



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

## VII PÓŁMARATON GLIWICKI

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	7.2km	11.9km	16.6km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>WOLNIK Mateusz</b>	<b>578</b>	AKTYWNI LYSKI	M-30	1	00:00:02	00:09:11	00:25:38	00:42:33	00:59:11	<b>01:15:08.95</b>	<b>01:15:11.00</b>		3:33	16.9 (100%)
2	<b>TRESKA Piotr</b>	<b>488</b>	RUNHOGS TYCHY / SPLA TYCHY / BIEGNEPO230.PL	M-30	2	00:00:02	00:09:30	00:26:19	00:43:32	01:00:17	<b>01:16:25.60</b>	<b>01:16:28.30</b>	+00:01:16 (1.7%)	3:37	16.6 (98.2%)
3	<b>ROZMUS Norbert</b>	<b>411</b>		M-30	3	00:00:03	00:09:40	00:27:10	00:44:47	01:01:58	<b>01:17:50.45</b>	<b>01:17:53.60</b>	+00:02:41 (3.5%)	3:41	16.3 (96.4%)
4	<b>HARĘŻA Marek</b>	<b>628</b>		M-30	4	00:00:02	00:09:41	00:27:06	00:44:49	01:02:32	<b>01:19:14.40</b>	<b>01:19:17.35</b>	+00:04:05 (5.2%)	3:45	16 (94.7%)
5	<b>BARTOSIK Sebastian</b>	<b>13</b>	FORMA WODZISŁAW ŚLĄSKI / MOJŻYSZ TEAM	M-30	5	00:00:03	00:09:39	00:27:09	00:45:04	01:02:50	<b>01:19:50.30</b>	<b>01:19:53.85</b>	+00:04:41 (5.9%)	3:47	15.9 (94.1%)
6	<b>DENICKI Przemek</b>	<b>93</b>	EX TEAM	M-30	6	00:00:03	00:10:05	00:27:58	00:45:59	01:03:52	<b>01:20:20.70</b>	<b>01:20:23.70</b>	+00:05:11 (6.5%)	3:48	15.8 (93.5%)
7	<b>URBAŃCZYK Karol</b>	<b>496</b>	NON STOP TRAIL	M-30	7	00:00:03	00:09:39	00:27:14	00:45:35	01:03:55	<b>01:21:40.50</b>	<b>01:21:44.05</b>	+00:06:31 (8.0%)	3:52	15.5 (91.7%)
8	<b>PRZELIORZ Tomasz</b>	<b>400</b>	INŻYNIERIA BIEGANIA	M-30	8	00:00:02	00:09:59	00:28:06	00:46:41	01:04:49	<b>01:21:51.40</b>	<b>01:21:53.55</b>	+00:06:42 (8.2%)	3:52	15.5 (91.7%)
9	<b>BUJNOWSKI Artur</b>	<b>59</b>	TL ROW RYBNIK	M-30	9	00:00:02	00:10:04	00:27:59	00:46:18	01:04:33	<b>01:22:12.45</b>	<b>01:22:15.15</b>	+00:07:03 (8.6%)	3:53	15.4 (91.1%)
10	<b>BAGSIK Mateusz</b>	<b>7</b>		M-30	10	00:00:13	00:10:02	00:27:58	00:47:08	01:05:52	<b>01:23:18.00</b>	<b>01:23:31.45</b>	+00:08:09 (9.8%)	3:56	15.2 (89.9%)
11	<b>OSETEK Paweł</b>	<b>369</b>	RADLINIOKI W BIEGU	M-30	11	00:00:04	00:09:57	00:28:15	00:47:47	01:06:47	<b>01:25:20.85</b>	<b>01:25:25.00</b>	+00:10:11 (11.9%)	4:02	14.8 (87.6%)
12	<b>GORAUS Kamil</b>	<b>141</b>	RUN RUN RUN	M-30	12	00:00:06	00:10:31	00:29:20	00:48:51	01:07:50	<b>01:25:41.25</b>	<b>01:25:47.90</b>	+00:10:32 (12.3%)	4:03	14.8 (87.6%)
13	<b>JÓZEFIK Dawid</b>	<b>196</b>	JKLA JAWOR	M-30	13	00:00:04	00:10:33	00:29:27	00:48:51	01:07:42	<b>01:25:46.40</b>	<b>01:25:51.30</b>	+00:10:37 (12.4%)	4:03	14.8 (87.6%)
14	<b>KOZIARSKI Michał</b>	<b>249</b>	LKS SIERAKÓW ŚLĄSKI	M-30	14	00:00:15	00:10:30	00:29:03	00:48:20	01:07:30	<b>01:26:10.30</b>	<b>01:26:25.40</b>	+00:11:01 (12.8%)	4:05	14.7 (87.0%)
15	<b>BOGATZKI Marek</b>	<b>39</b>		M-30	15	00:00:05	00:10:05	00:28:35	00:48:47	01:08:28	<b>01:27:50.70</b>	<b>01:27:56.30</b>	+00:12:41 (14.5%)	4:09	14.4 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
16	<b>SPRUTTA Robert</b>	<b>458</b>		M-30	16	00:00:05	00:10:55	00:29:52	00:49:41	01:09:11	<b>01:28:01.15</b>	<b>01:28:06.75</b>	+00:12:52 (14.6%)	4:10	14.4 (85.2%)
17	<b>KLIMA Adam</b>	<b>229</b>	RUNHOGS TYCHY	M-30	17	00:00:05	00:10:30	00:29:50	00:49:48	01:09:40	<b>01:28:28.95</b>	<b>01:28:34.25</b>	+00:13:20 (15.1%)	4:11	14.3 (84.6%)
18	<b>HOFFMANN Nikodem</b>	<b>167</b>		M-30	18	00:00:26	00:11:20	00:31:14	00:51:14	01:10:44	<b>01:29:18.50</b>	<b>01:29:44.95</b>	+00:14:09 (15.9%)	4:13	14.2 (84.0%)
