

**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: 20,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
1	<b>OLIJNYK Paweł</b>	<b>1147</b>	ONE TEAM	M-30	00:00:01	00:16:08	00:32:45	00:49:13	01:06:05
2	<b>MUSKIETORZ Piotr</b>	<b>593</b>		M-30	00:00:01	00:17:26	00:35:01	00:52:50	01:11:02
3	<b>ŻURAWIK Daniel</b>	<b>1034</b>	PPI SYSTEMY-GRZEWCZE	M-30	00:00:01	00:17:18	00:35:02	00:52:56	01:11:26
4	<b>ŁUKASIEWICZ Sebastian</b>	<b>518</b>	KLUB BIEGOWY GEPARD	M-30	00:00:01	00:18:37	00:37:19	00:55:50	01:14:45
5	<b>SZCZECIŃSKI Maciej</b>	<b>871</b>	INŻYNIERIA BIEGANIA	M-30	00:00:01	00:18:15	00:36:50	00:55:30	01:14:50
6	<b>RYSZ Robert</b>	<b>784</b>		M-30	00:00:02	00:18:13	00:36:59	00:55:44	01:15:07
7	<b>MOMRO Łukasz</b>	<b>585</b>	AKMB PEDZIWIATR GLIWICE	M-30	00:00:01	00:18:35	00:37:49	00:57:16	01:17:34
8	<b>JĘDROS Przemysław</b>	<b>318</b>	INŻYNIERIA BIEGANIA TEAM	M-30	00:00:02	00:19:00	00:38:19	00:57:37	01:17:48
9	<b>KNESZ Krzysztof</b>	<b>385</b>		M-30	00:00:02	00:19:09	00:38:57	00:58:24	01:18:52
10	<b>WIERZCHOWSKI Tomasz</b>	<b>948</b>	NORTHMILL RUNNING TEAM	M-30	00:00:02	00:19:16	00:39:02	00:58:20	01:19:34
11	<b>LEDWOŃ Paweł</b>	<b>1068</b>		M-30	00:00:03	00:20:04	00:40:09	01:00:01	01:20:25
12	<b>DUŻNIAK Dominik</b>	<b>165</b>	STEP-DANCE	M-30	00:00:02	00:19:19	00:39:19	00:59:31	01:20:29
13	<b>DE LA PARRA Inaki</b>	<b>154</b>	WAY2CHAMP.COM	M-30	00:00:06	00:20:19	00:40:17	01:00:08	01:20:37
14	<b>WOŹNIAK Grzegorz</b>	<b>1056</b>		M-30	00:00:05	00:20:26	00:40:51	01:00:59	01:21:21
15	<b>LANGNER Radosław</b>	<b>491</b>	WAY2CHAMP.COM / VEGE RUNNERS	M-30	00:00:06	00:20:19	00:40:36	01:01:02	01:21:37
16	<b>PRZELIORZ Paweł</b>	<b>734</b>		M-30	00:00:02	00:19:48	00:40:24	01:01:05	01:22:35
17	<b>RATYŃSKI Bartłomiej</b>	<b>755</b>	HAPPY RUNNERS	M-30	00:00:14	00:20:51	00:41:41	01:02:04	01:23:11
18	<b>STUHLIK Marek</b>	<b>860</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M-30	00:00:02	00:20:10	00:40:47	01:01:23	01:23:20
19	<b>PODSIADŁO Adam</b>	<b>714</b>		M-30	00:00:02	00:20:05	00:41:15	01:02:15	01:24:24
20	<b>PROBE Bartek</b>	<b>729</b>	TWÓJ STARY	M-30	00:00:08	00:20:52	00:42:12	01:03:22	01:24:57
21	<b>ADAMSKI Krzysztof</b>	<b>2</b>		M-30	00:00:08	00:20:53	00:42:12	01:03:23	01:25:01
22	<b>RAJTOR Paweł</b>	<b>1049</b>		M-30	00:00:09	00:20:54	00:42:14	01:03:21	01:25:25
23	<b>TKACZ Piotr</b>	<b>908</b>		M-30	00:00:19	00:22:06	00:43:24	01:04:13	01:25:44
24	<b>DOBICZEK Łukasz</b>	<b>155</b>		M-30	00:00:08	00:21:12	00:42:58	01:04:24	01:26:10
25	<b>NOWAK Kamil</b>	<b>620</b>		M-30	00:00:14	00:20:48	00:42:06	01:03:29	01:26:16
26	<b>GRAMATYKA Jan</b>	<b>253</b>	FUTURE PROCESSING RUNNING TEAM	M-30	00:00:03	00:21:05	00:42:40	01:04:01	01:26:19
27	<b>BORSIAK Sebastian</b>	<b>61</b>	OPEL ACTIVE TEAM	M-30	00:00:09	00:20:53	00:42:12	01:03:35	01:26:27
28	<b>JĘDZURA Daniel</b>	<b>321</b>	NIGHT RUNNERS GLIWICE	M-30	00:00:09	00:20:51	00:42:18	01:04:12	01:26:51
29	<b>BARAN Ryszard</b>	<b>14</b>		M-30	00:00:05	00:20:34	00:42:13	01:03:56	01:27:33
30	<b>KLEWANIEC Jakub</b>	<b>373</b>		M-30	00:00:11	00:20:56	00:42:24	01:04:43	01:27:55

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
31	<b>PAJĄK Krzysztof</b>	<b>658</b>		M-30	00:00:16	00:21:48	00:44:17	01:06:08	01:27:56
32	<b>NOWICKI Szymon</b>	<b>628</b>		M-30	00:00:34	00:21:26	00:43:03	01:04:35	01:27:59
