

JASTRZĘBSKA DZIESIĄTKA

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsi Polacy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**ELASRI Abderrahim**	**27**		M40-49	1		00:00:00	00:09:14	00:16:07	00:23:24	00:30:28	**00:32:18.50**	**00:32:18.95**		3:13	18.6 (100%)
2	**WÓJCIK Tomasz**	**38**	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1	Aktywna Pszczyna Runners Team	00:00:00	00:09:14	00:16:02	00:23:23	00:30:27	**00:32:24.30**	**00:32:25.10**	+00:00:05 (0.3%)	3:14	18.5 (99.5%)
3	**FIJAK Tomasz**	**33**	MKS ŻYWIEC	M16-19	1		00:00:01	00:09:28	00:16:48	00:24:10	00:31:19	**00:33:20.70**	**00:33:21.75**	+00:01:02 (3.1%)	3:20	18 (96.8%)
4	**HARATYK Błażej**	**43**	MKS USTROŃ	M16-19	2		00:00:00	00:09:29	00:16:49	00:24:12	00:31:31	**00:33:28.45**	**00:33:28.95**	+00:01:09 (3.5%)	3:20	17.9 (96.2%)
5	**LYSKO Jakub**	**24**	WKB META LUBLINIEC	M30-39	2		00:00:01	00:09:38	00:16:54	00:24:13	00:31:31	**00:33:29.15**	**00:33:30.20**	+00:01:10 (3.5%)	3:20	17.9 (96.2%)
6	**RUDZINSKI Jacek**	**45**		M30-39	3		00:00:00	00:09:40	00:16:57	00:24:28	00:31:43	**00:33:43.15**	**00:33:43.35**	+00:01:24 (4.2%)	3:22	17.8 (95.7%)
7	**KOŹMIŃSKI Józef**	**7**	SKL SUCHA BESKIDZKA	M40-49	2		00:00:00					**00:33:50.00**	**00:33:50.00**	+00:01:31 (4.5%)	3:23	17.7 (95.2%)
8	**MARCOL Sebastian**	**9**	INŻYNIERIA BIEGANIA	M30-39	4	Inżynieria biegania	00:00:00	00:09:48	00:17:15	00:24:55	00:32:21	**00:34:22.75**	**00:34:23.70**	+00:02:04 (6.0%)	3:26	17.5 (94.1%)
9	**ANTCZAK Robert**	**39**		M40-49	3		00:00:00	00:09:39	00:17:04	00:24:58	00:32:41	**00:34:50.90**	**00:34:51.70**	+00:02:32 (7.3%)	3:29	17.2 (92.5%)
10	**PYRA Wiesław**	**129**		M50-59	1		00:00:02	00:10:06	00:17:43	00:25:29	00:33:01	**00:35:10.95**	**00:35:13.05**	+00:02:52 (8.2%)	3:31	17.1 (91.9%)
11	**GAJEWSKI Wojciech**	**15**	UKS „OLIMPIA” ZABRZE	M40-49	4		00:00:00	00:09:45	00:17:21	00:25:23	00:33:11	**00:35:18.05**	**00:35:18.45**	+00:02:59 (8.5%)	3:31	17 (91.4%)
12	**STRZODA Marcin**	**30**	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M20-29	1		00:00:00	00:09:49	00:17:23	00:25:30	00:33:14	**00:35:24.20**	**00:35:25.00**	+00:03:05 (8.7%)	3:32	16.9 (90.9%)
13	**WOJCIK Paweł**	**28**	ZADYSZKA OŚWIĘCIM	M20-29	2	Zadyszka Oświęcim	00:00:01	00:10:10	00:17:48	00:25:40	00:33:18	**00:35:25.30**	**00:35:26.70**	+00:03:06 (8.8%)	3:32	16.9 (90.9%)
14	**ALBRECHT Krystian**	**36**	GB GALOPUJĄCE ŚLIMAKI	M20-29	3	Galopujące Ślimaki	00:00:01	00:09:52	00:17:35	00:25:32	00:33:20	**00:35:25.75**	**00:35:27.55**	+00:03:07 (8.8%)	3:32	16.9 (90.9%)
15	**LIZAK Wojciech**	**10**	TL ATHLETICS JASTRZĘBIE	M40-49	5	TL Athletics Jastrzębie	00:00:01	00:10:03	00:17:43	00:25:41	00:33:24	**00:35:30.45**	**00:35:31.65**	+00:03:11 (9.0%)	3:33	16.9 (90.9%)
16	**SZYMULA Michal**	**23**		M30-39	5		00:00:02	00:10:08	00:17:48	00:25:41	00:33:22	**00:35:33.55**	**00:35:36.35**	+00:03:15 (9.1%)	3:33	16.9 (90.9%)
17	**PORĘBA Grzegorz**	**21**	EVENTYR	M30-39	6		00:00:01	00:10:04	00:17:46	00:25:50	00:33:44	**00:35:53.85**	**00:35:55.10**	+00:03:35 (10.0%)	3:35	16.7 (89.8%)
18	**SOCHA Tymon**	**104**	TL POGOŃ RUDA ŚLĄSKA	M16-19	3	TL Pogoń Ruda Śląska	00:00:03	00:10:21	00:18:10	00:26:08	00:33:53	**00:35:56.65**	**00:35:59.65**	+00:03:38 (10.1%)	3:35	16.7 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	**STARZYCKI Przemysław**	**34**	KB MCKIS JAWORZNO / NOWAK-TEAM	M30-39	7	Nowak-Team	00:00:02	00:10:13	00:17:56	00:26:04	00:33:58	**00:36:08.05**	**00:36:10.05**	+00:03:49 (10.6%)	3:36	16.6 (89.2%)
20	**TOKAREWICZ Damian**	**13**	ZEBRY	M40-49	6		00:00:03	00:10:17	00:18:11	00:26:27	00:34:26	**00:36:34.15**	**00:36:37.50**	+00:04:15 (11.7%)	3:39	16.4 (88.2%)
21	**GOŚCINIEWICZ Paweł**	**60**		M30-39	8		00:00:02	00:10:29	00:18:24	00:26:35	00:34:28	**00:36:38.55**	**00:36:40.55**	+00:04:20 (11.8%)	3:39	16.4 (88.2%)
22	**OSETEK Paweł**	**72**	RADLINIOKI W BIEGU	M30-39	9	Radlinioki w biegu	00:00:01	00:10:16	00:18:08	00:26:26	00:34:31	**00:36:43.50**	**00:36:45.05**	+00:04:25 (12.0%)	3:40	16.3 (87.6%)
23	**PALT Tomasz**	**62**		M40-49	7		00:00:01	00:10:23	00:18:15	00:26:29	00:34:33	**00:36:44.55**	**00:36:46.45**	+00:04:26 (12.1%)	3:40	16.3 (87.6%)
24	**MOSKWA Sławomir**	**18**	ZADYSZKA OŚWIĘCIM	M30-39	10	Zadyszka Oświęcim	00:00:01	00:10:36	00:18:36	00:26:50	00:34:42	**00:36:45.65**	**00:36:47.55**	+00:04:27 (12.1%)	3:40	16.3 (87.6%)
25	**PRZYBYLSKI Tomasz**	**14**	W POGONI ZA DUCHEM	M40-49	8	W pogoni za duchem	00:00:01	00:10:44	00:18:45	00:26:54	00:34:45	**00:36:48.10**	**00:36:49.70**	+00:04:29 (12.2%)	3:40	16.3 (87.6%)
26	**OLEJNIK Franciszek**	**17**	INŻYNIERIA BIEGANIA TEAM	M20-29	4	Inżynieria biegania	00:00:01	00:10:20	00:18:13	00:26:29	00:34:38	**00:36:50.85**	**00:36:52.05**	+00:04:32 (12.3%)	3:41	16.3 (87.6%)
27	**SZULIK Grzegorz**	**40**	ZSRG SP Z O.O.	M40-49	9		00:00:01	00:10:08	00:18:05	00:26:31	00:34:45	**00:36:56.65**	**00:36:57.95**	+00:04:38 (12.5%)	3:41	16.2 (87.1%)
28	**JAROSZ Marek**	**32**		M40-49	10		00:00:01	00:10:40	00:18:36	00:26:52	00:34:48	**00:36:57.55**	**00:36:59.10**	+00:04:39 (12.6%)	3:41	16.2 (87.1%)
29	**ZYGMA Kordian**	**1**	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	11		00:00:01	00:10:05	00:17:58	00:26:24	00:34:43	**00:36:58.50**	**00:37:00.40**	+00:04:40 (12.6%)	3:41	16.2 (87.1%)
30	**BARTNIK Sebastian**	**2**	STREET SPIRIT-TEAM NOWAK	M40-49	11	Street Spirit-Team Nowak	00:00:02	00:10:31	00:18:29	00:26:47	00:34:47	**00:37:00.20**	**00:37:02.75**	+00:04:41 (12.7%)	3:42	16.2 (87.1%)
31	**WOWRY Grzegorz**	**44**	OLZA CIESZYN	M40-49	12	Olza Cieszyn	00:00:02	00:10:24	00:18:29	00:26:56	00:35:07	**00:37:18.05**	**00:37:20.70**	+00:04:59 (13.4%)	3:43	16.1 (86.6%)
32	**JARCZOK Miłosz**	**25**	MKS CZECHOWICE DZIEDZICE	M30-39	12		00:00:02	00:10:44	00:18:52	00:27:19	00:35:18	**00:37:28.60**	**00:37:31.40**	+00:05:10 (13.8%)	3:44	16 (86.0%)
33	**EISLER Tomasz**	**102**	BIEGAM, BO MNIE ŻONA ZAPISUJE	M40-49	13		00:00:02	00:10:36	00:18:40	00:27:07	00:35:26	**00:37:39.15**	**00:37:41.35**	+00:05:20 (14.2%)	3:45	15.9 (85.5%)
34	**STEC Łukasz**	**16**	SKL SUCHA BESKIDZKA	M30-39	13		00:00:01	00:10:45	00:18:54	00:27:20	00:35:26	**00:37:39.30**	**00:37:40.60**	+00:05:20 (14.2%)	3:45	15.9 (85.5%)
35	**NOWAK Michał**	**26**	RYTM CZECHOWICE-DZIEDZICE	M20-29	5		00:00:02	00:10:18	00:18:26	00:27:00	00:35:25	**00:37:42.65**	**00:37:44.85**	+00:05:24 (14.3%)	3:46	15.9 (85.5%)
36	**ALBRECHT Arkadiusz**	**37**	GB GALOPUJĄCE ŚLIMAKI	M40-49	14	Galopujące Ślimaki	00:00:02	00:10:42	00:18:55	00:27:29	00:35:47	**00:38:00.75**	**00:38:03.35**	+00:05:42 (15.0%)	3:48	15.8 (84.9%)
37	**URBANIAK Witek**	**11**	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	15		00:00:03	00:10:43	00:18:59	00:27:25	00:35:46	**00:38:05.90**	**00:38:09.05**	+00:05:47 (15.2%)	3:48	15.8 (84.9%)
38	**JĘDRUSIAK Przemysław**	**122**		M40-49	16		00:00:03	00:10:46	00:18:53	00:27:41	00:36:09	**00:38:26.10**	**00:38:29.45**	+00:06:07 (15.9%)	3:50	15.6 (83.9%)
39	**KRĘCICHWOST Kamil**	**121**		M30-39	14		00:00:02	00:10:38	00:19:00	00:27:49	00:36:23	**00:38:39.85**	**00:38:42.50**	+00:06:21 (16.4%)	3:51	15.5 (83.3%)
40	**KNOPEK Bartłomiej**	**46**		M30-39	15		00:00:00		00:36:19			**00:38:43.00**	**00:38:43.00**	+00:06:24 (16.6%)	3:52	15.5 (83.3%)
41	**WALCZYŃSKI Mariusz**	**91**	NIEWYBIEGANI	M40-49	17	Niewybiegani	00:00:00		00:36:54			**00:38:55.00**	**00:38:55.00**	+00:06:36 (17.0%)	3:53	15.4 (82.8%)