19	<b>NOWICKI Szymon</b>	<b>361</b>		M-30	19	00:00:07	00:11:00	00:30:32	00:50:42	01:10:31	<b>01:29:19.65</b>	<b>01:29:27.55</b>	+00:14:10 (15.9%)	4:13	14.2 (84.0%)
20	<b>STASIKOWSKI Łukasz</b>	<b>463</b>		M-30	20	00:00:06	00:11:01	00:31:11	00:51:33	01:11:14	<b>01:29:21.15</b>	<b>01:29:28.00</b>	+00:14:12 (15.9%)	4:14	14.2 (84.0%)
21	<b>BIAŁY Kamil</b>	<b>28</b>	FAST FOOT TEAM SIEWIERZ	M-30	21	00:00:09	00:11:01	00:31:09	00:51:30	01:11:12	<b>01:29:34.80</b>	<b>01:29:44.10</b>	+00:14:25 (16.1%)	4:14	14.1 (83.4%)
22	<b>KORZUSZNIK Wojciech</b>	<b>241</b>	LUXTORPEDA CZERWIONKA	M-30	22	00:00:06	00:11:03	00:31:18	00:51:38	01:11:16	<b>01:29:43.45</b>	<b>01:29:49.70</b>	+00:14:34 (16.2%)	4:15	14.1 (83.4%)
23	<b>ŻOŁĄDŹ Piotr</b>	<b>554</b>	TEAM ARTIVENT	M-30	23	00:00:09	00:11:00	00:31:09	00:51:29	01:11:11	<b>01:29:43.60</b>	<b>01:29:52.70</b>	+00:14:34 (16.2%)	4:15	14.1 (83.4%)
24	<b>SKOCZEK Jakub</b>	<b>443</b>		M-30	24	00:00:31	00:11:12	00:31:08	00:51:28	01:11:15	<b>01:29:58.10</b>	<b>01:30:30.00</b>	+00:14:49 (16.5%)	4:15	14.1 (83.4%)
25	<b>GORCZYCKI Arkadiusz</b>	<b>142</b>	MIECHOWICKA GRUPA BIEGOWA/RESHAPE RUNNERS	M-30	25	00:00:08	00:11:18	00:32:04	00:53:03	01:13:17	<b>01:31:57.00</b>	<b>01:32:05.15</b>	+00:16:48 (18.3%)	4:21	13.8 (81.7%)
26	<b>GARUS Bartłomiej</b>	<b>124</b>	YNO 1	M-30	26	00:00:14	00:11:14	00:31:16	00:51:56	01:12:27	<b>01:32:04.80</b>	<b>01:32:19.60</b>	+00:16:55 (18.4%)	4:21	13.8 (81.7%)
27	<b>TEKLA Krzysztof</b>	<b>484</b>		M-30	27	00:00:10	00:11:07	00:31:23	00:51:51	01:12:26	<b>01:32:51.75</b>	<b>01:33:02.25</b>	+00:17:42 (19.1%)	4:24	13.6 (80.5%)
28	<b>JAWOREK Jacek</b>	<b>190</b>	SPRYTNA BANIA SPONTAN TEAM // JBC365	M-30	28	00:00:13	00:11:24	00:31:56	00:52:51	01:13:24	<b>01:32:55.90</b>	<b>01:33:09.25</b>	+00:17:46 (19.1%)	4:24	13.6 (80.5%)
29	<b>MIRONOWICZ Bartłomiej</b>	<b>335</b>		M-30	29	00:00:12	00:10:57	00:31:09	00:51:34	01:12:42	<b>01:33:15.25</b>	<b>01:33:27.90</b>	+00:18:06 (19.4%)	4:25	13.6 (80.5%)
30	<b>WIERZCHOWSKI Jędrzej</b>	<b>511</b>		M-30	30	00:00:09	00:11:21	00:32:05	00:53:42	01:14:57	<b>01:34:27.90</b>	<b>01:34:36.90</b>	+00:19:18 (20.4%)	4:28	13.4 (79.3%)
31	<b>FRANKIEWICZ Artur</b>	<b>111</b>		M-30	31	00:00:08	00:11:01	00:31:27	00:52:42	01:13:55	<b>01:34:42.70</b>	<b>01:34:51.35</b>	+00:19:33 (20.7%)	4:29	13.4 (79.3%)
32	<b>MARCINIAK Rafał</b>	<b>308</b>	8A.PL	M-30	32	00:00:39	00:12:16	00:33:46	00:54:58	01:16:00	<b>01:35:55.60</b>	<b>01:36:35.00</b>	+00:20:46 (21.7%)	4:32	13.2 (78.1%)
33	<b>MEKIER Bartek</b>	<b>591</b>		M-30	33	00:00:25	00:12:11	00:33:48	00:55:34	01:16:51	<b>01:36:29.45</b>	<b>01:36:55.10</b>	+00:21:20 (22.1%)	4:34	13.1 (77.5%)
34	<b>GĄSZCZAK Michał</b>	<b>127</b>	RUNHOGS TYCHY	M-30	34	00:00:07	00:11:01	00:32:19	00:54:31	01:16:15	<b>01:36:40.60</b>	<b>01:36:48.05</b>	+00:21:31 (22.3%)	4:34	13.1 (77.5%)
35	<b>KOWOLIK Łukasz</b>	<b>247</b>	TAURON TEAM	M-30	35	00:00:20	00:12:26	00:34:37	00:56:23	01:17:00	<b>01:36:41.50</b>	<b>01:37:02.25</b>	+00:21:32 (22.3%)	4:34	13.1 (77.5%)
36	<b>LEPIARCZYK Sławomir</b>	<b>280</b>		M-30	36	00:00:13	00:11:28	00:32:00	00:53:56	01:15:38	<b>01:36:42.80</b>	<b>01:36:56.20</b>	+00:21:33 (22.3%)	4:34	13.1 (77.5%)
37	<b>MEDES Marcin</b>	<b>319</b>		M-30	37	00:00:12	00:12:11	00:33:53	00:55:50	01:17:10	<b>01:37:21.65</b>	<b>01:37:34.40</b>	+00:22:12 (22.8%)	4:36	13 (76.9%)
38	<b>MARKOWSKI Przemysław</b>	<b>311</b>	PACEMAKER / SZLABANOWCY RUNNING TEAM	M-30	38	00:00:10	00:11:54	00:33:53	00:55:53	01:17:06	<b>01:37:51.35</b>	<b>01:38:01.75</b>	+00:22:42 (23.2%)	4:38	12.9 (76.3%)
