

JASTRZĘBSKA DZIESIĄTKA

Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

Data: 2018-09-15

Miejsce: Jastrzębie-Zdrój

Dystans: 10 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 2000 miejsc wg czasu brutto


JASTRZĘBSKA DZIESIĄTKA, OPEN

M-ce	Nazwisko o imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	ROP ABEL KIBET	1	BENEDEK-TEAM	ELDORET	KEN	M30-39	1	M 1	00:09:17	00:15:30	00:22:55	00:29:14	00:30:51.30	00:30:53.50	3:05	19.4
2	KOSGEI MATHEW	2	BENEDEK-TEAM	ELDORET	KEN	M20-29	1	M 2	00:09:18	00:15:30	00:22:55	00:29:14	00:30:53.30	00:30:55.70	3:05	19.4
3	MRÓWKA MATEUSZ	4	KWK MARCEL/RADLINOKI W BIEGU	RADLIN	POL	M20-29	2	M 3	00:09:19	00:15:41	00:23:16	00:29:56	00:31:49.15	00:31:50.95	3:10	18.9
4	CIEPŁAK MARCIN	3	CHEMIKA RYBNIK	RYBNIK	POL	M20-29	3	M 4	00:09:20	00:16:01	00:24:01	00:31:08	00:33:14.05	00:33:15.35	3:19	18.1
5	KASPRZAK RADOSŁAW	7	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	M20-29	4	M 5	00:09:51	00:16:42	00:24:35	00:31:29	00:33:21.50	00:33:23.05	3:20	18
6	LUBIENIECKI MACIEJ	823	1979	KRAKÓW	POL	M30-39	2	M 6	00:09:49	00:16:41	00:24:34	00:31:29	00:33:21.55	00:33:23.55	3:20	18
7	DRODŻ DAMIAN	398		RYBNIK	POL	M30-39	3	M 7	00:09:40	00:16:30	00:24:35	00:31:33	00:33:31.15	00:33:32.90	3:21	17.9
8	KOZDOŃ JAREK	797	JAROSŁAW KOZDOŃ, GLOBAL THINKING	ŻORY	POL	M30-39	4	M 8	00:09:49	00:16:41	00:24:40	00:31:44	00:33:46.65	00:33:48.65	3:22	17.8
9	SZULIK GRZEGORZ	5	KB MOSIR JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M30-39	5	M 9	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	3:25	17.6
10	WŁOCH ANDRZEJ	6	KB MOSIR JASTRZĘBIE	MARKLOWICE	POL	M20-29	5	M 10	00:09:51	00:16:50	00:25:02	00:32:16	00:34:14.25	00:34:15.40	3:25	17.5
11	PLIŚ RENATA	14	MKL MARATON ŚWINOUJŚCIE	ŚWINOUJŚCIE	POL	K30-39	1	K 1	00:10:10	00:17:17		00:32:16	00:34:12.90	00:34:15.80	3:25	17.5
12	BULIK WITOLD	647	PKS OLIMPIJCZYK GILOWICE	GILOWICE	POL	M40-49	1	M 11	00:09:52	00:16:49	00:25:08	00:32:31	00:34:38.05	00:34:39.60	3:27	17.3
13	KOZMIŃSKI JÓZEF	727	LKS 'ORZEŁ' KOZY	KOZY	POL	M30-39	6	M 12	00:10:14	00:17:26		00:32:42	00:34:41.40	00:34:44.10	3:28	17.3
14	HAJDUK PAWEŁ	787		RUDA KOZIELSKA	POL	M16-19	1	M 13	00:10:32	00:17:38		00:32:56	00:34:56.15	00:34:59.75	3:29	17.2
15	LIZAK WOJCIECH	164		JASTRZĘBIE ZDRÓJ	POL	M30-39	7	M 14	00:10:10	00:17:21		00:32:58	00:35:04.00	00:35:06.65	3:30	17.1
16	LYSKO JAKUB	765	WKB META LUBLINIEC	DĄBROWA GÓRNICZA	POL	M30-39	8	M 15	00:10:11	00:17:25		00:33:11	00:35:14.70	00:35:16.70	3:31	17
17	WRÓBLEWSKI JANMARIAN	118	KS SPRINT BIELSKO-BIAŁA	BIELSKO-BIAŁA	POL	M30-39	9	M 16	00:10:12	00:17:26		00:33:10	00:35:18.85	00:35:20.90	3:31	17
18	ZIELONKA ROBERT	758	MOTOMASTER	CHRZANÓW	POL	M40-49	2	M 17	00:10:14	00:17:30		00:33:25	00:35:29.50	00:35:31.50	3:32	16.9
19	KRÓL PIOTR	338	SOCIOS SILESIA	RYBNIK	POL	M30-39	10	M 18	00:10:27	00:17:47		00:33:29	00:35:32.15	00:35:34.85	3:33	16.9
20	KARDAS ARKADIUSZ	876	TS AKS CHORZÓW	SIEMIANOWICE ŚLĄSKIE	POL	M20-29	6	M 19	00:09:51	00:17:07		00:33:28	00:35:37.90	00:35:41.10	3:33	16.8
21	RAJWA ROMAN	502	KB MOSIR JASTRZĘBIE	CHYBIE (BZIE)	POL	M20-29	7	M 20	00:10:17	00:17:44		00:33:55	00:35:58.20	00:36:00.70	3:35	16.7
22	KRZEMIEN KRZYSZTOF	697		MAKÓW	POL	M20-29	8	M 21	00:10:43	00:18:10		00:34:01	00:36:03.45	00:36:07.55	3:36	16.6
23	GARCZARZYK MICHAŁ	869	SKLEP BIEGACZA	RUDA ŚLĄSKA	POL	M30-39	11	M 22	00:10:31	00:17:52		00:34:07	00:36:09.35	00:36:12.60	3:36	16.6
24	SEWERYN JACEK	814		MYSŁOWICE	POL	M40-49	3	M 23	00:10:15	00:17:41		00:34:04	00:36:13.70	00:36:16.65	3:37	16.6
25	MATHEBO RUTH CHEMISTO	9	BENEDEK-TEAM	ELDORET	KEN	K30-39	2	K 2	00:10:16	00:17:44		00:34:05	00:36:18.75	00:36:18.75	3:37	16.5
26	MARCOL SEBASTIAN	69	AKTYWNI LYSKI	GASZOWICE	POL	M30-39	12	M 24	00:10:43	00:18:10		00:34:09	00:36:19.05	00:36:23.75	3:37	16.5
27	BŁASZCZYK DOMINIK	832		KALETY	POL	M30-39	13	M 25	00:10:38	00:18:05		00:34:22	00:36:28.25	00:36:31.75	3:38	16.5
28	ADAMSKI ROBERT	589	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	14	M 26	00:10:46	00:18:20		00:34:26	00:36:32.15	00:36:35.85	3:39	16.4
29	ZIELIŃSKI RAFAŁ	433	KB MIOSIR JASTRZĘBIE	JASTRZĘBIEZDRÓJ	POL	M30-39	15	M 27	00:10:31	00:18:11		00:34:29	00:36:34.00	00:36:36.20	3:39	16.4
30	ŚLĘZAK SYLWIA	11		CZĘSTOCHOWA	POL	K20-29	1	K 3	00:10:55	00:18:22		00:34:17	00:36:33.50	00:36:36.80	3:39	16.4
31	CHRAPKIEWICZ MICHAŁ	292	SBD ENERGETYK RYBNIK	CIESZYŃ	POL	M30-39	16	M 28	00:10:37	00:18:06		00:34:28	00:36:38.40	00:36:41.70	3:39	16.4
32	WALCZYŃSKI MARIUSZ	98	NIWYBIEGANI	ŻORY	POL	M30-39	17	M 29	00:10:47	00:18:22		00:34:40	00:36:44.65	00:36:46.50	3:40	16.3
33	CHERUIYOT EMILY	8	BENEDEK-TEAM	ELDORET	KEN	K30-39	3	K 4	00:10:23	00:17:57		00:34:33	00:36:48.05	00:36:50.50	3:40	16.3
34	URBANIAK WITOLD	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M30-39	18	M 30	00:10:37	00:18:12		00:34:39	00:36:53.40	00:36:57.00	3:41	16.3
35	KNESZ MAREK	464		JEJKOWICE	POL	M50-59	1	M 31	00:10:35	00:18:13		00:34:44	00:37:01.20	00:37:04.10	3:42	16.2
36	PORĘBA GRZEGORZ	438	NIWYBIEGANI	ŻORY	POL	M30-39	19	M 32	00:10:45	00:18:20		00:34:52	00:37:04.85	00:37:07.90	3:42	16.2
37	GŁOWIAK LECH	746	DOLINIARZE.COM	KATOWICE	POL	M30-39	20	M 33	00:10:25	00:17:48		00:34:39	00:37:05.75	00:37:10.00	3:42	16.2
38	KLINIK PAWEŁ	321	RAFAKO RUN TEAM	RACIBÓRZ	POL	M30-39	21	M 34	00:10:55	00:18:23		00:34:54	00:37:09.60	00:37:14.40	3:43	16.1
39	MARCINIAK PRZEMYSŁAW	894	ATHLETICS NYSA	PRUDNIK	POL	M30-39	22	M 35	00:10:41	00:18:19		00:34:58	00:37:13.10	00:37:15.55	3:43	16.1
40	MIKA ŁUKASZ	330	FUNDACJA MYŚL POZYTYWNE DZIAŁAJ ODWAŻNIE	RYDUŁTOWY	POL	M30-39	23	M 36	00:10:56	00:18:34		00:35:11	00:37:16.80	00:37:20.60	3:43	16.1

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
41	DZIEGIELOWSKI PAWEŁ	883	NIWYBIEGANI	ŻORY	POL	M30-39	24	M 37	00:10:56	00:18:29		00:35:09	00:37:20.15	00:37:22.60	3:44	16.1
42	RĘBISZ MARIUSZ	795		RACIBÓRZ	POL	M40-49	4	M 38	00:10:41	00:18:16		00:35:04	00:37:21.10	00:37:24.65	3:44	16.1
43	GOLBA KASIA	12	1SECOND TEAM / AZS AWF KATOWICE	MIELEC	POL	K20-29	2	K 5	00:10:55	00:18:27		00:35:07	00:37:24.60	00:37:27.90	3:44	16
44	KULESZA ŁUKASZ	678		RYBNIK	POL	M30-39	25	M 39	00:10:52	00:18:37		00:35:18	00:37:27.70	00:37:30.65	3:44	16
45	GRZYWACZ MARCIN	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M40-49	5	M 40	00:10:46	00:18:28		00:35:13	00:37:28.00	00:37:31.80	3:44	16
46	WOWRY GRZEGORZ	447	CIESZYN WIK	CIESZYN	POL	M30-39	26	M 41	00:10:45	00:18:26		00:35:28	00:37:37.25	00:37:38.65	3:45	16
47	PŁOSKONKA JAN	794	UKS BRENNA-GÓRKI	BRENNA	POL	M20-29	9	M 42	00:11:09	00:18:58		00:35:28	00:37:35.20	00:37:38.75	3:45	16
48	NIESŁONY FILIP	650		KOZŁOWICE	POL	M16-19	2	M 43	00:10:48	00:18:39		00:35:32	00:37:37.95	00:37:40.85	3:45	15.9
49	MATUSZNY MAREK	209	OLZA CIESZYN	DZIEGIELÓW	POL	M20-29	10	M 44	00:10:37	00:18:10		00:35:24	00:37:42.10	00:37:46.50	3:46	15.9
50	MROWIEC ADAM	239		ŚWINNA	POL	M16-19	3	M 45	00:11:06	00:18:51		00:35:30	00:37:44.40	00:37:47.60	3:46	15.9
51	DOBROWOLSKI TOMASZ	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	JASTRZĘBIE-ZDRÓJ	POL	M16-19	4	M 46	00:10:34	00:18:21		00:35:38	00:37:48.00	00:37:53.05	3:46	15.9
52	KOKOT KRZYSZTOF	748	NIWYBIEGANI	ŻORY	POL	M40-49	6	M 47	00:10:54	00:18:35		00:35:36	00:37:52.00	00:37:55.80	3:47	15.8
53	GIŻYŃSKI DAMIAN	252		JASTRZĘBIE ZDRÓJ	POL	M30-39	28	M 48	00:10:38	00:18:11		00:35:46	00:37:56.60	00:37:59.85	3:47	15.8
54	KAPELA MARCIN	843		BIELSKO BIAŁA	POL	M30-39	27	M 49	00:10:57	00:18:46		00:35:40	00:37:54.50	00:37:59.90	3:47	15.8
55	MROWIEC KACPER	822		ŻYWIEC	POL	M20-29	11	M 50	00:10:54	00:18:34		00:35:39	00:37:56.55	00:38:00.95	3:47	15.8
56	KMITA TOMASZ	851		JASTRZĘBIE-ZDRÓJ	POL	M20-29	12	M 51	00:10:56	00:18:39		00:35:45	00:37:59.10	00:38:02.90	3:47	15.8
57	JĘDROS PRZEMYSŁAW	630	INŻYNIERIA BIEGANIA	GLIWICE	POL	M30-39	29	M 52	00:11:08	00:18:58		00:35:49	00:38:04.25	00:38:09.15	3:48	15.8
58	ALBRECHT ARKADIUSZ	197	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	7	M 53	00:11:00	00:18:53		00:35:47	00:38:05.30	00:38:11.85	3:48	15.8
59	ALBRECHT KRYSZTIAN	198	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	5	M 54	00:11:00	00:18:52		00:35:47	00:38:05.95	00:38:12.40	3:48	15.7
60	ZOSTAWA ROBERT	577	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	30	M 55	00:11:19	00:19:05		00:36:02	00:38:10.80	00:38:15.75	3:49	15.7
61	KRAWCZYK MAGDALENA	777	GKS PIAST GLIWICE	GLIWICE	POL	K20-29	3	K 6	00:10:58	00:18:33		00:36:07	00:38:18.30	00:38:18.30	3:49	15.7
62	WIELOPOLSKI MICHAŁ	356		BIELSKO-BIAŁA	POL	M16-19	7	M 56	00:11:07	00:18:55		00:36:06	00:38:25.50	00:38:31.45	3:50	15.6
63	KOGUCIUK KAROL	157	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	6	M 57	00:11:02	00:18:56		00:36:10	00:38:18.50	00:38:33.30	3:49	15.7
64	MOLA MATEUSZ	505	MUKS CIESZYN	SKOCZÓW	POL	M16-19	8	M 58	00:11:01	00:19:07		00:36:24	00:38:29.60	00:38:33.70	3:50	15.6
65	HATAŁA PAWEŁ	445		BIELSKO-BIAŁA	POL	M30-39	31	M 59	00:11:11	00:19:11	00:28:25	00:36:20	00:38:32.95	00:38:38.55	3:51	15.6
66	OREŁ PRZEMYSŁAW	694	SCI GÓRSCY ENTUZJAŚCI	KOŃCZYCE MAŁE	POL	M30-39	32	M 60	00:11:25	00:19:26		00:36:21	00:38:37.60	00:38:42.95	3:51	15.5
67	SUWAJ ANETA	10	AZS-AWF KATOWICE/ALPIN SPORT	JASTRZĘBIE-ZDRÓJ	POL	K30-39	4	K 7	00:11:25	00:19:22		00:36:29	00:38:41.65	00:38:45.45	3:52	15.5
68	PIECHACEK JACEK	586	INŻYNIERIA BIEGANIA TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	8	M 61	00:11:25	00:19:21		00:36:36	00:38:50.40	00:38:55.75	3:53	15.5
69	NOWAK PIOTR	129	STOLARIUS RUN TEAM	BESTWINA	POL	M30-39	33	M 62	00:11:24	00:19:19		00:36:32	00:38:51.45	00:38:57.65	3:53	15.4
70	NOGA KRYSZTIAN	84	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M30-39	34	M 63	00:11:07	00:19:07	00:28:32	00:36:41	00:38:52.75	00:39:03.30	3:53	15.4
71	KARACZAN MARCIN	824		GLUBCZYCE	POL	M30-39	35	M 64	00:11:17	00:19:16		00:36:39	00:39:01.70	00:39:07.80	3:54	15.4
72	WANTULOK PAWEŁ	121		CIESZYN	POL	M20-29	13	M 65	00:11:33	00:19:38	00:28:57	00:36:54	00:39:04.70	00:39:12.55	3:54	15.4
73	TOKAREWICZ DAMIAN	179	ZEBRY	ZEBRZYDOWICE	POL	M30-39	36	M 66	00:11:35	00:19:40	00:29:00	00:36:58	00:39:12.75	00:39:19.00	3:55	15.3
74	DZIUBAŃSKI GRZEGORZ	729	OPEL ACTIVE TEAM	PYSKOWICE	POL	M30-39	37	M 67	00:11:37	00:19:37	00:28:54	00:36:59	00:39:17.10	00:39:23.50	3:55	15.3
75	OLBRICH ARTUR	318		TWORCÓW	POL	M30-39	38	M 68	00:11:47	00:37:03			00:39:22.45	00:39:28.15	3:56	15.2
76	WITAŁA TOMASZ	381		ŻORY	POL	M40-49	9	M 69	00:11:42	00:19:51	00:29:08	00:37:05	00:39:21.10	00:39:29.35	3:56	15.2
77	DZIUK DAGMARA	13	KB MOSIR JASTRZĘBIE	PAWŁOWICE	POL	K30-39	5	K 8	00:11:16	00:19:21	00:28:52	00:37:07	00:39:27.40	00:39:30.35	3:56	15.2
78	ŻERDKA MICHAŁ	475	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	39	M 70	00:11:47	00:19:56	00:29:13	00:37:17	00:39:29.05	00:39:33.45	3:56	15.2
79	KUREK JACEK	425	ŚWIETLIKOWO	TYCHY	POL	M40-49	12	M 71	00:10:59	00:19:06		00:36:58	00:39:30.65	00:39:34.80	3:57	15.2
80	MAJER DAMIAN	408	YNO ULTRA	KRUSZWICA	POL	M40-49	10	M 72	00:11:28	00:19:34	00:28:56	00:37:09	00:39:27.25	00:39:35.50	3:56	15.2
81	BOBEREK GRZEGORZ	706	POGORIA BIEGA	DĄBROWA GÓRNICZA	POL	M40-49	11	M 73	00:11:43	00:19:52	00:29:10	00:37:09	00:39:27.25	00:39:35.95	3:56	15.2
82	KUNINA PAWEŁ	130	AMATOR	JASTRZĘBIE ZDRÓJ	POL	M40-49	13	M 74	00:11:34	00:19:52	00:29:12	00:37:08	00:39:32.50	00:39:38.60	3:57	15.2
83	KASTELIK SZYMON	422	OLIMPIJCZYK GILOWICE	GILOWICE	POL	M20-29	16	M 75	00:11:09	00:19:21	00:28:50	00:37:15	00:39:34.75	00:39:38.60	3:57	15.2
84	JANUSZ TOMASZ	604	SKAZANINASUKCES.PL	KANIÓW	POL	M20-29	15	M 76	00:11:45	00:19:57	00:29:12	00:37:13	00:39:31.05	00:39:40.35	3:57	15.2
85	ZYGMA KORDIAN	151		LIGOTA	POL	M20-29	14	M 77	00:11:46	00:19:57	00:29:14	00:37:13	00:39:30.65	00:39:40.35	3:57	15.2
86	JĘDRUSIAK PRZEMYSŁAW	648		DANKOWICE	POL	M30-39	40	M 78	00:11:45	00:19:57	00:29:12	00:37:16	00:39:37.05	00:39:46.85	3:57	15.1
87	MENDECKA DARIA	781	MOSIR ŁAZISKA GÓRNE	ŁAZISKA GÓRNE	POL	K20-29	4	K 9	00:11:34	00:19:45	00:29:09	00:37:24	00:39:44.60	00:39:48.75	3:58	15.1
88	DZIARSKI WIESŁAW	240	ERBUD RYBNIK	RYBNIK	POL	M60-69	1	M 79	00:11:30	00:37:21			00:39:43.45	00:39:51.85	3:58	15.1
89	KLYSZCZ PAWEŁ	886	ZERO32 ARCHITEKCI	ŁAZISKA GÓRNE	POL	M20-29	18	M 80	00:11:36	00:19:49	00:29:17	00:37:32	00:39:48.90	00:39:54.75	3:58	15.1
90	KRETEK ŁUKASZ	519	AKTYWNI LYSKI	LYSKI	POL	M20-29	17	M 81	00:11:45	00:19:58	00:29:19	00:37:29	00:39:47.10	00:39:56.60	3:58	15.1
91	BARTNIK SEBASTIAN	181	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	14	M 82	00:11:41	00:19:51	00:29:08	00:37:23	00:39:53.05	00:40:01.25	3:59	15
92	WOLNY ARIEL	183		ŁUKÓW ŚLĄSKI	POL	M30-39	41	M 83	00:11:41	00:19:51	00:29:09	00:37:25	00:39:53.25	00:40:02.55	3:59	15

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
93	KYRCZ MIROSLAW	378	MIRASTEAM	DANKOWICE	POL	M30-39	42	M 84	00:11:33	00:19:46	00:29:19	00:37:35	00:40:01.70	00:40:08.60	4:00	15
94	KOWAL ŁUKASZ	770	FITNESS EXPRESS RYBNIK	RYBNIK	POL	M20-29	19	M 85	00:12:01	00:20:15	00:29:36	00:37:50	00:40:03.10	00:40:16.90	4:00	15
95	WASZTYL GRZEGORZ	771		KATOWICE	POL	M40-49	15	M 86	00:11:49	00:20:06	00:29:46	00:37:56	00:40:09.10	00:40:17.80	4:00	14.9
96	OLSZOWSKI DARIUSZ	889	GB GALOPUJĄCE ŚLIMAKI	ŻORY	POL	M40-49	16	M 87	00:11:45	00:19:59	00:29:34	00:37:55	00:40:10.65	00:40:19.35	4:01	14.9
97	ULATOWSKA ALICJA	913	TGU TEAM	PAWŁOWICE	POL	K20-29	5	K 10	00:11:43	00:37:51			00:40:12.10	00:40:20.50	4:01	14.9
98	WOWRY KLAUDIUSZ	448	CIESZYN WIK	CIESZYN	POL	M16-19	9	M 88	00:11:42	00:19:53	00:29:30	00:37:55	00:40:15.10	00:40:22.80	4:01	14.9
99	BRODACKI WALDEMAR	909	CHEMIK NOXY PUŁAWY	PUŁAWY	POL	M60-69	2	M 89	00:11:46	00:20:04	00:29:41	00:37:54	00:40:19.00	00:40:24.90	4:01	14.9
100	DUDEK BARTŁOMIEJ	722		KATOWICE	POL	M40-49	17	M 90	00:11:45	00:19:53	00:29:28	00:37:54	00:40:18.30	00:40:26.90	4:01	14.9
101	TŁOŁKA MICHAŁ	411		ŻORY	POL	M30-39	43	M 91	00:11:49	00:20:05	00:29:34	00:37:54	00:40:21.85	00:40:31.60	4:02	14.9
102	BIELIŃSKA MONIKA	223		PRZYSZOWICE	POL	K30-39	7	K 11	00:11:47	00:20:04	00:29:51	00:38:12	00:40:30.55	00:40:35.00	4:03	14.8
103	DYBCZYŃSKA JADWIGA	890		GÓRKI WIELKIE	POL	K30-39	6	K 12	00:11:41	00:19:51	00:29:21	00:37:51	00:40:27.30	00:40:36.30	4:02	14.8
104	NIEDZIELA STEFAN	599	WIECZNOŚĆ	KNURÓW	POL	M50-59	2	M 92	00:11:25	00:19:45	00:29:47	00:38:16	00:40:37.40	00:40:41.40	4:03	14.8
105	TOMCZYK PIOTR CZESŁAW	509	WILD RUNNERS CLUB	PIASEK	POL	M30-39	44	M 93	00:11:43	00:19:56	00:29:42	00:38:13	00:40:33.55	00:40:43.20	4:03	14.8
106	GÓRNY MIREK	461	NUTREND TEAM	BIELSKO-BIAŁA	POL	M50-59	3	M 94	00:11:33	00:19:55	00:29:52	00:38:18	00:40:42.10	00:40:46.10	4:04	14.7
107	MAROSZEK SZYMON	153		RYBNIK	POL	M30-39	45	M 95	00:11:41	00:19:51	00:29:27	00:38:04	00:40:39.25	00:40:50.60	4:03	14.8
108	URBANCZYK MARCIN	51		JASTRZĘBIE ZDRÓJ	POL	M20-29	21	M 96	00:11:58	00:20:21	00:29:59	00:38:21	00:40:42.05	00:40:53.20	4:04	14.7
109	MASNY MICHAŁ	442		RYDUŁTOWY	POL	M20-29	20	M 97	00:11:47	00:20:11	00:29:58	00:38:18	00:40:41.00	00:40:53.65	4:04	14.7
110	OPUCHLIK ROMAN	642		ŚWIĘTOCHŁOWICE	POL	M30-39	46	M 98	00:12:00	00:20:23	00:30:02	00:38:24	00:40:45.20	00:40:54.65	4:04	14.7
111	BULENDA GRZEGORZ	65	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	4	M 99	00:11:40	00:19:57	00:29:44	00:38:14	00:40:46.85	00:40:56.90	4:04	14.7
112	URBAŚ ROMAN	491	BIEG PO ZDRÓJ	JAWORZE	POL	M40-49	18	M 100	00:11:49	00:20:17	00:29:59	00:38:30	00:40:55.50	00:41:01.60	4:05	14.7
113	MICHALIK RAFAŁ	405	LACHO TEAM	KRAKÓW	POL	M20-29	22	M 101	00:12:01	00:20:26	00:30:25	00:38:43	00:40:57.15	00:41:02.80	4:05	14.7
114	LEWICKA ELŻBIETA	415	NIEZRZESZONA	KNURÓW	POL	K40-49	1	K 13	00:11:51	00:20:16	00:30:04	00:38:34	00:40:57.75	00:41:05.05	4:05	14.6
115	MAZUR MAREK	78		JASTRZĘBIE-ZDRÓJ	POL	M40-49	19	M 102	00:11:44	00:19:55	00:29:44	00:38:26	00:40:58.85	00:41:07.75	4:05	14.6
116	FURMAN DAWID	686	BIEGAM DLA MILUSI	BŁAŻEJOWICE	POL	M30-39	47	M 103	00:11:52	00:38:44			00:41:07.80	00:41:17.30	4:06	14.6
117	BOŁOZ DAMIAN	50	KLUB BIEGACZA FARTLEK	JASTRZĘBIE ZDRÓJ	POL	M30-39	48	M 104	00:12:05	00:20:32	00:30:20	00:38:50	00:41:11.85	00:41:20.00	4:07	14.6
118	RAJWA JAN	309	BZIEGCZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	23	M 105	00:11:41	00:20:08	00:30:06	00:38:53	00:41:13.55	00:41:20.30	4:07	14.6
119	SIEGMUND TADEUSZ	187	KB MOSIR JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	POL	M40-49	20	M 106	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	4:07	14.5
120	MIKOŁAJCZYK SANDRA	607		SIEMIANOWICE ŚLĄSKIE	POL	K30-39	8	K 14	00:12:07	00:20:30	00:30:18	00:38:48	00:41:11.35	00:41:23.05	4:07	14.6
121	SPYRKA PIOTR	97		JASTRZĘBIE ZDRÓJ	POL	M30-39	50	M 107	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	4:07	14.5
122	DZIDA JANUSZ	483	EXME BERGER GROUP	ŻORY	POL	M30-39	51	M 108	00:11:28	00:20:01	00:30:05	00:38:54	00:41:21.45	00:41:26.50	4:08	14.5
123	RIMPLER ŁUKASZ	819	ŁUKASZ RIMPLER	ORZESZE	POL	M30-39	49	M 109	00:12:09	00:20:41	00:30:33	00:38:55	00:41:16.50	00:41:27.95	4:07	14.5
124	MALINOWSKI KRZYSZTOF	110	POWOLI DO CELU	GILOWICE	POL	M40-49	22	M 110	00:11:43	00:20:18	00:30:23	00:39:03	00:41:26.05	00:41:28.50	4:08	14.5
125	KUTIAN ADAM	813		KĘDZIERZYN-KOŹLE	POL	M50-59	5	M 111	00:12:00	00:20:36	00:30:23	00:38:52	00:41:19.80	00:41:28.70	4:08	14.5
126	ZIELIŃSKI IRENEUSZ	170		JASTRZĘBIE-ZDRÓJ	POL	M40-49	21	M 112	00:11:45	00:20:13	00:30:13	00:38:55	00:41:23.35	00:41:31.30	4:08	14.5
127	GŁUSZYK ANDRZEJ	316		ŻORY	POL	M40-49	23	M 113	00:12:33	00:21:08	00:31:01	00:39:10	00:41:27.20	00:41:37.20	4:08	14.5
128	LASKOWSKA KATARZYNA	801	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K40-49	2	K 15	00:12:14	00:20:49	00:30:32	00:39:04	00:41:29.50	00:41:40.55	4:08	14.5
129	PIETROCZYK SYLWIA	875	KOTWICA BRZEG/ ATHLETICS NYSA	NYSA	POL	K20-29	6	K 16	00:12:09	00:20:38	00:30:32	00:39:13	00:41:38.80	00:41:49.50	4:09	14.4
130	KUŚ DAWID	606	POLSKA GRUPA GÓRNICZA	KATOWICE	POL	M30-39	53	M 114	00:11:43	00:20:13	00:30:28	00:39:26	00:41:55.50	00:42:02.10	4:11	14.3
131	OGIERMAN GRZEGORZ	229	OLZA CIESZYN	CIESZYN	POL	M40-49	25	M 115	00:12:15	00:20:59	00:31:04	00:39:37	00:41:56.60	00:42:07.05	4:11	14.3
132	ADAMCZEWSKI WALDEMAR	37		JASTRZĘBIE-ZDRÓJ	POL	M50-59	6	M 116	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	4:11	14.3
133	GLAJCAR TOMASZ	134		HARBUTOWICE	POL	M40-49	24	M 117	00:12:26	00:21:12	00:31:08	00:39:38	00:41:54.50	00:42:09.20	4:11	14.3
134	ORŁOWSKI GRZEGORZ	372	ULTRA BESKID SPORT	MAZAŃCOWICE	POL	M30-39	52	M 118	00:12:29	00:21:01	00:30:48	00:39:27	00:41:55.25	00:42:09.95	4:11	14.3
135	LEŚNIAK KRZYSZTOF	296	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	M40-49	26	M 119	00:12:26	00:21:07	00:31:08	00:39:39	00:42:01.15	00:42:12.20	4:12	14.3
136	OGIEGŁO ŁUKASZ	659		BIELSKO-BIAŁA	POL	M30-39	54	M 120	00:11:59	00:20:43	00:30:53	00:39:41	00:42:07.65	00:42:13.45	4:12	14.2
137	BEZUCH PAWEŁ	881		WODZISŁAW ŚLĄSKI	POL	M20-29	24	M 121	00:12:28	00:21:19	00:31:14	00:39:42	00:41:59.75	00:42:14.00	4:12	14.3
138	KĘDZIOR KAMIL	617	SCI GÓRSKY ENTUZJAŚCI	POGWISZÓW	POL	M30-39	55	M 122	00:11:54	00:20:17	00:30:39	00:39:38	00:42:11.40	00:42:16.90	4:13	14.2
139	SZAREK KRZYSZTOF	596	BIEG PO ZDRÓJ	JASIEWICA 953	POL	M30-39	56	M 123	00:11:46	00:20:24	00:30:46	00:39:43	00:42:11.50	00:42:18.65	4:13	14.2
140	LORANC MACIEJ	357	NUTREND BIEGA	BIELSKO-BIAŁA	POL	M50-59	7	M 124	00:12:42	00:21:28	00:31:22	00:39:50	00:42:09.65	00:42:23.00	4:13	14.2
141	PRÓSZYŃSKI SŁAWOMIR	298		JASTRZĘBIE ZDRÓJ	POL	M30-39	57	M 125	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	4:13	14.2
142	GRZONKA ANDRZEJ	128	GBGALOPUJACE SLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	28	M 126	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	4:13	14.2
143	JARGOŃ JACEK	458		RYBNIK	POL	M40-49	29	M 127	00:12:03	00:20:45	00:30:58	00:39:45	00:42:17.80	00:42:27.25	4:13	14.2
144	MYNARSKI SYLWESTER	897		BIELSKO-BIAŁA	POL	M40-49	27	M 128	00:12:32	00:21:15	00:31:10	00:39:47	00:42:15.75	00:42:28.55	4:13	14.2
145	BANASIAK TOMASZ	507		RACIBÓRZ	POL	M40-49	31	M 129	00:11:35	00:19:40	00:29:10	00:39:22	00:42:29.40	00:42:33.55	4:14	14.1
146	BIAŁECKI TOMASZ	492		JASTRZĘBIE-ZDRÓJ	POL	M40-49	30	M 130	00:12:29	00:21:03	00:31:01		00:42:21.30	00:42:34.40	4:14	14.2
147	WIECZOREK TOMASZ	154	YNO ULTRA	ROGÓW	POL	M30-39	58	M 131	00:12:01	00:20:51	00:31:07	00:40:03	00:42:29.70	00:42:40.55	4:15	14.1
148	LACHOWSKA MAGDALENA	828	K.S. SPRINT	BIELSKO BIAŁA	POL	K40-49	3	K 17	00:12:11	00:21:00	00:31:18	00:40:09	00:42:35.55	00:42:42.90	4:15	14.1

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
149	PRZYBYSZ RYSZARD	206		ZORY	POL	M50-59	8	M 132	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	4:15	14.1
150	GADAJ GRZEGORZ	562		RADLIN	POL	M30-39	60	M 133	00:12:00	00:20:47	00:31:06	00:40:03	00:42:37.10	00:42:47.00	4:15	14.1
151	GLAJC ANDRZEJ	561	WYPAS RUN	SKOCZÓW	POL	M50-59	9	M 134	00:11:42	00:20:25	00:30:48	00:40:13	00:42:43.60	00:42:52.75	4:16	14
152	JEREMICZ KRZYSZTOF	57	RAFAKO RUN TEAM	RACIBÓRZ	POL	M40-49	32	M 135	00:12:29	00:21:14	00:31:28	00:40:15	00:42:40.45	00:42:52.90	4:16	14.1
153	DZIERZENG A RTUR	633		JASTRZĘBIE ZDRÓJ	POL	M40-49	36	M 136	00:12:14				00:42:54.00	00:42:54.00	4:17	14
154	REDZIK DOROTA	845	ENDURANCE TEAM	PIEKARY ŚLĄSKIE	POL	K30-39	9	K 18	00:12:16	00:21:04	00:31:20	00:40:12	00:42:43.80	00:42:54.20	4:16	14
155	CHYBIORZ MAREK	582		CIESZYN	POL	M30-39	59	M 137	00:12:47	00:21:43	00:31:48	00:40:23	00:42:36.95	00:42:55.20	4:15	14.1
156	WOJTASZEWSKA SABINA	286	BBL RACIBÓRZ	RACIBÓRZ	POL	K30-39	10	K 19	00:12:21	00:21:18	00:31:33	00:40:20	00:42:45.85	00:42:55.60	4:16	14
157	PIŁATOWSKI MIROSŁAW	85	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M50-59	10	M 138	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	4:16	14
158	OLSZOWSKI MARCIN	523	OLZA CIESZYN	CIESZYN	POL	M40-49	34	M 139	00:12:06	00:20:51	00:31:11	00:40:17	00:42:51.85	00:42:59.20	4:17	14
159	ŻUR MAREK	449	KAC RUNNERS	ŁĄKA	POL	M40-49	33	M 140	00:12:36	00:21:26	00:31:43	00:40:28	00:42:49.55	00:43:04.75	4:16	14
160	TOMCZYK LESŁAW	854	OLZA CIESZYN	CIESZYN	POL	M50-59	11	M 141	00:12:36	00:21:22	00:31:22	00:40:16	00:42:53.40	00:43:05.05	4:17	14
161	SUCHANEK ROBERT	808	ATHLETICS NYSA	NYSA	POL	M40-49	37	M 142	00:12:16	00:21:07	00:31:31	00:40:22	00:42:56.20	00:43:06.80	4:17	14
162	KRAUSE DARIUSZ	290	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	38	M 143	00:12:17	00:21:10	00:31:30	00:40:17	00:43:00.55	00:43:07.60	4:18	14
163	KITA JAKUB	878		PSZCZYNA	POL	M16-19	10	M 144	00:12:47	00:21:50	00:31:59	00:40:33	00:42:58.05	00:43:08.75	4:17	14
164	LORANC PAWEŁ	793	WILDBUCHAYS	KOZY	POL	M30-39	61	M 145	00:12:38	00:21:24	00:31:33	00:40:22	00:42:51.90	00:43:11.55	4:17	14
165	BYRSKI HENRYK	827	WILDBUCHAYS	ŁODYGOWICE	POL	M40-49	35	M 146	00:12:38	00:21:24	00:31:32	00:40:23	00:42:52.35	00:43:11.85	4:17	14
166	NALEPKA EWA	189	BIEGIEM PRZEZ GÓRY	SOSNOWIEC	POL	K30-39	11	K 20	00:12:23	00:21:08	00:31:30	00:40:31	00:43:05.45	00:43:14.65	4:18	13.9
167	KAWECKI STANISŁAW	305	OLZA CIESZYN	CIESZYN	POL	M40-49	40	M 147	00:12:26	00:21:19	00:31:35	00:40:38	00:43:08.25	00:43:15.50	4:18	13.9
168	ROGAŁA MACIEJ	396	YNO ULTRA	PSZÓW	POL	M40-49	39	M 148	00:12:42	00:21:29	00:31:45	00:40:30	00:43:01.45	00:43:20.50	4:18	13.9
169	NIESŁONY DOMINIK	908		KOZŁOWICE	POL	M20-29	25	M 149	00:12:25	00:21:14	00:31:48	00:40:49	00:43:12.60	00:43:21.90	4:19	13.9
170	MROWIEC BERNARD	393	TEMPO TWORKÓW	TWORKÓW	POL	M50-59	12	M 150	00:12:40	00:21:37	00:31:59	00:40:47	00:43:11.80	00:43:24.95	4:19	13.9
171	LILLA PIOTR	580	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	62	M 151	00:12:20	00:21:08	00:31:28	00:40:38	00:43:11.00	00:43:25.05	4:19	13.9
172	PUDA KRZYSZTOF	790		JELESNIA	POL	M40-49	41	M 152	00:12:10	00:20:53	00:31:31	00:40:55	00:43:20.50	00:43:26.75	4:20	13.8
173	PIECZKA MONIKA	816		RYBNIK	POL	K30-39	12	K 21	00:12:37	00:21:28	00:31:57	00:40:55	00:43:25.45	00:43:30.25	4:20	13.8
174	UCIEKŁAK WALDEMAR	221	PSZCZÓŁKOWSKI TEAM	CZĘSTOCHOWA	POL	M50-59	13	M 153	00:12:46	00:21:35	00:31:52	00:40:49	00:43:22.80	00:43:35.85	4:20	13.8
175	BAC MICHAŁ	555		JASTRZĘBIE-ZDRÓJ	POL	M30-39	63	M 154	00:12:55	00:21:51	00:32:06	00:40:51	00:43:21.85	00:43:37.80	4:20	13.8
176	SITKO ADAM	328	SBD ENERGETYK RYBNIK	RYBNIK	POL	M40-49	43	M 155	00:12:12	00:20:58	00:31:40	00:40:46	00:43:28.50	00:43:39.40	4:20	13.8
177	SOJKA PIOTR	380	AKTYWNA PSZCZYNA RUNNERS TEAM	BAKÓW	POL	M30-39	64	M 156	00:12:52	00:21:57	00:32:14	00:41:03	00:43:30.80	00:43:41.30	4:21	13.8
178	GAJ PAULINA	735	MCKIS JAWORZNO	JAWORZNO	POL	K20-29	7	K 22	00:12:02	00:21:12	00:32:19	00:41:14	00:43:36.75	00:43:41.30	4:21	13.8
179	BUGDOL ZBIGNIEW	459		RYBNIK	POL	M20-29	26	M 157	00:12:42	00:21:45	00:31:58	00:40:50	00:43:19.75	00:43:42.90	4:19	13.9
180	TOMCZYK MAURYCY	29	ESKADRA KRAKÓW	KRAKÓW	POL	M20-29	27	M 158	00:12:50	00:21:52	00:32:15	00:41:00	00:43:27.75	00:43:43.95	4:20	13.8
181	STUHLIK MAREK	376	AKTYWNA PSZCZYNA.PL	JARZĄBKOWICE	POL	M30-39	65	M 159	00:12:55	00:22:02	00:32:23	00:41:11	00:43:37.00	00:43:47.40	4:21	13.8
182	STEMPEL GRZEGORZ	667	1989	WODZISŁAW ŚL	POL	M20-29	28	M 160	00:12:18	00:21:16	00:31:47	00:40:53	00:43:36.05	00:43:48.20	4:21	13.8
183	JĘDRZEJAK PIOTR	146		JASTRZĘBIE-ZDRÓJ	POL	M40-49	42	M 161	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	4:20	13.8
184	DOBROWOLSKI SŁAWEK	219	NAPRZÓD MŁOCINY	WARSZAWA	POL	M50-59	14	M 162	00:12:47	00:21:44	00:32:10	00:41:05	00:43:32.65	00:43:48.30	4:21	13.8
185	MAŁECKI JACEK	462		LIGOTA	POL	M30-39	66	M 163	00:12:43	00:21:43	00:32:20	00:41:18	00:43:41.50	00:43:53.95	4:22	13.7
186	MRÓZEK RAFAŁ	621	OLIMPIJCZYK GILOWICE	ŁĘKAWICA	POL	M30-39	67	M 164	00:12:21	00:21:22	00:32:17	00:41:21	00:43:49.75	00:43:54.20	4:23	13.7
187	BARAN BARTOSZ	766		WROCLAW	POL	M20-29	29	M 165	00:13:13	00:22:17	00:32:34	00:41:17	00:43:39.10	00:43:54.70	4:21	13.7
188	PIECUCH AGNIESZKA	212	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K30-39	13	K 23	00:12:49	00:21:46	00:32:07	00:41:07	00:43:41.95	00:43:59.70	4:22	13.7
189	NIEDZIELKO GRZEGORZ	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	ŻORY	POL	M20-29	31	M 166	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	4:23	13.7
190	WYREMBELSKI ADAM	169		JASTRZĘBIE-ZDRÓJ	POL	M20-29	30	M 167	00:12:48	00:21:53	00:32:18	00:41:17	00:43:44.95	00:44:00.75	4:22	13.7
191	CZAPOROWSKI TOMASZ	222		JASTRZĘBIE ZDRÓJ	POL	M30-39	68	M 168	00:12:24	00:21:21	00:32:02	00:41:17	00:43:53.45	00:44:04.30	4:23	13.7
192	POHL ARMIN	581		KRAPKOWICE	POL	M20-29	32	M 169	00:12:50	00:21:51	00:32:20	00:41:29	00:43:58.30	00:44:05.95	4:23	13.6
193	BIELA RAFAŁ	595		ŻORY	POL	M30-39	69	M 170	00:12:50	00:21:54	00:32:15	00:41:21	00:43:57.10	00:44:07.85	4:23	13.7
194	KUDER MAREK	265	KS M.E.T.A.	WODZISŁAW ŚLĄSKI	POL	M40-49	44	M 171	00:11:50	00:20:56	00:32:08	00:41:14	00:43:58.70	00:44:09.50	4:23	13.6
195	JANKO ANNA	712	HRMAX ŻORY	ŻORY	POL	K20-29	8	K 24	00:12:44	00:21:45	00:32:12	00:41:23	00:44:00.35	00:44:10.60	4:24	13.6
196	POŁĘDNIK TOMASZ	903	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	46	M 172	00:12:53	00:22:08	00:32:30	00:41:26	00:44:01.45	00:44:16.45	4:24	13.6
197	ZGRZENDEK PATRYK	726		BOJANÓW	POL	M20-29	33	M 173	00:12:50	00:22:00	00:32:26	00:41:32	00:44:05.10	00:44:17.90	4:24	13.6
198	ZADROGA KAROL	721		JASTRZĘBIE-ZDRÓJ	POL	M20-29	34	M 174					00:44:19.00	00:44:19.00	4:25	13.5
199	KWAŚNY MARCIN	665	WILD BUCHAYS	BUCZKOWICE	POL	M40-49	45	M 175	00:12:49	00:21:55	00:32:19	00:41:27	00:44:00.55	00:44:20.60	4:24	13.6
200	PASTWA GRZEGORZ	247	UBS / ADAMUS	JASZENICA	POL	M40-49	47	M 176	00:12:50	00:21:51	00:32:21	00:41:31	00:44:05.50	00:44:22.35	4:24	13.6
201	OSZCZĘDA KRZYSZTOF	225	ZARAZIĆ PASJĄ	ŻORY	POL	M40-49	48	M 177	00:12:51	00:21:55	00:32:27	00:41:33	00:44:05.95	00:44:22.40	4:24	13.6
202	KACZMAREK JACEK	901	GRUBIORZE LOTAJOM	CZERWIONKA LESZCZYNY	POL	M30-39	71	M 178	00:12:47	00:21:49	00:32:26	00:41:33	00:44:10.50	00:44:22.50	4:25	13.6

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
203	KIEPIELA DAWID	119	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	70	M 179	00:12:47	00:21:51	00:32:28	00:41:32	00:44:07.45	00:44:23.70	4:24	13.6
204	PIWISZKIS BARBARA	174	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	14	K 25	00:12:46	00:21:50	00:32:22	00:41:33	00:44:08.60	00:44:24.10	4:24	13.6
205	KITA SEBASTIAN	877		PSZCZYNA	POL	M40-49	49	M 180	00:12:41	00:21:49	00:32:25	00:41:30	00:44:08.85	00:44:25.60	4:24	13.6
206	DUROK WOJCIECH	534	KAC RUNNERS	JANKOWICE	POL	M40-49	52	M 181	00:12:51	00:21:52	00:32:22	00:41:33	00:44:12.30	00:44:27.35	4:25	13.6
207	KOMARNICKI TOMASZ	792	GRUBIORZE LOTAJOM	RYBNIK	POL	M30-39	74	M 182	00:12:35	00:21:31	00:32:20	00:41:35	00:44:18.50	00:44:30.15	4:25	13.5
208	KANCLERZ TOMASZ	708		RACIBÓRZ	POL	M30-39	73	M 183	00:12:46	00:21:50	00:32:18	00:41:30	00:44:12.85	00:44:30.20	4:25	13.6
209	PAWTEL AGATA	59		RYBNIK	POL	K30-39	15	K 26	00:12:49	00:21:56	00:32:38	00:41:45	00:44:21.50	00:44:30.90	4:26	13.5
210	STYCZYŃSKI PAWEŁ	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	ZAWIERCIE	POL	M30-39	72	M 184	00:13:00	00:22:10	00:32:43	00:41:44	00:44:11.45	00:44:31.40	4:25	13.6
211	SKWARLIŃSKI MIROSLAW	874		ŻORY	POL	M50-59	15	M 185	00:12:43	00:21:49	00:32:23	00:41:37	00:44:21.35	00:44:31.50	4:26	13.5
212	ŁYSEK PAWEŁ	392	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M40-49	53	M 186	00:12:47	00:21:51	00:32:26	00:41:47	00:44:16.60	00:44:32.95	4:25	13.6
213	RADOMSKI MARIUSZ	870	BZIOK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	51	M 187	00:13:04	00:22:04	00:32:36	00:41:35	00:44:11.65	00:44:35.25	4:25	13.6
214	SUCHY ZBIGNIEW	691		ŻORY	POL	M40-49	50	M 188	00:12:45	00:21:46	00:32:20	00:41:35	00:44:10.50	00:44:36.80	4:25	13.6
215	ZWIERZYŃSKI PIOTR	849	UNATCO	RYBNIK	POL	M40-49	54	M 189	00:12:48	00:21:54	00:32:43	00:41:47	00:44:24.75	00:44:36.90	4:26	13.5
216	OGRODNIK DAMIAN	280		JASTRZĘBIE ZDRÓJ	POL	M30-39	76	M 190	00:12:48	00:21:54	00:32:36	00:41:50	00:44:25.50	00:44:38.15	4:26	13.5
217	KACZOR ŁUKASZ	826	WILD BUCHAYS	BUCZKOWICE	POL	M30-39	75	M 191	00:12:43	00:21:53	00:32:31	00:41:46	00:44:19.90	00:44:38.95	4:25	13.5
218	TOCHOWICZ BARTOSZ	268	OLZA TEAM	GOLESZÓW	POL	M40-49	55	M 192	00:12:37	00:21:46	00:32:22	00:41:51	00:44:31.50	00:44:42.85	4:27	13.5
219	DUDZIK SEBASTIAN	383		MAZANCOWICE	POL	M30-39	78	M 193	00:12:28	00:21:20	00:32:19	00:41:46	00:44:28.80	00:44:43.40	4:26	13.5
220	JANECKI MATEUSZ	216	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M20-29	35	M 194	00:12:46	00:21:44	00:32:26	00:41:48	00:44:30.65	00:44:46.90	4:27	13.5
221	JANISZEWSKI DOMINIK	282		JASTRZĘBIE-ZDRÓJ	POL	M30-39	77	M 195	00:13:01	00:22:15	00:32:54	00:41:55	00:44:27.30	00:44:47.60	4:26	13.5
222	FIGOŁUSZKA DAWID	436		STUDZIENICE	POL	M30-39	79	M 196	00:12:47	00:21:55	00:32:36	00:41:57	00:44:40.70	00:44:54.05	4:28	13.4
223	BRAUNER WOJCIECH	588		WODZISŁAW ŚLĄSKI	POL	M30-39	80	M 197	00:12:45	00:21:53	00:32:42	00:42:04	00:44:44.35	00:44:56.20	4:28	13.4
224	OBROŚLAK JACEK	587	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE ZDRÓJ	POL	M40-49	56	M 198	00:12:47	00:21:51	00:32:27	00:41:52	00:44:41.30	00:44:56.50	4:28	13.4
225	MENŻYK JOANNA	26		MYSŁOWICE	POL	K40-49	4	K 27	00:12:47	00:22:00	00:32:54	00:42:03	00:44:42.70	00:44:58.60	4:28	13.4
226	MALIK RAFAŁ	66		JASTRZĘBIE-ZDRÓJ	POL	M30-39	84	M 199	00:12:29	00:21:43	00:32:35	00:42:26	00:44:58.50	00:45:01.80	4:29	13.3
227	ŁUSZCZYK SERGIUSZ	700		WODZISŁAW ŚLĄSKI	POL	M20-29	36	M 200	00:13:25	00:22:32	00:33:04	00:42:12	00:44:41.05	00:45:02.10	4:28	13.4
228	MARON TOMASZ	54	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M30-39	81	M 201	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	4:28	13.4
229	MORAWSKA JULIA	468	UKS CHROMIK MYSŁOWICE	MYSŁOWICE	POL	K16-19	1	K 28	00:12:58	00:22:16	00:32:54	00:42:12	00:44:45.75	00:45:04.15	4:28	13.4
230	WOŁOŻYŃ RYSZARD	367	WAPIENICKITEAM	BIEJSKO - BIAŁA	POL	M50-59	16	M 202	00:13:03	00:22:27	00:33:14	00:42:22	00:44:51.40	00:45:05.05	4:29	13.4
231	GMERNICKI JACEK	859	ATHLETICS NYSA	NYSA	POL	M30-39	82	M 203	00:12:46	00:21:58	00:32:48	00:42:23	00:44:56.95	00:45:07.70	4:29	13.3
232	JACH MAREK	94		JASTRZĘBIE ZDRÓJ	POL	M40-49	57	M 204	00:12:41	00:21:50	00:32:43	00:42:05	00:44:51.80	00:45:09.20	4:29	13.4
233	PLEWNIA DAWID	776		BAKÓW	POL	M20-29	37	M 205	00:12:58	00:22:05	00:32:50	00:42:13	00:44:50.80	00:45:09.35	4:29	13.4
234	MAREK RAFAŁ	564	KAC RUNNERS	GOCZAŁKOWICE-ZDRÓJ	POL	M40-49	59	M 206	00:12:48	00:21:53	00:32:39	00:42:09	00:44:57.45	00:45:13.55	4:29	13.3
235	TYLEC MICHAŁ	92		JASTRZĘBIE-ZDRÓJ	POL	M30-39	83	M 207	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	4:29	13.3
236	PODKOWIK MARCIN	329		ŻORY	POL	M30-39	85	M 208	00:12:47	00:21:57			00:45:00.00	00:45:18.00	4:30	13.3
237	JOCHLIK SZYMON	391		JASTRZĘBIE-ZDRÓJ	POL	M30-39	86	M 209	00:12:46	00:21:56	00:32:57	00:42:31	00:45:03.30	00:45:19.85	4:30	13.3
238	GANCARZ MARIUSZ	613		JASTRZĘBIE ZDRÓJ	POL	M40-49	58	M 210	00:13:47	00:23:12	00:33:53	00:42:32	00:44:56.50	00:45:20.65	4:29	13.4
239	KAJDANA MARIUSZ	211		BIEJSKO-BIAŁA	POL	M40-49	64	M 211	00:12:17	00:21:46	00:32:53	00:42:14	00:45:14.95	00:45:23.65	4:31	13.3
240	POŁOMSKI GRZEGORZ	417	POŁOMSCY TEAM	RYDUŁTOWY	POL	M30-39	87	M 212	00:12:31	00:21:43	00:32:39	00:42:23	00:45:10.65	00:45:23.90	4:31	13.3
241	TWARDZIK KAMIL	238	KS M.E.T.A	ŁAZISKA	POL	M20-29	38	M 213	00:13:12	00:22:23	00:33:14	00:42:26	00:45:05.90	00:45:24.75	4:30	13.3
242	BULANDA ANDRZEJ	560		BIERUŃ	POL	M40-49	62	M 214	00:12:48	00:22:02	00:33:14	00:42:30	00:45:10.15	00:45:26.20	4:31	13.3
243	DUDEK DANIAŁ	541		JASTRZĘBIE-ZDRÓJ	POL	M40-49	60	M 215	00:13:13	00:22:27	00:33:13	00:42:32	00:45:05.60	00:45:26.20	4:30	13.3
244	SZYMCZYCHA DAREK	772		RACIBÓRZ	POL	M40-49	61	M 216	00:12:45	00:21:52	00:32:54	00:42:35	00:45:08.40	00:45:26.30	4:30	13.3
245	LIZAK KRZYSZTOF	756		ŻORY	POL	M40-49	65	M 217	00:13:00	00:22:30	00:33:26	00:42:51	00:45:21.10	00:45:27.70	4:32	13.2
246	MACH ŁUKASZ	369	BIEGACZ	WISŁA	POL	M40-49	63	M 218	00:12:44	00:21:53	00:33:04	00:42:42	00:45:10.95	00:45:28.95	4:31	13.3
247	KRZYŻOWSKI GRZEGORZ	764	GRUBIORZE LOTAJOM	CZERWIONKA-LESZCZY NY	POL	M30-39	88	M 219	00:12:47	00:22:02	00:33:11	00:42:43	00:45:18.30	00:45:30.50	4:31	13.2
248	KLINGER ALAN	226	WSPÓLNA PASJA ŻORY	ŻORY	POL	M30-39	89	M 220	00:12:43	00:21:50	00:32:37	00:42:14	00:45:18.60	00:45:36.55	4:31	13.2
249	BALIŃSKI PIOTR	64	NOVA TRADING - STALE BIEGAM	MYSŁOWICE	POL	M30-39	91	M 221	00:12:51	00:22:09	00:33:19	00:42:47	00:45:30.45	00:45:39.35	4:33	13.2
250	JESIONEK KRZYSZTOF	730		IMIELIN	POL	M30-39	90	M 222	00:13:05	00:22:21	00:33:10	00:42:45	00:45:27.10	00:45:43.75	4:32	13.2
251	LIS GRZEGORZ	299		RACIBÓRZ	POL	M40-49	66	M 223	00:12:59	00:22:29	00:33:25	00:42:50	00:45:29.80	00:45:44.15	4:33	13.2
252	KRASKA WŁODZIMIERZ	401	NIEZRZESZONY	KRAKOW	POL	M70+	1	M 224	00:12:50	00:21:59	00:32:58	00:42:38	00:45:34.10	00:45:48.20	4:33	13.2
253	STOLORZ KATARZYNA	620		TYCHY	POL	K30-39	16	K 29	00:13:32	00:22:59	00:33:49	00:43:01	00:45:33.10	00:45:48.60	4:33	13.2
254	MUSZEWSKI BARTŁOMIEJ	490	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	67	M 225	00:12:49	00:22:08	00:33:10	00:42:46	00:45:34.20	00:45:49.50	4:33	13.2
255	RECLIK ŁUKASZ	439	NESSI TEAM	PSZCZYNA	POL	M30-39	92	M 226	00:12:52	00:22:12	00:33:14	00:42:50	00:45:35.70	00:45:51.10	4:33	13.2
256	KOWALSKI ROBERT	236	SBD ENERGETYK RYBNIK	RYBNIK	POL	M50-59	17	M 227	00:13:22	00:22:45	00:33:30	00:42:55	00:45:34.15	00:45:52.80	4:33	13.2

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
257	DOBRENIUK KRZYSZTOF	590	AKTYWNI LYSKI	RYBNIK	POL	M40-49	68	M 228	00:13:17	00:22:47	00:33:50	00:43:19	00:45:43.70	00:45:54.90	4:34	13.1
258	URBASIK MARIUSZ	205	RYDUŁTOWY	RYDUŁTOWY	POL	M50-59	18	M 229	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	4:33	13.1
259	MAGOŃ MARCIN	175	AMATOR	RYBNIK	POL	M40-49	70	M 230	00:13:17	00:22:51	00:33:52	00:43:16	00:45:49.05	00:46:01.10	4:34	13.1
260	ROEHRICH KRZYSZTOF	553	LOTOMY ZE SZWAGREM	ŁĄKA	POL	M30-39	93	M 231	00:13:35	00:23:02	00:33:55	00:42:59	00:45:44.35	00:46:01.90	4:34	13.1
261	KOWALSKA KINGA	21	OLZA CIESZYN	POGWIZDÓW	POL	K40-49	5	K 30	00:13:22	00:22:46	00:33:43	00:43:16	00:45:45.45	00:46:05.50	4:34	13.1
262	KOWALSKI JANUSZ	22	OLZA CIESZYN	POGWIZDÓW	POL	M40-49	69	M 232	00:13:22	00:22:46	00:33:43	00:43:17	00:45:45.45	00:46:05.75	4:34	13.1
263	JAKUBCZYK JACEK	441	CONTANTE	CHORZÓW	POL	M30-39	95	M 233	00:13:06	00:22:27	00:33:48	00:43:19	00:46:00.85	00:46:13.05	4:36	13
264	WIELOPOLSKI ŁUKASZ	123		BIELSKO-BIAŁA	POL	M20-29	39	M 234	00:13:25	00:22:51	00:33:47	00:43:20	00:45:56.60	00:46:13.05	4:35	13.1
265	SOBEL ADRIAN	809	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE-ZDRÓJ	POL	M30-39	96	M 235	00:13:21	00:22:55	00:34:03	00:43:34	00:46:04.90	00:46:14.20	4:36	13
266	SUBIK TOMASZ	444		GLIWICE	POL	M30-39	94	M 236	00:13:09	00:22:28	00:33:38	00:43:08	00:45:56.00	00:46:16.10	4:35	13.1
267	KAMIŃSKI ZBIGNIEW	763	GRUBIORZE LOTAJOM	LESZCZYNY	POL	M30-39	97	M 237	00:13:08	00:22:41	00:33:50	00:43:24	00:46:08.55	00:46:20.50	4:36	13
268	POJDA GRZEGORZ	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	71	M 238	00:13:34	00:22:57	00:33:48	00:43:25	00:45:58.35	00:46:21.20	4:35	13
269	OGRODNIK DAMIAN	757		PIEKARY ŚLĄSKIE	POL	M30-39	98	M 239	00:12:58	00:22:25	00:33:37	00:43:25	00:46:08.75	00:46:23.30	4:36	13
270	MAZURKIEWICZ JAROSŁAW	687		STRUMIEŃ	POL	M50-59	19	M 240	00:13:08	00:22:41	00:33:56	00:43:25	00:46:12.05	00:46:27.00	4:37	13
271	STĘPIEŃ GRZEGORZ	317		OPOLE	POL	M40-49	72	M 241	00:13:39	00:23:11	00:34:16	00:43:39	00:46:07.60	00:46:27.55	4:36	13
272	GWÓZDŹ ANDRZEJ	882	POWOLI DO CELU	WOLA	POL	M50-59	20	M 242	00:13:19	00:22:45	00:33:50	00:43:29	00:46:15.65	00:46:29.55	4:37	13
273	PETER MARCIN	510		KATOWICE	POL	M40-49	74	M 243	00:12:58	00:22:29	00:33:48	00:43:40	00:46:20.85	00:46:33.80	4:38	12.9
274	NANTKA WITEK	838	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	99	M 244	00:13:47	00:23:12	00:34:11	00:43:35	00:46:11.25	00:46:34.90	4:37	13
275	KRZYSTAŁA PAWEŁ	612		CZERWIONKA	POL	M16-19	11	M 245	00:14:04	00:23:43	00:34:33	00:44:01	00:46:20.45	00:46:36.15	4:38	12.9
276	ONAK PAWEŁ	93		JASTRZĘBIE-ZDRÓJ	POL	M30-39	100	M 246	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	4:37	13
277	OWCZAREK PAWEŁ	332		BIELSKO-BIAŁA	POL	M40-49	73	M 247	00:13:45	00:23:11	00:34:11	00:43:35	00:46:16.05	00:46:37.85	4:37	13
278	MOTOWIDŁO TOMASZ	210		JASTRZĘBIE-ZDRÓJ	POL	M30-39	104	M 248	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	4:38	12.9
279	KRAKOWCZYK MARTA	38	YNO ULTRA	WODZISŁAW ŚLĄSKI	POL	K20-29	9	K 31	00:13:10	00:23:06	00:34:16	00:43:40	00:46:19.75	00:46:38.65	4:38	12.9
280	JANETA DAWID	359		SKRZYSZÓW	POL	M30-39	105	M 249	00:13:06	00:22:36	00:33:59	00:43:54	00:46:25.80	00:46:41.25	4:38	12.9
281	FERENC PAWEŁ	527		ZABRZE	POL	M30-39	101	M 250	00:13:40	00:22:59	00:34:00	00:43:39	00:46:19.40	00:46:44.50	4:37	13
282	WOŹNIAK PRZEMYSŁAW	304		JASTRZĘBIE ZDRÓJ	POL	M30-39	103	M 251	00:14:08	00:23:47	00:34:38	00:43:52	00:46:20.25	00:46:45.20	4:38	12.9
283	SMYCZEK BARTOSZ	622		RYBNIK	POL	M30-39	102	M 252	00:14:14	00:23:40	00:34:22	00:43:35	00:46:19.65	00:46:45.55	4:38	12.9
284	ŚPIEWAK MAREK	674		BUCKZOWICE	POL	M30-39	106	M 253	00:13:25	00:22:55	00:34:13	00:43:47	00:46:27.25	00:46:46.00	4:38	12.9
285	BRANDYS ADAM	857		PAWŁOWICE	POL	M30-39	107	M 254	00:13:42	00:23:11	00:34:19	00:43:56	00:46:40.05	00:47:00.80	4:40	12.9
286	LERCH BOŻENA	276	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	17	K 32	00:14:04	00:23:39	00:34:37	00:44:00	00:46:38.75	00:47:02.70	4:39	12.9
287	ŚMIETANA GRZEGORZ	364	EASYRUN RACIBÓRZ	RACIBÓRZ	POL	M40-49	76	M 255	00:14:12	00:23:47	00:34:44	00:44:12	00:46:45.80	00:47:06.40	4:40	12.8
288	DYRCZ ANNA	147		KNURÓW	POL	K40-49	6	K 33	00:12:58	00:22:02	00:32:18	00:42:47	00:46:55.40	00:47:06.70	4:41	12.8
289	POCZĄTEK DAMIAN	132		OCHABY MAŁE	POL	M20-29	40	M 256	00:13:14	00:22:51	00:34:09	00:44:00	00:46:49.65	00:47:07.90	4:40	12.8
290	GAWŁAS KRZYSZTOF	615	GAWŁASCAN	GÓRKI WIELKIE	POL	M30-39	108	M 257	00:13:11	00:23:01	00:34:40	00:44:32	00:46:55.50	00:47:12.05	4:41	12.8
291	KOZŁOWSKI ZBIGNIEW	747	OFIARY KAMIENCA	KAMIENIEC	POL	M40-49	77	M 258	00:13:36	00:23:12	00:34:25	00:44:11	00:46:54.80	00:47:14.25	4:41	12.8
292	ZIĘTARA PAWEŁ	203		JASTRZĘBIE-ZDRÓJ	POL	M40-49	75	M 259	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	4:40	12.8
293	LELENIEWSKI JACEK	820		RYBNIK	POL	M30-39	110	M 260	00:13:35	00:23:25	00:34:34	00:44:19	00:47:02.70	00:47:20.70	4:42	12.8
294	ŁATKA ŁUKASZ	370		RYBNIK	POL	M30-39	111	M 261	00:12:56	00:22:51	00:34:15	00:44:15	00:47:03.80	00:47:21.45	4:42	12.7
295	KĄZMIERCZAK SZYMON	834		WODZISŁAW ŚLĄSKI	POL	M20-29	41	M 262	00:13:51	00:23:42	00:34:45	00:44:27	00:47:04.10	00:47:25.15	4:42	12.7
296	MACHEJ REMIGIUSZ	579	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	109	M 263	00:13:55	00:23:42	00:34:48	00:44:26	00:47:02.40	00:47:29.75	4:42	12.8
297	GÓRECKI ADAM	614		RACIBÓRZ	POL	M20-29	42	M 264	00:14:37	00:24:27	00:35:23	00:44:33	00:47:05.55	00:47:30.00	4:42	12.7
298	KURTO PAWEŁ	830		MIEDZYRZECZE GÓRNE	POL	M30-39	113	M 265	00:14:24	00:24:18	00:35:26	00:44:30	00:47:09.75	00:47:31.10	4:43	12.7
299	STAWICKI GRZEGORZ	669	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	M40-49	78	M 266	00:13:45	00:23:35	00:34:43	00:44:33	00:47:13.25	00:47:33.20	4:43	12.7
300	WINIARSKA MONIKA	103	BIEGIEM PRZEZ GÓRY	ŻORY	POL	K30-39	18	K 34	00:13:28	00:23:23	00:34:49	00:44:34	00:47:17.60	00:47:33.40	4:43	12.7
301	KULAWIAK BOGDAN	480		JASTRZĘBIE-ZDRÓJ	POL	M50-59	21	M 267	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	4:43	12.7
302	HELD RADEK	698		PRUDNIK	POL	M30-39	112	M 268	00:14:07	00:23:38	00:34:37	00:44:21	00:47:08.30	00:47:36.60	4:42	12.7
303	ZĘBIK GRAŻYNA	426		CIESZYN	POL	K40-49	7	K 35	00:13:22	00:22:47	00:34:39	00:44:32	00:47:17.30	00:47:37.90	4:43	12.7
304	KOBIĄŁKA ROBERT	125	JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M40-49	84	M 269	00:12:57	00:22:32	00:34:11	00:44:29	00:47:32.10	00:47:39.00	4:45	12.6
305	KURTO GRZEGORZ	705	KURTO TEAM	BIELSKO-BIAŁA	POL	M40-49	79	M 270	00:14:23	00:24:19	00:35:32	00:44:51	00:47:19.15	00:47:40.60	4:43	12.7
306	LUBSZCZYK KRYSZTIAN	454	YNO ULTRA	ŚWIERKLANY	POL	M20-29	43	M 271	00:13:13	00:22:50	00:34:16	00:44:22	00:47:09.90	00:47:40.95	4:42	12.7
307	POŁOMSKA EDYTA	416	POŁOMSCU TEAM	RYDUŁTOWY	POL	K40-49	9	K 36	00:14:07	00:23:51	00:35:03	00:44:46	00:47:28.20	00:47:42.55	4:44	12.6
308	KOPIEC ARKADIUSZ	45		SKRZYSZÓW	POL	M40-49	82	M 272	00:14:08	00:23:53	00:35:07	00:44:45	00:47:26.60	00:47:43.45	4:44	12.6
309	KOPIEC IZABELA	35	INTER ROPE TEAM	SKRZYSZÓW	POL	K30-39	19	K 37	00:14:08	00:23:52	00:35:07	00:44:46	00:47:27.60	00:47:43.60	4:44	12.6
310	BUĆKO MARCIN	275		JASTRZĘBIE-ZDRÓJ	POL	M40-49	81	M 273	00:14:12	00:23:59	00:35:18	00:44:49	00:47:24.70	00:47:45.75	4:44	12.7
311	RAJWA STANISŁAW	313	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	44	M 274	00:14:06	00:24:01	00:35:13	00:44:54	00:47:27.90	00:47:46.15	4:44	12.6
312	MROCZKOWSKI TOMASZ	536		JASTRZĘBIE-ZDRÓJ	POL	M40-49	80	M 275	00:13:57	00:23:41	00:34:57	00:44:40	00:47:23.70	00:47:47.45	4:44	12.7

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
313	URBANEK MAŁGORZATA	366	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	K40-49	8	K 38	00:14:07	00:23:54	00:35:12	00:44:54	00:47:27.00	00:47:49.30	4:44	12.6
314	STUDNIK JAROSŁAW	884		RUDA ŚLĄSKA	POL	M40-49	83	M 276	00:13:43	00:23:35	00:34:57	00:44:42	00:47:27.45	00:47:50.50	4:44	12.6
315	BAKOWSKI MICHAŁ	345		JASTRZĘBIE-ZDRÓJ	POL	M30-39	114	M 277	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	4:43	12.7
316	PISAREK RADEK	234	WKURW_TEAM	PAWŁOWICE	POL	M20-29	45	M 278	00:13:16	00:23:01	00:34:45	00:44:57	00:47:40.75	00:47:58.70	4:46	12.6
317	GAUDYN ANDRZEJ	682	SZYBCY I WŚCIEKLI	SIEMIANOWICE ŚLĄSKIE	POL	M30-39	115	M 279	00:14:48	00:24:42	00:35:54	00:45:04	00:47:33.10	00:48:01.05	4:45	12.6
318	HELIOSZ AGNIESZKA	144	INTERAKTYWNI	KROSTOSZOWICE	POL	K40-49	10	K 39	00:13:51	00:23:41	00:35:03	00:44:59	00:47:45.80	00:48:02.85	4:46	12.6
319	ZALEWSKI ANDRZEJ	807	ATHLETICS NYSA	NYSA	POL	M40-49	85	M 280	00:13:42	00:23:26	00:34:54	00:45:08	00:47:51.70	00:48:04.70	4:47	12.5
320	SZCZERZEK ZBIGNIEW	636		ZABRZE	POL	M60-69	3	M 281	00:13:51	00:23:45	00:35:11	00:45:03	00:47:52.05	00:48:07.25	4:47	12.5
321	ODROZEK ALFRED	626		JASTRZĘBIE -ZDRÓJ	POL	M50-59	22	M 282	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	4:47	12.5
322	WIŚŁĘKA ANDRZEJ	46		RYBNIK	POL	M30-39	116	M 283	00:14:26	00:24:20	00:35:48	00:45:20	00:47:53.10	00:48:16.35	4:47	12.5
323	BARAN RYSZARD	767	RAFAKO S.A.	RACIBÓRZ	POL	M50-59	23	M 284	00:13:41	00:23:37	00:35:08	00:45:12	00:48:04.40	00:48:19.35	4:48	12.5
324	CHRAPKIEWICZ MAREK	528	LOTOMY ZE SZWAGREM	PSZCZYNA	POL	M30-39	118	M 285	00:13:38	00:23:40	00:35:24	00:45:13	00:48:02.65	00:48:19.80	4:48	12.5
325	MAKOŚ TOMEK	516		JAWORZE	POL	M40-49	87	M 286	00:14:11	00:24:09	00:35:20	00:45:15	00:47:59.80	00:48:19.90	4:47	12.5
326	PRZYBYŁA TOMASZ	673		WODZISŁAW ŚLĄSKI	POL	M40-49	86	M 287	00:14:27	00:24:23	00:35:42	00:45:26	00:47:54.90	00:48:20.45	4:47	12.5
327	PAJESTKA KATARZYNA	142		RUDA ŚLĄSKA	POL	K40-49	11	K 40	00:13:52	00:23:48	00:35:12	00:45:13	00:48:02.10	00:48:21.05	4:48	12.5
328	GIERULA ARTUR	592	BS.CIESZYN.PL	DZIĘGIELÓW	POL	M30-39	117	M 288	00:13:52	00:23:47	00:35:11	00:45:09	00:48:00.90	00:48:21.35	4:48	12.5
329	STREIT MARIUSZ	664		ŻORY	POL	M40-49	91	M 289	00:13:25	00:23:27	00:35:07	00:45:12	00:48:09.50	00:48:22.25	4:49	12.5
330	BIŁKO SŁAWEK	666		LESZNA GÓRNA	POL	M40-49	88	M 290	00:14:15	00:24:06	00:35:24	00:45:13	00:48:02.10	00:48:25.00	4:48	12.5
331	SZUBARSKI KRZYSZTOF	566	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	M40-49	90	M 291	00:14:25	00:24:17	00:35:46	00:45:29	00:48:06.75	00:48:27.70	4:48	12.5
332	BURYBA JACEK	136	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	119	M 292	00:14:22	00:24:13	00:35:36	00:45:23	00:48:07.25	00:48:27.90	4:48	12.5
333	STĘPIEŃ KAMILA	319		OPOLE	POL	K30-39	20	K 41	00:13:57	00:23:52	00:35:13	00:45:01	00:48:08.20	00:48:28.30	4:48	12.5
334	KUBICA MIECZYSLAW	892		GOLESZÓW	POL	M40-49	89	M 293	00:14:15	00:24:04	00:35:24	00:45:26	00:48:05.15	00:48:29.70	4:48	12.5
335	BYSTRYKOWSKI MARCIN	281		JASTRZĘBIE-ZDRÓJ	POL	M40-49	93	M 294	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	4:49	12.4
336	GAWLAS JAN	725		JASTRZĘBIE	POL	M50-59	24	M 295	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	4:48	12.5
337	RĘBISZ AGNIESZKA	796	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	12	K 42	00:13:31	00:23:19	00:35:18	00:45:29	00:48:22.45	00:48:32.55	4:50	12.4
338	KOWALSKI ARTUR	724		JASTRZĘBIE-ZDRÓJ	POL	M30-39	120	M 296	00:13:26	00:23:15	00:35:06	00:45:23	00:48:08.05	00:48:32.60	4:48	12.5
339	LOT MICHAŁ	533		RUDA ŚLĄSKA	POL	M20-29	46	M 297	00:14:38	00:24:50	00:36:22	00:45:41	00:48:08.40	00:48:33.80	4:48	12.5
340	KONCKI ANDRZEJ	34		RYBNIK	POL	M40-49	92	M 298	00:14:18	00:24:08	00:35:26	00:45:24	00:48:12.05	00:48:34.00	4:49	12.4
341	WALA MAREK	188		JASTRZĘBIE ZDRÓJ	POL	M30-39	121	M 299	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	4:49	12.4
342	ŻBEL ANIA	355	HRMAX ŻORY	ZEBRZYDOWICE	POL	K30-39	21	K 43	00:14:45	00:24:38	00:35:45	00:45:28	00:48:15.95	00:48:39.80	4:49	12.4
343	SICH- SOSNA AGNIESZKA	334		ŁAZISKA	POL	K40-49	14	K 44	00:14:16	00:24:06	00:35:36	00:45:36	00:48:23.95	00:48:40.90	4:50	12.4
344	JUNKA PIOTR	888		JASTRZĘBIE ZDRÓJ	POL	M30-39	122	M 300	00:14:36	00:24:47	00:36:13	00:45:48	00:48:20.55	00:48:43.80	4:50	12.4
345	SICH-SWIĘTAŁA MAŁGORZATA	133		KROSTOSZOWICE	POL	K40-49	15	K 45	00:14:16	00:24:06	00:35:40	00:45:44	00:48:32.80	00:48:49.35	4:51	12.4
346	PROKOPENKO AGA	186		ŻORY	POL	K40-49	13	K 46	00:14:03	00:24:00	00:35:23	00:45:30	00:48:22.95	00:48:50.10	4:50	12.4
347	PIECHOCKI PIOTR	74		JASTRZĘBIE-ZDRÓJ	POL	M30-39	123	M 301	00:14:39	00:24:32	00:36:02	00:45:46	00:48:27.80	00:48:51.70	4:50	12.4
348	MARCZYŃSKI SEBASTIAN	817		JASTRZĘBIE	POL	M30-39	124	M 302	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	4:51	12.4
349	CZYRNEK DARIUSZ	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	95	M 303	00:14:29	00:24:27	00:36:02	00:45:49	00:48:31.50	00:48:54.10	4:51	12.4
350	GAŁKIEWICZ MICHAŁ	565		KATOWICE	POL	M40-49	96	M 304	00:13:54	00:23:55	00:35:32	00:45:44	00:48:41.80	00:48:55.55	4:52	12.3
351	TYKIERKA TOMASZ	844	TOXPRESS	BUDZISKA	POL	M40-49	94	M 305	00:14:44	00:24:33	00:35:49	00:45:31	00:48:17.60	00:48:55.70	4:49	12.4
352	JACHYMEK MARCIN	719		ŻORY	POL	M30-39	126	M 306	00:13:17	00:23:13	00:35:29	00:45:49	00:48:42.45	00:48:59.50	4:52	12.3
353	MARON TADEUSZ	56		JASTRZĘBIE-ZDRÓJ	POL	M30-39	125	M 307	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	4:52	12.3
354	SZEWCUK ZBIGNIEW	200	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	25	M 308	00:13:53	00:24:03	00:35:43	00:45:48	00:48:51.80	00:49:04.35	4:53	12.3
355	SOWA PAWEŁ	812		JASIENICA	POL	M40-49	97	M 309	00:14:09	00:24:04	00:35:45	00:45:47	00:48:42.20	00:49:06.40	4:52	12.3
356	SKECZEK ARKADIUSZ	744	POWOLI DO CELU	GIŁOWICE	POL	M40-49	99	M 310	00:13:51	00:23:58	00:35:48	00:45:54	00:48:56.55	00:49:10.50	4:53	12.3
357	BOTOREK MICHAŁ	742		CIESZYN	POL	M30-39	127	M 311	00:14:39	00:24:51	00:36:24	00:46:16	00:48:47.80	00:49:12.05	4:52	12.3
358	WASILEWSKI MATEUSZ	879	ZOFIOWKA	JASTRZĘBIE ZDRÓJ	POL	M20-29	47	M 312	00:13:42	00:24:22	00:36:14	00:46:14	00:48:58.65	00:49:12.30	4:53	12.2
359	KUSIDŁO MARCIN	463		RYBNIK	POL	M30-39	128	M 313	00:14:26	00:24:23	00:35:56	00:45:57	00:48:53.25	00:49:14.50	4:53	12.3
360	ŚLEDZIŃSKI MACIEJ	585	ŚLEDZIE	JASTRZĘBIE-ZDRÓJ	POL	M40-49	98	M 314	00:14:36	00:24:48	00:36:15	00:46:03	00:48:52.50	00:49:18.05	4:53	12.3
361	WALA ANDRZEJ	512	1977	BIELSKO-BIAŁA	POL	M40-49	100	M 315	00:14:19	00:24:22	00:36:07	00:46:11	00:48:58.05	00:49:18.35	4:53	12.3
362	WIERCIOCH TOMASZ	131		KĘDZIERZYN-KOŹLE	POL	M30-39	129	M 316	00:14:35	00:24:41	00:36:17	00:46:09	00:48:56.40	00:49:20.55	4:53	12.3
363	SZYMICZEK RADOSŁAW	267	RAFAKO RUN TEAM	ROGÓW	POL	M30-39	130	M 317	00:14:16	00:24:20	00:35:56	00:46:09	00:49:00.85	00:49:23.20	4:54	12.2
364	SOKOŁOWSKA ANNA	394	BRAK	MESZNA	POL	K50-59	1	K 47	00:14:01	00:23:57	00:35:45	00:46:01	00:49:05.15	00:49:25.85	4:54	12.2
365	FILUSZ DAWID	548		RYBNIK	POL	M20-29	48	M 318	00:14:35	00:24:39	00:36:14	00:46:12	00:49:01.00	00:49:27.65	4:54	12.2
366	HARATYK GRZEGORZ	294	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	131	M 319	00:13:33	00:23:45	00:35:49	00:46:16	00:49:10.10	00:49:28.80	4:55	12.2
367	GLEBOCKI GRZEGORZ	906	GRZEGORZ GLEBOCKI	BIELSKO-BIAŁA	POL	M40-49	101	M 320	00:14:42	00:24:48	00:36:18	00:46:14	00:49:06.90	00:49:29.10	4:54	12.2
368	MACHEJ STANISŁAW	703	NIEZRZESZONY	CIESZYN	POL	M60-69	4	M 321	00:14:36	00:24:47	00:36:22	00:46:12	00:49:07.40	00:49:29.65	4:54	12.2

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
369	ZBEL MICHAŁ	354	HRMAX ŻORY	ZEBRZYDOWICE	POL	M40-49	102	M 322	00:14:46	00:24:52	00:36:24	00:46:23	00:49:07.20	00:49:30.95	4:54	12.2
370	LORANC IZABELA	358		BIELSKO-BIAŁA	POL	K40-49	16	K 48	00:14:26	00:24:34	00:36:12	00:46:16	00:49:06.85	00:49:31.25	4:54	12.2
371	PLÓCIENNIK ALEKSANDRA	752		BIELSKO-BIAŁA	POL	K30-39	22	K 49	00:13:43	00:23:57	00:35:53	00:46:18	00:49:17.80	00:49:35.00	4:55	12.2
372	WYREMBELSKI AMADEUSZ	168		JASTRZĘBIE-ZDRÓJ	POL	M20-29	50	M 323	00:13:23	00:23:40	00:35:56	00:46:18	00:49:19.40	00:49:35.65	4:55	12.2
373	KOTARSKI MAREK	450	TKKF RELAX WODZISŁAW ŚLASKI	WODZISŁAW ŚLASKI	POL	M50-59	26	M 324	00:14:37	00:24:43	00:36:12	00:46:09	00:49:08.95	00:49:39.80	4:54	12.2
374	ROMANIUK-DEMONCHAUX ADAM	852	DRUŻYNA KOPERNIKA	RYBNIK	POL	M40-49	104	M 325	00:14:32	00:24:39	00:36:24	00:46:13	00:49:17.50	00:49:41.90	4:55	12.2
375	WOWRY SYLWIA	644		CIESZYN	POL	K30-39	23	K 50	00:14:09	00:24:16	00:36:21	00:46:27	00:49:24.15	00:49:43.95	4:56	12.1
376	JUSZCZAK GRZEGORZ	715		TYCHY	POL	M30-39	132	M 326	00:14:37	00:24:37	00:36:23	00:46:32	00:49:23.65	00:49:48.85	4:56	12.1
377	WILSZ ADAM	482	FIS-SST TEAM	PANIÓWKI	POL	M40-49	103	M 327	00:14:50	00:25:08	00:36:36	00:46:33	00:49:16.45	00:49:51.25	4:55	12.2
378	JARZYNA ANDRZEJ	477		JSTRZĘBIE - ZDRÓJ	POL	M20-29	49	M 328	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	4:55	12.2
379	PAWLOK ANNA	250		KATOWICE	POL	K20-29	10	K 51	00:14:12	00:24:12	00:36:19	00:47:01	00:49:34.00	00:49:52.85	4:57	12.1
380	KAMYCZEK ADAM	300		BAKÓW	POL	M30-39	133	M 329	00:14:10	00:24:25	00:36:26	00:46:42	00:49:30.05	00:49:53.00	4:57	12.1
381	JASIŃSKI MAKSYMILIAN	82		JASTRZĘBIE-ZDRÓJ	POL	M50-59	27	M 330	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	4:57	12.1
382	HERZYK ADAM	656		BIELSKO-BIAŁA	POL	M40-49	105	M 331	00:14:12	00:24:24	00:36:14	00:46:31	00:49:32.55	00:50:00.90	4:57	12.1
383	CYGANIK PIOTR	465	FC CWANIANKI	CHORZÓW	POL	M30-39	134	M 332	00:14:37	00:24:51	00:36:38	00:46:52	00:49:35.40	00:50:01.20	4:57	12.1
384	GANDZEL SZYMON	905		MAZAŃCOWICE	POL	M30-39	135	M 333	00:14:27	00:24:56	00:37:03	00:47:04	00:49:43.60	00:50:01.65	4:58	12.1
385	OLSZYNA MIROSLAW	156		RACIBÓRZ	POL	M40-49	106	M 334	00:15:15	00:25:42	00:37:32	00:46:58	00:49:32.70	00:50:03.60	4:57	12.1
386	TORBIŃSKI WIESŁAW	159	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M60-69	5	M 335	00:14:38	00:24:49	00:36:27	00:46:44	00:49:40.15	00:50:04.55	4:58	12.1
387	DĘBSKI MARIUSZ	608		PSZCZYNA	POL	M40-49	110	M 336	00:13:37	00:24:01	00:36:20	00:46:53	00:49:52.70	00:50:06.65	4:59	12
388	DANIELUK KAZIMIERZ	404	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M60-69	6	M 337	00:14:19	00:24:24	00:36:24	00:46:54	00:49:45.65	00:50:08.60	4:58	12.1
389	KACHEL AREK	751		JASTRZĘBIE ZDRÓJ	POL	M40-49	108	M 338	00:14:40	00:24:41	00:36:27	00:46:54	00:49:46.95	00:50:09.70	4:58	12.1
390	PLOCH WERONIKA	831	MKS PARASOL WROCŁAW	WROCŁAW	POL	K16-19	2	K 52	00:14:12	00:24:17	00:36:22	00:46:59	00:49:50.10	00:50:09.75	4:59	12
391	GARUS KRZYSIEK	568	KSRG ZOFIÓWKA	JASTRZĘBIE ZDRÓJ	POL	M30-39	136	M 339	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	4:58	12
392	WÓJCIK-KRZYŻOWSKA BARBARA	166	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	24	K 53	00:14:57	00:25:12	00:36:45	00:46:53	00:49:41.90	00:50:11.55	4:58	12.1
393	HEJNA ARTUR	467	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	107	M 340	00:14:55	00:25:20	00:37:00	00:46:57	00:49:41.20	00:50:13.40	4:58	12.1
394	SOJ PRZEMYSŁAW	230		KATOWICE	POL	M40-49	111	M 341	00:14:45	00:25:05	00:36:49	00:47:05	00:49:55.55	00:50:23.80	4:59	12
395	TURNIAK DARIUSZ	260		ŚWIERKLANY	POL	M40-49	109	M 342	00:14:15	00:24:23	00:36:25	00:46:51	00:49:51.50	00:50:24.75	4:59	12
396	SIKORA ALICJA	609	TEAM SIKORA	BIELSKO - BIAŁA	POL	K60-69	1	K 54	00:14:49	00:25:04	00:37:03	00:47:09	00:50:08.85	00:50:27.80	5:00	12
397	OLBRYCH MONIKA	907		MYSŁOWICE	POL	K20-29	11	K 55	00:14:36	00:24:44	00:36:53	00:47:04	00:49:57.30	00:50:28.55	4:59	12
398	ULMAN MARIUSZ	810	ATHLETICS NYSA	NYSA	POL	M40-49	112	M 343	00:14:37	00:24:52	00:36:49	00:47:09	00:50:03.75	00:50:31.30	5:00	12
399	DOMAGALIK ROBERT	254		JASTRZĘBIE ZDRÓJ	POL	M50-59	28	M 344	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	5:00	12
400	GORZELAK JOANNA	352	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	25	K 56	00:14:38	00:24:51	00:36:46	00:47:09	00:50:04.80	00:50:36.00	5:00	12
401	BORKOWSKA PAULINA	406		JASTRZĘBIE ZDRÓJ	POL	K30-39	26	K 57	00:14:30	00:24:47	00:36:48	00:47:29	00:50:30.30	00:50:37.00	5:03	11.9
402	WIDENKA ROBERT	291	DYSTANS LUBOMIA	LUBOMIA	POL	M30-39	137	M 345	00:14:16	00:24:29	00:36:42	00:47:10	00:50:19.25	00:50:41.10	5:02	11.9
403	LECHOWICZ TADEUSZ	31	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M50-59	29	M 346	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	5:01	11.9
404	SKRZYPCZAK KRYSZTIAN	382		JASTRZĘBIE-ZDRÓJ	POL	M16-19	12	M 347	00:14:03	00:24:10	00:37:06	00:47:59	00:50:45.90	00:50:52.35	5:04	11.8
405	FURMANIUK ARTUR	773		CIESZYN	POL	M30-39	138	M 348	00:13:50	00:24:15	00:36:42	00:47:42	00:50:33.60	00:50:52.55	5:03	11.9
406	PETRYNA BARTOSZ	324	INCOGNITO RUNNERS	RYBNIK	POL	M30-39	140	M 349	00:13:48	00:24:15	00:36:34	00:47:33	00:50:43.85	00:51:00.30	5:04	11.8
407	TYCZYŃSKA PAULINA	194	SZYBKIE ŻÓLWIE	BIELSKO-BIAŁA	POL	K30-39	27	K 58	00:14:39	00:24:56	00:37:11	00:47:46	00:50:40.35	00:51:02.55	5:04	11.8
408	PARTYKA KAROL	101		JASTRZĘBIE ZDRÓJ	POL	M30-39	139	M 350	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	5:03	11.9
409	JANECKA MARTA	362		JASTRZĘBIE ZDRÓJ	POL	K16-19	3	K 59	00:14:59	00:25:21	00:37:38	00:47:55	00:50:55.75	00:51:12.10	5:05	11.8
410	PĘDZIK BŁAŻEJ	143		SZCZĘKOWICE	POL	M20-29	51	M 351	00:15:34	00:25:46	00:37:33	00:47:57	00:50:27.20	00:51:13.70	5:02	11.9
411	WODYŃSKI WOJCIECH	341	KUŹNIA TRIATHLONU	KATOWICE	POL	M40-49	114	M 352	00:14:00	00:24:42	00:37:02	00:47:57	00:50:59.80	00:51:16.85	5:05	11.8
412	ZMUDA DARIUSZ	227		JASTRZĘBIE-ZDRÓJ	POL	M40-49	113	M 353	00:15:06	00:25:30	00:37:34	00:47:52	00:50:53.25	00:51:17.00	5:05	11.8
413	SOLICH OLA	79	SULIS HOKO TEAM	RACIBÓRZ	POL	K30-39	28	K 60	00:15:15	00:25:42	00:37:32	00:47:47	00:50:47.60	00:51:18.30	5:04	11.8
414	RASZKA JANUSZ	419	OLZA CIESZYN	CIESZYN	POL	M50-59	30	M 354	00:14:37	00:24:50	00:37:11	00:48:05	00:51:00.70	00:51:22.45	5:06	11.8
415	KOTOWICZ ANNA	716		OGRÓDZONA	POL	K30-39	29	K 61	00:15:10	00:25:40	00:37:49	00:48:12	00:50:58.80	00:51:25.05	5:05	11.8
416	TARGOSZ PIOTR	48	OLZA CIESZYN	CIESZYN	POL	M40-49	115	M 355	00:14:39	00:24:51	00:36:55	00:48:14	00:51:15.10	00:51:37.45	5:07	11.7
417	JASZCZYK ŁUKASZ	760		JASTRZĘBIE-ZDRÓJ	POL	M30-39	142	M 356	00:16:04	00:26:39	00:38:15	00:48:22	00:51:07.85	00:51:41.00	5:06	11.7
418	SZUL JÓZEF	634		ŻORY	POL	M60-69	7	M 357	00:15:06	00:25:26	00:37:56	00:48:47	00:51:42.45	00:51:42.45	5:10	11.6
419	PIDANTY ŁUKASZ	81		JASTRZĘBIE ZDRÓJ	POL	M30-39	141	M 358	00:15:44	00:26:10	00:38:29	00:48:21	00:51:02.35	00:51:45.15	5:06	11.8
420	MALARA ANNA	862		KATOWICE	POL	K30-39	30	K 62	00:14:35	00:24:56	00:37:31	00:48:21	00:51:18.50	00:51:46.25	5:07	11.7
421	WIŚŁKA ZBIGNIEW	550	OLZA CIESZYN	DĘBOWIEC	POL	M40-49	118	M 359	00:14:40	00:24:59	00:37:38	00:48:36	00:51:29.70	00:51:53.45	5:09	11.7
422	SOBIERAJSKI PRZEMEK	573		RACIBÓRZ	POL	M40-49	117	M 360	00:14:39	00:24:50	00:37:21	00:48:24	00:51:29.30	00:51:53.95	5:08	11.7
423	SOKOŁOWSKI PIOTR	395	BRAK	MESZNA	POL	M50-59	31	M 361	00:15:10	00:25:32	00:37:55	00:48:20	00:51:22.90	00:51:56.15	5:08	11.7
424	KRÓLIK ARKADIUSZ	489	NIEZRZESZONY	JASTRZĘBIE-ZDRÓJ	POL	M40-49	116	M 362	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	5:08	11.7

