



**Wydarzenie:** VIII PÓŁMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-10-22  
**Miejsce:** Gliwice  
**Dystans:** 22 km

## VIII PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>MRÓWKA Mateusz</b>	<b>2054</b>	KWK MARCEL RADLINIOKI W BIEGU	M-20	1		00:35:09	<b>01:02:27.00</b>		2:57	20.3 (100%)
1	<b>KOKOT Daniel</b>	<b>2734</b>	RAJSPOORT ACTIVE	M-30	1		00:35:09	<b>01:02:27.00</b>	+00:00:00 (0.0%)	2:57	20.3 (100%)
1	<b>DROŹDŹ Damian</b>	<b>2423</b>	CONCRETE DM SP. Z O.O.	M-30	2		00:35:10	<b>01:02:27.00</b>	+00:00:00 (0.0%)	2:57	20.3 (100%)
4	<b>PIELA Stanisław</b>	<b>2457</b>		M-30	3	01:03:12		<b>01:12:48.55</b>	+00:10:21 (14.2%)	3:27	17.4 (85.7%)
5	<b>STRZELCZAK Sebastian</b>	<b>2597</b>	TL ROW RYBNIK	M-40	1		00:56:24	<b>01:22:55.15</b>	+00:20:28 (24.7%)	3:55	15.3 (75.4%)
6	<b>MACHOŃ Marcin</b>	<b>2587</b>	TEAM KOPEĆ	M-30	4	00:36:51	00:56:20	<b>01:23:20.60</b>	+00:20:53 (25.1%)	3:56	15.2 (74.9%)
7	<b>KOWOLIK Maciej</b>	<b>2839</b>		M-30	5	00:37:26	00:56:24	<b>01:23:39.60</b>	+00:21:12 (25.4%)	3:57	15.1 (74.4%)
8	<b>SUDARA Robert</b>	<b>2583</b>		M-30	6	00:38:08	00:56:54	<b>01:24:19.85</b>	+00:21:52 (25.9%)	3:59	15 (73.9%)
9	<b>WRÓBEL Paweł</b>	<b>2349</b>	NA BANI WYBIEGANI	M-30	7	00:38:35	00:56:52	<b>01:24:35.00</b>	+00:22:08 (26.2%)	4:00	15 (73.9%)
10	<b>GÓRAK Przemysław</b>	<b>2639</b>	KB SOBÓTKA	M-40	2	00:37:47	00:56:46	<b>01:24:39.70</b>	+00:22:12 (26.2%)	4:00	15 (73.9%)
11	<b>MAŚLANKA Tomasz</b>	<b>2080</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	1	00:38:03	00:56:45	<b>01:24:42.20</b>	+00:22:15 (26.3%)	4:00	14.9 (73.4%)
12	<b>URBAŃSKI Sławomir</b>	<b>2719</b>	KS GEPARD KĘPNO	M-50	2	00:38:03	00:56:45	<b>01:24:44.80</b>	+00:22:17 (26.3%)	4:00	14.9 (73.4%)
13	<b>GRABOWSKI Karol</b>	<b>2849</b>	CKS BUDOWLANI CZĘSTOCHOWA	M-30	8	01:03:04		<b>01:24:45.20</b>	+00:22:18 (26.3%)	4:00	14.9 (73.4%)
14	<b>KAUF Damian</b>	<b>2694</b>		M-40	3	00:37:06	00:56:32	<b>01:24:55.05</b>	+00:22:28 (26.5%)	4:01	14.9 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
15	KUROWSKI Andrew	2118		M-30	9	00:37:58	00:56:30	01:25:04.10	+00:22:37 (26.6%)	4:01	14.9 (73.4%)
16	JAROSZ Marek	2535	STELMACH TEAM	M-40	4	00:38:35	00:57:17	01:25:19.20	+00:22:52 (26.8%)	4:02	14.8 (72.9%)
17	KRZĄPA Łukasz	2128	NOWAK-TEAM	M-30	10	00:38:14	00:57:00	01:25:52.05	+00:23:25 (27.3%)	4:04	14.7 (72.4%)
18	WACHLA Rafał	2242	TOURSPORT RUNNING TEAM	M-40	5	00:38:11	00:57:16	01:26:22.20	+00:23:55 (27.7%)	4:05	14.7 (72.4%)
19	EISLER Tomasz	2661	BIEGAM, BO MNIE ŻONA ZAPISUJE	M-40	6	00:38:25	00:57:27	01:26:59.50	+00:24:32 (28.2%)	4:07	14.6 (71.9%)
20	FURMANEK Łukasz	2251	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	7	00:38:46	00:58:18	01:27:35.05	+00:25:08 (28.7%)	4:09	14.5 (71.4%)
21	KAMPA Rafał	2452	PIAST GLIWICE	M-30	11	00:39:12	00:58:44	01:28:01.25	+00:25:34 (29.1%)	4:10	14.4 (70.9%)
22	PIENIAŻEK Krzysztof	2194	INŻYNIERIA BIEGANIA TEAM	M-40	8	00:38:50	00:58:20	01:28:04.05	+00:25:37 (29.1%)	4:10	14.4 (70.9%)
23	GRIMAN Joanna	2289	MOJŻYSZ TEAM/ERIGO	K-40	1	00:39:09	00:58:51	01:28:05.80	+00:25:38 (29.1%)	4:10	14.4 (70.9%)
24	PRZYBYŁKO Nikodem	2340	THE PROSECCOS	M-30	12	00:39:37	00:59:03	01:29:09.55	+00:26:42 (30.0%)	4:13	14.2 (70.0%)
25	KWAŚNIEWICZ Przemysław	2662		M-30	13	00:40:35	01:00:06	01:29:21.15	+00:26:54 (30.1%)	4:14	14.2 (70.0%)
26	GŁADYSZ Leszek	2096	AUGUSTEAM	M-40	9	00:40:41	01:00:38	01:30:35.85	+00:28:08 (31.1%)	4:17	14 (69.0%)
27	DUŻNIAK Dominik	2183	STEP-DANCE	M-30	14	00:40:27	01:00:37	01:31:35.80	+00:29:08 (31.8%)	4:20	13.8 (68.0%)
28	BROL Dominika	2338	ENDURANCE TEAM	K-30	1	00:41:41	01:01:51	01:31:55.75	+00:29:28 (32.1%)	4:21	13.8 (68.0%)
29	PRZELIORZ Tomasz	2374	INŻYNIERIA BIEGANIA TEAM	M-30	15	00:42:23	01:02:29	01:32:08.15	+00:29:41 (32.2%)	4:21	13.7 (67.5%)
30	WARZOCHA Karol	2806		M-40	10	00:42:10	01:02:05	01:32:16.00	+00:29:49 (32.3%)	4:22	13.7 (67.5%)
31	WISZYŃSKI Damian	2500		M-30	16	00:41:32	01:01:45	01:32:18.10	+00:29:51 (32.3%)	4:22	13.7 (67.5%)
32	PLAZA Łukasz	2703	O CO BIEGA W KALETACH	M-40	11	00:41:50	01:02:05	01:32:22.05	+00:29:55 (32.4%)	4:22	13.7 (67.5%)
33	DZIENDZIEL Piotr	2630		M-30	17	00:42:29	01:02:47	01:32:23.20	+00:29:56 (32.4%)	4:22	13.7 (67.5%)
34	KACZMAREK Łukasz	2837	#ACT	M-30	18	00:42:22	01:02:41	01:32:29.85	+00:30:02 (32.5%)	4:22	13.7 (67.5%)
35	FILAK Tomasz	2070		M-30	19	00:43:32	01:02:51	01:32:42.00	+00:30:15 (32.6%)	4:23	13.7 (67.5%)
36	MATERNA Mateusz	2737	ANIA HALSKA COACHING	M-30	20	00:42:38	01:02:55	01:32:47.65	+00:30:20 (32.7%)	4:23	13.6 (67.0%)
37	CIEŚLAK Jacek	2642		M-40	12	00:43:10	01:02:38	01:32:53.85	+00:30:26 (32.8%)	4:24	13.6 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
38	<b>SIKORA Rafał</b>	<b>2643</b>		M-40	13	00:40:49	01:01:27	<b>01:33:00.90</b>	+00:30:33 (32.9%)	4:24	13.6 (67.0%)
39	<b>BIAŁY Kamil</b>	<b>2574</b>	FAST FOOT TEAM SIEWIERZ	M-30	21	00:42:08	01:02:24	<b>01:33:14.90</b>	+00:30:47 (33.0%)	4:25	13.6 (67.0%)