39	<b>STAŃCZYK Przemek</b>	<b>462</b>		M-30	39	00:00:09	00:12:03	00:34:04	00:56:16	01:18:17	<b>01:38:25.20</b>	<b>01:38:34.95</b>	+00:23:16 (23.6%)	4:39	12.9 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
40	<b>SPYRA Kamil</b>	<b>459</b>	SPYROWKA	M-30	40	00:00:14	00:11:16	00:32:02	00:54:54	01:17:53	<b>01:38:30.05</b>	<b>01:38:44.10</b>	+00:23:21 (23.7%)	4:40	12.9 (76.3%)
41	<b>TABIŚ Bartosz</b>	<b>611</b>		M-30	41	00:00:20	00:11:47	00:33:46	00:55:55	01:17:55	<b>01:38:38.60</b>	<b>01:38:59.40</b>	+00:23:29 (23.8%)	4:40	12.8 (75.7%)
42	<b>BIELA Grzegorz</b>	<b>31</b>	NIGHT RUNNERS PYSKOWICE	M-30	42	00:00:07	00:11:26	00:32:50	00:55:37	01:17:49	<b>01:39:17.15</b>	<b>01:39:24.95</b>	+00:24:08 (24.3%)	4:42	12.8 (75.7%)
43	<b>DABROWSKI Bartosz</b>	<b>90</b>		M-30	43	00:00:58	00:13:07	00:35:34	00:58:21	01:20:03	<b>01:40:03.40</b>	<b>01:41:02.25</b>	+00:24:54 (24.9%)	4:44	12.7 (75.1%)
44	<b>SZOŁTYSEK Adrian</b>	<b>556</b>		M-30	44	00:00:20	00:11:45	00:33:44	00:55:45	01:17:49	<b>01:40:04.70</b>	<b>01:40:25.00</b>	+00:24:55 (24.9%)	4:44	12.7 (75.1%)
45	<b>ZAKRZOWSKI Krzysztof</b>	<b>532</b>		M-30	45	00:00:16	00:11:49	00:33:50	00:56:19	01:18:49	<b>01:40:21.90</b>	<b>01:40:38.30</b>	+00:25:12 (25.1%)	4:45	12.6 (74.6%)
46	<b>RÓŻAŃSKI Michał</b>	<b>413</b>		M-30	46	00:00:18	00:12:18	00:34:22	00:56:55	01:19:14	<b>01:40:38.00</b>	<b>01:40:56.35</b>	+00:25:29 (25.3%)	4:46	12.6 (74.6%)
46	<b>WILK Dawid</b>	<b>514</b>	PACEMAKER	M-30	46	00:00:09	00:11:54	00:33:54	00:55:54	01:17:59	<b>01:40:38.00</b>	<b>01:40:47.90</b>	+00:25:29 (25.3%)	4:46	12.6 (74.6%)
48	<b>SCHAB Bartłomiej</b>	<b>430</b>		M-30	48	00:00:00	00:12:55	00:34:37	00:56:59	01:19:33	<b>01:40:55.00</b>	<b>01:40:55.00</b>	+00:25:46 (25.5%)	4:46	12.5 (74.0%)
49	<b>STANISZ Marcin</b>	<b>460</b>	NIGHT RUNNERS PYSKOWICE	M-30	49	00:00:26	00:12:10	00:34:14	00:56:46	01:19:35	<b>01:41:13.55</b>	<b>01:41:39.85</b>	+00:26:04 (25.8%)	4:47	12.5 (74.0%)
50	<b>JAWOREK Adam</b>	<b>189</b>		M-30	50	00:00:06	00:11:00	00:31:41	00:54:23	01:17:52	<b>01:41:19.80</b>	<b>01:41:26.20</b>	+00:26:10 (25.8%)	4:48	12.5 (74.0%)
51	<b>KRZANOWSKI Marcin</b>	<b>257</b>	OASIS SPORT TEAM	M-30	51	00:00:20	00:12:17	00:34:26	00:57:12	01:19:56	<b>01:41:21.30</b>	<b>01:41:41.65</b>	+00:26:12 (25.9%)	4:48	12.5 (74.0%)
52	<b>JAGIEŁA Michał</b>	<b>177</b>		M-30	52	00:00:45	00:12:11	00:33:56	00:56:22	01:19:08	<b>01:41:21.75</b>	<b>01:42:07.60</b>	+00:26:12 (25.9%)	4:48	12.5 (74.0%)
53	<b>KOWALCZYK Jordan</b>	<b>245</b>		M-30	53	00:00:28	00:12:39	00:35:04	00:57:43	01:20:23	<b>01:41:24.80</b>	<b>01:41:53.50</b>	+00:26:15 (25.9%)	4:48	12.5 (74.0%)
54	<b>CIEŚLIK Jarosław</b>	<b>75</b>		M-30	54	00:00:28	00:12:19	00:35:02	00:57:38	01:20:28	<b>01:41:26.20</b>	<b>01:41:54.85</b>	+00:26:17 (25.9%)	4:48	12.5 (74.0%)
55	<b>KIDA Marek</b>	<b>221</b>		M-30	55	00:00:20	00:12:30	00:35:13	00:57:49	01:21:08	<b>01:41:50.40</b>	<b>01:42:11.35</b>	+00:26:41 (26.2%)	4:49	12.4 (73.4%)
56	<b>IWASZKOWSKI Dawid</b>	<b>175</b>		M-30	56	00:00:27	00:13:18	00:35:55	00:58:19	01:20:56	<b>01:42:09.00</b>	<b>01:42:36.95</b>	+00:27:00 (26.4%)	4:50	12.4 (73.4%)
57	<b>BRODAKCI Paweł</b>	<b>45</b>		M-30	57	00:00:19	00:12:32	00:35:14	00:57:50	01:20:41	<b>01:42:17.60</b>	<b>01:42:36.95</b>	+00:27:08 (26.5%)	4:50	12.4 (73.4%)
58	<b>NOWAKOWSKI Arek</b>	<b>358</b>		M-30	58	00:00:20	00:12:24	00:34:17	00:57:18	01:20:42	<b>01:42:22.50</b>	<b>01:42:43.10</b>	+00:27:13 (26.6%)	4:51	12.4 (73.4%)
