

**Wydarzenie:** VI PKO Półmaraton Gliwicki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-10-26  
**Miejsce:** Gliwice  
**Dystans:** 21.1 km

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>MALINA Dawid</b>	<b>1040</b>	INŻYNIERIA BIEGANIA	M-20	1	00:00:00	00:16:09	00:32:46	00:49:14	01:07:01	<b>01:10:57.45</b>	<b>01:10:58.25</b>		3:21	17.8 (100%)
2	<b>CIEPLAK Marcin</b>	<b>1148</b>		M-20	2	00:00:00	00:16:37	00:34:37	00:51:52	01:09:32	<b>01:13:15.30</b>	<b>01:13:16.10</b>	+00:02:17 (3.1%)	3:28	17.3 (97.2%)
3	<b>WOJTACHA Adrian</b>	<b>965</b>	KS OLKUSZ	M-20	3	00:00:02	00:17:30	00:35:15	00:52:17	01:09:42	<b>01:13:20.60</b>	<b>01:13:22.70</b>	+00:02:23 (3.3%)	3:28	17.3 (97.2%)
4	<b>SZWASA Mateusz</b>	<b>1119</b>	OTK RZEŹNIK	M-20	4	00:00:01	00:18:02	00:36:14	00:54:40	01:13:58	<b>01:18:06.50</b>	<b>01:18:08.05</b>	+00:07:09 (9.2%)	3:42	16.2 (91.0%)
5	<b>HARZOWSKI Mateusz</b>	<b>278</b>		M-20	5	00:00:01	00:19:10	00:38:58	00:58:59	01:19:52	<b>01:24:12.55</b>	<b>01:24:14.30</b>	+00:13:15 (15.7%)	3:59	15 (84.3%)
6	<b>FALEJCZYK Mateusz</b>	<b>185</b>	HOLBOX POLAND	M-20	6	00:00:01	00:19:48	00:39:57	00:59:57	01:20:15	<b>01:24:36.55</b>	<b>01:24:37.70</b>	+00:13:39 (16.1%)	4:00	15 (84.3%)
7	<b>SOLAREK Mateusz</b>	<b>1063</b>		M-20	7	00:00:06	00:19:42	00:40:09	01:00:44	01:22:15	<b>01:26:39.50</b>	<b>01:26:46.05</b>	+00:15:42 (18.1%)	4:06	14.6 (82.0%)
8	<b>WIŚNIEWSKI Mateusz</b>	<b>960</b>	WISNIA_M_AKTYWNIE365	M-20	8	00:00:04	00:20:49	00:41:53	01:02:30	01:23:02	<b>01:27:23.30</b>	<b>01:27:27.75</b>	+00:16:25 (18.8%)	4:08	14.5 (81.5%)
9	<b>HOZAKOWSKI Marcin</b>	<b>292</b>		M-20	9	00:00:07	00:20:57	00:42:13	01:03:23	01:24:40	<b>01:28:47.85</b>	<b>01:28:55.60</b>	+00:17:50 (20.1%)	4:12	14.3 (80.3%)
10	<b>PIELA Mateusz</b>	<b>692</b>	SZTURM	M-20	10	00:00:04	00:20:26	00:42:02	01:03:24	01:25:00	<b>01:29:21.65</b>	<b>01:29:26.45</b>	+00:18:24 (20.6%)	4:14	14.2 (79.8%)
11	<b>GROŃ Krystian</b>	<b>259</b>	PACEMAKER	M-20	11	00:00:07	00:20:53	00:42:13	01:03:22	01:25:00	<b>01:29:42.25</b>	<b>01:29:49.60</b>	+00:18:44 (20.9%)	4:15	14.1 (79.2%)
12	<b>DENICKI Przemysław</b>	<b>151</b>	VEGE RUNNERS	M-20	12	00:00:07	00:21:15	00:43:03	01:04:48	01:26:29	<b>01:30:52.15</b>	<b>01:30:59.40</b>	+00:19:54 (21.9%)	4:18	13.9 (78.1%)
13	<b>ŻELIŃSKI Michał</b>	<b>1030</b>	CSC ADVENTURE ACADEMY	M-20	13	00:00:11	00:21:47	00:43:55	01:05:35	01:28:38	<b>01:33:07.45</b>	<b>01:33:18.65</b>	+00:22:10 (23.8%)	4:24	13.6 (76.4%)
