



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

V PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkańcy Gliwic

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	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		3:33	16.8 (100%)
2	POLAK Bogdan	577		M-40	2	00:00:01	00:19:31	00:39:15	00:58:32	01:18:03	01:22:05.20	01:22:07.10	+00:06:50 (8.3%)	3:53	15.4 (91.7%)
3	SZWAJA Mateusz	735	MOMO RESTAURANT & COCKTAIL BAR	M-18	1	00:00:01	00:17:54	00:37:31	00:57:12	01:18:21	01:22:31.60	01:22:33.55	+00:07:16 (8.8%)	3:54	15.3 (91.1%)
4	CHOMIK Rafał	103	WAY2CHAMP.COM	M-40	4	00:00:03	00:19:38	00:39:27	00:59:04	01:19:01	01:23:15.60	01:23:18.75	+00:08:00 (9.6%)	3:56	15.2 (90.5%)
5	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	+00:08:34 (10.2%)	3:58	15.1 (89.9%)
6	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	+00:09:16 (11.0%)	4:00	15 (89.3%)
7	BOCHEŃSKI Grzegorz	64	MOMO RESTAURANT & COCKTAIL BAR	M-40	6	00:00:04	00:19:16	00:39:28	00:59:24	01:20:13	01:24:35.30	01:24:39.65	+00:09:20 (11.0%)	4:00	15 (89.3%)
8	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	+00:12:14 (14.0%)	4:08	14.5 (86.3%)
9	KRAWCZYK Jarosław	362		M-40	10	00:00:12	00:21:02	00:42:09	01:03:10	01:24:27	01:28:50.35	01:29:03.10	+00:13:35 (15.3%)	4:12	14.2 (84.5%)
10	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	+00:14:23 (16.1%)	4:14	14.1 (83.9%)
11	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	+00:14:25 (16.1%)	4:15	14.1 (83.9%)
12	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	+00:14:40 (16.3%)	4:15	14.1 (83.9%)
13	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	+00:14:47 (16.4%)	4:16	14.1 (83.9%)
14	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	+00:15:32 (17.1%)	4:18	13.9 (82.7%)

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			
15	NOGAJ Janusz	913		M-40	14	00:00:11	00:20:52	00:42:08	01:03:19	01:25:52	01:30:49.05	01:31:00.10	+00:15:34 (17.1%)	4:18	13.9 (82.7%)
16	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	+00:16:53 (18.3%)	4:21	13.7 (81.5%)
17	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	+00:17:53 (19.2%)	4:24	13.6 (81.0%)
18	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	+00:18:02 (19.3%)	4:25	13.6 (81.0%)
19	PIENIAŻEK Krzysztof	562		M-40	22	00:00:10	00:21:57	00:44:42	01:06:48	01:29:18	01:33:38.15	01:33:48.90	+00:18:23 (19.6%)	4:26	13.5 (80.4%)
20	WOJTCZAK Michał	804		M-40	23	00:00:24	00:22:24	00:44:39	01:06:32	01:29:05	01:33:41.30	01:34:05.90	+00:18:26 (19.7%)	4:26	13.5 (80.4%)
21	KAŁAMARZ Mariusz	296	STEP DANCE JASNA GLIWICE	M-40	25	00:00:07	00:20:58	00:43:16	01:05:54	01:29:10	01:33:51.65	01:33:59.60	+00:18:36 (19.8%)	4:26	13.5 (80.4%)
22	DESZYŃSKI Damian	145	ISTA BIEGAMY	M-40	27	00:00:17	00:22:08	00:44:42	01:07:18	01:30:00	01:34:31.90	01:34:49.70	+00:19:16 (20.4%)	4:28	13.4 (79.8%)
23	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	+00:19:23 (20.5%)	4:29	13.4 (79.8%)
24	GOLDA Piotr	212		M-40	28	00:00:06	00:22:24	00:44:52	01:06:54	01:29:56	01:34:51.70	01:34:58.00	+00:19:36 (20.7%)	4:29	13.3 (79.2%)
25	NOWAK Mateusz	514	PRZEBIEGA.PL	M-20	9	00:00:07	00:20:58	00:42:34	01:05:07	01:29:38	01:34:54.45	01:35:01.80	+00:19:39 (20.7%)	4:29	13.3 (79.2%)
26	SIELSKI Jarosław	647	OPEL ACTIVE TEAM	M-40	30	00:00:09	00:21:33	00:44:00	01:06:28	01:30:15	01:35:02.70	01:35:11.80	+00:19:47 (20.8%)	4:30	13.3 (79.2%)
27	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	+00:19:50 (20.9%)	4:30	13.3 (79.2%)
28	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	+00:19:54 (20.9%)	4:30	13.3 (79.2%)
29	MRÓZEK Tomasz	485		M-40	33	00:00:28	00:22:57	00:46:02	01:08:25	01:30:59	01:35:33.40	01:36:01.55	+00:20:18 (21.3%)	4:31	13.2 (78.6%)
30	BEZUSZKO Tomasz	38	4 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	35	00:00:06	00:22:03	00:44:30	01:07:15	01:31:03	01:35:50.10	01:35:56.50	+00:20:35 (21.5%)	4:32	13.2 (78.6%)
31	KUSEK Andrzej	891		M-40	36	00:00:12	00:23:05	00:46:09	01:08:42	01:31:23	01:35:52.50	01:36:05.25	+00:20:37 (21.5%)	4:32	13.2 (78.6%)
32	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	+00:20:57 (21.8%)	4:33	13.2 (78.6%)
33	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	+00:21:11 (22.0%)	4:34	13.1 (78.0%)
34	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	+00:21:23 (22.1%)	4:34	13.1 (78.0%)
35	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	+00:21:30 (22.2%)	4:35	13.1 (78.0%)
36	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	+00:21:35 (22.3%)	4:35	13.1 (78.0%)
37	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	+00:21:47 (22.5%)	4:35	13 (77.4%)

