



6. PKO  
PÓŁMARATON  
GLIWICKI

## VI PÓŁMARATON GLIWICKI

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

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

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

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

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>OLIJNYK Paweł</b>	<b>1147</b>	ONE TEAM	M-30	1	00:00:01	00:16:08	00:32:45	00:49:13	01:06:05	<b>01:09:36.45</b>	<b>01:09:37.80</b>		3:17	18.2 (100%)
2	<b>MUSKIETORZ Piotr</b>	<b>593</b>		M-30	2	00:00:01	00:17:26	00:35:01	00:52:50	01:11:02	<b>01:14:47.40</b>	<b>01:14:49.05</b>	+00:05:10 (6.9%)	3:32	16.9 (92.9%)
3	<b>ŻURAWIK Daniel</b>	<b>1034</b>	PPI SYSTEMY-GRZEWCZE	M-30	3	00:00:01	00:17:18	00:35:02	00:52:56	01:11:26	<b>01:15:15.00</b>	<b>01:15:16.55</b>	+00:05:38 (7.5%)	3:33	16.8 (92.3%)
4	<b>ŁUKASIEWICZ Sebastian</b>	<b>518</b>	KLUB BIEGOWY GEPARD	M-30	4	00:00:01	00:18:37	00:37:19	00:55:50	01:14:45	<b>01:18:44.35</b>	<b>01:18:46.00</b>	+00:09:07 (11.6%)	3:43	16.1 (88.5%)
5	<b>SZCZECIŃSKI Maciej</b>	<b>871</b>	INŻYNIERIA BIEGANIA	M-30	5	00:00:01	00:18:15	00:36:50	00:55:30	01:14:50	<b>01:18:57.20</b>	<b>01:18:58.70</b>	+00:09:20 (11.8%)	3:44	16 (87.9%)
6	<b>RYSZ Robert</b>	<b>784</b>		M-30	6	00:00:02	00:18:13	00:36:59	00:55:44	01:15:07	<b>01:19:17.75</b>	<b>01:19:20.20</b>	+00:09:41 (12.2%)	3:45	16 (87.9%)
7	<b>MOMRO Łukasz</b>	<b>585</b>	AKMB PEDZIWIATR GLIWICE	M-30	7	00:00:01	00:18:35	00:37:49	00:57:16	01:17:34	<b>01:21:51.40</b>	<b>01:21:53.15</b>	+00:12:14 (15.0%)	3:52	15.5 (85.2%)
8	<b>JĘDROS Przemysław</b>	<b>318</b>	INŻYNIERIA BIEGANIA TEAM	M-30	8	00:00:02	00:19:00	00:38:19	00:57:37	01:17:48	<b>01:22:07.00</b>	<b>01:22:09.45</b>	+00:12:30 (15.2%)	3:53	15.4 (84.6%)
9	<b>KNESZ Krzysztof</b>	<b>385</b>		M-30	9	00:00:02	00:19:09	00:38:57	00:58:24	01:18:52	<b>01:23:09.65</b>	<b>01:23:12.55</b>	+00:13:33 (16.3%)	3:56	15.2 (83.5%)
10	<b>WIERZCHOWSKI Tomasz</b>	<b>948</b>	NORTHMILL RUNNING TEAM	M-30	10	00:00:02	00:19:16	00:39:02	00:58:20	01:19:34	<b>01:23:44.35</b>	<b>01:23:47.25</b>	+00:14:07 (16.9%)	3:58	15.1 (83.0%)
11	<b>LEDWOŃ Paweł</b>	<b>1068</b>		M-30	11	00:00:03	00:20:04	00:40:09	01:00:01	01:20:25	<b>01:24:45.35</b>	<b>01:24:49.00</b>	+00:15:08 (17.9%)	4:01	14.9 (81.9%)
12	<b>DE LA PARRA Inaki</b>	<b>154</b>	WAY2CHAMP.COM	M-30	12	00:00:06	00:20:19	00:40:17	01:00:08	01:20:37	<b>01:24:48.80</b>	<b>01:24:55.60</b>	+00:15:12 (17.9%)	4:01	14.9 (81.9%)
13	<b>DUŻNIAK Dominik</b>	<b>165</b>	STEP-DANCE	M-30	13	00:00:02	00:19:19	00:39:19	00:59:31	01:20:29	<b>01:24:56.45</b>	<b>01:24:58.70</b>	+00:15:20 (18.1%)	4:01	14.9 (81.9%)
14	<b>WOŹNIAK Grzegorz</b>	<b>1056</b>		M-30	14	00:00:05	00:20:26	00:40:51	01:00:59	01:21:21	<b>01:25:30.55</b>	<b>01:25:36.30</b>	+00:15:54 (18.6%)	4:03	14.8 (81.3%)
15	<b>LANGNER Radosław</b>	<b>491</b>	WAY2CHAMP.COM / VEGE RUNNERS	M-30	15	00:00:06	00:20:19	00:40:36	01:01:02	01:21:37	<b>01:25:56.25</b>	<b>01:26:03.05</b>	+00:16:19 (19.0%)	4:04	14.7 (80.8%)
16	<b>PRZELIORZ Paweł</b>	<b>734</b>		M-30	16	00:00:02	00:19:48	00:40:24	01:01:05	01:22:35	<b>01:27:03.90</b>	<b>01:27:06.45</b>	+00:17:27 (20.1%)	4:07	14.5 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
17	<b>RATYŃSKI Bartłomiej</b>	<b>755</b>	HAPPY RUNNERS	M-30	17	00:00:14	00:20:51	00:41:41	01:02:04	01:23:11	<b>01:27:26.45</b>	<b>01:27:41.10</b>	+00:17:50 (20.4%)	4:08	14.5 (79.7%)
18	<b>STUHLIK Marek</b>	<b>860</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M-30	18	00:00:02	00:20:10	00:40:47	01:01:23	01:23:20	<b>01:27:52.05</b>	<b>01:27:54.15</b>	+00:18:15 (20.8%)	4:09	14.4 (79.1%)
19	<b>PODSIADŁO Adam</b>	<b>714</b>		M-30	19	00:00:02	00:20:05	00:41:15	01:02:15	01:24:24	<b>01:29:06.25</b>	<b>01:29:08.45</b>	+00:19:29 (21.9%)	4:13	14.2 (78.0%)
20	<b>PROBE Bartek</b>	<b>729</b>	TWÓJ STARY	M-30	20	00:00:08	00:20:52	00:42:12	01:03:22	01:24:57	<b>01:29:32.10</b>	<b>01:29:40.35</b>	+00:19:55 (22.3%)	4:14	14.1 (77.5%)
21	<b>ADAMSKI Krzysztof</b>	<b>2</b>		M-30	21	00:00:08	00:20:53	00:42:12	01:03:23	01:25:01	<b>01:29:33.65</b>	<b>01:29:42.40</b>	+00:19:57 (22.3%)	4:14	14.1 (77.5%)
22	<b>RAJTOR Paweł</b>	<b>1049</b>		M-30	22	00:00:09	00:20:54	00:42:14	01:03:21	01:25:25	<b>01:30:10.75</b>	<b>01:30:20.60</b>	+00:20:34 (22.8%)	4:16	14 (76.9%)
23	<b>TKACZ Piotr</b>	<b>908</b>		M-30	23	00:00:19	00:22:06	00:43:24	01:04:13	01:25:44	<b>01:30:17.90</b>	<b>01:30:37.80</b>	+00:20:41 (22.9%)	4:16	14 (76.9%)
24	<b>DOBICZEK Łukasz</b>	<b>155</b>		M-30	24	00:00:08	00:21:12	00:42:58	01:04:24	01:26:10	<b>01:30:46.20</b>	<b>01:30:55.15</b>	+00:21:09 (23.3%)	4:18	13.9 (76.4%)
25	<b>NOWAK Kamil</b>	<b>620</b>		M-30	25	00:00:14	00:20:48	00:42:06	01:03:29	01:26:16	<b>01:30:58.05</b>	<b>01:31:12.15</b>	+00:21:21 (23.5%)	4:18	13.9 (76.4%)
26	<b>GRAMATYKA Jan</b>	<b>253</b>	FUTURE PROCESSING RUNNING TEAM	M-30	26	00:00:03	00:21:05	00:42:40	01:04:01	01:26:19	<b>01:31:03.55</b>	<b>01:31:07.05</b>	+00:21:27 (23.6%)	4:18	13.9 (76.4%)
27	<b>BORSIAK Sebastian</b>	<b>61</b>	OPEL ACTIVE TEAM	M-30	27	00:00:09	00:20:53	00:42:12	01:03:35	01:26:27	<b>01:31:19.45</b>	<b>01:31:29.20</b>	+00:21:43 (23.8%)	4:19	13.9 (76.4%)
28	<b>JĘDZURA Daniel</b>	<b>321</b>	NIGHT RUNNERS GLIWICE	M-30	28	00:00:09	00:20:51	00:42:18	01:04:12	01:26:51	<b>01:31:29.25</b>	<b>01:31:38.30</b>	+00:21:52 (23.9%)	4:20	13.8 (75.8%)
29	<b>BARAN Ryszard</b>	<b>14</b>		M-30	29	00:00:05	00:20:34	00:42:13	01:03:56	01:27:33	<b>01:32:27.65</b>	<b>01:32:33.30</b>	+00:22:51 (24.7%)	4:22	13.7 (75.3%)
30	<b>PAJĄK Krzysztof</b>	<b>658</b>		M-30	30	00:00:16	00:21:48	00:44:17	01:06:08	01:27:56	<b>01:32:30.15</b>	<b>01:32:46.60</b>	+00:22:53 (24.8%)	4:23	13.7 (75.3%)
31	<b>KLEWANIEC Jakub</b>	<b>373</b>		M-30	31	00:00:11	00:20:56	00:42:24	01:04:43	01:27:55	<b>01:32:38.05</b>	<b>01:32:49.80</b>	+00:23:01 (24.9%)	4:23	13.7 (75.3%)
32	<b>KŁYK Dominik</b>	<b>384</b>		M-30	32	00:00:08	00:21:20	00:43:14	01:05:27	01:28:04	<b>01:32:49.60</b>	<b>01:32:58.25</b>	+00:23:13 (25.0%)	4:23	13.6 (74.7%)
33	<b>NOWICKI Szymon</b>	<b>628</b>		M-30	33	00:00:34	00:21:26	00:43:03	01:04:35	01:27:59	<b>01:32:50.50</b>	<b>01:33:24.55</b>	+00:23:14 (25.0%)	4:23	13.6 (74.7%)
34	<b>SMYCZEK Bartosz</b>	<b>822</b>	KILOMETROŻERCA	M-30	34	00:00:16	00:21:01	00:43:02	01:04:55	01:28:16	<b>01:33:11.55</b>	<b>01:33:27.60</b>	+00:23:35 (25.3%)	4:24	13.6 (74.7%)