40	<b>TRZCIONKA Maciej</b>	<b>2529</b>		M-30	22	00:42:07	01:02:36	<b>01:33:22.10</b>	+00:30:55 (33.1%)	4:25	13.6 (67.0%)
41	<b>TRACZUK Marek</b>	<b>2214</b>		M-50	3	00:42:30	01:02:49	<b>01:33:22.70</b>	+00:30:55 (33.1%)	4:25	13.6 (67.0%)
42	<b>WIERZCHOWSKI Tomasz</b>	<b>2652</b>	BLEES.CO	M-30	23	00:41:34	01:02:00	<b>01:33:23.35</b>	+00:30:56 (33.1%)	4:25	13.6 (67.0%)
43	<b>MASNY Michał</b>	<b>2223</b>		M-30	24	00:42:28	01:02:43	<b>01:33:29.50</b>	+00:31:02 (33.2%)	4:25	13.5 (66.5%)
44	<b>STOLORZ Wojciech</b>	<b>2127</b>	BIEGAMYSŁOWICE	M-30	25	00:42:30	01:02:49	<b>01:33:33.05</b>	+00:31:06 (33.2%)	4:26	13.5 (66.5%)
45	<b>MARCOL Sebastian</b>	<b>2595</b>	PACEMAKER	M-30	26	00:42:39	01:03:01	<b>01:33:36.40</b>	+00:31:09 (33.3%)	4:26	13.5 (66.5%)
46	<b>PISZCZEK Stanisław</b>	<b>2648</b>		M-40	14	00:39:47	01:04:26	<b>01:34:28.00</b>	+00:32:01 (33.9%)	4:28	13.4 (66.0%)
47	<b>SMYCZEK Bartosz</b>	<b>2503</b>	KILOMETROŻERCA	M-30	27	00:42:30	01:03:10	<b>01:34:34.35</b>	+00:32:07 (34.0%)	4:28	13.4 (66.0%)
48	<b>OCZKO Dominik</b>	<b>2670</b>	ENDURANCE TEAM	M-40	15	00:42:42	01:03:10	<b>01:34:35.85</b>	+00:32:08 (34.0%)	4:28	13.4 (66.0%)
49	<b>PODSIADŁO Adam</b>	<b>2120</b>		M-40	16	00:41:25	01:02:08	<b>01:34:38.75</b>	+00:32:11 (34.0%)	4:29	13.4 (66.0%)
50	<b>KASZOWSKI Marcin</b>	<b>2673</b>	CHRZAŚCZCZE CHRABAŚCZCZE DZIKI	M-40	17	00:45:03	01:04:39	<b>01:35:04.65</b>	+00:32:37 (34.3%)	4:30	13.3 (65.5%)
51	<b>NOWICKI Szymon</b>	<b>2672</b>		M-30	28	00:41:45	01:02:43	<b>01:35:10.25</b>	+00:32:43 (34.4%)	4:30	13.3 (65.5%)
52	<b>WIŚNIEWSKI Tomasz</b>	<b>2099</b>		M-40	18	00:43:10	01:03:01	<b>01:35:10.50</b>	+00:32:43 (34.4%)	4:30	13.3 (65.5%)
53	<b>WOJDA Mariusz</b>	<b>2177</b>		M-40	19	00:43:21	01:03:23	<b>01:35:17.35</b>	+00:32:50 (34.5%)	4:30	13.3 (65.5%)
54	<b>WYLEŻAŁEK Alina</b>	<b>2200</b>		K-30	2	00:42:37	01:03:32	<b>01:35:30.10</b>	+00:33:03 (34.6%)	4:31	13.3 (65.5%)
55	<b>PIKUŁA Jacek</b>	<b>2050</b>	RUNAWAYS, WATAHA ŁĄCZY NAS BIEGANIE	M-40	20	00:44:06	01:04:12	<b>01:35:30.25</b>	+00:33:03 (34.6%)	4:31	13.3 (65.5%)
56	<b>KĄŚ Iwona</b>	<b>2638</b>	TIKTEAM	K-40	2	00:43:16	01:03:43	<b>01:35:31.45</b>	+00:33:04 (34.6%)	4:31	13.3 (65.5%)
57	<b>ZYMELA Dawid</b>	<b>2665</b>		M-30	29	00:44:19	01:04:25	<b>01:35:40.45</b>	+00:33:13 (34.7%)	4:32	13.2 (65.0%)
58	<b>BORSIAK Sebastian</b>	<b>2152</b>	BRAK	M-40	21	00:41:58	01:02:46	<b>01:35:43.10</b>	+00:33:16 (34.8%)	4:32	13.2 (65.0%)
59	<b>PALA Marcin</b>	<b>2750</b>	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	M-40	22	00:44:04	01:04:14	<b>01:35:46.45</b>	+00:33:19 (34.8%)	4:32	13.2 (65.0%)
60	<b>GRZESIKIEWICZ Mariusz</b>	<b>2188</b>		M-40	23	00:42:27	01:02:55	<b>01:35:50.75</b>	+00:33:23 (34.8%)	4:32	13.2 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
61	<b>POKRYSZKA Bartosz</b>	<b>2031</b>		M-30	30	00:44:16	01:04:15	<b>01:36:04.10</b>	+00:33:37 (35.0%)	4:33	13.2 (65.0%)
62	<b>OWERKO Piotr</b>	<b>2792</b>		M-30	31	00:44:22	01:04:19	<b>01:36:05.05</b>	+00:33:38 (35.0%)	4:33	13.2 (65.0%)
63	<b>BRYŁA Grzegorz</b>	<b>2525</b>	KLUB JEDNEGO BIEGACZA	M-40	24	00:44:17	01:04:12	<b>01:36:15.55</b>	+00:33:48 (35.1%)	4:33	13.2 (65.0%)
64	<b>KLIMA Adam</b>	<b>2551</b>	RUNHOGS TYCHY	M-30	32	00:43:04	01:03:39	<b>01:36:22.45</b>	+00:33:55 (35.2%)	4:34	13.1 (64.5%)
65	<b>BEDNARCZYK Marcin</b>	<b>2473</b>	GISZOWIEC BIEGA RAZEM	M-30	33	00:42:38	01:04:06	<b>01:36:43.85</b>	+00:34:16 (35.4%)	4:35	13.1 (64.5%)
66	<b>WOLNY Ariel</b>	<b>2515</b>		M-40	25	00:42:35	01:03:53	<b>01:36:48.15</b>	+00:34:21 (35.5%)	4:35	13.1 (64.5%)
67	<b>TUSZYŃSKI Kamil</b>	<b>2637</b>		M-30	34	00:41:36	01:06:01	<b>01:37:07.90</b>	+00:34:40 (35.7%)	4:36	13 (64.0%)
68	<b>FAŁEK Adam</b>	<b>2575</b>	ŁAMIGNATY	M-20	2	00:41:43	01:03:10	<b>01:37:13.85</b>	+00:34:46 (35.8%)	4:36	13 (64.0%)
69	<b>CZAJKA Tomasz</b>	<b>2521</b>		M-40	26	00:44:52	01:05:11	<b>01:37:14.95</b>	+00:34:47 (35.8%)	4:36	13 (64.0%)
70	<b>KANTOCH Lukasz</b>	<b>2455</b>		M-30	35	00:44:34	01:04:49	<b>01:37:17.30</b>	+00:34:50 (35.8%)	4:36	13 (64.0%)
71	<b>MASŁOŃ Błażej</b>	<b>2558</b>		M-50	4	00:43:46	01:04:24	<b>01:37:24.90</b>	+00:34:57 (35.9%)	4:36	13 (64.0%)
72	<b>HORNIK Jarek</b>	<b>2105</b>		M-50	5	00:44:27	01:04:46	<b>01:37:29.90</b>	+00:35:02 (35.9%)	4:37	13 (64.0%)
73	<b>BEM Adam</b>	<b>2196</b>	GISZOWIEC BIEGA RAZEM	M-50	6	00:42:38	01:04:07	<b>01:37:37.80</b>	+00:35:10 (36.0%)	4:37	13 (64.0%)
74	<b>MAŁECKI Grzegorz</b>	<b>2041</b>		M-40	27	00:42:35	01:03:29	<b>01:37:38.65</b>	+00:35:11 (36.0%)	4:37	13 (64.0%)
75	<b>CHOMIK Rafał</b>	<b>2740</b>	3COACH	M-40	28	00:43:09	01:04:38	<b>01:37:39.10</b>	+00:35:12 (36.0%)	4:37	13 (64.0%)
76	<b>OSIŃSKI Robert</b>	<b>2647</b>		M-40	29	00:44:24	01:05:02	<b>01:37:53.55</b>	+00:35:26 (36.2%)	4:38	12.9 (63.5%)
77	<b>NOGA Jacek</b>	<b>2198</b>		M-40	30	00:44:53	01:05:21	<b>01:37:58.70</b>	+00:35:31 (36.3%)	4:38	12.9 (63.5%)
78	<b>KUNA Piotr</b>	<b>2675</b>	TRIWISE	M-40	31	00:41:37	01:06:12	<b>01:37:58.75</b>	+00:35:31 (36.3%)	4:38	12.9 (63.5%)
