



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

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

## V PÓŁMARATON GLIWICKI

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M-30

| Msc | Zawodnik            | Numer | Klub                                  | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------|-------|---------------------------------------|-----------|------|-------------|----------------|---------------|-----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 1   | VERETSKYI Pavlo     | 949   |                                       | M-30      | 1    | 00:00:01    | 00:15:58       | 00:32:27      | 00:48:02        | 01:04:24      | 01:07:59.05          | 01:08:00.60           |                      | 3:13            | 18.6<br>(100%)  |
| 2   | OLIJNYK Pawel       | 936   |                                       | M-30      | 2    | 00:00:01    | 00:15:58       | 00:32:19      | 00:48:02        | 01:04:24      | 01:08:02.00          | 01:08:03.30           | +00:00:02<br>(0.1%)  | 3:13            | 18.6<br>(100%)  |
| 3   | SLAVENSKI Ilya      | 951   |                                       | M-30      | 3    | 00:00:01    | 00:15:58       | 00:32:19      | 00:48:21        | 01:07:13      | 01:11:24.30          | 01:11:25.70           | +00:03:25<br>(4.8%)  | 3:23            | 17.7<br>(95.2%) |
| 4   | MUSKIETORZ Piotr    | 489   |                                       | M-30      | 4    | 00:00:01    | 00:17:07       | 00:34:57      | 00:52:36        | 01:10:43      | 01:14:29.00          | 01:14:30.40           | +00:06:29<br>(8.7%)  | 3:31            | 17<br>(91.4%)   |
| 5   | SZCZECIŃSKI Maciej  | 716   | INŻYNIERIA BIEGANIA                   | M-30      | 5    | 00:00:02    | 00:17:34       | 00:35:40      | 00:53:27        | 01:11:31      | 01:15:15.05          | 01:15:17.25           | +00:07:16<br>(9.7%)  | 3:33            | 16.8<br>(90.3%) |
| 6   | KOŹDOŃ Jarosław     | 885   |                                       | M-30      | 6    | 00:00:01    | 00:17:19       | 00:35:35      | 00:53:28        | 01:11:46      | 01:15:33.90          | 01:15:35.80           | +00:07:34<br>(10.0%) | 3:34            | 16.8<br>(90.3%) |
| 7   | ZABA Marek          | 830   | MAGNETI MARELLI /TRIATHLON - X - TEAM | M-30      | 7    | 00:00:02    | 00:17:42       | 00:35:52      | 00:53:51        | 01:12:19      | 01:16:13.00          | 01:16:15.20           | +00:08:13<br>(10.8%) | 3:36            | 16.6<br>(89.2%) |
| 8   | JACHIMSKI Piotr     | 267   | ORZESZE TEŻ BIEGA                     | M-30      | 8    | 00:00:02    | 00:17:25       | 00:35:58      | 00:54:26        | 01:13:37      | 01:17:37.00          | 01:17:39.55           | +00:09:37<br>(12.4%) | 3:40            | 16.3<br>(87.6%) |
| 9   | ŻURAWIK Daniel      | 858   | PPI SYSTEMY-GRZEWECZE                 | M-30      | 9    | 00:00:03    | 00:18:16       | 00:37:08      | 00:55:51        | 01:14:59      | 01:18:55.40          | 01:18:59.05           | +00:10:56<br>(13.9%) | 3:44            | 16<br>(86.0%)   |
| 10  | HRABIA Łukasz       | 261   | 6 BATALION POWIETRZNODESANTOWY        | M-30      | 10   | 00:00:02    | 00:18:32       | 00:37:43      | 00:56:31        | 01:15:50      | 01:19:47.20          | 01:19:49.70           | +00:11:48<br>(14.8%) | 3:46            | 15.9<br>(85.5%) |
| 11  | DUŻNIAK Dominik     | 156   | STEP-DANCE                            | M-30      | 11   | 00:00:02    | 00:19:08       | 00:39:16      | 00:59:05        | 01:19:33      | 01:23:49.20          | 01:23:51.45           | +00:15:50<br>(18.9%) | 3:58            | 15.1<br>(81.2%) |
| 12  | ALKER Adam          | 905   |                                       | M-30      | 12   | 00:00:03    | 00:18:50       | 00:38:51      | 00:58:45        | 01:20:01      | 01:24:31.60          | 01:24:34.75           | +00:16:32<br>(19.6%) | 4:00            | 15<br>(80.6%)   |
| 13  | URBAN Wiktor        | 760   | NIGHT RUNNERS ZABRZE                  | M-30      | 13   | 00:00:04    | 00:19:16       | 00:39:28      | 00:59:38        | 01:21:04      | 01:25:28.50          | 01:25:33.15           | +00:17:29<br>(20.5%) | 4:03            | 14.8<br>(79.6%) |
| 14  | BUCHTA Adam         | 91    |                                       | M-30      | 14   | 00:00:04    | 00:19:43       | 00:40:11      | 01:00:43        | 01:22:13      | 01:26:43.45          | 01:26:47.65           | +00:18:44<br>(21.6%) | 4:06            | 14.6<br>(78.5%) |
| 15  | SMUDA Krzysztof     | 671   |                                       | M-30      | 15   | 00:00:05    | 00:20:45       | 00:41:35      | 01:01:58        | 01:22:33      | 01:26:49.15          | 01:26:54.80           | +00:18:50<br>(21.7%) | 4:06            | 14.6<br>(78.5%) |
| 16  | CZOSNOWSKI Tomasz   | 134   | OTK RZEŹNIK                           | M-30      | 16   | 00:00:04    | 00:20:09       | 00:40:48      | 01:01:28        | 01:22:57      | 01:27:30.00          | 01:27:34.80           | +00:19:30<br>(22.3%) | 4:08            | 14.5<br>(78.0%) |
| 17  | WOŹNIAK Grzegorz    | 898   |                                       | M-30      | 17   | 00:00:09    | 00:20:27       | 00:41:16      | 01:01:54        | 01:23:05      | 01:27:38.40          | 01:27:47.95           | +00:19:39<br>(22.4%) | 4:09            | 14.4<br>(77.4%) |
| 18  | RATYŃSKI Bartłomiej | 605   | HAPPY RUNNERS                         | M-30      | 18   | 00:00:08    | 00:20:51       | 00:41:58      | 01:02:38        | 01:23:43      | 01:28:05.30          | 01:28:13.30           | +00:20:06<br>(22.8%) | 4:10            | 14.4<br>(77.4%) |

| Msc | Zawodnik              | Numer | Klub                                 | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|--------------------------------------|-----------|------|-------------|----------------|---------------|-----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 19  | PAŁYGIEWICZ Jacek     | 541   | SKPB KATOWICE                        | M-30      | 19   | 00:00:05    | 00:20:55       | 00:42:16      | 01:03:27        | 01:24:41      | 01:29:11.40          | 01:29:16.70           | +00:21:12<br>(23.8%) | 4:13            | 14.2<br>(76.3%) |
| 20  | PODSIADŁO Adam        | 574   |                                      | M-30      | 20   | 00:00:02    | 00:19:58       | 00:41:22      | 01:02:32        | 01:24:47      | 01:29:17.45          | 01:29:20.25           | +00:21:18<br>(23.9%) | 4:13            | 14.2<br>(76.3%) |
| 21  | POŚNIAK Tomasz        | 585   | ISTA BIEGAMY                         | M-30      | 21   | 00:00:04    | 00:19:37       | 00:40:53      | 01:02:17        | 01:24:43      | 01:29:30.30          | 01:29:34.70           | +00:21:31<br>(24.0%) | 4:14            | 14.1<br>(75.8%) |
| 22  | LASKOWSKI Tomasz      | 400   | AKMB PĘDZIWIATR GLIWICE              | M-30      | 22   | 00:00:04    | 00:21:00       | 00:42:17      | 01:03:30        | 01:25:11      | 01:29:38.70          | 01:29:43.10           | +00:21:39<br>(24.2%) | 4:14            | 14.1<br>(75.8%) |
| 23  | MIRONOWICZ Bartłomiej | 867   |                                      | M-30      | 23   | 00:00:16    | 00:20:47       | 00:42:05      | 01:03:18        | 01:25:15      | 01:29:40.65          | 01:29:57.00           | +00:21:41<br>(24.2%) | 4:15            | 14.1<br>(75.8%) |
| 24  | NOWACKI Wojciech      | 513   | PACEMAKER / WOJTAS BIEGACZ STOPOWICZ | M-30      | 24   | 00:00:04    | 00:20:54       | 00:42:02      | 01:03:15        | 01:24:51      | 01:29:55.20          | 01:29:59.30           | +00:21:56<br>(24.4%) | 4:15            | 14.1<br>(75.8%) |
| 25  | OCHMAN Rafał          | 518   | OPEL ACTIVE TEAM                     | M-30      | 25   | 00:00:02    | 00:20:33       | 00:42:06      | 01:03:20        | 01:25:35      | 01:29:55.65          | 01:29:57.70           | +00:21:56<br>(24.4%) | 4:15            | 14.1<br>(75.8%) |
| 26  | HUĆ Aron              | 958   | MOMO                                 | M-30      | 26   | 00:00:09    | 00:21:22       | 00:43:09      | 01:04:07        | 01:25:37      | 01:29:57.55          | 01:30:06.80           | +00:21:58<br>(24.4%) | 4:15            | 14.1<br>(75.8%) |
| 27  | KUKUCZKA Mateusz      | 376   |                                      | M-30      | 27   | 00:00:10    | 00:21:40       | 00:43:25      | 01:04:26        | 01:25:48      | 01:30:02.75          | 01:30:13.60           | +00:22:03<br>(24.5%) | 4:16            | 14.1<br>(75.8%) |
| 28  | WOJTASIEWICZ Paweł    | 803   |                                      | M-30      | 28   | 00:00:07    | 00:21:13       | 00:42:51      | 01:04:11        | 01:25:49      | 01:30:16.00          | 01:30:23.20           | +00:22:16<br>(24.7%) | 4:16            | 14<br>(75.3%)   |
| 29  | BORSIAK Sebastian     | 75    | OPEL ACTIVE TEAM                     | M-30      | 29   | 00:00:06    | 00:20:53       | 00:42:14      | 01:03:26        | 01:25:54      | 01:30:47.15          | 01:30:53.65           | +00:22:48<br>(25.1%) | 4:18            | 13.9<br>(74.7%) |
| 30  | NIEDZIELA Janusz      | 500   |                                      | M-30      | 30   | 00:00:04    | 00:20:15       | 00:41:19      | 01:02:39        | 01:25:49      | 01:30:54.05          | 01:30:58.80           | +00:22:55<br>(25.2%) | 4:18            | 13.9<br>(74.7%) |
| 31  | LAMPARSKI Łukasz      | 395   | ENDURANCE TEAM                       | M-30      | 31   | 00:00:04    | 00:20:24       | 00:41:23      | 01:02:02        | 01:24:52      | 01:31:44.45          | 01:31:49.15           | +00:23:45<br>(25.9%) | 4:20            | 13.8<br>(74.2%) |
| 32  | SROCZYŃSKI Dariusz    | 682   | NGK RUNNING TEAM                     | M-30      | 32   | 00:00:11    | 00:21:48       | 00:43:43      | 01:05:21        | 01:27:31      | 01:32:08.35          | 01:32:19.85           | +00:24:09<br>(26.2%) | 4:21            | 13.7<br>(73.7%) |
| 33  | OPACH Kamil           | 522   | FAST FOOT TEAM SIEWIERZ              | M-30      | 33   | 00:00:05    | 00:20:54       | 00:42:28      | 01:04:44        | 01:28:17      | 01:33:05.25          | 01:33:10.30           | +00:25:06<br>(27.0%) | 4:24            | 13.6<br>(73.1%) |
| 34  | ORZECH Michał         | 526   | MUSTANGI GLIWICE                     | M-30      | 34   | 00:00:05    | 00:20:53       | 00:42:15      | 01:04:03        | 01:27:56      | 01:33:09.00          | 01:33:14.30           | +00:25:09<br>(27.0%) | 4:24            | 13.6<br>(73.1%) |
| 35  | NIESLER Michał        | 504   |                                      | M-30      | 35   | 00:00:08    | 00:21:32       | 00:43:44      | 01:05:48        | 01:28:14      | 01:33:17.60          | 01:33:26.20           | +00:25:18<br>(27.1%) | 4:25            | 13.6<br>(73.1%) |
| 36  | 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<br>(27.8%) | 4:27            | 13.5<br>(72.6%) |
| 37  | 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<br>(28.1%) | 4:29            | 13.4<br>(72.0%) |
| 38  | 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<br>(28.1%) | 4:28            | 13.4<br>(72.0%) |
| 39  | 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<br>(28.2%) | 4:29            | 13.4<br>(72.0%) |
| 40  | 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<br>(28.5%) | 4:30            | 13.3<br>(71.5%) |
| 41  | 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<br>(28.5%) | 4:30            | 13.3<br>(71.5%) |
| 42  | 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<br>(28.6%) | 4:30            | 13.3<br>(71.5%) |
| 43  | 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<br>(28.6%) | 4:30            | 13.3<br>(71.5%) |
| 44  | 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<br>(29.3%) | 4:33            | 13.2<br>(71.0%) |