35	<b>GRUSZCZYŃSKI Stanisław</b>	<b>263</b>		M-30	35	00:00:07	00:20:54	00:42:33	01:05:32	01:28:49	<b>01:33:36.15</b>	<b>01:33:44.00</b>	+00:23:59 (25.6%)	4:26	13.5 (74.2%)
36	<b>GABRYŚ Jacek</b>	<b>200</b>		M-30	36	00:00:13	00:21:59	00:44:36	01:06:34	01:29:04	<b>01:33:38.55</b>	<b>01:33:52.15</b>	+00:24:02 (25.7%)	4:26	13.5 (74.2%)
37	<b>TEKLA Krzysztof</b>	<b>907</b>		M-30	37	00:00:18	00:21:28	00:43:32	01:05:34	01:28:47	<b>01:33:44.25</b>	<b>01:34:02.65</b>	+00:24:07 (25.7%)	4:26	13.5 (74.2%)
38	<b>FURMAN Paweł</b>	<b>197</b>	HURAGAN LIGOTA	M-30	38	00:00:16	00:21:46	00:43:59	01:06:09	01:29:09	<b>01:33:59.40</b>	<b>01:34:16.35</b>	+00:24:22 (25.9%)	4:27	13.5 (74.2%)
39	<b>TŁOŁKA Michał</b>	<b>909</b>		M-30	39	00:00:14	00:22:47	00:45:19	01:07:04	01:29:21	<b>01:34:07.95</b>	<b>01:34:22.20</b>	+00:24:31 (26.1%)	4:27	13.4 (73.6%)
40	<b>NIEDBAŁ Łukasz</b>	<b>606</b>	GTT - INTER PROJEKT	M-30	40	00:00:05	00:22:14	00:44:44	01:07:02	01:29:34	<b>01:34:10.10</b>	<b>01:34:16.05</b>	+00:24:33 (26.1%)	4:27	13.4 (73.6%)

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			
41	<b>KALUKIEWICZ Dobromił</b>	<b>338</b>	FRAMIGA	M-30	41	00:00:14	00:21:38	00:43:40	01:05:42	01:29:04	<b>01:34:23.55</b>	<b>01:34:38.15</b>	+00:24:47 (26.3%)	4:28	13.4 (73.6%)
42	<b>BUBAŁA Łukasz</b>	<b>81</b>		M-30	42	00:00:07	00:20:56	00:43:23	01:05:57	01:29:24	<b>01:34:37.30</b>	<b>01:34:44.95</b>	+00:25:00 (26.4%)	4:29	13.4 (73.6%)
43	<b>STANISZ Marcin</b>	<b>841</b>	NIGHT RUNNERS PYSKOWICE	M-30	43	00:00:24	00:22:39	00:45:21	01:07:15	01:29:52	<b>01:34:38.70</b>	<b>01:35:03.10</b>	+00:25:02 (26.5%)	4:29	13.4 (73.6%)
44	<b>KRAWCZYK Karol</b>	<b>435</b>		M-30	44	00:00:10	00:22:00	00:44:25	01:06:46	01:30:04	<b>01:34:53.60</b>	<b>01:35:04.15</b>	+00:25:17 (26.6%)	4:29	13.3 (73.1%)
45	<b>GORCZYCKI Arkadiusz</b>	<b>241</b>	MIECHOWICKA GRUPA BIEGOWA	M-30	45	00:00:15	00:22:18	00:45:17	01:07:40	01:30:20	<b>01:34:55.15</b>	<b>01:35:10.50</b>	+00:25:18 (26.7%)	4:29	13.3 (73.1%)
46	<b>ZDON Paweł</b>	<b>1002</b>		M-30	46	00:00:09	00:22:27	00:45:10	01:07:45	01:30:39	<b>01:35:34.20</b>	<b>01:35:43.45</b>	+00:25:57 (27.2%)	4:31	13.2 (72.5%)
47	<b>SIERADZKI Dariusz</b>	<b>806</b>	BIEGAJ Z TRENERAMI	M-30	47	00:00:09	00:22:50	00:45:57	01:08:49	01:31:43	<b>01:36:09.70</b>	<b>01:36:19.40</b>	+00:26:33 (27.6%)	4:33	13.2 (72.5%)
48	<b>KULPA Marek</b>	<b>473</b>	4QM	M-30	48	00:00:05	00:22:34	00:45:41	01:08:34	01:31:36	<b>01:36:10.90</b>	<b>01:36:16.60</b>	+00:26:34 (27.6%)	4:33	13.2 (72.5%)
49	<b>MIRONOWICZ Bartłomiej</b>	<b>576</b>		M-30	49	00:00:21	00:21:52	00:44:47	01:08:01	01:31:54	<b>01:36:42.55</b>	<b>01:37:04.35</b>	+00:27:06 (28.0%)	4:35	13.1 (72.0%)
50	<b>ŁATKA Łukasz</b>	<b>514</b>		M-30	50	00:00:27	00:23:23	00:46:41	01:08:53	01:32:04	<b>01:36:53.30</b>	<b>01:37:20.70</b>	+00:27:16 (28.2%)	4:35	13.1 (72.0%)
51	<b>FURMANEK Łukasz</b>	<b>198</b>	KLUB BIEGACZA SANTANDER CONSUMER BANK	M-30	51	00:00:08	00:22:03	00:44:46	01:07:45	01:32:08	<b>01:37:22.25</b>	<b>01:37:31.10</b>	+00:27:45 (28.5%)	4:36	13 (71.4%)
52	<b>WOMELA Maciej</b>	<b>973</b>		M-30	52	00:00:26	00:23:22	00:46:41	01:09:19	01:32:33	<b>01:37:23.85</b>	<b>01:37:50.40</b>	+00:27:47 (28.5%)	4:36	13 (71.4%)
53	<b>PIETRUSZEWSKI Marcin</b>	<b>695</b>	BIEGAM BO LUBIĘ	M-30	53	00:00:26	00:23:25	00:46:42	01:09:57	01:32:51	<b>01:37:34.20</b>	<b>01:38:00.45</b>	+00:27:57 (28.7%)	4:37	13 (71.4%)
54	<b>NYKIEL Mariusz</b>	<b>630</b>	SOCIOS SILESIA	M-30	54	00:00:16	00:23:31	00:46:51	01:10:27	01:33:11	<b>01:37:40.85</b>	<b>01:37:57.80</b>	+00:28:04 (28.7%)	4:37	13 (71.4%)
55	<b>NASTULA Dariusz</b>	<b>601</b>		M-30	55	00:00:16	00:23:30	00:46:49	01:09:40	01:32:55	<b>01:37:44.50</b>	<b>01:38:00.50</b>	+00:28:08 (28.8%)	4:37	13 (71.4%)
56	<b>CHEJDYS Krystian</b>	<b>100</b>	BIEGNĘ ALE DOKĄD	M-30	56	00:00:19	00:23:33	00:46:53	01:10:25	01:33:02	<b>01:37:47.85</b>	<b>01:38:07.35</b>	+00:28:11 (28.8%)	4:38	12.9 (70.9%)
57	<b>KRÓL Dariusz</b>	<b>445</b>	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	57	00:00:04	00:21:58	00:44:57	01:08:28	01:32:40	<b>01:37:49.05</b>	<b>01:37:53.40</b>	+00:28:12 (28.8%)	4:38	12.9 (70.9%)
58	<b>ŁAKOMY Piotr</b>	<b>1087</b>		M-30	58	00:00:45	00:23:03	00:46:23	01:09:36	01:33:10	<b>01:38:01.40</b>	<b>01:38:46.60</b>	+00:28:24 (29.0%)	4:38	12.9 (70.9%)
59	<b>WRZESIEŃ Dariusz</b>	<b>986</b>		M-30	59	00:00:40	00:23:07	00:46:13	01:09:04	01:33:07	<b>01:38:18.10</b>	<b>01:38:58.70</b>	+00:28:41 (29.2%)	4:39	12.9 (70.9%)
60	<b>ZYMELA Dawid</b>	<b>1026</b>		M-30	60	00:00:21	00:23:30	00:46:52	01:10:24	01:33:47	<b>01:38:20.60</b>	<b>01:38:42.35</b>	+00:28:44 (29.2%)	4:39	12.9 (70.9%)
61	<b>FINKBEINER Łukasz</b>	<b>188</b>		M-30	61	00:00:18	00:23:30	00:46:50	01:10:25	01:33:52	<b>01:38:24.35</b>	<b>01:38:43.00</b>	+00:28:47 (29.3%)	4:39	12.9 (70.9%)
62	<b>RATAJCZAK Krystian</b>	<b>1092</b>		M-30	62	00:00:23	00:23:58	00:47:12	01:10:23	01:33:55	<b>01:38:32.90</b>	<b>01:38:56.70</b>	+00:28:56 (29.4%)	4:40	12.8 (70.3%)
63	<b>MICHALSKI Jarosław</b>	<b>565</b>	HETMAN TARNOWSKIE GÓRY	M-30	63	00:00:24	00:22:37	00:45:46	01:09:23	01:33:38	<b>01:38:50.70</b>	<b>01:39:15.40</b>	+00:29:14 (29.6%)	4:41	12.8 (70.3%)
64	<b>MOJ Adam</b>	<b>583</b>		M-30	64	00:00:26	00:23:25	00:46:48	01:10:21	01:33:55	<b>01:38:54.75</b>	<b>01:39:20.90</b>	+00:29:18 (29.6%)	4:41	12.8 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	21.1km	21.1km			
65	<b>ROGOSZ Michał</b>	<b>764</b>		M-30	65	00:00:28	00:24:17	00:48:33	01:12:19	01:34:35	<b>01:39:00.95</b>	<b>01:39:29.40</b>	+00:29:24 (29.7%)	4:41	12.8 (70.3%)
66	<b>OPIŁEK Marek</b>	<b>640</b>	EUVIC	M-30	66	00:00:26	00:23:06	00:46:15	01:09:14	01:33:52	<b>01:39:06.15</b>	<b>01:39:32.25</b>	+00:29:29 (29.8%)	4:41	12.8 (70.3%)
67	<b>CHAŁADYN Sławek</b>	<b>99</b>	INŻYNIERIA BIEGANIA	M-30	67	00:00:12	00:22:23	00:45:24	01:08:37	01:34:00	<b>01:39:11.20</b>	<b>01:39:23.60</b>	+00:29:34 (29.8%)	4:42	12.8 (70.3%)
68	<b>NIESLER Michał</b>	<b>609</b>	NIGHT RUNNERS GLIWICE	M-30	68	00:00:07	00:23:34	00:46:58	01:10:05	01:34:01	<b>01:39:11.70</b>	<b>01:39:18.90</b>	+00:29:35 (29.8%)	4:42	12.8 (70.3%)
69	<b>POŚNIAK Tomasz</b>	<b>724</b>	ISTA	M-30	69	00:00:05	00:21:01	00:43:24	01:06:52	01:33:29	<b>01:39:17.45</b>	<b>01:39:23.30</b>	+00:29:41 (29.9%)	4:42	12.7 (69.8%)
