48:02.10	00:48:25.00	+00:16:12 (33.8%)	4:48	12.5 (66.1%)
286	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	+00:16:13 (33.8%)	4:48	12.5 (66.1%)
287	BARAN Ryszard	767	RAFAKO S.A.	M50-59	23	00:00:14	00:13:41	00:23:37	00:35:08	00:45:12	00:48:04.40	00:48:19.35	+00:16:15 (33.8%)	4:48	12.5 (66.1%)
288	GAWLAS Jan	725		M50-59	24	00:00:26	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	+00:16:15 (33.8%)	4:48	12.5 (66.1%)
289	KUBICA Mieczysław	892		M40-49	89	00:00:24	00:14:15	00:24:04	00:35:24	00:45:26	00:48:05.15	00:48:29.70	+00:16:16 (33.8%)	4:48	12.5 (66.1%)
290	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	90	00:00:20	00:14:25	00:24:17	00:35:46	00:45:29	00:48:06.75	00:48:27.70	+00:16:17 (33.9%)	4:48	12.5 (66.1%)
291	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	+00:16:18 (33.9%)	4:48	12.5 (66.1%)
292	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	+00:16:18 (33.9%)	4:48	12.5 (66.1%)
293	LOT Michał	533		M20-29	46	00:00:25	00:14:38	00:24:50	00:36:22	00:45:41	00:48:08.40	00:48:33.80	+00:16:19 (33.9%)	4:48	12.5 (66.1%)
294	STREIT Mariusz	664		M40-49	91	00:00:12	00:13:25	00:23:27	00:35:07	00:45:12	00:48:09.50	00:48:22.25	+00:16:20 (33.9%)	4:49	12.5 (66.1%)
295	KONCKI Andrzej	34		M40-49	92	00:00:21	00:14:18	00:24:08	00:35:26	00:45:24	00:48:12.05	00:48:34.00	+00:16:22 (34.0%)	4:49	12.4 (65.6%)
296	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	+00:16:23 (34.0%)	4:49	12.4 (65.6%)
297	BYSTRYKOWSKI Marcin	281		M40-49	93	00:00:16	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	+00:16:25 (34.0%)	4:49	12.4 (65.6%)
298	TYKIERKA Tomasz	844	TOXPRESS	M40-49	94	00:00:38	00:14:44	00:24:33	00:35:49	00:45:31	00:48:17.60	00:48:55.70	+00:16:28 (34.1%)	4:49	12.4 (65.6%)
299	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	+00:16:31 (34.2%)	4:50	12.4 (65.6%)
300	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	+00:16:38 (34.3%)	4:50	12.4 (65.6%)
301	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	95	00:00:22	00:14:29	00:24:27	00:36:02	00:45:49	00:48:31.50	00:48:54.10	+00:16:42 (34.4%)	4:51	12.4 (65.6%)
302	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	+00:16:44 (34.5%)	4:51	12.4 (65.6%)
303	GAŁKIEWICZ Michał	565		M40-49	96	00:00:13	00:13:54	00:23:55	00:35:32	00:45:44	00:48:41.80	00:48:55.55	+00:16:52 (34.7%)	4:52	12.3 (65.1%)
304	SOWA Paweł	812		M40-49	97	00:00:24	00:14:09	00:24:04	00:35:45	00:45:47	00:48:42.20	00:49:06.40	+00:16:53 (34.7%)	4:52	12.3 (65.1%)
305	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	+00:16:53 (34.7%)	4:52	12.3 (65.1%)
306	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	+00:16:53 (34.7%)	4:52	12.3 (65.1%)
307	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	+00:16:58 (34.8%)	4:52	12.3 (65.1%)
308	SZEWCUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	25	00:00:12	00:13:53	00:24:03	00:35:43	00:45:48	00:48:51.80	00:49:04.35	+00:17:02 (34.9%)	4:53	12.3 (65.1%)
309	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	98	00:00:25	00:14:36	00:24:48	00:36:15	00:46:03	00:48:52.50	00:49:18.05	+00:17:03 (34.9%)	4:53	12.3 (65.1%)
310	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	+00:17:04 (34.9%)	4:53	12.3 (65.1%)
311	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	+00:17:07 (35.0%)	4:53	12.3 (65.1%)

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					
312	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	99	00:00:13	00:13:51	00:23:58	00:35:48	00:45:54	00:48:56.55	00:49:10.50	+00:17:07 (35.0%)	4:53	12.3 (65.1%)
313	WALA Andrzej	512	1977	M40-49	100	00:00:20	00:14:19	00:24:22	00:36:07	00:46:11	00:48:58.05	00:49:18.35	+00:17:08 (35.0%)	4:53	12.3 (65.1%)
314	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	47	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14	00:48:58.65	00:49:12.30	+00:17:09 (35.0%)	4:53	12.2 (64.6%)