79	<b>SROCZYŃSKI Dariusz</b>	<b>2181</b>	NGK RUNNING TEAM	M-40	32	00:45:01	01:05:25	<b>01:37:59.60</b>	+00:35:32 (36.3%)	4:38	12.9 (63.5%)
80	<b>DOBICZEK Łukasz</b>	<b>2562</b>	42KPRO	M-40	33	00:44:08	01:04:53	<b>01:38:07.30</b>	+00:35:40 (36.4%)	4:39	12.9 (63.5%)
81	<b>SITEK Krzysztof</b>	<b>2619</b>		M-50	7	00:44:49	01:05:15	<b>01:38:08.70</b>	+00:35:41 (36.4%)	4:39	12.9 (63.5%)
82	<b>BIELA Grzegorz</b>	<b>2460</b>	NIGHT RUNNERS PYSKOWICE	M-30	36	00:44:14	01:04:38	<b>01:38:10.85</b>	+00:35:43 (36.4%)	4:39	12.9 (63.5%)
83	<b>CHEJDYS Krystian</b>	<b>2027</b>	BIEGNĘ ALE DOKĄD?	M-30	37	00:44:16	01:05:11	<b>01:38:13.50</b>	+00:35:46 (36.4%)	4:39	12.9 (63.5%)

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84	WIECHUŁA Marcin	2816	MOMO RUNNING TEAM	M-40	34	00:40:12	01:05:38	01:38:15.80	+00:35:48 (36.4%)	4:39	12.9 (63.5%)
85	WOJTUKIEWICZ Artur	2136		M-40	35	00:45:42	01:06:05	01:38:18.20	+00:35:51 (36.5%)	4:39	12.9 (63.5%)
86	MALINOWSKI Krzysztof	2129	POWOLI DO CELU	M-50	8	00:44:46	01:05:16	01:38:22.70	+00:35:55 (36.5%)	4:39	12.9 (63.5%)
87	PAWŁUSZEK Piotr	2293	KB ORŁY Z KNUROWA	Niepełnosprawni M	1	00:41:22	01:06:54	01:38:34.20	+00:36:07 (36.6%)	4:40	12.8 (63.1%)
88	BOSOWSKI Tomasz	2400		M-40	36	00:43:27	01:04:34	01:38:34.35	+00:36:07 (36.6%)	4:40	12.8 (63.1%)
89	KNYPS Adam	2659	OPONY SERAFINOWSKI	M-40	37	00:46:13	01:06:32	01:38:43.60	+00:36:16 (36.7%)	4:40	12.8 (63.1%)
90	KOLANEK Tomasz	2354	MAM WYBIEGANE	M-40	38	00:44:57	01:05:54	01:38:52.95	+00:36:25 (36.8%)	4:41	12.8 (63.1%)
91	ZALEWSKI Wojciech	2059		M-40	39	00:45:38	01:06:15	01:38:57.20	+00:36:30 (36.9%)	4:41	12.8 (63.1%)
92	KAWELCZYK Robert	2431	POLSKA	M-50	9	00:44:51	01:05:15	01:38:58.80	+00:36:31 (36.9%)	4:41	12.8 (63.1%)
93	WASZTYL Tomasz	2068		M-50	10	00:44:03	01:04:47	01:39:02.95	+00:36:35 (37.0%)	4:41	12.8 (63.1%)
94	PILNY Karol	2401	EKO-OKNA RUNNERS	M-20	3	00:45:52	01:06:33	01:39:05.00	+00:36:38 (37.0%)	4:41	12.8 (63.1%)
95	TOKARCZYK Mateusz	2564		M-30	38	00:46:02	01:06:52	01:39:17.35	+00:36:50 (37.1%)	4:42	12.8 (63.1%)
96	KARNAUKHOV Andrzej	2288		M-20	4	00:45:15	01:06:07	01:39:18.20	+00:36:51 (37.1%)	4:42	12.7 (62.6%)
97	CIOSEK Mateusz	2203		M-30	39	00:45:04	01:05:56	01:39:19.25	+00:36:52 (37.1%)	4:42	12.7 (62.6%)
98	MALCZAK Leszek	2406		M-40	40	00:46:16	01:07:04	01:39:25.45	+00:36:58 (37.2%)	4:42	12.7 (62.6%)
99	PYTLIK Mirosław	2009	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-30	40	00:45:04	01:06:07	01:39:37.95	+00:37:10 (37.3%)	4:43	12.7 (62.6%)
100	BARAŃSKI Rafał	2543		M-40	41	00:45:39	01:06:32	01:39:41.55	+00:37:14 (37.4%)	4:43	12.7 (62.6%)
101	BOGATZKI Marek	2134		M-30	41	00:44:57	01:05:52	01:39:50.55	+00:37:23 (37.5%)	4:43	12.7 (62.6%)
102	BRZEZIŃSKI Karol	2739		M-30	42	00:45:21	01:06:08	01:39:52.00	+00:37:25 (37.5%)	4:43	12.7 (62.6%)
103	POŁOMSKI Grzegorz	2016	POLOMSCY TEAM	M-40	42	00:41:22	01:06:42	01:39:57.10	+00:37:30 (37.5%)	4:44	12.7 (62.6%)
104	KAŁUS Wojciech	2358	NA BANI WYBIEGANI	M-30	43	00:43:26	01:04:10	01:40:00.20	+00:37:33 (37.6%)	4:44	12.7 (62.6%)
105	BALON Marek	2497		M-50	11		01:01:39	01:40:00.30	+00:37:33 (37.6%)	4:44	12.7 (62.6%)
106	SMÓŁKA Bartosz	2217		M-30	44	00:46:04	01:06:53	01:40:28.70	+00:38:01 (37.8%)	4:45	12.6 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
107	ZORAN Henryk	2450	WARTKIE PIERONY	M-50	12	00:45:19	01:06:20	<b>01:40:33.95</b>	+00:38:06 (37.9%)	4:45	12.6 (62.1%)
108	TAJAK Tomasz	2842		Niepełnosprawni M	2	00:45:46	01:06:39	<b>01:40:42.45</b>	+00:38:15 (38.0%)	4:46	12.6 (62.1%)
109	STRZYŻEWSKI Przemysław	2629		M-40	43	00:45:56	01:06:49	<b>01:40:55.55</b>	+00:38:28 (38.1%)	4:46	12.5 (61.6%)
110	DABROWSKI Bartosz	2132		M-30	45	00:47:03	01:07:56	<b>01:40:59.20</b>	+00:38:32 (38.2%)	4:47	12.5 (61.6%)
111	DOBIJA Wojciech	2538		M-30	46	00:45:24	01:06:49	<b>01:40:59.40</b>	+00:38:32 (38.2%)	4:47	12.5 (61.6%)
112	WARDZYK Damian	2299	ZŁOTA MARKA	M-20	5	00:45:21	01:05:55	<b>01:41:05.40</b>	+00:38:38 (38.2%)	4:47	12.5 (61.6%)
113	WIERCIŃSKI Mateusz	2766		M-30	47	00:46:14	01:07:40	<b>01:41:07.90</b>	+00:38:40 (38.2%)	4:47	12.5 (61.6%)
114	PIETYRA Grzegorz	2058	CRİK FCA POLAND	M-40	44	00:45:47	01:07:30	<b>01:41:08.20</b>	+00:38:41 (38.3%)	4:47	12.5 (61.6%)
115	JAŚKIEWICZ Sławomir	2207		M-40	45	00:46:14	01:06:51	<b>01:41:08.85</b>	+00:38:41 (38.3%)	4:47	12.5 (61.6%)
116	SOBOL Adam	2640	DYSTANS LUBOMIA	M-40	46	00:48:32	01:08:56	<b>01:41:17.30</b>	+00:38:50 (38.3%)	4:48	12.5 (61.6%)
117	TEMPKA Krzysztof	2445		M-50	13	00:45:18	01:06:16	<b>01:41:18.85</b>	+00:38:51 (38.4%)	4:48	12.5 (61.6%)
118	BUŁAWA Grzegorz	2465		M-40	47	00:45:40	01:06:52	<b>01:41:22.10</b>	+00:38:55 (38.4%)	4:48	12.5 (61.6%)
119	KUPIJAJ Marcin	2723	NGK RUNNING TEAM	M-30	48	00:46:53	01:08:08	<b>01:41:32.65</b>	+00:39:05 (38.5%)	4:48	12.5 (61.6%)
120	SIENKIEWICZ Wojciech	2483	SOCIOS SILESIA	M-30	49	00:47:04	01:08:19	<b>01:41:39.30</b>	+00:39:12 (38.6%)	4:49	12.5 (61.6%)
121	RATAJCZAK Aleksander	2276	LECYMY DURŚ	M-50	14	00:45:39	01:06:47	<b>01:41:41.65</b>	+00:39:14 (38.6%)	4:49	12.5 (61.6%)