33	<b>KŁYK Dominik</b>	<b>384</b>		M-30	00:00:08	00:21:20	00:43:14	01:05:27	01:28:04
34	<b>SMYCZEK Bartosz</b>	<b>822</b>	KILOMETROŻERCA	M-30	00:00:16	00:21:01	00:43:02	01:04:55	01:28:16
35	<b>TEKLA Krzysztof</b>	<b>907</b>		M-30	00:00:18	00:21:28	00:43:32	01:05:34	01:28:47
36	<b>GRUSZCZYŃSKI Stanisław</b>	<b>263</b>		M-30	00:00:07	00:20:54	00:42:33	01:05:32	01:28:49
37	<b>GABRYŚ Jacek</b>	<b>200</b>		M-30	00:00:13	00:21:59	00:44:36	01:06:34	01:29:04
38	<b>KALUKIEWICZ Dobromił</b>	<b>338</b>	FRAMIGA	M-30	00:00:14	00:21:38	00:43:40	01:05:42	01:29:04
39	<b>FURMAN Paweł</b>	<b>197</b>	HURAGAN LIGOTA	M-30	00:00:16	00:21:46	00:43:59	01:06:09	01:29:09
40	<b>TŁOŁKA Michał</b>	<b>909</b>		M-30	00:00:14	00:22:47	00:45:19	01:07:04	01:29:21
41	<b>BUBAŁA Łukasz</b>	<b>81</b>		M-30	00:00:07	00:20:56	00:43:23	01:05:57	01:29:24
42	<b>NIEDBAŁ Łukasz</b>	<b>606</b>	GTT - INTER PROJEKT	M-30	00:00:05	00:22:14	00:44:44	01:07:02	01:29:34
43	<b>STANISZ Marcin</b>	<b>841</b>	NIGHT RUNNERS PYSKOWICE	M-30	00:00:24	00:22:39	00:45:21	01:07:15	01:29:52
44	<b>KRAWCZYK Karol</b>	<b>435</b>		M-30	00:00:10	00:22:00	00:44:25	01:06:46	01:30:04
45	<b>GORCZYCKI Arkadiusz</b>	<b>241</b>	MIECHOWICKA GRUPA BIEGOWA	M-30	00:00:15	00:22:18	00:45:17	01:07:40	01:30:20
46	<b>ZDON Paweł</b>	<b>1002</b>		M-30	00:00:09	00:22:27	00:45:10	01:07:45	01:30:39
47	<b>KULPA Marek</b>	<b>473</b>	4QM	M-30	00:00:05	00:22:34	00:45:41	01:08:34	01:31:36
48	<b>SIERADZKI Dariusz</b>	<b>806</b>	BIEGAJ Z TRENERAMI	M-30	00:00:09	00:22:50	00:45:57	01:08:49	01:31:43
49	<b>MIRONOWICZ Bartłomiej</b>	<b>576</b>		M-30	00:00:21	00:21:52	00:44:47	01:08:01	01:31:54
50	<b>ŁATKA Łukasz</b>	<b>514</b>		M-30	00:00:27	00:23:23	00:46:41	01:08:53	01:32:04
51	<b>FURMANEK Łukasz</b>	<b>198</b>	KLUB BIEGACZA SANTANDER CONSUMER BANK	M-30	00:00:08	00:22:03	00:44:46	01:07:45	01:32:08
52	<b>WOMELA Maciej</b>	<b>973</b>		M-30	00:00:26	00:23:22	00:46:41	01:09:19	01:32:33
53	<b>KRÓL Dariusz</b>	<b>445</b>	SPELEOKLUB DĄBROWA GÓRNICZA	M-30	00:00:04	00:21:58	00:44:57	01:08:28	01:32:40
54	<b>PIETRUSZEWSKI Marcin</b>	<b>695</b>	BIEGAM BO LUBIĘ	M-30	00:00:26	00:23:25	00:46:42	01:09:57	01:32:51
55	<b>NASTULA Dariusz</b>	<b>601</b>		M-30	00:00:16	00:23:30	00:46:49	01:09:40	01:32:55
56	<b>CHEJDYS Krystian</b>	<b>100</b>	BIEGNĘ ALE DOKĄD	M-30	00:00:19	00:23:33	00:46:53	01:10:25	01:33:02
57	<b>WRZESIEŃ Dariusz</b>	<b>986</b>		M-30	00:00:40	00:23:07	00:46:13	01:09:04	01:33:07
58	<b>ŁAKOMY Piotr</b>	<b>1087</b>		M-30	00:00:45	00:23:03	00:46:23	01:09:36	01:33:10
59	<b>NYKIEL Mariusz</b>	<b>630</b>	SOCIOS SILESIA	M-30	00:00:16	00:23:31	00:46:51	01:10:27	01:33:11
60	<b>POŚNIAK Tomasz</b>	<b>724</b>	ISTA	M-30	00:00:05	00:21:01	00:43:24	01:06:52	01:33:29
61	<b>HERNACKI Karol</b>	<b>285</b>	LISWARTA KRZEPICE	M-30	00:00:16	00:22:03	00:44:14	01:07:03	01:33:32
62	<b>MICHALSKI Jarosław</b>	<b>565</b>	HETMAN TARNOWSKIE GÓRY	M-30	00:00:24	00:22:37	00:45:46	01:09:23	01:33:38
63	<b>ZYMELA Dawid</b>	<b>1026</b>		M-30	00:00:21	00:23:30	00:46:52	01:10:24	01:33:47
64	<b>FINKBEINER Łukasz</b>	<b>188</b>		M-30	00:00:18	00:23:30	00:46:50	01:10:25	01:33:52
65	<b>OPIŁEK Marek</b>	<b>640</b>	EUVIC	M-30	00:00:26	00:23:06	00:46:15	01:09:14	01:33:52
66	<b>RATAJCZAK Krystian</b>	<b>1092</b>		M-30	00:00:23	00:23:58	00:47:12	01:10:23	01:33:55
