



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

Tauron Bieg z Flagą
Śląski Urząd Wojewódzki w Katowicach, Tauron
Ciepło sp. z o.o.
2023-05-02
Katowice
5 km

TAURON BIEG Z FLAGĄ

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

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

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

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

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107	MADEJ Marek	51		M 51+	11	00:23:25.60	00:23:45.00	+00:07:27 (31.4%)	4:41	12.8 (69.6%)
108	GURGOŃ Marcin	119	AKTYWNY ŚLĄSKI	M 15-34	23	00:23:42.20	00:23:45.80	+00:07:28 (31.4%)	4:44	12.7 (69.0%)
109	TRĄBAŁA Adam	117		M 35-50	60	00:23:27.75	00:23:48.80	+00:07:31 (31.6%)	4:41	12.8 (69.6%)
110	CIBOROWSKI Kamil	617	BIEGOWA KUŹNIA	M 15-34	24	00:23:36.30	00:23:54.75	+00:07:37 (31.9%)	4:43	12.7 (69.0%)
111	TYTKO Grzegorz	31	BDB TEAM	M 35-50	61	00:23:45.75	00:23:55.35	+00:07:37 (31.9%)	4:45	12.6 (68.5%)
112	MALEJKA Robert	98		M 15-34	25	00:23:49.65	00:23:55.45	+00:07:37 (31.9%)	4:45	12.6 (68.5%)
113	MOLĘDA Marek	368		M 35-50	62	00:23:49.25	00:23:56.40	+00:07:38 (31.9%)	4:45	12.6 (68.5%)
114	SARAT Bernadetta	210	SARATFILMS	K 15-34	6	00:23:55.60	00:24:00.25	+00:07:42 (32.1%)	4:47	12.5 (67.9%)
115	SAPA Dawid	424		M 35-50	63	00:24:02.75	00:24:02.75	+00:07:45 (32.2%)	4:48	12.5 (67.9%)
116	KOŁODZIEJCZYK Mariusz	400		M 35-50	64	00:23:57.15	00:24:04.45	+00:07:46 (32.3%)	4:47	12.5 (67.9%)
117	SZKLARSKI Przemysław	220	CARBON SILESIA SPORT	M 35-50	65	00:23:56.55	00:24:04.50	+00:07:46 (32.3%)	4:47	12.5 (67.9%)
118	SOPEL Arkadiusz	576	GOGGLE PRO ACTIVE	M 51+	12	00:24:05.75	00:24:07.40	+00:07:49 (32.5%)	4:49	12.5 (67.9%)
119	GAJEWSKI Marek	49	BDB TEAM	M 35-50	66	00:23:46.70	00:24:12.60	+00:07:54 (32.7%)	4:45	12.6 (68.5%)
120	GÓRSKA Agnieszka	50	BDB TEAM	K 35-50	10	00:23:48.95	00:24:12.70	+00:07:55 (32.7%)	4:45	12.6 (68.5%)
121	DURAK Wojciech	23		M 35-50	67	00:23:28.75	00:24:12.75	+00:07:55 (32.7%)	4:41	12.8 (69.6%)
122	SZROMEK Patrycja	112		K 15-34	7	00:23:29.25	00:24:12.90	+00:07:55 (32.7%)	4:41	12.8 (69.6%)
123	MALEJKA Piotr	54	ADS MASNA	M 51+	13	00:24:12.50	00:24:17.65	+00:07:59 (32.9%)	4:50	12.4 (67.4%)
124	KURCOŃ Przemek	65		M 15-34	26	00:24:08.90	00:24:19.30	+00:08:01 (33.0%)	4:49	12.4 (67.4%)
125	ZIELIŃSKA Katarzyna	296	HURAGAN LIGOTA	K 35-50	11	00:24:14.95	00:24:20.35	+00:08:02 (33.1%)	4:50	12.4 (67.4%)
126	RELIGA Kinga	83		K 51+	2	00:24:17.70	00:24:23.55	+00:08:05 (33.2%)	4:51	12.4 (67.4%)
127	OLSZEWSKI Łukasz	615		M 35-50	68	00:23:56.05	00:24:25.05	+00:08:07 (33.3%)	4:47	12.5 (67.9%)
128	RYBAK Remigiusz	328		M 35-50	69	00:24:05.10	00:24:26.75	+00:08:09 (33.3%)	4:49	12.5 (67.9%)
129	BOROWSKI Szymon	976		M 15-34	27	00:24:20.75	00:24:30.05	+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	WOJACZEK Tomasz	102	E-PLECY	M 35-50	70	00:23:44.30	00:24:31.25	+00:08:13 (33.5%)	4:44	12.6 (68.5%)
130	CIERNIAK Klaudia	216		K 35-50	12	00:24:22.80	00:24:31.25	+00:08:13 (33.5%)	4:52	12.3 (66.8%)
132	ZAWADA Andrzej	269		M 15-34	28	00:24:26.00	00:24:33.30	+00:08:15 (33.6%)	4:53	12.3 (66.8%)
133	MOROŃ Artur	275	TAURON OBSŁUGA KLIENTA	M 35-50	71	00:24:17.95	00:24:33.60	+00:08:15 (33.7%)	4:51	12.4 (67.4%)
134	WROŃSKA Beata	242		K 35-50	13	00:24:29.75	00:24:36.05	+00:08:18 (33.8%)	4:53	12.3 (66.8%)
135	KĘSICKI Robert	86	SUPERBOHATEROBERT	M 35-50	72	00:24:23.00	00:24:40.85	+00:08:23 (34.0%)	4:52	12.3 (66.8%)
136	CZERWIŃSKI Wojciech	542		M 15-34	29	00:23:59.95	00:24:40.90	+00:08:23 (34.0%)	4:47	12.5 (67.9%)
137	BOROWSKI Dawid	226		M 15-34	30	00:24:01.30	00:24:42.90	+00:08:25 (34.1%)	4:48	12.5 (67.9%)
138	MYRTA Dawid	467		M 15-34	31	00:24:24.30	00:24:48.55	+00:08:30 (34.3%)	4:52	12.3 (66.8%)
