

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

Klasyfikacja: M-30

Punkt pomiarowy: 15,0 km

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|------------------------------|-------------|--------------------------------|-----------|-------------|----------------|---------------|-----------------|
| 1 | OLIJNYK Paweł | 1147 | ONE TEAM | M-30 | 00:00:01 | 00:16:08 | 00:32:45 | 00:49:13 |
| 2 | MUSKIETORZ Piotr | 593 | | M-30 | 00:00:01 | 00:17:26 | 00:35:01 | 00:52:50 |
| 3 | ŻURAWIK Daniel | 1034 | PPI SYSTEMY-GRZEWCZE | M-30 | 00:00:01 | 00:17:18 | 00:35:02 | 00:52:56 |
| 4 | SZCZECIŃSKI Maciej | 871 | INŻYNIERIA BIEGANIA | M-30 | 00:00:01 | 00:18:15 | 00:36:50 | 00:55:30 |
| 5 | RYSZ Robert | 784 | | M-30 | 00:00:02 | 00:18:13 | 00:36:59 | 00:55:44 |
| 6 | ŁUKASIEWICZ Sebastian | 518 | KLUB BIEGOWY GEPARD | M-30 | 00:00:01 | 00:18:37 | 00:37:19 | 00:55:50 |
| 7 | MOMRO Łukasz | 585 | AKMB PEDZIWIATR GLIWICE | M-30 | 00:00:01 | 00:18:35 | 00:37:49 | 00:57:16 |
| 8 | JĘDRÓS Przemysław | 318 | INŻYNIERIA BIEGANIA TEAM | M-30 | 00:00:02 | 00:19:00 | 00:38:19 | 00:57:37 |
| 9 | WIERZCHOWSKI Tomasz | 948 | NORTHMILL RUNNING TEAM | M-30 | 00:00:02 | 00:19:16 | 00:39:02 | 00:58:20 |
| 10 | KNESZ Krzysztof | 385 | | M-30 | 00:00:02 | 00:19:09 | 00:38:57 | 00:58:24 |
| 11 | DUŻNIAK Dominik | 165 | STEP-DANCE | M-30 | 00:00:02 | 00:19:19 | 00:39:19 | 00:59:31 |
| 12 | LEDWOŃ Paweł | 1068 | | M-30 | 00:00:03 | 00:20:04 | 00:40:09 | 01:00:01 |
| 13 | DE LA PARRA Inaki | 154 | WAY2CHAMP.COM | M-30 | 00:00:06 | 00:20:19 | 00:40:17 | 01:00:08 |
| 14 | WOŹNIAK Grzegorz | 1056 | | M-30 | 00:00:05 | 00:20:26 | 00:40:51 | 01:00:59 |
| 15 | LANGNER Radosław | 491 | WAY2CHAMP.COM / VEGE RUNNERS | M-30 | 00:00:06 | 00:20:19 | 00:40:36 | 01:01:02 |
| 16 | PRZELIORZ Paweł | 734 | | M-30 | 00:00:02 | 00:19:48 | 00:40:24 | 01:01:05 |
| 17 | STUCLIK Marek | 860 | AKTYWNA PSZCZYNA RUNNERS TEAM | M-30 | 00:00:02 | 00:20:10 | 00:40:47 | 01:01:23 |
| 18 | RATYŃSKI Bartłomiej | 755 | HAPPY RUNNERS | M-30 | 00:00:14 | 00:20:51 | 00:41:41 | 01:02:04 |
| 19 | PODSIADŁO Adam | 714 | | M-30 | 00:00:02 | 00:20:05 | 00:41:15 | 01:02:15 |
| 20 | RAJTOR Paweł | 1049 | | M-30 | 00:00:09 | 00:20:54 | 00:42:14 | 01:03:21 |
| 21 | PROBE Bartek | 729 | TWÓJ STARY | M-30 | 00:00:08 | 00:20:52 | 00:42:12 | 01:03:22 |
| 22 | ADAMSKI Krzysztof | 2 | | M-30 | 00:00:08 | 00:20:53 | 00:42:12 | 01:03:23 |
| 23 | NOWAK Kamil | 620 | | M-30 | 00:00:14 | 00:20:48 | 00:42:06 | 01:03:29 |
| 24 | BORSIAK Sebastian | 61 | OPEL ACTIVE TEAM | M-30 | 00:00:09 | 00:20:53 | 00:42:12 | 01:03:35 |
| 25 | BARAN Ryszard | 14 | | M-30 | 00:00:05 | 00:20:34 | 00:42:13 | 01:03:56 |
| 26 | GRAMATYKA Jan | 253 | FUTURE PROCESSING RUNNING TEAM | M-30 | 00:00:03 | 00:21:05 | 00:42:40 | 01:04:01 |
| 27 | JĘDZURA Daniel | 321 | NIGHT RUNNERS GLIWICE | M-30 | 00:00:09 | 00:20:51 | 00:42:18 | 01:04:12 |
| 28 | TKACZ Piotr | 908 | | M-30 | 00:00:19 | 00:22:06 | 00:43:24 | 01:04:13 |
| 29 | DOBICZEK Łukasz | 155 | | M-30 | 00:00:08 | 00:21:12 | 00:42:58 | 01:04:24 |
| 30 | NOWICKI Szymon | 628 | | M-30 | 00:00:34 | 00:21:26 | 00:43:03 | 01:04:35 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|-------------------------------|-------------|---------------------------------------|-----------|-------------|----------------|---------------|-----------------|
| 31 | KLEWANIEC Jakub | 373 | | M-30 | 00:00:11 | 00:20:56 | 00:42:24 | 01:04:43 |