42	**DUŹNIAK Dominik**	**19**	STEP-DANCE	M30-39	16		00:00:01	00:10:43	00:19:07	00:28:00	00:36:39	**00:39:01.80**	**00:39:03.40**	+00:06:43 (17.2%)	3:54	15.4 (82.8%)
43	**NALEPKA Adam**	**65**	KLUB BIEGACZA FARTLEK	M30-39	17	Klub Biegacza Fartlek	00:00:10	00:11:06	00:19:30	00:28:20	00:36:47	**00:39:05.65**	**00:39:16.05**	+00:06:47 (17.4%)	3:54	15.4 (82.8%)
44	**MATERNA Mateusz**	**118**	AHC	M30-39	18		00:00:03	00:11:22	00:19:47	00:28:29	00:36:56	**00:39:20.05**	**00:39:23.55**	+00:07:01 (17.9%)	3:56	15.3 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
45	**WRÓBEL Michał**	**133**	FIT LAMKA TEAM	M30-39	19		00:00:02	00:11:16	00:19:49	00:28:38	00:37:06	**00:39:21.75**	**00:39:23.95**	+00:07:03 (17.9%)	3:56	15.2 (81.7%)
46	**KRETEK Łukasz**	**130**		M30-39	20		00:00:01	00:11:10	00:19:35	00:28:26	00:37:04	**00:39:25.90**	**00:39:27.20**	+00:07:07 (18.1%)	3:56	15.2 (81.7%)
47	**SZAŁAŚNY Piotr**	**56**	TESTYOUTDOOROWE.PL	M30-39	21		00:00:04	00:11:29	00:20:04	00:28:57	00:37:25	**00:39:36.00**	**00:39:40.55**	+00:07:17 (18.4%)	3:57	15.2 (81.7%)
48	**KYRCZ Mirosław**	**88**		M40-49	18		00:00:03	00:11:27	00:20:05	00:28:56	00:37:21	**00:39:43.55**	**00:39:47.25**	+00:07:25 (18.7%)	3:58	15.1 (81.2%)
49	**WIECZOREK Maciej**	**108**	ZADYSZKA OŚWIĘCIM	M30-39	22	Zadyszka Oświęcim	00:00:03	00:11:11	00:19:47	00:28:47	00:37:27	**00:39:46.40**	**00:39:49.70**	+00:07:27 (18.8%)	3:58	15.1 (81.2%)
50	**SMYCZEK Bartosz**	**203**	KILOMETROŻERCA	M30-39	23		00:00:04	00:10:49	00:19:16	00:28:42	00:37:21	**00:39:48.35**	**00:39:52.40**	+00:07:29 (18.8%)	3:58	15.1 (81.2%)
51	**NIEBRZYDOWSKI Łukasz**	**50**	NESSI TIME ŻORY	M30-39	24	Nessi Time Żory	00:00:01	00:11:07	00:19:42	00:28:45	00:37:28	**00:39:48.50**	**00:39:50.30**	+00:07:30 (18.8%)	3:58	15.1 (81.2%)
52	**BIAŁY Kamil**	**79**	FAST FOOT TEAM SIEWIERZ	M30-39	25		00:00:04	00:11:19	00:19:54	00:28:50	00:37:30	**00:39:52.65**	**00:39:56.65**	+00:07:34 (19.0%)	3:59	15.1 (81.2%)
53	**ŁATKA Łukasz**	**114**		M40-49	19		00:00:03	00:11:20	00:19:57	00:28:51	00:37:30	**00:39:54.05**	**00:39:57.85**	+00:07:35 (19.0%)	3:59	15 (80.6%)
54	**KEMPA Piotr**	**76**		M30-39	26		00:00:02	00:11:20	00:19:54	00:28:54	00:37:38	**00:39:56.60**	**00:39:58.80**	+00:07:38 (19.1%)	3:59	15 (80.6%)
55	**TIDE Krzysztof**	**96**		M20-29	6		00:00:04	00:11:27	00:20:01	00:28:53	00:37:31	**00:39:57.15**	**00:40:02.00**	+00:07:38 (19.1%)	3:59	15 (80.6%)
56	**WRÓBLEWSKI Janmarian**	**31**	JUST TEAM BIELSKO-BIAŁA	M40-49	20	HRmax Żory	00:00:00	00:10:54	00:19:29	00:28:43	00:37:42	**00:40:10.65**	**00:40:11.10**	+00:07:52 (19.6%)	4:01	14.9 (80.1%)
57	**WRZECIONKOWSKI Adrian**	**105**	TYSKIE DELFINY	M30-39	27		00:00:04	00:11:23	00:20:03	00:29:02	00:37:46	**00:40:11.60**	**00:40:15.85**	+00:07:53 (19.6%)	4:01	14.9 (80.1%)
58	**KOWALSKI Grzegorz**	**77**	W POGONI ZA DUCHEM	M40-49	21	W pogoni za duchem	00:00:04	00:11:28	00:20:12	00:29:20	00:37:58	**00:40:25.10**	**00:40:29.95**	+00:08:06 (20.1%)	4:02	14.8 (79.6%)
59	**WOŹNIAK Paweł**	**82**	W POGONI ZA DUCHEM	M40-49	22	W pogoni za duchem	00:00:07	00:11:27	00:20:04	00:29:13	00:38:09	**00:40:28.65**	**00:40:36.50**	+00:08:10 (20.2%)	4:02	14.8 (79.6%)
60	**NOWICKI Tomasz**	**86**	KLUB BIEGACZA FARTLEK	M30-39	28	Klub Biegacza Fartlek	00:00:06	00:11:34	00:20:19	00:29:23	00:38:10	**00:40:29.35**	**00:40:36.30**	+00:08:10 (20.2%)	4:02	14.8 (79.6%)
61	**MAZUR Marek**	**68**		M40-49	23		00:00:04	00:11:30	00:20:11	00:29:15	00:38:04	**00:40:32.60**	**00:40:37.05**	+00:08:14 (20.3%)	4:03	14.8 (79.6%)
62	**SAMBAK Tadeusz**	**90**	ZADYSZKA OŚWIĘCIM	M50-59	2	Zadyszka Oświęcim	00:00:03	00:11:32	00:20:13	00:29:20	00:38:09	**00:40:35.80**	**00:40:38.80**	+00:08:17 (20.4%)	4:03	14.8 (79.6%)
63	**WOLNY Ariel**	**94**		M40-49	24		00:00:02	00:11:33	00:20:07	00:29:15	00:38:10	**00:40:37.70**	**00:40:40.60**	+00:08:19 (20.5%)	4:03	14.8 (79.6%)
64	**MRÓZEK Rafał**	**83**	TEAM KOPEĆ	M30-39	29		00:00:02	00:11:05	00:19:55	00:29:11	00:38:15	**00:40:38.00**	**00:40:40.05**	+00:08:19 (20.5%)	4:03	14.8 (79.6%)
65	**TLOŁKA Michał**	**58**		M30-39	30		00:00:05	00:11:26	00:20:10	00:29:18	00:38:17	**00:40:46.65**	**00:40:52.55**	+00:08:28 (20.8%)	4:04	14.7 (79.0%)
66	**KUŚ Dawid**	**49**	POLSKA GRUPA GÓRNICZA	M30-39	31		00:00:00	00:11:11	00:19:56	00:29:09	00:38:18	**00:40:49.10**	**00:40:49.90**	+00:08:30 (20.8%)	4:04	14.7 (79.0%)
67	**ADAMSKI Robert**	**53**	BRYKAJĄCA GRUPA BIEGOWA	M30-39	32	Brykająca Grupa Biegowa	00:00:04	00:11:34	00:20:19	00:29:31	00:38:26	**00:40:51.85**	**00:40:55.95**	+00:08:33 (20.9%)	4:05	14.7 (79.0%)
68	**PASTERNOK Marian**	**134**	ZABRZAŃSKIE PARKOWE BIEGANIE	M40-49	25		00:00:05	00:11:34	00:20:23	00:29:37	00:38:36	**00:41:05.80**	**00:41:10.85**	+00:08:47 (21.4%)	4:06	14.6 (78.5%)
69	**KARPLEWICZ Andrzej**	**70**	GALOPUJĄCE ŚLIMAKI	M60-69	1	Galopujące Ślimaki	00:00:01	00:11:24	00:20:14	00:29:40	00:38:49	**00:41:14.75**	**00:41:15.85**	+00:08:56 (21.7%)	4:07	14.6 (78.5%)
70	**HORZELA Adam**	**93**	HURAGAN LIGOTA	M30-39	33		00:00:06	00:11:52	00:20:50	00:30:01	00:39:07	**00:41:36.60**	**00:41:42.85**	+00:09:18 (22.4%)	4:09	14.4 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
71	**KRAJEWSKI Tomasz**	**98**		M40-49	26		00:00:10	00:12:23	00:21:25	00:30:44	00:39:33	**00:41:53.65**	**00:42:04.45**	+00:09:35 (22.9%)	4:11	14.3 (76.9%)
72	**WADELSKI Eugeniusz**	**103**		M50-59	3		00:00:06	00:11:44	00:20:43	00:30:03	00:39:22	**00:41:56.15**	**00:42:02.15**	+00:09:37 (23.0%)	4:11	14.3 (76.9%)
73	**BRAŃSKI Tomasz**	**132**		M40-49	27		00:00:04	00:11:50	00:20:58	00:30:25	00:39:35	**00:41:58.25**	**00:42:03.05**	+00:09:39 (23.0%)	4:11	14.3 (76.9%)
74	**GŁUSZYK Andrzej**	**218**		M50-59	4		00:00:04	00:12:14	00:21:20	00:30:40	00:39:39	**00:42:01.90**	**00:42:06.80**	+00:09:43 (23.1%)	4:12	14.3 (76.9%)
75	**MOŃKA Marcin**	**212**		M40-49	28		00:00:11	00:12:04	00:21:13	00:30:35	00:39:41	**00:42:04.80**	**00:42:15.90**	+00:09:46 (23.2%)	4:12	14.3 (76.9%)
76	**URBANEK Łukasz**	**110**		M16-19	4		00:00:06		00:20:49		00:39:24	**00:42:05.00**	**00:42:11.00**	+00:09:46 (23.2%)	4:12	14.3 (76.9%)
77	**MROWIEC Bernard**	**207**	MKS SMS VICTORIA RACIBÓRZ	M50-59	5		00:00:05	00:12:07	00:21:09	00:30:44	00:39:49	**00:42:11.90**	**00:42:17.85**	+00:09:53 (23.4%)	4:13	14.2 (76.3%)
78	**BEZUCH Paweł**	**64**		M20-29	7		00:00:15	00:12:14	00:21:14	00:30:35	00:39:49	**00:42:12.00**	**00:42:27.70**	+00:09:53 (23.4%)	4:13	14.2 (76.3%)
79	**CHRUSZCZ Wojciech**	**80**	KLUB BIEGACZA FARTLEK	M40-49	29	Klub Biegacza Fartlek	00:00:06	00:11:51	00:20:57	00:30:27	00:39:46	**00:42:12.85**	**00:42:19.50**	+00:09:54 (23.5%)	4:13	14.2 (76.3%)
80	**BUĆKO Marcin**	**54**	KLUB BIEGACZA FARTLEK	M40-49	30	Klub Biegacza Fartlek	00:00:03	00:11:54	00:21:00	00:30:36	00:39:51	**00:42:30.35**	**00:42:34.30**	+00:10:11 (24.0%)	4:15	14.1 (75.8%)
81	**POŁOMSKI Grzegorz**	**51**	POLOMSCY TEAM	M40-49	31	POLOMSCY TEAM	00:00:05	00:11:44	00:20:50	00:30:31	00:39:55	**00:42:30.60**	**00:42:35.65**	+00:10:12 (24.0%)	4:15	14.1 (75.8%)
82	**STAMATEL Sebastian**	**126**		M20-29	8		00:00:09	00:12:00	00:21:14	00:30:55	00:40:12	**00:42:31.30**	**00:42:40.80**	+00:10:12 (24.0%)	4:15	14.1 (75.8%)
83	**BURAS Roman**	**163**		M50-59	6		00:00:05	00:12:09	00:21:25	00:30:47	00:40:05	**00:42:41.85**	**00:42:47.50**	+00:10:23 (24.3%)	4:16	14.1 (75.8%)
