



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

V Radan Półmaraton Gliwicki 2018  
Fundacja Bieg Rzeźnika  
2018-11-04  
Gliwice  
21.1 km

## V PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPÓRTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>VERETSKYI Pavlo</b>	<b>949</b>		M-30	1	00:00:01	00:15:58	00:32:27	00:48:02	01:04:24	<b>01:07:59.05</b>	<b>01:08:00.60</b>		3:13	18.6 (100%)
2	<b>OLIJNYK Pawel</b>	<b>936</b>		M-30	2	00:00:01	00:15:58	00:32:19	00:48:02	01:04:24	<b>01:08:02.00</b>	<b>01:08:03.30</b>	+00:00:02 (0.1%)	3:13	18.6 (100%)
3	<b>MRÓWKA Mateusz</b>	<b>484</b>	KWK MARCEL /RADLINIOKI W BIEGU	M-20	1	00:00:01	00:15:59	00:32:19	00:48:08	01:05:21	<b>01:08:58.85</b>	<b>01:09:00.40</b>	+00:00:59 (1.4%)	3:16	18.4 (98.9%)
4	<b>SLAVENSKI Ilya</b>	<b>951</b>		M-30	3	00:00:01	00:15:58	00:32:19	00:48:21	01:07:13	<b>01:11:24.30</b>	<b>01:11:25.70</b>	+00:03:25 (4.8%)	3:23	17.7 (95.2%)
5	<b>MUSKIETORZ Piotr</b>	<b>489</b>		M-30	4	00:00:01	00:17:07	00:34:57	00:52:36	01:10:43	<b>01:14:29.00</b>	<b>01:14:30.40</b>	+00:06:29 (8.7%)	3:31	17 (91.4%)
6	<b>SZCZECIŃSKI Maciej</b>	<b>716</b>	INŻYNIERIA BIEGANIA	M-30	5	00:00:02	00:17:34	00:35:40	00:53:27	01:11:31	<b>01:15:15.05</b>	<b>01:15:17.25</b>	+00:07:16 (9.7%)	3:33	16.8 (90.3%)
7	<b>KOŹDOŃ Jarosław</b>	<b>885</b>		M-30	6	00:00:01	00:17:19	00:35:35	00:53:28	01:11:46	<b>01:15:33.90</b>	<b>01:15:35.80</b>	+00:07:34 (10.0%)	3:34	16.8 (90.3%)
8	<b>ZABA Marek</b>	<b>830</b>	MAGNETI MARELLI /TRIATHLON - X - TEAM	M-30	7	00:00:02	00:17:42	00:35:52	00:53:51	01:12:19	<b>01:16:13.00</b>	<b>01:16:15.20</b>	+00:08:13 (10.8%)	3:36	16.6 (89.2%)
9	<b>JACHIMSKI Piotr</b>	<b>267</b>	ORZESZE TEŻ BIEGA	M-30	8	00:00:02	00:17:25	00:35:58	00:54:26	01:13:37	<b>01:17:37.00</b>	<b>01:17:39.55</b>	+00:09:37 (12.4%)	3:40	16.3 (87.6%)
10	<b>ŻURAWIK Daniel</b>	<b>858</b>	PPI SYSTEMY-GRZEWCZE	M-30	9	00:00:03	00:18:16	00:37:08	00:55:51	01:14:59	<b>01:18:55.40</b>	<b>01:18:59.05</b>	+00:10:56 (13.9%)	3:44	16 (86.0%)
11	<b>GROŃ Krystian</b>	<b>234</b>	OASIS SPORT TEAM / TAK DLA TRANSPLANTACJI	M-20	2	00:00:02	00:18:02	00:36:54	00:55:52	01:15:24	<b>01:19:25.45</b>	<b>01:19:27.75</b>	+00:11:26 (14.4%)	3:45	15.9 (85.5%)
12	<b>HRABIA Łukasz</b>	<b>261</b>	6 BATALION POWIETRZNODESANTOWY	M-30	10	00:00:02	00:18:32	00:37:43	00:56:31	01:15:50	<b>01:19:47.20</b>	<b>01:19:49.70</b>	+00:11:48 (14.8%)	3:46	15.9 (85.5%)
13	<b>BARTNIK Sebastian</b>	<b>25</b>		M-40	1	00:00:05	00:18:40	00:37:59	00:57:12	01:16:46	<b>01:20:47.70</b>	<b>01:20:53.15</b>	+00:12:48 (15.9%)	3:49	15.7 (84.4%)
14	<b>POLAK Bogdan</b>	<b>577</b>		M-40	2	00:00:01	00:19:31	00:39:15	00:58:32	01:18:03	<b>01:22:05.20</b>	<b>01:22:07.10</b>	+00:14:06 (17.2%)	3:53	15.4 (82.8%)
15	<b>STAWINOGA Janusz</b>	<b>693</b>	HIRSCHVOGEL	M-40	3	00:00:06	00:19:24	00:39:21	00:58:48	01:18:17	<b>01:22:15.70</b>	<b>01:22:22.40</b>	+00:14:16 (17.4%)	3:53	15.4 (82.8%)
16	<b>SZWAJA Mateusz</b>	<b>735</b>	MOMO RESTAURANT & COCKTAIL BAR	M-18	1	00:00:01	00:17:54	00:37:31	00:57:12	01:18:21	<b>01:22:31.60</b>	<b>01:22:33.55</b>	+00:14:32 (17.6%)	3:54	15.3 (82.3%)
17	<b>CHOMIK Rafał</b>	<b>103</b>	WAY2CHAMP.COM	M-40	4	00:00:03	00:19:38	00:39:27	00:59:04	01:19:01	<b>01:23:15.60</b>	<b>01:23:18.75</b>	+00:15:16 (18.3%)	3:56	15.2 (81.7%)
18	<b>URBAŃSKI Sławomir</b>	<b>764</b>		M-40	5	00:00:03	00:18:56	00:38:51	00:58:45	01:19:13	<b>01:23:29.85</b>	<b>01:23:32.95</b>	+00:15:30 (18.6%)	3:57	15.2 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
19	<b>DUŻNIAK Dominik</b>	<b>156</b>	STEP-DANCE	M-30	11	00:00:02	00:19:08	00:39:16	00:59:05	01:19:33	<b>01:23:49.20</b>	<b>01:23:51.45</b>	+00:15:50 (18.9%)	3:58	15.1 (81.2%)
20	<b>ALKER Adam</b>	<b>905</b>		M-30	12	00:00:03	00:18:50	00:38:51	00:58:45	01:20:01	<b>01:24:31.60</b>	<b>01:24:34.75</b>	+00:16:32 (19.6%)	4:00	15 (80.6%)
21	<b>BOCHEŃSKI Grzegorz</b>	<b>64</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	6	00:00:04	00:19:16	00:39:28	00:59:24	01:20:13	<b>01:24:35.30</b>	<b>01:24:39.65</b>	+00:16:36 (19.6%)	4:00	15 (80.6%)
22	<b>JAJUGA Arkadiusz</b>	<b>888</b>		M-40	7	00:00:05	00:20:30	00:40:58	01:00:52	01:20:59	<b>01:25:10.40</b>	<b>01:25:15.60</b>	+00:17:11 (20.2%)	4:02	14.9 (80.1%)
23	<b>URBAN Wiktor</b>	<b>760</b>	NIGHT RUNNERS ZABRZE	M-30	13	00:00:04	00:19:16	00:39:28	00:59:38	01:21:04	<b>01:25:28.50</b>	<b>01:25:33.15</b>	+00:17:29 (20.5%)	4:03	14.8 (79.6%)
24	<b>KILIARSKA Valentina</b>	<b>948</b>		K-20	1	00:00:01	00:18:47	00:39:13	01:00:03	01:21:42	<b>01:25:52.00</b>	<b>01:25:53.20</b>	+00:17:52 (20.8%)	4:04	14.7 (79.0%)
25	<b>DAMEC Olek</b>	<b>141</b>	OCHAJORUN & FREnds	M-40	8	00:00:10	00:20:08	00:40:41	01:01:05	01:21:33	<b>01:25:45.00</b>	<b>01:25:55.40</b>	+00:17:45 (20.7%)	4:03	14.8 (79.6%)
26	<b>BUCHTA Adam</b>	<b>91</b>		M-30	14	00:00:04	00:19:43	00:40:11	01:00:43	01:22:13	<b>01:26:43.45</b>	<b>01:26:47.65</b>	+00:18:44 (21.6%)	4:06	14.6 (78.5%)
27	<b>SMUDA Krzysztof</b>	<b>671</b>		M-30	15	00:00:05	00:20:45	00:41:35	01:01:58	01:22:33	<b>01:26:49.15</b>	<b>01:26:54.80</b>	+00:18:50 (21.7%)	4:06	14.6 (78.5%)
28	<b>BIEGUN Marcin</b>	<b>47</b>	MISTRZ AMATOR	M-40	9	00:00:04	00:20:54	00:42:03	01:02:32	01:23:10	<b>01:27:28.25</b>	<b>01:27:32.75</b>	+00:19:29 (22.3%)	4:08	14.5 (78.0%)
29	<b>GOLBO Katarzyna</b>	<b>959</b>	AZS AWF KATOWICE	K-20	2	00:00:01	00:20:15	00:41:27	01:02:35	01:23:12	<b>01:27:31.50</b>	<b>01:27:33.40</b>	+00:19:32 (22.3%)	4:08	14.5 (78.0%)
30	<b>CZOSNOWSKI Tomasz</b>	<b>134</b>	OTK RZEŹNIK	M-30	16	00:00:04	00:20:09	00:40:48	01:01:28	01:22:57	<b>01:27:30.00</b>	<b>01:27:34.80</b>	+00:19:30 (22.3%)	4:08	14.5 (78.0%)
31	<b>WOŹNIAK Grzegorz</b>	<b>898</b>		M-30	17	00:00:09	00:20:27	00:41:16	01:01:54	01:23:05	<b>01:27:38.40</b>	<b>01:27:47.95</b>	+00:19:39 (22.4%)	4:09	14.4 (77.4%)
32	<b>RATYŃSKI Bartłomiej</b>	<b>605</b>	HAPPY RUNNERS	M-30	18	00:00:08	00:20:51	00:41:58	01:02:38	01:23:43	<b>01:28:05.30</b>	<b>01:28:13.30</b>	+00:20:06 (22.8%)	4:10	14.4 (77.4%)
33	<b>KRAWCZYK Jarosław</b>	<b>362</b>		M-40	10	00:00:12	00:21:02	00:42:09	01:03:10	01:24:27	<b>01:28:50.35</b>	<b>01:29:03.10</b>	+00:20:51 (23.5%)	4:12	14.2 (76.3%)
34	<b>OŹÓG Marek</b>	<b>532</b>		M-20	3	00:00:06	00:20:09	00:40:58	01:01:57	01:24:16	<b>01:28:57.40</b>	<b>01:29:04.00</b>	+00:20:58 (23.6%)	4:12	14.2 (76.3%)
35	<b>KOWARA Piotr</b>	<b>350</b>	NOGAMI DO PRZODU	M-20	4	00:00:07	00:20:57	00:42:13	01:03:23	01:24:42	<b>01:29:03.75</b>	<b>01:29:11.45</b>	+00:21:04 (23.7%)	4:13	14.2 (76.3%)
36	<b>LANGE Beata</b>	<b>396</b>		K-40	1	00:00:09	00:21:23	00:42:35	01:03:22	01:24:44	<b>01:29:04.60</b>	<b>01:29:14.25</b>	+00:21:05 (23.7%)	4:13	14.2 (76.3%)
37	<b>PAŁYGIWICZ Jacek</b>	<b>541</b>	SKPB KATOWICE	M-30	19	00:00:05	00:20:55	00:42:16	01:03:27	01:24:41	<b>01:29:11.40</b>	<b>01:29:16.70</b>	+00:21:12 (23.8%)	4:13	14.2 (76.3%)
38	<b>PODSIADŁO Adam</b>	<b>574</b>		M-30	20	00:00:02	00:19:58	00:41:22	01:02:32	01:24:47	<b>01:29:17.45</b>	<b>01:29:20.25</b>	+00:21:18 (23.9%)	4:13	14.2 (76.3%)
39	<b>POŚNIAK Tomasz</b>	<b>585</b>	ISTA BIEGAMY	M-30	21	00:00:04	00:19:37	00:40:53	01:02:17	01:24:43	<b>01:29:30.30</b>	<b>01:29:34.70</b>	+00:21:31 (24.0%)	4:14	14.1 (75.8%)
40	<b>LASKOWSKI Tomasz</b>	<b>400</b>	AKMB PĘDZIWIATR GLIWICE	M-30	22	00:00:04	00:21:00	00:42:17	01:03:30	01:25:11	<b>01:29:38.70</b>	<b>01:29:43.10</b>	+00:21:39 (24.2%)	4:14	14.1 (75.8%)
41	<b>MIRONOWICZ Bartłomiej</b>	<b>867</b>		M-30	23	00:00:16	00:20:47	00:42:05	01:03:18	01:25:15	<b>01:29:40.65</b>	<b>01:29:57.00</b>	+00:21:41 (24.2%)	4:15	14.1 (75.8%)
42	<b>OCHMAN Rafał</b>	<b>518</b>	OPEL ACTIVE TEAM	M-30	25	00:00:02	00:20:33	00:42:06	01:03:20	01:25:35	<b>01:29:55.65</b>	<b>01:29:57.70</b>	+00:21:56 (24.4%)	4:15	14.1 (75.8%)
43	<b>NOWACKI Wojciech</b>	<b>513</b>	PACEMAKER / WOJTAS BIEGACZ STOPOWICZ	M-30	24	00:00:04	00:20:54	00:42:02	01:03:15	01:24:51	<b>01:29:55.20</b>	<b>01:29:59.30</b>	+00:21:56 (24.4%)	4:15	14.1 (75.8%)
44	<b>WALKOWIAK Artur</b>	<b>769</b>	MAFIA TEAM LUBLINIEC	M-40	11	00:00:08	00:20:17	00:41:18	01:02:22	01:25:10	<b>01:29:58.25</b>	<b>01:30:06.25</b>	+00:21:59 (24.4%)	4:15	14.1 (75.8%)
45	<b>HUĆ Aron</b>	<b>958</b>	MOMO	M-30	26	00:00:09	00:21:22	00:43:09	01:04:07	01:25:37	<b>01:29:57.55</b>	<b>01:30:06.80</b>	+00:21:58 (24.4%)	4:15	14.1 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
46	<b>LASKOWSKA Katarzyna</b>	<b>399</b>	INŻYNIERIA BIEGANIA TEAM	K-40	2	00:00:03	00:21:00	00:42:19	01:03:33	01:25:37	<b>01:30:04.50</b>	<b>01:30:08.15</b>	+00:22:05 (24.5%)	4:16	14.1 (75.8%)
47	<b>KASPRZAK Radosław</b>	<b>310</b>		M-20	5	00:00:03	00:21:00	00:42:17	01:03:27	01:24:47	<b>01:30:04.65</b>	<b>01:30:08.20</b>	+00:22:05 (24.5%)	4:16	14.1 (75.8%)
48	<b>KUKUCZKA Mateusz</b>	<b>376</b>		M-30	27	00:00:10	00:21:40	00:43:25	01:04:26	01:25:48	<b>01:30:02.75</b>	<b>01:30:13.60</b>	+00:22:03 (24.5%)	4:16	14.1 (75.8%)
49	<b>WOJTASIEWICZ Paweł</b>	<b>803</b>		M-30	28	00:00:07	00:21:13	00:42:51	01:04:11	01:25:49	<b>01:30:16.00</b>	<b>01:30:23.20</b>	+00:22:16 (24.7%)	4:16	14 (75.3%)
50	<b>BERKE Rafał</b>	<b>36</b>		M-40	12	00:00:05	00:20:54	00:42:02	01:03:16	01:25:35	<b>01:30:19.60</b>	<b>01:30:24.65</b>	+00:22:20 (24.7%)	4:16	14 (75.3%)
51	<b>LEWICKI Tomasz</b>	<b>410</b>	AKMB PĘDZIWIATR GLIWICE	M-40	13	00:00:04	00:20:51	00:42:20	01:03:39	01:25:52	<b>01:30:23.05</b>	<b>01:30:27.40</b>	+00:22:24 (24.8%)	4:17	14 (75.3%)
52	<b>BORSIAK Sebastian</b>	<b>75</b>	OPEL ACTIVE TEAM	M-30	29	00:00:06	00:20:53	00:42:14	01:03:26	01:25:54	<b>01:30:47.15</b>	<b>01:30:53.65</b>	+00:22:48 (25.1%)	4:18	13.9 (74.7%)
53	<b>NIEDZIELA Janusz</b>	<b>500</b>		M-30	30	00:00:04	00:20:15	00:41:19	01:02:39	01:25:49	<b>01:30:54.05</b>	<b>01:30:58.80</b>	+00:22:55 (25.2%)	4:18	13.9 (74.7%)
54	<b>NOGAJ Janusz</b>	<b>913</b>		M-40	14	00:00:11	00:20:52	00:42:08	01:03:19	01:25:52	<b>01:30:49.05</b>	<b>01:31:00.10</b>	+00:22:50 (25.1%)	4:18	13.9 (74.7%)
55	<b>ŻOGAŁA Jan</b>	<b>857</b>	DZIKI NA DWÓCH NOGACH	M-40	15	00:00:08	00:21:02	00:42:35	01:04:09	01:26:48	<b>01:31:40.50</b>	<b>01:31:48.85</b>	+00:23:41 (25.8%)	4:20	13.8 (74.2%)
56	<b>LAMPARSKI Łukasz</b>	<b>395</b>	ENDURANCE TEAM	M-30	31	00:00:04	00:20:24	00:41:23	01:02:02	01:24:52	<b>01:31:44.45</b>	<b>01:31:49.15</b>	+00:23:45 (25.9%)	4:20	13.8 (74.2%)
57	<b>CZABAŃSKI Rafał</b>	<b>119</b>	RUNHOGS TYCHY	M-40	16	00:00:14	00:21:27	00:43:06	01:04:47	01:27:14	<b>01:31:51.15</b>	<b>01:32:05.95</b>	+00:23:52 (26.0%)	4:21	13.8 (74.2%)
58	<b>SROCZYŃSKI Dariusz</b>	<b>682</b>	NGK RUNNING TEAM	M-30	32	00:00:11	00:21:48	00:43:43	01:05:21	01:27:31	<b>01:32:08.35</b>	<b>01:32:19.85</b>	+00:24:09 (26.2%)	4:21	13.7 (73.7%)
59	<b>MAŚCIBRZUCH Marcin</b>	<b>453</b>		M-20	6	00:00:11	00:21:02	00:42:51	01:04:39	01:27:32	<b>01:32:19.10</b>	<b>01:32:31.00</b>	+00:24:20 (26.4%)	4:22	13.7 (73.7%)
60	<b>NIKOLIN Wojciech</b>	<b>507</b>	GRUPA JURA'PL	M-40	17	00:00:11	00:21:28	00:43:40	01:05:45	01:27:55	<b>01:32:30.40</b>	<b>01:32:42.10</b>	+00:24:31 (26.5%)	4:23	13.7 (73.7%)
61	<b>OPACH Kamil</b>	<b>522</b>	FAST FOOT TEAM SIEWIERZ	M-30	33	00:00:05	00:20:54	00:42:28	01:04:44	01:28:17	<b>01:33:05.25</b>	<b>01:33:10.30</b>	+00:25:06 (27.0%)	4:24	13.6 (73.1%)
62	<b>ORZECH Michał</b>	<b>526</b>	MUSTANGI GLIWICE	M-30	34	00:00:05	00:20:53	00:42:15	01:04:03	01:27:56	<b>01:33:09.00</b>	<b>01:33:14.30</b>	+00:25:09 (27.0%)	4:24	13.6 (73.1%)
63	<b>NIESLER Michał</b>	<b>504</b>		M-30	35	00:00:08	00:21:32	00:43:44	01:05:48	01:28:14	<b>01:33:17.60</b>	<b>01:33:26.20</b>	+00:25:18 (27.1%)	4:25	13.6 (73.1%)
64	<b>FRITZ Wojciech</b>	<b>183</b>	BIEG PO ZDRÓ	M-40	19	00:00:06	00:22:19	00:44:54	01:07:05	01:29:15	<b>01:33:31.10</b>	<b>01:33:37.80</b>	+00:25:32 (27.3%)	4:25	13.5 (72.6%)
65	<b>BROSZ Michał</b>	<b>86</b>		M-50	1	00:00:05	00:21:14	00:43:33	01:05:53	01:28:57	<b>01:33:33.85</b>	<b>01:33:39.65</b>	+00:25:34 (27.3%)	4:26	13.5 (72.6%)
66	<b>CZAJA Jarosław</b>	<b>120</b>	FUTURE PROCESSING RUNNING TEAM	M-40	20	00:00:08	00:22:12	00:44:45	01:07:04	01:29:16	<b>01:33:32.50</b>	<b>01:33:41.30</b>	+00:25:33 (27.3%)	4:26	13.5 (72.6%)
67	<b>KACZOR Rafał</b>	<b>294</b>	PKO BANK POLSKI	M-40	21	00:00:08	00:22:00	00:44:26	01:06:32	01:28:55	<b>01:33:34.30</b>	<b>01:33:43.10</b>	+00:25:35 (27.3%)	4:26	13.5 (72.6%)
68	<b>PIENIĄŻEK Krzysztof</b>	<b>562</b>		M-40	22	00:00:10	00:21:57	00:44:42	01:06:48	01:29:18	<b>01:33:38.15</b>	<b>01:33:48.90</b>	+00:25:39 (27.4%)	4:26	13.5 (72.6%)
69	<b>SKOWRON Marcin</b>	<b>658</b>	TRIDIVISION TRIATHLON TEAM	M-40	24	00:00:08	00:22:12	00:44:46	01:07:04	01:29:16	<b>01:33:44.65</b>	<b>01:33:52.90</b>	+00:25:45 (27.5%)	4:26	13.5 (72.6%)
70	<b>ANGRES Paweł</b>	<b>15</b>		M-20	7	00:00:04	00:20:55	00:42:03	01:03:16	01:28:05	<b>01:33:53.00</b>	<b>01:33:57.80</b>	+00:25:53 (27.6%)	4:26	13.5 (72.6%)
71	<b>KAŁAMARZ Mariusz</b>	<b>296</b>	STEP DANCE JASNA GLIWICE	M-40	25	00:00:07	00:20:58	00:43:16	01:05:54	01:29:10	<b>01:33:51.65</b>	<b>01:33:59.60</b>	+00:25:52 (27.6%)	4:26	13.5 (72.6%)
72	<b>JENDRYŚ Marek</b>	<b>918</b>		M-40	18	00:00:32	00:21:50	00:44:04	01:06:09	01:28:45	<b>01:33:30.40</b>	<b>01:34:03.05</b>	+00:25:31 (27.3%)	4:25	13.5 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
73	WOJTCZAK Michał	804		M-40	23	00:00:24	00:22:24	00:44:39	01:06:32	01:29:05	01:33:41.30	01:34:05.90	+00:25:42 (27.4%)	4:26	13.5 (72.6%)
74	FABIAN Michał	167		M-30	36	00:00:08	00:22:06	00:44:34	01:06:37	01:29:17	01:34:06.75	01:34:14.75	+00:26:07 (27.8%)	4:27	13.5 (72.6%)
75	MARCZAK Krzysztof	956	PKO BANK POLSKI	M-40	26	00:00:08	00:22:10	00:44:44	01:07:05	01:29:39	01:34:14.85	01:34:23.40	+00:26:15 (27.9%)	4:28	13.4 (72.0%)
76	ZEMCZAK Kamil	844		M-20	8	00:00:06	00:21:07	00:43:18	01:05:46	01:29:23	01:34:22.00	01:34:28.50	+00:26:22 (28.0%)	4:28	13.4 (72.0%)
77	FURMANEK Łukasz	186	KLUB BIEGACZA SANTANDERA	M-30	38	00:00:07	00:21:09	00:43:23	01:05:48	01:29:37	01:34:35.80	01:34:42.90	+00:26:36 (28.1%)	4:28	13.4 (72.0%)
78	RIMPLER Łukasz	611	BIEGNĘ DLA ZUZI	M-30	37	00:00:10	00:22:07	00:44:50	01:07:21	01:30:06	01:34:35.65	01:34:46.10	+00:26:36 (28.1%)	4:29	13.4 (72.0%)
79	WANIEWSKI Michał	771		M-30	39	00:00:07	00:21:44	00:44:49	01:07:27	01:30:16	01:34:38.85	01:34:46.50	+00:26:39 (28.2%)	4:29	13.4 (72.0%)
80	LEWICKA Justyna	409	ISTA BIEGAMY	K-30	1	00:00:06	00:22:06	00:44:53	01:07:30	01:30:18	01:34:40.50	01:34:46.85	+00:26:41 (28.2%)	4:29	13.4 (72.0%)
81	DESZYŃSKI Damian	145	ISTA BIEGAMY	M-40	27	00:00:17	00:22:08	00:44:42	01:07:18	01:30:00	01:34:31.90	01:34:49.70	+00:26:32 (28.1%)	4:28	13.4 (72.0%)
82	GOLDA Piotr	212		M-40	28	00:00:06	00:22:24	00:44:52	01:06:54	01:29:56	01:34:51.70	01:34:58.00	+00:26:52 (28.3%)	4:29	13.3 (71.5%)
83	NOWAK Mateusz	514	PRZEBIEGA.PL	M-20	9	00:00:07	00:20:58	00:42:34	01:05:07	01:29:38	01:34:54.45	01:35:01.80	+00:26:55 (28.4%)	4:29	13.3 (71.5%)
84	CUPIAŁ Jacek	115		M-40	29	00:00:08	00:21:41	00:44:12	01:06:45	01:30:08	01:35:00.65	01:35:09.45	+00:27:01 (28.4%)	4:30	13.3 (71.5%)
85	SIELSKI Jarosław	647	OPEL ACTIVE TEAM	M-40	30	00:00:09	00:21:33	00:44:00	01:06:28	01:30:15	01:35:02.70	01:35:11.80	+00:27:03 (28.5%)	4:30	13.3 (71.5%)
86	GAJCZEWSKI Mateusz	187		M-30	40	00:00:09	00:22:00	00:44:14	01:06:33	01:30:12	01:35:05.35	01:35:14.80	+00:27:06 (28.5%)	4:30	13.3 (71.5%)
87	MALSKI Tomasz	440		M-20	10	00:00:12	00:23:03	00:46:18	01:09:16	01:30:52	01:35:02.00	01:35:14.90	+00:27:02 (28.5%)	4:30	13.3 (71.5%)
88	NAJUCH Wojciech	491	RAMBO STILL ALIVE	M-30	41	00:00:09	00:22:15	00:45:17	01:07:35	01:30:29	01:35:07.25	01:35:16.95	+00:27:08 (28.5%)	4:30	13.3 (71.5%)
89	KANIA Michał	300		M-40	31	00:00:09	00:22:12	00:44:48	01:07:26	01:30:19	01:35:08.75	01:35:18.30	+00:27:09 (28.5%)	4:30	13.3 (71.5%)
90	BORZĘCKI Damian	78	SOCIOS	M-30	43	00:00:08	00:19:56	00:41:20	01:03:37	01:29:15	01:35:16.70	01:35:25.55	+00:27:17 (28.6%)	4:30	13.3 (71.5%)
91	SZABELSKI Krzysztof	712	FUTURE PROCESSING RUNNING TEAM	M-30	42	00:00:19	00:23:08	00:46:36	01:08:48	01:30:53	01:35:09.50	01:35:28.85	+00:27:10 (28.6%)	4:30	13.3 (71.5%)
92	BEZUSZKO Tomasz	38	4 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	35	00:00:06	00:22:03	00:44:30	01:07:15	01:31:03	01:35:50.10	01:35:56.50	+00:27:51 (29.1%)	4:32	13.2 (71.0%)
93	MACIEJOŃCZYK Mariusz	426	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	34	00:00:15	00:22:07	00:44:59	01:07:30	01:30:58	01:35:42.50	01:35:57.90	+00:27:43 (29.0%)	4:32	13.2 (71.0%)
94	MRÓZEK Tomasz	485		M-40	33	00:00:28	00:22:57	00:46:02	01:08:25	01:30:59	01:35:33.40	01:36:01.55	+00:27:34 (28.9%)	4:31	13.2 (71.0%)
95	CZAPLA Arkadiusz	127		M-40	32	00:00:31	00:23:03	00:46:04	01:08:22	01:30:54	01:35:30.65	01:36:02.05	+00:27:31 (28.8%)	4:31	13.3 (71.5%)
96	KUSEK Andrzej	891		M-40	36	00:00:12	00:23:05	00:46:09	01:08:42	01:31:23	01:35:52.50	01:36:05.25	+00:27:53 (29.1%)	4:32	13.2 (71.0%)
97	KUREK Bartosz	383		M-20	12	00:00:15	00:23:09	00:46:25	01:08:53	01:31:40	01:36:00.70	01:36:15.70	+00:28:01 (29.2%)	4:32	13.2 (71.0%)
98	MARKOWSKI Marcin	3		M-30	44	00:00:03	00:22:05	00:45:30	01:08:48	01:31:51	01:36:12.80	01:36:15.90	+00:28:13 (29.3%)	4:33	13.2 (71.0%)
99	JEREMICZ Krzysztof	281	RAFAKO RUN TEAM	M-40	37	00:00:07	00:22:04	00:44:58	01:07:59	01:31:33	01:36:19.10	01:36:26.45	+00:28:20 (29.4%)	4:33	13.1 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
100	WILCZEK Jan	791	RAFAKO	M-50	2	00:00:07	00:22:05	00:44:59	01:07:59	01:31:33	<b>01:36:23.40</b>	<b>01:36:30.40</b>	+00:28:24 (29.5%)	4:34	13.1 (70.4%)
101	SIWEK Dariusz	655	NOWINY.PL	M-50	3	00:00:06	00:22:10	00:45:03	01:08:01	01:31:45	<b>01:36:31.20</b>	<b>01:36:37.40</b>	+00:28:32 (29.6%)	4:34	13.1 (70.4%)
102	KROL Dariusz	365	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	46	00:00:17	00:21:44	00:44:42	01:07:21	01:31:22	<b>01:36:30.85</b>	<b>01:36:48.50</b>	+00:28:31 (29.6%)	4:34	13.1 (70.4%)
103	NIEMIEC Marcin	503	INTERGRAFIK POLSKA	M-40	38	00:00:27	00:22:18	00:45:04	01:07:46	01:31:27	<b>01:36:25.45</b>	<b>01:36:52.55</b>	+00:28:26 (29.5%)	4:34	13.1 (70.4%)
104	JĘDZURA Daniel	284	NIGHT RUNNERS GLIWICE	M-30	47	00:00:13	00:23:09	00:46:25	01:09:22	01:32:00	<b>01:36:39.00</b>	<b>01:36:52.75</b>	+00:28:39 (29.7%)	4:34	13.1 (70.4%)