139	MAJCHRZAK Paweł	197		M 35-50	73	00:24:00.55	00:24:49.20	+00:08:31 (34.3%)	4:48	12.5 (67.9%)
140	WINKLER Tadeusz	435		M 35-50	74	00:24:30.00	00:24:49.50	+00:08:31 (34.4%)	4:54	12.2 (66.3%)
141	KOWAL Sławomir	501		M 35-50	75	00:24:21.45	00:24:53.80	+00:08:36 (34.5%)	4:52	12.3 (66.8%)
142	STĘCLIK Tomasz	632		M 35-50	76	00:24:51.15	00:24:59.95	+00:08:42 (34.8%)	4:58	12.1 (65.8%)
143	WARCZALA Adam	376	CARBON SILESIA	M 15-34	32	00:24:12.60	00:25:00.25	+00:08:42 (34.8%)	4:50	12.4 (67.4%)
144	OLEKSY Krzysztof	246	ADS MASNA	M 51+	14	00:24:42.40	00:25:00.55	+00:08:42 (34.8%)	4:56	12.1 (65.8%)
145	SITKO Rafał	364		M 35-50	77	00:24:53.00	00:25:07.85	+00:08:50 (35.2%)	4:58	12.1 (65.8%)
146	WAWRO Małgorzata	57		K 51+	3	00:24:51.20	00:25:08.50	+00:08:50 (35.2%)	4:58	12.1 (65.8%)
147	SZKLORZ Sylwester	34	OBYWATEL S.S.	M 51+	15	00:24:50.55	00:25:09.65	+00:08:51 (35.2%)	4:58	12.1 (65.8%)
148	PAWELEC Rafał	227	MORS HUBERTUS	M 35-50	78	00:24:28.00	00:25:09.80	+00:08:52 (35.2%)	4:53	12.3 (66.8%)
149	AUGUSTYNIAK Karina	349		K 15-34	8	00:24:48.80	00:25:10.15	+00:08:52 (35.3%)	4:57	12.1 (65.8%)
150	KASPERCZYK Damian	585		M 35-50	79	00:24:56.70	00:25:10.65	+00:08:52 (35.3%)	4:59	12 (65.2%)
151	WIECZOREK Łukasz	394		M 15-34	33	00:24:55.90	00:25:14.75	+00:08:57 (35.5%)	4:59	12 (65.2%)
152	ŚLUSAREK Paweł	271		M 35-50	80	00:25:11.10	00:25:16.35	+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	KWARCIŃSKA Maria	38	BDB TEAM	K 35-50	14	00:24:52.60	00:25:18.90	+00:09:01 (35.6%)	4:58	12.1 (65.8%)
154	DOMBEK Andrzej	162	BIEGAMYSLOWICE	M 51+	16	00:24:59.45	00:25:21.10	+00:09:03 (35.7%)	4:59	12 (65.2%)
155	MAZUR Krzysztof	284		M 35-50	81	00:25:14.10	00:25:23.90	+00:09:06 (35.8%)	5:02	11.9 (64.7%)
156	BORYCZKA Szymon	316	BORUŚTEAM	M 35-50	82	00:25:04.45	00:25:25.80	+00:09:08 (35.9%)	5:00	12 (65.2%)
157	STOGOWSKI Grzegorz	75	PENDOLINO TEAM	M 35-50	83	00:24:51.05	00:25:27.25	+00:09:09 (36.0%)	4:58	12.1 (65.8%)
158	RADZIK Łukasz	993		M 15-34	34	00:25:16.90	00:25:28.20	+00:09:10 (36.0%)	5:03	11.9 (64.7%)
159	STOCHMIAŁEK Dominik	453		M 15-34	35	00:24:42.40	00:25:29.00	+00:09:11 (36.1%)	4:56	12.1 (65.8%)
160	HERMAN Ireneusz	74	PENDOLINO TEAM	M 35-50	84	00:24:52.90	00:25:29.10	+00:09:11 (36.1%)	4:58	12.1 (65.8%)
161	KUBACZYŃSKI Dariusz	114	DRAGON RUNNERS	M 51+	17	00:25:20.95	00:25:32.10	+00:09:14 (36.2%)	5:04	11.8 (64.1%)
162	MYSIAK Beata	47	BDB TEAM	K 35-50	15	00:25:10.85	00:25:35.60	+00:09:17 (36.3%)	5:02	11.9 (64.7%)
163	WIECZOREK Radosław	507		M 15-34	36	00:25:25.25	00:25:38.50	+00:09:20 (36.5%)	5:05	11.8 (64.1%)
164	STOCHMIAŁEK Sabina	454		K 15-34	9	00:24:54.60	00:25:40.75	+00:09:23 (36.5%)	4:58	12 (65.2%)
165	JAGIEŁŁO Damian	48		M 15-34	37	00:25:17.85	00:25:41.15	+00:09:23 (36.6%)	5:03	11.9 (64.7%)
166	NIEMCZAK Marek	587		M 35-50	85	00:25:36.70	00:25:41.75	+00:09:24 (36.6%)	5:07	11.7 (63.6%)
167	KARDYŚ Aleksy	601	KU AZS UNIWERSYTET RZESZOWSKII	M 35-50	86	00:25:27.10	00:25:43.00	+00:09:25 (36.6%)	5:05	11.8 (64.1%)
168	CIOŁEK-ŻELECHOWSKI Jarosław	449		M 15-34	38	00:24:56.95	00:25:44.40	+00:09:26 (36.7%)	4:59	12 (65.2%)
169	BOBER Wojciech	154	PIERUNSKIE CANGÓRY	M 15-34	39	00:25:45.00	00:25:47.75	+00:09:30 (36.8%)	5:09	11.7 (63.6%)
170	JĘDRZEJEK Krzysztof	280		M 35-50	87	00:25:46.55	00:25:52.55	+00:09:34 (37.0%)	5:09	11.6 (63.0%)
171	BAIC Maciej	434		M 15-34	40	00:25:44.70	00:25:54.10	+00:09:36 (37.1%)	5:08	11.7 (63.6%)
172	KASPERCZYK Aleksandra	523	BBL	K 35-50	16	00:25:32.65	00:25:54.85	+00:09:37 (37.1%)	5:06	11.7 (63.6%)
173	SIKORA Arkadiusz	24	AUGUSTEAM	M 35-50	88	00:25:45.65	00:25:57.80	+00:09:40 (37.2%)	5:09	11.7 (63.6%)
174	RADKOWSKI Dariusz	471	NPM RUN MAGEDDON	M 35-50	89	00:25:47.70	00:26:00.90	+00:09:43 (37.4%)	5:09	11.6 (63.0%)
175	PACUŁA Piotr	129		M 51+	18	00:26:00.55	00:26:01.85	+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	OCHMANN Tomasz	170		M 35-50	90	00:25:51.30	00:26:03.90	+00:09:46 (37.5%)	5:10	11.6 (63.0%)
