



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2022-09-17
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepszy Jastrzębianin

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	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		3:32	16.9 (100%)
2	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	+00:01:30 (4.1%)	3:41	16.2 (95.9%)
3	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	+00:01:34 (4.3%)	3:42	16.2 (95.9%)
4	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	+00:02:35 (6.8%)	3:48	15.8 (93.5%)
5	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	+00:03:39 (9.4%)	3:54	15.4 (91.1%)
6	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	+00:04:31 (11.3%)	3:59	15 (88.8%)
7	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	+00:05:03 (12.5%)	4:02	14.8 (87.6%)
8	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	+00:05:06 (12.6%)	4:03	14.8 (87.6%)
9	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	+00:05:49 (14.1%)	4:07	14.6 (86.4%)
10	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	+00:06:47 (16.1%)	4:13	14.2 (84.0%)
11	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	+00:07:04 (16.6%)	4:15	14.1 (83.4%)
12	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	+00:08:18 (19.0%)	4:22	13.7 (81.1%)
13	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	+00:08:27 (19.3%)	4:23	13.7 (81.1%)

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
14	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	+00:08:45 (19.8%)	4:25	13.6 (80.5%)
15	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	+00:08:52 (20.0%)	4:25	13.5 (79.9%)
16	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	+00:08:57 (20.2%)	4:26	13.5 (79.9%)
17	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	+00:09:00 (20.3%)	4:26	13.5 (79.9%)
18	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	+00:09:51 (21.8%)	4:31	13.2 (78.1%)
19	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	+00:10:02 (22.1%)	4:32	13.2 (78.1%)
20	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	+00:10:12 (22.4%)	4:33	13.1 (77.5%)
21	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	+00:10:16 (22.5%)	4:34	13.1 (77.5%)
22	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	+00:10:16 (22.5%)	4:34	13.1 (77.5%)
23	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	+00:10:22 (22.6%)	4:34	13.1 (77.5%)
24	BAKOWSKI 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	+00:10:42 (23.2%)	4:36	13 (76.9%)
25	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	+00:10:44 (23.3%)	4:36	13 (76.9%)
26	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	+00:10:44 (23.3%)	4:37	13 (76.9%)
27	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	+00:10:58 (23.7%)	4:38	12.9 (76.3%)
28	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	+00:11:01 (23.7%)	4:38	12.9 (76.3%)
29	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	+00:11:04 (23.8%)	4:39	12.9 (76.3%)
30	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	+00:11:48 (25.0%)	4:43	12.7 (75.1%)
31	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	+00:11:51 (25.1%)	4:43	12.7 (75.1%)
32	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	+00:11:58 (25.3%)	4:44	12.7 (75.1%)
33	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	+00:12:13 (25.7%)	4:45	12.6 (74.6%)
34	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	+00:12:29 (26.1%)	4:47	12.5 (74.0%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km					
35	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	+00:13:11 (27.1%)	4:51	12.3 (72.8%)
36	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	+00:13:17 (27.3%)	4:52	12.3 (72.8%)
37	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	+00:13:46 (28.0%)	4:55	12.2 (72.2%)
38	NIEŚLAŃCZYK 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	+00:14:03 (28.4%)	4:56	12.1 (71.6%)
39	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	+00:14:04 (28.4%)	4:57	12.1 (71.6%)
40	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	+00:14:09 (28.5%)	4:57	12.1 (71.6%)
41	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	+00:14:15 (28.7%)	4:58	12.1 (71.6%)
42	KAPUSTA Bartłomiej	421		M30-39	65		00:00:00					00:50:03.00	00:50:03.00	+00:14:37 (29.2%)	5:00	12 (71.0%)
43	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	+00:14:38 (29.2%)	5:00	12 (71.0%)
44	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	+00:14:38 (29.2%)	5:00	12 (71.0%)
45	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	+00:14:59 (29.7%)	5:02	11.9 (70.4%)
46	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	+00:15:01 (29.8%)	5:02	11.9 (70.4%)
47	OLMA Władysław	382	JASTRZĘBIE - BIEGAM BO LUBIE	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	+00:15:34 (30.5%)	5:05	11.8 (69.8%)
48	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	+00:15:40 (30.7%)	5:06	11.7 (69.2%)
49	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	+00:16:11 (31.4%)	5:09	11.6 (68.6%)
50	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	+00:16:41 (32.0%)	5:12	11.5 (68.0%)
51	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	+00:16:55 (32.3%)	5:14	11.5 (68.0%)
52	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	+00:16:55 (32.3%)	5:14	11.5 (68.0%)
53	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	+00:16:55 (32.3%)	5:14	11.5 (68.0%)
54	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	+00:17:00 (32.4%)	5:14	11.4 (67.5%)
55	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	+00:17:17 (32.8%)	5:16	11.4 (67.5%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km					
56	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	+00:17:44 (33.4%)	5:19	11.3 (66.9%)
57	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	+00:17:54 (33.6%)	5:20	11.3 (66.9%)
58	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	+00:17:56 (33.6%)	5:20	11.2 (66.3%)
59	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	+00:18:04 (33.8%)	5:21	11.2 (66.3%)
60	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	+00:18:09 (33.9%)	5:21	11.2 (66.3%)
61	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	+00:18:35 (34.4%)	5:24	11.1 (65.7%)
62	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	+00:19:51 (35.9%)	5:31	10.9 (64.5%)
63	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	+00:20:04 (36.2%)	5:33	10.8 (63.9%)
64	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	+00:20:05 (36.2%)	5:33	10.8 (63.9%)
65	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	+00:20:21 (36.5%)	5:34	10.8 (63.9%)
66	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	+00:20:22 (36.5%)	5:34	10.8 (63.9%)
67	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	+00:20:25 (36.6%)	5:35	10.7 (63.3%)
68	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	+00:20:53 (37.1%)	5:37	10.7 (63.3%)
69	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	+00:21:02 (37.3%)	5:38	10.6 (62.7%)
70	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	+00:21:03 (37.3%)	5:38	10.6 (62.7%)
71	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	+00:21:06 (37.3%)	5:39	10.6 (62.7%)
72	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	+00:21:10 (37.4%)	5:39	10.6 (62.7%)
73	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	+00:21:11 (37.4%)	5:39	10.6 (62.7%)
74	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	+00:21:35 (37.9%)	5:42	10.5 (62.1%)
75	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	+00:21:43 (38.0%)	5:42	10.5 (62.1%)
76	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	+00:22:02 (38.4%)	5:44	10.4 (61.5%)
77	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	+00:22:29 (38.8%)	5:47	10.4 (61.5%)