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					
38	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	+00:21:50 (22.5%)	4:36	13 (77.4%)
39	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	+00:21:50 (22.5%)	4:36	13 (77.4%)
40	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	+00:22:15 (22.8%)	4:37	13 (77.4%)
41	SZUŚCIK Michał	734		M-20	15	00:00:40	00:23:43	00:47:08	01:09:40	01:32:53	01:37:31.10	01:38:11.25	+00:22:16 (22.8%)	4:37	13 (77.4%)
42	NOWAK Mariusz	515	HIRSCHVOGEL	M-40	43	00:00:17	00:23:07	00:46:19	01:09:35	01:32:43	01:37:32.00	01:37:49.15	+00:22:16 (22.8%)	4:37	13 (77.4%)
43	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	+00:22:36 (23.1%)	4:38	12.9 (76.8%)
44	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	+00:22:50 (23.3%)	4:38	12.9 (76.8%)
45	SCHAB Bartłomiej	642		M-20	17	00:00:09	00:21:30	00:44:49	01:08:11	01:32:58	01:38:13.35	01:38:23.20	+00:22:58 (23.4%)	4:39	12.9 (76.8%)
46	BEHRENDT Jakub	33	LECE BO CHCE	M-40	49	00:00:07	00:22:27	00:45:39	01:09:07	01:33:07	01:38:14.50	01:38:22.30	+00:22:59 (23.4%)	4:39	12.9 (76.8%)
47	SZNYDER Wojciech	724		M-40	50	00:00:12	00:23:10	00:46:26	01:09:57	01:33:31	01:38:24.00	01:38:36.10	+00:23:08 (23.5%)	4:39	12.9 (76.8%)
48	MAZUR Krzysztof	458		M-40	51	00:00:12	00:22:40	00:45:36	01:08:46	01:33:14	01:38:26.95	01:38:38.95	+00:23:11 (23.6%)	4:39	12.9 (76.8%)
49	KURCZEK Tomasz	382		M-40	52	00:00:13	00:23:13	00:46:45	01:10:11	01:33:36	01:38:32.20	01:38:45.60	+00:23:17 (23.6%)	4:40	12.8 (76.2%)
50	KALISZ Rafał	295	CTOTG	M-40	54	00:00:24	00:22:48	00:46:02	01:09:37	01:33:41	01:38:45.15	01:39:09.70	+00:23:30 (23.8%)	4:40	12.8 (76.2%)
51	BRODEK Andrzej	82	CERTUM	M-40	55	00:00:09	00:22:24	00:46:03	01:09:42	01:33:54	01:38:49.65	01:38:58.70	+00:23:34 (23.9%)	4:40	12.8 (76.2%)
52	KASZOWSKI Marcin	312		M-40	56	00:00:15	00:23:09	00:46:25	01:09:56	01:32:55	01:38:53.35	01:39:09.00	+00:23:38 (23.9%)	4:41	12.8 (76.2%)
53	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	+00:23:44 (24.0%)	4:41	12.8 (76.2%)
54	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	+00:23:57 (24.1%)	4:42	12.8 (76.2%)
55	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	+00:23:58 (24.2%)	4:42	12.8 (76.2%)
56	NOWAKOWSKI Dominik	895		M-18	2	00:00:05	00:21:08	00:45:46	01:10:00	01:34:22	01:39:14.00	01:39:19.60	+00:23:58 (24.2%)	4:42	12.8 (76.2%)
57	BAK-CESARZ Damian	31	CO JA TU ROBIĘ	M-40	58	00:00:16	00:24:16	00:49:26	01:12:47	01:35:17	01:39:37.10	01:39:53.80	+00:24:22 (24.5%)	4:43	12.7 (75.6%)
58	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	+00:24:24 (24.5%)	4:43	12.7 (75.6%)
59	CZAJKA Roman	121		M-40	62	00:00:27	00:23:17	00:47:26	01:11:06	01:35:13	01:40:14.60	01:40:41.70	+00:24:59 (24.9%)	4:45	12.6 (75.0%)
60	GŁOGOWSKI Konrad	209		M-30	73	00:00:20	00:23:35	00:47:42	01:11:41	01:35:33	01:40:16.60	01:40:37.30	+00:25:01 (25.0%)	4:45	12.6 (75.0%)

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			
61	ODOSZEWSKI Roman	521	OASIS SPORT TEAM	M-40	63	00:00:27	00:23:54	00:47:51	01:11:46	01:35:52	01:40:38.60	01:41:06.55	+00:25:23 (25.2%)	4:46	12.6 (75.0%)
62	ZMEŁTY Leszek	873	SKPB KATOWICE	M-30	76	00:00:39	00:24:48	00:49:25	01:12:57	01:36:28	01:40:56.25	01:41:36.20	+00:25:41 (25.4%)	4:47	12.5 (74.4%)
63	MŁYŃCZAK Piotr	479	EUVIC GLIWICE	M-40	68	00:00:18	00:23:03	00:46:20	01:10:07	01:35:33	01:41:02.90	01:41:21.00	+00:25:47 (25.5%)	4:47	12.5 (74.4%)
64	KWIATKOWSKI Grzegorz	392	I	M-40	70	00:00:24	00:22:59	00:46:35	01:10:56	01:36:10	01:41:15.10	01:41:39.15	+00:26:00 (25.7%)	4:47	12.5 (74.4%)
65	TEICHMANN Norbert	744		M-50	7	00:00:30	00:24:06	00:48:43	01:11:30	01:36:23	01:41:22.90	01:41:53.40	+00:26:07 (25.8%)	4:48	12.5 (74.4%)
66	UJMA Michał	758		M-30	78	00:00:13	00:23:09	00:46:43	01:10:51	01:36:25	01:41:43.75	01:41:56.95	+00:26:28 (26.0%)	4:49	12.4 (73.8%)
67	SUTKOWSKI Jan	708	GWARDZIŚCI	M-30	79	00:00:26	00:23:22	00:47:08	01:11:05	01:36:28	01:41:47.45	01:42:14.25	+00:26:32 (26.1%)	4:49	12.4 (73.8%)
68	PACUŁA Piotr	535	OPEL ACTIVE TEAM	M-50	8	00:00:01	00:23:39	00:47:50	01:11:56	01:36:36	01:41:58.60	01:41:59.95	+00:26:43 (26.2%)	4:49	12.4 (73.8%)
69	KUBICA Gerard	912		M-50	9	00:00:23	00:24:42	00:48:46	01:12:22	01:36:56	01:42:02.40	01:42:26.05	+00:26:47 (26.3%)	4:50	12.4 (73.8%)
70	KRAKOWCZYK Adam	360	NIGHT RUNNERS GLIWICE	M-40	74	00:00:29	00:24:13	00:48:24	01:12:29	01:36:56	01:42:03.75	01:42:33.20	+00:26:48 (26.3%)	4:50	12.4 (73.8%)
71	KRAJEWSKI Radosław	358		M-30	84	00:00:18	00:23:40	00:48:05	01:12:19	01:37:20	01:42:19.30	01:42:38.25	+00:27:04 (26.5%)	4:50	12.4 (73.8%)
72	CHEJDYS Krystian	101	KAC RUNNERS	M-30	85	00:00:34	00:23:44	00:47:45	01:11:39	01:37:01	01:42:23.90	01:42:58.75	+00:27:08 (26.5%)	4:51	12.4 (73.8%)
73	WASIK Marcin	773		M-40	77	00:00:23	00:23:34	00:47:52	01:12:04	01:37:08	01:42:24.70	01:42:47.70	+00:27:09 (26.5%)	4:51	12.4 (73.8%)
74	CZAUADERNA Adrian	868	OCHAJORUN & FRIENDS	M-40	78	00:01:13	00:24:51	00:48:49	01:12:48	01:37:18	01:42:27.10	01:43:40.45	+00:27:12 (26.5%)	4:51	12.4 (73.8%)
75	TOMCZAK Mariusz	754	GWARDZIŚCI	M-30	88	00:00:26	00:24:03	00:48:30	01:12:24	01:37:16	01:42:31.10	01:42:57.90	+00:27:16 (26.6%)	4:51	12.3 (73.2%)
76	WOMELA Maciej	813		M-30	90	00:01:09	00:24:15	00:47:52	01:11:55	01:37:13	01:42:39.60	01:43:48.85	+00:27:24 (26.7%)	4:51	12.3 (73.2%)
77	SOWA Andrzej	680		M-30	92	00:00:20	00:23:35	00:48:02	01:12:24	01:37:45	01:42:57.20	01:43:17.45	+00:27:42 (26.9%)	4:52	12.3 (73.2%)
78	BORYCZKA Dawid	76		M-20	23	00:00:39	00:25:14	00:50:42	01:14:03	01:37:59	01:42:59.40	01:43:38.65	+00:27:44 (26.9%)	4:52	12.3 (73.2%)
79	KAZANA Grzegorz	316		M-20	24	00:00:27	00:23:45	00:47:59	01:12:12	01:37:31	01:42:59.85	01:43:27.45	+00:27:44 (26.9%)	4:52	12.3 (73.2%)
80	SZUŚCIK Piotr	733	OPEL ACTIVE TEAM	M-50	11	00:01:49	00:24:42	00:48:50	01:12:59	01:37:59	01:43:11.50	01:45:01.35	+00:27:56 (27.1%)	4:53	12.3 (73.2%)
81	GAWEŁKO Janusz	197		M-50	12	00:00:26	00:24:20	00:48:51	01:13:23	01:38:06	01:43:13.05	01:43:39.90	+00:27:58 (27.1%)	4:53	12.3 (73.2%)
82	MALEC Arkadiusz	438		M-30	94	00:01:10	00:24:11	00:49:04	01:13:24	01:38:03	01:43:16.55	01:44:27.00	+00:28:01 (27.1%)	4:53	12.3 (73.2%)
83	ORLIK Jerzy	525		M-50	13	00:00:04	00:23:36	00:48:02	01:12:40	01:38:02	01:43:19.05	01:43:23.75	+00:28:04 (27.2%)	4:53	12.3 (73.2%)