| Msc | Zawodnik             | Numer | Klub                                                         | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------|-------|--------------------------------------------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 45  | TISZBIEREK Marek     | 747   |                                                              | M-30      | 45   | 00:00:40       | 00:23:43       | 00:47:16      | 01:09:34        | 01:32:03      | 01:36:26.70             | 01:37:07.20              | +00:28:27<br>(29.5%) | 4:34            | 13.1<br>(70.4%) |
| 46  | KROL Dariusz         | 365   | SPELEOKLUB DĄBROWA GÓRNICZA                                  | M-30      | 46   | 00:00:17       | 00:21:44       | 00:44:42      | 01:07:21        | 01:31:22      | 01:36:30.85             | 01:36:48.50              | +00:28:31<br>(29.6%) | 4:34            | 13.1<br>(70.4%) |
| 47  | JĘDZURA Daniel       | 284   | NIGHT RUNNERS GLIWICE                                        | M-30      | 47   | 00:00:13       | 00:23:09       | 00:46:25      | 01:09:22        | 01:32:00      | 01:36:39.00             | 01:36:52.75              | +00:28:39<br>(29.7%) | 4:34            | 13.1<br>(70.4%) |
| 48  | SITKO Mateusz        | 652   |                                                              | M-30      | 48   | 00:00:30       | 00:22:52       | 00:45:39      | 01:08:25        | 01:31:57      | 01:36:45.85             | 01:37:16.20              | +00:28:46<br>(29.7%) | 4:35            | 13.1<br>(70.4%) |
| 49  | NAPIÓRKOWSKI Adam    | 493   |                                                              | M-30      | 49   | 00:00:15       | 00:22:52       | 00:46:16      | 01:08:35        | 01:32:07      | 01:36:50.90             | 01:37:06.60              | +00:28:51<br>(29.8%) | 4:35            | 13.1<br>(70.4%) |
| 50  | SUCHY Łukasz         | 705   | HIRERIGHT RUNNING TEAM                                       | M-30      | 50   | 00:00:32       | 00:22:38       | 00:45:36      | 01:08:36        | 01:32:11      | 01:36:54.85             | 01:37:27.10              | +00:28:55<br>(29.9%) | 4:35            | 13.1<br>(70.4%) |
| 51  | ŁĘCKI Piotr          | 422   | NIGHT RUNNERS GLIWICE                                        | M-30      | 51   | 00:00:13       | 00:23:08       | 00:46:24      | 01:09:23        | 01:32:14      | 01:37:02.30             | 01:37:15.40              | +00:29:03<br>(29.9%) | 4:35            | 13<br>(69.9%)   |
| 52  | WOJTUKIEWICZ Artur   | 806   | DHL RUN CLUB                                                 | M-30      | 52   | 00:00:25       | 00:22:51       | 00:46:08      | 01:09:15        | 01:32:26      | 01:37:05.35             | 01:37:30.50              | +00:29:06<br>(30.0%) | 4:36            | 13<br>(69.9%)   |
| 53  | FRANKIEWICZ Artur    | 181   |                                                              | M-30      | 53   | 00:00:15       | 00:23:07       | 00:46:16      | 01:09:27        | 01:32:38      | 01:37:05.60             | 01:37:21.20              | +00:29:06<br>(30.0%) | 4:36            | 13<br>(69.9%)   |
| 54  | PALUCH Janusz        | 539   |                                                              | M-30      | 54   | 00:00:17       | 00:23:06       | 00:46:22      | 01:09:24        | 01:32:23      | 01:37:11.60             | 01:37:28.90              | +00:29:12<br>(30.1%) | 4:36            | 13<br>(69.9%)   |
| 55  | FERENC Paweł         | 171   |                                                              | M-30      | 55   | 00:00:28       | 00:23:32       | 00:47:11      | 01:10:10        | 01:32:35      | 01:37:11.70             | 01:37:40.40              | +00:29:12<br>(30.1%) | 4:36            | 13<br>(69.9%)   |
| 56  | RYŃSKI Robert        | 629   |                                                              | M-30      | 56   | 00:00:15       | 00:23:09       | 00:46:24      | 01:09:51        | 01:32:51      | 01:37:30.65             | 01:37:46.05              | +00:29:31<br>(30.3%) | 4:37            | 13<br>(69.9%)   |
| 57  | MISZTAL Kamil        | 478   |                                                              | M-30      | 57   | 00:00:16       | 00:23:06       | 00:46:21      | 01:09:53        | 01:33:32      | 01:37:51.75             | 01:38:08.70              | +00:29:52<br>(30.5%) | 4:38            | 12.9<br>(69.4%) |
| 58  | TEKLA Krzysztof      | 745   |                                                              | M-30      | 58   | 00:00:00       | 00:23:18       | 00:46:37      | 01:10:00        | 01:33:06      | 01:37:54.55             | 01:37:54.55              | +00:29:55<br>(30.6%) | 4:38            | 12.9<br>(69.4%) |
| 59  | BIELA Grzegorz       | 49    | GIBKE GIZDY                                                  | M-30      | 59   | 00:00:04       | 00:20:54       | 00:43:41      | 01:07:15        | 01:32:38      | 01:37:59.30             | 01:38:03.35              | +00:30:00<br>(30.6%) | 4:38            | 12.9<br>(69.4%) |
| 60  | RUSAK Sebastian      | 908   |                                                              | M-30      | 60   | 00:00:03       | 00:20:31       | 00:42:56      | 01:05:54        | 01:32:16      | 01:38:05.60             | 01:38:09.20              | +00:30:06<br>(30.7%) | 4:38            | 12.9<br>(69.4%) |
| 61  | CZERNY Michał        | 926   |                                                              | M-30      | 61   | 00:00:15       | 00:22:55       | 00:46:12      | 01:09:35        | 01:33:31      | 01:38:32.40             | 01:38:47.55              | +00:30:33<br>(31.0%) | 4:40            | 12.8<br>(68.8%) |
| 62  | RYBIŃSKI Łukasz      | 624   | EŁKA TEAM                                                    | M-30      | 62   | 00:00:09       | 00:21:03       | 00:43:57      | 01:07:21        | 01:33:11      | 01:38:40.75             | 01:38:50.45              | +00:30:41<br>(31.1%) | 4:40            | 12.8<br>(68.8%) |
| 63  | 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      | 01:38:56.20             | 01:39:21.80              | +00:30:57<br>(31.3%) | 4:41            | 12.8<br>(68.8%) |
| 64  | KRAJEWSKI Michał     | 359   |                                                              | M-30      | 64   | 00:00:18       | 00:23:33       | 00:46:58      | 01:09:53        | 01:33:58      | 01:38:59.30             | 01:39:17.40              | +00:31:00<br>(31.3%) | 4:41            | 12.8<br>(68.8%) |
| 65  | RUTKOWSKI Michał     | 622   |                                                              | M-30      | 65   | 00:00:36       | 00:24:13       | 00:48:10      | 01:11:50        | 01:34:54      | 01:39:12.45             | 01:39:48.70              | +00:31:13<br>(31.5%) | 4:42            | 12.8<br>(68.8%) |
| 66  | RUTKOWSKI Bartłomiej | 623   |                                                              | M-30      | 66   | 00:00:36       | 00:24:12       | 00:48:10      | 01:11:49        | 01:34:54      | 01:39:13.10             | 01:39:49.60              | +00:31:14<br>(31.5%) | 4:42            | 12.8<br>(68.8%) |
| 67  | BORYSEWICZ Wojciech  | 77    |                                                              | M-30      | 67   | 00:00:16       | 00:23:05       | 00:46:09      | 01:09:17        | 01:33:44      | 01:39:14.50             | 01:39:31.40              | +00:31:15<br>(31.5%) | 4:42            | 12.8<br>(68.8%) |
| 68  | BABIUCH Karol        | 16    | WKURW_TEAM                                                   | M-30      | 68   | 00:00:15       | 00:23:10       | 00:46:24      | 01:09:56        | 01:34:12      | 01:39:22.05             | 01:39:37.20              | +00:31:23<br>(31.6%) | 4:42            | 12.7<br>(68.3%) |
| 69  | PŁAWIAK Rafał        | 572   | KS KOZIOŁEK KĘDZIERZYN-KOŹŁE                                 | M-30      | 69   | 00:00:11       | 00:21:34       | 00:44:44      | 01:09:02        | 01:34:17      | 01:39:34.55             | 01:39:45.60              | +00:31:35<br>(31.7%) | 4:43            | 12.7<br>(68.3%) |
| 70  | GRAMATYKA Jan        | 227   | FUTURE PROCESSING RUNNING TEAM                               | M-30      | 70   | 00:00:18       | 00:23:12       | 00:46:37      | 01:10:27        | 01:34:42      | 01:39:39.30             | 01:39:58.25              | +00:31:40<br>(31.8%) | 4:43            | 12.7<br>(68.3%) |
| 71  | BUJOK Mariusz        | 95    |                                                              | M-30      | 71   | 00:00:11       | 00:23:04       | 00:46:28      | 01:09:59        | 01:34:28      | 01:39:49.30             | 01:40:00.55              | +00:31:50<br>(31.9%) | 4:43            | 12.7<br>(68.3%) |

