



**Event:** VII PÓŁMARATON GLIWICKI  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2021-10-17  
**Place:** Gliwice  
**Distance:** 21.1 km

## VII PÓŁMARATON GLIWICKI

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Classification: Mieszkańcy Gliwic

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	7.2km	11.9km	16.6km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	<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>		3:52	15.5 (100%)
2	<b>CHYBA Szymon</b>	<b>72</b>	KS KROTOSZ KROTOSZYN	M-40	10	00:00:05	00:10:34	00:29:25	00:49:12	01:08:17	<b>01:26:41.80</b>	<b>01:26:47.60</b>	+00:05:01 (5.8%)	4:06	14.6 (94.2%)
3	<b>GRZESIKIEWICZ Mariusz</b>	<b>157</b>		M-40	15	00:00:07	00:11:03	00:31:11	00:51:31	01:11:14	<b>01:29:34.95</b>	<b>01:29:42.70</b>	+00:07:54 (8.8%)	4:14	14.1 (91.0%)
4	<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>	+00:08:03 (9.0%)	4:15	14.1 (91.0%)
5	<b>CHOMIK Rafał</b>	<b>70</b>	PACEMAKER	M-40	17	00:00:06	00:11:00	00:31:10	00:51:31	01:11:13	<b>01:29:50.15</b>	<b>01:29:56.65</b>	+00:08:09 (9.1%)	4:15	14.1 (91.0%)
6	<b>OCHMAN Rafał</b>	<b>362</b>	OPEL ACTIVE TEAM	M-40	19	00:00:04	00:11:01	00:31:03	00:51:19	01:11:19	<b>01:30:19.60</b>	<b>01:30:24.35</b>	+00:08:39 (9.6%)	4:16	14 (90.3%)
7	<b>WIECHUŁA Marcin</b>	<b>510</b>		M-40	20	00:00:06	00:10:08	00:29:28	00:50:09	01:10:39	<b>01:30:26.20</b>	<b>01:30:32.25</b>	+00:08:45 (9.7%)	4:17	14 (90.3%)
8	<b>PASTWA Piotr</b>	<b>379</b>	BIEGAJ Z TRENERAMI	M-50	3	00:00:17	00:11:09	00:30:59	00:51:20	01:11:40	<b>01:31:45.80</b>	<b>01:32:03.75</b>	+00:10:05 (11.0%)	4:20	13.8 (89.0%)
9	<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>	+00:11:34 (12.4%)	4:25	13.6 (87.7%)
10	<b>ZALEWSKI Wojciech</b>	<b>534</b>		M-40	24	00:00:25	00:11:38	00:32:21	00:53:35	01:14:31	<b>01:34:04.75</b>	<b>01:34:29.95</b>	+00:12:24 (13.2%)	4:27	13.5 (87.1%)
11	<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>	+00:13:02 (13.8%)	4:29	13.4 (86.5%)
12	<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>	+00:14:15 (14.9%)	4:32	13.2 (85.2%)
13	<b>MIRATYŃSKI Adam</b>	<b>627</b>		M-40	36	00:00:23	00:12:18	00:33:18	00:54:48	01:16:16	<b>01:36:49.25</b>	<b>01:37:12.65</b>	+00:15:08 (15.6%)	4:35	13.1 (84.5%)
14	<b>GUZY Andrzej</b>	<b>579</b>		M-60	2	00:00:04	00:11:03	00:31:40	00:53:39	01:15:37	<b>01:36:49.85</b>	<b>01:36:54.10</b>	+00:15:09 (15.7%)	4:35	13.1 (84.5%)
15	<b>CZYŻ Wojciech</b>	<b>89</b>		M-40	40	00:00:17	00:11:41	00:33:00	00:55:01	01:16:47	<b>01:37:29.95</b>	<b>01:37:47.50</b>	+00:15:49 (16.2%)	4:37	13 (83.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time					Czas brutto		Pace min/km	Pace km/h
							2.5km	7.2km	11.9km	16.6km	21.1km	21.1km	Gap		