70	<b>KRZYCKI Łukasz</b>	<b>454</b>		M-30	70	00:00:38	00:24:24	00:48:14	01:11:40	01:34:43	<b>01:39:19.65</b>	<b>01:39:57.90</b>	+00:29:43 (29.9%)	4:42	12.7 (69.8%)
71	<b>ORZECH Michał</b>	<b>645</b>	MUSTANGI GLIWICE	M-30	71	00:00:15	00:23:09	00:46:38	01:09:41	01:34:18	<b>01:39:21.80</b>	<b>01:39:37.75</b>	+00:29:45 (29.9%)	4:42	12.7 (69.8%)
72	<b>HERNACKI Karol</b>	<b>285</b>	LISWARTA KRZEPICE	M-30	72	00:00:16	00:22:03	00:44:14	01:07:03	01:33:32	<b>01:39:23.00</b>	<b>01:39:39.20</b>	+00:29:46 (30.0%)	4:42	12.7 (69.8%)
73	<b>BIELA Grzegorz</b>	<b>37</b>	GIBKE GIZDY	M-30	73	00:00:09	00:21:50	00:44:57	01:08:41	01:33:56	<b>01:39:29.85</b>	<b>01:39:38.90</b>	+00:29:53 (30.0%)	4:42	12.7 (69.8%)
74	<b>MAY-MAJEWSKI Michał</b>	<b>551</b>	4 M	M-30	74	00:00:24	00:23:38	00:47:18	01:10:49	01:34:33	<b>01:39:33.95</b>	<b>01:39:58.80</b>	+00:29:57 (30.1%)	4:43	12.7 (69.8%)
75	<b>WILK Dawid</b>	<b>954</b>	PACEMAKER	M-30	75	00:00:16	00:23:31	00:46:53	01:10:29	01:34:17	<b>01:39:45.00</b>	<b>01:40:01.85</b>	+00:30:08 (30.2%)	4:43	12.7 (69.8%)
76	<b>GDOWSKI Sławek</b>	<b>216</b>	SPASIONE MIŚKI	M-30	76	00:00:19	00:23:33	00:46:57	01:10:33	01:34:50	<b>01:39:48.10</b>	<b>01:40:07.35</b>	+00:30:11 (30.3%)	4:43	12.7 (69.8%)
77	<b>SEROCKI Michał</b>	<b>799</b>		M-30	77	00:00:30	00:23:33	00:47:01	01:10:33	01:34:52	<b>01:39:57.30</b>	<b>01:40:28.25</b>	+00:30:20 (30.4%)	4:44	12.7 (69.8%)
78	<b>KUBERA Dawid</b>	<b>457</b>	ALWAYSINMOTION.PL	M-30	78	00:00:11	00:22:05	00:45:52	01:10:39	01:35:12	<b>01:40:07.60</b>	<b>01:40:18.95</b>	+00:30:31 (30.5%)	4:44	12.6 (69.2%)
79	<b>DYMEK Bartosz</b>	<b>172</b>		M-30	79	00:00:56	00:24:15	00:48:26	01:11:59	01:35:46	<b>01:40:37.95</b>	<b>01:41:34.20</b>	+00:31:01 (30.8%)	4:46	12.6 (69.2%)
80	<b>MACHALICA Dominik</b>	<b>1062</b>		M-30	80	00:00:35	00:23:16	00:46:41	01:10:29	01:35:27	<b>01:40:51.55</b>	<b>01:41:26.85</b>	+00:31:15 (31.0%)	4:46	12.6 (69.2%)
81	<b>BOGACZ Paweł</b>	<b>52</b>		M-30	81	00:00:13	00:22:51	00:46:51	01:11:02	01:35:49	<b>01:41:03.30</b>	<b>01:41:16.30</b>	+00:31:26 (31.1%)	4:47	12.5 (68.7%)
82	<b>BOTOR Mateusz</b>	<b>67</b>		M-30	82	00:00:28	00:23:38	00:47:25	01:11:32	01:36:11	<b>01:41:15.60</b>	<b>01:41:43.80</b>	+00:31:39 (31.3%)	4:47	12.5 (68.7%)
83	<b>RYBIŃSKI Łukasz</b>	<b>780</b>	EŁKA TEAM	M-30	83	00:00:44	00:23:10	00:46:53	01:10:53	01:35:54	<b>01:41:16.45</b>	<b>01:42:01.15</b>	+00:31:40 (31.3%)	4:48	12.5 (68.7%)
84	<b>ZIELONKA Jacek</b>	<b>1011</b>	PSOFIX	M-30	84	00:00:53	00:23:55	00:48:12	01:12:17	01:36:35	<b>01:41:18.20</b>	<b>01:42:12.05</b>	+00:31:41 (31.3%)	4:48	12.5 (68.7%)
85	<b>MIKULSKI Jacek</b>	<b>573</b>		M-30	85	00:00:20	00:23:50	00:47:27	01:11:16	01:36:06	<b>01:41:28.30</b>	<b>01:41:49.15</b>	+00:31:51 (31.4%)	4:48	12.5 (68.7%)
86	<b>GRAETSCH Sebastian</b>	<b>252</b>	VATTENFALL	M-30	86	00:00:09	00:21:03	00:44:42	01:09:32	01:35:55	<b>01:41:29.85</b>	<b>01:41:39.20</b>	+00:31:53 (31.4%)	4:48	12.5 (68.7%)
87	<b>ZIELIŃSKI Jacek</b>	<b>1009</b>		M-30	87	00:01:05	00:23:55	00:47:37	01:11:07	01:36:03	<b>01:41:35.00</b>	<b>01:42:40.95</b>	+00:31:58 (31.5%)	4:48	12.5 (68.7%)
88	<b>BURCZYK Klaudiusz</b>	<b>94</b>		M-30	88	00:00:08	00:22:29	00:45:42	01:09:21	01:35:37	<b>01:41:37.85</b>	<b>01:41:46.70</b>	+00:32:01 (31.5%)	4:49	12.5 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
89	<b>MARCINIAK Rafał</b>	<b>535</b>	1986	M-30	89	00:01:14	00:24:48	00:49:26	01:13:43	01:37:43	<b>01:42:22.45</b>	<b>01:43:37.10</b>	+00:32:46 (32.0%)	4:51	12.4 (68.1%)
90	<b>SOTER Bartłomiej</b>	<b>833</b>		M-30	90	00:01:07	00:23:56	00:48:10	01:12:02	01:37:24	<b>01:42:39.55</b>	<b>01:43:46.90</b>	+00:33:03 (32.2%)	4:51	12.3 (67.6%)
91	<b>GŁOGOWSKI Konrad</b>	<b>228</b>		M-30	91	00:00:22	00:24:25	00:49:15	01:13:45	01:38:11	<b>01:42:59.65</b>	<b>01:43:21.90</b>	+00:33:23 (32.4%)	4:52	12.3 (67.6%)
92	<b>WIDERA Marek</b>	<b>944</b>	SORBCHEM	M-30	92	00:00:30	00:23:07	00:46:31	01:10:31	01:37:09	<b>01:43:00.00</b>	<b>01:43:30.05</b>	+00:33:23 (32.4%)	4:52	12.3 (67.6%)
93	<b>CHRZAŚCIK Tomasz</b>	<b>105</b>		M-30	93	00:00:39	00:24:16	00:48:30	01:13:03	01:38:03	<b>01:43:09.70</b>	<b>01:43:49.30</b>	+00:33:33 (32.5%)	4:53	12.3 (67.6%)
94	<b>JAGIEŁA Michał</b>	<b>300</b>		M-30	94	00:00:07	00:24:19	00:48:49	01:13:14	01:38:14	<b>01:43:10.50</b>	<b>01:43:18.45</b>	+00:33:34 (32.5%)	4:53	12.3 (67.6%)
95	<b>PIKULSKI Łukasz</b>	<b>699</b>		M-30	95	00:00:27	00:23:37	00:47:42	01:12:08	01:37:56	<b>01:43:17.50</b>	<b>01:43:45.20</b>	+00:33:41 (32.6%)	4:53	12.3 (67.6%)
96	<b>PLUCIŃSKI Michał</b>	<b>709</b>		M-30	96	00:00:39	00:23:50	00:48:03	01:12:45	01:38:06	<b>01:43:28.85</b>	<b>01:44:08.75</b>	+00:33:52 (32.7%)	4:54	12.2 (67.0%)
97	<b>KRÓL Artur</b>	<b>446</b>	NGK RUNNING TEAM	M-30	97	00:00:20	00:24:56	00:49:50	01:14:13	01:38:26	<b>01:43:29.70</b>	<b>01:43:50.65</b>	+00:33:53 (32.7%)	4:54	12.2 (67.0%)
98	<b>BUK Marcin</b>	<b>91</b>	TRIDIVISION	M-30	98	00:00:48	00:23:39	00:47:46	01:12:44	01:38:25	<b>01:43:55.15</b>	<b>01:44:44.10</b>	+00:34:18 (33.0%)	4:55	12.2 (67.0%)
99	<b>WIERZCHOWSKI Jędrzej</b>	<b>949</b>		M-30	99	00:00:34	00:24:16	00:48:31	01:12:58	01:38:44	<b>01:44:11.40</b>	<b>01:44:45.45</b>	+00:34:34 (33.2%)	4:56	12.2 (67.0%)
100	<b>MACZUGA Bartłomiej</b>	<b>522</b>	PACEMAKER	M-30	100	00:00:34	00:24:16	00:48:31	01:12:58	01:39:20	<b>01:44:20.20</b>	<b>01:44:54.45</b>	+00:34:43 (33.3%)	4:56	12.1 (66.5%)
101	<b>ŻABICKI Mariusz</b>	<b>1091</b>		M-30	101	00:00:26	00:24:02	00:48:45	01:13:21	01:39:03	<b>01:44:26.30</b>	<b>01:44:52.70</b>	+00:34:49 (33.4%)	4:56	12.1 (66.5%)
102	<b>MRZYK Ireneusz</b>	<b>590</b>	BIEGACZE MOGĄ DŁUŻEJ	M-30	102	00:00:38	00:24:26	00:49:09	01:14:16	01:39:53	<b>01:44:54.70</b>	<b>01:45:33.10</b>	+00:35:18 (33.7%)	4:58	12.1 (66.5%)
103	<b>OSZYWA Damian</b>	<b>1065</b>		M-30	103	00:00:19	00:23:34	00:47:29	01:12:34	01:39:35	<b>01:45:08.25</b>	<b>01:45:27.75</b>	+00:35:31 (33.8%)	4:58	12 (65.9%)
104	<b>ZWOLIŃSKI Gabriel</b>	<b>1023</b>	AERO-SYSTEM.PL	M-30	104	00:00:19	00:23:33	00:48:05	01:13:34	01:39:43	<b>01:45:11.45</b>	<b>01:45:30.50</b>	+00:35:35 (33.8%)	4:59	12 (65.9%)
105	<b>KRAJEWSKI Radosław</b>	<b>433</b>		M-30	105	00:00:23	00:24:01	00:48:41	01:13:53	01:39:57	<b>01:45:17.75</b>	<b>01:45:41.10</b>	+00:35:41 (33.9%)	4:59	12 (65.9%)
