



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2021-10-17
Gliwice
21.1 km

VII PÓŁMARATON GLIWICKI

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	7.2km	11.9km	16.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WOLNIK Mateusz	578	AKTYWNI LYSKI	M-30	1	00:00:02	00:09:11	00:25:38	00:42:33	00:59:11	01:15:08.95	01:15:11.00		3:33	16.9 (100%)
2	DULINIEC Tomasz	98	GNIOTPOL TEAM	M-40	1	00:00:02	00:09:16	00:25:46	00:42:43	00:59:33	01:15:29.10	01:15:31.75	+00:00:20 (0.4%)	3:34	16.8 (99.4%)
3	MRACHACZ Piotr	580	STUDIO PROJEKTOWE SPART	M-20	1	00:00:03	00:09:11	00:25:53	00:43:05	00:59:55	01:15:49.85	01:15:53.65	+00:00:40 (0.9%)	3:35	16.7 (98.8%)
4	TRESKA Piotr	488	RUNHOGS TYCHY / SPLA TYCHY / BIEGNEPO230.PL	M-30	2	00:00:02	00:09:30	00:26:19	00:43:32	01:00:17	01:16:25.60	01:16:28.30	+00:01:16 (1.7%)	3:37	16.6 (98.2%)
5	ROZMUS Norbert	411		M-30	3	00:00:03	00:09:40	00:27:10	00:44:47	01:01:58	01:17:50.45	01:17:53.60	+00:02:41 (3.5%)	3:41	16.3 (96.4%)
6	FOLTYN Jakub	110	WYTRZYMALI.COACH	M-20	2	00:00:04	00:09:39	00:27:08	00:44:46	01:01:57	01:18:53.70	01:18:57.95	+00:03:44 (4.7%)	3:44	16 (94.7%)
7	HARĘŻA Marek	628		M-30	4	00:00:02	00:09:41	00:27:06	00:44:49	01:02:32	01:19:14.40	01:19:17.35	+00:04:05 (5.2%)	3:45	16 (94.7%)
8	IWANCA Leszek	174		M-40	2	00:00:02	00:09:42	00:27:10	00:45:06	01:02:52	01:19:40.10	01:19:42.35	+00:04:31 (5.7%)	3:46	15.9 (94.1%)
9	BARTOSIK Sebastian	13	FORMA WODZISŁAW ŚLĄSKI / MOJŻYSZ TEAM	M-30	5	00:00:03	00:09:39	00:27:09	00:45:04	01:02:50	01:19:50.30	01:19:53.85	+00:04:41 (5.9%)	3:47	15.9 (94.1%)
10	WIKTORSKI Mieszko	620	TRENUJZNAMI.PL	M-40	3	00:00:03	00:09:41	00:27:06	00:45:05	01:02:52	01:20:04.30	01:20:07.75	+00:04:55 (6.1%)	3:47	15.8 (93.5%)
11	KAMIŃSKI Dominik	203	HARPAGAN SOSNOWIEC - FICOSA	M-40	4	00:00:20	00:09:46	00:27:42	00:45:43	01:03:36	01:20:19.15	01:20:39.30	+00:05:10 (6.4%)	3:48	15.8 (93.5%)
12	DENICKI Przemek	93	EX TEAM	M-30	6	00:00:03	00:10:05	00:27:58	00:45:59	01:03:52	01:20:20.70	01:20:23.70	+00:05:11 (6.5%)	3:48	15.8 (93.5%)
13	SIKOŃCZYK Miłosz	437	RUNNING PERFORMANCE	M-20	3	00:00:02	00:09:30	00:27:26	00:46:04	01:04:12	01:21:28.35	01:21:30.65	+00:06:19 (7.8%)	3:51	15.5 (91.7%)
14	URBAŃCZYK Karol	496	NON STOP TRAIL	M-30	7	00:00:03	00:09:39	00:27:14	00:45:35	01:03:55	01:21:40.50	01:21:44.05	+00:06:31 (8.0%)	3:52	15.5 (91.7%)
15	PRZELIORZ Tomasz	400	INŻYNIERIA BIEGANIA	M-30	8	00:00:02	00:09:59	00:28:06	00:46:41	01:04:49	01:21:51.40	01:21:53.55	+00:06:42 (8.2%)	3:52	15.5 (91.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
16	GRYCMAN Marek	153	LOVE THE PAIN	M-40	5	00:00:03	00:09:57	00:27:53	00:46:17	01:04:31	01:22:02.70	01:22:05.85	+00:06:53 (8.4%)	3:53	15.4 (91.1%)
17	BUCHTA Adam	54		M-40	6	00:00:03	00:09:58	00:28:05	00:46:39	01:04:48	01:22:04.55	01:22:08.10	+00:06:55 (8.4%)	3:53	15.4 (91.1%)
18	BUJNOWSKI Artur	59	TL ROW RYBNIK	M-30	9	00:00:02	00:10:04	00:27:59	00:46:18	01:04:33	01:22:12.45	01:22:15.15	+00:07:03 (8.6%)	3:53	15.4 (91.1%)
19	JANCEWICZ Marcin	178		M-20	4	00:00:04	00:10:07	00:28:26	00:47:09	01:05:30	01:22:37.75	01:22:42.30	+00:07:28 (9.1%)	3:54	15.3 (90.5%)
20	BAGSIK Mateusz	7		M-30	10	00:00:13	00:10:02	00:27:58	00:47:08	01:05:52	01:23:18.00	01:23:31.45	+00:08:09 (9.8%)	3:56	15.2 (89.9%)
21	GRIMAN Joanna	149	MOJŹYSZ TEAM/ERIGO	K-40	1	00:00:03	00:10:03	00:28:17	00:47:24	01:06:12	01:24:05.85	01:24:09.50	+00:08:56 (10.6%)	3:59	15.1 (89.3%)
22	BIEGUN Marcin	29	AKTYWNA PSZCZYNA	M-40	7	00:00:03	00:10:22	00:29:14	00:48:17	01:07:02	01:24:35.05	01:24:38.85	+00:09:26 (11.2%)	4:00	15 (88.8%)
23	GRZYWACZ Marcin	162	MKS CZECHOWICE-DZIEDZICE	M-40	8	00:00:03	00:10:19	00:29:12	00:48:16	01:07:02	01:24:36.05	01:24:40.00	+00:09:27 (11.2%)	4:00	15 (88.8%)
24	FURMANEK Łukasz	114		M-40	9	00:00:04	00:10:44	00:29:46	00:49:08	01:07:48	01:25:14.40	01:25:18.50	+00:10:05 (11.8%)	4:02	14.9 (88.2%)
25	OSETEK Paweł	369	RADLINIOKI W BIEGU	M-30	11	00:00:04	00:09:57	00:28:15	00:47:47	01:06:47	01:25:20.85	01:25:25.00	+00:10:11 (11.9%)	4:02	14.8 (87.6%)
26	GORAUS Kamil	141	RUN RUN RUN	M-30	12	00:00:06	00:10:31	00:29:20	00:48:51	01:07:50	01:25:41.25	01:25:47.90	+00:10:32 (12.3%)	4:03	14.8 (87.6%)
27	JÓZEFIK Dawid	196	JKLA JAWOR	M-30	13	00:00:04	00:10:33	00:29:27	00:48:51	01:07:42	01:25:46.40	01:25:51.30	+00:10:37 (12.4%)	4:03	14.8 (87.6%)
28	MUSKAŁA Mateusz	343	AUGUSTEAM	M-20	5	00:00:04	00:10:05	00:28:26	00:47:38	01:07:06	01:26:06.30	01:26:10.85	+00:10:57 (12.7%)	4:04	14.7 (87.0%)
29	KOZIARSKI Michał	249	LKS SIERAKÓW ŚLĄSKI	M-30	14	00:00:15	00:10:30	00:29:03	00:48:20	01:07:30	01:26:10.30	01:26:25.40	+00:11:01 (12.8%)	4:05	14.7 (87.0%)
30	SMITH Kelli	635		K-30	1	00:00:03	00:10:24	00:29:19	00:48:56	01:08:17	01:26:26.80	01:26:30.15	+00:11:17 (13.1%)	4:05	14.6 (86.4%)
31	CHYBA Szymon	72	KS KROTOSZ KROTOSZYN	M-40	10	00:00:05	00:10:34	00:29:25	00:49:12	01:08:17	01:26:41.80	01:26:47.60	+00:11:32 (13.3%)	4:06	14.6 (86.4%)
32	CZERNY Tomasz	88	AKTYWNE ZABRZE	M-40	11	00:00:05	00:10:29	00:29:30	00:48:55	01:08:04	01:26:43.25	01:26:48.85	+00:11:34 (13.3%)	4:06	14.6 (86.4%)
33	JANOWSKA Michalina	182	MOJŹYSZ TEAM / JEJKOWICE BIEGAJĄ	K-30	2	00:00:04	00:10:51	00:30:05	00:49:34	01:08:33	01:27:05.55	01:27:09.65	+00:11:56 (13.7%)	4:07	14.5 (85.8%)
34	ZIELIŃSKI Ireneusz	544	DKMS JASTRZĘBIE	M-50	1	00:00:04	00:10:30	00:29:31	00:49:14	01:08:51	01:27:37.15	01:27:41.65	+00:12:28 (14.2%)	4:09	14.4 (85.2%)
35	BOGATZKI Marek	39		M-30	15	00:00:05	00:10:05	00:28:35	00:48:47	01:08:28	01:27:50.70	01:27:56.30	+00:12:41 (14.5%)	4:09	14.4 (85.2%)
36	SPRUTTA Robert	458		M-30	16	00:00:05	00:10:55	00:29:52	00:49:41	01:09:11	01:28:01.15	01:28:06.75	+00:12:52 (14.6%)	4:10	14.4 (85.2%)
37	KLIMA Adam	229	RUNHOGS TYCHY	M-30	17	00:00:05	00:10:30	00:29:50	00:49:48	01:09:40	01:28:28.95	01:28:34.25	+00:13:20 (15.1%)	4:11	14.3 (84.6%)
38	PSZCZOŁA Marcin	403		M-40	12	00:00:07	00:11:00	00:31:10	00:51:13	01:10:45	01:29:06.15	01:29:13.30	+00:13:57 (15.7%)	4:13	14.2 (84.0%)
39	BROL Dominika	48		K-30	3	00:00:06	00:11:01	00:30:54	00:51:03	01:10:44	01:29:08.50	01:29:15.45	+00:13:59 (15.7%)	4:13	14.2 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
40	HOFFMANN Nikodem	167		M-30	18	00:00:26	00:11:20	00:31:14	00:51:14	01:10:44	01:29:18.50	01:29:44.95	+00:14:09 (15.9%)	4:13	14.2 (84.0%)
41	NOWICKI Szymon	361		M-30	19	00:00:07	00:11:00	00:30:32	00:50:42	01:10:31	01:29:19.65	01:29:27.55	+00:14:10 (15.9%)	4:13	14.2 (84.0%)
42	STASIKOWSKI Łukasz	463		M-30	20	00:00:06	00:11:01	00:31:11	00:51:33	01:11:14	01:29:21.15	01:29:28.00	+00:14:12 (15.9%)	4:14	14.2 (84.0%)
43	WARDZAŁA Michał	501	MARATON TEAM WIELICZKA	M-40	13	00:00:08	00:10:58	00:30:57	00:51:10	01:11:01	01:29:29.80	01:29:38.45	+00:14:20 (16.0%)	4:14	14.1 (83.4%)
44	GOŁĄBEK Rafał	137	MARATON TEAM WIELICZKA	M-40	14	00:00:08	00:11:00	00:30:58	00:51:11	01:11:02	01:29:30.25	01:29:38.75	+00:14:21 (16.0%)	4:14	14.1 (83.4%)
45	BIAŁY Kamil	28	FAST FOOT TEAM SIEWIERZ	M-30	21	00:00:09	00:11:01	00:31:09	00:51:30	01:11:12	01:29:34.80	01:29:44.10	+00:14:25 (16.1%)	4:14	14.1 (83.4%)
46	GRZESIKIEWICZ Mariusz	157		M-40	15	00:00:07	00:11:03	00:31:11	00:51:31	01:11:14	01:29:34.95	01:29:42.70	+00:14:26 (16.1%)	4:14	14.1 (83.4%)
47	STĄPOR Sławomir	465	TAURON	M-40	16	00:00:05	00:11:05	00:31:13	00:51:35	01:11:17	01:29:40.85	01:29:45.85	+00:14:31 (16.2%)	4:14	14.1 (83.4%)
48	KORZUSZNIK Wojciech	241	LUXTORPEDA CZERWIONKA	M-30	22	00:00:06	00:11:03	00:31:18	00:51:38	01:11:16	01:29:43.45	01:29:49.70	+00:14:34 (16.2%)	4:15	14.1 (83.4%)
49	ŻOŁĄDŹ Piotr	554	TEAM ARTIVENT	M-30	23	00:00:09	00:11:00	00:31:09	00:51:29	01:11:11	01:29:43.60	01:29:52.70	+00:14:34 (16.2%)	4:15	14.1 (83.4%)
50	BAŃBOR Aleksandra	11	EX TEAM	K-20	1	00:00:03	00:11:02	00:30:58	00:51:17	01:11:15	01:29:45.30	01:29:48.65	+00:14:36 (16.3%)	4:15	14.1 (83.4%)
51	CHOMIK Rafał	70	PACEMAKER	M-40	17	00:00:06	00:11:00	00:31:10	00:51:31	01:11:13	01:29:50.15	01:29:56.65	+00:14:41 (16.3%)	4:15	14.1 (83.4%)
52	SKOCZEK Jakub	443		M-30	24	00:00:31	00:11:12	00:31:08	00:51:28	01:11:15	01:29:58.10	01:30:30.00	+00:14:49 (16.5%)	4:15	14.1 (83.4%)
53	DZIDA Dominik	101		M-20	6	00:00:15	00:11:05	00:31:24	00:51:46	01:11:12	01:30:02.25	01:30:17.45	+00:14:53 (16.5%)	4:16	14.1 (83.4%)
54	FAŁEK Adam	105	ŁAMIGNATY	M-20	7	00:00:14	00:10:12	00:29:23	00:50:20	01:10:50	01:30:07.20	01:30:21.40	+00:14:58 (16.6%)	4:16	14 (82.8%)
55	PYKA Marek	639	CHOP ZE ŻELAZA TRI TEAM	M-40	18	00:00:06	00:11:01	00:31:18	01:01:46		01:30:12.75	01:30:19.15	+00:15:03 (16.7%)	4:16	14 (82.8%)
56	OCHMAN Rafał	362	OPEL ACTIVE TEAM	M-40	19	00:00:04	00:11:01	00:31:03	00:51:19	01:11:19	01:30:19.60	01:30:24.35	+00:15:10 (16.8%)	4:16	14 (82.8%)
57	WIECHUŁA Marcin	510		M-40	20	00:00:06	00:10:08	00:29:28	00:50:09	01:10:39	01:30:26.20	01:30:32.25	+00:15:17 (16.9%)	4:17	14 (82.8%)
58	ŁOZIŃSKI Wojciech	287	PARKRUN CHRZANÓW	M-20	8	00:00:07	00:11:01	00:31:13	00:51:30	01:11:15	01:30:35.50	01:30:42.55	+00:15:26 (17.0%)	4:17	14 (82.8%)
59	WYLEŻAŁEK Alina	528		K-30	4	00:00:10	00:11:19	00:31:24	00:51:53	01:12:07	01:31:27.50	01:31:37.60	+00:16:18 (17.8%)	4:20	13.8 (81.7%)
60	MASŁOŃ Błażej	315		M-50	2	00:00:07	00:11:02	00:31:10	00:51:31	01:11:34	01:31:38.70	01:31:46.15	+00:16:29 (18.0%)	4:20	13.8 (81.7%)
61	PILNY Karol	387	AKTYWNI RYDUŁTOWY	M-20	9	00:00:04	00:10:51	00:30:48	00:51:44	01:11:59	01:31:41.35	01:31:45.45	+00:16:32 (18.0%)	4:20	13.8 (81.7%)
62	PASTWA Piotr	379	BIEGAJ Z TRENERAMI	M-50	3	00:00:17	00:11:09	00:30:59	00:51:20	01:11:40	01:31:45.80	01:32:03.75	+00:16:36 (18.1%)	4:20	13.8 (81.7%)
63	GORCZYCKI Arkadiusz	142	MIECHOWICKA GRUPA BIEGOWA/RESHAPE RUNNERS	M-30	25	00:00:08	00:11:18	00:32:04	00:53:03	01:13:17	01:31:57.00	01:32:05.15	+00:16:48 (18.3%)	4:21	13.8 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
64	GARUS Bartłomiej	124	YNO 1	M-30	26	00:00:14	00:11:14	00:31:16	00:51:56	01:12:27	01:32:04.80	01:32:19.60	+00:16:55 (18.4%)	4:21	13.8 (81.7%)
65	BUJAK Marcin	57		M-40	21	00:00:08	00:11:01	00:31:11	00:51:32	01:12:15	01:32:25.85	01:32:34.10	+00:17:16 (18.7%)	4:22	13.7 (81.1%)
66	MAJEK Krzysztof	299	AUGUSTEAM	M-50	4	00:00:08	00:11:09	00:31:31	00:52:33	01:13:18	01:32:29.60	01:32:38.40	+00:17:20 (18.8%)	4:22	13.7 (81.1%)
67	KONIECZNA Anna	236		K-20	2	00:00:08	00:11:04	00:31:37	00:52:41	01:13:21	01:32:34.95	01:32:43.20	+00:17:26 (18.8%)	4:23	13.7 (81.1%)
68	TEKLA Krzysztof	484		M-30	27	00:00:10	00:11:07	00:31:23	00:51:51	01:12:26	01:32:51.75	01:33:02.25	+00:17:42 (19.1%)	4:24	13.6 (80.5%)
69	PACOŃ Sebastian	593	DAGMA	M-40	22	00:00:02	00:10:49	00:30:58	00:51:37	01:12:43	01:32:52.70	01:32:55.25	+00:17:43 (19.1%)	4:24	13.6 (80.5%)
70	JAWOREK Jacek	190	SPRYTNA BANIA SPONTAN TEAM // JBC365	M-30	28	00:00:13	00:11:24	00:31:56	00:52:51	01:13:24	01:32:55.90	01:33:09.25	+00:17:46 (19.1%)	4:24	13.6 (80.5%)
71	WRĘCZYCKI Ireneusz	571		M-50	5	00:00:09	00:11:00	00:31:11	00:51:37	01:12:40	01:33:03.35	01:33:12.65	+00:17:54 (19.2%)	4:24	13.6 (80.5%)
72	WYMYSŁO Andrzej	529	RADA MIASTA	M-60	1	00:00:04	00:11:14	00:31:34	00:52:46	01:13:28	01:33:10.80	01:33:15.50	+00:18:01 (19.4%)	4:24	13.6 (80.5%)