67	<b>MOJ Adam</b>	<b>583</b>		M-30	00:00:26	00:23:25	00:46:48	01:10:21	01:33:55
68	<b>BIELA Grzegorz</b>	<b>37</b>	GIBKE GIZDY	M-30	00:00:09	00:21:50	00:44:57	01:08:41	01:33:56
69	<b>CHAŁADYN Sławek</b>	<b>99</b>	INŻYNIERIA BIEGANIA	M-30	00:00:12	00:22:23	00:45:24	01:08:37	01:34:00
70	<b>NIESLER Michał</b>	<b>609</b>	NIGHT RUNNERS GLIWICE	M-30	00:00:07	00:23:34	00:46:58	01:10:05	01:34:01
71	<b>WILK Dawid</b>	<b>954</b>	PACEMAKER	M-30	00:00:16	00:23:31	00:46:53	01:10:29	01:34:17
72	<b>ORZECH Michał</b>	<b>645</b>	MUSTANGI GLIWICE	M-30	00:00:15	00:23:09	00:46:38	01:09:41	01:34:18
73	<b>MAY-MAJEWSKI Michał</b>	<b>551</b>	4 M	M-30	00:00:24	00:23:38	00:47:18	01:10:49	01:34:33
74	<b>ROGOSZ Michał</b>	<b>764</b>		M-30	00:00:28	00:24:17	00:48:33	01:12:19	01:34:35
75	<b>KRZYCKI Łukasz</b>	<b>454</b>		M-30	00:00:38	00:24:24	00:48:14	01:11:40	01:34:43

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
76	<b>GDOWSKI Slawek</b>	<b>216</b>	SPASIONE MIŚKI	M-30	00:00:19	00:23:33	00:46:57	01:10:33	01:34:50
77	<b>SEROCKI Michał</b>	<b>799</b>		M-30	00:00:30	00:23:33	00:47:01	01:10:33	01:34:52
78	<b>KUBERA Dawid</b>	<b>457</b>	ALWAYSINMOTION.PL	M-30	00:00:11	00:22:05	00:45:52	01:10:39	01:35:12
79	<b>MACHALICA Dominik</b>	<b>1062</b>		M-30	00:00:35	00:23:16	00:46:41	01:10:29	01:35:27
80	<b>BURCZYK Klaudiusz</b>	<b>94</b>		M-30	00:00:08	00:22:29	00:45:42	01:09:21	01:35:37
81	<b>DYMEK Bartosz</b>	<b>172</b>		M-30	00:00:56	00:24:15	00:48:26	01:11:59	01:35:46
82	<b>BOGACZ Paweł</b>	<b>52</b>		M-30	00:00:13	00:22:51	00:46:51	01:11:02	01:35:49
83	<b>RYBIŃSKI Łukasz</b>	<b>780</b>	EŁKA TEAM	M-30	00:00:44	00:23:10	00:46:53	01:10:53	01:35:54
84	<b>GRAETSCH Sebastian</b>	<b>252</b>	VATTENFALL	M-30	00:00:09	00:21:03	00:44:42	01:09:32	01:35:55
85	<b>ZIELIŃSKI Jacek</b>	<b>1009</b>		M-30	00:01:05	00:23:55	00:47:37	01:11:07	01:36:03
86	<b>MIKULSKI Jacek</b>	<b>573</b>		M-30	00:00:20	00:23:50	00:47:27	01:11:16	01:36:06
87	<b>BOTOR Mateusz</b>	<b>67</b>		M-30	00:00:28	00:23:38	00:47:25	01:11:32	01:36:11
88	<b>ZIELONKA Jacek</b>	<b>1011</b>	PSOFIX	M-30	00:00:53	00:23:55	00:48:12	01:12:17	01:36:35
89	<b>WIDERA Marek</b>	<b>944</b>	SORBCHEM	M-30	00:00:30	00:23:07	00:46:31	01:10:31	01:37:09
90	<b>SOTER Bartłomiej</b>	<b>833</b>		M-30	00:01:07	00:23:56	00:48:10	01:12:02	01:37:24
91	<b>MARCINIAK Rafał</b>	<b>535</b>	1986	M-30	00:01:14	00:24:48	00:49:26	01:13:43	01:37:43
92	<b>PIKULSKI Łukasz</b>	<b>699</b>		M-30	00:00:27	00:23:37	00:47:42	01:12:08	01:37:56
93	<b>CHRZAŚCIK Tomasz</b>	<b>105</b>		M-30	00:00:39	00:24:16	00:48:30	01:13:03	01:38:03
94	<b>PLUCIŃSKI Michał</b>	<b>709</b>		M-30	00:00:39	00:23:50	00:48:03	01:12:45	01:38:06
95	<b>GŁOGOWSKI Konrad</b>	<b>228</b>		M-30	00:00:22	00:24:25	00:49:15	01:13:45	01:38:11
96	<b>JAGIEŁA Michał</b>	<b>300</b>		M-30	00:00:07	00:24:19	00:48:49	01:13:14	01:38:14
97	<b>BUK Marcin</b>	<b>91</b>	TRIDIVISION	M-30	00:00:48	00:23:39	00:47:46	01:12:44	01:38:25
98	<b>KRÓL Artur</b>	<b>446</b>	NGK RUNNING TEAM	M-30	00:00:20	00:24:56	00:49:50	01:14:13	01:38:26
99	<b>WIERZCHOWSKI Jędrzej</b>	<b>949</b>		M-30	00:00:34	00:24:16	00:48:31	01:12:58	01:38:44
100	<b>ŻABICKI Mariusz</b>	<b>1091</b>		M-30	00:00:26	00:24:02	00:48:45	01:13:21	01:39:03
101	<b>MACZUGA Bartłomiej</b>	<b>522</b>	PACEMAKER	M-30	00:00:34	00:24:16	00:48:31	01:12:58	01:39:20