| 32 | SMYCZEK Bartosz | 822 | KILOMETROŻERCA | M-30 | 00:00:16 | 00:21:01 | 00:43:02 | 01:04:55 |
| 33 | KŁYK Dominik | 384 | | M-30 | 00:00:08 | 00:21:20 | 00:43:14 | 01:05:27 |
| 34 | GRUSZCZYŃSKI Stanisław | 263 | | M-30 | 00:00:07 | 00:20:54 | 00:42:33 | 01:05:32 |
| 35 | TEKLA Krzysztof | 907 | | M-30 | 00:00:18 | 00:21:28 | 00:43:32 | 01:05:34 |
| 36 | KALUKIEWICZ Dobromił | 338 | FRAMIGA | M-30 | 00:00:14 | 00:21:38 | 00:43:40 | 01:05:42 |
| 37 | BUBAŁA Łukasz | 81 | | M-30 | 00:00:07 | 00:20:56 | 00:43:23 | 01:05:57 |
| 38 | PAJĄK Krzysztof | 658 | | M-30 | 00:00:16 | 00:21:48 | 00:44:17 | 01:06:08 |
| 39 | FURMAN Paweł | 197 | HURAGAN LIGOTA | M-30 | 00:00:16 | 00:21:46 | 00:43:59 | 01:06:09 |
| 40 | GABRYŚ Jacek | 200 | | M-30 | 00:00:13 | 00:21:59 | 00:44:36 | 01:06:34 |
| 41 | KRAWCZYK Karol | 435 | | M-30 | 00:00:10 | 00:22:00 | 00:44:25 | 01:06:46 |
| 42 | POŚNIAK Tomasz | 724 | ISTA | M-30 | 00:00:05 | 00:21:01 | 00:43:24 | 01:06:52 |
| 43 | NIEDBAŁ Łukasz | 606 | GTT - INTER PROJEKT | M-30 | 00:00:05 | 00:22:14 | 00:44:44 | 01:07:02 |
| 44 | HERNACKI Karol | 285 | LISWARTA KRZEPICE | M-30 | 00:00:16 | 00:22:03 | 00:44:14 | 01:07:03 |
| 45 | TŁOŁKA Michał | 909 | | M-30 | 00:00:14 | 00:22:47 | 00:45:19 | 01:07:04 |
| 46 | STANISZ Marcin | 841 | NIGHT RUNNERS PYSKOWICE | M-30 | 00:00:24 | 00:22:39 | 00:45:21 | 01:07:15 |
| 47 | GORCZYCKI Arkadiusz | 241 | MIECHOWICKA GRUPA BIEGOWA | M-30 | 00:00:15 | 00:22:18 | 00:45:17 | 01:07:40 |
| 48 | FURMANEK Łukasz | 198 | KLUB BIEGACZA SANTANDER CONSUMER BANK | M-30 | 00:00:08 | 00:22:03 | 00:44:46 | 01:07:45 |
| 49 | ZDON Paweł | 1002 | | M-30 | 00:00:09 | 00:22:27 | 00:45:10 | 01:07:45 |
| 50 | MIRONOWICZ Bartłomiej | 576 | | M-30 | 00:00:21 | 00:21:52 | 00:44:47 | 01:08:01 |
| 51 | KRÓL Dariusz | 445 | SPELEOKLUB DĄBROWA GÓRNICZA | M-30 | 00:00:04 | 00:21:58 | 00:44:57 | 01:08:28 |
| 52 | KULPA Marek | 473 | 4QM | M-30 | 00:00:05 | 00:22:34 | 00:45:41 | 01:08:34 |
| 53 | CHAŁADYN Sławek | 99 | INŻYNIERIA BIEGANIA | M-30 | 00:00:12 | 00:22:23 | 00:45:24 | 01:08:37 |
| 54 | BIELA Grzegorz | 37 | GIBKE GIZDY | M-30 | 00:00:09 | 00:21:50 | 00:44:57 | 01:08:41 |
| 55 | SIERADZKI Dariusz | 806 | BIEGAJ Z TRENERAMI | M-30 | 00:00:09 | 00:22:50 | 00:45:57 | 01:08:49 |
| 56 | ŁATKA Łukasz | 514 | | M-30 | 00:00:27 | 00:23:23 | 00:46:41 | 01:08:53 |
| 57 | WRZESIEŃ Dariusz | 986 | | M-30 | 00:00:40 | 00:23:07 | 00:46:13 | 01:09:04 |
| 58 | OPIŁEK Marek | 640 | EUVIC | M-30 | 00:00:26 | 00:23:06 | 00:46:15 | 01:09:14 |
| 59 | WOMELA Maciej | 973 | | M-30 | 00:00:26 | 00:23:22 | 00:46:41 | 01:09:19 |
| 60 | BURCZYK Klaudiusz | 94 | | M-30 | 00:00:08 | 00:22:29 | 00:45:42 | 01:09:21 |
| 61 | MICHALSKI Jarosław | 565 | HETMAN TARNOWSKIE GÓRY | M-30 | 00:00:24 | 00:22:37 | 00:45:46 | 01:09:23 |
| 62 | GRAETSCH Sebastian | 252 | VATTENFALL | M-30 | 00:00:09 | 00:21:03 | 00:44:42 | 01:09:32 |
| 63 | ŁAKOMY Piotr | 1087 | | M-30 | 00:00:45 | 00:23:03 | 00:46:23 | 01:09:36 |
| 64 | NASTULA Dariusz | 601 | | M-30 | 00:00:16 | 00:23:30 | 00:46:49 | 01:09:40 |
| 65 | ORZECH Michał | 645 | MUSTANGI GLIWICE | M-30 | 00:00:15 | 00:23:09 | 00:46:38 | 01:09:41 |
| 66 | PIETRUSZEWSKI Marcin | 695 | BIEGAM BO LUBIĘ | M-30 | 00:00:26 | 00:23:25 | 00:46:42 | 01:09:57 |
| 67 | NIESLER Michał | 609 | NIGHT RUNNERS GLIWICE | M-30 | 00:00:07 | 00:23:34 | 00:46:58 | 01:10:05 |
| 68 | MOJ Adam | 583 | | M-30 | 00:00:26 | 00:23:25 | 00:46:48 | 01:10:21 |
