

# 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: 7,3 km

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km
1	<b>MRÓWKA Mateusz</b>	<b>4</b>	KWK MARCEL/RADLINIOKI W BIEGU	M20-29	00:00:01	00:09:19	00:15:41	00:23:16
2	<b>CIEPŁAK Marcin</b>	<b>3</b>	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01	00:24:01
3	<b>LUBIENIECKI Maciej</b>	<b>823</b>	1979	M30-39	00:00:02	00:09:49	00:16:41	00:24:34
4	<b>KASPRZAK Radosław</b>	<b>7</b>	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42	00:24:35
5	<b>DROŹDŹ Damian</b>	<b>398</b>		M30-39	00:00:01	00:09:40	00:16:30	00:24:35
6	<b>KOŹDOŃ Jarek</b>	<b>797</b>	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	M30-39	00:00:02	00:09:49	00:16:41	00:24:40
7	<b>SZULIK Grzegorz</b>	<b>5</b>	KB MOSIR JASTRZĘBIE ZDRÓJ	M30-39	00:00:02	00:09:50	00:16:48	00:25:00
8	<b>WŁOCH Andrzej</b>	<b>6</b>	KB MOSIR JASTRZĘBIE	M20-29	00:00:01	00:09:51	00:16:50	00:25:02
9	<b>BULIK Witold</b>	<b>647</b>	PKS OLIMPIJCZYK GILOWICE	M40-49	00:00:01	00:09:52	00:16:49	00:25:08
10	<b>HATALA Paweł</b>	<b>445</b>		M30-39	00:00:05	00:11:11	00:19:11	00:28:25
11	<b>NOGA Krystian</b>	<b>84</b>	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07	00:28:32
12	<b>KASTELIK Szymon</b>	<b>422</b>	OLIMPIJCZYK GILOWICE	M20-29	00:00:03	00:11:09	00:19:21	00:28:50
13	<b>DZIUBAŃSKI Grzegorz</b>	<b>729</b>	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37	00:28:54
14	<b>MAJER Damian</b>	<b>408</b>	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34	00:28:56
15	<b>WANTULOK Paweł</b>	<b>121</b>		M20-29	00:00:07	00:11:33	00:19:38	00:28:57
16	<b>TOKAREWICZ Damian</b>	<b>179</b>	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40	00:29:00
17	<b>WITALA Tomasz</b>	<b>381</b>		M40-49	00:00:08	00:11:42	00:19:51	00:29:08
18	<b>BARTNIK Sebastian</b>	<b>181</b>	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08
19	<b>WOLNY Ariel</b>	<b>183</b>		M30-39	00:00:09	00:11:41	00:19:51	00:29:09
20	<b>BANASIAK Tomasz</b>	<b>507</b>		M40-49	00:00:04	00:11:35	00:19:40	00:29:10
21	<b>BOBEREK Grzegorz</b>	<b>706</b>	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52	00:29:10
22	<b>KUNINA Paweł</b>	<b>130</b>	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12
23	<b>JANUSZ Tomasz</b>	<b>604</b>	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57	00:29:12
24	<b>JĘDRUSIAK Przemysław</b>	<b>648</b>		M30-39	00:00:09	00:11:45	00:19:57	00:29:12
25	<b>ŻERDKA Michał</b>	<b>475</b>	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56	00:29:13
26	<b>ZYGMA Kordian</b>	<b>151</b>		M20-29	00:00:09	00:11:46	00:19:57	00:29:14
27	<b>KLYSZCZ Paweł</b>	<b>886</b>	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49	00:29:17
28	<b>KYRCZ Mirosław</b>	<b>378</b>	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46	00:29:19
29	<b>KRETEK Łukasz</b>	<b>519</b>	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58	00:29:19
30	<b>MAROSZEK Szymon</b>	<b>153</b>		M30-39	00:00:11	00:11:41	00:19:51	00:29:27

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
31	<b>DUDEK Bartłomiej</b>	<b>722</b>		M40-49	00:00:08	00:11:45	00:19:53	00:29:28
32	<b>WOWRY Klaudiusz</b>	<b>448</b>	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53	00:29:30
33	<b>OLSZOWSKI Dariusz</b>	<b>889</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59	00:29:34
34	<b>TŁOŁKA Michał</b>	<b>411</b>		M30-39	00:00:09	00:11:49	00:20:05	00:29:34
35	<b>KOWAL Łukasz</b>	<b>770</b>	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15	00:29:36
36	<b>BRODACKI Waldemar</b>	<b>909</b>	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04	00:29:41
37	<b>TOMCZYK Piotr Czesław</b>	<b>509</b>	WILD RUNNERS CLUB	M30-39	00:00:09	00:11:43	00:19:56	00:29:42
38	<b>MAZUR Marek</b>	<b>78</b>		M40-49	00:00:08	00:11:44	00:19:55	00:29:44
39	<b>BULENDA Grzegorz</b>	<b>65</b>	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57	00:29:44
40	<b>WASZTYL Grzegorz</b>	<b>771</b>		M40-49	00:00:08	00:11:49	00:20:06	00:29:46
41	<b>NIEDZIELA Stefan</b>	<b>599</b>	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45	00:29:47
42	<b>GÓRNY Mirek</b>	<b>461</b>	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55	00:29:52
43	<b>MASNY Michał</b>	<b>442</b>		M20-29	00:00:12	00:11:47	00:20:11	00:29:58
44	<b>URBAŚ Roman</b>	<b>491</b>	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17	00:29:59
45	<b>URBAŃCZYK Marcin</b>	<b>51</b>		M20-29	00:00:11	00:11:58	00:20:21	00:29:59
46	<b>OPUCHLIK Roman</b>	<b>642</b>		M30-39	00:00:09	00:12:00	00:20:23	00:30:02
47	<b>DZIDA Janusz</b>	<b>483</b>	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01	00:30:05
48	<b>RAJWA Jan</b>	<b>309</b>	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06
49	<b>ZIELIŃSKI Ireneusz</b>	<b>170</b>		M40-49	00:00:07	00:11:45	00:20:13	00:30:13
50	<b>SPYRKA Piotr</b>	<b>97</b>		M30-39	00:00:05	00:11:50	00:20:16	00:30:15
51	<b>BOŁOZ Damian</b>	<b>50</b>	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32	00:30:20
52	<b>MALINOWSKI Krzysztof</b>	<b>110</b>	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18	00:30:23
53	<b>KUTIAN Adam</b>	<b>813</b>		M50-59	00:00:08	00:12:00	00:20:36	00:30:23
54	<b>SIEGMUND Tadeusz</b>	<b>187</b>	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25
55	<b>MICHALIK Rafał</b>	<b>405</b>	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26	00:30:25