59	<b>UJMA Michał</b>	<b>494</b>	SII RUNNING TEAM	M-30	59	00:00:00	00:12:17	00:34:09	00:56:58	01:20:07	<b>01:42:24.70</b>	<b>01:42:24.70</b>	+00:27:15 (26.6%)	4:51	12.4 (73.4%)
60	<b>SARNECKI Adam</b>	<b>429</b>		M-30	60	00:00:26	00:12:27	00:35:10	00:57:47	01:21:04	<b>01:42:38.00</b>	<b>01:43:04.25</b>	+00:27:29 (26.8%)	4:51	12.3 (72.8%)
61	<b>BROJA Rafał</b>	<b>47</b>		M-30	61	00:00:06	00:10:49	00:34:47	00:59:56	01:24:28	<b>01:42:59.45</b>	<b>01:43:05.50</b>	+00:27:50 (27.0%)	4:52	12.3 (72.8%)
62	<b>JAROS Marcin</b>	<b>184</b>	OPP KATOWICE	M-30	62	00:00:29	00:13:47	00:35:58	00:58:56	01:21:01	<b>01:43:04.00</b>	<b>01:43:33.80</b>	+00:27:55 (27.1%)	4:53	12.3 (72.8%)
63	<b>ŁATKA Łukasz</b>	<b>285</b>	PACEMAKER	M-30	63	00:00:17	00:12:32	00:35:15	00:57:51		<b>01:43:15.75</b>	<b>01:43:33.40</b>	+00:28:06 (27.2%)	4:53	12.3 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km					
64	<b>MAZUR Kamil</b>	<b>567</b>	PKO BANK POLSKI	M-30	64	00:00:18	00:12:33	00:35:17	00:58:15	01:21:34	<b>01:43:22.60</b>	<b>01:43:41.45</b>	+00:28:13 (27.3%)	4:53	12.2 (72.2%)
65	<b>ŻAAK Michał</b>	<b>549</b>		M-30	65	00:00:12	00:12:04	00:34:26	00:57:33	01:20:56	<b>01:43:22.80</b>	<b>01:43:35.45</b>	+00:28:13 (27.3%)	4:53	12.2 (72.2%)
66	<b>BABIUCH Karol</b>	<b>6</b>		M-30	66	00:00:23	00:12:16	00:34:51	00:57:48	01:21:07	<b>01:43:48.75</b>	<b>01:44:12.60</b>	+00:28:39 (27.6%)	4:55	12.2 (72.2%)
67	<b>NOWACKI Wojciech</b>	<b>354</b>	PACEMAKER // WOJTAS BIEGACZ STOPOWICZ	M-30	67	00:00:17	00:12:33	00:35:16	00:57:52	01:21:12	<b>01:44:25.05</b>	<b>01:44:42.35</b>	+00:29:16 (28.0%)	4:56	12.1 (71.6%)
68	<b>NOWALIŃSKI Grzegorz</b>	<b>360</b>	HOLBOX RUNNERS	M-30	68	00:00:25	00:12:57	00:36:12	00:59:48	01:22:51	<b>01:44:37.05</b>	<b>01:45:02.25</b>	+00:29:28 (28.2%)	4:57	12.1 (71.6%)
69	<b>CHLISTAŁA Jarosław</b>	<b>68</b>	RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM	M-30	69	00:00:21	00:12:56	00:36:04	00:59:47	01:23:23	<b>01:44:39.55</b>	<b>01:45:01.15</b>	+00:29:30 (28.2%)	4:57	12.1 (71.6%)
70	<b>MICHALAK Wojciech</b>	<b>576</b>	KTW TEAM	M-30	70	00:00:23	00:12:33	00:35:06	00:58:18	01:22:25	<b>01:45:01.55</b>	<b>01:45:25.10</b>	+00:29:52 (28.4%)	4:58	12.1 (71.6%)
71	<b>SALAMON Emil</b>	<b>426</b>	OPEL ACTIVE TEAM	M-30	71	00:00:14	00:12:36	00:35:18	00:58:02	01:21:34	<b>01:45:02.30</b>	<b>01:45:16.35</b>	+00:29:53 (28.5%)	4:58	12.1 (71.6%)
72	<b>SKOCZEK Michał</b>	<b>573</b>	HARD BOX OTWOCK	M-30	72	00:00:36	00:13:18	00:35:52	00:59:41	01:23:48	<b>01:46:06.05</b>	<b>01:46:42.25</b>	+00:30:57 (29.2%)	5:01	11.9 (70.4%)
73	<b>RÓWNICKI Marcin</b>	<b>412</b>	#BYLEDOMETY	M-30	73	00:00:23	00:12:35	00:35:36	00:59:13	01:23:10	<b>01:46:28.55</b>	<b>01:46:52.20</b>	+00:31:19 (29.4%)	5:02	11.9 (70.4%)
74	<b>PIZNAL Kamil</b>	<b>391</b>		M-30	74	00:00:36	00:12:34	00:35:21	00:59:18	01:23:24	<b>01:46:35.00</b>	<b>01:47:11.05</b>	+00:31:26 (29.5%)	5:03	11.9 (70.4%)
75	<b>ORDOŃ Bartłomiej</b>	<b>367</b>		M-30	75	00:00:17	00:12:33	00:35:28	00:59:26	01:23:53	<b>01:47:04.70</b>	<b>01:47:22.55</b>	+00:31:55 (29.8%)	5:04	11.8 (69.8%)
76	<b>BIELAK Michał</b>	<b>566</b>	PKO BANK POLSKI	M-30	76	00:00:38	00:12:47	00:35:32	00:59:38	01:23:27	<b>01:47:07.05</b>	<b>01:47:45.80</b>	+00:31:58 (29.8%)	5:04	11.8 (69.8%)
77	<b>OZYP Mariusz</b>	<b>372</b>		M-30	77	00:00:05	00:13:10	00:36:58	01:01:06	01:25:01	<b>01:47:20.35</b>	<b>01:47:25.85</b>	+00:32:11 (30.0%)	5:05	11.8 (69.8%)