| Msc | Zawodnik                       | Numer      | Klub                           | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------------|------------|--------------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 72  | <b>RADZIEWICZ<br/>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<br>(32.2%) | 4:45            | 12.6<br>(67.7%) |
| 73  | <b>GLOGOWSKI<br/>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<br>(32.2%) | 4:45            | 12.6<br>(67.7%) |
| 74  | <b>SZOMBARA<br/>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<br>(32.3%) | 4:45            | 12.6<br>(67.7%) |
| 75  | <b>STASIAK<br/>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<br>(32.5%) | 4:46            | 12.6<br>(67.7%) |
| 76  | <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<br>(32.6%) | 4:47            | 12.5<br>(67.2%) |
| 77  | <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<br>(32.8%) | 4:47            | 12.5<br>(67.2%) |
| 78  | <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<br>(33.2%) | 4:49            | 12.4<br>(66.7%) |
| 79  | <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<br>(33.2%) | 4:49            | 12.4<br>(66.7%) |
| 80  | <b>KOZIARSKI<br/>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<br>(33.3%) | 4:49            | 12.4<br>(66.7%) |
| 81  | <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<br>(33.3%) | 4:49            | 12.4<br>(66.7%) |
| 82  | <b>WOŹNICA<br/>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<br>(33.3%) | 4:49            | 12.4<br>(66.7%) |
| 83  | <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<br>(33.5%) | 4:50            | 12.4<br>(66.7%) |
| 84  | <b>KRAJEWSKI<br/>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<br>(33.6%) | 4:50            | 12.4<br>(66.7%) |
| 85  | <b>CHEJDYS<br/>Krystian</b>    | <b>101</b> | 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<br>(33.6%) | 4:51            | 12.4<br>(66.7%) |
| 86  | <b>BICZYSKI Paweł</b>          | <b>45</b>  | PSYCHONAUCI                    | 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<br>(33.6%) | 4:51            | 12.4<br>(66.7%) |
| 87  | <b>JAWOREK Jacek</b>           | <b>280</b> | 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<br>(33.7%) | 4:51            | 12.4<br>(66.7%) |
| 88  | <b>TOMCZAK<br/>Mariusz</b>     | <b>754</b> | GWARDZIŚCI                     | 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<br>(33.7%) | 4:51            | 12.3<br>(66.1%) |
| 89  | <b>WÓJCIK Rafał</b>            | <b>820</b> |                                | 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<br>(33.7%) | 4:51            | 12.3<br>(66.1%) |
| 90  | <b>WOMELA Maciej</b>           | <b>813</b> |                                | 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<br>(33.8%) | 4:51            | 12.3<br>(66.1%) |
| 91  | <b>DZIERWA<br/>Marcin</b>      | <b>164</b> | 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<br>(33.9%) | 4:52            | 12.3<br>(66.1%) |
| 92  | <b>SOWA Andrzej</b>            | <b>680</b> |                                | 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<br>(34.0%) | 4:52            | 12.3<br>(66.1%) |
| 93  | <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<br>(34.1%) | 4:53            | 12.3<br>(66.1%) |
| 94  | <b>MALEC<br/>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<br>(34.2%) | 4:53            | 12.3<br>(66.1%) |
| 95  | <b>DOMŻAŁSKI<br/>Jakub</b>     | <b>150</b> |                                | 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<br>(34.3%) | 4:54            | 12.2<br>(65.6%) |
| 96  | <b>MAY-MAJEWSKI<br/>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<br>(34.4%) | 4:54            | 12.2<br>(65.6%) |
| 97  | <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<br>(34.4%) | 4:54            | 12.2<br>(65.6%) |
| 98  | <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<br>(34.4%) | 4:54            | 12.2<br>(65.6%) |