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			
84	LASKOWSKI Sebastian	927		M-40	85	00:01:30	00:27:21	00:53:41	01:15:39	01:38:26	01:43:27.90	01:44:58.85	+00:28:12 (27.3%)	4:54	12.2 (72.6%)
85	MAY-MAJEWSKI Michał	457		M-30	96	00:00:30	00:24:55	00:50:05	01:14:46	01:38:54	01:43:36.95	01:44:07.60	+00:28:21 (27.4%)	4:54	12.2 (72.6%)
86	BEDNAREK Martin	32	TKKF SZCZYGLÓWICE	M-20	27	00:00:14	00:24:02	00:48:24	01:12:14	01:37:51	01:43:46.00	01:44:00.30	+00:28:30 (27.5%)	4:55	12.2 (72.6%)
87	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	+00:28:33 (27.5%)	4:55	12.2 (72.6%)
88	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	+00:28:52 (27.7%)	4:56	12.2 (72.6%)
89	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	+00:29:05 (27.9%)	4:56	12.1 (72.0%)
90	JANECZEK Marek	272		M-40	88	00:00:46	00:24:53	00:49:22	01:14:45	01:39:19	01:44:26.90	01:45:13.15	+00:29:11 (28.0%)	4:57	12.1 (72.0%)
91	ROSADA Zdzisław	612		M-60	2	00:00:25	00:24:45	00:49:37	01:14:07	01:39:21	01:44:43.10	01:45:08.35	+00:29:28 (28.1%)	4:57	12.1 (72.0%)
92	DROZD Grzegorz	153		M-20	30	00:00:32	00:23:52	00:48:27	01:13:49	01:39:37	01:44:55.20	01:45:28.15	+00:29:40 (28.3%)	4:58	12.1 (72.0%)
93	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	+00:29:40 (28.3%)	4:58	12.1 (72.0%)
94	MICHALSKI Bartosz	468	ABM	M-40	91	00:00:31	00:24:42	00:49:35	01:14:58	01:39:53	01:45:03.80	01:45:35.25	+00:29:48 (28.4%)	4:58	12 (71.4%)
95	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	+00:29:49 (28.4%)	4:58	12 (71.4%)
96	WEBER Tomasz	777		M-20	32	00:00:27	00:24:28	00:49:34	01:15:00	01:39:56	01:45:07.95	01:45:35.40	+00:29:52 (28.4%)	4:58	12 (71.4%)
97	ŁAKOMSKI Piotr	417		M-40	92	00:00:28	00:24:21	00:49:22	01:14:51	01:39:55	01:45:09.45	01:45:38.35	+00:29:54 (28.4%)	4:59	12 (71.4%)
98	TRACZUK Marek	755		M-40	94	00:00:24	00:24:49	00:49:41	01:15:06	01:39:59	01:45:13.20	01:45:37.30	+00:29:58 (28.5%)	4:59	12 (71.4%)
99	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	+00:29:59 (28.5%)	4:59	12 (71.4%)
100	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	+00:29:59 (28.5%)	4:59	12 (71.4%)
101	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	+00:30:00 (28.5%)	4:59	12 (71.4%)
102	RUSZCZYK Marek	621		M-40	95	00:00:15	00:24:58	00:49:53	01:15:02	01:40:08	01:45:16.15	01:45:31.15	+00:30:01 (28.5%)	4:59	12 (71.4%)
103	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	+00:30:27 (28.8%)	5:00	12 (71.4%)
104	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	+00:30:29 (28.8%)	5:00	12 (71.4%)
105	SMYK Robert	672	PACEMAKER	M-40	97	00:00:21	00:24:49	00:49:40	01:15:03	01:40:02	01:45:45.50	01:46:07.45	+00:30:30 (28.8%)	5:00	12 (71.4%)
106	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	+00:30:31 (28.9%)	5:00	12 (71.4%)

