

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VI PKO Półmaraton Gliwicki 2019
Fundacja Bieg Rzeźnika
2019-10-26
Gliwice
21.1 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	OLIJNYK Paweł	1147	ONE TEAM	M-30	1	00:00:01	00:16:08	00:32:45	00:49:13	01:06:05	01:09:36.45	01:09:37.80		3:17	18.2 (100%)
2	MALINA Dawid	1040	INŻYNIERIA BIEGANIA	M-20	1	00:00:00	00:16:09	00:32:46	00:49:14	01:07:01	01:10:57.45	01:10:58.25	+00:01:21 (1.9%)	3:21	17.8 (97.8%)
3	CIEPLAK Marcin	1148		M-20	2	00:00:00	00:16:37	00:34:37	00:51:52	01:09:32	01:13:15.30	01:13:16.10	+00:03:38 (5.0%)	3:28	17.3 (95.1%)
4	WOJTACHA Adrian	965	KS OLKUSZ	M-20	3	00:00:02	00:17:30	00:35:15	00:52:17	01:09:42	01:13:20.60	01:13:22.70	+00:03:44 (5.1%)	3:28	17.3 (95.1%)
5	MUSKIETORZ Piotr	593		M-30	2	00:00:01	00:17:26	00:35:01	00:52:50	01:11:02	01:14:47.40	01:14:49.05	+00:05:10 (6.9%)	3:32	16.9 (92.9%)
6	ŻURAWIK Daniel	1034	PPI SYSTEMY-GRZEWCZE	M-30	3	00:00:01	00:17:18	00:35:02	00:52:56	01:11:26	01:15:15.00	01:15:16.55	+00:05:38 (7.5%)	3:33	16.8 (92.3%)
7	SZWASA Mateusz	1119	OTK RZEŹNIK	M-20	4	00:00:01	00:18:02	00:36:14	00:54:40	01:13:58	01:18:06.50	01:18:08.05	+00:08:30 (10.9%)	3:42	16.2 (89.0%)
8	ŁUKASIEWICZ Sebastian	518	KLUB BIEGOWY GEPARD	M-30	4	00:00:01	00:18:37	00:37:19	00:55:50	01:14:45	01:18:44.35	01:18:46.00	+00:09:07 (11.6%)	3:43	16.1 (88.5%)
9	SZCZECIŃSKI Maciej	871	INŻYNIERIA BIEGANIA	M-30	5	00:00:01	00:18:15	00:36:50	00:55:30	01:14:50	01:18:57.20	01:18:58.70	+00:09:20 (11.8%)	3:44	16 (87.9%)
10	POLAK Bogdan	1076		M-40	1	00:00:02	00:18:37	00:37:18	00:55:50	01:14:58	01:19:05.40	01:19:07.65	+00:09:28 (12.0%)	3:44	16 (87.9%)
11	RYSZ Robert	784		M-30	6	00:00:02	00:18:13	00:36:59	00:55:44	01:15:07	01:19:17.75	01:19:20.20	+00:09:41 (12.2%)	3:45	16 (87.9%)
12	KLIMAS Tomasz	375		M-40	2	00:00:00	00:19:08	00:38:59	00:58:09	01:17:28	01:21:37.25	01:21:37.25	+00:12:00 (14.7%)	3:52	15.5 (85.2%)
13	MOMRO Łukasz	585	AKMB PEDZIWIATR GLIWICE	M-30	7	00:00:01	00:18:35	00:37:49	00:57:16	01:17:34	01:21:51.40	01:21:53.15	+00:12:14 (15.0%)	3:52	15.5 (85.2%)
14	PROKOPIUK Robert	730	KALWAT	M-40	3	00:00:01	00:19:06	00:38:42	00:58:00	01:17:50	01:22:00.85	01:22:01.95	+00:12:24 (15.1%)	3:53	15.4 (84.6%)
15	JĘDROS Przemysław	318	INŻYNIERIA BIEGANIA TEAM	M-30	8	00:00:02	00:19:00	00:38:19	00:57:37	01:17:48	01:22:07.00	01:22:09.45	+00:12:30 (15.2%)	3:53	15.4 (84.6%)
16	STAWINOJA Janusz	846	HIRSCHVOGEL	M-40	4	00:00:03	00:19:09	00:38:52	00:58:29	01:18:44	01:23:01.55	01:23:05.10	+00:13:25 (16.2%)	3:56	15.2 (83.5%)
17	KNESZ Krzysztof	385		M-30	9	00:00:02	00:19:09	00:38:57	00:58:24	01:18:52	01:23:09.65	01:23:12.55	+00:13:33 (16.3%)	3:56	15.2 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
							5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
18	WIERZCHOWSKI Tomasz	948	NORTHMILL RUNNING TEAM	M-30	10	00:00:02	00:19:16	00:39:02	00:58:20	01:19:34	01:23:44.35	01:23:47.25	+00:14:07 (16.9%)	3:58	15.1 (83.0%)
19	HARZOWSKI Mateusz	278		M-20	5	00:00:01	00:19:10	00:38:58	00:58:59	01:19:52	01:24:12.55	01:24:14.30	+00:14:36 (17.3%)	3:59	15 (82.4%)
20	GRZYWACZ Marcin	271	SIGNIFY BIELSKO	M-40	5	00:00:03	00:19:20	00:39:08	00:59:00	01:20:01	01:24:26.85	01:24:30.10	+00:14:50 (17.6%)	4:00	15 (82.4%)
21	FALEJCZYK Mateusz	185	HOLBOX POLAND	M-20	6	00:00:01	00:19:48	00:39:57	00:59:57	01:20:15	01:24:36.55	01:24:37.70	+00:15:00 (17.7%)	4:00	15 (82.4%)
22	LEDWOŃ Paweł	1068		M-30	11	00:00:03	00:20:04	00:40:09	01:00:01	01:20:25	01:24:45.35	01:24:49.00	+00:15:08 (17.9%)	4:01	14.9 (81.9%)
23	DE LA PARRA Inaki	154	WAY2CHAMP.COM	M-30	12	00:00:06	00:20:19	00:40:17	01:00:08	01:20:37	01:24:48.80	01:24:55.60	+00:15:12 (17.9%)	4:01	14.9 (81.9%)
24	DUŻNIAK Dominik	165	STEP-DANCE	M-30	13	00:00:02	00:19:19	00:39:19	00:59:31	01:20:29	01:24:56.45	01:24:58.70	+00:15:20 (18.1%)	4:01	14.9 (81.9%)
25	DAMEC Aleksnder	144	OCHAJORUN & FRIENDS	M-40	6	00:00:05	00:19:45	00:39:49	00:59:55	01:20:41	01:24:56.75	01:25:02.10	+00:15:20 (18.1%)	4:01	14.9 (81.9%)
26	WOŹNIAK Grzegorz	1056		M-30	14	00:00:05	00:20:26	00:40:51	01:00:59	01:21:21	01:25:30.55	01:25:36.30	+00:15:54 (18.6%)	4:03	14.8 (81.3%)
27	LASKOWSKI Tomasz	493	AKMB PĘDZIWIATR GLIWICE	M-40	7	00:00:04	00:19:46	00:40:06	01:00:32	01:21:19	01:25:40.05	01:25:44.65	+00:16:03 (18.7%)	4:03	14.8 (81.3%)
28	LANGNER Radosław	491	WAY2CHAMP.COM / VEGE RUNNERS	M-30	15	00:00:06	00:20:19	00:40:36	01:01:02	01:21:37	01:25:56.25	01:26:03.05	+00:16:19 (19.0%)	4:04	14.7 (80.8%)
29	PRZEŹDZIAK Zygmunt	737	GMINA STRZELCE OPOLSKIE	M-40	8	00:00:04	00:20:25	00:41:03	01:01:30	01:22:19	01:26:32.40	01:26:37.25	+00:16:55 (19.6%)	4:06	14.6 (80.2%)
30	SOLAREK Mateusz	1063		M-20	7	00:00:06	00:19:42	00:40:09	01:00:44	01:22:15	01:26:39.50	01:26:46.05	+00:17:03 (19.7%)	4:06	14.6 (80.2%)
31	SZYMURA Wojciech	898	DECATHLON RYBNIK & PRZYJACIELE	M-40	9	00:00:05	00:19:29	00:39:46	01:00:24	01:22:05	01:26:44.15	01:26:49.45	+00:17:07 (19.7%)	4:06	14.6 (80.2%)
32	PRZELIORZ Paweł	734		M-30	16	00:00:02	00:19:48	00:40:24	01:01:05	01:22:35	01:27:03.90	01:27:06.45	+00:17:27 (20.1%)	4:07	14.5 (79.7%)
33	WIŚNIEWSKI Mateusz	960	WISNIA_M_AKTYWNIIE365	M-20	8	00:00:04	00:20:49	00:41:53	01:02:30	01:23:02	01:27:23.30	01:27:27.75	+00:17:46 (20.3%)	4:08	14.5 (79.7%)
34	PALT Tomasz	664		M-40	10	00:00:02	00:20:12	00:41:03	01:01:45	01:23:05	01:27:35.85	01:27:38.25	+00:17:59 (20.5%)	4:09	14.5 (79.7%)
35	RATYŃSKI Bartłomiej	755	HAPPY RUNNERS	M-30	17	00:00:14	00:20:51	00:41:41	01:02:04	01:23:11	01:27:26.45	01:27:41.10	+00:17:50 (20.4%)	4:08	14.5 (79.7%)
36	STUCHLIK Marek	860	AKTYWNA PSZCZYNA RUNNERS TEAM	M-30	18	00:00:02	00:20:10	00:40:47	01:01:23	01:23:20	01:27:52.05	01:27:54.15	+00:18:15 (20.8%)	4:09	14.4 (79.1%)
37	PATAS Magdalena	1053		K-20	1	00:00:01	00:20:13	00:40:58	01:01:37	01:23:13	01:27:55.75	01:27:56.90	+00:18:19 (20.8%)	4:09	14.4 (79.1%)
38	ŻOGAŁA Jan	1033	HURAGAN LIGOTA	M-40	11	00:00:05	00:20:14	00:41:04	01:01:54	01:23:24	01:28:00.05	01:28:05.05	+00:18:23 (20.9%)	4:10	14.4 (79.1%)
39	MARKIEWICZ Marcin	1059		M-40	12	00:00:04	00:20:29	00:41:28	01:02:22	01:23:43	01:28:24.45	01:28:29.05	+00:18:48 (21.3%)	4:11	14.3 (78.6%)
40	SIWY Sebastian	1103		M-40	13	00:00:06	00:20:47	00:41:56	01:02:55	01:24:03	01:28:34.80	01:28:41.10	+00:18:58 (21.4%)	4:11	14.3 (78.6%)
41	HOZAKOWSKI Marcin	292		M-20	9	00:00:07	00:20:57	00:42:13	01:03:23	01:24:40	01:28:47.85	01:28:55.60	+00:19:11 (21.6%)	4:12	14.3 (78.6%)

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							5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
42	FABIAN Michał	184		M-40	14	00:00:09	00:20:51	00:42:10	01:03:04	01:24:22	01:28:50.05	01:28:59.25	+00:19:13 (21.6%)	4:12	14.3 (78.6%)
43	PODSIADŁO Adam	714		M-30	19	00:00:02	00:20:05	00:41:15	01:02:15	01:24:24	01:29:06.25	01:29:08.45	+00:19:29 (21.9%)	4:13	14.2 (78.0%)
44	RAJTAR Krzysztof	1098	WAY2CHAMP	M-40	15	00:00:06	00:20:19	00:41:52	01:02:28	01:24:23	01:29:06.35	01:29:12.90	+00:19:29 (21.9%)	4:13	14.2 (78.0%)
45	PIENIAŻEK Krzysztof	693	INŻYNIERIA BIEGANIA TEAM	M-40	16	00:00:05	00:20:53	00:42:10	01:03:07	01:24:57	01:29:18.70	01:29:23.85	+00:19:42 (22.1%)	4:13	14.2 (78.0%)
46	PIELA Mateusz	692	SZTURM	M-20	10	00:00:04	00:20:26	00:42:02	01:03:24	01:25:00	01:29:21.65	01:29:26.45	+00:19:45 (22.1%)	4:14	14.2 (78.0%)
47	PROBE Bartek	729	TWÓJ STARY	M-30	20	00:00:08	00:20:52	00:42:12	01:03:22	01:24:57	01:29:32.10	01:29:40.35	+00:19:55 (22.3%)	4:14	14.1 (77.5%)
48	ADAMSKI Krzysztof	2		M-30	21	00:00:08	00:20:53	00:42:12	01:03:23	01:25:01	01:29:33.65	01:29:42.40	+00:19:57 (22.3%)	4:14	14.1 (77.5%)
49	ŻŁOBIŃSKI Krzysztof	1031		M-60	1	00:00:09	00:20:32	00:41:35	01:02:35	01:24:50	01:29:40.25	01:29:49.50	+00:20:03 (22.4%)	4:14	14.1 (77.5%)
50	GROŃ Krystian	259	PACEMAKER	M-20	11	00:00:07	00:20:53	00:42:13	01:03:22	01:25:00	01:29:42.25	01:29:49.60	+00:20:05 (22.4%)	4:15	14.1 (77.5%)
51	CHOMIK Rafał	104	WAY2CHAMP/ PACEMAKER	M-40	17	00:00:07	00:20:53	00:42:12	01:03:22	01:24:59	01:29:42.65	01:29:49.70	+00:20:06 (22.4%)	4:15	14.1 (77.5%)
52	LIPIŃSKI Tomasz	509	LICHOTA TEAM	M-40	18	00:00:07	00:20:53	00:42:13	01:03:23	01:25:15	01:29:58.25	01:30:06.20	+00:20:21 (22.6%)	4:15	14.1 (77.5%)
53	RAJTOR Paweł	1049		M-30	22	00:00:09	00:20:54	00:42:14	01:03:21	01:25:25	01:30:10.75	01:30:20.60	+00:20:34 (22.8%)	4:16	14 (76.9%)
54	SPYCHAŁSKI Adam	835	LEIBER TEAM	M-40	19	00:00:04	00:21:14	00:43:07	01:04:46	01:26:17	01:30:16.85	01:30:20.90	+00:20:40 (22.9%)	4:16	14 (76.9%)
55	BROSZ Michał	73		M-50	1	00:00:07	00:20:50	00:42:13	01:03:35	01:25:39	01:30:16.40	01:30:23.65	+00:20:39 (22.9%)	4:16	14 (76.9%)
56	TKACZ Piotr	908		M-30	23	00:00:19	00:22:06	00:43:24	01:04:13	01:25:44	01:30:17.90	01:30:37.80	+00:20:41 (22.9%)	4:16	14 (76.9%)
57	DOBICZEK Łukasz	155		M-30	24	00:00:08	00:21:12	00:42:58	01:04:24	01:26:10	01:30:46.20	01:30:55.15	+00:21:09 (23.3%)	4:18	13.9 (76.4%)
58	DENICKI Przemysław	151	VEGE RUNNERS	M-20	12	00:00:07	00:21:15	00:43:03	01:04:48	01:26:29	01:30:52.15	01:30:59.40	+00:21:15 (23.4%)	4:18	13.9 (76.4%)
59	GRAMATYKA Jan	253	FUTURE PROCESSING RUNNING TEAM	M-30	26	00:00:03	00:21:05	00:42:40	01:04:01	01:26:19	01:31:03.55	01:31:07.05	+00:21:27 (23.6%)	4:18	13.9 (76.4%)
60	NOWAK Kamil	620		M-30	25	00:00:14	00:20:48	00:42:06	01:03:29	01:26:16	01:30:58.05	01:31:12.15	+00:21:21 (23.5%)	4:18	13.9 (76.4%)
61	STOLORZ Katarzyna	853	INŻYNIERIA BIEGANIA	K-30	1	00:00:12	00:21:14	00:42:57	01:04:18	01:26:25	01:31:02.10	01:31:14.85	+00:21:25 (23.5%)	4:18	13.9 (76.4%)
62	ZIELIŃSKI Ireneusz	1008		M-50	2	00:00:10	00:20:47	00:42:08	01:03:51	01:26:20	01:31:06.00	01:31:16.10	+00:21:29 (23.6%)	4:19	13.9 (76.4%)
63	KANIA Michał	346		M-40	20	00:00:09	00:21:16	00:42:49	01:04:26	01:26:44	01:31:18.50	01:31:27.75	+00:21:42 (23.8%)	4:19	13.9 (76.4%)
64	BORSIAK Sebastian	61	OPEL ACTIVE TEAM	M-30	27	00:00:09	00:20:53	00:42:12	01:03:35	01:26:27	01:31:19.45	01:31:29.20	+00:21:43 (23.8%)	4:19	13.9 (76.4%)
65	PALEJ Zuzanna	661		K-20	2	00:00:07	00:20:54	00:42:32	01:04:03	01:26:43	01:31:26.75	01:31:34.40	+00:21:50 (23.9%)	4:20	13.8 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
66	JĘDZURA Daniel	321	NIGHT RUNNERS GLIWICE	M-30	28	00:00:09	00:20:51	00:42:18	01:04:12	01:26:51	01:31:29.25	01:31:38.30	+00:21:52 (23.9%)	4:20	13.8 (75.8%)
67	MASŁOŃ Błażej	1149	OSP PRUDNIK MAŁY	M-50	3	00:00:16	00:21:07	00:42:40	01:04:15	01:26:34	01:31:26.50	01:31:42.95	+00:21:50 (23.9%)	4:20	13.8 (75.8%)
68	FIREK Rafał	1060		M-40	21	00:00:13	00:21:33	00:43:17	01:04:56	01:27:07	01:31:41.75	01:31:55.05	+00:22:05 (24.1%)	4:20	13.8 (75.8%)
69	STĘPIEŃ Wojciech	849	COMPañEROS ASFALT TEAM	M-40	22	00:00:12	00:20:51	00:42:23	01:03:52	01:26:58	01:31:49.65	01:32:01.70	+00:22:13 (24.2%)	4:21	13.8 (75.8%)
70	BERKE Rafał	25	BATORY LOTO	M-40	24	00:00:07	00:20:33	00:42:23	01:04:13	01:27:21	01:32:18.00	01:32:25.05	+00:22:41 (24.6%)	4:22	13.7 (75.3%)
71	KRĘŻOŁEK Daniel	441		M-40	23	00:00:10	00:21:02	00:42:43	01:04:23	01:27:17	01:32:16.05	01:32:26.85	+00:22:39 (24.6%)	4:22	13.7 (75.3%)
72	BARAN Ryszard	14		M-30	29	00:00:05	00:20:34	00:42:13	01:03:56	01:27:33	01:32:27.65	01:32:33.30	+00:22:51 (24.7%)	4:22	13.7 (75.3%)
73	SAWCZYN Tomasz	792	TI22ES	M-40	25	00:00:13	00:21:29	00:43:37	01:05:31	01:27:52	01:32:29.75	01:32:43.15	+00:22:53 (24.7%)	4:23	13.7 (75.3%)
74	PAJĄK Krzysztof	658		M-30	30	00:00:16	00:21:48	00:44:17	01:06:08	01:27:56	01:32:30.15	01:32:46.60	+00:22:53 (24.8%)	4:23	13.7 (75.3%)
75	KLEWANIEC Jakub	373		M-30	31	00:00:11	00:20:56	00:42:24	01:04:43	01:27:55	01:32:38.05	01:32:49.80	+00:23:01 (24.9%)	4:23	13.7 (75.3%)
76	DREJA Zbigi	159		M-40	26	00:00:18	00:22:46	00:44:54	01:06:09	01:28:09	01:32:33.60	01:32:52.55	+00:22:57 (24.8%)	4:23	13.7 (75.3%)
77	KŁYK Dominik	384		M-30	32	00:00:08	00:21:20	00:43:14	01:05:27	01:28:04	01:32:49.60	01:32:58.25	+00:23:13 (25.0%)	4:23	13.6 (74.7%)
78	BANYŚ Jacek	13	MOSTOSTAL ZABRZE UNITED	M-40	27	00:00:09	00:21:23	00:44:05	01:06:06	01:28:19	01:32:51.10	01:33:00.80	+00:23:14 (25.0%)	4:24	13.6 (74.7%)
79	GOLDA Piotr	1085		M-40	29	00:00:04	00:22:56	00:45:41	01:07:12	01:28:44	01:33:12.10	01:33:16.40	+00:23:35 (25.3%)	4:25	13.6 (74.7%)
80	ŻELIŃSKI Michał	1030	CSC ADVENTURE ACADEMY	M-20	13	00:00:11	00:21:47	00:43:55	01:05:35	01:28:38	01:33:07.45	01:33:18.65	+00:23:31 (25.3%)	4:24	13.6 (74.7%)
81	CZEPIGA Jan	130		M-40	28	00:00:08	00:21:00	00:42:51	01:05:10	01:28:18	01:33:10.10	01:33:19.00	+00:23:33 (25.3%)	4:24	13.6 (74.7%)
82	NOWICKI Szymon	628		M-30	33	00:00:34	00:21:26	00:43:03	01:04:35	01:27:59	01:32:50.50	01:33:24.55	+00:23:14 (25.0%)	4:23	13.6 (74.7%)
83	SMYCZEK Bartosz	822	KILOMETROŻERCA	M-30	34	00:00:16	00:21:01	00:43:02	01:04:55	01:28:16	01:33:11.55	01:33:27.60	+00:23:35 (25.3%)	4:24	13.6 (74.7%)
84	STACHOWICZ Kamil	837	LECĘBOHCĘ	M-40	30	00:00:06	00:21:52	00:44:03	01:05:57	01:28:42	01:33:27.25	01:33:33.50	+00:23:50 (25.5%)	4:25	13.5 (74.2%)
85	GRUSZCZYŃSKI Stanisław	263		M-30	35	00:00:07	00:20:54	00:42:33	01:05:32	01:28:49	01:33:36.15	01:33:44.00	+00:23:59 (25.6%)	4:26	13.5 (74.2%)
86	GABRYŚ Jacek	200		M-30	36	00:00:13	00:21:59	00:44:36	01:06:34	01:29:04	01:33:38.55	01:33:52.15	+00:24:02 (25.7%)	4:26	13.5 (74.2%)
87	TEKLA Krzysztof	907		M-30	37	00:00:18	00:21:28	00:43:32	01:05:34	01:28:47	01:33:44.25	01:34:02.65	+00:24:07 (25.7%)	4:26	13.5 (74.2%)
88	CICHOŃSKI Damian	111	ORANGE POLSKA	M-40	32	00:00:05	00:22:58	00:45:46	01:07:21	01:29:23	01:33:59.85	01:34:04.85	+00:24:23 (25.9%)	4:27	13.5 (74.2%)
89	SIELSKI Jarosław	804	OPEL ACTIVE TEAM	M-40	31	00:00:08	00:20:46	00:42:19	01:04:29	01:28:41	01:33:59.40	01:34:08.15	+00:24:22 (25.9%)	4:27	13.5 (74.2%)

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			
90	NIEDBAŁ Łukasz	606	GTT - INTER PROJEKT	M-30	40	00:00:05	00:22:14	00:44:44	01:07:02	01:29:34	01:34:10.10	01:34:16.05	+00:24:33 (26.1%)	4:27	13.4 (73.6%)
91	FURMAN Paweł	197	HURAGAN LIGOTA	M-30	38	00:00:16	00:21:46	00:43:59	01:06:09	01:29:09	01:33:59.40	01:34:16.35	+00:24:22 (25.9%)	4:27	13.5 (74.2%)
92	ZYGUŁA Piotr	1025	DCWRP	M-40	34	00:00:12	00:22:31	00:45:03	01:07:05	01:29:29	01:34:05.50	01:34:17.55	+00:24:29 (26.0%)	4:27	13.5 (74.2%)
93	NAWROCKI Szymon	602		M-40	33	00:00:12	00:22:31	00:45:03	01:07:05	01:29:29	01:34:05.45	01:34:17.60	+00:24:29 (26.0%)	4:27	13.5 (74.2%)
94	NIKODON Paweł	613	NIKODON DREAM TEAM	M-40	35	00:00:10	00:20:52	00:42:59	01:05:43	01:29:14	01:34:07.50	01:34:18.05	+00:24:31 (26.0%)	4:27	13.4 (73.6%)
95	ROMIK Krzysztof	1096	HELI POLSKA	M-40	36	00:00:10	00:21:33	00:43:46	01:06:03	01:29:14	01:34:11.00	01:34:21.30	+00:24:34 (26.1%)	4:27	13.4 (73.6%)
96	TŁOŁKA Michał	909		M-30	39	00:00:14	00:22:47	00:45:19	01:07:04	01:29:21	01:34:07.95	01:34:22.20	+00:24:31 (26.1%)	4:27	13.4 (73.6%)
97	KALUKIEWICZ Dobromił	338	FRAMIGA	M-30	41	00:00:14	00:21:38	00:43:40	01:05:42	01:29:04	01:34:23.55	01:34:38.15	+00:24:47 (26.3%)	4:28	13.4 (73.6%)
98	BUBAŁA Łukasz	81		M-30	42	00:00:07	00:20:56	00:43:23	01:05:57	01:29:24	01:34:37.30	01:34:44.95	+00:25:00 (26.4%)	4:29	13.4 (73.6%)
99	GRZYB Dariusz	269	NIEZRZESZONY	M-40	38	00:00:16	00:22:53	00:45:20	01:07:22	01:29:46	01:34:36.00	01:34:52.20	+00:24:59 (26.4%)	4:29	13.4 (73.6%)
100	WOLLNY Kamil	969	EKO-OKNA RUNNERS	M-20	15	00:00:12	00:21:53	00:44:25	01:06:43	01:29:45	01:34:43.25	01:34:55.65	+00:25:06 (26.5%)	4:29	13.4 (73.6%)
101	LASKOWSKA Katarzyna	492	IB TEAM GLIWICE	K-40	1	00:00:04	00:20:55	00:42:23	01:05:01	01:29:52	01:34:52.70	01:34:57.50	+00:25:16 (26.6%)	4:29	13.3 (73.1%)
102	ŁOAZA Krzysztof	516	NIGHT RUNNERS PYSKOWICE	M-40	37	00:00:24	00:22:46	00:45:21	01:07:15	01:29:47	01:34:35.65	01:34:59.75	+00:24:59 (26.4%)	4:28	13.4 (73.6%)
103	STANISZ Marcin	841	NIGHT RUNNERS PYSKOWICE	M-30	43	00:00:24	00:22:39	00:45:21	01:07:15	01:29:52	01:34:38.70	01:35:03.10	+00:25:02 (26.5%)	4:29	13.4 (73.6%)
104	KRAWCZYK Karol	435		M-30	44	00:00:10	00:22:00	00:44:25	01:06:46	01:30:04	01:34:53.60	01:35:04.15	+00:25:17 (26.6%)	4:29	13.3 (73.1%)
105	GORCZYCKI Arkadiusz	241	MIECHOWICKA GRUPA BIEGOWA	M-30	45	00:00:15	00:22:18	00:45:17	01:07:40	01:30:20	01:34:55.15	01:35:10.50	+00:25:18 (26.7%)	4:29	13.3 (73.1%)
106	WÓJCIK Zbigniew	983		M-40	39	00:00:17	00:22:13	00:44:44	01:07:08	01:30:16	01:35:01.25	01:35:18.40	+00:25:24 (26.7%)	4:30	13.3 (73.1%)
107	BAK-CESARZ Damian	20	BIEG NA REKORD :)	M-20	14	00:00:40	00:22:54	00:45:35	01:08:03	01:30:06	01:34:42.45	01:35:22.45	+00:25:06 (26.5%)	4:29	13.4 (73.6%)
108	STRZELCZYK Ewa	858	HURAGAN LIGOTA	K-40	2	00:00:15	00:22:00	00:44:49	01:07:28	01:30:36	01:35:17.95	01:35:33.50	+00:25:41 (27.0%)	4:30	13.3 (73.1%)
109	ANTOŃCZYK Adam	4		M-50	4	00:00:10	00:21:06	00:43:37	01:06:18	01:30:26	01:35:27.55	01:35:38.15	+00:25:51 (27.1%)	4:31	13.3 (73.1%)
110	ZDON Paweł	1002		M-30	46	00:00:09	00:22:27	00:45:10	01:07:45	01:30:39	01:35:34.20	01:35:43.45	+00:25:57 (27.2%)	4:31	13.2 (72.5%)
111	SZMIGIEL Klaudia	877	WOŹNIAK RUNNING TEAM	K-20	3	00:00:10	00:21:48	00:44:23	01:07:09	01:30:42	01:35:40.60	01:35:51.40	+00:26:04 (27.2%)	4:32	13.2 (72.5%)
112	GRZESIKIEWICZ Mariusz	267		M-40	42	00:00:13	00:22:10	00:44:51	01:07:42	01:30:57	01:35:49.30	01:36:03.00	+00:26:12 (27.4%)	4:32	13.2 (72.5%)
113	ROSKOSZ Rafał	768	PRO WINDOW TEAM TARNOWSKIE GÓRY	M-40	41	00:00:19	00:22:09	00:44:53	01:07:37	01:30:54	01:35:45.20	01:36:04.25	+00:26:08 (27.3%)	4:32	13.2 (72.5%)

