

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

Klasyfikacja: M-40

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>POLAK Bogdan</b>	<b>1076</b>		M-40	00:00:02	00:18:37	00:37:18	00:55:50	01:14:58
2	<b>KLIMAS Tomasz</b>	<b>375</b>		M-40	00:00:00	00:19:08	00:38:59	00:58:09	01:17:28
3	<b>PROKOPIUK Robert</b>	<b>730</b>	KALWAT	M-40	00:00:01	00:19:06	00:38:42	00:58:00	01:17:50
4	<b>STAWINOGA Janusz</b>	<b>846</b>	HIRSCHVOGEL	M-40	00:00:03	00:19:09	00:38:52	00:58:29	01:18:44
5	<b>GRZYWACZ Marcin</b>	<b>271</b>	SIGNIFY BIELSKO	M-40	00:00:03	00:19:20	00:39:08	00:59:00	01:20:01
6	<b>DAMEC Aleksnder</b>	<b>144</b>	OCHAJORUN & FRIENDS	M-40	00:00:05	00:19:45	00:39:49	00:59:55	01:20:41
7	<b>LASKOWSKI Tomasz</b>	<b>493</b>	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:04	00:19:46	00:40:06	01:00:32	01:21:19
8	<b>SZYMURA Wojciech</b>	<b>898</b>	DECATHLON RYBNIK & PRZYJACIELE	M-40	00:00:05	00:19:29	00:39:46	01:00:24	01:22:05
9	<b>PRZEŹDZIAK Zygmunt</b>	<b>737</b>	GMINA STRZELCE OPOLSKIE	M-40	00:00:04	00:20:25	00:41:03	01:01:30	01:22:19
10	<b>PALT Tomasz</b>	<b>664</b>		M-40	00:00:02	00:20:12	00:41:03	01:01:45	01:23:05
11	<b>ŻOGAŁA Jan</b>	<b>1033</b>	HURAGAN LIGOTA	M-40	00:00:05	00:20:14	00:41:04	01:01:54	01:23:24
12	<b>MARKIEWICZ Marcin</b>	<b>1059</b>		M-40	00:00:04	00:20:29	00:41:28	01:02:22	01:23:43
13	<b>SIWY Sebastian</b>	<b>1103</b>		M-40	00:00:06	00:20:47	00:41:56	01:02:55	01:24:03
14	<b>FABIAN Michał</b>	<b>184</b>		M-40	00:00:09	00:20:51	00:42:10	01:03:04	01:24:22
15	<b>RAJTAR Krzysztof</b>	<b>1098</b>	WAY2CHAMP	M-40	00:00:06	00:20:19	00:41:52	01:02:28	01:24:23
16	<b>PIENIAŻEK Krzysztof</b>	<b>693</b>	INŻYNIERIA BIEGANIA TEAM	M-40	00:00:05	00:20:53	00:42:10	01:03:07	01:24:57
17	<b>CHOMIK Rafał</b>	<b>104</b>	WAY2CHAMP/ PACEMAKER	M-40	00:00:07	00:20:53	00:42:12	01:03:22	01:24:59
18	<b>LIPIŃSKI Tomasz</b>	<b>509</b>	LICHOTA TEAM	M-40	00:00:07	00:20:53	00:42:13	01:03:23	01:25:15
19	<b>SPYCHALSKI Adam</b>	<b>835</b>	LEIBER TEAM	M-40	00:00:04	00:21:14	00:43:07	01:04:46	01:26:17
20	<b>KANIA Michał</b>	<b>346</b>		M-40	00:00:09	00:21:16	00:42:49	01:04:26	01:26:44
21	<b>STĘPIEŃ Wojciech</b>	<b>849</b>	COMPANEROS ASFALT TEAM	M-40	00:00:12	00:20:51	00:42:23	01:03:52	01:26:58
22	<b>FIREK Rafał</b>	<b>1060</b>		M-40	00:00:13	00:21:33	00:43:17	01:04:56	01:27:07
23	<b>KRĘŻOŁEK Daniel</b>	<b>441</b>		M-40	00:00:10	00:21:02	00:42:43	01:04:23	01:27:17
24	<b>BERKE Rafał</b>	<b>25</b>	BATORY LOTO	M-40	00:00:07	00:20:33	00:42:23	01:04:13	01:27:21
25	<b>SAWCZYN Tomasz</b>	<b>792</b>	TI22ES	M-40	00:00:13	00:21:29	00:43:37	01:05:31	01:27:52
26	<b>DREJA Zbigi</b>	<b>159</b>		M-40	00:00:18	00:22:46	00:44:54	01:06:09	01:28:09
27	<b>CZEPIGA Jan</b>	<b>130</b>		M-40	00:00:08	00:21:00	00:42:51	01:05:10	01:28:18
28	<b>BANYŚ Jacek</b>	<b>13</b>	MOSTOSTAL ZABRZE UNITED	M-40	00:00:09	00:21:23	00:44:05	01:06:06	01:28:19
29	<b>SIELSKI Jarosław</b>	<b>804</b>	OPEL ACTIVE TEAM	M-40	00:00:08	00:20:46	00:42:19	01:04:29	01:28:41
30	<b>STACHOWICZ Kamil</b>	<b>837</b>	LECĘBOHCĘ	M-40	00:00:06	00:21:52	00:44:03	01:05:57	01:28:42

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
31	<b>GOLDA Piotr</b>	<b>1085</b>		M-40	00:00:04	00:22:56	00:45:41	01:07:12	01:28:44
32	<b>NIKODON Paweł</b>	<b>613</b>	NIKODON DREAM TEAM	M-40	00:00:10	00:20:52	00:42:59	01:05:43	01:29:14