| 69 | RATAJCZAK Krystian | 1092 | | M-30 | 00:00:23 | 00:23:58 | 00:47:12 | 01:10:23 |
| 70 | ZYMELA Dawid | 1026 | | M-30 | 00:00:21 | 00:23:30 | 00:46:52 | 01:10:24 |
| 71 | FINKBEINER Łukasz | 188 | | M-30 | 00:00:18 | 00:23:30 | 00:46:50 | 01:10:25 |
| 72 | CHEJDYS Krystian | 100 | BIEGNĘ ALE DOKĄD | M-30 | 00:00:19 | 00:23:33 | 00:46:53 | 01:10:25 |
| 73 | NYKIEL Mariusz | 630 | SOCIOS SILESIA | M-30 | 00:00:16 | 00:23:31 | 00:46:51 | 01:10:27 |
| 74 | WILK Dawid | 954 | PACEMAKER | M-30 | 00:00:16 | 00:23:31 | 00:46:53 | 01:10:29 |
| 75 | MACHALICA Dominik | 1062 | | M-30 | 00:00:35 | 00:23:16 | 00:46:41 | 01:10:29 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|-----------------------|-------|---------------------------|-----------|-------------|----------------|---------------|-----------------|
| 76 | WIDERA Marek | 944 | SORBCHEM | M-30 | 00:00:30 | 00:23:07 | 00:46:31 | 01:10:31 |
| 77 | GDOWSKI Slawek | 216 | SPASIONE MIŃKI | M-30 | 00:00:19 | 00:23:33 | 00:46:57 | 01:10:33 |
| 78 | SEROCKI Michał | 799 | | M-30 | 00:00:30 | 00:23:33 | 00:47:01 | 01:10:33 |
| 79 | KUBERA Dawid | 457 | ALWAYSINMOTION.PL | M-30 | 00:00:11 | 00:22:05 | 00:45:52 | 01:10:39 |
| 80 | MAY-MAJEWSKI Michał | 551 | 4 M | M-30 | 00:00:24 | 00:23:38 | 00:47:18 | 01:10:49 |
| 81 | RYBIŃSKI Łukasz | 780 | EŁKA TEAM | M-30 | 00:00:44 | 00:23:10 | 00:46:53 | 01:10:53 |
| 82 | BOGACZ Paweł | 52 | | M-30 | 00:00:13 | 00:22:51 | 00:46:51 | 01:11:02 |
| 83 | ZIELIŃSKI Jacek | 1009 | | M-30 | 00:01:05 | 00:23:55 | 00:47:37 | 01:11:07 |
| 84 | MIKULSKI Jacek | 573 | | M-30 | 00:00:20 | 00:23:50 | 00:47:27 | 01:11:16 |
| 85 | BOTOR Mateusz | 67 | | M-30 | 00:00:28 | 00:23:38 | 00:47:25 | 01:11:32 |
| 86 | KRZYCKI Łukasz | 454 | | M-30 | 00:00:38 | 00:24:24 | 00:48:14 | 01:11:40 |
| 87 | DYMEK Bartosz | 172 | | M-30 | 00:00:56 | 00:24:15 | 00:48:26 | 01:11:59 |
| 88 | SOTER Bartłomiej | 833 | | M-30 | 00:01:07 | 00:23:56 | 00:48:10 | 01:12:02 |
| 89 | PIKULSKI Łukasz | 699 | | M-30 | 00:00:27 | 00:23:37 | 00:47:42 | 01:12:08 |
| 90 | ZIELONKA Jacek | 1011 | PSOFIX | M-30 | 00:00:53 | 00:23:55 | 00:48:12 | 01:12:17 |
| 91 | ROGOSZ Michał | 764 | | M-30 | 00:00:28 | 00:24:17 | 00:48:33 | 01:12:19 |
| 92 | OSZYWA Damian | 1065 | | M-30 | 00:00:19 | 00:23:34 | 00:47:29 | 01:12:34 |
| 93 | BLOCH Grzegorz | 43 | WR1 OYAMA KARATE KATOWICE | M-30 | 00:00:29 | 00:23:21 | 00:47:33 | 01:12:35 |
| 94 | BUK Marcin | 91 | TRIDIVISION | M-30 | 00:00:48 | 00:23:39 | 00:47:46 | 01:12:44 |
| 95 | PLUCIŃSKI Michał | 709 | | M-30 | 00:00:39 | 00:23:50 | 00:48:03 | 01:12:45 |
| 96 | MACZUGA Bartłomiej | 522 | PACEMAKER | M-30 | 00:00:34 | 00:24:16 | 00:48:31 | 01:12:58 |
| 97 | WIERZCHOWSKI Jędrzej | 949 | | M-30 | 00:00:34 | 00:24:16 | 00:48:31 | 01:12:58 |
| 98 | MYSLIWIEC Wojciech | 595 | DYSTANS LUBOMIA | M-30 | 00:00:20 | 00:23:29 | 00:47:01 | 01:13:03 |
| 99 | CHRZAŚCIK Tomasz | 105 | | M-30 | 00:00:39 | 00:24:16 | 00:48:30 | 01:13:03 |
| 100 | JAGIEŁA Michał | 300 | | M-30 | 00:00:07 | 00:24:19 | 00:48:49 | 01:13:14 |
| 101 | ŻABICKI Mariusz | 1091 | | M-30 | 00:00:26 | 00:24:02 | 00:48:45 | 01:13:21 |
| 102 | ZWOLIŃSKI Gabriel | 1023 | AERO-SYSTEM.PL | M-30 | 00:00:19 | 00:23:33 | 00:48:05 | 01:13:34 |
| 103 | MARCINIAK Rafał | 535 | 1986 | M-30 | 00:01:14 | 00:24:48 | 00:49:26 | 01:13:43 |
| 104 | GŁOGOWSKI Konrad | 228 | | M-30 | 00:00:22 | 00:24:25 | 00:49:15 | 01:13:45 |