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
114	HOŁYŃSKI Tomasz	290	ORŁY Z KNUROWA	M-40	40	00:00:36	00:22:49	00:45:19	01:07:45	01:30:59	01:35:29.30	01:36:06.20	+00:25:52 (27.1%)	4:31	13.3 (73.1%)
115	BOSOWSKI Tomasz	65		M-40	43	00:00:20	00:22:34	00:45:14	01:07:34	01:30:54	01:35:54.65	01:36:14.80	+00:26:18 (27.4%)	4:32	13.2 (72.5%)
116	PAWLIKOWSKI Marcin	679	PARKRUN KATOWICE	M-20	17	00:00:21	00:23:14	00:46:06	01:08:42	01:31:28	01:35:53.55	01:36:15.40	+00:26:17 (27.4%)	4:32	13.2 (72.5%)
117	BUŁAWA Filip	3141	UKS KOMETA GLIWICE	M-16	1	00:00:10	00:20:28	00:43:13	01:06:09	01:31:25	01:36:06.25	01:36:16.50	+00:26:29 (27.6%)	4:33	13.2 (72.5%)
118	KULPA Marek	473	4QM	M-30	48	00:00:05	00:22:34	00:45:41	01:08:34	01:31:36	01:36:10.90	01:36:16.60	+00:26:34 (27.6%)	4:33	13.2 (72.5%)
119	KURTO Grzegorz	479	BBRUNNERS	M-40	46	00:00:05	00:22:34	00:45:41	01:08:33	01:31:35	01:36:12.85	01:36:18.15	+00:26:36 (27.7%)	4:33	13.2 (72.5%)
120	PALEJ Dawid	662	PSE	M-20	19	00:00:07	00:22:44	00:46:02	01:08:52	01:31:42	01:36:11.20	01:36:18.60	+00:26:34 (27.6%)	4:33	13.2 (72.5%)
121	SIERADZKI Dariusz	806	BIEGAJ Z TRENERAMI	M-30	47	00:00:09	00:22:50	00:45:57	01:08:49	01:31:43	01:36:09.70	01:36:19.40	+00:26:33 (27.6%)	4:33	13.2 (72.5%)
122	BIAŁAS Adam	28	GRUPA BIEGOWA 65	M-20	16	00:00:38	00:21:45	00:44:24	01:07:21	01:30:59	01:35:45.90	01:36:24.60	+00:26:09 (27.3%)	4:32	13.2 (72.5%)
123	BIELA Rafał	38		M-40	45	00:00:14	00:22:47	00:45:20	01:07:54	01:31:17	01:36:10.95	01:36:25.05	+00:26:34 (27.6%)	4:33	13.2 (72.5%)
124	KULIŚ Jakub	472		M-20	18	00:00:18	00:23:34	00:46:47	01:09:05	01:31:33	01:36:08.50	01:36:27.00	+00:26:32 (27.6%)	4:33	13.2 (72.5%)
125	NOWAK Mariusz	621	HIRSCHVOGEL	M-40	48	00:00:13	00:22:39	00:46:02	01:08:45	01:31:39	01:36:14.95	01:36:28.80	+00:26:38 (27.7%)	4:33	13.2 (72.5%)
126	NIŻNIKIEWICZ Grzegorz	616		M-40	47	00:00:27	00:22:40	00:45:13	01:07:50	01:31:22	01:36:14.15	01:36:41.25	+00:26:37 (27.7%)	4:33	13.2 (72.5%)
127	BRYŁA Grzegorz	76		M-40	44	00:00:53	00:22:55	00:45:40	01:08:22	01:31:19	01:36:00.85	01:36:54.30	+00:26:24 (27.5%)	4:33	13.2 (72.5%)
128	SIWEK Dariusz	812	NOWINY.PL	M-50	5	00:00:06	00:22:11	00:45:08	01:08:17	01:32:02	01:36:52.70	01:36:58.95	+00:27:16 (28.1%)	4:35	13.1 (72.0%)
129	NOWAK Adam	622		M-40	49	00:00:18	00:22:14	00:44:49	01:07:38	01:31:33	01:36:41.90	01:37:00.40	+00:27:05 (28.0%)	4:34	13.1 (72.0%)
130	MIRONOWICZ Bartłomiej	576		M-30	49	00:00:21	00:21:52	00:44:47	01:08:01	01:31:54	01:36:42.55	01:37:04.35	+00:27:06 (28.0%)	4:35	13.1 (72.0%)
131	CIEŚLIK Paweł	115	CHATEAU CHALIN	M-40	51	00:00:08	00:21:39	00:44:55	01:08:13	01:32:06	01:36:57.45	01:37:05.60	+00:27:21 (28.2%)	4:35	13.1 (72.0%)
132	KONIECZNA Anna	402		K-20	4	00:00:09	00:21:18	00:44:18	01:07:23	01:31:52	01:36:58.95	01:37:08.80	+00:27:22 (28.2%)	4:35	13.1 (72.0%)
133	CZAJKA Roman	122		M-40	50	00:00:14	00:22:48	00:46:07	01:09:00	01:32:17	01:36:57.35	01:37:11.60	+00:27:20 (28.2%)	4:35	13.1 (72.0%)
134	ŁATKA Łukasz	514		M-30	50	00:00:27	00:23:23	00:46:41	01:08:53	01:32:04	01:36:53.30	01:37:20.70	+00:27:16 (28.2%)	4:35	13.1 (72.0%)
135	CZARNIK Jędrzej	126		M-20	20	00:00:21	00:23:27	00:46:45	01:09:20	01:32:30	01:37:04.05	01:37:25.90	+00:27:27 (28.3%)	4:36	13 (71.4%)
136	KUSEK Andrzej	1061		M-40	52	00:00:15	00:22:40	00:45:37	01:08:48	01:32:36	01:37:12.35	01:37:27.90	+00:27:35 (28.4%)	4:36	13 (71.4%)
137	FURMANEK Łukasz	198	KLUB BIEGACZA SANTANDER CONSUMER BANK	M-30	51	00:00:08	00:22:03	00:44:46	01:07:45	01:32:08	01:37:22.25	01:37:31.10	+00:27:45 (28.5%)	4:36	13 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
138	MANDOK Bogdan	532		M-40	55	00:00:03	00:21:11	00:44:57	01:08:30	01:32:35	01:37:37.35	01:37:41.15	+00:28:00 (28.7%)	4:37	13 (71.4%)
139	PTAK Bartłomiej	1118		M-40	53	00:00:21	00:23:28	00:46:47	01:10:23	01:32:56	01:37:20.65	01:37:42.10	+00:27:44 (28.5%)	4:36	13 (71.4%)
140	FLORKIEWICZ Sławomir	192		M-50	6	00:00:12	00:21:52	00:44:32	01:07:42	01:32:27	01:37:35.10	01:37:47.90	+00:27:58 (28.7%)	4:37	13 (71.4%)
141	WOMELA Maciej	973		M-30	52	00:00:26	00:23:22	00:46:41	01:09:19	01:32:33	01:37:23.85	01:37:50.40	+00:27:47 (28.5%)	4:36	13 (71.4%)
142	GÓRECKI Michał	1095	BPSC	M-40	56	00:00:13	00:21:35	00:44:16	01:07:25	01:32:20	01:37:39.45	01:37:52.60	+00:28:03 (28.7%)	4:37	13 (71.4%)
143	KRÓL Dariusz	445	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	57	00:00:04	00:21:58	00:44:57	01:08:28	01:32:40	01:37:49.05	01:37:53.40	+00:28:12 (28.8%)	4:38	12.9 (70.9%)
144	BUJAK Marek	89	#CZELADZBIEGA	M-40	54	00:00:21	00:22:19	00:44:45	01:07:24	01:32:10	01:37:32.60	01:37:54.35	+00:27:56 (28.6%)	4:37	13 (71.4%)
145	NYKIEL Mariusz	630	SOCIOS SILESIA	M-30	54	00:00:16	00:23:31	00:46:51	01:10:27	01:33:11	01:37:40.85	01:37:57.80	+00:28:04 (28.7%)	4:37	13 (71.4%)
146	PIETRUSZEWSKI Marcin	695	BIEGAM BO LUBIĘ	M-30	53	00:00:26	00:23:25	00:46:42	01:09:57	01:32:51	01:37:34.20	01:38:00.45	+00:27:57 (28.7%)	4:37	13 (71.4%)
147	NASTULA Dariusz	601		M-30	55	00:00:16	00:23:30	00:46:49	01:09:40	01:32:55	01:37:44.50	01:38:00.50	+00:28:08 (28.8%)	4:37	13 (71.4%)
148	BEŚKA Sławomir	26	OCHAJORUN & FRIENDS	M-40	60	00:00:05	00:20:54	00:44:10	01:09:34	01:33:15	01:37:59.70	01:38:05.35	+00:28:23 (29.0%)	4:38	12.9 (70.9%)
149	CHEJDYS Krystian	100	BIEGNĘ ALE DOKĄD	M-30	56	00:00:19	00:23:33	00:46:53	01:10:25	01:33:02	01:37:47.85	01:38:07.35	+00:28:11 (28.8%)	4:38	12.9 (70.9%)
150	TRACZUK Marek	915		M-40	57	00:00:19	00:23:30	00:46:49	01:10:26	01:33:08	01:37:48.05	01:38:07.85	+00:28:11 (28.8%)	4:38	12.9 (70.9%)
151	DUDEK Monika	163	PCHSPORTTEAM	K-30	2	00:00:04	00:22:42	00:46:07	01:09:39	01:33:10	01:38:08.35	01:38:12.95	+00:28:31 (29.1%)	4:39	12.9 (70.9%)
152	KOŁODZIEJCZYK Łukasz	1121	UKS KOMETA GLIWICE	M-16	2	00:00:09	00:19:21	00:40:15	01:01:00	01:27:51	01:38:07.55	01:38:17.00	+00:28:31 (29.1%)	4:39	12.9 (70.9%)
153	BEHRENDT Jakub	21	LECE BO CHCE	M-40	58	00:00:28	00:22:43	00:45:32	01:08:37	01:32:50	01:37:55.55	01:38:24.00	+00:28:19 (28.9%)	4:38	12.9 (70.9%)
154	MAZUR Patrycja	557	HURAGAN LIGOTA	K-40	3	00:00:16	00:21:59	00:45:19	01:08:54	01:33:23	01:38:08.50	01:38:24.50	+00:28:32 (29.1%)	4:39	12.9 (70.9%)
155	SZNYDER Wojciech	879		M-40	62	00:00:11	00:23:37	00:46:57	01:10:09	01:33:23	01:38:16.25	01:38:27.35	+00:28:39 (29.2%)	4:39	12.9 (70.9%)
156	ZADEBERNY Amadeusz	992		M-20	22	00:00:26	00:22:46	00:45:42	01:08:16	01:32:27	01:38:03.60	01:38:30.20	+00:28:27 (29.0%)	4:38	12.9 (70.9%)
157	BEŁKOT Arkadiusz	23		M-40	61	00:00:20	00:23:28	00:46:47	01:09:47	01:33:13	01:38:12.20	01:38:33.15	+00:28:35 (29.1%)	4:39	12.9 (70.9%)
157	JAROSZYŃSKI Tomasz	1086		M-20	23	00:00:24	00:23:48	00:47:39	01:10:44	01:33:25	01:38:08.45	01:38:33.15	+00:28:32 (29.1%)	4:39	12.9 (70.9%)
159	WALKOWIAK Piotr	934		M-40	66	00:00:00	00:23:49	00:47:09	01:10:43	01:33:38	01:38:35.30	01:38:35.30	+00:28:58 (29.4%)	4:40	12.8 (70.3%)
160	DYGDON Paweł	168		M-40	63	00:00:06	00:22:41	00:45:38	01:08:49	01:33:22	01:38:31.60	01:38:38.25	+00:28:55 (29.4%)	4:40	12.8 (70.3%)
161	ZYMELA Dawid	1026		M-30	60	00:00:21	00:23:30	00:46:52	01:10:24	01:33:47	01:38:20.60	01:38:42.35	+00:28:44 (29.2%)	4:39	12.9 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
162	FINKBEINER Łukasz	188		M-30	61	00:00:18	00:23:30	00:46:50	01:10:25	01:33:52	01:38:24.35	01:38:43.00	+00:28:47 (29.3%)	4:39	12.9 (70.9%)
163	ŁAKOMY Piotr	1087		M-30	58	00:00:45	00:23:03	00:46:23	01:09:36	01:33:10	01:38:01.40	01:38:46.60	+00:28:24 (29.0%)	4:38	12.9 (70.9%)
164	TORBA Kacper	914	JURASSIC RUNNERS	M-20	21	00:01:02	00:23:51	00:47:24	01:09:33	01:32:56	01:37:48.35	01:38:50.40	+00:28:11 (28.8%)	4:38	12.9 (70.9%)
165	RATAJCZAK Krystian	1092		M-30	62	00:00:23	00:23:58	00:47:12	01:10:23	01:33:55	01:38:32.90	01:38:56.70	+00:28:56 (29.4%)	4:40	12.8 (70.3%)
166	NITKA Sebastian	615		M-40	70	00:00:03	00:21:55	00:45:21	01:09:10	01:33:51	01:38:53.80	01:38:56.85	+00:29:17 (29.6%)	4:41	12.8 (70.3%)
167	KASZOWSKI Marcin	354		M-40	67	00:00:17	00:23:31	00:46:53	01:10:27	01:33:52	01:38:40.35	01:38:58.10	+00:29:03 (29.5%)	4:40	12.8 (70.3%)
168	PIETYSZUK Darek	697	MOSTOSTAL ZABRZE UNITED	M-40	64	00:00:25	00:22:39	00:45:55	01:09:27	01:33:26	01:38:32.90	01:38:58.55	+00:28:56 (29.4%)	4:40	12.8 (70.3%)
169	WRZESIEŃ Dariusz	986		M-30	59	00:00:40	00:23:07	00:46:13	01:09:04	01:33:07	01:38:18.10	01:38:58.70	+00:28:41 (29.2%)	4:39	12.9 (70.9%)
169	WIŚNIEWSKI Jarosław	961	MOSTOSTA:L ZABRZE UNITED	M-40	65	00:00:25	00:22:39	00:45:56	01:09:27	01:33:25	01:38:33.10	01:38:58.70	+00:28:56 (29.4%)	4:40	12.8 (70.3%)
171	DESZYŃSKI Damian	153	ISTA BIEGAMY	M-40	59	00:01:03	00:23:01	00:46:09	01:09:44	01:33:20	01:37:57.85	01:39:01.60	+00:28:21 (28.9%)	4:38	12.9 (70.9%)
172	PĘCHERCZYK Antoni	684		M-50	7	00:00:17	00:23:30	00:46:50	01:09:53	01:33:53	01:38:46.10	01:39:03.55	+00:29:09 (29.5%)	4:40	12.8 (70.3%)
173	MALCHERCZYK Grzegorz	527		M-20	25	00:00:28	00:23:24	00:46:49	01:10:17	01:33:43	01:38:35.60	01:39:03.85	+00:28:59 (29.4%)	4:40	12.8 (70.3%)
174	SIKORA Marek	807	W POGONI ZA DUCHEM	M-40	69	00:00:15	00:23:10	00:46:49	01:10:04	01:33:54	01:38:49.15	01:39:04.95	+00:29:12 (29.6%)	4:40	12.8 (70.3%)
175	KAŁAMARZ Mariusz	339		M-40	71	00:00:06	00:21:52	00:45:09	01:09:28	01:33:58	01:39:04.25	01:39:10.30	+00:29:27 (29.7%)	4:41	12.8 (70.3%)
176	MICHALSKI Jarosław	565	HETMAN TARNOWSKIE GÓRY	M-30	63	00:00:24	00:22:37	00:45:46	01:09:23	01:33:38	01:38:50.70	01:39:15.40	+00:29:14 (29.6%)	4:41	12.8 (70.3%)
177	NIESLER Michał	609	NIGHT RUNNERS GLIWICE	M-30	68	00:00:07	00:23:34	00:46:58	01:10:05	01:34:01	01:39:11.70	01:39:18.90	+00:29:35 (29.8%)	4:42	12.8 (70.3%)
178	LEWICKI Tomasz	506	AKMB PĘDZIWIATR GLIWICE	M-40	73	00:00:10	00:22:49	00:46:01	01:09:34	01:33:58	01:39:10.45	01:39:20.85	+00:29:34 (29.8%)	4:41	12.8 (70.3%)
179	MOJ Adam	583		M-30	64	00:00:26	00:23:25	00:46:48	01:10:21	01:33:55	01:38:54.75	01:39:20.90	+00:29:18 (29.6%)	4:41	12.8 (70.3%)
180	LEWICKA Justyna	505	ISTA BIEGAMY	K-30	3	00:00:10	00:22:50	00:46:01	01:09:39	01:34:01	01:39:11.70	01:39:21.80	+00:29:35 (29.8%)	4:42	12.8 (70.3%)
181	POŚNIAK Tomasz	724	ISTA	M-30	69	00:00:05	00:21:01	00:43:24	01:06:52	01:33:29	01:39:17.45	01:39:23.30	+00:29:41 (29.9%)	4:42	12.7 (69.8%)
182	CHAŁADYN Sławek	99	INŻYNIERIA BIEGANIA	M-30	67	00:00:12	00:22:23	00:45:24	01:08:37	01:34:00	01:39:11.20	01:39:23.60	+00:29:34 (29.8%)	4:42	12.8 (70.3%)
183	KWIATKOWSKI Grzegorz	489		M-40	74	00:00:11	00:21:15	00:44:37	01:09:10	01:34:12	01:39:13.25	01:39:24.40	+00:29:36 (29.8%)	4:42	12.8 (70.3%)
184	WENGLORZ Marcin	942	TBF	M-20	26	00:00:23	00:23:26	00:46:46	01:10:21	01:34:07	01:39:04.45	01:39:27.70	+00:29:28 (29.7%)	4:41	12.8 (70.3%)
185	ODOSZEWSKI Roman	631	OASIS SPORT TEAM	M-40	75	00:00:11	00:22:04	00:45:27	01:09:29	01:34:10	01:39:16.25	01:39:27.80	+00:29:39 (29.9%)	4:42	12.8 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
186	ROGOSZ Michał	764		M-30	65	00:00:28	00:24:17	00:48:33	01:12:19	01:34:35	01:39:00.95	01:39:29.40	+00:29:24 (29.7%)	4:41	12.8 (70.3%)
187	OPIŁEK Marek	640	EUVIC	M-30	66	00:00:26	00:23:06	00:46:15	01:09:14	01:33:52	01:39:06.15	01:39:32.25	+00:29:29 (29.8%)	4:41	12.8 (70.3%)
188	BORTEL Mirosław	62	40 LATEK SPLA TYCHY	M-40	77	00:00:01	00:22:58	00:47:05	01:10:19	01:34:17	01:39:33.70	01:39:35.05	+00:29:57 (30.1%)	4:43	12.7 (69.8%)
189	ORZECH Michał	645	MUSTANGI GLIWICE	M-30	71	00:00:15	00:23:09	00:46:38	01:09:41	01:34:18	01:39:21.80	01:39:37.75	+00:29:45 (29.9%)	4:42	12.7 (69.8%)
190	KOWYNIA Grzegorz	423	ANTONTEAM	M-20	24	00:01:09	00:24:27	00:48:16	01:11:22	01:33:55	01:38:29.50	01:39:38.65	+00:28:53 (29.3%)	4:40	12.9 (70.9%)
191	BIELA Grzegorz	37	GIBKE GIZDY	M-30	73	00:00:09	00:21:50	00:44:57	01:08:41	01:33:56	01:39:29.85	01:39:38.90	+00:29:53 (30.0%)	4:42	12.7 (69.8%)
192	HERNACKI Karol	285	LISWARTA KRZEPICE	M-30	72	00:00:16	00:22:03	00:44:14	01:07:03	01:33:32	01:39:23.00	01:39:39.20	+00:29:46 (30.0%)	4:42	12.7 (69.8%)
193	ZIOBER Grzegorz	1017	SPARTA PLATFUS	M-40	68	00:00:53	00:24:06	00:47:28	01:10:25	01:33:51	01:38:46.35	01:39:39.95	+00:29:09 (29.5%)	4:40	12.8 (70.3%)
194	KRUK Grzegorz	449		M-50	8	00:00:22	00:23:35	00:47:10	01:10:44	01:34:31	01:39:20.85	01:39:43.80	+00:29:44 (29.9%)	4:42	12.7 (69.8%)
195	KRAICZICZEK Krzysztof	431	KELLER WILLIAMS POWER TEAM	M-40	76	00:00:25	00:23:23	00:46:44	01:10:23	01:34:18	01:39:29.40	01:39:54.40	+00:29:52 (30.0%)	4:42	12.7 (69.8%)
196	KRZYCKI Łukasz	454		M-30	70	00:00:38	00:24:24	00:48:14	01:11:40	01:34:43	01:39:19.65	01:39:57.90	+00:29:43 (29.9%)	4:42	12.7 (69.8%)
197	MAY-MAJEWSKI Michał	551	4 M	M-30	74	00:00:24	00:23:38	00:47:18	01:10:49	01:34:33	01:39:33.95	01:39:58.80	+00:29:57 (30.1%)	4:43	12.7 (69.8%)
198	ŚLIWA Paweł	901		M-20	27	00:00:40	00:23:11	00:46:30	01:10:04	01:34:11	01:39:20.15	01:40:00.40	+00:29:43 (29.9%)	4:42	12.7 (69.8%)
199	SOBANIA Tomasz	823	PIAST GLIWICE/ PACEMAKER	M-20	29	00:00:16	00:23:31	00:46:51	01:10:27	01:33:54	01:39:44.00	01:40:00.90	+00:30:07 (30.2%)	4:43	12.7 (69.8%)
200	WILK Dawid	954	PACEMAKER	M-30	75	00:00:16	00:23:31	00:46:53	01:10:29	01:34:17	01:39:45.00	01:40:01.85	+00:30:08 (30.2%)	4:43	12.7 (69.8%)
201	UKLAŃSKI Krzysztof	925	EUVIC	M-20	28	00:00:19	00:23:29	00:46:48	01:10:25	01:34:31	01:39:43.25	01:40:02.30	+00:30:06 (30.2%)	4:43	12.7 (69.8%)
202	WÓJCIK Dariusz	981		M-40	78	00:00:13	00:22:20	00:45:29	01:09:15	01:34:30	01:39:50.95	01:40:04.75	+00:30:14 (30.3%)	4:43	12.7 (69.8%)
203	OSOJCA Mariusz	649	FLUOR	M-40	72	00:01:00	00:23:49	00:47:33	01:10:40	01:34:20	01:39:06.05	01:40:06.70	+00:29:29 (29.8%)	4:41	12.8 (70.3%)
204	GDOWSKI Sławek	216	SPASIONE MIŚKI	M-30	76	00:00:19	00:23:33	00:46:57	01:10:33	01:34:50	01:39:48.10	01:40:07.35	+00:30:11 (30.3%)	4:43	12.7 (69.8%)
205	KUBERA Dawid	457	ALWAYSINMOTION.PL	M-30	78	00:00:11	00:22:05	00:45:52	01:10:39	01:35:12	01:40:07.60	01:40:18.95	+00:30:31 (30.5%)	4:44	12.6 (69.2%)
206	REMIORZ Piotr	1071		M-50	9	00:00:36	00:22:55	00:46:26	01:10:25	01:34:39	01:39:45.90	01:40:22.40	+00:30:09 (30.2%)	4:43	12.7 (69.8%)
207	SEROCKI Michał	799		M-30	77	00:00:30	00:23:33	00:47:01	01:10:33	01:34:52	01:39:57.30	01:40:28.25	+00:30:20 (30.4%)	4:44	12.7 (69.8%)
208	ŻABIŃSKI Tomasz	1027		M-20	30	00:00:18	00:23:33	00:47:00	01:10:35	01:34:59	01:40:13.20	01:40:31.85	+00:30:36 (30.5%)	4:44	12.6 (69.2%)
209	WIELOCH Agnieszka	947	HURAGAN LIGOTA/AMBITNI AMATORZY	K-30	4	00:00:20	00:23:31	00:47:23	01:11:15	01:35:24	01:40:14.50	01:40:35.05	+00:30:38 (30.6%)	4:45	12.6 (69.2%)

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			
210	GRZONDZIEL Mirek	268	HURAGAN LIGOTA	M-40	80	00:00:18	00:23:31	00:46:54	01:10:50	01:35:22	01:40:16.65	01:40:35.15	+00:30:40 (30.6%)	4:45	12.6 (69.2%)
211	MIECZNIKOWSKI Jacek	569		M-40	81	00:00:19	00:22:54	00:46:25	01:09:53	01:35:01	01:40:20.90	01:40:40.40	+00:30:44 (30.6%)	4:45	12.6 (69.2%)
212	WASZAK Damian	937		M-40	79	00:00:31	00:24:23	00:48:28	01:11:59	01:35:18	01:40:14.85	01:40:46.55	+00:30:38 (30.6%)	4:45	12.6 (69.2%)
213	POJDA Grzegorz	716	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	83	00:00:21	00:23:09	00:46:42	01:10:26	01:35:22	01:40:32.60	01:40:53.60	+00:30:56 (30.8%)	4:45	12.6 (69.2%)
214	BAJOREK Dawid	9	BIEGAM W KATO	M-20	31	00:00:11	00:24:07	00:48:30	01:12:14	01:36:09	01:40:43.80	01:40:55.05	+00:31:07 (30.9%)	4:46	12.6 (69.2%)
215	WYRZGOL Andrzej	988		M-40	82	00:00:32	00:23:29	00:47:20	01:11:26	01:35:29	01:40:26.35	01:40:58.70	+00:30:49 (30.7%)	4:45	12.6 (69.2%)
216	BROLL Rafał	72		M-40	84	00:00:17	00:23:30	00:46:50	01:10:42	01:35:35	01:40:44.80	01:41:02.05	+00:31:08 (30.9%)	4:46	12.6 (69.2%)
217	RUSZCZYK Marek	775		M-40	85	00:00:24	00:23:33	00:47:28	01:11:18	01:35:48	01:40:47.40	01:41:11.85	+00:31:10 (30.9%)	4:46	12.6 (69.2%)
218	BOGACZ Paweł	52		M-30	81	00:00:13	00:22:51	00:46:51	01:11:02	01:35:49	01:41:03.30	01:41:16.30	+00:31:26 (31.1%)	4:47	12.5 (68.7%)
219	SZAFRAŃSKI Michał	868		M-40	87	00:00:23	00:23:34	00:47:29	01:11:35	01:36:00	01:40:55.20	01:41:19.15	+00:31:18 (31.0%)	4:47	12.5 (68.7%)
220	MEJER Krzysztof	559	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	12	00:00:17	00:23:15	00:46:46	01:10:34	01:35:48	01:41:02.10	01:41:20.00	+00:31:25 (31.1%)	4:47	12.5 (68.7%)
221	OWCZAREK Paweł	653		M-40	86	00:00:30	00:24:06	00:48:05	01:11:38	01:35:53	01:40:50.45	01:41:20.50	+00:31:14 (31.0%)	4:46	12.6 (69.2%)
222	PURCZYŃSKI Jan	744		M-50	11	00:00:36	00:24:31	00:48:35	01:12:26	01:35:59	01:40:45.40	01:41:21.65	+00:31:08 (30.9%)	4:46	12.6 (69.2%)
223	BEHRENDT Bartek	1045		M-50	10	00:00:57	00:23:45	00:47:13	01:11:25	01:35:28	01:40:24.85	01:41:21.95	+00:30:48 (30.7%)	4:45	12.6 (69.2%)
224	MACHALICA Dominik	1062		M-30	80	00:00:35	00:23:16	00:46:41	01:10:29	01:35:27	01:40:51.55	01:41:26.85	+00:31:15 (31.0%)	4:46	12.6 (69.2%)
225	DYMEK Bartosz	172		M-30	79	00:00:56	00:24:15	00:48:26	01:11:59	01:35:46	01:40:37.95	01:41:34.20	+00:31:01 (30.8%)	4:46	12.6 (69.2%)
226	TANISTRA - SŁOWIK Katarzyna	906	HURAGAN LIGOTA	K-40	4	00:00:20	00:23:27	00:46:51	01:11:04	01:36:09	01:41:18.70	01:41:38.75	+00:31:42 (31.3%)	4:48	12.5 (68.7%)
227	GRAETSCH Sebastian	252	VATTENFALL	M-30	86	00:00:09	00:21:03	00:44:42	01:09:32	01:35:55	01:41:29.85	01:41:39.20	+00:31:53 (31.4%)	4:48	12.5 (68.7%)
228	BOTOR Mateusz	67		M-30	82	00:00:28	00:23:38	00:47:25	01:11:32	01:36:11	01:41:15.60	01:41:43.80	+00:31:39 (31.3%)	4:47	12.5 (68.7%)
229	BURCZYK Klaudiusz	94		M-30	88	00:00:08	00:22:29	00:45:42	01:09:21	01:35:37	01:41:37.85	01:41:46.70	+00:32:01 (31.5%)	4:49	12.5 (68.7%)
230	MIKULSKI Jacek	573		M-30	85	00:00:20	00:23:50	00:47:27	01:11:16	01:36:06	01:41:28.30	01:41:49.15	+00:31:51 (31.4%)	4:48	12.5 (68.7%)
231	SKRZYPEK Krzysztof	817		M-40	90	00:00:18	00:23:34	00:47:31	01:11:34	01:36:24	01:41:34.00	01:41:52.00	+00:31:57 (31.5%)	4:48	12.5 (68.7%)
232	KLEPACKA-GANCARZ Barbara	372	MUSTANGI GLIWICE	K-40	5	00:00:16	00:23:08	00:47:26	01:11:36	01:36:29	01:41:37.55	01:41:53.75	+00:32:01 (31.5%)	4:48	12.5 (68.7%)
233	NOWAKOWSKI Dominik	1078		M-20	32	00:00:11	00:21:21	00:46:48	01:10:23	01:36:29	01:41:44.00	01:41:55.75	+00:32:07 (31.6%)	4:49	12.4 (68.1%)