56	<b>KUŚ Dawid</b>	<b>606</b>	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13	00:30:28
57	<b>RIMPLER Łukasz</b>	<b>819</b>	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41	00:30:33
58	<b>KĘDZIOR Kamil</b>	<b>617</b>	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17	00:30:39
59	<b>SZAREK Krzysztof</b>	<b>596</b>	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24	00:30:46
60	<b>GLAJC Andrzej</b>	<b>561</b>	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25	00:30:48
61	<b>ORŁOWSKI Grzegorz</b>	<b>372</b>	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01	00:30:48
62	<b>OGIEGŁO Łukasz</b>	<b>659</b>		M30-39	00:00:05	00:11:59	00:20:43	00:30:53
63	<b>ADAMCZEWSKI Waldemar</b>	<b>37</b>		M50-59	00:00:11	00:12:13	00:20:55	00:30:55
64	<b>JARGOŃ Jacek</b>	<b>458</b>		M40-49	00:00:09	00:12:03	00:20:45	00:30:58
65	<b>KOMANIECKI Łukasz</b>	<b>249</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48	00:30:58
66	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00
67	<b>GŁUSZYK Andrzej</b>	<b>316</b>		M40-49	00:00:10	00:12:33	00:21:08	00:31:01
68	<b>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	00:00:13	00:12:29	00:21:03	00:31:01
69	<b>OGIERMAN Grzegorz</b>	<b>229</b>	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59	00:31:04
70	<b>GADAJ Grzegorz</b>	<b>562</b>		M30-39	00:00:09	00:12:00	00:20:47	00:31:06
71	<b>WIECZOREK Tomasz</b>	<b>154</b>	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51	00:31:07
72	<b>PRÓSZYŃSKI Sławomir</b>	<b>298</b>		M30-39	00:00:13	00:12:29	00:21:18	00:31:07
73	<b>LEŚNIAK Krzysztof</b>	<b>296</b>	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07	00:31:08
74	<b>GLAJCAR Tomasz</b>	<b>134</b>		M40-49	00:00:14	00:12:26	00:21:12	00:31:08
75	<b>MYNARSKI Sylwester</b>	<b>897</b>		M40-49	00:00:12	00:12:32	00:21:15	00:31:10

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
76	<b>OLSZOWSKI Marcin</b>	<b>523</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51	00:31:11
77	<b>PRZYBYSZ Ryszard</b>	<b>206</b>		M50-59	00:00:14	00:12:25	00:21:08	00:31:11
78	<b>BEZUCH Paweł</b>	<b>881</b>		M20-29	00:00:14	00:12:28	00:21:19	00:31:14
79	<b>TOMCZYK Lesław</b>	<b>854</b>	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22	00:31:22
80	<b>LORANC Maciej</b>	<b>357</b>	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28	00:31:22
81	<b>PIŁATOWSKI Mirosław</b>	<b>85</b>	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24
82	<b>JEREMICZ Krzysztof</b>	<b>57</b>	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14	00:31:28
83	<b>LILLA Piotr</b>	<b>580</b>	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28
84	<b>KRAUSE Dariusz</b>	<b>290</b>	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10	00:31:30
85	<b>PUDA Krzysztof</b>	<b>790</b>		M40-49	00:00:06	00:12:10	00:20:53	00:31:31
86	<b>SUCHANEK Robert</b>	<b>808</b>	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07	00:31:31
87	<b>BYRSKI Henryk</b>	<b>827</b>	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24	00:31:32
88	<b>LORANC Paweł</b>	<b>793</b>	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24	00:31:33
89	<b>KAWECKI Stanisław</b>	<b>305</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19	00:31:35
90	<b>SITKO Adam</b>	<b>328</b>	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58	00:31:40
91	<b>ŻUR Marek</b>	<b>449</b>	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26	00:31:43
92	<b>ROGAŁA Maciej</b>	<b>396</b>	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29	00:31:45
93	<b>STEMPEL Grzegorz</b>	<b>667</b>	1989	M20-29	00:00:12	00:12:18	00:21:16	00:31:47
94	<b>NIEŚŁONY Dominik</b>	<b>908</b>		M20-29	00:00:09	00:12:25	00:21:14	00:31:48
95	<b>CHYBIORZ Marek</b>	<b>582</b>		M30-39	00:00:18	00:12:47	00:21:43	00:31:48
96	<b>UCIEKLAK Waldemar</b>	<b>221</b>	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35	00:31:52
97	<b>BUGDOL Zbigniew</b>	<b>459</b>		M20-29	00:00:23	00:12:42	00:21:45	00:31:58
98	<b>KITA Jakub</b>	<b>878</b>		M16-19	00:00:10	00:12:47	00:21:50	00:31:59
99	<b>MROWIEC Bernard</b>	<b>393</b>	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37	00:31:59
100	<b>CZAPOROWSKI Tomasz</b>	<b>222</b>		M30-39	00:00:10	00:12:24	00:21:21	00:32:02
101	<b>BAC Michał</b>	<b>555</b>		M30-39	00:00:15	00:12:55	00:21:51	00:32:06
102	<b>KUDER Marek</b>	<b>265</b>	KS M.E.T.A.	M40-49	00:00:10	00:11:50	00:20:56	00:32:08
103	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	00:00:26	00:13:06	00:22:05	00:32:08
104	<b>DOBROWOLSKI Sławek</b>	<b>219</b>	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44	00:32:10
105	<b>SOJKA Piotr</b>	<b>380</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	00:00:10	00:12:52	00:21:57	00:32:14
106	<b>BIELA Rafał</b>	<b>595</b>		M30-39	00:00:10	00:12:50	00:21:54	00:32:15
107	<b>TOMCZYK Maurycy</b>	<b>29</b>	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52	00:32:15
108	<b>MRÓZEK Rafał</b>	<b>621</b>	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22	00:32:17
109	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	00:00:15	00:12:48	00:21:53	00:32:18
110	<b>KANCLERZ Tomasz</b>	<b>708</b>		M30-39	00:00:17	00:12:46	00:21:50	00:32:18
111	<b>DUDZIK Sebastian</b>	<b>383</b>		M30-39	00:00:14	00:12:28	00:21:20	00:32:19