| 105 | KRAJEWSKI Radosław | 433 | | M-30 | 00:00:23 | 00:24:01 | 00:48:41 | 01:13:53 |
| 106 | KAJSTURA Tomasz | 335 | | M-30 | 00:00:32 | 00:24:34 | 00:49:01 | 01:13:53 |
| 107 | GRESZTA Grzegorz | 256 | JAH RASTA | M-30 | 00:00:51 | 00:24:01 | 00:48:37 | 01:14:10 |
| 108 | KRÓL Artur | 446 | NGK RUNNING TEAM | M-30 | 00:00:20 | 00:24:56 | 00:49:50 | 01:14:13 |
| 109 | ADAMSKI Daniel | 1066 | | M-30 | 00:01:55 | 00:24:31 | 00:49:33 | 01:14:15 |
| 110 | MRZYK Ireneusz | 590 | BIEGACZE MOGA DŁUŻEJ | M-30 | 00:00:38 | 00:24:26 | 00:49:09 | 01:14:16 |
| 111 | BICZYSKI Paweł | 35 | | M-30 | 00:00:35 | 00:24:16 | 00:48:46 | 01:14:17 |
| 112 | SALAMON Emil | 789 | OPEL ACTIVE TEAM | M-30 | 00:00:26 | 00:24:47 | 00:49:37 | 01:14:29 |
| 113 | SCHAB Bartłomiej | 793 | | M-30 | 00:01:10 | 00:24:33 | 00:49:28 | 01:14:35 |
| 114 | OZYP Mariusz | 654 | | M-30 | 00:00:02 | 00:24:32 | 00:49:32 | 01:14:38 |
| 115 | UJMA Michał | 924 | | M-30 | 00:00:16 | 00:23:52 | 00:48:50 | 01:14:38 |
| 116 | BRZEZIŃSKI Przemysław | 78 | | M-30 | 00:00:33 | 00:24:26 | 00:49:06 | 01:14:42 |
| 117 | RUTKOWSKI Michał | 777 | | M-30 | 00:00:33 | 00:24:26 | 00:49:06 | 01:14:42 |
| 118 | BAUC Bartłomiej | 19 | LEDWO ŻYWY | M-30 | 00:00:38 | 00:24:15 | 00:49:13 | 01:14:50 |
| 119 | GARBACZ Damian | 206 | | M-30 | 00:00:24 | 00:23:02 | 00:47:55 | 01:14:52 |
| 120 | GDYNIA Daniel | 218 | | M-30 | 00:00:55 | 00:24:39 | 00:49:49 | 01:15:07 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|------------------------|-------|---------------------------------|-----------|-------------|----------------|---------------|-----------------|
| 121 | MARTYNIUK Ryszard | 542 | GMINA STRZELCE OPOLSKIE | M-30 | 00:00:46 | 00:23:27 | 00:47:48 | 01:15:11 |
| 122 | WEISS Filip | 1043 | | M-30 | 00:00:49 | 00:25:14 | 00:50:19 | 01:15:29 |
| 123 | ZMACZYŃSKI Andrzej | 1019 | WAY2CHAMP | M-30 | 00:00:33 | 00:23:46 | 00:48:59 | 01:15:33 |
| 124 | KURNAKOWSKI Michał | 478 | BIEGACZE MOGĄ DŁUŻEJ | M-30 | 00:00:51 | 00:25:10 | 00:50:32 | 01:15:33 |
| 125 | SOSNOWSKI Maciej | 831 | | M-30 | 00:00:49 | 00:24:28 | 00:49:46 | 01:15:39 |
| 126 | KŁUJSZO Karol | 383 | QUYSHO SQUADRON | M-30 | 00:00:42 | 00:24:54 | 00:50:06 | 01:15:44 |
| 127 | WOŹNICZKO Robert | 976 | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M-30 | 00:01:28 | 00:24:53 | 00:50:11 | 01:15:44 |
| 128 | PETRYNA Bartosz | 683 | OCHAJORUN & FRIENDS | M-30 | 00:00:48 | 00:24:53 | 00:50:16 | 01:15:48 |
| 129 | GRABOWSKI Maciej | 247 | | M-30 | 00:01:20 | 00:24:50 | 00:50:27 | 01:15:59 |
| 130 | SKOTNICKI Paweł | 815 | | M-30 | 00:00:25 | 00:23:43 | 00:48:48 | 01:16:01 |
| 131 | KOPPEL Bartłomiej | 409 | | M-30 | 00:00:29 | 00:23:54 | 00:49:27 | 01:16:06 |
| 132 | KUBIAK Mateusz | 1101 | | M-30 | 00:00:52 | 00:24:00 | 00:49:35 | 01:16:09 |
| 133 | CZAJKA Krzysztof | 1077 | | M-30 | 00:00:40 | 00:25:09 | 00:50:48 | 01:16:40 |
| 134 | BUGIEL Rafał | 88 | | M-30 | 00:00:49 | 00:25:17 | 00:50:55 | 01:16:43 |
| 135 | JAWOREK Jacek | 314 | JBC TEAM | M-30 | 00:00:46 | 00:25:46 | 00:51:08 | 01:16:45 |
| 136 | PNIEWSKI Mariusz | 713 | | M-30 | 00:00:54 | 00:25:37 | 00:51:23 | 01:16:48 |
| 137 | MARCINIAK Krzysztof | 537 | | M-30 | 00:01:01 | 00:25:44 | 00:51:34 | 01:16:56 |
| 138 | STOJAK Paweł | 851 | | M-30 | 00:00:46 | 00:25:13 | 00:50:53 | 01:17:00 |
| 139 | CHYLIŃSKI Krzysztof | 109 | | M-30 | 00:01:31 | 00:25:54 | 00:52:04 | 01:17:02 |
| 140 | PIASECKI Mariusz | 690 | | M-30 | 00:00:59 | 00:25:13 | 00:51:10 | 01:17:05 |
