

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Event: Jastrzębska Dziesiątka
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2018-09-15
Place: Jastrzębie-Zdrój
Distance: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: Najlepsi Polacy

Split point: 5,0 km

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km 2.9km	Zawrotka_5km 5km
1	MRÓWKA Mateusz	4	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41
2	CIEPŁAK Marcin	3	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01
3	DROŹDŹ Damian	398		M30-39	00:00:01	00:09:40	00:16:30
4	KOŹDOŃ Jarek	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41
5	LUBIENIECKI Maciej	823	1979	M30-39	00:00:02	00:09:49	00:16:41
6	KASPRZAK Radosław	7	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42
7	SZULIK Grzegorz	5	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48
8	BULIK Witold	647	PKS OLIMPIJCZYK GIŁOWICE	M40-49	00:00:01	00:09:52	00:16:49
9	WŁOCH Andrzej	6	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50
10	KARDAS Arkadiusz	876	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07
11	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21
12	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25
13	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26
14	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26
15	ZIELONKA Robert	758	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30
16	HAJDUK Paweł	787		M16-19	00:00:03	00:10:32	00:17:38
17	SEWERYN Jacek	814		M40-49	00:00:02	00:10:15	00:17:41
18	RAJWA Roman	502	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44
19	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47
20	GŁOWIAK Lech	746	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48
21	GARCZARCZYK Michał	869	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52
22	BŁASZCZYK Dominik	832		M30-39	00:00:03	00:10:38	00:18:05
23	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06
24	MARCOL Sebastian	69	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10
25	MATUSZNY Marek	209	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10
26	KRZEMIEŃ Krzysztof	697		M20-29	00:00:04	00:10:43	00:18:10
27	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11
28	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11
29	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12
30	KNESZ Marek	464		M50-59	00:00:02	00:10:35	00:18:13

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
31	RĘBISZ Mariusz	795		M40-49	00:00:03	00:10:41	00:18:16
32	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19
33	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20
34	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20
35	DOBROWOLSKI Tomasz	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	00:00:05	00:10:34	00:18:21
36	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22
37	KLINIK Paweł	321	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23
38	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26
39	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28
40	DZIĘGIEŁOWSKI Paweł	883	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29
41	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNIIE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34
42	MROWIEC Kacper	822		M20-29	00:00:04	00:10:54	00:18:34
43	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35
44	KULESZA Łukasz	678		M30-39	00:00:02	00:10:52	00:18:37
45	NIEŚŁONY Filip	650		M16-19	00:00:02	00:10:48	00:18:39
46	KMITA Tomasz	851		M20-29	00:00:03	00:10:56	00:18:39
47	KAPELA Marcin	843		M30-39	00:00:05	00:10:57	00:18:46
48	MROWIEC Adam	239		M16-19	00:00:03	00:11:06	00:18:51
49	ALBRECHT Krystian	198	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52
50	ALBRECHT Arkadiusz	197	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53
51	WIELOPOLSKI Michał	356		M16-19	00:00:05	00:11:07	00:18:55
52	KOGUCIUK Karol	157	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56
53	PŁOSKONKA Jan	794	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58
54	JĘDROS Przemysław	630	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58
55	ZOSTAWA Robert	577	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05
56	KUREK Jacek	425	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06
57	MOLA Mateusz	505	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07
58	NOGA Krystian	84	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07
59	HATALA Paweł	445		M30-39	00:00:05	00:11:11	00:19:11
60	KARACZAN Marcin	824		M30-39	00:00:06	00:11:17	00:19:16
61	NOWAK Piotr	129	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19
62	KASTELIK Szymon	422	OLIMPIJCZYK GILOWICE	M20-29	00:00:03	00:11:09	00:19:21
63	PIECHACZEK Jacek	586	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21
64	OREŁ Przemysław	694	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26
65	MAJER Damian	408	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34
66	DZIUBAŃSKI Grzegorz	729	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37
67	WANTUŁOK Paweł	121		M20-29	00:00:07	00:11:33	00:19:38
68	BANASIAK Tomasz	507		M40-49	00:00:04	00:11:35	00:19:40
69	TOKAREWICZ Damian	179	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40
70	NIEDZIELA Stefan	599	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45
71	KYRCZ Mirosław	378	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46
72	KLYSZCZ Paweł	886	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49
73	WITALA Tomasz	381		M40-49	00:00:08	00:11:42	00:19:51
74	BARTNIK Sebastian	181	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51
75	WOLNY Ariel	183		M30-39	00:00:09	00:11:41	00:19:51

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
