

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

Klasyfikacja: M-40

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	POLAK Bogdan	1076		M-40	1	00:00:02	00:18:37	00:37:18	00:55:50	01:14:58	01:19:05.40	01:19:07.65		3:44	16 (100%)
2	KLIMAS Tomasz	375		M-40	2	00:00:00	00:19:08	00:38:59	00:58:09	01:17:28	01:21:37.25	01:21:37.25	+00:02:31 (3.1%)	3:52	15.5 (96.9%)
3	PROKOPIUK Robert	730	KALWAT	M-40	3	00:00:01	00:19:06	00:38:42	00:58:00	01:17:50	01:22:00.85	01:22:01.95	+00:02:55 (3.6%)	3:53	15.4 (96.3%)
4	STAWINOJA Janusz	846	HIRSCHVOGEL	M-40	4	00:00:03	00:19:09	00:38:52	00:58:29	01:18:44	01:23:01.55	01:23:05.10	+00:03:56 (4.7%)	3:56	15.2 (95.0%)
5	GRZYWACZ Marcin	271	SIGNIFY BIELSKO	M-40	5	00:00:03	00:19:20	00:39:08	00:59:00	01:20:01	01:24:26.85	01:24:30.10	+00:05:21 (6.3%)	4:00	15 (93.8%)
6	DAMEC Aleksnder	144	OCHAJORUN & FRIENDS	M-40	6	00:00:05	00:19:45	00:39:49	00:59:55	01:20:41	01:24:56.75	01:25:02.10	+00:05:51 (6.9%)	4:01	14.9 (93.1%)
7	LASKOWSKI Tomasz	493	AKMB PĘDZIWIATR GLIWICE	M-40	7	00:00:04	00:19:46	00:40:06	01:00:32	01:21:19	01:25:40.05	01:25:44.65	+00:06:34 (7.7%)	4:03	14.8 (92.5%)
8	PRZEŹDZIAK Zygmunt	737	GMINA STRZELCE OPOLSKIE	M-40	8	00:00:04	00:20:25	00:41:03	01:01:30	01:22:19	01:26:32.40	01:26:37.25	+00:07:27 (8.6%)	4:06	14.6 (91.3%)
9	SZYMURA Wojciech	898	DECATHLON RYBNIK & PRZYJACIELE	M-40	9	00:00:05	00:19:29	00:39:46	01:00:24	01:22:05	01:26:44.15	01:26:49.45	+00:07:38 (8.8%)	4:06	14.6 (91.3%)
10	PALT Tomasz	664		M-40	10	00:00:02	00:20:12	00:41:03	01:01:45	01:23:05	01:27:35.85	01:27:38.25	+00:08:30 (9.7%)	4:09	14.5 (90.6%)
11	ŻOGAŁA Jan	1033	HURAGAN LIGOTA	M-40	11	00:00:05	00:20:14	00:41:04	01:01:54	01:23:24	01:28:00.05	01:28:05.05	+00:08:54 (10.1%)	4:10	14.4 (90.0%)
12	MARKIEWICZ Marcin	1059		M-40	12	00:00:04	00:20:29	00:41:28	01:02:22	01:23:43	01:28:24.45	01:28:29.05	+00:09:19 (10.5%)	4:11	14.3 (89.4%)
13	SIWY Sebastian	1103		M-40	13	00:00:06	00:20:47	00:41:56	01:02:55	01:24:03	01:28:34.80	01:28:41.10	+00:09:29 (10.7%)	4:11	14.3 (89.4%)
14	FABIAN Michał	184		M-40	14	00:00:09	00:20:51	00:42:10	01:03:04	01:24:22	01:28:50.05	01:28:59.25	+00:09:44 (11.0%)	4:12	14.3 (89.4%)
15	RAJTAR Krzysztof	1098	WAY2CHAMP	M-40	15	00:00:06	00:20:19	00:41:52	01:02:28	01:24:23	01:29:06.35	01:29:12.90	+00:10:00 (11.2%)	4:13	14.2 (88.8%)
16	PIENIAŻEK Krzysztof	693	INŻYNIERIA BIEGANIA TEAM	M-40	16	00:00:05	00:20:53	00:42:10	01:03:07	01:24:57	01:29:18.70	01:29:23.85	+00:10:13 (11.4%)	4:13	14.2 (88.8%)
17	CHOMIK Rafał	104	WAY2CHAMP/ PACEMAKER	M-40	17	00:00:07	00:20:53	00:42:12	01:03:22	01:24:59	01:29:42.65	01:29:49.70	+00:10:37 (11.8%)	4:15	14.1 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
18	LIPIŃSKI Tomasz	509	LICHOTA TEAM	M-40	18	00:00:07	00:20:53	00:42:13	01:03:23	01:25:15	01:29:58.25	01:30:06.20	+00:10:52 (12.1%)	4:15	14.1 (88.1%)
19	SPYCHALSKI Adam	835	LEIBER TEAM	M-40	19	00:00:04	00:21:14	00:43:07	01:04:46	01:26:17	01:30:16.85	01:30:20.90	+00:11:11 (12.4%)	4:16	14 (87.5%)
20	KANIA Michał	346		M-40	20	00:00:09	00:21:16	00:42:49	01:04:26	01:26:44	01:31:18.50	01:31:27.75	+00:12:13 (13.4%)	4:19	13.9 (86.9%)
21	FIREK Rafał	1060		M-40	21	00:00:13	00:21:33	00:43:17	01:04:56	01:27:07	01:31:41.75	01:31:55.05	+00:12:36 (13.7%)	4:20	13.8 (86.3%)
22	STĘPIEŃ Wojciech	849	COMPañEROS ASFALT TEAM	M-40	22	00:00:12	00:20:51	00:42:23	01:03:52	01:26:58	01:31:49.65	01:32:01.70	+00:12:44 (13.9%)	4:21	13.8 (86.3%)
23	KRĘŻOŁEK Daniel	441		M-40	23	00:00:10	00:21:02	00:42:43	01:04:23	01:27:17	01:32:16.05	01:32:26.85	+00:13:10 (14.3%)	4:22	13.7 (85.6%)
24	BERKE Rafał	25	BATORY LOTO	M-40	24	00:00:07	00:20:33	00:42:23	01:04:13	01:27:21	01:32:18.00	01:32:25.05	+00:13:12 (14.3%)	4:22	13.7 (85.6%)
25	SAWCZYN Tomasz	792	TIZZES	M-40	25	00:00:13	00:21:29	00:43:37	01:05:31	01:27:52	01:32:29.75	01:32:43.15	+00:13:24 (14.5%)	4:23	13.7 (85.6%)
26	DREJA Zbigi	159		M-40	26	00:00:18	00:22:46	00:44:54	01:06:09	01:28:09	01:32:33.60	01:32:52.55	+00:13:28 (14.6%)	4:23	13.7 (85.6%)
27	BANYŚ Jacek	13	MOSTOSTAL ZABRZE UNITED	M-40	27	00:00:09	00:21:23	00:44:05	01:06:06	01:28:19	01:32:51.10	01:33:00.80	+00:13:45 (14.8%)	4:24	13.6 (85.0%)
28	CZEPIGA Jan	130		M-40	28	00:00:08	00:21:00	00:42:51	01:05:10	01:28:18	01:33:10.10	01:33:19.00	+00:14:04 (15.1%)	4:24	13.6 (85.0%)
29	GOLDA Piotr	1085		M-40	29	00:00:04	00:22:56	00:45:41	01:07:12	01:28:44	01:33:12.10	01:33:16.40	+00:14:06 (15.1%)	4:25	13.6 (85.0%)
30	STACHOWICZ Kamil	837	LECĘBOHCĘ	M-40	30	00:00:06	00:21:52	00:44:03	01:05:57	01:28:42	01:33:27.25	01:33:33.50	+00:14:21 (15.4%)	4:25	13.5 (84.4%)
31	SIELSKI Jarosław	804	OPEL ACTIVE TEAM	M-40	31	00:00:08	00:20:46	00:42:19	01:04:29	01:28:41	01:33:59.40	01:34:08.15	+00:14:54 (15.9%)	4:27	13.5 (84.4%)
32	CICHOŃSKI Damian	111	ORANGE POLSKA	M-40	32	00:00:05	00:22:58	00:45:46	01:07:21	01:29:23	01:33:59.85	01:34:04.85	+00:14:54 (15.9%)	4:27	13.5 (84.4%)
33	NAWROCKI Szymon	602		M-40	33	00:00:12	00:22:31	00:45:03	01:07:05	01:29:29	01:34:05.45	01:34:17.60	+00:15:00 (15.9%)	4:27	13.5 (84.4%)
34	ZYGUŁA Piotr	1025	DCWRP	M-40	34	00:00:12	00:22:31	00:45:03	01:07:05	01:29:29	01:34:05.50	01:34:17.55	+00:15:00 (15.9%)	4:27	13.5 (84.4%)
35	NIKODON Paweł	613	NIKODON DREAM TEAM	M-40	35	00:00:10	00:20:52	00:42:59	01:05:43	01:29:14	01:34:07.50	01:34:18.05	+00:15:02 (16.0%)	4:27	13.4 (83.8%)
36	ROMIK Krzysztof	1096	HELI POLSKA	M-40	36	00:00:10	00:21:33	00:43:46	01:06:03	01:29:14	01:34:11.00	01:34:21.30	+00:15:05 (16.0%)	4:27	13.4 (83.8%)
