



**Wydarzenie:** V Radan Półmaraton Gliwicki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-11-04  
**Miejsce:** Gliwice  
**Dystans:** 21.1 km

## V PÓLMARATON GLIWICKI

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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>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>		3:49	15.7 (100%)
2	<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>	+00:01:17 (1.6%)	3:53	15.4 (98.1%)
3	<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>	+00:01:28 (1.8%)	3:53	15.4 (98.1%)
4	<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>	+00:02:27 (3.0%)	3:56	15.2 (96.8%)
5	<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>	+00:02:42 (3.2%)	3:57	15.2 (96.8%)
6	<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>	+00:03:47 (4.5%)	4:00	15 (95.5%)
7	<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>	+00:04:22 (5.1%)	4:02	14.9 (94.9%)
8	<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>	+00:04:57 (5.8%)	4:03	14.8 (94.3%)
9	<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>	+00:06:40 (7.6%)	4:08	14.5 (92.4%)
10	<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>	+00:08:02 (9.1%)	4:12	14.2 (90.4%)
11	<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>	+00:09:10 (10.2%)	4:15	14.1 (89.8%)
12	<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>	+00:09:31 (10.6%)	4:16	14 (89.2%)
13	<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>	+00:09:35 (10.6%)	4:17	14 (89.2%)
14	<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>	+00:10:01 (11.0%)	4:18	13.9 (88.5%)
15	<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>	+00:10:52 (11.9%)	4:20	13.8 (87.9%)
16	<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>	+00:11:03 (12.0%)	4:21	13.8 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
17	<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>	+00:11:42 (12.7%)	4:23	13.7 (87.3%)
18	<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>	+00:12:42 (13.6%)	4:25	13.5 (86.0%)
19	<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>	+00:12:43 (13.6%)	4:25	13.5 (86.0%)
20	<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>	+00:12:44 (13.6%)	4:26	13.5 (86.0%)
21	<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>	+00:12:46 (13.7%)	4:26	13.5 (86.0%)
22	<b>PIENIAŻEK 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>	+00:12:50 (13.7%)	4:26	13.5 (86.0%)
23	<b>WOJTCZAK Michał</b>	<b>804</b>		M-40	23	00:00:24	00:22:24	00:44:39	01:06:32	01:29:05	<b>01:33:41.30</b>	<b>01:34:05.90</b>	+00:12:53 (13.8%)	4:26	13.5 (86.0%)
24	<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>	+00:12:56 (13.8%)	4:26	13.5 (86.0%)
25	<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>	+00:13:03 (13.9%)	4:26	13.5 (86.0%)
26	<b>MARCZAK Krzysztof</b>	<b>956</b>	PKO BANK POLSKI	M-40	26	00:00:08	00:22:10	00:44:44	01:07:05	01:29:39	<b>01:34:14.85</b>	<b>01:34:23.40</b>	+00:13:27 (14.3%)	4:28	13.4 (85.4%)
27	<b>DESZYŃSKI Damian</b>	<b>145</b>	ISTA BIEGAMY	M-40	27	00:00:17	00:22:08	00:44:42	01:07:18	01:30:00	<b>01:34:31.90</b>	<b>01:34:49.70</b>	+00:13:44 (14.5%)	4:28	13.4 (85.4%)
28	<b>GOLDA Piotr</b>	<b>212</b>		M-40	28	00:00:06	00:22:24	00:44:52	01:06:54	01:29:56	<b>01:34:51.70</b>	<b>01:34:58.00</b>	+00:14:04 (14.8%)	4:29	13.3 (84.7%)
29	<b>CUPIAŁ Jacek</b>	<b>115</b>		M-40	29	00:00:08	00:21:41	00:44:12	01:06:45	01:30:08	<b>01:35:00.65</b>	<b>01:35:09.45</b>	+00:14:12 (15.0%)	4:30	13.3 (84.7%)
30	<b>SIELSKI Jarosław</b>	<b>647</b>	OPEL ACTIVE TEAM	M-40	30	00:00:09	00:21:33	00:44:00	01:06:28	01:30:15	<b>01:35:02.70</b>	<b>01:35:11.80</b>	+00:14:15 (15.0%)	4:30	13.3 (84.7%)
31	<b>KANIA Michał</b>	<b>300</b>		M-40	31	00:00:09	00:22:12	00:44:48	01:07:26	01:30:19	<b>01:35:08.75</b>	<b>01:35:18.30</b>	+00:14:21 (15.1%)	4:30	13.3 (84.7%)
32	<b>CZAPLA Arkadiusz</b>	<b>127</b>		M-40	32	00:00:31	00:23:03	00:46:04	01:08:22	01:30:54	<b>01:35:30.65</b>	<b>01:36:02.05</b>	+00:14:42 (15.4%)	4:31	13.3 (84.7%)