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					
107	BEHRENDT Bartek	34	NIGHT RUNNERS GLIWICE	M-50	17	00:01:02	00:26:03	00:50:48	01:15:36	01:40:54	01:46:19.40	01:47:21.40	+00:31:04 (29.2%)	5:02	11.9 (70.8%)
108	DZIECIĄTKOWSKI Jarosław	162	OPEL ACTIVE TEAM	M-40	99	00:00:35	00:24:27	00:49:26	01:14:26	01:40:57	01:46:25.70	01:47:01.50	+00:31:10 (29.3%)	5:02	11.9 (70.8%)
109	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	+00:31:16 (29.4%)	5:02	11.9 (70.8%)
110	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	+00:31:16 (29.4%)	5:02	11.9 (70.8%)
111	PIETRZAK Marcin	564		M-40	100	00:00:17	00:24:56	00:49:47	01:15:07	01:41:01	01:46:32.20	01:46:49.90	+00:31:17 (29.4%)	5:02	11.9 (70.8%)
112	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	+00:31:18 (29.4%)	5:02	11.9 (70.8%)
113	PRZYBYLSKI Mariusz	595		M-40	102	00:00:50	00:25:15	00:50:56	01:16:38	01:41:44	01:46:44.95	01:47:35.45	+00:31:29 (29.5%)	5:03	11.9 (70.8%)
114	SMUDA Andrzej	670	AKMB PĘDZIWIATR GLIWICE	M-40	103	00:00:48	00:25:47	00:51:12	01:16:49	01:41:50	01:46:56.10	01:47:44.75	+00:31:41 (29.6%)	5:04	11.8 (70.2%)
115	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	+00:31:47 (29.7%)	5:04	11.8 (70.2%)
116	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	+00:31:51 (29.7%)	5:04	11.8 (70.2%)
117	DOMAŃSKI Marcin	149	RUNNINGFISH74	M-40	104	00:00:26	00:24:18	00:49:23	01:14:43	01:41:28	01:47:07.05	01:47:33.10	+00:31:52 (29.7%)	5:04	11.8 (70.2%)
118	GANCARZ Maciej	192	MUSTANGI GLIWICE	M-40	108	00:00:24	00:24:23	00:50:02	01:15:24	01:41:48	01:47:14.05	01:47:38.95	+00:31:59 (29.8%)	5:04	11.8 (70.2%)
119	WIECHUŁA 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	+00:32:20 (30.1%)	5:05	11.8 (70.2%)
120	GRAJKO Mateusz	225		M-20	41	00:00:23	00:24:49	00:49:44	01:15:08	01:41:51	01:47:40.45	01:48:04.00	+00:32:25 (30.1%)	5:06	11.8 (70.2%)
121	OSOJCA Damian	528		M-20	42	00:00:27	00:24:16	00:50:14	01:15:33	01:42:31	01:47:49.00	01:48:16.00	+00:32:33 (30.2%)	5:06	11.7 (69.6%)
122	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	+00:32:41 (30.3%)	5:06	11.7 (69.6%)
123	PIECHOWIAK 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	+00:32:44 (30.3%)	5:07	11.7 (69.6%)
124	PYZIK Tomasz	601	DRUŻYNA MOJACUKRZYCA.PL	M-40	111	00:00:08	00:23:38	00:49:26	01:14:42	01:42:10	01:48:00.75	01:48:09.05	+00:32:45 (30.3%)	5:07	11.7 (69.6%)
125	KRZYWICKI Jan	372		M-60	3	00:00:55	00:25:10	00:50:42	01:16:04	01:42:44	01:48:03.30	01:48:59.05	+00:32:48 (30.4%)	5:07	11.7 (69.6%)
126	ŻMIJEWSKI Dariusz	856		M-40	112	00:01:18	00:24:42	00:50:07	01:15:20	01:42:22	01:48:07.95	01:49:26.75	+00:32:52 (30.4%)	5:07	11.7 (69.6%)
127	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	+00:32:58 (30.5%)	5:07	11.7 (69.6%)
128	WOŹNIAKOWSKI 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	+00:33:08 (30.6%)	5:08	11.7 (69.6%)
129	STACHOWSKI Wojciech	683		M-40	116	00:00:04	00:25:21	00:51:04	01:16:52	01:43:07	01:48:35.50	01:48:39.55	+00:33:20 (30.7%)	5:08	11.7 (69.6%)

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					
130	DADAŚ Janusz	140	NIGHT RUNNERS GLIWICE	M-40	117	00:00:17	00:23:38	00:49:17	01:15:28	01:43:11	01:48:37.45	01:48:55.30	+00:33:22 (30.7%)	5:08	11.7 (69.6%)
131	BRODALA Maciej	81	KS JUDO TEAM MASTERS GLIWICE	M-30	137	00:00:45	00:26:08	00:52:05	01:17:33	01:43:18	01:48:37.45	01:49:23.25	+00:33:22 (30.7%)	5:08	11.7 (69.6%)
132	PLOCH 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	+00:33:35 (30.9%)	5:09	11.6 (69.0%)
133	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	+00:33:36 (30.9%)	5:09	11.6 (69.0%)
134	BIEŃKOWSKI Piotr	53		M-20	44	00:00:44	00:25:00	00:50:44	01:17:00	01:43:20	01:48:55.75	01:49:40.50	+00:33:40 (30.9%)	5:09	11.6 (69.0%)
135	SULIN Marek	706	SPARTANIE DZIECIOM	M-40	120	00:00:22	00:25:29	00:51:21	01:17:18	01:43:34	01:48:56.15	01:49:19.05	+00:33:41 (30.9%)	5:09	11.6 (69.0%)
136	GAŁECZKA Michał	189		M-20	45	00:00:32	00:25:04	00:50:54	01:16:57	01:43:37	01:48:59.60	01:49:32.40	+00:33:44 (31.0%)	5:09	11.6 (69.0%)
137	CHWALISZEWSKI Jarosław	105	NIGHT RUNNERS GLIWICE	M-40	122	00:00:43	00:25:13	00:50:59	01:17:50	01:43:59	01:49:00.85	01:49:44.20	+00:33:45 (31.0%)	5:10	11.6 (69.0%)
137	ADAMOWSKI Jacek	12	NIGHT RUNNERS GLIWICE	M-40	123	00:00:42	00:25:15	00:51:04	01:18:07	01:44:02	01:49:01.95	01:49:44.20	+00:33:46 (31.0%)	5:10	11.6 (69.0%)
139	WIKIERSKI 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	+00:33:57 (31.1%)	5:10	11.6 (69.0%)
140	DYMICKI Andrzej	160	OCHAJORUN & FRIENDS	M-40	124	00:00:37	00:26:16	00:52:27	01:17:57	01:43:54	01:49:16.75	01:49:54.15	+00:34:01 (31.1%)	5:10	11.6 (69.0%)
141	NITKA Sebastian	509		M-40	126	00:00:20	00:25:25	00:51:21	01:17:12	01:43:52	01:49:22.40	01:49:42.40	+00:34:07 (31.2%)	5:10	11.6 (69.0%)
142	WIŚNIEWSKI 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	+00:34:26 (31.4%)	5:11	11.5 (68.5%)
143	GRUSZCZYŃSKI Bogusław	860		M-60	4	00:00:25	00:24:55	00:50:49	01:17:12	01:44:07	01:49:45.95	01:50:11.40	+00:34:30 (31.4%)	5:12	11.5 (68.5%)
144	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	+00:34:36 (31.5%)	5:12	11.5 (68.5%)
145	FRAĆ Dariusz	182	PACEMAKER	M-40	128	00:00:39	00:25:15	00:50:53	01:17:04	01:43:34	01:50:00.85	01:50:39.95	+00:34:45 (31.6%)	5:12	11.5 (68.5%)
146	BISKUP Maciej	924		M-50	21	00:00:44	00:25:53	00:52:22	01:18:29	01:44:45	01:50:10.40	01:50:54.70	+00:34:55 (31.7%)	5:13	11.5 (68.5%)
147	ZAPOTOCZNY Przemek	838		M-40	129	00:00:55	00:26:41	00:53:10	01:19:35	01:45:24	01:50:13.30	01:51:08.95	+00:34:58 (31.7%)	5:13	11.5 (68.5%)
148	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	+00:35:03 (31.8%)	5:13	11.5 (68.5%)
149	KLYTA Wojciech	871	WYDZIAŁ PRAWA UŚŁ	M-40	131	00:01:06	00:24:48	00:50:28	01:16:37	01:44:41	01:50:23.75	01:51:30.10	+00:35:08 (31.8%)	5:13	11.5 (68.5%)
150	POPIEL Artur	581		M-40	132	00:01:09	00:26:53	00:52:21	01:18:16	01:44:45	01:50:24.30	01:51:33.40	+00:35:09 (31.8%)	5:13	11.5 (68.5%)
151	MISIURA Artur	477		M-20	49	00:00:17	00:28:23	00:55:36	01:21:16	01:45:45	01:50:29.05	01:50:46.55	+00:35:14 (31.9%)	5:14	11.5 (68.5%)
152	KWAŚNIEWSKI 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	+00:35:15 (31.9%)	5:14	11.5 (68.5%)

