



VII PÓŁMARATON GLIWICKI

B4SPORT

Wydarzenie: VII PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-10-17
Miejsce: Gliwice
Dystans: 21.1 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 11,9 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
1	WOLNIK Mateusz	578	AKTYWNI LYSKI	M-30	00:00:02	00:09:11	00:25:38	00:42:33
2	DULINIEC Tomasz	98	GNIOTPOL TEAM	M-40	00:00:02	00:09:16	00:25:46	00:42:43
3	MRACHACZ Piotr	580	STUDIO PROJEKTOWE SPART	M-20	00:00:03	00:09:11	00:25:53	00:43:05
4	TRESKA Piotr	488	RUNHOGS TYCHY / SPLA TYCHY / BIEGNEPO230.PL	M-30	00:00:02	00:09:30	00:26:19	00:43:32
5	FOLTYN Jakub	110	WYTRZYMALI.COACH	M-20	00:00:04	00:09:39	00:27:08	00:44:46
6	ROZMUS Norbert	411		M-30	00:00:03	00:09:40	00:27:10	00:44:47
7	HARĘŻA Marek	628		M-30	00:00:02	00:09:41	00:27:06	00:44:49
8	BARTOSIK Sebastian	13	FORMA WODZISŁAW ŚLĄSKI / MOJŻYSZ TEAM	M-30	00:00:03	00:09:39	00:27:09	00:45:04
9	WIKTORSKI Mieszko	620	TRENUJZNAMI.PL	M-40	00:00:03	00:09:41	00:27:06	00:45:05
10	IWANCA Leszek	174		M-40	00:00:02	00:09:42	00:27:10	00:45:06
11	URBAŃCZYK Karol	496	NON STOP TRAIL	M-30	00:00:03	00:09:39	00:27:14	00:45:35
12	KAMIŃSKI Dominik	203	HARPAGAN SOSNOWIEC - FICOSA	M-40	00:00:20	00:09:46	00:27:42	00:45:43
13	DENICKI Przemek	93	EX TEAM	M-30	00:00:03	00:10:05	00:27:58	00:45:59
14	SIKOŃCZYK Miłosz	437	RUNNING PERFORMANCE	M-20	00:00:02	00:09:30	00:27:26	00:46:04
15	GRYCMAN Marek	153	LOVE THE PAIN	M-40	00:00:03	00:09:57	00:27:53	00:46:17
16	BUJNOWSKI Artur	59	TL ROW RYBNIK	M-30	00:00:02	00:10:04	00:27:59	00:46:18
17	BUCHTA Adam	54		M-40	00:00:03	00:09:58	00:28:05	00:46:39
18	PRZELIORZ Tomasz	400	INŻYNIERIA BIEGANIA	M-30	00:00:02	00:09:59	00:28:06	00:46:41
19	BAGSIK Mateusz	7		M-30	00:00:13	00:10:02	00:27:58	00:47:08
20	JANCEWICZ Marcin	178		M-20	00:00:04	00:10:07	00:28:26	00:47:09
21	GRIMAN Joanna	149	MOJŻYSZ TEAM/ERIGO	K-40	00:00:03	00:10:03	00:28:17	00:47:24
22	MUSKAŁA Mateusz	343	AUGUSTEAM	M-20	00:00:04	00:10:05	00:28:26	00:47:38
23	OSETEK Paweł	369	RADLINIOKI W BIEGU	M-30	00:00:04	00:09:57	00:28:15	00:47:47
24	GRZYWACZ Marcin	162	MKS CZECHOWICE-DZIEDZICE	M-40	00:00:03	00:10:19	00:29:12	00:48:16
25	BIEGUN Marcin	29	AKTYWNA PSZCZYNA	M-40	00:00:03	00:10:22	00:29:14	00:48:17
26	KOZIARSKI Michał	249	LKS SIERAKÓW ŚLĄSKI	M-30	00:00:15	00:10:30	00:29:03	00:48:20
27	BOGATZKI Marek	39		M-30	00:00:05	00:10:05	00:28:35	00:48:47
28	JÓZEFIK Dawid	196	JKLA JAWOR	M-30	00:00:04	00:10:33	00:29:27	00:48:51
29	GORAUS Kamil	141	RUN RUN RUN	M-30	00:00:06	00:10:31	00:29:20	00:48:51

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
30	CZERNY Tomasz	88	AKTYWNE ZABRZE	M-40	00:00:05	00:10:29	00:29:30	00:48:55
31	SMITH Kelli	635		K-30	00:00:03	00:10:24	00:29:19	00:48:56
32	FURMANEK Łukasz	114		M-40	00:00:04	00:10:44	00:29:46	00:49:08
33	CHYBA Szymon	72	KS KROTOSZ KROTOSZYN	M-40	00:00:05	00:10:34	00:29:25	00:49:12
34	ZIELIŃSKI Ireneusz	544	DKMS JASTRZĘBIE	M-50	00:00:04	00:10:30	00:29:31	00:49:14
35	JANOWSKA Michalina	182	MOJŻYSZ TEAM / JEJKOWICE BIEGAJĄ	K-30	00:00:04	00:10:51	00:30:05	00:49:34
36	SPRUTTA Robert	458		M-30	00:00:05	00:10:55	00:29:52	00:49:41
37	KLIMA Adam	229	RUNHOGS TYCHY	M-30	00:00:05	00:10:30	00:29:50	00:49:48
38	WIECHUŁA Marcin	510		M-40	00:00:06	00:10:08	00:29:28	00:50:09
39	FAŁEK Adam	105	ŁAMIGNATY	M-20	00:00:14	00:10:12	00:29:23	00:50:20
40	NOWICKI Szymon	361		M-30	00:00:07	00:11:00	00:30:32	00:50:42
41	BROL Dominika	48		K-30	00:00:06	00:11:01	00:30:54	00:51:03
42	WARDZAŁA Michał	501	MARATON TEAM WIELICZKA	M-40	00:00:08	00:10:58	00:30:57	00:51:10
43	GOŁĄBEK Rafał	137	MARATON TEAM WIELICZKA	M-40	00:00:08	00:11:00	00:30:58	00:51:11
44	PSZCZOŁA Marcin	403		M-40	00:00:07	00:11:00	00:31:10	00:51:13
45	HOFFMANN Nikodem	167		M-30	00:00:26	00:11:20	00:31:14	00:51:14
46	BAŃBOR Aleksandra	11	EX TEAM	K-20	00:00:03	00:11:02	00:30:58	00:51:17
47	OCHMAN Rafał	362	OPEL ACTIVE TEAM	M-40	00:00:04	00:11:01	00:31:03	00:51:19
48	PASTWA Piotr	379	BIEGAJ Z TRENERAMI	M-50	00:00:17	00:11:09	00:30:59	00:51:20
49	SKOCZEK Jakub	443		M-30	00:00:31	00:11:12	00:31:08	00:51:28
50	ŻOŁADŹ Piotr	554	TEAM ARTIVENT	M-30	00:00:09	00:11:00	00:31:09	00:51:29
51	ŁOZIŃSKI Wojciech	287	PARKRUN CHRZANÓW	M-20	00:00:07	00:11:01	00:31:13	00:51:30
52	BIAŁY Kamil	28	FAST FOOT TEAM SIEWIERZ	M-30	00:00:09	00:11:01	00:31:09	00:51:30
53	CHOMIK Rafał	70	PACEMAKER	M-40	00:00:06	00:11:00	00:31:10	00:51:31
54	MASŁOŃ Błażej	315		M-50	00:00:07	00:11:02	00:31:10	00:51:31
55	GRZESIKIEWICZ Mariusz	157		M-40	00:00:07	00:11:03	00:31:11	00:51:31
56	BUJAK Marcin	57		M-40	00:00:08	00:11:01	00:31:11	00:51:32
57	STASIKOWSKI Łukasz	463		M-30	00:00:06	00:11:01	00:31:11	00:51:33
58	MIRONOWICZ Bartłomiej	335		M-30	00:00:12	00:10:57	00:31:09	00:51:34
59	STĄPOR Sławomir	465	TAURON	M-40	00:00:05	00:11:05	00:31:13	00:51:35
60	PACOŃ Sebastian	593	DAGMA	M-40	00:00:02	00:10:49	00:30:58	00:51:37
61	WRĘCZYCKI Ireneusz	571		M-50	00:00:09	00:11:00	00:31:11	00:51:37
62	KORZUSZNIK Wojciech	241	LUXTORPEDA CZERWIONKA	M-30	00:00:06	00:11:03	00:31:18	00:51:38
63	PILNY Karol	387	AKTYWNI RYDUŁTOWY	M-20	00:00:04	00:10:51	00:30:48	00:51:44
64	DZIDA Dominik	101		M-20	00:00:15	00:11:05	00:31:24	00:51:46
65	TEKLA Krzysztof	484		M-30	00:00:10	00:11:07	00:31:23	00:51:51
66	WYLEŻAŁEK Alina	528		K-30	00:00:10	00:11:19	00:31:24	00:51:53
67	GARUS Bartłomiej	124	YNO 1	M-30	00:00:14	00:11:14	00:31:16	00:51:56
68	MAJEK Krzysztof	299	AUGUSTEAM	M-50	00:00:08	00:11:09	00:31:31	00:52:33
69	SITEK Krzysztof	439		M-40	00:00:09	00:11:14	00:31:26	00:52:34
70	GALILEJCZYK Mariusz	118		M-20	00:00:36	00:10:57	00:30:43	00:52:37
71	KONIECZNA Anna	236		K-20	00:00:08	00:11:04	00:31:37	00:52:41
72	GRZYB Dariusz	158		M-50	00:00:07	00:11:01	00:31:12	00:52:42
73	FRANKIEWICZ Artur	111		M-30	00:00:08	00:11:01	00:31:27	00:52:42
74	WYMYSŁO Andrzej	529	RADA MIASTA	M-60	00:00:04	00:11:14	00:31:34	00:52:46
75	JAWOREK Jacek	190	SPRYTNA BANIA SPONTAN TEAM // JBC365	M-30	00:00:13	00:11:24	00:31:56	00:52:51

