

**GLIWICKA DYCHA**

Organizator: Fundacja Bieg Rzeźnika

Data: 2017-10-22

Miejsce: Gliwice

Dystans: 10 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 2000 miejsc wg czasu brutto

**GLIWICKA DYCHA, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	FORMICKI RAFAŁ	2461	CKS BUDOWLANI CZĘSTOCHOWA	ZAWIERCIE	POL	M-20	1	M 1	00:13:57	00:19:34		00:37:11.15	00:37:12.65	3:43	16.1
2	JARCO DOMINIK	2234	ALPIN SPORT TEAM	PIETRZYKOWICE	POL	M-20	2	M 2	00:14:08	00:20:01	00:03:33	00:37:13.05	00:37:13.95	3:22	17.8
3	ROSIŃSKI ARTUR	2354	PARKRUN KATOWICE	RUDA ŚLĄSKA	POL	M-20	3	M 3	00:15:19	00:20:58	00:03:33	00:37:18.35	00:37:19.25	3:22	17.8
4	WOJDYŁA MATEUSZ	2313	GMINA STRZELCE OPOLSKIE	KALINOWICE	POL	M-30	1	M 4	00:14:25	00:20:22	00:03:33	00:37:30.30	00:37:32.90	3:23	17.7
5	WINKLER TOMASZ	2470		MARKLOWICE	POL	M-30	2	M 5	00:15:18	00:20:58	00:03:33	00:37:44.15	00:37:45.10	3:25	17.5
6	SLADEK DOMINIK	2205	NIEZRZESZONY	ZABRZE	POL	M-20	4	M 6	00:15:25	00:21:48		00:38:16.10	00:38:17.35	3:49	15.7
7	PSTRAŚ LESZEK	2085	PARKRUN KATOWICE	KATOWICE	POL	M-30	3	M 7	00:16:00	00:22:20		00:38:23.90	00:38:23.90	3:50	15.6
8	WYSOCKI MARIUSZ	2352	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M-40	1	M 8	00:16:18	00:22:38		00:38:28.50	00:38:36.85	3:50	15.6
9	BUJNOWSKI ARTUR	2044	SOKÓŁ / ENDURANCE KNURÓW	KNURÓW	POL	M-30	4	M 9	00:15:58	00:22:21		00:38:53.10	00:38:55.75	3:53	15.4
10	CZERWIŃSKI MICHAŁ	2540	SBD ENERGETYK RYBNIK	RYBNIK	POL	M-30	5	M 10	00:15:55	00:22:27		00:38:57.05	00:38:58.90	3:53	15.4
11	JUCHA PRZEMYSŁAW	2524	ANTONTEM		POL	M-30	6	M 11	00:16:55	00:23:39		00:39:49.85	00:39:52.90	3:58	15.1
12	KAUF DAMIAN	2446		ZABRZE	POL	M-30	7	M 12	00:16:16	00:22:57		00:39:57.05	00:40:01.05	3:59	15
13	BŁASZCZYK DOMINIK	2401	NIGHT RUNNERS	KALETY	POL	M-20	5	M 13	00:16:38	00:23:13		00:40:10.05	00:40:12.50	4:01	14.9
14	OCHMAN PAWEŁ	2431	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	8	M 14	00:16:59	00:23:40		00:40:15.05	00:40:19.05	4:01	14.9
15	PRZEŹDZIAK ZYGMUNT	2323	KRONOSPAN STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	M-40	2	M 15	00:16:51	00:23:34		00:40:21.85	00:40:26.45	4:02	14.9
16	PIOTROWSKI ŁUKASZ	2210		RUDA ŚLĄSKA	POL	M-30	9	M 16	00:16:29	00:23:16		00:40:38.55	00:40:40.05	4:03	14.8
17	WISZYŃSKI DAMIAN	2357		CHORZÓW	POL	M-30	10	M 17	00:16:57	00:23:46		00:40:41.35	00:40:44.15	4:04	14.7
18	LAMPARSKI ŁUKASZ	2063		GÓRKI WIELKIE	POL	M-20	6	M 18	00:16:43	00:23:38		00:40:59.95	00:41:01.70	4:06	14.6
19	RAJWA MARCIN	2375		RADLIN	POL	M-20	7	M 19	00:16:09	00:23:09		00:41:06.30	00:41:09.40	4:06	14.6
20	CIECIAK GRZEGORZ	2480	MEGWAT RUNNING TEAM	ŻORY	POL	M-40	3	M 20	00:17:04	00:23:52		00:41:07.15	00:41:15.80	4:06	14.6
21	GOLBA KASJA	2543	1SECOND TEAM		POL	K-20	1	K 1	00:16:52	00:23:55		00:41:22.65	00:41:25.30	4:08	14.5
22	SZABELSKI KRZYSZTOF	2397	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	11	M 21	00:16:47	00:23:41		00:41:26.65	00:41:32.85	4:08	14.5
23	GRAMATYKA JAN	2399	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 22	00:16:48	00:23:42		00:41:27.05	00:41:32.85	4:08	14.5
24	LEWICKA ELŻBIETA	2149	NIEZRZESZONA	KNURÓW	POL	K-40	1	K 2	00:17:24	00:24:19		00:41:43.75	00:41:46.20	4:10	14.4
25	WISZNIEWSKI DARIUSZ	2382	ANTONTEAM	KĘDZIERZYN-KOŹLE	POL	M-40	4	M 23	00:16:55	00:23:55		00:42:02.15	00:42:05.50	4:12	14.3
26	MAJ WITOLD	2475	OLDBOYS TRUSKOLASY	WRĘCZYCA WIELKA	POL	M-50	1	M 24	00:17:03	00:24:04		00:42:04.15	00:42:20.85	4:12	14.3
27	ALKER ANDRZEJ	2087		GLIWICE	POL	M-20	8	M 25	00:17:31	00:24:43		00:42:57.45	00:43:00.75	4:17	14
28	WASZTYL GRZEGORZ	2520		KATOWICE	POL	M-40	5	M 26	00:17:28	00:24:37		00:42:57.25	00:43:07.15	4:17	14
29	NIKIEL MARCIN	2054		ZABRZE	POL	M-30	13	M 27	00:17:26	00:24:38		00:43:06.45	00:43:10.30	4:18	13.9
30	ZDEBEL DARIUSZ	2160	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M-40	6	M 28	00:18:04	00:25:14		00:43:11.90	00:43:19.40	4:19	13.9
31	MAJEWSKI ANDRZEJ	2303	KRONOSPAN STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	M-30	14	M 29	00:18:02	00:25:20		00:43:29.50	00:43:37.30	4:21	13.8
32	MAJ-DZIUBAŃSKA IZABELA	2262	AKMB PĘDZIWIATR GLIWICE	PYSKOWICE	POL	K-30	1	K 3	00:17:45	00:25:07		00:43:46.65	00:43:50.05	4:22	13.7
33	KUCHTA MIROSŁAW	2212	REMAGUM	KATOWICE	POL	M-50	2	M 30	00:18:00	00:25:23		00:44:08.40	00:44:12.40	4:24	13.6
34	ROSIKON TOMASZ	2269		GLIWICE	POL	M-30	15	M 31	00:18:01	00:25:18		00:44:07.00	00:44:15.05	4:24	13.6
35	GŁOWA DARIUSZ	2243		ZABRZE	POL	M-40	7	M 32	00:18:28	00:25:51		00:44:15.45	00:44:21.55	4:25	13.6
36	BOMBELKA DANIEL	2376	KRONOSPAN STRZELCE OPOLSKIE	JEMIELNICA	POL	M-20	9	M 33	00:18:49	00:26:09		00:44:15.20	00:44:22.55	4:25	13.6
37	BIENIECKI MAREK	2539	OTK RZEŹNIK	GLIWICE	POL	M-18	1	M 34	00:18:12	00:25:33		00:44:30.80	00:44:39.30	4:27	13.5
38	NOWAK MATEUSZ	2050		GLIWICE	POL	M-20	10	M 35	00:17:58	00:25:39		00:44:41.40	00:44:43.75	4:28	13.4
39	BRZOSKA PIOTR	2363	BIEGNĘ BO MI MARCIN KAZAŁ	PANIÓWKI	POL	M-30	18	M 36	00:18:24	00:25:52		00:44:47.10	00:44:50.40	4:28	13.4

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
40	KRAUSE SZYMON	2155		TARNOWSKIE GÓRY	POL	M-30	19	M 37	00:18:24	00:26:01		00:44:52.05	00:44:55.25	4:29	13.4
41	JAKUBIAK DAWID	2084	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M-30	17	M 38	00:18:43	00:26:21		00:44:42.85	00:45:01.05	4:28	13.4
42	HALMAN TOMASZ	2371		GLIWICE	POL	M-30	16	M 39	00:18:11	00:25:42		00:44:37.55	00:45:03.15	4:27	13.4
43	BABIUCH KAROL	2321		ŁANY WIELKIE	POL	M-30	21	M 40	00:18:33	00:25:59		00:45:13.75	00:45:31.70	4:31	13.3
44	GAWLIK SANDRA	2187		STRZELCE OPOLSKIE	POL	K-30	2	K 4	00:18:42	00:26:20		00:45:32.20	00:45:34.85	4:33	13.2
45	MRÓZEK TOMASZ	2265		GLIWICE	POL	M-30	22	M 41	00:19:13	00:26:39		00:45:22.40	00:45:44.70	4:32	13.2
46	JURGA ADAM	2384	KS OLKUSZ	OLKUSZ	POL	M-30	23	M 42	00:18:22	00:26:05		00:45:37.30	00:45:45.10	4:33	13.1
47	LNIANY BENIAMIN	2039	POBIEGA(L)NIANY	RUĐA ŚLĄSKA	POL	M-40	8	M 43	00:18:42	00:26:25		00:45:45.40	00:45:52.05	4:34	13.1
48	PACANA PATRYK	2043	DRUŻYNA ŚWIĘTEGO MARCINA	TARNOWSKIE GÓRY	POL	M-20	13	M 44	00:18:59	00:26:21		00:45:42.00	00:45:55.30	4:34	13.1
49	CZERNIK JAKUB	2396	ELZAB ACTIVE TEAM	PIEKARY ŚLĄSKIE	POL	M-20	14	M 45	00:18:26	00:26:05		00:45:52.95	00:46:09.30	4:35	13.1
50	SMOTER WOJCIECH	2507	SBRT GLIWICE	GLIWICE	POL	M-40	10	M 46	00:18:46	00:26:31		00:46:09.30	00:46:13.00	4:37	13
51	DONIGIEWICZ MARIUSZ	2315		GLIWICE	POL	M-30	20	M 47	00:19:14	00:26:36		00:45:09.80	00:46:13.55	4:31	13.3
52	CZYŻYKOWSKI MARCIN	2307	SW RUNNERS	ŚWIĘTOCHŁOWICE	POL	M-40	9	M 48	00:18:56	00:26:28		00:45:56.00	00:46:20.95	4:35	13.1
53	BUGAJCZYK PIOTR	2069	PROGRESS BYTOM	BYTOM	POL	M-30	25	M 49	00:18:39	00:26:24		00:46:24.40	00:46:28.55	4:38	12.9
54	KŁACZEK GRZEGORZ	2428	WIESZOWA	WIESZOWA	POL	M-50	3	M 50	00:19:09	00:26:51		00:46:23.10	00:46:30.50	4:38	12.9
55	NENKO BARBARA	2378	AUGUSTEAM	RUĐA SLASKA	POL	K-30	3	K 5	00:19:06	00:26:43		00:46:20.00	00:46:32.05	4:38	12.9
56	PIECUCH AGNIESZKA	2250		TARNOWSKIE GÓRY	POL	K-30	4	K 6	00:19:22	00:26:58		00:46:27.35	00:46:41.90	4:38	12.9
57	WICHARY MARCIN	2056	ISTA BIEGAMY	KALETY	POL	M-30	26	M 51	00:19:18	00:27:01		00:46:33.20	00:46:44.75	4:39	12.9
58	DACZYŃSKI MICHAŁ	2103	VEGERUNNERS	GLIWICE	POL	M-40	11	M 52	00:19:20	00:27:01		00:46:36.35	00:46:55.10	4:39	12.9
59	SZABRA DAWID	2204	-	CHORZÓW	POL	M-20	11	M 53	00:18:35	00:26:07		00:45:19.15	00:47:06.90	4:31	13.2
60	KOWALSKI TOMASZ	2443		GLIWICE	POL	M-30	28	M 54	00:18:44	00:26:50		00:46:59.50	00:47:08.85	4:41	12.8
61	WARZYŃSKI WOJCIECH	2484		GLIWICE	POL	M-30	30	M 55	00:19:23	00:27:22		00:47:09.25	00:47:16.60	4:42	12.7
62	GOŁYŚ GRZEGORZ	2503	CERTUM	USTRÓŃ	POL	M-20	12	M 56	00:19:14	00:26:37		00:45:37.85	00:47:20.10	4:33	13.1
63	WATOŁA MAREK	2017	M&M	PYSKOWICE	POL	M-30	31	M 57	00:19:31	00:27:28		00:47:13.85	00:47:24.85	4:43	12.7
64	HORA GRZEGORZ	2115		RUĐA ŚLĄSKA	POL	M-30	24	M 58	00:20:03	00:27:24		00:46:17.30	00:47:26.05	4:37	13
65	BICZYSKI PAWEŁ	2023	PSYCHONAUCI	KNURÓW	POL	M-30	29	M 59	00:19:15	00:26:59		00:47:08.40	00:47:33.50	4:42	12.7
66	KIERAT PAWEŁ	2053		GLIWICE	POL	M-30	32	M 60	00:18:27	00:26:17		00:47:21.45	00:47:35.45	4:44	12.7
67	MAZUR WITOLD	2296	PROPOINT	GLIWICE	POL	M-20	15	M 61	00:20:21	00:28:10		00:47:01.30	00:47:36.90	4:42	12.8
68	LATA CZ TOMASZ	2235		BYTOM	POL	M-40	12	M 62	00:19:28	00:27:16		00:47:14.30	00:47:39.10	4:43	12.7
69	KOCIEMBA PATRYK	2020		GLIWICE	POL	M-30	27	M 63	00:19:35	00:27:21		00:46:58.45	00:47:43.05	4:41	12.8
70	WOJTAS PAWEŁ	2346	3940	SANOK	POL	M-20	17	M 64	00:19:23	00:27:27		00:47:35.05	00:47:45.40	4:45	12.6
71	STULIK PAWEŁ	2130		KNURÓW	POL	M-30	33	M 65	00:19:59	00:27:43		00:47:22.95	00:47:51.60	4:44	12.7
72	SUPETA ANDRZEJ	2519		JAWORZNO	POL	M-30	34	M 66	00:19:48	00:27:18		00:47:25.20	00:47:55.00	4:44	12.6
73	JANOSZ ŚLAWEK	2186		GLIWICE	POL	M-30	35	M 67	00:19:50	00:27:36		00:47:33.35	00:48:02.15	4:45	12.6
74	MARCZAK PAWEŁ	2066		GLIWICE	POL	M-30	36	M 68	00:19:34	00:27:37		00:47:43.95	00:48:07.05	4:46	12.6
75	ZAKRZOWSKI KRZYSZTOF	2467	TENNECO AUTOMOTIVE EASTERN EUROPE	RUĐA ŚLĄSKA	POL	M-20	18	M 69	00:19:28	00:27:31		00:47:41.10	00:48:17.50	4:46	12.6
76	HERMAN ANNA	2166	RUNONLINE TEAM	SIEMIANOWICE ŚLĄSKIE	POL	K-40	2	K 7				00:48:28.00	00:48:28.00	4:50	12.4
77	CHOLEWA GRZEGORZ	2215		PYSKOWICE	POL	M-30	38	M 70	00:19:53	00:27:55		00:48:27.50	00:48:33.10	4:50	12.4
78	SIERADZKI ADAM	2292	PROPOINT	KATOWICE	POL	M-20	19	M 71	00:20:07	00:27:57		00:48:03.05	00:48:34.45	4:48	12.5
79	SKIBA ADAM	2536		KNURÓW	POL	M-40	14	M 72	00:20:03	00:28:04		00:48:11.85	00:48:35.80	4:49	12.4
80	ŚWITALSKI ADAM	2421		CHORZÓW	POL	M-20	16	M 73	00:21:12	00:28:50		00:47:21.95	00:48:35.80	4:44	12.7
81	SZKLARZ SEBASTIAN	2047		GLIWICE	POL	M-30	37	M 74	00:20:16	00:28:15		00:48:27.30	00:48:53.60	4:50	12.4
82	SITARSKI MATEUSZ	2233		GLIWICE	POL	M-20	21	M 75	00:20:32	00:28:24		00:48:15.20	00:48:54.95	4:49	12.4
83	PACANA KRZYSZTOF	2114		TARNOWSKIE GÓRY	POL	M-20	20	M 76	00:19:32	00:27:34		00:48:06.25	00:48:56.05	4:48	12.5
84	PUPIELK KAMIL	2550		TARNOWSKIE GÓRY	POL	M-18	2	M 77	00:19:00	00:27:12		00:48:45.20	00:48:58.45	4:52	12.3
85	HODOR ROBERT	2176		BYTOM	POL	M-40	13	M 78	00:19:59	00:27:58		00:47:57.50	00:49:00.05	4:47	12.5
86	JAŁOWIEC RYSZARD	2304	KS OLKUSZ	OLKUSZ	POL	M-60	1	M 79	00:20:08	00:28:19		00:49:06.80	00:49:15.05	4:54	12.2
87	MACHAŁA MAREK	2332	LUCKY LOSERS	GLINICA	POL	M-40	16	M 80	00:19:39	00:27:45		00:49:06.95	00:49:18.40	4:54	12.2
88	LITWINCZUK GABRIEL	2383		KLUCZE	POL	M-30	40	M 81	00:19:51	00:27:58		00:48:50.25	00:49:23.75	4:53	12.3
89	ZDON PAWEŁ	2407		KĘDZIERZYN-KOŹLE	POL	M-30	39	M 82	00:21:01	00:28:57		00:48:44.20	00:49:31.90	4:52	12.3
90	WAŁĘDZIK ANNA	2449	MIECHOWICKA GRUPA BIEGOWA	ZABRZE	POL	K-30	5	K 8	00:20:19	00:28:33		00:49:23.35	00:49:40.65	4:56	12.1
91	BURZAWA JAROSŁAW	2300		GRÓDKÓW	POL	M-40	17	M 83	00:20:13	00:28:30		00:49:16.05	00:49:44.70	4:55	12.2
92	CYBULSKI PAWEŁ	2295	PROPOINT	TYCHY	POL	M-20	24	M 84	00:20:12	00:28:26		00:49:11.35	00:49:46.10	4:55	12.2
93	SMOLARCZYK DOMINIK	2362	MŁODE WILKI	GLIWICE	POL	M-40	18	M 85	00:20:24	00:28:35		00:49:21.75	00:49:47.55	4:56	12.2
94	KOWAL DARIUSZ	2460		GLIWICE	POL	M-40	15	M 86	00:21:14	00:28:51		00:48:25.35	00:49:47.55	4:50	12.4

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
95	SKUPIEŃ MAŁGORZATA	2122	ETISOFT RUNNING TEAM	GLIWICE	POL	K-20	2	K 9	00:21:07	00:29:09		00:49:12.75	00:49:54.95	4:55	12.2
96	WESTER MIECZYSLAW	2278		GLIWICE	POL	M-40	19	M 87	00:20:23	00:28:41		00:49:33.70	00:49:55.10	4:57	12.1
97	SZWARCZYŃSKI MICHAŁ	2013		GLIWICE	POL	M-30	46	M 88	00:19:40	00:27:59		00:49:58.50	00:50:08.35	4:59	12
98	PASECKA SYLWIA	2333		GLIWICE	POL	K-40	4	K 10	00:20:47	00:29:05		00:49:48.15	00:50:09.55	4:58	12
99	FRAĆZYK MAŁGORZATA	2213		GLIWICE	POL	K-40	3	K 11	00:20:24	00:28:30		00:49:25.00	00:50:13.05	4:56	12.1
100	SZULC SEBASTIAN	2012		GLIWICE	POL	M-20	26	M 89	00:20:17	00:28:36		00:49:51.00	00:50:14.40	4:59	12
101	STRONCZYŃSKI ANDRZEJ	2309	NIGHT RUNNERS GLIWICE	RUDA KOZIĘLSKA	POL	M-20	22	M 90	00:21:10	00:29:05		00:49:04.65	00:50:15.15	4:54	12.2
102	DYLONG PIOTR	2165		GLIWICE	POL	M-50	4	M 91	00:20:18	00:28:35		00:49:12.30	00:50:22.15	4:55	12.2
103	KASPRZYK MARCIN	2216		KNURÓW	POL	M-30	44	M 92	00:20:20	00:28:32		00:49:36.50	00:50:24.30	4:57	12.1
104	JANIK SERGIUSZ	2370		ZAWIERCIE	POL	M-20	25	M 93	00:20:41	00:28:46		00:49:26.50	00:50:27.65	4:56	12.1
105	PRZYGDZKI DAMIAN	2172	JAZZY	WROCŁAW	POL	M-20	27	M 94	00:21:31	00:29:50		00:50:09.35	00:50:28.40	5:00	12
106	SZCZERZEK ZBIGNIEW	2257		ZABRZE	POL	M-60	2	M 95				00:50:34.00	00:50:34.00	5:03	11.9
107	WYCIŚLIK MARCIN	2081	HIRSCHVOGEL	GLIWICE	POL	M-30	41	M 96	00:20:22	00:28:24		00:48:59.30	00:50:36.35	4:53	12.2
108	DROSDZOL PIOTR	2348	ZDYCHOM ALE LECA	CHORZÓW	POL	M-20	23	M 97	00:21:32	00:29:38		00:49:06.70	00:50:41.00	4:54	12.2
109	ZIELIŃSKI SEBASTIAN	2271		ZABRZE	POL	M-30	43	M 98	00:20:07	00:28:24		00:49:16.60	00:50:43.15	4:55	12.2
110	PIKUL WIKTORIA	2177		GLIWICE	POL	K-18	1	K 12	00:21:18	00:29:39		00:50:17.60	00:50:45.60	5:01	11.9
111	PRONCZUK MARCIN	2036	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	48	M 99	00:20:26	00:29:29		00:50:25.50	00:50:48.15	5:02	11.9
112	ZEROMSKI STEFAN	2218	JASNA	GLIWICE	POL	M-50	5	M 100	00:21:39	00:29:56		00:50:40.05	00:50:52.65	5:04	11.8
113	SETNIK ROBERT	2500		GLIWICE	POL	M-40	20	M 101	00:19:32	00:28:24		00:50:48.15	00:50:53.15	5:04	11.8
114	SKUBAŁA JANUSZ	2329	LUCKY LOSERS	CHWOSTEK	POL	M-30	50	M 102	00:20:36	00:29:13		00:50:45.70	00:50:56.50	5:04	11.8
115	KUKURBA MIKOŁAJ	2360	OMNISQUARE	GLIWICE	POL	M-30	42	M 103	00:20:31	00:28:42		00:49:01.90	00:50:57.25	4:54	12.2
116	SOKOŁOWSKI ŁUKASZ	2299		GLIWICE	POL	M-30	49	M 104	00:20:54	00:29:19		00:50:40.50	00:50:57.50	5:04	11.8
117	DUBIEL LESZEK	2121		GLIWICE	POL	M-30	47	M 105	00:20:07	00:28:30		00:50:05.40	00:51:05.15	5:00	12
118	WAŚ SZYMON	2483			POL	M-20	28	M 106	00:21:09	00:29:19		00:50:27.25	00:51:10.25	5:02	11.9
119	MACH MARCIN	2200		GLIWICE	POL	M-40	22	M 107	00:20:58	00:29:28		00:51:08.10	00:51:15.05	5:06	11.7
120	JANOWSKI PIOTR	2367		GLIWICE	POL	M-50	6	M 108	00:21:05	00:29:39		00:51:11.65	00:51:22.90	5:07	11.7
121	YOSHIDA DAISUKE	2335	TAKENAKA	GLIWICE	POL	M-30	45	M 109	00:21:22	00:29:11		00:49:57.30	00:51:32.25	4:59	12
122	GABRYŚ SEBA	2516	NIGHT RUNNER GLIWICE	GLIWICE	POL	M-40	23	M 110	00:20:57	00:29:33		00:51:24.60	00:51:37.15	5:08	11.7
123	ZIOMEK KATARZYNA	2137		BYTOM	POL	K-30	6	K 13	00:20:40	00:29:08		00:50:46.50	00:51:37.65	5:04	11.8
124	ŻOŁĄDZ MARLENA	2264		GLIWICE	POL	K-20	3	K 14	00:21:47	00:30:13		00:50:37.35	00:51:43.50	5:03	11.9
125	SZCZYRBA AGNIESZKA	2190		PYSKOWICE	POL	K-20	5	K 15	00:20:59	00:29:22		00:51:00.95	00:51:47.00	5:06	11.8
126	SKORUPSKI PAWEŁ	2195		GLIWICE	POL	M-30	51	M 111	00:20:52	00:29:27		00:51:05.50	00:51:49.90	5:06	11.7
127	JUROWICZ MARIUSZ	2416		KATOWICE	POL	M-20	29	M 112	00:20:58	00:29:14		00:51:05.20	00:51:50.30	5:06	11.7
128	HAJOK MAREK	2173		GLIWICE	POL	M-40	21	M 113	00:20:53	00:29:28		00:51:07.05	00:51:51.20	5:06	11.7
129	WIŚNIEWSKA DOMINIKA	2462		GIERAŁTOWICE	POL	K-20	4	K 16	00:21:16	00:29:34		00:50:37.85	00:52:02.85	5:03	11.9
130	GARNCARZ JAKUB	2140		DĄBROWA GÓRNICZA	POL	M-30	55	M 114	00:21:31	00:30:14		00:52:05.30	00:52:12.00	5:12	11.5
131	RUBIN KATARZYNA	2487		GLIWICE	POL	K-20	6	K 17	00:21:16	00:29:41		00:51:36.80	00:52:13.20	5:09	11.6
132	MISIUREK ERNEST	2175	SRH 73PP KATOWICE	BEDZIN	POL	M-40	25	M 115	00:20:36	00:29:35		00:52:08.95	00:52:20.55	5:12	11.5
133	SOKOŁOWSKI MATEUSZ	2277		GLIWICE	POL	M-20	33	M 116	00:22:00	00:30:36		00:52:15.80	00:52:32.80	5:13	11.5
134	ANTONIAK MATEUSZ	2422		KLUCZE	POL	M-20	30	M 117	00:21:06	00:29:25		00:51:30.05	00:52:34.55	5:09	11.7
135	GOŁĘBIOWSKI MAREK	2456		GLIWICE	POL	M-30	53	M 118	00:21:01	00:29:39		00:51:15.70	00:52:34.75	5:07	11.7
136	STARCZAŁA PIOTR	2481	MEGAWAT RUNNING TEAM	KSIĄŻENICE	POL	M-40	24	M 119	00:21:26	00:29:54		00:52:04.70	00:52:41.70	5:12	11.5
137	GŁÓWKA PIOTR	2387		GLIWICE	POL	M-30	54	M 120	00:20:59	00:29:30		00:51:48.40	00:52:42.45	5:10	11.6
138	OGONOWSKI EDWAWRD	2305	ŻÓŁWIK OPOLE	OPOLE	POL	M-60	3	M 121	00:21:42	00:30:12		00:51:31.00	00:52:47.05	5:09	11.6
139	SZWAJKOSZ SZCZEPAN	2282		GLIWICE	POL	M-30	57	M 122	00:20:54	00:29:39		00:52:16.45	00:52:47.65	5:13	11.5
140	BZDYK IWONA	2157	PARKRUN KATOWICE	KATOWICE	POL	K-30	7	K 18	00:22:15	00:30:47		00:52:01.65	00:52:48.50	5:12	11.5
141	SUBIK TOMASZ	2150		GLIWICE	POL	M-30	59	M 123	00:22:07	00:30:44		00:52:26.90	00:52:51.10	5:14	11.4
142	WOJTYŁA TYMOTEUZ	2052	JAZZY	PSZCZYNA	POL	M-20	31	M 124	00:21:58	00:30:29		00:51:51.10	00:52:51.60	5:11	11.6
143	KACZMARZYK ARKADIUSZ	2272		GLIWICE	POL	M-30	60	M 125	00:22:13	00:30:54		00:52:30.40	00:52:59.55	5:15	11.4
144	ORŁOWSKI KAMIL	2533		ZABRZE	POL	M-20	32	M 126	00:21:21	00:29:45		00:51:58.25	00:53:00.30	5:11	11.5
145	BRODAŁA AGNIESZKA	2245		GLIWICE	POL	K-30	10	K 19	00:22:03	00:30:45		00:52:43.45	00:53:05.00	5:16	11.4
146	BIENIEK DAWID	2246		KNURÓW	POL	M-20	34	M 127	00:22:03	00:30:45		00:52:43.95	00:53:05.65	5:16	11.4
147	MERMON ARTUR	2230		GLIWICE	POL	M-50	8	M 128	00:21:48	00:30:34		00:53:08.10	00:53:16.85	5:18	11.3
148	WYLEŻOŁ PIOTR	2454	RUN DMC	KĘDZIERZYN-KOŹLE	POL	M-30	52	M 129	00:21:22	00:29:54		00:51:07.25	00:53:24.00	5:06	11.7
149	ZARUDZKI ŁUKASZ	2353	NOTHING TO FEAR	GLIWICE	POL	M-40	27	M 130	00:21:52	00:30:35		00:52:23.35	00:53:26.45	5:14	11.5
150	PŁOCH KAROLINA	2154		PYSKOWICE	POL	K-30	8	K 20	00:21:50	00:30:22		00:52:19.65	00:53:31.30	5:14	11.5
151	PAWLINA PIOTR	2029		GLIWICE	POL	M-40	28	M 131	00:21:52	00:30:29		00:52:33.50	00:53:46.20	5:15	11.4

**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
152	EICHHOF JOANNA	2030		GLIWICE	POL	K-40	5	K 21	00:21:52	00:30:30		00:52:33.55	00:53:46.20	5:15	11.4
153	JAWORSKI JAKUB	2369		GLIWICE	POL	M-20	35	M 132	00:22:04	00:30:53		00:52:52.30	00:53:52.25	5:17	11.3
154	WIĘCKOWSKI-GAWRON MATEUSZ	2412		KATOWICE	POL	M-20	36	M 133	00:22:02	00:30:53		00:52:52.40	00:53:52.50	5:17	11.3
155	WILK KRZYSZTOF	2380		KATOWICE	POL	M-40	26	M 134	00:21:12	00:29:35		00:52:09.85	00:53:57.10	5:13	11.5
156	GRYCMAN MICHAŁ	2496		CZYŻOWICE	M-20		37	M 135	00:21:50	00:30:49		00:53:28.05	00:54:00.20	5:20	11.2
157	MIKA SZYMON	2372		KATOWICE	POL	M-30	67	M 136	00:22:40	00:31:26		00:53:23.65	00:54:00.30	5:20	11.2
158	RASZYK ALINA	2283	AMBITNI TETRZYCY	ISKRZYCZYN	POL	K-40	6	K 22	00:21:57	00:30:43		00:53:13.40	00:54:02.40	5:19	11.3
159	KOŁOSKA KARINA	2258		PIEKARY ŚLĄSKIE	POL	K-20	7	K 23	00:21:52	00:30:51		00:53:51.60	00:54:04.75	5:23	11.1
160	GAJDA KATARZYNA	2339	TAKENAKA	GLIWICE	POL	K-20	8	K 24	00:22:26	00:31:19		00:53:52.15	00:54:07.00	5:23	11.1
161	RENKIEL TOMASZ	2492		GLIWICE	POL	M-40	31	M 137	00:22:33	00:31:53		00:53:47.15	00:54:11.50	5:22	11.2
162	JANIK JANUSZ	2491		GLIWICE	POL	M-40	32	M 138	00:22:32	00:31:53		00:53:47.55	00:54:11.90	5:22	11.2
163	JUREKO MACIEJ	2021		GLIWICE	POL	M-30	56	M 139	00:22:26	00:30:59		00:52:16.15	00:54:15.30	5:13	11.5
164	ZIELIŃSKI MAREK	2457		GLIWICE	POL	M-30	70	M 140	00:22:36	00:31:18		00:53:27.60	00:54:19.30	5:20	11.2
165	SKWARA MICHAŁ	2136	HIRSCHVOGEL	ZABRZE	POL	M-30	61	M 141	00:21:32	00:30:27		00:52:48.90	00:54:22.70	5:16	11.4
166	ŚLUSARSKI LESZEK	2266		BĘDZIN	POL	M-40	33	M 142	00:21:24	00:30:22		00:53:57.60	00:54:24.15	5:23	11.1
167	CAPUTA MICHAŁ	2227		GLIWICE	POL	M-30	69	M 143	00:23:22	00:31:54		00:53:27.35	00:54:25.65	5:20	11.2
168	KACZMARSKI MARCIN	2398	KACZMARSKISPORT	SOSNOWIEC	POL	M-30	73	M 144	00:22:05	00:31:15		00:54:12.30	00:54:29.30	5:25	11.1
169	SEREDYŃSKI ROMAN	2544	PANTERA		M-40		29	M 145	00:23:08	00:31:41		00:52:36.50	00:54:34.75	5:15	11.4
170	SKUPIEŃ IZABELA	2528		WARSZAWA	POL	K-30	11	K 25	00:21:39	00:30:44		00:54:00.00	00:54:36.85	5:24	11.1
171	TUCHOWSKA ANNA	2529		SOSNOWIEC	POL	K-30	9	K 26	00:22:18	00:30:46		00:52:25.35	00:54:38.30	5:14	11.4
172	PIERNIKARCZYK ROBERT	2445		PRZEZCHLEBIE	POL	M-30	66	M 146	00:23:07	00:31:38		00:53:16.45	00:54:38.50	5:19	11.3
173	KOWOL MARCIN	2194		GLIWICE	POL	M-40	34	M 147	00:23:01	00:31:59		00:54:09.55	00:54:40.40	5:25	11.1
174	RACZEK MAGDALENA	2193		GLIWICE	POL	K-30	12	K 27	00:23:01	00:31:59		00:54:10.95	00:54:41.85	5:25	11.1
175	ORZAŻEWSKI MAREK	2263	OPEL ACTIVE TEAM	BYTOM	POL	M-30	71	M 148	00:22:31	00:31:33		00:53:59.85	00:54:43.45	5:24	11.1
176	ŁUCZAK MAREK	2455		GLIWICE	POL	M-30	68	M 149	00:23:48	00:32:38		00:53:24.45	00:54:44.25	5:20	11.2
177	BOBEŁ KRZYSZTOF	2442	S.A.S. SILESIA	ŚWIĘTOSZOWICE	POL	M-30	72	M 150	00:22:55	00:31:48		00:54:05.20	00:54:44.65	5:24	11.1
178	ZAKRZOWSKI WOJCIECH	2241		ŁAZISKA GÓRNE	POL	M-30	62	M 151	00:23:10	00:31:53		00:52:58.15	00:54:47.45	5:17	11.3
179	BACHMAN ROBERT	2522			POL	M-30	74	M 152	00:22:04	00:31:13		00:54:31.25	00:54:48.05	5:27	11
180	ZHYKHARAU VASIL	2255		GLIWICE	POL	M-30	58	M 153	00:22:05	00:30:49		00:52:21.95	00:54:48.20	5:14	11.5
181	WIĘCZKOWSKA MILENA	2521			POL	K-20	10	K 28	00:21:59	00:31:11		00:54:33.55	00:54:49.00	5:27	11
182	GIERADA RYSZARD	2356	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	7	M 154	00:22:02	00:30:37		00:52:57.55	00:54:51.10	5:17	11.3
183	STAROŃ JAGODA	2161		ZABRZE	POL	K-20	9	K 29	00:23:00	00:31:57		00:54:03.90	00:54:57.35	5:24	11.1
184	RUTKOWSKI ŁUKASZ	2437		GLIWICE	POL	M-20	39	M 155	00:22:29	00:31:23		00:53:59.10	00:54:59.20	5:23	11.1
185	KOBUŚIŃSKI JUREK	2389	PKO SILESIA RUNNING TEAM	ZABRZE	POL	M-50	10	M 156	00:22:00	00:30:57		00:53:32.65	00:55:03.50	5:21	11.2
186	WŁAŻŁAK WIESŁAW	2135		GLIWICE	POL	M-50	9	M 157	00:22:30	00:31:15		00:53:28.40	00:55:04.45	5:20	11.2
187	HAJDA ADAM	2308		MIASTECZKO ŚLĄSKIE	POL	M-40	35	M 158	00:22:30	00:31:37		00:54:28.65	00:55:07.25	5:26	11
188	KŁODA MARCIN	2468	TENNECO AUTOMOTIVE EASTERN EUROPE	ZABRZE	POL	M-30	63	M 159	00:21:04	00:29:49		00:53:08.00	00:55:08.15	5:18	11.3
189	SIATA SEBASTIAN	2466	TENNECO AUTOMOTIVE EASTERN EUROPE	TRZEBINIA	POL	M-30	64	M 160	00:21:03	00:29:49		00:53:08.15	00:55:08.50	5:18	11.3
190	CISZEWSKI KRZYSZTOF	2418		SOŚNICOWICE	POL	M-30	77	M 161	00:22:57	00:32:08		00:54:51.80	00:55:09.55	5:29	10.9
191	OKOŃ ZDZISŁAW	2108		KNURÓW	POL	M-60	4	M 162	00:22:23	00:31:21		00:54:05.10	00:55:10.40	5:24	11.1
192	JURASZEK TOMASZ	2240		TYCHY	POL	M-40	30	M 163	00:23:10	00:31:54		00:53:23.80	00:55:13.35	5:20	11.2
193	JANICKI KRZYSZTOF	2403		JASTRZĘBIE-ZDRÓJ	POL	M-40	37	M 164	00:22:28	00:31:22		00:54:46.80	00:55:23.25	5:28	11
194	PAWŁOWSKA-GULDZIŃSKA MAGDALENA	2417		ŁÓDŹ	POL	K-40	7	K 30	00:22:43	00:31:19		00:53:37.50	00:55:24.60	5:21	11.2
195	TRYBUS MICHAŁ	2232		GLIWICE	POL	M-20	41	M 165	00:23:02	00:31:59		00:54:23.70	00:55:24.85	5:26	11
196	SOCZAWA WOJCIECH	2459		BYTOM	POL	M-30	65	M 166	00:23:50	00:32:42		00:53:12.10	00:55:26.60	5:19	11.3
197	MUCHARSKI JACEK	2306	PROPOINT	CHORZOW	POL	M-20	44	M 167	00:22:34	00:31:22		00:54:54.90	00:55:27.15	5:29	10.9
198	KOZŁOWSKI MARIUSZ	2281		OPOLE	POL	M-40	36	M 168	00:23:19	00:32:18		00:54:43.75	00:55:28.15	5:28	11
199	SIMKA ŁUKASZ	2100	PROMILKI	41-500	POL	M-30	75	M 169	00:23:19	00:32:19		00:54:33.50	00:55:28.60	5:27	11
200	PIETRUCHA-TOMA EWA	2434		BYTOM	POL	K-50	1	K 31	00:22:24	00:31:31		00:54:34.95	00:55:33.45	5:27	11
201	MAZALIK JADWIGA	2091		PYSKOWICE	POL	K-30	13	K 32	00:22:22	00:31:33		00:54:39.30	00:55:34.00	5:28	11
202	HEINCE ŁUKASZ	2290	PROPOINT	RUDA ŚLĄSKA	POL	M-20	45	M 170	00:24:21	00:32:47		00:55:02.35	00:55:37.65	5:30	10.9
203	KOSMACZEWSKA ANNA	2010	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	14	K 33	00:23:29	00:32:39		00:55:28.15	00:55:50.20	5:32	10.8
204	MATSUDA TAKURA	2327	TAKENAKA	GLIWICE	POL	M-30	79	M 171	00:22:58	00:32:03		00:55:37.35	00:55:52.60	5:33	10.8
205	ZIELIŃSKI KAMIL	2551		RUPA ŚLĄSKA	POL	M-20	38	M 172	00:22:17	00:31:01		00:53:38.80	00:55:55.40	5:21	11.2
206	SIERADZKA AGNIESZKA	2057	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-30	17	K 34		00:33:29		00:55:56.60	00:55:56.60	5:35	10.7