105	KUBICA Bartosz	375		M-20	11	00:01:22	00:23:53	00:46:51	01:08:54	01:31:13	<b>01:35:30.65</b>	<b>01:36:53.05</b>	+00:27:31 (28.8%)	4:31	13.3 (71.5%)
106	NAPIÓRKOWSKI Adam	493		M-30	49	00:00:15	00:22:52	00:46:16	01:08:35	01:32:07	<b>01:36:50.90</b>	<b>01:37:06.60</b>	+00:28:51 (29.8%)	4:35	13.1 (70.4%)
107	TISZBIEREK Marek	747		M-30	45	00:00:40	00:23:43	00:47:16	01:09:34	01:32:03	<b>01:36:26.70</b>	<b>01:37:07.20</b>	+00:28:27 (29.5%)	4:34	13.1 (70.4%)
108	JÓSKOWSKI Rafał	285	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-40	39	00:00:16	00:23:05	00:46:21	01:09:53	01:32:30	<b>01:36:54.35</b>	<b>01:37:10.45</b>	+00:28:55 (29.8%)	4:35	13.1 (70.4%)
109	MARKOWICZ Marcin	446		M-40	40	00:00:12	00:23:11	00:46:25	01:09:56	01:32:32	<b>01:37:01.00</b>	<b>01:37:13.45</b>	+00:29:01 (29.9%)	4:35	13 (69.9%)
110	SZCZEPAŃSKI Rafał	717	OPEL ACTIVE TEAM	M-40	41	00:00:11	00:22:17	00:45:19	01:08:24	01:32:05	<b>01:37:02.65</b>	<b>01:37:14.00</b>	+00:29:03 (29.9%)	4:35	13 (69.9%)
111	GWIAZDA Łukasz	248		M-20	14	00:00:20	00:23:42	00:46:47	01:09:18	01:32:05	<b>01:36:54.20</b>	<b>01:37:14.75</b>	+00:28:55 (29.8%)	4:35	13.1 (70.4%)
112	ŁĘCKI Piotr	422	NIGHT RUNNERS GLIWICE	M-30	51	00:00:13	00:23:08	00:46:24	01:09:23	01:32:14	<b>01:37:02.30</b>	<b>01:37:15.40</b>	+00:29:03 (29.9%)	4:35	13 (69.9%)
113	SITKO Mateusz	652		M-30	48	00:00:30	00:22:52	00:45:39	01:08:25	01:31:57	<b>01:36:45.85</b>	<b>01:37:16.20</b>	+00:28:46 (29.7%)	4:35	13.1 (70.4%)
114	FRANKIEWICZ Artur	181		M-30	53	00:00:15	00:23:07	00:46:16	01:09:27	01:32:38	<b>01:37:05.60</b>	<b>01:37:21.20</b>	+00:29:06 (30.0%)	4:36	13 (69.9%)
115	KOCHUIEVSKYI Oleksandr	326	FLUOR	M-20	13	00:01:03	00:21:27	00:44:22	01:07:54	01:31:35	<b>01:36:17.70</b>	<b>01:37:21.35</b>	+00:28:18 (29.4%)	4:33	13.1 (70.4%)
116	SUCHY Łukasz	705	HIRERIGHT RUNNING TEAM	M-30	50	00:00:32	00:22:38	00:45:36	01:08:36	01:32:11	<b>01:36:54.85</b>	<b>01:37:27.10</b>	+00:28:55 (29.9%)	4:35	13.1 (70.4%)
117	PALUCH Janusz	539		M-30	54	00:00:17	00:23:06	00:46:22	01:09:24	01:32:23	<b>01:37:11.60</b>	<b>01:37:28.90</b>	+00:29:12 (30.1%)	4:36	13 (69.9%)
118	WOJTUKIEWICZ Artur	806	DHL RUN CLUB	M-30	52	00:00:25	00:22:51	00:46:08	01:09:15	01:32:26	<b>01:37:05.35</b>	<b>01:37:30.50</b>	+00:29:06 (30.0%)	4:36	13 (69.9%)
119	CIEŚLIK Paweł	108	CHATEAU CHALIN	M-40	42	00:00:07	00:22:45	00:46:01	01:09:00	01:32:36	<b>01:37:23.45</b>	<b>01:37:31.05</b>	+00:29:24 (30.2%)	4:36	13 (69.9%)
120	FERENC Paweł	171		M-30	55	00:00:28	00:23:32	00:47:11	01:10:10	01:32:35	<b>01:37:11.70</b>	<b>01:37:40.40</b>	+00:29:12 (30.1%)	4:36	13 (69.9%)
121	RYŃSKI Robert	629		M-30	56	00:00:15	00:23:09	00:46:24	01:09:51	01:32:51	<b>01:37:30.65</b>	<b>01:37:46.05</b>	+00:29:31 (30.3%)	4:37	13 (69.9%)
122	NOWAK Mariusz	515	HIRSCHVOGEL	M-40	43	00:00:17	00:23:07	00:46:19	01:09:35	01:32:43	<b>01:37:32.00</b>	<b>01:37:49.15</b>	+00:29:32 (30.3%)	4:37	13 (69.9%)
123	TEKLA Krzysztof	745		M-30	58	00:00:00	00:23:18	00:46:37	01:10:00	01:33:06	<b>01:37:54.55</b>	<b>01:37:54.55</b>	+00:29:55 (30.6%)	4:38	12.9 (69.4%)
124	BIELA Grzegorz	49	GIBKE GIZDY	M-30	59	00:00:04	00:20:54	00:43:41	01:07:15	01:32:38	<b>01:37:59.30</b>	<b>01:38:03.35</b>	+00:30:00 (30.6%)	4:38	12.9 (69.4%)
125	BIEDROŃ Dariusz	46		M-40	44	00:00:13	00:22:55	00:46:18	01:09:36	01:33:07	<b>01:37:52.25</b>	<b>01:38:05.65</b>	+00:29:53 (30.5%)	4:38	12.9 (69.4%)
126	MISZTAL Kamil	478		M-30	57	00:00:16	00:23:06	00:46:21	01:09:53	01:33:32	<b>01:37:51.75</b>	<b>01:38:08.70</b>	+00:29:52 (30.5%)	4:38	12.9 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas		Tempo min/km	Tempo km/h	
							5km	10km	15km	20km	netto 21.1km	brutto 21.1km			Różn
127	RUSAK Sebastian	908		M-30	60	00:00:03	00:20:31	00:42:56	01:05:54	01:32:16	<b>01:38:05.60</b>	<b>01:38:09.20</b>	+00:30:06 (30.7%)	4:38	12.9 (69.4%)
128	RUDLIĆKA Karolina	618	RAMBO GIRL STILL ALIVE	K-30	2	00:00:09	00:22:15	00:45:16	01:08:47	01:32:56	<b>01:37:59.95</b>	<b>01:38:09.80</b>	+00:30:00 (30.6%)	4:38	12.9 (69.4%)
129	SZUĆCIK Michał	734		M-20	15	00:00:40	00:23:43	00:47:08	01:09:40	01:32:53	<b>01:37:31.10</b>	<b>01:38:11.25</b>	+00:29:32 (30.3%)	4:37	13 (69.9%)
130	NAWROCKI Szymon	495		M-40	45	00:00:16	00:23:07	00:46:22	01:09:44	01:33:08	<b>01:37:57.55</b>	<b>01:38:14.10</b>	+00:29:58 (30.6%)	4:38	12.9 (69.4%)
131	BEŁKOT Arkadiusz	35		M-40	46	00:00:13	00:23:10	00:46:25	01:09:46	01:33:10	<b>01:38:02.35</b>	<b>01:38:16.05</b>	+00:30:03 (30.7%)	4:38	12.9 (69.4%)
132	BEHRENDT Jakub	33	LECE BO CHCE	M-40	49	00:00:07	00:22:27	00:45:39	01:09:07	01:33:07	<b>01:38:14.50</b>	<b>01:38:22.30</b>	+00:30:15 (30.8%)	4:39	12.9 (69.4%)
133	SCHAB Bartłomiej	642		M-20	17	00:00:09	00:21:30	00:44:49	01:08:11	01:32:58	<b>01:38:13.35</b>	<b>01:38:23.20</b>	+00:30:14 (30.8%)	4:39	12.9 (69.4%)
134	CHRAPKOWICZ Damian	104	304	M-20	16	00:00:43	00:22:41	00:45:46	01:08:54	01:33:01	<b>01:37:42.50</b>	<b>01:38:26.45</b>	+00:29:43 (30.4%)	4:37	13 (69.9%)
135	HOŁYŃSKI Tomasz	257	ORŁY Z KNUROWA	M-40	48	00:00:16	00:23:08	00:46:24	01:09:53	01:33:34	<b>01:38:10.65</b>	<b>01:38:26.90</b>	+00:30:11 (30.8%)	4:39	12.9 (69.4%)
136	PISINGAS Mariusz	569		M-40	47	00:00:21	00:21:45	00:45:03	01:08:36	01:33:03	<b>01:38:10.20</b>	<b>01:38:31.95</b>	+00:30:11 (30.7%)	4:39	12.9 (69.4%)
137	SZNYDER Wojciech	724		M-40	50	00:00:12	00:23:10	00:46:26	01:09:57	01:33:31	<b>01:38:24.00</b>	<b>01:38:36.10</b>	+00:30:24 (30.9%)	4:39	12.9 (69.4%)
138	MAZUR Krzysztof	458		M-40	51	00:00:12	00:22:40	00:45:36	01:08:46	01:33:14	<b>01:38:26.95</b>	<b>01:38:38.95</b>	+00:30:27 (30.9%)	4:39	12.9 (69.4%)
139	KURCZEK Tomasz	382		M-40	52	00:00:13	00:23:13	00:46:45	01:10:11	01:33:36	<b>01:38:32.20</b>	<b>01:38:45.60</b>	+00:30:33 (31.0%)	4:40	12.8 (68.8%)
140	CZERNY Michał	926		M-30	61	00:00:15	00:22:55	00:46:12	01:09:35	01:33:31	<b>01:38:32.40</b>	<b>01:38:47.55</b>	+00:30:33 (31.0%)	4:40	12.8 (68.8%)
141	RYBIŃSKI Łukasz	624	EŁKA TEAM	M-30	62	00:00:09	00:21:03	00:43:57	01:07:21	01:33:11	<b>01:38:40.75</b>	<b>01:38:50.45</b>	+00:30:41 (31.1%)	4:40	12.8 (68.8%)
142	KASINSKI Rafal	307	BIEG PO ZDROJ	M-40	53	00:00:06	00:22:38	00:45:54	01:09:40	01:33:38	<b>01:38:45.05</b>	<b>01:38:51.60</b>	+00:30:46 (31.2%)	4:40	12.8 (68.8%)
143	BRODEK Andrzej	82	CERTUM	M-40	55	00:00:09	00:22:24	00:46:03	01:09:42	01:33:54	<b>01:38:49.65</b>	<b>01:38:58.70</b>	+00:30:50 (31.2%)	4:40	12.8 (68.8%)
144	HORWAT Jan	260	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M-50	4	00:00:12	00:23:10	00:46:25	01:09:58	01:34:02	<b>01:38:54.30</b>	<b>01:39:07.20</b>	+00:30:55 (31.3%)	4:41	12.8 (68.8%)
145	KASZOWSKI Marcin	312		M-40	56	00:00:15	00:23:09	00:46:25	01:09:56	01:32:55	<b>01:38:53.35</b>	<b>01:39:09.00</b>	+00:30:54 (31.3%)	4:41	12.8 (68.8%)
146	KALISZ Rafał	295	CTOTG	M-40	54	00:00:24	00:22:48	00:46:02	01:09:37	01:33:41	<b>01:38:45.15</b>	<b>01:39:09.70</b>	+00:30:46 (31.2%)	4:40	12.8 (68.8%)
147	KRAJEWSKI Michał	359		M-30	64	00:00:18	00:23:33	00:46:58	01:09:53	01:33:58	<b>01:38:59.30</b>	<b>01:39:17.40</b>	+00:31:00 (31.3%)	4:41	12.8 (68.8%)
148	NOWAKOWSKI Dominik	895		M-18	2	00:00:05	00:21:08	00:45:46	01:10:00	01:34:22	<b>01:39:14.00</b>	<b>01:39:19.60</b>	+00:31:14 (31.5%)	4:42	12.8 (68.8%)
149	FAMUŁA Tomasz	170	FUTURA PROCESSING RUNNING TEAM / TRI DIVISION TRIATHLON TEAM	M-30	63	00:00:25	00:23:34	00:47:20	01:11:01	01:34:16	<b>01:38:56.20</b>	<b>01:39:21.80</b>	+00:30:57 (31.3%)	4:41	12.8 (68.8%)
150	BORYSEWICZ Wojciech	77		M-30	67	00:00:16	00:23:05	00:46:09	01:09:17	01:33:44	<b>01:39:14.50</b>	<b>01:39:31.40</b>	+00:31:15 (31.5%)	4:42	12.8 (68.8%)
151	SAZANÓW Bartosz	641		M-20	18	00:00:06	00:21:03	00:44:31	01:08:10	01:34:07	<b>01:39:30.00</b>	<b>01:39:36.05</b>	+00:31:30 (31.7%)	4:42	12.7 (68.3%)
152	BABIUCH Karol	16	WKURW_TEAM	M-30	68	00:00:15	00:23:10	00:46:24	01:09:56	01:34:12	<b>01:39:22.05</b>	<b>01:39:37.20</b>	+00:31:23 (31.6%)	4:42	12.7 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
153	<b>KOZMIŃCZUK-MARKULAK Agnieszka</b>	<b>356</b>	ENCORE												
				K-30	3	00:00:03	00:22:09	00:45:26	01:09:46	01:34:19	<b>01:39:36.65</b>	<b>01:39:40.55</b>	+00:31:37 (31.8%)	4:43	12.7 (68.3%)
154	<b>PLAWIAK Rafał</b>	<b>572</b>	KS KOZIOŁEK KĘDZIERZYN-KOŹLE												
				M-30	69	00:00:11	00:21:34	00:44:44	01:09:02	01:34:17	<b>01:39:34.55</b>	<b>01:39:45.60</b>	+00:31:35 (31.7%)	4:43	12.7 (68.3%)
155	<b>MACHURA Arkadiusz</b>	<b>425</b>													
				M-40	57	00:00:13	00:23:10	00:46:26	01:09:58	01:34:23	<b>01:39:34.45</b>	<b>01:39:47.55</b>	+00:31:35 (31.7%)	4:43	12.7 (68.3%)
156	<b>RUTKOWSKI Michał</b>	<b>622</b>													
				M-30	65	00:00:36	00:24:13	00:48:10	01:11:50	01:34:54	<b>01:39:12.45</b>	<b>01:39:48.70</b>	+00:31:13 (31.5%)	4:42	12.8 (68.8%)
157	<b>RUTKOWSKI Bartłomiej</b>	<b>623</b>													
				M-30	66	00:00:36	00:24:12	00:48:10	01:11:49	01:34:54	<b>01:39:13.10</b>	<b>01:39:49.60</b>	+00:31:14 (31.5%)	4:42	12.8 (68.8%)
158	<b>FLORKIEWICZ Sławek</b>	<b>176</b>													
				M-50	5	00:00:07	00:22:39	00:46:06	01:09:48	01:34:32	<b>01:39:45.20</b>	<b>01:39:52.25</b>	+00:31:46 (31.8%)	4:43	12.7 (68.3%)
159	<b>BAK-CESARZ Damian</b>	<b>31</b>	CO JA TU ROBIĘ												
				M-40	58	00:00:16	00:24:16	00:49:26	01:12:47	01:35:17	<b>01:39:37.10</b>	<b>01:39:53.80</b>	+00:31:38 (31.8%)	4:43	12.7 (68.3%)
160	<b>KUKUCZKA Henryk</b>	<b>377</b>													
				M-40	59	00:00:16	00:22:20	00:44:42	01:07:38	01:34:26	<b>01:39:40.85</b>	<b>01:39:57.10</b>	+00:31:41 (31.8%)	4:43	12.7 (68.3%)
161	<b>GRAMATYKA Jan</b>	<b>227</b>	FUTURE PROCESSING RUNNING TEAM												
				M-30	70	00:00:18	00:23:12	00:46:37	01:10:27	01:34:42	<b>01:39:39.30</b>	<b>01:39:58.25</b>	+00:31:40 (31.8%)	4:43	12.7 (68.3%)
162	<b>BUJOK Mariusz</b>	<b>95</b>													
				M-30	71	00:00:11	00:23:04	00:46:28	01:09:59	01:34:28	<b>01:39:49.30</b>	<b>01:40:00.55</b>	+00:31:50 (31.9%)	4:43	12.7 (68.3%)
163	<b>WILK Dawid</b>	<b>795</b>	PACEMAKER												
				M-20	19	00:00:12	00:23:09	00:46:25	01:09:57	01:34:30	<b>01:39:50.65</b>	<b>01:40:03.20</b>	+00:31:51 (31.9%)	4:43	12.7 (68.3%)
164	<b>WASZKIEWICZ Tomasz</b>	<b>775</b>	PACEMAKER												
				M-40	60	00:00:12	00:23:09	00:46:24	01:09:56	01:34:24	<b>01:39:51.10</b>	<b>01:40:03.45</b>	+00:31:52 (31.9%)	4:43	12.7 (68.3%)
165	<b>RADZIEWICZ Marek</b>	<b>947</b>	CROSS BOX												
				M-30	72	00:00:16	00:23:03	00:46:26	01:10:33	01:35:13	<b>01:40:15.65</b>	<b>01:40:31.65</b>	+00:32:16 (32.2%)	4:45	12.6 (67.7%)
166	<b>GŁOGOWSKI Konrad</b>	<b>209</b>													
				M-30	73	00:00:20	00:23:35	00:47:42	01:11:41	01:35:33	<b>01:40:16.60</b>	<b>01:40:37.30</b>	+00:32:17 (32.2%)	4:45	12.6 (67.7%)
167	<b>CZAJKA Roman</b>	<b>121</b>													
				M-40	62	00:00:27	00:23:17	00:47:26	01:11:06	01:35:13	<b>01:40:14.60</b>	<b>01:40:41.70</b>	+00:32:15 (32.2%)	4:45	12.6 (67.7%)
168	<b>STASIAK Mirosław</b>	<b>691</b>	ROCKWELL AUTOMATION												
				M-30	75	00:00:06	00:22:43	00:46:49	01:11:15	01:35:39	<b>01:40:39.20</b>	<b>01:40:46.10</b>	+00:32:40 (32.5%)	4:46	12.6 (67.7%)
169	<b>SZOMBARA Michał</b>	<b>727</b>	ZAZDROŚĆ												
				M-30	74	00:00:24	00:24:13	00:48:30	01:12:12	01:35:35	<b>01:40:24.95</b>	<b>01:40:49.05</b>	+00:32:25 (32.3%)	4:45	12.6 (67.7%)
170	<b>HOMOTIUK Michał</b>	<b>259</b>													
				M-40	64	00:00:10	00:23:04	00:46:47	01:10:43	01:35:36	<b>01:40:42.00</b>	<b>01:40:52.00</b>	+00:32:42 (32.5%)	4:46	12.6 (67.7%)
171	<b>BICK Robert</b>	<b>44</b>	CZEMPJON TEAM												
				M-40	67	00:00:15	00:23:34	00:47:44	01:11:52	01:35:58	<b>01:40:51.00</b>	<b>01:41:06.10</b>	+00:32:51 (32.6%)	4:46	12.6 (67.7%)
172	<b>ODOSZEWSKI Roman</b>	<b>521</b>	OASIS SPORT TEAM												
				M-40	63	00:00:27	00:23:54	00:47:51	01:11:46	01:35:52	<b>01:40:38.60</b>	<b>01:41:06.55</b>	+00:32:39 (32.5%)	4:46	12.6 (67.7%)
173	<b>SKLORZ Marcin</b>	<b>656</b>													
				M-20	20	00:00:21	00:23:58	00:48:06	01:12:00	01:35:51	<b>01:40:46.60</b>	<b>01:41:07.85</b>	+00:32:47 (32.5%)	4:46	12.6 (67.7%)
174	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>511</b>													
				M-40	65	00:00:21	00:23:58	00:48:05	01:12:00	01:35:51	<b>01:40:46.95</b>	<b>01:41:08.20</b>	+00:32:47 (32.5%)	4:46	12.6 (67.7%)
175	<b>BROZYNA Magdalena</b>	<b>87</b>													
				K-20	3	00:00:36	00:23:45	00:47:22	01:11:16	01:35:32	<b>01:40:34.70</b>	<b>01:41:10.95</b>	+00:32:35 (32.4%)	4:45	12.6 (67.7%)
176	<b>BEŚKA Sławomir</b>	<b>37</b>													
				M-40	61	00:01:01	00:23:34	00:46:56	01:10:09	01:34:45	<b>01:40:11.80</b>	<b>01:41:13.40</b>	+00:32:12 (32.1%)	4:44	12.6 (67.7%)
177	<b>ŁOBKO Adam</b>	<b>423</b>	ŚLĘZAK TEAM												
				M-40	66	00:00:27	00:24:05	00:48:12	01:11:58	01:36:08	<b>01:40:48.60</b>	<b>01:41:16.45</b>	+00:32:49 (32.6%)	4:46	12.6 (67.7%)
178	<b>MŁYŃCZAK Piotr</b>	<b>479</b>	EUVIC GLIWICE												
				M-40	68	00:00:18	00:23:03	00:46:20	01:10:07	01:35:33	<b>01:41:02.90</b>	<b>01:41:21.00</b>	+00:33:03 (32.7%)	4:47	12.5 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
179	<b>OPIŁEK Marek</b>	<b>523</b>	EUVIC	M-30	77	00:00:07	00:21:43	00:45:24	01:09:40	01:35:44	<b>01:41:14.05</b>	<b>01:41:22.00</b>	+00:33:15 (32.8%)	4:47	12.5 (67.2%)
180	<b>MARYNIAK Piotr</b>	<b>450</b>	MIECHOWICKA GRUPA BIEGOWA	M-40	69	00:00:22	00:23:42	00:47:59	01:11:52	01:35:57	<b>01:41:05.85</b>	<b>01:41:28.60</b>	+00:33:06 (32.8%)	4:47	12.5 (67.2%)
181	<b>RAWŁUSZEWICZ Waldemar</b>	<b>606</b>		M-50	6	00:00:19	00:23:54	00:47:55	01:11:43	01:35:58	<b>01:41:15.65</b>	<b>01:41:34.85</b>	+00:33:16 (32.9%)	4:47	12.5 (67.2%)
182	<b>ZMEŁTY Leszek</b>	<b>873</b>	SKPB KATOWICE	M-30	76	00:00:39	00:24:48	00:49:25	01:12:57	01:36:28	<b>01:40:56.25</b>	<b>01:41:36.20</b>	+00:32:57 (32.6%)	4:47	12.5 (67.2%)
183	<b>KWIATKOWSKI Grzegorz</b>	<b>392</b>	I	M-40	70	00:00:24	00:22:59	00:46:35	01:10:56	01:36:10	<b>01:41:15.10</b>	<b>01:41:39.15</b>	+00:33:16 (32.9%)	4:47	12.5 (67.2%)
184	<b>MIECZNIKOWSKI Jacek</b>	<b>472</b>		M-40	72	00:00:11	00:23:14	00:47:12	01:11:39	01:36:25	<b>01:41:30.75</b>	<b>01:41:42.60</b>	+00:33:31 (33.0%)	4:48	12.5 (67.2%)
185	<b>SZCZUDLIŃSKI Dawid</b>	<b>719</b>	RUNTEAM PAWŁOWICE	M-20	21	00:00:18	00:22:29	00:45:47	01:09:52	01:36:25	<b>01:41:28.40</b>	<b>01:41:47.35</b>	+00:33:29 (33.0%)	4:48	12.5 (67.2%)
186	<b>TEICHMANN Norbert</b>	<b>744</b>		M-50	7	00:00:30	00:24:06	00:48:43	01:11:30	01:36:23	<b>01:41:22.90</b>	<b>01:41:53.40</b>	+00:33:23 (32.9%)	4:48	12.5 (67.2%)
187	<b>UJMA Michał</b>	<b>758</b>		M-30	78	00:00:13	00:23:09	00:46:43	01:10:51	01:36:25	<b>01:41:43.75</b>	<b>01:41:56.95</b>	+00:33:44 (33.2%)	4:49	12.4 (66.7%)
188	<b>BISKUP Anna</b>	<b>54</b>	STS BIEGATON MIKOŁÓW - KIA ETRANS	K-40	3	00:00:15	00:23:24	00:47:35	01:11:43	01:36:24	<b>01:41:43.65</b>	<b>01:41:58.80</b>	+00:33:44 (33.2%)	4:49	12.4 (66.7%)
189	<b>PACUŁA Piotr</b>	<b>535</b>	OPEL ACTIVE TEAM	M-50	8	00:00:01	00:23:39	00:47:50	01:11:56	01:36:36	<b>01:41:58.60</b>	<b>01:41:59.95</b>	+00:33:59 (33.3%)	4:49	12.4 (66.7%)
190	<b>ZABRZAŃSKI Alfred</b>	<b>933</b>	PARKRUN CHRZANÓW	M-60	1	00:00:05	00:23:44	00:48:10	01:12:11	01:36:55	<b>01:42:01.30</b>	<b>01:42:06.90</b>	+00:34:02 (33.4%)	4:50	12.4 (66.7%)
191	<b>SUTKOWSKI Jan</b>	<b>708</b>	GWARDZIŚCI	M-30	79	00:00:26	00:23:22	00:47:08	01:11:05	01:36:28	<b>01:41:47.45</b>	<b>01:42:14.25</b>	+00:33:48 (33.2%)	4:49	12.4 (66.7%)
192	<b>PARUZEL Ireneusz</b>	<b>546</b>	ZABIEGANI NAUCZYCIELE	M-40	73	00:00:30	00:23:57	00:47:47	01:11:51	01:36:33	<b>01:41:43.70</b>	<b>01:42:14.55</b>	+00:33:44 (33.2%)	4:49	12.4 (66.7%)
193	<b>JAMIESON DOHERTY Maria</b>	<b>270</b>		K-50	1	00:00:14	00:22:58	00:46:35	01:11:09	01:36:47	<b>01:42:00.70</b>	<b>01:42:14.75</b>	+00:34:01 (33.4%)	4:50	12.4 (66.7%)
194	<b>KOZIARSKI Maciek</b>	<b>355</b>		M-30	80	00:00:23	00:24:34	00:48:54	01:12:36	01:36:48	<b>01:41:52.90</b>	<b>01:42:16.50</b>	+00:33:53 (33.3%)	4:49	12.4 (66.7%)
195	<b>JASIŃSKI Damian</b>	<b>279</b>	SESTAL	M-40	71	00:00:54	00:24:27	00:48:49	01:12:43	01:36:44	<b>01:41:28.10</b>	<b>01:42:22.55</b>	+00:33:29 (33.0%)	4:48	12.5 (67.2%)
196	<b>WOŹNICA Adrian</b>	<b>816</b>	GRUPA NOMAX	M-30	82	00:00:26	00:24:48	00:49:39	01:13:29	01:36:58	<b>01:41:58.25</b>	<b>01:42:24.45</b>	+00:33:59 (33.3%)	4:49	12.4 (66.7%)
197	<b>KUBICA Gerard</b>	<b>912</b>		M-50	9	00:00:23	00:24:42	00:48:46	01:12:22	01:36:56	<b>01:42:02.40</b>	<b>01:42:26.05</b>	+00:34:03 (33.4%)	4:50	12.4 (66.7%)
198	<b>BANAŚ Mateusz</b>	<b>22</b>	MOMO RESTAURANT & COCKTAIL BAR	M-30	81	00:00:37	00:24:09	00:48:30	01:12:28	01:36:42	<b>01:41:53.15</b>	<b>01:42:30.60</b>	+00:33:54 (33.3%)	4:49	12.4 (66.7%)
199	<b>BICZYSKI Paweł</b>	<b>45</b>	PSYCHONAUICI	M-30	86	00:00:06	00:22:08	00:46:20	01:11:12	01:36:59	<b>01:42:24.05</b>	<b>01:42:30.95</b>	+00:34:25 (33.6%)	4:51	12.4 (66.7%)
200	<b>KRAKOWCZYK Adam</b>	<b>360</b>	NIGHT RUNNERS GLIWICE	M-40	74	00:00:29	00:24:13	00:48:24	01:12:29	01:36:56	<b>01:42:03.75</b>	<b>01:42:33.20</b>	+00:34:04 (33.4%)	4:50	12.4 (66.7%)
201	<b>KRAJEWSKI Radosław</b>	<b>358</b>		M-30	84	00:00:18	00:23:40	00:48:05	01:12:19	01:37:20	<b>01:42:19.30</b>	<b>01:42:38.25</b>	+00:34:20 (33.6%)	4:50	12.4 (66.7%)
202	<b>KULPA Marek</b>	<b>379</b>	4QM	M-30	83	00:00:24	00:24:05	00:48:21	01:12:39	01:37:21	<b>01:42:14.65</b>	<b>01:42:38.85</b>	+00:34:15 (33.5%)	4:50	12.4 (66.7%)
203	<b>LOSKA Tomasz</b>	<b>413</b>	GONG!	M-20	22	00:00:30	00:24:44	00:49:49	01:13:24	01:37:28	<b>01:42:10.85</b>	<b>01:42:40.85</b>	+00:34:11 (33.5%)	4:50	12.4 (66.7%)
204	<b>ŁAKOMY Piotr</b>	<b>418</b>		M-50	10	00:00:33	00:23:50	00:48:05	01:12:17	01:37:01	<b>01:42:10.45</b>	<b>01:42:44.20</b>	+00:34:11 (33.5%)	4:50	12.4 (66.7%)
205	<b>WASIK Marcin</b>	<b>773</b>		M-40	77	00:00:23	00:23:34	00:47:52	01:12:04	01:37:08	<b>01:42:24.70</b>	<b>01:42:47.70</b>	+00:34:25 (33.6%)	4:51	12.4 (66.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
206	WILK Krzysztof	794	AMATOR	M-40	76	00:00:24	00:24:31	00:48:58	01:12:58	01:37:21	<b>01:42:23.40</b>	<b>01:42:47.90</b>	+00:34:24 (33.6%)	4:51	12.4 (66.7%)
207	WÓJCIK Rafał	820		M-30	89	00:00:17	00:23:32	00:47:47	01:12:21	01:37:32	<b>01:42:33.85</b>	<b>01:42:51.30</b>	+00:34:34 (33.7%)	4:51	12.3 (66.1%)
208	MOKRZYCKI Patryk	482	SAINT-GOBAIN SQUAD	M-40	81	00:00:12	00:23:13	00:47:44	01:12:51	01:37:36	<b>01:42:41.55</b>	<b>01:42:54.00</b>	+00:34:42 (33.8%)	4:52	12.3 (66.1%)