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			
234	WOŁOSZ Marcin	972	QUERCUS ON TOUR	M-40	88	00:00:33	00:23:57	00:48:10	01:12:14	01:36:26	01:41:22.60	01:41:56.00	+00:31:46 (31.3%)	4:48	12.5 (68.7%)
235	JANECZEK Marek	303		M-40	91	00:00:17	00:23:34	00:47:10	01:11:25	01:36:27	01:41:40.55	01:41:58.30	+00:32:04 (31.5%)	4:49	12.5 (68.7%)
236	RYBIŃSKI Łukasz	780	EŁKA TEAM	M-30	83	00:00:44	00:23:10	00:46:53	01:10:53	01:35:54	01:41:16.45	01:42:01.15	+00:31:40 (31.3%)	4:48	12.5 (68.7%)
237	RAWŁUSZEWICZ Waldemar	756		M-50	13	00:00:16	00:23:43	00:47:25	01:11:03	01:36:03	01:41:48.30	01:42:05.05	+00:32:11 (31.6%)	4:49	12.4 (68.1%)
238	ZIELONKA Jacek	1011	PSOFIX	M-30	84	00:00:53	00:23:55	00:48:12	01:12:17	01:36:35	01:41:18.20	01:42:12.05	+00:31:41 (31.3%)	4:48	12.5 (68.7%)
239	KILAN Przemysław	366	KB FLORIAN ZAJĄCZKI DRUGIE	M-20	33	00:00:07	00:20:53	00:42:31	01:06:17	01:34:28	01:42:05.10	01:42:12.35	+00:32:28 (31.8%)	4:50	12.4 (68.1%)
240	MŁYŃCZAK Piotr	579	EUVIC GLIWICE	M-40	92	00:00:30	00:23:38	00:47:30	01:11:37	01:36:29	01:41:43.60	01:42:13.80	+00:32:07 (31.6%)	4:49	12.4 (68.1%)
241	MAZUR Krzysztof	552	OPEL ACTIVE TEAM	M-40	89	00:01:01	00:24:03	00:47:43	01:11:11	01:35:45	01:41:25.00	01:42:26.00	+00:31:48 (31.4%)	4:48	12.5 (68.7%)
242	NORBERT Teichmann	619		M-50	14	00:00:00	00:24:17	00:48:38	01:12:05	01:37:19	01:42:26.25	01:42:26.25	+00:32:49 (32.0%)	4:51	12.4 (68.1%)
243	SAKOWSKI Maciej	788	HURAGAN LIGOTA	M-40	95	00:00:17	00:23:30	00:46:50	01:11:06	01:36:40	01:42:09.60	01:42:27.05	+00:32:33 (31.9%)	4:50	12.4 (68.1%)
244	WÓJCIK Rafał	977		M-40	94	00:00:20	00:23:32	00:47:16	01:11:43	01:37:09	01:42:08.05	01:42:29.00	+00:32:31 (31.8%)	4:50	12.4 (68.1%)
245	MOJ Tomasz	582		M-40	96	00:00:23	00:23:26	00:46:48	01:10:56	01:36:57	01:42:13.75	01:42:37.30	+00:32:37 (31.9%)	4:50	12.4 (68.1%)
246	ZIELIŃSKI Jacek	1009		M-30	87	00:01:05	00:23:55	00:47:37	01:11:07	01:36:03	01:41:35.00	01:42:40.95	+00:31:58 (31.5%)	4:48	12.5 (68.7%)
247	TYSZKIEWICZ Cuma	920		M-40	93	00:00:54	00:23:45	00:47:53	01:11:55	01:36:50	01:41:58.80	01:42:53.65	+00:32:22 (31.7%)	4:50	12.4 (68.1%)
248	HERTMAN Paweł	286		M-20	34	00:00:18	00:23:33	00:47:00	01:10:45	01:36:59	01:42:55.05	01:43:13.55	+00:33:18 (32.4%)	4:52	12.3 (67.6%)
249	JĘDRUŚ Jakub	319	DZIK LIGOTA	M-20	36	00:00:03	00:22:30	00:48:18	01:13:26	01:38:08	01:43:13.65	01:43:17.40	+00:33:37 (32.6%)	4:53	12.3 (67.6%)
250	JAGIEŁA Michał	300		M-30	94	00:00:07	00:24:19	00:48:49	01:13:14	01:38:14	01:43:10.50	01:43:18.45	+00:33:34 (32.5%)	4:53	12.3 (67.6%)
251	PILCH-NANOWSKA Agnieszka	701		K-40	6	00:00:22	00:23:49	00:48:14	01:13:03	01:37:59	01:42:56.75	01:43:18.80	+00:33:20 (32.4%)	4:52	12.3 (67.6%)
252	GŁOGOWSKI Konrad	228		M-30	91	00:00:22	00:24:25	00:49:15	01:13:45	01:38:11	01:42:59.65	01:43:21.90	+00:33:23 (32.4%)	4:52	12.3 (67.6%)
253	JUDA Artur	324		M-40	98	00:00:32	00:24:20	00:48:34	01:12:48	01:37:50	01:42:50.40	01:43:23.30	+00:33:13 (32.3%)	4:52	12.3 (67.6%)
254	NITARSKI Patryk	614	NIGHT RUNNERS GLIWICE	M-40	97	00:00:36	00:24:15	00:48:30	01:12:56	01:37:52	01:42:47.85	01:43:24.25	+00:33:11 (32.3%)	4:52	12.3 (67.6%)
255	BUKOWIEC Szymon	92		M-20	35	00:00:16	00:23:27	00:48:01	01:12:21	01:37:45	01:43:12.00	01:43:28.60	+00:33:35 (32.6%)	4:53	12.3 (67.6%)
256	WIDERA Marek	944	SORBCHEM	M-30	92	00:00:30	00:23:07	00:46:31	01:10:31	01:37:09	01:43:00.00	01:43:30.05	+00:33:23 (32.4%)	4:52	12.3 (67.6%)
257	NIESZPOREK Adam	610	RUN-3	M-40	99	00:00:15	00:23:15	00:46:51	01:11:00	01:37:19	01:43:17.60	01:43:32.70	+00:33:41 (32.6%)	4:53	12.3 (67.6%)

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			
258	MARCINIAK Rafał	535	1986	M-30	89	00:01:14	00:24:48	00:49:26	01:13:43	01:37:43	01:42:22.45	01:43:37.10	+00:32:46 (32.0%)	4:51	12.4 (68.1%)
259	RYGOL Daniel	782	GIBKE GIZDY	M-20	37	00:00:17	00:23:41	00:47:56	01:12:46	01:38:15	01:43:26.15	01:43:43.85	+00:33:49 (32.7%)	4:54	12.2 (67.0%)
260	PIKULSKI Łukasz	699		M-30	95	00:00:27	00:23:37	00:47:42	01:12:08	01:37:56	01:43:17.50	01:43:45.20	+00:33:41 (32.6%)	4:53	12.3 (67.6%)
261	BRODEK Andrzej	69	CERTUM	M-50	16	00:00:10	00:22:33	00:46:52	01:11:56	01:38:07	01:43:35.50	01:43:46.40	+00:33:59 (32.8%)	4:54	12.2 (67.0%)
262	SOTER Bartłomiej	833		M-30	90	00:01:07	00:23:56	00:48:10	01:12:02	01:37:24	01:42:39.55	01:43:46.90	+00:33:03 (32.2%)	4:51	12.3 (67.6%)
263	CHRZAŚCIK Tomasz	105		M-30	93	00:00:39	00:24:16	00:48:30	01:13:03	01:38:03	01:43:09.70	01:43:49.30	+00:33:33 (32.5%)	4:53	12.3 (67.6%)
264	KRÓL Artur	446	NGK RUNNING TEAM	M-30	97	00:00:20	00:24:56	00:49:50	01:14:13	01:38:26	01:43:29.70	01:43:50.65	+00:33:53 (32.7%)	4:54	12.2 (67.0%)
265	SROCZYŃSKI Dariusz	836		M-40	102	00:00:20	00:24:55	00:49:50	01:14:13	01:38:26	01:43:30.20	01:43:50.85	+00:33:53 (32.7%)	4:54	12.2 (67.0%)
266	WOJTUKIEWICZ Artur	967	DHL RUN CLUB	M-40	100	00:00:24	00:24:52	00:49:46	01:14:09	01:38:22	01:43:27.60	01:43:51.75	+00:33:51 (32.7%)	4:54	12.2 (67.0%)
267	HOMOTIUK Michał	291		M-40	101	00:00:29	00:23:54	00:48:34	01:13:01	01:38:17	01:43:29.10	01:43:59.00	+00:33:52 (32.7%)	4:54	12.2 (67.0%)
268	CYGAN Piotr	120		M-50	15	00:00:42	00:24:08	00:48:24	01:12:43	01:37:59	01:43:22.75	01:44:05.20	+00:33:46 (32.7%)	4:53	12.2 (67.0%)
269	PLUCIŃSKI Michał	709		M-30	96	00:00:39	00:23:50	00:48:03	01:12:45	01:38:06	01:43:28.85	01:44:08.75	+00:33:52 (32.7%)	4:54	12.2 (67.0%)
270	KOPEĆ Tomasz	406		M-40	105	00:00:13	00:23:03	00:47:29	01:12:10	01:38:19	01:43:56.35	01:44:10.15	+00:34:19 (33.0%)	4:55	12.2 (67.0%)
271	PRZYŁUDZKI Janusz	741		M-60	2	00:00:45	00:24:47	00:49:56	01:14:16	01:38:36	01:43:33.40	01:44:18.95	+00:33:56 (32.8%)	4:54	12.2 (67.0%)
272	KURCZEK Tomasz	477		M-40	103	00:00:45	00:24:52	00:49:57	01:14:24	01:38:35	01:43:33.65	01:44:19.00	+00:33:57 (32.8%)	4:54	12.2 (67.0%)
273	ZIÓŁKOWSKI Grzegorz	1018		M-50	17	00:00:30	00:23:20	00:46:42	01:10:53	01:37:55	01:43:50.15	01:44:20.80	+00:34:13 (33.0%)	4:55	12.2 (67.0%)
274	SKORUPA Mariusz	1106		M-40	104	00:00:39	01:12:23			01:38:08	01:43:49.50	01:44:28.65	+00:34:13 (33.0%)	4:55	12.2 (67.0%)
275	STOPPEL Piotr	854		M-20	38	00:00:43	00:24:29	00:49:21	01:13:53	01:38:47	01:43:53.10	01:44:36.85	+00:34:16 (33.0%)	4:55	12.2 (67.0%)
276	SKLORZ Marcin	813		M-20	40	00:00:36	00:24:20	00:48:36	01:12:58	01:38:32	01:44:01.35	01:44:38.25	+00:34:24 (33.1%)	4:55	12.2 (67.0%)
277	PIETRAS Sylwia	694	MIECHOWICKA GRUPA BIEGOWA	K-30	6	00:00:14	00:24:56	00:50:17	01:15:11	01:39:44	01:44:25.15	01:44:39.85	+00:34:48 (33.3%)	4:56	12.1 (66.5%)
278	BUK Marcin	91	TRIDIVISION	M-30	98	00:00:48	00:23:39	00:47:46	01:12:44	01:38:25	01:43:55.15	01:44:44.10	+00:34:18 (33.0%)	4:55	12.2 (67.0%)
279	WÓJCIKOWSKI Mateusz	982	ANICA TEAM	M-20	41	00:00:23	00:23:28	00:47:05	01:12:00	01:38:41	01:44:21.85	01:44:44.95	+00:34:45 (33.3%)	4:56	12.1 (66.5%)
280	WIERZCHOWSKI Jędrzej	949		M-30	99	00:00:34	00:24:16	00:48:31	01:12:58	01:38:44	01:44:11.40	01:44:45.45	+00:34:34 (33.2%)	4:56	12.2 (67.0%)
281	TRZEWICZEK Marcin	917		M-40	108	00:00:28	00:22:48	00:46:22	01:10:37	01:38:42	01:44:20.95	01:44:49.85	+00:34:44 (33.3%)	4:56	12.1 (66.5%)

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			
282	KOCUR Patryk	391		M-40	109	00:00:21	00:24:31	00:48:49	01:13:06	01:39:08	01:44:29.25	01:44:50.85	+00:34:52 (33.4%)	4:57	12.1 (66.5%)
283	GAWENDA Dariusz	210		M-40	106	00:00:35	00:24:12	00:49:10	01:13:59	01:38:49	01:44:15.85	01:44:51.80	+00:34:39 (33.2%)	4:56	12.1 (66.5%)
284	ŻABICKI Mariusz	1091		M-30	101	00:00:26	00:24:02	00:48:45	01:13:21	01:39:03	01:44:26.30	01:44:52.70	+00:34:49 (33.4%)	4:56	12.1 (66.5%)
285	RAK-SŁOMCZYŃSKA Magdalena	753		K-30	5	00:00:35	00:23:47	00:48:16	01:13:05	01:38:59	01:44:18.00	01:44:53.65	+00:34:41 (33.3%)	4:56	12.1 (66.5%)
286	SMYK Robert	1050	NIGHT RUNNERS GLIWICE	M-40	107	00:00:35	00:24:16	00:48:38	01:12:57	01:39:19	01:44:18.80	01:44:54.15	+00:34:42 (33.3%)	4:56	12.1 (66.5%)
287	ŻMIJEWSKI Dariusz	1094		M-50	18	00:00:38	00:23:40	00:47:55	01:12:35	01:38:53	01:44:15.75	01:44:54.45	+00:34:39 (33.2%)	4:56	12.1 (66.5%)
287	MACZUGA Bartłomiej	522	PACEMAKER	M-30	100	00:00:34	00:24:16	00:48:31	01:12:58	01:39:20	01:44:20.20	01:44:54.45	+00:34:43 (33.3%)	4:56	12.1 (66.5%)
289	STANACH Tomasz	840		M-20	42	00:00:35	00:24:17	00:48:37	01:12:52	01:39:28	01:44:50.30	01:45:25.90	+00:35:13 (33.6%)	4:58	12.1 (66.5%)
290	PUŁA Adrian	743	SREBRNI BIEGACZE TG / SZOMBIERKI DREAM TEAM	M-40	110	00:00:48	00:25:15	00:50:09	01:14:29	01:39:11	01:44:37.85	01:45:26.10	+00:35:01 (33.5%)	4:57	12.1 (66.5%)
291	OSZYWA Damian	1065		M-30	103	00:00:19	00:23:34	00:47:29	01:12:34	01:39:35	01:45:08.25	01:45:27.75	+00:35:31 (33.8%)	4:58	12 (65.9%)
292	ZWOLIŃSKI Gabriel	1023	AERO-SYSTEM.PL	M-30	104	00:00:19	00:23:33	00:48:05	01:13:34	01:39:43	01:45:11.45	01:45:30.50	+00:35:35 (33.8%)	4:59	12 (65.9%)
293	MRZYK Ireneusz	590	BIEGACZE MOGĄ DŁUŻEJ	M-30	102	00:00:38	00:24:26	00:49:09	01:14:16	01:39:53	01:44:54.70	01:45:33.10	+00:35:18 (33.7%)	4:58	12.1 (66.5%)
294	MORCHAT Paweł	586	#CZELADZBIEGA	M-40	112	00:00:50	00:24:47	00:49:53	01:14:17	01:39:19	01:44:42.25	01:45:33.15	+00:35:05 (33.5%)	4:57	12.1 (66.5%)
295	OZYP Mariusz	654		M-30	107	00:00:02	00:24:32	00:49:32	01:14:38	01:40:26	01:45:32.45	01:45:34.80	+00:35:56 (34.0%)	5:00	12 (65.9%)
296	KRAJEWSKI Radosław	433		M-30	105	00:00:23	00:24:01	00:48:41	01:13:53	01:39:57	01:45:17.75	01:45:41.10	+00:35:41 (33.9%)	4:59	12 (65.9%)
297	JABŁOŃSKI Łukasz	298	FIS-SST TEAM	M-20	39	00:01:42	00:25:11	00:49:27	01:13:47	01:38:34	01:43:59.05	01:45:41.60	+00:34:22 (33.1%)	4:55	12.2 (67.0%)
298	PŁATEK Michał	711		M-20	45	00:00:00				01:40:02	01:45:51.30	01:45:51.30	+00:36:14 (34.2%)	5:00	12 (65.9%)
299	NASIENIAK-CZECH Anna	600		K-40	7	00:00:44	00:25:05	00:50:09	01:14:44	01:40:01	01:45:07.85	01:45:51.90	+00:35:31 (33.8%)	4:58	12 (65.9%)
300	SIELSKA Joanna	803	OPEL ACTIVE TEAM	K-40	8	00:00:09	00:24:06	00:48:55	01:13:57	01:40:22	01:45:45.75	01:45:54.80	+00:36:09 (34.2%)	5:00	12 (65.9%)
301	MYSLIWIEC Wojciech	595	DYSTANS LUBOMIA	M-30	109	00:00:20	00:23:29	00:47:01	01:13:03	01:40:06	01:45:48.90	01:46:09.35	+00:36:12 (34.2%)	5:00	12 (65.9%)
302	KURNAKOWSKI Michał	478	BIEGACZE MOGĄ DŁUŻEJ	M-30	106	00:00:51	00:25:10	00:50:32	01:15:33	01:40:26	01:45:20.20	01:46:11.75	+00:35:43 (33.9%)	4:59	12 (65.9%)
303	PYZIK Tomasz	749	DRUŻYNA MOJACUKRZYCA.PL	M-40	113	00:00:57	00:24:37	00:49:37	01:14:20	01:39:55	01:45:14.30	01:46:12.00	+00:35:37 (33.9%)	4:59	12 (65.9%)
304	KOZIOŁ Artur	428	PORANNY PATROL	M-40	111	00:01:35	00:24:18	00:48:46	01:13:35	01:39:06	01:44:38.95	01:46:14.00	+00:35:02 (33.5%)	4:57	12.1 (66.5%)
305	MACYSZUJ Waldemar	1054		M-50	19	00:00:45	00:24:43	00:49:22	01:14:12	01:40:05	01:45:32.15	01:46:17.35	+00:35:55 (34.0%)	5:00	12 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
306	SOWIAR Maciej	1102	ANTONTEAM	M-20	44	00:00:35	00:24:21	00:48:54	01:13:16	01:40:26	01:45:43.00	01:46:18.00	+00:36:06 (34.2%)	5:00	12 (65.9%)
307	DOBOSZ Daniel	156		M-40	114	00:00:41	00:23:15	00:47:45	01:13:08	01:40:06	01:45:38.45	01:46:20.05	+00:36:02 (34.1%)	5:00	12 (65.9%)
308	BLOCH Grzegorz	43	WR1 OYAMA KARATE KATOWICE	M-30	110	00:00:29	00:23:21	00:47:33	01:12:35	01:40:01	01:45:54.95	01:46:24.00	+00:36:18 (34.3%)	5:01	12 (65.9%)
309	UJMA Michał	924		M-30	111	00:00:16	00:23:52	00:48:50	01:14:38	01:40:57	01:46:14.35	01:46:31.20	+00:36:37 (34.5%)	5:02	11.9 (65.4%)
310	PUDLO Arkadiusz	1051	DASIS TEAM CLUB	M-40	116	00:00:24	00:23:24	00:47:22	01:13:04	01:40:15	01:46:19.60	01:46:44.00	+00:36:43 (34.5%)	5:02	11.9 (65.4%)
311	SALAMON Emil	789	OPEL ACTIVE TEAM	M-30	113	00:00:26	00:24:47	00:49:37	01:14:29	01:40:54	01:46:19.80	01:46:46.35	+00:36:43 (34.5%)	5:02	11.9 (65.4%)
312	STASIEWSKI Dawid	844	DTIQ POLAND	M-20	43	00:01:42	00:24:46	00:49:44	01:13:49	01:39:46	01:45:05.20	01:46:47.75	+00:35:28 (33.8%)	4:58	12 (65.9%)
313	DOMAŃSKI Marcin	1067	RUNNINGFISH74	M-40	115	00:00:48	00:25:08	00:49:56	01:14:51	01:40:39	01:46:06.60	01:46:55.00	+00:36:30 (34.4%)	5:01	11.9 (65.4%)
314	PACUŁA Piotr	656	AKMB PĘDZIWIATR GLIWICE	M-60	3	00:00:01	00:24:22	00:49:30	01:15:18	01:41:26	01:47:05.05	01:47:06.40	+00:37:28 (35.0%)	5:04	11.8 (64.8%)
315	SZOTA Wojciech	886		M-40	117	00:00:39	00:26:59	00:53:00	01:17:56	01:41:41	01:46:30.85	01:47:10.15	+00:36:54 (34.6%)	5:02	11.9 (65.4%)
316	POLUS Agnieszka	719		K-20	5	00:00:54	00:24:16	00:48:50	01:14:00	01:40:42	01:46:17.55	01:47:11.70	+00:36:41 (34.5%)	5:02	11.9 (65.4%)
317	MATUSZNY Krzysztof	549		M-20	47	00:00:27	00:25:21	00:51:13	01:16:13	01:41:38	01:46:47.55	01:47:14.55	+00:37:11 (34.8%)	5:03	11.9 (65.4%)
318	KAJSTURA Tomasz	335		M-30	114	00:00:32	00:24:34	00:49:01	01:13:53	01:40:39	01:46:45.05	01:47:17.40	+00:37:08 (34.8%)	5:03	11.9 (65.4%)
319	MEOSI Alessandro	560		M-20	46	00:01:00	00:27:09	00:54:45	01:17:55	01:41:26	01:46:17.50	01:47:18.30	+00:36:41 (34.5%)	5:02	11.9 (65.4%)
320	CZERNEK Marek	131	BIEGAJ Z TRENERAMI	M-40	118	00:00:17	00:24:33	00:49:32	01:15:43	01:42:02	01:47:12.50	01:47:29.65	+00:37:36 (35.1%)	5:04	11.8 (64.8%)
321	ADAMSKI Daniel	1066		M-30	108	00:01:55	00:24:31	00:49:33	01:14:15	01:40:16	01:45:37.30	01:47:32.90	+00:36:00 (34.1%)	5:00	12 (65.9%)
322	LASICZ Aleksandra	1111		K-40	9	00:00:58	00:25:01	00:49:45	01:14:55	01:41:04	01:46:34.90	01:47:33.10	+00:36:58 (34.7%)	5:03	11.9 (65.4%)
323	PŁONKA Krzysztof	712		M-50	21	00:00:34	00:24:07	00:48:28	01:13:27	01:41:22	01:47:05.85	01:47:40.75	+00:37:29 (35.0%)	5:04	11.8 (64.8%)
324	SZOTA Magdalena	885		K-40	10	00:00:39	00:25:03	00:50:26	01:16:03	01:41:42	01:47:03.10	01:47:42.30	+00:37:26 (35.0%)	5:04	11.8 (64.8%)
325	JANTAS Andrzej	310		M-50	20	00:00:57	00:24:58	00:50:09	01:15:32	01:41:15	01:46:47.45	01:47:44.70	+00:37:11 (34.8%)	5:03	11.9 (65.4%)
326	WOŹNICZKO Robert	976	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	112	00:01:28	00:24:53	00:50:11	01:15:44	01:41:16	01:46:16.45	01:47:45.10	+00:36:40 (34.5%)	5:02	11.9 (65.4%)
327	URBASIK Mariusz	931		M-50	22	00:00:34	00:24:53	00:50:03	01:15:33	01:41:49	01:47:11.60	01:47:46.30	+00:37:35 (35.1%)	5:04	11.8 (64.8%)
328	ADAMCZAK Barbara	1	TRAVOIS	K-30	7	00:00:48	00:25:09	00:50:04	01:15:28	01:41:34	01:46:59.20	01:47:47.35	+00:37:22 (34.9%)	5:04	11.8 (64.8%)
329	LUBICKI Wojciech	512	BRAK	M-50	24	00:00:16	00:24:35	00:49:29	01:15:07	01:41:54	01:47:37.80	01:47:54.65	+00:38:01 (35.3%)	5:06	11.8 (64.8%)