16	<b>KAMIŃSKI Jacek</b>	<b>204</b>	ROMET FACTORY TEAM	M-40	41	00:00:06	00:11:02	00:31:14	00:53:18	01:15:55	<b>01:37:32.75</b>	<b>01:37:39.60</b>	+00:15:52 (16.3%)	4:37	13 (83.9%)
17	<b>WILK Piotr</b>	<b>645</b>		M-40	43	00:00:08	00:11:57	00:33:55	00:55:55	01:17:27	<b>01:38:26.10</b>	<b>01:38:34.35</b>	+00:16:45 (17.0%)	4:39	12.9 (83.2%)
18	<b>NIŻNIKIEWICZ Grzegorz</b>	<b>352</b>		M-40	45	00:00:18	00:11:50	00:33:25	00:55:43	01:17:28	<b>01:39:23.70</b>	<b>01:39:42.35</b>	+00:17:43 (17.8%)	4:42	12.7 (81.9%)
19	<b>ZAJĄC Mateusz</b>	<b>531</b>		M-40	46	00:00:20	00:12:18	00:34:21	00:56:56	01:18:57	<b>01:39:24.35</b>	<b>01:39:44.45</b>	+00:17:43 (17.8%)	4:42	12.7 (81.9%)
20	<b>GIESE Michal</b>	<b>132</b>		M-40	47	00:00:12	00:12:10	00:34:21	00:57:00	01:18:44	<b>01:39:26.70</b>	<b>01:39:39.05</b>	+00:17:46 (17.9%)	4:42	12.7 (81.9%)
21	<b>MEOSI Alessandro</b>	<b>321</b>	MONAR GRACZE	M-20	13	00:00:21	00:12:30	00:33:26	00:55:08	01:17:24	<b>01:39:46.75</b>	<b>01:40:08.60</b>	+00:18:06 (18.1%)	4:43	12.7 (81.9%)
22	<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>	+00:18:22 (18.4%)	4:44	12.7 (81.9%)
23	<b>SKLORZ Marcin</b>	<b>442</b>		M-20	15	00:00:18	00:11:50	00:33:24	00:55:42	01:17:41	<b>01:40:20.20</b>	<b>01:40:39.05</b>	+00:18:39 (18.6%)	4:45	12.6 (81.3%)
24	<b>KURCZEK Tomasz</b>	<b>265</b>	RUN FOREST RIUM!	M-40	50	00:00:16	00:12:34	00:35:06	00:57:29	01:19:50	<b>01:40:44.90</b>	<b>01:41:01.55</b>	+00:19:04 (18.9%)	4:46	12.6 (81.3%)
25	<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>	+00:19:14 (19.1%)	4:46	12.5 (80.6%)
26	<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>	+00:19:45 (19.5%)	4:48	12.5 (80.6%)
27	<b>NIKODON Paweł</b>	<b>349</b>	NIKODON DREAM TEAM	M-40	54	00:00:12	00:11:41	00:32:56	00:55:56	01:19:39	<b>01:41:45.30</b>	<b>01:41:58.05</b>	+00:20:04 (19.7%)	4:49	12.4 (80.0%)
28	<b>JANECZEK Marek</b>	<b>179</b>		M-40	56	00:00:18	00:12:48	00:35:40	00:58:28	01:21:02	<b>01:42:11.10</b>	<b>01:42:29.45</b>	+00:20:30 (20.1%)	4:50	12.4 (80.0%)
29	<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>	+00:20:37 (20.2%)	4:50	12.4 (80.0%)
30	<b>BUŁAWA Grzegorz</b>	<b>60</b>	GB-ARCH	M-40	58	00:00:18	00:12:31	00:35:16	00:57:52	01:20:36	<b>01:42:18.00</b>	<b>01:42:36.25</b>	+00:20:37 (20.2%)	4:50	12.4 (80.0%)
31	<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>	+00:20:42 (20.2%)	4:51	12.4 (80.0%)
32	<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>	+00:20:44 (20.2%)	4:51	12.4 (80.0%)
33	<b>TYSZKIEWICZ Cuma</b>	<b>492</b>		M-40	60	00:00:19	00:12:31	00:35:12	00:57:51	01:20:39	<b>01:42:47.15</b>	<b>01:43:06.50</b>	+00:21:06 (20.5%)	4:52	12.3 (79.4%)
34	<b>TISZBIEREK Marek</b>	<b>485</b>		M-40	61	00:00:20	00:12:38	00:35:39	00:58:32	01:20:54	<b>01:43:06.45</b>	<b>01:43:27.35</b>	+00:21:25 (20.8%)	4:53	12.3 (79.4%)