209	SZWAJNOCH Piotr	902		M-40	83	00:00:08	00:23:18	00:47:43	01:12:42	01:37:56	<b>01:42:47.45</b>	<b>01:42:56.25</b>	+00:34:48 (33.9%)	4:52	12.3 (66.1%)
210	TOMCZAK Mariusz	754	GWARZDIŚCI	M-30	88	00:00:26	00:24:03	00:48:30	01:12:24	01:37:16	<b>01:42:31.10</b>	<b>01:42:57.90</b>	+00:34:32 (33.7%)	4:51	12.3 (66.1%)
211	PRYSZCZ Mirosław	590		M-40	79	00:00:19	00:23:52	00:48:13	01:12:30	01:37:22	<b>01:42:38.70</b>	<b>01:42:58.65</b>	+00:34:39 (33.8%)	4:51	12.3 (66.1%)
212	CHEJDYS Krystian	101	KAC RUNNERS	M-30	85	00:00:34	00:23:44	00:47:45	01:11:39	01:37:01	<b>01:42:23.90</b>	<b>01:42:58.75</b>	+00:34:24 (33.6%)	4:51	12.4 (66.7%)
213	MUSIAŁ Andrzej	488		M-40	75	00:00:52	00:24:21	00:48:31	01:12:38	01:37:04	<b>01:42:07.60</b>	<b>01:42:59.80</b>	+00:34:08 (33.4%)	4:50	12.4 (66.7%)
214	GĄSZCZYK Grzegorz	200		M-40	82	00:00:14	00:23:09	00:46:42	01:11:46	01:37:34	<b>01:42:46.95</b>	<b>01:43:01.25</b>	+00:34:47 (33.9%)	4:52	12.3 (66.1%)
215	DZIERWA Marcin	164	NOWA HUTA TEAM	M-30	91	00:00:14	00:23:08	00:46:41	01:11:45	01:37:32	<b>01:42:47.30</b>	<b>01:43:01.55</b>	+00:34:48 (33.9%)	4:52	12.3 (66.1%)
216	JAWOREK Jacek	280	JBC TEAM	M-30	87	00:00:33	00:24:12	00:48:20	01:12:22	01:37:09	<b>01:42:29.10</b>	<b>01:43:02.50</b>	+00:34:30 (33.7%)	4:51	12.4 (66.7%)
217	POPIEL-KRUK Aleksandra	914		K-40	4	00:00:13	00:23:19	00:47:49	01:12:22	01:37:36	<b>01:42:51.30</b>	<b>01:43:04.70</b>	+00:34:52 (33.9%)	4:52	12.3 (66.1%)
218	DANIŁOWSKI Tomasz	142	PARKRUN KATOWICE	M-40	84	00:00:13	00:22:55	00:46:44	01:11:23	01:37:32	<b>01:43:00.70</b>	<b>01:43:14.55</b>	+00:35:01 (34.0%)	4:52	12.3 (66.1%)
219	SOWA Andrzej	680		M-30	92	00:00:20	00:23:35	00:48:02	01:12:24	01:37:45	<b>01:42:57.20</b>	<b>01:43:17.45</b>	+00:34:58 (34.0%)	4:52	12.3 (66.1%)
220	ORLIK Jerzy	525		M-50	13	00:00:04	00:23:36	00:48:02	01:12:40	01:38:02	<b>01:43:19.05</b>	<b>01:43:23.75</b>	+00:35:20 (34.2%)	4:53	12.3 (66.1%)
221	WENGLORZ Marcin	778	TBF	M-20	25	00:00:25	00:23:01	00:47:25	01:12:06	01:37:34	<b>01:43:00.20</b>	<b>01:43:25.95</b>	+00:35:01 (34.0%)	4:52	12.3 (66.1%)
222	KAZANA Grzegorz	316		M-20	24	00:00:27	00:23:45	00:47:59	01:12:12	01:37:31	<b>01:42:59.85</b>	<b>01:43:27.45</b>	+00:35:00 (34.0%)	4:52	12.3 (66.1%)
223	DOMŻALSKI Jakub	150		M-30	95	00:00:12	00:23:15	00:47:28	01:12:02	01:37:51	<b>01:43:23.95</b>	<b>01:43:36.30</b>	+00:35:24 (34.3%)	4:54	12.2 (65.6%)
224	JABŁOŃSKI Łukasz	265	FIS-SST TEAM / UNISONO	M-20	26	00:00:31	00:24:27	00:48:56	01:13:14	01:37:54	<b>01:43:06.55</b>	<b>01:43:37.95</b>	+00:35:07 (34.1%)	4:53	12.3 (66.1%)
225	BORYCZKA Dawid	76		M-20	23	00:00:39	00:25:14	00:50:42	01:14:03	01:37:59	<b>01:42:59.40</b>	<b>01:43:38.65</b>	+00:35:00 (34.0%)	4:52	12.3 (66.1%)
226	GAWEŁKO Janusz	197		M-50	12	00:00:26	00:24:20	00:48:51	01:13:23	01:38:06	<b>01:43:13.05</b>	<b>01:43:39.90</b>	+00:35:14 (34.1%)	4:53	12.3 (66.1%)
227	SZYMIK Michał	737		M-40	86	00:00:11	00:23:04	00:47:37	01:12:48	01:38:07	<b>01:43:28.80</b>	<b>01:43:40.15</b>	+00:35:29 (34.3%)	4:54	12.2 (65.6%)
228	CZAUDERNA Adrian	868	OCHAJORUN & FRIENDS	M-40	78	00:01:13	00:24:51	00:48:49	01:12:48	01:37:18	<b>01:42:27.10</b>	<b>01:43:40.45</b>	+00:34:28 (33.6%)	4:51	12.4 (66.7%)
229	ANDRACZEK Bartosz	920		M-40	80	00:01:07	00:24:15	00:47:54	01:11:57	01:37:14	<b>01:42:39.50</b>	<b>01:43:46.95</b>	+00:34:40 (33.8%)	4:51	12.3 (66.1%)
230	WOMELA Maciej	813		M-30	90	00:01:09	00:24:15	00:47:52	01:11:55	01:37:13	<b>01:42:39.60</b>	<b>01:43:48.85</b>	+00:34:40 (33.8%)	4:51	12.3 (66.1%)
231	UBDA Łukasz	757	MDM NT TEAM	M-30	99	00:00:05	00:20:53	00:45:21	01:10:07	01:37:46	<b>01:43:44.25</b>	<b>01:43:50.00</b>	+00:35:45 (34.5%)	4:55	12.2 (65.6%)
232	SZOSTAK Anna	728		K-20	4	00:00:16	00:22:54	00:46:15	01:10:12	01:38:27	<b>01:43:37.30</b>	<b>01:43:53.75</b>	+00:35:38 (34.4%)	4:54	12.2 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
233	<b>BŁOŃSKA Monika</b>	<b>62</b>		K-30	4	00:00:25	00:24:23	00:48:58	01:13:43	01:38:39	<b>01:43:29.80</b>	<b>01:43:54.95</b>	+00:35:30 (34.3%)	4:54	12.2 (65.6%)
234	<b>BEDNAREK Martin</b>	<b>32</b>	TKKF SZCZYGŁOWICE	M-20	27	00:00:14	00:24:02	00:48:24	01:12:14	01:37:51	<b>01:43:46.00</b>	<b>01:44:00.30</b>	+00:35:46 (34.5%)	4:55	12.2 (65.6%)
235	<b>ŁATKA Łukasz</b>	<b>421</b>		M-30	93	00:00:57	00:24:32	00:49:03	01:13:15	01:38:00	<b>01:43:06.90</b>	<b>01:44:04.70</b>	+00:35:07 (34.1%)	4:53	12.3 (66.1%)
236	<b>TŁOŁKA Michał</b>	<b>751</b>		M-30	97	00:00:29	00:24:57	00:50:06	01:14:47	01:38:55	<b>01:43:37.00</b>	<b>01:44:06.85</b>	+00:35:37 (34.4%)	4:54	12.2 (65.6%)
237	<b>MAY-MAJEWSKI Michał</b>	<b>457</b>		M-30	96	00:00:30	00:24:55	00:50:05	01:14:46	01:38:54	<b>01:43:36.95</b>	<b>01:44:07.60</b>	+00:35:37 (34.4%)	4:54	12.2 (65.6%)
237	<b>BIELA Rafał</b>	<b>50</b>		M-30	98	00:00:29	00:24:57	00:50:06	01:14:48	01:38:55	<b>01:43:38.15</b>	<b>01:44:07.60</b>	+00:35:39 (34.4%)	4:54	12.2 (65.6%)
239	<b>PALEWICZ Wojciech</b>	<b>538</b>	DENTYSTAZGLIWIC.PL	M-30	100	00:00:26	00:24:17	00:48:54	01:13:40	01:38:38	<b>01:43:48.65</b>	<b>01:44:15.15</b>	+00:35:49 (34.5%)	4:55	12.2 (65.6%)
240	<b>ZABORSKI Beniamin</b>	<b>831</b>		M-30	104	00:00:09	00:24:27	00:49:28	01:14:04	01:39:08	<b>01:44:13.75</b>	<b>01:44:23.45</b>	+00:36:14 (34.8%)	4:56	12.1 (65.1%)
241	<b>MALEC Arkadiusz</b>	<b>438</b>		M-30	94	00:01:10	00:24:11	00:49:04	01:13:24	01:38:03	<b>01:43:16.55</b>	<b>01:44:27.00</b>	+00:35:17 (34.2%)	4:53	12.3 (66.1%)
242	<b>SIERADZKI Dariusz</b>	<b>650</b>	BIEGAJ Z TRENERAMI	M-30	103	00:00:22	00:24:51	00:49:42	01:15:06	01:39:22	<b>01:44:07.40</b>	<b>01:44:30.30</b>	+00:36:08 (34.7%)	4:56	12.2 (65.6%)
243	<b>BAJOREK Dawid</b>	<b>18</b>		M-20	28	00:00:27	00:23:37	00:48:19	01:13:03	01:38:55	<b>01:44:07.10</b>	<b>01:44:34.25</b>	+00:36:08 (34.7%)	4:56	12.2 (65.6%)
244	<b>SEKIENDA Grzegorz</b>	<b>643</b>		M-40	87	00:00:23	00:24:07	00:48:33	01:13:33	01:39:00	<b>01:44:13.40</b>	<b>01:44:36.55</b>	+00:36:14 (34.8%)	4:56	12.1 (65.1%)
245	<b>LASICZ Aleksandra</b>	<b>398</b>		K-40	5	00:00:37	00:24:34	00:49:09	01:13:52	01:38:59	<b>01:44:01.90</b>	<b>01:44:39.60</b>	+00:36:02 (34.7%)	4:55	12.2 (65.6%)
246	<b>FIGIEL Ewa</b>	<b>890</b>		K-40	6	00:00:26	00:24:17	00:48:54	01:13:41	01:38:58	<b>01:44:14.20</b>	<b>01:44:40.75</b>	+00:36:15 (34.8%)	4:56	12.1 (65.1%)
247	<b>KOLOCH Michał</b>	<b>909</b>		M-30	102	00:00:38	00:24:41	00:49:32	01:13:55	01:39:01	<b>01:44:06.70</b>	<b>01:44:44.75</b>	+00:36:07 (34.7%)	4:56	12.2 (65.6%)
248	<b>MACYSZYN Waldemar</b>	<b>428</b>		M-50	14	00:00:18	00:23:07	00:46:44	01:12:08	01:39:02	<b>01:44:34.65</b>	<b>01:44:52.70</b>	+00:36:35 (35.0%)	4:57	12.1 (65.1%)
249	<b>LASKOWSKI Sebastian</b>	<b>927</b>		M-40	85	00:01:30	00:27:21	00:53:41	01:15:39	01:38:26	<b>01:43:27.90</b>	<b>01:44:58.85</b>	+00:35:28 (34.3%)	4:54	12.2 (65.6%)
250	<b>ZYMELA Dawid</b>	<b>853</b>		M-30	107	00:00:27	00:24:48	00:49:52	01:14:51	01:39:48	<b>01:44:32.65</b>	<b>01:44:59.95</b>	+00:36:33 (35.0%)	4:57	12.1 (65.1%)
251	<b>SZUŚCIK Piotr</b>	<b>733</b>	OPEL ACTIVE TEAM	M-50	11	00:01:49	00:24:42	00:48:50	01:12:59	01:37:59	<b>01:43:11.50</b>	<b>01:45:01.35</b>	+00:35:12 (34.1%)	4:53	12.3 (66.1%)
252	<b>GIEMZA Armin</b>	<b>205</b>		M-20	29	00:00:35	00:24:38	00:49:29	01:14:54	01:39:19	<b>01:44:27.15</b>	<b>01:45:02.35</b>	+00:36:28 (34.9%)	4:57	12.1 (65.1%)
253	<b>BUCZYŃSKI Radosław</b>	<b>92</b>	NIGHT RUNNERS GLIWICE	M-30	105	00:00:42	00:24:16	00:48:45	01:13:29	01:38:59	<b>01:44:20.40</b>	<b>01:45:03.25</b>	+00:36:21 (34.8%)	4:56	12.1 (65.1%)
254	<b>ROSADA Zdzisław</b>	<b>612</b>		M-60	2	00:00:25	00:24:45	00:49:37	01:14:07	01:39:21	<b>01:44:43.10</b>	<b>01:45:08.35</b>	+00:36:44 (35.1%)	4:57	12.1 (65.1%)
255	<b>JANECZEK Marek</b>	<b>272</b>		M-40	88	00:00:46	00:24:53	00:49:22	01:14:45	01:39:19	<b>01:44:26.90</b>	<b>01:45:13.15</b>	+00:36:27 (34.9%)	4:57	12.1 (65.1%)
256	<b>STOJAK Paweł</b>	<b>699</b>		M-30	106	00:00:46	00:23:56	00:48:33	01:13:44	01:38:59	<b>01:44:29.35</b>	<b>01:45:15.60</b>	+00:36:30 (34.9%)	4:57	12.1 (65.1%)
257	<b>JANIKOWSKI Michał</b>	<b>865</b>	ASSECO ACTIVE TEAM	M-40	90	00:00:14	00:23:49	00:48:40	01:13:51	01:39:33	<b>01:45:01.20</b>	<b>01:45:15.85</b>	+00:37:02 (35.3%)	4:58	12.1 (65.1%)
258	<b>MALOK Mateusz</b>	<b>439</b>		M-40	89	00:00:40	00:24:52	00:49:49	01:14:19	01:39:16	<b>01:44:36.05</b>	<b>01:45:16.45</b>	+00:36:37 (35.0%)	4:57	12.1 (65.1%)
259	<b>BOCHEŃSKA Agnieszka</b>	<b>63</b>	MOMO RESTAURANT & COCKTAIL BAR	K-30	5	00:00:17	00:24:04	00:48:53	01:14:02	01:39:54	<b>01:45:03.25</b>	<b>01:45:20.90</b>	+00:37:04 (35.3%)	4:58	12.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
260	<b>GÓRALEWSKI Rafał</b>	<b>899</b>		M-20	33	00:00:09	00:23:37	00:48:02	01:13:02	01:39:38	<b>01:45:11.85</b>	<b>01:45:21.40</b>	+00:37:12 (35.4%)	4:59	12 (64.5%)
261	<b>RUDNICKI Kamil</b>	<b>619</b>	MYSZKÓW BIEGA	M-20	31	00:00:28	00:24:20	00:49:24	01:14:37	01:39:49	<b>01:44:58.85</b>	<b>01:45:27.70</b>	+00:36:59 (35.2%)	4:58	12.1 (65.1%)
262	<b>DROZD Grzegorz</b>	<b>153</b>		M-20	30	00:00:32	00:23:52	00:48:27	01:13:49	01:39:37	<b>01:44:55.20</b>	<b>01:45:28.15</b>	+00:36:56 (35.2%)	4:58	12.1 (65.1%)
263	<b>GROCHOWSKA Anna</b>	<b>231</b>		K-30	6	00:00:23	00:24:06	00:48:48	01:14:02	01:39:56	<b>01:45:06.35</b>	<b>01:45:30.30</b>	+00:37:07 (35.3%)	4:58	12 (64.5%)
264	<b>GAŁKA Maciej</b>	<b>191</b>		M-30	101	00:01:30	00:24:44	00:48:49	01:14:01	01:38:54	<b>01:44:00.55</b>	<b>01:45:30.55</b>	+00:36:01 (34.6%)	4:55	12.2 (65.6%)
264	<b>ZIOBER Grzegorz</b>	<b>851</b>	SPARTA PLATFUS	M-30	108	00:00:34	00:26:24	00:52:25	01:16:16	01:40:11	<b>01:44:55.70</b>	<b>01:45:30.55</b>	+00:36:56 (35.2%)	4:58	12.1 (65.1%)
266	<b>RUSZCZYK Marek</b>	<b>621</b>		M-40	95	00:00:15	00:24:58	00:49:53	01:15:02	01:40:08	<b>01:45:16.15</b>	<b>01:45:31.15</b>	+00:37:17 (35.4%)	4:59	12 (64.5%)
267	<b>ZAJDEL Dariusz</b>	<b>834</b>	ZAWADZKIE BIEGNIE	M-50	15	00:00:26	00:24:51	00:49:48	01:15:06	01:40:00	<b>01:45:07.70</b>	<b>01:45:33.95</b>	+00:37:08 (35.3%)	4:58	12 (64.5%)
268	<b>MICHALSKI Bartosz</b>	<b>468</b>	ABM	M-40	91	00:00:31	00:24:42	00:49:35	01:14:58	01:39:53	<b>01:45:03.80</b>	<b>01:45:35.25</b>	+00:37:04 (35.3%)	4:58	12 (64.5%)
269	<b>WEBER Tomasz</b>	<b>777</b>		M-20	32	00:00:27	00:24:28	00:49:34	01:15:00	01:39:56	<b>01:45:07.95</b>	<b>01:45:35.40</b>	+00:37:08 (35.3%)	4:58	12 (64.5%)
270	<b>KLIMAS Adam</b>	<b>322</b>		M-30	109	00:00:31	00:24:17	00:49:02	01:13:49	01:39:47	<b>01:45:04.75</b>	<b>01:45:35.85</b>	+00:37:05 (35.3%)	4:58	12 (64.5%)
271	<b>MACZUGA Bartłomiej</b>	<b>430</b>	PACEMAKER	M-30	110	00:00:22	00:24:50	00:49:42	01:15:07	01:40:01	<b>01:45:14.25</b>	<b>01:45:36.85</b>	+00:37:15 (35.4%)	4:59	12 (64.5%)
272	<b>HILASZEK Agata</b>	<b>256</b>	PACEMAKER	K-20	5	00:00:21	00:24:51	00:49:43	01:15:07	01:40:02	<b>01:45:15.35</b>	<b>01:45:37.00</b>	+00:37:16 (35.4%)	4:59	12 (64.5%)
273	<b>TRACZUK Marek</b>	<b>755</b>		M-40	94	00:00:24	00:24:49	00:49:41	01:15:06	01:39:59	<b>01:45:13.20</b>	<b>01:45:37.30</b>	+00:37:14 (35.4%)	4:59	12 (64.5%)
274	<b>ŁAKOMSKI Piotr</b>	<b>417</b>		M-40	92	00:00:28	00:24:21	00:49:22	01:14:51	01:39:55	<b>01:45:09.45</b>	<b>01:45:38.35</b>	+00:37:10 (35.4%)	4:59	12 (64.5%)
275	<b>HAIDA Marcin</b>	<b>250</b>		M-40	96	00:00:00	00:23:47	00:49:07	01:14:36	01:40:24	<b>01:45:40.70</b>	<b>01:45:40.70</b>	+00:37:41 (35.7%)	5:00	12 (64.5%)
276	<b>WOLSKA Agata</b>	<b>812</b>	GDÓW PROUD RUNNERS	K-30	7	00:00:22	00:24:22	00:49:10	01:14:08	01:40:00	<b>01:45:20.10</b>	<b>01:45:42.55</b>	+00:37:21 (35.5%)	4:59	12 (64.5%)
277	<b>SEROCKI Michał</b>	<b>645</b>		M-30	111	00:00:37	00:24:51	00:49:59	01:14:53	01:39:58	<b>01:45:14.45</b>	<b>01:45:51.50</b>	+00:37:15 (35.4%)	4:59	12 (64.5%)
278	<b>KLAPETEK Jacek</b>	<b>318</b>	ŠKK GOLIAT	M-40	93	00:00:40	00:24:58	00:49:49	01:14:49	01:39:44	<b>01:45:11.20</b>	<b>01:45:51.95</b>	+00:37:12 (35.4%)	4:59	12 (64.5%)
279	<b>RYGOL Daniel</b>	<b>628</b>	GIBKE GIZDY	M-20	35	00:00:25	00:23:57	00:48:42	01:14:05	01:40:01	<b>01:45:30.15</b>	<b>01:45:55.60</b>	+00:37:31 (35.6%)	5:00	12 (64.5%)
280	<b>WIETRZYCKI Mariusz</b>	<b>787</b>	BIEGAJ Z TRENERAMI	M-30	112	00:00:43	00:25:14	00:50:31	01:14:48	01:39:54	<b>01:45:16.00</b>	<b>01:45:59.25</b>	+00:37:16 (35.4%)	4:59	12 (64.5%)
281	<b>PANZ Krzysztof</b>	<b>545</b>		M-30	114	00:00:14	00:23:10	00:48:01	01:13:27	01:40:18	<b>01:45:44.80</b>	<b>01:45:59.45</b>	+00:37:45 (35.7%)	5:00	12 (64.5%)
282	<b>NITARSKI Patryk</b>	<b>508</b>	NR	M-30	113	00:00:24	00:24:45	00:49:37	01:15:00	01:40:05	<b>01:45:42.40</b>	<b>01:46:07.35</b>	+00:37:43 (35.7%)	5:00	12 (64.5%)
283	<b>SMYK Robert</b>	<b>672</b>	PACEMAKER	M-40	97	00:00:21	00:24:49	00:49:40	01:15:03	01:40:02	<b>01:45:45.50</b>	<b>01:46:07.45</b>	+00:37:46 (35.7%)	5:00	12 (64.5%)
284	<b>TELER Marcin</b>	<b>894</b>		M-30	116	00:00:23	00:23:42	00:48:06	01:13:04	01:39:54	<b>01:45:49.10</b>	<b>01:46:12.50</b>	+00:37:50 (35.8%)	5:00	12 (64.5%)
285	<b>KNOP Łukasz</b>	<b>325</b>		M-20	34	00:00:56	00:25:29	00:51:13	01:15:41	01:40:15	<b>01:45:20.45</b>	<b>01:46:16.80</b>	+00:37:21 (35.5%)	4:59	12 (64.5%)
286	<b>BERGER Jerzy</b>	<b>945</b>		M-50	16	00:00:26	00:24:45	00:49:39	01:15:03	01:40:44	<b>01:46:13.20</b>	<b>01:46:39.70</b>	+00:38:14 (36.0%)	5:02	11.9 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
287	<b>GŁAZOWSKI Gabriel</b>	<b>941</b>	GŁAZOWSKI I ŁYCZKO	M-20	36	00:00:22	00:24:53	00:50:07	01:15:19	01:41:01	<b>01:46:21.25</b>	<b>01:46:44.00</b>	+00:38:22 (36.1%)	5:02	11.9 (64.0%)
288	<b>GARBACZ Damian</b>	<b>193</b>		M-30	119	00:00:21	00:24:09	00:49:03	01:14:50	01:40:52	<b>01:46:24.55</b>	<b>01:46:45.60</b>	+00:38:25 (36.1%)	5:02	11.9 (64.0%)
289	<b>SIELSKA Joanna</b>	<b>646</b>	OPEL ACTIVE TEAM	K-40	8	00:00:13	00:24:16	00:49:18	01:15:01	01:41:15	<b>01:46:33.40</b>	<b>01:46:47.10</b>	+00:38:34 (36.2%)	5:03	11.9 (64.0%)
290	<b>GRZESIKIEWICZ Mariusz</b>	<b>246</b>		M-30	122	00:00:14	00:25:01	00:50:04	01:15:16	01:41:03	<b>01:46:33.40</b>	<b>01:46:47.45</b>	+00:38:34 (36.2%)	5:02	11.9 (64.0%)
291	<b>SOŁTYSEK-GRZESZKIEWICZ Anna</b>	<b>617</b>	TORCIDA GLIWICE	K-30	8	00:00:14	00:25:01	00:50:04	01:15:16	01:41:03	<b>01:46:32.85</b>	<b>01:46:47.70</b>	+00:38:33 (36.2%)	5:02	11.9 (64.0%)
292	<b>GRABOWSKA Joanna</b>	<b>879</b>		K-40	7	00:00:27	00:24:47	00:49:46	01:15:11	01:41:09	<b>01:46:22.55</b>	<b>01:46:49.70</b>	+00:38:23 (36.1%)	5:02	11.9 (64.0%)
293	<b>PIETRZAK Marcin</b>	<b>564</b>		M-40	100	00:00:17	00:24:56	00:49:47	01:15:07	01:41:01	<b>01:46:32.20</b>	<b>01:46:49.90</b>	+00:38:33 (36.2%)	5:02	11.9 (64.0%)
294	<b>ROŻEK Jacek</b>	<b>616</b>	WĘGLOHUT TEAM	M-30	118	00:00:49	00:25:36	00:51:55	01:17:22	01:41:15	<b>01:46:02.35</b>	<b>01:46:51.40</b>	+00:38:03 (35.9%)	5:01	11.9 (64.0%)
295	<b>BOGACZ Paweł</b>	<b>66</b>	JAGODA TEAM	M-30	120	00:00:23	00:24:49	00:49:40	01:15:06	01:40:57	<b>01:46:31.45</b>	<b>01:46:54.90</b>	+00:38:32 (36.2%)	5:02	11.9 (64.0%)
296	<b>JERZYK Andrzej</b>	<b>282</b>		M-30	121	00:00:23	00:23:40	00:48:58	01:14:26	01:41:08	<b>01:46:31.50</b>	<b>01:46:55.05</b>	+00:38:32 (36.2%)	5:02	11.9 (64.0%)
297	<b>BROLL Rafał</b>	<b>84</b>		M-40	98	00:00:40	00:25:14	00:50:48	01:15:33	01:40:55	<b>01:46:15.45</b>	<b>01:46:55.80</b>	+00:38:16 (36.0%)	5:02	11.9 (64.0%)
298	<b>FILARSKI Michał</b>	<b>172</b>		M-40	101	00:00:16	00:25:21	00:50:50	01:15:56	01:41:20	<b>01:46:43.50</b>	<b>01:46:59.75</b>	+00:38:44 (36.3%)	5:03	11.9 (64.0%)
299	<b>DZIECIĄTKOWSKI Jarosław</b>	<b>162</b>	OPEL ACTIVE TEAM	M-40	99	00:00:35	00:24:27	00:49:26	01:14:26	01:40:57	<b>01:46:25.70</b>	<b>01:47:01.50</b>	+00:38:26 (36.1%)	5:02	11.9 (64.0%)
300	<b>WÓJCIK Tomasz</b>	<b>821</b>	FDG S.A.	M-30	115	00:01:20	00:24:53	00:49:50	01:14:56	01:40:24	<b>01:45:46.25</b>	<b>01:47:07.10</b>	+00:37:47 (35.7%)	5:00	12 (64.5%)
301	<b>GÓRSKA Marzena</b>	<b>889</b>		K-40	9	00:00:16	00:24:58	00:50:10	01:15:21	01:41:28	<b>01:47:01.90</b>	<b>01:47:18.30</b>	+00:39:02 (36.5%)	5:04	11.8 (63.4%)
302	<b>BEHRENDT Bartek</b>	<b>34</b>	NIGHT RUNNERS GLIWICE	M-50	17	00:01:02	00:26:03	00:50:48	01:15:36	01:40:54	<b>01:46:19.40</b>	<b>01:47:21.40</b>	+00:38:20 (36.1%)	5:02	11.9 (64.0%)
303	<b>DOMAŃSKI Marcin</b>	<b>149</b>	RUNNINGFISH74	M-40	104	00:00:26	00:24:18	00:49:23	01:14:43	01:41:28	<b>01:47:07.05</b>	<b>01:47:33.10</b>	+00:39:08 (36.5%)	5:04	11.8 (63.4%)
304	<b>BOREK Dariusz</b>	<b>72</b>	MYSZKÓW BIEGA	M-40	106	00:00:22	00:24:49	00:49:43	01:15:10	01:41:39	<b>01:47:11.35</b>	<b>01:47:33.75</b>	+00:39:12 (36.6%)	5:04	11.8 (63.4%)
305	<b>PRZYBYLSKI Mariusz</b>	<b>595</b>		M-40	102	00:00:50	00:25:15	00:50:56	01:16:38	01:41:44	<b>01:46:44.95</b>	<b>01:47:35.45</b>	+00:38:45 (36.3%)	5:03	11.9 (64.0%)
306	<b>LUBICKI Wojciech</b>	<b>414</b>		M-50	18	00:00:24	00:24:49	00:49:55	01:15:23	01:41:41	<b>01:47:11.75</b>	<b>01:47:36.55</b>	+00:39:12 (36.6%)	5:04	11.8 (63.4%)
307	<b>UZDRZYCHOWSKI Maciej</b>	<b>766</b>	BOLDARE	M-20	38	00:00:13	00:23:40	00:49:09	01:14:35	01:41:56	<b>01:47:23.70</b>	<b>01:47:37.25</b>	+00:39:24 (36.7%)	5:05	11.8 (63.4%)
308	<b>GANCARZ Maciej</b>	<b>192</b>	MUSTANGI GLIWICE	M-40	108	00:00:24	00:24:23	00:50:02	01:15:24	01:41:48	<b>01:47:14.05</b>	<b>01:47:38.95</b>	+00:39:15 (36.6%)	5:04	11.8 (63.4%)
308	<b>KLEPACKA-GANCARZ Barbara</b>	<b>320</b>	MUSTANGI GLIWICE	K-40	10	00:00:24	00:24:23	00:50:02	01:15:25	01:41:48	<b>01:47:14.40</b>	<b>01:47:38.95</b>	+00:39:15 (36.6%)	5:04	11.8 (63.4%)
310	<b>JURCZYGA Maciej</b>	<b>289</b>		M-30	117	00:01:40	00:25:54	00:51:24	01:15:56	01:41:07	<b>01:46:00.45</b>	<b>01:47:40.80</b>	+00:38:01 (35.9%)	5:01	11.9 (64.0%)
311	<b>SMUDA Andrzej</b>	<b>670</b>	AKMB PĘDZIWIATR GLIWICE	M-40	103	00:00:48	00:25:47	00:51:12	01:16:49	01:41:50	<b>01:46:56.10</b>	<b>01:47:44.75</b>	+00:38:57 (36.4%)	5:04	11.8 (63.4%)
312	<b>STALICA Wojciech</b>	<b>685</b>		M-40	107	00:00:36	00:24:50	00:50:20	01:15:38	01:41:34	<b>01:47:12.40</b>	<b>01:47:49.35</b>	+00:39:13 (36.6%)	5:04	11.8 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
313	WILSZ Adam	798	FIS-SST TEAM	M-40	110	00:00:28	00:24:46	00:50:32	01:15:57	01:41:51	<b>01:47:22.75</b>	<b>01:47:51.10</b>	+00:39:23 (36.7%)	5:05	11.8 (63.4%)