76	MAROSZEK Szymon	153		M30-39	00:00:11	00:11:41	00:19:51
77	KUNINA Paweł	130	AMATOR	M40-49	00:00:06	00:11:34	00:19:52
78	BOBEREK Grzegorz	706	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52
79	WOWRY Klaudiusz	448	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53
80	DUDEK Bartłomiej	722		M40-49	00:00:08	00:11:45	00:19:53
81	GÓRNY Mirek	461	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55
82	MAZUR Marek	78		M40-49	00:00:08	00:11:44	00:19:55
83	ŻERDKA Michał	475	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56
84	TOMCZYK Piotr Czesław	509	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56
85	ZYGMA Kordian	151		M20-29	00:00:09	00:11:46	00:19:57
86	OPUCHLIK Tomasz	377	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57
87	JANUSZ Tomasz	604	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57
88	JĘDRUSIAK Przemysław	648		M30-39	00:00:09	00:11:45	00:19:57
89	BULENDA Grzegorz	65	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57
90	KRETEK Łukasz	519	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58
91	OLSZOWSKI Dariusz	889	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59
92	DZIDA Janusz	483	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01
93	BRODAKCI Waldemar	909	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04
94	TŁOŁKA Michał	411		M30-39	00:00:09	00:11:49	00:20:05
95	WASZTYL Grzegorz	771		M40-49	00:00:08	00:11:49	00:20:06
96	RAJWA Jan	309	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08
97	MASNY Michał	442		M20-29	00:00:12	00:11:47	00:20:11
98	KUŚ Dawid	606	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13
99	ZIELIŃSKI Ireneusz	170		M40-49	00:00:07	00:11:45	00:20:13
100	KOWAL Łukasz	770	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15
101	SPYRKA Piotr	97		M30-39	00:00:05	00:11:50	00:20:16
102	KĘDZIOR Kamil	617	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17
103	URBAŚ Roman	491	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17
104	MALINOWSKI Krzysztof	110	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18
105	URBAŃCZYK Marcin	51		M20-29	00:00:11	00:11:58	00:20:21
106	OPUCHLIK Roman	642		M30-39	00:00:09	00:12:00	00:20:23
107	SZAREK Krzysztof	596	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24
108	GLAJC Andrzej	561	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25
109	MICHALIK Rafał	405	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26
110	SIEGMUND Tadeusz	187	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31
111	BOŁOZ Damian	50	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32
112	KUTIAN Adam	813		M50-59	00:00:08	00:12:00	00:20:36
113	RIMPLER Łukasz	819	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41
114	OGIEGŁO Łukasz	659		M30-39	00:00:05	00:11:59	00:20:43
115	GRZONKA Andrzej	128	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43
116	JARGOŃ Jacek	458		M40-49	00:00:09	00:12:03	00:20:45
117	GADAJ Grzegorz	562		M30-39	00:00:09	00:12:00	00:20:47
118	KOMANIECKI Łukasz	249	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48
119	OLSZOWSKI Marcin	523	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51
120	WIECZOREK Tomasz	154	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
121	PUDA Krzysztof	790		M40-49	00:00:06	00:12:10	00:20:53
122	ADAMCZEWSKI Waldemar	37		M50-59	00:00:11	00:12:13	00:20:55
123	KUDER Marek	265	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56
124	SITKO Adam	328	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58
125	OGIERMAN Grzegorz	229	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59
126	ORŁOWSKI Grzegorz	372	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01
127	BIAŁECKI Tomasz	492		M40-49	00:00:13	00:12:29	00:21:03
128	PIŁATOWSKI Mirosław	85	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07
129	SUCHANEK Robert	808	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07
130	LEŚNIAK Krzysztof	296	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07
131	GŁUSZYK Andrzej	316		M40-49	00:00:10	00:12:33	00:21:08
132	PRZYBYSZ Ryszard	206		M50-59	00:00:14	00:12:25	00:21:08
133	LILLA Piotr	580	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08
134	KRAUSE Dariusz	290	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10
135	GLAJCAR Tomasz	134		M40-49	00:00:14	00:12:26	00:21:12
136	NIEŚŁONY Dominik	908		M20-29	00:00:09	00:12:25	00:21:14
137	JEREMICZ Krzysztof	57	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14
138	MYNARSKI Sylwester	897		M40-49	00:00:12	00:12:32	00:21:15
139	STEMPEL Grzegorz	667	1989	M20-29	00:00:12	00:12:18	00:21:16
140	PRÓSZYŃSKI Sławomir	298		M30-39	00:00:13	00:12:29	00:21:18
141	KAWECKI Stanisław	305	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19
142	BEZUCH Paweł	881		M20-29	00:00:14	00:12:28	00:21:19
143	DUDZIK Sebastian	383		M30-39	00:00:14	00:12:28	00:21:20
144	CZAPOROWSKI Tomasz	222		M30-39	00:00:10	00:12:24	00:21:21
145	MRÓZEK Rafał	621	OLIMPIJCZYK GIŁOWICE	M30-39	00:00:04	00:12:21	00:21:22
146	TOMCZYK Lesław	854	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22
147	LORANC Paweł	793	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24
148	BYRSKI Henryk	827	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24
149	ŻUR Marek	449	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26
150	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28
151	LORANC Maciej	357	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28
152	ROGAŁA Maciej	396	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29
153	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31
154	UCIEKŁAK Waldemar	221	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35