14	<b>BĄK-CESARZ Damian</b>	<b>20</b>	BIEG NA REKORD :)	M-20	14	00:00:40	00:22:54	00:45:35	01:08:03	01:30:06	<b>01:34:42.45</b>	<b>01:35:22.45</b>	+00:23:45 (25.1%)	4:29	13.4 (75.3%)
15	<b>WOLLNY Kamil</b>	<b>969</b>	EKO-OKNA RUNNERS	M-20	15	00:00:12	00:21:53	00:44:25	01:06:43	01:29:45	<b>01:34:43.25</b>	<b>01:34:55.65</b>	+00:23:45 (25.1%)	4:29	13.4 (75.3%)

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
16	<b>BIAŁAS Adam</b>	<b>28</b>	GRUPA BIEGOWA 65	M-20	16	00:00:38	00:21:45	00:44:24	01:07:21	01:30:59	<b>01:35:45.90</b>	<b>01:36:24.60</b>	+00:24:48 (25.9%)	4:32	13.2 (74.2%)
17	<b>PAWLIKOWSKI Marcin</b>	<b>679</b>	PARKRUN KATOWICE	M-20	17	00:00:21	00:23:14	00:46:06	01:08:42	01:31:28	<b>01:35:53.55</b>	<b>01:36:15.40</b>	+00:24:56 (26.0%)	4:32	13.2 (74.2%)
18	<b>KULIŚ Jakub</b>	<b>472</b>		M-20	18	00:00:18	00:23:34	00:46:47	01:09:05	01:31:33	<b>01:36:08.50</b>	<b>01:36:27.00</b>	+00:25:11 (26.2%)	4:33	13.2 (74.2%)
19	<b>PALEJ Dawid</b>	<b>662</b>	PSE	M-20	19	00:00:07	00:22:44	00:46:02	01:08:52	01:31:42	<b>01:36:11.20</b>	<b>01:36:18.60</b>	+00:25:13 (26.2%)	4:33	13.2 (74.2%)
20	<b>CZARNIK Jędrzej</b>	<b>126</b>		M-20	20	00:00:21	00:23:27	00:46:45	01:09:20	01:32:30	<b>01:37:04.05</b>	<b>01:37:25.90</b>	+00:26:06 (26.9%)	4:36	13 (73.0%)
21	<b>TORBA Kacper</b>	<b>914</b>	JURASSIC RUNNERS	M-20	21	00:01:02	00:23:51	00:47:24	01:09:33	01:32:56	<b>01:37:48.35</b>	<b>01:38:50.40</b>	+00:26:50 (27.5%)	4:38	12.9 (72.5%)
22	<b>ZADEBERNY Amadeusz</b>	<b>992</b>		M-20	22	00:00:26	00:22:46	00:45:42	01:08:16	01:32:27	<b>01:38:03.60</b>	<b>01:38:30.20</b>	+00:27:06 (27.6%)	4:38	12.9 (72.5%)
23	<b>JAROSZYŃSKI Tomasz</b>	<b>1086</b>		M-20	23	00:00:24	00:23:48	00:47:39	01:10:44	01:33:25	<b>01:38:08.45</b>	<b>01:38:33.15</b>	+00:27:11 (27.7%)	4:39	12.9 (72.5%)
24	<b>KOWYNIA Grzegorz</b>	<b>423</b>	ANTONTEAM	M-20	24	00:01:09	00:24:27	00:48:16	01:11:22	01:33:55	<b>01:38:29.50</b>	<b>01:39:38.65</b>	+00:27:32 (28.0%)	4:40	12.9 (72.5%)
25	<b>MALCHERCZYK Grzegorz</b>	<b>527</b>		M-20	25	00:00:28	00:23:24	00:46:49	01:10:17	01:33:43	<b>01:38:35.60</b>	<b>01:39:03.85</b>	+00:27:38 (28.0%)	4:40	12.8 (71.9%)
26	<b>WENGLORZ Marcin</b>	<b>942</b>	TBF	M-20	26	00:00:23	00:23:26	00:46:46	01:10:21	01:34:07	<b>01:39:04.45</b>	<b>01:39:27.70</b>	+00:28:07 (28.4%)	4:41	12.8 (71.9%)