102	<b>OSZYWA Damian</b>	<b>1065</b>		M-30	00:00:19	00:23:34	00:47:29	01:12:34	01:39:35
103	<b>ZWOLIŃSKI Gabriel</b>	<b>1023</b>	AERO-SYSTEM.PL	M-30	00:00:19	00:23:33	00:48:05	01:13:34	01:39:43
104	<b>MRZYK Ireneusz</b>	<b>590</b>	BIEGACZE MOGĄ DŁUŻEJ	M-30	00:00:38	00:24:26	00:49:09	01:14:16	01:39:53
105	<b>KRAJEWSKI Radostaw</b>	<b>433</b>		M-30	00:00:23	00:24:01	00:48:41	01:13:53	01:39:57
106	<b>BLOCH Grzegorz</b>	<b>43</b>	WR1 OYAMA KARATE KATOWICE	M-30	00:00:29	00:23:21	00:47:33	01:12:35	01:40:01
107	<b>MYSLIWIEC Wojciech</b>	<b>595</b>	DYSTANS LUBOMIA	M-30	00:00:20	00:23:29	00:47:01	01:13:03	01:40:06
108	<b>ADAMSKI Daniel</b>	<b>1066</b>		M-30	00:01:55	00:24:31	00:49:33	01:14:15	01:40:16
109	<b>OZYP Mariusz</b>	<b>654</b>		M-30	00:00:02	00:24:32	00:49:32	01:14:38	01:40:26
110	<b>KURNAKOWSKI Michał</b>	<b>478</b>	BIEGACZE MOGĄ DŁUŻEJ	M-30	00:00:51	00:25:10	00:50:32	01:15:33	01:40:26
111	<b>KAJSTURA Tomasz</b>	<b>335</b>		M-30	00:00:32	00:24:34	00:49:01	01:13:53	01:40:39
112	<b>SALAMON Emil</b>	<b>789</b>	OPEL ACTIVE TEAM	M-30	00:00:26	00:24:47	00:49:37	01:14:29	01:40:54
113	<b>UJMA Michał</b>	<b>924</b>		M-30	00:00:16	00:23:52	00:48:50	01:14:38	01:40:57
114	<b>SCHAB Bartłomiej</b>	<b>793</b>		M-30	00:01:10	00:24:33	00:49:28	01:14:35	01:41:13
115	<b>WOŹNICZKO Robert</b>	<b>976</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	00:01:28	00:24:53	00:50:11	01:15:44	01:41:16
116	<b>BICZYSKI Paweł</b>	<b>35</b>		M-30	00:00:35	00:24:16	00:48:46	01:14:17	01:41:34
117	<b>WEISS Filip</b>	<b>1043</b>		M-30	00:00:49	00:25:14	00:50:19	01:15:29	01:42:06
118	<b>BAUC Bartłomiej</b>	<b>19</b>	LEDWO ŻYWY	M-30	00:00:38	00:24:15	00:49:13	01:14:50	01:42:09
119	<b>GRESZTA Grzegorz</b>	<b>256</b>	JAH RASTA	M-30	00:00:51	00:24:01	00:48:37	01:14:10	01:42:10
120	<b>ZMACZYŃSKI Andrzej</b>	<b>1019</b>	WAY2CHAMP	M-30	00:00:33	00:23:46	00:48:59	01:15:33	01:42:19

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
121	<b>GDYNIA Daniel</b>	<b>218</b>		M-30	00:00:55	00:24:39	00:49:49	01:15:07	01:42:22
122	<b>KISIECKI Damian</b>	<b>367</b>	NOVA TRADING STALE BIEGAM	M-30	00:00:00				01:42:29
123	<b>PETRYNA Bartosz</b>	<b>683</b>	OCHAJORUN & FRIENDS	M-30	00:00:48	00:24:53	00:50:16	01:15:48	01:42:35
124	<b>SOSNOWSKI Maciej</b>	<b>831</b>		M-30	00:00:49	00:24:28	00:49:46	01:15:39	01:42:43
125	<b>MARCINIAK Krzysztof</b>	<b>537</b>		M-30	00:01:01	00:25:44	00:51:34	01:16:56	01:42:43
126	<b>CIEŚLAR Stanisław</b>	<b>114</b>		M-30	00:00:48	00:26:10	00:51:42	01:17:18	01:42:51
127	<b>SZOBLIK Łukasz</b>	<b>880</b>		M-30	00:00:48	00:26:11	00:51:51	01:17:19	01:42:51
128	<b>GRABOWSKI Maciej</b>	<b>247</b>		M-30	00:01:20	00:24:50	00:50:27	01:15:59	01:42:54
129	<b>PNIEWSKI Mariusz</b>	<b>713</b>		M-30	00:00:54	00:25:37	00:51:23	01:16:48	01:42:55
130	<b>ĆWIKŁA Kamil</b>	<b>141</b>	HARPAGANY	M-30	00:00:00	00:25:13			01:43:03
131	<b>CHYLIŃSKI Krzysztof</b>	<b>109</b>		M-30	00:01:31	00:25:54	00:52:04	01:17:02	01:43:08
132	<b>STOJAK Paweł</b>	<b>851</b>		M-30	00:00:46	00:25:13	00:50:53	01:17:00	01:43:09
133	<b>GARBACZ Damian</b>	<b>206</b>		M-30	00:00:24	00:23:02	00:47:55	01:14:52	01:43:19
134	<b>PIASECKI Mariusz</b>	<b>690</b>		M-30	00:00:59	00:25:13	00:51:10	01:17:05	01:43:19
135	<b>POKRYSZKA Bartosz</b>	<b>717</b>		M-30	00:00:52	00:25:39	00:51:47	01:17:27	01:43:24