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			
330	BICZYSKI Paweł	35		M-30	116	00:00:35	00:24:16	00:48:46	01:14:17	01:41:34	01:47:20.30	01:47:55.90	+00:37:43 (35.2%)	5:05	11.8 (64.8%)
331	WASIK Marcin	936	MUSTANGI GLIWICE	M-40	120	00:00:36	00:24:16	00:48:38	01:13:03	01:40:40	01:47:29.10	01:48:05.50	+00:37:52 (35.2%)	5:05	11.8 (64.8%)
332	SCHAB Bartłomiej	793		M-30	115	00:01:10	00:24:33	00:49:28	01:14:35	01:41:13	01:46:57.85	01:48:08.30	+00:37:21 (34.9%)	5:04	11.8 (64.8%)
333	SULIN Marek	863	SPARTANIE DZIECIOM	M-40	125	00:00:13	00:24:19	00:49:40	01:16:07	01:42:35	01:47:55.10	01:48:08.85	+00:38:18 (35.5%)	5:06	11.7 (64.3%)
334	GOLA Daniel	236		M-20	50	00:00:36	00:24:37	00:49:41	01:14:54	01:41:36	01:47:33.60	01:48:10.30	+00:37:57 (35.3%)	5:05	11.8 (64.8%)
335	PACZKA Michał	657	GLIWICE	M-50	23	00:00:51	00:26:48	00:52:45	01:17:33	01:42:25	01:47:20.20	01:48:11.95	+00:37:43 (35.2%)	5:05	11.8 (64.8%)
336	CEDRO Damian	97	BOSSE NOGI MALINKA OPOLE	M-40	122	00:00:21	00:24:44	00:50:06	01:15:44	01:42:16	01:47:52.20	01:48:13.35	+00:38:15 (35.5%)	5:06	11.7 (64.3%)
337	JĘDRYKA Piotr	320	DRIV	M-40	126	00:00:12	00:24:14	00:49:42	01:15:48	01:42:47	01:48:01.80	01:48:14.35	+00:38:25 (35.6%)	5:07	11.7 (64.3%)
338	HERLICZKA Tomasz	284	AML FLY TEAM	M-40	119	00:00:59	00:25:30	00:51:28	01:16:51	01:42:02	01:47:15.40	01:48:14.70	+00:37:38 (35.1%)	5:04	11.8 (64.8%)
339	GIEMZA Armin	222		M-20	48	00:01:10	00:24:24	00:48:21	01:13:03	01:41:04	01:47:09.10	01:48:19.15	+00:37:32 (35.0%)	5:04	11.8 (64.8%)
340	ZMACZYŃSKI Andrzej	1019	WAY2CHAMP	M-30	118	00:00:33	00:23:46	00:48:59	01:15:33	01:42:19	01:47:46.25	01:48:19.65	+00:38:09 (35.4%)	5:06	11.7 (64.3%)
341	WEISS Filip	1043		M-30	117	00:00:49	00:25:14	00:50:19	01:15:29	01:42:06	01:47:37.70	01:48:26.90	+00:38:01 (35.3%)	5:06	11.8 (64.8%)
342	ŚLIWAKOWSKI Damian	902		M-20	49	00:01:18	00:25:33	00:51:10	01:17:04	01:42:12	01:47:12.45	01:48:30.60	+00:37:36 (35.1%)	5:04	11.8 (64.8%)
343	ROSEK Jarosław	1057		M-40	123	00:00:39	00:24:12	00:48:34	01:13:16	01:41:25	01:47:52.70	01:48:31.80	+00:38:16 (35.5%)	5:06	11.7 (64.3%)
344	TYSZKO Berenika	922		K-20	6	00:00:43	00:25:18	00:50:41	01:15:53	01:42:09	01:47:49.15	01:48:32.50	+00:38:12 (35.4%)	5:06	11.7 (64.3%)
345	RĄB Agnieszka	758		K-40	11	00:00:43	00:24:41	00:49:41	01:15:24	01:42:13	01:47:52.05	01:48:35.90	+00:38:15 (35.5%)	5:06	11.7 (64.3%)
345	BŁOŃSKA Monika	48		K-30	8	00:00:24	00:25:41	00:51:22	01:16:22	01:42:52	01:48:11.40	01:48:35.90	+00:38:34 (35.7%)	5:07	11.7 (64.3%)
347	STRĄCĄŁA Paweł	855		M-20	51	00:00:41	00:24:47	00:50:10	01:15:27	01:42:13	01:47:55.95	01:48:37.30	+00:38:19 (35.5%)	5:06	11.7 (64.3%)
348	MAŁEK Mirosław	531	WUJEK BIEGA	M-40	134	00:00:00				01:42:42	01:48:38.00	01:48:38.00	+00:39:01 (35.9%)	5:08	11.7 (64.3%)
349	SMUDA Andrzej	821	AKMB PĘDZIWIATR GLIWICE	M-40	124	00:00:45	00:25:32	00:50:52	01:16:35	01:42:21	01:47:53.70	01:48:39.30	+00:38:17 (35.5%)	5:06	11.7 (64.3%)
350	ORLIK Jerzy	644		M-60	4	00:00:10	00:23:31	00:48:37	01:14:35	01:42:02	01:48:31.60	01:48:42.20	+00:38:55 (35.9%)	5:08	11.7 (64.3%)
351	BAUC Bartłomiej	19	LEDWO ŻYWY	M-30	120	00:00:38	00:24:15	00:49:13	01:14:50	01:42:09	01:48:05.20	01:48:44.05	+00:38:28 (35.6%)	5:07	11.7 (64.3%)
352	GRESZTA Grzegorz	256	JAH RASTA	M-30	119	00:00:51	00:24:01	00:48:37	01:14:10	01:42:10	01:47:52.95	01:48:44.35	+00:38:16 (35.5%)	5:06	11.7 (64.3%)
353	JURECZKO Monika	328		K-40	12	00:00:45	00:24:18	00:50:07	01:15:30	01:42:21	01:48:00.80	01:48:45.95	+00:38:24 (35.6%)	5:07	11.7 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
354	NAWROCKI Paweł	1055		M-50	25	00:00:45	00:24:44	00:49:54	01:15:43	01:42:32	01:48:02.00	01:48:47.70	+00:38:25 (35.6%)	5:07	11.7 (64.3%)
355	ICIEK Mariusz	296	AKTYWNI KAMIEŃSK	M-40	121	00:01:01	00:25:19	00:51:04	01:16:31	01:42:32	01:47:47.40	01:48:49.25	+00:38:10 (35.4%)	5:06	11.7 (64.3%)
356	CIEŚLAR Stanisław	114		M-30	122	00:00:48	00:26:10	00:51:42	01:17:18	01:42:51	01:48:13.85	01:49:02.25	+00:38:37 (35.7%)	5:07	11.7 (64.3%)
357	SZOŁTYSEK Piotr	882		M-40	127	00:00:50	00:25:45	00:51:29	01:17:29	01:42:58	01:48:13.00	01:49:03.05	+00:38:36 (35.7%)	5:07	11.7 (64.3%)
358	BANACH Magda	10		K-20	7	00:00:37	00:24:36	00:49:34	01:14:44	01:42:27	01:48:27.60	01:49:04.65	+00:38:51 (35.8%)	5:08	11.7 (64.3%)
359	GANCARZ Maciej	205	MUSTANGI GLIWICE	M-40	137	00:00:16	00:23:19	00:48:12	01:14:37	01:42:53	01:48:52.85	01:49:09.20	+00:39:16 (36.1%)	5:09	11.6 (63.7%)
360	PETRYNA Bartosz	683	OCHAJORUN & FRIENDS	M-30	124	00:00:48	00:24:53	00:50:16	01:15:48	01:42:35	01:48:24.20	01:49:12.65	+00:38:47 (35.8%)	5:08	11.7 (64.3%)
361	SOSNOWSKI Maciej	831		M-30	126	00:00:49	00:24:28	00:49:46	01:15:39	01:42:43	01:48:26.20	01:49:15.35	+00:38:49 (35.8%)	5:08	11.7 (64.3%)
362	GAWROŃSKI Ireneusz	214	AMATOR	M-50	26	00:01:11	00:24:50	00:50:01	01:15:38	01:42:27	01:48:06.65	01:49:18.50	+00:38:30 (35.6%)	5:07	11.7 (64.3%)
363	ZEGARTOWSKI Grzegorz	1003	DTIQ POLAND	M-40	128	00:00:59	00:25:26	00:51:29	01:16:56	01:42:51	01:48:19.60	01:49:19.50	+00:38:43 (35.7%)	5:08	11.7 (64.3%)
364	KROCZYK Lesław	443		M-40	130	00:00:55	00:24:39	00:49:49	01:15:07	01:42:22	01:48:25.25	01:49:20.55	+00:38:48 (35.8%)	5:08	11.7 (64.3%)
365	GDYNIA Daniel	218		M-30	125	00:00:55	00:24:39	00:49:49	01:15:07	01:42:22	01:48:25.00	01:49:20.75	+00:38:48 (35.8%)	5:08	11.7 (64.3%)
366	KOSAŁKA Beata	413		K-30	9	00:00:54	00:26:03	00:51:48	01:17:08	01:43:03	01:48:27.10	01:49:21.65	+00:38:50 (35.8%)	5:08	11.7 (64.3%)
367	MARCINIAK Krzysztof	537		M-30	123	00:01:01	00:25:44	00:51:34	01:16:56	01:42:43	01:48:22.65	01:49:23.85	+00:38:46 (35.8%)	5:08	11.7 (64.3%)
368	SZOBLIK Łukasz	880		M-30	129	00:00:48	00:26:11	00:51:51	01:17:19	01:42:51	01:48:36.55	01:49:24.70	+00:39:00 (35.9%)	5:08	11.7 (64.3%)
369	GRACZYK Zbigniew	250		M-40	129	00:01:03	00:25:58	00:51:36	01:17:23	01:43:12	01:48:24.20	01:49:27.75	+00:38:47 (35.8%)	5:08	11.7 (64.3%)
370	STRZELCZYK Tomasz	859	HURAGAN LIGOTA	M-40	131	00:01:01	00:25:35	00:51:28	01:17:25	01:43:16	01:48:27.40	01:49:28.45	+00:38:50 (35.8%)	5:08	11.7 (64.3%)
371	KAMPKA Aleksander	345		M-40	133	00:00:54	00:25:36	00:51:35	01:17:31	01:43:18	01:48:34.75	01:49:29.60	+00:38:58 (35.9%)	5:08	11.7 (64.3%)
372	PNIEWSKI Mariusz	713		M-30	128	00:00:54	00:25:37	00:51:23	01:16:48	01:42:55	01:48:36.35	01:49:30.50	+00:38:59 (35.9%)	5:08	11.7 (64.3%)
372	SIDORSKI Robert	802	OPEL ACTIVE TEAM	M-40	143	00:00:00	00:26:05	00:51:16	01:16:53	01:43:45	01:49:30.50	01:49:30.50	+00:39:54 (36.4%)	5:11	11.6 (63.7%)
374	RĄB Łukasz	757		M-40	144	00:00:00	00:26:05	00:51:52	01:17:57	01:44:16	01:49:31.80	01:49:31.80	+00:39:55 (36.4%)	5:11	11.6 (63.7%)
375	GARBACZ Damian	206		M-30	135	00:00:24	00:23:02	00:47:55	01:14:52	01:43:19	01:49:08.55	01:49:33.10	+00:39:32 (36.2%)	5:10	11.6 (63.7%)
376	GRABOWSKI Maciej	247		M-30	121	00:01:20	00:24:50	00:50:27	01:15:59	01:42:54	01:48:13.30	01:49:33.60	+00:38:36 (35.7%)	5:07	11.7 (64.3%)
377	STOJAK Paweł	851		M-30	130	00:00:46	00:25:13	00:50:53	01:17:00	01:43:09	01:48:51.95	01:49:38.00	+00:39:15 (36.1%)	5:09	11.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
378	BRZOSKA Elżbieta	79	NIGHT RUNNERS PYSKOWICE	K-40	13	00:00:52	00:25:28	00:51:20	01:17:22	01:43:32	01:48:48.85	01:49:41.20	+00:39:12 (36.0%)	5:09	11.6 (63.7%)
379	RENKE Piotr	760	EWA BUGDOŁ TEAM	M-40	150	00:00:00	00:25:30	00:51:00	01:16:51	01:44:23	01:49:41.85	01:49:41.85	+00:40:05 (36.5%)	5:11	11.5 (63.2%)
380	KOPPEL Bartłomiej	409		M-30	137	00:00:29	00:23:54	00:49:27	01:16:06	01:43:42	01:49:15.05	01:49:44.65	+00:39:38 (36.3%)	5:10	11.6 (63.7%)
381	JAWOREK Jacek	314	JBC TEAM	M-30	131	00:00:46	00:25:46	00:51:08	01:16:45	01:43:43	01:48:58.30	01:49:44.75	+00:39:21 (36.1%)	5:09	11.6 (63.7%)
382	MŁYŃCZAK Arkadiusz	580	RUN AND FUN	M-40	138	00:00:48	00:25:58	00:52:07	01:18:07	01:43:47	01:49:00.05	01:49:48.30	+00:39:23 (36.1%)	5:09	11.6 (63.7%)
383	PISULA Dariusz	705		M-20	52	00:01:14	00:25:40	00:51:23	01:17:09	01:43:12	01:48:35.15	01:49:49.75	+00:38:58 (35.9%)	5:08	11.7 (64.3%)
384	WIEKIERA Adam	946		M-30	134	00:00:45	00:25:34	00:51:42	01:17:38	01:43:43	01:49:06.30	01:49:51.75	+00:39:29 (36.2%)	5:10	11.6 (63.7%)
385	ROSADA Zdzisław	767		M-60	5	00:00:36	00:24:14	00:48:24	01:12:43	01:39:54	01:49:15.45	01:49:52.30	+00:39:39 (36.3%)	5:10	11.6 (63.7%)
386	JURCZYGA Maciej	326		M-40	132	00:01:22	00:25:51	00:52:07	01:17:35	01:43:41	01:48:31.00	01:49:53.95	+00:38:54 (35.9%)	5:08	11.7 (64.3%)
387	ZIELONKA Tomasz	1010		M-20	53	00:00:52	00:25:28	00:51:36	01:17:31	01:43:37	01:49:02.80	01:49:55.15	+00:39:26 (36.2%)	5:10	11.6 (63.7%)
388	POKRYSZKA Bartosz	717		M-30	133	00:00:52	00:25:39	00:51:47	01:17:27	01:43:24	01:49:04.60	01:49:56.80	+00:39:28 (36.2%)	5:10	11.6 (63.7%)
389	OSTROWSKI Rafał	652		M-40	139	00:00:51	00:24:03	00:48:59	01:15:07	01:43:19	01:49:06.35	01:49:58.20	+00:39:29 (36.2%)	5:10	11.6 (63.7%)
390	STEC Marcin	847	KW GLIWICE	M-40	135	00:01:12	00:24:46	00:50:38	01:16:28	01:43:13	01:48:47.10	01:49:59.30	+00:39:10 (36.0%)	5:09	11.6 (63.7%)
391	PIASECKI Mariusz	690		M-30	132	00:00:59	00:25:13	00:51:10	01:17:05	01:43:19	01:48:59.95	01:49:59.70	+00:39:23 (36.1%)	5:09	11.6 (63.7%)
392	SIATA Sebastian	801	DRIV	M-40	136	00:01:07	00:25:01	00:51:20	01:17:14	01:43:19	01:48:52.30	01:49:59.85	+00:39:15 (36.1%)	5:09	11.6 (63.7%)
393	GOCAL Łukasz	233		M-30	136	00:00:51	00:25:10	00:51:16	01:17:17	01:43:37	01:49:09.15	01:50:00.55	+00:39:32 (36.2%)	5:10	11.6 (63.7%)
394	MATURA Roman	548		M-30	138	00:00:13	00:25:44	00:52:15	01:18:02	01:44:10	01:49:47.20	01:50:00.60	+00:40:10 (36.6%)	5:12	11.5 (63.2%)
395	SKÓRA Aneta	1044		K-30	10	00:00:48	00:25:01	00:50:47	01:17:06	01:43:35	01:49:12.35	01:50:00.90	+00:39:35 (36.3%)	5:10	11.6 (63.7%)
396	JANIKOWSKI Michał	307		M-40	148	00:00:27	00:24:00	00:49:39	01:16:01	01:43:50	01:49:34.40	01:50:02.20	+00:39:57 (36.5%)	5:11	11.6 (63.7%)
397	GŁUSZYK Joanna	232	WAY2CHAMP	K-40	14	00:00:35	00:25:01	00:50:28	01:16:43	01:43:53	01:49:27.95	01:50:03.55	+00:39:51 (36.4%)	5:11	11.6 (63.7%)
398	KUC Marcin	1105	AUGUSTEAM	M-40	142	00:00:35	00:24:58	00:51:02	01:16:42	01:43:39	01:49:27.90	01:50:03.85	+00:39:51 (36.4%)	5:11	11.6 (63.7%)
399	CHYLIŃSKI Krzysztof	109		M-30	127	00:01:31	00:25:54	00:52:04	01:17:02	01:43:08	01:48:32.75	01:50:04.65	+00:38:56 (35.9%)	5:08	11.7 (64.3%)
400	BUŁAWA Grzegorz	93	GB-ARCH.PL ARCHITEKT GRZEGORZ BUŁAWA	M-40	140	00:00:46	00:25:37	00:51:46	01:17:41	01:44:00	01:49:19.10	01:50:05.70	+00:39:42 (36.3%)	5:10	11.6 (63.7%)
401	NOWOK Michał	629	CARBON OCR RACING TEAM	M-20	55	00:00:55	00:25:24	00:51:31	01:17:26	01:43:33	01:49:11.05	01:50:06.60	+00:39:34 (36.2%)	5:10	11.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
402	HAJOK Marek	275		M-40	141	00:00:47	00:25:30	00:51:31	01:17:37	01:44:03	01:49:26.05	01:50:13.10	+00:39:49 (36.4%)	5:11	11.6 (63.7%)
403	FRĄC Dariusz	1036	1:50	M-40	147	00:00:46	00:25:34	00:51:41	01:17:36	01:43:42	01:49:34.15	01:50:20.20	+00:39:57 (36.5%)	5:11	11.6 (63.7%)
404	WAWRZAK Ryszard	940	PACEMAKER	M-40	146	00:00:46	00:25:43	00:51:42	01:17:36	01:43:43	01:49:34.10	01:50:20.35	+00:39:57 (36.5%)	5:11	11.6 (63.7%)
405	KAŁUŻA Arkadiusz	340	PACEMAKER	M-40	145	00:00:47	00:25:32	00:51:40	01:17:34	01:43:40	01:49:32.45	01:50:20.40	+00:39:56 (36.5%)	5:11	11.6 (63.7%)
406	KĄDZIELA Jan	359		M-40	149	00:00:52	00:24:19	00:49:40	01:16:05	01:43:44	01:49:38.15	01:50:30.75	+00:40:01 (36.5%)	5:11	11.5 (63.2%)
407	OPOREK Sebastian	642		M-40	154	00:00:32	00:26:04	00:52:07	01:17:55	01:44:22	01:50:02.80	01:50:35.35	+00:40:26 (36.7%)	5:12	11.5 (63.2%)
408	BUGIEL Rafał	88		M-30	139	00:00:49	00:25:17	00:50:55	01:16:43	01:43:47	01:49:48.35	01:50:38.15	+00:40:11 (36.6%)	5:12	11.5 (63.2%)
409	GAWELKO Janusz	208		M-50	27	00:00:57	00:25:14	00:51:01	01:17:06	01:43:56	01:49:43.15	01:50:40.20	+00:40:06 (36.6%)	5:11	11.5 (63.2%)
410	KOWAL Piotr	416	-----	M-40	153	00:00:42	00:25:20	00:51:22	01:17:16	01:44:18	01:50:01.20	01:50:43.35	+00:40:24 (36.7%)	5:12	11.5 (63.2%)
411	STRUG Mariusz	856		M-40	151	00:00:59	00:25:29	00:51:29	01:17:25	01:43:57	01:49:44.10	01:50:43.60	+00:40:07 (36.6%)	5:12	11.5 (63.2%)
412	CZAJKA Krzysztof	1077		M-30	141	00:00:40	00:25:09	00:50:48	01:16:40	01:44:12	01:50:08.35	01:50:49.10	+00:40:31 (36.8%)	5:13	11.5 (63.2%)
413	STRZAŁKA Tomasz	857		M-20	54	00:01:44	00:24:53	00:50:00	01:15:26	01:43:22	01:49:07.80	01:50:52.05	+00:39:31 (36.2%)	5:10	11.6 (63.7%)
414	SZNURA Piotr	878	ISTA BIEGAMY	M-20	58	00:01:05	00:25:25	00:50:47	01:16:31	01:44:10	01:49:49.30	01:50:54.65	+00:40:12 (36.6%)	5:12	11.5 (63.2%)
415	KŁUJSZO Karol	383	QUYSHO SQUADRON	M-30	142	00:00:42	00:24:54	00:50:06	01:15:44	01:43:46	01:50:13.05	01:50:55.20	+00:40:36 (36.8%)	5:13	11.5 (63.2%)
416	BRZEZINA Arkadiusz	77	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	155	00:00:47	00:24:56	00:50:44	01:16:46	01:44:42	01:50:09.45	01:50:57.40	+00:40:33 (36.8%)	5:13	11.5 (63.2%)
417	BOCHEŃSKA Agnieszka	51	MOMO TEAM	K-40	15	00:00:46	00:25:03	00:50:55	01:17:09	01:44:39	01:50:11.55	01:50:58.40	+00:40:35 (36.8%)	5:13	11.5 (63.2%)
418	GOMOLA Zbigniew	239		M-40	156	00:00:30	00:26:40	00:53:05	01:18:27	01:44:46	01:50:30.45	01:51:01.40	+00:40:54 (37.0%)	5:14	11.5 (63.2%)
419	MICHALAK Grzegorz	561	TOTALNY AMATOR	M-40	161	00:00:11	00:25:21	00:51:49	01:18:15	01:45:19	01:50:51.15	01:51:02.85	+00:41:14 (37.2%)	5:15	11.4 (62.6%)
420	RUTKOWSKI Michał	777		M-30	146	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49	01:50:35.25	01:51:08.80	+00:40:58 (37.1%)	5:14	11.4 (62.6%)
421	BRZEZIŃSKI Przemysław	78		M-30	147	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49	01:50:35.70	01:51:09.25	+00:40:59 (37.1%)	5:14	11.4 (62.6%)
422	DREWNIAK Marcin	160		M-20	56	00:01:41	00:25:49	00:51:46	01:17:41	01:44:01	01:49:29.15	01:51:11.10	+00:39:52 (36.4%)	5:11	11.6 (63.7%)
423	SZCZEŚNIAK Maria	872		K-30	13	00:00:17	00:25:35	00:51:29	01:17:30	01:45:05	01:50:54.70	01:51:12.40	+00:41:18 (37.2%)	5:15	11.4 (62.6%)
424	CIEŚLA Arkadiusz	113	BIEGAMY Z SERCEM.PL	M-40	157	00:00:42	00:25:34	00:51:09	01:16:41	01:44:20	01:50:31.85	01:51:14.60	+00:40:55 (37.0%)	5:14	11.5 (63.2%)
425	JURECZKA Łukasz	327		M-20	60	00:00:42	00:25:24	00:51:23		01:44:46	01:50:32.95	01:51:15.70	+00:40:56 (37.0%)	5:14	11.5 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
426	SZOŁTYSEK-GRZESIKIEWICZ Anna	884		K-30	11	00:00:50	00:25:45	00:51:29	01:17:40	01:44:47	01:50:26.85	01:51:17.00	+00:40:50 (37.0%)	5:14	11.5 (63.2%)
427	WOŹNIAKOWSKI Jan	975	OPEL ACTIVE TEAM	M-30	143	00:00:56	00:27:00	00:53:09	01:19:15	01:45:37	01:50:24.55	01:51:21.00	+00:40:48 (37.0%)	5:13	11.5 (63.2%)
428	KULIGOWSKI Piotr	470		M-20	57	00:01:43	00:25:02	00:50:31	01:15:46	01:43:34	01:49:39.55	01:51:23.15	+00:40:03 (36.5%)	5:11	11.5 (63.2%)
429	PĘDOWSKA Bożena	685		K-50	1	00:00:07	00:25:23	00:51:41	01:18:14	01:45:34	01:51:16.35	01:51:24.00	+00:41:39 (37.4%)	5:16	11.4 (62.6%)
430	OLEJNICZAK Dominik	635		M-40	152	00:01:34	00:28:21	00:54:28	01:19:24	01:44:38	01:49:54.40	01:51:28.95	+00:40:17 (36.7%)	5:12	11.5 (63.2%)
431	GOŁKOWSKI Radosław	238		M-30	144	00:01:03	00:25:43	00:52:25	01:18:31	01:45:12	01:50:25.70	01:51:29.35	+00:40:49 (37.0%)	5:14	11.5 (63.2%)
432	PARUZEL Ireneusz	671	ZABIEGANI NAUCZYCIELE	M-40	163	00:00:25	00:23:29	00:48:14	01:17:24	01:45:41	01:51:06.60	01:51:32.10	+00:41:30 (37.4%)	5:15	11.4 (62.6%)
433	ŻARSKI Sławomir	1028		M-50	29	00:00:50	00:26:23	00:52:34	01:18:35	01:45:07	01:50:48.35	01:51:38.95	+00:41:11 (37.2%)	5:15	11.4 (62.6%)
434	MOCEK Roman	581		M-50	28	00:01:55	00:26:45	00:53:37	01:18:46	01:44:14	01:49:47.35	01:51:42.90	+00:40:10 (36.6%)	5:12	11.5 (63.2%)
434	NABIELEC Jakub	597		M-40	160	00:00:54	00:25:35	00:51:40	01:17:59	01:45:11	01:50:48.25	01:51:42.90	+00:41:11 (37.2%)	5:15	11.4 (62.6%)
436	GRABOWSKI Michał	1082	OPEL ACTIVE TEAM	M-30	148	00:00:55	00:27:00	00:52:55	01:18:19	01:45:29	01:50:48.45	01:51:44.30	+00:41:12 (37.2%)	5:15	11.4 (62.6%)
437	TOCZYDŁOWSKI Łukasz	910		M-30	140	00:01:56	00:26:43	00:53:36	01:18:44	01:44:17	01:49:49.70	01:51:46.45	+00:40:13 (36.6%)	5:12	11.5 (63.2%)
438	CZERNIK Judyta	134		K-30	12	00:00:57	00:27:29	00:54:07	01:19:54	01:45:31	01:50:50.70	01:51:47.90	+00:41:14 (37.2%)	5:15	11.4 (62.6%)
439	KORAL Wojciech	410		M-40	159	00:01:02	00:26:27	00:52:44	01:18:42	01:45:17	01:50:47.90	01:51:50.25	+00:41:11 (37.2%)	5:15	11.4 (62.6%)
440	RENKIEL Tomasz	761	COMPANEROS ASFALT TEAM	M-40	162	00:00:47	00:25:42	00:51:41	01:18:34	01:45:46	01:51:04.85	01:51:52.55	+00:41:28 (37.3%)	5:15	11.4 (62.6%)
441	GAJEWSKI Jacek	202	KURCZAK I AGATKA	M-50	30	00:00:32	00:25:18	00:51:21	01:18:04	01:45:43	01:51:21.90	01:51:53.90	+00:41:45 (37.5%)	5:16	11.4 (62.6%)
442	CANIBOŁ Anna	96	RUNTEAM PAWŁOWICE	K-20	8	00:00:26	00:25:40	00:51:36	01:18:05	01:45:57	01:51:29.20	01:51:55.90	+00:41:52 (37.6%)	5:17	11.4 (62.6%)
443	ZOGŁOWEK Jarosław	1021	CROSSFIT HELLWOOD GLIWICE	M-30	145	00:01:22	00:26:58	00:52:46	01:19:01	01:45:17	01:50:33.10	01:51:56.05	+00:40:56 (37.0%)	5:14	11.5 (63.2%)
444	RYZIŃSKA Aneta	785		K-40	17	00:00:19	00:25:16	00:51:32	01:18:25	01:46:06	01:51:42.60	01:52:02.00	+00:42:06 (37.7%)	5:17	11.3 (62.1%)
445	PRYSZCZ Mirosław	733		M-40	164	00:00:44	00:24:39	00:50:27	01:17:36	01:45:54	01:51:18.25	01:52:03.15	+00:41:41 (37.5%)	5:16	11.4 (62.6%)
446	BARYLAK Łukasz	16		M-20	59	00:01:56	00:25:26	00:51:45	01:17:20	01:44:32	01:50:09.25	01:52:06.20	+00:40:32 (36.8%)	5:13	11.5 (63.2%)
447	WILCZEK Małgorzata	952	ISTA BIEGAMY	K-30	14	00:01:03	00:26:21	00:52:58	01:19:13	01:45:42	01:51:04.10	01:52:07.35	+00:41:27 (37.3%)	5:15	11.4 (62.6%)
448	LEWANDOWSKI Henryk	504		M-40	165	00:00:41	00:25:33	00:50:59	01:16:19	01:45:16	01:51:25.75	01:52:07.50	+00:41:49 (37.5%)	5:16	11.4 (62.6%)
449	WILSZ Adam	957	#PANIÓWKIRUN	M-40	158	00:01:34	00:26:59	00:53:46	01:19:49	01:45:26	01:50:37.60	01:52:11.95	+00:41:01 (37.1%)	5:14	11.4 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
							5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
450	HERLICZKA Renata	283	AML FLY TEAM	K-30	15	00:00:58	00:25:57	00:51:45	01:17:51	01:45:22	01:51:14.95	01:52:13.75	+00:41:38 (37.4%)	5:16	11.4 (62.6%)
451	GARBOWSKA Monika	207	COMPAÑEROS ASFALT TEAM	K-40	16	00:00:57	00:25:44	00:51:43	01:18:25	01:45:37	01:51:17.45	01:52:14.70	+00:41:41 (37.5%)	5:16	11.4 (62.6%)
452	MALEC Arkadiusz	529	PWC SDC	M-30	151	00:00:42	00:24:38	00:50:56	01:17:22	01:45:29	01:51:38.00	01:52:20.95	+00:42:01 (37.6%)	5:17	11.3 (62.1%)
453	LAWACZ Waldemar	497		M-50	31	00:00:28	00:23:03	00:47:14	01:15:42	01:45:32	01:51:55.10	01:52:23.90	+00:42:18 (37.8%)	5:18	11.3 (62.1%)
454	BISKUP Maciej	1116		M-50	32	00:00:23	00:26:07	00:52:45	01:19:13	01:46:17	01:52:01.15	01:52:24.30	+00:42:24 (37.9%)	5:18	11.3 (62.1%)
455	SZCZABEL Krystian	870		M-20	63	00:00:12	00:23:38	00:50:12	01:17:18	01:46:08	01:52:13.50	01:52:25.90	+00:42:37 (38.0%)	5:19	11.3 (62.1%)
456	KLIKS Andrzej	374	FIS-SST TEAM	M-40	166	00:01:00	00:25:34	00:51:35	01:17:43	01:45:28	01:51:29.50	01:52:29.75	+00:41:53 (37.6%)	5:17	11.4 (62.6%)
457	BOBOWSKI Dawid	50	WIŚNIA ODDAJ QUAKE III: ARENA	M-20	62	00:00:20	00:24:13	00:49:17	01:17:32	01:46:16	01:52:11.40	01:52:31.40	+00:42:34 (38.0%)	5:19	11.3 (62.1%)
458	NIESZWIC Terencjusz	611	WIŚNIA ODDAJ QUAKE III: ARENA	M-20	64	00:00:19	00:24:14	00:49:18	01:17:33	01:46:17	01:52:13.80	01:52:33.35	+00:42:37 (38.0%)	5:19	11.3 (62.1%)
459	GRUSZCZYŃSKI Bogusław	1035		M-60	6	00:00:50	00:25:56	00:52:18	01:18:58	01:45:57	01:51:43.90	01:52:34.60	+00:42:07 (37.7%)	5:17	11.3 (62.1%)
460	BREGUŁA Krzysztof	68		M-40	168	00:00:38	00:25:22	00:50:58	01:16:46	01:45:25	01:52:01.00	01:52:39.90	+00:42:24 (37.9%)	5:18	11.3 (62.1%)
461	LUDWIKOWSKI Przemysław	513	JURASSIC RUNNERS	M-30	152	00:01:03	00:25:15	00:51:05	01:17:21	01:45:19	01:51:39.05	01:52:42.40	+00:42:02 (37.7%)	5:17	11.3 (62.1%)
462	URBAŃSKI Michał	930		M-20	61	00:01:14	00:27:01	00:54:05	01:19:58	01:46:05	01:51:28.55	01:52:42.65	+00:41:52 (37.6%)	5:16	11.4 (62.6%)
463	KUCZERA Łukasz	461	DECATHLON & PRZYJACIELE	M-30	150	00:01:24	00:26:38	00:53:17	01:19:30	01:46:05	01:51:23.20	01:52:47.50	+00:41:46 (37.5%)	5:16	11.4 (62.6%)
464	KUŹMIŃSKI Michał	483		M-30	156	00:00:29	00:24:37	00:51:14	01:18:13	01:46:38	01:52:28.60	01:52:57.65	+00:42:52 (38.1%)	5:19	11.3 (62.1%)
465	KRZEMIEŃ Bartosz	452		M-40	167	00:01:24	00:26:52	00:53:19	01:19:49	01:46:15	01:51:35.35	01:52:59.55	+00:41:58 (37.6%)	5:17	11.3 (62.1%)
466	WOŹNIAK-SOLAREK Zuzanna	1064		K-20	9	00:00:37	00:25:34	00:52:05	01:18:46	01:46:39	01:52:23.30	01:53:00.60	+00:42:46 (38.1%)	5:19	11.3 (62.1%)
467	KUPCZAK Filip	474	BEERRUNNERS!	M-30	153	00:00:58	00:26:38	00:53:35	01:19:53	01:46:15	01:52:02.70	01:53:01.30	+00:42:26 (37.9%)	5:18	11.3 (62.1%)
468	OLCZYK Karina	634		K-20	10	00:00:41	00:24:35	00:50:14	01:17:03	01:44:44	01:52:26.20	01:53:07.60	+00:42:49 (38.1%)	5:19	11.3 (62.1%)
469	WALSKI Łukasz	1079		M-30	160	00:00:27	00:26:07	00:52:47	01:19:16	01:47:08	01:52:42.00	01:53:09.90	+00:43:05 (38.2%)	5:20	11.2 (61.5%)
470	WIDERA Tomasz	1104		M-30	154	00:00:50	00:25:34	00:51:36	01:17:34	01:45:17	01:52:20.05	01:53:10.65	+00:42:43 (38.0%)	5:19	11.3 (62.1%)
471	NIŻNIKIEWICZ Elżbieta	617		K-30	16	00:00:49	00:25:53	00:52:33	01:19:17	01:46:48	01:52:24.30	01:53:13.80	+00:42:47 (38.1%)	5:19	11.3 (62.1%)
472	MISIURA Artur	577		M-30	149	00:02:00	00:28:22	00:55:01	01:21:03	01:46:00	01:51:20.65	01:53:20.90	+00:41:44 (37.5%)	5:16	11.4 (62.6%)
473	KUBIAK Mateusz	1101		M-30	157	00:00:52	00:24:00	00:49:35	01:16:09	01:45:43	01:52:31.35	01:53:24.20	+00:42:54 (38.1%)	5:20	11.3 (62.1%)