106	<b>KURNAKOWSKI Michał</b>	<b>478</b>	BIEGACZE MOGĄ DŁUŻEJ	M-30	106	00:00:51	00:25:10	00:50:32	01:15:33	01:40:26	<b>01:45:20.20</b>	<b>01:46:11.75</b>	+00:35:43 (33.9%)	4:59	12 (65.9%)
107	<b>OZYP Mariusz</b>	<b>654</b>		M-30	107	00:00:02	00:24:32	00:49:32	01:14:38	01:40:26	<b>01:45:32.45</b>	<b>01:45:34.80</b>	+00:35:56 (34.0%)	5:00	12 (65.9%)
108	<b>ADAMSKI Daniel</b>	<b>1066</b>		M-30	108	00:01:55	00:24:31	00:49:33	01:14:15	01:40:16	<b>01:45:37.30</b>	<b>01:47:32.90</b>	+00:36:00 (34.1%)	5:00	12 (65.9%)
109	<b>MYSLIWIEC Wojciech</b>	<b>595</b>	DYSTANS LUBOMIA	M-30	109	00:00:20	00:23:29	00:47:01	01:13:03	01:40:06	<b>01:45:48.90</b>	<b>01:46:09.35</b>	+00:36:12 (34.2%)	5:00	12 (65.9%)
110	<b>BLOCH Grzegorz</b>	<b>43</b>	WR1 OYAMA KARATE KATOWICE	M-30	110	00:00:29	00:23:21	00:47:33	01:12:35	01:40:01	<b>01:45:54.95</b>	<b>01:46:24.00</b>	+00:36:18 (34.3%)	5:01	12 (65.9%)
111	<b>UJMA Michał</b>	<b>924</b>		M-30	111	00:00:16	00:23:52	00:48:50	01:14:38	01:40:57	<b>01:46:14.35</b>	<b>01:46:31.20</b>	+00:36:37 (34.5%)	5:02	11.9 (65.4%)
112	<b>WOŹNICZKO Robert</b>	<b>976</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	112	00:01:28	00:24:53	00:50:11	01:15:44	01:41:16	<b>01:46:16.45</b>	<b>01:47:45.10</b>	+00:36:40 (34.5%)	5:02	11.9 (65.4%)

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			
113	<b>SALAMON Emil</b>	<b>789</b>	OPEL ACTIVE TEAM	M-30	113	00:00:26	00:24:47	00:49:37	01:14:29	01:40:54	<b>01:46:19.80</b>	<b>01:46:46.35</b>	+00:36:43 (34.5%)	5:02	11.9 (65.4%)
114	<b>KAJSTURA Tomasz</b>	<b>335</b>		M-30	114	00:00:32	00:24:34	00:49:01	01:13:53	01:40:39	<b>01:46:45.05</b>	<b>01:47:17.40</b>	+00:37:08 (34.8%)	5:03	11.9 (65.4%)
115	<b>SCHAB Bartłomiej</b>	<b>793</b>		M-30	115	00:01:10	00:24:33	00:49:28	01:14:35	01:41:13	<b>01:46:57.85</b>	<b>01:48:08.30</b>	+00:37:21 (34.9%)	5:04	11.8 (64.8%)
116	<b>BICZYSKI Paweł</b>	<b>35</b>		M-30	116	00:00:35	00:24:16	00:48:46	01:14:17	01:41:34	<b>01:47:20.30</b>	<b>01:47:55.90</b>	+00:37:43 (35.2%)	5:05	11.8 (64.8%)
117	<b>WEISS Filip</b>	<b>1043</b>		M-30	117	00:00:49	00:25:14	00:50:19	01:15:29	01:42:06	<b>01:47:37.70</b>	<b>01:48:26.90</b>	+00:38:01 (35.3%)	5:06	11.8 (64.8%)
118	<b>ZMACZYŃSKI Andrzej</b>	<b>1019</b>	WAY2CHAMP	M-30	118	00:00:33	00:23:46	00:48:59	01:15:33	01:42:19	<b>01:47:46.25</b>	<b>01:48:19.65</b>	+00:38:09 (35.4%)	5:06	11.7 (64.3%)
119	<b>GRESZTA Grzegorz</b>	<b>256</b>	JAH RASTA	M-30	119	00:00:51	00:24:01	00:48:37	01:14:10	01:42:10	<b>01:47:52.95</b>	<b>01:48:44.35</b>	+00:38:16 (35.5%)	5:06	11.7 (64.3%)
120	<b>BAUC Bartłomiej</b>	<b>19</b>	LEDWO ŻYWY	M-30	120	00:00:38	00:24:15	00:49:13	01:14:50	01:42:09	<b>01:48:05.20</b>	<b>01:48:44.05</b>	+00:38:28 (35.6%)	5:07	11.7 (64.3%)
121	<b>GRABOWSKI Maciej</b>	<b>247</b>		M-30	121	00:01:20	00:24:50	00:50:27	01:15:59	01:42:54	<b>01:48:13.30</b>	<b>01:49:33.60</b>	+00:38:36 (35.7%)	5:07	11.7 (64.3%)
122	<b>CIEŚLAR Stanisław</b>	<b>114</b>		M-30	122	00:00:48	00:26:10	00:51:42	01:17:18	01:42:51	<b>01:48:13.85</b>	<b>01:49:02.25</b>	+00:38:37 (35.7%)	5:07	11.7 (64.3%)
123	<b>MARCINIAK Krzysztof</b>	<b>537</b>		M-30	123	00:01:01	00:25:44	00:51:34	01:16:56	01:42:43	<b>01:48:22.65</b>	<b>01:49:23.85</b>	+00:38:46 (35.8%)	5:08	11.7 (64.3%)
124	<b>PETRYNA Bartosz</b>	<b>683</b>	OCHAJORUN & FRIENDS	M-30	124	00:00:48	00:24:53	00:50:16	01:15:48	01:42:35	<b>01:48:24.20</b>	<b>01:49:12.65</b>	+00:38:47 (35.8%)	5:08	11.7 (64.3%)
125	<b>GDYNIA Daniel</b>	<b>218</b>		M-30	125	00:00:55	00:24:39	00:49:49	01:15:07	01:42:22	<b>01:48:25.00</b>	<b>01:49:20.75</b>	+00:38:48 (35.8%)	5:08	11.7 (64.3%)
126	<b>SOSNOWSKI Maciej</b>	<b>831</b>		M-30	126	00:00:49	00:24:28	00:49:46	01:15:39	01:42:43	<b>01:48:26.20</b>	<b>01:49:15.35</b>	+00:38:49 (35.8%)	5:08	11.7 (64.3%)
127	<b>CHYLIŃSKI Krzysztof</b>	<b>109</b>		M-30	127	00:01:31	00:25:54	00:52:04	01:17:02	01:43:08	<b>01:48:32.75</b>	<b>01:50:04.65</b>	+00:38:56 (35.9%)	5:08	11.7 (64.3%)
128	<b>PNIEWSKI Mariusz</b>	<b>713</b>		M-30	128	00:00:54	00:25:37	00:51:23	01:16:48	01:42:55	<b>01:48:36.35</b>	<b>01:49:30.50</b>	+00:38:59 (35.9%)	5:08	11.7 (64.3%)
129	<b>SZOBLIK Łukasz</b>	<b>880</b>		M-30	129	00:00:48	00:26:11	00:51:51	01:17:19	01:42:51	<b>01:48:36.55</b>	<b>01:49:24.70</b>	+00:39:00 (35.9%)	5:08	11.7 (64.3%)
130	<b>STOJAK Paweł</b>	<b>851</b>		M-30	130	00:00:46	00:25:13	00:50:53	01:17:00	01:43:09	<b>01:48:51.95</b>	<b>01:49:38.00</b>	+00:39:15 (36.1%)	5:09	11.6 (63.7%)
131	<b>JAWOREK Jacek</b>	<b>314</b>	JBC TEAM	M-30	131	00:00:46	00:25:46	00:51:08	01:16:45	01:43:43	<b>01:48:58.30</b>	<b>01:49:44.75</b>	+00:39:21 (36.1%)	5:09	11.6 (63.7%)
132	<b>PIASECKI Mariusz</b>	<b>690</b>		M-30	132	00:00:59	00:25:13	00:51:10	01:17:05	01:43:19	<b>01:48:59.95</b>	<b>01:49:59.70</b>	+00:39:23 (36.1%)	5:09	11.6 (63.7%)
133	<b>POKRYSZKA Bartosz</b>	<b>717</b>		M-30	133	00:00:52	00:25:39	00:51:47	01:17:27	01:43:24	<b>01:49:04.60</b>	<b>01:49:56.80</b>	+00:39:28 (36.2%)	5:10	11.6 (63.7%)
134	<b>WIEKIERA Adam</b>	<b>946</b>		M-30	134	00:00:45	00:25:34	00:51:42	01:17:38	01:43:43	<b>01:49:06.30</b>	<b>01:49:51.75</b>	+00:39:29 (36.2%)	5:10	11.6 (63.7%)
135	<b>GARBACZ Damian</b>	<b>206</b>		M-30	135	00:00:24	00:23:02	00:47:55	01:14:52	01:43:19	<b>01:49:08.55</b>	<b>01:49:33.10</b>	+00:39:32 (36.2%)	5:10	11.6 (63.7%)
136	<b>GOCAL Łukasz</b>	<b>233</b>		M-30	136	00:00:51	00:25:10	00:51:16	01:17:17	01:43:37	<b>01:49:09.15</b>	<b>01:50:00.55</b>	+00:39:32 (36.2%)	5:10	11.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
137	<b>KOPPEL Bartłomiej</b>	<b>409</b>		M-30	137	00:00:29	00:23:54	00:49:27	01:16:06	01:43:42	<b>01:49:15.05</b>	<b>01:49:44.65</b>	+00:39:38 (36.3%)	5:10	11.6 (63.7%)
138	<b>MATURA Roman</b>	<b>548</b>		M-30	138	00:00:13	00:25:44	00:52:15	01:18:02	01:44:10	<b>01:49:47.20</b>	<b>01:50:00.60</b>	+00:40:10 (36.6%)	5:12	11.5 (63.2%)
139	<b>BUGIEL Rafał</b>	<b>88</b>		M-30	139	00:00:49	00:25:17	00:50:55	01:16:43	01:43:47	<b>01:49:48.35</b>	<b>01:50:38.15</b>	+00:40:11 (36.6%)	5:12	11.5 (63.2%)
140	<b>TOCZYDŁOWSKI Łukasz</b>	<b>910</b>		M-30	140	00:01:56	00:26:43	00:53:36	01:18:44	01:44:17	<b>01:49:49.70</b>	<b>01:51:46.45</b>	+00:40:13 (36.6%)	5:12	11.5 (63.2%)
141	<b>CZAJKA Krzysztof</b>	<b>1077</b>		M-30	141	00:00:40	00:25:09	00:50:48	01:16:40	01:44:12	<b>01:50:08.35</b>	<b>01:50:49.10</b>	+00:40:31 (36.8%)	5:13	11.5 (63.2%)
