



VII PÓŁMARATON GLIWICKI

B4SPORT

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

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 16,6 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
1	WOLNIK Mateusz	578	AKTYWNI LYSKI	M-30	00:00:02	00:09:11	00:25:38	00:42:33	00:59:11
2	DULINIEC Tomasz	98	GNIOTPOL TEAM	M-40	00:00:02	00:09:16	00:25:46	00:42:43	00:59:33
3	MRACHACZ Piotr	580	STUDIO PROJEKTOWE SPART	M-20	00:00:03	00:09:11	00:25:53	00:43:05	00:59:55
4	TRESKA Piotr	488	RUNHOGS TYCHY / SPLA TYCHY / BIEGNEPO230.PL	M-30	00:00:02	00:09:30	00:26:19	00:43:32	01:00:17
5	FOLTYN Jakub	110	WYTRZYMALI.COACH	M-20	00:00:04	00:09:39	00:27:08	00:44:46	01:01:57
6	ROZMUS Norbert	411		M-30	00:00:03	00:09:40	00:27:10	00:44:47	01:01:58
7	HARĘŻA Marek	628		M-30	00:00:02	00:09:41	00:27:06	00:44:49	01:02:32
8	BARTOSIK Sebastian	13	FORMA WODZISŁAW ŚLĄSKI / MOJŻYSZ TEAM	M-30	00:00:03	00:09:39	00:27:09	00:45:04	01:02:50
9	IWANCA Leszek	174		M-40	00:00:02	00:09:42	00:27:10	00:45:06	01:02:52
10	WIKTORSKI Mieszko	620	TRENUJZNAMI.PL	M-40	00:00:03	00:09:41	00:27:06	00:45:05	01:02:52
11	KAMIŃSKI Dominik	203	HARPAGAN SOSNOWIEC - FICOSA	M-40	00:00:20	00:09:46	00:27:42	00:45:43	01:03:36
12	DENICKI Przemek	93	EX TEAM	M-30	00:00:03	00:10:05	00:27:58	00:45:59	01:03:52
13	URBAŃCZYK Karol	496	NON STOP TRAIL	M-30	00:00:03	00:09:39	00:27:14	00:45:35	01:03:55
14	SIKOŃCZYK Miłosz	437	RUNNING PERFORMANCE	M-20	00:00:02	00:09:30	00:27:26	00:46:04	01:04:12
15	GRYCMAN Marek	153	LOVE THE PAIN	M-40	00:00:03	00:09:57	00:27:53	00:46:17	01:04:31
16	BUJNOWSKI Artur	59	TL ROW RYBNIK	M-30	00:00:02	00:10:04	00:27:59	00:46:18	01:04:33
17	BUCHTA Adam	54		M-40	00:00:03	00:09:58	00:28:05	00:46:39	01:04:48
18	PRZELIORZ Tomasz	400	INŻYNIERIA BIEGANIA	M-30	00:00:02	00:09:59	00:28:06	00:46:41	01:04:49
19	JANCEWICZ Marcin	178		M-20	00:00:04	00:10:07	00:28:26	00:47:09	01:05:30
20	BAGSIK Mateusz	7		M-30	00:00:13	00:10:02	00:27:58	00:47:08	01:05:52
21	GRIMAN Joanna	149	MOJŻYSZ TEAM/ERIGO	K-40	00:00:03	00:10:03	00:28:17	00:47:24	01:06:12
22	OSETEK Paweł	369	RADLINIOKI W BIEGU	M-30	00:00:04	00:09:57	00:28:15	00:47:47	01:06:47
23	GRZYWACZ Marcin	162	MKS CZECHOWICE-DZIEDZICE	M-40	00:00:03	00:10:19	00:29:12	00:48:16	01:07:02
24	BIEGUN Marcin	29	AKTYWNA PSZCZYNA	M-40	00:00:03	00:10:22	00:29:14	00:48:17	01:07:02
25	MUSKAŁA Mateusz	343	AUGUSTEAM	M-20	00:00:04	00:10:05	00:28:26	00:47:38	01:07:06
26	KOZIARSKI Michał	249	LKS SIERAKÓW ŚLĄSKI	M-30	00:00:15	00:10:30	00:29:03	00:48:20	01:07:30
27	JÓZEFIK Dawid	196	JKLA JAWOR	M-30	00:00:04	00:10:33	00:29:27	00:48:51	01:07:42
28	FURMANEK Łukasz	114		M-40	00:00:04	00:10:44	00:29:46	00:49:08	01:07:48
29	GORAUS Kamil	141	RUN RUN RUN	M-30	00:00:06	00:10:31	00:29:20	00:48:51	01:07:50

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
30	CZERNY Tomasz	88	AKTYWNE ZABRZE	M-40	00:00:05	00:10:29	00:29:30	00:48:55	01:08:04
31	SMITH Kelli	635		K-30	00:00:03	00:10:24	00:29:19	00:48:56	01:08:17
32	CHYBA Szymon	72	KS KROTOSZ KROTOSZYN	M-40	00:00:05	00:10:34	00:29:25	00:49:12	01:08:17
33	BOGATZKI Marek	39		M-30	00:00:05	00:10:05	00:28:35	00:48:47	01:08:28
34	JANOWSKA Michalina	182	MOJŻYSZ TEAM / JEJKOWICE BIEGAJĄ	K-30	00:00:04	00:10:51	00:30:05	00:49:34	01:08:33
35	ZIELIŃSKI Ireneusz	544	DKMS JASTRZĘBIE	M-50	00:00:04	00:10:30	00:29:31	00:49:14	01:08:51
36	SPRUTTA Robert	458		M-30	00:00:05	00:10:55	00:29:52	00:49:41	01:09:11
37	KLIMA Adam	229	RUNHOGS TYCHY	M-30	00:00:05	00:10:30	00:29:50	00:49:48	01:09:40
38	NOWICKI Szymon	361		M-30	00:00:07	00:11:00	00:30:32	00:50:42	01:10:31
39	WIECHUŁA Marcin	510		M-40	00:00:06	00:10:08	00:29:28	00:50:09	01:10:39
40	BROL Dominika	48		K-30	00:00:06	00:11:01	00:30:54	00:51:03	01:10:44
41	HOFFMANN Nikodem	167		M-30	00:00:26	00:11:20	00:31:14	00:51:14	01:10:44
42	PSZCZOŁA Marcin	403		M-40	00:00:07	00:11:00	00:31:10	00:51:13	01:10:45
43	FAŁEK Adam	105	ŁAMIGNATY	M-20	00:00:14	00:10:12	00:29:23	00:50:20	01:10:50
44	WARDZAŁA Michał	501	MARATON TEAM WIELICZKA	M-40	00:00:08	00:10:58	00:30:57	00:51:10	01:11:01
45	GOŁĄBEK Rafał	137	MARATON TEAM WIELICZKA	M-40	00:00:08	00:11:00	00:30:58	00:51:11	01:11:02
46	ŻOŁĄDŹ Piotr	554	TEAM ARTIVENT	M-30	00:00:09	00:11:00	00:31:09	00:51:29	01:11:11
47	BIAŁY Kamil	28	FAST FOOT TEAM SIEWIERZ	M-30	00:00:09	00:11:01	00:31:09	00:51:30	01:11:12
48	DZIDA Dominik	101		M-20	00:00:15	00:11:05	00:31:24	00:51:46	01:11:12
49	CHOMIK Rafał	70	PACEMAKER	M-40	00:00:06	00:11:00	00:31:10	00:51:31	01:11:13
50	STASIKOWSKI Łukasz	463		M-30	00:00:06	00:11:01	00:31:11	00:51:33	01:11:14
51	GRZESIKIEWICZ Mariusz	157		M-40	00:00:07	00:11:03	00:31:11	00:51:31	01:11:14
52	BAŃBOR Aleksandra	11	EX TEAM	K-20	00:00:03	00:11:02	00:30:58	00:51:17	01:11:15
53	ŁOZIŃSKI Wojciech	287	PARKRUN CHRZANÓW	M-20	00:00:07	00:11:01	00:31:13	00:51:30	01:11:15
54	SKOCZEK Jakub	443		M-30	00:00:31	00:11:12	00:31:08	00:51:28	01:11:15
55	KORZUSZNIK Wojciech	241	LUXTORPEDA CZERWIONKA	M-30	00:00:06	00:11:03	00:31:18	00:51:38	01:11:16
56	STĄPOR Sławomir	465	TAURON	M-40	00:00:05	00:11:05	00:31:13	00:51:35	01:11:17
57	OCHMAN Rafał	362	OPEL ACTIVE TEAM	M-40	00:00:04	00:11:01	00:31:03	00:51:19	01:11:19
58	MASŁOŃ Błażej	315		M-50	00:00:07	00:11:02	00:31:10	00:51:31	01:11:34
59	PASTWA Piotr	379	BIEGAJ Z TRENERAMI	M-50	00:00:17	00:11:09	00:30:59	00:51:20	01:11:40
60	PILNY Karol	387	AKTYWNI RYDUŁTOWY	M-20	00:00:04	00:10:51	00:30:48	00:51:44	01:11:59
61	WYLEŻAŁEK Alina	528		K-30	00:00:10	00:11:19	00:31:24	00:51:53	01:12:07
62	BUJAK Marcin	57		M-40	00:00:08	00:11:01	00:31:11	00:51:32	01:12:15
63	TEKLA Krzysztof	484		M-30	00:00:10	00:11:07	00:31:23	00:51:51	01:12:26
64	GARUS Bartłomiej	124	YNO 1	M-30	00:00:14	00:11:14	00:31:16	00:51:56	01:12:27
65	WRĘCZYCKI Ireneusz	571		M-50	00:00:09	00:11:00	00:31:11	00:51:37	01:12:40
66	MIRONOWICZ Bartłomiej	335		M-30	00:00:12	00:10:57	00:31:09	00:51:34	01:12:42
67	PACOŃ Sebastian	593	DAGMA	M-40	00:00:02	00:10:49	00:30:58	00:51:37	01:12:43
68	GORCZYCKI Arkadiusz	142	MIECHOWICKA GRUPA BIEGOWA/RESHAPE RUNNERS	M-30	00:00:08	00:11:18	00:32:04	00:53:03	01:13:17
69	MAJEK Krzysztof	299	AUGUSTEAM	M-50	00:00:08	00:11:09	00:31:31	00:52:33	01:13:18
70	KONIECZNA Anna	236		K-20	00:00:08	00:11:04	00:31:37	00:52:41	01:13:21
71	JAWOREK Jacek	190	SPRYTNA BANIA SPONTAN TEAM // JBC365	M-30	00:00:13	00:11:24	00:31:56	00:52:51	01:13:24
72	WYMYSŁO Andrzej	529	RADA MIASTA	M-60	00:00:04	00:11:14	00:31:34	00:52:46	01:13:28
73	SITEK Krzysztof	439		M-40	00:00:09	00:11:14	00:31:26	00:52:34	01:13:31
74	FRANKIEWICZ Artur	111		M-30	00:00:08	00:11:01	00:31:27	00:52:42	01:13:55
75	KAWELCZYK Robert	219	M-50	00:00:11	00:11:27	00:31:56	00:52:59	01:13:59