35	<b>ŻMIJEWSKI Dariusz</b>	<b>551</b>		M-50	19	00:00:43	00:12:20	00:34:18	00:57:03	01:20:26	<b>01:43:09.25</b>	<b>01:43:52.90</b>	+00:21:28 (20.8%)	4:53	12.3 (79.4%)
36	<b>CZAJKA Roman</b>	<b>79</b>		M-40	67	00:00:13	00:12:02	00:34:23	00:57:42	01:21:13	<b>01:43:33.45</b>	<b>01:43:46.45</b>	+00:21:52 (21.1%)	4:54	12.2 (78.7%)
37	<b>MACYSZYN Waldemar</b>	<b>293</b>	GLIWICE	M-50	20	00:00:15	00:12:16	00:34:35	00:57:37	01:21:15	<b>01:43:42.05</b>	<b>01:43:57.15</b>	+00:22:01 (21.2%)	4:54	12.2 (78.7%)
38	<b>WOJTUKIEWICZ Artur</b>	<b>518</b>	DHL RUN CLUB	M-40	70	00:00:35	00:11:58	00:33:50	00:56:22	01:20:55	<b>01:45:01.45</b>	<b>01:45:36.50</b>	+00:23:20 (22.2%)	4:58	12.1 (78.1%)
39	<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>	+00:23:21 (22.2%)	4:58	12.1 (78.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time					Czas brutto		Pace min/km	Pace km/h
							2.5km	7.2km	11.9km	16.6km	21.1km	21.1km	Gap		
40	<b>BRODEK Andrzej</b>	<b>46</b>	CERTUM	M-50	22	00:00:31	00:12:53	00:35:33	00:59:03	01:22:54	<b>01:45:27.25</b>	<b>01:45:59.20</b>	+00:23:46 (22.5%)	4:59	12 (77.4%)
41	<b>ODOSZEWSKI Roman</b>	<b>363</b>	OASIS SORT TEAM	M-40	71	00:00:14	00:11:55	00:34:06	00:57:33	01:21:37	<b>01:45:36.00</b>	<b>01:45:50.95</b>	+00:23:55 (22.7%)	5:00	12 (77.4%)
42	<b>NITARSKI Patryk</b>	<b>350</b>		M-40	73	00:00:12	00:12:11	00:34:21	00:58:04	01:22:41	<b>01:46:22.50</b>	<b>01:46:34.85</b>	+00:24:42 (23.2%)	5:02	11.9 (76.8%)
43	<b>NIESZWIC Terencjusz</b>	<b>348</b>		M-20	22	00:00:29	00:12:52	00:35:33	00:59:00	01:23:03	<b>01:46:35.30</b>	<b>01:47:04.30</b>	+00:24:54 (23.4%)	5:03	11.9 (76.8%)
44	<b>PACZKA Michał</b>	<b>374</b>	GLIWICE	M-50	27	00:01:06	00:13:53	00:37:16	01:01:12	01:25:27	<b>01:47:17.45</b>	<b>01:48:24.00</b>	+00:25:36 (23.9%)	5:05	11.8 (76.1%)
45	<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>	+00:25:39 (23.9%)	5:05	11.8 (76.1%)
46	<b>SIDORSKI Robert</b>	<b>433</b>	OPEL ACTIVE TEAM	M-40	80	00:00:17	00:12:46	00:35:49	00:59:56	01:24:30	<b>01:47:20.65</b>	<b>01:47:38.55</b>	+00:25:40 (23.9%)	5:05	11.8 (76.1%)
47	<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>	+00:25:56 (24.1%)	5:06	11.8 (76.1%)
48	<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>	+00:26:03 (24.2%)	5:06	11.8 (76.1%)
49	<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>	+00:26:16 (24.3%)	5:06	11.7 (75.5%)
50	<b>KOPEL Tomasz</b>	<b>562</b>		M-40	81	00:00:46	00:13:38	00:36:53	01:00:52	01:25:02	<b>01:47:58.50</b>	<b>01:48:45.25</b>	+00:26:18 (24.4%)	5:07	11.7 (75.5%)
51	<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>	+00:26:40 (24.6%)	5:08	11.7 (75.5%)
52	<b>DOBOSZ Krzysztof</b>	<b>95</b>	AKMB PĘDZIWIATR GLIWICE	M-50	30	00:00:27	00:13:21	00:37:51	01:02:32	01:26:55	<b>01:48:49.15</b>	<b>01:49:16.50</b>	+00:27:08 (24.9%)	5:09	11.6 (74.8%)