142	<b>KŁUJSZO Karol</b>	<b>383</b>	QUYSHO SQUADRON	M-30	142	00:00:42	00:24:54	00:50:06	01:15:44	01:43:46	<b>01:50:13.05</b>	<b>01:50:55.20</b>	+00:40:36 (36.8%)	5:13	11.5 (63.2%)
143	<b>WOŹNIAKOWSKI Jan</b>	<b>975</b>	OPEL ACTIVE TEAM	M-30	143	00:00:56	00:27:00	00:53:09	01:19:15	01:45:37	<b>01:50:24.55</b>	<b>01:51:21.00</b>	+00:40:48 (37.0%)	5:13	11.5 (63.2%)
144	<b>GOŁKOWSKI Radosław</b>	<b>238</b>		M-30	144	00:01:03	00:25:43	00:52:25	01:18:31	01:45:12	<b>01:50:25.70</b>	<b>01:51:29.35</b>	+00:40:49 (37.0%)	5:14	11.5 (63.2%)
145	<b>ZOĞŁOWEK Jarosław</b>	<b>1021</b>	CROSSFIT HELLWOOD GLIWICE	M-30	145	00:01:22	00:26:58	00:52:46	01:19:01	01:45:17	<b>01:50:33.10</b>	<b>01:51:56.05</b>	+00:40:56 (37.0%)	5:14	11.5 (63.2%)
146	<b>RUTKOWSKI Michał</b>	<b>777</b>		M-30	146	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49	<b>01:50:35.25</b>	<b>01:51:08.80</b>	+00:40:58 (37.1%)	5:14	11.4 (62.6%)
147	<b>BRZEZIŃSKI Przemysław</b>	<b>78</b>		M-30	147	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49	<b>01:50:35.70</b>	<b>01:51:09.25</b>	+00:40:59 (37.1%)	5:14	11.4 (62.6%)
148	<b>GRABOWSKI Michał</b>	<b>1082</b>	OPEL ACTIVE TEAM	M-30	148	00:00:55	00:27:00	00:52:55	01:18:19	01:45:29	<b>01:50:48.45</b>	<b>01:51:44.30</b>	+00:41:12 (37.2%)	5:15	11.4 (62.6%)
149	<b>MISIURA Artur</b>	<b>577</b>		M-30	149	00:02:00	00:28:22	00:55:01	01:21:03	01:46:00	<b>01:51:20.65</b>	<b>01:53:20.90</b>	+00:41:44 (37.5%)	5:16	11.4 (62.6%)
150	<b>KUCZERA Łukasz</b>	<b>461</b>	DECATHLON & PRZYJACIELE	M-30	150	00:01:24	00:26:38	00:53:17	01:19:30	01:46:05	<b>01:51:23.20</b>	<b>01:52:47.50</b>	+00:41:46 (37.5%)	5:16	11.4 (62.6%)
151	<b>MALEC Arkadiusz</b>	<b>529</b>	PWC SDC	M-30	151	00:00:42	00:24:38	00:50:56	01:17:22	01:45:29	<b>01:51:38.00</b>	<b>01:52:20.95</b>	+00:42:01 (37.6%)	5:17	11.3 (62.1%)
152	<b>LUDWIKOWSKI Przemysław</b>	<b>513</b>	JURASSIC RUNNERS	M-30	152	00:01:03	00:25:15	00:51:05	01:17:21	01:45:19	<b>01:51:39.05</b>	<b>01:52:42.40</b>	+00:42:02 (37.7%)	5:17	11.3 (62.1%)
153	<b>KUPCZAK Filip</b>	<b>474</b>	BEERRUNNERS!	M-30	153	00:00:58	00:26:38	00:53:35	01:19:53	01:46:15	<b>01:52:02.70</b>	<b>01:53:01.30</b>	+00:42:26 (37.9%)	5:18	11.3 (62.1%)
154	<b>WIDERA Tomasz</b>	<b>1104</b>		M-30	154	00:00:50	00:25:34	00:51:36	01:17:34	01:45:17	<b>01:52:20.05</b>	<b>01:53:10.65</b>	+00:42:43 (38.0%)	5:19	11.3 (62.1%)
155	<b>KOZAK Krzysztof</b>	<b>426</b>	EKO-OKNA RUNNERS	M-30	155	00:01:15	00:26:08	00:52:06	01:17:53	01:46:31	<b>01:52:28.20</b>	<b>01:53:43.70</b>	+00:42:51 (38.1%)	5:19	11.3 (62.1%)
156	<b>KUŹMIŃSKI Michał</b>	<b>483</b>		M-30	156	00:00:29	00:24:37	00:51:14	01:18:13	01:46:38	<b>01:52:28.60</b>	<b>01:52:57.65</b>	+00:42:52 (38.1%)	5:19	11.3 (62.1%)
157	<b>KUBIAK Mateusz</b>	<b>1101</b>		M-30	157	00:00:52	00:24:00	00:49:35	01:16:09	01:45:43	<b>01:52:31.35</b>	<b>01:53:24.20</b>	+00:42:54 (38.1%)	5:20	11.3 (62.1%)
158	<b>RÓŹAŃSKI Michał</b>	<b>772</b>		M-30	158	00:01:01	00:25:07	00:50:52	01:17:39	01:46:41	<b>01:52:34.75</b>	<b>01:53:36.50</b>	+00:42:58 (38.2%)	5:20	11.2 (61.5%)
159	<b>MARTYNIUK Ryszard</b>	<b>542</b>	GMINA STRZELCE OPOLSKIE	M-30	159	00:00:46	00:23:27	00:47:48	01:15:11	01:45:44	<b>01:52:41.60</b>	<b>01:53:28.15</b>	+00:43:05 (38.2%)	5:20	11.2 (61.5%)
160	<b>WALSKI Łukasz</b>	<b>1079</b>		M-30	160	00:00:27	00:26:07	00:52:47	01:19:16	01:47:08	<b>01:52:42.00</b>	<b>01:53:09.90</b>	+00:43:05 (38.2%)	5:20	11.2 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	21.1km	21.1km			
161	<b>CICHOCKI Dawid</b>	<b>110</b>	NIGH RUNNERS PYSKOWICE	M-30	161	00:00:52	00:25:28	00:51:21	01:17:22	01:46:11	<b>01:52:49.90</b>	<b>01:53:42.20</b>	+00:43:13 (38.3%)	5:20	11.2 (61.5%)
162	<b>WRÓBEL Jarosław</b>	<b>1046</b>		M-30	162	00:01:17	00:26:11	00:52:30	01:19:25	01:47:04	<b>01:52:51.20</b>	<b>01:54:08.60</b>	+00:43:14 (38.3%)	5:20	11.2 (61.5%)
163	<b>KOŁODZIEJ Rafał</b>	<b>399</b>		M-30	163	00:01:54	00:27:48	00:55:15	01:21:44	01:47:40	<b>01:52:56.35</b>	<b>01:54:51.00</b>	+00:43:19 (38.4%)	5:21	11.2 (61.5%)
164	<b>KNYĆ Mateusz</b>	<b>387</b>	12 ZUP	M-30	164	00:02:08	00:28:41	00:55:55	01:21:41	01:47:58	<b>01:53:02.25</b>	<b>01:55:11.10</b>	+00:43:25 (38.4%)	5:21	11.2 (61.5%)
165	<b>CZAPLAK Tomasz</b>	<b>124</b>	RADLINIOKI W BIEGU	M-30	165	00:01:26	00:27:20	00:54:38	01:21:05	01:47:32	<b>01:53:03.25</b>	<b>01:54:30.15</b>	+00:43:26 (38.4%)	5:21	11.2 (61.5%)
166	<b>CAJZA Zbyszek</b>	<b>95</b>	KAJ META	M-30	166	00:01:23	00:27:27	00:53:56	01:20:34	01:47:32	<b>01:53:06.90</b>	<b>01:54:30.60</b>	+00:43:30 (38.5%)	5:21	11.2 (61.5%)
167	<b>KASZUBSKI Andrzej</b>	<b>355</b>		M-30	167	00:00:50	00:25:31	00:51:01	01:18:14	01:46:54	<b>01:53:12.10</b>	<b>01:54:02.20</b>	+00:43:35 (38.5%)	5:21	11.2 (61.5%)
168	<b>KURZYK Dariusz</b>	<b>480</b>		M-30	168	00:00:14	00:23:18	00:49:07	01:17:34	01:46:21	<b>01:53:17.70</b>	<b>01:53:32.40</b>	+00:43:41 (38.6%)	5:22	11.2 (61.5%)
169	<b>SKOTNICKI Paweł</b>	<b>815</b>		M-30	169	00:00:25	00:23:43	00:48:48	01:16:01	01:47:13	<b>01:53:27.45</b>	<b>01:53:52.65</b>	+00:43:51 (38.6%)	5:22	11.2 (61.5%)
170	<b>KAWKA Łukasz</b>	<b>357</b>	NIGHT RUNNERS ŚLĄSK	M-30	170	00:00:39	00:24:24	00:49:17	01:17:20	01:47:30	<b>01:53:37.00</b>	<b>01:54:16.70</b>	+00:44:00 (38.7%)	5:23	11.1 (61.0%)
171	<b>CIOŚMAK Cezary</b>	<b>116</b>	KB ORŁY Z KNUROWA	M-30	171	00:00:33	00:26:38	00:54:02	01:21:29	01:48:24	<b>01:53:48.75</b>	<b>01:54:22.00</b>	+00:44:12 (38.8%)	5:23	11.1 (61.0%)
172	<b>DZIUBEK Michał</b>	<b>181</b>	W POGONI ZA DUCHEM	M-30	172	00:00:39	00:26:28	00:53:15	01:20:16	01:48:13	<b>01:53:58.00</b>	<b>01:54:37.30</b>	+00:44:21 (38.9%)	5:24	11.1 (61.0%)
173	<b>CZULUK Filip</b>	<b>137</b>	BAGNO!	M-30	173	00:00:27	00:26:22	00:53:20	01:20:04	01:48:10	<b>01:54:11.80</b>	<b>01:54:39.40</b>	+00:44:35 (39.0%)	5:24	11.1 (61.0%)
174	<b>FUSIEK Juliusz</b>	<b>199</b>	ADEPTUS ASTARTES	M-30	174	00:00:40	00:28:55	00:56:04	01:21:37	01:48:28	<b>01:54:17.65</b>	<b>01:54:58.40</b>	+00:44:41 (39.1%)	5:25	11.1 (61.0%)
175	<b>RYMASZEWSKI Wojtek</b>	<b>783</b>	WARSZTATKOSZULKOWY.PL	M-30	175	00:00:14	00:25:11	00:50:50	01:17:48	01:48:03	<b>01:54:18.15</b>	<b>01:54:33.10</b>	+00:44:41 (39.1%)	5:25	11.1 (61.0%)
176	<b>DRABEK Piotr</b>	<b>158</b>	SENIORZY	M-30	176	00:01:22	00:29:23	00:57:38	01:23:40	01:48:46	<b>01:54:18.75</b>	<b>01:55:41.50</b>	+00:44:42 (39.1%)	5:25	11.1 (61.0%)
