



VII PÓŁMARATON GLIWICKI

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| 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 | DULINIEC Tomasz | 98 | GNIOTPOL TEAM | M-40 | 1 | 00:00:02 | 00:09:16 | 00:25:46 | 00:42:43 | 00:59:33 | 01:15:29.10 | 01:15:31.75 | | 3:34 | 16.8 (100%) |
| 2 | IWANCA Leszek | 174 | | M-40 | 2 | 00:00:02 | 00:09:42 | 00:27:10 | 00:45:06 | 01:02:52 | 01:19:40.10 | 01:19:42.35 | +00:04:11 (5.3%) | 3:46 | 15.9 (94.6%) |
| 3 | WIKTORSKI Mieszko | 620 | TRENUJZNAMI.PL | M-40 | 3 | 00:00:03 | 00:09:41 | 00:27:06 | 00:45:05 | 01:02:52 | 01:20:04.30 | 01:20:07.75 | +00:04:35 (5.7%) | 3:47 | 15.8 (94.0%) |
| 4 | KAMIŃSKI Dominik | 203 | HARPAGAN SOSNOWIEC - FICOSA | M-40 | 4 | 00:00:20 | 00:09:46 | 00:27:42 | 00:45:43 | 01:03:36 | 01:20:19.15 | 01:20:39.30 | +00:04:50 (6.0%) | 3:48 | 15.8 (94.0%) |
| 5 | GRYCMAN Marek | 153 | LOVE THE PAIN | M-40 | 5 | 00:00:03 | 00:09:57 | 00:27:53 | 00:46:17 | 01:04:31 | 01:22:02.70 | 01:22:05.85 | +00:06:33 (8.0%) | 3:53 | 15.4 (91.7%) |
| 6 | BUCHTA Adam | 54 | | M-40 | 6 | 00:00:03 | 00:09:58 | 00:28:05 | 00:46:39 | 01:04:48 | 01:22:04.55 | 01:22:08.10 | +00:06:35 (8.0%) | 3:53 | 15.4 (91.7%) |
| 7 | BIEGUN Marcin | 29 | AKTYWNA PSZCZYNA | M-40 | 7 | 00:00:03 | 00:10:22 | 00:29:14 | 00:48:17 | 01:07:02 | 01:24:35.05 | 01:24:38.85 | +00:09:05 (10.8%) | 4:00 | 15 (89.3%) |
| 8 | GRZYWACZ Marcin | 162 | MKS CZECHOWICE-DZIEDZICE | M-40 | 8 | 00:00:03 | 00:10:19 | 00:29:12 | 00:48:16 | 01:07:02 | 01:24:36.05 | 01:24:40.00 | +00:09:06 (10.8%) | 4:00 | 15 (89.3%) |
| 9 | FURMANEK Łukasz | 114 | | M-40 | 9 | 00:00:04 | 00:10:44 | 00:29:46 | 00:49:08 | 01:07:48 | 01:25:14.40 | 01:25:18.50 | +00:09:45 (11.4%) | 4:02 | 14.9 (88.7%) |
| 10 | CHYBA Szymon | 72 | KS KROTOSZ KROTOSZYN | M-40 | 10 | 00:00:05 | 00:10:34 | 00:29:25 | 00:49:12 | 01:08:17 | 01:26:41.80 | 01:26:47.60 | +00:11:12 (12.9%) | 4:06 | 14.6 (86.9%) |
| 11 | CZERNY Tomasz | 88 | AKTYWNE ZABRZE | M-40 | 11 | 00:00:05 | 00:10:29 | 00:29:30 | 00:48:55 | 01:08:04 | 01:26:43.25 | 01:26:48.85 | +00:11:14 (13.0%) | 4:06 | 14.6 (86.9%) |
| 12 | PSZCZOŁA Marcin | 403 | | M-40 | 12 | 00:00:07 | 00:11:00 | 00:31:10 | 00:51:13 | 01:10:45 | 01:29:06.15 | 01:29:13.30 | +00:13:37 (15.3%) | 4:13 | 14.2 (84.5%) |
| 13 | WARDZAŁA Michał | 501 | MARATON TEAM WIELICZKA | M-40 | 13 | 00:00:08 | 00:10:58 | 00:30:57 | 00:51:10 | 01:11:01 | 01:29:29.80 | 01:29:38.45 | +00:14:00 (15.7%) | 4:14 | 14.1 (83.9%) |
| 14 | GOŁĄBEK Rafał | 137 | MARATON TEAM WIELICZKA | M-40 | 14 | 00:00:08 | 00:11:00 | 00:30:58 | 00:51:11 | 01:11:02 | 01:29:30.25 | 01:29:38.75 | +00:14:01 (15.7%) | 4:14 | 14.1 (83.9%) |

| 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 | | | |
| 15 | GRZESIKIEWICZ Mariusz | 157 | | M-40 | 15 | 00:00:07 | 00:11:03 | 00:31:11 | 00:51:31 | 01:11:14 | 01:29:34.95 | 01:29:42.70 | +00:14:05 (15.7%) | 4:14 | 14.1 (83.9%) |
| 16 | STĄPOR Sławomir | 465 | TAURON | M-40 | 16 | 00:00:05 | 00:11:05 | 00:31:13 | 00:51:35 | 01:11:17 | 01:29:40.85 | 01:29:45.85 | +00:14:11 (15.8%) | 4:14 | 14.1 (83.9%) |
| 17 | CHOMIK Rafał | 70 | PACEMAKER | M-40 | 17 | 00:00:06 | 00:11:00 | 00:31:10 | 00:51:31 | 01:11:13 | 01:29:50.15 | 01:29:56.65 | +00:14:21 (16.0%) | 4:15 | 14.1 (83.9%) |
| 18 | PYKA Marek | 639 | CHOP ZE ŻELAZA TRI TEAM | M-40 | 18 | 00:00:06 | 00:11:01 | 00:31:18 | 01:01:46 | | 01:30:12.75 | 01:30:19.15 | +00:14:43 (16.3%) | 4:16 | 14 (83.3%) |
| 19 | OCHMAN Rafał | 362 | OPEL ACTIVE TEAM | M-40 | 19 | 00:00:04 | 00:11:01 | 00:31:03 | 00:51:19 | 01:11:19 | 01:30:19.60 | 01:30:24.35 | +00:14:50 (16.4%) | 4:16 | 14 (83.3%) |
| 20 | WIECHUŁA Marcin | 510 | | M-40 | 20 | 00:00:06 | 00:10:08 | 00:29:28 | 00:50:09 | 01:10:39 | 01:30:26.20 | 01:30:32.25 | +00:14:57 (16.5%) | 4:17 | 14 (83.3%) |
| 21 | BUJAK Marcin | 57 | | M-40 | 21 | 00:00:08 | 00:11:01 | 00:31:11 | 00:51:32 | 01:12:15 | 01:32:25.85 | 01:32:34.10 | +00:16:56 (18.3%) | 4:22 | 13.7 (81.5%) |