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			
474	CZARNIK-PECIAK Aleksandra	127		K-40	18	00:00:49	00:27:17	00:53:50	01:19:55	01:46:56	01:52:35.85	01:53:25.35	+00:42:59 (38.2%)	5:20	11.2 (61.5%)
475	PIŁOT Piotr	703	NASFOL	M-20	65	00:00:52	00:25:37	00:51:32	01:17:33	01:46:28	01:52:34.85	01:53:26.85	+00:42:58 (38.2%)	5:20	11.2 (61.5%)
476	MARTYNIUK Ryszard	542	GMINA STRZELCE OPOLSKIE	M-30	159	00:00:46	00:23:27	00:47:48	01:15:11	01:45:44	01:52:41.60	01:53:28.15	+00:43:05 (38.2%)	5:20	11.2 (61.5%)
477	KASPRZYK Marcin	1100		M-40	169	00:01:05	00:27:16	00:53:57	01:19:52	01:46:27	01:52:23.90	01:53:29.60	+00:42:47 (38.1%)	5:19	11.3 (62.1%)
478	KURZYK Dariusz	480		M-30	168	00:00:14	00:23:18	00:49:07	01:17:34	01:46:21	01:53:17.70	01:53:32.40	+00:43:41 (38.6%)	5:22	11.2 (61.5%)
479	HUBKA Jerzy	295		M-50	33	00:00:49	00:25:22	00:51:00	01:18:15	01:46:57	01:52:44.55	01:53:34.20	+00:43:08 (38.3%)	5:20	11.2 (61.5%)
480	RÓŻAŃSKI Michał	772		M-30	158	00:01:01	00:25:07	00:50:52	01:17:39	01:46:41	01:52:34.75	01:53:36.50	+00:42:58 (38.2%)	5:20	11.2 (61.5%)
481	CICHOCKI Dawid	110	NIGH RUNNERS PYSKOWICE	M-30	161	00:00:52	00:25:28	00:51:21	01:17:22	01:46:11	01:52:49.90	01:53:42.20	+00:43:13 (38.3%)	5:20	11.2 (61.5%)
482	KOZAK Krzysztof	426	EKO-OKNA RUNNERS	M-30	155	00:01:15	00:26:08	00:52:06	01:17:53	01:46:31	01:52:28.20	01:53:43.70	+00:42:51 (38.1%)	5:19	11.3 (62.1%)
483	KOŚCIELNIAK Łukasz	414	BARCEROMA	M-20	67	00:00:59	00:26:28	00:52:34	01:20:06	01:46:36	01:52:48.65	01:53:47.95	+00:43:12 (38.3%)	5:20	11.2 (61.5%)
484	MICHALSKI Robert	563	HETMAN TARNOWSKIE GÓRY	M-40	175	00:00:26	00:25:59	00:52:56	01:20:00	01:47:56	01:53:22.00	01:53:48.55	+00:43:45 (38.6%)	5:22	11.2 (61.5%)
485	SKOTNICKI Paweł	815		M-30	169	00:00:25	00:23:43	00:48:48	01:16:01	01:47:13	01:53:27.45	01:53:52.65	+00:43:51 (38.6%)	5:22	11.2 (61.5%)
486	BROEN Bartosz	71	ŁAWECZKA WILKOWYJE RUNNING TEAM	M-40	170	00:01:27	00:26:55	00:53:52	01:20:06	01:47:04	01:52:25.25	01:53:53.05	+00:42:48 (38.1%)	5:19	11.3 (62.1%)
487	GROHS Piotr	257		M-20	68	00:00:42	00:26:59	00:54:17	01:20:55	01:47:41	01:53:12.45	01:53:55.30	+00:43:36 (38.5%)	5:21	11.2 (61.5%)
488	ZWIERZYCKI Artur	1022		M-20	66	00:01:15	00:25:32	00:51:01	01:16:57	01:46:41	01:52:41.30	01:53:56.40	+00:43:04 (38.2%)	5:20	11.2 (61.5%)
489	BROZYNA Magdalena	74	CO JA TU ROBIĘ?	K-30	17	00:00:14	00:23:34	00:50:09	01:18:07	01:47:34	01:53:45.35	01:54:00.00	+00:44:08 (38.8%)	5:23	11.1 (61.0%)
490	KASZUBSKI Andrzej	355		M-30	167	00:00:50	00:25:31	00:51:01	01:18:14	01:46:54	01:53:12.10	01:54:02.20	+00:43:35 (38.5%)	5:21	11.2 (61.5%)
491	WRÓBEL Jarosław	1046		M-30	162	00:01:17	00:26:11	00:52:30	01:19:25	01:47:04	01:52:51.20	01:54:08.60	+00:43:14 (38.3%)	5:20	11.2 (61.5%)
492	PRZYBYŚLAWSKI Arkadiusz	740	4-TO	M-40	178	00:00:34	00:25:44	00:52:02	01:18:54	01:47:28	01:53:37.40	01:54:12.20	+00:44:00 (38.7%)	5:23	11.1 (61.0%)
493	KĄDZIOŁKA Łukasz	361	K2	M-20	69	00:00:56	00:28:36	00:56:01	01:23:54	01:48:21	01:53:19.35	01:54:15.65	+00:43:42 (38.6%)	5:22	11.2 (61.5%)
494	KAWKA Łukasz	357	NIGHT RUNNERS ŚLĄSK	M-30	170	00:00:39	00:24:24	00:49:17	01:17:20	01:47:30	01:53:37.00	01:54:16.70	+00:44:00 (38.7%)	5:23	11.1 (61.0%)
495	RYZIŃSKI Dariusz	786		M-50	38	00:00:18	00:25:32	00:52:23	01:19:30	01:48:00	01:53:59.35	01:54:17.60	+00:44:22 (38.9%)	5:24	11.1 (61.0%)
496	SZASTOK Adam	869		M-40	172	00:00:57	00:28:08	00:55:14	01:21:00	01:47:34	01:53:20.55	01:54:18.10	+00:43:44 (38.6%)	5:22	11.2 (61.5%)
497	STACHOWSKI Wojciech	838		M-40	180	00:00:36	00:24:29	00:49:46	01:16:52	01:46:59	01:53:44.75	01:54:20.95	+00:44:08 (38.8%)	5:23	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
498	CIOSMAK Cezary	116	KB ORŁY Z KNUROWA	M-30	171	00:00:33	00:26:38	00:54:02	01:21:29	01:48:24	01:53:48.75	01:54:22.00	+00:44:12 (38.8%)	5:23	11.1 (61.0%)
499	GRONDECKI Grzegorz	258	BIEGAMY Z SERCEM	M-40	171	00:01:07	00:27:00	00:53:20	01:19:44	01:47:13	01:53:18.65	01:54:26.00	+00:43:42 (38.6%)	5:22	11.2 (61.5%)
500	MACURA Sylwia	521		K-50	2	00:01:13	00:27:18	00:54:01	01:20:51	01:48:00	01:53:13.90	01:54:27.40	+00:43:37 (38.5%)	5:21	11.2 (61.5%)
501	KUCHNIA Krzysztof	459	TS REGLE SZKLARSKA PORĘBA	M-50	37	00:00:36	00:24:40	00:49:44	01:16:30	01:48:00	01:53:51.05	01:54:27.45	+00:44:14 (38.9%)	5:23	11.1 (61.0%)
502	BELUCH Witold	22		M-50	34	00:01:04	00:26:07	00:52:44	01:19:37	01:47:32	01:53:25.80	01:54:29.85	+00:43:49 (38.6%)	5:22	11.2 (61.5%)
503	CZAPLAK Tomasz	124	RADLINIOKI W BIEGU	M-30	165	00:01:26	00:27:20	00:54:38	01:21:05	01:47:32	01:53:03.25	01:54:30.15	+00:43:26 (38.4%)	5:21	11.2 (61.5%)
504	CAJZA Zbyszek	95	KAJ META	M-30	166	00:01:23	00:27:27	00:53:56	01:20:34	01:47:32	01:53:06.90	01:54:30.60	+00:43:30 (38.5%)	5:21	11.2 (61.5%)
505	SMIESZKOŁ-BRYKOWSKA Sonia	818		K-40	20	00:00:58	00:26:10	00:52:06	01:18:41	01:47:23	01:53:33.90	01:54:32.25	+00:43:57 (38.7%)	5:22	11.1 (61.0%)
506	BRYKOWSKI Przemysław	75		M-40	176	00:00:59	00:26:10	00:52:05	01:18:39	01:47:21	01:53:32.80	01:54:32.75	+00:43:56 (38.7%)	5:22	11.1 (61.0%)
507	RYMASZEWSKI Wojtek	783	WARSZTATKOSZULKOWY.PL	M-30	175	00:00:14	00:25:11	00:50:50	01:17:48	01:48:03	01:54:18.15	01:54:33.10	+00:44:41 (39.1%)	5:25	11.1 (61.0%)
508	PRYMAS Krystian	732		M-30	177	00:00:09	00:24:13	00:50:28	01:18:38	01:48:48	01:54:27.50	01:54:36.55	+00:44:51 (39.2%)	5:25	11.1 (61.0%)
509	DZIUBEK Michał	181	W POGONI ZA DUCHEM	M-30	172	00:00:39	00:26:28	00:53:15	01:20:16	01:48:13	01:53:58.00	01:54:37.30	+00:44:21 (38.9%)	5:24	11.1 (61.0%)
510	DZIUBEK Monika	180	W POGONI ZA DUCHEM	K-30	18	00:00:39	00:26:28	00:53:15	01:20:18	01:48:14	01:53:57.70	01:54:37.35	+00:44:21 (38.9%)	5:24	11.1 (61.0%)
511	CZULUK Filip	137	BAGNO!	M-30	173	00:00:27	00:26:22	00:53:20	01:20:04	01:48:10	01:54:11.80	01:54:39.40	+00:44:35 (39.0%)	5:24	11.1 (61.0%)
512	KLIMAS Agnieszka	376		K-40	19	00:01:09	00:26:03	00:52:37	01:19:06	01:47:27	01:53:31.60	01:54:40.95	+00:43:55 (38.7%)	5:22	11.2 (61.5%)
513	SENDECKI Janusz	797		M-50	35	00:01:01	00:25:38	00:52:04	01:18:53	01:47:20	01:53:40.40	01:54:42.05	+00:44:03 (38.8%)	5:23	11.1 (61.0%)
514	KNIEJSKI Damian	386		M-40	174	00:01:21	00:27:30	00:54:26	01:20:32	01:47:51	01:53:20.85	01:54:42.20	+00:43:44 (38.6%)	5:22	11.2 (61.5%)
515	KISIEL Tomasz	368	COOPER STANDARD	M-50	36	00:00:58	00:26:28	00:52:51	01:19:45	01:47:48	01:53:47.55	01:54:45.90	+00:44:11 (38.8%)	5:23	11.1 (61.0%)
516	KOŁODZIEJ Rafał	399		M-30	163	00:01:54	00:27:48	00:55:15	01:21:44	01:47:40	01:52:56.35	01:54:51.00	+00:43:19 (38.4%)	5:21	11.2 (61.5%)
517	KROTOS Krzysztof	444	OQS	M-40	181	00:00:39	00:26:21	00:53:42	01:20:57	01:48:34	01:54:16.70	01:54:56.60	+00:44:40 (39.1%)	5:24	11.1 (61.0%)
518	GAŁECZKA Michał	204		M-20	70	00:00:49	00:25:21	00:51:35	01:17:54	01:48:06	01:54:07.65	01:54:57.40	+00:44:31 (39.0%)	5:24	11.1 (61.0%)
519	FUSIEK Juliusz	199	ADEPTUS ASTARTES	M-30	174	00:00:40	00:28:55	00:56:04	01:21:37	01:48:28	01:54:17.65	01:54:58.40	+00:44:41 (39.1%)	5:25	11.1 (61.0%)
520	FLISIAK Jakub	189		M-20	71	00:00:50	00:24:54	00:51:30	01:18:20	01:47:47	01:54:08.15	01:54:58.75	+00:44:31 (39.0%)	5:24	11.1 (61.0%)
521	DYRLAGA Stanisław	174	JUSTFEELFIT	M-60	7	00:01:24	00:27:27	00:54:26	01:21:08	01:47:59	01:53:40.95	01:55:05.00	+00:44:04 (38.8%)	5:23	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
522	GŁADYSZ Leszek	227	#PANIÓWKIRUN	M-40	177	00:01:30	00:25:57	00:51:28	01:17:48	01:47:17	01:53:34.80	01:55:05.30	+00:43:58 (38.7%)	5:22	11.1 (61.0%)
523	TOKAJ Piotr	911		M-40	179	00:01:22	00:26:48	00:53:41	01:20:24	01:47:46	01:53:44.45	01:55:07.30	+00:44:08 (38.8%)	5:23	11.1 (61.0%)
524	WAŚ Szymon	1080		M-20	72	00:00:27	00:26:08	00:52:47	01:19:15	01:48:11	01:54:40.25	01:55:08.05	+00:45:03 (39.3%)	5:26	11 (60.4%)
525	KNYĆ Mateusz	387	12 ZUP	M-30	164	00:02:08	00:28:41	00:55:55	01:21:41	01:47:58	01:53:02.25	01:55:11.10	+00:43:25 (38.4%)	5:21	11.2 (61.5%)
526	SKORUPSKI Paweł	814		M-40	183	00:00:47	00:25:35	00:51:31	01:18:00	01:47:48	01:54:25.00	01:55:12.35	+00:44:48 (39.2%)	5:25	11.1 (61.0%)
527	LESZKIEWICZ Krzysztof	1124	ELZAB ACTIVE TEAM	M-30	178	00:00:47	00:25:46	00:52:29	01:21:00	01:48:56	01:54:32.35	01:55:20.15	+00:44:55 (39.2%)	5:25	11.1 (61.0%)
528	ZAPOTOCZNY Przemek	999		M-40	184	00:00:43	00:27:13	00:54:42	01:22:20	01:49:28	01:54:43.60	01:55:27.05	+00:45:07 (39.3%)	5:26	11 (60.4%)
529	JENDRYŚ Marek	1110		M-40	173	00:02:07	00:28:30	00:55:35	01:22:17	01:48:02	01:53:20.55	01:55:27.60	+00:43:44 (38.6%)	5:22	11.2 (61.5%)
530	GOCYB Leszek	1108		M-40	188	00:00:17	00:27:02	00:53:35	01:21:15	01:49:19	01:55:14.50	01:55:31.65	+00:45:38 (39.6%)	5:27	11 (60.4%)
531	POPIEL-KRUK Aleksandra	1047		K-40	21	00:01:21	00:27:59	00:55:57	01:23:01	01:48:47	01:54:11.20	01:55:32.20	+00:44:34 (39.0%)	5:24	11.1 (61.0%)
532	NIEDOBA Daniel	1081		M-30	181	00:00:25	00:26:57	00:54:13	01:22:00	01:49:33	01:55:06.95	01:55:32.80	+00:45:30 (39.5%)	5:27	11 (60.4%)
533	MAKSAJDA Andrzej	526	BEERRUNNERS !	M-30	180	00:00:59	00:25:25	00:51:32	01:18:50	01:48:23	01:54:38.35	01:55:37.40	+00:45:01 (39.3%)	5:25	11 (60.4%)
534	WÓJCIK Tomasz	979		M-30	182	00:00:30	00:25:25	00:51:52	01:17:48	01:49:09	01:55:08.25	01:55:38.30	+00:45:31 (39.5%)	5:27	11 (60.4%)
535	DRABEK Piotr	158	SENIORZY	M-30	176	00:01:22	00:29:23	00:57:38	01:23:40	01:48:46	01:54:18.75	01:55:41.50	+00:44:42 (39.1%)	5:25	11.1 (61.0%)
536	WARAT Katarzyna	935	YES3	K-30	19	00:01:40	00:25:32	00:51:52	01:19:28	01:48:02	01:54:08.30	01:55:48.40	+00:44:31 (39.0%)	5:24	11.1 (61.0%)
537	YOUSSEF Anna	990		K-30	20	00:00:30	00:26:12	00:53:11	01:20:24	01:48:46	01:55:19.15	01:55:49.50	+00:45:42 (39.6%)	5:27	11 (60.4%)
538	SOBKOWICZ Jarosław	826	RISE&SHINE	M-30	179	00:01:19	00:28:17	00:55:45	01:23:04	01:49:19	01:54:32.85	01:55:52.75	+00:44:56 (39.2%)	5:25	11.1 (61.0%)
539	POPIEL Artur	722		M-40	186	00:00:54	00:26:54	00:53:26	01:20:18	01:49:01	01:55:07.90	01:56:02.80	+00:45:31 (39.5%)	5:27	11 (60.4%)
540	POPIEL Adriana	721		K-30	21	00:00:39	00:27:08	00:54:23	01:21:36	01:49:33	01:55:25.35	01:56:04.40	+00:45:48 (39.7%)	5:28	11 (60.4%)
541	ŻELIŃSKI Marek	1029	2018	M-50	39	00:02:01	00:27:50	00:54:59	01:21:06	01:48:17	01:54:04.80	01:56:06.45	+00:44:28 (39.0%)	5:24	11.1 (61.0%)
542	KASPER Iwona	351	KB ORŁY Z KNUROWA	K-40	22	00:00:32	00:26:39	00:54:03	01:21:31	01:49:30	01:55:38.60	01:56:10.75	+00:46:02 (39.8%)	5:28	10.9 (59.9%)
543	KWAPIEŃ Aleksander	1069		M-30	185	00:00:19	00:26:03	00:53:18	01:21:08	01:49:49	01:55:53.50	01:56:12.95	+00:46:17 (39.9%)	5:29	10.9 (59.9%)
544	KWAPIEŃ Paweł	1070		M-40	191	00:00:18	00:26:03	00:53:19	01:21:09	01:49:50	01:55:54.35	01:56:13.20	+00:46:17 (39.9%)	5:29	10.9 (59.9%)
545	SAMOL Aleksandra	790		K-20	11	00:00:28	00:25:42	00:52:15	01:19:57	01:49:53	01:55:46.60	01:56:15.10	+00:46:10 (39.9%)	5:29	10.9 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
							5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
546	MAZUR Jarosław	558		M-40	187	00:01:03	00:25:31	00:51:10	01:19:07	01:49:00	01:55:13.15	01:56:16.25	+00:45:36 (39.6%)	5:27	11 (60.4%)
547	KUCZMA Jarosław	463		M-40	185	00:01:26	00:28:04	00:55:52	01:22:56	01:49:09	01:54:51.20	01:56:17.45	+00:45:14 (39.4%)	5:26	11 (60.4%)
548	KRAJEWSKI Michał	434		M-40	189	00:00:47	00:26:16	00:52:24	01:18:21	01:49:38	01:55:34.85	01:56:22.65	+00:45:58 (39.8%)	5:28	11 (60.4%)
549	SMOLARCZYK Dominik	819	SŁĄBY BIEGACZ	M-50	40	00:00:54	00:25:28	00:51:27	01:18:08	01:49:06	01:55:31.00	01:56:25.00	+00:45:54 (39.7%)	5:28	11 (60.4%)
550	JONDA Marek	323		M-20	73	00:01:17	00:26:59	00:54:01	01:20:44	01:49:13	01:55:15.65	01:56:33.05	+00:45:39 (39.6%)	5:27	11 (60.4%)
551	KRZOK Krzysztof	453		M-40	182	00:02:18	00:26:05	00:52:24	01:19:21	01:48:51	01:54:23.40	01:56:42.30	+00:44:46 (39.1%)	5:25	11.1 (61.0%)
552	SZYMKÓW Krzysztof	897	PKO BANK POLSKI	M-40	190	00:01:04	00:26:43	00:54:44	01:22:02	01:49:44	01:55:39.60	01:56:44.25	+00:46:03 (39.8%)	5:28	10.9 (59.9%)
553	KONOPKA Agnieszka	405	I LO DWUJĘZYCZNE	K-40	23	00:01:04	00:27:27	00:54:42	01:22:12	01:49:54	01:55:42.10	01:56:46.30	+00:46:05 (39.8%)	5:29	10.9 (59.9%)
554	LESZKO Tomasz	502	EUVIC	M-30	187	00:00:38	00:25:44	00:51:57	01:19:32	01:49:47	01:56:07.80	01:56:46.55	+00:46:31 (40.1%)	5:30	10.9 (59.9%)
555	DYGOŃ Gosia	169	BIEGAJ Z TRENERAMI	K-40	24	00:00:00	00:28:17	00:55:30	01:23:07	01:51:21	01:56:46.60	01:56:46.60	+00:47:10 (40.4%)	5:32	10.8 (59.3%)
556	KOTAJNY Piotr	415		M-40	198	00:00:13	00:26:36	00:53:29	01:20:42	01:49:52	01:56:35.70	01:56:49.00	+00:46:59 (40.3%)	5:31	10.9 (59.9%)
557	LEGUTKO Jakub	499	BARCEROMA	M-20	74	00:00:59	00:26:28	00:52:34	01:20:06	01:50:38	01:55:51.70	01:56:51.25	+00:46:15 (39.9%)	5:29	10.9 (59.9%)
558	SOBIERAJSKI Przemek	825		M-40	192	00:00:53	00:27:22	00:54:14	01:21:40	01:50:02	01:56:03.55	01:56:56.55	+00:46:27 (40.0%)	5:30	10.9 (59.9%)
559	KULESZA Łukasz	469		M-30	183	00:01:45	00:28:57	00:56:40	01:23:20	01:50:07	01:55:20.40	01:57:06.05	+00:45:43 (39.7%)	5:28	11 (60.4%)
560	DZIEKAN Mateusz	178		M-20	75	00:01:12	00:28:37	00:56:55	01:23:55	01:50:29	01:55:53.40	01:57:06.35	+00:46:16 (39.9%)	5:29	10.9 (59.9%)
561	ROZWADOWSKI Dariusz	770		M-40	193	00:01:00	00:26:54	00:53:58	01:21:10	01:49:49	01:56:07.80	01:57:08.70	+00:46:31 (40.1%)	5:30	10.9 (59.9%)
562	BOREK Dariusz	59	MYSZKÓW BIEGA	M-40	195	00:00:49	00:25:32	00:51:40	01:18:56	01:49:36	01:56:19.90	01:57:08.95	+00:46:43 (40.2%)	5:30	10.9 (59.9%)
563	ONOPIUK Maciej	638		M-20	76	00:01:02	00:26:20	00:53:40	01:21:17	01:50:07	01:56:07.65	01:57:09.90	+00:46:31 (40.1%)	5:30	10.9 (59.9%)
564	DĄBROWSKI Marek	149		M-30	188	00:00:54	00:25:59	00:52:49	01:20:14	01:49:40	01:56:17.60	01:57:12.25	+00:46:41 (40.1%)	5:30	10.9 (59.9%)
565	GIELERAK Daria	220		K-30	24	00:00:21	00:27:12	00:54:01	01:21:58	01:50:44	01:56:53.00	01:57:14.45	+00:47:16 (40.4%)	5:32	10.8 (59.3%)
566	KOPER Tomasz	330		M-30	189	00:00:55	00:27:10	00:54:58	01:22:17	01:50:30	01:56:18.55	01:57:14.50	+00:46:42 (40.2%)	5:30	10.9 (59.9%)
567	POLEWICA Aleksandra	1123	UKS KOMETA GLIWICE	K-16	1	00:00:02	00:25:57	00:54:04	01:22:12	01:51:16	01:57:12.80	01:57:14.90	+00:47:36 (40.6%)	5:33	10.8 (59.3%)
568	SZOŁTYSIK Paweł	887	SPARTA PLATFUS	M-40	196	00:00:53	00:28:31	00:56:28	01:22:30	01:49:43	01:56:30.25	01:57:23.90	+00:46:53 (40.3%)	5:31	10.9 (59.9%)
569	KRZYWICKI Jan	455	-----	M-60	8	00:00:41	00:27:10	00:54:21	01:21:50	01:50:36	01:56:43.30	01:57:24.90	+00:47:06 (40.4%)	5:31	10.8 (59.3%)

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			
570	STOLARCZYK Robert	852	NIGHT RUNNER GLIWICE	M-40	194	00:01:15	00:27:53	00:55:33	01:22:37	01:50:44	01:56:09.80	01:57:25.50	+00:46:33 (40.1%)	5:30	10.9 (59.9%)
571	KOPLIN Kasia	408	FRAZOCHY	K-30	22	00:00:58	00:26:07	00:53:12	01:21:34	01:50:32	01:56:29.35	01:57:27.50	+00:46:52 (40.2%)	5:31	10.9 (59.9%)
572	DWORNICZAK Paweł	166		M-30	184	00:01:53	00:26:29	00:53:27	01:19:40	01:48:52	01:55:35.85	01:57:29.00	+00:45:59 (39.8%)	5:28	11 (60.4%)
573	SZCZĘSNY Romuald	873	NIGHT RUNNERS PYSKOWICE	M-30	190	00:00:56	00:25:37	00:53:15	01:21:27	01:50:33	01:56:34.10	01:57:30.70	+00:46:57 (40.3%)	5:31	10.9 (59.9%)
574	MAGDA Piotr	523	NIGHT RUNNERS PYSKOWICE	M-40	197	00:00:56	00:26:44	00:54:15	01:22:04	01:50:33	01:56:34.45	01:57:30.80	+00:46:58 (40.3%)	5:31	10.9 (59.9%)
575	OLSZEWSKI Grzegorz	636	OLSZAK TEAM	M-30	186	00:01:38	00:27:39	00:55:12	01:22:12	01:50:15	01:56:00.95	01:57:39.10	+00:46:24 (40.0%)	5:29	10.9 (59.9%)
576	PISZCZ Marek	706	OPEL ACTIVE TEAM	M-40	199	00:00:58	00:26:17	00:53:47	01:21:58	01:50:40	01:56:47.50	01:57:45.50	+00:47:11 (40.4%)	5:32	10.8 (59.3%)
577	WODA Ewelina	964	WAY2CHAMP	K-30	23	00:01:17	00:27:53	00:55:30	01:23:05	01:50:53	01:56:31.85	01:57:48.90	+00:46:55 (40.3%)	5:31	10.9 (59.9%)
578	MATUSZNY Barbara	1074		K-40	26	00:00:28	00:26:03	00:52:57	01:21:37	01:51:12	01:57:21.35	01:57:50.15	+00:47:44 (40.7%)	5:33	10.8 (59.3%)
579	BRODACKI Paweł	1073		M-30	195	00:00:29	00:26:02	00:52:56	01:21:35	01:51:11	01:57:26.85	01:57:56.00	+00:47:50 (40.7%)	5:33	10.8 (59.3%)
580	GÓRSKI Michał	245	GIEBUŁTÓW CIŚNIE	M-40	200	00:01:11	00:26:54	00:54:17	01:21:49	01:50:35	01:56:50.95	01:58:02.80	+00:47:14 (40.4%)	5:32	10.8 (59.3%)
581		1150				00:01:12	00:28:04	00:55:56	01:23:33	01:51:16	01:56:54.15	01:58:06.70	+00:47:17 (40.5%)	5:32	10.8 (59.3%)
582	SIERADZKA Agnieszka	805	BIEGAJ Z TRENERAMI	K-30	25	00:00:54	00:25:52	00:53:34	01:22:00	01:50:54	01:57:12.95	01:58:07.10	+00:47:36 (40.6%)	5:33	10.8 (59.3%)
583	SZUSTAK Krzysztof	889	SERCE METROPOLII	M-40	203	00:00:55	00:27:27	00:54:48	01:22:30	01:51:08	01:57:12.50	01:58:07.90	+00:47:36 (40.6%)	5:33	10.8 (59.3%)
584	WOŹNIAK Marek	974		M-40	201	00:01:08	00:27:36	00:54:58	01:22:25	01:50:58	01:57:00.10	01:58:08.40	+00:47:23 (40.5%)	5:32	10.8 (59.3%)
585	BABIUCH Karol	5	WKURW_TEAM	M-30	194	00:01:05	00:25:28	00:51:35	01:19:20	01:50:39	01:57:03.95	01:58:09.85	+00:47:27 (40.5%)	5:32	10.8 (59.3%)
586	KRUK Krzysztof	448		M-40	206	00:00:52	00:28:27	00:56:17	01:24:04	01:51:50	01:57:18.25	01:58:11.20	+00:47:41 (40.7%)	5:33	10.8 (59.3%)
587	SOJKA Łukasz	827		M-30	192	00:01:19	00:26:44	00:54:20	01:21:46	01:50:30	01:56:52.60	01:58:12.10	+00:47:16 (40.4%)	5:32	10.8 (59.3%)
588	SOKOŁOWSKI Krzysztof	828	NIGHT RUNNERS ZABRZE	M-30	193	00:01:16	00:28:16	00:56:34	01:23:36	01:51:29	01:56:55.40	01:58:12.30	+00:47:18 (40.5%)	5:32	10.8 (59.3%)
589	JANIK Johan	305	COMPAÑEROS ASFALT TEAM	M-40	205	00:00:57	00:25:44	00:51:44	01:25:00	01:51:58	01:57:16.70	01:58:14.10	+00:47:40 (40.6%)	5:33	10.8 (59.3%)
589	KOŁODZIEJ Jacek	398	COMPAÑEROS ASFALT TEAM	M-40	204	00:00:57	00:25:44	00:51:44	01:25:00	01:51:59	01:57:16.30	01:58:14.10	+00:47:39 (40.6%)	5:33	10.8 (59.3%)
591	SKÓRA Michał	816		M-40	210	00:00:22	00:27:36	00:55:22	01:23:09	01:51:50	01:57:51.80	01:58:14.65	+00:48:15 (40.9%)	5:35	10.7 (58.8%)
592	GRACH Aleksandra	249		K-40	25	00:00:58	00:26:11	00:53:22	01:21:46	01:51:12	01:57:18.15	01:58:16.95	+00:47:41 (40.7%)	5:33	10.8 (59.3%)
593	IZYDORCZYK Mirosław	297		M-50	41	00:01:04	00:27:36	00:55:11	01:22:54	01:51:18	01:57:13.05	01:58:17.40	+00:47:36 (40.6%)	5:33	10.8 (59.3%)