315	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	+00:17:11 (35.1%)	4:54	12.2 (64.6%)
316	FILUSZ Dawid	548		M20-29	48	00:00:26	00:14:35	00:24:39	00:36:14	00:46:12	00:49:01.00	00:49:27.65	+00:17:11 (35.1%)	4:54	12.2 (64.6%)
317	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	101	00:00:22	00:14:42	00:24:48	00:36:18	00:46:14	00:49:06.90	00:49:29.10	+00:17:17 (35.2%)	4:54	12.2 (64.6%)
318	ŻBEL Michał	354	HRMAX ŻORY	M40-49	102	00:00:23	00:14:46	00:24:52	00:36:24	00:46:23	00:49:07.20	00:49:30.95	+00:17:18 (35.2%)	4:54	12.2 (64.6%)
319	MACHEJ Stanisław	703	NIEZRZESZONY	M60-69	4	00:00:22	00:14:36	00:24:47	00:36:22	00:46:12	00:49:07.40	00:49:29.65	+00:17:18 (35.2%)	4:54	12.2 (64.6%)
320	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	26	00:00:30	00:14:37	00:24:43	00:36:12	00:46:09	00:49:08.95	00:49:39.80	+00:17:19 (35.3%)	4:54	12.2 (64.6%)
321	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	+00:17:20 (35.3%)	4:55	12.2 (64.6%)
322	WILSZ Adam	482	FIS-SST TEAM	M40-49	103	00:00:34	00:14:50	00:25:08	00:36:36	00:46:33	00:49:16.45	00:49:51.25	+00:17:27 (35.4%)	4:55	12.2 (64.6%)
323	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	104	00:00:24	00:14:32	00:24:39	00:36:24	00:46:13	00:49:17.50	00:49:41.90	+00:17:28 (35.4%)	4:55	12.2 (64.6%)
324	JARZYNA Andrzej	477		M20-29	49	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	+00:17:29 (35.5%)	4:55	12.2 (64.6%)
325	WYREMBELSKI Amadeusz	168		M20-29	50	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18	00:49:19.40	00:49:35.65	+00:17:30 (35.5%)	4:55	12.2 (64.6%)
326	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	+00:17:34 (35.6%)	4:56	12.1 (64.0%)
327	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	+00:17:40 (35.7%)	4:57	12.1 (64.0%)
328	JASIŃSKI Maksymilian	82		M50-59	27	00:00:27	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	+00:17:42 (35.8%)	4:57	12.1 (64.0%)
329	HERZYK Adam	656		M40-49	105	00:00:28	00:14:12	00:24:24	00:36:14	00:46:31	00:49:32.55	00:50:00.90	+00:17:43 (35.8%)	4:57	12.1 (64.0%)
330	OLSZYNA Mirosław	156		M40-49	106	00:00:30	00:15:15	00:25:42	00:37:32	00:46:58	00:49:32.70	00:50:03.60	+00:17:43 (35.8%)	4:57	12.1 (64.0%)
331	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	+00:17:46 (35.8%)	4:57	12.1 (64.0%)
332	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	5	00:00:24	00:14:38	00:24:49	00:36:27	00:46:44	00:49:40.15	00:50:04.55	+00:17:51 (35.9%)	4:58	12.1 (64.0%)
333	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	107	00:00:32	00:14:55	00:25:20	00:37:00	00:46:57	00:49:41.20	00:50:13.40	+00:17:52 (36.0%)	4:58	12.1 (64.0%)
334	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	+00:17:54 (36.0%)	4:58	12.1 (64.0%)
335	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	6	00:00:22	00:14:19	00:24:24	00:36:24	00:46:54	00:49:45.65	00:50:08.60	+00:17:56 (36.1%)	4:58	12.1 (64.0%)
336	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	+00:17:57 (36.1%)	4:58	12.1 (64.0%)
337	GARUS Krzysiek	568	KS RG 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	+00:17:59 (36.1%)	4:58	12 (63.5%)
338	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	+00:18:02 (36.2%)	4:59	12 (63.5%)
339	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	+00:18:03 (36.2%)	4:59	12 (63.5%)

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					
340	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	+00:18:06 (36.3%)	4:59	12 (63.5%)
341	DOMAGALIK Robert	254		M50-59	28	00:00:31	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	+00:18:13 (36.4%)	5:00	12 (63.5%)
342	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	+00:18:14 (36.4%)	5:00	12 (63.5%)
343	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	29	00:00:24	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	+00:18:28 (36.7%)	5:01	11.9 (63.0%)