33	<b>MRÓZEK Tomasz</b>	<b>485</b>		M-40	33	00:00:28	00:22:57	00:46:02	01:08:25	01:30:59	<b>01:35:33.40</b>	<b>01:36:01.55</b>	+00:14:45 (15.4%)	4:31	13.2 (84.1%)
34	<b>MACIEJOŃCZYK Mariusz</b>	<b>426</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	34	00:00:15	00:22:07	00:44:59	01:07:30	01:30:58	<b>01:35:42.50</b>	<b>01:35:57.90</b>	+00:14:54 (15.6%)	4:32	13.2 (84.1%)
35	<b>BEZUSZKO Tomasz</b>	<b>38</b>	4 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	35	00:00:06	00:22:03	00:44:30	01:07:15	01:31:03	<b>01:35:50.10</b>	<b>01:35:56.50</b>	+00:15:02 (15.7%)	4:32	13.2 (84.1%)
36	<b>KUSEK Andrzej</b>	<b>891</b>		M-40	36	00:00:12	00:23:05	00:46:09	01:08:42	01:31:23	<b>01:35:52.50</b>	<b>01:36:05.25</b>	+00:15:04 (15.7%)	4:32	13.2 (84.1%)
37	<b>JEREMICZ Krzysztof</b>	<b>281</b>	RAFAKO RUN TEAM	M-40	37	00:00:07	00:22:04	00:44:58	01:07:59	01:31:33	<b>01:36:19.10</b>	<b>01:36:26.45</b>	+00:15:31 (16.1%)	4:33	13.1 (83.4%)
38	<b>NIEMIEC Marcin</b>	<b>503</b>	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>	+00:15:37 (16.2%)	4:34	13.1 (83.4%)
39	<b>JÓSKOWSKI Rafał</b>	<b>285</b>	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>	+00:16:06 (16.6%)	4:35	13.1 (83.4%)
40	<b>MARKOWICZ Marcin</b>	<b>446</b>		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>	+00:16:13 (16.7%)	4:35	13 (82.8%)
41	<b>SZCZEPAŃSKI Rafał</b>	<b>717</b>	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>	+00:16:14 (16.7%)	4:35	13 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
42	<b>CIEŚLIK Paweł</b>	<b>108</b>	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>	+00:16:35 (17.0%)	4:36	13 (82.8%)
43	<b>NOWAK Mariusz</b>	<b>515</b>	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>	+00:16:44 (17.2%)	4:37	13 (82.8%)
44	<b>BIEDROŃ Dariusz</b>	<b>46</b>		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>	+00:17:04 (17.4%)	4:38	12.9 (82.2%)
45	<b>NAWROCKI Szymon</b>	<b>495</b>		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>	+00:17:09 (17.5%)	4:38	12.9 (82.2%)
46	<b>BEŁKOT Arkadiusz</b>	<b>35</b>		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>	+00:17:14 (17.6%)	4:38	12.9 (82.2%)
47	<b>PISINGAS Mariusz</b>	<b>569</b>		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>	+00:17:22 (17.7%)	4:39	12.9 (82.2%)
48	<b>HOLYŃSKI Tomasz</b>	<b>257</b>	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>	+00:17:22 (17.7%)	4:39	12.9 (82.2%)
49	<b>BEHRENDT Jakub</b>	<b>33</b>	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>	+00:17:26 (17.8%)	4:39	12.9 (82.2%)
50	<b>SZNYDER Wojciech</b>	<b>724</b>		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>	+00:17:36 (17.9%)	4:39	12.9 (82.2%)
51	<b>MAZUR Krzysztof</b>	<b>458</b>		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>	+00:17:39 (17.9%)	4:39	12.9 (82.2%)
52	<b>KURCZEK Tomasz</b>	<b>382</b>		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>	+00:17:44 (18.0%)	4:40	12.8 (81.5%)
53	<b>KASINSKI Rafal</b>	<b>307</b>	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>	+00:17:57 (18.2%)	4:40	12.8 (81.5%)
54	<b>KALISZ Rafał</b>	<b>295</b>	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>	+00:17:57 (18.2%)	4:40	12.8 (81.5%)
55	<b>BRODEK Andrzej</b>	<b>82</b>	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>	+00:18:01 (18.2%)	4:40	12.8 (81.5%)
56	<b>KASZOWSKI Marcin</b>	<b>312</b>		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>	+00:18:05 (18.3%)	4:41	12.8 (81.5%)
57	<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>	+00:18:46 (18.9%)	4:43	12.7 (80.9%)
58	<b>BĄK-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>	+00:18:49 (18.9%)	4:43	12.7 (80.9%)
59	<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>	+00:18:53 (18.9%)	4:43	12.7 (80.9%)
60	<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>	+00:19:03 (19.1%)	4:43	12.7 (80.9%)
