

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

Klasyfikacja: Mieszkańcy Gliwic

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	SZWASA Mateusz	1119	OTK RZEŹNIK	M-20	4	00:00:01	00:18:02	00:36:14	00:54:40	01:13:58	01:18:06.50	01:18:08.05		3:42	16.2 (100%)
2	SZCZECIŃSKI Maciej	871	INŻYNIERIA BIEGANIA	M-30	5	00:00:01	00:18:15	00:36:50	00:55:30	01:14:50	01:18:57.20	01:18:58.70	+00:00:50 (1.1%)	3:44	16 (98.8%)
3	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	+00:00:58 (1.2%)	3:44	16 (98.8%)
4	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	+00:03:30 (4.3%)	3:52	15.5 (95.7%)
5	JĘDROS Przemysław	318	INŻYNIERIA BIEGANIA TEAM	M-30	8	00:00:02	00:19:00	00:38:19	00:57:37	01:17:48	01:22:07.00	01:22:09.45	+00:04:00 (4.9%)	3:53	15.4 (95.1%)
6	FALEJCZYK Mateusz	185	HOLBOX POLAND	M-20	6	00:00:01	00:19:48	00:39:57	00:59:57	01:20:15	01:24:36.55	01:24:37.70	+00:06:30 (7.7%)	4:00	15 (92.6%)
7	DUŹNIAK Dominik	165	STEP-DANCE	M-30	13	00:00:02	00:19:19	00:39:19	00:59:31	01:20:29	01:24:56.45	01:24:58.70	+00:06:49 (8.0%)	4:01	14.9 (92.0%)
8	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	+00:07:33 (8.8%)	4:03	14.8 (91.4%)
9	SOLAREK Mateusz	1063		M-20	7	00:00:06	00:19:42	00:40:09	01:00:44	01:22:15	01:26:39.50	01:26:46.05	+00:08:33 (9.9%)	4:06	14.6 (90.1%)
10	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	+00:11:12 (12.5%)	4:13	14.2 (87.7%)
11	PROBE Bartek	729	TWÓJ STARY	M-30	20	00:00:08	00:20:52	00:42:12	01:03:22	01:24:57	01:29:32.10	01:29:40.35	+00:11:25 (12.8%)	4:14	14.1 (87.0%)
12	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	+00:11:36 (12.9%)	4:15	14.1 (87.0%)
13	RAJTOR Paweł	1049		M-30	22	00:00:09	00:20:54	00:42:14	01:03:21	01:25:25	01:30:10.75	01:30:20.60	+00:12:04 (13.4%)	4:16	14 (86.4%)
14	GRAMATYKA Jan	253	FUTURE PROCESSING RUNNING TEAM	M-30	26	00:00:03	00:21:05	00:42:40	01:04:01	01:26:19	01:31:03.55	01:31:07.05	+00:12:57 (14.2%)	4:18	13.9 (85.8%)
15	BORSIAK Sebastian	61	OPEL ACTIVE TEAM	M-30	27	00:00:09	00:20:53	00:42:12	01:03:35	01:26:27	01:31:19.45	01:31:29.20	+00:13:12 (14.5%)	4:19	13.9 (85.8%)
16	JĘDZURA Daniel	321	NIGHT RUNNERS GLIWICE	M-30	28	00:00:09	00:20:51	00:42:18	01:04:12	01:26:51	01:31:29.25	01:31:38.30	+00:13:22 (14.6%)	4:20	13.8 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
17	STĘPIEŃ Wojciech	849	COMPÑEROS 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	+00:13:43 (14.9%)	4:21	13.8 (85.2%)
18	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	+00:14:09 (15.3%)	4:22	13.7 (84.6%)
19	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	+00:14:27 (15.6%)	4:23	13.7 (84.6%)
20	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	+00:15:05 (16.2%)	4:25	13.6 (84.0%)
21	GRUSZCZYŃSKI Stanisław	263		M-30	35	00:00:07	00:20:54	00:42:33	01:05:32	01:28:49	01:33:36.15	01:33:44.00	+00:15:29 (16.6%)	4:26	13.5 (83.3%)
22	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	+00:15:52 (16.9%)	4:27	13.5 (83.3%)
23	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	+00:16:01 (17.0%)	4:27	13.4 (82.7%)
24	NIEDBAŁ Łukasz	606	GTT - INTER PROJEKT	M-30	40	00:00:05	00:22:14	00:44:44	01:07:02	01:29:34	01:34:10.10	01:34:16.05	+00:16:03 (17.1%)	4:27	13.4 (82.7%)
25	BAK-CESARZ Damian	20	BIEG NA REKORD :)	M-20	14	00:00:40	00:22:54	00:45:35	01:08:03	01:30:06	01:34:42.45	01:35:22.45	+00:16:35 (17.5%)	4:29	13.4 (82.7%)
26	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	+00:17:42 (18.5%)	4:32	13.2 (81.5%)
27	BUŁAWA Filip	3141	UKS KOMETA GLIWICE	M-16	1	00:00:10	00:20:28	00:43:13	01:06:09	01:31:25	01:36:06.25	01:36:16.50	+00:17:59 (18.7%)	4:33	13.2 (81.5%)
28	SIERADZKI Dariusz	806	BIEGAJ Z TRENERAMI	M-30	47	00:00:09	00:22:50	00:45:57	01:08:49	01:31:43	01:36:09.70	01:36:19.40	+00:18:03 (18.8%)	4:33	13.2 (81.5%)
29	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	+00:18:04 (18.8%)	4:33	13.2 (81.5%)
30	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	+00:18:08 (18.8%)	4:33	13.2 (81.5%)
31	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	+00:18:35 (19.2%)	4:34	13.1 (80.9%)
32	MIRONOWICZ Bartłomiej	576		M-30	49	00:00:21	00:21:52	00:44:47	01:08:01	01:31:54	01:36:42.55	01:37:04.35	+00:18:36 (19.2%)	4:35	13.1 (80.9%)
33	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	+00:18:50 (19.4%)	4:35	13.1 (80.9%)
34	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	+00:19:05 (19.6%)	4:36	13 (80.2%)
35	WOMELA Maciej	973		M-30	52	00:00:26	00:23:22	00:46:41	01:09:19	01:32:33	01:37:23.85	01:37:50.40	+00:19:17 (19.8%)	4:36	13 (80.2%)
36	CHEJDYS Krystian	100	BIEGNĘ ALE DOKĄD	M-30	56	00:00:19	00:23:33	00:46:53	01:10:25	01:33:02	01:37:47.85	01:38:07.35	+00:19:41 (20.1%)	4:38	12.9 (79.6%)
37	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	+00:19:41 (20.1%)	4:38	12.9 (79.6%)
38	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	+00:19:49 (20.2%)	4:38	12.9 (79.6%)
39	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	+00:19:51 (20.3%)	4:38	12.9 (79.6%)