122	GOGOLIN Artur	2367	LOTOM PO ŚLĄSKU	M-30	50	00:46:13	01:07:58	<b>01:41:48.20</b>	+00:39:21 (38.7%)	4:49	12.4 (61.1%)
123	GARBACZ Damian	2845		M-30	51	00:46:39	01:08:08	<b>01:41:50.50</b>	+00:39:23 (38.7%)	4:49	12.4 (61.1%)
124	MARCZAK Krzysztof	2851	PKO BANK POLSKI	M-50	15	00:46:14	01:08:05	<b>01:41:53.15</b>	+00:39:26 (38.7%)	4:49	12.4 (61.1%)
125	GOLA Magda	2783		K-20	1	00:47:03	01:08:22	<b>01:42:00.15</b>	+00:39:33 (38.8%)	4:50	12.4 (61.1%)
126	GDOWSKI Sławek	2149	NEXTEER RUNNERS	M-30	52	00:45:50	01:07:30	<b>01:42:13.30</b>	+00:39:46 (38.9%)	4:50	12.4 (61.1%)
127	SIEKIERDA Konrad	2344	SYNDYK BIEGA	M-30	53	00:46:14	01:08:00	<b>01:42:14.75</b>	+00:39:47 (38.9%)	4:50	12.4 (61.1%)
128	JANECZEK Marek	2768		M-40	48	00:46:26	01:07:55	<b>01:42:15.05</b>	+00:39:48 (38.9%)	4:50	12.4 (61.1%)
129	BURY Rafał	2420	RUN GLORIA	M-50	16	00:46:39	01:08:00	<b>01:42:17.75</b>	+00:39:50 (39.0%)	4:50	12.4 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
130	<b>NIEWALDA Marcin</b>	<b>2205</b>		M-30	54	00:45:59	01:07:27	<b>01:42:18.85</b>	+00:39:51 (39.0%)	4:50	12.4 (61.1%)
131	<b>KREŻOŁEK Daniel</b>	<b>2660</b>		M-40	49	00:46:09	01:07:44	<b>01:42:21.25</b>	+00:39:54 (39.0%)	4:51	12.4 (61.1%)
132	<b>CZAPLA Arkadiusz</b>	<b>2843</b>		M-50	17	00:45:49	01:06:53	<b>01:42:30.70</b>	+00:40:03 (39.1%)	4:51	12.4 (61.1%)
133	<b>STRZAŁKA Robert</b>	<b>2069</b>	ŚLĘZAK TEAM	M-40	50	00:46:30	01:08:17	<b>01:42:40.40</b>	+00:40:13 (39.2%)	4:51	12.3 (60.6%)
134	<b>KUKURBA Mikołaj</b>	<b>2626</b>		M-30	55		01:06:49	<b>01:42:52.30</b>	+00:40:25 (39.3%)	4:52	12.3 (60.6%)
135	<b>MARKOWSKI Przemysław</b>	<b>2606</b>	PACEMAKER 1:40	M-30	56	00:46:12	01:07:57	<b>01:42:54.45</b>	+00:40:27 (39.3%)	4:52	12.3 (60.6%)
136	<b>NOWACKI Wojciech</b>	<b>2590</b>	PACEMAKER	M-30	57	00:46:13	01:07:58	<b>01:42:54.90</b>	+00:40:27 (39.3%)	4:52	12.3 (60.6%)
137	<b>JASTRZEMBSKI Jakub</b>	<b>2115</b>		M-30	58	00:46:06	01:07:52	<b>01:43:00.35</b>	+00:40:33 (39.4%)	4:52	12.3 (60.6%)
137	<b>DYRAGA Marcin</b>	<b>2744</b>	SAINT-GOBAIN SQUAD	M-40	51	00:47:06	01:08:58	<b>01:43:00.35</b>	+00:40:33 (39.4%)	4:52	12.3 (60.6%)
139	<b>JAGIEŁA Michał</b>	<b>2065</b>		M-30	59	00:46:08	01:07:02	<b>01:43:00.80</b>	+00:40:33 (39.4%)	4:52	12.3 (60.6%)
140	<b>OZYP Mariusz</b>	<b>2064</b>		M-30	60	00:46:45	01:08:22	<b>01:43:11.60</b>	+00:40:44 (39.5%)	4:53	12.3 (60.6%)
141	<b>PLESIŃSKI Sebastian</b>	<b>2277</b>	FM LOGISTIC	M-40	52	00:46:16	01:07:51	<b>01:43:11.85</b>	+00:40:44 (39.5%)	4:53	12.3 (60.6%)
142	<b>SYMIEC Dawid</b>	<b>2808</b>		M-20	6	00:47:45	01:08:45	<b>01:43:14.05</b>	+00:40:47 (39.5%)	4:53	12.3 (60.6%)
143	<b>ŁYSY Andrzej</b>	<b>2751</b>	ENDURANCE TEAM	M-50	18	00:45:31	01:06:38	<b>01:43:22.00</b>	+00:40:55 (39.6%)	4:53	12.2 (60.1%)
144	<b>STRASZEK Piotr</b>	<b>2151</b>		M-30	61	00:47:33	01:08:58	<b>01:43:28.90</b>	+00:41:01 (39.7%)	4:54	12.2 (60.1%)
145	<b>WIŚNIEWSKI Jarosław</b>	<b>2554</b>		M-40	53	00:47:10	01:08:55	<b>01:43:43.35</b>	+00:41:16 (39.8%)	4:54	12.2 (60.1%)
146	<b>ROZANSKI Michal</b>	<b>2435</b>		M-40	54	00:46:33	01:08:07	<b>01:43:54.80</b>	+00:41:27 (39.9%)	4:55	12.2 (60.1%)
147	<b>REDOSZ Oliwia</b>	<b>2770</b>		K-30	3	00:48:08	01:09:32	<b>01:44:02.80</b>	+00:41:35 (40.0%)	4:55	12.2 (60.1%)
148	<b>ORDOŃ Bartłomiej</b>	<b>2840</b>	RYBNICKA GRUPA BIEGOWA	M-30	62	00:46:45	01:08:28	<b>01:44:07.70</b>	+00:41:40 (40.0%)	4:56	12.2 (60.1%)
149	<b>MIRONOWICZ Bartek</b>	<b>2339</b>		M-30	63	00:44:32	01:06:25	<b>01:44:14.00</b>	+00:41:47 (40.1%)	4:56	12.1 (59.6%)
150	<b>LEŚNIAK Dawid</b>	<b>2577</b>		M-20	7	00:47:19	01:09:14	<b>01:44:18.60</b>	+00:41:51 (40.1%)	4:56	12.1 (59.6%)
151	<b>PRZEGENDZA Artur</b>	<b>2375</b>		M-40	55	00:47:48	01:09:25	<b>01:44:21.50</b>	+00:41:54 (40.2%)	4:56	12.1 (59.6%)
152	<b>WARZECHA Kamil</b>	<b>2392</b>		M-30	64	00:47:41	01:09:47	<b>01:44:31.60</b>	+00:42:04 (40.3%)	4:57	12.1 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
153	<b>IWANIUK Paweł</b>	<b>2625</b>	AUGUSTEAM	M-40	56	00:46:58	01:09:13	<b>01:44:36.20</b>	+00:42:09 (40.3%)	4:57	12.1 (59.6%)
154	<b>BENSZ Dariusz</b>	<b>2687</b>		M-40	57	00:48:10	01:10:11	<b>01:44:41.75</b>	+00:42:14 (40.4%)	4:57	12.1 (59.6%)
155	<b>GRUDNIEWSKI Tomasz</b>	<b>2085</b>		M-40	58	00:49:29	01:11:10	<b>01:44:44.85</b>	+00:42:17 (40.4%)	4:57	12.1 (59.6%)
156	<b>ŻAAK Michał</b>	<b>2370</b>		M-40	59	00:47:33	01:09:34	<b>01:44:59.35</b>	+00:42:32 (40.5%)	4:58	12.1 (59.6%)
157	<b>PIETYSZUK Dariusz</b>	<b>2717</b>		M-40	60	00:47:11	01:08:52	<b>01:45:01.65</b>	+00:42:34 (40.5%)	4:58	12.1 (59.6%)
158	<b>LIS Grzegorz</b>	<b>2362</b>	EKO-OKNA RUNNERS	M-40	61	00:46:40	01:08:45	<b>01:45:05.25</b>	+00:42:38 (40.6%)	4:58	12 (59.1%)
159	<b>WIORA Łukasz</b>	<b>2833</b>		M-30	65	00:48:17	01:10:07	<b>01:45:08.95</b>	+00:42:41 (40.6%)	4:58	12 (59.1%)
160	<b>WOSZCZAK Krystian</b>	<b>2633</b>		M-30	66	00:47:52	01:09:57	<b>01:45:16.90</b>	+00:42:49 (40.7%)	4:59	12 (59.1%)