27	<b>ŚLIWA Paweł</b>	<b>901</b>		M-20	27	00:00:40	00:23:11	00:46:30	01:10:04	01:34:11	<b>01:39:20.15</b>	<b>01:40:00.40</b>	+00:28:22 (28.6%)	4:42	12.7 (71.3%)
28	<b>UKLAŃSKI Krzysztof</b>	<b>925</b>	EUVIC	M-20	28	00:00:19	00:23:29	00:46:48	01:10:25	01:34:31	<b>01:39:43.25</b>	<b>01:40:02.30</b>	+00:28:45 (28.8%)	4:43	12.7 (71.3%)
29	<b>SOBANIA Tomasz</b>	<b>823</b>	PIAST GLIWICE/ PACEMAKER	M-20	29	00:00:16	00:23:31	00:46:51	01:10:27	01:33:54	<b>01:39:44.00</b>	<b>01:40:00.90</b>	+00:28:46 (28.9%)	4:43	12.7 (71.3%)
30	<b>ŻABIŃSKI Tomasz</b>	<b>1027</b>		M-20	30	00:00:18	00:23:33	00:47:00	01:10:35	01:34:59	<b>01:40:13.20</b>	<b>01:40:31.85</b>	+00:29:15 (29.2%)	4:44	12.6 (70.8%)
31	<b>BAJOREK Dawid</b>	<b>9</b>	BIEGAM W KATO	M-20	31	00:00:11	00:24:07	00:48:30	01:12:14	01:36:09	<b>01:40:43.80</b>	<b>01:40:55.05</b>	+00:29:46 (29.6%)	4:46	12.6 (70.8%)
32	<b>NOWAKOWSKI Dominik</b>	<b>1078</b>		M-20	32	00:00:11	00:21:21	00:46:48	01:10:23	01:36:29	<b>01:41:44.00</b>	<b>01:41:55.75</b>	+00:30:46 (30.3%)	4:49	12.4 (69.7%)
33	<b>KILAN Przemysław</b>	<b>366</b>	KB FLORIAN ZAJĄCZKI DRUGIE	M-20	33	00:00:07	00:20:53	00:42:31	01:06:17	01:34:28	<b>01:42:05.10</b>	<b>01:42:12.35</b>	+00:31:07 (30.5%)	4:50	12.4 (69.7%)
34	<b>HERTMAN Paweł</b>	<b>286</b>		M-20	34	00:00:18	00:23:33	00:47:00	01:10:45	01:36:59	<b>01:42:55.05</b>	<b>01:43:13.55</b>	+00:31:57 (31.1%)	4:52	12.3 (69.1%)
35	<b>BUKOWIEC Szymon</b>	<b>92</b>		M-20	35	00:00:16	00:23:27	00:48:01	01:12:21	01:37:45	<b>01:43:12.00</b>	<b>01:43:28.60</b>	+00:32:14 (31.2%)	4:53	12.3 (69.1%)
36	<b>JĘDRUŚ Jakub</b>	<b>319</b>	DZIK LIGOTA	M-20	36	00:00:03	00:22:30	00:48:18	01:13:26	01:38:08	<b>01:43:13.65</b>	<b>01:43:17.40</b>	+00:32:16 (31.3%)	4:53	12.3 (69.1%)
37	<b>RYGOL Daniel</b>	<b>782</b>	GIBKE GIZDY	M-20	37	00:00:17	00:23:41	00:47:56	01:12:46	01:38:15	<b>01:43:26.15</b>	<b>01:43:43.85</b>	+00:32:28 (31.4%)	4:54	12.2 (68.5%)
38	<b>STOPPEL Piotr</b>	<b>854</b>		M-20	38	00:00:43	00:24:29	00:49:21	01:13:53	01:38:47	<b>01:43:53.10</b>	<b>01:44:36.85</b>	+00:32:55 (31.7%)	4:55	12.2 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 21.1km	brutto 21.1km			
39	<b>JABŁOŃSKI Łukasz</b>	<b>298</b>	FIS-SST TEAM	M-20	39	00:01:42	00:25:11	00:49:27	01:13:47	01:38:34	<b>01:43:59.05</b>	<b>01:45:41.60</b>	+00:33:01 (31.8%)	4:55	12.2 (68.5%)
40	<b>SKLORZ Marcin</b>	<b>813</b>		M-20	40	00:00:36	00:24:20	00:48:36	01:12:58	01:38:32	<b>01:44:01.35</b>	<b>01:44:38.25</b>	+00:33:03 (31.8%)	4:55	12.2 (68.5%)