136	<b>GOCAL Łukasz</b>	<b>233</b>		M-30	00:00:51	00:25:10	00:51:16	01:17:17	01:43:37
137	<b>KOPPEL Bartłomiej</b>	<b>409</b>		M-30	00:00:29	00:23:54	00:49:27	01:16:06	01:43:42
138	<b>WIEKIERA Adam</b>	<b>946</b>		M-30	00:00:45	00:25:34	00:51:42	01:17:38	01:43:43
139	<b>JAWOREK Jacek</b>	<b>314</b>	JBC TEAM	M-30	00:00:46	00:25:46	00:51:08	01:16:45	01:43:43
140	<b>KŁUJSZO Karol</b>	<b>383</b>	QUYSHO SQUADRON	M-30	00:00:42	00:24:54	00:50:06	01:15:44	01:43:46
141	<b>BUGIEL Rafał</b>	<b>88</b>		M-30	00:00:49	00:25:17	00:50:55	01:16:43	01:43:47
142	<b>BRZEZIŃSKI Przemysław</b>	<b>78</b>		M-30	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49
143	<b>RUTKOWSKI Michał</b>	<b>777</b>		M-30	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49
144	<b>MATURA Roman</b>	<b>548</b>		M-30	00:00:13	00:25:44	00:52:15	01:18:02	01:44:10
145	<b>CZAJKA Krzysztof</b>	<b>1077</b>		M-30	00:00:40	00:25:09	00:50:48	01:16:40	01:44:12
146	<b>TOCZYDŁOWSKI Łukasz</b>	<b>910</b>		M-30	00:01:56	00:26:43	00:53:36	01:18:44	01:44:17
147	<b>GOŁKOWSKI Radosław</b>	<b>238</b>		M-30	00:01:03	00:25:43	00:52:25	01:18:31	01:45:12
148	<b>WIDERA Tomasz</b>	<b>1104</b>		M-30	00:00:50	00:25:34	00:51:36	01:17:34	01:45:17
149	<b>ZOGŁOWEK Jarosław</b>	<b>1021</b>	CROSSFIT HELLWOOD GLIWICE	M-30	00:01:22	00:26:58	00:52:46	01:19:01	01:45:17
150	<b>LUDWIKOWSKI Przemysław</b>	<b>513</b>	JURASSIC RUNNERS	M-30	00:01:03	00:25:15	00:51:05	01:17:21	01:45:19
151	<b>MALEC Arkadiusz</b>	<b>529</b>	PWC SDC	M-30	00:00:42	00:24:38	00:50:56	01:17:22	01:45:29
152	<b>GRABOWSKI Michał</b>	<b>1082</b>	OPEL ACTIVE TEAM	M-30	00:00:55	00:27:00	00:52:55	01:18:19	01:45:29
153	<b>WOŹNIAKOWSKI Jan</b>	<b>975</b>	OPEL ACTIVE TEAM	M-30	00:00:56	00:27:00	00:53:09	01:19:15	01:45:37
154	<b>KUBIAK Mateusz</b>	<b>1101</b>		M-30	00:00:52	00:24:00	00:49:35	01:16:09	01:45:43
155	<b>MARTYNIUK Ryszard</b>	<b>542</b>	GMINA STRZELCE OPOLSKIE	M-30	00:00:46	00:23:27	00:47:48	01:15:11	01:45:44
156	<b>MISIURA Artur</b>	<b>577</b>		M-30	00:02:00	00:28:22	00:55:01	01:21:03	01:46:00
157	<b>KUCZERA Łukasz</b>	<b>461</b>	DECATHLON & PRZYJACIELE	M-30	00:01:24	00:26:38	00:53:17	01:19:30	01:46:05
158	<b>CICHOCKI Dawid</b>	<b>110</b>	NIGH RUNNERS PYSKOWICE	M-30	00:00:52	00:25:28	00:51:21	01:17:22	01:46:11
159	<b>KUPCZAK Filip</b>	<b>474</b>	BEERRUNNERS!	M-30	00:00:58	00:26:38	00:53:35	01:19:53	01:46:15
160	<b>KURZYK Dariusz</b>	<b>480</b>		M-30	00:00:14	00:23:18	00:49:07	01:17:34	01:46:21
161	<b>KOZAK Krzysztof</b>	<b>426</b>	EKO-OKNA RUNNERS	M-30	00:01:15	00:26:08	00:52:06	01:17:53	01:46:31
162	<b>KUŹMIŃSKI Michał</b>	<b>483</b>		M-30	00:00:29	00:24:37	00:51:14	01:18:13	01:46:38
163	<b>RÓŻAŃSKI Michał</b>	<b>772</b>		M-30	00:01:01	00:25:07	00:50:52	01:17:39	01:46:41
164	<b>KASZUBSKI Andrzej</b>	<b>355</b>		M-30	00:00:50	00:25:31	00:51:01	01:18:14	01:46:54
165	<b>WRÓBEL Jarosław</b>	<b>1046</b>		M-30	00:01:17	00:26:11	00:52:30	01:19:25	01:47:04

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
166	WALSKI Łukasz	1079		M-30	00:00:27	00:26:07	00:52:47	01:19:16	01:47:08
167	SKOTNICKI Paweł	815		M-30	00:00:25	00:23:43	00:48:48	01:16:01	01:47:13
168	KAWKA Łukasz	357	NIGHT RUNNERS ŚLĄSK	M-30	00:00:39	00:24:24	00:49:17	01:17:20	01:47:30
