

# JASTRZĘBSKA DZIESIĄTKA

B4SPORT

**Wydarzenie:** Jastrzębska Dziesiątka  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2018-09-15  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsi Polacy

Punkt pomiarowy: 9,4 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
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	00:29:56
2	<b>CIEPŁAK Marcin</b>	<b>3</b>	CHEMIKA RYBNIK	M20-29	00:00:01	00:09:20	00:16:01	00:24:01	00:31:08
3	<b>KASPRZAK Radosław</b>	<b>7</b>	INŻYNIERIA BIEGANIA TEAM	M20-29	00:00:01	00:09:51	00:16:42	00:24:35	00:31:29
4	<b>LUBIENIECKI Maciej</b>	<b>823</b>	1979	M30-39	00:00:02	00:09:49	00:16:41	00:24:34	00:31:29
5	<b>DROŻDŹ Damian</b>	<b>398</b>		M30-39	00:00:01	00:09:40	00:16:30	00:24:35	00:31:33
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	00:31:44
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	00:32:08
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	00:32:16
9	<b>BULIK Witold</b>	<b>647</b>	PKS OLIMPIJCZYK GIŁOWICE	M40-49	00:00:01	00:09:52	00:16:49	00:25:08	00:32:31
10	<b>KOŹMIŃSKI Józef</b>	<b>727</b>	LKS 'ORZEŁ' KOZY	M30-39	00:00:02	00:10:14	00:17:26		00:32:42
11	<b>HAJDUK Paweł</b>	<b>787</b>		M16-19	00:00:03	00:10:32	00:17:38		00:32:56
12	<b>LIZAK Wojciech</b>	<b>164</b>		M30-39	00:00:02	00:10:10	00:17:21		00:32:58
13	<b>WRÓBLEWSKI Janmarian</b>	<b>118</b>	KS SPRINT BIELSKO-BIAŁA	M30-39	00:00:02	00:10:12	00:17:26		00:33:10
14	<b>LYSKO Jakub</b>	<b>765</b>	WKB META LUBLINIEC	M30-39	00:00:02	00:10:11	00:17:25		00:33:11
15	<b>ZIELONKA Robert</b>	<b>758</b>	MOTOMASTER	M40-49	00:00:02	00:10:14	00:17:30		00:33:25
16	<b>KARDAS Arkadiusz</b>	<b>876</b>	TS AKS CHORZÓW	M20-29	00:00:03	00:09:51	00:17:07		00:33:28
17	<b>KRÓL Piotr</b>	<b>338</b>	SOCIOS SILESIA	M30-39	00:00:02	00:10:27	00:17:47		00:33:29
18	<b>RAJWA Roman</b>	<b>502</b>	KB MOSIR JASTRZĘBIE	M20-29	00:00:02	00:10:17	00:17:44		00:33:55
19	<b>KRZEMIEN Krzysztof</b>	<b>697</b>		M20-29	00:00:04	00:10:43	00:18:10		00:34:01
20	<b>SEWERYN Jacek</b>	<b>814</b>		M40-49	00:00:02	00:10:15	00:17:41		00:34:04
21	<b>GARCZARCZYK Michał</b>	<b>869</b>	SKLEP BIEGACZA	M30-39	00:00:03	00:10:31	00:17:52		00:34:07
22	<b>MARCOL Sebastian</b>	<b>69</b>	AKTYWNI LYSKI	M30-39	00:00:04	00:10:43	00:18:10		00:34:09
23	<b>BŁASZCZYK Dominik</b>	<b>832</b>		M30-39	00:00:03	00:10:38	00:18:05		00:34:22
24	<b>ADAMSKI Robert</b>	<b>589</b>	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:03	00:10:46	00:18:20		00:34:26
25	<b>CHRAPKIEWICZ Michał</b>	<b>292</b>	SBD ENERGETYK RYBNIK	M30-39	00:00:03	00:10:37	00:18:06		00:34:28
26	<b>ZIELIŃSKI Rafał</b>	<b>433</b>	KB MIOSIR JASTRZĘBIE	M30-39	00:00:02	00:10:31	00:18:11		00:34:29
27	<b>URBANIAK Witold</b>	<b>342</b>	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M30-39	00:00:03	00:10:37	00:18:12		00:34:39
28	<b>GŁOWIAK Lech</b>	<b>746</b>	DOLINIARZE.COM	M30-39	00:00:04	00:10:25	00:17:48		00:34:39
29	<b>WALCZYŃSKI Mariusz</b>	<b>98</b>	NIEWYBIEGANI	M30-39	00:00:01	00:10:47	00:18:22		00:34:40
30	<b>KNESZ Marek</b>	<b>464</b>		M50-59	00:00:02	00:10:35	00:18:13		00:34:44

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
31	<b>POREBA Grzegorz</b>	<b>438</b>	NIEWYBIEGANI	M30-39	00:00:03	00:10:45	00:18:20		00:34:52
32	<b>KLINIK Paweł</b>	<b>321</b>	RAFAKO RUN TEAM	M30-39	00:00:04	00:10:55	00:18:23		00:34:54
33	<b>MARCINIAK Przemysław</b>	<b>894</b>	ATHLETICS NYSA	M30-39	00:00:02	00:10:41	00:18:19		00:34:58
34	<b>RĘBISZ Mariusz</b>	<b>795</b>		M40-49	00:00:03	00:10:41	00:18:16		00:35:04
35	<b>DZIĘGIEŁOWSKI Paweł</b>	<b>883</b>	NIEWYBIEGANI	M30-39	00:00:02	00:10:56	00:18:29		00:35:09
36	<b>MIKA Łukasz</b>	<b>330</b>	FUNDACJA MYŚL POZYTYWNIIE DZIAŁAJ ODWAŻNIE	M30-39	00:00:03	00:10:56	00:18:34		00:35:11
37	<b>GRZYWACZ Marcin</b>	<b>173</b>	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	M40-49	00:00:03	00:10:46	00:18:28		00:35:13
38	<b>KULESZA Łukasz</b>	<b>678</b>		M30-39	00:00:02	00:10:52	00:18:37		00:35:18
39	<b>MATUSZNY Marek</b>	<b>209</b>	OLZA CIESZYN	M20-29	00:00:04	00:10:37	00:18:10		00:35:24
40	<b>WOWRY Grzegorz</b>	<b>447</b>	CIESZYN WIK	M30-39	00:00:01	00:10:45	00:18:26		00:35:28
41	<b>PŁOSKONKA Jan</b>	<b>794</b>	UKS BRENNNA-GÓRKI	M20-29	00:00:03	00:11:09	00:18:58		00:35:28
42	<b>MROWIEC Adam</b>	<b>239</b>		M16-19	00:00:03	00:11:06	00:18:51		00:35:30
43	<b>NIESŁONY Filip</b>	<b>650</b>		M16-19	00:00:02	00:10:48	00:18:39		00:35:32
44	<b>KOKOT Krzysztof</b>	<b>748</b>	NIEWYBIEGANI	M40-49	00:00:03	00:10:54	00:18:35		00:35:36
45	<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		00:35:38
46	<b>MROWIEC Kacper</b>	<b>822</b>		M20-29	00:00:04	00:10:54	00:18:34		00:35:39
47	<b>KAPELA Marcin</b>	<b>843</b>		M30-39	00:00:05	00:10:57	00:18:46		00:35:40
48	<b>KMITA Tomasz</b>	<b>851</b>		M20-29	00:00:03	00:10:56	00:18:39		00:35:45
49	<b>GIŻYŃSKI Damian</b>	<b>252</b>		M30-39	00:00:03	00:10:38	00:18:11		00:35:46
50	<b>ALBRECHT Arkadiusz</b>	<b>197</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:06	00:11:00	00:18:53		00:35:47
51	<b>ALBRECHT Krystian</b>	<b>198</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:06	00:11:00	00:18:52		00:35:47
52	<b>JĘDROS Przemysław</b>	<b>630</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:08	00:18:58		00:35:49
53	<b>ZOSTAWA Robert</b>	<b>577</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:04	00:11:19	00:19:05		00:36:02
54	<b>WIEŁOPOLSKI Michał</b>	<b>356</b>		M16-19	00:00:05	00:11:07	00:18:55		00:36:06
55	<b>KOGUCIUK Karol</b>	<b>157</b>	GB GALOPUJĄCE ŚLIMAKI	M16-19	00:00:14	00:11:02	00:18:56		00:36:10
56	<b>HATALA Paweł</b>	<b>445</b>		M30-39	00:00:05	00:11:11	00:19:11	00:28:25	00:36:20
57	<b>OREŁ Przemysław</b>	<b>694</b>	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:25	00:19:26		00:36:21
58	<b>MOLA Mateusz</b>	<b>505</b>	MUKS CIESZYN	M16-19	00:00:04	00:11:01	00:19:07		00:36:24
59	<b>NOWAK Piotr</b>	<b>129</b>	STOLARIUS RUN TEAM	M30-39	00:00:06	00:11:24	00:19:19		00:36:32
60	<b>PIECHACZEK Jacek</b>	<b>586</b>	INŻYNIERIA BIEGANIA TEAM	M40-49	00:00:05	00:11:25	00:19:21		00:36:36
61	<b>KARACZAN Marcin</b>	<b>824</b>		M30-39	00:00:06	00:11:17	00:19:16		00:36:39