41	<b>WÓJCIKOWSKI Mateusz</b>	<b>982</b>	ANICA TEAM	M-20	41	00:00:23	00:23:28	00:47:05	01:12:00	01:38:41	<b>01:44:21.85</b>	<b>01:44:44.95</b>	+00:33:24 (32.0%)	4:56	12.1 (68.0%)
42	<b>STANACH Tomasz</b>	<b>840</b>		M-20	42	00:00:35	00:24:17	00:48:37	01:12:52	01:39:28	<b>01:44:50.30</b>	<b>01:45:25.90</b>	+00:33:52 (32.3%)	4:58	12.1 (68.0%)
43	<b>STASIEWSKI Dawid</b>	<b>844</b>	DTIQ POLAND	M-20	43	00:01:42	00:24:46	00:49:44	01:13:49	01:39:46	<b>01:45:05.20</b>	<b>01:46:47.75</b>	+00:34:07 (32.5%)	4:58	12 (67.4%)
44	<b>SOWIAR Maciej</b>	<b>1102</b>	ANTONTEAM	M-20	44	00:00:35	00:24:21	00:48:54	01:13:16	01:40:26	<b>01:45:43.00</b>	<b>01:46:18.00</b>	+00:34:45 (32.9%)	5:00	12 (67.4%)
45	<b>PŁATEK Michał</b>	<b>711</b>		M-20	45	00:00:00				01:40:02	<b>01:45:51.30</b>	<b>01:45:51.30</b>	+00:34:53 (33.0%)	5:00	12 (67.4%)
46	<b>MEOSI Alessandro</b>	<b>560</b>		M-20	46	00:01:00	00:27:09	00:54:45	01:17:55	01:41:26	<b>01:46:17.50</b>	<b>01:47:18.30</b>	+00:35:20 (33.2%)	5:02	11.9 (66.9%)
47	<b>MATUSZNY Krzysztof</b>	<b>549</b>		M-20	47	00:00:27	00:25:21	00:51:13	01:16:13	01:41:38	<b>01:46:47.55</b>	<b>01:47:14.55</b>	+00:35:50 (33.6%)	5:03	11.9 (66.9%)
48	<b>GIEMZA Armin</b>	<b>222</b>		M-20	48	00:01:10	00:24:24	00:48:21	01:13:03	01:41:04	<b>01:47:09.10</b>	<b>01:48:19.15</b>	+00:36:11 (33.8%)	5:04	11.8 (66.3%)
49	<b>ŚLIWAKOWSKI Damian</b>	<b>902</b>		M-20	49	00:01:18	00:25:33	00:51:10	01:17:04	01:42:12	<b>01:47:12.45</b>	<b>01:48:30.60</b>	+00:36:15 (33.8%)	5:04	11.8 (66.3%)
50	<b>GOLA Daniel</b>	<b>236</b>		M-20	50	00:00:36	00:24:37	00:49:41	01:14:54	01:41:36	<b>01:47:33.60</b>	<b>01:48:10.30</b>	+00:36:36 (34.0%)	5:05	11.8 (66.3%)
51	<b>STRĄCAŁA Paweł</b>	<b>855</b>		M-20	51	00:00:41	00:24:47	00:50:10	01:15:27	01:42:13	<b>01:47:55.95</b>	<b>01:48:37.30</b>	+00:36:58 (34.3%)	5:06	11.7 (65.7%)
52	<b>PISULA Dariusz</b>	<b>705</b>		M-20	52	00:01:14	00:25:40	00:51:23	01:17:09	01:43:12	<b>01:48:35.15</b>	<b>01:49:49.75</b>	+00:37:37 (34.7%)	5:08	11.7 (65.7%)
53	<b>ZIELONKA Tomasz</b>	<b>1010</b>		M-20	53	00:00:52	00:25:28	00:51:36	01:17:31	01:43:37	<b>01:49:02.80</b>	<b>01:49:55.15</b>	+00:38:05 (34.9%)	5:10	11.6 (65.2%)
54	<b>STRZAŁKA Tomasz</b>	<b>857</b>		M-20	54	00:01:44	00:24:53	00:50:00	01:15:26	01:43:22	<b>01:49:07.80</b>	<b>01:50:52.05</b>	+00:38:10 (35.0%)	5:10	11.6 (65.2%)