169	CAJZA Zbyszek	95	KAJ META	M-30	00:01:23	00:27:27	00:53:56	01:20:34	01:47:32
170	CZAPLAK Tomasz	124	RADLINIOKI W BIEGU	M-30	00:01:26	00:27:20	00:54:38	01:21:05	01:47:32
171	KOŁODZIEJ Rafał	399		M-30	00:01:54	00:27:48	00:55:15	01:21:44	01:47:40
172	KNYĆ Mateusz	387	12 ZUP	M-30	00:02:08	00:28:41	00:55:55	01:21:41	01:47:58
173	RYMASZEWSKI Wojtek	783	WARSZTATKOSZULKOWY.PL	M-30	00:00:14	00:25:11	00:50:50	01:17:48	01:48:03
174	CZULUK Filip	137	BAGNO!	M-30	00:00:27	00:26:22	00:53:20	01:20:04	01:48:10
175	DZIUBEK Michał	181	W POGONI ZA DUCHEM	M-30	00:00:39	00:26:28	00:53:15	01:20:16	01:48:13
176	MAKSAJDA Andrzej	526	BEERRUNNERS !	M-30	00:00:59	00:25:25	00:51:32	01:18:50	01:48:23
177	CIOSMAK Cezary	116	KB ORŁY Z KNUROWA	M-30	00:00:33	00:26:38	00:54:02	01:21:29	01:48:24
178	FUSIEK Juliusz	199	ADEPTUS ASTARTES	M-30	00:00:40	00:28:55	00:56:04	01:21:37	01:48:28
179	DRABEK Piotr	158	SENIORZY	M-30	00:01:22	00:29:23	00:57:38	01:23:40	01:48:46
180	PRYMAS Krystian	732		M-30	00:00:09	00:24:13	00:50:28	01:18:38	01:48:48
181	DWORNICZAK Paweł	166		M-30	00:01:53	00:26:29	00:53:27	01:19:40	01:48:52
182	LESZKIEWICZ Krzysztof	1124	ELZAB ACTIVE TEAM	M-30	00:00:47	00:25:46	00:52:29	01:21:00	01:48:56
183	WÓJCIK Tomasz	979		M-30	00:00:30	00:25:25	00:51:52	01:17:48	01:49:09
184	SOBKOWICZ Jarosław	826	RISE&SHINE	M-30	00:01:19	00:28:17	00:55:45	01:23:04	01:49:19
185	NIEDOBA Daniel	1081		M-30	00:00:25	00:26:57	00:54:13	01:22:00	01:49:33
186	DĄBROWSKI Marek	149		M-30	00:00:54	00:25:59	00:52:49	01:20:14	01:49:40
187	LESZKO Tomasz	502	EUVIC	M-30	00:00:38	00:25:44	00:51:57	01:19:32	01:49:47
188	KWAPIEŃ Aleksander	1069		M-30	00:00:19	00:26:03	00:53:18	01:21:08	01:49:49
189	KULEZA Łukasz	469		M-30	00:01:45	00:28:57	00:56:40	01:23:20	01:50:07
190	OLSZEWSKI Grzegorz	636	OLSZAK TEAM	M-30	00:01:38	00:27:39	00:55:12	01:22:12	01:50:15
191	NAWROCKI Piotr	603		M-30	00:01:41	00:25:21	00:51:41	01:19:23	01:50:18
192	KOPER Tomasz	330		M-30	00:00:55	00:27:10	00:54:58	01:22:17	01:50:30
193	SOJKA Łukasz	827		M-30	00:01:19	00:26:44	00:54:20	01:21:46	01:50:30
194	SZCZĘSNY Romuald	873	NIGHT RUNNERS PYSKOWICE	M-30	00:00:56	00:25:37	00:53:15	01:21:27	01:50:33
195	BABIUCH Karol	5	WKURW_TEAM	M-30	00:01:05	00:25:28	00:51:35	01:19:20	01:50:39
196	BRODAK Paweł	1073		M-30	00:00:29	00:26:02	00:52:56	01:21:35	01:51:11
197	SOKOŁOWSKI Krzysztof	828	NIGHT RUNNERS ZABRZE	M-30	00:01:16	00:28:16	00:56:34	01:23:36	01:51:29
198	TURLEJ Michał	918	JURASSIC RUNNERS	M-30	00:01:02	00:25:23	00:52:43	01:21:59	01:51:33
199	BASZUN Michał	17	DAMY RADĘ	M-30	00:01:43	00:28:15	00:56:36	01:24:25	01:52:01
200	BANASZAK Marcin	12		M-30	00:00:55	00:28:17	00:56:19	01:24:12	01:52:10
201	MACHNIK Artur	520	ORZEŁ TEAM	M-30	00:00:49	00:27:11	00:54:40	01:22:17	01:52:14
202	KAMIŃSKI Sebastian	343		M-30	00:00:48	00:27:12	00:54:41	01:22:18	01:52:15
203	LIS Maciej	511		M-30	00:00:52	00:28:01	00:56:02	01:24:08	01:52:24
204	SITKO Mateusz	809		M-30	00:01:29	00:27:27	00:55:18	01:23:34	01:52:34
205	MAŃKA Marcin	533		M-30	00:01:46	00:28:19	00:57:16	01:25:02	01:52:34
206	BŁASZCZYSZYN Łukasz	46		M-30	00:01:33	00:28:28	00:56:20	01:23:55	01:52:40
207	PLEWIŃSKI Tomasz	708		M-30	00:01:39	00:27:04	00:54:52	01:23:26	01:52:44
208	WAWRÓW Mirosław	939	KLUB BIEGAM BO LUBIĘ RACIBÓRZ	M-30	00:01:02	00:28:28	00:56:52	01:25:20	01:52:52
209	BARAŃSKI Grzegorz	15		M-30	00:02:10	00:28:24	00:56:33	01:24:34	01:53:20