61	<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>	+00:19:24 (19.4%)	4:44	12.6 (80.3%)
62	<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>	+00:19:26 (19.4%)	4:45	12.6 (80.3%)
63	<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>	+00:19:50 (19.7%)	4:46	12.6 (80.3%)
64	<b>HOMOTIUK Michal</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>	+00:19:54 (19.8%)	4:46	12.6 (80.3%)
65	<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>	+00:19:59 (19.8%)	4:46	12.6 (80.3%)
66	<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>	+00:20:00 (19.9%)	4:46	12.6 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
67	<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>	+00:20:03 (19.9%)	4:46	12.6 (80.3%)
68	<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>	+00:20:15 (20.0%)	4:47	12.5 (79.6%)
69	<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>	+00:20:18 (20.1%)	4:47	12.5 (79.6%)
70	<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>	+00:20:27 (20.2%)	4:47	12.5 (79.6%)
71	<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>	+00:20:40 (20.4%)	4:48	12.5 (79.6%)
72	<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>	+00:20:43 (20.4%)	4:48	12.5 (79.6%)
73	<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>	+00:20:56 (20.6%)	4:49	12.4 (79.0%)
74	<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>	+00:21:16 (20.8%)	4:50	12.4 (79.0%)
75	<b>MUSIAŁ Andrzej</b>	<b>488</b>		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>	+00:21:19 (20.9%)	4:50	12.4 (79.0%)
76	<b>WILK Krzysztof</b>	<b>794</b>	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>	+00:21:35 (21.1%)	4:51	12.4 (79.0%)
77	<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>	+00:21:37 (21.1%)	4:51	12.4 (79.0%)
78	<b>CZAUDERNA Adrian</b>	<b>868</b>	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>	+00:21:39 (21.1%)	4:51	12.4 (79.0%)
79	<b>PRYSZCZ Mirosław</b>	<b>590</b>		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>	+00:21:51 (21.3%)	4:51	12.3 (78.3%)
80	<b>ANDRACZEK Bartosz</b>	<b>920</b>		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>	+00:21:51 (21.3%)	4:51	12.3 (78.3%)
81	<b>MOKRZYCKI Patryk</b>	<b>482</b>	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>	+00:21:53 (21.3%)	4:52	12.3 (78.3%)
82	<b>GĄSZCZYK Grzegorz</b>	<b>200</b>		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>	+00:21:59 (21.4%)	4:52	12.3 (78.3%)
83	<b>SZWAJNOCH Piotr</b>	<b>902</b>		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>	+00:21:59 (21.4%)	4:52	12.3 (78.3%)
84	<b>DANIŁOWSKI Tomasz</b>	<b>142</b>	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>	+00:22:13 (21.6%)	4:52	12.3 (78.3%)
85	<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>	+00:22:40 (21.9%)	4:54	12.2 (77.7%)
86	<b>SZYMIK Michał</b>	<b>737</b>		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>	+00:22:41 (21.9%)	4:54	12.2 (77.7%)
87	<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>	+00:23:25 (22.5%)	4:56	12.1 (77.1%)
88	<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>	+00:23:39 (22.6%)	4:57	12.1 (77.1%)
89	<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>	+00:23:48 (22.8%)	4:57	12.1 (77.1%)
90	<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>	+00:24:13 (23.1%)	4:58	12.1 (77.1%)
91	<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>	+00:24:16 (23.1%)	4:58	12 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
92	ŁAKOMSKI Piotr	417		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>	+00:24:21 (23.2%)	4:59	12 (76.4%)
93	KLAPETEK Jacek	318	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>	+00:24:23 (23.2%)	4:59	12 (76.4%)
94	TRACZUK Marek	755		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>	+00:24:25 (23.2%)	4:59	12 (76.4%)
95	RUSZCZYK Marek	621		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>	+00:24:28 (23.2%)	4:59	12 (76.4%)