62	<b>NOGA Krystian</b>	<b>84</b>	FORMA WODZISŁAW ŚLĄSKI	M30-39	00:00:10	00:11:07	00:19:07	00:28:32	00:36:41
63	<b>WANTUŁOK Paweł</b>	<b>121</b>		M20-29	00:00:07	00:11:33	00:19:38	00:28:57	00:36:54
64	<b>KUREK Jacek</b>	<b>425</b>	ŚWIETLIKOWO	M40-49	00:00:04	00:10:59	00:19:06		00:36:58
65	<b>TOKAREWICZ Damian</b>	<b>179</b>	ZEBRY	M30-39	00:00:06	00:11:35	00:19:40	00:29:00	00:36:58
66	<b>DZIUBAŃSKI Grzegorz</b>	<b>729</b>	OPEL ACTIVE TEAM	M30-39	00:00:06	00:11:37	00:19:37	00:28:54	00:36:59
67	<b>WITALA Tomasz</b>	<b>381</b>		M40-49	00:00:08	00:11:42	00:19:51	00:29:08	00:37:05
68	<b>KUNINA Paweł</b>	<b>130</b>	AMATOR	M40-49	00:00:06	00:11:34	00:19:52	00:29:12	00:37:08
69	<b>MAJER Damian</b>	<b>408</b>	YNO ULTRA	M40-49	00:00:08	00:11:28	00:19:34	00:28:56	00:37:09
70	<b>BOBEREK Grzegorz</b>	<b>706</b>	POGORIA BIEGA	M40-49	00:00:08	00:11:43	00:19:52	00:29:10	00:37:09
71	<b>ZYGMA Kordian</b>	<b>151</b>		M20-29	00:00:09	00:11:46	00:19:57	00:29:14	00:37:13
71	<b>JANUSZ Tomasz</b>	<b>604</b>	SKAZANINASUKCES.PL	M20-29	00:00:09	00:11:45	00:19:57	00:29:12	00:37:13
73	<b>KASTELIK Szymon</b>	<b>422</b>	OLIMPIJCZYK GIŁOWICE	M20-29	00:00:03	00:11:09	00:19:21	00:28:50	00:37:15
74	<b>JĘDRUSIAK Przemysław</b>	<b>648</b>		M30-39	00:00:09	00:11:45	00:19:57	00:29:12	00:37:16
75	<b>ŻERDKA Michał</b>	<b>475</b>	BRYKAJĄCA GRUPA BIEGOWA	M30-39	00:00:04	00:11:47	00:19:56	00:29:13	00:37:17

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
76	<b>BARTNIK Sebastian</b>	<b>181</b>	GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:41	00:19:51	00:29:08	00:37:23
77	<b>WOLNY Ariel</b>	<b>183</b>		M30-39	00:00:09	00:11:41	00:19:51	00:29:09	00:37:25
78	<b>KRETEK Łukasz</b>	<b>519</b>	AKTYWNI LYSKI	M20-29	00:00:09	00:11:45	00:19:58	00:29:19	00:37:29
79	<b>KLYSZCZ Paweł</b>	<b>886</b>	ZERO32 ARCHITEKCI	M20-29	00:00:05	00:11:36	00:19:49	00:29:17	00:37:32
80	<b>KYRCZ Mirosław</b>	<b>378</b>	MIRASTEAM	M30-39	00:00:06	00:11:33	00:19:46	00:29:19	00:37:35
81	<b>KOWAL Łukasz</b>	<b>770</b>	FITNESS EXPRESS RYBNIK	M20-29	00:00:13	00:12:01	00:20:15	00:29:36	00:37:50
82	<b>BRODAKCI Waldemar</b>	<b>909</b>	CHEMIK NOXY PUŁAWY	M60-69	00:00:05	00:11:46	00:20:04	00:29:41	00:37:54
83	<b>DUDEK Bartłomiej</b>	<b>722</b>		M40-49	00:00:08	00:11:45	00:19:53	00:29:28	00:37:54
84	<b>TŁOŁKA Michał</b>	<b>411</b>		M30-39	00:00:09	00:11:49	00:20:05	00:29:34	00:37:54
85	<b>WOWRY Klaudiusz</b>	<b>448</b>	CIESZYN WIK	M16-19	00:00:07	00:11:42	00:19:53	00:29:30	00:37:55
86	<b>OLSZOWSKI Dariusz</b>	<b>889</b>	GB GALOPUJĄCE ŚLIMAKI	M40-49	00:00:08	00:11:45	00:19:59	00:29:34	00:37:55
87	<b>WASZTYL Grzegorz</b>	<b>771</b>		M40-49	00:00:08	00:11:49	00:20:06	00:29:46	00:37:56
88	<b>MAROSZEK Szymon</b>	<b>153</b>		M30-39	00:00:11	00:11:41	00:19:51	00:29:27	00:38:04
89	<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	00:38:13
90	<b>BULENDA Grzegorz</b>	<b>65</b>	RAFAKO RUN TEAM	M50-59	00:00:10	00:11:40	00:19:57	00:29:44	00:38:14
91	<b>NIEDZIELA Stefan</b>	<b>599</b>	WIECZNOŚĆ	M50-59	00:00:04	00:11:25	00:19:45	00:29:47	00:38:16
92	<b>GÓRNY Mirek</b>	<b>461</b>	NUTREND TEAM	M50-59	00:00:04	00:11:33	00:19:55	00:29:52	00:38:18
93	<b>MASNY Michał</b>	<b>442</b>		M20-29	00:00:12	00:11:47	00:20:11	00:29:58	00:38:18
94	<b>URBAŃCZYK Marcin</b>	<b>51</b>		M20-29	00:00:11	00:11:58	00:20:21	00:29:59	00:38:21
95	<b>OPUHLIK Roman</b>	<b>642</b>		M30-39	00:00:09	00:12:00	00:20:23	00:30:02	00:38:24
96	<b>MAZUR Marek</b>	<b>78</b>		M40-49	00:00:08	00:11:44	00:19:55	00:29:44	00:38:26
97	<b>URBAŚ Roman</b>	<b>491</b>	BIEG PO ZDRÓJ	M40-49	00:00:06	00:11:49	00:20:17	00:29:59	00:38:30
98	<b>MICHALIK Rafał</b>	<b>405</b>	LACHO TEAM	M20-29	00:00:05	00:12:01	00:20:26	00:30:25	00:38:43
99	<b>BOŁOZ Damian</b>	<b>50</b>	KLUB BIEGACZA FARTLEK	M30-39	00:00:08	00:12:05	00:20:32	00:30:20	00:38:50
100	<b>SIEGMUND Tadeusz</b>	<b>187</b>	KB MOSIR JASTRZĘBIE	M40-49	00:00:02	00:11:58	00:20:31	00:30:25	00:38:52
101	<b>KUTIAN Adam</b>	<b>813</b>		M50-59	00:00:08	00:12:00	00:20:36	00:30:23	00:38:52
102	<b>RAJWA Jan</b>	<b>309</b>	BZIEGCZE	M20-29	00:00:06	00:11:41	00:20:08	00:30:06	00:38:53
103	<b>DZIDA Janusz</b>	<b>483</b>	EXME BERGER GROUP	M30-39	00:00:05	00:11:28	00:20:01	00:30:05	00:38:54
104	<b>SPYRKA Piotr</b>	<b>97</b>		M30-39	00:00:05	00:11:50	00:20:16	00:30:15	00:38:55
105	<b>ZIELIŃSKI Ireneusz</b>	<b>170</b>		M40-49	00:00:07	00:11:45	00:20:13	00:30:13	00:38:55
106	<b>RIMPLER Łukasz</b>	<b>819</b>	ŁUKASZ RIMPLER	M30-39	00:00:11	00:12:09	00:20:41	00:30:33	00:38:55
107	<b>MALINOWSKI Krzysztof</b>	<b>110</b>	POWOLI DO CELU	M40-49	00:00:02	00:11:43	00:20:18	00:30:23	00:39:03
108	<b>GŁUSZYK Andrzej</b>	<b>316</b>		M40-49	00:00:10	00:12:33	00:21:08	00:31:01	00:39:10
109	<b>BANASIAK Tomasz</b>	<b>507</b>		M40-49	00:00:04	00:11:35	00:19:40	00:29:10	00:39:22
110	<b>KUŚ Dawid</b>	<b>606</b>	POLSKA GRUPA GÓRNICZA	M30-39	00:00:06	00:11:43	00:20:13	00:30:28	00:39:26
111	<b>ORŁOWSKI Grzegorz</b>	<b>372</b>	ULTRA BESKID SPORT	M30-39	00:00:14	00:12:29	00:21:01	00:30:48	00:39:27
112	<b>ADAMCZEWSKI Waldemar</b>	<b>37</b>		M50-59	00:00:11	00:12:13	00:20:55	00:30:55	00:39:34
113	<b>OGIERMAN Grzegorz</b>	<b>229</b>	OLZA CIESZYN	M40-49	00:00:10	00:12:15	00:20:59	00:31:04	00:39:37
114	<b>KĘDZIOR Kamil</b>	<b>617</b>	SCI GÓRSCY ENTUZJAŚCI	M30-39	00:00:05	00:11:54	00:20:17	00:30:39	00:39:38
115	<b>GLAJCAR Tomasz</b>	<b>134</b>		M40-49	00:00:14	00:12:26	00:21:12	00:31:08	00:39:38
116	<b>LEŚNIAK Krzysztof</b>	<b>296</b>	RADLINIOKI W BIEGU	M40-49	00:00:11	00:12:26	00:21:07	00:31:08	00:39:39
117	<b>OGIEGŁO Łukasz</b>	<b>659</b>		M30-39	00:00:05	00:11:59	00:20:43	00:30:53	00:39:41
118	<b>BEZUCH Paweł</b>	<b>881</b>		M20-29	00:00:14	00:12:28	00:21:19	00:31:14	00:39:42
119	<b>SZAREK Krzysztof</b>	<b>596</b>	BIEG PO ZDRÓJ	M30-39	00:00:07	00:11:46	00:20:24	00:30:46	00:39:43
120	<b>PRÓSZYŃSKI Sławomir</b>	<b>298</b>		M30-39	00:00:13	00:12:29	00:21:18	00:31:07	00:39:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
121	<b>JARGOŃ Jacek</b>	<b>458</b>		M40-49	00:00:09	00:12:03	00:20:45	00:30:58	00:39:45
