



# TAURON BIEG Z FLAGĄ

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Tauron Bieg z Flagą  
**Organizator:** Śląski Urząd Wojewódzki w Katowicach, Tauron Ciepło sp. z o.o.  
**Data:** 2023-05-02  
**Miejsce:** Katowice  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	BUCZEK Paweł	517	SPLA TYCHY	M 15-34	1	00:16:16.15	00:16:17.70		3:15	18.4 (100%)
2	NOWAK Andrzej	402	NOWAK-TEAM	M 35-50	1	00:16:43.45	00:16:44.30	+00:00:26 (2.6%)	3:20	17.9 (97.3%)
3	ZELECH Rafał	283		M 35-50	2	00:16:47.90	00:16:49.00	+00:00:31 (3.1%)	3:21	17.9 (97.3%)
4	KUROWSKI Andrew	441		M 35-50	3	00:17:03.95	00:17:04.90	+00:00:47 (4.6%)	3:24	17.6 (95.7%)
5	SUROWIEC Michał	36		M 35-50	4	00:17:16.15	00:17:18.05	+00:01:00 (5.8%)	3:27	17.4 (94.6%)
6	IWAN Paweł	461		M 35-50	5	00:17:17.55	00:17:19.05	+00:01:01 (5.9%)	3:27	17.4 (94.6%)
7	OLSZEWSKI Jarosław	126	BIMBER SQUAD	M 35-50	6	00:17:21.15	00:17:23.10	+00:01:05 (6.3%)	3:28	17.3 (94.0%)
8	WALENCIK Jan	292		M 15-34	2	00:17:36.45	00:17:41.20	+00:01:23 (7.9%)	3:31	17 (92.4%)
9	JÓZEFIK Dawid	339		M 35-50	7	00:17:46.75	00:17:49.20	+00:01:31 (8.6%)	3:33	16.9 (91.8%)
10	KAPA Tomasz	78	#CZELADZBIEGA	M 35-50	8	00:17:48.85	00:17:50.55	+00:01:32 (8.7%)	3:33	16.9 (91.8%)
11	ZIĘCINA Maciej	252	ADS MASNA	M 35-50	9	00:17:48.00	00:17:52.40	+00:01:34 (8.8%)	3:33	16.9 (91.8%)
12	RESPONDEK Marcin	426	LECYMY DURŚ	M 35-50	10	00:18:03.55	00:18:05.55	+00:01:47 (9.9%)	3:36	16.6 (90.2%)
13	PSTRAŚ Leszek	160	PARKRUN KATOWICE	M 35-50	11	00:18:07.75	00:18:10.00	+00:01:52 (10.3%)	3:37	16.6 (90.2%)
14	OSETEK Paweł	374	RADLINIOKI W BIEGU	M 35-50	12	00:18:11.35	00:18:13.35	+00:01:55 (10.6%)	3:38	16.5 (89.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>POŁĘĆ Damian</b>	<b>482</b>		M 15-34	3	<b>00:18:21.35</b>	<b>00:18:23.50</b>	+00:02:05 (11.4%)	3:40	16.3 (88.6%)
16	<b>CHMIELORZ Józef</b>	<b>134</b>	CARBON SILESIA SPORT	M 35-50	13	<b>00:18:36.40</b>	<b>00:18:37.35</b>	+00:02:19 (12.5%)	3:43	16.1 (87.5%)
17	<b>BUKAŁA Dawid</b>	<b>514</b>		M 15-34	4	<b>00:18:39.90</b>	<b>00:18:42.35</b>	+00:02:24 (12.9%)	3:43	16.1 (87.5%)
18	<b>MAŚLANKA Tomasz</b>	<b>588</b>		M 51+	1	<b>00:18:45.70</b>	<b>00:18:46.75</b>	+00:02:29 (13.2%)	3:45	16 (87.0%)
19	<b>IWAN Kamil</b>	<b>237</b>	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M 35-50	14	<b>00:18:57.00</b>	<b>00:18:58.95</b>	+00:02:41 (14.2%)	3:47	15.8 (85.9%)
20	<b>PALKA Dawid</b>	<b>983</b>	40 - LATEK TYCHY	M 35-50	15	<b>00:18:57.90</b>	<b>00:19:00.85</b>	+00:02:43 (14.3%)	3:47	15.8 (85.9%)
21	<b>OLEJARZ Piotr</b>	<b>367</b>		M 35-50	16	<b>00:19:04.40</b>	<b>00:19:07.05</b>	+00:02:49 (14.8%)	3:48	15.7 (85.3%)
22	<b>ŚRUBAS Adam</b>	<b>132</b>	CARBON SILESIA SPORT	M 15-34	5	<b>00:19:17.80</b>	<b>00:19:20.15</b>	+00:03:02 (15.7%)	3:51	15.6 (84.8%)
23	<b>SKWORC Grzegorz</b>	<b>81</b>	SKWORC BIEGAM W GÓRACH	M 35-50	17	<b>00:19:18.40</b>	<b>00:19:24.40</b>	+00:03:06 (16.0%)	3:51	15.5 (84.2%)
24	<b>STYPIŃSKI Ewa</b>	<b>151</b>		K 15-34	1	<b>00:19:33.05</b>	<b>00:19:34.85</b>	+00:03:17 (16.8%)	3:54	15.3 (83.2%)
25	<b>SZYMUŚ Rafał</b>	<b>247</b>	AUGUSTEAM	M 51+	2	<b>00:19:34.25</b>	<b>00:19:37.50</b>	+00:03:19 (17.0%)	3:54	15.3 (83.2%)
26	<b>SZAFARCZYK Nicola</b>	<b>116</b>	MAFIA TEAM LUBLINIEC/13 ŚBOT	K 15-34	2	<b>00:19:40.80</b>	<b>00:19:42.50</b>	+00:03:24 (17.3%)	3:56	15.3 (83.2%)
27	<b>CIERNIAK Tomasz</b>	<b>213</b>		M 35-50	18	<b>00:19:51.35</b>	<b>00:19:57.65</b>	+00:03:39 (18.4%)	3:58	15.1 (82.1%)
28	<b>SARAT Tomasz</b>	<b>211</b>	SARATFILMS	M 15-34	6	<b>00:20:00.45</b>	<b>00:20:03.55</b>	+00:03:45 (18.8%)	4:00	15 (81.5%)
29	<b>KOZŁOWSKI Pawel</b>	<b>295</b>	HURAGAN LIGOTA	M 35-50	19	<b>00:20:02.10</b>	<b>00:20:04.75</b>	+00:03:47 (18.8%)	4:00	15 (81.5%)
30	<b>GOŁĘBIOWSKI Konrad</b>	<b>152</b>	CARBON SILESIA SPORT	M 15-34	7	<b>00:20:16.35</b>	<b>00:20:18.55</b>	+00:04:00 (19.8%)	4:03	14.8 (80.4%)
31	<b>KARPIŃSKI Robert</b>	<b>547</b>	KS SPRINT BIELSKO-BIAŁA	M 35-50	20	<b>00:20:16.40</b>	<b>00:20:20.15</b>	+00:04:02 (19.9%)	4:03	14.8 (80.4%)
32	<b>ŁUSZCZ Konrad</b>	<b>113</b>	BIEGOWA KUŹNIA	M 15-34	8	<b>00:20:27.80</b>	<b>00:20:30.95</b>	+00:04:13 (20.6%)	4:05	14.7 (79.9%)
33	<b>SZEWCZYK Urszula</b>	<b>488</b>	AUGUSTEAM	K 35-50	1	<b>00:20:31.35</b>	<b>00:20:34.90</b>	+00:04:17 (20.8%)	4:06	14.6 (79.3%)
34	<b>SZELEST Barbara</b>	<b>489</b>	BURZA TEAM	K 35-50	2	<b>00:20:37.60</b>	<b>00:20:39.60</b>	+00:04:21 (21.1%)	4:07	14.6 (79.3%)
35	<b>MICHALSKI Sebastian</b>	<b>135</b>	CARBON SILESIA SPORT	M 15-34	9	<b>00:20:45.65</b>	<b>00:20:45.65</b>	+00:04:27 (21.5%)	4:09	14.5 (78.8%)
36	<b>MITRĘGA Maciej</b>	<b>450</b>	GREEN BELT RUNNER	M 35-50	21	<b>00:20:43.05</b>	<b>00:20:47.40</b>	+00:04:29 (21.6%)	4:08	14.5 (78.8%)
37	<b>WIERCIAŃSKI Mateusz</b>	<b>611</b>		M 35-50	22	<b>00:20:38.80</b>	<b>00:20:47.60</b>	+00:04:29 (21.6%)	4:07	14.5 (78.8%)

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38	<b>KEMPA Piotr</b>	<b>570</b>		M 35-50	23	<b>00:20:45.30</b>	<b>00:20:49.05</b>	+00:04:31 (21.7%)	4:09	14.5 (78.8%)
39	<b>KISIEL Rafał</b>	<b>118</b>	MORS HUBERTUS MYSŁOWICE	M 15-34	10	<b>00:20:46.45</b>	<b>00:20:52.15</b>	+00:04:34 (21.9%)	4:09	14.4 (78.3%)
40	<b>TULEJA Adam</b>	<b>64</b>	AUGUSTEAM	M 51+	3	<b>00:20:55.55</b>	<b>00:20:55.55</b>	+00:04:37 (22.1%)	4:11	14.3 (77.7%)
41	<b>BRUCH Konrad</b>	<b>158</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 15-34	11	<b>00:20:47.45</b>	<b>00:20:57.10</b>	+00:04:39 (22.2%)	4:09	14.4 (78.3%)
42	<b>ROŹKIEWICZ Grzegorz</b>	<b>241</b>	SP1 MIKOŁÓW	M 35-50	24	<b>00:21:00.35</b>	<b>00:21:04.50</b>	+00:04:46 (22.7%)	4:12	14.3 (77.7%)
43	<b>WIECZOREK Damian</b>	<b>626</b>		M 51+	4	<b>00:20:57.40</b>	<b>00:21:05.15</b>	+00:04:47 (22.7%)	4:11	14.3 (77.7%)
44	<b>WIDZIAK Piotr</b>	<b>509</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M 35-50	25	<b>00:21:03.40</b>	<b>00:21:06.55</b>	+00:04:48 (22.8%)	4:12	14.3 (77.7%)
45	<b>DUDZIK Zenon</b>	<b>60</b>	SK ZEN TIM	M 51+	5	<b>00:21:05.40</b>	<b>00:21:08.45</b>	+00:04:50 (22.9%)	4:13	14.2 (77.2%)
46	<b>STAJER Tomasz</b>	<b>115</b>	ENDURANCE TEAM	M 35-50	26	<b>00:21:05.15</b>	<b>00:21:12.55</b>	+00:04:54 (23.2%)	4:13	14.2 (77.2%)
47	<b>FRONT Paweł</b>	<b>459</b>		M 15-34	12	<b>00:21:07.10</b>	<b>00:21:17.75</b>	+00:05:00 (23.5%)	4:13	14.2 (77.2%)
48	<b>WIATER Tomasz</b>	<b>233</b>		M 35-50	27	<b>00:21:15.65</b>	<b>00:21:19.70</b>	+00:05:02 (23.6%)	4:15	14.1 (76.6%)
49	<b>TULEJA Blanka</b>	<b>63</b>	AUGUSTEAM	K 35-50	3	<b>00:21:19.05</b>	<b>00:21:22.55</b>	+00:05:04 (23.8%)	4:15	14.1 (76.6%)
50	<b>RAUCH Wiesław</b>	<b>490</b>	AUGUSTEAM	M 51+	6	<b>00:21:24.65</b>	<b>00:21:28.55</b>	+00:05:10 (24.1%)	4:16	14 (76.1%)
51	<b>JAKUBOWSKI Dariusz</b>	<b>317</b>	JAKUBSTEAM	M 35-50	28	<b>00:21:30.45</b>	<b>00:21:32.30</b>	+00:05:14 (24.3%)	4:18	14 (76.1%)
52	<b>SENTHIVELRATHINAKUMAR Saravanan Shankaran</b>	<b>479</b>	WARTKIE PIERONY	M 15-34	13	<b>00:21:28.70</b>	<b>00:21:32.70</b>	+00:05:15 (24.4%)	4:17	14 (76.1%)
53	<b>ORLICKI Stanisław</b>	<b>82</b>	ORZEŁ - RUDZE	M 51+	7	<b>00:21:30.70</b>	<b>00:21:35.25</b>	+00:05:17 (24.5%)	4:18	14 (76.1%)