177	<b>PRYMAS Krystian</b>	<b>732</b>		M-30	177	00:00:09	00:24:13	00:50:28	01:18:38	01:48:48	<b>01:54:27.50</b>	<b>01:54:36.55</b>	+00:44:51 (39.2%)	5:25	11.1 (61.0%)
178	<b>LESZKIEWICZ Krzysztof</b>	<b>1124</b>	ELZAB ACTIVE TEAM	M-30	178	00:00:47	00:25:46	00:52:29	01:21:00	01:48:56	<b>01:54:32.35</b>	<b>01:55:20.15</b>	+00:44:55 (39.2%)	5:25	11.1 (61.0%)
179	<b>SOBKOWICZ Jarosław</b>	<b>826</b>	RISE&SHINE	M-30	179	00:01:19	00:28:17	00:55:45	01:23:04	01:49:19	<b>01:54:32.85</b>	<b>01:55:52.75</b>	+00:44:56 (39.2%)	5:25	11.1 (61.0%)
180	<b>MAKSAJDA Andrzej</b>	<b>526</b>	BEERRUNNERS !	M-30	180	00:00:59	00:25:25	00:51:32	01:18:50	01:48:23	<b>01:54:38.35</b>	<b>01:55:37.40</b>	+00:45:01 (39.3%)	5:25	11 (60.4%)
181	<b>NIEDOBA Daniel</b>	<b>1081</b>		M-30	181	00:00:25	00:26:57	00:54:13	01:22:00	01:49:33	<b>01:55:06.95</b>	<b>01:55:32.80</b>	+00:45:30 (39.5%)	5:27	11 (60.4%)
182	<b>WÓJCIK Tomasz</b>	<b>979</b>		M-30	182	00:00:30	00:25:25	00:51:52	01:17:48	01:49:09	<b>01:55:08.25</b>	<b>01:55:38.30</b>	+00:45:31 (39.5%)	5:27	11 (60.4%)
183	<b>KULESZA Łukasz</b>	<b>469</b>		M-30	183	00:01:45	00:28:57	00:56:40	01:23:20	01:50:07	<b>01:55:20.40</b>	<b>01:57:06.05</b>	+00:45:43 (39.7%)	5:28	11 (60.4%)
184	<b>DWORNICZAK Paweł</b>	<b>166</b>		M-30	184	00:01:53	00:26:29	00:53:27	01:19:40	01:48:52	<b>01:55:35.85</b>	<b>01:57:29.00</b>	+00:45:59 (39.8%)	5:28	11 (60.4%)



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			
185	<b>KWAPIEŃ Aleksander</b>	<b>1069</b>		M-30	185	00:00:19	00:26:03	00:53:18	01:21:08	01:49:49	<b>01:55:53.50</b>	<b>01:56:12.95</b>	+00:46:17 (39.9%)	5:29	10.9 (59.9%)
186	<b>OLSZEWSKI Grzegorz</b>	<b>636</b>	OLSZAK TEAM	M-30	186	00:01:38	00:27:39	00:55:12	01:22:12	01:50:15	<b>01:56:00.95</b>	<b>01:57:39.10</b>	+00:46:24 (40.0%)	5:29	10.9 (59.9%)
187	<b>LESZKO Tomasz</b>	<b>502</b>	EUVIC	M-30	187	00:00:38	00:25:44	00:51:57	01:19:32	01:49:47	<b>01:56:07.80</b>	<b>01:56:46.55</b>	+00:46:31 (40.1%)	5:30	10.9 (59.9%)
188	<b>DĄBROWSKI Marek</b>	<b>149</b>		M-30	188	00:00:54	00:25:59	00:52:49	01:20:14	01:49:40	<b>01:56:17.60</b>	<b>01:57:12.25</b>	+00:46:41 (40.1%)	5:30	10.9 (59.9%)
189	<b>KOPER Tomasz</b>	<b>330</b>		M-30	189	00:00:55	00:27:10	00:54:58	01:22:17	01:50:30	<b>01:56:18.55</b>	<b>01:57:14.50</b>	+00:46:42 (40.2%)	5:30	10.9 (59.9%)
190	<b>SZCZĘSNY Romuald</b>	<b>873</b>	NIGHT RUNNERS PYSKOWICE	M-30	190	00:00:56	00:25:37	00:53:15	01:21:27	01:50:33	<b>01:56:34.10</b>	<b>01:57:30.70</b>	+00:46:57 (40.3%)	5:31	10.9 (59.9%)
191	<b>NAWROCKI Piotr</b>	<b>603</b>		M-30	191	00:01:41	00:25:21	00:51:41	01:19:23	01:50:18	<b>01:56:42.50</b>	<b>01:58:23.70</b>	+00:47:06 (40.4%)	5:31	10.8 (59.3%)
192	<b>SOJKA Łukasz</b>	<b>827</b>		M-30	192	00:01:19	00:26:44	00:54:20	01:21:46	01:50:30	<b>01:56:52.60</b>	<b>01:58:12.10</b>	+00:47:16 (40.4%)	5:32	10.8 (59.3%)
193	<b>SOKOŁOWSKI Krzysztof</b>	<b>828</b>	NIGHT RUNNERS ZABRZE	M-30	193	00:01:16	00:28:16	00:56:34	01:23:36	01:51:29	<b>01:56:55.40</b>	<b>01:58:12.30</b>	+00:47:18 (40.5%)	5:32	10.8 (59.3%)
194	<b>BABIUCH Karol</b>	<b>5</b>	WKURW_TEAM	M-30	194	00:01:05	00:25:28	00:51:35	01:19:20	01:50:39	<b>01:57:03.95</b>	<b>01:58:09.85</b>	+00:47:27 (40.5%)	5:32	10.8 (59.3%)
195	<b>BRODAKCI Paweł</b>	<b>1073</b>		M-30	195	00:00:29	00:26:02	00:52:56	01:21:35	01:51:11	<b>01:57:26.85</b>	<b>01:57:56.00</b>	+00:47:50 (40.7%)	5:33	10.8 (59.3%)
196	<b>BANASZAK Marcin</b>	<b>12</b>		M-30	196	00:00:55	00:28:17	00:56:19	01:24:12	01:52:10	<b>01:57:39.20</b>	<b>01:58:34.30</b>	+00:48:02 (40.8%)	5:34	10.8 (59.3%)
197	<b>BASZUN Michał</b>	<b>17</b>	DAMY RADEĘ	M-30	197	00:01:43	00:28:15	00:56:36	01:24:25	01:52:01	<b>01:57:40.45</b>	<b>01:59:24.10</b>	+00:48:04 (40.8%)	5:34	10.8 (59.3%)
198	<b>TURLEJ Michał</b>	<b>918</b>	JURASSIC RUNNERS	M-30	198	00:01:02	00:25:23	00:52:43	01:21:59	01:51:33	<b>01:57:47.55</b>	<b>01:58:50.30</b>	+00:48:11 (40.9%)	5:34	10.7 (58.8%)
199	<b>MAŃKA Marcin</b>	<b>533</b>		M-30	199	00:01:46	00:28:19	00:57:16	01:25:02	01:52:34	<b>01:58:01.75</b>	<b>01:59:48.10</b>	+00:48:25 (41.0%)	5:35	10.7 (58.8%)
200	<b>WAWRÓW Mirosław</b>	<b>939</b>	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	M-30	200	00:01:02	00:28:28	00:56:52	01:25:20	01:52:52	<b>01:58:22.60</b>	<b>01:59:25.15</b>	+00:48:46 (41.2%)	5:36	10.7 (58.8%)
201	<b>LIS Maciej</b>	<b>511</b>		M-30	201	00:00:52	00:28:01	00:56:02	01:24:08	01:52:24	<b>01:58:22.65</b>	<b>01:59:14.95</b>	+00:48:46 (41.2%)	5:36	10.7 (58.8%)
202	<b>BŁASZCZYSZYN Łukasz</b>	<b>46</b>		M-30	202	00:01:33	00:28:28	00:56:20	01:23:55	01:52:40	<b>01:58:24.60</b>	<b>01:59:58.35</b>	+00:48:48 (41.2%)	5:36	10.7 (58.8%)
203	<b>SITKO Mateusz</b>	<b>809</b>		M-30	203	00:01:29	00:27:27	00:55:18	01:23:34	01:52:34	<b>01:58:32.70</b>	<b>02:00:02.50</b>	+00:48:56 (41.3%)	5:37	10.7 (58.8%)
204	<b>MACHNIK Artur</b>	<b>520</b>	ORZEŁ TEAM	M-30	204	00:00:49	00:27:11	00:54:40	01:22:17	01:52:14	<b>01:58:52.95</b>	<b>01:59:42.00</b>	+00:49:16 (41.4%)	5:38	10.6 (58.2%)
205	<b>KAMIŃSKI Sebastian</b>	<b>343</b>		M-30	205	00:00:48	00:27:12	00:54:41	01:22:18	01:52:15	<b>01:58:53.70</b>	<b>01:59:42.25</b>	+00:49:17 (41.5%)	5:38	10.6 (58.2%)
206	<b>KULAWIK Mariusz</b>	<b>466</b>		M-30	206	00:01:01	00:28:41	00:57:28	01:25:43	01:53:42	<b>01:59:15.00</b>	<b>02:00:16.35</b>	+00:49:38 (41.6%)	5:39	10.6 (58.2%)
207	<b>CHUDY Michał</b>	<b>106</b>		M-30	207	00:01:48	00:28:35	00:56:29	01:25:21	01:53:29	<b>01:59:20.10</b>	<b>02:01:09.00</b>	+00:49:43 (41.7%)	5:39	10.6 (58.2%)
208	<b>MAZUR Mateusz</b>	<b>553</b>		M-30	208	00:01:37	00:30:16	01:00:24	01:27:47	01:53:58	<b>01:59:21.10</b>	<b>02:00:58.80</b>	+00:49:44 (41.7%)	5:39	10.6 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	21.1km	21.1km			
209	<b>PLEWIŃSKI Tomasz</b>	<b>708</b>		M-30	209	00:01:39	00:27:04	00:54:52	01:23:26	01:52:44	<b>01:59:22.10</b>	<b>02:01:01.30</b>	+00:49:45 (41.7%)	5:39	10.6 (58.2%)
210	<b>BARAŃSKI Grzegorz</b>	<b>15</b>		M-30	210	00:02:10	00:28:24	00:56:33	01:24:34	01:53:20	<b>01:59:25.05</b>	<b>02:01:35.40</b>	+00:49:48 (41.7%)	5:39	10.6 (58.2%)
211	<b>WYCIŚŁOK Krzysztof</b>	<b>987</b>		M-30	211	00:01:35	00:27:58	00:56:19	01:24:47	01:53:22	<b>01:59:29.15</b>	<b>02:01:04.60</b>	+00:49:52 (41.7%)	5:39	10.6 (58.2%)
212	<b>KOJ Jakub</b>	<b>396</b>	LOCO TEAM	M-30	212	00:01:56	00:28:50	00:56:43	01:24:51	01:54:13	<b>01:59:50.45</b>	<b>02:01:46.80</b>	+00:50:14 (41.9%)	5:40	10.6 (58.2%)