112	<b>KWAŚNY Marcin</b>	<b>665</b>	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55	00:32:19
113	<b>POHL Armin</b>	<b>581</b>		M20-29	00:00:07	00:12:50	00:21:51	00:32:20
114	<b>NIEDZIELKO Grzegorz</b>	<b>495</b>	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20
115	<b>KOMARNICKI Tomasz</b>	<b>792</b>	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31	00:32:20
116	<b>MAŁECKI Jacek</b>	<b>462</b>		M30-39	00:00:12	00:12:43	00:21:43	00:32:20
117	<b>SUCHY Zbigniew</b>	<b>691</b>		M40-49	00:00:26	00:12:45	00:21:46	00:32:20
118	<b>PASTWA Grzegorz</b>	<b>247</b>	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51	00:32:21
119	<b>TOCHOWICZ Bartosz</b>	<b>268</b>	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46	00:32:22
120	<b>DUROK Wojciech</b>	<b>534</b>	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52	00:32:22

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
121	STUHLIK Marek	376	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02	00:32:23
122	SKWARLIŃSKI Mirosław	874		M50-59	00:00:10	00:12:43	00:21:49	00:32:23
123	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49	00:32:25
124	ZGRZENDEK Patryk	726		M20-29	00:00:12	00:12:50	00:22:00	00:32:26
125	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49	00:32:26
126	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26
127	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26
128	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27
129	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55	00:32:27
130	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28
131	POŁEDNIK Tomasz	903	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08	00:32:30
132	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53	00:32:31
133	BARAN Bartosz	766		M20-29	00:00:15	00:13:13	00:22:17	00:32:34
134	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43	00:32:35
135	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54	00:32:36
136	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55	00:32:36
137	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36
138	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50	00:32:37
139	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43	00:32:39
140	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53	00:32:39
141	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53	00:32:42
142	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54	00:32:43
143	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50	00:32:43
144	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10	00:32:43
145	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58	00:32:48
146	PLEWNIA Dawid	776		M20-29	00:00:18	00:12:58	00:22:05	00:32:50
147	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46	00:32:53
148	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52	00:32:54
149	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15	00:32:54
150	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56	00:32:57
151	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11	00:32:57
152	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59	00:32:58
153	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04
154	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53	00:33:04
155	ŁUSZCZYK Sergiusz	700		M20-29	00:00:21	00:13:25	00:22:32	00:33:04
156	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08	00:33:10
157	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21	00:33:10
158	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02	00:33:11
159	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13
160	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27	00:33:14
161	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12	00:33:14
162	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02	00:33:14
163	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23	00:33:14
164	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09	00:33:19
165	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
166	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29	00:33:25
167	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30	00:33:26
168	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45	00:33:30
169	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25	00:33:37
170	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28	00:33:38
171	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46	00:33:43
172	WIELOPOLSKI Łukasz	123		M20-29	00:00:16	00:13:25	00:22:51	00:33:47
172	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27	00:33:48
174	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29	00:33:48
175	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57	00:33:48
176	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47	00:33:50
177	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41	00:33:50
178	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45	00:33:50
179	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00	00:33:50
180	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51	00:33:52
181	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53
182	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55
183	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02	00:33:55
184	MAZURKIEWICZ Jarosław	687		M50-59	00:00:14	00:13:08	00:22:41	00:33:56