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
425	BURNAGIEL TOMASZ	27		CZERWIONKA-LESZCZYNY	POL	M50-59	32	M 363	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	5:09	11.6
426	JAWORSKI MATEUSZ	514		BIELSKO-BIAŁA	POL	M30-39	143	M 364	00:14:33	00:25:02	00:37:34	00:48:42	00:51:31.75	00:52:02.30	5:09	11.6
427	PAJAŁ KAMIL	312	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	146	M 365	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	5:11	11.5
428	CIEŚLA ADAM	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	RYBNIK	POL	M40-49	121	M 366	00:14:19	00:24:40	00:37:37	00:48:44	00:51:44.90	00:52:07.35	5:10	11.6
429	NOWAK PATRYK	162	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M20-29	53	M 367	00:14:47	00:25:11	00:37:32	00:48:33	00:51:39.15	00:52:07.80	5:09	11.6
430	MAJCHRZAK DAWID	745		JASTRZĘBIE ZDRÓJ	POL	M20-29	54	M 368	00:13:38	00:24:08	00:37:24	00:48:43	00:51:50.60	00:52:09.55	5:11	11.6
431	DOMASZK PAWEŁ	702		JASTRZĘBIE-ZDRÓJ	POL	M20-29	52	M 369	00:15:53	00:26:42	00:38:58	00:49:05	00:51:35.80	00:52:10.30	5:09	11.6
432	ĆWIOK MAREK	530	TUV RHEINLAND POLSKA	PANIÓWKI	POL	M40-49	120	M 370	00:14:50	00:25:07	00:37:20	00:48:28	00:51:37.10	00:52:12.00	5:09	11.6
433	KUBICA PATRYCJA	348	OLZA CIESZYN	CIESZYN	POL	K30-39	31	K 63	00:14:49	00:25:38	00:37:46	00:48:34	00:51:42.45	00:52:13.65	5:10	11.6
434	WIERBICKI KRYSZTIAN	333		PSZÓW	POL	M40-49	119	M 371	00:15:30	00:25:54	00:38:08	00:48:41	00:51:36.05	00:52:15.45	5:09	11.6
435	JANKO KAMIL	743		MIĘDZYRZECZE	POL	M30-39	145	M 372	00:15:43	00:26:20	00:38:42	00:49:13	00:51:49.00	00:52:16.15	5:10	11.6
436	MARCHEWKA BARTEK	603		JASTRZĘBIE ZDRÓJ	POL	M30-39	144	M 373	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	5:10	11.6
437	MACURA EWA	306	HRMAX ŻORY	ŻORY	POL	K50-59	2	K 64	00:14:38	00:25:22	00:38:23	00:48:58	00:51:56.60	00:52:21.30	5:11	11.5
438	PLEWNIA IRENA	308	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	K30-39	32	K 65	00:15:03	00:25:33	00:38:11	00:48:46	00:51:50.15	00:52:21.75	5:11	11.6
439	MAZUR ARKADIUSZ	569		MIĘDZYRZECZE DOLNE	POL	M30-39	147	M 374	00:15:53	00:26:35	00:38:43	00:49:12	00:51:59.80	00:52:27.25	5:12	11.5
440	DOMAGAŁA KORNELIA	161		RUDZICA	POL	K30-39	33	K 66	00:15:10	00:25:39	00:38:01	00:48:50	00:51:59.05	00:52:31.00	5:12	11.5
441	BARANKIEWICZ IREK	513	XT 500	PISARZOWICE	POL	M40-49	122	M 375	00:15:37	00:26:17	00:38:45	00:49:18	00:52:04.45	00:52:34.85	5:12	11.5
442	TYLMAN-MADEJCZYK MARTA	798	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K30-39	34	K 67	00:15:11	00:26:10	00:38:33	00:49:03	00:52:07.75	00:52:35.90	5:12	11.5
443	PAJAŁ MARCIN	431		JASTRZĘBIE-ZDRÓJ	POL	M20-29	55	M 376	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	5:12	11.5
444	SRADOMSKA BARBARA	504	1972	ŻORY	POL	K40-49	19	K 68	00:15:08	00:25:39	00:38:21	00:49:08	00:52:12.55	00:52:37.90	5:13	11.5
445	JANIEC WITOLD	902	UNATCO	ZWONOWICE	POL	M40-49	124	M 377	00:14:50	00:25:35	00:38:16	00:49:22	00:52:26.35	00:52:38.80	5:14	11.4
446	RZĘSITA DAMIAN	780		MĘTKÓW	POL	M30-39	148	M 378	00:15:27	00:26:01	00:38:30	00:49:30	00:52:04.80	00:52:41.30	5:12	11.5
447	MANISZEWSKA DOROTA	547	OLZA CIESZYN	CIESZYN	POL	K40-49	18	K 69	00:15:26	00:26:05	00:38:27	00:49:07	00:52:09.50	00:52:42.15	5:13	11.5
448	MALINOWSKA MAŁGORZATA	111	POWOLI DO CELU	GILOWICE	POL	K40-49	17	K 70	00:15:33	00:26:06	00:38:20	00:49:04	00:52:06.30	00:52:42.20	5:12	11.5
449	DOMIN-ZBYL AGNIESZKA	171		JASTRZĘBIE ZDRÓJ	POL	K40-49	20	K 71	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	5:13	11.5
450	PALUCHIEWICZ SZYMON	243		PAWŁOWICE	POL	M40-49	123	M 379	00:14:49	00:25:44	00:38:24	00:49:15	00:52:21.20	00:52:44.90	5:14	11.5
451	JASIŃSKI KRISTOF	865	WILD RUNERS	BOJSZOWY	POL	M20-29	56	M 380	00:15:23	00:26:08	00:38:22	00:49:14	00:52:16.55	00:52:45.40	5:13	11.5
452	BIAŁOŃCZYK JOANNA	542		KĘDRZYDOWICE	POL	K30-39	36	K 72	00:15:36	00:26:24	00:38:45	00:49:24	00:52:19.65	00:52:45.80	5:13	11.5
453	GENSTY KLAUDIA	639	DYSTANS LUBOMIA	LUBOMIA	POL	K40-49	21	K 73	00:15:45	00:26:25	00:38:43	00:49:13	00:52:15.45	00:52:46.95	5:13	11.5
454	BORUCKI DARIUSZ	517		KOŃCZYCE MAŁE	POL	M30-39	150	M 381	00:15:20	00:25:51	00:38:33	00:49:16	00:52:23.45	00:52:50.00	5:14	11.5
455	CHYBIORZ MAGDALENA	470		CIESZYN	POL	K20-29	12	K 74	00:15:24	00:26:10	00:38:34	00:49:16	00:52:22.85	00:52:52.00	5:14	11.5
456	LANDZIŃSKI JACEK	471		ŻORY	POL	M30-39	149	M 382	00:15:55	00:26:38	00:39:00	00:49:30	00:52:22.20	00:52:53.55	5:14	11.5
457	KOSMAŁA-LANDZIŃSKA EWA	346		ŻORY	POL	K30-39	37	K 75	00:15:55	00:26:38	00:39:00	00:49:30	00:52:24.70	00:52:56.00	5:14	11.4
458	CZERNICKA MAGDALENA	40	YNO ULTRA	ZWONOWICE	POL	K30-39	38	K 76	00:15:11	00:25:52	00:38:28	00:49:19	00:52:29.05	00:52:57.20	5:14	11.4
459	MAZUR KATARZYNA	455		ZABŁOCIE	POL	K30-39	35	K 77	00:15:56	00:26:42	00:39:00	00:49:27	00:52:18.95	00:52:57.60	5:13	11.5
460	ROMANIUK-DEMONCHAUX KATARZYNA	853	DRUŻYNA KOPERNIKA	RYBNIK	POL	K40-49	22	K 78	00:16:05	00:26:51	00:39:03	00:49:29	00:52:21.25	00:52:57.60	5:14	11.5
461	RECLIJ JACEK	728	DECATHLON RYBNIK	RYBNIK	POL	M40-49	125	M 383	00:16:26	00:27:36	00:40:11	00:49:59	00:52:32.35	00:52:58.65	5:15	11.4
462	ANUSZKIEWICZ IGOR	53		JASTRZĘBIE ZDRÓJ	POL	M30-39	152	M 384	00:14:47	00:25:25	00:38:14	00:49:23	00:52:33.90	00:52:59.70	5:15	11.4
463	BRODA KAMILA	105		PIASEK	POL	K20-29	13	K 79	00:15:49	00:26:31	00:39:00	00:49:38	00:52:32.10	00:53:01.00	5:15	11.4
464	WACNIK DARIUSZ	67		JASTRZĘBIE -ZDRÓJ	POL	M40-49	126	M 385	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	5:15	11.4
465	KAZIMIERCZUK MONIKA	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	KĘDZIERZYN-KOŹLE	POL	K30-39	39	K 80	00:15:58	00:26:41	00:39:05	00:49:44	00:52:39.00	00:53:08.55	5:15	11.4
466	GNAŚ ANNA	60	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	40	K 81	00:14:44	00:25:30	00:38:39	00:49:43	00:52:45.50	00:53:10.45	5:16	11.4
467	BRZEŹNIAK JAN	893		LIBIAŻ	POL	M30-39	153	M 386	00:15:27	00:26:01	00:38:30	00:49:30	00:52:34.50	00:53:10.50	5:15	11.4
468	NIEMIEC HALINA	141	KAJTEAM	KĘDZIERZYN-KOŹLE	POL	K40-49	23	K 82	00:15:58	00:26:40	00:39:04	00:49:44	00:52:41.65	00:53:11.40	5:16	11.4
469	MARYNIAK WOJTEK	689		GLIWICE	POL	M30-39	151	M 387	00:16:07	00:27:03	00:39:16	00:49:41	00:52:32.50	00:53:11.65	5:15	11.4
470	MARCINIAK ARTUR	710		BRENNA	POL	M50-59	33	M 388	00:15:29	00:26:25	00:38:55	00:49:43	00:52:45.35	00:53:12.50	5:16	11.4
471	PASŁAWSKA KATARZYNA	30	KOBIETY NA 5 +	JASTRZĘBIE ZDRÓJ	POL	K40-49	24	K 83					00:52:42.00	00:53:13.00	5:16	11.4
472	LISIOWSKI JAKUB	524		MARKLOWICE GÓRNE	POL	M16-19	13	M 389	00:16:06	00:26:48	00:39:07	00:49:49	00:52:40.15	00:53:13.30	5:16	11.4
473	BARAN DAWID	486	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	154	M 390	00:14:37	00:25:22	00:38:24	00:49:36	00:52:50.05	00:53:13.95	5:17	11.4
474	MAKOWSKI GRZEGORZ	201		JASTRZĘBIE-ZDRÓJ	POL	M20-29	57	M 391	00:15:13	00:26:01	00:38:56	00:50:06	00:52:41.20	00:53:16.10	5:16	11.4
475	JAKUBIEC JACEK	339	BB RUNNERS	BUCZKOWICE	POL	M40-49	127	M 392	00:16:05	00:27:05	00:39:29	00:49:48	00:52:42.45	00:53:17.00	5:16	11.4
476	KOPTA JERZY	80	CWAŁUJĄCE DZIADKI	KRAKÓW	POL	M70+	2	M 393	00:15:27	00:26:08	00:38:51	00:49:47	00:52:49.40	00:53:17.05	5:17	11.4

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
477	LUBSZCZYK JUSTYNA	584	YNO ULTRA	ŻORY	POL	K20-29	14	K 84	00:15:24	00:26:22	00:39:14	00:49:48	00:52:51.20	00:53:18.15	5:17	11.3
478	RZEPECKA BOŻENA	645	OLZA CIESZYN	POGWIZDOW	POL	K50-59	3	K 85	00:15:01	00:25:51	00:38:32	00:49:39	00:52:51.80	00:53:22.55	5:17	11.3
479	FLASZ DAWID	191		JASTRZĘBIE-ZDRÓJ	POL	M40-49	128	M 394	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	5:17	11.3
480	STARCZEWSKI MARCIN	593		SOSNOWIEC	POL	M30-39	155	M 395	00:15:50	00:26:43	00:39:02	00:49:49	00:52:50.70	00:53:26.40	5:17	11.4
481	JURASZEK ELZBIETA	632	JUSTFEELFIT	JELEŚNIA	POL	K30-39	41	K 86	00:15:59	00:26:55	00:39:27	00:49:58	00:52:55.10	00:53:29.70	5:17	11.3
482	DURAJ DARIUSZ	86	WKURW_TEAM	BYSTRA	POL	M30-39	156	M 396	00:16:06	00:27:06	00:39:30	00:50:03	00:52:56.75	00:53:30.45	5:17	11.3
483	HARATYK GABRIELA	295		JASTRZEBIE-ZDROJ	POL	K30-39	42	K 87	00:15:07	00:26:04	00:38:58	00:49:59	00:53:05.20	00:53:32.15	5:18	11.3
484	ŁATKA MAREK	387		RUDZICZKS	POL	M40-49	130	M 397	00:15:10	00:26:04	00:38:41	00:49:55	00:53:07.20	00:53:32.70	5:18	11.3
485	CZYŻ WOJCIECH	624		GÓRKI MAŁE	POL	M40-49	129	M 398	00:15:13	00:26:03	00:38:51	00:50:00	00:53:05.30	00:53:35.30	5:18	11.3
486	MYNARSKA LIGIA	896	DALEKO JESZCZE?	BIELSKO-BIAŁA	POL	K40-49	25	K 88	00:15:13	00:26:13	00:39:15	00:50:09	00:53:16.90	00:53:40.75	5:19	11.3
487	POPEK BARBARA	397	SOBIESKI6	JASTRZĘBIE-ZDRÓJ	POL	K40-49	26	K 89	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	5:20	11.2
488	KUBULUS TOMASZ	570	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	158	M 399	00:14:37	00:25:24	00:38:46	00:50:16	00:53:23.30	00:53:47.55	5:20	11.2
489	DURAJ MAGDALENA	145		BYSTRA	POL	K30-39	43	K 90	00:16:09	00:27:24	00:40:04	00:50:23	00:53:14.60	00:53:48.40	5:19	11.3
490	KROCZEK PRZEMYSŁAW	829		ZEBRZYDOWICE	POL	M20-29	58	M 400	00:16:17	00:27:02	00:39:48	00:50:03	00:53:04.10	00:53:50.85	5:18	11.3
491	ŚWIECA MARCIN	402	FUNDACJA POMOCY GOLDENOM AUREA	GÓRKI WIELKIE	POL	M40-49	132	M 401	00:15:23	00:26:21	00:39:08	00:50:20	00:53:26.20	00:53:55.50	5:20	11.2
492	MALISZEWSKI MARCIN	578		JASTRZĘBIE-ZDRÓJ	POL	M30-39	157	M 402	00:15:39	00:25:59	00:38:40	00:49:49	00:53:12.55	00:53:56.35	5:19	11.3
493	BYWALEC STANISŁAW	704	DIET-FIGHT	WODZISŁAW ŚLĄSKI	POL	M40-49	131	M 403	00:15:16	00:25:59	00:38:48	00:50:11	00:53:25.20	00:53:57.95	5:20	11.2
494	MAKOWSKI DARIUSZ	311		JASTRZĘBIE-ZDRÓJ	POL	M30-39	159	M 404	00:15:12	00:26:00	00:38:55	00:50:24	00:53:27.05	00:54:02.45	5:20	11.2
495	JAGODZIŃSKA MAGDALENA	605	KOLKA TEAM	WILKOWICE	POL	K30-39	44	K 91	00:15:52	00:26:57	00:39:29	00:50:19	00:53:29.70	00:54:05.20	5:21	11.2
496	HARAZIN ANIA	571		PAWŁOWICIE	POL	K20-29	15	K 92	00:16:01	00:27:11	00:39:47	00:50:38	00:53:32.90	00:54:08.30	5:21	11.2
497	CIESLAR KASIA	646		USTROŃ	POL	K30-39	45	K 93	00:16:15	00:27:25	00:40:09	00:50:42	00:53:36.00	00:54:08.60	5:21	11.2
498	HARAZIN JANUSZ	434	2 TM 4,7	PAWŁOWICE	POL	M30-39	160	M 405	00:16:01	00:27:11	00:39:47	00:50:37	00:53:33.15	00:54:08.75	5:21	11.2
499	MUSIAŁ MARIA	407		JASTRZĘBIE-ZDRÓJ	POL	K50-59	4	K 94	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	5:21	11.2
500	LERCH MARYSIA	257	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	46	K 95	00:15:20	00:26:23	00:39:29	00:50:34	00:53:37.40	00:54:10.35	5:21	11.2
501	KUBICA EDYTA	891		GOLESZÓW	POL	K40-49	28	K 96	00:15:08	00:26:06	00:39:04	00:50:37	00:53:48.50	00:54:13.45	5:22	11.1
502	SUTKOWSKI MARCIN	690		ŚWIERKLANY	POL	M30-39	162	M 406	00:14:44	00:25:54	00:39:08	00:50:46	00:53:52.85	00:54:13.90	5:23	11.1
503	KUBIENIEC GRZEGORZ	618		JASTRZĘBIE-ZDRÓJ	POL	M40-49	134	M 407	00:15:25	00:26:24	00:39:10	00:50:23	00:53:43.35	00:54:14.60	5:22	11.2
504	KONOPKA JAROSŁAW	707		JASTRZEBIE ZDROJ	POL	M40-49	133	M 408	00:16:03	00:27:01	00:39:23	00:50:22	00:53:33.60	00:54:15.05	5:21	11.2
505	WERNIK KATARZYNA	469	BESTFITCLUB RYBNIK	RADLIN	POL	K40-49	27	K 97	00:15:45	00:26:52	00:39:44	00:50:44	00:53:46.75	00:54:19.20	5:22	11.2
506	CHOJCAN BEATA	424	INŻYNIERIA BIEGANIA	RYBNIK	POL	K40-49	29	K 98	00:16:00	00:27:01	00:39:43	00:50:44	00:53:52.30	00:54:20.60	5:23	11.1
507	GÓRA MARTA	327		JASTRZĘBIE ZDRÓJ	POL	K30-39	49	K 99	00:15:17	00:26:26	00:39:40	00:51:04	00:54:14.85	00:54:21.85	5:25	11.1
508	KAPUSTA BARTŁOMIEJ	178		JASTRZĘBIE-ZDRÓJ	POL	M30-39	161	M 409	00:16:07	00:27:20	00:40:07	00:50:43	00:53:41.95	00:54:23.75	5:22	11.2
509	HUCHRO TOMASZ	653	SZYBCY I WŚCIEKLI	MYSŁOWICE	POL	M20-29	59	M 410	00:16:08	00:27:22	00:40:09	00:51:05	00:53:58.85	00:54:26.40	5:23	11.1
510	CHROBOK GERARD	535		CIESZYN	POL	M50-59	35	M 411	00:15:22	00:26:24	00:39:26	00:50:41	00:53:58.10	00:54:28.55	5:23	11.1
511	CHROBOK JÓZEFA	532		CIESZYN	POL	K40-49	30	K 100	00:15:22	00:26:21	00:39:26	00:50:42	00:53:57.85	00:54:28.60	5:23	11.1
512	STABLA AGATA	335		RADLIN	POL	K30-39	48	K 101	00:15:27	00:26:32	00:39:44	00:51:03	00:54:11.30	00:54:30.10	5:25	11.1
513	KRAUSE SYLWIA	289	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	31	K 102	00:15:47	00:26:52	00:39:37	00:50:49	00:54:04.25	00:54:36.40	5:24	11.1
514	PAJESTKA MAREK	148	WRM MC POLAND	RUDA ŚLĄSKA	POL	M40-49	135	M 412	00:15:35	00:26:30	00:39:25	00:50:40	00:53:50.25	00:54:36.75	5:23	11.1
515	PLASKA GRZEGORZ	208	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	136	M 413	00:15:33	00:26:29	00:39:26	00:50:41	00:53:51.65	00:54:37.00	5:23	11.1
516	ZAWIERUCHA ALEKSANDER	488	ROSZADA ŻORY	ŻORY	POL	M50-59	34	M 414	00:16:06	00:27:14	00:40:01	00:51:00	00:53:57.10	00:54:37.30	5:23	11.1
517	POPCZYK PIOTR	732		ŻERNICA	POL	M40-49	138	M 415	00:16:00	00:27:17	00:40:20	00:51:20	00:54:13.25	00:54:39.30	5:25	11.1
518	MARCZAK-OLEJNICZAK ANIA	718		TARNOWSKIE GÓRY	POL	K30-39	47	K 103	00:16:11	00:27:19	00:40:03	00:50:54	00:54:00.95	00:54:40.25	5:24	11.1
519	BANDIK PAVEL	350	SK ČERNÉ PLÍČE	FRÝDLANT NAD OSTRAVICÍ	CZE	M50-59	36	M 416	00:16:09	00:27:23	00:40:11	00:51:04	00:54:09.35	00:54:43.45	5:24	11.1
520	NALEWAJKA WIOLETA	87	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	32	K 104	00:16:11	00:27:22	00:40:08	00:51:10	00:54:11.10	00:54:44.00	5:25	11.1
521	SZEREDA ROBERT	340		JASTRZĘBIE-ZDRÓJ	POL	M40-49	140	M 417	00:14:24	00:25:27	00:39:00	00:51:12	00:54:40.75	00:54:45.55	5:28	11
522	ZELENT KAROLINA	33	DIETETYKJASTRZEBIE.PL	JASTRZĘBIE-ZDRÓJ	POL	K20-29	16	K 105	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	5:24	11.1
523	WOJTAŚ KAROL	788	KOLKA TEAM	BIELSKO-BIAŁA	POL	M30-39	163	M 418	00:17:15	00:28:14	00:40:46	00:51:12	00:54:12.05	00:54:47.90	5:25	11.1
524	JANCZYK GRZEGORZ	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	137	M 419	00:16:15	00:26:59	00:39:46	00:50:57	00:54:02.65	00:54:50.80	5:24	11.1
525	WOLIŃSKI JÓZEF	114		GLIWICE	POL	M50-59	37	M 420	00:15:57	00:26:55	00:39:50	00:51:05	00:54:15.70	00:54:53.30	5:25	11.1
526	PAJĄCZKOWSKI MICHAŁ	885	NOVA TRADING S.A. STALE BIEGAM	MYSŁOWICE	POL	M30-39	164	M 421	00:16:23	00:28:00	00:40:46	00:51:13	00:54:18.30	00:54:54.70	5:25	11
527	MAREK-WRÓBEL EDYTA	680		RYBNIK	POL	K60-69	2	K 106	00:16:08	00:27:23	00:40:10	00:51:08	00:54:19.70	00:54:55.40	5:26	11
528	KACZMARCZYK MARIUSZ	515	OLZA CIESZYN	PAWŁOWICE	POL	M30-39	166	M 422	00:15:46	00:26:44	00:40:25	00:51:26	00:54:24.35	00:54:55.40	5:26	11
529	STRZAŁA MAREK	551		STRUMIEŃ	POL	M20-29	60	M 423	00:15:02	00:26:18	00:39:55	00:51:24	00:54:32.25	00:54:58.15	5:27	11

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
530	POŁEĆ KRZYSZTOF	140	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	165	M 424	00:16:01	00:27:22	00:40:10	00:51:22	00:54:24.30	00:54:58.45	5:26	11
531	GIEROŃ KATARZYNA	709	DYSTANS LUBOMIA	LUBOMIA	POL	K30-39	51	K 107	00:16:02	00:27:09	00:40:01	00:51:17	00:54:28.45	00:55:00.00	5:26	11
532	KUJAŃSKA ALEKSANDRA	811	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	K30-39	52	K 108	00:15:12	00:26:16	00:39:42	00:51:28	00:54:33.35	00:55:01.15	5:27	11
533	JESIONEK MAŁGORZATA	731		IMIELIN	POL	K30-39	50	K 109	00:15:57	00:27:06	00:40:04	00:51:19	00:54:26.05	00:55:04.15	5:26	11
534	PRZYBYSZ KINGA	204		ŻORY	POL	K20-29	17	K 110	00:16:12	00:27:25	00:40:16	00:51:25	00:54:30.75	00:55:08.50	5:27	11
535	CZARNOTA LESZEK	113		MARKLOWICE	POL	M40-49	139	M 425	00:16:11	00:27:22	00:40:15	00:51:29	00:54:36.90	00:55:12.75	5:27	11
536	RAPUCHA ADAM	720		ŻORY	POL	M30-39	168	M 426	00:16:11	00:27:24	00:40:13	00:51:29	00:54:44.00	00:55:17.80	5:28	11
537	BIGOS GRZEGORZ	637	GRAMMI	JAWORZNO	POL	M30-39	172	M 427	00:14:38	00:25:50	00:39:04	00:51:22	00:55:03.75	00:55:18.95	5:30	10.9
538	KOMAJDA BASIA	343	OLZA CIESZYN	CIESZYN	POL	K30-39	53	K 111	00:16:03	00:27:11	00:40:21	00:51:37	00:54:45.00	00:55:22.05	5:28	11
539	HYLA PRZEMYSŁAW	713		JASTRZĘBIE ZDRÓJ	POL	M30-39	167	M 428	00:16:38	00:27:57	00:40:42	00:51:37	00:54:42.85	00:55:23.80	5:28	11
540	KOMRAUS SŁAWOMIR	602	WILD RUNNERS CLUB	PSZCZYNA	POL	M30-39	169	M 429	00:15:30	00:26:38	00:40:04	00:51:48	00:54:55.95	00:55:24.70	5:29	10.9
541	WĘGLEWSKI ZBIGNIEW	672		JASTRZĘBIE ZDRÓJ	POL	M50-59	38	M 430	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	5:29	10.9
542	SIEGMUND JOLANTA	63		JASTRZĘBIE-ZDRÓJ	POL	K40-49	33	K 112	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	5:29	10.9
543	GWIZDAŁA DOMINIKA	138		JASTRZĘBIE ZDRÓJ	POL	K20-29	18	K 113	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	5:28	11
544	SKURSKI JAKUB	840		PAWŁOWICE	POL	M30-39	171	M 431	00:15:55	00:27:03	00:40:26	00:51:50	00:55:02.15	00:55:31.00	5:30	10.9
545	PODBIOL AGNIESZKA	558		WODZISŁAW ŚLĄSKI	POL	K20-29	19	K 114	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	5:28	10.9
546	DEJEWSKI JAKUB	303	1984	JASTRZĘBIE-ZDRÓJ	POL	M30-39	170	M 432	00:16:10	00:27:25	00:40:13	00:51:38	00:55:01.15	00:55:33.80	5:30	10.9
547	RYZ DAWID	545		RUDA ŚLĄSKA	POL	M20-29	61	M 433	00:16:04	00:27:26	00:40:48	00:51:59	00:54:58.10	00:55:34.30	5:29	10.9
548	GRABKA STANISŁAW	737	NIEZRZESZONY	KRAKOW	POL	M70+	3	M 434	00:16:14	00:27:30	00:40:52	00:52:03	00:55:04.80	00:55:34.95	5:30	10.9
549	BAJOR RAFAŁ	872	REBELLION OF FREE RUNNERS	ŻORY	POL	M40-49	142	M 435	00:15:29	00:26:50	00:40:16	00:51:40	00:55:06.65	00:55:35.15	5:30	10.9
550	KOLORZ-STYLOK KATARZYNA	640		JASTRZĘBIE-ZDRÓJ	POL	K40-49	34	K 115	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	5:30	10.9
551	CIMAŁA KATARZYNA	232		PAWŁOWICE	POL	K20-29	20	K 116	00:16:15	00:27:24	00:40:24	00:51:48	00:54:58.20	00:55:39.50	5:29	10.9
552	CHMIEL JACEK	499		JASTRZĘBIE-ZDRÓJ	POL	M60-69	8	M 436	00:16:15	00:27:32	00:40:37	00:52:05	00:55:14.40	00:55:42.35	5:31	10.9
553	MŁOBÓG EWA	779	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	54	K 117	00:15:54	00:27:12	00:40:30	00:51:54	00:55:09.65	00:55:45.05	5:31	10.9
554	SKWARK ANETA	255		JASTRZĘBIE-ZDRÓJ	POL	K30-39	56	K 118	00:15:48	00:27:13	00:40:22	00:51:53	00:55:18.25	00:55:45.70	5:31	10.8
555	WOLIŃSKI DARIUSZ	898	STRAŻAK	ŻORY	POL	M40-49	141	M 437	00:16:03	00:27:32	00:40:48	00:52:04	00:55:05.25	00:55:45.90	5:30	10.9
556	FLASZ ANNA	192		JASTRZĘBIE-ZDRÓJ	POL	K30-39	57	K 119	00:16:23	00:27:43	00:40:55	00:52:20	00:55:20.20	00:55:47.40	5:32	10.8
557	STEKLA BARTŁOMIEJ	610		SKOCZÓW	POL	M20-29	62	M 438	00:16:10	00:27:23	00:40:24	00:51:53	00:55:12.45	00:55:48.95	5:31	10.9
558	ŻŁOBICKA AGNIESZKA	768	DAR-BUD TEAM	KIETRZ	POL	K30-39	55	K 120	00:16:43	00:28:15	00:41:12	00:52:08	00:55:12.10	00:55:52.40	5:31	10.9
559	MORAWSKI JANUSZ	873	PSZCZYNA BIEGA	PSZCZYNA	POL	M40-49	143	M 439	00:16:14	00:27:27	00:40:52	00:52:12	00:55:20.85	00:55:57.70	5:32	10.8
560	FROSZTĘGA DANIEL	837		JASTRZĘBIE-ZDRÓJ	POL	M30-39	174	M 440	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	5:33	10.8
561	FROSZTĘGA KATARZYNA	835		JASTRZĘBIE-ZDRÓJ	POL	K30-39	58	K 121	00:16:12	00:27:29	00:40:37	00:52:08	00:55:32.00	00:55:59.15	5:33	10.8
562	BANDER JERZY	498		WODZISŁAW ŚLĄSKI	POL	M40-49	144	M 441	00:16:24	00:27:52	00:41:18	00:52:25	00:55:36.40	00:56:02.15	5:33	10.8
563	SŁOTWIŃSKA ANNA	177		ZEBRZYDOWICE	POL	K40-49	35	K 122	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	5:33	10.8
564	SOBCZYK SŁAWOMIR	627	PASJONAT	TYCHY	POL	M50-59	39	M 442	00:17:00	00:28:30	00:41:27	00:52:28	00:55:28.75	00:56:10.35	5:32	10.8
565	CIEŚLIK RAFAŁ	677		WODZISŁAW ŚLĄSKI	POL	M30-39	173	M 443	00:16:53	00:28:27	00:41:50	00:52:44	00:55:28.90	00:56:12.25	5:32	10.8
566	KOSMAŁA STANISŁAWA	472		ŁĄKA	POL	K60-69	3	K 123	00:16:40	00:28:07	00:41:20	00:52:31	00:55:46.65	00:56:17.50	5:34	10.8
567	PIECYK ADRIANNA	190		ŻORY	POL	K40-49	38	K 124	00:15:46	00:27:09	00:41:00	00:52:45	00:55:56.10	00:56:22.70	5:35	10.7
568	MŁYNARCZYK JERZY	403	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M50-59	40	M 444	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	5:36	10.7
569	JĘDRUSIAK LIDIA	649		DANKOWICE	POL	K30-39	59	K 125	00:16:13	00:27:31	00:40:59	00:52:37	00:55:55.65	00:56:28.25	5:35	10.7
570	WILSZ EWA	481	FIS-SST TEAM	PANIÓWKI	POL	K40-49	37	K 126	00:16:46	00:28:21	00:41:22	00:52:45	00:55:54.30	00:56:30.35	5:35	10.7
571	KRAMER PIOTR	539		JASTRZĘBIE-ZDRÓJ	POL	M40-49	145	M 445	00:16:33	00:27:48	00:41:03	00:52:39	00:55:51.25	00:56:33.10	5:35	10.7
572	KIELKOWSKA AGNIESZKA	217		JASTRZĘBIE-ZDRÓJ	POL	K40-49	36	K 127	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	5:35	10.7
573	ĆWIOK BARBARA	546	FIS-SST TEAM	PANIÓWKI	POL	K40-49	39	K 128	00:16:45	00:28:19	00:41:22	00:52:44	00:56:01.60	00:56:38.85	5:36	10.7
574	GREŃ DOROTA	629	OLZA CIESZYN	USTROŃ	POL	K30-39	61	K 129	00:16:15	00:27:25	00:40:58	00:52:53	00:56:12.40	00:56:45.00	5:37	10.7
575	HERUD MAGDALENA	761	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	K30-39	60	K 130	00:16:45	00:28:19	00:41:35	00:52:55	00:56:11.25	00:56:51.60	5:37	10.7
576	PYTEL RENATA	440		PIELGRZYMOWICE	POL	K40-49	42	K 131	00:16:10	00:27:42	00:41:05	00:53:06	00:56:45.55	00:56:52.95	5:40	10.6
577	UKLEJA SEBASTIAN	258		JASTRZĘBIE-ZDRÓJ	POL	M40-49	147	M 446	00:15:46	00:27:25	00:41:18	00:53:10	00:56:25.30	00:56:53.60	5:38	10.6
578	HYŁA ALEKSANDRA	373	KRS TKKF MORSY.PL	MSZANA	POL	K20-29	21	K 132	00:16:11	00:27:24	00:40:54	00:52:50	00:56:18.85	00:56:53.65	5:37	10.7
579	BRZUSKA KATARZYNA	120	OLZA CIESZYN	CIESZYN	POL	K40-49	40	K 133	00:16:43	00:28:15	00:41:22	00:52:58	00:56:13.20	00:56:54.05	5:37	10.7
580	WITOSZA ADAM	695		KATOWICE	POL	M40-49	146	M 447	00:16:05	00:26:50	00:40:06	00:52:28	00:56:16.75	00:56:55.45	5:37	10.7
581	PŁONKA KRZYSZTOF	740		JASTRZĘBIE-ZDRÓJ	POL	M50-59	41	M 448	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	5:39	10.6
582	SZKLANNY-RECLIK ELŻBIETA	487		PSZCZYNA	POL	K30-39	62	K 134	00:16:29	00:27:57	00:41:27	00:53:21	00:56:27.55	00:57:05.05	5:38	10.6
583	GRZESZCZUK TOMASZ	529		JASTRZĘBIE-ZDRÓJ	POL	M20-29	63	M 449	00:16:07	00:28:01	00:41:51	00:53:40	00:56:44.10	00:57:10.75	5:40	10.6
584	PIETRZYK MAREK	556	BIEGIEM PRZEZ CHYBIE	CHYBIE	POL	M60-69	9	M 450	00:16:13	00:27:47	00:41:28	00:53:12	00:56:35.95	00:57:11.60	5:39	10.6
585	FRAJHOFFER EWA	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	JASTRZĘBIE-ZDRÓJ	POL	K30-39	63	K 135	00:16:10	00:27:37	00:41:27	00:53:27	00:56:39.05	00:57:12.70	5:39	10.6

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
586	STANULA DOMINIKA	228		PAWLÓWICE	POL	K20-29	22	K 136	00:16:44	00:28:31	00:42:02	00:53:36	00:56:38.10	00:57:12.70	5:39	10.6
587	HEJNA IZABELA	466	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	41	K 137	00:16:17	00:27:53	00:41:51	00:53:33	00:56:43.15	00:57:15.20	5:40	10.6
588	MUSIAŁ ŁUKASZ	270	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	176	M 451	00:16:23	00:27:31	00:41:33	00:53:25	00:56:49.90	00:57:19.80	5:41	10.6
589	MUSIAŁ WIOLETTA	271	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	64	K 138	00:16:23	00:27:32	00:41:34	00:53:25	00:56:50.60	00:57:20.05	5:41	10.6
590	SOBIERAJSKA RENATA	575	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	43	K 139	00:15:27	00:27:05	00:41:04	00:53:17	00:56:56.25	00:57:20.65	5:41	10.5
591	NADROWSKI TADEUSZ	739	TYTUŁ	ŻORY	POL	M60-69	10	M 452	00:16:34	00:28:13	00:41:52	00:53:38	00:56:54.95	00:57:24.40	5:41	10.5
592	KUBICA TADEUSZ	353	BWM	ŻORY	POL	M50-59	42	M 453	00:16:30	00:28:01	00:41:43	00:53:28	00:56:50.85	00:57:26.05	5:41	10.6
593	NOWAK MAGDALENA	351	BWM	ŻORY	POL	K20-29	23	K 140	00:16:31	00:28:02	00:41:44	00:53:29	00:56:52.05	00:57:26.20	5:41	10.6
594	MALISZEWSKI DARIUSZ	214		JASTRZĘBIE ZDRÓJ	POL	M30-39	175	M 454	00:17:09	00:29:05	00:42:45	00:53:51	00:56:44.20	00:57:28.90	5:40	10.6
595	KOTERYNA JANUSZ	641	AMATOR	ŻORY	POL	M60-69	11	M 455	00:16:20	00:27:58	00:41:53	00:53:45	00:57:10.30	00:57:36.30	5:43	10.5
596	FRYDECKA MIROSLAWA	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	ŚWIERKLANY	POL	K40-49	44	K 141	00:16:12	00:27:34	00:41:31	00:53:34	00:57:01.80	00:57:36.85	5:42	10.5
597	BARAN IRENA	25	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	K50-59	5	K 142	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	5:42	10.5
598	OSZCZĘDA MARZENA	224	ZARAZIĆ PASJĄ	ŻORY	POL	K40-49	45	K 143	00:15:55	00:27:42	00:42:06	00:54:06	00:57:16.55	00:57:43.05	5:43	10.5
599	GWIZDAŁA JOANNA	139		JASTRZĘBIE-ZDRÓJ	POL	K30-39	65	K 144	00:16:07	00:27:25	00:41:27	00:53:40	00:57:06.70	00:57:48.20	5:42	10.5
600	PRÓSZYŃSKA AGNIESZKA	244		JASTRZĘBIE-ZDRÓJ	POL	K30-39	66	K 145	00:16:15	00:27:48	00:41:43	00:53:54	00:57:12.95	00:57:49.30	5:43	10.5
601	PIĄTEK TOMASZ	880	WILDBUCHAYS	PISARZOWICE	POL	M40-49	148	M 456	00:16:18	00:28:04	00:42:05	00:54:03	00:57:15.60	00:57:49.80	5:43	10.5
602	BAJCAR BEATA	184	KOBIETY NA 5+	CHYBIE	POL	K40-49	48	K 146	00:16:39	00:28:24	00:42:14	00:54:07	00:57:19.85	00:57:54.65	5:44	10.5
603	GIŻYŃSKA KATARZYNA	253	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K30-39	67	K 147	00:16:40	00:28:24	00:42:14	00:54:06	00:57:20.15	00:57:55.10	5:44	10.5
604	BIELA MAŁGORZATA	284	KOBIETY NA 5+	JASTRZĘBIE- ZDRÓJ	POL	K40-49	49	K 148	00:16:16	00:27:50	00:41:47	00:53:57	00:57:23.10	00:57:56.30	5:44	10.5
605	SOBCZYK RENATA	625	PASJONAT	TYCHY	POL	K40-49	46	K 149	00:17:00	00:28:30	00:41:58	00:53:56	00:57:16.75	00:57:58.30	5:43	10.5
606	ŻEBROWSKA MATYLDA	73	MYSŁOWICKI KLUB BIEGACZA NO.1	MYSŁOWICE	POL	K40-49	47	K 150	00:16:47	00:28:53	00:42:17	00:53:57	00:57:17.05	00:58:00.05	5:43	10.5
607	BAŃCZYK KRZYSZTOF	71		BIELSKO-BIAŁA	POL	M30-39	177	M 457	00:17:08	00:28:53	00:42:14	00:53:56	00:57:14.25	00:58:00.20	5:43	10.5
608	PYZIK MARCIN	506		JASTRZĘBIE-ZDRÓJ	POL	M40-49	149	M 458	00:15:56	00:27:16	00:41:20	00:54:02	00:57:31.60	00:58:06.70	5:45	10.4
609	BUJNA TOMASZ	23		JASTRZĘBIE ZDRÓJ	POL	M50-59	43	M 459	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	5:45	10.4
610	KACZOREK ANIA	386	HRMAX ŻORY	ŻORY	POL	K40-49	51	K 151	00:16:34	00:28:20	00:42:21	00:54:26	00:57:55.35	00:58:20.40	5:47	10.4
611	IZDEBSKI KONRAD	696		JASTRZĘBIE-ZDRÓJ	POL	M20-29	64	M 460	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	5:45	10.4
612	DONOCIK BOGUSŁAWA	508	OLZA CIESZYN	CIESZYN	POL	K40-49	50	K 152	00:16:53	00:28:44	00:42:33	00:54:37	00:57:46.10	00:58:27.15	5:46	10.4
613	WOJTAŚ PATRYCJA	734	KOLKA TEAM	BIELSKO-BIAŁA	POL	K20-29	24	K 153	00:17:16	00:28:58	00:42:36	00:54:25	00:57:53.70	00:58:28.65	5:47	10.4
614	CIEŚLA ARTUR	769		JASTRZĘBIE-ZDRÓJ	POL	M30-39	179	M 461	00:16:04	00:27:46	00:41:46	00:54:19	00:57:54.80	00:58:32.30	5:47	10.4
615	SIENIAWSKA JANINA	109	KS KOZIOLEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	K60-69	4	K 154	00:17:18	00:29:12	00:42:51	00:54:42	00:58:05.40	00:58:34.95	5:48	10.3
616	WOWRA ROBERT	116		JASTRZĘBIE-ZDRÓJ	POL	M30-39	178	M 462	00:17:52	00:30:04	00:43:40	00:54:52	00:57:49.00	00:58:39.10	5:46	10.4
617	WILCZEK MAREK	815		RYDUŁTOWY	POL	M40-49	150	M 463	00:16:51	00:28:45	00:42:37	00:54:43	00:57:59.85	00:58:41.15	5:48	10.3
618	ŻAGIEL WIKTOR	457		RACIBÓRZ	POL	M20-29	65	M 464	00:16:12	00:27:29	00:42:00	00:55:21	00:58:21.65	00:58:54.90	5:50	10.3
619	SŁOWIŃSKI KAMIL	895		RYBNIK	POL	M30-39	181	M 465	00:17:01	00:29:04	00:43:00	00:55:04	00:58:20.25	00:58:56.75	5:50	10.3
620	SZCZERBA MICHAŁ	855		BIELSKO-BIAŁO	POL	M40-49	151	M 466	00:15:39	00:27:09	00:42:25	00:55:13	00:58:24.90	00:58:56.95	5:50	10.3
621	BURZYŃSKA BEATA	266		KATOWICE	POL	K40-49	52	K 155	00:16:27	00:28:16	00:42:24	00:54:47	00:58:21.35	00:58:57.05	5:50	10.3
622	LISZOK PRZEMYSŁAW	112		JASTRZĘBIE-ZDRÓJ	POL	M30-39	180	M 467	00:16:59	00:29:02	00:42:58	00:54:56	00:58:19.90	00:58:58.55	5:50	10.3
623	LISZOK IWONA	117		JASTRZĘBIE-ZDRÓJ	POL	K30-39	69	K 156	00:16:59	00:29:01	00:42:58	00:54:56	00:58:20.15	00:58:58.60	5:50	10.3
624	TYKIERKA MAŁGORZATA	842	TOXPRESS	BUDZIJSKA	POL	K40-49	53	K 157	00:17:08	00:29:06	00:43:08	00:55:05	00:58:22.05	00:59:00.75	5:50	10.3
625	PODBIOL INEZ	557		GLIWICE	POL	K30-39	68	K 158	00:17:24	00:29:05	00:42:49	00:54:51	00:58:18.55	00:59:02.80	5:49	10.3
626	GANKO GRAŻYNA	399		JASTRZĘBIE ZDRÓJ	POL	K50-59	6	K 159	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	5:52	10.2
627	SZKODA MAGDA	839		ŁĄKA	POL	K30-39	71	K 160	00:16:43	00:28:46	00:42:50	00:55:04	00:58:32.80	00:59:11.20	5:51	10.2
628	PASTUSZKA MARCIN	841		ŁĄKA	POL	M30-39	183	M 468	00:16:42	00:28:47	00:42:49	00:55:03	00:58:33.30	00:59:11.30	5:51	10.2
629	JURKIEWICZ-FILIKS BASIA	652		ŁODYGOWICE	POL	K40-49	54	K 161	00:17:59	00:29:59	00:43:24	00:55:10	00:58:24.20	00:59:11.75	5:50	10.3
630	POSTUPAŁSKI MARCIN	307		JASTRZĘBIE-ZDRÓJ	POL	M30-39	182	M 469	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	5:50	10.3
631	REKAŁ DOROTA	552		ZEBRZYDOWICE	POL	K50-59	7	K 162	00:15:41	00:27:26	00:42:03	00:55:05	00:58:45.95	00:59:13.10	5:52	10.2
632	DRĄG RAFAŁ	287		BESTWINKA	POL	M30-39	184	M 470	00:17:17	00:29:17	00:43:14	00:55:19	00:58:35.45	00:59:14.70	5:51	10.2
633	MALISZEWSKA BEATA	72		JASTRZĘBIE-ZDRÓJ	POL	K30-39	70	K 163	00:17:46	00:30:09	00:43:52	00:55:13	00:58:32.55	00:59:16.95	5:51	10.3
634	FECZKO LUCYNA	493		JASTRZĘBIE- ZDRÓJ	POL	K40-49	55	K 164	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	5:52	10.2
635	MENCEWICZ PAWEŁ	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	GOŁKOWICE	POL	M40-49	154	M 471	00:16:35	00:28:34	00:42:34	00:55:26	00:58:58.55	00:59:20.25	5:53	10.2
636	REK KATARZYNA	540	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	56	K 165	00:16:18	00:28:08	00:42:53	00:55:17	00:58:51.15	00:59:23.80	5:53	10.2
637	WYSZYŃSKA KARINA	738	DAR BUD TEAM	KIETRZ	POL	K30-39	72	K 166	00:17:18	00:29:24	00:43:27	00:55:22	00:58:47.45	00:59:27.50	5:52	10.2

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
638	ZIĘBA ANNA	789	DAR BUD-TEAM	KIETRZ	POL	K30-39	79	K 167	00:17:58	00:30:04	00:44:07	00:56:02	00:59:27.50	00:59:27.50	5:56	10.1
639	ZAGÓRSKA ANIA	717		RADLIN	POL	K30-39	73	K 168	00:17:05	00:29:13	00:43:10	00:55:17	00:58:48.65	00:59:27.95	5:52	10.2
640	CIEŚLAR EWA	701		CIESZYN	POL	K30-39	74	K 169	00:16:16	00:28:02	00:42:14	00:55:14	00:58:50.95	00:59:28.50	5:53	10.2
641	GAŁKIEWICZ MONIKA	759		KATOWICE	POL	K40-49	58	K 170	00:16:30	00:28:36	00:42:59	00:55:36	00:58:58.35	00:59:31.55	5:53	10.2
642	ADAMIK LUKASZ	825	KUCE Z BRONKSU	ZABRZE	POL	M20-29	66	M 472	00:17:48	00:30:11	00:43:59	00:55:45	00:58:52.95	00:59:32.50	5:53	10.2
643	TARNOWSKA EDYTA	443		GLIWICE	POL	K30-39	75	K 171	00:16:07	00:28:07	00:44:17	00:55:53	00:59:00.95	00:59:32.95	5:54	10.2
644	DOBRENIUK AURELIA	591		RYBNIK	POL	K40-49	57	K 172	00:17:13	00:29:38	00:43:44	00:55:35	00:58:54.45	00:59:34.30	5:53	10.2
645	KUŚKA TADEUSZ	800	HOLDTEX TEAM	JANKOWICE	POL	M30-39	185	M 473	00:16:37	00:28:47	00:43:02	00:55:23	00:58:47.80	00:59:35.00	5:52	10.2
646	ŚWIERCZ JANUSZ	479	WRM MC POLAND	BIERUŃ	POL	M40-49	152	M 474	00:17:28	00:29:56	00:43:26	00:55:29	00:58:54.35	00:59:42.00	5:53	10.2
647	SZYMANIEC MARCIN	155	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	153	M 475	00:16:15	00:28:08	00:42:30	00:55:13	00:58:55.10	00:59:42.05	5:53	10.2
648	SŁODZIŃSKA MAGDALENA	688		JASTRZĘBIE ZDRÓJ	POL	K20-29	25	K 173	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	5:54	10.2
649	FABRYKIEWICZ JOANNA	412		RYBNIK	POL	K30-39	76	K 174	00:17:03	00:29:27	00:44:00	00:55:44	00:59:07.30	00:59:45.05	5:54	10.1
650	KOWALSKI PIOTR	543		JASTRZĘBIE-ZDRÓJ	POL	M40-49	155	M 476	00:17:50	00:30:18	00:44:21	00:55:44	00:59:01.25	00:59:49.95	5:54	10.2
651	GIL KRZYSZTOF	799		JASTRZĘBIE-ZDRÓJ	POL	M50-59	44	M 477	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	5:56	10.1
652	PLASKA BARBARA	202	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	59	K 175	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	5:55	10.1
653	STOPYRA AGNIESZKA	124		JASTRZĘBIE-ZDRÓJ	POL	K40-49	60	K 176	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	5:55	10.1
654	BETAŃSKA ANETA	158	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	61	K 177	00:17:01	00:29:07	00:43:33	00:55:59	00:59:12.95	00:59:56.20	5:55	10.1
655	PASZENDA KATARZYNA	390	YNO ULTRA	PSZÓW	POL	K20-29	28	K 178	00:17:37	00:29:42	00:44:15	00:56:27	00:59:56.20	00:59:56.20	5:59	10
656	KOSOWSKA GRAŻYNA	576	KOBIETY NA5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	8	K 179	00:17:02	00:29:07	00:43:25	00:55:57	00:59:13.05	00:59:56.35	5:55	10.1
657	STEKLA MAJER ANNA	421	GRUPA SPORTOWA REKORD	SKOCZÓW	POL	K20-29	27	K 180	00:17:03	00:29:12	00:43:58	00:55:59	00:59:20.95	00:59:57.60	5:56	10.1
658	WIDENKA JOANNA	293	DYSTANS LUBOMIA	LUBOMIA	POL	K20-29	26	K 181	00:17:44	00:30:05	00:43:51	00:55:50	00:59:13.05	00:59:58.25	5:55	10.1
659	SZCZELINA MARTA	39		BRZESZCZE	POL	K30-39	78	K 182	00:17:02	00:29:15	00:43:52	00:55:53	00:59:23.00	01:00:00.30	5:56	10.1
660	BĘBENEK MARCIN	107	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	186	M 478	00:17:47	00:30:09	00:43:54	00:55:56	00:59:17.85	01:00:01.40	5:55	10.1
661	WACŁAWIK EWA	301	FANTASTIC TEAM ANNA SIKORA	BAKÓW	POL	K40-49	62	K 183	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	5:56	10.1
662	LONDWIG TOMASZ	245	MTB KYNDRA KLUB	JASTRZĘBIE-ZDRÓJ	POL	M30-39	187	M 479	00:17:47	00:30:10	00:43:55	00:55:56	00:59:18.25	01:00:01.80	5:55	10.1
663	HOLONA BOŻENA	251	NIEDŹWIEDŹ TEAM	CIESZYN	POL	K40-49	63	K 184	00:17:41	00:30:00	00:43:55	00:56:04	00:59:23.95	01:00:04.30	5:56	10.1
664	CYLK AGNIESZKA	755	YNO ULTRA	RYDUŁTOWY	POL	K40-49	66	K 185	00:17:38	00:30:02	00:44:35	00:56:38	01:00:05.15	01:00:05.15	6:00	10
665	TYCZYŃSKA MAŁGORZATA	285	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50-59	9	K 186	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	5:57	10.1
666	SITKO DAGMARA	597		JASTRZĘBIE-ZDRÓJ	POL	K30-39	77	K 187	00:18:28	00:30:59	00:44:34	00:56:04	00:59:21.15	01:00:06.05	5:56	10.1
667	LACH GRZEGORZ	616	BLOOD MANTRA	KIETRZ	POL	M30-39	188	M 480	00:18:27	00:31:03	00:44:38	00:56:08	00:59:25.15	01:00:06.10	5:56	10.1
668	WIDENKA KRYSZTIAN	152	SYRYNIA	SYRYNIA	POL	M20-29	67	M 481	00:16:26	00:28:22	00:42:39	00:55:35	00:59:23.15	01:00:06.25	5:56	10.1
669	HERDUŚ LUCYNA	806		JASTRZĘBIE ZDRÓJ	POL	K30-39	80	K 188	00:16:43	00:28:45	00:43:14	00:56:05	00:59:39.80	01:00:14.70	5:58	10.1
670	ŻAGIEL EDYTA	102		RACIBÓRZ	POL	K50-59	10	K 189	00:16:29	00:28:13	00:42:58	00:55:52	00:59:46.60	01:00:20.00	5:58	10
671	MALINOWSKA ANETA	331	OLZA CIESZYN	CIESZYN	POL	K40-49	64	K 190	00:18:37	00:30:54	00:44:31	00:56:19	00:59:36.70	01:00:22.70	5:57	10.1
672	NIEDZIOŁKO BOŻENA	90	KOBIETY NA5+	JASRZĘBIE-ZDRÓJ	POL	K50-59	11	K 191	00:16:41	00:29:04	00:43:43	00:56:12	00:59:50.00	01:00:23.75	5:59	10
673	MUSIOŁ HELENA	88		RYBNIK	POL	K40-49	65	K 192	00:16:35	00:28:55	00:43:36	00:56:22	00:59:56.75	01:00:25.90	5:59	10
674	BRANDYS KRYSZYNA	70		PAWŁOWICE	POL	K30-39	81	K 193	00:17:39	00:30:05	00:44:30	00:56:56	01:00:06.10	01:00:46.95	6:00	10
675	HAJNSZ ROBERT	802		RUDA ŚLĄSKA	POL	M20-29	68	M 482	00:17:49	00:30:13	00:44:34	00:56:44	01:00:10.95	01:00:49.90	6:01	10
676	BADURA DOROTA	628		STRUMIEŃ	POL	K30-39	83	K 194	00:15:58	00:28:27	00:43:46	00:56:54	01:00:36.25	01:01:02.55	6:03	9.9
677	MAREK JAROSŁAW	409		SOSNOWIEC	POL	M40-49	156	M 483	00:17:55	00:30:25	00:44:35	00:57:02	01:00:23.70	01:01:02.95	6:02	9.9
678	KOŁAK ALICJA	476		GLIWICE	POL	K30-39	82	K 195	00:17:43	00:30:03	00:44:26	00:57:01	01:00:30.20	01:01:10.00	6:03	9.9
679	MOSKAŁA MAGDALENA	163		PAWŁOWICE	POL	K20-29	29	K 196	00:17:15	00:29:33	00:44:35	00:57:21	01:00:42.85	01:01:23.20	6:04	9.9
680	ORŁOWSKA JOANNA	371	ULTRA BESKID SPORT	MAZANCOWICE	POL	K30-39	84	K 197	00:18:11	00:30:36	00:44:49	00:57:18	01:00:49.30	01:01:29.35	6:04	9.9
681	MARCZYK-LURANC EWA	775	MARCZYK-LURANC TEAM	KATOWICE	POL	K30-39	85	K 198	00:18:30	00:31:10	00:45:16	00:57:35	01:01:01.05	01:01:44.40	6:06	9.8
682	BOŻEK DAGMARA	52		JASTRZĘBIE ZDRÓJ	POL	K40-49	67	K 199	00:17:51	00:30:21	00:44:52	00:57:30	01:01:05.10	01:01:44.90	6:06	9.8
683	LURANC PAWEŁ	774	MARCZYK-LURANC TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	157	M 484	00:18:30	00:31:12	00:45:17	00:57:36	01:01:03.20	01:01:45.75	6:06	9.8
684	KASPRZYCKA-SZUBARSKA KATARZYNA	567	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	K40-49	68	K 200	00:18:40	00:31:03	00:45:27	00:57:44	01:01:06.50	01:01:52.05	6:06	9.8
685	MISKOWIEC AGNIESZKA	41		JASTRZĘBIE-ZDRÓJ	POL	K40-49	69	K 201	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	6:07	9.8
686	ROMAŃSKA KLAUDIA	711	BEBECHA TEAM	DĄBROWA GÓRNICZA	POL	K20-29	30	K 202	00:16:47	00:29:05	00:44:07	00:57:33	01:01:26.05	01:01:57.05	6:08	9.8
687	POŁOK ROBERT	661		BIELSKO-BIAŁA	POL	M20-29	69	M 485	00:16:48	00:29:05	00:44:07	00:57:32	01:01:26.80	01:01:58.00	6:08	9.8
688	GAJ MONIKA	651	DAR - BUD TEAM	KIETRZ	POL	K30-39	86	K 203	00:18:28	00:30:59	00:45:23	00:57:41	01:01:17.60	01:02:01.75	6:07	9.8
689	SZPYRA SONIA	68		JASTRZĘBIE-ZDRÓJ	POL	K40-49	70	K 204	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	6:09	9.7
690	KRZYSTOLIK DAMIAN	418		JASTRZĘBIE-ZDRÓJ	POL	M30-39	189	M 486	00:18:12	00:30:48	00:45:32	00:57:58	01:01:19.05	01:02:06.45	6:07	9.8
691	KRAUZ SANDRA	437		JASTRZĘBIE-ZDRÓJ	POL	K20-29	31	K 205	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	6:09	9.7
692	POKORA IZABELA	99	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	87	K 206	00:17:16	00:29:46	00:44:57	00:58:01	01:01:45.10	01:02:21.25	6:10	9.7

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
693	ŚWIERCZ ANNA	478		BIERUŃ	POL	K40-49	71	K 207	00:17:48	00:30:11	00:45:13	00:58:01	01:01:42.45	01:02:24.90	6:10	9.7
694	PIPIRO GRAZYNA	193	KOBIETY 5+	JASTRZĘBIE ZDRÓJ	POL	K60-69	5	K 208	00:18:17	00:30:55	00:45:42	00:58:13	01:01:46.50	01:02:28.55	6:10	9.7
695	SZABLA MATEUSZ	750		NIEGOWONICE	POL	M20-29	70	M 487	00:17:06	00:29:05	00:44:37	00:58:03	01:01:53.75	01:02:36.50	6:11	9.7
696	SOBIERAJ PAWEŁ	914		JASTRZĘBIE ZDRÓJ		M40-49	158	M 488	00:16:41	00:29:29	00:44:44	00:58:13	01:02:00.35	01:02:36.90	6:12	9.7
697	WALA ANNA	180		JASTRZĘBIE-ZDRÓJ	POL	K30-39	89	K 209	00:16:54	00:29:55	00:45:27	00:58:45	01:02:22.95	01:02:45.90	6:14	9.6
698	HETMANIOK AGNIESZKA	83		JASTRZĘBIE ZDRÓJ	POL	K20-29	32	K 210	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	6:14	9.6
699	SAWICKA MARTA	96		JASTRZEBIE-ZDRÓJ	POL	K30-39	88	K 211	00:19:00	00:31:50	00:46:36	00:59:03	01:02:14.95	01:03:00.20	6:13	9.6
700	STEKLA JOANNA	598		SKOCZÓW	POL	K50-59	12	K 212	00:17:30	00:30:19	00:45:38	00:58:42	01:02:30.05	01:03:07.10	6:15	9.6
701	GÓRNY JOLA	460		BIELSKO-BIAŁA	POL	K40-49	72	K 213	00:17:21	00:29:55	00:45:17	00:58:57	01:02:41.80	01:03:13.15	6:16	9.6
702	GIŻYŃSKI KRYSZTIAN	274		JASTRZĘBIE-ZDRÓJ	POL	M20-29	71	M 489	00:16:52	00:29:52	00:45:39	00:59:20	01:02:32.10	01:03:18.60	6:15	9.6
703	MORIC ANNA	496		PSZCZYNA	POL	K30-39	90	K 214	00:17:04	00:29:18	00:44:50	00:58:42	01:02:46.65	01:03:23.50	6:16	9.6
704	DANIŁOŚ BARTŁOMIEJ	501		JASTRZĘBIE-ZDRÓJ	POL	M30-39	190	M 490	00:18:06	00:30:58	00:45:36	00:58:42	01:02:37.85	01:03:24.80	6:15	9.6
705	PYZIK BARBARA	196		JASTRZĘBIE-ZDRÓJ	POL	K30-39	92	K 215	00:17:10	00:30:08	00:46:05	00:59:11	01:02:57.00	01:03:36.50	6:17	9.5
706	SZKLORZ DOMINIKA	511	OLZA CIESZYN	SKOCZÓW	POL	K30-39	91	K 216	00:18:38	00:31:34	00:46:50	00:59:24	01:02:51.10	01:03:38.50	6:17	9.5
707	WAWOCZNY ANITA	538	ZAZ WSPÓLNA PASJA	JASTRZĘBIE-ZDRÓJ	POL	K30-39	93	K 217	00:19:00	00:31:50	00:46:36	00:59:16	01:03:01.35	01:03:46.55	6:18	9.5
708	KUCZA-CHMIEL KALINA	518		ODRA	POL	K40-49	73	K 218	00:18:14	00:31:17	00:46:22	00:59:24	01:03:11.60	01:03:51.05	6:19	9.5
709	JANISZEWSKI BARTOSZ	554		JASTRZĘBIE-ZDRÓJ	POL	M30-39	191	M 491	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	6:19	9.5
710	ZAİK KAROLINA	549		GLIWICE	POL	K20-29	33	K 219	00:16:32	00:29:15	00:45:35	00:59:18	01:03:20.30	01:03:57.00	6:20	9.5
711	SOBCZYK GABRIELA	248	RAFAKO RUN TEAM	RACIBÓRZ	POL	K40-49	75	K 220	00:17:49	00:30:39	00:45:56	00:59:34	01:03:22.95	01:03:59.50	6:20	9.5
712	OSTROWSKA IZABELA	314	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	74	K 221	00:18:28	00:31:35	00:47:02	00:59:48	01:03:19.55	01:04:01.00	6:20	9.5
713	BACHTA WOJCIECH	108	DA VINCI STUDIO	BIELSKO-BIAŁA	POL	M30-39	192	M 492	00:17:32	00:30:28	00:45:46	00:59:31	01:03:16.75	01:04:01.95	6:19	9.5
714	WOJTKOWIAK ROBERT	43		SKÓRZEWO	POL	M30-39	193	M 493	00:18:02	00:31:05	00:46:26	00:59:16	01:03:22.15	01:04:08.70	6:20	9.5
715	ZAKRZEWSKA BARBARA	683		TYCHY	POL	K40-49	76	K 222	00:18:02	00:31:15	00:46:36	00:59:56	01:03:38.00	01:04:13.10	6:21	9.4
716	KUCZERA BERNADETA	414	CZERNICA TEAM	CZERNICA	POL	K30-39	94	K 223	00:18:04	00:30:57	00:46:29	00:59:53	01:03:44.45	01:04:14.55	6:22	9.4
717	KUCZERA MAREK	413	INŻYNIERIA BIEGANIA	CZERNICA	POL	M40-49	160	M 494	00:18:03	00:30:57	00:46:28	00:59:53	01:03:44.45	01:04:14.90	6:22	9.4
718	WÓJCIK DARIUSZ	670	ŻORY	ŻORY	POL	M40-49	159	M 495	00:18:24	00:31:10	00:46:18	00:59:49	01:03:34.35	01:04:20.60	6:21	9.4
719	ADAMUS KATARZYNA	269	OLZA CIESZYN	CIESZYN	POL	K40-49	77	K 224	00:18:40	00:31:34	00:46:38	00:59:52	01:03:38.60	01:04:24.40	6:21	9.4
720	ŚMIETANA MARIUSZ	474	TUPOT MAŁYCH STÓPEK	RACIBÓRZ	POL	M40-49	161	M 496	00:17:41	00:30:05	00:45:48	00:59:51	01:03:56.50	01:04:41.85	6:23	9.4
721	ZIMNY IRENEUSZ	36		RYBNIK	POL	M40-49	163	M 497	00:18:13	00:31:26	00:47:13	01:00:30	01:04:22.00	01:04:48.10	6:26	9.3
722	HEFTOWICZ DOMINIK	861	ALE WSPIERA	ZGIERZ	POL	M40-49	162	M 498	00:18:16	00:31:21	00:46:42	01:00:17	01:04:10.10	01:04:50.45	6:25	9.4
723	BOSIACKA MARTA	279	REBELLION OF FREE RUNNERS	ŚWIĘTOCHŁOWICE	POL	K20-29	34	K 225	00:17:59	00:31:18	00:47:03	01:00:42	01:04:31.35	01:05:01.80	6:27	9.3
724	OSTROWSKI SŁAWOMIR	315		JASTRZĘBIE-ZDRÓJ	POL	M50-59	45	M 499	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	6:26	9.3
725	SŁABOŃ ANIA	273		PAWŁOWICE	POL	K30-39	95	K 226	00:18:05	00:31:18	00:47:15	01:00:42	01:04:21.60	01:05:03.15	6:26	9.3
726	CZAK RENATA	785		JAWORZNO	POL	K30-39	96	K 227	00:17:24	00:30:43	00:46:36	01:00:42	01:04:34.05	01:05:04.30	6:27	9.3
727	KABUT MAŁGORZATA	388	RADLINIOKI W BIEGU	RADLIN	POL	K30-39	98	K 228	00:18:45	00:32:04	00:47:43	01:01:19	01:05:06.80	01:05:06.80	6:30	9.2
728	KRZACZEK ALEKSANDRA	389	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	78	K 229	00:18:06	00:31:25	00:47:04	01:00:40	01:04:28.10	01:05:07.20	6:26	9.3
729	PRZYŁUCKA GRAZYNA	638	GRAMMI	PRECZÓW	POL	K40-49	79	K 230	00:17:33	00:30:29	00:46:32	01:00:35	01:04:30.90	01:05:08.70	6:27	9.3
730	PIOTROWSKI MIECZYSLAW	583		DĄBROWA GÓRNICZA	POL	M70+	4	M 500	00:18:14	00:31:32	00:47:19	01:01:06	01:04:45.70	01:05:15.15	6:28	9.3
731	BAK KARINA	503	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	K30-39	97	K 231	00:18:34	00:32:34	00:48:04	01:01:22	01:04:55.95	01:05:31.35	6:29	9.2
732	MOORE COLLEEN	803		BIELSKO-BIAŁA	POL	K20-29	35	K 232	00:17:57	00:31:28	00:47:46	01:01:40	01:05:03.75	01:05:33.20	6:30	9.2
733	JUNKA MARIA	699		JASTRZĘBIE-ZDRÓJ	POL	K30-39	99	K 233	00:17:39	00:31:21	00:46:54	01:00:59	01:05:13.70	01:05:37.00	6:31	9.2
734	SOBAŃSKI MATEUSZ	485		BIELSKO-BIAŁA	POL	M20-29	72	M 501	00:19:50	00:33:11	00:48:20	01:01:23	01:04:53.80	01:05:41.05	6:29	9.2
735	GRZELAK PATRYCJA	213		JASTRZĘBIE-ZDRÓJ	POL	K30-39	100	K 234	00:18:49	00:31:59	00:47:44	01:01:21	01:05:14.25	01:05:52.05	6:31	9.2
736	AUGUŚCIK EWELINA	784	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	101	K 235	00:18:40	00:32:10	00:48:01	01:01:41	01:05:18.00	01:06:02.30	6:31	9.2
737	WOLNY ŁUKASZ	821		ŻORY	POL	M30-39	194	M 502	00:19:04	00:33:10	00:48:35	01:02:26	01:05:35.80	01:06:06.35	6:33	9.1
738	GÓRNY MIECZYSLAW	363		ŻORY	POL	M30-39	195	M 503	00:19:04	00:33:09	00:48:35	01:02:26	01:05:36.35	01:06:06.70	6:33	9.1
739	ZIĘTARA AGATA	347		JASTRZĘBIE-ZDRÓJ	POL	K40-49	80	K 236	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	6:32	9.2
740	ŚPIEWAK AGNIESZKA	675		BUCZKOWICE	POL	K30-39	102	K 237	00:19:30	00:33:08	00:48:55	01:02:14	01:05:36.20	01:06:14.60	6:33	9.1
741	OLSZEWSKA DOROTA	360	KOBIETY NA 5+	JASTRZĘBIE	POL	K40-49	81	K 238	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	6:35	9.1
742	KAWULAK KAZIMIERZ	494	KB MCKIS JAWORZNO	JAWORZNO	POL	M50-59	46	M 504	00:18:36	00:32:16	00:48:21	01:02:01	01:05:54.30	01:06:34.90	6:35	9.1
743	KIERMASZEK BARBARA	428	J TEAM	WODZISŁAW ŚLĄSKI	POL	K50-59	13	K 239	00:19:10	00:32:23	00:48:22	01:01:59	01:06:02.15	01:06:36.15	6:36	9.1
744	ROTTER HANNA	427	J TEAM	JASTRZĘBIE-ZDRÓJ	POL	K50-59	14	K 240	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	6:36	9.1
745	PRZYLUCKI GRZEGORZ	611		PRECZÓW	POL	M50-59	47	M 505	00:18:43	00:32:00	00:48:26	01:02:11	01:05:57.90	01:06:43.00	6:35	9.1
746	BARTNIK JOANNA	176	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K40-49	82	K 241	00:19:30	00:33:00	00:48:44	01:02:27	01:06:02.10	01:06:45.05	6:36	9.1
747	ZBYŁ JACEK	172		JASTRZĘBIE ZDRÓJ	POL	M50-59	48	M 506	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	6:37	9.1
748	POPE-ŚWIDZIKOWSKA MAŁGORZATA	856		ŻORY	POL	K40-49	84	K 242	00:19:47	00:33:40	00:49:42	01:03:27	01:06:56.60	01:06:56.60	6:41	9

JASTRZĘBSKA DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h	
749	BRAUN JUSTYNA	572		JASTRZĘBIE-ZDRÓJ	POL	K30-39	103	K 243	00:19:00	00:32:01	00:48:41	01:02:32	01:06:19.05	01:07:05.25	6:37	9	
750	ZAWADA JAKUB	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	CHRZANÓW	POL	M40-49	164	M 507	00:19:36	00:33:15	00:49:01	01:02:47	01:06:27.55	01:07:16.00	6:38	9	
751	ŁUKASIK ALDONA	858	PIEPRZ I WANILIA	ŻORY	POL	K30-39	104	K 244	00:19:37	00:33:15	00:49:01	01:02:47	01:06:27.35	01:07:16.10	6:38	9	
752	KOSAŁKA DOMINIKA	848	REBELLION OF FREE RUNNERS	PLAZA	POL	K30-39	105	K 245	00:18:49	00:33:04	00:49:09	01:03:10	01:07:01.40	01:07:31.15	6:42	9	
753	KUBAS ALINA	278	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	K40-49	83	K 246	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	6:41	9	
754	ZAGÓRSKA BEATA	89	NIEDZWIĘDZ TEAM	GOLESZÓW	POL	K30-39	106	K 247	00:19:14	00:32:51	00:48:57	01:03:27	01:07:14.85	01:07:55.20	6:43	8.9	
755	KLACZEK ANNA	681		BUCZKOWICE	POL	K40-49	85	K 248	00:19:30	00:33:17	00:49:19	01:03:34	01:07:37.65	01:08:16.20	6:45	8.9	
756	ŚLEDZ DOROTA	76	HRMAX ŻORY	ŻORY	POL	K16-19	4	K 249	00:19:58	00:34:05	00:50:35	01:04:37	01:08:08.75	01:08:40.90	6:48	8.8	
757	OLEJNIK EWA	684	INŻYNIERIA BIEGANIA	GLIWICE	POL	K30-39	107	K 250	00:19:52	00:34:08	00:50:25	01:04:22	01:08:01.50	01:08:46.25	6:48	8.8	
758	ZYCHOWSKA DOMINIKA	526		SOSNOWIEC	POL	K20-29	36	K 251	00:18:56	00:33:06	00:49:41	01:04:10	01:08:08.85	01:08:48.10	6:48	8.8	
759	PROĆ ANDRZEJ	61	REBELLION OF FREE RUNNERS	BALIN	POL	M50-59	49	M 508	00:18:28	00:32:59	00:49:49	01:04:28	01:08:24.15	01:08:53.90	6:50	8.8	
760	HERZYK BEATA	657		BIELSKO-ŻORY	POL	K40-49	86	K 252	00:19:53	00:34:11	00:51:00	01:04:31	01:08:19.80	01:09:03.70	6:50	8.8	
761	SUCHY MARIOLA	692		ŻORY	POL	K40-49	87	K 253	00:20:21	00:34:23	00:50:53	01:04:29	01:08:29.40	01:09:13.85	6:50	8.8	
762	WÓJCIAK MAGDALENA	375		KATOWICE	POL	K30-39	108	K 254	00:19:34	00:33:46	00:50:36	01:05:23	01:09:23.50	01:09:57.15	6:56	8.6	
763	BRYCHCY ESTERA	62	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K30-39	109	K 255	00:19:59	00:34:10	00:50:48	01:05:21	01:09:24.05	01:10:06.00	6:56	8.6	
764	KACZMARCZYK MAGDALENA	75	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K20-29	37	K 256	00:19:58	00:34:09	00:50:47	01:05:21	01:09:23.90	01:10:06.15	6:56	8.6	
765	ZALEWSKA BARBARA	149	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	88	K 257	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	7:00	8.6	
766	LAZAR JOANNA	126		JASTRZĘBIE ZDRÓJ	POL	K30-39	110	K 258	00:19:53	00:34:01	00:51:01	01:07:05	01:11:17.65	01:12:03.75	7:07	8.4	
767	KOWALSKA DOROTA	237	SBD ENERGETYK RYBNIK	RYBNIK	POL	K50-59	15	K 259	00:20:49	00:35:18	00:52:40	01:07:40	01:11:52.55	01:12:30.05	7:11	8.3	
768	KUBAS MARIUSZ	322	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	165	M 509	00:19:57	00:34:52	00:53:10	01:07:58	01:11:53.45	01:12:38.40	7:11	8.3	
769	SAWICKA AGNIESZKA	594		JASTRZĘBIE-ZDRÓJ	POL	K30-39	111	K 260	00:20:23	00:35:18	00:53:02	01:07:49	01:12:13.30	01:12:58.80	7:13	8.3	
770	ŁANUCHA MARIOLA	100	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	16	K 261	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	7:17	8.2	
771	MYŚLIWIEC BARBARA	337	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K20-29	38	K 262	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	7:17	8.2	
772	RUMPEL KRZYSZTOF	91	KS M.E.T.A.	CZYŻOWICE	POL	M30-39	196	M 510	00:21:35	00:36:45	00:53:59	01:09:23	01:13:49.85	01:14:30.75	7:23	8.1	
773	RUMPEL MARIA	95	KS M.E.T.A.	CZYŻOWICE	POL	K30-39	112	K 263	00:21:34	00:36:46	00:53:59	01:09:22	01:13:50.15	01:14:30.80	7:23	8.1	
774	PROKOPIUK ADRIANA	261		JASTRZĘBIE-ZDRÓJ	POL	K30-39	113	K 264	00:20:09	00:35:18	00:53:28	01:09:35	01:14:18.45	01:15:04.30	7:25	8.1	
775	BĄŃKA JAN	601	NIEZRZESZONY	CZĘSTOCHOWA	POL	M70+	5	M 511	00:21:35	00:36:28	00:54:56	01:10:31	01:14:49.35	01:15:40.20	7:29	8	
776	GŁĄB MARIOLA	207		GLIWICE	POL	K30-39	114	K 265	00:20:37	00:36:31	00:54:58	01:11:12	01:14:59.60	01:15:40.25	7:30	8	
777	MIERZYŃSKI KAMIL	658		JASTRZĘBIE ZDRÓJ	POL	M20-29	73	M 512	00:24:11	00:42:32	01:03:28	01:22:13	01:27:21.00	01:27:25.35	8:44	6.9	
778	KOMANIECKI ŁUKASZ	249	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	197	M 513	00:12:10	00:20:48	00:30:58	00:40:45			4:20	13.8	
779	OPUCHLIK TOMASZ	377	AKTYWNA PĘDZIWIATR	STUDZIENICE	POL	M30-39	198	M 514	00:11:45	00:19:57					3:59	15	
780	MAJ-DZIUBAŃSKA IZABELA	749	AKMB PĘDZIWIATR	GLIWICE	POL	K30-39	115	K 266	00:12:46	00:22:16					4:27	13.5	
781	CHWAŁEK AGNIESZKA	522		BESTWINA	POL	K20-29	39	K 267	00:16:46	00:27:26					5:29	10.9	
782	HAN JULIA	374		PAŁOWICE	POL	K16-19	5	K 268	00:13:35						4:41	12.8	
783	SZCZYGIEL ADRIANA	753	BENERUNNER	BIELSKO-BIAŁA	POL	K30-39	116	K 269	00:15:39						5:23	11.1	
784	SYPIŃSKI GRZEGORZ	818	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	166	M 515	00:17:34						6:03	9.9	
785	WAGNER NATALIA	42		JASTRZĘBIE-ZDRÓJ	POL	K30-39	117	K 270									
DQ	KUKLA AGATA	623	POWOLI DO CELU	BRZESZCZE	POL	K30-39	DQ	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ	00:37:02 DQ	00:39:17.30 DQ		DQ	-	-

JASTRZĘBSKA DZIESIĄTKA, K-Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	PLIŚ RENATA	14	MKL MARATON ŚWINOUJŚCIE	ŚWINOUJŚCIE	POL	K30-39	1	K 1	00:10:10	00:17:17		00:32:16	00:34:12.90	00:34:15.80	3:25	17.5
2	MATHEBO RUTH CHEMISTO	9	BENEDEK-TEAM	ELDORÉ	KEN	K30-39	2	K 2	00:10:16	00:17:44		00:34:05	00:36:18.75	00:36:18.75	3:37	16.5
3	ŚLĘZAK SYLWIA	11		CZĘSTOCHOWA	POL	K20-29	1	K 3	00:10:55	00:18:22		00:34:17	00:36:33.50	00:36:36.80	3:39	16.4
4	CHERUIYOT EMILY	8	BENEDEK-TEAM	ELDORÉ	KEN	K30-39	3	K 4	00:10:23	00:17:57		00:34:33	00:36:48.05	00:36:50.50	3:40	16.3
5	GOLBA KASIA	12	1SECOND TEAM / AZS AWF KATOWICE	MIELEC	POL	K20-29	2	K 5	00:10:55	00:18:27		00:35:07	00:37:24.60	00:37:27.90	3:44	16
6	KRAWCZYK MAGDALENA	777	GKS PIAST GLIWICE	GLIWICE	POL	K20-29	3	K 6	00:10:58	00:18:33		00:36:07	00:38:18.30	00:38:18.30	3:49	15.7
7	SUWAJ ANETA	10	AZS-AWF KATOWICE/ALPIN SPORT	JASTRZĘBIE-ZDRÓJ	POL	K30-39	4	K 7	00:11:25	00:19:22		00:36:29	00:38:41.65	00:38:45.45	3:52	15.5

JASTRZĘBSKA DZIESIĄTKA, K-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
8	DZIUŁ DĄGARA	13	KB MOSIR JASTRZĘBIE	PAWŁOWICE	POL	K30-39	5	K 8	00:11:16	00:19:21	00:28:52	00:37:07	00:39:27.40	00:39:30.35	3:56	15.2
9	MENDECKA DARIA	781	MOSIR ŁAZISKA GÓRNE	ŁAZISKA GÓRNE	POL	K20-29	4	K 9	00:11:34	00:19:45	00:29:09	00:37:24	00:39:44.60	00:39:48.75	3:58	15.1
10	ULATOWSKA ALICJA	913	TGU TEAM	PAWŁOWICE	POL	K20-29	5	K 10	00:11:43	00:37:51			00:40:12.10	00:40:20.50	4:01	14.9
11	BIELIŃSKA MONIKA	223		PRZYSZOWICE	POL	K30-39	7	K 11	00:11:47	00:20:04	00:29:51	00:38:12	00:40:30.55	00:40:35.00	4:03	14.8
12	DYBCZYŃSKA JADWIGA	890		GÓRKI WIELKIE	POL	K30-39	6	K 12	00:11:41	00:19:51	00:29:21	00:37:51	00:40:27.30	00:40:36.30	4:02	14.8
13	LEWICKA ELŻBIETA	415	NIEZRZESZONA	KNURÓW	POL	K40-49	1	K 13	00:11:51	00:20:16	00:30:04	00:38:34	00:40:57.75	00:41:05.05	4:05	14.6
14	MIKOŁAJCZYK SANDRA	607		SIEMIANOWICE ŚLĄSKIE	POL	K30-39	8	K 14	00:12:07	00:20:30	00:30:18	00:38:48	00:41:11.35	00:41:23.05	4:07	14.6
15	LASKOWSKA KATARZYNA	801	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K40-49	2	K 15	00:12:14	00:20:49	00:30:32	00:39:04	00:41:29.50	00:41:40.55	4:08	14.5
16	PIETROCZUK SYLWIA	875	KOTWICA BRZEG/ ATHLETICS NYSA	NYSA	POL	K20-29	6	K 16	00:12:09	00:20:38	00:30:32	00:39:13	00:41:38.80	00:41:49.50	4:09	14.4
17	LACHOWSKA MAGDALENA	828	K.S. SPRINT	BIELSKO BIAŁA	POL	K40-49	3	K 17	00:12:11	00:21:00	00:31:18	00:40:09	00:42:35.55	00:42:42.90	4:15	14.1
18	REDZIK DOROTA	845	ENDURANCE TEAM	PIEKARY ŚLĄSKIE	POL	K30-39	9	K 18	00:12:16	00:21:04	00:31:20	00:40:12	00:42:43.80	00:42:54.20	4:16	14
19	WOJTASZEWSKA SABINA	286	BBL RACIBÓRZ	RACIBÓRZ	POL	K30-39	10	K 19	00:12:21	00:21:18	00:31:33	00:40:20	00:42:45.85	00:42:55.60	4:16	14
20	NALEPKA EWA	189	BIEGIEM PRZEZ GÓRY	SOSNOWIEC	POL	K30-39	11	K 20	00:12:23	00:21:08	00:31:30	00:40:31	00:43:05.45	00:43:14.65	4:18	13.9
21	PIECZKA MONIKA	816		RYBNIK	POL	K30-39	12	K 21	00:12:37	00:21:28	00:31:57	00:40:55	00:43:25.45	00:43:30.25	4:20	13.8
22	GAJ PAULINA	735	MCKIS JAWORZNO	JAWORZNO	POL	K20-29	7	K 22	00:12:02	00:21:12	00:32:19	00:41:14	00:43:36.75	00:43:41.30	4:21	13.8
23	PIECUCH AGNIESZKA	212	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K30-39	13	K 23	00:12:49	00:21:46	00:32:07	00:41:07	00:43:41.95	00:43:59.70	4:22	13.7
24	JANKO ANNA	712	HRMAX ŻORY	ŻORY	POL	K20-29	8	K 24	00:12:44	00:21:45	00:32:12	00:41:23	00:44:00.35	00:44:10.60	4:24	13.6
25	PIWISZKIS BARBARA	174	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	14	K 25	00:12:46	00:21:50	00:32:22	00:41:33	00:44:08.60	00:44:24.10	4:24	13.6
26	PAWTEL AGATA	59		RYBNIK	POL	K30-39	15	K 26	00:12:49	00:21:56	00:32:38	00:41:45	00:44:21.50	00:44:30.90	4:26	13.5
27	MENŻYK JOANNA	26		MYSŁOWICE	POL	K40-49	4	K 27	00:12:47	00:22:00	00:32:54	00:42:03	00:44:42.70	00:44:58.60	4:28	13.4
28	MORAWSKA JULIA	468	UKS CHROMIK MYSŁOWICE	MYSŁOWICE	POL	K16-19	1	K 28	00:12:58	00:22:16	00:32:54	00:42:12	00:44:45.75	00:45:04.15	4:28	13.4
29	STOLORZ KATARZYNA	620		TYCHY	POL	K30-39	16	K 29	00:13:32	00:22:59	00:33:49	00:43:01	00:45:33.10	00:45:48.60	4:33	13.2
30	KOWALSKA KINGA	21	OLZA CIESZYN	POGWIZDÓW	POL	K40-49	5	K 30	00:13:22	00:22:46	00:33:43	00:43:16	00:45:45.45	00:46:05.50	4:34	13.1
31	KRAKOWCZYK MARTA	38	YNO ULTRA	WODZISŁAW ŚLĄSKI	POL	K20-29	9	K 31	00:13:10	00:23:06	00:34:16	00:43:40	00:46:19.75	00:46:38.65	4:38	12.9
32	LERCH BOŻENA	276	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	17	K 32	00:14:04	00:23:39	00:34:37	00:44:00	00:46:38.75	00:47:02.70	4:39	12.9
33	DYRCZ ANNA	147		KNURÓW	POL	K40-49	6	K 33	00:12:58	00:22:02	00:32:18	00:42:47	00:46:55.40	00:47:06.70	4:41	12.8
34	WINIARSKA MONIKA	103	BIEGIEM PRZEZ GÓRY	ŻORY	POL	K30-39	18	K 34	00:13:28	00:23:23	00:34:49	00:44:34	00:47:17.60	00:47:33.40	4:43	12.7
35	ZĘBIK GRAŻYNA	426		CIESZYN	POL	K40-49	7	K 35	00:13:22	00:22:47	00:34:39	00:44:32	00:47:17.30	00:47:37.90	4:43	12.7
36	POŁOMSKA EDYTA	416	POŁOMSCU TEAM	RYDUŁTOWY	POL	K40-49	9	K 36	00:14:07	00:23:51	00:35:03	00:44:46	00:47:28.20	00:47:42.55	4:44	12.6
37	KOPIEC IZABELA	35	INTER ROPE TEAM	SKRZYSZÓW	POL	K30-39	19	K 37	00:14:08	00:23:52	00:35:07	00:44:46	00:47:27.60	00:47:43.60	4:44	12.6
38	URBANEK MAŁGORZATA	366	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	K40-49	8	K 38	00:14:07	00:23:54	00:35:12	00:44:54	00:47:27.00	00:47:49.30	4:44	12.6
39	HELIOSZ AGNIESZKA	144	INTERAKTYWNI	KROSTOSZOWICE	POL	K40-49	10	K 39	00:13:51	00:23:41	00:35:03	00:44:59	00:47:45.80	00:48:02.85	4:46	12.6
40	PAJESTKA KATARZYNA	142		RUDA ŚLĄSKA	POL	K40-49	11	K 40	00:13:52	00:23:48	00:35:12	00:45:13	00:48:02.10	00:48:21.05	4:48	12.5
41	STĘPIEŃ KAMILA	319		OPOLE	POL	K30-39	20	K 41	00:13:57	00:23:52	00:35:13	00:45:01	00:48:08.20	00:48:28.30	4:48	12.5
42	RĘBISZ AGNIESZKA	796	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	12	K 42	00:13:31	00:23:19	00:35:18	00:45:29	00:48:22.45	00:48:32.55	4:50	12.4
43	ŻBEL ANIA	355	HRMAX ŻORY	ZEBRZYDOWICE	POL	K30-39	21	K 43	00:14:45	00:24:38	00:35:45	00:45:28	00:48:15.95	00:48:39.80	4:49	12.4
44	SICH- SOSNA AGNIESZKA	334		ŁAZISKA	POL	K40-49	14	K 44	00:14:16	00:24:06	00:35:36	00:45:36	00:48:23.95	00:48:40.90	4:50	12.4
45	SICH-ŚWIATAŁA MAŁGORZATA	133		KROSTOSZOWICE	POL	K40-49	15	K 45	00:14:16	00:24:06	00:35:40	00:45:44	00:48:32.80	00:48:49.35	4:51	12.4
46	PROKOPENKO AGA	186		ŻORY	POL	K40-49	13	K 46	00:14:03	00:24:00	00:35:23	00:45:30	00:48:22.95	00:48:50.10	4:50	12.4
47	SOKOŁOWSKA ANNA	394	BRAK	MESZNA	POL	K50-59	1	K 47	00:14:01	00:23:57	00:35:45	00:46:01	00:49:05.15	00:49:25.85	4:54	12.2
48	LORANC IZABELA	358		BIELSKO-BIAŁA	POL	K40-49	16	K 48	00:14:26	00:24:34	00:36:12	00:46:16	00:49:06.85	00:49:31.25	4:54	12.2
49	PLÓCIENNIK ALEKSANDRA	752		BIELSKO-BIAŁA	POL	K30-39	22	K 49	00:13:43	00:23:57	00:35:53	00:46:18	00:49:17.80	00:49:35.00	4:55	12.2
50	WOWRY SYLWIA	644		CIESZYN	POL	K30-39	23	K 50	00:14:09	00:24:16	00:36:21	00:46:27	00:49:24.15	00:49:43.95	4:56	12.1
51	PAWŁOK ANNA	250		KATOWICE	POL	K20-29	10	K 51	00:14:12	00:24:12	00:36:19	00:47:01	00:49:34.00	00:49:52.85	4:57	12.1
52	PLOCH WERONIKA	831	MKS PARASOL WROCŁAW	WROCŁAW	POL	K16-19	2	K 52	00:14:12	00:24:17	00:36:22	00:46:59	00:49:50.10	00:50:09.75	4:59	12
53	WÓJCIK-KRZYŻOWSKA BARBARA	166	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	24	K 53	00:14:57	00:25:12	00:36:45	00:46:53	00:49:41.90	00:50:11.55	4:58	12.1
54	SIKORA ALICJA	609	TEAM SIKORA	BIELSKO - BIAŁA	POL	K60-69	1	K 54	00:14:49	00:25:04	00:37:03	00:47:09	00:50:08.85	00:50:27.80	5:00	12
55	OLBRYCH MONIKA	907		MYSŁOWICE	POL	K20-29	11	K 55	00:14:36	00:24:44	00:36:53	00:47:04	00:49:57.30	00:50:28.55	4:59	12
56	GORZELAK JOANNA	352	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	25	K 56	00:14:38	00:24:51	00:36:46	00:47:09	00:50:04.80	00:50:36.00	5:00	12
57	BORKOWSKA PAULINA	406		JASTRZĘBIE ZDRÓJ	POL	K30-39	26	K 57	00:14:30	00:24:47	00:36:48	00:47:29	00:50:30.30	00:50:37.00	5:03	11.9
58	TYCZYŃSKA PAULINA	194	SZYBKIE ŻÓŁWIE	BIELSKO-BIAŁA	POL	K30-39	27	K 58	00:14:39	00:24:56	00:37:11	00:47:46	00:50:40.35	00:51:02.55	5:04	11.8
59	JANECKA MARTA	362		JASTRZĘBIE ZDRÓJ	POL	K16-19	3	K 59	00:14:59	00:25:21	00:37:38	00:47:55	00:50:55.75	00:51:12.10	5:05	11.8
60	SOLICH OLA	79	SULIS HOKO TEAM	RACIBORZ	POL	K30-39	28	K 60	00:15:15	00:25:42	00:37:32	00:47:47	00:50:47.60	00:51:18.30	5:04	11.8
61	KOTOWICZ ANNA	716		OGRODZONA	POL	K30-39	29	K 61	00:15:10	00:25:40	00:37:49	00:48:12	00:50:58.80	00:51:25.05	5:05	11.8
62	MALARA ANNA	862		KATOWICE	POL	K30-39	30	K 62	00:14:35	00:24:56	00:37:31	00:48:21	00:51:18.50	00:51:46.25	5:07	11.7
63	KUBICA PATRYCJA	348	OLZA CIESZYN	CIESZYN	POL	K30-39	31	K 63	00:14:49	00:25:38	00:37:46	00:48:34	00:51:42.45	00:52:13.65	5:10	11.6