314	GARYGA Łukasz	196	RUNHOGS TYCHY	M-30	130	00:00:00	00:25:14	00:50:04	01:15:15	01:42:10	<b>01:47:56.75</b>	<b>01:47:56.75</b>	+00:39:57 (37.0%)	5:06	11.7 (62.9%)
315	DROSDZOL Piotr	152	ZDYCHOM ALE LECA	M-20	39	00:00:27	00:25:29	00:51:06	01:16:23	01:42:09	<b>01:47:29.40</b>	<b>01:47:56.90</b>	+00:39:30 (36.8%)	5:05	11.8 (63.4%)
316	ĆWIKŁA Kamil	136	HARPAGANY	M-30	124	00:00:55	00:25:02	00:50:37	01:16:01	01:41:41	<b>01:47:06.95</b>	<b>01:48:02.80</b>	+00:39:07 (36.5%)	5:04	11.8 (63.4%)
317	JANIK Karol	273		M-20	37	00:00:42	00:25:11	00:50:47	01:16:07	01:42:06	<b>01:47:20.70</b>	<b>01:48:03.35</b>	+00:39:21 (36.7%)	5:05	11.8 (63.4%)
318	GRAJKO Mateusz	225		M-20	41	00:00:23	00:24:49	00:49:44	01:15:08	01:41:51	<b>01:47:40.45</b>	<b>01:48:04.00</b>	+00:39:41 (36.9%)	5:06	11.8 (63.4%)
319	STEC Marcin	695	KW GLIWICE	M-30	123	00:01:02	00:24:33	00:50:07	01:15:20	01:41:38	<b>01:47:02.60</b>	<b>01:48:04.65</b>	+00:39:03 (36.5%)	5:04	11.8 (63.4%)
320	TRĄBA Piotr	942	CROSS FIT 43 300	M-30	128	00:00:24	00:24:52	00:50:40	01:16:36	01:42:40	<b>01:47:41.60</b>	<b>01:48:05.65</b>	+00:39:42 (36.9%)	5:06	11.8 (63.4%)
321	PYZIK Tomasz	601	DRUŻYNA MOJACUKRZYCA.PL	M-40	111	00:00:08	00:23:38	00:49:26	01:14:42	01:42:10	<b>01:48:00.75</b>	<b>01:48:09.05</b>	+00:40:01 (37.1%)	5:07	11.7 (62.9%)
322	WIECHUŁA Marcin	782		M-30	126	00:00:37	00:22:22	00:45:58	01:11:20	01:41:23	<b>01:47:35.40</b>	<b>01:48:13.10</b>	+00:39:36 (36.8%)	5:05	11.8 (63.4%)
323	SMOLARCZYK Agnieszka	666		K-30	10	00:00:17	00:25:28	00:51:14	01:16:39	01:42:33	<b>01:47:58.35</b>	<b>01:48:15.75</b>	+00:39:59 (37.0%)	5:07	11.7 (62.9%)
324	OSOJCA Damian	528		M-20	42	00:00:27	00:24:16	00:50:14	01:15:33	01:42:31	<b>01:47:49.00</b>	<b>01:48:16.00</b>	+00:39:49 (36.9%)	5:06	11.7 (62.9%)
325	MARCINIAK Krzysztof	444		M-30	127	00:00:39	00:25:36	00:51:19	01:16:51	01:42:14	<b>01:47:37.30</b>	<b>01:48:16.90</b>	+00:39:38 (36.8%)	5:06	11.8 (63.4%)
326	SZKUDLAREK Michał	723	RUN-LOG.COM	M-40	105	00:01:13	00:25:22	00:50:40	01:16:18	01:41:53	<b>01:47:08.20</b>	<b>01:48:21.30</b>	+00:39:09 (36.5%)	5:04	11.8 (63.4%)
327	RYZIŃSKA Aneta	631		K-40	11	00:00:16	00:25:06	00:50:57	01:16:45	01:42:48	<b>01:48:04.50</b>	<b>01:48:21.40</b>	+00:40:05 (37.1%)	5:07	11.7 (62.9%)
328	KOZAK Filip	354		M-40	109	00:01:02	00:26:50	00:52:54	01:17:50	01:42:24	<b>01:47:21.50</b>	<b>01:48:23.95</b>	+00:39:22 (36.7%)	5:05	11.8 (63.4%)
329	KOCIELSKA Anna	327	AKMB PĘDZIWIATR GLIWICE	K-30	9	00:00:42	00:25:16	00:50:56	01:16:40	01:42:30	<b>01:47:45.75</b>	<b>01:48:27.80</b>	+00:39:46 (36.9%)	5:06	11.7 (62.9%)
329	PIECHOWIAK Wojciech	560		M-30	131	00:00:27	00:25:04	00:50:51	01:16:20	01:42:40	<b>01:47:59.90</b>	<b>01:48:27.80</b>	+00:40:00 (37.1%)	5:07	11.7 (62.9%)
331	KOWOLIK Łukasz	351	TAURON TEAM	M-30	125	00:00:52	00:25:40	00:50:04	01:14:30	01:40:53	<b>01:47:35.20</b>	<b>01:48:27.90</b>	+00:39:36 (36.8%)	5:05	11.8 (63.4%)
332	WRĘCZYŃSKI Mirosław	923		M-50	19	00:00:44	00:24:48	00:50:29	01:16:20	01:42:25	<b>01:47:45.60</b>	<b>01:48:30.15</b>	+00:39:46 (36.9%)	5:06	11.7 (62.9%)
333	SKOWRON Radosław	660	PŁONĄCE KONDONY BABUNI	M-40	113	00:00:15	00:25:45	00:51:19	01:17:11	01:42:54	<b>01:48:17.55</b>	<b>01:48:33.15</b>	+00:40:18 (37.2%)	5:07	11.7 (62.9%)
334	STACHOWSKI Wojciech	683		M-40	116	00:00:04	00:25:21	00:51:04	01:16:52	01:43:07	<b>01:48:35.50</b>	<b>01:48:39.55</b>	+00:40:36 (37.4%)	5:08	11.7 (62.9%)
335	STANIK Bogdan	874	6BPD GLIWICE	M-30	134	00:00:17	00:24:11	00:49:55	01:16:40	01:43:01	<b>01:48:23.15</b>	<b>01:48:41.00</b>	+00:40:24 (37.3%)	5:08	11.7 (62.9%)
336	WAL Grzegorz	767	OPEL ACTIVE TEAM	M-30	132	00:00:30	00:25:13	00:50:35	01:15:41	01:42:18	<b>01:48:13.55</b>	<b>01:48:44.15</b>	+00:40:14 (37.2%)	5:07	11.7 (62.9%)
337	MEJER Krzysztof	465	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-40	114	00:00:21	00:24:55	00:50:06	01:15:50	01:42:26	<b>01:48:24.45</b>	<b>01:48:45.60</b>	+00:40:25 (37.3%)	5:08	11.7 (62.9%)
338	KAWKA Maciej	900		M-30	136	00:00:21	00:25:43	00:51:12	01:16:31	01:42:56	<b>01:48:30.80</b>	<b>01:48:52.25</b>	+00:40:31 (37.3%)	5:08	11.7 (62.9%)
339	DADAŚ Janusz	140	NIGHT RUNNERS GLIWICE	M-40	117	00:00:17	00:23:38	00:49:17	01:15:28	01:43:11	<b>01:48:37.45</b>	<b>01:48:55.30</b>	+00:40:38 (37.4%)	5:08	11.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
340	KRZYWICKI Jan	372		M-60	3	00:00:55	00:25:10	00:50:42	01:16:04	01:42:44	<b>01:48:03.30</b>	<b>01:48:59.05</b>	+00:40:04 (37.1%)	5:07	11.7 (62.9%)
341	BARTOSZUK Jarosław	27		M-20	40	00:01:25	00:27:13	00:55:04	01:18:15	01:42:42	<b>01:47:34.70</b>	<b>01:49:00.05</b>	+00:39:35 (36.8%)	5:05	11.8 (63.4%)
342	WOŹNIAKOWSKI Jan	815	OPEL ACTIVE TEAM	M-30	135	00:00:36	00:24:57	00:50:54	01:16:55	01:43:25	<b>01:48:23.70</b>	<b>01:49:00.15</b>	+00:40:24 (37.3%)	5:08	11.7 (62.9%)
343	GÓRKA Szymon	893		M-30	141	00:00:11	00:24:09	00:49:04	01:15:05	01:43:00	<b>01:48:51.55</b>	<b>01:49:03.30</b>	+00:40:52 (37.5%)	5:09	11.6 (62.4%)
344	ZALEWSKI Artur	835		M-30	138	00:00:25	00:23:44	00:48:22	01:13:50	01:41:49	<b>01:48:42.55</b>	<b>01:49:07.80</b>	+00:40:43 (37.5%)	5:09	11.6 (62.4%)
345	PACAN Tomasz	534		M-40	119	00:00:24	00:24:05	00:48:52	01:14:24	01:42:24	<b>01:48:44.35</b>	<b>01:49:09.30</b>	+00:40:45 (37.5%)	5:09	11.6 (62.4%)
346	MICHALAK Grzegorz	467	TOTALNY AMATOR	M-40	121	00:00:09	00:25:22	00:51:33	01:17:37	01:43:47	<b>01:49:00.75</b>	<b>01:49:09.85</b>	+00:41:01 (37.6%)	5:09	11.6 (62.4%)
347	KURZAJ Mateusz	385	HIRERIGHT RUNNING TEAM	M-20	43	00:00:53	00:25:06	00:50:41	01:16:14	01:42:43	<b>01:48:22.05</b>	<b>01:49:15.30</b>	+00:40:23 (37.3%)	5:08	11.7 (62.9%)
348	MELICH Tomek	466	A.BERGER POLSKA	M-20	47	00:00:16	00:24:00	00:48:22	01:13:20	01:43:02	<b>01:49:00.80</b>	<b>01:49:17.65</b>	+00:41:01 (37.6%)	5:10	11.6 (62.4%)
349	SULIN Marek	706	SPARTANIE DZIECIOM	M-40	120	00:00:22	00:25:29	00:51:21	01:17:18	01:43:34	<b>01:48:56.15</b>	<b>01:49:19.05</b>	+00:40:57 (37.6%)	5:09	11.6 (62.4%)
350	WIEKIERA Adam	786		M-30	133	00:00:58	00:25:03	00:50:34	01:16:44	01:43:06	<b>01:48:20.85</b>	<b>01:49:19.10</b>	+00:40:21 (37.3%)	5:08	11.7 (62.9%)
351	NIŹNIKIEWICZ Elżbieta	510		K-30	14	00:00:20	00:25:26	00:51:11	01:17:07	01:43:42	<b>01:48:58.60</b>	<b>01:49:19.25</b>	+00:40:59 (37.6%)	5:09	11.6 (62.4%)
352	BRODALA Agnieszka	80		K-30	11	00:00:48	00:26:05	00:52:02	01:17:30	01:43:15	<b>01:48:31.60</b>	<b>01:49:19.90</b>	+00:40:32 (37.4%)	5:08	11.7 (62.9%)
353	CHWAŁEK Piotr	932		M-50	20	00:00:10	00:24:53	00:51:09	01:17:18	01:43:53	<b>01:49:10.70</b>	<b>01:49:20.75</b>	+00:41:11 (37.7%)	5:10	11.6 (62.4%)
354	BRODALA Maciej	81	KS JUDO TEAM MASTERS GLIWICE	M-30	137	00:00:45	00:26:08	00:52:05	01:17:33	01:43:18	<b>01:48:37.45</b>	<b>01:49:23.25</b>	+00:40:38 (37.4%)	5:08	11.7 (62.9%)
355	ŻMIJEWSKI Dariusz	856		M-40	112	00:01:18	00:24:42	00:50:07	01:15:20	01:42:22	<b>01:48:07.95</b>	<b>01:49:26.75</b>	+00:40:08 (37.1%)	5:07	11.7 (62.9%)
356	DZIUBEK Michał	165	W POGONI ZA DUCHEM	M-30	139	00:00:44	00:25:10	00:50:49	01:17:00	01:43:21	<b>01:48:43.80</b>	<b>01:49:28.05</b>	+00:40:44 (37.5%)	5:09	11.6 (62.4%)
357	TOCZYDŁOWSKI Łukasz	752		M-30	129	00:01:42	00:26:26	00:52:12	01:16:59	01:42:20	<b>01:47:45.40</b>	<b>01:49:28.15</b>	+00:39:46 (36.9%)	5:06	11.7 (62.9%)
358	CEDRO Damian	100	BOSSE NOGI MALINKA OPOLE	M-40	118	00:00:47	00:24:34	00:50:33	01:17:04	01:43:14	<b>01:48:42.95</b>	<b>01:49:30.65</b>	+00:40:43 (37.5%)	5:09	11.6 (62.4%)
359	GAŁECZKA Michał	189		M-20	45	00:00:32	00:25:04	00:50:54	01:16:57	01:43:37	<b>01:48:59.60</b>	<b>01:49:32.40</b>	+00:41:00 (37.6%)	5:09	11.6 (62.4%)
360	GOŁAWSKA Ewa	213		K-30	13	00:00:39	00:25:19	00:50:55	01:16:50	01:43:28	<b>01:48:54.65</b>	<b>01:49:33.80</b>	+00:40:55 (37.6%)	5:09	11.6 (62.4%)
361	BIEŃKOWSKI Piotr	53		M-20	44	00:00:44	00:25:00	00:50:44	01:17:00	01:43:20	<b>01:48:55.75</b>	<b>01:49:40.50</b>	+00:40:56 (37.6%)	5:09	11.6 (62.4%)
362	PLOCH Tomasz	570	BALANS TEAM	M-30	140	00:00:49	00:25:13	00:51:28	01:17:38	01:43:40	<b>01:48:51.00</b>	<b>01:49:40.60</b>	+00:40:51 (37.5%)	5:09	11.6 (62.4%)
363	DZIDT Małgorzata	161		K-30	12	00:00:48	00:25:15	00:51:29	01:17:38	01:43:40	<b>01:48:51.75</b>	<b>01:49:40.70</b>	+00:40:52 (37.6%)	5:09	11.6 (62.4%)
364	WERON Magdalena	779	FAST FOOT TEAM SIEWIERZ	K-30	15	00:00:41	00:24:52	00:50:41	01:16:40	01:43:38	<b>01:48:59.55</b>	<b>01:49:41.45</b>	+00:41:00 (37.6%)	5:09	11.6 (62.4%)
365	KURAS Łukasz	381	FAST FOOT TEAM SIEWIERZ	M-20	46	00:00:41	00:24:50	00:50:41	01:16:38	01:43:37	<b>01:49:00.25</b>	<b>01:49:41.70</b>	+00:41:01 (37.6%)	5:09	11.6 (62.4%)
366	NITKA Sebastian	509		M-40	126	00:00:20	00:25:25	00:51:21	01:17:12	01:43:52	<b>01:49:22.40</b>	<b>01:49:42.40</b>	+00:41:23 (37.8%)	5:10	11.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
367	<b>CHWALISZEWSKI Jarosław</b>	<b>105</b>	NIGHT RUNNERS GLIWICE	M-40	122	00:00:43	00:25:13	00:50:59	01:17:50	01:43:59	<b>01:49:00.85</b>	<b>01:49:44.20</b>	+00:41:01 (37.6%)	5:10	11.6 (62.4%)
367	<b>ADAMOWSKI Jacek</b>	<b>12</b>	NIGHT RUNNERS GLIWICE	M-40	123	00:00:42	00:25:15	00:51:04	01:18:07	01:44:02	<b>01:49:01.95</b>	<b>01:49:44.20</b>	+00:41:02 (37.6%)	5:10	11.6 (62.4%)
369	<b>CZAJKA Dagmara</b>	<b>123</b>	MOKRE DZIKI	K-40	12	00:01:18	00:27:07	00:52:04	01:17:28	01:43:20	<b>01:48:32.25</b>	<b>01:49:50.40</b>	+00:40:33 (37.4%)	5:08	11.7 (62.9%)
370	<b>BRZYSKI Krzysztof</b>	<b>90</b>		M-40	115	00:01:18	00:27:08	00:52:04	01:17:28	01:43:20	<b>01:48:31.60</b>	<b>01:49:50.55</b>	+00:40:32 (37.4%)	5:08	11.7 (62.9%)
371	<b>CZAJA Łukasz</b>	<b>930</b>		M-30	143	00:00:38	00:26:14	00:50:37	01:14:52	01:43:16	<b>01:49:13.50</b>	<b>01:49:52.45</b>	+00:41:14 (37.8%)	5:10	11.6 (62.4%)
372	<b>DYMNICKI Andrzej</b>	<b>160</b>	OCHAJORUN & FRIENDS	M-40	124	00:00:37	00:26:16	00:52:27	01:17:57	01:43:54	<b>01:49:16.75</b>	<b>01:49:54.15</b>	+00:41:17 (37.8%)	5:10	11.6 (62.4%)
373	<b>KASZUBSKI Andrzej</b>	<b>314</b>		M-30	145	00:00:13	00:23:04	00:48:31	01:15:29	01:43:44	<b>01:49:41.50</b>	<b>01:49:54.75</b>	+00:41:42 (38.0%)	5:11	11.5 (61.8%)
374	<b>KOWALIK Dorota</b>	<b>349</b>		K-40	13	00:00:25	00:25:20	00:51:30	01:17:47	01:44:23	<b>01:49:31.40</b>	<b>01:49:56.65</b>	+00:41:32 (37.9%)	5:11	11.6 (62.4%)
375	<b>GRYNICKI Jacek</b>	<b>892</b>		M-40	125	00:00:38	00:25:19	00:51:01	01:16:56	01:43:53	<b>01:49:19.00</b>	<b>01:49:57.30</b>	+00:41:19 (37.8%)	5:10	11.6 (62.4%)
376	<b>WIKIERSKI Michał</b>	<b>789</b>		M-30	142	00:00:47	00:25:10	00:50:46	01:16:57	01:43:29	<b>01:49:12.85</b>	<b>01:50:00.30</b>	+00:41:13 (37.8%)	5:10	11.6 (62.4%)
377	<b>UNIEJEWSKI Tomasz</b>	<b>759</b>		M-40	127	00:00:36	00:25:20	00:51:09	01:17:07	01:43:57	<b>01:49:30.20</b>	<b>01:50:06.50</b>	+00:41:31 (37.9%)	5:11	11.6 (62.4%)
378	<b>GRUSZCZYŃSKI Bogusław</b>	<b>860</b>		M-60	4	00:00:25	00:24:55	00:50:49	01:17:12	01:44:07	<b>01:49:45.95</b>	<b>01:50:11.40</b>	+00:41:46 (38.1%)	5:12	11.5 (61.8%)
379	<b>ŁATAK - SKRABUT Barbara</b>	<b>420</b>	MUSTANGI GLIWICE	K-30	16	00:00:46	00:24:41	00:50:13	01:16:19	01:43:42	<b>01:49:48.10</b>	<b>01:50:35.00</b>	+00:41:49 (38.1%)	5:12	11.5 (61.8%)
380	<b>CIUPEK Adrian</b>	<b>113</b>		M-20	48	00:00:29	00:25:08	00:50:44	01:16:12	01:44:15	<b>01:50:06.55</b>	<b>01:50:35.85</b>	+00:42:07 (38.3%)	5:13	11.5 (61.8%)
381	<b>FRAĆ Dariusz</b>	<b>182</b>	PACEMAKER	M-40	128	00:00:39	00:25:15	00:50:53	01:17:04	01:43:34	<b>01:50:00.85</b>	<b>01:50:39.95</b>	+00:42:01 (38.2%)	5:12	11.5 (61.8%)
382	<b>SALAMON Emil</b>	<b>637</b>		M-30	146	00:00:50	00:26:14	00:52:33	01:18:12	01:44:42	<b>01:49:51.10</b>	<b>01:50:41.55</b>	+00:41:52 (38.1%)	5:12	11.5 (61.8%)
383	<b>WIŚNIEWSKI Paweł</b>	<b>800</b>	NIGHT RUNNERS GLIWICE	M-30	144	00:01:01	00:25:10	00:51:07	01:17:47	01:44:19	<b>01:49:41.30</b>	<b>01:50:42.50</b>	+00:41:42 (38.0%)	5:11	11.5 (61.8%)
384	<b>MISIURA Artur</b>	<b>477</b>		M-20	49	00:00:17	00:28:23	00:55:36	01:21:16	01:45:45	<b>01:50:29.05</b>	<b>01:50:46.55</b>	+00:42:30 (38.5%)	5:14	11.5 (61.8%)
385	<b>SZOTA Magdalena</b>	<b>729</b>		K-40	16	00:00:16	00:25:39	00:51:22	01:17:52	01:45:02	<b>01:50:31.50</b>	<b>01:50:48.00</b>	+00:42:32 (38.5%)	5:14	11.5 (61.8%)
386	<b>SMOLARCZYK Dorota</b>	<b>667</b>		K-40	14	00:01:07	00:26:11	00:52:18	01:17:54	01:44:21	<b>01:49:43.90</b>	<b>01:50:51.45</b>	+00:41:44 (38.0%)	5:12	11.5 (61.8%)
387	<b>PACAN Krzysztof</b>	<b>533</b>		M-40	130	00:00:33	00:25:14	00:51:00	01:16:53	01:44:05	<b>01:50:18.90</b>	<b>01:50:52.50</b>	+00:42:19 (38.4%)	5:13	11.5 (61.8%)
388	<b>BISKUP Maciej</b>	<b>924</b>		M-50	21	00:00:44	00:25:53	00:52:22	01:18:29	01:44:45	<b>01:50:10.40</b>	<b>01:50:54.70</b>	+00:42:11 (38.3%)	5:13	11.5 (61.8%)
389	<b>TKOCZ Rafał</b>	<b>750</b>		M-30	147	00:00:39	00:25:37	00:51:19	01:16:57	01:44:41	<b>01:50:18.25</b>	<b>01:50:58.05</b>	+00:42:19 (38.4%)	5:13	11.5 (61.8%)
390	<b>ZAPOTOCZNY Przemek</b>	<b>838</b>		M-40	129	00:00:55	00:26:41	00:53:10	01:19:35	01:45:24	<b>01:50:13.30</b>	<b>01:51:08.95</b>	+00:42:14 (38.3%)	5:13	11.5 (61.8%)
391	<b>CHOLEWA Grzegorz</b>	<b>102</b>		M-40	135	00:00:09	00:25:39	00:51:57	01:18:44	01:45:30	<b>01:51:05.20</b>	<b>01:51:14.50</b>	+00:43:06 (38.8%)	5:15	11.4 (61.3%)
392	<b>SOBEL Waldemar</b>	<b>931</b>		M-50	22	00:00:16	00:26:07	00:52:28	01:18:34	01:45:35	<b>01:50:58.30</b>	<b>01:51:14.75</b>	+00:42:59 (38.7%)	5:15	11.4 (61.3%)
393	<b>SOBEL Kornelia</b>	<b>876</b>	KROTOFIL-TIM	K-50	2	00:00:15	00:26:08	00:52:28	01:18:36	01:45:36	<b>01:50:59.10</b>	<b>01:51:15.00</b>	+00:43:00 (38.7%)	5:15	11.4 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas		Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	netto 21.1km	brutto 21.1km			
394	<b>KWAŚNIEWSKI Dominik</b>	<b>388</b>		M-30	149	00:00:45	00:26:35	00:52:52	01:18:53	01:45:09	<b>01:50:30.65</b>	<b>01:51:16.50</b>	+00:42:31 (38.5%)	5:14	11.5 (61.8%)
394	<b>GRAMATYKA Paweł</b>	<b>226</b>		M-40	134	00:00:19	00:26:28	00:52:42	01:18:41	01:45:38	<b>01:50:56.75</b>	<b>01:51:16.50</b>	+00:42:57 (38.7%)	5:15	11.4 (61.3%)
396	<b>HABER Monika</b>	<b>249</b>	SZTURM	K-20	6	00:01:00	00:25:54	00:52:06	01:18:13	01:44:47	<b>01:50:19.70</b>	<b>01:51:19.70</b>	+00:42:20 (38.4%)	5:13	11.5 (61.8%)
397	<b>KOSIŃSKI Marcin</b>	<b>343</b>	BRAK	M-30	148	00:01:02	00:25:54	00:51:37	01:17:38	01:44:34	<b>01:50:21.85</b>	<b>01:51:24.60</b>	+00:42:22 (38.4%)	5:13	11.5 (61.8%)
398	<b>KISIECKI Damian</b>	<b>317</b>	NOVA TRADING STALE BIEGAM	M-30	151	00:00:38	00:26:35	00:52:51	01:18:57	01:45:29	<b>01:50:47.85</b>	<b>01:51:26.05</b>	+00:42:48 (38.6%)	5:15	11.4 (61.3%)
399	<b>KLYTA Wojciech</b>	<b>871</b>	WYDZIAŁ PRAWA UŚŁ	M-40	131	00:01:06	00:24:48	00:50:28	01:16:37	01:44:41	<b>01:50:23.75</b>	<b>01:51:30.10</b>	+00:42:24 (38.4%)	5:13	11.5 (61.8%)
400	<b>POPIEL Artur</b>	<b>581</b>		M-40	132	00:01:09	00:26:53	00:52:21	01:18:16	01:44:45	<b>01:50:24.30</b>	<b>01:51:33.40</b>	+00:42:25 (38.4%)	5:13	11.5 (61.8%)
401	<b>CZAUDERNA Klaudia</b>	<b>131</b>	OCHAJORUN & FRIENDS	K-40	15	00:01:12	00:26:08	00:52:20	01:18:49	01:45:03	<b>01:50:25.40</b>	<b>01:51:37.95</b>	+00:42:26 (38.4%)	5:13	11.5 (61.8%)
402	<b>SOSNOWSKI Maciej</b>	<b>677</b>		M-30	152	00:00:45	00:25:28	00:51:06	01:17:20	01:45:20	<b>01:50:57.25</b>	<b>01:51:42.25</b>	+00:42:58 (38.7%)	5:15	11.4 (61.3%)
403	<b>SKOTNICKI Paweł</b>	<b>6</b>	TSH TEAM	M-30	153	00:00:41	00:25:03	00:50:47	01:16:46	01:45:14	<b>01:51:04.90</b>	<b>01:51:45.90</b>	+00:43:05 (38.8%)	5:15	11.4 (61.3%)
404	<b>ORGAN Wojtek</b>	<b>524</b>		M-30	150	00:01:08	00:26:50	00:53:05	01:19:16	01:45:45	<b>01:50:43.25</b>	<b>01:51:51.30</b>	+00:42:44 (38.6%)	5:14	11.4 (61.3%)
405	<b>KULCZYK Anna</b>	<b>869</b>		K-30	18	00:00:28	00:25:38	00:52:10	01:18:35	01:45:49	<b>01:51:26.45</b>	<b>01:51:54.85</b>	+00:43:27 (39.0%)	5:16	11.4 (61.3%)
406	<b>POPŁAWSKA-WAL Agata</b>	<b>582</b>	OPEL ACTIVE TEAM	K-30	17	00:00:31	00:25:39	00:52:01	01:18:35	01:45:48	<b>01:51:24.30</b>	<b>01:51:55.35</b>	+00:43:25 (39.0%)	5:16	11.4 (61.3%)
407	<b>RYZIŃSKI Dariusz</b>	<b>632</b>		M-50	23	00:00:18	00:25:20	00:52:06	01:18:40	01:45:57	<b>01:51:39.00</b>	<b>01:51:57.00</b>	+00:43:39 (39.1%)	5:17	11.3 (60.8%)
408	<b>WÓJCIAK Katarzyna</b>	<b>817</b>		K-40	17	00:00:30	00:25:39	00:52:02	01:18:30	01:45:48	<b>01:51:27.10</b>	<b>01:51:57.40</b>	+00:43:28 (39.0%)	5:16	11.4 (61.3%)
409	<b>BROM Tomasz</b>	<b>85</b>		M-40	133	00:01:21	00:26:11	00:52:19	01:18:38	01:45:11	<b>01:50:37.60</b>	<b>01:51:59.20</b>	+00:42:38 (38.5%)	5:14	11.4 (61.3%)
410	<b>GRYGIEREK Jarosław</b>	<b>241</b>		M-20	51	00:00:26	00:24:47	00:49:39	01:15:27	01:45:01	<b>01:51:34.30</b>	<b>01:52:01.00</b>	+00:43:35 (39.1%)	5:17	11.3 (60.8%)
411	<b>ZIĘBA Paweł</b>	<b>848</b>		M-20	50	00:00:59	00:26:44	00:53:02	01:19:23	01:45:51	<b>01:51:05.30</b>	<b>01:52:04.95</b>	+00:43:06 (38.8%)	5:15	11.4 (61.3%)
412	<b>CIASTO Sebastian</b>	<b>106</b>		M-30	157	00:00:14	00:24:42	00:50:53	01:17:55	01:46:05	<b>01:51:59.00</b>	<b>01:52:13.75</b>	+00:43:59 (39.3%)	5:18	11.3 (60.8%)
413	<b>SMOLARCZYK Dominik</b>	<b>665</b>	SŁABY BIEGACZ	M-40	136	00:01:09	00:26:41	00:52:58	01:19:00	01:45:39	<b>01:51:05.20</b>	<b>01:52:14.45</b>	+00:43:06 (38.8%)	5:15	11.4 (61.3%)
414	<b>KLIKS Andrzej</b>	<b>321</b>	FIS-SST TEAM	M-40	137	00:00:30	00:24:44	00:50:29	01:17:11	01:45:28	<b>01:51:45.90</b>	<b>01:52:16.75</b>	+00:43:46 (39.2%)	5:17	11.3 (60.8%)
415	<b>POKRYSZKA Bartosz</b>	<b>576</b>		M-30	155	00:00:31	00:25:51	00:52:34	01:19:20	01:46:04	<b>01:51:48.00</b>	<b>01:52:19.70</b>	+00:43:48 (39.2%)	5:17	11.3 (60.8%)
416	<b>ZOK Małgorzata</b>	<b>852</b>	NIGHT RUNNERS GLIWICE	K-30	19	00:00:41	00:24:51	00:50:31	01:17:01	01:45:28	<b>01:51:39.45</b>	<b>01:52:20.95</b>	+00:43:40 (39.1%)	5:17	11.3 (60.8%)
417	<b>BAUMERT Rafał</b>	<b>30</b>	ISTA BIEGAMY	M-30	154	00:01:08	00:26:50	00:53:05	01:19:16	01:45:46	<b>01:51:16.70</b>	<b>01:52:25.05</b>	+00:43:17 (38.9%)	5:16	11.4 (61.3%)
418	<b>DOBOSZ Mariusz</b>	<b>147</b>	GO LEASING	M-30	161	00:00:23	00:26:33	00:53:08	01:19:58	01:46:57	<b>01:52:12.20</b>	<b>01:52:35.50</b>	+00:44:13 (39.4%)	5:19	11.3 (60.8%)
419	<b>PENKALA Artur</b>	<b>557</b>	GO LEASING	M-30	160	00:00:24	00:26:32	00:53:07	01:19:57	01:46:56	<b>01:52:11.30</b>	<b>01:52:35.70</b>	+00:44:12 (39.4%)	5:19	11.3 (60.8%)