96	HAIDA Marcin	250		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>	+00:24:53 (23.5%)	5:00	12 (76.4%)
97	SMYK Robert	672	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>	+00:24:57 (23.6%)	5:00	12 (76.4%)
98	BROLL Rafał	84		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>	+00:25:27 (24.0%)	5:02	11.9 (75.8%)
99	DZIECIĄTKOWSKI Jarosław	162	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>	+00:25:38 (24.1%)	5:02	11.9 (75.8%)
100	PIETRZAK Marcin	564		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>	+00:25:44 (24.2%)	5:02	11.9 (75.8%)
101	FILARSKI Michał	172		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>	+00:25:55 (24.3%)	5:03	11.9 (75.8%)
102	PRZYBYLSKI Mariusz	595		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>	+00:25:57 (24.3%)	5:03	11.9 (75.8%)
103	SMUDA Andrzej	670	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>	+00:26:08 (24.4%)	5:04	11.8 (75.2%)
104	DOMAŃSKI Marcin	149	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>	+00:26:19 (24.6%)	5:04	11.8 (75.2%)
105	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>	+00:26:20 (24.6%)	5:04	11.8 (75.2%)
106	BOREK Dariusz	72	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>	+00:26:23 (24.6%)	5:04	11.8 (75.2%)
107	STALICA Wojciech	685		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>	+00:26:24 (24.6%)	5:04	11.8 (75.2%)
108	GANCARZ Maciej	192	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>	+00:26:26 (24.7%)	5:04	11.8 (75.2%)
109	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>	+00:26:33 (24.7%)	5:05	11.8 (75.2%)
110	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>	+00:26:35 (24.8%)	5:05	11.8 (75.2%)
111	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>	+00:27:13 (25.2%)	5:07	11.7 (74.5%)
112	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>	+00:27:20 (25.3%)	5:07	11.7 (74.5%)
113	SKOWRON Radosław	660	PŁONAĆE 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>	+00:27:29 (25.4%)	5:07	11.7 (74.5%)
114	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>	+00:27:36 (25.5%)	5:08	11.7 (74.5%)
115	BRZYSKI Krzysztof	90		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>	+00:27:43 (25.6%)	5:08	11.7 (74.5%)
116	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>	+00:27:47 (25.6%)	5:08	11.7 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
117	<b>DADAŚ Janusz</b>	<b>140</b>	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>	+00:27:49 (25.6%)	5:08	11.7 (74.5%)
118	<b>CEDRO Damian</b>	<b>100</b>	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>	+00:27:55 (25.7%)	5:09	11.6 (73.9%)
119	<b>PACAN Tomasz</b>	<b>534</b>		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>	+00:27:56 (25.7%)	5:09	11.6 (73.9%)
120	<b>SULIN Marek</b>	<b>706</b>	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>	+00:28:08 (25.8%)	5:09	11.6 (73.9%)
121	<b>MICHALAK Grzegorz</b>	<b>467</b>	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>	+00:28:13 (25.9%)	5:09	11.6 (73.9%)
122	<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>	+00:28:13 (25.9%)	5:10	11.6 (73.9%)
122	<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>	+00:28:14 (25.9%)	5:10	11.6 (73.9%)
124	<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>	+00:28:29 (26.1%)	5:10	11.6 (73.9%)
125	<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>	+00:28:31 (26.1%)	5:10	11.6 (73.9%)
126	<b>NITKA Sebastian</b>	<b>509</b>		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>	+00:28:34 (26.1%)	5:10	11.6 (73.9%)
127	<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>	+00:28:42 (26.2%)	5:11	11.6 (73.9%)
128	<b>FRĄC 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>	+00:29:13 (26.6%)	5:12	11.5 (73.2%)
129	<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>	+00:29:25 (26.7%)	5:13	11.5 (73.2%)
130	<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>	+00:29:31 (26.8%)	5:13	11.5 (73.2%)