53	<b>BATKO Janusz</b>	<b>17</b>		M-40	84	00:00:53	00:13:07	00:37:27	01:02:10	01:26:28	<b>01:48:56.50</b>	<b>01:49:49.65</b>	+00:27:16 (25.0%)	5:09	11.6 (74.8%)
54	<b>BAK-CESARZ Damian</b>	<b>19</b>		M-40	87	00:00:33	00:14:19	00:39:57	01:05:01	01:28:58	<b>01:49:08.00</b>	<b>01:49:41.95</b>	+00:27:27 (25.2%)	5:10	11.6 (74.8%)
55	<b>SACHNIK Marek</b>	<b>425</b>	DYNAMIK SILESIA	M-20	24	00:00:24	00:12:41	00:35:40	01:00:21	01:25:05	<b>01:49:24.30</b>	<b>01:49:48.75</b>	+00:27:43 (25.3%)	5:11	11.6 (74.8%)
56	<b>PISZCZ Marek</b>	<b>390</b>	OPEL ACTIVE TEAM	M-40	89	00:00:17	00:12:47	00:36:10	01:00:52	01:26:01	<b>01:49:25.70</b>	<b>01:49:43.00</b>	+00:27:45 (25.4%)	5:11	11.6 (74.8%)
57	<b>WAWRZAK Ryszard</b>	<b>504</b>	PACEMAKER	M-40	91	00:00:21	00:13:27	00:37:58	01:02:42	01:27:09	<b>01:49:30.70</b>	<b>01:49:52.40</b>	+00:27:50 (25.4%)	5:11	11.6 (74.8%)
58	<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>	+00:28:03 (25.6%)	5:12	11.5 (74.2%)
59	<b>ROSADA Zdzisław</b>	<b>594</b>	BIEGAJ Z KS SOŚNICA	M-60	7	00:00:26	00:13:27	00:37:55	01:02:34	01:26:56	<b>01:50:14.45</b>	<b>01:50:40.90</b>	+00:28:33 (25.9%)	5:13	11.5 (74.2%)
60	<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>	+00:28:36 (25.9%)	5:13	11.5 (74.2%)
61	<b>RYŚ Dariusz</b>	<b>420</b>	HUTATEAM	M-40	95	00:00:24	00:13:13	00:37:30	01:02:47	01:27:38	<b>01:50:19.00</b>	<b>01:50:43.70</b>	+00:28:38 (26.0%)	5:13	11.5 (74.2%)
62	<b>GĘBCZYŃSKI Paweł</b>	<b>128</b>	GO4IT	M-40	97	00:00:22	00:13:19	00:37:37	01:02:40	01:27:23	<b>01:50:52.75</b>	<b>01:51:15.50</b>	+00:29:12 (26.3%)	5:15	11.4 (73.5%)
63	<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>	+00:29:30 (26.5%)	5:16	11.4 (73.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Time					Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							2.5km	7.2km	11.9km	16.6km	21.1km	21.1km				
64	<b>ZALESKI Arkadiusz</b>	<b>533</b>		M-50	35	00:00:29	00:13:00	00:37:01	01:01:56	01:26:49	<b>01:51:11.05</b>	<b>01:51:40.55</b>	+00:29:30 (26.5%)	5:16	11.4 (73.5%)	
65	<b>ŻABICKI Mariusz</b>	<b>550</b>	X-REHAB GLIWICKIE CENTRUM REHABILITACJI	M-40	100	00:00:23	00:12:58	00:36:59	01:01:53	01:26:59	<b>01:51:15.70</b>	<b>01:51:39.05</b>	+00:29:35 (26.6%)	5:16	11.4 (73.5%)	
66	<b>LEWANDOWSKI Henryk</b>	<b>281</b>		M-40	103	00:00:38	00:13:06	00:37:45	01:02:29	01:27:10	<b>01:51:57.30</b>	<b>01:52:35.45</b>	+00:30:16 (27.0%)	5:18	11.3 (72.9%)	
67	<b>DOMAŃSKI Marcin</b>	<b>96</b>	RUNNINGFISH74	M-40	105	00:00:44	00:14:33	00:39:06	01:04:17	01:28:53	<b>01:52:02.60</b>	<b>01:52:47.25</b>	+00:30:22 (27.1%)	5:18	11.3 (72.9%)	
68	<b>SMUDA Andrzej</b>	<b>451</b>	AKMB PĘDZIWIATR GLIWICE	M-40	110	00:00:53	00:14:09	00:38:54	01:03:35	01:28:07	<b>01:52:17.15</b>	<b>01:53:10.50</b>	+00:30:36 (27.3%)	5:19	11.3 (72.9%)	
69	<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>	+00:31:34 (27.9%)	5:21	11.2 (72.3%)	