420	<b>KWAPIEŃ Aleksander</b>	<b>916</b>		M-30	162	00:00:10	00:25:25	00:52:55	01:20:01	01:46:53	<b>01:52:25.65</b>	<b>01:52:36.55</b>	+00:44:26 (39.5%)	5:19	11.3 (60.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
421	<b>BIAŁY Kamil</b>	<b>43</b>	FAST FOOT TEAM SIEWIERZ	M-30	158	00:00:40	00:26:10	00:53:07	01:19:46	01:46:47	<b>01:52:03.75</b>	<b>01:52:44.15</b>	+00:44:04 (39.3%)	5:18	11.3 (60.8%)
422	<b>ADAMSKI Daniel</b>	<b>13</b>		M-30	156	00:00:57	00:27:56	00:54:04	01:20:25	01:46:32	<b>01:51:48.40</b>	<b>01:52:45.65</b>	+00:43:49 (39.2%)	5:17	11.3 (60.8%)
423	<b>PAWIŃSKI Wojciech</b>	<b>552</b>		M-40	138	00:01:02	00:27:02	00:53:22	01:19:23	01:45:59	<b>01:51:48.05</b>	<b>01:52:50.55</b>	+00:43:49 (39.2%)	5:17	11.3 (60.8%)
424	<b>SZCZECH Krzysztof</b>	<b>715</b>		M-40	140	00:00:39	00:25:18	00:51:21	01:18:28	01:46:28	<b>01:52:16.35</b>	<b>01:52:56.00</b>	+00:44:17 (39.4%)	5:19	11.3 (60.8%)
425	<b>PYZIK Marek</b>	<b>600</b>	OPEL ACTIVE TEAM	M-50	26	00:00:44	00:26:02	00:52:43	01:19:28	01:46:42	<b>01:52:15.25</b>	<b>01:52:59.80</b>	+00:44:16 (39.4%)	5:19	11.3 (60.8%)
426	<b>ŁANECKI Michał</b>	<b>419</b>	TYTANI WSB / OSP MIKULCZYCE	M-20	52	00:00:14	00:22:14	00:46:26	01:14:15	01:45:47	<b>01:52:48.75</b>	<b>01:53:03.40</b>	+00:44:49 (39.7%)	5:20	11.2 (60.2%)
427	<b>CZARNIK-PECIAK Aleksandra</b>	<b>130</b>		K-40	18	00:00:57	00:27:25	00:53:36	01:19:25	01:46:25	<b>01:52:07.00</b>	<b>01:53:04.05</b>	+00:44:07 (39.4%)	5:18	11.3 (60.8%)
428	<b>LEWANDOWSKI Henry</b>	<b>407</b>		M-40	141	00:00:42	00:26:13	00:51:57	01:17:46	01:46:19	<b>01:52:27.15</b>	<b>01:53:09.80</b>	+00:44:28 (39.5%)	5:19	11.3 (60.8%)
429	<b>CZAJKA Tomasz</b>	<b>884</b>		M-40	139	00:01:18	00:27:03	00:53:51	01:19:40	01:46:24	<b>01:51:59.80</b>	<b>01:53:17.80</b>	+00:44:00 (39.3%)	5:18	11.3 (60.8%)
430	<b>SZOŁTYSIK Paweł</b>	<b>726</b>	SPARTA PLATFUS	M-30	164	00:00:33	00:26:25	00:52:26	01:18:20	01:46:44	<b>01:52:46.95</b>	<b>01:53:20.75</b>	+00:44:47 (39.7%)	5:20	11.2 (60.2%)
431	<b>ŁYCZBA Bogusław</b>	<b>953</b>	ECOJURA	M-50	25	00:01:15	00:27:15	00:54:08	01:20:27	01:46:40	<b>01:52:05.85</b>	<b>01:53:21.05</b>	+00:44:06 (39.4%)	5:18	11.3 (60.8%)
432	<b>GRACH Aleksandra</b>	<b>223</b>		K-40	20	00:00:24	00:25:20	00:52:19	01:19:19	01:47:11	<b>01:53:00.55</b>	<b>01:53:24.65</b>	+00:45:01 (39.8%)	5:21	11.2 (60.2%)
433	<b>FIT Olga</b>	<b>173</b>	HIRERIGHT RUNNING TEAM	K-30	20	00:00:56	00:27:31	00:54:11	01:21:08	01:47:05	<b>01:52:32.95</b>	<b>01:53:29.10</b>	+00:44:33 (39.6%)	5:20	11.2 (60.2%)
434	<b>BYSTRZYCKI Rafał</b>	<b>99</b>		M-30	159	00:01:22	00:28:11	00:55:27	01:20:44	01:46:40	<b>01:52:08.05</b>	<b>01:53:30.15</b>	+00:44:09 (39.4%)	5:18	11.3 (60.8%)
435	<b>MOCEK Roman</b>	<b>480</b>		M-50	24	00:01:42	00:26:35	00:52:49	01:18:54	01:46:00	<b>01:51:48.75</b>	<b>01:53:31.20</b>	+00:43:49 (39.2%)	5:17	11.3 (60.8%)
435	<b>PAWLIK Ula</b>	<b>881</b>	#ADAMCZERWIŃSKITEAM	K-30	21	00:00:39	00:25:16	00:51:47	01:18:48	01:47:25	<b>01:52:51.65</b>	<b>01:53:31.20</b>	+00:44:52 (39.8%)	5:20	11.2 (60.2%)
437	<b>KOPEĆ Tomasz</b>	<b>336</b>		M-40	142	00:00:29	00:25:55	00:53:03	01:19:56	01:47:17	<b>01:53:02.80</b>	<b>01:53:32.15</b>	+00:45:03 (39.9%)	5:21	11.2 (60.2%)
438	<b>BORCZ Tomasz</b>	<b>71</b>	ZAGŁĘBIE DĄBROWSKIE	M-40	143	00:00:10	00:23:18	00:49:16	01:16:27	01:46:50	<b>01:53:25.40</b>	<b>01:53:35.50</b>	+00:45:26 (40.1%)	5:22	11.2 (60.2%)
439	<b>SZADKOWSKI Paweł</b>	<b>713</b>	NIGHT RUNNERS GLIWICE	M-30	163	00:01:00	00:24:58	00:51:04	01:17:37	01:45:56	<b>01:52:35.70</b>	<b>01:53:35.85</b>	+00:44:36 (39.6%)	5:20	11.2 (60.2%)
440	<b>STACHURSKA Anna</b>	<b>684</b>	PARKRUN KATOWICE	K-20	7	00:00:56	00:25:43	00:51:47	01:18:05	01:46:57	<b>01:52:40.00</b>	<b>01:53:36.05</b>	+00:44:40 (39.7%)	5:20	11.2 (60.2%)
441	<b>KAWCZYŃSKI Grzegorz</b>	<b>315</b>		M-30	166	00:00:41	00:24:32	00:49:25	01:15:46	01:46:18	<b>01:53:01.30</b>	<b>01:53:43.05</b>	+00:45:02 (39.8%)	5:21	11.2 (60.2%)
442	<b>ZAWADKI Robert</b>	<b>839</b>		M-30	165	00:00:49	00:26:38	00:53:42	01:20:23	01:47:30	<b>01:52:56.30</b>	<b>01:53:46.00</b>	+00:44:57 (39.8%)	5:21	11.2 (60.2%)
443	<b>DROZD Kajetan</b>	<b>154</b>	KAJETANDROZD.PL	M-30	167	00:00:48	00:27:38	00:55:16	01:22:03	01:47:56	<b>01:53:03.65</b>	<b>01:53:52.40</b>	+00:45:04 (39.9%)	5:21	11.2 (60.2%)
444	<b>KARBOWNIK Piotr</b>	<b>306</b>		M-30	168	00:00:48	00:27:38	00:55:16	01:22:03	01:47:56	<b>01:53:04.40</b>	<b>01:53:52.50</b>	+00:45:05 (39.9%)	5:21	11.2 (60.2%)
445	<b>RĄB Agnieszka</b>	<b>608</b>		K-40	19	00:01:33	00:26:58	00:53:41	01:20:09	01:46:59	<b>01:52:28.20</b>	<b>01:54:01.80</b>	+00:44:29 (39.6%)	5:19	11.3 (60.8%)
446	<b>KWAPIEŃ Paweł</b>	<b>915</b>		M-40	144	00:00:11	00:25:24	00:52:54	01:20:00	01:47:44	<b>01:53:54.65</b>	<b>01:54:05.65</b>	+00:45:55 (40.3%)	5:23	11.1 (59.7%)
447	<b>GRABOWSKI Maciej</b>	<b>220</b>		M-30	170	00:00:51	00:26:15	00:53:02	01:19:27	01:47:35	<b>01:53:14.55</b>	<b>01:54:06.30</b>	+00:45:15 (40.0%)	5:22	11.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
448	<b>KANIA Dominik</b>	<b>302</b>	R.R. MARTIN PISZ JUŻ TE KSIĄŻKI!	M-30	171	00:00:33	00:26:04	00:53:12	01:20:24	01:47:52	<b>01:53:33.45</b>	<b>01:54:06.75</b>	+00:45:34 (40.1%)	5:22	11.1 (59.7%)
449	<b>WIŚNIEWSKA Beata</b>	<b>880</b>		K-20	8	00:00:26	00:27:10	00:54:20	01:21:10	01:48:13	<b>01:53:44.65</b>	<b>01:54:11.30</b>	+00:45:45 (40.2%)	5:23	11.1 (59.7%)
450	<b>BIELECKI Adam</b>	<b>928</b>		M-40	145	00:00:17	00:25:41	00:52:53	01:20:20	01:48:06	<b>01:53:56.20</b>	<b>01:54:13.60</b>	+00:45:57 (40.3%)	5:23	11.1 (59.7%)
451	<b>GAWINEK Adam</b>	<b>198</b>		M-30	169	00:01:05	00:27:13	00:53:18	01:19:51	01:47:12	<b>01:53:14.25</b>	<b>01:54:19.25</b>	+00:45:15 (40.0%)	5:21	11.2 (60.2%)
452	<b>KONOPKA Agnieszka</b>	<b>334</b>	I LO DWUJĘZYCZNE GLIWICE	K-30	22	00:00:50	00:26:29	00:53:08	01:19:56	01:47:44	<b>01:53:32.65</b>	<b>01:54:22.80</b>	+00:45:33 (40.1%)	5:22	11.2 (60.2%)
453	<b>FOREMSKI Grzegorz</b>	<b>179</b>		M-30	174	00:00:34	00:24:21	00:49:32	01:16:57	01:47:43	<b>01:54:00.80</b>	<b>01:54:35.35</b>	+00:46:01 (40.4%)	5:24	11.1 (59.7%)
454	<b>GROS Dawid</b>	<b>235</b>		M-30	175	00:00:31	00:25:14	00:50:44	01:17:18	01:47:57	<b>01:54:05.30</b>	<b>01:54:37.25</b>	+00:46:06 (40.4%)	5:24	11.1 (59.7%)
455	<b>FOLEK Andrzej</b>	<b>177</b>	DTT POLAND	M-30	173	00:00:43	00:25:43	00:51:29	01:18:38	01:47:46	<b>01:53:56.65</b>	<b>01:54:40.50</b>	+00:45:57 (40.3%)	5:24	11.1 (59.7%)
456	<b>TRĄBA Tomasz</b>	<b>943</b>	ASC	M-20	54	00:00:24	00:24:56	00:50:49	01:18:20	01:48:33	<b>01:54:39.50</b>	<b>01:55:03.70</b>	+00:46:40 (40.7%)	5:26	11 (59.1%)
457	<b>JANY Kamil</b>	<b>277</b>		M-40	147	00:00:38	00:26:32	00:53:44	01:21:01	01:48:45	<b>01:54:25.85</b>	<b>01:55:03.85</b>	+00:46:26 (40.6%)	5:25	11.1 (59.7%)
458	<b>GARBOWSKI Witold</b>	<b>194</b>		M-20	53	00:01:08	00:27:17	00:53:47	01:20:36	01:48:09	<b>01:53:55.70</b>	<b>01:55:04.40</b>	+00:45:56 (40.3%)	5:23	11.1 (59.7%)
459	<b>SAPA Lucjan</b>	<b>937</b>		M-40	153	00:00:18	00:25:37	00:51:43	01:19:01	01:48:29	<b>01:54:51.25</b>	<b>01:55:10.20</b>	+00:46:52 (40.8%)	5:26	11 (59.1%)
460	<b>WOLAŃSKI Hubert</b>	<b>808</b>	GWW99	M-30	172	00:01:21	00:27:42	00:55:08	01:21:33	01:48:31	<b>01:53:49.90</b>	<b>01:55:10.90</b>	+00:45:50 (40.3%)	5:23	11.1 (59.7%)
461	<b>STOPPEL Piotr</b>	<b>701</b>	VEROCARGO	M-20	55	00:00:35	00:26:45	00:53:29	01:20:42	01:48:55	<b>01:54:42.90</b>	<b>01:55:18.45</b>	+00:46:43 (40.7%)	5:26	11 (59.1%)
462	<b>SZYPUŁA Michał</b>	<b>738</b>	VEROCARGO	M-30	178	00:00:35	00:26:45	00:53:28	01:20:42	01:48:55	<b>01:54:42.75</b>	<b>01:55:18.50</b>	+00:46:43 (40.7%)	5:26	11 (59.1%)
463	<b>CZERNEK Marek</b>	<b>132</b>	BIEGAJ Z TRENERAMI	M-40	146	00:00:59	00:26:57	00:54:19	01:21:21	01:48:48	<b>01:54:19.95</b>	<b>01:55:19.50</b>	+00:46:20 (40.5%)	5:25	11.1 (59.7%)
464	<b>KUROWSKI Michał</b>	<b>384</b>	NIGHT RUNNERS GLIWICE	M-30	177	00:00:52	00:27:31	00:54:51	01:21:59	01:49:26	<b>01:54:28.80</b>	<b>01:55:21.70</b>	+00:46:29 (40.6%)	5:25	11.1 (59.7%)
465	<b>DYGOŃ Małgorzata</b>	<b>158</b>		K-40	21	00:00:52	00:27:31	00:54:51	01:22:00	01:49:26	<b>01:54:29.60</b>	<b>01:55:22.00</b>	+00:46:30 (40.6%)	5:25	11.1 (59.7%)
466	<b>RENKE Piotr</b>	<b>610</b>	EWA BUGDOŁ TEAM	M-40	154	00:00:25	00:24:29	00:50:35	01:18:34	01:48:30	<b>01:54:58.00</b>	<b>01:55:23.60</b>	+00:46:58 (40.9%)	5:26	11 (59.1%)
467	<b>DWORNICZAK Paweł</b>	<b>157</b>		M-30	176	00:01:04	00:26:34	00:53:25	01:20:20	01:48:23	<b>01:54:19.75</b>	<b>01:55:24.40</b>	+00:46:20 (40.5%)	5:25	11.1 (59.7%)
468	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>20</b>		K-40	23	00:00:40	00:27:44	00:55:12	01:22:21	01:49:17	<b>01:54:44.30</b>	<b>01:55:24.80</b>	+00:46:45 (40.7%)	5:26	11 (59.1%)
469	<b>PAUL Viola</b>	<b>551</b>	NIGHT RUNNERS GLIWICE	K-40	22	00:00:52	00:26:22	00:53:45	01:21:23	01:49:22	<b>01:54:32.35</b>	<b>01:55:24.95</b>	+00:46:33 (40.6%)	5:25	11.1 (59.7%)
470	<b>RYNIAK Tomasz</b>	<b>946</b>		M-30	179	00:00:25	00:25:31	00:51:41	01:19:06	01:48:43	<b>01:55:00.25</b>	<b>01:55:25.40</b>	+00:47:01 (40.9%)	5:27	11 (59.1%)
471	<b>CZAPRAN Magdalena</b>	<b>128</b>	HIRERIGHT RUNNING TEAM	K-30	23	00:00:53	00:25:25	00:52:07	01:19:21	01:48:32	<b>01:54:33.35</b>	<b>01:55:26.70</b>	+00:46:34 (40.7%)	5:25	11.1 (59.7%)
471	<b>PAWLETA Michał</b>	<b>553</b>	NIGHT RUNNERS GLIWICE	M-40	149	00:00:52	00:26:23	00:53:45	01:21:24	01:49:23	<b>01:54:34.35</b>	<b>01:55:26.70</b>	+00:46:35 (40.7%)	5:25	11.1 (59.7%)
473	<b>KOSIAK Maciej</b>	<b>342</b>		M-40	150	00:00:46	00:26:37	00:53:26	01:20:39	01:48:43	<b>01:54:41.15</b>	<b>01:55:28.05</b>	+00:46:42 (40.7%)	5:26	11 (59.1%)
474	<b>GRONDECKI Grzegorz</b>	<b>232</b>	BIEGAMY Z SERCEM	M-40	155	00:00:27	00:25:34	00:52:01	01:19:00	01:48:47	<b>01:55:04.00</b>	<b>01:55:31.45</b>	+00:47:04 (40.9%)	5:27	11 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
475	<b>OSTROWSKI Rafał</b>	<b>530</b>		M-40	151	00:00:55	00:28:06	00:56:14	01:23:04	01:49:24	<b>01:54:44.60</b>	<b>01:55:40.05</b>	+00:46:45 (40.8%)	5:26	11 (59.1%)
476	<b>PANCHYRZ Piotr</b>	<b>542</b>	GIBKE GIZDY	M-40	152	00:00:58	00:26:57	00:53:41	01:20:47	01:48:58	<b>01:54:44.95</b>	<b>01:55:43.50</b>	+00:46:45 (40.8%)	5:26	11 (59.1%)
477	<b>MALCHAREK Adam</b>	<b>437</b>	KIA ETRANS - BIEGATON MIKOŁÓW	M-40	159	00:00:15	00:25:56	00:53:43	01:21:29	01:49:46	<b>01:55:35.25</b>	<b>01:55:51.00</b>	+00:47:36 (41.2%)	5:28	11 (59.1%)
478	<b>HERLICZKA Renata</b>	<b>255</b>	AML-FLY TEAM	K-30	25	00:00:25	00:26:21	00:54:02	01:22:04	01:49:48	<b>01:55:29.20</b>	<b>01:55:54.65</b>	+00:47:30 (41.1%)	5:28	11 (59.1%)
479	<b>SIERADZKA Agnieszka</b>	<b>648</b>	BIEGAJ Z TRENERAMI	K-30	24	00:00:52	00:27:31	00:54:51	01:22:00	01:49:27	<b>01:55:03.15</b>	<b>01:55:55.55</b>	+00:47:04 (40.9%)	5:27	11 (59.1%)
480	<b>KUBIAK Grzegorz</b>	<b>373</b>		M-30	181	00:00:48	00:25:12	00:51:51	01:19:49	01:48:45	<b>01:55:07.55</b>	<b>01:55:56.00</b>	+00:47:08 (40.9%)	5:27	11 (59.1%)
481	<b>CYL Michał</b>	<b>118</b>		M-30	184	00:00:18	00:25:42	00:52:37	01:20:05	01:49:22	<b>01:55:37.40</b>	<b>01:55:56.15</b>	+00:47:38 (41.2%)	5:28	10.9 (58.6%)
482	<b>MAŁKOWSKI Tomasz</b>	<b>441</b>	NIGHT RUNNERS ZABRZE	M-30	180	00:00:55	00:27:28	00:54:48	01:21:56	01:49:24	<b>01:55:01.60</b>	<b>01:55:57.05</b>	+00:47:02 (40.9%)	5:27	11 (59.1%)
483	<b>PEDOWSKI Wojciech</b>	<b>556</b>		M-50	27	00:00:45	00:26:23	00:53:25	01:20:51	01:49:28	<b>01:55:16.80</b>	<b>01:56:02.05</b>	+00:47:17 (41.0%)	5:27	11 (59.1%)
484	<b>CIELUCH Grzegorz</b>	<b>107</b>		M-30	183	00:00:38	00:27:50	00:55:37	01:22:17	01:49:36	<b>01:55:23.30</b>	<b>01:56:02.10</b>	+00:47:24 (41.1%)	5:28	11 (59.1%)
485	<b>KWIATKOWSKA Katarzyna</b>	<b>390</b>		K-40	25	00:00:20	00:27:05	00:54:48	01:22:11	01:49:56	<b>01:55:43.20</b>	<b>01:56:03.25</b>	+00:47:44 (41.3%)	5:29	10.9 (58.6%)
486	<b>KAMIŃSKA Anna</b>	<b>298</b>	ISTA BIEGAMY	K-20	9	00:01:02	00:27:51	00:54:51	01:21:38	01:49:29	<b>01:55:04.20</b>	<b>01:56:06.55</b>	+00:47:05 (40.9%)	5:27	11 (59.1%)
487	<b>ZEGARTOWSKI Grzegorz</b>	<b>842</b>		M-40	148	00:01:36	00:29:44	00:56:42	01:22:40	01:49:07	<b>01:54:32.35</b>	<b>01:56:08.90</b>	+00:46:33 (40.6%)	5:25	11.1 (59.7%)
488	<b>NOCOŃ Tobiasz</b>	<b>512</b>		M-20	56	00:01:20	00:29:12	00:58:50	01:25:16	01:49:53	<b>01:54:50.05</b>	<b>01:56:10.10</b>	+00:46:51 (40.8%)	5:26	11 (59.1%)
489	<b>SANOCKA Dorota</b>	<b>640</b>		K-40	24	00:00:40	00:27:44	00:55:12	01:22:22	01:49:59	<b>01:55:31.55</b>	<b>01:56:12.15</b>	+00:47:32 (41.2%)	5:28	11 (59.1%)
490	<b>PIETRZAK Piotr</b>	<b>565</b>		M-20	58	00:00:57	00:27:10	00:53:15	01:19:41	01:49:29	<b>01:55:20.00</b>	<b>01:56:17.05</b>	+00:47:20 (41.1%)	5:27	11 (59.1%)
491	<b>ŚLUSARCZYK Darek</b>	<b>903</b>		M-40	160	00:00:42	00:26:50	00:53:22	01:20:36	01:49:36	<b>01:55:36.65</b>	<b>01:56:19.50</b>	+00:47:37 (41.2%)	5:28	10.9 (58.6%)
492	<b>TOKARZ Jacek</b>	<b>753</b>		M-30	182	00:01:08	00:28:30	00:55:30	01:22:36	01:50:06	<b>01:55:13.25</b>	<b>01:56:21.30</b>	+00:47:14 (41.0%)	5:27	11 (59.1%)
493	<b>GOGOLIN Artur</b>	<b>210</b>	BIEG Z CHRYSTUSEM!	M-20	57	00:01:18	00:30:24	00:58:45	01:24:52	01:50:06	<b>01:55:13.10</b>	<b>01:56:31.45</b>	+00:47:14 (41.0%)	5:27	11 (59.1%)
494	<b>HARAZIN Anna</b>	<b>251</b>		K-20	10	00:00:33	00:26:57	00:54:42	01:22:04	01:50:08	<b>01:55:59.05</b>	<b>01:56:32.40</b>	+00:48:00 (41.4%)	5:29	10.9 (58.6%)
495	<b>MAJEWSKA Gizela</b>	<b>433</b>	NIGHT RUNNERS PYSKOWICE	K-50	3	00:00:29	00:25:51	00:53:15	01:21:24	01:50:14	<b>01:56:10.60</b>	<b>01:56:40.40</b>	+00:48:11 (41.5%)	5:30	10.9 (58.6%)
496	<b>GUŚCIORA Maciej</b>	<b>247</b>		M-18	3	00:00:50	00:24:52	00:51:55	01:18:40	01:49:12	<b>01:55:49.95</b>	<b>01:56:40.65</b>	+00:47:50 (41.3%)	5:29	10.9 (58.6%)
497	<b>POPIEL Adriana</b>	<b>580</b>		K-30	26	00:01:07	00:27:14	00:54:26	01:21:43	01:49:52	<b>01:55:33.65</b>	<b>01:56:41.25</b>	+00:47:34 (41.2%)	5:28	11 (59.1%)
498	<b>STRUG Mariusz</b>	<b>704</b>	MOMO RESTAURANT & COCKTAIL BAR	M-40	156	00:01:26	00:29:40	00:56:06	01:22:53	01:49:51	<b>01:55:18.45</b>	<b>01:56:44.85</b>	+00:47:19 (41.0%)	5:27	11 (59.1%)
499	<b>SKURA Adam</b>	<b>663</b>	FLUOR	M-20	59	00:01:01	00:27:09	00:54:11	01:21:50	01:49:45	<b>01:55:43.15</b>	<b>01:56:44.90</b>	+00:47:44 (41.3%)	5:29	10.9 (58.6%)
500	<b>WÓJCIK Anna</b>	<b>819</b>	STEP DANCE	K-40	26	00:00:55	00:26:36	00:53:13	01:20:38	01:49:45	<b>01:55:49.55</b>	<b>01:56:45.20</b>	+00:47:50 (41.3%)	5:29	10.9 (58.6%)
501	<b>SZULC Michał</b>	<b>732</b>	4M	M-40	157	00:01:25	00:27:03	00:54:21	01:21:48	01:49:53	<b>01:55:27.30</b>	<b>01:56:52.45</b>	+00:47:28 (41.1%)	5:28	11 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas		Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	netto 21.1km	brutto 21.1km			
502	LUDWIG Marcin	415	4M	M-40	158	00:01:25	00:27:03	00:54:21	01:21:48	01:49:53	<b>01:55:27.60</b>	<b>01:56:52.75</b>	+00:47:28 (41.1%)	5:28	11 (59.1%)
503	CZAJKA Edward	122	NIGHT RUNNERS/SREBNE MIASTO TARNOWSKIE GÓRY	M-40	161	00:00:57	00:27:55	00:55:34	01:23:15	01:50:22	<b>01:55:55.55</b>	<b>01:56:53.20</b>	+00:47:56 (41.4%)	5:29	10.9 (58.6%)
504	BAC Żaneta	901		K-20	11	00:00:36	00:25:56	00:53:22	01:20:51	01:49:57	<b>01:56:20.05</b>	<b>01:56:56.85</b>	+00:48:21 (41.6%)	5:30	10.9 (58.6%)
505	MACZUGA Monika	429	MUSTANGI GLIWICE	K-30	27	00:00:47	00:26:06	00:53:33	01:21:37	01:50:27	<b>01:56:11.05</b>	<b>01:56:58.25</b>	+00:48:12 (41.5%)	5:30	10.9 (58.6%)
506	PRZESTALSKI Kornel	593	AC POLANKA	M-30	185	00:01:16	00:27:24	00:54:39	01:21:48	01:50:00	<b>01:55:49.65</b>	<b>01:57:05.80</b>	+00:47:50 (41.3%)	5:29	10.9 (58.6%)
507	WIĄZANIA Marek	780		M-40	163	00:01:00	00:27:51	00:54:48	01:21:02	01:49:43	<b>01:56:15.90</b>	<b>01:57:16.55</b>	+00:48:16 (41.5%)	5:30	10.9 (58.6%)
507	GARUS Tomasz	195	304	M-20	60	00:00:45	00:26:59	00:53:49	01:21:37	01:50:35	<b>01:56:30.90</b>	<b>01:57:16.55</b>	+00:48:31 (41.7%)	5:31	10.9 (58.6%)
509	TRZCINA Bartosz	756		M-40	162	00:01:02	00:27:38	00:54:49	01:21:55	01:50:08	<b>01:56:14.40</b>	<b>01:57:17.00</b>	+00:48:15 (41.5%)	5:30	10.9 (58.6%)
510	LENART Sylwia	403		K-30	28	00:01:01	00:27:50	00:54:47	01:21:01	01:49:42	<b>01:56:16.20</b>	<b>01:57:17.40</b>	+00:48:17 (41.5%)	5:30	10.9 (58.6%)
511	WOŹNIAK Marek	814		M-40	164	00:01:00	00:27:26	00:55:05	01:22:15	01:50:32	<b>01:56:18.85</b>	<b>01:57:19.60</b>	+00:48:19 (41.6%)	5:30	10.9 (58.6%)
512	PAŁYGA Agnieszka	540	FUTURE PROCESSING RUNNING TEAM	K-30	29	00:00:55	00:26:59	00:54:33	01:22:09	01:50:32	<b>01:56:25.70</b>	<b>01:57:20.95</b>	+00:48:26 (41.6%)	5:31	10.9 (58.6%)
513	ZELIK Bronisław	843	TSUNAMI BYTKÓW	M-60	5	00:00:28	00:27:49	00:56:00	01:23:43	01:51:36	<b>01:56:58.85</b>	<b>01:57:27.80</b>	+00:48:59 (41.9%)	5:32	10.8 (58.1%)
514	FAŁEK Krzysztof	169		M-40	165	00:01:07	00:27:56	00:55:38	01:23:24	01:50:53	<b>01:56:23.65</b>	<b>01:57:31.00</b>	+00:48:24 (41.6%)	5:30	10.9 (58.6%)
515	BIAŁAS Krzysztof	39		M-40	166	00:01:07	00:27:57	00:55:38	01:23:25	01:50:53	<b>01:56:23.80</b>	<b>01:57:31.15</b>	+00:48:24 (41.6%)	5:30	10.9 (58.6%)
516	NOWAK Katarzyna	516		K-30	31	00:00:34	00:25:35	00:53:03	01:21:07	01:50:56	<b>01:57:07.25</b>	<b>01:57:41.60</b>	+00:49:08 (42.0%)	5:33	10.8 (58.1%)
517	NOWAK Tomasz	517		M-30	192	00:00:35	00:25:36	00:53:02	01:21:08	01:50:56	<b>01:57:06.80</b>	<b>01:57:42.05</b>	+00:49:07 (42.0%)	5:33	10.8 (58.1%)
518	GRABSKI Michał	222	KOMBO KURCZAKI	M-30	188	00:01:10	00:28:56	00:57:45	01:23:57	01:50:51	<b>01:56:32.20</b>	<b>01:57:42.85</b>	+00:48:33 (41.7%)	5:31	10.9 (58.6%)
519	BRZEZINA Arkadiusz	89	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-30	189	00:00:58	00:26:41	00:54:13	01:22:18	01:50:22	<b>01:56:45.95</b>	<b>01:57:44.60</b>	+00:48:46 (41.8%)	5:32	10.8 (58.1%)
520	BIELECKI Bartosz	51		M-30	186	00:01:31	00:29:40	00:59:46	01:26:28	01:51:12	<b>01:56:17.20</b>	<b>01:57:48.45</b>	+00:48:18 (41.5%)	5:30	10.9 (58.6%)
521	SZCZĘŚNIAK Przemysław	718		M-30	190	00:01:00	00:27:40	00:54:58	01:22:26	01:50:56	<b>01:56:55.40</b>	<b>01:57:56.05</b>	+00:48:56 (41.9%)	5:32	10.8 (58.1%)
522	ZACZYK Waldemar	832		M-40	167	00:00:59	00:27:53	00:56:12	01:24:36	01:51:18	<b>01:56:57.40</b>	<b>01:57:56.60</b>	+00:48:58 (41.9%)	5:32	10.8 (58.1%)
523	WILK Andrzej	793		M-30	191	00:00:59	00:25:51	00:52:40	01:20:22	01:50:35	<b>01:56:58.90</b>	<b>01:57:57.95</b>	+00:48:59 (41.9%)	5:32	10.8 (58.1%)