177	BRZEZINA Rafał	15	BOHEMA	M 35-50	91	00:25:34.05	00:26:08.30	+00:09:50 (37.7%)	5:06	11.7 (63.6%)
178	- -	992				00:26:09.00	00:26:21.15	+00:10:03 (38.2%)	5:13	11.5 (62.5%)
179	WOJTANOWSKI Konrad	257	MORS FERAJNA MYSLOWICE	M 15-34	41	00:26:15.30	00:26:28.70	+00:10:11 (38.5%)	5:15	11.4 (62.0%)
180	LIPKA Grzegorz	287	ENDURANCE TEAM	M 35-50	92	00:25:56.75	00:26:29.65	+00:10:11 (38.5%)	5:11	11.6 (63.0%)
181	JASKOT Joanna	354		K 35-50	17	00:25:48.80	00:26:34.35	+00:10:16 (38.7%)	5:09	11.6 (63.0%)
182	KAMINSKA Dorota	330		K 15-34	10	00:26:33.95	00:26:37.25	+00:10:19 (38.8%)	5:18	11.3 (61.4%)
183	SZNAJDER Marcel	206		M 15-34	42	00:26:05.45	00:26:39.00	+00:10:21 (38.9%)	5:13	11.5 (62.5%)
184	BRYŁKA Sebastian	419		M 15-34	43	00:26:24.80	00:26:40.15	+00:10:22 (38.9%)	5:16	11.4 (62.0%)
185	MENDOŃ Piotr	66		M 15-34	44	00:25:52.10	00:26:41.90	+00:10:24 (39.0%)	5:10	11.6 (63.0%)
186	BUJAK-KAPA Dorota	620	#CZELADZBIEGA	K 35-50	18	00:26:23.40	00:26:41.95	+00:10:24 (39.0%)	5:16	11.4 (62.0%)
187	GÓRA Katarzyna	218		K 15-34	11	00:26:06.20	00:26:48.10	+00:10:30 (39.2%)	5:13	11.5 (62.5%)
188	PIWOWOŃSKA Katarzyna	285		K 35-50	19	00:26:42.10	00:26:49.80	+00:10:32 (39.3%)	5:20	11.2 (60.9%)
189	SZYDZINA Mariusz	143	ZIELONE ZAŁĘZE	M 35-50	93	00:26:23.20	00:26:49.85	+00:10:32 (39.3%)	5:16	11.4 (62.0%)
190	LORISZ Damian	204	OPP KATOWICE, GREENBELTRUNNER	M 35-50	94	00:25:57.30	00:26:50.25	+00:10:32 (39.3%)	5:11	11.6 (63.0%)
191	HEBDA-OLSZÓWKA Aleksandra	203	GREENBELTRUNNER	K 35-50	20	00:25:57.65	00:26:51.05	+00:10:33 (39.3%)	5:11	11.6 (63.0%)
192	KALUNJU Daniel	977		M 15-34	45	00:26:50.15	00:26:51.40	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
193	HELIOS Aleksandra	19		K 35-50	21	00:26:43.40	00:26:51.75	+00:10:34 (39.3%)	5:20	11.2 (60.9%)
194	ADAMCZYK Grzegorz	70	AUGUSTEAM	M 51+	19	00:26:33.15	00:26:53.05	+00:10:35 (39.4%)	5:18	11.3 (61.4%)
195	CHWAŁEK Mateusz	389	WARRIORS KATOWICE	M 15-34	46	00:26:11.80	00:26:56.15	+00:10:38 (39.5%)	5:14	11.5 (62.5%)
196	MÓL Wioletta	315	#CZELADZBIEGA	K 51+	4	00:26:37.95	00:26:56.40	+00:10:38 (39.5%)	5:19	11.3 (61.4%)
197	FRANCUG Piotr	470	NPM RUN MAGEDDON	M 15-34	47	00:26:50.95	00:27:03.85	+00:10:46 (39.8%)	5:22	11.2 (60.9%)
198	GRUSZKA Marian	149	TRUCHTACZ MYSŁOWICE	M 51+	20	00:26:47.00	00:27:08.90	+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	DOMINIK Michał	228		M 35-50	95	00:26:39.25	00:27:13.95	+00:10:56 (40.2%)	5:19	11.3 (61.4%)
200	KUBAS Grzegorz	209	TAURON TEAM	M 51+	21	00:27:02.95	00:27:15.25	+00:10:57 (40.2%)	5:24	11.1 (60.3%)
201	BOJDA Damian	516		M 15-34	48	00:26:59.15	00:27:15.65	+00:10:57 (40.2%)	5:23	11.1 (60.3%)
202	GRUSZKIEWICZ Sylwia	188	BORKOTEAM	K 35-50	22	00:27:04.30	00:27:18.90	+00:11:01 (40.3%)	5:24	11.1 (60.3%)
203	MYALSKA Katarzyna	361	CARBON SILESIA SPORT	K 35-50	23	00:27:10.60	00:27:22.05	+00:11:04 (40.5%)	5:26	11 (59.8%)
204	JURECZKO Joanna	415		K 15-34	12	00:27:07.75	00:27:23.40	+00:11:05 (40.5%)	5:25	11.1 (60.3%)
205	SKWORC Betina	84		K 35-50	24	00:27:17.05	00:27:23.55	+00:11:05 (40.5%)	5:27	11 (59.8%)
206	ĆWIELONG Dolores	430		K 15-34	13	00:27:15.90	00:27:24.90	+00:11:07 (40.6%)	5:27	11 (59.8%)
207	SOBOLEWSKI Piotr	353	#CZELADZBIEGA	M 51+	22	00:27:14.20	00:27:28.00	+00:11:10 (40.7%)	5:26	11 (59.8%)
208	WYLEŻOŁ Jarosław	881		M 35-50	96	00:27:16.85	00:27:29.30	+00:11:11 (40.7%)	5:27	11 (59.8%)
209	WOŹNIAK Ewelina	378	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 35-50	25	00:26:55.25	00:27:29.50	+00:11:11 (40.7%)	5:23	11.1 (60.3%)
210	MAJ Joanna	157	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 35-50	26	00:26:58.55	00:27:29.60	+00:11:11 (40.7%)	5:23	11.1 (60.3%)