122	<b>GRZONKA Andrzej</b>	<b>128</b>	GBGALOPUJACE SLIMAKI	M40-49	00:00:08	00:12:02	00:20:43	00:31:00	00:39:47
123	<b>MYNARSKI Sylwester</b>	<b>897</b>		M40-49	00:00:12	00:12:32	00:21:15	00:31:10	00:39:47
124	<b>LORANC Maciej</b>	<b>357</b>	NUTREND BIEGA	M50-59	00:00:13	00:12:42	00:21:28	00:31:22	00:39:50
125	<b>PRZYBYSZ Ryszard</b>	<b>206</b>		M50-59	00:00:14	00:12:25	00:21:08	00:31:11	00:40:01
126	<b>GADAJ Grzegorz</b>	<b>562</b>		M30-39	00:00:09	00:12:00	00:20:47	00:31:06	00:40:03
127	<b>WIECZOREK Tomasz</b>	<b>154</b>	YNO ULTRA	M30-39	00:00:10	00:12:01	00:20:51	00:31:07	00:40:03
128	<b>GLAJC Andrzej</b>	<b>561</b>	WYPAS RUN	M50-59	00:00:09	00:11:42	00:20:25	00:30:48	00:40:13
129	<b>JEREMICZ Krzysztof</b>	<b>57</b>	RAFAKO RUN TEAM	M40-49	00:00:12	00:12:29	00:21:14	00:31:28	00:40:15
130	<b>TOMCZYK Lesław</b>	<b>854</b>	OLZA CIESZYN	M50-59	00:00:11	00:12:36	00:21:22	00:31:22	00:40:16
131	<b>KRAUSE Dariusz</b>	<b>290</b>	RADLINIOKI W BIEGU	M40-49	00:00:07	00:12:17	00:21:10	00:31:30	00:40:17
132	<b>OLSZOWSKI Marcin</b>	<b>523</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:06	00:20:51	00:31:11	00:40:17
133	<b>PIŁATOWSKI Mirosław</b>	<b>85</b>	KB MOSIR JASTRZĘBIE	M50-59	00:00:09	00:12:18	00:21:07	00:31:24	00:40:18
134	<b>SUCHANEK Robert</b>	<b>808</b>	ATHLETICS NYSA	M40-49	00:00:10	00:12:16	00:21:07	00:31:31	00:40:22
135	<b>LORANC Paweł</b>	<b>793</b>	WILDBUCHAYS	M30-39	00:00:19	00:12:38	00:21:24	00:31:33	00:40:22
136	<b>CHYBIORZ Marek</b>	<b>582</b>		M30-39	00:00:18	00:12:47	00:21:43	00:31:48	00:40:23
137	<b>BYRSKI Henryk</b>	<b>827</b>	WILDBUCHAYS	M40-49	00:00:19	00:12:38	00:21:24	00:31:32	00:40:23
138	<b>ŻUR Marek</b>	<b>449</b>	KAC RUNNERS	M40-49	00:00:15	00:12:36	00:21:26	00:31:43	00:40:28
139	<b>ROGAŁA Maciej</b>	<b>396</b>	YNO ULTRA	M40-49	00:00:19	00:12:42	00:21:29	00:31:45	00:40:30
140	<b>KITA Jakub</b>	<b>878</b>		M16-19	00:00:10	00:12:47	00:21:50	00:31:59	00:40:33
141	<b>KAWECKI Stanisław</b>	<b>305</b>	OLZA CIESZYN	M40-49	00:00:07	00:12:26	00:21:19	00:31:35	00:40:38
142	<b>LILLA Piotr</b>	<b>580</b>	ML DESIGN	M30-39	00:00:14	00:12:20	00:21:08	00:31:28	00:40:38
143	<b>KOMANIECKI Łukasz</b>	<b>249</b>	INŻYNIERIA BIEGANIA	M30-39	00:00:10	00:12:10	00:20:48	00:30:58	00:40:45
144	<b>SITKO Adam</b>	<b>328</b>	SBD ENERGETYK RYBNIK	M40-49	00:00:10	00:12:12	00:20:58	00:31:40	00:40:46
145	<b>MROWIEC Bernard</b>	<b>393</b>	TEMPO TWORKÓW	M50-59	00:00:13	00:12:40	00:21:37	00:31:59	00:40:47
146	<b>NIESŁONY Dominik</b>	<b>908</b>		M20-29	00:00:09	00:12:25	00:21:14	00:31:48	00:40:49
147	<b>UCIEKLAK Waldemar</b>	<b>221</b>	PSZCZÓŁKOWSKI TEAM	M50-59	00:00:13	00:12:46	00:21:35	00:31:52	00:40:49
148	<b>BUGDOL Zbigniew</b>	<b>459</b>		M20-29	00:00:23	00:12:42	00:21:45	00:31:58	00:40:50
149	<b>BAC Michał</b>	<b>555</b>		M30-39	00:00:15	00:12:55	00:21:51	00:32:06	00:40:51
150	<b>STEMPEL Grzegorz</b>	<b>667</b>	1989	M20-29	00:00:12	00:12:18	00:21:16	00:31:47	00:40:53
150	<b>JĘDRZEJAK Piotr</b>	<b>146</b>		M40-49	00:00:26	00:13:06	00:22:05	00:32:08	00:40:54
152	<b>PUDA Krzysztof</b>	<b>790</b>		M40-49	00:00:06	00:12:10	00:20:53	00:31:31	00:40:55
153	<b>TOMCZYK Maurycy</b>	<b>29</b>	ESKADRA KRAKÓW	M20-29	00:00:16	00:12:50	00:21:52	00:32:15	00:41:00
154	<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	00:41:03
155	<b>DOBROWOLSKI Sławek</b>	<b>219</b>	NAPRZÓD MŁOCINY	M50-59	00:00:15	00:12:47	00:21:44	00:32:10	00:41:05
156	<b>STUHLIK Marek</b>	<b>376</b>	AKTYWNAPSZCZYNA.PL	M30-39	00:00:10	00:12:55	00:22:02	00:32:23	00:41:11
157	<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	00:41:14
158	<b>CZAPOROWSKI Tomasz</b>	<b>222</b>		M30-39	00:00:10	00:12:24	00:21:21	00:32:02	00:41:17
159	<b>WYREMBELSKI Adam</b>	<b>169</b>		M20-29	00:00:15	00:12:48	00:21:53	00:32:18	00:41:17
160	<b>BARAN Bartosz</b>	<b>766</b>		M20-29	00:00:15	00:13:13	00:22:17	00:32:34	00:41:17
161	<b>MAŁECKI Jacek</b>	<b>462</b>		M30-39	00:00:12	00:12:43	00:21:43	00:32:20	00:41:18
162	<b>MRÓZEK Rafał</b>	<b>621</b>	OLIMPIJCZYK GILOWICE	M30-39	00:00:04	00:12:21	00:21:22	00:32:17	00:41:21
163	<b>BIELA Rafał</b>	<b>595</b>		M30-39	00:00:10	00:12:50	00:21:54	00:32:15	00:41:21
164	<b>POŁĘDNIK Tomasz</b>	<b>903</b>	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:53	00:22:08	00:32:30	00:41:26
165	<b>KWAŚNY Marcin</b>	<b>665</b>	WILD BUCHAYS	M40-49	00:00:20	00:12:49	00:21:55	00:32:19	00:41:27

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
166	POHL Armin	581		M20-29	00:00:07	00:12:50	00:21:51	00:32:20	00:41:29
167	KITA Sebastian	877		M40-49	00:00:16	00:12:41	00:21:49	00:32:25	00:41:30
168	KANCLERZ Tomasz	708		M30-39	00:00:17	00:12:46	00:21:50	00:32:18	00:41:30
169	NIEDZIELKO Grzegorz	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	M20-29	00:00:09	00:12:24	00:21:28	00:32:20	00:41:31
170	PASTWA Grzegorz	247	UBS / ADAMUS	M40-49	00:00:16	00:12:50	00:21:51	00:32:21	00:41:31
171	ZGRZENDEK Patryk	726		M20-29	00:00:12	00:12:50	00:22:00	00:32:26	00:41:32
172	KIEPIELA Dawid	119	KLUB BIEGACZA FARTLEK	M30-39	00:00:16	00:12:47	00:21:51	00:32:28	00:41:32
173	KACZMAREK Jacek	901	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:21:49	00:32:26	00:41:33
174	DUROK Wojciech	534	KAC RUNNERS	M40-49	00:00:15	00:12:51	00:21:52	00:32:22	00:41:33
175	OSZCZĘDA Krzysztof	225	ZARAZIĆ PASJĄ	M40-49	00:00:16	00:12:51	00:21:55	00:32:27	00:41:33
176	KOMARNICKI Tomasz	792	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:12:35	00:21:31	00:32:20	00:41:35
177	RADOMSKI Mariusz	870	BZIOK	M40-49	00:00:23	00:13:04	00:22:04	00:32:36	00:41:35
178	SUCHY Zbigniew	691		M40-49	00:00:26	00:12:45	00:21:46	00:32:20	00:41:35
179	SKWARLIŃSKI Mirosław	874		M50-59	00:00:10	00:12:43	00:21:49	00:32:23	00:41:37
180	STYCZYŃSKI Paweł	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	M30-39	00:00:19	00:13:00	00:22:10	00:32:43	00:41:44
181	DUDZIK Sebastian	383		M30-39	00:00:14	00:12:28	00:21:20	00:32:19	00:41:46
182	KACZOR Łukasz	826	WILD BUCHAYS	M30-39	00:00:19	00:12:43	00:21:53	00:32:31	00:41:46
183	ZWIERZYŃSKI Piotr	849	UNATCO	M40-49	00:00:12	00:12:48	00:21:54	00:32:43	00:41:47
184	ŁYSEK Paweł	392	BZIEGACZE	M40-49	00:00:16	00:12:47	00:21:51	00:32:26	00:41:47