33	<b>ROMIK Krzysztof</b>	<b>1096</b>	HELI POLSKA	M-40	00:00:10	00:21:33	00:43:46	01:06:03	01:29:14
34	<b>CICHOŃSKI Damian</b>	<b>111</b>	ORANGE POLSKA	M-40	00:00:05	00:22:58	00:45:46	01:07:21	01:29:23
35	<b>NAWROCKI Szymon</b>	<b>602</b>		M-40	00:00:12	00:22:31	00:45:03	01:07:05	01:29:29
36	<b>ZYGUŁA Piotr</b>	<b>1025</b>	DCWRP	M-40	00:00:12	00:22:31	00:45:03	01:07:05	01:29:29
37	<b>GRZYB Dariusz</b>	<b>269</b>	NIEZRZESZONY	M-40	00:00:16	00:22:53	00:45:20	01:07:22	01:29:46
38	<b>ŁOAZA Krzysztof</b>	<b>516</b>	NIGHT RUNNERS PYSKOWICE	M-40	00:00:24	00:22:46	00:45:21	01:07:15	01:29:47
39	<b>WÓJCIK Zbigniew</b>	<b>983</b>		M-40	00:00:17	00:22:13	00:44:44	01:07:08	01:30:16
40	<b>ROSKOSZ Rafał</b>	<b>768</b>	PRO WINDOW TEAM TARNOWSKIE GÓRY	M-40	00:00:19	00:22:09	00:44:53	01:07:37	01:30:54
41	<b>BOSOWSKI Tomasz</b>	<b>65</b>		M-40	00:00:20	00:22:34	00:45:14	01:07:34	01:30:54
42	<b>GRZESIKIEWICZ Mariusz</b>	<b>267</b>		M-40	00:00:13	00:22:10	00:44:51	01:07:42	01:30:57
43	<b>HOŁYŃSKI Tomasz</b>	<b>290</b>	ORŁY Z KNUROWA	M-40	00:00:36	00:22:49	00:45:19	01:07:45	01:30:59
44	<b>BIELA Rafał</b>	<b>38</b>		M-40	00:00:14	00:22:47	00:45:20	01:07:54	01:31:17
45	<b>BRYŁA Grzegorz</b>	<b>76</b>		M-40	00:00:53	00:22:55	00:45:40	01:08:22	01:31:19
46	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>616</b>		M-40	00:00:27	00:22:40	00:45:13	01:07:50	01:31:22
47	<b>NOWAK Adam</b>	<b>622</b>		M-40	00:00:18	00:22:14	00:44:49	01:07:38	01:31:33
48	<b>KURTO Grzegorz</b>	<b>479</b>	BBRUNNERS	M-40	00:00:05	00:22:34	00:45:41	01:08:33	01:31:35
49	<b>NOWAK Mariusz</b>	<b>621</b>	HIRSCHVOGEL	M-40	00:00:13	00:22:39	00:46:02	01:08:45	01:31:39
50	<b>CIEŚLIK Paweł</b>	<b>115</b>	CHATEAU CHALIN	M-40	00:00:08	00:21:39	00:44:55	01:08:13	01:32:06
51	<b>BUJAK Marek</b>	<b>89</b>	#CZELADZBIEGA	M-40	00:00:21	00:22:19	00:44:45	01:07:24	01:32:10
52	<b>CZAJKA Roman</b>	<b>122</b>		M-40	00:00:14	00:22:48	00:46:07	01:09:00	01:32:17
53	<b>GÓRECKI Michał</b>	<b>1095</b>	BPSC	M-40	00:00:13	00:21:35	00:44:16	01:07:25	01:32:20
54	<b>MANDOK Bogdan</b>	<b>532</b>		M-40	00:00:03	00:21:11	00:44:57	01:08:30	01:32:35
55	<b>KUSEK Andrzej</b>	<b>1061</b>		M-40	00:00:15	00:22:40	00:45:37	01:08:48	01:32:36
56	<b>BEHRENDT Jakub</b>	<b>21</b>	LECE BO CHCE	M-40	00:00:28	00:22:43	00:45:32	01:08:37	01:32:50
57	<b>PTAK Bartłomiej</b>	<b>1118</b>		M-40	00:00:21	00:23:28	00:46:47	01:10:23	01:32:56
58	<b>TRACZUK Marek</b>	<b>915</b>		M-40	00:00:19	00:23:30	00:46:49	01:10:26	01:33:08
59	<b>BEŁKOT Arkadiusz</b>	<b>23</b>		M-40	00:00:20	00:23:28	00:46:47	01:09:47	01:33:13
60	<b>BEŚKA Sławomir</b>	<b>26</b>	OCHAJORUN & FRIENDS	M-40	00:00:05	00:20:54	00:44:10	01:09:34	01:33:15
61	<b>DESZYŃSKI Damian</b>	<b>153</b>	ISTA BIEGAMY	M-40	00:01:03	00:23:01	00:46:09	01:09:44	01:33:20
62	<b>DYGDON Paweł</b>	<b>168</b>		M-40	00:00:06	00:22:41	00:45:38	01:08:49	01:33:22
63	<b>SZNYDER Wojciech</b>	<b>879</b>		M-40	00:00:11	00:23:37	00:46:57	01:10:09	01:33:23
64	<b>WIŚNIEWSKI Jarosław</b>	<b>961</b>	MOSTOSTA:L ZABRZE UNITED	M-40	00:00:25	00:22:39	00:45:56	01:09:27	01:33:25
65	<b>PIETYSZUK Darek</b>	<b>697</b>	MOSTOSTAL ZABRZE UNITED	M-40	00:00:25	00:22:39	00:45:55	01:09:27	01:33:26
66	<b>WALKOWIAK Piotr</b>	<b>934</b>		M-40	00:00:00	00:23:49	00:47:09	01:10:43	01:33:38
67	<b>NITKA Sebastian</b>	<b>615</b>		M-40	00:00:03	00:21:55	00:45:21	01:09:10	01:33:51
68	<b>ZIOBER Grzegorz</b>	<b>1017</b>	SPARTA PLATFUS	M-40	00:00:53	00:24:06	00:47:28	01:10:25	01:33:51