211	PIĄTKOWSKA Magdalena	460		K 35-50	27	00:27:04.45	00:27:32.90	+00:11:15 (40.8%)	5:24	11.1 (60.3%)
212	MAKOS Adam	163	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	97	00:26:58.90	00:27:34.50	+00:11:16 (40.9%)	5:23	11.1 (60.3%)
213	MAĆKOWIAK Maciej	194		M 15-34	49	00:26:33.50	00:27:37.55	+00:11:19 (41.0%)	5:18	11.3 (61.4%)
214	MAĆKOWIAK Patrycja	193		K 15-34	14	00:26:35.85	00:27:38.90	+00:11:21 (41.1%)	5:19	11.3 (61.4%)
215	BURAKOWSKA Małgorzata	301	#CZELADZBIEGA	K 35-50	28	00:27:08.55	00:27:39.60	+00:11:21 (41.1%)	5:25	11.1 (60.3%)
216	KOŚCIAŃSKA Marta	397		K 15-34	15	00:27:19.70	00:27:42.10	+00:11:24 (41.2%)	5:27	11 (59.8%)
217	BIEL Michał	496		M 15-34	50	00:27:21.05	00:27:45.45	+00:11:27 (41.3%)	5:28	11 (59.8%)
218	SZYMCZYK Robert	219		M 35-50	98	00:27:19.80	00:27:50.40	+00:11:32 (41.5%)	5:27	11 (59.8%)
219	NIEDZIAŁKOWSKI Wiktor	504		M 15-34	51	00:27:33.45	00:27:50.70	+00:11:33 (41.5%)	5:30	10.9 (59.2%)
220	NOWAKOWSKI Filip	40		M 15-34	52	00:27:44.05	00:27:53.55	+00:11:35 (41.6%)	5:32	10.8 (58.7%)
221	GOLAŃSKI Damian	312		M 35-50	99	00:27:47.10	00:27:53.75	+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	MĄDRY Anna	500	CARBON SILESIA SPORT	K 35-50	29	00:27:15.10	00:28:01.25	+00:11:43 (41.8%)	5:27	11 (59.8%)
223	OLEŚ Alicja	486		K 51+	5	00:27:42.30	00:28:03.35	+00:11:45 (41.9%)	5:32	10.8 (58.7%)
223	LORENZ Janusz	360		M 51+	23	00:27:10.65	00:28:03.35	+00:11:45 (41.9%)	5:26	11 (59.8%)
225	MICHALAK Rafał	17		M 35-50	100	00:27:36.70	00:28:10.75	+00:11:53 (42.2%)	5:31	10.9 (59.2%)
226	PLESZCZYŃSKA Iwona	522	HDK TRÓJKOLOROWI	K 35-50	30	00:27:46.25	00:28:15.90	+00:11:58 (42.3%)	5:33	10.8 (58.7%)
227	MACHALICA Jacek	457	FAMUŁA TEAM	M 35-50	101	00:27:53.40	00:28:16.15	+00:11:58 (42.4%)	5:34	10.8 (58.7%)
228	SOCHA Michał	556	WARTKIE PIERONY	M 51+	24	00:27:52.10	00:28:17.60	+00:11:59 (42.4%)	5:34	10.8 (58.7%)
229	HERZ Krzysztof	26		M 15-34	53	00:28:09.40	00:28:21.25	+00:12:03 (42.5%)	5:37	10.7 (58.2%)
230	SUSEŁ Aleksander	148		M 35-50	102	00:27:54.50	00:28:22.20	+00:12:04 (42.6%)	5:34	10.8 (58.7%)
231	JELIŃSKI Andrzej	110	HDK PCK BASIA	M 35-50	103	00:28:11.40	00:28:24.95	+00:12:07 (42.7%)	5:38	10.6 (57.6%)
231	BOCHYNEK Katarzyna	536		K 35-50	31	00:27:27.65	00:28:24.95	+00:12:07 (42.7%)	5:29	10.9 (59.2%)
233	BOCHYNEK Czesław	535		M 35-50	104	00:27:27.55	00:28:25.20	+00:12:07 (42.7%)	5:29	10.9 (59.2%)
234	BUZE Kamila	73		K 35-50	32	00:28:16.75	00:28:29.95	+00:12:12 (42.8%)	5:39	10.6 (57.6%)
235	GAMZA Bogna	167		K 35-50	33	00:28:11.30	00:28:30.15	+00:12:12 (42.8%)	5:38	10.6 (57.6%)
236	KASZUBA Beata	599		K 35-50	34	00:28:22.95	00:28:33.35	+00:12:15 (42.9%)	5:40	10.6 (57.6%)
237	RUCIŃSKA Sylwia	344		K 15-34	16	00:28:13.25	00:28:33.50	+00:12:15 (42.9%)	5:38	10.6 (57.6%)
238	KOSAŁKA-PASSIA Ewelina	58	RADIO KATOWICE	K 35-50	35	00:28:15.55	00:28:36.80	+00:12:19 (43.1%)	5:39	10.6 (57.6%)
239	LOCH Agnieszka	131	RADIO KATOWICE	K 35-50	36	00:28:15.70	00:28:37.45	+00:12:19 (43.1%)	5:39	10.6 (57.6%)
240	FENDRYCH Daniel	362		M 15-34	54	00:28:31.50	00:28:41.15	+00:12:23 (43.2%)	5:42	10.5 (57.1%)
241	WROŃSKA Magdalena	243		K 35-50	37	00:28:36.25	00:28:42.55	+00:12:24 (43.2%)	5:43	10.5 (57.1%)
242	BRZDĘK Sebastian	103		M 35-50	105	00:28:18.00	00:28:42.95	+00:12:25 (43.3%)	5:39	10.6 (57.6%)
243	ZASADA Robert	68		M 35-50	106	00:28:17.25	00:28:44.15	+00:12:26 (43.3%)	5:39	10.6 (57.6%)
244	TARABASZ Michał	593		M 15-34	55	00:28:20.00	00:28:45.55	+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	GUROK Patryk	444		M 15-34	56	00:27:54.85	00:28:46.35	+00:12:28 (43.4%)	5:34	10.8 (58.7%)
246	KLOC Marzena	345	ZABIEGANA ZOŁZA	K 51+	6	00:28:28.10	00:28:47.20	+00:12:29 (43.4%)	5:41	10.5 (57.1%)
247	BLAUT-KUBANEK Anna	231		K 35-50	38	00:28:42.55	00:28:47.50	+00:12:29 (43.4%)	5:44	10.5 (57.1%)