213	<b>BUJALSKI Michał</b>	<b>90</b>		M-30	213	00:01:55	00:28:51	00:56:43	01:24:52	01:54:14	<b>01:59:51.40</b>	<b>02:01:47.00</b>	+00:50:14 (41.9%)	5:40	10.6 (58.2%)
214	<b>WIKIERSKI Michał</b>	<b>950</b>		M-30	214	00:01:25	00:28:06	00:55:46	01:23:47	01:53:36	<b>01:59:52.60</b>	<b>02:01:18.25</b>	+00:50:16 (41.9%)	5:40	10.6 (58.2%)
215	<b>SELIGA Paweł</b>	<b>796</b>	BIEGAJ Z TRENERAMI GLIWICE	M-30	215	00:01:12	00:28:08	00:56:32	01:24:51	01:53:38	<b>01:59:53.55</b>	<b>02:01:05.90</b>	+00:50:17 (41.9%)	5:40	10.6 (58.2%)
216	<b>JAWORSKI Kamil</b>	<b>315</b>	FUCHS OIL TEAM	M-30	216	00:01:46	00:29:12	00:58:03	01:25:51	01:54:31	<b>02:00:08.00</b>	<b>02:01:54.65</b>	+00:50:31 (42.1%)	5:41	10.5 (57.7%)
217	<b>CISZEWSKI Krzysztof</b>	<b>118</b>		M-30	217	00:01:18	00:27:25	00:55:21	01:24:06	01:53:46	<b>02:00:08.70</b>	<b>02:01:27.60</b>	+00:50:32 (42.1%)	5:41	10.5 (57.7%)
218	<b>MIKOŁAJCZYK Marcin</b>	<b>572</b>		M-30	218	00:01:01	00:28:24	00:56:15	01:24:52	01:54:41	<b>02:00:24.75</b>	<b>02:01:26.05</b>	+00:50:48 (42.2%)	5:42	10.5 (57.7%)
219	<b>SOWIŃSKI Krzysztof</b>	<b>834</b>		M-30	219	00:01:28	00:28:08	00:56:22	01:24:26	01:54:41	<b>02:00:45.90</b>	<b>02:02:14.50</b>	+00:51:09 (42.4%)	5:43	10.5 (57.7%)
220	<b>GRUCHALSKI Jakub</b>	<b>261</b>	ISTA BIEGAMY	M-30	220	00:01:04	00:28:09	00:56:27	01:25:07	01:54:29	<b>02:00:46.55</b>	<b>02:01:51.05</b>	+00:51:10 (42.4%)	5:43	10.5 (57.7%)
221	<b>STASIAK Mirosław</b>	<b>843</b>	ROCKWELL AUTOMATION	M-30	221	00:00:15	00:25:04	00:52:58	01:22:43	01:54:35	<b>02:01:11.15</b>	<b>02:01:26.60</b>	+00:51:34 (42.6%)	5:44	10.4 (57.1%)
222	<b>KAMIŃSKI Rafał</b>	<b>342</b>		M-30	222	00:01:00	00:28:11	00:56:43	01:25:21	01:54:49	<b>02:01:33.75</b>	<b>02:02:34.50</b>	+00:51:57 (42.7%)	5:45	10.4 (57.1%)
223	<b>GÓRKA Szymon</b>	<b>244</b>		M-30	223	00:00:30	00:24:04	00:51:44	01:23:28	01:55:47	<b>02:01:54.85</b>	<b>02:02:25.55</b>	+00:52:18 (42.9%)	5:46	10.4 (57.1%)
224	<b>MARKOWSKI Kamil</b>	<b>540</b>		M-30	224	00:01:10	00:27:55	00:55:50	01:24:03	01:54:22	<b>02:02:06.30</b>	<b>02:03:16.65</b>	+00:52:29 (43.0%)	5:47	10.4 (57.1%)
225	<b>GRZYMAŁA Jan</b>	<b>270</b>		M-30	225	00:01:13	00:25:51	00:53:16	01:23:07	01:55:18	<b>02:02:06.65</b>	<b>02:03:20.25</b>	+00:52:30 (43.0%)	5:47	10.4 (57.1%)
226	<b>TWAROCIK Konrad</b>	<b>1125</b>		M-30	226	00:01:59	00:28:54	00:57:27	01:26:27	01:56:43	<b>02:02:52.80</b>	<b>02:04:51.95</b>	+00:53:16 (43.4%)	5:49	10.3 (56.6%)
227	<b>JANIKOWSKI Adam</b>	<b>306</b>	ANICA TEAM	M-30	227	00:00:50	00:25:32	00:53:00	01:24:10	01:56:45	<b>02:03:14.60</b>	<b>02:04:05.55</b>	+00:53:38 (43.5%)	5:50	10.3 (56.6%)
228	<b>BOJDA Dawid</b>	<b>56</b>		M-30	228	00:01:47	00:29:01	00:58:32	01:27:36	01:57:15	<b>02:03:26.40</b>	<b>02:05:13.65</b>	+00:53:49 (43.6%)	5:50	10.3 (56.6%)
229	<b>SZWARCZYŃSKI Jakub</b>	<b>891</b>		M-30	229	00:01:17	00:29:06	00:57:27	01:25:22	01:57:00	<b>02:03:47.15</b>	<b>02:05:04.20</b>	+00:54:10 (43.8%)	5:51	10.2 (56.0%)
230	<b>ZEGARTOWSKI Michał</b>	<b>1004</b>	DTIQ POLAND	M-30	230	00:00:34	00:25:54	00:53:08	01:23:16	01:56:54	<b>02:03:54.05</b>	<b>02:04:28.75</b>	+00:54:17 (43.8%)	5:52	10.2 (56.0%)
231	<b>SEKIENDA Michał</b>	<b>795</b>		M-30	231	00:01:28	00:30:19	01:00:21	01:29:48	01:57:56	<b>02:04:32.55</b>	<b>02:06:01.50</b>	+00:54:56 (44.1%)	5:54	10.2 (56.0%)
232	<b>TOPORKIEWICZ Marcin</b>	<b>913</b>	BIEGACZE MOGĄ DŁUŻEJ	M-30	232	00:01:10	00:28:18	00:56:39	01:25:31	01:57:32	<b>02:04:33.00</b>	<b>02:05:43.15</b>	+00:54:56 (44.1%)	5:54	10.2 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	21.1km	21.1km			
233	<b>PYKA Adam</b>	<b>745</b>		M-30	233	00:01:11	00:26:01	00:53:18	01:23:09	01:57:54	<b>02:04:57.00</b>	<b>02:06:08.15</b>	+00:55:20 (44.3%)	5:55	10.1 (55.5%)
234	<b>PRENZENA Paweł</b>	<b>727</b>		M-30	234	00:00:22	00:25:48	00:54:29	01:24:49	01:57:48	<b>02:04:59.05</b>	<b>02:05:21.30</b>	+00:55:22 (44.3%)	5:55	10.1 (55.5%)
235	<b>LIKA Michał</b>	<b>507</b>		M-30	235	00:01:26	00:29:07	00:58:22	01:28:22	01:59:17	<b>02:05:08.25</b>	<b>02:06:34.90</b>	+00:55:31 (44.4%)	5:55	10.1 (55.5%)
236	<b>FOLEK Andrzej</b>	<b>193</b>	DTIQ POLAND	M-30	236	00:01:43	00:28:19	00:56:40	01:26:08	01:58:33	<b>02:05:38.80</b>	<b>02:07:21.95</b>	+00:56:02 (44.6%)	5:57	10.1 (55.5%)
237	<b>MARKUSIK Tomasz</b>	<b>541</b>		M-30	237	00:00:32	00:29:15	00:58:32	01:27:53	01:59:01	<b>02:05:45.30</b>	<b>02:06:18.05</b>	+00:56:08 (44.6%)	5:57	10.1 (55.5%)
238	<b>KRAWCZYK Dariusz</b>	<b>438</b>		M-30	238	00:01:41	00:29:08	00:57:47	01:27:34	01:59:59	<b>02:06:16.10</b>	<b>02:07:57.85</b>	+00:56:39 (44.9%)	5:59	10 (54.9%)
239	<b>WILK Andrzej</b>	<b>955</b>		M-30	239	00:00:23	00:26:19	00:55:29	01:25:56	01:59:13	<b>02:06:25.70</b>	<b>02:06:49.45</b>	+00:56:49 (44.9%)	5:59	10 (54.9%)
240	<b>PAWEŁKÓW Michał</b>	<b>674</b>		M-30	240	00:01:13	00:28:35	00:56:54	01:25:07	01:58:54	<b>02:06:29.70</b>	<b>02:07:43.00</b>	+00:56:53 (45.0%)	5:59	10 (54.9%)
241	<b>URBANEK Martin</b>	<b>927</b>	ISTA BIEGAMY	M-30	241	00:01:03	00:27:01	00:56:09	01:26:26	01:59:15	<b>02:06:29.75</b>	<b>02:07:33.20</b>	+00:56:53 (45.0%)	5:59	10 (54.9%)
242	<b>BAJKACZ Krzysztof</b>	<b>8</b>		M-30	242	00:01:09	00:27:41	00:55:46	01:24:51	01:59:32	<b>02:06:55.05</b>	<b>02:08:04.90</b>	+00:57:18 (45.2%)	6:00	10 (54.9%)
243	<b>NIEDŹWIECKI Paweł</b>	<b>607</b>	OCHOTNICZA STRAŻ POŻARNA W KOTUSZOWIE	M-30	243	00:01:27	00:28:35	00:57:38	01:27:20	02:00:40	<b>02:07:13.35</b>	<b>02:08:40.65</b>	+00:57:36 (45.3%)	6:01	10 (54.9%)
244	<b>WŁODARCZYK Paweł</b>	<b>962</b>	ING BANK ŚLĄSKI SA	M-30	244	00:01:34	00:27:57	00:56:20	01:26:28	02:00:18	<b>02:07:22.20</b>	<b>02:08:56.85</b>	+00:57:45 (45.4%)	6:02	9.9 (54.4%)
245	<b>MATYSIEWICZ Piotr</b>	<b>550</b>	INTER PROJEKT	M-30	245	00:00:24	00:28:46	00:58:39	01:29:17	02:01:14	<b>02:07:25.15</b>	<b>02:07:49.60</b>	+00:57:48 (45.4%)	6:02	9.9 (54.4%)
246	<b>POLACZEK Adam</b>	<b>718</b>		M-30	246	00:01:30	00:27:54	00:58:17	01:28:37	02:01:08	<b>02:07:29.75</b>	<b>02:09:00.05</b>	+00:57:53 (45.4%)	6:02	9.9 (54.4%)
247	<b>MILISZKIEWICZ Adam</b>	<b>575</b>		M-30	247	00:01:19	00:28:41	00:57:18	01:26:28	02:00:25	<b>02:07:37.60</b>	<b>02:08:56.70</b>	+00:58:01 (45.5%)	6:02	9.9 (54.4%)
248	<b>BAJ Tomasz</b>	<b>7</b>		M-30	248	00:00:27	00:25:34	00:54:21	01:25:55	02:00:48	<b>02:07:46.80</b>	<b>02:08:14.45</b>	+00:58:10 (45.5%)	6:03	9.9 (54.4%)