185	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36	00:33:59
186	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59	00:34:00
187	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03
188	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51	00:34:09
189	KOBIAŁKA Robert	125	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11
190	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11	00:34:11
191	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12	00:34:11
192	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55	00:34:13
193	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51	00:34:15
194	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11	00:34:16
195	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50	00:34:16
196	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11	00:34:19
197	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40	00:34:22
198	KOZŁOWSKI Zbigniew	747	OFIARY KAMIEŃCA	M40-49	00:00:19	00:13:36	00:23:12	00:34:25
199	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29
200	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43	00:34:33
201	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25	00:34:34
202	KULAWIAK Bogdan	480		M50-59	00:00:23	00:13:50	00:23:17	00:34:37
203	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38	00:34:37
204	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38
205	GAWLAS Krzysztof	615	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01	00:34:40
206	STAWICKI Grzegorz	669	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35	00:34:43
207	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47	00:34:44
208	PISAREK Radek	234	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01	00:34:45
209	KAŹMIERCZAK Szymon	834		M20-29	00:00:21	00:13:51	00:23:42	00:34:45
210	BAKOWSKI Michał	345		M30-39	00:00:37	00:14:00	00:23:36	00:34:47

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
211	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48
212	ZALEWSKI Andrzej	807	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26	00:34:54
213	MROCZKOWSKI Tomasz	536		M40-49	00:00:23	00:13:57	00:23:41	00:34:57
214	STUDNIK Jarosław	884		M40-49	00:00:23	00:13:43	00:23:35	00:34:57
215	KOWALSKI Artur	724		M30-39	00:00:24	00:13:26	00:23:15	00:35:06
216	STREIT Mariusz	664		M40-49	00:00:12	00:13:25	00:23:27	00:35:07
217	KOPIEC Arkadiusz	45		M40-49	00:00:16	00:14:08	00:23:53	00:35:07
218	BARAN Ryszard	767	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37	00:35:08
219	SZCZERZEK Zbigniew	636		M60-69	00:00:15	00:13:51	00:23:45	00:35:11
220	GIERULA Artur	592	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47	00:35:11
221	ODROZEK Alfred	626		M50-59	00:00:16	00:13:56	00:23:48	00:35:12
222	RAJWA Stanisław	313	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13
223	BUĆKO Marcin	275		M40-49	00:00:21	00:14:12	00:23:59	00:35:18
224	MAKOŚ Tomek	516		M40-49	00:00:20	00:14:11	00:24:09	00:35:20
225	BYSTRYKOWSKI Marcin	281		M40-49	00:00:16	00:13:38	00:23:37	00:35:21
226	GÓRECKI Adam	614		M20-29	00:00:24	00:14:37	00:24:27	00:35:23
227	GAWLAS Jan	725		M50-59	00:00:26	00:14:15	00:24:02	00:35:23
228	CHRAPKIEWICZ Marek	528	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40	00:35:24
229	BIŁKO Sławek	666		M40-49	00:00:22	00:14:15	00:24:06	00:35:24
230	KUBICA Mieczysław	892		M40-49	00:00:24	00:14:15	00:24:04	00:35:24
231	KONCKI Andrzej	34		M40-49	00:00:21	00:14:18	00:24:08	00:35:26
232	KURTO Paweł	830		M30-39	00:00:21	00:14:24	00:24:18	00:35:26
233	JACHYMEK Marcin	719		M30-39	00:00:17	00:13:17	00:23:13	00:35:29
234	GAŁKIEWICZ Michał	565		M40-49	00:00:13	00:13:54	00:23:55	00:35:32
235	KURTO Grzegorz	705	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19	00:35:32
236	BURYBA Jacek	136	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13	00:35:36
237	PRZYBYŁA Tomasz	673		M40-49	00:00:25	00:14:27	00:24:23	00:35:42
238	SZEWCUK Zbigniew	200	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03	00:35:43
239	SOWA Paweł	812		M40-49	00:00:24	00:14:09	00:24:04	00:35:45
240	SZUBARSKI Krzysztof	566	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17	00:35:46
241	SKECZEK Arkadiusz	744	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58	00:35:48
242	MARCZYNSKI Sebastian	817		M30-39	00:00:19	00:14:06	00:24:18	00:35:48
243	WISEŁKA Andrzej	46		M30-39	00:00:23	00:14:26	00:24:20	00:35:48
244	HARATYK Grzegorz	294	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49
245	TYKIERKA Tomasz	844	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33	00:35:49
246	WALA Marek	188		M30-39	00:00:22	00:14:31	00:24:23	00:35:52
247	GAUDYN Andrzej	682	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42	00:35:54
248	WYREMBELSKI Amadeusz	168		M20-29	00:00:16	00:13:23	00:23:40	00:35:56
249	KUSIDŁO Marcin	463		M30-39	00:00:21	00:14:26	00:24:23	00:35:56
250	SZYMICZEK Radosław	267	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20	00:35:56
251	MARON Tadeusz	56		M30-39	00:00:21	00:14:32	00:24:30	00:35:59
252	CZYRNEK Dariusz	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27	00:36:02
253	PIECHOCKI Piotr	74		M30-39	00:00:23	00:14:39	00:24:32	00:36:02
254	WALA Andrzej	512	1977	M40-49	00:00:20	00:14:19	00:24:22	00:36:07
255	JARZYNA Andrzej	477		M20-29	00:00:33	00:14:27	00:24:31	00:36:09