69	<b>KASZOWSKI Marcin</b>	<b>354</b>		M-40	00:00:17	00:23:31	00:46:53	01:10:27	01:33:52
70	<b>SIKORA Marek</b>	<b>807</b>	W POGONI ZA DUCHEM	M-40	00:00:15	00:23:10	00:46:49	01:10:04	01:33:54
71	<b>KAŁAMARZ Mariusz</b>	<b>339</b>		M-40	00:00:06	00:21:52	00:45:09	01:09:28	01:33:58
72	<b>LEWICKI Tomasz</b>	<b>506</b>	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:10	00:22:49	00:46:01	01:09:34	01:33:58
73	<b>ODOSZEWSKI Roman</b>	<b>631</b>	OASIS SPORT TEAM	M-40	00:00:11	00:22:04	00:45:27	01:09:29	01:34:10
74	<b>KWIATKOWSKI Grzegorz</b>	<b>489</b>		M-40	00:00:11	00:21:15	00:44:37	01:09:10	01:34:12
75	<b>BORTEL Mirosław</b>	<b>62</b>	40 LATEK SPLA TYCHY	M-40	00:00:01	00:22:58	00:47:05	01:10:19	01:34:17

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
76	<b>KRAICZICZEK Krzysztof</b>	<b>431</b>	KELLER WILLIAMS POWER TEAM	M-40	00:00:25	00:23:23	00:46:44	01:10:23	01:34:18
77	<b>OSOJCA Mariusz</b>	<b>649</b>	FLUOR	M-40	00:01:00	00:23:49	00:47:33	01:10:40	01:34:20
78	<b>WÓJCIK Dariusz</b>	<b>981</b>		M-40	00:00:13	00:22:20	00:45:29	01:09:15	01:34:30
79	<b>MIECZNIKOWSKI Jacek</b>	<b>569</b>		M-40	00:00:19	00:22:54	00:46:25	01:09:53	01:35:01
80	<b>WASZAK Damian</b>	<b>937</b>		M-40	00:00:31	00:24:23	00:48:28	01:11:59	01:35:18
81	<b>GRZONDZIEL Mirek</b>	<b>268</b>	HURAGAN LIGOTA	M-40	00:00:18	00:23:31	00:46:54	01:10:50	01:35:22
82	<b>POJDA Grzegorz</b>	<b>716</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	00:00:21	00:23:09	00:46:42	01:10:26	01:35:22
83	<b>WYRZGOL Andrzej</b>	<b>988</b>		M-40	00:00:32	00:23:29	00:47:20	01:11:26	01:35:29
84	<b>BROLL Rafał</b>	<b>72</b>		M-40	00:00:17	00:23:30	00:46:50	01:10:42	01:35:35
85	<b>MAZUR Krzysztof</b>	<b>552</b>	OPEL ACTIVE TEAM	M-40	00:01:01	00:24:03	00:47:43	01:11:11	01:35:45
86	<b>RUSZCZYK Marek</b>	<b>775</b>		M-40	00:00:24	00:23:33	00:47:28	01:11:18	01:35:48
87	<b>OWCZAREK Paweł</b>	<b>653</b>		M-40	00:00:30	00:24:06	00:48:05	01:11:38	01:35:53
88	<b>SZAFRAŃSKI Michał</b>	<b>868</b>		M-40	00:00:23	00:23:34	00:47:29	01:11:35	01:36:00
89	<b>SKRZYPEK Krzysztof</b>	<b>817</b>		M-40	00:00:18	00:23:34	00:47:31	01:11:34	01:36:24
90	<b>WOŁOSZ Marcin</b>	<b>972</b>	QUERCUS ON TOUR	M-40	00:00:33	00:23:57	00:48:10	01:12:14	01:36:26
91	<b>JANECZEK Marek</b>	<b>303</b>		M-40	00:00:17	00:23:34	00:47:10	01:11:25	01:36:27
92	<b>MŁYŃCZAK Piotr</b>	<b>579</b>	EUVIC GLIWICE	M-40	00:00:30	00:23:38	00:47:30	01:11:37	01:36:29
93	<b>SAKOWSKI Maciej</b>	<b>788</b>	HURAGAN LIGOTA	M-40	00:00:17	00:23:30	00:46:50	01:11:06	01:36:40
94	<b>TYSZKIEWICZ Cuma</b>	<b>920</b>		M-40	00:00:54	00:23:45	00:47:53	01:11:55	01:36:50
95	<b>MOJ Tomasz</b>	<b>582</b>		M-40	00:00:23	00:23:26	00:46:48	01:10:56	01:36:57
96	<b>WÓJCIK Rafał</b>	<b>977</b>		M-40	00:00:20	00:23:32	00:47:16	01:11:43	01:37:09
97	<b>NIESZPOREK Adam</b>	<b>610</b>	RUN-3	M-40	00:00:15	00:23:15	00:46:51	01:11:00	01:37:19
98	<b>JUDA Artur</b>	<b>324</b>		M-40	00:00:32	00:24:20	00:48:34	01:12:48	01:37:50
99	<b>NITARSKI Patryk</b>	<b>614</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:36	00:24:15	00:48:30	01:12:56	01:37:52
100	<b>SKORUPA Mariusz</b>	<b>1106</b>		M-40	00:00:39	01:12:23			01:38:08
101	<b>HOMOTIUK Michał</b>	<b>291</b>		M-40	00:00:29	00:23:54	00:48:34	01:13:01	01:38:17
102	<b>KOPEĆ Tomasz</b>	<b>406</b>		M-40	00:00:13	00:23:03	00:47:29	01:12:10	01:38:19