**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
207	PALUS PIOTR	2231		GLIWICE SOŚNICA	POL	M-30	83	M 173	00:22:41	00:31:46		00:55:52.25	00:55:56.90	5:35	10.7
208	DYBAŁA ADAM	2406		GLIWICE	POL	M-20	43	M 174	00:22:12	00:31:24		00:54:53.75	00:55:57.65	5:29	10.9
209	OSHIMBE MASA AKI	2328	TAKENAKA	GLIWICE	POL	M-40	38	M 175	00:23:03	00:32:15		00:55:40.35	00:55:59.10	5:34	10.8
210	KOZŁOWSKI ANDRZEJ JERZY	2238		ZABRZE	POL	M-50	11	M 176	00:22:00	00:31:10		00:54:44.85	00:56:01.45	5:28	11
211	ŁAJSZCZAK - GAJDA DOROTA	2174		GLIWICE	POL	K-40	8	K 35	00:22:19	00:31:19		00:54:01.40	00:56:01.45	5:24	11.1
212	MICHALAK AGNIESZKA	2515		SOSNOWIEC	POL	K-30	16	K 36	00:22:37	00:31:53		00:55:46.85	00:56:02.20	5:34	10.8
213	JEŻEWSKI ADAM	2201	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	82	M 177	00:23:06	00:32:32		00:55:50.90	00:56:13.45	5:35	10.7
214	PIOTROWSKA MAŁGORZATA	2131		ZABRZE	POL	K-20	11	K 37	00:23:00	00:32:02		00:55:21.95	00:56:15.30	5:32	10.8
215	DOMBEK PAWEŁ	2171	ISTA BIEGAMY	POZNOWICE	POL	M-20	40	M 178	00:22:55	00:31:45		00:54:15.65	00:56:18.30	5:25	11.1
216	SIRKO ZBIGNIEW	2048		GLIWICE	POL	M-50	12	M 179	00:22:44	00:31:56		00:55:15.95	00:56:18.40	5:31	10.9
217	HAJDUKIEWICZ MICHAŁ	2502	CERTUM	GLIWICE	POL	M-20	46	M 180	00:21:59	00:31:52		00:56:18.15	00:56:23.50	5:37	10.7
218	WIĘCŁAW GRZEGORZ	2531		GLIWICE	POL	M-30	86	M 181	00:24:39	00:33:54		00:56:08.40	00:56:27.85	5:36	10.7
219	TROSKO ADAM	2027		GLIWICE	POL	M-30	76	M 182	00:21:43	00:30:42		00:54:40.35	00:56:41.15	5:28	11
220	MICHALSKI ROBERT	2014	HETMAN TARNOWSKIE GÓRY	TARNOWSKIE GÓRY	POL	M-30	88	M 183	00:24:05	00:33:23		00:56:22.60	00:56:42.15	5:38	10.6
221	GARBACZ DAMIAN	2374	FP RUNNING TEAM	SOŚNICOWICE	POL	M-30	89	M 184	00:22:57	00:32:08		00:56:28.20	00:56:45.80	5:38	10.6
222	LESZKIEWICZ KRZYSZTOF	2517	ELZAB ACTIVE TEAM	KNURÓW	POL	M-30	78	M 185	00:23:19	00:32:31		00:55:04.30	00:56:50.40	5:30	10.9
223	ZIELONKA DAWID	2239		RUDA ŚLĄSKA	POL	M-20	47	M 186	00:24:00	00:33:29		00:56:23.25	00:56:50.50	5:38	10.6
224	MUSKIETORZ KATARZYNA	2033		MIKOŁÓW	POL	K-20	15	K 38	00:24:00	00:33:29		00:56:23.30	00:56:50.50	5:38	10.6
225	BAUC BARTŁOMIEJ	2083		KATOWICE	POL	M-30	85	M 187	00:22:59	00:32:16		00:55:59.60	00:56:52.45	5:36	10.7
226	MIERZEJEWSKI JACEK	2199	AMATOR	RUDY	POL	M-40	39	M 188	00:23:25	00:32:36		00:55:47.00	00:57:07.95	5:34	10.8
227	STANISZ MICHAŁ	2068		GLIWICE	POL	M-30	87	M 189	00:23:25	00:32:35		00:56:16.50	00:57:09.35	5:37	10.7
228	SAMOL GRZEGORZ	2046		GLIWICE	POL	M-50	13	M 190	00:23:06	00:32:23		00:56:03.75	00:57:09.65	5:36	10.7
229	KOWALIK TOMASZ	2320		CZĘSTOCHOWA	POL	M-30	90	M 191	00:23:39	00:32:48		00:56:46.05	00:57:12.30	5:40	10.6
230	JAWOREK DARIUSZ	2538	OTK RZEŹNIK		POL	M-40	41	M 192	00:23:13	00:32:30		00:56:17.60	00:57:14.55	5:37	10.7
231	TARNOWSKA EDYTA	2151		GLIWICE	POL	K-20	16	K 39	00:23:01	00:32:28		00:56:54.85	00:57:18.65	5:41	10.5
232	SADŁEK ROBERT	2221		ŻERNICA	POL	M-30	81	M 193	00:22:25	00:31:39		00:55:44.25	00:57:22.60	5:34	10.8
233	KOWALSKI KRZYSZTOF	2016		GLIWICE	POL	M-20	42	M 194	00:22:07	00:31:18		00:54:32.30	00:57:33.25	5:27	11
234	SZOT WOJCIECH	2000	WORD KATOWICE	GLIWICE	POL	M-30	84	M 195	00:23:25	00:32:40		00:55:57.30	00:57:33.65	5:35	10.7
235	HERDUŚ LUCYNA	2237		JASTRZĘBIE ZDRÓJ	POL	K-30	18	K 40	00:23:16	00:32:21		00:55:58.25	00:57:34.95	5:35	10.7
236	STOLARCZYK ALEKSANDRA	2465	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K-30	15	K 41	00:23:34	00:32:40		00:55:34.95	00:57:37.30	5:33	10.8
237	MAJEWSKA-LUDWIG KATARZYNA	2152	4M	PLAWNIOWICE	POL	K-30	20	K 42	00:23:22	00:32:40		00:56:39.50	00:57:38.05	5:40	10.6
238	MALINOWSKI ŁUKASZ	2358		GLIWICE	POL	M-40	40	M 196	00:23:08	00:32:22		00:55:49.60	00:57:44.85	5:34	10.7
239	MILISZKIEWICZ ADAM	2189		GLIWICE	POL	M-30	94	M 197	00:23:23	00:32:55		00:57:24.65	00:57:46.05	5:44	10.4
240	BEMŚ EMILIA	2185		GLIWICE	POL	K-20	12	K 43	00:24:04	00:33:11		00:56:06.10	00:57:50.85	5:36	10.7
241	GLAPIAK ALEKSANDRA	2311		ZABRZE	POL	K-30	21	K 44	00:23:40	00:33:08		00:57:02.80	00:57:51.05	5:42	10.5
242	PUTOWSKA NATALIA	2180		GLIWICE	POL	K-20	13	K 45	00:24:03	00:33:10		00:56:06.95	00:57:52.10	5:36	10.7
243	SZWIEC SANDRA	2099	ORNONTOWICE BIEGA	ORNONTOWICE	POL	K-30	19	K 46	00:23:46	00:32:57		00:55:59.40	00:57:52.45	5:35	10.7
244	JASIŃSKI TOMASZ	2410		GLIWICE	POL	M-40	42	M 198	00:23:03	00:32:33		00:56:34.90	00:57:56.75	5:39	10.6
245	GILLNER KLAUDIA	2035		GLIWICE	POL	K-20	14	K 47	00:23:25	00:32:40		00:56:22.75	00:57:59.10	5:38	10.6
246	DMOCHOWSKI ARTUR	2441		BYTOM	POL	M-30	80	M 199	00:23:53	00:32:52		00:55:38.40	00:58:00.45	5:33	10.8
247	MICHALSKA NATALIA	2182	ABM	GLIWICE	POL	K-18	2	K 48	00:23:06	00:32:37		00:56:36.65	00:58:03.95	5:39	10.6
248	FRANIELCZYK MARTA	2499		GLIWICE	POL	K-30	24	K 49		00:33:46		00:58:08.60	00:58:08.60	5:48	10.3
249	MISKIEWICZ LUCYNA	2341		ZAWIERCIE	POL	K-50	2	K 50	00:24:03	00:33:32		00:57:12.25	00:58:13.00	5:43	10.5
250	WANDEL EWA	2092		WILKASY	POL	K-20	19	K 51	00:23:55	00:33:23		00:57:50.20	00:58:25.00	5:47	10.4
251	BORYCKA JÓZEF	2198		TARNOWSKIE GÓRY	POL	M-60	5	M 200	00:23:39	00:33:01		00:56:52.80	00:58:26.10	5:41	10.5
252	OŻOG CLAUDIA	680		WARSAW	POL	K-20	20	K 52	00:23:01	00:32:58		00:58:10.95	00:58:33.45	5:49	10.3
253	PAWLAS SEWERYN	2532		GLIWICE	POL	M-30	91	M 201	00:24:14	00:33:35		00:57:02.25	00:58:34.15	5:42	10.5
254	MOCHNACZ PATRYK	2402		JASTRZĘBIE-ZDRÓJ	POL	M-30	98	M 202	00:22:29	00:32:14		00:58:03.50	00:58:40.15	5:48	10.3
255	ORYSZCZAK ŁUKASZ	2366		GLIWICE	POL	M-30	93	M 203	00:23:44	00:33:13		00:57:24.20	00:58:42.80	5:44	10.5
256	STALMACH LESZEK	2361	WKB META LUBLINIEC	LUBLINIEC	POL	M-50	14	M 204	00:23:03	00:32:40		00:56:54.45	00:58:45.05	5:41	10.5
257	ŚMIGIEL MAGDALENA	2192		GLIWICE	POL	K-20	18	K 53	00:22:57	00:33:08		00:57:40.05	00:58:45.05	5:46	10.4
258	GÓRA MAREK	2159		TARNOWSKIE GÓRY	POL	M-50	17	M 205	00:23:30	00:33:25		00:58:35.90	00:58:45.95	5:51	10.2
259	TARTANUS-ORYSZCZAK MARTA	2365		GLIWICE	POL	K-30	22	K 54	00:23:39	00:33:07		00:57:30.65	00:58:49.15	5:45	10.4
260	ZABRZEWSKI ADAM	2388		GLIWICE	POL	M-30	97	M 206	00:22:45	00:32:27		00:57:57.70	00:58:49.35	5:47	10.4
261	BRYLIŃSKI RYSZARD	2294	NIEZRZESZONY	ZABRZE	POL	M-50	15	M 207	00:23:54	00:33:12		00:57:09.90	00:58:52.40	5:43	10.5
262	IWAN ANITA	2545		ZIEMIĘCICE	POL	K-20	17	K 55	00:24:02	00:33:28		00:57:27.65	00:58:52.55	5:44	10.4
263	KRAJEWSKI ADAM	2471	OASIS SPORT TEAM	GLIWICE	POL	M-30	95	M 208	00:22:52	00:32:19		00:57:24.75	00:58:53.05	5:44	10.4

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
264	MYŚLAK MARIUSZ	2527			POL	M-40	46	M 209	00:23:42	00:33:37		00:58:37.65	00:58:54.45	5:51	10.2
265	TURCZYN MATEUSZ	2143	HIRSCHVOGEL	GLIWICE	POL	M-20	50	M 210	00:24:26	00:33:45		00:57:21.50	00:58:55.80	5:44	10.5
266	WOJTOWICZ KAROLINA	2325		GLIWICE	POL	K-30	26	K 56	00:23:35	00:33:12		00:58:16.80	00:58:57.55	5:49	10.3
267	WIAZANIA MAREK	2364		GLIWICE	POL	M-40	43	M 211	00:24:18	00:33:52		00:56:39.45	00:59:00.70	5:39	10.6
268	MICEK MACIEJ	2062		GLIWICE	POL	M-20	48	M 212	00:24:10	00:33:26		00:56:50.85	00:59:00.95	5:41	10.6
269	JANOSZEK ROBERT	2178	ISTA BIEGAMY	POGÓRZE	POL	M-20	49	M 213	00:23:04	00:32:39		00:57:07.00	00:59:12.20	5:42	10.5
270	STRYSIK-KRĘŻEL IWONA	2291	PROPOINT	GLIWICE	POL	K-30	28	K 57	00:24:07	00:33:52		00:58:51.25	00:59:15.20	5:53	10.2
271	BEHOUNEK MAŁGORZATA	2452	TG SOKÓŁ ZAKOPANE	ZAKOPANE	POL	K-50	3	K 58	00:23:53	00:33:40		00:58:42.15	00:59:21.55	5:52	10.2
272	KUBICA BOŻENA	2090	ORNONTOWICE BIEGA	ORNONTOWICE	POL	K-40	9	K 59	00:24:13	00:33:38		00:57:28.35	00:59:21.75	5:44	10.4
273	CZENCZEK MAGDALENA	2011	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	29	K 60	00:23:54	00:34:01		00:59:04.05	00:59:26.55	5:54	10.2
274	CICHY AGNIESZKA	2386		RUDA ŚLĄSKA	POL	K-30	23	K 61	00:23:59	00:33:25		00:57:38.45	00:59:29.20	5:45	10.4
275	DRABEK AGNIESZKA	2317		KATOWICE	POL	K-30	27	K 62	00:24:01	00:33:38		00:58:26.65	00:59:30.85	5:50	10.3
276	GIERADA MATEUSZ	2355	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-20	53	M 214	00:29:05	00:37:59		00:59:19.10	00:59:33.95	5:55	10.1
277	PANENKA MACIEJ	2015	FIS-SST TEAM	NIEBOROWICE	POL	M-40	44	M 215	00:24:19	00:33:49		00:57:25.40	00:59:37.25	5:44	10.4
278	NIEMIEC SŁAWEK	2207	INTERGRAFIK POLAND	GLIWICE	POL	M-30	92	M 216	00:23:13	00:32:35		00:57:18.70	00:59:45.45	5:43	10.5
279	KLEMCZAK SZYMON	2478	AQUASENSE.PL	GLIWICE	POL	M-18	3	M 217	00:24:43	00:34:54		00:58:51.30	00:59:45.45	5:53	10.2
280	ŻUREK NELA	2276	HIRERIGHT RUNNING TEAM	KATOWICE	POL	K-20	21	K 63	00:24:03	00:33:31		00:58:11.25	00:59:50.45	5:49	10.3
281	PAWLUS - DUSIK BEATA	2337		BRZUŚNIK	POL	K-30	25	K 64	00:24:41	00:34:04		00:58:09.45	00:59:51.40	5:49	10.3
282	GRZESICZEK PIOTR	2267	HIRERIGHT RUNNING TEAM	KATOWICE	POL	M-20	51	M 218	00:24:00	00:33:35		00:58:15.65	00:59:56.60	5:49	10.3
283	KOSIAK MACIEJ	2359		GLIWICE	POL	M-40	45	M 219	00:24:30	00:33:55		00:58:02.70	00:59:57.20	5:48	10.3
284	ZAREMBA TADEUSZ	2024		GLIWICE	POL	M-60	6	M 220	00:24:39	00:34:25		00:58:31.25	01:00:01.15	5:51	10.3
285	SKORUPA MAGDALENA	2344		PRZEGĘDZA	POL	K-20	22	K 65	00:24:07	00:33:41		00:58:12.25	01:00:02.90	5:49	10.3
286	OLIMSKI FABIAN	2226	SOKÓŁ KNURÓW	KNURÓW	POL	M-40	48	M 221	00:24:40	00:34:43		00:59:26.05	01:00:07.80	5:56	10.1
287	SKRABA KRZYSZTOF	2511	SZCZYGŁOWICE AMATOR	KNURÓW	POL	M-30	101	M 222	00:24:39	00:34:42		00:59:26.85	01:00:08.15	5:56	10.1
288	PROCEK MARCIN	2145		GLIWICE	POL	M-40	47	M 223	00:23:06	00:32:48		00:58:47.35	01:00:14.05	5:52	10.2
289	MARCZYK DARIUSZ	2439		GLIWICE	POL	M-30	96	M 224	00:24:22	00:33:54		00:57:56.65	01:00:15.90	5:47	10.4
290	JASIKOWSKI ŁUKASZ	2329	KONIUCHY	GLIWICE	POL	M-20	52	M 225	00:24:38	00:34:09		00:58:26.55	01:00:16.75	5:50	10.3
291	KUWIK KLAUDIA	2293	PROPOINT	GLIWICE	POL	K-20	28	K 66	00:24:55	00:34:55		00:59:46.00	01:00:17.10	5:58	10
292	SMOLIŃSKA ILONA	2343		KNURÓW	POL	K-40	10	K 67	00:24:07	00:33:41		00:58:29.85	01:00:20.25	5:51	10.3
293	BOCHNAK ALEKSANDRA	2156		GLIWICE	POL	K-20	27	K 68	00:24:27	00:34:29		00:59:42.45	01:00:21.35	5:58	10
294	CZERWIŃSKA ANNA	2508		GLIWICE	POL	K-30	35	K 69	00:25:11	00:35:08		01:00:05.40	01:00:27.90	6:00	10
295	BUKSIŃSKA IWONA	2501		ZABRZE	POL	K-40	11	K 70	00:23:43	00:33:45		00:59:33.75	01:00:30.15	5:57	10.1
296	LUKOSZEK WERONIKA	2034	STEP-DANCE	GLIWICE	POL	K-20	25	K 71	00:24:29	00:34:14		00:58:29.15	01:00:30.45	5:50	10.3
297	MULARCZYK TERESA	2301	BIEGNIJ LOLA, BIEGNIJ	LIBIĄŻ	POL	K-60	1	K 72	00:24:14	00:34:00		00:59:52.60	01:00:32.80	5:59	10
298	KOMANDER MARCIN	2319		GLIWICE	POL	M-50	16	M 226	00:23:41	00:33:19		00:58:27.25	01:00:36.05	5:50	10.3
299	BALCER WERONIKA	2318		GLIWICE	POL	K-20	24	K 73	00:23:43	00:33:18		00:58:26.60	01:00:36.15	5:50	10.3
300	KRZOS DOMINIKA	2436		ZABRZE	POL	K-20	23	K 74	00:24:24	00:33:51		00:58:20.15	01:00:40.75	5:50	10.3
301	KRZOS PIOTR	2439		ZABRZE	POL	M-30	99	M 227	00:24:22	00:33:49		00:58:20.00	01:00:42.20	5:50	10.3
302	POLAK MAŁGORZATA	2096	OPEL ACTIVE TEAM	RUDA ŚLĄSKA	POL	K-40	12	K 75	00:24:07	00:34:07		00:59:36.75	01:00:43.75	5:57	10.1
303	PAWLETA MICHAŁ	2112	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	50	M 228	00:25:45	00:35:35		01:00:07.90	01:00:43.75	6:00	10
304	NOSAL ANNA	2469	ORZEŁ BIAŁY S.A.	ŚWIĘTOCHŁOWICE	POL	K-30	30	K 76	00:24:01	00:34:01		00:59:18.65	01:00:46.90	5:55	10.1
305	URBAN DARIUSZ	2005		GLIWICE	POL	M-40	53	M 229	00:24:08	00:34:31		01:00:40.40	01:00:47.10	6:04	9.9
306	MATYSIEWICZ PIOTR	2079	INTER PROJEKT SA	ZABRZE	POL	M-30	100	M 230	00:24:44	00:34:22		00:58:25.05	01:00:49.05	5:50	10.3
307	OKOŃ MONIKA	2107		KNURÓW	POL	K-30	34	K 77	00:24:53	00:34:38		00:59:55.30	01:00:52.85	5:59	10
308	ORZECZOWSKA NATALIA	2534		OPOLE	POL	K-30	40	K 78	00:25:02	00:35:10		01:00:21.65	01:00:53.75	6:02	9.9
309	HOLETZKE KRZYSZTOF	2158		PYSKOWICE	POL	M-30	102	M 231	00:24:59	00:34:50		00:59:38.25	01:00:56.60	5:57	10.1
310	MIŚKIEWICZ ANDRZEJ	2342		ZAWIERCIE	POL	M-50	19	M 232	00:24:29	00:34:43		01:00:04.80	01:01:06.25	6:00	10
311	MIECZNIKOWSKI AGNIESZKA	2162		KATOWICE	POL	K-40	15	K 79	00:24:19	00:34:28		01:00:00.25	01:01:06.65	6:00	10
312	MAZURCZAK DIANA	2247		OPOLE	POL	K-20	30	K 80	00:24:58	00:35:01		00:59:58.70	01:01:08.40	5:59	10
313	WYCIŚLIK WIOLETA	2168		GLIWICE	POL	K-30	32	K 81	00:25:12	00:34:53		00:59:33.75	01:01:09.45	5:57	10.1
314	BRZÓZKA PATRYCJA	2490		GLIWICE	POL	K-20	26	K 82	00:24:52	00:34:32		00:59:02.30	01:01:12.00	5:54	10.2
315	RAPCIA RAFAŁ	2153		ZAWIERCIE	POL	M-30	107	M 233	00:25:23	00:35:05		01:00:39.70	01:01:15.45	6:04	9.9
316	GWIOZDZIK SŁAWEK	2350	ATO	KATOWICE	POL	M-50	18	M 234	00:25:14	00:35:10		00:59:48.85	01:01:22.65	5:58	10
317	CEPUCHOWICZ SYLWIA	2127	W POGONI ZA DUCHEM	KATOWICE	POL	K-40	13	K 83	00:25:27	00:35:26		00:59:55.60	01:01:25.30	5:59	10
318	LATA BEATA	2128		SIEMIANOWICE ŚLĄSKIE	POL	K-40	14	K 84	00:25:27	00:35:26		00:59:55.75	01:01:25.70	5:59	10
319	BUGŁA AGNIESZKA	2229	ZABIEGANE NAUCZYCIELKI	KUŹNIA NIEBOROWSKA	POL	K-30	31	K 85	00:25:02	00:35:05		00:59:33.10	01:01:26.65	5:57	10.1
320	PAŚNIK JACEK	2523		ŁÓDŹ	POL	M-20	57	M 235	00:24:30	00:34:24		01:00:49.55	01:01:27.35	6:05	9.9

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
321	KIJANKA DAMIAN	2082	HIRSCHVOGEL	GLIWICE	POL	M-20	54	M 236	00:24:50	00:34:55		00:59:55.80	01:01:28.55	5:59	10
322	GONTARZ KAROLINA	2268	HIRERIGHT RUNNING TEAM	KATOWICE	POL	K-30	33	K 86	00:25:20	00:35:12		00:59:54.80	01:01:28.80	5:59	10
323	SIKORSKA KATARZYNA	2133		GLIWICE	POL	K-30	37	K 87	00:24:37	00:34:44		01:00:15.70	01:01:30.25	6:01	10
324	KOLASIŃSKA MONIKA	2075		GLIWICE	POL	K-20	29	K 88	00:24:31	00:34:31		00:59:46.40	01:01:39.65	5:58	10
325	WOLANIN PATRYCJA	2440		GLIWICE	POL	K-20	32	K 89	00:25:45	00:35:43		01:00:43.70	01:01:43.05	6:04	9.9
326	PIENIAK KAROLINA	2078		GLIWICE	POL	K-20	35	K 90	00:25:46	00:36:02		01:01:07.95	01:01:46.10	6:06	9.8
327	FOREMSKI PAWEŁ	2126	BETANIA	GLIWICE	POL	M-30	104	M 237	00:24:52	00:35:08		01:00:06.10	01:01:49.40	6:00	10
328	ZEIDLER ALEKSANDER	2289		ZABRZE	POL	M-40	54	M 238	00:25:45	00:35:56		01:01:25.90	01:01:51.25	6:08	9.8
329	WIELAWIŃSKA HALINA	2542		GLIWICE	POL	K-30	41	K 91	00:24:45	00:34:49		01:00:23.70	01:01:53.75	6:02	9.9
330	SKWARA KATARZYNA	2095	HIRSCHVOGEL	ZABRZE	POL	K-30	42	K 92	00:24:53	00:34:57		01:00:29.50	01:01:58.90	6:02	9.9
331	ORZĄŻEWSKA ELŻBIETA	2104		SOŚNICOWICE	POL	K-50	4	K 93	00:24:39	00:34:34		01:00:18.85	01:02:00.35	6:01	9.9
332	KOENIGSHAUS ANNA	2060		ZABRZE	POL	K-30	38	K 94	00:25:17	00:35:19		01:00:19.05	01:02:06.40	6:01	9.9
333	LEŚNIAK MARCIN	2368	SEKCJA BIEGOWA FAMILIA	BIERUŃ	POL	M-30	103	M 239	00:25:34	00:35:01		01:00:01.55	01:02:06.85	6:00	10
334	GRZYŚKA KATARZYNA	2340		ZABRZE	POL	K-30	39	K 95	00:24:33	00:34:37		01:00:19.65	01:02:10.35	6:02	9.9
335	ŻURAWIECKA ANNA	2474		GLIWICE	POL	K-20	31	K 96	00:25:04	00:35:05		01:00:19.85	01:02:10.35	6:02	9.9
336	KOĆJAN LUKASZ	2217	EZUNIVERSE	DĄBROWA GÓRNICZA	POL	M-40	49	M 240	00:25:16	00:35:27		00:59:52.25	01:02:11.00	5:59	10
337	BEDNORZ ROMAN	2433	NAPĘDZANI PROCENTEM	KOZŁÓW	POL	M-30	105	M 241	00:25:03	00:35:04		01:00:19.65	01:02:11.55	6:02	9.9
338	DRZEJA ZBIGNIEW	2506		GLIWICE	POL	M-40	51	M 242	00:25:07	00:35:03		01:00:14.80	01:02:13.20	6:01	10
339	DREJA KATARZYNA	2505	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	36	K 97	00:25:08	00:35:03		01:00:14.80	01:02:13.20	6:01	10
340	ZGRZYBŁOWSKA WERONIKA	2423		GLIWICE	POL	K-30	45	K 98	00:25:54	00:35:53		01:01:06.50	01:02:13.50	6:06	9.8
341	PIETRZYK MAŁGORZATA	2273		GLINICA	POL	K-20	34	K 99	00:26:00	00:36:26		01:01:03.90	01:02:13.75	6:06	9.8
342	SZULC JOANNA	2038		ORNONTOWICE	POL	K-18	3	K 100	00:26:15	00:36:26		01:01:46.85	01:02:14.85	6:10	9.7
343	GROBORZ GRZEGORZ	2059		ZABRZE	POL	M-40	52	M 243	00:25:17	00:35:19		01:00:28.20	01:02:15.35	6:02	9.9
344	MACIĄGA MARCIN	2458		PIEKARY ŚLĄSKIE	POL	M-20	55	M 244	00:25:16	00:34:53		00:59:59.65	01:02:19.65	5:59	10
345	PAWELEK BARBARA	2148		ZABRZE	POL	K-30	43	K 101	00:25:31	00:35:34		01:00:31.50	01:02:20.90	6:03	9.9
346	KARWAT JAREK	2196	EZUNIVERSE	RYBNIK	POL	M-30	106	M 245	00:25:24	00:35:35		01:00:20.20	01:02:30.85	6:02	9.9
347	BINASIK AGNIESZKA	2101		KATOWICE	POL	K-40	16	K 102	00:25:55	00:35:48		01:00:50.25	01:02:33.85	6:05	9.9
348	PACZKOWSKI JACEK	2220		ZABRZE	POL	M-40	55	M 246	00:24:47	00:35:03		01:01:28.10	01:02:43.20	6:08	9.8
349	SALAMON DAWID	2259	FILIPOWE KILOMETRY WALCZYMY Z AUTYZMEM	CZERWIONKA-LESZCZYNY	POL	M-30	109	M 247	00:24:46	00:34:34		01:01:08.65	01:02:44.55	6:06	9.8
350	DROZD KRZYSZTOF	2113		GLIWICE	POL	M-20	58	M 248	00:24:55	00:34:54		01:01:22.20	01:02:48.10	6:08	9.8
351	KRYŃ AGNIESZKA	2404	TRIATHLON X-TEAM	DĄBROWA GÓRNICZA	POL	K-30	44	K 103	00:25:10	00:35:01		01:00:59.10	01:02:50.90	6:05	9.8
352	GIBAS WOJCIECH	2270	HIRERIGHT RUNNING TEAM	KATOWICE	POL	M-30	110	M 249	00:25:53	00:36:01		01:01:22.45	01:02:56.45	6:08	9.8
353	RATKA DAWID	2109		WYRY	POL	M-20	59	M 250	00:25:19	00:35:24		01:01:29.40	01:02:57.45	6:08	9.8
354	MORMUL WITOLD	2061	SUPER FAJNY KLUB	WROCŁAW	POL	M-20	56	M 251	00:24:45	00:34:54		01:00:18.50	01:03:00.25	6:01	9.9
355	TWAROWSKA CELINA	2377	ETISOFT RUNNING TEAM	ZABRZE	POL	K-30	48	K 104	00:25:40	00:36:20		01:02:24.90	01:03:07.10	6:14	9.6
356	RUSIELEWICZ AGNIESZKA	2486		GLIWICE	POL	K-20	33	K 105	00:25:44	00:35:40		01:00:54.70	01:03:14.70	6:05	9.9
357	MARKOWICZ PIOTR	2485		GLIWICE	POL	M-30	108	M 252	00:25:44	00:35:41		01:00:55.20	01:03:14.75	6:05	9.8
358	ŁASZOWSKA EWA	2464	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	47	K 106	00:24:52	00:35:09		01:02:18.50	01:03:24.15	6:13	9.6
359	KOBUSIŃSKA JAGODA	2390	PKO SILESIA RUNNING TEAM	ZABRZE	POL	K-40	17	K 107	00:24:52	00:35:09		01:01:53.70	01:03:24.70	6:11	9.7
360	WAYDOWICZ PRZEMYSŁAW	2139	PKO SILESIA RUNNING TEAM	TARNOWSKIE GÓRY	POL	M-30	111	M 253	00:24:52	00:35:09		01:01:54.00	01:03:24.85	6:11	9.7
361	ANTOS ANGELIKA	2123	HIRSCHVOGEL	TYCHY	POL	K-20	36	K 108	00:25:14	00:35:28		01:02:14.20	01:03:48.85	6:13	9.6
362	BATORYNA ALEKSANDER	2548		BĘDZIN	POL	M-30	117	M 254	00:38:44	00:45:40		01:03:53.15	01:03:55.15	6:23	9.4
363	BIENKOWSKA JUSTYNA	2188		PYSKOWICE	POL	K-30	46	K 109	00:25:01	00:35:16		01:02:06.50	01:04:06.25	6:12	9.7
364	SOBOLEWSKA STEFANIA	2347		GLIWICE	POL	K-40	18	K 110	00:26:03	00:36:24		01:02:15.65	01:04:10.20	6:13	9.6
365	PORWOLIK BOŻENA	2450		RADZIONKOW	POL	K-40	19	K 111	00:25:13	00:35:39		01:02:27.55	01:04:17.15	6:14	9.6
366	SIKORA ANNA	2208		KNURÓW	POL	K-20	37	K 112	00:26:30	00:37:01		01:03:21.35	01:04:23.35	6:20	9.5
367	KUKUCZKA EWA	2146		GLIWICE	POL	K-30	55	K 113	00:25:05	00:35:38		01:03:15.95	01:04:25.05	6:19	9.5
368	MUSZAŁSKA BOŻENA	2415		BYTOM	POL	K-30	56	K 114	00:26:10	00:36:46		01:03:44.75	01:04:25.05	6:22	9.4
369	KOPEĆ-WÓJCIK MONIKA	2138		KNURÓW	POL	K-20	38	K 115	00:26:29	00:37:01		01:03:23.05	01:04:25.05	6:20	9.5
370	JACH WOJCIECH	2179		TARNOWSKIE GÓRY	POL	M-40	56	M 255	00:25:43	00:36:33		01:02:35.75	01:04:28.20	6:15	9.6
371	JACHYMIK DAMIAN	2385		BUKOWNO	POL	M-30	115	M 256	00:26:03	00:36:30		01:03:23.90	01:04:28.35	6:20	9.5
372	WITAŁA RAFAŁ	2025		GLIWICE	POL	M-30	112	M 257	00:26:07	00:36:47		01:02:34.80	01:04:35.85	6:15	9.6
373	DWORNICZAK IWONA	2219		SIEMIANOWICE ŚL.	POL	K-50	5	K 116	00:25:10	00:35:40		01:02:45.15	01:04:35.95	6:16	9.6
374	ZAJDEL DARIUSZ	2093		ZAWADZKIE	POL	M-50	20	M 258	00:27:02	00:37:09		01:02:38.50	01:04:35.95	6:15	9.6
375	RODAK AGNIESZKA	2349	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	K-30	50	K 117	00:25:17	00:35:42		01:02:45.50	01:04:41.10	6:16	9.6
376	SKRZYPEK MARTA	2191		CIĘCINA	POL	K-30	53	K 118	00:25:11	00:35:04		01:03:02.25	01:04:43.35	6:18	9.5