524	JURCZOK Michał	288	WWW.EDUEKO.EU	M-40	168	00:00:59	00:27:25	00:54:46	01:21:53	01:50:48	<b>01:56:59.25</b>	<b>01:57:58.90</b>	+00:49:00 (41.9%)	5:32	10.8 (58.1%)
525	SKUPIEŃ Iza	662	ALBATROS	K-30	30	00:00:58	00:25:13	00:52:36	01:21:11	01:50:41	<b>01:57:00.30</b>	<b>01:57:59.20</b>	+00:49:01 (41.9%)	5:32	10.8 (58.1%)
526	GÓRECKI Janusz	219		M-50	28	00:01:28	00:27:40	00:55:04	01:22:25	01:50:32	<b>01:56:31.80</b>	<b>01:58:00.05</b>	+00:48:32 (41.7%)	5:31	10.9 (58.6%)
527	BUFNAŁ Krzysztof	94		M-40	172	00:00:08	00:26:44	00:55:12	01:23:02	01:51:59	<b>01:57:53.75</b>	<b>01:58:02.30</b>	+00:49:54 (42.3%)	5:35	10.7 (57.5%)
528	GERLE Anna	203		K-30	33	00:00:34	00:26:21	00:54:22	01:22:32	01:51:43	<b>01:57:28.05</b>	<b>01:58:02.60</b>	+00:49:29 (42.1%)	5:34	10.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
529	KRZYSZKOWSKA Agnieszka	371		K-30	34	00:00:20	00:27:05	00:54:48	01:22:37	01:51:58	<b>01:57:43.25</b>	<b>01:58:03.90</b>	+00:49:44 (42.2%)	5:34	10.8 (58.1%)
530	BANASZAK Marcin	21		M-30	187	00:01:33	00:29:10	00:57:22	01:25:03	01:51:11	<b>01:56:31.45</b>	<b>01:58:05.05</b>	+00:48:32 (41.7%)	5:31	10.9 (58.6%)
531	BŁASZCZYŹYŹYŹ Łukasz	60		M-30	194	00:00:52	00:28:00	00:56:10	01:23:35	01:51:47	<b>01:57:18.35</b>	<b>01:58:11.30</b>	+00:49:19 (42.0%)	5:33	10.8 (58.1%)
532	POGRANICZNY Damian	955	ELZAB ACTIVE TEAM	M-20	61	00:01:04	00:28:40	00:56:49	01:24:08	01:51:19	<b>01:57:11.25</b>	<b>01:58:15.90</b>	+00:49:12 (42.0%)	5:33	10.8 (58.1%)
533	PIASNY Jolanta	559		K-30	32	00:01:05	00:27:39	00:55:41	01:23:16	01:51:21	<b>01:57:11.15</b>	<b>01:58:17.00</b>	+00:49:12 (42.0%)	5:33	10.8 (58.1%)
534	CYBULSKI Grzegorz	117	NAJWIĘKSZA ARMIA ŚWIATA	M-40	170	00:00:48	00:27:29	00:55:40	01:23:38	01:51:51	<b>01:57:32.35</b>	<b>01:58:20.80</b>	+00:49:33 (42.2%)	5:34	10.8 (58.1%)
535	MATUŁA Marcin	863	ASSECO ACTIVE TEAM	M-30	201	00:00:19	00:26:13	00:55:04	01:23:05	01:51:57	<b>01:58:04.35</b>	<b>01:58:23.85</b>	+00:50:05 (42.4%)	5:35	10.7 (57.5%)
536	KROCZEK Liliana	364	NIHGT RUNNERS	K-40	28	00:00:42	00:28:08	00:56:25	01:24:24	01:52:13	<b>01:57:43.75</b>	<b>01:58:26.40</b>	+00:49:44 (42.3%)	5:34	10.8 (58.1%)
537	WRÓBLEWSKA Ewa	870	BIEGAJ Z TRENERAMI	K-40	27	00:00:54	00:27:06	00:54:19	01:22:08	01:51:55	<b>01:57:32.45</b>	<b>01:58:26.60</b>	+00:49:33 (42.2%)	5:34	10.8 (58.1%)
538	JAKUBIK Witold	269		M-60	6	00:00:16	00:27:19	00:55:07	01:22:52	01:52:04	<b>01:58:10.35</b>	<b>01:58:27.20</b>	+00:50:11 (42.5%)	5:36	10.7 (57.5%)
539	CISOWSKI Michał	910		M-40	169	00:01:07	00:27:44	00:56:02	01:24:00	01:51:40	<b>01:57:23.35</b>	<b>01:58:30.80</b>	+00:49:24 (42.1%)	5:33	10.8 (58.1%)
540	STAWSKA Joanna	694	BIEGAJ Z TRENERAMI	K-50	4	00:00:49	00:27:39	00:55:39	01:23:32	01:52:03	<b>01:57:42.75</b>	<b>01:58:32.15</b>	+00:49:43 (42.2%)	5:34	10.8 (58.1%)
541	STRONCZYŹSKI Andrzej	703	NIGHT RUNNERS GLIWICE	M-20	63	00:01:03	00:27:56	00:55:44	01:22:41	01:51:19	<b>01:57:30.40</b>	<b>01:58:33.95</b>	+00:49:31 (42.1%)	5:34	10.8 (58.1%)
542	WALSKI Łukasz	770	MOMO RESTAURANT & COCKTAIL BAR	M-30	197	00:00:57	00:27:57	00:55:47	01:23:30	01:51:45	<b>01:57:41.80</b>	<b>01:58:39.10</b>	+00:49:42 (42.2%)	5:34	10.8 (58.1%)
543	ALBRECHT Sebastian	875		M-30	195	00:01:12	00:28:26	00:56:11	01:24:05	01:51:42	<b>01:57:27.40</b>	<b>01:58:40.30</b>	+00:49:28 (42.1%)	5:34	10.8 (58.1%)
544	MATUSZNY Barbara	919		K-40	29	00:00:53	00:27:06	00:54:20	01:22:07	01:51:51	<b>01:57:47.80</b>	<b>01:58:41.35</b>	+00:49:48 (42.3%)	5:34	10.7 (57.5%)
545	PASIEKA Grzegorz	547		M-30	196	00:01:09	00:28:26	00:56:59	01:24:39	01:52:15	<b>01:57:32.85</b>	<b>01:58:41.90</b>	+00:49:33 (42.2%)	5:34	10.8 (58.1%)
546	SALA Nela	636	WYJAZDYFIT	K-30	35	00:00:55	00:27:36	00:55:30	01:23:21	01:52:01	<b>01:57:47.85</b>	<b>01:58:43.50</b>	+00:49:48 (42.3%)	5:34	10.7 (57.5%)
547	KULESZA Łukasz	917		M-30	193	00:01:32	00:28:39	00:56:14	01:23:42	01:51:36	<b>01:57:16.55</b>	<b>01:58:49.00</b>	+00:49:17 (42.0%)	5:33	10.8 (58.1%)
548	NABIELEC Jakub	490		M-40	171	00:01:13	00:28:26	00:56:57	01:24:43	01:52:08	<b>01:57:37.90</b>	<b>01:58:51.60</b>	+00:49:38 (42.2%)	5:34	10.8 (58.1%)
549	GINALSKI Aleksander	207	BOLDARE	M-20	62	00:01:31	00:26:49	00:53:16	01:20:32	01:50:48	<b>01:57:22.95</b>	<b>01:58:54.00</b>	+00:49:23 (42.1%)	5:33	10.8 (58.1%)
550	ZAŁĘCKA Monika	836	PARKRUN KATOWICE	K-30	36	00:00:54	00:27:27	00:55:37	01:23:33	01:52:12	<b>01:58:05.90</b>	<b>01:59:00.75</b>	+00:50:06 (42.4%)	5:35	10.7 (57.5%)
551	BOGDAŁ Michał	67	BBG RACING	M-30	200	00:00:59	00:28:41	00:56:46	01:24:07	01:51:53	<b>01:58:02.10</b>	<b>01:59:01.95</b>	+00:50:03 (42.4%)	5:35	10.7 (57.5%)
552	STAŹKO Marcin	689		M-30	207	00:00:04	00:26:17	00:54:07	01:22:41	01:53:03	<b>01:58:58.00</b>	<b>01:59:02.70</b>	+00:50:58 (42.9%)	5:38	10.6 (57.0%)
553	GRZEBIELA Mateusz	243		M-30	198	00:01:05	00:27:38	00:54:51	01:22:13	01:51:50	<b>01:57:57.75</b>	<b>01:59:02.90</b>	+00:49:58 (42.4%)	5:35	10.7 (57.5%)
554	KASPRZYCKI Przemysław	311		M-40	174	00:00:54	00:26:27	00:53:38	01:21:42	01:51:45	<b>01:58:09.70</b>	<b>01:59:04.30</b>	+00:50:10 (42.5%)	5:36	10.7 (57.5%)
555	BUKOWSKI Adam	96		M-20	65	00:00:28	00:27:20	00:55:29	01:23:46	01:53:06	<b>01:58:39.95</b>	<b>01:59:08.45</b>	+00:50:40 (42.7%)	5:37	10.7 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
556	<b>CZAPEK Ania</b>	<b>126</b>	NIGHT RUNNERS GLIWICE	K-40	30	00:00:50	00:27:51	00:56:06	01:24:15	01:52:26	<b>01:58:19.70</b>	<b>01:59:09.90</b>	+00:50:20 (42.5%)	5:36	10.7 (57.5%)
557	<b>LEDWIG Iwona</b>	<b>401</b>	MAMAX2	K-20	14	00:00:03	00:24:46	00:51:40	01:19:47	01:53:10	<b>01:59:06.90</b>	<b>01:59:10.35</b>	+00:51:07 (42.9%)	5:38	10.6 (57.0%)
558	<b>KRYSTEK Łukasz</b>	<b>368</b>		M-30	202	00:01:03	00:27:54	00:55:17	01:22:42	01:51:44	<b>01:58:07.35</b>	<b>01:59:10.45</b>	+00:50:08 (42.4%)	5:35	10.7 (57.5%)
559	<b>SURMA Karolina</b>	<b>707</b>		K-30	37	00:00:48	00:27:22	00:55:46	01:24:09	01:52:41	<b>01:58:23.95</b>	<b>01:59:12.85</b>	+00:50:24 (42.6%)	5:36	10.7 (57.5%)
560	<b>WRÓBEL Jarosław</b>	<b>825</b>		M-30	199	00:01:11	00:28:33	00:56:21	01:24:26	01:52:14	<b>01:58:02.05</b>	<b>01:59:13.25</b>	+00:50:03 (42.4%)	5:35	10.7 (57.5%)
561	<b>WIECHOWSKI Artur</b>	<b>781</b>	SPARTA PLATFUS	M-30	204	00:00:36	00:26:22	00:54:12	01:21:43	01:52:45	<b>01:58:37.50</b>	<b>01:59:14.05</b>	+00:50:38 (42.7%)	5:37	10.7 (57.5%)
562	<b>MICHNA Wojtek</b>	<b>469</b>		M-20	64	00:00:44	00:26:35	00:54:17	01:22:23	01:51:51	<b>01:58:32.55</b>	<b>01:59:16.70</b>	+00:50:33 (42.6%)	5:37	10.7 (57.5%)
563	<b>GRUDNIEWSKI Rafał</b>	<b>239</b>	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-30	203	00:00:57	00:27:55	00:55:34	01:23:30	01:52:28	<b>01:58:23.45</b>	<b>01:59:20.90</b>	+00:50:24 (42.6%)	5:36	10.7 (57.5%)
564	<b>RAK Katarzyna</b>	<b>604</b>		K-20	12	00:01:01	00:27:52	00:55:52	01:23:46	01:52:29	<b>01:58:23.50</b>	<b>01:59:25.35</b>	+00:50:24 (42.6%)	5:36	10.7 (57.5%)
565	<b>HEBDA-OLSZÓWKA Aleksandra</b>	<b>252</b>	NIGHT RUNNERS GLIWICE	K-30	38	00:00:42	00:28:08	00:56:25	01:24:25	01:52:49	<b>01:58:43.55</b>	<b>01:59:26.40</b>	+00:50:44 (42.7%)	5:37	10.7 (57.5%)
566	<b>WÓJCIK Józefa</b>	<b>822</b>		K-50	5	00:01:09	00:26:37	00:53:41	01:21:48	01:51:56	<b>01:58:17.60</b>	<b>01:59:26.95</b>	+00:50:18 (42.5%)	5:36	10.7 (57.5%)
567	<b>RAŚ Łukasz</b>	<b>607</b>		M-40	173	00:01:33	00:27:14	00:54:57	01:22:56	01:51:50	<b>01:57:55.90</b>	<b>01:59:29.55</b>	+00:49:56 (42.4%)	5:35	10.7 (57.5%)
568	<b>WIETRZYCKI Zenon</b>	<b>788</b>	BIEGAJ Z TRENERAMI	M-50	30	00:00:41	00:26:32	00:53:54	01:22:57	01:52:54	<b>01:58:48.15</b>	<b>01:59:30.10</b>	+00:50:49 (42.8%)	5:37	10.7 (57.5%)
569	<b>GRADOWSKI Łukasz</b>	<b>224</b>	PG INWESTYCJE	M-40	176	00:00:47	00:27:48	00:55:26	01:23:35	01:52:43	<b>01:58:43.60</b>	<b>01:59:30.95</b>	+00:50:44 (42.7%)	5:37	10.7 (57.5%)
570	<b>PUTOWSKA Natalia</b>	<b>599</b>		K-20	13	00:00:56	00:27:39	00:55:19	01:23:04	01:52:14	<b>01:58:36.25</b>	<b>01:59:32.95</b>	+00:50:37 (42.7%)	5:37	10.7 (57.5%)
571	<b>IZYDORCZYK Mirosław</b>	<b>264</b>		M-50	29	00:01:09	00:27:35	00:55:11	01:22:36	01:52:01	<b>01:58:23.40</b>	<b>01:59:33.20</b>	+00:50:24 (42.6%)	5:36	10.7 (57.5%)
572	<b>SZYMANEK Rafał</b>	<b>736</b>	LAMUS PERŁOWY	M-40	177	00:00:35	00:25:25	00:52:18	01:21:38	01:53:05	<b>01:58:58.45</b>	<b>01:59:34.20</b>	+00:50:59 (42.9%)	5:38	10.6 (57.0%)
573	<b>GRUCHALSKI Jakub</b>	<b>237</b>	ISTA BIEGAMY	M-30	211	00:00:33	00:27:26	00:55:21	01:23:19	01:52:36	<b>01:59:06.15</b>	<b>01:59:39.80</b>	+00:51:07 (42.9%)	5:38	10.6 (57.0%)
574	<b>ŻABICKI Mariusz</b>	<b>854</b>	MULTIEFEKT.PL	M-30	208	00:00:41	00:28:02	00:56:29	01:24:24	01:52:53	<b>01:58:59.50</b>	<b>01:59:41.40</b>	+00:51:00 (42.9%)	5:38	10.6 (57.0%)
575	<b>WYLEŻOŁ Piotr</b>	<b>828</b>	WWW.PROJEKTORY.KATOWICE.PL	M-30	209	00:00:53	00:27:02	00:55:00	01:23:32	01:52:54	<b>01:58:59.60</b>	<b>01:59:52.65</b>	+00:51:00 (42.9%)	5:38	10.6 (57.0%)
576	<b>DORCZAK Jarosław</b>	<b>151</b>		M-30	210	00:00:49	00:25:40	00:53:14	01:22:11	01:52:48	<b>01:59:03.90</b>	<b>01:59:53.80</b>	+00:51:04 (42.9%)	5:38	10.6 (57.0%)
577	<b>FUGOWSKI Grzegorz</b>	<b>184</b>		M-30	206	00:01:06	00:27:05	00:54:04	01:22:46	01:53:00	<b>01:58:52.10</b>	<b>01:59:58.35</b>	+00:50:53 (42.8%)	5:38	10.7 (57.5%)
578	<b>ŚLUSARSKI Leszek</b>	<b>740</b>		M-40	175	00:01:28	00:27:31	00:55:40	01:23:38	01:52:05	<b>01:58:30.60</b>	<b>01:59:58.75</b>	+00:50:31 (42.6%)	5:36	10.7 (57.5%)
579	<b>GAŁKA Tomasz</b>	<b>190</b>		M-30	215	00:00:29	00:25:59	00:53:26	01:21:07	01:52:29	<b>01:59:30.25</b>	<b>01:59:59.70</b>	+00:51:31 (43.1%)	5:39	10.6 (57.0%)
580	<b>KARMAŃSKI Jacek</b>	<b>862</b>	-	M-40	178	00:00:46	00:27:34	00:54:53	01:23:14	01:52:58	<b>01:59:14.65</b>	<b>02:00:01.10</b>	+00:51:15 (43.0%)	5:39	10.6 (57.0%)
581	<b>WŁODARCZYK Paweł</b>	<b>801</b>	ING BANK ŚLĄSKI S.A.	M-30	212	00:00:45	00:27:24	00:55:37	01:23:43	01:53:03	<b>01:59:16.25</b>	<b>02:00:01.75</b>	+00:51:17 (43.0%)	5:39	10.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
582	<b>RAJTOR Klaudiusz</b>	<b>603</b>	WOLNY STRZELEC	M-50	31	00:00:56	00:28:06	00:56:16	01:24:16	01:53:07	<b>01:59:05.15</b>	<b>02:00:02.10</b>	+00:51:06 (42.9%)	5:38	10.6 (57.0%)
583	<b>HERLICZKA Tomasz</b>	<b>254</b>	AML-FLY TEAM	M-40	181	00:00:24	00:26:22	00:54:03	01:22:48	01:52:53	<b>01:59:37.45</b>	<b>02:00:02.30</b>	+00:51:38 (43.2%)	5:40	10.6 (57.0%)
584	<b>WIORA Łukasz</b>	<b>799</b>		M-30	213	00:00:46	00:28:19	00:56:41	01:24:42	01:53:28	<b>01:59:17.75</b>	<b>02:00:04.00</b>	+00:51:18 (43.0%)	5:39	10.6 (57.0%)
585	<b>RYZINSKI Wojciech</b>	<b>630</b>		M-30	217	00:00:18	00:28:25	00:57:37	01:25:54	01:53:56	<b>01:59:47.85</b>	<b>02:00:06.10</b>	+00:51:48 (43.3%)	5:40	10.6 (57.0%)
586	<b>SZPIŁA Agnieszka</b>	<b>730</b>	DŻEM TEAM	K-20	15	00:00:54	00:28:51	00:57:11	01:24:59	01:53:18	<b>01:59:13.10</b>	<b>02:00:07.85</b>	+00:51:14 (43.0%)	5:39	10.6 (57.0%)
587	<b>KUŹNICKI Tomasz</b>	<b>387</b>		M-30	205	00:01:38	00:27:18	00:55:19	01:23:37	01:52:34	<b>01:58:38.15</b>	<b>02:00:16.15</b>	+00:50:39 (42.7%)	5:37	10.7 (57.5%)
588	<b>KACZMARSKI Jacek</b>	<b>293</b>	ELZAB ACTIVE TEAM	M-30	216	00:00:50	00:27:31	00:55:24	01:23:33	01:53:19	<b>01:59:30.85</b>	<b>02:00:20.85</b>	+00:51:31 (43.1%)	5:39	10.6 (57.0%)
589	<b>BIAŁAS Ewa</b>	<b>40</b>		K-30	41	00:00:49	00:27:45	00:55:47	01:24:03	01:53:24	<b>01:59:32.30</b>	<b>02:00:21.70</b>	+00:51:33 (43.1%)	5:39	10.6 (57.0%)
590	<b>PĘKALA Anna</b>	<b>558</b>		K-40	31	00:00:51	00:26:58	00:55:09	01:24:20	01:53:44	<b>01:59:31.05</b>	<b>02:00:22.30</b>	+00:51:32 (43.1%)	5:39	10.6 (57.0%)
590	<b>SZKAMRUK Małgorzata</b>	<b>722</b>	ŁABĘDZKIE BIEGANIE	K-30	40	00:00:51	00:26:58	00:55:09	01:24:21	01:53:44	<b>01:59:31.20</b>	<b>02:00:22.30</b>	+00:51:32 (43.1%)	5:39	10.6 (57.0%)
592	<b>ŁAGOSZ Katarzyna</b>	<b>416</b>	PACEMAKER	K-30	39	00:00:54	00:27:56	00:56:14	01:24:13	01:52:53	<b>01:59:28.85</b>	<b>02:00:22.90</b>	+00:51:29 (43.1%)	5:39	10.6 (57.0%)
593	<b>PIŁAT Jarosław</b>	<b>568</b>	PACEMAKER	M-30	214	00:00:54	00:27:56	00:56:15	01:24:13	01:52:53	<b>01:59:28.55</b>	<b>02:00:23.00</b>	+00:51:29 (43.1%)	5:39	10.6 (57.0%)
594	<b>WRZASK Grzegorz</b>	<b>826</b>		M-40	180	00:00:50	00:28:02	00:56:20	01:24:23	01:53:14	<b>01:59:36.15</b>	<b>02:00:26.20</b>	+00:51:37 (43.2%)	5:40	10.6 (57.0%)
595	<b>PALETKO Ryszard</b>	<b>537</b>		M-40	179	00:01:03	00:27:10	00:54:31	01:22:43	01:53:28	<b>01:59:23.20</b>	<b>02:00:26.85</b>	+00:51:24 (43.1%)	5:39	10.6 (57.0%)
596	<b>PUCHAŁA Ewelina</b>	<b>597</b>	PACEMAKER	K-30	42	00:00:54	00:28:00	00:56:17	01:24:23	01:53:09	<b>01:59:33.25</b>	<b>02:00:27.30</b>	+00:51:34 (43.1%)	5:39	10.6 (57.0%)
597	<b>GĘBCZYŃSKI Paweł</b>	<b>204</b>		M-30	219	00:00:48	00:26:53	00:55:03	01:23:49	01:53:42	<b>01:59:56.25</b>	<b>02:00:44.25</b>	+00:51:57 (43.3%)	5:41	10.6 (57.0%)
598	<b>HENDRYK Leszek</b>	<b>253</b>		M-30	218	00:00:55	00:28:51	00:57:39	01:25:39	01:54:15	<b>01:59:51.10</b>	<b>02:00:47.05</b>	+00:51:52 (43.3%)	5:40	10.6 (57.0%)
599	<b>GRZESICZEK Piotr</b>	<b>245</b>	HIRERIGHT RUNNING TEAM	M-20	66	00:00:57	00:28:07	00:56:15	01:24:56	01:54:16	<b>02:00:12.10</b>	<b>02:01:09.15</b>	+00:52:13 (43.4%)	5:41	10.5 (56.5%)
600	<b>NIEGOWSKA Anna</b>	<b>502</b>		K-50	6	00:01:14	00:27:44	00:55:57	01:24:13	01:53:56	<b>02:00:00.90</b>	<b>02:01:14.90</b>	+00:52:01 (43.4%)	5:41	10.6 (57.0%)
601	<b>PRADELOK Jerzy</b>	<b>587</b>	GIBKE GIZDY	M-50	32	00:00:56	00:27:29	00:55:07	01:23:29	01:53:33	<b>02:00:22.10</b>	<b>02:01:18.55</b>	+00:52:23 (43.5%)	5:42	10.5 (56.5%)
602	<b>KOCUR Aleksander</b>	<b>329</b>		M-40	182	00:01:02	00:29:37	00:58:44	01:26:57	01:54:43	<b>02:00:23.70</b>	<b>02:01:26.65</b>	+00:52:24 (43.5%)	5:42	10.5 (56.5%)
603	<b>RUNNER Alek</b>	<b>620</b>		M-30	221	00:00:00	00:27:04	00:55:04	01:24:26	01:55:12	<b>02:01:31.60</b>	<b>02:01:32.50</b>	+00:53:32 (44.1%)	5:45	10.4 (55.9%)
604	<b>CIURA Łukasz</b>	<b>114</b>		M-20	69	00:00:28	00:25:28	00:52:40	01:21:36	01:53:49	<b>02:01:13.15</b>	<b>02:01:41.20</b>	+00:53:14 (43.9%)	5:44	10.4 (55.9%)
605	<b>KARABASZ Marek</b>	<b>304</b>	LOTAJĄCE CHOPY	M-20	68	00:01:03	00:26:23	00:55:45	01:23:35	01:54:42	<b>02:00:39.20</b>	<b>02:01:42.50</b>	+00:52:40 (43.7%)	5:43	10.5 (56.5%)
606	<b>KARAWACKI Grzegorz</b>	<b>305</b>		M-20	70	00:00:20	00:27:31	00:56:58	01:26:49	01:55:33	<b>02:01:25.75</b>	<b>02:01:46.10</b>	+00:53:26 (44.0%)	5:45	10.4 (55.9%)
607	<b>CIUK Bartosz</b>	<b>111</b>	KRÓL MAJONEZU	M-50	33	00:00:39	00:27:21	00:55:35	01:24:32	01:54:44	<b>02:01:11.65</b>	<b>02:01:51.30</b>	+00:53:12 (43.9%)	5:44	10.4 (55.9%)
608	<b>KOŁAK Szymon</b>	<b>330</b>		M-20	67	00:01:21	00:27:56	00:56:28	01:24:23	01:54:15	<b>02:00:31.30</b>	<b>02:01:53.10</b>	+00:52:32 (43.6%)	5:42	10.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
609	ŚWIDER Tomasz	742		M-40	183	00:01:17	00:27:39	00:55:57	01:24:10	01:54:16	<b>02:00:45.15</b>	<b>02:02:02.60</b>	+00:52:46 (43.7%)	5:43	10.5 (56.5%)
610	PAJER Aleksandra	536		K-30	43	00:01:02	00:27:50	00:56:10	01:24:49	01:54:45	<b>02:01:02.20</b>	<b>02:02:05.15</b>	+00:53:03 (43.8%)	5:44	10.5 (56.5%)
611	MARKOWSKI Kamil	448		M-30	223	00:00:20	00:28:19	00:56:57	01:26:06	01:55:53	<b>02:01:52.80</b>	<b>02:02:13.50</b>	+00:53:53 (44.2%)	5:46	10.4 (55.9%)
612	MARKOWSKA Sylwia	447		K-30	44	00:00:20	00:28:19	00:56:57	01:26:06	01:55:53	<b>02:01:53.25</b>	<b>02:02:14.00</b>	+00:53:54 (44.2%)	5:46	10.4 (55.9%)
613	ĆWIOK Marek	139	TUV RHEINLAND POLSKA	M-40	184	00:00:28	00:25:44	00:53:33	01:22:47	01:55:05	<b>02:01:47.80</b>	<b>02:02:16.35</b>	+00:53:48 (44.2%)	5:46	10.4 (55.9%)
614	JANKOWSKI Jan	275	SOKÓŁ ŚLĄSK	M-20	71	00:00:41	00:25:21	00:52:33	01:21:37	01:54:44	<b>02:01:35.10</b>	<b>02:02:17.05</b>	+00:53:36 (44.1%)	5:45	10.4 (55.9%)
615	PRYMAS Krystian	886		M-30	222	00:00:32	00:26:26	00:53:35	01:22:25	01:54:51	<b>02:01:45.75</b>	<b>02:02:18.00</b>	+00:53:46 (44.2%)	5:46	10.4 (55.9%)
616	GDULA Teodozja	201		K-60	1	00:01:00	00:27:05	00:55:15	01:24:26	01:54:57	<b>02:01:32.10</b>	<b>02:02:32.45</b>	+00:53:33 (44.1%)	5:45	10.4 (55.9%)
617	NIESTRÓJ Rafał	505		M-30	220	00:01:06	00:30:05	00:59:41	01:27:49	01:55:55	<b>02:01:27.15</b>	<b>02:02:33.25</b>	+00:53:28 (44.0%)	5:45	10.4 (55.9%)
618	STOLARCZYK Robert	700	NIGHT RUNNERS GLIWICE	M-40	186	00:00:41	00:27:38	00:55:59	01:24:36	01:55:28	<b>02:01:57.60</b>	<b>02:02:38.90</b>	+00:53:58 (44.3%)	5:46	10.4 (55.9%)
619	PIETRZAK Krzysztof	563		M-40	187	00:00:41	00:27:38	00:55:59	01:24:37	01:55:29	<b>02:01:58.00</b>	<b>02:02:39.20</b>	+00:53:58 (44.3%)	5:46	10.4 (55.9%)
620	SELIGA Paweł	644	BIEGAJ Z TRENERAMI GLIWICE	M-30	226	00:00:38	00:26:56	00:55:10	01:24:12	01:55:20	<b>02:02:03.30</b>	<b>02:02:42.15</b>	+00:54:04 (44.3%)	5:47	10.4 (55.9%)
621	STĘCNIK Michał	697		M-30	228	00:00:34	00:28:46	00:57:44	01:25:57	01:55:36	<b>02:02:10.95</b>	<b>02:02:45.70</b>	+00:54:11 (44.4%)	5:47	10.4 (55.9%)
622	MAŚLANKA Ireneusz	454	NIGHT RUNNERS GLIWICE	M-50	34	00:01:04	00:27:47	00:56:06	01:24:34	01:55:13	<b>02:01:46.05</b>	<b>02:02:50.10</b>	+00:53:47 (44.2%)	5:46	10.4 (55.9%)
623	DĄBROWSKI Marcin	143	TEAM KORNEL	M-30	224	00:00:53	00:27:48	00:55:41	01:24:31	01:55:36	<b>02:01:56.45</b>	<b>02:02:50.30</b>	+00:53:57 (44.2%)	5:46	10.4 (55.9%)
624	KULAWIK Mariusz	378		M-30	225	00:00:51	00:29:26	00:58:57	01:27:46	01:56:22	<b>02:02:00.70</b>	<b>02:02:52.50</b>	+00:54:01 (44.3%)	5:46	10.4 (55.9%)
625	GRUCHAŁA Anna	238	MK TEAM	K-30	45	00:00:49	00:28:02	00:56:19	01:24:37	01:55:28	<b>02:02:04.70</b>	<b>02:02:54.30</b>	+00:54:05 (44.3%)	5:47	10.4 (55.9%)
626	WOLIŃSKI Józef	810		M-50	35	00:01:09	00:28:34	00:57:15	01:26:05	01:55:40	<b>02:01:46.20</b>	<b>02:02:55.80</b>	+00:53:47 (44.2%)	5:46	10.4 (55.9%)
627	SKÓRA Michał	661		M-40	185	00:01:05	00:27:57	00:56:52	01:25:42	01:55:35	<b>02:01:50.45</b>	<b>02:02:56.10</b>	+00:53:51 (44.2%)	5:46	10.4 (55.9%)
628	LESZCZYŃSKA Małgorzata	405		K-40	32	00:01:09	00:28:07	00:56:24	01:25:37	01:55:40	<b>02:01:51.10</b>	<b>02:03:01.00</b>	+00:53:52 (44.2%)	5:46	10.4 (55.9%)
629	BITNER Krystian	55		M-30	227	00:01:03	00:27:50	00:56:14	01:24:54	01:55:52	<b>02:02:04.00</b>	<b>02:03:07.00</b>	+00:54:04 (44.3%)	5:47	10.4 (55.9%)
630	FRANIELCZYK Marta	180		K-30	47	00:00:57	00:27:55	00:56:13	01:24:39	01:55:25	<b>02:02:13.65</b>	<b>02:03:10.90</b>	+00:54:14 (44.4%)	5:47	10.4 (55.9%)