210	WYCIŚŁOK Krzysztof	987		M-30	00:01:35	00:27:58	00:56:19	01:24:47	01:53:22

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
211	CHUDY Michał	106		M-30	00:01:48	00:28:35	00:56:29	01:25:21	01:53:29
212	WIKIERSKI Michał	950		M-30	00:01:25	00:28:06	00:55:46	01:23:47	01:53:36
213	SELIGA Paweł	796	BIEGAJ Z TRENERAMI GLIWICE	M-30	00:01:12	00:28:08	00:56:32	01:24:51	01:53:38
214	KULAWIK Mariusz	466		M-30	00:01:01	00:28:41	00:57:28	01:25:43	01:53:42
215	CISZEWSKI Krzysztof	118		M-30	00:01:18	00:27:25	00:55:21	01:24:06	01:53:46
216	MAZUR Mateusz	553		M-30	00:01:37	00:30:16	01:00:24	01:27:47	01:53:58
217	KOJ Jakub	396	LOCO TEAM	M-30	00:01:56	00:28:50	00:56:43	01:24:51	01:54:13
218	BUJALSKI Michał	90		M-30	00:01:55	00:28:51	00:56:43	01:24:52	01:54:14
219	MARKOWSKI Kamil	540		M-30	00:01:10	00:27:55	00:55:50	01:24:03	01:54:22
220	GRUCHALSKI Jakub	261	ISTA BIEGAMY	M-30	00:01:04	00:28:09	00:56:27	01:25:07	01:54:29
221	JAWORSKI Kamil	315	FUCHS OIL TEAM	M-30	00:01:46	00:29:12	00:58:03	01:25:51	01:54:31
222	STASIAK Mirosław	843	ROCKWELL AUTOMATION	M-30	00:00:15	00:25:04	00:52:58	01:22:43	01:54:35
223	MIKOŁAJCZYK Marcin	572		M-30	00:01:01	00:28:24	00:56:15	01:24:52	01:54:41
224	SOWIŃSKI Krzysztof	834		M-30	00:01:28	00:28:08	00:56:22	01:24:26	01:54:41
225	KAMIŃSKI Rafał	342		M-30	00:01:00	00:28:11	00:56:43	01:25:21	01:54:49
226	GRZYMAŁA Jan	270		M-30	00:01:13	00:25:51	00:53:16	01:23:07	01:55:18
227	GÓRKA Szymon	244		M-30	00:00:30	00:24:04	00:51:44	01:23:28	01:55:47
228	TWAROCIK Konrad	1125		M-30	00:01:59	00:28:54	00:57:27	01:26:27	01:56:43
229	JANIKOWSKI Adam	306	ANICA TEAM	M-30	00:00:50	00:25:32	00:53:00	01:24:10	01:56:45
230	ZEGARTOWSKI Michał	1004	DTIQ POLAND	M-30	00:00:34	00:25:54	00:53:08	01:23:16	01:56:54
231	SZWARCZYŃSKI Jakub	891		M-30	00:01:17	00:29:06	00:57:27	01:25:22	01:57:00
232	BOJDA Dawid	56		M-30	00:01:47	00:29:01	00:58:32	01:27:36	01:57:15
233	TOPORKIEWICZ Marcin	913	BIEGACZE MOGĄ DŁUŻEJ	M-30	00:01:10	00:28:18	00:56:39	01:25:31	01:57:32
234	PRENZENA Paweł	727		M-30	00:00:22	00:25:48	00:54:29	01:24:49	01:57:48
235	PYKA Adam	745		M-30	00:01:11	00:26:01	00:53:18	01:23:09	01:57:54
236	SEKIENDA Michał	795		M-30	00:01:28	00:30:19	01:00:21	01:29:48	01:57:56
237	FOLEK Andrzej	193	DTIQ POLAND	M-30	00:01:43	00:28:19	00:56:40	01:26:08	01:58:33
238	PAWEŁKÓW Michał	674		M-30	00:01:13	00:28:35	00:56:54	01:25:07	01:58:54
239	MARKUSIK Tomasz	541		M-30	00:00:32	00:29:15	00:58:32	01:27:53	01:59:01
240	WILK Andrzej	955		M-30	00:00:23	00:26:19	00:55:29	01:25:56	01:59:13
241	URBANEK Martin	927	ISTA BIEGAMY	M-30	00:01:03	00:27:01	00:56:09	01:26:26	01:59:15
242	LIKA Michał	507		M-30	00:01:26	00:29:07	00:58:22	01:28:22	01:59:17
243	BAJKACZ Krzysztof	8		M-30	00:01:09	00:27:41	00:55:46	01:24:51	01:59:32
244	KRAWCZYK Dariusz	438		M-30	00:01:41	00:29:08	00:57:47	01:27:34	01:59:59
245	WŁODARCZYK Paweł	962	ING BANK ŚLĄSKI SA	M-30	00:01:34	00:27:57	00:56:20	01:26:28	02:00:18
246	MILISZKIEWICZ Adam	575		M-30	00:01:19	00:28:41	00:57:18	01:26:28	02:00:25
247	NIEDŹWIECKI Paweł	607	OCHOTNICZA STRAŻ POŻARNA W KOTUSZOWIE	M-30	00:01:27	00:28:35	00:57:38	01:27:20	02:00:40
248	BAJ Tomasz	7		M-30	00:00:27	00:25:34	00:54:21	01:25:55	02:00:48
249	POLACZEK Adam	718		M-30	00:01:30	00:27:54	00:58:17	01:28:37	02:01:08