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
256	<b>KOTARSKI Marek</b>	<b>450</b>	TKKF RELAX WODZISŁAW ŚLASKI	M50-59	00:00:30	00:14:37	00:24:43	00:36:12
257	<b>JUNKA Piotr</b>	<b>888</b>		M30-39	00:00:23	00:14:36	00:24:47	00:36:13
258	<b>WASILEWSKI Mateusz</b>	<b>879</b>	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14
259	<b>FILUSZ Dawid</b>	<b>548</b>		M20-29	00:00:26	00:14:35	00:24:39	00:36:14
260	<b>HERZYK Adam</b>	<b>656</b>		M40-49	00:00:28	00:14:12	00:24:24	00:36:14
261	<b>ŚLEDZIŃSKI Maciej</b>	<b>585</b>	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15
262	<b>WIERCIOCH Tomasz</b>	<b>131</b>		M30-39	00:00:24	00:14:35	00:24:41	00:36:17
263	<b>GLEBOCKI Grzegorz</b>	<b>906</b>	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48	00:36:18
264	<b>GARUS Krzysiek</b>	<b>568</b>	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19
265	<b>DĘBSKI Mariusz</b>	<b>608</b>		M40-49	00:00:13	00:13:37	00:24:01	00:36:20
266	<b>MACHEJ Stanisław</b>	<b>703</b>	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47	00:36:22
267	<b>LOT Michał</b>	<b>533</b>		M20-29	00:00:25	00:14:38	00:24:50	00:36:22
268	<b>JUSZCZAK Grzegorz</b>	<b>715</b>		M30-39	00:00:25	00:14:37	00:24:37	00:36:23
269	<b>DANIELUK Kazimierz</b>	<b>404</b>	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24
270	<b>ŻBEL Michał</b>	<b>354</b>	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52	00:36:24
271	<b>BOTOREK Michał</b>	<b>742</b>		M30-39	00:00:24	00:14:39	00:24:51	00:36:24
272	<b>ROMANIUK-DEMONCHAUX Adam</b>	<b>852</b>	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39	00:36:24
273	<b>TURNIAK Dariusz</b>	<b>260</b>		M40-49	00:00:33	00:14:15	00:24:23	00:36:25
274	<b>KAMYCZEK Adam</b>	<b>300</b>		M30-39	00:00:22	00:14:10	00:24:25	00:36:26
275	<b>KACHEL Arek</b>	<b>751</b>		M40-49	00:00:22	00:14:40	00:24:41	00:36:27
276	<b>TORBIŃSKI Wiesław</b>	<b>159</b>	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27
277	<b>PETRYNA Bartosz</b>	<b>324</b>	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15	00:36:34
278	<b>JASIŃSKI Maksymilian</b>	<b>82</b>		M50-59	00:00:27	00:14:38	00:24:53	00:36:35
279	<b>WILSZ Adam</b>	<b>482</b>	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08	00:36:36
280	<b>CYGANIK Piotr</b>	<b>465</b>	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51	00:36:38
281	<b>FURMANIUK Artur</b>	<b>773</b>		M30-39	00:00:18	00:13:50	00:24:15	00:36:42
282	<b>WIDENKA Robert</b>	<b>291</b>	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29	00:36:42
283	<b>ULMAN Mariusz</b>	<b>810</b>	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52	00:36:49
284	<b>SOJ Przemysław</b>	<b>230</b>		M40-49	00:00:28	00:14:45	00:25:05	00:36:49
285	<b>TARGOSZ Piotr</b>	<b>48</b>	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51	00:36:55
286	<b>LECHOWICZ Tadeusz</b>	<b>31</b>	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00
287	<b>HEJNA Artur</b>	<b>467</b>	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20	00:37:00
288	<b>WODYŃSKI Wojciech</b>	<b>341</b>	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42	00:37:02
289	<b>DOMAGALIK Robert</b>	<b>254</b>		M50-59	00:00:31	00:15:04	00:25:17	00:37:02
290	<b>GANDZEL Szymon</b>	<b>905</b>		M30-39	00:00:18	00:14:27	00:24:56	00:37:03
291	<b>SKRZYPCZAK Krystian</b>	<b>382</b>		M16-19	00:00:06	00:14:03	00:24:10	00:37:06
292	<b>RASZKA Janusz</b>	<b>419</b>	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50	00:37:11
293	<b>PARTYKA Karol</b>	<b>101</b>		M30-39	00:00:35	00:15:14	00:25:17	00:37:11
294	<b>ĆWIOK Marek</b>	<b>530</b>	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07	00:37:20
295	<b>SOBIERAJSKI Przemek</b>	<b>573</b>		M40-49	00:00:24	00:14:39	00:24:50	00:37:21
296	<b>MAJCHRZAK Dawid</b>	<b>745</b>		M20-29	00:00:18	00:13:38	00:24:08	00:37:24
297	<b>NOWAK Patryk</b>	<b>162</b>	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32
298	<b>OLSZYNA Mirosław</b>	<b>156</b>		M40-49	00:00:30	00:15:15	00:25:42	00:37:32
299	<b>PĘDZIK Błażej</b>	<b>143</b>		M20-29	00:00:46	00:15:34	00:25:46	00:37:33
300	<b>ZMUDA Dariusz</b>	<b>227</b>		M40-49	00:00:23	00:15:06	00:25:30	00:37:34

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
301	JAWORSKI Mateusz	514		M30-39	00:00:30	00:14:33	00:25:02	00:37:34
302	CIEŚLA Adam	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40	00:37:37
303	WISEŁKA Zbigniew	550	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59	00:37:38
304	PAJĄK Kamil	312	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53
305	KRÓLIK Arkadiusz	489	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54
306	SOKOŁOWSKI Piotr	395	BRAK	M50-59	00:00:33	00:15:10	00:25:32	00:37:55
307	SZUL Józef	634		M60-69	00:00:00	00:15:06	00:25:26	00:37:56
308	WIERBICKI Krystian	333		M40-49	00:00:39	00:15:30	00:25:54	00:38:08
309	BURNAGIEL Tomasz	27		M50-59	00:00:25	00:15:16	00:25:59	00:38:11
310	ANUSZKIEWICZ Igor	53		M30-39	00:00:25	00:14:47	00:25:25	00:38:14
311	JASZCZYK Łukasz	760		M30-39	00:00:33	00:16:04	00:26:39	00:38:15
312	JANIEC Witold	902	UNATCO	M40-49	00:00:12	00:14:50	00:25:35	00:38:16
313	JASIŃSKI Kristof	865	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08	00:38:22
314	PALUCHIEWICZ Szymon	243		M40-49	00:00:23	00:14:49	00:25:44	00:38:24
315	BARAN Dawid	486	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22	00:38:24