54	<b>MALEJKA Katarzyna</b>	<b>52</b>	ADS MASNA	K 51+	1	<b>00:21:32.45</b>	<b>00:21:36.90</b>	+00:05:19 (24.6%)	4:18	13.9 (75.5%)
55	<b>PLICH Andrzej</b>	<b>236</b>	LECĘ BO CHCE	M 35-50	29	<b>00:21:32.65</b>	<b>00:21:38.40</b>	+00:05:20 (24.7%)	4:18	13.9 (75.5%)
56	<b>BUJAK Marek</b>	<b>307</b>	#CZELADZBIEGA	M 35-50	30	<b>00:21:25.10</b>	<b>00:21:41.30</b>	+00:05:23 (24.9%)	4:17	14 (76.1%)
57	<b>GAJOCHA Michał</b>	<b>156</b>		M 35-50	31	<b>00:21:45.05</b>	<b>00:21:52.75</b>	+00:05:35 (25.5%)	4:21	13.8 (75.0%)
58	<b>POŁĘĆ Sebastian</b>	<b>498</b>		M 15-34	14	<b>00:21:48.70</b>	<b>00:21:53.95</b>	+00:05:36 (25.6%)	4:21	13.8 (75.0%)
59	<b>PAWELCZYK Józef</b>	<b>366</b>	PWR TEAM	M 35-50	32	<b>00:21:58.00</b>	<b>00:22:00.65</b>	+00:05:42 (26.0%)	4:23	13.7 (74.5%)
60	<b>LESICZKA Jakub</b>	<b>427</b>	AUGUSTEAM	M 35-50	33	<b>00:22:00.40</b>	<b>00:22:03.85</b>	+00:05:46 (26.1%)	4:24	13.6 (73.9%)

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61	<b>FALEJCZYK Marcin</b>	<b>326</b>	13 ŚLĄSKA BRYGADA OT	M 15-34	15	<b>00:22:01.95</b>	<b>00:22:06.40</b>	+00:05:48 (26.3%)	4:24	13.6 (73.9%)
62	<b>UMIŃSKA Sława</b>	<b>401</b>	URZĄD MIASTA PIEKARY ŚLĄSKIE	K 35-50	4	<b>00:22:02.20</b>	<b>00:22:06.95</b>	+00:05:49 (26.3%)	4:24	13.6 (73.9%)
63	<b>NOWAK Michał</b>	<b>529</b>	ŚWIĘTOKRZYSKIE DZIKI	M 35-50	34	<b>00:22:01.15</b>	<b>00:22:07.00</b>	+00:05:49 (26.3%)	4:24	13.6 (73.9%)
64	<b>SKORUPA Mariusz</b>	<b>540</b>	ŚWIĘTOKRZYSKIE DZIKI	M 35-50	35	<b>00:22:01.15</b>	<b>00:22:07.30</b>	+00:05:49 (26.3%)	4:24	13.6 (73.9%)
65	<b>HIMEL Adrian</b>	<b>128</b>	NAPRZÓD BORUCIN	M 15-34	16	<b>00:22:05.80</b>	<b>00:22:12.10</b>	+00:05:54 (26.6%)	4:25	13.6 (73.9%)
66	<b>NAWROCKI Piotr</b>	<b>613</b>	CARBON SILESIA SPORT	M 35-50	36	<b>00:22:10.20</b>	<b>00:22:16.50</b>	+00:05:58 (26.8%)	4:26	13.5 (73.4%)
67	<b>PETELCZYC Piotr</b>	<b>363</b>	CARBON SILESIA SPORT	M 35-50	37	<b>00:22:05.65</b>	<b>00:22:16.70</b>	+00:05:59 (26.9%)	4:25	13.6 (73.9%)
68	<b>GILNER Marcin</b>	<b>972</b>		M 35-50	38	<b>00:22:05.10</b>	<b>00:22:19.85</b>	+00:06:02 (27.0%)	4:25	13.6 (73.9%)
69	<b>DOMAGAŁA Damian</b>	<b>29</b>	NIGHT RUNNERS ZABRZE	M 35-50	39	<b>00:22:14.80</b>	<b>00:22:21.55</b>	+00:06:03 (27.1%)	4:26	13.5 (73.4%)
70	<b>MAŁEK Alicja</b>	<b>169</b>	AKADEMIA BIEGANIA	K 35-50	5	<b>00:22:19.05</b>	<b>00:22:22.95</b>	+00:06:05 (27.2%)	4:27	13.4 (72.8%)
71	<b>KASPRZAK Martyna</b>	<b>375</b>	GREEN BELT RUNNER	K 15-34	3	<b>00:22:17.55</b>	<b>00:22:24.40</b>	+00:06:06 (27.3%)	4:27	13.5 (73.4%)
72	<b>BUKOWIEC Piotr</b>	<b>428</b>	AUGUSTEAM	M 35-50	40	<b>00:22:22.30</b>	<b>00:22:26.00</b>	+00:06:08 (27.4%)	4:28	13.4 (72.8%)
72	<b>KRZOSKA Adam</b>	<b>62</b>	AUGUSTEAM	M 35-50	40	<b>00:22:22.20</b>	<b>00:22:26.00</b>	+00:06:08 (27.4%)	4:28	13.4 (72.8%)
74	<b>OPIŁEK Marek</b>	<b>28</b>	BDB TEAM	M 35-50	42	<b>00:22:01.80</b>	<b>00:22:27.80</b>	+00:06:10 (27.5%)	4:24	13.6 (73.9%)
74	<b>RADZIWOŃCZYK Klaudia</b>	<b>109</b>		K 35-50	6	<b>00:22:07.50</b>	<b>00:22:27.80</b>	+00:06:10 (27.5%)	4:25	13.6 (73.9%)
76	<b>MIERZWIŃSKI Jarosław</b>	<b>463</b>		M 35-50	43	<b>00:22:24.40</b>	<b>00:22:31.60</b>	+00:06:13 (27.7%)	4:28	13.4 (72.8%)
77	<b>JANKOWSKI Marcin</b>	<b>32</b>	SAMOTNY BIEGACZ	M 35-50	44	<b>00:22:29.70</b>	<b>00:22:33.90</b>	+00:06:16 (27.8%)	4:29	13.3 (72.3%)
78	<b>SACAŁA Daniel</b>	<b>548</b>		M 35-50	45	<b>00:22:19.50</b>	<b>00:22:34.25</b>	+00:06:16 (27.8%)	4:27	13.4 (72.8%)
79	<b>WOŁCZYK Mariusz</b>	<b>357</b>	CARBON SILESIA SPORT	M 35-50	46	<b>00:21:58.10</b>	<b>00:22:38.85</b>	+00:06:21 (28.0%)	4:23	13.7 (74.5%)
80	<b>MONSIOR Mariusz</b>	<b>332</b>		M 35-50	47	<b>00:22:36.45</b>	<b>00:22:45.00</b>	+00:06:27 (28.4%)	4:31	13.3 (72.3%)
81	<b>CZAPLA Marcin</b>	<b>270</b>		M 15-34	17	<b>00:22:38.30</b>	<b>00:22:45.30</b>	+00:06:27 (28.4%)	4:31	13.3 (72.3%)
82	<b>KOCH Krzysztof</b>	<b>37</b>	BDB TEAM	M 35-50	48	<b>00:22:22.90</b>	<b>00:22:45.60</b>	+00:06:27 (28.4%)	4:28	13.4 (72.8%)
83	<b>ŻERUCHA Krzysztof</b>	<b>371</b>	CARBON SILESIA SPORT	M 15-34	18	<b>00:22:39.20</b>	<b>00:22:51.15</b>	+00:06:33 (28.7%)	4:31	13.2 (71.7%)

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84	<b>OPIŁEK Dorota</b>	<b>27</b>	BDB TEAM	K 35-50	7	<b>00:22:27.85</b>	<b>00:22:52.70</b>	+00:06:35 (28.8%)	4:29	13.4 (72.8%)
85	<b>MYSIAK Krzysztof</b>	<b>59</b>	BDB TEAM	M 35-50	49	<b>00:22:29.60</b>	<b>00:22:56.55</b>	+00:06:38 (29.0%)	4:29	13.3 (72.3%)
86	<b>GORDEL Marcin</b>	<b>431</b>	SZNAPSRUNNERS	M 35-50	50	<b>00:22:48.15</b>	<b>00:22:57.50</b>	+00:06:39 (29.0%)	4:33	13.2 (71.7%)
87	<b>PINKAWA Grzegorz</b>	<b>182</b>	GISZOWIEC BIEGA RAZEM	M 35-50	51	<b>00:22:48.25</b>	<b>00:22:59.00</b>	+00:06:41 (29.1%)	4:33	13.2 (71.7%)
88	<b>SUKIENNIK Sandra</b>	<b>43</b>	SZOMBIERKI DREAM TEAM	K 15-34	4	<b>00:22:52.55</b>	<b>00:23:01.35</b>	+00:06:43 (29.2%)	4:34	13.1 (71.2%)
89	<b>STALMACH Damian</b>	<b>30</b>	LECYMY DURŚ	M 35-50	52	<b>00:23:08.85</b>	<b>00:23:08.85</b>	+00:06:51 (29.6%)	4:37	13 (70.7%)
90	<b>KOWALSKI Bartłomiej</b>	<b>2</b>		M 15-34	19	<b>00:23:02.85</b>	<b>00:23:11.60</b>	+00:06:53 (29.7%)	4:36	13 (70.7%)
91	<b>GOCLIK Marcin</b>	<b>520</b>		M 15-34	20	<b>00:23:08.60</b>	<b>00:23:18.35</b>	+00:07:00 (30.1%)	4:37	13 (70.7%)
92	<b>OLEŚ-ZDECHLIK Beata</b>	<b>319</b>		K 35-50	8	<b>00:23:08.50</b>	<b>00:23:18.70</b>	+00:07:01 (30.1%)	4:37	13 (70.7%)
93	<b>WRĘCZYCKI Ireneusz</b>	<b>525</b>		M 51+	8	<b>00:23:15.25</b>	<b>00:23:20.00</b>	+00:07:02 (30.2%)	4:39	12.9 (70.1%)
94	<b>TRZCIŃSKI Sebastian</b>	<b>595</b>		M 35-50	53	<b>00:23:12.90</b>	<b>00:23:20.25</b>	+00:07:02 (30.2%)	4:38	12.9 (70.1%)
95	<b>IDZIKOWSKA Angelika</b>	<b>262</b>	TRUCHTACZ MYSŁOWICE	K 15-34	5	<b>00:23:14.85</b>	<b>00:23:21.45</b>	+00:07:03 (30.2%)	4:38	12.9 (70.1%)
96	<b>GAJDA Grzegorz</b>	<b>464</b>		M 35-50	54	<b>00:23:15.20</b>	<b>00:23:23.20</b>	+00:07:05 (30.3%)	4:39	12.9 (70.1%)
97	<b>GRUND Damian</b>	<b>181</b>	ŚLĄSKI WYDZIAŁ BIEGOWY NFZ	M 35-50	55	<b>00:23:17.15</b>	<b>00:23:25.00</b>	+00:07:07 (30.4%)	4:39	12.9 (70.1%)
98	<b>POŁĘĆ Jerzy</b>	<b>605</b>		M 51+	9	<b>00:23:20.65</b>	<b>00:23:26.35</b>	+00:07:08 (30.5%)	4:40	12.9 (70.1%)
99	<b>SENDOBRY Artur</b>	<b>370</b>		M 35-50	56	<b>00:23:22.35</b>	<b>00:23:27.60</b>	+00:07:09 (30.5%)	4:40	12.8 (69.6%)
100	<b>MIKODA Artur</b>	<b>511</b>		M 15-34	21	<b>00:23:25.40</b>	<b>00:23:29.30</b>	+00:07:11 (30.6%)	4:41	12.8 (69.6%)
101	<b>WALIGÓRSKI Damian</b>	<b>497</b>		M 15-34	22	<b>00:23:20.45</b>	<b>00:23:30.90</b>	+00:07:13 (30.7%)	4:40	12.9 (70.1%)
102	<b>CZECH Grzegorz</b>	<b>604</b>		M 35-50	57	<b>00:23:25.70</b>	<b>00:23:35.90</b>	+00:07:18 (30.9%)	4:41	12.8 (69.6%)
103	<b>KLIŚ Patrycja</b>	<b>358</b>		K 35-50	9	<b>00:23:32.20</b>	<b>00:23:38.00</b>	+00:07:20 (31.1%)	4:42	12.7 (69.0%)
104	<b>STRYNIAK Tomek</b>	<b>177</b>		M 35-50	58	<b>00:23:27.55</b>	<b>00:23:39.40</b>	+00:07:21 (31.1%)	4:41	12.8 (69.6%)
105	<b>SERAFIŃSKI Marek</b>	<b>598</b>		M 51+	10	<b>00:23:39.40</b>	<b>00:23:42.20</b>	+00:07:24 (31.3%)	4:43	12.7 (69.0%)
106	<b>KAPUŚNIAK Witold</b>	<b>359</b>		M 35-50	59	<b>00:23:27.50</b>	<b>00:23:42.35</b>	+00:07:24 (31.3%)	4:41	12.8 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>MADEJ Marek</b>	<b>51</b>		M 51+	11	<b>00:23:25.60</b>	<b>00:23:45.00</b>	+00:07:27 (31.4%)	4:41	12.8 (69.6%)