84	**WIELOPOLSKI Michał**	**67**		M20-29	9		00:00:07	00:12:15	00:21:24	00:30:53	00:40:12	**00:42:43.25**	**00:42:50.30**	+00:10:24 (24.4%)	4:16	14 (75.3%)
85	**HEJNA Michał**	**188**	KS M.E.T.A.	M30-39	34		00:00:07	00:12:27	00:21:45	00:31:14	00:40:19	**00:42:45.70**	**00:42:52.75**	+00:10:27 (24.4%)	4:16	14 (75.3%)
86	**RUP Dariusz**	**131**	BLUES BROTHERS OPOLE	M40-49	32		00:00:07	00:12:11	00:21:21	00:31:08	00:40:35	**00:43:05.50**	**00:43:12.85**	+00:10:47 (25.0%)	4:18	13.9 (74.7%)
87	**WILDNER Witold**	**184**	MINOVA EKOCHEM	M40-49	33		00:00:07	00:12:23	00:21:37	00:31:18	00:40:46	**00:43:09.25**	**00:43:17.10**	+00:10:50 (25.1%)	4:18	13.9 (74.7%)
88	**RAJWA Jan**	**143**	BZIEGACZE	M30-39	35	Bziegacze	00:00:04	00:12:23	00:21:44	00:31:27	00:40:52	**00:43:23.50**	**00:43:27.95**	+00:11:05 (25.5%)	4:20	13.8 (74.2%)
89	**MAŁECKI Jacek**	**214**		M30-39	36		00:00:12	00:12:43	00:21:43	00:31:29	00:40:58	**00:43:28.85**	**00:43:41.35**	+00:11:10 (25.7%)	4:20	13.8 (74.2%)
90	**MECHTA Sebastian**	**124**	STUDIO ENERGIA TEAM RYBNIK	M40-49	34	Studio Energia Team Rybnik	00:00:03	00:12:09	00:21:33	00:31:20	00:40:51	**00:43:32.65**	**00:43:36.30**	+00:11:14 (25.8%)	4:21	13.8 (74.2%)
91	**URBAN Patryk**	**123**		M30-39	37		00:00:03	00:11:51	00:21:23	00:31:23	00:41:11	**00:43:44.50**	**00:43:47.95**	+00:11:26 (26.1%)	4:22	13.7 (73.7%)
92	**BOCHENEK Adam**	**335**	BRAK	M20-29	10		00:00:15	00:12:07	00:21:36	00:31:38	00:41:08	**00:43:46.00**	**00:44:01.00**	+00:11:27 (26.2%)	4:22	13.7 (73.7%)
93	**LORENZ Marcin**	**166**	GALOPUJĄCE ŚLIMAKI	M50-59	7	Galopujące Ślimaki	00:00:05	00:12:31	00:22:03	00:31:52	00:41:27	**00:43:53.55**	**00:43:58.90**	+00:11:35 (26.4%)	4:23	13.7 (73.7%)
94	**BIELA Rafał**	**78**		M40-49	35		00:00:06	00:12:29	00:22:04	00:31:53	00:41:27	**00:43:57.35**	**00:44:04.00**	+00:11:38 (26.5%)	4:23	13.7 (73.7%)
95	**KĄKOL Ryszard**	**100**	PĘDZIWIATRY NA ANIMUSZU	M60-69	2		00:00:03	00:12:29	00:22:05	00:31:51	00:41:22	**00:43:58.85**	**00:44:01.85**	+00:11:40 (26.5%)	4:23	13.6 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
96	**CIESIELSKI Dariusz**	**187**		M50-59	8		00:00:04	00:12:38	00:22:19	00:32:05	00:41:31	**00:44:01.75**	**00:44:05.75**	+00:11:43 (26.6%)	4:24	13.6 (73.1%)
97	**WRÓBEL Ryszard**	**185**		M30-39	38		00:00:05	00:12:08	00:21:42	00:31:39	00:41:26	**00:44:03.50**	**00:44:09.00**	+00:11:45 (26.7%)	4:24	13.6 (73.1%)
97	**STATECZNY Patryk**	**182**		M20-29	11		00:00:05	00:12:20	00:22:00	00:31:53	00:41:33	**00:44:03.50**	**00:44:09.15**	+00:11:45 (26.7%)	4:24	13.6 (73.1%)
99	**PIECHACZEK Jacek**	**175**		M40-49	36		00:00:10	00:12:33	00:22:12	00:32:11	00:41:44	**00:44:11.45**	**00:44:21.90**	+00:11:52 (26.9%)	4:25	13.6 (73.1%)
100	**ŁYSEK Paweł**	**66**	BZIEGACZE	M40-49	37	Bziegacze	00:00:04	00:12:38	00:22:18	00:32:15	00:41:49	**00:44:17.75**	**00:44:22.45**	+00:11:59 (27.1%)	4:25	13.5 (72.6%)
101	**CZUWAJ Krzysztof**	**186**		M50-59	9		00:00:08	00:12:34	00:22:07	00:31:59	00:41:42	**00:44:19.25**	**00:44:27.30**	+00:12:00 (27.1%)	4:25	13.5 (72.6%)
102	**WALA Piotr**	**29**		M16-19	5		00:00:04	00:11:40	00:21:07	00:31:28	00:41:37	**00:44:22.85**	**00:44:27.80**	+00:12:04 (27.2%)	4:26	13.5 (72.6%)
103	**GANCARCZYK Adam**	**181**	BIEGOWE WARIATY	M30-39	39		00:00:04	00:12:10	00:21:49	00:31:58	00:41:52	**00:44:26.35**	**00:44:30.70**	+00:12:07 (27.3%)	4:26	13.5 (72.6%)
104	**TOCHOWICZ Bartosz**	**228**		M50-59	10		00:00:05	00:12:37	00:22:19	00:32:14	00:41:51	**00:44:27.80**	**00:44:33.30**	+00:12:09 (27.3%)	4:26	13.5 (72.6%)
105	**ZĘBIK Tomasz**	**216**		M40-49	38		00:00:04	00:12:22	00:22:03	00:32:01	00:41:51	**00:44:29.30**	**00:44:33.85**	+00:12:10 (27.4%)	4:26	13.5 (72.6%)
106	**OWCZAREK Paweł**	**258**		M40-49	39		00:00:08	00:12:31	00:22:06	00:32:12	00:41:56	**00:44:33.95**	**00:44:42.20**	+00:12:15 (27.5%)	4:27	13.5 (72.6%)
107	**TOMCZYK Lesław**	**117**		M60-69	3		00:00:11	00:12:48	00:22:16	00:32:06	00:41:45	**00:44:34.20**	**00:44:45.50**	+00:12:15 (27.5%)	4:27	13.5 (72.6%)
108	**MAREK Rafał**	**201**	KAC RUNNERS	M50-59	11		00:00:08	00:12:36	00:22:18	00:32:20	00:41:59	**00:44:41.25**	**00:44:50.15**	+00:12:22 (27.7%)	4:28	13.4 (72.0%)
109	**WRANA Radosław**	**220**		M20-29	12		00:00:16	00:13:23	00:22:54	00:32:40	00:42:09	**00:44:42.25**	**00:44:58.55**	+00:12:23 (27.7%)	4:28	13.4 (72.0%)
110	**GROBORZ Mateusz**	**222**	KLUB BIEGACZA FARTLEK	M20-29	13	Klub Biegacza Fartlek	00:00:10	00:13:06	00:22:47	00:32:47	00:42:26	**00:44:46.35**	**00:44:56.90**	+00:12:27 (27.8%)	4:28	13.4 (72.0%)
111	**ZELEK Adam**	**89**	OLZA CIESZYN	M40-49	40	Olza Cieszyn	00:00:23	00:12:37	00:22:10	00:32:16	00:42:12	**00:44:47.00**	**00:45:10.15**	+00:12:28 (27.9%)	4:28	13.4 (72.0%)
112	**GÓRAL Stanisław**	**268**		M30-39	40		00:00:11	00:12:52	00:22:44	00:32:36	00:42:07	**00:44:49.90**	**00:45:00.90**	+00:12:31 (27.9%)	4:28	13.4 (72.0%)
113	**LOKAJCZYK Olivier**	**422**		M16-19	6		00:00:12	00:13:02	00:22:43	00:32:39	00:42:29	**00:44:57.95**	**00:45:10.75**	+00:12:39 (28.1%)	4:29	13.3 (71.5%)
114	**RAJWA Roman**	**57**	TL ATHLETICS JASTRZĘBIE	M30-39	41	TL Athletics Jastrzębie	00:00:04	00:11:53	00:21:35	00:32:00	00:42:17	**00:44:58.65**	**00:45:02.65**	+00:12:40 (28.2%)	4:29	13.3 (71.5%)
115	**SOJKA Wojciech**	**204**	KAC RUNNERS	M50-59	12		00:00:09	00:12:43	00:22:25	00:32:33	00:42:24	**00:45:00.80**	**00:45:10.15**	+00:12:42 (28.2%)	4:30	13.3 (71.5%)
116	**KUBOŃ Mateusz**	**435**	STUDIO ENERGIA TEAM RYBNIK	M30-39	42	Studio Energia Team Rybnik	00:00:03	00:12:10	00:21:53	00:32:17	00:42:33	**00:45:16.95**	**00:45:20.60**	+00:12:58 (28.7%)	4:31	13.3 (71.5%)
117	**JANECKI Mateusz**	**52**	BZIEGACZE	M20-29	14	Bziegacze	00:00:04	00:12:39	00:22:21	00:32:29	00:42:32	**00:45:17.50**	**00:45:21.95**	+00:12:59 (28.7%)	4:31	13.2 (71.0%)
118	**MACH Sebastian**	**304**	PORANNY BESKID RUN	M40-49	41		00:00:12	00:12:59	00:22:47	00:32:55	00:42:42	**00:45:19.40**	**00:45:32.20**	+00:13:00 (28.7%)	4:31	13.2 (71.0%)
119	**KOŹLIK Tomek**	**211**	JEJKOWICE BIEGAJĄ	M40-49	42	Jejkowice Biegają	00:00:08	00:12:58	00:22:47	00:32:44	00:42:39	**00:45:20.45**	**00:45:28.55**	+00:13:01 (28.7%)	4:32	13.2 (71.0%)
120	**PRZYBYSZ Ryszard**	**162**		M50-59	13		00:00:13	00:13:01	00:22:49	00:33:00	00:42:52	**00:45:24.20**	**00:45:37.90**	+00:13:05 (28.8%)	4:32	13.2 (71.0%)
121	**MIROSŁAW Piotr**	**199**		M20-29	15		00:00:07	00:12:28	00:22:09	00:32:40	00:42:58	**00:45:27.85**	**00:45:34.90**	+00:13:09 (28.9%)	4:32	13.2 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
122	**SWISTEK Marcin**	**71**		M40-49	43		00:00:07	00:12:35	00:22:19	00:32:42	00:42:49	**00:45:28.70**	**00:45:36.45**	+00:13:10 (29.0%)	4:32	13.2 (71.0%)
123	**BRYŁA Rafał**	**81**	KLUB BIEGACZA FARTLEK	M40-49	44	Klub Biegacza Fartlek	00:00:06	00:13:09	00:22:55	00:33:05	00:42:58	**00:45:38.00**	**00:45:44.95**	+00:13:19 (29.2%)	4:33	13.1 (70.4%)
124	**JĘDRZEJAK Piotr**	**485**		M40-49	45		00:00:16	00:13:07	00:22:47	00:32:58	00:43:01	**00:45:41.85**	**00:45:58.55**	+00:13:23 (29.3%)	4:34	13.1 (70.4%)
125	**HENCZKO Karol**	**369**	AKTYWNIE NAKRĘCENI	M30-39	43		00:00:16	00:13:07	00:22:52	00:33:11	00:43:02	**00:45:42.65**	**00:45:58.65**	+00:13:24 (29.3%)	4:34	13.1 (70.4%)