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			
594	NAWROCKI Piotr	603		M-30	191	00:01:41	00:25:21	00:51:41	01:19:23	01:50:18	01:56:42.50	01:58:23.70	+00:47:06 (40.4%)	5:31	10.8 (59.3%)
595	KUŚ Jan	481		M-20	77	00:01:33	00:28:35	00:56:38	01:22:25	01:50:35	01:56:51.55	01:58:24.75	+00:47:15 (40.4%)	5:32	10.8 (59.3%)
596	STALICA Wojciech	839	IZOERG	M-50	42	00:00:55	00:27:23	00:55:44	01:23:44	01:51:38	01:57:32.55	01:58:28.05	+00:47:56 (40.8%)	5:34	10.8 (59.3%)
597	BEDNARCZYK-ICIEK Aneta	1099	AKTYWNI KAMIEŃSK	K-40	28	00:01:01	00:27:12	00:54:57	01:22:42	01:51:31	01:57:29.50	01:58:31.05	+00:47:53 (40.8%)	5:34	10.8 (59.3%)
598	BANASZAK Marcin	12		M-30	196	00:00:55	00:28:17	00:56:19	01:24:12	01:52:10	01:57:39.20	01:58:34.30	+00:48:02 (40.8%)	5:34	10.8 (59.3%)
599	JASIENKIEWICZ Tomasz	313	EL DENATOS PASADENA	M-40	207	00:01:07	00:28:03	00:56:19	01:22:51	01:51:14	01:57:29.70	01:58:37.45	+00:47:53 (40.8%)	5:34	10.8 (59.3%)
600	CZARDYBON Laura	125		K-40	27	00:01:13	00:27:56	00:55:57	01:23:54	01:51:50	01:57:29.45	01:58:42.95	+00:47:53 (40.8%)	5:34	10.8 (59.3%)
601	ROZWADOWSKI Dariusz	769		M-40	202	00:01:37	00:27:01	00:54:01	01:20:53	01:50:39	01:57:10.30	01:58:47.85	+00:47:33 (40.6%)	5:33	10.8 (59.3%)
602	TURLEJ Michał	918	JURASSIC RUNNERS	M-30	198	00:01:02	00:25:23	00:52:43	01:21:59	01:51:33	01:57:47.55	01:58:50.30	+00:48:11 (40.9%)	5:34	10.7 (58.8%)
603	MALINOWSKI Łukasz	530		M-40	209	00:00:59	00:26:09	00:53:38	01:21:28	01:51:24	01:57:50.60	01:58:50.45	+00:48:14 (40.9%)	5:35	10.7 (58.8%)
604	HERZYK Adam	287	SIGNIFY BIELSKO-BIAŁA	M-50	44	00:01:08	00:27:16	00:54:55	01:22:36	01:51:19	01:57:44.20	01:58:53.15	+00:48:07 (40.9%)	5:34	10.8 (59.3%)
605	BOM Mariusz	1088		M-50	43	00:01:21	00:27:09	00:54:18	01:21:38	01:51:06	01:57:43.75	01:59:05.70	+00:48:07 (40.9%)	5:34	10.8 (59.3%)
606	KLAPETEK Jacek	371	ŠKK GOLIAT	M-50	47	00:00:27	00:23:20	00:46:50	01:12:00	01:52:36	01:58:43.70	01:59:11.25	+00:49:07 (41.4%)	5:37	10.7 (58.8%)
607	LIS Maciej	511		M-30	201	00:00:52	00:28:01	00:56:02	01:24:08	01:52:24	01:58:22.65	01:59:14.95	+00:48:46 (41.2%)	5:36	10.7 (58.8%)
608	BALCARCZYK Bartłomiej	1117		M-40	213	00:01:08	00:28:09	00:56:19	01:23:50	01:51:57	01:58:10.45	01:59:18.45	+00:48:34 (41.1%)	5:36	10.7 (58.8%)
609	MARKOWSKA Sylwia	539		K-30	28	00:01:10	00:27:56	00:55:50	01:24:03	01:52:31	01:58:10.25	01:59:20.60	+00:48:33 (41.1%)	5:36	10.7 (58.8%)
610	HAŁAS Małgorzata	277		K-30	26	00:01:24	00:27:28	00:54:55	01:23:14	01:51:49	01:57:56.65	01:59:20.85	+00:48:20 (41.0%)	5:35	10.7 (58.8%)
611	KWIATKOWSKA Katarzyna	488		K-40	30	00:00:10	00:25:58	00:53:44	01:22:08	01:52:51	01:59:11.35	01:59:22.25	+00:49:34 (41.6%)	5:38	10.6 (58.2%)
612	KALINOWSKI Krzysztof	337		M-40	208	00:01:49	00:28:12	00:56:07	01:23:27	01:51:46	01:57:34.10	01:59:23.30	+00:47:57 (40.8%)	5:34	10.8 (59.3%)
613	BASZUN Michał	17	DAMY RADEĘ	M-30	197	00:01:43	00:28:15	00:56:36	01:24:25	01:52:01	01:57:40.45	01:59:24.10	+00:48:04 (40.8%)	5:34	10.8 (59.3%)
614	WAWRÓW Mirosław	939	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	M-30	200	00:01:02	00:28:28	00:56:52	01:25:20	01:52:52	01:58:22.60	01:59:25.15	+00:48:46 (41.2%)	5:36	10.7 (58.8%)
615	BOMBIS Sandra	58		K-20	12	00:01:05	00:26:46	00:53:52	01:22:01	01:52:19	01:58:19.75	01:59:25.35	+00:48:43 (41.2%)	5:36	10.7 (58.8%)
616	MORDARSKI Artur	587		M-40	211	00:01:32	00:27:41	00:55:18	01:22:41	01:51:44	01:57:53.95	01:59:26.90	+00:48:17 (41.0%)	5:35	10.7 (58.8%)
617	SARKOWICZ Adam	791		M-50	46	00:01:06	00:26:03	00:53:32	01:21:59	01:52:13	01:58:28.15	01:59:34.50	+00:48:51 (41.2%)	5:36	10.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
618	KULCZYK Anna	467		K-30	29	00:00:57	00:27:22	00:55:07	01:23:22	01:52:25	01:58:37.65	01:59:35.00	+00:49:01 (41.3%)	5:37	10.7 (58.8%)
619	CZERNIK Andrzej	135		M-60	9	00:02:07	00:27:00	00:54:02	01:21:31	01:51:06	01:57:29.35	01:59:36.75	+00:47:52 (40.8%)	5:34	10.8 (59.3%)
620	SACHNIK Marek	787		M-20	79	00:00:25	00:25:45	00:53:00	01:21:10	01:52:14	01:59:15.60	01:59:40.80	+00:49:39 (41.6%)	5:39	10.6 (58.2%)
621	MACHNIK Artur	520	ORZEŁ TEAM	M-30	204	00:00:49	00:27:11	00:54:40	01:22:17	01:52:14	01:58:52.95	01:59:42.00	+00:49:16 (41.4%)	5:38	10.6 (58.2%)
622	KAMIŃSKI Sebastian	343		M-30	205	00:00:48	00:27:12	00:54:41	01:22:18	01:52:15	01:58:53.70	01:59:42.25	+00:49:17 (41.5%)	5:38	10.6 (58.2%)
623	ZIEBA Paweł	1093		M-20	80	00:00:26	00:24:00	00:51:06	01:20:31	01:52:48	01:59:16.25	01:59:42.70	+00:49:39 (41.6%)	5:39	10.6 (58.2%)
624	ŁUBKOWSKI Robert	517		M-40	212	00:01:48	00:29:07	00:57:57	01:25:22	01:52:33	01:57:55.00	01:59:43.60	+00:48:18 (41.0%)	5:35	10.7 (58.8%)
625	MAŃKA Marcin	533		M-30	199	00:01:46	00:28:19	00:57:16	01:25:02	01:52:34	01:58:01.75	01:59:48.10	+00:48:25 (41.0%)	5:35	10.7 (58.8%)
626	KLUSKA Piotr	382	HURAGAN LIGOTA	M-50	45	00:01:26	00:28:04	00:55:26	01:22:47	01:51:55	01:58:22.40	01:59:48.80	+00:48:45 (41.2%)	5:36	10.7 (58.8%)
627	KLIMCZYK Gaweł	379		M-20	78	00:01:41	00:27:54	00:56:16	01:25:16	01:52:36	01:58:08.70	01:59:50.55	+00:48:32 (41.1%)	5:35	10.7 (58.8%)
628	DANISZ Małgorzata	145		K-30	27	00:01:47	00:28:57	00:57:18	01:24:19	01:52:17	01:58:06.25	01:59:53.30	+00:48:29 (41.1%)	5:35	10.7 (58.8%)
629	GAJDA Dariusz	201	EXTREMALNI NAPALEŃCY	M-40	217	00:00:39	00:25:42	00:51:50	01:20:33	01:52:45	01:59:17.95	01:59:57.55	+00:49:41 (41.7%)	5:39	10.6 (58.2%)
630	BŁASZCZYSZYN Łukasz	46		M-30	202	00:01:33	00:28:28	00:56:20	01:23:55	01:52:40	01:58:24.60	01:59:58.35	+00:48:48 (41.2%)	5:36	10.7 (58.8%)
631	SITKO Mateusz	809		M-30	203	00:01:29	00:27:27	00:55:18	01:23:34	01:52:34	01:58:32.70	02:00:02.50	+00:48:56 (41.3%)	5:37	10.7 (58.8%)
632	SITKO Magdalena	810		K-20	13	00:01:28	00:27:27	00:55:20	01:23:36	01:52:37	01:58:34.75	02:00:02.90	+00:48:58 (41.3%)	5:37	10.7 (58.8%)
633	DĄBROWSKI Marcin	148	TEAM KORNEL	M-40	224	00:00:23	00:27:36	00:55:29	01:23:25	01:53:18	01:59:40.05	02:00:03.15	+00:50:03 (41.8%)	5:40	10.6 (58.2%)
634	KIERA Szymon	365		M-40	215	00:01:14	00:27:52	00:55:27	01:23:08	01:52:18	01:58:49.85	02:00:03.95	+00:49:13 (41.4%)	5:37	10.7 (58.8%)
635	ŁUKASIK Andrzej	519		M-50	48	00:00:58	00:27:37	00:56:15	01:24:04	01:53:12	01:59:11.35	02:00:09.80	+00:49:34 (41.6%)	5:38	10.6 (58.2%)
636	GERASCH Piotr	219	CZĘSTO CHOWA	M-40	221	00:00:37	00:25:01	00:51:50	01:21:19	01:52:57	01:59:32.75	02:00:10.10	+00:49:56 (41.8%)	5:39	10.6 (58.2%)
637	KULAWIK Mariusz	466		M-30	206	00:01:01	00:28:41	00:57:28	01:25:43	01:53:42	01:59:15.00	02:00:16.35	+00:49:38 (41.6%)	5:39	10.6 (58.2%)
638	CZUBAJ Cezary	136		M-50	49	00:00:50	00:27:22	00:55:26	01:24:10	01:53:10	01:59:27.55	02:00:17.60	+00:49:51 (41.7%)	5:39	10.6 (58.2%)
638	ZNAMIROWSKI Krzysztof	1020	RADIO WROCŁAW	M-40	222	00:00:44	00:26:31	00:54:51	01:24:13	01:53:32	01:59:32.95	02:00:17.60	+00:49:56 (41.8%)	5:39	10.6 (58.2%)
640	SZYNAL Andrzej	899	DHL RUN CLUB	M-40	214	00:01:35	00:28:02	00:56:18	01:24:47	01:53:15	01:58:46.25	02:00:21.40	+00:49:09 (41.4%)	5:37	10.7 (58.8%)
641	URBAŃSKI Leszek	929		M-40	219	00:01:00	00:25:30	00:51:40	01:20:00	01:52:37	01:59:25.00	02:00:25.40	+00:49:48 (41.7%)	5:39	10.6 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
642	KONIECZNY Justyna	403	NIGHT RUNNER PYSKOWICE	K-30	32	00:00:53	00:26:47	00:54:18	01:23:10	01:53:26	01:59:32.60	02:00:26.00	+00:49:56 (41.8%)	5:39	10.6 (58.2%)
643	KRAWCZYK Marta	436		K-40	29	00:01:35	00:28:44	00:57:06	01:24:48	01:53:00	01:58:56.95	02:00:32.10	+00:49:20 (41.5%)	5:38	10.6 (58.2%)
644	TOMCZYK Edyta	912		K-30	30	00:01:29	00:28:29	00:57:04	01:25:43	01:53:31	01:59:03.10	02:00:32.50	+00:49:26 (41.5%)	5:38	10.6 (58.2%)
645	KORNIJCZUK Tomasz	411		M-40	231	00:00:26	00:29:56	01:01:02	01:27:08	01:54:30	02:00:07.10	02:00:33.20	+00:50:30 (42.1%)	5:41	10.5 (57.7%)
646	BIAŁAS Krzysztof	27		M-40	229	00:00:31	00:28:52	00:56:52	01:24:30	01:53:35	02:00:04.10	02:00:35.35	+00:50:27 (42.0%)	5:41	10.5 (57.7%)
647	FAŁEK Krzysztof	186		M-40	228	00:00:31	00:28:51	00:56:52	01:24:30	01:53:35	02:00:04.05	02:00:35.65	+00:50:27 (42.0%)	5:41	10.5 (57.7%)
648	JANIEC Witold	304		M-40	223	00:01:04	00:28:09	00:56:05	01:23:46	01:53:16	01:59:37.90	02:00:42.40	+00:50:01 (41.8%)	5:40	10.6 (58.2%)
649	LEDWOŃ Aneta	498	NIGHT RUNNERS GLIWICE	K-40	31	00:01:30	00:28:24	00:56:50	01:25:20	01:53:36	01:59:14.95	02:00:45.15	+00:49:38 (41.6%)	5:39	10.6 (58.2%)
650	BIAŁAS Tomek	29	CONSULTAS	M-40	220	00:01:19	00:28:30	00:56:46	01:25:50	01:53:47	01:59:27.95	02:00:47.85	+00:49:51 (41.7%)	5:39	10.6 (58.2%)
651	SZOJDA Małgorzata	881	INŻYNIERIA BIEGANIA TEAM	K-30	31	00:01:17	00:28:12	00:56:36	01:25:05	01:53:34	01:59:31.00	02:00:48.75	+00:49:54 (41.8%)	5:39	10.6 (58.2%)
652	ZAPOTOCZNA Renata	997		K-40	34	00:00:44	00:27:13	00:55:57	01:25:37	01:54:08	02:00:06.50	02:00:50.50	+00:50:30 (42.0%)	5:41	10.5 (57.7%)
653	GRUCHAŁA Anna	262	MK TEAM	K-30	34	00:01:05	00:27:28	00:54:55	01:23:05	01:53:22	01:59:47.95	02:00:53.90	+00:50:11 (41.9%)	5:40	10.6 (58.2%)
654	SZKUDLAREK Michał	876	RUN-LOG.COM	M-40	230	00:00:47	00:25:43	00:53:13	01:23:24	01:54:14	02:00:06.75	02:00:54.30	+00:50:30 (42.0%)	5:41	10.5 (57.7%)
655	DYMICKI Andrzej	173	OCHAJORUN & FRIENDS	M-40	216	00:01:38	00:28:28	00:56:51	01:24:39	01:53:14	01:59:17.25	02:00:55.35	+00:49:40 (41.6%)	5:39	10.6 (58.2%)
656	ZEMŁA Piotr	1005		M-50	50	00:01:04	00:28:57	00:58:11	01:26:03	01:53:58	01:59:51.05	02:00:55.95	+00:50:14 (41.9%)	5:40	10.6 (58.2%)
657	MAZUR Mateusz	553		M-30	208	00:01:37	00:30:16	01:00:24	01:27:47	01:53:58	01:59:21.10	02:00:58.80	+00:49:44 (41.7%)	5:39	10.6 (58.2%)
658	PLEWIŃSKI Tomasz	708		M-30	209	00:01:39	00:27:04	00:54:52	01:23:26	01:52:44	01:59:22.10	02:01:01.30	+00:49:45 (41.7%)	5:39	10.6 (58.2%)
659	WYCIŚŁOK Krzysztof	987		M-30	211	00:01:35	00:27:58	00:56:19	01:24:47	01:53:22	01:59:29.15	02:01:04.60	+00:49:52 (41.7%)	5:39	10.6 (58.2%)
660	KĄDZIOŁKA Jan	360	NIGHT RUNNERS GLIWICE	M-50	51	00:01:00	00:28:15	00:55:56	01:24:25	01:53:53	02:00:05.60	02:01:05.75	+00:50:29 (42.0%)	5:41	10.5 (57.7%)
661	SELIGA Paweł	796	BIEGAJ Z TRENERAMI GLIWICE	M-30	215	00:01:12	00:28:08	00:56:32	01:24:51	01:53:38	01:59:53.55	02:01:05.90	+00:50:17 (41.9%)	5:40	10.6 (58.2%)
662	POLEWKA Tomasz	1122	UKS KOMETA GLIWICE	M-40	235	00:00:00	00:25:59	00:54:06	01:22:14	01:53:25	02:01:06.65	02:01:06.65	+00:51:30 (42.5%)	5:44	10.5 (57.7%)
663	CISEK Stanisław	117		M-40	225	00:01:23	00:28:13	00:56:31	01:24:58	01:53:41	01:59:45.70	02:01:08.80	+00:50:09 (41.9%)	5:40	10.6 (58.2%)
664	CHUDY Michał	106		M-30	207	00:01:48	00:28:35	00:56:29	01:25:21	01:53:29	01:59:20.10	02:01:09.00	+00:49:43 (41.7%)	5:39	10.6 (58.2%)
665	KUCZMA Joanna	462		K-40	32	00:01:26	00:28:06	00:56:25	01:24:52	01:53:35	01:59:43.65	02:01:10.00	+00:50:07 (41.9%)	5:40	10.6 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
666	KOCIELSKA Anna	389		K-30	36	00:01:04	00:27:04	00:55:15	01:24:04	01:53:41	02:00:06.60	02:01:10.95	+00:50:30 (42.0%)	5:41	10.5 (57.7%)
667	PETEJA-ĆWIK Aleksandra	682	NSZOZANGIODENS	K-50	3	00:01:08	00:28:13	00:56:37	01:25:08	01:53:53	02:00:05.10	02:01:13.70	+00:50:28 (42.0%)	5:41	10.5 (57.7%)
668	BIER Agnieszka	40	DTIQ POLAND	K-30	33	00:01:39	00:28:01	00:56:19	01:24:39	01:53:22	01:59:36.55	02:01:15.65	+00:50:00 (41.8%)	5:40	10.6 (58.2%)
669	WIKIERSKI Michał	950		M-30	214	00:01:25	00:28:06	00:55:46	01:23:47	01:53:36	01:59:52.60	02:01:18.25	+00:50:16 (41.9%)	5:40	10.6 (58.2%)
670	PATRZAŁEK Grzegorz	673		M-40	218	00:01:58	00:28:03	00:56:10	01:24:30	01:53:18	01:59:20.75	02:01:19.70	+00:49:44 (41.7%)	5:39	10.6 (58.2%)
671	KORSZEWSKI Patrycjusz	412		M-40	234	00:00:25	00:29:57	00:59:14	01:27:11	01:54:58	02:00:55.60	02:01:21.45	+00:51:19 (42.4%)	5:43	10.5 (57.7%)
672	STUDNIK Agnieszka	861		K-30	39	00:00:36	00:28:29	00:57:14	01:25:38	01:54:40	02:00:45.30	02:01:21.50	+00:51:08 (42.4%)	5:43	10.5 (57.7%)
673	JURASZCZUK Katarzyna	1090	INŻYNIERIA BIEGANIA	K-40	33	00:01:32	00:28:04	00:55:57	01:24:36	01:53:30	01:59:50.70	02:01:23.15	+00:50:14 (41.9%)	5:40	10.6 (58.2%)
674	SOBAS Katarzyna	824		K-20	15	00:01:09	00:28:05	00:56:37	01:25:08	01:53:55	02:00:13.45	02:01:23.20	+00:50:37 (42.1%)	5:41	10.5 (57.7%)
675	KRYCZAŁO Maciej	450		M-40	226	00:01:21	00:28:00	00:56:21	01:24:50	01:53:35	02:00:02.65	02:01:24.60	+00:50:26 (42.0%)	5:41	10.5 (57.7%)
675	BEM Michał	24	BEMKI SPORT	M-40	227	00:01:21	00:28:00	00:56:23	01:24:50	01:53:36	02:00:03.10	02:01:24.60	+00:50:26 (42.0%)	5:41	10.5 (57.7%)
677	MIKOŁAJCZYK Marcin	572		M-30	218	00:01:01	00:28:24	00:56:15	01:24:52	01:54:41	02:00:24.75	02:01:26.05	+00:50:48 (42.2%)	5:42	10.5 (57.7%)
678	STASIAK Mirosław	843	ROCKWELL AUTOMATION	M-30	221	00:00:15	00:25:04	00:52:58	01:22:43	01:54:35	02:01:11.15	02:01:26.60	+00:51:34 (42.6%)	5:44	10.4 (57.1%)
679	NOWAKOWSKA Agnieszka	626	PACEMAKER	K-20	14	00:01:16	00:28:13	00:56:37	01:25:05	01:53:48	02:00:10.40	02:01:27.30	+00:50:33 (42.1%)	5:41	10.5 (57.7%)
680	CISZEWSKI Krzysztof	118		M-30	217	00:01:18	00:27:25	00:55:21	01:24:06	01:53:46	02:00:08.70	02:01:27.60	+00:50:32 (42.1%)	5:41	10.5 (57.7%)
681	ZIĘTEK Katarzyna	1015	#BBKTS	K-30	35	00:01:38	00:28:16	00:56:37	01:24:48	01:53:47	01:59:49.50	02:01:28.45	+00:50:13 (41.9%)	5:40	10.6 (58.2%)
682	RAJTOR Klaudiusz	752		M-60	10	00:01:10	00:27:52	00:55:41	01:24:08	01:53:50	02:00:20.90	02:01:31.75	+00:50:44 (42.2%)	5:42	10.5 (57.7%)
683	BARAŃSKI Grzegorz	15		M-30	210	00:02:10	00:28:24	00:56:33	01:24:34	01:53:20	01:59:25.05	02:01:35.40	+00:49:48 (41.7%)	5:39	10.6 (58.2%)
684	PUCHAŁA Ewelina	742	PACEMAKER	K-30	37	00:01:28	00:28:27	00:56:52	01:25:41	01:54:04	02:00:16.10	02:01:45.05	+00:50:39 (42.1%)	5:42	10.5 (57.7%)
685	OPAŁKA Marcin	639		M-20	81	00:01:38	00:28:15	00:56:28	01:24:57	01:53:48	02:00:07.00	02:01:45.45	+00:50:30 (42.1%)	5:41	10.5 (57.7%)
686	KOJ Jakub	396	LOCO TEAM	M-30	212	00:01:56	00:28:50	00:56:43	01:24:51	01:54:13	01:59:50.45	02:01:46.80	+00:50:14 (41.9%)	5:40	10.6 (58.2%)
687	BUJALSKI Michał	90		M-30	213	00:01:55	00:28:51	00:56:43	01:24:52	01:54:14	01:59:51.40	02:01:47.00	+00:50:14 (41.9%)	5:40	10.6 (58.2%)
688	PYPKA Elżbieta	746		K-30	40	00:00:40	00:28:01	00:56:36	01:25:35	01:54:59	02:01:09.35	02:01:49.60	+00:51:32 (42.5%)	5:44	10.4 (57.1%)
689	GRUCHALSKI Jakub	261	ISTA BIEGAMY	M-30	220	00:01:04	00:28:09	00:56:27	01:25:07	01:54:29	02:00:46.55	02:01:51.05	+00:51:10 (42.4%)	5:43	10.5 (57.7%)

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					
690	JAWORSKI Kamil	315	FUCHS OIL TEAM	M-30	216	00:01:46	00:29:12	00:58:03	01:25:51	01:54:31	02:00:08.00	02:01:54.65	+00:50:31 (42.1%)	5:41	10.5 (57.7%)
691	BOBKOWSKI Maciej	49	NIGHT RUNNERS PYSKOWICE	M-40	236	00:00:31	00:27:13	00:55:55	01:24:51	01:55:17	02:01:23.55	02:01:55.15	+00:51:47 (42.7%)	5:45	10.4 (57.1%)
692	KOZUBEK Sergiusz	429		M-40	232	00:01:39	00:28:39	00:57:32	01:25:31	01:54:20	02:00:18.45	02:01:58.30	+00:50:42 (42.1%)	5:42	10.5 (57.7%)
693	SZYMAŃSKI Filip	896		M-20	83	00:00:47	00:27:55	00:57:06	01:25:20	01:54:50	02:01:11.75	02:01:59.00	+00:51:35 (42.6%)	5:44	10.4 (57.1%)
694	PAWIŃSKI Wojciech	675		M-40	233	00:01:44	00:28:36	00:56:35	01:25:06	01:54:03	02:00:24.20	02:02:08.40	+00:50:47 (42.2%)	5:42	10.5 (57.7%)
695	SOWIŃSKI Krzysztof	834		M-30	219	00:01:28	00:28:08	00:56:22	01:24:26	01:54:41	02:00:45.90	02:02:14.50	+00:51:09 (42.4%)	5:43	10.5 (57.7%)
696	KIECKA Ewelina	364		K-30	38	00:01:42	00:29:17	00:58:06	01:26:23	01:55:04	02:00:34.10	02:02:16.10	+00:50:57 (42.3%)	5:42	10.5 (57.7%)
697	PYTLARCZYK Piotr	748	KLUB BIEGACZA WARTA	M-40	240	00:00:21	00:26:59	00:55:53	01:25:06	01:55:29	02:02:02.95	02:02:24.30	+00:52:26 (43.0%)	5:47	10.4 (57.1%)
698	GÓRKA Szymon	244		M-30	223	00:00:30	00:24:04	00:51:44	01:23:28	01:55:47	02:01:54.85	02:02:25.55	+00:52:18 (42.9%)	5:46	10.4 (57.1%)
699	GUŚCIORA Maciej	272		M-20	84	00:01:05	00:25:57	00:54:15	01:23:20	01:55:20	02:01:21.65	02:02:27.05	+00:51:45 (42.6%)	5:45	10.4 (57.1%)
700	ROGOWSKI Jakub	1120		M-20	82	00:01:42	00:28:14	00:56:29	01:24:38	01:54:35	02:00:44.55	02:02:27.25	+00:51:08 (42.4%)	5:43	10.5 (57.7%)
701	KAMIŃSKI Rafał	342		M-30	222	00:01:00	00:28:11	00:56:43	01:25:21	01:54:49	02:01:33.75	02:02:34.50	+00:51:57 (42.7%)	5:45	10.4 (57.1%)
702	GIERADA Mateusz	224	NIGHT RUNNERS GLIWICE	M-20	85	00:01:02	00:28:34	00:57:11	01:25:48	01:55:16	02:01:44.20	02:02:46.95	+00:52:07 (42.8%)	5:46	10.4 (57.1%)
703	GIERADA Ryszard	225	NIGHT RUNNERS GLIWICE	M-50	53	00:01:03	00:28:33	00:57:09	01:25:47	01:55:17	02:01:44.25	02:02:47.70	+00:52:07 (42.8%)	5:46	10.4 (57.1%)
704	NANCKA Brygida	599	-	K-40	37	00:00:22	00:27:35	00:56:19	01:25:26	01:55:58	02:02:27.90	02:02:49.95	+00:52:51 (43.2%)	5:48	10.3 (56.6%)
705	MASTALSKA Marzena	546	OPEL ACTIVE TEAM	K-30	42	00:01:15	00:29:03	00:57:49	01:27:30	01:55:54	02:01:42.60	02:02:58.55	+00:52:06 (42.8%)	5:46	10.4 (57.1%)
706	DZIECIĄTKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-40	237	00:01:16	00:29:02	00:57:48	01:27:29	01:55:53	02:01:42.25	02:02:58.70	+00:52:05 (42.8%)	5:46	10.4 (57.1%)
707	GRZEGORCZYK Monika	266	NIGHT RUNNERS ZABRZE	K-30	41	00:01:16	00:29:02	00:57:48	01:27:30	01:55:54	02:01:42.45	02:02:58.75	+00:52:06 (42.8%)	5:46	10.4 (57.1%)
708	SIKORA Michał	808		M-40	241	00:00:34	00:27:09	00:56:03	01:25:16	01:55:46	02:02:27.55	02:03:02.35	+00:52:51 (43.2%)	5:48	10.3 (56.6%)
709	KOZACZKA Włodzimierz	425		M-40	238	00:01:17	00:28:49	00:57:31	01:26:09	01:55:17	02:01:45.20	02:03:02.95	+00:52:08 (42.8%)	5:46	10.4 (57.1%)
710	BIAŁECKI Aleksander	31		M-40	239	00:01:07	00:26:50	00:54:10	01:23:51	01:55:16	02:01:58.20	02:03:06.10	+00:52:21 (42.9%)	5:46	10.4 (57.1%)
711	MARKOWSKI Kamil	540		M-30	224	00:01:10	00:27:55	00:55:50	01:24:03	01:54:22	02:02:06.30	02:03:16.65	+00:52:29 (43.0%)	5:47	10.4 (57.1%)
712	KOLTERNIAK Monika	397	QUEENS PARK HARRIERS LONDYN	K-40	36	00:01:01	00:28:12	00:56:51	01:25:58	01:56:00	02:02:17.50	02:03:19.10	+00:52:41 (43.1%)	5:47	10.4 (57.1%)
713	GRZYMAŁA Jan	270		M-30	225	00:01:13	00:25:51	00:53:16	01:23:07	01:55:18	02:02:06.65	02:03:20.25	+00:52:30 (43.0%)	5:47	10.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
714	NOWAK Ryszard	625		M-50	52	00:02:14	00:28:05	00:56:25	01:25:42	01:55:21	02:01:13.95	02:03:28.90	+00:51:37 (42.6%)	5:44	10.4 (57.1%)
715	DEMBOWSKA Bożena	150		K-40	35	00:01:33	00:28:23	00:57:05	01:26:07	01:55:48	02:02:02.70	02:03:36.15	+00:52:26 (43.0%)	5:47	10.4 (57.1%)
716	KOZA Krystian	424		M-20	86	00:01:07	00:27:20	00:55:11	01:24:28	01:55:35	02:02:36.75	02:03:44.20	+00:53:00 (43.2%)	5:48	10.3 (56.6%)
717	BRZOZA Aleksandra	80	MOSTOSTAL ZABRZE UNITED	K-30	43	00:00:50	00:28:37	00:56:51	01:25:20	01:56:35	02:02:53.40	02:03:44.30	+00:53:16 (43.4%)	5:49	10.3 (56.6%)
718	GRAMATYKA Paweł	254	ZABIEGANI MZ UNITED	M-40	243	00:00:53	00:28:35	00:56:48	01:25:16	01:56:32	02:02:51.10	02:03:44.50	+00:53:14 (43.3%)	5:49	10.3 (56.6%)
719	PIŁAT Jarosław	702	PACEMAKER	M-40	242	00:01:15	00:28:22	00:56:35	01:25:03	01:55:46	02:02:48.90	02:04:04.55	+00:53:12 (43.3%)	5:49	10.3 (56.6%)
720	JANIKOWSKI Adam	306	ANICA TEAM	M-30	227	00:00:50	00:25:32	00:53:00	01:24:10	01:56:45	02:03:14.60	02:04:05.55	+00:53:38 (43.5%)	5:50	10.3 (56.6%)
721	PĘDZIK Błażej	687		M-20	87	00:01:18	00:28:20	00:56:32	01:25:02	01:56:05	02:02:50.30	02:04:08.30	+00:53:13 (43.3%)	5:49	10.3 (56.6%)
722	LESZCZYŃSKA Małgorzata	501		K-40	38	00:00:35	00:27:13	00:55:57	01:25:59	01:57:18	02:03:33.90	02:04:09.00	+00:53:57 (43.7%)	5:51	10.2 (56.0%)
723	MICHNA Wojciech	567		M-20	88	00:01:12	00:28:03	00:56:51	01:25:58	01:56:34	02:03:00.80	02:04:12.85	+00:53:24 (43.4%)	5:49	10.3 (56.6%)
724	FRANIELCZYK Marta	194		K-30	44	00:01:29	00:28:12	00:56:37	01:25:22	01:56:06	02:02:58.95	02:04:28.30	+00:53:22 (43.4%)	5:49	10.3 (56.6%)
725	ZEGARTOWSKI Michał	1004	DTIQ POLAND	M-30	230	00:00:34	00:25:54	00:53:08	01:23:16	01:56:54	02:03:54.05	02:04:28.75	+00:54:17 (43.8%)	5:52	10.2 (56.0%)
726	KLEMIŃSKI Tomasz	1113		M-40	244	00:01:27	00:29:20	00:58:30	01:27:18	01:56:48	02:03:03.25	02:04:31.00	+00:53:26 (43.4%)	5:49	10.3 (56.6%)
727	PINDERA Barbara	1112		K-30	45	00:01:27	00:29:20	00:58:30	01:27:18	01:56:47	02:03:03.20	02:04:31.15	+00:53:26 (43.4%)	5:49	10.3 (56.6%)
728	TWAROCIK Konrad	1125		M-30	226	00:01:59	00:28:54	00:57:27	01:26:27	01:56:43	02:02:52.80	02:04:51.95	+00:53:16 (43.4%)	5:49	10.3 (56.6%)
729	SZWARCZYŃSKI Jakub	891		M-30	229	00:01:17	00:29:06	00:57:27	01:25:22	01:57:00	02:03:47.15	02:05:04.20	+00:54:10 (43.8%)	5:51	10.2 (56.0%)
730	MICHALSKI Marek	564		M-40	245	00:00:34	00:27:59	00:57:23	01:25:51	01:57:54	02:04:32.00	02:05:06.35	+00:54:55 (44.1%)	5:54	10.2 (56.0%)
731	WILSZ Ewa	956	#PANIÓWKIRUN	K-40	39	00:01:31	00:27:54	00:56:52	01:26:14	01:57:28	02:03:40.80	02:05:12.35	+00:54:04 (43.7%)	5:51	10.2 (56.0%)
732	RASZYK Andrzej	754	PARKRUN KATOWICE	M-50	54	00:01:06	00:28:51	00:57:15	01:25:48	01:57:18	02:04:05.95	02:05:12.45	+00:54:29 (43.9%)	5:52	10.2 (56.0%)
733	BOJDA Dawid	56		M-30	228	00:01:47	00:29:01	00:58:32	01:27:36	01:57:15	02:03:26.40	02:05:13.65	+00:53:49 (43.6%)	5:50	10.3 (56.6%)
734	PYREK Anna	747		K-20	16	00:01:10	00:27:46	00:56:41	01:26:03	01:57:30	02:04:07.50	02:05:17.85	+00:54:31 (43.9%)	5:52	10.2 (56.0%)
735	PRENZENA Paweł	727		M-30	234	00:00:22	00:25:48	00:54:29	01:24:49	01:57:48	02:04:59.05	02:05:21.30	+00:55:22 (44.3%)	5:55	10.1 (55.5%)
736	VOLOSHYNA Mariana	932		K-30	46	00:01:55	00:30:38	01:00:27	01:28:51	01:57:48	02:03:36.85	02:05:32.80	+00:54:00 (43.7%)	5:51	10.2 (56.0%)
737	KHAVALYTS Anton	363		M-20	89	00:01:56	00:30:37	01:00:26	01:28:50	01:57:47	02:03:38.30	02:05:34.55	+00:54:01 (43.7%)	5:51	10.2 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
738	KNEBEL Patrycja	1115		K-30	49	00:01:04	00:29:25	00:58:55	01:29:04	01:58:14	02:04:35.80	02:05:40.35	+00:54:59 (44.1%)	5:54	10.2 (56.0%)
739	KOWRYGO Adam	422		M-20	90	00:01:37	00:28:32	00:57:08	01:26:14	01:57:43	02:04:04.35	02:05:41.65	+00:54:27 (43.9%)	5:52	10.2 (56.0%)
740	TOPORKIEWICZ Marcin	913	BIEGACZE MOGĄ DŁUŻEJ	M-30	232	00:01:10	00:28:18	00:56:39	01:25:31	01:57:32	02:04:33.00	02:05:43.15	+00:54:56 (44.1%)	5:54	10.2 (56.0%)
741	PRADELOK Jerzy	726	GIBKE GIZDY	M-50	55	00:01:12	00:26:37	00:53:51	01:23:52	01:57:17	02:04:42.30	02:05:55.15	+00:55:05 (44.2%)	5:54	10.2 (56.0%)
742	BŁASZCZYK Paulina	45		K-30	47	00:01:33	00:28:28	00:57:08	01:26:34	01:57:53	02:04:25.25	02:05:58.80	+00:54:48 (44.1%)	5:53	10.2 (56.0%)
743	MARUSZCZYK Marian	543		M-50	56	00:01:18	00:27:26	00:55:06	01:24:15	01:57:25	02:04:42.40	02:06:00.80	+00:55:05 (44.2%)	5:54	10.2 (56.0%)
744	SEKIENDA Michał	795		M-30	231	00:01:28	00:30:19	01:00:21	01:29:48	01:57:56	02:04:32.55	02:06:01.50	+00:54:56 (44.1%)	5:54	10.2 (56.0%)
745	SZUTER Justyna	890		K-20	17	00:01:11	00:28:31	00:57:32	01:26:38	01:57:52	02:04:50.60	02:06:01.95	+00:55:14 (44.2%)	5:54	10.1 (55.5%)
746	KĘPA Agnieszka	362	EKO-OKNA RUNNERS	K-30	48	00:01:37	00:29:30	00:58:57	01:28:24	01:58:18	02:04:28.40	02:06:05.80	+00:54:51 (44.1%)	5:53	10.2 (56.0%)
747	PYKA Adam	745		M-30	233	00:01:11	00:26:01	00:53:18	01:23:09	01:57:54	02:04:57.00	02:06:08.15	+00:55:20 (44.3%)	5:55	10.1 (55.5%)
748	HAŁAMBIEC Anna	276		K-30	51	00:01:07	00:28:04	00:56:48	01:26:28	01:58:09	02:05:03.45	02:06:10.60	+00:55:27 (44.3%)	5:55	10.1 (55.5%)
749	MARKUSIK Tomasz	541		M-30	237	00:00:32	00:29:15	00:58:32	01:27:53	01:59:01	02:05:45.30	02:06:18.05	+00:56:08 (44.6%)	5:57	10.1 (55.5%)
750	KRAWCZYK Beata	439		K-30	50	00:01:34	00:28:05	00:56:20	01:24:49	01:57:23	02:04:47.75	02:06:22.15	+00:55:11 (44.2%)	5:54	10.1 (55.5%)
751	PRZYBYLSKI Mariusz	738	PGB SPORTOWA PACZKA	M-40	248	00:00:56	00:26:43	00:53:48	01:22:06	01:57:37	02:05:29.45	02:06:25.50	+00:55:53 (44.5%)	5:56	10.1 (55.5%)
752	BĄK Katarzyna	1084		K-30	52	00:01:01	00:28:37	00:58:06	01:27:24	01:58:33	02:05:27.85	02:06:29.20	+00:55:51 (44.5%)	5:56	10.1 (55.5%)
753	LIKA Michał	507		M-30	235	00:01:26	00:29:07	00:58:22	01:28:22	01:59:17	02:05:08.25	02:06:34.90	+00:55:31 (44.4%)	5:55	10.1 (55.5%)
754	HRYNISZYN Agnieszka	293		K-20	18	00:01:26	00:29:07	00:58:22	01:28:22	01:59:17	02:05:08.65	02:06:35.00	+00:55:32 (44.4%)	5:55	10.1 (55.5%)
755	MAZUR Roman	556		M-50	57	00:01:24	00:29:51	00:59:33	01:28:48	01:58:49	02:05:15.45	02:06:40.40	+00:55:39 (44.4%)	5:56	10.1 (55.5%)
756	GRYGIEREK Jarosław	264		M-20	91	00:00:47	00:27:54	00:56:16	01:25:32	01:58:46	02:05:56.30	02:06:43.95	+00:56:19 (44.7%)	5:58	10.1 (55.5%)
757	JARASZ Aleksander	311	NIGHT RUNNERS ZABRZE	M-40	246	00:01:36	00:29:20	00:58:50	01:28:15	01:58:30	02:05:07.65	02:06:44.50	+00:55:31 (44.4%)	5:55	10.1 (55.5%)
758	WILK Andrzej	955		M-30	239	00:00:23	00:26:19	00:55:29	01:25:56	01:59:13	02:06:25.70	02:06:49.45	+00:56:49 (44.9%)	5:59	10 (54.9%)
759	PIKTAS Paweł	698		M-40	247	00:01:34	00:29:20	00:58:01	01:26:14	01:58:11	02:05:18.00	02:06:52.25	+00:55:41 (44.4%)	5:56	10.1 (55.5%)
760	BUFNAL Krzysztof	86		M-40	250	00:00:46	00:27:49	00:56:11	01:25:30	01:59:02	02:06:20.30	02:07:06.85	+00:56:43 (44.9%)	5:59	10 (54.9%)
761	PEKALA Anna	688		K-40	40	00:01:38	00:27:41	00:56:10	01:26:10	01:58:57	02:05:37.35	02:07:15.70	+00:56:00 (44.6%)	5:57	10.1 (55.5%)