40	ŁAKOMY Piotr	1087		M-30	58	00:00:45	00:23:03	00:46:23	01:09:36	01:33:10	01:38:01.40	01:38:46.60	+00:19:54 (20.3%)	4:38	12.9 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		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			Różn
41	ZADEBERNY Amadeusz	992		M-20	22	00:00:26	00:22:46	00:45:42	01:08:16	01:32:27	01:38:03.60	01:38:30.20	+00:19:57 (20.3%)	4:38	12.9 (79.6%)
42	KOŁODZIEJCZYK Łukasz	1121	UKS KOMETA GLIWICE	M-16	2	00:00:09	00:19:21	00:40:15	01:01:00	01:27:51	01:38:07.55	01:38:17.00	+00:20:01 (20.4%)	4:39	12.9 (79.6%)
43	JAROSZYŃSKI Tomasz	1086		M-20	23	00:00:24	00:23:48	00:47:39	01:10:44	01:33:25	01:38:08.45	01:38:33.15	+00:20:01 (20.4%)	4:39	12.9 (79.6%)
44	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	+00:20:09 (20.5%)	4:39	12.9 (79.6%)
45	WRZESIEŃ Dariusz	986		M-30	59	00:00:40	00:23:07	00:46:13	01:09:04	01:33:07	01:38:18.10	01:38:58.70	+00:20:11 (20.5%)	4:39	12.9 (79.6%)
46	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	+00:20:26 (20.7%)	4:40	12.8 (79.0%)
47	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	+00:20:33 (20.8%)	4:40	12.8 (79.0%)
48	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	+00:20:39 (20.9%)	4:40	12.8 (79.0%)
49	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	+00:20:47 (21.0%)	4:41	12.8 (79.0%)
50	ROGOSZ Michał	764		M-30	65	00:00:28	00:24:17	00:48:33	01:12:19	01:34:35	01:39:00.95	01:39:29.40	+00:20:54 (21.1%)	4:41	12.8 (79.0%)
51	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	+00:20:57 (21.2%)	4:41	12.8 (79.0%)
52	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	+00:21:03 (21.2%)	4:41	12.8 (79.0%)
53	NIESLER Michał	609	NIGHT RUNNERS GLIWICE	M-30	68	00:00:07	00:23:34	00:46:58	01:10:05	01:34:01	01:39:11.70	01:39:18.90	+00:21:05 (21.3%)	4:42	12.8 (79.0%)
54	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	+00:21:09 (21.3%)	4:42	12.8 (79.0%)
55	ŚLIWA Paweł	901		M-20	27	00:00:40	00:23:11	00:46:30	01:10:04	01:34:11	01:39:20.15	01:40:00.40	+00:21:13 (21.4%)	4:42	12.7 (78.4%)
56	ORZECH Michał	645	MUSTANGI GLIWICE	M-30	71	00:00:15	00:23:09	00:46:38	01:09:41	01:34:18	01:39:21.80	01:39:37.75	+00:21:15 (21.4%)	4:42	12.7 (78.4%)
57	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	+00:21:22 (21.5%)	4:42	12.7 (78.4%)
58	MAY-MAJEWSKI Michał	551	4 M	M-30	74	00:00:24	00:23:38	00:47:18	01:10:49	01:34:33	01:39:33.95	01:39:58.80	+00:21:27 (21.6%)	4:43	12.7 (78.4%)
59	REMIORZ Piotr	1071		M-50	9	00:00:36	00:22:55	00:46:26	01:10:25	01:34:39	01:39:45.90	01:40:22.40	+00:21:39 (21.7%)	4:43	12.7 (78.4%)
60	GDOWSKI Sławek	216	SPASIONE MIŚKI	M-30	76	00:00:19	00:23:33	00:46:57	01:10:33	01:34:50	01:39:48.10	01:40:07.35	+00:21:41 (21.7%)	4:43	12.7 (78.4%)
61	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	+00:21:44 (21.8%)	4:43	12.7 (78.4%)
62	SEROCKI Michał	799		M-30	77	00:00:30	00:23:33	00:47:01	01:10:33	01:34:52	01:39:57.30	01:40:28.25	+00:21:50 (21.9%)	4:44	12.7 (78.4%)
63	BEHRENDT Bartek	1045		M-50	10	00:00:57	00:23:45	00:47:13	01:11:25	01:35:28	01:40:24.85	01:41:21.95	+00:22:18 (22.2%)	4:45	12.6 (77.8%)
64	DYMEK Bartosz	172		M-30	79	00:00:56	00:24:15	00:48:26	01:11:59	01:35:46	01:40:37.95	01:41:34.20	+00:22:31 (22.4%)	4:46	12.6 (77.8%)

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			
65	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	+00:22:40 (22.5%)	4:46	12.6 (77.8%)
66	MACHALICA Dominik	1062		M-30	80	00:00:35	00:23:16	00:46:41	01:10:29	01:35:27	01:40:51.55	01:41:26.85	+00:22:45 (22.6%)	4:46	12.6 (77.8%)
67	BOGACZ Paweł	52		M-30	81	00:00:13	00:22:51	00:46:51	01:11:02	01:35:49	01:41:03.30	01:41:16.30	+00:22:56 (22.7%)	4:47	12.5 (77.2%)
68	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	+00:23:18 (23.0%)	4:48	12.5 (77.2%)
69	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	+00:23:34 (23.2%)	4:49	12.5 (77.2%)
70	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	+00:23:37 (23.2%)	4:49	12.4 (76.5%)
71	NOWAKOWSKI Dominik	1078		M-20	32	00:00:11	00:21:21	00:46:48	01:10:23	01:36:29	01:41:44.00	01:41:55.75	+00:23:37 (23.2%)	4:49	12.4 (76.5%)
72	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	+00:23:52 (23.4%)	4:50	12.4 (76.5%)
73	MARCINIAK Rafał	535	1986	M-30	89	00:01:14	00:24:48	00:49:26	01:13:43	01:37:43	01:42:22.45	01:43:37.10	+00:24:15 (23.7%)	4:51	12.4 (76.5%)
74	NORBERT Teichmann	619		M-50	14	00:00:00	00:24:17	00:48:38	01:12:05	01:37:19	01:42:26.25	01:42:26.25	+00:24:19 (23.8%)	4:51	12.4 (76.5%)
75	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	+00:24:41 (24.0%)	4:52	12.3 (75.9%)
76	GŁOGOWSKI Konrad	228		M-30	91	00:00:22	00:24:25	00:49:15	01:13:45	01:38:11	01:42:59.65	01:43:21.90	+00:24:53 (24.2%)	4:52	12.3 (75.9%)
77	BUKOWIEC Szymon	92		M-20	35	00:00:16	00:23:27	00:48:01	01:12:21	01:37:45	01:43:12.00	01:43:28.60	+00:25:05 (24.3%)	4:53	12.3 (75.9%)
78	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	+00:25:21 (24.5%)	4:54	12.2 (75.3%)