55	<b>NOWOK Michał</b>	<b>629</b>	CARBON OCR RACING TEAM	M-20	55	00:00:55	00:25:24	00:51:31	01:17:26	01:43:33	<b>01:49:11.05</b>	<b>01:50:06.60</b>	+00:38:13 (35.0%)	5:10	11.6 (65.2%)
56	<b>DREWNIAK Marcin</b>	<b>160</b>		M-20	56	00:01:41	00:25:49	00:51:46	01:17:41	01:44:01	<b>01:49:29.15</b>	<b>01:51:11.10</b>	+00:38:31 (35.2%)	5:11	11.6 (65.2%)
57	<b>KULIGOWSKI Piotr</b>	<b>470</b>		M-20	57	00:01:43	00:25:02	00:50:31	01:15:46	01:43:34	<b>01:49:39.55</b>	<b>01:51:23.15</b>	+00:38:42 (35.3%)	5:11	11.5 (64.6%)
58	<b>SZNURA Piotr</b>	<b>878</b>	ISTA BIEGAMY	M-20	58	00:01:05	00:25:25	00:50:47	01:16:31	01:44:10	<b>01:49:49.30</b>	<b>01:50:54.65</b>	+00:38:51 (35.4%)	5:12	11.5 (64.6%)
59	<b>BARYLAK Łukasz</b>	<b>16</b>		M-20	59	00:01:56	00:25:26	00:51:45	01:17:20	01:44:32	<b>01:50:09.25</b>	<b>01:52:06.20</b>	+00:39:11 (35.6%)	5:13	11.5 (64.6%)
60	<b>JURECZKA Łukasz</b>	<b>327</b>		M-20	60	00:00:42	00:25:24	00:51:23		01:44:46	<b>01:50:32.95</b>	<b>01:51:15.70</b>	+00:39:35 (35.8%)	5:14	11.5 (64.6%)
61	<b>URBAŃSKI Michał</b>	<b>930</b>		M-20	61	00:01:14	00:27:01	00:54:05	01:19:58	01:46:05	<b>01:51:28.55</b>	<b>01:52:42.65</b>	+00:40:31 (36.3%)	5:16	11.4 (64.0%)

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					
62	<b>BOBOWSKI Dawid</b>	<b>50</b>	WIŚNIA ODDAJ QUAKE III: ARENA	M-20	62	00:00:20	00:24:13	00:49:17	01:17:32	01:46:16	<b>01:52:11.40</b>	<b>01:52:31.40</b>	+00:41:13 (36.8%)	5:19	11.3 (63.5%)
63	<b>SZCZABEL Krystian</b>	<b>870</b>		M-20	63	00:00:12	00:23:38	00:50:12	01:17:18	01:46:08	<b>01:52:13.50</b>	<b>01:52:25.90</b>	+00:41:16 (36.8%)	5:19	11.3 (63.5%)
64	<b>NIESZWIC Terencjusz</b>	<b>611</b>	WIŚNIA ODDAJ QUAKE III: ARENA	M-20	64	00:00:19	00:24:14	00:49:18	01:17:33	01:46:17	<b>01:52:13.80</b>	<b>01:52:33.35</b>	+00:41:16 (36.8%)	5:19	11.3 (63.5%)
65	<b>PIŁOT Piotr</b>	<b>703</b>	NASFOL	M-20	65	00:00:52	00:25:37	00:51:32	01:17:33	01:46:28	<b>01:52:34.85</b>	<b>01:53:26.85</b>	+00:41:37 (37.0%)	5:20	11.2 (62.9%)
66	<b>ZWIERZYCKI Artur</b>	<b>1022</b>		M-20	66	00:01:15	00:25:32	00:51:01	01:16:57	01:46:41	<b>01:52:41.30</b>	<b>01:53:56.40</b>	+00:41:43 (37.0%)	5:20	11.2 (62.9%)
67	<b>KOŚCIELNIAK Łukasz</b>	<b>414</b>	BARCEROMA	M-20	67	00:00:59	00:26:28	00:52:34	01:20:06	01:46:36	<b>01:52:48.65</b>	<b>01:53:47.95</b>	+00:41:51 (37.1%)	5:20	11.2 (62.9%)