70	<b>NOWAKOWSKI Dominik</b>	<b>359</b>		M-20	28	00:00:39	00:13:00	00:36:26	01:02:21	01:28:58	<b>01:53:24.40</b>	<b>01:54:03.55</b>	+00:31:43 (28.0%)	5:22	11.2 (72.3%)	
71	<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>	+00:32:54 (28.7%)	5:25	11.1 (71.6%)	
72	<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>	+00:32:57 (28.7%)	5:25	11 (71.0%)	
73	<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>	+00:33:04 (28.8%)	5:26	11 (71.0%)	
74	<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>	+00:33:19 (29.0%)	5:27	11 (71.0%)	
75	<b>MICHALSKI Marek</b>	<b>326</b>		M-40	114	00:00:18	00:13:14	00:38:14	01:03:46	01:30:39	<b>01:55:10.40</b>	<b>01:55:29.15</b>	+00:33:29 (29.1%)	5:27	11 (71.0%)	
76	<b>KASPRZAK Michał</b>	<b>213</b>		M-20	30	00:00:16	00:12:42	00:37:47	01:04:09	01:31:06	<b>01:55:18.75</b>	<b>01:55:35.15</b>	+00:33:38 (29.2%)	5:27	11 (71.0%)	
77	<b>JAWORSKI Jakub</b>	<b>191</b>		M-20	31	00:00:31	00:14:05	00:39:13	01:04:43	01:30:33	<b>01:55:34.10</b>	<b>01:56:05.75</b>	+00:33:53 (29.3%)	5:28	11 (71.0%)	
78	<b>BELUCH Witold</b>	<b>24</b>		M-50	44	00:00:43	00:14:09	00:39:09	01:04:53	01:30:54	<b>01:55:36.20</b>	<b>01:56:20.05</b>	+00:33:55 (29.3%)	5:28	11 (71.0%)	
79	<b>PIKOŃ Krzysztof</b>	<b>644</b>	JAISALMER	M-50	45	00:00:21	00:12:39	00:36:42	01:02:39	01:29:14	<b>01:55:37.50</b>	<b>01:55:58.70</b>	+00:33:57 (29.4%)	5:28	10.9 (70.3%)	
80	<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>	+00:34:13 (29.5%)	5:29	10.9 (70.3%)	
81	<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>	+00:34:15 (29.5%)	5:29	10.9 (70.3%)	
82	<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>	+00:34:21 (29.6%)	5:29	10.9 (70.3%)	
83	<b>KRZYWICKI Jan</b>	<b>260</b>		M-60	11	00:00:34	00:14:08	00:39:23	01:05:33	01:31:38	<b>01:56:11.60</b>	<b>01:56:46.30</b>	+00:34:31 (29.7%)	5:30	10.9 (70.3%)	
84	<b>GÓRECKI Ryszard</b>	<b>558</b>	NIEZRZESZONY	M-50	46	00:00:53	00:14:28	00:39:35	01:05:59	01:31:17	<b>01:56:23.05</b>	<b>01:57:16.45</b>	+00:34:42 (29.8%)	5:30	10.9 (70.3%)	
85	<b>GÓRECKI Janusz</b>	<b>144</b>		M-50	47	00:00:55	00:14:02	00:39:06	01:04:48	01:30:49	<b>01:56:24.70</b>	<b>01:57:19.70</b>	+00:34:44 (29.8%)	5:30	10.9 (70.3%)	
86	<b>ŁAZARZ Grzegorz</b>	<b>622</b>		M-40	118	00:00:28	00:13:42	00:39:18	01:05:47	01:32:07	<b>01:56:30.00</b>	<b>01:56:58.70</b>	+00:34:49 (29.9%)	5:31	10.9 (70.3%)	
87	<b>GAJEWSKI Jacek</b>	<b>117</b>	KURCZAK I AGATKA	M-50	49	00:00:38	00:14:03	00:39:21	01:05:39	01:31:49	<b>01:56:31.70</b>	<b>01:57:09.75</b>	+00:34:51 (29.9%)	5:31	10.9 (70.3%)	

Place	Participant	Number	Club	Category	MCat	Start time	Net time					Czas brutto		Pace min/km	Pace km/h
							2.5km	7.2km	11.9km	16.6km	21.1km	21.1km	Gap		