185	JANECKI Mateusz	216	BZIEGACZE	M20-29	00:00:16	00:12:46	00:21:44	00:32:26	00:41:48
186	OGRODNIK Damian	280		M30-39	00:00:12	00:12:48	00:21:54	00:32:36	00:41:50
187	TOCHOWICZ Bartosz	268	OLZA TEAM	M40-49	00:00:11	00:12:37	00:21:46	00:32:22	00:41:51
188	OBROŚLAK Jacek	587	BIEGIEM PRZEZ GÓRY	M40-49	00:00:15	00:12:47	00:21:51	00:32:27	00:41:52
189	JANISZEWSKI Dominik	282		M30-39	00:00:20	00:13:01	00:22:15	00:32:54	00:41:55
190	FIGOŁUSZKA Dawid	436		M30-39	00:00:13	00:12:47	00:21:55	00:32:36	00:41:57
191	BRAUNER Wojciech	588		M30-39	00:00:11	00:12:45	00:21:53	00:32:42	00:42:04
192	JACH Marek	94		M40-49	00:00:17	00:12:41	00:21:50	00:32:43	00:42:05
193	MAREK Rafał	564	KAC RUNNERS	M40-49	00:00:16	00:12:48	00:21:53	00:32:39	00:42:09
194	ŁUSZCZYK Sergiusz	700		M20-29	00:00:21	00:13:25	00:22:32	00:33:04	00:42:12
195	PLEWNIA Dawid	776		M20-29	00:00:18	00:12:58	00:22:05	00:32:50	00:42:13
196	KAJDANA Mariusz	211		M40-49	00:00:08	00:12:17	00:21:46	00:32:53	00:42:14
197	KLINGER Alan	226	WSPÓLNA PASJA ŻORY	M30-39	00:00:17	00:12:43	00:21:50	00:32:37	00:42:14
198	MARON Tomasz	54	KB MOSIR JASTRZĘBIE	M30-39	00:00:14	00:12:57	00:22:10	00:33:04	00:42:17
199	TYLEC Michał	92		M30-39	00:00:17	00:12:52	00:22:11	00:32:57	00:42:18
200	WOŁOSZYN Ryszard	367	WAPIENICKITEAM	M50-59	00:00:13	00:13:03	00:22:27	00:33:14	00:42:22
201	GMERNICKI Jacek	859	ATHLETICS NYSA	M30-39	00:00:10	00:12:46	00:21:58	00:32:48	00:42:23
202	POŁOMSKI Grzegorz	417	POŁOMSCY TEAM	M30-39	00:00:13	00:12:31	00:21:43	00:32:39	00:42:23
203	MALIK Rafał	66		M30-39	00:00:03	00:12:29	00:21:43	00:32:35	00:42:26
204	TWARDZIK Kamil	238	KS M.E.T.A	M20-29	00:00:18	00:13:12	00:22:23	00:33:14	00:42:26
205	BULANDA Andrzej	560		M40-49	00:00:16	00:12:48	00:22:02	00:33:14	00:42:30
206	JOCHLIK Szymon	391		M30-39	00:00:16	00:12:46	00:21:56	00:32:57	00:42:31
207	DUDEK Danial	541		M40-49	00:00:20	00:13:13	00:22:27	00:33:13	00:42:32
208	GANCARZ Mariusz	613		M40-49	00:00:24	00:13:47	00:23:12	00:33:53	00:42:32
209	SZYMCZYCHA Darek	772		M40-49	00:00:17	00:12:45	00:21:52	00:32:54	00:42:35
210	KRASKA Włodzimierz	401	NIEZRZESZONY	M70+	00:00:14	00:12:50	00:21:59	00:32:58	00:42:38

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
211	MACH Łukasz	369	BIEGACZ	M40-49	00:00:18	00:12:44	00:21:53	00:33:04	00:42:42
212	KRZYŻOWSKI Grzegorz	764	GRUBIORZE LOTAJOM	M30-39	00:00:12	00:12:47	00:22:02	00:33:11	00:42:43
213	JESIONEK Krzysztof	730		M30-39	00:00:16	00:13:05	00:22:21	00:33:10	00:42:45
214	MUSZEWSKI Bartłomiej	490	FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:15	00:12:49	00:22:08	00:33:10	00:42:46
215	BALICKI Piotr	64	NOVA TRADING - STALE BIEGAM	M30-39	00:00:08	00:12:51	00:22:09	00:33:19	00:42:47
216	LIS Grzegorz	299		M40-49	00:00:14	00:12:59	00:22:29	00:33:25	00:42:50
217	RECLIK Łukasz	439	NESSI TEAM	M30-39	00:00:15	00:12:52	00:22:12	00:33:14	00:42:50
218	LIZAK Krzysztof	756		M40-49	00:00:06	00:13:00	00:22:30	00:33:26	00:42:51
219	KOWALSKI Robert	236	SBD ENERGETYK RYBNIK	M50-59	00:00:18	00:13:22	00:22:45	00:33:30	00:42:55
220	ROEHRICH Krzysztof	553	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:35	00:23:02	00:33:55	00:42:59
221	URBASIK Mariusz	205	RYDUŁTOWY	M50-59	00:00:19	00:13:32	00:23:00	00:33:50	00:43:03
222	SUBIK Tomasz	444		M30-39	00:00:20	00:13:09	00:22:28	00:33:38	00:43:08
223	MAGOŃ Marcin	175	AMATOR	M40-49	00:00:12	00:13:17	00:22:51	00:33:52	00:43:16
224	KOWALSKI Janusz	22	OLZA CIESZYN	M40-49	00:00:20	00:13:22	00:22:46	00:33:43	00:43:17
225	DOBRENIUK Krzysztof	590	AKTYWNI LYSKI	M40-49	00:00:11	00:13:17	00:22:47	00:33:50	00:43:19
226	JAKUBCZYK Jacek	441	CONTANTE	M30-39	00:00:12	00:13:06	00:22:27	00:33:48	00:43:19
226	WIELOPOLSKI Łukasz	123		M20-29	00:00:16	00:13:25	00:22:51	00:33:47	00:43:20
228	KAMIŃSKI Zbigniew	763	GRUBIORZE LOTAJOM	M30-39	00:00:11	00:13:08	00:22:41	00:33:50	00:43:24
229	MAZURKIEWICZ Jarosław	687		M50-59	00:00:14	00:13:08	00:22:41	00:33:56	00:43:25
230	OGRODNIK Damian	757		M30-39	00:00:14	00:12:58	00:22:25	00:33:37	00:43:25
231	POJDA Grzegorz	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:13:34	00:22:57	00:33:48	00:43:25
232	ONAK Paweł	93		M30-39	00:00:18	00:12:52	00:22:15	00:33:21	00:43:26
233	GWÓZDŹ Andrzej	882	POWOLI DO CELU	M50-59	00:00:13	00:13:19	00:22:45	00:33:50	00:43:29
234	SOBEL Adrian	809	BIEGIEM PRZEZ GÓRY	M30-39	00:00:09	00:13:21	00:22:55	00:34:03	00:43:34
235	OWCZAREK Paweł	332		M40-49	00:00:21	00:13:45	00:23:11	00:34:11	00:43:35
236	NANTKA Witek	838	INŻYNIERIA BIEGANIA	M30-39	00:00:23	00:13:47	00:23:12	00:34:11	00:43:35
237	SMYCZEK Bartosz	622		M30-39	00:00:25	00:14:14	00:23:40	00:34:22	00:43:35
238	MOTOWIDŁO Tomasz	210		M30-39	00:00:15	00:13:04	00:22:42	00:33:55	00:43:36
239	STĘPIEŃ Grzegorz	317		M40-49	00:00:19	00:13:39	00:23:11	00:34:16	00:43:39
240	FERENC Paweł	527		M30-39	00:00:25	00:13:40	00:22:59	00:34:00	00:43:39
241	PETER Marcin	510		M40-49	00:00:12	00:12:58	00:22:29	00:33:48	00:43:40
242	ŚPIEWAK Marek	674		M30-39	00:00:18	00:13:25	00:22:55	00:34:13	00:43:47
243	WOŹNIAK Przemysław	304		M30-39	00:00:24	00:14:08	00:23:47	00:34:38	00:43:52
244	ZIĘTARA Paweł	203		M40-49	00:00:33	00:14:06	00:23:38	00:34:29	00:43:52
245	JANETA Dawid	359		M30-39	00:00:15	00:13:06	00:22:36	00:33:59	00:43:54
246	BRANDYS Adam	857		M30-39	00:00:20	00:13:42	00:23:11	00:34:19	00:43:56
247	POCZĄTEK Damian	132		M20-29	00:00:18	00:13:14	00:22:51	00:34:09	00:44:00
248	KRZYSTAŁA Paweł	612		M16-19	00:00:15	00:14:04	00:23:43	00:34:33	00:44:01
249	KOZŁOWSKI Zbigniew	747	OFIARY KAMIENICA	M40-49	00:00:19	00:13:36	00:23:12	00:34:25	00:44:11
250	ŚMIETANA Grzegorz	364	EASYRUN RACIBÓRZ	M40-49	00:00:20	00:14:12	00:23:47	00:34:44	00:44:12
251	ŁATKA Łukasz	370		M30-39	00:00:17	00:12:56	00:22:51	00:34:15	00:44:15
252	LELENIEWSKI Jacek	820		M30-39	00:00:18	00:13:35	00:23:25	00:34:34	00:44:19
253	HELD Radek	698		M30-39	00:00:28	00:14:07	00:23:38	00:34:37	00:44:21
254	LUBSZCZYK Krystian	454	YNO ULTRA	M20-29	00:00:31	00:13:13	00:22:50	00:34:16	00:44:22
255	MACHEJ Remigiusz	579	ML DESIGN	M30-39	00:00:27	00:13:55	00:23:42	00:34:48	00:44:26