| Msc | Zawodnik              | Numer | Klub                  | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|-----------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 99  | UBDA Łukasz           | 757   | MDM NT TEAM           | M-30      | 99   | 00:00:05       | 00:20:53       | 00:45:21      | 01:10:07        | 01:37:46      | 01:43:44.25             | 01:43:50.00              | +00:35:45<br>(34.5%) | 4:55            | 12.2<br>(65.6%) |
| 100 | PALEWICZ Wojciech     | 538   | DENTYSTAZGLIWIC.PL    | M-30      | 100  | 00:00:26       | 00:24:17       | 00:48:54      | 01:13:40        | 01:38:38      | 01:43:48.65             | 01:44:15.15              | +00:35:49<br>(34.5%) | 4:55            | 12.2<br>(65.6%) |
| 101 | GAŁKA Maciej          | 191   |                       | M-30      | 101  | 00:01:30       | 00:24:44       | 00:48:49      | 01:14:01        | 01:38:54      | 01:44:00.55             | 01:45:30.55              | +00:36:01<br>(34.6%) | 4:55            | 12.2<br>(65.6%) |
| 102 | KOLOCH Michał         | 909   |                       | M-30      | 102  | 00:00:38       | 00:24:41       | 00:49:32      | 01:13:55        | 01:39:01      | 01:44:06.70             | 01:44:44.75              | +00:36:07<br>(34.7%) | 4:56            | 12.2<br>(65.6%) |
| 103 | SIERADZKI Dariusz     | 650   | BIEGAJ Z TRENERAMI    | M-30      | 103  | 00:00:22       | 00:24:51       | 00:49:42      | 01:15:06        | 01:39:22      | 01:44:07.40             | 01:44:30.30              | +00:36:08<br>(34.7%) | 4:56            | 12.2<br>(65.6%) |
| 104 | ZABORSKI Beniamin     | 831   |                       | M-30      | 104  | 00:00:09       | 00:24:27       | 00:49:28      | 01:14:04        | 01:39:08      | 01:44:13.75             | 01:44:23.45              | +00:36:14<br>(34.8%) | 4:56            | 12.1<br>(65.1%) |
| 105 | BUCZYŃSKI Radosław    | 92    | NIGHT RUNNERS GLIWICE | M-30      | 105  | 00:00:42       | 00:24:16       | 00:48:45      | 01:13:29        | 01:38:59      | 01:44:20.40             | 01:45:03.25              | +00:36:21<br>(34.8%) | 4:56            | 12.1<br>(65.1%) |
| 106 | STOJAK Paweł          | 699   |                       | M-30      | 106  | 00:00:46       | 00:23:56       | 00:48:33      | 01:13:44        | 01:38:59      | 01:44:29.35             | 01:45:15.60              | +00:36:30<br>(34.9%) | 4:57            | 12.1<br>(65.1%) |
| 107 | ZYMELA Dawid          | 853   |                       | M-30      | 107  | 00:00:27       | 00:24:48       | 00:49:52      | 01:14:51        | 01:39:48      | 01:44:32.65             | 01:44:59.95              | +00:36:33<br>(35.0%) | 4:57            | 12.1<br>(65.1%) |
| 108 | ZIOBER Grzegorz       | 851   | SPARTA PLATFUS        | M-30      | 108  | 00:00:34       | 00:26:24       | 00:52:25      | 01:16:16        | 01:40:11      | 01:44:55.70             | 01:45:30.55              | +00:36:56<br>(35.2%) | 4:58            | 12.1<br>(65.1%) |
| 109 | KLIMAS Adam           | 322   |                       | M-30      | 109  | 00:00:31       | 00:24:17       | 00:49:02      | 01:13:49        | 01:39:47      | 01:45:04.75             | 01:45:35.85              | +00:37:05<br>(35.3%) | 4:58            | 12<br>(64.5%)   |
| 110 | MACZUGA Bartłomiej    | 430   | PACEMAKER             | M-30      | 110  | 00:00:22       | 00:24:50       | 00:49:42      | 01:15:07        | 01:40:01      | 01:45:14.25             | 01:45:36.85              | +00:37:15<br>(35.4%) | 4:59            | 12<br>(64.5%)   |
| 111 | SEROCKI Michał        | 645   |                       | M-30      | 111  | 00:00:37       | 00:24:51       | 00:49:59      | 01:14:53        | 01:39:58      | 01:45:14.45             | 01:45:51.50              | +00:37:15<br>(35.4%) | 4:59            | 12<br>(64.5%)   |
| 112 | WIETRZYCKI Mariusz    | 787   | BIEGAJ Z TRENERAMI    | M-30      | 112  | 00:00:43       | 00:25:14       | 00:50:31      | 01:14:48        | 01:39:54      | 01:45:16.00             | 01:45:59.25              | +00:37:16<br>(35.4%) | 4:59            | 12<br>(64.5%)   |
| 113 | NITARSKI Patryk       | 508   | NR                    | M-30      | 113  | 00:00:24       | 00:24:45       | 00:49:37      | 01:15:00        | 01:40:05      | 01:45:42.40             | 01:46:07.35              | +00:37:43<br>(35.7%) | 5:00            | 12<br>(64.5%)   |
| 114 | PANZ Krzysztof        | 545   |                       | M-30      | 114  | 00:00:14       | 00:23:10       | 00:48:01      | 01:13:27        | 01:40:18      | 01:45:44.80             | 01:45:59.45              | +00:37:45<br>(35.7%) | 5:00            | 12<br>(64.5%)   |
| 115 | WÓJCIK Tomasz         | 821   | FDG S.A.              | M-30      | 115  | 00:01:20       | 00:24:53       | 00:49:50      | 01:14:56        | 01:40:24      | 01:45:46.25             | 01:47:07.10              | +00:37:47<br>(35.7%) | 5:00            | 12<br>(64.5%)   |
| 116 | TELER Marcin          | 894   |                       | M-30      | 116  | 00:00:23       | 00:23:42       | 00:48:06      | 01:13:04        | 01:39:54      | 01:45:49.10             | 01:46:12.50              | +00:37:50<br>(35.8%) | 5:00            | 12<br>(64.5%)   |
| 117 | JURCZYGA Maciej       | 289   |                       | M-30      | 117  | 00:01:40       | 00:25:54       | 00:51:24      | 01:15:56        | 01:41:07      | 01:46:00.45             | 01:47:40.80              | +00:38:01<br>(35.9%) | 5:01            | 11.9<br>(64.0%) |
| 118 | ROŻEK Jacek           | 616   | WĘGLOHUT TEAM         | M-30      | 118  | 00:00:49       | 00:25:36       | 00:51:55      | 01:17:22        | 01:41:15      | 01:46:02.35             | 01:46:51.40              | +00:38:03<br>(35.9%) | 5:01            | 11.9<br>(64.0%) |
| 119 | GARBACZ Damian        | 193   |                       | M-30      | 119  | 00:00:21       | 00:24:09       | 00:49:03      | 01:14:50        | 01:40:52      | 01:46:24.55             | 01:46:45.60              | +00:38:25<br>(36.1%) | 5:02            | 11.9<br>(64.0%) |
| 120 | BOGACZ Paweł          | 66    | JAGODA TEAM           | M-30      | 120  | 00:00:23       | 00:24:49       | 00:49:40      | 01:15:06        | 01:40:57      | 01:46:31.45             | 01:46:54.90              | +00:38:32<br>(36.2%) | 5:02            | 11.9<br>(64.0%) |
| 121 | JERZYK Andrzej        | 282   |                       | M-30      | 121  | 00:00:23       | 00:23:40       | 00:48:58      | 01:14:26        | 01:41:08      | 01:46:31.50             | 01:46:55.05              | +00:38:32<br>(36.2%) | 5:02            | 11.9<br>(64.0%) |
| 122 | GRZESIKIEWICZ Mariusz | 246   |                       | M-30      | 122  | 00:00:14       | 00:25:01       | 00:50:04      | 01:15:16        | 01:41:03      | 01:46:33.40             | 01:46:47.45              | +00:38:34<br>(36.2%) | 5:02            | 11.9<br>(64.0%) |
| 123 | STEC Marcin           | 695   | KW GLIWICE            | M-30      | 123  | 00:01:02       | 00:24:33       | 00:50:07      | 01:15:20        | 01:41:38      | 01:47:02.60             | 01:48:04.65              | +00:39:03<br>(36.5%) | 5:04            | 11.8<br>(63.4%) |
| 124 | ĆWIKŁA Kamil          | 136   | HARPAGANY             | M-30      | 124  | 00:00:55       | 00:25:02       | 00:50:37      | 01:16:01        | 01:41:41      | 01:47:06.95             | 01:48:02.80              | +00:39:07<br>(36.5%) | 5:04            | 11.8<br>(63.4%) |
| 125 | KOWOLIK Łukasz        | 351   | TAURON TEAM           | M-30      | 125  | 00:00:52       | 00:25:40       | 00:50:04      | 01:14:30        | 01:40:53      | 01:47:35.20             | 01:48:27.90              | +00:39:36<br>(36.8%) | 5:05            | 11.8<br>(63.4%) |

| Msc | Zawodnik               | Numer | Klub                         | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|------------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 126 | WIECHUŁA<br>Marcin     | 782   |                              | M-30      | 126  | 00:00:37       | 00:22:22       | 00:45:58      | 01:11:20        | 01:41:23      | 01:47:35.40             | 01:48:13.10              | +00:39:36<br>(36.8%) | 5:05            | 11.8<br>(63.4%) |
| 127 | MARCINIAK<br>Krzysztof | 444   |                              | M-30      | 127  | 00:00:39       | 00:25:36       | 00:51:19      | 01:16:51        | 01:42:14      | 01:47:37.30             | 01:48:16.90              | +00:39:38<br>(36.8%) | 5:06            | 11.8<br>(63.4%) |
| 128 | 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      | 01:47:41.60             | 01:48:05.65              | +00:39:42<br>(36.9%) | 5:06            | 11.8<br>(63.4%) |
| 129 | TOCZYDŁOWSKI<br>Łukasz | 752   |                              | M-30      | 129  | 00:01:42       | 00:26:26       | 00:52:12      | 01:16:59        | 01:42:20      | 01:47:45.40             | 01:49:28.15              | +00:39:46<br>(36.9%) | 5:06            | 11.7<br>(62.9%) |
| 130 | GARYGA Łukasz          | 196   | RUNHOGS TYCHY                | M-30      | 130  | 00:00:00       | 00:25:14       | 00:50:04      | 01:15:15        | 01:42:10      | 01:47:56.75             | 01:47:56.75              | +00:39:57<br>(37.0%) | 5:06            | 11.7<br>(62.9%) |
| 131 | PIECHOWIAK<br>Wojciech | 560   |                              | M-30      | 131  | 00:00:27       | 00:25:04       | 00:50:51      | 01:16:20        | 01:42:40      | 01:47:59.90             | 01:48:27.80              | +00:40:00<br>(37.1%) | 5:07            | 11.7<br>(62.9%) |
| 132 | WAL Grzegorz           | 767   | OPEL ACTIVE TEAM             | M-30      | 132  | 00:00:30       | 00:25:13       | 00:50:35      | 01:15:41        | 01:42:18      | 01:48:13.55             | 01:48:44.15              | +00:40:14<br>(37.2%) | 5:07            | 11.7<br>(62.9%) |
| 133 | WIEKIERA Adam          | 786   |                              | M-30      | 133  | 00:00:58       | 00:25:03       | 00:50:34      | 01:16:44        | 01:43:06      | 01:48:20.85             | 01:49:19.10              | +00:40:21<br>(37.3%) | 5:08            | 11.7<br>(62.9%) |
| 134 | STANIK Bogdan          | 874   | 6BPD GLIWICE                 | M-30      | 134  | 00:00:17       | 00:24:11       | 00:49:55      | 01:16:40        | 01:43:01      | 01:48:23.15             | 01:48:41.00              | +00:40:24<br>(37.3%) | 5:08            | 11.7<br>(62.9%) |
| 135 | WOŹNIAKOWSKI<br>Jan    | 815   | OPEL ACTIVE TEAM             | M-30      | 135  | 00:00:36       | 00:24:57       | 00:50:54      | 01:16:55        | 01:43:25      | 01:48:23.70             | 01:49:00.15              | +00:40:24<br>(37.3%) | 5:08            | 11.7<br>(62.9%) |
| 136 | KAWKA Maciej           | 900   |                              | M-30      | 136  | 00:00:21       | 00:25:43       | 00:51:12      | 01:16:31        | 01:42:56      | 01:48:30.80             | 01:48:52.25              | +00:40:31<br>(37.3%) | 5:08            | 11.7<br>(62.9%) |
| 137 | BRODAŁA<br>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      | 01:48:37.45             | 01:49:23.25              | +00:40:38<br>(37.4%) | 5:08            | 11.7<br>(62.9%) |
| 138 | ZAŁEWSKI Artur         | 835   |                              | M-30      | 138  | 00:00:25       | 00:23:44       | 00:48:22      | 01:13:50        | 01:41:49      | 01:48:42.55             | 01:49:07.80              | +00:40:43<br>(37.5%) | 5:09            | 11.6<br>(62.4%) |
| 139 | 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      | 01:48:43.80             | 01:49:28.05              | +00:40:44<br>(37.5%) | 5:09            | 11.6<br>(62.4%) |
| 140 | PŁOCH Tomasz           | 570   | BALANS TEAM                  | M-30      | 140  | 00:00:49       | 00:25:13       | 00:51:28      | 01:17:38        | 01:43:40      | 01:48:51.00             | 01:49:40.60              | +00:40:51<br>(37.5%) | 5:09            | 11.6<br>(62.4%) |
| 141 | GÓRKA Szymon           | 893   |                              | M-30      | 141  | 00:00:11       | 00:24:09       | 00:49:04      | 01:15:05        | 01:43:00      | 01:48:51.55             | 01:49:03.30              | +00:40:52<br>(37.5%) | 5:09            | 11.6<br>(62.4%) |
| 142 | WIKIERSKI<br>Michał    | 789   |                              | M-30      | 142  | 00:00:47       | 00:25:10       | 00:50:46      | 01:16:57        | 01:43:29      | 01:49:12.85             | 01:50:00.30              | +00:41:13<br>(37.8%) | 5:10            | 11.6<br>(62.4%) |
| 143 | CZAJA Łukasz           | 930   |                              | M-30      | 143  | 00:00:38       | 00:26:14       | 00:50:37      | 01:14:52        | 01:43:16      | 01:49:13.50             | 01:49:52.45              | +00:41:14<br>(37.8%) | 5:10            | 11.6<br>(62.4%) |
| 144 | WIŚNIEWSKI<br>Paweł    | 800   | NIGHT RUNNERS GLIWICE        | M-30      | 144  | 00:01:01       | 00:25:10       | 00:51:07      | 01:17:47        | 01:44:19      | 01:49:41.30             | 01:50:42.50              | +00:41:42<br>(38.0%) | 5:11            | 11.5<br>(61.8%) |
| 145 | KASZUBSKI<br>Andrzej   | 314   |                              | M-30      | 145  | 00:00:13       | 00:23:04       | 00:48:31      | 01:15:29        | 01:43:44      | 01:49:41.50             | 01:49:54.75              | +00:41:42<br>(38.0%) | 5:11            | 11.5<br>(61.8%) |
| 146 | SALAMON Emil           | 637   |                              | M-30      | 146  | 00:00:50       | 00:26:14       | 00:52:33      | 01:18:12        | 01:44:42      | 01:49:51.10             | 01:50:41.55              | +00:41:52<br>(38.1%) | 5:12            | 11.5<br>(61.8%) |
| 147 | TKOCZ Rafał            | 750   |                              | M-30      | 147  | 00:00:39       | 00:25:37       | 00:51:19      | 01:16:57        | 01:44:41      | 01:50:18.25             | 01:50:58.05              | +00:42:19<br>(38.4%) | 5:13            | 11.5<br>(61.8%) |
| 148 | KOSIŃSKI<br>Marcin     | 343   | BRĄK                         | M-30      | 148  | 00:01:02       | 00:25:54       | 00:51:37      | 01:17:38        | 01:44:34      | 01:50:21.85             | 01:51:24.60              | +00:42:22<br>(38.4%) | 5:13            | 11.5<br>(61.8%) |
| 149 | KWAŚNIEWSKI<br>Dominik | 388   |                              | M-30      | 149  | 00:00:45       | 00:26:35       | 00:52:52      | 01:18:53        | 01:45:09      | 01:50:30.65             | 01:51:16.50              | +00:42:31<br>(38.5%) | 5:14            | 11.5<br>(61.8%) |
| 150 | ORGAN Wojtek           | 524   |                              | M-30      | 150  | 00:01:08       | 00:26:50       | 00:53:05      | 01:19:16        | 01:45:45      | 01:50:43.25             | 01:51:51.30              | +00:42:44<br>(38.6%) | 5:14            | 11.4<br>(61.3%) |
| 151 | KISIECKI<br>Damian     | 317   | NOVA TRADING STALE BIEGAM    | M-30      | 151  | 00:00:38       | 00:26:35       | 00:52:51      | 01:18:57        | 01:45:29      | 01:50:47.85             | 01:51:26.05              | +00:42:48<br>(38.6%) | 5:15            | 11.4<br>(61.3%) |
| 152 | SOSNOWSKI<br>Maciej    | 677   |                              | M-30      | 152  | 00:00:45       | 00:25:28       | 00:51:06      | 01:17:20        | 01:45:20      | 01:50:57.25             | 01:51:42.25              | +00:42:58<br>(38.7%) | 5:15            | 11.4<br>(61.3%) |