88	<b>IGNACZAK Robert</b>	<b>173</b>		M-40	122	00:00:41	00:14:19	00:40:00	01:06:56	01:32:57	<b>01:56:48.95</b>	<b>01:57:30.75</b>	+00:35:08 (30.1%)	5:32	10.8 (69.7%)
89	<b>BAJKACZ Tomasz</b>	<b>8</b>		M-20	34	00:00:28	00:14:32	00:40:51	01:07:19	01:33:16	<b>01:57:19.15</b>	<b>01:57:47.85</b>	+00:35:38 (30.4%)	5:33	10.8 (69.7%)
90	<b>KWAPIEŃ Paweł</b>	<b>588</b>		M-40	124	00:00:53	00:15:06	00:41:16	01:07:01	01:32:42	<b>01:57:45.70</b>	<b>01:58:39.45</b>	+00:36:05 (30.6%)	5:34	10.8 (69.7%)
91	<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>	+00:36:30 (30.9%)	5:36	10.7 (69.0%)
92	<b>ORLIK Jerzy</b>	<b>368</b>		M-60	14	00:00:52	00:14:17	00:39:51	01:06:22	01:32:45	<b>01:58:12.70</b>	<b>01:59:05.55</b>	+00:36:32 (30.9%)	5:36	10.7 (69.0%)
93	<b>KRAJEWSKI Michał</b>	<b>252</b>		M-40	125	00:00:37	00:14:57	00:42:10	01:08:56	01:34:41	<b>01:58:15.60</b>	<b>01:58:52.85</b>	+00:36:35 (30.9%)	5:36	10.7 (69.0%)
94	<b>PODSTUFKA Szymon</b>	<b>393</b>		M-20	35	00:00:21	00:14:42	00:41:00	01:07:42	01:33:56	<b>01:58:32.05</b>	<b>01:58:53.95</b>	+00:36:51 (31.1%)	5:37	10.7 (69.0%)
95	<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>	+00:36:56 (31.1%)	5:37	10.7 (69.0%)
96	<b>OSIŃSKI Paweł</b>	<b>370</b>	BIEGAJ Z TRENERAMI	M-40	129	00:00:52	00:14:12	00:40:17	01:07:29	01:33:34	<b>01:58:50.70</b>	<b>01:59:43.30</b>	+00:37:10 (31.3%)	5:37	10.7 (69.0%)
97	<b>MIKUŁA Leszek</b>	<b>333</b>		M-40	130	00:00:30	00:13:44	00:38:50	01:05:23	01:32:15	<b>01:59:02.60</b>	<b>01:59:32.70</b>	+00:37:22 (31.4%)	5:38	10.6 (68.4%)
98	<b>KUBICA Gerard</b>	<b>607</b>		M-50	52	00:00:40	00:13:00	00:37:50	01:03:54	01:31:28	<b>01:59:06.95</b>	<b>01:59:47.00</b>	+00:37:26 (31.4%)	5:38	10.6 (68.4%)
99	<b>KOCUR Aleksander</b>	<b>233</b>		M-40	131	00:01:31	00:14:22	00:40:17	01:06:05	01:32:52	<b>01:59:09.30</b>	<b>02:00:40.85</b>	+00:37:28 (31.5%)	5:38	10.6 (68.4%)
100	<b>WÓJCIK Rafał</b>	<b>523</b>		M-40	132	00:00:38	00:14:30	00:40:45	01:07:39	01:34:16	<b>01:59:12.60</b>	<b>01:59:51.15</b>	+00:37:32 (31.5%)	5:38	10.6 (68.4%)
101	<b>SIKORA Michał</b>	<b>438</b>		M-40	134	00:00:55	00:14:30	00:40:54	01:07:49	01:34:17	<b>01:59:34.45</b>	<b>02:00:30.35</b>	+00:37:53 (31.7%)	5:40	10.6 (68.4%)
102	<b>BASZUN Michał</b>	<b>15</b>		M-40	136	00:00:47	00:14:46	00:41:57	01:08:45	01:35:28	<b>01:59:49.95</b>	<b>02:00:37.30</b>	+00:38:09 (31.8%)	5:40	10.6 (68.4%)
103	<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>	+00:38:11 (31.9%)	5:40	10.6 (68.4%)
104	<b>GRZYWACZ Sebastian</b>	<b>161</b>		M-40	137	00:00:43	00:14:53	00:41:15	01:08:04	01:34:31	<b>02:00:05.30</b>	<b>02:00:48.55</b>	+00:38:24 (32.0%)	5:41	10.5 (67.7%)
105	<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>	+00:38:26 (32.0%)	5:41	10.5 (67.7%)
106	<b>MATULICZ Damian</b>	<b>316</b>		M-40	138	00:00:41	00:14:34	00:40:45	01:07:33	01:34:27	<b>02:00:09.45</b>	<b>02:00:50.55</b>	+00:38:28 (32.0%)	5:41	10.5 (67.7%)