37	ŁOAZA Krzysztof	516	NIGHT RUNNERS PYSKOWICE	M-40	37	00:00:24	00:22:46	00:45:21	01:07:15	01:29:47	01:34:35.65	01:34:59.75	+00:15:30 (16.4%)	4:28	13.4 (83.8%)
38	GRZYB Dariusz	269	NIEZRZESZONY	M-40	38	00:00:16	00:22:53	00:45:20	01:07:22	01:29:46	01:34:36.00	01:34:52.20	+00:15:30 (16.4%)	4:29	13.4 (83.8%)
39	WÓJCIK Zbigniew	983		M-40	39	00:00:17	00:22:13	00:44:44	01:07:08	01:30:16	01:35:01.25	01:35:18.40	+00:15:55 (16.8%)	4:30	13.3 (83.1%)
40	HOŁYŃSKI Tomasz	290	ORŁY Z KNUROWA	M-40	40	00:00:36	00:22:49	00:45:19	01:07:45	01:30:59	01:35:29.30	01:36:06.20	+00:16:23 (17.2%)	4:31	13.3 (83.1%)
41	ROSKOSZ Rafał	768	PRO WINDOW TEAM TARNOWSKIE GÓRY	M-40	41	00:00:19	00:22:09	00:44:53	01:07:37	01:30:54	01:35:45.20	01:36:04.25	+00:16:39 (17.4%)	4:32	13.2 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
42	GRZESIKIEWICZ Mariusz	267		M-40	42	00:00:13	00:22:10	00:44:51	01:07:42	01:30:57	01:35:49.30	01:36:03.00	+00:16:43 (17.5%)	4:32	13.2 (82.5%)
43	BOSOWSKI Tomasz	65		M-40	43	00:00:20	00:22:34	00:45:14	01:07:34	01:30:54	01:35:54.65	01:36:14.80	+00:16:49 (17.5%)	4:32	13.2 (82.5%)
44	BRYŁA Grzegorz	76		M-40	44	00:00:53	00:22:55	00:45:40	01:08:22	01:31:19	01:36:00.85	01:36:54.30	+00:16:55 (17.6%)	4:33	13.2 (82.5%)
45	BIELA Rafał	38		M-40	45	00:00:14	00:22:47	00:45:20	01:07:54	01:31:17	01:36:10.95	01:36:25.05	+00:17:05 (17.8%)	4:33	13.2 (82.5%)
46	KURTO Grzegorz	479	BBRUNNERS	M-40	46	00:00:05	00:22:34	00:45:41	01:08:33	01:31:35	01:36:12.85	01:36:18.15	+00:17:07 (17.8%)	4:33	13.2 (82.5%)
47	NIŻNIKIEWICZ Grzegorz	616		M-40	47	00:00:27	00:22:40	00:45:13	01:07:50	01:31:22	01:36:14.15	01:36:41.25	+00:17:08 (17.8%)	4:33	13.2 (82.5%)
48	NOWAK Mariusz	621	HIRSCHVOGEL	M-40	48	00:00:13	00:22:39	00:46:02	01:08:45	01:31:39	01:36:14.95	01:36:28.80	+00:17:09 (17.8%)	4:33	13.2 (82.5%)
49	NOWAK Adam	622		M-40	49	00:00:18	00:22:14	00:44:49	01:07:38	01:31:33	01:36:41.90	01:37:00.40	+00:17:36 (18.2%)	4:34	13.1 (81.9%)
50	CZAJKA Roman	122		M-40	50	00:00:14	00:22:48	00:46:07	01:09:00	01:32:17	01:36:57.35	01:37:11.60	+00:17:51 (18.4%)	4:35	13.1 (81.9%)
51	CIEŚLIK Paweł	115	CHATEAU CHALIN	M-40	51	00:00:08	00:21:39	00:44:55	01:08:13	01:32:06	01:36:57.45	01:37:05.60	+00:17:52 (18.4%)	4:35	13.1 (81.9%)
52	KUSEK Andrzej	1061		M-40	52	00:00:15	00:22:40	00:45:37	01:08:48	01:32:36	01:37:12.35	01:37:27.90	+00:18:06 (18.6%)	4:36	13 (81.3%)
53	PTAK Bartłomiej	1118		M-40	53	00:00:21	00:23:28	00:46:47	01:10:23	01:32:56	01:37:20.65	01:37:42.10	+00:18:15 (18.8%)	4:36	13 (81.3%)
54	BUJAK Marek	89	#CZELADZBIEGA	M-40	54	00:00:21	00:22:19	00:44:45	01:07:24	01:32:10	01:37:32.60	01:37:54.35	+00:18:27 (18.9%)	4:37	13 (81.3%)
55	MANDOK Bogdan	532		M-40	55	00:00:03	00:21:11	00:44:57	01:08:30	01:32:35	01:37:37.35	01:37:41.15	+00:18:31 (19.0%)	4:37	13 (81.3%)
56	GÓRECKI Michał	1095	BPSC	M-40	56	00:00:13	00:21:35	00:44:16	01:07:25	01:32:20	01:37:39.45	01:37:52.60	+00:18:34 (19.0%)	4:37	13 (81.3%)
57	TRACZUK Marek	915		M-40	57	00:00:19	00:23:30	00:46:49	01:10:26	01:33:08	01:37:48.05	01:38:07.85	+00:18:42 (19.1%)	4:38	12.9 (80.6%)
58	BEHRENDT Jakub	21	LECE BO CHCE	M-40	58	00:00:28	00:22:43	00:45:32	01:08:37	01:32:50	01:37:55.55	01:38:24.00	+00:18:50 (19.2%)	4:38	12.9 (80.6%)
59	DESZYŃSKI Damian	153	ISTA BIEGAMY	M-40	59	00:01:03	00:23:01	00:46:09	01:09:44	01:33:20	01:37:57.85	01:39:01.60	+00:18:52 (19.3%)	4:38	12.9 (80.6%)
60	BEŚKA Sławomir	26	OCHAJORUN & FRIENDS	M-40	60	00:00:05	00:20:54	00:44:10	01:09:34	01:33:15	01:37:59.70	01:38:05.35	+00:18:54 (19.3%)	4:38	12.9 (80.6%)
61	BEŁKOT Arkadiusz	23		M-40	61	00:00:20	00:23:28	00:46:47	01:09:47	01:33:13	01:38:12.20	01:38:33.15	+00:19:06 (19.5%)	4:39	12.9 (80.6%)
62	SZNYDER Wojciech	879		M-40	62	00:00:11	00:23:37	00:46:57	01:10:09	01:33:23	01:38:16.25	01:38:27.35	+00:19:10 (19.5%)	4:39	12.9 (80.6%)
63	DYGDON Paweł	168		M-40	63	00:00:06	00:22:41	00:45:38	01:08:49	01:33:22	01:38:31.60	01:38:38.25	+00:19:26 (19.7%)	4:40	12.8 (80.0%)
64	PIETYSZUK Darek	697	MOSTOSTAL ZABRZE UNITED	M-40	64	00:00:25	00:22:39	00:45:55	01:09:27	01:33:26	01:38:32.90	01:38:58.55	+00:19:27 (19.7%)	4:40	12.8 (80.0%)
65	WIŚNIEWSKI Jarosław	961	MOSTOSTA:L ZABRZE UNITED	M-40	65	00:00:25	00:22:39	00:45:56	01:09:27	01:33:25	01:38:33.10	01:38:58.70	+00:19:27 (19.7%)	4:40	12.8 (80.0%)

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			
66	WALKOWIAK Piotr	934		M-40	66	00:00:00	00:23:49	00:47:09	01:10:43	01:33:38	01:38:35.30	01:38:35.30	+00:19:29 (19.8%)	4:40	12.8 (80.0%)
67	KASZOWSKI Marcin	354		M-40	67	00:00:17	00:23:31	00:46:53	01:10:27	01:33:52	01:38:40.35	01:38:58.10	+00:19:34 (19.8%)	4:40	12.8 (80.0%)
68	ZIOBER Grzegorz	1017	SPARTA PLATFUS	M-40	68	00:00:53	00:24:06	00:47:28	01:10:25	01:33:51	01:38:46.35	01:39:39.95	+00:19:40 (19.9%)	4:40	12.8 (80.0%)
69	SIKORA Marek	807	W POGONI ZA DUCHEM	M-40	69	00:00:15	00:23:10	00:46:49	01:10:04	01:33:54	01:38:49.15	01:39:04.95	+00:19:43 (20.0%)	4:40	12.8 (80.0%)
70	NITKA Sebastian	615		M-40	70	00:00:03	00:21:55	00:45:21	01:09:10	01:33:51	01:38:53.80	01:38:56.85	+00:19:48 (20.0%)	4:41	12.8 (80.0%)
71	KAŁAMARZ Mariusz	339		M-40	71	00:00:06	00:21:52	00:45:09	01:09:28	01:33:58	01:39:04.25	01:39:10.30	+00:19:58 (20.2%)	4:41	12.8 (80.0%)
72	OSOJCA Mariusz	649	FLUOR	M-40	72	00:01:00	00:23:49	00:47:33	01:10:40	01:34:20	01:39:06.05	01:40:06.70	+00:20:00 (20.2%)	4:41	12.8 (80.0%)
73	LEWICKI Tomasz	506	AKMB PĘDZIWIATR GLIWICE	M-40	73	00:00:10	00:22:49	00:46:01	01:09:34	01:33:58	01:39:10.45	01:39:20.85	+00:20:05 (20.3%)	4:41	12.8 (80.0%)