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			
153	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	+00:35:28 (32.0%)	5:14	11.4 (67.9%)
154	SKOTNICKI 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	+00:35:49 (32.3%)	5:15	11.4 (67.9%)
155	ZIĘBA Paweł	848		M-20	50	00:00:59	00:26:44	00:53:02	01:19:23	01:45:51	01:51:05.30	01:52:04.95	+00:35:50 (32.3%)	5:15	11.4 (67.9%)
156	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	+00:36:01 (32.4%)	5:16	11.4 (67.9%)
157	RYZIŃSKI Dariusz	632		M-50	23	00:00:18	00:25:20	00:52:06	01:18:40	01:45:57	01:51:39.00	01:51:57.00	+00:36:23 (32.6%)	5:17	11.3 (67.3%)
158	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	+00:36:33 (32.7%)	5:17	11.3 (67.3%)
159	BYSTRZYCKI 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	+00:36:53 (32.9%)	5:18	11.3 (67.3%)
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	+00:36:56 (32.9%)	5:19	11.3 (67.3%)
161	DOBOSZ 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	+00:36:57 (32.9%)	5:19	11.3 (67.3%)
162	PYZIK Marek	600	OPEL ACTIVE TEAM	M-50	26	00:00:44	00:26:02	00:52:43	01:19:28	01:46:42	01:52:15.25	01:52:59.80	+00:37:00 (33.0%)	5:19	11.3 (67.3%)
163	SZCZECH Krzysztof	715		M-40	140	00:00:39	00:25:18	00:51:21	01:18:28	01:46:28	01:52:16.35	01:52:56.00	+00:37:01 (33.0%)	5:19	11.3 (67.3%)
164	KWAPIEŃ 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	+00:37:10 (33.1%)	5:19	11.3 (67.3%)
165	LEWANDOWSKI Henry	407		M-40	141	00:00:42	00:26:13	00:51:57	01:17:46	01:46:19	01:52:27.15	01:53:09.80	+00:37:12 (33.1%)	5:19	11.3 (67.3%)
166	SZADKOWSKI 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	+00:37:20 (33.2%)	5:20	11.2 (66.7%)
167	SZOŁTYSIK 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	+00:37:31 (33.3%)	5:20	11.2 (66.7%)
168	KAWCZYŃSKI 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	+00:37:46 (33.4%)	5:21	11.2 (66.7%)
169	KOPEĆ Tomasz	336		M-40	142	00:00:29	00:25:55	00:53:03	01:19:56	01:47:17	01:53:02.80	01:53:32.15	+00:37:47 (33.4%)	5:21	11.2 (66.7%)
170	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	+00:37:48 (33.4%)	5:21	11.2 (66.7%)
171	KARBOWNIK 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	+00:37:49 (33.4%)	5:21	11.2 (66.7%)
172	KWAPIEŃ Paweł	915		M-40	144	00:00:11	00:25:24	00:52:54	01:20:00	01:47:44	01:53:54.65	01:54:05.65	+00:38:39 (33.9%)	5:23	11.1 (66.1%)
173	GARBOWSKI Witold	194		M-20	53	00:01:08	00:27:17	00:53:47	01:20:36	01:48:09	01:53:55.70	01:55:04.40	+00:38:40 (33.9%)	5:23	11.1 (66.1%)
174	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	+00:38:50 (34.0%)	5:24	11.1 (66.1%)
175	CZERNEK Marek	132	BIEGAJ Z TRENERAMI	M-40	146	00:00:59	00:26:57	00:54:19	01:21:21	01:48:48	01:54:19.95	01:55:19.50	+00:39:04 (34.2%)	5:25	11.1 (66.1%)