## GLIWICKA DYCHA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
377	KOMHR ANNA	2541		GLIWICE	POL	K-30	51	K 119	00:26:07	00:36:40		01:02:49.30	01:04:47.50	6:16	9.6
378	MALENKA JOLANTA	2448		GLIWICE	POL	K-30	57	K 120	00:24:57	00:35:42		01:03:48.00	01:04:51.45	6:22	9.4
379	SZOŁTYSIK MARTA	2453		RADZIONKÓW	POL	K-30	54	K 121	00:25:51	00:36:38		01:03:05.60	01:04:52.45	6:18	9.5
380	KOTOWSKI PIOTR	2426		GLIWICE	POL	M-40	58	M 259	00:25:51	00:36:28		01:03:26.35	01:04:55.30	6:20	9.5
381	BOROWIAK MATEUSZ	2286	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	113	M 260	00:26:28	00:37:04		01:02:34.90	01:04:58.30	6:15	9.6
382	GAŚIOREK ŁUKASZ	2288	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-20	60	M 261	00:26:30	00:37:06		01:02:36.75	01:04:58.45	6:15	9.6
383	ŻELEZNY TOMASZ	2249		GLIWICE	POL	M-30	114	M 262	00:26:46	00:37:15		01:03:06.65	01:04:59.05	6:18	9.5
384	BARANOWSKA EWA	2252	SEKCJA BIEGOWA FAMILIA	BYTOM	POL	K-30	49	K 122	00:25:15	00:35:53		01:02:34.95	01:04:59.95	6:15	9.6
385	GILEWSKI FRANCISZEK	2509	BIEGAM Z SERCEM	GLIWICE	POL	M-70	1	M 263	00:25:38	00:36:23		01:03:07.80	01:05:00.95	6:18	9.5
386	DUDEK MATEUSZ	2394	FLUOR SA.	RYBNIK	POL	M-20	61	M 264	00:27:20	00:38:46		01:03:13.40	01:05:07.95	6:19	9.5
387	PROCEK KATARZYNA	2144		GLIWICE	POL	K-40	20	K 123	00:25:24	00:36:16		01:03:42.70	01:05:09.90	6:22	9.4
388	PANKIEWICZ KATARZYNA	2260	GRUPACMYKI	GLIWICE	POL	K-40	21	K 124	00:25:39	00:36:18		01:04:07.40	01:05:14.30	6:24	9.4
389	OKOŃ ELŻBIETA	2058		GIERAŁTOWICE	POL	K-30	59	K 125	00:25:21	00:36:28		01:04:18.15	01:05:15.25	6:25	9.3
390	HOLETZKE DOROTA	2425		PYSKOWICE	POL	K-30	58	K 126	00:25:21	00:36:23		01:04:08.25	01:05:20.40	6:24	9.4
391	KEMPKA IZABELA	2373		JAWORZNO	POL	K-20	40	K 127	00:26:16	00:36:59		01:04:02.60	01:05:25.40	6:24	9.4
392	ZIMNY JOANNA	2022		GLIWICE	POL	K-30	52	K 128	00:26:34	00:36:40		01:02:51.85	01:05:31.30	6:17	9.5
393	NIEMIEC RAFAŁ	2261	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	57	M 265	00:24:46	00:35:37		01:03:05.25	01:05:32.45	6:18	9.5
394	PE MAGDALENA	2411		GLIWICE	POL	K-30	63	K 129	00:26:05	00:37:16		01:05:14.80	01:05:44.15	6:31	9.2
395	SKOWRON MIROŚŁAWA	2209		BYTOM	POL	K-40	22	K 130	00:25:54	00:36:45		01:04:23.05	01:05:44.25	6:26	9.3
396	MACIEJCZYK MARCIN	2244	FAMILIA	GLIWICE	POL	M-30	116	M 266	00:25:36	00:36:15		01:03:43.30	01:05:47.80	6:22	9.4
397	GORAJ-ZAJĄC ALEKSANDRA	2537	NIGHT RUNNER	GLIWICE	POL	K-40	23	K 131	00:26:40	00:37:34		01:05:56.35	01:06:05.45	6:35	9.1
398	BARTKOWSKA MONIKA	2253		GLIWICE	POL	K-30	62	K 132	00:27:06	00:38:06		01:04:57.15	01:06:05.55	6:29	9.2
399	GÓRA GRAŻYNA	2026		GLIWICE	POL	K-30	65	K 133	00:25:43	00:36:46		01:06:03.85	01:06:11.90	6:36	9.1
400	BOJEŚ MARCIN	2310	EZUNIVERSE	BIELSKO-BIAŁA	POL	M-20	62	M 267	00:27:03	00:37:53		01:04:00.35	01:06:16.35	6:24	9.4
401	SZYDLAK IWONA	2242	OASIS SPORT TEAM	GLIWICE	POL	K-30	61	K 134	00:25:16	00:36:30		01:04:49.35	01:06:16.90	6:28	9.3
402	RUŁKA MARTA	2072		TRZEBINIA	POL	K-20	41	K 135	00:26:37	00:37:03		01:04:20.00	01:06:26.15	6:26	9.3
403	PLACHTA MAREK	2076	INTER PROJEKT SA	RUDA ŚLĄSKA	POL	M-40	60	M 268	00:26:02	00:37:01		01:05:33.10	01:06:26.25	6:33	9.2
404	WÓJCİK RAFAŁ	2331	SEKCJA BIEGOWA FAMILIA	ZABRZE	POL	M-30	118	M 269	00:25:18	00:35:54		01:04:02.70	01:06:27.85	6:24	9.4
405	KUBICA MICHAŁ	2479		GLIWICE	POL	M-20	63	M 270	00:28:15	00:39:18		01:05:10.30	01:06:40.50	6:31	9.2
406	NIESLER MAGDALENA	2419	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	64	K 136	00:26:24	00:37:31		01:05:34.35	01:06:41.25	6:33	9.1
407	DUDZICZ ANNA	2065		GLIWICE	POL	K-50	6	K 137	00:26:42	00:37:16		01:05:16.95	01:06:42.25	6:31	9.2
408	LATOS EWA	2077	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	60	K 138	00:27:21	00:38:24		01:04:29.65	01:06:54.50	6:27	9.3
409	BĄCZEK PATRYCJA	2324		GLIWICE	POL	K-20	39	K 139	00:26:16	00:36:57		01:04:00.20	01:06:57.25	6:24	9.4
410	ŚWIDER TOMASZ	2222	BYTOM	BYTOM	POL	M-40	59	M 271	00:28:26	00:40:24		01:05:15.90	01:06:59.20	6:31	9.2
411	JUROWICZ DAMIAN	2447		KATOWICE	POL	M-20	64	M 272	00:26:42	00:37:43		01:05:33.70	01:07:01.70	6:33	9.2
412	PORADA TOMASZ	2312		RUDA ŚLĄSKA	POL	M-30	119	M 273	00:27:18	00:38:04		01:05:10.75	01:07:06.95	6:31	9.2
413	BRODIUK NORBERT	2001	SBRT ,NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	62	M 274	00:26:54	00:38:01		01:06:41.30	01:07:17.85	6:40	9
414	SMUDA GRZEGORZ	2110	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	120	M 275	00:27:23	00:38:10		01:05:29.35	01:07:18.45	6:32	9.2
415	MALEC MAREK	2391		GLIWICE	POL	M-20	65	M 276	00:25:38	00:37:07		01:05:51.85	01:07:25.50	6:35	9.1
416	BREGUŁA ANNA	2322		GLIWICE	POL	K-40	24	K 140	00:25:04	00:35:35		01:05:58.90	01:07:27.25	6:35	9.1
417	STACHOWIAK JANUSZ	2169		TARNOWSKIE GÓRY	POL	M-60	7	M 277	00:26:24	00:37:24		01:05:56.65	01:07:36.80	6:35	9.1
418	SOWA IRENEUSZ	2098	SOWA TEAM OPOLE	OPOLE	POL	M-40	61	M 278	00:26:30	00:37:43		01:06:27.90	01:07:53.20	6:38	9
419	STEPEL GRZEGORZ	2214		GLIWICE	POL	M-40	63	M 279	00:26:55	00:38:33		01:07:17.45	01:08:07.50	6:43	8.9
420	KOZACZKIEWICZ HELENA	2028	FC KNURÓW - COMBAT 56	KNURÓW	POL	K-60	2	K 141	00:27:00	00:38:20		01:07:29.05	01:08:10.15	6:44	8.9
421	MICHALIK NATALIA	2088		GLIWICE	POL	K-20	43	K 142	00:25:20	00:36:47		01:06:38.85	01:08:25.15	6:39	9
422	JOOSTBERENS ALEKSANDRA	2392	FLUOR SA	PYSKOWICE	POL	K-20	42	K 143	00:27:20	00:38:46		01:06:36.50	01:08:31.45	6:39	9
423	LEWANDOWSKA-STACHOWIAK JUSTYNA	2183		ZABRZE	POL	K-40	26	K 144	00:26:52	00:38:10		01:07:02.50	01:08:37.75	6:42	9
424	WNEK AGNIESZKA	2248		PRZYBĘDZA	POL	K-30	66	K 145	00:26:44	00:38:11		01:06:59.60	01:08:41.25	6:42	9
425	DZIEMIAŃCZUK MONIKA	2316		GLIWICE	POL	K-40	25	K 146	00:27:19	00:38:36		01:06:35.10	01:09:06.30	6:39	9
426	KLIKS KAZIMIERZ	2071		ZABRZE	POL	M-50	21	M 280	00:27:30	00:38:40		01:07:17.70	01:09:30.35	6:43	8.9
427	KĄŻMIERCZAK-TKACZ EWA	2395	BBL GŁUCHOŁĄZY	GŁUCHOŁĄZY	POL	K-40	30	K 147	00:28:06	00:39:45		01:09:22.30	01:09:44.65	6:56	8.6
428	TRZASKALIK ALEKSANDRA	2120		GLIWICE	POL	K-20	44	K 148	00:28:46	00:39:54		01:07:44.90	01:09:55.95	6:46	8.9
429	WILCZYŃSKA-KOGUT ALEKSANDRA	2336	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	67	K 149	00:27:32	00:38:47		01:08:04.80	01:09:56.05	6:48	8.8
430	PAJĄK ALEKSANDRA	2345		GLIWICE	POL	K-40	33	K 150	00:27:22	00:39:07		01:10:06.60	01:10:11.65	7:00	8.6
431	CHOMIAK AGATA	2530		GLIWICE	POL	K-40	32	K 151	00:27:37	00:39:24		01:10:06.30	01:10:11.85	7:00	8.6
432	STRUG MAŁGORZATA	2489		GLIWICE	POL	K-40	27	K 152	00:27:31	00:38:56		01:07:55.20	01:10:13.60	6:47	8.8
433	STRUG MARIUSZ	2482		GLIWICE	POL	M-40	64	M 281	00:27:32	00:38:56		01:07:56.80	01:10:14.60	6:47	8.8



**GLIWICKA DYCHA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
434	JANOSZKA IZABELA	2125	HIRSCHVOGEL	ŚWIBIE	POL	K-20	45	K 153	00:26:21	00:37:59		01:08:45.60	01:10:15.00	6:52	8.7
435	KACZKIEWICZ AGNIESZKA	2002	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	29	K 154	00:28:21	00:39:54		01:09:21.95	01:10:25.50	6:56	8.6
436	DZIEKAN KASIA	2197	ANTONTEAM	KĘDZIERZYN-KOŹLE	POL	K-30	68	K 155	00:28:54	00:40:29		01:08:53.55	01:10:34.20	6:53	8.7
437	CIESLAK PAWEŁ	2438		GLIWICE	POL	M-30	121	M 282	00:28:23	00:39:55		01:08:58.65	01:10:52.50	6:53	8.7
438	SZKAMRUK MAŁGORZATA	2254		GLIWICE	POL	K-30	69	K 156	00:27:44	00:39:12		01:09:33.15	01:10:58.95	6:57	8.6
439	PEKALA ANNA	2163		ZABRZE	POL	K-40	28	K 157	00:27:20	00:38:48		01:09:09.30	01:10:59.00	6:55	8.7
440	STANISZ MAŁGORZATA	2067		GLIWICE	POL	K-30	70	K 158	00:28:03	00:39:41		01:10:06.95	01:11:00.75	7:00	8.6
441	MALISZEWSKI JAKUB	2379	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-30	122	M 283	00:29:12	00:40:43		01:09:22.70	01:11:18.05	6:56	8.6
442	MALISZEWSKI BOGUSŁAW	2381	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-60	8	M 284	00:29:13	00:40:44		01:09:23.55	01:11:18.20	6:56	8.6
443	LEWICKI KRZYSZTOF	97	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	123	M 285	00:28:24	00:40:01		01:10:19.40	01:11:22.95	7:01	8.5
444	POLAKOWICZ ALEKSANDRA	2129		CHORZÓW	POL	K-40	34	K 159	00:28:00	00:39:55		01:10:10.25	01:11:40.95	7:01	8.6
445	KOCHANEK ALEKSANDRA	2203		GLIWICE	POL	K-40	31	K 160	00:28:01	00:39:25		01:09:24.35	01:11:52.70	6:56	8.6
446	OCHMAN AGNIESZKA	2451		BYTOM	POL	K-40	35	K 161	00:28:07	00:40:05		01:10:15.40	01:11:59.60	7:01	8.5
447	PIERNIKARCZYK MIRELA	2444		PRZEZCHLEBIE	POL	K-30	71	K 162	00:29:20	00:41:18		01:10:58.30	01:12:17.55	7:05	8.5
448	KONOPACKA KRYSZYNA	2119		GLIWICE	POL	K-60	3	K 163	00:29:03	00:40:58		01:11:54.15	01:12:27.00	7:11	8.3
449	GAŃTEK GERARD	2549		CZĘSTOCHOWA	M-70		2	M 286	00:28:37	00:40:21		01:10:58.75	01:12:48.75	7:05	8.5
450	PYREK MAREK	2314	TOROS DE ESPANA	LARYSZÓW	POL	M-30	125	M 287	00:29:29	00:41:40		01:12:04.15	01:13:00.20	7:12	8.3
451	NOWIŃSKI KAMIL	2284	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	124	M 288	00:31:33	00:44:51		01:11:24.25	01:13:48.25	7:08	8.4
452	ZIOŁKOWSKA BARBARA	2223	ŚWIĘTOCHŁOWICE	ŚWIĘTOCHŁOWICE	POL	K-30	72	K 164	00:28:27	00:40:25		01:12:09.60	01:13:52.95	7:12	8.3
453	ZARODA MAGDALENA	2287		GLIWICE	POL	K-30	73	K 165	00:29:35	00:41:36		01:13:20.45	01:13:53.00	7:20	8.2
454	TISZBIEREK GABRIELA	2118		BARGŁÓWKA	POL	K-40	36	K 166	00:29:04	00:41:11		01:12:13.50	01:13:55.85	7:13	8.3
455	TISZBIEREK HENRYK	2117	NIGHT RUNNERS GLIWICE	BARGŁÓWKA	POL	M-40	65	M 289	00:29:04	00:41:11		01:12:13.80	01:13:55.95	7:13	8.3
456	PRUCHNIK SŁAWEK	2051	JAZZY	GLIWICE	POL	M-20	66	M 290	00:29:16	00:42:57		01:13:49.40	01:14:48.45	7:22	8.1
457	JURETKO ADAM	2535		CHORZÓW	POL	M-40	66	M 291	00:29:33	00:41:56		01:13:24.60	01:15:02.10	7:20	8.2
458	KUT KRZYSZTOF	2031		GLIWICE	POL	M-30	126	M 292	00:30:01	00:42:32		01:14:00.65	01:15:02.70	7:24	8.1
459	VEGA ZUMETA BRYGIDA	2408	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	74	K 167	00:30:11	00:42:38		01:15:07.15	01:16:09.55	7:30	8
460	UEMURA YOSHIHIKO	2334	TAKENAKA	GLIWICE	POL	M-50	22	M 293	00:31:12	00:43:33		01:16:01.40	01:16:19.95	7:36	7.9
461	GORZKOWSKA MAŁGORZATA	2111		SOSNOWIEC	POL	K-20	46	K 168	00:29:59	00:42:02		01:14:10.40	01:16:21.70	7:25	8.1
462	KAMIŃSKI WOJCIECH	2477	INTERPROJEKT	GLIWICE	POL	M-20	67	M 294	00:30:05	00:42:12		01:14:15.20	01:16:40.55	7:25	8.1
463	KOSTRO RAFAŁ	2285	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	127	M 295	00:31:35	00:44:53		01:15:34.20	01:17:56.50	7:33	7.9
464	CUDZIK WALDEMAR	2463		CZĘSTOCHOWA	POL	M-50	23	M 296	00:52:11			01:16:35.70	01:18:03.95	7:39	7.8
465	ROSPONDEK AGATA	2472		CZĘSTOCHOWA	POL	K-30	75	K 169	00:52:10			01:16:36.35	01:18:04.95	7:39	7.8
466	FRĄC ELŻBIETA	2206	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	37	K 170	00:30:04	00:43:21		01:16:29.20	01:18:20.85	7:38	7.8
467	MARCZAK MARTA	2510		GLIWICE	POL	K-30	76	K 171	00:31:37	00:44:45		01:17:53.60	01:20:09.60	7:47	7.7
468	JÓZEFczyk KATARZYNA	2167	ISTA BIEGAMY	LEWIN BRZESKI	POL	K-30	77	K 172	00:30:22	00:46:22		01:18:56.80	01:21:00.25	7:53	7.6
469	KULIG MACIEJ	2504	CERTUM		POL	M-30	128	M 297	00:31:31	00:45:13		01:21:17.75	01:21:23.75	8:07	7.4
470	GROSS MAGDALENA	2413	UNISONO / FIS-SST TEAM	BYTOM	POL	K-18	4	K 173	00:31:36	00:45:44		01:20:06.40	01:22:24.45	8:00	7.5
471	DOLIŃSKI DANIEL	2414	UNISONO / FIS-SST TEAM	BYTOM	POL	M-20	68	M 298	00:31:35	00:45:43		01:20:05.90	01:22:24.70	8:00	7.5
472	JUSZCZAK EWA	2049		GLIWICE	POL	K-50	7	K 174	00:32:54	00:48:53		01:22:24.25	01:23:18.65	8:14	7.3
473	JUSZCZAK - WIŚNIEWSKA AGATA	2435	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	78	K 175	00:32:54	00:48:55		01:24:38.55	01:25:33.05	8:27	7.1
474	CIESZYŃSKA JOLANTA	2225	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	K-50	8	K 176	00:36:57	00:52:20		01:26:38.15	01:27:10.70	8:39	6.9
475	CYBULSKA WERONIKA	2184		GLIWICE	POL	K-20	47	K 177	00:54:40	01:03:46		01:28:28.80	01:30:15.30	8:50	6.8
476	SKUPIEŃ PIOTR	2526		GLIWICE	POL	M-40	67	M 299	00:53:51	01:03:37		01:30:19.05	01:30:56.55	9:01	6.6
477	WIERCZYŃSKI ŁUKASZ	2473		GLIWICE	POL	M-60	9	M 300	00:57:51			01:43:58.20	01:44:03.45	10:23	5.8
478	OLEJNIK MARCIN	2302	PROPOINT	GOŁUSZOWICE	POL	M-20	69	M 301	00:48:26	01:14:52		01:52:26.45	01:53:01.80	11:14	5.3
	STASIEŃSKI MACIEJ	2279		KATOWICE	POL	M-30			00:42:53	DNF		DNF	DNF	-	-

**GLIWICKA DYCHA, K Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	GOLBA KASIA	2543	1SECOND TEAM		POL	K-20	1	K 1	00:16:52	00:23:55		00:41:22.65	00:41:25.30	4:08	14.5
2	LEWICKA ELŻBIETA	2149	NIEZRZESZONA	KNURÓW	POL	K-40	1	K 2	00:17:24	00:24:19		00:41:43.75	00:41:46.20	4:10	14.4
3	MAJ-DZIUBAŃSKA IZABELA	2262	AKMB PĘDZIWIATR GLIWICE	PYSKOWICE	POL	K-30	1	K 3	00:17:45	00:25:07		00:43:46.65	00:43:50.05	4:22	13.7
4	GAWLIK SANDRA	2187		STRZELCE OPOLSKIE	POL	K-30	2	K 4	00:18:42	00:26:20		00:45:32.20	00:45:34.85	4:33	13.2
5	NENKO BARBARA	2378	AUGUSTEAM	RUDA ŚLĄSKA	POL	K-30	3	K 5	00:19:06	00:26:43		00:46:20.00	00:46:32.05	4:38	12.9

**GLIWICKA DYCHA, K Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
6	PIECUCH AGNIESZKA	2250		TARNOWSKIE GÓRY	POL	K-30	4	K 6	00:19:22	00:26:58		00:46:27.35	00:46:41.90	4:38	12.9
7	HERMAN ANNA	2166	RUNONLINE TEAM	SIEMIANOWICE ŚLĄSKIE	POL	K-40	2	K 7				00:48:28.00	00:48:28.00	4:50	12.4
8	WALĘDZIK ANNA	2449	MIECHOWICKA GRUPA BIEGOWA	ZABRZE	POL	K-30	5	K 8	00:20:19	00:28:33		00:49:23.35	00:49:40.65	4:56	12.1
9	SKUPIEŃ MAŁGORZATA	2122	ETISOFT RUNNING TEAM	GLIWICE	POL	K-20	2	K 9	00:21:07	00:29:09		00:49:12.75	00:49:54.95	4:55	12.2
10	PASECKA SYLWIA	2333		GLIWICE	POL	K-40	4	K 10	00:20:47	00:29:05		00:49:48.15	00:50:09.55	4:58	12
11	FRAŃCZYK MAŁGORZATA	2213		GLIWICE	POL	K-40	3	K 11	00:20:24	00:28:30		00:49:25.00	00:50:13.05	4:56	12.1
12	PIKUL WIKTORIA	2177		GLIWICE	POL	K-18	1	K 12	00:21:18	00:29:39		00:50:17.60	00:50:45.60	5:01	11.9
13	ZIOMEK KATARZYNA	2137		BYTOM	POL	K-30	6	K 13	00:20:40	00:29:08		00:50:46.50	00:51:37.65	5:04	11.8
14	ŻOŁĄDŻ MARLENA	2264		GLIWICE	POL	K-20	3	K 14	00:21:47	00:30:13		00:50:37.35	00:51:43.50	5:03	11.9
15	SZCZYRBA AGNIESZKA	2190		PYSKOWICE	POL	K-20	5	K 15	00:20:59	00:29:22		00:51:00.95	00:51:47.00	5:06	11.8
16	WIŚNIEWSKA DOMINIKA	2462		GIERAŁTOWICE	POL	K-20	4	K 16	00:21:16	00:29:34		00:50:37.85	00:52:02.85	5:03	11.9
17	RUBIN KATARZYNA	2487		GLIWICE	POL	K-20	6	K 17	00:21:16	00:29:41		00:51:36.80	00:52:13.20	5:09	11.6
18	BZDYK IWONA	2157	PARKRUN KATOWICE	KATOWICE	POL	K-30	7	K 18	00:22:15	00:30:47		00:52:01.65	00:52:48.50	5:12	11.5
19	BRODAŁA AGNIESZKA	2245		GLIWICE	POL	K-30	10	K 19	00:22:03	00:30:45		00:52:43.45	00:53:05.00	5:16	11.4
20	PLOCH KAROLINA	2154		PYSKOWICE	POL	K-30	8	K 20	00:21:50	00:30:22		00:52:19.65	00:53:31.30	5:14	11.5
21	EICHHOF JOANNA	2030		GLIWICE	POL	K-40	5	K 21	00:21:52	00:30:30		00:52:33.55	00:53:46.20	5:15	11.4
22	RASZYK ALINA	2283	AMBITNI TETRZYCY	ISKRZYCZYN	POL	K-40	6	K 22	00:21:57	00:30:43		00:53:13.40	00:54:02.40	5:19	11.3
23	KOŁOSKA KARINA	2258		PIEKARY ŚLĄSKIE	POL	K-20	7	K 23	00:21:52	00:30:51		00:53:51.60	00:54:04.75	5:23	11.1
24	GAJDA KATARZYNA	2339	TAKENAKA	GLIWICE	POL	K-20	8	K 24	00:22:26	00:31:19		00:53:52.15	00:54:07.00	5:23	11.1
25	SKUPIEŃ IZABELA	2528		WARSZAWA	POL	K-30	11	K 25	00:21:39	00:30:44		00:54:00.00	00:54:36.85	5:24	11.1
26	TUCHOWSKA ANNA	2529		SOSNOWIEC	POL	K-30	9	K 26	00:22:18	00:30:46		00:52:25.35	00:54:38.30	5:14	11.4
27	RACZEK MAGDALENA	2193		GLIWICE	POL	K-30	12	K 27	00:23:01	00:31:59		00:54:10.95	00:54:41.85	5:25	11.1
28	WIĘCZKOWSKA MILENA	2521		GLIWICE	POL	K-20	10	K 28	00:21:59	00:31:11		00:54:33.55	00:54:49.00	5:27	11
29	STAROŃ JAGODA	2161		ZABRZE	POL	K-20	9	K 29	00:23:00	00:31:57		00:54:03.90	00:54:57.35	5:24	11.1
30	PAWŁOWSKA-GULDZIŃSKA MAGDALENA	2417		ŁÓDŹ	POL	K-40	7	K 30	00:22:43	00:31:19		00:53:37.50	00:55:24.60	5:21	11.2
31	PIETRUCHA-TOMA EWA	2434		BYTOM	POL	K-50	1	K 31	00:22:24	00:31:31		00:54:34.95	00:55:33.45	5:27	11
32	MAZALIŃ JADWIGA	2091		PYSKOWICE	POL	K-30	13	K 32	00:22:22	00:31:33		00:54:39.30	00:55:34.00	5:28	11
33	KOSMACZEWSKA ANNA	2010	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	14	K 33	00:23:29	00:32:39		00:55:28.15	00:55:50.20	5:32	10.8
34	SIERADZKA AGNIESZKA	2057	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-30	17	K 34		00:33:29		00:55:56.60	00:55:56.60	5:35	10.7
35	ŁAJSZCZAK - GAJDA DOROTA	2174		GLIWICE	POL	K-40	8	K 35	00:22:19	00:31:19		00:54:01.40	00:56:01.45	5:24	11.1
36	MICHAŁAK AGNIESZKA	2515		SOSNOWIEC	POL	K-30	16	K 36	00:22:37	00:31:53		00:55:46.85	00:56:02.20	5:34	10.8
37	PIOTROWSKA MAŁGORZATA	2131		ZABRZE	POL	K-20	11	K 37	00:23:00	00:32:02		00:55:21.95	00:56:15.30	5:32	10.8
38	MUSKIETORZ KATARZYNA	2033		MIKOŁÓW	POL	K-20	15	K 38	00:24:00	00:33:29		00:56:23.30	00:56:50.50	5:38	10.6
39	TARNOWSKA EDYTA	2151		GLIWICE	POL	K-20	16	K 39	00:23:01	00:32:28		00:56:54.85	00:57:18.65	5:41	10.5
40	HERDUŚ LUCYNA	2237		JASTRZĘBIE ZDRÓJ	POL	K-30	18	K 40	00:23:16	00:32:21		00:55:58.25	00:57:34.95	5:35	10.7
41	STOLARCZYK ALEKSANDRA	2465	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K-30	15	K 41	00:23:34	00:32:40		00:55:34.95	00:57:37.30	5:33	10.8
42	MAJEWSKA-LUDWIG KATARZYNA	2152	4M	PLAWNIOWICE	POL	K-30	20	K 42	00:23:22	00:32:40		00:56:39.50	00:57:38.05	5:40	10.6
43	BEMŚ EMILIA	2185		GLIWICE	POL	K-20	12	K 43	00:24:04	00:33:11		00:56:06.10	00:57:50.85	5:36	10.7
44	GLAPIAK ALEKSANDRA	2311		ZABRZE	POL	K-30	21	K 44	00:23:40	00:33:08		00:57:02.80	00:57:51.05	5:42	10.5
45	PUTOWSKA NATALIA	2180		GLIWICE	POL	K-20	13	K 45	00:24:03	00:33:10		00:56:06.95	00:57:52.10	5:36	10.7
46	SZWIEC SANDRA	2099	ORNONTOWICE BIEGA	ORNONTOWICE	POL	K-30	19	K 46	00:23:46	00:32:57		00:55:59.40	00:57:52.45	5:35	10.7
47	GILLNER KLAUDIA	2035		GLIWICE	POL	K-20	14	K 47	00:23:25	00:32:40		00:56:22.75	00:57:59.10	5:38	10.6
48	MICHAŁSKA NATALIA	2182	ABM	GLIWICE	POL	K-18	2	K 48	00:23:06	00:32:37		00:56:36.65	00:58:03.95	5:39	10.6
49	FRANIELCZYK MARTA	2499		GLIWICE	POL	K-30	24	K 49		00:33:46		00:58:08.60	00:58:08.60	5:48	10.3
50	MISKIEWICZ LUCYNA	2341		ZAWIERCIE	POL	K-50	2	K 50	00:24:03	00:33:32		00:57:12.25	00:58:13.00	5:43	10.5
51	WANDEL EWA	2092		WILKASY	POL	K-20	19	K 51	00:23:55	00:33:23		00:57:50.20	00:58:25.00	5:47	10.4
52	OŻÓG CLAUDIA	680		WARSZAWA	POL	K-20	20	K 52	00:23:01	00:32:58		00:58:10.95	00:58:33.45	5:49	10.3
53	ŚMIGIEL MAGDALENA	2192		GLIWICE	POL	K-20	18	K 53	00:22:57	00:33:08		00:57:40.05	00:58:45.05	5:46	10.4
54	TARTANUS-ORYSZCZAK MARTA	2365		GLIWICE	POL	K-30	22	K 54	00:23:39	00:33:07		00:57:30.65	00:58:49.15	5:45	10.4
55	IWAN ANITA	2545		ZIEMIĘCICE	POL	K-20	17	K 55	00:24:02	00:33:28		00:57:27.65	00:58:52.55	5:44	10.4
56	WOJTOWICZ KAROLINA	2325		GLIWICE	POL	K-30	26	K 56	00:23:35	00:33:12		00:58:16.80	00:58:57.55	5:49	10.3
57	STRYSIK-KRĘŻEL IWONA	2291	PROPOINT	GLIWICE	POL	K-30	28	K 57	00:24:07	00:33:52		00:58:51.25	00:59:15.20	5:53	10.2
58	BEHOUNEK MAŁGORZATA	2452	TG SOKOŁ ZAKOPANE	ZAKOPANE	POL	K-50	3	K 58	00:23:53	00:33:40		00:58:42.15	00:59:21.55	5:52	10.2
59	KUBICA BOŻENA	2090	ORNONTOWICE BIEGA	ORNONTOWICE	POL	K-40	9	K 59	00:24:13	00:33:38		00:57:28.35	00:59:21.75	5:44	10.4
60	CZENCZEK MAGDALENA	2011	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	29	K 60	00:23:54	00:34:01		00:59:04.05	00:59:26.55	5:54	10.2
61	CICHY AGNIESZKA	2386		RUDA ŚLĄSKA	POL	K-30	23	K 61	00:23:59	00:33:25		00:57:38.45	00:59:29.20	5:45	10.4
62	DRABEK AGNIESZKA	2317		KATOWICE	POL	K-30	27	K 62	00:24:01	00:33:38		00:58:26.65	00:59:30.85	5:50	10.3

## GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
63	ŻUREK NELA	2276	HIRERIGHT RUNNING TEAM	KATOWICE	POL	K-20	21	K 63	00:24:03	00:33:31		00:58:11.25	00:59:50.45	5:49	10.3
64	PAWLUS - DUSIK BEATA	2337		BRZUSNIK	POL	K-30	25	K 64	00:24:41	00:34:04		00:58:09.45	00:59:51.40	5:49	10.3
65	SKORUPA MAGDALENA	2344		PRZEGĘDZA	POL	K-20	22	K 65	00:24:07	00:33:41		00:58:12.25	01:00:02.90	5:49	10.3
66	KUWIK KLAUDIA	2293	PROPOINT	GLIWICE	POL	K-20	28	K 66	00:24:55	00:34:55		00:59:46.00	01:00:17.10	5:58	10
67	SMOLIŃSKA ILONA	2343		KNURÓW	POL	K-40	10	K 67	00:24:07	00:33:41		00:58:29.85	01:00:20.25	5:51	10.3
68	BOCHNAK ALEKSANDRA	2156		GLIWICE	POL	K-20	27	K 68	00:24:27	00:34:29		00:59:42.45	01:00:21.35	5:58	10
69	CZERWIŃSKA ANNA	2508		GLIWICE	POL	K-30	35	K 69	00:25:11	00:35:08		01:00:05.40	01:00:27.90	6:00	10
70	BUKSIŃSKA IWONA	2501		ZABRZE	POL	K-40	11	K 70	00:23:43	00:33:45		00:59:33.75	01:00:30.15	5:57	10.1
71	LUKOSZEK WERONIKA	2034	STEP-DANCE	GLIWICE	POL	K-20	25	K 71	00:24:29	00:34:14		00:58:29.15	01:00:30.45	5:50	10.3
72	MULARCZYK TERESA	2301	BIEGNIJ LOLA, BIEGNIJ	LIBIĄŻ	POL	K-60	1	K 72	00:24:14	00:34:00		00:59:52.60	01:00:32.80	5:59	10
73	BALCER WERONIKA	2318		GLIWICE	POL	K-20	24	K 73	00:23:43	00:33:18		00:58:26.60	01:00:36.15	5:50	10.3
74	KRZOS DOMINIKA	2436		ZABRZE	POL	K-20	23	K 74	00:24:24	00:33:51		00:58:20.15	01:00:40.75	5:50	10.3
75	POLAK MAŁGORZATA	2096	OPEL ACTIVE TEAM	RUDA ŚLĄSKA	POL	K-40	12	K 75	00:24:07	00:34:07		00:59:36.75	01:00:43.75	5:57	10.1
76	NOSAL ANNA	2469	ORZEŁ BIAŁY S.A.	ŚWIĘTOCHŁOWICE	POL	K-30	30	K 76	00:24:01	00:34:01		00:59:18.65	01:00:46.90	5:55	10.1
77	OKOŃ MONIKA	2107		KNURÓW	POL	K-30	34	K 77	00:24:53	00:34:38		00:59:55.30	01:00:52.85	5:59	10
78	ORZECHOWSKA NATALIA	2534		OPOLE	POL	K-30	40	K 78	00:25:02	00:35:10		01:00:21.65	01:00:53.75	6:02	9.9
79	MIECZNIKOWSKI AGNIESZKA	2162		KATOWICE	POL	K-40	15	K 79	00:24:19	00:34:28		01:00:00.25	01:01:06.65	6:00	10
80	MAZURCZAK DIANA	2247		OPOLE	POL	K-20	30	K 80	00:24:58	00:35:01		00:59:58.70	01:01:08.40	5:59	10
81	WYCIŚLIK WIOLETA	2168		GLIWICE	POL	K-30	32	K 81	00:25:12	00:34:53		00:59:33.75	01:01:09.45	5:57	10.1
82	BRZÓZKA PATRYCJA	2490		GLIWICE	POL	K-20	26	K 82	00:24:52	00:34:32		00:59:02.30	01:01:12.00	5:54	10.2
83	CEPUCHOWICZ SYLWIA	2127	W POGONI ZA DUCHEM	KATOWICE	POL	K-40	13	K 83	00:25:27	00:35:26		00:59:55.60	01:01:25.30	5:59	10
84	LATA BEATA	2128		SIEMIANOWICE ŚLĄSKIE	POL	K-40	14	K 84	00:25:27	00:35:26		00:59:55.75	01:01:25.70	5:59	10
85	BUGŁA AGNIESZKA	2229	ZABIEGANE NAUCZYCIELKI	KUŹNIA NIEBOROWSKA	POL	K-30	31	K 85	00:25:02	00:35:05		00:59:33.10	01:01:26.65	5:57	10.1
86	GONTARZ KAROLINA	2268	HIRERIGHT RUNNING TEAM	KATOWICE	POL	K-30	33	K 86	00:25:20	00:35:12		00:59:54.80	01:01:28.80	5:59	10
87	SIKORSKA KATARZYNA	2133		GLIWICE	POL	K-30	37	K 87	00:24:37	00:34:44		01:00:15.70	01:01:30.25	6:01	10
88	KOLASIŃSKA MONIKA	2075		GLIWICE	POL	K-20	29	K 88	00:24:31	00:34:31		00:59:46.40	01:01:39.65	5:58	10
89	WOLANIN PATRYCJA	2440		GLIWICE	POL	K-20	32	K 89	00:25:45	00:35:43		01:00:43.70	01:01:43.05	6:04	9.9
90	PIENIAK KAROLINA	2078		GLIWICE	POL	K-20	35	K 90	00:25:46	00:36:02		01:01:07.95	01:01:46.10	6:06	9.8
91	WIELAWIŃSKA HALINA	2542		GLIWICE	POL	K-30	41	K 91	00:24:45	00:34:49		01:00:23.70	01:01:53.75	6:02	9.9
92	SKWARA KATARZYNA	2095	HIRSCHVOGEL	ZABRZE	POL	K-30	42	K 92	00:24:53	00:34:57		01:00:29.50	01:01:58.90	6:02	9.9
93	ORZAŻEWSKA ELŻBIETA	2104		SOŚNICOWICE	POL	K-50	4	K 93	00:24:39	00:34:34		01:00:18.85	01:02:00.35	6:01	9.9
94	KOENIGSHAUS ANNA	2060		ZABRZE	POL	K-30	38	K 94	00:25:17	00:35:19		01:00:19.05	01:02:06.40	6:01	9.9
95	GRZYŚKA KATARZYNA	2340		ZABRZE	POL	K-30	39	K 95	00:24:33	00:34:37		01:00:19.65	01:02:10.35	6:02	9.9
96	ŻURAWIECKA ANNA	2474		GLIWICE	POL	K-20	31	K 96	00:25:04	00:35:05		01:00:19.85	01:02:10.35	6:02	9.9
97	DREJA KATARZYNA	2505	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	36	K 97	00:25:08	00:35:03		01:00:14.80	01:02:13.20	6:01	10
98	ZGRZYBŁOWSKA WERONIKA	2423		GLIWICE	POL	K-30	45	K 98	00:25:54	00:35:53		01:01:06.50	01:02:13.50	6:06	9.8
99	PIETRZYK MAŁGORZATA	2273		GLINICA	POL	K-20	34	K 99	00:26:00	00:36:26		01:01:03.90	01:02:13.75	6:06	9.8
100	SZULC JOANNA	2038		ORNONTOWICE	POL	K-18	3	K 100	00:26:15	00:36:26		01:01:46.85	01:02:14.85	6:10	9.7
101	PAWELEK BARBARA	2148		ZABRZE	POL	K-30	43	K 101	00:25:31	00:35:34		01:00:31.50	01:02:20.90	6:03	9.9
102	BINASIK AGNIESZKA	2101		KATOWICE	POL	K-40	16	K 102	00:25:55	00:35:48		01:00:50.25	01:02:33.85	6:05	9.9
103	KRYŃ AGNIESZKA	2404	TRIATHLON X-TEAM	DĄBROWA GÓRNICZA	POL	K-30	44	K 103	00:25:10	00:35:01		01:00:59.10	01:02:50.90	6:05	9.8
104	TWAROWSKA CELINA	2377	ETISOFT RUNNING TEAM	ZABRZE	POL	K-30	48	K 104	00:25:40	00:36:20		01:02:24.90	01:03:07.10	6:14	9.6
105	RUSIELEWICZ AGNIESZKA	2486		GLIWICE	POL	K-20	33	K 105	00:25:44	00:35:40		01:00:54.70	01:03:14.70	6:05	9.9
106	ŁASZOWSKA EWA	2464	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	47	K 106	00:24:52	00:35:09		01:02:18.50	01:03:24.15	6:13	9.6
107	KOBUSIŃSKA JAGODA	2390	PKO SILESIA RUNNING TEAM	ZABRZE	POL	K-40	17	K 107	00:24:52	00:35:09		01:01:53.70	01:03:24.70	6:11	9.7
108	ANTOS ANGELIKA	2123	HIRSCHVOGEL	TYCHY	POL	K-20	36	K 108	00:25:14	00:35:28		01:02:14.20	01:03:48.85	6:13	9.6
109	BIENKOWSKA JUSTYNA	2188		PYSKOWICE	POL	K-30	46	K 109	00:25:01	00:35:16		01:02:06.50	01:04:06.25	6:12	9.7
110	SOBOLEWSKA STEFANIA	2347		GLIWICE	POL	K-40	18	K 110	00:26:03	00:36:24		01:02:15.65	01:04:10.20	6:13	9.6
111	PORWOLIK BOŻENA	2450		RADZIONKOW	POL	K-40	19	K 111	00:25:13	00:35:39		01:02:27.55	01:04:17.15	6:14	9.6
112	SIKORA ANNA	2208		KNURÓW	POL	K-20	37	K 112	00:26:30	00:37:01		01:03:21.35	01:04:23.35	6:20	9.5
113	KUKUCZKA EWA	2146		GLIWICE	POL	K-30	55	K 113	00:25:05	00:35:38		01:03:15.95	01:04:25.05	6:19	9.5
114	MUSZALSKA BOŻENA	2415		BYTOM	POL	K-30	56	K 114	00:26:10	00:36:46		01:03:44.75	01:04:25.05	6:22	9.4
115	KOPEC-WÓJCIK MONIKA	2138		KNURÓW	POL	K-20	38	K 115	00:26:29	00:37:01		01:03:23.05	01:04:25.05	6:20	9.5
116	DWORNICZAK IWONA	2219		SIEMIANOWICE ŚL.	POL	K-50	5	K 116	00:25:10	00:35:40		01:02:45.15	01:04:35.95	6:16	9.6
117	RODAK AGNIESZKA	2349	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	K-30	50	K 117	00:25:17	00:35:42		01:02:45.50	01:04:41.10	6:16	9.6
118	SKRZYPEK MARTA	2191		CIĘCINA	POL	K-30	53	K 118	00:25:11	00:35:04		01:03:02.25	01:04:43.35	6:18	9.5
119	KOMHR ANNA	2541		GLIWICE	POL	K-30	51	K 119	00:26:07	00:36:40		01:02:49.30	01:04:47.50	6:16	9.6