| 141 | GOCAL Łukasz | 233 | | M-30 | 00:00:51 | 00:25:10 | 00:51:16 | 01:17:17 |
| 142 | CIEŚLAR Stanisław | 114 | | M-30 | 00:00:48 | 00:26:10 | 00:51:42 | 01:17:18 |
| 143 | SZOBLIK Łukasz | 880 | | M-30 | 00:00:48 | 00:26:11 | 00:51:51 | 01:17:19 |
| 144 | KAWKA Łukasz | 357 | NIGHT RUNNERS ŚLĄSK | M-30 | 00:00:39 | 00:24:24 | 00:49:17 | 01:17:20 |
| 145 | LUDWIKOWSKI Przemysław | 513 | JURASSIC RUNNERS | M-30 | 00:01:03 | 00:25:15 | 00:51:05 | 01:17:21 |
| 146 | MALEC Arkadiusz | 529 | PWC SDC | M-30 | 00:00:42 | 00:24:38 | 00:50:56 | 01:17:22 |
| 147 | CICHOCKI Dawid | 110 | NIGH RUNNERS PYSKOWICE | M-30 | 00:00:52 | 00:25:28 | 00:51:21 | 01:17:22 |
| 148 | POKRYSZKA Bartosz | 717 | | M-30 | 00:00:52 | 00:25:39 | 00:51:47 | 01:17:27 |
| 149 | KURZYK Dariusz | 480 | | M-30 | 00:00:14 | 00:23:18 | 00:49:07 | 01:17:34 |
| 150 | WIDERA Tomasz | 1104 | | M-30 | 00:00:50 | 00:25:34 | 00:51:36 | 01:17:34 |
| 151 | WIEKIERA Adam | 946 | | M-30 | 00:00:45 | 00:25:34 | 00:51:42 | 01:17:38 |
| 152 | RÓŻAŃSKI Michał | 772 | | M-30 | 00:01:01 | 00:25:07 | 00:50:52 | 01:17:39 |
| 153 | RYMASZEWSKI Wojtek | 783 | WARSZTATKOSZULKOWY.PL | M-30 | 00:00:14 | 00:25:11 | 00:50:50 | 01:17:48 |
| 154 | WÓJCIK Tomasz | 979 | | M-30 | 00:00:30 | 00:25:25 | 00:51:52 | 01:17:48 |
| 155 | KOZAK Krzysztof | 426 | EKO-OKNA RUNNERS | M-30 | 00:01:15 | 00:26:08 | 00:52:06 | 01:17:53 |
| 156 | MATURA Roman | 548 | | M-30 | 00:00:13 | 00:25:44 | 00:52:15 | 01:18:02 |
| 157 | KUŹMIŃSKI Michał | 483 | | M-30 | 00:00:29 | 00:24:37 | 00:51:14 | 01:18:13 |
| 158 | KASZUBSKI Andrzej | 355 | | M-30 | 00:00:50 | 00:25:31 | 00:51:01 | 01:18:14 |
| 159 | GRABOWSKI Michał | 1082 | OPEL ACTIVE TEAM | M-30 | 00:00:55 | 00:27:00 | 00:52:55 | 01:18:19 |
| 160 | GOŁKOWSKI Radosław | 238 | | M-30 | 00:01:03 | 00:25:43 | 00:52:25 | 01:18:31 |
| 161 | PRYMAS Krystian | 732 | | M-30 | 00:00:09 | 00:24:13 | 00:50:28 | 01:18:38 |
| 162 | TOCZYDŁOWSKI Łukasz | 910 | | M-30 | 00:01:56 | 00:26:43 | 00:53:36 | 01:18:44 |
| 163 | MAKSAJDA Andrzej | 526 | BEERRUNNERS ! | M-30 | 00:00:59 | 00:25:25 | 00:51:32 | 01:18:50 |
| 164 | ZOGŁOWEK Jarosław | 1021 | CROSSFIT HELLWOOD GLIWICE | M-30 | 00:01:22 | 00:26:58 | 00:52:46 | 01:19:01 |
| 165 | WOŹNIAKOWSKI Jan | 975 | OPEL ACTIVE TEAM | M-30 | 00:00:56 | 00:27:00 | 00:53:09 | 01:19:15 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|-----------------------|-------|-------------------------|-----------|-------------|----------------|---------------|-----------------|
| 166 | WALSKI Łukasz | 1079 | | M-30 | 00:00:27 | 00:26:07 | 00:52:47 | 01:19:16 |
| 167 | BABIUCH Karol | 5 | WKURW_TEAM | M-30 | 00:01:05 | 00:25:28 | 00:51:35 | 01:19:20 |
| 168 | NAWROCKI Piotr | 603 | | M-30 | 00:01:41 | 00:25:21 | 00:51:41 | 01:19:23 |
| 169 | WRÓBEL Jarosław | 1046 | | M-30 | 00:01:17 | 00:26:11 | 00:52:30 | 01:19:25 |
| 170 | KUCZERA Łukasz | 461 | DECATHLON & PRZYJACIELE | M-30 | 00:01:24 | 00:26:38 | 00:53:17 | 01:19:30 |
| 171 | LESZKO Tomasz | 502 | EUVIC | M-30 | 00:00:38 | 00:25:44 | 00:51:57 | 01:19:32 |
| 172 | DWORNICZAK Paweł | 166 | | M-30 | 00:01:53 | 00:26:29 | 00:53:27 | 01:19:40 |
| 173 | KUPCZAK Filip | 474 | BEERRUNNERS! | M-30 | 00:00:58 | 00:26:38 | 00:53:35 | 01:19:53 |
| 174 | CZULUK Filip | 137 | BAGNO! | M-30 | 00:00:27 | 00:26:22 | 00:53:20 | 01:20:04 |
| 175 | DĄBROWSKI Marek | 149 | | M-30 | 00:00:54 | 00:25:59 | 00:52:49 | 01:20:14 |