79	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	+00:25:23 (24.5%)	4:54	12.2 (75.3%)
80	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	+00:25:27 (24.6%)	4:54	12.2 (75.3%)
81	BRODEK Andrzej	69	CERTUM	M-50	16	00:00:10	00:22:33	00:46:52	01:11:56	01:38:07	01:43:35.50	01:43:46.40	+00:25:29 (24.6%)	4:54	12.2 (75.3%)
82	ZIÓŁKOWSKI Grzegorz	1018		M-50	17	00:00:30	00:23:20	00:46:42	01:10:53	01:37:55	01:43:50.15	01:44:20.80	+00:25:43 (24.8%)	4:55	12.2 (75.3%)
83	BUK Marcin	91	TRIDIVISION	M-30	98	00:00:48	00:23:39	00:47:46	01:12:44	01:38:25	01:43:55.15	01:44:44.10	+00:25:48 (24.8%)	4:55	12.2 (75.3%)
84	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	+00:25:49 (24.9%)	4:55	12.2 (75.3%)
85	SKLORZ Marcin	813		M-20	40	00:00:36	00:24:20	00:48:36	01:12:58	01:38:32	01:44:01.35	01:44:38.25	+00:25:54 (24.9%)	4:55	12.2 (75.3%)
86	ŻMIJEWSKI Dariusz	1094		M-50	18	00:00:38	00:23:40	00:47:55	01:12:35	01:38:53	01:44:15.75	01:44:54.45	+00:26:09 (25.1%)	4:56	12.1 (74.7%)
87	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	+00:26:12 (25.1%)	4:56	12.1 (74.7%)
88	MACZUGA Bartłomiej	522	PACEMAKER	M-30	100	00:00:34	00:24:16	00:48:31	01:12:58	01:39:20	01:44:20.20	01:44:54.45	+00:26:13 (25.1%)	4:56	12.1 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
89	WÓJCIKOWSKI Mateusz	982	ANICA TEAM	M-20	41	00:00:23	00:23:28	00:47:05	01:12:00	01:38:41	01:44:21.85	01:44:44.95	+00:26:15 (25.2%)	4:56	12.1 (74.7%)
90	ŻABICKI Mariusz	1091		M-30	101	00:00:26	00:24:02	00:48:45	01:13:21	01:39:03	01:44:26.30	01:44:52.70	+00:26:19 (25.2%)	4:56	12.1 (74.7%)
91	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	+00:27:07 (25.8%)	4:59	12 (74.1%)
92	KRAJEWSKI Radosław	433		M-30	105	00:00:23	00:24:01	00:48:41	01:13:53	01:39:57	01:45:17.75	01:45:41.10	+00:27:11 (25.8%)	4:59	12 (74.1%)
93	MACYSZUJ Waldemar	1054		M-50	19	00:00:45	00:24:43	00:49:22	01:14:12	01:40:05	01:45:32.15	01:46:17.35	+00:27:25 (26.0%)	5:00	12 (74.1%)
94	OZYP Mariusz	654		M-30	107	00:00:02	00:24:32	00:49:32	01:14:38	01:40:26	01:45:32.45	01:45:34.80	+00:27:25 (26.0%)	5:00	12 (74.1%)
95	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	+00:27:31 (26.1%)	5:00	12 (74.1%)
96	SOWIAR Maciej	1102	ANTONTEAM	M-20	44	00:00:35	00:24:21	00:48:54	01:13:16	01:40:26	01:45:43.00	01:46:18.00	+00:27:36 (26.1%)	5:00	12 (74.1%)
97	PŁATEK Michał	711		M-20	45	00:00:00				01:40:02	01:45:51.30	01:45:51.30	+00:27:44 (26.2%)	5:00	12 (74.1%)
98	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	+00:28:00 (26.4%)	5:01	11.9 (73.5%)
99	UJMA Michał	924		M-30	111	00:00:16	00:23:52	00:48:50	01:14:38	01:40:57	01:46:14.35	01:46:31.20	+00:28:07 (26.5%)	5:02	11.9 (73.5%)
100	MEOSI Alessandro	560		M-20	46	00:01:00	00:27:09	00:54:45	01:17:55	01:41:26	01:46:17.50	01:47:18.30	+00:28:11 (26.5%)	5:02	11.9 (73.5%)
101	SALAMON Emil	789	OPEL ACTIVE TEAM	M-30	113	00:00:26	00:24:47	00:49:37	01:14:29	01:40:54	01:46:19.80	01:46:46.35	+00:28:13 (26.5%)	5:02	11.9 (73.5%)
102	JANTAS Andrzej	310		M-50	20	00:00:57	00:24:58	00:50:09	01:15:32	01:41:15	01:46:47.45	01:47:44.70	+00:28:40 (26.9%)	5:03	11.9 (73.5%)
103	MATUSZNY Krzysztof	549		M-20	47	00:00:27	00:25:21	00:51:13	01:16:13	01:41:38	01:46:47.55	01:47:14.55	+00:28:41 (26.9%)	5:03	11.9 (73.5%)
104	SCHAB Bartłomiej	793		M-30	115	00:01:10	00:24:33	00:49:28	01:14:35	01:41:13	01:46:57.85	01:48:08.30	+00:28:51 (27.0%)	5:04	11.8 (72.8%)
105	PACUŁA Piotr	656	AKMB PĘDZIWIATR GLIWICE	M-60	3	00:00:01	00:24:22	00:49:30	01:15:18	01:41:26	01:47:05.05	01:47:06.40	+00:28:58 (27.1%)	5:04	11.8 (72.8%)
106	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	+00:29:06 (27.1%)	5:04	11.8 (72.8%)
107	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	+00:29:08 (27.2%)	5:04	11.8 (72.8%)
108	PACZKA Michał	657	GLIWICE	M-50	23	00:00:51	00:26:48	00:52:45	01:17:33	01:42:25	01:47:20.20	01:48:11.95	+00:29:13 (27.2%)	5:05	11.8 (72.8%)
109	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	+00:29:22 (27.3%)	5:05	11.8 (72.8%)
110	GOLA Daniel	236		M-20	50	00:00:36	00:24:37	00:49:41	01:14:54	01:41:36	01:47:33.60	01:48:10.30	+00:29:27 (27.4%)	5:05	11.8 (72.8%)
111	GRESZTA Grzegorz	256	JAH RASTA	M-30	119	00:00:51	00:24:01	00:48:37	01:14:10	01:42:10	01:47:52.95	01:48:44.35	+00:29:46 (27.6%)	5:06	11.7 (72.2%)
112	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	+00:29:47 (27.6%)	5:06	11.7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		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			Różn
113	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	+00:29:48 (27.6%)	5:06	11.7 (72.2%)
114	STRĄCAŁA Paweł	855		M-20	51	00:00:41	00:24:47	00:50:10	01:15:27	01:42:13	01:47:55.95	01:48:37.30	+00:29:49 (27.6%)	5:06	11.7 (72.2%)
115	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	+00:30:13 (27.9%)	5:08	11.7 (72.2%)
116	ORLIK Jerzy	644		M-60	4	00:00:10	00:23:31	00:48:37	01:14:35	01:42:02	01:48:31.60	01:48:42.20	+00:30:25 (28.0%)	5:08	11.7 (72.2%)