344	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	+00:18:30 (36.8%)	5:02	11.9 (63.0%)
345	PĘDZIK Błażej	143		M20-29	51	00:00:46	00:15:34	00:25:46	00:37:33	00:47:57	00:50:27.20	00:51:13.70	+00:18:38 (36.9%)	5:02	11.9 (63.0%)
346	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	+00:18:44 (37.1%)	5:03	11.9 (63.0%)
347	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	+00:18:45 (37.1%)	5:03	11.9 (63.0%)
348	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	+00:18:54 (37.3%)	5:04	11.8 (62.4%)
349	SKRZYPCZAK Krystian	382		M16-19	12	00:00:06	00:14:03	00:24:10	00:37:06	00:47:59	00:50:45.90	00:50:52.35	+00:18:56 (37.3%)	5:04	11.8 (62.4%)
350	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	+00:19:04 (37.5%)	5:05	11.8 (62.4%)
351	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	+00:19:10 (37.6%)	5:05	11.8 (62.4%)
352	RASZKA Janusz	419	OLZA CIESZYN	M50-59	30	00:00:21	00:14:37	00:24:50	00:37:11	00:48:05	00:51:00.70	00:51:22.45	+00:19:11 (37.6%)	5:06	11.8 (62.4%)
353	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	+00:19:13 (37.7%)	5:06	11.8 (62.4%)
354	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	+00:19:18 (37.8%)	5:06	11.7 (61.9%)
355	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	+00:19:25 (37.9%)	5:07	11.7 (61.9%)
356	SOKOŁOWSKI Piotr	395	BRAK	M50-59	31	00:00:33	00:15:10	00:25:32	00:37:55	00:48:20	00:51:22.90	00:51:56.15	+00:19:33 (38.1%)	5:08	11.7 (61.9%)
357	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	+00:19:35 (38.1%)	5:08	11.7 (61.9%)
358	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	+00:19:40 (38.2%)	5:08	11.7 (61.9%)
359	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	+00:19:40 (38.2%)	5:09	11.7 (61.9%)
360	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	+00:19:42 (38.3%)	5:09	11.6 (61.4%)
361	BURNAGIEL Tomasz	27		M50-59	32	00:00:25	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	+00:19:44 (38.3%)	5:09	11.6 (61.4%)
362	DOMASZK Paweł	702		M20-29	52	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05	00:51:35.80	00:52:10.30	+00:19:46 (38.3%)	5:09	11.6 (61.4%)
363	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	+00:19:46 (38.3%)	5:09	11.6 (61.4%)
364	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	+00:19:47 (38.4%)	5:09	11.6 (61.4%)
365	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	53	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33	00:51:39.15	00:52:07.80	+00:19:50 (38.4%)	5:09	11.6 (61.4%)
366	SZUL Józef	634		M60-69	7	00:00:00	00:15:06	00:25:26	00:37:56	00:48:47	00:51:42.45	00:51:42.45	+00:19:53 (38.5%)	5:10	11.6 (61.4%)
367	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	+00:19:55 (38.5%)	5:10	11.6 (61.4%)
368	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	+00:19:55 (38.5%)	5:10	11.6 (61.4%)

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					
369	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	+00:19:59 (38.6%)	5:10	11.6 (61.4%)
370	MAJCHRZAK Dawid	745		M20-29	54	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43	00:51:50.60	00:52:09.55	+00:20:01 (38.6%)	5:11	11.6 (61.4%)
371	PAJAŁ 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	+00:20:07 (38.7%)	5:11	11.5 (60.8%)
372	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	+00:20:10 (38.8%)	5:12	11.5 (60.8%)
373	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	+00:20:15 (38.9%)	5:12	11.5 (60.8%)
374	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	+00:20:15 (38.9%)	5:12	11.5 (60.8%)
375	PAJAŁ Marcin	431		M20-29	55	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	+00:20:16 (38.9%)	5:12	11.5 (60.8%)
376	JASIŃSKI Kristof	865	WILD RUNERS	M20-29	56	00:00:28	00:15:23	00:26:08	00:38:22	00:49:14	00:52:16.55	00:52:45.40	+00:20:27 (39.1%)	5:13	11.5 (60.8%)
377	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	+00:20:32 (39.2%)	5:14	11.5 (60.8%)