108	<b>GURGOŃ Marcin</b>	<b>119</b>	AKTYWNY ŚLĄSKI	M 15-34	23	<b>00:23:42.20</b>	<b>00:23:45.80</b>	+00:07:28 (31.4%)	4:44	12.7 (69.0%)
109	<b>TRĄBAŁA Adam</b>	<b>117</b>		M 35-50	60	<b>00:23:27.75</b>	<b>00:23:48.80</b>	+00:07:31 (31.6%)	4:41	12.8 (69.6%)
110	<b>CIBOROWSKI Kamil</b>	<b>617</b>	BIEGOWA KUŻNIA	M 15-34	24	<b>00:23:36.30</b>	<b>00:23:54.75</b>	+00:07:37 (31.9%)	4:43	12.7 (69.0%)
111	<b>TYTKO Grzegorz</b>	<b>31</b>	BDB TEAM	M 35-50	61	<b>00:23:45.75</b>	<b>00:23:55.35</b>	+00:07:37 (31.9%)	4:45	12.6 (68.5%)
112	<b>MALEJKA Robert</b>	<b>98</b>		M 15-34	25	<b>00:23:49.65</b>	<b>00:23:55.45</b>	+00:07:37 (31.9%)	4:45	12.6 (68.5%)
113	<b>MOLĘDA Marek</b>	<b>368</b>		M 35-50	62	<b>00:23:49.25</b>	<b>00:23:56.40</b>	+00:07:38 (31.9%)	4:45	12.6 (68.5%)
114	<b>SARAT Bernadetta</b>	<b>210</b>	SARATFILMS	K 15-34	6	<b>00:23:55.60</b>	<b>00:24:00.25</b>	+00:07:42 (32.1%)	4:47	12.5 (67.9%)
115	<b>SAPA Dawid</b>	<b>424</b>		M 35-50	63	<b>00:24:02.75</b>	<b>00:24:02.75</b>	+00:07:45 (32.2%)	4:48	12.5 (67.9%)
116	<b>KOŁODZIEJCZYK Mariusz</b>	<b>400</b>		M 35-50	64	<b>00:23:57.15</b>	<b>00:24:04.45</b>	+00:07:46 (32.3%)	4:47	12.5 (67.9%)
117	<b>SZKLARSKI Przemysław</b>	<b>220</b>	CARBON SILESIA SPORT	M 35-50	65	<b>00:23:56.55</b>	<b>00:24:04.50</b>	+00:07:46 (32.3%)	4:47	12.5 (67.9%)
118	<b>SOPEL Arkadiusz</b>	<b>576</b>	GOGGLE PRO ACTIVE	M 51+	12	<b>00:24:05.75</b>	<b>00:24:07.40</b>	+00:07:49 (32.5%)	4:49	12.5 (67.9%)
119	<b>GAJEWSKI Marek</b>	<b>49</b>	BDB TEAM	M 35-50	66	<b>00:23:46.70</b>	<b>00:24:12.60</b>	+00:07:54 (32.7%)	4:45	12.6 (68.5%)
120	<b>GÓRSKA Agnieszka</b>	<b>50</b>	BDB TEAM	K 35-50	10	<b>00:23:48.95</b>	<b>00:24:12.70</b>	+00:07:55 (32.7%)	4:45	12.6 (68.5%)
121	<b>DURAK Wojciech</b>	<b>23</b>		M 35-50	67	<b>00:23:28.75</b>	<b>00:24:12.75</b>	+00:07:55 (32.7%)	4:41	12.8 (69.6%)
122	<b>SZROMEK Patrycja</b>	<b>112</b>		K 15-34	7	<b>00:23:29.25</b>	<b>00:24:12.90</b>	+00:07:55 (32.7%)	4:41	12.8 (69.6%)
123	<b>MALEJKA Piotr</b>	<b>54</b>	ADS MASNA	M 51+	13	<b>00:24:12.50</b>	<b>00:24:17.65</b>	+00:07:59 (32.9%)	4:50	12.4 (67.4%)
124	<b>KURCOŃ Przemek</b>	<b>65</b>		M 15-34	26	<b>00:24:08.90</b>	<b>00:24:19.30</b>	+00:08:01 (33.0%)	4:49	12.4 (67.4%)
125	<b>ZIELIŃSKA Katarzyna</b>	<b>296</b>	HURAGAN LIGOTA	K 35-50	11	<b>00:24:14.95</b>	<b>00:24:20.35</b>	+00:08:02 (33.1%)	4:50	12.4 (67.4%)
126	<b>RELIGA Kinga</b>	<b>83</b>		K 51+	2	<b>00:24:17.70</b>	<b>00:24:23.55</b>	+00:08:05 (33.2%)	4:51	12.4 (67.4%)
127	<b>OLSZEWSKI Łukasz</b>	<b>615</b>		M 35-50	68	<b>00:23:56.05</b>	<b>00:24:25.05</b>	+00:08:07 (33.3%)	4:47	12.5 (67.9%)
128	<b>RYBAK Remigiusz</b>	<b>328</b>		M 35-50	69	<b>00:24:05.10</b>	<b>00:24:26.75</b>	+00:08:09 (33.3%)	4:49	12.5 (67.9%)
129	<b>BOROWSKI Szymon</b>	<b>976</b>		M 15-34	27	<b>00:24:20.75</b>	<b>00:24:30.05</b>	+00:08:12 (33.5%)	4:52	12.3 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>WOJACZEK Tomasz</b>	<b>102</b>	E-PLECY	M 35-50	70	<b>00:23:44.30</b>	<b>00:24:31.25</b>	+00:08:13 (33.5%)	4:44	12.6 (68.5%)
130	<b>CIERNIAK Klaudia</b>	<b>216</b>		K 35-50	12	<b>00:24:22.80</b>	<b>00:24:31.25</b>	+00:08:13 (33.5%)	4:52	12.3 (66.8%)
132	<b>ZAWADA Andrzej</b>	<b>269</b>		M 15-34	28	<b>00:24:26.00</b>	<b>00:24:33.30</b>	+00:08:15 (33.6%)	4:53	12.3 (66.8%)
133	<b>MOROŃ Artur</b>	<b>275</b>	TAURON OBSŁUGA KLIENTA	M 35-50	71	<b>00:24:17.95</b>	<b>00:24:33.60</b>	+00:08:15 (33.7%)	4:51	12.4 (67.4%)
134	<b>WROŃSKA Beata</b>	<b>242</b>		K 35-50	13	<b>00:24:29.75</b>	<b>00:24:36.05</b>	+00:08:18 (33.8%)	4:53	12.3 (66.8%)
135	<b>KĘSICKI Robert</b>	<b>86</b>	SUPERBOHATEROBERT	M 35-50	72	<b>00:24:23.00</b>	<b>00:24:40.85</b>	+00:08:23 (34.0%)	4:52	12.3 (66.8%)
136	<b>CZERWIŃSKI Wojciech</b>	<b>542</b>		M 15-34	29	<b>00:23:59.95</b>	<b>00:24:40.90</b>	+00:08:23 (34.0%)	4:47	12.5 (67.9%)
137	<b>BOROWSKI Dawid</b>	<b>226</b>		M 15-34	30	<b>00:24:01.30</b>	<b>00:24:42.90</b>	+00:08:25 (34.1%)	4:48	12.5 (67.9%)
138	<b>MYRTA Dawid</b>	<b>467</b>		M 15-34	31	<b>00:24:24.30</b>	<b>00:24:48.55</b>	+00:08:30 (34.3%)	4:52	12.3 (66.8%)
139	<b>MAJCHRZAK Paweł</b>	<b>197</b>		M 35-50	73	<b>00:24:00.55</b>	<b>00:24:49.20</b>	+00:08:31 (34.3%)	4:48	12.5 (67.9%)
140	<b>WINKLER Tadeusz</b>	<b>435</b>		M 35-50	74	<b>00:24:30.00</b>	<b>00:24:49.50</b>	+00:08:31 (34.4%)	4:54	12.2 (66.3%)
141	<b>KOWAL Sławomir</b>	<b>501</b>		M 35-50	75	<b>00:24:21.45</b>	<b>00:24:53.80</b>	+00:08:36 (34.5%)	4:52	12.3 (66.8%)
142	<b>STĘCLIK Tomasz</b>	<b>632</b>		M 35-50	76	<b>00:24:51.15</b>	<b>00:24:59.95</b>	+00:08:42 (34.8%)	4:58	12.1 (65.8%)
143	<b>WARCZALA Adam</b>	<b>376</b>	CARBON SILESIA	M 15-34	32	<b>00:24:12.60</b>	<b>00:25:00.25</b>	+00:08:42 (34.8%)	4:50	12.4 (67.4%)
144	<b>OLEKSY Krzysztof</b>	<b>246</b>	ADS MASNA	M 51+	14	<b>00:24:42.40</b>	<b>00:25:00.55</b>	+00:08:42 (34.8%)	4:56	12.1 (65.8%)
145	<b>SITKO Rafał</b>	<b>364</b>		M 35-50	77	<b>00:24:53.00</b>	<b>00:25:07.85</b>	+00:08:50 (35.2%)	4:58	12.1 (65.8%)
146	<b>WAWRO Małgorzata</b>	<b>57</b>		K 51+	3	<b>00:24:51.20</b>	<b>00:25:08.50</b>	+00:08:50 (35.2%)	4:58	12.1 (65.8%)
147	<b>SZKLORZ Sylwester</b>	<b>34</b>	OBYWATEL S.S.	M 51+	15	<b>00:24:50.55</b>	<b>00:25:09.65</b>	+00:08:51 (35.2%)	4:58	12.1 (65.8%)
148	<b>PAWELEC Rafał</b>	<b>227</b>	MORS HUBERTUS	M 35-50	78	<b>00:24:28.00</b>	<b>00:25:09.80</b>	+00:08:52 (35.2%)	4:53	12.3 (66.8%)
149	<b>AUGUSTYNIAK Karina</b>	<b>349</b>		K 15-34	8	<b>00:24:48.80</b>	<b>00:25:10.15</b>	+00:08:52 (35.3%)	4:57	12.1 (65.8%)
150	<b>KASPERCZYK Damian</b>	<b>585</b>		M 35-50	79	<b>00:24:56.70</b>	<b>00:25:10.65</b>	+00:08:52 (35.3%)	4:59	12 (65.2%)
151	<b>WIECZOREK Łukasz</b>	<b>394</b>		M 15-34	33	<b>00:24:55.90</b>	<b>00:25:14.75</b>	+00:08:57 (35.5%)	4:59	12 (65.2%)
152	<b>ŚLUSAREK Paweł</b>	<b>271</b>		M 35-50	80	<b>00:25:11.10</b>	<b>00:25:16.35</b>	+00:08:58 (35.5%)	5:02	11.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>KWARCIŃSKA Maria</b>	<b>38</b>	BDB TEAM	K 35-50	14	<b>00:24:52.60</b>	<b>00:25:18.90</b>	+00:09:01 (35.6%)	4:58	12.1 (65.8%)
154	<b>DOMBEK Andrzej</b>	<b>162</b>	BIEGAMYSLOWICE	M 51+	16	<b>00:24:59.45</b>	<b>00:25:21.10</b>	+00:09:03 (35.7%)	4:59	12 (65.2%)
155	<b>MAZUR Krzysztof</b>	<b>284</b>		M 35-50	81	<b>00:25:14.10</b>	<b>00:25:23.90</b>	+00:09:06 (35.8%)	5:02	11.9 (64.7%)
156	<b>BORYCZKA Szymon</b>	<b>316</b>	BORUŚTEAM	M 35-50	82	<b>00:25:04.45</b>	<b>00:25:25.80</b>	+00:09:08 (35.9%)	5:00	12 (65.2%)
157	<b>STOGOWSKI Grzegorz</b>	<b>75</b>	PENDOLINO TEAM	M 35-50	83	<b>00:24:51.05</b>	<b>00:25:27.25</b>	+00:09:09 (36.0%)	4:58	12.1 (65.8%)
158	<b>RADZIK Łukasz</b>	<b>993</b>		M 15-34	34	<b>00:25:16.90</b>	<b>00:25:28.20</b>	+00:09:10 (36.0%)	5:03	11.9 (64.7%)
159	<b>STOCHMIAŁEK Dominik</b>	<b>453</b>		M 15-34	35	<b>00:24:42.40</b>	<b>00:25:29.00</b>	+00:09:11 (36.1%)	4:56	12.1 (65.8%)
160	<b>HERMAN Ireneusz</b>	<b>74</b>	PENDOLINO TEAM	M 35-50	84	<b>00:24:52.90</b>	<b>00:25:29.10</b>	+00:09:11 (36.1%)	4:58	12.1 (65.8%)