316	MARCHEWKA Bartek	603		M30-39	00:00:31	00:15:09	00:25:57	00:38:26
317	PIDANTY Łukasz	81		M30-39	00:00:42	00:15:44	00:26:10	00:38:29
318	BRZEŹNIAK Jan	893		M30-39	00:00:36	00:15:27	00:26:01	00:38:30
319	RZĘSITA Damian	780		M30-39	00:00:36	00:15:27	00:26:01	00:38:30
320	BORUCKI Dariusz	517		M30-39	00:00:26	00:15:20	00:25:51	00:38:33
321	PAJĄK Marcin	431		M20-29	00:00:30	00:14:57	00:25:24	00:38:35
322	MALISZEWSKI Marcin	578		M30-39	00:00:43	00:15:39	00:25:59	00:38:40
323	ŁATKA Marek	387		M40-49	00:00:25	00:15:10	00:26:04	00:38:41
324	JANKO Kamil	743		M30-39	00:00:27	00:15:43	00:26:20	00:38:42
325	MAZUR Arkadiusz	569		M30-39	00:00:27	00:15:53	00:26:35	00:38:43
326	BARANKIEWICZ Irek	513	XT 500	M40-49	00:00:30	00:15:37	00:26:17	00:38:45
327	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24	00:38:46
328	BYWALEC Stanislaw	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59	00:38:48
329	KOPTA Jerzy	80	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08	00:38:51
330	CZYŻ Wojciech	624		M40-49	00:00:30	00:15:13	00:26:03	00:38:51
331	MARCINIAK Artur	710		M50-59	00:00:27	00:15:29	00:26:25	00:38:55
332	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55
333	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01	00:38:56
334	DOMASZK Paweł	702		M20-29	00:00:34	00:15:53	00:26:42	00:38:58
335	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00
336	LANDZIŃSKI Jacek	471		M30-39	00:00:31	00:15:55	00:26:38	00:39:00
337	STARCZEWSKI Marcin	593		M30-39	00:00:35	00:15:50	00:26:43	00:39:02
338	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50	00:39:04
339	LISIOWSKI Jakub	524		M16-19	00:00:33	00:16:06	00:26:48	00:39:07
340	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54	00:39:08
341	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21	00:39:08
342	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10
343	WACNIK Dariusz	67		M40-49	00:00:32	00:16:03	00:26:45	00:39:13
344	MARYNIAK Wojtek	689		M30-39	00:00:39	00:16:07	00:27:03	00:39:16
345	KONOPKA Jaroslaw	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23



Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
346	<b>PAJESTKA Marek</b>	<b>148</b>	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30	00:39:25
347	<b>CHROBOK Gerard</b>	<b>535</b>		M50-59	00:00:30	00:15:22	00:26:24	00:39:26
348	<b>PŁASKA Grzegorz</b>	<b>208</b>	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29	00:39:26
349	<b>FLASZ Dawid</b>	<b>191</b>		M40-49	00:00:26	00:15:09	00:26:31	00:39:28
350	<b>JAKUBIEC Jacek</b>	<b>339</b>	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05	00:39:29
351	<b>DURAJ Dariusz</b>	<b>86</b>	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06	00:39:30
352	<b>JANCZYK Grzegorz</b>	<b>420</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59	00:39:46
353	<b>HARAZIN Janusz</b>	<b>434</b>	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11	00:39:47
354	<b>KROCZEK Przemysław</b>	<b>829</b>		M20-29	00:00:46	00:16:17	00:27:02	00:39:48
355	<b>WOLIŃSKI Józef</b>	<b>114</b>		M50-59	00:00:37	00:15:57	00:26:55	00:39:50
356	<b>STRZAŁA Marek</b>	<b>551</b>		M20-29	00:00:25	00:15:02	00:26:18	00:39:55
357	<b>ZAWIERUCHA Aleksander</b>	<b>488</b>	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14	00:40:01
358	<b>KOMRAUS Sławomir</b>	<b>602</b>	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38	00:40:04
359	<b>WITOSZA Adam</b>	<b>695</b>		M40-49	00:00:38	00:16:05	00:26:50	00:40:06
360	<b>KAPUSTA Bartłomiej</b>	<b>178</b>		M30-39	00:00:41	00:16:07	00:27:20	00:40:07
361	<b>HUCHRO Tomasz</b>	<b>653</b>	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22	00:40:09
362	<b>WĘGLEWSKI Zbigniew</b>	<b>672</b>		M50-59	00:00:31	00:15:55	00:27:09	00:40:09
363	<b>POŁĘC Krzysztof</b>	<b>140</b>	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10
364	<b>RECLIK Jacek</b>	<b>728</b>	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36	00:40:11
365	<b>DEJEWSKI Jakub</b>	<b>303</b>	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13
366	<b>RAPUCHA Adam</b>	<b>720</b>		M30-39	00:00:33	00:16:11	00:27:24	00:40:13
367	<b>CZARNOTA Leszek</b>	<b>113</b>		M40-49	00:00:35	00:16:11	00:27:22	00:40:15
368	<b>BAJOR Rafał</b>	<b>872</b>	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50	00:40:16
369	<b>POPCZYK Piotr</b>	<b>732</b>		M40-49	00:00:26	00:16:00	00:27:17	00:40:20
370	<b>STEKLA Bartłomiej</b>	<b>610</b>		M20-29	00:00:36	00:16:10	00:27:23	00:40:24
371	<b>KACZMARCZYK Mariusz</b>	<b>515</b>	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44	00:40:25
372	<b>SKURSKI Jakub</b>	<b>840</b>		M30-39	00:00:28	00:15:55	00:27:03	00:40:26
373	<b>MŁYNARCZYK Jerzy</b>	<b>403</b>	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34
374	<b>CHMIEL Jacek</b>	<b>499</b>		M60-69	00:00:27	00:16:15	00:27:32	00:40:37
375	<b>FROSZTĘGA Daniel</b>	<b>837</b>		M30-39	00:00:27	00:16:12	00:27:29	00:40:37
376	<b>HYLA Przemysław</b>	<b>713</b>		M30-39	00:00:40	00:16:38	00:27:57	00:40:42
377	<b>WOJTAŚ Karol</b>	<b>788</b>	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46
378	<b>PAJĄCZKOWSKI Michał</b>	<b>885</b>	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00	00:40:46
379	<b>RYZ Dawid</b>	<b>545</b>		M20-29	00:00:36	00:16:04	00:27:26	00:40:48
380	<b>WOLIŃSKI Dariusz</b>	<b>898</b>	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32	00:40:48