248	MUTHUKRISHNANILANGO VAN Muralikrishnaa	485		M 15-34	57	00:28:40.55	00:28:48.90	+00:12:31 (43.4%)	5:44	10.5 (57.1%)
249	JAROSZ Piotr	249	BUSHIDO WARSZAWA	M 15-34	58	00:28:38.35	00:28:53.50	+00:12:35 (43.6%)	5:43	10.5 (57.1%)
250	RÓŻYCKA Wiola	178		K 35-50	39	00:28:42.60	00:28:55.25	+00:12:37 (43.7%)	5:44	10.5 (57.1%)
251	SIENKIEWICZ Urszula	987		K 35-50	40	00:28:27.25	00:28:57.20	+00:12:39 (43.7%)	5:41	10.5 (57.1%)
252	SROM Adam	986		M 15-34	59	00:28:27.05	00:28:57.40	+00:12:39 (43.7%)	5:41	10.5 (57.1%)
253	KAMIŃSKA Krystyna	289	BIEGAMYŚŁOWICE	K 51+	7	00:28:37.45	00:28:58.50	+00:12:40 (43.8%)	5:43	10.5 (57.1%)
254	MICHALIK Ewelina	139		K 15-34	17	00:28:52.95	00:29:02.05	+00:12:44 (43.9%)	5:46	10.4 (56.5%)
255	POBIEDZIŃSKA Karolina	313	#CZELADZBIEGA	K 15-34	18	00:28:44.00	00:29:03.75	+00:12:46 (43.9%)	5:44	10.4 (56.5%)
256	KOŁODZIEJCZYK Adam	314	#CZELADZBIEGA	M 35-50	107	00:28:44.10	00:29:03.80	+00:12:46 (43.9%)	5:44	10.4 (56.5%)
257	KRZYŻYK Tomasz	336		M 15-34	60	00:28:50.55	00:29:05.10	+00:12:47 (44.0%)	5:46	10.4 (56.5%)
258	RATAJCZAK Piotr	350		M 15-34	61	00:28:54.30	00:29:08.40	+00:12:50 (44.1%)	5:46	10.4 (56.5%)
259	GWÓZDŹ Mariusz	223		M 35-50	108	00:28:55.75	00:29:09.95	+00:12:52 (44.1%)	5:47	10.4 (56.5%)
260	IWAN Ania	248	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	K 35-50	41	00:29:05.80	00:29:10.15	+00:12:52 (44.1%)	5:49	10.3 (56.0%)
261	CHMIELORZ Małgorzata	308		K 35-50	42	00:28:52.55	00:29:12.85	+00:12:55 (44.2%)	5:46	10.4 (56.5%)
262	FRYDRYSIAK Sylwia	338	ZABIEGANA ZOŁZA	K 51+	8	00:28:52.80	00:29:12.95	+00:12:55 (44.2%)	5:46	10.4 (56.5%)
263	SZYMAŃSKI Piotr	306	CZELADŹ BIEGA	M 35-50	109	00:28:52.80	00:29:13.10	+00:12:55 (44.2%)	5:46	10.4 (56.5%)
264	BRZEZINA Klaudia	274		K 15-34	19	00:29:02.40	00:29:17.35	+00:12:59 (44.4%)	5:48	10.3 (56.0%)
265	KUREK Michał	395	ZAMARCHWIŚCIE	M 15-34	62	00:29:05.00	00:29:20.65	+00:13:02 (44.5%)	5:49	10.3 (56.0%)
266	WITOR Marek	458	MK TEAM	M 15-34	63	00:29:03.75	00:29:20.95	+00:13:03 (44.5%)	5:48	10.3 (56.0%)
267	WŁODARZ Michał	443		M 35-50	110	00:29:03.00	00:29:21.30	+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	MŁYNARSKI Bruno	612	AMENORUN	M 15-34	64	00:29:13.55	00:29:30.10	+00:13:12 (44.8%)	5:50	10.3 (56.0%)
269	MICHALAK-JURZYCA Sandra	580		K 35-50	43	00:29:19.90	00:29:31.05	+00:13:13 (44.8%)	5:51	10.2 (55.4%)
270	TYLNICKI Szymon	420	MADMICZKI MONICZKI	M 15-34	65	00:28:36.95	00:29:31.75	+00:13:14 (44.8%)	5:43	10.5 (57.1%)
271	MARUTHUPANDIAN Rajesh Pandian	481		M 15-34	66	00:29:31.70	00:29:36.35	+00:13:18 (45.0%)	5:54	10.2 (55.4%)
272	RASZYK Andrzej	573		M 51+	25	00:29:11.20	00:29:36.45	+00:13:18 (45.0%)	5:50	10.3 (56.0%)
273	WÓJTOWICZ Iwona	196	WATAH-ŁĄCZY NAS BIEGANIE	K 35-50	44	00:29:26.60	00:29:38.05	+00:13:20 (45.0%)	5:53	10.2 (55.4%)
274	SŁABASZEWSKI Kamil	104	HARPAGAN BEAST JAWORZNO	M 15-34	67	00:29:27.20	00:29:38.10	+00:13:20 (45.0%)	5:53	10.2 (55.4%)
275	ŁĘTOWSKI Dariusz	105		M 15-34	68	00:29:28.25	00:29:38.30	+00:13:20 (45.0%)	5:53	10.2 (55.4%)
276	DUDEK Dawid	365		M 35-50	111	00:29:12.95	00:29:41.70	+00:13:24 (45.1%)	5:50	10.3 (56.0%)
277	KLISZEWSKI Dariusz	425		M 51+	26	00:29:19.05	00:29:46.35	+00:13:28 (45.3%)	5:51	10.2 (55.4%)
278	NOLYWAJKA Monika	383		K 35-50	45	00:29:34.60	00:29:47.70	+00:13:30 (45.3%)	5:54	10.1 (54.9%)
279	CIASTO Dominik	187		M 15-34	69	00:29:18.15	00:29:51.50	+00:13:33 (45.4%)	5:51	10.2 (55.4%)
280	WŁODARZ Julia	990		K 15-34	20	00:29:37.05	00:29:54.50	+00:13:36 (45.5%)	5:55	10.1 (54.9%)
281	SOCHA Marlena	555	WARTKIE PIERONY	K 35-50	46	00:29:30.85	00:29:55.80	+00:13:38 (45.6%)	5:54	10.2 (55.4%)
282	PUCHAŁA Ewelina	200		K 35-50	47	00:29:18.75	00:29:55.90	+00:13:38 (45.6%)	5:51	10.2 (55.4%)
283	DOMAŃSKI Radosław	201		M 35-50	112	00:29:19.05	00:29:56.50	+00:13:38 (45.6%)	5:51	10.2 (55.4%)