160	<b>ZWIERZYŃSKI Piotr</b>	<b>2417</b>	UNATCO	M-50	19	00:48:40	01:10:44	<b>01:45:16.90</b>	+00:42:49 (40.7%)	4:59	12 (59.1%)
162	<b>FOLEK Adam</b>	<b>2300</b>		M-30	67	00:46:18	01:08:03	<b>01:45:18.40</b>	+00:42:51 (40.7%)	4:59	12 (59.1%)
163	<b>VATUICHAK Pavlo</b>	<b>2782</b>		M-20	8	00:39:48	01:12:30	<b>01:45:26.05</b>	+00:42:59 (40.8%)	4:59	12 (59.1%)
164	<b>WINCZAKIEWICZ Michał</b>	<b>2405</b>	WINCZITEAM	M-30	68	00:48:04	01:10:48	<b>01:45:47.60</b>	+00:43:20 (41.0%)	5:00	12 (59.1%)
165	<b>SOŁTYSIK Tomasz</b>	<b>2772</b>	MARUDA TEAM	M-40	62	00:47:08	01:09:14	<b>01:45:51.10</b>	+00:43:24 (41.0%)	5:00	12 (59.1%)
166	<b>SOJA Łukasz</b>	<b>2735</b>	RUNNERS NIGHT PYSKOWICE	M-40	63	00:47:05	01:09:29	<b>01:45:51.35</b>	+00:43:24 (41.0%)	5:00	12 (59.1%)
167	<b>MEJER Krzysztof</b>	<b>2586</b>	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	20	00:49:45	01:11:43	<b>01:46:08.15</b>	+00:43:41 (41.2%)	5:01	11.9 (58.6%)
168	<b>REJNIAK Mateusz</b>	<b>2439</b>	REDYNA	M-30	69		01:03:32	<b>01:46:20.90</b>	+00:43:53 (41.3%)	5:02	11.9 (58.6%)
168	<b>IWASZKOWSKI Dawid</b>	<b>2193</b>	REDYNA TEAM	M-30	70	00:46:52	01:08:28	<b>01:46:20.90</b>	+00:43:53 (41.3%)	5:02	11.9 (58.6%)
170	<b>KĘDZIORA Łukasz</b>	<b>2700</b>		M-40	64	00:46:31	01:09:25	<b>01:46:29.30</b>	+00:44:02 (41.4%)	5:02	11.9 (58.6%)
171	<b>SALAMON Emil</b>	<b>2154</b>	STELLANTIS ACTIVE TEAM	M-30	71	00:48:10	01:10:13	<b>01:46:32.15</b>	+00:44:05 (41.4%)	5:02	11.9 (58.6%)
172	<b>ŁATKA Marek</b>	<b>2567</b>		M-40	65	00:49:11	01:11:18	<b>01:46:34.10</b>	+00:44:07 (41.4%)	5:03	11.9 (58.6%)
173	<b>DUŚ Artur</b>	<b>2795</b>	POLSKA GRUPA GÓRNICZA	M-50	21	00:50:09	01:12:13	<b>01:46:38.95</b>	+00:44:11 (41.4%)	5:03	11.9 (58.6%)
174	<b>KUŹMIŃSKI Michał</b>	<b>2426</b>		M-40	66		01:11:23	<b>01:46:43.15</b>	+00:44:16 (41.5%)	5:03	11.9 (58.6%)
175	<b>GOLONKA Marek</b>	<b>2150</b>		M-50	22	00:47:04	01:09:55	<b>01:46:44.95</b>	+00:44:17 (41.5%)	5:03	11.9 (58.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
176	<b>KULA Krzysztof</b>	<b>2130</b>		M-40	67		01:10:37	<b>01:46:45.85</b>	+00:44:18 (41.5%)	5:03	11.9 (58.6%)
177	<b>JABŁOŃSKI Łukasz</b>	<b>2202</b>	Q-PERIOR TEAM	M-30	72	00:47:38	01:10:00	<b>01:46:52.55</b>	+00:44:25 (41.6%)	5:03	11.8 (58.1%)
178	<b>CIĄGŁO Jakub</b>	<b>2332</b>	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	M-30	73	00:46:58	01:09:13	<b>01:46:54.15</b>	+00:44:27 (41.6%)	5:03	11.8 (58.1%)
179	<b>NOWAK Mariusz</b>	<b>2357</b>	HIRSCHVOGEL	M-40	68	00:48:54	01:11:22	<b>01:47:00.00</b>	+00:44:33 (41.6%)	5:04	11.8 (58.1%)
180	<b>HASSA Damian</b>	<b>2714</b>		M-20	9	00:47:55	01:10:11	<b>01:47:01.95</b>	+00:44:34 (41.7%)	5:04	11.8 (58.1%)
181	<b>SKRZYPEK Krzysztof</b>	<b>2235</b>		M-40	69	00:48:42	01:11:19	<b>01:47:02.10</b>	+00:44:35 (41.7%)	5:04	11.8 (58.1%)
182	<b>WIŚNIEWSKI Adam</b>	<b>2718</b>		M-20	10	00:48:01	01:10:02	<b>01:47:05.00</b>	+00:44:38 (41.7%)	5:04	11.8 (58.1%)
183	<b>TOCHOWICZ Bartosz</b>	<b>2787</b>		M-50	23	00:48:02	01:10:26	<b>01:47:09.35</b>	+00:44:42 (41.7%)	5:04	11.8 (58.1%)
184	<b>WŁOSIŃSKI Grzegorz</b>	<b>2712</b>		M-20	11	00:49:02	01:11:03	<b>01:47:11.55</b>	+00:44:44 (41.7%)	5:04	11.8 (58.1%)
185	<b>CZUCZ Michał</b>	<b>2166</b>	PARKRUN CHRZANÓW	M-30	74	00:48:48	01:10:43	<b>01:47:11.65</b>	+00:44:44 (41.7%)	5:04	11.8 (58.1%)
186	<b>HERUD Tomasz</b>	<b>2095</b>	ROWEROWE GLIWICE	M-30	75	00:48:49	01:11:39	<b>01:47:15.80</b>	+00:44:48 (41.8%)	5:04	11.8 (58.1%)
187	<b>MIGURSKI Jakub</b>	<b>2748</b>	FUCHS OIL TEAM	M-30	76	00:50:58	01:13:33	<b>01:47:26.05</b>	+00:44:59 (41.9%)	5:05	11.8 (58.1%)
188	<b>CIEŚLIK Bartłomiej</b>	<b>2232</b>	CHATEAU CHALIN	M-40	70	00:48:33	01:11:17	<b>01:47:34.50</b>	+00:45:07 (41.9%)	5:05	11.8 (58.1%)
189	<b>HALCZOK Janusz</b>	<b>2601</b>	PACEMAKER	M-40	71	00:49:11	01:11:46	<b>01:47:38.45</b>	+00:45:11 (42.0%)	5:06	11.8 (58.1%)
190	<b>KOWALSKI Grzegorz</b>	<b>2761</b>	PACEMAKER/W POGONI ZA DUCHEM	M-40	72	00:49:10	01:11:46	<b>01:47:39.10</b>	+00:45:12 (42.0%)	5:06	11.8 (58.1%)
191	<b>PTAK Krzysztof</b>	<b>2742</b>	HRMAX ŻORY	M-40	73	00:49:02	01:11:41	<b>01:47:41.15</b>	+00:45:14 (42.0%)	5:06	11.8 (58.1%)
192	<b>TOKARSKI Piotr</b>	<b>2379</b>	TTAT	M-40	74	00:47:57	01:10:48	<b>01:47:44.00</b>	+00:45:17 (42.0%)	5:06	11.8 (58.1%)
193	<b>KOBA Ania</b>	<b>2706</b>	ROZBIEGANE MICHAŁOWICE	K-40	3	00:48:30	01:11:31	<b>01:47:44.50</b>	+00:45:17 (42.0%)	5:06	11.8 (58.1%)
194	<b>RUTKOWSKI Michał</b>	<b>2407</b>	LIDL	M-30	77	00:50:13	01:13:07	<b>01:47:45.75</b>	+00:45:18 (42.0%)	5:06	11.7 (57.6%)
195	<b>CIEŚLIK Paweł</b>	<b>2230</b>	CHATEAU CHALIN	M-40	75	00:48:44	01:11:31	<b>01:47:47.00</b>	+00:45:20 (42.1%)	5:06	11.7 (57.6%)
196	<b>KUMOR Renata</b>	<b>2087</b>	RUN GLORIA	K-50	1	00:47:59	01:10:35	<b>01:47:47.05</b>	+00:45:20 (42.1%)	5:06	11.7 (57.6%)
197	<b>KLUK Justyna</b>	<b>2366</b>	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	K-30	4	00:48:30	01:11:16	<b>01:47:53.40</b>	+00:45:26 (42.1%)	5:06	11.7 (57.6%)