74	KWIATKOWSKI Grzegorz	489		M-40	74	00:00:11	00:21:15	00:44:37	01:09:10	01:34:12	01:39:13.25	01:39:24.40	+00:20:07 (20.3%)	4:42	12.8 (80.0%)
75	ODOSZEWSKI Roman	631	OASIS SPORT TEAM	M-40	75	00:00:11	00:22:04	00:45:27	01:09:29	01:34:10	01:39:16.25	01:39:27.80	+00:20:10 (20.3%)	4:42	12.8 (80.0%)
76	KRAICZICZEK Krzysztof	431	KELLER WILLIAMS POWER TEAM	M-40	76	00:00:25	00:23:23	00:46:44	01:10:23	01:34:18	01:39:29.40	01:39:54.40	+00:20:24 (20.5%)	4:42	12.7 (79.4%)
77	BORTEL Mirosław	62	40 LATEK SPLA TYCHY	M-40	77	00:00:01	00:22:58	00:47:05	01:10:19	01:34:17	01:39:33.70	01:39:35.05	+00:20:28 (20.6%)	4:43	12.7 (79.4%)
78	WÓJCIK Dariusz	981		M-40	78	00:00:13	00:22:20	00:45:29	01:09:15	01:34:30	01:39:50.95	01:40:04.75	+00:20:45 (20.8%)	4:43	12.7 (79.4%)
79	WASZAK Damian	937		M-40	79	00:00:31	00:24:23	00:48:28	01:11:59	01:35:18	01:40:14.85	01:40:46.55	+00:21:09 (21.1%)	4:45	12.6 (78.8%)
80	GRZONDZIEL Mirek	268	HURAGAN LIGOTA	M-40	80	00:00:18	00:23:31	00:46:54	01:10:50	01:35:22	01:40:16.65	01:40:35.15	+00:21:11 (21.1%)	4:45	12.6 (78.8%)
81	MIECZNIKOWSKI Jacek	569		M-40	81	00:00:19	00:22:54	00:46:25	01:09:53	01:35:01	01:40:20.90	01:40:40.40	+00:21:15 (21.2%)	4:45	12.6 (78.8%)
82	WYRZGOL Andrzej	988		M-40	82	00:00:32	00:23:29	00:47:20	01:11:26	01:35:29	01:40:26.35	01:40:58.70	+00:21:20 (21.3%)	4:45	12.6 (78.8%)
83	POJDA Grzegorz	716	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	83	00:00:21	00:23:09	00:46:42	01:10:26	01:35:22	01:40:32.60	01:40:53.60	+00:21:27 (21.3%)	4:45	12.6 (78.8%)
84	BROLL Rafał	72		M-40	84	00:00:17	00:23:30	00:46:50	01:10:42	01:35:35	01:40:44.80	01:41:02.05	+00:21:39 (21.5%)	4:46	12.6 (78.8%)
85	RUSZCZYK Marek	775		M-40	85	00:00:24	00:23:33	00:47:28	01:11:18	01:35:48	01:40:47.40	01:41:11.85	+00:21:42 (21.5%)	4:46	12.6 (78.8%)
86	OWCZAREK Paweł	653		M-40	86	00:00:30	00:24:06	00:48:05	01:11:38	01:35:53	01:40:50.45	01:41:20.50	+00:21:45 (21.6%)	4:46	12.6 (78.8%)
87	SZAFRAŃSKI Michał	868		M-40	87	00:00:23	00:23:34	00:47:29	01:11:35	01:36:00	01:40:55.20	01:41:19.15	+00:21:49 (21.6%)	4:47	12.5 (78.1%)
88	WOŁOSZ Marcin	972	QUERCUS ON TOUR	M-40	88	00:00:33	00:23:57	00:48:10	01:12:14	01:36:26	01:41:22.60	01:41:56.00	+00:22:17 (22.0%)	4:48	12.5 (78.1%)
89	MAZUR Krzysztof	552	OPEL ACTIVE TEAM	M-40	89	00:01:01	00:24:03	00:47:43	01:11:11	01:35:45	01:41:25.00	01:42:26.00	+00:22:19 (22.0%)	4:48	12.5 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
90	SKRZYPEK Krzysztof	817		M-40	90	00:00:18	00:23:34	00:47:31	01:11:34	01:36:24	01:41:34.00	01:41:52.00	+00:22:28 (22.1%)	4:48	12.5 (78.1%)
91	JANECZEK Marek	303		M-40	91	00:00:17	00:23:34	00:47:10	01:11:25	01:36:27	01:41:40.55	01:41:58.30	+00:22:35 (22.2%)	4:49	12.5 (78.1%)
92	MŁYŃCZAK Piotr	579	EUVIC GLIWICE	M-40	92	00:00:30	00:23:38	00:47:30	01:11:37	01:36:29	01:41:43.60	01:42:13.80	+00:22:38 (22.3%)	4:49	12.4 (77.5%)
93	TYSZKIEWICZ Cuma	920		M-40	93	00:00:54	00:23:45	00:47:53	01:11:55	01:36:50	01:41:58.80	01:42:53.65	+00:22:53 (22.4%)	4:50	12.4 (77.5%)
94	WÓJCIK Rafał	977		M-40	94	00:00:20	00:23:32	00:47:16	01:11:43	01:37:09	01:42:08.05	01:42:29.00	+00:23:02 (22.6%)	4:50	12.4 (77.5%)
95	SAKOWSKI Maciej	788	HURAGAN LIGOTA	M-40	95	00:00:17	00:23:30	00:46:50	01:11:06	01:36:40	01:42:09.60	01:42:27.05	+00:23:04 (22.6%)	4:50	12.4 (77.5%)
96	MOJ Tomasz	582		M-40	96	00:00:23	00:23:26	00:46:48	01:10:56	01:36:57	01:42:13.75	01:42:37.30	+00:23:08 (22.6%)	4:50	12.4 (77.5%)
97	NITARSKI Patryk	614	NIGHT RUNNERS GLIWICE	M-40	97	00:00:36	00:24:15	00:48:30	01:12:56	01:37:52	01:42:47.85	01:43:24.25	+00:23:42 (23.1%)	4:52	12.3 (76.9%)
98	JUDA Artur	324		M-40	98	00:00:32	00:24:20	00:48:34	01:12:48	01:37:50	01:42:50.40	01:43:23.30	+00:23:45 (23.1%)	4:52	12.3 (76.9%)
99	NIESZPOREK Adam	610	RUN-3	M-40	99	00:00:15	00:23:15	00:46:51	01:11:00	01:37:19	01:43:17.60	01:43:32.70	+00:24:12 (23.4%)	4:53	12.3 (76.9%)
100	WOJTUKIEWICZ Artur	967	DHL RUN CLUB	M-40	100	00:00:24	00:24:52	00:49:46	01:14:09	01:38:22	01:43:27.60	01:43:51.75	+00:24:22 (23.6%)	4:54	12.2 (76.3%)
101	HOMOTIUK Michał	291		M-40	101	00:00:29	00:23:54	00:48:34	01:13:01	01:38:17	01:43:29.10	01:43:59.00	+00:24:23 (23.6%)	4:54	12.2 (76.3%)
102	SROCZYŃSKI Dariusz	836		M-40	102	00:00:20	00:24:55	00:49:50	01:14:13	01:38:26	01:43:30.20	01:43:50.85	+00:24:24 (23.6%)	4:54	12.2 (76.3%)
103	KURCZEK Tomasz	477		M-40	103	00:00:45	00:24:52	00:49:57	01:14:24	01:38:35	01:43:33.65	01:44:19.00	+00:24:28 (23.6%)	4:54	12.2 (76.3%)
104	SKORUPA Mariusz	1106		M-40	104	00:00:39	01:12:23			01:38:08	01:43:49.50	01:44:28.65	+00:24:44 (23.8%)	4:55	12.2 (76.3%)
105	KOPEĆ Tomasz	406		M-40	105	00:00:13	00:23:03	00:47:29	01:12:10	01:38:19	01:43:56.35	01:44:10.15	+00:24:50 (23.9%)	4:55	12.2 (76.3%)
106	GAWENDA Dariusz	210		M-40	106	00:00:35	00:24:12	00:49:10	01:13:59	01:38:49	01:44:15.85	01:44:51.80	+00:25:10 (24.1%)	4:56	12.1 (75.6%)
107	SMYK Robert	1050	NIGHT RUNNERS GLIWICE	M-40	107	00:00:35	00:24:16	00:48:38	01:12:57	01:39:19	01:44:18.80	01:44:54.15	+00:25:13 (24.2%)	4:56	12.1 (75.6%)
108	TRZEWICZEK Marcin	917		M-40	108	00:00:28	00:22:48	00:46:22	01:10:37	01:38:42	01:44:20.95	01:44:49.85	+00:25:15 (24.2%)	4:56	12.1 (75.6%)
109	KOCUR Patryk	391		M-40	109	00:00:21	00:24:31	00:48:49	01:13:06	01:39:08	01:44:29.25	01:44:50.85	+00:25:23 (24.3%)	4:57	12.1 (75.6%)
110	PUŁA Adrian	743	SREBRNI BIEGACZE TG / SZOMBIERKI DREAM TEAM	M-40	110	00:00:48	00:25:15	00:50:09	01:14:29	01:39:11	01:44:37.85	01:45:26.10	+00:25:32 (24.4%)	4:57	12.1 (75.6%)