117	CHYLIŃSKI Krzysztof	109		M-30	127	00:01:31	00:25:54	00:52:04	01:17:02	01:43:08	01:48:32.75	01:50:04.65	+00:30:26 (28.0%)	5:08	11.7 (72.2%)
118	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	+00:30:28 (28.1%)	5:08	11.7 (72.2%)
119	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	+00:30:40 (28.2%)	5:09	11.6 (71.6%)
120	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	+00:30:46 (28.3%)	5:09	11.6 (71.6%)
121	PIASECKI Mariusz	690		M-30	132	00:00:59	00:25:13	00:51:10	01:17:05	01:43:19	01:48:59.95	01:49:59.70	+00:30:53 (28.3%)	5:09	11.6 (71.6%)
122	ZIELONKA Tomasz	1010		M-20	53	00:00:52	00:25:28	00:51:36	01:17:31	01:43:37	01:49:02.80	01:49:55.15	+00:30:56 (28.4%)	5:10	11.6 (71.6%)
123	POKRYSZKA Bartosz	717		M-30	133	00:00:52	00:25:39	00:51:47	01:17:27	01:43:24	01:49:04.60	01:49:56.80	+00:30:58 (28.4%)	5:10	11.6 (71.6%)
124	WIEKIERA Adam	946		M-30	134	00:00:45	00:25:34	00:51:42	01:17:38	01:43:43	01:49:06.30	01:49:51.75	+00:30:59 (28.4%)	5:10	11.6 (71.6%)
125	STRZAŁKA Tomasz	857		M-20	54	00:01:44	00:24:53	00:50:00	01:15:26	01:43:22	01:49:07.80	01:50:52.05	+00:31:01 (28.4%)	5:10	11.6 (71.6%)
126	KOPPEL Bartłomiej	409		M-30	137	00:00:29	00:23:54	00:49:27	01:16:06	01:43:42	01:49:15.05	01:49:44.65	+00:31:08 (28.5%)	5:10	11.6 (71.6%)
127	ROSADA Zdzisław	767		M-60	5	00:00:36	00:24:14	00:48:24	01:12:43	01:39:54	01:49:15.45	01:49:52.30	+00:31:08 (28.5%)	5:10	11.6 (71.6%)
128	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	+00:31:12 (28.5%)	5:10	11.6 (71.6%)
129	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	+00:31:19 (28.6%)	5:11	11.6 (71.6%)
130	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	+00:31:24 (28.7%)	5:11	11.6 (71.6%)
131	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	+00:31:27 (28.7%)	5:11	11.6 (71.6%)
132	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	+00:31:27 (28.7%)	5:11	11.6 (71.6%)
133	KULIGOWSKI Piotr	470		M-20	57	00:01:43	00:25:02	00:50:31	01:15:46	01:43:34	01:49:39.55	01:51:23.15	+00:31:33 (28.8%)	5:11	11.5 (71.0%)
134	GAWĘŁKO Janusz	208		M-50	27	00:00:57	00:25:14	00:51:01	01:17:06	01:43:56	01:49:43.15	01:50:40.20	+00:31:36 (28.8%)	5:11	11.5 (71.0%)
135	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	+00:31:37 (28.8%)	5:12	11.5 (71.0%)
136	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	+00:31:54 (29.0%)	5:12	11.5 (71.0%)

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					
137	BARYLAK Łukasz	16		M-20	59	00:01:56	00:25:26	00:51:45	01:17:20	01:44:32	01:50:09.25	01:52:06.20	+00:32:02 (29.1%)	5:13	11.5 (71.0%)
138	WOŹNIAKOWSKI Jan	975	OPEL ACTIVE TEAM	M-30	143	00:00:56	00:27:00	00:53:09	01:19:15	01:45:37	01:50:24.55	01:51:21.00	+00:32:18 (29.3%)	5:13	11.5 (71.0%)
139	ZOGŁOWEK Jarosław	1021	CROSSFIT HELLWOOD GLIWICE	M-30	145	00:01:22	00:26:58	00:52:46	01:19:01	01:45:17	01:50:33.10	01:51:56.05	+00:32:26 (29.3%)	5:14	11.5 (71.0%)
140	RUTKOWSKI Michał	777		M-30	146	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49	01:50:35.25	01:51:08.80	+00:32:28 (29.4%)	5:14	11.4 (70.4%)
141	BRZEZIŃSKI Przemysław	78		M-30	147	00:00:33	00:24:26	00:49:06	01:14:42	01:43:49	01:50:35.70	01:51:09.25	+00:32:29 (29.4%)	5:14	11.4 (70.4%)
142	GRABOWSKI Michał	1082	OPEL ACTIVE TEAM	M-30	148	00:00:55	00:27:00	00:52:55	01:18:19	01:45:29	01:50:48.45	01:51:44.30	+00:32:41 (29.5%)	5:15	11.4 (70.4%)
143	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	+00:32:58 (29.7%)	5:15	11.4 (70.4%)
144	MISIURA Artur	577		M-30	149	00:02:00	00:28:22	00:55:01	01:21:03	01:46:00	01:51:20.65	01:53:20.90	+00:33:14 (29.8%)	5:16	11.4 (70.4%)
145	GAJEWSKI Jacek	202	KURCZAK I AGATKA	M-50	30	00:00:32	00:25:18	00:51:21	01:18:04	01:45:43	01:51:21.90	01:51:53.90	+00:33:15 (29.9%)	5:16	11.4 (70.4%)
146	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	+00:33:19 (29.9%)	5:16	11.4 (70.4%)
147	MALEC Arkadiusz	529	PWC SDC	M-30	151	00:00:42	00:24:38	00:50:56	01:17:22	01:45:29	01:51:38.00	01:52:20.95	+00:33:31 (30.0%)	5:17	11.3 (69.8%)
148	GRUSZCZYŃSKI Bogusław	1035		M-60	6	00:00:50	00:25:56	00:52:18	01:18:58	01:45:57	01:51:43.90	01:52:34.60	+00:33:37 (30.1%)	5:17	11.3 (69.8%)
149	BISKUP Maciej	1116		M-50	32	00:00:23	00:26:07	00:52:45	01:19:13	01:46:17	01:52:01.15	01:52:24.30	+00:33:54 (30.3%)	5:18	11.3 (69.8%)
150	KUPCZAK Filip	474	BEERRUNNERS!	M-30	153	00:00:58	00:26:38	00:53:35	01:19:53	01:46:15	01:52:02.70	01:53:01.30	+00:33:56 (30.3%)	5:18	11.3 (69.8%)
151	BOBOWSKI Dawid	50	WIŚNIA ODDAJ QUAKE III: ARENA	M-20	62	00:00:20	00:24:13	00:49:17	01:17:32	01:46:16	01:52:11.40	01:52:31.40	+00:34:04 (30.4%)	5:19	11.3 (69.8%)
152	KUBIAK Mateusz	1101		M-30	157	00:00:52	00:24:00	00:49:35	01:16:09	01:45:43	01:52:31.35	01:53:24.20	+00:34:24 (30.6%)	5:20	11.3 (69.8%)
153	ZWIERZYCKI Artur	1022		M-20	66	00:01:15	00:25:32	00:51:01	01:16:57	01:46:41	01:52:41.30	01:53:56.40	+00:34:34 (30.7%)	5:20	11.2 (69.1%)
154	WALSKI Łukasz	1079		M-30	160	00:00:27	00:26:07	00:52:47	01:19:16	01:47:08	01:52:42.00	01:53:09.90	+00:34:35 (30.7%)	5:20	11.2 (69.1%)