107	<b>MARKOWSKI Kamil</b>	<b>312</b>		M-40	139	00:00:34	00:14:57	00:42:11	01:08:57	01:35:41	<b>02:00:23.65</b>	<b>02:00:58.45</b>	+00:38:43 (32.2%)	5:42	10.5 (67.7%)
108	<b>KAŁAMARZ Mariusz</b>	<b>201</b>		M-40	140	00:01:07	00:14:35	00:40:29	01:06:34	01:33:40	<b>02:00:43.15</b>	<b>02:01:50.40</b>	+00:39:02 (32.3%)	5:43	10.5 (67.7%)
109	<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>	+00:40:13 (33.0%)	5:46	10.4 (67.1%)
110	<b>TLON Marcin</b>	<b>597</b>		M-20	38	00:00:54	00:16:38	00:45:34	01:14:29	01:40:49	<b>02:02:12.10</b>	<b>02:03:06.95</b>	+00:40:31 (33.2%)	5:47	10.4 (67.1%)
111	<b>STAŃCO Jakub</b>	<b>614</b>		M-20	39	00:00:51	00:15:30	00:42:19	01:08:59	01:35:53	<b>02:02:32.30</b>	<b>02:03:23.65</b>	+00:40:51 (33.3%)	5:48	10.3 (66.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time					Czas brutto		Pace min/km	Pace km/h
							2.5km	7.2km	11.9km	16.6km	21.1km	21.1km	Gap		
112	ZARZYCKI Robert	537		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>	+00:40:57 (33.4%)	5:48	10.3 (66.5%)
113	SZYMURA Jacek	590		M-40	141	00:00:44	00:14:28	00:40:23	01:08:09	01:36:14	<b>02:03:16.85</b>	<b>02:04:01.50</b>	+00:41:36 (33.7%)	5:50	10.3 (66.5%)
114	PIETRZAK Marcin	383		M-40	142	00:00:36	00:14:56	00:42:09	01:08:56	01:35:40	<b>02:03:21.50</b>	<b>02:03:58.35</b>	+00:41:41 (33.8%)	5:50	10.3 (66.5%)
115	GRZYBOWSKI Damian	159		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>	+00:41:47 (33.8%)	5:51	10.3 (66.5%)
116	DĄBROWSKI Marcin	92	TEAM KORNEL	M-40	143	00:01:07	00:15:38	00:42:00	01:09:31	01:37:25	<b>02:04:21.40</b>	<b>02:05:29.10</b>	+00:42:40 (34.3%)	5:53	10.2 (65.8%)
117	ŻMUDA Marcin	552		M-20	41	00:01:08	00:15:51	00:44:00	01:12:27	01:40:04	<b>02:05:25.80</b>	<b>02:06:34.45</b>	+00:43:45 (34.9%)	5:56	10.1 (65.2%)
118	KROTOS Krzysztof	255	OQS	M-40	150	00:00:42	00:14:29	00:41:13	01:09:16	01:38:11	<b>02:06:29.30</b>	<b>02:07:11.60</b>	+00:44:48 (35.4%)	5:59	10 (64.5%)
119	KOSIAK Maciej	612		M-40	151	00:01:02	00:15:04	00:41:13	01:08:54	01:38:14	<b>02:06:52.85</b>	<b>02:07:55.80</b>	+00:45:12 (35.6%)	6:00	10 (64.5%)
120	KOWALCZYK Tomasz	244	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>	+00:45:24 (35.7%)	6:01	10 (64.5%)
121	GĘBCZYŃSKI Oliwier	129	GO4IT	M-20	43	00:00:48	00:15:20	00:42:41	01:10:44	01:39:02	<b>02:07:05.55</b>	<b>02:07:53.80</b>	+00:45:25 (35.7%)	6:01	10 (64.5%)
122	FRUK Kamil	585		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>	+00:46:01 (36.0%)	6:03	9.9 (63.9%)
123	GOŁĘBIEWSKI Kazimierz	138	KEMPER TEAM	M-40	154	00:01:04	00:15:35	00:43:11	01:12:36	01:40:53	<b>02:07:57.60</b>	<b>02:09:01.85</b>	+00:46:17 (36.2%)	6:03	9.9 (63.9%)
124	BRUDKOWSKI Tomasz	49	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>	+00:46:29 (36.3%)	6:04	9.9 (63.9%)