111	KOZIOŁ Artur	428	PORANNY PATROL	M-40	111	00:01:35	00:24:18	00:48:46	01:13:35	01:39:06	01:44:38.95	01:46:14.00	+00:25:33 (24.4%)	4:57	12.1 (75.6%)
112	MORCHAT Paweł	586	#CZELADZBIEGA	M-40	112	00:00:50	00:24:47	00:49:53	01:14:17	01:39:19	01:44:42.25	01:45:33.15	+00:25:36 (24.5%)	4:57	12.1 (75.6%)
113	PYZIK Tomasz	749	DRUŻYNA MOJACUKRZYCA.PL	M-40	113	00:00:57	00:24:37	00:49:37	01:14:20	01:39:55	01:45:14.30	01:46:12.00	+00:26:08 (24.8%)	4:59	12 (75.0%)

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			
114	DOBOSZ Daniel	156		M-40	114	00:00:41	00:23:15	00:47:45	01:13:08	01:40:06	01:45:38.45	01:46:20.05	+00:26:33 (25.1%)	5:00	12 (75.0%)
115	DOMAŃSKI Marcin	1067	RUNNINGFISH74	M-40	115	00:00:48	00:25:08	00:49:56	01:14:51	01:40:39	01:46:06.60	01:46:55.00	+00:27:01 (25.5%)	5:01	11.9 (74.4%)
116	PUDLO Arkadiusz	1051	DASIS TEAM CLUB	M-40	116	00:00:24	00:23:24	00:47:22	01:13:04	01:40:15	01:46:19.60	01:46:44.00	+00:27:14 (25.6%)	5:02	11.9 (74.4%)
117	SZOTA Wojciech	886		M-40	117	00:00:39	00:26:59	00:53:00	01:17:56	01:41:41	01:46:30.85	01:47:10.15	+00:27:25 (25.7%)	5:02	11.9 (74.4%)
118	CZERNEK Marek	131	BIEGAJ Z TRENERAMI	M-40	118	00:00:17	00:24:33	00:49:32	01:15:43	01:42:02	01:47:12.50	01:47:29.65	+00:28:07 (26.2%)	5:04	11.8 (73.8%)
119	HERLICZKA Tomasz	284	AML FLY TEAM	M-40	119	00:00:59	00:25:30	00:51:28	01:16:51	01:42:02	01:47:15.40	01:48:14.70	+00:28:10 (26.3%)	5:04	11.8 (73.8%)
120	WASIK Marcin	936	MUSTANGI GLIWICE	M-40	120	00:00:36	00:24:16	00:48:38	01:13:03	01:40:40	01:47:29.10	01:48:05.50	+00:28:23 (26.4%)	5:05	11.8 (73.8%)
121	ICIEK Mariusz	296	AKTYWNI KAMIEŃSK	M-40	121	00:01:01	00:25:19	00:51:04	01:16:31	01:42:32	01:47:47.40	01:48:49.25	+00:28:42 (26.6%)	5:06	11.7 (73.1%)
122	CEDRO Damian	97	BOSSE NOGI MALINKA OPOLE	M-40	122	00:00:21	00:24:44	00:50:06	01:15:44	01:42:16	01:47:52.20	01:48:13.35	+00:28:46 (26.7%)	5:06	11.7 (73.1%)
123	ROSEK Jarosław	1057		M-40	123	00:00:39	00:24:12	00:48:34	01:13:16	01:41:25	01:47:52.70	01:48:31.80	+00:28:47 (26.7%)	5:06	11.7 (73.1%)
124	SMUDA Andrzej	821	AKMB PĘDZIWIATR GLIWICE	M-40	124	00:00:45	00:25:32	00:50:52	01:16:35	01:42:21	01:47:53.70	01:48:39.30	+00:28:48 (26.7%)	5:06	11.7 (73.1%)
125	SULIN Marek	863	SPARTANIE DZIECIOM	M-40	125	00:00:13	00:24:19	00:49:40	01:16:07	01:42:35	01:47:55.10	01:48:08.85	+00:28:49 (26.7%)	5:06	11.7 (73.1%)
126	JĘDRYKA Piotr	320	DRIV	M-40	126	00:00:12	00:24:14	00:49:42	01:15:48	01:42:47	01:48:01.80	01:48:14.35	+00:28:56 (26.8%)	5:07	11.7 (73.1%)
127	SZOŁTYSEK Piotr	882		M-40	127	00:00:50	00:25:45	00:51:29	01:17:29	01:42:58	01:48:13.00	01:49:03.05	+00:29:07 (26.9%)	5:07	11.7 (73.1%)
128	ZEGARTOWSKI Grzegorz	1003	DTIQ POLAND	M-40	128	00:00:59	00:25:26	00:51:29	01:16:56	01:42:51	01:48:19.60	01:49:19.50	+00:29:14 (27.0%)	5:08	11.7 (73.1%)
129	GRACZYK Zbigniew	250		M-40	129	00:01:03	00:25:58	00:51:36	01:17:23	01:43:12	01:48:24.20	01:49:27.75	+00:29:18 (27.0%)	5:08	11.7 (73.1%)
130	KROCZYK Lesław	443		M-40	130	00:00:55	00:24:39	00:49:49	01:15:07	01:42:22	01:48:25.25	01:49:20.55	+00:29:19 (27.1%)	5:08	11.7 (73.1%)
131	STRZELCZYK Tomasz	859	HURAGAN LIGOTA	M-40	131	00:01:01	00:25:35	00:51:28	01:17:25	01:43:16	01:48:27.40	01:49:28.45	+00:29:22 (27.1%)	5:08	11.7 (73.1%)
132	JURCZYGA Maciej	326		M-40	132	00:01:22	00:25:51	00:52:07	01:17:35	01:43:41	01:48:31.00	01:49:53.95	+00:29:25 (27.1%)	5:08	11.7 (73.1%)
133	KAMPKA Aleksander	345		M-40	133	00:00:54	00:25:36	00:51:35	01:17:31	01:43:18	01:48:34.75	01:49:29.60	+00:29:29 (27.2%)	5:08	11.7 (73.1%)
134	MAŁEK Mirosław	531	WUJEK BIEGA	M-40	134	00:00:00				01:42:42	01:48:38.00	01:48:38.00	+00:29:32 (27.2%)	5:08	11.7 (73.1%)
135	STEC Marcin	847	KW GLIWICE	M-40	135	00:01:12	00:24:46	00:50:38	01:16:28	01:43:13	01:48:47.10	01:49:59.30	+00:29:41 (27.3%)	5:09	11.6 (72.5%)
136	SIATA Sebastian	801	DRIV	M-40	136	00:01:07	00:25:01	00:51:20	01:17:14	01:43:19	01:48:52.30	01:49:59.85	+00:29:46 (27.4%)	5:09	11.6 (72.5%)
137	GANCARZ Maciej	205	MUSTANGI GLIWICE	M-40	137	00:00:16	00:23:19	00:48:12	01:14:37	01:42:53	01:48:52.85	01:49:09.20	+00:29:47 (27.4%)	5:09	11.6 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
138	MŁYŃCZAK Arkadiusz	580	RUN AND FUN	M-40	138	00:00:48	00:25:58	00:52:07	01:18:07	01:43:47	01:49:00.05	01:49:48.30	+00:29:54 (27.4%)	5:09	11.6 (72.5%)
139	OSTROWSKI Rafał	652		M-40	139	00:00:51	00:24:03	00:48:59	01:15:07	01:43:19	01:49:06.35	01:49:58.20	+00:30:00 (27.5%)	5:10	11.6 (72.5%)
140	BUŁAWA Grzegorz	93	GB-ARCH.PL ARCHITEKT GRZEGORZ BUŁAWA	M-40	140	00:00:46	00:25:37	00:51:46	01:17:41	01:44:00	01:49:19.10	01:50:05.70	+00:30:13 (27.7%)	5:10	11.6 (72.5%)
141	HAJOK Marek	275		M-40	141	00:00:47	00:25:30	00:51:31	01:17:37	01:44:03	01:49:26.05	01:50:13.10	+00:30:20 (27.7%)	5:11	11.6 (72.5%)
142	KUC Marcin	1105	AUGUSTEAM	M-40	142	00:00:35	00:24:58	00:51:02	01:16:42	01:43:39	01:49:27.90	01:50:03.85	+00:30:22 (27.7%)	5:11	11.6 (72.5%)
143	SIDORSKI Robert	802	OPEL ACTIVE TEAM	M-40	143	00:00:00	00:26:05	00:51:16	01:16:53	01:43:45	01:49:30.50	01:49:30.50	+00:30:25 (27.8%)	5:11	11.6 (72.5%)
144	RĄB Łukasz	757		M-40	144	00:00:00	00:26:05	00:51:52	01:17:57	01:44:16	01:49:31.80	01:49:31.80	+00:30:26 (27.8%)	5:11	11.6 (72.5%)
145	KAŁUŻA Arkadiusz	340	PACEMAKER	M-40	145	00:00:47	00:25:32	00:51:40	01:17:34	01:43:40	01:49:32.45	01:50:20.40	+00:30:27 (27.8%)	5:11	11.6 (72.5%)