| Msc | Zawodnik               | Numer | Klub                             | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|----------------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 153 | SKOTNICKI<br>Paweł     | 6     | TSH TEAM                         | M-30      | 153  | 00:00:41       | 00:25:03       | 00:50:47      | 01:16:46        | 01:45:14      | 01:51:04.90             | 01:51:45.90              | +00:43:05<br>(38.8%) | 5:15            | 11.4<br>(61.3%) |
| 154 | BAUMERT Rafał          | 30    | ISTA BIEGAMY                     | M-30      | 154  | 00:01:08       | 00:26:50       | 00:53:05      | 01:19:16        | 01:45:46      | 01:51:16.70             | 01:52:25.05              | +00:43:17<br>(38.9%) | 5:16            | 11.4<br>(61.3%) |
| 155 | POKRYSZKA<br>Bartosz   | 576   |                                  | M-30      | 155  | 00:00:31       | 00:25:51       | 00:52:34      | 01:19:20        | 01:46:04      | 01:51:48.00             | 01:52:19.70              | +00:43:48<br>(39.2%) | 5:17            | 11.3<br>(60.8%) |
| 156 | ADAMSKI Daniel         | 13    |                                  | M-30      | 156  | 00:00:57       | 00:27:56       | 00:54:04      | 01:20:25        | 01:46:32      | 01:51:48.40             | 01:52:45.65              | +00:43:49<br>(39.2%) | 5:17            | 11.3<br>(60.8%) |
| 157 | CIASTO<br>Sebastian    | 106   |                                  | M-30      | 157  | 00:00:14       | 00:24:42       | 00:50:53      | 01:17:55        | 01:46:05      | 01:51:59.00             | 01:52:13.75              | +00:43:59<br>(39.3%) | 5:18            | 11.3<br>(60.8%) |
| 158 | BIAŁY Kamil            | 43    | FAST FOOT TEAM SIEWIERZ          | M-30      | 158  | 00:00:40       | 00:26:10       | 00:53:07      | 01:19:46        | 01:46:47      | 01:52:03.75             | 01:52:44.15              | +00:44:04<br>(39.3%) | 5:18            | 11.3<br>(60.8%) |
| 159 | BYSTRZYCKI<br>Rafał    | 99    |                                  | M-30      | 159  | 00:01:22       | 00:28:11       | 00:55:27      | 01:20:44        | 01:46:40      | 01:52:08.05             | 01:53:30.15              | +00:44:09<br>(39.4%) | 5:18            | 11.3<br>(60.8%) |
| 160 | PENKALA Artur          | 557   | GO LEASING                       | M-30      | 160  | 00:00:24       | 00:26:32       | 00:53:07      | 01:19:57        | 01:46:56      | 01:52:11.30             | 01:52:35.70              | +00:44:12<br>(39.4%) | 5:19            | 11.3<br>(60.8%) |
| 161 | DOBOSZ<br>Mariusz      | 147   | GO LEASING                       | M-30      | 161  | 00:00:23       | 00:26:33       | 00:53:08      | 01:19:58        | 01:46:57      | 01:52:12.20             | 01:52:35.50              | +00:44:13<br>(39.4%) | 5:19            | 11.3<br>(60.8%) |
| 162 | KWAPIEŃ<br>Aleksander  | 916   |                                  | M-30      | 162  | 00:00:10       | 00:25:25       | 00:52:55      | 01:20:01        | 01:46:53      | 01:52:25.65             | 01:52:36.55              | +00:44:26<br>(39.5%) | 5:19            | 11.3<br>(60.8%) |
| 163 | SZADKOWSKI<br>Paweł    | 713   | NIGHT RUNNERS GLIWICE            | M-30      | 163  | 00:01:00       | 00:24:58       | 00:51:04      | 01:17:37        | 01:45:56      | 01:52:35.70             | 01:53:35.85              | +00:44:36<br>(39.6%) | 5:20            | 11.2<br>(60.2%) |
| 164 | SZOŁTYSIK<br>Paweł     | 726   | SPARTA PLATFUS                   | M-30      | 164  | 00:00:33       | 00:26:25       | 00:52:26      | 01:18:20        | 01:46:44      | 01:52:46.95             | 01:53:20.75              | +00:44:47<br>(39.7%) | 5:20            | 11.2<br>(60.2%) |
| 165 | ZAWADKI<br>Robert      | 839   |                                  | M-30      | 165  | 00:00:49       | 00:26:38       | 00:53:42      | 01:20:23        | 01:47:30      | 01:52:56.30             | 01:53:46.00              | +00:44:57<br>(39.8%) | 5:21            | 11.2<br>(60.2%) |
| 166 | KAWCZYŃSKI<br>Grzegorz | 315   |                                  | M-30      | 166  | 00:00:41       | 00:24:32       | 00:49:25      | 01:15:46        | 01:46:18      | 01:53:01.30             | 01:53:43.05              | +00:45:02<br>(39.8%) | 5:21            | 11.2<br>(60.2%) |
| 167 | DROZD Kajetan          | 154   | KAJETANDROZD.PL                  | M-30      | 167  | 00:00:48       | 00:27:38       | 00:55:16      | 01:22:03        | 01:47:56      | 01:53:03.65             | 01:53:52.40              | +00:45:04<br>(39.9%) | 5:21            | 11.2<br>(60.2%) |
| 168 | KARBOWNIK<br>Piotr     | 306   |                                  | M-30      | 168  | 00:00:48       | 00:27:38       | 00:55:16      | 01:22:03        | 01:47:56      | 01:53:04.40             | 01:53:52.50              | +00:45:05<br>(39.9%) | 5:21            | 11.2<br>(60.2%) |
| 169 | GAWINEK Adam           | 198   |                                  | M-30      | 169  | 00:01:05       | 00:27:13       | 00:53:18      | 01:19:51        | 01:47:12      | 01:53:14.25             | 01:54:19.25              | +00:45:15<br>(40.0%) | 5:21            | 11.2<br>(60.2%) |
| 170 | GRABOWSKI<br>Maciej    | 220   |                                  | M-30      | 170  | 00:00:51       | 00:26:15       | 00:53:02      | 01:19:27        | 01:47:35      | 01:53:14.55             | 01:54:06.30              | +00:45:15<br>(40.0%) | 5:22            | 11.2<br>(60.2%) |
| 171 | KANIA Dominik          | 302   | R.R. MARTIN PISZ JUŻ TE KSIAŻKI! | M-30      | 171  | 00:00:33       | 00:26:04       | 00:53:12      | 01:20:24        | 01:47:52      | 01:53:33.45             | 01:54:06.75              | +00:45:34<br>(40.1%) | 5:22            | 11.1<br>(59.7%) |
| 172 | WOLAŃSKI<br>Hubert     | 808   | GWV99                            | M-30      | 172  | 00:01:21       | 00:27:42       | 00:55:08      | 01:21:33        | 01:48:31      | 01:53:49.90             | 01:55:10.90              | +00:45:50<br>(40.3%) | 5:23            | 11.1<br>(59.7%) |
| 173 | FOLEK Andrzej          | 177   | DTT POLAND                       | M-30      | 173  | 00:00:43       | 00:25:43       | 00:51:29      | 01:18:38        | 01:47:46      | 01:53:56.65             | 01:54:40.50              | +00:45:57<br>(40.3%) | 5:24            | 11.1<br>(59.7%) |
| 174 | FOREMSKI<br>Grzegorz   | 179   |                                  | M-30      | 174  | 00:00:34       | 00:24:21       | 00:49:32      | 01:16:57        | 01:47:43      | 01:54:00.80             | 01:54:35.35              | +00:46:01<br>(40.4%) | 5:24            | 11.1<br>(59.7%) |
| 175 | GROS Dawid             | 235   |                                  | M-30      | 175  | 00:00:31       | 00:25:14       | 00:50:44      | 01:17:18        | 01:47:57      | 01:54:05.30             | 01:54:37.25              | +00:46:06<br>(40.4%) | 5:24            | 11.1<br>(59.7%) |
| 176 | DWORNICZAK<br>Paweł    | 157   |                                  | M-30      | 176  | 00:01:04       | 00:26:34       | 00:53:25      | 01:20:20        | 01:48:23      | 01:54:19.75             | 01:55:24.40              | +00:46:20<br>(40.5%) | 5:25            | 11.1<br>(59.7%) |
| 177 | KUROWSKI<br>Michał     | 384   | NIGHT RUNNERS GLIWICE            | M-30      | 177  | 00:00:52       | 00:27:31       | 00:54:51      | 01:21:59        | 01:49:26      | 01:54:28.80             | 01:55:21.70              | +00:46:29<br>(40.6%) | 5:25            | 11.1<br>(59.7%) |
| 178 | SZYPUŁA Michał         | 738   | VEROCARGO                        | M-30      | 178  | 00:00:35       | 00:26:45       | 00:53:28      | 01:20:42        | 01:48:55      | 01:54:42.75             | 01:55:18.50              | +00:46:43<br>(40.7%) | 5:26            | 11<br>(59.1%)   |
| 179 | RYNIAK Tomasz          | 946   |                                  | M-30      | 179  | 00:00:25       | 00:25:31       | 00:51:41      | 01:19:06        | 01:48:43      | 01:55:00.25             | 01:55:25.40              | +00:47:01<br>(40.9%) | 5:27            | 11<br>(59.1%)   |