**GLIWICKA DYCHA, K Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
120	MALEŃKA JOLANTA	2448		GLIWICE	POL	K-30	57	K 120	00:24:57	00:35:42		01:03:48.00	01:04:51.45	6:22	9.4
121	SZOŁTYSIK MARTA	2453		RADZIONKÓW	POL	K-30	54	K 121	00:25:51	00:36:38		01:03:05.60	01:04:52.45	6:18	9.5
122	BARANOWSKA EWA	2252	SEKCJA BIEGOWA FAMILIA	BYTOM	POL	K-30	49	K 122	00:25:15	00:35:53		01:02:34.95	01:04:59.95	6:15	9.6
123	PROCEK KATARZYNA	2144		GLIWICE	POL	K-40	20	K 123	00:25:24	00:36:16		01:03:42.70	01:05:09.90	6:22	9.4
124	PANKIEWICZ KATARZYNA	2260	GRUPACMYKI	GLIWICE	POL	K-40	21	K 124	00:25:39	00:36:18		01:04:07.40	01:05:14.30	6:24	9.4
125	OKOŃ ELŻBIETA	2058		GIERAŁTOWICE	POL	K-30	59	K 125	00:25:21	00:36:28		01:04:18.15	01:05:15.25	6:25	9.3
126	HOLETZKE DOROTA	2425		PYSKOWICE	POL	K-30	58	K 126	00:25:21	00:36:23		01:04:08.25	01:05:20.40	6:24	9.4
127	KEMPKA IZABELA	2373		JAWORZNO	POL	K-20	40	K 127	00:26:16	00:36:59		01:04:02.60	01:05:25.40	6:24	9.4
128	ZIMNY JOANNA	2022		GLIWICE	POL	K-30	52	K 128	00:26:34	00:36:40		01:02:51.85	01:05:31.30	6:17	9.5
129	PE MAGDALENA	2411		GLIWICE	POL	K-30	63	K 129	00:26:05	00:37:16		01:05:14.80	01:05:44.15	6:31	9.2
130	SKOWRON MIROŚLAWA	2209		BYTOM	POL	K-40	22	K 130	00:25:54	00:36:45		01:04:23.05	01:05:44.25	6:26	9.3
131	GORAJ-ZAJĄC ALEKSANDRA	2537	NIGHT RUNNER	GLIWICE	POL	K-40	23	K 131	00:26:40	00:37:34		01:05:56.35	01:06:05.45	6:35	9.1
132	BARTKOWSKA MONIKA	2253		GLIWICE	POL	K-30	62	K 132	00:27:06	00:38:06		01:04:57.15	01:06:05.55	6:29	9.2
133	GÓRA GRAŻYNA	2026		GLIWICE	POL	K-30	65	K 133	00:25:43	00:36:46		01:06:03.85	01:06:11.90	6:36	9.1
134	SZYDŁAK IWONA	2242	OASIS SPORT TEAM	GLIWICE	POL	K-30	61	K 134	00:25:16	00:36:30		01:04:49.35	01:06:16.90	6:28	9.3
135	RUŁKA MARTA	2072		TRZEBINIA	POL	K-20	41	K 135	00:26:37	00:37:03		01:04:20.00	01:06:26.15	6:26	9.3
136	NIESLER MAGDALENA	2419	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	64	K 136	00:26:24	00:37:31		01:05:34.35	01:06:41.25	6:33	9.1
137	DUDZICZ ANNA	2065		GLIWICE	POL	K-50	6	K 137	00:26:42	00:37:16		01:05:16.95	01:06:42.25	6:31	9.2
138	LATOS EWA	2077	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	60	K 138	00:27:21	00:38:24		01:04:29.65	01:06:54.50	6:27	9.3
139	BĄCZEK PATRYCJA	2324		GLIWICE	POL	K-20	39	K 139	00:26:16	00:36:57		01:04:00.20	01:06:57.25	6:24	9.4
140	BREGUŁA ANNA	2322		GLIWICE	POL	K-40	24	K 140	00:25:04	00:35:35		01:05:58.90	01:07:27.25	6:35	9.1
141	KOZACZKIEWICZ HELENA	2028	FC KNURÓW - COMBAT 56	KNURÓW	POL	K-60	2	K 141	00:27:00	00:38:20		01:07:29.05	01:08:10.15	6:44	8.9
142	MICHALIK NATALIA	2088		GLIWICE	POL	K-20	43	K 142	00:25:20	00:36:47		01:06:38.85	01:08:25.15	6:39	9
143	JOOSTBERENS ALEKSANDRA	2392	FLUOR SA	PYSKOWICE	POL	K-20	42	K 143	00:27:20	00:38:46		01:06:36.50	01:08:31.45	6:39	9
144	LEWANDOWSKA-STACHOWIAK JUSTYNA	2183		ZABRZE	POL	K-40	26	K 144	00:26:52	00:38:10		01:07:02.50	01:08:37.75	6:42	9
145	WNEK AGNIESZKA	2248		PRZYBĘDZA	POL	K-30	66	K 145	00:26:44	00:38:11		01:06:59.60	01:08:41.25	6:42	9
146	DZIEMIAŃCZUK MONIKA	2316		GLIWICE	POL	K-40	25	K 146	00:27:19	00:38:36		01:06:35.10	01:09:06.30	6:39	9
147	KĄŻMIERCZAK-TKACZ EWA	2395	BBL GŁUCHOŁAZY	GŁUCHOŁAZY	POL	K-40	30	K 147	00:28:06	00:39:45		01:09:22.30	01:09:44.65	6:56	8.6
148	TRZASKALIK ALEKSANDRA	2120		GLIWICE	POL	K-20	44	K 148	00:28:46	00:39:54		01:07:44.90	01:09:55.95	6:46	8.9
149	WILCZYŃSKA-KOGUT ALEKSANDRA	2336	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	67	K 149	00:27:32	00:38:47		01:08:04.80	01:09:56.05	6:48	8.8
150	PAJĄK ALEKSANDRA	2345		GLIWICE	POL	K-40	33	K 150	00:27:22	00:39:07		01:10:06.60	01:10:11.65	7:00	8.6
151	CHOMIAK AGATA	2530		GLIWICE	POL	K-40	32	K 151	00:27:37	00:39:24		01:10:06.30	01:10:11.85	7:00	8.6
152	STRUG MAŁGORZATA	2489		GLIWICE	POL	K-40	27	K 152	00:27:31	00:38:56		01:07:55.20	01:10:13.60	6:47	8.8
153	JANOSZKA IZABELA	2125	HIRSCHVOGEL	ŚWIBIE	POL	K-20	45	K 153	00:26:21	00:37:59		01:08:45.60	01:10:15.00	6:52	8.7
154	KACZKIEWICZ AGNIESZKA	2002	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	29	K 154	00:28:21	00:39:54		01:09:21.95	01:10:25.50	6:56	8.6
155	DZIEKAN KASIA	2197	ANTONTEAM	KĘDZIERZYN-KOŹLE	POL	K-30	68	K 155	00:28:54	00:40:29		01:08:53.55	01:10:34.20	6:53	8.7
156	SZKAMRUK MAŁGORZATA	2254		GLIWICE	POL	K-30	69	K 156	00:27:44	00:39:12		01:09:33.15	01:10:58.95	6:57	8.6
157	PEKALA ANNA	2163		ZABRZE	POL	K-40	28	K 157	00:27:20	00:38:48		01:09:09.30	01:10:59.00	6:55	8.7
158	STANISZ MAŁGORZATA	2067		GLIWICE	POL	K-30	70	K 158	00:28:03	00:39:41		01:10:06.95	01:11:00.75	7:00	8.6
159	POLAKOWICZ ALEKSANDRA	2129		CHORZÓW	POL	K-40	34	K 159	00:28:00	00:39:55		01:10:10.25	01:11:40.95	7:01	8.6
160	KOCHANEK ALEKSANDRA	2203		GLIWICE	POL	K-40	31	K 160	00:28:01	00:39:25		01:09:24.35	01:11:52.70	6:56	8.6
161	OCHMAN AGNIESZKA	2451		BYTOM	POL	K-40	35	K 161	00:28:07	00:40:05		01:10:15.40	01:11:59.60	7:01	8.5
162	PIERNIKARCZYK MIRELA	2444		PRZEZCHLEBIE	POL	K-30	71	K 162	00:29:20	00:41:18		01:10:58.30	01:12:17.55	7:05	8.5
163	KONOPACKA KRYSZYNA	2119		GLIWICE	POL	K-60	3	K 163	00:29:03	00:40:58		01:11:54.15	01:12:27.00	7:11	8.3
164	ZIOŁKOWSKA BARBARA	2223	ŚWIĘTOCHŁOWICE	ŚWIĘTOCHŁOWICE	POL	K-30	72	K 164	00:28:27	00:40:25		01:12:09.60	01:13:52.95	7:12	8.3
165	ZARODA MAGDALENA	2287		GLIWICE	POL	K-30	73	K 165	00:29:35	00:41:36		01:13:20.45	01:13:53.00	7:20	8.2
166	TISZBIEREK GABRIELA	2118		BARGŁÓWKA	POL	K-40	36	K 166	00:29:04	00:41:11		01:12:13.50	01:13:55.85	7:13	8.3
167	VEGA ZUMETA BRYGIDA	2408	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	74	K 167	00:30:11	00:42:38		01:15:07.15	01:16:09.55	7:30	8
168	GORZKOWSKA MAŁGORZATA	2111		SOSNOWIEC	POL	K-20	46	K 168	00:29:59	00:42:02		01:14:10.40	01:16:21.70	7:25	8.1
169	ROSPONDEK AGATA	2472		CZĘSTOCHOWA	POL	K-30	75	K 169	00:52:10			01:16:36.35	01:18:04.95	7:39	7.8
170	FRĄC ELŻBIETA	2206	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	37	K 170	00:30:04	00:43:21		01:16:29.20	01:18:20.85	7:38	7.8
171	MARCZAK MARTA	2510		GLIWICE	POL	K-30	76	K 171	00:31:37	00:44:45		01:17:53.60	01:20:09.60	7:47	7.7
172	JÓZEFczyk KATARZYNA	2167	ISTA BIEGAMY	LEWIN BRZESKI	POL	K-30	77	K 172	00:30:22	00:46:22		01:18:56.80	01:21:00.25	7:53	7.6
173	GROSS MAGDALENA	2413	UNISONO / FIS-SST TEAM	BYTOM	POL	K-18	4	K 173	00:31:36	00:45:44		01:20:06.40	01:22:24.45	8:00	7.5
174	JUSZCZAK EWA	2049		GLIWICE	POL	K-50	7	K 174	00:32:54	00:48:53		01:22:24.25	01:23:18.65	8:14	7.3
175	JUSZCZAK - WIŚNIEWSKA AGATA	2435	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	78	K 175	00:32:54	00:48:55		01:24:38.55	01:25:33.05	8:27	7.1
176	CIESZYŃSKA JOLANTA	2225	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	K-50	8	K 176	00:36:57	00:52:20		01:26:38.15	01:27:10.70	8:39	6.9

## GLIWICKA DYCHA, K Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
177	CYBULSKA WERONIKA	2184		GLIWICE	POL	K-20	47	K 177	00:54:40	01:03:46		01:28:28.80	01:30:15.30	8:50	6.8

## GLIWICKA DYCHA, M Open

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	FORMICKI RAFAŁ	2461	CKS BUDOWLANI CZĘSTOCHOWA	ZAWIERCIE	POL	M-20	1	M 1	00:13:57	00:19:34		00:37:11.15	00:37:12.65	3:43	16.1
2	JARCO DOMINIK	2234	ALPIN SPORT TEAM	PIETRZYKOWICE	POL	M-20	2	M 2	00:14:08	00:20:01	00:03:33	00:37:13.05	00:37:13.95	3:22	17.8
3	ROSIŃSKI ARTUR	2354	PARKRUN KATOWICE	RUDA ŚLĄSKA	POL	M-20	3	M 3	00:15:19	00:20:58	00:03:33	00:37:18.35	00:37:19.25	3:22	17.8
4	WOJDYŁA MATEUSZ	2313	GMINA STRZELCE OPOLSKIE	KALINOWICE	POL	M-30	1	M 4	00:14:25	00:20:22	00:03:33	00:37:30.30	00:37:32.90	3:23	17.7
5	WINKLER TOMASZ	2470		MARKLOWICE	POL	M-30	2	M 5	00:15:18	00:20:58	00:03:33	00:37:44.15	00:37:45.10	3:25	17.5
6	SLADEK DOMINIK	2205	NIEZRZESZONY	ZABRZE	POL	M-20	4	M 6	00:15:25	00:21:48		00:38:16.10	00:38:17.35	3:49	15.7
7	PSTRAŚ LESZEK	2085	PARKRUN KATOWICE	KATOWICE	POL	M-30	3	M 7	00:16:00	00:22:20		00:38:23.90	00:38:23.90	3:50	15.6
8	WYSOCKI MARIUSZ	2352	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M-40	1	M 8	00:16:18	00:22:38		00:38:28.50	00:38:36.85	3:50	15.6
9	BUJNOWSKI ARTUR	2044	SOKÓŁ / ENDURANCE KNURÓW	KNURÓW	POL	M-30	4	M 9	00:15:58	00:22:21		00:38:53.10	00:38:55.75	3:53	15.4
10	CZERWIŃSKI MICHAŁ	2540	SBD ENERGETYK RYBNIK	RYBNIK	POL	M-30	5	M 10	00:15:55	00:22:27		00:38:57.05	00:38:58.90	3:53	15.4
11	JUCHA PRZEMYSŁAW	2524	ANTONTEM		POL	M-30	6	M 11	00:16:55	00:23:39		00:39:49.85	00:39:52.90	3:58	15.1
12	KAUF DAMIAN	2446		ZABRZE	POL	M-30	7	M 12	00:16:16	00:22:57		00:39:57.05	00:40:01.05	3:59	15
13	BŁASZCZYK DOMINIK	2401	NIGHT RUNNERS	KALETY	POL	M-20	5	M 13	00:16:38	00:23:13		00:40:10.05	00:40:12.50	4:01	14.9
14	OCHMAN PAWEŁ	2431	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	8	M 14	00:16:59	00:23:40		00:40:15.05	00:40:19.05	4:01	14.9
15	PRZEŹDZIAK ZYGMUNT	2323	KRONOSPAN STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	M-40	2	M 15	00:16:51	00:23:34		00:40:21.85	00:40:26.45	4:02	14.9
16	PIOTROWSKI ŁUKASZ	2210		RUDA ŚLĄSKA	POL	M-30	9	M 16	00:16:29	00:23:16		00:40:38.55	00:40:40.05	4:03	14.8
17	WISZYŃSKI DAMIAN	2357		CHORZÓW	POL	M-30	10	M 17	00:16:57	00:23:46		00:40:41.35	00:40:44.15	4:04	14.7
18	LAMPARSKI ŁUKASZ	2063		GÓRKI WIELKIE	POL	M-20	6	M 18	00:16:43	00:23:38		00:40:59.95	00:41:01.70	4:06	14.6
19	RAJWA MARCIN	2375		RADLIN	POL	M-20	7	M 19	00:16:09	00:23:09		00:41:06.30	00:41:09.40	4:06	14.6
20	CIECIAK GRZEGORZ	2480	MEGWAT RUNNING TEAM	ŻORY	POL	M-40	3	M 20	00:17:04	00:23:52		00:41:07.15	00:41:15.80	4:06	14.6
21	SZABELSKI KRZYSZTOF	2397	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	11	M 21	00:16:47	00:23:41		00:41:26.65	00:41:32.85	4:08	14.5
22	GRAMATYKA JAN	2399	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 22	00:16:48	00:23:42		00:41:27.05	00:41:32.85	4:08	14.5
23	WISZNIEWSKI DARIUSZ	2382	ANTONTEAM	KĘDZIERZYN-KOŹLE	POL	M-40	4	M 23	00:16:55	00:23:55		00:42:02.15	00:42:05.50	4:12	14.3
24	MAJ WITOLD	2475	OLDBOYS TRUSKOLASY	WRĘCZYCA WIELKA	POL	M-50	1	M 24	00:17:03	00:24:04		00:42:04.15	00:42:20.85	4:12	14.3
25	ALKER ANDRZEJ	2087		GLIWICE	POL	M-20	8	M 25	00:17:31	00:24:43		00:42:57.45	00:43:00.75	4:17	14
26	WASZTYL GRZEGORZ	2520		KATOWICE	POL	M-40	5	M 26	00:17:28	00:24:37		00:42:57.25	00:43:07.15	4:17	14
27	NIKIEL MARCIN	2054		ZABRZE	POL	M-30	13	M 27	00:17:26	00:24:38		00:43:06.45	00:43:10.30	4:18	13.9
28	ZDEBEL DARIUSZ	2160	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M-40	6	M 28	00:18:04	00:25:14		00:43:11.90	00:43:19.40	4:19	13.9
29	MAJEWSKI ANDRZEJ	2303	KRONOSPAN STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	M-30	14	M 29	00:18:02	00:25:20		00:43:29.50	00:43:37.30	4:21	13.8
30	KUCHTA MIROSLAW	2212	REMGUM	KATOWICE	POL	M-50	2	M 30	00:18:00	00:25:23		00:44:08.40	00:44:12.40	4:24	13.6
31	ROSIKOŃ TOMASZ	2269		GLIWICE	POL	M-30	15	M 31	00:18:01	00:25:18		00:44:07.00	00:44:15.05	4:24	13.6
32	GŁOWA DARIUSZ	2243		ZABRZE	POL	M-40	7	M 32	00:18:28	00:25:51		00:44:15.45	00:44:21.55	4:25	13.6
33	BOMBELKA DANIEL	2376	KRONOSPAN STRZELCE OPOLSKIE	JEMIELNICA	POL	M-20	9	M 33	00:18:49	00:26:09		00:44:15.20	00:44:22.55	4:25	13.6
34	BIENIECKI MAREK	2539	OTK RZEŹNIK	GLIWICE	POL	M-18	1	M 34	00:18:12	00:25:33		00:44:30.80	00:44:39.30	4:27	13.5
35	NOWAK MATEUSZ	2050		GLIWICE	POL	M-20	10	M 35	00:17:58	00:25:39		00:44:41.40	00:44:43.75	4:28	13.4
36	BRZOSKA PIOTR	2363	BIEGNĘ BO MI MARCIN KAZAŁ	PANIÓWKI	POL	M-30	18	M 36	00:18:24	00:25:52		00:44:47.10	00:44:50.40	4:28	13.4
37	KRAUSE SZYMON	2155		TARNOWSKIE GÓRY	POL	M-30	19	M 37	00:18:24	00:26:01		00:44:52.05	00:44:55.25	4:29	13.4
38	JAKUBIAK DAWID	2084	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M-30	17	M 38	00:18:43	00:26:21		00:44:42.85	00:45:01.05	4:28	13.4
39	HALMAN TOMASZ	2371		GLIWICE	POL	M-30	16	M 39	00:18:11	00:25:42		00:44:37.55	00:45:03.15	4:27	13.4
40	BABIUCH KAROL	2321		ŁANY WIELKIE	POL	M-30	21	M 40	00:18:33	00:25:59		00:45:13.75	00:45:31.70	4:31	13.3
41	MRÓZEK TOMASZ	2265		GLIWICE	POL	M-30	22	M 41	00:19:13	00:26:39		00:45:22.40	00:45:44.70	4:32	13.2
42	JURGA ADAM	2384	KS OLKUSZ	OLKUSZ	POL	M-30	23	M 42	00:18:22	00:26:05		00:45:37.30	00:45:45.10	4:33	13.1
43	LNIAŃY BENIAMIN	2039	POBIEGA(L)NIANY	RUDA ŚLĄSKA	POL	M-40	8	M 43	00:18:42	00:26:25		00:45:45.40	00:45:52.05	4:34	13.1

**GLIWICKA DYCHA, M Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
44	PACANA PATRYK	2043	DRUŻYNA ŚWIĘTEGO MARCINA	TARNOWSKIE GÓRY	POL	M-20	13	M 44	00:18:59	00:26:21		00:45:42.00	00:45:53.30	4:34	13.1
45	CZERNIK JAKUB	2396	ELZAB ACTIVE TEAM	PIEKARY ŚLĄSKIE	POL	M-20	14	M 45	00:18:26	00:26:05		00:45:52.95	00:46:09.30	4:35	13.1
46	SMOTER WOJCIECH	2507	SBRT GLIWICE	GLIWICE	POL	M-40	10	M 46	00:18:46	00:26:31		00:46:09.30	00:46:13.00	4:37	13
47	DONIGIEWICZ MARIUSZ	2315		GLIWICE	POL	M-30	20	M 47	00:19:14	00:26:36		00:45:09.80	00:46:13.55	4:31	13.3
48	CZYŻYKOWSKI MARCIN	2307	SW RUNNERS	ŚWIĘTOCHŁOWICE	POL	M-40	9	M 48	00:18:56	00:26:28		00:45:56.00	00:46:20.95	4:35	13.1
49	BUGAJCZYK PIOTR	2069	PROGRESS BYTOM	BYTOM	POL	M-30	25	M 49	00:18:39	00:26:24		00:46:24.40	00:46:28.55	4:38	12.9
50	KŁACZEK GRZEGORZ	2428	WIESZOWA	WIESZOWA	POL	M-50	3	M 50	00:19:09	00:26:51		00:46:23.10	00:46:30.50	4:38	12.9
51	WICHARY MARCIN	2056	ISTA BIEGAMY	KALETY	POL	M-30	26	M 51	00:19:18	00:27:01		00:46:33.20	00:46:44.75	4:39	12.9
52	DACZYŃSKI MICHAŁ	2103	VEGERUNNERS	GLIWICE	POL	M-40	11	M 52	00:19:20	00:27:01		00:46:36.35	00:46:55.10	4:39	12.9
53	SZABRA DAWID	2204	-	CHORZÓW	POL	M-20	11	M 53	00:18:35	00:26:07		00:45:19.15	00:47:06.90	4:31	13.2
54	KOWALSKI TOMASZ	2443		GLIWICE	POL	M-30	28	M 54	00:18:44	00:26:50		00:46:59.50	00:47:08.85	4:41	12.8
55	WARZYŃSKI WOJCIECH	2484		GLIWICE	POL	M-30	30	M 55	00:19:23	00:27:22		00:47:09.25	00:47:16.60	4:42	12.7
56	GOŁYŚ GRZEGORZ	2503	CERTUM	USTRÓŃ	POL	M-20	12	M 56	00:19:14	00:26:37		00:45:37.85	00:47:20.10	4:33	13.1
57	WATOŁA MAREK	2017	M&M	PYSKOWICE	POL	M-30	31	M 57	00:19:31	00:27:28		00:47:13.85	00:47:24.85	4:43	12.7
58	HORA GRZEGORZ	2115		RUDA ŚLĄSKA	POL	M-30	24	M 58	00:20:03	00:27:24		00:46:17.30	00:47:26.05	4:37	13
59	BICZYŃSKI PAWEŁ	2023	PSYCHONAUCI	KNURÓW	POL	M-30	29	M 59	00:19:15	00:26:59		00:47:08.40	00:47:33.50	4:42	12.7
60	KIERAT PAWEŁ	2053		GLIWICE	POL	M-30	32	M 60	00:18:27	00:26:17		00:47:21.45	00:47:35.45	4:44	12.7
61	MAZUR WITOLD	2296	PROPOINT	GLIWICE	POL	M-20	15	M 61	00:20:21	00:28:10		00:47:01.30	00:47:36.90	4:42	12.8
62	LATACZ TOMASZ	2235		BYTOM	POL	M-40	12	M 62	00:19:28	00:27:16		00:47:14.30	00:47:39.10	4:43	12.7
63	KOCIEMBA PATRYK	2020		GLIWICE	POL	M-30	27	M 63	00:19:35	00:27:21		00:46:58.45	00:47:43.05	4:41	12.8
64	WOJTAS PAWEŁ	2346	3940	SANOK	POL	M-20	17	M 64	00:19:23	00:27:27		00:47:35.05	00:47:45.40	4:45	12.6
65	STULIK PAWEŁ	2130		KNURÓW	POL	M-30	33	M 65	00:19:59	00:27:43		00:47:22.95	00:47:51.60	4:44	12.7
66	SUPETA ANDRZEJ	2519		JAWORZNO	POL	M-30	34	M 66	00:19:48	00:27:18		00:47:25.20	00:47:55.00	4:44	12.6
67	JANOSZ SŁAWEK	2186		GLIWICE	POL	M-30	35	M 67	00:19:50	00:27:36		00:47:33.35	00:48:02.15	4:45	12.6
68	MARCZAK PAWEŁ	2066		GLIWICE	POL	M-30	36	M 68	00:19:34	00:27:37		00:47:43.95	00:48:07.05	4:46	12.6
69	ZAKRZOWSKI KRZYSZTOF	2467	TENNECO AUTOMOTIVE EASTERN EUROPE	RUDA ŚLĄSKA	POL	M-20	18	M 69	00:19:28	00:27:31		00:47:41.10	00:48:17.50	4:46	12.6
70	CHOLEWA GRZEGORZ	2215		PYSKOWICE	POL	M-30	38	M 70	00:19:53	00:27:55		00:48:27.50	00:48:33.10	4:50	12.4
71	SIERADZKI ADAM	2292	PROPOINT	KATOWICE	POL	M-20	19	M 71	00:20:07	00:27:57		00:48:03.05	00:48:34.45	4:48	12.5
72	SKIBA ADAM	2536		KNURÓW	POL	M-40	14	M 72	00:20:03	00:28:04		00:48:11.85	00:48:35.80	4:49	12.4
73	ŚWITALSKI ADAM	2421		CHORZÓW	POL	M-20	16	M 73	00:21:12	00:28:50		00:47:21.95	00:48:35.80	4:44	12.7
74	SZKLARZ SEBASTIAN	2047		GLIWICE	POL	M-30	37	M 74	00:20:16	00:28:15		00:48:27.30	00:48:53.60	4:50	12.4
75	SITARSKI MATEUSZ	2233		GLIWICE	POL	M-20	21	M 75	00:20:32	00:28:24		00:48:15.20	00:48:54.95	4:49	12.4
76	PACANA KRZYSZTOF	2114		TARNOWSKIE GÓRY	POL	M-20	20	M 76	00:19:32	00:27:34		00:48:06.25	00:48:56.05	4:48	12.5
77	PUPIELK KAMIL	2550		TARNOWSKIE GÓRY	POL	M-18	2	M 77	00:19:00	00:27:12		00:48:45.20	00:48:58.45	4:52	12.3
78	HODOR ROBERT	2176		BYTOM	POL	M-40	13	M 78	00:19:59	00:27:58		00:47:57.50	00:49:00.05	4:47	12.5
79	JAŁOWIEC RYSZARD	2304	KS OLKUSZ	OLKUSZ	POL	M-60	1	M 79	00:20:08	00:28:19		00:49:06.80	00:49:15.05	4:54	12.2
80	MACHAŁA MAREK	2332	LUCKY LOSERS	GLINICA	POL	M-40	16	M 80	00:19:39	00:27:45		00:49:06.95	00:49:18.40	4:54	12.2
81	LITWINCZUK GABRIEL	2383		KLUCZE	POL	M-30	40	M 81	00:19:51	00:27:58		00:48:50.25	00:49:23.75	4:53	12.3
82	ZDON PAWEŁ	2407		KĘDZIERZYN-KOŹLE	POL	M-30	39	M 82	00:21:01	00:28:57		00:48:44.20	00:49:31.90	4:52	12.3
83	BURZAWA JAROSŁAW	2300		GRÓDKÓW	POL	M-40	17	M 83	00:20:13	00:28:30		00:49:16.05	00:49:44.70	4:55	12.2
84	CYBULSKI PAWEŁ	2295	PROPOINT	TYCHY	POL	M-20	24	M 84	00:20:12	00:28:26		00:49:11.35	00:49:46.10	4:55	12.2
85	SMOLARCZYK DOMINIK	2362	MŁODE WILKI	GLIWICE	POL	M-40	18	M 85	00:20:24	00:28:35		00:49:21.75	00:49:47.55	4:56	12.2
86	KOWAL DARIUSZ	2460		GLIWICE	POL	M-40	15	M 86	00:21:14	00:28:51		00:48:25.35	00:49:47.55	4:50	12.4
87	WESTER MIECZYSLAW	2278		GLIWICE	POL	M-40	19	M 87	00:20:23	00:28:41		00:49:33.70	00:49:55.10	4:57	12.1
88	SZWARCZYŃSKI MICHAŁ	2013		GLIWICE	POL	M-30	46	M 88	00:19:40	00:27:59		00:49:58.50	00:50:08.35	4:59	12
89	SZULC SEBASTIAN	2012		GLIWICE	POL	M-20	26	M 89	00:20:17	00:28:36		00:49:51.00	00:50:14.40	4:59	12
90	STRONCZYŃSKI ANDRZEJ	2309	NIGHT RUNNERS GLIWICE	RUDA KOZIELSKA	POL	M-20	22	M 90	00:21:10	00:29:05		00:49:04.65	00:50:15.15	4:54	12.2
91	DYLONG PIOTR	2165		GLIWICE	POL	M-50	4	M 91	00:20:18	00:28:35		00:49:12.30	00:50:22.15	4:55	12.2
92	KASPRZYK MARCIN	2216		KNURÓW	POL	M-30	44	M 92	00:20:20	00:28:32		00:49:36.50	00:50:24.30	4:57	12.1
93	JANIK SERGIUSZ	2370		ZAWIERCIE	POL	M-20	25	M 93	00:20:41	00:28:46		00:49:26.50	00:50:27.65	4:56	12.1
94	PRZYGODZKI DAMIAN	2172	JAZZY	WROCŁAW	POL	M-20	27	M 94	00:21:31	00:29:50		00:50:09.35	00:50:28.40	5:00	12
95	SZCZERZEK ZBIGNIEW	2257		ZABRZE	POL	M-60	2	M 95				00:50:34.00	00:50:34.00	5:03	11.9
96	WYCIŚLIK MARCIN	2081	HIRSCHVOGEL	GLIWICE	POL	M-30	41	M 96	00:20:22	00:28:24		00:48:59.30	00:50:36.35	4:53	12.2
97	DROSDZOL PIOTR	2348	ZDYCHOM ALE LECA	CHORZÓW	POL	M-20	23	M 97	00:21:32	00:29:38		00:49:06.70	00:50:41.00	4:54	12.2
98	ZIELIŃSKI SEBASTIAN	2271		ZABRZE	POL	M-30	43	M 98	00:20:07	00:28:24		00:49:16.60	00:50:43.15	4:55	12.2
99	PRONCZUK MARCIN	2036	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	48	M 99	00:20:26	00:29:29		00:50:25.50	00:50:48.15	5:02	11.9

## GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
100	ZEROMSKI STEFAN	2218	JASNA	GLIWICE	POL	M-50	5	M 100	00:21:39	00:29:56		00:50:40.05	00:50:52.65	5:04	11.8
101	SETNIK ROBERT	2500		GLIWICE	POL	M-40	20	M 101	00:19:32	00:28:24		00:50:48.15	00:50:53.15	5:04	11.8
102	SKUBAŁA JANUSZ	2329	LUCKY LOSERS	CHWOSTEK	POL	M-30	50	M 102	00:20:36	00:29:13		00:50:45.70	00:50:56.50	5:04	11.8
103	KUKURBA MIKOŁAJ	2360	OMNISQUARE	GLIWICE	POL	M-30	42	M 103	00:20:31	00:28:42		00:49:01.90	00:50:57.25	4:54	12.2
104	SOKOŁOWSKI ŁUKASZ	2299		GLIWICE	POL	M-30	49	M 104	00:20:54	00:29:19		00:50:40.50	00:50:57.50	5:04	11.8
105	DUBIEL LESZEK	2121		GLIWICE	POL	M-30	47	M 105	00:20:07	00:28:30		00:50:05.40	00:51:05.15	5:00	12
106	WAŚ SZYMON	2483			POL	M-20	28	M 106	00:21:09	00:29:19		00:50:27.25	00:51:10.25	5:02	11.9
107	MACH MARCIN	2200		GLIWICE	POL	M-40	22	M 107	00:20:58	00:29:28		00:51:08.10	00:51:15.05	5:06	11.7
108	JANOWSKI PIOTR	2367		GLIWICE	POL	M-50	6	M 108	00:21:05	00:29:39		00:51:11.65	00:51:22.90	5:07	11.7
109	YOSHIDA DAISUKE	2335	TAKENAKA	GLIWICE	POL	M-30	45	M 109	00:21:22	00:29:11		00:49:57.30	00:51:32.25	4:59	12
110	GABRYŚ SEBA	2516	NIGHT RUNNER GLIWICE	GLIWICE	POL	M-40	23	M 110	00:20:57	00:29:33		00:51:24.60	00:51:37.15	5:08	11.7
111	SKORUPSKI PAWEŁ	2195		GLIWICE	POL	M-30	51	M 111	00:20:52	00:29:27		00:51:05.50	00:51:49.90	5:06	11.7
112	JUROWICZ MARIUSZ	2416		KATOWICE	POL	M-20	29	M 112	00:20:58	00:29:14		00:51:05.20	00:51:50.30	5:06	11.7
113	HĄJOK MAREK	2173		GLIWICE	POL	M-40	21	M 113	00:20:53	00:29:28		00:51:07.05	00:51:51.20	5:06	11.7
114	GARNCARZ JAKUB	2140		DĄBROWA GÓRNICZA	POL	M-30	55	M 114	00:21:31	00:30:14		00:52:05.30	00:52:12.00	5:12	11.5
115	MISIUREK ERNEST	2175	SRH 73PP KATOWICE	BEDZIN	POL	M-40	25	M 115	00:20:36	00:29:35		00:52:08.95	00:52:20.55	5:12	11.5
116	SOKOŁOWSKI MATEUSZ	2277		GLIWICE	POL	M-20	33	M 116	00:22:00	00:30:36		00:52:15.80	00:52:32.80	5:13	11.5
117	ANTONIAK MATEUSZ	2422		KLUCZE	POL	M-20	30	M 117	00:21:06	00:29:25		00:51:30.05	00:52:34.55	5:09	11.7
118	GOŁĘBIEWSKI MAREK	2456		GLIWICE	POL	M-30	53	M 118	00:21:01	00:29:39		00:51:15.70	00:52:34.75	5:07	11.7
119	STARCZAŁA PIOTR	2481	MEGAWAT RUNNING TEAM	KŚIĄŻENICE	POL	M-40	24	M 119	00:21:26	00:29:54		00:52:04.70	00:52:41.70	5:12	11.5
120	GŁÓWKA PIOTR	2387		GLIWICE	POL	M-30	54	M 120	00:20:59	00:29:30		00:51:48.40	00:52:42.45	5:10	11.6
121	OGONOWSKI EDWAWRD	2305	ŻÓŁWIK OPOLE	OPOLE	POL	M-60	3	M 121	00:21:42	00:30:12		00:51:31.00	00:52:47.05	5:09	11.6
122	SZWAJKOSZ SZCZEPAN	2282		GLIWICE	POL	M-30	57	M 122	00:20:54	00:29:39		00:52:16.45	00:52:47.65	5:13	11.5
123	SUBIK TOMASZ	2150		GLIWICE	POL	M-30	59	M 123	00:22:07	00:30:44		00:52:26.90	00:52:51.10	5:14	11.4
124	WOJTYŁA TYMOTEUSZ	2052	JAZZY	PSZCZYNA	POL	M-20	31	M 124	00:21:58	00:30:29		00:51:51.10	00:52:51.60	5:11	11.6
125	KACZMARZYK ARKADIUSZ	2272		GLIWICE	POL	M-30	60	M 125	00:22:13	00:30:54		00:52:30.40	00:52:59.55	5:15	11.4
126	ORŁOWSKI KAMIL	2533		ZABRZE	POL	M-20	32	M 126	00:21:21	00:29:45		00:51:58.25	00:53:00.30	5:11	11.5
127	BIENIEK DAWID	2246		KNURÓW	POL	M-20	34	M 127	00:22:03	00:30:45		00:52:43.95	00:53:05.65	5:16	11.4
128	MERMON ARTUR	2230		GLIWICE	POL	M-50	8	M 128	00:21:48	00:30:34		00:53:08.10	00:53:16.85	5:18	11.3
129	WYLEŻOŁ PIOTR	2454	RUN DMC	KĘDZIERZYN-KOZŁE	POL	M-30	52	M 129	00:21:22	00:29:54		00:51:07.25	00:53:24.00	5:06	11.7
130	ZARUDZKI ŁUKASZ	2353	NOTHING TO FEAR	GLIWICE	POL	M-40	27	M 130	00:21:52	00:30:35		00:52:23.35	00:53:26.45	5:14	11.5
131	PAWLINA PIOTR	2029		GLIWICE	POL	M-40	28	M 131	00:21:52	00:30:29		00:52:33.50	00:53:46.20	5:15	11.4
132	JAWORSKI JAKUB	2369		GLIWICE	POL	M-20	35	M 132	00:22:04	00:30:53		00:52:52.30	00:53:52.25	5:17	11.3
133	WIĘCKOWSKI-GAWRON MATEUSZ	2412		KATOWICE	POL	M-20	36	M 133	00:22:02	00:30:53		00:52:52.40	00:53:52.50	5:17	11.3
134	WILK KRZYSZTOF	2380		KATOWICE	POL	M-40	26	M 134	00:21:12	00:29:35		00:52:09.85	00:53:57.10	5:13	11.5
135	GRYCMAN MICHAŁ	2496		CZYŻOWICE		M-20	37	M 135	00:21:50	00:30:49		00:53:28.05	00:54:00.20	5:20	11.2
136	MIKA SZYMON	2372		KATOWICE	POL	M-30	67	M 136	00:22:40	00:31:26		00:53:23.65	00:54:00.30	5:20	11.2
137	RENKIEL TOMASZ	2492		GLIWICE	POL	M-40	31	M 137	00:22:33	00:31:53		00:53:47.15	00:54:11.50	5:22	11.2
138	JANIK JANUSZ	2491		GLIWICE	POL	M-40	32	M 138	00:22:32	00:31:53		00:53:47.55	00:54:11.90	5:22	11.2
139	JUREKO MACIEJ	2021		GLIWICE	POL	M-30	56	M 139	00:22:26	00:30:59		00:52:16.15	00:54:15.30	5:13	11.5
140	ZIELIŃSKI MAREK	2457		GLIWICE	POL	M-30	70	M 140	00:22:36	00:31:18		00:53:27.60	00:54:19.30	5:20	11.2
141	SKWARA MICHAŁ	2136	HIRSCHVOGEL	ZABRZE	POL	M-30	61	M 141	00:21:32	00:30:27		00:52:48.90	00:54:22.70	5:16	11.4
142	ŚLUSARSKI LESZEK	2266		BĘDZIN	POL	M-40	33	M 142	00:21:24	00:30:22		00:53:57.60	00:54:24.15	5:23	11.1
143	CAPUTA MICHAŁ	2227		GLIWICE	POL	M-30	69	M 143	00:23:22	00:31:54		00:53:27.35	00:54:25.65	5:20	11.2
144	KACZMARSKI MARCIN	2398	KACZMARKISPORT	SOSNOWIEC	POL	M-30	73	M 144	00:22:05	00:31:15		00:54:12.30	00:54:29.30	5:25	11.1
145	SEREDYŃSKI ROMAN	2544	PANTERA			M-40	29	M 145	00:23:08	00:31:41		00:52:36.50	00:54:34.75	5:15	11.4
146	PIERNIKARCZYK ROBERT	2445		PRZEZCHLEBIE	POL	M-30	66	M 146	00:23:07	00:31:38		00:53:16.45	00:54:38.50	5:19	11.3
147	KOWOL MARCIN	2194		GLIWICE	POL	M-40	34	M 147	00:23:01	00:31:59		00:54:09.55	00:54:40.40	5:25	11.1
148	ORZAŻEWSKI MAREK	2263	OPEL ACTIVE TEAM	BYTOM	POL	M-30	71	M 148	00:22:31	00:31:33		00:53:59.85	00:54:43.45	5:24	11.1
149	ŁUCZAK MAREK	2455		GLIWICE	POL	M-30	68	M 149	00:23:48	00:32:38		00:53:24.45	00:54:44.25	5:20	11.2
150	BOBEŁ KRZYSZTOF	2442	S.A.S. SILESIA	ŚWIĘTOSZOWICE	POL	M-30	72	M 150	00:22:55	00:31:48		00:54:05.20	00:54:44.65	5:24	11.1
151	ZAKRZOWSKI WOJCIECH	2241		ŁAZISKA GÓRNE	POL	M-30	62	M 151	00:23:10	00:31:53		00:52:58.15	00:54:47.45	5:17	11.3
152	BACHMAN ROBERT	2522			POL	M-30	74	M 152	00:22:04	00:31:13		00:54:31.25	00:54:48.05	5:27	11
153	ZHYKHARAU VASILII	2255		GLIWICE	POL	M-30	58	M 153	00:22:05	00:30:49		00:52:21.95	00:54:48.20	5:14	11.5
154	GIERADA RYSZARD	2356	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	7	M 154	00:22:02	00:30:37		00:52:57.55	00:54:51.10	5:17	11.3
155	RUTKOWSKI ŁUKASZ	2437		GLIWICE	POL	M-20	39	M 155	00:22:29	00:31:23		00:53:59.10	00:54:59.20	5:23	11.1
156	KOBUSIŃSKI JUREK	2389	PKO SILESIA RUNNING TEAM	ZABRZE	POL	M-50	10	M 156	00:22:00	00:30:57		00:53:32.65	00:55:03.50	5:21	11.2

## GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
157	WLAŻŁAK WIESŁAW	2135		GLIWICE	POL	M-50	9	M 157	00:22:30	00:31:15		00:53:28.40	00:55:04.45	5:20	11.2
158	HAJDA ADAM	2308		MIASTECZKO ŚLĄSKIE	POL	M-40	35	M 158	00:22:30	00:31:37		00:54:28.65	00:55:07.25	5:26	11
159	KŁODA MARCIN	2468	TENNECO AUTOMOTIVE EASTERN EUROPE	ZABRZE	POL	M-30	63	M 159	00:21:04	00:29:49		00:53:08.00	00:55:08.15	5:18	11.3
160	SIATA SEBASTIAN	2466	TENNECO AUTOMOTIVEEASTERN EUROPE	TRZEBINIA	POL	M-30	64	M 160	00:21:03	00:29:49		00:53:08.15	00:55:08.50	5:18	11.3
161	CISZEWSKI KRZYSZTOF	2418		SOŚNICOWICE	POL	M-30	77	M 161	00:22:57	00:32:08		00:54:51.80	00:55:09.55	5:29	10.9
162	OKOŃ ZDZISŁAW	2108		KNURÓW	POL	M-60	4	M 162	00:22:23	00:31:21		00:54:05.10	00:55:10.40	5:24	11.1
163	JURASZEK TOMASZ	2240		TYCHY	POL	M-40	30	M 163	00:23:10	00:31:54		00:53:23.80	00:55:13.35	5:20	11.2
164	JANICKI KRZYSZTOF	2403		JASTRZĘBIE-ZDRÓJ	POL	M-40	37	M 164	00:22:28	00:31:22		00:54:46.80	00:55:23.25	5:28	11
165	TRYBUS MICHAŁ	2232		GLIWICE	POL	M-20	41	M 165	00:23:02	00:31:59		00:54:23.70	00:55:24.85	5:26	11
166	SOCZAWA WOJCIECH	2459		BYTOM	POL	M-30	65	M 166	00:23:50	00:32:42		00:53:12.10	00:55:26.60	5:19	11.3
167	MUCHARSKI JACEK	2306	PROPOINT	CHORZOW	POL	M-20	44	M 167	00:22:34	00:31:22		00:54:54.90	00:55:27.15	5:29	10.9
168	KOZŁOWSKI MARIUSZ	2281		OPOLE	POL	M-40	36	M 168	00:23:19	00:32:18		00:54:43.75	00:55:28.15	5:28	11
169	SIMKA ŁUKASZ	2100	PROMILKI	41-500	POL	M-30	75	M 169	00:23:19	00:32:19		00:54:33.50	00:55:28.60	5:27	11
170	HEINCE ŁUKASZ	2290	PROPOINT	RUDA ŚLĄSKA	POL	M-20	45	M 170	00:24:21	00:32:47		00:55:02.35	00:55:37.65	5:30	10.9
171	MATSUDA TAKURA	2327	TAKENAKA	GLIWICE	POL	M-30	79	M 171	00:22:58	00:32:03		00:55:37.35	00:55:52.60	5:33	10.8
172	ZIELIŃSKI KAMIL	2551		RUPA ŚLĄSKA	POL	M-20	38	M 172	00:22:17	00:31:01		00:53:38.80	00:55:55.40	5:21	11.2
173	PALUS PIOTR	2231		GLIWICE SOŚNICA	POL	M-30	83	M 173	00:22:41	00:31:46		00:55:52.25	00:55:56.90	5:35	10.7
174	DYBAŁA ADAM	2406		GLIWICE	POL	M-20	43	M 174	00:22:12	00:31:24		00:54:53.75	00:55:57.65	5:29	10.9
175	OSHIMBE MASAOKI	2328	TAKENAKA	GLIWICE	POL	M-40	38	M 175	00:23:03	00:32:15		00:55:40.35	00:55:59.10	5:34	10.8
176	KOZŁOWSKI ANDRZEJ JERZY	2238		ZABRZE	POL	M-50	11	M 176	00:22:00	00:31:10		00:54:44.85	00:56:01.45	5:28	11
177	JEŻEWSKI ADAM	2201	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	82	M 177	00:23:06	00:32:32		00:55:50.90	00:56:13.45	5:35	10.7
178	DOMBEK PAWEŁ	2171	ISTA BIEGAMY	POZNOWICE	POL	M-20	40	M 178	00:22:55	00:31:45		00:54:15.65	00:56:18.30	5:25	11.1
179	SIRKO ZBIGNIEW	2048		GLIWICE	POL	M-50	12	M 179	00:22:44	00:31:56		00:55:15.95	00:56:18.40	5:31	10.9
180	HAJDUKIEWICZ MICHAŁ	2502	CERTUM	GLIWICE	POL	M-20	46	M 180	00:21:59	00:31:52		00:56:18.15	00:56:23.50	5:37	10.7
181	WIĘCŁAW GRZEGORZ	2531		GLIWICE	POL	M-30	86	M 181	00:24:39	00:33:54		00:56:08.40	00:56:27.85	5:36	10.7
182	TROSKO ADAM	2027		GLIWICE	POL	M-30	76	M 182	00:21:43	00:30:42		00:54:40.35	00:56:41.15	5:28	11
183	MICHALSKI ROBERT	2014	HETMAN TARNOWSKIE GÓRY	TARNOWSKIE GÓRY	POL	M-30	88	M 183	00:24:05	00:33:23		00:56:22.60	00:56:42.15	5:38	10.6
184	GARBACZ DAMIAN	2374	FP RUNNING TEAM	SOŚNICOWICE	POL	M-30	89	M 184	00:22:57	00:32:08		00:56:28.20	00:56:45.80	5:38	10.6
185	LESZKIEWICZ KRZYSZTOF	2517	ELZAB ACTIVE TEAM	KNURÓW	POL	M-30	78	M 185	00:23:19	00:32:31		00:55:04.30	00:56:50.40	5:30	10.9
186	ZIELONKA DAWID	2239		RUDA ŚLĄSKA	POL	M-20	47	M 186	00:24:00	00:33:29		00:56:23.25	00:56:50.50	5:38	10.6
187	BAUC BARTŁOMIEJ	2083		KATOWICE	POL	M-30	85	M 187	00:22:59	00:32:16		00:55:59.60	00:56:52.45	5:36	10.7
188	MIERZEJEWSKI JACEK	2199	AMATOR	RUDY	POL	M-40	39	M 188	00:23:25	00:32:36		00:55:47.00	00:57:07.95	5:34	10.8
189	STANISZ MICHAŁ	2068		GLIWICE	POL	M-30	87	M 189	00:23:25	00:32:35		00:56:16.50	00:57:09.35	5:37	10.7
190	SAMOL GRZEGORZ	2046		GLIWICE	POL	M-50	13	M 190	00:23:06	00:32:23		00:56:03.75	00:57:09.65	5:36	10.7
191	KOWALIK TOMASZ	2320		CZĘSTOCHOWA	POL	M-30	90	M 191	00:23:39	00:32:48		00:56:46.05	00:57:12.30	5:40	10.6
192	JAWOREK DARIUSZ	2538	OTK RZEŹNIK		POL	M-40	41	M 192	00:23:13	00:32:30		00:56:17.60	00:57:14.55	5:37	10.7
193	SADŁEK ROBERT	2221		ŻERNICA	POL	M-30	81	M 193	00:22:25	00:31:39		00:55:44.25	00:57:22.60	5:34	10.8
194	KOWALSKI KRZYSZTOF	2016		GLIWICE	POL	M-20	42	M 194	00:22:07	00:31:18		00:54:32.30	00:57:33.25	5:27	11
195	SZOT WOJCIECH	2000	WORD KATOWICE	GLIWICE	POL	M-30	84	M 195	00:23:25	00:32:40		00:55:57.30	00:57:33.65	5:35	10.7
196	MALINOWSKI ŁUKASZ	2358		GLIWICE	POL	M-40	40	M 196	00:23:08	00:32:22		00:55:49.60	00:57:44.85	5:34	10.7
197	MILISZKIEWICZ ADAM	2189		GLIWICE	POL	M-30	94	M 197	00:23:23	00:32:55		00:57:24.65	00:57:46.05	5:44	10.4
198	JASIŃSKI TOMASZ	2410		GLIWICE	POL	M-40	42	M 198	00:23:03	00:32:33		00:56:34.90	00:57:56.75	5:39	10.6
199	DMOCHOWSKI ARTUR	2441		BYTOM	POL	M-30	80	M 199	00:23:53	00:32:52		00:55:38.40	00:58:00.45	5:33	10.8
200	BORYCKA JÓZEF	2198		TARNOWSKIE GÓRY	POL	M-60	5	M 200	00:23:39	00:33:01		00:56:52.80	00:58:26.10	5:41	10.5
201	PAWLAS SEWERYN	2532		POL	M-30	91	M 201	00:24:14	00:33:35		00:57:02.25	00:58:34.15	5:42	10.5	
202	MOCHNACZ PATRYK	2402		JASTRZĘBIE-ZDRÓJ	POL	M-30	98	M 202	00:22:29	00:32:14		00:58:03.50	00:58:40.15	5:48	10.3
203	ORYSZCZAK ŁUKASZ	2366		GLIWICE	POL	M-30	93	M 203	00:23:44	00:33:13		00:57:24.20	00:58:42.80	5:44	10.5
204	STALMACH LESZEK	2361	WKB META LUBLINIEC	LUBLINIEC	POL	M-50	14	M 204	00:23:03	00:32:40		00:56:54.45	00:58:45.05	5:41	10.5
205	GÓRA MAREK	2159		TARNOWSKIE GÓRY	POL	M-50	17	M 205	00:23:30	00:33:25		00:58:35.90	00:58:45.95	5:51	10.2
206	ZABRZEWSKI ADAM	2388		GLIWICE	POL	M-30	97	M 206	00:22:45	00:32:27		00:57:57.70	00:58:49.35	5:47	10.4
207	BRYLIŃSKI RYSZARD	2294	NIEZRZESZONY	ZABRZE	POL	M-50	15	M 207	00:23:54	00:33:12		00:57:09.90	00:58:52.40	5:43	10.5
208	KRAJEWSKI ADAM	2471	OASIS SPORT TEAM	GLIWICE	POL	M-30	95	M 208	00:22:52	00:32:19		00:57:24.75	00:58:53.05	5:44	10.4
209	MYŚLAK MARIUSZ	2527		POL	M-40	46	M 209	00:23:42	00:33:37		00:58:37.65	00:58:54.45	5:51	10.2	
210	TURCZYN MATEUSZ	2143	HIRSCHVOGEL	GLIWICE	POL	M-20	50	M 210	00:24:26	00:33:45		00:57:21.50	00:58:55.80	5:44	10.5
211	WIAZANIA MAREK	2364		GLIWICE	POL	M-40	43	M 211	00:24:18	00:33:52		00:56:39.45	00:59:00.70	5:39	10.6



## GLIWICKA DYCHA, M Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
212	MICEK MACIEJ	2062		GLIWICE	POL	M-20	48	M 212	00:24:10	00:33:26		00:56:50.85	00:59:00.95	5:41	10.6
213	JANOSZEK ROBERT	2178	ISTA BIEGAMY	POGÓRZE	POL	M-20	49	M 213	00:23:04	00:32:39		00:57:07.00	00:59:12.20	5:42	10.5
214	GIERADA MATEUSZ	2355	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-20	53	M 214	00:29:05	00:37:59		00:59:19.10	00:59:33.95	5:55	10.1
215	PANENKA MACIEJ	2015	FIS-SST TEAM	NIEBOROWICE	POL	M-40	44	M 215	00:24:19	00:33:49		00:57:25.40	00:59:37.25	5:44	10.4
216	NIEMIEC SŁAWEK	2207	INTERGRAFIK POLAND	GLIWICE	POL	M-30	92	M 216	00:23:13	00:32:35		00:57:18.70	00:59:45.45	5:43	10.5
217	KLEMCZAK SZYMON	2478	AQUASENSE.PL	GLIWICE	POL	M-18	3	M 217	00:24:43	00:34:54		00:58:51.30	00:59:45.45	5:53	10.2
218	GRZESICZEK PIOTR	2267	HIRERIGHT RUNNING TEAM	KATOWICE	POL	M-20	51	M 218	00:24:00	00:33:35		00:58:15.65	00:59:56.60	5:49	10.3
219	KOSIAK MACIEJ	2359		GLIWICE	POL	M-40	45	M 219	00:24:30	00:33:55		00:58:02.70	00:59:57.20	5:48	10.3
220	ZAREMBA TADEUSZ	2024		GLIWICE	POL	M-60	6	M 220	00:24:39	00:34:25		00:58:31.25	01:00:01.15	5:51	10.3
221	OLIMSKI FABIAN	2226	SOKÓŁ KNURÓW	KNURÓW	POL	M-40	48	M 221	00:24:40	00:34:43		00:59:26.05	01:00:07.80	5:56	10.1
222	SKRABA KRZYSZTOF	2511	SZCZYGŁOWICE AMATOR	KNURÓW	POL	M-30	101	M 222	00:24:39	00:34:42		00:59:26.85	01:00:08.15	5:56	10.1
223	PROCEK MARCIN	2145		GLIWICE	POL	M-40	47	M 223	00:23:06	00:32:48		00:58:47.35	01:00:14.05	5:52	10.2
224	MARCZYK DARIUSZ	2393		GLIWICE	POL	M-30	96	M 224	00:24:22	00:33:54		00:57:56.65	01:00:15.90	5:47	10.4
225	JASIKOWSKI ŁUKASZ	2429	KONIUCHY	GLIWICE	POL	M-20	52	M 225	00:24:38	00:34:09		00:58:26.55	01:00:16.75	5:50	10.3
226	KOMANDER MARCIN	2319		GLIWICE	POL	M-50	16	M 226	00:23:41	00:33:19		00:58:27.25	01:00:36.05	5:50	10.3
227	KRZOS PIOTR	2439		ZABRZE	POL	M-30	99	M 227	00:24:22	00:33:49		00:58:20.00	01:00:42.20	5:50	10.3
228	PAWLETA MICHAŁ	2112	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	50	M 228	00:25:45	00:35:35		01:00:07.90	01:00:43.75	6:00	10
229	URBAN DARIUSZ	2005		GLIWICE	POL	M-40	53	M 229	00:24:08	00:34:31		01:00:40.40	01:00:47.10	6:04	9.9
230	MATYSIEWICZ PIOTR	2079	INTER PROJEKT SA	ZABRZE	POL	M-30	100	M 230	00:24:44	00:34:22		00:58:25.05	01:00:49.05	5:50	10.3
231	HOLETZKE KRZYSZTOF	2158		PYSKOWICE	POL	M-30	102	M 231	00:24:59	00:34:50		00:59:38.25	01:00:56.60	5:57	10.1
232	MISKIEWICZ ANDRZEJ	2342		ZAWIERCIE	POL	M-50	19	M 232	00:24:29	00:34:43		01:00:04.80	01:01:06.25	6:00	10
233	RAPCIA RAFAŁ	2153		ZAWIERCIE	POL	M-30	107	M 233	00:25:23	00:35:05		01:00:39.70	01:01:15.45	6:04	9.9
234	GWIOZDZIK SŁAWEK	2350	ATO	KATOWICE	POL	M-50	18	M 234	00:25:14	00:35:10		00:59:48.85	01:01:22.65	5:58	10
235	PAŚNIK JACEK	2523		ŁÓDŹ	POL	M-20	57	M 235	00:24:30	00:34:24		01:00:49.55	01:01:27.35	6:05	9.9
236	KIJANKA DAMIAN	2082	HIRSCHVOGEL	GLIWICE	POL	M-20	54	M 236	00:24:50	00:34:55		00:59:55.80	01:01:28.55	5:59	10
237	FOREMSKI PAWEŁ	2126	BETANIA	GLIWICE	POL	M-30	104	M 237	00:24:52	00:35:08		01:00:06.10	01:01:49.40	6:00	10
238	ZEIDLER ALEKSANDER	2289		ZABRZE	POL	M-40	54	M 238	00:25:45	00:35:56		01:01:25.90	01:01:51.25	6:08	9.8
239	LEŚNIAK MARCIN	2368	SEKCJA BIEGOWA FAMILIA	BIERUŃ	POL	M-30	103	M 239	00:25:34	00:35:01		01:00:01.55	01:02:06.85	6:00	10
240	KOCJAN ŁUKASZ	2217	EZUNIVERSE	DĄBROWA GÓRNICZA	POL	M-40	49	M 240	00:25:16	00:35:27		00:59:52.25	01:02:11.00	5:59	10
241	BEDNORZ ROMAN	2433	NAPĘDZANI PROCENTEM	KOZŁÓW	POL	M-30	105	M 241	00:25:03	00:35:04		01:00:19.65	01:02:11.55	6:02	9.9
242	DRZEJA ZBIGNIEW	2506		GLIWICE	POL	M-40	51	M 242	00:25:07	00:35:03		01:00:14.80	01:02:13.20	6:01	10
243	GROBORZ GRZEGORZ	2059		ZABRZE	POL	M-40	52	M 243	00:25:17	00:35:19		01:00:28.20	01:02:15.35	6:02	9.9
244	MACIĄGA MARCIN	2458		PIEKARY ŚLĄSKIE	POL	M-20	55	M 244	00:25:16	00:34:53		00:59:59.65	01:02:19.65	5:59	10
245	KARWAT JAREK	2196	EZUNIVERSE	RYBNIK	POL	M-30	106	M 245	00:25:24	00:35:35		01:00:20.20	01:02:30.85	6:02	9.9
246	PACZKOWSKI JACEK	2220		ZABRZE	POL	M-40	55	M 246	00:24:47	00:35:03		01:01:28.10	01:02:43.20	6:08	9.8
247	SALAMON DAWID	2259	FILIPOWE KILOMETRY WALCZYMY Z AUTYZMEM	CZERWIONKA-LESZCZYNY	POL	M-30	109	M 247	00:24:46	00:34:34		01:01:08.65	01:02:44.55	6:06	9.8
248	DROZD KRZYSZTOF	2113		GLIWICE	POL	M-20	58	M 248	00:24:55	00:34:54		01:01:22.20	01:02:48.10	6:08	9.8
249	GIBAS WOJCIECH	2270	HIRERIGHT RUNNING TEAM	KATOWICE	POL	M-30	110	M 249	00:25:53	00:36:01		01:01:22.45	01:02:56.45	6:08	9.8
250	RATKA DAWID	2109		WRY	POL	M-20	59	M 250	00:25:19	00:35:24		01:01:29.40	01:02:57.45	6:08	9.8
251	MORMUL WITOLD	2061	SUPER FAJNY KLUB	WROCŁAW	POL	M-20	56	M 251	00:24:45	00:34:54		01:00:18.50	01:03:00.25	6:01	9.9
252	MARKOWICZ PIOTR	2485		GLIWICE	POL	M-30	108	M 252	00:25:44	00:35:41		01:00:55.20	01:03:14.75	6:05	9.8
253	WAYDOWICZ PRZEMYSŁAW	2139	PKO SILESIA RUNNING TEAM	TARNOWSKIE GÓRY	POL	M-30	111	M 253	00:24:52	00:35:09		01:01:54.00	01:03:24.85	6:11	9.7
254	BATORYNA ALEKSANDER	2548		BĘDZIN	POL	M-30	117	M 254	00:38:44	00:45:40		01:03:53.15	01:03:55.15	6:23	9.4
255	JACH WOJCIECH	2179		TARNOWSKIE GÓRY	POL	M-40	56	M 255	00:25:43	00:36:33		01:02:35.75	01:04:28.20	6:15	9.6
256	JACHYMIAK DAMIAN	2385		BUKOWNO	POL	M-30	115	M 256	00:26:03	00:36:30		01:03:23.90	01:04:28.35	6:20	9.5
257	WITAŁA RAFAŁ	2025		GLIWICE	POL	M-30	112	M 257	00:26:07	00:36:47		01:02:34.80	01:04:35.85	6:15	9.6
258	ZAJDEL DARIUSZ	2093		ZAWADZKIE	POL	M-50	20	M 258	00:27:02	00:37:09		01:02:38.50	01:04:35.95	6:15	9.6
259	KOTOWSKI PIOTR	2426		GLIWICE	POL	M-40	58	M 259	00:25:51	00:36:28		01:03:26.35	01:04:55.30	6:20	9.5
260	BOROWIAK MATEUSZ	2286	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	113	M 260	00:26:28	00:37:04		01:02:34.90	01:04:58.30	6:15	9.6
261	GAŚJÓREK ŁUKASZ	2288	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-20	60	M 261	00:26:30	00:37:06		01:02:36.75	01:04:58.45	6:15	9.6
262	ŻELEZNY TOMASZ	2249		GLIWICE	POL	M-30	114	M 262	00:26:46	00:37:15		01:03:06.65	01:04:59.05	6:18	9.5
263	GILEWSKI FRANCISZEK	2509	BIEGAM Z SERCEM	GLIWICE	POL	M-70	1	M 263	00:25:38	00:36:23		01:03:07.80	01:05:00.95	6:18	9.5
264	DUDEK MATEUSZ	2394	FLUOR SA.	RYBNIK	POL	M-20	61	M 264	00:27:20	00:38:46		01:03:13.40	01:05:07.95	6:19	9.5
265	NIEMIEC RAFAŁ	2261	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	57	M 265	00:24:46	00:35:37		01:03:05.25	01:05:32.45	6:18	9.5
266	MACIEJCZYK MARCIN	2244	FAMILIA	GLIWICE	POL	M-30	116	M 266	00:25:36	00:36:15		01:03:43.30	01:05:47.80	6:22	9.4
267	BOJEŚ MARCIN	2310	EZUNIVERSE	BIELSKO-BIAŁA	POL	M-20	62	M 267	00:27:03	00:37:53		01:04:00.35	01:06:16.35	6:24	9.4

**GLIWICKA DYCHA, M Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
268	PLACHTA MAREK	2076	INTER PROJEKT SA	RUDA ŚLĄSKA	POL	M-40	60	M 268	00:26:02	00:37:01		01:05:33.10	01:06:26.25	6:33	9.2
269	WÓJCIK RAFAŁ	2331	SEKCJA BIEGOWA FAMILIA	ZABRZE	POL	M-30	118	M 269	00:25:18	00:35:54		01:04:02.70	01:06:27.85	6:24	9.4
270	KUBICA MICHAŁ	2479		GLIWICE	POL	M-20	63	M 270	00:28:15	00:39:18		01:05:10.30	01:06:40.50	6:31	9.2
271	ŚWIDER TOMASZ	2222	BYTOM	BYTOM	POL	M-40	59	M 271	00:28:26	00:40:24		01:05:15.90	01:06:59.20	6:31	9.2
272	JUROWICZ DAMIAN	2447		KATOWICE	POL	M-20	64	M 272	00:26:42	00:37:43		01:05:33.70	01:07:01.70	6:33	9.2
273	PORADA TOMASZ	2312		RUDA ŚLĄSKA	POL	M-30	119	M 273	00:27:18	00:38:04		01:05:10.75	01:07:06.95	6:31	9.2
274	BRODIUK NORBERT	2001	SBRT ,NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	62	M 274	00:26:54	00:38:01		01:06:41.30	01:07:17.85	6:40	9
275	SMUDA GRZEGORZ	2110	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	120	M 275	00:27:23	00:38:10		01:05:29.35	01:07:18.45	6:32	9.2
276	MALEC MAREK	2391		GLIWICE	POL	M-20	65	M 276	00:25:38	00:37:07		01:05:51.85	01:07:25.50	6:35	9.1
277	STACHOWIAK JANUSZ	2169		TARNOWSKIE GÓRY	POL	M-60	7	M 277	00:26:24	00:37:24		01:05:56.65	01:07:36.80	6:35	9.1
278	SOWA IRENEUSZ	2098	SOWA TEAM OPOLE	OPOLE	POL	M-40	61	M 278	00:26:30	00:37:43		01:06:27.90	01:07:53.20	6:38	9
279	STEPEL GRZEGORZ	2214		GLIWICE	POL	M-40	63	M 279	00:26:55	00:38:33		01:07:17.45	01:08:07.50	6:43	8.9
280	KLIKS KAZIMIERZ	2071		ZABRZE	POL	M-50	21	M 280	00:27:30	00:38:40		01:07:17.70	01:09:30.35	6:43	8.9
281	STRUG MARIUSZ	2482		GLIWICE	POL	M-40	64	M 281	00:27:32	00:38:56		01:07:56.80	01:10:14.60	6:47	8.8
282	CIESLAK PAWEŁ	2438		GLIWICE	POL	M-30	121	M 282	00:28:23	00:39:55		01:08:58.65	01:10:52.50	6:53	8.7
283	MALISZEWSKI JAKUB	2379	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-30	122	M 283	00:29:12	00:40:43		01:09:22.70	01:11:18.05	6:56	8.6
284	MALISZEWSKI BOGUSŁAW	2381	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-60	8	M 284	00:29:13	00:40:44		01:09:23.55	01:11:18.20	6:56	8.6
285	LEWICKI KRZYSZTOF	97	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	123	M 285	00:28:24	00:40:01		01:10:19.40	01:11:22.95	7:01	8.5
286	GAŃTEK GERARD	2549		CZĘSTOCHOWA	M-70	2	M 286	00:28:37	00:40:21		01:10:58.75	01:12:48.75	7:05	8.5	
287	PYREK MAREK	2314	TOROS DE ESPANA	LARYSZÓW	POL	M-30	125	M 287	00:29:29	00:41:40		01:12:04.15	01:13:00.20	7:12	8.3
288	NOWIŃSKI KAMIL	2284	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	124	M 288	00:31:33	00:44:51		01:11:24.25	01:13:48.25	7:08	8.4
289	TISZBIEREK HENRYK	2117	NIGHT RUNNERS GLIWICE	BARGŁÓWKA	POL	M-40	65	M 289	00:29:04	00:41:11		01:12:13.80	01:13:55.95	7:13	8.3
290	PRUCHNIK SŁAWEK	2051	JAZZY	GLIWICE	POL	M-20	66	M 290	00:29:16	00:42:57		01:13:49.40	01:14:48.45	7:22	8.1
291	JURETKO ADAM	2535		CHORZÓW	POL	M-40	66	M 291	00:29:33	00:41:56		01:13:24.60	01:15:02.10	7:20	8.2
292	KUT KRZYSZTOF	2031		GLIWICE	POL	M-30	126	M 292	00:30:01	00:42:32		01:14:00.65	01:15:02.70	7:24	8.1
293	UEMURA YOSHIHIKO	2334	TAKENAKA	GLIWICE	POL	M-50	22	M 293	00:31:12	00:43:33		01:16:01.40	01:16:19.95	7:36	7.9
294	KAMIŃSKI WOJCIECH	2477	INTERPROJEKT	GLIWICE	POL	M-20	67	M 294	00:30:05	00:42:12		01:14:15.20	01:16:40.55	7:25	8.1
295	KOSTRO RAFAŁ	2285	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	127	M 295	00:31:35	00:44:53		01:15:34.20	01:17:56.50	7:33	7.9
296	CUDZIK WALDEMAR	2463		CZĘSTOCHOWA	POL	M-50	23	M 296	00:52:11			01:16:35.70	01:18:03.95	7:39	7.8
297	KULIG MACIEJ	2504	CERTUM	POL	M-30	128	M 297	00:31:31	00:45:13		01:21:17.75	01:21:23.75	8:07	7.4	
298	DOLIŃSKI DANIEL	2414	UNISONO / FIS-SST TEAM	BYTOM	POL	M-20	68	M 298	00:31:35	00:45:43		01:20:05.90	01:22:24.70	8:00	7.5
299	SKUPIEŃ PIOTR	2526		GLIWICE	POL	M-40	67	M 299	00:53:51	01:03:37		01:30:19.05	01:30:56.55	9:01	6.6
300	WIERCIŃSKI ŁUKASZ	2473		GLIWICE	POL	M-60	9	M 300	00:57:51			01:43:58.20	01:44:03.45	10:23	5.8
301	OLEJNIK MARCIN	2302	PROPOINT	GOŁUSZOWICE	POL	M-20	69	M 301	00:48:26	01:14:52		01:52:26.45	01:53:01.80	11:14	5.3
	STASIERSKI MACIEJ	2279		KATOWICE	POL	M-30			00:42:53	DNF		DNF	DNF	-	-
									DNF						

**GLIWICKA DYCHA, Mieszkancki Gliwic**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	SKUPIEŃ MAŁGORZATA	2122	ETISOFT RUNNING TEAM	GLIWICE	POL	K-20	2	K 9	00:21:07	00:29:09		00:49:12.75	00:49:54.95	4:55	12.2
2	FRĄCZYK MAŁGORZATA	2213		GLIWICE	POL	K-40	3	K 11	00:20:24	00:28:30		00:49:25.00	00:50:13.05	4:56	12.1
3	PASECKA SYLWIA	2333		GLIWICE	POL	K-40	4	K 10	00:20:47	00:29:05		00:49:48.15	00:50:09.55	4:58	12
4	PIKUL WIKTORIA	2177		GLIWICE	POL	K-18	1	K 12	00:21:18	00:29:39		00:50:17.60	00:50:45.60	5:01	11.9
5	ŻOŁĄDZ MARLENA	2264		GLIWICE	POL	K-20	3	K 14	00:21:47	00:30:13		00:50:37.35	00:51:43.50	5:03	11.9
6	RUBIN KATARZYNA	2487		GLIWICE	POL	K-20	6	K 17	00:21:16	00:29:41		00:51:36.80	00:52:13.20	5:09	11.6
7	EICHHOF JOANNA	2030		GLIWICE	POL	K-40	5	K 21	00:21:52	00:30:30		00:52:33.55	00:53:46.20	5:15	11.4
8	BRODAŁA AGNIESZKA	2245		GLIWICE	POL	K-30	10	K 19	00:22:03	00:30:45		00:52:43.45	00:53:05.00	5:16	11.4
9	GAJDA KATARZYNA	2339	TAKENAKA	GLIWICE	POL	K-20	8	K 24	00:22:26	00:31:19		00:53:52.15	00:54:07.00	5:23	11.1
10	ŁAJSZCZAK - GAJDA DOROTA	2174		GLIWICE	POL	K-40	8	K 35	00:22:19	00:31:19		00:54:01.40	00:56:01.45	5:24	11.1
11	RACZEK MAGDALENA	2193		GLIWICE	POL	K-30	12	K 27	00:23:01	00:31:59		00:54:10.95	00:54:41.85	5:25	11.1
12	KOSMACZEWSKA ANNA	2010	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	14	K 33	00:23:29	00:32:39		00:55:28.15	00:55:50.20	5:32	10.8
13	STOLARCZYK ALEKSANDRA	2465	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K-30	15	K 41	00:23:34	00:32:40		00:55:34.95	00:57:37.30	5:33	10.8
14	SIERADZKA AGNIESZKA	2057	BIEGĄ Z TRENERAMI	GLIWICE	POL	K-30	17	K 34		00:33:29		00:55:56.60	00:55:56.60	5:35	10.7
15	BEMŚ EMILIA	2185		GLIWICE	POL	K-20	12	K 43	00:24:04	00:33:11		00:56:06.10	00:57:50.85	5:36	10.7
16	GILLNER KLAUDIA	2035		GLIWICE	POL	K-20	14	K 47	00:23:25	00:32:40		00:56:22.75	00:57:59.10	5:38	10.6

**GLIWICKA DYCHA, Mieszkancki Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
17	MICHALSKA NATALIA	2182	ABM	GLIWICE	POL	K-18	2	K 48	00:23:06	00:32:37		00:56:36.65	00:58:03.95	5:39	10.6
18	TARNOWSKA EDYTA	2151		GLIWICE	POL	K-20	16	K 39	00:23:01	00:32:28		00:56:54.85	00:57:18.65	5:41	10.5
19	TARTANUS-ORYSZCZAK MARTA	2365		GLIWICE	POL	K-30	22	K 54	00:23:39	00:33:07		00:57:30.65	00:58:49.15	5:45	10.4
20	ŚMIGIEL MAGDALENA	2192		GLIWICE	POL	K-20	18	K 53	00:22:57	00:33:08		00:57:40.05	00:58:45.05	5:46	10.4
21	FRANIELCZYK MARTA	2499		GLIWICE	POL	K-30	24	K 49		00:33:46		00:58:08.60	00:58:08.60	5:48	10.3
22	WOJTOWICZ KAROLINA	2325		GLIWICE	POL	K-30	26	K 56	00:23:35	00:33:12		00:58:16.80	00:58:57.55	5:49	10.3
23	BALCER WERONIKA	2318		GLIWICE	POL	K-20	24	K 73	00:23:43	00:33:18		00:58:26.60	01:00:36.15	5:50	10.3
24	LUKOSZEK WERONIKA	2034	STEP-DANCE	GLIWICE	POL	K-20	25	K 71	00:24:29	00:34:14		00:58:29.15	01:00:30.45	5:50	10.3
25	STRYSIK-KRĘŻEL IWONA	2291	PROPOINT	GLIWICE	POL	K-30	28	K 57	00:24:07	00:33:52		00:58:51.25	00:59:15.20	5:53	10.2
26	BRZÓZKA PATRYCJA	2490		GLIWICE	POL	K-20	26	K 82	00:24:52	00:34:32		00:59:02.30	01:01:12.00	5:54	10.2
27	CZENCZEK MAGDALENA	2011	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	29	K 60	00:23:54	00:34:01		00:59:04.05	00:59:26.55	5:54	10.2
28	WYCIŚLIK WIOLETA	2168		GLIWICE	POL	K-30	32	K 81	00:25:12	00:34:53		00:59:33.75	01:01:09.45	5:57	10.1
29	BOCHNAK ALEKSANDRA	2156		GLIWICE	POL	K-20	27	K 68	00:24:27	00:34:29		00:59:42.45	01:00:21.35	5:58	10
30	KOLASIŃSKA MONIKA	2075		GLIWICE	POL	K-20	29	K 88	00:24:31	00:34:31		00:59:46.40	01:01:39.65	5:58	10
31	CZERWIŃSKA ANNA	2508		GLIWICE	POL	K-30	35	K 69	00:25:11	00:35:08		01:00:05.40	01:00:27.90	6:00	10
32	DREJA KATARZYNA	2505	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	36	K 97	00:25:08	00:35:03		01:00:14.80	01:02:13.20	6:01	10
33	SIKORSKA KATARZYNA	2133		GLIWICE	POL	K-30	37	K 87	00:24:37	00:34:44		01:00:15.70	01:01:30.25	6:01	10
34	ŻURAWIECKA ANNA	2474		GLIWICE	POL	K-20	31	K 96	00:25:04	00:35:05		01:00:19.85	01:02:10.35	6:02	9.9
35	WOLANIN PATRYCJA	2440		GLIWICE	POL	K-20	32	K 89	00:25:45	00:35:43		01:00:43.70	01:01:43.05	6:04	9.9
36	RUSIELEWICZ AGNIESZKA	2486		GLIWICE	POL	K-20	33	K 105	00:25:44	00:35:40		01:00:54.70	01:03:14.70	6:05	9.9
37	ZGRZYBŁOWSKA WERONIKA	2423		GLIWICE	POL	K-30	45	K 98	00:25:54	00:35:53		01:01:06.50	01:02:13.50	6:06	9.8
38	PIENIAK KAROLINA	2078		GLIWICE	POL	K-20	35	K 90	00:25:46	00:36:02		01:01:07.95	01:01:46.10	6:06	9.8
39	SOBOLEWSKA STEFANIA	2347		GLIWICE	POL	K-40	18	K 110	00:26:03	00:36:24		01:02:15.65	01:04:10.20	6:13	9.6
40	ŁASZOWSKA EWA	2464	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	47	K 106	00:24:52	00:35:09		01:02:18.50	01:03:24.15	6:13	9.6
41	ZIMNY JOANNA	2022		GLIWICE	POL	K-30	52	K 128	00:26:34	00:36:40		01:02:51.85	01:05:31.30	6:17	9.5
42	KUKUCZKA EWA	2146		GLIWICE	POL	K-30	55	K 113	00:25:05	00:35:38		01:03:15.95	01:04:25.05	6:19	9.5
43	PROCEK KATARZYNA	2144		GLIWICE	POL	K-40	20	K 123	00:25:24	00:36:16		01:03:42.70	01:05:09.90	6:22	9.4
44	MALEŃKA JOLANTA	2448		GLIWICE	POL	K-30	57	K 120	00:24:57	00:35:42		01:03:48.00	01:04:51.45	6:22	9.4
45	BĄCZEK PATRYCJA	2324		GLIWICE	POL	K-20	39	K 139	00:26:16	00:36:57		01:04:00.20	01:06:57.25	6:24	9.4
46	PANKIEWICZ KATARZYNA	2260	GRUPACMYKI	GLIWICE	POL	K-40	21	K 124	00:25:39	00:36:18		01:04:07.40	01:05:14.30	6:24	9.4
47	LATOS EWA	2077	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	60	K 138	00:27:21	00:38:24		01:04:29.65	01:06:54.50	6:27	9.3
48	SZYDLAK IWONA	2242	OASIS SPORT TEAM	GLIWICE	POL	K-30	61	K 134	00:25:16	00:36:30		01:04:49.35	01:06:16.90	6:28	9.3
49	BARTKOWSKA MONIKA	2253		GLIWICE	POL	K-30	62	K 132	00:27:06	00:38:06		01:04:57.15	01:06:05.55	6:29	9.2
50	PE MAGDALENA	2411		GLIWICE	POL	K-30	63	K 129	00:26:05	00:37:16		01:05:14.80	01:05:44.15	6:31	9.2
51	DUDZICZ ANNA	2065		GLIWICE	POL	K-50	6	K 137	00:26:42	00:37:16		01:05:16.95	01:06:42.25	6:31	9.2
52	NIESLER MAGDALENA	2419	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	64	K 136	00:26:24	00:37:31		01:05:34.35	01:06:41.25	6:33	9.1
53	GORAJ-ZAJĄC ALEKSANDRA	2537	NIGHT RUNNER	GLIWICE	POL	K-40	23	K 131	00:26:40	00:37:34		01:05:56.35	01:06:05.45	6:35	9.1
54	BREGUŁA ANNA	2322		GLIWICE	POL	K-40	24	K 140	00:25:04	00:35:35		01:05:58.90	01:07:27.25	6:35	9.1
55	GÓRA GRAŻYNA	2026		GLIWICE	POL	K-30	65	K 133	00:25:43	00:36:46		01:06:03.85	01:06:11.90	6:36	9.1
56	DZIEMIAŃCZUK MONIKA	2316		GLIWICE	POL	K-40	25	K 146	00:27:19	00:38:36		01:06:35.10	01:09:06.30	6:39	9
57	MICHALIK NATALIA	2088		GLIWICE	POL	K-20	43	K 142	00:25:20	00:36:47		01:06:38.85	01:08:25.15	6:39	9
58	TRZASKALIK ALEKSANDRA	2120		GLIWICE	POL	K-20	44	K 148	00:28:46	00:39:54		01:07:44.90	01:09:55.95	6:46	8.9
59	STRUG MAŁGORZATA	2489		GLIWICE	POL	K-40	27	K 152	00:27:31	00:38:56		01:07:55.20	01:10:13.60	6:47	8.8
60	WILCZYŃSKA-KOGUT ALEKSANDRA	2336	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	67	K 149	00:27:32	00:38:47		01:08:04.80	01:09:56.05	6:48	8.8
61	KACZKIEWICZ AGNIESZKA	2002	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	29	K 154	00:28:21	00:39:54		01:09:21.95	01:10:25.50	6:56	8.6
62	KOCHANEK ALEKSANDRA	2203		GLIWICE	POL	K-40	31	K 160	00:28:01	00:39:25		01:09:24.35	01:11:52.70	6:56	8.6
63	SZKAMRUK MAŁGORZATA	2254		GLIWICE	POL	K-30	69	K 156	00:27:44	00:39:12		01:09:33.15	01:10:58.95	6:57	8.6
64	PAJĄK ALEKSANDRA	2345		GLIWICE	POL	K-40	33	K 150	00:27:22	00:39:07		01:10:06.60	01:10:11.65	7:00	8.6
65	STANISZ MAŁGORZATA	2067		GLIWICE	POL	K-30	70	K 158	00:28:03	00:39:41		01:10:06.95	01:11:00.75	7:00	8.6
66	KONOPACKA KRYSZYNA	2119		GLIWICE	POL	K-60	3	K 163	00:29:03	00:40:58		01:11:54.15	01:12:27.00	7:11	8.3
67	ZARODA MAGDALENA	2287		GLIWICE	POL	K-30	73	K 165	00:29:35	00:41:36		01:13:20.45	01:13:53.00	7:20	8.2
68	VEGA ZUMETA BRYGIDA	2408	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	74	K 167	00:30:11	00:42:38		01:15:07.15	01:16:09.55	7:30	8
69	JUSZCZAK EWA	2049		GLIWICE	POL	K-50	7	K 174	00:32:54	00:48:53		01:22:24.25	01:23:18.65	8:14	7.3
70	JUSZCZAK - WIŚNIEWSKA AGATA	2435	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	78	K 175	00:32:54	00:48:55		01:24:38.55	01:25:33.05	8:27	7.1
71	CIESZYŃSKA JOLANTA	2225	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	K-50	8	K 176	00:36:57	00:52:20		01:26:38.15	01:27:10.70	8:39	6.9
72	CYBULSKA WERONIKA	2184		GLIWICE	POL	K-20	47	K 177	00:54:40	01:03:46		01:28:28.80	01:30:15.30	8:50	6.8