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
76	WACŁAWSKI Jacek	640		M-40	00:00:14	00:11:07	00:31:34	00:52:51	01:14:07
77	GRZYB Dariusz	158		M-50	00:00:07	00:11:01	00:31:12	00:52:42	01:14:13
78	ZALEWSKI Wojciech	534		M-40	00:00:25	00:11:38	00:32:21	00:53:35	01:14:31
79	CZAJKOWSKI Paweł	82	WIKI&MAKS	M-40	00:00:10	00:11:37	00:32:26	00:54:03	01:14:54
80	GALILEJCZYK Mariusz	118		M-20	00:00:36	00:10:57	00:30:43	00:52:37	01:14:54
81	WIERZCHOWSKI Jędrzej	511		M-30	00:00:09	00:11:21	00:32:05	00:53:42	01:14:57
82	PUC Paweł	404	TRUCHTACZE GZICHÓW	M-40	00:00:16	00:11:12	00:31:53	00:53:40	01:15:01
83	KWIATKOWSKI Grzegorz	271		M-40	00:00:18	00:11:11	00:31:10	00:53:05	01:15:21
84	RATAJCZAK Aleksander	407	LECYMY DURS	M-50	00:00:12	00:11:40	00:32:55	00:54:26	01:15:22
85	BARAŃSKI Rafał	12		M-40	00:00:13	00:11:39	00:32:55	00:54:26	01:15:22
86	STRAMA Adam	467		M-40	00:00:12	00:11:29	00:32:29	00:54:06	01:15:30
87	GUZY Andrzej	579		M-60	00:00:04	00:11:03	00:31:40	00:53:39	01:15:37
88	LEPIARCZYK Sławomir	280		M-30	00:00:13	00:11:28	00:32:00	00:53:56	01:15:38
89	LONKA Michał	574		M-40	00:00:07	00:11:44	00:32:59	00:54:34	01:15:39
90	MYNARSKI Sylwester	601	DALEKO JESZCZE?	M-40	00:01:23	00:12:35	00:33:37	00:55:00	01:15:49
91	CIEŚLAK Jacek	74		M-40	00:00:15	00:12:04	00:33:03	00:54:40	01:15:50
92	KAMIŃSKI Jacek	204	ROMET FACTORY TEAM	M-40	00:00:06	00:11:02	00:31:14	00:53:18	01:15:55
93	MARCINIAK Rafał	308	8A.PL	M-30	00:00:39	00:12:16	00:33:46	00:54:58	01:16:00
94	GĄSZCZAK Michał	127	RUNHOGS TYCHY	M-30	00:00:07	00:11:01	00:32:19	00:54:31	01:16:15
95	MADEJSKI Sylwester	297		M-40	00:00:11	00:11:33	00:32:44	00:54:51	01:16:15
96	MIRATYŃSKI Adam	627		M-40	00:00:23	00:12:18	00:33:18	00:54:48	01:16:16
97	HOLONA Maciej	647	FORMA WODZISŁAW	M-50	00:00:14	00:11:27	00:32:11	00:54:14	01:16:17
98	PIKUŁA Jacek	386	BIEGNĘ BYLE DOBIEC	M-40	00:01:13	00:13:22	00:34:47	00:55:53	01:16:26
99	JASICKI Krzysztof	186	RUNHOGS TYCHY	M-40	00:00:07	00:11:00	00:32:19	00:54:33	01:16:27
100	SZYMAŃSKI Piotr	479		M-40	00:00:09	00:11:30	00:32:31	00:54:45	01:16:46
101	CZYŻ Wojciech	89		M-40	00:00:17	00:11:41	00:33:00	00:55:01	01:16:47
102	MEKIER Bartek	591		M-30	00:00:25	00:12:11	00:33:48	00:55:34	01:16:51
103	KOWOLIK Łukasz	247	TAURON TEAM	M-30	00:00:20	00:12:26	00:34:37	00:56:23	01:17:00
104	NOGA Jacek	643		M-40	00:00:15	00:11:47	00:33:24	00:55:41	01:17:02
105	MARKOWSKI Przemysław	311	PACEMAKER / SZLABANOWCY RUNNING TEAM	M-30	00:00:10	00:11:54	00:33:53	00:55:53	01:17:06
106	MACHOWSKI Dariusz	291		M-50	00:00:10	00:11:54	00:33:52	00:55:53	01:17:07
107	MEDES Marcin	319		M-30	00:00:12	00:12:11	00:33:53	00:55:50	01:17:10
108	MEOSI Alessandro	321	MONAR GRACZE	M-20	00:00:21	00:12:30	00:33:26	00:55:08	01:17:24
109	MACHURA Arkadiusz	292		M-40	00:00:10	00:11:56	00:33:54	00:55:54	01:17:26
110	WILK Piotr	645		M-40	00:00:08	00:11:57	00:33:55	00:55:55	01:17:27
111	NIŻNIKIEWICZ Grzegorz	352		M-40	00:00:18	00:11:50	00:33:25	00:55:43	01:17:28
112	SIEJA Zbyszek	434	LECYMY DURŚ	M-50	00:00:16	00:11:54	00:33:10	00:55:30	01:17:31
113	SZEWczyk Urszula	474	GREEN BELT RUNNER TEAM	K-40	00:00:11	00:11:34	00:33:18	00:55:25	01:17:33
114	WARDZYK Damian	502	ZŁOTA MARKA	M-20	00:00:23	00:12:30	00:33:32	00:54:56	01:17:36
115	SKLORZ Marcin	442		M-20	00:00:18	00:11:50	00:33:24	00:55:42	01:17:41
116	BIELA Grzegorz	31	NIGHT RUNNERS PYSKOWICE	M-30	00:00:07	00:11:26	00:32:50	00:55:37	01:17:49
117	SZOŁTYSEK Adrian	556		M-30	00:00:20	00:11:45	00:33:44	00:55:45	01:17:49
118	JAWOREK Adam	189		M-30	00:00:06	00:11:00	00:31:41	00:54:23	01:17:52
119	HYRKIEL Paweł	172	IL GATTO RAMPANTE	M-40	00:00:11	00:11:46	00:33:33	00:55:50	01:17:53
120	SPYRA Kamil	459	SPYROWKA	M-30	00:00:14	00:11:16	00:32:02	00:54:54	01:17:53
121	TABIŚ Bartosz	611		M-30	00:00:20	00:11:47	00:33:46	00:55:55	01:17:55