131	<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>	+00:29:36 (26.8%)	5:13	11.5 (73.2%)
132	<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>	+00:29:36 (26.8%)	5:13	11.5 (73.2%)
133	<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>	+00:29:49 (27.0%)	5:14	11.4 (72.6%)
134	<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>	+00:30:09 (27.2%)	5:15	11.4 (72.6%)
135	<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>	+00:30:17 (27.3%)	5:15	11.4 (72.6%)
136	<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>	+00:30:17 (27.3%)	5:15	11.4 (72.6%)
137	<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>	+00:30:58 (27.7%)	5:17	11.3 (72.0%)
138	<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>	+00:31:00 (27.7%)	5:17	11.3 (72.0%)
139	<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>	+00:31:12 (27.9%)	5:18	11.3 (72.0%)
140	<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>	+00:31:28 (28.0%)	5:19	11.3 (72.0%)
141	<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>	+00:31:39 (28.2%)	5:19	11.3 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
142	<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>	+00:32:15 (28.5%)	5:21	11.2 (71.3%)
143	<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>	+00:32:37 (28.8%)	5:22	11.2 (71.3%)
144	<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>	+00:33:06 (29.1%)	5:23	11.1 (70.7%)
145	<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>	+00:33:08 (29.1%)	5:23	11.1 (70.7%)
146	<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>	+00:33:32 (29.3%)	5:25	11.1 (70.7%)
147	<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>	+00:33:38 (29.4%)	5:25	11.1 (70.7%)
148	<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>	+00:33:44 (29.5%)	5:25	11.1 (70.7%)
149	<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>	+00:33:46 (29.5%)	5:25	11.1 (70.7%)
150	<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>	+00:33:53 (29.6%)	5:26	11 (70.1%)
151	<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>	+00:33:56 (29.6%)	5:26	11 (70.1%)
152	<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>	+00:33:57 (29.6%)	5:26	11 (70.1%)
153	<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>	+00:34:03 (29.7%)	5:26	11 (70.1%)
154	<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>	+00:34:10 (29.7%)	5:26	11 (70.1%)
155	<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>	+00:34:16 (29.8%)	5:27	11 (70.1%)
156	<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>	+00:34:30 (29.9%)	5:27	11 (70.1%)
157	<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>	+00:34:39 (30.0%)	5:28	11 (70.1%)
158	<b>LUDWIG Marcin</b>	<b>415</b>	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>	+00:34:39 (30.0%)	5:28	11 (70.1%)
159	<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>	+00:34:47 (30.1%)	5:28	11 (70.1%)
160	<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>	+00:34:48 (30.1%)	5:28	10.9 (69.4%)
161	<b>CZAJKA Edward</b>	<b>122</b>	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>	+00:35:07 (30.3%)	5:29	10.9 (69.4%)
162	<b>TRZCINA Bartosz</b>	<b>756</b>		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>	+00:35:26 (30.5%)	5:30	10.9 (69.4%)
163	<b>WIĄZANIA Marek</b>	<b>780</b>		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>	+00:35:28 (30.5%)	5:30	10.9 (69.4%)
164	<b>WOŹNIAK Marek</b>	<b>814</b>		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>	+00:35:31 (30.5%)	5:30	10.9 (69.4%)
165	<b>FAŁEK Krzysztof</b>	<b>169</b>		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>	+00:35:35 (30.6%)	5:30	10.9 (69.4%)
166	<b>BIAŁAS Krzysztof</b>	<b>39</b>		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>	+00:35:36 (30.6%)	5:30	10.9 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
167	<b>ZACZYK Waldemar</b>	<b>832</b>		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>	+00:36:09 (30.9%)	5:32	10.8 (68.8%)