161	<b>KUBACZYŃSKI Dariusz</b>	<b>114</b>	DRAGON RUNNERS	M 51+	17	<b>00:25:20.95</b>	<b>00:25:32.10</b>	+00:09:14 (36.2%)	5:04	11.8 (64.1%)
162	<b>MYSIAK Beata</b>	<b>47</b>	BDB TEAM	K 35-50	15	<b>00:25:10.85</b>	<b>00:25:35.60</b>	+00:09:17 (36.3%)	5:02	11.9 (64.7%)
163	<b>WIECZOREK Radosław</b>	<b>507</b>		M 15-34	36	<b>00:25:25.25</b>	<b>00:25:38.50</b>	+00:09:20 (36.5%)	5:05	11.8 (64.1%)
164	<b>STOCHMIAŁEK Sabina</b>	<b>454</b>		K 15-34	9	<b>00:24:54.60</b>	<b>00:25:40.75</b>	+00:09:23 (36.5%)	4:58	12 (65.2%)
165	<b>JAGIEŁŁO Damian</b>	<b>48</b>		M 15-34	37	<b>00:25:17.85</b>	<b>00:25:41.15</b>	+00:09:23 (36.6%)	5:03	11.9 (64.7%)
166	<b>NIEMCZAK Marek</b>	<b>587</b>		M 35-50	85	<b>00:25:36.70</b>	<b>00:25:41.75</b>	+00:09:24 (36.6%)	5:07	11.7 (63.6%)
167	<b>KARDYŚ Aleksy</b>	<b>601</b>	KU AZS UNIWERSYTET RZESZOWSKII	M 35-50	86	<b>00:25:27.10</b>	<b>00:25:43.00</b>	+00:09:25 (36.6%)	5:05	11.8 (64.1%)
168	<b>CIOŁEK-ŻELECHOWSKI Jarosław</b>	<b>449</b>		M 15-34	38	<b>00:24:56.95</b>	<b>00:25:44.40</b>	+00:09:26 (36.7%)	4:59	12 (65.2%)
169	<b>BOBER Wojciech</b>	<b>154</b>	PIERUNSKIE CANGÓRY	M 15-34	39	<b>00:25:45.00</b>	<b>00:25:47.75</b>	+00:09:30 (36.8%)	5:09	11.7 (63.6%)
170	<b>JĘDRZEJEK Krzysztof</b>	<b>280</b>		M 35-50	87	<b>00:25:46.55</b>	<b>00:25:52.55</b>	+00:09:34 (37.0%)	5:09	11.6 (63.0%)
171	<b>BAIC Maciej</b>	<b>434</b>		M 15-34	40	<b>00:25:44.70</b>	<b>00:25:54.10</b>	+00:09:36 (37.1%)	5:08	11.7 (63.6%)
172	<b>KASPERCZYK Aleksandra</b>	<b>523</b>	BBL	K 35-50	16	<b>00:25:32.65</b>	<b>00:25:54.85</b>	+00:09:37 (37.1%)	5:06	11.7 (63.6%)
173	<b>SIKORA Arkadiusz</b>	<b>24</b>	AUGUSTEAM	M 35-50	88	<b>00:25:45.65</b>	<b>00:25:57.80</b>	+00:09:40 (37.2%)	5:09	11.7 (63.6%)
174	<b>RADKOWSKI Dariusz</b>	<b>471</b>	NPM RUN MAGEDDON	M 35-50	89	<b>00:25:47.70</b>	<b>00:26:00.90</b>	+00:09:43 (37.4%)	5:09	11.6 (63.0%)
175	<b>PACUŁA Piotr</b>	<b>129</b>		M 51+	18	<b>00:26:00.55</b>	<b>00:26:01.85</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>OCHMANN Tomasz</b>	<b>170</b>		M 35-50	90	<b>00:25:51.30</b>	<b>00:26:03.90</b>	+00:09:46 (37.5%)	5:10	11.6 (63.0%)
177	<b>BRZEZINA Rafał</b>	<b>15</b>	BOHEMA	M 35-50	91	<b>00:25:34.05</b>	<b>00:26:08.30</b>	+00:09:50 (37.7%)	5:06	11.7 (63.6%)
178	- -	<b>992</b>				<b>00:26:09.00</b>	<b>00:26:21.15</b>	+00:10:03 (38.2%)	5:13	11.5 (62.5%)
179	<b>WOJTANOWSKI Konrad</b>	<b>257</b>	MORS FERAJNA MYSLOWICE	M 15-34	41	<b>00:26:15.30</b>	<b>00:26:28.70</b>	+00:10:11 (38.5%)	5:15	11.4 (62.0%)
180	<b>LIPKA Grzegorz</b>	<b>287</b>	ENDURANCE TEAM	M 35-50	92	<b>00:25:56.75</b>	<b>00:26:29.65</b>	+00:10:11 (38.5%)	5:11	11.6 (63.0%)
181	<b>JASKOT Joanna</b>	<b>354</b>		K 35-50	17	<b>00:25:48.80</b>	<b>00:26:34.35</b>	+00:10:16 (38.7%)	5:09	11.6 (63.0%)
182	<b>KAMINSKA Dorota</b>	<b>330</b>		K 15-34	10	<b>00:26:33.95</b>	<b>00:26:37.25</b>	+00:10:19 (38.8%)	5:18	11.3 (61.4%)
183	<b>SZNAJDER Marcel</b>	<b>206</b>		M 15-34	42	<b>00:26:05.45</b>	<b>00:26:39.00</b>	+00:10:21 (38.9%)	5:13	11.5 (62.5%)
184	<b>BRYŁKA Sebastian</b>	<b>419</b>		M 15-34	43	<b>00:26:24.80</b>	<b>00:26:40.15</b>	+00:10:22 (38.9%)	5:16	11.4 (62.0%)
185	<b>MENDOŃ Piotr</b>	<b>66</b>		M 15-34	44	<b>00:25:52.10</b>	<b>00:26:41.90</b>	+00:10:24 (39.0%)	5:10	11.6 (63.0%)
186	<b>BUJAK-KAPA Dorota</b>	<b>620</b>	#CZELADZBIEGA	K 35-50	18	<b>00:26:23.40</b>	<b>00:26:41.95</b>	+00:10:24 (39.0%)	5:16	11.4 (62.0%)
187	<b>GÓRA Katarzyna</b>	<b>218</b>		K 15-34	11	<b>00:26:06.20</b>	<b>00:26:48.10</b>	+00:10:30 (39.2%)	5:13	11.5 (62.5%)
188	<b>PIWOWOŃSKA Katarzyna</b>	<b>285</b>		K 35-50	19	<b>00:26:42.10</b>	<b>00:26:49.80</b>	+00:10:32 (39.3%)	5:20	11.2 (60.9%)
189	<b>SZYDZINA Mariusz</b>	<b>143</b>	ZIELONE ZAŁĘZE	M 35-50	93	<b>00:26:23.20</b>	<b>00:26:49.85</b>	+00:10:32 (39.3%)	5:16	11.4 (62.0%)
190	<b>LORISZ Damian</b>	<b>204</b>	OPP KATOWICE, GREENBELTRUNNER	M 35-50	94	<b>00:25:57.30</b>	<b>00:26:50.25</b>	+00:10:32 (39.3%)	5:11	11.6 (63.0%)
191	<b>HEBDA-OLSZÓWKA Aleksandra</b>	<b>203</b>	GREENBELTRUNNER	K 35-50	20	<b>00:25:57.65</b>	<b>00:26:51.05</b>	+00:10:33 (39.3%)	5:11	11.6 (63.0%)
192	<b>KALUNJU Daniel</b>	<b>977</b>		M 15-34	45	<b>00:26:50.15</b>	<b>00:26:51.40</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
193	<b>HELIOS Aleksandra</b>	<b>19</b>		K 35-50	21	<b>00:26:43.40</b>	<b>00:26:51.75</b>	+00:10:34 (39.3%)	5:20	11.2 (60.9%)
194	<b>ADAMCZYK Grzegorz</b>	<b>70</b>	AUGUSTEAM	M 51+	19	<b>00:26:33.15</b>	<b>00:26:53.05</b>	+00:10:35 (39.4%)	5:18	11.3 (61.4%)
195	<b>CHWAŁEK Mateusz</b>	<b>389</b>	WARRIORS KATOWICE	M 15-34	46	<b>00:26:11.80</b>	<b>00:26:56.15</b>	+00:10:38 (39.5%)	5:14	11.5 (62.5%)
196	<b>MÓL Wioletta</b>	<b>315</b>	#CZELADZBIEGA	K 51+	4	<b>00:26:37.95</b>	<b>00:26:56.40</b>	+00:10:38 (39.5%)	5:19	11.3 (61.4%)
197	<b>FRANCUG Piotr</b>	<b>470</b>	NPM RUN MAGEDDON	M 15-34	47	<b>00:26:50.95</b>	<b>00:27:03.85</b>	+00:10:46 (39.8%)	5:22	11.2 (60.9%)
198	<b>GRUSZKA Marian</b>	<b>149</b>	TRUCHTACZ MYSŁOWICE	M 51+	20	<b>00:26:47.00</b>	<b>00:27:08.90</b>	+00:10:51 (40.0%)	5:21	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	<b>DOMINIK Michał</b>	<b>228</b>		M 35-50	95	<b>00:26:39.25</b>	<b>00:27:13.95</b>	+00:10:56 (40.2%)	5:19	11.3 (61.4%)
200	<b>KUBAS Grzegorz</b>	<b>209</b>	TAURON TEAM	M 51+	21	<b>00:27:02.95</b>	<b>00:27:15.25</b>	+00:10:57 (40.2%)	5:24	11.1 (60.3%)
201	<b>BOJDA Damian</b>	<b>516</b>		M 15-34	48	<b>00:26:59.15</b>	<b>00:27:15.65</b>	+00:10:57 (40.2%)	5:23	11.1 (60.3%)
202	<b>GRUSZKIEWICZ Sylwia</b>	<b>188</b>	BORKOTEAM	K 35-50	22	<b>00:27:04.30</b>	<b>00:27:18.90</b>	+00:11:01 (40.3%)	5:24	11.1 (60.3%)
203	<b>MYALSKA Katarzyna</b>	<b>361</b>	CARBON SILESIA SPORT	K 35-50	23	<b>00:27:10.60</b>	<b>00:27:22.05</b>	+00:11:04 (40.5%)	5:26	11 (59.8%)
204	<b>JURECZKO Joanna</b>	<b>415</b>		K 15-34	12	<b>00:27:07.75</b>	<b>00:27:23.40</b>	+00:11:05 (40.5%)	5:25	11.1 (60.3%)
205	<b>SKWORC Betina</b>	<b>84</b>		K 35-50	24	<b>00:27:17.05</b>	<b>00:27:23.55</b>	+00:11:05 (40.5%)	5:27	11 (59.8%)
206	<b>ĆWIELONG Dolores</b>	<b>430</b>		K 15-34	13	<b>00:27:15.90</b>	<b>00:27:24.90</b>	+00:11:07 (40.6%)	5:27	11 (59.8%)
207	<b>SOBOLEWSKI Piotr</b>	<b>353</b>	#CZELADZBIEGA	M 51+	22	<b>00:27:14.20</b>	<b>00:27:28.00</b>	+00:11:10 (40.7%)	5:26	11 (59.8%)
208	<b>WYLEŻOŁ Jarosław</b>	<b>881</b>		M 35-50	96	<b>00:27:16.85</b>	<b>00:27:29.30</b>	+00:11:11 (40.7%)	5:27	11 (59.8%)
209	<b>WOŹNIAK Ewelina</b>	<b>378</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 35-50	25	<b>00:26:55.25</b>	<b>00:27:29.50</b>	+00:11:11 (40.7%)	5:23	11.1 (60.3%)
210	<b>MAJ Joanna</b>	<b>157</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 35-50	26	<b>00:26:58.55</b>	<b>00:27:29.60</b>	+00:11:11 (40.7%)	5:23	11.1 (60.3%)
211	<b>PIĄTKOWSKA Magdalena</b>	<b>460</b>		K 35-50	27	<b>00:27:04.45</b>	<b>00:27:32.90</b>	+00:11:15 (40.8%)	5:24	11.1 (60.3%)
212	<b>MAKOS Adam</b>	<b>163</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	97	<b>00:26:58.90</b>	<b>00:27:34.50</b>	+00:11:16 (40.9%)	5:23	11.1 (60.3%)
213	<b>MAĆKOWIAK Maciej</b>	<b>194</b>		M 15-34	49	<b>00:26:33.50</b>	<b>00:27:37.55</b>	+00:11:19 (41.0%)	5:18	11.3 (61.4%)