155	KOŚCIELNIAK Łukasz	414	BARCEROMA	M-20	67	00:00:59	00:26:28	00:52:34	01:20:06	01:46:36	01:52:48.65	01:53:47.95	+00:34:42 (30.8%)	5:20	11.2 (69.1%)
156	KURZYK Dariusz	480		M-30	168	00:00:14	00:23:18	00:49:07	01:17:34	01:46:21	01:53:17.70	01:53:32.40	+00:35:11 (31.1%)	5:22	11.2 (69.1%)
157	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	+00:35:12 (31.1%)	5:22	11.2 (69.1%)
158	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	+00:35:14 (31.1%)	5:22	11.2 (69.1%)
159	BELUCH Witold	22		M-50	34	00:01:04	00:26:07	00:52:44	01:19:37	01:47:32	01:53:25.80	01:54:29.85	+00:35:19 (31.1%)	5:22	11.2 (69.1%)
160	SKOTNICKI Paweł	815		M-30	169	00:00:25	00:23:43	00:48:48	01:16:01	01:47:13	01:53:27.45	01:53:52.65	+00:35:20 (31.2%)	5:22	11.2 (69.1%)

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					
161	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	+00:35:37 (31.3%)	5:23	11.1 (68.5%)
162	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	+00:35:38 (31.3%)	5:23	11.1 (68.5%)
163	RYZIŃSKI Dariusz	786		M-50	38	00:00:18	00:25:32	00:52:23	01:19:30	01:48:00	01:53:59.35	01:54:17.60	+00:35:52 (31.5%)	5:24	11.1 (68.5%)
164	GAŁECZKA Michał	204		M-20	70	00:00:49	00:25:21	00:51:35	01:17:54	01:48:06	01:54:07.65	01:54:57.40	+00:36:01 (31.6%)	5:24	11.1 (68.5%)
165	CZULUK Filip	137	BAGNO!	M-30	173	00:00:27	00:26:22	00:53:20	01:20:04	01:48:10	01:54:11.80	01:54:39.40	+00:36:05 (31.6%)	5:24	11.1 (68.5%)
166	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	+00:36:10 (31.7%)	5:24	11.1 (68.5%)
167	FUSIEK Juliusz	199	ADEPTUS ASTARTES	M-30	174	00:00:40	00:28:55	00:56:04	01:21:37	01:48:28	01:54:17.65	01:54:58.40	+00:36:11 (31.7%)	5:25	11.1 (68.5%)
168	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	+00:36:18 (31.7%)	5:25	11.1 (68.5%)
169	PRYMAS Krystian	732		M-30	177	00:00:09	00:24:13	00:50:28	01:18:38	01:48:48	01:54:27.50	01:54:36.55	+00:36:21 (31.8%)	5:25	11.1 (68.5%)
170	MAKSAJDA Andrzej	526	BEERRUNNERS !	M-30	180	00:00:59	00:25:25	00:51:32	01:18:50	01:48:23	01:54:38.35	01:55:37.40	+00:36:31 (31.9%)	5:25	11 (67.9%)
171	WAŚ Szymon	1080		M-20	72	00:00:27	00:26:08	00:52:47	01:19:15	01:48:11	01:54:40.25	01:55:08.05	+00:36:33 (31.9%)	5:26	11 (67.9%)
172	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	+00:36:37 (31.9%)	5:26	11 (67.9%)
173	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	+00:36:44 (32.0%)	5:26	11 (67.9%)
174	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	+00:37:01 (32.2%)	5:27	11 (67.9%)
175	WÓJCIK Tomasz	979		M-30	182	00:00:30	00:25:25	00:51:52	01:17:48	01:49:09	01:55:08.25	01:55:38.30	+00:37:01 (32.2%)	5:27	11 (67.9%)
176	SMOLARCZYK Dominik	819	SŁĄBY BIEGACZ	M-50	40	00:00:54	00:25:28	00:51:27	01:18:08	01:49:06	01:55:31.00	01:56:25.00	+00:37:24 (32.4%)	5:28	11 (67.9%)
177	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	+00:37:28 (32.4%)	5:28	11 (67.9%)
178	LEGUTKO Jakub	499	BARCEROMA	M-20	74	00:00:59	00:26:28	00:52:34	01:20:06	01:50:38	01:55:51.70	01:56:51.25	+00:37:45 (32.6%)	5:29	10.9 (67.3%)
179	KWAPIEŃ Aleksander	1069		M-30	185	00:00:19	00:26:03	00:53:18	01:21:08	01:49:49	01:55:53.50	01:56:12.95	+00:37:47 (32.6%)	5:29	10.9 (67.3%)
180	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	+00:37:47 (32.6%)	5:29	10.9 (67.3%)
181	ONOPIUK Maciej	638		M-20	76	00:01:02	00:26:20	00:53:40	01:21:17	01:50:07	01:56:07.65	01:57:09.90	+00:38:01 (32.7%)	5:30	10.9 (67.3%)
182	LESZKO Tomasz	502	EUVIC	M-30	187	00:00:38	00:25:44	00:51:57	01:19:32	01:49:47	01:56:07.80	01:56:46.55	+00:38:01 (32.7%)	5:30	10.9 (67.3%)
183	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	+00:38:01 (32.7%)	5:30	10.9 (67.3%)
184	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	+00:38:03 (32.8%)	5:30	10.9 (67.3%)

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					
185	DĄBROWSKI Marek	149		M-30	188	00:00:54	00:25:59	00:52:49	01:20:14	01:49:40	01:56:17.60	01:57:12.25	+00:38:11 (32.8%)	5:30	10.9 (67.3%)
186	KOPER Tomasz	330		M-30	189	00:00:55	00:27:10	00:54:58	01:22:17	01:50:30	01:56:18.55	01:57:14.50	+00:38:12 (32.8%)	5:30	10.9 (67.3%)
187	SZOŃTYSIK 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	+00:38:23 (33.0%)	5:31	10.9 (67.3%)
188	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	+00:38:29 (33.0%)	5:31	10.9 (67.3%)
189	KRZYWICKI Jan	455	-----	M-60	8	00:00:41	00:27:10	00:54:21	01:21:50	01:50:36	01:56:43.30	01:57:24.90	+00:38:36 (33.1%)	5:31	10.8 (66.7%)
190	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	+00:38:41 (33.1%)	5:32	10.8 (66.7%)
191	SOJKA Łukasz	827		M-30	192	00:01:19	00:26:44	00:54:20	01:21:46	01:50:30	01:56:52.60	01:58:12.10	+00:38:46 (33.2%)	5:32	10.8 (66.7%)
192	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	+00:38:53 (33.2%)	5:32	10.8 (66.7%)
193	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	+00:39:03 (33.3%)	5:33	10.8 (66.7%)
194	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	+00:39:09 (33.4%)	5:33	10.8 (66.7%)