155	MROWIEC Bernard	393	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37
156	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43
157	MAŁECKI Jacek	462		M30-39	00:00:12	00:12:43	00:21:43
158	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43
159	CHYBIORZ Marek	582		M30-39	00:00:18	00:12:47	00:21:43
160	DOBROWOLSKI Sławek	219	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44
161	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44
162	BUGDOL Zbigniew	459		M20-29	00:00:23	00:12:42	00:21:45
163	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46
164	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46
165	SUCHY Zbigniew	691		M40-49	00:00:26	00:12:45	00:21:46

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
166	SKWARLIŃSKI Mirosław	874		M50-59	00:00:10	00:12:43	00:21:49
167	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49
168	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49
169	KITA Jakub	878		M16-19	00:00:10	00:12:47	00:21:50
170	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50
171	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50
172	KANCLERZ Tomasz	708		M30-39	00:00:17	00:12:46	00:21:50
173	POHL Armin	581		M20-29	00:00:07	00:12:50	00:21:51
174	BAC Michał	555		M30-39	00:00:15	00:12:55	00:21:51
175	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51
176	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51
177	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51
178	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51
179	DUROK Wojciech	534	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52
180	TOMCZYK Maurycy	29	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52
181	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52
182	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53
183	WYREMBELSKI Adam	169		M20-29	00:00:15	00:12:48	00:21:53
184	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53
185	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53
186	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53
187	BIELA Rafał	595		M30-39	00:00:10	00:12:50	00:21:54
188	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54
189	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54
190	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55
191	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55
192	KWAŚNY Marcin	665	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55
193	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56
194	SOJKA Piotr	380	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57
195	PODKOWIK Marcin	329		M30-39	00:00:18	00:12:47	00:21:57
196	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58
197	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59
198	ZGRZENDEK Patryk	726		M20-29	00:00:12	00:12:50	00:22:00
199	STUHLIK Marek	376	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02
200	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02
201	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02
202	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04
203	PLEWNIA Dawid	776		M20-29	00:00:18	00:12:58	00:22:05
204	JĘDRZEJAK Piotr	146		M40-49	00:00:26	00:13:06	00:22:05
205	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08
206	POŁEDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08
207	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09
208	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10
209	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10
210	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
211	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12
212	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15
213	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15
214	BARAN Bartosz	766		M20-29	00:00:15	00:13:13	00:22:17
215	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21
216	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23
217	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25
218	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27
219	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27
220	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27
221	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28
222	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29
223	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29
224	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30
225	KOBIĄŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32
226	ŁUSZCZYK Sergiusz	700		M20-29	00:00:21	00:13:25	00:22:32
227	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36
228	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41
229	MAZURKIEWICZ Jarosław	687		M50-59	00:00:14	00:13:08	00:22:41
230	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42
231	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45
232	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45
233	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46
234	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47
235	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50
236	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51
237	WIELOPOLSKI Łukasz	123		M20-29	00:00:16	00:13:25	00:22:51
238	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51
239	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51
240	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55
241	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55
242	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57
243	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59
244	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00
245	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01