103	<b>WOJTUKIEWICZ Artur</b>	<b>967</b>	DHL RUN CLUB	M-40	00:00:24	00:24:52	00:49:46	01:14:09	01:38:22
104	<b>SROCZYŃSKI Dariusz</b>	<b>836</b>		M-40	00:00:20	00:24:55	00:49:50	01:14:13	01:38:26
105	<b>KURCZEK Tomasz</b>	<b>477</b>		M-40	00:00:45	00:24:52	00:49:57	01:14:24	01:38:35
106	<b>TRZEWICZEK Marcin</b>	<b>917</b>		M-40	00:00:28	00:22:48	00:46:22	01:10:37	01:38:42
107	<b>GAWENDA Dariusz</b>	<b>210</b>		M-40	00:00:35	00:24:12	00:49:10	01:13:59	01:38:49
108	<b>KOZIOŁ Artur</b>	<b>428</b>	PORANNY PATROL	M-40	00:01:35	00:24:18	00:48:46	01:13:35	01:39:06
109	<b>KOCUR Patryk</b>	<b>391</b>		M-40	00:00:21	00:24:31	00:48:49	01:13:06	01:39:08
110	<b>PUŁA Adrian</b>	<b>743</b>	SREBRNI BIEGACZE TG / SZOMBIERKI DREAM TEAM	M-40	00:00:48	00:25:15	00:50:09	01:14:29	01:39:11
111	<b>SMYK Robert</b>	<b>1050</b>	NIGHT RUNNERS GLIWICE	M-40	00:00:35	00:24:16	00:48:38	01:12:57	01:39:19
112	<b>MORCHAT Paweł</b>	<b>586</b>	#CZELADZBIEGA	M-40	00:00:50	00:24:47	00:49:53	01:14:17	01:39:19
113	<b>PYZIK Tomasz</b>	<b>749</b>	DRUŻYNA MOJACUKRZYCA.PL	M-40	00:00:57	00:24:37	00:49:37	01:14:20	01:39:55
114	<b>DOBOSZ Daniel</b>	<b>156</b>		M-40	00:00:41	00:23:15	00:47:45	01:13:08	01:40:06
115	<b>PUDLO Arkadiusz</b>	<b>1051</b>	DASIS TEAM CLUB	M-40	00:00:24	00:23:24	00:47:22	01:13:04	01:40:15
116	<b>DOMAŃSKI Marcin</b>	<b>1067</b>	RUNNINGFISH74	M-40	00:00:48	00:25:08	00:49:56	01:14:51	01:40:39
117	<b>WASIK Marcin</b>	<b>936</b>	MUSTANGI GLIWICE	M-40	00:00:36	00:24:16	00:48:38	01:13:03	01:40:40
118	<b>ROSEK Jarosław</b>	<b>1057</b>		M-40	00:00:39	00:24:12	00:48:34	01:13:16	01:41:25
119	<b>SZOTA Wojciech</b>	<b>886</b>		M-40	00:00:39	00:26:59	00:53:00	01:17:56	01:41:41
120	<b>CZERNEK Marek</b>	<b>131</b>	BIEGAJ Z TRENERAMI	M-40	00:00:17	00:24:33	00:49:32	01:15:43	01:42:02

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
121	<b>HERLICZKA Tomasz</b>	<b>284</b>	AML FLY TEAM	M-40	00:00:59	00:25:30	00:51:28	01:16:51	01:42:02
122	<b>CEDRO Damian</b>	<b>97</b>	BOSSE NOGI MALINKA OPOLE	M-40	00:00:21	00:24:44	00:50:06	01:15:44	01:42:16
123	<b>SMUDA Andrzej</b>	<b>821</b>	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:45	00:25:32	00:50:52	01:16:35	01:42:21
124	<b>KROCZYK Lesław</b>	<b>443</b>		M-40	00:00:55	00:24:39	00:49:49	01:15:07	01:42:22
125	<b>ICIEK Mariusz</b>	<b>296</b>	AKTYWNI KAMIEŃSK	M-40	00:01:01	00:25:19	00:51:04	01:16:31	01:42:32
126	<b>SULIN Marek</b>	<b>863</b>	SPARTANIE DZIECIOM	M-40	00:00:13	00:24:19	00:49:40	01:16:07	01:42:35
127	<b>MAŁEK Mirosław</b>	<b>531</b>	WUJEK BIEGA	M-40	00:00:00				01:42:42
128	<b>JĘDRYKA Piotr</b>	<b>320</b>	DRIV	M-40	00:00:12	00:24:14	00:49:42	01:15:48	01:42:47
129	<b>ZEGARTOWSKI Grzegorz</b>	<b>1003</b>	DTIQ POLAND	M-40	00:00:59	00:25:26	00:51:29	01:16:56	01:42:51
130	<b>GANCARZ Maciej</b>	<b>205</b>	MUSTANGI GLIWICE	M-40	00:00:16	00:23:19	00:48:12	01:14:37	01:42:53
131	<b>SZOŁTYSEK Piotr</b>	<b>882</b>		M-40	00:00:50	00:25:45	00:51:29	01:17:29	01:42:58
132	<b>GRACZYK Zbigniew</b>	<b>250</b>		M-40	00:01:03	00:25:58	00:51:36	01:17:23	01:43:12
133	<b>STEC Marcin</b>	<b>847</b>	KW GLIWICE	M-40	00:01:12	00:24:46	00:50:38	01:16:28	01:43:13
134	<b>STRZELCZYK Tomasz</b>	<b>859</b>	HURAGAN LIGOTA	M-40	00:01:01	00:25:35	00:51:28	01:17:25	01:43:16
135	<b>KAMPKA Aleksander</b>	<b>345</b>		M-40	00:00:54	00:25:36	00:51:35	01:17:31	01:43:18