126	**DĄBROWSKI Marcin**	**420**		M30-39	44		00:00:04	00:13:12	00:23:18	00:33:35	00:43:17	**00:45:46.05**	**00:45:50.05**	+00:13:27 (29.4%)	4:34	13.1 (70.4%)
127	**DRÓŻDŻ Marcin**	**300**		M30-39	45		00:00:13	00:12:28	00:22:35	00:33:05	00:43:09	**00:45:48.10**	**00:46:01.25**	+00:13:29 (29.5%)	4:34	13.1 (70.4%)
128	**PAWŁOWSKI Tomasz**	**224**	NIEZRZESZONY	M40-49	46		00:00:10	00:12:51	00:22:45	00:33:02	00:43:01	**00:45:48.80**	**00:45:59.05**	+00:13:30 (29.5%)	4:34	13.1 (70.4%)
129	**DUROK Wojciech**	**202**	KAC RUNNERS	M40-49	47		00:00:09	00:12:57	00:22:51	00:33:10	00:43:14	**00:45:58.90**	**00:46:08.65**	+00:13:40 (29.7%)	4:35	13.1 (70.4%)
130	**FLISZTA Marcin**	**161**	HARPAGAN SOSNOWIEC	M40-49	48		00:00:07	00:12:39	00:22:45	00:33:11	00:43:18	**00:46:03.60**	**00:46:11.00**	+00:13:45 (29.9%)	4:36	13 (69.9%)
131	**ADAMCZYK Andrzej**	**226**	RUN RYDUŁTOWY	M40-49	49		00:00:12	00:12:43	00:22:44	00:33:24	00:43:23	**00:46:04.85**	**00:46:16.95**	+00:13:46 (29.9%)	4:36	13 (69.9%)
132	**BĄKOWSKI Michał**	**235**	YNOULTRA	M30-39	46		00:00:17	00:12:50	00:22:44	00:33:13	00:43:21	**00:46:08.35**	**00:46:26.15**	+00:13:49 (30.0%)	4:36	13 (69.9%)
133	**PRÓSZYŃSKI Sławomir**	**160**		M40-49	50		00:00:17	00:12:46	00:22:08	00:32:58	00:43:26	**00:46:09.85**	**00:46:27.00**	+00:13:51 (30.0%)	4:36	13 (69.9%)
134	**RATKA-MATEJKO Marcin**	**174**		M30-39	47		00:00:05	00:12:16	00:22:17	00:32:55	00:43:16	**00:46:10.20**	**00:46:15.55**	+00:13:51 (30.0%)	4:37	13 (69.9%)
135	**ORŁOWSKI Grzegorz**	**209**		M40-49	51		00:00:07	00:13:17	00:23:12	00:33:26	00:43:29	**00:46:14.35**	**00:46:21.80**	+00:13:55 (30.1%)	4:37	13 (69.9%)
136	**BALICKI Piotr**	**332**	WSPÓLNA TEAM	M30-39	48		00:00:14	00:13:13	00:23:07	00:33:34	00:43:31	**00:46:18.05**	**00:46:32.30**	+00:13:59 (30.2%)	4:37	13 (69.9%)
137	**KIEPIELA Dawid**	**139**	KLUB BIEGACZA FARTLEK	M40-49	52	Klub Biegacza Fartlek	00:00:23	00:12:34	00:22:38	00:33:20	00:43:39	**00:46:24.45**	**00:46:47.90**	+00:14:05 (30.4%)	4:38	12.9 (69.4%)
138	**MALIK Rafał**	**63**	AMATOR	M30-39	49		00:00:06	00:12:37	00:22:30	00:33:10	00:43:44	**00:46:27.45**	**00:46:34.10**	+00:14:08 (30.5%)	4:38	12.9 (69.4%)
139	**TURAK Rafał**	**164**		M50-59	14		00:00:04	00:12:39	00:22:46	00:33:20	00:43:44	**00:46:28.25**	**00:46:33.15**	+00:14:09 (30.5%)	4:38	12.9 (69.4%)
140	**GRZONKA Andrzej**	**180**		M40-49	53		00:00:03	00:13:02	00:23:03	00:33:34	00:43:45	**00:46:30.50**	**00:46:33.50**	+00:14:12 (30.5%)	4:39	12.9 (69.4%)
141	**PIETRASZ Krzysztof**	**221**		M30-39	50		00:00:10	00:13:20	00:23:40	00:34:14	00:43:58	**00:46:31.15**	**00:46:41.85**	+00:14:12 (30.5%)	4:39	12.9 (69.4%)
142	**NIZIOŁEK Marcin**	**249**		M40-49	54		00:00:07	00:13:24	00:23:28	00:33:43	00:43:47	**00:46:34.80**	**00:46:42.05**	+00:14:16 (30.6%)	4:39	12.9 (69.4%)
143	**BERKE Krzysztof**	**284**		M50-59	15		00:00:07	00:13:18	00:23:26	00:33:53	00:43:55	**00:46:38.40**	**00:46:46.10**	+00:14:19 (30.7%)	4:39	12.9 (69.4%)
144	**CEGLARSKI Adrian**	**165**	JEJKOWICE BIEGAJĄ	M30-39	51	Jejkowice Biegają	00:00:06	00:13:17	00:23:21	00:34:00	00:44:06	**00:46:43.80**	**00:46:50.05**	+00:14:25 (30.9%)	4:40	12.8 (68.8%)
145	**KUBIŚ Krzysztof**	**217**		M40-49	55		00:00:07	00:13:07	00:23:17	00:33:54	00:44:07	**00:46:45.60**	**00:46:53.05**	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
146	**TUPAJ Jarosław**	**299**	AKTYWNI RYDUŁTOWY	M30-39	52		00:00:11	00:13:14	00:23:06	00:33:58	00:44:11	**00:47:00.40**	**00:47:12.20**	+00:14:41 (31.3%)	4:42	12.8 (68.8%)
146	**WUWER Łukasz**	**303**		M30-39	53		00:00:17	00:13:33	00:23:36	00:34:22	00:44:18	**00:47:00.40**	**00:47:17.80**	+00:14:41 (31.3%)	4:42	12.8 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
148	**FOKS Damian**	**272**		M50-59	16		00:00:05	00:13:16	00:23:21	00:33:59	00:44:20	**00:47:12.55**	**00:47:18.25**	+00:14:54 (31.6%)	4:43	12.7 (68.3%)
149	**ADAMCZEWSKI Waldemar**	**150**	KLUB BIEGACZA FARTLEK	M50-59	17	Klub Biegacza Fartlek	00:00:08	00:13:04	00:23:22	00:34:11	00:44:33	**00:47:14.15**	**00:47:22.15**	+00:14:55 (31.6%)	4:43	12.7 (68.3%)
150	**URGACZ Mirosław**	**291**		M40-49	56		00:00:07	00:13:16	00:23:25	00:34:10	00:44:33	**00:47:17.35**	**00:47:24.80**	+00:14:58 (31.7%)	4:43	12.7 (68.3%)
151	**JACH Marek**	**147**		M50-59	18	Street Spirit-Team Nowak	00:00:13	00:12:47	00:22:53	00:33:50	00:44:19	**00:47:17.45**	**00:47:31.05**	+00:14:58 (31.7%)	4:43	12.7 (68.3%)
152	**BEZWIŃSKI Piotr**	**156**	KOKO DŻAMBO I DO PRZODU	M40-49	57		00:00:08	00:12:56	00:23:04	00:34:00	00:44:35	**00:47:18.80**	**00:47:27.65**	+00:15:00 (31.7%)	4:43	12.7 (68.3%)
153	**PŁONKA Krzysztof**	**346**	DKMS	M50-59	19		00:00:16	00:13:30	00:23:44	00:34:22	00:44:34	**00:47:23.90**	**00:47:40.65**	+00:15:05 (31.8%)	4:44	12.7 (68.3%)
154	**GAŁKIEWICZ Michał**	**172**		M40-49	58		00:00:02	00:13:00	00:23:13	00:34:03	00:44:36	**00:47:27.75**	**00:47:30.60**	+00:15:09 (31.9%)	4:44	12.6 (67.7%)
155	**URBASIK Mariusz**	**193**	RUN RYDUŁTOWY	M50-59	20		00:00:12	00:13:27	00:23:34	00:34:17	00:44:48	**00:47:34.65**	**00:47:47.15**	+00:15:16 (32.1%)	4:45	12.6 (67.7%)
156	**BIAŁECKI Zbigniew**	**439**	WATAHA	M16-19	7	WATAHA	00:00:05	00:12:52	00:22:51	00:33:52	00:44:50	**00:47:39.45**	**00:47:45.05**	+00:15:20 (32.2%)	4:45	12.6 (67.7%)
157	**CHROBOK Michał**	**325**		M30-39	54		00:00:09	00:13:22	00:23:42	00:34:27	00:44:53	**00:47:39.90**	**00:47:49.60**	+00:15:21 (32.2%)	4:45	12.6 (67.7%)
158	**ŚMIETANA Grzegorz**	**169**	EASYRUN RACIBÓRZ	M40-49	59		00:00:11	00:13:35	00:23:58	00:34:40	00:45:01	**00:47:43.95**	**00:47:55.05**	+00:15:25 (32.3%)	4:46	12.6 (67.7%)
159	**CISOWSKI Kamil**	**288**	PREZESA	M30-39	55		00:00:08	00:13:35	00:24:08	00:34:51	00:45:11	**00:47:47.20**	**00:47:55.45**	+00:15:28 (32.4%)	4:46	12.6 (67.7%)
160	**PETRYNA Bartosz**	**248**	OCHAJO RUN AND FRIENDS	M40-49	60		00:00:04	00:12:41	00:22:49	00:33:55	00:44:53	**00:47:47.90**	**00:47:52.65**	+00:15:29 (32.4%)	4:46	12.6 (67.7%)
161	**MOTOWIDŁO Tomasz**	**337**		M40-49	61		00:00:12	00:13:25	00:23:48	00:34:37	00:45:02	**00:47:55.10**	**00:48:07.15**	+00:15:36 (32.6%)	4:47	12.5 (67.2%)
162	**HARAZIN Janusz**	**178**	2 TM 4,7	M30-39	56		00:00:09	00:13:54	00:24:17	00:35:06	00:45:28	**00:48:17.40**	**00:48:26.60**	+00:15:58 (33.1%)	4:49	12.4 (66.7%)
163	**MAREK Robert**	**158**		M40-49	62		00:00:10	00:13:46	00:24:26	00:35:09	00:45:35	**00:48:19.65**	**00:48:30.15**	+00:16:01 (33.1%)	4:49	12.4 (66.7%)
164	**MARYNIOK Marian**	**265**	SEGURIDAD	M60-69	4		00:00:07	00:13:25	00:23:56	00:34:42	00:45:18	**00:48:20.50**	**00:48:28.30**	+00:16:02 (33.2%)	4:50	12.4 (66.7%)
165	**STREIT Mariusz**	**293**		M40-49	63		00:00:09	00:13:18	00:23:53	00:34:57	00:45:41	**00:48:28.95**	**00:48:38.15**	+00:16:10 (33.4%)	4:50	12.4 (66.7%)
166	**KORBUS Piotr**	**339**	PORANNY BESKID RUN	M40-49	64		00:00:12	00:13:50	00:24:22	00:35:19	00:45:42	**00:48:30.70**	**00:48:43.30**	+00:16:12 (33.4%)	4:51	12.4 (66.7%)
167	**LELENIEWSKI Jacek**	**140**		M40-49	65		00:00:06	00:13:34	00:24:01	00:34:58	00:45:40	**00:48:32.30**	**00:48:39.05**	+00:16:13 (33.4%)	4:51	12.4 (66.7%)
168	**GŁĘBOCKI Grzegorz**	**324**	BIEGAM SOBIE	M50-59	21		00:00:14	00:13:53	00:24:30	00:35:23	00:45:46	**00:48:35.25**	**00:48:50.15**	+00:16:16 (33.5%)	4:51	12.3 (66.1%)
169	**ZIĘTARA Paweł**	**236**		M50-59	22		00:00:16	00:13:53	00:24:13	00:35:11	00:45:40	**00:48:37.15**	**00:48:53.70**	+00:16:18 (33.5%)	4:51	12.3 (66.1%)