| 176 | DZIUBEK Michał | 181 | W POGONI ZA DUCHEM | M-30 | 00:00:39 | 00:26:28 | 00:53:15 | 01:20:16 |
| 177 | CAJZA Zbyszek | 95 | KAJ META | M-30 | 00:01:23 | 00:27:27 | 00:53:56 | 01:20:34 |
| 178 | LESZKIEWICZ Krzysztof | 1124 | ELZAB ACTIVE TEAM | M-30 | 00:00:47 | 00:25:46 | 00:52:29 | 01:21:00 |
| 179 | MISIURA Artur | 577 | | M-30 | 00:02:00 | 00:28:22 | 00:55:01 | 01:21:03 |
| 180 | CZAPLAK Tomasz | 124 | RADLINIOKI W BIEGU | M-30 | 00:01:26 | 00:27:20 | 00:54:38 | 01:21:05 |
| 181 | KWAPIEŃ Aleksander | 1069 | | M-30 | 00:00:19 | 00:26:03 | 00:53:18 | 01:21:08 |
| 182 | SZCZĘSNY Romuald | 873 | NIGHT RUNNERS PYSKOWICE | M-30 | 00:00:56 | 00:25:37 | 00:53:15 | 01:21:27 |
| 183 | CIOŚMAK Cezary | 116 | KB ORŁY Z KNUROWA | M-30 | 00:00:33 | 00:26:38 | 00:54:02 | 01:21:29 |
| 184 | BRODAKCI Paweł | 1073 | | M-30 | 00:00:29 | 00:26:02 | 00:52:56 | 01:21:35 |
| 185 | FUSIEK Juliusz | 199 | ADEPTUS ASTARTES | M-30 | 00:00:40 | 00:28:55 | 00:56:04 | 01:21:37 |
| 186 | KNYĆ Mateusz | 387 | 12 ZUP | M-30 | 00:02:08 | 00:28:41 | 00:55:55 | 01:21:41 |
| 187 | KOŁODZIEJ Rafał | 399 | | M-30 | 00:01:54 | 00:27:48 | 00:55:15 | 01:21:44 |
| 188 | SOJKA Łukasz | 827 | | M-30 | 00:01:19 | 00:26:44 | 00:54:20 | 01:21:46 |
| 189 | TURLEJ Michał | 918 | JURASSIC RUNNERS | M-30 | 00:01:02 | 00:25:23 | 00:52:43 | 01:21:59 |
| 190 | NIEDOBA Daniel | 1081 | | M-30 | 00:00:25 | 00:26:57 | 00:54:13 | 01:22:00 |
| 191 | OLSZEWSKI Grzegorz | 636 | OLSZAK TEAM | M-30 | 00:01:38 | 00:27:39 | 00:55:12 | 01:22:12 |
| 192 | MACHNIK Artur | 520 | ORZEŁ TEAM | M-30 | 00:00:49 | 00:27:11 | 00:54:40 | 01:22:17 |
| 193 | KOPER Tomasz | 330 | | M-30 | 00:00:55 | 00:27:10 | 00:54:58 | 01:22:17 |
| 194 | KAMIŃSKI Sebastian | 343 | | M-30 | 00:00:48 | 00:27:12 | 00:54:41 | 01:22:18 |
| 195 | STASIAK Mirosław | 843 | ROCKWELL AUTOMATION | M-30 | 00:00:15 | 00:25:04 | 00:52:58 | 01:22:43 |
| 196 | SOBKOWICZ Jarosław | 826 | RISE&SHINE | M-30 | 00:01:19 | 00:28:17 | 00:55:45 | 01:23:04 |
| 197 | GRZYMAŁA Jan | 270 | | M-30 | 00:01:13 | 00:25:51 | 00:53:16 | 01:23:07 |
| 198 | PYKA Adam | 745 | | M-30 | 00:01:11 | 00:26:01 | 00:53:18 | 01:23:09 |
| 199 | ZEGARTOWSKI Michał | 1004 | DTIQ POLAND | M-30 | 00:00:34 | 00:25:54 | 00:53:08 | 01:23:16 |
| 200 | KULESZA Łukasz | 469 | | M-30 | 00:01:45 | 00:28:57 | 00:56:40 | 01:23:20 |
| 201 | PLEWIŃSKI Tomasz | 708 | | M-30 | 00:01:39 | 00:27:04 | 00:54:52 | 01:23:26 |
| 202 | GÓRKA Szymon | 244 | | M-30 | 00:00:30 | 00:24:04 | 00:51:44 | 01:23:28 |
| 203 | SITKO Mateusz | 809 | | M-30 | 00:01:29 | 00:27:27 | 00:55:18 | 01:23:34 |
| 204 | SOKOŁOWSKI Krzysztof | 828 | NIGHT RUNNERS ZABRZE | M-30 | 00:01:16 | 00:28:16 | 00:56:34 | 01:23:36 |
| 205 | DRABEK Piotr | 158 | SENIORZY | M-30 | 00:01:22 | 00:29:23 | 00:57:38 | 01:23:40 |
| 206 | WIKIERSKI Michał | 950 | | M-30 | 00:01:25 | 00:28:06 | 00:55:46 | 01:23:47 |
| 207 | BŁASZCZYSZYN Łukasz | 46 | | M-30 | 00:01:33 | 00:28:28 | 00:56:20 | 01:23:55 |
| 208 | MARKOWSKI Kamil | 540 | | M-30 | 00:01:10 | 00:27:55 | 00:55:50 | 01:24:03 |
| 209 | CISZEWSKI Krzysztof | 118 | | M-30 | 00:01:18 | 00:27:25 | 00:55:21 | 01:24:06 |
| 210 | LIS Maciej | 511 | | M-30 | 00:00:52 | 00:28:01 | 00:56:02 | 01:24:08 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|---------------------|-------|---------------------------------------|-----------|-------------|----------------|---------------|-----------------|
| 211 | JANIKOWSKI Adam | 306 | ANICA TEAM | M-30 | 00:00:50 | 00:25:32 | 00:53:00 | 01:24:10 |