| Msc | Zawodnik                 | Numer | Klub                             | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------|-------|----------------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 180 | MAŁKOWSKI<br>Tomasz      | 441   | NIGHT RUNNERS ZABRZE             | M-30      | 180  | 00:00:55       | 00:27:28       | 00:54:48      | 01:21:56        | 01:49:24      | 01:55:01.60             | 01:55:57.05              | +00:47:02<br>(40.9%) | 5:27            | 11<br>(59.1%)   |
| 181 | KUBIAK<br>Grzegorz       | 373   |                                  | M-30      | 181  | 00:00:48       | 00:25:12       | 00:51:51      | 01:19:49        | 01:48:45      | 01:55:07.55             | 01:55:56.00              | +00:47:08<br>(40.9%) | 5:27            | 11<br>(59.1%)   |
| 182 | TOKARZ Jacek             | 753   |                                  | M-30      | 182  | 00:01:08       | 00:28:30       | 00:55:30      | 01:22:36        | 01:50:06      | 01:55:13.25             | 01:56:21.30              | +00:47:14<br>(41.0%) | 5:27            | 11<br>(59.1%)   |
| 183 | CIELUCH<br>Grzegorz      | 107   |                                  | M-30      | 183  | 00:00:38       | 00:27:50       | 00:55:37      | 01:22:17        | 01:49:36      | 01:55:23.30             | 01:56:02.10              | +00:47:24<br>(41.1%) | 5:28            | 11<br>(59.1%)   |
| 184 | CYL Michał               | 118   |                                  | M-30      | 184  | 00:00:18       | 00:25:42       | 00:52:37      | 01:20:05        | 01:49:22      | 01:55:37.40             | 01:55:56.15              | +00:47:38<br>(41.2%) | 5:28            | 10.9<br>(58.6%) |
| 185 | PRZESTALSKI<br>Kornel    | 593   | AC POLANKA                       | M-30      | 185  | 00:01:16       | 00:27:24       | 00:54:39      | 01:21:48        | 01:50:00      | 01:55:49.65             | 01:57:05.80              | +00:47:50<br>(41.3%) | 5:29            | 10.9<br>(58.6%) |
| 186 | BIELECKI<br>Bartosz      | 51    |                                  | M-30      | 186  | 00:01:31       | 00:29:40       | 00:59:46      | 01:26:28        | 01:51:12      | 01:56:17.20             | 01:57:48.45              | +00:48:18<br>(41.5%) | 5:30            | 10.9<br>(58.6%) |
| 187 | BANASZAK<br>Marcin       | 21    |                                  | M-30      | 187  | 00:01:33       | 00:29:10       | 00:57:22      | 01:25:03        | 01:51:11      | 01:56:31.45             | 01:58:05.05              | +00:48:32<br>(41.7%) | 5:31            | 10.9<br>(58.6%) |
| 188 | GRABSKI Michał           | 222   | KOMBO KURCZAKI                   | M-30      | 188  | 00:01:10       | 00:28:56       | 00:57:45      | 01:23:57        | 01:50:51      | 01:56:32.20             | 01:57:42.85              | +00:48:33<br>(41.7%) | 5:31            | 10.9<br>(58.6%) |
| 189 | BRZEZINA<br>Arkadiusz    | 89    | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-30      | 189  | 00:00:58       | 00:26:41       | 00:54:13      | 01:22:18        | 01:50:22      | 01:56:45.95             | 01:57:44.60              | +00:48:46<br>(41.8%) | 5:32            | 10.8<br>(58.1%) |
| 190 | SZCZĘŚNIAK<br>Przemysław | 718   |                                  | M-30      | 190  | 00:01:00       | 00:27:40       | 00:54:58      | 01:22:26        | 01:50:56      | 01:56:55.40             | 01:57:56.05              | +00:48:56<br>(41.9%) | 5:32            | 10.8<br>(58.1%) |
| 191 | WILK Andrzej             | 793   |                                  | M-30      | 191  | 00:00:59       | 00:25:51       | 00:52:40      | 01:20:22        | 01:50:35      | 01:56:58.90             | 01:57:57.95              | +00:48:59<br>(41.9%) | 5:32            | 10.8<br>(58.1%) |
| 192 | NOWAK Tomasz             | 517   |                                  | M-30      | 192  | 00:00:35       | 00:25:36       | 00:53:02      | 01:21:08        | 01:50:56      | 01:57:06.80             | 01:57:42.05              | +00:49:07<br>(42.0%) | 5:33            | 10.8<br>(58.1%) |
| 193 | KULESZA<br>Łukasz        | 917   |                                  | M-30      | 193  | 00:01:32       | 00:28:39       | 00:56:14      | 01:23:42        | 01:51:36      | 01:57:16.55             | 01:58:49.00              | +00:49:17<br>(42.0%) | 5:33            | 10.8<br>(58.1%) |
| 194 | BŁASZCZYSZYN<br>Łukasz   | 60    |                                  | M-30      | 194  | 00:00:52       | 00:28:00       | 00:56:10      | 01:23:35        | 01:51:47      | 01:57:18.35             | 01:58:11.30              | +00:49:19<br>(42.0%) | 5:33            | 10.8<br>(58.1%) |
| 195 | ALBRECHT<br>Sebastian    | 875   |                                  | M-30      | 195  | 00:01:12       | 00:28:26       | 00:56:11      | 01:24:05        | 01:51:42      | 01:57:27.40             | 01:58:40.30              | +00:49:28<br>(42.1%) | 5:34            | 10.8<br>(58.1%) |
| 196 | PASIEKA<br>Grzegorz      | 547   |                                  | M-30      | 196  | 00:01:09       | 00:28:26       | 00:56:59      | 01:24:39        | 01:52:15      | 01:57:32.85             | 01:58:41.90              | +00:49:33<br>(42.2%) | 5:34            | 10.8<br>(58.1%) |
| 197 | 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      | 01:57:41.80             | 01:58:39.10              | +00:49:42<br>(42.2%) | 5:34            | 10.8<br>(58.1%) |
| 198 | GRZEBIELA<br>Mateusz     | 243   |                                  | M-30      | 198  | 00:01:05       | 00:27:38       | 00:54:51      | 01:22:13        | 01:51:50      | 01:57:57.75             | 01:59:02.90              | +00:49:58<br>(42.4%) | 5:35            | 10.7<br>(57.5%) |
| 199 | WRÓBEL<br>Jarosław       | 825   |                                  | M-30      | 199  | 00:01:11       | 00:28:33       | 00:56:21      | 01:24:26        | 01:52:14      | 01:58:02.05             | 01:59:13.25              | +00:50:03<br>(42.4%) | 5:35            | 10.7<br>(57.5%) |
| 200 | BOGDAŁ Michał            | 67    | BBG RACING                       | M-30      | 200  | 00:00:59       | 00:28:41       | 00:56:46      | 01:24:07        | 01:51:53      | 01:58:02.10             | 01:59:01.95              | +00:50:03<br>(42.4%) | 5:35            | 10.7<br>(57.5%) |
| 201 | MATUŁA Marcin            | 863   | ASSECO ACTIVE TEAM               | M-30      | 201  | 00:00:19       | 00:26:13       | 00:55:04      | 01:23:05        | 01:51:57      | 01:58:04.35             | 01:58:23.85              | +00:50:05<br>(42.4%) | 5:35            | 10.7<br>(57.5%) |
| 202 | KRYSTEK<br>Łukasz        | 368   |                                  | M-30      | 202  | 00:01:03       | 00:27:54       | 00:55:17      | 01:22:42        | 01:51:44      | 01:58:07.35             | 01:59:10.45              | +00:50:08<br>(42.4%) | 5:35            | 10.7<br>(57.5%) |
| 203 | GRUDNIEWSKI<br>Rafał     | 239   | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-30      | 203  | 00:00:57       | 00:27:55       | 00:55:34      | 01:23:30        | 01:52:28      | 01:58:23.45             | 01:59:20.90              | +00:50:24<br>(42.6%) | 5:36            | 10.7<br>(57.5%) |
| 204 | WIECHOWSKI<br>Artur      | 781   | SPARTA PLATFUS                   | M-30      | 204  | 00:00:36       | 00:26:22       | 00:54:12      | 01:21:43        | 01:52:45      | 01:58:37.50             | 01:59:14.05              | +00:50:38<br>(42.7%) | 5:37            | 10.7<br>(57.5%) |
| 205 | KUŹNICKI<br>Tomasz       | 387   |                                  | M-30      | 205  | 00:01:38       | 00:27:18       | 00:55:19      | 01:23:37        | 01:52:34      | 01:58:38.15             | 02:00:16.15              | +00:50:39<br>(42.7%) | 5:37            | 10.7<br>(57.5%) |
| 206 | FUGOWSKI<br>Grzegorz     | 184   |                                  | M-30      | 206  | 00:01:06       | 00:27:05       | 00:54:04      | 01:22:46        | 01:53:00      | 01:58:52.10             | 01:59:58.35              | +00:50:53<br>(42.8%) | 5:38            | 10.7<br>(57.5%) |