198	<b>PAJĄK Marek</b>	<b>2472</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	76	00:49:45	01:12:48	<b>01:48:02.75</b>	+00:45:35 (42.2%)	5:07	11.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
199	<b>ROGOWSKI Jakub</b>	<b>2494</b>		M-20	12	00:50:03	01:12:36	<b>01:48:07.35</b>	+00:45:40 (42.2%)	5:07	11.7 (57.6%)
200	<b>POŁOMSKA Edyta</b>	<b>2036</b>	POLOMSCY TEAM	K-40	4	00:48:18	01:11:06	<b>01:48:09.90</b>	+00:45:42 (42.3%)	5:07	11.7 (57.6%)
201	<b>KWIATKOWSKI Marcin</b>	<b>2028</b>		M-30	78	00:46:58	01:09:52	<b>01:48:11.40</b>	+00:45:44 (42.3%)	5:07	11.7 (57.6%)
202	<b>ŁAJSZCZAK - GAJDA Dorota</b>	<b>2836</b>		K-40	5	00:49:21	01:11:55	<b>01:48:15.05</b>	+00:45:48 (42.3%)	5:07	11.7 (57.6%)
203	<b>BONIEWSKI Lech</b>	<b>2447</b>	SP GLINOJECK	M-60	1	00:48:50	01:12:55	<b>01:48:25.25</b>	+00:45:58 (42.4%)	5:08	11.7 (57.6%)
204	<b>NOWAK Wojciech</b>	<b>2399</b>	BEFIT24TEAM	M-50	24	00:49:28	01:12:20	<b>01:48:26.85</b>	+00:45:59 (42.4%)	5:08	11.7 (57.6%)
205	<b>KĘDZIERSKI Alfred</b>	<b>2311</b>	KOLEJE ŚLĄSKIE	M-50	25	00:47:31	01:10:45	<b>01:48:30.05</b>	+00:46:03 (42.4%)	5:08	11.7 (57.6%)
206	<b>MAZUR Patrycja</b>	<b>2504</b>	HURGAN LIGOTA	K-40	6	00:48:29	01:11:22	<b>01:48:31.10</b>	+00:46:04 (42.5%)	5:08	11.7 (57.6%)
207	<b>ULIASZ Krzysztof</b>	<b>2485</b>	STELLANTIS ACTIVE TEAM	M-40	77	00:49:02	01:12:13	<b>01:48:34.15</b>	+00:46:07 (42.5%)	5:08	11.7 (57.6%)
208	<b>JANDA Sebastian</b>	<b>2236</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M-40	78	00:47:43	01:10:34	<b>01:48:38.85</b>	+00:46:11 (42.5%)	5:08	11.7 (57.6%)
209	<b>MIODEK Łukasz</b>	<b>2610</b>	AKT WATRA	M-30	79	00:50:54	01:13:47	<b>01:48:45.60</b>	+00:46:18 (42.6%)	5:09	11.6 (57.1%)
210	<b>POCHAŁA Andrzej</b>	<b>2736</b>	NGK RUNNING TEAM	M-40	79	00:50:54	01:12:58	<b>01:48:46.75</b>	+00:46:19 (42.6%)	5:09	11.6 (57.1%)
211	<b>PAJĄK Michał</b>	<b>2510</b>		M-30	80	00:49:36	01:12:43	<b>01:48:47.50</b>	+00:46:20 (42.6%)	5:09	11.6 (57.1%)
212	<b>ŚLUSARCZYK Gucio Andrzej</b>	<b>2720</b>	DJ GUCIO SHOW MUST GO ON	M-50	26	00:45:54	01:08:36	<b>01:48:49.40</b>	+00:46:22 (42.6%)	5:09	11.6 (57.1%)
212	<b>TREFON Iwona</b>	<b>2636</b>		K-40	7	00:48:56	01:12:14	<b>01:48:49.40</b>	+00:46:22 (42.6%)	5:09	11.6 (57.1%)
214	<b>ZIÓŁKOWSKI Grzegorz</b>	<b>2387</b>		M-50	27	00:48:16	01:11:03	<b>01:49:05.00</b>	+00:46:38 (42.8%)	5:10	11.6 (57.1%)
215	<b>PINKAWA Grzegorz</b>	<b>2324</b>	GISZOWIEC BIEGA RAZEM	M-40	80	00:51:14	01:13:50	<b>01:49:18.50</b>	+00:46:51 (42.9%)	5:10	11.6 (57.1%)
216	<b>HOBZDA Piotr</b>	<b>2167</b>	#MYJUSZWOJEZROBILI	M-40	81	00:48:08	01:10:55	<b>01:49:20.85</b>	+00:46:53 (42.9%)	5:10	11.6 (57.1%)
217	<b>KOŁODZIEJSKI Emil</b>	<b>2039</b>	BOJKÓW BIEGA	M-30	81	00:47:24	01:10:41	<b>01:49:22.55</b>	+00:46:55 (42.9%)	5:10	11.6 (57.1%)
218	<b>LAMCZYK Piotr</b>	<b>2312</b>		M-30	82	00:49:42	01:12:18	<b>01:49:23.15</b>	+00:46:56 (42.9%)	5:11	11.6 (57.1%)
219	<b>TYSZKIEWICZ Cuma</b>	<b>2219</b>		M-40	82	00:50:59	01:13:15	<b>01:49:29.95</b>	+00:47:02 (43.0%)	5:11	11.6 (57.1%)
220	<b>CETERA Łukasz</b>	<b>2240</b>	#HUTATEAM	M-30	83	00:48:05	01:11:28	<b>01:49:30.25</b>	+00:47:03 (43.0%)	5:11	11.6 (57.1%)
221	<b>NIESLER Michał</b>	<b>2215</b>	NTEAM	M-30	84	00:46:44	01:10:07	<b>01:49:33.90</b>	+00:47:06 (43.0%)	5:11	11.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
222	<b>KWIATKOWSKI Grzegorz</b>	<b>2753</b>		M-50	28	00:47:33	01:11:17	<b>01:49:39.65</b>	+00:47:12 (43.1%)	5:11	11.5 (56.7%)
223	<b>PICZ Michał</b>	<b>2043</b>	POMPEJANKA TEAM	M-30	85	00:52:23	01:15:06	<b>01:49:45.35</b>	+00:47:18 (43.1%)	5:12	11.5 (56.7%)
224	<b>WYWIAŁ Łukasz</b>	<b>2548</b>	SAINT-GOBAIN SQUAD	M-30	86	00:49:23	01:12:20	<b>01:49:47.85</b>	+00:47:20 (43.1%)	5:12	11.5 (56.7%)
225	<b>SZAROWICZ Sebastian</b>	<b>2611</b>		M-40	83	00:47:19	01:10:32	<b>01:49:49.55</b>	+00:47:22 (43.1%)	5:12	11.5 (56.7%)
226	<b>BUJAK Magdalena</b>	<b>2646</b>	NIGHT RUNNERS PYSKOWICE	K-30	5	00:48:58	01:12:11	<b>01:49:58.65</b>	+00:47:31 (43.2%)	5:12	11.5 (56.7%)
227	<b>RAWŁUSZEWICZ Waldemar</b>	<b>2584</b>		M-50	29	00:47:37	01:10:20	<b>01:49:59.00</b>	+00:47:32 (43.2%)	5:12	11.5 (56.7%)
228	<b>ŻÓŁTOWSKI Michał</b>	<b>2514</b>		M-30	87	00:50:05	01:12:13	<b>01:50:05.80</b>	+00:47:38 (43.3%)	5:13	11.5 (56.7%)
229	<b>DUDA Jacek</b>	<b>2434</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-50	30	00:49:53	01:12:51	<b>01:50:05.85</b>	+00:47:38 (43.3%)	5:13	11.5 (56.7%)
230	<b>MATEŃCZUK Lesław</b>	<b>2702</b>		M-30	88	00:50:59	01:13:18	<b>01:50:08.60</b>	+00:47:41 (43.3%)	5:13	11.5 (56.7%)
231	<b>WILK Mirosław</b>	<b>2437</b>		M-40	84	00:47:35	01:10:33	<b>01:50:16.30</b>	+00:47:49 (43.4%)	5:13	11.5 (56.7%)
232	<b>RODAK Karolina</b>	<b>2244</b>		K-30	6	00:50:05	01:13:18	<b>01:50:21.05</b>	+00:47:54 (43.4%)	5:13	11.5 (56.7%)
233	<b>KARWOT Piotr</b>	<b>2191</b>	TEAM REDYNA	M-30	89	00:48:28	01:11:44	<b>01:50:24.25</b>	+00:47:57 (43.4%)	5:13	11.5 (56.7%)
234	<b>CHWASTYK Łukasz</b>	<b>2220</b>	LEGNICA TEAM	M-30	90	00:50:30	01:13:09	<b>01:50:24.75</b>	+00:47:57 (43.4%)	5:13	11.5 (56.7%)