| 22 | PACOŃ Sebastian | 593 | DAGMA | M-40 | 22 | 00:00:02 | 00:10:49 | 00:30:58 | 00:51:37 | 01:12:43 | 01:32:52.70 | 01:32:55.25 | +00:17:23 (18.7%) | 4:24 | 13.6 (81.0%) |
| 23 | SITEK Krzysztof | 439 | | M-40 | 23 | 00:00:09 | 00:11:14 | 00:31:26 | 00:52:34 | 01:13:31 | 01:33:24.85 | 01:33:34.15 | +00:17:55 (19.2%) | 4:25 | 13.6 (81.0%) |
| 24 | ZALEWSKI Wojciech | 534 | | M-40 | 24 | 00:00:25 | 00:11:38 | 00:32:21 | 00:53:35 | 01:14:31 | 01:34:04.75 | 01:34:29.95 | +00:18:35 (19.8%) | 4:27 | 13.5 (80.4%) |
| 25 | CZAJKOWSKI Paweł | 82 | WIKI&MAKS | M-40 | 25 | 00:00:10 | 00:11:37 | 00:32:26 | 00:54:03 | 01:14:54 | 01:34:39.95 | 01:34:50.75 | +00:19:10 (20.3%) | 4:29 | 13.4 (79.8%) |
| 26 | PUC Paweł | 404 | TRUCHTACZE GZICHÓW | M-40 | 26 | 00:00:16 | 00:11:12 | 00:31:53 | 00:53:40 | 01:15:01 | 01:34:40.55 | 01:34:56.60 | +00:19:11 (20.3%) | 4:29 | 13.4 (79.8%) |
| 27 | WACŁAWSKI Jacek | 640 | | M-40 | 27 | 00:00:14 | 00:11:07 | 00:31:34 | 00:52:51 | 01:14:07 | 01:34:54.90 | 01:35:09.20 | +00:19:25 (20.5%) | 4:29 | 13.3 (79.2%) |
| 28 | LONKA Michał | 574 | | M-40 | 28 | 00:00:07 | 00:11:44 | 00:32:59 | 00:54:34 | 01:15:39 | 01:35:24.45 | 01:35:31.90 | +00:19:55 (20.9%) | 4:31 | 13.3 (79.2%) |
| 29 | MYNARSKI Sylwester | 601 | DALEKO JESZCZE? | M-40 | 29 | 00:01:23 | 00:12:35 | 00:33:37 | 00:55:00 | 01:15:49 | 01:35:34.65 | 01:36:58.25 | +00:20:05 (21.0%) | 4:31 | 13.2 (78.6%) |
| 30 | STRAMA Adam | 467 | | M-40 | 30 | 00:00:12 | 00:11:29 | 00:32:29 | 00:54:06 | 01:15:30 | 01:35:35.00 | 01:35:47.05 | +00:20:05 (21.0%) | 4:31 | 13.2 (78.6%) |
| 31 | CIEŚLAK Jacek | 74 | | M-40 | 31 | 00:00:15 | 00:12:04 | 00:33:03 | 00:54:40 | 01:15:50 | 01:35:36.95 | 01:35:52.65 | +00:20:07 (21.1%) | 4:31 | 13.2 (78.6%) |
| 32 | BARAŃSKI Rafał | 12 | | M-40 | 32 | 00:00:13 | 00:11:39 | 00:32:55 | 00:54:26 | 01:15:22 | 01:35:44.00 | 01:35:57.75 | +00:20:14 (21.2%) | 4:32 | 13.2 (78.6%) |
| 33 | MADEJSKI Sylwester | 297 | | M-40 | 33 | 00:00:11 | 00:11:33 | 00:32:44 | 00:54:51 | 01:16:15 | 01:35:54.30 | 01:36:05.50 | +00:20:25 (21.3%) | 4:32 | 13.2 (78.6%) |
| 34 | PIKUŁA Jacek | 386 | BIEGNĘ BYLE DOBIEC | M-40 | 34 | 00:01:13 | 00:13:22 | 00:34:47 | 00:55:53 | 01:16:26 | 01:36:01.50 | 01:37:15.35 | +00:20:32 (21.4%) | 4:33 | 13.2 (78.6%) |
| 35 | KWIATKOWSKI Grzegorz | 271 | | M-40 | 35 | 00:00:18 | 00:11:11 | 00:31:10 | 00:53:05 | 01:15:21 | 01:36:19.30 | 01:36:37.55 | +00:20:50 (21.6%) | 4:33 | 13.1 (78.0%) |
| 36 | MIRATYŃSKI Adam | 627 | | M-40 | 36 | 00:00:23 | 00:12:18 | 00:33:18 | 00:54:48 | 01:16:16 | 01:36:49.25 | 01:37:12.65 | +00:21:20 (22.0%) | 4:35 | 13.1 (78.0%) |
| 37 | JASICKI Krzysztof | 186 | RUNHOGS TYCHY | M-40 | 37 | 00:00:07 | 00:11:00 | 00:32:19 | 00:54:33 | 01:16:27 | 01:36:52.90 | 01:37:00.45 | +00:21:23 (22.1%) | 4:35 | 13.1 (78.0%) |
| 38 | MACHURA Arkadiusz | 292 | | M-40 | 38 | 00:00:10 | 00:11:56 | 00:33:54 | 00:55:54 | 01:17:26 | 01:36:53.90 | 01:37:04.40 | +00:21:24 (22.1%) | 4:35 | 13.1 (78.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 39 | NOGA Jacek | 643 | | M-40 | 39 | 00:00:15 | 00:11:47 | 00:33:24 | 00:55:41 | 01:17:02 | 01:36:59.75 | 01:37:15.60 | +00:21:30 (22.2%) | 4:35 | 13.1 (78.0%) |
| 40 | CZYŻ Wojciech | 89 | | M-40 | 40 | 00:00:17 | 00:11:41 | 00:33:00 | 00:55:01 | 01:16:47 | 01:37:29.95 | 01:37:47.50 | +00:22:00 (22.6%) | 4:37 | 13 (77.4%) |
| 41 | KAMIŃSKI Jacek | 204 | ROMET FACTORY TEAM | M-40 | 41 | 00:00:06 | 00:11:02 | 00:31:14 | 00:53:18 | 01:15:55 | 01:37:32.75 | 01:37:39.60 | +00:22:03 (22.6%) | 4:37 | 13 (77.4%) |
| 42 | SZYMAŃSKI Piotr | 479 | | M-40 | 42 | 00:00:09 | 00:11:30 | 00:32:31 | 00:54:45 | 01:16:46 | 01:37:44.50 | 01:37:54.40 | +00:22:15 (22.8%) | 4:37 | 13 (77.4%) |
| 43 | WILK Piotr | 645 | | M-40 | 43 | 00:00:08 | 00:11:57 | 00:33:55 | 00:55:55 | 01:17:27 | 01:38:26.10 | 01:38:34.35 | +00:22:57 (23.3%) | 4:39 | 12.9 (76.8%) |