378	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	+00:20:33 (39.2%)	5:14	11.5 (60.8%)
379	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	+00:20:34 (39.3%)	5:14	11.5 (60.8%)
380	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	+00:20:37 (39.3%)	5:14	11.4 (60.3%)
381	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	+00:20:43 (39.4%)	5:15	11.4 (60.3%)
382	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	+00:20:43 (39.4%)	5:15	11.4 (60.3%)
383	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	+00:20:44 (39.5%)	5:15	11.4 (60.3%)
384	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	+00:20:44 (39.5%)	5:15	11.4 (60.3%)
385	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	+00:20:45 (39.5%)	5:15	11.4 (60.3%)
386	LISIEWSKI Jakub	524		M16-19	13	00:00:33	00:16:06	00:26:48	00:39:07	00:49:49	00:52:40.15	00:53:13.30	+00:20:51 (39.6%)	5:16	11.4 (60.3%)
387	MAKOWSKI Grzegorz	201		M20-29	57	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06	00:52:41.20	00:53:16.10	+00:20:52 (39.6%)	5:16	11.4 (60.3%)
388	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	+00:20:53 (39.6%)	5:16	11.4 (60.3%)
389	MARCINIAK Artur	710		M50-59	33	00:00:27	00:15:29	00:26:25	00:38:55	00:49:43	00:52:45.35	00:53:12.50	+00:20:56 (39.7%)	5:16	11.4 (60.3%)
390	KOPTA Jerzy	80	CWAŁUJĄCE DZIADKI	M70+	2	00:00:27	00:15:27	00:26:08	00:38:51	00:49:47	00:52:49.40	00:53:17.05	+00:21:00 (39.8%)	5:17	11.4 (60.3%)
391	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	+00:21:00 (39.8%)	5:17	11.4 (60.3%)
392	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	+00:21:01 (39.8%)	5:17	11.4 (60.3%)
393	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	+00:21:07 (39.9%)	5:17	11.3 (59.8%)
394	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	+00:21:10 (40.0%)	5:17	11.3 (59.8%)
395	KROCZEK Przemysław	829		M20-29	58	00:00:46	00:16:17	00:27:02	00:39:48	00:50:03	00:53:04.10	00:53:50.85	+00:21:14 (40.0%)	5:18	11.3 (59.8%)
396	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	+00:21:16 (40.1%)	5:18	11.3 (59.8%)
397	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	+00:21:18 (40.1%)	5:18	11.3 (59.8%)

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
398	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	+00:21:23 (40.2%)	5:19	11.3 (59.8%)
399	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	+00:21:34 (40.4%)	5:20	11.2 (59.3%)
400	BYWALEC Stanislaw	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	+00:21:36 (40.4%)	5:20	11.2 (59.3%)
401	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	+00:21:37 (40.5%)	5:20	11.2 (59.3%)
402	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	+00:21:37 (40.5%)	5:20	11.2 (59.3%)
403	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	+00:21:44 (40.6%)	5:21	11.2 (59.3%)
404	KONOPKA Jaroslaw	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	+00:21:44 (40.6%)	5:21	11.2 (59.3%)
405	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	+00:21:52 (40.7%)	5:22	11.2 (59.3%)
406	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	+00:21:54 (40.8%)	5:22	11.2 (59.3%)
407	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	+00:22:01 (40.9%)	5:23	11.1 (58.7%)
408	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	+00:22:02 (40.9%)	5:23	11.1 (58.7%)
409	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	+00:22:03 (40.9%)	5:23	11.1 (58.7%)
410	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	34	00:00:40	00:16:06	00:27:14	00:40:01	00:51:00	00:53:57.10	00:54:37.30	+00:22:07 (41.0%)	5:23	11.1 (58.7%)
411	CHROBOK Gerard	535		M50-59	35	00:00:30	00:15:22	00:26:24	00:39:26	00:50:41	00:53:58.10	00:54:28.55	+00:22:08 (41.0%)	5:23	11.1 (58.7%)
412	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	59	00:00:27	00:16:08	00:27:22	00:40:09	00:51:05	00:53:58.85	00:54:26.40	+00:22:09 (41.1%)	5:23	11.1 (58.7%)