381	<b>GRABKA Stanisław</b>	<b>737</b>	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30	00:40:52
382	<b>MORAWSKI Janusz</b>	<b>873</b>	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27	00:40:52
383	<b>PŁONKA Krzysztof</b>	<b>740</b>		M50-59	00:00:25	00:15:48	00:27:19	00:41:02
384	<b>KRAMER Piotr</b>	<b>539</b>		M40-49	00:00:41	00:16:33	00:27:48	00:41:03
385	<b>BANDER Jerzy</b>	<b>498</b>		M40-49	00:00:25	00:16:24	00:27:52	00:41:18
386	<b>UKLEJA Sebastian</b>	<b>258</b>		M40-49	00:00:28	00:15:46	00:27:25	00:41:18
387	<b>PYZIK Marcin</b>	<b>506</b>		M40-49	00:00:35	00:15:56	00:27:16	00:41:20
388	<b>SOBCZYK Sławomir</b>	<b>627</b>	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30	00:41:27
389	<b>PIETRZYK Marek</b>	<b>556</b>	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47	00:41:28
390	<b>MUSIAŁ Łukasz</b>	<b>270</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
391	KUBICA Tadeusz	353	BWM	M50-59	00:00:35	00:16:30	00:28:01	00:41:43
392	CIEŚLA Artur	769		M30-39	00:00:37	00:16:04	00:27:46	00:41:46
393	CIEŚLIK Rafał	677		M30-39	00:00:43	00:16:53	00:28:27	00:41:50
394	GRZESZCZUK Tomasz	529		M20-29	00:00:26	00:16:07	00:28:01	00:41:51
395	NADROWSKI Tadeusz	739	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13	00:41:52
396	KOTERZYNA Janusz	641	AMATOR	M60-69	00:00:26	00:16:20	00:27:58	00:41:53
397	ŻAGIEL Wiktor	457		M20-29	00:00:33	00:16:12	00:27:29	00:42:00
398	PIĄTEK Tomasz	880	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04	00:42:05
399	BAŃCZYK Krzysztof	71		M30-39	00:00:45	00:17:08	00:28:53	00:42:14
400	BUJNA Tomasz	23		M50-59	00:00:32	00:16:23	00:28:22	00:42:21
401	SZCZERBA Michał	855		M40-49	00:00:32	00:15:39	00:27:09	00:42:25
402	SZYMANIEC Marcin	155	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30
403	MENCEWICZ Paweł	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34	00:42:34
404	GIL Krzysztof	799		M50-59	00:00:23	00:16:00	00:27:50	00:42:35
405	WILCZEK Marek	815		M40-49	00:00:41	00:16:51	00:28:45	00:42:37
406	WIDENKA Krystian	152	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22	00:42:39
407	MALISZEWSKI Dariusz	214		M30-39	00:00:44	00:17:09	00:29:05	00:42:45
408	PASTUSZKA Marcin	841		M30-39	00:00:38	00:16:42	00:28:47	00:42:49
409	IZDEBSKI Konrad	696		M20-29	00:00:51	00:17:11	00:29:05	00:42:51
410	LISZOK Przemysław	112		M30-39	00:00:38	00:16:59	00:29:02	00:42:58
411	SŁOWIŃSKI Kamil	895		M30-39	00:00:36	00:17:01	00:29:04	00:43:00
412	KUŚKA Tadeusz	800	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47	00:43:02
413	DRĄG Rafał	287		M30-39	00:00:39	00:17:17	00:29:17	00:43:14
414	POSTUPALSKI Marcin	307		M30-39	00:00:49	00:17:58	00:29:57	00:43:22
415	ŚWIERCZ Janusz	479	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56	00:43:26
416	WOWRA Robert	116		M30-39	00:00:50	00:17:52	00:30:04	00:43:40
417	BĘBENEK Marcin	107	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54
418	LONDWIG Tomasz	245	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55
419	ADAMIK Lukasz	825	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11	00:43:59
420	POŁOK Robert	661		M20-29	00:00:31	00:16:48	00:29:05	00:44:07
421	KOWALSKI Piotr	543		M40-49	00:00:48	00:17:50	00:30:18	00:44:21
422	HAJNSZ Robert	802		M20-29	00:00:38	00:17:49	00:30:13	00:44:34
423	MAREK Jarosław	409		M40-49	00:00:39	00:17:55	00:30:25	00:44:35
424	SZABLA Mateusz	750		M20-29	00:00:42	00:17:06	00:29:05	00:44:37
425	LACH Grzegorz	616	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03	00:44:38
426	LURANC Paweł	774	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17
427	KRZYSTOLIK Damian	418		M30-39	00:00:47	00:18:12	00:30:48	00:45:32
428	DANIŁOŚ Bartłomiej	501		M30-39	00:00:46	00:18:06	00:30:58	00:45:36
429	GIŻYŃSKI Krystian	274		M20-29	00:00:46	00:16:52	00:29:52	00:45:39
430	BACHTA Wojciech	108	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28	00:45:46
431	ŚMIETANA Mariusz	474	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05	00:45:48
432	WÓJCIK Dariusz	670	ŻORY	M40-49	00:00:46	00:18:24	00:31:10	00:46:18
433	WOJTKOWIAK Robert	43		M30-39	00:00:46	00:18:02	00:31:05	00:46:26
434	KUCZERA Marek	413	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57	00:46:28
435	HEFTOWICZ Dominik	861	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21	00:46:42

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
436	OSTROWSKI Sławomir	315		M50-59	00:00:42	00:18:27	00:31:33	00:47:01
437	ZIMNY Ireneusz	36		M40-49	00:00:26	00:18:13	00:31:26	00:47:13
438	JANISZEWSKI Bartosz	554		M30-39	00:00:42	00:19:17	00:33:05	00:47:18
439	PIOTROWSKI Mieczysław	583		M70+	00:00:29	00:18:14	00:31:32	00:47:19
440	ZBYL Jacek	172		M50-59	00:00:37	00:18:32	00:32:33	00:48:09
441	SOBAŃSKI Mateusz	485		M20-29	00:00:47	00:19:50	00:33:11	00:48:20
442	KAWULAK Kazimierz	494	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16	00:48:21
443	PRZYŁUCKI Grzegorz	611		M50-59	00:00:45	00:18:43	00:32:00	00:48:26
444	GÓRNY Mieczysław	363		M30-39	00:00:30	00:19:04	00:33:09	00:48:35
445	WOLNY Łukasz	821		M30-39	00:00:30	00:19:04	00:33:10	00:48:35
446	ZAWADA Jakub	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15	00:49:01
447	PROĆ Andrzej	61	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59	00:49:49