214	<b>MAĆKOWIAK Patrycja</b>	<b>193</b>		K 15-34	14	<b>00:26:35.85</b>	<b>00:27:38.90</b>	+00:11:21 (41.1%)	5:19	11.3 (61.4%)
215	<b>BURAKOWSKA Małgorzata</b>	<b>301</b>	#CZELADZBIEGA	K 35-50	28	<b>00:27:08.55</b>	<b>00:27:39.60</b>	+00:11:21 (41.1%)	5:25	11.1 (60.3%)
216	<b>KOŚCIAŃSKA Marta</b>	<b>397</b>		K 15-34	15	<b>00:27:19.70</b>	<b>00:27:42.10</b>	+00:11:24 (41.2%)	5:27	11 (59.8%)
217	<b>BIEL Michał</b>	<b>496</b>		M 15-34	50	<b>00:27:21.05</b>	<b>00:27:45.45</b>	+00:11:27 (41.3%)	5:28	11 (59.8%)
218	<b>SZYMCZYK Robert</b>	<b>219</b>		M 35-50	98	<b>00:27:19.80</b>	<b>00:27:50.40</b>	+00:11:32 (41.5%)	5:27	11 (59.8%)
219	<b>NIEDZIAŁKOWSKI Wiktor</b>	<b>504</b>		M 15-34	51	<b>00:27:33.45</b>	<b>00:27:50.70</b>	+00:11:33 (41.5%)	5:30	10.9 (59.2%)
220	<b>NOWAKOWSKI Filip</b>	<b>40</b>		M 15-34	52	<b>00:27:44.05</b>	<b>00:27:53.55</b>	+00:11:35 (41.6%)	5:32	10.8 (58.7%)
221	<b>GOLAŃSKI Damian</b>	<b>312</b>		M 35-50	99	<b>00:27:47.10</b>	<b>00:27:53.75</b>	+00:11:36 (41.6%)	5:33	10.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	<b>MĄDRY Anna</b>	<b>500</b>	CARBON SILESIA SPORT	K 35-50	29	<b>00:27:15.10</b>	<b>00:28:01.25</b>	+00:11:43 (41.8%)	5:27	11 (59.8%)
223	<b>OLEŚ Alicja</b>	<b>486</b>		K 51+	5	<b>00:27:42.30</b>	<b>00:28:03.35</b>	+00:11:45 (41.9%)	5:32	10.8 (58.7%)
223	<b>LORENZ Janusz</b>	<b>360</b>		M 51+	23	<b>00:27:10.65</b>	<b>00:28:03.35</b>	+00:11:45 (41.9%)	5:26	11 (59.8%)
225	<b>MICHALAK Rafał</b>	<b>17</b>		M 35-50	100	<b>00:27:36.70</b>	<b>00:28:10.75</b>	+00:11:53 (42.2%)	5:31	10.9 (59.2%)
226	<b>PLESZCZYŃSKA Iwona</b>	<b>522</b>	HDK TRÓJKOLOROWI	K 35-50	30	<b>00:27:46.25</b>	<b>00:28:15.90</b>	+00:11:58 (42.3%)	5:33	10.8 (58.7%)
227	<b>MACHALICA Jacek</b>	<b>457</b>	FAMUŁA TEAM	M 35-50	101	<b>00:27:53.40</b>	<b>00:28:16.15</b>	+00:11:58 (42.4%)	5:34	10.8 (58.7%)
228	<b>SOCHA Michał</b>	<b>556</b>	WARTKIE PIERONY	M 51+	24	<b>00:27:52.10</b>	<b>00:28:17.60</b>	+00:11:59 (42.4%)	5:34	10.8 (58.7%)
229	<b>HERZ Krzysztof</b>	<b>26</b>		M 15-34	53	<b>00:28:09.40</b>	<b>00:28:21.25</b>	+00:12:03 (42.5%)	5:37	10.7 (58.2%)
230	<b>SUSEŁ Aleksander</b>	<b>148</b>		M 35-50	102	<b>00:27:54.50</b>	<b>00:28:22.20</b>	+00:12:04 (42.6%)	5:34	10.8 (58.7%)
231	<b>JELIŃSKI Andrzej</b>	<b>110</b>	HDK PCK BASIA	M 35-50	103	<b>00:28:11.40</b>	<b>00:28:24.95</b>	+00:12:07 (42.7%)	5:38	10.6 (57.6%)
231	<b>BOCHYNEK Katarzyna</b>	<b>536</b>		K 35-50	31	<b>00:27:27.65</b>	<b>00:28:24.95</b>	+00:12:07 (42.7%)	5:29	10.9 (59.2%)
233	<b>BOCHYNEK Czesław</b>	<b>535</b>		M 35-50	104	<b>00:27:27.55</b>	<b>00:28:25.20</b>	+00:12:07 (42.7%)	5:29	10.9 (59.2%)
234	<b>BUZE Kamila</b>	<b>73</b>		K 35-50	32	<b>00:28:16.75</b>	<b>00:28:29.95</b>	+00:12:12 (42.8%)	5:39	10.6 (57.6%)
235	<b>GAMZA Bogna</b>	<b>167</b>		K 35-50	33	<b>00:28:11.30</b>	<b>00:28:30.15</b>	+00:12:12 (42.8%)	5:38	10.6 (57.6%)
236	<b>KASZUBA Beata</b>	<b>599</b>		K 35-50	34	<b>00:28:22.95</b>	<b>00:28:33.35</b>	+00:12:15 (42.9%)	5:40	10.6 (57.6%)
237	<b>RUCIŃSKA Sylwia</b>	<b>344</b>		K 15-34	16	<b>00:28:13.25</b>	<b>00:28:33.50</b>	+00:12:15 (42.9%)	5:38	10.6 (57.6%)
238	<b>KOSAŁKA-PASSIA Ewelina</b>	<b>58</b>	RADIO KATOWICE	K 35-50	35	<b>00:28:15.55</b>	<b>00:28:36.80</b>	+00:12:19 (43.1%)	5:39	10.6 (57.6%)
239	<b>LOCH Agnieszka</b>	<b>131</b>	RADIO KATOWICE	K 35-50	36	<b>00:28:15.70</b>	<b>00:28:37.45</b>	+00:12:19 (43.1%)	5:39	10.6 (57.6%)
240	<b>FENDRYCH Daniel</b>	<b>362</b>		M 15-34	54	<b>00:28:31.50</b>	<b>00:28:41.15</b>	+00:12:23 (43.2%)	5:42	10.5 (57.1%)
241	<b>WROŃSKA Magdalena</b>	<b>243</b>		K 35-50	37	<b>00:28:36.25</b>	<b>00:28:42.55</b>	+00:12:24 (43.2%)	5:43	10.5 (57.1%)
242	<b>BRZDEK Sebastian</b>	<b>103</b>		M 35-50	105	<b>00:28:18.00</b>	<b>00:28:42.95</b>	+00:12:25 (43.3%)	5:39	10.6 (57.6%)
243	<b>ZASADA Robert</b>	<b>68</b>		M 35-50	106	<b>00:28:17.25</b>	<b>00:28:44.15</b>	+00:12:26 (43.3%)	5:39	10.6 (57.6%)
244	<b>TARABASZ Michał</b>	<b>593</b>		M 15-34	55	<b>00:28:20.00</b>	<b>00:28:45.55</b>	+00:12:27 (43.3%)	5:40	10.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	<b>GUROK Patryk</b>	<b>444</b>		M 15-34	56	<b>00:27:54.85</b>	<b>00:28:46.35</b>	+00:12:28 (43.4%)	5:34	10.8 (58.7%)
246	<b>KLOC Marzena</b>	<b>345</b>	ZABIEGANA ZOŁZA	K 51+	6	<b>00:28:28.10</b>	<b>00:28:47.20</b>	+00:12:29 (43.4%)	5:41	10.5 (57.1%)
247	<b>BLAUT-KUBANEK Anna</b>	<b>231</b>		K 35-50	38	<b>00:28:42.55</b>	<b>00:28:47.50</b>	+00:12:29 (43.4%)	5:44	10.5 (57.1%)
248	<b>MUTHUKRISHNANILANGO VAN Muralikrishnaa</b>	<b>485</b>		M 15-34	57	<b>00:28:40.55</b>	<b>00:28:48.90</b>	+00:12:31 (43.4%)	5:44	10.5 (57.1%)
249	<b>JAROSZ Piotr</b>	<b>249</b>	BUSHIDO WARSZAWA	M 15-34	58	<b>00:28:38.35</b>	<b>00:28:53.50</b>	+00:12:35 (43.6%)	5:43	10.5 (57.1%)
250	<b>RÓŻYCKA Wiola</b>	<b>178</b>		K 35-50	39	<b>00:28:42.60</b>	<b>00:28:55.25</b>	+00:12:37 (43.7%)	5:44	10.5 (57.1%)
251	<b>SIENKIEWICZ Urszula</b>	<b>987</b>		K 35-50	40	<b>00:28:27.25</b>	<b>00:28:57.20</b>	+00:12:39 (43.7%)	5:41	10.5 (57.1%)
252	<b>SROM Adam</b>	<b>986</b>		M 15-34	59	<b>00:28:27.05</b>	<b>00:28:57.40</b>	+00:12:39 (43.7%)	5:41	10.5 (57.1%)
253	<b>KAMIŃSKA Krystyna</b>	<b>289</b>	BIEGAMYŚŁOWICE	K 51+	7	<b>00:28:37.45</b>	<b>00:28:58.50</b>	+00:12:40 (43.8%)	5:43	10.5 (57.1%)
254	<b>MICHALIK Ewelina</b>	<b>139</b>		K 15-34	17	<b>00:28:52.95</b>	<b>00:29:02.05</b>	+00:12:44 (43.9%)	5:46	10.4 (56.5%)
255	<b>POBIEDZIŃSKA Karolina</b>	<b>313</b>	#CZELADZBIEGA	K 15-34	18	<b>00:28:44.00</b>	<b>00:29:03.75</b>	+00:12:46 (43.9%)	5:44	10.4 (56.5%)
256	<b>KOŁODZIEJCZYK Adam</b>	<b>314</b>	#CZELADZBIEGA	M 35-50	107	<b>00:28:44.10</b>	<b>00:29:03.80</b>	+00:12:46 (43.9%)	5:44	10.4 (56.5%)
257	<b>KRZYŻYK Tomasz</b>	<b>336</b>		M 15-34	60	<b>00:28:50.55</b>	<b>00:29:05.10</b>	+00:12:47 (44.0%)	5:46	10.4 (56.5%)
258	<b>RATAJCZAK Piotr</b>	<b>350</b>		M 15-34	61	<b>00:28:54.30</b>	<b>00:29:08.40</b>	+00:12:50 (44.1%)	5:46	10.4 (56.5%)
259	<b>GWÓZDŹ Mariusz</b>	<b>223</b>		M 35-50	108	<b>00:28:55.75</b>	<b>00:29:09.95</b>	+00:12:52 (44.1%)	5:47	10.4 (56.5%)
260	<b>IWAN Ania</b>	<b>248</b>	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	K 35-50	41	<b>00:29:05.80</b>	<b>00:29:10.15</b>	+00:12:52 (44.1%)	5:49	10.3 (56.0%)
261	<b>CHMIELORZ Małgorzata</b>	<b>308</b>		K 35-50	42	<b>00:28:52.55</b>	<b>00:29:12.85</b>	+00:12:55 (44.2%)	5:46	10.4 (56.5%)
262	<b>FRYDRYSIAK Sylwia</b>	<b>338</b>	ZABIEGANA ZOŁZA	K 51+	8	<b>00:28:52.80</b>	<b>00:29:12.95</b>	+00:12:55 (44.2%)	5:46	10.4 (56.5%)
263	<b>SZYMAŃSKI Piotr</b>	<b>306</b>	CZELADŹ BIEGA	M 35-50	109	<b>00:28:52.80</b>	<b>00:29:13.10</b>	+00:12:55 (44.2%)	5:46	10.4 (56.5%)
264	<b>BRZEZINA Klaudia</b>	<b>274</b>		K 15-34	19	<b>00:29:02.40</b>	<b>00:29:17.35</b>	+00:12:59 (44.4%)	5:48	10.3 (56.0%)
265	<b>KUREK Michał</b>	<b>395</b>	ZAMARCHWIŚCIE	M 15-34	62	<b>00:29:05.00</b>	<b>00:29:20.65</b>	+00:13:02 (44.5%)	5:49	10.3 (56.0%)
266	<b>WITOR Marek</b>	<b>458</b>	MK TEAM	M 15-34	63	<b>00:29:03.75</b>	<b>00:29:20.95</b>	+00:13:03 (44.5%)	5:48	10.3 (56.0%)