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
762	SZKAMRUK Małgorzata	875		K-30	53	00:01:37	00:27:42	00:56:11	01:26:13	01:59:00	02:05:37.90	02:07:15.80	+00:56:01 (44.6%)	5:57	10.1 (55.5%)
762	CZERNIK Rafał	133		M-40	249	00:00:57	00:27:49	00:56:51	01:27:02	01:59:37	02:06:18.15	02:07:15.80	+00:56:41 (44.9%)	5:59	10 (54.9%)
764	FOLEK Andrzej	193	DTIQ POLAND	M-30	236	00:01:43	00:28:19	00:56:40	01:26:08	01:58:33	02:05:38.80	02:07:21.95	+00:56:02 (44.6%)	5:57	10.1 (55.5%)
765	KALINOWSKI Dawid	336		M-20	92	00:01:16	00:28:20	00:56:56	01:26:23	01:59:30	02:06:16.65	02:07:33.15	+00:56:40 (44.9%)	5:59	10 (54.9%)
766	URBANEK Martin	927	ISTA BIEGAMY	M-30	241	00:01:03	00:27:01	00:56:09	01:26:26	01:59:15	02:06:29.75	02:07:33.20	+00:56:53 (45.0%)	5:59	10 (54.9%)
767	PAWEŁKÓW Michał	674		M-30	240	00:01:13	00:28:35	00:56:54	01:25:07	01:58:54	02:06:29.70	02:07:43.00	+00:56:53 (45.0%)	5:59	10 (54.9%)
768	MATYSIEWICZ Piotr	550	INTER PROJEKT	M-30	245	00:00:24	00:28:46	00:58:39	01:29:17	02:01:14	02:07:25.15	02:07:49.60	+00:57:48 (45.4%)	6:02	9.9 (54.4%)
769	PŁACHTA Marek	710	INTER PROJEKT S.A.	M-40	254	00:00:24	00:28:46	00:58:39	01:29:17	02:01:14	02:07:25.70	02:07:49.90	+00:57:49 (45.4%)	6:02	9.9 (54.4%)
770	KONIOR Edyta	404	KOLIBER TEAM	K-40	41	00:01:16	00:29:22	00:58:50	01:28:49	02:00:01	02:06:35.25	02:07:52.05	+00:56:58 (45.0%)	6:00	10 (54.9%)
771	ZWOLIŃSKA Katarzyna	1058	AERO-SYSTEM.PL	K-20	19	00:01:32	00:29:18	00:58:51	01:29:42	02:00:13	02:06:19.35	02:07:52.20	+00:56:42 (44.9%)	5:59	10 (54.9%)
772	GRYNICKA-JASKÓŁA Aleksandra	1089		K-40	42	00:01:09	00:28:27	00:57:48	01:27:38	01:59:47	02:06:44.15	02:07:53.25	+00:57:07 (45.1%)	6:00	10 (54.9%)
773	MIKUŁA Leszek	574		M-40	258	00:00:05	00:25:49	00:54:29	01:25:47	02:00:32	02:07:50.60	02:07:56.00	+00:58:14 (45.6%)	6:03	9.9 (54.4%)
774	OSTROSZCZYK Rafał	650	BEZ KLUBU	M-40	251	00:01:35	00:29:45	00:59:46	01:29:44	02:00:16	02:06:21.50	02:07:56.70	+00:56:45 (44.9%)	5:59	10 (54.9%)
775	KRAWCZYK Dariusz	438		M-30	238	00:01:41	00:29:08	00:57:47	01:27:34	01:59:59	02:06:16.10	02:07:57.85	+00:56:39 (44.9%)	5:59	10 (54.9%)
776	BAJKACZ Krzysztof	8		M-30	242	00:01:09	00:27:41	00:55:46	01:24:51	01:59:32	02:06:55.05	02:08:04.90	+00:57:18 (45.2%)	6:00	10 (54.9%)
777	HUBISZ Bartłomiej	294		M-40	253	00:00:45	00:29:27	01:00:24	01:30:28	02:01:10	02:07:25.05	02:08:10.10	+00:57:48 (45.4%)	6:02	9.9 (54.4%)
778	BAJ Tomasz	7		M-30	248	00:00:27	00:25:34	00:54:21	01:25:55	02:00:48	02:07:46.80	02:08:14.45	+00:58:10 (45.5%)	6:03	9.9 (54.4%)
779	NOWAK Wojciech	623	ŚWIŃSKI TRUCHT	M-20	94	00:00:55	00:29:48	00:59:11	01:28:29	02:00:56	02:07:28.85	02:08:24.00	+00:57:52 (45.4%)	6:02	9.9 (54.4%)
780	GŁOWACKA Marta	229		K-20	20	00:01:48	00:30:04	00:59:50	01:29:44	02:00:33	02:06:37.20	02:08:26.10	+00:57:00 (45.0%)	6:00	10 (54.9%)
781	FIGIEL Mariusz	187		M-40	252	00:01:52	00:27:49	00:55:53	01:24:58	01:59:39	02:06:41.65	02:08:33.95	+00:57:05 (45.1%)	6:00	10 (54.9%)
782	KRUK Michał	447		M-20	93	00:01:34	00:28:17	00:56:50	01:26:39	01:59:48	02:07:00.25	02:08:34.35	+00:57:23 (45.2%)	6:01	10 (54.9%)
783	ROJEK Monika	765		K-40	43	00:01:24	00:29:45	00:59:41	01:28:39	02:00:17	02:07:12.05	02:08:37.00	+00:57:35 (45.3%)	6:01	10 (54.9%)
784	NIEDŹWIECKI Paweł	607	OCHOTNICZA STRAŻ POŻARNA W KOTUSZOWIE	M-30	243	00:01:27	00:28:35	00:57:38	01:27:20	02:00:40	02:07:13.35	02:08:40.65	+00:57:36 (45.3%)	6:01	10 (54.9%)
785	SZYMAŃSKA Dominika	895	POMYKACZE	K-20	21	00:00:47	00:27:56	00:57:07	01:30:05	02:01:27	02:07:57.00	02:08:44.45	+00:58:20 (45.6%)	6:03	9.9 (54.4%)

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			
786	OSTROWSKI Zygmunt	651		M-60	11	00:01:30	00:29:44	00:59:26	01:29:24	02:00:33	02:07:16.95	02:08:47.40	+00:57:40 (45.3%)	6:01	9.9 (54.4%)
787	BUCHAL Katarzyna	83		K-50	4	00:01:05	00:29:26	00:59:35	01:29:52	02:01:09	02:07:44.65	02:08:49.95	+00:58:08 (45.5%)	6:03	9.9 (54.4%)
788	BUCHAL Grzegorz	82		M-40	256	00:01:06	00:29:25	00:59:34	01:29:49	02:01:08	02:07:44.20	02:08:50.25	+00:58:07 (45.5%)	6:03	9.9 (54.4%)
789	MIECZNIKOWSKA Agnieszka	568		K-40	46	00:01:04	00:28:05	00:57:52	01:29:01	02:01:12	02:07:49.80	02:08:54.30	+00:58:13 (45.5%)	6:03	9.9 (54.4%)
790	MILISZKIEWICZ Adam	575		M-30	247	00:01:19	00:28:41	00:57:18	01:26:28	02:00:25	02:07:37.60	02:08:56.70	+00:58:01 (45.5%)	6:02	9.9 (54.4%)
791	WŁODARCZYK Paweł	962	ING BANK ŚLĄSKI SA	M-30	244	00:01:34	00:27:57	00:56:20	01:26:28	02:00:18	02:07:22.20	02:08:56.85	+00:57:45 (45.4%)	6:02	9.9 (54.4%)
792	MRZYGLÓD Robert	589		M-30	250	00:00:32	00:29:32	00:59:47	01:29:38	02:01:41	02:08:25.25	02:08:57.55	+00:58:48 (45.8%)	6:05	9.9 (54.4%)
793	ZADEBERNY Artur	993		M-40	255	00:01:16	00:27:34	00:56:03	01:26:41	02:00:41	02:07:42.85	02:08:58.90	+00:58:06 (45.5%)	6:03	9.9 (54.4%)
794	POLACZEK Adam	718		M-30	246	00:01:30	00:27:54	00:58:17	01:28:37	02:01:08	02:07:29.75	02:09:00.05	+00:57:53 (45.4%)	6:02	9.9 (54.4%)
795	PRESNAL-ZMYŚŁOWSKA Agnieszka	728		K-40	44	00:01:30	00:27:54	00:58:17	01:28:37	02:01:08	02:07:31.50	02:09:01.75	+00:57:55 (45.4%)	6:02	9.9 (54.4%)
796	PAŁYGA Agnieszka	667	FUTURE PROCESSING RUNNING TEAM	K-30	55	00:01:06	00:28:41	00:58:34	01:29:18	02:00:56	02:07:57.05	02:09:03.60	+00:58:20 (45.6%)	6:03	9.9 (54.4%)
797	ĆWIKŁA Grzegorz	140		M-50	58	00:01:33	00:29:48	00:59:44	01:30:17	02:00:55	02:07:32.00	02:09:05.25	+00:57:55 (45.4%)	6:02	9.9 (54.4%)
798	HEBDA-OLSZÓWKA Aleksandra	279	BP RUNNING TEAM GLIWICE	K-30	54	00:01:16	00:29:27	00:59:55	01:30:15	02:01:18	02:07:49.75	02:09:06.05	+00:58:13 (45.5%)	6:03	9.9 (54.4%)
798	MARUT Kaśka	544	BP RUNNING TEAM GLIWICE	K-40	48	00:01:16	00:29:29	00:59:55	01:30:18	02:01:18	02:07:50.00	02:09:06.05	+00:58:13 (45.5%)	6:03	9.9 (54.4%)
800	KROCZEK Liliana	442	NIGHT RUNNERS	K-40	47	00:01:16	00:29:27	00:59:50	01:30:18	02:01:20	02:07:49.80	02:09:06.10	+00:58:13 (45.5%)	6:03	9.9 (54.4%)
801	RÓLKA Mariola	771	BP RUNNING TEAM	K-40	49	00:01:15	00:29:29	00:59:56	01:30:20	02:01:21	02:07:50.50	02:09:06.20	+00:58:14 (45.6%)	6:03	9.9 (54.4%)
802	ĆWIOK Marek	142	#PANIÓWKIRUN	M-40	257	00:01:20	00:30:02	00:59:47	01:30:29	02:01:11	02:07:46.15	02:09:06.70	+00:58:09 (45.5%)	6:03	9.9 (54.4%)
803	ĆWIOK Barbara	143	#PANIÓWKIRUN	K-40	45	00:01:20	00:30:02	00:59:47	01:30:30	02:01:16	02:07:46.80	02:09:06.95	+00:58:10 (45.5%)	6:03	9.9 (54.4%)
804	CZERNIAK Żaneta	132		K-40	51	00:01:08	00:28:13	00:56:46	01:27:52	02:00:53	02:08:01.80	02:09:10.20	+00:58:25 (45.6%)	6:04	9.9 (54.4%)
804	GRABOWSKI Zbigniew	248		M-60	12	00:01:23	00:29:14	00:59:15	01:29:20	02:01:03	02:07:46.95	02:09:10.20	+00:58:10 (45.5%)	6:03	9.9 (54.4%)
806	KOWALCZYK Anna	418	HIRSCHVOGEL	K-40	50	00:01:22	00:30:02	01:00:29	01:30:43	02:01:17	02:07:55.10	02:09:17.10	+00:58:18 (45.6%)	6:03	9.9 (54.4%)
807	WĘGIEL Kacper	943		M-20	95	00:01:27	00:29:43	00:58:41	01:30:19	02:01:41	02:07:49.70	02:09:17.20	+00:58:13 (45.5%)	6:03	9.9 (54.4%)
808	KOŻUSZEK Sebastian	1083		M-40	260	00:01:20	00:28:39	00:57:46	01:27:28	02:00:56	02:07:58.55	02:09:19.40	+00:58:22 (45.6%)	6:03	9.9 (54.4%)
809	NOGŁY Adam	618	BIEGACZE Z BOJKOWA	M-40	259	00:01:36	00:29:52	01:00:11	01:31:03	02:01:47	02:07:53.35	02:09:30.00	+00:58:16 (45.6%)	6:03	9.9 (54.4%)

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					
810	STEINHOFF Adam	848	WIKTOR TEAM	M-40	261	00:01:20	00:28:29	00:57:44	01:27:58	02:01:04	02:08:11.30	02:09:31.40	+00:58:34 (45.7%)	6:04	9.9 (54.4%)
811	STAŃKO Marcin	842		M-30	252	00:00:28	00:28:59	00:58:37	01:29:11	02:02:47	02:09:09.55	02:09:38.15	+00:59:33 (46.1%)	6:07	9.8 (53.8%)
812	PĘDOWSKI Wojciech	686		M-50	59	00:01:34	00:28:19	00:57:05	01:28:09	02:00:53	02:08:12.35	02:09:46.70	+00:58:35 (45.7%)	6:04	9.9 (54.4%)
813	WÓJCIK Rafał	980		M-40	263	00:01:14	00:29:18	00:58:58	01:28:56	02:01:38	02:08:34.60	02:09:49.30	+00:58:58 (45.9%)	6:05	9.8 (53.8%)
814	DZIEDZIC Dominik	177		M-30	249	00:01:37	00:29:41	01:00:00	01:29:59	02:01:43	02:08:13.15	02:09:50.40	+00:58:36 (45.7%)	6:04	9.9 (54.4%)
815	PRACKA Danuta	725		K-30	56	00:01:47	00:29:29	00:59:32	01:30:15	02:01:28	02:08:05.15	02:09:52.50	+00:58:28 (45.7%)	6:04	9.9 (54.4%)
816	ZIMNY Michał	1016		M-40	264	00:01:06	00:31:35	01:03:14	01:34:51	02:03:23	02:08:47.60	02:09:54.55	+00:59:11 (46.0%)	6:06	9.8 (53.8%)
817	MUSIL Mike	591		M-40	262	00:01:49	00:30:32	01:00:51	01:30:38	02:01:51	02:08:11.50	02:10:00.75	+00:58:35 (45.7%)	6:04	9.9 (54.4%)
818	KRAFczyk Edyta	430		K-30	57	00:00:54	00:28:51	00:58:51	01:29:15	02:02:24	02:09:40.75	02:10:35.70	+01:00:04 (46.3%)	6:08	9.8 (53.8%)
819	ŚLIWIŃSKA Alicja	903		K-30	59	00:00:51	00:28:31	00:58:07	01:29:00	02:03:08	02:10:17.10	02:11:08.30	+01:00:40 (46.6%)	6:10	9.7 (53.3%)
820	PIĄTKOWSKI Michał	691		M-30	253	00:01:41	00:29:08	00:57:47	01:27:33	02:01:50	02:09:26.95	02:11:08.50	+00:59:50 (46.2%)	6:08	9.8 (53.8%)
821	WIŚNIEWSKI Paweł	959	NIGHT RUNNERS GLIWICE	M-30	251	00:02:04	00:28:44	00:58:59	01:29:57	02:02:22	02:09:05.25	02:11:10.20	+00:59:28 (46.1%)	6:07	9.8 (53.8%)
822	MALCZUK Aleksander	528		M-20	96	00:01:01	00:27:08	00:54:45	01:27:20	02:03:24	02:10:09.85	02:11:10.85	+01:00:33 (46.5%)	6:10	9.7 (53.3%)
823	PAŁETKO Ryszard	665		M-40	269	00:00:42	00:29:17	00:59:18	01:31:26	02:04:12	02:10:36.50	02:11:19.00	+01:01:00 (46.7%)	6:11	9.7 (53.3%)
824	PIETRZAK Krzysztof	696		M-40	266	00:01:16	00:27:54	00:58:08	01:30:15	02:02:45	02:10:07.40	02:11:23.50	+01:00:30 (46.5%)	6:10	9.7 (53.3%)
825	SMOŁA Mieczysław	820	AKMB PĘDZIWIATR GLIWICE	M-60	14	00:00:18	00:30:06	01:01:16	01:32:44	02:04:34	02:11:05.70	02:11:23.90	+01:01:29 (46.9%)	6:12	9.7 (53.3%)
826	MICHALIK Natalia	562		K-20	22	00:01:37	00:29:55	01:00:10	01:31:02	02:03:07	02:09:52.45	02:11:29.60	+01:00:16 (46.4%)	6:09	9.7 (53.3%)
827	NOWAKOWSKA-TRZASKA Joanna	627		K-40	52	00:01:35	00:29:56	01:00:12	01:31:03	02:03:09	02:09:54.65	02:11:29.75	+01:00:18 (46.4%)	6:09	9.7 (53.3%)
828	CZAPEK Marek	123	NIGHT RUNNERS GLIWICE	M-40	265	00:01:35	00:29:53	01:00:13	01:31:08	02:03:09	02:09:54.85	02:11:30.40	+01:00:18 (46.4%)	6:09	9.7 (53.3%)
829	URBANЕК-RAJWA Barbara	928		K-40	53	00:00:40	00:28:26	00:57:07	01:27:22	02:03:08	02:10:52.40	02:11:32.80	+01:01:15 (46.8%)	6:12	9.7 (53.3%)
830	PISKON Agnieszka	938	W POGONI ZA DUCHEM/ PACEMAKER	K-30	58	00:01:31	00:29:50	01:00:16	01:31:29	02:03:31	02:10:07.60	02:11:38.60	+01:00:31 (46.5%)	6:10	9.7 (53.3%)
831	JURASZCZYK Dominika	325	PACEMAKER	K-20	23	00:01:31	00:29:50	01:00:18	01:31:29	02:03:31	02:10:07.55	02:11:38.90	+01:00:31 (46.5%)	6:10	9.7 (53.3%)
832	SEKIENDA Grzegorz	794		M-40	268	00:01:28	00:30:18	01:00:23	01:31:23	02:03:06	02:10:25.20	02:11:53.55	+01:00:48 (46.6%)	6:10	9.7 (53.3%)
833	GRZEBIELUCH Tomasz	265		M-40	267	00:01:39	00:30:11	01:00:12	01:31:12	02:02:55	02:10:14.55	02:11:54.00	+01:00:38 (46.6%)	6:10	9.7 (53.3%)

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					
834	FUGOWSKI Grzegorz	196		M-30	257	00:00:00	00:30:46	01:00:46	01:33:02	02:05:25	02:11:58.60	02:11:58.60	+01:02:22 (47.3%)	6:15	9.6 (52.7%)
835	OSIŃSKI Paweł	648	BIEGAJ Z TRENERAMI	M-40	270	00:01:26	00:28:29	00:59:34	01:31:14	02:04:13	02:10:40.60	02:12:06.75	+01:01:04 (46.7%)	6:11	9.7 (53.3%)
836	ULFIK Piotr	926		M-20	97	00:01:03	00:28:09	00:56:40	01:25:54	02:02:27	02:11:23.95	02:12:27.90	+01:01:47 (47.0%)	6:13	9.6 (52.7%)
837	ZBOREK Dominika	1000		K-30	60	00:01:38	00:29:26	00:59:31	01:31:06	02:04:18	02:10:50.05	02:12:28.90	+01:01:13 (46.8%)	6:12	9.7 (53.3%)
838	PAWNUK Jan	680		M-60	13	00:01:38	00:31:13	01:02:54	01:33:37	02:04:19	02:10:50.60	02:12:29.05	+01:01:14 (46.8%)	6:12	9.7 (53.3%)
839	RYBARZ Ewa	779		K-30	61	00:01:38	00:29:54	01:00:20	01:31:32	02:04:15	02:11:01.95	02:12:40.65	+01:01:25 (46.9%)	6:12	9.7 (53.3%)
840	DROBNY Miłosz	161		M-20	98	00:01:12	00:31:03	01:02:46	01:34:01	02:05:13	02:11:32.55	02:12:45.25	+01:01:56 (47.1%)	6:14	9.6 (52.7%)
841	KSIĄDZ Adam	456		M-30	256	00:01:15	00:28:37	00:57:20	01:28:19	02:04:08	02:11:33.55	02:12:48.60	+01:01:57 (47.1%)	6:14	9.6 (52.7%)
841	BATEJKO Beata	18	SPORT WSPIERAMY NAUKOWO	K-40	54	00:01:44	00:29:28	00:59:15	01:30:30	02:04:08	02:11:04.25	02:12:48.60	+01:01:27 (46.9%)	6:12	9.7 (53.3%)
843	BIELECKI Adam	1107	CHATEAU CHALIN	M-40	271	00:00:54	00:28:40	00:58:09	01:29:12	02:04:31	02:12:05.20	02:12:59.75	+01:02:28 (47.3%)	6:15	9.6 (52.7%)
844	ZYGMUNTOWICZ Piotr	1024	ANICA TEAM	M-40	273	00:00:51	00:27:46	00:57:12	01:29:05	02:04:15	02:12:12.45	02:13:03.60	+01:02:36 (47.3%)	6:15	9.6 (52.7%)
845	CZYSZCZOŃ Anna	138		K-20	24	00:01:41	00:31:33	01:02:57	01:33:34	02:05:11	02:11:39.50	02:13:20.55	+01:02:03 (47.1%)	6:14	9.6 (52.7%)
846	WILCZEK Tomasz	951		M-20	99	00:01:00	00:28:07	00:57:23	01:28:49	02:05:00	02:12:22.35	02:13:22.55	+01:02:45 (47.4%)	6:16	9.6 (52.7%)
847	LEWANDOWSKA Magdalena	503		K-30	62	00:02:04	00:31:09	01:03:12	01:35:05	02:05:11	02:11:18.05	02:13:22.70	+01:01:41 (47.0%)	6:13	9.6 (52.7%)
848	RYBOTYCKI Tomasz	781	WIKTOR TEAM	M-30	258	00:01:21	00:29:44	01:00:01	01:31:38	02:05:15	02:12:03.15	02:13:24.20	+01:02:26 (47.3%)	6:15	9.6 (52.7%)
849	SZAFRANIEC Arkadiusz	867	1985	M-30	254	00:02:09	00:29:13	00:59:36	01:30:35	02:04:31	02:11:15.85	02:13:25.00	+01:01:39 (47.0%)	6:13	9.6 (52.7%)
850	REWIUK-KOCUR Anna	763		K-30	64	00:00:45	00:31:22	01:03:14	01:35:21	02:05:45	02:12:59.10	02:13:44.30	+01:03:22 (47.7%)	6:18	9.5 (52.2%)
851	KOCUR Aleksander	392		M-40	275	00:00:44	00:31:23	01:03:14	01:35:22	02:05:46	02:13:00.05	02:13:44.40	+01:03:23 (47.7%)	6:18	9.5 (52.2%)
852	KOWALIK Miłosz	419		M-30	255	00:02:17	00:30:06	01:01:15	01:33:39	02:04:21	02:11:27.35	02:13:45.30	+01:01:50 (47.0%)	6:13	9.6 (52.7%)
853	ZAJĄC Jacek	994	RCU UBEZPIECZENIA	M-40	272	00:01:51	00:31:34	01:03:22	01:35:10	02:05:53	02:12:08.00	02:13:59.45	+01:02:31 (47.3%)	6:15	9.6 (52.7%)
854	KLIMKIEWICZ Jakub	380	BANANA TEAM	M-30	259	00:01:32	00:30:10	01:01:26	01:32:56	02:05:55	02:12:33.30	02:14:06.25	+01:02:56 (47.5%)	6:16	9.5 (52.2%)
855	KARMAŃSKI Jacek	349		M-40	276	00:01:01	00:29:10	01:00:16	01:32:25	02:06:19	02:13:15.55	02:14:17.05	+01:03:39 (47.8%)	6:18	9.5 (52.2%)
856	MAJCHRZAK Magdalena	524		K-30	63	00:01:37	00:29:30	00:58:58	01:30:01	02:05:03	02:12:39.30	02:14:17.15	+01:03:02 (47.5%)	6:17	9.5 (52.2%)
857	MIERZEJEWSKI Jacek	571	AMATOR	M-50	60	00:00:52	00:29:19	01:00:09	01:31:53	02:05:52	02:13:26.25	02:14:18.25	+01:03:49 (47.8%)	6:19	9.5 (52.2%)