73	MIRONOWICZ Bartłomiej	335		M-30	29	00:00:12	00:10:57	00:31:09	00:51:34	01:12:42	01:33:15.25	01:33:27.90	+00:18:06 (19.4%)	4:25	13.6 (80.5%)
74	SITEK Krzysztof	439		M-40	23	00:00:09	00:11:14	00:31:26	00:52:34	01:13:31	01:33:24.85	01:33:34.15	+00:18:15 (19.6%)	4:25	13.6 (80.5%)
75	ZALEWSKI Wojciech	534		M-40	24	00:00:25	00:11:38	00:32:21	00:53:35	01:14:31	01:34:04.75	01:34:29.95	+00:18:55 (20.1%)	4:27	13.5 (79.9%)
76	WIERZCHOWSKI Jędrzej	511		M-30	30	00:00:09	00:11:21	00:32:05	00:53:42	01:14:57	01:34:27.90	01:34:36.90	+00:19:18 (20.4%)	4:28	13.4 (79.3%)
77	KAWELCZYK Robert	219	M-50	6	00:00:11	00:11:27	00:31:56	00:52:59	01:13:59	01:34:34.65	01:34:45.80	+00:19:25 (20.5%)	4:28	13.4 (79.3%)
78	CZAJKOWSKI Paweł	82	WIKI&MAKS	M-40	25	00:00:10	00:11:37	00:32:26	00:54:03	01:14:54	01:34:39.95	01:34:50.75	+00:19:31 (20.6%)	4:29	13.4 (79.3%)
79	PUC Paweł	404	TRUCHTACZE GZICHÓW	M-40	26	00:00:16	00:11:12	00:31:53	00:53:40	01:15:01	01:34:40.55	01:34:56.60	+00:19:31 (20.6%)	4:29	13.4 (79.3%)
80	GRZYB Dariusz	158		M-50	7	00:00:07	00:11:01	00:31:12	00:52:42	01:14:13	01:34:42.35	01:34:49.55	+00:19:33 (20.6%)	4:29	13.4 (79.3%)
81	FRANKIEWICZ Artur	111		M-30	31	00:00:08	00:11:01	00:31:27	00:52:42	01:13:55	01:34:42.70	01:34:51.35	+00:19:33 (20.7%)	4:29	13.4 (79.3%)
82	WACŁAWSKI Jacek	640		M-40	27	00:00:14	00:11:07	00:31:34	00:52:51	01:14:07	01:34:54.90	01:35:09.20	+00:19:45 (20.8%)	4:29	13.3 (78.7%)
83	RATAJCZAK Aleksander	407	LECYMY DURS	M-50	8	00:00:12	00:11:40	00:32:55	00:54:26	01:15:22	01:35:20.35	01:35:33.00	+00:20:11 (21.2%)	4:31	13.3 (78.7%)
84	LONKA Michał	574		M-40	28	00:00:07	00:11:44	00:32:59	00:54:34	01:15:39	01:35:24.45	01:35:31.90	+00:20:15 (21.2%)	4:31	13.3 (78.7%)
85	MYNARSKI Sylwester	601	DALEKO JESZCZE?	M-40	29	00:01:23	00:12:35	00:33:37	00:55:00	01:15:49	01:35:34.65	01:36:58.25	+00:20:25 (21.4%)	4:31	13.2 (78.1%)
86	STRAMA Adam	467		M-40	30	00:00:12	00:11:29	00:32:29	00:54:06	01:15:30	01:35:35.00	01:35:47.05	+00:20:26 (21.4%)	4:31	13.2 (78.1%)
87	CIEŚLAK Jacek	74		M-40	31	00:00:15	00:12:04	00:33:03	00:54:40	01:15:50	01:35:36.95	01:35:52.65	+00:20:28 (21.4%)	4:31	13.2 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
88	BARAŃSKI Rafał	12		M-40	32	00:00:13	00:11:39	00:32:55	00:54:26	01:15:22	01:35:44.00	01:35:57.75	+00:20:35 (21.5%)	4:32	13.2 (78.1%)
89	MADEJSKI Sylwester	297		M-40	33	00:00:11	00:11:33	00:32:44	00:54:51	01:16:15	01:35:54.30	01:36:05.50	+00:20:45 (21.6%)	4:32	13.2 (78.1%)
90	MARCINIAK Rafał	308	8A.PL	M-30	32	00:00:39	00:12:16	00:33:46	00:54:58	01:16:00	01:35:55.60	01:36:35.00	+00:20:46 (21.7%)	4:32	13.2 (78.1%)
91	PIKUŁA Jacek	386	BIEGNĘ BYLE DOBIEC	M-40	34	00:01:13	00:13:22	00:34:47	00:55:53	01:16:26	01:36:01.50	01:37:15.35	+00:20:52 (21.7%)	4:33	13.2 (78.1%)
92	GALILEJCZYK Mariusz	118		M-20	10	00:00:36	00:10:57	00:30:43	00:52:37	01:14:54	01:36:05.50	01:36:42.05	+00:20:56 (21.8%)	4:33	13.2 (78.1%)
93	KWIATKOWSKI Grzegorz	271		M-40	35	00:00:18	00:11:11	00:31:10	00:53:05	01:15:21	01:36:19.30	01:36:37.55	+00:21:10 (22.0%)	4:33	13.1 (77.5%)
94	MEKIER Bartek	591		M-30	33	00:00:25	00:12:11	00:33:48	00:55:34	01:16:51	01:36:29.45	01:36:55.10	+00:21:20 (22.1%)	4:34	13.1 (77.5%)
95	KAMIŃSKI Marcin	205		M-20	11	00:00:00					01:36:34.85	01:36:34.85	+00:21:25 (22.2%)	4:34	13.1 (77.5%)
96	GĄSZCZAK Michał	127	RUNHOGS TYCHY	M-30	34	00:00:07	00:11:01	00:32:19	00:54:31	01:16:15	01:36:40.60	01:36:48.05	+00:21:31 (22.3%)	4:34	13.1 (77.5%)
97	KOWOLIK Łukasz	247	TAURON TEAM	M-30	35	00:00:20	00:12:26	00:34:37	00:56:23	01:17:00	01:36:41.50	01:37:02.25	+00:21:32 (22.3%)	4:34	13.1 (77.5%)
98	LEPIARCZYK Sławomir	280		M-30	36	00:00:13	00:11:28	00:32:00	00:53:56	01:15:38	01:36:42.80	01:36:56.20	+00:21:33 (22.3%)	4:34	13.1 (77.5%)
99	HOLONA Maciej	647	FORMA WODZISŁAW	M-50	9	00:00:14	00:11:27	00:32:11	00:54:14	01:16:17	01:36:47.00	01:37:01.20	+00:21:38 (22.4%)	4:35	13.1 (77.5%)
100	MIRATYŃSKI Adam	627		M-40	36	00:00:23	00:12:18	00:33:18	00:54:48	01:16:16	01:36:49.25	01:37:12.65	+00:21:40 (22.4%)	4:35	13.1 (77.5%)
101	GUZY Andrzej	579		M-60	2	00:00:04	00:11:03	00:31:40	00:53:39	01:15:37	01:36:49.85	01:36:54.10	+00:21:40 (22.4%)	4:35	13.1 (77.5%)
102	JASICKI Krzysztof	186	RUNHOGS TYCHY	M-40	37	00:00:07	00:11:00	00:32:19	00:54:33	01:16:27	01:36:52.90	01:37:00.45	+00:21:43 (22.4%)	4:35	13.1 (77.5%)
103	MACHURA Arkadiusz	292		M-40	38	00:00:10	00:11:56	00:33:54	00:55:54	01:17:26	01:36:53.90	01:37:04.40	+00:21:44 (22.4%)	4:35	13.1 (77.5%)
104	NOGA Jacek	643		M-40	39	00:00:15	00:11:47	00:33:24	00:55:41	01:17:02	01:36:59.75	01:37:15.60	+00:21:50 (22.5%)	4:35	13.1 (77.5%)
105	MACHOWSKI Dariusz	291		M-50	10	00:00:10	00:11:54	00:33:52	00:55:53	01:17:07	01:37:05.55	01:37:15.75	+00:21:56 (22.6%)	4:36	13 (76.9%)
106	MEDES Marcin	319		M-30	37	00:00:12	00:12:11	00:33:53	00:55:50	01:17:10	01:37:21.65	01:37:34.40	+00:22:12 (22.8%)	4:36	13 (76.9%)
107	CZYŻ Wojciech	89		M-40	40	00:00:17	00:11:41	00:33:00	00:55:01	01:16:47	01:37:29.95	01:37:47.50	+00:22:21 (22.9%)	4:37	13 (76.9%)
108	KAMIŃSKI Jacek	204	ROMET FACTORY TEAM	M-40	41	00:00:06	00:11:02	00:31:14	00:53:18	01:15:55	01:37:32.75	01:37:39.60	+00:22:23 (23.0%)	4:37	13 (76.9%)
109	SZYMAŃSKI Piotr	479		M-40	42	00:00:09	00:11:30	00:32:31	00:54:45	01:16:46	01:37:44.50	01:37:54.40	+00:22:35 (23.1%)	4:37	13 (76.9%)
110	MARKOWSKI Przemysław	311	PACEMAKER / SZLABANOWCY RUNNING TEAM	M-30	38	00:00:10	00:11:54	00:33:53	00:55:53	01:17:06	01:37:51.35	01:38:01.75	+00:22:42 (23.2%)	4:38	12.9 (76.3%)
111	STAŃCZYK Przemek	462		M-30	39	00:00:09	00:12:03	00:34:04	00:56:16	01:18:17	01:38:25.20	01:38:34.95	+00:23:16 (23.6%)	4:39	12.9 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
112	WILK Piotr	645		M-40	43	00:00:08	00:11:57	00:33:55	00:55:55	01:17:27	01:38:26.10	01:38:34.35	+00:23:17 (23.7%)	4:39	12.9 (76.3%)
113	SIEJA Zbyszek	434	LECYMY DURŚ	M-50	11	00:00:16	00:11:54	00:33:10	00:55:30	01:17:31	01:38:29.20	01:38:45.35	+00:23:20 (23.7%)	4:40	12.9 (76.3%)
114	SPYRA Kamil	459	SPYROWKA	M-30	40	00:00:14	00:11:16	00:32:02	00:54:54	01:17:53	01:38:30.05	01:38:44.10	+00:23:21 (23.7%)	4:40	12.9 (76.3%)
115	TABIŚ Bartosz	611		M-30	41	00:00:20	00:11:47	00:33:46	00:55:55	01:17:55	01:38:38.60	01:38:59.40	+00:23:29 (23.8%)	4:40	12.8 (75.7%)
116	CZAJKA Tomasz	80		M-40	44	00:00:10	00:11:55	00:33:54	00:56:15	01:18:11	01:38:39.25	01:38:50.10	+00:23:30 (23.8%)	4:40	12.8 (75.7%)
117	SZEWczyk Urszula	474	GREEN BELT RUNNER TEAM	K-40	2	00:00:11	00:11:34	00:33:18	00:55:25	01:17:33	01:38:44.25	01:38:55.25	+00:23:35 (23.9%)	4:40	12.8 (75.7%)
118	DREWNIAK Marcin	638		M-20	12	00:00:22	00:11:55	00:33:42	00:55:52	01:18:20	01:39:14.10	01:39:36.50	+00:24:05 (24.3%)	4:42	12.8 (75.7%)
119	BIELA Grzegorz	31	NIGHT RUNNERS PYSKOWICE	M-30	42	00:00:07	00:11:26	00:32:50	00:55:37	01:17:49	01:39:17.15	01:39:24.95	+00:24:08 (24.3%)	4:42	12.8 (75.7%)
120	NIŻNIKIEWICZ Grzegorz	352		M-40	45	00:00:18	00:11:50	00:33:25	00:55:43	01:17:28	01:39:23.70	01:39:42.35	+00:24:14 (24.4%)	4:42	12.7 (75.1%)
121	ZAJĄC Mateusz	531		M-40	46	00:00:20	00:12:18	00:34:21	00:56:56	01:18:57	01:39:24.35	01:39:44.45	+00:24:15 (24.4%)	4:42	12.7 (75.1%)
122	GIESE Michal	132		M-40	47	00:00:12	00:12:10	00:34:21	00:57:00	01:18:44	01:39:26.70	01:39:39.05	+00:24:17 (24.4%)	4:42	12.7 (75.1%)
123	BINIENDA Agnieszka	32	KOBIETY WATAHY	K-40	3	00:00:25	00:11:56	00:33:41	00:55:40	01:17:59	01:39:31.55	01:39:56.80	+00:24:22 (24.5%)	4:42	12.7 (75.1%)
124	HYRKIEL Pawel	172	IL GATTO RAMPANTE	M-40	48	00:00:11	00:11:46	00:33:33	00:55:50	01:17:53	01:39:44.35	01:39:55.90	+00:24:35 (24.7%)	4:43	12.7 (75.1%)
125	MEOSI Alessandro	321	MONAR GRACZE	M-20	13	00:00:21	00:12:30	00:33:26	00:55:08	01:17:24	01:39:46.75	01:40:08.60	+00:24:37 (24.7%)	4:43	12.7 (75.1%)
126	HYRA Robert	171	ZALEW BLACHOWNIA	M-50	12	00:00:14	00:11:52	00:33:51	00:55:57	01:18:16	01:40:02.90	01:40:17.70	+00:24:53 (24.9%)	4:44	12.7 (75.1%)
127	KUŻMA Andrzej	269	TEAM ARTIVENT	M-20	14	00:00:22	00:12:29	00:35:14	00:57:51	01:20:54	01:40:02.95	01:40:25.35	+00:24:54 (24.9%)	4:44	12.7 (75.1%)
128	DABROWSKI Bartosz	90		M-30	43	00:00:58	00:13:07	00:35:34	00:58:21	01:20:03	01:40:03.40	01:41:02.25	+00:24:54 (24.9%)	4:44	12.7 (75.1%)
129	SZOŁTYSEK Adrian	556		M-30	44	00:00:20	00:11:45	00:33:44	00:55:45	01:17:49	01:40:04.70	01:40:25.00	+00:24:55 (24.9%)	4:44	12.7 (75.1%)
130	MARCZAK Krzysztof	570		M-50	13	00:00:13	00:12:11	00:34:00	00:56:25	01:19:05	01:40:06.05	01:40:19.80	+00:24:57 (24.9%)	4:44	12.6 (74.6%)
131	DZWINCZYK Zbigniew	103		M-40	49	00:00:20	00:13:04	00:35:31	00:58:00	01:19:43	01:40:06.40	01:40:26.50	+00:24:57 (24.9%)	4:44	12.6 (74.6%)
132	CHOJNA Zygmunt	69	SOCIOS SILESIA	M-60	3	00:00:11	00:11:32	00:33:23	00:56:07	01:18:44	01:40:10.40	01:40:21.70	+00:25:01 (25.0%)	4:44	12.6 (74.6%)
133	LECHOCKA Patrycja	278	INŻYNIERIA BIEGANIA/ EKO-OKNA RUNNERS	K-30	5	00:00:13	00:11:56	00:33:53	00:56:13	01:18:44	01:40:11.70	01:40:25.40	+00:25:02 (25.0%)	4:44	12.6 (74.6%)
134	RAWŁUSZEWICZ Waldemar	408		M-50	14	00:00:21	00:12:16	00:34:10	00:56:49	01:18:59	01:40:14.40	01:40:35.60	+00:25:05 (25.0%)	4:45	12.6 (74.6%)
135	SKLORZ Marcin	442		M-20	15	00:00:18	00:11:50	00:33:24	00:55:42	01:17:41	01:40:20.20	01:40:39.05	+00:25:11 (25.1%)	4:45	12.6 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
136	WARDZYK Damian	502	ZŁOTA MARKA	M-20	16	00:00:23	00:12:30	00:33:32	00:54:56	01:17:36	01:40:20.90	01:40:43.95	+00:25:11 (25.1%)	4:45	12.6 (74.6%)
137	ZAKRZOWSKI Krzysztof	532		M-30	45	00:00:16	00:11:49	00:33:50	00:56:19	01:18:49	01:40:21.90	01:40:38.30	+00:25:12 (25.1%)	4:45	12.6 (74.6%)
138	SZCZEPANEK Łukasz	473		M-20	17	00:00:15	00:12:09	00:33:54	00:56:07	01:18:26	01:40:22.00	01:40:37.10	+00:25:13 (25.1%)	4:45	12.6 (74.6%)
139	BOHM Mariusz	40		M-50	15	00:00:22	00:12:30	00:34:50	00:57:17	01:19:26	01:40:27.65	01:40:49.85	+00:25:18 (25.2%)	4:45	12.6 (74.6%)
140	RÓŻAŃSKI Michał	413		M-30	46	00:00:18	00:12:18	00:34:22	00:56:55	01:19:14	01:40:38.00	01:40:56.35	+00:25:29 (25.3%)	4:46	12.6 (74.6%)
140	WILK Dawid	514	PACEMAKER	M-30	46	00:00:09	00:11:54	00:33:54	00:55:54	01:17:59	01:40:38.00	01:40:47.90	+00:25:29 (25.3%)	4:46	12.6 (74.6%)
142	KURCZEK Tomasz	265	RUN FOREST RIUM!	M-40	50	00:00:16	00:12:34	00:35:06	00:57:29	01:19:50	01:40:44.90	01:41:01.55	+00:25:35 (25.4%)	4:46	12.6 (74.6%)
143	SCHAB Bartłomiej	430		M-30	48	00:00:00	00:12:55	00:34:37	00:56:59	01:19:33	01:40:55.00	01:40:55.00	+00:25:46 (25.5%)	4:46	12.5 (74.0%)
144	TOCZYDŁOWSKI Łukasz	486	ROZBIEGANA LIGOTA	M-40	51	00:01:10	00:13:07	00:34:37	00:57:00	01:19:39	01:41:01.50	01:42:12.45	+00:25:52 (25.6%)	4:47	12.5 (74.0%)
145	RYCHLIK Sebastian	417	LISY PUSTYNI	M-40	52	00:00:11	00:12:24	00:35:33	00:58:28	01:20:39	01:41:09.35	01:41:21.15	+00:26:00 (25.7%)	4:47	12.5 (74.0%)
146	STANISZ Marcin	460	NIGHT RUNNERS PYSKOWICE	M-30	49	00:00:26	00:12:10	00:34:14	00:56:46	01:19:35	01:41:13.55	01:41:39.85	+00:26:04 (25.8%)	4:47	12.5 (74.0%)
147	JAWOREK Adam	189		M-30	50	00:00:06	00:11:00	00:31:41	00:54:23	01:17:52	01:41:19.80	01:41:26.20	+00:26:10 (25.8%)	4:48	12.5 (74.0%)