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
76	WACŁAWSKI Jacek	640		M-40	00:00:14	00:11:07	00:31:34	00:52:51
77	KAWELCZYK Robert	219	M-50	00:00:11	00:11:27	00:31:56	00:52:59
78	GORCZYCKI Arkadiusz	142	MIECHOWICKA GRUPA BIEGOWA/RESHAPE RUNNERS	M-30	00:00:08	00:11:18	00:32:04	00:53:03
79	KWIATKOWSKI Grzegorz	271		M-40	00:00:18	00:11:11	00:31:10	00:53:05
80	KAMIŃSKI Jacek	204	ROMET FACTORY TEAM	M-40	00:00:06	00:11:02	00:31:14	00:53:18
81	ZALEWSKI Wojciech	534		M-40	00:00:25	00:11:38	00:32:21	00:53:35
82	GUZY Andrzej	579		M-60	00:00:04	00:11:03	00:31:40	00:53:39
83	PUC Paweł	404	TRUCHTACZE GZICHÓW	M-40	00:00:16	00:11:12	00:31:53	00:53:40
84	WIERZCHOWSKI Jędrzej	511		M-30	00:00:09	00:11:21	00:32:05	00:53:42
85	LEPIARCZYK Sławomir	280		M-30	00:00:13	00:11:28	00:32:00	00:53:56
86	CZAJKOWSKI Paweł	82	WIKI&MAKS	M-40	00:00:10	00:11:37	00:32:26	00:54:03
87	STRAMA Adam	467		M-40	00:00:12	00:11:29	00:32:29	00:54:06
88	HOLONA Maciej	647	FORMA WODZISŁAW	M-50	00:00:14	00:11:27	00:32:11	00:54:14
89	JAWOREK Adam	189		M-30	00:00:06	00:11:00	00:31:41	00:54:23
90	RATAJCZAK Aleksander	407	LECYMY DURS	M-50	00:00:12	00:11:40	00:32:55	00:54:26
91	BARAŃSKI Rafał	12		M-40	00:00:13	00:11:39	00:32:55	00:54:26
92	GĄSZCZAK Michał	127	RUNHOGS TYCHY	M-30	00:00:07	00:11:01	00:32:19	00:54:31
93	JASICKI Krzysztof	186	RUNHOGS TYCHY	M-40	00:00:07	00:11:00	00:32:19	00:54:33
94	LONKA Michał	574		M-40	00:00:07	00:11:44	00:32:59	00:54:34
95	CIEŚLAK Jacek	74		M-40	00:00:15	00:12:04	00:33:03	00:54:40
96	SZYMAŃSKI Piotr	479		M-40	00:00:09	00:11:30	00:32:31	00:54:45
97	MIRATYŃSKI Adam	627		M-40	00:00:23	00:12:18	00:33:18	00:54:48
98	MADEJSKI Sylwester	297		M-40	00:00:11	00:11:33	00:32:44	00:54:51
99	SPYRA Kamil	459	SPYROWKA	M-30	00:00:14	00:11:16	00:32:02	00:54:54
100	WARDZYK Damian	502	ZŁOTA MARKA	M-20	00:00:23	00:12:30	00:33:32	00:54:56
101	MARCINIAK Rafał	308	8A.PL	M-30	00:00:39	00:12:16	00:33:46	00:54:58
102	MYNARSKI Sylwester	601	DALEKO JESZCZE?	M-40	00:01:23	00:12:35	00:33:37	00:55:00
103	CZYŻ Wojciech	89		M-40	00:00:17	00:11:41	00:33:00	00:55:01
104	MEOSI Alessandro	321	MONAR GRACZE	M-20	00:00:21	00:12:30	00:33:26	00:55:08
105	SZEWczyk Urszula	474	GREEN BELT RUNNER TEAM	K-40	00:00:11	00:11:34	00:33:18	00:55:25
106	SIEJA Zbyszek	434	LECYMY DURŚ	M-50	00:00:16	00:11:54	00:33:10	00:55:30
107	MEKIER Bartek	591		M-30	00:00:25	00:12:11	00:33:48	00:55:34
108	BIELA Grzegorz	31	NIGHT RUNNERS PYSKOWICE	M-30	00:00:07	00:11:26	00:32:50	00:55:37
109	MIECZNIKOWSKI Jacek	329		M-40	00:00:09	00:11:38	00:33:07	00:55:37
110	BINIENDA Agnieszka	32	KOBIETY WATAHY	K-40	00:00:25	00:11:56	00:33:41	00:55:40
111	NOGA Jacek	643		M-40	00:00:15	00:11:47	00:33:24	00:55:41
112	SKLORZ Marcin	442		M-20	00:00:18	00:11:50	00:33:24	00:55:42
113	NIŻNIKIEWICZ Grzegorz	352		M-40	00:00:18	00:11:50	00:33:25	00:55:43
114	SZOŁTYSEK Adrian	556		M-30	00:00:20	00:11:45	00:33:44	00:55:45
115	HYRKIEL Paweł	172	IL GATTO RAMPANTE	M-40	00:00:11	00:11:46	00:33:33	00:55:50
116	MEDES Marcin	319		M-30	00:00:12	00:12:11	00:33:53	00:55:50
117	DREWNIAK Marcin	638		M-20	00:00:22	00:11:55	00:33:42	00:55:52
118	MARKOWSKI Przemysław	311	PACEMAKER / SZLABANOWCY RUNNING TEAM	M-30	00:00:10	00:11:54	00:33:53	00:55:53
119	MACHOWSKI Dariusz	291		M-50	00:00:10	00:11:54	00:33:52	00:55:53
120	PIKUŁA Jacek	386	BIEGNĘ BYLE DOBIEC	M-40	00:01:13	00:13:22	00:34:47	00:55:53
121	WILK Dawid	514	PACEMAKER	M-30	00:00:09	00:11:54	00:33:54	00:55:54