125	LINDENBERG Jarosław	587		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>	+00:46:38 (36.3%)	6:04	9.9 (63.9%)
126	MACZUGA Bartłomiej	294	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>	+00:46:53 (36.5%)	6:05	9.8 (63.2%)
127	JEZIOR Bartosz	192		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>	+00:47:00 (36.5%)	6:05	9.8 (63.2%)
128	BUFNAL Krzysztof	55		M-40	157	00:01:09	00:15:11	00:42:14	01:10:32	01:40:10	<b>02:10:06.90</b>	<b>02:11:16.15</b>	+00:48:26 (37.2%)	6:09	9.7 (62.6%)
129	METERA Kamil	586	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>	+00:49:50 (37.9%)	6:13	9.6 (61.9%)
130	GIBAS Dawid	130	SOCIOS SILESIA	M-40	160	00:00:18	00:14:48	00:42:56	01:13:38	01:44:18	<b>02:13:40.30</b>	<b>02:13:58.45</b>	+00:51:59 (38.9%)	6:20	9.5 (61.3%)
131	STRZELECKI Rafał	470	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>	+00:52:07 (39.0%)	6:20	9.5 (61.3%)
132	STANKIEWICZ Jakub	461		M-20	46	00:01:09	00:17:22	00:47:57	01:18:24	01:48:11	<b>02:14:14.70</b>	<b>02:15:24.15</b>	+00:52:34 (39.2%)	6:21	9.4 (60.6%)
133	PACUŁA Piotr	373	AKMB PĘDZIWIATR GLIWICE/OPEL ACTIVE TEAM	M-60	18	00:00:05	00:13:43	00:38:13	01:03:39	01:37:26	<b>02:14:53.30</b>	<b>02:14:58.60</b>	+00:53:12 (39.4%)	6:23	9.4 (60.6%)
134	KACZKIEWICZ Damian	630	NIGHT RUNNERS GLIWICE	M-40	167	00:00:59	00:15:36	00:44:30	01:14:23	01:46:23	<b>02:17:50.15</b>	<b>02:18:49.60</b>	+00:56:09 (40.7%)	6:31	9.2 (59.4%)
135	KOZACZKA Włodzimierz	248		M-40	168	00:01:02	00:16:09	00:44:47	01:14:24	01:44:56	<b>02:18:08.55</b>	<b>02:19:11.50</b>	+00:56:28 (40.9%)	6:32	9.2 (59.4%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	7.2km	11.9km	16.6km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
136	<b>WOLIŃSKI Józef</b>	<b>519</b>		M-50	60	00:00:55	00:16:43	00:46:21	01:17:09	01:48:03	<b>02:18:34.50</b>	<b>02:19:29.85</b>	+00:56:54 (41.1%)	6:34	9.1 (58.7%)
137	<b>CHAFFARI Messaoud</b>	<b>66</b>		M-20	49	00:00:47	00:15:12	00:42:13	01:11:10	01:46:38	<b>02:22:23.20</b>	<b>02:23:10.85</b>	+01:00:42 (42.6%)	6:44	8.9 (57.4%)
138	<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>	+01:03:25 (43.7%)	6:52	8.7 (56.1%)
139	<b>WACŁAWEK Tomek</b>	<b>399</b>	TEAM TOMSON	M-20	51	00:00:27	00:15:52	00:46:01	01:18:21	01:52:22	<b>02:26:41.65</b>	<b>02:27:09.05</b>	+01:05:01 (44.3%)	6:57	8.6 (55.5%)
140	<b>ZEMŁA Piotr</b>	<b>542</b>		M-50	64	00:00:58	00:16:23	00:47:36	01:20:43	01:54:56	<b>02:28:24.75</b>	<b>02:29:23.65</b>	+01:06:44 (45.0%)	7:01	8.5 (54.8%)
141	<b>FABRY Rafał</b>	<b>104</b>		M-40	173	00:01:06	00:16:53	00:49:26	01:23:50	02:00:20	<b>02:34:46.35</b>	<b>02:35:53.15</b>	+01:13:05 (47.2%)	7:20	8.2 (52.9%)
142	<b>BEDNAREK Martin</b>	<b>21</b>	STARY HANGAR	M-20	53	00:00:03	00:10:34	00:32:01					+00:04:47	4:26	13.5 (87.1%)

Total 142 results.