235	<b>MALOTTA Konrad</b>	<b>2195</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-30	91	00:51:17	01:14:24	<b>01:50:27.85</b>	+00:48:00 (43.5%)	5:14	11.5 (56.7%)
236	<b>STAWARCZYK Krystian</b>	<b>2482</b>	STELLANTIS ACTIVE TEAM	M-40	85	00:51:22	01:14:28	<b>01:50:33.35</b>	+00:48:06 (43.5%)	5:14	11.5 (56.7%)
237	<b>KAMIŃSKI Jacek</b>	<b>2631</b>	GOMOLA PACK-CENTER	M-40	86	00:48:12	01:12:13	<b>01:50:39.30</b>	+00:48:12 (43.6%)	5:14	11.4 (56.2%)
238	<b>SKOTNICKI Paweł</b>	<b>2001</b>		M-30	92	00:49:42	01:12:51	<b>01:50:46.40</b>	+00:48:19 (43.6%)	5:14	11.4 (56.2%)
239	<b>SZYMSKI Tomasz</b>	<b>2153</b>		M-40	87	00:49:23	01:12:44	<b>01:50:46.50</b>	+00:48:19 (43.6%)	5:14	11.4 (56.2%)
240	<b>GIBEK Marcin</b>	<b>2305</b>	KRUCA_FUKS_KAJ_TA_META	M-30	93	00:50:15	01:13:24	<b>01:50:48.95</b>	+00:48:21 (43.6%)	5:15	11.4 (56.2%)
241	<b>ODZIOMEK Sebastian</b>	<b>2425</b>		M-40	88	00:49:55	01:12:50	<b>01:50:53.70</b>	+00:48:26 (43.7%)	5:15	11.4 (56.2%)
242	<b>STALICA Wojciech</b>	<b>2253</b>	IZO ERG	M-50	31	00:49:11	01:12:26	<b>01:50:54.20</b>	+00:48:27 (43.7%)	5:15	11.4 (56.2%)
243	<b>PIEKARSKI Wiktor</b>	<b>2519</b>	140MINUT.PL	M-30	94	00:50:00	01:13:06	<b>01:50:57.85</b>	+00:48:30 (43.7%)	5:15	11.4 (56.2%)
244	<b>ROMANOWSKI Krzysztof</b>	<b>2467</b>	PKO BANK POLSKI	M-40	89	00:50:31	01:13:23	<b>01:50:58.55</b>	+00:48:31 (43.7%)	5:15	11.4 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
245	<b>STACHA Paweł</b>	<b>2396</b>		M-40	90	00:49:49	01:13:17	<b>01:51:15.90</b>	+00:48:48 (43.9%)	5:16	11.4 (56.2%)
246	<b>KWIECIŃSKI Damian</b>	<b>2790</b>		M-40	91	00:50:57	01:13:53	<b>01:51:21.80</b>	+00:48:54 (43.9%)	5:16	11.4 (56.2%)
247	<b>TOMASZEWSKI Łukasz</b>	<b>2468</b>		M-30	95	00:49:25	01:13:02	<b>01:51:22.00</b>	+00:48:55 (43.9%)	5:16	11.4 (56.2%)
248	<b>ŚWIĘTEK Jacek</b>	<b>2170</b>		M-40	92	00:49:39	01:12:49	<b>01:51:32.40</b>	+00:49:05 (44.0%)	5:17	11.4 (56.2%)
249	<b>SPYRA Kamil</b>	<b>2158</b>	4K P. K. S. SPYROWKA	M-30	96	00:50:07	01:13:44	<b>01:51:38.95</b>	+00:49:11 (44.1%)	5:17	11.3 (55.7%)
250	<b>KOCHMAN Dawid</b>	<b>2817</b>		M-40	93	00:50:43	01:14:04	<b>01:51:43.55</b>	+00:49:16 (44.1%)	5:17	11.3 (55.7%)
251	<b>SOWKA Sebastian</b>	<b>2559</b>		M-20	13	00:50:23	01:14:30	<b>01:51:46.15</b>	+00:49:19 (44.1%)	5:17	11.3 (55.7%)
252	<b>HORNIK Mira</b>	<b>2106</b>		K-50	2	00:50:46	01:14:06	<b>01:51:50.60</b>	+00:49:23 (44.2%)	5:18	11.3 (55.7%)
253	<b>GIGON Krzysztof</b>	<b>2555</b>	CZYSTY CIUL	M-40	94	00:49:32	01:13:05	<b>01:51:54.80</b>	+00:49:27 (44.2%)	5:18	11.3 (55.7%)
254	<b>PŁONKA Krzysztof</b>	<b>2765</b>	TEAM DKMS	M-50	32	00:47:48	01:10:46	<b>01:51:54.85</b>	+00:49:27 (44.2%)	5:18	11.3 (55.7%)
255	<b>FLOREK Piotr</b>	<b>2131</b>		M-30	97	00:48:58	01:12:31	<b>01:52:00.10</b>	+00:49:33 (44.2%)	5:18	11.3 (55.7%)
256	<b>WOJEWÓDKA Grzegorz</b>	<b>2388</b>	BRYGADA RR (RAZEM RAŻNIEJ)	M-40	95	00:49:44	01:13:17	<b>01:52:00.55</b>	+00:49:33 (44.2%)	5:18	11.3 (55.7%)
257	<b>POGORZAŁEK Mateusz</b>	<b>2513</b>		M-30	98	00:51:54	01:15:25	<b>01:52:02.15</b>	+00:49:35 (44.3%)	5:18	11.3 (55.7%)
258	<b>CIEPLIK Grzegorz</b>	<b>2263</b>		M-30	99	00:51:06	01:14:07	<b>01:52:12.90</b>	+00:49:45 (44.3%)	5:19	11.3 (55.7%)
259	<b>SPENDE Tomasz</b>	<b>2811</b>		M-40	96	00:48:40	01:11:58	<b>01:52:16.60</b>	+00:49:49 (44.4%)	5:19	11.3 (55.7%)
260	<b>MACYSZYN Waldemar</b>	<b>2518</b>	GLIWICE	M-60	2	00:50:41	01:14:28	<b>01:52:17.05</b>	+00:49:50 (44.4%)	5:19	11.3 (55.7%)
261	<b>KRAJEWSKI Radosław</b>	<b>2218</b>		M-30	100	00:51:21	01:14:34	<b>01:52:18.20</b>	+00:49:51 (44.4%)	5:19	11.3 (55.7%)
262	<b>PURCZYŃSKI Jan</b>	<b>2404</b>		M-50	33	00:52:30	01:16:09	<b>01:52:19.30</b>	+00:49:52 (44.4%)	5:19	11.3 (55.7%)
263	<b>GĘBCZYŃSKI Oliwier</b>	<b>2259</b>	G-TEAM	M-20	14	00:51:59	01:15:29	<b>01:52:22.85</b>	+00:49:55 (44.4%)	5:19	11.3 (55.7%)
264	<b>LEDWOŃ Aneta</b>	<b>2113</b>	NIGHT RUNNERS GLIWICE	K-40	8	00:51:17	01:15:14	<b>01:52:24.95</b>	+00:49:57 (44.4%)	5:19	11.3 (55.7%)
265	<b>PLEWA Remigiusz</b>	<b>2262</b>		M-40	97	00:53:32	01:16:45	<b>01:52:25.90</b>	+00:49:58 (44.5%)	5:19	11.3 (55.7%)
266	<b>JAWOREK Jacek</b>	<b>2144</b>	SPRYTNA BANIA SPONTAN TEAM / JBC365	M-30	101	00:54:01	01:17:09	<b>01:52:26.15</b>	+00:49:59 (44.5%)	5:19	11.3 (55.7%)
267	<b>CZYŻ Wojciech</b>	<b>2331</b>		M-40	98	00:48:56	01:12:38	<b>01:52:28.45</b>	+00:50:01 (44.5%)	5:19	11.3 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
268	<b>SEROCKI Michał</b>	<b>2199</b>		M-30	102	00:51:40	01:15:21	<b>01:52:29.70</b>	+00:50:02 (44.5%)	5:19	11.3 (55.7%)
269	<b>GAŁECZKA Paweł</b>	<b>2695</b>	HURAGAN LIGOTA	M-40	99	00:50:05	01:14:05	<b>01:52:29.95</b>	+00:50:02 (44.5%)	5:19	11.3 (55.7%)
270	<b>MARKOWICZ Mateusz</b>	<b>2471</b>	BOJKÓW BIEGA	M-30	103	00:52:38	01:17:16	<b>01:52:30.15</b>	+00:50:03 (44.5%)	5:19	11.3 (55.7%)
271	<b>BUDNY Kamil</b>	<b>2355</b>		M-30	104	00:52:07	01:15:26	<b>01:52:30.40</b>	+00:50:03 (44.5%)	5:19	11.3 (55.7%)