JASTRZĘBSKA DZIESIĄTKA, K-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
64	MACURA EWA	306	HRMAX ŻORY	ŻORY	POL	K50-59	2	K 64	00:14:38	00:25:22	00:38:23	00:48:58	00:51:56.60	00:52:21.30	5:11	11.5
65	PLEWNIA IRENA	308	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	K30-39	32	K 65	00:15:03	00:25:33	00:38:11	00:48:46	00:51:50.15	00:52:21.75	5:11	11.6
66	DOMAGAŁA KORNELIA	161		RUDZICA	POL	K30-39	33	K 66	00:15:10	00:25:39	00:38:01	00:48:50	00:51:59.05	00:52:31.00	5:12	11.5
67	TYLMAN-MADEJCZYK MARTA	798	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K30-39	34	K 67	00:15:11	00:26:10	00:38:33	00:49:03	00:52:07.75	00:52:35.90	5:12	11.5
68	SRADOMSKA BARBARA	504	1972	ŻORY	POL	K40-49	19	K 68	00:15:08	00:25:39	00:38:21	00:49:08	00:52:12.55	00:52:37.90	5:13	11.5
69	MANISZEWSKA DOROTA	547	OLZA CIESZYN	CIESZYN	POL	K40-49	18	K 69	00:15:26	00:26:05	00:38:27	00:49:07	00:52:09.50	00:52:42.15	5:13	11.5
70	MALINOWSKA MAŁGORZATA	111	POWOLI DO CELU	GILOWICE	POL	K40-49	17	K 70	00:15:33	00:26:06	00:38:20	00:49:04	00:52:06.30	00:52:42.20	5:12	11.5
71	DOMIN-ZBYL AGNIESZKA	171		JASTRZĘBIE ZDRÓJ	POL	K40-49	20	K 71	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	5:13	11.5
72	BIAŁOŃCZYK JOANNA	542		ZEBRZYDOWICE	POL	K30-39	36	K 72	00:15:36	00:26:24	00:38:45	00:49:24	00:52:19.65	00:52:45.80	5:13	11.5
73	GENSTY KLAUDIA	639	DYSTANS LUBOMIA	LUBOMIA	POL	K40-49	21	K 73	00:15:45	00:26:25	00:38:43	00:49:13	00:52:15.45	00:52:46.95	5:13	11.5
74	CHYBIORZ MAGDALENA	470		CIESZYN	POL	K20-29	12	K 74	00:15:24	00:26:10	00:38:34	00:49:16	00:52:22.85	00:52:52.00	5:14	11.5
75	KOSMALA-LANDZIŃSKA EWA	346		ŻORY	POL	K30-39	37	K 75	00:15:55	00:26:38	00:39:00	00:49:30	00:52:24.70	00:52:56.00	5:14	11.4
76	CZERNICKA MAGDALENA	40	YNO ULTRA	ZWONOWICE	POL	K30-39	38	K 76	00:15:11	00:25:52	00:38:28	00:49:19	00:52:29.05	00:52:57.20	5:14	11.4
77	MAZUR KATARZYNA	455		ZABŁOCIE	POL	K30-39	35	K 77	00:15:56	00:26:42	00:39:00	00:49:27	00:52:18.95	00:52:57.60	5:13	11.5
78	ROMANIUK-DEMONCHAUX KATARZYNA	853	DRUŻYNA KOPERNIKA	RYBNIK	POL	K40-49	22	K 78	00:16:05	00:26:51	00:39:03	00:49:29	00:52:21.25	00:52:57.60	5:14	11.5
79	BRODA KAMILA	105		PIASEK	POL	K20-29	13	K 79	00:15:49	00:26:31	00:39:00	00:49:38	00:52:32.10	00:53:01.00	5:15	11.4
80	KAZIMIERCZUK MONIKA	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	KĘDZIERZYN-KOŹLE	POL	K30-39	39	K 80	00:15:58	00:26:41	00:39:05	00:49:44	00:52:39.00	00:53:08.55	5:15	11.4
81	GNAŚ ANNA	60	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	40	K 81	00:14:44	00:25:30	00:38:39	00:49:43	00:52:45.50	00:53:10.45	5:16	11.4
82	NIEMIEC HALINA	141	KAJTEAM	KĘDZIERZYN-KOŹLE	POL	K40-49	23	K 82	00:15:58	00:26:40	00:39:04	00:49:44	00:52:41.65	00:53:11.40	5:16	11.4
83	PASŁAWSKA KATARZYNA	30	KOBIETY NA 5 +	JASTRZĘBIE ZDRÓJ	POL	K40-49	24	K 83					00:52:42.00	00:53:13.00	5:16	11.4
84	LUBSZCZYK JUSTYNA	584	YNO ULTRA	ŻORY	POL	K20-29	14	K 84	00:15:24	00:26:22	00:39:14	00:49:48	00:52:51.20	00:53:18.15	5:17	11.3
85	RZEPECKA BOŻENA	645	OLZA CIESZYN	POGWIZDZOW	POL	K50-59	3	K 85	00:15:01	00:25:51	00:38:32	00:49:39	00:52:51.80	00:53:22.55	5:17	11.3
86	JURASZEK ELZBIETA	632	JUSTFEELFIT	JELEŚNIA	POL	K30-39	41	K 86	00:15:59	00:26:55	00:39:27	00:49:58	00:52:55.10	00:53:29.70	5:17	11.3
87	HARATYK GABRIELA	295		JASTRZĘBIE-ZDROJ	POL	K30-39	42	K 87	00:15:07	00:26:04	00:38:58	00:49:59	00:53:05.20	00:53:32.15	5:18	11.3
88	MYNARSKA LIGIA	896	DALEKO JESZCZE?	BIELSKO-BIAŁA	POL	K40-49	25	K 88	00:15:13	00:26:13	00:39:15	00:50:09	00:53:16.90	00:53:40.75	5:19	11.3
89	POPEK BARBARA	397	SOBIESKI6	JASTRZĘBIE-ZDRÓJ	POL	K40-49	26	K 89	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	5:20	11.2
90	DURAJ MAGDALENA	145		BYSTRA	POL	K30-39	43	K 90	00:16:09	00:27:24	00:40:04	00:50:23	00:53:14.60	00:53:48.40	5:19	11.3
91	JAGODZIŃSKA MAGDALENA	605	KOLKA TEAM	WILKOWICE	POL	K30-39	44	K 91	00:15:52	00:26:57	00:39:29	00:50:19	00:53:29.70	00:54:05.20	5:21	11.2
92	HARAZIN ANIA	571		PAWŁOWICE	POL	K20-29	15	K 92	00:16:01	00:27:11	00:39:47	00:50:38	00:53:32.90	00:54:08.30	5:21	11.2
93	CIESLAR KASIA	646		USTROŃ	POL	K30-39	45	K 93	00:16:15	00:27:25	00:40:09	00:50:42	00:53:36.00	00:54:08.60	5:21	11.2
94	MUSIAŁ MARIA	407		JASTRZĘBIE-ZDRÓJ	POL	K50-59	4	K 94	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	5:21	11.2
95	LERCH MARYSIA	257	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	46	K 95	00:15:20	00:26:23	00:39:29	00:50:34	00:53:37.40	00:54:10.35	5:21	11.2
96	KUBICA EDYTA	891		GOLESZÓW	POL	K40-49	28	K 96	00:15:08	00:26:06	00:39:04	00:50:37	00:53:48.50	00:54:13.45	5:22	11.1
97	WERNIK KATARZYNA	469	BESTFITCLUB RYBNIK	RADLIN	POL	K40-49	27	K 97	00:15:45	00:26:52	00:39:44	00:50:44	00:53:46.75	00:54:19.20	5:22	11.2
98	CHOJCAN BEATA	424	INŻYNIERIA BIEGANIA	RYBNIK	POL	K40-49	29	K 98	00:16:00	00:27:01	00:39:43	00:50:44	00:53:52.30	00:54:20.60	5:23	11.1
99	GÓRA MARTA	327		JASTRZĘBIE ZDRÓJ	POL	K30-39	49	K 99	00:15:17	00:26:26	00:39:40	00:51:04	00:54:14.85	00:54:21.85	5:25	11.1
100	CHROBOK JÓZEFA	532		CIESZYN	POL	K40-49	30	K 100	00:15:22	00:26:21	00:39:26	00:50:42	00:53:57.85	00:54:28.60	5:23	11.1
101	STABLA AGATA	335		RADLIN	POL	K30-39	48	K 101	00:15:27	00:26:32	00:39:44	00:51:03	00:54:11.30	00:54:30.10	5:25	11.1
102	KRAUSE SYLWIA	289	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	31	K 102	00:15:47	00:26:52	00:39:37	00:50:49	00:54:04.25	00:54:36.40	5:24	11.1
103	MARCZAK-OLEJNICZAK ANIA	718		TARNOWSKIE GÓRY	POL	K30-39	47	K 103	00:16:11	00:27:19	00:40:03	00:50:54	00:54:00.95	00:54:40.25	5:24	11.1
104	NALEWAJKA WIOLETA	87	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	32	K 104	00:16:11	00:27:22	00:40:08	00:51:10	00:54:11.10	00:54:44.00	5:25	11.1
105	ZELENT KAROLINA	33	DIETETYKJASTRZEBIE.PL	JASTRZĘBIE-ZDRÓJ	POL	K20-29	16	K 105	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	5:24	11.1
106	MAREK-WRÓBEL EDYTA	680		RYBNIK	POL	K60-69	2	K 106	00:16:08	00:27:23	00:40:10	00:51:08	00:54:19.70	00:54:55.40	5:26	11
107	GIEROŃ KATARZYNA	709	DYSTANS LUBOMIA	LUBOMIA	POL	K30-39	51	K 107	00:16:02	00:27:09	00:40:01	00:51:17	00:54:28.45	00:55:00.00	5:26	11
108	KUJAŃSKA ALEKSANDRA	811	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	K30-39	52	K 108	00:15:12	00:26:16	00:39:42	00:51:28	00:54:33.35	00:55:01.15	5:27	11
109	JESIONEK MAŁGORZATA	731		IMELIN	POL	K30-39	50	K 109	00:15:57	00:27:06	00:40:04	00:51:19	00:54:26.05	00:55:04.15	5:26	11
110	PRZYBYSZ KINGA	204		ŻORY	POL	K20-29	17	K 110	00:16:12	00:27:25	00:40:16	00:51:25	00:54:30.75	00:55:08.50	5:27	11
111	KOMAJDA BASIA	343	OLZA CIESZYN	CIESZYN	POL	K30-39	53	K 111	00:16:03	00:27:11	00:40:21	00:51:37	00:54:45.00	00:55:22.05	5:28	11
112	SIEGMUND JOLANTA	63		JASTRZĘBIE-ZDRÓJ	POL	K40-49	33	K 112	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	5:29	10.9
113	GWIZDAŁA DOMINIKA	138		JASTRZĘBIE ZDRÓJ	POL	K20-29	18	K 113	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	5:28	11
114	PODBIOL AGNIESZKA	558		WODZISŁAW ŚLĄSKI	POL	K20-29	19	K 114	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	5:28	10.9
115	KOLORZ-STYLOK KATARZYNA	640		JASTRZĘBIE-ZDRÓJ	POL	K40-49	34	K 115	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	5:30	10.9
116	CIMAŁA KATARZYNA	232		PAWŁOWICE	POL	K20-29	20	K 116	00:16:15	00:27:24	00:40:24	00:51:48	00:54:58.20	00:55:39.50	5:29	10.9
117	MŁOBÓG EWA	779	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	54	K 117	00:15:54	00:27:12	00:40:30	00:51:54	00:55:09.65	00:55:45.05	5:31	10.9

JASTRZĘBSKA DZIESIĄTKA, K-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
118	SKWARK ANETA	255		JASTRZĘBIE-ZDRÓJ	POL	K30-39	56	K 118	00:15:48	00:27:13	00:40:22	00:51:53	00:55:18.25	00:55:45.70	5:31	10.8
119	FLASZ ANETA	192		JASTRZĘBIE-ZDRÓJ	POL	K30-39	57	K 119	00:16:23	00:27:43	00:40:55	00:52:20	00:55:20.20	00:55:47.40	5:32	10.8
120	ŻŁOBICKA AGNIESZKA	768	DAR-BUD TEAM	KIETRZ	POL	K30-39	55	K 120	00:16:43	00:28:15	00:41:12	00:52:08	00:55:12.10	00:55:52.40	5:31	10.9
121	FROSZTĘGA KATARZYNA	835		JASTRZĘBIE-ZDRÓJ	POL	K30-39	58	K 121	00:16:12	00:27:29	00:40:37	00:52:08	00:55:32.00	00:55:59.15	5:33	10.8
122	SŁOTWIŃSKA ANNA	177		ZEBRZYDOWICE	POL	K40-49	35	K 122	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	5:33	10.8
123	KOSMAŁA STANISŁAWA	472		ŁĄKA	POL	K60-69	3	K 123	00:16:40	00:28:07	00:41:20	00:52:31	00:55:46.65	00:56:17.50	5:34	10.8
124	PIECYK ADRIANNA	190		ŻORY	POL	K40-49	38	K 124	00:15:46	00:27:09	00:41:00	00:52:45	00:55:56.10	00:56:22.70	5:35	10.7
125	JĘDRUSIAK LIDIA	649		DANKOWICE	POL	K30-39	59	K 125	00:16:13	00:27:31	00:40:59	00:52:37	00:55:55.65	00:56:28.25	5:35	10.7
126	WILSZ EWA	481	FIS-SST TEAM	PANIÓWKI	POL	K40-49	37	K 126	00:16:46	00:28:21	00:41:22	00:52:45	00:55:54.30	00:56:30.35	5:35	10.7
127	KIEŁKOWSKA AGNIESZKA	217		JASTRZĘBIE-ZDRÓJ	POL	K40-49	36	K 127	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	5:35	10.7
128	CWIOK BARBARA	546	FIS-SST TEAM	PANIÓWKI	POL	K40-49	39	K 128	00:16:45	00:28:19	00:41:22	00:52:44	00:56:01.60	00:56:38.85	5:36	10.7
129	GREŃ DOROTA	629	OLZA CIESZYN	USTROŃ	POL	K30-39	61	K 129	00:16:15	00:27:25	00:40:58	00:52:53	00:56:12.40	00:56:45.00	5:37	10.7
130	HERUD MAGDALENA	761	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	K30-39	60	K 130	00:16:45	00:28:19	00:41:35	00:52:55	00:56:11.25	00:56:51.60	5:37	10.7
131	PYTEL RENATA	440		PIELGRZYMOWICE	POL	K40-49	42	K 131	00:16:10	00:27:42	00:41:05	00:53:06	00:56:45.55	00:56:52.95	5:40	10.6
132	HYŁA ALEKSANDRA	373	KRS TKKF MORSY.PL	MSZANA	POL	K20-29	21	K 132	00:16:11	00:27:24	00:40:54	00:52:50	00:56:18.85	00:56:53.65	5:37	10.7
133	BRZUSKA KATARZYNA	120	OLZA CIESZYN	CIESZYN	POL	K40-49	40	K 133	00:16:43	00:28:15	00:41:22	00:52:58	00:56:13.20	00:56:54.05	5:37	10.7
134	SZKLANNY-RECLIK ELŻBIETA	487		PSZCZYNA	POL	K30-39	62	K 134	00:16:29	00:27:57	00:41:27	00:53:21	00:56:27.55	00:57:05.05	5:38	10.6
135	FRAJHOFER EWA	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	JASTRZĘBIE-ZDRÓJ	POL	K30-39	63	K 135	00:16:10	00:27:37	00:41:27	00:53:27	00:56:39.05	00:57:12.70	5:39	10.6
136	STANULA DOMINIKA	228		PAWŁOWICE	POL	K20-29	22	K 136	00:16:44	00:28:31	00:42:02	00:53:36	00:56:38.10	00:57:12.70	5:39	10.6
137	HEJNA IZABELA	466	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	41	K 137	00:16:17	00:27:53	00:41:51	00:53:33	00:56:43.15	00:57:15.20	5:40	10.6
138	MUSIAŁ WIOLETTA	271	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	64	K 138	00:16:23	00:27:32	00:41:34	00:53:25	00:56:50.60	00:57:20.05	5:41	10.6
139	SOBIERAJSKA RENATA	575	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	43	K 139	00:15:27	00:27:05	00:41:04	00:53:17	00:56:56.25	00:57:20.65	5:41	10.5
140	NOWAK MAGDALENA	351	BWM	ŻORY	POL	K20-29	23	K 140	00:16:31	00:28:02	00:41:44	00:53:29	00:56:52.05	00:57:26.20	5:41	10.6
141	FRYDECKA MIROSLAWA	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	ŚWIERKLANY	POL	K40-49	44	K 141	00:16:12	00:27:34	00:41:31	00:53:34	00:57:01.80	00:57:36.85	5:42	10.5
142	BARAN IRENA	25	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	K50-59	5	K 142	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	5:42	10.5
143	OSZCZĘDA MARZENA	224	ZARAZIĆ PASJĄ	ŻORY	POL	K40-49	45	K 143	00:15:55	00:27:42	00:42:06	00:54:06	00:57:16.55	00:57:43.05	5:43	10.5
144	GWIZDAŁA JOANNA	139		JASTRZĘBIE-ZDRÓJ	POL	K30-39	65	K 144	00:16:07	00:27:25	00:41:27	00:53:40	00:57:06.70	00:57:48.20	5:42	10.5
145	PRÓSZYŃSKA AGNIESZKA	244		JASTRZĘBIE-ZDRÓJ	POL	K30-39	66	K 145	00:16:15	00:27:48	00:41:43	00:53:54	00:57:12.95	00:57:49.30	5:43	10.5
146	BAJCAR BEATA	184	KOBIETY NA 5+	CHYBIE	POL	K40-49	48	K 146	00:16:39	00:28:24	00:42:14	00:54:07	00:57:19.85	00:57:54.65	5:44	10.5
147	GIŻYŃSKA KATARZYNA	253	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K30-39	67	K 147	00:16:40	00:28:24	00:42:14	00:54:06	00:57:20.15	00:57:55.10	5:44	10.5
148	BIELA MAŁGORZATA	284	KOBIETY NA 5+	JASTRZĘBIE- ZDRÓJ	POL	K40-49	49	K 148	00:16:16	00:27:50	00:41:47	00:53:57	00:57:23.10	00:57:56.30	5:44	10.5
149	SOBCZYK RENATA	625	PASJONAT	TYCHY	POL	K40-49	46	K 149	00:17:00	00:28:30	00:41:58	00:53:56	00:57:16.75	00:57:58.30	5:43	10.5
150	ŻEBROWSKA MATYŁDA	73	MYSŁOWICKI KLUB BIEGACZA NO.1	MYSŁOWICE	POL	K40-49	47	K 150	00:16:47	00:28:53	00:42:17	00:53:57	00:57:17.05	00:58:00.05	5:43	10.5
151	KACZÓREK ANIA	386	HRMAX ŻORY	ŻORY	POL	K40-49	51	K 151	00:16:34	00:28:20	00:42:21	00:54:26	00:57:55.35	00:58:20.40	5:47	10.4
152	DONOCIK BOGUSŁAWA	508	OLZA CIESZYN	CIESZYN	POL	K40-49	50	K 152	00:16:53	00:28:44	00:42:33	00:54:37	00:57:46.10	00:58:27.15	5:46	10.4
153	WOJTAŚ PATRYCJA	734	KOLKA TEAM	BIELSKO-BIAŁA	POL	K20-29	24	K 153	00:17:16	00:28:58	00:42:36	00:54:25	00:57:53.70	00:58:28.65	5:47	10.4
154	SIENIAWSKA JANINA	109	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	K60-69	4	K 154	00:17:18	00:29:12	00:42:51	00:54:42	00:58:05.40	00:58:34.95	5:48	10.3
155	BURZYŃSKA BEATA	266		KATOWICE	POL	K40-49	52	K 155	00:16:27	00:28:16	00:42:24	00:54:47	00:58:21.35	00:58:57.05	5:50	10.3
156	LISZOK IWONA	117		JASTRZĘBIE-ZDRÓJ	POL	K30-39	69	K 156	00:16:59	00:29:01	00:42:58	00:54:56	00:58:20.15	00:58:58.60	5:50	10.3
157	TYKIERKA MAŁGORZATA	842	TOXPRESS	BUDZISKA	POL	K40-49	53	K 157	00:17:08	00:29:06	00:43:08	00:55:05	00:58:22.05	00:59:00.75	5:50	10.3
158	PODBIÓŁ INEZ	557		GLIWICE	POL	K30-39	68	K 158	00:17:24	00:29:05	00:42:49	00:54:51	00:58:18.55	00:59:02.80	5:49	10.3
159	GAŃKO GRAZYNA	399		JASTRZĘBIE ZDRÓJ	POL	K50-59	6	K 159	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	5:52	10.2
160	SZKODA MAGDA	839		ŁĄKA	POL	K30-39	71	K 160	00:16:43	00:28:46	00:42:50	00:55:04	00:58:32.80	00:59:11.20	5:51	10.2
161	JURKIEWICZ-FILIKS BASIA	652		ŁODYGOWICE	POL	K40-49	54	K 161	00:17:59	00:29:59	00:43:24	00:55:10	00:58:24.20	00:59:11.75	5:50	10.3
162	REKAŁ DOROTA	552		ZEBRZYDOWICE	POL	K50-59	7	K 162	00:15:41	00:27:26	00:42:03	00:55:05	00:58:45.95	00:59:13.10	5:52	10.2
163	MALISZEWSKA BEATA	72		JASTRZĘBIE-ZDRÓJ	POL	K30-39	70	K 163	00:17:46	00:30:09	00:43:52	00:55:13	00:58:32.55	00:59:16.95	5:51	10.3
164	FECZKO LUCYNA	493		JASTRZĘBIE- ZDRÓJ	POL	K40-49	55	K 164	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	5:52	10.2
165	REK KATARZYNA	540	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	56	K 165	00:16:18	00:28:08	00:42:53	00:55:17	00:58:51.15	00:59:23.80	5:53	10.2
166	WYSZYŃSKA KARINA	738	DAR BUD TEAM	KIETRZ	POL	K30-39	72	K 166	00:17:18	00:29:24	00:43:27	00:55:22	00:58:47.45	00:59:27.50	5:52	10.2
167	ZIĘBA ANNA	789	DAR BUD-TEAM	KIETRZ	POL	K30-39	79	K 167	00:17:58	00:30:04	00:44:07	00:56:02	00:59:27.50	00:59:27.50	5:56	10.1
168	ZAGÓRSKA ANIA	717		RADLIN	POL	K30-39	73	K 168	00:17:05	00:29:13	00:43:10	00:55:17	00:58:48.65	00:59:27.95	5:52	10.2
169	CIEŚLAR EWA	701		CIESZYN	POL	K30-39	74	K 169	00:16:16	00:28:02	00:42:14	00:55:14	00:58:50.95	00:59:28.50	5:53	10.2
170	GAŁKIEWICZ MONIKA	759		KATOWICE	POL	K40-49	58	K 170	00:16:30	00:28:36	00:42:59	00:55:36	00:58:58.35	00:59:31.55	5:53	10.2

JASTRZĘBSKA DZIESIĄTKA, K-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
171	TARNOWSKA EDYTA	443		GLIWICE	POL	K30-39	75	K 171	00:16:07	00:28:07	00:44:17	00:55:53	00:59:00.95	00:59:32.95	5:54	10.2
172	DOBRENIUK AURELIA	591		RYBNIK	POL	K40-49	57	K 172	00:17:13	00:29:38	00:43:44	00:55:35	00:58:54.45	00:59:34.30	5:53	10.2
173	SŁODZIŃSKA MAGDALENA	688		JASTRZĘBIE ZDRÓJ	POL	K20-29	25	K 173	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	5:54	10.2
174	FABRYKIEWICZ JOANNA	412		RYBNIK	POL	K30-39	76	K 174	00:17:03	00:29:27	00:44:00	00:55:44	00:59:07.30	00:59:45.05	5:54	10.1
175	PLASKA BARBARA	202	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	59	K 175	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	5:55	10.1
176	STOPYRA AGNIESZKA	124		JASTRZĘBIE-ZDRÓJ	POL	K40-49	60	K 176	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	5:55	10.1
177	BETAŃSKA ANETA	158	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	61	K 177	00:17:01	00:29:07	00:43:33	00:55:59	00:59:12.95	00:59:56.20	5:55	10.1
178	PASZENDA KATARZYNA	390	YNO ULTRA	PSZÓW	POL	K20-29	28	K 178	00:17:37	00:29:42	00:44:15	00:56:27	00:59:56.20	00:59:56.20	5:59	10
179	KOSOWSKA GRAŻYNA	576	KOBIETY NA5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	8	K 179	00:17:02	00:29:07	00:43:25	00:55:57	00:59:13.05	00:59:56.35	5:55	10.1
180	STEKLA MAJER ANNA	421	GRUPA SPORTOWA REKORD	SKOCZÓW	POL	K20-29	27	K 180	00:17:03	00:29:12	00:43:58	00:55:59	00:59:20.95	00:59:57.60	5:56	10.1
181	WIDENKA JOANNA	293	DYSTANS LUBOMIA	LUBOMIA	POL	K20-29	26	K 181	00:17:44	00:30:05	00:43:51	00:55:50	00:59:13.05	00:59:58.25	5:55	10.1
182	SZCZELINA MARTA	39		BRZESZCZE	POL	K30-39	78	K 182	00:17:02	00:29:15	00:43:52	00:55:53	00:59:23.00	01:00:00.30	5:56	10.1
183	WACŁAWIK EWA	301	FANTASTIC TEAM ANNA SIKORA	BAKÓW	POL	K40-49	62	K 183	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	5:56	10.1
184	HOLONA BOŻENA	251	NIEDŹWIEDŹ TEAM	CIESZYN	POL	K40-49	63	K 184	00:17:41	00:30:00	00:43:55	00:56:04	00:59:23.95	01:00:04.30	5:56	10.1
185	CYLC AGNIESZKA	755	YNO ULTRA	RYDUŁTOWY	POL	K40-49	66	K 185	00:17:38	00:30:02	00:44:35	00:56:38	01:00:05.15	01:00:05.15	6:00	10
186	TYCZYŃSKA MAŁGORZATA	285	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50-59	9	K 186	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	5:57	10.1
187	SITKO DAGMARA	597		JASTRZĘBIE-ZDRÓJ	POL	K30-39	77	K 187	00:18:28	00:30:59	00:44:34	00:56:04	00:59:21.15	01:00:06.05	5:56	10.1
188	HERDUŚ LUCYNA	806		JASTRZĘBIE ZDRÓJ	POL	K30-39	80	K 188	00:16:43	00:28:45	00:43:14	00:56:05	00:59:39.80	01:00:14.70	5:58	10.1
189	ŻAGIEL EDYTA	102		RACIBÓRZ	POL	K50-59	10	K 189	00:16:29	00:28:13	00:42:58	00:55:52	00:59:46.60	01:00:20.00	5:58	10
190	MALINOWSKA ANETA	331	OLZA CIESZYN	CIESZYN	POL	K40-49	64	K 190	00:18:37	00:30:54	00:44:31	00:56:19	00:59:36.70	01:00:22.70	5:57	10.1
191	NIEDZIOŁKO BOŻENA	90	KOBIETY NA5+	JASRZĘBIE-ZDRÓJ	POL	K50-59	11	K 191	00:16:41	00:29:04	00:43:43	00:56:12	00:59:50.00	01:00:23.75	5:59	10
192	MUSIOŁ HELENA	88		RYBNIK	POL	K40-49	65	K 192	00:16:35	00:28:55	00:43:36	00:56:22	00:59:56.75	01:00:25.90	5:59	10
193	BRANDYS KRYSZYNA	70		PAWŁOWICE	POL	K30-39	81	K 193	00:17:39	00:30:05	00:44:30	00:56:56	01:00:06.10	01:00:46.95	6:00	10
194	BADURA DOROTA	628		STRUMIEŃ	POL	K30-39	83	K 194	00:15:58	00:28:27	00:43:46	00:56:54	01:00:36.25	01:01:02.55	6:03	9.9
195	KOŁAK ALICJA	476		GLIWICE	POL	K30-39	82	K 195	00:17:43	00:30:03	00:44:26	00:57:01	01:00:30.20	01:01:10.00	6:03	9.9
196	MOSKAŁA MAGDALENA	163		PAWŁOWICE	POL	K20-29	29	K 196	00:17:15	00:29:33	00:44:35	00:57:21	01:00:42.85	01:01:23.20	6:04	9.9
197	ORŁOWSKA JOANNA	371	ULTRA BESKID SPORT	MAZAŃCOWICE	POL	K30-39	84	K 197	00:18:11	00:30:36	00:44:49	00:57:18	01:00:49.30	01:01:29.35	6:04	9.9
198	MARCZYK-LURANC EWA	775	MARCZYK-LURANC TEAM	KATOWICE	POL	K30-39	85	K 198	00:18:30	00:31:10	00:45:16	00:57:35	01:01:01.05	01:01:44.40	6:06	9.8
199	BOŻEK DAGMARA	52		JASTRZĘBIE ZDRÓJ	POL	K40-49	67	K 199	00:17:51	00:30:21	00:44:52	00:57:30	01:01:05.10	01:01:44.90	6:06	9.8
200	KASPRZYCKA-SZUBARSKA KATARZYNA	567	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	K40-49	68	K 200	00:18:40	00:31:03	00:45:27	00:57:44	01:01:06.50	01:01:52.05	6:06	9.8
201	MISKOWIEC AGNIESZKA	41		JASTRZĘBIE-ZDRÓJ	POL	K40-49	69	K 201	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	6:07	9.8
202	ROMAŃSKA KLAUDIA	711	BEBECHA TEAM	DĄBROWA GÓRNICZA	POL	K20-29	30	K 202	00:16:47	00:29:05	00:44:07	00:57:33	01:01:26.05	01:01:57.05	6:08	9.8
203	GAJ MONIKA	651	DAR - BUD TEAM	KIETRZ	POL	K30-39	86	K 203	00:18:28	00:30:59	00:45:23	00:57:41	01:01:17.60	01:02:01.75	6:07	9.8
204	SZPYRA SONIA	68		JASTRZĘBIE-ZDRÓJ	POL	K40-49	70	K 204	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	6:09	9.7
205	KRAUZ SANDRA	437		JASTRZĘBIE-ZDRÓJ	POL	K20-29	31	K 205	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	6:09	9.7
206	POKORA IZABELA	99	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	87	K 206	00:17:16	00:29:46	00:44:57	00:58:01	01:01:45.10	01:02:21.25	6:10	9.7
207	ŚWIERCZ ANNA	478		BIERUŃ	POL	K40-49	71	K 207	00:17:48	00:30:11	00:45:13	00:58:01	01:01:42.45	01:02:24.90	6:10	9.7
208	PIPIRO GRAŻYNA	193	KOBIETY 5+	JASTRZĘBIE ZDRÓJ	POL	K60-69	5	K 208	00:18:17	00:30:55	00:45:42	00:58:13	01:01:46.50	01:02:28.55	6:10	9.7
209	WALA ANNA	180		JASTRZĘBIE-ZDRÓJ	POL	K30-39	89	K 209	00:16:54	00:29:55	00:45:27	00:58:45	01:02:22.95	01:02:45.90	6:14	9.6
210	HETMANIÓK AGNIESZKA	83		JASTRZĘBIE ZDRÓJ	POL	K20-29	32	K 210	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	6:14	9.6
211	SAWICKA MARTA	96		JASTRZEBIE-ZDROJ	POL	K30-39	88	K 211	00:19:00	00:31:50	00:46:36	00:59:03	01:02:14.95	01:03:00.20	6:13	9.6
212	STEKLA JOANNA	598		SKOCZÓW	POL	K50-59	12	K 212	00:17:30	00:30:19	00:45:38	00:58:42	01:02:30.05	01:03:07.10	6:15	9.6
213	GÓRNY JOLA	460		BIELSKO-BIAŁA	POL	K40-49	72	K 213	00:17:21	00:29:55	00:45:17	00:58:57	01:02:41.80	01:03:13.15	6:16	9.6
214	MORIC ANNA	496		PSZCZYNA	POL	K30-39	90	K 214	00:17:04	00:29:18	00:44:50	00:58:42	01:02:46.65	01:03:23.50	6:16	9.6
215	PYZIK BARBARA	196		JASTRZĘBIE-ZDRÓJ	POL	K30-39	92	K 215	00:17:10	00:30:08	00:46:05	00:59:11	01:02:57.00	01:03:36.50	6:17	9.5
216	SZKLORZ DOMINIKA	511	OLZA CIESZYN	SKOCZÓW	POL	K30-39	91	K 216	00:18:38	00:31:34	00:46:50	00:59:24	01:02:51.10	01:03:38.50	6:17	9.5
217	WAWOCZNY ANITA	538	ZAZ WSPÓLNA PASJA	JASTRZĘBIE-ZDRÓJ	POL	K30-39	93	K 217	00:19:00	00:31:50	00:46:36	00:59:16	01:03:01.35	01:03:46.55	6:18	9.5
218	KUCZA-CHMIEL KALINA	518		ODRA	POL	K40-49	73	K 218	00:18:14	00:31:17	00:46:22	00:59:24	01:03:11.60	01:03:51.05	6:19	9.5
219	ZAIK KAROLINA	549		GLIWICE	POL	K20-29	33	K 219	00:16:32	00:29:15	00:45:35	00:59:18	01:03:20.30	01:03:57.00	6:20	9.5
220	SOBCZYK GABRIELA	248	RAFAKO RUN TEAM	RACIBÓRZ	POL	K40-49	75	K 220	00:17:49	00:30:39	00:45:56	00:59:34	01:03:22.95	01:03:59.50	6:20	9.5
221	OSTROWSKA IZABELA	314	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	74	K 221	00:18:28	00:31:35	00:47:02	00:59:48	01:03:19.55	01:04:01.00	6:20	9.5
222	ZAKRZEWSKA BARBARA	683		TYCHY	POL	K40-49	76	K 222	00:18:02	00:31:15	00:46:36	00:59:56	01:03:38.00	01:04:13.10	6:21	9.4
223	KUCZERA BERNADETA	414	CZERNICA TEAM	CZERNICA	POL	K30-39	94	K 223	00:18:04	00:30:57	00:46:29	00:59:53	01:03:44.45	01:04:14.55	6:22	9.4
224	ADAMUS KATARZYNA	269	OLZA CIESZYN	CIESZYN	POL	K40-49	77	K 224	00:18:40	00:31:34	00:46:38	00:59:52	01:03:38.60	01:04:24.40	6:21	9.4
225	BOSIACKA MARTA	279	REBELLION OF FREE RUNNERS	ŚWIĘTOCHŁOWICE	POL	K20-29	34	K 225	00:17:59	00:31:18	00:47:03	01:00:42	01:04:31.35	01:05:01.80	6:27	9.3

JASTRZĘBSKA DZIESIĄTKA, K-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
226	SŁABOŃ ANIA	273		PAWŁOWICE	POL	K30-39	95	K 226	00:18:05	00:31:18	00:47:15	01:00:42	01:04:21.60	01:05:03.15	6:26	9.3
227	CZAK RENATA	785		JAWORZNO	POL	K30-39	96	K 227	00:17:24	00:30:43	00:46:36	01:00:42	01:04:34.05	01:05:04.30	6:27	9.3
228	KABUT MAŁGORZATA	388	RADLINIOKI W BIEGU	RADLIN	POL	K30-39	98	K 228	00:18:45	00:32:04	00:47:43	01:01:19	01:05:06.80	01:05:06.80	6:30	9.2
229	KRZACZEK ALEKSANDRA	389	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	78	K 229	00:18:06	00:31:25	00:47:04	01:00:40	01:04:28.10	01:05:07.20	6:26	9.3
230	PRZYLUCKA GRAZYNA	638	GRAMMI	PRECZÓW	POL	K40-49	79	K 230	00:17:33	00:30:29	00:46:32	01:00:35	01:04:30.90	01:05:08.70	6:27	9.3
231	BAK KARINA	503	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	K30-39	97	K 231	00:18:34	00:32:34	00:48:04	01:01:22	01:04:55.95	01:05:31.35	6:29	9.2
232	MOORE COLLEEN	803		BIELSKO-BIAŁA	POL	K20-29	35	K 232	00:17:57	00:31:28	00:47:46	01:01:40	01:05:03.75	01:05:33.20	6:30	9.2
233	JUNKA MARIA	699		JASTRZĘBIE-ZDRÓJ	POL	K30-39	99	K 233	00:17:39	00:31:21	00:46:54	01:00:59	01:05:13.70	01:05:37.00	6:31	9.2
234	GRZELAK PATRYCJA	213		JASTRZĘBIE-ZDRÓJ	POL	K30-39	100	K 234	00:18:49	00:31:59	00:47:44	01:01:21	01:05:14.25	01:05:52.05	6:31	9.2
235	AUGUŚCIK EWELINA	784	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	101	K 235	00:18:40	00:32:10	00:48:01	01:01:41	01:05:18.00	01:06:02.30	6:31	9.2
236	ZIĘTARA AGATA	347		JASTRZĘBIE-ZDRÓJ	POL	K40-49	80	K 236	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	6:32	9.2
237	ŚPIEWAK AGNIESZKA	675		BUCZKOWICE	POL	K30-39	102	K 237	00:19:30	00:33:08	00:48:55	01:02:14	01:05:36.20	01:06:14.60	6:33	9.1
238	OLSZEWSKA DOROTA	360	KOBIETY NA 5+	JASTRZĘBIE	POL	K40-49	81	K 238	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	6:35	9.1
239	KIERMASZEK BARBARA	428	J TEAM	WODZISŁAW ŚLĄSKI	POL	K50-59	13	K 239	00:19:10	00:32:23	00:48:22	01:01:59	01:06:02.15	01:06:36.15	6:36	9.1
240	ROTTER HANNA	427	J TEAM	JASTRZĘBIE-ZDRÓJ	POL	K50-59	14	K 240	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	6:36	9.1
241	BARTNIK JOANNA	176	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K40-49	82	K 241	00:19:30	00:33:00	00:48:44	01:02:27	01:06:02.10	01:06:45.05	6:36	9.1
242	POPE-ŚWIDZIKOWSKA MAŁGORZATA	856		ŻORY	POL	K40-49	84	K 242	00:19:47	00:33:40	00:49:42	01:03:27	01:06:56.60	01:06:56.60	6:41	9
243	BRAUN JUSTYNA	572		JASTRZĘBIE-ZDRÓJ	POL	K30-39	103	K 243	00:19:00	00:32:01	00:48:41	01:02:32	01:06:19.05	01:07:05.25	6:37	9
244	ŁUKASIK ALDONA	858	PIEPRZ I WANILIA	ŻORY	POL	K30-39	104	K 244	00:19:37	00:33:15	00:49:01	01:02:47	01:06:27.35	01:07:16.10	6:38	9
245	KOSAŁKA DOMINIKA	848	REBELLION OF FREE RUNNERS	PŁAZA	POL	K30-39	105	K 245	00:18:49	00:33:04	00:49:09	01:03:10	01:07:01.40	01:07:31.15	6:42	9
246	KUBAS ALINA	278	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	K40-49	83	K 246	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	6:41	9
247	ZAGÓRSKA BEATA	89	NIEDZWIĘDZ TEAM	GOLESZÓW	POL	K30-39	106	K 247	00:19:14	00:32:51	00:48:57	01:03:27	01:07:14.85	01:07:55.20	6:43	8.9
248	KLACZEK ANNA	681		BUCZKOWICE	POL	K40-49	85	K 248	00:19:30	00:33:17	00:49:19	01:03:34	01:07:37.65	01:08:16.20	6:45	8.9
249	ŚLEDZ DOROTA	76	HRMAX ŻORY	ŻORY	POL	K16-19	4	K 249	00:19:58	00:34:05	00:50:35	01:04:37	01:08:08.75	01:08:40.90	6:48	8.8
250	OLEJNIK EWA	684	INŻYNIERIA BIEGANIA	GLIWICE	POL	K30-39	107	K 250	00:19:52	00:34:08	00:50:25	01:04:22	01:08:01.50	01:08:46.25	6:48	8.8
251	ZYCHOWSKA DOMINIKA	526		SOSNOWIEC	POL	K20-29	36	K 251	00:18:56	00:33:06	00:49:41	01:04:10	01:08:08.85	01:08:48.10	6:48	8.8
252	HERZYK BEATA	657		BIELSKO-	POL	K40-49	86	K 252	00:19:53	00:34:11	00:51:00	01:04:31	01:08:19.80	01:09:03.70	6:50	8.8
253	SUCHY MARIOLA	692		ŻORY	POL	K40-49	87	K 253	00:20:21	00:34:23	00:50:53	01:04:29	01:08:29.40	01:09:13.85	6:50	8.8
254	WÓJCIAK MAGDALENA	375		KATOWICE	POL	K30-39	108	K 254	00:19:34	00:33:46	00:50:36	01:05:23	01:09:23.50	01:09:57.15	6:56	8.6
255	BRYCHCY ESTERA	62	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K30-39	109	K 255	00:19:59	00:34:10	00:50:48	01:05:21	01:09:24.05	01:10:06.00	6:56	8.6
256	KACZMARCZYK MAGDALENA	75	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K20-29	37	K 256	00:19:58	00:34:09	00:50:47	01:05:21	01:09:23.90	01:10:06.15	6:56	8.6
257	ZALEWSKA BARBARA	149	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	88	K 257	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	7:00	8.6
258	LAZAR JOANNA	126		JASTRZĘBIE ZDRÓJ	POL	K30-39	110	K 258	00:19:53	00:34:01	00:51:01	01:07:05	01:11:17.65	01:12:03.75	7:07	8.4
259	KOWALSKA DOROTA	237	SBD ENERGETYK RYBNIK	RYBNIK	POL	K50-59	15	K 259	00:20:49	00:35:18	00:52:40	01:07:40	01:11:52.55	01:12:30.05	7:11	8.3
260	SAWICKA AGNIESZKA	594		JASTRZĘBIE-ZDRÓJ	POL	K30-39	111	K 260	00:20:23	00:35:18	00:53:02	01:07:49	01:12:13.30	01:12:58.80	7:13	8.3
261	ŁANUCHA MARIOLA	100	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	16	K 261	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	7:17	8.2
262	MYŚLIWIEC BARBARA	337	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K20-29	38	K 262	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	7:17	8.2
263	RUMPEL MARIA	95	KS M.E.T.A.	CZYŻOWICE	POL	K30-39	112	K 263	00:21:34	00:36:46	00:53:59	01:09:22	01:13:50.15	01:14:30.80	7:23	8.1
264	PROKOPIUK ADRIANA	261		JASTRZĘBIE-ZDRÓJ	POL	K30-39	113	K 264	00:20:09	00:35:18	00:53:28	01:09:35	01:14:18.45	01:15:04.30	7:25	8.1
265	GŁĄB MARIOLA	207		GLIWICE	POL	K30-39	114	K 265	00:20:37	00:36:31	00:54:58	01:11:12	01:14:59.60	01:15:40.25	7:30	8
266	MAJ-DZIUBAŃSKA IZABELA	749	AKMB PĘDZIWIATR GLIWICE	PYSKOWICE	POL	K30-39	115	K 266	00:12:46	00:22:16					4:27	13.5
267	CHWAŁEK AGNIESZKA	522		BESTWINA	POL	K20-29	39	K 267	00:16:46	00:27:26					5:29	10.9
268	HAN JULIA	374		PALOWICE	POL	K16-19	5	K 268	00:13:35						4:41	12.8
269	SZCZYGIEL ADRIANA	753	BENERUNNER	BIELSKO-BIAŁA	POL	K30-39	116	K 269	00:15:39						5:23	11.1
270	WAGNER NATALIA	42		JASTRZĘBIE-ZDRÓJ	POL	K30-39	117	K 270								
DQ	KUKLA AGATA	623	POWOLI DO CELU	BRZESZCZE	POL	K30-39		DQ	00:11:25	00:19:43	00:29:02	00:37:02		DQ	DQ	-
									DQ	DQ	DQ	DQ				

JASTRZĘBSKA DZIESIĄTKA, M-Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	ROP ABEL KIBET	1	BENEDEK-TEAM	ELDORÉ	KEN	M30-39	1	M 1	00:09:17	00:15:30	00:22:55	00:29:14	00:30:51.30	00:30:53.50	3:05	19.4
2	KOSGEI MATHEW	2	BENEDEK-TEAM	ELDORÉ	KEN	M20-29	1	M 2	00:09:18	00:15:30	00:22:55	00:29:14	00:30:53.30	00:30:55.70	3:05	19.4
3	MROWKA MATEUSZ	4	KWK MARCEL/RADLINIOKI W BIEGU	RADLIN	POL	M20-29	2	M 3	00:09:19	00:15:41	00:23:16	00:29:56	00:31:49.15	00:31:50.95	3:10	18.9

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
4	CIEPLAK MARCIN	3	CHEMIKA RYBNIK	RYBNIK	POL	M20-29	3	M 4	00:09:20	00:16:01	00:24:01	00:31:08	00:33:14.05	00:33:15.35	3:19	18.1
5	KASPRZAK RADOŚLAW	7	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	M20-29	4	M 5	00:09:51	00:16:42	00:24:35	00:31:29	00:33:21.50	00:33:23.05	3:20	18
6	LUBIENIECKI MACIEJ	823	1979	KRAKÓW	POL	M30-39	2	M 6	00:09:49	00:16:41	00:24:34	00:31:29	00:33:21.55	00:33:23.55	3:20	18
7	DROŹDŹ DAMIAN	398		RYBNIK	POL	M30-39	3	M 7	00:09:40	00:16:30	00:24:35	00:31:33	00:33:31.15	00:33:32.90	3:21	17.9
8	KOŹDOŃ JAREK	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	ŻORY	POL	M30-39	4	M 8	00:09:49	00:16:41	00:24:40	00:31:44	00:33:46.65	00:33:48.65	3:22	17.8
9	SZULIK GRZEGORZ	5	KB MOSIR JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M30-39	5	M 9	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	3:25	17.6
10	WŁOCH ANDRZEJ	6	KB MOSIR JASTRZĘBIE	MARKLOWICE	POL	M20-29	5	M 10	00:09:51	00:16:50	00:25:02	00:32:16	00:34:14.25	00:34:15.40	3:25	17.5
11	BULIK WITOLD	647	PKS OLIMPIJCZYK GILOWICE	GILOWICE	POL	M40-49	1	M 11	00:09:52	00:16:49	00:25:08	00:32:31	00:34:38.05	00:34:39.60	3:27	17.3
12	KOŹMIŃSKI JÓZEF	727	LKS 'ORZEŁ' KOZY	KOZY	POL	M30-39	6	M 12	00:10:14	00:17:26	00:27:26	00:32:42	00:34:41.40	00:34:44.10	3:28	17.3
13	HAJDUK PAWEŁ	787		RUDA KOZIELSKA	POL	M16-19	1	M 13	00:10:32	00:17:38	00:27:38	00:32:56	00:34:56.15	00:34:59.75	3:29	17.2
14	LIZAK WOJCIECH	164		JASTRZĘBIE ZDRÓJ	POL	M30-39	7	M 14	00:10:10	00:17:21	00:27:21	00:32:58	00:35:04.00	00:35:06.65	3:30	17.1
15	LYSKO JAKUB	765	WKB META LUBLINIEC	DĄBROWA GÓRNICZA	POL	M30-39	8	M 15	00:10:11	00:17:25	00:27:25	00:33:11	00:35:14.70	00:35:16.70	3:31	17
16	WRÓBLEWSKI JANMARIAN	118	KS SPRINT BIELSKO-BIAŁA	BIELSKO-BIAŁA	POL	M30-39	9	M 16	00:10:12	00:17:26	00:27:26	00:33:10	00:35:18.85	00:35:20.90	3:31	17
17	ZIELONKA ROBERT	758	MOTOMASTER	CHRZANÓW	POL	M40-49	2	M 17	00:10:14	00:17:30	00:27:30	00:33:25	00:35:29.50	00:35:31.50	3:32	16.9
18	KRÓL PIOTR	338	SOCIOS SILESIA	RYBNIK	POL	M30-39	10	M 18	00:10:27	00:17:47	00:27:47	00:33:29	00:35:32.15	00:35:34.85	3:33	16.9
19	KARDAS ARKADIUSZ	876	TS AKS CHORZÓW	SIEMIANOWICE ŚLĄSKIE	POL	M20-29	6	M 19	00:09:51	00:17:07	00:27:07	00:33:28	00:35:37.90	00:35:41.10	3:33	16.8
20	RAJWA ROMAN	502	KB MOSIR JASTRZĘBIE	CHYBIE (BZIE)	POL	M20-29	7	M 20	00:10:17	00:17:44	00:27:44	00:33:55	00:35:58.20	00:36:00.70	3:35	16.7
21	KRZEMIENI KRZYSZTOF	697		MAKÓW	POL	M20-29	8	M 21	00:10:43	00:18:10	00:28:10	00:34:01	00:36:03.45	00:36:07.55	3:36	16.6
22	GARCZARZYK MICHAŁ	869	SKLEP BIEGACZA	RUDA ŚLĄSKA	POL	M30-39	11	M 22	00:10:31	00:17:52	00:27:52	00:34:07	00:36:09.35	00:36:12.60	3:36	16.6
23	SEWERYN JACEK	814		MYSŁOWICE	POL	M40-49	3	M 23	00:10:15	00:17:41	00:27:41	00:34:04	00:36:13.70	00:36:16.65	3:37	16.6
24	MARCOL SEBASTIAN	69	AKTYWNI LYSKI	GASZOWICE	POL	M30-39	12	M 24	00:10:43	00:18:10	00:28:10	00:34:09	00:36:19.05	00:36:23.75	3:37	16.5
25	BŁASZCZYK DOMINIK	832		KALETY	POL	M30-39	13	M 25	00:10:38	00:18:05	00:28:05	00:34:22	00:36:28.25	00:36:31.75	3:38	16.5
26	ADAMSKI ROBERT	589	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	14	M 26	00:10:46	00:18:20	00:28:20	00:34:26	00:36:32.15	00:36:35.85	3:39	16.4
27	ZIELIŃSKI RAFAŁ	433	KB MIOSIR JASTRZĘBIE	JASTRZĘBIEZDRÓJ	POL	M30-39	15	M 27	00:10:31	00:18:11	00:28:11	00:34:29	00:36:34.00	00:36:36.20	3:39	16.4
28	CHRAPKIEWICZ MICHAŁ	292	SBD ENERGETYK RYBNIK	CIESZYN	POL	M30-39	16	M 28	00:10:37	00:18:06	00:28:06	00:34:28	00:36:38.40	00:36:41.70	3:39	16.4
29	WALCZYŃSKI MARIUSZ	98	NIWYBIEGANI	ŻORY	POL	M30-39	17	M 29	00:10:47	00:18:22	00:28:22	00:34:40	00:36:44.65	00:36:46.50	3:40	16.3
30	URBANIAK WITOLD	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M30-39	18	M 30	00:10:37	00:18:12	00:28:12	00:34:39	00:36:53.40	00:36:57.00	3:41	16.3
31	KNESZ MAREK	464		JEJKOWICE	POL	M50-59	1	M 31	00:10:35	00:18:13	00:28:13	00:34:44	00:37:01.20	00:37:04.10	3:42	16.2
32	PORĘBA GRZEGORZ	438	NIWYBIEGANI	ŻORY	POL	M30-39	19	M 32	00:10:45	00:18:20	00:28:20	00:34:52	00:37:04.85	00:37:07.90	3:42	16.2
33	GŁOWIAK LECH	746	DOLINIARZE.COM	KATOWICE	POL	M30-39	20	M 33	00:10:25	00:17:48	00:27:48	00:34:39	00:37:05.75	00:37:10.00	3:42	16.2
34	KLINIK PAWEŁ	321	RAFAKO RUN TEAM	RACIBÓRZ	POL	M30-39	21	M 34	00:10:55	00:18:23	00:28:23	00:34:54	00:37:09.60	00:37:14.40	3:43	16.1
35	MARCINIAK PRZEMYSŁAW	894	ATHLETICS NYSA	PRUDNIK	POL	M30-39	22	M 35	00:10:41	00:18:19	00:28:19	00:34:58	00:37:13.10	00:37:15.55	3:43	16.1
36	MIKA ŁUKASZ	330	FUNDACJA MYŚL POZYTYWNE DZIAŁAJ ODWAŻNIE	RYDUŁTOWY	POL	M30-39	23	M 36	00:10:56	00:18:34	00:28:34	00:35:11	00:37:16.80	00:37:20.60	3:43	16.1
37	DZIEGIEŁOWSKI PAWEŁ	883	NIWYBIEGANI	ŻORY	POL	M30-39	24	M 37	00:10:56	00:18:29	00:28:29	00:35:09	00:37:20.15	00:37:22.60	3:44	16.1
38	RĘBISZ MARIUSZ	795		RACIBÓRZ	POL	M40-49	4	M 38	00:10:41	00:18:16	00:28:16	00:35:04	00:37:21.10	00:37:24.65	3:44	16.1
39	KULESZA ŁUKASZ	678		RYBNIK	POL	M30-39	25	M 39	00:10:52	00:18:37	00:28:37	00:35:18	00:37:27.70	00:37:30.65	3:44	16
40	GRZYWACZ MARCIN	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M40-49	5	M 40	00:10:46	00:18:28	00:28:28	00:35:13	00:37:28.00	00:37:31.80	3:44	16
41	WOWRY GRZEGORZ	447	CIESZYN WIK	CIESZYN	POL	M30-39	26	M 41	00:10:45	00:18:26	00:28:26	00:35:28	00:37:37.25	00:37:38.65	3:45	16
42	PŁOSKONKA JAN	794	UKS BRENNA-GÓRKI	BRENNA	POL	M20-29	9	M 42	00:11:09	00:18:58	00:28:58	00:35:28	00:37:35.20	00:37:38.75	3:45	16
43	NIESŁONY FILIP	650		KOZŁOWICE	POL	M16-19	2	M 43	00:10:48	00:18:39	00:28:39	00:35:32	00:37:37.95	00:37:40.85	3:45	15.9
44	MATUSZYŃSKI MAREK	209	OLZA CIESZYN	DZIEGIELÓW	POL	M20-29	10	M 44	00:10:37	00:18:10	00:28:10	00:35:24	00:37:42.10	00:37:46.50	3:46	15.9
45	MROWIEC ADAM	239		ŚWINNA	POL	M16-19	3	M 45	00:11:06	00:18:51	00:28:51	00:35:30	00:37:44.40	00:37:47.60	3:46	15.9
46	DOBROWOLSKI TOMASZ	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	JASTRZĘBIE-ZDRÓJ	POL	M16-19	4	M 46	00:10:34	00:18:21	00:28:21	00:35:38	00:37:48.00	00:37:53.05	3:46	15.9
47	KOKOT KRZYSZTOF	748	NIWYBIEGANI	ŻORY	POL	M40-49	6	M 47	00:10:54	00:18:35	00:28:35	00:35:36	00:37:52.00	00:37:55.80	3:47	15.8
48	GIŻYŃSKI DAMIAN	252		JASTRZĘBIE ZDRÓJ	POL	M30-39	28	M 48	00:10:38	00:18:11	00:28:11	00:35:46	00:37:56.60	00:37:59.85	3:47	15.8
49	KAPEŁA MARCIN	843		BIELSKO BIAŁA	POL	M30-39	27	M 49	00:10:57	00:18:46	00:28:46	00:35:40	00:37:54.50	00:37:59.90	3:47	15.8
50	MROWIEC KACPER	822		ŻYWIEC	POL	M20-29	11	M 50	00:10:54	00:18:34	00:28:34	00:35:39	00:37:56.55	00:38:00.95	3:47	15.8
51	KMITA TOMASZ	851		JASTRZĘBIE-ZDRÓJ	POL	M20-29	12	M 51	00:10:56	00:18:39	00:28:39	00:35:45	00:37:59.10	00:38:02.90	3:47	15.8
52	JĘDROS PRZEMYSŁAW	630	INŻYNIERIA BIEGANIA	GLIWICE	POL	M30-39	29	M 52	00:11:08	00:18:58	00:28:58	00:35:49	00:38:04.25	00:38:09.15	3:48	15.8

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
53	ALBRECHT ARKADIUSZ	197	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	7	M 53	00:11:00	00:18:53		00:35:47	00:38:05.30	00:38:11.85	3:48	15.8
54	ALBRECHT KRYSZTIAN	198	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	5	M 54	00:11:00	00:18:52		00:35:47	00:38:05.95	00:38:12.40	3:48	15.7
55	ZOSTAWA ROBERT	577	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	30	M 55	00:11:19	00:19:05		00:36:02	00:38:10.80	00:38:15.75	3:49	15.7
56	WIELOPOLSKI MICHAŁ	356		BIELSKO-BIAŁA	POL	M16-19	7	M 56	00:11:07	00:18:55		00:36:06	00:38:25.50	00:38:31.45	3:50	15.6
57	KOGUCIUK KAROL	157	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	6	M 57	00:11:02	00:18:56		00:36:10	00:38:18.50	00:38:33.30	3:49	15.7
58	MOLA MATEUSZ	505	MUKS CIESZYN	SKOCZÓW	POL	M16-19	8	M 58	00:11:01	00:19:07		00:36:24	00:38:29.60	00:38:33.70	3:50	15.6
59	HATAŁA PAWEŁ	445		BIELSKO-BIAŁA	POL	M30-39	31	M 59	00:11:11	00:19:11	00:28:25	00:36:20	00:38:32.95	00:38:38.55	3:51	15.6
60	OREŁ PRZEMYSŁAW	694	SCI GÓRSCY ENTUZJAŚCI	KOŃCZYCE MAŁE	POL	M30-39	32	M 60	00:11:25	00:19:26		00:36:21	00:38:37.60	00:38:42.95	3:51	15.5
61	PIECHACZEK JACEK	586	INŻYNIERIA BIEGANIA TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	8	M 61	00:11:25	00:19:21		00:36:36	00:38:50.40	00:38:55.75	3:53	15.5
62	NOWAK PIOTR	129	STOLARIUS RUN TEAM	BESTWINA	POL	M30-39	33	M 62	00:11:24	00:19:19		00:36:32	00:38:51.45	00:38:57.65	3:53	15.4
63	NOGA KRYSZTIAN	84	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M30-39	34	M 63	00:11:07	00:19:07	00:28:32	00:36:41	00:38:52.75	00:39:03.30	3:53	15.4
64	KARACZAN MARCIN	824		GLUBCZYCE	POL	M30-39	35	M 64	00:11:17	00:19:16		00:36:39	00:39:01.70	00:39:07.80	3:54	15.4
65	WANTULOK PAWEŁ	121		CIESZYN	POL	M20-29	13	M 65	00:11:33	00:19:38	00:28:57	00:36:54	00:39:04.70	00:39:12.55	3:54	15.4
66	TOKAREWICZ DAMIAN	179	ZEBRY	ZEBRZYDOWICE	POL	M30-39	36	M 66	00:11:35	00:19:40	00:29:00	00:36:58	00:39:12.75	00:39:19.00	3:55	15.3
67	DZIUBAŃSKI GRZEGORZ	729	OPEL ACTIVE TEAM	PYSKOWICE	POL	M30-39	37	M 67	00:11:37	00:19:37	00:28:54	00:36:59	00:39:17.10	00:39:23.50	3:55	15.3
68	OLBRICH ARTUR	318		TWORKÓW	POL	M30-39	38	M 68	00:11:47	00:37:03		00:39:22.45	00:39:28.15	3:56	15.2	
69	WITAŁA TOMASZ	381		ŻORY	POL	M40-49	9	M 69	00:11:42	00:19:51	00:29:08	00:37:05	00:39:21.10	00:39:29.35	3:56	15.2
70	ZERDKA MICHAŁ	475	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	39	M 70	00:11:47	00:19:56	00:29:13	00:37:17	00:39:29.05	00:39:33.45	3:56	15.2
71	KUREK JACEK	425	ŚWIETLIKOWO	TYCHY	POL	M40-49	12	M 71	00:10:59	00:19:06		00:36:58	00:39:30.65	00:39:34.80	3:57	15.2
72	MAJER DAMIAN	408	YNO ULTRA	KRUSZWICA	POL	M40-49	10	M 72	00:11:28	00:19:34	00:28:56	00:37:09	00:39:27.25	00:39:35.50	3:56	15.2
73	BOBEREK GRZEGORZ	706	POGORIA BIEGA	DĄBROWA GÓRNICZA	POL	M40-49	11	M 73	00:11:43	00:19:52	00:29:10	00:37:09	00:39:27.25	00:39:35.95	3:56	15.2
74	KUNINA PAWEŁ	130	AMATOR	JASTRZĘBIE ZDRÓJ	POL	M40-49	13	M 74	00:11:34	00:19:52	00:29:12	00:37:08	00:39:32.50	00:39:38.60	3:57	15.2
75	KASTELIK SZYMON	422	OLIMPIJCZYK GILOWICE	GILOWICE	POL	M20-29	16	M 75	00:11:09	00:19:21	00:28:50	00:37:15	00:39:34.75	00:39:38.60	3:57	15.2
76	JANUSZ TOMASZ	604	SKAZANINASUKCES.PL	KANIÓW	POL	M20-29	15	M 76	00:11:45	00:19:57	00:29:12	00:37:13	00:39:31.05	00:39:40.35	3:57	15.2
77	ZYGMA KORDIAN	151		LIGOTA	POL	M20-29	14	M 77	00:11:46	00:19:57	00:29:14	00:37:13	00:39:30.65	00:39:40.35	3:57	15.2
78	JĘDRUSIAK PRZEMYSŁAW	648		DANKOWICE	POL	M30-39	40	M 78	00:11:45	00:19:57	00:29:12	00:37:16	00:39:37.05	00:39:46.85	3:57	15.1
79	DZIARSKI WIESŁAW	240	ERBUD RYBNIK	RYBNIK	POL	M60-69	1	M 79	00:11:30	00:37:21			00:39:43.45	00:39:51.85	3:58	15.1
80	KLYSZCZ PAWEŁ	886	ZERO32 ARCHITEKCI	ŁAZISKA GÓRNE	POL	M20-29	18	M 80	00:11:36	00:19:49	00:29:17	00:37:32	00:39:48.90	00:39:54.75	3:58	15.1
81	KRETEK ŁUKASZ	519	AKTYWNI LYSKI	LYSKI	POL	M20-29	17	M 81	00:11:45	00:19:58	00:29:19	00:37:29	00:39:47.10	00:39:56.60	3:58	15.1
82	BARTNIK SEBASTIAN	181	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	14	M 82	00:11:41	00:19:51	00:29:08	00:37:23	00:39:53.05	00:40:01.25	3:59	15
83	WOLNY ARIEL	183		ŁUKÓW ŚLĄSKI	POL	M30-39	41	M 83	00:11:41	00:19:51	00:29:09	00:37:25	00:39:53.25	00:40:02.55	3:59	15
84	KYRCZ MIROŚLAW	378	MIRASTEAM	DANKOWICE	POL	M30-39	42	M 84	00:11:33	00:19:46	00:29:19	00:37:35	00:40:01.70	00:40:08.60	4:00	15
85	KOWAL ŁUKASZ	770	FITNESS EXPRESS RYBNIK	RYBNIK	POL	M20-29	19	M 85	00:12:01	00:20:15	00:29:36	00:37:50	00:40:03.10	00:40:16.90	4:00	15
86	WASZTYL GRZEGORZ	771		KATOWICE	POL	M40-49	15	M 86	00:11:49	00:20:06	00:29:46	00:37:56	00:40:09.10	00:40:17.80	4:00	14.9
87	OLSZOWSKI DARIUSZ	889	GB GALOPUJĄCE ŚLIMAKI	ŻORY	POL	M40-49	16	M 87	00:11:45	00:19:59	00:29:34	00:37:55	00:40:10.65	00:40:19.35	4:01	14.9
88	WOWRY KLAUDIUSZ	448	CIESZYN WIK	CIESZYN	POL	M16-19	9	M 88	00:11:42	00:19:53	00:29:30	00:37:55	00:40:15.10	00:40:22.80	4:01	14.9
89	BRODAK WALDEMAR	909	CHEMIK NOXY PUŁAWY	PUŁAWY	POL	M60-69	2	M 89	00:11:46	00:20:04	00:29:41	00:37:54	00:40:19.00	00:40:24.90	4:01	14.9
90	DUDEK BARTŁOMIEJ	722		KATOWICE	POL	M40-49	17	M 90	00:11:45	00:19:53	00:29:28	00:37:54	00:40:18.30	00:40:26.90	4:01	14.9
91	TŁOŁKA MICHAŁ	411		ŻORY	POL	M30-39	43	M 91	00:11:49	00:20:05	00:29:34	00:37:54	00:40:21.85	00:40:31.60	4:02	14.9
92	NIEDZIELA STEFAN	599	WIECZNOŚĆ	KNURÓW	POL	M50-59	2	M 92	00:11:25	00:19:45	00:29:47	00:38:16	00:40:37.40	00:40:41.40	4:03	14.8
93	TOMCZYK PIOTR CZESŁAW	509	WILD RUNNERS CLUB	PIASEK	POL	M30-39	44	M 93	00:11:43	00:19:56	00:29:42	00:38:13	00:40:33.55	00:40:43.20	4:03	14.8
94	GÓRNY MIREK	461	NUTREND TEAM	BIELSKO-BIAŁA	POL	M50-59	3	M 94	00:11:33	00:19:55	00:29:52	00:38:18	00:40:42.10	00:40:46.10	4:04	14.7
95	MAROSZEK SZYMON	153		RYBNIK	POL	M30-39	45	M 95	00:11:41	00:19:51	00:29:27	00:38:04	00:40:39.25	00:40:50.60	4:03	14.8
96	URBAŃCZYK MARCIN	51		JASTRZĘBIE ZDRÓJ	POL	M20-29	21	M 96	00:11:58	00:20:21	00:29:59	00:38:21	00:40:42.05	00:40:53.20	4:04	14.7
97	MASNY MICHAŁ	442		RYDUŁTOWY	POL	M20-29	20	M 97	00:11:47	00:20:11	00:29:58	00:38:18	00:40:41.00	00:40:53.65	4:04	14.7
98	OPUCHLIK ROMAN	642		ŚWIĘTOCHŁOWICE	POL	M30-39	46	M 98	00:12:00	00:20:23	00:30:02	00:38:24	00:40:45.20	00:40:54.65	4:04	14.7
99	BULEŃDA GRZEGORZ	65	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	4	M 99	00:11:40	00:19:57	00:29:44	00:38:14	00:40:46.85	00:40:56.90	4:04	14.7
100	URBAŚ ROMAN	491	BIEG PO ZDRÓJ	JAWORZE	POL	M40-49	18	M 100	00:11:49	00:20:17	00:29:59	00:38:30	00:40:55.50	00:41:01.60	4:05	14.7
101	MICHALIK RAFAŁ	405	LACHO TEAM	KRAKÓW	POL	M20-29	22	M 101	00:12:01	00:20:26	00:30:25	00:38:43	00:40:57.15	00:41:02.80	4:05	14.7
102	MAZUR MAREK	78		JASTRZĘBIE-ZDRÓJ	POL	M40-49	19	M 102	00:11:44	00:19:55	00:29:44	00:38:26	00:40:58.85	00:41:07.75	4:05	14.6
103	FURMAN DAWID	686	BIEGAM DLA MILUSI	BŁĄŻEJOWICE	POL	M30-39	47	M 103	00:11:52	00:38:44			00:41:07.80	00:41:17.30	4:06	14.6
104	BOŁOZ DAMIAN	50	KLUB BIEGACZA FARTLEK	JASTRZĘBIE ZDRÓJ	POL	M30-39	48	M 104	00:12:05	00:20:32	00:30:20	00:38:50	00:41:11.85	00:41:20.00	4:07	14.6
105	RAJWA JAN	309	BZIEGCZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	23	M 105	00:11:41	00:20:08	00:30:06	00:38:53	00:41:13.55	00:41:20.30	4:07	14.6
106	SIEGMUND TADEUSZ	187	KB MOSIR JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	POL	M40-49	20	M 106	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	4:07	14.5
107	SPYRKA PIOTR	97		JASTRZĘBIE ZDRÓJ	POL	M30-39	50	M 107	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	4:07	14.5
108	DZIDA JANUSZ	483	EXME BERGER GROUP	ŻORY	POL	M30-39	51	M 108	00:11:28	00:20:01	00:30:05	00:38:54	00:41:21.45	00:41:26.50	4:08	14.5

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
109	RIMPLER ŁUKASZ	819	ŁUKASZ RIMPLER	ORZESZE	POL	M30-39	49	M 109	00:12:09	00:20:41	00:30:33	00:38:55	00:41:16.50	00:41:27.95	4:07	14.5
110	MALINOWSKI KRZYSZTOF	110	POWOLI DO CELU	GLOWICE	POL	M40-49	22	M 110	00:11:43	00:20:18	00:30:23	00:39:03	00:41:26.05	00:41:28.50	4:08	14.5
111	KUTIAN ADAM	813		KĘDZIERZYN-KOŹLE	POL	M50-59	5	M 111	00:12:00	00:20:36	00:30:23	00:38:52	00:41:19.80	00:41:28.70	4:08	14.5
112	ZIELIŃSKI IRENEUSZ	170		JASTRZĘBIE-ZDRÓJ	POL	M40-49	21	M 112	00:11:45	00:20:13	00:30:13	00:38:55	00:41:23.35	00:41:31.30	4:08	14.5
113	GŁUSZYK ANDRZEJ	316		ŻORY	POL	M40-49	23	M 113	00:12:33	00:21:08	00:31:01	00:39:10	00:41:27.20	00:41:37.20	4:08	14.5
114	KUŚ DAWID	606	POLSKA GRUPA GÓRNICZA	KATOWICE	POL	M30-39	53	M 114	00:11:43	00:20:13	00:30:28	00:39:26	00:41:55.50	00:42:02.10	4:11	14.3
115	OGIERMAN GRZEGORZ	229	OLZA CIESZYN	CIESZYN	POL	M40-49	25	M 115	00:12:15	00:20:59	00:31:04	00:39:37	00:41:56.60	00:42:07.05	4:11	14.3
116	ADAMCZEWSKI WALDEMAR	37		JASTRZĘBIE-ZDRÓJ	POL	M50-59	6	M 116	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	4:11	14.3
117	GLAJCAR TOMASZ	134		HARBUTOWICE	POL	M40-49	24	M 117	00:12:26	00:21:12	00:31:08	00:39:38	00:41:54.50	00:42:09.20	4:11	14.3
118	ORŁOWSKI GRZEGORZ	372	ULTRA BESKID SPORT	MAZAŃCOWICE	POL	M30-39	52	M 118	00:12:29	00:21:01	00:30:48	00:39:27	00:41:55.25	00:42:09.95	4:11	14.3
119	LEŚNIAK KRZYSZTOF	296	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	M40-49	26	M 119	00:12:26	00:21:07	00:31:08	00:39:39	00:42:01.15	00:42:12.20	4:12	14.3
120	OGIEGŁO ŁUKASZ	659		BIELSKO-BIAŁA	POL	M30-39	54	M 120	00:11:59	00:20:43	00:30:53	00:39:41	00:42:07.65	00:42:13.45	4:12	14.2
121	BEZUCH PAWEŁ	881		WODZISŁAW ŚLĄSKI	POL	M20-29	24	M 121	00:12:28	00:21:19	00:31:14	00:39:42	00:41:59.75	00:42:14.00	4:12	14.3
122	KĘDZIOR KAMIL	617	SCI GÓRSCY ENTUZJAŚCI	POGWIZDÓW	POL	M30-39	55	M 122	00:11:54	00:20:17	00:30:39	00:39:38	00:42:11.40	00:42:16.90	4:13	14.2
123	SZAREK KRZYSZTOF	596	BIEG PO ZDRÓJ	JASIENICA 953	POL	M30-39	56	M 123	00:11:46	00:20:24	00:30:46	00:39:43	00:42:11.50	00:42:18.65	4:13	14.2
124	LORANC MACIEJ	357	NUTREND BIEGA	BIELSKO-BIAŁA	POL	M50-59	7	M 124	00:12:42	00:21:28	00:31:22	00:39:50	00:42:09.65	00:42:23.00	4:13	14.2
125	PRÓSZYŃSKI SŁAWOMIR	298		JASTRZĘBIE ZDRÓJ	POL	M30-39	57	M 125	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	4:13	14.2
126	GRZONKA ANDRZEJ	128	GBGALOPUJACE SLIMAKI	JASTRZEBIE-ZDROJ	POL	M40-49	28	M 126	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	4:13	14.2
127	JARGOŃ JACEK	458		RYBNIK	POL	M40-49	29	M 127	00:12:03	00:20:45	00:30:58	00:39:45	00:42:17.80	00:42:27.25	4:13	14.2
128	MYNARSKI SYLWESTER	897		BIELSKO-BIAŁA	POL	M40-49	27	M 128	00:12:32	00:21:15	00:31:10	00:39:47	00:42:15.75	00:42:28.55	4:13	14.2
129	BANASIAK TOMASZ	507		RACIBÓRZ	POL	M40-49	31	M 129	00:11:35	00:19:40	00:29:10	00:39:22	00:42:29.40	00:42:33.55	4:14	14.1
130	BIAŁECKI TOMASZ	492		JASTRZĘBIE-ZDRÓJ	POL	M40-49	30	M 130	00:12:29	00:21:03	00:31:01		00:42:21.30	00:42:34.40	4:14	14.2
131	WIECZOREK TOMASZ	154	YNO ULTRA	ROGÓW	POL	M30-39	58	M 131	00:12:01	00:20:51	00:31:07	00:40:03	00:42:29.70	00:42:40.55	4:15	14.1
132	PRZYBYSZ RYSZARD	206		ZORY	POL	M50-59	8	M 132	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	4:15	14.1
133	GADAJ GRZEGORZ	562		RADLIN	POL	M30-39	60	M 133	00:12:00	00:20:47	00:31:06	00:40:03	00:42:37.10	00:42:47.00	4:15	14.1
134	GLAJC ANDRZEJ	561	WYPAS RUN	SKOCZÓW	POL	M50-59	9	M 134	00:11:42	00:20:25	00:30:48	00:40:13	00:42:43.60	00:42:52.75	4:16	14
135	JEREMICZ KRZYSZTOF	57	RAFAKO RUN TEAM	RACIBÓRZ	POL	M40-49	32	M 135	00:12:29	00:21:14	00:31:28	00:40:15	00:42:40.45	00:42:52.90	4:16	14.1
136	DZIERZĘGA ARTUR	633		JASTRZEBIE ZDRÓJ	POL	M40-49	36	M 136	00:12:14				00:42:54.00	00:42:54.00	4:17	14
137	CHYBIORZ MAREK	582		CIESZYN	POL	M30-39	59	M 137	00:12:47	00:21:43	00:31:48	00:40:23	00:42:36.95	00:42:55.20	4:15	14.1
138	PIĄTOWSKI MIROSŁAW	85	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M50-59	10	M 138	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	4:16	14
139	OLSZOWSKI MARCIN	523	OLZA CIESZYN	CIESZYN	POL	M40-49	34	M 139	00:12:06	00:20:51	00:31:11	00:40:17	00:42:51.85	00:42:59.20	4:17	14
140	ŻUR MAREK	449	KAC RUNNERS	ŁĄKA	POL	M40-49	33	M 140	00:12:36	00:21:26	00:31:43	00:40:28	00:42:49.55	00:43:04.75	4:16	14
141	TOMCZYK LESŁAW	854	OLZA CIESZYN	CIESZYN	POL	M50-59	11	M 141	00:12:36	00:21:22	00:31:22	00:40:16	00:42:53.40	00:43:05.05	4:17	14
142	SUCHANEK ROBERT	808	ATHLETICS NYSA	NYSA	POL	M40-49	37	M 142	00:12:16	00:21:07	00:31:31	00:40:22	00:42:56.20	00:43:06.80	4:17	14
143	KRAUSE DARIUSZ	290	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	38	M 143	00:12:17	00:21:10	00:31:30	00:40:17	00:43:00.55	00:43:07.60	4:18	14
144	KITA JAKUB	878		PSZCZYNA	POL	M16-19	10	M 144	00:12:47	00:21:50	00:31:59	00:40:33	00:42:58.05	00:43:08.75	4:17	14
145	LORANC PAWEŁ	793	WILDBUCHAYS	KOZY	POL	M30-39	61	M 145	00:12:38	00:21:24	00:31:33	00:40:22	00:42:51.90	00:43:11.55	4:17	14
146	BYRSKI HENRYK	827	WILDBUCHAYS	ŁODYGOWICE	POL	M40-49	35	M 146	00:12:38	00:21:24	00:31:32	00:40:23	00:42:52.35	00:43:11.85	4:17	14
147	KAWECKI STANISŁAW	305	OLZA CIESZYN	CIESZYN	POL	M40-49	40	M 147	00:12:26	00:21:19	00:31:35	00:40:38	00:43:08.25	00:43:15.50	4:18	13.9
148	ROGAŁA MACIEJ	396	YNO ULTRA	PSZÓW	POL	M40-49	39	M 148	00:12:42	00:21:29	00:31:45	00:40:30	00:43:01.45	00:43:20.50	4:18	13.9
149	NIESŁONY DOMINIK	908		KOZŁOWICE	POL	M20-29	25	M 149	00:12:25	00:21:14	00:31:48	00:40:49	00:43:12.60	00:43:21.90	4:19	13.9
150	MROWIEC BERNARD	393	TEMPO TWORKÓW	TWORKÓW	POL	M50-59	12	M 150	00:12:40	00:21:37	00:31:59	00:40:47	00:43:11.80	00:43:24.95	4:19	13.9
151	LILLA PIOTR	580	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	62	M 151	00:12:20	00:21:08	00:31:28	00:40:38	00:43:11.00	00:43:25.05	4:19	13.9
152	PUDA KRZYSZTOF	790		JELESNIA	POL	M40-49	41	M 152	00:12:10	00:20:53	00:31:31	00:40:55	00:43:20.50	00:43:26.75	4:20	13.8
153	UCIEKŁAK WALDEMAR	221	PSZCZÓŁKOWSKI TEAM	CZĘSTOCHOWA	POL	M50-59	13	M 153	00:12:46	00:21:35	00:31:52	00:40:49	00:43:22.80	00:43:35.85	4:20	13.8
154	BAC MICHAŁ	555		JASTRZĘBIE-ZDRÓJ	POL	M30-39	63	M 154	00:12:55	00:21:51	00:32:06	00:40:51	00:43:21.85	00:43:37.80	4:20	13.8
155	SITKO ADAM	328	SBD ENERGETYK RYBNIK	RYBNIK	POL	M40-49	43	M 155	00:12:12	00:20:58	00:31:40	00:40:46	00:43:28.50	00:43:39.40	4:20	13.8
156	SOJKA PIOTR	380	AKTYWNA PSZCZYNA RUNNERS TEAM	BAKÓW	POL	M30-39	64	M 156	00:12:52	00:21:57	00:32:14	00:41:03	00:43:30.80	00:43:41.30	4:21	13.8
157	BUGDOL ZBIGNIEW	459		RYBNIK	POL	M20-29	26	M 157	00:12:42	00:21:45	00:31:58	00:40:50	00:43:19.75	00:43:42.90	4:19	13.9
158	TOMCZYK MAURYCJ	29	ESKADRA KRAKÓW	KRAKÓW	POL	M20-29	27	M 158	00:12:50	00:21:52	00:32:15	00:41:00	00:43:27.75	00:43:43.95	4:20	13.8
159	STUHLIK MAREK	376	AKTYWNA PSZCZYNA.PL	JARZĄBKOWICE	POL	M30-39	65	M 159	00:12:55	00:22:02	00:32:23	00:41:11	00:43:37.00	00:43:47.40	4:21	13.8
160	STEMPEL GRZEGORZ	667	1989	WODZISŁAW ŚL	POL	M20-29	28	M 160	00:12:18	00:21:16	00:31:47	00:40:53	00:43:36.05	00:43:48.20	4:21	13.8
161	JĘDRZEJAK PIOTR	146		JASTRZĘBIE-ZDRÓJ	POL	M40-49	42	M 161	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	4:20	13.8
162	DOBROWOLSKI SŁAWEK	219	NAPRZÓD MŁOCINY	WARSZAWA	POL	M50-59	14	M 162	00:12:47	00:21:44	00:32:10	00:41:05	00:43:32.65	00:43:48.30	4:21	13.8
163	MAŁECKI JACEK	462		LIGOTA	POL	M30-39	66	M 163	00:12:43	00:21:43	00:32:20	00:41:18	00:43:41.50	00:43:53.95	4:22	13.7
164	MRÓZEK RAFAŁ	621	OLIMPIJCZYK GILOWICE	ŁĘKAWICA	POL	M30-39	67	M 164	00:12:21	00:21:22	00:32:17	00:41:21	00:43:49.75	00:43:54.20	4:23	13.7

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
165	BARAN BARTOSZ	766		WROCLAW	POL	M20-29	29	M 165	00:13:13	00:22:17	00:32:34	00:41:17	00:43:39.10	00:43:54.70	4:21	13.7
166	NIEDZIELKO GRZEGORZ	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	ŻORY	POL	M20-29	31	M 166	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	4:23	13.7
167	WYREMBELSKI ADAM	169		JASTRZĘBIE-ZDRÓJ	POL	M20-29	30	M 167	00:12:48	00:21:53	00:32:18	00:41:17	00:43:44.95	00:44:00.75	4:22	13.7
168	CZAPOROWSKI TOMASZ	222		JASTRZĘBIE ZDRÓJ	POL	M30-39	68	M 168	00:12:24	00:21:21	00:32:02	00:41:17	00:43:53.45	00:44:04.30	4:23	13.7
169	POHL ARMIN	581		KRAPKOWICE	POL	M20-29	32	M 169	00:12:50	00:21:51	00:32:20	00:41:29	00:43:58.30	00:44:05.95	4:23	13.6
170	BIELA RAFAŁ	595		ŻORY	POL	M30-39	69	M 170	00:12:50	00:21:54	00:32:15	00:41:21	00:43:57.10	00:44:07.85	4:23	13.7
171	KUDER MAREK	265	KS M.E.T.A.	WODZISŁAW ŚLĄSKI	POL	M40-49	44	M 171	00:11:50	00:20:56	00:32:08	00:41:14	00:43:58.70	00:44:09.50	4:23	13.6
172	POŁĘDNIK TOMASZ	903	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	46	M 172	00:12:53	00:22:08	00:32:30	00:41:26	00:44:01.45	00:44:16.45	4:24	13.6
173	ZGRZENDEK PATRYK	726		BOJANÓW	POL	M20-29	33	M 173	00:12:50	00:22:00	00:32:26	00:41:32	00:44:05.10	00:44:17.90	4:24	13.6
174	ZADROGA KAROL	721		JASTRZĘBIE-ZDRÓJ	POL	M20-29	34	M 174					00:44:19.00	00:44:19.00	4:25	13.5
175	KWAŚNY MARCIN	665	WILD BUCHAYS	BUCZKOWICE	POL	M40-49	45	M 175	00:12:49	00:21:55	00:32:19	00:41:27	00:44:00.55	00:44:20.60	4:24	13.6
176	PASTWA GRZEGORZ	247	UBS / ADAMUS	JASIEINICA	POL	M40-49	47	M 176	00:12:50	00:21:51	00:32:21	00:41:31	00:44:05.50	00:44:22.35	4:24	13.6
177	OSZCZĘDA KRZYSZTOF	225	ZARAŻIĆ PASJĄ	ŻORY	POL	M40-49	48	M 177	00:12:51	00:21:55	00:32:27	00:41:33	00:44:05.95	00:44:22.40	4:24	13.6
178	KACZMAREK JACEK	901	GRUBIORZE LOTAJOM	CZERWIONKA LESZCZYNY	POL	M30-39	71	M 178	00:12:47	00:21:49	00:32:26	00:41:33	00:44:10.50	00:44:22.50	4:25	13.6
179	KIEPIELA DAWID	119	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	70	M 179	00:12:47	00:21:51	00:32:28	00:41:32	00:44:07.45	00:44:23.70	4:24	13.6
180	KITA SEBASTIAN	877		PSZCZYNA	POL	M40-49	49	M 180	00:12:41	00:21:49	00:32:25	00:41:30	00:44:08.85	00:44:25.60	4:24	13.6
181	DUROK WOJCIECH	534	KAC RUNNERS	JANKOWICE	POL	M40-49	52	M 181	00:12:51	00:21:52	00:32:22	00:41:33	00:44:12.30	00:44:27.35	4:25	13.6
182	KOMARNICKI TOMASZ	792	GRUBIORZE LOTAJOM	RYBNIK	POL	M30-39	74	M 182	00:12:35	00:21:31	00:32:20	00:41:35	00:44:18.50	00:44:30.15	4:25	13.5
183	KANCLERZ TOMASZ	708		RACIBÓRZ	POL	M30-39	73	M 183	00:12:46	00:21:50	00:32:18	00:41:30	00:44:12.85	00:44:30.20	4:25	13.6
184	STYCZYŃSKI PAWEŁ	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	ZAWIERCIE	POL	M30-39	72	M 184	00:13:00	00:22:10	00:32:43	00:41:44	00:44:11.45	00:44:31.40	4:25	13.6
185	SKWARLIŃSKI MIROSLAW	874		ŻORY	POL	M50-59	15	M 185	00:12:43	00:21:49	00:32:23	00:41:37	00:44:21.35	00:44:31.50	4:26	13.5
186	ŁYSEK PAWEŁ	392	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M40-49	53	M 186	00:12:47	00:21:51	00:32:26	00:41:47	00:44:16.60	00:44:32.95	4:25	13.6
187	RADOMSKI MARIUSZ	870	BZIOK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	51	M 187	00:13:04	00:22:04	00:32:36	00:41:35	00:44:11.65	00:44:35.25	4:25	13.6
188	SUCHY ZBIGNIEW	691		ŻORY	POL	M40-49	50	M 188	00:12:45	00:21:46	00:32:20	00:41:35	00:44:10.50	00:44:36.80	4:25	13.6
189	ZWIERZYŃSKI PIOTR	849	UNATCO	RYBNIK	POL	M40-49	54	M 189	00:12:48	00:21:54	00:32:43	00:41:47	00:44:24.75	00:44:36.90	4:26	13.5
190	OGRODNIK DAMIAN	280		JASTRZĘBIE ZDRÓJ	POL	M30-39	76	M 190	00:12:48	00:21:54	00:32:36	00:41:50	00:44:25.50	00:44:38.15	4:26	13.5
191	KACZOR ŁUKASZ	826	WILD BUCHAYS	BUCZKOWICE	POL	M30-39	75	M 191	00:12:43	00:21:53	00:32:31	00:41:46	00:44:19.90	00:44:38.95	4:25	13.5
192	TOCHOWICZ BARTOSZ	268	OLZA TEAM	GOLESZÓW	POL	M40-49	55	M 192	00:12:37	00:21:46	00:32:22	00:41:51	00:44:31.50	00:44:42.85	4:27	13.5
193	DUDZIK SEBASTIAN	383		MAZANCOWICE	POL	M30-39	78	M 193	00:12:28	00:21:20	00:32:19	00:41:46	00:44:28.80	00:44:43.40	4:26	13.5
194	JANECKI MATEUSZ	216	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M20-29	35	M 194	00:12:46	00:21:44	00:32:26	00:41:48	00:44:30.65	00:44:46.90	4:27	13.5
195	JANISZEWSKI DOMINIK	282		JASTRZĘBIE-ZDRÓJ	POL	M30-39	77	M 195	00:13:01	00:22:15	00:32:54	00:41:55	00:44:27.30	00:44:47.60	4:26	13.5
196	FIGOŁUSZKA DAWID	436		STUDIENICE	POL	M30-39	79	M 196	00:12:47	00:21:55	00:32:36	00:41:57	00:44:40.70	00:44:54.05	4:28	13.4
197	BRAUNER WOJCIECH	588		WODZISŁAW ŚLĄSKI	POL	M30-39	80	M 197	00:12:45	00:21:53	00:32:42	00:42:04	00:44:44.35	00:44:56.20	4:28	13.4
198	OBROŚLAK JACEK	587	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE ZDRÓJ	POL	M40-49	56	M 198	00:12:47	00:21:51	00:32:27	00:41:52	00:44:41.30	00:44:56.50	4:28	13.4
199	MALIK RAFAŁ	66		JASTRZĘBIE-ZDRÓJ	POL	M30-39	84	M 199	00:12:29	00:21:43	00:32:35	00:42:26	00:44:58.50	00:45:01.80	4:29	13.3
200	ŁUSZCZYK SERGIUSZ	700		WODZISŁAW ŚLĄSKI	POL	M20-29	36	M 200	00:13:25	00:22:32	00:33:04	00:42:12	00:44:41.05	00:45:02.10	4:28	13.4
201	MARON TOMASZ	54	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M30-39	81	M 201	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	4:28	13.4
202	WOŁOŻYŃ RYSZARD	367	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	M50-59	16	M 202	00:13:03	00:22:27	00:33:14	00:42:22	00:44:51.40	00:45:05.05	4:29	13.4
203	GMERNICKI JACEK	859	ATHLETICS NYSA	NYSA	POL	M30-39	82	M 203	00:12:46	00:21:58	00:32:48	00:42:23	00:44:56.95	00:45:07.70	4:29	13.3
204	JACH MAREK	94		JASTRZĘBIE ZDRÓJ	POL	M40-49	57	M 204	00:12:41	00:21:50	00:32:43	00:42:05	00:44:51.80	00:45:09.20	4:29	13.4
205	PLEWNIA DAWID	776		BAKÓW	POL	M20-29	37	M 205	00:12:58	00:22:05	00:32:50	00:42:13	00:44:50.80	00:45:09.35	4:29	13.4
206	MAREK RAFAŁ	564	KAC RUNNERS	GO CZAŁKOWICE-ZDRÓJ	POL	M40-49	59	M 206	00:12:48	00:21:53	00:32:39	00:42:09	00:44:57.45	00:45:13.55	4:29	13.3
207	TYLEC MICHAŁ	92		JASTRZĘBIE-ZDRÓJ	POL	M30-39	83	M 207	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	4:29	13.3
208	PODKOWIK MARCIN	329		ŻORY	POL	M30-39	85	M 208	00:12:47	00:21:57			00:45:00.00	00:45:18.00	4:30	13.3
209	JOCHLIK SZYMON	391		JASTRZĘBIE-ZDRÓJ	POL	M30-39	86	M 209	00:12:46	00:21:56	00:32:57	00:42:31	00:45:03.30	00:45:19.85	4:30	13.3
210	GANCARZ MARIUSZ	613		JASTRZĘBIE ZDRÓJ	POL	M40-49	58	M 210	00:13:47	00:23:12	00:33:53	00:42:32	00:44:56.50	00:45:20.65	4:29	13.4
211	KAJDANA MARIUSZ	211		BIELSKO-BIAŁA	POL	M40-49	64	M 211	00:12:17	00:21:46	00:32:53	00:42:14	00:45:14.95	00:45:23.65	4:31	13.3
212	POŁOMSKI GRZEGORZ	417	POŁOMSCY TEAM	RYDUŁTOWY	POL	M30-39	87	M 212	00:12:31	00:21:43	00:32:39	00:42:23	00:45:10.65	00:45:23.90	4:31	13.3
213	TWARDZIK KAMIL	238	KS M.E.T.A	ŁAZISKA	POL	M20-29	38	M 213	00:13:12	00:22:23	00:33:14	00:42:26	00:45:05.90	00:45:24.75	4:30	13.3
214	BULANDA ANDRZEJ	560		BIERUŃ	POL	M40-49	62	M 214	00:12:48	00:22:02	00:33:14	00:42:30	00:45:10.15	00:45:26.20	4:31	13.3
215	DUDEK DANIAŁ	541		JASTRZĘBIE-ZDRÓJ	POL	M40-49	60	M 215	00:13:13	00:22:27	00:33:13	00:42:32	00:45:05.60	00:45:26.20	4:30	13.3
216	SZYMCZYCHA DAREK	772		RACIBÓRZ	POL	M40-49	61	M 216	00:12:45	00:21:52	00:32:54	00:42:35	00:45:08.40	00:45:26.30	4:30	13.3
217	LIZAK KRZYSZTOF	756		ŻORY	POL	M40-49	65	M 217	00:13:00	00:22:30	00:33:26	00:42:51	00:45:21.10	00:45:27.70	4:32	13.2
218	MACH ŁUKASZ	369	BIEGACZ	WISŁA	POL	M40-49	63	M 218	00:12:44	00:21:53	00:33:04	00:42:42	00:45:10.95	00:45:28.95	4:31	13.3