146	WAWRZAK Ryszard	940	PACEMAKER	M-40	146	00:00:46	00:25:43	00:51:42	01:17:36	01:43:43	01:49:34.10	01:50:20.35	+00:30:28 (27.8%)	5:11	11.6 (72.5%)
147	FRĄC Dariusz	1036	1:50	M-40	147	00:00:46	00:25:34	00:51:41	01:17:36	01:43:42	01:49:34.15	01:50:20.20	+00:30:28 (27.8%)	5:11	11.6 (72.5%)
148	JANIKOWSKI Michał	307		M-40	148	00:00:27	00:24:00	00:49:39	01:16:01	01:43:50	01:49:34.40	01:50:02.20	+00:30:29 (27.8%)	5:11	11.6 (72.5%)
149	KĄDZIELA Jan	359		M-40	149	00:00:52	00:24:19	00:49:40	01:16:05	01:43:44	01:49:38.15	01:50:30.75	+00:30:32 (27.9%)	5:11	11.5 (71.9%)
150	RENKE Piotr	760	EWA BUGDOŁ TEAM	M-40	150	00:00:00	00:25:30	00:51:00	01:16:51	01:44:23	01:49:41.85	01:49:41.85	+00:30:36 (27.9%)	5:11	11.5 (71.9%)
151	STRUG Mariusz	856		M-40	151	00:00:59	00:25:29	00:51:29	01:17:25	01:43:57	01:49:44.10	01:50:43.60	+00:30:38 (27.9%)	5:12	11.5 (71.9%)
152	OLEJNICZAK Dominik	635		M-40	152	00:01:34	00:28:21	00:54:28	01:19:24	01:44:38	01:49:54.40	01:51:28.95	+00:30:49 (28.0%)	5:12	11.5 (71.9%)
153	KOWAL Piotr	416	-----	M-40	153	00:00:42	00:25:20	00:51:22	01:17:16	01:44:18	01:50:01.20	01:50:43.35	+00:30:55 (28.1%)	5:12	11.5 (71.9%)
154	OPOREK Sebastian	642		M-40	154	00:00:32	00:26:04	00:52:07	01:17:55	01:44:22	01:50:02.80	01:50:35.35	+00:30:57 (28.1%)	5:12	11.5 (71.9%)
155	BRZEZINA Arkadiusz	77	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	155	00:00:47	00:24:56	00:50:44	01:16:46	01:44:42	01:50:09.45	01:50:57.40	+00:31:04 (28.2%)	5:13	11.5 (71.9%)
156	GOMOLA Zbigniew	239		M-40	156	00:00:30	00:26:40	00:53:05	01:18:27	01:44:46	01:50:30.45	01:51:01.40	+00:31:25 (28.4%)	5:14	11.5 (71.9%)
157	CIEŚLA Arkadiusz	113	BIEGAMY Z SERCEM.PL	M-40	157	00:00:42	00:25:34	00:51:09	01:16:41	01:44:20	01:50:31.85	01:51:14.60	+00:31:26 (28.4%)	5:14	11.5 (71.9%)
158	WILSZ Adam	957	#PANIÓWKIRUN	M-40	158	00:01:34	00:26:59	00:53:46	01:19:49	01:45:26	01:50:37.60	01:52:11.95	+00:31:32 (28.5%)	5:14	11.4 (71.3%)
159	KORAL Wojciech	410		M-40	159	00:01:02	00:26:27	00:52:44	01:18:42	01:45:17	01:50:47.90	01:51:50.25	+00:31:42 (28.6%)	5:15	11.4 (71.3%)
160	NABIELEC Jakub	597		M-40	160	00:00:54	00:25:35	00:51:40	01:17:59	01:45:11	01:50:48.25	01:51:42.90	+00:31:42 (28.6%)	5:15	11.4 (71.3%)
161	MICHALAK Grzegorz	561	TOTALNY AMATOR	M-40	161	00:00:11	00:25:21	00:51:49	01:18:15	01:45:19	01:50:51.15	01:51:02.85	+00:31:45 (28.7%)	5:15	11.4 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
162	RENKIEL Tomasz	761	COMPANEROS ASFALT TEAM	M-40	162	00:00:47	00:25:42	00:51:41	01:18:34	01:45:46	01:51:04.85	01:51:52.55	+00:31:59 (28.8%)	5:15	11.4 (71.3%)
163	PARUZEL Ireneusz	671	ZABIEGANI NAUCZYCIELE	M-40	163	00:00:25	00:23:29	00:48:14	01:17:24	01:45:41	01:51:06.60	01:51:32.10	+00:32:01 (28.8%)	5:15	11.4 (71.3%)
164	PRYSZCZ Mirosław	733		M-40	164	00:00:44	00:24:39	00:50:27	01:17:36	01:45:54	01:51:18.25	01:52:03.15	+00:32:12 (28.9%)	5:16	11.4 (71.3%)
165	LEWANDOWSKI Henryk	504		M-40	165	00:00:41	00:25:33	00:50:59	01:16:19	01:45:16	01:51:25.75	01:52:07.50	+00:32:20 (29.0%)	5:16	11.4 (71.3%)
166	KLIKS Andrzej	374	FIS-SST TEAM	M-40	166	00:01:00	00:25:34	00:51:35	01:17:43	01:45:28	01:51:29.50	01:52:29.75	+00:32:24 (29.1%)	5:17	11.4 (71.3%)
167	KRZEMIEN Bartosz	452		M-40	167	00:01:24	00:26:52	00:53:19	01:19:49	01:46:15	01:51:35.35	01:52:59.55	+00:32:29 (29.1%)	5:17	11.3 (70.6%)
168	BREGUŁA Krzysztof	68		M-40	168	00:00:38	00:25:22	00:50:58	01:16:46	01:45:25	01:52:01.00	01:52:39.90	+00:32:55 (29.4%)	5:18	11.3 (70.6%)
169	KASPRZYK Marcin	1100		M-40	169	00:01:05	00:27:16	00:53:57	01:19:52	01:46:27	01:52:23.90	01:53:29.60	+00:33:18 (29.6%)	5:19	11.3 (70.6%)
170	BROEN Bartosz	71	ŁAWECZKA WILKOWYJE RUNNING TEAM	M-40	170	00:01:27	00:26:55	00:53:52	01:20:06	01:47:04	01:52:25.25	01:53:53.05	+00:33:19 (29.6%)	5:19	11.3 (70.6%)
171	GRONDECKI Grzegorz	258	BIEGAMY Z SERCEM	M-40	171	00:01:07	00:27:00	00:53:20	01:19:44	01:47:13	01:53:18.65	01:54:26.00	+00:34:13 (30.2%)	5:22	11.2 (70.0%)
172	SZASTOK Adam	869		M-40	172	00:00:57	00:28:08	00:55:14	01:21:00	01:47:34	01:53:20.55	01:54:18.10	+00:34:15 (30.2%)	5:22	11.2 (70.0%)
173	JENDRYŚ Marek	1110		M-40	173	00:02:07	00:28:30	00:55:35	01:22:17	01:48:02	01:53:20.55	01:55:27.60	+00:34:15 (30.2%)	5:22	11.2 (70.0%)
174	KNIEJSKI Damian	386		M-40	174	00:01:21	00:27:30	00:54:26	01:20:32	01:47:51	01:53:20.85	01:54:42.20	+00:34:15 (30.2%)	5:22	11.2 (70.0%)
175	MICHALSKI Robert	563	HETMAN TARNOWSKIE GÓRY	M-40	175	00:00:26	00:25:59	00:52:56	01:20:00	01:47:56	01:53:22.00	01:53:48.55	+00:34:16 (30.2%)	5:22	11.2 (70.0%)
176	BRYKOWSKI Przemysław	75		M-40	176	00:00:59	00:26:10	00:52:05	01:18:39	01:47:21	01:53:32.80	01:54:32.75	+00:34:27 (30.3%)	5:22	11.1 (69.4%)
177	GŁADYSZ Leszek	227	#PANIÓWKIRUN	M-40	177	00:01:30	00:25:57	00:51:28	01:17:48	01:47:17	01:53:34.80	01:55:05.30	+00:34:29 (30.4%)	5:22	11.1 (69.4%)
178	PRZYBYSŁAWSKI Arkadiusz	740	4-TO	M-40	178	00:00:34	00:25:44	00:52:02	01:18:54	01:47:28	01:53:37.40	01:54:12.20	+00:34:32 (30.4%)	5:23	11.1 (69.4%)
179	TOKAJ Piotr	911		M-40	179	00:01:22	00:26:48	00:53:41	01:20:24	01:47:46	01:53:44.45	01:55:07.30	+00:34:39 (30.5%)	5:23	11.1 (69.4%)
180	STACHOWSKI Wojciech	838		M-40	180	00:00:36	00:24:29	00:49:46	01:16:52	01:46:59	01:53:44.75	01:54:20.95	+00:34:39 (30.5%)	5:23	11.1 (69.4%)
181	KROTOS Krzysztof	444	OQS	M-40	181	00:00:39	00:26:21	00:53:42	01:20:57	01:48:34	01:54:16.70	01:54:56.60	+00:35:11 (30.8%)	5:24	11.1 (69.4%)
182	KRZOK Krzysztof	453		M-40	182	00:02:18	00:26:05	00:52:24	01:19:21	01:48:51	01:54:23.40	01:56:42.30	+00:35:18 (30.9%)	5:25	11.1 (69.4%)