78	<b>MARCINIAK Krzysztof</b>	<b>310</b>	KS PEREŁECZKI	M-30	78	00:00:33	00:13:30	00:37:50	01:01:59	01:25:40	<b>01:47:23.25</b>	<b>01:47:56.70</b>	+00:32:14 (30.0%)	5:05	11.8 (69.8%)
79	<b>MICHALSKI Łukasz</b>	<b>327</b>		M-30	79	00:00:24	00:12:53	00:36:00	00:59:51	01:23:58	<b>01:47:32.55</b>	<b>01:47:57.50</b>	+00:32:23 (30.1%)	5:05	11.8 (69.8%)
80	<b>CETERA Łukasz</b>	<b>64</b>	#HUTATEAM	M-30	80	00:01:12	00:13:26	00:37:16	01:00:51	01:24:44	<b>01:47:37.35</b>	<b>01:48:49.35</b>	+00:32:28 (30.2%)	5:06	11.8 (69.8%)
81	<b>RUTKOWSKI Michał</b>	<b>416</b>		M-30	81	00:00:24	00:13:29	00:38:04	01:02:32	01:26:21	<b>01:47:44.45</b>	<b>01:48:08.85</b>	+00:32:35 (30.3%)	5:06	11.8 (69.8%)
82	<b>WIETRZYCKI Mariusz</b>	<b>512</b>		M-30	82	00:00:24	00:13:03	00:35:19	00:59:21	01:23:13	<b>01:47:57.25</b>	<b>01:48:21.65</b>	+00:32:48 (30.4%)	5:06	11.7 (69.2%)
83	<b>DZIWAK Dariusz</b>	<b>102</b>	TIMOTHY	M-30	83	00:00:27	00:12:39	00:35:40	00:59:54	01:24:34	<b>01:48:03.85</b>	<b>01:48:31.25</b>	+00:32:54 (30.5%)	5:07	11.7 (69.2%)
84	<b>KRAJEWSKI Radosław</b>	<b>251</b>		M-30	84	00:00:21	00:12:57	00:36:04	01:00:17	01:25:09	<b>01:48:21.30</b>	<b>01:48:42.40</b>	+00:33:12 (30.6%)	5:08	11.7 (69.2%)
85	<b>KANDEFER Michał</b>	<b>207</b>		M-30	85	00:00:27	00:13:09	00:36:54	01:01:32	01:25:26	<b>01:48:27.50</b>	<b>01:48:54.55</b>	+00:33:18 (30.7%)	5:08	11.7 (69.2%)
86	<b>SEMIK Jakub</b>	<b>432</b>		M-30	86	00:00:37	00:13:25	00:37:43	01:02:42	01:27:11	<b>01:49:44.45</b>	<b>01:50:21.70</b>	+00:34:35 (31.5%)	5:12	11.5 (68.0%)
87	<b>KARWOT Piotr</b>	<b>210</b>	TEAM REDYNA	M-30	87	00:00:30	00:13:20	00:37:52	01:02:37	01:27:01	<b>01:49:57.50</b>	<b>01:50:27.75</b>	+00:34:48 (31.7%)	5:12	11.5 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
88	<b>RYŚ Kamil</b>	<b>421</b>	HUTATEAM	M-30	88	00:00:34	00:13:58	00:38:03	01:02:42	01:26:58	<b>01:50:17.05</b>	<b>01:50:51.55</b>	+00:35:08 (31.9%)	5:13	11.5 (68.0%)
89	<b>ANTOSZ Wojciech</b>	<b>5</b>		M-30	89	00:00:22	00:13:23	00:37:56	01:02:39	01:27:02	<b>01:50:23.80</b>	<b>01:50:46.05</b>	+00:35:14 (31.9%)	5:13	11.5 (68.0%)
90	<b>KŁYSZ Bartek</b>	<b>231</b>	SEGIECKI NINJA	M-30	90	00:01:04	00:13:10	00:35:36	00:59:51	01:24:30	<b>01:50:47.30</b>	<b>01:51:52.15</b>	+00:35:38 (32.2%)	5:15	11.4 (67.5%)
91	<b>HRYNISZYN Mariusz</b>	<b>170</b>		M-30	91	00:00:36	00:14:26	00:38:39	01:03:38	01:28:15	<b>01:51:07.95</b>	<b>01:51:44.90</b>	+00:35:59 (32.4%)	5:15	11.4 (67.5%)
92	<b>GAŁECZKA Michał</b>	<b>120</b>		M-30	92	00:00:31	00:13:37	00:38:28	01:03:39	01:28:37	<b>01:51:10.85</b>	<b>01:51:42.15</b>	+00:36:01 (32.4%)	5:16	11.4 (67.5%)
93	<b>BELICA Daniel</b>	<b>23</b>		M-30	93	00:01:08	00:13:59	00:38:05	01:02:54	01:27:42	<b>01:51:25.60</b>	<b>01:52:34.25</b>	+00:36:16 (32.6%)	5:16	11.4 (67.5%)
94	<b>PANZ Krzysztof</b>	<b>623</b>		M-30	94	00:00:20	00:12:35	00:36:09	01:00:54	01:26:16	<b>01:51:33.30</b>	<b>01:51:53.35</b>	+00:36:24 (32.6%)	5:17	11.3 (66.9%)
95	<b>KLUBA Łukasz</b>	<b>230</b>	NGB KŁOBUCK	M-30	95	00:00:31	00:13:22	00:37:49	01:02:34	01:27:59	<b>01:52:41.20</b>	<b>01:53:13.15</b>	+00:37:32 (33.3%)	5:20	11.2 (66.3%)
96	<b>SPIECHOWICZ Andrzej</b>	<b>457</b>	KMP ZABRZE	M-30	96	00:00:30	00:12:37	00:35:33	01:01:08	01:27:36	<b>01:52:54.85</b>	<b>01:53:25.45</b>	+00:37:45 (33.4%)	5:21	11.2 (66.3%)
97	<b>CIUMAN Piotr</b>	<b>78</b>	PHD RUNNERS	M-30	97	00:00:41	00:13:22	00:37:38	01:02:19	01:27:54	<b>01:53:14.60</b>	<b>01:53:56.05</b>	+00:38:05 (33.6%)	5:21	11.2 (66.3%)