448	KUBAS Mariusz	322	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10
449	RUMPEL Krzysztof	91	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45	00:53:59
450	BAŃKA Jan	601	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28	00:54:56
451	MIERZYŃSKI Kamil	658		M20-29	00:00:04	00:24:11	00:42:32	01:03:28
452	DZIERZENGA Artur	633		M40-49	00:00:00	00:12:14		
453	ZADROGA Karol	721		M20-29	00:00:00			
454	WALCZYŃSKI Mariusz	98	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22	
455	WOWRY Grzegorz	447	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26	
456	WRÓBLEWSKI Janmarian	118	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26	
457	LIZAK Wojciech	164		M30-39	00:00:02	00:10:10	00:17:21	
458	KRÓL Piotr	338	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47	
459	ZIELIŃSKI Rafał	433	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11	
460	KNESZ Marek	464		M50-59	00:00:02	00:10:35	00:18:13	
461	RAJWA Roman	502	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44	
462	NIESŁONY Filip	650		M16-19	00:00:02	00:10:48	00:18:39	
463	KULESZA Łukasz	678		M30-39	00:00:02	00:10:52	00:18:37	
464	KOŹMIŃSKI Józef	727	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26	
465	ZIELONKA Robert	758	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30	
466	LYSKO Jakub	765	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25	
467	SEWERYN Jacek	814		M40-49	00:00:02	00:10:15	00:17:41	
468	DZIĘGIELOWSKI Paweł	883	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29	
469	MARCINIAK Przemysław	894	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19	
470	GRZYWACZ Marcin	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28	
471	MROWIEC Adam	239		M16-19	00:00:03	00:11:06	00:18:51	
472	GIŻYŃSKI Damian	252		M30-39	00:00:03	00:10:38	00:18:11	
473	CHRAPKIEWICZ Michał	292	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06	
474	MIKA Łukasz	330	FUNDACJA MYŚL POZYTYWNIIE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34	
475	URBANIAK Witold	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12	
476	PORĘBA Grzegorz	438	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20	
477	ADAMSKI Robert	589	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20	
478	KOKOT Krzysztof	748	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35	
479	PŁOSKONKA Jan	794	UKS BRENNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58	
480	RĘBISZ Mariusz	795		M40-49	00:00:03	00:10:41	00:18:16	

Place	Participant	Number	Club	Category	Start time	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km
						2.9km	5km	7.3km
481	<b>BŁASZCZYK Dominik</b>	<b>832</b>		M30-39	00:00:03	00:10:38	00:18:05	
482	<b>KMITA Tomasz</b>	<b>851</b>		M20-29	00:00:03	00:10:56	00:18:39	
483	<b>GARCZARCZYK Michał</b>	<b>869</b>	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52	
484	<b>KARDAS Arkadiusz</b>	<b>876</b>	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07	
485	<b>HAJDUK Paweł</b>	<b>787</b>		M16-19	00:00:03	00:10:32	00:17:38	
486	<b>MARCOL Sebastian</b>	<b>69</b>	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10	
487	<b>MATUSZNY Marek</b>	<b>209</b>	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10	
488	<b>KLINIK Paweł</b>	<b>321</b>	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23	
489	<b>KUREK Jacek</b>	<b>425</b>	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06	
490	<b>KRZEMIEN Krzysztof</b>	<b>697</b>		M20-29	00:00:04	00:10:43	00:18:10	
491	<b>GŁOWIAK Lech</b>	<b>746</b>	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48	
492	<b>MROWIEC Kacper</b>	<b>822</b>		M20-29	00:00:04	00:10:54	00:18:34	
493	<b>MOLA Mateusz</b>	<b>505</b>	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07	
494	<b>JĘDROS Przemysław</b>	<b>630</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58	
495	<b>ZOSTAWA Robert</b>	<b>577</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05	
496	<b>WIELOPOLSKI Michał</b>	<b>356</b>		M16-19	00:00:05	00:11:07	00:18:55	
497	<b>DOBROWOLSKI Tomasz</b>	<b>429</b>	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	M16-19	00:00:05	00:10:34	00:18:21	
498	<b>OREŁ Przemysław</b>	<b>694</b>	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26	
499	<b>KAPELA Marcin</b>	<b>843</b>		M30-39	00:00:05	00:10:57	00:18:46	
500	<b>PIECHACZEK Jacek</b>	<b>586</b>	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21	
501	<b>OLBRICH Artur</b>	<b>318</b>		M30-39	00:00:05	00:11:47	00:37:03	
502	<b>NOWAK Piotr</b>	<b>129</b>	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19	
503	<b>ALBRECHT Arkadiusz</b>	<b>197</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53	
504	<b>ALBRECHT Krystian</b>	<b>198</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52	
505	<b>KARACZAN Marcin</b>	<b>824</b>		M30-39	00:00:06	00:11:17	00:19:16	
506	<b>DZIARSKI Wiesław</b>	<b>240</b>	ERBUD RYBNIK	M60-69	00:00:08	00:11:30	00:37:21	
507	<b>OPUCHLIK Tomasz</b>	<b>377</b>	AKTYWNAPSZCZYNA.PL	M30-39	00:00:09	00:11:45	00:19:57	
508	<b>FURMAN Dawid</b>	<b>686</b>	BIEGAM DLA MILUSI	M30-39	00:00:09	00:11:52	00:38:44	
509	<b>KOGUCIUK Karol</b>	<b>157</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56	
510	<b>PODKOWIK Marcin</b>	<b>329</b>		M30-39	00:00:18	00:12:47	00:21:57	
511	<b>SYPNIEWSKI Grzegorz</b>	<b>818</b>	WRM MC POLAND	M40-49	00:00:48	00:17:34		

Total 511 results.