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
256	<b>KAŻMIERCZAK Szymon</b>	<b>834</b>		M20-29	00:00:21	00:13:51	00:23:42	00:34:45	00:44:27
257	<b>KOBIĄŁKA Robert</b>	<b>125</b>	JASTRZĘBIE ZDRÓJ	M40-49	00:00:06	00:12:57	00:22:32	00:34:11	00:44:29
258	<b>BAKOWSKI Michał</b>	<b>345</b>		M30-39	00:00:37	00:14:00	00:23:36	00:34:47	00:44:29
259	<b>KURTO Paweł</b>	<b>830</b>		M30-39	00:00:21	00:14:24	00:24:18	00:35:26	00:44:30
260	<b>GAWLAS Krzysztof</b>	<b>615</b>	GAWLASCAN	M30-39	00:00:16	00:13:11	00:23:01	00:34:40	00:44:32
261	<b>STAWICKI Grzegorz</b>	<b>669</b>	RUNTAEM PAWŁOWICE	M40-49	00:00:19	00:13:45	00:23:35	00:34:43	00:44:33
262	<b>GÓRECKI Adam</b>	<b>614</b>		M20-29	00:00:24	00:14:37	00:24:27	00:35:23	00:44:33
263	<b>KULAWIAK Bogdan</b>	<b>480</b>		M50-59	00:00:23	00:13:50	00:23:17	00:34:37	00:44:35
264	<b>MROCZKOWSKI Tomasz</b>	<b>536</b>		M40-49	00:00:23	00:13:57	00:23:41	00:34:57	00:44:40
265	<b>STUDNIK Jarosław</b>	<b>884</b>		M40-49	00:00:23	00:13:43	00:23:35	00:34:57	00:44:42
266	<b>KOPIEC Arkadiusz</b>	<b>45</b>		M40-49	00:00:16	00:14:08	00:23:53	00:35:07	00:44:45
267	<b>BUĆKO Marcin</b>	<b>275</b>		M40-49	00:00:21	00:14:12	00:23:59	00:35:18	00:44:49
268	<b>KURTO Grzegorz</b>	<b>705</b>	KURTO TEAM	M40-49	00:00:21	00:14:23	00:24:19	00:35:32	00:44:51
269	<b>RAJWA Stanisław</b>	<b>313</b>	BZIEGACZE	M20-29	00:00:18	00:14:06	00:24:01	00:35:13	00:44:54
270	<b>PISAREK Radek</b>	<b>234</b>	WKURW_TEAM	M20-29	00:00:17	00:13:16	00:23:01	00:34:45	00:44:57
271	<b>SZCZERZEK Zbigniew</b>	<b>636</b>		M60-69	00:00:15	00:13:51	00:23:45	00:35:11	00:45:03
272	<b>GAUDYN Andrzej</b>	<b>682</b>	SZYBCY I WŚCIEKLI	M30-39	00:00:27	00:14:48	00:24:42	00:35:54	00:45:04
273	<b>ODROZEK Alfred</b>	<b>626</b>		M50-59	00:00:16	00:13:56	00:23:48	00:35:12	00:45:06
274	<b>ZALEWSKI Andrzej</b>	<b>807</b>	ATHLETICS NYSA	M40-49	00:00:13	00:13:42	00:23:26	00:34:54	00:45:08
275	<b>GIERULA Artur</b>	<b>592</b>	BS.CIESZYN.PL	M30-39	00:00:20	00:13:52	00:23:47	00:35:11	00:45:09
276	<b>GAWLAS Jan</b>	<b>725</b>		M50-59	00:00:26	00:14:15	00:24:02	00:35:23	00:45:11
277	<b>STREIT Mariusz</b>	<b>664</b>		M40-49	00:00:12	00:13:25	00:23:27	00:35:07	00:45:12
278	<b>BARAN Ryszard</b>	<b>767</b>	RAFAKO S.A.	M50-59	00:00:14	00:13:41	00:23:37	00:35:08	00:45:12
279	<b>CHRAPKIEWICZ Marek</b>	<b>528</b>	LOTOMY ZE SZWAGREM	M30-39	00:00:17	00:13:38	00:23:40	00:35:24	00:45:13
280	<b>BIŁKO Sławek</b>	<b>666</b>		M40-49	00:00:22	00:14:15	00:24:06	00:35:24	00:45:13
281	<b>MAKOŚ Tomek</b>	<b>516</b>		M40-49	00:00:20	00:14:11	00:24:09	00:35:20	00:45:15
282	<b>WISEŁKA Andrzej</b>	<b>46</b>		M30-39	00:00:23	00:14:26	00:24:20	00:35:48	00:45:20
283	<b>BURYBA Jacek</b>	<b>136</b>	KLUB BIEGACZA FARTLEK	M30-39	00:00:20	00:14:22	00:24:13	00:35:36	00:45:23
284	<b>KOWALSKI Artur</b>	<b>724</b>		M30-39	00:00:24	00:13:26	00:23:15	00:35:06	00:45:23
285	<b>KONCKI Andrzej</b>	<b>34</b>		M40-49	00:00:21	00:14:18	00:24:08	00:35:26	00:45:24
286	<b>KUBICA Mieczysław</b>	<b>892</b>		M40-49	00:00:24	00:14:15	00:24:04	00:35:24	00:45:26
287	<b>PRZYBYŁA Tomasz</b>	<b>673</b>		M40-49	00:00:25	00:14:27	00:24:23	00:35:42	00:45:26
288	<b>SZUBARSKI Krzysztof</b>	<b>566</b>	OLZA CIESZYN PARKRUN	M40-49	00:00:20	00:14:25	00:24:17	00:35:46	00:45:29
289	<b>TYKIERKA Tomasz</b>	<b>844</b>	TOXPRESS	M40-49	00:00:38	00:14:44	00:24:33	00:35:49	00:45:31
290	<b>BYSTRYKOWSKI Marcin</b>	<b>281</b>		M40-49	00:00:16	00:13:38	00:23:37	00:35:21	00:45:34
291	<b>WALA Marek</b>	<b>188</b>		M30-39	00:00:22	00:14:31	00:24:23	00:35:52	00:45:37
292	<b>MARCZYNSKI Sebastian</b>	<b>817</b>		M30-39	00:00:19	00:14:06	00:24:18	00:35:48	00:45:39
293	<b>LOT Michał</b>	<b>533</b>		M20-29	00:00:25	00:14:38	00:24:50	00:36:22	00:45:41
294	<b>GAŁKIEWICZ Michał</b>	<b>565</b>		M40-49	00:00:13	00:13:54	00:23:55	00:35:32	00:45:44
295	<b>MARON Tadeusz</b>	<b>56</b>		M30-39	00:00:21	00:14:32	00:24:30	00:35:59	00:45:46
296	<b>PIECHOCKI Piotr</b>	<b>74</b>		M30-39	00:00:23	00:14:39	00:24:32	00:36:02	00:45:46
297	<b>SOWA Paweł</b>	<b>812</b>		M40-49	00:00:24	00:14:09	00:24:04	00:35:45	00:45:47
298	<b>SZEW CZUK Zbigniew</b>	<b>200</b>	RAFAKO RUN TEAM	M50-59	00:00:12	00:13:53	00:24:03	00:35:43	00:45:48
299	<b>JUNKA Piotr</b>	<b>888</b>		M30-39	00:00:23	00:14:36	00:24:47	00:36:13	00:45:48
300	<b>JACHYMEK Marcin</b>	<b>719</b>		M30-39	00:00:17	00:13:17	00:23:13	00:35:29	00:45:49

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
301	<b>CZYRNEK Dariusz</b>	<b>379</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:22	00:14:29	00:24:27	00:36:02	00:45:49
302	<b>SKECZEK Arkadiusz</b>	<b>744</b>	POWOLI DO CELU	M40-49	00:00:13	00:13:51	00:23:58	00:35:48	00:45:54
303	<b>KUSIDŁO Marcin</b>	<b>463</b>		M30-39	00:00:21	00:14:26	00:24:23	00:35:56	00:45:57
304	<b>ŚLEDZIŃSKI Maciej</b>	<b>585</b>	ŚLEDZIE	M40-49	00:00:25	00:14:36	00:24:48	00:36:15	00:46:03
305	<b>SZYMICZEK Radosław</b>	<b>267</b>	RAFAKO RUN TEAM	M30-39	00:00:22	00:14:16	00:24:20	00:35:56	00:46:09
306	<b>WIERCIOCH Tomasz</b>	<b>131</b>		M30-39	00:00:24	00:14:35	00:24:41	00:36:17	00:46:09
307	<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	00:46:09
308	<b>WALA Andrzej</b>	<b>512</b>	1977	M40-49	00:00:20	00:14:19	00:24:22	00:36:07	00:46:11
309	<b>MACHEJ Stanisław</b>	<b>703</b>	NIEZRZESZONY	M60-69	00:00:22	00:14:36	00:24:47	00:36:22	00:46:12
310	<b>FILUSZ Dawid</b>	<b>548</b>		M20-29	00:00:26	00:14:35	00:24:39	00:36:14	00:46:12
311	<b>ROMANIUK-DEMONCHAUX Adam</b>	<b>852</b>	DRUŻYNA KOPERNIKA	M40-49	00:00:24	00:14:32	00:24:39	00:36:24	00:46:13
312	<b>WASILEWSKI Mateusz</b>	<b>879</b>	ZOFIOWKA	M20-29	00:00:13	00:13:42	00:24:22	00:36:14	00:46:14
313	<b>GLEBOCKI Grzegorz</b>	<b>906</b>	GRZEGORZ GLEBOCKI	M40-49	00:00:22	00:14:42	00:24:48	00:36:18	00:46:14
314	<b>HARATYK Grzegorz</b>	<b>294</b>	KLUB BIEGACZA FARTLEK	M30-39	00:00:18	00:13:33	00:23:45	00:35:49	00:46:16
315	<b>BOTOREK Michał</b>	<b>742</b>		M30-39	00:00:24	00:14:39	00:24:51	00:36:24	00:46:16
316	<b>WYREMBELSKI Amadeusz</b>	<b>168</b>		M20-29	00:00:16	00:13:23	00:23:40	00:35:56	00:46:18
317	<b>JARZYNA Andrzej</b>	<b>477</b>		M20-29	00:00:33	00:14:27	00:24:31	00:36:09	00:46:20