136	<b>OSTROWSKI Rafał</b>	<b>652</b>		M-40	00:00:51	00:24:03	00:48:59	01:15:07	01:43:19
137	<b>SIATA Sebastian</b>	<b>801</b>	DRIV	M-40	00:01:07	00:25:01	00:51:20	01:17:14	01:43:19
138	<b>KUC Marcin</b>	<b>1105</b>	AUGUSTEAM	M-40	00:00:35	00:24:58	00:51:02	01:16:42	01:43:39
139	<b>KAŁUŻA Arkadiusz</b>	<b>340</b>	PACEMAKER	M-40	00:00:47	00:25:32	00:51:40	01:17:34	01:43:40
140	<b>JURCZYGA Maciej</b>	<b>326</b>		M-40	00:01:22	00:25:51	00:52:07	01:17:35	01:43:41
141	<b>FRĄC Dariusz</b>	<b>1036</b>	1:50	M-40	00:00:46	00:25:34	00:51:41	01:17:36	01:43:42
142	<b>WAWRZAK Ryszard</b>	<b>940</b>	PACEMAKER	M-40	00:00:46	00:25:43	00:51:42	01:17:36	01:43:43
143	<b>KĄDZIELA Jan</b>	<b>359</b>		M-40	00:00:52	00:24:19	00:49:40	01:16:05	01:43:44
144	<b>SIDORSKI Robert</b>	<b>802</b>	OPEL ACTIVE TEAM	M-40	00:00:00	00:26:05	00:51:16	01:16:53	01:43:45
145	<b>MŁYŃCZAK Arkadiusz</b>	<b>580</b>	RUN AND FUN	M-40	00:00:48	00:25:58	00:52:07	01:18:07	01:43:47
146	<b>JANIKOWSKI Michał</b>	<b>307</b>		M-40	00:00:27	00:24:00	00:49:39	01:16:01	01:43:50
147	<b>STRUG Mariusz</b>	<b>856</b>		M-40	00:00:59	00:25:29	00:51:29	01:17:25	01:43:57
148	<b>BUŁAWA Grzegorz</b>	<b>93</b>	GB-ARCH.PL ARCHITEKT GRZEGORZ BUŁAWA	M-40	00:00:46	00:25:37	00:51:46	01:17:41	01:44:00
149	<b>HAJOK Marek</b>	<b>275</b>		M-40	00:00:47	00:25:30	00:51:31	01:17:37	01:44:03
150	<b>RĄB Łukasz</b>	<b>757</b>		M-40	00:00:00	00:26:05	00:51:52	01:17:57	01:44:16
151	<b>KOWAL Piotr</b>	<b>416</b>	-----	M-40	00:00:42	00:25:20	00:51:22	01:17:16	01:44:18
152	<b>CIEŚLA Arkadiusz</b>	<b>113</b>	BIEGAMY Z SERCEM.PL	M-40	00:00:42	00:25:34	00:51:09	01:16:41	01:44:20
153	<b>OPOREK Sebastian</b>	<b>642</b>		M-40	00:00:32	00:26:04	00:52:07	01:17:55	01:44:22
154	<b>RENKE Piotr</b>	<b>760</b>	EWA BUGDOŁ TEAM	M-40	00:00:00	00:25:30	00:51:00	01:16:51	01:44:23
155	<b>OLEJNICZAK Dominik</b>	<b>635</b>		M-40	00:01:34	00:28:21	00:54:28	01:19:24	01:44:38
156	<b>BRZEZINA Arkadiusz</b>	<b>77</b>	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:47	00:24:56	00:50:44	01:16:46	01:44:42
157	<b>GOMOLA Zbigniew</b>	<b>239</b>		M-40	00:00:30	00:26:40	00:53:05	01:18:27	01:44:46
158	<b>NABIELEC Jakub</b>	<b>597</b>		M-40	00:00:54	00:25:35	00:51:40	01:17:59	01:45:11
159	<b>LEWANDOWSKI Henryk</b>	<b>504</b>		M-40	00:00:41	00:25:33	00:50:59	01:16:19	01:45:16
160	<b>KORAL Wojciech</b>	<b>410</b>		M-40	00:01:02	00:26:27	00:52:44	01:18:42	01:45:17
161	<b>MICHALAK Grzegorz</b>	<b>561</b>	TOTALNY AMATOR	M-40	00:00:11	00:25:21	00:51:49	01:18:15	01:45:19
162	<b>BREGUŁA Krzysztof</b>	<b>68</b>		M-40	00:00:38	00:25:22	00:50:58	01:16:46	01:45:25
163	<b>WILSZ Adam</b>	<b>957</b>	#PANIÓWKIRUN	M-40	00:01:34	00:26:59	00:53:46	01:19:49	01:45:26
164	<b>KLIKS Andrzej</b>	<b>374</b>	FIS-SST TEAM	M-40	00:01:00	00:25:34	00:51:35	01:17:43	01:45:28
165	<b>PARUZEL Ireneusz</b>	<b>671</b>	ZABIEGANI NAUCZYCIELE	M-40	00:00:25	00:23:29	00:48:14	01:17:24	01:45:41

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
166	RENKIEL Tomasz	761	COMPANEROS ASFALT TEAM	M-40	00:00:47	00:25:42	00:51:41	01:18:34	01:45:46
167	PRYSZCZ Mirosław	733		M-40	00:00:44	00:24:39	00:50:27	01:17:36	01:45:54
168	KRZEMIEŃ Bartosz	452		M-40	00:01:24	00:26:52	00:53:19	01:19:49	01:46:15
169	KASPRZYK Marcin	1100		M-40	00:01:05	00:27:16	00:53:57	01:19:52	01:46:27
170	STACHOWSKI Wojciech	838		M-40	00:00:36	00:24:29	00:49:46	01:16:52	01:46:59