170	**TESSMER Tomasz**	**333**		M20-29	16		00:00:19	00:14:33	00:25:01	00:35:45	00:46:01	**00:48:39.35**	**00:48:58.80**	+00:16:20 (33.6%)	4:51	12.3 (66.1%)
171	**FILIKS Leszek**	**533**		M40-49	66		00:00:13	00:13:41	00:24:17	00:35:22	00:45:48	**00:48:42.35**	**00:48:55.95**	+00:16:23 (33.7%)	4:52	12.3 (66.1%)
172	**CZAPOROWSKI Tomasz**	**142**		M40-49	67		00:00:12	00:14:16	00:24:53	00:35:50	00:46:09	**00:48:43.65**	**00:48:56.15**	+00:16:25 (33.7%)	4:52	12.3 (66.1%)
173	**MAGA Przemysław**	**205**		M40-49	68		00:00:13	00:13:56	00:24:25	00:35:28	00:46:06	**00:48:47.50**	**00:49:00.95**	+00:16:29 (33.8%)	4:52	12.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
174	**DOBRENIUK Krzysztof**	**196**		M40-49	69		00:00:05	00:13:44	00:24:32	00:35:39	00:46:17	**00:48:50.45**	**00:48:55.80**	+00:16:31 (33.8%)	4:53	12.3 (66.1%)
175	**CIEŚLA Jonasz**	**137**	RYBNICKI KLUB JU JITSU SPORTOWEGO	M16-19	8	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:14:17	00:25:12	00:36:07	00:46:27	**00:48:52.15**	**00:49:10.55**	+00:16:33 (33.9%)	4:53	12.3 (66.1%)
176	**WIELOPOLSKI Łukasz**	**159**		M30-39	57		00:00:12	00:14:04	00:24:47	00:35:41	00:46:09	**00:48:52.20**	**00:49:05.00**	+00:16:33 (33.9%)	4:53	12.3 (66.1%)
177	**SŁOWIŃSKI Dawid**	**286**		M30-39	58		00:00:14	00:14:01	00:24:39	00:35:33	00:46:07	**00:48:58.10**	**00:49:12.15**	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
178	**REK Krzysztof**	**345**	RADLINIOKI W BIEGU	M40-49	70	Radlinioki w biegu	00:00:11	00:13:32	00:24:25	00:35:31	00:46:14	**00:49:05.30**	**00:49:16.55**	+00:16:46 (34.2%)	4:54	12.2 (65.6%)
179	**ADAMCZYK Dominik**	**227**	RUN RYDUŁTOWY	M16-19	9		00:00:11	00:13:18	00:24:19	00:36:03	00:46:33	**00:49:05.75**	**00:49:17.15**	+00:16:47 (34.2%)	4:54	12.2 (65.6%)
180	**HAJSKI Kamil**	**391**		M30-39	59		00:00:10	00:14:15	00:24:58	00:35:51	00:46:21	**00:49:06.90**	**00:49:17.75**	+00:16:48 (34.2%)	4:54	12.2 (65.6%)
181	**PODKOWIK Marcin**	**267**	ŻORY	M40-49	71		00:00:13	00:13:49	00:24:29	00:35:36	00:46:18	**00:49:09.25**	**00:49:22.45**	+00:16:50 (34.3%)	4:54	12.2 (65.6%)
182	**KOZIK Marcin**	**305**	DELOITTE ADVENTURE TEAM	M30-39	60		00:00:15	00:14:19	00:25:14	00:36:10	00:46:30	**00:49:12.40**	**00:49:28.00**	+00:16:53 (34.3%)	4:55	12.2 (65.6%)
183	**MACHARZYŃSKI Piotr**	**242**	NESSI TEAM ŻORY	M40-49	72	Nessi Time Żory	00:00:13	00:14:20	00:25:02	00:36:19	00:46:29	**00:49:12.70**	**00:49:25.70**	+00:16:54 (34.3%)	4:55	12.2 (65.6%)
184	**DĄBROWSKI Sebastian**	**287**	BYLE DOBIEC	M40-49	73		00:00:00					**00:49:21.00**	**00:49:21.00**	+00:17:02 (34.5%)	4:56	12.2 (65.6%)
185	**FIEROCH Karol**	**367**		M30-39	61		00:00:18	00:14:22	00:24:52	00:36:04	00:46:32	**00:49:23.30**	**00:49:42.20**	+00:17:04 (34.6%)	4:56	12.1 (65.1%)
186	**NIESŁAŃCZYK Jan**	**310**		M40-49	74		00:00:15	00:13:37	00:24:20	00:35:32	00:46:26	**00:49:28.85**	**00:49:44.65**	+00:17:10 (34.7%)	4:56	12.1 (65.1%)
187	**KARWOT Maciej**	**148**	RADLINIOKI W BIEGU	M40-49	75	Radlinioki w biegu	00:00:13	00:13:51	00:24:22	00:35:31	00:46:34	**00:49:30.20**	**00:49:43.20**	+00:17:11 (34.7%)	4:57	12.1 (65.1%)
188	**WOŹNIAK Przemysław**	**253**		M30-39	62		00:00:19	00:14:53	00:25:50	00:36:48	00:47:03	**00:49:30.55**	**00:49:49.80**	+00:17:12 (34.7%)	4:57	12.1 (65.1%)
189	**COJG Mateusz**	**241**		M20-29	17		00:00:14	00:14:25	00:25:16	00:36:13	00:46:40	**00:49:31.70**	**00:49:46.55**	+00:17:13 (34.8%)	4:57	12.1 (65.1%)
190	**CZYRNEK Dariusz**	**289**	SMAKI BIEGANIA	M40-49	76	Smaki biegania	00:00:10	00:13:54	00:24:32	00:35:53	00:46:42	**00:49:32.20**	**00:49:42.20**	+00:17:13 (34.8%)	4:57	12.1 (65.1%)
191	**FRITZ Tomasz**	**403**		M40-49	77		00:00:16	00:14:08	00:24:50	00:35:59	00:46:32	**00:49:32.90**	**00:49:49.30**	+00:17:14 (34.8%)	4:57	12.1 (65.1%)
192	**OGRODNIK Damian**	**152**		M40-49	78		00:00:14	00:14:08	00:24:50	00:36:07	00:46:50	**00:49:34.95**	**00:49:49.65**	+00:17:16 (34.8%)	4:57	12.1 (65.1%)
193	**PRZYŁUDZKI Janusz**	**326**	STS BIEGATON	M70+	1		00:00:11	00:14:09	00:24:51	00:35:56	00:46:42	**00:49:40.55**	**00:49:52.20**	+00:17:22 (35.0%)	4:58	12.1 (65.1%)
194	**SOBEL Adrian**	**230**		M30-39	63		00:00:17	00:14:09	00:24:37	00:36:03	00:46:54	**00:49:40.75**	**00:49:58.10**	+00:17:22 (35.0%)	4:58	12.1 (65.1%)
195	**WARZOCHA Mirosław**	**308**		M60-69	5		00:00:10	00:13:58	00:24:43	00:36:17	00:46:49	**00:49:47.45**	**00:49:57.95**	+00:17:28 (35.1%)	4:58	12.1 (65.1%)
196	**KUŁACZ Wiesław**	**311**		M40-49	79		00:00:11	00:13:46	00:24:30	00:35:53	00:46:58	**00:49:50.45**	**00:50:01.45**	+00:17:31 (35.2%)	4:59	12 (64.5%)
197	**BERNAT Tomasz**	**414**	OPEL FIJAŁKOWSKI TEAM	M20-29	18		00:00:17	00:14:01	00:24:50	00:36:17		**00:49:54.05**	**00:50:11.05**	+00:17:35 (35.3%)	4:59	12 (64.5%)
198	**GURGOŃ Marcin**	**415**		M30-39	64		00:00:15	00:13:19	00:24:16	00:35:44	00:47:00	**00:49:55.15**	**00:50:10.25**	+00:17:36 (35.3%)	4:59	12 (64.5%)
199	**PASZKOWSKI Cezary**	**233**		M40-49	80	MDM NT TEAM	00:00:15	00:14:13	00:24:54	00:36:01	00:46:49	**00:49:59.60**	**00:50:15.00**	+00:17:41 (35.4%)	4:59	12 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	**RYSZKA Eugeniusz**	**319**	KS FORMA WODZISŁAW ŚLĄSKI	M40-49	81		00:00:07	00:13:35	00:24:30	00:36:04	00:46:56	**00:50:00.40**	**00:50:07.75**	+00:17:41 (35.4%)	5:00	12 (64.5%)
201	**KAPUSTA Bartłomiej**	**421**		M30-39	65		00:00:00					**00:50:03.00**	**00:50:03.00**	+00:17:44 (35.4%)	5:00	12 (64.5%)
202	**BUCHTA Michał**	**493**		M40-49	82		00:00:11	00:14:31	00:25:39	00:37:00	00:47:21	**00:50:03.80**	**00:50:15.00**	+00:17:45 (35.5%)	5:00	12 (64.5%)
203	**SPYRKA Piotr**	**229**	KLUB BIEGACZA FARTLEK	M30-39	66	Klub Biegacza Fartlek	00:00:23	00:14:40	00:25:51	00:36:49	00:47:18	**00:50:04.35**	**00:50:27.70**	+00:17:45 (35.5%)	5:00	12 (64.5%)
204	**ORAWSKI Robert**	**377**	MIKI	M60-69	6		00:00:12	00:14:26	00:25:22	00:36:30	00:47:10	**00:50:06.90**	**00:50:19.85**	+00:17:48 (35.5%)	5:00	12 (64.5%)
205	**WINCIERZ Slawomir**	**263**		M30-39	67		00:00:11	00:14:03	00:24:57	00:36:09	00:47:12	**00:50:07.85**	**00:50:19.75**	+00:17:49 (35.6%)	5:00	12 (64.5%)
206	**GRALAK Wojciech**	**347**		M20-29	19		00:00:18	00:15:01	00:26:09	00:37:12	00:47:34	**00:50:11.50**	**00:50:30.45**	+00:17:53 (35.6%)	5:01	12 (64.5%)
207	**GOŁAWSKI Łukasz**	**592**	OPEL FIJAŁKOWSKI	M30-39	68		00:00:16	00:14:00	00:24:49	00:36:18	00:47:15	**00:50:15.95**	**00:50:32.80**	+00:17:57 (35.7%)	5:01	11.9 (64.0%)
208	**WOLIŃSKI Dariusz**	**376**	HRMAX	M40-49	83		00:00:11					**00:50:17.20**	**00:50:29.00**	+00:17:58 (35.8%)	5:01	11.9 (64.0%)
209	**SKRABEL Artur**	**431**	STUDIO ENERGIA TEAM RYBNIK	M40-49	84	Studio Energia Team Rybnik	00:00:10	00:14:02	00:24:53	00:36:18	00:47:20	**00:50:19.25**	**00:50:29.35**	+00:18:00 (35.8%)	5:01	11.9 (64.0%)
210	**SIKORA Stefan**	**173**		M70+	2		00:00:16	00:14:17	00:25:02	00:36:27	00:47:13	**00:50:19.60**	**00:50:35.60**	+00:18:01 (35.8%)	5:01	11.9 (64.0%)
211	**MROCZKOWSKI Tomasz**	**309**		M40-49	85		00:00:14	00:14:16	00:25:06	00:36:22	00:47:22	**00:50:24.75**	**00:50:39.00**	+00:18:06 (35.9%)	5:02	11.9 (64.0%)
212	**WOJNAR Janusz**	**331**		M40-49	86		00:00:15	00:14:00	00:25:02	00:36:25	00:47:34	**00:50:26.90**	**00:50:42.70**	+00:18:08 (36.0%)	5:02	11.9 (64.0%)