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122	WILK Dawid	514	PACEMAKER	M-30	00:00:09	00:11:54	00:33:54	00:55:54	01:17:59
123	BINIENDA Agnieszka	32	KOBIETY WATAHY	K-40	00:00:25	00:11:56	00:33:41	00:55:40	01:17:59
124	CZAJKA Tomasz	80		M-40	00:00:10	00:11:55	00:33:54	00:56:15	01:18:11
125	HYRA Robert	171	ZALEW BLACHOWNIA	M-50	00:00:14	00:11:52	00:33:51	00:55:57	01:18:16
126	STAŃCZYK Przemek	462		M-30	00:00:09	00:12:03	00:34:04	00:56:16	01:18:17
127	DREWNIAK Marcin	638		M-20	00:00:22	00:11:55	00:33:42	00:55:52	01:18:20
128	SZCZEPANEK Łukasz	473		M-20	00:00:15	00:12:09	00:33:54	00:56:07	01:18:26
129	CHOJNA Zygmunt	69	SOCIOS SILESIA	M-60	00:00:11	00:11:32	00:33:23	00:56:07	01:18:44
130	GIESE Michał	132		M-40	00:00:12	00:12:10	00:34:21	00:57:00	01:18:44
131	LECHOCKA Patrycja	278	INŻYNIERIA BIEGANIA/ EKO-OKNA RUNNERS	K-30	00:00:13	00:11:56	00:33:53	00:56:13	01:18:44
132	ZAKRZOWSKI Krzysztof	532		M-30	00:00:16	00:11:49	00:33:50	00:56:19	01:18:49
133	ZAJĄC Mateusz	531		M-40	00:00:20	00:12:18	00:34:21	00:56:56	01:18:57
134	RAWŁUSZEWICZ Waldemar	408		M-50	00:00:21	00:12:16	00:34:10	00:56:49	01:18:59
135	MIECZNIKOWSKI Jacek	329		M-40	00:00:09	00:11:38	00:33:07	00:55:37	01:19:05
136	MARCZAK Krzysztof	570		M-50	00:00:13	00:12:11	00:34:00	00:56:25	01:19:05
137	JAGIEŁA Michał	177		M-30	00:00:45	00:12:11	00:33:56	00:56:22	01:19:08
138	RÓŻAŃSKI Michał	413		M-30	00:00:18	00:12:18	00:34:22	00:56:55	01:19:14
139	BOHM Mariusz	40		M-50	00:00:22	00:12:30	00:34:50	00:57:17	01:19:26
140	SCHAB Bartłomiej	430		M-30	00:00:00	00:12:55	00:34:37	00:56:59	01:19:33
141	STANISZ Marcin	460	NIGHT RUNNERS PYSKOWICE	M-30	00:00:26	00:12:10	00:34:14	00:56:46	01:19:35
142	ADAMCZYK Daniel	2	NIGHT RUNNERS PYSKOWICE	M-20	00:00:26	00:12:10	00:34:13	00:56:47	01:19:36
143	DUDA Jacek	97	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	00:00:16	00:11:50	00:33:48	00:56:10	01:19:38
144	NIKODON Paweł	349	NIKODON DREAM TEAM	M-40	00:00:12	00:11:41	00:32:56	00:55:56	01:19:39
145	TOCZYDŁOWSKI Łukasz	486	ROZBIEGANA LIGOTA	M-40	00:01:10	00:13:07	00:34:37	00:57:00	01:19:39
146	DZWINCZYK Zbigniew	103		M-40	00:00:20	00:13:04	00:35:31	00:58:00	01:19:43
147	KRUK Grzegorz	561	PRESS GLASS BIEGAMY I WSPIERAMY	M-50	00:00:14	00:11:52	00:33:51	00:56:06	01:19:49
148	KURCZEK Tomasz	265	RUN FOREST RIUM!	M-40	00:00:16	00:12:34	00:35:06	00:57:29	01:19:50
149	KRZANOWSKI Marcin	257	OASIS SPORT TEAM	M-30	00:00:20	00:12:17	00:34:26	00:57:12	01:19:56
150	NAJWER Tomasz	613		M-40	00:00:18	00:12:14	00:34:41	00:57:30	01:20:03
151	WILK Mirosław	515		M-40	00:00:22	00:12:16	00:33:55	00:56:48	01:20:03
152	DABROWSKI Bartosz	90		M-30	00:00:58	00:13:07	00:35:34	00:58:21	01:20:03
153	UJMA Michał	494	SII RUNNING TEAM	M-30	00:00:00	00:12:17	00:34:09	00:56:58	01:20:07
154	PAWLACZYK Lesław	380	SII RUNNING TEAM	M-40	00:00:26	00:12:28	00:34:00	00:57:04	01:20:19
155	KOWALCZYK Jordan	245		M-30	00:00:28	00:12:39	00:35:04	00:57:43	01:20:23
156	ŻMIJEWSKI Dariusz	551		M-50	00:00:43	00:12:20	00:34:18	00:57:03	01:20:26
157	CIEŚLIK Jarosław	75		M-30	00:00:28	00:12:19	00:35:02	00:57:38	01:20:28
158	BUŁAWA Grzegorz	60	GB-ARCH	M-40	00:00:18	00:12:31	00:35:16	00:57:52	01:20:36
159	PŁONKA Krzysztof	392	DKMS JASTRZĘBIE	M-50	00:00:21	00:12:30	00:35:02	00:57:47	01:20:38
160	RYCHLIK Sebastian	417	LISY PUSTYNI	M-40	00:00:11	00:12:24	00:35:33	00:58:28	01:20:39
161	TYSZKIEWICZ Cuma	492		M-40	00:00:19	00:12:31	00:35:12	00:57:51	01:20:39
162	BRODAKCI Paweł	45		M-30	00:00:19	00:12:32	00:35:14	00:57:50	01:20:41
163	NOWAKOWSKI Arek	358		M-30	00:00:20	00:12:24	00:34:17	00:57:18	01:20:42
164	KOŚCIELNY Sebastian	242	WATAHA	M-40	00:00:29	00:12:39	00:34:59	00:57:49	01:20:44
165	NOREK-CISZAK Beata	353	LAKE RUNNERS TYCHY	K-40	00:00:19	00:12:37	00:35:14	00:58:06	01:20:51
166	WOŁOWSKI Lech	633		M-40	00:00:17	00:12:34	00:35:17	00:58:01	01:20:54
167	TISZBIEREK Marek	485		M-40	00:00:20	00:12:38	00:35:39	00:58:32	01:20:54

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
168	POWROŻNA Mariola	397	NIGHT RUNNERS ŚLĄSK	K-40	00:00:20	00:12:32	00:34:52	00:57:48	01:20:54
169	KUŹMA Andrzej	269	TEAM ARTIVENT	M-20	00:00:22	00:12:29	00:35:14	00:57:51	01:20:54
170	KUBIŚ Mateusz	261	JÓZEFINKA	M-20	00:00:16	00:12:18	00:35:10	00:57:48	01:20:55
171	WOJTUKIEWICZ Artur	518	DHL RUN CLUB	M-40	00:00:35	00:11:58	00:33:50	00:56:22	01:20:55
172	ŻAAK Michał	549		M-30	00:00:12	00:12:04	00:34:26	00:57:33	01:20:56
173	IWASZKOWSKI Dawid	175		M-30	00:00:27	00:13:18	00:35:55	00:58:19	01:20:56
174	JAROS Marcin	184	OPP KATOWICE	M-30	00:00:29	00:13:47	00:35:58	00:58:56	01:21:01
175	JANECZEK Marek	179		M-40	00:00:18	00:12:48	00:35:40	00:58:28	01:21:02
176	SARNECKI Adam	429		M-30	00:00:26	00:12:27	00:35:10	00:57:47	01:21:04
177	BABIUCH Karol	6		M-30	00:00:23	00:12:16	00:34:51	00:57:48	01:21:07
178	KIDA Marek	221		M-30	00:00:20	00:12:30	00:35:13	00:57:49	01:21:08
179	GAJDA Patryk	116		M-20	00:00:20	00:12:29	00:35:13	00:57:51	01:21:09
180	NOWACKI Wojciech	354	PACEMAKER // WOJTAS BIEGACZ STOPOWICZ	M-30	00:00:17	00:12:33	00:35:16	00:57:52	01:21:12
181	CZAJKA Roman	79		M-40	00:00:13	00:12:02	00:34:23	00:57:42	01:21:13
182	MACYSZYN Waldemar	293	GLIWICE	M-50	00:00:15	00:12:16	00:34:35	00:57:37	01:21:15
183	MERES Jarek	323		M-40	00:00:14	00:12:14	00:34:33	00:57:53	01:21:24
184	BOBROWSKA Małgosia	602	ROZWADZA PŁYWANIE	K-40	00:00:19	00:12:32	00:35:16	00:58:08	01:21:24
185	GALL Kacper	119		M-20	00:00:11	00:11:55	00:34:04	00:57:51	01:21:26
186	SZKLORZ Sylwester	581	ROZBIEGANA LIGOTA	M-50	00:01:11	00:13:16	00:35:20	00:58:38	01:21:30
187	SALAMON Emil	426	OPEL ACTIVE TEAM	M-30	00:00:14	00:12:36	00:35:18	00:58:02	01:21:34
188	MAZUR Kamil	567	PKO BANK POLSKI	M-30	00:00:18	00:12:33	00:35:17	00:58:15	01:21:34
189	RUSAKOWICZ Sylwia	415	GARAGEGYM KRAPKOWICE	K-40	00:00:19	00:12:33	00:35:15	00:58:08	01:21:35
190	DZIĄBOR Andrzej	100	#BYLEDOMETRY	M-40	00:00:27	00:12:52	00:35:38	00:58:48	01:21:36
191	ODOSZEWSKI Roman	363	OASIS SORT TEAM	M-40	00:00:14	00:11:55	00:34:06	00:57:33	01:21:37
192	GAWLIK Tomasz	126		M-40	00:00:36	00:12:57	00:35:43	00:59:07	01:21:55
193	KAWA Mariusz	217		M-40	00:00:11	00:11:55	00:34:03	00:57:41	01:22:06
194	BUJAK Magdalena	58	NIGHT RUNNERS PYSKOWICE / KP LABS	K-30	00:00:29	00:12:57	00:35:23	00:58:43	01:22:14
195	SALASOWICZ Jerzy	427	BIEGAM Z ENDO	M-60	00:00:16	00:12:49	00:35:42	00:58:54	01:22:17
196	MICHALAK Wojciech	576	KTW TEAM	M-30	00:00:23	00:12:33	00:35:06	00:58:18	01:22:25
197	NITARSKI Patryk	350		M-40	00:00:12	00:12:11	00:34:21	00:58:04	01:22:41
198	NOWALIŃSKI Grzegorz	360	HOLBOX RUNNERS	M-30	00:00:25	00:12:57	00:36:12	00:59:48	01:22:51
199	BRODEK Andrzej	46	CERTUM	M-50	00:00:31	00:12:53	00:35:33	00:59:03	01:22:54
200	MOSZ Tomasz	338	W POGONI ZA DUCHEM	M-40	00:00:23	00:12:55	00:35:51	00:59:37	01:22:57
201	NIESZWIC Terencjusz	348		M-20	00:00:29	00:12:52	00:35:33	00:59:00	01:23:03
202	MAZUR Grzegorz	318		M-50	00:00:25	00:12:47	00:35:35	00:59:19	01:23:08
203	KOMÓR Kinga	235		K-20	00:00:27	00:12:25	00:35:08	00:58:55	01:23:08
204	RÓWNICKI Marcin	412	#BYLEDOMETRY	M-30	00:00:23	00:12:35	00:35:36	00:59:13	01:23:10
205	WIETRZYCKI Mariusz	512		M-30	00:00:24	00:13:03	00:35:19	00:59:21	01:23:13
206	NAWROCKI Paweł	344		M-50	00:00:16	00:12:15	00:34:41	00:59:02	01:23:21
207	CHLISTAŁA Jarosław	68	RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM	M-30	00:00:21	00:12:56	00:36:04	00:59:47	01:23:23
208	STAROSTKA Jacek	564	PKO BANK POLSKI BIEGAJMY RAZEM	M-40	00:00:30	00:13:46	00:38:04	01:02:36	01:23:23
209	PIZNAL Kamil	391		M-30	00:00:36	00:12:34	00:35:21	00:59:18	01:23:24
210	BIELAK Michał	566	PKO BANK POLSKI	M-30	00:00:38	00:12:47	00:35:32	00:59:38	01:23:27
211	WÓJCIK Rafał	525		M-40	00:00:20	00:12:52	00:36:01	00:59:48	01:23:30
212	SKOCZEK Michał	573	HARD BOX OTWOCK	M-30	00:00:36	00:13:18	00:35:52	00:59:41	01:23:48
213	KANIA Michał	208		M-40	00:00:18	00:12:32	00:35:16	00:59:05	01:23:50