171	BROEN Bartosz	71	ŁAWECZKA WILKOWYJE RUNNING TEAM	M-40	00:01:27	00:26:55	00:53:52	01:20:06	01:47:04
172	GRONDECKI Grzegorz	258	BIEGAMY Z SERCEM	M-40	00:01:07	00:27:00	00:53:20	01:19:44	01:47:13
173	GŁADYSZ Leszek	227	#PANIÓWKIRUN	M-40	00:01:30	00:25:57	00:51:28	01:17:48	01:47:17
174	BRYKOWSKI Przemysław	75		M-40	00:00:59	00:26:10	00:52:05	01:18:39	01:47:21
175	PRZYBYŚŁAWSKI Arkadiusz	740	4-TO	M-40	00:00:34	00:25:44	00:52:02	01:18:54	01:47:28
176	SZASTOK Adam	869		M-40	00:00:57	00:28:08	00:55:14	01:21:00	01:47:34
177	TOKAJ Piotr	911		M-40	00:01:22	00:26:48	00:53:41	01:20:24	01:47:46
178	SKORUPSKI Paweł	814		M-40	00:00:47	00:25:35	00:51:31	01:18:00	01:47:48
179	KNIEJSKI Damian	386		M-40	00:01:21	00:27:30	00:54:26	01:20:32	01:47:51
180	MICHALSKI Robert	563	HETMAN TARNOWSKIE GÓRY	M-40	00:00:26	00:25:59	00:52:56	01:20:00	01:47:56
181	JENDRYŚ Marek	1110		M-40	00:02:07	00:28:30	00:55:35	01:22:17	01:48:02
182	KROTOS Krzysztof	444	OQS	M-40	00:00:39	00:26:21	00:53:42	01:20:57	01:48:34
183	KRZOK Krzysztof	453		M-40	00:02:18	00:26:05	00:52:24	01:19:21	01:48:51
184	MAZUR Jarosław	558		M-40	00:01:03	00:25:31	00:51:10	01:19:07	01:49:00
185	POPIEL Artur	722		M-40	00:00:54	00:26:54	00:53:26	01:20:18	01:49:01
186	KUCZMA Jarosław	463		M-40	00:01:26	00:28:04	00:55:52	01:22:56	01:49:09
187	GOCYB Leszek	1108		M-40	00:00:17	00:27:02	00:53:35	01:21:15	01:49:19
188	ZAPOTOCZNY Przemek	999		M-40	00:00:43	00:27:13	00:54:42	01:22:20	01:49:28
189	BOREK Dariusz	59	MYSZKÓW BIEGA	M-40	00:00:49	00:25:32	00:51:40	01:18:56	01:49:36
190	KRAJEWSKI Michał	434		M-40	00:00:47	00:26:16	00:52:24	01:18:21	01:49:38
191	SZOŁTYSIK Paweł	887	SPARTA PLATFUS	M-40	00:00:53	00:28:31	00:56:28	01:22:30	01:49:43
192	SZYMKÓW Krzysztof	897	PKO BANK POLSKI	M-40	00:01:04	00:26:43	00:54:44	01:22:02	01:49:44
193	ROZWADOWSKI Dariusz	770		M-40	00:01:00	00:26:54	00:53:58	01:21:10	01:49:49
194	KWAPIEŃ Paweł	1070		M-40	00:00:18	00:26:03	00:53:19	01:21:09	01:49:50
195	KOTAJNY Piotr	415		M-40	00:00:13	00:26:36	00:53:29	01:20:42	01:49:52
196	SOBIERAJSKI Przemek	825		M-40	00:00:53	00:27:22	00:54:14	01:21:40	01:50:02
197	MAGDA Piotr	523	NIGHT RUNNERS PYSKOWICE	M-40	00:00:56	00:26:44	00:54:15	01:22:04	01:50:33
198	GÓRSKI Michał	245	GIEBUŁTÓW CIŚNIE	M-40	00:01:11	00:26:54	00:54:17	01:21:49	01:50:35
199	ROZWADOWSKI Dariusz	769		M-40	00:01:37	00:27:01	00:54:01	01:20:53	01:50:39
200	PISZCZ Marek	706	OPEL ACTIVE TEAM	M-40	00:00:58	00:26:17	00:53:47	01:21:58	01:50:40
201	STOLARCZYK Robert	852	NIGHT RUNNER GLIWICE	M-40	00:01:15	00:27:53	00:55:33	01:22:37	01:50:44
202	WOŹNIAK Marek	974		M-40	00:01:08	00:27:36	00:54:58	01:22:25	01:50:58
203	SZUSTAK Krzysztof	889	SERCE METROPOLII	M-40	00:00:55	00:27:27	00:54:48	01:22:30	01:51:08
204	JASIENKIEWICZ Tomasz	313	EL DENATOS PASADENA	M-40	00:01:07	00:28:03	00:56:19	01:22:51	01:51:14
205	MALINOWSKI Łukasz	530		M-40	00:00:59	00:26:09	00:53:38	01:21:28	01:51:24
206	MORDARSKI Artur	587		M-40	00:01:32	00:27:41	00:55:18	01:22:41	01:51:44
207	KALINOWSKI Krzysztof	337		M-40	00:01:49	00:28:12	00:56:07	01:23:27	01:51:46
208	SKÓRA Michał	816		M-40	00:00:22	00:27:36	00:55:22	01:23:09	01:51:50
209	KRUK Krzysztof	448		M-40	00:00:52	00:28:27	00:56:17	01:24:04	01:51:50
210	BALCARCZYK Bartłomiej	1117		M-40	00:01:08	00:28:09	00:56:19	01:23:50	01:51:57

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