98	<b>KONIORCZYK Maciej</b>	<b>237</b>		M-30	98	00:00:44	00:14:14	00:39:22	01:04:27	01:29:09	<b>01:53:15.30</b>	<b>01:53:59.45</b>	+00:38:06 (33.6%)	5:22	11.2 (66.3%)
99	<b>GOŁKOWSKI Radosław</b>	<b>139</b>		M-30	99	00:00:17	00:12:52	00:37:28	01:02:55	01:29:03	<b>01:53:33.05</b>	<b>01:53:50.05</b>	+00:38:24 (33.8%)	5:22	11.1 (65.7%)
100	<b>CISZEWSKI Krzysztof</b>	<b>77</b>		M-30	100	00:00:30	00:13:20	00:38:03	01:03:35	01:29:20	<b>01:53:36.65</b>	<b>01:54:07.40</b>	+00:38:27 (33.9%)	5:23	11.1 (65.7%)
101	<b>PRENZENA Paweł</b>	<b>398</b>		M-30	101	00:00:19	00:12:35	00:35:58	01:01:56	01:27:51	<b>01:53:46.85</b>	<b>01:54:06.00</b>	+00:38:37 (34.0%)	5:23	11.1 (65.7%)
102	<b>ZASIEK Amadeusz</b>	<b>538</b>		M-30	102	00:00:33	00:14:34	00:41:04	01:07:04	01:32:10	<b>01:54:28.40</b>	<b>01:55:01.85</b>	+00:39:19 (34.4%)	5:25	11.1 (65.7%)
103	<b>KOPRUCKI Łukasz</b>	<b>239</b>		M-30	103	00:00:52	00:15:06	00:42:02	01:08:36	01:33:27	<b>01:54:34.50</b>	<b>01:55:27.20</b>	+00:39:25 (34.4%)	5:25	11.1 (65.7%)
104	<b>WÓJCIK Tomasz</b>	<b>563</b>	FDG SA	M-30	104	00:00:00	01:05:34	01:30:37			<b>01:54:37.60</b>	<b>01:54:37.60</b>	+00:39:28 (34.4%)	5:25	11 (65.1%)
105	<b>SKOTNICKI Paweł</b>	<b>447</b>		M-30	105	00:00:17	00:12:24	00:35:15	01:00:31	01:27:03	<b>01:54:44.70</b>	<b>01:55:02.45</b>	+00:39:35 (34.5%)	5:26	11 (65.1%)
106	<b>SZCZABEL Krystian</b>	<b>472</b>		M-30	106	00:00:12	00:11:53	00:36:09	01:02:05	01:27:14	<b>01:55:00.20</b>	<b>01:55:13.15</b>	+00:39:51 (34.7%)	5:27	11 (65.1%)
107	<b>GARBACZ Damian</b>	<b>122</b>		M-30	107	00:00:30	00:13:20	00:37:52	01:03:36	01:29:36	<b>01:55:01.60</b>	<b>01:55:31.80</b>	+00:39:52 (34.7%)	5:27	11 (65.1%)
108	<b>JURASZCZYK Jan</b>	<b>197</b>	#HUTATEAM	M-30	108	00:01:11	00:15:18	00:40:24	01:05:57	01:32:12	<b>01:55:05.70</b>	<b>01:56:17.55</b>	+00:39:56 (34.7%)	5:27	11 (65.1%)
109	<b>KORDYŚ Adam</b>	<b>240</b>	KLUB BIEGOWY SZUSZARNIA	M-30	109	00:00:12	00:14:08	00:39:29	01:05:21	01:31:16	<b>01:55:25.55</b>	<b>01:55:37.95</b>	+00:40:16 (34.9%)	5:28	11 (65.1%)
110	<b>BEDNARZ Krzysztof</b>	<b>22</b>		M-30	110	00:00:19	00:12:35	00:36:05	01:01:47	01:28:18	<b>01:55:52.00</b>	<b>01:56:11.45</b>	+00:40:43 (35.1%)	5:29	10.9 (64.5%)
111	<b>SNACHOWSKI Kamil</b>	<b>452</b>	NEXTEER RUNNERS GLIWICE	M-30	111	00:01:18	00:15:05	00:39:29	01:04:03	01:30:18	<b>01:55:54.45</b>	<b>01:57:12.85</b>	+00:40:45 (35.2%)	5:29	10.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
112	<b>RYBACKI Marcin</b>	<b>617</b>		M-30	112	00:01:16	00:15:06	00:39:30	01:04:04	01:30:18	<b>01:55:55.60</b>	<b>01:57:12.50</b>	+00:40:46 (35.2%)	5:29	10.9 (64.5%)
113	<b>MRZYGLÓD Robert</b>	<b>339</b>		M-30	113	00:00:39	00:13:40	00:38:47	01:04:34	01:30:58	<b>01:55:56.00</b>	<b>01:56:35.10</b>	+00:40:47 (35.2%)	5:29	10.9 (64.5%)
114	<b>KWAPIEŃ Aleksander</b>	<b>598</b>		M-30	114	00:00:54	00:15:06	00:41:16	01:07:01	01:32:38	<b>01:56:01.00</b>	<b>01:56:55.15</b>	+00:40:52 (35.2%)	5:29	10.9 (64.5%)
115	<b>MICHAŁOWSKI Rafał</b>	<b>626</b>		M-30	115	00:00:38	00:14:20	00:39:42	01:05:23	01:31:01	<b>01:56:02.00</b>	<b>01:56:40.35</b>	+00:40:53 (35.2%)	5:29	10.9 (64.5%)
116	<b>KOSIŃSKI Marcin</b>	<b>596</b>		M-30	116	00:00:31	00:13:08	00:37:45	01:04:19	01:31:25	<b>01:56:45.90</b>	<b>01:57:17.25</b>	+00:41:36 (35.6%)	5:31	10.8 (63.9%)
117	<b>BAJKACZ Krzysztof</b>	<b>9</b>		M-30	117	00:00:28	00:14:31	00:40:50	01:07:18	01:33:14	<b>01:58:11.40</b>	<b>01:58:40.25</b>	+00:43:02 (36.4%)	5:36	10.7 (63.3%)