213	**RASZCZYK Szymon**	**296**	AKTYWNI LYSKI	M40-49	87		00:00:14	00:14:36	00:25:20	00:36:44	00:47:39	**00:50:33.75**	**00:50:48.70**	+00:18:15 (36.1%)	5:03	11.9 (64.0%)
214	**NIEWRZOŁ Łukasz**	**343**		M40-49	88		00:00:10	00:14:18	00:25:15	00:36:50	00:47:42	**00:50:36.20**	**00:50:47.05**	+00:18:17 (36.2%)	5:03	11.9 (64.0%)
215	**KRASKA Wlodzimierz**	**151**	NIEZRZESZONY	M70+	3		00:00:08	00:14:05	00:25:00	00:36:30	00:47:36	**00:50:44.95**	**00:50:53.55**	+00:18:26 (36.3%)	5:04	11.8 (63.4%)
216	**WILK Grzegorz**	**323**		M40-49	89		00:00:09	00:14:23	00:25:15	00:36:37	00:47:46	**00:50:52.75**	**00:51:02.35**	+00:18:34 (36.5%)	5:05	11.8 (63.4%)
217	**BORYCZKA Szymon**	**292**		M40-49	90		00:00:11	00:14:05	00:24:47	00:36:30	00:47:45	**00:50:56.30**	**00:51:07.80**	+00:18:37 (36.6%)	5:05	11.8 (63.4%)
218	**MALICH Dominik**	**501**		M20-29	20		00:00:06	00:14:29	00:25:29	00:36:49	00:48:02	**00:50:58.20**	**00:51:04.35**	+00:18:39 (36.6%)	5:05	11.8 (63.4%)
219	**OLMA Władysław**	**382**	JASTRZĘBIE - BIEGAM BO LUBIĘ	M50-59	24		00:00:10	00:14:02	00:24:57	00:36:24	00:47:48	**00:50:59.85**	**00:51:10.05**	+00:18:41 (36.6%)	5:05	11.8 (63.4%)
220	**STARCZEWSKI Marcin**	**247**		M30-39	69		00:00:09	00:14:15	00:25:09	00:36:28	00:47:52	**00:51:01.90**	**00:51:11.65**	+00:18:43 (36.7%)	5:06	11.8 (63.4%)
221	**JASIŃSKI Maksymilian**	**252**	MARO TEAM JASTRZĘBIE-ŻORY	M60-69	7	MARO Team Jastrzębie-Żory	00:00:19	00:14:55	00:26:01	00:37:21	00:48:15	**00:51:06.60**	**00:51:25.80**	+00:18:48 (36.8%)	5:06	11.7 (62.9%)
222	**KAWIK Janusz**	**255**		M50-59	25		00:00:03	00:14:23	00:25:27	00:37:00	00:48:03	**00:51:06.95**	**00:51:10.35**	+00:18:48 (36.8%)	5:06	11.7 (62.9%)
223	**BOBER Wojciech**	**394**	PIERUNSKIE CANGÓRY	M30-39	70	PieRUNskie CanGóry	00:00:06	00:14:12	00:25:11	00:37:03	00:48:28	**00:51:09.35**	**00:51:15.60**	+00:18:50 (36.8%)	5:06	11.7 (62.9%)
224	**BRÓZDA Tomasz**	**307**	MDM NT TEAM	M30-39	71	MDM NT TEAM	00:00:15	00:14:14	00:24:54	00:36:30	00:48:22	**00:51:26.20**	**00:51:42.00**	+00:19:07 (37.2%)	5:08	11.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
225	**KUBIK Arkadiusz**	**135**	DYSTANS LUBOMIA	M50-59	26		00:00:19	00:14:39	00:25:03	00:36:07	00:48:09	**00:51:32.70**	**00:51:51.90**	+00:19:14 (37.3%)	5:09	11.6 (62.4%)
226	**KRAJCARZ Tomasz**	**432**		M30-39	72		00:00:12	00:14:26	00:25:35	00:37:34	00:48:40	**00:51:33.05**	**00:51:45.55**	+00:19:14 (37.3%)	5:09	11.6 (62.4%)
227	**MARCZYNSKI Sebastian**	**213**	BEACHVOLLEYBALL	M30-39	73		00:00:10	00:14:01	00:25:21	00:37:15	00:48:31	**00:51:37.60**	**00:51:47.70**	+00:19:19 (37.4%)	5:09	11.6 (62.4%)
228	**KROCHMAL Artur**	**274**	MDM NT TEAM	M40-49	91	MDM NT TEAM	00:00:12	00:14:32	00:25:54	00:37:40	00:48:56	**00:51:47.75**	**00:52:00.55**	+00:19:29 (37.6%)	5:10	11.6 (62.4%)
229	**KUBICA Tadeusz**	**425**	NESSI TIME ŻORY	M60-69	8	Nessi Time Żory	00:00:08	00:14:25	00:25:24	00:36:44	00:48:36	**00:51:50.30**	**00:51:58.85**	+00:19:31 (37.7%)	5:11	11.6 (62.4%)
230	**SZCZYRBOWSKI Jan**	**322**		M60-69	9		00:00:12	00:15:05	00:26:27	00:37:57	00:48:58	**00:51:55.90**	**00:52:07.95**	+00:19:37 (37.8%)	5:11	11.6 (62.4%)
231	**RUCIŃSKI Krzysztof**	**190**		M50-59	27		00:00:18	00:15:03	00:26:15	00:37:51	00:48:57	**00:52:02.20**	**00:52:21.10**	+00:19:43 (37.9%)	5:12	11.5 (61.8%)
232	**KUBULUS Tomasz**	**366**	DO PORZYGU OCR TEAM	M40-49	92		00:00:17	00:14:55	00:25:53	00:37:56	00:49:14	**00:52:06.80**	**00:52:24.35**	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
233	**DOMASZK Paweł**	**250**		M20-29	21	Street Spirit-Team Nowak	00:00:15	00:14:34	00:25:56	00:37:41	00:49:14	**00:52:07.30**	**00:52:22.95**	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
234	**HEJNA Artur**	**585**	RADLINIOKI W BIEGU	M50-59	28	Radlinioki w biegu	00:00:11	00:14:24	00:25:28	00:37:29	00:49:04	**00:52:19.95**	**00:52:31.55**	+00:20:01 (38.3%)	5:13	11.5 (61.8%)
235	**PŁASKA Grzegorz**	**473**	WRM MC POLAND	M50-59	29		00:00:08	00:14:08	00:25:21	00:37:20	00:49:14	**00:52:20.75**	**00:52:29.40**	+00:20:02 (38.3%)	5:14	11.5 (61.8%)
236	**WEYGAND Patryk**	**478**	GB GALOPUJĄCE ŚLIMAKI	M40-49	93	Galopujące Ślimaki	00:00:18	00:15:27	00:26:42	00:38:17	00:49:19	**00:52:21.35**	**00:52:40.25**	+00:20:02 (38.3%)	5:14	11.5 (61.8%)
237	**GORZELAK Zbigniew**	**454**		M40-49	94		00:00:18	00:15:23	00:26:42	00:38:18	00:49:19	**00:52:21.40**	**00:52:40.10**	+00:20:02 (38.3%)	5:14	11.5 (61.8%)
238	**TORBIŃSKI Wiesław**	**237**		M70+	4	Szare Morsy	00:00:07	00:14:27	00:25:43	00:37:42	00:49:17	**00:52:25.80**	**00:52:33.35**	+00:20:07 (38.4%)	5:14	11.4 (61.3%)
239	**PIDANTY Łukasz**	**264**		M30-39	74		00:00:12	00:15:13	00:26:48	00:38:36	00:49:47	**00:52:42.85**	**00:52:55.15**	+00:20:24 (38.7%)	5:16	11.4 (61.3%)
240	**MARCINIAK Artur**	**341**		M50-59	30		00:00:21	00:15:13	00:26:39	00:38:18	00:49:41	**00:52:45.50**	**00:53:07.45**	+00:20:27 (38.8%)	5:16	11.4 (61.3%)
241	**MROWCZYK Michał**	**210**		M30-39	75		00:00:09	00:14:41	00:26:00	00:38:00	00:49:57	**00:52:57.50**	**00:53:06.80**	+00:20:39 (39.0%)	5:17	11.3 (60.8%)
242	**BRACHMAŃSKI Dariusz**	**281**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50-59	31		00:00:11	00:15:10	00:26:42	00:38:33	00:49:59	**00:53:06.35**	**00:53:18.05**	+00:20:47 (39.2%)	5:18	11.3 (60.8%)
243	**BAJOR Paweł**	**480**		M40-49	95		00:00:07	00:13:33	00:25:04	00:37:41	00:50:05	**00:53:08.20**	**00:53:15.45**	+00:20:49 (39.2%)	5:18	11.3 (60.8%)
244	**SOJ Przemysław**	**238**		M40-49	96		00:00:18	00:15:06	00:26:21	00:38:25	00:50:13	**00:53:09.80**	**00:53:27.80**	+00:20:51 (39.2%)	5:18	11.3 (60.8%)
245	**JĘDRYKA Sebastian**	**320**	GB GALOPUJĄCE ŚLIMAKI	M40-49	97	Galopujące Ślimaki	00:00:05	00:13:21	00:24:12	00:37:15	00:49:47	**00:53:10.20**	**00:53:15.75**	+00:20:51 (39.2%)	5:19	11.3 (60.8%)
246	**JAWOREK Rafał**	**374**	WSPÓLNA TEAM	M40-49	98		00:00:14	00:15:06	00:26:39	00:38:29	00:49:56	**00:53:10.60**	**00:53:25.05**	+00:20:52 (39.2%)	5:19	11.3 (60.8%)
247	**MISZ Hubert**	**445**	WSPÓLNA TEAM	M40-49	99		00:00:14	00:15:07	00:26:38	00:38:30	00:49:56	**00:53:10.70**	**00:53:25.00**	+00:20:52 (39.2%)	5:19	11.3 (60.8%)
248	**BARAN Dawid**	**364**	DO PORZYGU OCR TEAM	M30-39	76		00:00:18	00:15:27	00:27:05	00:38:53	00:50:17	**00:53:15.00**	**00:53:33.05**	+00:20:56 (39.3%)	5:19	11.3 (60.8%)
249	**JAGIEŁA Marcin**	**354**	KRS TKKF MORSY.PL	M40-49	100		00:00:20	00:15:30	00:27:05	00:38:54	00:50:12	**00:53:20.70**	**00:53:40.80**	+00:21:02 (39.4%)	5:20	11.3 (60.8%)
250	**RASZKA Janusz**	**336**	DARK ONE	M50-59	32		00:00:09	00:15:07	00:26:33	00:38:38	00:50:15	**00:53:22.05**	**00:53:31.05**	+00:21:03 (39.5%)	5:20	11.2 (60.2%)
251	**PIŁATOWSKI Mirosław**	**138**	TL ATHLETICS JASTRZĘBIE	M50-59	33	TL Athletics Jastrzębie	00:00:10	00:15:05	00:26:33	00:38:32	00:50:08	**00:53:22.60**	**00:53:33.40**	+00:21:04 (39.5%)	5:20	11.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
252	**BIEDA Piotr**	**277**	RUNNERS TEAM NYSA	M30-39	77		00:00:09	00:15:20	00:26:51	00:38:59	00:50:31	**00:53:29.70**	**00:53:39.45**	+00:21:11 (39.6%)	5:20	11.2 (60.2%)
253	**ŻYWICA Tadeusz**	**275**		M60-69	10		00:00:15	00:15:20	00:26:46	00:38:37	00:50:21	**00:53:30.60**	**00:53:46.05**	+00:21:12 (39.6%)	5:21	11.2 (60.2%)
254	**OGIERMAN Mariusz**	**245**	SOCIOS SILESIA	M20-29	22		00:00:09	00:14:16	00:25:41	00:38:09	00:50:21	**00:53:35.15**	**00:53:44.85**	+00:21:16 (39.7%)	5:21	11.2 (60.2%)