267	<b>WŁODARZ Michał</b>	<b>443</b>		M 35-50	110	<b>00:29:03.00</b>	<b>00:29:21.30</b>	+00:13:03 (44.5%)	5:48	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	<b>MŁYNARSKI Bruno</b>	<b>612</b>	AMENORUN	M 15-34	64	<b>00:29:13.55</b>	<b>00:29:30.10</b>	+00:13:12 (44.8%)	5:50	10.3 (56.0%)
269	<b>MICHALAK-JURZYCA Sandra</b>	<b>580</b>		K 35-50	43	<b>00:29:19.90</b>	<b>00:29:31.05</b>	+00:13:13 (44.8%)	5:51	10.2 (55.4%)
270	<b>TYLNICKI Szymon</b>	<b>420</b>	MADMICZKI MONICZKI	M 15-34	65	<b>00:28:36.95</b>	<b>00:29:31.75</b>	+00:13:14 (44.8%)	5:43	10.5 (57.1%)
271	<b>MARUTHUPANDIAN Rajesh Pandian</b>	<b>481</b>		M 15-34	66	<b>00:29:31.70</b>	<b>00:29:36.35</b>	+00:13:18 (45.0%)	5:54	10.2 (55.4%)
272	<b>RASZYK Andrzej</b>	<b>573</b>		M 51+	25	<b>00:29:11.20</b>	<b>00:29:36.45</b>	+00:13:18 (45.0%)	5:50	10.3 (56.0%)
273	<b>WÓJTOWICZ Iwona</b>	<b>196</b>	WATAH-ŁĄCZY NAS BIEGANIE	K 35-50	44	<b>00:29:26.60</b>	<b>00:29:38.05</b>	+00:13:20 (45.0%)	5:53	10.2 (55.4%)
274	<b>SŁABASZEWSKI Kamil</b>	<b>104</b>	HARPAGAN BEAST JAWORZNO	M 15-34	67	<b>00:29:27.20</b>	<b>00:29:38.10</b>	+00:13:20 (45.0%)	5:53	10.2 (55.4%)
275	<b>ŁĘTOWSKI Dariusz</b>	<b>105</b>		M 15-34	68	<b>00:29:28.25</b>	<b>00:29:38.30</b>	+00:13:20 (45.0%)	5:53	10.2 (55.4%)
276	<b>DUDEK Dawid</b>	<b>365</b>		M 35-50	111	<b>00:29:12.95</b>	<b>00:29:41.70</b>	+00:13:24 (45.1%)	5:50	10.3 (56.0%)
277	<b>KLISZEWSKI Dariusz</b>	<b>425</b>		M 51+	26	<b>00:29:19.05</b>	<b>00:29:46.35</b>	+00:13:28 (45.3%)	5:51	10.2 (55.4%)
278	<b>NOLYWAJKA Monika</b>	<b>383</b>		K 35-50	45	<b>00:29:34.60</b>	<b>00:29:47.70</b>	+00:13:30 (45.3%)	5:54	10.1 (54.9%)
279	<b>CIASTO Dominik</b>	<b>187</b>		M 15-34	69	<b>00:29:18.15</b>	<b>00:29:51.50</b>	+00:13:33 (45.4%)	5:51	10.2 (55.4%)
280	<b>WŁODARZ Julia</b>	<b>990</b>		K 15-34	20	<b>00:29:37.05</b>	<b>00:29:54.50</b>	+00:13:36 (45.5%)	5:55	10.1 (54.9%)
281	<b>SOCHA Marlena</b>	<b>555</b>	WARTKIE PIERONY	K 35-50	46	<b>00:29:30.85</b>	<b>00:29:55.80</b>	+00:13:38 (45.6%)	5:54	10.2 (55.4%)
282	<b>PUCHAŁA Ewelina</b>	<b>200</b>		K 35-50	47	<b>00:29:18.75</b>	<b>00:29:55.90</b>	+00:13:38 (45.6%)	5:51	10.2 (55.4%)
283	<b>DOMAŃSKI Radosław</b>	<b>201</b>		M 35-50	112	<b>00:29:19.05</b>	<b>00:29:56.50</b>	+00:13:38 (45.6%)	5:51	10.2 (55.4%)
284	<b>SZMIGIEL Mariusz</b>	<b>159</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	113	<b>00:29:27.25</b>	<b>00:29:59.05</b>	+00:13:41 (45.7%)	5:53	10.2 (55.4%)
285	<b>KINEL Agnieszka</b>	<b>179</b>	POŻYJEMY ZOBACZYMY	K 35-50	48	<b>00:29:27.40</b>	<b>00:29:59.10</b>	+00:13:41 (45.7%)	5:53	10.2 (55.4%)
286	<b>LISON Sandra</b>	<b>348</b>		K 35-50	49	<b>00:29:45.25</b>	<b>00:30:02.45</b>	+00:13:44 (45.8%)	5:57	10.1 (54.9%)
287	<b>KUŁAK Mikołaj</b>	<b>337</b>		M 15-34	70	<b>00:29:45.60</b>	<b>00:30:03.95</b>	+00:13:46 (45.8%)	5:57	10.1 (54.9%)
288	<b>WESOŁOWSKI Adam</b>	<b>192</b>	PARKRUN KATOWICE	M 35-50	114	<b>00:29:19.25</b>	<b>00:30:05.05</b>	+00:13:47 (45.8%)	5:51	10.2 (55.4%)
288	<b>ZIÓŁEK Adam</b>	<b>199</b>		M 35-50	114	<b>00:29:19.85</b>	<b>00:30:05.05</b>	+00:13:47 (45.8%)	5:51	10.2 (55.4%)
290	<b>MACHAŁA Dariusz</b>	<b>215</b>		M 51+	27	<b>00:29:50.25</b>	<b>00:30:07.40</b>	+00:13:49 (45.9%)	5:58	10.1 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	<b>SODOWSKI Marek</b>	<b>173</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	116	<b>00:29:32.95</b>	<b>00:30:08.40</b>	+00:13:50 (45.9%)	5:54	10.2 (55.4%)
292	<b>PIECHULA Tomasz</b>	<b>422</b>		M 35-50	117	<b>00:29:56.60</b>	<b>00:30:08.95</b>	+00:13:51 (46.0%)	5:59	10 (54.3%)
293	<b>MIŚTA Arkadiusz</b>	<b>469</b>	BRAK	M 51+	28	<b>00:29:37.75</b>	<b>00:30:10.20</b>	+00:13:52 (46.0%)	5:55	10.1 (54.9%)
294	<b>DZIEDZIC Bogdan</b>	<b>475</b>	MORS HUBERTUS	M 51+	29	<b>00:29:26.80</b>	<b>00:30:17.75</b>	+00:14:00 (46.2%)	5:53	10.2 (55.4%)
295	<b>GWÓZDŹ Roman</b>	<b>473</b>	MORS HUBERTUS	M 51+	30	<b>00:29:26.10</b>	<b>00:30:18.05</b>	+00:14:00 (46.2%)	5:53	10.2 (55.4%)
296	<b>BINDA Jacek</b>	<b>195</b>	NO LIMITS	M 51+	31	<b>00:30:07.80</b>	<b>00:30:19.75</b>	+00:14:02 (46.3%)	6:01	10 (54.3%)
297	<b>SITKO Sylwester</b>	<b>304</b>		M 51+	32	<b>00:29:48.95</b>	<b>00:30:20.00</b>	+00:14:02 (46.3%)	5:57	10.1 (54.9%)
298	<b>PRZYBYCIŃSKA Kamila</b>	<b>222</b>		K 35-50	50	<b>00:30:08.60</b>	<b>00:30:22.70</b>	+00:14:05 (46.4%)	6:01	10 (54.3%)
299	<b>LECHOWSKA Joanna</b>	<b>259</b>		K 35-50	51	<b>00:30:05.70</b>	<b>00:30:38.75</b>	+00:14:21 (46.8%)	6:01	10 (54.3%)
300	<b>RYBSKI Grzegorz</b>	<b>343</b>		M 35-50	118	<b>00:30:18.65</b>	<b>00:30:38.95</b>	+00:14:21 (46.8%)	6:03	9.9 (53.8%)
301	<b>RYBARSKI Przemysław</b>	<b>634</b>		M 51+	33	<b>00:30:06.15</b>	<b>00:30:44.90</b>	+00:14:27 (47.0%)	6:01	10 (54.3%)
302	<b>STAROŃ Jagoda</b>	<b>224</b>		K 15-34	21	<b>00:30:34.80</b>	<b>00:30:48.35</b>	+00:14:30 (47.1%)	6:06	9.8 (53.3%)
303	<b>SŁOTA Paweł</b>	<b>404</b>	URZĄD MIASTA PIEKARY ŚLĄSKIE	M 35-50	119	<b>00:30:30.85</b>	<b>00:30:49.95</b>	+00:14:32 (47.1%)	6:06	9.8 (53.3%)
304	<b>SZINCEL Natalia</b>	<b>616</b>		K 15-34	22	<b>00:30:35.70</b>	<b>00:30:51.60</b>	+00:14:33 (47.2%)	6:07	9.8 (53.3%)
305	<b>MUL Paulina</b>	<b>624</b>	CARBON SILESIA SPORT	K 15-34	23	<b>00:30:40.95</b>	<b>00:30:55.95</b>	+00:14:38 (47.3%)	6:08	9.8 (53.3%)
306	<b>MROZEK Mirosława</b>	<b>276</b>		K 35-50	52	<b>00:30:43.10</b>	<b>00:30:57.55</b>	+00:14:39 (47.4%)	6:08	9.8 (53.3%)
307	<b>ZYCH Małgorzata</b>	<b>305</b>		K 15-34	24	<b>00:30:30.30</b>	<b>00:31:00.65</b>	+00:14:42 (47.5%)	6:06	9.8 (53.3%)
308	<b>ZYCH Wioleta</b>	<b>303</b>		K 35-50	53	<b>00:30:30.00</b>	<b>00:31:01.25</b>	+00:14:43 (47.5%)	6:06	9.8 (53.3%)
309	<b>SIEJA Krystian</b>	<b>392</b>		M 15-34	71	<b>00:30:42.55</b>	<b>00:31:01.30</b>	+00:14:43 (47.5%)	6:08	9.8 (53.3%)
310	<b>BOREJSZO Ilona</b>	<b>384</b>		K 35-50	54	<b>00:30:48.15</b>	<b>00:31:02.45</b>	+00:14:44 (47.5%)	6:09	9.7 (52.7%)
311	<b>MAGIERA Dagmara</b>	<b>515</b>		K 35-50	55	<b>00:31:00.95</b>	<b>00:31:03.95</b>	+00:14:46 (47.5%)	6:12	9.7 (52.7%)
312	<b>PALKA Cyprian</b>	<b>333</b>		M 35-50	120	<b>00:30:54.50</b>	<b>00:31:09.05</b>	+00:14:51 (47.7%)	6:10	9.7 (52.7%)
313	<b>SZURAJ Adam</b>	<b>207</b>		M 15-34	72	<b>00:30:39.20</b>	<b>00:31:13.05</b>	+00:14:55 (47.8%)	6:07	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	PALETA Karolina	508		K 15-34	25	00:31:05.05	00:31:13.80	+00:14:56 (47.8%)	6:13	9.7 (52.7%)
315	DRAGON Mirosław	321		M 51+	34	00:30:50.25	00:31:14.20	+00:14:56 (47.8%)	6:10	9.7 (52.7%)
316	MAJCHRZYK Dorota	309	#CZELADZBIEGA	K 35-50	56	00:30:57.15	00:31:16.65	+00:14:58 (47.9%)	6:11	9.7 (52.7%)
317	BIELECKI Mariusz	311		M 51+	35	00:30:57.60	00:31:17.30	+00:14:59 (47.9%)	6:11	9.7 (52.7%)
318	STRZAŁKOWSKI Patryk	39		M 15-34	73	00:31:12.60	00:31:21.75	+00:15:04 (48.0%)	6:14	9.6 (52.2%)
319	JANOTA Anna	279	FRELKI	K 35-50	57	00:31:10.60	00:31:21.90	+00:15:04 (48.0%)	6:14	9.6 (52.2%)
320	GALWAS Agnieszka	133	KLUB BIEGACZY JYSK	K 35-50	58	00:30:51.40	00:31:22.95	+00:15:05 (48.1%)	6:10	9.7 (52.7%)
321	KOWALSKI-NEUKIRCH Henryk	538	TRUCHTACZ MYSŁOWICE	M 51+	36	00:30:48.30	00:31:23.15	+00:15:05 (48.1%)	6:09	9.7 (52.7%)
322	MAŚLANKA Sabina	589		K 35-50	59	00:30:57.30	00:31:23.30	+00:15:05 (48.1%)	6:11	9.7 (52.7%)