| 44 | CZAJKA Tomasz | 80 | | M-40 | 44 | 00:00:10 | 00:11:55 | 00:33:54 | 00:56:15 | 01:18:11 | 01:38:39.25 | 01:38:50.10 | +00:23:10 (23.5%) | 4:40 | 12.8 (76.2%) |
| 45 | NIŻNIKIEWICZ Grzegorz | 352 | | M-40 | 45 | 00:00:18 | 00:11:50 | 00:33:25 | 00:55:43 | 01:17:28 | 01:39:23.70 | 01:39:42.35 | +00:23:54 (24.1%) | 4:42 | 12.7 (75.6%) |
| 46 | ZAJĄC Mateusz | 531 | | M-40 | 46 | 00:00:20 | 00:12:18 | 00:34:21 | 00:56:56 | 01:18:57 | 01:39:24.35 | 01:39:44.45 | +00:23:55 (24.1%) | 4:42 | 12.7 (75.6%) |
| 47 | GIESE Michał | 132 | | M-40 | 47 | 00:00:12 | 00:12:10 | 00:34:21 | 00:57:00 | 01:18:44 | 01:39:26.70 | 01:39:39.05 | +00:23:57 (24.1%) | 4:42 | 12.7 (75.6%) |
| 48 | HYRKIEL Paweł | 172 | IL GATTO RAMPANTE | M-40 | 48 | 00:00:11 | 00:11:46 | 00:33:33 | 00:55:50 | 01:17:53 | 01:39:44.35 | 01:39:55.90 | +00:24:15 (24.3%) | 4:43 | 12.7 (75.6%) |
| 49 | DZWINCZYK Zbigniew | 103 | | M-40 | 49 | 00:00:20 | 00:13:04 | 00:35:31 | 00:58:00 | 01:19:43 | 01:40:06.40 | 01:40:26.50 | +00:24:37 (24.6%) | 4:44 | 12.6 (75.0%) |
| 50 | KURCZEK Tomasz | 265 | RUN FOREST RIUM! | M-40 | 50 | 00:00:16 | 00:12:34 | 00:35:06 | 00:57:29 | 01:19:50 | 01:40:44.90 | 01:41:01.55 | +00:25:15 (25.1%) | 4:46 | 12.6 (75.0%) |
| 51 | TOCZYDŁOWSKI Łukasz | 486 | ROZBIEGANA LIGOTA | M-40 | 51 | 00:01:10 | 00:13:07 | 00:34:37 | 00:57:00 | 01:19:39 | 01:41:01.50 | 01:42:12.45 | +00:25:32 (25.3%) | 4:47 | 12.5 (74.4%) |
| 52 | RYCHLIK Sebastian | 417 | LISY PUSTYNI | M-40 | 52 | 00:00:11 | 00:12:24 | 00:35:33 | 00:58:28 | 01:20:39 | 01:41:09.35 | 01:41:21.15 | +00:25:40 (25.4%) | 4:47 | 12.5 (74.4%) |
| 53 | NAJWER Tomasz | 613 | | M-40 | 53 | 00:00:18 | 00:12:14 | 00:34:41 | 00:57:30 | 01:20:03 | 01:41:34.15 | 01:41:52.90 | +00:26:05 (25.7%) | 4:48 | 12.5 (74.4%) |
| 54 | NIKODON Paweł | 349 | NIKODON DREAM TEAM | M-40 | 54 | 00:00:12 | 00:11:41 | 00:32:56 | 00:55:56 | 01:19:39 | 01:41:45.30 | 01:41:58.05 | +00:26:16 (25.8%) | 4:49 | 12.4 (73.8%) |
| 55 | KOŚCIELNY Sebastian | 242 | WATAHA | M-40 | 55 | 00:00:29 | 00:12:39 | 00:34:59 | 00:57:49 | 01:20:44 | 01:42:02.45 | 01:42:31.75 | +00:26:33 (26.0%) | 4:50 | 12.4 (73.8%) |
| 56 | JANECZEK Marek | 179 | | M-40 | 56 | 00:00:18 | 00:12:48 | 00:35:40 | 00:58:28 | 01:21:02 | 01:42:11.10 | 01:42:29.45 | +00:26:42 (26.1%) | 4:50 | 12.4 (73.8%) |
| 57 | MIECZNIKOWSKI Jacek | 329 | | M-40 | 57 | 00:00:09 | 00:11:38 | 00:33:07 | 00:55:37 | 01:19:05 | 01:42:15.80 | 01:42:25.45 | +00:26:46 (26.2%) | 4:50 | 12.4 (73.8%) |
| 58 | BUŁAWA Grzegorz | 60 | GB-ARCH | M-40 | 58 | 00:00:18 | 00:12:31 | 00:35:16 | 00:57:52 | 01:20:36 | 01:42:18.00 | 01:42:36.25 | +00:26:48 (26.2%) | 4:50 | 12.4 (73.8%) |
| 59 | WOŁOWSKI Lech | 633 | | M-40 | 59 | 00:00:17 | 00:12:34 | 00:35:17 | 00:58:01 | 01:20:54 | 01:42:28.60 | 01:42:45.80 | +00:26:59 (26.3%) | 4:51 | 12.4 (73.8%) |
| 60 | TYSZKIEWICZ Cuma | 492 | | M-40 | 60 | 00:00:19 | 00:12:31 | 00:35:12 | 00:57:51 | 01:20:39 | 01:42:47.15 | 01:43:06.50 | +00:27:18 (26.6%) | 4:52 | 12.3 (73.2%) |
| 61 | TISZBIEREK Marek | 485 | | M-40 | 61 | 00:00:20 | 00:12:38 | 00:35:39 | 00:58:32 | 01:20:54 | 01:43:06.45 | 01:43:27.35 | +00:27:37 (26.8%) | 4:53 | 12.3 (73.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|--------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 62 | PAWLACZYK Lesław | 380 | SII RUNNING TEAM | M-40 | 62 | 00:00:26 | 00:12:28 | 00:34:00 | 00:57:04 | 01:20:19 | 01:43:10.15 | 01:43:36.55 | +00:27:41 (26.8%) | 4:53 | 12.3 (73.2%) |
| 63 | GAWLIK Tomasz | 126 | | M-40 | 63 | 00:00:36 | 00:12:57 | 00:35:43 | 00:59:07 | 01:21:55 | 01:43:11.20 | 01:43:47.85 | +00:27:42 (26.8%) | 4:53 | 12.3 (73.2%) |
| 64 | WILK Mirosław | 515 | | M-40 | 64 | 00:00:22 | 00:12:16 | 00:33:55 | 00:56:48 | 01:20:03 | 01:43:18.60 | 01:43:41.15 | +00:27:49 (26.9%) | 4:53 | 12.3 (73.2%) |
| 65 | STAROSTKA Jacek | 564 | PKO BANK POLSKI BIEGAJMY RAZEM | M-40 | 65 | 00:00:30 | 00:13:46 | 00:38:04 | 01:02:36 | 01:23:23 | 01:43:19.65 | 01:43:50.35 | +00:27:50 (26.9%) | 4:53 | 12.3 (73.2%) |