255	**BAJKACZ Krzysztof**	**429**		M30-39	78		00:00:05	00:14:19	00:25:49	00:38:24	00:50:39	**00:53:45.80**	**00:53:51.50**	+00:21:27 (39.9%)	5:22	11.2 (60.2%)
256	**ZIMNY Ireneusz**	**260**	EKO-OKNA RUNNERS	M40-49	101		00:00:10	00:14:52	00:26:34	00:38:51	00:50:42	**00:53:59.30**	**00:54:09.45**	+00:21:40 (40.2%)	5:23	11.1 (59.7%)
257	**MAKOŚ Tomek**	**428**		M40-49	102		00:00:18	00:16:02	00:27:54	00:39:34	00:51:00	**00:54:01.50**	**00:54:19.50**	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
258	**DEJEWSKI Jakub**	**402**	GB GALOPUJĄCE ŚLIMAKI	M30-39	79	Galopujące Ślimaki	00:00:19	00:15:46	00:27:47	00:39:45	00:51:20	**00:54:01.65**	**00:54:20.95**	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
259	**BADURA Artur**	**521**	JEJKOWICE BIEGAJĄ	M40-49	103	Jejkowice Biegają	00:00:21	00:15:20	00:27:05	00:39:21	00:51:19	**00:54:10.70**	**00:54:32.00**	+00:21:52 (40.4%)	5:25	11.1 (59.7%)
260	**MAZURKIEWICZ Rafał**	**424**		M40-49	104		00:00:06	00:15:13	00:26:55	00:39:13	00:51:09	**00:54:15.15**	**00:54:21.90**	+00:21:56 (40.4%)	5:25	11.1 (59.7%)
261	**TARGOSZ Piotr**	**270**	OLZA CIESZYN	M40-49	105	Olza Cieszyn	00:00:10	00:15:06	00:26:48	00:39:03	00:51:15	**00:54:21.45**	**00:54:32.05**	+00:22:02 (40.6%)	5:26	11 (59.1%)
262	**CIEŚLA Adam**	**350**	RYBNICKI KLUB JU JITSU SPORTOWEGO	M40-49	106	Rybnicki Klub Ju Jitsu Sportowego	00:00:18	00:15:42	00:27:30	00:39:38	00:51:22	**00:54:23.70**	**00:54:42.00**	+00:22:05 (40.6%)	5:26	11 (59.1%)
263	**ŚMIETANA Mariusz**	**471**	TUPOT MAŁYCH STÓPEK	M40-49	107		00:00:11	00:15:00	00:26:30	00:38:46	00:51:02	**00:54:30.95**	**00:54:42.55**	+00:22:12 (40.7%)	5:27	11 (59.1%)
264	**SŁOWIŃSKI Kamil**	**449**		M40-49	108		00:00:16	00:15:44	00:27:32	00:39:39	00:51:23	**00:54:31.80**	**00:54:48.55**	+00:22:13 (40.8%)	5:27	11 (59.1%)
265	**GODEK Grzegorz**	**317**		M30-39	80		00:00:09	00:16:04	00:28:29	00:41:12	00:52:04	**00:54:57.65**	**00:55:06.70**	+00:22:39 (41.2%)	5:29	10.9 (58.6%)
266	**RUDNICKI Maciej**	**525**	BĄBELKI	M50-59	34		00:00:21	00:15:43	00:27:40	00:40:05	00:52:02	**00:55:10.25**	**00:55:31.75**	+00:22:51 (41.4%)	5:31	10.9 (58.6%)
267	**ZMORZYŃSKI Marcin**	**408**		M40-49	109		00:00:14	00:15:25	00:27:15	00:39:58	00:52:09	**00:55:17.60**	**00:55:31.65**	+00:22:59 (41.6%)	5:31	10.9 (58.6%)
268	**KĘDZIERSKI Krzysztof**	**486**		M50-59	35		00:00:08	00:15:16	00:27:05	00:39:44	00:51:55	**00:55:18.45**	**00:55:26.45**	+00:22:59 (41.6%)	5:31	10.8 (58.1%)
269	**MROZEK Maciej**	**365**		M40-49	110		00:00:15	00:15:55	00:27:38	00:40:16	00:52:15	**00:55:22.70**	**00:55:38.50**	+00:23:04 (41.7%)	5:32	10.8 (58.1%)
270	**BORUCKI Dariusz**	**419**		M40-49	111		00:00:17	00:16:05	00:27:56	00:40:20	00:52:19	**00:55:27.25**	**00:55:44.55**	+00:23:08 (41.7%)	5:32	10.8 (58.1%)
271	**POŁOMSKI Jerzy**	**407**	WISAGER ACTIVE	M40-49	112		00:00:18	00:14:49	00:26:36	00:39:18	00:51:57	**00:55:30.35**	**00:55:48.55**	+00:23:11 (41.8%)	5:33	10.8 (58.1%)
272	**JOCHLIK Szymon**	**191**		M30-39	81		00:00:16	00:15:22	00:27:31	00:40:15	00:52:24	**00:55:30.90**	**00:55:47.30**	+00:23:12 (41.8%)	5:33	10.8 (58.1%)
273	**CZARNOTA Leszek**	**465**		M50-59	36		00:00:14	00:15:31	00:27:28	00:40:11	00:52:37	**00:55:46.80**	**00:56:01.35**	+00:23:28 (42.1%)	5:34	10.8 (58.1%)
274	**KONOPKA Jarosław**	**232**		M50-59	37		00:00:18	00:15:35	00:27:32	00:40:17	00:52:23	**00:55:47.10**	**00:56:05.50**	+00:23:28 (42.1%)	5:34	10.8 (58.1%)
275	**GMYREK Michał**	**437**	RODZIC SPORTOWCA	M40-49	113		00:00:09	00:15:38	00:27:54	00:40:48	00:52:41	**00:55:48.05**	**00:55:57.80**	+00:23:29 (42.1%)	5:34	10.8 (58.1%)
276	**NOWOMIEJSKI Sylwester**	**405**	AMATOR	M50-59	38		00:00:04	00:14:54	00:26:54	00:39:45	00:52:24	**00:55:50.85**	**00:55:55.60**	+00:23:32 (42.1%)	5:35	10.7 (57.5%)
277	**ŻYŁA Wojciech**	**582**		M40-49	114		00:00:14	00:14:58	00:27:08	00:40:06	00:52:26	**00:55:51.90**	**00:56:06.60**	+00:23:33 (42.2%)	5:35	10.7 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
278	**GÓRALSKI Jarosław**	**467**		M50-59	39		00:00:06	00:16:10	00:28:15	00:40:44	00:52:44	**00:56:04.30**	**00:56:10.55**	+00:23:45 (42.4%)	5:36	10.7 (57.5%)
279	**WISKULSKI Mateusz**	**483**		M30-39	82		00:00:16	00:15:50	00:27:47	00:40:31	00:52:53	**00:56:19.00**	**00:56:35.60**	+00:24:00 (42.6%)	5:37	10.7 (57.5%)
280	**URBAŃSKI Tomasz**	**482**	MTB KYNDRA KLUB	M30-39	83		00:00:16	00:16:16	00:28:29	00:41:30	00:53:30	**00:56:28.55**	**00:56:45.35**	+00:24:10 (42.8%)	5:38	10.6 (57.0%)
281	**SZCZEPANIK Piotr**	**353**	KLUB BIEGACZA FARTLEK	M30-39	84	Klub Biegacza Fartlek	00:00:14	00:16:55	00:29:16	00:41:36	00:53:32	**00:56:28.75**	**00:56:43.60**	+00:24:10 (42.8%)	5:38	10.6 (57.0%)
282	**MARKOWSKI Jacek**	**441**		M40-49	115		00:00:15	00:16:46	00:29:11	00:41:35	00:53:15	**00:56:32.55**	**00:56:47.70**	+00:24:14 (42.9%)	5:39	10.6 (57.0%)
283	**DUDZIAK Grzegorz**	**321**		M40-49	116		00:00:12	00:15:22	00:27:29	00:40:19	00:53:06	**00:56:36.00**	**00:56:48.20**	+00:24:17 (42.9%)	5:39	10.6 (57.0%)
284	**RUŻAŃSKI Tomasz**	**517**		M40-49	117		00:00:19	00:16:26	00:28:41	00:41:40	00:53:35	**00:56:36.75**	**00:56:56.70**	+00:24:18 (42.9%)	5:39	10.6 (57.0%)
285	**SZCZEPANIAK Aleksander**	**584**		M50-59	40		00:00:21	00:15:46	00:27:47	00:40:38	00:53:16	**00:56:44.40**	**00:57:05.55**	+00:24:25 (43.1%)	5:40	10.6 (57.0%)
286	**PISAREK Witold**	**244**	TOTUTANIEJ.PL	M40-49	118		00:00:14	00:15:14	00:27:15	00:40:52	00:53:56	**00:56:52.75**	**00:57:07.00**	+00:24:34 (43.2%)	5:41	10.6 (57.0%)
287	**BYSTRYKOWSKI Marcin**	**141**	KLUB BIEGACZA FARTLEK	M40-49	119	Klub Biegacza Fartlek	00:00:08	00:15:14	00:27:22	00:40:24	00:53:24	**00:57:01.35**	**00:57:09.65**	+00:24:42 (43.3%)	5:42	10.5 (56.5%)
288	**WALICA Jerzy**	**372**	BIEGAM BO LUBIĘ	M50-59	41		00:00:06	00:16:08	00:28:34	00:41:15	00:53:42	**00:57:04.10**	**00:57:10.85**	+00:24:45 (43.4%)	5:42	10.5 (56.5%)
289	**MALISZEWSKI Dariusz**	**352**		M30-39	85		00:00:07	00:15:25	00:28:02	00:41:23	00:53:54	**00:57:09.25**	**00:57:16.85**	+00:24:50 (43.5%)	5:42	10.5 (56.5%)
290	**STEKLA Bartłomiej**	**378**		M20-29	23		00:00:16	00:15:01	00:27:05	00:40:20	00:53:35	**00:57:11.15**	**00:57:27.65**	+00:24:52 (43.5%)	5:43	10.5 (56.5%)
291	**PODLEŚNY Michał**	**438**	STUDIO ENERGIA TEAM RYBNIK	M30-39	86	Studio Energia Team Rybnik	00:00:04	00:14:15	00:25:57	00:39:20	00:52:59	**00:57:17.65**	**00:57:21.70**	+00:24:59 (43.6%)	5:43	10.5 (56.5%)
292	**CIEŚLA Artur**	**388**		M30-39	87		00:00:19	00:16:10	00:28:43	00:41:56	00:54:24	**00:57:28.10**	**00:57:47.90**	+00:25:09 (43.8%)	5:44	10.4 (55.9%)
293	**STOCHLIŃSKI Szymon**	**440**		M20-29	24		00:00:09	00:16:03	00:28:29	00:41:18	00:54:00	**00:57:33.35**	**00:57:42.95**	+00:25:14 (43.9%)	5:45	10.4 (55.9%)
294	**NAWROCKI Zbigniew**	**170**		M40-49	120		00:00:13	00:15:43	00:28:10	00:41:37	00:54:16	**00:57:39.15**	**00:57:53.05**	+00:25:20 (44.0%)	5:45	10.4 (55.9%)
295	**SWACHTA Konrad**	**564**	KANAPOWCY	M30-39	88		00:00:20	00:16:24	00:28:48	00:41:47	00:54:24	**00:57:53.30**	**00:58:13.35**	+00:25:34 (44.2%)	5:47	10.4 (55.9%)
296	**SOBIERAJ Paweł**	**412**	KLUB BIEGACZA FARTLEK	M40-49	121	Klub Biegacza Fartlek	00:00:13	00:15:27	00:27:55	00:41:32	00:54:25	**00:57:55.10**	**00:58:08.70**	+00:25:36 (44.2%)	5:47	10.4 (55.9%)