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
122	MACHURA Arkadiusz	292		M-40	00:00:10	00:11:56	00:33:54	00:55:54
123	WILK Piotr	645		M-40	00:00:08	00:11:57	00:33:55	00:55:55
124	TABIŚ Bartosz	611		M-30	00:00:20	00:11:47	00:33:46	00:55:55
125	NIKODON Paweł	349	NIKODON DREAM TEAM	M-40	00:00:12	00:11:41	00:32:56	00:55:56
126	HYRA Robert	171	ZALEW BLACHOWNIA	M-50	00:00:14	00:11:52	00:33:51	00:55:57
127	KRUK Grzegorz	561	PRESS GLASS BIEGAMY I WSPIERAMY	M-50	00:00:14	00:11:52	00:33:51	00:56:06
128	CHOJNA Zygmunt	69	SOCIOS SILESIA	M-60	00:00:11	00:11:32	00:33:23	00:56:07
129	SZCZEPANEK Łukasz	473		M-20	00:00:15	00:12:09	00:33:54	00:56:07
130	DUDA Jacek	97	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	00:00:16	00:11:50	00:33:48	00:56:10
131	LECHOCKA Patrycja	278	INŻYNIERIA BIEGANIA/ EKO-OKNA RUNNERS	K-30	00:00:13	00:11:56	00:33:53	00:56:13
132	CZAJKA Tomasz	80		M-40	00:00:10	00:11:55	00:33:54	00:56:15
133	STAŃCZYK Przemek	462		M-30	00:00:09	00:12:03	00:34:04	00:56:16
134	ZAKRZOWSKI Krzysztof	532		M-30	00:00:16	00:11:49	00:33:50	00:56:19
135	WOJTUKIEWICZ Artur	518	DHL RUN CLUB	M-40	00:00:35	00:11:58	00:33:50	00:56:22
136	JAGIEŁA Michał	177		M-30	00:00:45	00:12:11	00:33:56	00:56:22
137	KOWOLIK Łukasz	247	TAURON TEAM	M-30	00:00:20	00:12:26	00:34:37	00:56:23
138	MARCZAK Krzysztof	570		M-50	00:00:13	00:12:11	00:34:00	00:56:25
139	STANISZ Marcin	460	NIGHT RUNNERS PYSKOWICE	M-30	00:00:26	00:12:10	00:34:14	00:56:46
140	ADAMCZYK Daniel	2	NIGHT RUNNERS PYSKOWICE	M-20	00:00:26	00:12:10	00:34:13	00:56:47
141	WILK Mirosław	515		M-40	00:00:22	00:12:16	00:33:55	00:56:48
142	RAWŁUSZEWICZ Waldemar	408		M-50	00:00:21	00:12:16	00:34:10	00:56:49
143	RÓŻAŃSKI Michał	413		M-30	00:00:18	00:12:18	00:34:22	00:56:55
144	ZAJĄC Mateusz	531		M-40	00:00:20	00:12:18	00:34:21	00:56:56
145	UJMA Michał	494	SII RUNNING TEAM	M-30	00:00:00	00:12:17	00:34:09	00:56:58
146	SCHAB Bartłomiej	430		M-30	00:00:00	00:12:55	00:34:37	00:56:59
147	GIESE Michał	132		M-40	00:00:12	00:12:10	00:34:21	00:57:00
148	TOCZYDŁOWSKI Łukasz	486	ROZBIEGANA LIGOTA	M-40	00:01:10	00:13:07	00:34:37	00:57:00
149	ŻMIJEWSKI Dariusz	551		M-50	00:00:43	00:12:20	00:34:18	00:57:03
150	PAWLACZYK Lesław	380	SII RUNNING TEAM	M-40	00:00:26	00:12:28	00:34:00	00:57:04
151	KRZANOWSKI Marcin	257	OASIS SPORT TEAM	M-30	00:00:20	00:12:17	00:34:26	00:57:12
152	BOHM Mariusz	40		M-50	00:00:22	00:12:30	00:34:50	00:57:17
153	NOWAKOWSKI Arek	358		M-30	00:00:20	00:12:24	00:34:17	00:57:18
154	KURCZEK Tomasz	265	RUN FOREST RIUM!	M-40	00:00:16	00:12:34	00:35:06	00:57:29
155	NAJWER Tomasz	613		M-40	00:00:18	00:12:14	00:34:41	00:57:30
156	ŻAAK Michał	549		M-30	00:00:12	00:12:04	00:34:26	00:57:33
157	ODOSZEWSKI Roman	363	OASIS SORT TEAM	M-40	00:00:14	00:11:55	00:34:06	00:57:33
158	MACYSZYN Waldemar	293	GLIWICE	M-50	00:00:15	00:12:16	00:34:35	00:57:37
159	CIEŚLIK Jarosław	75		M-30	00:00:28	00:12:19	00:35:02	00:57:38
160	KAWA Mariusz	217		M-40	00:00:11	00:11:55	00:34:03	00:57:41
161	CZAJKA Roman	79		M-40	00:00:13	00:12:02	00:34:23	00:57:42
162	KOWALCZYK Jordan	245		M-30	00:00:28	00:12:39	00:35:04	00:57:43
163	PŁONKA Krzysztof	392	DKMS JASTRZĘBIE	M-50	00:00:21	00:12:30	00:35:02	00:57:47
164	SARNECKI Adam	429		M-30	00:00:26	00:12:27	00:35:10	00:57:47
165	KUBIŚ Mateusz	261	JÓZEFINKA	M-20	00:00:16	00:12:18	00:35:10	00:57:48
166	POWROŻNA Mariola	397	NIGHT RUNNERS ŚLĄSK	K-40	00:00:20	00:12:32	00:34:52	00:57:48
167	BABIUCH Karol	6		M-30	00:00:23	00:12:16	00:34:51	00:57:48

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
168	KIDA Marek	221		M-30	00:00:20	00:12:30	00:35:13	00:57:49
169	KOŚCIELNY Sebastian	242	WATAHA	M-40	00:00:29	00:12:39	00:34:59	00:57:49
170	BRODAKCI Paweł	45		M-30	00:00:19	00:12:32	00:35:14	00:57:50
171	GALL Kacper	119		M-20	00:00:11	00:11:55	00:34:04	00:57:51
172	ŁATKA Łukasz	285	PACEMAKER	M-30	00:00:17	00:12:32	00:35:15	00:57:51
173	TYSZKIEWICZ Cuma	492		M-40	00:00:19	00:12:31	00:35:12	00:57:51
174	GAJDA Patryk	116		M-20	00:00:20	00:12:29	00:35:13	00:57:51
175	KUŹMA Andrzej	269	TEAM ARTIVENT	M-20	00:00:22	00:12:29	00:35:14	00:57:51
176	NOWACKI Wojciech	354	PACEMAKER // WOJTAS BIEGACZ STOPOWICZ	M-30	00:00:17	00:12:33	00:35:16	00:57:52
177	BUŁAWA Grzegorz	60	GB-ARCH	M-40	00:00:18	00:12:31	00:35:16	00:57:52
178	MERES Jarek	323		M-40	00:00:14	00:12:14	00:34:33	00:57:53
179	DZWINCZYK Zbigniew	103		M-40	00:00:20	00:13:04	00:35:31	00:58:00
180	WOŁOWSKI Lech	633		M-40	00:00:17	00:12:34	00:35:17	00:58:01
181	SALAMON Emil	426	OPEL ACTIVE TEAM	M-30	00:00:14	00:12:36	00:35:18	00:58:02
182	NITARSKI Patryk	350		M-40	00:00:12	00:12:11	00:34:21	00:58:04
183	NOREK-CISZAK Beata	353	LAKE RUNNERS TYCHY	K-40	00:00:19	00:12:37	00:35:14	00:58:06
184	BOBROWSKA Małgosia	602	ROZWADZA PŁYWANIE	K-40	00:00:19	00:12:32	00:35:16	00:58:08
185	RUSAKOWICZ Sylwia	415	GARAGEGYM KRAPKOWICE	K-40	00:00:19	00:12:33	00:35:15	00:58:08
186	MAZUR Kamil	567	PKO BANK POLSKI	M-30	00:00:18	00:12:33	00:35:17	00:58:15
187	MICHALAK Wojciech	576	KTW TEAM	M-30	00:00:23	00:12:33	00:35:06	00:58:18
188	IWASZKOWSKI Dawid	175		M-30	00:00:27	00:13:18	00:35:55	00:58:19
189	DABROWSKI Bartosz	90		M-30	00:00:58	00:13:07	00:35:34	00:58:21
190	RYCHLIK Sebastian	417	LISY PUSTYNI	M-40	00:00:11	00:12:24	00:35:33	00:58:28
191	JANECZEK Marek	179		M-40	00:00:18	00:12:48	00:35:40	00:58:28
192	TISZBIEREK Marek	485		M-40	00:00:20	00:12:38	00:35:39	00:58:32
193	SZKLORZ Sylwester	581	ROZBIEGANA LIGOTA	M-50	00:01:11	00:13:16	00:35:20	00:58:38
194	BUJAK Magdalena	58	NIGHT RUNNERS PYSKOWICE / KP LABS	K-30	00:00:29	00:12:57	00:35:23	00:58:43
195	DZIABOR Andrzej	100	#BYLEDOMETY	M-40	00:00:27	00:12:52	00:35:38	00:58:48
196	SALASOWICZ Jerzy	427	BIEGAM Z ENDO	M-60	00:00:16	00:12:49	00:35:42	00:58:54
197	KOMÓR Kinga	235		K-20	00:00:27	00:12:25	00:35:08	00:58:55
198	JAROS Marcin	184	OPP KATOWICE	M-30	00:00:29	00:13:47	00:35:58	00:58:56
199	GRZELCZAK Sławek	156		M-40	00:00:11	00:11:54	00:34:00	00:58:58
200	NIESZWIC Terencjusz	348		M-20	00:00:29	00:12:52	00:35:33	00:59:00
201	NAWROCKI Paweł	344		M-50	00:00:16	00:12:15	00:34:41	00:59:02
202	BRODEK Andrzej	46	CERTUM	M-50	00:00:31	00:12:53	00:35:33	00:59:03
203	KANIA Michał	208		M-40	00:00:18	00:12:32	00:35:16	00:59:05
204	GAWLIK Tomasz	126		M-40	00:00:36	00:12:57	00:35:43	00:59:07
205	RÓWNICKI Marcin	412	#BYLEDOMETY	M-30	00:00:23	00:12:35	00:35:36	00:59:13
206	PIZNAL Kamil	391		M-30	00:00:36	00:12:34	00:35:21	00:59:18
207	MAZUR Grzegorz	318		M-50	00:00:25	00:12:47	00:35:35	00:59:19
208	WIETRZYCKI Mariusz	512		M-30	00:00:24	00:13:03	00:35:19	00:59:21
209	ORDOŃ Bartłomiej	367		M-30	00:00:17	00:12:33	00:35:28	00:59:26
210	KLAPETEK Jacek	227	HURAGAN LIGOTA	M-50	00:00:00	00:13:15	00:35:58	00:59:37
211	MOSZ Tomasz	338	W POGONI ZA DUCHEM	M-40	00:00:23	00:12:55	00:35:51	00:59:37
212	BIELAK Michał	566	PKO BANK POLSKI	M-30	00:00:38	00:12:47	00:35:32	00:59:38
213	SKOCZEK Michał	573	HARD BOX OTWOCK	M-30	00:00:36	00:13:18	00:35:52	00:59:41