148	KRZANOWSKI Marcin	257	OASIS SPORT TEAM	M-30	51	00:00:20	00:12:17	00:34:26	00:57:12	01:19:56	01:41:21.30	01:41:41.65	+00:26:12 (25.9%)	4:48	12.5 (74.0%)
149	JAGIEŁA Michał	177		M-30	52	00:00:45	00:12:11	00:33:56	00:56:22	01:19:08	01:41:21.75	01:42:07.60	+00:26:12 (25.9%)	4:48	12.5 (74.0%)
150	ADAMCZYK Daniel	2	NIGHT RUNNERS PYSKOWICE	M-20	18	00:00:26	00:12:10	00:34:13	00:56:47	01:19:36	01:41:22.60	01:41:48.70	+00:26:13 (25.9%)	4:48	12.5 (74.0%)
151	KOWALCZYK Jordan	245		M-30	53	00:00:28	00:12:39	00:35:04	00:57:43	01:20:23	01:41:24.80	01:41:53.50	+00:26:15 (25.9%)	4:48	12.5 (74.0%)
152	CIEŚLIK Jarosław	75		M-30	54	00:00:28	00:12:19	00:35:02	00:57:38	01:20:28	01:41:26.20	01:41:54.85	+00:26:17 (25.9%)	4:48	12.5 (74.0%)
153	NAJWER Tomasz	613		M-40	53	00:00:18	00:12:14	00:34:41	00:57:30	01:20:03	01:41:34.15	01:41:52.90	+00:26:25 (26.0%)	4:48	12.5 (74.0%)
154	DUDA Jacek	97	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	16	00:00:16	00:11:50	00:33:48	00:56:10	01:19:38	01:41:38.60	01:41:55.35	+00:26:29 (26.1%)	4:49	12.5 (74.0%)
155	NIKODON Paweł	349	NIKODON DREAM TEAM	M-40	54	00:00:12	00:11:41	00:32:56	00:55:56	01:19:39	01:41:45.30	01:41:58.05	+00:26:36 (26.1%)	4:49	12.4 (73.4%)
156	KIDA Marek	221		M-30	55	00:00:20	00:12:30	00:35:13	00:57:49	01:21:08	01:41:50.40	01:42:11.35	+00:26:41 (26.2%)	4:49	12.4 (73.4%)
157	KOŚCIELNY Sebastian	242	WATAHA	M-40	55	00:00:29	00:12:39	00:34:59	00:57:49	01:20:44	01:42:02.45	01:42:31.75	+00:26:53 (26.4%)	4:50	12.4 (73.4%)
158	PŁONKA Krzysztof	392	DKMS JASTRZĘBIE	M-50	17	00:00:21	00:12:30	00:35:02	00:57:47	01:20:38	01:42:06.45	01:42:28.25	+00:26:57 (26.4%)	4:50	12.4 (73.4%)
159	IWASZKOWSKI Dawid	175		M-30	56	00:00:27	00:13:18	00:35:55	00:58:19	01:20:56	01:42:09.00	01:42:36.95	+00:27:00 (26.4%)	4:50	12.4 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
160	NOREK-CISZAK Beata	353	LAKE RUNNERS TYCHY	K-40	4	00:00:19	00:12:37	00:35:14	00:58:06	01:20:51	01:42:10.65	01:42:29.85	+00:27:01 (26.5%)	4:50	12.4 (73.4%)
161	JANECZEK Marek	179		M-40	56	00:00:18	00:12:48	00:35:40	00:58:28	01:21:02	01:42:11.10	01:42:29.45	+00:27:02 (26.5%)	4:50	12.4 (73.4%)
162	MIECZNIKOWSKI Jacek	329		M-40	57	00:00:09	00:11:38	00:33:07	00:55:37	01:19:05	01:42:15.80	01:42:25.45	+00:27:06 (26.5%)	4:50	12.4 (73.4%)
163	BRODAKI Paweł	45		M-30	57	00:00:19	00:12:32	00:35:14	00:57:50	01:20:41	01:42:17.60	01:42:36.95	+00:27:08 (26.5%)	4:50	12.4 (73.4%)
164	BUŁAWA Grzegorz	60	GB-ARCH	M-40	58	00:00:18	00:12:31	00:35:16	00:57:52	01:20:36	01:42:18.00	01:42:36.25	+00:27:09 (26.5%)	4:50	12.4 (73.4%)
165	NOWAKOWSKI Arek	358		M-30	58	00:00:20	00:12:24	00:34:17	00:57:18	01:20:42	01:42:22.50	01:42:43.10	+00:27:13 (26.6%)	4:51	12.4 (73.4%)
166	UJMA Michał	494	SII RUNNING TEAM	M-30	59	00:00:00	00:12:17	00:34:09	00:56:58	01:20:07	01:42:24.70	01:42:24.70	+00:27:15 (26.6%)	4:51	12.4 (73.4%)
167	WOŁOWSKI Lech	633		M-40	59	00:00:17	00:12:34	00:35:17	00:58:01	01:20:54	01:42:28.60	01:42:45.80	+00:27:19 (26.7%)	4:51	12.4 (73.4%)
168	SARNECKI Adam	429		M-30	60	00:00:26	00:12:27	00:35:10	00:57:47	01:21:04	01:42:38.00	01:43:04.25	+00:27:29 (26.8%)	4:51	12.3 (72.8%)
169	SZKLORZ Sylwester	581	ROZBIEGANA LIGOTA	M-50	18	00:01:11	00:13:16	00:35:20	00:58:38	01:21:30	01:42:40.25	01:43:51.40	+00:27:31 (26.8%)	4:51	12.3 (72.8%)
170	TYSZKIEWICZ Cuma	492		M-40	60	00:00:19	00:12:31	00:35:12	00:57:51	01:20:39	01:42:47.15	01:43:06.50	+00:27:38 (26.9%)	4:52	12.3 (72.8%)
171	BROJA Rafał	47		M-30	61	00:00:06	00:10:49	00:34:47	00:59:56	01:24:28	01:42:59.45	01:43:05.50	+00:27:50 (27.0%)	4:52	12.3 (72.8%)
172	JAROS Marcin	184	OPP KATOWICE	M-30	62	00:00:29	00:13:47	00:35:58	00:58:56	01:21:01	01:43:04.00	01:43:33.80	+00:27:55 (27.1%)	4:53	12.3 (72.8%)
173	TISZBIEREK Marek	485		M-40	61	00:00:20	00:12:38	00:35:39	00:58:32	01:20:54	01:43:06.45	01:43:27.35	+00:27:57 (27.1%)	4:53	12.3 (72.8%)
174	ŻMIJEWSKI Dariusz	551		M-50	19	00:00:43	00:12:20	00:34:18	00:57:03	01:20:26	01:43:09.25	01:43:52.90	+00:28:00 (27.1%)	4:53	12.3 (72.8%)
175	PAWLACZYK Lesław	380	SII RUNNING TEAM	M-40	62	00:00:26	00:12:28	00:34:00	00:57:04	01:20:19	01:43:10.15	01:43:36.55	+00:28:01 (27.2%)	4:53	12.3 (72.8%)
176	GAWLIK Tomasz	126		M-40	63	00:00:36	00:12:57	00:35:43	00:59:07	01:21:55	01:43:11.20	01:43:47.85	+00:28:02 (27.2%)	4:53	12.3 (72.8%)
177	ŁATKA Łukasz	285	PACEMAKER	M-30	63	00:00:17	00:12:32	00:35:15	00:57:51		01:43:15.75	01:43:33.40	+00:28:06 (27.2%)	4:53	12.3 (72.8%)
178	WILK Mirosław	515		M-40	64	00:00:22	00:12:16	00:33:55	00:56:48	01:20:03	01:43:18.60	01:43:41.15	+00:28:09 (27.3%)	4:53	12.3 (72.8%)
179	STAROSTKA Jacek	564	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	65	00:00:30	00:13:46	00:38:04	01:02:36	01:23:23	01:43:19.65	01:43:50.35	+00:28:10 (27.3%)	4:53	12.3 (72.8%)
180	KUBIŚ Mateusz	261	JÓZEFINKA	M-20	19	00:00:16	00:12:18	00:35:10	00:57:48	01:20:55	01:43:20.35	01:43:36.85	+00:28:11 (27.3%)	4:53	12.3 (72.8%)
181	DZIABOR Andrzej	100	#BYLEDOMETRY	M-40	66	00:00:27	00:12:52	00:35:38	00:58:48	01:21:36	01:43:21.70	01:43:49.65	+00:28:12 (27.3%)	4:53	12.2 (72.2%)
182	MAZUR Kamil	567	PKO BANK POLSKI	M-30	64	00:00:18	00:12:33	00:35:17	00:58:15	01:21:34	01:43:22.60	01:43:41.45	+00:28:13 (27.3%)	4:53	12.2 (72.2%)
183	ŻAAK Michał	549		M-30	65	00:00:12	00:12:04	00:34:26	00:57:33	01:20:56	01:43:22.80	01:43:35.45	+00:28:13 (27.3%)	4:53	12.2 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
184	CZAJKA Roman	79		M-40	67	00:00:13	00:12:02	00:34:23	00:57:42	01:21:13	01:43:33.45	01:43:46.45	+00:28:24 (27.4%)	4:54	12.2 (72.2%)
185	POWROŻNA Mariola	397	NIGHT RUNNERS ŚLĄSK	K-40	5	00:00:20	00:12:32	00:34:52	00:57:48	01:20:54	01:43:33.60	01:43:54.25	+00:28:24 (27.4%)	4:54	12.2 (72.2%)
186	MACYSZYN Waldemar	293	GLIWICE	M-50	20	00:00:15	00:12:16	00:34:35	00:57:37	01:21:15	01:43:42.05	01:43:57.15	+00:28:33 (27.5%)	4:54	12.2 (72.2%)
187	GAJDA Patryk	116		M-20	20	00:00:20	00:12:29	00:35:13	00:57:51	01:21:09	01:43:42.55	01:44:02.60	+00:28:33 (27.5%)	4:54	12.2 (72.2%)
188	BABIUCH Karol	6		M-30	66	00:00:23	00:12:16	00:34:51	00:57:48	01:21:07	01:43:48.75	01:44:12.60	+00:28:39 (27.6%)	4:55	12.2 (72.2%)
189	BOBROWSKA Małgosia	602	ROZWADZA PŁYWANIE	K-40	6	00:00:19	00:12:32	00:35:16	00:58:08	01:21:24	01:43:51.55	01:44:11.10	+00:28:42 (27.6%)	4:55	12.2 (72.2%)
190	KRUK Grzegorz	561	PRESS GLASS BIEGAMY I WSPIERAMY	M-50	21	00:00:14	00:11:52	00:33:51	00:56:06	01:19:49	01:43:54.80	01:44:08.95	+00:28:45 (27.7%)	4:55	12.2 (72.2%)
191	SALASOWICZ Jerzy	427	BIEGAM Z ENDO	M-60	4	00:00:16	00:12:49	00:35:42	00:58:54	01:22:17	01:43:59.60	01:44:16.55	+00:28:50 (27.7%)	4:55	12.2 (72.2%)
192	MERES Jarek	323		M-40	68	00:00:14	00:12:14	00:34:33	00:57:53	01:21:24	01:44:11.75	01:44:26.55	+00:29:02 (27.9%)	4:56	12.2 (72.2%)
193	RUSAKOWICZ Sylwia	415	GARAGEGYM KRAPKOWICE	K-40	7	00:00:19	00:12:33	00:35:15	00:58:08	01:21:35	01:44:18.20	01:44:37.75	+00:29:09 (28.0%)	4:56	12.1 (71.6%)
194	NOWACKI Wojciech	354	PACEMAKER // WOJTAS BIEGACZ STOPOWICZ	M-30	67	00:00:17	00:12:33	00:35:16	00:57:52	01:21:12	01:44:25.05	01:44:42.35	+00:29:16 (28.0%)	4:56	12.1 (71.6%)
195	MOSZ Tomasz	338	W POGONI ZA DUCHEM	M-40	69	00:00:23	00:12:55	00:35:51	00:59:37	01:22:57	01:44:28.65	01:44:51.90	+00:29:19 (28.1%)	4:57	12.1 (71.6%)
196	NOWALIŃSKI Grzegorz	360	HOLBOX RUNNERS	M-30	68	00:00:25	00:12:57	00:36:12	00:59:48	01:22:51	01:44:37.05	01:45:02.25	+00:29:28 (28.2%)	4:57	12.1 (71.6%)
197	CHLISTAŁA Jarosław	68	RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM	M-30	69	00:00:21	00:12:56	00:36:04	00:59:47	01:23:23	01:44:39.55	01:45:01.15	+00:29:30 (28.2%)	4:57	12.1 (71.6%)
198	WOJTUKIEWICZ Artur	518	DHL RUN CLUB	M-40	70	00:00:35	00:11:58	00:33:50	00:56:22	01:20:55	01:45:01.45	01:45:36.50	+00:29:52 (28.4%)	4:58	12.1 (71.6%)
199	MICHALAK Wojciech	576	KTW TEAM	M-30	70	00:00:23	00:12:33	00:35:06	00:58:18	01:22:25	01:45:01.55	01:45:25.10	+00:29:52 (28.4%)	4:58	12.1 (71.6%)
200	SALAMON Emil	426	OPEL ACTIVE TEAM	M-30	71	00:00:14	00:12:36	00:35:18	00:58:02	01:21:34	01:45:02.30	01:45:16.35	+00:29:53 (28.5%)	4:58	12.1 (71.6%)
201	BUJAK Magdalena	58	NIGHT RUNNERS PYSKOWICE / KP LABS	K-30	6	00:00:29	00:12:57	00:35:23	00:58:43	01:22:14	01:45:06.30	01:45:36.25	+00:29:57 (28.5%)	4:58	12 (71.0%)
202	GALL Kacper	119		M-20	21	00:00:11	00:11:55	00:34:04	00:57:51	01:21:26	01:45:07.40	01:45:18.65	+00:29:58 (28.5%)	4:58	12 (71.0%)
203	BRODEK Andrzej	46	CERTUM	M-50	22	00:00:31	00:12:53	00:35:33	00:59:03	01:22:54	01:45:27.25	01:45:59.20	+00:30:18 (28.7%)	4:59	12 (71.0%)
204	KOMÓR Kinga	235		K-20	3	00:00:27	00:12:25	00:35:08	00:58:55	01:23:08	01:45:29.50	01:45:56.70	+00:30:20 (28.8%)	4:59	12 (71.0%)
205	ODOSZEWSKI Roman	363	OASIS SORT TEAM	M-40	71	00:00:14	00:11:55	00:34:06	00:57:33	01:21:37	01:45:36.00	01:45:50.95	+00:30:27 (28.8%)	5:00	12 (71.0%)
206	WÓJCIK Rafał	525		M-40	72	00:00:20	00:12:52	00:36:01	00:59:48	01:23:30	01:45:54.00	01:46:14.10	+00:30:45 (29.0%)	5:01	12 (71.0%)
207	DALGIEWICZ Dariusz	91		M-60	5	00:00:35	00:13:04	00:36:20	01:00:12	01:23:50	01:45:57.55	01:46:32.95	+00:30:48 (29.1%)	5:01	11.9 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
208	SKOCZEK Michał	573	HARD BOX OTWOCK	M-30	72	00:00:36	00:13:18	00:35:52	00:59:41	01:23:48	01:46:06.05	01:46:42.25	+00:30:57 (29.2%)	5:01	11.9 (70.4%)
209	MAZUR Grzegorz	318		M-50	23	00:00:25	00:12:47	00:35:35	00:59:19	01:23:08	01:46:16.00	01:46:41.50	+00:31:07 (29.3%)	5:02	11.9 (70.4%)
210	KASPRZAK Martyna	214	GREEN BELT RUNNER TEAM	K-30	7	00:00:37	00:13:50	00:37:46	01:01:37	01:24:41	01:46:16.05	01:46:53.55	+00:31:07 (29.3%)	5:02	11.9 (70.4%)
211	NITARSKI Patryk	350		M-40	73	00:00:12	00:12:11	00:34:21	00:58:04	01:22:41	01:46:22.50	01:46:34.85	+00:31:13 (29.4%)	5:02	11.9 (70.4%)
212	RÓWNICKI Marcin	412	#BYLEDOMETRY	M-30	73	00:00:23	00:12:35	00:35:36	00:59:13	01:23:10	01:46:28.55	01:46:52.20	+00:31:19 (29.4%)	5:02	11.9 (70.4%)
213	CZAPLA Arkadiusz	83	FAT MAMAS SPORT	M-50	24	00:00:44	00:14:02	00:37:18	01:01:00	01:24:28	01:46:32.60	01:47:17.55	+00:31:23 (29.5%)	5:02	11.9 (70.4%)
214	PIZNAL Kamil	391		M-30	74	00:00:36	00:12:34	00:35:21	00:59:18	01:23:24	01:46:35.00	01:47:11.05	+00:31:26 (29.5%)	5:03	11.9 (70.4%)
215	NIESZWIC Terencjusz	348		M-20	22	00:00:29	00:12:52	00:35:33	00:59:00	01:23:03	01:46:35.30	01:47:04.30	+00:31:26 (29.5%)	5:03	11.9 (70.4%)
216	MARCELA Marcin	307		M-40	74	00:00:43	00:14:03	00:37:18	01:01:01	01:24:29	01:46:42.75	01:47:26.05	+00:31:33 (29.6%)	5:03	11.9 (70.4%)
217	KAWA Mariusz	217		M-40	75	00:00:11	00:11:55	00:34:03	00:57:41	01:22:06	01:46:46.20	01:46:57.80	+00:31:37 (29.6%)	5:03	11.9 (70.4%)
218	KĘDZIORA Łukasz	220	NIEZRZESZONY	M-40	76	00:00:46	00:13:38	00:36:54	01:00:48	01:24:22	01:46:49.90	01:47:36.40	+00:31:40 (29.7%)	5:03	11.9 (70.4%)
219	NAWROCKI Paweł	344		M-50	25	00:00:16	00:12:15	00:34:41	00:59:02	01:23:21	01:46:50.45	01:47:06.45	+00:31:41 (29.7%)	5:03	11.9 (70.4%)
220	KULCZYK Adam	264	SG SQUAD	M-40	77	00:00:37	00:13:18	00:36:41	01:00:26	01:24:24	01:46:57.85	01:47:34.85	+00:31:48 (29.7%)	5:04	11.8 (69.8%)