413	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	+00:22:13 (41.1%)	5:24	11.1 (58.7%)
414	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	+00:22:22 (41.3%)	5:25	11.1 (58.7%)
415	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	+00:22:24 (41.3%)	5:25	11.1 (58.7%)
416	WOLIŃSKI Józef	114		M50-59	37	00:00:37	00:15:57	00:26:55	00:39:50	00:51:05	00:54:15.70	00:54:53.30	+00:22:26 (41.4%)	5:25	11.1 (58.7%)
417	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	+00:22:29 (41.4%)	5:25	11 (58.2%)
418	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	+00:22:35 (41.5%)	5:26	11 (58.2%)
419	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	+00:22:35 (41.5%)	5:26	11 (58.2%)
420	STRZAŁA Marek	551		M20-29	60	00:00:25	00:15:02	00:26:18	00:39:55	00:51:24	00:54:32.25	00:54:58.15	+00:22:43 (41.7%)	5:27	11 (58.2%)
421	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	+00:22:47 (41.7%)	5:27	11 (58.2%)
422	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	+00:22:51 (41.8%)	5:28	11 (58.2%)
423	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	+00:22:53 (41.8%)	5:28	11 (58.2%)
424	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	+00:22:54 (41.9%)	5:28	11 (58.2%)
425	WĘGLEWSKI Zbigniew	672		M50-59	38	00:00:31	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	+00:23:04 (42.0%)	5:29	10.9 (57.7%)
426	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	+00:23:06 (42.1%)	5:29	10.9 (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 netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
427	RYZ Dawid	545		M20-29	61	00:00:36	00:16:04	00:27:26	00:40:48	00:51:59	00:54:58.10	00:55:34.30	+00:23:08 (42.1%)	5:29	10.9 (57.7%)
428	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	+00:23:12 (42.2%)	5:30	10.9 (57.7%)
429	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	+00:23:13 (42.2%)	5:30	10.9 (57.7%)
430	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	+00:23:14 (42.2%)	5:30	10.9 (57.7%)
431	GRABKA Stanislaw	737	NIEZRZESZONY	M70+	3	00:00:30	00:16:14	00:27:30	00:40:52	00:52:03	00:55:04.80	00:55:34.95	+00:23:15 (42.2%)	5:30	10.9 (57.7%)
432	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	+00:23:16 (42.2%)	5:30	10.9 (57.7%)
433	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	+00:23:17 (42.3%)	5:30	10.9 (57.7%)
434	STEKLA Bartłomiej	610		M20-29	62	00:00:36	00:16:10	00:27:23	00:40:24	00:51:53	00:55:12.45	00:55:48.95	+00:23:23 (42.4%)	5:31	10.9 (57.7%)
435	CHMIEL Jacek	499		M60-69	8	00:00:27	00:16:15	00:27:32	00:40:37	00:52:05	00:55:14.40	00:55:42.35	+00:23:25 (42.4%)	5:31	10.9 (57.7%)
436	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	+00:23:31 (42.5%)	5:32	10.8 (57.1%)
437	SOBCZYK Sławomir	627	PASJONAT	M50-59	39	00:00:41	00:17:00	00:28:30	00:41:27	00:52:28	00:55:28.75	00:56:10.35	+00:23:39 (42.6%)	5:32	10.8 (57.1%)
438	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	+00:23:39 (42.6%)	5:32	10.8 (57.1%)
439	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	+00:23:43 (42.7%)	5:33	10.8 (57.1%)
440	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	+00:23:47 (42.8%)	5:33	10.8 (57.1%)
441	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	+00:24:02 (43.0%)	5:35	10.7 (56.6%)
442	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	40	00:00:22	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	+00:24:15 (43.3%)	5:36	10.7 (56.6%)
443	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	+00:24:27 (43.5%)	5:37	10.7 (56.6%)
444	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	+00:24:36 (43.6%)	5:38	10.6 (56.1%)
445	PŁONKA Krzysztof	740		M50-59	41	00:00:25	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	+00:24:46 (43.8%)	5:39	10.6 (56.1%)