211	JANIK Johan	305	COMPANEROS ASFALT TEAM	M-40	00:00:57	00:25:44	00:51:44	01:25:00	01:51:58
211	KOŁODZIEJ Jacek	398	COMPANEROS ASFALT TEAM	M-40	00:00:57	00:25:44	00:51:44	01:25:00	01:51:59
213	KIERA Szymon	365		M-40	00:01:14	00:27:52	00:55:27	01:23:08	01:52:18
214	ŁUBKOWSKI Robert	517		M-40	00:01:48	00:29:07	00:57:57	01:25:22	01:52:33
215	URBAŃSKI Leszek	929		M-40	00:01:00	00:25:30	00:51:40	01:20:00	01:52:37
216	GAJDA Dariusz	201	EXTREMALNI NAPALEŃCY	M-40	00:00:39	00:25:42	00:51:50	01:20:33	01:52:45
217	GERASCH Piotr	219	CZĘSTO CHOWA	M-40	00:00:37	00:25:01	00:51:50	01:21:19	01:52:57
218	DYMNICKI Andrzej	173	OCHAJORUN & FRIENDS	M-40	00:01:38	00:28:28	00:56:51	01:24:39	01:53:14
219	SZYNAL Andrzej	899	DHL RUN CLUB	M-40	00:01:35	00:28:02	00:56:18	01:24:47	01:53:15
220	JANIEC Witold	304		M-40	00:01:04	00:28:09	00:56:05	01:23:46	01:53:16
221	DĄBROWSKI Marcin	148	TEAM KORNEL	M-40	00:00:23	00:27:36	00:55:29	01:23:25	01:53:18
222	PATRZAŁEK Grzegorz	673		M-40	00:01:58	00:28:03	00:56:10	01:24:30	01:53:18
223	POLEWKA Tomasz	1122	UKS KOMETA GLIWICE	M-40	00:00:00	00:25:59	00:54:06	01:22:14	01:53:25
224	ZNAMIROWSKI Krzysztof	1020	RADIO WROCŁAW	M-40	00:00:44	00:26:31	00:54:51	01:24:13	01:53:32
225	BIAŁAS Krzysztof	27		M-40	00:00:31	00:28:52	00:56:52	01:24:30	01:53:35
226	FAŁEK Krzysztof	186		M-40	00:00:31	00:28:51	00:56:52	01:24:30	01:53:35
227	KRYCZAŁO Maciej	450		M-40	00:01:21	00:28:00	00:56:21	01:24:50	01:53:35
227	BEM Michał	24	BEMKI SPORT	M-40	00:01:21	00:28:00	00:56:23	01:24:50	01:53:36
229	CISEK Stanisław	117		M-40	00:01:23	00:28:13	00:56:31	01:24:58	01:53:41
230	BIAŁAS Tomek	29	CONSULTAS	M-40	00:01:19	00:28:30	00:56:46	01:25:50	01:53:47
231	PAWIŃSKI Wojciech	675		M-40	00:01:44	00:28:36	00:56:35	01:25:06	01:54:03
232	SZKUDLAREK Michał	876	RUN-LOG.COM	M-40	00:00:47	00:25:43	00:53:13	01:23:24	01:54:14
233	KOZUBEK Sergiusz	429		M-40	00:01:39	00:28:39	00:57:32	01:25:31	01:54:20
234	KORNIJCZUK Tomasz	411		M-40	00:00:26	00:29:56	01:01:02	01:27:08	01:54:30
235	KORSZEWSKI Patrycjusz	412		M-40	00:00:25	00:29:57	00:59:14	01:27:11	01:54:58
236	BIAŁECKI Aleksander	31		M-40	00:01:07	00:26:50	00:54:10	01:23:51	01:55:16
237	BOBKOWSKI Maciej	49	NIGHT RUNNERS PYSKOWICE	M-40	00:00:31	00:27:13	00:55:55	01:24:51	01:55:17
238	KOZACZKA Włodzimierz	425		M-40	00:01:17	00:28:49	00:57:31	01:26:09	01:55:17
239	PYTLARCZYK Piotr	748	KLUB BIEGACZA WARTA	M-40	00:00:21	00:26:59	00:55:53	01:25:06	01:55:29
240	SIKORA Michał	808		M-40	00:00:34	00:27:09	00:56:03	01:25:16	01:55:46
241	PIŁAT Jarosław	702	PACEMAKER	M-40	00:01:15	00:28:22	00:56:35	01:25:03	01:55:46
242	DZIECIĄTKOWSKI Jarosław	176	OPEL ACTIVE TEAM	M-40	00:01:16	00:29:02	00:57:48	01:27:29	01:55:53
243	GRAMATYKA Paweł	254	ZABIEGANI MZ UNITED	M-40	00:00:53	00:28:35	00:56:48	01:25:16	01:56:32
244	KLEMIŃSKI Tomasz	1113		M-40	00:01:27	00:29:20	00:58:30	01:27:18	01:56:48
245	PRZYBYLSKI Mariusz	738	PGB SPORTOWA PACZKA	M-40	00:00:56	00:26:43	00:53:48	01:22:06	01:57:37
246	MICHALSKI Marek	564		M-40	00:00:34	00:27:59	00:57:23	01:25:51	01:57:54
247	PIKTAS Paweł	698		M-40	00:01:34	00:29:20	00:58:01	01:26:14	01:58:11
248	JARASZ Aleksander	311	NIGHT RUNNERS ZABRZE	M-40	00:01:36	00:29:20	00:58:50	01:28:15	01:58:30
249	BUFNAL Krzysztof	86		M-40	00:00:46	00:27:49	00:56:11	01:25:30	01:59:02
250	CZERNIK Rafał	133		M-40	00:00:57	00:27:49	00:56:51	01:27:02	01:59:37
251	FIGIEL Mariusz	187		M-40	00:01:52	00:27:49	00:55:53	01:24:58	01:59:39