246	PISAREK Radek	234	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01
247	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02
248	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11
249	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11
250	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11
251	KOZŁOWSKI Zbigniew	747	OFIARY KAMIENCA	M40-49	00:00:19	00:13:36	00:23:12
252	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12
253	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12
254	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13
255	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
256	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17
257	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25
258	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26
259	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27
260	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35
261	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35
262	BAKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36
263	BARAN Ryszard	767	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37
264	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37
265	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38
266	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38
267	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40
268	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40
269	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40
270	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41
271	KAŻMIERCZAK Szymon	834		M20-29	00:00:21	00:13:51	00:23:42
272	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42
273	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43
274	SZCZERZEK Zbigniew	636		M60-69	00:00:15	00:13:51	00:23:45
275	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45
276	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47
277	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47
278	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47
279	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48
280	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53
281	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55
282	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58
283	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59
284	DĘBSKI Mariusz	608		M40-49	00:00:13	00:13:37	00:24:01
285	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01
286	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02
287	SZEWCUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03
288	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04
289	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04
290	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06
291	MAJCHRZAK Dawid	745		M20-29	00:00:18	00:13:38	00:24:08
292	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08
293	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09
294	SKRZYPCZAK Krystian	382		M16-19	00:00:06	00:14:03	00:24:10
295	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13
296	PETRYNA Bartosz	324	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15
297	FURMANIUK Artur	773		M30-39	00:00:18	00:13:50	00:24:15
298	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17
299	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18
300	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
301	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19
302	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20
303	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20
304	WASILEWSKI Mateusz	879	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22
305	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22
306	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23
307	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23
308	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23
309	TURNIAK Dariusz	260		M40-49	00:00:33	00:14:15	00:24:23
310	DANIELUK Kazimierz	404	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24
311	HERZYK Adam	656		M40-49	00:00:28	00:14:12	00:24:24
312	KAMYCZEK Adam	300		M30-39	00:00:22	00:14:10	00:24:25
313	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27
314	GÓRECKI Adam	614		M20-29	00:00:24	00:14:37	00:24:27
315	WIDENKA Robert	291	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29
316	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30
317	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31
318	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32
319	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33
320	JUSZCZAK Grzegorz	715		M30-39	00:00:25	00:14:37	00:24:37
321	ROMANIUK-DEMONCHAUX Adam	852	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39
322	FILUSZ Dawid	548		M20-29	00:00:26	00:14:35	00:24:39
323	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40
324	KACHEL Arek	751		M40-49	00:00:22	00:14:40	00:24:41
325	WIERCIOCH Tomasz	131		M30-39	00:00:24	00:14:35	00:24:41
326	WODYŃSKI Wojciech	341	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42
327	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42
328	KOTARSKI Marek	450	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	00:00:30	00:14:37	00:24:43
329	MACHEJ Stanisław	703	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47
330	JUNKA Piotr	888		M30-39	00:00:23	00:14:36	00:24:47
331	GLEBOCKI Grzegorz	906	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48
332	ŚLEDZIŃSKI Maciej	585	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48
333	TORBIŃSKI Wiesław	159	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49