249	<b>DZIEDZIC Dominik</b>	<b>177</b>		M-30	249	00:01:37	00:29:41	01:00:00	01:29:59	02:01:43	<b>02:08:13.15</b>	<b>02:09:50.40</b>	+00:58:36 (45.7%)	6:04	9.9 (54.4%)
250	<b>MRZYGLÓD Robert</b>	<b>589</b>		M-30	250	00:00:32	00:29:32	00:59:47	01:29:38	02:01:41	<b>02:08:25.25</b>	<b>02:08:57.55</b>	+00:58:48 (45.8%)	6:05	9.9 (54.4%)
251	<b>WIŚNIEWSKI Paweł</b>	<b>959</b>	NIGHT RUNNERS GLIWICE	M-30	251	00:02:04	00:28:44	00:58:59	01:29:57	02:02:22	<b>02:09:05.25</b>	<b>02:11:10.20</b>	+00:59:28 (46.1%)	6:07	9.8 (53.8%)
252	<b>STAŃKO Marcin</b>	<b>842</b>		M-30	252	00:00:28	00:28:59	00:58:37	01:29:11	02:02:47	<b>02:09:09.55</b>	<b>02:09:38.15</b>	+00:59:33 (46.1%)	6:07	9.8 (53.8%)
253	<b>PIĄTKOWSKI Michał</b>	<b>691</b>		M-30	253	00:01:41	00:29:08	00:57:47	01:27:33	02:01:50	<b>02:09:26.95</b>	<b>02:11:08.50</b>	+00:59:50 (46.2%)	6:08	9.8 (53.8%)
254	<b>SZAFRANIEC Arkadiusz</b>	<b>867</b>	1985	M-30	254	00:02:09	00:29:13	00:59:36	01:30:35	02:04:31	<b>02:11:15.85</b>	<b>02:13:25.00</b>	+01:01:39 (47.0%)	6:13	9.6 (52.7%)
255	<b>KOWALIK Miłosz</b>	<b>419</b>		M-30	255	00:02:17	00:30:06	01:01:15	01:33:39	02:04:21	<b>02:11:27.35</b>	<b>02:13:45.30</b>	+01:01:50 (47.0%)	6:13	9.6 (52.7%)
256	<b>KSIĄDZ Adam</b>	<b>456</b>		M-30	256	00:01:15	00:28:37	00:57:20	01:28:19	02:04:08	<b>02:11:33.55</b>	<b>02:12:48.60</b>	+01:01:57 (47.1%)	6:14	9.6 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
257	<b>FUGOWSKI Grzegorz</b>	<b>196</b>		M-30	257	00:00:00	00:30:46	01:00:46	01:33:02	02:05:25	<b>02:11:58.60</b>	<b>02:11:58.60</b>	+01:02:22 (47.3%)	6:15	9.6 (52.7%)
258	<b>RYBOTYCKI Tomasz</b>	<b>781</b>	WIKTOR TEAM	M-30	258	00:01:21	00:29:44	01:00:01	01:31:38	02:05:15	<b>02:12:03.15</b>	<b>02:13:24.20</b>	+01:02:26 (47.3%)	6:15	9.6 (52.7%)
259	<b>KLIMKIEWICZ Jakub</b>	<b>380</b>	BANANA TEAM	M-30	259	00:01:32	00:30:10	01:01:26	01:32:56	02:05:55	<b>02:12:33.30</b>	<b>02:14:06.25</b>	+01:02:56 (47.5%)	6:16	9.5 (52.2%)
260	<b>GAWROŃSKI Wojtek</b>	<b>213</b>		M-30	260	00:01:36	00:28:23	00:58:03	01:30:09	02:06:40	<b>02:13:39.45</b>	<b>02:15:15.80</b>	+01:04:03 (47.9%)	6:20	9.5 (52.2%)
261	<b>TRELA Marcin</b>	<b>998</b>		M-30	261	00:02:01	00:31:40	01:03:39	01:35:33	02:07:35	<b>02:14:12.15</b>	<b>02:16:13.45</b>	+01:04:35 (48.1%)	6:21	9.4 (51.6%)
262	<b>ŻMUDZIŃSKI Piotr</b>	<b>1032</b>		M-30	262	00:01:48	00:32:05	01:04:47	01:35:48	02:07:44	<b>02:14:36.00</b>	<b>02:16:24.15</b>	+01:04:59 (48.3%)	6:22	9.4 (51.6%)
263	<b>PIOTROWSKI Krzysztof</b>	<b>1114</b>		M-30	263	00:00:24	00:26:37	00:57:48	01:31:05	02:07:30	<b>02:14:36.85</b>	<b>02:15:01.00</b>	+01:05:00 (48.3%)	6:22	9.4 (51.6%)
264	<b>KUŹNICKI Tomasz</b>	<b>484</b>		M-30	264	00:01:32	00:28:28	00:59:11	01:31:17	02:07:11	<b>02:15:04.95</b>	<b>02:16:37.10</b>	+01:05:28 (48.5%)	6:24	9.4 (51.6%)
265	<b>KOWALCZYK Tomasz</b>	<b>417</b>	AKMB PĘDZIWIATR GLIWICE	M-30	265	00:01:08	00:28:34	00:57:27	01:31:44	02:08:32	<b>02:15:48.35</b>	<b>02:16:56.45</b>	+01:06:11 (48.7%)	6:26	9.3 (51.1%)
266	<b>GŁOWACKI Jordan</b>	<b>230</b>		M-30	266	00:00:33	00:30:09	01:01:15	01:33:44	02:08:29	<b>02:16:02.45</b>	<b>02:16:35.60</b>	+01:06:26 (48.8%)	6:26	9.3 (51.1%)
267	<b>KAMIONKA Paweł</b>	<b>344</b>		M-30	267	00:00:23	01:33:52			02:09:40	<b>02:17:09.60</b>	<b>02:17:32.95</b>	+01:07:33 (49.3%)	6:30	9.2 (50.5%)
268	<b>RADŁOWSKI Karol</b>	<b>750</b>		M-30	268	00:01:41	00:29:07	00:59:01	01:31:59	02:09:44	<b>02:18:23.25</b>	<b>02:20:04.70</b>	+01:08:46 (49.7%)	6:33	9.1 (50.0%)
269	<b>BOGDAŁ Michał</b>	<b>53</b>		M-30	269	00:00:30	00:31:32	01:03:26	01:36:09	02:11:28	<b>02:19:15.05</b>	<b>02:19:45.65</b>	+01:09:38 (50.0%)	6:35	9.1 (50.0%)
270	<b>KUĆ Rafał</b>	<b>464</b>	EUVIC	M-30	270	00:01:49	00:35:26	01:09:29	01:42:31	02:13:19	<b>02:19:33.65</b>	<b>02:21:23.25</b>	+01:09:57 (50.1%)	6:36	9.1 (50.0%)
271	<b>KOWOLIK Łukasz</b>	<b>421</b>	TAURON TEAM	M-30	271	00:02:08	00:33:06	01:06:13	01:38:36	02:12:40	<b>02:19:57.50</b>	<b>02:22:05.80</b>	+01:10:21 (50.3%)	6:37	9 (49.5%)
272	<b>WRÓBEL Dariusz</b>	<b>984</b>		M-30	272	00:02:07	00:33:08	01:06:14	01:38:37	02:12:42	<b>02:19:58.80</b>	<b>02:22:06.25</b>	+01:10:22 (50.3%)	6:38	9 (49.5%)
273	<b>HENDRYK Leszek</b>	<b>282</b>	BEERRUNNERS!	M-30	273	00:00:59	00:28:11	00:58:09	01:30:28	02:14:26	<b>02:22:08.40</b>	<b>02:23:08.15</b>	+01:12:31 (51.0%)	6:44	8.9 (48.9%)
274	<b>BOJEŚ Marcin</b>	<b>57</b>	DTIQ POLAND	M-30	274	00:01:37	00:29:47	01:02:31	01:37:08	02:15:56	<b>02:23:02.00</b>	<b>02:24:39.15</b>	+01:13:25 (51.3%)	6:46	8.9 (48.9%)
275	<b>DYJAS Michał</b>	<b>170</b>	CATS'TEAM	M-30	275	00:02:01	00:31:43	01:05:00	01:39:58	02:16:29	<b>02:23:54.45</b>	<b>02:25:56.20</b>	+01:14:18 (51.6%)	6:49	8.8 (48.4%)
276	<b>JEZIOR Bartosz</b>	<b>317</b>	DRIV	M-30	276	00:01:39	00:27:53	00:59:48	01:38:41	02:16:11	<b>02:24:31.45</b>	<b>02:26:10.60</b>	+01:14:55 (51.8%)	6:50	8.8 (48.4%)
277	<b>WALEWSKI Kamil</b>	<b>933</b>		M-30	277	00:01:39	00:31:26	01:05:20	01:39:59	02:19:21	<b>02:27:35.95</b>	<b>02:29:15.55</b>	+01:17:59 (52.8%)	6:59	8.6 (47.3%)
278	<b>GĄSKA Piotr</b>	<b>215</b>	GĄSKA BALBINKA	M-30	278	00:01:03	00:29:06	01:03:49	01:40:04	02:21:44	<b>02:29:58.05</b>	<b>02:31:01.70</b>	+01:20:21 (53.6%)	7:06	8.4 (46.2%)
279	<b>PEROŃCZYK Paweł</b>	<b>681</b>		M-30	279	00:01:51	00:31:49	01:03:49	01:37:47	02:20:09	<b>02:30:40.05</b>	<b>02:32:31.85</b>	+01:21:03 (53.8%)	7:08	8.4 (46.2%)
280	<b>SITO Paweł</b>	<b>811</b>		M-30	280	00:01:39	00:32:17	01:06:52	01:43:08	02:23:19	<b>02:32:16.95</b>	<b>02:33:56.40</b>	+01:22:40 (54.3%)	7:13	8.3 (45.6%)

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
281	<b>SUSEŁ Alek</b>	<b>865</b>	MARCO POMAGA	M-30	281	00:00:00	01:50:22			02:30:00	<b>02:37:05.00</b>	<b>02:37:05.00</b>	+01:27:28 (55.7%)	7:26	8.1 (44.5%)
282	<b>ZACZEK Kamil</b>	<b>991</b>		M-30	282	00:02:02	00:34:34	01:11:33	01:49:24	02:31:27	<b>02:40:42.40</b>	<b>02:42:44.55</b>	+01:31:05 (56.7%)	7:36	7.9 (43.4%)
283	<b>KISIECKI Damian</b>	<b>367</b>	NOVA TRADING STALE BIEGAM	M-30	283	00:00:00				01:42:29			+	5:07	11.7 (64.3%)
284	<b>ĆWIKŁA Kamil</b>	<b>141</b>	HARPAGANY	M-30	284	00:00:00	00:25:13			01:43:03			+	5:09	11.6 (63.7%)
285	<b>KLIMAS Kamil</b>	<b>377</b>		M-30	285	00:00:03	00:20:12						+00:04:05	4:02	14.9 (81.9%)

Znaleziono 285 wynik(ów)