194	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	+00:39:10 (33.4%)	5:33	10.8 (66.7%)
196	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	+00:39:11 (33.4%)	5:33	10.8 (66.7%)
197	BRODAKCI Paweł	1073		M-30	195	00:00:29	00:26:02	00:52:56	01:21:35	01:51:11	01:57:26.85	01:57:56.00	+00:39:20 (33.5%)	5:33	10.8 (66.7%)
198	BANASZAK Marcin	12		M-30	196	00:00:55	00:28:17	00:56:19	01:24:12	01:52:10	01:57:39.20	01:58:34.30	+00:39:32 (33.6%)	5:34	10.8 (66.7%)
199	BASZUN Michał	17	DAMY RADĘ	M-30	197	00:01:43	00:28:15	00:56:36	01:24:25	01:52:01	01:57:40.45	01:59:24.10	+00:39:33 (33.6%)	5:34	10.8 (66.7%)
200	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	+00:39:45 (33.7%)	5:35	10.7 (66.0%)
201	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	+00:39:47 (33.7%)	5:35	10.7 (66.0%)
202	MAŃKA Marcin	533		M-30	199	00:01:46	00:28:19	00:57:16	01:25:02	01:52:34	01:58:01.75	01:59:48.10	+00:39:55 (33.8%)	5:35	10.7 (66.0%)
203	LIS Maciej	511		M-30	201	00:00:52	00:28:01	00:56:02	01:24:08	01:52:24	01:58:22.65	01:59:14.95	+00:40:16 (34.0%)	5:36	10.7 (66.0%)
204	SARKOWICZ Adam	791		M-50	46	00:01:06	00:26:03	00:53:32	01:21:59	01:52:13	01:58:28.15	01:59:34.50	+00:40:21 (34.1%)	5:36	10.7 (66.0%)
205	SITKO Mateusz	809		M-30	203	00:01:29	00:27:27	00:55:18	01:23:34	01:52:34	01:58:32.70	02:00:02.50	+00:40:26 (34.1%)	5:37	10.7 (66.0%)
206	SACHNIK Marek	787		M-20	79	00:00:25	00:25:45	00:53:00	01:21:10	01:52:14	01:59:15.60	01:59:40.80	+00:41:09 (34.5%)	5:39	10.6 (65.4%)
207	ZIEBA Paweł	1093		M-20	80	00:00:26	00:24:00	00:51:06	01:20:31	01:52:48	01:59:16.25	01:59:42.70	+00:41:09 (34.5%)	5:39	10.6 (65.4%)
208	DYMICKI 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	+00:41:10 (34.5%)	5:39	10.6 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas		Różn	Tempo min/km	Tempo km/h
						startu	5_15_km 5km	10_km 10km	5_15_km 15km	20_km 20km	netto 21.1km	brutto 21.1km			
209	BARAŃSKI Grzegorz	15		M-30	210	00:02:10	00:28:24	00:56:33	01:24:34	01:53:20	01:59:25.05	02:01:35.40	+00:41:18 (34.6%)	5:39	10.6 (65.4%)
210	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	+00:41:33 (34.7%)	5:40	10.6 (65.4%)
211	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	+00:41:39 (34.8%)	5:40	10.6 (65.4%)
212	ZEMŁA Piotr	1005		M-50	50	00:01:04	00:28:57	00:58:11	01:26:03	01:53:58	01:59:51.05	02:00:55.95	+00:41:44 (34.8%)	5:40	10.6 (65.4%)
213	BUJALSKI Michał	90		M-30	213	00:01:55	00:28:51	00:56:43	01:24:52	01:54:14	01:59:51.40	02:01:47.00	+00:41:44 (34.8%)	5:40	10.6 (65.4%)
214	WIKIERSKI Michał	950		M-30	214	00:01:25	00:28:06	00:55:46	01:23:47	01:53:36	01:59:52.60	02:01:18.25	+00:41:46 (34.8%)	5:40	10.6 (65.4%)
215	SELIGA Paweł	796	BIEGAJ Z TRENERAMI GLIWICE	M-30	215	00:01:12	00:28:08	00:56:32	01:24:51	01:53:38	01:59:53.55	02:01:05.90	+00:41:47 (34.9%)	5:40	10.6 (65.4%)
216	KĄDZIOŁKA Jan	360	NIGHT RUNNERS GLIWICE	M-50	51	00:01:00	00:28:15	00:55:56	01:24:25	01:53:53	02:00:05.60	02:01:05.75	+00:41:59 (35.0%)	5:41	10.5 (64.8%)
217	OPAŁKA Marcin	639		M-20	81	00:01:38	00:28:15	00:56:28	01:24:57	01:53:48	02:00:07.00	02:01:45.45	+00:42:00 (35.0%)	5:41	10.5 (64.8%)
218	JAWORSKI Kamil	315	FUCHS OIL TEAM	M-30	216	00:01:46	00:29:12	00:58:03	01:25:51	01:54:31	02:00:08.00	02:01:54.65	+00:42:01 (35.0%)	5:41	10.5 (64.8%)
219	RAJTOR Klaudiusz	752		M-60	10	00:01:10	00:27:52	00:55:41	01:24:08	01:53:50	02:00:20.90	02:01:31.75	+00:42:14 (35.1%)	5:42	10.5 (64.8%)
220	ROGOWSKI Jakub	1120		M-20	82	00:01:42	00:28:14	00:56:29	01:24:38	01:54:35	02:00:44.55	02:02:27.25	+00:42:38 (35.3%)	5:43	10.5 (64.8%)
221	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	+00:43:00 (35.5%)	5:44	10.5 (64.8%)
222	STASIAK Mirosław	843	ROCKWELL AUTOMATION	M-30	221	00:00:15	00:25:04	00:52:58	01:22:43	01:54:35	02:01:11.15	02:01:26.60	+00:43:04 (35.5%)	5:44	10.4 (64.2%)
223	NOWAK Ryszard	625		M-50	52	00:02:14	00:28:05	00:56:25	01:25:42	01:55:21	02:01:13.95	02:03:28.90	+00:43:07 (35.6%)	5:44	10.4 (64.2%)
224	GUŚCIORA Maciej	272		M-20	84	00:01:05	00:25:57	00:54:15	01:23:20	01:55:20	02:01:21.65	02:02:27.05	+00:43:15 (35.6%)	5:45	10.4 (64.2%)
225	KAMIŃSKI Rafał	342		M-30	222	00:01:00	00:28:11	00:56:43	01:25:21	01:54:49	02:01:33.75	02:02:34.50	+00:43:27 (35.7%)	5:45	10.4 (64.2%)
226	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	+00:43:35 (35.8%)	5:46	10.4 (64.2%)
227	GIERADA Mateusz	224	NIGHT RUNNERS GLIWICE	M-20	85	00:01:02	00:28:34	00:57:11	01:25:48	01:55:16	02:01:44.20	02:02:46.95	+00:43:37 (35.8%)	5:46	10.4 (64.2%)
228	GIERADA Ryszard	225	NIGHT RUNNERS GLIWICE	M-50	53	00:01:03	00:28:33	00:57:09	01:25:47	01:55:17	02:01:44.25	02:02:47.70	+00:43:37 (35.8%)	5:46	10.4 (64.2%)
229	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	+00:43:38 (35.8%)	5:46	10.4 (64.2%)
230	GÓRKA Szymon	244		M-30	223	00:00:30	00:24:04	00:51:44	01:23:28	01:55:47	02:01:54.85	02:02:25.55	+00:43:48 (35.9%)	5:46	10.4 (64.2%)
231	MARKOWSKI Kamil	540		M-30	224	00:01:10	00:27:55	00:55:50	01:24:03	01:54:22	02:02:06.30	02:03:16.65	+00:43:59 (36.0%)	5:47	10.4 (64.2%)