| 66 | DZIĄBOR Andrzej | 100 | #BYLEDOMETRY | M-40 | 66 | 00:00:27 | 00:12:52 | 00:35:38 | 00:58:48 | 01:21:36 | 01:43:21.70 | 01:43:49.65 | +00:27:52 (27.0%) | 4:53 | 12.2 (72.6%) |
| 67 | CZAJKA Roman | 79 | | M-40 | 67 | 00:00:13 | 00:12:02 | 00:34:23 | 00:57:42 | 01:21:13 | 01:43:33.45 | 01:43:46.45 | +00:28:04 (27.1%) | 4:54 | 12.2 (72.6%) |
| 68 | MERES Jarek | 323 | | M-40 | 68 | 00:00:14 | 00:12:14 | 00:34:33 | 00:57:53 | 01:21:24 | 01:44:11.75 | 01:44:26.55 | +00:28:42 (27.6%) | 4:56 | 12.2 (72.6%) |
| 69 | MOSZ Tomasz | 338 | W POGONI ZA DUCHEM | M-40 | 69 | 00:00:23 | 00:12:55 | 00:35:51 | 00:59:37 | 01:22:57 | 01:44:28.65 | 01:44:51.90 | +00:28:59 (27.7%) | 4:57 | 12.1 (72.0%) |
| 70 | WOJTUKIEWICZ Artur | 518 | DHL RUN CLUB | M-40 | 70 | 00:00:35 | 00:11:58 | 00:33:50 | 00:56:22 | 01:20:55 | 01:45:01.45 | 01:45:36.50 | +00:29:32 (28.1%) | 4:58 | 12.1 (72.0%) |
| 71 | ODOSZEWSKI Roman | 363 | OASIS SORT TEAM | M-40 | 71 | 00:00:14 | 00:11:55 | 00:34:06 | 00:57:33 | 01:21:37 | 01:45:36.00 | 01:45:50.95 | +00:30:06 (28.5%) | 5:00 | 12 (71.4%) |
| 72 | WÓJCIK Rafał | 525 | | M-40 | 72 | 00:00:20 | 00:12:52 | 00:36:01 | 00:59:48 | 01:23:30 | 01:45:54.00 | 01:46:14.10 | +00:30:24 (28.7%) | 5:01 | 12 (71.4%) |
| 73 | NITARSKI Patryk | 350 | | M-40 | 73 | 00:00:12 | 00:12:11 | 00:34:21 | 00:58:04 | 01:22:41 | 01:46:22.50 | 01:46:34.85 | +00:30:53 (29.0%) | 5:02 | 11.9 (70.8%) |
| 74 | MARCELA Marcin | 307 | | M-40 | 74 | 00:00:43 | 00:14:03 | 00:37:18 | 01:01:01 | 01:24:29 | 01:46:42.75 | 01:47:26.05 | +00:31:13 (29.3%) | 5:03 | 11.9 (70.8%) |
| 75 | KAWA Mariusz | 217 | | M-40 | 75 | 00:00:11 | 00:11:55 | 00:34:03 | 00:57:41 | 01:22:06 | 01:46:46.20 | 01:46:57.80 | +00:31:17 (29.3%) | 5:03 | 11.9 (70.8%) |
| 76 | KĘDZIORA Łukasz | 220 | NIEZRZESZONY | M-40 | 76 | 00:00:46 | 00:13:38 | 00:36:54 | 01:00:48 | 01:24:22 | 01:46:49.90 | 01:47:36.40 | +00:31:20 (29.3%) | 5:03 | 11.9 (70.8%) |
| 77 | KULCZYK Adam | 264 | SG SQUAD | M-40 | 77 | 00:00:37 | 00:13:18 | 00:36:41 | 01:00:26 | 01:24:24 | 01:46:57.85 | 01:47:34.85 | +00:31:28 (29.4%) | 5:04 | 11.8 (70.2%) |
| 78 | WAWRZY尼亚K Mariusz | 505 | | M-40 | 78 | 00:00:33 | 00:13:59 | 00:37:13 | 01:01:01 | 01:24:40 | 01:47:15.85 | 01:47:49.30 | +00:31:46 (29.6%) | 5:04 | 11.8 (70.2%) |
| 79 | KIEŁBASA Artur | 223 | | M-40 | 79 | 00:00:33 | 00:14:00 | 00:37:13 | 01:01:00 | 01:24:40 | 01:47:17.60 | 01:47:51.45 | +00:31:48 (29.6%) | 5:05 | 11.8 (70.2%) |
| 80 | SIDORSKI Robert | 433 | OPEL ACTIVE TEAM | M-40 | 80 | 00:00:17 | 00:12:46 | 00:35:49 | 00:59:56 | 01:24:30 | 01:47:20.65 | 01:47:38.55 | +00:31:51 (29.7%) | 5:05 | 11.8 (70.2%) |
| 81 | KOPEL Tomasz | 562 | | M-40 | 81 | 00:00:46 | 00:13:38 | 00:36:53 | 01:00:52 | 01:25:02 | 01:47:58.50 | 01:48:45.25 | +00:32:29 (30.1%) | 5:07 | 11.7 (69.6%) |
| 82 | JANIKOWSKI Michał | 181 | | M-40 | 82 | 00:00:40 | 00:12:55 | 00:36:08 | 01:00:19 | 01:24:37 | 01:48:15.80 | 01:48:56.00 | +00:32:46 (30.3%) | 5:07 | 11.7 (69.6%) |
| 83 | KANIA Michał | 208 | | M-40 | 83 | 00:00:18 | 00:12:32 | 00:35:16 | 00:59:05 | 01:23:50 | 01:48:16.75 | 01:48:34.80 | +00:32:47 (30.3%) | 5:07 | 11.7 (69.6%) |
| 84 | BATKO Janusz | 17 | | M-40 | 84 | 00:00:53 | 00:13:07 | 00:37:27 | 01:02:10 | 01:26:28 | 01:48:56.50 | 01:49:49.65 | +00:33:27 (30.7%) | 5:09 | 11.6 (69.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 85 | FILIPCZYK Przemysław | 109 | | M-40 | 85 | 00:00:28 | 00:13:39 | 00:37:54 | 01:02:29 | 01:26:48 | 01:49:02.50 | 01:49:30.75 | +00:33:33 (30.8%) | 5:10 | 11.6 (69.0%) |
| 86 | KACZOR Rafał | 568 | PKO BANK POLSKI | M-40 | 86 | 00:00:28 | 00:13:21 | 00:37:53 | 01:02:36 | 01:26:55 | 01:49:06.10 | 01:49:34.15 | +00:33:37 (30.8%) | 5:10 | 11.6 (69.0%) |
| 87 | BAK-CESARZ Damian | 19 | | M-40 | 87 | 00:00:33 | 00:14:19 | 00:39:57 | 01:05:01 | 01:28:58 | 01:49:08.00 | 01:49:41.95 | +00:33:38 (30.8%) | 5:10 | 11.6 (69.0%) |