| 212 | BANASZAK Marcin | 12 | | M-30 | 00:00:55 | 00:28:17 | 00:56:19 | 01:24:12 |
| 213 | BASZUN Michał | 17 | DAMY RADEĘ | M-30 | 00:01:43 | 00:28:15 | 00:56:36 | 01:24:25 |
| 214 | SOWIŃSKI Krzysztof | 834 | | M-30 | 00:01:28 | 00:28:08 | 00:56:22 | 01:24:26 |
| 215 | BARAŃSKI Grzegorz | 15 | | M-30 | 00:02:10 | 00:28:24 | 00:56:33 | 01:24:34 |
| 216 | WYCIŚŁOK Krzysztof | 987 | | M-30 | 00:01:35 | 00:27:58 | 00:56:19 | 01:24:47 |
| 217 | PRENZENA Paweł | 727 | | M-30 | 00:00:22 | 00:25:48 | 00:54:29 | 01:24:49 |
| 218 | BAJKACZ Krzysztof | 8 | | M-30 | 00:01:09 | 00:27:41 | 00:55:46 | 01:24:51 |
| 219 | SELIGA Paweł | 796 | BIEGAJ Z TRENERAMI GLIWICE | M-30 | 00:01:12 | 00:28:08 | 00:56:32 | 01:24:51 |
| 220 | KOJ Jakub | 396 | LOCO TEAM | M-30 | 00:01:56 | 00:28:50 | 00:56:43 | 01:24:51 |
| 221 | MIKOŁAJCZYK Marcin | 572 | | M-30 | 00:01:01 | 00:28:24 | 00:56:15 | 01:24:52 |
| 222 | BUJALSKI Michał | 90 | | M-30 | 00:01:55 | 00:28:51 | 00:56:43 | 01:24:52 |
| 223 | MAŃKA Marcin | 533 | | M-30 | 00:01:46 | 00:28:19 | 00:57:16 | 01:25:02 |
| 224 | GRUCHALSKI Jakub | 261 | ISTA BIEGAMY | M-30 | 00:01:04 | 00:28:09 | 00:56:27 | 01:25:07 |
| 225 | PAWEŁKÓW Michał | 674 | | M-30 | 00:01:13 | 00:28:35 | 00:56:54 | 01:25:07 |
| 226 | WAWRÓW Mirosław | 939 | KLUB BIEGAM BO LUBIĘ RACIBÓRZ | M-30 | 00:01:02 | 00:28:28 | 00:56:52 | 01:25:20 |
| 227 | KAMIŃSKI Rafał | 342 | | M-30 | 00:01:00 | 00:28:11 | 00:56:43 | 01:25:21 |
| 228 | CHUDY Michał | 106 | | M-30 | 00:01:48 | 00:28:35 | 00:56:29 | 01:25:21 |
| 229 | SZWARCZYŃSKI Jakub | 891 | | M-30 | 00:01:17 | 00:29:06 | 00:57:27 | 01:25:22 |
| 230 | TOPORKIEWICZ Marcin | 913 | BIEGACZE MOGA DŁUŻEJ | M-30 | 00:01:10 | 00:28:18 | 00:56:39 | 01:25:31 |
| 231 | KULAWIK Mariusz | 466 | | M-30 | 00:01:01 | 00:28:41 | 00:57:28 | 01:25:43 |
| 232 | JAWORSKI Kamil | 315 | FUCHS OIL TEAM | M-30 | 00:01:46 | 00:29:12 | 00:58:03 | 01:25:51 |
| 233 | BAJ Tomasz | 7 | | M-30 | 00:00:27 | 00:25:34 | 00:54:21 | 01:25:55 |
| 234 | WILK Andrzej | 955 | | M-30 | 00:00:23 | 00:26:19 | 00:55:29 | 01:25:56 |
| 235 | FOLEK Andrzej | 193 | DTIQ POLAND | M-30 | 00:01:43 | 00:28:19 | 00:56:40 | 01:26:08 |
| 236 | URBANEK Martin | 927 | ISTA BIEGAMY | M-30 | 00:01:03 | 00:27:01 | 00:56:09 | 01:26:26 |
| 237 | TWAROCIK Konrad | 1125 | | M-30 | 00:01:59 | 00:28:54 | 00:57:27 | 01:26:27 |
| 238 | MILISZKIEWICZ Adam | 575 | | M-30 | 00:01:19 | 00:28:41 | 00:57:18 | 01:26:28 |
| 239 | WŁODARCZYK Paweł | 962 | ING BANK ŚLĄSKI SA | M-30 | 00:01:34 | 00:27:57 | 00:56:20 | 01:26:28 |
| 240 | NIEDŹWIECKI Paweł | 607 | OCHOTNICZA STRAŻ POŻARNA W KOTUSZOWIE | M-30 | 00:01:27 | 00:28:35 | 00:57:38 | 01:27:20 |
| 241 | PIĄTKOWSKI Michał | 691 | | M-30 | 00:01:41 | 00:29:08 | 00:57:47 | 01:27:33 |
| 242 | KRAWCZYK Dariusz | 438 | | M-30 | 00:01:41 | 00:29:08 | 00:57:47 | 01:27:34 |
| 243 | BOJDA Dawid | 56 | | M-30 | 00:01:47 | 00:29:01 | 00:58:32 | 01:27:36 |
| 244 | MAZUR Mateusz | 553 | | M-30 | 00:01:37 | 00:30:16 | 01:00:24 | 01:27:47 |
| 245 | MARKUSIK Tomasz | 541 | | M-30 | 00:00:32 | 00:29:15 | 00:58:32 | 01:27:53 |
| 246 | KSIĄDZ Adam | 456 | | M-30 | 00:01:15 | 00:28:37 | 00:57:20 | 01:28:19 |
| 247 | LIKA Michał | 507 | | M-30 | 00:01:26 | 00:29:07 | 00:58:22 | 01:28:22 |
| 248 | POLACZEK Adam | 718 | | M-30 | 00:01:30 | 00:27:54 | 00:58:17 | 01:28:37 |
| 249 | STAŃKO Marcin | 842 | | M-30 | 00:00:28 | 00:28:59 | 00:58:37 | 01:29:11 |