183	SKORUPSKI Paweł	814		M-40	183	00:00:47	00:25:35	00:51:31	01:18:00	01:47:48	01:54:25.00	01:55:12.35	+00:35:19 (30.9%)	5:25	11.1 (69.4%)
184	ZAPOTOCZNY Przemek	999		M-40	184	00:00:43	00:27:13	00:54:42	01:22:20	01:49:28	01:54:43.60	01:55:27.05	+00:35:38 (31.1%)	5:26	11 (68.8%)
185	KUCZMA Jarosław	463		M-40	185	00:01:26	00:28:04	00:55:52	01:22:56	01:49:09	01:54:51.20	01:56:17.45	+00:35:45 (31.1%)	5:26	11 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km					
186	POPIEL Artur	722		M-40	186	00:00:54	00:26:54	00:53:26	01:20:18	01:49:01	01:55:07.90	01:56:02.80	+00:36:02 (31.3%)	5:27	11 (68.8%)
187	MAZUR Jarosław	558		M-40	187	00:01:03	00:25:31	00:51:10	01:19:07	01:49:00	01:55:13.15	01:56:16.25	+00:36:07 (31.4%)	5:27	11 (68.8%)
188	GOCYB Leszek	1108		M-40	188	00:00:17	00:27:02	00:53:35	01:21:15	01:49:19	01:55:14.50	01:55:31.65	+00:36:09 (31.4%)	5:27	11 (68.8%)
189	KRAJEWSKI Michał	434		M-40	189	00:00:47	00:26:16	00:52:24	01:18:21	01:49:38	01:55:34.85	01:56:22.65	+00:36:29 (31.6%)	5:28	11 (68.8%)
190	SZYMKÓW Krzysztof	897	PKO BANK POLSKI	M-40	190	00:01:04	00:26:43	00:54:44	01:22:02	01:49:44	01:55:39.60	01:56:44.25	+00:36:34 (31.6%)	5:28	10.9 (68.1%)
191	KWAPIEŃ Paweł	1070		M-40	191	00:00:18	00:26:03	00:53:19	01:21:09	01:49:50	01:55:54.35	01:56:13.20	+00:36:48 (31.8%)	5:29	10.9 (68.1%)
192	SOBIERAJSKI Przemek	825		M-40	192	00:00:53	00:27:22	00:54:14	01:21:40	01:50:02	01:56:03.55	01:56:56.55	+00:36:58 (31.9%)	5:30	10.9 (68.1%)
193	ROZWADOWSKI Dariusz	770		M-40	193	00:01:00	00:26:54	00:53:58	01:21:10	01:49:49	01:56:07.80	01:57:08.70	+00:37:02 (31.9%)	5:30	10.9 (68.1%)
194	STOLARCZYK Robert	852	NIGHT RUNNER GLIWICE	M-40	194	00:01:15	00:27:53	00:55:33	01:22:37	01:50:44	01:56:09.80	01:57:25.50	+00:37:04 (31.9%)	5:30	10.9 (68.1%)
195	BOREK Dariusz	59	MYSZKÓW BIEGA	M-40	195	00:00:49	00:25:32	00:51:40	01:18:56	01:49:36	01:56:19.90	01:57:08.95	+00:37:14 (32.0%)	5:30	10.9 (68.1%)
196	SZOŁTYSIK Paweł	887	SPARTA PLATFUS	M-40	196	00:00:53	00:28:31	00:56:28	01:22:30	01:49:43	01:56:30.25	01:57:23.90	+00:37:24 (32.1%)	5:31	10.9 (68.1%)
197	MAGDA Piotr	523	NIGHT RUNNERS PYSKOWICE	M-40	197	00:00:56	00:26:44	00:54:15	01:22:04	01:50:33	01:56:34.45	01:57:30.80	+00:37:29 (32.2%)	5:31	10.9 (68.1%)
198	KOTAJNY Piotr	415		M-40	198	00:00:13	00:26:36	00:53:29	01:20:42	01:49:52	01:56:35.70	01:56:49.00	+00:37:30 (32.2%)	5:31	10.9 (68.1%)
199	PISZCZ Marek	706	OPEL ACTIVE TEAM	M-40	199	00:00:58	00:26:17	00:53:47	01:21:58	01:50:40	01:56:47.50	01:57:45.50	+00:37:42 (32.3%)	5:32	10.8 (67.5%)
200	GÓRSKI Michał	245	GIEBUŁTÓW CIŚNIE	M-40	200	00:01:11	00:26:54	00:54:17	01:21:49	01:50:35	01:56:50.95	01:58:02.80	+00:37:45 (32.3%)	5:32	10.8 (67.5%)
201	WOŹNIAK Marek	974		M-40	201	00:01:08	00:27:36	00:54:58	01:22:25	01:50:58	01:57:00.10	01:58:08.40	+00:37:54 (32.4%)	5:32	10.8 (67.5%)
202	ROZWADOWSKI Dariusz	769		M-40	202	00:01:37	00:27:01	00:54:01	01:20:53	01:50:39	01:57:10.30	01:58:47.85	+00:38:04 (32.5%)	5:33	10.8 (67.5%)
203	SZUSTAK Krzysztof	889	SERCE METROPOLII	M-40	203	00:00:55	00:27:27	00:54:48	01:22:30	01:51:08	01:57:12.50	01:58:07.90	+00:38:07 (32.5%)	5:33	10.8 (67.5%)
204	KOŁODZIEJ Jacek	398	COMPAÑEROS ASFALT TEAM	M-40	204	00:00:57	00:25:44	00:51:44	01:25:00	01:51:59	01:57:16.30	01:58:14.10	+00:38:10 (32.6%)	5:33	10.8 (67.5%)
204	JANIK Johan	305	COMPAÑEROS ASFALT TEAM	M-40	205	00:00:57	00:25:44	00:51:44	01:25:00	01:51:58	01:57:16.70	01:58:14.10	+00:38:11 (32.6%)	5:33	10.8 (67.5%)
206	KRUK Krzysztof	448		M-40	206	00:00:52	00:28:27	00:56:17	01:24:04	01:51:50	01:57:18.25	01:58:11.20	+00:38:12 (32.6%)	5:33	10.8 (67.5%)
207	JASIENKIEWICZ Tomasz	313	EL DENATOS PASADENA	M-40	207	00:01:07	00:28:03	00:56:19	01:22:51	01:51:14	01:57:29.70	01:58:37.45	+00:38:24 (32.7%)	5:34	10.8 (67.5%)
208	KALINOWSKI Krzysztof	337		M-40	208	00:01:49	00:28:12	00:56:07	01:23:27	01:51:46	01:57:34.10	01:59:23.30	+00:38:28 (32.7%)	5:34	10.8 (67.5%)
209	MALINOWSKI Łukasz	530		M-40	209	00:00:59	00:26:09	00:53:38	01:21:28	01:51:24	01:57:50.60	01:58:50.45	+00:38:45 (32.9%)	5:35	10.7 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
210	SKÓRA Michał	816		M-40	210	00:00:22	00:27:36	00:55:22	01:23:09	01:51:50	01:57:51.80	01:58:14.65	+00:38:46 (32.9%)	5:35	10.7 (66.9%)
211	MORDARSKI Artur	587		M-40	211	00:01:32	00:27:41	00:55:18	01:22:41	01:51:44	01:57:53.95	01:59:26.90	+00:38:48 (32.9%)	5:35	10.7 (66.9%)
212	ŁUBKOWSKI Robert	517		M-40	212	00:01:48	00:29:07	00:57:57	01:25:22	01:52:33	01:57:55.00	01:59:43.60	+00:38:49 (32.9%)	5:35	10.7 (66.9%)
213	BALCARCZYK Bartłomiej	1117		M-40	213	00:01:08	00:28:09	00:56:19	01:23:50	01:51:57	01:58:10.45	01:59:18.45	+00:39:05 (33.1%)	5:36	10.7 (66.9%)
214	SZYNAL Andrzej	899	DHL RUN CLUB	M-40	214	00:01:35	00:28:02	00:56:18	01:24:47	01:53:15	01:58:46.25	02:00:21.40	+00:39:40 (33.4%)	5:37	10.7 (66.9%)
215	KIERA Szymon	365		M-40	215	00:01:14	00:27:52	00:55:27	01:23:08	01:52:18	01:58:49.85	02:00:03.95	+00:39:44 (33.4%)	5:37	10.7 (66.9%)
216	DYMNICKI Andrzej	173	OCHAJORUN & FRIENDS	M-40	216	00:01:38	00:28:28	00:56:51	01:24:39	01:53:14	01:59:17.25	02:00:55.35	+00:40:11 (33.7%)	5:39	10.6 (66.3%)
217	GAJDA Dariusz	201	EXTREMALNI NAPALEŃCY	M-40	217	00:00:39	00:25:42	00:51:50	01:20:33	01:52:45	01:59:17.95	01:59:57.55	+00:40:12 (33.7%)	5:39	10.6 (66.3%)
218	PATRZĄLEK Grzegorz	673		M-40	218	00:01:58	00:28:03	00:56:10	01:24:30	01:53:18	01:59:20.75	02:01:19.70	+00:40:15 (33.7%)	5:39	10.6 (66.3%)