| Msc | Zawodnik          | Numer | Klub                       | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------|-------|----------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 207 | STĄNKO Marcin     | 689   |                            | M-30      | 207  | 00:00:04       | 00:26:17       | 00:54:07      | 01:22:41        | 01:53:03      | 01:58:58.00             | 01:59:02.70              | +00:50:58<br>(42.9%) | 5:38            | 10.6<br>(57.0%) |
| 208 | ŻABICKI Mariusz   | 854   | MULTIEFEKT.PL              | M-30      | 208  | 00:00:41       | 00:28:02       | 00:56:29      | 01:24:24        | 01:52:53      | 01:58:59.50             | 01:59:41.40              | +00:51:00<br>(42.9%) | 5:38            | 10.6<br>(57.0%) |
| 209 | WYLEŻOŁ Piotr     | 828   | WWW.PROJEKTORY.KATOWICE.PL | M-30      | 209  | 00:00:53       | 00:27:02       | 00:55:00      | 01:23:32        | 01:52:54      | 01:58:59.60             | 01:59:52.65              | +00:51:00<br>(42.9%) | 5:38            | 10.6<br>(57.0%) |
| 210 | DORCZAK Jarosław  | 151   |                            | M-30      | 210  | 00:00:49       | 00:25:40       | 00:53:14      | 01:22:11        | 01:52:48      | 01:59:03.90             | 01:59:53.80              | +00:51:04<br>(42.9%) | 5:38            | 10.6<br>(57.0%) |
| 211 | GRUCHALSKI Jakub  | 237   | ISTA BIEGAMY               | M-30      | 211  | 00:00:33       | 00:27:26       | 00:55:21      | 01:23:19        | 01:52:36      | 01:59:06.15             | 01:59:39.80              | +00:51:07<br>(42.9%) | 5:38            | 10.6<br>(57.0%) |
| 212 | WŁODARCZYK Paweł  | 801   | ING BANK ŚLĄSKI S.A.       | M-30      | 212  | 00:00:45       | 00:27:24       | 00:55:37      | 01:23:43        | 01:53:03      | 01:59:16.25             | 02:00:01.75              | +00:51:17<br>(43.0%) | 5:39            | 10.6<br>(57.0%) |
| 213 | WIORA Łukasz      | 799   |                            | M-30      | 213  | 00:00:46       | 00:28:19       | 00:56:41      | 01:24:42        | 01:53:28      | 01:59:17.75             | 02:00:04.00              | +00:51:18<br>(43.0%) | 5:39            | 10.6<br>(57.0%) |
| 214 | PIŁAT Jarosław    | 568   | PACEMAKER                  | M-30      | 214  | 00:00:54       | 00:27:56       | 00:56:15      | 01:24:13        | 01:52:53      | 01:59:28.55             | 02:00:23.00              | +00:51:29<br>(43.1%) | 5:39            | 10.6<br>(57.0%) |
| 215 | GAŁKA Tomasz      | 190   |                            | M-30      | 215  | 00:00:29       | 00:25:59       | 00:53:26      | 01:21:07        | 01:52:29      | 01:59:30.25             | 01:59:59.70              | +00:51:31<br>(43.1%) | 5:39            | 10.6<br>(57.0%) |
| 216 | KACZMARSKI Jacek  | 293   | ELZAB ACTIVE TEAM          | M-30      | 216  | 00:00:50       | 00:27:31       | 00:55:24      | 01:23:33        | 01:53:19      | 01:59:30.85             | 02:00:20.85              | +00:51:31<br>(43.1%) | 5:39            | 10.6<br>(57.0%) |
| 217 | RYZINSKI Wojciech | 630   |                            | M-30      | 217  | 00:00:18       | 00:28:25       | 00:57:37      | 01:25:54        | 01:53:56      | 01:59:47.85             | 02:00:06.10              | +00:51:48<br>(43.3%) | 5:40            | 10.6<br>(57.0%) |
| 218 | HENDRYK Leszek    | 253   |                            | M-30      | 218  | 00:00:55       | 00:28:51       | 00:57:39      | 01:25:39        | 01:54:15      | 01:59:51.10             | 02:00:47.05              | +00:51:52<br>(43.3%) | 5:40            | 10.6<br>(57.0%) |
| 219 | GĘBCZYŃSKI Paweł  | 204   |                            | M-30      | 219  | 00:00:48       | 00:26:53       | 00:55:03      | 01:23:49        | 01:53:42      | 01:59:56.25             | 02:00:44.25              | +00:51:57<br>(43.3%) | 5:41            | 10.6<br>(57.0%) |
| 220 | NIESTRÓJ Rafał    | 505   |                            | M-30      | 220  | 00:01:06       | 00:30:05       | 00:59:41      | 01:27:49        | 01:55:55      | 02:01:27.15             | 02:02:33.25              | +00:53:28<br>(44.0%) | 5:45            | 10.4<br>(55.9%) |
| 221 | RUNNER Alek       | 620   |                            | M-30      | 221  | 00:00:00       | 00:27:04       | 00:55:04      | 01:24:26        | 01:55:12      | 02:01:31.60             | 02:01:32.50              | +00:53:32<br>(44.1%) | 5:45            | 10.4<br>(55.9%) |
| 222 | PRYMAS Krystian   | 886   |                            | M-30      | 222  | 00:00:32       | 00:26:26       | 00:53:35      | 01:22:25        | 01:54:51      | 02:01:45.75             | 02:02:18.00              | +00:53:46<br>(44.2%) | 5:46            | 10.4<br>(55.9%) |
| 223 | MARKOWSKI Kamil   | 448   |                            | M-30      | 223  | 00:00:20       | 00:28:19       | 00:56:57      | 01:26:06        | 01:55:53      | 02:01:52.80             | 02:02:13.50              | +00:53:53<br>(44.2%) | 5:46            | 10.4<br>(55.9%) |
| 224 | DĄBROWSKI Marcin  | 143   | TEAM KORNEL                | M-30      | 224  | 00:00:53       | 00:27:48       | 00:55:41      | 01:24:31        | 01:55:36      | 02:01:56.45             | 02:02:50.30              | +00:53:57<br>(44.2%) | 5:46            | 10.4<br>(55.9%) |
| 225 | KULAWIK Mariusz   | 378   |                            | M-30      | 225  | 00:00:51       | 00:29:26       | 00:58:57      | 01:27:46        | 01:56:22      | 02:02:00.70             | 02:02:52.50              | +00:54:01<br>(44.3%) | 5:46            | 10.4<br>(55.9%) |
| 226 | 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      | 02:02:03.30             | 02:02:42.15              | +00:54:04<br>(44.3%) | 5:47            | 10.4<br>(55.9%) |
| 227 | BITNER Krystian   | 55    |                            | M-30      | 227  | 00:01:03       | 00:27:50       | 00:56:14      | 01:24:54        | 01:55:52      | 02:02:04.00             | 02:03:07.00              | +00:54:04<br>(44.3%) | 5:47            | 10.4<br>(55.9%) |
| 228 | STĘCLIK Michał    | 697   |                            | M-30      | 228  | 00:00:34       | 00:28:46       | 00:57:44      | 01:25:57        | 01:55:36      | 02:02:10.95             | 02:02:45.70              | +00:54:11<br>(44.4%) | 5:47            | 10.4<br>(55.9%) |
| 229 | TKACZYK Tomasz    | 749   | PIGT                       | M-30      | 229  | 00:00:51       | 00:26:55       | 00:55:04      | 01:24:21        | 01:55:57      | 02:02:35.85             | 02:03:27.60              | +00:54:36<br>(44.5%) | 5:48            | 10.3<br>(55.4%) |
| 230 | 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<br>(44.6%) | 5:49            | 10.3<br>(55.4%) |
| 231 | LESZKO Tomasz     | 406   | EUVIC                      | M-30      | 231  | 00:00:31       | 00:27:56       | 00:57:02      | 01:26:08        | 01:56:59      | 02:03:14.80             | 02:03:45.80              | +00:55:15<br>(44.8%) | 5:50            | 10.3<br>(55.4%) |
| 232 | 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<br>(45.3%) | 5:53            | 10.2<br>(54.8%) |
| 233 | 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<br>(45.4%) | 5:54            | 10.2<br>(54.8%) |