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
219	KRZYŻOWSKI GRZEGORZ	764	GRUBIORZE LOTAJOM	CZERWIONKA-LESZCZYNY	POL	M30-39	88	M 219	00:12:47	00:22:02	00:33:11	00:42:43	00:45:18.30	00:45:30.50	4:31	13.2
220	KLINGER ALAN	226	WSPÓLNA PASJA ŻORY	ŻORY	POL	M30-39	89	M 220	00:12:43	00:21:50	00:32:37	00:42:14	00:45:18.60	00:45:36.55	4:31	13.2
221	BALICKI PIOTR	64	NOVA TRADING - STALE BIEGAM	MYSŁOWICE	POL	M30-39	91	M 221	00:12:51	00:22:09	00:33:19	00:42:47	00:45:30.45	00:45:39.35	4:33	13.2
222	JESIONEK KRZYSZTOF	730		IMIELIN	POL	M30-39	90	M 222	00:13:05	00:22:21	00:33:10	00:42:45	00:45:27.10	00:45:43.75	4:32	13.2
223	LIS GRZEGORZ	299		RACIBÓRZ	POL	M40-49	66	M 223	00:12:59	00:22:29	00:33:25	00:42:50	00:45:29.80	00:45:44.15	4:33	13.2
224	KRASKA WŁODZIMIERZ	401	NIEZRZESZONY	KRAKOW	POL	M70+	1	M 224	00:12:50	00:21:59	00:32:58	00:42:38	00:45:34.10	00:45:48.20	4:33	13.2
225	MUSZEWSKI BARTŁOMIEJ	490	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	67	M 225	00:12:49	00:22:08	00:33:10	00:42:46	00:45:34.20	00:45:49.50	4:33	13.2
226	RECLIK ŁUKASZ	439	NESSI TEAM	PSZCZYNA	POL	M30-39	92	M 226	00:12:52	00:22:12	00:33:14	00:42:50	00:45:35.70	00:45:51.10	4:33	13.2
227	KOWALSKI ROBERT	236	SBD ENERGETYK RYBNIK	RYBNIK	POL	M50-59	17	M 227	00:13:22	00:22:45	00:33:30	00:42:55	00:45:34.15	00:45:52.80	4:33	13.2
228	DOBRENIUK KRZYSZTOF	590	AKTYWNI LYSKI	RYBNIK	POL	M40-49	68	M 228	00:13:17	00:22:47	00:33:50	00:43:19	00:45:43.70	00:45:54.90	4:34	13.1
229	URBASIK MARIUSZ	205	RYDUŁTOWY	RYDUŁTOWY	POL	M50-59	18	M 229	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	4:33	13.1
230	MAGOŃ MARCIN	175	AMATOR	RYBNIK	POL	M40-49	70	M 230	00:13:17	00:22:51	00:33:52	00:43:16	00:45:49.05	00:46:01.10	4:34	13.1
231	ROEHRICH KRZYSZTOF	553	LOTOMY ZE SZWAGREM	ŁĄKA	POL	M30-39	93	M 231	00:13:35	00:23:02	00:33:55	00:42:59	00:45:44.35	00:46:01.90	4:34	13.1
232	KOWALSKI JANUSZ	22	OLZA CIESZYN	POGWIZDÓW	POL	M40-49	69	M 232	00:13:22	00:22:46	00:33:43	00:43:17	00:45:45.45	00:46:05.75	4:34	13.1
233	JAKUBCZYK JACEK	441	CONTANTE	CHORZÓW	POL	M30-39	95	M 233	00:13:06	00:22:27	00:33:48	00:43:19	00:46:00.85	00:46:13.05	4:36	13
234	WIELOPOLSKI ŁUKASZ	123		BIELSKO-BIAŁA	POL	M20-29	39	M 234	00:13:25	00:22:51	00:33:47	00:43:20	00:45:56.60	00:46:13.05	4:35	13.1
235	SOBEL ADRIAN	809	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE-ZDRÓJ	POL	M30-39	96	M 235	00:13:21	00:22:55	00:34:03	00:43:34	00:46:04.90	00:46:14.20	4:36	13
236	SUBIK TOMASZ	444		GLIWICE	POL	M30-39	94	M 236	00:13:09	00:22:28	00:33:38	00:43:08	00:45:56.00	00:46:16.10	4:35	13.1
237	KAMIŃSKI ZBIGNIEW	763	GRUBIORZE LOTAJOM	LESZCZYNY	POL	M30-39	97	M 237	00:13:08	00:22:41	00:33:50	00:43:24	00:46:08.55	00:46:20.50	4:36	13
238	POJDA GRZEGORZ	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	71	M 238	00:13:34	00:22:57	00:33:48	00:43:25	00:45:58.35	00:46:21.20	4:35	13
239	OGRODNIK DAMIAN	757		PIEKARY ŚLĄSKIE	POL	M30-39	98	M 239	00:12:58	00:22:25	00:33:37	00:43:25	00:46:08.75	00:46:23.30	4:36	13
240	MAZURKIEWICZ JAROSŁAW	687		STRUMIEŃ	POL	M50-59	19	M 240	00:13:08	00:22:41	00:33:56	00:43:25	00:46:12.05	00:46:27.00	4:37	13
241	STĘPIEŃ GRZEGORZ	317		OPOLE	POL	M40-49	72	M 241	00:13:39	00:23:11	00:34:16	00:43:39	00:46:07.60	00:46:27.55	4:36	13
242	GWÓDZĀ ANDRZEJ	882	POWOLI DO CELU	WOLA	POL	M50-59	20	M 242	00:13:19	00:22:45	00:33:50	00:43:29	00:46:15.65	00:46:29.55	4:37	13
243	PETER MARCIN	510		KATOWICE	POL	M40-49	74	M 243	00:12:58	00:22:29	00:33:48	00:43:40	00:46:20.85	00:46:33.80	4:38	12.9
244	NANTKA WITEK	838	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	99	M 244	00:13:47	00:23:12	00:34:11	00:43:35	00:46:11.25	00:46:34.90	4:37	13
245	KRZYSTAŁA PAWEŁ	612		CZERWIONKA	POL	M16-19	11	M 245	00:14:04	00:23:43	00:34:33	00:44:01	00:46:20.45	00:46:36.15	4:38	12.9
246	ONAK PAWEŁ	93		JASTRZĘBIE-ZDRÓJ	POL	M30-39	100	M 246	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	4:37	13
247	OWCZAREK PAWEŁ	332		BIELSKO-BIAŁA	POL	M40-49	73	M 247	00:13:45	00:23:11	00:34:11	00:43:35	00:46:16.05	00:46:37.85	4:37	13
248	MOTOWIDŁO TOMASZ	210		JASTRZĘBIE-ZDRÓJ	POL	M30-39	104	M 248	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	4:38	12.9
249	JANETA DAWID	359		SKRZYSZÓW	POL	M30-39	105	M 249	00:13:06	00:22:36	00:33:59	00:43:54	00:46:25.80	00:46:41.25	4:38	12.9
250	FERENC PAWEŁ	527		ZABRZE	POL	M30-39	101	M 250	00:13:40	00:22:59	00:34:00	00:43:39	00:46:19.40	00:46:44.50	4:37	13
251	WOŹNIAK PRZEMYSŁAW	304		JASTRZĘBIE ZDRÓJ	POL	M30-39	103	M 251	00:14:08	00:23:47	00:34:38	00:43:52	00:46:20.25	00:46:45.20	4:38	12.9
252	SMYCZEK BARTOSZ	622		RYBNIK	POL	M30-39	102	M 252	00:14:14	00:23:40	00:34:22	00:43:35	00:46:19.65	00:46:45.55	4:38	12.9
253	ŚPIEWAK MAREK	674		BUCZKOWICE	POL	M30-39	106	M 253	00:13:25	00:22:55	00:34:13	00:43:47	00:46:27.25	00:46:46.00	4:38	12.9
254	BRANDYS ADAM	857		PAWŁOWICE	POL	M30-39	107	M 254	00:13:42	00:23:11	00:34:19	00:43:56	00:46:40.05	00:47:00.80	4:40	12.9
255	ŚMIETANA GRZEGORZ	364	EASYRUN RACIBÓRZ	RACIBÓRZ	POL	M40-49	76	M 255	00:14:12	00:23:47	00:34:44	00:44:12	00:46:45.80	00:47:06.40	4:40	12.8
256	POCZĄTEK DAMIAN	132		OCHABY MAŁE	POL	M20-29	40	M 256	00:13:14	00:22:51	00:34:09	00:44:00	00:46:49.65	00:47:07.90	4:40	12.8
257	GAWŁAS KRZYSZTOF	615	GAWŁASCAN	GÓRKI WIELKIE	POL	M30-39	108	M 257	00:13:11	00:23:01	00:34:40	00:44:32	00:46:55.50	00:47:12.05	4:41	12.8
258	KOZŁOWSKI ZBIGNIEW	747	OFIARY KAMIENCA	KAMIENIEC	POL	M40-49	77	M 258	00:13:36	00:23:12	00:34:25	00:44:11	00:46:54.80	00:47:14.25	4:41	12.8
259	ZIĘTARA PAWEŁ	203		JASTRZĘBIE-ZDRÓJ	POL	M40-49	75	M 259	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	4:40	12.8
260	LELENIEWSKI JACEK	820		RYBNIK	POL	M30-39	110	M 260	00:13:35	00:23:25	00:34:34	00:44:19	00:47:02.70	00:47:20.70	4:42	12.8
261	ŁATKA ŁUKASZ	370		RYBNIK	POL	M30-39	111	M 261	00:12:56	00:22:51	00:34:15	00:44:15	00:47:03.80	00:47:21.45	4:42	12.7
262	KĄZMIERCZAK SZYMON	834		WODZISŁAW ŚLĄSKI	POL	M20-29	41	M 262	00:13:51	00:23:42	00:34:45	00:44:27	00:47:04.10	00:47:25.15	4:42	12.7
263	MACHEJ REMIGIUSZ	579	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	109	M 263	00:13:55	00:23:42	00:34:48	00:44:26	00:47:02.40	00:47:29.75	4:42	12.8
264	GÓRECKI ADAM	614		RACIBÓRZ	POL	M20-29	42	M 264	00:14:37	00:24:27	00:35:23	00:44:33	00:47:05.55	00:47:30.00	4:42	12.7
265	KURTO PAWEŁ	830		MIEDZYRZECZE GÓRNE	POL	M30-39	113	M 265	00:14:24	00:24:18	00:35:26	00:44:30	00:47:09.75	00:47:31.10	4:43	12.7
266	STAWICKI GRZEGORZ	669	RUNTAEM PAWŁOWICE	PAWŁOWICE	POL	M40-49	78	M 266	00:13:45	00:23:35	00:34:43	00:44:33	00:47:13.25	00:47:33.20	4:43	12.7
267	KULAWIAK BOGDAN	480		JASTRZĘBIE-ZDRÓJ	POL	M50-59	21	M 267	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	4:43	12.7
268	HELD RADEK	698		PRUDNIK	POL	M30-39	112	M 268	00:14:07	00:23:38	00:34:37	00:44:21	00:47:08.30	00:47:36.60	4:42	12.7
269	KOBIĄŁKA ROBERT	125	JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M40-49	84	M 269	00:12:57	00:22:32	00:34:11	00:44:29	00:47:32.10	00:47:39.00	4:45	12.6
270	KURTO GRZEGORZ	705	KURTO TEAM	BIELSKO-BIAŁA	POL	M40-49	79	M 270	00:14:23	00:24:19	00:35:32	00:44:51	00:47:19.15	00:47:40.60	4:43	12.7
271	LUBSZZYK KRYSZTIAN	454	YNO ULTRA	ŚWIERKLANY	POL	M20-29	43	M 271	00:13:13	00:22:50	00:34:16	00:44:22	00:47:09.90	00:47:40.95	4:42	12.7
272	KOPIEC ARKADIUSZ	45		SKRZYSZÓW	POL	M40-49	82	M 272	00:14:08	00:23:53	00:35:07	00:44:45	00:47:26.60	00:47:43.45	4:44	12.6

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
273	BUĆKO MARCIN	275		JASTRZĘBIE-ZDRÓJ	POL	M40-49	81	M 273	00:14:12	00:23:59	00:35:18	00:44:49	00:47:24.70	00:47:45.75	4:44	12.7
274	RAJWA STANISŁAW	313	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	44	M 274	00:14:06	00:24:01	00:35:13	00:44:54	00:47:27.90	00:47:46.15	4:44	12.6
275	MROCZKOWSKI TOMASZ	536		JASTRZĘBIE-ZDRÓJ	POL	M40-49	80	M 275	00:13:57	00:23:41	00:34:57	00:44:40	00:47:23.70	00:47:47.45	4:44	12.7
276	STUDNIK JAROSŁAW	884		RUDA ŚLĄSKA	POL	M40-49	83	M 276	00:13:43	00:23:35	00:34:57	00:44:42	00:47:27.45	00:47:50.50	4:44	12.6
277	BAKOWSKI MICHAŁ	345		JASTRZĘBIE-ZDRÓJ	POL	M30-39	114	M 277	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	4:43	12.7
278	PISAREK RADEK	234	WKURW_TEAM	PAWŁOWICE	POL	M20-29	45	M 278	00:13:16	00:23:01	00:34:45	00:44:57	00:47:40.75	00:47:58.70	4:46	12.6
279	GAUDYN ANDRZEJ	682	SZYBCY I WŚCIEKLI	SIEMIANOWICE ŚLĄSKIE	POL	M30-39	115	M 279	00:14:48	00:24:42	00:35:54	00:45:04	00:47:33.10	00:48:01.05	4:45	12.6
280	ZALEWSKI ANDRZEJ	807	ATHLETICS NYSA	NYSA	POL	M40-49	85	M 280	00:13:42	00:23:26	00:34:54	00:45:08	00:47:51.70	00:48:04.70	4:47	12.5
281	SZCZERZEK ZBIGNIEW	636		ZABRZE	POL	M60-69	3	M 281	00:13:51	00:23:45	00:35:11	00:45:03	00:47:52.05	00:48:07.25	4:47	12.5
282	ODROZEK ALFRED	626		JASTRZEBIE -ZDRÓJ	POL	M50-59	22	M 282	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	4:47	12.5
283	WISEŁKA ANDRZEJ	46		RYBNIK	POL	M30-39	116	M 283	00:14:26	00:24:20	00:35:48	00:45:20	00:47:53.10	00:48:16.35	4:47	12.5
284	BARAN RYSZARD	767	RAFAKO S.A.	RACIBÓRZ	POL	M50-59	23	M 284	00:13:41	00:23:37	00:35:08	00:45:12	00:48:04.40	00:48:19.35	4:48	12.5
285	CHRAPKIEWICZ MAREK	528	LOTOMY ZE SZWAGREM	PSZCZYNA	POL	M30-39	118	M 285	00:13:38	00:23:40	00:35:24	00:45:13	00:48:02.65	00:48:19.80	4:48	12.5
286	MAKOŚ TOMEK	516		JAWORZE	POL	M40-49	87	M 286	00:14:11	00:24:09	00:35:20	00:45:15	00:47:59.80	00:48:19.90	4:47	12.5
287	PRZYBYŁA TOMASZ	673		WODZISŁAW ŚLĄSKI	POL	M40-49	86	M 287	00:14:27	00:24:23	00:35:42	00:45:26	00:47:54.90	00:48:20.45	4:47	12.5
288	GIERULA ARTUR	592	BS.CIESZYN.PL	DZIEGIELÓW	POL	M30-39	117	M 288	00:13:52	00:23:47	00:35:11	00:45:09	00:48:00.90	00:48:21.35	4:48	12.5
289	STREIT MARIUSZ	664		ŻORY	POL	M40-49	91	M 289	00:13:25	00:23:27	00:35:07	00:45:12	00:48:09.50	00:48:22.25	4:49	12.5
290	BIŁKO SŁAWEK	666		LESZNA GÓRNA	POL	M40-49	88	M 290	00:14:15	00:24:06	00:35:24	00:45:13	00:48:02.10	00:48:25.00	4:48	12.5
291	SZUBARSKI KRZYSZTOF	566	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	M40-49	90	M 291	00:14:25	00:24:17	00:35:46	00:45:29	00:48:06.75	00:48:27.70	4:48	12.5
292	BURYBA JACEK	136	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	119	M 292	00:14:22	00:24:13	00:35:36	00:45:23	00:48:07.25	00:48:27.90	4:48	12.5
293	KUBICA MIECZYSLAW	892		GOLESZÓW	POL	M40-49	89	M 293	00:14:15	00:24:04	00:35:24	00:45:26	00:48:05.15	00:48:29.70	4:48	12.5
294	BYSTRYKOWSKI MARCIN	281		JASTRZĘBIE-ZDRÓJ	POL	M40-49	93	M 294	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	4:49	12.4
295	GAWLAS JAN	725		JASTRZĘBIE	POL	M50-59	24	M 295	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	4:48	12.5
296	KOWALSKI ARTUR	724		JASTRZĘBIE-ZDRÓJ	POL	M30-39	120	M 296	00:13:26	00:23:15	00:35:06	00:45:23	00:48:08.05	00:48:32.60	4:48	12.5
297	LOT MICHAŁ	533		RUDA ŚLĄSKA	POL	M20-29	46	M 297	00:14:38	00:24:50	00:36:22	00:45:41	00:48:08.40	00:48:33.80	4:48	12.5
298	KONCKI ANDRZEJ	34		RYBNIK	POL	M40-49	92	M 298	00:14:18	00:24:08	00:35:26	00:45:24	00:48:12.05	00:48:34.00	4:49	12.4
299	WALA MAREK	188		JASTRZĘBIE ZDRÓJ	POL	M30-39	121	M 299	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	4:49	12.4
300	JUNKA PIOTR	888		JASTRZĘBIE ZDRÓJ	POL	M30-39	122	M 300	00:14:36	00:24:47	00:36:13	00:45:48	00:48:20.55	00:48:43.80	4:50	12.4
301	PIECHOCKI PIOTR	74		JASTRZĘBIE-ZDRÓJ	POL	M30-39	123	M 301	00:14:39	00:24:32	00:36:02	00:45:46	00:48:27.80	00:48:51.70	4:50	12.4
302	MARCZYNSKI SEBASTIAN	817		JASTRZEBIE	POL	M30-39	124	M 302	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	4:51	12.4
303	CZYRNEK DARIUSZ	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	95	M 303	00:14:29	00:24:27	00:36:02	00:45:49	00:48:31.50	00:48:54.10	4:51	12.4
304	GAŁKIEWICZ MICHAŁ	565		KATOWICE	POL	M40-49	96	M 304	00:13:54	00:23:55	00:35:32	00:45:44	00:48:41.80	00:48:55.55	4:52	12.3
305	TYKIERKA TOMASZ	844	TOXPRESS	BUDZISKA	POL	M40-49	94	M 305	00:14:44	00:24:33	00:35:49	00:45:31	00:48:17.60	00:48:55.70	4:49	12.4
306	JACHYMEK MARCIN	719		ŻORY	POL	M30-39	126	M 306	00:13:17	00:23:13	00:35:29	00:45:49	00:48:42.45	00:48:59.50	4:52	12.3
307	MARON TADEUSZ	56		JASTRZĘBIE-ZDRÓJ	POL	M30-39	125	M 307	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	4:52	12.3
308	SZEWCZUK ZBIGNIEW	200	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	25	M 308	00:13:53	00:24:03	00:35:43	00:45:48	00:48:51.80	00:49:04.35	4:53	12.3
309	SOWA PAWEŁ	812		JASZENICA	POL	M40-49	97	M 309	00:14:09	00:24:04	00:35:45	00:45:47	00:48:42.20	00:49:06.40	4:52	12.3
310	SKECZEK ARKADIUSZ	744	POWOLI DO CELU	GIŁOWICE	POL	M40-49	99	M 310	00:13:51	00:23:58	00:35:48	00:45:54	00:48:56.55	00:49:10.50	4:53	12.3
311	BOTOREK MICHAŁ	742		CIESZYN	POL	M30-39	127	M 311	00:14:39	00:24:51	00:36:24	00:46:16	00:48:47.80	00:49:12.05	4:52	12.3
312	WASILEWSKI MATEUSZ	879	ZOFIOWKA	JASTRZĘBIE ZDRÓJ	POL	M20-29	47	M 312	00:13:42	00:24:22	00:36:14	00:46:14	00:48:58.65	00:49:12.30	4:53	12.2
313	KUSIDŁO MARCIN	463		RYBNIK	POL	M30-39	128	M 313	00:14:26	00:24:23	00:35:56	00:45:57	00:48:53.25	00:49:14.50	4:53	12.3
314	ŚLEDZIŃSKI MACIEJ	585	ŚLEDZIE	JASTRZĘBIE-ZDRÓJ	POL	M40-49	98	M 314	00:14:36	00:24:48	00:36:15	00:46:03	00:48:52.50	00:49:18.05	4:53	12.3
315	WALA ANDRZEJ	512	1977	BIELSKO-BIAŁA	POL	M40-49	100	M 315	00:14:19	00:24:22	00:36:07	00:46:11	00:48:58.05	00:49:18.35	4:53	12.3
316	WIERCIOCH TOMASZ	131		KĘDZIERZYN-KOŹLE	POL	M30-39	129	M 316	00:14:35	00:24:41	00:36:17	00:46:09	00:48:56.40	00:49:20.55	4:53	12.3
317	SZYMICZEK RADOSŁAW	267	RAFAKO RUN TEAM	ROGÓW	POL	M30-39	130	M 317	00:14:16	00:24:20	00:35:56	00:46:09	00:49:00.85	00:49:23.20	4:54	12.2
318	FILUSZ DAWID	548		RYBNIK	POL	M20-29	48	M 318	00:14:35	00:24:39	00:36:14	00:46:12	00:49:01.00	00:49:27.65	4:54	12.2
319	HARATYK GRZEGORZ	294	KLUB BIEGACZA FARTLEK	JASTRZEBIE-ZDROJ	POL	M30-39	131	M 319	00:13:33	00:23:45	00:35:49	00:46:16	00:49:10.10	00:49:28.80	4:55	12.2
320	GLEBOCKI GRZEGORZ	906	GRZEGORZ GLEBOCKI	BIELSKO-BIAŁA	POL	M40-49	101	M 320	00:14:42	00:24:48	00:36:18	00:46:14	00:49:06.90	00:49:29.10	4:54	12.2
321	MACHEJ STANISŁAW	703	NIEZRZESZONY	CIESZYN	POL	M60-69	4	M 321	00:14:36	00:24:47	00:36:22	00:46:12	00:49:07.40	00:49:29.65	4:54	12.2
322	ŻBEL MICHAŁ	354	HRMAX ŻORY	ZEBRZYDOWICE	POL	M40-49	102	M 322	00:14:46	00:24:52	00:36:24	00:46:23	00:49:07.20	00:49:30.95	4:54	12.2
323	WYREMBELSKI AMADEUSZ	168		JASTRZĘBIE-ZDRÓJ	POL	M20-29	50	M 323	00:13:23	00:23:40	00:35:56	00:46:18	00:49:19.40	00:49:35.65	4:55	12.2
324	KOTARSKI MAREK	450	TKKF RELAX WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M50-59	26	M 324	00:14:37	00:24:43	00:36:12	00:46:09	00:49:08.95	00:49:39.80	4:54	12.2
325	ROMANIUK-DEMONCHAUX ADAM	852	DRUŻYNA KOPERNIKA	RYBNIK	POL	M40-49	104	M 325	00:14:32	00:24:39	00:36:24	00:46:13	00:49:17.50	00:49:41.90	4:55	12.2
326	JUSZCZAK GRZEGORZ	715		TYCHY	POL	M30-39	132	M 326	00:14:37	00:24:37	00:36:23	00:46:32	00:49:23.65	00:49:48.85	4:56	12.1
327	WILSZ ADAM	482	FIS-SST TEAM	PANIÓWKI	POL	M40-49	103	M 327	00:14:50	00:25:08	00:36:36	00:46:33	00:49:16.45	00:49:51.25	4:55	12.2

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
328	JARZYNA ANDRZEJ	477		JSTRZĘBIE - ZDRÓJ	POL	M20-29	49	M 328	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	4:55	12.2
329	KAMYCZEK ADAM	300		BAKÓW	POL	M30-39	133	M 329	00:14:10	00:24:25	00:36:26	00:46:42	00:49:30.05	00:49:53.00	4:57	12.1
330	JASIŃSKI MAKSYMILIAN	82		JASTRZĘBIE-ZDRÓJ	POL	M50-59	27	M 330	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	4:57	12.1
331	HERZYK ADAM	656		BIELSKO-BIAŁA	POL	M40-49	105	M 331	00:14:12	00:24:24	00:36:14	00:46:31	00:49:32.55	00:50:00.90	4:57	12.1
332	CYGANIK PIOTR	465	FC CWANIAKI	CHORZÓW	POL	M30-39	134	M 332	00:14:37	00:24:51	00:36:38	00:46:52	00:49:35.40	00:50:01.20	4:57	12.1
333	GANDZEL SZYMON	905		MAZAŃCOWICE	POL	M30-39	135	M 333	00:14:27	00:24:56	00:37:03	00:47:04	00:49:43.60	00:50:01.65	4:58	12.1
334	OLSZYNA MIROSLAW	156		RACIBÓRZ	POL	M40-49	106	M 334	00:15:15	00:25:42	00:37:32	00:46:58	00:49:32.70	00:50:03.60	4:57	12.1
335	TORBIŃSKI WIESLAW	159	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M60-69	5	M 335	00:14:38	00:24:49	00:36:27	00:46:44	00:49:40.15	00:50:04.55	4:58	12.1
336	DĘBSKI MARIUSZ	608		PSZCZYNA	POL	M40-49	110	M 336	00:13:37	00:24:01	00:36:20	00:46:53	00:49:52.70	00:50:06.65	4:59	12
337	DANIELUK KAZIMIERZ	404	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M60-69	6	M 337	00:14:19	00:24:24	00:36:24	00:46:54	00:49:45.65	00:50:08.60	4:58	12.1
338	KACHEL AREK	751		JASTRZĘBIE ZDRÓJ	POL	M40-49	108	M 338	00:14:40	00:24:41	00:36:27	00:46:54	00:49:46.95	00:50:09.70	4:58	12.1
339	GARUS KRZYSIEK	568	KSRG ZOFIÓWKA	JASTRZĘBIE ZDRÓJ	POL	M30-39	136	M 339	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	4:58	12
340	HEJNA ARTUR	467	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	107	M 340	00:14:55	00:25:20	00:37:00	00:46:57	00:49:41.20	00:50:13.40	4:58	12.1
341	SOJ PRZEMYSŁAW	230		KATOWICE	POL	M40-49	111	M 341	00:14:45	00:25:05	00:36:49	00:47:05	00:49:55.55	00:50:23.80	4:59	12
342	TURNIAK DARIUSZ	260		ŚWIERKLANY	POL	M40-49	109	M 342	00:14:15	00:24:23	00:36:25	00:46:51	00:49:51.50	00:50:24.75	4:59	12
343	ULMAN MARIUSZ	810	ATHLETICS NYSA	NYSA	POL	M40-49	112	M 343	00:14:37	00:24:52	00:36:49	00:47:09	00:50:03.75	00:50:31.30	5:00	12
344	DOMAGALIK ROBERT	254		JASTRZĘBIE ZDRÓJ	POL	M50-59	28	M 344	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	5:00	12
345	WIDENKA ROBERT	291	DYSTANS LUBOMIA	LUBOMIA	POL	M30-39	137	M 345	00:14:16	00:24:29	00:36:42	00:47:10	00:50:19.25	00:50:41.10	5:02	11.9
346	LECHOWICZ TADEUSZ	31	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M50-59	29	M 346	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	5:01	11.9
347	SKRZYPCZAK KRYSZTIAN	382		JASTRZĘBIE-ZDRÓJ	POL	M16-19	12	M 347	00:14:03	00:24:10	00:37:06	00:47:59	00:50:45.90	00:50:52.35	5:04	11.8
348	FURMANIUK ARTUR	773		CIESZYN	POL	M30-39	138	M 348	00:13:50	00:24:15	00:36:42	00:47:42	00:50:33.60	00:50:52.55	5:03	11.9
349	PETRYNA BARTOSZ	324	INCOGNITO RUNNERS	RYBNIK	POL	M30-39	140	M 349	00:13:48	00:24:15	00:36:34	00:47:33	00:50:43.85	00:51:00.30	5:04	11.8
350	PARTYKA KAROL	101		JASTRZĘBIE ZDRÓJ	POL	M30-39	139	M 350	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	5:03	11.9
351	PĘDZIK BŁAŻEJ	143		SZCZĘJKOWICE	POL	M20-29	51	M 351	00:15:34	00:25:46	00:37:33	00:47:57	00:50:27.20	00:51:13.70	5:02	11.9
352	WODYŃSKI WOJCIECH	341	KUŹNIA TRIATHLONU	KATOWICE	POL	M40-49	114	M 352	00:14:00	00:24:42	00:37:02	00:47:57	00:50:59.80	00:51:16.85	5:05	11.8
353	ZMUDA DARIUSZ	227		JASTRZĘBIE-ZDRÓJ	POL	M40-49	113	M 353	00:15:06	00:25:30	00:37:34	00:47:52	00:50:53.25	00:51:17.00	5:05	11.8
354	RASZKA JANUSZ	419	OLZA CIESZYN	CIESZYN	POL	M50-59	30	M 354	00:14:37	00:24:50	00:37:11	00:48:05	00:51:00.70	00:51:22.45	5:06	11.8
355	TARGOSZ PIOTR	48	OLZA CIESZYN	CIESZYN	POL	M40-49	115	M 355	00:14:39	00:24:51	00:36:55	00:48:14	00:51:15.10	00:51:37.45	5:07	11.7
356	JASZCZYK ŁUKASZ	760		JASTRZĘBIE-ZDRÓJ	POL	M30-39	142	M 356	00:16:04	00:26:39	00:38:15	00:48:22	00:51:07.85	00:51:41.00	5:06	11.7
357	SZUL JÓZEF	634		ŻORY	POL	M60-69	7	M 357	00:15:06	00:25:26	00:37:56	00:48:47	00:51:42.45	00:51:42.45	5:10	11.6
358	PIDANTY ŁUKASZ	81		JASTRZĘBIE ZDRÓJ	POL	M30-39	141	M 358	00:15:44	00:26:10	00:38:29	00:48:21	00:51:02.35	00:51:45.15	5:06	11.8
359	WISŁĘKA ZBIGNIEW	550	OLZA CIESZYN	DĘBOWIEC	POL	M40-49	118	M 359	00:14:40	00:24:59	00:37:38	00:48:36	00:51:29.70	00:51:53.45	5:09	11.7
360	SOBIERAJSKI PRZEMEK	573		RACIBÓRZ	POL	M40-49	117	M 360	00:14:39	00:24:50	00:37:21	00:48:24	00:51:29.30	00:51:53.95	5:08	11.7
361	SOKOŁOWSKI PIOTR	395	BRAK	MESZNA	POL	M50-59	31	M 361	00:15:10	00:25:32	00:37:55	00:48:20	00:51:22.90	00:51:56.15	5:08	11.7
362	KRÓLIK ARKADIUSZ	489	NIEZRZESZONY	JASTRZĘBIE-ZDRÓJ	POL	M40-49	116	M 362	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	5:08	11.7
363	BURNAGIEL TOMASZ	27		CZERWIONKA-LESZCZY NY	POL	M50-59	32	M 363	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	5:09	11.6
364	JAWORSKI MATEUSZ	514		BIELSKO-BIAŁA	POL	M30-39	143	M 364	00:14:33	00:25:02	00:37:34	00:48:42	00:51:31.75	00:52:02.30	5:09	11.6
365	PAJĄK KAMIL	312	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIEZDRÓJ	POL	M30-39	146	M 365	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	5:11	11.5
366	CIEŚLA ADAM	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	RYBNIK	POL	M40-49	121	M 366	00:14:19	00:24:40	00:37:37	00:48:44	00:51:44.90	00:52:07.35	5:10	11.6
367	NOWAK PATRYK	162	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M20-29	53	M 367	00:14:47	00:25:11	00:37:32	00:48:33	00:51:39.15	00:52:07.80	5:09	11.6
368	MAJCHRZAK DAWID	745		JASTRZĘBIE ZDRÓJ	POL	M20-29	54	M 368	00:13:38	00:24:08	00:37:24	00:48:43	00:51:50.60	00:52:09.55	5:11	11.6
369	DOMASZK PAWEŁ	702		JASTRZĘBIE-ZDRÓJ	POL	M20-29	52	M 369	00:15:53	00:26:42	00:38:58	00:49:05	00:51:35.80	00:52:10.30	5:09	11.6
370	ĆWIOK MAREK	530	TUV RHEINLAND POLSKA	PANIÓWKI	POL	M40-49	120	M 370	00:14:50	00:25:07	00:37:20	00:48:28	00:51:37.10	00:52:12.00	5:09	11.6
371	WIERBICKI KRYSZTIAN	333		PSZÓW	POL	M40-49	119	M 371	00:15:30	00:25:54	00:38:08	00:48:41	00:51:36.05	00:52:15.45	5:09	11.6
372	JANKO KAMIL	743		MIĘDZYRZECZE	POL	M30-39	145	M 372	00:15:43	00:26:20	00:38:42	00:49:13	00:51:49.00	00:52:16.15	5:10	11.6
373	MARCHEWKA BARTEK	603		JASTRZĘBIE ZDRÓJ	POL	M30-39	144	M 373	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	5:10	11.6
374	MAZUR ARKADIUSZ	569		MIĘDZYRZECZE DOLNE	POL	M30-39	147	M 374	00:15:53	00:26:35	00:38:43	00:49:12	00:51:59.80	00:52:27.25	5:12	11.5
375	BARANKIEWICZ IREK	513	XT 500	PISARZOWICE	POL	M40-49	122	M 375	00:15:37	00:26:17	00:38:45	00:49:18	00:52:04.45	00:52:34.85	5:12	11.5
376	PAJĄK MARCIN	431		JASTRZĘBIE-ZDRÓJ	POL	M20-29	55	M 376	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	5:12	11.5
377	JANIEC WITOLD	902	UNATCO	ZWONOWICE	POL	M40-49	124	M 377	00:14:50	00:25:35	00:38:16	00:49:22	00:52:26.35	00:52:38.80	5:14	11.4
378	RZĘSITA DAMIAN	780		MEŃKÓW	POL	M30-39	148	M 378	00:15:27	00:26:01	00:38:30	00:49:30	00:52:04.80	00:52:41.30	5:12	11.5
379	PALUCHIEWICZ SZYMON	243		PAWŁOWICE	POL	M40-49	123	M 379	00:14:49	00:25:44	00:38:24	00:49:15	00:52:21.20	00:52:44.90	5:14	11.5
380	JASIŃSKI KRISTOF	865	WILD RUNERS	BOJSZÓWY	POL	M20-29	56	M 380	00:15:23	00:26:08	00:38:22	00:49:14	00:52:16.55	00:52:45.40	5:13	11.5
381	BORUCKI DARIUSZ	517		KOŃCZYCE MAŁE	POL	M30-39	150	M 381	00:15:20	00:25:51	00:38:33	00:49:16	00:52:23.45	00:52:50.00	5:14	11.5
382	LANDZIŃSKI JACEK	471		ŻORY	POL	M30-39	149	M 382	00:15:55	00:26:38	00:39:00	00:49:30	00:52:22.20	00:52:53.55	5:14	11.5

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
383	RECLIK JACEK	728	DECATHLON RYBNIK	RYBNIK	POL	M40-49	125	M 383	00:16:26	00:27:36	00:40:11	00:49:59	00:52:32.35	00:52:58.65	5:15	11.4
384	ANUSZKIEWICZ IGOR	53		JASTRZĘBIE ZDRÓJ	POL	M30-39	152	M 384	00:14:47	00:25:25	00:38:14	00:49:23	00:52:33.90	00:52:59.70	5:15	11.4
385	WACNIK DARIUSZ	67		JASTRZĘBIE -ZDRÓJ	POL	M40-49	126	M 385	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	5:15	11.4
386	BRZEZNIAK JAN	893		LIBIAŻ	POL	M30-39	153	M 386	00:15:27	00:26:01	00:38:30	00:49:30	00:52:34.50	00:53:10.50	5:15	11.4
387	MARYNIAK WOJTEK	689		GLIWICE	POL	M30-39	151	M 387	00:16:07	00:27:03	00:39:16	00:49:41	00:52:32.50	00:53:11.65	5:15	11.4
388	MARCINIAK ARTUR	710		BRENNA	POL	M50-59	33	M 388	00:15:29	00:26:25	00:38:55	00:49:43	00:52:45.35	00:53:12.50	5:16	11.4
389	LISIOWSKI JAKUB	524		MARKLOWICE GÓRNE	POL	M16-19	13	M 389	00:16:06	00:26:48	00:39:07	00:49:49	00:52:40.15	00:53:13.30	5:16	11.4
390	BARAN DAWID	486	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	154	M 390	00:14:37	00:25:22	00:38:24	00:49:36	00:52:50.05	00:53:13.95	5:17	11.4
391	MAKOWSKI GRZEGORZ	201		JASTRZĘBIE-ZDRÓJ	POL	M20-29	57	M 391	00:15:13	00:26:01	00:38:56	00:50:06	00:52:41.20	00:53:16.10	5:16	11.4
392	JAKUBIEC JACEK	339	BB RUNNERS	BUCZKOWICE	POL	M40-49	127	M 392	00:16:05	00:27:05	00:39:29	00:49:48	00:52:42.45	00:53:17.00	5:16	11.4
393	KOPTA JERZY	80	CWAŁUJĄCE DZIADKI	KRAKÓW	POL	M70+	2	M 393	00:15:27	00:26:08	00:38:51	00:49:47	00:52:49.40	00:53:17.05	5:17	11.4
394	FLASZ DAWID	191		JASTRZĘBIE-ZDRÓJ	POL	M40-49	128	M 394	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	5:17	11.3
395	STARCZEWSKI MARCIN	593		SOSNOWIEC	POL	M30-39	155	M 395	00:15:50	00:26:43	00:39:02	00:49:49	00:52:50.70	00:53:26.40	5:17	11.4
396	DURAJ DARIUSZ	86	WKURW_TEAM	BYSTRA	POL	M30-39	156	M 396	00:16:06	00:27:06	00:39:30	00:50:03	00:52:56.75	00:53:30.45	5:17	11.3
397	ŁATKA MAREK	387		RUDZICZKS	POL	M40-49	130	M 397	00:15:10	00:26:04	00:38:41	00:49:55	00:53:07.20	00:53:32.70	5:18	11.3
398	CZYŻ WOJCIECH	624		GÓRKI MAŁE	POL	M40-49	129	M 398	00:15:13	00:26:03	00:38:51	00:50:00	00:53:05.30	00:53:35.30	5:18	11.3
399	KUBULUS TOMASZ	570	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	158	M 399	00:14:37	00:25:24	00:38:46	00:50:16	00:53:23.30	00:53:47.55	5:20	11.2
400	KROCZEK PRZEMYSŁAW	829		ZEBRZYDOWICE	POL	M20-29	58	M 400	00:16:17	00:27:02	00:39:48	00:50:03	00:53:04.10	00:53:50.85	5:18	11.3
401	ŚWIECA MARCIN	402	FUNDACJA POMOCY GOLDENOM AUREA	GÓRKI WIELKIE	POL	M40-49	132	M 401	00:15:23	00:26:21	00:39:08	00:50:20	00:53:26.20	00:53:55.50	5:20	11.2
402	MALISZEWSKI MARCIN	578		JASTRZĘBIE-ZDRÓJ	POL	M30-39	157	M 402	00:15:39	00:25:59	00:38:40	00:49:49	00:53:12.55	00:53:56.35	5:19	11.3
403	BYWALEC STANISŁAW	704	DIET-FIGHT	WODZISŁAW ŚLĄSKI	POL	M40-49	131	M 403	00:15:16	00:25:59	00:38:48	00:50:11	00:53:25.20	00:53:57.95	5:20	11.2
404	MAKOWSKI DARIUSZ	311		JASTRZĘBIE-ZDRÓJ	POL	M30-39	159	M 404	00:15:12	00:26:00	00:38:55	00:50:24	00:53:27.05	00:54:02.45	5:20	11.2
405	HARAZIN JANUSZ	434	2 TM 4,7	PAWŁOWICE	POL	M30-39	160	M 405	00:16:01	00:27:11	00:39:47	00:50:37	00:53:33.15	00:54:08.75	5:21	11.2
406	SUTKOWSKI MARCIN	690		ŚWIERKLANY	POL	M30-39	162	M 406	00:14:44	00:25:54	00:39:08	00:50:46	00:53:52.85	00:54:13.90	5:23	11.1
407	KUBIENIEC GRZEGORZ	618		JASTRZĘBIE-ZDRÓJ	POL	M40-49	134	M 407	00:15:25	00:26:24	00:39:10	00:50:23	00:53:43.35	00:54:14.60	5:22	11.2
408	KONOPKA JAROSŁAW	707		JASTRZĘBIE ZDROJ	POL	M40-49	133	M 408	00:16:03	00:27:01	00:39:23	00:50:22	00:53:33.60	00:54:15.05	5:21	11.2
409	KAPUSTA BARTŁOMIEJ	178		JASTRZĘBIE-ZDRÓJ	POL	M30-39	161	M 409	00:16:07	00:27:20	00:40:07	00:50:43	00:53:41.95	00:54:23.75	5:22	11.2
410	HUCHRO TOMASZ	653	SZYBYCY I WŚCIEKLI	MYSŁOWICE	POL	M20-29	59	M 410	00:16:08	00:27:22	00:40:09	00:51:05	00:53:58.85	00:54:26.40	5:23	11.1
411	CHROBOK GERARD	535		CIESZYN	POL	M50-59	35	M 411	00:15:22	00:26:24	00:39:26	00:50:41	00:53:58.10	00:54:28.55	5:23	11.1
412	PAJESTKA MAREK	148	WRM MC POLAND	RUDA ŚLĄSKA	POL	M40-49	135	M 412	00:15:35	00:26:30	00:39:25	00:50:40	00:53:50.25	00:54:36.75	5:23	11.1
413	PLASKA GRZEGORZ	208	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	136	M 413	00:15:33	00:26:29	00:39:26	00:50:41	00:53:51.65	00:54:37.00	5:23	11.1
414	ZAWIERUCHA ALEKSANDER	488	ROSZADA ŻORY	ŻORY	POL	M50-59	34	M 414	00:16:06	00:27:14	00:40:01	00:51:00	00:53:57.10	00:54:37.30	5:23	11.1
415	POPCZYK PIOTR	732		ŻERNICA	POL	M40-49	138	M 415	00:16:00	00:27:17	00:40:20	00:51:20	00:54:13.25	00:54:39.30	5:25	11.1
416	BANDÍK PAVEL	350	SK ČERNÉ PLÍČE	FRÝDLANT NAD OSTRAVICÍ	CZE	M50-59	36	M 416	00:16:09	00:27:23	00:40:11	00:51:04	00:54:09.35	00:54:43.45	5:24	11.1
417	SZEREDA ROBERT	340		JASTRZĘBIE-ZDRÓJ	POL	M40-49	140	M 417	00:14:24	00:25:27	00:39:00	00:51:12	00:54:40.75	00:54:45.55	5:28	11
418	WOJTAŚ KAROL	788	KOLKA TEAM	BIELSKO-BIAŁA	POL	M30-39	163	M 418	00:17:15	00:28:14	00:40:46	00:51:12	00:54:12.05	00:54:47.90	5:25	11.1
419	JANCZYK GRZEGORZ	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	137	M 419	00:16:15	00:26:59	00:39:46	00:50:57	00:54:02.65	00:54:50.80	5:24	11.1
420	WOLIŃSKI JÓZEF	114		GLIWICE	POL	M50-59	37	M 420	00:15:57	00:26:55	00:39:50	00:51:05	00:54:15.70	00:54:53.30	5:25	11.1
421	PAJĄCZKOWSKI MICHAŁ	885	NOVA TRADING S.A. STALE BIEGAM	MYSŁOWICE	POL	M30-39	164	M 421	00:16:23	00:28:00	00:40:46	00:51:13	00:54:18.30	00:54:54.70	5:25	11
422	KACZMARCZYK MARIUSZ	515	OLZA CIESZYN	PAWŁOWICE	POL	M30-39	166	M 422	00:15:46	00:26:44	00:40:25	00:51:26	00:54:24.35	00:54:55.40	5:26	11
423	STRZAŁA MAREK	551		STRUMIEŃ	POL	M20-29	60	M 423	00:15:02	00:26:18	00:39:55	00:51:24	00:54:32.25	00:54:58.15	5:27	11
424	POŁĘC KRZYSZTOF	140	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	165	M 424	00:16:01	00:27:22	00:40:10	00:51:22	00:54:24.30	00:54:58.45	5:26	11
425	CZARNOTA LESZEK	113		MARKLOWICE	POL	M40-49	139	M 425	00:16:11	00:27:22	00:40:15	00:51:29	00:54:36.90	00:55:12.75	5:27	11
426	RAPUCHA ADAM	720		ŻORY	POL	M30-39	168	M 426	00:16:11	00:27:24	00:40:13	00:51:29	00:54:44.00	00:55:17.80	5:28	11
427	BIGOS GRZEGORZ	637	GRAMMI	JAWORZNO	POL	M30-39	172	M 427	00:14:38	00:25:50	00:39:04	00:51:22	00:55:03.75	00:55:18.95	5:30	10.9
428	HYLA PRZEMYSŁAW	713		JASTRZĘBIE ZDRÓJ	POL	M30-39	167	M 428	00:16:38	00:27:57	00:40:42	00:51:37	00:54:42.85	00:55:23.80	5:28	11
429	KOMRAUS SŁAWOMIR	602	WILD RUNNERS CLUB	PSZCZYNA	POL	M30-39	169	M 429	00:15:30	00:26:38	00:40:04	00:51:48	00:54:55.95	00:55:24.70	5:29	10.9
430	WĘGLEWSKI ZBIGNIEW	672		JASTRZĘBIE ZDRÓJ	POL	M50-59	38	M 430	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	5:29	10.9
431	SKURSKI JAKUB	840		PAWŁOWICE	POL	M30-39	171	M 431	00:15:55	00:27:03	00:40:26	00:51:50	00:55:02.15	00:55:31.00	5:30	10.9
432	DEJEWSKI JAKUB	303	1984	JASTRZĘBIE-ZDRÓJ	POL	M30-39	170	M 432	00:16:10	00:27:25	00:40:13	00:51:38	00:55:01.15	00:55:33.80	5:30	10.9
433	RYZ DAWID	545		RUDA ŚLĄSKA	POL	M20-29	61	M 433	00:16:04	00:27:26	00:40:48	00:51:59	00:54:58.10	00:55:34.30	5:29	10.9
434	GRABKA STANISŁAW	737	NIEZRZESZONY	KRAKOW	POL	M70+	3	M 434	00:16:14	00:27:30	00:40:52	00:52:03	00:55:04.80	00:55:34.95	5:30	10.9
435	BAJOR RAFAŁ	872	REBELLION OF FREE RUNNERS	ŻORY	POL	M40-49	142	M 435	00:15:29	00:26:50	00:40:16	00:51:40	00:55:06.65	00:55:35.15	5:30	10.9

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
436	CHMIEL JACEK	499		JASTRZĘBIE-ZDRÓJ	POL	M60-69	8	M 436	00:16:15	00:27:32	00:40:37	00:52:05	00:55:14.40	00:55:42.35	5:31	10.9
437	WOLINSKI DARIUSZ	898	STRAŻAK	ŻORY	POL	M40-49	141	M 437	00:16:03	00:27:32	00:40:48	00:52:04	00:55:05.25	00:55:45.90	5:30	10.9
438	STEKLA BARTŁOMIEJ	610		SKOCZÓW	POL	M20-29	62	M 438	00:16:10	00:27:23	00:40:24	00:51:53	00:55:12.45	00:55:48.95	5:31	10.9
439	MORAWSKI JANUSZ	873	PSZCZYNA BIEGA	PSZCZYNA	POL	M40-49	143	M 439	00:16:14	00:27:27	00:40:52	00:52:12	00:55:20.85	00:55:57.70	5:32	10.8
440	FROSZTEGA DANIEL	837		JASTRZĘBIE-ZDRÓJ	POL	M30-39	174	M 440	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	5:33	10.8
441	BANDER JERZY	498		WODZISŁAW ŚLĄSKI	POL	M40-49	144	M 441	00:16:24	00:27:52	00:41:18	00:52:25	00:55:36.40	00:56:02.15	5:33	10.8
442	SOBCZYK SŁAWOMIR	627	PASJONAT	TYCHY	POL	M50-59	39	M 442	00:17:00	00:28:30	00:41:27	00:52:28	00:55:28.75	00:56:10.35	5:32	10.8
443	CIEŚLIK RAFAŁ	677		WODZISŁAW ŚLĄSKI	POL	M30-39	173	M 443	00:16:53	00:28:27	00:41:50	00:52:44	00:55:28.90	00:56:12.25	5:32	10.8
444	MŁYNARCZYK JERZY	403	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE-ZDRÓJ	POL	M50-59	40	M 444	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	5:36	10.7
445	KRAMER PIOTR	539		JASTRZĘBIE-ZDRÓJ	POL	M40-49	145	M 445	00:16:33	00:27:48	00:41:03	00:52:39	00:55:51.25	00:56:33.10	5:35	10.7
446	UKLEJA SEBASTIAN	258		JASTRZĘBIE-ZDRÓJ	POL	M40-49	147	M 446	00:15:46	00:27:25	00:41:18	00:53:10	00:56:25.30	00:56:53.60	5:38	10.6
447	WITOSZA ADAM	695		KATOWICE	POL	M40-49	146	M 447	00:16:05	00:26:50	00:40:06	00:52:28	00:56:16.75	00:56:55.45	5:37	10.7
448	PLONKA KRZYSZTOF	740		JASTRZĘBIE-ZDRÓJ	POL	M50-59	41	M 448	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	5:39	10.6
449	GRZESZCZUK TOMASZ	529		JASTRZĘBIE-ZDRÓJ	POL	M20-29	63	M 449	00:16:07	00:28:01	00:41:51	00:53:40	00:56:44.10	00:57:10.75	5:40	10.6
450	PIETRZYK MAREK	556	BIEGIEM PRZEZ CHYBIE	CHYBIE	POL	M60-69	9	M 450	00:16:13	00:27:47	00:41:28	00:53:12	00:56:35.95	00:57:11.60	5:39	10.6
451	MUSIAŁ ŁUKASZ	270	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	176	M 451	00:16:23	00:27:31	00:41:33	00:53:25	00:56:49.90	00:57:19.80	5:41	10.6
452	NADROWSKI TADEUSZ	739	TYTUŁ	ZORY	POL	M60-69	10	M 452	00:16:34	00:28:13	00:41:52	00:53:38	00:56:54.95	00:57:24.40	5:41	10.5
453	KUBICA TADEUSZ	353	BWM	ŻORY	POL	M50-59	42	M 453	00:16:30	00:28:01	00:41:43	00:53:28	00:56:50.85	00:57:26.05	5:41	10.6
454	MALISZEWSKI DARIUSZ	214		JASTRZĘBIE-ZDRÓJ	POL	M30-39	175	M 454	00:17:09	00:29:05	00:42:45	00:53:51	00:56:44.20	00:57:28.90	5:40	10.6
455	KOTERZYNA JANUSZ	641	AMATOR	ŻORY	POL	M60-69	11	M 455	00:16:20	00:27:58	00:41:53	00:53:45	00:57:10.30	00:57:36.30	5:43	10.5
456	PIĄTEK TOMASZ	880	WILDBUCHAYS	PISARZOWICE	POL	M40-49	148	M 456	00:16:18	00:28:04	00:42:05	00:54:03	00:57:15.60	00:57:49.80	5:43	10.5
457	BAŃCZYK KRZYSZTOF	71		BIELSKO-BIAŁA	POL	M30-39	177	M 457	00:17:08	00:28:53	00:42:14	00:53:56	00:57:14.25	00:58:00.20	5:43	10.5
458	PYZIK MARCIN	506		JASTRZĘBIE-ZDRÓJ	POL	M40-49	149	M 458	00:15:56	00:27:16	00:41:20	00:54:02	00:57:31.60	00:58:06.70	5:45	10.4
459	BUJNA TOMASZ	23		JASTRZĘBIE-ZDRÓJ	POL	M50-59	43	M 459	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	5:45	10.4
460	IZDEBSKI KONRAD	696		JASTRZĘBIE-ZDRÓJ	POL	M20-29	64	M 460	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	5:45	10.4
461	CIEŚLA ARTUR	769		JASTRZĘBIE-ZDRÓJ	POL	M30-39	179	M 461	00:16:04	00:27:46	00:41:46	00:54:19	00:57:54.80	00:58:32.30	5:47	10.4
462	WOWRA ROBERT	116		JASTRZĘBIE-ZDRÓJ	POL	M30-39	178	M 462	00:17:52	00:30:04	00:43:40	00:54:52	00:57:49.00	00:58:39.10	5:46	10.4
463	WILCZEK MAREK	815		RYDUŁTOWY	POL	M40-49	150	M 463	00:16:51	00:28:45	00:42:37	00:54:43	00:57:59.85	00:58:41.15	5:48	10.3
464	ŻAGIEL WIKTOR	457		RACIBÓRZ	POL	M20-29	65	M 464	00:16:12	00:27:29	00:42:00	00:55:21	00:58:21.65	00:58:54.90	5:50	10.3
465	SŁOWIŃSKI KAMIL	895		RYBNIK	POL	M30-39	181	M 465	00:17:01	00:29:04	00:43:00	00:55:04	00:58:20.25	00:58:56.75	5:50	10.3
466	SZCZERBA MICHAŁ	855		BIELSKO-BIAŁO	POL	M40-49	151	M 466	00:15:39	00:27:09	00:42:25	00:55:13	00:58:24.90	00:58:56.95	5:50	10.3
467	LISZOK PRZEMYSŁAW	112		JASTRZĘBIE-ZDRÓJ	POL	M30-39	180	M 467	00:16:59	00:29:02	00:42:58	00:54:56	00:58:19.90	00:58:58.55	5:50	10.3
468	PASTUSZKA MARCIN	841		ŁĄKA	POL	M30-39	183	M 468	00:16:42	00:28:47	00:42:49	00:55:03	00:58:33.30	00:59:11.30	5:51	10.2
469	POSTUPALSKI MARCIN	307		JASTRZĘBIE-ZDRÓJ	POL	M30-39	182	M 469	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	5:50	10.3
470	DRĄG RAFAŁ	287		BESTWINKA	POL	M30-39	184	M 470	00:17:17	00:29:17	00:43:14	00:55:19	00:58:35.45	00:59:14.70	5:51	10.2
471	MENCEWICZ PAWEŁ	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	GOŁKOWICE	POL	M40-49	154	M 471	00:16:35	00:28:34	00:42:34	00:55:26	00:58:58.55	00:59:20.25	5:53	10.2
472	ADAMIK LUKASZ	825	KUCE Z BRONKSU	ZABRZE	POL	M20-29	66	M 472	00:17:48	00:30:11	00:43:59	00:55:45	00:58:52.95	00:59:32.50	5:53	10.2
473	KUŚKA TADEUSZ	800	HOLDDEX TEAM	JANKOWICE	POL	M30-39	185	M 473	00:16:37	00:28:47	00:43:02	00:55:23	00:58:47.80	00:59:35.00	5:52	10.2
474	ŚWIERCZ JANUSZ	479	WRM MC POLAND	BIERUŃ	POL	M40-49	152	M 474	00:17:28	00:29:56	00:43:26	00:55:29	00:58:54.35	00:59:42.00	5:53	10.2
475	SZYMANIEC MARCIN	155	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	153	M 475	00:16:15	00:28:08	00:42:30	00:55:13	00:58:55.10	00:59:42.05	5:53	10.2
476	KOWALSKI PIOTR	543		JASTRZĘBIE-ZDRÓJ	POL	M40-49	155	M 476	00:17:50	00:30:18	00:44:21	00:55:44	00:59:01.25	00:59:49.95	5:54	10.2
477	GIL KRZYSZTOF	799		JASTRZĘBIE-ZDRÓJ	POL	M50-59	44	M 477	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	5:56	10.1
478	BĘBENEK MARCIN	107	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	186	M 478	00:17:47	00:30:09	00:43:54	00:55:56	00:59:17.85	01:00:01.40	5:55	10.1
479	LONDWIG TOMASZ	245	MTB KYNDRA KLUB	JASTRZĘBIE-ZDRÓJ	POL	M30-39	187	M 479	00:17:47	00:30:10	00:43:55	00:55:56	00:59:18.25	01:00:01.80	5:55	10.1
480	LACH GRZEGORZ	616	BLOOD MANTRA	KIETRZ	POL	M30-39	188	M 480	00:18:27	00:31:03	00:44:38	00:56:08	00:59:25.15	01:00:06.10	5:56	10.1
481	WIDENKA KRYSZTOF	152	SYRYNIA	SYRYNIA	POL	M20-29	67	M 481	00:16:26	00:28:22	00:42:39	00:55:35	00:59:23.15	01:00:06.25	5:56	10.1
482	HĄJNSZ ROBERT	802		RUDA ŚLĄSKA	POL	M20-29	68	M 482	00:17:49	00:30:13	00:44:34	00:56:44	01:00:10.95	01:00:49.90	6:01	10.0
483	MAREK JAROSŁAW	409		SOSNOWIEC	POL	M40-49	156	M 483	00:17:55	00:30:25	00:44:35	00:57:02	01:00:23.70	01:01:02.95	6:02	9.9
484	LURANC PAWEŁ	774	MARCZYK-LURANC TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	157	M 484	00:18:30	00:31:12	00:45:17	00:57:36	01:01:03.20	01:01:45.75	6:06	9.8
485	POŁOK ROBERT	661		BIELSKO-BIAŁA	POL	M20-29	69	M 485	00:16:48	00:29:05	00:44:07	00:57:32	01:01:26.80	01:01:58.00	6:08	9.8
486	KRZYSTOLIK DAMIAN	418		JASTRZĘBIE-ZDRÓJ	POL	M30-39	189	M 486	00:18:12	00:30:48	00:45:32	00:57:58	01:01:19.05	01:02:06.45	6:07	9.8
487	SZABLA MATEUSZ	750		NIEGOWONICE	POL	M20-29	70	M 487	00:17:06	00:29:05	00:44:37	00:58:03	01:01:53.75	01:02:36.50	6:11	9.7
488	SOBIERAJ PAWEŁ	914		JASTRZĘBIE-ZDRÓJ	POL	M40-49	158	M 488	00:16:41	00:29:29	00:44:44	00:58:13	01:02:00.35	01:02:36.90	6:12	9.7
489	GIŻYŃSKI KRYSZTOF	274		JASTRZĘBIE-ZDRÓJ	POL	M20-29	71	M 489	00:16:52	00:29:52	00:45:39	00:59:20	01:02:32.10	01:03:18.60	6:15	9.6
490	DANIŁOŚ BARTŁOMIEJ	501		JASTRZĘBIE-ZDRÓJ	POL	M30-39	190	M 490	00:18:06	00:30:58	00:45:36	00:58:42	01:02:37.85	01:03:24.80	6:15	9.6

JASTRZĘBSKA DZIESIĄTKA, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
491	JANISZEWSKI BARTOSZ	554		JASTRZĘBIE-ZDRÓJ	POL	M30-39	191	M 491	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	6:19	9.5
492	BACHTA WOJCIECH	108	DA VINCI STUDIO	BIELSKO-BIAŁA	POL	M30-39	192	M 492	00:17:32	00:30:28	00:45:46	00:59:31	01:03:16.75	01:04:01.95	6:19	9.5
493	WOJTKOWIAK ROBERT	43		SKÓRZEWO	POL	M30-39	193	M 493	00:18:02	00:31:05	00:46:26	00:59:16	01:03:22.15	01:04:08.70	6:20	9.5
494	KUCZERA MAREK	413	INŻYNIERIA BIEGANIA	CZERNICA	POL	M40-49	160	M 494	00:18:03	00:30:57	00:46:28	00:59:53	01:03:44.45	01:04:14.90	6:22	9.4
495	WÓJCIK DARIUSZ	670	ŻORY	ŻORY	POL	M40-49	159	M 495	00:18:24	00:31:10	00:46:18	00:59:49	01:03:34.35	01:04:20.60	6:21	9.4
496	ŚMIETANA MARIUSZ	474	TUPOT MAŁYCH STÓPEK	RACIBÓRZ	POL	M40-49	161	M 496	00:17:41	00:30:05	00:45:48	00:59:51	01:03:56.50	01:04:41.85	6:23	9.4
497	ZIMNY IRENEUSZ	36		RYBNIK	POL	M40-49	163	M 497	00:18:13	00:31:26	00:47:13	01:00:30	01:04:22.00	01:04:48.10	6:26	9.3
498	HEFTOWICZ DOMINIK	861	ALE WSPIERA	ZGIERZ	POL	M40-49	162	M 498	00:18:16	00:31:21	00:46:42	01:00:17	01:04:10.10	01:04:50.45	6:25	9.4
499	OSTROWSKI SŁAWOMIR	315		JASTRZĘBIE-ZDRÓJ	POL	M50-59	45	M 499	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	6:26	9.3
500	PIOTROWSKI MIECZYSLAW	583		DĄBROWA GÓRNICZA	POL	M70+	4	M 500	00:18:14	00:31:32	00:47:19	01:01:06	01:04:45.70	01:05:15.15	6:28	9.3
501	SOBAŃSKI MATEUSZ	485		BIELSKO-BIAŁA	POL	M20-29	72	M 501	00:19:50	00:33:11	00:48:20	01:01:23	01:04:53.80	01:05:41.05	6:29	9.2
502	WOLNY ŁUKASZ	821		ŻORY	POL	M30-39	194	M 502	00:19:04	00:33:10	00:48:35	01:02:26	01:05:35.80	01:06:06.35	6:33	9.1
503	GÓRNY MIECZYSLAW	363		ŻORY	POL	M30-39	195	M 503	00:19:04	00:33:09	00:48:35	01:02:26	01:05:36.35	01:06:06.70	6:33	9.1
504	KAWULAK KAZIMIERZ	494	KB MCKIS JAWORZNO	JAWORZNO	POL	M50-59	46	M 504	00:18:36	00:32:16	00:48:21	01:02:01	01:05:54.30	01:06:34.90	6:35	9.1
505	PRZYŁUCKI GRZEGORZ	611		PRECZÓW	POL	M50-59	47	M 505	00:18:43	00:32:00	00:48:26	01:02:11	01:05:57.90	01:06:43.00	6:35	9.1
506	ZBYL JACEK	172		JASTRZĘBIE ZDRÓJ	POL	M50-59	48	M 506	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	6:37	9.1
507	ZAWADA JAKUB	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	CHRZANÓW	POL	M40-49	164	M 507	00:19:36	00:33:15	00:49:01	01:02:47	01:06:27.55	01:07:16.00	6:38	9
508	PROĆ ANDRZEJ	61	REBELLION OF FREE RUNNERS	BALIN	POL	M50-59	49	M 508	00:18:28	00:32:59	00:49:49	01:04:28	01:08:24.15	01:08:53.90	6:50	8.8
509	KUBAS MARIUSZ	322	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	165	M 509	00:19:57	00:34:52	00:53:10	01:07:58	01:11:53.45	01:12:38.40	7:11	8.3
510	RUMPEL KRZYSZTOF	91	KS M.E.T.A.	CZYŻOWICE	POL	M30-39	196	M 510	00:21:35	00:36:45	00:53:59	01:09:23	01:13:49.85	01:14:30.75	7:23	8.1
511	BAŃKA JAN	601	NIEZRZESZONY	CZĘSTOCHOWA	POL	M70+	5	M 511	00:21:35	00:36:28	00:54:56	01:10:31	01:14:49.35	01:15:40.20	7:29	8
512	MIERZYŃSKI KAMIL	658		JASTRZĘBIE ZDRÓJ	POL	M20-29	73	M 512	00:24:11	00:42:32	01:03:28	01:22:13	01:27:21.00	01:27:25.35	8:44	6.9
513	KOMANIECKI ŁUKASZ	249	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	197	M 513	00:12:10	00:20:48	00:30:58	00:40:45			4:20	13.8
514	OPUHLIK TOMASZ	377	AKTYWNAPSZCZYNA.PL	STUDZIENICE	POL	M30-39	198	M 514	00:11:45	00:19:57					3:59	15
515	SYPIEWSKI GRZEGORZ	818	WRM MC POLAND	JASTRZEBIE-ZDROJ	POL	M40-49	166	M 515	00:17:34						6:03	9.9

JASTRZĘBSKA DZIESIĄTKA, Najlepszy Górnik

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	MRÓWKA MATEUSZ	4	KWK MARCEL/RADLINIOKI W BIEGU	RADLIN	POL	M20-29	2	M 3	00:09:19	00:15:41	00:23:16	00:29:56	00:31:49.15	00:31:50.95	3:10	18.9
2	SZULIK GRZEGORZ	5	KB MOSIR JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M30-39	5	M 9	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	3:25	17.6
3	KNESZ MAREK	464		JEJKOWICE	POL	M50-59	1	M 31	00:10:35	00:18:13		00:34:44	00:37:01.20	00:37:04.10	3:42	16.2
4	KULESZA ŁUKASZ	678		RYBNIK	POL	M30-39	25	M 39	00:10:52	00:18:37		00:35:18	00:37:27.70	00:37:30.65	3:44	16
5	GIŻYŃSKI DAMIAN	252		JASTRZĘBIE ZDRÓJ	POL	M30-39	28	M 48	00:10:38	00:18:11		00:35:46	00:37:56.60	00:37:59.85	3:47	15.8
6	ALBRECHT ARKADIUSZ	197	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	7	M 53	00:11:00	00:18:53		00:35:47	00:38:05.30	00:38:11.85	3:48	15.8
7	WITALA TOMASZ	381		ŻORY	POL	M40-49	9	M 69	00:11:42	00:19:51	00:29:08	00:37:05	00:39:21.10	00:39:29.35	3:56	15.2
8	KUNINA PAWEŁ	130	AMATOR	JASTRZĘBIE ZDRÓJ	POL	M40-49	13	M 74	00:11:34	00:19:52	00:29:12	00:37:08	00:39:32.50	00:39:38.60	3:57	15.2
9	KRETEK ŁUKASZ	519	AKTYWNI LYSKI	LYSKI	POL	M20-29	17	M 81	00:11:45	00:19:58	00:29:19	00:37:29	00:39:47.10	00:39:56.60	3:58	15.1
10	WASZTYL GRZEGORZ	771		KATOWICE	POL	M40-49	15	M 86	00:11:49	00:20:06	00:29:46	00:37:56	00:40:09.10	00:40:17.80	4:00	14.9
11	SIEGMUND TADEUSZ	187	KB MOSIR JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	POL	M40-49	20	M 106	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	4:07	14.5
12	SPYRKA PIOTR	97		JASTRZĘBIE ZDRÓJ	POL	M30-39	50	M 107	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	4:07	14.5
13	DZIDA JANUSZ	483	EXME BERGER GROUP	ŻORY	POL	M30-39	51	M 108	00:11:28	00:20:01	00:30:05	00:38:54	00:41:21.45	00:41:26.50	4:08	14.5
14	KUŚ DAWID	606	POLSKA GRUPA GÓRNICZA	KATOWICE	POL	M30-39	53	M 114	00:11:43	00:20:13	00:30:28	00:39:26	00:41:55.50	00:42:02.10	4:11	14.3
15	ADAMCZEWSKI WALDEMAR	37		JASTRZĘBIE-ZDRÓJ	POL	M50-59	6	M 116	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	4:11	14.3
16	LEŚNIAK KRZYSZTOF	296	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	M40-49	26	M 119	00:12:26	00:21:07	00:31:08	00:39:39	00:42:01.15	00:42:12.20	4:12	14.3
17	PRÓSZYŃSKI SŁAWOMIR	298		JASTRZĘBIE ZDRÓJ	POL	M30-39	57	M 125	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	4:13	14.2
18	GRZONKA ANDRZEJ	128	GBGALOPUJACE SLIMAKI	JASTRZEBIE-ZDROJ	POL	M40-49	28	M 126	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	4:13	14.2
19	JARGOŃ JACEK	458		RYBNIK	POL	M40-49	29	M 127	00:12:03	00:20:45	00:30:58	00:39:45	00:42:17.80	00:42:27.25	4:13	14.2
20	PRZYBYSZ RYSZARD	206		ZORY	POL	M50-59	8	M 132	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	4:15	14.1
21	GADAJ GRZEGORZ	562		RADLIN	POL	M30-39	60	M 133	00:12:00	00:20:47	00:31:06	00:40:03	00:42:37.10	00:42:47.00	4:15	14.1
22	PIŁATOWSKI MIROSLAW	85	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M50-59	10	M 138	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	4:16	14
23	KRAUSE DARIUSZ	290	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	38	M 143	00:12:17	00:21:10	00:31:30	00:40:17	00:43:00.55	00:43:07.60	4:18	14

JASTRZĘBSKA DZIESIĄTKA, Najlepszy Górnik c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
24	BUGDOL ZBIGNIEW	459		RYBNIK	POL	M20-29	26	M 157	00:12:42	00:21:45	00:31:58	00:40:50	00:43:19.75	00:43:42.90	4:19	13.9
25	JĘDRZEJAK PIOTR	146		JASTRZĘBIE-ZDRÓJ	POL	M40-49	42	M 161	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	4:20	13.8
26	SOJKA PIOTR	380	AKTYWNA PSZCZYNA RUNNERS TEAM	BAKÓW	POL	M30-39	64	M 156	00:12:52	00:21:57	00:32:14	00:41:03	00:43:30.80	00:43:41.30	4:21	13.8
27	STUCHLIK MAREK	376	AKTYWNA PSZCZYNA.PL	JARZĄBKOWICE	POL	M30-39	65	M 159	00:12:55	00:22:02	00:32:23	00:41:11	00:43:37.00	00:43:47.40	4:21	13.8
28	NIEDZIELKO GRZEGORZ	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	ŻORY	POL	M20-29	31	M 166	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	4:23	13.7
29	OSZCZĘDA KRZYSZTOF	225	ZARAZIĆ PASJĄ	ŻORY	POL	M40-49	48	M 177	00:12:51	00:21:55	00:32:27	00:41:33	00:44:05.95	00:44:22.40	4:24	13.6
30	KACZMAREK JACEK	901	GRUBIORZE LOTAJOM	CZERWIONKA LESZCZYNY	POL	M30-39	71	M 178	00:12:47	00:21:49	00:32:26	00:41:33	00:44:10.50	00:44:22.50	4:25	13.6
31	KOMARNICKI TOMASZ	792	GRUBIORZE LOTAJOM	RYBNIK	POL	M30-39	74	M 182	00:12:35	00:21:31	00:32:20	00:41:35	00:44:18.50	00:44:30.15	4:25	13.5
32	BRAUNER WOJCIECH	588		WODZISŁAW ŚLĄSKI	POL	M30-39	80	M 197	00:12:45	00:21:53	00:32:42	00:42:04	00:44:44.35	00:44:56.20	4:28	13.4
33	MARON TOMASZ	54	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M30-39	81	M 201	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	4:28	13.4
34	TYLEC MICHAŁ	92		JASTRZĘBIE-ZDRÓJ	POL	M30-39	83	M 207	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	4:29	13.3
35	MALIK RAFAŁ	66		JASTRZĘBIE-ZDRÓJ	POL	M30-39	84	M 199	00:12:29	00:21:43	00:32:35	00:42:26	00:44:58.50	00:45:01.80	4:29	13.3
36	KRZYŻOWSKI GRZEGORZ	764	GRUBIORZE LOTAJOM	CZERWIONKA-LESZCZYNY	POL	M30-39	88	M 219	00:12:47	00:22:02	00:33:11	00:42:43	00:45:18.30	00:45:30.50	4:31	13.2
37	URBASIK MARIUSZ	205	RYDUŁTOWY	RYDUŁTOWY	POL	M50-59	18	M 229	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	4:33	13.1
38	POJDA GRZEGORZ	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	71	M 238	00:13:34	00:22:57	00:33:48	00:43:25	00:45:58.35	00:46:21.20	4:35	13
39	KAMIŃSKI ZBIGNIEW	763	GRUBIORZE LOTAJOM	LESZCZYNY	POL	M30-39	97	M 237	00:13:08	00:22:41	00:33:50	00:43:24	00:46:08.55	00:46:20.50	4:36	13
40	ONAK PAWEŁ	93		JASTRZĘBIE-ZDRÓJ	POL	M30-39	100	M 246	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	4:37	13
41	MOTOWIDŁO TOMASZ	210		JASTRZĘBIE-ZDRÓJ	POL	M30-39	104	M 248	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	4:38	12.9
42	ZIĘTARA PAWEŁ	203		JASTRZĘBIE-ZDRÓJ	POL	M40-49	75	M 259	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	4:40	12.8
43	BAKOWSKI MICHAŁ	345		JASTRZĘBIE-ZDRÓJ	POL	M30-39	114	M 277	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	4:43	12.7
44	SZCZERZEK ZBIGNIEW	636		ZABRZE	POL	M60-69	3	M 281	00:13:51	00:23:45	00:35:11	00:45:03	00:47:52.05	00:48:07.25	4:47	12.5
45	PRZYBYŁA TOMASZ	673		WODZISŁAW ŚLĄSKI	POL	M40-49	86	M 287	00:14:27	00:24:23	00:35:42	00:45:26	00:47:54.90	00:48:20.45	4:47	12.5
46	WALA MAREK	188		JASTRZĘBIE ZDRÓJ	POL	M30-39	121	M 299	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	4:49	12.4
47	BYSTRYKOWSKI MARCIN	281		JASTRZĘBIE-ZDRÓJ	POL	M40-49	93	M 294	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	4:49	12.4
48	MARCZYŃSKI SEBASTIAN	817		JASTRZEBIE	POL	M30-39	124	M 302	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	4:51	12.4
49	GAŁKIEWICZ MICHAŁ	565		KATOWICE	POL	M40-49	96	M 304	00:13:54	00:23:55	00:35:32	00:45:44	00:48:41.80	00:48:55.55	4:52	12.3
50	MARON TADEUSZ	56		JASTRZĘBIE-ZDRÓJ	POL	M30-39	125	M 307	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	4:52	12.3
51	KUSIDŁO MARCIN	463		RYBNIK	POL	M30-39	128	M 313	00:14:26	00:24:23	00:35:56	00:45:57	00:48:53.25	00:49:14.50	4:53	12.3
52	JARZYNA ANDRZEJ	477		JSTRZĘBIE - ZDRÓJ	POL	M20-29	49	M 328	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	4:55	12.2
53	GARUS KRZYSIEK	568	KSRG ZOFIÓWKA	JASTRZĘBIE ZDRÓJ	POL	M30-39	136	M 339	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	4:58	12
54	TURNIAK DARIUSZ	260		ŚWIERKLANY	POL	M40-49	109	M 342	00:14:15	00:24:23	00:36:25	00:46:51	00:49:51.50	00:50:24.75	4:59	12
55	PARTYKA KAROL	101		JASTRZĘBIE ZDRÓJ	POL	M30-39	139	M 350	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	5:03	11.9
56	JASZCZYK ŁUKASZ	760		JASTRZĘBIE-ZDRÓJ	POL	M30-39	142	M 356	00:16:04	00:26:39	00:38:15	00:48:22	00:51:07.85	00:51:41.00	5:06	11.7
57	KRÓLIK ARKADIUSZ	489	NIEZRZESZONY	JASTRZĘBIE-ZDRÓJ	POL	M40-49	116	M 362	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	5:08	11.7
58	BURNAGIEL TOMASZ	27		CZERWIONKA-LESZCZYNY	POL	M50-59	32	M 363	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	5:09	11.6
59	SZUL JÓZEF	634		ŻORY	POL	M60-69	7	M 357	00:15:06	00:25:26	00:37:56	00:48:47	00:51:42.45	00:51:42.45	5:10	11.6
60	MARCHEWKA BARTEK	603		JASTRZĘBIE ZDRÓJ	POL	M30-39	144	M 373	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	5:10	11.6
61	PAJĄK KAMIL	312	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIEZDRÓJ	POL	M30-39	146	M 365	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	5:11	11.5
62	PAJĄK MARCIN	431		JASTRZĘBIE-ZDRÓJ	POL	M20-29	55	M 376	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	5:12	11.5
63	WACNIK DARIUSZ	67		JASTRZĘBIE -ZDRÓJ	POL	M40-49	126	M 385	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	5:15	11.4
64	FLASZ DAWID	191		JASTRZĘBIE-ZDRÓJ	POL	M40-49	128	M 394	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	5:17	11.3
65	PLASKA GRZEGORZ	208	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	136	M 413	00:15:33	00:26:29	00:39:26	00:50:41	00:53:51.65	00:54:37.00	5:23	11.1
66	SUTKOWSKI MARCIN	690		ŚWIERKLANY	POL	M30-39	162	M 406	00:14:44	00:25:54	00:39:08	00:50:46	00:53:52.85	00:54:13.90	5:23	11.1
67	HYLA PRZEMYSŁAW	713		JASTRZĘBIE ZDRÓJ	POL	M30-39	167	M 428	00:16:38	00:27:57	00:40:42	00:51:37	00:54:42.85	00:55:23.80	5:28	11
68	PODBIOL AGNIESZKA	558		WODZISŁAW ŚLĄSKI	POL	K20-29	19	K 114	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	5:28	10.9
69	CIEŚLIK RAFAŁ	677		WODZISŁAW ŚLĄSKI	POL	M30-39	173	M 443	00:16:53	00:28:27	00:41:50	00:52:44	00:55:28.90	00:56:12.25	5:32	10.8
70	FROSZTEGA DANIEL	837		JASTRZĘBIE-ZDRÓJ	POL	M30-39	174	M 440	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	5:33	10.8
71	BANDER JERZY	498		WODZISŁAW ŚLĄSKI	POL	M40-49	144	M 441	00:16:24	00:27:52	00:41:18	00:52:25	00:55:36.40	00:56:02.15	5:33	10.8
72	IZDEBSKI KONRAD	696		JASTRZĘBIE-ZDRÓJ	POL	M20-29	64	M 460	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	5:45	10.4
73	POSTUPALSKI MARCIN	307		JASTRZĘBIE-ZDRÓJ	POL	M30-39	182	M 469	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	5:50	10.3
74	KUŚKA TADEUSZ	800	HOLDEX TEAM	JANKOWICE	POL	M30-39	185	M 473	00:16:37	00:28:47	00:43:02	00:55:23	00:58:47.80	00:59:35.00	5:52	10.2

JASTRZĘBSKA DZIESIĄTKA, Najlepszy Górnik c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
75	MENCEWICZ PAWEŁ	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	GOŁKOWICE	POL	M40-49	154	M 471	00:16:35	00:28:34	00:42:34	00:55:26	00:58:58.55	00:59:20.25	5:53	10.2
76	WACŁAWIK EWA	301	FANTASTIC TEAM ANNA SIKORA	BAKÓW	POL	K40-49	62	K 183	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	5:56	10.1
77	GIL KRZYSZTOF	799		JASTRZĘBIE-ZDRÓJ	POL	M50-59	44	M 477	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	5:56	10.1
78	TYCZYŃSKA MAŁGORZATA	285	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50-59	9	K 186	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	5:57	10.1
79	JANISZEWSKI BARTOSZ	554		JASTRZĘBIE-ZDRÓJ	POL	M30-39	191	M 491	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	6:19	9.5
80	ZBYL JACEK	172		JASTRZĘBIE ZDRÓJ	POL	M50-59	48	M 506	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	6:37	9.1

JASTRZĘBSKA DZIESIĄTKA, Najlepsza Jastrzębianka

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	SUWAJ ANETA	10	AZS-AWF KATOWICE/ALPIN SPORT	JASTRZĘBIE-ZDRÓJ	POL	K30-39	4	K 7	00:11:25	00:19:22		00:36:29	00:38:41.65	00:38:45.45	3:52	15.5
2	PIWISZKIS BARBARA	174	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	14	K 25	00:12:46	00:21:50	00:32:22	00:41:33	00:44:08.60	00:44:24.10	4:24	13.6
3	LERCH BOŻENA	276	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	17	K 32	00:14:04	00:23:39	00:34:37	00:44:00	00:46:38.75	00:47:02.70	4:39	12.9
4	WÓJCIK-KRZYŻOWSKA BARBARA	166	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	24	K 53	00:14:57	00:25:12	00:36:45	00:46:53	00:49:41.90	00:50:11.55	4:58	12.1
5	BORKOWSKA PAULINA	406		JASTRZĘBIE ZDRÓJ	POL	K30-39	26	K 57	00:14:30	00:24:47	00:36:48	00:47:29	00:50:30.30	00:50:37.00	5:03	11.9
6	JANECKA MARTA	362		JASTRZĘBIE ZDRÓJ	POL	K16-19	3	K 59	00:14:59	00:25:21	00:37:38	00:47:55	00:50:55.75	00:51:12.10	5:05	11.8
7	DOMIN-ZBYL AGNIESZKA	171		JASTRZĘBIE ZDRÓJ	POL	K40-49	20	K 71	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	5:13	11.5
8	PASŁAWSKA KATARZYNA	30	KOBIETY NA 5 +	JASTRZĘBIE ZDRÓJ	POL	K40-49	24	K 83					00:52:42.00	00:53:13.00	5:16	11.4
9	HARATYK GABRIELA	295		JASTRZEBIE-ZDRJO	POL	K30-39	42	K 87	00:15:07	00:26:04	00:38:58	00:49:59	00:53:05.20	00:53:32.15	5:18	11.3
10	POPEK BARBARA	397	SOBIESKI6	JASTRZĘBIE-ZDRÓJ	POL	K40-49	26	K 89	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	5:20	11.2
11	LERCH MARYSIA	257	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	46	K 95	00:15:20	00:26:23	00:39:29	00:50:34	00:53:37.40	00:54:10.35	5:21	11.2
12	MUSIAŁ MARIA	407		JASTRZĘBIE-ZDRÓJ	POL	K50-59	4	K 94	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	5:21	11.2
13	ZELENT KAROLINA	33	DIETETYKJASTRZEBIE.PL	JASTRZĘBIE-ZDRÓJ	POL	K20-29	16	K 105	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	5:24	11.1
14	GÓRA MARTA	327		JASTRZĘBIE ZDRÓJ	POL	K30-39	49	K 99	00:15:17	00:26:26	00:39:40	00:51:04	00:54:14.85	00:54:21.85	5:25	11.1
15	GWIZDAŁA DOMINIKA	138		JASTRZĘBIE ZDRÓJ	POL	K20-29	18	K 113	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	5:28	11
16	SIEGMUND JOLANTA	63		JASTRZĘBIE-ZDRÓJ	POL	K40-49	33	K 112	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	5:29	10.9
17	KOLORZ-STYŁOK KATARZYNA	640		JASTRZĘBIE-ZDRÓJ	POL	K40-49	34	K 115	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	5:30	10.9
18	SKWARK ANETA	255		JASTRZĘBIE-ZDRÓJ	POL	K30-39	56	K 118	00:15:48	00:27:13	00:40:22	00:51:53	00:55:18.25	00:55:45.70	5:31	10.8
19	FLASZ ANNA	192		JASTRZĘBIE-ZDRÓJ	POL	K30-39	57	K 119	00:16:23	00:27:43	00:40:55	00:52:20	00:55:20.20	00:55:47.40	5:32	10.8
20	FROSZTEGA KATARZYNA	835		JASTRZĘBIE-ZDRÓJ	POL	K30-39	58	K 121	00:16:12	00:27:29	00:40:37	00:52:08	00:55:32.00	00:55:59.15	5:33	10.8
21	SŁOTWIŃSKA ANNA	177		ZEBRZYDOWICE	POL	K40-49	35	K 122	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	5:33	10.8
22	KIEŁKOWSKA AGNIESZKA	217		JASTRZĘBIE-ZDRÓJ	POL	K40-49	36	K 127	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	5:35	10.7
23	FRAJHOFER EWA	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	JASTRZĘBIE-ZDRÓJ	POL	K30-39	63	K 135	00:16:10	00:27:37	00:41:27	00:53:27	00:56:39.05	00:57:12.70	5:39	10.6
24	MUSIAŁ WIOLETTA	271	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	64	K 138	00:16:23	00:27:32	00:41:34	00:53:25	00:56:50.60	00:57:20.05	5:41	10.6
25	BARAN IRENA	25	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	K50-59	5	K 142	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	5:42	10.5
26	GWIZDAŁA JOANNA	139		JASTRZĘBIE-ZDRÓJ	POL	K30-39	65	K 144	00:16:07	00:27:25	00:41:27	00:53:40	00:57:06.70	00:57:48.20	5:42	10.5
27	PRÓSZYŃSKA AGNIESZKA	244		JASTRZĘBIE-ZDRÓJ	POL	K30-39	66	K 145	00:16:15	00:27:48	00:41:43	00:53:54	00:57:12.95	00:57:49.30	5:43	10.5
28	GIŻYŃSKA KATARZYNA	253	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K30-39	67	K 147	00:16:40	00:28:24	00:42:14	00:54:06	00:57:20.15	00:57:55.10	5:44	10.5
29	LISZOK IWONA	117		JASTRZĘBIE-ZDRÓJ	POL	K30-39	69	K 156	00:16:59	00:29:01	00:42:58	00:54:56	00:58:20.15	00:58:58.60	5:50	10.3
30	MALISZEWSKA BEATA	72		JASTRZĘBIE-ZDRÓJ	POL	K30-39	70	K 163	00:17:46	00:30:09	00:43:52	00:55:13	00:58:32.55	00:59:16.95	5:51	10.3
31	GAŃKO GRAŻYNA	399		JASTRZĘBIE ZDRÓJ	POL	K50-59	6	K 159	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	5:52	10.2
32	FECZKO LUCYNA	493		JASTRZĘBIE- ZDRÓJ	POL	K40-49	55	K 164	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	5:52	10.2
33	SŁODZIŃSKA MAGDALENA	688		JASTRZĘBIE ZDRÓJ	POL	K20-29	25	K 173	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	5:54	10.2
34	PLASKA BARBARA	202	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	59	K 175	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	5:55	10.1
35	STOPYRA AGNIESZKA	124		JASTRZĘBIE-ZDRÓJ	POL	K40-49	60	K 176	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	5:55	10.1
36	SITKO DAGMARA	597		JASTRZĘBIE-ZDRÓJ	POL	K30-39	77	K 187	00:18:28	00:30:59	00:44:34	00:56:04	00:59:21.15	01:00:06.05	5:56	10.1
37	HERDUŚ LUCYNA	806		JASTRZĘBIE ZDRÓJ	POL	K30-39	80	K 188	00:16:43	00:28:45	00:43:14	00:56:05	00:59:39.80	01:00:14.70	5:58	10.1
38	MIŚKOWIEC AGNIESZKA	41		JASTRZĘBIE-ZDRÓJ	POL	K40-49	69	K 201	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	6:07	9.8
39	SZPYRA SONIA	68		JASTRZĘBIE-ZDRÓJ	POL	K40-49	70	K 204	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	6:09	9.7
40	KRAUZ SANDRA	437		JASTRZĘBIE-ZDRÓJ	POL	K20-29	31	K 205	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	6:09	9.7
41	PIPIRO GRAŻYNA	193	KOBIETY 5+	JASTRZĘBIE ZDRÓJ	POL	K60-69	5	K 208	00:18:17	00:30:55	00:45:42	00:58:13	01:01:46.50	01:02:28.55	6:10	9.7

JASTRZĘBSKA DZIESIĄTKA, Najlepsza Jastrzębianka c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
42	SAWICKA MARTA	96		JASTRZEBIE-ZDROJ	POL	K30-39	88	K 211	00:19:00	00:31:50	00:46:36	00:59:03	01:02:14.95	01:03:00.20	6:13	9.6
43	HETMANIOK AGNIESZKA	83		JASTRZEBIE ZDRÓJ	POL	K20-29	32	K 210	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	6:14	9.6
44	WALA ANNA	180		JASTRZEBIE-ZDRÓJ	POL	K30-39	89	K 209	00:16:54	00:29:55	00:45:27	00:58:45	01:02:22.95	01:02:45.90	6:14	9.6
45	PYZIK BARBARA	196		JASTRZEBIE-ZDRÓJ	POL	K30-39	92	K 215	00:17:10	00:30:08	00:46:05	00:59:11	01:02:57.00	01:03:36.50	6:17	9.5
46	WAWOCZNY ANITA	538	ZAZ WSPÓLNA PASJA	JASTRZEBIE-ZDRÓJ	POL	K30-39	93	K 217	00:19:00	00:31:50	00:46:36	00:59:16	01:03:01.35	01:03:46.55	6:18	9.5
47	JUNKA MARIA	699		JASTRZEBIE-ZDRÓJ	POL	K30-39	99	K 233	00:17:39	00:31:21	00:46:54	01:00:59	01:05:13.70	01:05:37.00	6:31	9.2
48	GRZELAK PATRYCJA	213		JASTRZEBIE-ZDRÓJ	POL	K30-39	100	K 234	00:18:49	00:31:59	00:47:44	01:01:21	01:05:14.25	01:05:52.05	6:31	9.2
49	AUGUŚCIK EWELINA	784	KOBIETY NA 5+	JASTRZEBIE-ZDRÓJ	POL	K30-39	101	K 235	00:18:40	00:32:10	00:48:01	01:01:41	01:05:18.00	01:06:02.30	6:31	9.2
50	ZIĘTARA AGATA	347		JASTRZEBIE-ZDRÓJ	POL	K40-49	80	K 236	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	6:32	9.2
51	OLSZEWSKA DOROTA	360	KOBIETY NA 5+	JASTRZEBIE	POL	K40-49	81	K 238	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	6:35	9.1
52	ROTTER HANNA	427	J TEAM	JASTRZEBIE-ZDRÓJ	POL	K50-59	14	K 240	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	6:36	9.1
53	BRAUN JUSTYNA	572		JASTRZEBIE-ZDRÓJ	POL	K30-39	103	K 243	00:19:00	00:32:01	00:48:41	01:02:32	01:06:19.05	01:07:05.25	6:37	9
54	KUBAS ALINA	278	KLUB BIEGACZA FARTLEK	JASTRZEBIE-ZDRÓJ	POL	K40-49	83	K 246	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	6:41	9
55	ZALEWSKA BARBARA	149	KOBIETY NA 5+	JASTRZEBIE-ZDRÓJ	POL	K40-49	88	K 257	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	7:00	8.6
56	LAZAR JOANNA	126		JASTRZEBIE ZDRÓJ	POL	K30-39	110	K 258	00:19:53	00:34:01	00:51:01	01:07:05	01:11:17.65	01:12:03.75	7:07	8.4
57	SAWICKA AGNIESZKA	594		JASTRZEBIE-ZDRÓJ	POL	K30-39	111	K 260	00:20:23	00:35:18	00:53:02	01:07:49	01:12:13.30	01:12:58.80	7:13	8.3
58	ŁANUCHA MARIOLA	100	KOBIETY NA 5+	JASTRZEBIE ZDRÓJ	POL	K50-59	16	K 261	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	7:17	8.2
59	MYŚLIWIEC BARBARA	337	KOBIETY NA 5+	JASTRZEBIE-ZDRÓJ	POL	K20-29	38	K 262	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	7:17	8.2
60	WAGNER NATALIA	42		JASTRZEBIE-ZDRÓJ	POL	K30-39	117	K 270								

JASTRZĘBSKA DZIESIĄTKA, Najlepsze Polki

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	PLIŚ RENATA	14	MKL MARATON ŚWINOUJŚCIE	ŚWINOUJŚCIE	POL	K30-39	1	K 1	00:10:10	00:17:17		00:32:16	00:34:12.90	00:34:15.80	3:25	17.5
2	ŚLĘZAK SYLWIA	11		CZĘSTOCHOWA	POL	K20-29	1	K 3	00:10:55	00:18:22		00:34:17	00:36:33.50	00:36:36.80	3:39	16.4
3	GOLBA KASIA	12	1SECOND TEAM / AZS AWF KATOWICE	MIELEC	POL	K20-29	2	K 5	00:10:55	00:18:27		00:35:07	00:37:24.60	00:37:27.90	3:44	16
4	KRAWCZYK MAGDALENA	777	GKS PIAST GLIWICE	GLIWICE	POL	K20-29	3	K 6	00:10:58	00:18:33		00:36:07	00:38:18.30	00:38:18.30	3:49	15.7
5	SUWAJ ANETA	10	AZS-AWF KATOWICE/ALPIN SPORT	JASTRZEBIE-ZDRÓJ	POL	K30-39	4	K 7	00:11:25	00:19:22		00:36:29	00:38:41.65	00:38:45.45	3:52	15.5
6	DZIUŁ DĄGMA	13	KB MOSIR JASTRZEBIE	PAWŁOWICE	POL	K30-39	5	K 8	00:11:16	00:19:21	00:28:52	00:37:07	00:39:27.40	00:39:30.35	3:56	15.2
7	MENDECKA DARIA	781	MOSIR ŁAZISKA GÓRNE	ŁAZISKA GÓRNE	POL	K20-29	4	K 9	00:11:34	00:19:45	00:29:09	00:37:24	00:39:44.60	00:39:48.75	3:58	15.1
8	ULATOWSKA ALICJA	913	TGU TEAM	PAWŁOWICE	POL	K20-29	5	K 10	00:11:43	00:37:51		00:40:12	00:40:12.10	00:40:20.50	4:01	14.9
9	DYBCZYŃSKA JADWIGA	890		GÓRKI WIELKIE	POL	K30-39	6	K 12	00:11:41	00:19:51	00:29:21	00:37:51	00:40:27.30	00:40:36.30	4:02	14.8
10	BIELIŃSKA MONIKA	223		PRZYSZOWICE	POL	K30-39	7	K 11	00:11:47	00:20:04	00:29:51	00:38:12	00:40:30.55	00:40:35.00	4:03	14.8
11	LEWICKA ELŻBIETA	415	NIEZRZESZONA	KNURÓW	POL	K40-49	1	K 13	00:11:51	00:20:16	00:30:04	00:38:34	00:40:57.75	00:41:05.05	4:05	14.6
12	MIKOŁAJCZYK SANDRA	607		SIEMIANOWICE ŚLĄSKIE	POL	K30-39	8	K 14	00:12:07	00:20:30	00:30:18	00:38:48	00:41:11.35	00:41:23.05	4:07	14.6
13	LASKOWSKA KATARZYNA	801	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K40-49	2	K 15	00:12:14	00:20:49	00:30:32	00:39:04	00:41:29.50	00:41:40.55	4:08	14.5
14	PIETROCZUK SYLWIA	875	KOTWICA BRZEG/ATHLETICS NYSA	NYSA	POL	K20-29	6	K 16	00:12:09	00:20:38	00:30:32	00:39:13	00:41:38.80	00:41:49.50	4:09	14.4
15	LACHOWSKA MAGDALENA	828	K.S. SPRINT	BIELSKO BIAŁA	POL	K40-49	3	K 17	00:12:11	00:21:00	00:31:18	00:40:09	00:42:35.55	00:42:42.90	4:15	14.1
16	REDZIK DOROTA	845	ENDURANCE TEAM	PIEKARY ŚLĄSKIE	POL	K30-39	9	K 18	00:12:16	00:21:04	00:31:20	00:40:12	00:42:43.80	00:42:54.20	4:16	14
17	WOJTASZEWSKA SABINA	286	BBL RACIBÓRZ	RACIBÓRZ	POL	K30-39	10	K 19	00:12:21	00:21:18	00:31:33	00:40:20	00:42:45.85	00:42:55.60	4:16	14
18	PIECZKA MONIKA	816		RYBNIK	POL	K30-39	12	K 21	00:12:37	00:21:28	00:31:57	00:40:55	00:43:25.45	00:43:30.25	4:20	13.8
19	GAJ PAULINA	735	MCKIS JAWORZNO	JAWORZNO	POL	K20-29	7	K 22	00:12:02	00:21:12	00:32:19	00:41:14	00:43:36.75	00:43:41.30	4:21	13.8
20	PIECUCH AGNIESZKA	212	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K30-39	13	K 23	00:12:49	00:21:46	00:32:07	00:41:07	00:43:41.95	00:43:59.70	4:22	13.7
21	JANKO ANNA	712	HRMAX ŻORY	ŻORY	POL	K20-29	8	K 24	00:12:44	00:21:45	00:32:12	00:41:23	00:44:00.35	00:44:10.60	4:24	13.6
22	PIWISZKIS BARBARA	174	KOBIETY NA 5+	JASTRZEBIE-ZDRÓJ	POL	K30-39	14	K 25	00:12:46	00:21:50	00:32:22	00:41:33	00:44:08.60	00:44:24.10	4:24	13.6
23	PAWTEL AGATA	59		RYBNIK	POL	K30-39	15	K 26	00:12:49	00:21:56	00:32:38	00:41:45	00:44:21.50	00:44:30.90	4:26	13.5
24	MENŻYK JOANNA	26		MYSŁOWICE	POL	K40-49	4	K 27	00:12:47	00:22:00	00:32:54	00:42:03	00:44:42.70	00:44:58.60	4:28	13.4
25	MORAWSKA JULIA	468	UKS CHROMIK MYSŁOWICE	MYSŁOWICE	POL	K16-19	1	K 28	00:12:58	00:22:16	00:32:54	00:42:12	00:44:45.75	00:44:50.15	4:28	13.4
26	STOLORZ KATARZYNA	620		TYCHY	POL	K30-39	16	K 29	00:13:32	00:22:59	00:33:49	00:43:01	00:45:33.10	00:45:48.60	4:33	13.2
27	KOWALSKA KINGA	21	OLZA CIESZYN	POGWIZDÓW	POL	K40-49	5	K 30	00:13:22	00:22:46	00:33:43	00:43:16	00:45:45.45	00:46:05.50	4:34	13.1
28	KRAKOWCZYK MARTA	38	YNO ULTRA	WODZISŁAW ŚLĄSKI	POL	K20-29	9	K 31	00:13:10	00:23:06	00:34:16	00:43:40	00:46:19.75	00:46:38.65	4:38	12.9
29	LERCH BOŻENA	276	RUNTEAM PAWŁOWICE	JASTRZEBIE-ZDRÓJ	POL	K30-39	17	K 32	00:14:04	00:23:39	00:34:37	00:44:00	00:46:38.75	00:47:02.70	4:39	12.9