221	ORDOŃ Bartłomiej	367		M-30	75	00:00:17	00:12:33	00:35:28	00:59:26	01:23:53	01:47:04.70	01:47:22.55	+00:31:55 (29.8%)	5:04	11.8 (69.8%)
222	BERGER Jurek	25		M-50	26	00:00:07	00:12:40	00:36:03	01:00:52	01:24:23	01:47:06.05	01:47:13.95	+00:31:57 (29.8%)	5:04	11.8 (69.8%)
223	BIELAK Michał	566	PKO BANK POLSKI	M-30	76	00:00:38	00:12:47	00:35:32	00:59:38	01:23:27	01:47:07.05	01:47:45.80	+00:31:58 (29.8%)	5:04	11.8 (69.8%)
224	WAWRZY尼亚K Mariusz	505		M-40	78	00:00:33	00:13:59	00:37:13	01:01:01	01:24:40	01:47:15.85	01:47:49.30	+00:32:06 (29.9%)	5:04	11.8 (69.8%)
225	PACZKA Michał	374	GLIWICE	M-50	27	00:01:06	00:13:53	00:37:16	01:01:12	01:25:27	01:47:17.45	01:48:24.00	+00:32:08 (30.0%)	5:05	11.8 (69.8%)
226	KIEŁBASA Artur	223		M-40	79	00:00:33	00:14:00	00:37:13	01:01:00	01:24:40	01:47:17.60	01:47:51.45	+00:32:08 (30.0%)	5:05	11.8 (69.8%)
227	OZYP Mariusz	372		M-30	77	00:00:05	00:13:10	00:36:58	01:01:06	01:25:01	01:47:20.35	01:47:25.85	+00:32:11 (30.0%)	5:05	11.8 (69.8%)
228	SIDORSKI Robert	433	OPEL ACTIVE TEAM	M-40	80	00:00:17	00:12:46	00:35:49	00:59:56	01:24:30	01:47:20.65	01:47:38.55	+00:32:11 (30.0%)	5:05	11.8 (69.8%)
229	URBASIK Mariusz	497	AKTYWNI RYDUŁTOWY	M-50	28	00:00:20	00:12:41	00:36:13	01:00:46	01:24:47	01:47:21.05	01:47:41.50	+00:32:12 (30.0%)	5:05	11.8 (69.8%)
230	MARCINIAK Krzysztof	310	KS PEREŁECZKI	M-30	78	00:00:33	00:13:30	00:37:50	01:01:59	01:25:40	01:47:23.25	01:47:56.70	+00:32:14 (30.0%)	5:05	11.8 (69.8%)
231	MAJEWSKI Antoni	300		M-20	23	00:00:15	00:12:49	00:36:48	01:01:53	01:26:11	01:47:28.25	01:47:44.15	+00:32:19 (30.1%)	5:05	11.8 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
232	MICHALSKI Łukasz	327		M-30	79	00:00:24	00:12:53	00:36:00	00:59:51	01:23:58	01:47:32.55	01:47:57.50	+00:32:23 (30.1%)	5:05	11.8 (69.8%)
233	CETERA Łukasz	64	#HUTATEAM	M-30	80	00:01:12	00:13:26	00:37:16	01:00:51	01:24:44	01:47:37.35	01:48:49.35	+00:32:28 (30.2%)	5:06	11.8 (69.8%)
234	RUTKOWSKI Michał	416		M-30	81	00:00:24	00:13:29	00:38:04	01:02:32	01:26:21	01:47:44.45	01:48:08.85	+00:32:35 (30.3%)	5:06	11.8 (69.8%)
235	KLAPETEK Jacek	227	HURAGAN LIGOTA	M-50	29	00:00:00	00:13:15	00:35:58	00:59:37	01:24:02	01:47:55.35	01:47:55.35	+00:32:46 (30.4%)	5:06	11.7 (69.2%)
236	WIETRZYCKI Mariusz	512		M-30	82	00:00:24	00:13:03	00:35:19	00:59:21	01:23:13	01:47:57.25	01:48:21.65	+00:32:48 (30.4%)	5:06	11.7 (69.2%)
237	KOPEL Tomasz	562		M-40	81	00:00:46	00:13:38	00:36:53	01:00:52	01:25:02	01:47:58.50	01:48:45.25	+00:32:49 (30.4%)	5:07	11.7 (69.2%)
238	DZIWAK Dariusz	102	TIMOTHY	M-30	83	00:00:27	00:12:39	00:35:40	00:59:54	01:24:34	01:48:03.85	01:48:31.25	+00:32:54 (30.5%)	5:07	11.7 (69.2%)
239	JANIKOWSKI Michał	181		M-40	82	00:00:40	00:12:55	00:36:08	01:00:19	01:24:37	01:48:15.80	01:48:56.00	+00:33:06 (30.6%)	5:07	11.7 (69.2%)
240	KANIA Michał	208		M-40	83	00:00:18	00:12:32	00:35:16	00:59:05	01:23:50	01:48:16.75	01:48:34.80	+00:33:07 (30.6%)	5:07	11.7 (69.2%)
241	KRAJEWSKI Radosław	251		M-30	84	00:00:21	00:12:57	00:36:04	01:00:17	01:25:09	01:48:21.30	01:48:42.40	+00:33:12 (30.6%)	5:08	11.7 (69.2%)
242	KANDEFER Michał	207		M-30	85	00:00:27	00:13:09	00:36:54	01:01:32	01:25:26	01:48:27.50	01:48:54.55	+00:33:18 (30.7%)	5:08	11.7 (69.2%)
243	DOBOSZ Krzysztof	95	AKMB PĘDZIWIATR GLIWICE	M-50	30	00:00:27	00:13:21	00:37:51	01:02:32	01:26:55	01:48:49.15	01:49:16.50	+00:33:40 (30.9%)	5:09	11.6 (68.6%)
244	PURCZYŃSKI Jan	405	RYBNIK	M-50	31	00:00:35	00:13:40	00:37:40	01:02:24	01:26:42	01:48:55.45	01:49:30.45	+00:33:46 (31.0%)	5:09	11.6 (68.6%)
245	BATKO Janusz	17		M-40	84	00:00:53	00:13:07	00:37:27	01:02:10	01:26:28	01:48:56.50	01:49:49.65	+00:33:47 (31.0%)	5:09	11.6 (68.6%)
246	FILIPCZYK Przemysław	109		M-40	85	00:00:28	00:13:39	00:37:54	01:02:29	01:26:48	01:49:02.50	01:49:30.75	+00:33:53 (31.1%)	5:10	11.6 (68.6%)
247	KACZOR Rafał	568	PKO BANK POLSKI	M-40	86	00:00:28	00:13:21	00:37:53	01:02:36	01:26:55	01:49:06.10	01:49:34.15	+00:33:57 (31.1%)	5:10	11.6 (68.6%)
248	BAK-CESARZ Damian	19		M-40	87	00:00:33	00:14:19	00:39:57	01:05:01	01:28:58	01:49:08.00	01:49:41.95	+00:33:59 (31.1%)	5:10	11.6 (68.6%)
249	OLEŚ-ZDECHLIK Beata	365		K-30	8	00:00:24	00:13:11	00:36:55	01:01:43	01:26:13	01:49:11.45	01:49:36.40	+00:34:02 (31.2%)	5:10	11.6 (68.6%)
250	ZAMORA Marek	535		M-50	32	00:01:28	00:13:50	00:38:14	01:02:58	01:27:11	01:49:13.30	01:50:41.55	+00:34:04 (31.2%)	5:10	11.6 (68.6%)
251	MOCEK Roman	337		M-60	6	00:01:11	00:14:06	00:38:01	01:02:14	01:26:19	01:49:14.55	01:50:25.60	+00:34:05 (31.2%)	5:10	11.6 (68.6%)
252	DREWUSZEWSKI Maciej	615	4M	M-40	88	00:00:23	00:13:17	00:37:36	01:02:34	01:26:46	01:49:22.65	01:49:46.40	+00:34:13 (31.3%)	5:10	11.6 (68.6%)
253	SACHNIK Marek	425	DYNAMIK SILESIA	M-20	24	00:00:24	00:12:41	00:35:40	01:00:21	01:25:05	01:49:24.30	01:49:48.75	+00:34:15 (31.3%)	5:11	11.6 (68.6%)
254	PISZCZ Marek	390	OPEL ACTIVE TEAM	M-40	89	00:00:17	00:12:47	00:36:10	01:00:52	01:26:01	01:49:25.70	01:49:43.00	+00:34:16 (31.3%)	5:11	11.6 (68.6%)
255	GRONDYS Andrzej	152	ZATYRANI GMINA PILCHOWICE	M-40	90	00:00:22	00:12:45	00:36:10	01:00:58	01:25:43	01:49:26.05	01:49:48.05	+00:34:17 (31.3%)	5:11	11.6 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
256	BLASZKE Beata	34	PACEMAKER	K-40	8	00:00:21	00:13:22	00:37:58	01:02:37	01:27:01	01:49:30.60	01:49:52.15	+00:34:21 (31.4%)	5:11	11.6 (68.6%)
257	WAWRZAK Ryszard	504	PACEMAKER	M-40	91	00:00:21	00:13:27	00:37:58	01:02:42	01:27:09	01:49:30.70	01:49:52.40	+00:34:21 (31.4%)	5:11	11.6 (68.6%)
258	GRZEGORCZYK Wojciech	154	#HUTATEAM	M-40	92	00:01:12	00:15:18	00:40:23	01:05:54	01:28:25	01:49:33.75	01:50:46.55	+00:34:24 (31.4%)	5:11	11.6 (68.6%)
259	BORYCZKA Szymon	595		M-40	93	00:00:54	00:13:42	00:37:32	01:01:56	01:25:59	01:49:37.40	01:50:31.45	+00:34:28 (31.4%)	5:11	11.5 (68.0%)
260	STELMASZCZYK Konrad	616		M-20	25	00:00:50	00:14:02	00:37:19	01:01:44	01:26:01	01:49:38.35	01:50:28.65	+00:34:29 (31.5%)	5:11	11.5 (68.0%)
261	SEMIK Jakub	432		M-30	86	00:00:37	00:13:25	00:37:43	01:02:42	01:27:11	01:49:44.45	01:50:21.70	+00:34:35 (31.5%)	5:12	11.5 (68.0%)
262	MACHEJ Marius	290		M-50	33	00:00:45	00:13:43	00:37:13	01:01:02	01:25:34	01:49:46.45	01:50:31.65	+00:34:37 (31.5%)	5:12	11.5 (68.0%)
263	JANOWSKA Karolina	183	KB ORLY Z KNUROW	K-20	4	00:00:33	00:12:19	00:35:08	01:00:03	01:25:22	01:49:52.60	01:50:26.20	+00:34:43 (31.6%)	5:12	11.5 (68.0%)
264	KARWOT Piotr	210	TEAM REDYNA	M-30	87	00:00:30	00:13:20	00:37:52	01:02:37	01:27:01	01:49:57.50	01:50:27.75	+00:34:48 (31.7%)	5:12	11.5 (68.0%)
265	ROSADA Zdzisław	594	BIEGAJ Z KS SOŚNICA	M-60	7	00:00:26	00:13:27	00:37:55	01:02:34	01:26:56	01:50:14.45	01:50:40.90	+00:35:05 (31.8%)	5:13	11.5 (68.0%)
266	RYŚ Kamil	421	HUTATEAM	M-30	88	00:00:34	00:13:58	00:38:03	01:02:42	01:26:58	01:50:17.05	01:50:51.55	+00:35:08 (31.9%)	5:13	11.5 (68.0%)
267	RYZIŃSKI Wojciech	423	CLONMEL AC	M-40	94	00:00:36	00:13:50	00:38:29	01:03:47	01:27:51	01:50:17.75	01:50:54.40	+00:35:08 (31.9%)	5:13	11.5 (68.0%)
268	RYŚ Dariusz	420	HUTATEAM	M-40	95	00:00:24	00:13:13	00:37:30	01:02:47	01:27:38	01:50:19.00	01:50:43.70	+00:35:10 (31.9%)	5:13	11.5 (68.0%)
269	ANTOSZ Wojciech	5		M-30	89	00:00:22	00:13:23	00:37:56	01:02:39	01:27:02	01:50:23.80	01:50:46.05	+00:35:14 (31.9%)	5:13	11.5 (68.0%)
270	WRÓBLEWSKA Ewa	526		K-50	1	00:00:28	00:13:45	00:37:34	01:02:06	01:27:04	01:50:37.35	01:51:05.40	+00:35:28 (32.1%)	5:14	11.4 (67.5%)
271	ŁOZIŃSKI Jerzy	288	PARKRUN CHRZANÓW	M-40	96	00:00:25	00:12:51	00:36:06	01:00:45	01:26:24	01:50:42.90	01:51:08.70	+00:35:33 (32.1%)	5:14	11.4 (67.5%)
272	KŁYSZ Bartek	231	SEGIECKI NINJA	M-30	90	00:01:04	00:13:10	00:35:36	00:59:51	01:24:30	01:50:47.30	01:51:52.15	+00:35:38 (32.2%)	5:15	11.4 (67.5%)
273	GĘBCZYŃSKI Paweł	128	GO4IT	M-40	97	00:00:22	00:13:19	00:37:37	01:02:40	01:27:23	01:50:52.75	01:51:15.50	+00:35:43 (32.2%)	5:15	11.4 (67.5%)
274	PALKA Dominik	377		M-40	98	00:01:01	00:14:23	00:38:57	01:03:26	01:27:46	01:50:54.00	01:51:55.60	+00:35:45 (32.2%)	5:15	11.4 (67.5%)
275	MUSIL Mike	341	ENDURANCE TEAM	M-50	34	00:00:22	00:13:24	00:37:43	01:02:43	01:27:16	01:51:03.30	01:51:25.75	+00:35:54 (32.3%)	5:15	11.4 (67.5%)
276	KOBIERSKI Szymon	610	EMPI	M-40	99	00:00:30	00:13:17	00:37:50	01:02:17	01:26:58	01:51:03.50	01:51:33.60	+00:35:54 (32.3%)	5:15	11.4 (67.5%)
277	HRYNISZYN Mariusz	170		M-30	91	00:00:36	00:14:26	00:38:39	01:03:38	01:28:15	01:51:07.95	01:51:44.90	+00:35:59 (32.4%)	5:15	11.4 (67.5%)
278	GAŁĘCZKA Michał	120		M-30	92	00:00:31	00:13:37	00:38:28	01:03:39	01:28:37	01:51:10.85	01:51:42.15	+00:36:01 (32.4%)	5:16	11.4 (67.5%)
279	ZALESKI Arkadiusz	533		M-50	35	00:00:29	00:13:00	00:37:01	01:01:56	01:26:49	01:51:11.05	01:51:40.55	+00:36:02 (32.4%)	5:16	11.4 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
280	GROCHOT Arkadiusz	150		M-20	26	00:00:24	00:12:29	00:35:32	01:00:26	01:26:11	01:51:13.80	01:51:37.85	+00:36:04 (32.4%)	5:16	11.4 (67.5%)
281	LUBICKI Wojciech	283	DBS	M-50	36	00:00:22	00:13:23	00:37:58	01:02:39	01:27:10	01:51:14.45	01:51:36.85	+00:36:05 (32.4%)	5:16	11.4 (67.5%)
282	ŻABICKI Mariusz	550	X-REHAB GLIWICKIE CENTRUM REHABILITACJI	M-40	100	00:00:23	00:12:58	00:36:59	01:01:53	01:26:59	01:51:15.70	01:51:39.05	+00:36:06 (32.5%)	5:16	11.4 (67.5%)
283	BELICA Daniel	23		M-30	93	00:01:08	00:13:59	00:38:05	01:02:54	01:27:42	01:51:25.60	01:52:34.25	+00:36:16 (32.6%)	5:16	11.4 (67.5%)
284	GOMOLA Zbigniew	140	ŁAMIGNATY	M-50	37	00:00:28	00:14:07	00:39:18	01:04:50	01:29:41	01:51:28.35	01:51:56.70	+00:36:19 (32.6%)	5:16	11.4 (67.5%)
285	PIETRZYK Aleksandra	384	LAKE RUNNERS TYCHY	K-40	9	00:00:32	00:13:19	00:37:11	01:01:55	01:26:54	01:51:29.15	01:52:01.15	+00:36:20 (32.6%)	5:17	11.4 (67.5%)
286	JOŃSKI Tomasz	194		M-20	27	00:00:56	00:13:59	00:39:23	01:04:42	01:29:21	01:51:29.85	01:52:26.30	+00:36:20 (32.6%)	5:17	11.4 (67.5%)
287	SZKLARSKI Przemysław	641	LET'S WOD	M-40	101	00:00:19	00:12:46	00:37:15	01:02:24	01:27:01	01:51:30.30	01:51:49.80	+00:36:21 (32.6%)	5:17	11.4 (67.5%)
288	PANZ Krzysztof	623		M-30	94	00:00:20	00:12:35	00:36:09	01:00:54	01:26:16	01:51:33.30	01:51:53.35	+00:36:24 (32.6%)	5:17	11.3 (66.9%)
289	BIAŁAS Krzysztof	26	ŁAMIGNATY	M-40	102	00:00:27	00:14:07	00:39:19	01:04:50	01:29:43	01:51:42.95	01:52:10.25	+00:36:34 (32.7%)	5:17	11.3 (66.9%)
290	NIŻNIKIEWICZ Elżbieta	351		K-40	10	00:00:37	00:13:27	00:38:00	01:03:12	01:28:12	01:51:43.45	01:52:20.95	+00:36:34 (32.7%)	5:17	11.3 (66.9%)
291	BROZYNA Magdalena	621	CO JA TU ROBIE?	K-30	9	00:00:30	00:13:57	00:37:21	01:01:32	01:26:40	01:51:46.00	01:52:16.45	+00:36:37 (32.8%)	5:17	11.3 (66.9%)
292	GRACH Aleksandra	148		K-40	11	00:00:23	00:13:23	00:37:56	01:02:56	01:28:09	01:51:54.50	01:52:18.25	+00:36:45 (32.8%)	5:18	11.3 (66.9%)
293	LEWANDOWSKI Henryk	281		M-40	103	00:00:38	00:13:06	00:37:45	01:02:29	01:27:10	01:51:57.30	01:52:35.45	+00:36:48 (32.9%)	5:18	11.3 (66.9%)
294	SULKOWSKI Arkadiusz	559		M-40	104	00:01:08	00:14:19	00:37:31	01:02:07	01:27:22	01:51:59.00	01:53:07.00	+00:36:50 (32.9%)	5:18	11.3 (66.9%)