## GLIWICKA DYCHA, Mieszkańcy Gliwic

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	OCHMAN PAWEŁ	2431	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	8	M 14	00:16:59	00:23:40		00:40:15.05	00:40:19.05	4:01	14.9
2	SZABELSKI KRZYSZTOF	2397	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	11	M 21	00:16:47	00:23:41		00:41:26.65	00:41:32.85	4:08	14.5
3	GRAMATYKA JAN	2399	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 22	00:16:48	00:23:42		00:41:27.05	00:41:32.85	4:08	14.5
4	ALKER ANDRZEJ	2087		GLIWICE	POL	M-20	8	M 25	00:17:31	00:24:43		00:42:57.45	00:43:00.75	4:17	14
5	ROSIKOŃ TOMASZ	2269		GLIWICE	POL	M-30	15	M 31	00:18:01	00:25:18		00:44:07.00	00:44:15.05	4:24	13.6
6	HALMAN TOMASZ	2371		GLIWICE	POL	M-30	16	M 39	00:18:11	00:25:42		00:44:37.55	00:45:03.15	4:27	13.4
7	NOWAK MATEUSZ	2050		GLIWICE	POL	M-20	10	M 35	00:17:58	00:25:39		00:44:41.40	00:44:43.75	4:28	13.4
8	DONIGIEWICZ MARIUSZ	2315		GLIWICE	POL	M-30	20	M 47	00:19:14	00:26:36		00:45:09.80	00:46:13.55	4:31	13.3
9	MRÓZEK TOMASZ	2265		GLIWICE	POL	M-30	22	M 41	00:19:13	00:26:39		00:45:22.40	00:45:44.70	4:32	13.2
10	SMOTER WOJCIECH	2507	SBRT GLIWICE	GLIWICE	POL	M-40	10	M 46	00:18:46	00:26:31		00:46:09.30	00:46:13.00	4:37	13
11	DACZYŃSKI MICHAŁ	2103	VEGERUNNERS	GLIWICE	POL	M-40	11	M 52	00:19:20	00:27:01		00:46:36.35	00:46:55.10	4:39	12.9
12	KOCIEMBA PATRYK	2020		GLIWICE	POL	M-30	27	M 63	00:19:35	00:27:21		00:46:58.45	00:47:43.05	4:41	12.8
13	KOWALSKI TOMASZ	2443		GLIWICE	POL	M-30	28	M 54	00:18:44	00:26:50		00:46:59.50	00:47:08.85	4:41	12.8
14	MAZUR WITOLD	2296	PROPOINT	GLIWICE	POL	M-20	15	M 61	00:20:21	00:28:10		00:47:01.30	00:47:36.90	4:42	12.8
15	WARZYŃSKI WOJCIECH	2484		GLIWICE	POL	M-30	30	M 55	00:19:23	00:27:22		00:47:09.25	00:47:16.60	4:42	12.7
16	KIERAT PAWEŁ	2053		GLIWICE	POL	M-30	32	M 60	00:18:27	00:26:17		00:47:21.45	00:47:35.45	4:44	12.7
17	JANOSZ SŁAWEK	2186		GLIWICE	POL	M-30	35	M 67	00:19:50	00:27:36		00:47:33.35	00:48:02.15	4:45	12.6
18	WOJTAS PAWEŁ	2346	3940	SANOK	POL	M-20	17	M 64	00:19:23	00:27:27		00:47:35.05	00:47:45.40	4:45	12.6
19	MARCZAK PAWEŁ	2066		GLIWICE	POL	M-30	36	M 68	00:19:34	00:27:37		00:47:43.95	00:48:07.05	4:46	12.6
20	SITARSKI MATEUSZ	2233		GLIWICE	POL	M-20	21	M 75	00:20:32	00:28:24		00:48:15.20	00:48:54.95	4:49	12.4
21	KOWAL DARIUSZ	2460		GLIWICE	POL	M-40	15	M 86	00:21:14	00:28:51		00:48:25.35	00:49:47.55	4:50	12.4
22	SZKLARZ SEBASTIAN	2047		GLIWICE	POL	M-30	37	M 74	00:20:16	00:28:15		00:48:27.30	00:48:53.60	4:50	12.4
23	WYCIŚLIK MARCIN	2081	HIRSCHVOGEL	GLIWICE	POL	M-30	41	M 96	00:20:22	00:28:24		00:48:59.30	00:50:36.35	4:53	12.2
24	KUKURBA MIKOŁAJ	2360	OMNISQUARE	GLIWICE	POL	M-30	42	M 103	00:20:31	00:28:42		00:49:01.90	00:50:57.25	4:54	12.2
25	STRONCZYŃSKI ANDRZEJ	2309	NIGHT RUNNERS GLIWICE	RUDA KOZIĘLSKA	POL	M-20	22	M 90	00:21:10	00:29:05		00:49:04.65	00:50:15.15	4:54	12.2
26	DYLONG PIOTR	2165		GLIWICE	POL	M-50	4	M 91	00:20:18	00:28:35		00:49:12.30	00:50:22.15	4:55	12.2
27	SMOLARCZYK DOMINIK	2362	MŁODE WILKI	GLIWICE	POL	M-40	18	M 85	00:20:24	00:28:35		00:49:21.75	00:49:47.55	4:56	12.2
28	WESTER MIECZYSLAW	2278		GLIWICE	POL	M-40	19	M 87	00:20:23	00:28:41		00:49:33.70	00:49:55.10	4:57	12.1
29	SZULC SEBASTIAN	2012		GLIWICE	POL	M-20	26	M 89	00:20:17	00:28:36		00:49:51.00	00:50:14.40	4:59	12
30	SZWARCZYŃSKI MICHAŁ	2013		GLIWICE	POL	M-30	46	M 88	00:19:40	00:27:59		00:49:58.50	00:50:08.35	4:59	12
31	DUBIEL LESZEK	2121		GLIWICE	POL	M-30	47	M 105	00:20:07	00:28:30		00:50:05.40	00:51:05.15	5:00	12
32	PRONCZUK MARCIN	2036	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	48	M 99	00:20:26	00:29:29		00:50:25.50	00:50:48.15	5:02	11.9
33	ŻEROMSKI STEFAN	2218	JASNA	GLIWICE	POL	M-50	5	M 100	00:21:39	00:29:56		00:50:40.05	00:50:52.65	5:04	11.8
34	SOKOŁOWSKI ŁUKASZ	2299		GLIWICE	POL	M-30	49	M 104	00:20:54	00:29:19		00:50:40.50	00:50:57.50	5:04	11.8
35	SETNIK ROBERT	2500		GLIWICE	POL	M-40	20	M 101	00:19:32	00:28:24		00:50:48.15	00:50:53.15	5:04	11.8
36	SKORUPSKI PAWEŁ	2195		GLIWICE	POL	M-30	51	M 111	00:20:52	00:29:27		00:51:05.50	00:51:49.90	5:06	11.7
37	HAJOK MAREK	2173		GLIWICE	POL	M-40	21	M 113	00:20:53	00:29:28		00:51:07.05	00:51:51.20	5:06	11.7
38	MACH MARCIN	2200		GLIWICE	POL	M-40	22	M 107	00:20:58	00:29:28		00:51:08.10	00:51:15.05	5:06	11.7
39	JANOWSKI PIOTR	2367		GLIWICE	POL	M-50	6	M 108	00:21:05	00:29:39		00:51:11.65	00:51:22.90	5:07	11.7
40	GOŁĘBIEWSKI MAREK	2456		GLIWICE	POL	M-30	53	M 118	00:21:01	00:29:39		00:51:15.70	00:52:34.75	5:07	11.7
41	GŁÓWKA PIOTR	2387		GLIWICE	POL	M-30	54	M 120	00:20:59	00:29:30		00:51:48.40	00:52:42.45	5:10	11.6
42	SOKOŁOWSKI MATEUSZ	2277		GLIWICE	POL	M-20	33	M 116	00:22:00	00:30:36		00:52:15.80	00:52:32.80	5:13	11.5
43	JUREKO MACIEJ	2021		GLIWICE	POL	M-30	56	M 139	00:22:26	00:30:59		00:52:16.15	00:54:15.30	5:13	11.5
44	SZWAJKOSZ SZCZEPAN	2282		GLIWICE	POL	M-30	57	M 122	00:20:54	00:29:39		00:52:16.45	00:52:47.65	5:13	11.5
45	ZHYKHARAU VASILI	2255		GLIWICE	POL	M-30	58	M 153	00:22:05	00:30:49		00:52:21.95	00:54:48.20	5:14	11.5
46	ZARUDZKI ŁUKASZ	2353	NOTHING TO FEAR	GLIWICE	POL	M-40	27	M 130	00:21:52	00:30:35		00:52:23.35	00:53:26.45	5:14	11.5
47	SUBIK TOMASZ	2150		GLIWICE	POL	M-30	59	M 123	00:22:07	00:30:44		00:52:26.90	00:52:51.10	5:14	11.4
48	KACZMARZYK ARKADIUSZ	2272		GLIWICE	POL	M-30	60	M 125	00:22:13	00:30:54		00:52:30.40	00:52:59.55	5:15	11.4
49	PAWLINA PIOTR	2029		GLIWICE	POL	M-40	28	M 131	00:21:52	00:30:29		00:52:33.50	00:53:46.20	5:15	11.4
50	JAWORSKI JAKUB	2369		GLIWICE	POL	M-20	35	M 132	00:22:04	00:30:53		00:52:52.30	00:53:52.25	5:17	11.3
51	GIERADA RYSZARD	2356	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	7	M 154	00:22:02	00:30:37		00:52:57.55	00:54:51.10	5:17	11.3
52	MERMON ARTUR	2230		GLIWICE	POL	M-50	8	M 128	00:21:48	00:30:34		00:53:08.10	00:53:16.85	5:18	11.3
53	ŁUCZAK MAREK	2455		GLIWICE	POL	M-30	68	M 149	00:23:48	00:32:38		00:53:24.45	00:54:44.25	5:20	11.2
54	CAPUTA MICHAŁ	2227		GLIWICE	POL	M-30	69	M 143	00:23:22	00:31:54		00:53:27.35	00:54:25.65	5:20	11.2

**GLIWICKA DYCHA, Mieszkańcy Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
55	ZIELIŃSKI MAREK	2457		GLIWICE	POL	M-30	70	M 140	00:22:36	00:31:18		00:53:27.60	00:54:19.30	5:20	11.2
56	WLAŻŁAK WIESŁAW	2135		GLIWICE	POL	M-50	9	M 157	00:22:30	00:31:15		00:53:28.40	00:55:04.45	5:20	11.2
57	RENKIEL TOMASZ	2492		GLIWICE	POL	M-40	31	M 137	00:22:33	00:31:53		00:53:47.15	00:54:11.50	5:22	11.2
58	JANIK JANUSZ	2491		GLIWICE	POL	M-40	32	M 138	00:22:32	00:31:53		00:53:47.55	00:54:11.90	5:22	11.2
59	KOWOL MARCIN	2194		GLIWICE	POL	M-40	34	M 147	00:23:01	00:31:59		00:54:09.55	00:54:40.40	5:25	11.1
60	TRYBUS MICHAŁ	2232		GLIWICE	POL	M-20	41	M 165	00:23:02	00:31:59		00:54:23.70	00:55:24.85	5:26	11
61	KOWALSKI KRZYSZTOF	2016		GLIWICE	POL	M-20	42	M 194	00:22:07	00:31:18		00:54:32.30	00:57:33.25	5:27	11
62	TROSKO ADAM	2027		GLIWICE	POL	M-30	76	M 182	00:21:43	00:30:42		00:54:40.35	00:56:41.15	5:28	11
63	DYBAŁA ADAM	2406		GLIWICE	POL	M-20	43	M 174	00:22:12	00:31:24		00:54:53.75	00:55:57.65	5:29	10.9
64	SIRKO ZBIGNIEW	2048		GLIWICE	POL	M-50	12	M 179	00:22:44	00:31:56		00:55:15.95	00:56:18.40	5:31	10.9
65	MALINOWSKI ŁUKASZ	2358		GLIWICE	POL	M-40	40	M 196	00:23:08	00:32:22		00:55:49.60	00:57:44.85	5:34	10.7
66	JĘZEWSKI ADAM	2201	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	82	M 177	00:23:06	00:32:32		00:55:50.90	00:56:13.45	5:35	10.7
67	PALUS PIOTR	2231		GLIWICE SOŚNICA	POL	M-30	83	M 173	00:22:41	00:31:46		00:55:52.25	00:55:56.90	5:35	10.7
68	SZOT WOJCIECH	2000	WORD KATOWICE	GLIWICE	POL	M-30	84	M 195	00:23:25	00:32:40		00:55:57.30	00:57:33.65	5:35	10.7
69	SAMOL GRZEGORZ	2046		GLIWICE	POL	M-50	13	M 190	00:23:06	00:32:23		00:56:03.75	00:57:09.65	5:36	10.7
70	WIĘCŁAW GRZEGORZ	2531		GLIWICE	POL	M-30	86	M 181	00:24:39	00:33:54		00:56:08.40	00:56:27.85	5:36	10.7
71	STANISZ MICHAŁ	2068		GLIWICE	POL	M-30	87	M 189	00:23:25	00:32:35		00:56:16.50	00:57:09.35	5:37	10.7
72	HAJDUKIEWICZ MICHAŁ	2502	CERTUM	GLIWICE	POL	M-20	46	M 180	00:21:59	00:31:52		00:56:18.15	00:56:23.50	5:37	10.7
73	JASIŃSKI TOMASZ	2410		GLIWICE	POL	M-40	42	M 198	00:23:03	00:32:33		00:56:34.90	00:57:56.75	5:39	10.6
74	WIAZANIA MAREK	2364		GLIWICE	POL	M-40	43	M 211	00:24:18	00:33:52		00:56:39.45	00:59:00.70	5:39	10.6
75	MICEK MACIEJ	2062		GLIWICE	POL	M-20	48	M 212	00:24:10	00:33:26		00:56:50.85	00:59:00.95	5:41	10.6
76	NIEMIEC SŁAWEK	2207	INTERGRAFIK POLAND	GLIWICE	POL	M-30	92	M 216	00:23:13	00:32:35		00:57:18.70	00:59:45.45	5:43	10.5
77	TURCZYN MATEUSZ	2143	HIRSCHVOGEL	GLIWICE	POL	M-20	50	M 210	00:24:26	00:33:45		00:57:21.50	00:58:55.80	5:44	10.5
78	ORYSZCZAK ŁUKASZ	2366		GLIWICE	POL	M-30	93	M 203	00:23:44	00:33:13		00:57:24.20	00:58:42.80	5:44	10.5
79	MILISZKIEWICZ ADAM	2189		GLIWICE	POL	M-30	94	M 197	00:23:23	00:32:55		00:57:24.65	00:57:46.05	5:44	10.4
80	KRAJEWSKI ADAM	2471	OASIS SPORT TEAM	GLIWICE	POL	M-30	95	M 208	00:22:52	00:32:19		00:57:24.75	00:58:53.05	5:44	10.4
81	MARCZYK DARIUSZ	2393		GLIWICE	POL	M-30	96	M 224	00:24:22	00:33:54		00:57:56.65	01:00:15.90	5:47	10.4
82	ZABRZEWSKI ADAM	2388		GLIWICE	POL	M-30	97	M 206	00:22:45	00:32:27		00:57:57.70	00:58:49.35	5:47	10.4
83	KOSIAK MACIEJ	2359		GLIWICE	POL	M-40	45	M 219	00:24:30	00:33:55		00:58:02.70	00:59:57.20	5:48	10.3
84	JASIKOWSKI ŁUKASZ	2429	KONIUCHY	GLIWICE	POL	M-20	52	M 225	00:24:38	00:34:09		00:58:26.55	01:00:16.75	5:50	10.3
85	KOMANDER MARCIN	2319		GLIWICE	POL	M-50	16	M 226	00:23:41	00:33:19		00:58:27.25	01:00:36.05	5:50	10.3
86	ZAREMBA TADEUSZ	2024		GLIWICE	POL	M-60	6	M 220	00:24:39	00:34:25		00:58:31.25	01:00:01.15	5:51	10.3
87	PROCEK MARCIN	2145		GLIWICE	POL	M-40	47	M 223	00:23:06	00:32:48		00:58:47.35	01:00:14.05	5:52	10.2
88	GIERADA MATEUSZ	2355	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-20	53	M 214	00:29:05	00:37:59		00:59:19.10	00:59:33.95	5:55	10.1
89	KIJANKA DAMIAN	2082	HIRSCHVOGEL	GLIWICE	POL	M-20	54	M 236	00:24:50	00:34:55		00:59:55.80	01:01:28.55	5:59	10
90	FOREMSKI PAWEŁ	2126	BETANIA	GLIWICE	POL	M-30	104	M 237	00:24:52	00:35:08		01:00:06.10	01:01:49.40	6:00	10
91	PAWLETA MICHAŁ	2112	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	50	M 228	00:25:45	00:35:35		01:00:07.90	01:00:43.75	6:00	10
92	DRZEJA ZBIGNIEW	2506		GLIWICE	POL	M-40	51	M 242	00:25:07	00:35:03		01:00:14.80	01:02:13.20	6:01	10
93	BEDNORZ ROMAN	2433	NAPĘDZANI PROCENTEM	KOZŁÓW	POL	M-30	105	M 241	00:25:03	00:35:04		01:00:19.65	01:02:11.55	6:02	9.9
94	URBAN DARIUSZ	2005		GLIWICE	POL	M-40	53	M 229	00:24:08	00:34:31		01:00:40.40	01:00:47.10	6:04	9.9
95	PAŚNIK JACEK	2523		ŁÓDŹ	POL	M-20	57	M 235	00:24:30	00:34:24		01:00:49.55	01:01:27.35	6:05	9.9
96	DROZD KRZYSZTOF	2113		GLIWICE	POL	M-20	58	M 248	00:24:55	00:34:54		01:01:22.20	01:02:48.10	6:08	9.8
97	WITAŁA RAFAŁ	2025		GLIWICE	POL	M-30	112	M 257	00:26:07	00:36:47		01:02:34.80	01:04:35.85	6:15	9.6
98	BOROWIAK MATEUSZ	2286	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	113	M 260	00:26:28	00:37:04		01:02:34.90	01:04:58.30	6:15	9.6
99	GAŚIOREK ŁUKASZ	2288	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-20	60	M 261	00:26:30	00:37:06		01:02:36.75	01:04:58.45	6:15	9.6
100	ŻELEZNY TOMASZ	2249		GLIWICE	POL	M-30	114	M 262	00:26:46	00:37:15		01:03:06.65	01:04:59.05	6:18	9.5
101	GILEWSKI FRANCISZEK	2509	BIEGAM Z SERCEM	GLIWICE	POL	M-70	1	M 263	00:25:38	00:36:23		01:03:07.80	01:05:00.95	6:18	9.5
102	KOTOWSKI PIOTR	2426		GLIWICE	POL	M-40	58	M 259	00:25:51	00:36:28		01:03:26.35	01:04:55.30	6:20	9.5
103	MACIEJCZYK MARCIN	2244	FAMILIA	GLIWICE	POL	M-30	116	M 266	00:25:36	00:36:15		01:03:43.30	01:05:47.80	6:22	9.4
104	KUBICA MICHAŁ	2479		GLIWICE	POL	M-20	63	M 270	00:28:15	00:39:18		01:05:10.30	01:06:40.50	6:31	9.2
105	SMUDA GRZEGORZ	2110	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	120	M 275	00:27:23	00:38:10		01:05:29.35	01:07:18.45	6:32	9.2
106	MALEC MAREK	2391		GLIWICE	POL	M-20	65	M 276	00:25:38	00:37:07		01:05:51.85	01:07:25.50	6:35	9.1
107	BRODIUK NORBERT	2001	SBRT ,NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	62	M 274	00:26:54	00:38:01		01:06:41.30	01:07:17.85	6:40	9
108	STEPEL GRZEGORZ	2214		GLIWICE	POL	M-40	63	M 279	00:26:55	00:38:33		01:07:17.45	01:08:07.50	6:43	8.9
109	STRUG MARIUSZ	2482		GLIWICE	POL	M-40	64	M 281	00:27:32	00:38:56		01:07:56.80	01:10:14.60	6:47	8.8
110	CIESŁAK PAWEŁ	2438		GLIWICE	POL	M-30	121	M 282	00:28:23	00:39:55		01:08:58.65	01:10:52.50	6:53	8.7
111	MALISZEWSKI JAKUB	2379	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-30	122	M 283	00:29:12	00:40:43		01:09:22.70	01:11:18.05	6:56	8.6

**GLIWICKA DYCHA, Mieszkańcy Gliwic c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
112	MALISZEWSKI BOGUSŁAW	2381	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-60	8	M 284	00:29:13	00:40:44		01:09:23.55	01:11:18.20	6:56	8.6
113	LEWICKI KRZYSZTOF	97	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	123	M 285	00:28:24	00:40:01		01:10:19.40	01:11:22.95	7:01	8.5
114	NOWIŃSKI KAMIL	2284	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	124	M 288	00:31:33	00:44:51		01:11:24.25	01:13:48.25	7:08	8.4
115	PRUCHNIK SŁAWEK	2051	JAZZY	GLIWICE	POL	M-20	66	M 290	00:29:16	00:42:57		01:13:49.40	01:14:48.45	7:22	8.1
116	KUT KRZYSZTOF	2031		GLIWICE	POL	M-30	126	M 292	00:30:01	00:42:32		01:14:00.65	01:15:02.70	7:24	8.1
117	KAMIŃSKI WOJCIECH	2477	INTERPROJEKT	GLIWICE	POL	M-20	67	M 294	00:30:05	00:42:12		01:14:15.20	01:16:40.55	7:25	8.1
118	KOSTRO RAFAŁ	2285	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	127	M 295	00:31:35	00:44:53		01:15:34.20	01:17:56.50	7:33	7.9
119	WIERCIŃSKI ŁUKASZ	2473		GLIWICE	POL	M-60	9	M 300	00:57:51			01:43:58.20	01:44:03.45	10:23	5.8

**GLIWICKA DYCHA, K-18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	PIKUL WIKTORIA	2177		GLIWICE	POL	K-18	1	K 12	00:21:18	00:29:39		00:50:17.60	00:50:45.60	5:01	11.9
2	MICHALSKA NATALIA	2182	ABM	GLIWICE	POL	K-18	2	K 48	00:23:06	00:32:37		00:56:36.65	00:58:03.95	5:39	10.6
3	SZULC JOANNA	2038		ORNONTOWICE	POL	K-18	3	K 100	00:26:15	00:36:26		01:01:46.85	01:02:14.85	6:10	9.7
4	GROSS MAGDALENA	2413	UNISONO / FIS-SST TEAM	BYTOM	POL	K-18	4	K 173	00:31:36	00:45:44		01:20:06.40	01:22:24.45	8:00	7.5

**GLIWICKA DYCHA, M-18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	BIENIECKI MAREK	2539	OTK RZEŹNIK	GLIWICE	POL	M-18	1	M 34	00:18:12	00:25:33		00:44:30.80	00:44:39.30	4:27	13.5
2	PUPIELK KAMIL	2550		TARNOWSKIE GÓRY	POL	M-18	2	M 77	00:19:00	00:27:12		00:48:45.20	00:48:58.45	4:52	12.3
3	KLEMCZAK SZYMON	2478	AQUASENSE.PL	GLIWICE	POL	M-18	3	M 217	00:24:43	00:34:54		00:58:51.30	00:59:45.45	5:53	10.2

**GLIWICKA DYCHA, K-20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	GOLBA KASJA	2543	1SECOND TEAM		POL	K-20	1	K 1	00:16:52	00:23:55		00:41:22.65	00:41:25.30	4:08	14.5
2	SKUPIEŃ MAŁGORZATA	2122	ETISOFT RUNNING TEAM	GLIWICE	POL	K-20	2	K 9	00:21:07	00:29:09		00:49:12.75	00:49:54.95	4:55	12.2
3	ŻOŁĄDŹ MARLENA	2264		GLIWICE	POL	K-20	3	K 14	00:21:47	00:30:13		00:50:37.35	00:51:43.50	5:03	11.9
4	WIŚNIEWSKA DOMINIKA	2462		GIERAŁTOWICE	POL	K-20	4	K 16	00:21:16	00:29:34		00:50:37.85	00:52:02.85	5:03	11.9
5	SZCZYRBA AGNIESZKA	2190		PYSKOWICE	POL	K-20	5	K 15	00:20:59	00:29:22		00:51:00.95	00:51:47.00	5:06	11.8
6	RUBIN KATARZYNA	2487		GLIWICE	POL	K-20	6	K 17	00:21:16	00:29:41		00:51:36.80	00:52:13.20	5:09	11.6
7	KOŁOSKA KARINA	2258		PIEKARY ŚLĄSKIE	POL	K-20	7	K 23	00:21:52	00:30:51		00:53:51.60	00:54:04.75	5:23	11.1
8	GAJDA KATARZYNA	2339	TAKENAKA	GLIWICE	POL	K-20	8	K 24	00:22:26	00:31:19		00:53:52.15	00:54:07.00	5:23	11.1
9	STAROŃ JAGODA	2161		ZABRZE	POL	K-20	9	K 29	00:23:00	00:31:57		00:54:03.90	00:54:57.35	5:24	11.1
10	WIĘCZKOWSKA MILENA	2521			POL	K-20	10	K 28	00:21:59	00:31:11		00:54:33.55	00:54:49.00	5:27	11
11	PIOTROWSKA MAŁGORZATA	2131		ZABRZE	POL	K-20	11	K 37	00:23:00	00:32:02		00:55:21.95	00:56:15.30	5:32	10.8
12	BEMŚ EMILIA	2185		GLIWICE	POL	K-20	12	K 43	00:24:04	00:33:11		00:56:06.10	00:57:50.85	5:36	10.7
13	PUTOWSKA NATALIA	2180		GLIWICE	POL	K-20	13	K 45	00:24:03	00:33:10		00:56:06.95	00:57:52.10	5:36	10.7
14	GILLNER KLAUDIA	2035		GLIWICE	POL	K-20	14	K 47	00:23:25	00:32:40		00:56:22.75	00:57:59.10	5:38	10.6
15	MUSKIETORZ KATARZYNA	2033		MIKOŁÓW	POL	K-20	15	K 38	00:24:00	00:33:29		00:56:23.30	00:56:50.50	5:38	10.6
16	TARNOWSKA EDYTA	2151		GLIWICE	POL	K-20	16	K 39	00:23:01	00:32:28		00:56:54.85	00:57:18.65	5:41	10.5
17	IWAN ANITA	2545		ZIEMIĘCICE	POL	K-20	17	K 55	00:24:02	00:33:28		00:57:27.65	00:58:52.55	5:44	10.4
18	ŚMIGIEL MAGDALENA	2192		GLIWICE	POL	K-20	18	K 53	00:22:57	00:33:08		00:57:40.05	00:58:45.05	5:46	10.4
19	WANDEL EWA	2092		WILKASY	POL	K-20	19	K 51	00:23:55	00:33:23		00:57:50.20	00:58:25.00	5:47	10.4
20	OŻÓG CLAUDIA	680		WARSAW	POL	K-20	20	K 52	00:23:01	00:32:58		00:58:10.95	00:58:33.45	5:49	10.3
21	ŻUREK NELA	2276	HIRERIGHT RUNNING TEAM	KATOWICE	POL	K-20	21	K 63	00:24:03	00:33:31		00:58:11.25	00:59:50.45	5:49	10.3
22	SKORUPA MAGDALENA	2344		PRZEGĘDZA	POL	K-20	22	K 65	00:24:07	00:33:41		00:58:12.25	01:00:02.90	5:49	10.3
23	KRZOS DOMINIKA	2436		ZABRZE	POL	K-20	23	K 74	00:24:24	00:33:51		00:58:20.15	01:00:40.75	5:50	10.3
24	BALCER WERONIKA	2318		GLIWICE	POL	K-20	24	K 73	00:23:43	00:33:18		00:58:26.60	01:00:36.15	5:50	10.3
25	LUKOSZEK WERONIKA	2034	STEP-DANCE	GLIWICE	POL	K-20	25	K 71	00:24:29	00:34:14		00:58:29.15	01:00:30.45	5:50	10.3

**GLIWICKA DYCHA, K-20 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
26	BRZÓZKA PATRYCJA	2490		GLIWICE	POL	K-20	26	K 82	00:24:52	00:34:32		00:59:02.30	01:01:12.00	5:54	10.2
27	BOCHNAK ALEKSANDRA	2156		GLIWICE	POL	K-20	27	K 68	00:24:27	00:34:29		00:59:42.45	01:00:21.35	5:58	10
28	KUWIK KLAUDIA	2293	PROPOINT	GLIWICE	POL	K-20	28	K 66	00:24:55	00:34:55		00:59:46.00	01:00:17.10	5:58	10
29	KOLASIŃSKA MONIKA	2075		GLIWICE	POL	K-20	29	K 88	00:24:31	00:34:31		00:59:46.40	01:01:39.65	5:58	10
30	MAZURCZAK DIANA	2247		OPOLE	POL	K-20	30	K 80	00:24:58	00:35:01		00:59:58.70	01:01:08.40	5:59	10
31	ŻURAWIECKA ANNA	2474		GLIWICE	POL	K-20	31	K 96	00:25:04	00:35:05		01:00:19.85	01:02:10.35	6:02	9.9
32	WOLANIN PATRYCJA	2440		GLIWICE	POL	K-20	32	K 89	00:25:45	00:35:43		01:00:43.70	01:01:43.05	6:04	9.9
33	RUSIELEWICZ AGNIESZKA	2486		GLIWICE	POL	K-20	33	K 105	00:25:44	00:35:40		01:00:54.70	01:03:14.70	6:05	9.9
34	PIETRZYK MAŁGORZATA	2273		GLINICA	POL	K-20	34	K 99	00:26:00	00:36:26		01:01:03.90	01:02:13.75	6:06	9.8
35	PIENIAK KAROLINA	2078		GLIWICE	POL	K-20	35	K 90	00:25:46	00:36:02		01:01:07.95	01:01:46.10	6:06	9.8
36	ANTOS ANGELIKA	2123	HIRSCHVOGEL	TYCHY	POL	K-20	36	K 108	00:25:14	00:35:28		01:02:14.20	01:03:48.85	6:13	9.6
37	SIKORA ANNA	2208		KNURÓW	POL	K-20	37	K 112	00:26:30	00:37:01		01:03:21.35	01:04:23.35	6:20	9.5
38	KOPEC-WÓJCIK MONIKA	2138		KNURÓW	POL	K-20	38	K 115	00:26:29	00:37:01		01:03:23.05	01:04:25.05	6:20	9.5
39	BĄCZEK PATRYCJA	2324		GLIWICE	POL	K-20	39	K 139	00:26:16	00:36:57		01:04:00.20	01:06:57.25	6:24	9.4
40	KEMPKA IZABELA	2373		JAWORZNO	POL	K-20	40	K 127	00:26:16	00:36:59		01:04:02.60	01:05:25.40	6:24	9.4
41	RUŁKA MARTA	2072		TRZEBINIA	POL	K-20	41	K 135	00:26:37	00:37:03		01:04:20.00	01:06:26.15	6:26	9.3
42	JOOSTBERENS ALEKSANDRA	2392	FLUOR SA	PYSKOWICE	POL	K-20	42	K 143	00:27:20	00:38:46		01:06:36.50	01:08:31.45	6:39	9
43	MICHALIK NATALIA	2088		GLIWICE	POL	K-20	43	K 142	00:25:20	00:36:47		01:06:38.85	01:08:25.15	6:39	9
44	TRZASKALIK ALEKSANDRA	2120		GLIWICE	POL	K-20	44	K 148	00:28:46	00:39:54		01:07:44.90	01:09:55.95	6:46	8.9
45	JANOSZKA IZABELA	2125	HIRSCHVOGEL	ŚWIBIE	POL	K-20	45	K 153	00:26:21	00:37:59		01:08:45.60	01:10:15.00	6:52	8.7
46	GORZKOWSKA MAŁGORZATA	2111		SOSNOWIEC	POL	K-20	46	K 168	00:29:59	00:42:02		01:14:10.40	01:16:21.70	7:25	8.1
47	CYBULSKA WERONIKA	2184		GLIWICE	POL	K-20	47	K 177	00:54:40	01:03:46		01:28:28.80	01:30:15.30	8:50	6.8

**GLIWICKA DYCHA, M-20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	FORMICKI RAFAŁ	2461	CKS BUDOWLANI CZĘSTOCHOWA	ZAWIERCIE	POL	M-20	1	M 1	00:13:57	00:19:34		00:37:11.15	00:37:12.65	3:43	16.1
2	JARCO DOMINIK	2234	ALPIN SPORT TEAM	PIETRZYKOWICE	POL	M-20	2	M 2	00:14:08	00:20:01	00:03:33	00:37:13.05	00:37:13.95	3:22	17.8
3	ROSIŃSKI ARTUR	2354	PARKRUN KATOWICE	RUDA ŚLĄSKA	POL	M-20	3	M 3	00:15:19	00:20:58	00:03:33	00:37:18.35	00:37:19.25	3:22	17.8
4	SLADEK DOMINIK	2205	NIEZRZESZONY	ZABRZE	POL	M-20	4	M 6	00:15:25	00:21:48		00:38:16.10	00:38:17.35	3:49	15.7
5	BŁASZCZYK DOMINIK	2401	NIGHT RUNNERS	KALETY	POL	M-20	5	M 13	00:16:38	00:23:13		00:40:10.05	00:40:12.50	4:01	14.9
6	LAMPARSKI ŁUKASZ	2063		GÓRKI WIELKIE	POL	M-20	6	M 18	00:16:43	00:23:38		00:40:59.95	00:41:01.70	4:06	14.6
7	RAJWA MARCIN	2375		RADLIN	POL	M-20	7	M 19	00:16:09	00:23:09		00:41:06.30	00:41:09.40	4:06	14.6
8	ALKER ANDRZEJ	2087		GLIWICE	POL	M-20	8	M 25	00:17:31	00:24:43		00:42:57.45	00:43:00.75	4:17	14
9	BOMBELKA DANIEL	2376	KRONOSPAN STRZELCE OPOLSKIE	JEMIELNICA	POL	M-20	9	M 33	00:18:49	00:26:09		00:44:15.20	00:44:22.55	4:25	13.6
10	NOWAK MATEUSZ	2050		GLIWICE	POL	M-20	10	M 35	00:17:58	00:25:39		00:44:41.40	00:44:43.75	4:28	13.4
11	SZABRA DAWID	2204	-	CHORZÓW	POL	M-20	11	M 53	00:18:35	00:26:07		00:45:19.15	00:47:06.90	4:31	13.2
12	GOŁYŚ GRZEGORZ	2503	CERTUM	USTRÓŃ	POL	M-20	12	M 56	00:19:14	00:26:37		00:45:37.85	00:47:20.10	4:33	13.1
13	PACANA PATRYK	2043	DRUŻYNA ŚWIĘTEGO MARCINA	TARNOWSKIE GÓRY	POL	M-20	13	M 44	00:18:59	00:26:21		00:45:42.00	00:45:55.30	4:34	13.1
14	CZERNIK JAKUB	2396	ELZAB ACTIVE TEAM	PIEKARY ŚLĄSKIE	POL	M-20	14	M 45	00:18:26	00:26:05		00:45:52.95	00:46:09.30	4:35	13.1
15	MAZUR WITOLD	2296	PROPOINT	GLIWICE	POL	M-20	15	M 61	00:20:21	00:28:10		00:47:01.30	00:47:36.90	4:42	12.8
16	ŚWITALSKI ADAM	2421		CHORZÓW	POL	M-20	16	M 73	00:21:12	00:28:50		00:47:21.95	00:48:35.80	4:44	12.7
17	WOJTAS PAWEŁ	2346	3940	SANOK	POL	M-20	17	M 64	00:19:23	00:27:27		00:47:35.05	00:47:45.40	4:45	12.6
18	ZAKRZOWSKI KRZYSZTOF	2467	TENNECO AUTOMOTIVE EASTERN EUROPE	RUDA ŚLĄSKA	POL	M-20	18	M 69	00:19:28	00:27:31		00:47:41.10	00:48:17.50	4:46	12.6
19	SIERADZKI ADAM	2292	PROPOINT	KATOWICE	POL	M-20	19	M 71	00:20:07	00:27:57		00:48:03.05	00:48:34.45	4:48	12.5
20	PACANA KRZYSZTOF	2114		TARNOWSKIE GÓRY	POL	M-20	20	M 76	00:19:32	00:27:34		00:48:06.25	00:48:56.05	4:48	12.5
21	SITARSKI MATEUSZ	2233		GLIWICE	POL	M-20	21	M 75	00:20:32	00:28:24		00:48:15.20	00:48:54.95	4:49	12.4
22	STRONCZYŃSKI ANDRZEJ	2309	NIGHT RUNNERS GLIWICE	RUDA KOZIELSKA	POL	M-20	22	M 90	00:21:10	00:29:05		00:49:04.65	00:50:15.15	4:54	12.2
23	DROSDZOL PIOTR	2348	ZDYCHOM ALE LECA	CHORZÓW	POL	M-20	23	M 97	00:21:32	00:29:38		00:49:06.70	00:50:41.00	4:54	12.2
24	CYBULSKI PAWEŁ	2295	PROPOINT	TYCHY	POL	M-20	24	M 84	00:20:12	00:28:26		00:49:11.35	00:49:46.10	4:55	12.2
25	JANIK SERGIUSZ	2370		ZAWIERCIE	POL	M-20	25	M 93	00:20:41	00:28:46		00:49:26.50	00:50:27.65	4:56	12.1
26	SZULC SEBASTIAN	2012		GLIWICE	POL	M-20	26	M 89	00:20:17	00:28:36		00:49:51.00	00:50:14.40	4:59	12
27	PRZYGDZKI DAMIAN	2172	JAZZY	WROCLAW	POL	M-20	27	M 94	00:21:31	00:29:50		00:50:09.35	00:50:28.40	5:00	12