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
78	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	+00:22:40 (39.0%)	5:48	10.3 (60.9%)
79	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	+00:23:04 (39.4%)	5:51	10.3 (60.9%)
80	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	+00:24:42 (41.1%)	6:00	10 (59.2%)
81	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	+00:24:50 (41.2%)	6:01	10 (59.2%)
82	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	+00:25:33 (41.9%)	6:05	9.8 (58.0%)
83	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	+00:25:55 (42.3%)	6:08	9.8 (58.0%)
84	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	+00:26:26 (42.7%)	6:11	9.7 (57.4%)
85	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	+00:26:57 (43.2%)	6:14	9.6 (56.8%)
86	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	+00:27:10 (43.4%)	6:15	9.6 (56.8%)
87	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	+00:27:45 (43.9%)	6:19	9.5 (56.2%)
88	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	+00:28:38 (44.7%)	6:24	9.4 (55.6%)
89	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	+00:29:50 (45.7%)	6:31	9.2 (54.4%)
90	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	+00:29:56 (45.8%)	6:32	9.2 (54.4%)
91	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	+00:35:59 (50.4%)	7:08	8.4 (49.7%)
92	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	+00:37:54 (51.7%)	7:20	8.2 (48.5%)
93	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	+00:40:57 (53.6%)	7:38	7.9 (46.7%)

Znaleziono 93 wynik(ów)