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
214	CHLISTAŁA Jarosław	68	RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM	M-30	00:00:21	00:12:56	00:36:04	00:59:47
215	WÓJCIK Rafał	525		M-40	00:00:20	00:12:52	00:36:01	00:59:48
216	NOWALIŃSKI Grzegorz	360	HOLBOX RUNNERS	M-30	00:00:25	00:12:57	00:36:12	00:59:48
217	MICHALSKI Łukasz	327		M-30	00:00:24	00:12:53	00:36:00	00:59:51
218	KŁYSZ Bartek	231	SEGIECKI NINJA	M-30	00:01:04	00:13:10	00:35:36	00:59:51
219	DZIWAK Dariusz	102	TIMOTHY	M-30	00:00:27	00:12:39	00:35:40	00:59:54
220	BROJA Rafał	47		M-30	00:00:06	00:10:49	00:34:47	00:59:56
221	SIDORSKI Robert	433	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:46	00:35:49	00:59:56
222	JANOWSKA Karolina	183	KB ORLY Z KNUROW	K-20	00:00:33	00:12:19	00:35:08	01:00:03
223	DALGIEWICZ Dariusz	91		M-60	00:00:35	00:13:04	00:36:20	01:00:12
224	KRAJEWSKI Radosław	251		M-30	00:00:21	00:12:57	00:36:04	01:00:17
225	JANIKOWSKI Michał	181		M-40	00:00:40	00:12:55	00:36:08	01:00:19
226	SACHNIK Marek	425	DYNAMIK SILESIA	M-20	00:00:24	00:12:41	00:35:40	01:00:21
227	GROCHOT Arkadiusz	150		M-20	00:00:24	00:12:29	00:35:32	01:00:26
228	KULCZYK Adam	264	SG SQUAD	M-40	00:00:37	00:13:18	00:36:41	01:00:26
229	SKOTNICKI Paweł	447		M-30	00:00:17	00:12:24	00:35:15	01:00:31
230	ŁOZIŃSKI Jerzy	288	PARKRUN CHRZANÓW	M-40	00:00:25	00:12:51	00:36:06	01:00:45
231	URBASIK Mariusz	497	AKTYWNI RYDUŁTOWY	M-50	00:00:20	00:12:41	00:36:13	01:00:46
232	KĘDZIORA Łukasz	220	NIEZRZESZONY	M-40	00:00:46	00:13:38	00:36:54	01:00:48
233	CETERA Łukasz	64	#HUTATEAM	M-30	00:01:12	00:13:26	00:37:16	01:00:51
234	BERGER Jurek	25		M-50	00:00:07	00:12:40	00:36:03	01:00:52
235	PISZCZ Marek	390	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:47	00:36:10	01:00:52
236	KOPEL Tomasz	562		M-40	00:00:46	00:13:38	00:36:53	01:00:52
237	PANZ Krzysztof	623		M-30	00:00:20	00:12:35	00:36:09	01:00:54
238	GRONDYS Andrzej	152	ZATYRANI GMINA PILCHOWICE	M-40	00:00:22	00:12:45	00:36:10	01:00:58
239	KIEŁBASA Artur	223		M-40	00:00:33	00:14:00	00:37:13	01:01:00
240	CZAPLA Arkadiusz	83	FAT MAMAS SPORT	M-50	00:00:44	00:14:02	00:37:18	01:01:00
241	WAWRZYNIAK Mariusz	505		M-40	00:00:33	00:13:59	00:37:13	01:01:01
242	MARCELA Marcin	307		M-40	00:00:43	00:14:03	00:37:18	01:01:01
243	MACHEJ Marius	290		M-50	00:00:45	00:13:43	00:37:13	01:01:02
244	OZYP Mariusz	372		M-30	00:00:05	00:13:10	00:36:58	01:01:06
245	SPIECHOWICZ Andrzej	457	KMP ZABRZE	M-30	00:00:30	00:12:37	00:35:33	01:01:08
246	PACZKA Michał	374	GLIWICE	M-50	00:01:06	00:13:53	00:37:16	01:01:12
247	KANDEFER Michał	207		M-30	00:00:27	00:13:09	00:36:54	01:01:32
248	BROZYNA Magdalena	621	CO JA TU ROBIE?	K-30	00:00:30	00:13:57	00:37:21	01:01:32
249	KASPRZAK Martyna	214	GREEN BELT RUNNER TEAM	K-30	00:00:37	00:13:50	00:37:46	01:01:37
250	OLEŚ-ZDECHLIK Beata	365		K-30	00:00:24	00:13:11	00:36:55	01:01:43
251	STELMASZCZYK Konrad	616		M-20	00:00:50	00:14:02	00:37:19	01:01:44
252	PYKA Marek	639	CHOP ZE ŻELAZA TRI TEAM	M-40	00:00:06	00:11:01	00:31:18	01:01:46
253	BEDNARZ Krzysztof	22		M-30	00:00:19	00:12:35	00:36:05	01:01:47
254	MAJEWSKI Antoni	300		M-20	00:00:15	00:12:49	00:36:48	01:01:53
255	ŻABICKI Mariusz	550	X-REHAB GLIWICKIE CENTRUM REHABILITACJI	M-40	00:00:23	00:12:58	00:36:59	01:01:53
256	PIETRZYK Aleksandra	384	LAKE RUNNERS TYCHY	K-40	00:00:32	00:13:19	00:37:11	01:01:55
257	PRENZENA Paweł	398		M-30	00:00:19	00:12:35	00:35:58	01:01:56
258	ZALESKI Arkadiusz	533		M-50	00:00:29	00:13:00	00:37:01	01:01:56
259	BORYCZKA Szymon	595		M-40	00:00:54	00:13:42	00:37:32	01:01:56

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
260	MARCINIAK Krzysztof	310	KS PEREŁECZKI	M-30	00:00:33	00:13:30	00:37:50	01:01:59
261	SZCZABEL Krystian	472		M-30	00:00:12	00:11:53	00:36:09	01:02:05
262	WRÓBLEWSKA Ewa	526		K-50	00:00:28	00:13:45	00:37:34	01:02:06
263	SULKOWSKI Arkadiusz	559		M-40	00:01:08	00:14:19	00:37:31	01:02:07
264	BATKO Janusz	17		M-40	00:00:53	00:13:07	00:37:27	01:02:10
265	KASZUBSKI Andrzej	216		M-40	00:00:22	00:13:26	00:37:40	01:02:13
266	MOCEK Roman	337		M-60	00:01:11	00:14:06	00:38:01	01:02:14
267	KOBIERSKI Szymon	610	EMPI	M-40	00:00:30	00:13:17	00:37:50	01:02:17
268	CIUMAN Piotr	78	PHD RUNNERS	M-30	00:00:41	00:13:22	00:37:38	01:02:19
269	SEKIENDA Grzegorz	431		M-40	00:00:46	00:13:03	00:37:31	01:02:19
270	NOWAKOWSKI Dominik	359		M-20	00:00:39	00:13:00	00:36:26	01:02:21
271	ZARZYCKI Robert	537		M-30	00:00:47	00:12:46	00:36:35	01:02:23
272	SZKLARSKI Przemysław	641	LET'S WOD	M-40	00:00:19	00:12:46	00:37:15	01:02:24
273	PURCZYŃSKI Jan	405	RYBNIK	M-50	00:00:35	00:13:40	00:37:40	01:02:24
274	FILIPCZYK Przemysław	109		M-40	00:00:28	00:13:39	00:37:54	01:02:29
275	LEWANDOWSKI Henryk	281		M-40	00:00:38	00:13:06	00:37:45	01:02:29
276	RUTKOWSKI Michał	416		M-30	00:00:24	00:13:29	00:38:04	01:02:32
277	DOBOSZ Krzysztof	95	AKMB PĘDZIWIATR GLIWICE	M-50	00:00:27	00:13:21	00:37:51	01:02:32
278	DREWUSZEWSKI Maciej	615	4M	M-40	00:00:23	00:13:17	00:37:36	01:02:34
279	ROSADA Zdzisław	594	BIEGAJ Z KS SOŚNICA	M-60	00:00:26	00:13:27	00:37:55	01:02:34
280	KLUBA Łukasz	230	NGB KŁOBUCK	M-30	00:00:31	00:13:22	00:37:49	01:02:34
281	KACZOR Rafał	568	PKO BANK POLSKI	M-40	00:00:28	00:13:21	00:37:53	01:02:36
282	STAROSTKA Jacek	564	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	00:00:30	00:13:46	00:38:04	01:02:36
283	RAKOWSKI Michał	406		M-20	00:00:32	00:13:16	00:36:55	01:02:36
284	BLASZKE Beata	34	PACEMAKER	K-40	00:00:21	00:13:22	00:37:58	01:02:37
285	KARWOT Piotr	210	TEAM REDYNA	M-30	00:00:30	00:13:20	00:37:52	01:02:37
286	BURY Andrzej	61	TEAM BLACHOWNIA	M-60	00:00:30	00:13:15	00:37:49	01:02:37
287	PIKOŃ Krzysztof	644	JAISALMER	M-50	00:00:21	00:12:39	00:36:42	01:02:39
288	LUBICKI Wojciech	283	DBS	M-50	00:00:22	00:13:23	00:37:58	01:02:39
289	ANTOSZ Wojciech	5		M-30	00:00:22	00:13:23	00:37:56	01:02:39
290	GĘBCZYŃSKI Paweł	128	GO4IT	M-40	00:00:22	00:13:19	00:37:37	01:02:40
291	PISULA Beata	389		K-50	00:00:38	00:13:42	00:37:48	01:02:40
292	WAWRZAK Ryszard	504	PACEMAKER	M-40	00:00:21	00:13:27	00:37:58	01:02:42
293	RYŚ Kamil	421	HUTATEAM	M-30	00:00:34	00:13:58	00:38:03	01:02:42
294	SEMIK Jakub	432		M-30	00:00:37	00:13:25	00:37:43	01:02:42
295	MUSIL Mike	341	ENDURANCE TEAM	M-50	00:00:22	00:13:24	00:37:43	01:02:43
296	GOŹDZIŃSKA Magdalena	143		K-40	00:00:24	00:13:28	00:37:57	01:02:45
297	RYŚ Dariusz	420	HUTATEAM	M-40	00:00:24	00:13:13	00:37:30	01:02:47
298	BRZozowski Jan	51	NIE ZRZESZONY	M-60	00:00:24	00:13:22	00:37:49	01:02:50
299	BELICA Daniel	23		M-30	00:01:08	00:13:59	00:38:05	01:02:54
300	GOŁKOWSKI Radosław	139		M-30	00:00:17	00:12:52	00:37:28	01:02:55
301	GRACH Aleksandra	148		K-40	00:00:23	00:13:23	00:37:56	01:02:56
302	ZACHARIASZ Agnieszka	530		K-30	00:00:14	00:13:28	00:38:05	01:02:57
303	ZAMORA Marek	535		M-50	00:01:28	00:13:50	00:38:14	01:02:58
304	MICHALAK Grzegorz	324	TOTALNY AMATOR	M-40	00:00:33	00:13:32	00:37:52	01:02:59
305	CABAŃSKA Dorota	62		K-40	00:00:35	00:13:38	00:37:47	01:03:01