295	CZARDYBON Laura	84		K-40	12	00:00:33	00:13:33	00:38:02	01:03:21	01:28:11	01:52:01.30	01:52:35.15	+00:36:52 (32.9%)	5:18	11.3 (66.9%)
296	DOMAŃSKI Marcin	96	RUNNINGFISH74	M-40	105	00:00:44	00:14:33	00:39:06	01:04:17	01:28:53	01:52:02.60	01:52:47.25	+00:36:53 (32.9%)	5:18	11.3 (66.9%)
297	KUTRZYK Przemysław	267		M-40	106	00:00:35	00:13:35	00:38:16	01:03:25	01:28:25	01:52:09.30	01:52:45.25	+00:37:00 (33.0%)	5:18	11.3 (66.9%)
298	PISULA Beata	389		K-50	2	00:00:38	00:13:42	00:37:48	01:02:40	01:28:02	01:52:10.15	01:52:49.00	+00:37:01 (33.0%)	5:18	11.3 (66.9%)
299	RYSZCZYK Adam	419	RUN2BFREE	M-40	107	00:00:50	00:14:20	00:38:19	01:03:30	01:28:13	01:52:13.45	01:53:03.90	+00:37:04 (33.0%)	5:19	11.3 (66.9%)
300	GRZELCZAK Sławek	156		M-40	108	00:00:11	00:11:54	00:34:00	00:58:58	01:27:08	01:52:13.75	01:52:24.95	+00:37:04 (33.0%)	5:19	11.3 (66.9%)
301	KASZUBSKI Andrzej	216		M-40	109	00:00:22	00:13:26	00:37:40	01:02:13	01:27:00	01:52:14.05	01:52:36.85	+00:37:05 (33.0%)	5:19	11.3 (66.9%)
302	SMUDA Andrzej	451	AKMB PĘDZIWIATR GLIWICE	M-40	110	00:00:53	00:14:09	00:38:54	01:03:35	01:28:07	01:52:17.15	01:53:10.50	+00:37:08 (33.1%)	5:19	11.3 (66.9%)
303	BURY Andrzej	61	TEAM BLACHOWNIA	M-60	8	00:00:30	00:13:15	00:37:49	01:02:37	01:27:56	01:52:21.25	01:52:51.65	+00:37:12 (33.1%)	5:19	11.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
304	MICHALAK Grzegorz	324	TOTALNY AMATOR	M-40	111	00:00:33	00:13:32	00:37:52	01:02:59	01:28:15	01:52:26.65	01:52:59.80	+00:37:17 (33.2%)	5:19	11.3 (66.9%)
305	KLUBA Łukasz	230	NGB KŁOBUCK	M-30	95	00:00:31	00:13:22	00:37:49	01:02:34	01:27:59	01:52:41.20	01:53:13.15	+00:37:32 (33.3%)	5:20	11.2 (66.3%)
306	SPIECHOWICZ Andrzej	457	KMP ZABRZE	M-30	96	00:00:30	00:12:37	00:35:33	01:01:08	01:27:36	01:52:54.85	01:53:25.45	+00:37:45 (33.4%)	5:21	11.2 (66.3%)
307	KOCUR Robert	232		M-50	38	00:00:38	00:13:42	00:38:17	01:03:49	01:29:42	01:53:00.10	01:53:38.15	+00:37:51 (33.5%)	5:21	11.2 (66.3%)
308	KAMSKA Małgorzata	206	GAMBAZ TEAM	K-30	10	00:00:45	00:13:49	00:37:54	01:03:20	01:28:49	01:53:11.00	01:53:56.40	+00:38:02 (33.6%)	5:21	11.2 (66.3%)
309	BRZOZOWSKI Jan	51	NIE ZRZESZONY	M-60	9	00:00:24	00:13:22	00:37:49	01:02:50	01:28:33	01:53:13.90	01:53:38.85	+00:38:04 (33.6%)	5:21	11.2 (66.3%)
310	CIUMAN Piotr	78	PHD RUNNERS	M-30	97	00:00:41	00:13:22	00:37:38	01:02:19	01:27:54	01:53:14.60	01:53:56.05	+00:38:05 (33.6%)	5:21	11.2 (66.3%)
311	KONIORCZYK Maciej	237		M-30	98	00:00:44	00:14:14	00:39:22	01:04:27	01:29:09	01:53:15.30	01:53:59.45	+00:38:06 (33.6%)	5:22	11.2 (66.3%)
312	CABAŃSKA Dorota	62		K-40	13	00:00:35	00:13:38	00:37:47	01:03:01	01:28:38	01:53:17.80	01:53:53.45	+00:38:08 (33.7%)	5:22	11.2 (66.3%)
313	BUCHAL Grzegorz	52	TRIDIVISION	M-50	39	00:00:26	00:14:04	00:39:23	01:04:59	01:30:01	01:53:23.55	01:53:49.65	+00:38:14 (33.7%)	5:22	11.2 (66.3%)
314	NOWAKOWSKI Dominik	359		M-20	28	00:00:39	00:13:00	00:36:26	01:02:21	01:28:58	01:53:24.40	01:54:03.55	+00:38:15 (33.7%)	5:22	11.2 (66.3%)
315	GOŁKOWSKI Radosław	139		M-30	99	00:00:17	00:12:52	00:37:28	01:02:55	01:29:03	01:53:33.05	01:53:50.05	+00:38:24 (33.8%)	5:22	11.1 (65.7%)
316	CISZEWSKI Krzysztof	77		M-30	100	00:00:30	00:13:20	00:38:03	01:03:35	01:29:20	01:53:36.65	01:54:07.40	+00:38:27 (33.9%)	5:23	11.1 (65.7%)
317	PRENZENA Paweł	398		M-30	101	00:00:19	00:12:35	00:35:58	01:01:56	01:27:51	01:53:46.85	01:54:06.00	+00:38:37 (34.0%)	5:23	11.1 (65.7%)
318	HOLECZEK Marcin	168	BORN TU BI LOTAC	M-40	112	00:00:42	00:14:09	00:40:00	01:05:28	01:30:28	01:53:48.45	01:54:31.20	+00:38:39 (34.0%)	5:23	11.1 (65.7%)
319	STALICA Wojciech	569		M-50	40	00:00:38	00:13:47	00:38:41	01:04:21	01:29:34	01:53:55.00	01:54:33.35	+00:38:46 (34.0%)	5:23	11.1 (65.7%)
320	GOŹDZIŃSKA Magdalena	143		K-40	14	00:00:24	00:13:28	00:37:57	01:02:45	01:27:55	01:54:02.65	01:54:27.00	+00:38:53 (34.1%)	5:24	11.1 (65.7%)
321	ZACHARIASZ Agnieszka	530		K-30	11	00:00:14	00:13:28	00:38:05	01:02:57	01:28:49	01:54:03.65	01:54:18.20	+00:38:54 (34.1%)	5:24	11.1 (65.7%)
322	ZASIEK Amadeusz	538		M-30	102	00:00:33	00:14:34	00:41:04	01:07:04	01:32:10	01:54:28.40	01:55:01.85	+00:39:19 (34.4%)	5:25	11.1 (65.7%)
323	KOPRUCKI Łukasz	239		M-30	103	00:00:52	00:15:06	00:42:02	01:08:36	01:33:27	01:54:34.50	01:55:27.20	+00:39:25 (34.4%)	5:25	11.1 (65.7%)
324	SEKIENDA Grzegorz	431		M-40	113	00:00:46	00:13:03	00:37:31	01:02:19	01:27:31	01:54:34.60	01:55:20.90	+00:39:25 (34.4%)	5:25	11.1 (65.7%)
325	RYZIŃSKA Aneta	422		K-40	15	00:00:36	00:13:51	00:38:30	01:04:09	01:29:44	01:54:35.15	01:55:11.50	+00:39:26 (34.4%)	5:25	11 (65.1%)
326	MIKOS Wojciech	331		M-20	29	00:00:16	00:12:41	00:37:46	01:04:09	01:31:05	01:54:36.10	01:54:52.60	+00:39:27 (34.4%)	5:25	11 (65.1%)
327	WÓJCIK Tomasz	563	FDG SA	M-30	104	00:00:00	01:05:34	01:30:37			01:54:37.60	01:54:37.60	+00:39:28 (34.4%)	5:25	11 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
328	SKOTNICKI Paweł	447		M-30	105	00:00:17	00:12:24	00:35:15	01:00:31	01:27:03	01:54:44.70	01:55:02.45	+00:39:35 (34.5%)	5:26	11 (65.1%)
329	SKOP Michał	637		M-50	41	00:01:15	00:14:54	00:38:39	01:03:08	01:28:04	01:54:45.45	01:56:00.55	+00:39:36 (34.5%)	5:26	11 (65.1%)
330	NOWAK Katarzyna	356		K-20	5	00:00:47	00:14:29	00:39:11	01:04:43	01:30:46	01:54:50.60	01:55:38.10	+00:39:41 (34.6%)	5:26	11 (65.1%)
331	MAJOR Stefan	301		M-60	10	00:00:47	00:14:28	00:39:03	01:04:41	01:30:41	01:54:50.65	01:55:38.60	+00:39:41 (34.6%)	5:26	11 (65.1%)
332	CADER Wojciech	63	LATAJĄCY KLIMZOWIEC	M-50	42	00:00:47	00:14:23	00:39:19	01:04:51	01:30:44	01:54:57.40	01:55:44.95	+00:39:48 (34.6%)	5:26	11 (65.1%)
333	SZCZABEL Krystian	472		M-30	106	00:00:12	00:11:53	00:36:09	01:02:05	01:27:14	01:55:00.20	01:55:13.15	+00:39:51 (34.7%)	5:27	11 (65.1%)
334	GARBACZ Damian	122		M-30	107	00:00:30	00:13:20	00:37:52	01:03:36	01:29:36	01:55:01.60	01:55:31.80	+00:39:52 (34.7%)	5:27	11 (65.1%)
335	JURASZCZYK Jan	197	#HUTATEAM	M-30	108	00:01:11	00:15:18	00:40:24	01:05:57	01:32:12	01:55:05.70	01:56:17.55	+00:39:56 (34.7%)	5:27	11 (65.1%)
336	MICHALSKI Marek	326		M-40	114	00:00:18	00:13:14	00:38:14	01:03:46	01:30:39	01:55:10.40	01:55:29.15	+00:40:01 (34.8%)	5:27	11 (65.1%)
337	MARCINIAK Paulina	309		K-30	12	00:00:39	00:14:21	00:39:26	01:04:56	01:30:28	01:55:10.55	01:55:50.20	+00:40:01 (34.8%)	5:27	11 (65.1%)
338	KASPRZAK Michał	213		M-20	30	00:00:16	00:12:42	00:37:47	01:04:09	01:31:06	01:55:18.75	01:55:35.15	+00:40:09 (34.8%)	5:27	11 (65.1%)
339	KORDYŚ Adam	240	KLUB BIEGOWY SZUSZARNIA	M-30	109	00:00:12	00:14:08	00:39:29	01:05:21	01:31:16	01:55:25.55	01:55:37.95	+00:40:16 (34.9%)	5:28	11 (65.1%)
340	MUSIAŁ Bożena	340		K-40	16	00:00:13	00:14:06	00:39:28	01:05:20	01:31:14	01:55:25.65	01:55:39.00	+00:40:16 (34.9%)	5:28	11 (65.1%)
341	OZDARSKI Krzysztof	371	OPEL ACTIVE TEAM	M-50	43	00:00:12	00:14:07	00:39:29	01:05:21	01:31:15	01:55:25.95	01:55:38.00	+00:40:17 (34.9%)	5:28	11 (65.1%)
342	JAWORSKI Jakub	191		M-20	31	00:00:31	00:14:05	00:39:13	01:04:43	01:30:33	01:55:34.10	01:56:05.75	+00:40:25 (35.0%)	5:28	11 (65.1%)
343	BELUCH Witold	24		M-50	44	00:00:43	00:14:09	00:39:09	01:04:53	01:30:54	01:55:36.20	01:56:20.05	+00:40:27 (35.0%)	5:28	11 (65.1%)
344	PIKOŃ Krzysztof	644	JAISALMER	M-50	45	00:00:21	00:12:39	00:36:42	01:02:39	01:29:14	01:55:37.50	01:55:58.70	+00:40:28 (35.0%)	5:28	10.9 (64.5%)
345	WOLIŃSKI Piotr	520	JSB	M-40	115	00:00:32	00:13:50	00:38:49	01:04:30	01:30:52	01:55:50.65	01:56:23.25	+00:40:41 (35.1%)	5:29	10.9 (64.5%)
346	BEDNARZ Krzysztof	22		M-30	110	00:00:19	00:12:35	00:36:05	01:01:47	01:28:18	01:55:52.00	01:56:11.45	+00:40:43 (35.1%)	5:29	10.9 (64.5%)
347	SNACHOWSKI Kamil	452	NEXTEER RUNNERS GLIWICE	M-30	111	00:01:18	00:15:05	00:39:29	01:04:03	01:30:18	01:55:54.45	01:57:12.85	+00:40:45 (35.2%)	5:29	10.9 (64.5%)
348	RYBACKI Marcin	617		M-30	112	00:01:16	00:15:06	00:39:30	01:04:04	01:30:18	01:55:55.60	01:57:12.50	+00:40:46 (35.2%)	5:29	10.9 (64.5%)
349	MRZYGŁÓD Robert	339		M-30	113	00:00:39	00:13:40	00:38:47	01:04:34	01:30:58	01:55:56.00	01:56:35.10	+00:40:47 (35.2%)	5:29	10.9 (64.5%)
350	KOC Daniel	560		M-20	32	00:00:49	00:14:46	00:39:55	01:05:34	01:31:53	01:55:58.65	01:56:48.00	+00:40:49 (35.2%)	5:29	10.9 (64.5%)
351	FAŁEK Krzysztof	106	ŁAMIGNATY	M-40	116	00:00:27	00:14:08	00:39:19	01:04:51	01:30:49	01:56:00.95	01:56:28.30	+00:40:52 (35.2%)	5:29	10.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
352	KWAPIEŃ Aleksander	598		M-30	114	00:00:54	00:15:06	00:41:16	01:07:01	01:32:38	01:56:01.00	01:56:55.15	+00:40:52 (35.2%)	5:29	10.9 (64.5%)
353	SKUPIEŃ Iza	449	ALBATROSY	K-40	17	00:00:34	00:14:57	00:42:09	01:08:21	01:32:56	01:56:01.05	01:56:35.40	+00:40:52 (35.2%)	5:29	10.9 (64.5%)
354	MICHAŁOWSKI Rafał	626		M-30	115	00:00:38	00:14:20	00:39:42	01:05:23	01:31:01	01:56:02.00	01:56:40.35	+00:40:53 (35.2%)	5:29	10.9 (64.5%)
355	CHROBASIK Monika	71		K-40	18	00:00:30	00:13:58	00:39:09	01:04:57	01:31:10	01:56:08.85	01:56:39.60	+00:40:59 (35.3%)	5:30	10.9 (64.5%)
356	LEDWOŃ Aneta	279		K-40	19	00:00:23	00:13:29	00:38:43	01:05:16	01:31:17	01:56:10.00	01:56:33.35	+00:41:01 (35.3%)	5:30	10.9 (64.5%)
357	KRZYWICKI Jan	260		M-60	11	00:00:34	00:14:08	00:39:23	01:05:33	01:31:38	01:56:11.60	01:56:46.30	+00:41:02 (35.3%)	5:30	10.9 (64.5%)
358	SIEKIERKA Janusz	435		M-40	117	00:00:45	00:14:18	00:39:52	01:06:18	01:32:21	01:56:14.00	01:56:59.75	+00:41:05 (35.3%)	5:30	10.9 (64.5%)
359	KOZIELSKA Magdalena	250		K-20	6	00:00:32	00:14:12	00:40:07	01:06:26	01:32:21	01:56:14.20	01:56:46.60	+00:41:05 (35.3%)	5:30	10.9 (64.5%)
360	SIEKIERKA Karolina	436		K-40	20	00:00:45	00:14:18	00:39:53	01:06:20	01:32:21	01:56:15.20	01:57:00.65	+00:41:06 (35.4%)	5:30	10.9 (64.5%)
361	GÓRECKI Ryszard	558	NIEZRZESZONY	M-50	46	00:00:53	00:14:28	00:39:35	01:05:59	01:31:17	01:56:23.05	01:57:16.45	+00:41:14 (35.4%)	5:30	10.9 (64.5%)
362	GÓRECKI Janusz	144		M-50	47	00:00:55	00:14:02	00:39:06	01:04:48	01:30:49	01:56:24.70	01:57:19.70	+00:41:15 (35.4%)	5:30	10.9 (64.5%)
363	CIOK Anna	76		K-40	21	00:00:50	00:14:12	00:39:22	01:05:06	01:31:35	01:56:29.95	01:57:20.00	+00:41:21 (35.5%)	5:31	10.9 (64.5%)
364	GAWEŁ Krzysztof	125		M-50	48	00:00:00	01:05:12				01:56:30.00	01:56:30.00	+00:41:21 (35.5%)	5:31	10.9 (64.5%)
364	ŁAZARZ Grzegorz	622		M-40	118	00:00:28	00:13:42	00:39:18	01:05:47	01:32:07	01:56:30.00	01:56:58.70	+00:41:21 (35.5%)	5:31	10.9 (64.5%)
366	GAJEWSKI Jacek	117	KURCZAK I AGATKA	M-50	49	00:00:38	00:14:03	00:39:21	01:05:39	01:31:49	01:56:31.70	01:57:09.75	+00:41:22 (35.5%)	5:31	10.9 (64.5%)
367	ZBYTNIIEWSKI Paweł	541	MORSY	M-40	119	00:00:52	00:14:28	00:39:03	01:04:52	01:31:14	01:56:35.35	01:57:28.25	+00:41:26 (35.5%)	5:31	10.9 (64.5%)
368	RZESZOWSKI Arkadiusz	424		M-40	120	00:00:37	00:14:35	00:40:20	01:06:55	01:32:33	01:56:40.25	01:57:17.55	+00:41:31 (35.6%)	5:31	10.9 (64.5%)
369	TYROL Tomasz	491		M-40	121	00:00:42	00:14:47	00:40:18	01:05:28	01:30:42	01:56:41.35	01:57:23.55	+00:41:32 (35.6%)	5:31	10.8 (63.9%)
370	KOSIŃSKI Marcin	596		M-30	116	00:00:31	00:13:08	00:37:45	01:04:19	01:31:25	01:56:45.90	01:57:17.25	+00:41:36 (35.6%)	5:31	10.8 (63.9%)