**GLIWICKA DYCHA, M-20 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
28	WAŚ SZYMON	2483			POL	M-20	28	M 106	00:21:09	00:29:19		00:50:27.25	00:51:10.25	5:02	11.9
29	JUROWICZ MARIUSZ	2416		KATOWICE	POL	M-20	29	M 112	00:20:58	00:29:14		00:51:05.20	00:51:50.30	5:06	11.7
30	ANTONIAK MATEUSZ	2422		KLUCZE	POL	M-20	30	M 117	00:21:06	00:29:25		00:51:30.05	00:52:34.55	5:09	11.7
31	WOJTYŁA TYMOTEUSZ	2052	JAZZY	PSZCZYNA	POL	M-20	31	M 124	00:21:58	00:30:29		00:51:51.10	00:52:51.60	5:11	11.6
32	ORŁOWSKI KAMIL	2533		ZABRZE	POL	M-20	32	M 126	00:21:21	00:29:45		00:51:58.25	00:53:00.30	5:11	11.5
33	SOKOŁOWSKI MATEUSZ	2277		GLIWICE	POL	M-20	33	M 116	00:22:00	00:30:36		00:52:15.80	00:52:32.80	5:13	11.5
34	BIENIEK DAWID	2246		KNURÓW	POL	M-20	34	M 127	00:22:03	00:30:45		00:52:43.95	00:53:05.65	5:16	11.4
35	JAWORSKI JAKUB	2369		GLIWICE	POL	M-20	35	M 132	00:22:04	00:30:53		00:52:52.30	00:53:52.25	5:17	11.3
36	WIĘCKOWSKI-GAWRON MATEUSZ	2412		KATOWICE	POL	M-20	36	M 133	00:22:02	00:30:53		00:52:52.40	00:53:52.50	5:17	11.3
37	GRYCMAN MICHAŁ	2496		CZYŻOWICE		M-20	37	M 135	00:21:50	00:30:49		00:53:28.05	00:54:00.20	5:20	11.2
38	ZIELIŃSKI KAMIL	2551		RUPA ŚLĄSKA	POL	M-20	38	M 172	00:22:17	00:31:01		00:53:38.80	00:55:55.40	5:21	11.2
39	RUTKOWSKI ŁUKASZ	2437		GLIWICE	POL	M-20	39	M 155	00:22:29	00:31:23		00:53:59.10	00:54:59.20	5:23	11.1
40	DOMBEK PAWEŁ	2171	ISTA BIEGAMY	POZNOWICE	POL	M-20	40	M 178	00:22:55	00:31:45		00:54:15.65	00:56:18.30	5:25	11.1
41	TRYBUS MICHAŁ	2232		GLIWICE	POL	M-20	41	M 165	00:23:02	00:31:59		00:54:23.70	00:55:24.85	5:26	11
42	KOWALSKI KRZYSZTOF	2016		GLIWICE	POL	M-20	42	M 194	00:22:07	00:31:18		00:54:32.30	00:57:33.25	5:27	11
43	DYBAŁA ADAM	2406		GLIWICE	POL	M-20	43	M 174	00:22:12	00:31:24		00:54:53.75	00:55:57.65	5:29	10.9
44	MUCHARSKI JACEK	2306	PROPOINT	CHORZOW	POL	M-20	44	M 167	00:22:34	00:31:22		00:54:54.90	00:55:27.15	5:29	10.9
45	HEINCE ŁUKASZ	2290	PROPOINT	RUDA ŚLĄSKA	POL	M-20	45	M 170	00:24:21	00:32:47		00:55:02.35	00:55:37.65	5:30	10.9
46	HAJDUKIEWICZ MICHAŁ	2502	CERTUM	GLIWICE	POL	M-20	46	M 180	00:21:59	00:31:52		00:56:18.15	00:56:23.50	5:37	10.7
47	ZIELONKA DAWID	2239		RUDA ŚLĄSKA	POL	M-20	47	M 186	00:24:00	00:33:29		00:56:23.25	00:56:50.50	5:38	10.6
48	MICEK MACIEJ	2062		GLIWICE	POL	M-20	48	M 212	00:24:10	00:33:26		00:56:50.85	00:59:00.95	5:41	10.6
49	JANOSZEK ROBERT	2178	ISTA BIEGAMY	POGÓRZE	POL	M-20	49	M 213	00:23:04	00:32:39		00:57:07.00	00:59:12.20	5:42	10.5
50	TURCZYN MATEUSZ	2143	HIRSCHVOGEL	GLIWICE	POL	M-20	50	M 210	00:24:26	00:33:45		00:57:21.50	00:58:55.80	5:44	10.5
51	GRZESICZEK PIOTR	2267	HIRERIGHT RUNNING TEAM	KATOWICE	POL	M-20	51	M 218	00:24:00	00:33:35		00:58:15.65	00:59:56.60	5:49	10.3
52	JASIKOWSKI ŁUKASZ	2429	KONIUCHY	GLIWICE	POL	M-20	52	M 225	00:24:38	00:34:09		00:58:26.55	01:00:16.75	5:50	10.3
53	GIERADA MATEUSZ	2355	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-20	53	M 214	00:29:05	00:37:59		00:59:19.10	00:59:33.95	5:55	10.1
54	KIJANKA DAMIAN	2082	HIRSCHVOGEL	GLIWICE	POL	M-20	54	M 236	00:24:50	00:34:55		00:59:55.80	01:01:28.55	5:59	10
55	MACIĄGA MARCIN	2458		PIEKARY ŚLĄSKIE	POL	M-20	55	M 244	00:25:16	00:34:53		00:59:59.65	01:02:19.65	5:59	10
56	MORMUL WITOLD	2061	SUPER FAJNY KLUB	WROCŁAW	POL	M-20	56	M 251	00:24:45	00:34:54		01:00:18.50	01:03:00.25	6:01	9.9
57	PAŚNIK JACEK	2523		ŁÓDŹ	POL	M-20	57	M 235	00:24:30	00:34:24		01:00:49.55	01:01:27.35	6:05	9.9
58	DROZD KRZYSZTOF	2113		GLIWICE	POL	M-20	58	M 248	00:24:55	00:34:54		01:01:22.20	01:02:48.10	6:08	9.8
59	RATKA DAWID	2109		WYRY	POL	M-20	59	M 250	00:25:19	00:35:24		01:01:29.40	01:02:57.45	6:08	9.8
60	GAŚJOREK ŁUKASZ	2288	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-20	60	M 261	00:26:30	00:37:06		01:02:36.75	01:04:58.45	6:15	9.6
61	DUDEK MATEUSZ	2394	FLUOR SA.	RYBNIK	POL	M-20	61	M 264	00:27:20	00:38:46		01:03:13.40	01:05:07.95	6:19	9.5
62	BOJEŚ MARCIN	2310	EZUNIVERSE	BIELSKO-BIAŁA	POL	M-20	62	M 267	00:27:03	00:37:53		01:04:00.35	01:06:16.35	6:24	9.4
63	KUBICA MICHAŁ	2479		GLIWICE	POL	M-20	63	M 270	00:28:15	00:39:18		01:05:10.30	01:06:40.50	6:31	9.2
64	JUROWICZ DAMIAN	2447		KATOWICE	POL	M-20	64	M 272	00:26:42	00:37:43		01:05:33.70	01:07:01.70	6:33	9.2
65	MALEC MAREK	2391		GLIWICE	POL	M-20	65	M 276	00:25:38	00:37:07		01:05:51.85	01:07:25.50	6:35	9.1
66	PRUCHNIK SŁAWEK	2051	JAZZY	GLIWICE	POL	M-20	66	M 290	00:29:16	00:42:57		01:13:49.40	01:14:48.45	7:22	8.1
67	KAMIŃSKI WOJCIECH	2477	INTERPROJEKT	GLIWICE	POL	M-20	67	M 294	00:30:05	00:42:12		01:14:15.20	01:16:40.55	7:25	8.1
68	DOLIŃSKI DANIEL	2414	UNISONO / FIS-SST TEAM	BYTOM	POL	M-20	68	M 298	00:31:35	00:45:43		01:20:05.90	01:22:24.70	8:00	7.5
69	OLEJNIK MARCIN	2302	PROPOINT	GOŁUSZOWICE	POL	M-20	69	M 301	00:48:26	01:14:52		01:52:26.45	01:53:01.80	11:14	5.3

**GLIWICKA DYCHA, K-30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MAJ-DZIUBAŃSKA IZABELA	2262	AKMB PĘDZIWIATR GLIWICE	PYSKOWICE	POL	K-30	1	K 3	00:17:45	00:25:07		00:43:46.65	00:43:50.05	4:22	13.7
2	GAWLIK SANDRA	2187		STRZELCE OPOLSKIE	POL	K-30	2	K 4	00:18:42	00:26:20		00:45:32.20	00:45:34.85	4:33	13.2
3	NENKO BARBARA	2378	AUGUSTEAM	RUDA ŚLĄSKA	POL	K-30	3	K 5	00:19:06	00:26:43		00:46:20.00	00:46:32.05	4:38	12.9
4	PIECUCH AGNIESZKA	2250		TARNOWSKIE GÓRY	POL	K-30	4	K 6	00:19:22	00:26:58		00:46:27.35	00:46:41.90	4:38	12.9
5	WAŁĘDZIK ANNA	2449	MIECHOWICKA GRUPA BIEGOWA	ZABRZE	POL	K-30	5	K 8	00:20:19	00:28:33		00:49:23.35	00:49:40.65	4:56	12.1
6	ZIOMEK KATARZYNA	2137		BYTOM	POL	K-30	6	K 13	00:20:40	00:29:08		00:50:46.50	00:51:37.65	5:04	11.8
7	BZDYK IWONA	2157	PARKRUN KATOWICE	KATOWICE	POL	K-30	7	K 18	00:22:15	00:30:47		00:52:01.65	00:52:48.50	5:12	11.5
8	PLOCH KAROLINA	2154		PYSKOWICE	POL	K-30	8	K 20	00:21:50	00:30:22		00:52:19.65	00:53:31.30	5:14	11.5
9	TUCHOWSKA ANNA	2529		SOSNOWIEC	POL	K-30	9	K 26	00:22:18	00:30:46		00:52:25.35	00:54:38.30	5:14	11.4
10	BRODAŁA AGNIESZKA	2245		GLIWICE	POL	K-30	10	K 19	00:22:03	00:30:45		00:52:43.45	00:53:05.00	5:16	11.4



## GLIWICKA DYCHA, K-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
11	SKUPIEŃ IZABELA	2528		WARSZAWA	POL	K-30	11	K 25	00:21:39	00:30:44		00:54:00.00	00:54:36.85	5:24	11.1
12	RACZEK MAGDALENA	2193		GLIWICE	POL	K-30	12	K 27	00:23:01	00:31:59		00:54:10.95	00:54:41.85	5:25	11.1
13	MAZALIK JADWIGA	2091		PYSKOWICE	POL	K-30	13	K 32	00:22:22	00:31:33		00:54:39.30	00:55:34.00	5:28	11
14	KOSMACZEWSKA ANNA	2010	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	14	K 33	00:23:29	00:32:39		00:55:28.15	00:55:50.20	5:32	10.8
15	STOLARCZYK ALEKSANDRA	2465	RUNTEAM PAWŁOWICE	PAWŁOWICE	POL	K-30	15	K 41	00:23:34	00:32:40		00:55:34.95	00:57:37.30	5:33	10.8
16	MICHALAK AGNIESZKA	2515		SOSNOWIEC	POL	K-30	16	K 36	00:22:37	00:31:53		00:55:46.85	00:56:02.20	5:34	10.8
17	SIERADZKA AGNIESZKA	2057	BIEGAJ Z TRENERAMI	GLIWICE	POL	K-30	17	K 34		00:33:29		00:55:56.60	00:55:56.60	5:35	10.7
18	HERDUŚ LUCYNA	2237		JASTRZĘBIE ZDRÓJ	POL	K-30	18	K 40	00:23:16	00:32:21		00:55:58.25	00:57:34.95	5:35	10.7
19	SZWIEC SANDRA	2099	ORNONTOWICE BIEGA	ORNONTOWICE	POL	K-30	19	K 46	00:23:46	00:32:57		00:55:59.40	00:57:52.45	5:35	10.7
20	MAJEWSKA-LUDWIG KATARZYNA	2152	4M	PLAWNIOWICE	POL	K-30	20	K 42	00:23:22	00:32:40		00:56:39.50	00:57:38.05	5:40	10.6
21	GLAPIAK ALEKSANDRA	2311		ZABRZE	POL	K-30	21	K 44	00:23:40	00:33:08		00:57:02.80	00:57:51.05	5:42	10.5
22	TARTANUS-ORYSZCZAK MARTA	2365		GLIWICE	POL	K-30	22	K 54	00:23:39	00:33:07		00:57:30.65	00:58:49.15	5:45	10.4
23	CICHY AGNIESZKA	2386		RUDA ŚLĄSKA	POL	K-30	23	K 61	00:23:59	00:33:25		00:57:38.45	00:59:29.20	5:45	10.4
24	FRANIELCZYK MARTA	2499		GLIWICE	POL	K-30	24	K 49		00:33:46		00:58:08.60	00:58:08.60	5:48	10.3
25	PAWLUS - DUSIK BEATA	2337		BRZUŚNIK	POL	K-30	25	K 64	00:24:41	00:34:04		00:58:09.45	00:59:51.40	5:49	10.3
26	WOJTOWICZ KAROLINA	2325		GLIWICE	POL	K-30	26	K 56	00:23:35	00:33:12		00:58:16.80	00:58:57.55	5:49	10.3
27	DRABEK AGNIESZKA	2317		KATOWICE	POL	K-30	27	K 62	00:24:01	00:33:38		00:58:26.65	00:59:30.85	5:50	10.3
28	STRYSIK-KRĘŻEL IWONA	2291	PROPOINT	GLIWICE	POL	K-30	28	K 57	00:24:07	00:33:52		00:58:51.25	00:59:15.20	5:53	10.2
29	CZENCZEK MAGDALENA	2011	ETISOFT RUNNING TEAM	GLIWICE	POL	K-30	29	K 60	00:23:54	00:34:01		00:59:04.05	00:59:26.55	5:54	10.2
30	NOSAL ANNA	2469	ORZEL BIAŁY S.A.	ŚWIĘTOCHŁOWICE	POL	K-30	30	K 76	00:24:01	00:34:01		00:59:18.65	01:00:46.90	5:55	10.1
31	BUGŁA AGNIESZKA	2229	ZABIEGANIE NAUCZYCIELKI	KUŹNIA NIEBOROWSKA	POL	K-30	31	K 85	00:25:02	00:35:05		00:59:33.10	01:01:26.65	5:57	10.1
32	WYCIŚLIK WIOLETA	2168		GLIWICE	POL	K-30	32	K 81	00:25:12	00:34:53		00:59:33.75	01:01:09.45	5:57	10.1
33	GONTARZ KAROLINA	2268	HIRERIGHT RUNNING TEAM	KATOWICE	POL	K-30	33	K 86	00:25:20	00:35:12		00:59:54.80	01:01:28.80	5:59	10
34	OKOŃ MONIKA	2107		KNURÓW	POL	K-30	34	K 77	00:24:53	00:34:38		00:59:55.30	01:00:52.85	5:59	10
35	CZERWIŃSKA ANNA	2508		GLIWICE	POL	K-30	35	K 69	00:25:11	00:35:08		01:00:05.40	01:00:27.90	6:00	10
36	DREJA KATARZYNA	2505	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	36	K 97	00:25:08	00:35:03		01:00:14.80	01:02:13.20	6:01	10
37	SIKORSKA KATARZYNA	2133		GLIWICE	POL	K-30	37	K 87	00:24:37	00:34:44		01:00:15.70	01:01:30.25	6:01	10
38	KOENIGSHAUS ANNA	2060		ZABRZE	POL	K-30	38	K 94	00:25:17	00:35:19		01:00:19.05	01:02:06.40	6:01	9.9
39	GRZYŚKA KATARZYNA	2340		ZABRZE	POL	K-30	39	K 95	00:24:33	00:34:37		01:00:19.65	01:02:10.35	6:02	9.9
40	ORZECHOWSKA NATALIA	2534		POLE	POL	K-30	40	K 78	00:25:02	00:35:10		01:00:21.65	01:00:53.75	6:02	9.9
41	WIELAWIŃSKA HALINA	2542		GLIWICE	POL	K-30	41	K 91	00:24:45	00:34:49		01:00:23.70	01:01:53.75	6:02	9.9
42	SKWARA KATARZYNA	2095	HIRSCHVOGEL	ZABRZE	POL	K-30	42	K 92	00:24:53	00:34:57		01:00:29.50	01:01:58.90	6:02	9.9
43	PAWELEK BARBARA	2148		ZABRZE	POL	K-30	43	K 101	00:25:31	00:35:34		01:00:31.50	01:02:20.90	6:03	9.9
44	KRYŃ AGNIESZKA	2404	TRIATHLON X-TEAM	DĄBROWA GÓRNICZA	POL	K-30	44	K 103	00:25:10	00:35:01		01:00:59.10	01:02:50.90	6:05	9.8
45	ZGRZYBŁOWSKA WERONIKA	2423		GLIWICE	POL	K-30	45	K 98	00:25:54	00:35:53		01:01:06.50	01:02:13.50	6:06	9.8
46	BIENKOWSKA JUSTYNA	2188		PYSKOWICE	POL	K-30	46	K 109	00:25:01	00:35:16		01:02:06.50	01:04:06.25	6:12	9.7
47	ŁASZOWSKA EWA	2464	OPEL ACTIVE TEAM	GLIWICE	POL	K-30	47	K 106	00:24:52	00:35:09		01:02:18.50	01:03:24.15	6:13	9.6
48	TWAROWSKA CELINA	2377	ETISOFT RUNNING TEAM	ZABRZE	POL	K-30	48	K 104	00:25:40	00:36:20		01:02:24.90	01:03:07.10	6:14	9.6
49	BARANOWSKA EWA	2252	SEKCJA BIEGOWA FAMILIA	BYTOM	POL	K-30	49	K 122	00:25:15	00:35:53		01:02:34.95	01:04:59.95	6:15	9.6
50	RODAK AGNIESZKA	2349	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	K-30	50	K 117	00:25:17	00:35:42		01:02:45.50	01:04:41.10	6:16	9.6
51	KOMHR ANNA	2541		GLIWICE	POL	K-30	51	K 119	00:26:07	00:36:40		01:02:49.30	01:04:47.50	6:16	9.6
52	ZIMNY JOANNA	2022		GLIWICE	POL	K-30	52	K 128	00:26:34	00:36:40		01:02:51.85	01:05:31.30	6:17	9.5
53	SKRZYPEK MARTA	2191		CIĘCINA	POL	K-30	53	K 118	00:25:11	00:35:04		01:03:02.25	01:04:43.35	6:18	9.5
54	SZOŁTYSIK MARTA	2453		RADZIONKÓW	POL	K-30	54	K 121	00:25:51	00:36:38		01:03:05.60	01:04:52.45	6:18	9.5
55	KUKUCZKA EWA	2146		GLIWICE	POL	K-30	55	K 113	00:25:05	00:35:38		01:03:15.95	01:04:25.05	6:19	9.5
56	MUSZAŁSKA BOŻENA	2415		BYTOM	POL	K-30	56	K 114	00:26:10	00:36:46		01:03:44.75	01:04:25.05	6:22	9.4
57	MALEŃKA JOLANTA	2448		GLIWICE	POL	K-30	57	K 120	00:24:57	00:35:42		01:03:48.00	01:04:51.45	6:22	9.4
58	HOLETZKE DOROTA	2425		PYSKOWICE	POL	K-30	58	K 126	00:25:21	00:36:23		01:04:08.25	01:05:20.40	6:24	9.4
59	OKOŃ ELŻBIETA	2058		GIERAŁTOWICE	POL	K-30	59	K 125	00:25:21	00:36:28		01:04:18.15	01:05:15.25	6:25	9.3
60	LATOS EWA	2077	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	60	K 138	00:27:21	00:38:24		01:04:29.65	01:06:54.50	6:27	9.3
61	SZYDLAK IWONA	2242	OASIS SPORT TEAM	GLIWICE	POL	K-30	61	K 134	00:25:16	00:36:30		01:04:49.35	01:06:16.90	6:28	9.3
62	BARTKOWSKA MONIKA	2253		GLIWICE	POL	K-30	62	K 132	00:27:06	00:38:06		01:04:57.15	01:06:05.55	6:29	9.2
63	PE MAGDALENA	2411		GLIWICE	POL	K-30	63	K 129	00:26:05	00:37:16		01:05:14.80	01:05:44.15	6:31	9.2
64	NIESLER MAGDALENA	2419	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	64	K 136	00:26:24	00:37:31		01:05:34.35	01:06:41.25	6:33	9.1
65	GÓRA GRAŻYNA	2026		GLIWICE	POL	K-30	65	K 133	00:25:43	00:36:46		01:06:03.85	01:06:11.90	6:36	9.1
66	WNEK AGNIESZKA	2248		PRZYBĘDZA	POL	K-30	66	K 145	00:26:44	00:38:11		01:06:59.60	01:08:41.25	6:42	9
67	WILCZYŃSKA-KOGUT ALEKSANDRA	2336	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	67	K 149	00:27:32	00:38:47		01:08:04.80	01:09:56.05	6:48	8.8

**GLIWICKA DYCHA, K-30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
68	DZIEKAN KASIA	2197	ANTONTEAM	KĘDZIERZYN-KOŹLE	POL	K-30	68	K 155	00:28:54	00:40:29		01:08:53.55	01:10:34.20	6:53	8.7
69	SZKAMRUK MAŁGORZATA	2254		GLIWICE	POL	K-30	69	K 156	00:27:44	00:39:12	00:03:33	01:09:33.15	01:10:58.95	6:57	8.6
70	STANISZ MAŁGORZATA	2067		GLIWICE	POL	K-30	70	K 158	00:28:03	00:39:41		01:10:06.95	01:11:00.75	7:00	8.6
71	PIERNIKARCZYK MIRELA	2444		PRZEZCHLEBIE	POL	K-30	71	K 162	00:29:20	00:41:18		01:10:58.30	01:12:17.55	7:05	8.5
72	ZIOŁKOWSKA BARBARA	2223	ŚWIĘTOCHŁOWICE	ŚWIĘTOCHŁOWICE	POL	K-30	72	K 164	00:28:27	00:40:25		01:12:09.60	01:13:52.95	7:12	8.3
73	ZARODA MAGDALENA	2287		GLIWICE	POL	K-30	73	K 165	00:29:35	00:41:36		01:13:20.45	01:13:53.00	7:20	8.2
74	VEGA ZUMETA BRYGIDA	2408	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	74	K 167	00:30:11	00:42:38		01:15:07.15	01:16:09.55	7:30	8
75	ROSPONDEK AGATA	2472		CZĘSTOCHOWA	POL	K-30	75	K 169	00:52:10			01:16:36.35	01:18:04.95	7:39	7.8
76	MARCZAK MARTA	2510		GLIWICE	POL	K-30	76	K 171	00:31:37	00:44:45		01:17:53.60	01:20:09.60	7:47	7.7
77	JÓZEFczyk KATARZYNA	2167	ISTA BIEGAMY	LEWIN BRZESKI	POL	K-30	77	K 172	00:30:22	00:46:22		01:18:56.80	01:21:00.25	7:53	7.6
78	JUSZCZAK - WIŚNIEWSKA AGATA	2435	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-30	78	K 175	00:32:54	00:48:55		01:24:38.55	01:25:33.05	8:27	7.1

**GLIWICKA DYCHA, M-30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	WOJDYŁA MATEUSZ	2313	GMINA STRZELCE OPOLSKIE	KALINOWICE	POL	M-30	1	M 4	00:14:25	00:20:22	00:03:33	00:37:30.30	00:37:32.90	3:23	17.7
2	WINKLER TOMASZ	2470		MARKLOWICE	POL	M-30	2	M 5	00:15:18	00:20:58	00:03:33	00:37:44.15	00:37:45.10	3:25	17.5
3	PSTRAŚ LESZEK	2085	PARKRUN KATOWICE	KATOWICE	POL	M-30	3	M 7	00:16:00	00:22:20		00:38:23.90	00:38:23.90	3:50	15.6
4	BUJNOWSKI ARTUR	2044	SOKÓŁ / ENDURANCE KNURÓW	KNURÓW	POL	M-30	4	M 9	00:15:58	00:22:21		00:38:53.10	00:38:55.75	3:53	15.4
5	CZERWIŃSKI MICHAŁ	2540	SBD ENERGETYK RYBNIK	RYBNIK	POL	M-30	5	M 10	00:15:55	00:22:27		00:38:57.05	00:38:58.90	3:53	15.4
6	JUCHA PRZEMYSŁAW	2524	ANTONTEM		POL	M-30	6	M 11	00:16:55	00:23:39		00:39:49.85	00:39:52.90	3:58	15.1
7	KAUF DAMIAN	2446		ZABRZE	POL	M-30	7	M 12	00:16:16	00:22:57		00:39:57.05	00:40:01.05	3:59	15
8	OCHMAN PAWEŁ	2431	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	8	M 14	00:16:59	00:23:40		00:40:15.05	00:40:19.05	4:01	14.9
9	PIOTROWSKI ŁUKASZ	2210		RUDA ŚLĄSKA	POL	M-30	9	M 16	00:16:29	00:23:16		00:40:38.55	00:40:40.05	4:03	14.8
10	WISZYŃSKI DAMIAN	2357		CHORZÓW	POL	M-30	10	M 17	00:16:57	00:23:46		00:40:41.35	00:40:44.15	4:04	14.7
11	SZABELSKI KRZYSZTOF	2397	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	11	M 21	00:16:47	00:23:41		00:41:26.65	00:41:32.85	4:08	14.5
12	GRAMATYKA JAN	2399	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	M-30	12	M 22	00:16:48	00:23:42		00:41:27.05	00:41:32.85	4:08	14.5
13	NIKIEL MARCIN	2054		ZABRZE	POL	M-30	13	M 27	00:17:26	00:24:38		00:43:06.45	00:43:10.30	4:18	13.9
14	MAJEWSKI ANDRZEJ	2303	KRONOSPAN STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	M-30	14	M 29	00:18:02	00:25:20		00:43:29.50	00:43:37.30	4:21	13.8
15	ROSIKOŃ TOMASZ	2269		GLIWICE	POL	M-30	15	M 31	00:18:01	00:25:18		00:44:07.00	00:44:15.05	4:24	13.6
16	HALMAN TOMASZ	2371		GLIWICE	POL	M-30	16	M 39	00:18:11	00:25:42		00:44:37.55	00:45:03.15	4:27	13.4
17	JAKUBIAK DAWID	2084	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	M-30	17	M 38	00:18:43	00:26:21		00:44:42.85	00:45:01.05	4:28	13.4
18	BRZOSKA PIOTR	2363	BIEGNĘ BO MI MARCIN KAZAŁ	PANIÓWKI	POL	M-30	18	M 36	00:18:24	00:25:52		00:44:47.10	00:44:50.40	4:28	13.4
19	KRAUSE SZYMON	2155		TARNOWSKIE GÓRY	POL	M-30	19	M 37	00:18:24	00:26:01		00:44:52.05	00:44:55.25	4:29	13.4
20	DONIGIEWICZ MARIUSZ	2315		GLIWICE	POL	M-30	20	M 47	00:19:14	00:26:36		00:45:09.80	00:46:13.55	4:31	13.3
21	BABIUCH KAROL	2321		ŁANY WIELKIE	POL	M-30	21	M 40	00:18:33	00:25:59		00:45:13.75	00:45:31.70	4:31	13.3
22	MRÓZEK TOMASZ	2265		GLIWICE	POL	M-30	22	M 41	00:19:13	00:26:39		00:45:22.40	00:45:44.70	4:32	13.2
23	JURGA ADAM	2384	KS OLKUSZ	OLKUSZ	POL	M-30	23	M 42	00:18:22	00:26:05		00:45:37.30	00:45:45.10	4:33	13.1
24	HORA GRZEGORZ	2115		RUDA ŚLĄSKA	POL	M-30	24	M 58	00:20:03	00:27:24		00:46:17.30	00:47:26.05	4:37	13
25	BUGAJCZYK PIOTR	2069	PROGRESS BYTOM	BYTOM	POL	M-30	25	M 49	00:18:39	00:26:24		00:46:24.40	00:46:28.55	4:38	12.9
26	WICHARY MARCIN	2056	ISTA BIEGAMY	KALETY	POL	M-30	26	M 51	00:19:18	00:27:01		00:46:33.20	00:46:44.75	4:39	12.9
27	KOCIEMBA PATRYK	2020		GLIWICE	POL	M-30	27	M 63	00:19:35	00:27:21		00:46:58.45	00:47:43.05	4:41	12.8
28	KOWALSKI TOMASZ	2443		GLIWICE	POL	M-30	28	M 54	00:18:44	00:26:50		00:46:59.50	00:47:08.85	4:41	12.8
29	BICZYSKI PAWEŁ	2023	PSYCHONAUCI	KNURÓW	POL	M-30	29	M 59	00:19:15	00:26:59		00:47:08.40	00:47:33.50	4:42	12.7
30	WARZYŃSKI WOJCIECH	2484		GLIWICE	POL	M-30	30	M 55	00:19:23	00:27:22		00:47:09.25	00:47:16.60	4:42	12.7
31	WATOŁA MAREK	2017	M&M	PYSKOWICE	POL	M-30	31	M 57	00:19:31	00:27:28		00:47:13.85	00:47:24.85	4:43	12.7
32	KIERAT PAWEŁ	2053		GLIWICE	POL	M-30	32	M 60	00:18:27	00:26:17		00:47:21.45	00:47:35.45	4:44	12.7
33	STULIK PAWEŁ	2130		KNURÓW	POL	M-30	33	M 65	00:19:59	00:27:43		00:47:22.95	00:47:51.60	4:44	12.7
34	SUPETA ANDRZEJ	2519		JAWORZNO	POL	M-30	34	M 66	00:19:48	00:27:18		00:47:25.20	00:47:55.00	4:44	12.6
35	JANOSZ SŁAWEK	2186		GLIWICE	POL	M-30	35	M 67	00:19:50	00:27:36		00:47:33.35	00:48:02.15	4:45	12.6
36	MARCZAK PAWEŁ	2066		GLIWICE	POL	M-30	36	M 68	00:19:34	00:27:37		00:47:43.95	00:48:07.05	4:46	12.6

## GLIWICKA DYCHA, M-30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
37	SZKLARZ SEBASTIAN	2047		GLIWICE	POL	M-30	37	M 74	00:20:16	00:28:15		00:48:27.30	00:48:53.60	4:50	12.4
38	CHOLEWA GRZEGORZ	2215		PYSKOWICE	POL	M-30	38	M 70	00:19:53	00:27:55		00:48:27.50	00:48:33.10	4:50	12.4
39	ZDON PAWEŁ	2407		KĘDZIERZYN-KOŹLE	POL	M-30	39	M 82	00:21:01	00:28:57		00:48:44.20	00:49:31.90	4:52	12.3
40	LITWINCZUK GABRIEL	2383		KLUCZE	POL	M-30	40	M 81	00:19:51	00:27:58		00:48:50.25	00:49:23.75	4:53	12.3
41	WYCIŚLIK MARCIN	2081	HIRSCHVOGEL	GLIWICE	POL	M-30	41	M 96	00:20:22	00:28:24		00:48:59.30	00:50:36.35	4:53	12.2
42	KUKURBA MIKOŁAJ	2360	OMNISQUARE	GLIWICE	POL	M-30	42	M 103	00:20:31	00:28:42		00:49:01.90	00:50:57.25	4:54	12.2
43	ZIELIŃSKI SEBASTIAN	2271		ZABRZE	POL	M-30	43	M 98	00:20:07	00:28:24		00:49:16.60	00:50:43.15	4:55	12.2
44	KASPRZYK MARCIN	2216		KNURÓW	POL	M-30	44	M 92	00:20:20	00:28:32		00:49:36.50	00:50:24.30	4:57	12.1
45	YOSHIDA DAISUKE	2335	TAKENAKA	GLIWICE	POL	M-30	45	M 109	00:21:22	00:29:11		00:49:57.30	00:51:32.25	4:59	12
46	SZWARCZYŃSKI MICHAŁ	2013		GLIWICE	POL	M-30	46	M 88	00:19:40	00:27:59		00:49:58.50	00:50:08.35	4:59	12
47	DUBIEL LESZEK	2121		GLIWICE	POL	M-30	47	M 105	00:20:07	00:28:30		00:50:05.40	00:51:05.15	5:00	12
48	PRONCZUK MARCIN	2036	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	48	M 99	00:20:26	00:29:29		00:50:25.50	00:50:48.15	5:02	11.9
49	SOKOŁOWSKI ŁUKASZ	2299		GLIWICE	POL	M-30	49	M 104	00:20:54	00:29:19		00:50:40.50	00:50:57.50	5:04	11.8
50	SKUBAŁA JANUSZ	2329	LUCKY LOSERS	CHWOSTEK	POL	M-30	50	M 102	00:20:36	00:29:13		00:50:45.70	00:50:56.50	5:04	11.8
51	SKORUPSKI PAWEŁ	2195		GLIWICE	POL	M-30	51	M 111	00:20:52	00:29:27		00:51:05.50	00:51:49.90	5:06	11.7
52	WYLEŻOŁ PIOTR	2454	RUN DMC	KĘDZIERZYN-KOŹLE	POL	M-30	52	M 129	00:21:22	00:29:54		00:51:07.25	00:53:24.00	5:06	11.7
53	GOŁĘBIEWSKI MAREK	2456		GLIWICE	POL	M-30	53	M 118	00:21:01	00:29:39		00:51:15.70	00:52:34.75	5:07	11.7
54	GŁÓWKA PIOTR	2387		GLIWICE	POL	M-30	54	M 120	00:20:59	00:29:30		00:51:48.40	00:52:42.45	5:10	11.6
55	GARNCARZ JAKUB	2140		DĄBROWA GÓRNICZA	POL	M-30	55	M 114	00:21:31	00:30:14		00:52:05.30	00:52:12.00	5:12	11.5
56	JUREKO MACIEJ	2021		GLIWICE	POL	M-30	56	M 139	00:22:26	00:30:59		00:52:16.15	00:54:15.30	5:13	11.5
57	SZWAJKOSZ SZCZEPAN	2282		GLIWICE	POL	M-30	57	M 122	00:20:54	00:29:39		00:52:16.45	00:52:47.65	5:13	11.5
58	ZHYKHARAU VASILII	2255		GLIWICE	POL	M-30	58	M 153	00:22:05	00:30:49		00:52:21.95	00:54:48.20	5:14	11.5
59	SUBIK TOMASZ	2150		GLIWICE	POL	M-30	59	M 123	00:22:07	00:30:44		00:52:26.90	00:52:51.10	5:14	11.4
60	KACZMARZYK ARKADIUSZ	2272		GLIWICE	POL	M-30	60	M 125	00:22:13	00:30:54		00:52:30.40	00:52:59.55	5:15	11.4
61	SKWARA MICHAŁ	2136	HIRSCHVOGEL	ZABRZE	POL	M-30	61	M 141	00:21:32	00:30:27		00:52:48.90	00:54:22.70	5:16	11.4
62	ZAKRZOWSKI WOJCIECH	2241		ŁAZISKA GÓRNE	POL	M-30	62	M 151	00:23:10	00:31:53		00:52:58.15	00:54:47.45	5:17	11.3
63	KŁODA MARCIN	2468	TENNECO AUTOMOTIVE EASTERN EUROPE	ZABRZE	POL	M-30	63	M 159	00:21:04	00:29:49		00:53:08.00	00:55:08.15	5:18	11.3
64	SIATA SEBASTIAN	2466	TENNECO AUTOMOTIVEEASTERN EUROPE	TRZEBINIA	POL	M-30	64	M 160	00:21:03	00:29:49		00:53:08.15	00:55:08.50	5:18	11.3
65	SOCZAWA WOJCIECH	2459		BYTOM	POL	M-30	65	M 166	00:23:50	00:32:42		00:53:12.10	00:55:26.60	5:19	11.3
66	PIERNIKARCZYK ROBERT	2445		PRZEZCHLEBIE	POL	M-30	66	M 146	00:23:07	00:31:38		00:53:16.45	00:54:38.50	5:19	11.3
67	MIKA SZYMON	2372		KATOWICE	POL	M-30	67	M 136	00:22:40	00:31:26		00:53:23.65	00:54:00.30	5:20	11.2
68	ŁUCZAK MAREK	2455		GLIWICE	POL	M-30	68	M 149	00:23:48	00:32:38		00:53:24.45	00:54:44.25	5:20	11.2
69	CAPUTA MICHAŁ	2227		GLIWICE	POL	M-30	69	M 143	00:23:22	00:31:54		00:53:27.35	00:54:25.65	5:20	11.2
70	ZIELIŃSKI MAREK	2457		GLIWICE	POL	M-30	70	M 140	00:22:36	00:31:18		00:53:27.60	00:54:19.30	5:20	11.2
71	ORZAŻEWSKI MAREK	2263	OPEL ACTIVE TEAM	BYTOM	POL	M-30	71	M 148	00:22:31	00:31:33		00:53:59.85	00:54:43.45	5:24	11.1
72	BOBEŁ KRZYSZTOF	2442	S.A.S. SILESIA	ŚWIĘTOSZOWICE	POL	M-30	72	M 150	00:22:55	00:31:48		00:54:05.20	00:54:44.65	5:24	11.1
73	KACZMARSKI MARCIN	2398	KACZMARSKISPORT	SOSNOWIEC	POL	M-30	73	M 144	00:22:05	00:31:15		00:54:12.30	00:54:29.30	5:25	11.1
74	BACHMAN ROBERT	2522		POL	M-30		74	M 152	00:22:04	00:31:13		00:54:31.25	00:54:48.05	5:27	11
75	SIMKA ŁUKASZ	2100	PROMILKI	41-500	POL	M-30	75	M 169	00:23:19	00:32:19		00:54:33.50	00:55:28.60	5:27	11
76	TROSKO ADAM	2027		GLIWICE	POL	M-30	76	M 182	00:21:43	00:30:42		00:54:40.35	00:56:41.15	5:28	11
77	CISZEWSKI KRZYSZTOF	2418		SOŚNICOWICE	POL	M-30	77	M 161	00:22:57	00:32:08		00:54:51.80	00:55:09.55	5:29	10.9
78	LESZKIEWICZ KRZYSZTOF	2517	ELZAB ACTIVE TEAM	KNURÓW	POL	M-30	78	M 185	00:23:19	00:32:31		00:55:04.30	00:56:50.40	5:30	10.9
79	MATSUDA TAKURA	2327	TAKENAKA	GLIWICE	POL	M-30	79	M 171	00:22:58	00:32:03		00:55:37.35	00:55:52.60	5:33	10.8
80	DMOCHOWSKI ARTUR	2441		BYTOM	POL	M-30	80	M 199	00:23:53	00:32:52		00:55:38.40	00:58:00.45	5:33	10.8
81	SADŁEK ROBERT	2221		ŻERNICA	POL	M-30	81	M 193	00:22:25	00:31:39		00:55:44.25	00:57:22.60	5:34	10.8
82	JEŻEWSKI ADAM	2201	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	82	M 177	00:23:06	00:32:32		00:55:50.90	00:56:13.45	5:35	10.7
83	PALUS PIOTR	2231		GLIWICE SOŚNICA	POL	M-30	83	M 173	00:22:41	00:31:46		00:55:52.25	00:55:56.90	5:35	10.7
84	SZOT WOJCIECH	2000	WORD KATOWICE	GLIWICE	POL	M-30	84	M 195	00:23:25	00:32:40		00:55:57.30	00:57:33.65	5:35	10.7
85	BAUC BARTŁOMIEJ	2083		KATOWICE	POL	M-30	85	M 187	00:22:59	00:32:16		00:55:59.60	00:56:52.45	5:36	10.7
86	WIĘCŁAW GRZEGORZ	2531		GLIWICE	POL	M-30	86	M 181	00:24:39	00:33:54		00:56:08.40	00:56:27.85	5:36	10.7
87	STANISZ MICHAŁ	2068		GLIWICE	POL	M-30	87	M 189	00:23:25	00:32:35		00:56:16.50	00:57:09.35	5:37	10.7
88	MICHALSKI ROBERT	2014	HETMAN TARNOWSKIE GÓRY	TARNOWSKIE GÓRY	POL	M-30	88	M 183	00:24:05	00:33:23		00:56:22.60	00:56:42.15	5:38	10.6
89	GARBACZ DAMIAN	2374	FP RUNNING TEAM	SOŚNICOWICE	POL	M-30	89	M 184	00:22:57	00:32:08		00:56:28.20	00:56:45.80	5:38	10.6
90	KOWALIK TOMASZ	2320		CZĘSTOCHOWA	POL	M-30	90	M 191	00:23:39	00:32:48		00:56:46.05	00:57:12.30	5:40	10.6
91	PAWLAS SEWERYN	2532			POL	M-30	91	M 201	00:24:14	00:33:35		00:57:02.25	00:58:34.15	5:42	10.5