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
306	SKOP Michał	637		M-50	00:01:15	00:14:54	00:38:39	01:03:08
307	NIŻNIKIEWICZ Elżbieta	351		K-40	00:00:37	00:13:27	00:38:00	01:03:12
308	KAMSKA Małgorzata	206	GAMBAZ TEAM	K-30	00:00:45	00:13:49	00:37:54	01:03:20
309	CZARDYBON Laura	84		K-40	00:00:33	00:13:33	00:38:02	01:03:21
310	KUTRZYK Przemysław	267		M-40	00:00:35	00:13:35	00:38:16	01:03:25
311	PALKA Dominik	377		M-40	00:01:01	00:14:23	00:38:57	01:03:26
312	RYSZCZYK Adam	419	RUN2BFREE	M-40	00:00:50	00:14:20	00:38:19	01:03:30
313	CISZEWSKI Krzysztof	77		M-30	00:00:30	00:13:20	00:38:03	01:03:35
314	SMUDA Andrzej	451	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:53	00:14:09	00:38:54	01:03:35
315	GARBACZ Damian	122		M-30	00:00:30	00:13:20	00:37:52	01:03:36
316	HRYNISZYN Mariusz	170		M-30	00:00:36	00:14:26	00:38:39	01:03:38
317	PACUŁA Piotr	373	AKMB PĘDZIWIATR GLIWICE/OPEL ACTIVE TEAM	M-60	00:00:05	00:13:43	00:38:13	01:03:39
318	GAŁECZKA Michał	120		M-30	00:00:31	00:13:37	00:38:28	01:03:39
319	MICHALSKI Marek	326		M-40	00:00:18	00:13:14	00:38:14	01:03:46
320	RYZIŃSKI Wojciech	423	CLONMEL AC	M-40	00:00:36	00:13:50	00:38:29	01:03:47
321	KOCUR Robert	232		M-50	00:00:38	00:13:42	00:38:17	01:03:49
322	KUBICA Gerard	607		M-50	00:00:40	00:13:00	00:37:50	01:03:54
323	MATYSZCZAK Krzysztof	604	TEAM WĄSACZA	M-20	00:00:32	00:13:17	00:37:49	01:03:59
324	SNACHOWSKI Kamil	452	NEXTEER RUNNERS GLIWICE	M-30	00:01:18	00:15:05	00:39:29	01:04:03
325	RYBACKI Marcin	617		M-30	00:01:16	00:15:06	00:39:30	01:04:04
326	MIKOS Wojciech	331		M-20	00:00:16	00:12:41	00:37:46	01:04:09
327	KASPRZAK Michał	213		M-20	00:00:16	00:12:42	00:37:47	01:04:09
328	RYZIŃSKA Aneta	422		K-40	00:00:36	00:13:51	00:38:30	01:04:09
329	DOMAŃSKI Marcin	96	RUNNINGFISH74	M-40	00:00:44	00:14:33	00:39:06	01:04:17
330	PIĘTA Krzysztof	385	BIEG BIELAWA	M-60	00:00:35	00:13:32	00:38:10	01:04:18
331	CIEŚLA Arkadiusz	73	BIEGAMY Z SERCEM	M-40	00:00:37	00:13:45	00:37:44	01:04:18
332	KOSIŃSKI Marcin	596		M-30	00:00:31	00:13:08	00:37:45	01:04:19
333	STALICA Wojciech	569		M-50	00:00:38	00:13:47	00:38:41	01:04:21
334	POKRYSZKA Bartosz	395		M-30	00:00:27	00:13:21	00:38:22	01:04:26
335	KONIORCZYK Maciej	237		M-30	00:00:44	00:14:14	00:39:22	01:04:27
336	WOLIŃSKI Piotr	520	JSB	M-40	00:00:32	00:13:50	00:38:49	01:04:30
337	MRZYGLÓD Robert	339		M-30	00:00:39	00:13:40	00:38:47	01:04:34
338	MAJOR Stefan	301		M-60	00:00:47	00:14:28	00:39:03	01:04:41
339	JOŃSKI Tomasz	194		M-20	00:00:56	00:13:59	00:39:23	01:04:42
340	JAWORSKI Jakub	191		M-20	00:00:31	00:14:05	00:39:13	01:04:43
341	NOWAK Katarzyna	356		K-20	00:00:47	00:14:29	00:39:11	01:04:43
342	GÓRECKI Janusz	144		M-50	00:00:55	00:14:02	00:39:06	01:04:48
343	BIAŁAS Krzysztof	26	ŁAMIGNATY	M-40	00:00:27	00:14:07	00:39:19	01:04:50
344	GOMOLA Zbigniew	140	ŁAMIGNATY	M-50	00:00:28	00:14:07	00:39:18	01:04:50
345	FAŁEK Krzysztof	106	ŁAMIGNATY	M-40	00:00:27	00:14:08	00:39:19	01:04:51
346	CADER Wojciech	63	LATAJĄCY KLIMZOWIEC	M-50	00:00:47	00:14:23	00:39:19	01:04:51
347	ZBYTNIIEWSKI Paweł	541	MORSY	M-40	00:00:52	00:14:28	00:39:03	01:04:52
348	BELUCH Witold	24		M-50	00:00:43	00:14:09	00:39:09	01:04:53
349	MARCINIAK Paulina	309		K-30	00:00:39	00:14:21	00:39:26	01:04:56
350	CHROBASIK Monika	71		K-40	00:00:30	00:13:58	00:39:09	01:04:57
351	BUCHAL Grzegorz	52	TRIDIVISION	M-50	00:00:26	00:14:04	00:39:23	01:04:59