631	BIAŁY Dagmara	41	BWŻNJZ	K-40	33	00:01:06	00:28:48	00:56:27	01:25:02	01:55:36	<b>02:02:10.05</b>	<b>02:03:16.90</b>	+00:54:11 (44.4%)	5:47	10.4 (55.9%)
632	TKACZYK Tomasz	749	PIGT	M-30	229	00:00:51	00:26:55	00:55:04	01:24:21	01:55:57	<b>02:02:35.85</b>	<b>02:03:27.60</b>	+00:54:36 (44.5%)	5:48	10.3 (55.4%)
633	CHODAKOWSKA Dorota	897		K-30	46	00:01:14	00:30:08	00:58:59	01:27:40	01:56:25	<b>02:02:13.30</b>	<b>02:03:28.20</b>	+00:54:14 (44.4%)	5:47	10.4 (55.9%)
634	CZERNIK Andrzej	133		M-60	7	00:01:10	00:26:47	00:54:51	01:23:47	01:55:25	<b>02:02:23.15</b>	<b>02:03:33.20</b>	+00:54:24 (44.5%)	5:48	10.3 (55.4%)
635	LESZKO Tomasz	406	EUVIC	M-30	231	00:00:31	00:27:56	00:57:02	01:26:08	01:56:59	<b>02:03:14.80</b>	<b>02:03:45.80</b>	+00:55:15 (44.8%)	5:50	10.3 (55.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas		Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	netto 21.1km	brutto 21.1km			
636	BAJ Tomasz	17		M-20	72	00:00:43	00:25:50	00:53:40	01:23:37	01:57:03	02:03:05.55	02:03:49.50	+00:55:06 (44.8%)	5:50	10.3 (55.4%)
637	ROŻEK Agata	614		K-20	17	00:00:51	00:27:39	00:55:44	01:24:01	01:55:21	02:02:58.75	02:03:50.30	+00:54:59 (44.7%)	5:49	10.3 (55.4%)
638	ROŻEK Michał	615		M-50	36	00:00:50	00:27:40	00:55:45	01:24:02	01:55:23	02:02:59.80	02:03:50.50	+00:55:00 (44.7%)	5:49	10.3 (55.4%)
639	SOBAS Katarzyna	673		K-20	16	00:00:55	00:27:52	00:56:14	01:24:25	01:55:59	02:02:58.30	02:03:54.20	+00:54:59 (44.7%)	5:49	10.3 (55.4%)
640	BRYKOWSKI Przemysław	88		M-40	188	00:00:58	00:27:44	00:56:11	01:24:15	01:56:07	02:03:10.15	02:04:08.50	+00:55:11 (44.8%)	5:50	10.3 (55.4%)
641	SMIESZKOŁ-BRYKOWSKA Sonia	664		K-30	48	00:00:59	00:27:43	00:56:10	01:24:14	01:56:07	02:03:09.35	02:04:08.55	+00:55:10 (44.8%)	5:50	10.3 (55.4%)
642	BIEŃKOWSKI Paweł	954		M-30	230	00:01:34	00:29:16	00:57:45	01:26:18	01:57:07	02:02:47.80	02:04:22.25	+00:54:48 (44.6%)	5:49	10.3 (55.4%)
643	MASIAREK Mariusz	452	DRUŻYNA MOJACUKRZYCA.PL	M-40	189	00:01:05	00:28:00	00:56:14	01:24:19	01:56:12	02:03:23.25	02:04:28.55	+00:55:24 (44.9%)	5:50	10.3 (55.4%)
644	DEMBOWSKA Bożena	144		K-30	49	00:01:04	00:28:43	00:58:20	01:27:34	01:57:15	02:03:28.35	02:04:32.90	+00:55:29 (44.9%)	5:51	10.3 (55.4%)
645	MIKUŁA Aleksandra	475		K-40	34	00:00:27	00:26:26	00:55:14	01:25:07	01:57:29	02:04:17.20	02:04:44.70	+00:56:18 (45.3%)	5:53	10.2 (54.8%)
646	NIEDZIELA Maciej	501		M-30	233	00:00:40	00:28:04	00:56:30	01:24:50	01:57:57	02:04:34.70	02:05:15.55	+00:56:35 (45.4%)	5:54	10.2 (54.8%)
647	LEWANDOWSKI Grzegorz	408		M-40	190	00:01:07	00:29:51	00:59:38	01:28:23	01:57:48	02:04:11.10	02:05:18.65	+00:56:12 (45.3%)	5:53	10.2 (54.8%)
648	STĘPIEŃ Wojciech	698		M-20	73	00:00:56	00:28:09	00:56:35	01:25:38	01:57:39	02:04:22.15	02:05:18.80	+00:56:23 (45.3%)	5:53	10.2 (54.8%)
649	OTRĘBSKI Tomasz	531		M-40	193	00:00:57	00:29:33	00:59:47	01:29:07	01:58:28	02:04:28.85	02:05:26.65	+00:56:29 (45.4%)	5:53	10.2 (54.8%)
650	SOŚNIAK Tomasz	679	KUDŁATY ART	M-30	232	00:01:05	00:28:26	00:57:04	01:26:22	01:57:26	02:04:23.30	02:05:29.05	+00:56:24 (45.3%)	5:53	10.2 (54.8%)
651	KOTRA-TRUSZCZYNSKA Magda	344	TRIMAMA	K-20	18	00:01:20	00:29:12	00:58:50	01:27:34	01:57:51	02:04:13.15	02:05:33.50	+00:56:14 (45.3%)	5:53	10.2 (54.8%)
652	SKOMSKI Krzysztof	657	NEGATYW	M-60	8	00:00:58	00:29:17	00:59:27	01:27:25	01:58:16	02:04:37.75	02:05:36.30	+00:56:38 (45.5%)	5:54	10.2 (54.8%)
653	CZAJKA Aleksander	124	MOKRE DZIKI	M-40	191	00:01:19	00:29:09	00:58:42	01:28:50	01:58:18	02:04:21.05	02:05:40.15	+00:56:22 (45.3%)	5:53	10.2 (54.8%)
654	TISZBIEREK Henryk	748	NIGHT RUNNERS GLIWICE	M-40	194	00:00:52	00:28:03	00:56:21	01:26:03	01:57:36	02:04:47.70	02:05:40.25	+00:56:48 (45.5%)	5:54	10.1 (54.3%)
655	BARTOSZ Kamil	26		M-20	75	00:00:43	00:28:15	00:57:09	01:26:16	01:57:57	02:04:58.25	02:05:41.50	+00:56:59 (45.6%)	5:55	10.1 (54.3%)
656	MIECZNIKOWSKA Agnieszka	471		K-40	35	00:00:55	00:28:09	00:57:46	01:27:54	01:58:35	02:04:48.25	02:05:43.50	+00:56:49 (45.5%)	5:54	10.1 (54.3%)
657	POSMYK Przemysław	584		M-40	195	00:00:57	00:27:53	00:56:14	01:25:48	01:58:07	02:04:48.45	02:05:45.45	+00:56:49 (45.5%)	5:54	10.1 (54.3%)
658	SOWIAR Maciej	681		M-20	74	00:01:25	00:27:12	00:55:05	01:23:43	01:56:53	02:04:24.45	02:05:50.30	+00:56:25 (45.4%)	5:53	10.2 (54.8%)
659	JUREKO Maciej	290		M-30	235	00:00:34	00:28:46	00:57:37	01:26:09	01:58:36	02:05:20.80	02:05:54.90	+00:57:21 (45.8%)	5:56	10.1 (54.3%)
660	JANKOWSKA Anna	274	ELZABACTIVETEAM	K-30	50	00:01:12	00:29:52	00:59:18	01:28:24	01:58:17	02:04:47.85	02:06:00.10	+00:56:48 (45.5%)	5:54	10.1 (54.3%)
661	GRESZTA Grzegorz	229	JAH RASTAFARAI	M-30	234	00:00:59	00:25:40	00:52:45	01:22:27	01:57:07	02:05:01.00	02:06:00.20	+00:57:01 (45.6%)	5:55	10.1 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
662	<b>KOWALCZYK Grzegorz</b>	<b>347</b>		M-40	192	00:01:42	00:29:24	00:58:57	01:27:19	01:57:37	<b>02:04:22.20</b>	<b>02:06:04.25</b>	+00:56:23 (45.3%)	5:53	10.2 (54.8%)
663	<b>SOJKA Tomasz</b>	<b>675</b>		M-20	76	00:00:38	00:29:07	00:59:33	01:29:32	01:59:44	<b>02:05:36.20</b>	<b>02:06:14.20</b>	+00:57:37 (45.9%)	5:57	10.1 (54.3%)
664	<b>MULARCZYK Agnieszka</b>	<b>487</b>		K-40	36	00:01:09	00:28:07	00:57:12	01:27:34	01:58:50	<b>02:05:05.90</b>	<b>02:06:15.60</b>	+00:57:06 (45.7%)	5:55	10.1 (54.3%)
665	<b>ŚLUZAREK Małgorzata</b>	<b>904</b>		K-30	51	00:00:36	00:26:51	00:56:00	01:26:18	01:58:51	<b>02:05:40.75</b>	<b>02:06:17.70</b>	+00:57:41 (45.9%)	5:57	10.1 (54.3%)
666	<b>STANISZ Michał</b>	<b>687</b>		M-30	236	00:00:53	00:28:15	00:57:43	01:26:59	01:58:28	<b>02:05:25.60</b>	<b>02:06:19.35</b>	+00:57:26 (45.8%)	5:56	10.1 (54.3%)
667	<b>PAŁGAN Kasia</b>	<b>877</b>		K-20	19	00:00:19	00:29:36	00:59:49	01:29:53	02:00:12	<b>02:06:12.35</b>	<b>02:06:31.50</b>	+00:58:13 (46.1%)	5:58	10 (53.8%)
668	<b>PRONOBIS-KOWALSKA Małgorzata</b>	<b>872</b>		K-40	37	00:00:57	00:29:19	00:59:28	01:29:12	01:59:34	<b>02:05:41.25</b>	<b>02:06:39.15</b>	+00:57:42 (45.9%)	5:57	10.1 (54.3%)
669	<b>GRABOWSKI Zbigniew</b>	<b>221</b>		M-60	9	00:00:59	00:29:20	00:58:43	01:28:08	01:59:11	<b>02:05:44.95</b>	<b>02:06:44.20</b>	+00:57:45 (45.9%)	5:57	10.1 (54.3%)
670	<b>GORAJ Adam</b>	<b>896</b>		M-30	240	00:00:21	00:28:25	00:57:25	01:28:36	01:59:39	<b>02:06:28.00</b>	<b>02:06:49.35</b>	+00:58:28 (46.2%)	5:59	10 (53.8%)
671	<b>GORAJ Janusz</b>	<b>216</b>		M-60	10	00:00:21	00:28:25	00:57:25	01:28:36	01:59:39	<b>02:06:28.50</b>	<b>02:06:49.55</b>	+00:58:29 (46.2%)	5:59	10 (53.8%)
672	<b>STANKIEWICZ Adam</b>	<b>688</b>		M-30	237	00:01:19	00:29:12	00:58:50	01:27:49	01:58:57	<b>02:05:31.45</b>	<b>02:06:50.85</b>	+00:57:32 (45.8%)	5:56	10.1 (54.3%)
673	<b>ZIMOCH Grzegorz</b>	<b>850</b>		M-30	238	00:01:05	00:27:20	00:54:41	01:23:49	01:58:34	<b>02:06:01.30</b>	<b>02:07:06.55</b>	+00:58:02 (46.1%)	5:58	10 (53.8%)
673	<b>POPIELA Mirosław</b>	<b>944</b>	ACTIVE EAGLES PRO	M-40	198	00:00:25	00:25:47	00:54:05	01:24:47	01:59:35	<b>02:06:40.85</b>	<b>02:07:06.55</b>	+00:58:41 (46.3%)	6:00	10 (53.8%)
675	<b>GAWROŃSKI Wojtek</b>	<b>199</b>		M-30	241	00:00:34	00:26:49	00:55:54	01:25:50	01:59:22	<b>02:06:35.05</b>	<b>02:07:09.60</b>	+00:58:36 (46.3%)	5:59	10 (53.8%)
676	<b>WIECZORKE Marcin</b>	<b>783</b>		M-40	197	00:00:45	00:27:54	00:56:42	01:27:18	02:00:01	<b>02:06:35.60</b>	<b>02:07:21.25</b>	+00:58:36 (46.3%)	6:00	10 (53.8%)
677	<b>SITKO Agnieszka</b>	<b>654</b>	RADLINIOKI W BIEGU	K-30	52	00:01:09	00:28:23	00:57:37	01:27:38	01:59:30	<b>02:06:14.70</b>	<b>02:07:24.50</b>	+00:58:15 (46.1%)	5:59	10 (53.8%)
678	<b>SOBCZYK Sławomir</b>	<b>674</b>	NIE ZRZESZONY	M-50	38	00:00:59	00:31:10	01:01:18	01:30:37	02:00:09	<b>02:06:27.40</b>	<b>02:07:26.90</b>	+00:58:28 (46.2%)	5:59	10 (53.8%)
679	<b>MIRKA Arkadiusz</b>	<b>476</b>		M-30	239	00:01:05	00:30:26	01:02:34	01:31:32	02:00:43	<b>02:06:21.50</b>	<b>02:07:27.15</b>	+00:58:22 (46.2%)	5:59	10 (53.8%)
680	<b>WOLNIK Ryszard</b>	<b>811</b>	BORUSZOWICE KROTOFIL TEAM	M-50	37	00:01:06	00:28:20	00:57:39	01:28:03	01:59:47	<b>02:06:25.95</b>	<b>02:07:32.50</b>	+00:58:26 (46.2%)	5:59	10 (53.8%)
681	<b>GIEŁŻŃSKA Angelika</b>	<b>929</b>		K-30	53	00:00:56	00:28:25	00:57:13	01:27:52	01:59:49	<b>02:06:40.10</b>	<b>02:07:36.30</b>	+00:58:41 (46.3%)	6:00	10 (53.8%)
682	<b>MATYSIEWICZ Piotr</b>	<b>456</b>	INTER PROJEKT	M-30	242	00:00:52	00:28:53	00:59:12	01:29:21	02:00:12	<b>02:06:50.40</b>	<b>02:07:43.35</b>	+00:58:51 (46.4%)	6:00	10 (53.8%)
682	<b>PŁACHTA Marek</b>	<b>571</b>	INTER PROJEKT S.A.	M-40	200	00:00:52	00:28:53	00:59:12	01:29:21	02:00:12	<b>02:06:51.00</b>	<b>02:07:43.35</b>	+00:58:51 (46.4%)	6:00	10 (53.8%)
684	<b>BICZ Adam</b>	<b>887</b>		M-40	196	00:01:20	00:31:19	01:03:26	01:33:15	02:01:01	<b>02:06:27.90</b>	<b>02:07:48.35</b>	+00:58:28 (46.2%)	5:59	10 (53.8%)
685	<b>WOJTAS Magdalena</b>	<b>802</b>		K-40	38	00:00:41	00:28:05	00:57:11	01:27:59	02:00:31	<b>02:07:09.40</b>	<b>02:07:50.80</b>	+00:59:10 (46.5%)	6:01	10 (53.8%)
686	<b>TADEUSIAK Bartosz</b>	<b>743</b>		M-20	77	00:01:32	00:31:02	01:01:08	01:29:51	02:00:25	<b>02:06:24.20</b>	<b>02:07:57.05</b>	+00:58:25 (46.2%)	5:59	10 (53.8%)
687	<b>KLUGE Damian</b>	<b>323</b>	REAL MADRYT	M-30	243	00:00:58	00:26:27	00:52:23	01:19:21	01:59:12	<b>02:07:05.70</b>	<b>02:08:04.15</b>	+00:59:06 (46.5%)	6:01	10 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
688	<b>KOZACZKA Włodzimierz</b>	<b>353</b>	BB EL-PROJEKT TEAM	M-40	199	00:01:33	00:30:17	01:00:31	01:30:29	02:00:26	<b>02:06:43.85</b>	<b>02:08:17.15</b>	+00:58:44 (46.4%)	6:00	10 (53.8%)
689	<b>KANIA Barbara</b>	<b>301</b>		K-20	20	00:01:09	00:27:37	00:56:07	01:26:38	02:00:08	<b>02:07:11.20</b>	<b>02:08:21.00</b>	+00:59:12 (46.5%)	6:01	10 (53.8%)
690	<b>FURMAN Agnieszka</b>	<b>185</b>	OCHAJORUN & FRIENDS	K-30	54	00:01:30	00:30:06	01:00:48	01:30:46	02:00:42	<b>02:06:51.45</b>	<b>02:08:21.60</b>	+00:58:52 (46.4%)	6:00	10 (53.8%)
691	<b>KOCJAN Łukasz</b>	<b>328</b>	DTT POLAND	M-40	201	00:00:45	00:30:26	01:01:40	01:31:23	02:01:43	<b>02:07:47.80</b>	<b>02:08:32.80</b>	+00:59:48 (46.8%)	6:03	9.9 (53.2%)
692	<b>CZARNECKI Bartosz</b>	<b>129</b>		M-30	244	00:01:04	00:30:50	01:04:54	01:33:49	02:02:01	<b>02:07:35.65</b>	<b>02:08:40.30</b>	+00:59:36 (46.7%)	6:02	9.9 (53.2%)
693	<b>NIEDWIECKI Paweł</b>	<b>499</b>	OCHOTICZA STRAŻ POŻARNA W KOTUSZOWIE	M-30	246	00:00:47	00:28:15	00:57:00	01:27:38	02:01:16	<b>02:08:02.75</b>	<b>02:08:50.00</b>	+01:00:03 (46.9%)	6:04	9.9 (53.2%)
694	<b>GRYGIEREK Marcin</b>	<b>242</b>		M-20	79	00:00:15	00:25:15	00:53:55	01:23:54	02:00:38	<b>02:08:36.25</b>	<b>02:08:51.65</b>	+01:00:37 (47.1%)	6:05	9.8 (52.7%)
695	<b>DZIEMIAŃCZUK Monika</b>	<b>911</b>		K-40	39	00:01:02	00:29:19	00:59:10	01:29:43	02:01:24	<b>02:07:50.25</b>	<b>02:08:52.60</b>	+00:59:51 (46.8%)	6:03	9.9 (53.2%)
696	<b>SMOŁA Mieczysław</b>	<b>668</b>	AKMB PĘDZIWIATR	M-60	11	00:00:03	00:29:05	00:59:50	01:30:53	02:02:24	<b>02:08:53.90</b>	<b>02:08:57.50</b>	+01:00:54 (47.3%)	6:06	9.8 (52.7%)
697	<b>PRZESTALSKI Marian</b>	<b>591</b>	AC POLANKA	M-20	78	00:01:16	00:27:24	00:54:40	01:23:22	02:02:05	<b>02:07:56.15</b>	<b>02:09:12.30</b>	+00:59:57 (46.9%)	6:03	9.9 (53.2%)
698	<b>KOFAMSKA Renata</b>	<b>934</b>		K-40	42	00:00:17	00:27:23	00:57:13	01:28:56	02:02:33	<b>02:08:57.85</b>	<b>02:09:15.00</b>	+01:00:58 (47.3%)	6:06	9.8 (52.7%)
699	<b>CĘCLEWSKI Jarosław</b>	<b>935</b>	FIGLARZE	M-40	206	00:00:17	00:27:24	00:57:13	01:28:56	02:02:33	<b>02:08:57.95</b>	<b>02:09:15.50</b>	+01:00:58 (47.3%)	6:06	9.8 (52.7%)
700	<b>WÓJCIK Rafał</b>	<b>823</b>		M-40	204	00:00:50	00:28:49	00:58:44	01:28:11	02:00:57	<b>02:08:26.75</b>	<b>02:09:16.95</b>	+01:00:27 (47.1%)	6:05	9.9 (53.2%)
701	<b>STEINHOFF Adam</b>	<b>696</b>	WIKTOR TEAM	M-40	202	00:01:23	00:30:42	01:01:16	01:31:12	02:01:25	<b>02:07:54.75</b>	<b>02:09:18.10</b>	+00:59:55 (46.9%)	6:03	9.9 (53.2%)
701	<b>RYBOTYCKI Tomasz</b>	<b>625</b>		M-30	245	00:01:23	00:30:43	01:01:16	01:31:12	02:01:26	<b>02:07:54.50</b>	<b>02:09:18.10</b>	+00:59:55 (46.8%)	6:03	9.9 (53.2%)
703	<b>LEDWOŃ Aneta</b>	<b>402</b>	NIGHT RUNNERS GLIWICE	K-40	41	00:01:00	00:30:03	01:01:03	01:31:24	02:02:04	<b>02:08:24.60</b>	<b>02:09:24.60</b>	+01:00:25 (47.1%)	6:05	9.9 (53.2%)
704	<b>KASPEREK Magdalena</b>	<b>308</b>	FIS-SST TEAM	K-40	40	00:01:10	00:29:36	01:00:02	01:30:41	02:01:57	<b>02:08:16.85</b>	<b>02:09:27.05</b>	+01:00:17 (47.0%)	6:04	9.9 (53.2%)
705	<b>LACHERA Marysia</b>	<b>394</b>	NIGHT RUNNERSZABRZE	K-50	7	00:01:08	00:30:10	01:00:10	01:30:29	02:01:52	<b>02:08:20.55</b>	<b>02:09:28.60</b>	+01:00:21 (47.0%)	6:04	9.9 (53.2%)
706	<b>KASPEREK Ireneusz</b>	<b>309</b>	FIS-SST TEAM	M-40	203	00:01:11	00:29:35	01:00:01	01:30:39	02:01:56	<b>02:08:18.60</b>	<b>02:09:29.80</b>	+01:00:19 (47.0%)	6:04	9.9 (53.2%)
707	<b>DYLONG Natalia</b>	<b>159</b>		K-20	21	00:01:15	00:30:52	01:01:41	01:30:22	02:01:56	<b>02:08:20.95</b>	<b>02:09:36.45</b>	+01:00:21 (47.0%)	6:04	9.9 (53.2%)
708	<b>WYPCHOŁ Piotr</b>	<b>829</b>	BIEGAJ Z TRENERAMI	M-50	39	00:00:51	00:28:04	00:56:21	01:27:40	02:02:10	<b>02:08:50.15</b>	<b>02:09:42.00</b>	+01:00:51 (47.2%)	6:06	9.8 (52.7%)
709	<b>NIEWIADOMSKA Patrycja</b>	<b>506</b>		K-30	55	00:01:22	00:30:38	01:01:26	01:31:27	02:02:10	<b>02:08:23.55</b>	<b>02:09:45.80</b>	+01:00:24 (47.0%)	6:05	9.9 (53.2%)
710	<b>WIEDERMANN Krzysztof</b>	<b>784</b>	PEDRAFORCA	M-40	205	00:00:54	00:28:48	00:59:16	01:31:08	02:02:41	<b>02:08:56.90</b>	<b>02:09:51.05</b>	+01:00:57 (47.3%)	6:06	9.8 (52.7%)
710	<b>WIEDERMANN Anita</b>	<b>785</b>	PEDRAFORCA	K-30	56	00:00:54	00:28:52	00:59:16	01:31:13	02:02:41	<b>02:08:57.05</b>	<b>02:09:51.05</b>	+01:00:58 (47.3%)	6:06	9.8 (52.7%)
712	<b>KWIATKOWSKA-STOJAK Ewelina</b>	<b>391</b>		K-30	58	00:00:46	00:29:27	01:00:53	01:32:02	02:02:40	<b>02:09:09.60</b>	<b>02:09:56.15</b>	+01:01:10 (47.4%)	6:07	9.8 (52.7%)
713	<b>TETLAK TRACZ Barbara</b>	<b>746</b>	ELZABACTIVETEAM	K-30	57	00:01:12	00:29:52	00:59:18	01:29:49	02:01:57	<b>02:08:59.50</b>	<b>02:10:11.95</b>	+01:01:00 (47.3%)	6:06	9.8 (52.7%)
714	<b>KOWALCZYK Tomasz</b>	<b>346</b>		M-30	247	00:01:27	00:30:01	01:00:32	01:31:09	02:02:13	<b>02:08:48.20</b>	<b>02:10:15.25</b>	+01:00:49 (47.2%)	6:06	9.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
715	<b>MAJEWSKI Grzegorz</b>	<b>434</b>		M-30	248	00:01:16	00:27:42	00:56:11	01:27:14	02:01:52	<b>02:09:02.20</b>	<b>02:10:18.80</b>	+01:01:03 (47.3%)	6:06	9.8 (52.7%)
716	<b>RYGIEL Sebastian</b>	<b>627</b>		M-40	207	00:01:04	00:27:49	00:56:06	01:26:26	02:01:03	<b>02:09:15.85</b>	<b>02:10:19.95</b>	+01:01:16 (47.4%)	6:07	9.8 (52.7%)
717	<b>JEZIOR Bartosz</b>	<b>957</b>		M-30	249	00:01:04	00:28:50	01:03:13	01:32:44	02:03:13	<b>02:09:18.40</b>	<b>02:10:23.05</b>	+01:01:19 (47.4%)	6:07	9.8 (52.7%)
718	<b>KOPPEL Bartłomiej</b>	<b>339</b>	NIGHT RUNNERS GLIWICE	M-30	250	00:01:06	00:27:32	00:57:07	01:28:27	02:02:01	<b>02:09:25.55</b>	<b>02:10:32.35</b>	+01:01:26 (47.5%)	6:08	9.8 (52.7%)
719	<b>JANAS Piotr</b>	<b>271</b>	NIGHT RUNNERS	M-40	209	00:00:23	00:29:17	00:59:38	01:31:11	02:03:36	<b>02:10:15.60</b>	<b>02:10:38.90</b>	+01:02:16 (47.8%)	6:10	9.7 (52.2%)
720	<b>BLUSZCZ Marta</b>	<b>57</b>		K-30	59	00:01:00	00:27:51	00:57:34	01:27:54	02:02:23	<b>02:09:39.40</b>	<b>02:10:39.70</b>	+01:01:40 (47.6%)	6:08	9.8 (52.7%)
721	<b>KUBICA Michał</b>	<b>374</b>		M-20	80	00:01:16	00:30:50	01:01:57	01:33:26	02:03:29	<b>02:09:28.55</b>	<b>02:10:45.00</b>	+01:01:29 (47.5%)	6:08	9.8 (52.7%)
722	<b>ROSIŃSKA Magdalena</b>	<b>613</b>		K-20	22	00:01:16	00:30:50	01:01:57	01:33:26	02:03:29	<b>02:09:28.95</b>	<b>02:10:45.30</b>	+01:01:29 (47.5%)	6:08	9.8 (52.7%)
723	<b>BLASZKE Waldemar</b>	<b>56</b>	NIGHT RUNNERS GLIWICE	M-50	40	00:00:51	00:27:17	00:56:17	01:27:53	02:03:05	<b>02:10:09.10</b>	<b>02:11:00.10</b>	+01:02:10 (47.8%)	6:10	9.7 (52.2%)
724	<b>MOKRZYCKA Justyna</b>	<b>481</b>		K-30	60	00:00:38	00:29:39	01:00:02	01:31:08	02:03:41	<b>02:10:33.35</b>	<b>02:11:11.75</b>	+01:02:34 (47.9%)	6:11	9.7 (52.2%)
725	<b>KRYNICKI Paweł</b>	<b>367</b>		M-30	251	00:01:30	00:30:36	01:01:14	01:31:59	02:03:12	<b>02:09:41.80</b>	<b>02:11:12.75</b>	+01:01:42 (47.6%)	6:08	9.8 (52.7%)
726	<b>ZIMNY Michał</b>	<b>849</b>		M-40	208	00:01:02	00:31:14	01:02:15	01:32:35	02:03:57	<b>02:10:10.65</b>	<b>02:11:13.30</b>	+01:02:11 (47.8%)	6:10	9.7 (52.2%)
727	<b>SYGUŁA Katarzyna</b>	<b>711</b>	KB MCKIS JAWORZNO	K-40	43	00:01:07	00:29:43	01:00:47	01:32:06	02:03:57	<b>02:10:10.00</b>	<b>02:11:17.25</b>	+01:02:10 (47.8%)	6:10	9.7 (52.2%)
728	<b>OSIŃSKI Paweł</b>	<b>527</b>	BIEGAJ Z TRENERAMI	M-30	252	00:01:34	00:28:54	00:58:59	01:29:45	02:03:45	<b>02:09:56.85</b>	<b>02:11:31.30</b>	+01:01:57 (47.7%)	6:09	9.7 (52.2%)
729	<b>ŚCIEGLIŃSKA Iwona</b>	<b>739</b>		K-40	45	00:00:35	00:29:37	01:01:15	01:32:29	02:04:51	<b>02:10:59.05</b>	<b>02:11:34.85</b>	+01:03:00 (48.1%)	6:12	9.7 (52.2%)
730	<b>ĆWIOK Barbara</b>	<b>138</b>	FIS-SST TEAM	K-40	44	00:01:08	00:29:40	01:00:04	01:31:12	02:03:57	<b>02:10:28.05</b>	<b>02:11:36.80</b>	+01:02:29 (47.9%)	6:10	9.7 (52.2%)
731	<b>FLORECKI Andrzej</b>	<b>174</b>	AKMB PĘDZIWIATR GLIWICE	M-60	12	00:00:57	00:28:13	00:58:13	01:29:25	02:03:37	<b>02:10:42.50</b>	<b>02:11:40.35</b>	+01:02:43 (48.0%)	6:11	9.7 (52.2%)
732	<b>BIAŁY Michał</b>	<b>42</b>	BWŹNJZ	M-40	210	00:01:06	00:29:49	01:00:08	01:31:19	02:03:49	<b>02:10:35.15</b>	<b>02:11:41.50</b>	+01:02:36 (47.9%)	6:11	9.7 (52.2%)
733	<b>GORCZEWSKI Maciej</b>	<b>218</b>	EXORIGO-UPOS	M-20	82	00:01:22	00:31:23	01:03:16	01:33:38	02:04:14	<b>02:10:19.40</b>	<b>02:11:42.10</b>	+01:02:20 (47.8%)	6:10	9.7 (52.2%)
734	<b>GROCHAL Tomasz</b>	<b>230</b>	EXORIGO-UPOS	M-20	81	00:01:23	00:31:22	01:03:15	01:33:37	02:04:13	<b>02:10:18.75</b>	<b>02:11:42.20</b>	+01:02:19 (47.8%)	6:10	9.7 (52.2%)
735	<b>CIEŻAK-PALUS Katarzyna</b>	<b>109</b>		K-30	61	00:00:59	00:31:35	01:03:36	01:34:31	02:04:36	<b>02:10:45.10</b>	<b>02:11:44.45</b>	+01:02:46 (48.0%)	6:11	9.7 (52.2%)
736	<b>SZWARCZYŃSKI Jakub</b>	<b>907</b>		M-30	253	00:01:27	00:31:08	01:03:21	01:33:35	02:04:12	<b>02:10:24.05</b>	<b>02:11:51.40</b>	+01:02:25 (47.9%)	6:10	9.7 (52.2%)
737	<b>WIKTORCZYK Przemysław</b>	<b>790</b>		M-30	255	00:00:36	00:25:52	00:54:42	01:26:22	02:03:48	<b>02:11:16.35</b>	<b>02:11:52.60</b>	+01:03:17 (48.2%)	6:13	9.6 (51.6%)