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
214	DALGIEWICZ Dariusz	91		M-60	00:00:35	00:13:04	00:36:20	01:00:12	01:23:50
215	ORDOŃ Bartłomiej	367		M-30	00:00:17	00:12:33	00:35:28	00:59:26	01:23:53
216	MICHALSKI Łukasz	327		M-30	00:00:24	00:12:53	00:36:00	00:59:51	01:23:58
217	KLAPETEK Jacek	227	HURAGAN LIGOTA	M-50	00:00:00	00:13:15	00:35:58	00:59:37	01:24:02
218	KĘDZIORA Łukasz	220	NIEZRZESZONY	M-40	00:00:46	00:13:38	00:36:54	01:00:48	01:24:22
219	BERGER Jurek	25		M-50	00:00:07	00:12:40	00:36:03	01:00:52	01:24:23
220	KULCZYK Adam	264	SG SQUAD	M-40	00:00:37	00:13:18	00:36:41	01:00:26	01:24:24
221	BROJA Rafał	47		M-30	00:00:06	00:10:49	00:34:47	00:59:56	01:24:28
222	CZAPLA Arkadiusz	83	FAT MAMAS SPORT	M-50	00:00:44	00:14:02	00:37:18	01:01:00	01:24:28
223	MARCELA Marcin	307		M-40	00:00:43	00:14:03	00:37:18	01:01:01	01:24:29
224	SIDORSKI Robert	433	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:46	00:35:49	00:59:56	01:24:30
225	KŁYSZ Bartek	231	SEGIECKI NINJA	M-30	00:01:04	00:13:10	00:35:36	00:59:51	01:24:30
226	DZIWAK Dariusz	102	TIMOTHY	M-30	00:00:27	00:12:39	00:35:40	00:59:54	01:24:34
227	JANIKOWSKI Michał	181		M-40	00:00:40	00:12:55	00:36:08	01:00:19	01:24:37
228	WAWRZYNIAK Mariusz	505		M-40	00:00:33	00:13:59	00:37:13	01:01:01	01:24:40
229	KIEŁBASA Artur	223		M-40	00:00:33	00:14:00	00:37:13	01:01:00	01:24:40
230	KASPRZAK Martyna	214	GREEN BELT RUNNER TEAM	K-30	00:00:37	00:13:50	00:37:46	01:01:37	01:24:41
231	CETERA Łukasz	64	#HUTATEAM	M-30	00:01:12	00:13:26	00:37:16	01:00:51	01:24:44
232	URBASIK Mariusz	497	AKTYWNI RYDUŁTOWY	M-50	00:00:20	00:12:41	00:36:13	01:00:46	01:24:47
233	OZYP Mariusz	372		M-30	00:00:05	00:13:10	00:36:58	01:01:06	01:25:01
234	KOPEL Tomasz	562		M-40	00:00:46	00:13:38	00:36:53	01:00:52	01:25:02
235	SACHNIK Marek	425	DYNAMIK SILESIA	M-20	00:00:24	00:12:41	00:35:40	01:00:21	01:25:05
236	KRAJEWSKI Radosław	251		M-30	00:00:21	00:12:57	00:36:04	01:00:17	01:25:09
237	JANOWSKA Karolina	183	KB ORLY Z KNUROW	K-20	00:00:33	00:12:19	00:35:08	01:00:03	01:25:22
238	KANDEFER Michał	207		M-30	00:00:27	00:13:09	00:36:54	01:01:32	01:25:26
239	PACZKA Michał	374	GLIWICE	M-50	00:01:06	00:13:53	00:37:16	01:01:12	01:25:27
240	MACHEJ Marius	290		M-50	00:00:45	00:13:43	00:37:13	01:01:02	01:25:34
241	MARCINIAK Krzysztof	310	KS PEREŁECZKI	M-30	00:00:33	00:13:30	00:37:50	01:01:59	01:25:40
242	GRONDYS Andrzej	152	ZATYRANI GMINA PILCHOWICE	M-40	00:00:22	00:12:45	00:36:10	01:00:58	01:25:43
243	BORYCZKA Szymon	595		M-40	00:00:54	00:13:42	00:37:32	01:01:56	01:25:59
244	PISZCZ Marek	390	OPEL ACTIVE TEAM	M-40	00:00:17	00:12:47	00:36:10	01:00:52	01:26:01
245	STELMASZCZYK Konrad	616		M-20	00:00:50	00:14:02	00:37:19	01:01:44	01:26:01
246	MAJEWSKI Antoni	300		M-20	00:00:15	00:12:49	00:36:48	01:01:53	01:26:11
247	GROCHOT Arkadiusz	150		M-20	00:00:24	00:12:29	00:35:32	01:00:26	01:26:11
248	OLEŚ-ZDECHLIK Beata	365		K-30	00:00:24	00:13:11	00:36:55	01:01:43	01:26:13
249	PANZ Krzysztof	623		M-30	00:00:20	00:12:35	00:36:09	01:00:54	01:26:16
250	MOCEK Roman	337		M-60	00:01:11	00:14:06	00:38:01	01:02:14	01:26:19
251	RUTKOWSKI Michał	416		M-30	00:00:24	00:13:29	00:38:04	01:02:32	01:26:21
252	ŁOZIŃSKI Jerzy	288	PARKRUN CHRZANÓW	M-40	00:00:25	00:12:51	00:36:06	01:00:45	01:26:24
253	BATKO Janusz	17		M-40	00:00:53	00:13:07	00:37:27	01:02:10	01:26:28
254	BROZYNA Magdalena	621	CO JA TU ROBIE?	K-30	00:00:30	00:13:57	00:37:21	01:01:32	01:26:40
255	PURCZYŃSKI Jan	405	RYBNIK	M-50	00:00:35	00:13:40	00:37:40	01:02:24	01:26:42
256	DREWUSZEWSKI Maciej	615	4M	M-40	00:00:23	00:13:17	00:37:36	01:02:34	01:26:46
257	FILIPCZYK Przemysław	109		M-40	00:00:28	00:13:39	00:37:54	01:02:29	01:26:48
258	ZALESKI Arkadiusz	533		M-50	00:00:29	00:13:00	00:37:01	01:01:56	01:26:49
259	PIETRZYK Aleksandra	384	LAKE RUNNERS TYCHY	K-40	00:00:32	00:13:19	00:37:11	01:01:55	01:26:54

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
260	DOBOSZ Krzysztof	95	AKMB PĘDZIWIATR GLIWICE	M-50	00:00:27	00:13:21	00:37:51	01:02:32	01:26:55
261	KACZOR Rafał	568	PKO BANK POLSKI	M-40	00:00:28	00:13:21	00:37:53	01:02:36	01:26:55
262	ROSADA Zdzisław	594	BIEGAJ Z KS SOŚNICA	M-60	00:00:26	00:13:27	00:37:55	01:02:34	01:26:56
263	KOBIERSKI Szymon	610	EMPI	M-40	00:00:30	00:13:17	00:37:50	01:02:17	01:26:58
264	RYŚ Kamil	421	HUTATEAM	M-30	00:00:34	00:13:58	00:38:03	01:02:42	01:26:58
265	ŻABICKI Mariusz	550	X-REHAB GLIWICKIE CENTRUM REHABILITACJI	M-40	00:00:23	00:12:58	00:36:59	01:01:53	01:26:59
266	KASZUBSKI Andrzej	216		M-40	00:00:22	00:13:26	00:37:40	01:02:13	01:27:00
267	SZKLARSKI Przemysław	641	LET'S WOD	M-40	00:00:19	00:12:46	00:37:15	01:02:24	01:27:01
268	BLASZKE Beata	34	PACEMAKER	K-40	00:00:21	00:13:22	00:37:58	01:02:37	01:27:01
269	KARWOT Piotr	210	TEAM REDYNA	M-30	00:00:30	00:13:20	00:37:52	01:02:37	01:27:01
270	ANTOSZ Wojciech	5		M-30	00:00:22	00:13:23	00:37:56	01:02:39	01:27:02
271	SKOTNICKI Paweł	447		M-30	00:00:17	00:12:24	00:35:15	01:00:31	01:27:03
272	WRÓBLEWSKA Ewa	526		K-50	00:00:28	00:13:45	00:37:34	01:02:06	01:27:04
273	GRZELCZAK Sławek	156		M-40	00:00:11	00:11:54	00:34:00	00:58:58	01:27:08
274	WAWRZAK Ryszard	504	PACEMAKER	M-40	00:00:21	00:13:27	00:37:58	01:02:42	01:27:09
275	LUBICKI Wojciech	283	DBS	M-50	00:00:22	00:13:23	00:37:58	01:02:39	01:27:10
276	LEWANDOWSKI Henryk	281		M-40	00:00:38	00:13:06	00:37:45	01:02:29	01:27:10
277	SEMIK Jakub	432		M-30	00:00:37	00:13:25	00:37:43	01:02:42	01:27:11
278	ZAMORA Marek	535		M-50	00:01:28	00:13:50	00:38:14	01:02:58	01:27:11
279	SZCZABEL Krystian	472		M-30	00:00:12	00:11:53	00:36:09	01:02:05	01:27:14
280	MUSIL Mike	341	ENDURANCE TEAM	M-50	00:00:22	00:13:24	00:37:43	01:02:43	01:27:16
281	SULKOWSKI Arkadiusz	559		M-40	00:01:08	00:14:19	00:37:31	01:02:07	01:27:22
282	GĘBCZYŃSKI Paweł	128	GO4IT	M-40	00:00:22	00:13:19	00:37:37	01:02:40	01:27:23
283	SEKIENDA Grzegorz	431		M-40	00:00:46	00:13:03	00:37:31	01:02:19	01:27:31
284	SPIECHOWICZ Andrzej	457	KMP ZABRZE	M-30	00:00:30	00:12:37	00:35:33	01:01:08	01:27:36
285	RYŚ Dariusz	420	HUTATEAM	M-40	00:00:24	00:13:13	00:37:30	01:02:47	01:27:38
286	BELICA Daniel	23		M-30	00:01:08	00:13:59	00:38:05	01:02:54	01:27:42
287	PALKA Dominik	377		M-40	00:01:01	00:14:23	00:38:57	01:03:26	01:27:46
288	PRENZENA Paweł	398		M-30	00:00:19	00:12:35	00:35:58	01:01:56	01:27:51
289	RYZIŃSKI Wojciech	423	CLONMEL AC	M-40	00:00:36	00:13:50	00:38:29	01:03:47	01:27:51
290	CIUMAN Piotr	78	PHD RUNNERS	M-30	00:00:41	00:13:22	00:37:38	01:02:19	01:27:54
291	GOŹDZIŃSKA Magdalena	143		K-40	00:00:24	00:13:28	00:37:57	01:02:45	01:27:55
292	BURY Andrzej	61	TEAM BLACHOWNIA	M-60	00:00:30	00:13:15	00:37:49	01:02:37	01:27:56
293	KLUBA Łukasz	230	NGB KŁOBUCK	M-30	00:00:31	00:13:22	00:37:49	01:02:34	01:27:59
294	PISULA Beata	389		K-50	00:00:38	00:13:42	00:37:48	01:02:40	01:28:02
295	SKOP Michał	637		M-50	00:01:15	00:14:54	00:38:39	01:03:08	01:28:04
296	SMUDA Andrzej	451	AKMB PĘDZIWIATR GLIWICE	M-40	00:00:53	00:14:09	00:38:54	01:03:35	01:28:07
297	GRACH Aleksandra	148		K-40	00:00:23	00:13:23	00:37:56	01:02:56	01:28:09
298	CZARDYBON Laura	84		K-40	00:00:33	00:13:33	00:38:02	01:03:21	01:28:11
299	NIŻNIKIEWICZ Elżbieta	351		K-40	00:00:37	00:13:27	00:38:00	01:03:12	01:28:12
300	RYSZCZYK Adam	419	RUN2BFREE	M-40	00:00:50	00:14:20	00:38:19	01:03:30	01:28:13
301	MICHALAK Grzegorz	324	TOTALNY AMATOR	M-40	00:00:33	00:13:32	00:37:52	01:02:59	01:28:15
302	HRYNISZYN Mariusz	170		M-30	00:00:36	00:14:26	00:38:39	01:03:38	01:28:15
303	BEDNARZ Krzysztof	22		M-30	00:00:19	00:12:35	00:36:05	01:01:47	01:28:18
304	KUTRZYK Przemysław	267		M-40	00:00:35	00:13:35	00:38:16	01:03:25	01:28:25
305	GRZEGORCZYK Wojciech	154	#HUTATEAM	M-40	00:01:12	00:15:18	00:40:23	01:05:54	01:28:25