**GLIWICKA DYCHA, M-30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
92	NIEMIEC SŁAWEK	2207	INTERGRAFIK POLAND	GLIWICE	POL	M-30	92	M 216	00:23:13	00:32:35		00:57:18.70	00:59:45.45	5:43	10.5
93	ORYSZCZAK ŁUKASZ	2366		GLIWICE	POL	M-30	93	M 203	00:23:44	00:33:13		00:57:24.20	00:58:42.80	5:44	10.5
94	MILISZKIEWICZ ADAM	2189		GLIWICE	POL	M-30	94	M 197	00:23:23	00:32:55		00:57:24.65	00:57:46.05	5:44	10.4
95	KRAJEWSKI ADAM	2471	OASIS SPORT TEAM	GLIWICE	POL	M-30	95	M 208	00:22:52	00:32:19		00:57:24.75	00:58:53.05	5:44	10.4
96	MARCYK DARIUSZ	2393		GLIWICE	POL	M-30	96	M 224	00:24:22	00:33:54		00:57:56.65	01:00:15.90	5:47	10.4
97	ZABRZEWSKI ADAM	2388		GLIWICE	POL	M-30	97	M 206	00:22:45	00:32:27		00:57:57.70	00:58:49.35	5:47	10.4
98	MOCHNACZ PATRYK	2402		JASTRZĘBIE-ZDRÓJ	POL	M-30	98	M 202	00:22:29	00:32:14		00:58:03.50	00:58:40.15	5:48	10.3
99	KRZOS PIOTR	2439		ZABRZE	POL	M-30	99	M 227	00:24:22	00:33:49		00:58:20.00	01:00:42.20	5:50	10.3
100	MATYSIEWICZ PIOTR	2079	INTER PROJEKT SA	ZABRZE	POL	M-30	100	M 230	00:24:44	00:34:22		00:58:25.05	01:00:49.05	5:50	10.3
101	SKRABA KRZYSZTOF	2511	SZCZYGŁOWICE AMATOR	KNURÓW	POL	M-30	101	M 222	00:24:39	00:34:42		00:59:26.85	01:00:08.15	5:56	10.1
102	HOLETZKE KRZYSZTOF	2158		PYSKOWICE	POL	M-30	102	M 231	00:24:59	00:34:50		00:59:38.25	01:00:56.60	5:57	10.1
103	LEŚNIAK MARCIN	2368	SEKCJA BIEGOWA FAMILIA	BIERUŃ	POL	M-30	103	M 239	00:25:34	00:35:01		01:00:01.55	01:02:06.85	6:00	10
104	FOREMSKI PAWEŁ	2126	BETANIA	GLIWICE	POL	M-30	104	M 237	00:24:52	00:35:08		01:00:06.10	01:01:49.40	6:00	10
105	BEDNORZ ROMAN	2433	NAPĘDZANI PROCENTEM	KOZŁÓW	POL	M-30	105	M 241	00:25:03	00:35:04		01:00:19.65	01:02:11.55	6:02	9.9
106	KARWAT JAREK	2196	EZUNIVERSE	RYBNIK	POL	M-30	106	M 245	00:25:24	00:35:35		01:00:20.20	01:02:30.85	6:02	9.9
107	RAPCIA RAFAŁ	2153		ZAWIERCIE	POL	M-30	107	M 233	00:25:23	00:35:05		01:00:39.70	01:01:15.45	6:04	9.9
108	MARKOWICZ PIOTR	2485		GLIWICE	POL	M-30	108	M 252	00:25:44	00:35:41		01:00:55.20	01:03:14.75	6:05	9.8
109	SALAMON DAWID	2259	FILIPOWE KILOMETRY WALCZYMY Z AUTYZMEM	CZERWIONKA-LESZCZYNY	POL	M-30	109	M 247	00:24:46	00:34:34		01:01:08.65	01:02:44.55	6:06	9.8
110	GIBAS WOJCIECH	2270	HIRERIGHT RUNNING TEAM	KATOWICE	POL	M-30	110	M 249	00:25:53	00:36:01		01:01:22.45	01:02:56.45	6:08	9.8
111	WAYDOWICZ PRZEMYSŁAW	2139	PKO SILESIA RUNNING TEAM	TARNOWSKIE GÓRY	POL	M-30	111	M 253	00:24:52	00:35:09		01:01:54.00	01:03:24.85	6:11	9.7
112	WITAŁA RAFAŁ	2025		GLIWICE	POL	M-30	112	M 257	00:26:07	00:36:47		01:02:34.80	01:04:35.85	6:15	9.6
113	BOROWIAK MATEUSZ	2286	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	113	M 260	00:26:28	00:37:04		01:02:34.90	01:04:58.30	6:15	9.6
114	ŻELEZNY TOMASZ	2249		GLIWICE	POL	M-30	114	M 262	00:26:46	00:37:15		01:03:06.65	01:04:59.05	6:18	9.5
115	JACHYMIAK DAMIAN	2385		BUKOWNO	POL	M-30	115	M 256	00:26:03	00:36:30		01:03:23.90	01:04:28.35	6:20	9.5
116	MACIEJCZYK MARCIN	2244	FAMILIA	GLIWICE	POL	M-30	116	M 266	00:25:36	00:36:15		01:03:43.30	01:05:47.80	6:22	9.4
117	BATORYNA ALEKSANDER	2548		BĘDZIN	POL	M-30	117	M 254	00:38:44	00:45:40		01:03:55.15	01:03:55.15	6:23	9.4
118	WÓJCİK RAFAŁ	2331	SEKCJA BIEGOWA FAMILIA	ZABRZE	POL	M-30	118	M 269	00:25:18	00:35:54		01:04:02.70	01:06:27.85	6:24	9.4
119	PORADA TOMASZ	2312		RUDA ŚLĄSKA	POL	M-30	119	M 273	00:27:18	00:38:04		01:05:10.75	01:07:06.95	6:31	9.2
120	SMUDA GRZEGORZ	2110	AKMB PĘDZIWIATR GLIWICE	GLIWICE	POL	M-30	120	M 275	00:27:23	00:38:10		01:05:29.35	01:07:18.45	6:32	9.2
121	CIESLAK PAWEŁ	2438		GLIWICE	POL	M-30	121	M 282	00:28:23	00:39:55		01:08:58.65	01:10:52.50	6:53	8.7
122	MALISZEWSKI JAKUB	2379	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-30	122	M 283	00:29:12	00:40:43		01:09:22.70	01:11:18.05	6:56	8.6
123	LEWICKI KRZYSZTOF	97	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-30	123	M 285	00:28:24	00:40:01		01:10:19.40	01:11:22.95	7:01	8.5
124	NOWIŃSKI KAMIL	2284	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	124	M 288	00:31:33	00:44:51		01:11:24.25	01:13:48.25	7:08	8.4
125	PYREK MAREK	2314	TOROS DE ESPANA	LARYSZÓW	POL	M-30	125	M 287	00:29:29	00:41:40		01:12:04.15	01:13:00.20	7:12	8.3
126	KUT KRZYSZTOF	2031		GLIWICE	POL	M-30	126	M 292	00:30:01	00:42:32		01:14:00.65	01:15:02.70	7:24	8.1
127	KOSTRO RAFAŁ	2285	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	M-30	127	M 295	00:31:35	00:44:53		01:15:34.20	01:17:56.50	7:33	7.9
128	KULIG MACIEJ	2504	CERTUM		POL	M-30	128	M 297	00:31:31	00:45:13		01:21:17.75	01:21:23.75	8:07	7.4
	STASIERSKI MACIEJ	2279		KATOWICE	POL	M-30			00:42:53	DNF		DNF	DNF	-	-

**GLIWICKA DYCHA, K-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	LEWICKA ELŻBIETA	2149	NIEZRZESZONA	KNURÓW	POL	K-40	1	K 2	00:17:24	00:24:19		00:41:43.75	00:41:46.20	4:10	14.4
2	HERMAN ANNA	2166	RUNONLINE TEAM	SIEMIANOWICE ŚLĄSKIE	POL	K-40	2	K 7				00:48:28.00	00:48:28.00	4:50	12.4
3	FRĄCZYK MAŁGORZATA	2213		GLIWICE	POL	K-40	3	K 11	00:20:24	00:28:30		00:49:25.00	00:50:13.05	4:56	12.1
4	PASECKA SYLWIA	2333		GLIWICE	POL	K-40	4	K 10	00:20:47	00:29:05		00:49:48.15	00:50:09.55	4:58	12
5	EICHHOF JOANNA	2030		GLIWICE	POL	K-40	5	K 21	00:21:52	00:30:30		00:52:33.55	00:53:46.20	5:15	11.4
6	RASZYK ALINA	2283	AMBITNI TETRZYCY	ISKRZYCZYN	POL	K-40	6	K 22	00:21:57	00:30:43		00:53:13.40	00:54:02.40	5:19	11.3
7	PAWŁOWSKA-GULDZIŃSKA MAGDALENA	2417		ŁÓDŹ	POL	K-40	7	K 30	00:22:43	00:31:19		00:53:37.50	00:55:24.60	5:21	11.2
8	ŁAJSZCZAK - GAJDA DOROTA	2174		GLIWICE	POL	K-40	8	K 35	00:22:19	00:31:19		00:54:01.40	00:56:01.45	5:24	11.1
9	KUBICA BOŻENA	2090	ORNONTOWICE BIEGA	ORNONTOWICE	POL	K-40	9	K 59	00:24:13	00:33:38		00:57:28.35	00:59:21.75	5:44	10.4
10	SMOLIŃSKA IŁONA	2343		KNURÓW	POL	K-40	10	K 67	00:24:07	00:33:41		00:58:29.85	01:00:20.25	5:51	10.3
11	BUKSIŃSKA IWONA	2501		ZABRZE	POL	K-40	11	K 70	00:23:43	00:33:45		00:59:33.75	01:00:30.15	5:57	10.1
12	POLAK MAŁGORZATA	2096	OPEL ACTIVE TEAM	RUDA ŚLĄSKA	POL	K-40	12	K 75	00:24:07	00:34:07		00:59:36.75	01:00:43.75	5:57	10.1

**GLIWICKA DYCHA, K-40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
13	CEPUCHOWICZ SYLWIA	2127	W POGONI ZA DUCHEM	KATOWICE	POL	K-40	13	K 83	00:25:27	00:35:26		00:59:55.60	01:01:25.30	5:59	10
14	LATA BEATA	2128		SIEMIANOWICE ŚLĄSKIE	POL	K-40	14	K 84	00:25:27	00:35:26		00:59:55.75	01:01:25.70	5:59	10
15	MIECZNIKOWSKI AGNIESZKA	2162		KATOWICE	POL	K-40	15	K 79	00:24:19	00:34:28		01:00:00.25	01:01:06.65	6:00	10
16	BINASIK AGNIESZKA	2101		KATOWICE	POL	K-40	16	K 102	00:25:55	00:35:48		01:00:50.25	01:02:33.85	6:05	9.9
17	KOBUSIŃSKA JAGODA	2390	PKO SILESIA RUNNING TEAM	ZABRZE	POL	K-40	17	K 107	00:24:52	00:35:09		01:01:53.70	01:03:24.70	6:11	9.7
18	SOBOLEWSKA STEFANIA	2347		GLIWICE	POL	K-40	18	K 110	00:26:03	00:36:24		01:02:15.65	01:04:10.20	6:13	9.6
19	PORWOLIK BOŻENA	2450		RADZIONKOW	POL	K-40	19	K 111	00:25:13	00:35:39		01:02:27.55	01:04:17.15	6:14	9.6
20	PROCEK KATARZYNA	2144		GLIWICE	POL	K-40	20	K 123	00:25:24	00:36:16		01:03:42.70	01:05:09.90	6:22	9.4
21	PANKIEWICZ KATARZYNA	2260	GRUPACMYKI	GLIWICE	POL	K-40	21	K 124	00:25:39	00:36:18		01:04:07.40	01:05:14.30	6:24	9.4
22	SKOWRON MIROŚLAWA	2209		BYTOM	POL	K-40	22	K 130	00:25:54	00:36:45		01:04:23.05	01:05:44.25	6:26	9.3
23	GORAJ-ZAJĄC ALEKSANDRA	2537	NIGHT RUNNER	GLIWICE	POL	K-40	23	K 131	00:26:40	00:37:34		01:05:56.35	01:06:05.45	6:35	9.1
24	BREGUŁA ANNA	2322		GLIWICE	POL	K-40	24	K 140	00:25:04	00:35:35		01:05:58.90	01:07:27.25	6:35	9.1
25	DZIEMIAŃCZUK MONIKA	2316		GLIWICE	POL	K-40	25	K 146	00:27:19	00:38:36		01:06:35.10	01:09:06.30	6:39	9
26	LEWANDOWSKA-STACHOWIAK JUSTYNA	2183		ZABRZE	POL	K-40	26	K 144	00:26:52	00:38:10		01:07:02.50	01:08:37.75	6:42	9
27	STRUG MAŁGORZATA	2489		GLIWICE	POL	K-40	27	K 152	00:27:31	00:38:56		01:07:55.20	01:10:13.60	6:47	8.8
28	PEKALA ANNA	2163		ZABRZE	POL	K-40	28	K 157	00:27:20	00:38:48		01:09:09.30	01:10:59.00	6:55	8.7
29	KACZKIEWICZ AGNIESZKA	2002	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	29	K 154	00:28:21	00:39:54		01:09:21.95	01:10:25.50	6:56	8.6
30	KĄŻMIERCZAK-TKACZ EWA	2395	BBL GŁUCHOŁĄZY	GŁUCHOŁĄZY	POL	K-40	30	K 147	00:28:06	00:39:45		01:09:22.30	01:09:44.65	6:56	8.6
31	KOCHANEK ALEKSANDRA	2203		GLIWICE	POL	K-40	31	K 160	00:28:01	00:39:25		01:09:24.35	01:11:52.70	6:56	8.6
32	CHOMIAK AGATA	2530		GLIWICE	POL	K-40	32	K 151	00:27:37	00:39:24		01:10:06.30	01:10:11.85	7:00	8.6
33	PAJĄK ALEKSANDRA	2345		GLIWICE	POL	K-40	33	K 150	00:27:22	00:39:07		01:10:06.60	01:10:11.65	7:00	8.6
34	POLAKOWICZ ALEKSANDRA	2129		CHORZÓW	POL	K-40	34	K 159	00:28:00	00:39:55		01:10:10.25	01:11:40.95	7:01	8.6
35	OCHMAN AGNIESZKA	2451		BYTOM	POL	K-40	35	K 161	00:28:07	00:40:05		01:10:15.40	01:11:59.60	7:01	8.5
36	TISZBIEREK GABRIELA	2118		BARGŁÓWKA	POL	K-40	36	K 166	00:29:04	00:41:11		01:12:13.50	01:13:55.85	7:13	8.3
37	FRAĆ ELŻBIETA	2206	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K-40	37	K 170	00:30:04	00:43:21		01:16:29.20	01:18:20.85	7:38	7.8

**GLIWICKA DYCHA, M-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	WYSOCKI MARIUSZ	2352	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M-40	1	M 8	00:16:18	00:22:38		00:38:28.50	00:38:36.85	3:50	15.6
2	PRZEŹDZIAK ZYGMUNT	2323	KRONOSPAN STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	M-40	2	M 15	00:16:51	00:23:34		00:40:21.85	00:40:26.45	4:02	14.9
3	CIECIAK GRZEGORZ	2480	MEGWAT RUNNING TEAM	ŻORY	POL	M-40	3	M 20	00:17:04	00:23:52		00:41:07.15	00:41:15.80	4:06	14.6
4	WISZNIEWSKI DARIUSZ	2382	ANTONTEAM	KĘDZIERZYN-KOZŁE	POL	M-40	4	M 23	00:16:55	00:23:55		00:42:02.15	00:42:05.50	4:12	14.3
5	WASZTYL GRZEGORZ	2520		KATOWICE	POL	M-40	5	M 26	00:17:28	00:24:37		00:42:57.25	00:43:07.15	4:17	14
6	ZDEBEL DARIUSZ	2160	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M-40	6	M 28	00:18:04	00:25:14		00:43:11.90	00:43:19.40	4:19	13.9
7	GŁOWA DARIUSZ	2243		ZABRZE	POL	M-40	7	M 32	00:18:28	00:25:51		00:44:15.45	00:44:21.55	4:25	13.6
8	LNIAŃ BENIAMIN	2039	POBIEGA(L)NIANY	RUDA ŚLĄSKA	POL	M-40	8	M 43	00:18:42	00:26:25		00:45:45.40	00:45:52.05	4:34	13.1
9	CZYŻYKOWSKI MARCIN	2307	SW RUNNERS	ŚWIĘTOCHŁOWICE	POL	M-40	9	M 48	00:18:56	00:26:28		00:45:56.00	00:46:20.95	4:35	13.1
10	SMOTER WOJCIECH	2507	SBRT GLIWICE	GLIWICE	POL	M-40	10	M 46	00:18:46	00:26:31		00:46:09.30	00:46:13.00	4:37	13
11	DACZYŃSKI MICHAŁ	2103	VEGERUNNERS	GLIWICE	POL	M-40	11	M 52	00:19:20	00:27:01		00:46:36.35	00:46:55.10	4:39	12.9
12	LATACZ TOMASZ	2235		BYTOM	POL	M-40	12	M 62	00:19:28	00:27:16		00:47:14.30	00:47:39.10	4:43	12.7
13	HODOR ROBERT	2176		BYTOM	POL	M-40	13	M 78	00:19:59	00:27:58		00:47:57.50	00:49:00.05	4:47	12.5
14	SKIBA ADAM	2536		KNURÓW	POL	M-40	14	M 72	00:20:03	00:28:04		00:48:11.85	00:48:35.80	4:49	12.4
15	KOWAL DARIUSZ	2460		GLIWICE	POL	M-40	15	M 86	00:21:14	00:28:51		00:48:25.35	00:49:47.55	4:50	12.4
16	MACHAŁA MAREK	2332	LUCKY LOSERS	GLINICA	POL	M-40	16	M 80	00:19:39	00:27:45		00:49:06.95	00:49:18.40	4:54	12.2
17	BURZAWA JAROSŁAW	2300		GRÓDKÓW	POL	M-40	17	M 83	00:20:13	00:28:30		00:49:16.05	00:49:44.70	4:55	12.2
18	SMOLARCZYK DOMINIK	2362	MŁODE WILKI	GLIWICE	POL	M-40	18	M 85	00:20:24	00:28:35		00:49:21.75	00:49:47.55	4:56	12.2
19	WESTER MIECZYSLAW	2278		GLIWICE	POL	M-40	19	M 87	00:20:23	00:28:41		00:49:33.70	00:49:55.10	4:57	12.1
20	SETHNIK ROBERT	2500		GLIWICE	POL	M-40	20	M 101	00:19:32	00:28:24		00:50:48.15	00:50:53.15	5:04	11.8
21	HAJOK MAREK	2173		GLIWICE	POL	M-40	21	M 113	00:20:53	00:29:28		00:51:07.05	00:51:51.20	5:06	11.7
22	MACH MARCIN	2200		GLIWICE	POL	M-40	22	M 107	00:20:58	00:29:28		00:51:08.10	00:51:15.05	5:06	11.7
23	GABRYŚ SEBA	2516	NIGHT RUNNER GLIWICE	GLIWICE	POL	M-40	23	M 110	00:20:57	00:29:33		00:51:24.60	00:51:37.15	5:08	11.7
24	STARCZAŁA PIOTR	2481	MEGWAT RUNNING TEAM	KŚIĄŻENICE	POL	M-40	24	M 119	00:21:26	00:29:54		00:52:04.70	00:52:41.70	5:12	11.5
25	MISIUREK ERNEST	2175	SRH 73PP KATOWICE	BEDZIN	POL	M-40	25	M 115	00:20:36	00:29:35		00:52:08.95	00:52:20.55	5:12	11.5
26	WILK KRZYSZTOF	2380		KATOWICE	POL	M-40	26	M 134	00:21:12	00:29:35		00:52:09.85	00:53:57.10	5:13	11.5

**GLIWICKA DYCHA, M-40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
27	ZARUDZKI ŁUKASZ	2353	NOTHING TO FEAR	GLIWICE	POL	M-40	27	M 130	00:21:52	00:30:35		00:52:23.35	00:53:26.45	5:14	11.5
28	PAWLINA PIOTR	2029		GLIWICE	POL	M-40	28	M 131	00:21:52	00:30:29		00:52:33.50	00:53:46.20	5:15	11.4
29	SEREDYNSKI ROMAN	2544	PANTERA			M-40	29	M 145	00:23:08	00:31:41		00:52:36.50	00:54:34.75	5:15	11.4
30	JURASZEK TOMASZ	2240		TYCHY	POL	M-40	30	M 163	00:23:10	00:31:54		00:53:23.80	00:55:13.35	5:20	11.2
31	RENKIEL TOMASZ	2492		GLIWICE	POL	M-40	31	M 137	00:22:33	00:31:53		00:53:47.15	00:54:11.50	5:22	11.2
32	JANIK JANUSZ	2491		GLIWICE	POL	M-40	32	M 138	00:22:32	00:31:53		00:53:47.55	00:54:11.90	5:22	11.2
33	ŚLUSARSKI LESZEK	2266		BĘDZIN	POL	M-40	33	M 142	00:21:24	00:30:22		00:53:57.60	00:54:24.15	5:23	11.1
34	KOWOL MARCIN	2194		GLIWICE	POL	M-40	34	M 147	00:23:01	00:31:59		00:54:09.55	00:54:40.40	5:25	11.1
35	HAJDA ADAM	2308		MIASTECZKO ŚLĄSKIE	POL	M-40	35	M 158	00:22:30	00:31:37		00:54:28.65	00:55:07.25	5:26	11
36	KOZŁOWSKI MARIUSZ	2281		OPOLE	POL	M-40	36	M 168	00:23:19	00:32:18		00:54:43.75	00:55:28.15	5:28	11
37	JANICKI KRZYSZTOF	2403		JASTRZĘBIE-ZDRÓJ	POL	M-40	37	M 164	00:22:28	00:31:22		00:54:46.80	00:55:23.25	5:28	11
38	OSHIMBE MASAOKI	2328	TAKENAKA	GLIWICE	POL	M-40	38	M 175	00:23:03	00:32:15		00:55:40.35	00:55:59.10	5:34	10.8
39	MIERZEJEWSKI JACEK	2199	AMATOR	RUDY	POL	M-40	39	M 188	00:23:25	00:32:36		00:55:47.00	00:57:07.95	5:34	10.8
40	MALINOWSKI ŁUKASZ	2358		GLIWICE	POL	M-40	40	M 196	00:23:08	00:32:22		00:55:49.60	00:57:44.85	5:34	10.7
41	JAWOREK DARIUSZ	2538	OTK RZEŹNIK		POL	M-40	41	M 192	00:23:13	00:32:30		00:56:17.60	00:57:14.55	5:37	10.7
42	JASIŃSKI TOMASZ	2410		GLIWICE	POL	M-40	42	M 198	00:23:03	00:32:33		00:56:34.90	00:57:56.75	5:39	10.6
43	WIAZANIA MAREK	2364		GLIWICE	POL	M-40	43	M 211	00:24:18	00:33:52		00:56:39.45	00:59:00.70	5:39	10.6
44	PANENKA MACIEJ	2015	FIS-SST TEAM	NIEBOROWICE	POL	M-40	44	M 215	00:24:19	00:33:49		00:57:25.40	00:59:37.25	5:44	10.4
45	KOSIAK MACIEJ	2359		GLIWICE	POL	M-40	45	M 219	00:24:30	00:33:55		00:58:02.70	00:59:57.20	5:48	10.3
46	MYŚLAK MARIUSZ	2527			POL	M-40	46	M 209	00:23:42	00:33:37		00:58:37.65	00:58:54.45	5:51	10.2
47	PROCEK MARCIN	2145		GLIWICE	POL	M-40	47	M 223	00:23:06	00:32:48		00:58:47.35	01:00:14.05	5:52	10.2
48	OLIMSKI FABIAN	2226	SOKÓŁ KNURÓW	KNURÓW	POL	M-40	48	M 221	00:24:40	00:34:43		00:59:26.05	01:00:07.80	5:56	10.1
49	KOJCJAŃ LUKASZ	2217	EZUNIVERSE	DĄBROWA GÓRNICZA	POL	M-40	49	M 240	00:25:16	00:35:27		00:59:52.25	01:02:11.00	5:59	10
50	PAWLETA MICHAŁ	2112	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	50	M 228	00:25:45	00:35:35		01:00:07.90	01:00:43.75	6:00	10
51	DRZEJA ZBIGNIEW	2506		GLIWICE	POL	M-40	51	M 242	00:25:07	00:35:03		01:00:14.80	01:02:13.20	6:01	10
52	GROBORZ GRZEGORZ	2059		ZABRZE	POL	M-40	52	M 243	00:25:17	00:35:19		01:00:28.20	01:02:15.35	6:02	9.9
53	URBAN DARIUSZ	2005		GLIWICE	POL	M-40	53	M 229	00:24:08	00:34:31		01:00:40.40	01:00:47.10	6:04	9.9
54	ZEIDLER ALEKSANDER	2289		ZABRZE	POL	M-40	54	M 238	00:25:45	00:35:56		01:01:25.90	01:01:51.25	6:08	9.8
55	PACZKOWSKI JACEK	2220		ZABRZE	POL	M-40	55	M 246	00:24:47	00:35:03		01:01:28.10	01:02:43.20	6:08	9.8
56	JACH WOJCIECH	2179		TARNOWSKIE GÓRY	POL	M-40	56	M 255	00:25:43	00:36:33		01:02:35.75	01:04:28.20	6:15	9.6
57	NIEMIEC RAFAŁ	2261	INTERGRAFIK POLSKA	ZABRZE	POL	M-40	57	M 265	00:24:46	00:35:37		01:03:05.25	01:05:32.45	6:18	9.5
58	KOTOWSKI PIOTR	2426		GLIWICE	POL	M-40	58	M 259	00:25:51	00:36:28		01:03:26.35	01:04:55.30	6:20	9.5
59	ŚWIDER TOMASZ	2222	BYTOM	BYTOM	POL	M-40	59	M 271	00:28:26	00:40:24		01:05:15.90	01:06:59.20	6:31	9.2
60	PEACHTA MAREK	2076	INTER PROJEKT SA	RUDA ŚLĄSKA	POL	M-40	60	M 268	00:26:02	00:37:01		01:05:33.10	01:06:26.25	6:33	9.2
61	SOWA IRENEUSZ	2098	SOWA TEAM OPOLE	OPOLE	POL	M-40	61	M 278	00:26:30	00:37:43		01:06:27.90	01:07:53.20	6:38	9
62	BRODIUK NORBERT	2001	SBRT ,NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-40	62	M 274	00:26:54	00:38:01		01:06:41.30	01:07:17.85	6:40	9
63	STEPPEL GRZEGORZ	2214		GLIWICE	POL	M-40	63	M 279	00:26:55	00:38:33		01:07:17.45	01:08:07.50	6:43	8.9
64	STRUG MARIUSZ	2482		GLIWICE	POL	M-40	64	M 281	00:27:32	00:38:56		01:07:56.80	01:10:14.60	6:47	8.8
65	TISZBIEREK HENRYK	2117	NIGHT RUNNERS GLIWICE	BARGŁÓWKA	POL	M-40	65	M 289	00:29:04	00:41:11		01:12:13.80	01:13:55.95	7:13	8.3
66	JURETKO ADAM	2535		CHORZÓW	POL	M-40	66	M 291	00:29:33	00:41:56		01:13:24.60	01:15:02.10	7:20	8.2
67	SKUPIEŃ PIOTR	2526		GLIWICE	POL	M-40	67	M 299	00:53:51	01:03:37		01:30:19.05	01:30:56.55	9:01	6.6

**GLIWICKA DYCHA, K-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	PIETRUCHA-TOMA EWA	2434		BYTOM	POL	K-50	1	K 31	00:22:24	00:31:31		00:54:34.95	00:55:33.45	5:27	11
2	MÍSKIEWICZ LUCYNA	2341		ZAWIERCIE	POL	K-50	2	K 50	00:24:03	00:33:32		00:57:12.25	00:58:13.00	5:43	10.5
3	BEHOUNEK MAŁGORZATA	2452	TG SOKÓŁ ZAKOPANE	ZAKOPANE	POL	K-50	3	K 58	00:23:53	00:33:40		00:58:42.15	00:59:21.55	5:52	10.2
4	ORZAŻEWSKA ELŻBIETA	2104		SOŚNICOWICE	POL	K-50	4	K 93	00:24:39	00:34:34		01:00:18.85	01:02:00.35	6:01	9.9
5	DWORNICZAK IWONA	2219		SIEMIANOWICE SL.	POL	K-50	5	K 116	00:25:10	00:35:40		01:02:45.15	01:04:35.95	6:16	9.6
6	DUDZICZ ANNA	2065		GLIWICE	POL	K-50	6	K 137	00:26:42	00:37:16		01:05:16.95	01:06:42.25	6:31	9.2
7	JUSZCZAK EWA	2049		GLIWICE	POL	K-50	7	K 174	00:32:54	00:48:53		01:22:24.25	01:23:18.65	8:14	7.3
8	CIESZYŃSKA JOLANTA	2225	SEKCJA BIEGOWA FAMILIA	GLIWICE	POL	K-50	8	K 176	00:36:57	00:52:20		01:26:38.15	01:27:10.70	8:39	6.9

**GLIWICKA DYCHA, M-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MAJ WITOLD	2475	OLDBOYS TRUSKOLASY	WRĘCZYCA WIELKA	POL	M-50	1	M 24	00:17:03	00:24:04		00:42:04.15	00:42:20.85	4:12	14.3
2	KUCHTA MIROSŁAW	2212	REMAGUM	KATOWICE	POL	M-50	2	M 30	00:18:00	00:25:23		00:44:08.40	00:44:12.40	4:24	13.6
3	KŁACZEK GRZEGORZ	2428	WIESZOWA	WIESZOWA	POL	M-50	3	M 50	00:19:09	00:26:51		00:46:23.10	00:46:30.50	4:38	12.9
4	DYLONG PIOTR	2165		GLIWICE	POL	M-50	4	M 91	00:20:18	00:28:35		00:49:12.30	00:50:22.15	4:55	12.2
5	ŻEROMSKI STEFAN	2218	JASNA	GLIWICE	POL	M-50	5	M 100	00:21:39	00:29:56		00:50:40.05	00:50:52.65	5:04	11.8
6	JANOWSKI PIOTR	2367		GLIWICE	POL	M-50	6	M 108	00:21:05	00:29:39		00:51:11.65	00:51:22.90	5:07	11.7
7	GIERADA RYSZARD	2356	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M-50	7	M 154	00:22:02	00:30:37		00:52:57.55	00:54:51.10	5:17	11.3
8	MERMON ARTUR	2230		GLIWICE	POL	M-50	8	M 128	00:21:48	00:30:34		00:53:08.10	00:53:16.85	5:18	11.3
9	WLAŻŁAK WIESŁAW	2135		GLIWICE	POL	M-50	9	M 157	00:22:30	00:31:15		00:53:28.40	00:55:04.45	5:20	11.2
10	KOBUSIŃSKI JUREK	2389	PKO SILESIA RUNNING TEAM	ZABRZE	POL	M-50	10	M 156	00:22:00	00:30:57		00:53:32.65	00:55:03.50	5:21	11.2
11	KOZŁOWSKI ANDRZEJ JERZY	2238		ZABRZE	POL	M-50	11	M 176	00:22:00	00:31:10		00:54:44.85	00:56:01.45	5:28	11
12	SIRKO ZBIGNIEW	2048		GLIWICE	POL	M-50	12	M 179	00:22:44	00:31:56		00:55:15.95	00:56:18.40	5:31	10.9
13	SAMOL GRZEGORZ	2046		GLIWICE	POL	M-50	13	M 190	00:23:06	00:32:23		00:56:03.75	00:57:09.65	5:36	10.7
14	STALMACH LESZEK	2361	WKB META LUBLINIEC	LUBLINIEC	POL	M-50	14	M 204	00:23:03	00:32:40		00:56:54.45	00:58:45.05	5:41	10.5
15	BRYLIŃSKI RYSZARD	2294	NIEZRZESZONY	ZABRZE	POL	M-50	15	M 207	00:23:54	00:33:12		00:57:09.90	00:58:52.40	5:43	10.5
16	KOMANDER MARCIN	2319		GLIWICE	POL	M-50	16	M 226	00:23:41	00:33:19		00:58:27.25	01:00:36.05	5:50	10.3
17	GÓRA MAREK	2159		TARNOWSKIE GÓRY	POL	M-50	17	M 205	00:23:30	00:33:25		00:58:35.90	00:58:45.95	5:51	10.2
18	GWIOZDZIK SŁAWEK	2350	ATO	KATOWICE	POL	M-50	18	M 234	00:25:14	00:35:10		00:59:48.85	01:01:22.65	5:58	10
19	MISKIEWICZ ANDRZEJ	2342		ZAWIERCIE	POL	M-50	19	M 232	00:24:29	00:34:43		01:00:04.80	01:01:06.25	6:00	10
20	ZAJDEL DARIUSZ	2093		ZAWADZKIE	POL	M-50	20	M 258	00:27:02	00:37:09		01:02:38.50	01:04:35.95	6:15	9.6
21	KLIKS KAZIMIERZ	2071		ZABRZE	POL	M-50	21	M 280	00:27:30	00:38:40		01:07:17.70	01:09:30.35	6:43	8.9
22	UEMURA YOSHIHIKO	2334	TAKENAKA	GLIWICE	POL	M-50	22	M 293	00:31:12	00:43:33		01:16:01.40	01:16:19.95	7:36	7.9
23	CUDZIK WALDEMAR	2463		CZĘSTOCHOWA	POL	M-50	23	M 296	00:52:11			01:16:35.70	01:18:03.95	7:39	7.8

**GLIWICKA DYCHA, K-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MULARCZYK TERESA	2301	BIEGNIJ LOLA, BIEGNIJ	LIBIĄŻ	POL	K-60	1	K 72	00:24:14	00:34:00		00:59:52.60	01:00:32.80	5:59	10
2	KOZACZKIEWICZ HELENA	2028	FC KNURÓW - COMBAT 56	KNURÓW	POL	K-60	2	K 141	00:27:00	00:38:20		01:07:29.05	01:08:10.15	6:44	8.9
3	KONOPACKA KRYSZYNA	2119		GLIWICE	POL	K-60	3	K 163	00:29:03	00:40:58		01:11:54.15	01:12:27.00	7:11	8.3

**GLIWICKA DYCHA, M-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	JAŁOWIEC RYSZARD	2304	KS OLKUSZ	OLKUSZ	POL	M-60	1	M 79	00:20:08	00:28:19		00:49:06.80	00:49:15.05	4:54	12.2
2	SZCZERZEK ZBIGNIEW	2257		ZABRZE	POL	M-60	2	M 95				00:50:34.00	00:50:34.00	5:03	11.9
3	OGONOWSKI EDWAWRD	2305	ŻÓŁWIK OPOLE	OPOLE	POL	M-60	3	M 121	00:21:42	00:30:12		00:51:31.00	00:52:47.05	5:09	11.6
4	OKOŃ ZDZISŁAW	2108		KNURÓW	POL	M-60	4	M 162	00:22:23	00:31:21		00:54:05.10	00:55:10.40	5:24	11.1
5	BORYCKA JÓZEF	2198		TARNOWSKIE GÓRY	POL	M-60	5	M 200	00:23:39	00:33:01		00:56:52.80	00:58:26.10	5:41	10.5
6	ZAREMBA TADEUSZ	2024		GLIWICE	POL	M-60	6	M 220	00:24:39	00:34:25		00:58:31.25	01:00:01.15	5:51	10.3
7	STACHOWIAK JANUSZ	2169		TARNOWSKIE GÓRY	POL	M-60	7	M 277	00:26:24	00:37:24		01:05:56.65	01:07:36.80	6:35	9.1
8	MALISZEWSKI BOGUSŁAW	2381	NAPĘDZANI PROCENTEM	GLIWICE	POL	M-60	8	M 284	00:29:13	00:40:44		01:09:23.55	01:11:18.20	6:56	8.6
9	WIERCIŃSKI ŁUKASZ	2473		GLIWICE	POL	M-60	9	M 300	00:57:51			01:43:58.20	01:44:03.45	10:23	5.8

**GLIWICKA DYCHA, M-70**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.3km	6km	Kar/Bon	Netto	Brutto	min/km	km/h
1	GILEWSKI FRANCISZEK	2509	BIEGAM Z SERCEM	GLIWICE	POL	M-70	1	M 263	00:25:38	00:36:23		01:03:07.80	01:05:00.95	6:18	9.5
2	GAŃTEK GERARD	2549		CZĘSTOCHOWA		M-70	2	M 286	00:28:37	00:40:21		01:10:58.75	01:12:48.75	7:05	8.5