446	PIETRZYK Marek	556	BIEGIEM PRZEZ CHYBIE	M60-69	9	00:00:35	00:16:13	00:27:47	00:41:28	00:53:12	00:56:35.95	00:57:11.60	+00:24:46 (43.8%)	5:39	10.6 (56.1%)
447	GRZESZCZUK Tomasz	529		M20-29	63	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40	00:56:44.10	00:57:10.75	+00:24:54 (43.9%)	5:40	10.6 (56.1%)
448	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	+00:24:55 (43.9%)	5:40	10.6 (56.1%)
449	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	+00:25:00 (44.0%)	5:41	10.6 (56.1%)
450	KUBICA Tadeusz	353	BWM	M50-59	42	00:00:35	00:16:30	00:28:01	00:41:43	00:53:28	00:56:50.85	00:57:26.05	+00:25:01 (44.0%)	5:41	10.6 (56.1%)
451	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	10	00:00:29	00:16:34	00:28:13	00:41:52	00:53:38	00:56:54.95	00:57:24.40	+00:25:05 (44.1%)	5:41	10.5 (55.6%)
452	KOTERZYNA Janusz	641	AMATOR	M60-69	11	00:00:26	00:16:20	00:27:58	00:41:53	00:53:45	00:57:10.30	00:57:36.30	+00:25:21 (44.3%)	5:43	10.5 (55.6%)
453	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	+00:25:25 (44.4%)	5:43	10.5 (55.6%)
454	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	+00:25:26 (44.4%)	5:43	10.5 (55.6%)
455	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	+00:25:42 (44.7%)	5:45	10.4 (55.0%)

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
456	IZDEBSKI Konrad	696		M20-29	64	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	+00:25:44 (44.7%)	5:45	10.4 (55.0%)
457	BUJNA Tomasz	23		M50-59	43	00:00:32	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	+00:25:49 (44.8%)	5:45	10.4 (55.0%)
458	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	+00:25:59 (45.0%)	5:46	10.4 (55.0%)
459	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	+00:26:05 (45.1%)	5:47	10.4 (55.0%)
460	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	+00:26:10 (45.1%)	5:48	10.3 (54.5%)
461	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	+00:26:30 (45.5%)	5:50	10.3 (54.5%)
462	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	+00:26:31 (45.5%)	5:50	10.3 (54.5%)
463	ŻAGIEL Wiktor	457		M20-29	65	00:00:33	00:16:12	00:27:29	00:42:00	00:55:21	00:58:21.65	00:58:54.90	+00:26:32 (45.5%)	5:50	10.3 (54.5%)
464	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	+00:26:34 (45.5%)	5:50	10.3 (54.5%)
465	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	+00:26:35 (45.5%)	5:50	10.3 (54.5%)
466	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	+00:26:44 (45.7%)	5:51	10.2 (54.0%)
467	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	+00:26:46 (45.7%)	5:51	10.2 (54.0%)
468	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	+00:26:58 (45.9%)	5:52	10.2 (54.0%)
469	ADAMIK Lukasz	825	KUCE Z BRONKSU	M20-29	66	00:00:39	00:17:48	00:30:11	00:43:59	00:55:45	00:58:52.95	00:59:32.50	+00:27:03 (46.0%)	5:53	10.2 (54.0%)
470	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	+00:27:05 (46.0%)	5:53	10.2 (54.0%)
471	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	+00:27:05 (46.0%)	5:53	10.2 (54.0%)
472	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	+00:27:09 (46.0%)	5:53	10.2 (54.0%)
473	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	+00:27:12 (46.1%)	5:54	10.2 (54.0%)
474	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	+00:27:28 (46.3%)	5:55	10.1 (53.4%)
475	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	+00:27:29 (46.3%)	5:55	10.1 (53.4%)
476	WIDENKA Krystian	152	SYRYNIA	M20-29	67	00:00:43	00:16:26	00:28:22	00:42:39	00:55:35	00:59:23.15	01:00:06.25	+00:27:34 (46.4%)	5:56	10.1 (53.4%)
477	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	+00:27:36 (46.4%)	5:56	10.1 (53.4%)
478	GIL Krzysztof	799		M50-59	44	00:00:23	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	+00:27:38 (46.5%)	5:56	10.1 (53.4%)
479	HAJNSZ Robert	802		M20-29	68	00:00:38	00:17:49	00:30:13	00:44:34	00:56:44	01:00:10.95	01:00:49.90	+00:28:21 (47.1%)	6:01	10 (52.9%)