| Msc | Zawodnik              | Numer | Klub                                 | Kategoria | Mkat | Czas<br>startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas<br>netto<br>21.1km | Czas<br>brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------|-------|--------------------------------------|-----------|------|----------------|----------------|---------------|-----------------|---------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 234 | 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<br>(45.6%) | 5:55            | 10.1<br>(54.3%) |
| 235 | 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<br>(45.8%) | 5:56            | 10.1<br>(54.3%) |
| 236 | STANISZ Michał        | 687   |                                      | M-30      | 236  | 00:00:53       | 00:28:15       | 00:57:43      | 01:26:59        | 01:58:28      | 02:05:25.60             | 02:06:19.35              | +00:57:26<br>(45.8%) | 5:56            | 10.1<br>(54.3%) |
| 237 | STANKIEWICZ Adam      | 688   |                                      | M-30      | 237  | 00:01:19       | 00:29:12       | 00:58:50      | 01:27:49        | 01:58:57      | 02:05:31.45             | 02:06:50.85              | +00:57:32<br>(45.8%) | 5:56            | 10.1<br>(54.3%) |
| 238 | ZIMOCH Grzegorz       | 850   |                                      | M-30      | 238  | 00:01:05       | 00:27:20       | 00:54:41      | 01:23:49        | 01:58:34      | 02:06:01.30             | 02:07:06.55              | +00:58:02<br>(46.1%) | 5:58            | 10<br>(53.8%)   |
| 239 | MIRKA Arkadiusz       | 476   |                                      | M-30      | 239  | 00:01:05       | 00:30:26       | 01:02:34      | 01:31:32        | 02:00:43      | 02:06:21.50             | 02:07:27.15              | +00:58:22<br>(46.2%) | 5:59            | 10<br>(53.8%)   |
| 240 | GORAJ Adam            | 896   |                                      | M-30      | 240  | 00:00:21       | 00:28:25       | 00:57:25      | 01:28:36        | 01:59:39      | 02:06:28.00             | 02:06:49.35              | +00:58:28<br>(46.2%) | 5:59            | 10<br>(53.8%)   |
| 241 | GAWROŃSKI Wojtek      | 199   |                                      | M-30      | 241  | 00:00:34       | 00:26:49       | 00:55:54      | 01:25:50        | 01:59:22      | 02:06:35.05             | 02:07:09.60              | +00:58:36<br>(46.3%) | 5:59            | 10<br>(53.8%)   |
| 242 | MATYSIEWICZ Piotr     | 456   | INTER PROJEKT                        | M-30      | 242  | 00:00:52       | 00:28:53       | 00:59:12      | 01:29:21        | 02:00:12      | 02:06:50.40             | 02:07:43.35              | +00:58:51<br>(46.4%) | 6:00            | 10<br>(53.8%)   |
| 243 | KLUGE Damian          | 323   | REAL MADRYT                          | M-30      | 243  | 00:00:58       | 00:26:27       | 00:52:23      | 01:19:21        | 01:59:12      | 02:07:05.70             | 02:08:04.15              | +00:59:06<br>(46.5%) | 6:01            | 10<br>(53.8%)   |
| 244 | CZARNECKI Bartosz     | 129   |                                      | M-30      | 244  | 00:01:04       | 00:30:50       | 01:04:54      | 01:33:49        | 02:02:01      | 02:07:35.65             | 02:08:40.30              | +00:59:36<br>(46.7%) | 6:02            | 9.9<br>(53.2%)  |
| 245 | RYBOTYCKI Tomasz      | 625   |                                      | M-30      | 245  | 00:01:23       | 00:30:43       | 01:01:16      | 01:31:12        | 02:01:26      | 02:07:54.50             | 02:09:18.10              | +00:59:55<br>(46.8%) | 6:03            | 9.9<br>(53.2%)  |
| 246 | NIEDWIECKI Paweł      | 499   | OCHOTICZA STRAŻ POŻARNA W KOTUSZOWIE | M-30      | 246  | 00:00:47       | 00:28:15       | 00:57:00      | 01:27:38        | 02:01:16      | 02:08:02.75             | 02:08:50.00              | +01:00:03<br>(46.9%) | 6:04            | 9.9<br>(53.2%)  |
| 247 | KOWALCZYK Tomasz      | 346   |                                      | M-30      | 247  | 00:01:27       | 00:30:01       | 01:00:32      | 01:31:09        | 02:02:13      | 02:08:48.20             | 02:10:15.25              | +01:00:49<br>(47.2%) | 6:06            | 9.8<br>(52.7%)  |
| 248 | MAJEWSKI Grzegorz     | 434   |                                      | M-30      | 248  | 00:01:16       | 00:27:42       | 00:56:11      | 01:27:14        | 02:01:52      | 02:09:02.20             | 02:10:18.80              | +01:01:03<br>(47.3%) | 6:06            | 9.8<br>(52.7%)  |
| 249 | JEZIOR Bartosz        | 957   |                                      | M-30      | 249  | 00:01:04       | 00:28:50       | 01:03:13      | 01:32:44        | 02:03:13      | 02:09:18.40             | 02:10:23.05              | +01:01:19<br>(47.4%) | 6:07            | 9.8<br>(52.7%)  |
| 250 | KOPPEL Bartłomiej     | 339   | NIGHT RUNNERS GLIWICE                | M-30      | 250  | 00:01:06       | 00:27:32       | 00:57:07      | 01:28:27        | 02:02:01      | 02:09:25.55             | 02:10:32.35              | +01:01:26<br>(47.5%) | 6:08            | 9.8<br>(52.7%)  |
| 251 | KRYNICKI Paweł        | 367   |                                      | M-30      | 251  | 00:01:30       | 00:30:36       | 01:01:14      | 01:31:59        | 02:03:12      | 02:09:41.80             | 02:11:12.75              | +01:01:42<br>(47.6%) | 6:08            | 9.8<br>(52.7%)  |
| 252 | OSIŃSKI Paweł         | 527   | BIEGAJ Z TRENERAMI                   | M-30      | 252  | 00:01:34       | 00:28:54       | 00:58:59      | 01:29:45        | 02:03:45      | 02:09:56.85             | 02:11:31.30              | +01:01:57<br>(47.7%) | 6:09            | 9.7<br>(52.2%)  |
| 253 | SZWARCZYŃSKI Jakub    | 907   |                                      | M-30      | 253  | 00:01:27       | 00:31:08       | 01:03:21      | 01:33:35        | 02:04:12      | 02:10:24.05             | 02:11:51.40              | +01:02:25<br>(47.9%) | 6:10            | 9.7<br>(52.2%)  |
| 254 | ZEGARTOWSKI Michał    | 841   |                                      | M-30      | 254  | 00:01:37       | 00:31:29       | 01:03:12      | 01:34:43        | 02:05:20      | 02:11:14.75             | 02:12:52.25              | +01:03:15<br>(48.2%) | 6:13            | 9.6<br>(51.6%)  |
| 255 | WIKTORCZYK Przemysław | 790   |                                      | M-30      | 255  | 00:00:36       | 00:25:52       | 00:54:42      | 01:26:22        | 02:03:48      | 02:11:16.35             | 02:11:52.60              | +01:03:17<br>(48.2%) | 6:13            | 9.6<br>(51.6%)  |
| 256 | WALEWSKI Kamil        | 768   |                                      | M-30      | 256  | 00:01:10       | 00:28:30       | 00:59:14      | 01:29:22        | 02:03:42      | 02:11:17.30             | 02:12:28.05              | +01:03:18<br>(48.2%) | 6:13            | 9.6<br>(51.6%)  |
| 257 | SKOWRON Rafał         | 659   | SKOWRONIASTY.NET                     | M-30      | 257  | 00:00:59       | 00:27:52       | 00:57:59      | 01:29:30        | 02:05:05      | 02:11:49.45             | 02:12:49.30              | +01:03:50<br>(48.4%) | 6:14            | 9.6<br>(51.6%)  |
| 258 | SZCZUREK Piotr        | 721   |                                      | M-30      | 258  | 00:01:25       | 00:30:32       | 01:01:58      | 01:33:46        | 02:05:43      | 02:12:37.70             | 02:14:02.80              | +01:04:38<br>(48.7%) | 6:17            | 9.5<br>(51.1%)  |
| 259 | MICHNIEWSKI Piotr     | 470   |                                      | M-30      | 259  | 00:00:02       | 00:32:11       | 01:06:22      | 01:34:30        | 02:05:45      | 02:12:46.95             | 02:12:49.80              | +01:04:47<br>(48.8%) | 6:17            | 9.5<br>(51.1%)  |
| 260 | FLOREK Maciej 'Gleba' | 2     |                                      | M-30      | 260  | 00:00:02       | 00:32:10       | 01:06:22      | 01:34:30        | 02:05:45      | 02:12:47.35             | 02:12:49.50              | +01:04:48<br>(48.8%) | 6:17            | 9.5<br>(51.1%)  |

| Msc | Zawodnik                  | Numer       |                  | Klub | Kategoria | Mkat | Czas startu | 5_15_km<br>5km | 10_km<br>10km | 5_15_km<br>15km | 20_km<br>20km | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------------|-------------|------------------|------|-----------|------|-------------|----------------|---------------|-----------------|---------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 261 | <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<br>(48.8%) | 6:17            | 9.5<br>(51.1%)  |
| 262 | <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<br>(49.7%) | 6:24            | 9.4<br>(50.5%)  |
| 263 | <b>WYKURZ Paweł</b>       | <b>827</b>  | RUN AND FUN      |      | M-30      | 263  | 00:01:27    | 00:34:11       | 01:07:44      | 01:37:50        | 02:09:43      | <b>02:16:47.35</b>   | <b>02:18:14.70</b>    | +01:08:48<br>(50.3%) | 6:28            | 9.3<br>(50.0%)  |
| 264 | <b>MAŁYSA Łukasz</b>      | <b>442</b>  |                  |      | M-30      | 264  | 00:01:25    | 00:31:23       | 01:03:32      | 01:35:54        | 02:14:12      | <b>02:22:18.85</b>   | <b>02:23:44.70</b>    | +01:14:19<br>(52.2%) | 6:44            | 8.9<br>(47.8%)  |
| 265 | <b>BATKO Dawid</b>        | <b>866</b>  | 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<br>(53.0%) | 6:50            | 8.8<br>(47.3%)  |
| 266 | <b>PRZESTALSKI Leszek</b> | <b>592</b>  | 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<br>(53.6%) | 6:56            | 8.6<br>(46.2%)  |
| 267 | <b>JANOSZKA Piotr</b>     | <b>276</b>  | 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<br>(54.3%) | 7:03            | 8.5<br>(45.7%)  |
| 268 | <b>OCHNIK Piotr</b>       | <b>520</b>  |                  |      | 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<br>(55.8%) | 7:17            | 8.2<br>(44.1%)  |
| 269 | <b>KOTYRBA Tomasz</b>     | <b>345</b>  |                  |      | 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<br>(67.2%) |

Znaleziono 269 wynik(ów)