68	<b>GROHS Piotr</b>	<b>257</b>		M-20	68	00:00:42	00:26:59	00:54:17	01:20:55	01:47:41	<b>01:53:12.45</b>	<b>01:53:55.30</b>	+00:42:15 (37.3%)	5:21	11.2 (62.9%)
69	<b>KĄDZIOŁKA Łukasz</b>	<b>361</b>	K2	M-20	69	00:00:56	00:28:36	00:56:01	01:23:54	01:48:21	<b>01:53:19.35</b>	<b>01:54:15.65</b>	+00:42:21 (37.4%)	5:22	11.2 (62.9%)
70	<b>GAŁECZKA Michał</b>	<b>204</b>		M-20	70	00:00:49	00:25:21	00:51:35	01:17:54	01:48:06	<b>01:54:07.65</b>	<b>01:54:57.40</b>	+00:43:10 (37.8%)	5:24	11.1 (62.4%)
71	<b>FLISIAK Jakub</b>	<b>189</b>		M-20	71	00:00:50	00:24:54	00:51:30	01:18:20	01:47:47	<b>01:54:08.15</b>	<b>01:54:58.75</b>	+00:43:10 (37.8%)	5:24	11.1 (62.4%)
72	<b>WAŚ Szymon</b>	<b>1080</b>		M-20	72	00:00:27	00:26:08	00:52:47	01:19:15	01:48:11	<b>01:54:40.25</b>	<b>01:55:08.05</b>	+00:43:42 (38.1%)	5:26	11 (61.8%)
73	<b>JONDA Marek</b>	<b>323</b>		M-20	73	00:01:17	00:26:59	00:54:01	01:20:44	01:49:13	<b>01:55:15.65</b>	<b>01:56:33.05</b>	+00:44:18 (38.4%)	5:27	11 (61.8%)
74	<b>LEGUTKO Jakub</b>	<b>499</b>	BARCEROMA	M-20	74	00:00:59	00:26:28	00:52:34	01:20:06	01:50:38	<b>01:55:51.70</b>	<b>01:56:51.25</b>	+00:44:54 (38.8%)	5:29	10.9 (61.2%)
75	<b>DZIEKAN Mateusz</b>	<b>178</b>		M-20	75	00:01:12	00:28:37	00:56:55	01:23:55	01:50:29	<b>01:55:53.40</b>	<b>01:57:06.35</b>	+00:44:55 (38.8%)	5:29	10.9 (61.2%)
76	<b>ONOPIUK Maciej</b>	<b>638</b>		M-20	76	00:01:02	00:26:20	00:53:40	01:21:17	01:50:07	<b>01:56:07.65</b>	<b>01:57:09.90</b>	+00:45:10 (38.9%)	5:30	10.9 (61.2%)
77	<b>KUŚ Jan</b>	<b>481</b>		M-20	77	00:01:33	00:28:35	00:56:38	01:22:25	01:50:35	<b>01:56:51.55</b>	<b>01:58:24.75</b>	+00:45:54 (39.3%)	5:32	10.8 (60.7%)
78	<b>KLIMCZYK Gaweł</b>	<b>379</b>		M-20	78	00:01:41	00:27:54	00:56:16	01:25:16	01:52:36	<b>01:58:08.70</b>	<b>01:59:50.55</b>	+00:47:11 (39.9%)	5:35	10.7 (60.1%)
79	<b>SACHNIK Marek</b>	<b>787</b>		M-20	79	00:00:25	00:25:45	00:53:00	01:21:10	01:52:14	<b>01:59:15.60</b>	<b>01:59:40.80</b>	+00:48:18 (40.5%)	5:39	10.6 (59.6%)
80	<b>ZIEBA Paweł</b>	<b>1093</b>		M-20	80	00:00:26	00:24:00	00:51:06	01:20:31	01:52:48	<b>01:59:16.25</b>	<b>01:59:42.70</b>	+00:48:18 (40.5%)	5:39	10.6 (59.6%)
81	<b>OPAŁKA Marcin</b>	<b>639</b>		M-20	81	00:01:38	00:28:15	00:56:28	01:24:57	01:53:48	<b>02:00:07.00</b>	<b>02:01:45.45</b>	+00:49:09 (40.9%)	5:41	10.5 (59.0%)
82	<b>ROGOWSKI Jakub</b>	<b>1120</b>		M-20	82	00:01:42	00:28:14	00:56:29	01:24:38	01:54:35	<b>02:00:44.55</b>	<b>02:02:27.25</b>	+00:49:47 (41.2%)	5:43	10.5 (59.0%)