738	<b>KLAWENDER Ryszard</b>	<b>319</b>		M-50	41	00:01:11	00:30:40	01:01:55	01:32:50	02:04:27	<b>02:10:42.05</b>	<b>02:11:53.55</b>	+01:02:43 (48.0%)	6:11	9.7 (52.2%)
739	<b>BUDZIŃSKA Ania</b>	<b>93</b>		K-30	62	00:00:38	00:28:01	00:58:14	01:30:29	02:04:08	<b>02:11:19.70</b>	<b>02:11:58.25</b>	+01:03:20 (48.2%)	6:13	9.6 (51.6%)
740	<b>ZADEBERNY Artur</b>	<b>833</b>		M-40	211	00:01:08	00:26:28	00:56:01	01:28:54	02:03:36	<b>02:10:50.10</b>	<b>02:11:58.85</b>	+01:02:51 (48.0%)	6:12	9.7 (52.2%)
741	<b>WALEWSKI Kamil</b>	<b>768</b>		M-30	256	00:01:10	00:28:30	00:59:14	01:29:22	02:03:42	<b>02:11:17.30</b>	<b>02:12:28.05</b>	+01:03:18 (48.2%)	6:13	9.6 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
742	<b>MAĆZKA Bronisław</b>	<b>7</b>	OTK RZEŹNIK	M-60	13	00:01:25	00:30:28	01:01:42	01:33:15	02:04:50	<b>02:11:16.15</b>	<b>02:12:41.25</b>	+01:03:17 (48.2%)	6:13	9.6 (51.6%)
743	<b>BOMASTYK Beata</b>	<b>70</b>		K-40	46	00:01:26	00:30:26	01:01:46	01:33:14	02:04:49	<b>02:11:14.80</b>	<b>02:12:41.35</b>	+01:03:15 (48.2%)	6:13	9.6 (51.6%)
744	<b>STRASSBERGER Katarzyna</b>	<b>702</b>	SPORT-RELAKS	K-40	47	00:01:25	00:30:28	01:01:47	01:33:16	02:04:50	<b>02:11:16.80</b>	<b>02:12:41.85</b>	+01:03:17 (48.2%)	6:13	9.6 (51.6%)
745	<b>PIKTAS Paweł</b>	<b>566</b>		M-40	212	00:01:33	00:31:26	01:03:10	01:34:34	02:05:47	<b>02:11:09.85</b>	<b>02:12:43.20</b>	+01:03:10 (48.2%)	6:12	9.7 (52.2%)
746	<b>POLUS Agnieszka</b>	<b>579</b>	EULEO BIEGA	K-20	23	00:01:19	00:29:14	00:59:54	01:31:32	02:04:40	<b>02:11:27.50</b>	<b>02:12:46.90</b>	+01:03:28 (48.3%)	6:13	9.6 (51.6%)
747	<b>URBAŃCZYK Olga</b>	<b>762</b>	NIGHT RUNNERS GLIWICE	K-20	24	00:01:06	00:30:26	01:02:02	01:33:35	02:05:19	<b>02:11:40.80</b>	<b>02:12:47.60</b>	+01:03:41 (48.4%)	6:14	9.6 (51.6%)
748	<b>URBAŃCZYK Agnieszka</b>	<b>763</b>	NIGHT RUNNERS GLIWICE	K-40	52	00:00:00	00:31:32	01:03:08	01:34:42	02:06:26	<b>02:12:47.85</b>	<b>02:12:47.85</b>	+01:04:48 (48.8%)	6:17	9.5 (51.1%)
749	<b>ZBOREK Dominika</b>	<b>840</b>		K-30	64	00:01:06	00:30:45	01:02:03	01:33:53	02:05:22	<b>02:11:42.00</b>	<b>02:12:48.35</b>	+01:03:42 (48.4%)	6:14	9.6 (51.6%)
750	<b>SKOWRON Rafał</b>	<b>659</b>	SKOWRONIASTY.NET	M-30	257	00:00:59	00:27:52	00:57:59	01:29:30	02:05:05	<b>02:11:49.45</b>	<b>02:12:49.30</b>	+01:03:50 (48.4%)	6:14	9.6 (51.6%)
751	<b>FLOREK Maciej 'Gleba'</b>	<b>2</b>		M-30	260	00:00:02	00:32:10	01:06:22	01:34:30	02:05:45	<b>02:12:47.35</b>	<b>02:12:49.50</b>	+01:04:48 (48.8%)	6:17	9.5 (51.1%)
752	<b>RACZKOWSKI Łukasz</b>	<b>1289</b>		M-30	261	00:00:00	00:32:12	01:06:24	01:34:32	02:05:47	<b>02:12:48.65</b>	<b>02:12:49.55</b>	+01:04:49 (48.8%)	6:17	9.5 (51.1%)
753	<b>WRÓBLEWSKA Katarzyna</b>	<b>824</b>		K-30	69	00:00:03	00:32:09	01:06:21	01:34:29	02:05:43	<b>02:12:46.75</b>	<b>02:12:49.80</b>	+01:04:47 (48.8%)	6:17	9.5 (51.1%)
753	<b>MICHNIEWSKI Piotr</b>	<b>470</b>		M-30	259	00:00:02	00:32:11	01:06:22	01:34:30	02:05:45	<b>02:12:46.95</b>	<b>02:12:49.80</b>	+01:04:47 (48.8%)	6:17	9.5 (51.1%)
755	<b>RODZIEWICZ Paulina</b>	<b>940</b>		K-30	66	00:01:05	00:30:34	01:01:53	01:33:00	02:05:00	<b>02:11:44.30</b>	<b>02:12:50.25</b>	+01:03:45 (48.4%)	6:14	9.6 (51.6%)
756	<b>RYDZKOWSKA Michalina</b>	<b>626</b>		K-30	63	00:01:17	00:31:09	01:02:33	01:32:52	02:04:51	<b>02:11:34.20</b>	<b>02:12:51.95</b>	+01:03:35 (48.3%)	6:14	9.6 (51.6%)
757	<b>ŻERKO Edward</b>	<b>855</b>		M-40	213	00:01:18	00:31:09	01:02:33	01:32:52	02:04:51	<b>02:11:33.85</b>	<b>02:12:52.00</b>	+01:03:34 (48.3%)	6:14	9.6 (51.6%)
758	<b>ZEGARTOWSKI Michał</b>	<b>841</b>		M-30	254	00:01:37	00:31:29	01:03:12	01:34:43	02:05:20	<b>02:11:14.75</b>	<b>02:12:52.25</b>	+01:03:15 (48.2%)	6:13	9.6 (51.6%)
759	<b>GIERAS Mirosław</b>	<b>206</b>		M-40	215	00:00:39	00:30:10	01:01:29	01:33:52	02:05:40	<b>02:12:14.25</b>	<b>02:12:53.95</b>	+01:04:15 (48.6%)	6:16	9.6 (51.6%)
760	<b>PRACKA Danuta</b>	<b>586</b>	-	K-30	65	00:01:12	00:30:39	01:01:57	01:33:42	02:05:15	<b>02:11:42.20</b>	<b>02:12:54.65</b>	+01:03:43 (48.4%)	6:14	9.6 (51.6%)
761	<b>BUSSE Katarzyna</b>	<b>98</b>		K-20	25	00:00:47	00:31:07	01:02:28	01:34:14	02:05:40	<b>02:12:07.30</b>	<b>02:12:55.10</b>	+01:04:08 (48.5%)	6:15	9.6 (51.6%)
762	<b>RZEPKA Magdalena</b>	<b>633</b>	PACEMAKER2:10 / NIGHT RUNNERS	K-30	70	00:00:00				02:06:30	<b>02:12:55.65</b>	<b>02:12:55.65</b>	+01:04:56 (48.9%)	6:17	9.5 (51.1%)
763	<b>JURASZCZYK Dominika</b>	<b>287</b>	PACEMAKER	K-20	27	00:00:00	00:31:51	01:03:13	01:34:58	02:06:30	<b>02:12:55.70</b>	<b>02:12:55.70</b>	+01:04:56 (48.9%)	6:17	9.5 (51.1%)
764	<b>BURDA Paweł</b>	<b>97</b>		M-20	83	00:01:34	00:31:13	01:03:12	01:34:16	02:05:16	<b>02:11:29.30</b>	<b>02:13:04.10</b>	+01:03:30 (48.3%)	6:13	9.6 (51.6%)
765	<b>WILCZYŃSKA-KOGUT Aleksandra</b>	<b>792</b>	NIGHT RUNNERS GLIWICE	K-40	49	00:01:19	00:30:46	01:02:21	01:33:09	02:05:12	<b>02:11:46.95</b>	<b>02:13:06.10</b>	+01:03:47 (48.4%)	6:14	9.6 (51.6%)
766	<b>NIEDORNY Damian</b>	<b>498</b>	DEUTSCHE TELEKOM	M-40	214	00:01:34	00:30:33	01:01:39	01:32:34	02:04:46	<b>02:11:34.50</b>	<b>02:13:09.05</b>	+01:03:35 (48.3%)	6:14	9.6 (51.6%)
767	<b>BŁASZCZYK Paulina</b>	<b>59</b>		K-30	67	00:01:04	00:29:24	01:00:37	01:32:17	02:05:14	<b>02:12:06.10</b>	<b>02:13:10.40</b>	+01:04:07 (48.5%)	6:15	9.6 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
768	<b>MAKSYMIUK-KONOPKA Ewa</b>	<b>436</b>		K-40	48	00:01:29	00:31:11	01:02:06	01:32:50	02:05:00	<b>02:11:45.15</b>	<b>02:13:14.40</b>	+01:03:46 (48.4%)	6:14	9.6 (51.6%)
769	<b>STALICA Marzena</b>	<b>686</b>		K-40	50	00:01:09	00:30:25	01:02:02	01:33:14	02:05:37	<b>02:12:06.40</b>	<b>02:13:16.00</b>	+01:04:07 (48.5%)	6:15	9.6 (51.6%)
770	<b>JACHIMOWSKA Agnieszka</b>	<b>266</b>		K-20	26	00:00:59	00:31:35	01:03:36	01:34:32	02:05:47	<b>02:12:20.30</b>	<b>02:13:19.50</b>	+01:04:21 (48.6%)	6:16	9.6 (51.6%)
771	<b>WILSZ Ewa</b>	<b>797</b>	FIS-SST TEAM	K-40	51	00:01:08	00:29:44	01:01:15	01:32:58	02:05:27	<b>02:12:29.90</b>	<b>02:13:38.25</b>	+01:04:30 (48.7%)	6:16	9.6 (51.6%)
772	<b>SAMULEWICZ Marcin</b>	<b>639</b>		M-40	216	00:00:46	00:28:06	00:56:35	01:28:22	02:05:04	<b>02:13:02.75</b>	<b>02:13:49.70</b>	+01:05:03 (48.9%)	6:18	9.5 (51.1%)
773	<b>SZCZUREK Piotr</b>	<b>721</b>		M-30	258	00:01:25	00:30:32	01:01:58	01:33:46	02:05:43	<b>02:12:37.70</b>	<b>02:14:02.80</b>	+01:04:38 (48.7%)	6:17	9.5 (51.1%)
774	<b>SZCZUREK Natalia</b>	<b>720</b>		K-30	68	00:01:24	00:30:33	01:01:59	01:33:48	02:05:45	<b>02:12:38.50</b>	<b>02:14:02.90</b>	+01:04:39 (48.7%)	6:17	9.5 (51.1%)
775	<b>KOWRYGO Adam</b>	<b>352</b>		M-20	85	00:00:57	00:31:31	01:02:25	01:33:19	02:05:43	<b>02:13:22.45</b>	<b>02:14:20.25</b>	+01:05:23 (49.0%)	6:19	9.5 (51.1%)
776	<b>PIEKARA Piotr</b>	<b>561</b>		M-20	84	00:01:01	00:28:09	00:57:19	01:28:40	02:05:15	<b>02:13:21.20</b>	<b>02:14:22.60</b>	+01:05:22 (49.0%)	6:19	9.5 (51.1%)
777	<b>MAJCHRZAK Marta</b>	<b>431</b>		K-30	71	00:01:14	00:29:25	01:00:42	01:33:26	02:06:36	<b>02:13:18.25</b>	<b>02:14:33.20</b>	+01:05:19 (49.0%)	6:19	9.5 (51.1%)
778	<b>OCHMAN Ireneusz</b>	<b>519</b>		M-50	42	00:01:13	00:31:47	01:03:15	01:34:59	02:07:42	<b>02:13:23.40</b>	<b>02:14:37.30</b>	+01:05:24 (49.0%)	6:19	9.5 (51.1%)
779	<b>RECHMAN-NOWAKOWSKA Dorota</b>	<b>609</b>	NIGHT RUNNERS	K-40	53	00:01:01	00:30:07	01:01:55	01:34:06	02:06:52	<b>02:13:50.20</b>	<b>02:14:51.40</b>	+01:05:51 (49.2%)	6:20	9.5 (51.1%)
780	<b>IBROM-JASIŃSKA Justyna</b>	<b>263</b>	ANGEL ART STUDIO	K-30	72	00:00:54	00:30:57	01:02:16	01:34:31	02:07:22	<b>02:14:08.40</b>	<b>02:15:02.75</b>	+01:06:09 (49.3%)	6:21	9.4 (50.5%)
781	<b>MAREK Robert</b>	<b>445</b>		M-40	217	00:01:29	00:30:00	01:00:42	01:32:38	02:07:11	<b>02:13:56.75</b>	<b>02:15:26.30</b>	+01:05:57 (49.2%)	6:20	9.5 (51.1%)
782	<b>ZAPOTOCZNA Renata</b>	<b>837</b>		K-40	56	00:00:55	00:28:00	00:56:46	01:29:40	02:07:27	<b>02:14:37.80</b>	<b>02:15:33.70</b>	+01:06:38 (49.5%)	6:22	9.4 (50.5%)
783	<b>WACŁAWSKI Maciej</b>	<b>938</b>		M-30	262	00:00:18	00:25:26	00:54:50	01:30:48	02:08:05	<b>02:15:15.40</b>	<b>02:15:33.80</b>	+01:07:16 (49.7%)	6:24	9.4 (50.5%)
784	<b>DUBIEL Leszek</b>	<b>155</b>		M-40	218	00:01:02	00:29:26	01:00:30	01:32:21	02:06:49	<b>02:14:38.25</b>	<b>02:15:40.25</b>	+01:06:39 (49.5%)	6:22	9.4 (50.5%)
785	<b>PELECK Mariusz</b>	<b>883</b>		M-40	219	00:00:50	00:32:08	01:03:55	01:35:09	02:08:09	<b>02:14:51.55</b>	<b>02:15:42.30</b>	+01:06:52 (49.6%)	6:23	9.4 (50.5%)
786	<b>GOŃKA Monika</b>	<b>215</b>		K-40	54	00:01:21	00:30:32	01:01:27	01:33:17	02:07:09	<b>02:14:30.20</b>	<b>02:15:52.15</b>	+01:06:31 (49.5%)	6:22	9.4 (50.5%)
787	<b>ESTKO Anna</b>	<b>166</b>		K-30	73	00:01:25	00:31:38	01:03:21	01:34:45	02:07:31	<b>02:14:27.75</b>	<b>02:15:53.25</b>	+01:06:28 (49.4%)	6:22	9.4 (50.5%)
788	<b>PANENKA Małgorzata</b>	<b>543</b>	NIGHT RUNNERS GLIWICE	K-40	55	00:01:17	00:31:39	01:03:30	01:35:03	02:07:39	<b>02:14:37.35</b>	<b>02:15:55.10</b>	+01:06:38 (49.5%)	6:22	9.4 (50.5%)
789	<b>GLAPIAK Ola</b>	<b>208</b>		K-30	75	00:00:57	00:29:30	01:00:29	01:32:32	02:07:54	<b>02:15:03.45</b>	<b>02:16:00.60</b>	+01:07:04 (49.7%)	6:24	9.4 (50.5%)
790	<b>BŁACH Piotr Buła</b>	<b>58</b>	PACEMAKER	M-50	43	00:01:17	00:31:45	01:03:29	01:35:00	02:07:39	<b>02:15:00.40</b>	<b>02:16:18.25</b>	+01:07:01 (49.6%)	6:23	9.4 (50.5%)
791	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>432</b>	PACEMAKER	K-30	74	00:01:17	00:31:44	01:03:29	01:35:00	02:07:39	<b>02:15:01.30</b>	<b>02:16:18.45</b>	+01:07:02 (49.6%)	6:23	9.4 (50.5%)
792	<b>JAKUBIAK Arkadiusz</b>	<b>268</b>	OPEL ACTIVE TEAM	M-40	221	00:01:16	00:31:45	01:03:29	01:35:00	02:07:40	<b>02:15:02.05</b>	<b>02:16:18.60</b>	+01:07:03 (49.7%)	6:23	9.4 (50.5%)
793	<b>BOROWSKI Piotr</b>	<b>74</b>	OPEL ACTIVE TEAM	M-50	44	00:01:17	00:31:43	01:03:36	01:34:55	02:07:37	<b>02:15:01.10</b>	<b>02:16:18.95</b>	+01:07:02 (49.6%)	6:23	9.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
794	MAZUR Ewelina	460	BIEGAJ Z TRENERAMI	K-40	57	00:01:18	00:31:41	01:03:24	01:34:57	02:07:38	02:15:00.25	02:16:19.00	+01:07:01 (49.6%)	6:23	9.4 (50.5%)
794	WAWRZAK Ryszard	776	PACEMAKER	M-40	220	00:01:17	00:31:44	01:03:28	01:35:03	02:07:42	02:15:01.85	02:16:19.00	+01:07:02 (49.7%)	6:23	9.4 (50.5%)
796	FAJKOWSKI Patryk	168	SAMOTNE WILKI	M-20	86	00:01:03	00:27:56	00:57:20	01:29:59	02:07:57	02:15:29.35	02:16:32.95	+01:07:30 (49.8%)	6:25	9.3 (50.0%)
797	POGORZELSKA-KLIKS Agata	575	FIS-SST TEAM	K-40	58	00:01:31	00:30:37	01:02:17	01:34:10	02:07:57	02:15:13.60	02:16:45.15	+01:07:14 (49.7%)	6:24	9.4 (50.5%)
798	SITKO Magdalena	653		K-20	28	00:01:11	00:30:42	01:02:03	01:34:22	02:08:02	02:15:41.00	02:16:52.50	+01:07:41 (49.9%)	6:25	9.3 (50.0%)
799	FLOREK Anna	175		K-30	76	00:01:11	00:31:18	01:03:21	01:35:18	02:09:03	02:15:58.05	02:17:09.20	+01:07:59 (50.0%)	6:26	9.3 (50.0%)
800	KACZKIEWICZ Damian	292	NIGHT RUNNERS GLIWICE	M-40	222	00:01:15	00:31:32	01:02:52	01:34:58	02:08:14	02:15:53.70	02:17:09.60	+01:07:54 (50.0%)	6:26	9.3 (50.0%)
801	WOJTOWICZ Karolina	805	SIOSTRY MADIZAR	K-30	77	00:00:45	00:30:30	01:01:44	01:34:23	02:08:44	02:16:27.70	02:17:12.70	+01:08:28 (50.2%)	6:28	9.3 (50.0%)
802	LIPIŃSKA Anita	412		K-20	29	00:01:29	00:31:06	01:03:05	01:34:59	02:08:46	02:16:01.20	02:17:30.75	+01:08:02 (50.0%)	6:26	9.3 (50.0%)
803	WYKURZ Paweł	827	RUN AND FUN	M-30	263	00:01:27	00:34:11	01:07:44	01:37:50	02:09:43	02:16:47.35	02:18:14.70	+01:08:48 (50.3%)	6:28	9.3 (50.0%)
804	PRUCHNIK Andrzej	588		M-50	45	00:00:08	00:28:31	01:01:10	01:35:14	02:11:06	02:18:56.65	02:19:05.50	+01:10:57 (51.1%)	6:35	9.1 (48.9%)
805	BASZCZYŃSKA Ewelina	28		K-20	30	00:01:33	00:31:14	01:03:14	01:34:51	02:09:56	02:17:47.95	02:19:21.60	+01:09:48 (50.7%)	6:31	9.2 (49.5%)
806	GREINER Anna	228		K-40	59	00:01:19	00:30:30	01:02:17	01:35:11	02:10:37	02:18:19.95	02:19:39.40	+01:10:20 (50.9%)	6:33	9.2 (49.5%)
807	KĄLUŻNA Anna	297		K-50	8	00:00:33	00:30:50	01:04:33	01:37:26	02:12:02	02:19:34.80	02:20:07.80	+01:11:35 (51.3%)	6:36	9.1 (48.9%)
808	ZEMŁA Piotr	845		M-40	223	00:01:10	00:29:58	01:01:23	01:34:30	02:10:41	02:19:08.10	02:20:18.45	+01:11:09 (51.1%)	6:35	9.1 (48.9%)
809	BŁASZCZYSZYN Michał	61		M-20	87	00:01:31	00:30:49	01:03:02	01:35:21	02:11:23	02:18:58.15	02:20:29.55	+01:10:59 (51.1%)	6:35	9.1 (48.9%)
810	BOJEŚ Marcin	69		M-20	88	00:01:37	00:30:48	01:02:51	01:34:49	02:11:58	02:19:01.70	02:20:39.15	+01:11:02 (51.1%)	6:35	9.1 (48.9%)
811	SIERADZKA Weronika	649		K-20	31	00:01:17	00:30:53	01:03:28	01:37:11	02:12:43	02:19:45.55	02:21:02.70	+01:11:46 (51.4%)	6:37	9.1 (48.9%)
812	MANISTA Paweł	443		M-20	89	00:00:26	00:28:51	00:59:55	01:34:00	02:12:04	02:20:49.80	02:21:16.00	+01:12:50 (51.7%)	6:40	9 (48.4%)
813	GRONDYS Michał	233		M-40	224	00:01:18	00:31:44	01:03:30	01:35:24	02:12:38	02:20:42.70	02:22:01.50	+01:12:43 (51.7%)	6:40	9 (48.4%)
814	MAZUR Roman	461		M-50	46	00:01:15	00:30:25	01:02:42	01:36:31	02:13:21	02:21:02.40	02:22:18.25	+01:13:03 (51.8%)	6:41	9 (48.4%)
815	KONOPKA Marek	335		M-40	225	00:01:29	00:31:24	01:03:54	01:37:54	02:13:44	02:21:09.00	02:22:38.35	+01:13:09 (51.8%)	6:41	9 (48.4%)
816	WĘGIEL Kacper	922		M-20	90	00:00:02	00:31:23	01:03:40	01:37:34	02:15:28	02:23:36.00	02:23:38.35	+01:15:36 (52.7%)	6:48	8.8 (47.3%)
817	MAŁYSA Łukasz	442		M-30	264	00:01:25	00:31:23	01:03:32	01:35:54	02:14:12	02:22:18.85	02:23:44.70	+01:14:19 (52.2%)	6:44	8.9 (47.8%)
818	ĆWIKŁA Andrzej	135	TENT GRUPA	M-60	14	00:01:08	00:32:06	01:06:12	01:40:29	02:15:26	02:22:38.20	02:23:47.00	+01:14:39 (52.3%)	6:45	8.9 (47.8%)
819	KOMAR Anna	331		K-40	60	00:01:07	00:30:49	01:04:03	01:38:47	02:16:04	02:23:22.85	02:24:30.60	+01:15:23 (52.6%)	6:47	8.8 (47.3%)
820	ZGRAJA Wojciech	846		M-20	91	00:01:06	00:26:49	00:55:03	01:28:25	02:15:45	02:23:56.50	02:25:03.40	+01:15:57 (52.8%)	6:49	8.8 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas		Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	netto 21.1km	brutto 21.1km			
821	BATKO Dawid	866	GRZMOTKI	M-30	265	00:00:49	00:29:08	01:02:07	01:36:00	02:16:34	<b>02:24:32.05</b>	<b>02:25:21.45</b>	+01:16:33 (53.0%)	6:50	8.8 (47.3%)
822	MIGDAŁ Iwona	473		K-40	61	00:01:21	00:31:36	01:06:16	01:40:37	02:16:51	<b>02:24:17.20</b>	<b>02:25:38.20</b>	+01:16:18 (52.9%)	6:50	8.8 (47.3%)
823	MIGDAŁ Grzegorz	474		M-40	226	00:01:21	00:31:36	01:06:16	01:40:37	02:16:51	<b>02:24:17.15</b>	<b>02:25:38.45</b>	+01:16:18 (52.9%)	6:50	8.8 (47.3%)
824	PRZESTALSKI Leszek	592	AC POLANKA	M-30	266	00:01:17	00:30:30	01:02:23	01:38:13	02:18:11	<b>02:26:35.75</b>	<b>02:27:52.75</b>	+01:18:36 (53.6%)	6:56	8.6 (46.2%)
825	ZIĘBA Michał	847		M-20	92	00:00:57	00:31:31	01:02:25	01:33:19	02:18:03	<b>02:26:58.25</b>	<b>02:27:55.70</b>	+01:18:59 (53.7%)	6:57	8.6 (46.2%)
826	JUSZCZAK Kalina	291		K-20	32	00:00:59	00:31:18	01:04:46	01:40:26	02:19:33	<b>02:27:28.10</b>	<b>02:28:27.15</b>	+01:19:29 (53.9%)	6:59	8.6 (46.2%)
827	KAPICKI Jan	303		M-60	15	00:00:51	00:33:41	01:08:53	01:44:53	02:20:52	<b>02:28:26.45</b>	<b>02:29:18.40</b>	+01:20:27 (54.2%)	7:02	8.5 (45.7%)
828	MORAWSKA Jolanta	483		K-60	2	00:01:19	00:31:32	01:04:30	01:41:17	02:20:47	<b>02:28:43.70</b>	<b>02:30:03.55</b>	+01:20:44 (54.3%)	7:02	8.5 (45.7%)
829	SZCZCZYGIĘŁ Agnieszka	714		K-30	79	00:01:11	00:30:30	01:02:43	01:37:53	02:19:59	<b>02:28:52.05</b>	<b>02:30:03.85</b>	+01:20:53 (54.3%)	7:03	8.5 (45.7%)
830	JANOSZKA Piotr	276	BANDA Z POŁUDNIA	M-30	267	00:01:22	00:33:16	01:08:11	01:43:38	02:21:04	<b>02:28:53.10</b>	<b>02:30:15.30</b>	+01:20:54 (54.3%)	7:03	8.5 (45.7%)
831	KRÓL Ornela	366		K-30	78	00:01:36	00:32:03	01:06:25	01:41:52	02:20:19	<b>02:28:39.30</b>	<b>02:30:15.95</b>	+01:20:40 (54.3%)	7:02	8.5 (45.7%)
832	BRODIUK Norbert	83	NIGHT RUNNERS GLIWICE	M-40	227	00:01:13	00:31:53	01:05:33	01:43:17	02:22:01	<b>02:29:06.40</b>	<b>02:30:19.60</b>	+01:21:07 (54.4%)	7:03	8.5 (45.7%)
833	BOGDANOWICZ Maja	68		K-30	80	00:01:18	00:31:43	01:04:27	01:40:10	02:20:47	<b>02:29:33.00</b>	<b>02:30:51.15</b>	+01:21:33 (54.5%)	7:05	8.5 (45.7%)
834	ADAMUS Joanna	14		K-40	62	00:00:47	00:31:11	01:05:40	01:42:37	02:23:57	<b>02:31:53.25</b>	<b>02:32:40.50</b>	+01:23:54 (55.2%)	7:11	8.3 (44.6%)
835	FABIANCZYK Agnieszka	925		K-30	81	00:00:03	00:33:51	01:10:37	01:47:46	02:25:05	<b>02:32:57.55</b>	<b>02:33:00.90</b>	+01:24:58 (55.6%)	7:14	8.3 (44.6%)
836	LABUS Małgorzata	393	SWISS BREATH	K-20	33	00:01:17	00:33:37	01:08:45	01:45:14	02:23:50	<b>02:32:07.10</b>	<b>02:33:24.90</b>	+01:24:08 (55.3%)	7:12	8.3 (44.6%)
837	PRZYBYŚLAWSKA Nina	596		K-30	82	00:01:06	00:31:54	01:05:12	01:41:14	02:24:34	<b>02:33:45.20</b>	<b>02:34:51.85</b>	+01:25:46 (55.8%)	7:17	8.2 (44.1%)
838	OCHNIK Piotr	520		M-30	268	00:01:12	00:31:50	01:06:43	01:43:12	02:24:17	<b>02:33:41.80</b>	<b>02:34:53.80</b>	+01:25:42 (55.8%)	7:17	8.2 (44.1%)
839	KASZUBA-ŚMIEJA Małgorzata	313	BANDA Z POŁUDNIA	K-40	63	00:01:21	00:33:16	01:08:09	01:43:38	02:26:18	<b>02:35:34.30</b>	<b>02:36:55.90</b>	+01:27:35 (56.3%)	7:22	8.1 (43.5%)
840	ŚMIEJA Tomasz	741	BANDA Z POŁUDNIA	M-40	228	00:01:22	00:33:16	01:08:11	01:43:38	02:26:18	<b>02:35:33.75</b>	<b>02:36:56.20</b>	+01:27:34 (56.3%)	7:22	8.1 (43.5%)
841	GROSS Teresa	236	FIS-SST TEAM	K-40	64	00:01:30	00:34:42	01:11:43	01:49:16	02:27:51	<b>02:36:11.80</b>	<b>02:37:42.55</b>	+01:28:12 (56.5%)	7:24	8.1 (43.5%)
842	PRZEWOŹNY Daniel	594		M-20	93	00:01:01	00:32:22	01:09:00	01:47:22	02:29:18	<b>02:38:32.85</b>	<b>02:39:34.20</b>	+01:30:33 (57.1%)	7:30	8 (43.0%)
843	GEMZA Danuta	202		K-20	34	00:00:47	00:32:22	01:09:16	01:49:29	02:33:25	<b>02:42:31.10</b>	<b>02:43:18.30</b>	+01:34:32 (58.2%)	7:42	7.8 (41.9%)
844	KAMROWSKI Łukasz	299	PAE GOGGLE TEAM	M-40	229	00:00:30	00:32:06	01:08:29	01:49:30	02:34:29	<b>02:45:08.70</b>	<b>02:45:39.00</b>	+01:37:09 (58.8%)	7:49	7.7 (41.4%)
845	KOTYRBA Tomasz	345		M-30	269	00:00:07	00:23:54	00:48:28	01:12:18	01:35:55			+00:31:32	4:47	12.5 (67.2%)
846	SWOBODA Jarosław	710		M-40	230	00:00:43	00:25:13	00:50:49	01:16:40	01:42:43			+00:38:20	5:08	11.7 (62.9%)
	KRAWCZYK Marcin	363		M-20		DNF	00:36:05 DNF	01:15:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
	<b>SZOLC Sebastian</b>	<b>725</b>		M-40		DNF	00:21:28 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 848 wynik(ów)