| 88 | DREWUSZEWSKI Maciej | 615 | 4M | M-40 | 88 | 00:00:23 | 00:13:17 | 00:37:36 | 01:02:34 | 01:26:46 | 01:49:22.65 | 01:49:46.40 | +00:33:53 (31.0%) | 5:10 | 11.6 (69.0%) |
| 89 | PISZCZ Marek | 390 | OPEL ACTIVE TEAM | M-40 | 89 | 00:00:17 | 00:12:47 | 00:36:10 | 01:00:52 | 01:26:01 | 01:49:25.70 | 01:49:43.00 | +00:33:56 (31.0%) | 5:11 | 11.6 (69.0%) |
| 90 | GRONDYS Andrzej | 152 | ZATYRANI GMINA PILCHOWICE | M-40 | 90 | 00:00:22 | 00:12:45 | 00:36:10 | 01:00:58 | 01:25:43 | 01:49:26.05 | 01:49:48.05 | +00:33:56 (31.0%) | 5:11 | 11.6 (69.0%) |
| 91 | WAWRZAK Ryszard | 504 | PACEMAKER | M-40 | 91 | 00:00:21 | 00:13:27 | 00:37:58 | 01:02:42 | 01:27:09 | 01:49:30.70 | 01:49:52.40 | +00:34:01 (31.1%) | 5:11 | 11.6 (69.0%) |
| 92 | GRZEGORCZYK Wojciech | 154 | #HUTATEAM | M-40 | 92 | 00:01:12 | 00:15:18 | 00:40:23 | 01:05:54 | 01:28:25 | 01:49:33.75 | 01:50:46.55 | +00:34:04 (31.1%) | 5:11 | 11.6 (69.0%) |
| 93 | BORYCZKA Szymon | 595 | | M-40 | 93 | 00:00:54 | 00:13:42 | 00:37:32 | 01:01:56 | 01:25:59 | 01:49:37.40 | 01:50:31.45 | +00:34:08 (31.1%) | 5:11 | 11.5 (68.5%) |
| 94 | RYZIŃSKI Wojciech | 423 | CLONMEL AC | M-40 | 94 | 00:00:36 | 00:13:50 | 00:38:29 | 01:03:47 | 01:27:51 | 01:50:17.75 | 01:50:54.40 | +00:34:48 (31.6%) | 5:13 | 11.5 (68.5%) |
| 95 | RYŚ Dariusz | 420 | HUTATEAM | M-40 | 95 | 00:00:24 | 00:13:13 | 00:37:30 | 01:02:47 | 01:27:38 | 01:50:19.00 | 01:50:43.70 | +00:34:49 (31.6%) | 5:13 | 11.5 (68.5%) |
| 96 | ŁOZIŃSKI Jerzy | 288 | PARKRUN CHRZANÓW | M-40 | 96 | 00:00:25 | 00:12:51 | 00:36:06 | 01:00:45 | 01:26:24 | 01:50:42.90 | 01:51:08.70 | +00:35:13 (31.8%) | 5:14 | 11.4 (67.9%) |
| 97 | GĘBCZYŃSKI Paweł | 128 | GO4IT | M-40 | 97 | 00:00:22 | 00:13:19 | 00:37:37 | 01:02:40 | 01:27:23 | 01:50:52.75 | 01:51:15.50 | +00:35:23 (31.9%) | 5:15 | 11.4 (67.9%) |
| 98 | PALKA Dominik | 377 | | M-40 | 98 | 00:01:01 | 00:14:23 | 00:38:57 | 01:03:26 | 01:27:46 | 01:50:54.00 | 01:51:55.60 | +00:35:24 (31.9%) | 5:15 | 11.4 (67.9%) |
| 99 | KOBIERSKI Szymon | 610 | EMPI | M-40 | 99 | 00:00:30 | 00:13:17 | 00:37:50 | 01:02:17 | 01:26:58 | 01:51:03.50 | 01:51:33.60 | +00:35:34 (32.0%) | 5:15 | 11.4 (67.9%) |
| 100 | ŻABICKI Mariusz | 550 | X-REHAB GLIWICKIE CENTRUM REHABILITACJI | M-40 | 100 | 00:00:23 | 00:12:58 | 00:36:59 | 01:01:53 | 01:26:59 | 01:51:15.70 | 01:51:39.05 | +00:35:46 (32.2%) | 5:16 | 11.4 (67.9%) |
| 101 | SZKLARSKI Przemysław | 641 | LET'S WOD | M-40 | 101 | 00:00:19 | 00:12:46 | 00:37:15 | 01:02:24 | 01:27:01 | 01:51:30.30 | 01:51:49.80 | +00:36:01 (32.3%) | 5:17 | 11.4 (67.9%) |
| 102 | BIAŁAS Krzysztof | 26 | ŁAMIGNATY | M-40 | 102 | 00:00:27 | 00:14:07 | 00:39:19 | 01:04:50 | 01:29:43 | 01:51:42.95 | 01:52:10.25 | +00:36:13 (32.4%) | 5:17 | 11.3 (67.3%) |
| 103 | LEWANDOWSKI Henryk | 281 | | M-40 | 103 | 00:00:38 | 00:13:06 | 00:37:45 | 01:02:29 | 01:27:10 | 01:51:57.30 | 01:52:35.45 | +00:36:28 (32.6%) | 5:18 | 11.3 (67.3%) |
| 104 | SULKOWSKI Arkadiusz | 559 | | M-40 | 104 | 00:01:08 | 00:14:19 | 00:37:31 | 01:02:07 | 01:27:22 | 01:51:59.00 | 01:53:07.00 | +00:36:29 (32.6%) | 5:18 | 11.3 (67.3%) |
| 105 | DOMAŃSKI Marcin | 96 | RUNNINGFISH74 | M-40 | 105 | 00:00:44 | 00:14:33 | 00:39:06 | 01:04:17 | 01:28:53 | 01:52:02.60 | 01:52:47.25 | +00:36:33 (32.6%) | 5:18 | 11.3 (67.3%) |
| 106 | KUTRZYK Przemysław | 267 | | M-40 | 106 | 00:00:35 | 00:13:35 | 00:38:16 | 01:03:25 | 01:28:25 | 01:52:09.30 | 01:52:45.25 | +00:36:40 (32.7%) | 5:18 | 11.3 (67.3%) |
| 107 | RYSZCZYK Adam | 419 | RUN2BFREE | M-40 | 107 | 00:00:50 | 00:14:20 | 00:38:19 | 01:03:30 | 01:28:13 | 01:52:13.45 | 01:53:03.90 | +00:36:44 (32.7%) | 5:19 | 11.3 (67.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 108 | GRZELCZAK Sławek | 156 | | M-40 | 108 | 00:00:11 | 00:11:54 | 00:34:00 | 00:58:58 | 01:27:08 | 01:52:13.75 | 01:52:24.95 | +00:36:44 (32.7%) | 5:19 | 11.3 (67.3%) |