318	<b>GARUS Krzysiek</b>	<b>568</b>	KSRG ZOFIÓWKA	M30-39	00:00:21	00:14:40	00:24:52	00:36:19	00:46:21
319	<b>ŻBEL Michał</b>	<b>354</b>	HRMAX ŻORY	M40-49	00:00:23	00:14:46	00:24:52	00:36:24	00:46:23
320	<b>HERZYK Adam</b>	<b>656</b>		M40-49	00:00:28	00:14:12	00:24:24	00:36:14	00:46:31
321	<b>JUSZCZAK Grzegorz</b>	<b>715</b>		M30-39	00:00:25	00:14:37	00:24:37	00:36:23	00:46:32
322	<b>WILSZ Adam</b>	<b>482</b>	FIS-SST TEAM	M40-49	00:00:34	00:14:50	00:25:08	00:36:36	00:46:33
323	<b>KAMYCZEK Adam</b>	<b>300</b>		M30-39	00:00:22	00:14:10	00:24:25	00:36:26	00:46:42
324	<b>TORBIŃSKI Wiesław</b>	<b>159</b>	SZARE MORSY	M60-69	00:00:24	00:14:38	00:24:49	00:36:27	00:46:44
325	<b>JASIŃSKI Maksymilian</b>	<b>82</b>		M50-59	00:00:27	00:14:38	00:24:53	00:36:35	00:46:46
326	<b>TURNIAK Dariusz</b>	<b>260</b>		M40-49	00:00:33	00:14:15	00:24:23	00:36:25	00:46:51
327	<b>CYGANIK Piotr</b>	<b>465</b>	FC CWANIAKI	M30-39	00:00:25	00:14:37	00:24:51	00:36:38	00:46:52
328	<b>DĘBSKI Mariusz</b>	<b>608</b>		M40-49	00:00:13	00:13:37	00:24:01	00:36:20	00:46:53
329	<b>DANIELUK Kazimierz</b>	<b>404</b>	PKM ŚNIEŻNE KOTŁY	M60-69	00:00:22	00:14:19	00:24:24	00:36:24	00:46:54
330	<b>KACHEL Arek</b>	<b>751</b>		M40-49	00:00:22	00:14:40	00:24:41	00:36:27	00:46:54
331	<b>HEJNA Artur</b>	<b>467</b>	RADLINIOKI W BIEGU	M40-49	00:00:32	00:14:55	00:25:20	00:37:00	00:46:57
332	<b>OLSZYNA Mirosław</b>	<b>156</b>		M40-49	00:00:30	00:15:15	00:25:42	00:37:32	00:46:58
333	<b>GANDZEL Szymon</b>	<b>905</b>		M30-39	00:00:18	00:14:27	00:24:56	00:37:03	00:47:04
334	<b>SOJ Przemysław</b>	<b>230</b>		M40-49	00:00:28	00:14:45	00:25:05	00:36:49	00:47:05
335	<b>DOMAGALIK Robert</b>	<b>254</b>		M50-59	00:00:31	00:15:04	00:25:17	00:37:02	00:47:05
336	<b>ULMAN Mariusz</b>	<b>810</b>	ATHLETICS NYSA	M40-49	00:00:27	00:14:37	00:24:52	00:36:49	00:47:09
337	<b>WIDENKA Robert</b>	<b>291</b>	DYSTANS LUBOMIA	M30-39	00:00:21	00:14:16	00:24:29	00:36:42	00:47:10
338	<b>LECHOWICZ Tadeusz</b>	<b>31</b>	SZARE MORSY	M50-59	00:00:24	00:14:41	00:24:59	00:37:00	00:47:19
339	<b>PETRYNA Bartosz</b>	<b>324</b>	INCOGNITO RUNNERS	M30-39	00:00:16	00:13:48	00:24:15	00:36:34	00:47:33
340	<b>PARTYKA Karol</b>	<b>101</b>		M30-39	00:00:35	00:15:14	00:25:17	00:37:11	00:47:38
341	<b>FURMANIUK Artur</b>	<b>773</b>		M30-39	00:00:18	00:13:50	00:24:15	00:36:42	00:47:42
342	<b>ZMUDA Dariusz</b>	<b>227</b>		M40-49	00:00:23	00:15:06	00:25:30	00:37:34	00:47:52
343	<b>WODYŃSKI Wojciech</b>	<b>341</b>	KUŹNIA TRIATHLONU	M40-49	00:00:17	00:14:00	00:24:42	00:37:02	00:47:57
344	<b>PĘDZIK Błażej</b>	<b>143</b>		M20-29	00:00:46	00:15:34	00:25:46	00:37:33	00:47:57



Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
345	<b>SKRZYPCZAK Krystian</b>	<b>382</b>		M16-19	00:00:06	00:14:03	00:24:10	00:37:06	00:47:59
346	<b>RASZKA Janusz</b>	<b>419</b>	OLZA CIESZYN	M50-59	00:00:21	00:14:37	00:24:50	00:37:11	00:48:05
347	<b>TARGOSZ Piotr</b>	<b>48</b>	OLZA CIESZYN	M40-49	00:00:22	00:14:39	00:24:51	00:36:55	00:48:14
348	<b>SOKOŁOWSKI Piotr</b>	<b>395</b>	BRAK	M50-59	00:00:33	00:15:10	00:25:32	00:37:55	00:48:20
349	<b>KRÓLIK Arkadiusz</b>	<b>489</b>	NIEZRZESZONY	M40-49	00:00:34	00:15:03	00:25:38	00:37:54	00:48:20
350	<b>PIDANTY Łukasz</b>	<b>81</b>		M30-39	00:00:42	00:15:44	00:26:10	00:38:29	00:48:21
351	<b>JASZCZYK Łukasz</b>	<b>760</b>		M30-39	00:00:33	00:16:04	00:26:39	00:38:15	00:48:22
352	<b>SOBIERAJSKI Przemek</b>	<b>573</b>		M40-49	00:00:24	00:14:39	00:24:50	00:37:21	00:48:24
353	<b>ĆWIOK Marek</b>	<b>530</b>	TUV RHEINLAND POLSKA	M40-49	00:00:34	00:14:50	00:25:07	00:37:20	00:48:28
354	<b>NOWAK Patryk</b>	<b>162</b>	KLUB BIEGACZA FARTLEK	M20-29	00:00:28	00:14:47	00:25:11	00:37:32	00:48:33
355	<b>WISEŁKA Zbigniew</b>	<b>550</b>	OLZA CIESZYN	M40-49	00:00:23	00:14:40	00:24:59	00:37:38	00:48:36
356	<b>BURNAGIEL Tomasz</b>	<b>27</b>		M50-59	00:00:25	00:15:16	00:25:59	00:38:11	00:48:36
357	<b>WIERBICKI Krystian</b>	<b>333</b>		M40-49	00:00:39	00:15:30	00:25:54	00:38:08	00:48:41
358	<b>JAWORSKI Mateusz</b>	<b>514</b>		M30-39	00:00:30	00:14:33	00:25:02	00:37:34	00:48:42
359	<b>MAJCHRZAK Dawid</b>	<b>745</b>		M20-29	00:00:18	00:13:38	00:24:08	00:37:24	00:48:43
360	<b>CIEŚLA Adam</b>	<b>660</b>	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	00:00:22	00:14:19	00:24:40	00:37:37	00:48:44
361	<b>SZUL Józef</b>	<b>634</b>		M60-69	00:00:00	00:15:06	00:25:26	00:37:56	00:48:47
362	<b>PAJĄK Kamil</b>	<b>312</b>	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:08	00:14:43	00:25:35	00:37:53	00:48:56
363	<b>MARCHEWKA Bartek</b>	<b>603</b>		M30-39	00:00:31	00:15:09	00:25:57	00:38:26	00:49:00
364	<b>DOMASZK Paweł</b>	<b>702</b>		M20-29	00:00:34	00:15:53	00:26:42	00:38:58	00:49:05
365	<b>PAJĄK Marcin</b>	<b>431</b>		M20-29	00:00:30	00:14:57	00:25:24	00:38:35	00:49:11
366	<b>MAZUR Arkadiusz</b>	<b>569</b>		M30-39	00:00:27	00:15:53	00:26:35	00:38:43	00:49:12
367	<b>JANKO Kamil</b>	<b>743</b>		M30-39	00:00:27	00:15:43	00:26:20	00:38:42	00:49:13
368	<b>JASIŃSKI Kristof</b>	<b>865</b>	WILD RUNERS	M20-29	00:00:28	00:15:23	00:26:08	00:38:22	00:49:14
369	<b>PALUCHIEWICZ Szymon</b>	<b>243</b>		M40-49	00:00:23	00:14:49	00:25:44	00:38:24	00:49:15
370	<b>BORUCKI Dariusz</b>	<b>517</b>		M30-39	00:00:26	00:15:20	00:25:51	00:38:33	00:49:16
371	<b>BARANKIEWICZ Irek</b>	<b>513</b>	XT 500	M40-49	00:00:30	00:15:37	00:26:17	00:38:45	00:49:18
372	<b>JANIEC Witold</b>	<b>902</b>	UNATCO	M40-49	00:00:12	00:14:50	00:25:35	00:38:16	00:49:22
373	<b>ANUSZKIEWICZ Igor</b>	<b>53</b>		M30-39	00:00:25	00:14:47	00:25:25	00:38:14	00:49:23
374	<b>LANDZIŃSKI Jacek</b>	<b>471</b>		M30-39	00:00:31	00:15:55	00:26:38	00:39:00	00:49:30
375	<b>BRZEŃNIAK Jan</b>	<b>893</b>		M30-39	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30
376	<b>RZĘSITA Damian</b>	<b>780</b>		M30-39	00:00:36	00:15:27	00:26:01	00:38:30	00:49:30
377	<b>BARAN Dawid</b>	<b>486</b>	OCR TEAM DO PORZYGU	M30-39	00:00:23	00:14:37	00:25:22	00:38:24	00:49:36
378	<b>MARYNIAK Wojtek</b>	<b>689</b>		M30-39	00:00:39	00:16:07	00:27:03	00:39:16	00:49:41
379	<b>MARCINIAK Artur</b>	<b>710</b>		M50-59	00:00:27	00:15:29	00:26:25	00:38:55	00:49:43