252	OSTROSZCZYK Rafał	650	BEZ KLUBU	M-40	00:01:35	00:29:45	00:59:46	01:29:44	02:00:16
253	MIKUŁA Leszek	574		M-40	00:00:05	00:25:49	00:54:29	01:25:47	02:00:32
254	ZADEBERNY Artur	993		M-40	00:01:16	00:27:34	00:56:03	01:26:41	02:00:41
255	KOŻUSZEK Sebastian	1083		M-40	00:01:20	00:28:39	00:57:46	01:27:28	02:00:56

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km
256	STEINHOFF Adam	848	WIKTOR TEAM	M-40	00:01:20	00:28:29	00:57:44	01:27:58	02:01:04
257	BUCHAL Grzegorz	82		M-40	00:01:06	00:29:25	00:59:34	01:29:49	02:01:08
258	HUBISZ Bartłomiej	294		M-40	00:00:45	00:29:27	01:00:24	01:30:28	02:01:10
259	ĆWIOK Marek	142	#PANIÓWKIRUN	M-40	00:01:20	00:30:02	00:59:47	01:30:29	02:01:11
260	PŁACHTA Marek	710	INTER PROJEKT S.A.	M-40	00:00:24	00:28:46	00:58:39	01:29:17	02:01:14
261	WÓJCIK Rafał	980		M-40	00:01:14	00:29:18	00:58:58	01:28:56	02:01:38
262	NOGŁY Adam	618	BIEGACZE Z BOJKOWA	M-40	00:01:36	00:29:52	01:00:11	01:31:03	02:01:47
263	MUSIL Mike	591		M-40	00:01:49	00:30:32	01:00:51	01:30:38	02:01:51
264	PIETRZAK Krzysztof	696		M-40	00:01:16	00:27:54	00:58:08	01:30:15	02:02:45
265	GRZEBIELUCH Tomasz	265		M-40	00:01:39	00:30:11	01:00:12	01:31:12	02:02:55
266	SEKIENDA Grzegorz	794		M-40	00:01:28	00:30:18	01:00:23	01:31:23	02:03:06
267	CZAPEK Marek	123	NIGHT RUNNERS GLIWICE	M-40	00:01:35	00:29:53	01:00:13	01:31:08	02:03:09
268	ZIMNY Michał	1016		M-40	00:01:06	00:31:35	01:03:14	01:34:51	02:03:23
269	PAŁETKO Ryszard	665		M-40	00:00:42	00:29:17	00:59:18	01:31:26	02:04:12
270	OSIŃSKI Paweł	648	BIEGAJ Z TRENERAMI	M-40	00:01:26	00:28:29	00:59:34	01:31:14	02:04:13
271	ZYGMUNTOWICZ Piotr	1024	ANICA TEAM	M-40	00:00:51	00:27:46	00:57:12	01:29:05	02:04:15
272	BIELECKI Adam	1107	CHATEAU CHALIN	M-40	00:00:54	00:28:40	00:58:09	01:29:12	02:04:31
273	KUTRZYK Przemysław	482		M-40	00:01:34	00:29:18	00:59:32	01:31:11	02:05:40
274	KOCUR Aleksander	392		M-40	00:00:44	00:31:23	01:03:14	01:35:22	02:05:46
275	ZAJĄC Jacek	994	RCU UBEZPIECZENIA	M-40	00:01:51	00:31:34	01:03:22	01:35:10	02:05:53
276	KARMAŃSKI Jacek	349		M-40	00:01:01	00:29:10	01:00:16	01:32:25	02:06:19
277	NAWROT Krzysztof	604		M-40	00:01:45	00:29:56	01:00:35	01:32:05	02:06:24
278	WIECZORKE Marcin	945		M-40	00:01:05	00:27:58	00:57:05	01:30:01	02:08:11
279	KRAWCZYŃSKI Mirosław	440		M-40	00:01:02	00:30:19	01:00:49	01:32:20	02:08:12
280	KRAJEWSKI Adam	432		M-40	00:01:18	00:29:08	00:59:35	01:33:41	02:11:07
281	LATA Piotr	495	KYOKUSHIN	M-40	00:01:41	00:33:12	01:06:04	01:38:52	02:12:47
282	JANOSZEK Piotr	309		M-40	00:01:29	00:30:20	01:02:39	01:36:34	02:13:11
283	BIAŁY Michał	33	DMB	M-40	00:00:33	00:30:53	01:03:29	01:37:36	02:14:31
284	PAWLACZYK Lesław	676	DTIQ	M-40	00:01:40	00:29:44	01:02:28	01:37:04	02:15:53
285	ZGÓRSKI Grzegorz	1006		M-40	00:01:46	00:31:52	01:03:42	01:37:51	02:15:57
286	SZYDŁOWSKI Przemysław	892		M-40	00:01:50	00:30:59	01:02:32	01:36:03	02:16:00
287	KASPEREK Ireneusz	353	FIS - SST	M-40	00:01:43	00:31:42	01:05:30	01:42:26	02:21:16
288	BANACH Witold	11	BRAK	M-40	00:00:43	00:31:52	01:06:31	01:44:25	02:24:30
289	NOWAK Dariusz	624	FIS-SST TEAM	M-40	00:01:53	00:33:20	01:08:52	01:46:13	02:30:04
290	KOGUT Krzysztof	394	NIGHT RUNNERS GLIWICE	M-40	00:00:30	00:34:23	01:13:17	01:52:50	02:34:28
291	ŚWIDA Adam	905	ENDURE TEAM	M-40	00:00:07	00:20:57			
292	HELLWIG Adam	281		M-40	00:01:06	00:28:19	00:58:00		

Znaleziono 292 wynik(ów)