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
306	BRZOZOWSKI Jan	51	NIE ZRZESZONY	M-60	00:00:24	00:13:22	00:37:49	01:02:50	01:28:33
307	GAŁECZKA Michał	120		M-30	00:00:31	00:13:37	00:38:28	01:03:39	01:28:37
308	CABAŃSKA Dorota	62		K-40	00:00:35	00:13:38	00:37:47	01:03:01	01:28:38
309	ZACHARIASZ Agnieszka	530		K-30	00:00:14	00:13:28	00:38:05	01:02:57	01:28:49
310	KAMSKA Małgorzata	206	GAMBAZ TEAM	K-30	00:00:45	00:13:49	00:37:54	01:03:20	01:28:49
311	DOMAŃSKI Marcin	96	RUNNINGFISH74	M-40	00:00:44	00:14:33	00:39:06	01:04:17	01:28:53
312	BAK-CESARZ Damian	19		M-40	00:00:33	00:14:19	00:39:57	01:05:01	01:28:58
313	NOWAKOWSKI Dominik	359		M-20	00:00:39	00:13:00	00:36:26	01:02:21	01:28:58
314	GOŁKOWSKI Radosław	139		M-30	00:00:17	00:12:52	00:37:28	01:02:55	01:29:03
315	KONIORCZYK Maciej	237		M-30	00:00:44	00:14:14	00:39:22	01:04:27	01:29:09
316	PIKOŃ Krzysztof	644	JALSALMER	M-50	00:00:21	00:12:39	00:36:42	01:02:39	01:29:14
317	CISZEWSKI Krzysztof	77		M-30	00:00:30	00:13:20	00:38:03	01:03:35	01:29:20
318	JOŃSKI Tomasz	194		M-20	00:00:56	00:13:59	00:39:23	01:04:42	01:29:21
319	STALICA Wojciech	569		M-50	00:00:38	00:13:47	00:38:41	01:04:21	01:29:34
320	GARBACZ Damian	122		M-30	00:00:30	00:13:20	00:37:52	01:03:36	01:29:36
321	GOMOLA Zbigniew	140	ŁAMIGNATY	M-50	00:00:28	00:14:07	00:39:18	01:04:50	01:29:41
322	KOCUR Robert	232		M-50	00:00:38	00:13:42	00:38:17	01:03:49	01:29:42
323	BIAŁAS Krzysztof	26	ŁAMIGNATY	M-40	00:00:27	00:14:07	00:39:19	01:04:50	01:29:43
324	RYZIŃSKA Aneta	422		K-40	00:00:36	00:13:51	00:38:30	01:04:09	01:29:44
325	BUCHAL Grzegorz	52	TRIDIVISION	M-50	00:00:26	00:14:04	00:39:23	01:04:59	01:30:01
326	RYBACKI Marcin	617		M-30	00:01:16	00:15:06	00:39:30	01:04:04	01:30:18
327	SNACHOWSKI Kamil	452	NEXTEER RUNNERS GLIWICE	M-30	00:01:18	00:15:05	00:39:29	01:04:03	01:30:18
328	MARCINIAK Paulina	309		K-30	00:00:39	00:14:21	00:39:26	01:04:56	01:30:28
329	HOLECZEK Marcin	168	BORN TU BI LOTAĆ	M-40	00:00:42	00:14:09	00:40:00	01:05:28	01:30:28
330	JAWORSKI Jakub	191		M-20	00:00:31	00:14:05	00:39:13	01:04:43	01:30:33
331	MICHALSKI Marek	326		M-40	00:00:18	00:13:14	00:38:14	01:03:46	01:30:39
332	MAJOR Stefan	301		M-60	00:00:47	00:14:28	00:39:03	01:04:41	01:30:41
333	TYROL Tomasz	491		M-40	00:00:42	00:14:47	00:40:18	01:05:28	01:30:42
334	CADER Wojciech	63	LATAJĄCY KLIMZOWIEC	M-50	00:00:47	00:14:23	00:39:19	01:04:51	01:30:44
335	PIĘTA Krzysztof	385	BIEG BIELAWA	M-60	00:00:35	00:13:32	00:38:10	01:04:18	01:30:46
336	NOWAK Katarzyna	356		K-20	00:00:47	00:14:29	00:39:11	01:04:43	01:30:46
337	FAŁEK Krzysztof	106	ŁAMIGNATY	M-40	00:00:27	00:14:08	00:39:19	01:04:51	01:30:49
338	GÓRECKI Janusz	144		M-50	00:00:55	00:14:02	00:39:06	01:04:48	01:30:49
339	WOLIŃSKI Piotr	520	JSB	M-40	00:00:32	00:13:50	00:38:49	01:04:30	01:30:52
340	BELUCH Witold	24		M-50	00:00:43	00:14:09	00:39:09	01:04:53	01:30:54
341	MRZYGŁÓD Robert	339		M-30	00:00:39	00:13:40	00:38:47	01:04:34	01:30:58
342	MICHAŁOWSKI Rafał	626		M-30	00:00:38	00:14:20	00:39:42	01:05:23	01:31:01
343	MIKOS Wojciech	331		M-20	00:00:16	00:12:41	00:37:46	01:04:09	01:31:05
344	KASPRZAK Michał	213		M-20	00:00:16	00:12:42	00:37:47	01:04:09	01:31:06
345	CHROBASIK Monika	71		K-40	00:00:30	00:13:58	00:39:09	01:04:57	01:31:10
346	MUSIAŁ Bożena	340		K-40	00:00:13	00:14:06	00:39:28	01:05:20	01:31:14
347	ZBYTNIIEWSKI Paweł	541	MORSY	M-40	00:00:52	00:14:28	00:39:03	01:04:52	01:31:14
348	OZDARSKI Krzysztof	371	OPEL ACTIVE TEAM	M-50	00:00:12	00:14:07	00:39:29	01:05:21	01:31:15
349	KORDYŚ Adam	240	KLUB BIEGOWY SZUSZARNIA	M-30	00:00:12	00:14:08	00:39:29	01:05:21	01:31:16
350	LEDWOŃ Aneta	279		K-40	00:00:23	00:13:29	00:38:43	01:05:16	01:31:17
351	GÓRECKI Ryszard	558	NIEZRZESZONY	M-50	00:00:53	00:14:28	00:39:35	01:05:59	01:31:17