380	<b>WACNIK Dariusz</b>	<b>67</b>		M40-49	00:00:32	00:16:03	00:26:45	00:39:13	00:49:43
381	<b>KOPTA Jerzy</b>	<b>80</b>	CWAŁUJĄCE DZIADKI	M70+	00:00:27	00:15:27	00:26:08	00:38:51	00:49:47
382	<b>JAKUBIEC Jacek</b>	<b>339</b>	BB RUNNERS	M40-49	00:00:34	00:16:05	00:27:05	00:39:29	00:49:48
383	<b>LISIOWSKI Jakub</b>	<b>524</b>		M16-19	00:00:33	00:16:06	00:26:48	00:39:07	00:49:49
384	<b>STARCZEWSKI Marcin</b>	<b>593</b>		M30-39	00:00:35	00:15:50	00:26:43	00:39:02	00:49:49
385	<b>MALISZEWSKI Marcin</b>	<b>578</b>		M30-39	00:00:43	00:15:39	00:25:59	00:38:40	00:49:49
386	<b>ŁATKA Marek</b>	<b>387</b>		M40-49	00:00:25	00:15:10	00:26:04	00:38:41	00:49:55
387	<b>RECLIK Jacek</b>	<b>728</b>	DECATHLON RYBNIK	M40-49	00:00:26	00:16:26	00:27:36	00:40:11	00:49:59
388	<b>CZYŻ Wojciech</b>	<b>624</b>		M40-49	00:00:30	00:15:13	00:26:03	00:38:51	00:50:00
389	<b>DURAJ Dariusz</b>	<b>86</b>	WKURW_TEAM	M30-39	00:00:33	00:16:06	00:27:06	00:39:30	00:50:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
390	KROCZEK Przemysław	829		M20-29	00:00:46	00:16:17	00:27:02	00:39:48	00:50:03
391	MAKOWSKI Grzegorz	201		M20-29	00:00:34	00:15:13	00:26:01	00:38:56	00:50:06
392	FLASZ Dawid	191		M40-49	00:00:26	00:15:09	00:26:31	00:39:28	00:50:10
393	BYWALEC Stanisław	704	DIET-FIGHT	M40-49	00:00:32	00:15:16	00:25:59	00:38:48	00:50:11
394	KUBULUS Tomasz	570	OCR TEAM DO PORZYGU	M30-39	00:00:24	00:14:37	00:25:24	00:38:46	00:50:16
395	ŚWIECA Marcin	402	FUNDACJA POMOCY GOLDENOM AUREA	M40-49	00:00:29	00:15:23	00:26:21	00:39:08	00:50:20
396	KONOPKA Jarosław	707		M40-49	00:00:41	00:16:03	00:27:01	00:39:23	00:50:22
397	KUBIENIEC Grzegorz	618		M40-49	00:00:31	00:15:25	00:26:24	00:39:10	00:50:23
398	MAKOWSKI Dariusz	311		M30-39	00:00:35	00:15:12	00:26:00	00:38:55	00:50:24
399	HARAZIN Janusz	434	2 TM 4,7	M30-39	00:00:35	00:16:01	00:27:11	00:39:47	00:50:37
400	PAJESTKA Marek	148	WRM MC POLAND	M40-49	00:00:46	00:15:35	00:26:30	00:39:25	00:50:40
401	CHROBOK Gerard	535		M50-59	00:00:30	00:15:22	00:26:24	00:39:26	00:50:41
402	PŁASKA Grzegorz	208	WRM MC POLAND	M40-49	00:00:45	00:15:33	00:26:29	00:39:26	00:50:41
403	KAPUSTA Bartłomiej	178		M30-39	00:00:41	00:16:07	00:27:20	00:40:07	00:50:43
404	SUTKOWSKI Marcin	690		M30-39	00:00:21	00:14:44	00:25:54	00:39:08	00:50:46
405	JANCZYK Grzegorz	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40-49	00:00:48	00:16:15	00:26:59	00:39:46	00:50:57
406	ZAWIERUCHA Aleksander	488	ROSZADA ŻORY	M50-59	00:00:40	00:16:06	00:27:14	00:40:01	00:51:00
407	HUCHRO Tomasz	653	SZYBCY I WŚCIEKLI	M20-29	00:00:27	00:16:08	00:27:22	00:40:09	00:51:05
408	WOLIŃSKI Józef	114		M50-59	00:00:37	00:15:57	00:26:55	00:39:50	00:51:05
409	SZEREDA Robert	340		M40-49	00:00:04	00:14:24	00:25:27	00:39:00	00:51:12
410	WOJTAŚ Karol	788	KOLKA TEAM	M30-39	00:00:35	00:17:15	00:28:14	00:40:46	00:51:12
411	PAJĄCZKOWSKI Michał	885	NOVA TRADING S.A. STALE BIEGAM	M30-39	00:00:36	00:16:23	00:28:00	00:40:46	00:51:13
412	POPCZYK Piotr	732		M40-49	00:00:26	00:16:00	00:27:17	00:40:20	00:51:20
413	BIGOS Grzegorz	637	GRAMMI	M30-39	00:00:15	00:14:38	00:25:50	00:39:04	00:51:22
414	POŁEĆ Krzysztof	140	GALOPUJĄCE ŚLIMAKI	M30-39	00:00:34	00:16:01	00:27:22	00:40:10	00:51:22
415	STRZAŁA Marek	551		M20-29	00:00:25	00:15:02	00:26:18	00:39:55	00:51:24
416	KACZMARCZYK Mariusz	515	OLZA CIESZYN	M30-39	00:00:31	00:15:46	00:26:44	00:40:25	00:51:26
417	RAPUCHA Adam	720		M30-39	00:00:33	00:16:11	00:27:24	00:40:13	00:51:29
418	CZARNOTA Leszek	113		M40-49	00:00:35	00:16:11	00:27:22	00:40:15	00:51:29
419	HYLA Przemysław	713		M30-39	00:00:40	00:16:38	00:27:57	00:40:42	00:51:37
420	DEJEWSKI Jakub	303	1984	M30-39	00:00:32	00:16:10	00:27:25	00:40:13	00:51:38
421	WĘGLEWSKI Zbigniew	672		M50-59	00:00:31	00:15:55	00:27:09	00:40:09	00:51:39
422	BAJOR Rafał	872	REBELLION OF FREE RUNNERS	M40-49	00:00:28	00:15:29	00:26:50	00:40:16	00:51:40
423	KOMRAUS Sławomir	602	WILD RUNNERS CLUB	M30-39	00:00:28	00:15:30	00:26:38	00:40:04	00:51:48
424	SKURSKI Jakub	840		M30-39	00:00:28	00:15:55	00:27:03	00:40:26	00:51:50
425	STEKLA Bartłomiej	610		M20-29	00:00:36	00:16:10	00:27:23	00:40:24	00:51:53
426	RYZ Dawid	545		M20-29	00:00:36	00:16:04	00:27:26	00:40:48	00:51:59
427	GRABKA Stanisław	737	NIEZRZESZONY	M70+	00:00:30	00:16:14	00:27:30	00:40:52	00:52:03
428	WOLIŃSKI Dariusz	898	STRAŻAK	M40-49	00:00:40	00:16:03	00:27:32	00:40:48	00:52:04
429	CHMIEL Jacek	499		M60-69	00:00:27	00:16:15	00:27:32	00:40:37	00:52:05
430	FROSZTĘGA Daniel	837		M30-39	00:00:27	00:16:12	00:27:29	00:40:37	00:52:07
431	MORAWSKI Janusz	873	PSZCZYNA BIEGA	M40-49	00:00:36	00:16:14	00:27:27	00:40:52	00:52:12
432	BANDER Jerzy	498		M40-49	00:00:25	00:16:24	00:27:52	00:41:18	00:52:25
433	WITOSZA Adam	695		M40-49	00:00:38	00:16:05	00:26:50	00:40:06	00:52:28
434	SOBCZYK Sławomir	627	PASJONAT	M50-59	00:00:41	00:17:00	00:28:30	00:41:27	00:52:28

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km	Zawrotka_5km	Zawrotka_3km	Zawrotka_5km
						2.9km	5km	7.3km	9.4km
435	<b>MŁYNARCZYK Jerzy</b>	<b>403</b>	PKM ŚNIEŻNE KOTŁY	M50-59	00:00:22	00:15:53	00:27:07	00:40:34	00:52:31
436	<b>KRAMER Piotr</b>	<b>539</b>		M40-49	00:00:41	00:16:33	00:27:48	00:41:03	00:52:39
437	<b>CIEŚLIK Rafał</b>	<b>677</b>		M30-39	00:00:43	00:16:53	00:28:27	00:41:50	00:52:44
438	<b>PŁONKA Krzysztof</b>	<b>740</b>		M50-59	00:00:25	00:15:48	00:27:19	00:41:02	00:53:10
439	<b>UKLEJA Sebastian</b>	<b>258</b>		M40-49	00:00:28	00:15:46	00:27:25	00:41:18	00:53:10
440	<b>PIETRZYK Marek</b>	<b>556</b>	BIEGIEM PRZEZ CHYBIE	M60-69	00:00:35	00:16:13	00:27:47	00:41:28	00:53:12
441	<b>MUSIAŁ Łukasz</b>	<b>270</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:29	00:16:23	00:27:31	00:41:33	00:53:25
442	<b>KUBICA Tadeusz</b>	<b>353</b>	BWM	M50-59	00:00:35	00:16:30	00:28:01	00:41:43	00:53:28
443	<b>NADROWSKI Tadeusz</b>	<b>739</b>	TYTUŁ	M60-69	00:00:29	00:16:34	00:28:13	00:41:52	00:53:38
444	<b>GRZESZCZUK Tomasz</b>	<b>529</b>		M20-29	00:00:26	00:16:07	00:28:01	00:41:51	00:53:40
445	<b>KOTERZYNA Janusz</b>	<b>641</b>	AMATOR	M60-69	00:00:26	00:16:20	00:27:58	00:41:53	00:53:45