323	WOITZIK Klaudia	340		K 15-34	26	00:30:43.35	00:31:26.50	+00:15:08 (48.2%)	6:08	9.8 (53.3%)
324	SWOBODA Krzysztof	121		M 35-50	121	00:30:53.00	00:31:32.60	+00:15:14 (48.3%)	6:10	9.7 (52.7%)
325	ŻEBROWSKA Matylda	478	MORS HUBERTUS MYSŁOWICE	K 35-50	60	00:30:53.10	00:31:42.05	+00:15:24 (48.6%)	6:10	9.7 (52.7%)
326	WIERZBICKA Dorota	512		K 15-34	27	00:31:28.35	00:31:43.50	+00:15:25 (48.6%)	6:17	9.5 (51.6%)
326	FORYŚ Maciej	513		M 15-34	74	00:31:27.70	00:31:43.50	+00:15:25 (48.6%)	6:17	9.5 (51.6%)
328	BRZEZINA Karolina	18	BOHEMA	K 35-50	61	00:31:17.90	00:31:45.65	+00:15:27 (48.7%)	6:15	9.6 (52.2%)
329	RÓŻYCKA-FRYT Katarzyna	396	BIEGAMYSLOWICE	K 35-50	62	00:31:26.60	00:31:49.00	+00:15:31 (48.8%)	6:17	9.5 (51.6%)
330	GÓRSKA Beata	606		K 35-50	63	00:31:22.70	00:31:51.85	+00:15:34 (48.9%)	6:16	9.6 (52.2%)
331	KULESZEWICZ Justyna	42		K 15-34	28	00:31:24.85	00:31:55.40	+00:15:37 (49.0%)	6:16	9.6 (52.2%)
331	RESPONDEK Lilianna	988		K 51+	9	00:31:36.50	00:31:55.40	+00:15:37 (49.0%)	6:19	9.5 (51.6%)
333	MAJOS Karolina	140	CARBON SILESIA SPORT	K 15-34	29	00:31:46.55	00:31:56.45	+00:15:38 (49.0%)	6:21	9.4 (51.1%)
334	VEERAMANI Gopinath	480		M 15-34	75	00:31:50.20	00:31:58.25	+00:15:40 (49.0%)	6:22	9.4 (51.1%)
335	WIECZOREK Jarosław	1		M 35-50	122	00:31:47.50	00:31:59.80	+00:15:42 (49.1%)	6:21	9.4 (51.1%)
336	KIDA Monika	277		K 35-50	64	00:31:50.80	00:32:07.65	+00:15:49 (49.3%)	6:22	9.4 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
336	<b>JANKOWSKI Jarosław</b>	<b>594</b>	ST. ROWEROWE RENEGACI BYTOM	M 35-50	123	<b>00:31:43.60</b>	<b>00:32:07.65</b>	+00:15:49 (49.3%)	6:20	9.5 (51.6%)
338	<b>BARTKIEWICZ Przemysław</b>	<b>447</b>		M 35-50	124	<b>00:31:35.55</b>	<b>00:32:08.05</b>	+00:15:50 (49.3%)	6:19	9.5 (51.6%)
339	<b>SKAWIŃSKA Joanna</b>	<b>251</b>		K 15-34	30	<b>00:31:46.95</b>	<b>00:32:11.30</b>	+00:15:53 (49.4%)	6:21	9.4 (51.1%)
340	<b>GOŁĘBIEWSKA Paulina</b>	<b>153</b>	CARBON SILESIA SPORT	K 15-34	31	<b>00:32:00.80</b>	<b>00:32:12.45</b>	+00:15:54 (49.4%)	6:24	9.4 (51.1%)
340	<b>MŁYNARSKA Bernadetta</b>	<b>477</b>		K 15-34	31	<b>00:32:00.60</b>	<b>00:32:12.45</b>	+00:15:54 (49.4%)	6:24	9.4 (51.1%)
342	<b>NEUMAN Grzegorz</b>	<b>250</b>		M 35-50	125	<b>00:31:48.25</b>	<b>00:32:12.65</b>	+00:15:54 (49.4%)	6:21	9.4 (51.1%)
343	<b>KOZIEŁ Sandra</b>	<b>341</b>		K 15-34	33	<b>00:31:30.45</b>	<b>00:32:14.25</b>	+00:15:56 (49.5%)	6:18	9.5 (51.6%)
344	<b>MASKA Katarzyna</b>	<b>168</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 35-50	65	<b>00:31:57.10</b>	<b>00:32:15.75</b>	+00:15:58 (49.5%)	6:23	9.4 (51.1%)
345	<b>MOLĘDA Ewelina</b>	<b>385</b>		K 15-34	34	<b>00:32:16.60</b>	<b>00:32:23.70</b>	+00:16:06 (49.7%)	6:27	9.3 (50.5%)
346	<b>ŻYWICA Dorota</b>	<b>55</b>	HURAGAN LIGOTA	K 35-50	66	<b>00:32:02.75</b>	<b>00:32:24.95</b>	+00:16:07 (49.7%)	6:24	9.4 (51.1%)
347	<b>KAMIŃSKI Marcin</b>	<b>323</b>	GRUBIORZE LOTAJOM	M 35-50	126	<b>00:31:27.90</b>	<b>00:32:27.65</b>	+00:16:09 (49.8%)	6:17	9.5 (51.6%)
348	<b>FIJAŁKOWSKA Angelika</b>	<b>325</b>		K 15-34	35	<b>00:31:28.55</b>	<b>00:32:28.65</b>	+00:16:10 (49.8%)	6:17	9.5 (51.6%)
349	<b>TAMIOŁA Kamila</b>	<b>638</b>		K 35-50	67	<b>00:32:12.95</b>	<b>00:32:33.25</b>	+00:16:15 (49.9%)	6:26	9.3 (50.5%)
350	<b>TYCZYŃSKA Justyna</b>	<b>408</b>	SZNAPSRUNNERS	K 35-50	68	<b>00:32:20.65</b>	<b>00:32:34.75</b>	+00:16:17 (50.0%)	6:28	9.3 (50.5%)
351	<b>RUMIANOWSKA Karolina</b>	<b>412</b>		K 15-34	36	<b>00:32:17.45</b>	<b>00:32:44.45</b>	+00:16:26 (50.2%)	6:27	9.3 (50.5%)
352	<b>ŁUKASIEWICZ Mateusz</b>	<b>411</b>		M 15-34	76	<b>00:32:18.05</b>	<b>00:32:44.65</b>	+00:16:26 (50.2%)	6:27	9.3 (50.5%)
353	<b>WOJTYŁA-OLSZEWSKA Patrycja</b>	<b>127</b>	BIMBER SQUAD	K 35-50	69	<b>00:32:32.80</b>	<b>00:32:49.35</b>	+00:16:31 (50.4%)	6:30	9.2 (50.0%)
354	<b>PLESZCZYŃSKI Kamil</b>	<b>407</b>	HDK TRÓJKOLOROWI	M 35-50	127	<b>00:32:23.25</b>	<b>00:32:53.85</b>	+00:16:36 (50.5%)	6:28	9.3 (50.5%)
355	<b>ŁACH Wioletta</b>	<b>521</b>	.	K 15-34	37	<b>00:32:47.35</b>	<b>00:32:55.00</b>	+00:16:37 (50.5%)	6:33	9.2 (50.0%)
356	<b>SZYNDLER Marek</b>	<b>147</b>		M 35-50	128	<b>00:32:38.40</b>	<b>00:32:55.25</b>	+00:16:37 (50.5%)	6:31	9.2 (50.0%)
357	<b>GRABOWSKA Karolina</b>	<b>145</b>		K 35-50	70	<b>00:32:38.95</b>	<b>00:32:55.65</b>	+00:16:37 (50.5%)	6:31	9.2 (50.0%)
358	<b>BINIEK Marcin</b>	<b>519</b>	.	M 35-50	129	<b>00:32:48.15</b>	<b>00:32:55.70</b>	+00:16:38 (50.5%)	6:33	9.1 (49.5%)
359	<b>ŚLOSARCZYK Ewelina</b>	<b>254</b>		K 35-50	71	<b>00:32:20.05</b>	<b>00:33:06.80</b>	+00:16:49 (50.8%)	6:28	9.3 (50.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	<b>POŁCIK Justyna</b>	<b>398</b>		K 35-50	72	<b>00:32:44.65</b>	<b>00:33:06.85</b>	+00:16:49 (50.8%)	6:32	9.2 (50.0%)
361	<b>KRYSHMARU Viktor</b>	<b>239</b>		M 51+	37	<b>00:33:03.25</b>	<b>00:33:08.45</b>	+00:16:50 (50.8%)	6:36	9.1 (49.5%)
362	<b>FURMAN Sylwia</b>	<b>71</b>		K 35-50	73	<b>00:32:56.65</b>	<b>00:33:10.00</b>	+00:16:52 (50.9%)	6:35	9.1 (49.5%)
363	<b>SZKARŁAT Anna</b>	<b>592</b>		K 35-50	74	<b>00:32:48.30</b>	<b>00:33:11.20</b>	+00:16:53 (50.9%)	6:33	9.1 (49.5%)
364	<b>MIKLAS Wojciech</b>	<b>628</b>		M 15-34	77	<b>00:32:20.15</b>	<b>00:33:14.90</b>	+00:16:57 (51.0%)	6:28	9.3 (50.5%)
365	<b>KARWOWSKA Tomiła</b>	<b>630</b>		K 15-34	38	<b>00:32:20.00</b>	<b>00:33:15.75</b>	+00:16:58 (51.0%)	6:28	9.3 (50.5%)
366	<b>KUŚ Maciej</b>	<b>631</b>	GRZMOTY KATOWICE	M 15-34	78	<b>00:32:19.95</b>	<b>00:33:15.80</b>	+00:16:58 (51.0%)	6:27	9.3 (50.5%)
367	<b>PRADELA Violetta</b>	<b>579</b>		K 35-50	75	<b>00:32:55.15</b>	<b>00:33:17.70</b>	+00:17:00 (51.1%)	6:35	9.1 (49.5%)
368	<b>STĘPIEŃ Magdalena</b>	<b>578</b>		K 15-34	39	<b>00:32:54.50</b>	<b>00:33:17.80</b>	+00:17:00 (51.1%)	6:34	9.1 (49.5%)
369	<b>KOKOT Justyna</b>	<b>111</b>		K 35-50	76	<b>00:32:32.50</b>	<b>00:33:19.55</b>	+00:17:01 (51.1%)	6:30	9.2 (50.0%)
370	<b>SZMATŁOCH Iwona</b>	<b>20</b>	ŚLĄSK RUNNERS	K 35-50	77	<b>00:32:54.25</b>	<b>00:33:46.65</b>	+00:17:28 (51.8%)	6:34	9.1 (49.5%)
370	<b>KRAWCZYK Paweł</b>	<b>35</b>	RUN AWAY TEAM	M 35-50	130	<b>00:32:52.45</b>	<b>00:33:46.65</b>	+00:17:28 (51.8%)	6:34	9.1 (49.5%)
372	<b>FLAK Ewa</b>	<b>590</b>		K 35-50	78	<b>00:33:26.10</b>	<b>00:33:49.30</b>	+00:17:31 (51.8%)	6:41	9 (48.9%)
373	<b>KAŁKA Maria</b>	<b>174</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 51+	10	<b>00:33:19.20</b>	<b>00:33:54.20</b>	+00:17:36 (51.9%)	6:39	9 (48.9%)
374	<b>JONEK Marek</b>	<b>190</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	131	<b>00:33:20.35</b>	<b>00:33:54.30</b>	+00:17:36 (51.9%)	6:40	9 (48.9%)
375	<b>GUDZ Tomasz</b>	<b>552</b>		M 35-50	132	<b>00:33:38.25</b>	<b>00:33:56.05</b>	+00:17:38 (52.0%)	6:43	8.9 (48.4%)
376	<b>GRYSZKA Brajan</b>	<b>410</b>		M 15-34	79	<b>00:33:03.55</b>	<b>00:33:57.55</b>	+00:17:39 (52.0%)	6:36	9.1 (49.5%)
377	<b>CHMIEL Krzysztof</b>	<b>625</b>		M 35-50	133	<b>00:33:36.70</b>	<b>00:33:59.40</b>	+00:17:41 (52.1%)	6:43	8.9 (48.4%)
378	<b>RYSZCZYK Katarzyna</b>	<b>77</b>		K 35-50	79	<b>00:33:44.00</b>	<b>00:34:11.65</b>	+00:17:53 (52.3%)	6:44	8.9 (48.4%)
379	<b>GUDZIK Angelika</b>	<b>189</b>	BORKOTEAM	K 15-34	40	<b>00:34:20.95</b>	<b>00:34:35.70</b>	+00:18:18 (52.9%)	6:52	8.7 (47.3%)