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
352	POKRYSZKA Bartosz	395		M-30	00:00:27	00:13:21	00:38:22	01:04:26	01:31:23
353	KOSIŃSKI Marcin	596		M-30	00:00:31	00:13:08	00:37:45	01:04:19	01:31:25
354	KUBICA Gerard	607		M-50	00:00:40	00:13:00	00:37:50	01:03:54	01:31:28
355	CIOK Anna	76		K-40	00:00:50	00:14:12	00:39:22	01:05:06	01:31:35
356	KRZYWICKI Jan	260		M-60	00:00:34	00:14:08	00:39:23	01:05:33	01:31:38
357	GAJEWSKI Jacek	117	KURCZAK I AGATKA	M-50	00:00:38	00:14:03	00:39:21	01:05:39	01:31:49
358	KOC Daniel	560		M-20	00:00:49	00:14:46	00:39:55	01:05:34	01:31:53
359	KWIATKOWSKA Katarzyna	270		K-40	00:00:25	00:13:48	00:38:57	01:05:19	01:31:56
360	ZARZYCKI Robert	537		M-30	00:00:47	00:12:46	00:36:35	01:02:23	01:32:00
361	MUSIOŁ Helena	342		K-40	00:00:35	00:13:55	00:39:26	01:06:05	01:32:02
362	ŁAZARZ Grzegorz	622		M-40	00:00:28	00:13:42	00:39:18	01:05:47	01:32:07
363	ZASIEK Amadeusz	538		M-30	00:00:33	00:14:34	00:41:04	01:07:04	01:32:10
364	JURASZCZYK Jan	197	#HUTATEAM	M-30	00:01:11	00:15:18	00:40:24	01:05:57	01:32:12
365	MIKUŁA Leszek	333		M-40	00:00:30	00:13:44	00:38:50	01:05:23	01:32:15
366	KOZIELSKA Magdalena	250		K-20	00:00:32	00:14:12	00:40:07	01:06:26	01:32:21
367	SIEKIERKA Janusz	435		M-40	00:00:45	00:14:18	00:39:52	01:06:18	01:32:21
368	SIEKIERKA Karolina	436		K-40	00:00:45	00:14:18	00:39:53	01:06:20	01:32:21
369	REWIUK-KOCUR Anna	409		K-40	00:01:22	00:14:28	00:39:28	01:05:57	01:32:21
370	MATYSZCZAK Krzysztof	604	TEAM WĄSACZA	M-20	00:00:32	00:13:17	00:37:49	01:03:59	01:32:30
371	RZESZOWSKI Arkadiusz	424		M-40	00:00:37	00:14:35	00:40:20	01:06:55	01:32:33
372	DROZD Krystian	584		M-40	00:00:44	00:14:25	00:39:56	01:06:32	01:32:37
373	KWAPIEŃ Aleksander	598		M-30	00:00:54	00:15:06	00:41:16	01:07:01	01:32:38
374	SZELAĞ Monika	632		K-20	00:00:56	00:15:34	00:42:05	01:07:56	01:32:40
375	KWAPIEŃ Paweł	588		M-40	00:00:53	00:15:06	00:41:16	01:07:01	01:32:42
376	ORLIK Jerzy	368		M-60	00:00:52	00:14:17	00:39:51	01:06:22	01:32:45
377	KOCUR Aleksander	233		M-40	00:01:31	00:14:22	00:40:17	01:06:05	01:32:52
378	SKUPIEŃ Iza	449	ALBATROSY	K-40	00:00:34	00:14:57	00:42:09	01:08:21	01:32:56
379	IGNACZAK Robert	173		M-40	00:00:41	00:14:19	00:40:00	01:06:56	01:32:57
380	PALMOWSKA Agnieszka	378	PHD RUNNERS	K-30	00:00:42	00:14:16	00:40:02	01:06:52	01:32:57
381	CZERNEK Marek	87	BIEGAJ Z TRENERAMI	M-40	00:00:32	00:14:11	00:39:54	01:06:42	01:33:06
382	ROWINSKA Ewa	410		K-30	00:00:41	00:14:32	00:39:53	01:06:35	01:33:07
383	KISIEL Tomasz	226		M-50	00:00:31	00:14:14	00:39:51	01:06:33	01:33:09
384	BAJKACZ Krzysztof	9		M-30	00:00:28	00:14:31	00:40:50	01:07:18	01:33:14
385	STRZELCZYK Grażyna	469		K-40	00:00:50	00:14:21	00:39:24	01:06:16	01:33:14
386	BAJKACZ Tomasz	8		M-20	00:00:28	00:14:32	00:40:51	01:07:19	01:33:16
387	SOBIECH Sebastian	608		M-20	00:00:40	00:14:53	00:41:14	01:07:50	01:33:22
388	BASIAGA Anita	609		K-20	00:00:40	00:14:53	00:41:15	01:07:49	01:33:22
389	KULCZYK Anna	263		K-30	00:00:36	00:13:57	00:39:22	01:06:07	01:33:23
390	KOPRUCKI Łukasz	239		M-30	00:00:52	00:15:06	00:42:02	01:08:36	01:33:27
391	GRZYBOWSKI Damian	159		M-30	00:00:41	00:13:20	00:38:27	01:05:00	01:33:28
392	OSIŃSKI Paweł	370	BIEGAJ Z TRENERAMI	M-40	00:00:52	00:14:12	00:40:17	01:07:29	01:33:34
393	KAŁAMARZ Mariusz	201		M-40	00:01:07	00:14:35	00:40:29	01:06:34	01:33:40
394	KIERA Szymon	224	TS RUNNERS	M-40	00:00:40	00:14:30	00:40:09	01:06:53	01:33:41
395	SMARUJ Piotr	450		M-30	00:01:10	00:14:59	00:40:37	01:07:08	01:33:43
396	KREMPA Sławomir	254		M-30	00:00:34	00:14:14	00:40:00	01:06:22	01:33:51
397	PODSTUFKA Szymon	393		M-20	00:00:21	00:14:42	00:41:00	01:07:42	01:33:56

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
398	JARUGA Damian	185		M-30	00:00:33	00:14:01	00:39:43	01:07:19	01:33:57
399	RYNIO Jessica	418		K-20	00:00:23	00:13:59	00:40:05	01:07:05	01:34:00
400	PATEROK Marcin	634		M-40	00:01:04	00:14:56	00:39:53	01:06:55	01:34:02
401	RAKOWSKI Michał	406		M-20	00:00:32	00:13:16	00:36:55	01:02:36	01:34:03
402	MAGNER Bartłomiej	298	BB	M-40	00:01:05	00:14:56	00:39:54	01:06:55	01:34:03
403	PIKUL Przemysław	67		M-30	00:00:54	00:14:40	00:41:34	01:07:56	01:34:06
404	MIECZNIKOWSKA Agnieszka	328		K-40	00:00:43	00:14:08	00:40:00	01:07:08	01:34:12
405	WÓJCIK Rafał	523		M-40	00:00:38	00:14:30	00:40:45	01:07:39	01:34:16
406	SIKORA Michał	438		M-40	00:00:55	00:14:30	00:40:54	01:07:49	01:34:17
407	CIEŚLA Arkadiusz	73	BIEGAMY Z SERCEM	M-40	00:00:37	00:13:45	00:37:44	01:04:18	01:34:19
408	JABŁOŃSKI Łukasz	176		M-30	00:00:37	00:14:02	00:40:03	01:07:08	01:34:22
409	KASPEREK Magdalena	211		K-40	00:00:35	00:14:04	00:40:06	01:07:10	01:34:24
410	ZWIERZYŃSKI Piotr	547	UNATCO	M-50	00:00:46	00:14:51	00:40:59	01:07:22	01:34:26
411	MATULICZ Damian	316		M-40	00:00:41	00:14:34	00:40:45	01:07:33	01:34:27
412	AKSAMIT Witold	3	BLEES	M-30	00:00:43	00:14:18	00:40:45	01:07:44	01:34:27
413	JANIEC Witold	180		M-50	00:00:46	00:14:52	00:40:58	01:07:22	01:34:27
414	KRZYSZKOWSKA Agnieszka	258		K-40	00:00:29	00:14:22	00:40:27	01:07:18	01:34:29
415	GRZYWACZ Sebastian	161		M-40	00:00:43	00:14:53	00:41:15	01:08:04	01:34:31
416	MADEJSKI Sebastian	296	BORN TU BI LOTAC	M-40	00:00:42	00:14:50	00:41:38	01:08:24	01:34:39
417	TEICHMANN Norbert	483		M-60	00:00:58	00:14:59	00:40:58	01:08:24	01:34:39
418	KRAJEWSKI Michał	252		M-40	00:00:37	00:14:57	00:42:10	01:08:56	01:34:41
419	POPIEL-KRUK Aleksandra	396		K-40	00:00:34	00:14:56	00:42:09	01:08:57	01:34:43
420	WIEKIERA Adam	624		M-30	00:00:25	00:14:54	00:41:29	01:08:02	01:34:44
421	ŚCIBISZ Marta	480	TKKF SATURN CZELADZ	K-40	00:00:24	00:14:19	00:40:17	01:07:40	01:34:47
422	SKOREK-BILCZYŃSKA Patrycja	446		K-40	00:00:40	00:14:32	00:40:16	01:07:27	01:34:52
423	MALCZYK Radosław	302		M-30	00:01:07	00:14:47	00:39:41	01:06:42	01:34:53
424	MIKULA Wojciech	332		M-30	00:00:15	00:13:54	00:39:56	01:07:16	01:35:02
425	KAIM Rafał	199		M-20	00:01:12	00:15:15	00:41:23	01:08:13	01:35:05
426	KOPPEL Bartłomiej	238		M-30	00:00:54	00:15:01	00:41:51	01:08:39	01:35:24
427	JURETKO Agata	198		K-20	00:00:50	00:14:25	00:40:27	01:07:07	01:35:26
428	BASZUN Michał	15		M-40	00:00:47	00:14:46	00:41:57	01:08:45	01:35:28
429	ŁOSEK Adam	286		M-30	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39
430	TROCHIMCZYK Marcin	489		M-30	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39
431	LASKOWSKA Katarzyna	273	PACEMAKER	K-40	00:00:35	00:14:56	00:42:09	01:08:56	01:35:40
432	PIETRZAK Marcin	383		M-40	00:00:36	00:14:56	00:42:09	01:08:56	01:35:40
433	MARKOWSKI Kamil	312		M-40	00:00:34	00:14:57	00:42:11	01:08:57	01:35:41
434	STAŃCO Jakub	614		M-20	00:00:51	00:15:30	00:42:19	01:08:59	01:35:53
435	JĘDRZEJEWSKA Beata	193	MIRAZ RACE TEAM	K-40	00:00:24	00:14:07	00:40:19	01:07:49	01:35:55
436	STRZODKA Adam	471		M-30	00:00:50	00:15:23	00:42:13	01:09:05	01:36:01
437	GLIŃSKI Michał	135		M-30	00:00:50	00:15:22	00:42:13	01:09:03	01:36:01
438	GABOR Robert	115		M-30	00:00:48	00:14:46	00:40:51	01:08:36	01:36:07
439	SZYMURA Jacek	590		M-40	00:00:44	00:14:28	00:40:23	01:08:09	01:36:14
440	GAPIŃSKI Robert	121		M-20	00:00:38	00:14:44	00:41:29	01:08:58	01:36:25
441	LAUBACH Anna	276	RAAN	M-30	00:01:02	00:15:54	00:43:29	01:10:53	01:36:43
442	LAUBACH Radosław	277	RAAN	M-30	00:01:02	00:15:54	00:43:29	01:10:54	01:36:44
443	MAJEWSKA Gizela	577	NRP	K-50	00:00:50	00:14:45	00:41:11	01:08:44	01:37:02