JASTRZĘBSKA DZIESIĄTKA, Najlepsze Polki c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
30	DYRCZ ANNA	147		KNURÓW	POL	K40-49	6	K 33	00:12:58	00:22:02	00:32:18	00:42:47	00:46:55.40	00:47:06.70	4:41	12.8
31	ZĘBIK GRAŻYNA	426		CIESZYN	POL	K40-49	7	K 35	00:13:22	00:22:47	00:34:39	00:44:32	00:47:17.30	00:47:37.90	4:43	12.7
32	WINIARSKA MONIKA	103	BIEGIEM PRZEZ GÓRY	ŻORY	POL	K30-39	18	K 34	00:13:28	00:23:23	00:34:49	00:44:34	00:47:17.60	00:47:33.40	4:43	12.7
33	URBANEK MAŁGORZATA	366	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	K40-49	8	K 38	00:14:07	00:23:54	00:35:12	00:44:54	00:47:27.00	00:47:49.30	4:44	12.6
34	KOPIEC IZABELA	35	INTER ROPE TEAM	SKRZYSZÓW	POL	K30-39	19	K 37	00:14:08	00:23:52	00:35:07	00:44:46	00:47:27.60	00:47:43.60	4:44	12.6
35	POŁOMSKA EDYTA	416	POŁOMSCU TEAM	RYDUŁTOWY	POL	K40-49	9	K 36	00:14:07	00:23:51	00:35:03	00:44:46	00:47:28.20	00:47:42.55	4:44	12.6
36	HELIOSZ AGNIESZKA	144	INTERAKTYWNI	KROSTOSZOWICE	POL	K40-49	10	K 39	00:13:51	00:23:41	00:35:03	00:44:59	00:47:45.80	00:48:02.85	4:46	12.6
37	PAJESTKA KATARZYNA	142		RUDA ŚLĄSKA	POL	K40-49	11	K 40	00:13:52	00:23:48	00:35:12	00:45:13	00:48:02.10	00:48:21.05	4:48	12.5
38	STĘPIEŃ KAMILA	319		OPOLE	POL	K30-39	20	K 41	00:13:57	00:23:52	00:35:13	00:45:01	00:48:08.20	00:48:28.30	4:48	12.5
39	ŻBEL ANIA	355	HRMAX ŻORY	ZEBRZYDOWICE	POL	K30-39	21	K 43	00:14:45	00:24:38	00:35:45	00:45:28	00:48:15.95	00:48:39.80	4:49	12.4
40	RĘBISZ AGNIESZKA	796	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	12	K 42	00:13:31	00:23:19	00:35:18	00:45:29	00:48:22.45	00:48:32.55	4:50	12.4
41	PROKOPENKO AGA	186		ŻORY	POL	K40-49	13	K 46	00:14:03	00:24:00	00:35:23	00:45:30	00:48:22.95	00:48:50.10	4:50	12.4
42	SICH- SOSNA AGNIESZKA	334		ŁAZISKA	POL	K40-49	14	K 44	00:14:16	00:24:06	00:35:36	00:45:36	00:48:23.95	00:48:40.90	4:50	12.4
43	SICH-SWIATAŁA MAŁGORZATA	133		KROSTOSZOWICE	POL	K40-49	15	K 45	00:14:16	00:24:06	00:35:40	00:45:44	00:48:32.80	00:48:49.35	4:51	12.4
44	SOKOŁOWSKA ANNA	394	BRAK	MESZNA	POL	K50-59	1	K 47	00:14:01	00:23:57	00:35:45	00:46:01	00:49:05.15	00:49:25.85	4:54	12.2
45	LORANC IZABELA	358		BIELSKO-BIAŁA	POL	K40-49	16	K 48	00:14:26	00:24:34	00:36:12	00:46:16	00:49:06.85	00:49:31.25	4:54	12.2
46	PLÓCIENNIK ALEKSANDRA	752		BIELSKO-BIAŁA	POL	K30-39	22	K 49	00:13:43	00:23:57	00:35:53	00:46:18	00:49:17.80	00:49:35.00	4:55	12.2
47	WOWRY SYLWIA	644		CIESZYN	POL	K30-39	23	K 50	00:14:09	00:24:16	00:36:21	00:46:27	00:49:24.15	00:49:43.95	4:56	12.1
48	PAWLOK ANNA	250		KATOWICE	POL	K20-29	10	K 51	00:14:12	00:24:12	00:36:19	00:47:01	00:49:34.00	00:49:52.85	4:57	12.1
49	WÓJCIK-KRZYŻOWSKA BARBARA	166	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	24	K 53	00:14:57	00:25:12	00:36:45	00:46:53	00:49:41.90	00:50:11.55	4:58	12.1
50	PŁOCH WERONIKA	831	MKS PARASOL WROCŁAW	WROCŁAW	POL	K16-19	2	K 52	00:14:12	00:24:17	00:36:22	00:46:59	00:49:50.10	00:50:09.75	4:59	12
51	OLBRYCH MONIKA	907		MYSŁOWICE	POL	K20-29	11	K 55	00:14:36	00:24:44	00:36:53	00:47:04	00:49:57.30	00:50:28.55	4:59	12
52	GORZELAK JOANNA	352	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	25	K 56	00:14:38	00:24:51	00:36:46	00:47:09	00:50:04.80	00:50:36.00	5:00	12
53	SIKORA ALICJA	609	TEAM SIKORA	BIELSKO - BIAŁA	POL	K60-69	1	K 54	00:14:49	00:25:04	00:37:03	00:47:09	00:50:08.85	00:50:27.80	5:00	12
54	BORKOWSKA PAULINA	406		JASTRZĘBIE ZDRÓJ	POL	K30-39	26	K 57	00:14:30	00:24:47	00:36:48	00:47:29	00:50:30.30	00:50:37.00	5:03	11.9
55	TYCZYŃSKA PAULINA	194	SZYBKIE ŻÓŁWIE	BIELSKO-BIAŁA	POL	K30-39	27	K 58	00:14:39	00:24:56	00:37:11	00:47:46	00:50:40.35	00:51:02.55	5:04	11.8
56	SOLICH OLA	79	SULIS HOKO TEAM	RACIBÓRZ	POL	K30-39	28	K 60	00:15:15	00:25:42	00:37:32	00:47:47	00:50:47.60	00:51:18.30	5:04	11.8
57	JANECKA MARTA	362		JASTRZĘBIE ZDRÓJ	POL	K16-19	3	K 59	00:14:59	00:25:21	00:37:38	00:47:55	00:50:55.75	00:51:12.10	5:05	11.8
58	KOTOWICZ ANNA	716		OGRODZONA	POL	K30-39	29	K 61	00:15:10	00:25:40	00:37:49	00:48:12	00:50:58.80	00:51:25.05	5:05	11.8
59	MALARNA ANNA	862		KATOWICE	POL	K30-39	30	K 62	00:14:35	00:24:56	00:37:31	00:48:21	00:51:18.50	00:51:46.25	5:07	11.7
60	KUBICA PATRYCJA	348	OLZA CIESZYN	CIESZYN	POL	K30-39	31	K 63	00:14:49	00:25:38	00:37:46	00:48:34	00:51:42.45	00:52:13.65	5:10	11.6
61	PLEWNIA IRENA	308	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	K30-39	32	K 65	00:15:03	00:25:33	00:38:11	00:48:46	00:51:50.15	00:52:21.75	5:11	11.6
62	MACURA EWA	306	HRMAX ŻORY	ŻORY	POL	K50-59	2	K 64	00:14:38	00:25:22	00:38:23	00:48:58	00:51:56.60	00:52:21.30	5:11	11.5
63	DOMAGAŁA KORNELIA	161		RUDZICA	POL	K30-39	33	K 66	00:15:10	00:25:39	00:38:01	00:48:50	00:51:59.05	00:52:31.00	5:12	11.5
64	MALINOWSKA MAŁGORZATA	111	POWOLI DO CELU	GIŁOWICE	POL	K40-49	17	K 70	00:15:33	00:26:06	00:38:20	00:49:04	00:52:06.30	00:52:42.20	5:12	11.5
65	TYLMAN-MADEJCZYK MARTA	798	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K30-39	34	K 67	00:15:11	00:26:10	00:38:33	00:49:03	00:52:07.75	00:52:35.90	5:12	11.5
66	MANISZEWSKA DOROTA	547	OLZA CIESZYN	CIESZYN	POL	K40-49	18	K 69	00:15:26	00:26:05	00:38:27	00:49:07	00:52:09.50	00:52:42.15	5:13	11.5
67	SRADOMSKA BARBARA	504	1972	ŻORY	POL	K40-49	19	K 68	00:15:08	00:25:39	00:38:21	00:49:08	00:52:12.55	00:52:37.90	5:13	11.5
68	DOMIN-ZBYL AGNIESZKA	171		JASTRZĘBIE ZDRÓJ	POL	K40-49	20	K 71	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	5:13	11.5
69	GENSTY KLAUDIA	639	DYSTANS LUBOMIA	LUBOMIA	POL	K40-49	21	K 73	00:15:45	00:26:25	00:38:43	00:49:13	00:52:15.45	00:52:46.95	5:13	11.5
70	MAZUR KATARZYNA	455		ZABŁOCIE	POL	K30-39	35	K 77	00:15:56	00:26:42	00:39:00	00:49:27	00:52:18.95	00:52:57.60	5:13	11.5
71	BIAŁOŃCZYK JOANNA	542		ZEBRZYDOWICE	POL	K30-39	36	K 72	00:15:36	00:26:24	00:38:45	00:49:24	00:52:19.65	00:52:45.80	5:13	11.5
72	ROMANIUK-DEMONCHAUX KATARZYNA	853	DRUŻYNA KOPERNIKA	RYBNIK	POL	K40-49	22	K 78	00:16:05	00:26:51	00:39:03	00:49:29	00:52:21.25	00:52:57.60	5:14	11.5
73	CHYBIORZ MAGDALENA	470		CIESZYN	POL	K20-29	12	K 74	00:15:24	00:26:10	00:38:34	00:49:16	00:52:22.85	00:52:52.00	5:14	11.5
74	KOSMALA-LANDZIŃSKA EWA	346		ŻORY	POL	K30-39	37	K 75	00:15:55	00:26:38	00:39:00	00:49:30	00:52:24.70	00:52:56.00	5:14	11.4
75	CZERNICKA MAGDALENA	40	YNO ULTRA	ZWONOWICE	POL	K30-39	38	K 76	00:15:11	00:25:52	00:38:28	00:49:19	00:52:29.05	00:52:57.20	5:14	11.4
76	BRODA KAMILA	105		PIASEK	POL	K20-29	13	K 79	00:15:49	00:26:31	00:39:00	00:49:38	00:52:32.10	00:53:01.00	5:15	11.4
77	KAZIMIERCZUK MONIKA	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	KĘDZIERZYN-KOŹLE	POL	K30-39	39	K 80	00:15:58	00:26:41	00:39:05	00:49:44	00:52:39.00	00:53:08.55	5:15	11.4
78	NIEMIEC HALINA	141	KAJTEAM	KĘDZIERZYN-KOŹLE	POL	K40-49	23	K 82	00:15:58	00:26:40	00:39:04	00:49:44	00:52:41.65	00:53:11.40	5:16	11.4
79	PASŁAWSKA KATARZYNA	30	KOBIETY NA 5 +	JASTRZĘBIE ZDRÓJ	POL	K40-49	24	K 83					00:52:42.00	00:53:13.00	5:16	11.4
80	GNAŚ ANNA	60	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	40	K 81	00:14:44	00:25:30	00:38:39	00:49:43	00:52:45.50	00:53:10.45	5:16	11.4
81	LUBSZCZYK JUSTYNA	584	YNO ULTRA	ŻORY	POL	K20-29	14	K 84	00:15:24	00:26:22	00:39:14	00:49:48	00:52:51.20	00:53:18.15	5:17	11.3
82	RZEPECKA BOŻENA	645	OLZA CIESZYN	POGWIZDOW	POL	K50-59	3	K 85	00:15:01	00:25:51	00:38:32	00:49:39	00:52:51.80	00:53:22.55	5:17	11.3
83	JURASZEK ELZBIETA	632	JUSTFEELFIT	JELEŚNIA	POL	K30-39	41	K 86	00:15:59	00:26:55	00:39:27	00:49:58	00:52:55.10	00:53:29.70	5:17	11.3

JASTRZĘBSKA DZIESIĄTKA, Najlepsze Polki c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
84	HARATYK GABRIELA	295		JASTRZĘBIE-ZDRÓJ	POL	K30-39	42	K 87	00:15:07	00:26:04	00:38:58	00:49:59	00:53:05.20	00:53:32.15	5:18	11.3
85	DURAJ MAGDALENA	145		BYSTRA	POL	K30-39	43	K 90	00:16:09	00:27:24	00:40:04	00:50:23	00:53:14.60	00:53:48.40	5:19	11.3
86	MYNARSKA LIGIA	896	DALEKO JESZCZE?	BIELSKO-BIAŁA	POL	K40-49	25	K 88	00:15:13	00:26:13	00:39:15	00:50:09	00:53:16.90	00:53:40.75	5:19	11.3
87	POPEK BARBARA	397	SOBIESKI6	JASTRZĘBIE-ZDRÓJ	POL	K40-49	26	K 89	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	5:20	11.2
88	JAGODZIŃSKA MAGDALENA	605	KOLKA TEAM	WILKOWICE	POL	K30-39	44	K 91	00:15:52	00:26:57	00:39:29	00:50:19	00:53:29.70	00:54:05.20	5:21	11.2
89	HARAZIN ANIA	571		PAWŁOWICE	POL	K20-29	15	K 92	00:16:01	00:27:11	00:39:47	00:50:38	00:53:32.90	00:54:08.30	5:21	11.2
90	CIESLAR KASIA	646		USTROŃ	POL	K30-39	45	K 93	00:16:15	00:27:25	00:40:09	00:50:42	00:53:36.00	00:54:08.60	5:21	11.2
91	LERCH MARYSIA	257	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	46	K 95	00:15:20	00:26:23	00:39:29	00:50:34	00:53:37.40	00:54:10.35	5:21	11.2
92	MUSIAŁ MARIA	407		JASTRZĘBIE-ZDRÓJ	POL	K50-59	4	K 94	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	5:21	11.2
93	WERNIK KATARZYNA	469	BESTFITCLUB RYBNIK	RADLIN	POL	K40-49	27	K 97	00:15:45	00:26:52	00:39:44	00:50:44	00:53:46.75	00:54:19.20	5:22	11.2
94	KUBICA EDYTA	891		GOLESZÓW	POL	K40-49	28	K 96	00:15:08	00:26:06	00:39:04	00:50:37	00:53:48.50	00:54:13.45	5:22	11.1
95	CHOJCAN BEATA	424	INŻYNIERIA BIEGANIA	RYBNIK	POL	K40-49	29	K 98	00:16:00	00:27:01	00:39:43	00:50:44	00:53:52.30	00:54:20.60	5:23	11.1
96	CHROBOK JÓZEFA	532		CIESZYN	POL	K40-49	30	K 100	00:15:22	00:26:21	00:39:26	00:50:42	00:53:57.85	00:54:28.60	5:23	11.1
97	MARCZAK-OLEJNICZAK ANIA	718		TARNOWSKIE GÓRY	POL	K30-39	47	K 103	00:16:11	00:27:19	00:40:03	00:50:54	00:54:00.95	00:54:40.25	5:24	11.1
98	KRAUSE SYLWIA	289	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	31	K 102	00:15:47	00:26:52	00:39:37	00:50:49	00:54:04.25	00:54:36.40	5:24	11.1
99	ZELENT KAROLINA	33	DIETETYKJASTRZĘBIE.PL	JASTRZĘBIE-ZDRÓJ	POL	K20-29	16	K 105	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	5:24	11.1
100	NALEWAJKA WIOLETA	87	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	32	K 104	00:16:11	00:27:22	00:40:08	00:51:10	00:54:11.10	00:54:44.00	5:25	11.1
101	STABLA AGATA	335		RADLIN	POL	K30-39	48	K 101	00:15:27	00:26:32	00:39:44	00:51:03	00:54:11.30	00:54:30.10	5:25	11.1
102	GÓRA MARTA	327		JASTRZĘBIE ZDRÓJ	POL	K30-39	49	K 99	00:15:17	00:26:26	00:39:40	00:51:04	00:54:14.85	00:54:21.85	5:25	11.1
103	MAREK-WRÓBEL EDYTA	680		RYBNIK	POL	K60-69	2	K 106	00:16:08	00:27:23	00:40:10	00:51:08	00:54:19.70	00:54:55.40	5:26	11
104	JESIONEK MAŁGORZATA	731		IMELIN	POL	K30-39	50	K 109	00:15:57	00:27:06	00:40:04	00:51:19	00:54:26.05	00:55:04.15	5:26	11
105	GIEROŃ KATARZYNA	709	DYSTANS LUBOMIA	LUBOMIA	POL	K30-39	51	K 107	00:16:02	00:27:09	00:40:01	00:51:17	00:54:28.45	00:55:00.00	5:26	11
106	PRZYBYSZ KINGA	204		ŻORY	POL	K20-29	17	K 110	00:16:12	00:27:25	00:40:16	00:51:25	00:54:30.75	00:55:08.50	5:27	11
107	KUJAŃSKA ALEKSANDRA	811	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	K30-39	52	K 108	00:15:12	00:26:16	00:39:42	00:51:28	00:54:33.35	00:55:01.15	5:27	11
108	KOMAJDA BASIA	343	OLZA CIESZYN	CIESZYN	POL	K30-39	53	K 111	00:16:03	00:27:11	00:40:21	00:51:37	00:54:45.00	00:55:22.05	5:28	11
109	GWIZDAŁA DOMINIKA	138		JASTRZĘBIE ZDRÓJ	POL	K20-29	18	K 113	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	5:28	11
110	PODBIOL AGNIESZKA	558		WODZISLAW ŚLĄSKI	POL	K20-29	19	K 114	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	5:28	10.9
111	SIEGMUND JOLANTA	63		JASTRZĘBIE-ZDRÓJ	POL	K40-49	33	K 112	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	5:29	10.9
112	CIMAŁA KATARZYNA	232		PAWŁOWICE	POL	K20-29	20	K 116	00:16:15	00:27:24	00:40:24	00:51:48	00:54:58.20	00:55:39.50	5:29	10.9
113	KOLORZ-STYLOK KATARZYNA	640		JASTRZĘBIE-ZDRÓJ	POL	K40-49	34	K 115	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	5:30	10.9
114	MŁOBÓG EWA	779	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	54	K 117	00:15:54	00:27:12	00:40:30	00:51:54	00:55:09.65	00:55:45.05	5:31	10.9
115	ŻŁOBICKA AGNIESZKA	768	DAR-BUD TEAM	KIETRZ	POL	K30-39	55	K 120	00:16:43	00:28:15	00:41:12	00:52:08	00:55:12.10	00:55:52.40	5:31	10.9
116	SKWARK ANETA	255		JASTRZĘBIE-ZDRÓJ	POL	K30-39	56	K 118	00:15:48	00:27:13	00:40:22	00:51:53	00:55:18.25	00:55:45.70	5:31	10.8
117	FLASZ ANNA	192		JASTRZĘBIE-ZDRÓJ	POL	K30-39	57	K 119	00:16:23	00:27:43	00:40:55	00:52:20	00:55:20.20	00:55:47.40	5:32	10.8
118	FROSZTEGA KATARZYNA	835		JASTRZĘBIE-ZDRÓJ	POL	K30-39	58	K 121	00:16:12	00:27:29	00:40:37	00:52:08	00:55:32.00	00:55:59.15	5:33	10.8
119	SŁOTWIŃSKA ANNA	177		ZEBRZYDOWICE	POL	K40-49	35	K 122	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	5:33	10.8
120	KOSMAŁA STANISŁAWA	472		ŁĄKA	POL	K60-69	3	K 123	00:16:40	00:28:07	00:41:20	00:52:31	00:55:46.65	00:56:17.50	5:34	10.8
121	KIEŁKOWSKA AGNIESZKA	217		JASTRZĘBIE-ZDRÓJ	POL	K40-49	36	K 127	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	5:35	10.7
122	WILSZ EWA	481	FIS-SST TEAM	PANIÓWKI	POL	K40-49	37	K 126	00:16:46	00:28:21	00:41:22	00:52:45	00:55:54.30	00:56:30.35	5:35	10.7
123	JĘDRUSIAK LIDIA	649		DANKOWICE	POL	K30-39	59	K 125	00:16:13	00:27:31	00:40:59	00:52:37	00:55:55.65	00:56:28.25	5:35	10.7
124	PIECYK ADRIANNA	190		ŻORY	POL	K40-49	38	K 124	00:15:46	00:27:09	00:41:00	00:52:45	00:55:56.10	00:56:22.70	5:35	10.7
125	ĆWIOK BARBARA	546	FIS-SST TEAM	PANIÓWKI	POL	K40-49	39	K 128	00:16:45	00:28:19	00:41:22	00:52:44	00:56:01.60	00:56:38.85	5:36	10.7
126	HERUD MAGDALENA	761	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	K30-39	60	K 130	00:16:45	00:28:19	00:41:35	00:52:55	00:56:11.25	00:56:51.60	5:37	10.7
127	GREŃ DOROTA	629	OLZA CIESZYN	USTROŃ	POL	K30-39	61	K 129	00:16:15	00:27:25	00:40:58	00:52:53	00:56:12.40	00:56:45.00	5:37	10.7
128	BRZUSKA KATARZYNA	120	OLZA CIESZYN	CIESZYN	POL	K40-49	40	K 133	00:16:43	00:28:15	00:41:22	00:52:58	00:56:13.20	00:56:54.05	5:37	10.7
129	HYŁA ALEKSANDRA	373	KRS TKKF MORSY.PL	MSZANA	POL	K20-29	21	K 132	00:16:11	00:27:24	00:40:54	00:52:50	00:56:18.85	00:56:53.65	5:37	10.7
130	SZKLANNY-RECLIK ELŻBIETA	487		PSZCZYNA	POL	K30-39	62	K 134	00:16:29	00:27:57	00:41:27	00:53:21	00:56:27.55	00:57:05.05	5:38	10.6
131	STANULA DOMINIKA	228		PAWŁOWICE	POL	K20-29	22	K 136	00:16:44	00:28:31	00:42:02	00:53:36	00:56:38.10	00:57:12.70	5:39	10.6
132	FRAJHOFFER EWA	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDRÓJU	JASTRZĘBIE-ZDRÓJ	POL	K30-39	63	K 135	00:16:10	00:27:37	00:41:27	00:53:27	00:56:39.05	00:57:12.70	5:39	10.6
133	HEJNA IZABELA	466	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	41	K 137	00:16:17	00:27:53	00:41:51	00:53:33	00:56:43.15	00:57:15.20	5:40	10.6
134	PYTEL RENATA	440		PIELGRZYMOWICE	POL	K40-49	42	K 131	00:16:10	00:27:42	00:41:05	00:53:06	00:56:45.55	00:56:52.95	5:40	10.6
135	MUSIAŁ WIOLETTA	271	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	64	K 138	00:16:23	00:27:32	00:41:34	00:53:25	00:56:50.60	00:57:20.05	5:41	10.6
136	NOWAK MAGDALENA	351	BWM	ŻORY	POL	K20-29	23	K 140	00:16:31	00:28:02	00:41:44	00:53:29	00:56:52.05	00:57:26.20	5:41	10.6
137	SOBIERAJSKA RENATA	575	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	43	K 139	00:15:27	00:27:05	00:41:04	00:53:17	00:56:56.25	00:57:20.65	5:41	10.5
138	FRYDECKA MIROŚLAWA	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	ŚWIERKLANY	POL	K40-49	44	K 141	00:16:12	00:27:34	00:41:31	00:53:34	00:57:01.80	00:57:36.85	5:42	10.5

JASTRZĘBSKA DZIESIĄTKA, Najlepsze Polki c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
139	BARAN IRENA	25	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	K50-59	5	K 142	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	5:42	10.5
140	GWIZDAŁA JOANNA	139		JASTRZĘBIE-ZDRÓJ	POL	K30-39	65	K 144	00:16:07	00:27:25	00:41:27	00:53:40	00:57:06.70	00:57:48.20	5:42	10.5
141	PRÓSZYŃSKA AGNIESZKA	244		JASTRZĘBIE-ZDRÓJ	POL	K30-39	66	K 145	00:16:15	00:27:48	00:41:43	00:53:54	00:57:12.95	00:57:49.30	5:43	10.5
142	OSZCZĘDA MARZENA	224	ZARAZIĆ PASJĄ	ŻORY	POL	K40-49	45	K 143	00:15:55	00:27:42	00:42:06	00:54:06	00:57:16.55	00:57:43.05	5:43	10.5
143	SOBCZYK RENATA	625	PASJONAT	TYCHY	POL	K40-49	46	K 149	00:17:00	00:28:30	00:41:58	00:53:56	00:57:16.75	00:57:58.30	5:43	10.5
144	ŻEBROWSKA MATYŁDA	73	MYSŁOWICKI KLUB BIEGACZA NO.I	MYSŁOWICE	POL	K40-49	47	K 150	00:16:47	00:28:53	00:42:17	00:53:57	00:57:17.05	00:58:00.05	5:43	10.5
145	BAJCAR BEATA	184	KOBIETY NA 5+	CHYBIE	POL	K40-49	48	K 146	00:16:39	00:28:24	00:42:14	00:54:07	00:57:19.85	00:57:54.65	5:44	10.5
146	GIŻYŃSKA KATARZYNA	253	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K30-39	67	K 147	00:16:40	00:28:24	00:42:14	00:54:06	00:57:20.15	00:57:55.10	5:44	10.5
147	BIELA MAŁGORZATA	284	KOBIETY NA 5+	JASTRZĘBIE- ZDRÓJ	POL	K40-49	49	K 148	00:16:16	00:27:50	00:41:47	00:53:57	00:57:23.10	00:57:56.30	5:44	10.5
148	DONOCIK BOGUSŁAWA	508	OLZA CIESZYN	CIESZYN	POL	K40-49	50	K 152	00:16:53	00:28:44	00:42:33	00:54:37	00:57:46.10	00:58:27.15	5:46	10.4
149	WOJTAŚ PATRYCJA	734	KOLKA TEAM	BIELSKO-BIAŁA	POL	K20-29	24	K 153	00:17:16	00:28:58	00:42:36	00:54:25	00:57:53.70	00:58:28.65	5:47	10.4
150	KACZOREK ANIA	386	HRMAX ŻORY	ŻORY	POL	K40-49	51	K 151	00:16:34	00:28:20	00:42:21	00:54:26	00:57:55.35	00:58:20.40	5:47	10.4
151	SIENIAWSKA JANINA	109	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	K60-69	4	K 154	00:17:18	00:29:12	00:42:51	00:54:42	00:58:05.40	00:58:34.95	5:48	10.3
152	PODBIÓŁ INEZ	557		GLIWICE	POL	K30-39	68	K 158	00:17:24	00:29:05	00:42:49	00:54:51	00:58:18.55	00:59:02.80	5:49	10.3
153	LISZOK IWONA	117		JASTRZĘBIE-ZDRÓJ	POL	K30-39	69	K 156	00:16:59	00:29:01	00:42:58	00:54:56	00:58:20.15	00:58:58.60	5:50	10.3
154	BURZYŃSKA BEATA	266		KATOWICE	POL	K40-49	52	K 155	00:16:27	00:28:16	00:42:24	00:54:47	00:58:21.35	00:58:57.05	5:50	10.3
155	TYKIERKA MAŁGORZATA	842	TOXPRESS	BUDZISKA	POL	K40-49	53	K 157	00:17:08	00:29:06	00:43:08	00:55:05	00:58:22.05	00:59:00.75	5:50	10.3
156	JURKIEWICZ-FILIKS BASIA	652		ŁODYGOWICE	POL	K40-49	54	K 161	00:17:59	00:29:59	00:43:24	00:55:10	00:58:24.20	00:59:11.75	5:50	10.3
157	MALISZEWSKA BEATA	72		JASTRZĘBIE-ZDRÓJ	POL	K30-39	70	K 163	00:17:46	00:30:09	00:43:52	00:55:13	00:58:32.55	00:59:16.95	5:51	10.3
158	SZKODA MAGDA	839		ŁĄKA	POL	K30-39	71	K 160	00:16:43	00:28:46	00:42:50	00:55:04	00:58:32.80	00:59:11.20	5:51	10.2
159	GANKO GRAŻYNA	399		JASTRZĘBIE ZDRÓJ	POL	K50-59	6	K 159	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	5:52	10.2
160	RĘKAL DOROTA	552		ZEBRZYDOWICE	POL	K50-59	7	K 162	00:15:41	00:27:26	00:42:03	00:55:05	00:58:45.95	00:59:13.10	5:52	10.2
161	WYSZYŃSKA KARINA	738	DAR BUD TEAM	KIETRZ	POL	K30-39	72	K 166	00:17:18	00:29:24	00:43:27	00:55:22	00:58:47.45	00:59:27.50	5:52	10.2
162	FECZKO LUCYNA	493		JASTRZĘBIE- ZDRÓJ	POL	K40-49	55	K 164	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	5:52	10.2
163	ZAGÓRSKA ANIA	717		RADLIN	POL	K30-39	73	K 168	00:17:05	00:29:13	00:43:10	00:55:17	00:58:48.65	00:59:27.95	5:52	10.2
164	CIEŚLAR EWA	701		CIESZYN	POL	K30-39	74	K 169	00:16:16	00:28:02	00:42:14	00:55:14	00:58:50.95	00:59:28.50	5:53	10.2
165	REK KATARZYNA	540	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	56	K 165	00:16:18	00:28:08	00:42:53	00:55:17	00:58:51.15	00:59:23.80	5:53	10.2
166	DOBRENIUK AURELIA	591		RYBNIK	POL	K40-49	57	K 172	00:17:13	00:29:38	00:43:44	00:55:35	00:58:54.45	00:59:34.30	5:53	10.2
167	GAŁKIEWICZ MONIKA	759		KATOWICE	POL	K40-49	58	K 170	00:16:30	00:28:36	00:42:59	00:55:36	00:58:58.35	00:59:31.55	5:53	10.2
168	SŁODZIŃSKA MAGDALENA	688		JASTRZĘBIE ZDRÓJ	POL	K20-29	25	K 173	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	5:54	10.2
169	TARNOWSKA EDYTA	443		GLIWICE	POL	K30-39	75	K 171	00:16:07	00:28:07	00:44:17	00:55:53	00:59:00.95	00:59:32.95	5:54	10.2
170	FABRYKIEWICZ JOANNA	412		RYBNIK	POL	K30-39	76	K 174	00:17:03	00:29:27	00:44:00	00:55:44	00:59:07.30	00:59:45.05	5:54	10.1
171	PLASKA BARBARA	202	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	59	K 175	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	5:55	10.1
172	STOPYRA AGNIESZKA	124		JASTRZĘBIE-ZDRÓJ	POL	K40-49	60	K 176	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	5:55	10.1
173	BETAŃSKA ANETA	158	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	61	K 177	00:17:01	00:29:07	00:43:33	00:55:59	00:59:12.95	00:59:56.20	5:55	10.1
174	WIDENKA JOANNA	293	DYSTANS LUBOMIA	LUBOMIA	POL	K20-29	26	K 181	00:17:44	00:30:05	00:43:51	00:55:50	00:59:13.05	00:59:58.25	5:55	10.1
175	KOSOWSKA GRAŻYNA	576	KOBIETY NA5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	8	K 179	00:17:02	00:29:07	00:43:25	00:55:57	00:59:13.05	00:59:56.35	5:55	10.1
176	STEKLA MAJER ANNA	421	GRUPA SPORTOWA REKORD	SKOCZÓW	POL	K20-29	27	K 180	00:17:03	00:29:12	00:43:58	00:55:59	00:59:20.95	00:59:57.60	5:56	10.1
177	SITKO DAGMARA	597		JASTRZĘBIE-ZDRÓJ	POL	K30-39	77	K 187	00:18:28	00:30:59	00:44:34	00:56:04	00:59:21.15	01:00:06.05	5:56	10.1
178	WAĆLAWIK EWA	301	FANTASTIC TEAM ANNA SIKORA	BAKÓW	POL	K40-49	62	K 183	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	5:56	10.1
179	SZCZELINA MARTA	39		BRZESZCZE	POL	K30-39	78	K 182	00:17:02	00:29:15	00:43:52	00:55:53	00:59:23.00	01:00:00.30	5:56	10.1
180	HOLONA BOŻENA	251	NIEDŹWIEDŹ TEAM	CIESZYN	POL	K40-49	63	K 184	00:17:41	00:30:00	00:43:55	00:56:04	00:59:23.95	01:00:04.30	5:56	10.1
181	ZIĘBA ANNA	789	DAR BUD-TEAM	KIETRZ	POL	K30-39	79	K 167	00:17:58	00:30:04	00:44:07	00:56:02	00:59:27.50	00:59:27.50	5:56	10.1
182	TYCZYŃSKA MAŁGORZATA	285	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50-59	9	K 186	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	5:57	10.1
183	MALINOWSKA ANETA	331	OLZA CIESZYN	CIESZYN	POL	K40-49	64	K 190	00:18:37	00:30:54	00:44:31	00:56:19	00:59:36.70	01:00:22.70	5:57	10.1
184	HERDUŚ LUCYNA	806		JASTRZĘBIE ZDRÓJ	POL	K30-39	80	K 188	00:16:43	00:28:45	00:43:14	00:56:05	00:59:39.80	01:00:14.70	5:58	10.1
185	ŻAGIEL EDYTA	102		RACIBÓRZ	POL	K50-59	10	K 189	00:16:29	00:28:13	00:42:58	00:55:52	00:59:46.60	01:00:20.00	5:58	10
186	NIEDZIOŁKO BOŻENA	90	KOBIETY NA5+	JASRZĘBIE-ZDRÓJ	POL	K50-59	11	K 191	00:16:41	00:29:04	00:43:43	00:56:12	00:59:50.00	01:00:23.75	5:59	10
187	PASZENDA KATARZYNA	390	YNO ULTRA	PSZÓW	POL	K20-29	28	K 178	00:17:37	00:29:42	00:44:15	00:56:27	00:59:56.20	00:59:56.20	5:59	10
188	MUSIOŁ HELENA	88		RYBNIK	POL	K40-49	65	K 192	00:16:35	00:28:55	00:43:36	00:56:22	00:59:56.75	01:00:25.90	5:59	10
189	CYLC AGNIESZKA	755	YNO ULTRA	RYDUŁTOWY	POL	K40-49	66	K 185	00:17:38	00:30:02	00:44:35	00:56:38	01:00:05.15	01:00:05.15	6:00	10
190	BRANDYS KRYSZYNA	70		PAWŁOWICE	POL	K30-39	81	K 193	00:17:39	00:30:05	00:44:30	00:56:56	01:00:06.10	01:00:46.95	6:00	10
191	KOŁAK ALICJA	476		GLIWICE	POL	K30-39	82	K 195	00:17:43	00:30:03	00:44:26	00:57:01	01:00:30.20	01:01:10.00	6:03	9.9
192	BADURA DOROTA	628		STRUMIEŃ	POL	K30-39	83	K 194	00:15:58	00:28:27	00:43:46	00:56:54	01:00:36.25	01:01:02.55	6:03	9.9

JASTRZĘBSKA DZIESIĄTKA, Najlepsze Polki c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
193	MOSKAŁA MAGDALENA	163		PAWŁOWICE	POL	K20-29	29	K 196	00:17:15	00:29:33	00:44:35	00:57:21	01:00:42.85	01:01:23.20	6:04	9.9
194	ORŁOWSKA JOANNA	371	ULTRA BESKID SPORT	MAZANCOWICE	POL	K30-39	84	K 197	00:18:11	00:30:36	00:44:49	00:57:18	01:00:49.30	01:01:29.35	6:04	9.9
195	MARCZYK-LURANC EWA	775	MARCZYK-LURANC TEAM	KATOWICE	POL	K30-39	85	K 198	00:18:30	00:31:10	00:45:16	00:57:35	01:01:01.05	01:01:44.40	6:06	9.8
196	BOŻEK DAGMARA	52		JASTRZĘBIE-ZDRÓJ	POL	K40-49	67	K 199	00:17:51	00:30:21	00:44:52	00:57:30	01:01:05.10	01:01:44.90	6:06	9.8
197	KASPRZYCKA-SZUBARSKA KATARZYNA	567	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	K40-49	68	K 200	00:18:40	00:31:03	00:45:27	00:57:44	01:01:06.50	01:01:52.05	6:06	9.8
198	MIŚKOWIEC AGNIESZKA	41		JASTRZĘBIE-ZDRÓJ	POL	K40-49	69	K 201	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	6:07	9.8
199	GAJ MONIKA	651	DAR - BUD TEAM	KIETRZ	POL	K30-39	86	K 203	00:18:28	00:30:59	00:45:23	00:57:41	01:01:17.60	01:02:01.75	6:07	9.8
200	ROMAŃSKA KLAUDIA	711	BEBECHA TEAM	DĄBROWA GÓRNICZA	POL	K20-29	30	K 202	00:16:47	00:29:05	00:44:07	00:57:33	01:01:26.05	01:01:57.05	6:08	9.8
201	SZPYRA SONIA	68		JASTRZĘBIE-ZDRÓJ	POL	K40-49	70	K 204	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	6:09	9.7
202	KRAUZ SANDRA	437		JASTRZĘBIE-ZDRÓJ	POL	K20-29	31	K 205	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	6:09	9.7
203	ŚWIERCZ ANNA	478		BIERUŃ	POL	K40-49	71	K 207	00:17:48	00:30:11	00:45:13	00:58:01	01:01:42.45	01:02:24.90	6:10	9.7
204	POKORA IZABELA	99	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	87	K 206	00:17:16	00:29:46	00:44:57	00:58:01	01:01:45.10	01:02:21.25	6:10	9.7
205	PIPIRO GRAŻYNA	193	KOBIETY 5+	JASTRZĘBIE-ZDRÓJ	POL	K60-69	5	K 208	00:18:17	00:30:55	00:45:42	00:58:13	01:01:46.50	01:02:28.55	6:10	9.7
206	SAWICKA MARTA	96		JASTRZĘBIE-ZDRÓJ	POL	K30-39	88	K 211	00:19:00	00:31:50	00:46:36	00:59:03	01:02:14.95	01:03:00.20	6:13	9.6
207	HETMANIOK AGNIESZKA	83		JASTRZĘBIE-ZDRÓJ	POL	K20-29	32	K 210	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	6:14	9.6
208	WALA ANNA	180		JASTRZĘBIE-ZDRÓJ	POL	K30-39	89	K 209	00:16:54	00:29:55	00:45:27	00:58:45	01:02:22.95	01:02:45.90	6:14	9.6
209	STEKLA JOANNA	598		SKOCZÓW	POL	K50-59	12	K 212	00:17:30	00:30:19	00:45:38	00:58:42	01:02:30.05	01:03:07.10	6:15	9.6
210	GÓRNY JOLA	460		BIELSKO-BIAŁA	POL	K40-49	72	K 213	00:17:21	00:29:55	00:45:17	00:58:57	01:02:41.80	01:03:13.15	6:16	9.6
211	MORIC ANNA	496		PSZCZYNA	POL	K30-39	90	K 214	00:17:04	00:29:18	00:44:50	00:58:42	01:02:46.65	01:03:23.50	6:16	9.6
212	SZKLORZ DOMINIKA	511	OLZA CIESZYN	SKOCZÓW	POL	K30-39	91	K 216	00:18:38	00:31:34	00:46:50	00:59:24	01:02:51.10	01:03:38.50	6:17	9.5
213	PYZIK BARBARA	196		JASTRZĘBIE-ZDRÓJ	POL	K30-39	92	K 215	00:17:10	00:30:08	00:46:05	00:59:11	01:02:57.00	01:03:36.50	6:17	9.5
214	WAWOCZNY ANITA	538	ZAZ WSPÓLNA PASJA	JASTRZĘBIE-ZDRÓJ	POL	K30-39	93	K 217	00:19:00	00:31:50	00:46:36	00:59:16	01:03:01.35	01:03:46.55	6:18	9.5
215	KUCZA-CHMIEL KALINA	518		ODRA	POL	K40-49	73	K 218	00:18:14	00:31:17	00:46:22	00:59:24	01:03:11.60	01:03:51.05	6:19	9.5
216	OSTROWSKA IZABELA	314	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	74	K 221	00:18:28	00:31:35	00:47:02	00:59:48	01:03:19.55	01:04:01.00	6:20	9.5
217	ZAİK KAROLINA	549		GLIWICE	POL	K20-29	33	K 219	00:16:32	00:29:15	00:45:35	00:59:18	01:03:20.30	01:03:57.00	6:20	9.5
218	SOBCZYK GABRIELA	248	RAFAKO RUN TEAM	RACIBÓRZ	POL	K40-49	75	K 220	00:17:49	00:30:39	00:45:56	00:59:34	01:03:22.95	01:03:59.50	6:20	9.5
219	ZAKRZEWSKA BARBARA	683		TYCHY	POL	K40-49	76	K 222	00:18:02	00:31:15	00:46:36	00:59:56	01:03:38.00	01:04:13.10	6:21	9.4
220	ADAMUS KATARZYNA	269	OLZA CIESZYN	CIESZYN	POL	K40-49	77	K 224	00:18:40	00:31:34	00:46:38	00:59:52	01:03:38.60	01:04:24.40	6:21	9.4
221	KUCZERA BERNADETA	414	CZERNICA TEAM	CZERNICA	POL	K30-39	94	K 223	00:18:04	00:30:57	00:46:29	00:59:53	01:03:44.45	01:04:14.55	6:22	9.4
222	SŁABOŃ ANIA	273		PAWŁOWICE	POL	K30-39	95	K 226	00:18:05	00:31:18	00:47:15	01:00:42	01:04:21.60	01:05:03.15	6:26	9.3
223	KRZACZEK ALEKSANDRA	389	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	78	K 229	00:18:06	00:31:25	00:47:04	01:00:40	01:04:28.10	01:05:07.20	6:26	9.3
224	PRZYLUCKA GRAŻYNA	638	GRAMMI	PRECZÓW	POL	K40-49	79	K 230	00:17:33	00:30:29	00:46:32	01:00:35	01:04:30.90	01:05:08.70	6:27	9.3
225	BOSIACKA MARTA	279	REBELLION OF FREE RUNNERS	ŚWIĘTOCHŁOWICE	POL	K20-29	34	K 225	00:17:59	00:31:18	00:47:03	01:00:42	01:04:31.35	01:05:01.80	6:27	9.3
226	CZAK RENATA	785		JAWORZNO	POL	K30-39	96	K 227	00:17:24	00:30:43	00:46:36	01:00:42	01:04:34.05	01:05:04.30	6:27	9.3
227	BAK KARINA	503	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	K30-39	97	K 231	00:18:34	00:32:34	00:48:04	01:01:22	01:04:55.95	01:05:31.35	6:29	9.2
228	MOORE COLLEEN	803		BIELSKO-BIAŁA	POL	K20-29	35	K 232	00:17:57	00:31:28	00:47:46	01:01:40	01:05:03.75	01:05:33.20	6:30	9.2
229	KABUT MAŁGORZATA	388	RADLINIOKI W BIEGU	RADLIN	POL	K30-39	98	K 228	00:18:45	00:32:04	00:47:43	01:01:19	01:05:06.80	01:05:06.80	6:30	9.2
230	JUNKA MARIA	699		JASTRZĘBIE-ZDRÓJ	POL	K30-39	99	K 233	00:17:39	00:31:21	00:46:54	01:00:59	01:05:13.70	01:05:37.00	6:31	9.2
231	GRZELAK PATRYCJA	213		JASTRZĘBIE-ZDRÓJ	POL	K30-39	100	K 234	00:18:49	00:31:59	00:47:44	01:01:21	01:05:14.25	01:05:52.05	6:31	9.2
232	AUGUŚCIK EWELINA	784	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	101	K 235	00:18:40	00:32:10	00:48:01	01:01:41	01:05:18.00	01:06:02.30	6:31	9.2
233	ZIĘTARA AGATA	347		JASTRZĘBIE-ZDRÓJ	POL	K40-49	80	K 236	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	6:32	9.2
234	ŚPIEWAK AGNIESZKA	675		BUCZKOWICE	POL	K30-39	102	K 237	00:19:30	00:33:08	00:48:55	01:02:14	01:05:36.20	01:06:14.60	6:33	9.1
235	OLSZEWSKA DOROTA	360	KOBIETY NA 5+	JASTRZĘBIE	POL	K40-49	81	K 238	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	6:35	9.1
236	BARTNIK JOANNA	176	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K40-49	82	K 241	00:19:30	00:33:00	00:48:44	01:02:27	01:06:02.10	01:06:45.05	6:36	9.1
237	KIERMASZEK BARBARA	428	J TEAM	WODZISŁAW ŚLĄSKI	POL	K50-59	13	K 239	00:19:10	00:32:23	00:48:22	01:01:59	01:06:02.15	01:06:36.15	6:36	9.1
238	ROTTER HANNA	427	J TEAM	JASTRZĘBIE-ZDRÓJ	POL	K50-59	14	K 240	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	6:36	9.1
239	BRAUN JUSTYNA	572		JASTRZĘBIE-ZDRÓJ	POL	K30-39	103	K 243	00:19:00	00:32:01	00:48:41	01:02:32	01:06:19.05	01:07:05.25	6:37	9
240	ŁUKASIK ALDONA	858	PIEPRZ I WANILIA	ŻORY	POL	K30-39	103	K 244	00:19:37	00:33:15	00:49:01	01:02:47	01:06:27.35	01:07:16.10	6:38	9
241	KUBAS ALINA	278	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	K40-49	84	K 246	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	6:41	9
242	POPE-ŚWIDZIKOWSKA MAŁGORZATA	856		ŻORY	POL	K40-49	84	K 242	00:19:47	00:33:40	00:49:42	01:03:27	01:06:56.60	01:06:56.60	6:41	9
243	KOSAŁKA DOMINIKA	848	REBELLION OF FREE RUNNERS	PŁAZA	POL	K30-39	105	K 245	00:18:49	00:33:04	00:49:09	01:03:10	01:07:01.40	01:07:31.15	6:42	9
244	ZAGÓRSKA BEATA	89	NIEDZWIĘDZ TEAM	GOLESZÓW	POL	K30-39	106	K 247	00:19:14	00:32:51	00:48:57	01:03:27	01:07:14.85	01:07:55.20	6:43	8.9
245	KLACZEK ANNA	681		BUCZKOWICE	POL	K40-49	85	K 248	00:19:30	00:33:17	00:49:19	01:03:34	01:07:37.65	01:08:16.20	6:45	8.9
246	OLEJNIK EWA	684	INŻYNIERIA BIEGANIA	GLIWICE	POL	K30-39	107	K 250	00:19:52	00:34:08	00:50:25	01:04:22	01:08:01.50	01:08:46.25	6:48	8.8

JASTRZĘBSKA DZIESIĄTKA, Najlepsze Polki c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
247	SLEDŹ DOROTA	76	HRMAX ŻORY	ŻORY	POL	K16-19	4	K 249	00:19:58	00:34:05	00:50:35	01:04:37	01:08:08.75	01:08:40.90	6:48	8.8
248	ZYCHOWSKA DOMINIKA	526		SOSNOWIEC	POL	K20-29	36	K 251	00:18:56	00:33:06	00:49:41	01:04:10	01:08:08.85	01:08:48.10	6:48	8.8
249	HERZYK BEATA	657		BIELSKO-	POL	K40-49	86	K 252	00:19:53	00:34:11	00:51:00	01:04:31	01:08:19.80	01:09:03.70	6:50	8.8
250	SUCHY MARIOLA	692		ŻORY	POL	K40-49	87	K 253	00:20:21	00:34:23	00:50:53	01:04:29	01:08:29.40	01:09:13.85	6:50	8.8
251	WÓJCIAK MAGDALENA	375		KATOWICE	POL	K30-39	108	K 254	00:19:34	00:33:46	00:50:36	01:05:23	01:09:23.50	01:09:57.15	6:56	8.6
252	KACZMARCZYK MAGDALENA	75	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K20-29	37	K 256	00:19:58	00:34:09	00:50:47	01:05:21	01:09:23.90	01:10:06.15	6:56	8.6
253	BRYCHCY ESTERA	62	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K30-39	109	K 255	00:19:59	00:34:10	00:50:48	01:05:21	01:09:24.05	01:10:06.00	6:56	8.6
254	ZALEWSKA BARBARA	149	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	88	K 257	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	7:00	8.6
255	LAZAR JOANNA	126		JASTRZĘBIE ZDRÓJ	POL	K30-39	110	K 258	00:19:53	00:34:01	00:51:01	01:07:05	01:11:17.65	01:12:03.75	7:07	8.4
256	KOWALSKA DOROTA	237	SBD ENERGETYK RYBNIK	RYBNIK	POL	K50-59	15	K 259	00:20:49	00:35:18	00:52:40	01:07:40	01:11:52.55	01:12:30.05	7:11	8.3
257	SAWICKA AGNIESZKA	594		JASTRZĘBIE-ZDRÓJ	POL	K30-39	111	K 260	00:20:23	00:35:18	00:53:02	01:07:49	01:12:13.30	01:12:58.80	7:13	8.3
258	ŁANUCHA MARIOLA	100	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	16	K 261	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	7:17	8.2
259	MYŚLIWIEC BARBARA	337	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K20-29	38	K 262	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	7:17	8.2
260	RUMPEL MARIA	95	KS M.E.T.A.	CZYŻOWICE	POL	K30-39	112	K 263	00:21:34	00:36:46	00:53:59	01:09:22	01:13:50.15	01:14:30.80	7:23	8.1
261	PROKOPIUK ADRIANA	261		JASTRZĘBIE-ZDRÓJ	POL	K30-39	113	K 264	00:20:09	00:35:18	00:53:28	01:09:35	01:14:18.45	01:15:04.30	7:25	8.1
262	GŁĄB MARIOLA	207		GLIWICE	POL	K30-39	114	K 265	00:20:37	00:36:31	00:54:58	01:11:12	01:14:59.60	01:15:40.25	7:30	8
263	MAJ-DZIUBAŃSKA IZABELA	749	AKMB PĘDZIWIATR GLIWICE	PYSKOWICE	POL	K30-39	115	K 266	00:12:46	00:22:16					4:27	13.5
264	CHWAŁEK AGNIESZKA	522		BESTWINA	POL	K20-29	39	K 267	00:16:46	00:27:26					5:29	10.9
265	HAN JULIA	374		PALOWICE	POL	K16-19	5	K 268	00:13:35						4:41	12.8
266	SZCZYGIEL ADRIANA	753	BENERUNNER	BIELSKO-BIAŁA	POL	K30-39	116	K 269	00:15:39						5:23	11.1
267	WAGNER NATALIA	42		JASTRZĘBIE-ZDRÓJ	POL	K30-39	117	K 270								
DQ	KUKŁA AGATA	623	POWOLI DO CELU	BRZESZCZE	POL	K30-39	DQ	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ	00:37:02 DQ	DQ	DQ	-	-

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	MRÓWKA MATEUSZ	4	KWK MARCEL/RADLINIOKI W BIEGU	RADLIN	POL	M20-29	2	M 3	00:09:19	00:15:41	00:23:16	00:29:56	00:31:49.15	00:31:50.95	3:10	18.9
2	CIEPLAK MARCIN	3	CHEMIKA RYBNIK	RYBNIK	POL	M20-29	3	M 4	00:09:20	00:16:01	00:24:01	00:31:08	00:33:14.05	00:33:15.35	3:19	18.1
3	KASPRZAK RADOSŁAW	7	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	M20-29	4	M 5	00:09:51	00:16:42	00:24:35	00:31:29	00:33:21.50	00:33:23.05	3:20	18
4	LUBIENIECKI MACIEJ	823	1979	KRAKÓW	POL	M30-39	2	M 6	00:09:49	00:16:41	00:24:34	00:31:29	00:33:21.55	00:33:23.55	3:20	18
5	DROŹDŹ DAMIAN	398		RYBNIK	POL	M30-39	3	M 7	00:09:40	00:16:30	00:24:35	00:31:33	00:33:31.15	00:33:32.90	3:21	17.9
6	KOŹDOŃ JAREK	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	ŻORY	POL	M30-39	4	M 8	00:09:49	00:16:41	00:24:40	00:31:44	00:33:46.65	00:33:48.65	3:22	17.8
7	SZULIK GRZEGORZ	5	KB MOSIR JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M30-39	5	M 9	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	3:25	17.6
8	WŁOCH ANDRZEJ	6	KB MOSIR JASTRZĘBIE	MARKLOWICE	POL	M20-29	5	M 10	00:09:51	00:16:50	00:25:02	00:32:16	00:34:14.25	00:34:15.40	3:25	17.5
9	BULIK WITOLD	647	PKS OLIMPIJCZYK GILOWICE	GILOWICE	POL	M40-49	1	M 11	00:09:52	00:16:49	00:25:08	00:32:31	00:34:38.05	00:34:39.60	3:27	17.3
10	KOŹMIŃSKI JÓZEF	727	LKS 'ORZEŁ' KOZY	KOZY	POL	M30-39	6	M 12	00:10:14	00:17:26		00:32:42	00:34:41.40	00:34:44.10	3:28	17.3
11	HAJDUK PAWEŁ	787		RUDA KOZIĘLSKA	POL	M16-19	1	M 13	00:10:32	00:17:38		00:32:56	00:34:56.15	00:34:59.75	3:29	17.2
12	LIZAK WOJCIECH	164		JASTRZĘBIE ZDRÓJ	POL	M30-39	7	M 14	00:10:10	00:17:21		00:32:58	00:35:04.00	00:35:06.65	3:30	17.1
13	LYSKO JAKUB	765	WKB META LUBLINIEC	DĄBROWA GÓRNICZA	POL	M30-39	8	M 15	00:10:11	00:17:25		00:33:11	00:35:14.70	00:35:16.70	3:31	17
14	WRÓBLEWSKI JANMARIAN	118	KS SPRINT BIELSKO-BIAŁA	BIELSKO-BIAŁA	POL	M30-39	9	M 16	00:10:12	00:17:26		00:33:10	00:35:18.85	00:35:20.90	3:31	17
15	ZIELONKA ROBERT	758	MOTOMASTER	CHRZANÓW	POL	M40-49	2	M 17	00:10:14	00:17:30		00:33:25	00:35:29.50	00:35:31.50	3:32	16.9
16	KRÓL PIOTR	338	SOCIOS SILESIA	RYBNIK	POL	M30-39	10	M 18	00:10:27	00:17:47		00:33:29	00:35:32.15	00:35:34.85	3:33	16.9
17	KARDAS ARKADIUSZ	876	TS AKS CHORZÓW	SIEMIANOWICE ŚLĄSKIE	POL	M20-29	6	M 19	00:09:51	00:17:07		00:33:28	00:35:37.90	00:35:41.10	3:33	16.8
18	RAJWA ROMAN	502	KB MOSIR JASTRZĘBIE	CHYBIE (BZIE)	POL	M20-29	7	M 20	00:10:17	00:17:44		00:33:55	00:35:58.20	00:36:00.70	3:35	16.7
19	KRZEMIEN KRZYSZTOF	697		MAKÓW	POL	M20-29	8	M 21	00:10:43	00:18:10		00:34:01	00:36:03.45	00:36:07.55	3:36	16.6
20	GARCZARCZYK MICHAŁ	869	SKLEP BIEGACZA	RUDA ŚLĄSKA	POL	M30-39	11	M 22	00:10:31	00:17:52		00:34:07	00:36:09.35	00:36:12.60	3:36	16.6
21	SEWERYN JACEK	814		MYSŁOWICE	POL	M40-49	3	M 23	00:10:15	00:17:41		00:34:04	00:36:13.70	00:36:16.65	3:37	16.6
22	MARCOL SEBASTIAN	69	AKTYWNI LYSKI	GASZOWICE	POL	M30-39	12	M 24	00:10:43	00:18:10		00:34:09	00:36:19.05	00:36:23.75	3:37	16.5
23	BŁASZCZYK DOMINIK	832		KALETY	POL	M30-39	13	M 25	00:10:38	00:18:05		00:34:22	00:36:28.25	00:36:31.75	3:38	16.5
24	ADAMSKI ROBERT	589	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	14	M 26	00:10:46	00:18:20		00:34:26	00:36:32.15	00:36:35.85	3:39	16.4
25	ZIELIŃSKI RAFAŁ	433	KB MIOSIR JASTRZĘBIE	JASTRZĘBIEZDRÓJ	POL	M30-39	15	M 27	00:10:31	00:18:11		00:34:29	00:36:34.00	00:36:36.20	3:39	16.4

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
26	CHRAPKIEWICZ MICHAŁ	292	SBD ENERGETYK RYBNIK	CIESZYN	POL	M30-39	16	M 28	00:10:37	00:18:06		00:34:28	00:36:38.40	00:36:41.70	3:39	16.4
27	WALCZYŃSKI MARIUSZ	98	NIWYBIEGANI	ŻORY	POL	M30-39	17	M 29	00:10:47	00:18:22		00:34:40	00:36:44.65	00:36:46.50	3:40	16.3
28	URBANIAK WITOLD	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M30-39	18	M 30	00:10:37	00:18:12		00:34:39	00:36:53.40	00:36:57.00	3:41	16.3
29	KNESZ MAREK	464		JEJKOWICE	POL	M50-59	1	M 31	00:10:35	00:18:13		00:34:44	00:37:01.20	00:37:04.10	3:42	16.2
30	PORĘBA GRZEGORZ	438	NIWYBIEGANI	ŻORY	POL	M30-39	19	M 32	00:10:45	00:18:20		00:34:52	00:37:04.85	00:37:07.90	3:42	16.2
31	GŁOWIAK LECH	746	DOLINIARZE.COM	KATOWICE	POL	M30-39	20	M 33	00:10:25	00:17:48		00:34:39	00:37:05.75	00:37:10.00	3:42	16.2
32	KLINIK PAWEŁ	321	RAFAKO RUN TEAM	RACIBÓRZ	POL	M30-39	21	M 34	00:10:55	00:18:23		00:34:54	00:37:09.60	00:37:14.40	3:43	16.1
33	MARCINIAK PRZEMYSŁAW	894	ATHLETICS NYSA	PRUDNIK	POL	M30-39	22	M 35	00:10:41	00:18:19		00:34:58	00:37:13.10	00:37:15.55	3:43	16.1
34	MIKA ŁUKASZ	330	FUNDACJA MYŚL POZYTYWNE DZIAŁAJ ODWAŻNIE	RYDUŁTOWY	POL	M30-39	23	M 36	00:10:56	00:18:34		00:35:11	00:37:16.80	00:37:20.60	3:43	16.1
35	DZIĘGIEŁOWSKI PAWEŁ	883	NIWYBIEGANI	ŻORY	POL	M30-39	24	M 37	00:10:56	00:18:29		00:35:09	00:37:20.15	00:37:22.60	3:44	16.1
36	RĘBISZ MARIUSZ	795		RACIBÓRZ	POL	M40-49	4	M 38	00:10:41	00:18:16		00:35:04	00:37:21.10	00:37:24.65	3:44	16.1
37	KULESZA ŁUKASZ	678		RYBNIK	POL	M30-39	25	M 39	00:10:52	00:18:37		00:35:18	00:37:27.70	00:37:30.65	3:44	16
38	GRZYWACZ MARCIN	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M40-49	5	M 40	00:10:46	00:18:28		00:35:13	00:37:28.00	00:37:31.80	3:44	16
39	PŁOSKONKA JAN	794	UKS BRENNA-GÓRKI	BRENNA	POL	M20-29	9	M 42	00:11:09	00:18:58		00:35:28	00:37:35.20	00:37:38.75	3:45	16
40	WOWRY GRZEGORZ	447	CIESZYN WIK	CIESZYN	POL	M30-39	26	M 41	00:10:45	00:18:26		00:35:28	00:37:37.25	00:37:38.65	3:45	16
41	NIESŁONY FILIP	650		KOZŁOWICE	POL	M16-19	2	M 43	00:10:48	00:18:39		00:35:32	00:37:37.95	00:37:40.85	3:45	15.9
42	MATUSZNY MAREK	209	OLZA CIESZYN	DZIEGIELÓW	POL	M20-29	10	M 44	00:10:37	00:18:10		00:35:24	00:37:42.10	00:37:46.50	3:46	15.9
43	MROWIEC ADAM	239		ŚWINNA	POL	M16-19	3	M 45	00:11:06	00:18:51		00:35:30	00:37:44.40	00:37:47.60	3:46	15.9
44	DOBROWOLSKI TOMASZ	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	JASTRZĘBIE-ZDRÓJ	POL	M16-19	4	M 46	00:10:34	00:18:21		00:35:38	00:37:48.00	00:37:53.05	3:46	15.9
45	KOKOT KRZYSZTOF	748	NIWYBIEGANI	ŻORY	POL	M40-49	6	M 47	00:10:54	00:18:35		00:35:36	00:37:52.00	00:37:55.80	3:47	15.8
46	KAPELA MARCIN	843		BIELSKO BIAŁA	POL	M30-39	27	M 49	00:10:57	00:18:46		00:35:40	00:37:54.50	00:37:59.90	3:47	15.8
47	MROWIEC KACPER	822		ŻYWIEC	POL	M20-29	11	M 50	00:10:54	00:18:34		00:35:39	00:37:56.55	00:38:00.95	3:47	15.8
48	GIŻYŃSKI DAMIAN	252		JASTRZĘBIE ZDRÓJ	POL	M30-39	28	M 48	00:10:38	00:18:11		00:35:46	00:37:56.60	00:37:59.85	3:47	15.8
49	KMITA TOMASZ	851		JASTRZĘBIE-ZDRÓJ	POL	M20-29	12	M 51	00:10:56	00:18:39		00:35:45	00:37:59.10	00:38:02.90	3:47	15.8
50	JĘDROS PRZEMYSŁAW	630	INŻYNIERIA BIEGANIA	GLIWICE	POL	M30-39	29	M 52	00:11:08	00:18:58		00:35:49	00:38:04.25	00:38:09.15	3:48	15.8
51	ALBRECHT ARKADIUSZ	197	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	7	M 53	00:11:00	00:18:53		00:35:47	00:38:05.30	00:38:11.85	3:48	15.8
52	ALBRECHT KRYSZTIAN	198	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	5	M 54	00:11:00	00:18:52		00:35:47	00:38:05.95	00:38:12.40	3:48	15.7
53	ZOSTAWA ROBERT	577	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	30	M 55	00:11:19	00:19:05		00:36:02	00:38:10.80	00:38:15.75	3:49	15.7
54	KOGUCIUK KAROL	157	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	6	M 57	00:11:02	00:18:56		00:36:10	00:38:18.50	00:38:33.30	3:49	15.7
55	WIELOPOLSKI MICHAŁ	356		BIELSKO-BIAŁA	POL	M16-19	7	M 56	00:11:07	00:18:55		00:36:06	00:38:25.50	00:38:31.45	3:50	15.6
56	MOLA MATEUSZ	505	MUKS CIESZYN	SKOCZÓW	POL	M16-19	8	M 58	00:11:01	00:19:07		00:36:24	00:38:29.60	00:38:33.70	3:50	15.6
57	HATALA PAWEŁ	445		BIELSKO-BIAŁA	POL	M30-39	31	M 59	00:11:11	00:19:11	00:28:25	00:36:20	00:38:32.95	00:38:38.55	3:51	15.6
58	OREŁ PRZEMYSŁAW	694	SCI GÓRSCY ENTUZJAŚCI	KOŃCZYCE MAŁE	POL	M30-39	32	M 60	00:11:25	00:19:26		00:36:21	00:38:37.60	00:38:42.95	3:51	15.5
59	PIECHACZEK JACEK	586	INŻYNIERIA BIEGANIA TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	8	M 61	00:11:25	00:19:21		00:36:36	00:38:50.40	00:38:55.75	3:53	15.5
60	NOWAK PIOTR	129	STOLARIUS RUN TEAM	BESTWINA	POL	M30-39	33	M 62	00:11:24	00:19:19		00:36:32	00:38:51.45	00:38:57.65	3:53	15.4
61	NOGA KRYSZTIAN	84	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M30-39	34	M 63	00:11:07	00:19:07	00:28:32	00:36:41	00:38:52.75	00:39:03.30	3:53	15.4
62	KARACZAN MARCIN	824		GLUBCZYCE	POL	M30-39	35	M 64	00:11:17	00:19:16		00:36:39	00:39:01.70	00:39:07.80	3:54	15.4
63	WANTULOK PAWEŁ	121		CIESZYN	POL	M20-29	13	M 65	00:11:33	00:19:38	00:28:57	00:36:54	00:39:04.70	00:39:12.55	3:54	15.4
64	TOKAREWICZ DAMIAN	179	ZEBRY	ZEBRZYDOWICE	POL	M30-39	36	M 66	00:11:35	00:19:40	00:29:00	00:36:58	00:39:12.75	00:39:19.00	3:55	15.3
65	DZIUBAŃSKI GRZEGORZ	729	OPEL ACTIVE TEAM	PYSKOWICE	POL	M30-39	37	M 67	00:11:37	00:19:37	00:28:54	00:36:59	00:39:17.10	00:39:23.50	3:55	15.3
66	WITALA TOMASZ	381		ŻORY	POL	M40-49	9	M 69	00:11:42	00:19:51	00:29:08	00:37:05	00:39:21.10	00:39:29.35	3:56	15.2
67	OLBRICH ARTUR	318		TWORKÓW	POL	M30-39	38	M 68	00:11:47	00:37:03			00:39:22.45	00:39:28.15	3:56	15.2
68	MAJER DAMIAN	408	YNO ULTRA	KRUSZWICA	POL	M40-49	10	M 72	00:11:28	00:19:34	00:28:56	00:37:09	00:39:27.25	00:39:35.50	3:56	15.2
69	BOBEREK GRZEGORZ	706	POGORIA BIEGA	DĄBROWA GÓRNICZA	POL	M40-49	11	M 73	00:11:43	00:19:52	00:29:10	00:37:09	00:39:27.25	00:39:35.95	3:56	15.2
70	ŻERDKA MICHAŁ	475	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	39	M 70	00:11:47	00:19:56	00:29:13	00:37:17	00:39:29.05	00:39:33.45	3:56	15.2
71	KUREK JACEK	425	ŚWIETLIKOWO	TYCHY	POL	M40-49	12	M 71	00:10:59	00:19:06		00:36:58	00:39:30.65	00:39:34.80	3:57	15.2
72	ZYGMA KORDIAN	151		LIGOTA	POL	M20-29	14	M 77	00:11:46	00:19:57	00:29:14	00:37:13	00:39:30.65	00:39:40.35	3:57	15.2
73	JANUSZ TOMASZ	604	SKAZANINASUKCES.PL	KANIÓW	POL	M20-29	15	M 76	00:11:45	00:19:57	00:29:12	00:37:13	00:39:31.05	00:39:40.35	3:57	15.2
74	KUNINA PAWEŁ	130	AMATOR	JASTRZĘBIE ZDRÓJ	POL	M40-49	13	M 74	00:11:34	00:19:52	00:29:12	00:37:08	00:39:32.50	00:39:38.60	3:57	15.2
75	KASTELIK SZYMON	422	OLIMPIJCZYK GILOWICE	GILOWICE	POL	M20-29	16	M 75	00:11:09	00:19:21	00:28:50	00:37:15	00:39:34.75	00:39:38.60	3:57	15.2
76	JĘDRUSIAK PRZEMYSŁAW	648		DANKOWICE	POL	M30-39	40	M 78	00:11:45	00:19:57	00:29:12	00:37:16	00:39:37.05	00:39:46.85	3:57	15.1

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
77	DZIARSKI WIESŁAW	240	ERBUD RYBNIK	RYBNIK	POL	M60-69	1	M 79	00:11:30	00:37:21			00:39:43.45	00:39:51.85	3:58	15.1
78	KRETEK ŁUKASZ	519	AKTYWNI LYSKI	LYSKI	POL	M20-29	17	M 81	00:11:45	00:19:58	00:29:19	00:37:29	00:39:47.10	00:39:56.60	3:58	15.1
79	KLYSZCZ PAWEŁ	886	ZERO32 ARCHITEKCI	ŁAZISKA GÓRNE	POL	M20-29	18	M 80	00:11:36	00:19:49	00:29:17	00:37:32	00:39:48.90	00:39:54.75	3:58	15.1
80	BARTNIK SEBASTIAN	181	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	14	M 82	00:11:41	00:19:51	00:29:08	00:37:23	00:39:53.05	00:40:01.25	3:59	15
81	WOLNY ARIEL	183		ŁUKÓW ŚLĄSKI	POL	M30-39	41	M 83	00:11:41	00:19:51	00:29:09	00:37:25	00:39:53.25	00:40:02.55	3:59	15
82	KYRCZ MIROŚLAW	378	MIRASTEAM	DANKOWICE	POL	M30-39	42	M 84	00:11:33	00:19:46	00:29:19	00:37:35	00:40:01.70	00:40:08.60	4:00	15
83	KOWAL ŁUKASZ	770	FITNESS EXPRESS RYBNIK	RYBNIK	POL	M20-29	19	M 85	00:12:01	00:20:15	00:29:36	00:37:50	00:40:03.10	00:40:16.90	4:00	15
84	WASZTYL GRZEGORZ	771		KATOWICE	POL	M40-49	15	M 86	00:11:49	00:20:06	00:29:46	00:37:56	00:40:09.10	00:40:17.80	4:00	14.9
85	OLSZOWSKI DARIUSZ	889	GB GALOPUJĄCE ŚLIMAKI	ŻORY	POL	M40-49	16	M 87	00:11:45	00:19:59	00:29:34	00:37:55	00:40:10.65	00:40:19.35	4:01	14.9
86	WOWRY KLAUDIUSZ	448	CIESZYN WIK	CIESZYN	POL	M16-19	9	M 88	00:11:42	00:19:53	00:29:30	00:37:55	00:40:15.10	00:40:22.80	4:01	14.9
87	DUDEK BARTŁOMIEJ	722		KATOWICE	POL	M40-49	17	M 90	00:11:45	00:19:53	00:29:28	00:37:54	00:40:18.30	00:40:26.90	4:01	14.9
88	BRODACKI WALDEMAR	909	CHEMIK NOXY PUŁAWY	PUŁAWY	POL	M60-69	2	M 89	00:11:46	00:20:04	00:29:41	00:37:54	00:40:19.00	00:40:24.90	4:01	14.9
89	TŁOŁKA MICHAŁ	411		ŻORY	POL	M30-39	43	M 91	00:11:49	00:20:05	00:29:34	00:37:54	00:40:21.85	00:40:31.60	4:02	14.9
90	TOMCZYK PIOTR CZESŁAW	509	WILD RUNNERS CLUB	PIASEK	POL	M30-39	44	M 93	00:11:43	00:19:56	00:29:42	00:38:13	00:40:33.55	00:40:43.20	4:03	14.8
91	NIEDZIELA STEFAN	599	WIECZNOŚĆ	KNURÓW	POL	M50-59	2	M 92	00:11:25	00:19:45	00:29:47	00:38:16	00:40:37.40	00:40:41.40	4:03	14.8
92	MAROSZEK SZYMON	153		RYBNIK	POL	M30-39	45	M 95	00:11:41	00:19:51	00:29:27	00:38:04	00:40:39.25	00:40:50.60	4:03	14.8
93	MASNY MICHAŁ	442		RYDUŁTOWY	POL	M20-29	20	M 97	00:11:47	00:20:11	00:29:58	00:38:18	00:40:41.00	00:40:53.65	4:04	14.7
94	URBAŃCZYK MARCIN	51		JASTRZĘBIE ZDRÓJ	POL	M20-29	21	M 96	00:11:58	00:20:21	00:29:59	00:38:21	00:40:42.05	00:40:53.20	4:04	14.7
95	GÓRNY MIREK	461	NUTREND TEAM	BIELSKO-BIAŁA	POL	M50-59	3	M 94	00:11:33	00:19:55	00:29:52	00:38:18	00:40:42.10	00:40:46.10	4:04	14.7
96	OPUCHLIK ROMAN	642		ŚWIĘTOCHŁOWICE	POL	M30-39	46	M 98	00:12:00	00:20:23	00:30:02	00:38:24	00:40:45.20	00:40:54.65	4:04	14.7
97	BULENDA GRZEGORZ	65	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	4	M 99	00:11:40	00:19:57	00:29:44	00:38:14	00:40:46.85	00:40:56.90	4:04	14.7
98	URBAŚ ROMAN	491	BIEG PO ZDRÓJ	JAWORZE	POL	M40-49	18	M 100	00:11:49	00:20:17	00:29:59	00:38:30	00:40:55.50	00:41:01.60	4:05	14.7
99	MICHALIK RAFAŁ	405	LACHO TEAM	KRAKÓW	POL	M20-29	22	M 101	00:12:01	00:20:26	00:30:25	00:38:43	00:40:57.15	00:41:02.80	4:05	14.7
100	MAZUR MAREK	78		JASTRZĘBIE-ZDRÓJ	POL	M40-49	19	M 102	00:11:44	00:19:55	00:29:44	00:38:26	00:40:58.85	00:41:07.75	4:05	14.6
101	FURMAN DAWID	686	BIEGAN DLA MILUSI	BŁĄŻEJOWICE	POL	M30-39	47	M 103	00:11:52	00:38:44			00:41:07.80	00:41:17.30	4:06	14.6
102	BOŁOZ DAMIAN	50	KLUB BIEGACZA FARTLEK	JASTRZĘBIE ZDRÓJ	POL	M30-39	48	M 104	00:12:05	00:20:32	00:30:20	00:38:50	00:41:11.85	00:41:20.00	4:07	14.6
103	RAJWA JAN	309	BZIEGCZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	23	M 105	00:11:41	00:20:08	00:30:06	00:38:53	00:41:13.55	00:41:20.30	4:07	14.6
104	RIMPLER ŁUKASZ	819	ŁUKASZ RIMPLER	ORZESZE	POL	M30-39	49	M 109	00:12:09	00:20:41	00:30:33	00:38:55	00:41:16.50	00:41:27.95	4:07	14.5
105	SIEGMUND TADEUSZ	187	KB MOSIR JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	POL	M40-49	20	M 106	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	4:07	14.5
106	SPYRKA PIOTR	97		JASTRZĘBIE ZDRÓJ	POL	M30-39	50	M 107	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	4:07	14.5
107	KUTIAN ADAM	813		KĘDZIERZYN-KOŹLE	POL	M50-59	5	M 111	00:12:00	00:20:36	00:30:23	00:38:52	00:41:19.80	00:41:28.70	4:08	14.5
108	DZIDA JANUSZ	483	EXME BERGER GROUP	ŻORY	POL	M30-39	51	M 108	00:11:28	00:20:01	00:30:05	00:38:54	00:41:21.45	00:41:26.50	4:08	14.5
109	ZIELIŃSKI IRENEUSZ	170		JASTRZĘBIE-ZDRÓJ	POL	M40-49	21	M 112	00:11:45	00:20:13	00:30:13	00:38:55	00:41:23.35	00:41:31.30	4:08	14.5
110	MALINOWSKI KRZYSZTOF	110	POWOLI DO CELU	GIŁOWICE	POL	M40-49	22	M 110	00:11:43	00:20:18	00:30:23	00:39:03	00:41:26.05	00:41:28.50	4:08	14.5
111	GŁUSZYK ANDRZEJ	316		ŻORY	POL	M40-49	23	M 113	00:12:33	00:21:08	00:31:01	00:39:10	00:41:27.20	00:41:37.20	4:08	14.5
112	GLAJCAR TOMASZ	134		HARBUTOWICE	POL	M40-49	24	M 117	00:12:26	00:21:12	00:31:08	00:39:38	00:41:54.50	00:42:09.20	4:11	14.3
113	ORŁOWSKI GRZEGORZ	372	ULTRA BESKID SPORT	MAZANCOWICE	POL	M30-39	52	M 118	00:12:29	00:21:01	00:30:48	00:39:27	00:41:55.25	00:42:09.95	4:11	14.3
114	KUŚ DAWID	606	POLSKA GRUPA GÓRNICZA	KATOWICE	POL	M30-39	53	M 114	00:11:43	00:20:13	00:30:28	00:39:26	00:41:55.50	00:42:02.10	4:11	14.3
115	ADAMCZEWSKI WALDEMAR	37		JASTRZĘBIE-ZDRÓJ	POL	M50-59	6	M 116	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	4:11	14.3
116	OGIERMAN GRZEGORZ	229	OLZA CIESZYN	CIESZYN	POL	M40-49	25	M 115	00:12:15	00:20:59	00:31:04	00:39:37	00:41:56.60	00:42:07.05	4:11	14.3
117	BEZUCH PAWEŁ	881		WODZISŁAW ŚLĄSKI	POL	M20-29	24	M 121	00:12:28	00:21:19	00:31:14	00:39:42	00:41:59.75	00:42:14.00	4:12	14.3
118	LEŚNIAK KRZYSZTOF	296	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	M40-49	26	M 119	00:12:26	00:21:07	00:31:08	00:39:39	00:42:01.15	00:42:12.20	4:12	14.3
119	OGIEGŁO ŁUKASZ	659		BIELSKO-BIAŁA	POL	M30-39	54	M 120	00:11:59	00:20:43	00:30:53	00:39:41	00:42:07.65	00:42:13.45	4:12	14.2
120	LORANC MACIEJ	357	NUTREND BIEGA	BIELSKO-BIAŁA	POL	M50-59	7	M 124	00:12:42	00:21:28	00:31:22	00:39:50	00:42:09.65	00:42:23.00	4:13	14.2
121	KĘDZIOR KAMIL	617	SCI GÓRSYCE ENTUZJAŚCI	POGWIZDÓW	POL	M30-39	55	M 122	00:11:54	00:20:17	00:30:39	00:39:38	00:42:11.40	00:42:16.90	4:13	14.2
122	SZAREK KRZYSZTOF	596	BIEG PO ZDRÓJ	JASZENICA 953	POL	M30-39	56	M 123	00:11:46	00:20:24	00:30:46	00:39:43	00:42:11.50	00:42:18.65	4:13	14.2
123	PRÓSZYŃSKI SŁAWOMIR	298		JASTRZĘBIE ZDRÓJ	POL	M30-39	57	M 125	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	4:13	14.2
124	MYNARSKI SYLWESTER	897		BIELSKO-BIAŁA	POL	M40-49	27	M 128	00:12:32	00:21:15	00:31:10	00:39:47	00:42:15.75	00:42:28.55	4:13	14.2
125	GRZONKA ANDRZEJ	128	GBGALOPUJĄCE SLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	28	M 126	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	4:13	14.2
126	JARGOŃ JACEK	458		RYBNIK	POL	M40-49	29	M 127	00:12:03	00:20:45	00:30:58	00:39:45	00:42:17.80	00:42:27.25	4:13	14.2
127	BIAŁECKI TOMASZ	492		JASTRZĘBIE-ZDRÓJ	POL	M40-49	30	M 130	00:12:29	00:21:03	00:31:01		00:42:21.30	00:42:34.40	4:14	14.2
128	BANASIAK TOMASZ	507		RACIBÓRZ	POL	M40-49	31	M 129	00:11:35	00:19:40	00:29:10	00:39:22	00:42:29.40	00:42:33.55	4:14	14.1
129	WIECZOREK TOMASZ	154	YNO ULTRA	ROGÓW	POL	M30-39	58	M 131	00:12:01	00:20:51	00:31:07	00:40:03	00:42:29.70	00:42:40.55	4:15	14.1
130	PRZYBYSZ RYSZARD	206		ZORY	POL	M50-59	8	M 132	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	4:15	14.1
131	CHYBIORZ MAREK	582		CIESZYN	POL	M30-39	59	M 137	00:12:47	00:21:43	00:31:48	00:40:23	00:42:36.95	00:42:55.20	4:15	14.1
132	GADAJ GRZEGORZ	562		RADLIN	POL	M30-39	60	M 133	00:12:00	00:20:47	00:31:06	00:40:03	00:42:37.10	00:42:47.00	4:15	14.1
133	JEREMICZ KRZYSZTOF	57	RAFAKO RUN TEAM	RACIBÓRZ	POL	M40-49	32	M 135	00:12:29	00:21:14	00:31:28	00:40:15	00:42:40.45	00:42:52.90	4:16	14.1

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
134	GLAJC ANDRZEJ	561	WYPAS RUN	SKOCZÓW	POL	M50-59	9	M 134	00:11:42	00:20:25	00:30:48	00:40:13	00:42:43.60	00:42:52.75	4:16	14
135	PIĄTOWSKI MIROSŁAW	85	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M50-59	10	M 138	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	4:16	14
136	ŻUR MAREK	449	KAC RUNNERS	ŁĄKA	POL	M40-49	33	M 140	00:12:36	00:21:26	00:31:43	00:40:28	00:42:49.55	00:43:04.75	4:16	14
137	OLSZOWSKI MARCIN	523	OLZA CIESZYN	CIESZYN	POL	M40-49	34	M 139	00:12:06	00:20:51	00:31:11	00:40:17	00:42:51.85	00:42:59.20	4:17	14
138	LORANC PAWEŁ	793	WILDBUCHAYS	KOZY	POL	M30-39	61	M 145	00:12:38	00:21:24	00:31:33	00:40:22	00:42:51.90	00:43:11.55	4:17	14
139	BYRSKI HENRYK	827	WILDBUCHAYS	ŁODYGOWICE	POL	M40-49	35	M 146	00:12:38	00:21:24	00:31:32	00:40:23	00:42:52.35	00:43:11.85	4:17	14
140	TOMCZYK LESŁAW	854	OLZA CIESZYN	CIESZYN	POL	M50-59	11	M 141	00:12:36	00:21:22	00:31:22	00:40:16	00:42:53.40	00:43:05.05	4:17	14
141	DZIERZĘGA ARTUR	633		JASTRZĘBIE ZDRÓJ	POL	M40-49	36	M 136	00:12:14				00:42:54.00	00:42:54.00	4:17	14
142	SUCHANEK ROBERT	808	ATHLETICS NYSA	NYSA	POL	M40-49	37	M 142	00:12:16	00:21:07	00:31:31	00:40:22	00:42:56.20	00:43:06.80	4:17	14
143	KITA JAKUB	878		PSZCZYNA	POL	M16-19	10	M 144	00:12:47	00:21:50	00:31:59	00:40:33	00:42:58.05	00:43:08.75	4:17	14
144	KRAUSE DARIUSZ	290	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	38	M 143	00:12:17	00:21:10	00:31:30	00:40:17	00:43:00.55	00:43:07.60	4:18	14
145	ROGAŁA MACIEJ	396	YNO ULTRA	PSZÓW	POL	M40-49	39	M 148	00:12:42	00:21:29	00:31:45	00:40:30	00:43:01.45	00:43:20.50	4:18	13.9
146	KAWECKI STANISŁAW	305	OLZA CIESZYN	CIESZYN	POL	M40-49	40	M 147	00:12:26	00:21:19	00:31:35	00:40:38	00:43:08.25	00:43:15.50	4:18	13.9
147	LILLA PIOTR	580	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	62	M 151	00:12:20	00:21:08	00:31:28	00:40:38	00:43:11.00	00:43:25.05	4:19	13.9
148	MROWIEC BERNARD	393	TEMPO TWORKÓW	TWORKÓW	POL	M50-59	12	M 150	00:12:40	00:21:37	00:31:59	00:40:47	00:43:11.80	00:43:24.95	4:19	13.9
149	NIEŚŁONY DOMINIK	908		KOZŁOWICE	POL	M20-29	25	M 149	00:12:25	00:21:14	00:31:48	00:40:49	00:43:12.60	00:43:21.90	4:19	13.9
150	BUGDOL ZBIGNIEW	459		RYBNIK	POL	M20-29	26	M 157	00:12:42	00:21:45	00:31:58	00:40:50	00:43:19.75	00:43:42.90	4:19	13.9
151	PUDA KRZYSZTOF	790		JELESNIA	POL	M40-49	41	M 152	00:12:10	00:20:53	00:31:31	00:40:55	00:43:20.50	00:43:26.75	4:20	13.8
152	JĘDRZEJAK PIOTR	146		JASTRZĘBIE-ZDRÓJ	POL	M40-49	42	M 161	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	4:20	13.8
153	BAC MICHAŁ	555		JASTRZĘBIE-ZDRÓJ	POL	M30-39	63	M 154	00:12:55	00:21:51	00:32:06	00:40:51	00:43:21.85	00:43:37.80	4:20	13.8
154	UCIEKŁAK WALDEMAR	221	PSZCZÓŁKOWSKI TEAM	CZĘSTOCHOWA	POL	M50-59	13	M 153	00:12:46	00:21:35	00:31:52	00:40:49	00:43:22.80	00:43:35.85	4:20	13.8
155	TOMCZYK MAURYCY	29	ESKADRA KRAKÓW	KRAKÓW	POL	M20-29	27	M 158	00:12:50	00:21:52	00:32:15	00:41:00	00:43:27.75	00:43:43.95	4:20	13.8
156	SITKO ADAM	328	SBD ENERGETYK RYBNIK	RYBNIK	POL	M40-49	43	M 155	00:12:12	00:20:58	00:31:40	00:40:46	00:43:28.50	00:43:39.40	4:20	13.8
157	SOJKA PIOTR	380	AKTYWNA PSZCZYNA RUNNERS TEAM	BAKÓW	POL	M30-39	64	M 156	00:12:52	00:21:57	00:32:14	00:41:03	00:43:30.80	00:43:41.30	4:21	13.8
158	DOBROWOLSKI SŁAWEK	219	NAPRZÓD MŁOCINY	WARSZAWA	POL	M50-59	14	M 162	00:12:47	00:21:44	00:32:10	00:41:05	00:43:32.65	00:43:48.30	4:21	13.8
159	STEMPEL GRZEGORZ	667	1989	WODZISŁAW ŚL	POL	M20-29	28	M 160	00:12:18	00:21:16	00:31:47	00:40:53	00:43:36.05	00:43:48.20	4:21	13.8
160	STUHLIK MAREK	376	AKTYWNA PSZCZYNA.PL	JARZĄBKOWICE	POL	M30-39	65	M 159	00:12:55	00:22:02	00:32:23	00:41:11	00:43:37.00	00:43:47.40	4:21	13.8
161	BARAN BARTOSZ	766		WROCŁAW	POL	M20-29	29	M 165	00:13:13	00:22:17	00:32:34	00:41:17	00:43:39.10	00:43:54.70	4:21	13.7
162	MAŁECKI JACEK	462		LIGOTA	POL	M30-39	66	M 163	00:12:43	00:21:43	00:32:20	00:41:18	00:43:41.50	00:43:53.95	4:22	13.7
163	WYREMBELSKI ADAM	169		JASTRZĘBIE-ZDRÓJ	POL	M20-29	30	M 167	00:12:48	00:21:53	00:32:18	00:41:17	00:43:44.95	00:44:00.75	4:22	13.7
164	MRÓZEK RAFAŁ	621	OLIMPIJCZYK GIŁOWICE	ŁĘKAWICA	POL	M30-39	67	M 164	00:12:21	00:21:22	00:32:17	00:41:21	00:43:49.75	00:43:54.20	4:23	13.7
165	NIEDZIELKO GRZEGORZ	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	ŻORY	POL	M20-29	31	M 166	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	4:23	13.7
166	CZAPOROWSKI TOMASZ	222		JASTRZĘBIE ZDRÓJ	POL	M30-39	68	M 168	00:12:24	00:21:21	00:32:02	00:41:17	00:43:53.45	00:44:04.30	4:23	13.7
167	BIELA RAFAŁ	595		ŻORY	POL	M30-39	69	M 170	00:12:50	00:21:54	00:32:15	00:41:21	00:43:57.10	00:44:07.85	4:23	13.7
168	POHL ARMIN	581		KRAPKOWICE	POL	M20-29	32	M 169	00:12:50	00:21:51	00:32:20	00:41:29	00:43:58.30	00:44:05.95	4:23	13.6
169	KUDER MAREK	265	KS M.E.T.A.	WODZISŁAW ŚLĄSKI	POL	M40-49	44	M 171	00:11:50	00:20:56	00:32:08	00:41:14	00:43:58.70	00:44:09.50	4:23	13.6
170	KWAŚNY MARCIN	665	WILD BUCHAYS	BUCZKOWICE	POL	M40-49	45	M 175	00:12:49	00:21:55	00:32:19	00:41:27	00:44:00.55	00:44:20.60	4:24	13.6
171	POĘDNIK TOMASZ	903	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	46	M 172	00:12:53	00:22:08	00:32:30	00:41:26	00:44:01.45	00:44:16.45	4:24	13.6
172	ZGRZENDEK PATRYK	726		BOJANÓW	POL	M20-29	33	M 173	00:12:50	00:22:00	00:32:26	00:41:32	00:44:05.10	00:44:17.90	4:24	13.6
173	PASTWA GRZEGORZ	247	UBS / ADAMUS	JASIENICA	POL	M40-49	47	M 176	00:12:50	00:21:51	00:32:21	00:41:31	00:44:05.50	00:44:22.35	4:24	13.6
174	OSZCZĘDA KRZYSZTOF	225	ZARAŻIĆ PASJĄ	ŻORY	POL	M40-49	48	M 177	00:12:51	00:21:55	00:32:27	00:41:33	00:44:05.95	00:44:22.40	4:24	13.6
175	KIEPIEŁA DAWID	119	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	70	M 179	00:12:47	00:21:51	00:32:28	00:41:32	00:44:07.45	00:44:23.70	4:24	13.6
176	KITA SEBASTIAN	877		PSZCZYNA	POL	M40-49	49	M 180	00:12:41	00:21:49	00:32:25	00:41:30	00:44:08.85	00:44:25.60	4:24	13.6
177	KACZMAREK JACEK	901	GRUBIORZE LOTAJOM	CZERWIONKA LESZCZYNY	POL	M30-39	71	M 178	00:12:47	00:21:49	00:32:26	00:41:33	00:44:10.50	00:44:22.50	4:25	13.6
178	SUCHY ZBIGNIEW	691		ŻORY	POL	M40-49	50	M 188	00:12:45	00:21:46	00:32:20	00:41:35	00:44:10.50	00:44:36.80	4:25	13.6
179	STYCZYŃSKI PAWEŁ	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	ZAWIERCIE	POL	M30-39	72	M 184	00:13:00	00:22:10	00:32:43	00:41:44	00:44:11.45	00:44:31.40	4:25	13.6
180	RADOMSKI MARIUSZ	870	BZIOK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	51	M 187	00:13:04	00:22:04	00:32:36	00:41:35	00:44:11.65	00:44:35.25	4:25	13.6
181	DUROK WOJCIECH	534	KAC RUNNERS	JANKOWICE	POL	M40-49	52	M 181	00:12:51	00:21:52	00:32:22	00:41:33	00:44:12.30	00:44:27.35	4:25	13.6
182	KANCLERZ TOMASZ	708		RACIBÓRZ	POL	M30-39	73	M 183	00:12:46	00:21:50	00:32:18	00:41:30	00:44:12.85	00:44:30.20	4:25	13.6
183	ŁYSEK PAWEŁ	392	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M40-49	53	M 186	00:12:47	00:21:51	00:32:26	00:41:47	00:44:16.60	00:44:32.95	4:25	13.6
184	KOMARNICKI TOMASZ	792	GRUBIORZE LOTAJOM	RYBNIK	POL	M30-39	74	M 182	00:12:35	00:21:31	00:32:20	00:41:35	00:44:18.50	00:44:30.15	4:25	13.5
185	ZADROGA KAROL	721		JASTRZĘBIE-ZDRÓJ	POL	M20-29	34	M 174					00:44:19.00	00:44:19.00	4:25	13.5
186	KACZOR ŁUKASZ	826	WILD BUCHAYS	BUCZKOWICE	POL	M30-39	75	M 191	00:12:43	00:21:53	00:32:31	00:41:46	00:44:19.90	00:44:38.95	4:25	13.5