219	URBAŃSKI Leszek	929		M-40	219	00:01:00	00:25:30	00:51:40	01:20:00	01:52:37	01:59:25.00	02:00:25.40	+00:40:19 (33.8%)	5:39	10.6 (66.3%)
220	BIAŁAS Tomek	29	CONSULTAS	M-40	220	00:01:19	00:28:30	00:56:46	01:25:50	01:53:47	01:59:27.95	02:00:47.85	+00:40:22 (33.8%)	5:39	10.6 (66.3%)
221	GERASCH Piotr	219	CZĘSTO CHOWA	M-40	221	00:00:37	00:25:01	00:51:50	01:21:19	01:52:57	01:59:32.75	02:00:10.10	+00:40:27 (33.8%)	5:39	10.6 (66.3%)
222	ZNAMIROWSKI Krzysztof	1020	RADIO WROCŁAW	M-40	222	00:00:44	00:26:31	00:54:51	01:24:13	01:53:32	01:59:32.95	02:00:17.60	+00:40:27 (33.8%)	5:39	10.6 (66.3%)
223	JANIEC Witold	304		M-40	223	00:01:04	00:28:09	00:56:05	01:23:46	01:53:16	01:59:37.90	02:00:42.40	+00:40:32 (33.9%)	5:40	10.6 (66.3%)
224	DĄBROWSKI Marcin	148	TEAM KORNEL	M-40	224	00:00:23	00:27:36	00:55:29	01:23:25	01:53:18	01:59:40.05	02:00:03.15	+00:40:34 (33.9%)	5:40	10.6 (66.3%)
225	CISEK Stanisław	117		M-40	225	00:01:23	00:28:13	00:56:31	01:24:58	01:53:41	01:59:45.70	02:01:08.80	+00:40:40 (34.0%)	5:40	10.6 (66.3%)
226	KRYCZAŁO Maciej	450		M-40	226	00:01:21	00:28:00	00:56:21	01:24:50	01:53:35	02:00:02.65	02:01:24.60	+00:40:57 (34.1%)	5:41	10.5 (65.6%)
226	BEM Michał	24	BEMKI SPORT	M-40	227	00:01:21	00:28:00	00:56:23	01:24:50	01:53:36	02:00:03.10	02:01:24.60	+00:40:57 (34.1%)	5:41	10.5 (65.6%)
228	FAŁEK Krzysztof	186		M-40	228	00:00:31	00:28:51	00:56:52	01:24:30	01:53:35	02:00:04.05	02:00:35.65	+00:40:58 (34.1%)	5:41	10.5 (65.6%)
229	BIAŁAS Krzysztof	27		M-40	229	00:00:31	00:28:52	00:56:52	01:24:30	01:53:35	02:00:04.10	02:00:35.35	+00:40:58 (34.1%)	5:41	10.5 (65.6%)
230	SZKUDLAREK Michał	876	RUN-LOG.COM	M-40	230	00:00:47	00:25:43	00:53:13	01:23:24	01:54:14	02:00:06.75	02:00:54.30	+00:41:01 (34.2%)	5:41	10.5 (65.6%)
231	KORNIJCZUK Tomasz	411		M-40	231	00:00:26	00:29:56	01:01:02	01:27:08	01:54:30	02:00:07.10	02:00:33.20	+00:41:01 (34.2%)	5:41	10.5 (65.6%)
232	KOZUBEK Sergiusz	429		M-40	232	00:01:39	00:28:39	00:57:32	01:25:31	01:54:20	02:00:18.45	02:01:58.30	+00:41:13 (34.3%)	5:42	10.5 (65.6%)
233	PAWIŃSKI Wojciech	675		M-40	233	00:01:44	00:28:36	00:56:35	01:25:06	01:54:03	02:00:24.20	02:02:08.40	+00:41:18 (34.3%)	5:42	10.5 (65.6%)

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
234	KORSZEWSKI Patrycjusz	412		M-40	234	00:00:25	00:29:57	00:59:14	01:27:11	01:54:58	02:00:55.60	02:01:21.45	+00:41:50 (34.6%)	5:43	10.5 (65.6%)
235	POLEWKA Tomasz	1122	UKS KOMETA GLIWICE	M-40	235	00:00:00	00:25:59	00:54:06	01:22:14	01:53:25	02:01:06.65	02:01:06.65	+00:42:01 (34.7%)	5:44	10.5 (65.6%)
236	BOBKOWSKI Maciej	49	NIGHT RUNNERS PYSKOWICE	M-40	236	00:00:31	00:27:13	00:55:55	01:24:51	01:55:17	02:01:23.55	02:01:55.15	+00:42:18 (34.8%)	5:45	10.4 (65.0%)
237	DZIECIĄTKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-40	237	00:01:16	00:29:02	00:57:48	01:27:29	01:55:53	02:01:42.25	02:02:58.70	+00:42:36 (35.0%)	5:46	10.4 (65.0%)
238	KOZACZKA Włodzimierz	425		M-40	238	00:01:17	00:28:49	00:57:31	01:26:09	01:55:17	02:01:45.20	02:03:02.95	+00:42:39 (35.0%)	5:46	10.4 (65.0%)
239	BIAŁECKI Aleksander	31		M-40	239	00:01:07	00:26:50	00:54:10	01:23:51	01:55:16	02:01:58.20	02:03:06.10	+00:42:52 (35.2%)	5:46	10.4 (65.0%)
240	PYTLARCZYK Piotr	748	KLUB BIEGACZA WARTA	M-40	240	00:00:21	00:26:59	00:55:53	01:25:06	01:55:29	02:02:02.95	02:02:24.30	+00:42:57 (35.2%)	5:47	10.4 (65.0%)
241	SIKORA Michał	808		M-40	241	00:00:34	00:27:09	00:56:03	01:25:16	01:55:46	02:02:27.55	02:03:02.35	+00:43:22 (35.4%)	5:48	10.3 (64.4%)
242	PIŁAT Jarosław	702	PACEMAKER	M-40	242	00:01:15	00:28:22	00:56:35	01:25:03	01:55:46	02:02:48.90	02:04:04.55	+00:43:43 (35.6%)	5:49	10.3 (64.4%)
243	GRAMATYKA Paweł	254	ZABIEGANI MZ UNITED	M-40	243	00:00:53	00:28:35	00:56:48	01:25:16	01:56:32	02:02:51.10	02:03:44.50	+00:43:45 (35.6%)	5:49	10.3 (64.4%)
244	KLEMIŃSKI Tomasz	1113		M-40	244	00:01:27	00:29:20	00:58:30	01:27:18	01:56:48	02:03:03.25	02:04:31.00	+00:43:57 (35.7%)	5:49	10.3 (64.4%)
245	MICHALSKI Marek	564		M-40	245	00:00:34	00:27:59	00:57:23	01:25:51	01:57:54	02:04:32.00	02:05:06.35	+00:45:26 (36.5%)	5:54	10.2 (63.8%)
246	JARASZ Aleksander	311	NIGHT RUNNERS ZABRZE	M-40	246	00:01:36	00:29:20	00:58:50	01:28:15	01:58:30	02:05:07.65	02:06:44.50	+00:46:02 (36.8%)	5:55	10.1 (63.1%)
247	PIKTAS Paweł	698		M-40	247	00:01:34	00:29:20	00:58:01	01:26:14	01:58:11	02:05:18.00	02:06:52.25	+00:46:12 (36.9%)	5:56	10.1 (63.1%)
248	PRZYBYLSKI Mariusz	738	PGB SPORTOWA PACZKA	M-40	248	00:00:56	00:26:43	00:53:48	01:22:06	01:57:37	02:05:29.45	02:06:25.50	+00:46:24 (37.0%)	5:56	10.1 (63.1%)
249	CZERNIK Rafał	133		M-40	249	00:00:57	00:27:49	00:56:51	01:27:02	01:59:37	02:06:18.15	02:07:15.80	+00:47:12 (37.4%)	5:59	10 (62.5%)
250	BUFNAL Krzysztof	86		M-40	250	00:00:46	00:27:49	00:56:11	01:25:30	01:59:02	02:06:20.30	02:07:06.85	+00:47:14 (37.4%)	5:59	10 (62.5%)
251	OSTROSZCZYK Rafał	650	BEZ KLUBU	M-40	251	00:01:35	00:29:45	00:59:46	01:29:44	02:00:16	02:06:21.50	02:07:56.70	+00:47:16 (37.4%)	5:59	10 (62.5%)
252	FIGIEL Mariusz	187		M-40	252	00:01:52	00:27:49	00:55:53	01:24:58	01:59:39	02:06:41.65	02:08:33.95	+00:47:36 (37.6%)	6:00	10 (62.5%)
253	HUBISZ Bartłomiej	294		M-40	253	00:00:45	00:29:27	01:00:24	01:30:28	02:01:10	02:07:25.05	02:08:10.10	+00:48:19 (37.9%)	6:02	9.9 (61.9%)
254	PŁACHTA Marek	710	INTER PROJEKT S.A.	M-40	254	00:00:24	00:28:46	00:58:39	01:29:17	02:01:14	02:07:25.70	02:07:49.90	+00:48:20 (37.9%)	6:02	9.9 (61.9%)