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
444	WYCISK Dagmara	527		K-30	00:00:49	00:14:47	00:41:52	01:09:11	01:37:09
445	ZAWISZA Beata	540		K-50	00:00:41	00:14:55	00:41:58	01:09:27	01:37:16
446	MYNARSKA Ligia	600	DALEKO JESZCZE?	K-40	00:00:52	00:15:24	00:42:05	01:09:21	01:37:19
447	CZAJKA Edward	81	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-50	00:01:05	00:15:37	00:42:07	01:10:04	01:37:25
448	DĄBROWSKI Marcin	92	TEAM KORNEL	M-40	00:01:07	00:15:38	00:42:00	01:09:31	01:37:25
449	PACUŁA Piotr	373	AKMB PĘDZIWIATR GLIWICE/OPEL ACTIVE TEAM	M-60	00:00:05	00:13:43	00:38:13	01:03:39	01:37:26
450	SAWICKA Anna	589		K-20	00:01:01	00:15:31	00:42:06	01:09:37	01:37:29
451	JORDANEK Marcin	195		M-30	00:00:49	00:15:02	00:41:58	01:09:12	01:37:38
452	NIESPOREK Marian	347	LECYMY DURŚ	M-60	00:01:05	00:15:36	00:41:59	01:09:45	01:37:42
453	WACHOWSKI Damian	499		M-40	00:00:56	00:15:18	00:41:52	01:09:14	01:37:43
454	KOWALCZYK Tomasz	244	AKMB PĘDZIWIATR GLIWICE	M-30	00:01:04	00:15:24	00:42:23	01:09:52	01:37:48
455	JANUSZ Agnieszka	583	TAURON TEAM	K-40	00:00:26	00:15:01	00:41:58	01:09:23	01:37:56
456	KUCHARCZYK Tomasz	582		M-50	00:00:26	00:15:01	00:41:58	01:09:24	01:37:57
457	MICHALSKA Bogna	325		K-30	00:00:54	00:15:39	00:42:36	01:10:18	01:37:57
458	SZYMAŃSKA Magdalena	599		K-30	00:00:58	00:14:58	00:41:54	01:10:00	01:37:57
459	MARMURA Marek	313	SILESIA MARATON CLUB	M-40	00:00:51	00:15:33	00:42:02	01:09:34	01:37:58
460	URBANEK Martin	495	ISTA BIEGAMY	M-30	00:00:40	00:14:17	00:41:05	01:09:13	01:38:06
461	FEDEROWICZ Piotr	107		M-50	00:01:07	00:15:06	00:42:11	01:09:41	01:38:06
462	KROTOS Krzysztof	255	OQS	M-40	00:00:42	00:14:29	00:41:13	01:09:16	01:38:11
463	BRZEZINA Arkadiusz	50	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:50	00:15:25	00:42:23	01:10:18	01:38:12
464	KOSIAK Maciej	612		M-40	00:01:02	00:15:04	00:41:13	01:08:54	01:38:14
465	KRAŃSKA Sandra	253		K-30	00:00:51	00:14:45	00:42:12	01:10:04	01:38:27
466	OSTROWSKI Zygmunt	557		M-60	00:00:57	00:15:08	00:42:51	01:10:37	01:38:31
467	BRZOZOWSKA Katarzyna	592		K-40	00:01:01	00:16:47	00:44:32	01:12:00	01:38:38
468	BARWICKA-BŁASZCZYK Joanna	14		K-40	00:00:39	00:15:10	00:42:40	01:10:52	01:38:44
469	MISZTAL Rafał	336	LOS PANTALONES ROJOS	M-50	00:00:46	00:14:59	00:42:31	01:10:50	01:38:49
470	MERDA Wiktoria	322		K-20	00:00:47	00:14:58	00:42:31	01:10:51	01:38:49
471	JEZIOR Bartosz	192		M-30	00:01:08	00:14:31	00:41:37	01:10:14	01:38:55
472	GUZGAN Wojciech	164		M-40	00:00:58	00:15:04	00:41:33	01:08:54	01:39:01
473	GĘBCZYŃSKI Oliwier	129	GO4IT	M-20	00:00:48	00:15:20	00:42:41	01:10:44	01:39:02
474	BAK Krzysztof	18	SILESIA MARATHON CLUB	M-40	00:00:42	00:14:39	00:42:09	01:10:58	01:39:04
475	KIDABIONEK Olga	222		K-30	00:00:42	00:15:04	00:42:09	01:10:34	01:39:15
476	BOBKOWSKI Maciej	37	NIGHT RUNNERS PYSKOWICE	M-40	00:00:56	00:15:52	00:43:20	01:11:14	01:39:42
477	STRZELECKI Rafał	470	SOCIOS SILESIA	M-30	00:01:03	00:15:23	00:41:46	01:09:15	01:39:48
478	ŻMUDA Marcin	552		M-20	00:01:08	00:15:51	00:44:00	01:12:27	01:40:04
479	ŻMUDA Krzysztof	553		M-20	00:01:08	00:15:51	00:44:01	01:12:27	01:40:04
480	TYRKA Anna	490		K-40	00:01:00	00:15:37	00:43:58	01:12:19	01:40:08
481	BUFNAL Krzysztof	55		M-40	00:01:09	00:15:11	00:42:14	01:10:32	01:40:10
482	SZPYRKA Tomasz	476		M-30	00:00:57	00:15:46	00:44:14	01:12:36	01:40:16
483	BRUDKOWSKI Tomasz	49	MOKA	M-30	00:01:00	00:15:38	00:44:28	01:12:11	01:40:17
484	BUGAJ Katarzyna	56	LAKE RUNNERS	K-40	00:00:47	00:15:36	00:42:56	01:11:35	01:40:18
485	STAWSKA Joanna	464	BIEGAJ Z TRENERAMI	K-50	00:00:48	00:15:23	00:43:04	01:11:57	01:40:22
486	DYGOŃ Małgorzata	99	BIEGAJ Z TRENERAMI	K-40	00:00:49	00:15:23	00:43:02	01:11:55	01:40:22
487	KALINOWSKI Krzysztof	200	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	00:00:45	00:15:05	00:42:15	01:10:25	01:40:48
488	TLON Marcin	597		M-20	00:00:54	00:16:38	00:45:34	01:14:29	01:40:49
489	LATA Monika	275		K-40	00:01:02	00:16:22	00:44:11	01:12:28	01:40:50

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
490	WOSIAK Katarzyna	521		K-30	00:00:18	00:14:45	00:41:34	01:10:17	01:40:51
491	MARYNIAK- KOLINSKI Mariola	314		K-40	00:16:52	00:14:59	00:43:02	01:12:07	01:40:52
492	GOŁĘBIEWSKI Kazimierz	138	KEMPER TEAM	M-40	00:01:04	00:15:35	00:43:11	01:12:36	01:40:53
493	WÓJCIK Józefa	524	GCE GLIWICE	K-50	00:00:51	00:15:03	00:42:15	01:11:19	01:40:57
494	NOWAK Sebastian	357	MIECHOWICKA GRUPA BIEGOWA	M-40	00:01:05	00:16:30	00:45:25	01:14:06	01:41:00
495	BIAŁASIK Monika	27		K-30	00:01:03	00:15:36	00:44:03	01:12:34	01:41:08
496	SAPA Lucjan	428		M-50	00:00:50	00:15:15	00:42:53	01:11:43	01:41:09
497	KILAR-HOSZOWSKA Sabina	225	MEDUZY	K-30	00:00:53	00:15:32	00:43:25	01:12:14	01:41:10
498	LINDENBERG Jarosław	587		M-30	00:00:59	00:15:36	00:44:10	01:12:40	01:41:14
499	ZWOLIŃSKA Katarzyna	642	HURAGAN LIGOTA	K-40	00:00:48	00:16:46	00:43:57	01:12:43	01:41:19
500	SEREDA Maciej	575		M-20	00:00:53	00:15:48	00:44:17	01:13:21	01:41:25
501	PIŁAT Jarosław	388	PACEMAKER	M-40	00:00:44	00:15:47	00:44:22	01:12:53	01:41:28
502	ŁATAK - SKRABUT Basia	284	PACEMAKER	K-40	00:00:43	00:15:49	00:44:23	01:12:54	01:41:29
503	MACZUGA Bartłomiej	294	PACEMAKER	M-30	00:00:44	00:15:48	00:44:23	01:12:54	01:41:30
504	GIERAS Mirosław	131		M-40	00:00:49	00:15:37	00:44:03	01:12:53	01:41:41
505	WOŹNIAK Paweł	522	W POGONI ZA DUCHEM	M-40	00:01:06	00:15:51	00:44:27	01:14:13	01:41:51
506	MAŃKA Zofia	305		K-20	00:01:04	00:15:53	00:44:31	01:14:16	01:41:53
507	DESZCZYŃSKI Łukasz	94		M-30	00:00:33	00:14:39	00:41:21	01:11:06	01:41:59
508	ONOPIUK Natalia	366		K-30	00:01:03	00:15:35	00:44:04	01:12:35	01:42:03
509	CETERA Kamila	65		K-40	00:00:44	00:15:49	00:44:24	01:13:08	01:42:04
510	METERA Kamil	586	SPARTAN KNURÓW	M-30	00:01:01	00:15:33	00:42:08	01:11:02	01:42:09
511	BAJOR Agnieszka	10		K-30	00:01:03	00:15:41	00:43:56	01:12:49	01:42:19
512	PIĄTY Kamil	381		M-40	00:00:42	00:14:52	00:42:06	01:09:45	01:42:23
513	SUSEL Alek	646		M-30	00:00:02	00:17:09	00:42:55	01:15:17	01:42:35
514	WHITE Ashley	508	KLUB BIEGACZA FARTLEK	K-40	00:00:59	00:15:42	00:44:23	01:13:49	01:42:41
515	ZARYCHTA Łukasz	536	FAT MAMA'S SPORT KLUB	M-40	00:00:41	00:14:53	00:42:07	01:11:03	01:42:57
516	GLADKOWSKA Małgorzata	134		K-30	00:00:30	00:14:54	00:42:30	01:12:10	01:43:07
517	ŻYGŁOWICZ Sylwia	555		K-30	00:01:01	00:15:47	00:44:11	01:13:04	01:43:13
518	MAĆKOWIAK Mirosław	295	NIEZRZESZONY	M-60	00:00:59	00:15:35	00:43:50	01:13:06	01:43:30
519	SZYMALA Piotr	478		M-20	00:00:58	00:15:37	00:44:12	01:13:50	01:43:33
520	MENDLA Anna	320		K-30	00:00:44	00:15:12	00:43:26	01:13:12	01:43:43
521	ZMARZLY Wiktor	546		M-40	00:00:42	00:15:12	00:42:46	01:13:02	01:43:51
522	FRUK Kamil	585		M-30	00:00:47	00:16:19	00:46:25	01:16:35	01:44:06
523	GROMADZKA Justyna	151	KOBIETY WATAHY	K-30	00:00:41	00:14:55	00:42:59	01:12:54	01:44:08
524	ZIAJA Robert	543	ROBERT ALKOHOLIK	M-40	00:00:49	00:15:45	00:44:22	01:13:09	01:44:08
525	KRZYWDA Tomasz	259		M-50	00:00:48	00:15:45	00:44:23	01:13:10	01:44:11
526	WILCZEK Małgorzata	513		K-30	00:00:51	00:15:57	00:44:30	01:14:24	01:44:16
527	GIBAS Dawid	130	SOCIOS SILESIA	M-40	00:00:18	00:14:48	00:42:56	01:13:38	01:44:18
528	OGAZA Małgorzata	364		K-40	00:01:03	00:15:38	00:44:05	01:13:49	01:44:20
529	SKOPOWSKA Klaudia	445	SREBRNI BIEGACZE TARNOWSKIE GÓRY	K-50	00:01:03	00:16:04	00:44:55	01:14:42	01:44:21
530	HEINRICH Żaneta	165		K-20	00:01:03	00:15:36	00:44:06	01:13:19	01:44:22
531	BUCHAL Katarzyna	53		K-50	00:00:27	00:15:44	00:44:23	01:14:30	01:44:28
532	ZAWIŁA Agnieszka	539		K-30	00:01:08	00:16:14	00:44:30	01:14:16	01:44:28
533	BATEJKO Beata	16	SPORT WSPIERAMY NAUKOWO	K-40	00:00:54	00:15:46	00:44:48	01:14:28	01:44:32
534	WLACH Anna	516	PACEMAKER	K-40	00:00:51	00:15:48	00:44:50	01:14:39	01:44:33
535	LISZKA Ela	282	PACEMAKER	K-40	00:00:51	00:15:49	00:44:50	01:14:40	01:44:41