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			
176	KUROWSKI 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	+00:39:13 (34.3%)	5:25	11.1 (66.1%)
177	ZEGARTOWSKI Grzegorz	842		M-40	148	00:01:36	00:29:44	00:56:42	01:22:40	01:49:07	01:54:32.35	01:56:08.90	+00:39:17 (34.3%)	5:25	11.1 (66.1%)
178	PAWLETA Michał	553	NIGHT RUNNERS GLIWICE	M-40	149	00:00:52	00:26:23	00:53:45	01:21:24	01:49:23	01:54:34.35	01:55:26.70	+00:39:19 (34.3%)	5:25	11.1 (66.1%)
179	KOSIAK Maciej	342		M-40	150	00:00:46	00:26:37	00:53:26	01:20:39	01:48:43	01:54:41.15	01:55:28.05	+00:39:26 (34.4%)	5:26	11 (65.5%)
180	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	+00:39:45 (34.6%)	5:27	11 (65.5%)
181	GRONDECKI Grzegorz	232	BIEGAMY Z SERCEM	M-40	155	00:00:27	00:25:34	00:52:01	01:19:00	01:48:47	01:55:04.00	01:55:31.45	+00:39:48 (34.6%)	5:27	11 (65.5%)
182	KUBIAK 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	+00:39:52 (34.6%)	5:27	11 (65.5%)
183	PEDOWSKI Wojciech	556		M-50	27	00:00:45	00:26:23	00:53:25	01:20:51	01:49:28	01:55:16.80	01:56:02.05	+00:40:01 (34.7%)	5:27	11 (65.5%)
184	STRUG Mariusz	704	MOMO RESTAURANT & COCKTAIL BAR	M-40	156	00:01:26	00:29:40	00:56:06	01:22:53	01:49:51	01:55:18.45	01:56:44.85	+00:40:03 (34.7%)	5:27	11 (65.5%)
185	SZULC Michał	732	4M	M-40	157	00:01:25	00:27:03	00:54:21	01:21:48	01:49:53	01:55:27.30	01:56:52.45	+00:40:12 (34.8%)	5:28	11 (65.5%)
186	GUŚCIORA Maciej	247		M-18	3	00:00:50	00:24:52	00:51:55	01:18:40	01:49:12	01:55:49.95	01:56:40.65	+00:40:34 (35.0%)	5:29	10.9 (64.9%)
187	WIĄZANIA Marek	780		M-40	163	00:01:00	00:27:51	00:54:48	01:21:02	01:49:43	01:56:15.90	01:57:16.55	+00:41:00 (35.3%)	5:30	10.9 (64.9%)
188	BIELECKI 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	+00:41:02 (35.3%)	5:30	10.9 (64.9%)
189	WOŹNIAK Marek	814		M-40	164	00:01:00	00:27:26	00:55:05	01:22:15	01:50:32	01:56:18.85	01:57:19.60	+00:41:03 (35.3%)	5:30	10.9 (64.9%)
190	BANASZAK 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	+00:41:16 (35.4%)	5:31	10.9 (64.9%)
191	GÓRECKI Janusz	219		M-50	28	00:01:28	00:27:40	00:55:04	01:22:25	01:50:32	01:56:31.80	01:58:00.05	+00:41:16 (35.4%)	5:31	10.9 (64.9%)
192	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	+00:41:17 (35.4%)	5:31	10.9 (64.9%)
193	ZACZYK Waldemar	832		M-40	167	00:00:59	00:27:53	00:56:12	01:24:36	01:51:18	01:56:57.40	01:57:56.60	+00:41:42 (35.7%)	5:32	10.8 (64.3%)
194	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	+00:41:43 (35.7%)	5:32	10.8 (64.3%)
195	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	+00:41:51 (35.7%)	5:33	10.8 (64.3%)
196	POGRANICZNY Damian	955	ELZAB ACTIVE TEAM	M-20	61	00:01:04	00:28:40	00:56:49	01:24:08	01:51:19	01:57:11.25	01:58:15.90	+00:41:56 (35.8%)	5:33	10.8 (64.3%)
197	GINALSKI Aleksander	207	BOLDARE	M-20	62	00:01:31	00:26:49	00:53:16	01:20:32	01:50:48	01:57:22.95	01:58:54.00	+00:42:07 (35.9%)	5:33	10.8 (64.3%)
198	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	+00:42:26 (36.1%)	5:34	10.8 (64.3%)

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					
199	BUFNAL Krzysztof	94		M-40	172	00:00:08	00:26:44	00:55:12	01:23:02	01:51:59	01:57:53.75	01:58:02.30	+00:42:38 (36.2%)	5:35	10.7 (63.7%)
200	GRZEBIELA 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	+00:42:42 (36.2%)	5:35	10.7 (63.7%)
201	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	+00:42:47 (36.2%)	5:35	10.7 (63.7%)
202	KRYSTEK 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	+00:42:52 (36.3%)	5:35	10.7 (63.7%)
203	MICHNA Wojtek	469		M-20	64	00:00:44	00:26:35	00:54:17	01:22:23	01:51:51	01:58:32.55	01:59:16.70	+00:43:17 (36.5%)	5:37	10.7 (63.7%)
204	WIECHOWSKI 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	+00:43:22 (36.6%)	5:37	10.7 (63.7%)
205	BUKOWSKI Adam	96		M-20	65	00:00:28	00:27:20	00:55:29	01:23:46	01:53:06	01:58:39.95	01:59:08.45	+00:43:24 (36.6%)	5:37	10.7 (63.7%)
206	WIETRZYCKI Zenon	788	BIEGAJ Z TRENERAMI	M-50	30	00:00:41	00:26:32	00:53:54	01:22:57	01:52:54	01:58:48.15	01:59:30.10	+00:43:33 (36.7%)	5:37	10.7 (63.7%)
207	FUGOWSKI 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	+00:43:37 (36.7%)	5:38	10.7 (63.7%)
208	STAŃKO 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	+00:43:42 (36.7%)	5:38	10.6 (63.1%)
209	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	+00:43:44 (36.8%)	5:38	10.6 (63.1%)
210	RAJTOR Klaudiusz	603	WOLNY STRZELEC	M-50	31	00:00:56	00:28:06	00:56:16	01:24:16	01:53:07	01:59:05.15	02:00:02.10	+00:43:50 (36.8%)	5:38	10.6 (63.1%)
211	KARMAŃSKI Jacek	862	-	M-40	178	00:00:46	00:27:34	00:54:53	01:23:14	01:52:58	01:59:14.65	02:00:01.10	+00:43:59 (36.9%)	5:39	10.6 (63.1%)
212	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	+00:44:02 (36.9%)	5:39	10.6 (63.1%)
213	WRZASK Grzegorz	826		M-40	180	00:00:50	00:28:02	00:56:20	01:24:23	01:53:14	01:59:36.15	02:00:26.20	+00:44:21 (37.1%)	5:40	10.6 (63.1%)
214	HERLICZKA Tomasz	254	AML-FLY TEAM	M-40	181	00:00:24	00:26:22	00:54:03	01:22:48	01:52:53	01:59:37.45	02:00:02.30	+00:44:22 (37.1%)	5:40	10.6 (63.1%)
215	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	+00:44:36 (37.2%)	5:40	10.6 (63.1%)
216	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	+00:44:41 (37.3%)	5:41	10.6 (63.1%)
217	KOCUR Aleksander	329		M-40	182	00:01:02	00:29:37	00:58:44	01:26:57	01:54:43	02:00:23.70	02:01:26.65	+00:45:08 (37.5%)	5:42	10.5 (62.5%)
218	CIUK Bartosz	111	KRÓL MAJONEZU	M-50	33	00:00:39	00:27:21	00:55:35	01:24:32	01:54:44	02:01:11.65	02:01:51.30	+00:45:56 (37.9%)	5:44	10.4 (61.9%)
219	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	+00:46:12 (38.0%)	5:45	10.4 (61.9%)
220	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	+00:46:30 (38.2%)	5:46	10.4 (61.9%)
221	MAŚLANKA Ireneusz	454	NIGHT RUNNERS GLIWICE	M-50	34	00:01:04	00:27:47	00:56:06	01:24:34	01:55:13	02:01:46.05	02:02:50.10	+00:46:31 (38.2%)	5:46	10.4 (61.9%)