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
187	SKWARLIŃSKI MIROSLAW	874		ŻORY	POL	M50-59	15	M 185	00:12:43	00:21:49	00:32:23	00:41:37	00:44:21.35	00:44:31.50	4:26	13.5
188	ZWIERZYŃSKI PIOTR	849	UNATCO	RYBNIK	POL	M40-49	54	M 189	00:12:48	00:21:54	00:32:43	00:41:47	00:44:24.75	00:44:36.90	4:26	13.5
189	OGRODNIK DAMIAN	280		JASTRZĘBIE ZDRÓJ	POL	M30-39	76	M 190	00:12:48	00:21:54	00:32:36	00:41:50	00:44:25.50	00:44:38.15	4:26	13.5
190	JANISZEWSKI DOMINIK	282		JASTRZĘBIE-ZDRÓJ	POL	M30-39	77	M 195	00:13:01	00:22:15	00:32:54	00:41:55	00:44:27.30	00:44:47.60	4:26	13.5
191	DUDZIK SEBASTIAN	383		MAZANÓWICE	POL	M30-39	78	M 193	00:12:28	00:21:20	00:32:19	00:41:46	00:44:28.80	00:44:43.40	4:26	13.5
192	JANECKI MATEUSZ	216	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M20-29	35	M 194	00:12:46	00:21:44	00:32:26	00:41:48	00:44:30.65	00:44:46.90	4:27	13.5
193	TOCHOWICZ BARTOSZ	268	OLZA TEAM	GOLESZÓW	POL	M40-49	55	M 192	00:12:37	00:21:46	00:32:22	00:41:51	00:44:31.50	00:44:42.85	4:27	13.5
194	FIGOŁUSZKA DAWID	436		STUDZIENICE	POL	M30-39	79	M 196	00:12:47	00:21:55	00:32:36	00:41:57	00:44:40.70	00:44:54.05	4:28	13.4
195	ŁUSZCZYK SERGIUSZ	700		WODZISŁAW ŚLĄSKI	POL	M20-29	36	M 200	00:13:25	00:22:32	00:33:04	00:42:12	00:44:41.05	00:45:02.10	4:28	13.4
196	OBROŚLAK JACEK	587	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE ZDRÓJ	POL	M40-49	56	M 198	00:12:47	00:21:51	00:32:27	00:41:52	00:44:41.30	00:44:56.50	4:28	13.4
197	BRAUNER WOJCIECH	588		WODZISŁAW ŚLĄSKI	POL	M30-39	80	M 197	00:12:45	00:21:53	00:32:42	00:42:04	00:44:44.35	00:44:56.20	4:28	13.4
198	MARON TOMASZ	54	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M30-39	81	M 201	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	4:28	13.4
199	PLEWNIA DAWID	776		BAKÓW	POL	M20-29	37	M 205	00:12:58	00:22:05	00:32:50	00:42:13	00:44:50.80	00:45:09.35	4:29	13.4
200	WOŁOŻYŃ RYSZARD	367	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	M50-59	16	M 202	00:13:03	00:22:27	00:33:14	00:42:22	00:44:51.40	00:45:05.05	4:29	13.4
201	JACH MAREK	94		JASTRZĘBIE ZDRÓJ	POL	M40-49	57	M 204	00:12:41	00:21:50	00:32:43	00:42:05	00:44:51.80	00:45:09.20	4:29	13.4
202	GANCARZ MARIUSZ	613		JASTRZĘBIE ZDRÓJ	POL	M40-49	58	M 210	00:13:47	00:23:12	00:33:53	00:42:32	00:44:56.50	00:45:20.65	4:29	13.4
203	GMERNICKI JACEK	859	ATHLETICS NYSA	NYSA	POL	M30-39	82	M 203	00:12:46	00:21:58	00:32:48	00:42:23	00:44:56.95	00:45:07.70	4:29	13.3
204	MAREK RAFAŁ	564	KAC RUNNERS	GOCZAŁKOWICE-ZDRÓJ	POL	M40-49	59	M 206	00:12:48	00:21:53	00:32:39	00:42:09	00:44:57.45	00:45:13.55	4:29	13.3
205	TYLEC MICHAŁ	92		JASTRZĘBIE-ZDRÓJ	POL	M30-39	83	M 207	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	4:29	13.3
206	MALIK RAFAŁ	66		JASTRZĘBIE-ZDRÓJ	POL	M30-39	84	M 199	00:12:29	00:21:43	00:32:35	00:42:26	00:44:58.50	00:45:01.80	4:29	13.3
207	PODKOWIK MARCIN	329		ŻORY	POL	M30-39	85	M 208	00:12:47	00:21:57			00:45:00.00	00:45:18.00	4:30	13.3
208	JOCHLIK SZYMON	391		JASTRZĘBIE-ZDRÓJ	POL	M30-39	86	M 209	00:12:46	00:21:56	00:32:57	00:42:31	00:45:03.30	00:45:19.85	4:30	13.3
209	DUDEK DANIAŁ	541		JASTRZĘBIE-ZDRÓJ	POL	M40-49	60	M 215	00:13:13	00:22:27	00:33:13	00:42:32	00:45:05.60	00:45:26.20	4:30	13.3
210	TWARDZIK KAMIL	238	KS M.E.T.A	ŁAZISKA	POL	M20-29	38	M 213	00:13:12	00:22:23	00:33:14	00:42:26	00:45:05.90	00:45:24.75	4:30	13.3
211	SZYM CZYCHA DAREK	772		RACIBÓRZ	POL	M40-49	61	M 216	00:12:45	00:21:52	00:32:54	00:42:35	00:45:08.40	00:45:26.30	4:30	13.3
212	BULANDA ANDRZEJ	560		BIERUŃ	POL	M40-49	62	M 214	00:12:48	00:22:02	00:33:14	00:42:30	00:45:10.15	00:45:26.20	4:31	13.3
213	POŁOMSKI GRZEGORZ	417	POŁOMSCY TEAM	RYDUŁTOWY	POL	M30-39	87	M 212	00:12:31	00:21:43	00:32:39	00:42:23	00:45:10.65	00:45:23.90	4:31	13.3
214	MACH ŁUKASZ	369	BIEGACZ	WISKA	POL	M40-49	63	M 218	00:12:44	00:21:53	00:33:04	00:42:42	00:45:10.95	00:45:28.95	4:31	13.3
215	KAJDANA MARIUSZ	211		BIELSKO-BIAŁA	POL	M40-49	64	M 211	00:12:17	00:21:46	00:32:53	00:42:14	00:45:14.95	00:45:23.65	4:31	13.3
216	KRZYŻOWSKI GRZEGORZ	764	GRUBIORZE LOTAJOM	CZERWIONKA-LESZCZYNY	POL	M30-39	88	M 219	00:12:47	00:22:02	00:33:11	00:42:43	00:45:18.30	00:45:30.50	4:31	13.2
217	KLINGER ALAN	226	WSPÓLNA PASJA ŻORY	ŻORY	POL	M30-39	89	M 220	00:12:43	00:21:50	00:32:37	00:42:14	00:45:18.60	00:45:36.55	4:31	13.2
218	LIZAK KRZYSZTOF	756		ŻORY	POL	M40-49	65	M 217	00:13:00	00:22:30	00:33:26	00:42:51	00:45:21.10	00:45:27.70	4:32	13.2
219	JESIONEK KRZYSZTOF	730		IMIELIN	POL	M30-39	90	M 222	00:13:05	00:22:21	00:33:10	00:42:45	00:45:27.10	00:45:43.75	4:32	13.2
220	LIS GRZEGORZ	299		RACIBÓRZ	POL	M40-49	66	M 223	00:12:59	00:22:29	00:33:25	00:42:50	00:45:29.80	00:45:44.15	4:33	13.2
221	BALICKI PIOTR	64	NOVA TRADING - STALE BIEGAM	MYSŁOWICE	POL	M30-39	91	M 221	00:12:51	00:22:09	00:33:19	00:42:47	00:45:30.45	00:45:39.35	4:33	13.2
222	KRASKA WŁODZIMIERZ	401	NIEZRZESZONY	KRAKOW	POL	M70+	1	M 224	00:12:50	00:21:59	00:32:58	00:42:38	00:45:34.10	00:45:48.20	4:33	13.2
223	KOWALSKI ROBERT	236	SBD ENERGETYK RYBNIK	RYBNIK	POL	M50-59	17	M 227	00:13:22	00:22:45	00:33:30	00:42:55	00:45:34.15	00:45:52.80	4:33	13.2
224	MUSZEWSKI BARTŁOMIJ	490	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	67	M 225	00:12:49	00:22:08	00:33:10	00:42:46	00:45:34.20	00:45:49.50	4:33	13.2
225	RECLIK ŁUKASZ	439	NESSI TEAM	PSZCZYNA	POL	M30-39	92	M 226	00:12:52	00:22:12	00:33:14	00:42:50	00:45:35.70	00:45:51.10	4:33	13.2
226	URBASIK MARIUSZ	205	RYDUŁTOWY	RYDUŁTOWY	POL	M50-59	18	M 229	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	4:33	13.1
227	DOBRENIUK KRZYSZTOF	590	AKTYWNI LYSKI	RYBNIK	POL	M40-49	68	M 228	00:13:17	00:22:47	00:33:50	00:43:19	00:45:43.70	00:45:54.90	4:34	13.1
228	ROEHRICH KRZYSZTOF	553	LOTOMY ZE SZWAGREM	ŁĄKA	POL	M30-39	93	M 231	00:13:35	00:23:02	00:33:55	00:42:59	00:45:44.35	00:46:01.90	4:34	13.1
229	KOWALSKI JANUSZ	22	OLZA CIESZYN	POGWIZDÓW	POL	M40-49	69	M 232	00:13:22	00:22:46	00:33:43	00:43:17	00:45:45.45	00:46:05.75	4:34	13.1
230	MAGOŃ MARCIN	175	AMATOR	RYBNIK	POL	M40-49	70	M 230	00:13:17	00:22:51	00:33:52	00:43:16	00:45:49.05	00:46:01.10	4:34	13.1
231	SUBIK TOMASZ	444		GLIWICE	POL	M30-39	94	M 236	00:13:09	00:22:28	00:33:38	00:43:08	00:45:56.60	00:46:16.10	4:35	13.1
232	WIELOPOLSKI ŁUKASZ	123		BIELSKO-BIAŁA	POL	M20-29	39	M 234	00:13:25	00:22:51	00:33:47	00:43:20	00:45:56.00	00:46:13.05	4:35	13.1
233	POJDA GRZEGORZ	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	71	M 238	00:13:34	00:22:57	00:33:48	00:43:25	00:45:58.35	00:46:21.20	4:35	13
234	JAKUBCZYK JACEK	441	CONTANTE	CHORZÓW	POL	M30-39	95	M 233	00:13:06	00:22:27	00:33:48	00:43:19	00:46:00.85	00:46:13.05	4:36	13
235	SOBEL ADRIAN	809	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE-ZDRÓJ	POL	M30-39	96	M 235	00:13:21	00:22:55	00:34:03	00:43:34	00:46:04.90	00:46:14.20	4:36	13
236	STĘPIEŃ GRZEGORZ	317		OPOLE	POL	M40-49	72	M 241	00:13:39	00:23:11	00:34:16	00:43:39	00:46:07.60	00:46:27.55	4:36	13
237	KAMIŃSKI ZBIGNIEW	763	GRUBIORZE LOTAJOM	LESZCZYNY	POL	M30-39	97	M 237	00:13:08	00:22:41	00:33:50	00:43:24	00:46:08.55	00:46:20.50	4:36	13
238	OGRODNIK DAMIAN	757		PIEKARY ŚLĄSKIE	POL	M30-39	98	M 239	00:12:58	00:22:25	00:33:37	00:43:25	00:46:08.75	00:46:23.30	4:36	13
239	NANTKA WITEK	838	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	99	M 244	00:13:47	00:23:12	00:34:11	00:43:35	00:46:11.25	00:46:34.90	4:37	13
240	MAZURKIEWICZ JAROSŁAW	687		STRUMIEŃ	POL	M50-59	19	M 240	00:13:08	00:22:41	00:33:56	00:43:25	00:46:12.05	00:46:27.00	4:37	13

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
241	GWÓZDŹ ANDRZEJ	882	POWOLI DO CELU	WOLA	POL	M50-59	20	M 242	00:13:19	00:22:45	00:33:50	00:43:29	00:46:15.65	00:46:29.55	4:37	13
242	OWCZAREK PAWEŁ	332		BIELSKO-BIAŁA	POL	M40-49	73	M 247	00:13:45	00:23:11	00:34:11	00:43:35	00:46:16.05	00:46:37.85	4:37	13
243	ONAK PAWEŁ	93		JASTRZĘBIE-ZDRÓJ	POL	M30-39	100	M 246	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	4:37	13
244	FERENC PAWEŁ	527		ZABRZE	POL	M30-39	101	M 250	00:13:40	00:22:59	00:34:00	00:43:39	00:46:19.40	00:46:44.50	4:37	13
245	SMYCZEK BARTOSZ	622		RYBNIK	POL	M30-39	102	M 252	00:14:14	00:23:40	00:34:22	00:43:35	00:46:19.65	00:46:45.55	4:38	12.9
246	WOŹNIAK PRZEMYSŁAW	304		JASTRZĘBIE ZDRÓJ	POL	M30-39	103	M 251	00:14:08	00:23:47	00:34:38	00:43:52	00:46:20.25	00:46:45.20	4:38	12.9
247	KRZYSTAŁA PAWEŁ	612		CZERWIONKA	POL	M16-19	11	M 245	00:14:04	00:23:43	00:34:33	00:44:01	00:46:20.45	00:46:36.15	4:38	12.9
248	PETER MARCIN	510		KATOWICE	POL	M40-49	74	M 243	00:12:58	00:22:29	00:33:48	00:43:40	00:46:20.85	00:46:33.80	4:38	12.9
249	MOTOWIDŁO TOMASZ	210		JASTRZĘBIE-ZDRÓJ	POL	M30-39	104	M 248	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	4:38	12.9
250	JANETA DAWID	359		SKRZYSZÓW	POL	M30-39	105	M 249	00:13:06	00:22:36	00:33:59	00:43:54	00:46:25.80	00:46:41.25	4:38	12.9
251	SPIEWAK MAREK	674		BUCZKOWICE	POL	M30-39	106	M 253	00:13:25	00:22:55	00:34:13	00:43:47	00:46:27.25	00:46:46.00	4:38	12.9
252	BRANDYS ADAM	857		PAWŁOWICE	POL	M30-39	107	M 254	00:13:42	00:23:11	00:34:19	00:43:56	00:46:40.05	00:47:00.80	4:40	12.9
253	ZIĘTARA PAWEŁ	203		JASTRZĘBIE-ZDRÓJ	POL	M40-49	75	M 259	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	4:40	12.8
254	ŚMIETANA GRZEGORZ	364	EASYRUN RACIBÓRZ	RACIBÓRZ	POL	M40-49	76	M 255	00:14:12	00:23:47	00:34:44	00:44:12	00:46:45.80	00:47:06.40	4:40	12.8
255	POCZĄTEK DAMIAN	132		OCHABY MAŁE	POL	M20-29	40	M 256	00:13:14	00:22:51	00:34:09	00:44:00	00:46:49.65	00:47:07.90	4:40	12.8
256	KOZŁOWSKI ZBIGNIEW	747	OFIARY KAMIENCA	KAMIENIEC	POL	M40-49	77	M 258	00:13:36	00:23:12	00:34:25	00:44:11	00:46:54.80	00:47:14.25	4:41	12.8
257	GAWLAS KRZYSZTOF	615	GAWLASCAN	GÓRKI WIELKIE	POL	M30-39	108	M 257	00:13:11	00:23:01	00:34:40	00:44:32	00:46:55.50	00:47:12.05	4:41	12.8
258	MACHEJ REMIGIUSZ	579	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	109	M 263	00:13:55	00:23:42	00:34:48	00:44:26	00:47:02.40	00:47:29.75	4:42	12.8
259	LELENIEWSKI JACEK	820		RYBNIK	POL	M30-39	110	M 260	00:13:35	00:23:25	00:34:34	00:44:19	00:47:02.70	00:47:20.70	4:42	12.8
260	ŁATKA ŁUKASZ	370		RYBNIK	POL	M30-39	111	M 261	00:12:56	00:22:51	00:34:15	00:44:15	00:47:03.80	00:47:21.45	4:42	12.7
261	KĄŻMIERCZAK SZYMON	834		WODZISŁAW ŚLĄSKI	POL	M20-29	41	M 262	00:13:51	00:23:42	00:34:45	00:44:27	00:47:04.10	00:47:25.15	4:42	12.7
262	GÓRECKI ADAM	614		RACIBÓRZ	POL	M20-29	42	M 264	00:14:37	00:24:27	00:35:23	00:44:33	00:47:05.55	00:47:30.00	4:42	12.7
263	HELD RADEK	698		PRUDNIK	POL	M30-39	112	M 268	00:14:07	00:23:38	00:34:37	00:44:21	00:47:08.30	00:47:36.60	4:42	12.7
264	KURTO PAWEŁ	830		MIEDZYRZECZE GÓRNE	POL	M30-39	113	M 265	00:14:24	00:24:18	00:35:26	00:44:30	00:47:09.75	00:47:31.10	4:43	12.7
265	LUBSZCZYK KRYSZTIAN	454	YNO ULTRA	ŚWIERKLANY	POL	M20-29	43	M 271	00:13:13	00:22:50	00:34:16	00:44:22	00:47:09.90	00:47:40.95	4:42	12.7
266	KULAWIAK BOGDAN	480		JASTRZĘBIE-ZDRÓJ	POL	M50-59	21	M 267	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	4:43	12.7
267	STAWICKI GRZEGORZ	669	RUNTAEM PAWŁOWICE	PAWŁOWICE	POL	M40-49	78	M 266	00:13:45	00:23:35	00:34:43	00:44:33	00:47:13.25	00:47:33.20	4:43	12.7
268	BAKOWSKI MICHAŁ	345		JASTRZĘBIE-ZDRÓJ	POL	M30-39	114	M 277	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	4:43	12.7
269	KURTO GRZEGORZ	705	KURTO TEAM	BIELSKO-BIAŁA	POL	M40-49	79	M 270	00:14:23	00:24:19	00:35:32	00:44:51	00:47:19.15	00:47:40.60	4:43	12.7
270	MROCZKOWSKI TOMASZ	536		JASTRZĘBIE-ZDRÓJ	POL	M40-49	80	M 275	00:13:57	00:23:41	00:34:57	00:44:40	00:47:23.70	00:47:47.45	4:44	12.7
271	BUĆKO MARCIN	275		JASTRZĘBIE-ZDRÓJ	POL	M40-49	81	M 273	00:14:12	00:23:59	00:35:18	00:44:49	00:47:24.70	00:47:45.75	4:44	12.7
272	KOPIEC ARKADIUSZ	45		SKRZYSZÓW	POL	M40-49	82	M 272	00:14:08	00:23:53	00:35:07	00:44:45	00:47:26.60	00:47:43.45	4:44	12.6
273	STUDNIK JAROSŁAW	884		RUDA ŚLĄSKA	POL	M40-49	83	M 276	00:13:43	00:23:35	00:34:57	00:44:42	00:47:27.45	00:47:50.50	4:44	12.6
274	RAJWA STANISŁAW	313	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	44	M 274	00:14:06	00:24:01	00:35:13	00:44:54	00:47:27.90	00:47:46.15	4:44	12.6
275	KOBIĄŁKA ROBERT	125	JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M40-49	84	M 269	00:12:57	00:22:32	00:34:11	00:44:29	00:47:32.10	00:47:39.00	4:45	12.6
276	GAUDYN ANDRZEJ	682	SZYBCY I WŚCIEKLI	SIEMIANOWICE ŚLĄSKIE	POL	M30-39	115	M 279	00:14:48	00:24:42	00:35:54	00:45:04	00:47:33.10	00:48:01.05	4:45	12.6
277	PISAREK RADEK	234	WKURW_TEAM	PAWŁOWICE	POL	M20-29	45	M 278	00:13:16	00:23:01	00:34:45	00:44:57	00:47:40.75	00:47:58.70	4:46	12.6
278	ODROZEK ALFRED	626		JASTRZEBIE -ZDRÓJ	POL	M50-59	22	M 282	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	4:47	12.5
279	ZALEWSKI ANDRZEJ	807	ATHLETICS NYSA	NYSA	POL	M40-49	85	M 280	00:13:42	00:23:26	00:34:54	00:45:08	00:47:51.70	00:48:04.70	4:47	12.5
280	SZCZERZEK ZBIGNIEW	636		ZABRZE	POL	M60-69	3	M 281	00:13:51	00:23:45	00:35:11	00:45:03	00:47:52.05	00:48:07.25	4:47	12.5
281	WISEŁKA ANDRZEJ	46		RYBNIK	POL	M30-39	116	M 283	00:14:26	00:24:20	00:35:48	00:45:20	00:47:53.10	00:48:16.35	4:47	12.5
282	PRZYBYŁA TOMASZ	673		WODZISŁAW ŚLĄSKI	POL	M40-49	86	M 287	00:14:27	00:24:23	00:35:42	00:45:26	00:47:54.90	00:48:20.45	4:47	12.5
283	MAKOŚ TOMEK	516		JAWORZE	POL	M40-49	87	M 286	00:14:11	00:24:09	00:35:20	00:45:15	00:47:59.80	00:48:19.90	4:47	12.5
284	GIERULA ARTUR	592	BS.CIESZYN.PL	DZIEGIELÓW	POL	M30-39	117	M 288	00:13:52	00:23:47	00:35:11	00:45:09	00:48:00.90	00:48:21.35	4:48	12.5
285	BIŁKO SŁAWEK	666		LESZNA GÓRNA	POL	M40-49	88	M 290	00:14:15	00:24:06	00:35:24	00:45:13	00:48:02.10	00:48:25.00	4:48	12.5
286	CHRAPKIEWICZ MAREK	528	LOTOMY ZE SZWAGREM	PSZCZYNA	POL	M30-39	118	M 285	00:13:38	00:23:40	00:35:24	00:45:13	00:48:02.65	00:48:19.80	4:48	12.5
287	BARAN RYSZARD	767	RAFAKO S.A.	RACIBÓRZ	POL	M50-59	23	M 284	00:13:41	00:23:37	00:35:08	00:45:12	00:48:04.40	00:48:19.35	4:48	12.5
288	GAWLAS JAN	725		JASTRZĘBIE	POL	M50-59	24	M 295	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	4:48	12.5
289	KUBICA MIECZYSLAW	892		GOLESZÓW	POL	M40-49	89	M 293	00:14:15	00:24:04	00:35:24	00:45:26	00:48:05.15	00:48:29.70	4:48	12.5
290	SZUBARSKI KRZYSZTOF	566	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	M40-49	90	M 291	00:14:25	00:24:17	00:35:46	00:45:29	00:48:06.75	00:48:27.70	4:48	12.5
291	BURYBA JACEK	136	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	119	M 292	00:14:22	00:24:13	00:35:36	00:45:23	00:48:07.25	00:48:27.90	4:48	12.5
292	KOWALSKI ARTUR	724		JASTRZĘBIE-ZDRÓJ	POL	M30-39	120	M 296	00:13:26	00:23:15	00:35:06	00:45:23	00:48:08.05	00:48:32.60	4:48	12.5
293	LOT MICHAŁ	533		RUDA ŚLĄSKA	POL	M20-29	46	M 297	00:14:38	00:24:50	00:36:22	00:45:41	00:48:08.40	00:48:33.80	4:48	12.5
294	STREIT MARIUSZ	664		ŻORY	POL	M40-49	91	M 289	00:13:25	00:23:27	00:35:07	00:45:12	00:48:09.50	00:48:22.25	4:49	12.5
295	KONCKI ANDRZEJ	34		RYBNIK	POL	M40-49	92	M 298	00:14:18	00:24:08	00:35:26	00:45:24	00:48:12.05	00:48:34.00	4:49	12.4
296	WALA MAREK	188		JASTRZĘBIE ZDRÓJ	POL	M30-39	121	M 299	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	4:49	12.4
297	BYSTRYKOWSKI MARCIN	281		JASTRZĘBIE-ZDRÓJ	POL	M40-49	93	M 294	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	4:49	12.4

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
298	TYKIERKA TOMASZ	844	TOXPRESS	BUDZISKA	POL	M40-49	94	M 305	00:14:44	00:24:33	00:35:49	00:45:31	00:48:17.60	00:48:55.70	4:49	12.4
299	JUNKA PIOTR	888		JASTRZĘBIE ZDRÓJ	POL	M30-39	122	M 300	00:14:36	00:24:47	00:36:13	00:45:48	00:48:20.55	00:48:43.80	4:50	12.4
300	PIECHOCKI PIOTR	74		JASTRZĘBIE-ZDRÓJ	POL	M30-39	123	M 301	00:14:39	00:24:32	00:36:02	00:45:46	00:48:27.80	00:48:51.70	4:50	12.4
301	CZYRNEK DARIUSZ	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	95	M 303	00:14:29	00:24:27	00:36:02	00:45:49	00:48:31.50	00:48:54.10	4:51	12.4
302	MARCZYNSKI SEBASTIAN	817		JASTRZEBIE	POL	M30-39	124	M 302	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	4:51	12.4
303	GAŁKIEWICZ MICHAŁ	565		KATOWICE	POL	M40-49	96	M 304	00:13:54	00:23:55	00:35:32	00:45:44	00:48:41.80	00:48:55.55	4:52	12.3
304	SOWA PAWEŁ	812		JASIENICA	POL	M40-49	97	M 309	00:14:09	00:24:04	00:35:45	00:45:47	00:48:42.20	00:49:06.40	4:52	12.3
305	MARON TADEUSZ	56		JASTRZĘBIE-ZDRÓJ	POL	M30-39	125	M 307	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	4:52	12.3
306	JACHYMEK MARCIN	719		ŻORY	POL	M30-39	126	M 306	00:13:17	00:23:13	00:35:29	00:45:49	00:48:42.45	00:48:59.50	4:52	12.3
307	BOTOREK MICHAŁ	742		CIESZYŃ	POL	M30-39	127	M 311	00:14:39	00:24:51	00:36:24	00:46:16	00:48:47.80	00:49:12.05	4:52	12.3
308	SZEWCUK ZBIGNIEW	200	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	25	M 308	00:13:53	00:24:03	00:35:43	00:45:48	00:48:51.80	00:49:04.35	4:53	12.3
309	ŚLEDZIŃSKI MACIEJ	585	ŚLEDZIE	JASTRZĘBIE-ZDRÓJ	POL	M40-49	98	M 314	00:14:36	00:24:48	00:36:15	00:46:03	00:48:52.50	00:49:18.05	4:53	12.3
310	KUSIDŁO MARCIN	463		RYBNIK	POL	M30-39	128	M 313	00:14:26	00:24:23	00:35:56	00:45:57	00:48:53.25	00:49:14.50	4:53	12.3
311	WIERCIOCH TOMASZ	131		KĘDZIERZYN-KOŹLE	POL	M30-39	129	M 316	00:14:35	00:24:41	00:36:17	00:46:09	00:48:56.40	00:49:20.55	4:53	12.3
312	SKECZEK ARKADIUSZ	744	POWOLI DO CELU	GIŁOWICE	POL	M40-49	99	M 310	00:13:51	00:23:58	00:35:48	00:45:54	00:48:56.55	00:49:10.50	4:53	12.3
313	WALA ANDRZEJ	512	1977	BIELSKO-BIAŁA	POL	M40-49	100	M 315	00:14:19	00:24:22	00:36:07	00:46:11	00:48:58.05	00:49:18.35	4:53	12.3
314	WASILEWSKI MATEUSZ	879	ZOFIOWKA	JASTRZĘBIE ZDRÓJ	POL	M20-29	47	M 312	00:13:42	00:24:22	00:36:14	00:46:14	00:48:58.65	00:49:12.30	4:53	12.2
315	SZYMICZEK RADOSŁAW	267	RAFAKO RUN TEAM	ROGÓW	POL	M30-39	130	M 317	00:14:16	00:24:20	00:35:56	00:46:09	00:49:00.85	00:49:23.20	4:54	12.2
316	FILUSZ DAWID	548		RYBNIK	POL	M20-29	48	M 318	00:14:35	00:24:39	00:36:14	00:46:12	00:49:01.00	00:49:27.65	4:54	12.2
317	GLEBOCKI GRZEGORZ	906	GRZEGORZ GLEBOCKI	BIELSKO-BIAŁA	POL	M40-49	101	M 320	00:14:42	00:24:48	00:36:18	00:46:14	00:49:06.90	00:49:29.10	4:54	12.2
318	ŻBEL MICHAŁ	354	HRMAX ŻORY	ZEBRZYDOWICE	POL	M40-49	102	M 322	00:14:46	00:24:52	00:36:24	00:46:23	00:49:07.20	00:49:30.95	4:54	12.2
319	MACHEJ STANISŁAW	703	NIEZRZESZONY	CIESZYŃ	POL	M60-69	4	M 321	00:14:36	00:24:47	00:36:22	00:46:12	00:49:07.40	00:49:29.65	4:54	12.2
320	KOTARSKI MAREK	450	TKKF RELAX WODZISŁAW ŚLASKI	WODZISŁAW ŚLASKI	POL	M50-59	26	M 324	00:14:37	00:24:43	00:36:12	00:46:09	00:49:08.95	00:49:39.80	4:54	12.2
321	HARATYK GRZEGORZ	294	KLUB BIEGACZA FARTLEK	JASTRZEBIE-ZDRÓJ	POL	M30-39	131	M 319	00:13:33	00:23:45	00:35:49	00:46:16	00:49:10.10	00:49:28.80	4:55	12.2
322	WILSZ ADAM	482	FIS-SST TEAM	PANIÓWKI	POL	M40-49	103	M 327	00:14:50	00:25:08	00:36:36	00:46:33	00:49:16.45	00:49:51.25	4:55	12.2
323	ROMANIUK-DEMONCHAUX ADAM	852	DRUŻYNA KOPERNIKA	RYBNIK	POL	M40-49	104	M 325	00:14:32	00:24:39	00:36:24	00:46:13	00:49:17.50	00:49:41.90	4:55	12.2
324	JARZYNA ANDRZEJ	477		JSTRZĘBIE - ZDRÓJ	POL	M20-29	49	M 328	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	4:55	12.2
325	WYREMBELSKI AMADEUSZ	168		JASTRZĘBIE-ZDRÓJ	POL	M20-29	50	M 323	00:13:23	00:23:40	00:35:56	00:46:18	00:49:19.40	00:49:35.65	4:55	12.2
326	JUSZCZAK GRZEGORZ	715		TYCHY	POL	M30-39	132	M 326	00:14:37	00:24:37	00:36:23	00:46:32	00:49:23.65	00:49:48.85	4:56	12.1
327	KAMYCZEK ADAM	300		BAKÓW	POL	M30-39	133	M 329	00:14:10	00:24:25	00:36:26	00:46:42	00:49:30.05	00:49:53.00	4:57	12.1
328	JASIŃSKI MAKSYMILIAN	82		JASTRZĘBIE-ZDRÓJ	POL	M50-59	27	M 330	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	4:57	12.1
329	HERZYK ADAM	656		BIELSKO-BIAŁA	POL	M40-49	105	M 331	00:14:12	00:24:24	00:36:14	00:46:31	00:49:32.55	00:50:00.90	4:57	12.1
330	OLSZYNA MIROŚLAW	156		RACIBÓRZ	POL	M40-49	106	M 334	00:15:15	00:25:42	00:37:32	00:46:58	00:49:32.70	00:50:03.60	4:57	12.1
331	CYGANIK PIOTR	465	FC CWANIANKI	CHORZÓW	POL	M30-39	134	M 332	00:14:37	00:24:51	00:36:38	00:46:52	00:49:35.40	00:50:01.20	4:57	12.1
332	TORBIŃSKI WIESŁAW	159	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M60-69	5	M 335	00:14:38	00:24:49	00:36:27	00:46:44	00:49:40.15	00:50:04.55	4:58	12.1
333	HEJNA ARTUR	467	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	107	M 340	00:14:55	00:25:20	00:37:00	00:46:57	00:49:41.20	00:50:13.40	4:58	12.1
334	GANDZEL SZYMON	905		MAZAŃCOWICE	POL	M30-39	135	M 333	00:14:27	00:24:56	00:37:03	00:47:04	00:49:43.60	00:50:01.65	4:58	12.1
335	DANIELUK KAZIMIERZ	404	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M60-69	6	M 337	00:14:19	00:24:24	00:36:24	00:46:54	00:49:45.65	00:50:08.60	4:58	12.1
336	KACHEL AREK	751		JASTRZĘBIE ZDRÓJ	POL	M40-49	108	M 338	00:14:40	00:24:41	00:36:27	00:46:54	00:49:46.95	00:50:09.70	4:58	12.1
337	GARUS KRZYSIEK	568	KSRG ZOFIÓWKA	JASTRZĘBIE ZDRÓJ	POL	M30-39	136	M 339	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	4:58	12
338	TURNIAK DARIUSZ	260		ŚWIERKLANY	POL	M40-49	109	M 342	00:14:15	00:24:23	00:36:25	00:46:51	00:49:51.50	00:50:24.75	4:59	12
339	DĘBSKI MARIUSZ	608		PSZCZYNA	POL	M40-49	110	M 336	00:13:37	00:24:01	00:36:20	00:46:53	00:49:52.70	00:50:06.65	4:59	12
340	SOJ PRZEMYSŁAW	230		KATOWICE	POL	M40-49	111	M 341	00:14:45	00:25:05	00:36:49	00:47:05	00:49:55.55	00:50:23.80	4:59	12
341	DOMAGALIK ROBERT	254		JASTRZĘBIE ZDRÓJ	POL	M50-59	28	M 344	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	5:00	12
342	ULMAN MARIUSZ	810	ATHLETICS NYSA	NYSA	POL	M40-49	112	M 343	00:14:37	00:24:52	00:36:49	00:47:09	00:50:03.75	00:50:31.30	5:00	12
343	LECHOWICZ TADEUSZ	31	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M50-59	29	M 346	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	5:01	11.9
344	WIDENKA ROBERT	291	DYSTANS LUBOMIA	LUBOMIA	POL	M30-39	137	M 345	00:14:16	00:24:29	00:36:42	00:47:10	00:50:19.25	00:50:41.10	5:02	11.9
345	PĘDZIK BŁAŻEJ	143		SZCZĘJKOWICE	POL	M20-29	51	M 351	00:15:34	00:25:46	00:37:33	00:47:57	00:50:27.20	00:51:13.70	5:02	11.9
346	FURMANIUK ARTUR	773		CIESZYŃ	POL	M30-39	138	M 348	00:13:50	00:24:15	00:36:42	00:47:42	00:50:33.60	00:50:52.55	5:03	11.9
347	PARTYKA KAROL	101		JASTRZĘBIE ZDRÓJ	POL	M30-39	139	M 350	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	5:03	11.9
348	PETRYNA BARTOSZ	324	INCOGNITO RUNNERS	RYBNIK	POL	M30-39	140	M 349	00:13:48	00:24:15	00:36:34	00:47:33	00:50:43.85	00:51:00.30	5:04	11.8
349	SKRZYPCZAK KRYSZTIAN	382		JASTRZĘBIE-ZDRÓJ	POL	M16-19	12	M 347	00:14:03	00:24:10	00:37:06	00:47:59	00:50:45.90	00:50:52.35	5:04	11.8
350	ZMUDA DARIUSZ	227		JASTRZĘBIE-ZDRÓJ	POL	M40-49	113	M 353	00:15:06	00:25:30	00:37:34	00:47:52	00:50:53.25	00:51:17.00	5:05	11.8
351	WODYŃSKI WOJCIECH	341	KUŹNIA TRIATHLONU	KATOWICE	POL	M40-49	114	M 352	00:14:00	00:24:42	00:37:02	00:47:57	00:50:59.80	00:51:16.85	5:05	11.8
352	RASZKA JANUSZ	419	OLZA CIESZYŃ	CIESZYŃ	POL	M50-59	30	M 354	00:14:37	00:24:50	00:37:11	00:48:05	00:51:00.70	00:51:22.45	5:06	11.8

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
353	PIDANTY ŁUKASZ	81		JASTRZĘBIE ZDRÓJ	POL	M30-39	141	M 358	00:15:44	00:26:10	00:38:29	00:48:21	00:51:02.35	00:51:45.15	5:06	11.8
354	JASZCZYK ŁUKASZ	760		JASTRZĘBIE-ZDRÓJ	POL	M30-39	142	M 356	00:16:04	00:26:39	00:38:15	00:48:22	00:51:07.85	00:51:41.00	5:06	11.7
355	TARGOSZ PIOTR	48	OLZA CIESZYN	CIESZYN	POL	M40-49	115	M 355	00:14:39	00:24:51	00:36:55	00:48:14	00:51:15.10	00:51:37.45	5:07	11.7
356	SOKOŁOWSKI PIOTR	395	BRAK	MESZNA	POL	M50-59	31	M 361	00:15:10	00:25:32	00:37:55	00:48:20	00:51:22.90	00:51:56.15	5:08	11.7
357	KRÓLIK ARKADIUSZ	489	NIEZRZESZONY	JASTRZĘBIE-ZDRÓJ	POL	M40-49	116	M 362	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	5:08	11.7
358	SOBIERAJSKI PRZEMEK	573		RACIBÓRZ	POL	M40-49	117	M 360	00:14:39	00:24:50	00:37:21	00:48:24	00:51:29.30	00:51:53.95	5:08	11.7
359	WISEŁKA ZBIGNIEW	550	OLZA CIESZYN	DEBOWIEC	POL	M40-49	118	M 359	00:14:40	00:24:59	00:37:38	00:48:36	00:51:29.70	00:51:53.45	5:09	11.7
360	JAWORSKI MATEUSZ	514		BIELSKO-BIAŁA	POL	M30-39	143	M 364	00:14:33	00:25:02	00:37:34	00:48:42	00:51:31.75	00:52:02.30	5:09	11.6
361	BURNAGIEL TOMASZ	27		CZERWIONKA-LESZCZYNY	POL	M50-59	32	M 363	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	5:09	11.6
362	DOMASZK PAWEŁ	702		JASTRZĘBIE-ZDRÓJ	POL	M20-29	52	M 369	00:15:53	00:26:42	00:38:58	00:49:05	00:51:35.80	00:52:10.30	5:09	11.6
363	WIERBICKI KRYSZTIAN	333		PŚZÓW	POL	M40-49	119	M 371	00:15:30	00:25:54	00:38:08	00:48:41	00:51:36.05	00:52:15.45	5:09	11.6
364	ĆWIOK MAREK	530	TUV RHEINLAND POLSKA	PANIÓWKI	POL	M40-49	120	M 370	00:14:50	00:25:07	00:37:20	00:48:28	00:51:37.10	00:52:12.00	5:09	11.6
365	NOWAK PATRYK	162	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M20-29	53	M 367	00:14:47	00:25:11	00:37:32	00:48:33	00:51:39.15	00:52:07.80	5:09	11.6
366	SZUL JÓZEF	634		ŻORY	POL	M60-69	7	M 357	00:15:06	00:25:26	00:37:56	00:48:47	00:51:42.45	00:51:42.45	5:10	11.6
367	CIEŚLA ADAM	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	RYBNIK	POL	M40-49	121	M 366	00:14:19	00:24:40	00:37:37	00:48:44	00:51:44.90	00:52:07.35	5:10	11.6
368	MARCHEWKA BARTEK	603		JASTRZĘBIE ZDRÓJ	POL	M30-39	144	M 373	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	5:10	11.6
369	JANKO KAMIL	743		MIĘDZYRZECZE	POL	M30-39	145	M 372	00:15:43	00:26:20	00:38:42	00:49:13	00:51:49.00	00:52:16.15	5:10	11.6
370	MAJCHRZAK DAWID	745		JASTRZĘBIE ZDRÓJ	POL	M20-29	54	M 368	00:13:38	00:24:08	00:37:24	00:48:43	00:51:50.60	00:52:09.55	5:11	11.6
371	PAJAŁ KAMIL	312	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIEZDRÓJ	POL	M30-39	146	M 365	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	5:11	11.5
372	MAZUR ARKADIUSZ	569		MIĘDZYRZECZE DOLNE	POL	M30-39	147	M 374	00:15:53	00:26:35	00:38:43	00:49:12	00:51:59.80	00:52:27.25	5:12	11.5
373	BARANKIEWICZ IREK	513	XT 500	PISARZOWICE	POL	M40-49	122	M 375	00:15:37	00:26:17	00:38:45	00:49:18	00:52:04.45	00:52:34.85	5:12	11.5
374	RZĘSITA DAMIAN	780		MĘTKÓW	POL	M30-39	148	M 378	00:15:27	00:26:01	00:38:30	00:49:30	00:52:04.80	00:52:41.30	5:12	11.5
375	PAJAŁ MARCIN	431		JASTRZĘBIE-ZDRÓJ	POL	M20-29	55	M 376	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	5:12	11.5
376	JASIŃSKI KRISTOF	865	WILD RUNERS	BOJSZOWY	POL	M20-29	56	M 380	00:15:23	00:26:08	00:38:22	00:49:14	00:52:16.55	00:52:45.40	5:13	11.5
377	PALUCHIEWICZ SZYMON	243		PAWŁOWICE	POL	M40-49	123	M 379	00:14:49	00:25:44	00:38:24	00:49:15	00:52:21.20	00:52:44.90	5:14	11.5
378	LANDZIŃSKI JACEK	471		ŻORY	POL	M30-39	149	M 382	00:15:55	00:26:38	00:39:00	00:49:30	00:52:22.20	00:52:53.55	5:14	11.5
379	BORUCKI DARIUSZ	517		KOŃCZYCE MAŁE	POL	M30-39	150	M 381	00:15:20	00:25:51	00:38:33	00:49:16	00:52:23.45	00:52:50.00	5:14	11.5
380	JANIEC WITOLD	902	UNATCO	ZWONOWICE	POL	M40-49	124	M 377	00:14:50	00:25:35	00:38:16	00:49:22	00:52:26.35	00:52:38.80	5:14	11.4
381	RECLIK JACEK	728	DECATHLON RYBNIK	RYBNIK	POL	M40-49	125	M 383	00:16:26	00:27:36	00:40:11	00:49:59	00:52:32.35	00:52:58.65	5:15	11.4
382	MARYNIAK WOJTEK	689		GLIWICE	POL	M30-39	151	M 387	00:16:07	00:27:03	00:39:16	00:49:41	00:52:32.50	00:53:11.65	5:15	11.4
383	WACNIK DARIUSZ	67		JASTRZĘBIE -ZDRÓJ	POL	M40-49	126	M 385	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	5:15	11.4
384	ANUSZKIEWICZ IGOR	53		JASTRZĘBIE ZDRÓJ	POL	M30-39	152	M 384	00:14:47	00:25:25	00:38:14	00:49:23	00:52:33.90	00:52:59.70	5:15	11.4
385	BRZEŃNIAK JAN	893		LIBIAŻ	POL	M30-39	153	M 386	00:15:27	00:26:01	00:38:30	00:49:30	00:52:34.50	00:53:10.50	5:15	11.4
386	LISIOWSKI JAKUB	524		MARKLOWICE GÓRNE	POL	M16-19	13	M 389	00:16:06	00:26:48	00:39:07	00:49:49	00:52:40.15	00:53:13.30	5:16	11.4
387	MAKOWSKI GRZEGORZ	201		JASTRZĘBIE-ZDRÓJ	POL	M20-29	57	M 391	00:15:13	00:26:01	00:38:56	00:50:06	00:52:41.20	00:53:16.10	5:16	11.4
388	JAKUBIEC JACEK	339	BB RUNNERS	BUCZKOWICE	POL	M40-49	127	M 392	00:16:05	00:27:05	00:39:29	00:49:48	00:52:42.45	00:53:17.00	5:16	11.4
389	MARCINIAK ARTUR	710		BRENNA	POL	M50-59	33	M 388	00:15:29	00:26:25	00:38:55	00:49:43	00:52:45.35	00:53:12.50	5:16	11.4
390	KOPTA JERZY	80	CWAŁUJĄCE DZIADKI	KRAKÓW	POL	M70+	2	M 393	00:15:27	00:26:08	00:38:51	00:49:47	00:52:49.40	00:53:17.05	5:17	11.4
391	BARAN DAWID	486	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	154	M 390	00:14:37	00:25:22	00:38:24	00:49:36	00:52:50.05	00:53:13.95	5:17	11.4
392	STARCZEWSKI MARCIN	593		SOSNOWIEC	POL	M30-39	155	M 395	00:15:50	00:26:43	00:39:02	00:49:49	00:52:50.70	00:53:26.40	5:17	11.4
393	DURAJ DARIUSZ	86	WKURW_TEAM	BYSTRA	POL	M30-39	156	M 396	00:16:06	00:27:06	00:39:30	00:50:03	00:52:56.75	00:53:30.45	5:17	11.3
394	FLASZ DAWID	191		JASTRZĘBIE-ZDRÓJ	POL	M40-49	128	M 394	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	5:17	11.3
395	KROCZEK PRZEMYSŁAW	829		ZEBRZYDOWICE	POL	M20-29	58	M 400	00:16:17	00:27:02	00:39:48	00:50:03	00:53:04.10	00:53:50.85	5:18	11.3
396	CZYŻ WOJCIECH	624		GÓRKI MAŁE	POL	M40-49	129	M 398	00:15:13	00:26:03	00:38:51	00:50:00	00:53:05.30	00:53:35.30	5:18	11.3
397	ŁATKA MAREK	387		RUDZICZKS	POL	M40-49	130	M 397	00:15:10	00:26:04	00:38:41	00:49:55	00:53:07.20	00:53:32.70	5:18	11.3
398	MALISZEWSKI MARCIN	578		JASTRZĘBIE-ZDRÓJ	POL	M30-39	157	M 402	00:15:39	00:25:59	00:38:40	00:49:49	00:53:12.55	00:53:56.35	5:19	11.3
399	KUBULUS TOMASZ	570	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	158	M 399	00:14:37	00:25:24	00:38:46	00:50:16	00:53:23.30	00:53:47.55	5:20	11.2
400	BYWALEC STANISŁAW	704	DIET-FIGHT	WODZISŁAW ŚLĄSKI	POL	M40-49	131	M 403	00:15:16	00:25:59	00:38:48	00:50:11	00:53:25.20	00:53:57.95	5:20	11.2
401	ŚWIECA MARCIN	402	FUNDACJA POMOCY GOLDENOM AUREA	GÓRKI WIELKIE	POL	M40-49	132	M 401	00:15:23	00:26:21	00:39:08	00:50:20	00:53:26.20	00:53:55.50	5:20	11.2
402	MAKOWSKI DARIUSZ	311		JASTRZĘBIE-ZDRÓJ	POL	M30-39	159	M 404	00:15:12	00:26:00	00:38:55	00:50:24	00:53:27.05	00:54:02.45	5:20	11.2
403	HARAZIN JANUSZ	434	2 TM 4,7	PAWŁOWICE	POL	M30-39	160	M 405	00:16:01	00:27:11	00:39:47	00:50:37	00:53:33.15	00:54:08.75	5:21	11.2
404	KONOPKA JAROSŁAW	707		JASTRZĘBIE ZDRÓJ	POL	M40-49	133	M 408	00:16:03	00:27:01	00:39:23	00:50:22	00:53:33.60	00:54:15.05	5:21	11.2
405	KAPUSTA BARTŁOMIEJ	178		JASTRZĘBIE-ZDRÓJ	POL	M30-39	161	M 409	00:16:07	00:27:20	00:40:07	00:50:43	00:53:41.95	00:54:23.75	5:22	11.2
406	KUBIENIEC GRZEGORZ	618		JASTRZĘBIE-ZDRÓJ	POL	M40-49	134	M 407	00:15:25	00:26:24	00:39:10	00:50:23	00:53:43.35	00:54:14.60	5:22	11.2

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
407	PAJESTKA MAREK	148	WRM MC POLAND	RUDA ŚLĄSKA	POL	M40-49	135	M 412	00:15:35	00:26:30	00:39:25	00:50:40	00:53:50.25	00:54:36.75	5:23	11.1
408	PLASKA GRZEGORZ	208	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	136	M 413	00:15:33	00:26:29	00:39:26	00:50:41	00:53:51.65	00:54:37.00	5:23	11.1
409	SUTKOWSKI MARCIN	690		ŚWIERKLANY	POL	M30-39	162	M 406	00:14:44	00:25:54	00:39:08	00:50:46	00:53:52.85	00:54:13.90	5:23	11.1
410	ZAWIERUCHA ALEKSANDER	488	ROSZADA ŻORY	ŻORY	POL	M50-59	34	M 414	00:16:06	00:27:14	00:40:01	00:51:00	00:53:57.10	00:54:37.30	5:23	11.1
411	CHROBOK GERARD	535		CIESZYN	POL	M50-59	35	M 411	00:15:22	00:26:24	00:39:26	00:50:41	00:53:58.10	00:54:28.55	5:23	11.1
412	HUCHRO TOMASZ	653	SZYBCY I WŚCIEKLI	MYŚLOWICE	POL	M20-29	59	M 410	00:16:08	00:27:22	00:40:09	00:51:05	00:53:58.85	00:54:26.40	5:23	11.1
413	JANCZYK GRZEGORZ	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	137	M 419	00:16:15	00:26:59	00:39:46	00:50:57	00:54:02.65	00:54:50.80	5:24	11.1
414	WOJTAŚ KAROL	788	KOLKA TEAM	BIELSKO-BIAŁA	POL	M30-39	163	M 418	00:17:15	00:28:14	00:40:46	00:51:12	00:54:12.05	00:54:47.90	5:25	11.1
415	POPCZYK PIOTR	732		ŻERNICA	POL	M40-49	138	M 415	00:16:00	00:27:17	00:40:20	00:51:20	00:54:13.25	00:54:39.30	5:25	11.1
416	WOLINSKI JÓZEF	114		GLIWICE	POL	M50-59	37	M 420	00:15:57	00:26:55	00:39:50	00:51:05	00:54:15.70	00:54:53.30	5:25	11.1
417	PAJĄCZKOWSKI MICHAŁ	885	NOVA TRADING S.A. STALE BIEGAM	MYŚLOWICE	POL	M30-39	164	M 421	00:16:23	00:28:00	00:40:46	00:51:13	00:54:18.30	00:54:54.70	5:25	11
418	POŁEĆ KRZYSZTOF	140	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	165	M 424	00:16:01	00:27:22	00:40:10	00:51:22	00:54:24.30	00:54:58.45	5:26	11
419	KACZMARCZYK MARIUSZ	515	OLZA CIESZYN	PAWŁOWICE	POL	M30-39	166	M 422	00:15:46	00:26:44	00:40:25	00:51:26	00:54:24.35	00:54:55.40	5:26	11
420	STRZAŁA MAREK	551		STRUMIEŃ	POL	M20-29	60	M 423	00:15:02	00:26:18	00:39:55	00:51:24	00:54:32.25	00:54:58.15	5:27	11
421	CZARNOTA LESZEK	113		MARKLOWICE	POL	M40-49	139	M 425	00:16:11	00:27:22	00:40:15	00:51:29	00:54:36.90	00:55:12.75	5:27	11
422	SZEREDA ROBERT	340		JASTRZĘBIE-ZDRÓJ	POL	M40-49	140	M 417	00:14:24	00:25:27	00:39:00	00:51:12	00:54:40.75	00:54:45.55	5:28	11
423	HYLA PRZEMYSŁAW	713		JASTRZĘBIE ZDRÓJ	POL	M30-39	167	M 428	00:16:38	00:27:57	00:40:42	00:51:37	00:54:42.85	00:55:23.80	5:28	11
424	RAPUCHA ADAM	720		ŻORY	POL	M30-39	168	M 426	00:16:11	00:27:24	00:40:13	00:51:29	00:54:44.00	00:55:17.80	5:28	11
425	WĘGLEWSKI ZBIGNIEW	672		JASTRZĘBIE ZDRÓJ	POL	M50-59	38	M 430	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	5:29	10.9
426	KOMRAUS SŁAWOMIR	602	WILD RUNNERS CLUB	PSZCZYNA	POL	M30-39	169	M 429	00:15:30	00:26:38	00:40:04	00:51:48	00:54:55.95	00:55:24.70	5:29	10.9
427	RYZ DAWID	545		RUDA ŚLĄSKA	POL	M20-29	61	M 433	00:16:04	00:27:26	00:40:48	00:51:59	00:54:58.10	00:55:34.30	5:29	10.9
428	DEJEWSKI JAKUB	303	1984	JASTRZĘBIE-ZDRÓJ	POL	M30-39	170	M 432	00:16:10	00:27:25	00:40:13	00:51:38	00:55:01.15	00:55:33.80	5:30	10.9
429	SKURSKI JAKUB	840		PAWŁOWICE	POL	M30-39	171	M 431	00:15:55	00:27:03	00:40:26	00:51:50	00:55:02.15	00:55:31.00	5:30	10.9
430	BIGOS GRZEGORZ	637	GRAMMI	JAWORZNO	POL	M30-39	172	M 427	00:14:38	00:25:50	00:39:04	00:51:22	00:55:03.75	00:55:18.95	5:30	10.9
431	GRABKA STANISŁAW	737	NIEZRZESZONY	KRAKOW	POL	M70+	3	M 434	00:16:14	00:27:30	00:40:52	00:52:03	00:55:04.80	00:55:34.95	5:30	10.9
432	WOLINSKI DARIUSZ	898	STRAŻAK	ŻORY	POL	M40-49	141	M 437	00:16:03	00:27:32	00:40:48	00:52:04	00:55:05.25	00:55:45.90	5:30	10.9
433	BAJOR RAFAŁ	872	REBELLION OF FREE RUNNERS	ŻORY	POL	M40-49	142	M 435	00:15:29	00:26:50	00:40:16	00:51:40	00:55:06.65	00:55:35.15	5:30	10.9
434	STEKLA BARTŁOMIJ	610		SKOCZÓW	POL	M20-29	62	M 438	00:16:10	00:27:23	00:40:24	00:51:53	00:55:12.45	00:55:48.95	5:31	10.9
435	CHMIEL JACEK	499		JASTRZĘBIE-ZDRÓJ	POL	M60-69	8	M 436	00:16:15	00:27:32	00:40:37	00:52:05	00:55:14.40	00:55:42.35	5:31	10.9
436	MORAWSKI JANUSZ	873	PSZCZYNA BIEGA	PSZCZYNA	POL	M40-49	143	M 439	00:16:14	00:27:27	00:40:52	00:52:12	00:55:20.85	00:55:57.70	5:32	10.8
437	SOBCZYK SŁAWOMIR	627	PASJONAT	TYCHY	POL	M50-59	39	M 442	00:17:00	00:28:30	00:41:27	00:52:28	00:55:28.75	00:56:10.35	5:32	10.8
438	CIEŚLIK RAFAŁ	677		WODZISŁAW ŚLĄSKI	POL	M30-39	173	M 443	00:16:53	00:28:27	00:41:50	00:52:44	00:55:28.90	00:56:12.25	5:32	10.8
439	FROSZTĘGA DANIEL	837		JASTRZĘBIE-ZDRÓJ	POL	M30-39	174	M 440	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	5:33	10.8
440	BANDER JERZY	498		WODZISŁAW ŚLĄSKI	POL	M40-49	144	M 441	00:16:24	00:27:52	00:41:18	00:52:25	00:55:36.40	00:56:02.15	5:33	10.8
441	KRAMER PIOTR	539		JASTRZĘBIE-ZDRÓJ	POL	M40-49	145	M 445	00:16:33	00:27:48	00:41:03	00:52:39	00:55:51.25	00:56:33.10	5:35	10.7
442	MŁYNARCZYK JERZY	403	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M50-59	40	M 444	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	5:36	10.7
443	WITOSZA ADAM	695		KATOWICE	POL	M40-49	146	M 447	00:16:05	00:26:50	00:40:06	00:52:28	00:56:16.75	00:56:55.45	5:37	10.7
444	UKLEJA SEBASTIAN	258		JASTRZĘBIE-ZDRÓJ	POL	M40-49	147	M 446	00:15:46	00:27:25	00:41:18	00:53:10	00:56:25.30	00:56:53.60	5:38	10.6
445	PLONKA KRZYSZTOF	740		JASTRZĘBIE-ZDRÓJ	POL	M50-59	41	M 448	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	5:39	10.6
446	PIETRZYK MAREK	556	BIEGIEM PRZEZ CHYBIE	CHYBIE	POL	M60-69	9	M 450	00:16:13	00:27:47	00:41:28	00:53:12	00:56:35.95	00:57:11.60	5:39	10.6
447	GRZESZCZUK TOMASZ	529		JASTRZĘBIE-ZDRÓJ	POL	M20-29	63	M 449	00:16:07	00:28:01	00:41:51	00:53:40	00:56:44.10	00:57:10.75	5:40	10.6
448	MALISZEWSKI DARIUSZ	214		JASTRZĘBIE ZDRÓJ	POL	M30-39	175	M 454	00:17:09	00:29:05	00:42:45	00:53:51	00:56:44.20	00:57:28.90	5:40	10.6
449	MUSIAŁ ŁUKASZ	270	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	176	M 451	00:16:23	00:27:31	00:41:33	00:53:25	00:56:49.90	00:57:19.80	5:41	10.6
450	KUBICA TADEUSZ	353	BWM	ŻORY	POL	M50-59	42	M 453	00:16:30	00:28:01	00:41:43	00:53:28	00:56:50.85	00:57:26.05	5:41	10.6
451	NADROWSKI TADEUSZ	739	TYTUŁ	ŻORY	POL	M60-69	10	M 452	00:16:34	00:28:13	00:41:52	00:53:38	00:56:54.95	00:57:24.40	5:41	10.5
452	KOTERZYNA JANUSZ	641	AMATOR	ŻORY	POL	M60-69	11	M 455	00:16:20	00:27:58	00:41:53	00:53:45	00:57:10.30	00:57:36.30	5:43	10.5
453	BAŃCZYK KRZYSZTOF	71		BIELSKO-BIAŁA	POL	M30-39	177	M 457	00:17:08	00:28:53	00:42:14	00:53:56	00:57:14.25	00:58:00.20	5:43	10.5
454	PIĄTEK TOMASZ	880	WILDBUCHAYS	PISARZOWICE	POL	M40-49	148	M 456	00:16:18	00:28:04	00:42:05	00:54:03	00:57:15.60	00:57:49.80	5:43	10.5
455	PYZIK MARCIN	506		JASTRZĘBIE-ZDRÓJ	POL	M40-49	149	M 458	00:15:56	00:27:16	00:41:20	00:54:02	00:57:31.60	00:58:06.70	5:45	10.4
456	IZDEBSKI KONRAD	696		JASTRZĘBIE-ZDRÓJ	POL	M20-29	64	M 460	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	5:45	10.4
457	BUJNA TOMASZ	23		JASTRZĘBIE ZDRÓJ	POL	M50-59	43	M 459	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	5:45	10.4
458	WOWRA ROBERT	116		JASTRZĘBIE-ZDRÓJ	POL	M30-39	178	M 462	00:17:52	00:30:04	00:43:40	00:54:52	00:57:49.00	00:58:39.10	5:46	10.4
459	CIEŚLA ARTUR	769		JASTRZĘBIE-ZDRÓJ	POL	M30-39	179	M 461	00:16:04	00:27:46	00:41:46	00:54:19	00:57:54.80	00:58:32.30	5:47	10.4
460	WILCZEK MAREK	815		RYDUŁTOWY	POL	M40-49	150	M 463	00:16:51	00:28:45	00:42:37	00:54:43	00:57:59.85	00:58:41.15	5:48	10.3

JASTRZĘBSKA DZIESIĄTKA, Najlepsi Polacy c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
461	LIZOK PRZEMYSŁAW	112		JASTRZĘBIE-ZDRÓJ	POL	M30-39	180	M 467	00:16:59	00:29:02	00:42:58	00:54:56	00:58:19.90	00:58:58.55	5:50	10.3
462	SŁOWIŃSKI KAMIL	895		RYBNIK	POL	M30-39	181	M 465	00:17:01	00:29:04	00:43:00	00:55:04	00:58:20.25	00:58:56.75	5:50	10.3
463	ŻAGIEL WIKTOR	457		RACIBÓRZ	POL	M20-29	65	M 464	00:16:12	00:27:29	00:42:00	00:55:21	00:58:21.65	00:58:54.90	5:50	10.3
464	POSTUPALSKI MARCIN	307		JASTRZĘBIE-ZDRÓJ	POL	M30-39	182	M 469	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	5:50	10.3
465	SZCZERBA MICHAŁ	855		BIELSKO-BIAŁO	POL	M40-49	151	M 466	00:15:39	00:27:09	00:42:25	00:55:13	00:58:24.90	00:58:56.95	5:50	10.3
466	PASTUSZKA MARCIN	841		ŁAŻA	POL	M30-39	183	M 468	00:16:42	00:28:47	00:42:49	00:55:03	00:58:33.30	00:59:11.30	5:51	10.2
467	DRĄG RAFAŁ	287		BESTWINKA	POL	M30-39	184	M 470	00:17:17	00:29:17	00:43:14	00:55:19	00:58:35.45	00:59:14.70	5:51	10.2
468	KUŚKA TADEUSZ	800	HOŁDEX TEAM	JANKOWICE	POL	M30-39	185	M 473	00:16:37	00:28:47	00:43:02	00:55:23	00:58:47.80	00:59:35.00	5:52	10.2
469	ADAMIK LUKASZ	825	KUCE Z BRONKSU	ZABRZE	POL	M20-29	66	M 472	00:17:48	00:30:11	00:43:59	00:55:45	00:58:52.95	00:59:32.50	5:53	10.2
470	ŚWIERCZ JANUSZ	479	WRM MC POLAND	BIERUŃ	POL	M40-49	152	M 474	00:17:28	00:29:56	00:43:26	00:55:29	00:58:54.35	00:59:42.00	5:53	10.2
471	SZYMANIEC MARCIN	155	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	153	M 475	00:16:15	00:28:08	00:42:30	00:55:13	00:58:55.10	00:59:42.05	5:53	10.2
472	MENCEWICZ PAWEŁ	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLAŚKI	GOŁKOWICE	POL	M40-49	154	M 471	00:16:35	00:28:34	00:42:34	00:55:26	00:58:58.55	00:59:20.25	5:53	10.2
473	KOWALSKI PIOTR	543		JASTRZĘBIE-ZDRÓJ	POL	M40-49	155	M 476	00:17:50	00:30:18	00:44:21	00:55:44	00:59:01.25	00:59:49.95	5:54	10.2
474	BĘBENEK MARCIN	107	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	186	M 478	00:17:47	00:30:09	00:43:54	00:55:56	00:59:17.85	01:00:01.40	5:55	10.1
475	LONDWIG TOMASZ	245	MTB KYNDRA KLUB	JASTRZĘBIE-ZDRÓJ	POL	M30-39	187	M 479	00:17:47	00:30:10	00:43:55	00:55:56	00:59:18.25	01:00:01.80	5:55	10.1
476	WIDENKA KRYSZTIAN	152	SYRYNIA	SYRYNIA	POL	M20-29	67	M 481	00:16:26	00:28:22	00:42:39	00:55:35	00:59:23.15	01:00:06.25	5:56	10.1
477	LACH GRZEGORZ	616	BLOOD MANTRA	KIETRZ	POL	M30-39	188	M 480	00:18:27	00:31:03	00:44:38	00:56:08	00:59:25.15	01:00:06.10	5:56	10.1
478	GIL KRZYSZTOF	799		JASTRZĘBIE-ZDRÓJ	POL	M50-59	44	M 477	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	5:56	10.1
479	HAJNSZ ROBERT	802		RUDA ŚLAŚKA	POL	M20-29	68	M 482	00:17:49	00:30:13	00:44:34	00:56:44	01:00:10.95	01:00:49.90	6:01	10
480	MAREK JAROSŁAW	409		SOSNOWIEC	POL	M40-49	156	M 483	00:17:55	00:30:25	00:44:35	00:57:02	01:00:23.70	01:01:02.95	6:02	9.9
481	LURANC PAWEŁ	774	MARCYK-LURANC TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	157	M 484	00:18:30	00:31:12	00:45:17	00:57:36	01:01:03.20	01:01:45.75	6:06	9.8
482	KRZYSTOLIK DAMIAN	418		JASTRZĘBIE-ZDRÓJ	POL	M30-39	189	M 486	00:18:12	00:30:48	00:45:32	00:57:58	01:01:19.05	01:02:06.45	6:07	9.8
483	POŁOK ROBERT	661		BIELSKO-BIAŁA	POL	M20-29	69	M 485	00:16:48	00:29:05	00:44:07	00:57:32	01:01:26.80	01:01:58.00	6:08	9.8
484	SZABLA MATEUSZ	750		NIEGOWONICE	POL	M20-29	70	M 487	00:17:06	00:29:05	00:44:37	00:58:03	01:01:53.75	01:02:36.50	6:11	9.7
485	GIŻYŃSKI KRYSZTIAN	274		JASTRZĘBIE-ZDRÓJ	POL	M20-29	71	M 489	00:16:52	00:29:52	00:45:39	00:59:20	01:02:32.10	01:03:18.60	6:15	9.6
486	DANIŁOŚ BARTŁOMIEJ	501		JASTRZĘBIE-ZDRÓJ	POL	M30-39	190	M 490	00:18:06	00:30:58	00:45:36	00:58:42	01:02:37.85	01:03:24.80	6:15	9.6
487	JANISZEWSKI BARTOSZ	554		JASTRZĘBIE-ZDRÓJ	POL	M30-39	191	M 491	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	6:19	9.5
488	BACHTA WOJCIECH	108	DA VINCI STUDIO	BIELSKO-BIAŁA	POL	M30-39	192	M 492	00:17:32	00:30:28	00:45:46	00:59:31	01:03:16.75	01:04:01.95	6:19	9.5
489	WOJTKOWIAK ROBERT	43		SKÓRZEWO	POL	M30-39	193	M 493	00:18:02	00:31:05	00:46:26	00:59:16	01:03:22.15	01:04:08.70	6:20	9.5
490	WÓJCIK DARIUSZ	670	ŻORY	ŻORY	POL	M40-49	159	M 495	00:18:24	00:31:10	00:46:18	00:59:49	01:03:34.35	01:04:20.60	6:21	9.4
491	KUCZERA MAREK	413	INŻYNIERIA BIEGANIA	CZYRNICA	POL	M40-49	160	M 494	00:18:03	00:30:57	00:46:28	00:59:53	01:03:44.45	01:04:14.90	6:22	9.4
492	ŚMIETANA MARIUSZ	474	TUPOT MAŁYCH STÓPEK	RACIBÓRZ	POL	M40-49	161	M 496	00:17:41	00:30:05	00:45:48	00:59:51	01:03:56.50	01:04:41.85	6:23	9.4
493	HEFTOWICZ DOMINIK	861	ALE WSPIERA	ZGIERZ	POL	M40-49	162	M 498	00:18:16	00:31:21	00:46:42	01:00:17	01:04:10.10	01:04:50.45	6:25	9.4
494	OSTROWSKI SŁAWOMIR	315		JASTRZĘBIE-ZDRÓJ	POL	M50-59	45	M 499	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	6:26	9.3
495	ZIMNY IRENEUSZ	36		RYBNIK	POL	M40-49	163	M 497	00:18:13	00:31:26	00:47:13	01:00:30	01:04:22.00	01:04:48.10	6:26	9.3
496	PIOTROWSKI MIECZYSLAW	583		DĄBROWA GÓRNICZA	POL	M70+	4	M 500	00:18:14	00:31:32	00:47:19	01:01:06	01:04:45.70	01:05:15.15	6:28	9.3
497	SOBAŃSKI MATEUSZ	485		BIELSKO-BIAŁA	POL	M20-29	72	M 501	00:19:50	00:33:11	00:48:20	01:01:23	01:04:53.80	01:05:41.05	6:29	9.2
498	WOLNY ŁUKASZ	821		ŻORY	POL	M30-39	194	M 502	00:19:04	00:33:10	00:48:35	01:02:26	01:05:35.80	01:06:06.35	6:33	9.1
499	GÓRNY MIECZYSLAW	363		ŻORY	POL	M30-39	195	M 503	00:19:04	00:33:09	00:48:35	01:02:26	01:05:36.35	01:06:06.70	6:33	9.1
500	KAWULAK KAZIMIERZ	494	KB MCKIS JAWORZNO	JAWORZNO	POL	M50-59	46	M 504	00:18:36	00:32:16	00:48:21	01:02:01	01:05:54.30	01:06:34.90	6:35	9.1
501	PRZYŁUCKI GRZEGORZ	611		PRECZÓW	POL	M50-59	47	M 505	00:18:43	00:32:00	00:48:26	01:02:11	01:05:57.90	01:06:43.00	6:35	9.1
502	ZBYL JACEK	172		JASTRZĘBIE ZDRÓJ	POL	M50-59	48	M 506	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	6:37	9.1
503	ZAWADA JAKUB	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	CHRZANÓW	POL	M40-49	164	M 507	00:19:36	00:33:15	00:49:01	01:02:47	01:06:27.55	01:07:16.00	6:38	9
504	PROĆ ANDRZEJ	61	REBELLION OF FREE RUNNERS	BALIN	POL	M50-59	49	M 508	00:18:28	00:32:59	00:49:49	01:04:28	01:08:24.15	01:08:53.90	6:50	8.8
505	KUBAS MARIUSZ	322	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	165	M 509	00:19:57	00:34:52	00:53:10	01:07:58	01:11:53.45	01:12:38.40	7:11	8.3
506	RUMPEL KRZYSZTOF	91	KS M.E.T.A.	CZYŻOWICE	POL	M30-39	196	M 510	00:21:35	00:36:45	00:53:59	01:09:23	01:13:49.85	01:14:30.75	7:23	8.1
507	BAŃKA JAN	601	NIEZRZESZONY	CZĘSTOCHOWA	POL	M70+	5	M 511	00:21:35	00:36:28	00:54:56	01:10:31	01:14:49.35	01:15:40.20	7:29	8
508	MIERZYŃSKI KAMIL	658		JASTRZĘBIE ZDRÓJ	POL	M20-29	73	M 512	00:24:11	00:42:32	01:03:28	01:22:13	01:27:21.00	01:27:25.35	8:44	6.9
509	KOMANIECKI ŁUKASZ	249	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	197	M 513	00:12:10	00:20:48	00:30:58	00:40:45			4:20	13.8
510	OPUCHLIK TOMASZ	377	AKTYWNAPSZCZYNA.PL	STUDZIENICE	POL	M30-39	198	M 514	00:11:45	00:19:57					3:59	15
511	SYPNIEWSKI GRZEGORZ	818	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	166	M 515	00:17:34						6:03	9.9

JASTRZĘBSKA DZIESIĄTKA, Najlepszy Jastrzębianin

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	SZULIK GRZEGORZ	5	KB MOSIR JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M30-39	5	M 9	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	3:25	17.6
2	LIZAK WOJCIECH	164		JASTRZĘBIE ZDRÓJ	POL	M30-39	7	M 14	00:10:10	00:17:21		00:32:58	00:35:04.00	00:35:06.65	3:30	17.1
3	ZIELIŃSKI RAFAŁ	433	KB MOSIR JASTRZĘBIE	JASTRZĘBIE ZDRÓJ	POL	M30-39	15	M 27	00:10:31	00:18:11		00:34:29	00:36:34.00	00:36:36.20	3:39	16.4
4	GIŻYŃSKI DAMIAN	252		JASTRZĘBIE ZDRÓJ	POL	M30-39	28	M 48	00:10:38	00:18:11		00:35:46	00:37:56.60	00:37:59.85	3:47	15.8
5	KMITA TOMASZ	851		JASTRZĘBIE ZDRÓJ	POL	M20-29	12	M 51	00:10:56	00:18:39		00:35:45	00:37:59.10	00:38:02.90	3:47	15.8
6	ALBRECHT ARKADIUSZ	197	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	7	M 53	00:11:00	00:18:53		00:35:47	00:38:05.30	00:38:11.85	3:48	15.8
7	ALBRECHT KRYSZTIAN	198	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	5	M 54	00:11:00	00:18:52		00:35:47	00:38:05.95	00:38:12.40	3:48	15.7
8	KOGUCIUK KAROL	157	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	6	M 57	00:11:02	00:18:56		00:36:10	00:38:18.50	00:38:33.30	3:49	15.7
9	PIECHACZEK JACEK	586	INŻYNIERIA BIEGANIA TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	8	M 61	00:11:25	00:19:21		00:36:36	00:38:50.40	00:38:55.75	3:53	15.5
10	KUNINA PAWEŁ	130	AMATOR	JASTRZĘBIE ZDRÓJ	POL	M40-49	13	M 74	00:11:34	00:19:52	00:29:12	00:37:08	00:39:32.50	00:39:38.60	3:57	15.2
11	BARTNIK SEBASTIAN	181	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	14	M 82	00:11:41	00:19:51	00:29:08	00:37:23	00:39:53.05	00:40:01.25	3:59	15
12	URBAŃCZYK MARCIN	51		JASTRZĘBIE ZDRÓJ	POL	M20-29	21	M 96	00:11:58	00:20:21	00:29:59	00:38:21	00:40:42.05	00:40:53.20	4:04	14.7
13	MAZUR MAREK	78		JASTRZĘBIE-ZDRÓJ	POL	M40-49	19	M 102	00:11:44	00:19:55	00:29:44	00:38:26	00:40:58.85	00:41:07.75	4:05	14.6
14	RAJWA JAN	309	BZIEGCZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	23	M 105	00:11:41	00:20:08	00:30:06	00:38:53	00:41:13.55	00:41:20.30	4:07	14.6
15	SIEGMUND TADEUSZ	187	KB MOSIR JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	POL	M40-49	20	M 106	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	4:07	14.5
16	SPYRKA PIOTR	97		JASTRZĘBIE ZDRÓJ	POL	M30-39	50	M 107	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	4:07	14.5
17	ZIELIŃSKI IRENEUSZ	170		JASTRZĘBIE-ZDRÓJ	POL	M40-49	21	M 112	00:11:45	00:20:13	00:30:13	00:38:55	00:41:23.35	00:41:31.30	4:08	14.5
18	ADAMCZEWSKI WALDEMAR	37		JASTRZĘBIE-ZDRÓJ	POL	M50-59	6	M 116	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	4:11	14.3
19	PRÓSZYŃSKI SŁAWOMIR	298		JASTRZĘBIE ZDRÓJ	POL	M30-39	57	M 125	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	4:13	14.2
20	GRZONKA ANDRZEJ	128	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	28	M 126	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	4:13	14.2
21	BIAŁECKI TOMASZ	492		JASTRZĘBIE-ZDRÓJ	POL	M40-49	30	M 130	00:12:29	00:21:03	00:31:01		00:42:21.30	00:42:34.40	4:14	14.2
22	PIŁATOWSKI MIROSŁAW	85	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M50-59	10	M 138	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	4:16	14
23	DZIERZĘGA ARTUR	633		JASTRZĘBIE ZDRÓJ	POL	M40-49	36	M 136	00:12:14				00:42:54.00	00:42:54.00	4:17	14
24	LILLA PIOTR	580	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	62	M 151	00:12:20	00:21:08	00:31:28	00:40:38	00:43:11.00	00:43:25.05	4:19	13.9
25	JĘDRZEJAK PIOTR	146		JASTRZĘBIE-ZDRÓJ	POL	M40-49	42	M 161	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	4:20	13.8
26	BAC MICHAŁ	555		JASTRZĘBIE-ZDRÓJ	POL	M30-39	63	M 154	00:12:55	00:21:51	00:32:06	00:40:51	00:43:21.85	00:43:37.80	4:20	13.8
27	WYREMBELSKI ADAM	169		JASTRZĘBIE-ZDRÓJ	POL	M20-29	30	M 167	00:12:48	00:21:53	00:32:18	00:41:17	00:43:44.95	00:44:00.75	4:22	13.7
28	NIEDZIELKO GRZEGORZ	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	ŻORY	POL	M20-29	31	M 166	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	4:23	13.7
29	CZAPOROWSKI TOMASZ	222		JASTRZĘBIE ZDRÓJ	POL	M30-39	68	M 168	00:12:24	00:21:21	00:32:02	00:41:17	00:43:53.45	00:44:04.30	4:23	13.7
30	KIEPIELA DAWID	119	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	70	M 179	00:12:47	00:21:51	00:32:28	00:41:32	00:44:07.45	00:44:23.70	4:24	13.6
31	RADOMSKI MARIUSZ	870	BZIOK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	51	M 187	00:13:04	00:22:04	00:32:36	00:41:35	00:44:11.65	00:44:35.25	4:25	13.6
32	ŁYSEK PAWEŁ	392	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M40-49	53	M 186	00:12:47	00:21:51	00:32:26	00:41:47	00:44:16.60	00:44:32.95	4:25	13.6
33	ZADROGA KAROL	721		JASTRZĘBIE-ZDRÓJ	POL	M20-29	34	M 174					00:44:19.00	00:44:19.00	4:25	13.5
34	OGRODNIK DAMIAN	280		JASTRZĘBIE ZDRÓJ	POL	M30-39	76	M 190	00:12:48	00:21:54	00:32:36	00:41:50	00:44:25.50	00:44:38.15	4:26	13.5
35	JANISZEWSKI DOMINIK	282		JASTRZĘBIE-ZDRÓJ	POL	M30-39	77	M 195	00:13:01	00:22:15	00:32:54	00:41:55	00:44:27.30	00:44:47.60	4:26	13.5
36	JANECKI MATEUSZ	216	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M20-29	35	M 194	00:12:46	00:21:44	00:32:26	00:41:48	00:44:30.65	00:44:46.90	4:27	13.5
37	OBROŚLAK JACEK	587	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE ZDRÓJ	POL	M40-49	56	M 198	00:12:47	00:21:51	00:32:27	00:41:52	00:44:41.30	00:44:56.50	4:28	13.4
38	MARON TOMASZ	54	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M30-39	81	M 201	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	4:28	13.4
39	JACH MAREK	94		JASTRZĘBIE ZDRÓJ	POL	M40-49	57	M 204	00:12:41	00:21:50	00:32:43	00:42:05	00:44:51.80	00:45:09.20	4:29	13.4
40	GANCARZ MARIUSZ	613		JASTRZĘBIE ZDRÓJ	POL	M40-49	58	M 210	00:13:47	00:23:12	00:33:53	00:42:32	00:44:56.50	00:45:20.65	4:29	13.4
41	TYLEC MICHAŁ	92		JASTRZĘBIE-ZDRÓJ	POL	M30-39	83	M 207	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	4:29	13.3
42	JOCHLIK SZYMON	391		JASTRZĘBIE-ZDRÓJ	POL	M30-39	86	M 209	00:12:46	00:21:56	00:32:57	00:42:31	00:45:03.30	00:45:19.85	4:30	13.3
43	DUDEK DANIAŁ	541		JASTRZĘBIE-ZDRÓJ	POL	M40-49	60	M 215	00:13:13	00:22:27	00:33:13	00:42:32	00:45:05.60	00:45:26.20	4:30	13.3
44	SOBEL ADRIAN	809	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE-ZDRÓJ	POL	M30-39	96	M 235	00:13:21	00:22:55	00:34:03	00:43:34	00:46:04.90	00:46:14.20	4:36	13
45	ONAK PAWEŁ	93		JASTRZĘBIE-ZDRÓJ	POL	M30-39	100	M 246	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	4:37	13
46	WOŹNIAK PRZEMYSŁAW	304		JASTRZĘBIE ZDRÓJ	POL	M30-39	103	M 251	00:14:08	00:23:47	00:34:38	00:43:52	00:46:20.25	00:46:45.20	4:38	12.9
47	MOTOWIDŁO TOMASZ	210		JASTRZĘBIE-ZDRÓJ	POL	M30-39	104	M 248	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	4:38	12.9
48	ZIĘTARA PAWEŁ	203		JASTRZĘBIE-ZDRÓJ	POL	M40-49	75	M 259	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	4:40	12.8
49	MACHEJ REMIGIUSZ	579	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	109	M 263	00:13:55	00:23:42	00:34:48	00:44:26	00:47:02.40	00:47:29.75	4:42	12.8
50	KULAWIAK BOGDAN	480		JASTRZĘBIE-ZDRÓJ	POL	M50-59	21	M 267	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	4:43	12.7
51	BAKOWSKI MICHAŁ	345		JASTRZĘBIE-ZDRÓJ	POL	M30-39	114	M 277	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	4:43	12.7
52	MROCZKOWSKI TOMASZ	536		JASTRZĘBIE-ZDRÓJ	POL	M40-49	80	M 275	00:13:57	00:23:41	00:34:57	00:44:40	00:47:23.70	00:47:47.45	4:44	12.7
53	BUĆKO MARCIN	275		JASTRZĘBIE-ZDRÓJ	POL	M40-49	81	M 273	00:14:12	00:23:59	00:35:18	00:44:49	00:47:24.70	00:47:45.75	4:44	12.7
54	RAJWA STANISŁAW	313	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	44	M 274	00:14:06	00:24:01	00:35:13	00:44:54	00:47:27.90	00:47:46.15	4:44	12.6
55	KOBIĄŁKA ROBERT	125	JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M40-49	84	M 269	00:12:57	00:22:32	00:34:11	00:44:29	00:47:32.10	00:47:39.00	4:45	12.6

JASTRZĘBSKA DZIESIĄTKA, Najlepszy Jastrzębianin c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
56	ODROZEK ALFRED	626		JASTRZEBIE -ZDRÓJ	POL	M50-59	22	M 282	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	4:47	12.5
57	GAWLAS JAN	725		JASTRZEBIE	POL	M50-59	24	M 295	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	4:48	12.5
58	KOWALSKI ARTUR	724		JASTRZEBIE-ZDRÓJ	POL	M30-39	120	M 296	00:13:26	00:23:15	00:35:06	00:45:23	00:48:08.05	00:48:32.60	4:48	12.5
59	WALA MAREK	188		JASTRZEBIE ZDRÓJ	POL	M30-39	121	M 299	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	4:49	12.4
60	BYSTRYKOWSKI MARCIN	281		JASTRZEBIE-ZDRÓJ	POL	M40-49	93	M 294	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	4:49	12.4
61	JUNKA PIOTR	888		JASTRZEBIE ZDRÓJ	POL	M30-39	122	M 300	00:14:36	00:24:47	00:36:13	00:45:48	00:48:20.55	00:48:43.80	4:50	12.4
62	PIECHOCKI PIOTR	74		JASTRZEBIE-ZDRÓJ	POL	M30-39	123	M 301	00:14:39	00:24:32	00:36:02	00:45:46	00:48:27.80	00:48:51.70	4:50	12.4
63	MARCZYNSKI SEBASTIAN	817		JASTRZEBIE	POL	M30-39	124	M 302	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	4:51	12.4
64	MARON TADEUSZ	56		JASTRZEBIE-ZDRÓJ	POL	M30-39	125	M 307	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	4:52	12.3
65	ŚLEDZIŃSKI MACIEJ	585	ŚLEDZIE	JASTRZEBIE-ZDRÓJ	POL	M40-49	98	M 314	00:14:36	00:24:48	00:36:15	00:46:03	00:48:52.50	00:49:18.05	4:53	12.3
66	WASILEWSKI MATEUSZ	879	ZOFIOWKA	JASTRZEBIE ZDRÓJ	POL	M20-29	47	M 312	00:13:42	00:24:22	00:36:14	00:46:14	00:48:58.65	00:49:12.30	4:53	12.2
67	HARATYK GRZEGORZ	294	KLUB BIEGACZA FARTLEK	JASTRZEBIE-ZDRÓJ	POL	M30-39	131	M 319	00:13:33	00:23:45	00:35:49	00:46:16	00:49:10.10	00:49:28.80	4:55	12.2
68	JARZYŃA ANDRZEJ	477		JSTRZEBIE - ZDRÓJ	POL	M20-29	49	M 328	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	4:55	12.2
69	WYREMBELSKI AMADEUSZ	168		JASTRZEBIE-ZDRÓJ	POL	M20-29	50	M 323	00:13:23	00:23:40	00:35:56	00:46:18	00:49:19.40	00:49:35.65	4:55	12.2
70	JASIŃSKI MAKSYMILIAN	82		JASTRZEBIE-ZDRÓJ	POL	M50-59	27	M 330	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	4:57	12.1
71	TORBIŃSKI WIESŁAW	159	SZARE MORSY	JASTRZEBIE-ZDRÓJ	POL	M60-69	5	M 335	00:14:38	00:24:49	00:36:27	00:46:44	00:49:40.15	00:50:04.55	4:58	12.1
72	GANDZEL SZYMON	905		MAZAŃCOWICE	POL	M30-39	135	M 333	00:14:27	00:24:56	00:37:03	00:47:04	00:49:43.60	00:50:01.65	4:58	12.1
73	DANIELUK KAZIMIERZ	404	PKM ŚNIEŻNE KOTŁY	JASTRZEBIE ZDRÓJ	POL	M60-69	6	M 337	00:14:19	00:24:24	00:36:24	00:46:54	00:49:45.65	00:50:08.60	4:58	12.1
74	KACHEL AREK	751		JASTRZEBIE ZDRÓJ	POL	M40-49	108	M 338	00:14:40	00:24:41	00:36:27	00:46:54	00:49:46.95	00:50:09.70	4:58	12.1
75	GARUS KRZYSIEK	568	KSRG ZOFIÓWKA	JASTRZEBIE ZDRÓJ	POL	M30-39	136	M 339	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	4:58	12
76	DOMAGALIK ROBERT	254		JASTRZEBIE ZDRÓJ	POL	M50-59	28	M 344	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	5:00	12
77	LECHOWICZ TADEUSZ	31	SZARE MORSY	JASTRZEBIE-ZDRÓJ	POL	M50-59	29	M 346	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	5:01	11.9
78	PARTYKA KAROL	101		JASTRZEBIE ZDRÓJ	POL	M30-39	139	M 350	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	5:03	11.9
79	SKRZYPCZAK KRYSZTIAN	382		JASTRZEBIE-ZDRÓJ	POL	M16-19	12	M 347	00:14:03	00:24:10	00:37:06	00:47:59	00:50:45.90	00:50:52.35	5:04	11.8
80	ZMUDA DARIUSZ	227		JASTRZEBIE-ZDRÓJ	POL	M40-49	113	M 353	00:15:06	00:25:30	00:37:34	00:47:52	00:50:53.25	00:51:17.00	5:05	11.8
81	PIDANTY ŁUKASZ	81		JASTRZEBIE ZDRÓJ	POL	M30-39	141	M 358	00:15:44	00:26:10	00:38:29	00:48:21	00:51:02.35	00:51:45.15	5:06	11.8
82	KRÓLIK ARKADIUSZ	489	NIEZRZESZONY	JASTRZEBIE-ZDRÓJ	POL	M40-49	116	M 362	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	5:08	11.7
83	DOMASZK PAWEŁ	702		JASTRZEBIE-ZDRÓJ	POL	M20-29	52	M 369	00:15:53	00:26:42	00:38:58	00:49:05	00:51:35.80	00:52:10.30	5:09	11.6
84	NOWAK PATRYK	162	KLUB BIEGACZA FARTLEK	JASTRZEBIE-ZDRÓJ	POL	M20-29	53	M 367	00:14:47	00:25:11	00:37:32	00:48:33	00:51:39.15	00:52:07.80	5:09	11.6
85	MARCHEWKA BARTEK	603		JASTRZEBIE ZDRÓJ	POL	M30-39	144	M 373	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	5:10	11.6
86	MAJCHRZAK DAWID	745		JASTRZEBIE ZDRÓJ	POL	M20-29	54	M 368	00:13:38	00:24:08	00:37:24	00:48:43	00:51:50.60	00:52:09.55	5:11	11.6
87	PAJĄK KAMIL	312	GALOPUJĄCE ŚLIMAKI	JASTRZEBIEZDRÓJ	POL	M30-39	146	M 365	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	5:11	11.5
88	PAJĄK MARCIN	431		JASTRZEBIE-ZDRÓJ	POL	M20-29	55	M 376	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	5:12	11.5
89	WACNIK DARIUSZ	67		JASTRZEBIE -ZDRÓJ	POL	M40-49	126	M 385	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	5:15	11.4
90	ANUSZKIEWICZ IGOR	53		JASTRZEBIE ZDRÓJ	POL	M30-39	152	M 384	00:14:47	00:25:25	00:38:14	00:49:23	00:52:33.90	00:52:59.70	5:15	11.4
91	MAKOWSKI GRZEGORZ	201		JASTRZEBIE-ZDRÓJ	POL	M20-29	57	M 391	00:15:13	00:26:01	00:38:56	00:50:06	00:52:41.20	00:53:16.10	5:16	11.4
92	FLASZ DAWID	191		JASTRZEBIE-ZDRÓJ	POL	M40-49	128	M 394	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	5:17	11.3
93	MALISZEWSKI MARCIN	578		JASTRZEBIE-ZDRÓJ	POL	M30-39	157	M 402	00:15:39	00:25:59	00:38:40	00:49:49	00:53:12.55	00:53:56.35	5:19	11.3
94	MAKOWSKI DARIUSZ	311		JASTRZEBIE-ZDRÓJ	POL	M30-39	159	M 404	00:15:12	00:26:00	00:38:55	00:50:24	00:53:27.05	00:54:02.45	5:20	11.2
95	KONOPKA JAROSŁAW	707		JASTRZEBIE ZDRÓJ	POL	M40-49	133	M 408	00:16:03	00:27:01	00:39:23	00:50:22	00:53:33.60	00:54:15.05	5:21	11.2
96	KAPUSTA BARTŁOMIEJ	178		JASTRZEBIE-ZDRÓJ	POL	M30-39	161	M 409	00:16:07	00:27:20	00:40:07	00:50:43	00:53:41.95	00:54:23.75	5:22	11.2
97	KUBIENIEC GRZEGORZ	618		JASTRZEBIE-ZDRÓJ	POL	M40-49	134	M 407	00:15:25	00:26:24	00:39:10	00:50:23	00:53:43.35	00:54:14.60	5:22	11.2
98	WOJTAŚ KAROL	788	KOLKA TEAM	BIELSKO-BIAŁA	POL	M30-39	163	M 418	00:17:15	00:28:14	00:40:46	00:51:12	00:54:12.05	00:54:47.90	5:25	11.1
99	POŁĘC KRZYSZTOF	140	GALOPUJĄCE ŚLIMAKI	JASTRZEBIE-ZDRÓJ	POL	M30-39	165	M 424	00:16:01	00:27:22	00:40:10	00:51:22	00:54:24.30	00:54:58.45	5:26	11
100	SZEREDA ROBERT	340		JASTRZEBIE-ZDRÓJ	POL	M40-49	140	M 417	00:14:24	00:25:27	00:39:00	00:51:12	00:54:40.75	00:54:45.55	5:28	11
101	WĘGLEWSKI ZBIGNIEW	672		JASTRZEBIE ZDRÓJ	POL	M50-59	38	M 430	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	5:29	10.9
102	DEJEWSKI JAKUB	303	1984	JASTRZEBIE-ZDRÓJ	POL	M30-39	170	M 432	00:16:10	00:27:25	00:40:13	00:51:38	00:55:01.15	00:55:33.80	5:30	10.9
103	SKURSKI JAKUB	840		PAWŁOWICE	POL	M30-39	171	M 431	00:15:55	00:27:03	00:40:26	00:51:50	00:55:02.15	00:55:31.00	5:30	10.9
104	CHMIEL JACEK	499		JASTRZEBIE-ZDRÓJ	POL	M60-69	8	M 436	00:16:15	00:27:32	00:40:37	00:52:05	00:55:14.40	00:55:42.35	5:31	10.9
105	FROSZTĘGA DANIEL	837		JASTRZEBIE-ZDRÓJ	POL	M30-39	174	M 440	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	5:33	10.8
106	KRAMER PIOTR	539		JASTRZEBIE-ZDRÓJ	POL	M40-49	145	M 445	00:16:33	00:27:48	00:41:03	00:52:39	00:55:51.25	00:56:33.10	5:35	10.7
107	MŁYNARCZYK JERZY	403	PKM ŚNIEŻNE KOTŁY	JASTRZEBIE ZDRÓJ	POL	M50-59	40	M 444	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	5:36	10.7
108	UKLEJA SEBASTIAN	258		JASTRZEBIE-ZDRÓJ	POL	M40-49	147	M 446	00:15:46	00:27:25	00:41:18	00:53:10	00:56:25.30	00:56:53.60	5:38	10.6
109	PŁONKA KRZYSZTOF	740		JASTRZEBIE-ZDRÓJ	POL	M50-59	41	M 448	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	5:39	10.6
110	GRZESZCZUK TOMASZ	529		JASTRZEBIE-ZDRÓJ	POL	M20-29	63	M 449	00:16:07	00:28:01	00:41:51	00:53:40	00:56:44.10	00:57:10.75	5:40	10.6
111	MALISZEWSKI DARIUSZ	214		JASTRZEBIE ZDRÓJ	POL	M30-39	175	M 454	00:17:09	00:29:05	00:42:45	00:53:51	00:56:44.20	00:57:28.90	5:40	10.6
112	MUSIAŁ ŁUKASZ	270	GB GALOPUJĄCE ŚLIMAKI	JASTRZEBIE-ZDRÓJ	POL	M30-39	176	M 451	00:16:23	00:27:31	00:41:33	00:53:25	00:56:49.90	00:57:19.80	5:41	10.6

JASTRZĘBSKA DZIESIĄTKA, Najlepszy Jastrzębianin c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
113	PYZIK MARCIN	506		JASTRZĘBIE-ZDRÓJ	POL	M40-49	149	M 458	00:15:56	00:27:16	00:41:20	00:54:02	00:57:31.60	00:58:06.70	5:45	10.4
114	IZDEBSKI KONRAD	696		JASTRZĘBIE-ZDRÓJ	POL	M20-29	64	M 460	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	5:45	10.4
115	BUJNA TOMASZ	23		JASTRZĘBIE ZDRÓJ	POL	M50-59	43	M 459	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	5:45	10.4
116	WOWRA ROBERT	116		JASTRZĘBIE-ZDRÓJ	POL	M30-39	178	M 462	00:17:52	00:30:04	00:43:40	00:54:52	00:57:49.00	00:58:39.10	5:46	10.4
117	CIEŚLA ARTUR	769		JASTRZĘBIE-ZDRÓJ	POL	M30-39	179	M 461	00:16:04	00:27:46	00:41:46	00:54:19	00:57:54.80	00:58:32.30	5:47	10.4
118	LISZOK PRZEMYSŁAW	112		JASTRZĘBIE-ZDRÓJ	POL	M30-39	180	M 467	00:16:59	00:29:02	00:42:58	00:54:56	00:58:19.90	00:58:58.55	5:50	10.3
119	POSTUPALSKI MARCIN	307		JASTRZĘBIE-ZDRÓJ	POL	M30-39	182	M 469	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	5:50	10.3
120	SZYMANIEC MARCIN	155	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	153	M 475	00:16:15	00:28:08	00:42:30	00:55:13	00:58:55.10	00:59:42.05	5:53	10.2
121	KOWALSKI PIOTR	543		JASTRZĘBIE-ZDRÓJ	POL	M40-49	155	M 476	00:17:50	00:30:18	00:44:21	00:55:44	00:59:01.25	00:59:49.95	5:54	10.2
122	BĘBENEK MARCIN	107	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	186	M 478	00:17:47	00:30:09	00:43:54	00:55:56	00:59:17.85	01:00:01.40	5:55	10.1
123	LONDWIG TOMASZ	245	MTB KYNDRA KLUB	JASTRZĘBIE-ZDRÓJ	POL	M30-39	187	M 479	00:17:47	00:30:10	00:43:55	00:55:56	00:59:18.25	01:00:01.80	5:55	10.1
124	GIL KRZYSZTOF	799		JASTRZĘBIE-ZDRÓJ	POL	M50-59	44	M 477	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	5:56	10.1
125	LURANC PAWEŁ	774	MARCYK-LURANC TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	157	M 484	00:18:30	00:31:12	00:45:17	00:57:36	01:01:03.20	01:01:45.75	6:06	9.8
126	KRZYSTOLIK DAMIAN	418		JASTRZĘBIE-ZDRÓJ	POL	M30-39	189	M 486	00:18:12	00:30:48	00:45:32	00:57:58	01:01:19.05	01:02:06.45	6:07	9.8
127	SOBIERAJ PAWEŁ	914		JASTRZĘBIE ZDROJ	POL	M40-49	158	M 488	00:16:41	00:29:29	00:44:44	00:58:13	01:02:00.35	01:02:36.90	6:12	9.7
128	GIŻYŃSKI KRYSZTIAN	274		JASTRZĘBIE-ZDRÓJ	POL	M20-29	71	M 489	00:16:52	00:29:52	00:45:39	00:59:20	01:02:32.10	01:03:18.60	6:15	9.6
129	DANIŁOŚ BARTŁOMIEJ	501		JASTRZĘBIE-ZDRÓJ	POL	M30-39	190	M 490	00:18:06	00:30:58	00:45:36	00:58:42	01:02:37.85	01:03:24.80	6:15	9.6
130	JANISZEWSKI BARTOSZ	554		JASTRZĘBIE-ZDRÓJ	POL	M30-39	191	M 491	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	6:19	9.5
131	WOJTKOWIAK ROBERT	43		SKÓRZEWO	POL	M30-39	193	M 493	00:18:02	00:31:05	00:46:26	00:59:16	01:03:22.15	01:04:08.70	6:20	9.5
132	OSTROWSKI SŁAWOMIR	315		JASTRZĘBIE-ZDRÓJ	POL	M50-59	45	M 499	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	6:26	9.3
133	ZBYL JACEK	172		JASTRZĘBIE ZDRÓJ	POL	M50-59	48	M 506	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	6:37	9.1
134	KUBAS MARIUSZ	322	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	165	M 509	00:19:57	00:34:52	00:53:10	01:07:58	01:11:53.45	01:12:38.40	7:11	8.3
135	MIERZYŃSKI KAMIL	658		JASTRZĘBIE ZDRÓJ	POL	M20-29	73	M 512	00:24:11	00:42:32	01:03:28	01:22:13	01:27:21.00	01:27:25.35	8:44	6.9
136	SYPNIEWSKI GRZEGORZ	818	WRM MC POLAND	JASTRZEBIE-ZDROJ	POL	M40-49	166	M 515	00:17:34						6:03	9.9