255	ZADEBERNY Artur	993		M-40	255	00:01:16	00:27:34	00:56:03	01:26:41	02:00:41	02:07:42.85	02:08:58.90	+00:48:37 (38.1%)	6:03	9.9 (61.9%)
256	BUCHAL Grzegorz	82		M-40	256	00:01:06	00:29:25	00:59:34	01:29:49	02:01:08	02:07:44.20	02:08:50.25	+00:48:38 (38.1%)	6:03	9.9 (61.9%)
257	ĆWIOK Marek	142	#PANIÓWKIRUN	M-40	257	00:01:20	00:30:02	00:59:47	01:30:29	02:01:11	02:07:46.15	02:09:06.70	+00:48:40 (38.1%)	6:03	9.9 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
258	MIKUŁA Leszek	574		M-40	258	00:00:05	00:25:49	00:54:29	01:25:47	02:00:32	02:07:50.60	02:07:56.00	+00:48:45 (38.1%)	6:03	9.9 (61.9%)
259	NOGŁY Adam	618	BIEGACZE Z BOJKOWA	M-40	259	00:01:36	00:29:52	01:00:11	01:31:03	02:01:47	02:07:53.35	02:09:30.00	+00:48:47 (38.2%)	6:03	9.9 (61.9%)
260	KOŽUSZEK Sebastian	1083		M-40	260	00:01:20	00:28:39	00:57:46	01:27:28	02:00:56	02:07:58.55	02:09:19.40	+00:48:53 (38.2%)	6:03	9.9 (61.9%)
261	STEINHOFF Adam	848	WIKTOR TEAM	M-40	261	00:01:20	00:28:29	00:57:44	01:27:58	02:01:04	02:08:11.30	02:09:31.40	+00:49:05 (38.3%)	6:04	9.9 (61.9%)
262	MUSIL Mike	591		M-40	262	00:01:49	00:30:32	01:00:51	01:30:38	02:01:51	02:08:11.50	02:10:00.75	+00:49:06 (38.3%)	6:04	9.9 (61.9%)
263	WÓJCIK Rafał	980		M-40	263	00:01:14	00:29:18	00:58:58	01:28:56	02:01:38	02:08:34.60	02:09:49.30	+00:49:29 (38.5%)	6:05	9.8 (61.3%)
264	ZIMNY Michał	1016		M-40	264	00:01:06	00:31:35	01:03:14	01:34:51	02:03:23	02:08:47.60	02:09:54.55	+00:49:42 (38.6%)	6:06	9.8 (61.3%)
265	CZAPEK Marek	123	NIGHT RUNNERS GLIWICE	M-40	265	00:01:35	00:29:53	01:00:13	01:31:08	02:03:09	02:09:54.85	02:11:30.40	+00:50:49 (39.1%)	6:09	9.7 (60.6%)
266	PIETRZAK Krzysztof	696		M-40	266	00:01:16	00:27:54	00:58:08	01:30:15	02:02:45	02:10:07.40	02:11:23.50	+00:51:02 (39.2%)	6:10	9.7 (60.6%)
267	GRZEBIELUCH Tomasz	265		M-40	267	00:01:39	00:30:11	01:00:12	01:31:12	02:02:55	02:10:14.55	02:11:54.00	+00:51:09 (39.3%)	6:10	9.7 (60.6%)
268	SEKIENDA Grzegorz	794		M-40	268	00:01:28	00:30:18	01:00:23	01:31:23	02:03:06	02:10:25.20	02:11:53.55	+00:51:19 (39.4%)	6:10	9.7 (60.6%)
269	PAŁETKO Ryszard	665		M-40	269	00:00:42	00:29:17	00:59:18	01:31:26	02:04:12	02:10:36.50	02:11:19.00	+00:51:31 (39.4%)	6:11	9.7 (60.6%)
270	OSIŃSKI Paweł	648	BIEGAJ Z TRENERAMI	M-40	270	00:01:26	00:28:29	00:59:34	01:31:14	02:04:13	02:10:40.60	02:12:06.75	+00:51:35 (39.5%)	6:11	9.7 (60.6%)
271	BIELECKI Adam	1107	CHATEAU CHALIN	M-40	271	00:00:54	00:28:40	00:58:09	01:29:12	02:04:31	02:12:05.20	02:12:59.75	+00:52:59 (40.1%)	6:15	9.6 (60.0%)
272	ZAJĄC Jacek	994	RCU UBEZPIECZENIA	M-40	272	00:01:51	00:31:34	01:03:22	01:35:10	02:05:53	02:12:08.00	02:13:59.45	+00:53:02 (40.1%)	6:15	9.6 (60.0%)
273	ZYGMUNTOWICZ Piotr	1024	ANICA TEAM	M-40	273	00:00:51	00:27:46	00:57:12	01:29:05	02:04:15	02:12:12.45	02:13:03.60	+00:53:07 (40.2%)	6:15	9.6 (60.0%)
274	KUTRZYK Przemysław	482		M-40	274	00:01:34	00:29:18	00:59:32	01:31:11	02:05:40	02:12:47.95	02:14:22.60	+00:53:42 (40.4%)	6:17	9.5 (59.4%)
275	KOCUR Aleksander	392		M-40	275	00:00:44	00:31:23	01:03:14	01:35:22	02:05:46	02:13:00.05	02:13:44.40	+00:53:54 (40.5%)	6:18	9.5 (59.4%)
276	KARMAŃSKI Jacek	349		M-40	276	00:01:01	00:29:10	01:00:16	01:32:25	02:06:19	02:13:15.55	02:14:17.05	+00:54:10 (40.6%)	6:18	9.5 (59.4%)
277	NAWROT Krzysztof	604		M-40	277	00:01:45	00:29:56	01:00:35	01:32:05	02:06:24	02:13:53.60	02:15:38.60	+00:54:48 (40.9%)	6:20	9.5 (59.4%)
278	KRAWCZYŃSKI Mirosław	440		M-40	278	00:01:02	00:30:19	01:00:49	01:32:20	02:08:12	02:15:17.85	02:16:20.60	+00:56:12 (41.5%)	6:24	9.4 (58.8%)
279	WIECZORKE Marcin	945		M-40	279	00:01:05	00:27:58	00:57:05	01:30:01	02:08:11	02:16:14.45	02:17:20.10	+00:57:09 (41.9%)	6:27	9.3 (58.1%)
280	KRAJEWSKI Adam	432		M-40	280	00:01:18	00:29:08	00:59:35	01:33:41	02:11:07	02:18:57.50	02:20:15.90	+00:59:52 (43.1%)	6:35	9.1 (56.9%)
281	LATA Piotr	495	KYOKUSHIN	M-40	281	00:01:41	00:33:12	01:06:04	01:38:52	02:12:47	02:20:26.10	02:22:07.60	+01:01:20 (43.7%)	6:39	9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
282	JANOSZEK Piotr	309		M-40	282	00:01:29	00:30:20	01:02:39	01:36:34	02:13:11	02:20:51.35	02:22:20.40	+01:01:45 (43.9%)	6:40	9 (56.3%)
283	BIAŁY Michał	33	DMB	M-40	283	00:00:33	00:30:53	01:03:29	01:37:36	02:14:31	02:22:35.20	02:23:08.85	+01:03:29 (44.5%)	6:45	8.9 (55.6%)
284	PAWLACZYK Lesław	676	DTIQ	M-40	284	00:01:40	00:29:44	01:02:28	01:37:04	02:15:53	02:22:58.95	02:24:39.30	+01:03:53 (44.7%)	6:46	8.9 (55.6%)
285	ZGÓRSKI Grzegorz	1006		M-40	285	00:01:46	00:31:52	01:03:42	01:37:51	02:15:57	02:23:37.75	02:25:23.80	+01:04:32 (44.9%)	6:48	8.8 (55.0%)
286	SZYDŁOWSKI Przemysław	892		M-40	286	00:01:50	00:30:59	01:02:32	01:36:03	02:16:00	02:24:21.20	02:26:11.20	+01:05:15 (45.2%)	6:50	8.8 (55.0%)
287	KASPEREK Ireneusz	353	FIS - SST	M-40	287	00:01:43	00:31:42	01:05:30	01:42:26	02:21:16	02:29:53.65	02:31:37.10	+01:10:48 (47.2%)	7:06	8.4 (52.5%)
288	BANACH Witold	11	BRAK	M-40	288	00:00:43	00:31:52	01:06:31	01:44:25	02:24:30	02:33:36.80	02:34:20.10	+01:14:31 (48.5%)	7:16	8.2 (51.3%)
289	NOWAK Dariusz	624	FIS-SST TEAM	M-40	289	00:01:53	00:33:20	01:08:52	01:46:13	02:30:04	02:39:48.05	02:41:41.70	+01:20:42 (50.5%)	7:34	7.9 (49.4%)
290	KOGUT Krzysztof	394	NIGHT RUNNERS GLIWICE	M-40	290	00:00:30	00:34:23	01:13:17	01:52:50	02:34:28	02:43:14.20	02:43:44.35	+01:24:08 (51.5%)	7:44	7.8 (48.8%)
291	HELLWIG Adam	281		M-40	291	00:01:06	00:28:19	00:58:00					+00:20:42	5:48	10.3 (64.4%)
292	ŚWIDA Adam	905	ENDURE TEAM	M-40	292	00:00:07	00:20:57						+00:02:20	4:11	14.3 (89.4%)

Znaleziono 292 wynik(ów)