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					
858	GDULA Teodozja	217		K-60	1	00:01:18	00:28:05	00:57:13	01:29:29	02:05:35	02:13:00.65	02:14:19.40	+01:03:24 (47.7%)	6:18	9.5 (52.2%)
859	KUTRZYK Przemysław	482		M-40	274	00:01:34	00:29:18	00:59:32	01:31:11	02:05:40	02:12:47.95	02:14:22.60	+01:03:11 (47.6%)	6:17	9.5 (52.2%)
860	DYLSKI Jacek	171		M-20	100	00:02:11	00:30:46	01:02:16	01:33:56	02:06:29	02:12:33.30	02:14:44.40	+01:02:56 (47.5%)	6:16	9.6 (52.7%)
861	KASPEREK Magdalena	352	FIS - SST	K-40	55	00:01:43	00:31:43	01:05:11	01:35:44	02:06:16	02:13:06.25	02:14:49.70	+01:03:29 (47.7%)	6:18	9.5 (52.2%)
862	KWARCIŃSKA Maria	485		K-30	65	00:01:48	00:31:51	01:03:50	01:35:47	02:07:06	02:13:10.35	02:14:59.25	+01:03:33 (47.7%)	6:18	9.5 (52.2%)
863	NIEWDANA Anna	612	EUVIC	K-20	25	00:01:48	00:31:51	01:03:50	01:35:46	02:07:05	02:13:10.80	02:14:59.45	+01:03:34 (47.7%)	6:18	9.5 (52.2%)
864	PIOTROWSKI Krzysztof	1114		M-30	263	00:00:24	00:26:37	00:57:48	01:31:05	02:07:30	02:14:36.85	02:15:01.00	+01:05:00 (48.3%)	6:22	9.4 (51.6%)
865	WOLIŃSKI Józef	968		M-50	61	00:01:33	00:30:04	01:01:19	01:33:24	02:06:50	02:13:32.35	02:15:05.80	+01:03:55 (47.9%)	6:19	9.5 (52.2%)
866	GAWROŃSKI Wojtek	213		M-30	260	00:01:36	00:28:23	00:58:03	01:30:09	02:06:40	02:13:39.45	02:15:15.80	+01:04:03 (47.9%)	6:20	9.5 (52.2%)
867	OSAK Małgorzata	646		K-30	66	00:01:35	00:28:37	00:57:39	01:30:34	02:06:32	02:13:47.45	02:15:22.60	+01:04:11 (48.0%)	6:20	9.5 (52.2%)
868	JĘDZURA Agnieszka	322		K-40	57	00:01:29	00:28:36	00:58:45	01:30:54	02:06:31	02:14:03.00	02:15:32.50	+01:04:26 (48.1%)	6:21	9.4 (51.6%)
869	NAWROT Bożena	605		K-40	56	00:01:44	00:29:56	01:00:37	01:32:06	02:06:24	02:13:52.75	02:15:37.25	+01:04:16 (48.0%)	6:20	9.5 (52.2%)
870	NAWROT Krzysztof	604		M-40	277	00:01:45	00:29:56	01:00:35	01:32:05	02:06:24	02:13:53.60	02:15:38.60	+01:04:17 (48.0%)	6:20	9.5 (52.2%)
871	LENCZYK Mariusz	500		M-20	101	00:01:48	00:27:00	00:56:56	01:29:57	02:07:26	02:14:15.65	02:16:04.20	+01:04:39 (48.2%)	6:21	9.4 (51.6%)
872	CHAVEZ Christina	1097		K-20	29	00:00:00	01:33:27			02:09:35	02:16:12.05	02:16:12.05	+01:06:35 (48.9%)	6:27	9.3 (51.1%)
873	CELAREK Janusz	98	LECYMY WARTKO	M-50	62	00:01:45	00:32:00	01:04:35	01:35:49	02:07:50	02:14:26.55	02:16:12.10	+01:04:50 (48.2%)	6:22	9.4 (51.6%)
874	TRELA Marcin	998		M-30	261	00:02:01	00:31:40	01:03:39	01:35:33	02:07:35	02:14:12.15	02:16:13.45	+01:04:35 (48.1%)	6:21	9.4 (51.6%)
874	KOŁODZIEJCZYK Emilia	400	WATAHA -LACZY NAS BIEGANIE	K-20	26	00:01:46	00:31:53	01:03:52	01:35:48	02:07:50	02:14:27.05	02:16:13.45	+01:04:50 (48.2%)	6:22	9.4 (51.6%)
876	KRAWCZYŃSKI Mirosław	440		M-40	278	00:01:02	00:30:19	01:00:49	01:32:20	02:08:12	02:15:17.85	02:16:20.60	+01:05:41 (48.6%)	6:24	9.4 (51.6%)
877	SERUGA Aleksandra	800		K-20	27	00:01:33	00:30:10	01:00:28	01:33:24	02:07:54	02:14:50.30	02:16:23.35	+01:05:13 (48.4%)	6:23	9.4 (51.6%)
878	ŻMUDZIŃSKI Piotr	1032		M-30	262	00:01:48	00:32:05	01:04:47	01:35:48	02:07:44	02:14:36.00	02:16:24.15	+01:04:59 (48.3%)	6:22	9.4 (51.6%)
879	WŁODARSKA Dominika	963		K-20	28	00:00:32	00:30:10	01:01:16	01:33:45	02:08:33	02:16:02.50	02:16:35.30	+01:06:26 (48.8%)	6:26	9.3 (51.1%)
880	GŁOWACKI Jordan	230		M-30	266	00:00:33	00:30:09	01:01:15	01:33:44	02:08:29	02:16:02.45	02:16:35.60	+01:06:26 (48.8%)	6:26	9.3 (51.1%)
881	KUŹNICKI Tomasz	484		M-30	264	00:01:32	00:28:28	00:59:11	01:31:17	02:07:11	02:15:04.95	02:16:37.10	+01:05:28 (48.5%)	6:24	9.4 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
882	PIECHOWICZ-KUROWSKA Agata	1048		K-30	67	00:01:41	00:31:44	01:03:50	01:35:57	02:08:25	02:14:56.40	02:16:38.35	+01:05:19 (48.4%)	6:23	9.4 (51.6%)
883	BROWSKA Aleksandra	1052		K-30	68	00:01:42	00:31:43	01:03:49	01:35:56	02:08:25	02:14:56.45	02:16:38.50	+01:05:20 (48.4%)	6:23	9.4 (51.6%)
884		1130				00:00:00	00:44:27	01:05:31	01:38:26	02:10:06	02:16:38.60	02:16:38.60	+01:07:02 (49.1%)	6:28	9.3 (51.1%)
885	KWIATKOWSKA-STOJAK Ewelina	487		K-30	70	00:00:46	00:30:43	01:02:33	01:35:36	02:08:56	02:15:56.05	02:16:42.30	+01:06:19 (48.8%)	6:26	9.3 (51.1%)
886	LESZCZYK Krzysztof	1075		M-50	65	00:00:23	00:30:56	01:01:54	01:33:45	02:09:05	02:16:25.05	02:16:48.90	+01:06:48 (49.0%)	6:27	9.3 (51.1%)
887	BŁACH Piotr Buła	44	PACEMAKER	M-50	63	00:01:45	00:31:54	01:03:54	01:35:49	02:08:35	02:15:04.65	02:16:50.15	+01:05:28 (48.5%)	6:24	9.4 (51.6%)
888	KOWALCZYK Tomasz	417	AKMB PĘDZIWIATR GLIWICE	M-30	265	00:01:08	00:28:34	00:57:27	01:31:44	02:08:32	02:15:48.35	02:16:56.45	+01:06:11 (48.7%)	6:26	9.3 (51.1%)
889	SZUMNIAK Ryszard	888		M-50	64	00:01:48	00:31:52	01:04:03	01:35:45	02:08:32	02:15:17.50	02:17:05.55	+01:05:41 (48.6%)	6:24	9.4 (51.6%)
890	WIECZORKE Marcin	945		M-40	279	00:01:05	00:27:58	00:57:05	01:30:01	02:08:11	02:16:14.45	02:17:20.10	+01:06:38 (48.9%)	6:27	9.3 (51.1%)
891	KLIMASZ Katarzyna	378		K-20	30	00:01:05	00:30:22	01:01:28	01:34:11	02:09:10	02:16:18.20	02:17:23.80	+01:06:41 (48.9%)	6:27	9.3 (51.1%)
892	KAMIONKA Paweł	344		M-30	267	00:00:23	01:33:52			02:09:40	02:17:09.60	02:17:32.95	+01:07:33 (49.3%)	6:30	9.2 (50.5%)
893	PIOTROWSKA Dorota	704		K-30	69	00:02:04	00:31:09	01:03:12	01:35:05	02:08:17	02:15:29.15	02:17:34.00	+01:05:52 (48.6%)	6:25	9.3 (51.1%)
894	BIAŁY Dagmara	34	DMB	K-40	59	00:00:33	00:31:18	01:03:29	01:37:02	02:09:51	02:17:01.70	02:17:34.95	+01:07:25 (49.2%)	6:29	9.2 (50.5%)
895	PRZYBYŚLAWSKA Nina	739	4-TO	K-30	71	00:00:33	00:31:19	01:03:29	01:37:02	02:09:52	02:17:01.80	02:17:35.15	+01:07:25 (49.2%)	6:29	9.2 (50.5%)
896	LATA Monika	494	KYOKUSHIN	K-40	58	00:01:41	00:33:12	01:06:04	01:38:51	02:10:05	02:16:13.35	02:17:54.40	+01:06:36 (48.9%)	6:27	9.3 (51.1%)
897	GREINER Anna	255		K-40	61	00:00:22	00:30:03	01:02:08	01:35:00	02:10:30	02:17:58.25	02:18:20.80	+01:08:21 (49.5%)	6:32	9.2 (50.5%)
898	BINASIK Agnieszka	41	HURAGAN LIGOTA	K-40	60	00:01:37	00:30:26	01:01:32	01:34:42	02:09:46	02:17:28.85	02:19:06.10	+01:07:52 (49.4%)	6:30	9.2 (50.5%)
899	JACHIMOWSKA Agnieszka	299		K-30	72	00:01:28	00:29:50	01:00:34	01:34:21	02:10:00	02:17:48.85	02:19:17.50	+01:08:12 (49.5%)	6:31	9.2 (50.5%)
900	BOGDAŁ Michał	53		M-30	269	00:00:30	00:31:32	01:03:26	01:36:09	02:11:28	02:19:15.05	02:19:45.65	+01:09:38 (50.0%)	6:35	9.1 (50.0%)
901	SZELAĞ Iwona	874		K-30	73	00:01:45	00:31:54	01:03:53	01:35:49	02:10:57	02:18:11.85	02:19:57.70	+01:08:35 (49.6%)	6:32	9.2 (50.5%)
902	ESTKO Anna	182		K-30	74	00:01:46	00:31:27	01:02:49	01:35:28	02:11:01	02:18:14.90	02:20:01.55	+01:08:38 (49.7%)	6:33	9.2 (50.5%)
903	RADŁOWSKI Karol	750		M-30	268	00:01:41	00:29:07	00:59:01	01:31:59	02:09:44	02:18:23.25	02:20:04.70	+01:08:46 (49.7%)	6:33	9.1 (50.0%)
904	KRAJEWSKI Adam	432		M-40	280	00:01:18	00:29:08	00:59:35	01:33:41	02:11:07	02:18:57.50	02:20:15.90	+01:09:21 (49.9%)	6:35	9.1 (50.0%)
905	GOŃKA Monika	240		K-40	62	00:01:18	00:29:08	00:59:35	01:33:41	02:11:07	02:18:58.00	02:20:16.20	+01:09:21 (49.9%)	6:35	9.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
							5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
906	KULIJ Jan	471	KKTA	M-60	15	00:01:43	00:29:25	01:00:53	01:35:39	02:11:19	02:18:44.75	02:20:28.10	+01:09:08 (49.8%)	6:34	9.1 (50.0%)
907	CIUK Bartosz	119	OLK SP.ZOZ	M-50	66	00:02:07	00:30:23	01:02:14	01:36:50	02:11:26	02:18:34.70	02:20:42.10	+01:08:58 (49.8%)	6:34	9.1 (50.0%)
908	PRUCHNIK Andrzej	731		M-50	68	00:00:20	00:29:38	01:01:16	01:34:49	02:12:08	02:20:39.65	02:20:59.75	+01:11:03 (50.5%)	6:39	9 (49.5%)
909	KUĆ Rafał	464	EUVIC	M-30	270	00:01:49	00:35:26	01:09:29	01:42:31	02:13:19	02:19:33.65	02:21:23.25	+01:09:57 (50.1%)	6:36	9.1 (50.0%)
910	KAŁUŻNA Anna	341		K-50	5	00:01:47	00:31:59	01:04:03	01:36:37	02:12:20	02:19:57.60	02:21:44.95	+01:10:21 (50.3%)	6:37	9 (49.5%)
911	BIEGUN Krzysztof	36		M-50	67	00:01:42	00:30:13	01:02:49	01:35:53	02:12:12	02:20:18.00	02:22:00.75	+01:10:41 (50.4%)	6:38	9 (49.5%)
912	KOWOLIK Łukasz	421	TAURON TEAM	M-30	271	00:02:08	00:33:06	01:06:13	01:38:36	02:12:40	02:19:57.50	02:22:05.80	+01:10:21 (50.3%)	6:37	9 (49.5%)
912	JAGODZIŃSKA Daria	301		K-20	31	00:02:06	00:33:08	01:06:14	01:38:37	02:12:41	02:19:59.45	02:22:05.80	+01:10:23 (50.3%)	6:38	9 (49.5%)
914	WRÓBEL Dariusz	984		M-30	272	00:02:07	00:33:08	01:06:14	01:38:37	02:12:42	02:19:58.80	02:22:06.25	+01:10:22 (50.3%)	6:38	9 (49.5%)
915	LATA Piotr	495	KYOKUSHIN	M-40	281	00:01:41	00:33:12	01:06:04	01:38:52	02:12:47	02:20:26.10	02:22:07.60	+01:10:49 (50.4%)	6:39	9 (49.5%)
916	JANOSZEK Piotr	309		M-40	282	00:01:29	00:30:20	01:02:39	01:36:34	02:13:11	02:20:51.35	02:22:20.40	+01:11:14 (50.6%)	6:40	9 (49.5%)
917	JANCZYSZYN Rafał	302		M-20	102	00:01:15	00:32:55	01:04:59	01:37:34	02:13:39	02:21:11.85	02:22:27.70	+01:11:35 (50.7%)	6:41	9 (49.5%)
918	CIESZYŃSKA Jolanta	112		K-50	6	00:01:01	00:32:34	01:05:20	01:39:00	02:13:57	02:21:28.00	02:22:29.80	+01:11:51 (50.8%)	6:42	8.9 (48.9%)
919	SERAFIN Patryk	798		M-20	103	00:01:08	00:28:43	01:00:07	01:33:04	02:12:26	02:21:25.30	02:22:34.10	+01:11:48 (50.8%)	6:42	9 (49.5%)
920	HENDRYK Leszek	282	BEERRUNNERS!	M-30	273	00:00:59	00:28:11	00:58:09	01:30:28	02:14:26	02:22:08.40	02:23:08.15	+01:12:31 (51.0%)	6:44	8.9 (48.9%)
921	BIAŁY Michał	33	DMB	M-40	283	00:00:33	00:30:53	01:03:29	01:37:36	02:14:31	02:22:35.20	02:23:08.85	+01:12:58 (51.2%)	6:45	8.9 (48.9%)
922	ZIĘBA Michał	1013		M-20	104	00:02:03	00:29:16	01:00:43	01:35:28	02:13:54	02:21:53.20	02:23:57.15	+01:12:16 (50.9%)	6:43	8.9 (48.9%)
923	MOKRZYCKA Justyna	584	ORLY Z KNUROWA	K-30	75	00:01:30	00:31:33	01:05:15	01:39:37	02:15:41	02:23:06.40	02:24:37.35	+01:13:29 (51.4%)	6:46	8.8 (48.4%)
924	BOJEŚ Marcin	57	DTIQ POLAND	M-30	274	00:01:37	00:29:47	01:02:31	01:37:08	02:15:56	02:23:02.00	02:24:39.15	+01:13:25 (51.3%)	6:46	8.9 (48.9%)
925	PAWLACZYK Lesław	676	DTIQ	M-40	284	00:01:40	00:29:44	01:02:28	01:37:04	02:15:53	02:22:58.95	02:24:39.30	+01:13:22 (51.3%)	6:46	8.9 (48.9%)
926	ADAMUS Anna	3		K-40	63	00:01:37	00:31:19	01:04:18	01:39:09	02:15:32	02:23:15.70	02:24:53.30	+01:13:39 (51.4%)	6:47	8.8 (48.4%)
927	WÓJCIK Marcin	978		M-20	105	00:01:37	00:30:16	01:03:21	01:38:26	02:16:10	02:23:21.15	02:24:58.25	+01:13:44 (51.4%)	6:47	8.8 (48.4%)
928	HAJOK Magda	274		K-30	76	00:01:45	00:31:54	01:03:54	01:37:53	02:15:58	02:23:37.80	02:25:23.30	+01:14:01 (51.5%)	6:48	8.8 (48.4%)
929	ZGÓRSKI Grzegorz	1006		M-40	285	00:01:46	00:31:52	01:03:42	01:37:51	02:15:57	02:23:37.75	02:25:23.80	+01:14:01 (51.5%)	6:48	8.8 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km	10_km	5_15_km	20_km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	10km	15km	20km	21.1km	21.1km			
930	DYJAS Michał	170	CATS'TEAM	M-30	275	00:02:01	00:31:43	01:05:00	01:39:58	02:16:29	02:23:54.45	02:25:56.20	+01:14:18 (51.6%)	6:49	8.8 (48.4%)
931	JEZIOR Bartosz	317	DRIV	M-30	276	00:01:39	00:27:53	00:59:48	01:38:41	02:16:11	02:24:31.45	02:26:10.60	+01:14:55 (51.8%)	6:50	8.8 (48.4%)
932	SZYDŁOWSKI Przemysław	892		M-40	286	00:01:50	00:30:59	01:02:32	01:36:03	02:16:00	02:24:21.20	02:26:11.20	+01:14:44 (51.8%)	6:50	8.8 (48.4%)
933	KOZIOŁ Ewa	427	PORANNY PATROL	K-40	64	00:01:33	00:30:38	01:03:12	01:37:39	02:16:28	02:24:51.10	02:26:24.95	+01:15:14 (51.9%)	6:51	8.7 (47.8%)
934	TRZCIŃSKI Łukasz	916		M-20	106	00:02:05	00:29:58	01:02:29	01:39:06	02:17:44	02:25:50.75	02:27:56.70	+01:16:14 (52.3%)	6:54	8.7 (47.8%)
935	MIELNICZUK Marta	570	DECATHLON&PRZYJACIELE	K-20	32	00:01:36	00:28:05	00:58:51	01:36:50	02:19:25	02:26:38.45	02:28:15.10	+01:17:02 (52.5%)	6:57	8.6 (47.3%)
936	ŚLUSARSKA Sylwia	904		K-30	77	00:00:13	00:28:55	01:02:00	01:38:00	02:19:39	02:28:04.45	02:28:17.60	+01:18:28 (53.0%)	7:01	8.6 (47.3%)
937	KOJ Krzysztof	395		M-20	107	00:00:58	00:29:17	00:59:57	01:34:51	02:17:31	02:27:46.60	02:28:44.80	+01:18:10 (52.9%)	7:00	8.6 (47.3%)
938	ĆWIKŁA Andrzej	139	TENT GRUPA	M-60	16	00:01:05	00:33:11	01:07:24	01:42:56	02:20:07	02:27:39.95	02:28:44.95	+01:18:03 (52.9%)	6:59	8.6 (47.3%)
939	WALEWSKI Kamil	933		M-30	277	00:01:39	00:31:26	01:05:20	01:39:59	02:19:21	02:27:35.95	02:29:15.55	+01:17:59 (52.8%)	6:59	8.6 (47.3%)
940	ROSA Anna	766	-	K-50	7	00:01:49	00:32:01	01:06:06	01:42:40	02:19:33	02:27:30.25	02:29:20.00	+01:17:53 (52.8%)	6:59	8.6 (47.3%)
941	KOPIEC Beata	407	BEATA	K-50	8	00:01:49	00:32:03	01:06:06	01:42:40	02:19:33	02:27:30.40	02:29:20.10	+01:17:53 (52.8%)	6:59	8.6 (47.3%)
942	RUBINSKA Małgorzata	773		K-50	9	00:02:07	00:32:21	01:06:57	01:40:39	02:17:48	02:27:42.45	02:29:50.20	+01:18:06 (52.9%)	7:00	8.6 (47.3%)
943	DWORNICZAK Iwona	167	ZABIEGANE SIOSTRY	K-50	10	00:01:28	00:33:04	01:07:14	01:42:40	02:20:40	02:28:40.35	02:30:08.65	+01:19:03 (53.2%)	7:02	8.5 (46.7%)
944	FLORECKI Andrzej	190	AKMB PĘDZIWIATR GLIWICE	M-60	17	00:00:21	00:30:49	01:04:46	01:41:06	02:21:33	02:30:04.90	02:30:26.80	+01:20:28 (53.6%)	7:06	8.4 (46.2%)
945	GĄSKA Piotr	215	GĄSKA BALBINKA	M-30	278	00:01:03	00:29:06	01:03:49	01:40:04	02:21:44	02:29:58.05	02:31:01.70	+01:20:21 (53.6%)	7:06	8.4 (46.2%)
946	DZIEKAN Katarzyna	179	ANTONTEAM	K-20	33	00:02:01	00:32:17	01:05:38	01:42:27	02:21:44	02:29:23.25	02:31:25.05	+01:19:46 (53.4%)	7:04	8.5 (46.7%)
947	KASPEREK Ireneusz	353	FIS - SST	M-40	287	00:01:43	00:31:42	01:05:30	01:42:26	02:21:16	02:29:53.65	02:31:37.10	+01:20:17 (53.6%)	7:06	8.4 (46.2%)
948	JARCZYK Magdalena	312	KOLIBER TEAM	K-40	65	00:01:17	00:33:28	01:08:10	01:45:01	02:22:41	02:30:32.00	02:31:49.05	+01:20:55 (53.8%)	7:08	8.4 (46.2%)
949	PEROŃCZYK Paweł	681		M-30	279	00:01:51	00:31:49	01:03:49	01:37:47	02:20:09	02:30:40.05	02:32:31.85	+01:21:03 (53.8%)	7:08	8.4 (46.2%)
950	ZIELIŃSKA Izabela	1007		K-40	67	00:01:00	00:31:54	01:07:45	01:45:06	02:24:45	02:32:17.35	02:33:17.75	+01:22:40 (54.3%)	7:13	8.3 (45.6%)
951	KACZMARCZYK Magdalena	331	RUNTEAM PAWŁOWICE	K-20	34	00:02:06	00:33:18	01:07:58	01:44:15	02:23:58	02:31:14.80	02:33:20.95	+01:21:38 (54.0%)	7:10	8.4 (46.2%)
952	SOKÓŁ-OLEŚ Ewelina	829	RUNTEAM PAWŁOWICE	K-40	66	00:02:05	00:33:19	01:07:53	01:44:14	02:23:53	02:31:15.10	02:33:21.05	+01:21:38 (54.0%)	7:10	8.4 (46.2%)
953	MARYNIOK Patryk	545		M-20	108	00:01:57	00:31:44	01:03:46	01:38:11	02:22:39	02:31:37.90	02:33:34.90	+01:22:01 (54.1%)	7:11	8.4 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
954	MARYNIOK Marian	1072		M-50	69	00:01:57	00:31:43	01:03:45	01:38:11	02:22:39	02:31:37.40	02:33:35.15	+01:22:00 (54.1%)	7:11	8.3 (45.6%)
955	GIEŁŻYŃSKA Angelika	221		K-30	78	00:01:05	00:30:19	01:04:56	01:42:48	02:24:21	02:32:34.10	02:33:39.10	+01:22:57 (54.4%)	7:13	8.3 (45.6%)
956	GÓRKA Grzegorz	243		M-50	70	00:00:25	00:31:57	01:07:19	01:44:50	02:24:59	02:33:28.20	02:33:53.55	+01:23:51 (54.6%)	7:16	8.2 (45.1%)
957	SITO Paweł	811		M-30	280	00:01:39	00:32:17	01:06:52	01:43:08	02:23:19	02:32:16.95	02:33:56.40	+01:22:40 (54.3%)	7:13	8.3 (45.6%)
958	BANACH Witold	11	BRAK	M-40	288	00:00:43	00:31:52	01:06:31	01:44:25	02:24:30	02:33:36.80	02:34:20.10	+01:24:00 (54.7%)	7:16	8.2 (45.1%)
959	POGORZELSKA-KLIKS Agata	715	FIS-SST TEAM	K-40	68	00:01:51	00:33:21	01:08:08	01:44:34	02:25:02	02:33:15.95	02:35:07.85	+01:23:39 (54.6%)	7:15	8.3 (45.6%)
960	WOLNY Ewa	970		K-40	69	00:01:12	00:31:53	01:07:03	01:44:47	02:26:18	02:34:56.75	02:36:09.50	+01:25:20 (55.1%)	7:20	8.2 (45.1%)
961	SUSEŁ Alek	865	MARCO POMAGA	M-30	281	00:00:00	01:50:22			02:30:00	02:37:05.00	02:37:05.00	+01:27:28 (55.7%)	7:26	8.1 (44.5%)
962	ZAKLIŃSKA Katarzyna	995	TMTEAM	K-40	70	00:01:51	00:33:18	01:08:13	01:47:00	02:27:28	02:35:56.85	02:37:48.30	+01:26:20 (55.4%)	7:23	8.1 (44.5%)
963	HOLECZEK Dominika	289		K-30	79	00:01:52	00:33:17	01:08:23	01:46:59	02:28:50	02:37:29.10	02:39:21.65	+01:27:52 (55.8%)	7:27	8 (44.0%)
964	RUDNER-DERSIEWICZ Ula	774	CROSSFIT HELLWOOD GLIWICE	K-30	80	00:01:25	00:32:47	01:08:20	01:48:49	02:30:42	02:39:16.90	02:40:42.70	+01:29:40 (56.3%)	7:32	7.9 (43.4%)
965	JANKOWSKA Joanna	308		K-30	81	00:01:25	00:32:47	01:08:20	01:48:49	02:30:43	02:39:17.20	02:40:42.85	+01:29:40 (56.3%)	7:32	7.9 (43.4%)
966	KAPICKI Jan	347		M-60	18	00:00:00	01:52:45			02:32:39	02:40:44.25	02:40:44.25	+01:31:07 (56.7%)	7:37	7.9 (43.4%)
967	KOCYAN Małgorzata	393	BIEGAJ Z TRENERAMI	K-60	2	00:00:00	00:34:44	01:09:16	01:47:32	02:30:39	02:41:18.70	02:41:18.70	+01:31:42 (56.8%)	7:38	7.8 (42.9%)
968	PAWLARCZYK Karolina	677		K-20	35	00:01:34	00:33:11	01:07:53	01:49:46	02:31:57	02:39:56.15	02:41:31.00	+01:30:19 (56.5%)	7:34	7.9 (43.4%)
969	NOWAK Dariusz	624	FIS-SST TEAM	M-40	289	00:01:53	00:33:20	01:08:52	01:46:13	02:30:04	02:39:48.05	02:41:41.70	+01:30:11 (56.4%)	7:34	7.9 (43.4%)
970	RUTKA Wiola	776		K-30	82	00:01:39	00:34:57	01:11:56	01:49:47	02:31:50	02:41:04.50	02:42:44.45	+01:31:28 (56.8%)	7:38	7.9 (43.4%)
971	ZACZEK Kamil	991		M-30	282	00:02:02	00:34:34	01:11:33	01:49:24	02:31:27	02:40:42.40	02:42:44.55	+01:31:05 (56.7%)	7:36	7.9 (43.4%)
972	PILARSKI Arkadiusz	700		M-20	109	00:01:40	00:34:56	01:11:55	01:49:46	02:31:49	02:41:04.70	02:42:44.75	+01:31:28 (56.8%)	7:38	7.9 (43.4%)
973	KOŁODZIŃSKA Ewa	401		K-40	71	00:01:40	00:34:13	01:09:57	01:49:00	02:31:46	02:41:20.10	02:43:00.95	+01:31:43 (56.9%)	7:38	7.8 (42.9%)
974	KOGUT Krzysztof	394	NIGHT RUNNERS GLIWICE	M-40	290	00:00:30	00:34:23	01:13:17	01:52:50	02:34:28	02:43:14.20	02:43:44.35	+01:33:37 (57.4%)	7:44	7.8 (42.9%)
975	LATOS Barbara	496	ZABRZAŃSKIE TOWARZYSTWO TRIATHLONOWE	K-60	3	00:02:02	00:35:39	01:13:17	01:54:30	02:37:18	02:46:05.55	02:48:08.45	+01:36:29 (58.1%)	7:52	7.6 (41.8%)
976	GAWELKO Rauszanija	209		K-50	11	00:00:48	00:34:39	01:12:32	01:54:05	02:38:30	02:48:01.35	02:48:50.30	+01:38:24 (58.6%)	7:57	7.5 (41.2%)
977	KISIECKI Damian	367	NOVA TRADING STALE BIEGAM	M-30	283	00:00:00				01:42:29			+	5:07	11.7 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
978	ĆWIKŁA Kamil	141	HARPAGANY	M-30	284	00:00:00	00:25:13			01:43:03			+	5:09	11.6 (63.7%)
979	OŻÓG Marek	655	NIGHT RUNNERS	M-20	110	00:00:04	00:19:53	00:41:23					+00:08:39	4:08	14.5 (79.7%)
980	HELLWIG Adam	281		M-40	291	00:01:06	00:28:19	00:58:00					+00:25:16	5:48	10.3 (56.6%)
981	KLIMAS Kamil	377		M-30	285	00:00:03	00:20:12						+00:04:05	4:02	14.9 (81.9%)
982	ŚWIDA Adam	905	ENDURE TEAM	M-40	292	00:00:07	00:20:57						+00:04:49	4:11	14.3 (78.6%)

Znaleziono 982 wynik(ów)