446	<b>MALISZEWSKI Dariusz</b>	<b>214</b>		M30-39	00:00:44	00:17:09	00:29:05	00:42:45	00:53:51
447	<b>BAŃCZYK Krzysztof</b>	<b>71</b>		M30-39	00:00:45	00:17:08	00:28:53	00:42:14	00:53:56
448	<b>PYZIK Marcin</b>	<b>506</b>		M40-49	00:00:35	00:15:56	00:27:16	00:41:20	00:54:02
449	<b>PIĄTEK Tomasz</b>	<b>880</b>	WILDBUCHAYS	M40-49	00:00:34	00:16:18	00:28:04	00:42:05	00:54:03
450	<b>BUJNA Tomasz</b>	<b>23</b>		M50-59	00:00:32	00:16:23	00:28:22	00:42:21	00:54:10
451	<b>CIEŚLA Artur</b>	<b>769</b>		M30-39	00:00:37	00:16:04	00:27:46	00:41:46	00:54:19
452	<b>IZDEBSKI Konrad</b>	<b>696</b>		M20-29	00:00:51	00:17:11	00:29:05	00:42:51	00:54:30
453	<b>WILCZEK Marek</b>	<b>815</b>		M40-49	00:00:41	00:16:51	00:28:45	00:42:37	00:54:43
454	<b>WOWRA Robert</b>	<b>116</b>		M30-39	00:00:50	00:17:52	00:30:04	00:43:40	00:54:52
455	<b>LISZOK Przemysław</b>	<b>112</b>		M30-39	00:00:38	00:16:59	00:29:02	00:42:58	00:54:56
456	<b>PASTUSZKA Marcin</b>	<b>841</b>		M30-39	00:00:38	00:16:42	00:28:47	00:42:49	00:55:03
457	<b>SŁOWIŃSKI Kamil</b>	<b>895</b>		M30-39	00:00:36	00:17:01	00:29:04	00:43:00	00:55:04
458	<b>POSTUPALSKI Marcin</b>	<b>307</b>		M30-39	00:00:49	00:17:58	00:29:57	00:43:22	00:55:09
459	<b>SZCZERBA Michał</b>	<b>855</b>		M40-49	00:00:32	00:15:39	00:27:09	00:42:25	00:55:13
460	<b>SZYMANIEC Marcin</b>	<b>155</b>	WRM MC POLAND	M40-49	00:00:46	00:16:15	00:28:08	00:42:30	00:55:13
461	<b>DRĄG Rafał</b>	<b>287</b>		M30-39	00:00:39	00:17:17	00:29:17	00:43:14	00:55:19
462	<b>ŻAGIEL Wiktor</b>	<b>457</b>		M20-29	00:00:33	00:16:12	00:27:29	00:42:00	00:55:21
463	<b>KUŚKA Tadeusz</b>	<b>800</b>	HOŁDEX TEAM	M30-39	00:00:47	00:16:37	00:28:47	00:43:02	00:55:23
464	<b>MENCEWICZ Paweł</b>	<b>430</b>	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	M40-49	00:00:21	00:16:35	00:28:34	00:42:34	00:55:26
465	<b>ŚWIERCZ Janusz</b>	<b>479</b>	WRM MC POLAND	M40-49	00:00:47	00:17:28	00:29:56	00:43:26	00:55:29
466	<b>WIDENKA Krystian</b>	<b>152</b>	SYRYNIA	M20-29	00:00:43	00:16:26	00:28:22	00:42:39	00:55:35
467	<b>KOWALSKI Piotr</b>	<b>543</b>		M40-49	00:00:48	00:17:50	00:30:18	00:44:21	00:55:44
468	<b>ADAMIK Łukasz</b>	<b>825</b>	KUCE Z BRONKSU	M20-29	00:00:39	00:17:48	00:30:11	00:43:59	00:55:45
469	<b>GIL Krzysztof</b>	<b>799</b>		M50-59	00:00:23	00:16:00	00:27:50	00:42:35	00:55:54
470	<b>BĘBENEK Marcin</b>	<b>107</b>	GB GALOPUJĄCE ŚLIMAKI	M30-39	00:00:43	00:17:47	00:30:09	00:43:54	00:55:56
471	<b>LONDWIG Tomasz</b>	<b>245</b>	MTB KYNDRA KLUB	M30-39	00:00:43	00:17:47	00:30:10	00:43:55	00:55:56
472	<b>LACH Grzegorz</b>	<b>616</b>	BLOOD MANTRA	M30-39	00:00:40	00:18:27	00:31:03	00:44:38	00:56:08
473	<b>HAJNSZ Robert</b>	<b>802</b>		M20-29	00:00:38	00:17:49	00:30:13	00:44:34	00:56:44
474	<b>MAREK Jarosław</b>	<b>409</b>		M40-49	00:00:39	00:17:55	00:30:25	00:44:35	00:57:02
475	<b>POŁOK Robert</b>	<b>661</b>		M20-29	00:00:31	00:16:48	00:29:05	00:44:07	00:57:32
476	<b>LURANC Paweł</b>	<b>774</b>	MARCZYK-LURANC TEAM	M40-49	00:00:42	00:18:30	00:31:12	00:45:17	00:57:36
477	<b>KRZYSTOLIK Damian</b>	<b>418</b>		M30-39	00:00:47	00:18:12	00:30:48	00:45:32	00:57:58
478	<b>SZABLA Mateusz</b>	<b>750</b>		M20-29	00:00:42	00:17:06	00:29:05	00:44:37	00:58:03
479	<b>DANIŁOŚ Bartłomiej</b>	<b>501</b>		M30-39	00:00:46	00:18:06	00:30:58	00:45:36	00:58:42

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	Zawrotka_3km 2.9km	Zawrotka_5km 5km	Zawrotka_3km 7.3km	Zawrotka_5km 9.4km
480	<b>WOJTKOWIAK Robert</b>	<b>43</b>		M30-39	00:00:46	00:18:02	00:31:05	00:46:26	00:59:16
481	<b>GIŻYŃSKI Krystian</b>	<b>274</b>		M20-29	00:00:46	00:16:52	00:29:52	00:45:39	00:59:20
482	<b>BACHTA Wojciech</b>	<b>108</b>	DA VINCI STUDIO	M30-39	00:00:45	00:17:32	00:30:28	00:45:46	00:59:31
483	<b>JANISZEWSKI Bartosz</b>	<b>554</b>		M30-39	00:00:42	00:19:17	00:33:05	00:47:18	00:59:34
484	<b>WÓJCIK Dariusz</b>	<b>670</b>	ŻORY	M40-49	00:00:46	00:18:24	00:31:10	00:46:18	00:59:49
485	<b>ŚMIETANA Mariusz</b>	<b>474</b>	TUPOT MAŁYCH STÓPEK	M40-49	00:00:45	00:17:41	00:30:05	00:45:48	00:59:51
486	<b>KUCZERA Marek</b>	<b>413</b>	INŻYNIERIA BIEGANIA	M40-49	00:00:30	00:18:03	00:30:57	00:46:28	00:59:53
487	<b>HEFTOWICZ Dominik</b>	<b>861</b>	ALE WSPIERA	M40-49	00:00:40	00:18:16	00:31:21	00:46:42	01:00:17
488	<b>OSTROWSKI Sławomir</b>	<b>315</b>		M50-59	00:00:42	00:18:27	00:31:33	00:47:01	01:00:25
489	<b>ZIMNY Ireneusz</b>	<b>36</b>		M40-49	00:00:26	00:18:13	00:31:26	00:47:13	01:00:30
490	<b>PIOTROWSKI Mieczysław</b>	<b>583</b>		M70+	00:00:29	00:18:14	00:31:32	00:47:19	01:01:06
491	<b>SOBAŃSKI Mateusz</b>	<b>485</b>		M20-29	00:00:47	00:19:50	00:33:11	00:48:20	01:01:23
492	<b>KAWULAK Kazimierz</b>	<b>494</b>	KB MCKIS JAWORZNO	M50-59	00:00:40	00:18:36	00:32:16	00:48:21	01:02:01
493	<b>ZBYL Jacek</b>	<b>172</b>		M50-59	00:00:37	00:18:32	00:32:33	00:48:09	01:02:05
494	<b>PRZYŁUCKI Grzegorz</b>	<b>611</b>		M50-59	00:00:45	00:18:43	00:32:00	00:48:26	01:02:11
495	<b>GÓRNY Mieczysław</b>	<b>363</b>		M30-39	00:00:30	00:19:04	00:33:09	00:48:35	01:02:26
496	<b>WOLNY Łukasz</b>	<b>821</b>		M30-39	00:00:30	00:19:04	00:33:10	00:48:35	01:02:26
497	<b>ZAWADA Jakub</b>	<b>786</b>	NAJMNIJSZE PAŃSTWO ŚWIATA	M40-49	00:00:48	00:19:36	00:33:15	00:49:01	01:02:47
498	<b>PROĆ Andrzej</b>	<b>61</b>	REBELLION OF FREE RUNNERS	M50-59	00:00:29	00:18:28	00:32:59	00:49:49	01:04:28
499	<b>KUBAS Mariusz</b>	<b>322</b>	KLUB BIEGACZA FARTLEK	M40-49	00:00:44	00:19:57	00:34:52	00:53:10	01:07:58
500	<b>RUMPEL Krzysztof</b>	<b>91</b>	KS M.E.T.A.	M30-39	00:00:40	00:21:35	00:36:45	00:53:59	01:09:23
501	<b>BAŃKA Jan</b>	<b>601</b>	NIEZRZESZONY	M70+	00:00:50	00:21:35	00:36:28	00:54:56	01:10:31
502	<b>MIERZYŃSKI Kamil</b>	<b>658</b>		M20-29	00:00:04	00:24:11	00:42:32	01:03:28	01:22:13
503	<b>DZIERZENGA Artur</b>	<b>633</b>		M40-49	00:00:00	00:12:14			
504	<b>ZADROGA Karol</b>	<b>721</b>		M20-29	00:00:00				
505	<b>OLBRICH Artur</b>	<b>318</b>		M30-39	00:00:05	00:11:47	00:37:03		
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>BIAŁECKI Tomasz</b>	<b>492</b>		M40-49	00:00:13	00:12:29	00:21:03	00:31:01	
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			

Znaleziono 511 wynik(ów)