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
352	GRZYBOWSKI Damian	159		M-30	00:00:41	00:13:20	00:38:27	01:05:00
353	BAK-CESARZ Damian	19		M-40	00:00:33	00:14:19	00:39:57	01:05:01
354	CIOK Anna	76		K-40	00:00:50	00:14:12	00:39:22	01:05:06
355	LEDWOŃ Aneta	279		K-40	00:00:23	00:13:29	00:38:43	01:05:16
356	KWIATKOWSKA Katarzyna	270		K-40	00:00:25	00:13:48	00:38:57	01:05:19
357	MUSIAŁ Bożena	340		K-40	00:00:13	00:14:06	00:39:28	01:05:20
358	KORDYŚ Adam	240	KLUB BIEGOWY SZUSZARNIA	M-30	00:00:12	00:14:08	00:39:29	01:05:21
359	OZDARSKI Krzysztof	371	OPEL ACTIVE TEAM	M-50	00:00:12	00:14:07	00:39:29	01:05:21
360	MIKUŁA Leszek	333		M-40	00:00:30	00:13:44	00:38:50	01:05:23
361	MICHAŁOWSKI Rafał	626		M-30	00:00:38	00:14:20	00:39:42	01:05:23
362	HOLECZEK Marcin	168	BORN TU BI LOTAĆ	M-40	00:00:42	00:14:09	00:40:00	01:05:28
363	TYROL Tomasz	491		M-40	00:00:42	00:14:47	00:40:18	01:05:28
364	KRZYWICKI Jan	260		M-60	00:00:34	00:14:08	00:39:23	01:05:33
365	KOC Daniel	560		M-20	00:00:49	00:14:46	00:39:55	01:05:34
366	GAJEWSKI Jacek	117	KURCZAK I AGATKA	M-50	00:00:38	00:14:03	00:39:21	01:05:39
367	ŁAZARZ Grzegorz	622		M-40	00:00:28	00:13:42	00:39:18	01:05:47
368	GRZEGORCZYK Wojciech	154	#HUTATEAM	M-40	00:01:12	00:15:18	00:40:23	01:05:54
369	JURASZCZYK Jan	197	#HUTATEAM	M-30	00:01:11	00:15:18	00:40:24	01:05:57
370	REWIUK-KOCUR Anna	409		K-40	00:01:22	00:14:28	00:39:28	01:05:57
371	GÓRECKI Ryszard	558	NIEZRZESZONY	M-50	00:00:53	00:14:28	00:39:35	01:05:59
372	MUSIOŁ Helena	342		K-40	00:00:35	00:13:55	00:39:26	01:06:05
373	KOCUR Aleksander	233		M-40	00:01:31	00:14:22	00:40:17	01:06:05
374	KULCZYK Anna	263		K-30	00:00:36	00:13:57	00:39:22	01:06:07
375	STRZELCZYK Grażyna	469		K-40	00:00:50	00:14:21	00:39:24	01:06:16
376	SIEKIERKA Janusz	435		M-40	00:00:45	00:14:18	00:39:52	01:06:18
377	SIEKIERKA Karolina	436		K-40	00:00:45	00:14:18	00:39:53	01:06:20
378	KREMPA Sławomir	254		M-30	00:00:34	00:14:14	00:40:00	01:06:22
379	ORLIK Jerzy	368		M-60	00:00:52	00:14:17	00:39:51	01:06:22
380	KOZIELSKA Magdalena	250		K-20	00:00:32	00:14:12	00:40:07	01:06:26
381	DROZD Krystian	584		M-40	00:00:44	00:14:25	00:39:56	01:06:32
382	KISIEL Tomasz	226		M-50	00:00:31	00:14:14	00:39:51	01:06:33
383	KĄLAMARZ Mariusz	201		M-40	00:01:07	00:14:35	00:40:29	01:06:34
384	ROWINSKA Ewa	410		K-30	00:00:41	00:14:32	00:39:53	01:06:35
385	CZERNEK Marek	87	BIEGAJ Z TRENERAMI	M-40	00:00:32	00:14:11	00:39:54	01:06:42
386	MALCZYK Radosław	302		M-30	00:01:07	00:14:47	00:39:41	01:06:42
387	PALMOWSKA Agnieszka	378	PHD RUNNERS	K-30	00:00:42	00:14:16	00:40:02	01:06:52
388	KIERA Szymon	224	TS RUNNERS	M-40	00:00:40	00:14:30	00:40:09	01:06:53
389	RZESZOWSKI Arkadiusz	424		M-40	00:00:37	00:14:35	00:40:20	01:06:55
390	PATEROK Marcin	634		M-40	00:01:04	00:14:56	00:39:53	01:06:55
391	MAGNER Bartłomiej	298	BB	M-40	00:01:05	00:14:56	00:39:54	01:06:55
392	IGNACZAK Robert	173		M-40	00:00:41	00:14:19	00:40:00	01:06:56
393	KWAPIEŃ Paweł	588		M-40	00:00:53	00:15:06	00:41:16	01:07:01
394	KWAPIEŃ Aleksander	598		M-30	00:00:54	00:15:06	00:41:16	01:07:01
395	ZASIEK Amadeusz	538		M-30	00:00:33	00:14:34	00:41:04	01:07:04
396	RYNIO Jessica	418		K-20	00:00:23	00:13:59	00:40:05	01:07:05
397	JURETKO Agata	198		K-20	00:00:50	00:14:25	00:40:27	01:07:07

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
398	JABŁOŃSKI Łukasz	176		M-30	00:00:37	00:14:02	00:40:03	01:07:08
399	MIECZNIKOWSKA Agnieszka	328		K-40	00:00:43	00:14:08	00:40:00	01:07:08
400	SMARUJ Piotr	450		M-30	00:01:10	00:14:59	00:40:37	01:07:08
401	KASPEREK Magdalena	211		K-40	00:00:35	00:14:04	00:40:06	01:07:10
402	MIKULA Wojciech	332		M-30	00:00:15	00:13:54	00:39:56	01:07:16
403	BAJKACZ Krzysztof	9		M-30	00:00:28	00:14:31	00:40:50	01:07:18
404	KRZYSZKOWSKA Agnieszka	258		K-40	00:00:29	00:14:22	00:40:27	01:07:18
405	BAJKACZ Tomasz	8		M-20	00:00:28	00:14:32	00:40:51	01:07:19
406	JARUGA Damian	185		M-30	00:00:33	00:14:01	00:39:43	01:07:19
407	JANIEC Witold	180		M-50	00:00:46	00:14:52	00:40:58	01:07:22
408	ZWIERZYŃSKI Piotr	547	UNATCO	M-50	00:00:46	00:14:51	00:40:59	01:07:22
409	SKOREK-BILCZYŃSKA Patrycja	446		K-40	00:00:40	00:14:32	00:40:16	01:07:27
410	OSIŃSKI Paweł	370	BIEGAJ Z TRENERAMI	M-40	00:00:52	00:14:12	00:40:17	01:07:29
411	MATULICZ Damian	316		M-40	00:00:41	00:14:34	00:40:45	01:07:33
412	WÓJCIK Rafał	523		M-40	00:00:38	00:14:30	00:40:45	01:07:39
413	ŚCIBISZ Marta	480	TKKF SATURN CZELADZ	K-40	00:00:24	00:14:19	00:40:17	01:07:40
414	PODSTUFKA Szymon	393		M-20	00:00:21	00:14:42	00:41:00	01:07:42
415	AKSAMIT Witold	3	BLEES	M-30	00:00:43	00:14:18	00:40:45	01:07:44
416	JĘDRZEJEWSKA Beata	193	MIRAZ RACE TEAM	K-40	00:00:24	00:14:07	00:40:19	01:07:49
417	BASIAGA Anita	609		K-20	00:00:40	00:14:53	00:41:15	01:07:49
418	SIKORA Michał	438		M-40	00:00:55	00:14:30	00:40:54	01:07:49
419	SOBIECH Sebastian	608		M-20	00:00:40	00:14:53	00:41:14	01:07:50
420	PIKUL Przemysław	67		M-30	00:00:54	00:14:40	00:41:34	01:07:56
421	SZELAĞ Monika	632		K-20	00:00:56	00:15:34	00:42:05	01:07:56
422	WIEKIERA Adam	624		M-30	00:00:25	00:14:54	00:41:29	01:08:02
423	GRZYWACZ Sebastian	161		M-40	00:00:43	00:14:53	00:41:15	01:08:04
424	SZYMURA Jacek	590		M-40	00:00:44	00:14:28	00:40:23	01:08:09
425	KAIM Rafał	199		M-20	00:01:12	00:15:15	00:41:23	01:08:13
426	SKUPIEŃ Iza	449	ALBATROSY	K-40	00:00:34	00:14:57	00:42:09	01:08:21
427	ŁOSEK Adam	286		M-30	00:00:41	00:14:32	00:41:05	01:08:23
428	TROCHIMCZYK Marcin	489		M-30	00:00:41	00:14:32	00:41:05	01:08:23
429	MADEJSKI Sebastian	296	BORN TU BI LOTAC	M-40	00:00:42	00:14:50	00:41:38	01:08:24
430	TEICHMANN Norbert	483		M-60	00:00:58	00:14:59	00:40:58	01:08:24
431	ZIAJKA Kamil	631		M-20	00:00:57	00:15:34	00:42:05	01:08:26
432	GABOR Robert	115		M-30	00:00:48	00:14:46	00:40:51	01:08:36
433	KOPRUCKI Łukasz	239		M-30	00:00:52	00:15:06	00:42:02	01:08:36
434	KOPPEL Bartłomiej	238		M-30	00:00:54	00:15:01	00:41:51	01:08:39
435	MAJEWSKA Gizela	577	NRP	K-50	00:00:50	00:14:45	00:41:11	01:08:44
436	BASZUN Michał	15		M-40	00:00:47	00:14:46	00:41:57	01:08:45
437	GUZGAN Wojciech	164		M-40	00:00:58	00:15:04	00:41:33	01:08:54
438	KOSIAK Maciej	612		M-40	00:01:02	00:15:04	00:41:13	01:08:54
439	LASKOWSKA Katarzyna	273	PACEMAKER	K-40	00:00:35	00:14:56	00:42:09	01:08:56
440	PIETRZAK Marcin	383		M-40	00:00:36	00:14:56	00:42:09	01:08:56
441	KRAJEWSKI Michał	252		M-40	00:00:37	00:14:57	00:42:10	01:08:56
442	MARKOWSKI Kamil	312		M-40	00:00:34	00:14:57	00:42:11	01:08:57
443	POPIEL-KRUK Aleksandra	396		K-40	00:00:34	00:14:56	00:42:09	01:08:57