118	<b>SMARUJ Piotr</b>	<b>450</b>		M-30	118	00:01:10	00:14:59	00:40:37	01:07:08	01:33:43	<b>01:58:36.75</b>	<b>01:59:47.65</b>	+00:43:27 (36.6%)	5:37	10.7 (63.3%)
119	<b>PIKUL Przemysław</b>	<b>67</b>		M-30	119	00:00:54	00:14:40	00:41:34	01:07:56	01:34:06	<b>01:59:07.00</b>	<b>02:00:01.75</b>	+00:43:58 (36.9%)	5:38	10.6 (62.7%)
120	<b>POKRYSZKA Bartosz</b>	<b>395</b>		M-30	120	00:00:27	00:13:21	00:38:22	01:04:26	01:31:23	<b>01:59:31.45</b>	<b>01:59:59.40</b>	+00:44:22 (37.1%)	5:39	10.6 (62.7%)
121	<b>WIEKIERA Adam</b>	<b>624</b>		M-30	121	00:00:25	00:14:54	00:41:29	01:08:02	01:34:44	<b>01:59:51.90</b>	<b>02:00:17.60</b>	+00:44:42 (37.3%)	5:40	10.6 (62.7%)
122	<b>JARUGA Damian</b>	<b>185</b>		M-30	122	00:00:33	00:14:01	00:39:43	01:07:19	01:33:57	<b>01:59:54.25</b>	<b>02:00:27.40</b>	+00:44:45 (37.3%)	5:40	10.6 (62.7%)
123	<b>JABŁOŃSKI Łukasz</b>	<b>176</b>		M-30	123	00:00:37	00:14:02	00:40:03	01:07:08	01:34:22	<b>01:59:58.40</b>	<b>02:00:35.60</b>	+00:44:49 (37.4%)	5:41	10.6 (62.7%)
124	<b>AKSAMIT Witold</b>	<b>3</b>	BLEES	M-30	124	00:00:43	00:14:18	00:40:45	01:07:44	01:34:27	<b>02:00:07.40</b>	<b>02:00:51.15</b>	+00:44:58 (37.4%)	5:41	10.5 (62.1%)
125	<b>MIKULA Wojciech</b>	<b>332</b>		M-30	125	00:00:15	00:13:54	00:39:56	01:07:16	01:35:02	<b>02:00:23.80</b>	<b>02:00:39.35</b>	+00:45:14 (37.6%)	5:42	10.5 (62.1%)
126	<b>LAUBACH Anna</b>	<b>276</b>	RAAN	M-30	126	00:01:02	00:15:54	00:43:29	01:10:53	01:36:43	<b>02:00:26.95</b>	<b>02:01:29.35</b>	+00:45:18 (37.6%)	5:42	10.5 (62.1%)
127	<b>LAUBACH Radosław</b>	<b>277</b>	RAAN	M-30	127	00:01:02	00:15:54	00:43:29	01:10:54	01:36:44	<b>02:00:27.15</b>	<b>02:01:29.35</b>	+00:45:18 (37.6%)	5:42	10.5 (62.1%)
128	<b>KREMPA Sławomir</b>	<b>254</b>		M-30	128	00:00:34	00:14:14	00:40:00	01:06:22	01:33:51	<b>02:00:46.40</b>	<b>02:01:20.45</b>	+00:45:37 (37.8%)	5:43	10.5 (62.1%)
129	<b>MALCZYK Radosław</b>	<b>302</b>		M-30	129	00:01:07	00:14:47	00:39:41	01:06:42	01:34:53	<b>02:01:21.00</b>	<b>02:02:28.30</b>	+00:46:12 (38.1%)	5:45	10.4 (61.5%)
130	<b>STRZODKA Adam</b>	<b>471</b>		M-30	130	00:00:50	00:15:23	00:42:13	01:09:05	01:36:01	<b>02:01:22.30</b>	<b>02:02:12.40</b>	+00:46:13 (38.1%)	5:45	10.4 (61.5%)
131	<b>GLIŃSKI Michał</b>	<b>135</b>		M-30	131	00:00:50	00:15:22	00:42:13	01:09:03	01:36:01	<b>02:01:32.55</b>	<b>02:02:23.50</b>	+00:46:23 (38.2%)	5:45	10.4 (61.5%)
132	<b>KOPPEL Bartłomiej</b>	<b>238</b>		M-30	132	00:00:54	00:15:01	00:41:51	01:08:39	01:35:24	<b>02:01:53.65</b>	<b>02:02:48.05</b>	+00:46:44 (38.3%)	5:46	10.4 (61.5%)
133	<b>TROCHIMCZYK Marcin</b>	<b>489</b>		M-30	133	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39	<b>02:02:32.40</b>	<b>02:03:14.10</b>	+00:47:23 (38.7%)	5:48	10.3 (60.9%)
134	<b>ZARZYCKI Robert</b>	<b>537</b>		M-30	134	00:00:47	00:12:46	00:36:35	01:02:23	01:32:00	<b>02:02:37.80</b>	<b>02:03:25.05</b>	+00:47:28 (38.7%)	5:48	10.3 (60.9%)
135	<b>GRZYBOWSKI Damian</b>	<b>159</b>		M-30	135	00:00:41	00:13:20	00:38:27	01:05:00	01:33:28	<b>02:03:28.00</b>	<b>02:04:09.10</b>	+00:48:19 (39.1%)	5:51	10.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	7.2km	11.9km	16.6km	21.1km	21.1km			
136	<b>GABOR Robert</b>	<b>115</b>		M-30	136	00:00:48	00:14:46	00:40:51	01:08:36	01:36:07	<b>02:03:32.20</b>	<b>02:04:20.35</b>	+00:48:23 (39.2%)	5:51	10.2 (60.4%)
137	<b>ŁOSEK Adam</b>	<b>286</b>		M-30	137	00:00:41	00:14:32	00:41:05	01:08:23	01:35:39	<b>02:03:59.60</b>	<b>02:04:41.05</b>	+00:48:50 (39.4%)	5:52	10.2 (60.4%)