250	MATYSIEWICZ Piotr	550	INTER PROJEKT	M-30	00:00:24	00:28:46	00:58:39	01:29:17	02:01:14
251	MRZYGŁÓD Robert	589		M-30	00:00:32	00:29:32	00:59:47	01:29:38	02:01:41
252	DZIEDZIC Dominik	177		M-30	00:01:37	00:29:41	01:00:00	01:29:59	02:01:43
253	PIĄTKOWSKI Michał	691		M-30	00:01:41	00:29:08	00:57:47	01:27:33	02:01:50
254	WIŚNIEWSKI Paweł	959	NIGHT RUNNERS GLIWICE	M-30	00:02:04	00:28:44	00:58:59	01:29:57	02:02:22
255	STAŃKO Marcin	842		M-30	00:00:28	00:28:59	00:58:37	01:29:11	02:02:47

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
256	<b>KSIĄDZ Adam</b>	<b>456</b>		M-30	00:01:15	00:28:37	00:57:20	01:28:19	02:04:08
257	<b>KOWALIK Miłosz</b>	<b>419</b>		M-30	00:02:17	00:30:06	01:01:15	01:33:39	02:04:21
258	<b>SZAFRANIEC Arkadiusz</b>	<b>867</b>	1985	M-30	00:02:09	00:29:13	00:59:36	01:30:35	02:04:31
259	<b>RYBOTYCKI Tomasz</b>	<b>781</b>	WIKTOR TEAM	M-30	00:01:21	00:29:44	01:00:01	01:31:38	02:05:15
260	<b>FUGOWSKI Grzegorz</b>	<b>196</b>		M-30	00:00:00	00:30:46	01:00:46	01:33:02	02:05:25
261	<b>KLIMKIEWICZ Jakub</b>	<b>380</b>	BANANA TEAM	M-30	00:01:32	00:30:10	01:01:26	01:32:56	02:05:55
262	<b>GAWROŃSKI Wojtek</b>	<b>213</b>		M-30	00:01:36	00:28:23	00:58:03	01:30:09	02:06:40
263	<b>KUŹNICKI Tomasz</b>	<b>484</b>		M-30	00:01:32	00:28:28	00:59:11	01:31:17	02:07:11
264	<b>PIOTROWSKI Krzysztof</b>	<b>1114</b>		M-30	00:00:24	00:26:37	00:57:48	01:31:05	02:07:30
265	<b>TRELA Marcin</b>	<b>998</b>		M-30	00:02:01	00:31:40	01:03:39	01:35:33	02:07:35
266	<b>ŻMUDZIŃSKI Piotr</b>	<b>1032</b>		M-30	00:01:48	00:32:05	01:04:47	01:35:48	02:07:44
267	<b>GŁOWACKI Jordan</b>	<b>230</b>		M-30	00:00:33	00:30:09	01:01:15	01:33:44	02:08:29
268	<b>KOWALCZYK Tomasz</b>	<b>417</b>	AKMB PĘDZIWIATR GLIWICE	M-30	00:01:08	00:28:34	00:57:27	01:31:44	02:08:32
269	<b>KAMIONKA Paweł</b>	<b>344</b>		M-30	00:00:23	01:33:52			02:09:40
270	<b>RADŁOWSKI Karol</b>	<b>750</b>		M-30	00:01:41	00:29:07	00:59:01	01:31:59	02:09:44
271	<b>BOGDAŁ Michał</b>	<b>53</b>		M-30	00:00:30	00:31:32	01:03:26	01:36:09	02:11:28
272	<b>KOWOLIK Łukasz</b>	<b>421</b>	TAURON TEAM	M-30	00:02:08	00:33:06	01:06:13	01:38:36	02:12:40
273	<b>WRÓBEL Dariusz</b>	<b>984</b>		M-30	00:02:07	00:33:08	01:06:14	01:38:37	02:12:42
274	<b>KUĆ Rafał</b>	<b>464</b>	EUVIC	M-30	00:01:49	00:35:26	01:09:29	01:42:31	02:13:19
275	<b>HENDRYK Leszek</b>	<b>282</b>	BEERRUNNERS!	M-30	00:00:59	00:28:11	00:58:09	01:30:28	02:14:26
276	<b>BOJEŚ Marcin</b>	<b>57</b>	DTIQ POLAND	M-30	00:01:37	00:29:47	01:02:31	01:37:08	02:15:56
277	<b>JEZIOR Bartosz</b>	<b>317</b>	DRIV	M-30	00:01:39	00:27:53	00:59:48	01:38:41	02:16:11
278	<b>DYJAS Michał</b>	<b>170</b>	CATS'TEAM	M-30	00:02:01	00:31:43	01:05:00	01:39:58	02:16:29
279	<b>WALEWSKI Kamil</b>	<b>933</b>		M-30	00:01:39	00:31:26	01:05:20	01:39:59	02:19:21
280	<b>PEROŃCZYK Paweł</b>	<b>681</b>		M-30	00:01:51	00:31:49	01:03:49	01:37:47	02:20:09
281	<b>GĄSKA Piotr</b>	<b>215</b>	GĄSKA BALBINKA	M-30	00:01:03	00:29:06	01:03:49	01:40:04	02:21:44
282	<b>SITO Paweł</b>	<b>811</b>		M-30	00:01:39	00:32:17	01:06:52	01:43:08	02:23:19
283	<b>SUSEŁ Alek</b>	<b>865</b>	MARCO POMAGA	M-30	00:00:00	01:50:22			02:30:00
284	<b>ZACZEK Kamil</b>	<b>991</b>		M-30	00:02:02	00:34:34	01:11:33	01:49:24	02:31:27
285	<b>KLIMAS Kamil</b>	<b>377</b>		M-30	00:00:03	00:20:12			

Znaleziono 285 wynik(ów)