232	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	+00:44:21 (36.2%)	5:48	10.3 (63.6%)

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					
233	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	+00:44:44 (36.4%)	5:49	10.3 (63.6%)
234	TWAROCIK Konrad	1125		M-30	226	00:01:59	00:28:54	00:57:27	01:26:27	01:56:43	02:02:52.80	02:04:51.95	+00:44:46 (36.4%)	5:49	10.3 (63.6%)
235	MICHNA Wojciech	567		M-20	88	00:01:12	00:28:03	00:56:51	01:25:58	01:56:34	02:03:00.80	02:04:12.85	+00:44:54 (36.5%)	5:49	10.3 (63.6%)
236	JANIKOWSKI Adam	306	ANICA TEAM	M-30	227	00:00:50	00:25:32	00:53:00	01:24:10	01:56:45	02:03:14.60	02:04:05.55	+00:45:08 (36.6%)	5:50	10.3 (63.6%)
237	BOJDA Dawid	56		M-30	228	00:01:47	00:29:01	00:58:32	01:27:36	01:57:15	02:03:26.40	02:05:13.65	+00:45:19 (36.7%)	5:50	10.3 (63.6%)
238	SZWARCZYŃSKI Jakub	891		M-30	229	00:01:17	00:29:06	00:57:27	01:25:22	01:57:00	02:03:47.15	02:05:04.20	+00:45:40 (36.9%)	5:51	10.2 (63.0%)
239	ZEGARTOWSKI Michał	1004	DTIQ POLAND	M-30	230	00:00:34	00:25:54	00:53:08	01:23:16	01:56:54	02:03:54.05	02:04:28.75	+00:45:47 (37.0%)	5:52	10.2 (63.0%)
240	KOWRYGO Adam	422		M-20	90	00:01:37	00:28:32	00:57:08	01:26:14	01:57:43	02:04:04.35	02:05:41.65	+00:45:57 (37.0%)	5:52	10.2 (63.0%)
241	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	+00:46:25 (37.3%)	5:54	10.2 (63.0%)
242	SEKIENDA Michał	795		M-30	231	00:01:28	00:30:19	01:00:21	01:29:48	01:57:56	02:04:32.55	02:06:01.50	+00:46:26 (37.3%)	5:54	10.2 (63.0%)
243	TOPORKIEWICZ Marcin	913	BIEGACZE MOGĄ DŁUŻEJ	M-30	232	00:01:10	00:28:18	00:56:39	01:25:31	01:57:32	02:04:33.00	02:05:43.15	+00:46:26 (37.3%)	5:54	10.2 (63.0%)
244	PYKA Adam	745		M-30	233	00:01:11	00:26:01	00:53:18	01:23:09	01:57:54	02:04:57.00	02:06:08.15	+00:46:50 (37.5%)	5:55	10.1 (62.3%)
245	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	+00:47:11 (37.7%)	5:56	10.1 (62.3%)
246	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	+00:47:22 (37.8%)	5:56	10.1 (62.3%)
247	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	+00:48:13 (38.2%)	5:59	10 (61.7%)
248	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	+00:48:15 (38.2%)	5:59	10 (61.7%)
249	WILK Andrzej	955		M-30	239	00:00:23	00:26:19	00:55:29	01:25:56	01:59:13	02:06:25.70	02:06:49.45	+00:48:19 (38.2%)	5:59	10 (61.7%)
250	PAWEŁKÓW Michał	674		M-30	240	00:01:13	00:28:35	00:56:54	01:25:07	01:58:54	02:06:29.70	02:07:43.00	+00:48:23 (38.3%)	5:59	10 (61.7%)
251	BAJKACZ Krzysztof	8		M-30	242	00:01:09	00:27:41	00:55:46	01:24:51	01:59:32	02:06:55.05	02:08:04.90	+00:48:48 (38.5%)	6:00	10 (61.7%)
252	NOWAK Wojciech	623	ŚWIŃSKI TRUCHT	M-20	94	00:00:55	00:29:48	00:59:11	01:28:29	02:00:56	02:07:28.85	02:08:24.00	+00:49:22 (38.7%)	6:02	9.9 (61.1%)
253	ĆWIKŁA Grzegorz	140		M-50	58	00:01:33	00:29:48	00:59:44	01:30:17	02:00:55	02:07:32.00	02:09:05.25	+00:49:25 (38.8%)	6:02	9.9 (61.1%)
254	MILISZKIEWICZ Adam	575		M-30	247	00:01:19	00:28:41	00:57:18	01:26:28	02:00:25	02:07:37.60	02:08:56.70	+00:49:31 (38.8%)	6:02	9.9 (61.1%)
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	+00:49:36 (38.8%)	6:03	9.9 (61.1%)
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	+00:49:37 (38.9%)	6:03	9.9 (61.1%)

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					
257	BAJ Tomasz	7		M-30	248	00:00:27	00:25:34	00:54:21	01:25:55	02:00:48	02:07:46.80	02:08:14.45	+00:49:40 (38.9%)	6:03	9.9 (61.1%)
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	+00:49:44 (38.9%)	6:03	9.9 (61.1%)
259	KOŻUSZEK 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	+00:49:52 (39.0%)	6:03	9.9 (61.1%)
260	PĘDOWSKI Wojciech	686		M-50	59	00:01:34	00:28:19	00:57:05	01:28:09	02:00:53	02:08:12.35	02:09:46.70	+00:50:05 (39.1%)	6:04	9.9 (61.1%)
261	DZIEDZIC Dominik	177		M-30	249	00:01:37	00:29:41	01:00:00	01:29:59	02:01:43	02:08:13.15	02:09:50.40	+00:50:06 (39.1%)	6:04	9.9 (61.1%)
262	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	+00:50:28 (39.3%)	6:05	9.8 (60.5%)
263	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	+00:50:41 (39.4%)	6:06	9.8 (60.5%)
264	WIŚNIEWSKI Paweł	959	NIGHT RUNNERS GLIWICE	M-30	251	00:02:04	00:28:44	00:58:59	01:29:57	02:02:22	02:09:05.25	02:11:10.20	+00:50:58 (39.5%)	6:07	9.8 (60.5%)
265	STAŃKO Marcin	842		M-30	252	00:00:28	00:28:59	00:58:37	01:29:11	02:02:47	02:09:09.55	02:09:38.15	+00:51:03 (39.5%)	6:07	9.8 (60.5%)
266	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	+00:51:48 (39.9%)	6:09	9.7 (59.9%)
267	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	+00:52:30 (40.2%)	6:11	9.7 (59.9%)
268	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	+00:52:34 (40.2%)	6:11	9.7 (59.9%)
269	SMOŁA Mieczysław	820	AKMB PĘDZIWIATR GLIWICE	M-60	14	00:00:18	00:30:06	01:01:16	01:32:44	02:04:34	02:11:05.70	02:11:23.90	+00:52:59 (40.4%)	6:12	9.7 (59.9%)
270	KOWALIK Miłosz	419		M-30	255	00:02:17	00:30:06	01:01:15	01:33:39	02:04:21	02:11:27.35	02:13:45.30	+00:53:20 (40.6%)	6:13	9.6 (59.3%)