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					
222	WOLIŃSKI Józef	810		M-50	35	00:01:09	00:28:34	00:57:15	01:26:05	01:55:40	02:01:46.20	02:02:55.80	+00:46:31 (38.2%)	5:46	10.4 (61.9%)
223	SKÓRA Michał	661		M-40	185	00:01:05	00:27:57	00:56:52	01:25:42	01:55:35	02:01:50.45	02:02:56.10	+00:46:35 (38.2%)	5:46	10.4 (61.9%)
224	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	+00:46:37 (38.3%)	5:46	10.4 (61.9%)
225	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	+00:46:41 (38.3%)	5:46	10.4 (61.9%)
226	STOLARCZYK Robert	700	NIGHT RUNNERS GLIWICE	M-40	186	00:00:41	00:27:38	00:55:59	01:24:36	01:55:28	02:01:57.60	02:02:38.90	+00:46:42 (38.3%)	5:46	10.4 (61.9%)
227	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	+00:46:48 (38.3%)	5:47	10.4 (61.9%)
228	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	+00:47:20 (38.6%)	5:48	10.3 (61.3%)
229	ROŻEK Michał	615		M-50	36	00:00:50	00:27:40	00:55:45	01:24:02	01:55:23	02:02:59.80	02:03:50.50	+00:47:44 (38.8%)	5:49	10.3 (61.3%)
230	BAJ Tomasz	17		M-20	72	00:00:43	00:25:50	00:53:40	01:23:37	01:57:03	02:03:05.55	02:03:49.50	+00:47:50 (38.9%)	5:50	10.3 (61.3%)
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	+00:47:59 (38.9%)	5:50	10.3 (61.3%)
232	MASIAREK Mariusz	452	DRUŻYNA MOJACUKRZYCA.PL	M-40	189	00:01:05	00:28:00	00:56:14	01:24:19	01:56:12	02:03:23.25	02:04:28.55	+00:48:08 (39.0%)	5:50	10.3 (61.3%)
233	KOWALCZYK Grzegorz	347		M-40	192	00:01:42	00:29:24	00:58:57	01:27:19	01:57:37	02:04:22.20	02:06:04.25	+00:49:07 (39.5%)	5:53	10.2 (60.7%)
234	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	+00:49:08 (39.5%)	5:53	10.2 (60.7%)
235	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	+00:49:45 (39.8%)	5:55	10.1 (60.1%)
236	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	+00:50:05 (40.0%)	5:56	10.1 (60.1%)
237	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	+00:50:10 (40.0%)	5:56	10.1 (60.1%)
238	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	+00:50:16 (40.1%)	5:56	10.1 (60.1%)
239	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	+00:50:46 (40.3%)	5:58	10 (59.5%)
240	TADEUSIAK Bartosz	743		M-20	77	00:01:32	00:31:02	01:01:08	01:29:51	02:00:25	02:06:24.20	02:07:57.05	+00:51:09 (40.5%)	5:59	10 (59.5%)
241	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	+00:51:12 (40.5%)	5:59	10 (59.5%)
242	GORAJ Janusz	216		M-60	10	00:00:21	00:28:25	00:57:25	01:28:36	01:59:39	02:06:28.50	02:06:49.55	+00:51:13 (40.5%)	5:59	10 (59.5%)
243	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	+00:51:20 (40.6%)	5:59	10 (59.5%)
244	KOZACZKA Włodzimierz	353	BB EL-PROJEKT TEAM	M-40	199	00:01:33	00:30:17	01:00:31	01:30:29	02:00:26	02:06:43.85	02:08:17.15	+00:51:28 (40.6%)	6:00	10 (59.5%)

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			
245	WÓJCIK Rafał	823		M-40	204	00:00:50	00:28:49	00:58:44	01:28:11	02:00:57	02:08:26.75	02:09:16.95	+00:53:11 (41.4%)	6:05	9.9 (58.9%)
246	GRYGIEREK Marcin	242		M-20	79	00:00:15	00:25:15	00:53:55	01:23:54	02:00:38	02:08:36.25	02:08:51.65	+00:53:21 (41.5%)	6:05	9.8 (58.3%)
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	+00:53:33 (41.6%)	6:06	9.8 (58.3%)
248	SMOŁA Mieczysław	668	AKMB PĘDZIWIATR	M-60	11	00:00:03	00:29:05	00:59:50	01:30:53	02:02:24	02:08:53.90	02:08:57.50	+00:53:38 (41.6%)	6:06	9.8 (58.3%)
249	RYGIEL Sebastian	627		M-40	207	00:01:04	00:27:49	00:56:06	01:26:26	02:01:03	02:09:15.85	02:10:19.95	+00:54:00 (41.8%)	6:07	9.8 (58.3%)
250	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	+00:54:03 (41.8%)	6:07	9.8 (58.3%)
251	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	+00:54:10 (41.9%)	6:08	9.8 (58.3%)
252	KUBICA Michał	374		M-20	80	00:01:16	00:30:50	01:01:57	01:33:26	02:03:29	02:09:28.55	02:10:45.00	+00:54:13 (41.9%)	6:08	9.8 (58.3%)
253	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	+00:54:26 (42.0%)	6:08	9.8 (58.3%)
254	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	+00:54:41 (42.1%)	6:09	9.7 (57.7%)
255	BLASZKE Waldemar	56	NIGHT RUNNERS GLIWICE	M-50	40	00:00:51	00:27:17	00:56:17	01:27:53	02:03:05	02:10:09.10	02:11:00.10	+00:54:54 (42.2%)	6:10	9.7 (57.7%)
256	ZIMNY Michał	849		M-40	208	00:01:02	00:31:14	01:02:15	01:32:35	02:03:57	02:10:10.65	02:11:13.30	+00:54:55 (42.2%)	6:10	9.7 (57.7%)
257	JANAS Piotr	271	NIGHT RUNNERS	M-40	209	00:00:23	00:29:17	00:59:38	01:31:11	02:03:36	02:10:15.60	02:10:38.90	+00:55:00 (42.2%)	6:10	9.7 (57.7%)
258	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	+00:55:09 (42.3%)	6:10	9.7 (57.7%)
259	KLAWENDER Ryszard	319		M-50	41	00:01:11	00:30:40	01:01:55	01:32:50	02:04:27	02:10:42.05	02:11:53.55	+00:55:27 (42.4%)	6:11	9.7 (57.7%)
260	FLORECKI Andrzej	174	AKMB PĘDZIWIATR GLIWICE	M-60	12	00:00:57	00:28:13	00:58:13	01:29:25	02:03:37	02:10:42.50	02:11:40.35	+00:55:27 (42.4%)	6:11	9.7 (57.7%)
261	ZADEBERNY Artur	833		M-40	211	00:01:08	00:26:28	00:56:01	01:28:54	02:03:36	02:10:50.10	02:11:58.85	+00:55:35 (42.5%)	6:12	9.7 (57.7%)
262	PIKTAS Paweł	566		M-40	212	00:01:33	00:31:26	01:03:10	01:34:34	02:05:47	02:11:09.85	02:12:43.20	+00:55:54 (42.6%)	6:12	9.7 (57.7%)
263	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	+00:55:59 (42.7%)	6:13	9.6 (57.1%)
264	MĄCZKA Bronisław	7	OTK RZEŹNIK	M-60	13	00:01:25	00:30:28	01:01:42	01:33:15	02:04:50	02:11:16.15	02:12:41.25	+00:56:01 (42.7%)	6:13	9.6 (57.1%)
265	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	+00:56:01 (42.7%)	6:13	9.6 (57.1%)
266	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	+00:56:02 (42.7%)	6:13	9.6 (57.1%)
267	BURDA Paweł	97		M-20	83	00:01:34	00:31:13	01:03:12	01:34:16	02:05:16	02:11:29.30	02:13:04.10	+00:56:14 (42.8%)	6:13	9.6 (57.1%)