371	PALMOWSKA Agnieszka	378	PHD RUNNERS	K-30	13	00:00:42	00:14:16	00:40:02	01:06:52	01:32:57	01:56:48.50	01:57:30.95	+00:41:39 (35.7%)	5:32	10.8 (63.9%)
372	IGNACZAK Robert	173		M-40	122	00:00:41	00:14:19	00:40:00	01:06:56	01:32:57	01:56:48.95	01:57:30.75	+00:41:40 (35.7%)	5:32	10.8 (63.9%)
373	PIĘTA Krzysztof	385	BIEG BIELAWA	M-60	12	00:00:35	00:13:32	00:38:10	01:04:18	01:30:46	01:56:54.50	01:57:29.60	+00:41:45 (35.7%)	5:32	10.8 (63.9%)
374	MUSIOŁ Helena	342		K-40	22	00:00:35	00:13:55	00:39:26	01:06:05	01:32:02	01:57:05.00	01:57:40.45	+00:41:56 (35.8%)	5:32	10.8 (63.9%)
375	SOBIECH Sebastian	608		M-20	33	00:00:40	00:14:53	00:41:14	01:07:50	01:33:22	01:57:06.70	01:57:47.20	+00:41:57 (35.8%)	5:32	10.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
376	BASIAGA Anita	609		K-20	7	00:00:40	00:14:53	00:41:15	01:07:49	01:33:22	01:57:08.65	01:57:49.15	+00:41:59 (35.8%)	5:33	10.8 (63.9%)
377	KWIATKOWSKA Katarzyna	270		K-40	23	00:00:25	00:13:48	00:38:57	01:05:19	01:31:56	01:57:13.50	01:57:39.30	+00:42:04 (35.9%)	5:33	10.8 (63.9%)
378	BAJKACZ Tomasz	8		M-20	34	00:00:28	00:14:32	00:40:51	01:07:19	01:33:16	01:57:19.15	01:57:47.85	+00:42:10 (35.9%)	5:33	10.8 (63.9%)
379	SZELAĞ Monika	632		K-20	8	00:00:56	00:15:34	00:42:05	01:07:56	01:32:40	01:57:26.30	01:58:23.15	+00:42:17 (36.0%)	5:33	10.8 (63.9%)
380	DROZD Krystian	584		M-40	123	00:00:44	00:14:25	00:39:56	01:06:32	01:32:37	01:57:32.30	01:58:16.60	+00:42:23 (36.1%)	5:34	10.8 (63.9%)
381	ZWIERZYŃSKI Piotr	547	UNATCO	M-50	50	00:00:46	00:14:51	00:40:59	01:07:22	01:34:26	01:57:43.70	01:58:30.35	+00:42:34 (36.2%)	5:34	10.8 (63.9%)
382	KWAPIEŃ Paweł	588		M-40	124	00:00:53	00:15:06	00:41:16	01:07:01	01:32:42	01:57:45.70	01:58:39.45	+00:42:36 (36.2%)	5:34	10.8 (63.9%)
383	TEICHMANN Norbert	483		M-60	13	00:00:58	00:14:59	00:40:58	01:08:24	01:34:39	01:57:55.80	01:58:54.05	+00:42:46 (36.3%)	5:35	10.7 (63.3%)
384	BAJKACZ Krzysztof	9		M-30	117	00:00:28	00:14:31	00:40:50	01:07:18	01:33:14	01:58:11.40	01:58:40.25	+00:43:02 (36.4%)	5:36	10.7 (63.3%)
385	ORLIK Jerzy	368		M-60	14	00:00:52	00:14:17	00:39:51	01:06:22	01:32:45	01:58:12.70	01:59:05.55	+00:43:03 (36.4%)	5:36	10.7 (63.3%)
386	KRAJEWSKI Michał	252		M-40	125	00:00:37	00:14:57	00:42:10	01:08:56	01:34:41	01:58:15.60	01:58:52.85	+00:43:06 (36.5%)	5:36	10.7 (63.3%)
387	POPIEL-KRUK Aleksandra	396		K-40	24	00:00:34	00:14:56	00:42:09	01:08:57	01:34:43	01:58:18.15	01:58:53.00	+00:43:09 (36.5%)	5:36	10.7 (63.3%)
388	PATEROK Marcin	634		M-40	126	00:01:04	00:14:56	00:39:53	01:06:55	01:34:02	01:58:20.45	01:59:25.10	+00:43:11 (36.5%)	5:36	10.7 (63.3%)
389	REWIUK-KOCUR Anna	409		K-40	25	00:01:22	00:14:28	00:39:28	01:05:57	01:32:21	01:58:22.55	01:59:45.10	+00:43:13 (36.5%)	5:36	10.7 (63.3%)
390	KISIEL Tomasz	226		M-50	51	00:00:31	00:14:14	00:39:51	01:06:33	01:33:09	01:58:23.90	01:58:55.40	+00:43:14 (36.5%)	5:36	10.7 (63.3%)
391	PODSTUFKA Szymon	393		M-20	35	00:00:21	00:14:42	00:41:00	01:07:42	01:33:56	01:58:32.05	01:58:53.95	+00:43:23 (36.6%)	5:37	10.7 (63.3%)
392	CZERNEK Marek	87	BIEGAJ Z TRENERAMI	M-40	127	00:00:32	00:14:11	00:39:54	01:06:42	01:33:06	01:58:32.95	01:59:05.55	+00:43:24 (36.6%)	5:37	10.7 (63.3%)
393	MAGNER Bartłomiej	298	BB	M-40	128	00:01:05	00:14:56	00:39:54	01:06:55	01:34:03	01:58:33.05	01:59:38.15	+00:43:24 (36.6%)	5:37	10.7 (63.3%)
394	SMARUJ Piotr	450		M-30	118	00:01:10	00:14:59	00:40:37	01:07:08	01:33:43	01:58:36.75	01:59:47.65	+00:43:27 (36.6%)	5:37	10.7 (63.3%)
395	STRZELCZYK Grażyna	469		K-40	26	00:00:50	00:14:21	00:39:24	01:06:16	01:33:14	01:58:43.90	01:59:34.05	+00:43:34 (36.7%)	5:37	10.7 (63.3%)
396	OSIŃSKI Paweł	370	BIEGAJ Z TRENERAMI	M-40	129	00:00:52	00:14:12	00:40:17	01:07:29	01:33:34	01:58:50.70	01:59:43.30	+00:43:41 (36.8%)	5:37	10.7 (63.3%)
397	ROWINSKA Ewa	410		K-30	14	00:00:41	00:14:32	00:39:53	01:06:35	01:33:07	01:59:00.55	01:59:41.65	+00:43:51 (36.9%)	5:38	10.6 (62.7%)
398	MIKUŁA Leszek	333		M-40	130	00:00:30	00:13:44	00:38:50	01:05:23	01:32:15	01:59:02.60	01:59:32.70	+00:43:53 (36.9%)	5:38	10.6 (62.7%)
399	KUBICA Gerard	607		M-50	52	00:00:40	00:13:00	00:37:50	01:03:54	01:31:28	01:59:06.95	01:59:47.00	+00:43:58 (36.9%)	5:38	10.6 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
400	PIKUL Przemysław	67		M-30	119	00:00:54	00:14:40	00:41:34	01:07:56	01:34:06	01:59:07.00	02:00:01.75	+00:43:58 (36.9%)	5:38	10.6 (62.7%)
401	KOCUR Aleksander	233		M-40	131	00:01:31	00:14:22	00:40:17	01:06:05	01:32:52	01:59:09.30	02:00:40.85	+00:44:00 (36.9%)	5:38	10.6 (62.7%)
402	WÓJCIK Rafał	523		M-40	132	00:00:38	00:14:30	00:40:45	01:07:39	01:34:16	01:59:12.60	01:59:51.15	+00:44:03 (37.0%)	5:38	10.6 (62.7%)
403	MADEJSKI Sebastian	296	BORN TU BI LOTAĆ	M-40	133	00:00:42	00:14:50	00:41:38	01:08:24	01:34:39	01:59:21.10	02:00:03.60	+00:44:12 (37.0%)	5:39	10.6 (62.7%)
404	KULCZYK Anna	263		K-30	15	00:00:36	00:13:57	00:39:22	01:06:07	01:33:23	01:59:24.90	02:00:01.55	+00:44:15 (37.1%)	5:39	10.6 (62.7%)
405	POKRYSZKA Bartosz	395		M-30	120	00:00:27	00:13:21	00:38:22	01:04:26	01:31:23	01:59:31.45	01:59:59.40	+00:44:22 (37.1%)	5:39	10.6 (62.7%)
406	SIKORA Michał	438		M-40	134	00:00:55	00:14:30	00:40:54	01:07:49	01:34:17	01:59:34.45	02:00:30.35	+00:44:25 (37.2%)	5:40	10.6 (62.7%)
407	RYNIO Jessica	418		K-20	9	00:00:23	00:13:59	00:40:05	01:07:05	01:34:00	01:59:37.00	02:00:00.05	+00:44:28 (37.2%)	5:40	10.6 (62.7%)
408	KIERA Szymon	224	TS RUNNERS	M-40	135	00:00:40	00:14:30	00:40:09	01:06:53	01:33:41	01:59:40.95	02:00:21.25	+00:44:32 (37.2%)	5:40	10.6 (62.7%)
409	KAIM Rafał	199		M-20	36	00:01:12	00:15:15	00:41:23	01:08:13	01:35:05	01:59:43.15	02:00:56.10	+00:44:34 (37.2%)	5:40	10.6 (62.7%)
410	MIECZNIKOWSKA Agnieszka	328		K-40	27	00:00:43	00:14:08	00:40:00	01:07:08	01:34:12	01:59:43.70	02:00:26.70	+00:44:34 (37.2%)	5:40	10.6 (62.7%)
411	BASZUN Michał	15		M-40	136	00:00:47	00:14:46	00:41:57	01:08:45	01:35:28	01:59:49.95	02:00:37.30	+00:44:41 (37.3%)	5:40	10.6 (62.7%)
412	WIEKIERA Adam	624		M-30	121	00:00:25	00:14:54	00:41:29	01:08:02	01:34:44	01:59:51.90	02:00:17.60	+00:44:42 (37.3%)	5:40	10.6 (62.7%)
413	JARUGA Damian	185		M-30	122	00:00:33	00:14:01	00:39:43	01:07:19	01:33:57	01:59:54.25	02:00:27.40	+00:44:45 (37.3%)	5:40	10.6 (62.7%)
414	JABŁOŃSKI Łukasz	176		M-30	123	00:00:37	00:14:02	00:40:03	01:07:08	01:34:22	01:59:58.40	02:00:35.60	+00:44:49 (37.4%)	5:41	10.6 (62.7%)
415	GRZYWACZ Sebastian	161		M-40	137	00:00:43	00:14:53	00:41:15	01:08:04	01:34:31	02:00:05.30	02:00:48.55	+00:44:56 (37.4%)	5:41	10.5 (62.1%)
416	AKSAMIT Witold	3	BLEES	M-30	124	00:00:43	00:14:18	00:40:45	01:07:44	01:34:27	02:00:07.40	02:00:51.15	+00:44:58 (37.4%)	5:41	10.5 (62.1%)
417	MATULICZ Damian	316		M-40	138	00:00:41	00:14:34	00:40:45	01:07:33	01:34:27	02:00:09.45	02:00:50.55	+00:45:00 (37.5%)	5:41	10.5 (62.1%)
418	KASPEREK Magdalena	211		K-40	28	00:00:35	00:14:04	00:40:06	01:07:10	01:34:24	02:00:20.50	02:00:56.15	+00:45:11 (37.6%)	5:42	10.5 (62.1%)
419	SKOREK-BILCZYŃSKA Patrycja	446		K-40	29	00:00:40	00:14:32	00:40:16	01:07:27	01:34:52	02:00:21.55	02:01:01.60	+00:45:12 (37.6%)	5:42	10.5 (62.1%)
420	MARKOWSKI Kamil	312		M-40	139	00:00:34	00:14:57	00:42:11	01:08:57	01:35:41	02:00:23.65	02:00:58.45	+00:45:14 (37.6%)	5:42	10.5 (62.1%)
421	MIKULA Wojciech	332		M-30	125	00:00:15	00:13:54	00:39:56	01:07:16	01:35:02	02:00:23.80	02:00:39.35	+00:45:14 (37.6%)	5:42	10.5 (62.1%)
422	KRZYSZKOWSKA Agnieszka	258		K-40	30	00:00:29	00:14:22	00:40:27	01:07:18	01:34:29	02:00:26.75	02:00:56.10	+00:45:17 (37.6%)	5:42	10.5 (62.1%)
423	LAUBACH Anna	276	RAAN	M-30	126	00:01:02	00:15:54	00:43:29	01:10:53	01:36:43	02:00:26.95	02:01:29.35	+00:45:18 (37.6%)	5:42	10.5 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
424	LAUBACH Radosław	277	RAAN	M-30	127	00:01:02	00:15:54	00:43:29	01:10:54	01:36:44	02:00:27.15	02:01:29.35	+00:45:18 (37.6%)	5:42	10.5 (62.1%)
425	KAŁAMARZ Mariusz	201		M-40	140	00:01:07	00:14:35	00:40:29	01:06:34	01:33:40	02:00:43.15	02:01:50.40	+00:45:34 (37.7%)	5:43	10.5 (62.1%)
426	KREMPA Sławomir	254		M-30	128	00:00:34	00:14:14	00:40:00	01:06:22	01:33:51	02:00:46.40	02:01:20.45	+00:45:37 (37.8%)	5:43	10.5 (62.1%)
427	LASKOWSKA Katarzyna	273	PACEMAKER	K-40	31	00:00:35	00:14:56	00:42:09	01:08:56	01:35:40	02:00:48.85	02:01:24.50	+00:45:39 (37.8%)	5:43	10.5 (62.1%)
428	MATYSZCZAK Krzysztof	604	TEAM WAŚACZA	M-20	37	00:00:32	00:13:17	00:37:49	01:03:59	01:32:30	02:00:52.90	02:01:25.50	+00:45:43 (37.8%)	5:43	10.5 (62.1%)
429	ŚCIBISZ Marta	480	TKKF SATURN CZELADZ	K-40	32	00:00:24	00:14:19	00:40:17	01:07:40	01:34:47	02:00:59.70	02:01:24.10	+00:45:50 (37.9%)	5:44	10.5 (62.1%)
430	MALCZYK Radosław	302		M-30	129	00:01:07	00:14:47	00:39:41	01:06:42	01:34:53	02:01:21.00	02:02:28.30	+00:46:12 (38.1%)	5:45	10.4 (61.5%)
431	STRZODKA Adam	471		M-30	130	00:00:50	00:15:23	00:42:13	01:09:05	01:36:01	02:01:22.30	02:02:12.40	+00:46:13 (38.1%)	5:45	10.4 (61.5%)
432	GLIŃSKI Michał	135		M-30	131	00:00:50	00:15:22	00:42:13	01:09:03	01:36:01	02:01:32.55	02:02:23.50	+00:46:23 (38.2%)	5:45	10.4 (61.5%)
433	CZAJKA Edward	81	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-50	53	00:01:05	00:15:37	00:42:07	01:10:04	01:37:25	02:01:43.50	02:02:49.05	+00:46:34 (38.3%)	5:46	10.4 (61.5%)
434	KOPPEL Bartłomiej	238		M-30	132	00:00:54	00:15:01	00:41:51	01:08:39	01:35:24	02:01:53.65	02:02:48.05	+00:46:44 (38.3%)	5:46	10.4 (61.5%)
435	TLON Marcin	597		M-20	38	00:00:54	00:16:38	00:45:34	01:14:29	01:40:49	02:02:12.10	02:03:06.95	+00:47:03 (38.5%)	5:47	10.4 (61.5%)
436	STAŃCO Jakub	614		M-20	39	00:00:51	00:15:30	00:42:19	01:08:59	01:35:53	02:02:32.30	02:03:23.65	+00:47:23 (38.7%)	5:48	10.3 (60.9%)
437	TROCHIMCZYK Marcin	489		M-30	133	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39	02:02:32.40	02:03:14.10	+00:47:23 (38.7%)	5:48	10.3 (60.9%)
438	MICHALSKA Bogna	325		K-30	16	00:00:54	00:15:39	00:42:36	01:10:18	01:37:57	02:02:32.85	02:03:27.40	+00:47:23 (38.7%)	5:48	10.3 (60.9%)
439	ZARZYCKI Robert	537		M-30	134	00:00:47	00:12:46	00:36:35	01:02:23	01:32:00	02:02:37.80	02:03:25.05	+00:47:28 (38.7%)	5:48	10.3 (60.9%)
440	SAWICKA Anna	589		K-20	10	00:01:01	00:15:31	00:42:06	01:09:37	01:37:29	02:02:39.20	02:03:40.20	+00:47:30 (38.7%)	5:48	10.3 (60.9%)
441	JĘDRZEJEWSKA Beata	193	MIRAZ RACE TEAM	K-40	33	00:00:24	00:14:07	00:40:19	01:07:49	01:35:55	02:02:39.45	02:03:04.20	+00:47:30 (38.7%)	5:48	10.3 (60.9%)
442	GAPIŃSKI Robert	121		M-20	40	00:00:38	00:14:44	00:41:29	01:08:58	01:36:25	02:02:48.60	02:03:27.55	+00:47:39 (38.8%)	5:49	10.3 (60.9%)
443	BRZOZOWSKA Katarzyna	592		K-40	34	00:01:01	00:16:47	00:44:32	01:12:00	01:38:38	02:02:52.85	02:03:54.00	+00:47:43 (38.8%)	5:49	10.3 (60.9%)
444	SZYMURA Jacek	590		M-40	141	00:00:44	00:14:28	00:40:23	01:08:09	01:36:14	02:03:16.85	02:04:01.50	+00:48:07 (39.0%)	5:50	10.3 (60.9%)
445	PIETRZAK Marcin	383		M-40	142	00:00:36	00:14:56	00:42:09	01:08:56	01:35:40	02:03:21.50	02:03:58.35	+00:48:12 (39.1%)	5:50	10.3 (60.9%)
446	GRZYBOWSKI Damian	159		M-30	135	00:00:41	00:13:20	00:38:27	01:05:00	01:33:28	02:03:28.00	02:04:09.10	+00:48:19 (39.1%)	5:51	10.3 (60.9%)