| 109 | KASZUBSKI Andrzej | 216 | | M-40 | 109 | 00:00:22 | 00:13:26 | 00:37:40 | 01:02:13 | 01:27:00 | 01:52:14.05 | 01:52:36.85 | +00:36:44 (32.7%) | 5:19 | 11.3 (67.3%) |
| 110 | SMUDA Andrzej | 451 | AKMB PĘDZIWIATR GLIWICE | M-40 | 110 | 00:00:53 | 00:14:09 | 00:38:54 | 01:03:35 | 01:28:07 | 01:52:17.15 | 01:53:10.50 | +00:36:48 (32.8%) | 5:19 | 11.3 (67.3%) |
| 111 | MICHALAK Grzegorz | 324 | TOTALNY AMATOR | M-40 | 111 | 00:00:33 | 00:13:32 | 00:37:52 | 01:02:59 | 01:28:15 | 01:52:26.65 | 01:52:59.80 | +00:36:57 (32.9%) | 5:19 | 11.3 (67.3%) |
| 112 | HOLECZEK Marcin | 168 | BORN TU BI LOTAC | M-40 | 112 | 00:00:42 | 00:14:09 | 00:40:00 | 01:05:28 | 01:30:28 | 01:53:48.45 | 01:54:31.20 | +00:38:19 (33.7%) | 5:23 | 11.1 (66.1%) |
| 113 | SEKIENDA Grzegorz | 431 | | M-40 | 113 | 00:00:46 | 00:13:03 | 00:37:31 | 01:02:19 | 01:27:31 | 01:54:34.60 | 01:55:20.90 | +00:39:05 (34.1%) | 5:25 | 11.1 (66.1%) |
| 114 | MICHALSKI Marek | 326 | | M-40 | 114 | 00:00:18 | 00:13:14 | 00:38:14 | 01:03:46 | 01:30:39 | 01:55:10.40 | 01:55:29.15 | +00:39:41 (34.5%) | 5:27 | 11 (65.5%) |
| 115 | WOLIŃSKI Piotr | 520 | JSB | M-40 | 115 | 00:00:32 | 00:13:50 | 00:38:49 | 01:04:30 | 01:30:52 | 01:55:50.65 | 01:56:23.25 | +00:40:21 (34.8%) | 5:29 | 10.9 (64.9%) |
| 116 | FAŁEK Krzysztof | 106 | ŁAMIGNATY | M-40 | 116 | 00:00:27 | 00:14:08 | 00:39:19 | 01:04:51 | 01:30:49 | 01:56:00.95 | 01:56:28.30 | +00:40:31 (34.9%) | 5:29 | 10.9 (64.9%) |
| 117 | SIEKIERKA Janusz | 435 | | M-40 | 117 | 00:00:45 | 00:14:18 | 00:39:52 | 01:06:18 | 01:32:21 | 01:56:14.00 | 01:56:59.75 | +00:40:44 (35.1%) | 5:30 | 10.9 (64.9%) |
| 118 | ŁAZARZ Grzegorz | 622 | | M-40 | 118 | 00:00:28 | 00:13:42 | 00:39:18 | 01:05:47 | 01:32:07 | 01:56:30.00 | 01:56:58.70 | +00:41:00 (35.2%) | 5:31 | 10.9 (64.9%) |
| 119 | ZBYTNIIEWSKI Paweł | 541 | MORSY | M-40 | 119 | 00:00:52 | 00:14:28 | 00:39:03 | 01:04:52 | 01:31:14 | 01:56:35.35 | 01:57:28.25 | +00:41:06 (35.3%) | 5:31 | 10.9 (64.9%) |
| 120 | RZESZOWSKI Arkadiusz | 424 | | M-40 | 120 | 00:00:37 | 00:14:35 | 00:40:20 | 01:06:55 | 01:32:33 | 01:56:40.25 | 01:57:17.55 | +00:41:11 (35.3%) | 5:31 | 10.9 (64.9%) |
| 121 | TYROL Tomasz | 491 | | M-40 | 121 | 00:00:42 | 00:14:47 | 00:40:18 | 01:05:28 | 01:30:42 | 01:56:41.35 | 01:57:23.55 | +00:41:12 (35.3%) | 5:31 | 10.8 (64.3%) |
| 122 | IGNACZAK Robert | 173 | | M-40 | 122 | 00:00:41 | 00:14:19 | 00:40:00 | 01:06:56 | 01:32:57 | 01:56:48.95 | 01:57:30.75 | +00:41:19 (35.4%) | 5:32 | 10.8 (64.3%) |
| 123 | DROZD Krystian | 584 | | M-40 | 123 | 00:00:44 | 00:14:25 | 00:39:56 | 01:06:32 | 01:32:37 | 01:57:32.30 | 01:58:16.60 | +00:42:03 (35.8%) | 5:34 | 10.8 (64.3%) |
| 124 | KWAPIEŃ Paweł | 588 | | M-40 | 124 | 00:00:53 | 00:15:06 | 00:41:16 | 01:07:01 | 01:32:42 | 01:57:45.70 | 01:58:39.45 | +00:42:16 (35.9%) | 5:34 | 10.8 (64.3%) |
| 125 | KRAJEWSKI Michał | 252 | | M-40 | 125 | 00:00:37 | 00:14:57 | 00:42:10 | 01:08:56 | 01:34:41 | 01:58:15.60 | 01:58:52.85 | +00:42:46 (36.2%) | 5:36 | 10.7 (63.7%) |
| 126 | PATEROK Marcin | 634 | | M-40 | 126 | 00:01:04 | 00:14:56 | 00:39:53 | 01:06:55 | 01:34:02 | 01:58:20.45 | 01:59:25.10 | +00:42:51 (36.2%) | 5:36 | 10.7 (63.7%) |
| 127 | CZERNEK Marek | 87 | BIEGAJ Z TRENERAMI | M-40 | 127 | 00:00:32 | 00:14:11 | 00:39:54 | 01:06:42 | 01:33:06 | 01:58:32.95 | 01:59:05.55 | +00:43:03 (36.3%) | 5:37 | 10.7 (63.7%) |
| 128 | MAGNER Bartłomiej | 298 | BB | M-40 | 128 | 00:01:05 | 00:14:56 | 00:39:54 | 01:06:55 | 01:34:03 | 01:58:33.05 | 01:59:38.15 | +00:43:03 (36.3%) | 5:37 | 10.7 (63.7%) |
| 129 | OSIŃSKI Paweł | 370 | BIEGAJ Z TRENERAMI | M-40 | 129 | 00:00:52 | 00:14:12 | 00:40:17 | 01:07:29 | 01:33:34 | 01:58:50.70 | 01:59:43.30 | +00:43:21 (36.5%) | 5:37 | 10.7 (63.7%) |
| 130 | MIKUŁA Leszek | 333 | | M-40 | 130 | 00:00:30 | 00:13:44 | 00:38:50 | 01:05:23 | 01:32:15 | 01:59:02.60 | 01:59:32.70 | +00:43:33 (36.6%) | 5:38 | 10.6 (63.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 131 | KOCUR Aleksander | 233 | | M-40 | 131 | 00:01:31 | 00:14:22 | 00:40:17 | 01:06:05 | 01:32:52 | 01:59:09.30 | 02:00:40.85 | +00:43:40 (36.6%) | 5:38 | 10.6 (63.1%) |