284	SZMIGIEL Mariusz	159	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	113	00:29:27.25	00:29:59.05	+00:13:41 (45.7%)	5:53	10.2 (55.4%)
285	KINEL Agnieszka	179	POŻYJEMY ZOBACZYMY	K 35-50	48	00:29:27.40	00:29:59.10	+00:13:41 (45.7%)	5:53	10.2 (55.4%)
286	LISON Sandra	348		K 35-50	49	00:29:45.25	00:30:02.45	+00:13:44 (45.8%)	5:57	10.1 (54.9%)
287	KUŁAK Mikołaj	337		M 15-34	70	00:29:45.60	00:30:03.95	+00:13:46 (45.8%)	5:57	10.1 (54.9%)
288	WESOŁOWSKI Adam	192	PARKRUN KATOWICE	M 35-50	114	00:29:19.25	00:30:05.05	+00:13:47 (45.8%)	5:51	10.2 (55.4%)
288	ZIÓŁEK Adam	199		M 35-50	114	00:29:19.85	00:30:05.05	+00:13:47 (45.8%)	5:51	10.2 (55.4%)
290	MACHAŁA Dariusz	215		M 51+	27	00:29:50.25	00:30:07.40	+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	SODOWSKI Marek	173	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	116	00:29:32.95	00:30:08.40	+00:13:50 (45.9%)	5:54	10.2 (55.4%)
292	PIECHULA Tomasz	422		M 35-50	117	00:29:56.60	00:30:08.95	+00:13:51 (46.0%)	5:59	10 (54.3%)
293	MIŚTA Arkadiusz	469	BRAK	M 51+	28	00:29:37.75	00:30:10.20	+00:13:52 (46.0%)	5:55	10.1 (54.9%)
294	DZIEDZIC Bogdan	475	MORS HUBERTUS	M 51+	29	00:29:26.80	00:30:17.75	+00:14:00 (46.2%)	5:53	10.2 (55.4%)
295	GWÓŹDŹ Roman	473	MORS HUBERTUS	M 51+	30	00:29:26.10	00:30:18.05	+00:14:00 (46.2%)	5:53	10.2 (55.4%)
296	BINDA Jacek	195	NO LIMITS	M 51+	31	00:30:07.80	00:30:19.75	+00:14:02 (46.3%)	6:01	10 (54.3%)
297	SITKO Sylwester	304		M 51+	32	00:29:48.95	00:30:20.00	+00:14:02 (46.3%)	5:57	10.1 (54.9%)
298	PRZYBYCIŃSKA Kamila	222		K 35-50	50	00:30:08.60	00:30:22.70	+00:14:05 (46.4%)	6:01	10 (54.3%)
299	LECHOWSKA Joanna	259		K 35-50	51	00:30:05.70	00:30:38.75	+00:14:21 (46.8%)	6:01	10 (54.3%)
300	RYBSKI Grzegorz	343		M 35-50	118	00:30:18.65	00:30:38.95	+00:14:21 (46.8%)	6:03	9.9 (53.8%)
301	RYBARSKI Przemysław	634		M 51+	33	00:30:06.15	00:30:44.90	+00:14:27 (47.0%)	6:01	10 (54.3%)
302	STAROŃ Jagoda	224		K 15-34	21	00:30:34.80	00:30:48.35	+00:14:30 (47.1%)	6:06	9.8 (53.3%)
303	SŁOTA Paweł	404	URZĄD MIASTA PIEKARY ŚLĄSKIE	M 35-50	119	00:30:30.85	00:30:49.95	+00:14:32 (47.1%)	6:06	9.8 (53.3%)
304	SZINCEL Natalia	616		K 15-34	22	00:30:35.70	00:30:51.60	+00:14:33 (47.2%)	6:07	9.8 (53.3%)
305	MUL Paulina	624	CARBON SILESIA SPORT	K 15-34	23	00:30:40.95	00:30:55.95	+00:14:38 (47.3%)	6:08	9.8 (53.3%)
306	MROZEK Mirosława	276		K 35-50	52	00:30:43.10	00:30:57.55	+00:14:39 (47.4%)	6:08	9.8 (53.3%)
307	ZYCH Małgorzata	305		K 15-34	24	00:30:30.30	00:31:00.65	+00:14:42 (47.5%)	6:06	9.8 (53.3%)
308	ZYCH Wioleta	303		K 35-50	53	00:30:30.00	00:31:01.25	+00:14:43 (47.5%)	6:06	9.8 (53.3%)
309	SIEJA Krystian	392		M 15-34	71	00:30:42.55	00:31:01.30	+00:14:43 (47.5%)	6:08	9.8 (53.3%)
310	BOREJSZO Ilona	384		K 35-50	54	00:30:48.15	00:31:02.45	+00:14:44 (47.5%)	6:09	9.7 (52.7%)
311	MAGIERA Dagmara	515		K 35-50	55	00:31:00.95	00:31:03.95	+00:14:46 (47.5%)	6:12	9.7 (52.7%)
312	PALKA Cyprian	333		M 35-50	120	00:30:54.50	00:31:09.05	+00:14:51 (47.7%)	6:10	9.7 (52.7%)
313	SZURAJ Adam	207		M 15-34	72	00:30:39.20	00:31:13.05	+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	JANKOWSKI Jarosław	594	ST. ROWEROWE RENEGACI BYTOM	M 35-50	123	00:31:43.60	00:32:07.65	+00:15:49 (49.3%)	6:20	9.5 (51.6%)
338	BARTKIEWICZ Przemysław	447		M 35-50	124	00:31:35.55	00:32:08.05	+00:15:50 (49.3%)	6:19	9.5 (51.6%)
339	SKAWIŃSKA Joanna	251		K 15-34	30	00:31:46.95	00:32:11.30	+00:15:53 (49.4%)	6:21	9.4 (51.1%)
340	GOŁĘBIEWSKA Paulina	153	CARBON SILESIA SPORT	K 15-34	31	00:32:00.80	00:32:12.45	+00:15:54 (49.4%)	6:24	9.4 (51.1%)
340	MŁYNARSKA Bernadetta	477		K 15-34	31	00:32:00.60	00:32:12.45	+00:15:54 (49.4%)	6:24	9.4 (51.1%)
342	NEUMAN Grzegorz	250		M 35-50	125	00:31:48.25	00:32:12.65	+00:15:54 (49.4%)	6:21	9.4 (51.1%)