83	<b>SZYMAŃSKI Filip</b>	<b>896</b>		M-20	83	00:00:47	00:27:55	00:57:06	01:25:20	01:54:50	<b>02:01:11.75</b>	<b>02:01:59.00</b>	+00:50:14 (41.5%)	5:44	10.4 (58.4%)
84	<b>GUŚCIORA Maciej</b>	<b>272</b>		M-20	84	00:01:05	00:25:57	00:54:15	01:23:20	01:55:20	<b>02:01:21.65</b>	<b>02:02:27.05</b>	+00:50:24 (41.5%)	5:45	10.4 (58.4%)

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					
85	<b>GIERADA Mateusz</b>	<b>224</b>	NIGHT RUNNERS GLIWICE	M-20	85	00:01:02	00:28:34	00:57:11	01:25:48	01:55:16	<b>02:01:44.20</b>	<b>02:02:46.95</b>	+00:50:46 (41.7%)	5:46	10.4 (58.4%)
86	<b>KOZA Krystian</b>	<b>424</b>		M-20	86	00:01:07	00:27:20	00:55:11	01:24:28	01:55:35	<b>02:02:36.75</b>	<b>02:03:44.20</b>	+00:51:39 (42.1%)	5:48	10.3 (57.9%)
87	<b>PĘDZIK Błażej</b>	<b>687</b>		M-20	87	00:01:18	00:28:20	00:56:32	01:25:02	01:56:05	<b>02:02:50.30</b>	<b>02:04:08.30</b>	+00:51:52 (42.2%)	5:49	10.3 (57.9%)
88	<b>MICHNA Wojciech</b>	<b>567</b>		M-20	88	00:01:12	00:28:03	00:56:51	01:25:58	01:56:34	<b>02:03:00.80</b>	<b>02:04:12.85</b>	+00:52:03 (42.3%)	5:49	10.3 (57.9%)
89	<b>KHAVALYTS Anton</b>	<b>363</b>		M-20	89	00:01:56	00:30:37	01:00:26	01:28:50	01:57:47	<b>02:03:38.30</b>	<b>02:05:34.55</b>	+00:52:40 (42.6%)	5:51	10.2 (57.3%)
90	<b>KOWRYGO Adam</b>	<b>422</b>		M-20	90	00:01:37	00:28:32	00:57:08	01:26:14	01:57:43	<b>02:04:04.35</b>	<b>02:05:41.65</b>	+00:53:06 (42.8%)	5:52	10.2 (57.3%)
91	<b>GRYGIEREK Jarosław</b>	<b>264</b>		M-20	91	00:00:47	00:27:54	00:56:16	01:25:32	01:58:46	<b>02:05:56.30</b>	<b>02:06:43.95</b>	+00:54:58 (43.7%)	5:58	10.1 (56.7%)
92	<b>KALINOWSKI Dawid</b>	<b>336</b>		M-20	92	00:01:16	00:28:20	00:56:56	01:26:23	01:59:30	<b>02:06:16.65</b>	<b>02:07:33.15</b>	+00:55:19 (43.8%)	5:59	10 (56.2%)
93	<b>KRUK Michał</b>	<b>447</b>		M-20	93	00:01:34	00:28:17	00:56:50	01:26:39	01:59:48	<b>02:07:00.25</b>	<b>02:08:34.35</b>	+00:56:02 (44.1%)	6:01	10 (56.2%)
94	<b>NOWAK Wojciech</b>	<b>623</b>	ŚWIŃSKI TRUCHT	M-20	94	00:00:55	00:29:48	00:59:11	01:28:29	02:00:56	<b>02:07:28.85</b>	<b>02:08:24.00</b>	+00:56:31 (44.3%)	6:02	9.9 (55.6%)
95	<b>WĘGIEL Kacper</b>	<b>943</b>		M-20	95	00:01:27	00:29:43	00:58:41	01:30:19	02:01:41	<b>02:07:49.70</b>	<b>02:09:17.20</b>	+00:56:52 (44.5%)	6:03	9.9 (55.6%)
96	<b>MALCZUK Aleksander</b>	<b>528</b>		M-20	96	00:01:01	00:27:08	00:54:45	01:27:20	02:03:24	<b>02:10:09.85</b>	<b>02:11:10.85</b>	+00:59:12 (45.5%)	6:10	9.7 (54.5%)