271	FUGOWSKI Grzegorz	196		M-30	257	00:00:00	00:30:46	01:00:46	01:33:02	02:05:25	02:11:58.60	02:11:58.60	+00:53:52 (40.8%)	6:15	9.6 (59.3%)
272	WILCZEK Tomasz	951		M-20	99	00:01:00	00:28:07	00:57:23	01:28:49	02:05:00	02:12:22.35	02:13:22.55	+00:54:15 (41.0%)	6:16	9.6 (59.3%)
273	DYLSKI Jacek	171		M-20	100	00:02:11	00:30:46	01:02:16	01:33:56	02:06:29	02:12:33.30	02:14:44.40	+00:54:26 (41.1%)	6:16	9.6 (59.3%)
274	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	+00:54:53 (41.3%)	6:18	9.5 (58.6%)
275	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	+00:55:09 (41.4%)	6:18	9.5 (58.6%)
276	WOLIŃSKI Józef	968		M-50	61	00:01:33	00:30:04	01:01:19	01:33:24	02:06:50	02:13:32.35	02:15:05.80	+00:55:25 (41.5%)	6:19	9.5 (58.6%)
277	GAWROŃSKI Wojtek	213		M-30	260	00:01:36	00:28:23	00:58:03	01:30:09	02:06:40	02:13:39.45	02:15:15.80	+00:55:32 (41.6%)	6:20	9.5 (58.6%)
278	LENCZYK Mariusz	500		M-20	101	00:01:48	00:27:00	00:56:56	01:29:57	02:07:26	02:14:15.65	02:16:04.20	+00:56:09 (41.8%)	6:21	9.4 (58.0%)
279	ŻMUDZIŃSKI Piotr	1032		M-30	262	00:01:48	00:32:05	01:04:47	01:35:48	02:07:44	02:14:36.00	02:16:24.15	+00:56:29 (42.0%)	6:22	9.4 (58.0%)
280	PIOTROWSKI Krzysztof	1114		M-30	263	00:00:24	00:26:37	00:57:48	01:31:05	02:07:30	02:14:36.85	02:15:01.00	+00:56:30 (42.0%)	6:22	9.4 (58.0%)

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					
281	BŁACH Piotr Buła	44	PACEMAKER	M-50	63	00:01:45	00:31:54	01:03:54	01:35:49	02:08:35	02:15:04.65	02:16:50.15	+00:56:58 (42.2%)	6:24	9.4 (58.0%)
282	SZUMNIAK Ryszard	888		M-50	64	00:01:48	00:31:52	01:04:03	01:35:45	02:08:32	02:15:17.50	02:17:05.55	+00:57:11 (42.3%)	6:24	9.4 (58.0%)
283	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	+00:57:11 (42.3%)	6:24	9.4 (58.0%)
284	KOWALCZYK Tomasz	417	AKMB PĘDZIWIATR GLIWICE	M-30	265	00:01:08	00:28:34	00:57:27	01:31:44	02:08:32	02:15:48.35	02:16:56.45	+00:57:41 (42.5%)	6:26	9.3 (57.4%)
285	GŁOWACKI Jordan	230		M-30	266	00:00:33	00:30:09	01:01:15	01:33:44	02:08:29	02:16:02.45	02:16:35.60	+00:57:55 (42.6%)	6:26	9.3 (57.4%)
286	CIUK Bartosz	119	OLK SP.ZOZ	M-50	66	00:02:07	00:30:23	01:02:14	01:36:50	02:11:26	02:18:34.70	02:20:42.10	+01:00:28 (43.6%)	6:34	9.1 (56.2%)
287	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	+01:00:51 (43.8%)	6:35	9.1 (56.2%)
288	BOGDAŁ Michał	53		M-30	269	00:00:30	00:31:32	01:03:26	01:36:09	02:11:28	02:19:15.05	02:19:45.65	+01:01:08 (43.9%)	6:35	9.1 (56.2%)
289	PRUCHNIK Andrzej	731		M-50	68	00:00:20	00:29:38	01:01:16	01:34:49	02:12:08	02:20:39.65	02:20:59.75	+01:02:33 (44.5%)	6:39	9 (55.6%)
290	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	+01:02:44 (44.5%)	6:40	9 (55.6%)
291	JANCZYSZYN Rafał	302		M-20	102	00:01:15	00:32:55	01:04:59	01:37:34	02:13:39	02:21:11.85	02:22:27.70	+01:03:05 (44.7%)	6:41	9 (55.6%)
292	SERAFIN Patryk	798		M-20	103	00:01:08	00:28:43	01:00:07	01:33:04	02:12:26	02:21:25.30	02:22:34.10	+01:03:18 (44.8%)	6:42	9 (55.6%)
293	ZIĘBA Michał	1013		M-20	104	00:02:03	00:29:16	01:00:43	01:35:28	02:13:54	02:21:53.20	02:23:57.15	+01:03:46 (45.0%)	6:43	8.9 (54.9%)
294	HENDRYK Leszek	282	BEERRUNNERS!	M-30	273	00:00:59	00:28:11	00:58:09	01:30:28	02:14:26	02:22:08.40	02:23:08.15	+01:04:01 (45.0%)	6:44	8.9 (54.9%)
295	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	+01:04:52 (45.4%)	6:46	8.9 (54.9%)
296	WÓJCIK Marcin	978		M-20	105	00:01:37	00:30:16	01:03:21	01:38:26	02:16:10	02:23:21.15	02:24:58.25	+01:05:14 (45.5%)	6:47	8.8 (54.3%)
297	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	+01:05:31 (45.6%)	6:48	8.8 (54.3%)
298	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	+01:06:14 (45.9%)	6:50	8.8 (54.3%)
299	JEZIOR Bartosz	317	DRIV	M-30	276	00:01:39	00:27:53	00:59:48	01:38:41	02:16:11	02:24:31.45	02:26:10.60	+01:06:24 (46.0%)	6:50	8.8 (54.3%)
300	TRZCIŃSKI Łukasz	916		M-20	106	00:02:05	00:29:58	01:02:29	01:39:06	02:17:44	02:25:50.75	02:27:56.70	+01:07:44 (46.4%)	6:54	8.7 (53.7%)
301	WALEWSKI Kamil	933		M-30	277	00:01:39	00:31:26	01:05:20	01:39:59	02:19:21	02:27:35.95	02:29:15.55	+01:09:29 (47.1%)	6:59	8.6 (53.1%)
302	KOJ Krzysztof	395		M-20	107	00:00:58	00:29:17	00:59:57	01:34:51	02:17:31	02:27:46.60	02:28:44.80	+01:09:40 (47.1%)	7:00	8.6 (53.1%)
303	FLORECKI Andrzej	190	AKMB PĘDZIWIATR GLIWICE	M-60	17	00:00:21	00:30:49	01:04:46	01:41:06	02:21:33	02:30:04.90	02:30:26.80	+01:11:58 (48.0%)	7:06	8.4 (51.9%)
304	MARYNIOK Patryk	545		M-20	108	00:01:57	00:31:44	01:03:46	01:38:11	02:22:39	02:31:37.90	02:33:34.90	+01:13:31 (48.5%)	7:11	8.4 (51.9%)

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
305	PILARSKI Arkadiusz	700		M-20	109	00:01:40	00:34:56	01:11:55	01:49:46	02:31:49	02:41:04.70	02:42:44.75	+01:22:58 (51.5%)	7:38	7.9 (48.8%)
306	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	+01:25:07 (52.2%)	7:44	7.8 (48.1%)
307	ĆWIKŁA Kamil	141	HARPAGANY	M-30	284	00:00:00	00:25:13			01:43:03			+	5:09	11.6 (71.6%)

Znaleziono 307 wynik(ów)