343	KOZIEŁ Sandra	341		K 15-34	33	00:31:30.45	00:32:14.25	+00:15:56 (49.5%)	6:18	9.5 (51.6%)
344	MASKA Katarzyna	168	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 35-50	65	00:31:57.10	00:32:15.75	+00:15:58 (49.5%)	6:23	9.4 (51.1%)
345	MOLĘDA Ewelina	385		K 15-34	34	00:32:16.60	00:32:23.70	+00:16:06 (49.7%)	6:27	9.3 (50.5%)
346	ŻYWICA Dorota	55	HURAGAN LIGOTA	K 35-50	66	00:32:02.75	00:32:24.95	+00:16:07 (49.7%)	6:24	9.4 (51.1%)
347	KAMIŃSKI Marcin	323	GRUBIORZE LOTAJOM	M 35-50	126	00:31:27.90	00:32:27.65	+00:16:09 (49.8%)	6:17	9.5 (51.6%)
348	FIJAŁKOWSKA Angelika	325		K 15-34	35	00:31:28.55	00:32:28.65	+00:16:10 (49.8%)	6:17	9.5 (51.6%)
349	TAMIOŁA Kamila	638		K 35-50	67	00:32:12.95	00:32:33.25	+00:16:15 (49.9%)	6:26	9.3 (50.5%)
350	TYCZYŃSKA Justyna	408	SZNAPSRUNNERS	K 35-50	68	00:32:20.65	00:32:34.75	+00:16:17 (50.0%)	6:28	9.3 (50.5%)
351	RUMIANOWSKA Karolina	412		K 15-34	36	00:32:17.45	00:32:44.45	+00:16:26 (50.2%)	6:27	9.3 (50.5%)
352	ŁUKASIEWICZ Mateusz	411		M 15-34	76	00:32:18.05	00:32:44.65	+00:16:26 (50.2%)	6:27	9.3 (50.5%)
353	WOJTYŁA-OLSZEWSKA Patrycja	127	BIMBER SQUAD	K 35-50	69	00:32:32.80	00:32:49.35	+00:16:31 (50.4%)	6:30	9.2 (50.0%)
354	PLESZCZYŃSKI Kamil	407	HDK TRÓJKOLOROWI	M 35-50	127	00:32:23.25	00:32:53.85	+00:16:36 (50.5%)	6:28	9.3 (50.5%)
355	ŁACH Wioletta	521	.	K 15-34	37	00:32:47.35	00:32:55.00	+00:16:37 (50.5%)	6:33	9.2 (50.0%)
356	SZYNDLER Marek	147		M 35-50	128	00:32:38.40	00:32:55.25	+00:16:37 (50.5%)	6:31	9.2 (50.0%)
357	GRABOWSKA Karolina	145		K 35-50	70	00:32:38.95	00:32:55.65	+00:16:37 (50.5%)	6:31	9.2 (50.0%)
358	BINIEK Marcin	519	.	M 35-50	129	00:32:48.15	00:32:55.70	+00:16:38 (50.5%)	6:33	9.1 (49.5%)
359	ŚLOSARCZYK Ewelina	254		K 35-50	71	00:32:20.05	00:33:06.80	+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	POŁCIK Justyna	398		K 35-50	72	00:32:44.65	00:33:06.85	+00:16:49 (50.8%)	6:32	9.2 (50.0%)
361	KRYSHMARU Viktor	239		M 51+	37	00:33:03.25	00:33:08.45	+00:16:50 (50.8%)	6:36	9.1 (49.5%)
362	FURMAN Sylwia	71		K 35-50	73	00:32:56.65	00:33:10.00	+00:16:52 (50.9%)	6:35	9.1 (49.5%)
363	SZKARŁAT Anna	592		K 35-50	74	00:32:48.30	00:33:11.20	+00:16:53 (50.9%)	6:33	9.1 (49.5%)
364	MIKLAS Wojciech	628		M 15-34	77	00:32:20.15	00:33:14.90	+00:16:57 (51.0%)	6:28	9.3 (50.5%)
365	KARWOWSKA Tomiła	630		K 15-34	38	00:32:20.00	00:33:15.75	+00:16:58 (51.0%)	6:28	9.3 (50.5%)
366	KUŚ Maciej	631	GRZMOTY KATOWICE	M 15-34	78	00:32:19.95	00:33:15.80	+00:16:58 (51.0%)	6:27	9.3 (50.5%)
367	PRADELA Violetta	579		K 35-50	75	00:32:55.15	00:33:17.70	+00:17:00 (51.1%)	6:35	9.1 (49.5%)
368	STĘPIEŃ Magdalena	578		K 15-34	39	00:32:54.50	00:33:17.80	+00:17:00 (51.1%)	6:34	9.1 (49.5%)
369	KOKOT Justyna	111		K 35-50	76	00:32:32.50	00:33:19.55	+00:17:01 (51.1%)	6:30	9.2 (50.0%)
370	SZMATŁOCH Iwona	20	ŚLĄSK RUNNERS	K 35-50	77	00:32:54.25	00:33:46.65	+00:17:28 (51.8%)	6:34	9.1 (49.5%)
370	KRAWCZYK Paweł	35	RUN AWAY TEAM	M 35-50	130	00:32:52.45	00:33:46.65	+00:17:28 (51.8%)	6:34	9.1 (49.5%)
372	FLAK Ewa	590		K 35-50	78	00:33:26.10	00:33:49.30	+00:17:31 (51.8%)	6:41	9 (48.9%)
373	KAŁKA Maria	174	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K 51+	10	00:33:19.20	00:33:54.20	+00:17:36 (51.9%)	6:39	9 (48.9%)
374	JONEK Marek	190	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	131	00:33:20.35	00:33:54.30	+00:17:36 (51.9%)	6:40	9 (48.9%)
375	GUDZ Tomasz	552		M 35-50	132	00:33:38.25	00:33:56.05	+00:17:38 (52.0%)	6:43	8.9 (48.4%)
376	GRYSZKA Brajan	410		M 15-34	79	00:33:03.55	00:33:57.55	+00:17:39 (52.0%)	6:36	9.1 (49.5%)
377	CHMIEL Krzysztof	625		M 35-50	133	00:33:36.70	00:33:59.40	+00:17:41 (52.1%)	6:43	8.9 (48.4%)
378	RYSZCZYK Katarzyna	77		K 35-50	79	00:33:44.00	00:34:11.65	+00:17:53 (52.3%)	6:44	8.9 (48.4%)