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
444	GAPIŃSKI Robert	121		M-20	00:00:38	00:14:44	00:41:29	01:08:58
445	STAŃCO Jakub	614		M-20	00:00:51	00:15:30	00:42:19	01:08:59
446	GLIŃSKI Michał	135		M-30	00:00:50	00:15:22	00:42:13	01:09:03
447	STRZODKA Adam	471		M-30	00:00:50	00:15:23	00:42:13	01:09:05
448	WYCISK Dagmara	527		K-30	00:00:49	00:14:47	00:41:52	01:09:11
449	JORDANEK Marcin	195		M-30	00:00:49	00:15:02	00:41:58	01:09:12
450	URBANEK Martin	495	ISTA BIEGAMY	M-30	00:00:40	00:14:17	00:41:05	01:09:13
451	WACHOWSKI Damian	499		M-40	00:00:56	00:15:18	00:41:52	01:09:14
452	STRZELECKI Rafał	470	SOCIOS SILESIA	M-30	00:01:03	00:15:23	00:41:46	01:09:15
453	KROTOS Krzysztof	255	OQS	M-40	00:00:42	00:14:29	00:41:13	01:09:16
454	MYNARSKA Ligia	600	DALEKO JESZCZE?	K-40	00:00:52	00:15:24	00:42:05	01:09:21
455	JANUSZ Agnieszka	583	TAURON TEAM	K-40	00:00:26	00:15:01	00:41:58	01:09:23
456	KUCHARCZYK Tomasz	582		M-50	00:00:26	00:15:01	00:41:58	01:09:24
457	ZAWISZA Beata	540		K-50	00:00:41	00:14:55	00:41:58	01:09:27
458	DĄBROWSKI Marcin	92	TEAM KORNEL	M-40	00:01:07	00:15:38	00:42:00	01:09:31
459	MARMURA Marek	313	SILESIA MARATON CLUB	M-40	00:00:51	00:15:33	00:42:02	01:09:34
460	SAWICKA Anna	589		K-20	00:01:01	00:15:31	00:42:06	01:09:37
461	FEDEROWICZ Piotr	107		M-50	00:01:07	00:15:06	00:42:11	01:09:41
462	PIĄTY Kamil	381		M-40	00:00:42	00:14:52	00:42:06	01:09:45
463	NIESPOREK Marian	347	LECYMY DURŚ	M-60	00:01:05	00:15:36	00:41:59	01:09:45
464	KOWALCZYK Tomasz	244	AKMB PĘDZIWIATR GLIWICE	M-30	00:01:04	00:15:24	00:42:23	01:09:52
465	SZYMAŃSKA Magdalena	599		K-30	00:00:58	00:14:58	00:41:54	01:10:00
466	KRAŃSKA Sandra	253		K-30	00:00:51	00:14:45	00:42:12	01:10:04
467	CZAJKA Edward	81	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-50	00:01:05	00:15:37	00:42:07	01:10:04
468	JEZIOR Bartosz	192		M-30	00:01:08	00:14:31	00:41:37	01:10:14
469	WOSIAK Katarzyna	521		K-30	00:00:18	00:14:45	00:41:34	01:10:17
470	BRZEZINA Arkadiusz	50	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:50	00:15:25	00:42:23	01:10:18
471	MICHALSKA Bogna	325		K-30	00:00:54	00:15:39	00:42:36	01:10:18
472	KALINOWSKI Krzysztof	200	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:45	00:15:05	00:42:15	01:10:25
473	BUFNAL Krzysztof	55		M-40	00:01:09	00:15:11	00:42:14	01:10:32
474	KIDABIONEK Olga	222		K-30	00:00:42	00:15:04	00:42:09	01:10:34
475	OSTROWSKI Zygmunt	557		M-60	00:00:57	00:15:08	00:42:51	01:10:37
476	GĘBCZYŃSKI Oliwier	129	GO4IT	M-20	00:00:48	00:15:20	00:42:41	01:10:44
477	MISZTAL Rafał	336	LOS PANTALONES ROJOS	M-50	00:00:46	00:14:59	00:42:31	01:10:50
478	MERDA Wiktoria	322		K-20	00:00:47	00:14:58	00:42:31	01:10:51
479	BARWICKA-BŁASZCZYK Joanna	14		K-40	00:00:39	00:15:10	00:42:40	01:10:52
480	LAUBACH Anna	276	RAAN	M-30	00:01:02	00:15:54	00:43:29	01:10:53
481	LAUBACH Radosław	277	RAAN	M-30	00:01:02	00:15:54	00:43:29	01:10:54
482	BAK Krzysztof	18	SILESIA MARATHON CLUB	M-40	00:00:42	00:14:39	00:42:09	01:10:58
483	METERA Kamil	586	SPARTAN KNURÓW	M-30	00:01:01	00:15:33	00:42:08	01:11:02
484	ZARYCHTA Łukasz	536	FAT MAMA'S SPORT KLUB	M-40	00:00:41	00:14:53	00:42:07	01:11:03
485	DESZCZYŃSKI Łukasz	94		M-30	00:00:33	00:14:39	00:41:21	01:11:06
486	CHAFFARI Messaoud	66		M-20	00:00:47	00:15:12	00:42:13	01:11:10
487	BOBKOWSKI Maciej	37	NIGHT RUNNERS PYSKOWICE	M-40	00:00:56	00:15:52	00:43:20	01:11:14
488	WÓJCIK Józefa	524	GCE GLIWICE	K-50	00:00:51	00:15:03	00:42:15	01:11:19
489	BUGAJ Katarzyna	56	LAKE RUNNERS	K-40	00:00:47	00:15:36	00:42:56	01:11:35