97	<b>ULFIK Piotr</b>	<b>926</b>		M-20	97	00:01:03	00:28:09	00:56:40	01:25:54	02:02:27	<b>02:11:23.95</b>	<b>02:12:27.90</b>	+01:00:26 (46.0%)	6:13	9.6 (53.9%)
98	<b>DROBNY Miłosz</b>	<b>161</b>		M-20	98	00:01:12	00:31:03	01:02:46	01:34:01	02:05:13	<b>02:11:32.55</b>	<b>02:12:45.25</b>	+01:00:35 (46.1%)	6:14	9.6 (53.9%)
99	<b>WILCZEK Tomasz</b>	<b>951</b>		M-20	99	00:01:00	00:28:07	00:57:23	01:28:49	02:05:00	<b>02:12:22.35</b>	<b>02:13:22.55</b>	+01:01:24 (46.4%)	6:16	9.6 (53.9%)
100	<b>DYLSKI Jacek</b>	<b>171</b>		M-20	100	00:02:11	00:30:46	01:02:16	01:33:56	02:06:29	<b>02:12:33.30</b>	<b>02:14:44.40</b>	+01:01:35 (46.5%)	6:16	9.6 (53.9%)
101	<b>LENCZYK Mariusz</b>	<b>500</b>		M-20	101	00:01:48	00:27:00	00:56:56	01:29:57	02:07:26	<b>02:14:15.65</b>	<b>02:16:04.20</b>	+01:03:18 (47.1%)	6:21	9.4 (52.8%)
102	<b>JANCZYSZYN Rafał</b>	<b>302</b>		M-20	102	00:01:15	00:32:55	01:04:59	01:37:34	02:13:39	<b>02:21:11.85</b>	<b>02:22:27.70</b>	+01:10:14 (49.7%)	6:41	9 (50.6%)
103	<b>SERAFIN Patryk</b>	<b>798</b>		M-20	103	00:01:08	00:28:43	01:00:07	01:33:04	02:12:26	<b>02:21:25.30</b>	<b>02:22:34.10</b>	+01:10:27 (49.8%)	6:42	9 (50.6%)
104	<b>ZIĘBA Michał</b>	<b>1013</b>		M-20	104	00:02:03	00:29:16	01:00:43	01:35:28	02:13:54	<b>02:21:53.20</b>	<b>02:23:57.15</b>	+01:10:55 (50.0%)	6:43	8.9 (50.0%)
105	<b>WÓJCIK Marcin</b>	<b>978</b>		M-20	105	00:01:37	00:30:16	01:03:21	01:38:26	02:16:10	<b>02:23:21.15</b>	<b>02:24:58.25</b>	+01:12:23 (50.5%)	6:47	8.8 (49.4%)
106	<b>TRZCIŃSKI Łukasz</b>	<b>916</b>		M-20	106	00:02:05	00:29:58	01:02:29	01:39:06	02:17:44	<b>02:25:50.75</b>	<b>02:27:56.70</b>	+01:14:53 (51.3%)	6:54	8.7 (48.9%)
107	<b>KOJ Krzysztof</b>	<b>395</b>		M-20	107	00:00:58	00:29:17	00:59:57	01:34:51	02:17:31	<b>02:27:46.60</b>	<b>02:28:44.80</b>	+01:16:49 (52.0%)	7:00	8.6 (48.3%)

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
108	<b>MARYNIOK Patryk</b>	<b>545</b>		M-20	108	00:01:57	00:31:44	01:03:46	01:38:11	02:22:39	<b>02:31:37.90</b>	<b>02:33:34.90</b>	+01:20:40 (53.2%)	7:11	8.4 (47.2%)
109	<b>PILARSKI Arkadiusz</b>	<b>700</b>		M-20	109	00:01:40	00:34:56	01:11:55	01:49:46	02:31:49	<b>02:41:04.70</b>	<b>02:42:44.75</b>	+01:30:07 (55.9%)	7:38	7.9 (44.4%)
110	<b>OŻÓG Marek</b>	<b>655</b>	NIGHT RUNNERS	M-20	110	00:00:04	00:19:53	00:41:23					+00:08:38	4:08	14.5 (81.5%)

Znaleziono 110 wynik(ów)