334	RASZKA Janusz	419	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50
335	SOBIERAJSKI Przemek	573		M40-49	00:00:24	00:14:39	00:24:50
336	LOT Michał	533		M20-29	00:00:25	00:14:38	00:24:50
337	TARGOSZ Piotr	48	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51
338	BOTOREK Michał	742		M30-39	00:00:24	00:14:39	00:24:51
339	CYGANIK Piotr	465	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51
340	GARUS Krzysiek	568	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52
341	ŻBEL Michał	354	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52
342	ULMAN Mariusz	810	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52
343	JASIŃSKI Maksymilian	82		M50-59	00:00:27	00:14:38	00:24:53
344	GANDZEL Szymon	905		M30-39	00:00:18	00:14:27	00:24:56
345	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
346	LECHOWICZ Tadeusz	31	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59
347	JAWORSKI Mateusz	514		M30-39	00:00:30	00:14:33	00:25:02
348	SOJ Przemysław	230		M40-49	00:00:28	00:14:45	00:25:05
349	ĆWIOK Marek	530	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07
350	WILSZ Adam	482	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08
351	NOWAK Patryk	162	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11
352	DOMAGALIK Robert	254		M50-59	00:00:31	00:15:04	00:25:17
353	PARTYKA Karol	101		M30-39	00:00:35	00:15:14	00:25:17
354	HEJNA Artur	467	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20
355	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22
356	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24
357	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24
358	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25
359	SZUL Józef	634		M60-69	00:00:00	00:15:06	00:25:26
360	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27
361	ZMUDA Dariusz	227		M40-49	00:00:23	00:15:06	00:25:30
362	SOKOŁOWSKI Piotr	395	BRAK	M50-59	00:00:33	00:15:10	00:25:32
363	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35
364	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35
365	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38
366	OLSZYNA Mirosław	156		M40-49	00:00:30	00:15:15	00:25:42
367	PALUCHIEWICZ Szymon	243		M40-49	00:00:23	00:14:49	00:25:44
368	PĘDZIK Błażej	143		M20-29	00:00:46	00:15:34	00:25:46
369	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50
370	BORUCKI Dariusz	517		M30-39	00:00:26	00:15:20	00:25:51
371	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54
372	WIERBICKI Krystian	333		M40-49	00:00:39	00:15:30	00:25:54
373	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57
374	BURNAGIEL Tomasz	27		M50-59	00:00:25	00:15:16	00:25:59
375	BYWALEC Stanisław	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59
376	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59
377	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00
378	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01
379	BRZEŹNIAK Jan	893		M30-39	00:00:36	00:15:27	00:26:01
380	RZĘSITA Damian	780		M30-39	00:00:36	00:15:27	00:26:01
381	CZYŻ Wojciech	624		M40-49	00:00:30	00:15:13	00:26:03
382	ŁATKA Marek	387		M40-49	00:00:25	00:15:10	00:26:04
383	KOPTA Jerzy	80	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08
384	JASIŃSKI Kristof	865	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08
385	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10
386	BARANKIEWICZ Irek	513	XT 500	M40-49	00:00:30	00:15:37	00:26:17
387	STRZAŁAŁA Marek	551		M20-29	00:00:25	00:15:02	00:26:18
388	JANKO Kamil	743		M30-39	00:00:27	00:15:43	00:26:20
389	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21
390	CHROBOK Gerard	535		M50-59	00:00:30	00:15:22	00:26:24

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
391	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24
392	MARCINIAK Artur	710		M50-59	00:00:27	00:15:29	00:26:25
393	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29
394	PAJESTKA Marek	148	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30
395	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31
396	MAZUR Arkadiusz	569		M30-39	00:00:27	00:15:53	00:26:35
397	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38
398	LANDZIŃSKI Jacek	471		M30-39	00:00:31	00:15:55	00:26:38
399	JASZCZYK Łukasz	760		M30-39	00:00:33	00:16:04	00:26:39
400	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42
401	STARCZEWSKI Marcin	593		M30-39	00:00:35	00:15:50	00:26:43
402	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44
403	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45
404	LISIOWSKI Jakub	524		M16-19	00:00:33	00:16:06	00:26:48
405	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50
406	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50
407	WOLIŃSKI Józef	114		M50-59	00:00:37	00:15:57	00:26:55
408	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59
409	KONOPKA Jarosław	707		M40-49	00:00:41	00:16:03	00:27:01
410	KROCZEK Przemysław	829		M20-29	00:00:46	00:16:17	00:27:02
411	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03
412	MARYNIAK Wojtek	689		M30-39	00:00:39	00:16:07	00:27:03
413	JAKUBIEC Jacek	339	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05
414	DURAJ Dariusz	86	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06
415	MŁYNARCZYK Jerzy	403	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07
416	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09
417	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09
418	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11
419	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14
420	PYZIK Marcin	506		M40-49	00:00:35	00:15:56	00:27:16
421	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17