JASTRZĘBSKA DZIESIĄTKA, K16-19

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	MORAWSKA JULIA	468	UKS CHROMIK MYSŁOWICE	MYSŁOWICE	POL	K16-19	1	K 28	00:12:58	00:22:16	00:32:54	00:42:12	00:44:45.75	00:45:04.15	4:28	13.4
2	PLOCH WERONIKA	831	MKS PARASOL WROCŁAW	WROCŁAW	POL	K16-19	2	K 52	00:14:12	00:24:17	00:36:22	00:46:59	00:49:50.10	00:50:09.75	4:59	12
3	JANECKA MARTA	362		JASTRZĘBIE ZDRÓJ	POL	K16-19	3	K 59	00:14:59	00:25:21	00:37:38	00:47:55	00:50:55.75	00:51:12.10	5:05	11.8
4	ŚLEDŹ DOROTA	76	HRMAX ŻORY	ŻORY	POL	K16-19	4	K 249	00:19:58	00:34:05	00:50:35	01:04:37	01:08:08.75	01:08:40.90	6:48	8.8
5	HAN JULIA	374		PALOWICE	POL	K16-19	5	K 268	00:13:35						4:41	12.8

JASTRZĘBSKA DZIESIĄTKA, M16-19

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	HAJDUK PAWEŁ	787		RUDA KOZIELSKA	POL	M16-19	1	M 13	00:10:32	00:17:38		00:32:56	00:34:56.15	00:34:59.75	3:29	17.2
2	NIESŁONY FILIP	650		KOZŁOWICE	POL	M16-19	2	M 43	00:10:48	00:18:39		00:35:32	00:37:37.95	00:37:40.85	3:45	15.9
3	MROWIEC ADAM	239		ŚWINNA	POL	M16-19	3	M 45	00:11:06	00:18:51		00:35:30	00:37:44.40	00:37:47.60	3:46	15.9
4	DOBROWOLSKI TOMASZ	429	ZS 6 IM. KRÓLA JANA III SOBIESKIEGO	JASTRZĘBIE-ZDRÓJ	POL	M16-19	4	M 46	00:10:34	00:18:21		00:35:38	00:37:48.00	00:37:53.05	3:46	15.9
5	ALBRECHT KRYSZTIAN	198	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	5	M 54	00:11:00	00:18:52		00:35:47	00:38:05.95	00:38:12.40	3:48	15.7
6	KOGUCIUK KAROL	157	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M16-19	6	M 57	00:11:02	00:18:56		00:36:10	00:38:18.50	00:38:33.30	3:49	15.7
7	WIEŁOPOLSKI MICHAŁ	356		BIELSKO-BIAŁA	POL	M16-19	7	M 56	00:11:07	00:18:55		00:36:06	00:38:25.50	00:38:31.45	3:50	15.6
8	MOLA MATEUSZ	505	MUKS CIESZYN	SKOCZÓW	POL	M16-19	8	M 58	00:11:01	00:19:07		00:36:24	00:38:29.60	00:38:33.70	3:50	15.6
9	WOWRY KLAUDIUSZ	448	CIESZYN WIK	CIESZYN	POL	M16-19	9	M 88	00:11:42	00:19:53	00:29:30	00:37:55	00:40:15.10	00:40:22.80	4:01	14.9
10	KITA JAKUB	878		PSZCZYNA	POL	M16-19	10	M 144	00:12:47	00:21:50	00:31:59	00:40:33	00:42:58.05	00:43:08.75	4:17	14
11	KRZYSTAŁA PAWEŁ	612		CZERWIONKA	POL	M16-19	11	M 245	00:14:04	00:23:43	00:34:33	00:44:01	00:46:20.45	00:46:36.15	4:38	12.9
12	SKRZYPCZAK KRYSZTIAN	382		JASTRZĘBIE-ZDRÓJ	POL	M16-19	12	M 347	00:14:03	00:24:10	00:37:06	00:47:59	00:50:45.90	00:50:52.35	5:04	11.8
13	LISIOWSKI JAKUB	524		MARKLOWICE GÓRNE	POL	M16-19	13	M 389	00:16:06	00:26:48	00:39:07	00:49:49	00:52:40.15	00:53:13.30	5:16	11.4

JASTRZĘBSKA DZIESIĄTKA, K20-29

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	SŁĘZAK SYLWIA	11		CZĘSTOCHOWA	POL	K20-29	1	K 3	00:10:55	00:18:22		00:34:17	00:36:33.50	00:36:36.80	3:39	16.4
2	GOLBA KASIA	12	1SECOND TEAM / AZS AWF KATOWICE	MIELEC	POL	K20-29	2	K 5	00:10:55	00:18:27		00:35:07	00:37:24.60	00:37:27.90	3:44	16
3	KRAWCZYK MAGDALENA	777	GKS PIAST GLIWICE	GLIWICE	POL	K20-29	3	K 6	00:10:58	00:18:33		00:36:07	00:38:18.30	00:38:18.30	3:49	15.7
4	MENDECKA DARIA	781	MOSIR ŁAZISKA GÓRNE	ŁAZISKA GÓRNE	POL	K20-29	4	K 9	00:11:34	00:19:45	00:29:09	00:37:24	00:39:44.60	00:39:48.75	3:58	15.1
5	ULATOWSKA ALICJA	913	TGU TEAM	PAWŁOWICE	POL	K20-29	5	K 10	00:11:43	00:37:51			00:40:12.10	00:40:20.50	4:01	14.9
6	PIETROCZUK SYLWIA	875	KOTWICA BRZEG/ ATHLETICS NYSA	NYSA	POL	K20-29	6	K 16	00:12:09	00:20:38	00:30:32	00:39:13	00:41:38.80	00:41:49.50	4:09	14.4
7	GAJ PAULINA	735	MCKIS JAWORZNO	JAWORZNO	POL	K20-29	7	K 22	00:12:02	00:21:12	00:32:19	00:41:14	00:43:36.75	00:43:41.30	4:21	13.8
8	JANKO ANNA	712	HRMAX ŻORY	ŻORY	POL	K20-29	8	K 24	00:12:44	00:21:45	00:32:12	00:41:23	00:44:00.35	00:44:10.60	4:24	13.6
9	KRAKOWCZYK MARTA	38	YNO ULTRA	WODZISŁAW ŚLĄSKI	POL	K20-29	9	K 31	00:13:10	00:23:06	00:34:16	00:43:40	00:46:19.75	00:46:38.65	4:38	12.9
10	PAWŁOK ANNA	250		KATOWICE	POL	K20-29	10	K 51	00:14:12	00:24:12	00:36:19	00:47:01	00:49:34.00	00:49:52.85	4:57	12.1
11	OLBRYCH MONIKA	907		MYSLOWICE	POL	K20-29	11	K 55	00:14:36	00:24:44	00:36:53	00:47:04	00:49:57.30	00:50:28.55	4:59	12
12	CHYBIORZ MAGDALENA	470		CIESZYN	POL	K20-29	12	K 74	00:15:24	00:26:10	00:38:34	00:49:16	00:52:22.85	00:52:52.00	5:14	11.5
13	BRODA KAMILA	105		PIASEK	POL	K20-29	13	K 79	00:15:49	00:26:31	00:39:00	00:49:38	00:52:32.10	00:53:01.00	5:15	11.4
14	LUBSZCZYK JUSTYNA	584	YNO ULTRA	ŻORY	POL	K20-29	14	K 84	00:15:24	00:26:22	00:39:14	00:49:48	00:52:51.20	00:53:18.15	5:17	11.3
15	HARAZIN ANIA	571		PAWŁOWICIE	POL	K20-29	15	K 92	00:16:01	00:27:11	00:39:47	00:50:38	00:53:32.90	00:54:08.30	5:21	11.2
16	ZELENT KAROLINA	33	DIETETYKJASTRZEBIE.PL	JASTRZĘBIE-ZDRÓJ	POL	K20-29	16	K 105	00:15:39	00:26:54	00:40:06	00:51:06	00:54:09.10	00:54:46.10	5:24	11.1
17	PRZYBYSZ KINGA	204		ŻORY	POL	K20-29	17	K 110	00:16:12	00:27:25	00:40:16	00:51:25	00:54:30.75	00:55:08.50	5:27	11
18	GWIZDAŁA DOMINIKA	138		JASTRZĘBIE ZDRÓJ	POL	K20-29	18	K 113	00:16:16	00:27:31	00:40:38	00:51:45	00:54:45.95	00:55:27.70	5:28	11
19	PODBIOL AGNIESZKA	558		WODZISŁAW ŚLĄSKI	POL	K20-29	19	K 114	00:15:21	00:26:12	00:39:56	00:51:36	00:54:49.15	00:55:32.70	5:28	10.9
20	CIMAŁA KATARZYNA	232		PAWŁOWICE	POL	K20-29	20	K 116	00:16:15	00:27:24	00:40:24	00:51:48	00:54:58.20	00:55:39.50	5:29	10.9
21	HYŁA ALEKSANDRA	373	KRS TKKF MORSY.PL	MSZANA	POL	K20-29	21	K 132	00:16:11	00:27:24	00:40:54	00:52:50	00:56:18.85	00:56:53.65	5:37	10.7
22	STANULA DOMINIKA	228		PAWŁOWICE	POL	K20-29	22	K 136	00:16:44	00:28:31	00:42:02	00:53:36	00:56:38.10	00:57:12.70	5:39	10.6
23	NOWAK MAGDALENA	351	BWM	ŻORY	POL	K20-29	23	K 140	00:16:31	00:28:02	00:41:44	00:53:29	00:56:52.05	00:57:26.20	5:41	10.6
24	WOJTAŚ PATRYCJA	734	KOLKA TEAM	BIELSKO-BIAŁA	POL	K20-29	24	K 153	00:17:16	00:28:58	00:42:36	00:54:25	00:57:53.70	00:58:28.65	5:47	10.4
25	SŁODZIŃSKA MAGDALENA	688		JASTRZĘBIE ZDRÓJ	POL	K20-29	25	K 173	00:17:40	00:29:57	00:43:55	00:55:40	00:59:00.95	00:59:43.50	5:54	10.2
26	WIDENKA JOANNA	293	DYSTANS LUBOMIA	LUBOMIA	POL	K20-29	26	K 181	00:17:44	00:30:05	00:43:51	00:55:50	00:59:13.05	00:59:58.25	5:55	10.1
27	STEKLA MAJER ANNA	421	GRUPA SPORTOWA REKORD	SKOCZÓW	POL	K20-29	27	K 180	00:17:03	00:29:12	00:43:58	00:55:59	00:59:20.95	00:59:57.60	5:56	10.1
28	PASZENDA KATARZYNA	390	YNO ULTRA	PSZÓW	POL	K20-29	28	K 178	00:17:37	00:29:42	00:44:15	00:56:27	00:59:56.20	00:59:56.20	5:59	10
29	MOSKAŁA MAGDALENA	163		PAWŁOWICE	POL	K20-29	29	K 196	00:17:15	00:29:33	00:44:35	00:57:21	01:00:42.85	01:01:23.20	6:04	9.9
30	ROMAŃSKA KLAUDIA	711	BEBECHA TEAM	DĄBROWA GÓRNICZA	POL	K20-29	30	K 202	00:16:47	00:29:05	00:44:07	00:57:33	01:01:26.05	01:01:57.05	6:08	9.8
31	KRAUZ SANDRA	437		JASTRZĘBIE-ZDRÓJ	POL	K20-29	31	K 205	00:17:56	00:30:29	00:45:05	00:57:56	01:01:37.40	01:02:15.00	6:09	9.7
32	HETMANIOK AGNIESZKA	83		JASTRZĘBIE ZDRÓJ	POL	K20-29	32	K 210	00:16:53	00:29:55	00:45:26	00:58:44	01:02:22.85	01:02:45.95	6:14	9.6
33	ZAİK KAROLINA	549		GLIWICE	POL	K20-29	33	K 219	00:16:32	00:29:15	00:45:35	00:59:18	01:03:20.30	01:03:57.00	6:20	9.5
34	BOSIACKA MARTA	279	REBELLION OF FREE RUNNERS	ŚWIĘTOCHŁOWICE	POL	K20-29	34	K 225	00:17:59	00:31:18	00:47:03	01:00:42	01:04:31.35	01:05:01.80	6:27	9.3
35	MOORE COLLEEN	803		BIELSKO-BIAŁA	POL	K20-29	35	K 232	00:17:57	00:31:28	00:47:46	01:01:40	01:05:03.75	01:05:33.20	6:30	9.2
36	ZYCHOWSKA DOMINIKA	526		SOSNOWIEC	POL	K20-29	36	K 251	00:18:56	00:33:06	00:49:41	01:04:10	01:08:08.85	01:08:48.10	6:48	8.8
37	KACZMARCZYK MAGDALENA	75	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K20-29	37	K 256	00:19:58	00:34:09	00:50:47	01:05:21	01:09:23.90	01:10:06.15	6:56	8.6
38	MYŚLIWIEC BARBARA	337	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K20-29	38	K 262	00:20:52	00:36:06	00:53:24	01:08:24	01:12:56.75	01:13:41.15	7:17	8.2
39	CHWAŁEK AGNIESZKA	522		BESTWINA	POL	K20-29	39	K 267	00:16:46	00:27:26					5:29	10.9

JASTRZĘBSKA DZIESIĄTKA, M20-29

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	KOSGEI MATHEW	2	BENEDEK-TEAM	ELDORET	KEN	M20-29	1	M 2	00:09:18	00:15:30	00:22:55	00:29:14	00:30:53.30	00:30:55.70	3:05	19.4
2	MROWKA MATEUSZ	4	KWK MARCEL/RADLINIOKI W BIEGU	RADLIN	POL	M20-29	2	M 3	00:09:19	00:15:41	00:23:16	00:29:56	00:31:49.15	00:31:50.95	3:10	18.9
3	CIEPŁAK MARCIN	3	CHEMIKA RYBNIK	RYBNIK	POL	M20-29	3	M 4	00:09:20	00:16:01	00:24:01	00:31:08	00:33:14.05	00:33:15.35	3:19	18.1
4	KASPRZAK RADOSŁAW	7	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	M20-29	4	M 5	00:09:51	00:16:42	00:24:35	00:31:29	00:33:21.50	00:33:23.05	3:20	18
5	WŁOCH ANDRZEJ	6	KB MOSIR JASTRZĘBIE	MARKLOWICE	POL	M20-29	5	M 10	00:09:51	00:16:50	00:25:02	00:32:16	00:34:14.25	00:34:15.40	3:25	17.5
6	KARDAS ARKADIUSZ	876	TS AKS CHORZÓW	SIEMIANOWICE ŚLĄSKIE	POL	M20-29	6	M 19	00:09:51	00:17:07		00:33:28	00:35:37.90	00:35:41.10	3:33	16.8
7	RAJWA ROMAN	502	KB MOSIR JASTRZĘBIE	CHYBIE (BZIE)	POL	M20-29	7	M 20	00:10:17	00:17:44		00:33:55	00:35:58.20	00:36:00.70	3:35	16.7
8	KRZEMIEŃ KRZYSZTOF	697		MAKÓW	POL	M20-29	8	M 21	00:10:43	00:18:10		00:34:01	00:36:03.45	00:36:07.55	3:36	16.6
9	PŁOSKONKA JAN	794	UKS BRENNA-GÓRKI	BRENNA	POL	M20-29	9	M 42	00:11:09	00:18:58		00:35:28	00:37:35.20	00:37:38.75	3:45	16

JASTRZĘBSKA DZIESIĄTKA, M20-29 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
10	MATUSZNY MAREK	209	OLZA CIESZYN	DZIĘGIELÓW	POL	M20-29	10	M 44	00:10:37	00:18:10		00:35:24	00:37:42.10	00:37:46.50	3:46	15.9
11	MROWIEC KACPER	822		ŻYWIEC	POL	M20-29	11	M 50	00:10:54	00:18:34		00:35:39	00:37:56.55	00:38:00.95	3:47	15.8
12	KMITA TOMASZ	851		JASTRZĘBIE-ZDRÓJ	POL	M20-29	12	M 51	00:10:56	00:18:39		00:35:45	00:37:59.10	00:38:02.90	3:47	15.8
13	WANTULOK PAWEŁ	121		CIESZYN	POL	M20-29	13	M 65	00:11:33	00:19:38	00:28:57	00:36:54	00:39:04.70	00:39:12.55	3:54	15.4
14	ZYGMA KORDIAN	151		LIGOTA	POL	M20-29	14	M 77	00:11:46	00:19:57	00:29:14	00:37:13	00:39:30.65	00:39:40.35	3:57	15.2
15	JANUSZ TOMASZ	604	SKAZANINASUKCES.PL	KANIÓW	POL	M20-29	15	M 76	00:11:45	00:19:57	00:29:12	00:37:13	00:39:31.05	00:39:40.35	3:57	15.2
16	KASTELIK SZYMON	422	OLIMPIJCZYK GILOWICE	GILOWICE	POL	M20-29	16	M 75	00:11:09	00:19:21	00:28:50	00:37:15	00:39:34.75	00:39:38.60	3:57	15.2
17	KRETEK ŁUKASZ	519	AKTYWNI LYSKI	LYSKI	POL	M20-29	17	M 81	00:11:45	00:19:58	00:29:19	00:37:29	00:39:47.10	00:39:56.60	3:58	15.1
18	KŁYSZCZ PAWEŁ	886	ZERO32 ARCHITEKCI	ŁAZISKA GÓRNE	POL	M20-29	18	M 80	00:11:36	00:19:49	00:29:17	00:37:32	00:39:48.90	00:39:54.75	3:58	15.1
19	KOWAL ŁUKASZ	770	FITNESS EXPRESS RYBNIK	RYBNIK	POL	M20-29	19	M 85	00:12:01	00:20:15	00:29:36	00:37:50	00:40:03.10	00:40:16.90	4:00	15
20	MASNY MICHAŁ	442		RYDUŁTOWY	POL	M20-29	20	M 97	00:11:47	00:20:11	00:29:58	00:38:18	00:40:41.00	00:40:53.65	4:04	14.7
21	URBAŃCZYK MARCIN	51		JASTRZĘBIE ZDRÓJ	POL	M20-29	21	M 96	00:11:58	00:20:21	00:29:59	00:38:21	00:40:42.05	00:40:53.20	4:04	14.7
22	MICHALIK RAFAŁ	405	LACHO TEAM	KRAKÓW	POL	M20-29	22	M 101	00:12:01	00:20:26	00:30:25	00:38:43	00:40:57.15	00:41:02.80	4:05	14.7
23	RAJWA JAN	309	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	23	M 105	00:11:41	00:20:08	00:30:06	00:38:53	00:41:13.55	00:41:20.30	4:07	14.6
24	BEZUCH PAWEŁ	881		WODZISŁAW ŚLĄSKI	POL	M20-29	24	M 121	00:12:28	00:21:19	00:31:14	00:39:42	00:41:59.75	00:42:14.00	4:12	14.3
25	NIESŁONY DOMINIK	908		KOZŁOWICE	POL	M20-29	25	M 149	00:12:25	00:21:14	00:31:48	00:40:49	00:43:12.60	00:43:21.90	4:19	13.9
26	BUGDOL ZBIGNIEW	459		RYBNIK	POL	M20-29	26	M 157	00:12:42	00:21:45	00:31:58	00:40:50	00:43:19.75	00:43:42.90	4:19	13.9
27	TOMCZYK MAURZYCY	29	ESKADRA KRAKÓW	KRAKÓW	POL	M20-29	27	M 158	00:12:50	00:21:52	00:32:15	00:41:00	00:43:27.75	00:43:43.95	4:20	13.8
28	STEMPEL GRZEGORZ	667	1989	WODZISŁAW ŚL	POL	M20-29	28	M 160	00:12:18	00:21:16	00:31:47	00:40:53	00:43:36.05	00:43:48.20	4:21	13.8
29	BARAN BARTOSZ	766		WROCLAW	POL	M20-29	29	M 165	00:13:13	00:22:17	00:32:34	00:41:17	00:43:39.10	00:43:54.70	4:21	13.7
30	WYREMBELSKI ADAM	169		JASTRZĘBIE-ZDRÓJ	POL	M20-29	30	M 167	00:12:48	00:21:53	00:32:18	00:41:17	00:43:44.95	00:44:00.75	4:22	13.7
31	NIEDZIELKO GRZEGORZ	495	PRESSING BIKE-SYSTEM ICE-WENT TEAM	ŻORY	POL	M20-29	31	M 166	00:12:24	00:21:28	00:32:20	00:41:31	00:43:51.00	00:44:00.00	4:23	13.7
32	POHL ARMIN	581		KRAPKOWICE	POL	M20-29	32	M 169	00:12:50	00:21:51	00:32:20	00:41:29	00:43:58.30	00:44:05.95	4:23	13.6
33	ZGRZENDEK PATRYK	726		BOJANÓW	POL	M20-29	33	M 173	00:12:50	00:22:00	00:32:26	00:41:32	00:44:05.10	00:44:17.90	4:24	13.6
34	ZADROGA KAROL	721		JASTRZĘBIE-ZDRÓJ	POL	M20-29	34	M 174					00:44:19.00	00:44:19.00	4:25	13.5
35	JANECKI MATEUSZ	216	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M20-29	35	M 194	00:12:46	00:21:44	00:32:26	00:41:48	00:44:30.65	00:44:46.90	4:27	13.5
36	ŁUSZCZYK SERGIUSZ	700		WODZISŁAW ŚLĄSKI	POL	M20-29	36	M 200	00:13:25	00:22:32	00:33:04	00:42:12	00:44:41.05	00:45:02.10	4:28	13.4
37	PLEWNIA DAWID	776		BAKÓW	POL	M20-29	37	M 205	00:12:58	00:22:05	00:32:50	00:42:13	00:44:50.80	00:45:09.35	4:29	13.4
38	TWARDZIK KAMIL	238	KS M.E.T.A	ŁAZISKA	POL	M20-29	38	M 213	00:13:12	00:22:23	00:33:14	00:42:26	00:45:05.90	00:45:24.75	4:30	13.3
39	WIELOPOLSKI ŁUKASZ	123		BIELSKO-BIAŁA	POL	M20-29	39	M 234	00:13:25	00:22:51	00:33:47	00:43:20	00:45:56.60	00:46:13.05	4:35	13.1
40	POCZĄTEK DAMIAN	132		OCHABY MAŁE	POL	M20-29	40	M 256	00:13:14	00:22:51	00:34:09	00:44:00	00:46:49.65	00:47:07.90	4:40	12.8
41	KAŻMIERCZAK SZYMON	834		WODZISŁAW ŚLĄSKI	POL	M20-29	41	M 262	00:13:51	00:23:42	00:34:45	00:44:27	00:47:04.10	00:47:25.15	4:42	12.7
42	GÓRECKI ADAM	614		RACIBÓRZ	POL	M20-29	42	M 264	00:14:37	00:24:27	00:35:23	00:44:33	00:47:05.55	00:47:30.00	4:42	12.7
43	LUBSZCZYK KRYSZTIAN	454	YNO ULTRA	ŚWIERKLANY	POL	M20-29	43	M 271	00:13:13	00:22:50	00:34:16	00:44:22	00:47:09.90	00:47:40.95	4:42	12.7
44	RAJWA STANISŁAW	313	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	POL	M20-29	44	M 274	00:14:06	00:24:01	00:35:13	00:44:54	00:47:27.90	00:47:46.15	4:44	12.6
45	PISAREK RADEK	234	WKURW_TEAM	PAWŁOWICE	POL	M20-29	45	M 278	00:13:16	00:23:01	00:34:45	00:44:57	00:47:40.75	00:47:58.70	4:46	12.6
46	LOT MICHAŁ	533		RUDA ŚLĄSKA	POL	M20-29	46	M 297	00:14:38	00:24:50	00:36:22	00:45:41	00:48:08.40	00:48:33.80	4:48	12.5
47	WASILEWSKI MATEUSZ	879	ZOFIOWKA	JASTRZĘBIE ZDRÓJ	POL	M20-29	47	M 312	00:13:42	00:24:22	00:36:14	00:46:14	00:48:58.65	00:49:12.30	4:53	12.2
48	FILUSZ DAWID	548		RYBNIK	POL	M20-29	48	M 318	00:14:35	00:24:39	00:36:14	00:46:12	00:49:01.00	00:49:27.65	4:54	12.2
49	JARZYNA ANDRZEJ	477		JSTRZĘBIE - ZDRÓJ	POL	M20-29	49	M 328	00:14:27	00:24:31	00:36:09	00:46:20	00:49:18.25	00:49:52.10	4:55	12.2
50	WYREMBELSKI AMADEUSZ	168		JASTRZĘBIE-ZDRÓJ	POL	M20-29	50	M 323	00:13:23	00:23:40	00:35:56	00:46:18	00:49:19.40	00:49:35.65	4:55	12.2
51	PĘDZIK BŁAŻEJ	143		SZCZĘJKOWICE	POL	M20-29	51	M 351	00:15:34	00:25:46	00:37:33	00:47:57	00:50:27.20	00:51:13.70	5:02	11.9
52	DOMASZK PAWEŁ	702		JASTRZĘBIE-ZDRÓJ	POL	M20-29	52	M 369	00:15:53	00:26:42	00:38:58	00:49:05	00:51:35.80	00:52:10.30	5:09	11.6
53	NOWAK PATRYK	162	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M20-29	53	M 367	00:14:47	00:25:11	00:37:32	00:48:33	00:51:39.15	00:52:07.80	5:09	11.6
54	MAJCHRZAK DAWID	745		JASTRZĘBIE ZDRÓJ	POL	M20-29	54	M 368	00:13:38	00:24:08	00:37:24	00:48:43	00:51:50.60	00:52:09.55	5:11	11.6
55	PAJĄK MARCIN	431		JASTRZĘBIE-ZDRÓJ	POL	M20-29	55	M 376	00:14:57	00:25:24	00:38:35	00:49:11	00:52:06.10	00:52:36.50	5:12	11.5
56	JASIŃSKI KRISTOF	865	WILD RUNERS	BOJSZOWY	POL	M20-29	56	M 380	00:15:23	00:26:08	00:38:22	00:49:14	00:52:16.55	00:52:45.40	5:13	11.5
57	MAKOWSKI GRZEGORZ	201		JASTRZĘBIE-ZDRÓJ	POL	M20-29	57	M 391	00:15:13	00:26:01	00:38:56	00:50:06	00:52:41.20	00:53:16.10	5:16	11.4
58	KROCZEK PRZEMYSŁAW	829		ZEBRZYDOWICE	POL	M20-29	58	M 400	00:16:17	00:27:02	00:39:48	00:50:03	00:53:04.10	00:53:50.85	5:18	11.3
59	HUCHRO TOMASZ	653	SZYBYCY I WŚCIEKLI	MYSŁOWICE	POL	M20-29	59	M 410	00:16:08	00:27:22	00:40:09	00:51:05	00:53:58.85	00:54:26.40	5:23	11.1
60	STRZAŁA MAREK	551		STRUMIEŃ	POL	M20-29	60	M 423	00:15:02	00:26:18	00:39:55	00:51:24	00:54:32.25	00:54:58.15	5:27	11
61	RYZ DAWID	545		RUDA ŚLĄSKA	POL	M20-29	61	M 433	00:16:04	00:27:26	00:40:48	00:51:59	00:54:58.10	00:55:34.30	5:29	10.9
62	STEKLA BARTŁOMIEJ	610		SKOCZÓW	POL	M20-29	62	M 438	00:16:10	00:27:23	00:40:24	00:51:53	00:55:12.45	00:55:48.95	5:31	10.9
63	GRZESZCZUK TOMASZ	529		JASTRZĘBIE-ZDRÓJ	POL	M20-29	63	M 449	00:16:07	00:28:01	00:41:51	00:53:40	00:56:44.10	00:57:10.75	5:40	10.6
64	IZDEBSKI KONRAD	696		JASTRZĘBIE-ZDRÓJ	POL	M20-29	64	M 460	00:17:11	00:29:05	00:42:51	00:54:30	00:57:33.45	00:58:24.85	5:45	10.4
65	ŻAGIEL WIKTOR	457		RACIBÓRZ	POL	M20-29	65	M 464	00:16:12	00:27:29	00:42:00	00:55:21	00:58:21.65	00:58:54.90	5:50	10.3

JASTRZĘBSKA DZIESIĄTKA, M20-29 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
66	ADAMIK LUKASZ	825	KUCE Z BRONKSU	ZABRZE	POL	M20-29	66	M 472	00:17:48	00:30:11	00:43:59	00:55:45	00:58:52.95	00:59:32.50	5:53	10.2
67	WIDENKA KRYSZTIAN	152	SYRYNIA	SYRYNIA	POL	M20-29	67	M 481	00:16:26	00:28:22	00:42:39	00:55:35	00:59:23.15	01:00:06.25	5:56	10.1
68	HAJNSZ ROBERT	802		RUDA ŚLĄSKA	POL	M20-29	68	M 482	00:17:49	00:30:13	00:44:34	00:56:44	01:00:10.95	01:00:49.90	6:01	10
69	POLOK ROBERT	661		BIELSKO-BIAŁA	POL	M20-29	69	M 485	00:16:48	00:29:05	00:44:07	00:57:32	01:01:26.80	01:01:58.00	6:08	9.8
70	SZABLA MATEUSZ	750		NIEGOWONICE	POL	M20-29	70	M 487	00:17:06	00:29:05	00:44:37	00:58:03	01:01:53.75	01:02:36.50	6:11	9.7
71	GIŻYŃSKI KRYSZTIAN	274		JASTRZĘBIE-ZDRÓJ	POL	M20-29	71	M 489	00:16:52	00:29:52	00:45:39	00:59:20	01:02:32.10	01:03:18.60	6:15	9.6
72	SOBAŃSKI MATEUSZ	485		BIELSKO-BIAŁA	POL	M20-29	72	M 501	00:19:50	00:33:11	00:48:20	01:01:23	01:04:53.80	01:05:41.05	6:29	9.2
73	MIERZYŃSKI KAMIL	658		JASTRZĘBIE ZDRÓJ	POL	M20-29	73	M 512	00:24:11	00:42:32	01:03:28	01:22:13	01:27:21.00	01:27:25.35	8:44	6.9

JASTRZĘBSKA DZIESIĄTKA, K30-39

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	PLIŚ RENATA	14	MKL MARATON ŚWINOUJŚCIE	ŚWINOUJŚCIE	POL	K30-39	1	K 1	00:10:10	00:17:17		00:32:16	00:34:12.90	00:34:15.80	3:25	17.5
2	MATHEBO RUTH CHEMISTO	9	BENEDEK-TEAM	ELDORET	KEN	K30-39	2	K 2	00:10:16	00:17:44		00:34:05	00:36:18.75	00:36:18.75	3:37	16.5
3	CHERUIYOT EMILY	8	BENEDEK-TEAM	ELDORET	KEN	K30-39	3	K 4	00:10:23	00:17:57		00:34:33	00:36:48.05	00:36:50.50	3:40	16.3
4	SUWAJ ANETA	10	AZS-AWF KATOWICE/ALPIN SPORT	JASTRZĘBIE-ZDRÓJ	POL	K30-39	4	K 7	00:11:25	00:19:22		00:36:29	00:38:41.65	00:38:45.45	3:52	15.5
5	DZIUŁ DĄGARA	13	KB MOSIR JASTRZĘBIE	PAWŁOWICE	POL	K30-39	5	K 8	00:11:16	00:19:21	00:28:52	00:37:07	00:39:27.40	00:39:30.35	3:56	15.2
6	DYBCZYŃSKA JADWIGA	890		GÓRKI WIELKIE	POL	K30-39	6	K 12	00:11:41	00:19:51	00:29:21	00:37:51	00:40:27.30	00:40:36.30	4:02	14.8
7	BIELIŃSKA MONIKA	223		PRZYSZOWICE	POL	K30-39	7	K 11	00:11:47	00:20:04	00:29:51	00:38:12	00:40:30.55	00:40:35.00	4:03	14.8
8	MIKOŁAJCZYK SANDRA	607		SIEMIANOWICE ŚLĄSKIE	POL	K30-39	8	K 14	00:12:07	00:20:30	00:30:18	00:38:48	00:41:11.35	00:41:23.05	4:07	14.6
9	REDZIK DOROTA	845	ENDURANCE TEAM	PIEKARY ŚLĄSKIE	POL	K30-39	9	K 18	00:12:16	00:21:04	00:31:20	00:40:12	00:42:43.80	00:42:54.20	4:16	14
10	WOJTASZEWSKA SABINA	286	BBL RACIBÓRZ	RACIBÓRZ	POL	K30-39	10	K 19	00:12:21	00:21:18	00:31:33	00:40:20	00:42:45.85	00:42:55.60	4:16	14
11	NALEPKA EWA	189	BIEGIEM PRZEZ GÓRY	SOSNOWIEC	POL	K30-39	11	K 20	00:12:23	00:21:08	00:31:30	00:40:31	00:43:05.45	00:43:14.65	4:18	13.9
12	PIECZKA MONIKA	816		RYBNIK	POL	K30-39	12	K 21	00:12:37	00:21:28	00:31:57	00:40:55	00:43:25.45	00:43:30.25	4:20	13.8
13	PIECUCH AGNIESZKA	212	INŻYNIERIA BIEGANIA TEAM	TARNOWSKIE GÓRY	POL	K30-39	13	K 23	00:12:49	00:21:46	00:32:07	00:41:07	00:43:41.95	00:43:59.70	4:22	13.7
14	PIWISZKIS BARBARA	174	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	14	K 25	00:12:46	00:21:50	00:32:22	00:41:33	00:44:08.60	00:44:24.10	4:24	13.6
15	PAWTEL AGATA	59		RYBNIK	POL	K30-39	15	K 26	00:12:49	00:21:56	00:32:38	00:41:45	00:44:21.50	00:44:30.90	4:26	13.5
16	STOLORZ KATARZYNA	620		TYCHY	POL	K30-39	16	K 29	00:13:32	00:22:59	00:33:49	00:43:01	00:45:33.10	00:45:48.60	4:33	13.2
17	LERCH BOŻENA	276	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	17	K 32	00:14:04	00:23:39	00:34:37	00:44:00	00:46:38.75	00:47:02.70	4:39	12.9
18	WINIARSKA MONIKA	103	BIEGIEM PRZEZ GÓRY	ŻORY	POL	K30-39	18	K 34	00:13:28	00:23:23	00:34:49	00:44:34	00:47:17.60	00:47:33.40	4:43	12.7
19	KOPIEC IZABELA	35	INTER ROPE TEAM	SKRZYSZÓW	POL	K30-39	19	K 37	00:14:08	00:23:52	00:35:07	00:44:46	00:47:27.60	00:47:43.60	4:44	12.6
20	STĘPIEŃ KAMILA	319		OPOLE	POL	K30-39	20	K 41	00:13:57	00:23:52	00:35:13	00:45:01	00:48:08.20	00:48:28.30	4:48	12.5
21	ŻBEL ANIA	355	HRMAX ŻORY	ZEBRZYDOWICE	POL	K30-39	21	K 43	00:14:45	00:24:38	00:35:45	00:45:28	00:48:15.95	00:48:39.80	4:49	12.4
22	PEŁOCIENNIK ALEKSANDRA	752		BIELSKO-BIAŁA	POL	K30-39	22	K 49	00:13:43	00:23:57	00:35:53	00:46:18	00:49:17.80	00:49:35.00	4:55	12.2
23	WOWRY SYLWIA	644		CIESZYN	POL	K30-39	23	K 50	00:14:09	00:24:16	00:36:21	00:46:27	00:49:24.15	00:49:43.95	4:56	12.1
24	WÓJCIK-KRZYŻOWSKA BARBARA	166	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	24	K 53	00:14:57	00:25:12	00:36:45	00:46:53	00:49:41.90	00:50:11.55	4:58	12.1
25	GORZELAK JOANNA	352	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	25	K 56	00:14:38	00:24:51	00:36:46	00:47:09	00:50:04.80	00:50:36.00	5:00	12
26	BORKOWSKA PAULINA	406		JASTRZĘBIE ZDRÓJ	POL	K30-39	26	K 57	00:14:30	00:24:47	00:36:48	00:47:29	00:50:30.30	00:50:37.00	5:03	11.9
27	TYCZYŃSKA PAULINA	194	SZYBKIE ŻÓŁWIE	BIELSKO-BIAŁA	POL	K30-39	27	K 58	00:14:39	00:24:56	00:37:11	00:47:46	00:50:40.35	00:51:02.55	5:04	11.8
28	SOLICH OLA	79	SULIS HOKO TEAM	RACIBORZ	POL	K30-39	28	K 60	00:15:15	00:25:42	00:37:32	00:47:47	00:50:47.60	00:51:18.30	5:04	11.8
29	KOTOWICZ ANNA	716		OGRODZONA	POL	K30-39	29	K 61	00:15:10	00:25:40	00:37:49	00:48:12	00:50:58.80	00:51:25.05	5:05	11.8
30	MALARA ANNA	862		KATOWICE	POL	K30-39	30	K 62	00:14:35	00:24:56	00:37:31	00:48:21	00:51:18.50	00:51:46.25	5:07	11.7
31	KUBICA PATRYCJA	348	OLZA CIESZYN	CIESZYN	POL	K30-39	31	K 63	00:14:49	00:25:38	00:37:46	00:48:34	00:51:42.45	00:52:13.65	5:10	11.6
32	PLEWNIA IRENA	308	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	K30-39	32	K 65	00:15:03	00:25:33	00:38:11	00:48:46	00:51:50.15	00:52:21.75	5:11	11.6
33	DOMAGAŁA KORNELIA	161		RUDZICA	POL	K30-39	33	K 66	00:15:10	00:25:39	00:38:01	00:48:50	00:51:59.05	00:52:31.00	5:12	11.5
34	TYLMAN-MADEJCZYK MARTA	798	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K30-39	34	K 67	00:15:11	00:26:10	00:38:33	00:49:03	00:52:07.75	00:52:35.90	5:12	11.5
35	MAZUR KATARZYNA	455		ZABŁOCIE	POL	K30-39	35	K 77	00:15:56	00:26:42	00:39:00	00:49:27	00:52:18.95	00:52:57.60	5:13	11.5
36	BIAŁOŃCZYK JOANNA	542		ZEBRZYDOWICE	POL	K30-39	36	K 72	00:15:36	00:26:24	00:38:45	00:49:24	00:52:19.65	00:52:45.80	5:13	11.5
37	KOSMALA-LANDZIŃSKA EWA	346		ŻORY	POL	K30-39	37	K 75	00:15:55	00:26:38	00:39:00	00:49:30	00:52:24.70	00:52:56.00	5:14	11.4
38	CZERNICKA MAGDALENA	40	YNO ULTRA	ZWONOWICE	POL	K30-39	38	K 76	00:15:11	00:25:52	00:38:28	00:49:19	00:52:29.05	00:52:57.20	5:14	11.4
39	KAZIMIERCZUK MONIKA	446	BBL-KLUB SPORTOWY KOZIOŁEK-SEKCJA BIEGOWA	KĘDZIERZYN-KOŹLE	POL	K30-39	39	K 80	00:15:58	00:26:41	00:39:05	00:49:44	00:52:39.00	00:53:08.55	5:15	11.4
40	GNAŚ ANNA	60	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	40	K 81	00:14:44	00:25:30	00:38:39	00:49:43	00:52:45.50	00:53:10.45	5:16	11.4

JASTRZĘBSKA DZIESIĄTKA, K30-39 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
41	JURASZEK ELZBIETA	632	JUSTFEELFIT	JELEŚNIA	POL	K30-39	41	K 86	00:15:59	00:26:55	00:39:27	00:49:58	00:52:55.10	00:53:29.70	5:17	11.3
42	HARATYK GABRIELA	295		JASTRZĘBIE-ZDRÓJ	POL	K30-39	42	K 87	00:15:07	00:26:04	00:38:58	00:49:59	00:53:05.20	00:53:32.15	5:18	11.3
43	DURAJ MAGDALENA	145		BYSTRA	POL	K30-39	43	K 90	00:16:09	00:27:24	00:40:04	00:50:23	00:53:14.60	00:53:48.40	5:19	11.3
44	JAGODZIŃSKA MAGDALENA	605	KOLKA TEAM	WILKOWICE	POL	K30-39	44	K 91	00:15:52	00:26:57	00:39:29	00:50:19	00:53:29.70	00:54:05.20	5:21	11.2
45	CIESLAR KASIA	646		USTROŃ	POL	K30-39	45	K 93	00:16:15	00:27:25	00:40:09	00:50:42	00:53:36.00	00:54:08.60	5:21	11.2
46	LERCH MARYSIA	257	RUNTEAM PAWŁOWICE	JASTRZĘBIE-ZDRÓJ	POL	K30-39	46	K 95	00:15:20	00:26:23	00:39:29	00:50:34	00:53:37.40	00:54:10.35	5:21	11.2
47	MARCZAK-OLEJNICZAK ANIA	718		TARNOWSKIE GÓRY	POL	K30-39	47	K 103	00:16:11	00:27:19	00:40:03	00:50:54	00:54:00.95	00:54:40.25	5:24	11.1
48	STABLA AGATA	335		RADLIN	POL	K30-39	48	K 101	00:15:27	00:26:32	00:39:44	00:51:03	00:54:11.30	00:54:30.10	5:25	11.1
49	GÓRA MARTA	327		JASTRZĘBIE ZDRÓJ	POL	K30-39	49	K 99	00:15:17	00:26:26	00:39:40	00:51:04	00:54:14.85	00:54:21.85	5:25	11.1
50	JESIONEK MAŁGORZATA	731		IMIELIN	POL	K30-39	50	K 109	00:15:57	00:27:06	00:40:04	00:51:19	00:54:26.05	00:55:04.15	5:26	11
51	GIEROŃ KATARZYNA	709	DYSTANS LUBOMIA	LUBOMIA	POL	K30-39	51	K 107	00:16:02	00:27:09	00:40:01	00:51:17	00:54:28.45	00:55:00.00	5:26	11
52	KUJAŃSKA ALEKSANDRA	811	INŻYNIERIA BIEGANIA TEAM	RYBNIK	POL	K30-39	52	K 108	00:15:12	00:26:16	00:39:42	00:51:28	00:54:33.35	00:55:01.15	5:27	11
53	KOMAJDA BASIA	343	OLZA CIESZYN	CIESZYN	POL	K30-39	53	K 111	00:16:03	00:27:11	00:40:21	00:51:37	00:54:45.00	00:55:22.05	5:28	11
54	MŁOBÓG EWA	779	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	54	K 117	00:15:54	00:27:12	00:40:30	00:51:54	00:55:09.65	00:55:45.05	5:31	10.9
55	ŻŁOBICKA AGNIESZKA	768	DAR-BUD TEAM	KIETRZ	POL	K30-39	55	K 120	00:16:43	00:28:15	00:41:12	00:52:08	00:55:12.10	00:55:52.40	5:31	10.9
56	SKWARK ANETA	255		JASTRZĘBIE-ZDRÓJ	POL	K30-39	56	K 118	00:15:48	00:27:13	00:40:22	00:51:53	00:55:18.25	00:55:45.70	5:31	10.8
57	FLASZ ANNA	192		JASTRZĘBIE-ZDRÓJ	POL	K30-39	57	K 119	00:16:23	00:27:43	00:40:55	00:52:20	00:55:20.20	00:55:47.40	5:32	10.8
58	FROSZTĘGA KATARZYNA	835		JASTRZĘBIE-ZDRÓJ	POL	K30-39	58	K 121	00:16:12	00:27:29	00:40:37	00:52:08	00:55:32.00	00:55:59.15	5:33	10.8
59	JĘDRUSIAK LIDIA	649		DANKOWICE	POL	K30-39	59	K 125	00:16:13	00:27:31	00:40:59	00:52:37	00:55:55.65	00:56:28.25	5:35	10.7
60	HERUD MAGDALENA	761	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	K30-39	60	K 130	00:16:45	00:28:19	00:41:35	00:52:55	00:56:11.25	00:56:51.60	5:37	10.7
61	GREŃ DOROTA	629	OLZA CIESZYN	USTROŃ	POL	K30-39	61	K 129	00:16:15	00:27:25	00:40:58	00:52:53	00:56:12.40	00:56:45.00	5:37	10.7
62	SZKLANNY-RECLIK ELŻBIETA	487		PSZCZYNA	POL	K30-39	62	K 134	00:16:29	00:27:57	00:41:27	00:53:21	00:56:27.55	00:57:05.05	5:38	10.6
63	FRAJHOFER EWA	868	BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU	JASTRZĘBIE-ZDRÓJ	POL	K30-39	63	K 135	00:16:10	00:27:37	00:41:27	00:53:27	00:56:39.05	00:57:12.70	5:39	10.6
64	MUSIAŁ WIOLETTA	271	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K30-39	64	K 138	00:16:23	00:27:32	00:41:34	00:53:25	00:56:50.60	00:57:20.05	5:41	10.6
65	GWIZDAŁA JOANNA	139		JASTRZĘBIE-ZDRÓJ	POL	K30-39	65	K 144	00:16:07	00:27:25	00:41:27	00:53:40	00:57:06.70	00:57:48.20	5:42	10.5
66	PRÓSZYŃSKA AGNIESZKA	244		JASTRZĘBIE-ZDRÓJ	POL	K30-39	66	K 145	00:16:15	00:27:48	00:41:43	00:53:54	00:57:12.95	00:57:49.30	5:43	10.5
67	GIŻYŃSKA KATARZYNA	253	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K30-39	67	K 147	00:16:40	00:28:24	00:42:14	00:54:06	00:57:20.15	00:57:55.10	5:44	10.5
68	PODBIOŁ INEZ	557		GLIWICE	POL	K30-39	68	K 158	00:17:24	00:29:05	00:42:49	00:54:51	00:58:18.55	00:59:02.80	5:49	10.3
69	LISZOK IWONA	117		JASTRZĘBIE-ZDRÓJ	POL	K30-39	69	K 156	00:16:59	00:29:01	00:42:58	00:54:56	00:58:20.15	00:58:58.60	5:50	10.3
70	MALISZEWSKA BEATA	72		JASTRZĘBIE-ZDRÓJ	POL	K30-39	70	K 163	00:17:46	00:30:09	00:43:52	00:55:13	00:58:32.55	00:59:16.95	5:51	10.3
71	SZKODA MAGDA	839		ŁĄKA	POL	K30-39	71	K 160	00:16:43	00:28:46	00:42:50	00:55:04	00:58:32.80	00:59:11.20	5:51	10.2
72	WYSZYŃSKA KARINA	738	DAR BUD TEAM	KIETRZ	POL	K30-39	72	K 166	00:17:18	00:29:24	00:43:27	00:55:22	00:58:47.45	00:59:27.50	5:52	10.2
73	ZAGÓRSKA ANIA	717		RADLIN	POL	K30-39	73	K 168	00:17:05	00:29:13	00:43:10	00:55:17	00:58:48.65	00:59:27.95	5:52	10.2
74	CIEŚLAR EWA	701		CIESZYN	POL	K30-39	74	K 169	00:16:16	00:28:02	00:42:14	00:55:14	00:58:50.95	00:59:28.50	5:53	10.2
75	TARNOWSKA EDYTA	443		GLIWICE	POL	K30-39	75	K 171	00:16:07	00:28:07	00:44:17	00:55:53	00:59:00.95	00:59:32.95	5:54	10.2
76	FABRYKIEWICZ JOANNA	412		RYBNIK	POL	K30-39	76	K 174	00:17:03	00:29:27	00:44:00	00:55:44	00:59:07.30	00:59:45.05	5:54	10.1
77	SITKO DAGMARA	597		JASTRZĘBIE-ZDRÓJ	POL	K30-39	77	K 187	00:18:28	00:30:59	00:44:34	00:56:04	00:59:21.15	01:00:06.05	5:56	10.1
78	SZCZELINA MARTA	39		BRZESZCZE	POL	K30-39	78	K 182	00:17:02	00:29:15	00:43:52	00:55:53	00:59:23.00	01:00:00.30	5:56	10.1
79	ZIĘBA ANNA	789	DAR BUD-TEAM	KIETRZ	POL	K30-39	79	K 167	00:17:58	00:30:04	00:44:07	00:56:02	00:59:27.50	00:59:27.50	5:56	10.1
80	HERDUŚ LUCYNA	806		JASTRZĘBIE ZDRÓJ	POL	K30-39	80	K 188	00:16:43	00:28:45	00:43:14	00:56:05	00:59:39.80	01:00:14.70	5:58	10.1
81	BRANDYS KRYSZYNA	70		PAWŁOWICE	POL	K30-39	81	K 193	00:17:39	00:30:05	00:44:30	00:56:56	01:00:06.10	01:00:46.95	6:00	10
82	KOŁAK ALICJA	476		GLIWICE	POL	K30-39	82	K 195	00:17:43	00:30:03	00:44:26	00:57:01	01:00:30.20	01:01:10.00	6:03	9.9
83	BADURA DOROTA	628		STRUMIEN	POL	K30-39	83	K 194	00:15:58	00:28:27	00:43:46	00:56:54	01:00:36.25	01:01:02.55	6:03	9.9
84	ORŁOWSKA JOANNA	371	ULTRA BESKID SPORT	MAZAŃCOWICE	POL	K30-39	84	K 197	00:18:11	00:30:36	00:44:49	00:57:18	01:00:49.30	01:01:29.35	6:04	9.9
85	MARCZYK-LURANC EWA	775	MARCZYK-LURANC TEAM	KATOWICE	POL	K30-39	85	K 198	00:18:30	00:31:10	00:45:16	00:57:35	01:01:01.05	01:01:44.40	6:06	9.8
86	GAJ MONIKA	651	DAR - BUD TEAM	KIETRZ	POL	K30-39	86	K 203	00:18:28	00:30:59	00:45:23	00:57:41	01:01:17.60	01:02:01.75	6:07	9.8
87	POKORA IZABELA	99	KOLKA TEAM	BIELSKO-BIAŁA	POL	K30-39	87	K 206	00:17:16	00:29:46	00:44:57	00:58:01	01:01:45.10	01:02:21.25	6:10	9.7
88	SAWICKA MARTA	96		JASTRZĘBIE-ZDRÓJ	POL	K30-39	88	K 211	00:19:00	00:31:50	00:46:36	00:59:03	01:02:14.95	01:03:00.20	6:13	9.6
89	WALA ANNA	180		JASTRZĘBIE-ZDRÓJ	POL	K30-39	89	K 209	00:16:54	00:29:55	00:45:27	00:58:45	01:02:22.95	01:02:45.90	6:14	9.6
90	MORIC ANNA	496		PSZCZYNA	POL	K30-39	90	K 214	00:17:04	00:29:18	00:44:50	00:58:42	01:02:46.65	01:03:23.50	6:16	9.6
91	SZKLORZ DOMINIKA	511	OLZA CIESZYN	SKOZÓW	POL	K30-39	91	K 216	00:18:38	00:31:34	00:46:50	00:59:24	01:02:51.10	01:03:38.50	6:17	9.5
92	PYZIK BARBARA	196		JASTRZĘBIE-ZDRÓJ	POL	K30-39	92	K 215	00:17:10	00:30:08	00:46:05	00:59:11	01:02:57.00	01:03:36.50	6:17	9.5
93	WAWOCZNY ANITA	538	ZAZ WSPÓLNA PASJA	JASTRZĘBIE-ZDRÓJ	POL	K30-39	93	K 217	00:19:00	00:31:50	00:46:36	00:59:16	01:03:01.35	01:03:46.55	6:18	9.5
94	KUCZERA BERNADETA	414	CZERNICA TEAM	CZERNICA	POL	K30-39	94	K 223	00:18:04	00:30:57	00:46:29	00:59:53	01:03:44.45	01:04:14.55	6:22	9.4
95	SŁABOŃ ANIA	273		PAWŁOWICE	POL	K30-39	95	K 226	00:18:05	00:31:18	00:47:15	01:00:42	01:04:21.60	01:05:03.15	6:26	9.3
96	CZAK RENATA	785		JAWORZNO	POL	K30-39	96	K 227	00:17:24	00:30:43	00:46:36	01:00:42	01:04:34.05	01:05:04.30	6:27	9.3

JASTRZĘBSKA DZIESIĄTKA, K30-39 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
97	BAK KARINA	503	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	K30-39	97	K 231	00:18:34	00:32:34	00:48:04	01:01:22	01:04:55.95	01:05:31.35	6:29	9.2
98	KABUT MAŁGORZATA	388	RADLINIOKI W BIEGU	RADLIN	POL	K30-39	98	K 228	00:18:45	00:32:04	00:47:43	01:01:19	01:05:06.80	01:05:06.80	6:30	9.2
99	JUNKA MARIA	699		JASTRZĘBIE-ZDRÓJ	POL	K30-39	99	K 233	00:17:39	00:31:21	00:46:54	01:00:59	01:05:13.70	01:05:37.00	6:31	9.2
100	GRZELAK PATRYCJA	213		JASTRZĘBIE-ZDRÓJ	POL	K30-39	100	K 234	00:18:49	00:31:59	00:47:44	01:01:21	01:05:14.25	01:05:52.05	6:31	9.2
101	AUGUŚCIK EWELINA	784	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K30-39	101	K 235	00:18:40	00:32:10	00:48:01	01:01:41	01:05:18.00	01:06:02.30	6:31	9.2
102	ŚPIEWAK AGNIESZKA	675		BUCZKOWICE	POL	K30-39	102	K 237	00:19:30	00:33:08	00:48:55	01:02:14	01:05:36.20	01:06:14.60	6:33	9.1
103	BRAUN JUSTYNA	572		JASTRZĘBIE-ZDRÓJ	POL	K30-39	103	K 243	00:19:00	00:32:01	00:48:41	01:02:32	01:06:19.05	01:07:05.25	6:37	9
104	ŁUKASIK ALDONA	858	PIEPRZ I WANILIA	ŻORY	POL	K30-39	104	K 244	00:19:37	00:33:15	00:49:01	01:02:47	01:06:27.35	01:07:16.10	6:38	9
105	KOSAŁKA DOMINIKA	848	REBELLION OF FREE RUNNERS	PLAZA	POL	K30-39	105	K 245	00:18:49	00:33:04	00:49:09	01:03:10	01:07:01.40	01:07:31.15	6:42	9
106	ZAGÓRSKA BEATA	89	NIEDZWIĘDZ TEAM	GOLESZÓW	POL	K30-39	106	K 247	00:19:14	00:32:51	00:48:57	01:03:27	01:07:14.85	01:07:55.20	6:43	8.9
107	OLEJNIK EWA	684	INŻYNIERIA BIEGANIA	GLIWICE	POL	K30-39	107	K 250	00:19:52	00:34:08	00:50:25	01:04:22	01:08:01.50	01:08:46.25	6:48	8.8
108	WÓJCIAK MAGDALENA	375		KATOWICE	POL	K30-39	108	K 254	00:19:34	00:33:46	00:50:36	01:05:23	01:09:23.50	01:09:57.15	6:56	8.6
109	BRYCHCY ESTERA	62	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K30-39	109	K 255	00:19:59	00:34:10	00:50:48	01:05:21	01:09:24.05	01:10:06.00	6:56	8.6
110	LAZAR JOANNA	126		JASTRZĘBIE ZDRÓJ	POL	K30-39	110	K 258	00:19:53	00:34:01	00:51:01	01:07:05	01:11:17.65	01:12:03.75	7:07	8.4
111	SAWICKA AGNIESZKA	594		JASTRZĘBIE-ZDRÓJ	POL	K30-39	111	K 260	00:20:23	00:35:18	00:53:02	01:07:49	01:12:13.30	01:12:58.80	7:13	8.3
112	RUMPEL MARIA	95	KS M.E.T.A.	CZYŻOWICE	POL	K30-39	112	K 263	00:21:34	00:36:46	00:53:59	01:09:22	01:13:50.15	01:14:30.80	7:23	8.1
113	PROKOPIUK ADRIANA	261		JASTRZĘBIE-ZDRÓJ	POL	K30-39	113	K 264	00:20:09	00:35:18	00:53:28	01:09:35	01:14:18.45	01:15:04.30	7:25	8.1
114	GŁĄB MARIOLA	207		GLIWICE	POL	K30-39	114	K 265	00:20:37	00:36:31	00:54:58	01:11:12	01:14:59.60	01:15:40.25	7:30	8
115	MAJ-DZIUBAŃSKA IZABELA	749	AKMB PĘDZIWIATR GLIWICE	PYSKOWICE	POL	K30-39	115	K 266	00:12:46	00:22:16					4:27	13.5
116	SZCZYGIEL ADRIANA	753	BENERUNNER	BIELSKO-BIAŁA	POL	K30-39	116	K 269	00:15:39						5:23	11.1
117	WAGNER NATALIA	42		JASTRZĘBIE-ZDRÓJ	POL	K30-39	117	K 270								
DQ	KUKLA AGATA	623	POWOLI DO CELU	BRZESZCZE	POL	K30-39	DQ	DQ	00:11:25 DQ	00:19:43 DQ	00:29:02 DQ	00:37:02 DQ	DQ	DQ	-	-

JASTRZĘBSKA DZIESIĄTKA, M30-39

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	ROP ABEL KIBET	1	BENEDEK-TEAM	ELDORET	KEN	M30-39	1	M 1	00:09:17	00:15:30	00:22:55	00:29:14	00:30:51.30	00:30:53.50	3:05	19.4
2	LUBIENIECKI MACIEJ	823	1979	KRAKÓW	POL	M30-39	2	M 6	00:09:49	00:16:41	00:24:34	00:31:29	00:33:21.55	00:33:23.55	3:20	18
3	DROŹDŹ DAMIAN	398		RYBNIK	POL	M30-39	3	M 7	00:09:40	00:16:30	00:24:35	00:31:33	00:33:31.15	00:33:32.90	3:21	17.9
4	KOŹDOŃ JAREK	797	JAROSŁAW KOŹDOŃ, GLOBAL THINKING	ŻORY	POL	M30-39	4	M 8	00:09:49	00:16:41	00:24:40	00:31:44	00:33:46.65	00:33:48.65	3:22	17.8
5	SZULIK GRZEGORZ	5	KB MOSIR JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M30-39	5	M 9	00:09:50	00:16:48	00:25:00	00:32:08	00:34:10.75	00:34:13.05	3:25	17.6
6	KOŹMIŃSKI JÓZEF	727	LKS 'ORZEŁ' KOZY	KOZY	POL	M30-39	6	M 12	00:10:14	00:17:26		00:32:42	00:34:41.40	00:34:44.10	3:28	17.3
7	LIZAK WOJCIECH	164		JASTRZĘBIE ZDRÓJ	POL	M30-39	7	M 14	00:10:10	00:17:21		00:32:58	00:35:04.00	00:35:06.65	3:30	17.1
8	LYSKO JAKUB	765	WKB META LUBLINIEC	DĄBROWA GÓRNICZA	POL	M30-39	8	M 15	00:10:11	00:17:25		00:33:11	00:35:14.70	00:35:16.70	3:31	17
9	WRÓBLEWSKI JANMARIAN	118	KS SPRINT BIELSKO-BIAŁA	BIELSKO-BIAŁA	POL	M30-39	9	M 16	00:10:12	00:17:26		00:33:10	00:35:18.85	00:35:20.90	3:31	17
10	KRÓL PIOTR	338	SOCIOS SILESIA	RYBNIK	POL	M30-39	10	M 18	00:10:27	00:17:47		00:33:29	00:35:32.15	00:35:34.85	3:33	16.9
11	GARCZARZYK MICHAŁ	869	SKLEP BIEGACZA	RUDA ŚLĄSKA	POL	M30-39	11	M 22	00:10:31	00:17:52		00:34:07	00:36:09.35	00:36:12.60	3:36	16.6
12	MARCOL SEBASTIAN	69	AKTYWNI LYSKI	GASZOWICE	POL	M30-39	12	M 24	00:10:43	00:18:10		00:34:09	00:36:19.05	00:36:23.75	3:37	16.5
13	BŁASZCZYK DOMINIK	832		KALETY	POL	M30-39	13	M 25	00:10:38	00:18:05		00:34:22	00:36:28.25	00:36:31.75	3:38	16.5
14	ADAMSKI ROBERT	589	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	14	M 26	00:10:46	00:18:20		00:34:26	00:36:32.15	00:36:35.85	3:39	16.4
15	ZIELIŃSKI RAFAŁ	433	KB MOSIR JASTRZĘBIE	JASTRZĘBIEZDRÓJ	POL	M30-39	15	M 27	00:10:31	00:18:11		00:34:29	00:36:34.00	00:36:36.20	3:39	16.4
16	CHRAPKIEWICZ MICHAŁ	292	SBD ENERGETYK RYBNIK	CIESZYN	POL	M30-39	16	M 28	00:10:37	00:18:06		00:34:28	00:36:38.40	00:36:41.70	3:39	16.4
17	WALCZYŃSKI MARIUSZ	98	NIWYBIEGANI	ŻORY	POL	M30-39	17	M 29	00:10:47	00:18:22		00:34:40	00:36:44.65	00:36:46.50	3:40	16.3
18	URBANIAK WITOLD	342	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M30-39	18	M 30	00:10:37	00:18:12		00:34:39	00:36:53.40	00:36:57.00	3:41	16.3
19	PORĘBA GRZEGORZ	438	NIWYBIEGANI	ŻORY	POL	M30-39	19	M 32	00:10:45	00:18:20		00:34:52	00:37:04.85	00:37:07.90	3:42	16.2
20	GŁOWIAK LECH	746	DOLINIARZE.COM	KATOWICE	POL	M30-39	20	M 33	00:10:25	00:17:48		00:34:39	00:37:05.75	00:37:10.00	3:42	16.2
21	KLINIK PAWEŁ	321	RAFAKO RUN TEAM	RACIBÓRZ	POL	M30-39	21	M 34	00:10:55	00:18:23		00:34:54	00:37:09.60	00:37:14.40	3:43	16.1
22	MARCINIAK PRZEMYSŁAW	894	ATHLETICS NYSA	PRUDNIK	POL	M30-39	22	M 35	00:10:41	00:18:19		00:34:58	00:37:13.10	00:37:15.55	3:43	16.1
23	MIKA LUKASZ	330	FUNDACJA MYŚL POZYTYWNE DZIAŁAJ ODWAŻNIE	RYDUŁTOWY	POL	M30-39	23	M 36	00:10:56	00:18:34		00:35:11	00:37:16.80	00:37:20.60	3:43	16.1

JASTRZĘBSKA DZIESIĄTKA, M30-39 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
24	DZIĘGIEŁOWSKI PAWEŁ	883	NIEWYBIEGANI	ŻORY	POL	M30-39	24	M 37	00:10:56	00:18:29		00:35:09	00:37:20.15	00:37:22.60	3:44	16.1
25	KULESZA ŁUKASZ	678		RYBNIK	POL	M30-39	25	M 39	00:10:52	00:18:37		00:35:18	00:37:27.70	00:37:30.65	3:44	16
26	WOWRY GRZEGORZ	447	CIESZYN WIK	CIESZYN	POL	M30-39	26	M 41	00:10:45	00:18:26		00:35:28	00:37:37.25	00:37:38.65	3:45	16
27	KAPELA MARCIN	843		BIELSKO BIAŁA	POL	M30-39	27	M 49	00:10:57	00:18:46		00:35:40	00:37:54.50	00:37:59.90	3:47	15.8
28	GIŻYŃSKI DAMIAN	252		JASTRZĘBIE ZDRÓJ	POL	M30-39	28	M 48	00:10:38	00:18:11		00:35:46	00:37:56.60	00:37:59.85	3:47	15.8
29	JĘDRÓS PRZEMYSŁAW	630	INŻYNIERIA BIEGANIA	GLIWICE	POL	M30-39	29	M 52	00:11:08	00:18:58		00:35:49	00:38:04.25	00:38:09.15	3:48	15.8
30	ZOSTAWA ROBERT	577	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	30	M 55	00:11:19	00:19:05		00:36:02	00:38:10.80	00:38:15.75	3:49	15.7
31	HATAŁA PAWEŁ	445		BIELSKO-BIAŁA	POL	M30-39	31	M 59	00:11:11	00:19:11	00:28:25	00:36:20	00:38:32.95	00:38:38.55	3:51	15.6
32	OREŁ PRZEMYSŁAW	694	SCI GÓRSCY ENTUZJAŚCI	KOŃCZYCE MAŁE	POL	M30-39	32	M 60	00:11:25	00:19:26		00:36:21	00:38:37.60	00:38:42.95	3:51	15.5
33	NOWAK PIOTR	129	STOLARIUS RUN TEAM	BESTWINA	POL	M30-39	33	M 62	00:11:24	00:19:19		00:36:32	00:38:51.45	00:38:57.65	3:53	15.4
34	NOGA KRYSZTIAN	84	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M30-39	34	M 63	00:11:07	00:19:07	00:28:32	00:36:41	00:38:52.75	00:39:03.30	3:53	15.4
35	KARACZAN MARCIN	824		GLUBCZYCE	POL	M30-39	35	M 64	00:11:17	00:19:16		00:36:39	00:39:01.70	00:39:07.80	3:54	15.4
36	TOKAREWICZ DAMIAN	179	ZEBRY	ZĘBRZYDOWICE	POL	M30-39	36	M 66	00:11:35	00:19:40	00:29:00	00:36:58	00:39:12.75	00:39:19.00	3:55	15.3
37	DZIUBAŃSKI GRZEGORZ	729	OPEL ACTIVE TEAM	PYSKOWICE	POL	M30-39	37	M 67	00:11:37	00:19:37	00:28:54	00:36:59	00:39:17.10	00:39:23.50	3:55	15.3
38	OLBRICH ARTUR	318		TWORKÓW	POL	M30-39	38	M 68	00:11:47	00:37:03			00:39:22.45	00:39:28.15	3:56	15.2
39	ŻERDKA MICHAŁ	475	BRYKAJĄCA GRUPA BIEGOWA	BIERUŃ	POL	M30-39	39	M 70	00:11:47	00:19:56	00:29:13	00:37:17	00:39:29.05	00:39:33.45	3:56	15.2
40	JĘDRUSIAK PRZEMYSŁAW	648		DANKOWICE	POL	M30-39	40	M 78	00:11:45	00:19:57	00:29:12	00:37:16	00:39:37.05	00:39:46.85	3:57	15.1
41	WOLNY ARIEL	183		ŁUKÓW ŚLĄSKI	POL	M30-39	41	M 83	00:11:41	00:19:51	00:29:09	00:37:25	00:39:53.25	00:40:02.55	3:59	15
42	KYRCZ MIROŚLAW	378	MIRASTEAM	DANKOWICE	POL	M30-39	42	M 84	00:11:33	00:19:46	00:29:19	00:37:35	00:40:01.70	00:40:08.60	4:00	15
43	TŁOŁKA MICHAŁ	411		ŻORY	POL	M30-39	43	M 91	00:11:49	00:20:05	00:29:34	00:37:54	00:40:21.85	00:40:31.60	4:02	14.9
44	TOMCZYK PIOTR CZESŁAW	509	WILD RUNNERS CLUB	PIASEK	POL	M30-39	44	M 93	00:11:43	00:19:56	00:29:42	00:38:13	00:40:33.55	00:40:43.20	4:03	14.8
45	MAROSZEK SZYMON	153		RYBNIK	POL	M30-39	45	M 95	00:11:41	00:19:51	00:29:27	00:38:04	00:40:39.25	00:40:50.60	4:03	14.8
46	OPUHLIK ROMAN	642		ŚWIĘTOCHŁOWICE	POL	M30-39	46	M 98	00:12:00	00:20:23	00:30:02	00:38:24	00:40:45.20	00:40:54.65	4:04	14.7
47	FURMAN DAWID	686	BIEGAM DLA MILUSI	BŁĄŻEJOWICE	POL	M30-39	47	M 103	00:11:52	00:38:44			00:41:07.80	00:41:17.30	4:06	14.6
48	BOŁOZ DAMIAN	50	KLUB BIEGACZA FARTLEK	JASTRZĘBIE ZDRÓJ	POL	M30-39	48	M 104	00:12:05	00:20:32	00:30:20	00:38:50	00:41:11.85	00:41:20.00	4:07	14.6
49	RIMPLER ŁUKASZ	819	ŁUKASZ RIMPLER	ORZESZE	POL	M30-39	49	M 109	00:12:09	00:20:41	00:30:33	00:38:55	00:41:16.50	00:41:27.95	4:07	14.5
50	SPYRKA PIOTR	97		JASTRZĘBIE ZDRÓJ	POL	M30-39	50	M 107	00:11:50	00:20:16	00:30:15	00:38:55	00:41:19.50	00:41:24.70	4:07	14.5
51	DZIDA JANUSZ	483	EXME BERGER GROUP	ŻORY	POL	M30-39	51	M 108	00:11:28	00:20:01	00:30:05	00:38:54	00:41:21.45	00:41:26.50	4:08	14.5
52	ORŁOWSKI GRZEGORZ	372	ULTRA BESKID SPORT	MAZANCOWICE	POL	M30-39	52	M 118	00:12:29	00:21:01	00:30:48	00:39:27	00:41:55.25	00:42:09.95	4:11	14.3
53	KUŚ DAWID	606	POLSKA GRUPA GÓRNICZA	KATOWICE	POL	M30-39	53	M 114	00:11:43	00:20:13	00:30:28	00:39:26	00:41:55.50	00:42:02.10	4:11	14.3
54	OGIEGŁO ŁUKASZ	659		BIELSKO-BIAŁA	POL	M30-39	54	M 120	00:11:59	00:20:43	00:30:53	00:39:41	00:42:07.65	00:42:13.45	4:12	14.2
55	KĘDZIOR KAMIL	617	SCI GÓRSCY ENTUZJAŚCI	POGWIZDÓW	POL	M30-39	55	M 122	00:11:54	00:20:17	00:30:39	00:39:38	00:42:11.40	00:42:16.90	4:13	14.2
56	SZAREK KRZYSZTOF	596	BIEG PO ZDRÓJ	JASIEŃKA 953	POL	M30-39	56	M 123	00:11:46	00:20:24	00:30:46	00:39:43	00:42:11.50	00:42:18.65	4:13	14.2
57	PRÓSZYŃSKI SŁAWOMIR	298		JASTRZĘBIE ZDRÓJ	POL	M30-39	57	M 125	00:12:29	00:21:18	00:31:07	00:39:43	00:42:11.55	00:42:25.20	4:13	14.2
58	WIECZOREK TOMASZ	154	YNO ULTRA	ROGÓW	POL	M30-39	58	M 131	00:12:01	00:20:51	00:31:07	00:40:03	00:42:29.70	00:42:40.55	4:15	14.1
59	CHYBIORZ MAREK	582		CIESZYN	POL	M30-39	59	M 137	00:12:47	00:21:43	00:31:48	00:40:23	00:42:36.95	00:42:55.20	4:15	14.1
60	GADAJ GRZEGORZ	562		RADLIN	POL	M30-39	60	M 133	00:12:00	00:20:47	00:31:06	00:40:03	00:42:37.10	00:42:47.00	4:15	14.1
61	LORANC PAWEŁ	793	WILDBUCHAYS	KOZY	POL	M30-39	61	M 145	00:12:38	00:21:24	00:31:33	00:40:22	00:42:51.90	00:43:11.55	4:17	14
62	LILLA PIOTR	580	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	62	M 151	00:12:20	00:21:08	00:31:28	00:40:38	00:43:11.00	00:43:25.05	4:19	13.9
63	BAC MICHAŁ	555		JASTRZĘBIE-ZDRÓJ	POL	M30-39	63	M 154	00:12:55	00:21:51	00:32:06	00:40:51	00:43:21.85	00:43:37.80	4:20	13.8
64	SOJKA PIOTR	380	AKTYWNA PSZCZYNA RUNNERS TEAM	BAKÓW	POL	M30-39	64	M 156	00:12:52	00:21:57	00:32:14	00:41:03	00:43:30.80	00:43:41.30	4:21	13.8
65	STUCHLIK MAREK	376	AKTYWNA PSZCZYNA.PL	JARZĄBKOWICE	POL	M30-39	65	M 159	00:12:55	00:22:02	00:32:23	00:41:11	00:43:37.00	00:43:47.40	4:21	13.8
66	MAŁECKI JACEK	462		LIGOTA	POL	M30-39	66	M 163	00:12:43	00:21:43	00:32:20	00:41:18	00:43:41.50	00:43:53.95	4:22	13.7
67	MROZEK RAFAŁ	621	OLIMPIJCZYK GILOWICE	ŁĘKAWICA	POL	M30-39	67	M 164	00:12:21	00:21:22	00:32:17	00:41:21	00:43:49.75	00:43:54.20	4:23	13.7
68	CZAPOROWSKI TOMASZ	222		JASTRZĘBIE ZDRÓJ	POL	M30-39	68	M 168	00:12:24	00:21:21	00:32:02	00:41:17	00:43:53.45	00:44:04.30	4:23	13.7
69	BIELA RAFAŁ	595		ŻORY	POL	M30-39	69	M 170	00:12:50	00:21:54	00:32:15	00:41:21	00:43:57.10	00:44:07.85	4:23	13.7
70	KIEPIEŁA DAWID	119	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	70	M 179	00:12:47	00:21:51	00:32:28	00:41:32	00:44:07.45	00:44:23.70	4:24	13.6
71	KACZMAREK JACEK	901	GRUBIORZE LOTAJOM	CZERWIONKA LESZCZYNY	POL	M30-39	71	M 178	00:12:47	00:21:49	00:32:26	00:41:33	00:44:10.50	00:44:22.50	4:25	13.6
72	STYCZYŃSKI PAWEŁ	654	CENTRUM FIZJOTERAPII MEDIUS ZAWIERCIE	ZAWIERCIE	POL	M30-39	72	M 184	00:13:00	00:22:10	00:32:43	00:41:44	00:44:11.45	00:44:31.40	4:25	13.6
73	KANCLERZ TOMASZ	708		RACIBÓRZ	POL	M30-39	73	M 183	00:12:46	00:21:50	00:32:18	00:41:30	00:44:12.85	00:44:30.20	4:25	13.6
74	KOMARNICKI TOMASZ	792	GRUBIORZE LOTAJOM	RYBNIK	POL	M30-39	74	M 182	00:12:35	00:21:31	00:32:20	00:41:35	00:44:18.50	00:44:30.15	4:25	13.5
75	KACZOR ŁUKASZ	826	WILD BUCHAYS	BUCZKOWICE	POL	M30-39	75	M 191	00:12:43	00:21:53	00:32:31	00:41:46	00:44:19.90	00:44:38.95	4:25	13.5
76	OGRODNIK DAMIAN	280		JASTRZĘBIE ZDRÓJ	POL	M30-39	76	M 190	00:12:48	00:21:54	00:32:36	00:41:50	00:44:25.50	00:44:38.15	4:26	13.5

JASTRZĘBSKA DZIESIĄTKA, M30-39 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
77	JANISZEWSKI DOMINIK	282		JASTRZĘBIE-ZDRÓJ	POL	M30-39	77	M 195	00:13:01	00:22:15	00:32:54	00:41:55	00:44:27.30	00:44:47.60	4:26	13.5
78	DUDZIK SEBASTIAN	383		MAZANCOWICE	POL	M30-39	78	M 193	00:12:28	00:21:20	00:32:19	00:41:46	00:44:28.80	00:44:43.40	4:26	13.5
79	FIGOŁUSZKA DAWID	436		STUDZIENICE	POL	M30-39	79	M 196	00:12:47	00:21:55	00:32:36	00:41:57	00:44:40.70	00:44:54.05	4:28	13.4
80	BRAUNER WOJCIECH	588		WODZISŁAW ŚLĄSKI	POL	M30-39	80	M 197	00:12:45	00:21:53	00:32:42	00:42:04	00:44:44.35	00:44:56.20	4:28	13.4
81	MARON TOMASZ	54	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M30-39	81	M 201	00:12:57	00:22:10	00:33:04	00:42:17	00:44:48.60	00:45:03.25	4:28	13.4
82	GMERNICKI JACEK	859	ATHLETICS NYSA	NYSA	POL	M30-39	82	M 203	00:12:46	00:21:58	00:32:48	00:42:23	00:44:56.95	00:45:07.70	4:29	13.3
83	TYLEC MICHAŁ	92		JASTRZĘBIE-ZDRÓJ	POL	M30-39	83	M 207	00:12:52	00:22:11	00:32:57	00:42:18	00:44:57.85	00:45:15.40	4:29	13.3
84	MALIK RAFAŁ	66		JASTRZĘBIE-ZDRÓJ	POL	M30-39	84	M 199	00:12:29	00:21:43	00:32:35	00:42:26	00:44:58.50	00:45:01.80	4:29	13.3
85	PODKOWIK MARCIN	329		ŻORY	POL	M30-39	85	M 208	00:12:47	00:21:57			00:45:00.00	00:45:18.00	4:30	13.3
86	JOCHLIK SZYMON	391		JASTRZĘBIE-ZDRÓJ	POL	M30-39	86	M 209	00:12:46	00:21:56	00:32:57	00:42:31	00:45:03.30	00:45:19.85	4:30	13.3
87	POŁOMSKI GRZEGORZ	417	POŁOMSCY TEAM	RYDUŁTOWY	POL	M30-39	87	M 212	00:12:31	00:21:43	00:32:39	00:42:23	00:45:10.65	00:45:23.90	4:31	13.3
88	KRZYŻOWSKI GRZEGORZ	764	GRUBIORZE LOTAJOM	CZERWIONKA-LESZCZYNY	POL	M30-39	88	M 219	00:12:47	00:22:02	00:33:11	00:42:43	00:45:18.30	00:45:30.50	4:31	13.2
89	KLINGER ALAN	226	WSPÓLNA PASJA ŻORY	ŻORY	POL	M30-39	89	M 220	00:12:43	00:21:50	00:32:37	00:42:14	00:45:18.60	00:45:36.55	4:31	13.2
90	JESIONEK KRZYSZTOF	730		IMIELIN	POL	M30-39	90	M 222	00:13:05	00:22:21	00:33:10	00:42:45	00:45:27.10	00:45:43.75	4:32	13.2
91	BALICKI PIOTR	64	NOVA TRADING - STALE BIEGAM	MYŚŁOWICE	POL	M30-39	91	M 221	00:12:51	00:22:09	00:33:19	00:42:47	00:45:30.45	00:45:39.35	4:33	13.2
92	RECLIK ŁUKASZ	439	NESSI TEAM	PSZCZYNA	POL	M30-39	92	M 226	00:12:52	00:22:12	00:33:14	00:42:50	00:45:35.70	00:45:51.10	4:33	13.2
93	ROEHRICH KRZYSZTOF	553	LOTOMY ZE SZWAGREM	ŁĄKA	POL	M30-39	93	M 231	00:13:35	00:23:02	00:33:55	00:42:59	00:45:44.35	00:46:01.90	4:34	13.1
94	SUBIK TOMASZ	444		GLIWICE	POL	M30-39	94	M 236	00:13:09	00:22:28	00:33:38	00:43:08	00:45:56.00	00:46:16.10	4:35	13.1
95	JAKUBCZYK JACEK	441	CONTANTE	CHORZÓW	POL	M30-39	95	M 233	00:13:06	00:22:27	00:33:48	00:43:19	00:46:00.85	00:46:13.05	4:36	13
96	SOBEL ADRIAN	809	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE-ZDRÓJ	POL	M30-39	96	M 235	00:13:21	00:22:55	00:34:03	00:43:34	00:46:04.90	00:46:14.20	4:36	13
97	KAMIŃSKI ZBIGNIEW	763	GRUBIORZE LOTAJOM	LESZCZYNY	POL	M30-39	97	M 237	00:13:08	00:22:41	00:33:50	00:43:24	00:46:08.55	00:46:20.50	4:36	13
98	OGRODNIK DAMIAN	757		PIEKARY ŚLĄSKIE	POL	M30-39	98	M 239	00:12:58	00:22:25	00:33:37	00:43:25	00:46:08.75	00:46:23.30	4:36	13
99	NANTKA WITEK	838	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	99	M 244	00:13:47	00:23:12	00:34:11	00:43:35	00:46:11.25	00:46:34.90	4:37	13
100	ONAK PAWEŁ	93		JASTRZĘBIE-ZDRÓJ	POL	M30-39	100	M 246	00:12:52	00:22:15	00:33:21	00:43:26	00:46:18.95	00:46:37.30	4:37	13
101	FERENC PAWEŁ	527		ZABRZE	POL	M30-39	101	M 250	00:13:40	00:22:59	00:34:00	00:43:39	00:46:19.40	00:46:44.50	4:37	13
102	SMYCZEK BARTOSZ	622		RYBNIK	POL	M30-39	102	M 252	00:14:14	00:23:40	00:34:22	00:43:35	00:46:19.65	00:46:45.55	4:38	12.9
103	WOŹNIAK PRZEMYSŁAW	304		JASTRZĘBIE ZDRÓJ	POL	M30-39	103	M 251	00:14:08	00:23:47	00:34:38	00:43:52	00:46:20.25	00:46:45.20	4:38	12.9
104	MOTOWIDŁO TOMASZ	210		JASTRZĘBIE-ZDRÓJ	POL	M30-39	104	M 248	00:13:04	00:22:42	00:33:55	00:43:36	00:46:22.55	00:46:38.35	4:38	12.9
105	JANETA DAWID	359		SKRZYSZÓW	POL	M30-39	105	M 249	00:13:06	00:22:36	00:33:59	00:43:54	00:46:25.80	00:46:41.25	4:38	12.9
106	SPIEWAK MAREK	674		BUCZKOWICE	POL	M30-39	106	M 253	00:13:25	00:22:55	00:34:13	00:43:47	00:46:27.25	00:46:46.00	4:38	12.9
107	BRANDYS ADAM	857		PAWŁOWICE	POL	M30-39	107	M 254	00:13:42	00:23:11	00:34:19	00:43:56	00:46:40.05	00:47:00.80	4:40	12.9
108	GAWLAS KRZYSZTOF	615	GAWLASCAN	GÓRKI WIELKIE	POL	M30-39	108	M 257	00:13:11	00:23:01	00:34:40	00:44:32	00:46:55.50	00:47:12.05	4:41	12.8
109	MACHEJ REMIGIUSZ	579	ML DESIGN	JASTRZĘBIE - ZDRÓJ	POL	M30-39	109	M 263	00:13:55	00:23:42	00:34:48	00:44:26	00:47:02.40	00:47:29.75	4:42	12.8
110	LELENIOWSKI JACEK	820		RYBNIK	POL	M30-39	110	M 260	00:13:35	00:23:25	00:34:34	00:44:19	00:47:02.70	00:47:20.70	4:42	12.8
111	ŁATKA ŁUKASZ	370		RYBNIK	POL	M30-39	111	M 261	00:12:56	00:22:51	00:34:15	00:44:15	00:47:03.80	00:47:21.45	4:42	12.7
112	HELD RADEK	698		PRUDNIK	POL	M30-39	112	M 268	00:14:07	00:23:38	00:34:37	00:44:21	00:47:08.30	00:47:36.60	4:42	12.7
113	KURTO PAWEŁ	830		MIEDZYRZECZE GÓRNE	POL	M30-39	113	M 265	00:14:24	00:24:18	00:35:26	00:44:30	00:47:09.75	00:47:31.10	4:43	12.7
114	BĄKOWSKI MICHAŁ	345		JASTRZĘBIE-ZDRÓJ	POL	M30-39	114	M 277	00:14:00	00:23:36	00:34:47	00:44:29	00:47:18.20	00:47:56.05	4:43	12.7
115	GAUDYN ANDRZEJ	682	SZYBICY I WŚCIEKLI	SIEMIANOWICE ŚLĄSKIE	POL	M30-39	115	M 279	00:14:48	00:24:42	00:35:54	00:45:04	00:47:33.10	00:48:01.05	4:45	12.6
116	WISEŁKA ANDRZEJ	46		RYBNIK	POL	M30-39	116	M 283	00:14:26	00:24:20	00:35:48	00:45:20	00:47:53.10	00:48:16.35	4:47	12.5
117	GIERULA ARTUR	592	BS.CIESZYŃ.PL	DZIEGIELÓW	POL	M30-39	117	M 288	00:13:52	00:23:47	00:35:11	00:45:09	00:48:00.90	00:48:21.35	4:48	12.5
118	CHRAPKIEWICZ MAREK	528	LOTOMY ZE SZWAGREM	PSZCZYNA	POL	M30-39	118	M 285	00:13:38	00:23:40	00:35:24	00:45:13	00:48:02.65	00:48:19.80	4:48	12.5
119	BURYBA JACEK	136	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	119	M 292	00:14:22	00:24:13	00:35:36	00:45:23	00:48:07.25	00:48:27.90	4:48	12.5
120	KOWALSKI ARTUR	724		JASTRZĘBIE-ZDRÓJ	POL	M30-39	120	M 296	00:13:26	00:23:15	00:35:06	00:45:23	00:48:08.05	00:48:32.60	4:48	12.5
121	WALA MAREK	188		JASTRZĘBIE ZDRÓJ	POL	M30-39	121	M 299	00:14:31	00:24:23	00:35:52	00:45:37	00:48:13.00	00:48:35.50	4:49	12.4
122	JUNKA PIOTR	888		JASTRZĘBIE ZDRÓJ	POL	M30-39	122	M 300	00:14:36	00:24:47	00:36:13	00:45:48	00:48:20.55	00:48:43.80	4:50	12.4
123	PIECHOCKI PIOTR	74		JASTRZĘBIE-ZDRÓJ	POL	M30-39	123	M 301	00:14:39	00:24:32	00:36:02	00:45:46	00:48:27.80	00:48:51.70	4:50	12.4
124	MARCZYŃSKI SEBASTIAN	817		JASTRZĘBIE	POL	M30-39	124	M 302	00:14:06	00:24:18	00:35:48	00:45:39	00:48:33.80	00:48:53.15	4:51	12.4
125	MARON TADEUSZ	56		JASTRZĘBIE-ZDRÓJ	POL	M30-39	125	M 307	00:14:32	00:24:30	00:35:59	00:45:46	00:48:42.40	00:49:03.90	4:52	12.3
126	JACHYMEK MARCIN	719		ŻORY	POL	M30-39	126	M 306	00:13:17	00:23:13	00:35:29	00:45:49	00:48:42.45	00:48:59.50	4:52	12.3
127	BOTOREK MICHAŁ	742		CIESZYŃ	POL	M30-39	127	M 311	00:14:39	00:24:51	00:36:24	00:46:16	00:48:47.80	00:49:12.05	4:52	12.3
128	KUSIDŁO MARCIN	463		RYBNIK	POL	M30-39	128	M 313	00:14:26	00:24:23	00:35:56	00:45:57	00:48:53.25	00:49:14.50	4:53	12.3
129	WIERCIOCH TOMASZ	131		KĘDZIERZYN-KOŹLE	POL	M30-39	129	M 316	00:14:35	00:24:41	00:36:17	00:46:09	00:48:56.40	00:49:20.55	4:53	12.3
130	SZYMICZEK RADOSŁAW	267	RAFAKO RUN TEAM	ROGÓW	POL	M30-39	130	M 317	00:14:16	00:24:20	00:35:56	00:46:09	00:49:00.85	00:49:23.20	4:54	12.2
131	HARATYK GRZEGORZ	294	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M30-39	131	M 319	00:13:33	00:23:45	00:35:49	00:46:16	00:49:10.10	00:49:28.80	4:55	12.2