380	<b>WOLNY Magdalena</b>	<b>329</b>		K 35-50	80	<b>00:34:18.95</b>	<b>00:34:59.75</b>	+00:18:42 (53.4%)	6:51	8.7 (47.3%)
381	<b>WOLNY Mirosław</b>	<b>331</b>		M 35-50	134	<b>00:34:19.30</b>	<b>00:35:00.90</b>	+00:18:43 (53.5%)	6:51	8.7 (47.3%)
382	<b>KUBAREK Piotr</b>	<b>235</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	135	<b>00:34:34.40</b>	<b>00:35:04.25</b>	+00:18:46 (53.5%)	6:54	8.7 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	<b>LEWANDOWSKI Paweł</b>	<b>561</b>		M 35-50	136	<b>00:34:29.50</b>	<b>00:35:04.55</b>	+00:18:46 (53.5%)	6:53	8.7 (47.3%)
384	<b>POLEŚ Dorota</b>	<b>310</b>		K 35-50	81	<b>00:35:08.45</b>	<b>00:35:21.35</b>	+00:19:03 (53.9%)	7:01	8.5 (46.2%)
385	<b>KOTYCZKA Marta</b>	<b>183</b>		K 15-34	41	<b>00:34:48.70</b>	<b>00:35:24.95</b>	+00:19:07 (54.0%)	6:57	8.6 (46.7%)
385	<b>WIELEK Anna</b>	<b>238</b>		K 35-50	82	<b>00:35:12.55</b>	<b>00:35:24.95</b>	+00:19:07 (54.0%)	7:02	8.5 (46.2%)
387	<b>KAŁKA Romuald</b>	<b>175</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 51+	38	<b>00:34:48.75</b>	<b>00:35:25.15</b>	+00:19:07 (54.0%)	6:57	8.6 (46.7%)
388	<b>KAŁKA Paweł</b>	<b>184</b>		M 15-34	80	<b>00:34:49.30</b>	<b>00:35:25.20</b>	+00:19:07 (54.0%)	6:57	8.6 (46.7%)
389	<b>SZYMCZYK Jolanta</b>	<b>438</b>		K 51+	11	<b>00:35:01.85</b>	<b>00:35:37.35</b>	+00:19:19 (54.3%)	7:00	8.6 (46.7%)
390	<b>NOWAK Małgorzata</b>	<b>161</b>	CZELADŹ BIEGA	K 35-50	83	<b>00:35:23.20</b>	<b>00:35:42.60</b>	+00:19:24 (54.4%)	7:04	8.5 (46.2%)
391	<b>MASTALERZ Justyna</b>	<b>87</b>		K 15-34	42	<b>00:35:24.25</b>	<b>00:35:43.95</b>	+00:19:26 (54.4%)	7:04	8.5 (46.2%)
392	<b>DUKIĆ Zoran</b>	<b>974</b>		M 51+	39	<b>00:35:59.75</b>	<b>00:36:11.30</b>	+00:19:53 (55.0%)	7:11	8.3 (45.1%)
393	<b>BRZDĘK Anita</b>	<b>106</b>		K 35-50	84	<b>00:36:12.15</b>	<b>00:36:22.25</b>	+00:20:04 (55.2%)	7:14	8.3 (45.1%)
394	<b>JAZOWSKI Michał</b>	<b>256</b>		M 35-50	137	<b>00:35:52.00</b>	<b>00:36:23.75</b>	+00:20:06 (55.2%)	7:10	8.4 (45.7%)
395	<b>GUDZ Joanna</b>	<b>551</b>		K 35-50	85	<b>00:36:11.90</b>	<b>00:36:29.90</b>	+00:20:12 (55.4%)	7:14	8.3 (45.1%)
396	<b>ADAMUS Monika</b>	<b>45</b>		K 35-50	86	<b>00:35:49.70</b>	<b>00:36:34.60</b>	+00:20:16 (55.4%)	7:09	8.4 (45.7%)
397	<b>PRUKOP Anna</b>	<b>229</b>		K 35-50	87	<b>00:36:08.10</b>	<b>00:36:36.80</b>	+00:20:19 (55.5%)	7:13	8.3 (45.1%)
398	<b>STAROSZYŃSKA Anna</b>	<b>230</b>		K 15-34	43	<b>00:36:08.30</b>	<b>00:36:36.85</b>	+00:20:19 (55.5%)	7:13	8.3 (45.1%)
399	<b>JAZOWSKA Agnieszka</b>	<b>255</b>		K 35-50	88	<b>00:36:08.80</b>	<b>00:36:40.90</b>	+00:20:23 (55.6%)	7:13	8.3 (45.1%)
400	<b>MRÓZ Jacek</b>	<b>465</b>		M 35-50	138	<b>00:35:58.20</b>	<b>00:36:41.20</b>	+00:20:23 (55.6%)	7:11	8.3 (45.1%)
401	<b>OLSZEWSKA Urszula</b>	<b>466</b>		K 35-50	89	<b>00:35:58.80</b>	<b>00:36:41.50</b>	+00:20:23 (55.6%)	7:11	8.3 (45.1%)
402	<b>SELVARAJ Srinath</b>	<b>484</b>		M 15-34	81	<b>00:36:39.95</b>	<b>00:36:45.65</b>	+00:20:27 (55.7%)	7:19	8.2 (44.6%)
403	<b>KĘDZIERSKA Monika</b>	<b>979</b>		K 35-50	90	<b>00:36:22.85</b>	<b>00:37:06.20</b>	+00:20:48 (56.1%)	7:16	8.2 (44.6%)
404	<b>KOPYTEK Łukasz</b>	<b>978</b>		M 35-50	139	<b>00:36:22.85</b>	<b>00:37:06.35</b>	+00:20:48 (56.1%)	7:16	8.2 (44.6%)
405	<b>KUREK Adam</b>	<b>530</b>		M 35-50	140	<b>00:36:41.05</b>	<b>00:37:10.05</b>	+00:20:52 (56.2%)	7:20	8.2 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
406	JAROSZ Arkadiusz	503		M 35-50	141	00:37:00.45	00:37:24.05	+00:21:06 (56.4%)	7:24	8.1 (44.0%)
407	PARAMASIVAM Maniram	487		M 15-34	82	00:37:33.20	00:37:33.20	+00:21:15 (56.6%)	7:30	8 (43.5%)
408	NOWAKOWSKI Krzysztof	610		M 35-50	142	00:37:19.50	00:37:44.75	+00:21:27 (56.8%)	7:27	8 (43.5%)
409	MENDOŃ Arkadiusz	67		M 35-50	143	00:37:09.05	00:37:48.00	+00:21:30 (56.9%)	7:25	8.1 (44.0%)
410	GENISZEWSKA Emilia	172	JAH RASTAFARAI	K 35-50	91	00:37:36.40	00:37:49.60	+00:21:31 (56.9%)	7:31	8 (43.5%)
411	SZCZEPANEK-FATYGA Klaudia	137		K 15-34	44	00:37:37.65	00:37:55.80	+00:21:38 (57.0%)	7:31	8 (43.5%)
412	MIGDAŁ Iwona	619		K 35-50	92	00:37:13.80	00:38:07.15	+00:21:49 (57.3%)	7:26	8.1 (44.0%)
413	ZIARNIK Helena	557		K 51+	12	00:37:11.85	00:38:07.20	+00:21:49 (57.3%)	7:26	8.1 (44.0%)
414	MICHNA Jakub	505		M 15-34	83	00:37:28.30	00:38:16.35	+00:21:58 (57.4%)	7:29	8 (43.5%)
415	SKIBSKA PUCHALA Malgorzata	474	ZABIEGANA ZOŁZA	K 51+	13	00:37:59.95	00:38:20.10	+00:22:02 (57.5%)	7:35	7.9 (42.9%)
416	BUBAŁA Aleksandra	299		K 15-34	45	00:38:12.60	00:38:30.45	+00:22:12 (57.7%)	7:38	7.9 (42.9%)
417	KIEŁTYKA Kajetan	539		M 15-34	84	00:38:17.45	00:38:33.95	+00:22:16 (57.7%)	7:39	7.8 (42.4%)
418	SPORYSZ Justyna	600		K 15-34	46	00:37:45.40	00:38:34.55	+00:22:16 (57.8%)	7:33	7.9 (42.9%)
419	PILARSKI Radosław	418	GISZOWIEC BIEGA RAZEM	M 35-50	144	00:38:40.35	00:39:16.90	+00:22:59 (58.5%)	7:44	7.8 (42.4%)
420	CZARNIK Monika	155		K 35-50	93	00:38:39.80	00:39:24.45	+00:23:06 (58.7%)	7:43	7.8 (42.4%)
421	WILK Tadeusz	989		M 51+	40	00:36:28.90	00:39:39.00	+00:23:21 (58.9%)	7:17	8.2 (44.6%)
422	GUZY Sylwia	537		K 35-50	94	00:39:32.50	00:40:00.60	+00:23:42 (59.3%)	7:54	7.6 (41.3%)
423	MUTHU Gokula Krishnan	483		M 15-34	85	00:40:42.55	00:40:48.85	+00:24:31 (60.1%)	8:08	7.4 (40.2%)
424	MUSIOŁ Agnieszka	602		K 15-34	47	00:40:09.30	00:41:00.00	+00:24:42 (60.3%)	8:01	7.5 (40.8%)
425	KOWALSKA Zuzanna	985		K 35-50	95	00:41:51.35	00:42:07.20	+00:25:49 (61.3%)	8:22	7.2 (39.1%)
426	BIAŁAS Paulina	506		K 15-34	48	00:41:28.20	00:42:16.75	+00:25:59 (61.5%)	8:17	7.2 (39.1%)
427	OBREBSKA Izabela	614		K 15-34	49	00:41:55.60	00:42:26.20	+00:26:08 (61.6%)	8:23	7.2 (39.1%)
428	- -	991				00:42:53.90	00:43:07.55	+00:26:49 (62.2%)	8:34	7 (38.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
429	<b>KUREK Anna</b>	<b>584</b>	KATOWICE	K 51+	14	<b>00:43:47.85</b>	<b>00:44:12.80</b>	+00:27:55 (63.1%)	8:45	6.9 (37.5%)
430	<b>ŻEBROWSKA Weronika</b>	<b>165</b>	MORS HUBERTUS MYSŁOWICE	K 35-50	96	<b>00:44:18.15</b>	<b>00:45:08.50</b>	+00:28:50 (63.9%)	8:51	6.8 (37.0%)
431	<b>GĄTEK Gerard</b>	<b>560</b>	PARKRUN	M 51+	41	<b>00:46:09.00</b>	<b>00:46:16.85</b>	+00:29:59 (64.8%)	9:13	6.5 (35.3%)
432	<b>J-E Gabriela</b>	<b>553</b>	SZALONE STOPY GLIWICE	K 51+	15	<b>00:47:45.95</b>	<b>00:48:42.15</b>	+00:32:24 (66.5%)	9:33	6.3 (34.2%)
433	<b>WYSOCKA Marzena</b>	<b>569</b>	SZALONE STOPY GLIWICE	K 35-50	97	<b>00:47:47.35</b>	<b>00:48:44.15</b>	+00:32:26 (66.6%)	9:33	6.3 (34.2%)
434	<b>GWÓŹDŹ Grażyna</b>	<b>566</b>	SZALONE STOPY GLIWICE	K 35-50	98	<b>00:47:47.45</b>	<b>00:48:44.25</b>	+00:32:26 (66.6%)	9:33	6.3 (34.2%)
435	<b>NAJDA Danuta</b>	<b>973</b>		K 35-50	99	<b>00:46:36.65</b>	<b>00:49:54.55</b>	+00:33:36 (67.4%)	9:19	6.4 (34.8%)
436	<b>OLBRICH Barbara</b>	<b>22</b>	RUN AWAY TEAM	K 35-50	100	<b>00:47:07.60</b>	<b>00:50:24.40</b>	+00:34:06 (67.7%)	9:25	6.4 (34.8%)
437	<b>PRZELIORZ Bożena</b>	<b>970</b>		K 51+	16	<b>00:54:38.65</b>	<b>00:57:57.15</b>	+00:41:39 (71.9%)	10:55	5.5 (29.9%)
438	<b>BIZOŃ Tomasz</b>	<b>559</b>	CZARNO LINIA ŁĘDZINY	M 35-50	145					(0.0%)
439	<b>PIETREK Henryk</b>	<b>225</b>		M 51+	42					(0.0%)

Znaleziono 439 wynik(ów)