422	PŁONKA Krzysztof	740		M50-59	00:00:25	00:15:48	00:27:19
423	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20
424	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22
425	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22
426	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22
427	STEKLA Bartłomiej	610		M20-29	00:00:36	00:16:10	00:27:23
428	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24
429	UKLEJA Sebastian	258		M40-49	00:00:28	00:15:46	00:27:25
430	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25
431	RYZ Dawid	545		M20-29	00:00:36	00:16:04	00:27:26
432	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27
433	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29
434	ŻAGIEL Wiktor	457		M20-29	00:00:33	00:16:12	00:27:29
435	GRABKA Stanisław	737	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
436	MUSIAŁ Łukasz	270	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31
437	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32
438	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32
439	RECLIK Jacek	728	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36
440	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46
441	PIETRZYK Marek	556	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47
442	KRAMER Piotr	539		M40-49	00:00:41	00:16:33	00:27:48
443	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50
444	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52
445	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57
446	KOTERYNA Janusz	641	AMATOR	M60-69	00:00:26	00:16:20	00:27:58
447	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00
448	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01
449	KUBICA Tadeusz	353	BWM	M50-59	00:00:35	00:16:30	00:28:01
450	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04
451	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08
452	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13
453	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14
454	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22
455	WIDENKA Krystian	152	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22
456	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27
457	SOBCZYK Sławomir	627	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30
458	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34
459	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45
460	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47
461	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47
462	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53
463	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02
464	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04
465	POLOK Robert	661		M20-29	00:00:31	00:16:48	00:29:05
466	SZABLA Mateusz	750		M20-29	00:00:42	00:17:06	00:29:05
467	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05
468	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05
469	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17
470	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52
471	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56
472	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57
473	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04
474	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05
475	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09
476	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10
477	ADAMIK Łukasz	825	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11
478	HAJNSZ Robert	802		M20-29	00:00:38	00:17:49	00:30:13
479	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18
480	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km
						2.9km	5km
481	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28
482	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48
483	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57
484	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58
485	LACH Grzegorz	616	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03
486	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05
487	WÓJCIK Dariusz	670	ŻORY	M40-49	00:00:46	00:18:24	00:31:10
488	LURANC Paweł	774	MARCYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12
489	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21
490	ZIMNY Ireneusz	36		M40-49	00:00:26	00:18:13	00:31:26
491	PIOTROWSKI Mieczysław	583		M70+	00:00:29	00:18:14	00:31:32
492	OSTROWSKI Sławomir	315		M50-59	00:00:42	00:18:27	00:31:33
493	PRZYŁUCKI Grzegorz	611		M50-59	00:00:45	00:18:43	00:32:00
494	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16
495	ZBYL Jacek	172		M50-59	00:00:37	00:18:32	00:32:33
496	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59
497	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05
498	GÓRNY Mieczysław	363		M30-39	00:00:30	00:19:04	00:33:09
499	WOLNY Łukasz	821		M30-39	00:00:30	00:19:04	00:33:10
500	SOBAŃSKI Mateusz	485		M20-29	00:00:47	00:19:50	00:33:11
501	ZAWADA Jakub	786	NAJMNIJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15
502	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52
503	BAŃKA Jan	601	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28
504	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45
505	OLBRICH Artur	318		M30-39	00:00:05	00:11:47	00:37:03
506	DZIARSKI Wiesław	240	ERBUD RYBNIK	M60-69	00:00:08	00:11:30	00:37:21
507	FURMAN Dawid	686	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44
508	MIERZYŃSKI Kamil	658		M20-29	00:00:04	00:24:11	00:42:32
509	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14	
510	ZADROGA Karol	721		M20-29	00:00:00		
511	SYPIEWSKI Grzegorz	818	WRM MC POLAND	M40-49	00:00:48	00:17:34	

Total 511 results.