| 132 | WÓJCIK Rafał | 523 | | M-40 | 132 | 00:00:38 | 00:14:30 | 00:40:45 | 01:07:39 | 01:34:16 | 01:59:12.60 | 01:59:51.15 | +00:43:43 (36.7%) | 5:38 | 10.6 (63.1%) |
| 133 | MADEJSKI Sebastian | 296 | BORN TU BI LOTAĆ | M-40 | 133 | 00:00:42 | 00:14:50 | 00:41:38 | 01:08:24 | 01:34:39 | 01:59:21.10 | 02:00:03.60 | +00:43:52 (36.8%) | 5:39 | 10.6 (63.1%) |
| 134 | SIKORA Michał | 438 | | M-40 | 134 | 00:00:55 | 00:14:30 | 00:40:54 | 01:07:49 | 01:34:17 | 01:59:34.45 | 02:00:30.35 | +00:44:05 (36.9%) | 5:40 | 10.6 (63.1%) |
| 135 | KIERA Szymon | 224 | TS RUNNERS | M-40 | 135 | 00:00:40 | 00:14:30 | 00:40:09 | 01:06:53 | 01:33:41 | 01:59:40.95 | 02:00:21.25 | +00:44:11 (36.9%) | 5:40 | 10.6 (63.1%) |
| 136 | BASZUN Michał | 15 | | M-40 | 136 | 00:00:47 | 00:14:46 | 00:41:57 | 01:08:45 | 01:35:28 | 01:59:49.95 | 02:00:37.30 | +00:44:20 (37.0%) | 5:40 | 10.6 (63.1%) |
| 137 | GRZYWACZ Sebastian | 161 | | M-40 | 137 | 00:00:43 | 00:14:53 | 00:41:15 | 01:08:04 | 01:34:31 | 02:00:05.30 | 02:00:48.55 | +00:44:36 (37.1%) | 5:41 | 10.5 (62.5%) |
| 138 | MATULICZ Damian | 316 | | M-40 | 138 | 00:00:41 | 00:14:34 | 00:40:45 | 01:07:33 | 01:34:27 | 02:00:09.45 | 02:00:50.55 | +00:44:40 (37.2%) | 5:41 | 10.5 (62.5%) |
| 139 | MARKOWSKI Kamil | 312 | | M-40 | 139 | 00:00:34 | 00:14:57 | 00:42:11 | 01:08:57 | 01:35:41 | 02:00:23.65 | 02:00:58.45 | +00:44:54 (37.3%) | 5:42 | 10.5 (62.5%) |
| 140 | KAŁAMARZ Mariusz | 201 | | M-40 | 140 | 00:01:07 | 00:14:35 | 00:40:29 | 01:06:34 | 01:33:40 | 02:00:43.15 | 02:01:50.40 | +00:45:14 (37.5%) | 5:43 | 10.5 (62.5%) |
| 141 | SZYMURA Jacek | 590 | | M-40 | 141 | 00:00:44 | 00:14:28 | 00:40:23 | 01:08:09 | 01:36:14 | 02:03:16.85 | 02:04:01.50 | +00:47:47 (38.8%) | 5:50 | 10.3 (61.3%) |
| 142 | PIETRZAK Marcin | 383 | | M-40 | 142 | 00:00:36 | 00:14:56 | 00:42:09 | 01:08:56 | 01:35:40 | 02:03:21.50 | 02:03:58.35 | +00:47:52 (38.8%) | 5:50 | 10.3 (61.3%) |
| 143 | DĄBROWSKI Marcin | 92 | TEAM KORNEL | M-40 | 143 | 00:01:07 | 00:15:38 | 00:42:00 | 01:09:31 | 01:37:25 | 02:04:21.40 | 02:05:29.10 | +00:48:52 (39.3%) | 5:53 | 10.2 (60.7%) |
| 144 | BRZEZINA Arkadiusz | 50 | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-40 | 144 | 00:00:50 | 00:15:25 | 00:42:23 | 01:10:18 | 01:38:12 | 02:04:56.75 | 02:05:47.45 | +00:49:27 (39.6%) | 5:55 | 10.1 (60.1%) |
| 145 | BAK Krzysztof | 18 | SILESIA MARATHON CLUB | M-40 | 145 | 00:00:42 | 00:14:39 | 00:42:09 | 01:10:58 | 01:39:04 | 02:05:00.45 | 02:05:42.45 | +00:49:31 (39.6%) | 5:55 | 10.1 (60.1%) |
| 146 | MARMURA Marek | 313 | SILESIA MARATON CLUB | M-40 | 146 | 00:00:51 | 00:15:33 | 00:42:02 | 01:09:34 | 01:37:58 | 02:05:22.15 | 02:06:13.95 | +00:49:53 (39.8%) | 5:56 | 10.1 (60.1%) |
| 147 | NOWAK Sebastian | 357 | MIECHOWICKA GRUPA BIEGOWA | M-40 | 147 | 00:01:05 | 00:16:30 | 00:45:25 | 01:14:06 | 01:41:00 | 02:06:03.45 | 02:07:09.40 | +00:50:34 (40.1%) | 5:58 | 10 (59.5%) |
| 148 | WOŹNIAK Paweł | 522 | W POGONI ZA DUCHEM | M-40 | 148 | 00:01:06 | 00:15:51 | 00:44:27 | 01:14:13 | 01:41:51 | 02:06:19.45 | 02:07:26.25 | +00:50:50 (40.2%) | 5:59 | 10 (59.5%) |
| 149 | WACHOWSKI Damian | 499 | | M-40 | 149 | 00:00:56 | 00:15:18 | 00:41:52 | 01:09:14 | 01:37:43 | 02:06:25.60 | 02:07:22.30 | +00:50:56 (40.3%) | 5:59 | 10 (59.5%) |
| 150 | KROTOS Krzysztof | 255 | OQS | M-40 | 150 | 00:00:42 | 00:14:29 | 00:41:13 | 01:09:16 | 01:38:11 | 02:06:29.30 | 02:07:11.60 | +00:51:00 (40.3%) | 5:59 | 10 (59.5%) |
| 151 | KOSIAK Maciej | 612 | | M-40 | 151 | 00:01:02 | 00:15:04 | 00:41:13 | 01:08:54 | 01:38:14 | 02:06:52.85 | 02:07:55.80 | +00:51:23 (40.5%) | 6:00 | 10 (59.5%) |
| 152 | CIEŚLA Arkadiusz | 73 | BIEGAMY Z SERCEM | M-40 | 152 | 00:00:37 | 00:13:45 | 00:37:44 | 01:04:18 | 01:34:19 | 02:07:06.45 | 02:07:44.30 | +00:51:37 (40.6%) | 6:01 | 10 (59.5%) |