JASTRZĘBSKA DZIESIĄTKA, M30-39 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
132	JUSZCZAK GRZEGORZ	715		TYCHY	POL	M30-39	132	M 326	00:14:37	00:24:37	00:36:23	00:46:32	00:49:23.65	00:49:48.85	4:56	12.1
133	KAMYCZEK ADAM	300		BAKÓW	POL	M30-39	133	M 329	00:14:10	00:24:25	00:36:26	00:46:42	00:49:30.05	00:49:53.00	4:57	12.1
134	CYGANIK PIOTR	465	FC CWANIANKI	CHORZÓW	POL	M30-39	134	M 332	00:14:37	00:24:51	00:36:38	00:46:52	00:49:35.40	00:50:01.20	4:57	12.1
135	GANDZEL SZYMON	905		MAZANCOWICE	POL	M30-39	135	M 333	00:14:27	00:24:56	00:37:03	00:47:04	00:49:43.60	00:50:01.65	4:58	12.1
136	GARUS KRZYSIEK	568	KSRG ZOFIÓWKA	JASTRZĘBIE ZDRÓJ	POL	M30-39	136	M 339	00:14:40	00:24:52	00:36:19	00:46:21	00:49:48.30	00:50:10.00	4:58	12
137	WIDENKA ROBERT	291	DYSTANS LUBOMIA	LUBOMIA	POL	M30-39	137	M 345	00:14:16	00:24:29	00:36:42	00:47:10	00:50:19.25	00:50:41.10	5:02	11.9
138	FURMANIUK ARTUR	773		CIESZYŃ	POL	M30-39	138	M 348	00:13:50	00:24:15	00:36:42	00:47:42	00:50:33.60	00:50:52.55	5:03	11.9
139	PARTYKA KAROL	101		JASTRZĘBIE ZDRÓJ	POL	M30-39	139	M 350	00:15:14	00:25:17	00:37:11	00:47:38	00:50:34.50	00:51:09.80	5:03	11.9
140	PETRYNA BARTOSZ	324	INCOGNITO RUNNERS	RYBNIK	POL	M30-39	140	M 349	00:13:48	00:24:15	00:36:34	00:47:33	00:50:43.85	00:51:00.30	5:04	11.8
141	PIDANTY ŁUKASZ	81		JASTRZĘBIE ZDRÓJ	POL	M30-39	141	M 358	00:15:44	00:26:10	00:38:29	00:48:21	00:51:02.35	00:51:45.15	5:06	11.8
142	JASZCZYK ŁUKASZ	760		JASTRZĘBIE ZDRÓJ	POL	M30-39	142	M 356	00:16:04	00:26:39	00:38:15	00:48:22	00:51:07.85	00:51:41.00	5:06	11.7
143	JAWORSKI MATEUSZ	514		BIELSKO-BIAŁA	POL	M30-39	143	M 364	00:14:33	00:25:02	00:37:34	00:48:42	00:51:31.75	00:52:02.30	5:09	11.6
144	MARCHEWKA BARTEK	603		JASTRZĘBIE ZDRÓJ	POL	M30-39	144	M 373	00:15:09	00:25:57	00:38:26	00:49:00	00:51:45.10	00:52:17.00	5:10	11.6
145	JANKO KAMIL	743		MIĘDZYRZECZE	POL	M30-39	145	M 372	00:15:43	00:26:20	00:38:42	00:49:13	00:51:49.00	00:52:16.15	5:10	11.6
146	PAJAŁ KAMIL	312	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE ZDRÓJ	POL	M30-39	146	M 365	00:14:43	00:25:35	00:37:53	00:48:56	00:51:56.90	00:52:05.15	5:11	11.5
147	MAZUR ARKADIUSZ	569		MIĘDZYRZECZE DOLNE	POL	M30-39	147	M 374	00:15:53	00:26:35	00:38:43	00:49:12	00:51:59.80	00:52:27.25	5:12	11.5
148	RZĘSITA DAMIAN	780		MEŃKÓW	POL	M30-39	148	M 378	00:15:27	00:26:01	00:38:30	00:49:30	00:52:04.80	00:52:41.30	5:12	11.5
149	LANDZIŃSKI JACEK	471		ŻORY	POL	M30-39	149	M 382	00:15:55	00:26:38	00:39:00	00:49:30	00:52:22.20	00:52:53.55	5:14	11.5
150	BORUCKI DARIUSZ	517		KOŃCZYCE MAŁE	POL	M30-39	150	M 381	00:15:20	00:25:51	00:38:33	00:49:16	00:52:23.45	00:52:50.00	5:14	11.5
151	MARYNIAK WOJTEK	689		GLIWICE	POL	M30-39	151	M 387	00:16:07	00:27:03	00:39:16	00:49:41	00:52:32.50	00:53:11.65	5:15	11.4
152	ANUSZKIEWICZ IGOR	53		JASTRZĘBIE ZDRÓJ	POL	M30-39	152	M 384	00:14:47	00:25:25	00:38:14	00:49:23	00:52:33.90	00:52:59.70	5:15	11.4
153	BRZEŃNIK JAN	893		LIBIAŻ	POL	M30-39	153	M 386	00:15:27	00:26:01	00:38:30	00:49:30	00:52:34.50	00:53:10.50	5:15	11.4
154	BARAN DAWID	486	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	154	M 390	00:14:37	00:25:22	00:38:24	00:49:36	00:52:50.05	00:53:13.95	5:17	11.4
155	STARCZEWSKI MARCIN	593		SOSNOWIEC	POL	M30-39	155	M 395	00:15:50	00:26:43	00:39:02	00:49:49	00:52:50.70	00:53:26.40	5:17	11.4
156	DURAJ DARIUSZ	86	WKURW_TEAM	BYSTRA	POL	M30-39	156	M 396	00:16:06	00:27:06	00:39:30	00:50:03	00:52:56.75	00:53:30.45	5:17	11.3
157	MALISZEWSKI MARCIN	578		JASTRZĘBIE-ZDRÓJ	POL	M30-39	157	M 402	00:15:39	00:25:59	00:38:40	00:49:49	00:53:12.55	00:53:56.35	5:19	11.3
158	KUBULUS TOMASZ	570	OCR TEAM DO PORZYGU	ĆWIKLICE	POL	M30-39	158	M 399	00:14:37	00:25:24	00:38:46	00:50:16	00:53:23.30	00:53:47.55	5:20	11.2
159	MAKOWSKI DARIUSZ	311		JASTRZĘBIE-ZDRÓJ	POL	M30-39	159	M 404	00:15:12	00:26:00	00:38:55	00:50:24	00:53:27.05	00:54:02.45	5:20	11.2
160	HARAZIN JANUSZ	434	2 TM 4,7	PAWŁOWICE	POL	M30-39	160	M 405	00:16:01	00:27:11	00:39:47	00:50:37	00:53:33.15	00:54:08.75	5:21	11.2
161	KAPUSTA BARTŁOMIEJ	178		JASTRZĘBIE-ZDRÓJ	POL	M30-39	161	M 409	00:16:07	00:27:20	00:40:07	00:50:43	00:53:41.95	00:54:23.75	5:22	11.2
162	SUTKOWSKI MARCIN	690		ŚWIERKLANY	POL	M30-39	162	M 406	00:14:44	00:25:54	00:39:08	00:50:46	00:53:52.85	00:54:13.90	5:23	11.1
163	WOJTAŚ KAROL	788	KOLKA TEAM	BIELSKO-BIAŁA	POL	M30-39	163	M 418	00:17:15	00:28:14	00:40:46	00:51:12	00:54:12.05	00:54:47.90	5:25	11.1
164	PAJĄCZKOWSKI MICHAŁ	885	NOVA TRADING S.A. STALE BIEGAM	MYSŁOWICE	POL	M30-39	164	M 421	00:16:23	00:28:00	00:40:46	00:51:13	00:54:18.30	00:54:54.70	5:25	11
165	POŁĘC KRZYSZTOF	140	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	165	M 424	00:16:01	00:27:22	00:40:10	00:51:22	00:54:24.30	00:54:58.45	5:26	11
166	KACZMARCZYK MARIUSZ	515	OLZA CIESZYŃ	PAWŁOWICE	POL	M30-39	166	M 422	00:15:46	00:26:44	00:40:25	00:51:26	00:54:24.35	00:54:55.40	5:26	11
167	HYLA PRZEMYSŁAW	713		JASTRZĘBIE ZDRÓJ	POL	M30-39	167	M 428	00:16:38	00:27:57	00:40:42	00:51:37	00:54:42.85	00:55:23.80	5:28	11
168	RAPUCHA ADAM	720		ŻORY	POL	M30-39	168	M 426	00:16:11	00:27:24	00:40:13	00:51:29	00:54:44.00	00:55:17.80	5:28	11
169	KOMRAUS SŁAWOMIR	602	WILD RUNNERS CLUB	PSZCZYNA	POL	M30-39	169	M 429	00:15:30	00:26:38	00:40:04	00:51:48	00:54:55.95	00:55:24.70	5:29	10.9
170	DEJEWSKI JAKUB	303	1984	JASTRZĘBIE-ZDRÓJ	POL	M30-39	170	M 432	00:16:10	00:27:25	00:40:13	00:51:38	00:55:01.15	00:55:33.80	5:30	10.9
171	SKURSKI JAKUB	840		PAWŁOWICE	POL	M30-39	171	M 431	00:15:55	00:27:03	00:40:26	00:51:50	00:55:02.15	00:55:31.00	5:30	10.9
172	BIGOS GRZEGORZ	637	GRAMMI	JAWORZNO	POL	M30-39	172	M 427	00:14:38	00:25:50	00:39:04	00:51:22	00:55:03.75	00:55:18.95	5:30	10.9
173	CIEŚLIK RAFAŁ	677		WODZISŁAW ŚLĄSKI	POL	M30-39	173	M 443	00:16:53	00:28:27	00:41:50	00:52:44	00:55:28.90	00:56:12.25	5:32	10.8
174	FROSZTEGA DANIEL	837		JASTRZĘBIE-ZDRÓJ	POL	M30-39	174	M 440	00:16:12	00:27:29	00:40:37	00:52:07	00:55:32.15	00:55:59.15	5:33	10.8
175	MALISZEWSKI DARIUSZ	214		JASTRZĘBIE ZDRÓJ	POL	M30-39	175	M 454	00:17:09	00:29:05	00:42:45	00:53:51	00:56:44.20	00:57:28.90	5:40	10.6
176	MUSIAŁ ŁUKASZ	270	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	176	M 451	00:16:23	00:27:31	00:41:33	00:53:25	00:56:49.90	00:57:19.80	5:41	10.6
177	BAŃCZYK KRZYSZTOF	71		BIELSKO-BIAŁA	POL	M30-39	177	M 457	00:17:08	00:28:53	00:42:14	00:53:56	00:57:14.25	00:58:00.20	5:43	10.5
178	WOWRA ROBERT	116		JASTRZĘBIE-ZDRÓJ	POL	M30-39	178	M 462	00:17:52	00:30:04	00:43:40	00:54:52	00:57:49.00	00:58:39.10	5:46	10.4
179	CIEŚLA ARTUR	769		JASTRZĘBIE-ZDRÓJ	POL	M30-39	179	M 461	00:16:04	00:27:46	00:41:46	00:54:19	00:57:54.80	00:58:32.30	5:47	10.4
180	LISZOK PRZEMYSŁAW	112		JASTRZĘBIE-ZDRÓJ	POL	M30-39	180	M 467	00:16:59	00:29:02	00:42:58	00:54:56	00:58:19.90	00:58:58.55	5:50	10.3
181	SŁOWIŃSKI KAMIL	895		RYBNIK	POL	M30-39	181	M 465	00:17:01	00:29:04	00:43:00	00:55:04	00:58:20.25	00:58:56.75	5:50	10.3
182	POSTUPALSKI MARCIN	307		JASTRZĘBIE-ZDRÓJ	POL	M30-39	182	M 469	00:17:58	00:29:57	00:43:22	00:55:09	00:58:23.50	00:59:12.85	5:50	10.3
183	PASTUSZKA MARCIN	841		ŁĄKA	POL	M30-39	183	M 468	00:16:42	00:28:47	00:42:49	00:55:03	00:58:33.30	00:59:11.30	5:51	10.2
184	DRĄG RAFAŁ	287		BESTWINKA	POL	M30-39	184	M 470	00:17:17	00:29:17	00:43:14	00:55:19	00:58:35.45	00:59:14.70	5:51	10.2
185	KUŚKA TADEUSZ	800	HOŁDEX TEAM	JANKOWICE	POL	M30-39	185	M 473	00:16:37	00:28:47	00:43:02	00:55:23	00:58:47.80	00:59:35.00	5:52	10.2
186	BĘBENEK MARCIN	107	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M30-39	186	M 478	00:17:47	00:30:09	00:43:54	00:55:56	00:59:17.85	01:00:01.40	5:55	10.1
187	LONDWIG TOMASZ	245	MTB KYNDRA KLUB	JASTRZĘBIE-ZDRÓJ	POL	M30-39	187	M 479	00:17:47	00:30:10	00:43:55	00:55:56	00:59:18.25	01:00:01.80	5:55	10.1

JASTRZĘBSKA DZIESIĄTKA, M30-39 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
188	LACH GRZEGORZ	616	BLOOD MANTRA	KIETRZ	POL	M30-39	188	M 480	00:18:27	00:31:03	00:44:38	00:56:08	00:59:25.15	01:00:06.10	5:56	10.1
189	KRZYSTOLIK DAMIAN	418		JASTRZĘBIE-ZDRÓJ	POL	M30-39	189	M 486	00:18:12	00:30:48	00:45:32	00:57:58	01:01:19.05	01:02:06.45	6:07	9.8
190	DANIŁOŚ BARTŁOMIEJ	501		JASTRZĘBIE-ZDRÓJ	POL	M30-39	190	M 490	00:18:06	00:30:58	00:45:36	00:58:42	01:02:37.85	01:03:24.80	6:15	9.6
191	JANISZEWSKI BARTOSZ	554		JASTRZĘBIE-ZDRÓJ	POL	M30-39	191	M 491	00:19:17	00:33:05	00:47:18	00:59:34	01:03:14.15	01:03:56.25	6:19	9.5
192	BACHTA WOJCIECH	108	DA VINCI STUDIO	BIELSKO-BIAŁA	POL	M30-39	192	M 492	00:17:32	00:30:28	00:45:46	00:59:31	01:03:16.75	01:04:01.95	6:19	9.5
193	WOJTKOWIAK ROBERT	43		SKÓRZEWO	POL	M30-39	193	M 493	00:18:02	00:31:05	00:46:26	00:59:16	01:03:22.15	01:04:08.70	6:20	9.5
194	WOLNY ŁUKASZ	821		ŻORY	POL	M30-39	194	M 502	00:19:04	00:33:10	00:48:35	01:02:26	01:05:35.80	01:06:06.35	6:33	9.1
195	GÓRNY MIECZYŚLAW	363		ŻORY	POL	M30-39	195	M 503	00:19:04	00:33:09	00:48:35	01:02:26	01:05:36.35	01:06:06.70	6:33	9.1
196	RUMPEL KRZYSZTOF	91	KS M.E.T.A.	CZYŻOWICE	POL	M30-39	196	M 510	00:21:35	00:36:45	00:53:59	01:09:23	01:13:49.85	01:14:30.75	7:23	8.1
197	KOMANIECKI ŁUKASZ	249	INŻYNIERIA BIEGANIA	RYBNIK	POL	M30-39	197	M 513	00:12:10	00:20:48	00:30:58	00:40:45			4:20	13.8
198	OPUCHLIK TOMASZ	377	AKTYWNAWSCZYNA.PL	STUDZIENICE	POL	M30-39	198	M 514	00:11:45	00:19:57					3:59	15

JASTRZĘBSKA DZIESIĄTKA, K40-49

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	LEWICKA ELŻBIETA	415	NIEZRZESZONA	KNURÓW	POL	K40-49	1	K 13	00:11:51	00:20:16	00:30:04	00:38:34	00:40:57.75	00:41:05.05	4:05	14.6
2	LASKOWSKA KATARZYNA	801	INŻYNIERIA BIEGANIA TEAM	GLIWICE	POL	K40-49	2	K 15	00:12:14	00:20:49	00:30:32	00:39:04	00:41:29.50	00:41:40.55	4:08	14.5
3	LACHOWSKA MAGDALENA	828	K.S. SPRINT	BIELSKO BIAŁA	POL	K40-49	3	K 17	00:12:11	00:21:00	00:31:18	00:40:09	00:42:35.55	00:42:42.90	4:15	14.1
4	MENŻYK JOANNA	26		MYŚLOWICE	POL	K40-49	4	K 27	00:12:47	00:22:00	00:32:54	00:42:03	00:44:42.70	00:44:58.60	4:28	13.4
5	KOWALSKA KINGA	21	OLZA CIESZYN	POGWIZDÓW	POL	K40-49	5	K 30	00:13:22	00:22:46	00:33:43	00:43:16	00:45:45.45	00:46:05.50	4:34	13.1
6	DYRCZ ANNA	147		KNURÓW	POL	K40-49	6	K 33	00:12:58	00:22:02	00:32:18	00:42:47	00:46:55.40	00:47:06.70	4:41	12.8
7	ZĘBIK GRAŻYNA	426		CIESZYN	POL	K40-49	7	K 35	00:13:22	00:22:47	00:34:39	00:44:32	00:47:17.30	00:47:37.90	4:43	12.7
8	URBANEK MAŁGORZATA	366	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	K40-49	8	K 38	00:14:07	00:23:54	00:35:12	00:44:54	00:47:27.00	00:47:49.30	4:44	12.6
9	POŁOMSKA EDYTA	416	POŁOMSCU TEAM	RYDUŁTOWY	POL	K40-49	9	K 36	00:14:07	00:23:51	00:35:03	00:44:46	00:47:28.20	00:47:42.55	4:44	12.6
10	HELIOSZ AGNIESZKA	144	INTERAKTYWNI	KROSTOSZOWICE	POL	K40-49	10	K 39	00:13:51	00:23:41	00:35:03	00:44:59	00:47:45.80	00:48:02.85	4:46	12.6
11	PAJESTKA KATARZYNA	142		RUDA ŚLĄSKA	POL	K40-49	11	K 40	00:13:52	00:23:48	00:35:12	00:45:13	00:48:02.10	00:48:21.05	4:48	12.5
12	RĘBISZ AGNIESZKA	796	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	12	K 42	00:13:31	00:23:19	00:35:18	00:45:29	00:48:22.45	00:48:32.55	4:50	12.4
13	PROKOPENKO AGA	186		ŻORY	POL	K40-49	13	K 46	00:14:03	00:24:00	00:35:23	00:45:30	00:48:22.95	00:48:50.10	4:50	12.4
14	SICH- SOSNA AGNIESZKA	334		ŁAZISKA	POL	K40-49	14	K 44	00:14:16	00:24:06	00:35:36	00:45:36	00:48:23.95	00:48:40.90	4:50	12.4
15	SICH-ŚWIATAŁA MAŁGORZATA	133		KROSTOSZOWICE	POL	K40-49	15	K 45	00:14:16	00:24:06	00:35:40	00:45:44	00:48:32.80	00:48:49.35	4:51	12.4
16	LORANC IZABELA	358		BIELSKO-BIAŁA	POL	K40-49	16	K 48	00:14:26	00:24:34	00:36:12	00:46:16	00:49:06.85	00:49:31.25	4:54	12.2
17	MALINOWSKA MAŁGORZATA	111	POWOLI DO CELU	GIŁOWICE	POL	K40-49	17	K 70	00:15:33	00:26:06	00:38:20	00:49:04	00:52:06.30	00:52:42.20	5:12	11.5
18	MANISZEWSKA DOROTA	547	OLZA CIESZYN	CIESZYN	POL	K40-49	18	K 69	00:15:26	00:26:05	00:38:27	00:49:07	00:52:09.50	00:52:42.15	5:13	11.5
19	SRADOMSKA BARBARA	504	1972	ŻORY	POL	K40-49	19	K 68	00:15:08	00:25:39	00:38:21	00:49:08	00:52:12.55	00:52:37.90	5:13	11.5
20	DOMIN-ZBYL AGNIESZKA	171		JASTRZĘBIE ZDRÓJ	POL	K40-49	20	K 71	00:15:15	00:25:56	00:38:24	00:49:13	00:52:14.15	00:52:43.80	5:13	11.5
21	GENSTY KLAUDIA	639	DYSTANS LUBOMIA	LUBOMIA	POL	K40-49	21	K 73	00:15:45	00:26:25	00:38:43	00:49:13	00:52:15.45	00:52:46.95	5:13	11.5
22	ROMANIUK-DEMONCHAUX KATARZYNA	853	DRUŻYNA KOPERNIKA	RYBNIK	POL	K40-49	22	K 78	00:16:05	00:26:51	00:39:03	00:49:29	00:52:21.25	00:52:57.60	5:14	11.5
23	NIEMIEC HALINA	141	KAJTEAM	KĘDZIERZYN-KOŹLE	POL	K40-49	23	K 82	00:15:58	00:26:40	00:39:04	00:49:44	00:52:41.65	00:53:11.40	5:16	11.4
24	PASŁAWSKA KATARZYNA	30	KOBIETY NA 5 +	JASTRZĘBIE ZDRÓJ	POL	K40-49	24	K 83					00:52:42.00	00:53:13.00	5:16	11.4
25	MYNARSKA LIGIA	896	DALEKO JESZCZE?	BIELSKO-BIAŁA	POL	K40-49	25	K 88	00:15:13	00:26:13	00:39:15	00:50:09	00:53:16.90	00:53:40.75	5:19	11.3
26	POPEK BARBARA	397	SOBIESKI6	JASTRZĘBIE-ZDRÓJ	POL	K40-49	26	K 89	00:15:21	00:26:13	00:39:05	00:50:10	00:53:22.45	00:53:42.40	5:20	11.2
27	WERNIK KATARZYNA	469	BESTFITCLUB RYBNIK	RADLIN	POL	K40-49	27	K 97	00:15:45	00:26:52	00:39:44	00:50:44	00:53:46.75	00:54:19.20	5:22	11.2
28	KUBICA EDYTA	891		GOLESZÓW	POL	K40-49	28	K 96	00:15:08	00:26:06	00:39:04	00:50:37	00:53:48.50	00:54:13.45	5:22	11.1
29	CHOJCAN BEATA	424	INŻYNIERIA BIEGANIA	RYBNIK	POL	K40-49	29	K 98	00:16:00	00:27:01	00:39:43	00:50:44	00:53:52.30	00:54:20.60	5:23	11.1
30	CHROBOK JÓZEFA	532		CIESZYN	POL	K40-49	30	K 100	00:15:22	00:26:21	00:39:26	00:50:42	00:53:57.85	00:54:28.60	5:23	11.1
31	KRAUSE SYLWIA	289	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	31	K 102	00:15:47	00:26:52	00:39:37	00:50:49	00:54:04.25	00:54:36.40	5:24	11.1
32	NALEWAJKA WIOLETA	87	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	32	K 104	00:16:11	00:27:22	00:40:08	00:51:10	00:54:11.10	00:54:44.00	5:25	11.1
33	SIEGMUND JOLANTA	63		JASTRZĘBIE-ZDRÓJ	POL	K40-49	33	K 112	00:16:04	00:27:13	00:40:11	00:51:45	00:54:56.75	00:55:25.85	5:29	10.9
34	KOLORZ-STYLOK KATARZYNA	640		JASTRZĘBIE-ZDRÓJ	POL	K40-49	34	K 115	00:16:12	00:27:23	00:40:36	00:51:59	00:55:05.75	00:55:38.50	5:30	10.9
35	SŁOTWIŃSKA ANNA	177		ZEBRZYDOWICE	POL	K40-49	35	K 122	00:16:03	00:27:15	00:40:26	00:52:10	00:55:33.50	00:56:02.35	5:33	10.8
36	KIEŁKOWSKA AGNIESZKA	217		JASTRZĘBIE-ZDRÓJ	POL	K40-49	36	K 127	00:16:43	00:28:06	00:41:17	00:52:39	00:55:50.80	00:56:34.45	5:35	10.7
37	WILSZ EWA	481	FIS-SST TEAM	PANIÓWKI	POL	K40-49	37	K 126	00:16:46	00:28:21	00:41:22	00:52:45	00:55:54.30	00:56:30.35	5:35	10.7
38	PIECYK ADRIANNA	190		ŻORY	POL	K40-49	38	K 124	00:15:46	00:27:09	00:41:00	00:52:45	00:55:56.10	00:56:22.70	5:35	10.7
39	ĆWIOK BARBARA	546	FIS-SST TEAM	PANIÓWKI	POL	K40-49	39	K 128	00:16:45	00:28:19	00:41:22	00:52:44	00:56:01.60	00:56:38.85	5:36	10.7
40	BRZUSKA KATARZYNA	120	OLZA CIESZYN	CIESZYN	POL	K40-49	40	K 133	00:16:43	00:28:15	00:41:22	00:52:58	00:56:13.20	00:56:54.05	5:37	10.7

JASTRZĘBSKA DZIESIĄTKA, K40-49 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
41	HEJNA IZABELA	466	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	41	K 137	00:16:17	00:27:53	00:41:51	00:53:33	00:56:43.15	00:57:15.20	5:40	10.6
42	PYTEL RENATA	440		PIELGRZYMOWICE	POL	K40-49	42	K 131	00:16:10	00:27:42	00:41:05	00:53:06	00:56:45.55	00:56:52.95	5:40	10.6
43	SOBIERAJSKA RENATA	575	EKO-OKNA RUNNERS	RACIBÓRZ	POL	K40-49	43	K 139	00:15:27	00:27:05	00:41:04	00:53:17	00:56:56.25	00:57:20.65	5:41	10.5
44	FRYDECKA MIROSŁAWA	537	AKADEMIA BIEGANIA W ŚWIERKLANACH	ŚWIERKLANY	POL	K40-49	44	K 141	00:16:12	00:27:34	00:41:31	00:53:34	00:57:01.80	00:57:36.85	5:42	10.5
45	OSZCZĘDA MARZENA	224	ZARAZIĆ PASJĄ	ŻORY	POL	K40-49	45	K 143	00:15:55	00:27:42	00:42:06	00:54:06	00:57:16.55	00:57:43.05	5:43	10.5
46	SOBCZYK RENATA	625	PASJONAT	TYCHY	POL	K40-49	46	K 149	00:17:00	00:28:30	00:41:58	00:53:56	00:57:16.75	00:57:58.30	5:43	10.5
47	ŻEBROWSKA MATYLDA	73	MYSŁOWICKI KLUB BIEGACZA NO.1	MYSŁOWICE	POL	K40-49	47	K 150	00:16:47	00:28:53	00:42:17	00:53:57	00:57:17.05	00:58:00.05	5:43	10.5
48	BAJCAR BEATA	184	KOBIETY NA 5+	CHYBIE	POL	K40-49	48	K 146	00:16:39	00:28:24	00:42:14	00:54:07	00:57:19.85	00:57:54.65	5:44	10.5
49	BIELA MAŁGORZATA	284	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	49	K 148	00:16:16	00:27:50	00:41:47	00:53:57	00:57:23.10	00:57:56.30	5:44	10.5
50	DONOCIK BOGUSŁAWA	508	OLZA CIESZYN	CIESZYN	POL	K40-49	50	K 152	00:16:53	00:28:44	00:42:33	00:54:37	00:57:46.10	00:58:27.15	5:46	10.4
51	KACZOREK ANIA	386	HRMAX ŻORY	ŻORY	POL	K40-49	51	K 151	00:16:34	00:28:20	00:42:21	00:54:26	00:57:55.35	00:58:20.40	5:47	10.4
52	BURZYŃSKA BEATA	266		KATOWICE	POL	K40-49	52	K 155	00:16:27	00:28:16	00:42:24	00:54:47	00:58:21.35	00:58:57.05	5:50	10.3
53	TYKIERKA MAŁGORZATA	842	TOXPRESS	BUDZISKA	POL	K40-49	53	K 157	00:17:08	00:29:06	00:43:08	00:55:05	00:58:22.05	00:59:00.75	5:50	10.3
54	JURKIEWICZ-FILIKS BASIA	652		ŁODYGOWICE	POL	K40-49	54	K 161	00:17:59	00:29:59	00:43:24	00:55:10	00:58:24.20	00:59:11.75	5:50	10.3
55	FECZKO LUCYNA	493		JASTRZĘBIE-ZDRÓJ	POL	K40-49	55	K 164	00:16:26	00:28:03	00:42:14	00:55:16	00:58:48.30	00:59:20.10	5:52	10.2
56	REK KATARZYNA	540	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	56	K 165	00:16:18	00:28:08	00:42:53	00:55:17	00:58:51.15	00:59:23.80	5:53	10.2
57	DOBRENIUK AURELIA	591		RYBNIK	POL	K40-49	57	K 172	00:17:13	00:29:38	00:43:44	00:55:35	00:58:54.45	00:59:34.30	5:53	10.2
58	GAŁKIEWICZ MONIKA	759		KATOWICE	POL	K40-49	58	K 170	00:16:30	00:28:36	00:42:59	00:55:36	00:58:58.35	00:59:31.55	5:53	10.2
59	PLASKA BARBARA	202	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	59	K 175	00:17:35	00:30:02	00:43:50	00:55:59	00:59:12.20	00:59:54.60	5:55	10.1
60	STOPYRA AGNIESZKA	124		JASTRZĘBIE-ZDRÓJ	POL	K40-49	60	K 176	00:17:46	00:30:09	00:43:54	00:55:50	00:59:12.55	00:59:56.05	5:55	10.1
61	BETAŃSKA ANETA	158	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	61	K 177	00:17:01	00:29:07	00:43:33	00:55:59	00:59:12.95	00:59:56.20	5:55	10.1
62	WACŁAWIK EWA	301	FANTASTIC TEAM ANNA SIKORA	BAKÓW	POL	K40-49	62	K 183	00:17:08	00:29:12	00:43:23	00:55:57	00:59:22.35	01:00:01.45	5:56	10.1
63	HOLONA BOŻENA	251	NIEDŹWIEDŹ TEAM	CIESZYN	POL	K40-49	63	K 184	00:17:41	00:30:00	00:43:55	00:56:04	00:59:23.95	01:00:04.30	5:56	10.1
64	MALINOWSKA ANETA	331	OLZA CIESZYN	CIESZYN	POL	K40-49	64	K 190	00:18:37	00:30:54	00:44:31	00:56:19	00:59:36.70	01:00:22.70	5:57	10.1
65	MUSIOŁ HELENA	88		RYBNIK	POL	K40-49	65	K 192	00:16:35	00:28:55	00:43:36	00:56:22	00:59:56.75	01:00:25.90	5:59	10
66	CYLK AGNIESZKA	755	YNO ULTRA	RYDUŁTOWY	POL	K40-49	66	K 185	00:17:38	00:30:02	00:44:35	00:56:38	01:00:05.15	01:00:05.15	6:00	10
67	BOŻEK DAGMARA	52		JASTRZĘBIE-ZDRÓJ	POL	K40-49	67	K 199	00:17:51	00:30:21	00:44:52	00:57:30	01:01:05.10	01:01:44.90	6:06	9.8
68	KASPRZYCKA-SZUBARSKA KATARZYNA	567	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	K40-49	68	K 200	00:18:40	00:31:03	00:45:27	00:57:44	01:01:06.50	01:01:52.05	6:06	9.8
69	MISKOWIEC AGNIESZKA	41		JASTRZĘBIE-ZDRÓJ	POL	K40-49	69	K 201	00:17:10	00:29:59	00:44:42	00:57:32	01:01:17.05	01:01:56.30	6:07	9.8
70	SZPYRA SONIA	68		JASTRZĘBIE-ZDRÓJ	POL	K40-49	70	K 204	00:17:33	00:30:02	00:44:56	00:58:03	01:01:35.05	01:02:03.20	6:09	9.7
71	ŚWIERCZ ANNA	478		BIERUŃ	POL	K40-49	71	K 207	00:17:48	00:30:11	00:45:13	00:58:01	01:01:42.45	01:02:24.90	6:10	9.7
72	GÓRNY JOLA	460		BIELSKO-BIAŁA	POL	K40-49	72	K 213	00:17:21	00:29:55	00:45:17	00:58:57	01:02:41.80	01:03:13.15	6:16	9.6
73	KUCZA-CHMIEL KALINA	518		ODRA	POL	K40-49	73	K 218	00:18:14	00:31:17	00:46:22	00:59:24	01:03:11.60	01:03:51.05	6:19	9.5
74	OSTROWSKA IZABELA	314	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	74	K 221	00:18:28	00:31:35	00:47:02	00:59:48	01:03:19.55	01:04:01.00	6:20	9.5
75	SOBCZYK GABRIELA	248	RAFAKO RUN TEAM	RACIBÓRZ	POL	K40-49	75	K 220	00:17:49	00:30:39	00:45:56	00:59:34	01:03:22.95	01:03:59.50	6:20	9.5
76	ZAKRZEWSKA BARBARA	683		TYCHY	POL	K40-49	76	K 222	00:18:02	00:31:15	00:46:36	00:59:56	01:03:38.00	01:04:13.10	6:21	9.4
77	ADAMUS KATARZYNA	269	OLZA CIESZYN	CIESZYN	POL	K40-49	77	K 224	00:18:40	00:31:34	00:46:38	00:59:52	01:03:38.60	01:04:24.40	6:21	9.4
78	KRZACZEK ALEKSANDRA	389	RADLINIOKI W BIEGU	RADLIN	POL	K40-49	78	K 229	00:18:06	00:31:25	00:47:04	01:00:40	01:04:28.10	01:05:07.20	6:26	9.3
79	PRZYŁUCKA GRAŻYNA	638	GRAMMI	PRECZÓW	POL	K40-49	79	K 230	00:17:33	00:30:29	00:46:32	01:00:35	01:04:30.90	01:05:08.70	6:27	9.3
80	ZIĘTARA AGATA	347		JASTRZĘBIE-ZDRÓJ	POL	K40-49	80	K 236	00:19:15	00:32:55	00:48:19	01:01:37	01:05:28.75	01:06:08.75	6:32	9.2
81	OLSZEWSKA DOROTA	360	KOBIETY NA 5+	JASTRZĘBIE	POL	K40-49	81	K 238	00:18:28	00:31:59	00:48:12	01:02:04	01:05:54.50	01:06:28.50	6:35	9.1
82	BARTNIK JOANNA	176	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	K40-49	82	K 241	00:19:30	00:33:00	00:48:44	01:02:27	01:06:02.10	01:06:45.05	6:36	9.1
83	KUBAS ALINA	278	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	K40-49	83	K 246	00:19:31	00:33:22	00:49:19	01:03:02	01:06:54.05	01:07:39.25	6:41	9
84	POPE-ŚWIDZIKOWSKA MAŁGORZATA	856		ŻORY	POL	K40-49	84	K 242	00:19:47	00:33:40	00:49:42	01:03:27	01:06:56.60	01:06:56.60	6:41	9
85	KLACZEK ANNA	681		BUCZKOWICE	POL	K40-49	85	K 248	00:19:30	00:33:17	00:49:19	01:03:34	01:07:37.65	01:08:16.20	6:45	8.9
86	HERZYK BEATA	657		BIELSKO-	POL	K40-49	86	K 252	00:19:53	00:34:11	00:51:00	01:04:31	01:08:19.80	01:09:03.70	6:50	8.8
87	SUCHY MARIOLA	692		ŻORY	POL	K40-49	87	K 253	00:20:21	00:34:23	00:50:53	01:04:29	01:08:29.40	01:09:13.85	6:50	8.8
88	ZALEWSKA BARBARA	149	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	POL	K40-49	88	K 257	00:19:41	00:34:11	00:51:01	01:05:58	01:10:09.35	01:10:52.50	7:00	8.6

JASTRZĘBSKA DZIESIĄTKA, M40-49

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	BULIK WITOLD	647	PKS OLIMPIJCZYK GILOWICE	GILOWICE	POL	M40-49	1	M 11	00:09:52	00:16:49	00:25:08	00:32:31	00:34:38.05	00:34:39.60	3:27	17.3
2	ZIELONKA ROBERT	758	MOTOMASTER	CHRZANÓW	POL	M40-49	2	M 17	00:10:14	00:17:30		00:33:25	00:35:29.50	00:35:31.50	3:32	16.9
3	SEWERYN JACEK	814		MYSŁOWICE	POL	M40-49	3	M 23	00:10:15	00:17:41		00:34:04	00:36:13.70	00:36:16.65	3:37	16.6
4	RĘBISZ MARIUSZ	795		RACIBÓRZ	POL	M40-49	4	M 38	00:10:41	00:18:16		00:35:04	00:37:21.10	00:37:24.65	3:44	16.1
5	GRZYWACZ MARCIN	173	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	CZECHOWICE-DZIEDZICE	POL	M40-49	5	M 40	00:10:46	00:18:28		00:35:13	00:37:28.00	00:37:31.80	3:44	16
6	KOKOT KRZYSZTOF	748	NIWYBIEGANI	ŻORY	POL	M40-49	6	M 47	00:10:54	00:18:35		00:35:36	00:37:52.00	00:37:55.80	3:47	15.8
7	ALBRECHT ARKADIUSZ	197	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	7	M 53	00:11:00	00:18:53		00:35:47	00:38:05.30	00:38:11.85	3:48	15.8
8	PIECHACZEK JACEK	586	INŻYNIERIA BIEGANIA TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	8	M 61	00:11:25	00:19:21		00:36:36	00:38:50.40	00:38:55.75	3:53	15.5
9	WITALA TOMASZ	381		ŻORY	POL	M40-49	9	M 69	00:11:42	00:19:51	00:29:08	00:37:05	00:39:21.10	00:39:29.35	3:56	15.2
10	MAJER DAMIAN	408	YNO ULTRA	KRUSZWICA	POL	M40-49	10	M 72	00:11:28	00:19:34	00:28:56	00:37:09	00:39:27.25	00:39:35.50	3:56	15.2
11	BOBEREK GRZEGORZ	706	POGORIA BIEGA	DĄBROWA GÓRNICZA	POL	M40-49	11	M 73	00:11:43	00:19:52	00:29:10	00:37:09	00:39:27.25	00:39:35.95	3:56	15.2
12	KUREK JACEK	425	ŚWIETLIKOWO	TYCHY	POL	M40-49	12	M 71	00:10:59	00:19:06		00:36:58	00:39:30.65	00:39:34.80	3:57	15.2
13	KUNINA PAWEŁ	130	AMATOR	JASTRZĘBIE ZDRÓJ	POL	M40-49	13	M 74	00:11:34	00:19:52	00:29:12	00:37:08	00:39:32.50	00:39:38.60	3:57	15.2
14	BARTNIK SEBASTIAN	181	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	POL	M40-49	14	M 82	00:11:41	00:19:51	00:29:08	00:37:23	00:39:53.05	00:40:01.25	3:59	15
15	WASZTYL GRZEGORZ	771		KATOWICE	POL	M40-49	15	M 86	00:11:49	00:20:06	00:29:46	00:37:56	00:40:09.10	00:40:17.80	4:00	14.9
16	OLSZOWSKI DARIUSZ	889	GB GALOPUJĄCE ŚLIMAKI	ŻORY	POL	M40-49	16	M 87	00:11:45	00:19:59	00:29:34	00:37:55	00:40:10.65	00:40:19.35	4:01	14.9
17	DUDEK BARTŁOMIEJ	722		KATOWICE	POL	M40-49	17	M 90	00:11:45	00:19:53	00:29:28	00:37:54	00:40:18.30	00:40:26.90	4:01	14.9
18	URBAŚ ROMAN	491	BIEG PO ZDRÓJ	JAWORZE	POL	M40-49	18	M 100	00:11:49	00:20:17	00:29:59	00:38:30	00:40:55.50	00:41:01.60	4:05	14.7
19	MAZUR MAREK	78		JASTRZĘBIE-ZDRÓJ	POL	M40-49	19	M 102	00:11:44	00:19:55	00:29:44	00:38:26	00:40:58.85	00:41:07.75	4:05	14.6
20	SIEGMUND TADEUSZ	187	KB MOSIR JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	POL	M40-49	20	M 106	00:11:58	00:20:31	00:30:25	00:38:52	00:41:18.75	00:41:21.60	4:07	14.5
21	ZIELIŃSKI IRENEUSZ	170		JASTRZĘBIE-ZDRÓJ	POL	M40-49	21	M 112	00:11:45	00:20:13	00:30:13	00:38:55	00:41:23.35	00:41:31.30	4:08	14.5
22	MALINOWSKI KRZYSZTOF	110	POWOLI DO CELU	GILOWICE	POL	M40-49	22	M 110	00:11:43	00:20:18	00:30:23	00:39:03	00:41:26.05	00:41:28.50	4:08	14.5
23	GŁUSZYK ANDRZEJ	316		ŻORY	POL	M40-49	23	M 113	00:12:33	00:21:08	00:31:01	00:39:10	00:41:27.20	00:41:37.20	4:08	14.5
24	GLAJCAR TOMASZ	134		HARBUTOWICE	POL	M40-49	24	M 117	00:12:26	00:21:12	00:31:08	00:39:38	00:41:54.50	00:42:09.20	4:11	14.3
25	OGIERMAN GRZEGORZ	229	OLZA CIESZYN	CIESZYN	POL	M40-49	25	M 115	00:12:15	00:20:59	00:31:04	00:39:37	00:41:56.60	00:42:07.05	4:11	14.3
26	LEŚNIAK KRZYSZTOF	296	RADLINIOKI W BIEGU	WODZISŁAW ŚLĄSKI	POL	M40-49	26	M 119	00:12:26	00:21:07	00:31:08	00:39:39	00:42:01.15	00:42:12.20	4:12	14.3
27	MYNARSKI SYLWESTER	897		BIELSKO-BIAŁA	POL	M40-49	27	M 128	00:12:32	00:21:15	00:31:10	00:39:47	00:42:15.75	00:42:28.55	4:13	14.2
28	GRZONKA ANDRZEJ	128	GBGALOPUJĄCE SLIMAKI	JASTRZEBIE-ZDROJ	POL	M40-49	28	M 126	00:12:02	00:20:43	00:31:00	00:39:47	00:42:17.35	00:42:26.10	4:13	14.2
29	JARGOŃ JACEK	458		RYBNIK	POL	M40-49	29	M 127	00:12:03	00:20:45	00:30:58	00:39:45	00:42:17.80	00:42:27.25	4:13	14.2
30	BIAŁECKI TOMASZ	492		JASTRZĘBIE-ZDRÓJ	POL	M40-49	30	M 130	00:12:29	00:21:03	00:31:01		00:42:21.30	00:42:34.40	4:14	14.2
31	BANASIAK TOMASZ	507		RACIBÓRZ	POL	M40-49	31	M 129	00:11:35	00:19:40	00:29:10	00:39:22	00:42:29.40	00:42:33.55	4:14	14.1
32	JEREMICZ KRZYSZTOF	57	RAFAKO RUN TEAM	RACIBÓRZ	POL	M40-49	32	M 135	00:12:29	00:21:14	00:31:28	00:40:15	00:42:40.45	00:42:52.90	4:16	14.1
33	ŻUR MAREK	449	KAC RUNNERS	ŁĄKA	POL	M40-49	33	M 140	00:12:36	00:21:26	00:31:43	00:40:28	00:42:49.55	00:43:04.75	4:16	14
34	OLSZOWSKI MARCIN	523	OLZA CIESZYN	CIESZYN	POL	M40-49	34	M 139	00:12:06	00:20:51	00:31:11	00:40:17	00:42:51.85	00:42:59.20	4:17	14
35	BYRSKI HENRYK	827	WILDBUCHAYS	ŁODYGOWICE	POL	M40-49	35	M 146	00:12:38	00:21:24	00:31:32	00:40:23	00:42:52.35	00:43:11.85	4:17	14
36	DZIERZĘGA ARTUR	633		JASTRZEBIE ZDRÓJ	POL	M40-49	36	M 136	00:12:14				00:42:54.00	00:42:54.00	4:17	14
37	SUCHANEK ROBERT	808	ATHLETICS NYSA	NYSA	POL	M40-49	37	M 142	00:12:16	00:21:07	00:31:31	00:40:22	00:42:56.20	00:43:06.80	4:17	14
38	KRAUSE DARIUSZ	290	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	38	M 143	00:12:17	00:21:10	00:31:30	00:40:17	00:43:00.55	00:43:07.60	4:18	14
39	ROGALA MACIEJ	396	YNO ULTRA	PSZÓW	POL	M40-49	39	M 148	00:12:42	00:21:29	00:31:45	00:40:30	00:43:01.45	00:43:20.50	4:18	13.9
40	KAWECKI STANISŁAW	305	OLZA CIESZYN	CIESZYN	POL	M40-49	40	M 147	00:12:26	00:21:19	00:31:35	00:40:38	00:43:08.25	00:43:15.50	4:18	13.9
41	PUDA KRZYSZTOF	790		JELESNIA	POL	M40-49	41	M 152	00:12:10	00:20:53	00:31:31	00:40:55	00:43:20.50	00:43:26.75	4:20	13.8
42	JĘDRZEJAK PIOTR	146		JASTRZĘBIE-ZDRÓJ	POL	M40-49	42	M 161	00:13:06	00:22:05	00:32:08	00:40:54	00:43:21.35	00:43:48.20	4:20	13.8
43	SITKO ADAM	328	SBD ENERGETYK RYBNIK	RYBNIK	POL	M40-49	43	M 155	00:12:12	00:20:58	00:31:40	00:40:46	00:43:28.50	00:43:39.40	4:20	13.8
44	KUDER MAREK	265	KS M.E.T.A.	WODZISŁAW ŚLĄSKI	POL	M40-49	44	M 171	00:11:50	00:20:56	00:32:08	00:41:14	00:43:58.70	00:44:09.50	4:23	13.6
45	KWAŚNY MARCIN	665	WILD BUCHAYS	BUCZKOWICE	POL	M40-49	45	M 175	00:12:49	00:21:55	00:32:19	00:41:27	00:44:00.55	00:44:20.60	4:24	13.6
46	POŁEDNIK TOMASZ	903	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	46	M 172	00:12:53	00:22:08	00:32:30	00:41:26	00:44:01.45	00:44:16.45	4:24	13.6
47	PASTWA GRZEGORZ	247	UBS / ADAMUS	JASIEŃCICA	POL	M40-49	47	M 176	00:12:50	00:21:51	00:32:21	00:41:31	00:44:05.50	00:44:22.35	4:24	13.6
48	OSZCZĘDA KRZYSZTOF	225	ZARAŻIĆ PASJĄ	ŻORY	POL	M40-49	48	M 177	00:12:51	00:21:55	00:32:27	00:41:33	00:44:05.95	00:44:22.40	4:24	13.6
49	KITA SEBASTIAN	877		PSZCZYNA	POL	M40-49	49	M 180	00:12:41	00:21:49	00:32:25	00:41:30	00:44:08.85	00:44:25.60	4:24	13.6
50	SUCHY ZBIGNIEW	691		ŻORY	POL	M40-49	50	M 188	00:12:45	00:21:46	00:32:20	00:41:35	00:44:10.50	00:44:36.80	4:25	13.6
51	RADOMSKI MARIUSZ	870	BZIOK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	51	M 187	00:13:04	00:22:04	00:32:36	00:41:35	00:44:11.65	00:44:35.25	4:25	13.6
52	DUROK WOJCIECH	534	KAC RUNNERS	JANKOWICE	POL	M40-49	52	M 181	00:12:51	00:21:52	00:32:22	00:41:33	00:44:12.30	00:44:27.35	4:25	13.6
53	ŁYSEK PAWEŁ	392	BZIEGACZE	JASTRZĘBIE ZDRÓJ	POL	M40-49	53	M 186	00:12:47	00:21:51	00:32:26	00:41:47	00:44:16.60	00:44:32.95	4:25	13.6
54	ZWIERYŃSKI PIOTR	849	UNATCO	RYBNIK	POL	M40-49	54	M 189	00:12:48	00:21:54	00:32:43	00:41:47	00:44:24.75	00:44:36.90	4:26	13.5
55	TOCHOWICZ BARTOSZ	268	OLZA TEAM	GOLESZÓW	POL	M40-49	55	M 192	00:12:37	00:21:46	00:32:22	00:41:51	00:44:31.50	00:44:42.85	4:27	13.5
56	OBROŚLAK JACEK	587	BIEGIEM PRZEZ GÓRY	JASTRZĘBIE ZDRÓJ	POL	M40-49	56	M 198	00:12:47	00:21:51	00:32:27	00:41:52	00:44:41.30	00:44:56.50	4:28	13.4

JASTRZĘBSKA DZIESIĄTKA, M40-49 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
57	JACH MAREK	94		JASTRZĘBIE ZDRÓJ	POL	M40-49	57	M 204	00:12:41	00:21:50	00:32:43	00:42:05	00:44:51.80	00:45:09.20	4:29	13.4
58	GANCARZ MARIUSZ	613		JASTRZĘBIE ZDRÓJ	POL	M40-49	58	M 210	00:13:47	00:23:12	00:33:53	00:42:32	00:44:56.50	00:45:20.65	4:29	13.4
59	MAREK RAFAŁ	564	KAC RUNNERS	GOZGAŁKOWICE-ZDRÓJ	POL	M40-49	59	M 206	00:12:48	00:21:53	00:32:39	00:42:09	00:44:57.45	00:45:13.55	4:29	13.3
60	DUDEK DANIAŁ	541		JASTRZĘBIE-ZDRÓJ	POL	M40-49	60	M 215	00:13:13	00:22:27	00:33:13	00:42:32	00:45:05.60	00:45:26.20	4:30	13.3
61	SZYMCZYCHA DAREK	772		RACIBÓRZ	POL	M40-49	61	M 216	00:12:45	00:21:52	00:32:54	00:42:35	00:45:08.40	00:45:26.30	4:30	13.3
62	BULANDA ANDRZEJ	560		BIERUŃ	POL	M40-49	62	M 214	00:12:48	00:22:02	00:33:14	00:42:30	00:45:10.15	00:45:26.20	4:31	13.3
63	MACH ŁUKASZ	369	BIEGACZ	WISŁA	POL	M40-49	63	M 218	00:12:44	00:21:53	00:33:04	00:42:42	00:45:10.95	00:45:28.95	4:31	13.3
64	KAJDANA MARIUSZ	211		BIELSKO-BIAŁA	POL	M40-49	64	M 211	00:12:17	00:21:46	00:32:53	00:42:14	00:45:14.95	00:45:23.65	4:31	13.3
65	LIZAK KRZYSZTOF	756		ŻORY	POL	M40-49	65	M 217	00:13:00	00:22:30	00:33:26	00:42:51	00:45:21.10	00:45:27.70	4:32	13.2
66	LIS GRZEGORZ	299		RACIBÓRZ	POL	M40-49	66	M 223	00:12:59	00:22:29	00:33:25	00:42:50	00:45:29.80	00:45:44.15	4:33	13.2
67	MUSZEWSKI BARTŁOMIEJ	490	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	M40-49	67	M 225	00:12:49	00:22:08	00:33:10	00:42:46	00:45:34.20	00:45:49.50	4:33	13.2
68	DOBRENIUK KRZYSZTOF	50	AKTYWNI LYSKI	RYBNIK	POL	M40-49	68	M 228	00:13:17	00:22:47	00:33:50	00:43:19	00:45:43.70	00:45:54.90	4:34	13.1
69	KOWALSKI JANUSZ	22	OLZA CIESZYN	POGWIZDÓW	POL	M40-49	69	M 232	00:13:22	00:22:46	00:33:43	00:43:17	00:45:45.45	00:46:05.75	4:34	13.1
70	MAGOŃ MARCIN	175	AMATOR	RYBNIK	POL	M40-49	70	M 230	00:13:17	00:22:51	00:33:52	00:43:16	00:45:49.05	00:46:01.10	4:34	13.1
71	POJDA GRZEGORZ	233	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	71	M 238	00:13:34	00:22:57	00:33:48	00:43:25	00:45:58.35	00:46:21.20	4:35	13
72	STĘPIEŃ GRZEGORZ	317		OPOLE	POL	M40-49	72	M 241	00:13:39	00:23:11	00:34:16	00:43:39	00:46:07.60	00:46:27.55	4:36	13
73	OWCZAREK PAWEŁ	332		BIELSKO-BIAŁA	POL	M40-49	73	M 247	00:13:45	00:23:11	00:34:11	00:43:35	00:46:16.05	00:46:37.85	4:37	13
74	PETER MARCIN	510		KATOWICE	POL	M40-49	74	M 243	00:12:58	00:22:29	00:33:48	00:43:40	00:46:20.85	00:46:33.80	4:38	12.9
75	ZIĘTARA PAWEŁ	203		JASTRZĘBIE-ZDRÓJ	POL	M40-49	75	M 259	00:14:06	00:23:38	00:34:29	00:43:52	00:46:42.50	00:47:15.90	4:40	12.8
76	ŚMIETANA GRZEGORZ	364	EASYRUN RACIBÓRZ	RACIBÓRZ	POL	M40-49	76	M 255	00:14:12	00:23:47	00:34:44	00:44:12	00:46:45.80	00:47:06.40	4:40	12.8
77	KOZŁOWSKI ZBIGNIEW	747	OFIARY KAMIENICA	KAMIENIEC	POL	M40-49	77	M 258	00:13:36	00:23:12	00:34:25	00:44:11	00:46:54.80	00:47:14.25	4:41	12.8
78	STAWICKI GRZEGORZ	669	RUNTAEM PAWŁOWICE	PAWŁOWICE	POL	M40-49	78	M 266	00:13:45	00:23:35	00:34:43	00:44:33	00:47:13.25	00:47:33.20	4:43	12.7
79	KURTO GRZEGORZ	705	KURTO TEAM	BIELSKO-BIAŁA	POL	M40-49	79	M 270	00:14:23	00:24:19	00:35:32	00:44:51	00:47:19.15	00:47:40.60	4:43	12.7
80	MROCZKOWSKI TOMASZ	536		JASTRZĘBIE-ZDRÓJ	POL	M40-49	80	M 275	00:13:57	00:23:41	00:34:57	00:44:40	00:47:23.70	00:47:47.45	4:44	12.7
81	BUKOŃ MARCIN	275		JASTRZĘBIE-ZDRÓJ	POL	M40-49	81	M 273	00:14:12	00:23:59	00:35:18	00:44:49	00:47:24.70	00:47:45.75	4:44	12.7
82	KOPIEC ARKADIUSZ	45		SKRZYSZÓW	POL	M40-49	82	M 272	00:14:08	00:23:53	00:35:07	00:44:45	00:47:26.60	00:47:43.45	4:44	12.6
83	STUDNIK JAROSŁAW	884		RUDA ŚLĄSKA	POL	M40-49	83	M 276	00:13:43	00:23:35	00:34:57	00:44:42	00:47:27.45	00:47:50.50	4:44	12.6
84	KOBIĄŁKA ROBERT	125	JASTRZĘBIE ZDRÓJ	JASTRZĘBIE ZDRÓJ	POL	M40-49	84	M 269	00:12:57	00:22:32	00:34:11	00:44:29	00:47:32.10	00:47:39.00	4:45	12.6
85	ZALEWSKI ANDRZEJ	807	ATHLETICS NYSA	NYSA	POL	M40-49	85	M 280	00:13:42	00:23:26	00:34:54	00:45:08	00:47:51.70	00:48:04.70	4:47	12.5
86	PRZYBYŁA TOMASZ	673		WODZISŁAW ŚLĄSKI	POL	M40-49	86	M 287	00:14:27	00:24:23	00:35:42	00:45:26	00:47:54.90	00:48:20.45	4:47	12.5
87	MAKOŚ TOMEK	516		JAWORZE	POL	M40-49	87	M 286	00:14:11	00:24:09	00:35:20	00:45:15	00:47:59.80	00:48:19.90	4:47	12.5
88	BIŁKO ŚLAWEK	666		LESZNA GÓRNA	POL	M40-49	88	M 290	00:14:15	00:24:06	00:35:24	00:45:13	00:48:02.10	00:48:25.00	4:48	12.5
89	KUBICA MIECZYŚLAW	892		GOLESZÓW	POL	M40-49	89	M 293	00:14:15	00:24:04	00:35:24	00:45:26	00:48:05.15	00:48:29.70	4:48	12.5
90	SZUBARSKI KRZYSZTOF	566	OLZA CIESZYN PARKRUN	POGWIZDÓW	POL	M40-49	90	M 291	00:14:25	00:24:17	00:35:46	00:45:29	00:48:06.75	00:48:27.70	4:48	12.5
91	STREIT MARIUSZ	664		ŻORY	POL	M40-49	91	M 289	00:13:25	00:23:27	00:35:07	00:45:12	00:48:09.50	00:48:22.25	4:49	12.5
92	KONCKI ANDRZEJ	34		RYBNIK	POL	M40-49	92	M 298	00:14:18	00:24:08	00:35:26	00:45:24	00:48:12.05	00:48:34.00	4:49	12.4
93	BYSTRYKOWSKI MARCIN	281		JASTRZĘBIE-ZDRÓJ	POL	M40-49	93	M 294	00:13:38	00:23:37	00:35:21	00:45:34	00:48:14.55	00:48:31.50	4:49	12.4
94	TYKIERKA TOMASZ	844	TOXPRESS	BUDZISKA	POL	M40-49	94	M 305	00:14:44	00:24:33	00:35:49	00:45:31	00:48:17.60	00:48:55.70	4:49	12.4
95	CZYRNEK DARIUSZ	379	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	95	M 303	00:14:29	00:24:27	00:36:02	00:45:49	00:48:31.50	00:48:54.10	4:51	12.4
96	GAŁKIEWICZ MICHAŁ	565		KATOWICE	POL	M40-49	96	M 304	00:13:54	00:23:55	00:35:32	00:45:44	00:48:41.80	00:48:55.55	4:52	12.3
97	SOWA PAWEŁ	812		JASIENICA	POL	M40-49	97	M 309	00:14:09	00:24:04	00:35:45	00:45:47	00:48:42.20	00:49:06.40	4:52	12.3
98	ŚLEDZIŃSKI MACIEJ	585	ŚLEDZIE	JASTRZĘBIE-ZDRÓJ	POL	M40-49	98	M 314	00:14:36	00:24:48	00:36:15	00:46:03	00:48:52.50	00:49:18.05	4:53	12.3
99	SKECZEK ARKADIUSZ	744	POWOLI DO CELU	GIŁOWICE	POL	M40-49	99	M 310	00:13:51	00:23:58	00:35:48	00:45:54	00:48:56.55	00:49:10.50	4:53	12.3
100	WALA ANDRZEJ	512	1977	BIELSKO-BIAŁA	POL	M40-49	100	M 315	00:14:19	00:24:22	00:36:07	00:46:11	00:48:58.05	00:49:18.35	4:53	12.3
101	GLEBOCKI GRZEGORZ	906	GRZEGORZ GLEBOCKI	BIELSKO-BIAŁA	POL	M40-49	101	M 320	00:14:42	00:24:48	00:36:18	00:46:14	00:49:06.90	00:49:29.10	4:54	12.2
102	ŻBEL MICHAŁ	354	HRMAX ŻORY	ZEBRZYDOWICE	POL	M40-49	102	M 322	00:14:46	00:24:52	00:36:24	00:46:23	00:49:07.20	00:49:30.95	4:54	12.2
103	WILSZ ADAM	482	FIS-SST TEAM	PANIÓWKI	POL	M40-49	103	M 327	00:14:50	00:25:08	00:36:36	00:46:33	00:49:16.45	00:49:51.25	4:55	12.2
104	ROMANIUK-DEMONCHAUX ADAM	852	DRUŻYNA KOPERNIKA	RYBNIK	POL	M40-49	104	M 325	00:14:32	00:24:39	00:36:24	00:46:13	00:49:17.50	00:49:41.90	4:55	12.2
105	HERZYK ADAM	656		BIELSKO-BIAŁA	POL	M40-49	105	M 331	00:14:12	00:24:24	00:36:14	00:46:31	00:49:32.55	00:50:00.90	4:57	12.1
106	OLSZYNA MIROSLAW	156		RACIBÓRZ	POL	M40-49	106	M 334	00:15:15	00:25:42	00:37:32	00:46:58	00:49:32.70	00:50:03.60	4:57	12.1
107	HEJNA ARTUR	467	RADLINIOKI W BIEGU	RADLIN	POL	M40-49	107	M 340	00:14:55	00:25:20	00:37:00	00:46:57	00:49:41.20	00:50:13.40	4:58	12.1
108	KACHEL AREK	751		JASTRZĘBIE ZDRÓJ	POL	M40-49	108	M 338	00:14:40	00:24:41	00:36:27	00:46:54	00:49:46.95	00:50:09.70	4:58	12.1
109	TURNIAK DARIUSZ	260		ŚWIERKLANY	POL	M40-49	109	M 342	00:14:15	00:24:23	00:36:25	00:46:51	00:49:51.50	00:50:24.75	4:59	12
110	DĘBSKI MARIUSZ	608		PSZCZYNA	POL	M40-49	110	M 336	00:13:37	00:24:01	00:36:20	00:46:53	00:49:52.70	00:50:06.65	4:59	12
111	SOJ PRZEMYSŁAW	230		KATOWICE	POL	M40-49	111	M 341	00:14:45	00:25:05	00:36:49	00:47:05	00:49:55.55	00:50:23.80	4:59	12

JASTRZĘBSKA DZIESIĄTKA, M40-49 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
112	ULMAN MARIUSZ	810	ATHLETICS NYSA	NYSA	POL	M40-49	112	M 343	00:14:37	00:24:52	00:36:49	00:47:09	00:50:03.75	00:50:31.30	5:00	12
113	ZMUDA DARIUSZ	227		JASTRZĘBIE-ZDRÓJ	POL	M40-49	113	M 353	00:15:06	00:25:30	00:37:34	00:47:52	00:50:53.25	00:51:17.00	5:05	11.8
114	WODYŃSKI WOJCIECH	341	KUŹNIA TRIATHLONU	KATOWICE	POL	M40-49	114	M 352	00:14:00	00:24:42	00:37:02	00:47:57	00:50:59.80	00:51:16.85	5:05	11.8
115	TARGOSZ PIOTR	48	OLZA CIESZYN	CIESZYN	POL	M40-49	115	M 355	00:14:39	00:24:51	00:36:55	00:48:14	00:51:15.10	00:51:37.45	5:07	11.7
116	KRÓLIK ARKADIUSZ	489	NIEZRZESZONY	JASTRZĘBIE-ZDRÓJ	POL	M40-49	116	M 362	00:15:03	00:25:38	00:37:54	00:48:20	00:51:24.80	00:51:58.80	5:08	11.7
117	SOBIERAJSKI PRZEMEK	573		RACIBÓRZ	POL	M40-49	117	M 360	00:14:39	00:24:50	00:37:21	00:48:24	00:51:29.30	00:51:53.95	5:08	11.7
118	WISEŁKA ZBIGNIEW	550	OLZA CIESZYN	DEBOWIEC	POL	M40-49	118	M 359	00:14:40	00:24:59	00:37:38	00:48:36	00:51:29.70	00:51:53.45	5:09	11.7
119	WIĘBICKI KRYSZTOF	333		PSZÓW	POL	M40-49	119	M 371	00:15:30	00:25:54	00:38:08	00:48:41	00:51:36.05	00:52:15.45	5:09	11.6
120	ĆWIOK MAREK	530	TUV RHEINLAND POLSKA	PANIÓWKI	POL	M40-49	120	M 370	00:14:50	00:25:07	00:37:20	00:48:28	00:51:37.10	00:52:12.00	5:09	11.6
121	CIEŚLA ADAM	660	RYBNICKI KLUB JU JITSU SPORTOWEGO	RYBNIK	POL	M40-49	121	M 366	00:14:19	00:24:40	00:37:37	00:48:44	00:51:44.90	00:52:07.35	5:10	11.6
122	BARANKIEWICZ IREK	513		PISARZOWICE	POL	M40-49	122	M 375	00:15:37	00:26:17	00:38:45	00:49:18	00:52:04.45	00:52:34.85	5:12	11.5
123	PALUCHIEWICZ SZYMON	243		PAWŁOWICE	POL	M40-49	123	M 379	00:14:49	00:25:44	00:38:24	00:49:15	00:52:21.20	00:52:44.90	5:14	11.5
124	JANIEC WITOLD	902	UNATCO	ZWONOWICE	POL	M40-49	124	M 377	00:14:50	00:25:35	00:38:16	00:49:22	00:52:26.35	00:52:38.80	5:14	11.4
125	RECLIK JACEK	728	DECATHLON RYBNIK	RYBNIK	POL	M40-49	125	M 383	00:16:26	00:27:36	00:40:11	00:49:59	00:52:32.35	00:52:58.65	5:15	11.4
126	WACNIK DARIUSZ	67		JASTRZĘBIE -ZDRÓJ	POL	M40-49	126	M 385	00:16:03	00:26:45	00:39:13	00:49:43	00:52:33.60	00:53:06.50	5:15	11.4
127	JAKUBIEC JACEK	339	BB RUNNERS	BUCZKOWICE	POL	M40-49	127	M 392	00:16:05	00:27:05	00:39:29	00:49:48	00:52:42.45	00:53:17.00	5:16	11.4
128	FLASZ DAWID	191		JASTRZĘBIE-ZDRÓJ	POL	M40-49	128	M 394	00:15:09	00:26:31	00:39:28	00:50:10	00:52:59.30	00:53:25.65	5:17	11.3
129	CZYŻ WOJCIECH	624		GÓRKI MAŁE	POL	M40-49	129	M 398	00:15:13	00:26:03	00:38:51	00:50:00	00:53:05.30	00:53:35.30	5:18	11.3
130	ŁATKA MAREK	387		RUDZICZKS	POL	M40-49	130	M 397	00:15:10	00:26:04	00:38:41	00:49:55	00:53:07.20	00:53:32.70	5:18	11.3
131	BYWALEC STANISŁAW	704	DIET-FIGHT	WODZISŁAW ŚLĄSKI	POL	M40-49	131	M 403	00:15:16	00:25:59	00:38:48	00:50:11	00:53:25.20	00:53:57.95	5:20	11.2
132	ŚWIECA MARCIN	402	FUNDACJA POMOCY GOLDENOM AUREA	GÓRKI WIELKIE	POL	M40-49	132	M 401	00:15:23	00:26:21	00:39:08	00:50:20	00:53:26.20	00:53:55.50	5:20	11.2
133	KONOPKA JAROSŁAW	707		JASTRZEBIE ZDROJ	POL	M40-49	133	M 408	00:16:03	00:27:01	00:39:23	00:50:22	00:53:33.60	00:54:15.05	5:21	11.2
134	KUBIENIEC GRZEGORZ	618		JASTRZĘBIE-ZDRÓJ	POL	M40-49	134	M 407	00:15:25	00:26:24	00:39:10	00:50:23	00:53:43.35	00:54:14.60	5:22	11.2
135	PAJESTKA MAREK	148	WRM MC POLAND	RUDA ŚLĄSKA	POL	M40-49	135	M 412	00:15:35	00:26:30	00:39:25	00:50:40	00:53:50.25	00:54:36.75	5:23	11.1
136	PEASKA GRZEGORZ	208	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	136	M 413	00:15:33	00:26:29	00:39:26	00:50:41	00:53:51.65	00:54:37.00	5:23	11.1
137	JANCZYK GRZEGORZ	420	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M40-49	137	M 419	00:16:15	00:26:59	00:39:46	00:50:57	00:54:02.65	00:54:50.80	5:24	11.1
138	POPCZYK PIOTR	732		ŻERNICA	POL	M40-49	138	M 415	00:16:00	00:27:17	00:40:20	00:51:20	00:54:13.25	00:54:39.30	5:25	11.1
139	CZARNOTA LESZEK	113		MARKLOWICE	POL	M40-49	139	M 425	00:16:11	00:27:22	00:40:15	00:51:29	00:54:36.90	00:55:12.75	5:27	11
140	SZEREDA ROBERT	340		JASTRZĘBIE-ZDRÓJ	POL	M40-49	140	M 417	00:14:24	00:25:27	00:39:00	00:51:12	00:54:40.75	00:54:45.55	5:28	11
141	WOLIŃSKI DARIUSZ	898	STRAŻAK	ŻORY	POL	M40-49	141	M 437	00:16:03	00:27:32	00:40:48	00:52:04	00:55:05.25	00:55:45.90	5:30	10.9
142	BAJOR RAFAŁ	872	REBELLION OF FREE RUNNERS	ŻORY	POL	M40-49	142	M 435	00:15:29	00:26:50	00:40:16	00:51:40	00:55:06.65	00:55:35.15	5:30	10.9
143	MORAWSKI JANUSZ	873	PSZCZYNA BIEGA	PSZCZYNA	POL	M40-49	143	M 439	00:16:14	00:27:27	00:40:52	00:52:12	00:55:20.85	00:55:57.70	5:32	10.8
144	BANDER JERZY	498		WODZISŁAW ŚLĄSKI	POL	M40-49	144	M 441	00:16:24	00:27:52	00:41:18	00:52:25	00:55:36.40	00:56:02.15	5:33	10.8
145	KRAMER PIOTR	539		JASTRZĘBIE-ZDRÓJ	POL	M40-49	145	M 445	00:16:33	00:27:48	00:41:03	00:52:39	00:55:51.25	00:56:33.10	5:35	10.7
146	WITOSZA ADAM	695		KATOWICE	POL	M40-49	146	M 447	00:16:05	00:26:50	00:40:06	00:52:28	00:56:16.75	00:56:55.45	5:37	10.7
147	UKLEJA SEBASTIAN	258		JASTRZĘBIE-ZDRÓJ	POL	M40-49	147	M 446	00:15:46	00:27:25	00:41:18	00:53:10	00:56:25.30	00:56:53.60	5:38	10.6
148	PIĄTEK TOMASZ	880	WILDBUCHAYS	PISARZOWICE	POL	M40-49	148	M 456	00:16:18	00:28:04	00:42:05	00:54:03	00:57:15.60	00:57:49.80	5:43	10.5
149	PYZIK MARCIN	506		JASTRZĘBIE-ZDRÓJ	POL	M40-49	149	M 458	00:15:56	00:27:16	00:41:20	00:54:02	00:57:31.60	00:58:06.70	5:45	10.4
150	WILCZEK MAREK	815		RYDUŁTOWY	POL	M40-49	150	M 463	00:16:51	00:28:45	00:42:37	00:54:43	00:57:59.85	00:58:41.15	5:48	10.3
151	SZCZERBA MICHAŁ	855		BIELSKO-BIAŁO	POL	M40-49	151	M 466	00:15:39	00:27:09	00:42:25	00:55:13	00:58:24.90	00:58:56.95	5:50	10.3
152	ŚWIERCZ JANUSZ	479	WRM MC POLAND	BIERUŃ	POL	M40-49	152	M 474	00:17:28	00:29:56	00:43:26	00:55:29	00:58:54.35	00:59:42.00	5:53	10.2
153	SZYMANIEC MARCIN	155	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	153	M 475	00:16:15	00:28:08	00:42:30	00:55:13	00:58:55.10	00:59:42.05	5:53	10.2
154	MENCEWICZ PAWEŁ	430	UKS PIĄTKA PLUS RYDUŁTOWY / FORMA WODZISŁAW ŚLĄSKI	GOŁKOWICE	POL	M40-49	154	M 471	00:16:35	00:28:34	00:42:34	00:55:26	00:58:58.55	00:59:20.25	5:53	10.2
155	KOWALSKI PIOTR	543		JASTRZĘBIE-ZDRÓJ	POL	M40-49	155	M 476	00:17:50	00:30:18	00:44:21	00:55:44	00:59:01.25	00:59:49.95	5:54	10.2
156	MAREK JAROSŁAW	409		SOSNOWIEC	POL	M40-49	156	M 483	00:17:55	00:30:25	00:44:35	00:57:02	01:00:23.70	01:01:02.95	6:02	9.9
157	LURANC PAWEŁ	774	MARCYK-LURANC TEAM	JASTRZĘBIE-ZDRÓJ	POL	M40-49	157	M 484	00:18:30	00:31:12	00:45:17	00:57:36	01:01:03.20	01:01:45.75	6:06	9.8
158	SOBIERAJ PAWEŁ	914		JASTRZĘBIE ZDROJ	POL	M40-49	158	M 488	00:16:41	00:29:29	00:44:44	00:58:13	01:02:00.35	01:02:36.90	6:12	9.7
159	WÓJCIK DARIUSZ	670	ŻORY	ŻORY	POL	M40-49	159	M 495	00:18:24	00:31:10	00:46:18	00:59:49	01:03:34.35	01:04:20.60	6:21	9.4
160	KUCZERA MAREK	413	INŻYNIERIA BIEGANIA	CZERNICA	POL	M40-49	160	M 494	00:18:03	00:30:57	00:46:28	00:59:53	01:03:44.45	01:04:14.90	6:22	9.4
161	ŚMIETANA MARIUSZ	474	TUPOŃ MAŁYCH STÓPEK	RACIBÓRZ	POL	M40-49	161	M 496	00:17:41	00:30:05	00:45:48	00:59:51	01:03:56.50	01:04:41.85	6:23	9.4
162	HEFTOWICZ DOMINIK	861	ALE WSPIERA	ZGIERZ	POL	M40-49	162	M 498	00:18:16	00:31:21	00:46:42	01:00:17	01:04:10.10	01:04:50.45	6:25	9.4

JASTRZĘBSKA DZIESIĄTKA, M40-49 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
163	ZIMNY IRENEUSZ	36		RYBNIK	POL	M40-49	163	M 497	00:18:13	00:31:26	00:47:13	01:00:30	01:04:22.00	01:04:48.10	6:26	9.3
164	ZAWADA JAKUB	786	NAJMNIEJSZE PAŃSTWO ŚWIATA	CHRZANÓW	POL	M40-49	164	M 507	00:19:36	00:33:15	00:49:01	01:02:47	01:06:27.55	01:07:16.00	6:38	9
165	KUBAS MARIUSZ	322	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	M40-49	165	M 509	00:19:57	00:34:52	00:53:10	01:07:58	01:11:53.45	01:12:38.40	7:11	8.3
166	SPYNIĘWSKI GRZEGORZ	818	WRM MC POLAND	JASTRZĘBIE-ZDRÓJ	POL	M40-49	166	M 515	00:17:34						6:03	9.9

JASTRZĘBSKA DZIESIĄTKA, K50-59

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	SOKOŁOWSKA ANNA	394	BRAK	MESZNA	POL	K50-59	1	K 47	00:14:01	00:23:57	00:35:45	00:46:01	00:49:05.15	00:49:25.85	4:54	12.2
2	MACURA EWA	306	HRMAX ŻORY	ŻORY	POL	K50-59	2	K 64	00:14:38	00:25:22	00:38:23	00:48:58	00:51:56.60	00:52:21.30	5:11	11.5
3	RZEPECKA BOŻENA	645	OLZA CIESZYN	POGWIZDOW	POL	K50-59	3	K 85	00:15:01	00:25:51	00:38:32	00:49:39	00:52:51.80	00:53:22.55	5:17	11.3
4	MUSIAŁ MARIA	407		JASTRZĘBIE-ZDRÓJ	POL	K50-59	4	K 94	00:15:40	00:26:36	00:39:31	00:50:26	00:53:37.45	00:54:08.80	5:21	11.2
5	BARAN IRENA	25	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	K50-59	5	K 142	00:16:25	00:28:04	00:42:08	00:53:40	00:57:04.95	00:57:39.25	5:42	10.5
6	GANKO GRAŻYNA	399		JASTRZĘBIE ZDRÓJ	POL	K50-59	6	K 159	00:17:12	00:29:12	00:43:12	00:55:16	00:58:44.25	00:59:03.10	5:52	10.2
7	RĘKAL DOROTA	552		ZEBRZYDOWICE	POL	K50-59	7	K 162	00:15:41	00:27:26	00:42:03	00:55:05	00:58:45.95	00:59:13.10	5:52	10.2
8	KOSOWSKA GRAŻYNA	576	KOBIETY NA5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	8	K 179	00:17:02	00:29:07	00:43:25	00:55:57	00:59:13.05	00:59:56.35	5:55	10.1
9	TYCZYŃSKA MAŁGORZATA	285	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50-59	9	K 186	00:16:31	00:28:50	00:43:17	00:55:55	00:59:31.65	01:00:05.65	5:57	10.1
10	ŻAGIEL EDYTA	102		RACIBÓRZ	POL	K50-59	10	K 189	00:16:29	00:28:13	00:42:58	00:55:52	00:59:46.60	01:00:20.00	5:58	10
11	NIEDZIOŁKO BOŻENA	90	KOBIETY NA5+	JASRZĘBIE-ZDRÓJ	POL	K50-59	11	K 191	00:16:41	00:29:04	00:43:43	00:56:12	00:59:50.00	01:00:23.75	5:59	10
12	STEKLA JOANNA	598		SKOCZÓW	POL	K50-59	12	K 212	00:17:30	00:30:19	00:45:38	00:58:42	01:02:30.05	01:03:07.10	6:15	9.6
13	KIERMASZEK BARBARA	428	J TEAM	WODZISŁAW ŚLĄSKI	POL	K50-59	13	K 239	00:19:10	00:32:23	00:48:22	01:01:59	01:06:02.15	01:06:36.15	6:36	9.1
14	ROTTER HANNA	427	J TEAM	JASTRZĘBIE-ZDRÓJ	POL	K50-59	14	K 240	00:19:11	00:32:24	00:48:24	01:02:01	01:06:02.65	01:06:36.20	6:36	9.1
15	KOWALSKA DOROTA	237	SBD ENERGETYK RYBNIK	RYBNIK	POL	K50-59	15	K 259	00:20:49	00:35:18	00:52:40	01:07:40	01:11:52.55	01:12:30.05	7:11	8.3
16	ŁANUCHA MARIOLA	100	KOBIETY NA 5+	JASTRZĘBIE ZDRÓJ	POL	K50-59	16	K 261	00:20:52	00:36:07	00:53:24	01:08:24	01:12:56.20	01:13:40.90	7:17	8.2

JASTRZĘBSKA DZIESIĄTKA, M50-59

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	KNESZ MAREK	464		JEJKOWICE	POL	M50-59	1	M 31	00:10:35	00:18:13		00:34:44	00:37:01.20	00:37:04.10	3:42	16.2
2	NIEDZIELA STEFAN	599	WIECZNOŚĆ	KNURÓW	POL	M50-59	2	M 92	00:11:25	00:19:45	00:29:47	00:38:16	00:40:37.40	00:40:41.40	4:03	14.8
3	GÓRNY MIREK	461	NUTREND TEAM	BIELSKO-BIAŁA	POL	M50-59	3	M 94	00:11:33	00:19:55	00:29:52	00:38:18	00:40:42.10	00:40:46.10	4:04	14.7
4	BULENDA GRZEGORZ	65	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	4	M 99	00:11:40	00:19:57	00:29:44	00:38:14	00:40:46.85	00:40:56.90	4:04	14.7
5	KUTIAN ADAM	813		KĘDZIERZYN-KOŹLE	POL	M50-59	5	M 111	00:12:00	00:20:36	00:30:23	00:38:52	00:41:19.80	00:41:28.70	4:08	14.5
6	ADAMCZEWSKI WALDEMAR	37		JASTRZĘBIE-ZDRÓJ	POL	M50-59	6	M 116	00:12:13	00:20:55	00:30:55	00:39:34	00:41:56.60	00:42:07.80	4:11	14.3
7	LORANC MACIEJ	357	NUTREND BIEGA	BIELSKO-BIAŁA	POL	M50-59	7	M 124	00:12:42	00:21:28	00:31:22	00:39:50	00:42:09.65	00:42:23.00	4:13	14.2
8	PRZYBYSZ RYSZARD	206		ZORY	POL	M50-59	8	M 132	00:12:25	00:21:08	00:31:11	00:40:01	00:42:30.10	00:42:44.20	4:15	14.1
9	GLAJC ANDRZEJ	561	WYPAS RUN	SKOCZÓW	POL	M50-59	9	M 134	00:11:42	00:20:25	00:30:48	00:40:13	00:42:43.60	00:42:52.75	4:16	14
10	PIŁATOWSKI MIROSŁAW	85	KB MOSIR JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	POL	M50-59	10	M 138	00:12:18	00:21:07	00:31:24	00:40:18	00:42:48.55	00:42:57.90	4:16	14
11	TOMCZYK LESŁAW	854	OLZA CIESZYN	CIESZYN	POL	M50-59	11	M 141	00:12:36	00:21:22	00:31:22	00:40:16	00:42:53.40	00:43:05.05	4:17	14
12	MROWIEC BERNARD	393	TEMPO TWORKÓW	TWORKÓW	POL	M50-59	12	M 150	00:12:40	00:21:37	00:31:59	00:40:47	00:43:11.80	00:43:24.95	4:19	13.9
13	UCIEKŁAK WALDEMAR	221	PSZCZÓŁKOWSKI TEAM	CZĘSTOCHOWA	POL	M50-59	13	M 153	00:12:46	00:21:35	00:31:52	00:40:49	00:43:22.80	00:43:35.85	4:20	13.8
14	DOBROWOLSKI SŁAWEK	219	NAPRZÓD MŁOCINY	WARSZAWA	POL	M50-59	14	M 162	00:12:47	00:21:44	00:32:10	00:41:05	00:43:32.65	00:43:48.30	4:21	13.8
15	SKWARLIŃSKI MIROSŁAW	874		ZORY	POL	M50-59	15	M 185	00:12:43	00:21:49	00:32:23	00:41:37	00:44:21.35	00:44:31.50	4:26	13.5
16	WOŁOSZYN RYSZARD	367	WAPIENICKITEAM	BIELSKO - BIAŁA	POL	M50-59	16	M 202	00:13:03	00:22:27	00:33:14	00:42:22	00:44:51.40	00:45:05.05	4:29	13.4
17	KOWALSKI ROBERT	236	SBD ENERGETYK RYBNIK	RYBNIK	POL	M50-59	17	M 227	00:13:22	00:22:45	00:33:30	00:42:55	00:45:34.15	00:45:52.80	4:33	13.2
18	URBASIK MARIUSZ	205	RYDUŁTOWY	RYDUŁTOWY	POL	M50-59	18	M 229	00:13:32	00:23:00	00:33:50	00:43:03	00:45:38.15	00:45:57.65	4:33	13.1
19	MAZURKIEWICZ JAROSŁAW	687		STRUMIEŃ	POL	M50-59	19	M 240	00:13:08	00:22:41	00:33:56	00:43:25	00:46:12.05	00:46:27.00	4:37	13
20	GWÓZDŹ ANDRZEJ	882	POWOLI DO CELU	WOLA	POL	M50-59	20	M 242	00:13:19	00:22:45	00:33:50	00:43:29	00:46:15.65	00:46:29.55	4:37	13
21	KULAWIAK BOGDAN	480		JASTRZĘBIE-ZDRÓJ	POL	M50-59	21	M 267	00:13:50	00:23:17	00:34:37	00:44:35	00:47:11.95	00:47:35.30	4:43	12.7
22	ODROZEK ALFRED	626		JASTRZĘBIE -ZDRÓJ	POL	M50-59	22	M 282	00:13:56	00:23:48	00:35:12	00:45:06	00:47:50.50	00:48:07.35	4:47	12.5
23	BARAN RYSZARD	767	RAFAKO S.A.	RACIBÓRZ	POL	M50-59	23	M 284	00:13:41	00:23:37	00:35:08	00:45:12	00:48:04.40	00:48:19.35	4:48	12.5
24	GAWLAS JAN	725		JASTRZĘBIE	POL	M50-59	24	M 295	00:14:15	00:24:02	00:35:23	00:45:11	00:48:05.10	00:48:31.70	4:48	12.5
25	SZEWCUK ZBIGNIEW	200	RAFAKO RUN TEAM	RACIBÓRZ	POL	M50-59	25	M 308	00:13:53	00:24:03	00:35:43	00:45:48	00:48:51.80	00:49:04.35	4:53	12.3

JASTRZĘBSKA DZIESIĄTKA, M50-59 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
26	KOTARSKI MAREK	450	TKKF RELAX WODZISŁAW ŚLASKI	WODZISŁAW ŚLASKI	POL	M50-59	26	M 324	00:14:37	00:24:43	00:36:12	00:46:09	00:49:08.95	00:49:39.80	4:54	12.2
27	JASIŃSKI MAKSYMILIAN	82		JASTRZĘBIE-ZDRÓJ	POL	M50-59	27	M 330	00:14:38	00:24:53	00:36:35	00:46:46	00:49:31.45	00:49:58.80	4:57	12.1
28	DOMAGALIK ROBERT	254		JASTRZĘBIE ZDRÓJ	POL	M50-59	28	M 344	00:15:04	00:25:17	00:37:02	00:47:05	00:50:02.95	00:50:34.50	5:00	12
29	LECHOWICZ TADEUSZ	31	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M50-59	29	M 346	00:14:41	00:24:59	00:37:00	00:47:19	00:50:17.45	00:50:42.30	5:01	11.9
30	RASZKA JANUSZ	419	OLZA CIESZYN	CIESZYN	POL	M50-59	30	M 354	00:14:37	00:24:50	00:37:11	00:48:05	00:51:00.70	00:51:22.45	5:06	11.8
31	SOKOŁOWSKI PIOTR	395	BRAK	MESZNA	POL	M50-59	31	M 361	00:15:10	00:25:32	00:37:55	00:48:20	00:51:22.90	00:51:56.15	5:08	11.7
32	BURNAGIEL TOMASZ	27		CZERWIONKA-LESZCZYNY	POL	M50-59	32	M 363	00:15:16	00:25:59	00:38:11	00:48:36	00:51:34.10	00:51:59.90	5:09	11.6
33	MARCINIAK ARTUR	710		BRENNA	POL	M50-59	33	M 388	00:15:29	00:26:25	00:38:55	00:49:43	00:52:45.35	00:53:12.50	5:16	11.4
34	ZAWIERUCHA ALEKSANDER	488	ROSZADA ŻORY	ŻORY	POL	M50-59	34	M 414	00:16:06	00:27:14	00:40:01	00:51:00	00:53:57.10	00:54:37.30	5:23	11.1
35	CHROBOK GERARD	535		CIESZYN	POL	M50-59	35	M 411	00:15:22	00:26:24	00:39:26	00:50:41	00:53:58.10	00:54:28.55	5:23	11.1
36	BANDIK PAVEL	350	SK ČERNÉ PLÍČE	FRÝDLANT NAD OSTRAVICÍ	CZE	M50-59	36	M 416	00:16:09	00:27:23	00:40:11	00:51:04	00:54:09.35	00:54:43.45	5:24	11.1
37	WOLIŃSKI JÓZEF	114		GLIWICE	POL	M50-59	37	M 420	00:15:57	00:26:55	00:39:50	00:51:05	00:54:15.70	00:54:53.30	5:25	11.1
38	WĘGLEWSKI ZBIGNIEW	672		JASTRZĘBIE ZDRÓJ	POL	M50-59	38	M 430	00:15:55	00:27:09	00:40:09	00:51:39	00:54:53.95	00:55:25.30	5:29	10.9
39	SOBCZYK SŁAWOMIR	627	PASJONAT	TYCHY	POL	M50-59	39	M 442	00:17:00	00:28:30	00:41:27	00:52:28	00:55:28.75	00:56:10.35	5:32	10.8
40	MŁYNARCZYK JERZY	403	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M50-59	40	M 444	00:15:53	00:27:07	00:40:34	00:52:31	00:56:04.75	00:56:27.40	5:36	10.7
41	PŁONKA KRZYSZTOF	740		JASTRZĘBIE-ZDRÓJ	POL	M50-59	41	M 448	00:15:48	00:27:19	00:41:02	00:53:10	00:56:35.15	00:57:00.35	5:39	10.6
42	KUBICA TADEUSZ	353	BWM	ŻORY	POL	M50-59	42	M 453	00:16:30	00:28:01	00:41:43	00:53:28	00:56:50.85	00:57:26.05	5:41	10.6
43	BUJNA TOMASZ	23		JASTRZĘBIE ZDRÓJ	POL	M50-59	43	M 459	00:16:23	00:28:22	00:42:21	00:54:10	00:57:38.55	00:58:10.85	5:45	10.4
44	GIL KRZYSZTOF	799		JASTRZĘBIE-ZDRÓJ	POL	M50-59	44	M 477	00:16:00	00:27:50	00:42:35	00:55:54	00:59:27.70	00:59:51.55	5:56	10.1
45	OSTROWSKI SŁAWOMIR	315		JASTRZĘBIE-ZDRÓJ	POL	M50-59	45	M 499	00:18:27	00:31:33	00:47:01	01:00:25	01:04:20.85	01:05:03.05	6:26	9.3
46	KAWULAK KAZIMIERZ	494	KB MCKIS JAWORZNO	JAWORZNO	POL	M50-59	46	M 504	00:18:36	00:32:16	00:48:21	01:02:01	01:05:54.30	01:06:34.90	6:35	9.1
47	PRZYŁUCKI GRZEGORZ	611		PRECZÓW	POL	M50-59	47	M 505	00:18:43	00:32:00	00:48:26	01:02:11	01:05:57.90	01:06:43.00	6:35	9.1
48	ZBYL JACEK	172		JASTRZĘBIE ZDRÓJ	POL	M50-59	48	M 506	00:18:32	00:32:33	00:48:09	01:02:05	01:06:11.95	01:06:49.15	6:37	9.1
49	PROĆ ANDRZEJ	61	REBELLION OF FREE RUNNERS	BALIN	POL	M50-59	49	M 508	00:18:28	00:32:59	00:49:49	01:04:28	01:08:24.15	01:08:53.90	6:50	8.8

JASTRZĘBSKA DZIESIĄTKA, K60-69

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	SIKORA ALICJA	609	TEAM SIKORA	BIELSKO - BIAŁA	POL	K60-69	1	K 54	00:14:49	00:25:04	00:37:03	00:47:09	00:50:08.85	00:50:27.80	5:00	12
2	MAREK-WRÓBEL EDYTA	680		RYBNIK	POL	K60-69	2	K 106	00:16:08	00:27:23	00:40:10	00:51:08	00:54:19.70	00:54:55.40	5:26	11
3	KOSMAŁA STANISŁAWA	472		ŁĄKA	POL	K60-69	3	K 123	00:16:40	00:28:07	00:41:20	00:52:31	00:55:46.65	00:56:17.50	5:34	10.8
4	SIENIAWSKA JANINA	109	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	K60-69	4	K 154	00:17:18	00:29:12	00:42:51	00:54:42	00:58:05.40	00:58:34.95	5:48	10.3
5	PIPIRO GRAŻYNA	193	KOBIETY 5+	JASTRZĘBIE ZDRÓJ	POL	K60-69	5	K 208	00:18:17	00:30:55	00:45:42	00:58:13	01:01:46.50	01:02:28.55	6:10	9.7

JASTRZĘBSKA DZIESIĄTKA, M60-69

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	DZIARSKI WIESŁAW	240	ERBUD RYBNIK	RYBNIK	POL	M60-69	1	M 79	00:11:30	00:37:21			00:39:43.45	00:39:51.85	3:58	15.1
2	BRODACKI WALDEMAR	909	CHEMIX NOXY PUŁAWY	PUŁAWY	POL	M60-69	2	M 89	00:11:46	00:20:04	00:29:41	00:37:54	00:40:19.00	00:40:24.90	4:01	14.9
3	SZCZERZEK ZBIGNIEW	636		ZABRZE	POL	M60-69	3	M 281	00:13:51	00:23:45	00:35:11	00:45:03	00:47:52.05	00:48:07.25	4:47	12.5
4	MACHEJ STANISŁAW	703	NIEZRZESZONY	CIESZYN	POL	M60-69	4	M 321	00:14:36	00:24:47	00:36:22	00:46:12	00:49:07.40	00:49:29.65	4:54	12.2
5	TORBIŃSKI WIESŁAW	159	SZARE MORSY	JASTRZĘBIE-ZDRÓJ	POL	M60-69	5	M 335	00:14:38	00:24:49	00:36:27	00:46:44	00:49:40.15	00:50:04.55	4:58	12.1
6	DANIELUK KAZIMIERZ	404	PKM ŚNIEŻNE KOTŁY	JASTRZĘBIE ZDRÓJ	POL	M60-69	6	M 337	00:14:19	00:24:24	00:36:24	00:46:54	00:49:45.65	00:50:08.60	4:58	12.1
7	SZUL JÓZEF	634		ŻORY	POL	M60-69	7	M 357	00:15:06	00:25:26	00:37:56	00:48:47	00:51:42.45	00:51:42.45	5:10	11.6
8	CHMIEL JACEK	499		JASTRZĘBIE-ZDRÓJ	POL	M60-69	8	M 436	00:16:15	00:27:32	00:40:37	00:52:05	00:55:14.40	00:55:42.35	5:31	10.9
9	PIETRZYK MAREK	556	BIEGIEM PRZEZ CHYBIE	CHYBIE	POL	M60-69	9	M 450	00:16:13	00:27:47	00:41:28	00:53:12	00:56:35.95	00:57:11.60	5:39	10.6
10	NADROWSKI TADEUSZ	739	TYTUŁ	ŻORY	POL	M60-69	10	M 452	00:16:34	00:28:13	00:41:52	00:53:38	00:56:54.95	00:57:24.40	5:41	10.5
11	KOTERYNA JANUSZ	641	AMATOR	ŻORY	POL	M60-69	11	M 455	00:16:20	00:27:58	00:41:53	00:53:45	00:57:10.30	00:57:36.30	5:43	10.5

JASTRZĘBSKA DZIESIĄTKA, M70+

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.9km	5km	7.3km	9.4km	Netto	Brutto	min/km	km/h
1	KRASKA WŁODZIMIERZ	401	NIEZRZESZONY	KRAKOW	POL	M70+	1	M 224	00:12:50	00:21:59	00:32:58	00:42:38	00:45:34.10	00:45:48.20	4:33	13.2
2	KOPTA JERZY	80	CWAŁUJĄCE DZIADKI	KRAKÓW	POL	M70+	2	M 393	00:15:27	00:26:08	00:38:51	00:49:47	00:52:49.40	00:53:17.05	5:17	11.4
3	GRABKA STANISŁAW	737	NIEZRZESZONY	KRAKOW	POL	M70+	3	M 434	00:16:14	00:27:30	00:40:52	00:52:03	00:55:04.80	00:55:34.95	5:30	10.9
4	PIOTROWSKI MIECZYSLAW	583		DĄBROWA GÓRNICZA	POL	M70+	4	M 500	00:18:14	00:31:32	00:47:19	01:01:06	01:04:45.70	01:05:15.15	6:28	9.3
5	BAŃKA JAN	601	NIEZRZESZONY	CZĘSTOCHOWA	POL	M70+	5	M 511	00:21:35	00:36:28	00:54:56	01:10:31	01:14:49.35	01:15:40.20	7:29	8

JASTRZĘBSKA DZIESIĄTKA, Klasyfikacja drużynowa

Miejsce	Drużyna	Zawodnicy klasyfikowani	Czas	Czas drużyny
1	INŻYNIERIA BIEGANIA TEAM	MATEUSZ MRÓWKAMARCIN CIEPŁAKRADOSŁAW KASPRZAKJAREK KOZDOŃKATARZYNA LASKOWSKA	00:31:49.1500:33:14.0500:33:21.5000:33:46.6500:41:29.50	02:53:39
2	1SECONDALETEAM	RENATA PŁIŚDOMINIK BŁASZCZYKSYLWIA ŚLĘZAKKASIA GOLBADARIA MENDECKA	00:34:12.9000:36:28.2500:36:33.5000:37:24.6000:39:44.60	03:04:22
3	KB MOSIR JASTRZĘBIE	GRZEGORZ SZULIKANDRZEJ WŁOCHDAGMARA DZIUKTAEDEUSZ SIEGMUNDMIROSLAW PIŁATOWSKI	00:34:10.7500:34:14.2500:39:27.4000:41:18.7500:42:48.55	03:11:57
4	NIEWYBIEGANI	MARIUSZ WALCZYŃSKI GRZEGORZ PORĘBAPAWEŁ DZIĘGIEŁOWSKI KRZYSZTOF KOKOTANNA JANKO	00:36:44.6500:37:04.8500:37:20.1500:37:52.0000:44:00.35	03:13:00
5	BZIEGACZE	WOJCIECH LIZAKROMAN RAJWAANETA SUWAJAN RAJWATOMASZ BIAŁECKI	00:35:04.0000:35:58.2000:38:41.6500:41:13.5500:42:21.30	03:13:17
6	GB GALOPUJĄCE ŚLIMAKI	DAMIAN GIŻYŃSKIARKADIUSZ ALBRECHTKRYSTIAN ALBRECHTKAROL KOGUCIUKBARBARA WÓJCIK-KRZYŻOWSKA	00:37:56.6000:38:05.3000:38:05.9500:38:18.5000:49:41.90	03:22:05
7	OLZA CIESZYN	GRZEGORZ WÓWRYMAREK MATUSZNYKLAUDIUSZ WÓWRYGRZEGORZ OGIERMANKINGA KOWALSKA	00:37:37.2500:37:42.1000:40:15.1000:41:56.6000:45:45.45	03:23:15
8	ATHLETICS NYSA	PRZEMYSŁAW MARCINIADAM KUTIANSYLWIA PIETROCZUKROBERT SUCHANEKJACEK GMERNICKI	00:37:13.1000:41:19.8000:41:38.8000:42:56.2000:44:56.95	03:28:02
9	YNO ULTRA	DAMIAN MAJERTOMASZ WIECZOREKMACIEJ ROGALAMARTA KRAKOWCZYKKRYSTIAN LUBSZCZYK	00:39:27.2500:42:29.7000:43:01.4500:46:19.7500:47:09.90	03:38:25
10	RAFAKO RUN TEAM	PAWEŁ KLINIKGRZEGORZ BULENDAKRZYSZTOF JEREMICZZBIGNIEW SZEWCZUKGABRIELA SOBCZYK	00:37:09.6000:40:46.8500:42:40.4500:48:51.8001:03:22.95	03:52:48
11	RADLINIOKI W BIEGU	KRZYSZTOF LEŚNIAKDARIUSZ KRAUSEARTUR HEJNASYLWIA KRAUSEIZABELA HEJNA	00:42:01.1500:43:00.5500:49:41.2000:54:04.2500:56:43.15	04:05:29
12	KLUB BIEGACZA FARTLEK	DAMIAN BOŁOZDAWID KIEPIELAJACEK BURYBAGRZEGORZ HARATYKADRIANA PROKOPIUK	00:41:11.8500:44:07.4500:48:07.2500:49:10.1001:14:18.45	04:16:53
13	KOBIETY NA 5+	BARBARA PIWISZKISJOANNA GORZELAKWIOLETA NALEWAJKAJOLANTA SIEGMUNDAGNIESZKA KIEŁKOWSKA	00:44:08.6000:50:04.8000:54:11.1000:54:56.7500:55:50.80	04:19:05
14	BYLE DO METY	JOANNA BIAŁONCZYK MAREK STRZAŁAŁTOMASZ GRZESZCZUKDOROTA RĘKALDOROTA BADURA	00:52:19.6500:54:32.2500:56:44.1000:58:45.9501:00:36.25	04:42:56
15	KUCE Z BRONKSU	MICHAŁ LOTDAWID RYZLUKASZ ADAMIKROBERT HAJNSZKAROLINA ZAIK	00:48:08.4000:54:58.1000:58:52.9501:00:10.9501:03:20.30	04:45:28