168	<b>JURCZOK Michał</b>	<b>288</b>	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>	+00:36:11 (30.9%)	5:32	10.8 (68.8%)
169	<b>CISOWSKI Michał</b>	<b>910</b>		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>	+00:36:35 (31.2%)	5:33	10.8 (68.8%)
170	<b>CYBULSKI Grzegorz</b>	<b>117</b>	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>	+00:36:44 (31.3%)	5:34	10.8 (68.8%)
171	<b>NABIELEC Jakub</b>	<b>490</b>		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>	+00:36:50 (31.3%)	5:34	10.8 (68.8%)
172	<b>BUFNAL Krzysztof</b>	<b>94</b>		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>	+00:37:06 (31.5%)	5:35	10.7 (68.2%)
173	<b>RĄB 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>	+00:37:08 (31.5%)	5:35	10.7 (68.2%)
174	<b>KASPRZYCKI Przemysław</b>	<b>311</b>		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>	+00:37:22 (31.6%)	5:36	10.7 (68.2%)
175	<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>	+00:37:42 (31.8%)	5:36	10.7 (68.2%)
176	<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>	+00:37:55 (31.9%)	5:37	10.7 (68.2%)
177	<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>	+00:38:10 (32.1%)	5:38	10.6 (67.5%)
178	<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>	+00:38:26 (32.2%)	5:39	10.6 (67.5%)
179	<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>	+00:38:35 (32.3%)	5:39	10.6 (67.5%)
180	<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>	+00:38:48 (32.4%)	5:40	10.6 (67.5%)
181	<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>	+00:38:49 (32.5%)	5:40	10.6 (67.5%)
182	<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>	+00:39:36 (32.9%)	5:42	10.5 (66.9%)
183	<b>ŚWIDER Tomasz</b>	<b>742</b>		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>	+00:39:57 (33.1%)	5:43	10.5 (66.9%)
184	<b>ĆWIOK Marek</b>	<b>139</b>	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>	+00:41:00 (33.7%)	5:46	10.4 (66.2%)
185	<b>SKÓRA Michał</b>	<b>661</b>		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>	+00:41:02 (33.7%)	5:46	10.4 (66.2%)
186	<b>STOLARCZYK Robert</b>	<b>700</b>	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>	+00:41:09 (33.8%)	5:46	10.4 (66.2%)
187	<b>PIETRZAK Krzysztof</b>	<b>563</b>		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>	+00:41:10 (33.8%)	5:46	10.4 (66.2%)
188	<b>BRYKOWSKI Przemysław</b>	<b>88</b>		M-40	188	00:00:58	00:27:44	00:56:11	01:24:15	01:56:07	<b>02:03:10.15</b>	<b>02:04:08.50</b>	+00:42:22 (34.4%)	5:50	10.3 (65.6%)
189	<b>MASIAREK Mariusz</b>	<b>452</b>	DRUŻYNA MOJACUKRZYCA.PL	M-40	189	00:01:05	00:28:00	00:56:14	01:24:19	01:56:12	<b>02:03:23.25</b>	<b>02:04:28.55</b>	+00:42:35 (34.5%)	5:50	10.3 (65.6%)
190	<b>LEWANDOWSKI Grzegorz</b>	<b>408</b>		M-40	190	00:01:07	00:29:51	00:59:38	01:28:23	01:57:48	<b>02:04:11.10</b>	<b>02:05:18.65</b>	+00:43:23 (34.9%)	5:53	10.2 (65.0%)
191	<b>CZAJKA Aleksander</b>	<b>124</b>	MOKRE DZIKI	M-40	191	00:01:19	00:29:09	00:58:42	01:28:50	01:58:18	<b>02:04:21.05</b>	<b>02:05:40.15</b>	+00:43:33 (35.0%)	5:53	10.2 (65.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
192	<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>	+00:43:34 (35.0%)	5:53	10.2 (65.0%)
193	<b>OTRĘBSKI Tomasz</b>	<b>531</b>		M-40	193	00:00:57	00:29:33	00:59:47	01:29:07	01:58:28	<b>02:04:28.85</b>	<b>02:05:26.65</b>	+00:43:41 (35.1%)	5:53	10.2 (65.0%)
194	<b>TISZBIEREK Henryk</b>	<b>748</b>	NIGHT RUNNERS GLIWICE	M-40	194	00:00:52	00:28:03	00:56:21	01:26:03	01:57:36	<b>02:04:47.70</b>	<b>02:05:40.25</b>	+00:44:00 (35.3%)	5:54	10.1 (64.3%)
195	<b>POSMYK Przemysław</b>	<b>584</b>		M-40	195	00:00:57	00:27:53	00:56:14	01:25:48	01:58:07	<b>02:04:48.45</b>	<b>02:05:45.45</b>	+00:44:00 (35.3%)	5:54	10.1 (64.3%)
196	<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>	+00:45:40 (36.1%)	5:59	10 (63.7%)