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
536	KOZACZKA Włodzimierz	248		M-40	00:01:02	00:16:09	00:44:47	01:14:24	01:44:56
537	ZIAJKA Kamil	631		M-20	00:00:57	00:15:34	00:42:05	01:08:26	01:45:16
538	ANTCZAK Krzysztof	4		M-40	00:00:36	00:15:58	00:44:50	01:14:57	01:45:21
539	KLEPCZYŃSKA Sabina	228		K-40	00:00:53	00:15:48	00:44:50	01:14:39	01:45:28
540	BLAUT-KUBANEK Anna	35		K-40	00:00:46	00:15:46	00:44:25	01:14:44	01:46:13
541	SOBIERAJ Wojciech	454	VIASAT MONITORING	M-40	00:00:46	00:15:47	00:44:26	01:14:38	01:46:18
542	KUZMYNSKA Kateryna	619		K-30	00:00:24	00:15:11	00:43:31	01:14:22	01:46:19
543	BŁAUT Jerzy	36	IX LO	M-50	00:00:58	00:15:24	00:43:40	01:14:25	01:46:23
544	KACZKIEWICZ Damian	630	NIGHT RUNNERS GLIWICE	M-40	00:00:59	00:15:36	00:44:30	01:14:23	01:46:23
545	GUŚCIORA Maciej	163		M-20	00:00:45	00:14:53	00:43:57	01:14:08	01:46:24
546	FRUK Natalia	113		K-30	00:00:47	00:16:19	00:46:24	01:16:34	01:46:37
547	CHAFFARI Messaoud	66		M-20	00:00:47	00:15:12	00:42:13	01:11:10	01:46:38
548	LATA Piotr	274		M-40	00:01:02	00:16:22	00:45:41	01:16:05	01:46:38
549	KOKOT Justyna	572		K-40	00:01:06	00:15:46	00:44:42	01:15:36	01:47:05
550	CIEŚLIK Jakub	603		M-30	00:00:44	00:15:49	00:44:07	01:14:01	01:47:36
551	WOJDANOWSKA Małgorzata	517	LECYMY DURŚ	K-30	00:01:04	00:15:38	00:43:33	01:14:53	01:47:39
552	WDZIĘKOŃSKI Rafał	506		M-40	00:00:48	00:15:33	00:44:17	01:14:23	01:47:44
553	UH Kuba	493		M-30	00:01:06	00:15:51	00:44:28	01:14:34	01:48:02
554	WOLIŃSKI Józef	519		M-50	00:00:55	00:16:43	00:46:21	01:17:09	01:48:03
555	STANKIEWICZ Jakub	461		M-20	00:01:09	00:17:22	00:47:57	01:18:24	01:48:11
556	GARBACZ Asia	123		K-30	00:00:54	00:15:50	00:45:13	01:16:32	01:48:29
557	SKOCZYLAS Tomasz	444	WOLNOBIEGACZE	M-50	00:00:52	00:15:50	00:44:52	01:15:53	01:48:39
558	WACŁAWIK Leszek	500		M-30	00:00:47	00:16:02	00:45:34	01:16:47	01:48:49
559	NIEDBALSKA Sandra	345		K-30	00:00:52	00:15:50	00:45:25	01:17:04	01:49:02
560	SKRZĄTEK Katarzyna	448		K-20	00:00:52	00:16:02	00:45:28	01:17:45	01:51:36
561	WACŁAWEK Tomek	399	TEAM TOMSON	M-20	00:00:27	00:15:52	00:46:01	01:18:21	01:52:22
562	BEDNAREK Krzysztof	20		M-30	00:00:59	00:16:25	00:46:14	01:17:52	01:52:32
563	SZEWczyk Zbigniew	475		M-30	00:00:57	00:16:03	00:45:58	01:18:26	01:52:35
564	ŚWIDEREK Aleksandra	481		K-30	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24
565	KARNIA Agnieszka	209		K-30	00:00:55	00:17:28	00:48:44	01:21:29	01:53:24
566	PIECHOWICZ-KUROWSKA Agata	382		K-30	00:00:55	00:17:28	00:48:45	01:21:30	01:53:24
567	BIEGUN Krzysztof	30		M-50	00:01:06	00:16:40	00:47:04	01:20:25	01:54:15
568	JASIŃSKA Klaudia	187	AKTYWNI SUCHA GÓRA	K-40	00:01:10	00:16:48	00:47:24	01:20:24	01:54:17
569	MIGDAŁ Iwona	330	SLOW JOGGING GLIWICE	K-40	00:01:00	00:16:36	00:47:30	01:20:33	01:54:27
570	ZEMŁA Piotr	542		M-50	00:00:58	00:16:23	00:47:36	01:20:43	01:54:56
571	CIUK Iwona	618	BIEGAJ Z TRENERAMI!	K-50	00:00:50	00:16:41	00:47:57	01:21:19	01:55:00
572	SITKO Dagmara	440		K-30	00:01:13	00:17:24	00:49:48	01:22:54	01:56:19
573	KASPEREK Ireneusz	212		M-40	00:01:08	00:17:30	00:49:54	01:22:59	01:56:25
574	POGORZELSKA-KLIKS Agata	394		K-40	00:01:08	00:17:28	00:49:53	01:23:13	01:56:32
575	JUNGA Joanna	629		K-20	00:01:15	00:17:47	00:50:27	01:23:09	01:57:10
576	HEINE Andrzej	565	PKO BANK POLSKI	M-40	00:00:13	00:13:05	00:46:37	01:24:23	01:57:29
577	KRUKOWSKA Monika	256		K-30	00:00:33	00:16:47	00:49:08	01:24:33	01:58:12
578	FABRY Rafał	104		M-40	00:01:06	00:16:53	00:49:26	01:23:50	02:00:20
579	KUZIA Bogusław	268		M-50	00:01:02	00:17:28	00:50:06	01:24:35	02:00:59
580	BRODA Zuzanna	43		K-20	00:01:09	00:18:46	00:50:49	01:28:05	02:01:35
581	BRODA Hanna	44	#FLOWBEZBARIER	K-30	00:01:24	00:21:04	00:53:48	01:29:54	02:06:09

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.5km	7.2km	11.9km	16.6km
582	KASPRZYK Agnieszka	215		K-30	00:00:31	00:17:37	00:52:58	01:28:11	02:06:26
583	GŁĄB Mariola	136		K-30	00:00:57	00:17:46	00:52:47	01:31:03	02:10:47
584	WĘGIEL Kacper	507	KB ORŁY Z KNUROWA	M-20	00:01:10	00:18:30	00:54:07	01:34:20	02:13:40
585	GAWEŁ Krzysztof	125		M-50	00:00:00	01:05:12			
586	GRABA Katarzyna	146	TURBORÓWKA	K-20	00:00:00	01:17:01			
587	WÓJCIK Tomasz	563	FDG SA	M-30	00:00:00	01:05:34	01:30:37		
588	KAMIŃSKI Marcin	205		M-20	00:00:00				
589	BEDNAREK Martin	21	STARY HANGAR	M-20	00:00:03	00:10:34	00:32:01		
590	PYKA Marek	639	CHOP ZE ŻELAZA TRI TEAM	M-40	00:00:06	00:11:01	00:31:18	01:01:46	
591	ŁATKA Łukasz	285	PACEMAKER	M-30	00:00:17	00:12:32	00:35:15	00:57:51	
592	KOŁODZIEJCZYK Monika	234	JURA TEAM	K-30	00:00:32	00:13:57	00:38:13		
593	SITKO Grzegorz	441		M-30	00:00:34	00:15:23	00:44:08		
594	MAŁOTA Bartłomiej	304		M-30	00:00:34	00:16:47	00:49:07	01:24:34	
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)