379	GUDZIK Angelika	189	BORKOTEAM	K 15-34	40	00:34:20.95	00:34:35.70	+00:18:18 (52.9%)	6:52	8.7 (47.3%)
380	WOLNY Magdalena	329		K 35-50	80	00:34:18.95	00:34:59.75	+00:18:42 (53.4%)	6:51	8.7 (47.3%)
381	WOLNY Mirosław	331		M 35-50	134	00:34:19.30	00:35:00.90	+00:18:43 (53.5%)	6:51	8.7 (47.3%)
382	KUBAREK Piotr	235	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 35-50	135	00:34:34.40	00:35:04.25	+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	LEWANDOWSKI Paweł	561		M 35-50	136	00:34:29.50	00:35:04.55	+00:18:46 (53.5%)	6:53	8.7 (47.3%)
384	POLEŚ Dorota	310		K 35-50	81	00:35:08.45	00:35:21.35	+00:19:03 (53.9%)	7:01	8.5 (46.2%)
385	KOTYCZKA Marta	183		K 15-34	41	00:34:48.70	00:35:24.95	+00:19:07 (54.0%)	6:57	8.6 (46.7%)
385	WIELEK Anna	238		K 35-50	82	00:35:12.55	00:35:24.95	+00:19:07 (54.0%)	7:02	8.5 (46.2%)
387	KAŁKA Romuald	175	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 51+	38	00:34:48.75	00:35:25.15	+00:19:07 (54.0%)	6:57	8.6 (46.7%)
388	KAŁKA Paweł	184		M 15-34	80	00:34:49.30	00:35:25.20	+00:19:07 (54.0%)	6:57	8.6 (46.7%)
389	SZYMCZYK Jolanta	438		K 51+	11	00:35:01.85	00:35:37.35	+00:19:19 (54.3%)	7:00	8.6 (46.7%)
390	NOWAK Małgorzata	161	CZELADŹ BIEGA	K 35-50	83	00:35:23.20	00:35:42.60	+00:19:24 (54.4%)	7:04	8.5 (46.2%)
391	MASTALERZ Justyna	87		K 15-34	42	00:35:24.25	00:35:43.95	+00:19:26 (54.4%)	7:04	8.5 (46.2%)
392	DUKIĆ Zoran	974		M 51+	39	00:35:59.75	00:36:11.30	+00:19:53 (55.0%)	7:11	8.3 (45.1%)
393	BRZDEK Anita	106		K 35-50	84	00:36:12.15	00:36:22.25	+00:20:04 (55.2%)	7:14	8.3 (45.1%)
394	JAZOWSKI Michał	256		M 35-50	137	00:35:52.00	00:36:23.75	+00:20:06 (55.2%)	7:10	8.4 (45.7%)
395	GUDZ Joanna	551		K 35-50	85	00:36:11.90	00:36:29.90	+00:20:12 (55.4%)	7:14	8.3 (45.1%)
396	ADAMUS Monika	45		K 35-50	86	00:35:49.70	00:36:34.60	+00:20:16 (55.4%)	7:09	8.4 (45.7%)
397	PRUKOP Anna	229		K 35-50	87	00:36:08.10	00:36:36.80	+00:20:19 (55.5%)	7:13	8.3 (45.1%)
398	STAROSZYŃSKA Anna	230		K 15-34	43	00:36:08.30	00:36:36.85	+00:20:19 (55.5%)	7:13	8.3 (45.1%)
399	JAZOWSKA Agnieszka	255		K 35-50	88	00:36:08.80	00:36:40.90	+00:20:23 (55.6%)	7:13	8.3 (45.1%)
400	MRÓZ Jacek	465		M 35-50	138	00:35:58.20	00:36:41.20	+00:20:23 (55.6%)	7:11	8.3 (45.1%)
401	OLSZEWSKA Urszula	466		K 35-50	89	00:35:58.80	00:36:41.50	+00:20:23 (55.6%)	7:11	8.3 (45.1%)
402	SELVARAJ Srinath	484		M 15-34	81	00:36:39.95	00:36:45.65	+00:20:27 (55.7%)	7:19	8.2 (44.6%)
403	KĘDZIERSKA Monika	979		K 35-50	90	00:36:22.85	00:37:06.20	+00:20:48 (56.1%)	7:16	8.2 (44.6%)
404	KOPYTEK Łukasz	978		M 35-50	139	00:36:22.85	00:37:06.35	+00:20:48 (56.1%)	7:16	8.2 (44.6%)
405	KUREK Adam	530		M 35-50	140	00:36:41.05	00:37:10.05	+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	KUREK Anna	584	KATOWICE	K 51+	14	00:43:47.85	00:44:12.80	+00:27:55 (63.1%)	8:45	6.9 (37.5%)
430	ŻEBROWSKA Weronika	165	MORS HUBERTUS MYSŁOWICE	K 35-50	96	00:44:18.15	00:45:08.50	+00:28:50 (63.9%)	8:51	6.8 (37.0%)
431	GĄTEK Gerard	560	PARKRUN	M 51+	41	00:46:09.00	00:46:16.85	+00:29:59 (64.8%)	9:13	6.5 (35.3%)
432	J-E Gabriela	553	SZALONE STOPY GLIWICE	K 51+	15	00:47:45.95	00:48:42.15	+00:32:24 (66.5%)	9:33	6.3 (34.2%)
433	WYSOCKA Marzena	569	SZALONE STOPY GLIWICE	K 35-50	97	00:47:47.35	00:48:44.15	+00:32:26 (66.6%)	9:33	6.3 (34.2%)
434	GWÓŹDŹ Grażyna	566	SZALONE STOPY GLIWICE	K 35-50	98	00:47:47.45	00:48:44.25	+00:32:26 (66.6%)	9:33	6.3 (34.2%)
435	NAJDA Danuta	973		K 35-50	99	00:46:36.65	00:49:54.55	+00:33:36 (67.4%)	9:19	6.4 (34.8%)
436	OLBRICH Barbara	22	RUN AWAY TEAM	K 35-50	100	00:47:07.60	00:50:24.40	+00:34:06 (67.7%)	9:25	6.4 (34.8%)
437	PRZELIORZ Bożena	970		K 51+	16	00:54:38.65	00:57:57.15	+00:41:39 (71.9%)	10:55	5.5 (29.9%)
438	BIZOŃ Tomasz	559	CZARNO LINIA ŁĘDZINY	M 35-50	145					(0.0%)
439	PIETREK Henryk	225		M 51+	42					(0.0%)

Znaleziono 439 wynik(ów)