138	<b>JORDANEK Marcin</b>	<b>195</b>		M-30	138	00:00:49	00:15:02	00:41:58	01:09:12	01:37:38	<b>02:05:43.90</b>	<b>02:06:33.35</b>	+00:50:34 (40.2%)	5:57	10.1 (59.8%)
139	<b>SZPYRKA Tomasz</b>	<b>476</b>		M-30	139	00:00:57	00:15:46	00:44:14	01:12:36	01:40:16	<b>02:06:11.50</b>	<b>02:07:08.50</b>	+00:51:02 (40.4%)	5:58	10 (59.2%)
140	<b>URBANEK Martin</b>	<b>495</b>	ISTA BIEGAMY	M-30	140	00:00:40	00:14:17	00:41:05	01:09:13	01:38:06	<b>02:06:46.85</b>	<b>02:07:27.45</b>	+00:51:37 (40.7%)	6:00	10 (59.2%)
141	<b>KOWALCZYK Tomasz</b>	<b>244</b>	AKMB PĘDZIWIATR GLIWICE	M-30	141	00:01:04	00:15:24	00:42:23	01:09:52	01:37:48	<b>02:07:04.75</b>	<b>02:08:08.90</b>	+00:51:55 (40.9%)	6:01	10 (59.2%)
142	<b>FRUK Kamil</b>	<b>585</b>		M-30	142	00:00:47	00:16:19	00:46:25	01:16:35	01:44:06	<b>02:07:41.55</b>	<b>02:08:29.20</b>	+00:52:32 (41.1%)	6:03	9.9 (58.6%)
143	<b>BRUDKOWSKI Tomasz</b>	<b>49</b>	MOKA	M-30	143	00:01:00	00:15:38	00:44:28	01:12:11	01:40:17	<b>02:08:10.05</b>	<b>02:09:10.50</b>	+00:53:01 (41.4%)	6:04	9.9 (58.6%)
144	<b>LINDENBERG Jarosław</b>	<b>587</b>		M-30	144	00:00:59	00:15:36	00:44:10	01:12:40	01:41:14	<b>02:08:19.10</b>	<b>02:09:18.55</b>	+00:53:10 (41.4%)	6:04	9.9 (58.6%)
145	<b>MACZUGA Bartłomiej</b>	<b>294</b>	PACEMAKER	M-30	145	00:00:44	00:15:48	00:44:23	01:12:54	01:41:30	<b>02:08:33.65</b>	<b>02:09:17.80</b>	+00:53:24 (41.5%)	6:05	9.8 (58.0%)
146	<b>JEZIOR Bartosz</b>	<b>192</b>		M-30	146	00:01:08	00:14:31	00:41:37	01:10:14	01:38:55	<b>02:08:40.55</b>	<b>02:09:49.15</b>	+00:53:31 (41.6%)	6:05	9.8 (58.0%)
147	<b>METERA Kamil</b>	<b>586</b>	SPARTAN KNURÓW	M-30	147	00:01:01	00:15:33	00:42:08	01:11:02	01:42:09	<b>02:11:30.95</b>	<b>02:12:32.05</b>	+00:56:22 (42.9%)	6:13	9.6 (56.8%)
148	<b>DESZCZYŃSKI Łukasz</b>	<b>94</b>		M-30	148	00:00:33	00:14:39	00:41:21	01:11:06	01:41:59	<b>02:11:42.50</b>	<b>02:12:15.95</b>	+00:56:33 (42.9%)	6:14	9.6 (56.8%)
149	<b>STRZELECKI Rafał</b>	<b>470</b>	SOCIOS SILESIA	M-30	149	00:01:03	00:15:23	00:41:46	01:09:15	01:39:48	<b>02:13:48.00</b>	<b>02:14:51.95</b>	+00:58:39 (43.8%)	6:20	9.5 (56.2%)
150	<b>SUSEL Alek</b>	<b>646</b>		M-30	150	00:00:02	00:17:09	00:42:55	01:15:17	01:42:35	<b>02:14:45.00</b>	<b>02:14:47.25</b>	+00:59:36 (44.2%)	6:23	9.4 (55.6%)
151	<b>WACŁAWIK Leszek</b>	<b>500</b>		M-30	151	00:00:47	00:16:02	00:45:34	01:16:47	01:48:49	<b>02:19:32.75</b>	<b>02:20:19.95</b>	+01:04:23 (46.1%)	6:36	9.1 (53.8%)
152	<b>UH Kuba</b>	<b>493</b>		M-30	152	00:01:06	00:15:51	00:44:28	01:14:34	01:48:02	<b>02:21:49.45</b>	<b>02:22:55.95</b>	+01:06:40 (47.0%)	6:43	8.9 (52.7%)
153	<b>CIEŚLIK Jakub</b>	<b>603</b>		M-30	153	00:00:44	00:15:49	00:44:07	01:14:01	01:47:36	<b>02:23:49.90</b>	<b>02:24:34.05</b>	+01:08:40 (47.8%)	6:48	8.8 (52.1%)
154	<b>PALAK Rafał</b>	<b>375</b>		M-30	154	00:01:13	01:21:53	01:54:29			<b>02:25:05.60</b>	<b>02:26:18.80</b>	+01:09:56 (48.2%)	6:52	8.7 (51.5%)
155	<b>BEDNAREK Krzysztof</b>	<b>20</b>		M-30	155	00:00:59	00:16:25	00:46:14	01:17:52	01:52:32	<b>02:27:39.60</b>	<b>02:28:39.50</b>	+01:12:30 (49.1%)	6:59	8.6 (50.9%)
156	<b>SZEWczyk Zbigniew</b>	<b>475</b>		M-30	156	00:00:57	00:16:03	00:45:58	01:18:26	01:52:35	<b>02:31:45.65</b>	<b>02:32:43.45</b>	+01:16:36 (50.5%)	7:11	8.3 (49.1%)
157	<b>MAŁOTA Bartłomiej</b>	<b>304</b>		M-30	157	00:00:34	00:16:47	00:49:07	01:24:34		<b>02:35:15.70</b>	<b>02:35:49.95</b>	+01:20:06 (51.6%)	7:21	8.2 (48.5%)
158	<b>SITKO Grzegorz</b>	<b>441</b>		M-30	158	00:00:34	00:15:23	00:44:08					+00:18:30	6:07	9.8 (58.0%)