480	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	+00:28:34 (47.3%)	6:02	9.9 (52.4%)
481	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	+00:29:14 (47.9%)	6:06	9.8 (51.9%)
482	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	+00:29:29 (48.1%)	6:07	9.8 (51.9%)
483	POLOK Robert	661		M20-29	69	00:00:31	00:16:48	00:29:05	00:44:07	00:57:32	01:01:26.80	01:01:58.00	+00:29:37 (48.2%)	6:08	9.8 (51.9%)
484	SZABLA Mateusz	750		M20-29	70	00:00:42	00:17:06	00:29:05	00:44:37	00:58:03	01:01:53.75	01:02:36.50	+00:30:04 (48.6%)	6:11	9.7 (51.3%)

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
485	GIŻYŃSKI Krystian	274		M20-29	71	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20	01:02:32.10	01:03:18.60	+00:30:42 (49.1%)	6:15	9.6 (50.8%)
486	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	+00:30:48 (49.2%)	6:15	9.6 (50.8%)
487	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	+00:31:25 (49.7%)	6:19	9.5 (50.3%)
488	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	+00:31:27 (49.7%)	6:19	9.5 (50.3%)
489	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	+00:31:33 (49.8%)	6:20	9.5 (50.3%)
490	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	+00:31:45 (49.9%)	6:21	9.4 (49.7%)
491	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	+00:31:55 (50.1%)	6:22	9.4 (49.7%)
492	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	+00:32:07 (50.2%)	6:23	9.4 (49.7%)
493	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	+00:32:20 (50.4%)	6:25	9.4 (49.7%)
494	OSTROWSKI Sławomir	315		M50-59	45	00:00:42	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	+00:32:31 (50.6%)	6:26	9.3 (49.2%)
495	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	+00:32:32 (50.6%)	6:26	9.3 (49.2%)
496	PIOTROWSKI Mieczysław	583		M70+	4	00:00:29	00:18:14	00:31:32	00:47:19	01:01:06	01:04:45.70	01:05:15.15	+00:32:56 (50.9%)	6:28	9.3 (49.2%)
497	SOBAŃSKI Mateusz	485		M20-29	72	00:00:47	00:19:50	00:33:11	00:48:20	01:01:23	01:04:53.80	01:05:41.05	+00:33:04 (51.0%)	6:29	9.2 (48.7%)
498	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	+00:33:46 (51.5%)	6:33	9.1 (48.1%)
499	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	+00:33:47 (51.5%)	6:33	9.1 (48.1%)
500	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	46	00:00:40	00:18:36	00:32:16	00:48:21	01:02:01	01:05:54.30	01:06:34.90	+00:34:05 (51.7%)	6:35	9.1 (48.1%)
501	PRZYŁUCKI Grzegorz	611		M50-59	47	00:00:45	00:18:43	00:32:00	00:48:26	01:02:11	01:05:57.90	01:06:43.00	+00:34:08 (51.8%)	6:35	9.1 (48.1%)
502	ZBYL Jacek	172		M50-59	48	00:00:37	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	+00:34:22 (51.9%)	6:37	9.1 (48.1%)
503	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	+00:34:38 (52.1%)	6:38	9 (47.6%)
504	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	49	00:00:29	00:18:28	00:32:59	00:49:49	01:04:28	01:08:24.15	01:08:53.90	+00:36:35 (53.5%)	6:50	8.8 (46.6%)
505	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	+00:40:04 (55.7%)	7:11	8.3 (43.9%)
506	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	+00:42:00 (56.9%)	7:23	8.1 (42.9%)
507	BAŃKA Jan	601	NIEZRZESZONY	M70+	5	00:00:50	00:21:35	00:36:28	00:54:56	01:10:31	01:14:49.35	01:15:40.20	+00:43:00 (57.5%)	7:29	8 (42.3%)
508	MIERZYŃSKI Kamil	658		M20-29	73	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13	01:27:21.00	01:27:25.35	+00:55:31 (63.6%)	8:44	6.9 (36.5%)
509	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	197	00:00:10	00:12:10	00:20:48	00:30:58	00:40:45			+00:10:50	4:20	13.8 (73.0%)
510	OPUHLIK Tomasz	377	AKTYWNA PSZCZYNA.PL	M30-39	198	00:00:09	00:11:45	00:19:57					+00:04:16	3:59	15 (79.4%)
511	SYPNIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	166	00:00:48	00:17:34						+00:08:16	6:03	9.9 (52.4%)

Znaleziono 511 wynik(ów)