| 153 | BOBKOWSKI Maciej | 37 | NIGHT RUNNERS PYSKOWICE | M-40 | 153 | 00:00:56 | 00:15:52 | 00:43:20 | 01:11:14 | 01:39:42 | 02:07:21.80 | 02:08:17.95 | +00:51:52 (40.7%) | 6:02 | 9.9 (58.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 154 | GOŁĘBIEWSKI Kazimierz | 138 | KEMPER TEAM | M-40 | 154 | 00:01:04 | 00:15:35 | 00:43:11 | 01:12:36 | 01:40:53 | 02:07:57.60 | 02:09:01.85 | +00:52:28 (41.0%) | 6:03 | 9.9 (58.9%) |
| 155 | PIŁAT Jarosław | 388 | PACEMAKER | M-40 | 155 | 00:00:44 | 00:15:47 | 00:44:22 | 01:12:53 | 01:41:28 | 02:08:33.60 | 02:09:18.25 | +00:53:04 (41.3%) | 6:05 | 9.8 (58.3%) |
| 156 | KALINOWSKI Krzysztof | 200 | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-40 | 156 | 00:00:45 | 00:15:05 | 00:42:15 | 01:10:25 | 01:40:48 | 02:10:04.65 | 02:10:49.75 | +00:54:35 (42.0%) | 6:09 | 9.7 (57.7%) |
| 157 | BUFNAL Krzysztof | 55 | | M-40 | 157 | 00:01:09 | 00:15:11 | 00:42:14 | 01:10:32 | 01:40:10 | 02:10:06.90 | 02:11:16.15 | +00:54:37 (42.0%) | 6:09 | 9.7 (57.7%) |
| 158 | GIERAS Mirosław | 131 | | M-40 | 158 | 00:00:49 | 00:15:37 | 00:44:03 | 01:12:53 | 01:41:41 | 02:10:10.90 | 02:11:00.25 | +00:54:41 (42.0%) | 6:10 | 9.7 (57.7%) |
| 159 | ZMARZLY Wiktor | 546 | | M-40 | 159 | 00:00:42 | 00:15:12 | 00:42:46 | 01:13:02 | 01:43:51 | 02:12:38.90 | 02:13:21.00 | +00:57:09 (43.1%) | 6:17 | 9.5 (56.5%) |
| 160 | GIBAS Dawid | 130 | SOCIOS SILESIA | M-40 | 160 | 00:00:18 | 00:14:48 | 00:42:56 | 01:13:38 | 01:44:18 | 02:13:40.30 | 02:13:58.45 | +00:58:11 (43.5%) | 6:20 | 9.5 (56.5%) |
| 161 | ANTCZAK Krzysztof | 4 | | M-40 | 161 | 00:00:36 | 00:15:58 | 00:44:50 | 01:14:57 | 01:45:21 | 02:13:58.45 | 02:14:35.30 | +00:58:29 (43.7%) | 6:20 | 9.5 (56.5%) |
| 162 | ZARYCHTA Łukasz | 536 | FAT MAMA'S SPORT KLUB | M-40 | 162 | 00:00:41 | 00:14:53 | 00:42:07 | 01:11:03 | 01:42:57 | 02:14:27.40 | 02:15:09.10 | +00:58:58 (43.9%) | 6:22 | 9.4 (56.0%) |
| 163 | GUZGAN Wojciech | 164 | | M-40 | 163 | 00:00:58 | 00:15:04 | 00:41:33 | 01:08:54 | 01:39:01 | 02:14:35.45 | 02:15:33.65 | +00:59:06 (43.9%) | 6:22 | 9.4 (56.0%) |
| 164 | PIĄTY Kamil | 381 | | M-40 | 164 | 00:00:42 | 00:14:52 | 00:42:06 | 01:09:45 | 01:42:23 | 02:15:00.55 | 02:15:43.20 | +00:59:31 (44.1%) | 6:23 | 9.4 (56.0%) |
| 165 | LATA Piotr | 274 | | M-40 | 165 | 00:01:02 | 00:16:22 | 00:45:41 | 01:16:05 | 01:46:38 | 02:15:19.15 | 02:16:21.35 | +00:59:50 (44.2%) | 6:24 | 9.4 (56.0%) |
| 166 | ZIAJA Robert | 543 | ROBERT ALKOHOLIK | M-40 | 166 | 00:00:49 | 00:15:45 | 00:44:22 | 01:13:09 | 01:44:08 | 02:15:34.15 | 02:16:23.60 | +01:00:05 (44.3%) | 6:25 | 9.3 (55.4%) |
| 167 | KACZKIEWICZ Damian | 630 | NIGHT RUNNERS GLIWICE | M-40 | 167 | 00:00:59 | 00:15:36 | 00:44:30 | 01:14:23 | 01:46:23 | 02:17:50.15 | 02:18:49.60 | +01:02:21 (45.2%) | 6:31 | 9.2 (54.8%) |
| 168 | KOZACZKA Włodzimierz | 248 | | M-40 | 168 | 00:01:02 | 00:16:09 | 00:44:47 | 01:14:24 | 01:44:56 | 02:18:08.55 | 02:19:11.50 | +01:02:39 (45.4%) | 6:32 | 9.2 (54.8%) |
| 169 | WDZIĘKOŃSKI Rafał | 506 | | M-40 | 169 | 00:00:48 | 00:15:33 | 00:44:17 | 01:14:23 | 01:47:44 | 02:19:36.20 | 02:20:24.45 | +01:04:07 (45.9%) | 6:36 | 9.1 (54.2%) |
| 170 | SOBIERAJ Wojciech | 454 | VIASAT MONITORING | M-40 | 170 | 00:00:46 | 00:15:47 | 00:44:26 | 01:14:38 | 01:46:18 | 02:20:30.65 | 02:21:17.15 | +01:05:01 (46.3%) | 6:39 | 9 (53.6%) |
| 171 | KASPEREK Ireneusz | 212 | | M-40 | 171 | 00:01:08 | 00:17:30 | 00:49:54 | 01:22:59 | 01:56:25 | 02:26:21.15 | 02:27:29.15 | +01:10:52 (48.4%) | 6:56 | 8.7 (51.8%) |
| 172 | HEINE Andrzej | 565 | PKO BANK POLSKI | M-40 | 172 | 00:00:13 | 00:13:05 | 00:46:37 | 01:24:23 | 01:57:29 | 02:26:30.35 | 02:26:44.20 | +01:11:01 (48.5%) | 6:56 | 8.6 (51.2%) |
| 173 | FABRY Rafał | 104 | | M-40 | 173 | 00:01:06 | 00:16:53 | 00:49:26 | 01:23:50 | 02:00:20 | 02:34:46.35 | 02:35:53.15 | +01:19:17 (51.2%) | 7:20 | 8.2 (48.8%) |

Znaleziono 173 wynik(ów)