297	**MARMURA Marek**	**568**	SILESIA MARATON CLUB	M40-49	122		00:00:08	00:15:43	00:28:20	00:41:41	00:54:29	**00:57:58.10**	**00:58:06.45**	+00:25:39 (44.3%)	5:47	10.4 (55.9%)
298	**KOŁODZIEJ Artur**	**488**		M40-49	123		00:00:03	00:16:06	00:28:43	00:42:08	00:54:47	**00:58:06.45**	**00:58:10.10**	+00:25:47 (44.4%)	5:48	10.3 (55.4%)
299	**PALA Mariusz**	**301**	KOKO DŻAMBO I DO PRZODU	M30-39	89		00:00:09	00:15:17	00:27:38	00:41:19	00:54:42	**00:58:11.55**	**00:58:20.85**	+00:25:53 (44.5%)	5:49	10.3 (55.4%)
300	**JASTRZĘBSKI Igor**	**314**		M20-29	25		00:00:12	00:15:14	00:28:03	00:41:25	00:54:51	**00:58:30.45**	**00:58:42.95**	+00:26:11 (44.8%)	5:51	10.3 (55.4%)
301	**ŁASIEWICKI Sławomir**	**474**		M50-59	42		00:00:10	00:16:22	00:29:00	00:42:16	00:55:02	**00:58:40.00**	**00:58:50.10**	+00:26:21 (44.9%)	5:52	10.2 (54.8%)
302	**GRABALSKI Marcin**	**513**		M30-39	90		00:00:13	00:15:51	00:28:21	00:42:03	00:55:15	**00:58:43.30**	**00:58:56.75**	+00:26:24 (45.0%)	5:52	10.2 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
303	**WŁODARSKI Dariusz**	**579**		M30-39	91		00:00:15	00:15:53	00:29:13	00:43:00	00:55:32	**00:59:05.25**	**00:59:20.25**	+00:26:46 (45.3%)	5:54	10.2 (54.8%)
304	**KUBIK Dariusz**	**544**	SAINT GOBAIN SQUAD	M40-49	124		00:00:06	00:15:08	00:27:48	00:41:52	00:55:47	**00:59:28.95**	**00:59:35.10**	+00:27:10 (45.7%)	5:56	10.1 (54.3%)
305	**WARDENGA Kazimierz**	**522**	JEJKOWICE BIEGAJĄ	M50-59	43	Jejkowice Biegają	00:00:21	00:16:39	00:29:25	00:43:04	00:56:02	**00:59:31.45**	**00:59:52.75**	+00:27:12 (45.7%)	5:57	10.1 (54.3%)
306	**TYRYTKO Jarosław**	**539**	WATAHA	M50-59	44	WATAHA	00:00:17	00:16:56	00:29:49	00:43:20	00:56:09	**00:59:32.25**	**00:59:49.75**	+00:27:13 (45.7%)	5:57	10.1 (54.3%)
307	**MATIOSZEK Patryk**	**510**		M30-39	92		00:00:08	00:17:16	00:30:25	00:44:29	00:56:46	**00:59:37.80**	**00:59:45.90**	+00:27:19 (45.8%)	5:57	10.1 (54.3%)
308	**CHMIEL Jacek**	**240**		M60-69	11		00:00:15	00:16:54	00:29:57	00:43:23	00:56:32	**01:00:08.70**	**01:00:23.70**	+00:27:50 (46.3%)	6:00	10 (53.8%)
309	**MŁYNARCZYK Tomasz**	**383**	PKM ŚNIEŻNE KOTŁY	M60-69	12		00:00:14	00:16:40	00:29:31	00:43:08	00:56:48	**01:00:16.55**	**01:00:30.55**	+00:27:58 (46.4%)	6:01	10 (53.8%)
310	**SOCHA Michał**	**529**	TL POGOŃ RUDA ŚLĄSKA	M50-59	45	TL Pogoń Ruda Śląska	00:00:13	00:16:19	00:31:47	00:44:25	00:57:39	**01:00:48.75**	**01:01:02.45**	+00:28:30 (46.9%)	6:04	9.9 (53.2%)
311	**UKLEJA Sebastian**	**570**		M40-49	125		00:00:02	00:16:13	00:29:25	00:43:22	00:56:57	**01:00:58.85**	**01:01:01.35**	+00:28:40 (47.0%)	6:05	9.8 (52.7%)
312	**LISZKA Mirosław**	**566**		M50-59	46	Radlinioki w biegu	00:00:00		00:57:16			**01:01:04.00**	**01:01:04.00**	+00:28:45 (47.1%)	6:06	9.8 (52.7%)
313	**KRAMER Piotr**	**541**		M40-49	126		00:00:22	00:16:02	00:29:12	00:43:32	00:57:43	**01:01:21.35**	**01:01:43.65**	+00:29:02 (47.3%)	6:08	9.8 (52.7%)
314	**TOMALA Dariusz**	**530**	OPEL FIJAŁKOWSKI	M40-49	127	OPEL FIJAŁKOWSKI	00:00:16	00:16:28	00:29:46	00:44:07	00:57:54	**01:01:26.95**	**01:01:43.40**	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
315	**SOBCZAK Slawek**	**487**	MEGA MOC RACIBÓRZ	M40-49	128		00:00:08	00:17:16	00:30:25	00:44:29	00:57:55	**01:01:27.90**	**01:01:36.65**	+00:29:09 (47.4%)	6:08	9.8 (52.7%)
316	**PYZIK Marcin**	**406**	KLUB BIEGACZA FARTLEK	M40-49	129	Klub Biegacza Fartlek	00:00:14	00:17:00	00:30:01	00:44:06	00:58:22	**01:01:52.00**	**01:02:06.85**	+00:29:33 (47.8%)	6:11	9.7 (52.2%)
317	**MOCHNACZ Patryk**	**479**	ILO - JASTRZĘBIE-ZDRÓJ	M40-49	130		00:00:18	00:16:57	00:30:01	00:44:14	00:58:39	**01:02:23.45**	**01:02:41.70**	+00:30:04 (48.2%)	6:14	9.6 (51.6%)
318	**WILDNER Kamil**	**313**		M20-29	26		00:00:19	00:17:49	00:31:24	00:45:41	00:59:13	**01:02:27.05**	**01:02:46.10**	+00:30:08 (48.3%)	6:14	9.6 (51.6%)
319	**MARYNIOK Patryk**	**492**		M30-39	93		00:00:17	00:16:48	00:30:10	00:44:28	00:58:46	**01:02:28.00**	**01:02:45.05**	+00:30:09 (48.3%)	6:14	9.6 (51.6%)
320	**WOWRA Robert**	**559**		M30-39	94		00:00:22	00:17:37	00:31:03	00:45:12	00:59:05	**01:02:36.20**	**01:02:58.95**	+00:30:17 (48.4%)	6:15	9.6 (51.6%)
321	**WARDACH Tomasz**	**280**		M30-39	95		00:00:13	00:17:01	00:30:33	00:44:53	00:58:59	**01:02:36.65**	**01:02:50.25**	+00:30:18 (48.4%)	6:15	9.6 (51.6%)
322	**PIETRZYK Marek**	**509**		M60-69	13		00:00:17	00:17:08	00:30:27	00:44:48	00:58:55	**01:02:36.85**	**01:02:54.65**	+00:30:18 (48.4%)	6:15	9.6 (51.6%)
323	**CHRAŚCINA Rafał**	**554**		M30-39	96		00:00:22	00:18:12	00:31:34	00:45:39	00:59:03	**01:02:42.70**	**01:03:05.10**	+00:30:24 (48.5%)	6:16	9.6 (51.6%)
324	**MAKOWSKI Grzegorz**	**348**		M30-39	97		00:00:16	00:16:05	00:29:36	00:44:45	00:59:16	**01:03:11.35**	**01:03:27.65**	+00:30:52 (48.9%)	6:19	9.5 (51.1%)
325	**MŁYNARCZYK Jerzy**	**384**	PKM ŚNIEŻNE KOTŁY	M60-69	14		00:00:14	00:17:43	00:31:26	00:46:01	01:00:08	**01:04:04.25**	**01:04:18.30**	+00:31:45 (49.6%)	6:24	9.4 (50.5%)
326	**SIENKIEWICZ Piotr**	**418**	BIEGAM BO LUBIĘ RACIBÓRZ	M60-69	15		00:00:12	00:17:55	00:31:31	00:45:58	01:00:14	**01:04:08.85**	**01:04:21.55**	+00:31:50 (49.6%)	6:24	9.4 (50.5%)
327	**SWIERCZ Janusz**	**381**	WRM MC POLAND	M50-59	47		00:00:11	00:16:23	00:30:22	00:45:16	01:00:12	**01:04:13.90**	**01:04:25.55**	+00:31:55 (49.7%)	6:25	9.3 (50.0%)
328	**WALA Andrzej**	**285**		M40-49	131		00:00:17	00:17:03	00:30:35	00:46:07	01:00:58	**01:05:03.55**	**01:05:20.80**	+00:32:45 (50.3%)	6:30	9.2 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
329	**MARON Tomasz**	**231**	TL ATHLETICS JASTRZĘBIE	M30-39	98	TL Athletics Jastrzębie	00:00:15	00:18:16	00:31:56	00:47:11	01:01:35	**01:05:16.05**	**01:05:31.55**	+00:32:57 (50.5%)	6:31	9.2 (49.5%)
330	**BĘBENEK Marcin**	**363**	GALOPUJĄCE ŚLIMAKI	M40-49	132	Galopujące Ślimaki	00:00:19	00:17:16	00:30:46	00:45:52	01:01:06	**01:05:22.65**	**01:05:42.20**	+00:33:04 (50.6%)	6:32	9.2 (49.5%)
331	**PACUT Szymon**	**452**		M40-49	133		00:00:17	00:17:16	00:32:11	00:47:56	01:03:13	**01:07:09.35**	**01:07:27.30**	+00:34:50 (51.9%)	6:42	8.9 (47.8%)
332	**BANDER Jerzy**	**577**		M50-59	48		00:00:15	00:18:56	00:33:55	00:50:18	01:05:54	**01:10:04.05**	**01:10:19.95**	+00:37:45 (53.9%)	7:00	8.6 (46.2%)
333	**ŚWIERZYŃSKI Ariel**	**527**		M30-39	99		00:00:17	00:20:03	00:35:00	00:51:41	01:07:21	**01:11:25.55**	**01:11:43.10**	+00:39:07 (54.8%)	7:08	8.4 (45.2%)
334	**TRAWNICKI Jan**	**462**		M70+	5		00:00:08	00:20:02	00:36:08	00:53:01	01:09:07	**01:13:20.05**	**01:13:28.35**	+00:41:01 (55.9%)	7:20	8.2 (44.1%)
335	**KUBAS Mariusz**	**461**	KLUB BIEGACZA FARTLEK	M40-49	134	Klub Biegacza Fartlek	00:00:22	00:18:58	00:34:43	00:53:41	01:11:22	**01:16:23.45**	**01:16:46.05**	+00:44:04 (57.7%)	7:38	7.9 (42.5%)
336	**MADEJ Józef**	**481**	ZADYSZKA OŚWIĘCIM	M70+	6	Zadyszka Oświęcim	00:00:21	00:22:57	00:41:12	00:59:52	01:18:37	**01:23:49.00**	**01:24:10.15**	+00:51:30 (61.5%)	8:22	7.2 (38.7%)
337	**HERBA Grzegorz**	**99**	KS GRYF KIETRZ	M40-49	135		00:00:04	00:12:02	00:21:10	00:30:42	00:39:51			+00:09:23	4:14	14.2 (76.3%)
338	**GOLUCH Robert**	**97**	INŻYNIERIA BIEGANIA	M30-39	100		00:00:04	00:11:32	00:20:20	00:29:39				+00:06:15	4:03	14.8 (79.6%)
339	**ZAWIERUCHA Aleksander**	**404**	MARO TEAM JASTRZĘBIR-ŻORY	M50-59	49	MARO Team Jastrzębie-Żory	00:00:19									(0.0%)

Znaleziono 339 wynik(ów)