| 250 | MATYSIEWICZ Piotr | 550 | INTER PROJEKT | M-30 | 00:00:24 | 00:28:46 | 00:58:39 | 01:29:17 |
| 251 | MRZYGŁÓD Robert | 589 | | M-30 | 00:00:32 | 00:29:32 | 00:59:47 | 01:29:38 |
| 252 | SEKIENDA Michał | 795 | | M-30 | 00:01:28 | 00:30:19 | 01:00:21 | 01:29:48 |
| 253 | WIŚNIEWSKI Paweł | 959 | NIGHT RUNNERS GLIWICE | M-30 | 00:02:04 | 00:28:44 | 00:58:59 | 01:29:57 |
| 254 | DZIEDZIC Dominik | 177 | | M-30 | 00:01:37 | 00:29:41 | 01:00:00 | 01:29:59 |
| 255 | GAWROŃSKI Wojtek | 213 | | M-30 | 00:01:36 | 00:28:23 | 00:58:03 | 01:30:09 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Czas startu | 5_15_km 5km | 10_km 10km | 5_15_km 15km |
|-----|-----------------------------|-------------|---------------------------|-----------|-------------|----------------|---------------|-----------------|
| 256 | HENDRYK Leszek | 282 | BEERRUNNERS! | M-30 | 00:00:59 | 00:28:11 | 00:58:09 | 01:30:28 |
| 257 | SZAFRANIEC Arkadiusz | 867 | 1985 | M-30 | 00:02:09 | 00:29:13 | 00:59:36 | 01:30:35 |
| 258 | PIOTROWSKI Krzysztof | 1114 | | M-30 | 00:00:24 | 00:26:37 | 00:57:48 | 01:31:05 |
| 259 | KUŹNICKI Tomasz | 484 | | M-30 | 00:01:32 | 00:28:28 | 00:59:11 | 01:31:17 |
| 260 | RYBOTYCKI Tomasz | 781 | WIKTOR TEAM | M-30 | 00:01:21 | 00:29:44 | 01:00:01 | 01:31:38 |
| 261 | KOWALCZYK Tomasz | 417 | AKMB PĘDZIWIATR GLIWICE | M-30 | 00:01:08 | 00:28:34 | 00:57:27 | 01:31:44 |
| 262 | RADŁOWSKI Karol | 750 | | M-30 | 00:01:41 | 00:29:07 | 00:59:01 | 01:31:59 |
| 263 | KLIMKIEWICZ Jakub | 380 | BANANA TEAM | M-30 | 00:01:32 | 00:30:10 | 01:01:26 | 01:32:56 |
| 264 | FUGOWSKI Grzegorz | 196 | | M-30 | 00:00:00 | 00:30:46 | 01:00:46 | 01:33:02 |
| 265 | KOWALIK Miłosz | 419 | | M-30 | 00:02:17 | 00:30:06 | 01:01:15 | 01:33:39 |
| 266 | GŁOWACKI Jordan | 230 | | M-30 | 00:00:33 | 00:30:09 | 01:01:15 | 01:33:44 |
| 267 | TRELA Marcin | 998 | | M-30 | 00:02:01 | 00:31:40 | 01:03:39 | 01:35:33 |
| 268 | ŻMUDZIŃSKI Piotr | 1032 | | M-30 | 00:01:48 | 00:32:05 | 01:04:47 | 01:35:48 |
| 269 | BOGDAŁ Michał | 53 | | M-30 | 00:00:30 | 00:31:32 | 01:03:26 | 01:36:09 |
| 270 | BOJEŚ Marcin | 57 | DTIQ POLAND | M-30 | 00:01:37 | 00:29:47 | 01:02:31 | 01:37:08 |
| 271 | PEROŃCZYK Paweł | 681 | | M-30 | 00:01:51 | 00:31:49 | 01:03:49 | 01:37:47 |
| 272 | KOWOLIK Łukasz | 421 | TAURON TEAM | M-30 | 00:02:08 | 00:33:06 | 01:06:13 | 01:38:36 |
| 273 | WRÓBEL Dariusz | 984 | | M-30 | 00:02:07 | 00:33:08 | 01:06:14 | 01:38:37 |
| 274 | JEZIOR Bartosz | 317 | DRIV | M-30 | 00:01:39 | 00:27:53 | 00:59:48 | 01:38:41 |
| 275 | DYJAS Michał | 170 | CATS'TEAM | M-30 | 00:02:01 | 00:31:43 | 01:05:00 | 01:39:58 |
| 276 | WALEWSKI Kamil | 933 | | M-30 | 00:01:39 | 00:31:26 | 01:05:20 | 01:39:59 |
| 277 | GĄSKA Piotr | 215 | GĄSKA BALBINKA | M-30 | 00:01:03 | 00:29:06 | 01:03:49 | 01:40:04 |
| 278 | KUĆ Rafał | 464 | EUVIC | M-30 | 00:01:49 | 00:35:26 | 01:09:29 | 01:42:31 |
| 279 | SITO Paweł | 811 | | M-30 | 00:01:39 | 00:32:17 | 01:06:52 | 01:43:08 |
| 280 | ZACZEK Kamil | 991 | | M-30 | 00:02:02 | 00:34:34 | 01:11:33 | 01:49:24 |
| 281 | SUSEŁ Alek | 865 | MARCO POMAGA | M-30 | 00:00:00 | 01:50:22 | | |
| 282 | KISIECKI Damian | 367 | NOVA TRADING STALE BIEGAM | M-30 | 00:00:00 | | | |
| 283 | ĆWIKŁA Kamil | 141 | HARPAGANY | M-30 | 00:00:00 | 00:25:13 | | |
| 284 | KLIMAS Kamil | 377 | | M-30 | 00:00:03 | 00:20:12 | | |
| 285 | KAMIONKA Paweł | 344 | | M-30 | 00:00:23 | 01:33:52 | | |

Znaleziono 285 wynik(ów)