447	GABOR Robert	115		M-30	136	00:00:48	00:14:46	00:40:51	01:08:36	01:36:07	02:03:32.20	02:04:20.35	+00:48:23 (39.2%)	5:51	10.2 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
448	WYCISK Dagmara	527		K-30	17	00:00:49	00:14:47	00:41:52	01:09:11	01:37:09	02:03:36.20	02:04:25.25	+00:48:27 (39.2%)	5:51	10.2 (60.4%)
449	JURETKO Agata	198		K-20	11	00:00:50	00:14:25	00:40:27	01:07:07	01:35:26	02:03:36.65	02:04:26.95	+00:48:27 (39.2%)	5:51	10.2 (60.4%)
450	JANIEC Witold	180		M-50	54	00:00:46	00:14:52	00:40:58	01:07:22	01:34:27	02:03:46.00	02:04:32.00	+00:48:37 (39.3%)	5:51	10.2 (60.4%)
451	ŁOSEK Adam	286		M-30	137	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39	02:03:59.60	02:04:41.05	+00:48:50 (39.4%)	5:52	10.2 (60.4%)
452	MYNARSKA Ligia	600	DALEKO JESZCZE?	K-40	35	00:00:52	00:15:24	00:42:05	01:09:21	01:37:19	02:04:03.75	02:04:55.85	+00:48:54 (39.4%)	5:52	10.2 (60.4%)
453	JANUSZ Agnieszka	583	TAURON TEAM	K-40	36	00:00:26	00:15:01	00:41:58	01:09:23	01:37:56	02:04:06.25	02:04:33.05	+00:48:57 (39.4%)	5:52	10.2 (60.4%)
454	KUCHARCZYK Tomasz	582		M-50	55	00:00:26	00:15:01	00:41:58	01:09:24	01:37:57	02:04:07.50	02:04:34.25	+00:48:58 (39.5%)	5:52	10.2 (60.4%)
455	ZAWISZA Beata	540		K-50	3	00:00:41	00:14:55	00:41:58	01:09:27	01:37:16	02:04:20.25	02:05:01.40	+00:49:11 (39.6%)	5:53	10.2 (60.4%)
456	DĄBROWSKI Marcin	92	TEAM KORNEL	M-40	143	00:01:07	00:15:38	00:42:00	01:09:31	01:37:25	02:04:21.40	02:05:29.10	+00:49:12 (39.6%)	5:53	10.2 (60.4%)
457	MAJEWSKA Gizela	577	NRP	K-50	4	00:00:50	00:14:45	00:41:11	01:08:44	01:37:02	02:04:35.80	02:05:25.90	+00:49:26 (39.7%)	5:54	10.2 (60.4%)
458	BRZEZINA Arkadiusz	50	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	144	00:00:50	00:15:25	00:42:23	01:10:18	01:38:12	02:04:56.75	02:05:47.45	+00:49:47 (39.9%)	5:55	10.1 (59.8%)
459	FEDEROWICZ Piotr	107		M-50	56	00:01:07	00:15:06	00:42:11	01:09:41	01:38:06	02:04:59.45	02:06:07.30	+00:49:50 (39.9%)	5:55	10.1 (59.8%)
460	BAK Krzysztof	18	SILESIA MARATHON CLUB	M-40	145	00:00:42	00:14:39	00:42:09	01:10:58	01:39:04	02:05:00.45	02:05:42.45	+00:49:51 (39.9%)	5:55	10.1 (59.8%)
461	MERDA Wiktoria	322		K-20	12	00:00:47	00:14:58	00:42:31	01:10:51	01:38:49	02:05:03.05	02:05:50.05	+00:49:54 (39.9%)	5:55	10.1 (59.8%)
462	MISZTAL Rafał	336	LOS PANTALONES ROJOS	M-50	57	00:00:46	00:14:59	00:42:31	01:10:50	01:38:49	02:05:03.30	02:05:50.20	+00:49:54 (39.9%)	5:55	10.1 (59.8%)
463	NIESPOREK Marian	347	LECYMY DURŚ	M-60	15	00:01:05	00:15:36	00:41:59	01:09:45	01:37:42	02:05:13.50	02:06:19.25	+00:50:04 (40.0%)	5:56	10.1 (59.8%)
464	SZYMAŃSKA Magdalena	599		K-30	18	00:00:58	00:14:58	00:41:54	01:10:00	01:37:57	02:05:18.50	02:06:17.45	+00:50:09 (40.0%)	5:56	10.1 (59.8%)
465	MARMURA Marek	313	SILESIA MARATON CLUB	M-40	146	00:00:51	00:15:33	00:42:02	01:09:34	01:37:58	02:05:22.15	02:06:13.95	+00:50:13 (40.1%)	5:56	10.1 (59.8%)
466	OSTROWSKI Zygmunt	557		M-60	16	00:00:57	00:15:08	00:42:51	01:10:37	01:38:31	02:05:25.65	02:06:22.85	+00:50:16 (40.1%)	5:56	10.1 (59.8%)
467	ŻMUDA Marcin	552		M-20	41	00:01:08	00:15:51	00:44:00	01:12:27	01:40:04	02:05:25.80	02:06:34.45	+00:50:16 (40.1%)	5:56	10.1 (59.8%)
468	ŻMUDA Krzysztof	553		M-20	42	00:01:08	00:15:51	00:44:01	01:12:27	01:40:04	02:05:27.00	02:06:35.65	+00:50:18 (40.1%)	5:56	10.1 (59.8%)
469	BARWICKA-BŁASZCZYK Joanna	14		K-40	37	00:00:39	00:15:10	00:42:40	01:10:52	01:38:44	02:05:28.80	02:06:08.50	+00:50:19 (40.1%)	5:56	10.1 (59.8%)
470	JORDANEK Marcin	195		M-30	138	00:00:49	00:15:02	00:41:58	01:09:12	01:37:38	02:05:43.90	02:06:33.35	+00:50:34 (40.2%)	5:57	10.1 (59.8%)
471	NOWAK Sebastian	357	MIECHOWICKA GRUPA BIEGOWA	M-40	147	00:01:05	00:16:30	00:45:25	01:14:06	01:41:00	02:06:03.45	02:07:09.40	+00:50:54 (40.4%)	5:58	10 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
472	BIAŁASIK Monika	27		K-30	19	00:01:03	00:15:36	00:44:03	01:12:34	01:41:08	02:06:11.40	02:07:15.20	+00:51:02 (40.4%)	5:58	10 (59.2%)
473	SZPYRKA Tomasz	476		M-30	139	00:00:57	00:15:46	00:44:14	01:12:36	01:40:16	02:06:11.50	02:07:08.50	+00:51:02 (40.4%)	5:58	10 (59.2%)
474	WOŹNIAK Paweł	522	W POGONI ZA DUCHEM	M-40	148	00:01:06	00:15:51	00:44:27	01:14:13	01:41:51	02:06:19.45	02:07:26.25	+00:51:10 (40.5%)	5:59	10 (59.2%)
475	MAŃKA Zofia	305		K-20	13	00:01:04	00:15:53	00:44:31	01:14:16	01:41:53	02:06:21.15	02:07:26.10	+00:51:12 (40.5%)	5:59	10 (59.2%)
476	TYRKA Anna	490		K-40	38	00:01:00	00:15:37	00:43:58	01:12:19	01:40:08	02:06:22.30	02:07:22.55	+00:51:13 (40.5%)	5:59	10 (59.2%)
477	WACHOWSKI Damian	499		M-40	149	00:00:56	00:15:18	00:41:52	01:09:14	01:37:43	02:06:25.60	02:07:22.30	+00:51:16 (40.6%)	5:59	10 (59.2%)
478	KROTOS Krzysztof	255	OQS	M-40	150	00:00:42	00:14:29	00:41:13	01:09:16	01:38:11	02:06:29.30	02:07:11.60	+00:51:20 (40.6%)	5:59	10 (59.2%)
479	KRAŃSKA Sandra	253		K-30	20	00:00:51	00:14:45	00:42:12	01:10:04	01:38:27	02:06:32.80	02:07:24.75	+00:51:23 (40.6%)	5:59	10 (59.2%)
480	BUGAJ Katarzyna	56	LAKE RUNNERS	K-40	39	00:00:47	00:15:36	00:42:56	01:11:35	01:40:18	02:06:40.30	02:07:27.35	+00:51:31 (40.7%)	6:00	10 (59.2%)
481	KIDABIONEK Olga	222		K-30	21	00:00:42	00:15:04	00:42:09	01:10:34	01:39:15	02:06:46.10	02:07:28.60	+00:51:37 (40.7%)	6:00	10 (59.2%)
482	URBANEK Martin	495	ISTA BIEGAMY	M-30	140	00:00:40	00:14:17	00:41:05	01:09:13	01:38:06	02:06:46.85	02:07:27.45	+00:51:37 (40.7%)	6:00	10 (59.2%)
483	KOSIAK Maciej	612		M-40	151	00:01:02	00:15:04	00:41:13	01:08:54	01:38:14	02:06:52.85	02:07:55.80	+00:51:43 (40.8%)	6:00	10 (59.2%)
484	LATA Monika	275		K-40	40	00:01:02	00:16:22	00:44:11	01:12:28	01:40:50	02:06:56.50	02:07:58.55	+00:51:47 (40.8%)	6:00	10 (59.2%)
485	KOWALCZYK Tomasz	244	AKMB PĘDZIWIATR GLIWICE	M-30	141	00:01:04	00:15:24	00:42:23	01:09:52	01:37:48	02:07:04.75	02:08:08.90	+00:51:55 (40.9%)	6:01	10 (59.2%)
486	GĘBCZYŃSKI Oliwier	129	GO4IT	M-20	43	00:00:48	00:15:20	00:42:41	01:10:44	01:39:02	02:07:05.55	02:07:53.80	+00:51:56 (40.9%)	6:01	10 (59.2%)
487	CIEŚLA Arkadiusz	73	BIEGAMY Z SERCEM	M-40	152	00:00:37	00:13:45	00:37:44	01:04:18	01:34:19	02:07:06.45	02:07:44.30	+00:51:57 (40.9%)	6:01	10 (59.2%)
488	BOBKOWSKI Maciej	37	NIGHT RUNNERS PYSKOWICE	M-40	153	00:00:56	00:15:52	00:43:20	01:11:14	01:39:42	02:07:21.80	02:08:17.95	+00:52:12 (41.0%)	6:02	9.9 (58.6%)
489	DYGOŃ Małgorzata	99	BIEGAJ Z TRENERAMI	K-40	41	00:00:49	00:15:23	00:43:02	01:11:55	01:40:22	02:07:31.30	02:08:20.85	+00:52:22 (41.1%)	6:02	9.9 (58.6%)
490	STAWSKA Joanna	464	BIEGAJ Z TRENERAMI	K-50	5	00:00:48	00:15:23	00:43:04	01:11:57	01:40:22	02:07:32.25	02:08:20.80	+00:52:23 (41.1%)	6:02	9.9 (58.6%)
491	FRUK Kamil	585		M-30	142	00:00:47	00:16:19	00:46:25	01:16:35	01:44:06	02:07:41.55	02:08:29.20	+00:52:32 (41.1%)	6:03	9.9 (58.6%)
492	ZWOLIŃSKA Katarzyna	642	HURAGAN LIGOTA	K-40	42	00:00:48	00:16:46	00:43:57	01:12:43	01:41:19	02:07:50.60	02:08:39.15	+00:52:41 (41.2%)	6:03	9.9 (58.6%)
493	GOŁĘBIEWSKI Kazimierz	138	KEMPER TEAM	M-40	154	00:01:04	00:15:35	00:43:11	01:12:36	01:40:53	02:07:57.60	02:09:01.85	+00:52:48 (41.3%)	6:03	9.9 (58.6%)
494	BRUDKOWSKI Tomasz	49	MOKA	M-30	143	00:01:00	00:15:38	00:44:28	01:12:11	01:40:17	02:08:10.05	02:09:10.50	+00:53:01 (41.4%)	6:04	9.9 (58.6%)
495	LINDENBERG Jarosław	587		M-30	144	00:00:59	00:15:36	00:44:10	01:12:40	01:41:14	02:08:19.10	02:09:18.55	+00:53:10 (41.4%)	6:04	9.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
496	PIŁAT Jarosław	388	PACEMAKER	M-40	155	00:00:44	00:15:47	00:44:22	01:12:53	01:41:28	02:08:33.60	02:09:18.25	+00:53:24 (41.5%)	6:05	9.8 (58.0%)
497	MACZUGA Bartłomiej	294	PACEMAKER	M-30	145	00:00:44	00:15:48	00:44:23	01:12:54	01:41:30	02:08:33.65	02:09:17.80	+00:53:24 (41.5%)	6:05	9.8 (58.0%)
498	ŁATAK - SKRABUT Basia	284	PACEMAKER	K-40	43	00:00:43	00:15:49	00:44:23	01:12:54	01:41:29	02:08:34.05	02:09:17.60	+00:53:25 (41.5%)	6:05	9.8 (58.0%)
499	JEZIOR Bartosz	192		M-30	146	00:01:08	00:14:31	00:41:37	01:10:14	01:38:55	02:08:40.55	02:09:49.15	+00:53:31 (41.6%)	6:05	9.8 (58.0%)
499	KILAR-HOSZOWSKA Sabina	225	MEDUZY	K-30	22	00:00:53	00:15:32	00:43:25	01:12:14	01:41:10	02:08:40.55	02:09:34.30	+00:53:31 (41.6%)	6:05	9.8 (58.0%)
501	MARYNIAK-KOLINSKI Mariola	314		K-40	44	00:16:52	00:14:59	00:43:02	01:12:07	01:40:52	02:09:14.05	02:26:06.50	+00:54:05 (41.9%)	6:07	9.8 (58.0%)
502	WÓJCIK Józefa	524	GCE GLIWICE	K-50	6	00:00:51	00:15:03	00:42:15	01:11:19	01:40:57	02:09:25.15	02:10:16.25	+00:54:16 (41.9%)	6:08	9.8 (58.0%)
503	WHITE Ashley	508	KLUB BIEGACZA FARTLEK	K-40	45	00:00:59	00:15:42	00:44:23	01:13:49	01:42:41	02:09:43.75	02:10:43.25	+00:54:34 (42.1%)	6:08	9.8 (58.0%)
504	SAPA Lucjan	428		M-50	58	00:00:50	00:15:15	00:42:53	01:11:43	01:41:09	02:09:55.80	02:10:46.25	+00:54:46 (42.2%)	6:09	9.7 (57.4%)
505	KALINOWSKI Krzysztof	200	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	156	00:00:45	00:15:05	00:42:15	01:10:25	01:40:48	02:10:04.65	02:10:49.75	+00:54:55 (42.2%)	6:09	9.7 (57.4%)
506	BUFNAŁ Krzysztof	55		M-40	157	00:01:09	00:15:11	00:42:14	01:10:32	01:40:10	02:10:06.90	02:11:16.15	+00:54:57 (42.2%)	6:09	9.7 (57.4%)
507	GIERAS Mirosław	131		M-40	158	00:00:49	00:15:37	00:44:03	01:12:53	01:41:41	02:10:10.90	02:11:00.25	+00:55:01 (42.3%)	6:10	9.7 (57.4%)
508	SEREDA Maciej	575		M-20	44	00:00:53	00:15:48	00:44:17	01:13:21	01:41:25	02:10:13.95	02:11:06.95	+00:55:05 (42.3%)	6:10	9.7 (57.4%)
509	ŻYGŁOWICZ Sylwia	555		K-30	23	00:01:01	00:15:47	00:44:11	01:13:04	01:43:13	02:11:03.50	02:12:05.10	+00:55:54 (42.7%)	6:12	9.7 (57.4%)
510	CETERA Kamila	65		K-40	46	00:00:44	00:15:49	00:44:24	01:13:08	01:42:04	02:11:12.50	02:11:56.65	+00:56:03 (42.7%)	6:13	9.6 (56.8%)
511	GLADKOWSKA Małgorzata	134		K-30	24	00:00:30	00:14:54	00:42:30	01:12:10	01:43:07	02:11:14.20	02:11:45.05	+00:56:05 (42.7%)	6:13	9.6 (56.8%)
512	METERA Kamil	586	SPARTAN KNURÓW	M-30	147	00:01:01	00:15:33	00:42:08	01:11:02	01:42:09	02:11:30.95	02:12:32.05	+00:56:22 (42.9%)	6:13	9.6 (56.8%)
513	DESZCZYŃSKI Łukasz	94		M-30	148	00:00:33	00:14:39	00:41:21	01:11:06	01:41:59	02:11:42.50	02:12:15.95	+00:56:33 (42.9%)	6:14	9.6 (56.8%)
514	ONOPIUK Natalia	366		K-30	25	00:01:03	00:15:35	00:44:04	01:12:35	01:42:03	02:11:46.60	02:12:50.45	+00:56:37 (43.0%)	6:14	9.6 (56.8%)
515	WOSIAK Katarzyna	521		K-30	26	00:00:18	00:14:45	00:41:34	01:10:17	01:40:51	02:11:51.35	02:12:10.10	+00:56:42 (43.0%)	6:14	9.6 (56.8%)
516	WILCZEK Małgorzata	513		K-30	27	00:00:51	00:15:57	00:44:30	01:14:24	01:44:16	02:11:53.50	02:12:44.60	+00:56:44 (43.0%)	6:15	9.6 (56.8%)
517	BAJOR Agnieszka	10		K-30	28	00:01:03	00:15:41	00:43:56	01:12:49	01:42:19	02:12:19.10	02:13:22.20	+00:57:10 (43.2%)	6:16	9.6 (56.8%)
518	SZYMALA Piotr	478		M-20	45	00:00:58	00:15:37	00:44:12	01:13:50	01:43:33	02:12:32.90	02:13:31.80	+00:57:23 (43.3%)	6:16	9.6 (56.8%)
519	ZMARZLY Wiktor	546		M-40	159	00:00:42	00:15:12	00:42:46	01:13:02	01:43:51	02:12:38.90	02:13:21.00	+00:57:29 (43.3%)	6:17	9.5 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
520	BUCHAL Katarzyna	53		K-50	7	00:00:27	00:15:44	00:44:23	01:14:30	01:44:28	02:13:04.15	02:13:31.35	+00:57:55 (43.5%)	6:18	9.5 (56.2%)