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
490	SAPA Lucjan	428		M-50	00:00:50	00:15:15	00:42:53	01:11:43
491	DYGOŃ Małgorzata	99	BIEGAJ Z TRENERAMI	K-40	00:00:49	00:15:23	00:43:02	01:11:55
492	STAWSKA Joanna	464	BIEGAJ Z TRENERAMI	K-50	00:00:48	00:15:23	00:43:04	01:11:57
493	BRZOZOWSKA Katarzyna	592		K-40	00:01:01	00:16:47	00:44:32	01:12:00
494	MARYNIAK- KOLINSKI Mariola	314		K-40	00:16:52	00:14:59	00:43:02	01:12:07
495	GLADKOWSKA Małgorzata	134		K-30	00:00:30	00:14:54	00:42:30	01:12:10
496	BRUDKOWSKI Tomasz	49	MOKA	M-30	00:01:00	00:15:38	00:44:28	01:12:11
497	KILAR-HOSZOWSKA Sabina	225	MEDUZY	K-30	00:00:53	00:15:32	00:43:25	01:12:14
498	TYRKA Anna	490		K-40	00:01:00	00:15:37	00:43:58	01:12:19
499	ŻMUDA Marcin	552		M-20	00:01:08	00:15:51	00:44:00	01:12:27
500	ŻMUDA Krzysztof	553		M-20	00:01:08	00:15:51	00:44:01	01:12:27
501	LATA Monika	275		K-40	00:01:02	00:16:22	00:44:11	01:12:28
502	BIAŁASIK Monika	27		K-30	00:01:03	00:15:36	00:44:03	01:12:34
503	ONOPIUK Natalia	366		K-30	00:01:03	00:15:35	00:44:04	01:12:35
504	SZPYRKA Tomasz	476		M-30	00:00:57	00:15:46	00:44:14	01:12:36
505	GOŁĘBIEWSKI Kazimierz	138	KEMPER TEAM	M-40	00:01:04	00:15:35	00:43:11	01:12:36
506	LINDENBERG Jarosław	587		M-30	00:00:59	00:15:36	00:44:10	01:12:40
507	ZWOLIŃSKA Katarzyna	642	HURAGAN LIGOTA	K-40	00:00:48	00:16:46	00:43:57	01:12:43
508	BAJOR Agnieszka	10		K-30	00:01:03	00:15:41	00:43:56	01:12:49
509	PIŁAT Jarosław	388	PACEMAKER	M-40	00:00:44	00:15:47	00:44:22	01:12:53
510	GIERAS Mirosław	131		M-40	00:00:49	00:15:37	00:44:03	01:12:53
511	GROMADZKA Justyna	151	KOBIETY WATAHY	K-30	00:00:41	00:14:55	00:42:59	01:12:54
512	ŁATAK - SKRABUT Basia	284	PACEMAKER	K-40	00:00:43	00:15:49	00:44:23	01:12:54
513	MACZUGA Bartłomiej	294	PACEMAKER	M-30	00:00:44	00:15:48	00:44:23	01:12:54
514	ZMARZLY Wiktor	546		M-40	00:00:42	00:15:12	00:42:46	01:13:02
515	ŻYGŁOWICZ Sylwia	555		K-30	00:01:01	00:15:47	00:44:11	01:13:04
516	MAĆKOWIAK Mirosław	295	NIEZRZESZONY	M-60	00:00:59	00:15:35	00:43:50	01:13:06
517	CETERA Kamila	65		K-40	00:00:44	00:15:49	00:44:24	01:13:08
518	ZIAJA Robert	543	ROBERT ALKOHOLIK	M-40	00:00:49	00:15:45	00:44:22	01:13:09
519	KRZYWDA Tomasz	259		M-50	00:00:48	00:15:45	00:44:23	01:13:10
520	MENDLA Anna	320		K-30	00:00:44	00:15:12	00:43:26	01:13:12
521	HEINRICH Żaneta	165		K-20	00:01:03	00:15:36	00:44:06	01:13:19
522	SEREDA Maciej	575		M-20	00:00:53	00:15:48	00:44:17	01:13:21
523	GIBAS Dawid	130	SOCIOS SILESIA	M-40	00:00:18	00:14:48	00:42:56	01:13:38
524	WHITE Ashley	508	KLUB BIEGACZA FARTLEK	K-40	00:00:59	00:15:42	00:44:23	01:13:49
525	OGAZA Małgorzata	364		K-40	00:01:03	00:15:38	00:44:05	01:13:49
526	SZYMALA Piotr	478		M-20	00:00:58	00:15:37	00:44:12	01:13:50
527	CIEŚLIK Jakub	603		M-30	00:00:44	00:15:49	00:44:07	01:14:01
528	NOWAK Sebastian	357	MIECHOWICKA GRUPA BIEGOWA	M-40	00:01:05	00:16:30	00:45:25	01:14:06
529	GUŚCIORA Maciej	163		M-20	00:00:45	00:14:53	00:43:57	01:14:08
530	WOŹNIAK Paweł	522	W POGONI ZA DUCHEM	M-40	00:01:06	00:15:51	00:44:27	01:14:13
531	MAŃKA Zofia	305		K-20	00:01:04	00:15:53	00:44:31	01:14:16
532	ZAWIŁA Agnieszka	539		K-30	00:01:08	00:16:14	00:44:30	01:14:16
533	KUZMYNSKA Kateryna	619		K-30	00:00:24	00:15:11	00:43:31	01:14:22
534	WDZIĘKOŃSKI Rafał	506		M-40	00:00:48	00:15:33	00:44:17	01:14:23
535	KACZKIEWICZ Damian	630	NIGHT RUNNERS GLIWICE	M-40	00:00:59	00:15:36	00:44:30	01:14:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
536	WILCZEK Małgorzata	513		K-30	00:00:51	00:15:57	00:44:30	01:14:24
537	KOZACZKA Włodzimierz	248		M-40	00:01:02	00:16:09	00:44:47	01:14:24
538	BŁAUT Jerzy	36	IX LO	M-50	00:00:58	00:15:24	00:43:40	01:14:25
539	BATEJKO Beata	16	SPORT WSPIERAMY NAUKOWO	K-40	00:00:54	00:15:46	00:44:48	01:14:28
540	TLON Marcin	597		M-20	00:00:54	00:16:38	00:45:34	01:14:29
541	BUCHAL Katarzyna	53		K-50	00:00:27	00:15:44	00:44:23	01:14:30
542	UH Kuba	493		M-30	00:01:06	00:15:51	00:44:28	01:14:34
543	SOBIERAJ Wojciech	454	VIASAT MONITORING	M-40	00:00:46	00:15:47	00:44:26	01:14:38
544	WLACH Anna	516	PACEMAKER	K-40	00:00:51	00:15:48	00:44:50	01:14:39
545	KLEPCZYŃSKA Sabina	228		K-40	00:00:53	00:15:48	00:44:50	01:14:39
546	LISZKA Ela	282	PACEMAKER	K-40	00:00:51	00:15:49	00:44:50	01:14:40
547	SKOPOWSKA Klaudia	445	SREBRNI BIEGACZE TARNOWSKIE GÓRY	K-50	00:01:03	00:16:04	00:44:55	01:14:42
548	BLAUT-KUBANEK Anna	35		K-40	00:00:46	00:15:46	00:44:25	01:14:44
549	WOJDANOWSKA Małgorzata	517	LECYMY DURŚ	K-30	00:01:04	00:15:38	00:43:33	01:14:53
550	ANTCZAK Krzysztof	4		M-40	00:00:36	00:15:58	00:44:50	01:14:57
551	SUSEL Alek	646		M-30	00:00:02	00:17:09	00:42:55	01:15:17
552	KOKOT Justyna	572		K-40	00:01:06	00:15:46	00:44:42	01:15:36
553	SKOCZYLAS Tomasz	444	WOLNOBIEGACZE	M-50	00:00:52	00:15:50	00:44:52	01:15:53
554	LATA Piotr	274		M-40	00:01:02	00:16:22	00:45:41	01:16:05
555	GARBACZ Asia	123		K-30	00:00:54	00:15:50	00:45:13	01:16:32
556	FRUK Natalia	113		K-30	00:00:47	00:16:19	00:46:24	01:16:34
557	FRUK Kamil	585		M-30	00:00:47	00:16:19	00:46:25	01:16:35
558	WACŁAWIK Leszek	500		M-30	00:00:47	00:16:02	00:45:34	01:16:47
559	NIEDBALSKA Sandra	345		K-30	00:00:52	00:15:50	00:45:25	01:17:04
560	WOLIŃSKI Józef	519		M-50	00:00:55	00:16:43	00:46:21	01:17:09
561	SKRZĄTEK Katarzyna	448		K-20	00:00:52	00:16:02	00:45:28	01:17:45
562	BEDNAREK Krzysztof	20		M-30	00:00:59	00:16:25	00:46:14	01:17:52
563	WACŁAWEK Tomek	399	TEAM TOMSON	M-20	00:00:27	00:15:52	00:46:01	01:18:21
564	STANKIEWICZ Jakub	461		M-20	00:01:09	00:17:22	00:47:57	01:18:24
565	SZEWczyk Zbigniew	475		M-30	00:00:57	00:16:03	00:45:58	01:18:26
566	JASIŃSKA Klaudia	187	AKTYWNI SUCHA GÓRA	K-40	00:01:10	00:16:48	00:47:24	01:20:24
567	BIEGUN Krzysztof	30		M-50	00:01:06	00:16:40	00:47:04	01:20:25
568	MIGDAŁ Iwona	330	SLOW JOGGING GLIWICE	K-40	00:01:00	00:16:36	00:47:30	01:20:33
569	ZEMŁA Piotr	542		M-50	00:00:58	00:16:23	00:47:36	01:20:43
570	CIUK Iwona	618	BIEGAJ Z TRENERAMI!	K-50	00:00:50	00:16:41	00:47:57	01:21:19
571	ŚWIDEREK Aleksandra	481		K-30	00:00:55	00:17:28	00:48:44	01:21:29
572	KARNIA Agnieszka	209		K-30	00:00:55	00:17:28	00:48:44	01:21:29
573	PIECHOWICZ-KUROWSKA Agata	382		K-30	00:00:55	00:17:28	00:48:45	01:21:30
574	SITKO Dagmara	440		K-30	00:01:13	00:17:24	00:49:48	01:22:54
575	KASPEREK Ireneusz	212		M-40	00:01:08	00:17:30	00:49:54	01:22:59
576	JUNGA Joanna	629		K-20	00:01:15	00:17:47	00:50:27	01:23:09
577	POGORZELSKA-KLIKS Agata	394		K-40	00:01:08	00:17:28	00:49:53	01:23:13
578	FABRY Rafał	104		M-40	00:01:06	00:16:53	00:49:26	01:23:50
579	HEINE Andrzej	565	PKO BANK POLSKI	M-40	00:00:13	00:13:05	00:46:37	01:24:23
580	KRUKOWSKA Monika	256		K-30	00:00:33	00:16:47	00:49:08	01:24:33
581	MAŁOTA Bartłomiej	304		M-30	00:00:34	00:16:47	00:49:07	01:24:34

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km
582	KUZIA Bogusław	268		M-50	00:01:02	00:17:28	00:50:06	01:24:35
583	BRODA Zuzanna	43		K-20	00:01:09	00:18:46	00:50:49	01:28:05
584	KASPRZYK Agnieszka	215		K-30	00:00:31	00:17:37	00:52:58	01:28:11
585	BRODA Hanna	44	#FLOWBEZBARIER	K-30	00:01:24	00:21:04	00:53:48	01:29:54
586	GŁĄB Mariola	136		K-30	00:00:57	00:17:46	00:52:47	01:31:03
587	WĘGIEL Kacper	507	KB ORŁY Z KNUROWA	M-20	00:01:10	00:18:30	00:54:07	01:34:20
588	GAWEŁ Krzysztof	125		M-50	00:00:00	01:05:12		
589	GRABA Katarzyna	146	TURBORÓWKA	K-20	00:00:00	01:17:01		
590	WÓJCIK Tomasz	563	FDG SA	M-30	00:00:00	01:05:34	01:30:37	
591	KAMIŃSKI Marcin	205		M-20	00:00:00			
592	BEDNAREK Martin	21	STARY HANGAR	M-20	00:00:03	00:10:34	00:32:01	
593	KOŁODZIEJCZYK Monika	234	JURA TEAM	K-30	00:00:32	00:13:57	00:38:13	
594	SITKO Grzegorz	441		M-30	00:00:34	00:15:23	00:44:08	
595	GÓRKA Grzegorz	145		M-50	00:00:52	00:18:48	00:56:33	
596	PALAK Rafał	375		M-30	00:01:13	01:21:53	01:54:29	

Znaleziono 596 wynik(ów)