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					
268	GIERAS Mirosław	206		M-40	215	00:00:39	00:30:10	01:01:29	01:33:52	02:05:40	02:12:14.25	02:12:53.95	+00:56:59 (43.1%)	6:16	9.6 (57.1%)
269	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	+00:57:22 (43.3%)	6:17	9.5 (56.5%)
270	RACZKOWSKI Łukasz	1289		M-30	261	00:00:00	00:32:12	01:06:24	01:34:32	02:05:47	02:12:48.65	02:12:49.55	+00:57:33 (43.3%)	6:17	9.5 (56.5%)
271	SAMULEWICZ Marcin	639		M-40	216	00:00:46	00:28:06	00:56:35	01:28:22	02:05:04	02:13:02.75	02:13:49.70	+00:57:47 (43.4%)	6:18	9.5 (56.5%)
272	PIEKARA Piotr	561		M-20	84	00:01:01	00:28:09	00:57:19	01:28:40	02:05:15	02:13:21.20	02:14:22.60	+00:58:06 (43.6%)	6:19	9.5 (56.5%)
273	KOWRYGO Adam	352		M-20	85	00:00:57	00:31:31	01:02:25	01:33:19	02:05:43	02:13:22.45	02:14:20.25	+00:58:07 (43.6%)	6:19	9.5 (56.5%)
274	OCHMAN Ireneusz	519		M-50	42	00:01:13	00:31:47	01:03:15	01:34:59	02:07:42	02:13:23.40	02:14:37.30	+00:58:08 (43.6%)	6:19	9.5 (56.5%)
275	MAREK Robert	445		M-40	217	00:01:29	00:30:00	01:00:42	01:32:38	02:07:11	02:13:56.75	02:15:26.30	+00:58:41 (43.8%)	6:20	9.5 (56.5%)
276	DUBIEL Leszek	155		M-40	218	00:01:02	00:29:26	01:00:30	01:32:21	02:06:49	02:14:38.25	02:15:40.25	+00:59:23 (44.1%)	6:22	9.4 (56.0%)
277	BŁACH Piotr Buła	58	PACEMAKER	M-50	43	00:01:17	00:31:45	01:03:29	01:35:00	02:07:39	02:15:00.40	02:16:18.25	+00:59:45 (44.3%)	6:23	9.4 (56.0%)
278	BOROWSKI Piotr	74	OPEL ACTIVE TEAM	M-50	44	00:01:17	00:31:43	01:03:36	01:34:55	02:07:37	02:15:01.10	02:16:18.95	+00:59:46 (44.3%)	6:23	9.4 (56.0%)
279	WAWRZAK Ryszard	776	PACEMAKER	M-40	220	00:01:17	00:31:44	01:03:28	01:35:03	02:07:42	02:15:01.85	02:16:19.00	+00:59:46 (44.3%)	6:23	9.4 (56.0%)
280	JAKUBIAK Arkadiusz	268	OPEL ACTIVE TEAM	M-40	221	00:01:16	00:31:45	01:03:29	01:35:00	02:07:40	02:15:02.05	02:16:18.60	+00:59:47 (44.3%)	6:23	9.4 (56.0%)
281	KACZKIEWICZ Damian	292	NIGHT RUNNERS GLIWICE	M-40	222	00:01:15	00:31:32	01:02:52	01:34:58	02:08:14	02:15:53.70	02:17:09.60	+01:00:38 (44.6%)	6:26	9.3 (55.4%)
282	WYKURZ Paweł	827	RUN AND FUN	M-30	263	00:01:27	00:34:11	01:07:44	01:37:50	02:09:43	02:16:47.35	02:18:14.70	+01:01:32 (45.0%)	6:28	9.3 (55.4%)
283	PRUCHNIK Andrzej	588		M-50	45	00:00:08	00:28:31	01:01:10	01:35:14	02:11:06	02:18:56.65	02:19:05.50	+01:03:41 (45.8%)	6:35	9.1 (54.2%)
284	BŁASZCZYSZYN Michał	61		M-20	87	00:01:31	00:30:49	01:03:02	01:35:21	02:11:23	02:18:58.15	02:20:29.55	+01:03:43 (45.9%)	6:35	9.1 (54.2%)
285	ZEMŁA Piotr	845		M-40	223	00:01:10	00:29:58	01:01:23	01:34:30	02:10:41	02:19:08.10	02:20:18.45	+01:03:53 (45.9%)	6:35	9.1 (54.2%)
286	GRONDYS Michał	233		M-40	224	00:01:18	00:31:44	01:03:30	01:35:24	02:12:38	02:20:42.70	02:22:01.50	+01:05:27 (46.5%)	6:40	9 (53.6%)
287	MANISTA Paweł	443		M-20	89	00:00:26	00:28:51	00:59:55	01:34:00	02:12:04	02:20:49.80	02:21:16.00	+01:05:34 (46.6%)	6:40	9 (53.6%)
288	MIGDAŁ Grzegorz	474		M-40	226	00:01:21	00:31:36	01:06:16	01:40:37	02:16:51	02:24:17.15	02:25:38.45	+01:09:02 (47.8%)	6:50	8.8 (52.4%)
289	ZIĘBA Michał	847		M-20	92	00:00:57	00:31:31	01:02:25	01:33:19	02:18:03	02:26:58.25	02:27:55.70	+01:11:43 (48.8%)	6:57	8.6 (51.2%)
290	BRODIUK Norbert	83	NIGHT RUNNERS GLIWICE	M-40	227	00:01:13	00:31:53	01:05:33	01:43:17	02:22:01	02:29:06.40	02:30:19.60	+01:13:51 (49.5%)	7:03	8.5 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
291	ŚMIEJA Tomasz	741	BANDA Z POŁUDNIA	M-40	228	00:01:22	00:33:16	01:08:11	01:43:38	02:26:18	02:35:33.75	02:36:56.20	+01:20:18 (51.6%)	7:22	8.1 (48.2%)
292	SWOBODA Jarosław	710		M-40	230	00:00:43	00:25:13	00:50:49	01:16:40	01:42:43			+00:31:12	5:08	11.7 (69.6%)
	SZOLC Sebastian	725		M-40		DNF	00:21:28 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 293 wynik(ów)