521	MAĆKOWIAK Mirosław	295	NIEZRZESZONY	M-60	17	00:00:59	00:15:35	00:43:50	01:13:06	01:43:30	02:13:16.55	02:14:16.30	+00:58:07 (43.6%)	6:18	9.5 (56.2%)
522	OGAZA Małgorzata	364		K-40	47	00:01:03	00:15:38	00:44:05	01:13:49	01:44:20	02:13:26.45	02:14:29.90	+00:58:17 (43.7%)	6:19	9.5 (56.2%)
523	GIBAS Dawid	130	SOCIOS SILESIA	M-40	160	00:00:18	00:14:48	00:42:56	01:13:38	01:44:18	02:13:40.30	02:13:58.45	+00:58:31 (43.8%)	6:20	9.5 (56.2%)
524	SKOPOWSKA Klaudia	445	SREBRNI BIEGACZE TARNOWSKIE GÓRY	K-50	8	00:01:03	00:16:04	00:44:55	01:14:42	01:44:21	02:13:47.50	02:14:51.05	+00:58:38 (43.8%)	6:20	9.5 (56.2%)
525	STRZELECKI Rafał	470	SOCIOS SILESIA	M-30	149	00:01:03	00:15:23	00:41:46	01:09:15	01:39:48	02:13:48.00	02:14:51.95	+00:58:39 (43.8%)	6:20	9.5 (56.2%)
526	MENDLA Anna	320		K-30	29	00:00:44	00:15:12	00:43:26	01:13:12	01:43:43	02:13:58.00	02:14:42.45	+00:58:49 (43.9%)	6:20	9.5 (56.2%)
527	ANTCZAK Krzysztof	4		M-40	161	00:00:36	00:15:58	00:44:50	01:14:57	01:45:21	02:13:58.45	02:14:35.30	+00:58:49 (43.9%)	6:20	9.5 (56.2%)
528	STANKIEWICZ Jakub	461		M-20	46	00:01:09	00:17:22	00:47:57	01:18:24	01:48:11	02:14:14.70	02:15:24.15	+00:59:05 (44.0%)	6:21	9.4 (55.6%)
529	BATEJKO Beata	16	SPORT WSPIERAMY NAUKOWO	K-40	48	00:00:54	00:15:46	00:44:48	01:14:28	01:44:32	02:14:16.00	02:15:10.85	+00:59:07 (44.0%)	6:21	9.4 (55.6%)
530	WLACH Anna	516	PACEMAKER	K-40	49	00:00:51	00:15:48	00:44:50	01:14:39	01:44:33	02:14:20.25	02:15:11.75	+00:59:11 (44.1%)	6:21	9.4 (55.6%)
531	FRUK Natalia	113		K-30	30	00:00:47	00:16:19	00:46:24	01:16:34	01:46:37	02:14:24.10	02:15:11.65	+00:59:15 (44.1%)	6:22	9.4 (55.6%)
532	ZARYCHTA Łukasz	536	FAT MAMA'S SPORT KLUB	M-40	162	00:00:41	00:14:53	00:42:07	01:11:03	01:42:57	02:14:27.40	02:15:09.10	+00:59:18 (44.1%)	6:22	9.4 (55.6%)
533	ZAWIŁA Agnieszka	539		K-30	31	00:01:08	00:16:14	00:44:30	01:14:16	01:44:28	02:14:34.65	02:15:43.55	+00:59:25 (44.2%)	6:22	9.4 (55.6%)
534	GUZGAN Wojciech	164		M-40	163	00:00:58	00:15:04	00:41:33	01:08:54	01:39:01	02:14:35.45	02:15:33.65	+00:59:26 (44.2%)	6:22	9.4 (55.6%)
535	LISZKA Ela	282	PACEMAKER	K-40	50	00:00:51	00:15:49	00:44:50	01:14:40	01:44:41	02:14:43.50	02:15:35.30	+00:59:34 (44.2%)	6:23	9.4 (55.6%)
536	SUSEL Alek	646		M-30	150	00:00:02	00:17:09	00:42:55	01:15:17	01:42:35	02:14:45.00	02:14:47.25	+00:59:36 (44.2%)	6:23	9.4 (55.6%)
537	HEINRICH Żaneta	165		K-20	14	00:01:03	00:15:36	00:44:06	01:13:19	01:44:22	02:14:48.75	02:15:51.95	+00:59:39 (44.3%)	6:23	9.4 (55.6%)
538	RAKOWSKI Michał	406		M-20	47	00:00:32	00:13:16	00:36:55	01:02:36	01:34:03	02:14:51.95	02:15:24.80	+00:59:43 (44.3%)	6:23	9.4 (55.6%)
539	PACUŁA Piotr	373	AKMB PĘDZIWIATR GLIWICE/OPEL ACTIVE TEAM	M-60	18	00:00:05	00:13:43	00:38:13	01:03:39	01:37:26	02:14:53.30	02:14:58.60	+00:59:44 (44.3%)	6:23	9.4 (55.6%)
540	PIĄTY Kamil	381		M-40	164	00:00:42	00:14:52	00:42:06	01:09:45	01:42:23	02:15:00.55	02:15:43.20	+00:59:51 (44.3%)	6:23	9.4 (55.6%)
541	LATA Piotr	274		M-40	165	00:01:02	00:16:22	00:45:41	01:16:05	01:46:38	02:15:19.15	02:16:21.35	+01:00:10 (44.5%)	6:24	9.4 (55.6%)
542	ZIAJA Robert	543	ROBERT ALKOHOLIK	M-40	166	00:00:49	00:15:45	00:44:22	01:13:09	01:44:08	02:15:34.15	02:16:23.60	+01:00:25 (44.6%)	6:25	9.3 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
543	KRZYWDA Tomasz	259		M-50	59	00:00:48	00:15:45	00:44:23	01:13:10	01:44:11	02:15:35.10	02:16:23.60	+01:00:26 (44.6%)	6:25	9.3 (55.0%)
544	GROMADZKA Justyna	151	KOBIETY WATAHY	K-30	32	00:00:41	00:14:55	00:42:59	01:12:54	01:44:08	02:15:41.90	02:16:23.20	+01:00:32 (44.6%)	6:25	9.3 (55.0%)
545	KLEPCZYŃSKA Sabina	228		K-40	51	00:00:53	00:15:48	00:44:50	01:14:39	01:45:28	02:15:55.25	02:16:48.40	+01:00:46 (44.7%)	6:26	9.3 (55.0%)
546	KUZMYNSKA Kateryna	619		K-30	33	00:00:24	00:15:11	00:43:31	01:14:22	01:46:19	02:16:57.70	02:17:21.95	+01:01:48 (45.1%)	6:29	9.2 (54.4%)
547	WOJDANOWSKA Małgorzata	517	LECYMY DURŚ	K-30	34	00:01:04	00:15:38	00:43:33	01:14:53	01:47:39	02:17:22.85	02:18:27.25	+01:02:13 (45.3%)	6:30	9.2 (54.4%)
548	KOKOT Justyna	572		K-40	52	00:01:06	00:15:46	00:44:42	01:15:36	01:47:05	02:17:48.65	02:18:55.60	+01:02:39 (45.5%)	6:31	9.2 (54.4%)
549	KACZKIEWICZ Damian	630	NIGHT RUNNERS GLIWICE	M-40	167	00:00:59	00:15:36	00:44:30	01:14:23	01:46:23	02:17:50.15	02:18:49.60	+01:02:41 (45.5%)	6:31	9.2 (54.4%)
550	GUŚCIORA Maciej	163		M-20	48	00:00:45	00:14:53	00:43:57	01:14:08	01:46:24	02:18:02.25	02:18:47.50	+01:02:53 (45.6%)	6:32	9.2 (54.4%)
551	BLAUT-KUBANEK Anna	35		K-40	53	00:00:46	00:15:46	00:44:25	01:14:44	01:46:13	02:18:05.35	02:18:51.35	+01:02:56 (45.6%)	6:32	9.2 (54.4%)
552	KOZACZKA Włodzimierz	248		M-40	168	00:01:02	00:16:09	00:44:47	01:14:24	01:44:56	02:18:08.55	02:19:11.50	+01:02:59 (45.6%)	6:32	9.2 (54.4%)
553	WOLIŃSKI Józef	519		M-50	60	00:00:55	00:16:43	00:46:21	01:17:09	01:48:03	02:18:34.50	02:19:29.85	+01:03:25 (45.8%)	6:34	9.1 (53.8%)
554	BŁAUT Jerzy	36	IX LO	M-50	61	00:00:58	00:15:24	00:43:40	01:14:25	01:46:23	02:18:57.05	02:19:55.15	+01:03:48 (45.9%)	6:35	9.1 (53.8%)
555	GARBACZ Asia	123		K-30	35	00:00:54	00:15:50	00:45:13	01:16:32	01:48:29	02:19:22.85	02:20:17.25	+01:04:13 (46.1%)	6:36	9.1 (53.8%)
556	WACŁAWIK Leszek	500		M-30	151	00:00:47	00:16:02	00:45:34	01:16:47	01:48:49	02:19:32.75	02:20:19.95	+01:04:23 (46.1%)	6:36	9.1 (53.8%)
557	WDZIĘKOŃSKI Rafał	506		M-40	169	00:00:48	00:15:33	00:44:17	01:14:23	01:47:44	02:19:36.20	02:20:24.45	+01:04:27 (46.2%)	6:36	9.1 (53.8%)
558	NIEDBALSKA Sandra	345		K-30	36	00:00:52	00:15:50	00:45:25	01:17:04	01:49:02	02:19:56.50	02:20:48.65	+01:04:47 (46.3%)	6:37	9 (53.3%)
559	SOBIERAJ Wojciech	454	VIASAT MONITORING	M-40	170	00:00:46	00:15:47	00:44:26	01:14:38	01:46:18	02:20:30.65	02:21:17.15	+01:05:21 (46.5%)	6:39	9 (53.3%)
560	UH Kuba	493		M-30	152	00:01:06	00:15:51	00:44:28	01:14:34	01:48:02	02:21:49.45	02:22:55.95	+01:06:40 (47.0%)	6:43	8.9 (52.7%)
561	SKOCZYLAS Tomasz	444	WOLNOBIEGACZE	M-50	62	00:00:52	00:15:50	00:44:52	01:15:53	01:48:39	02:21:51.05	02:22:43.45	+01:06:42 (47.0%)	6:43	8.9 (52.7%)
562	CHAFFARI Messaoud	66		M-20	49	00:00:47	00:15:12	00:42:13	01:11:10	01:46:38	02:22:23.20	02:23:10.85	+01:07:14 (47.2%)	6:44	8.9 (52.7%)
563	ŚWIDEREK Aleksandra	481		K-30	37	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24	02:23:09.40	02:24:05.05	+01:08:00 (47.5%)	6:47	8.8 (52.1%)
563	PIECHOWICZ-KUROWSKA Agata	382		K-30	37	00:00:55	00:17:28	00:48:45	01:21:30	01:53:24	02:23:09.40	02:24:05.05	+01:08:00 (47.5%)	6:47	8.8 (52.1%)
565	KARNIA Agnieszka	209		K-30	39	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24	02:23:09.65	02:24:05.45	+01:08:00 (47.5%)	6:47	8.8 (52.1%)
566	SKRZĄTEK Katarzyna	448		K-20	15	00:00:52	00:16:02	00:45:28	01:17:45	01:51:36	02:23:14.50	02:24:06.60	+01:08:05 (47.5%)	6:47	8.8 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
567	CIEŚLIK Jakub	603		M-30	153	00:00:44	00:15:49	00:44:07	01:14:01	01:47:36	02:23:49.90	02:24:34.05	+01:08:40 (47.8%)	6:48	8.8 (52.1%)
568	ZIAJKA Kamil	631		M-20	50	00:00:57	00:15:34	00:42:05	01:08:26	01:45:16	02:24:50.85	02:25:47.85	+01:09:41 (48.1%)	6:51	8.7 (51.5%)
569	PALAK Rafał	375		M-30	154	00:01:13	01:21:53	01:54:29			02:25:05.60	02:26:18.80	+01:09:56 (48.2%)	6:52	8.7 (51.5%)
570	SITKO Dagmara	440		K-30	40	00:01:13	00:17:24	00:49:48	01:22:54	01:56:19	02:26:18.65	02:27:32.25	+01:11:09 (48.6%)	6:56	8.7 (51.5%)
571	KASPEREK Ireneusz	212		M-40	171	00:01:08	00:17:30	00:49:54	01:22:59	01:56:25	02:26:21.15	02:27:29.15	+01:11:12 (48.7%)	6:56	8.7 (51.5%)
572	HEINE Andrzej	565	PKO BANK POLSKI	M-40	172	00:00:13	00:13:05	00:46:37	01:24:23	01:57:29	02:26:30.35	02:26:44.20	+01:11:21 (48.7%)	6:56	8.6 (50.9%)
573	MIGDAŁ Iwona	330	SLOW JOGGING GLIWICE	K-40	54	00:01:00	00:16:36	00:47:30	01:20:33	01:54:27	02:26:38.10	02:27:38.25	+01:11:29 (48.8%)	6:56	8.6 (50.9%)
574	WACŁAWEK Tomek	399	TEAM TOMSON	M-20	51	00:00:27	00:15:52	00:46:01	01:18:21	01:52:22	02:26:41.65	02:27:09.05	+01:11:32 (48.8%)	6:57	8.6 (50.9%)
575	BIEGUN Krzysztof	30		M-50	63	00:01:06	00:16:40	00:47:04	01:20:25	01:54:15	02:27:19.40	02:28:25.60	+01:12:10 (49.0%)	6:58	8.6 (50.9%)
576	BEDNAREK Krzysztof	20		M-30	155	00:00:59	00:16:25	00:46:14	01:17:52	01:52:32	02:27:39.60	02:28:39.50	+01:12:30 (49.1%)	6:59	8.6 (50.9%)
577	CIUK Iwona	618	BIEGAJ Z TRENERAMI!	K-50	9	00:00:50	00:16:41	00:47:57	01:21:19	01:55:00	02:27:52.80	02:28:43.50	+01:12:43 (49.2%)	7:00	8.6 (50.9%)
578	JASIŃSKA Klaudia	187	AKTYWNI SUCHA GÓRA	K-40	55	00:01:10	00:16:48	00:47:24	01:20:24	01:54:17	02:28:21.90	02:29:32.20	+01:13:12 (49.3%)	7:01	8.5 (50.3%)
579	ZEMŁA Piotr	542		M-50	64	00:00:58	00:16:23	00:47:36	01:20:43	01:54:56	02:28:24.75	02:29:23.65	+01:13:15 (49.4%)	7:01	8.5 (50.3%)
580	POGORZELSKA-KLIKS Agata	394		K-40	56	00:01:08	00:17:28	00:49:53	01:23:13	01:56:32	02:28:49.80	02:29:57.95	+01:13:40 (49.5%)	7:03	8.5 (50.3%)
581	JUNGA Joanna	629		K-20	16	00:01:15	00:17:47	00:50:27	01:23:09	01:57:10	02:29:06.95	02:30:22.00	+01:13:58 (49.6%)	7:03	8.5 (50.3%)
582	SZEWCZYK Zbigniew	475		M-30	156	00:00:57	00:16:03	00:45:58	01:18:26	01:52:35	02:31:45.65	02:32:43.45	+01:16:36 (50.5%)	7:11	8.3 (49.1%)
583	KRUKOWSKA Monika	256		K-30	41	00:00:33	00:16:47	00:49:08	01:24:33	01:58:12	02:33:49.40	02:34:23.25	+01:18:40 (51.1%)	7:17	8.2 (48.5%)
584	FABRY Rafał	104		M-40	173	00:01:06	00:16:53	00:49:26	01:23:50	02:00:20	02:34:46.35	02:35:53.15	+01:19:37 (51.4%)	7:20	8.2 (48.5%)
585	MAŁOTA Bartłomiej	304		M-30	157	00:00:34	00:16:47	00:49:07	01:24:34		02:35:15.70	02:35:49.95	+01:20:06 (51.6%)	7:21	8.2 (48.5%)
586	BRODA Zuzanna	43		K-20	17	00:01:09	00:18:46	00:50:49	01:28:05	02:01:35	02:37:29.80	02:38:39.05	+01:22:20 (52.3%)	7:27	8 (47.3%)
587	KUZIA Bogusław	268		M-50	65	00:01:02	00:17:28	00:50:06	01:24:35	02:00:59	02:37:33.10	02:38:35.30	+01:22:24 (52.3%)	7:28	8 (47.3%)
588	BRODA Hanna	44	#FLOWBEZBARIER	K-30	42	00:01:24	00:21:04	00:53:48	01:29:54	02:06:09	02:44:13.15	02:45:37.25	+01:29:04 (54.2%)	7:46	7.7 (45.6%)
589	KASPRZYK Agnieszka	215		K-30	43	00:00:31	00:17:37	00:52:58	01:28:11	02:06:26	02:47:23.75	02:47:54.95	+01:32:14 (55.1%)	7:55	7.6 (45.0%)
590	GŁĄB Mariola	136		K-30	44	00:00:57	00:17:46	00:52:47	01:31:03	02:10:47	02:48:56.15	02:49:53.80	+01:33:47 (55.5%)	8:00	7.5 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	7.2km	11.9km	16.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
591	WĘGIEL Kacper	507	KB ORŁY Z KNUROWA	M-20	52	00:01:10	00:18:30	00:54:07	01:34:20	02:13:40	02:50:54.40	02:52:04.65	+01:35:45 (56.0%)	8:05	7.4 (43.8%)
592	BEDNAREK Martin	21	STARY HANGAR	M-20	53	00:00:03	00:10:34	00:32:01					+00:06:23	4:26	13.5 (79.9%)
593	KOŁODZIEJCZYK Monika	234	JURA TEAM	K-30	45	00:00:32	00:13:57	00:38:13					+00:12:35	5:18	11.3 (66.9%)
594	SITKO Grzegorz	441		M-30	158	00:00:34	00:15:23	00:44:08					+00:18:30	6:07	9.8 (58.0%)
595	GÓRKA Grzegorz	145		M-50	66	00:00:52	00:18:48	00:56:33					+00:30:55	7:51	7.6 (45.0%)
596	GRABA Katarzyna	146	TURBORÓWKA	K-20	18	00:00:00	01:17:01						+	30:48	1.9 (11.2%)

Znaleziono 596 wynik(ów)