197	<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>	+00:45:47 (36.2%)	6:00	10 (63.7%)
198	<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>	+00:45:53 (36.2%)	6:00	10 (63.7%)
199	<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>	+00:45:56 (36.2%)	6:00	10 (63.7%)
200	<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>	+00:46:03 (36.3%)	6:00	10 (63.7%)
201	<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>	+00:47:00 (36.8%)	6:03	9.9 (63.1%)
202	<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>	+00:47:07 (36.8%)	6:03	9.9 (63.1%)
203	<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>	+00:47:30 (37.0%)	6:04	9.9 (63.1%)
204	<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>	+00:47:39 (37.1%)	6:05	9.9 (63.1%)
205	<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>	+00:48:09 (37.3%)	6:06	9.8 (62.4%)
206	<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>	+00:48:10 (37.4%)	6:06	9.8 (62.4%)
207	<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>	+00:48:28 (37.5%)	6:07	9.8 (62.4%)
208	<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>	+00:49:22 (37.9%)	6:10	9.7 (61.8%)
209	<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>	+00:49:27 (38.0%)	6:10	9.7 (61.8%)
210	<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>	+00:49:47 (38.1%)	6:11	9.7 (61.8%)
211	<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>	+00:50:02 (38.2%)	6:12	9.7 (61.8%)
212	<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>	+00:50:22 (38.4%)	6:12	9.7 (61.8%)
213	<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>	+00:50:46 (38.6%)	6:14	9.6 (61.1%)
214	<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>	+00:50:46 (38.6%)	6:14	9.6 (61.1%)
215	<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>	+00:51:26 (38.9%)	6:16	9.6 (61.1%)
216	<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>	+00:52:15 (39.3%)	6:18	9.5 (60.5%)

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
217	<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>	+00:53:09 (39.7%)	6:20	9.5 (60.5%)
218	<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>	+00:53:50 (40.0%)	6:22	9.4 (59.9%)
219	<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>	+00:54:03 (40.1%)	6:23	9.4 (59.9%)
220	<b>WAWRZAK Ryszard</b>	<b>776</b>	PACEMAKER	M-40	220	00:01:17	00:31:44	01:03:28	01:35:03	02:07:42	<b>02:15:01.85</b>	<b>02:16:19.00</b>	+00:54:14 (40.2%)	6:23	9.4 (59.9%)
221	<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>	+00:54:14 (40.2%)	6:23	9.4 (59.9%)
222	<b>KACZKIEWICZ Damian</b>	<b>292</b>	NIGHT RUNNERS GLIWICE	M-40	222	00:01:15	00:31:32	01:02:52	01:34:58	02:08:14	<b>02:15:53.70</b>	<b>02:17:09.60</b>	+00:55:06 (40.5%)	6:26	9.3 (59.2%)
223	<b>ZEMŁA Piotr</b>	<b>845</b>		M-40	223	00:01:10	00:29:58	01:01:23	01:34:30	02:10:41	<b>02:19:08.10</b>	<b>02:20:18.45</b>	+00:58:20 (41.9%)	6:35	9.1 (58.0%)
224	<b>GRONDYS Michał</b>	<b>233</b>		M-40	224	00:01:18	00:31:44	01:03:30	01:35:24	02:12:38	<b>02:20:42.70</b>	<b>02:22:01.50</b>	+00:59:55 (42.6%)	6:40	9 (57.3%)
225	<b>KONOPKA Marek</b>	<b>335</b>		M-40	225	00:01:29	00:31:24	01:03:54	01:37:54	02:13:44	<b>02:21:09.00</b>	<b>02:22:38.35</b>	+01:00:21 (42.8%)	6:41	9 (57.3%)
226	<b>MIGDAŁ Grzegorz</b>	<b>474</b>		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>	+01:03:29 (44.0%)	6:50	8.8 (56.1%)
227	<b>BRODIUK Norbert</b>	<b>83</b>	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>	+01:08:18 (45.8%)	7:03	8.5 (54.1%)
228	<b>ŚMIEJA Tomasz</b>	<b>741</b>	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>	+01:14:46 (48.1%)	7:22	8.1 (51.6%)
229	<b>KAMROWSKI Łukasz</b>	<b>299</b>	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>	+01:24:21 (51.1%)	7:49	7.7 (49.0%)
230	<b>SWOBODA Jarosław</b>	<b>710</b>		M-40	230	00:00:43	00:25:13	00:50:49	01:16:40	01:42:43			+00:25:58	5:08	11.7 (74.5%)
	<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 231 wynik(ów)