272	<b>PRADELA Mariusz</b>	<b>2092</b>	DHL RUN CLUB	M-40	100	00:51:01	01:14:39	<b>01:52:48.35</b>	+00:50:21 (44.6%)	5:20	11.2 (55.2%)
273	<b>KOŁODZIEJCZYK Bartek</b>	<b>2804</b>		M-40	101	00:53:19	01:16:43	<b>01:52:49.35</b>	+00:50:22 (44.6%)	5:20	11.2 (55.2%)
274	<b>SMOLEC Wojciech</b>	<b>2681</b>		M-20	15	00:49:56	01:13:55	<b>01:53:03.45</b>	+00:50:36 (44.8%)	5:21	11.2 (55.2%)
275	<b>BESALA Bogdan</b>	<b>2830</b>		M-60	3	00:52:37	01:16:09	<b>01:53:03.95</b>	+00:50:36 (44.8%)	5:21	11.2 (55.2%)
276	<b>CHWAŁEK Piotr</b>	<b>2683</b>	ZABIEGANI W KIELCACH	M-50	34	00:51:47	01:15:37	<b>01:53:05.70</b>	+00:50:38 (44.8%)	5:21	11.2 (55.2%)
277	<b>ZAJDEL Dariusz</b>	<b>2067</b>	ZAWADZKIE BIEGNIE	M-60	4		01:16:46	<b>01:53:07.00</b>	+00:50:40 (44.8%)	5:21	11.2 (55.2%)
278	<b>TRĄBAŁA Adam</b>	<b>2545</b>		M-40	102	00:50:56	01:15:21	<b>01:53:15.30</b>	+00:50:48 (44.9%)	5:22	11.2 (55.2%)
279	<b>NIKODON Paweł</b>	<b>2046</b>	NIKODON DREAM TEAM	M-40	103	00:49:02	01:12:52	<b>01:53:15.85</b>	+00:50:48 (44.9%)	5:22	11.2 (55.2%)
280	<b>DOMAŃSKI Marcin</b>	<b>2038</b>	RUNNINGFISH74	M-40	104	00:52:31	01:16:06	<b>01:53:20.00</b>	+00:50:53 (44.9%)	5:22	11.2 (55.2%)
281	<b>BODYCH Maciej</b>	<b>2667</b>		M-40	105	00:51:14	01:15:06	<b>01:53:24.25</b>	+00:50:57 (44.9%)	5:22	11.2 (55.2%)
282	<b>HELLWIG Adam</b>	<b>2658</b>		M-40	106	00:51:40	01:15:10	<b>01:53:25.30</b>	+00:50:58 (44.9%)	5:22	11.2 (55.2%)
283	<b>NIEWIADOMSKI Marek</b>	<b>2511</b>	CROSS KRAPKOWICE	M-30	105	00:50:04	01:13:48	<b>01:53:27.20</b>	+00:51:00 (45.0%)	5:22	11.2 (55.2%)
284	<b>JERUSZKA Paweł</b>	<b>2325</b>		M-40	107	00:50:31	01:14:04	<b>01:53:28.30</b>	+00:51:01 (45.0%)	5:22	11.2 (55.2%)
285	<b>PRZYŁĘCKA-HUSSAR Agnieszka</b>	<b>2775</b>	BDB TEAM	K-30	7	00:50:43	01:14:47	<b>01:53:30.60</b>	+00:51:03 (45.0%)	5:22	11.2 (55.2%)
286	<b>ŻMIJEWSKI Dariusz</b>	<b>2221</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	M-50	35	00:50:27	01:13:50	<b>01:53:36.80</b>	+00:51:09 (45.0%)	5:23	11.1 (54.7%)
287	<b>SEMIK Jakub</b>	<b>2157</b>		M-30	106	00:52:24	01:16:34	<b>01:53:37.70</b>	+00:51:10 (45.0%)	5:23	11.1 (54.7%)
288	<b>BROZYNA Magdalena</b>	<b>2784</b>	CO JA TU ROBIE?	K-30	8	00:52:47	01:15:58	<b>01:53:39.10</b>	+00:51:12 (45.1%)	5:23	11.1 (54.7%)
289	<b>GMEREK Piotr</b>	<b>2617</b>		M-30	107	00:48:34	01:12:24	<b>01:53:40.25</b>	+00:51:13 (45.1%)	5:23	11.1 (54.7%)
290	<b>ANTOSZ Wojciech</b>	<b>2716</b>		M-30	108	00:52:27	01:15:57	<b>01:53:40.60</b>	+00:51:13 (45.1%)	5:23	11.1 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
291	<b>CZORNYJ Mateusz</b>	<b>2557</b>	LECYMY DURŚ	M-30	109	00:52:11	01:16:14	<b>01:53:43.90</b>	+00:51:16 (45.1%)	5:23	11.1 (54.7%)
292	<b>FAŁEK Krzysztof</b>	<b>2573</b>	ŁAMIGNATY	M-40	108	00:51:23	01:15:10	<b>01:53:50.85</b>	+00:51:23 (45.1%)	5:23	11.1 (54.7%)
293	<b>ZAMORA Marek</b>	<b>2052</b>		M-50	36	00:52:56	01:16:59	<b>01:53:52.55</b>	+00:51:25 (45.2%)	5:23	11.1 (54.7%)
294	<b>CZERWONKO Jakub</b>	<b>2627</b>	#MYJUZSWOJEZROBILI	M-40	109	00:52:31	01:16:44	<b>01:53:52.65</b>	+00:51:25 (45.2%)	5:23	11.1 (54.7%)
295	<b>POGORZELSKI Kamil</b>	<b>2117</b>		M-20	16	00:52:35	01:16:45	<b>01:53:53.40</b>	+00:51:26 (45.2%)	5:23	11.1 (54.7%)
296	<b>WEGNER Tomasz</b>	<b>2786</b>	LECYMY DURŚ	M-40	110	00:50:04	01:13:35	<b>01:53:54.10</b>	+00:51:27 (45.2%)	5:23	11.1 (54.7%)
296	<b>LIBISZ Marcin</b>	<b>2591</b>		M-30	110	00:51:08	01:14:48	<b>01:53:54.10</b>	+00:51:27 (45.2%)	5:23	11.1 (54.7%)
298	<b>NIGRINI Beata</b>	<b>2210</b>		K-40	9	00:52:42	01:16:51	<b>01:53:57.95</b>	+00:51:30 (45.2%)	5:24	11.1 (54.7%)
299	<b>RÓŻAŃSKI Tomasz</b>	<b>2378</b>		M-40	111	00:50:40	01:14:16	<b>01:54:01.15</b>	+00:51:34 (45.2%)	5:24	11.1 (54.7%)
300	<b>FRAĆ Dariusz</b>	<b>2476</b>	BANDA Z POŁUDNIA	M-40	112	00:50:09	01:13:33	<b>01:54:01.45</b>	+00:51:34 (45.2%)	5:24	11.1 (54.7%)
301	<b>IMIOŁCZYK Tomasz</b>	<b>2524</b>	KOMANDOS	M-40	113	00:52:44	01:16:43	<b>01:54:02.95</b>	+00:51:35 (45.2%)	5:24	11.1 (54.7%)
302	<b>MANDOK Bogdan</b>	<b>2422</b>		M-40	114	00:49:11	01:13:42	<b>01:54:09.40</b>	+00:51:42 (45.3%)	5:24	11.1 (54.7%)
303	<b>KOŁODZIEJ Dariusz</b>	<b>2805</b>	W POGONI ZA DUCHEM	M-40	115	00:52:42	01:16:45	<b>01:54:17.10</b>	+00:51:50 (45.4%)	5:24	11.1 (54.7%)
304	<b>WAWRZAK Ryszard</b>	<b>2612</b>	RYSZARD RUN- PACEMAKER	M-40	116	00:52:42	01:16:46	<b>01:54:17.25</b>	+00:51:50 (45.4%)	5:24	11.1 (54.7%)
305	<b>GOLA Daniel</b>	<b>2729</b>	DO GÓRY NOGAMI	M-30	111	00:49:38	01:13:44	<b>01:54:18.00</b>	+00:51:51 (45.4%)	5:25	11.1 (54.7%)
306	<b>RACZEK Wojciech</b>	<b>2441</b>		M-40	117	00:49:26	01:13:41	<b>01:54:19.50</b>	+00:51:52 (45.4%)	5:25	11.1 (54.7%)
307	<b>DOBOSZ Krzysztof</b>	<b>2119</b>	AKMB PĘDZIWIATR GLIWICE	M-50	37	00:51:14	01:14:21	<b>01:54:25.00</b>	+00:51:58 (45.4%)	5:25	11.1 (54.7%)
308	<b>RYSZCZYK Adam</b>	<b>2430</b>	RUN2BFREE	M-40	118	00:54:02	01:18:20	<b>01:54:26.65</b>	+00:51:59 (45.4%)	5:25	11.1 (54.7%)
309	<b>ORZECZOWSKI Marek</b>	<b>2003</b>		M-30	112	00:51:41	01:14:58	<b>01:54:29.75</b>	+00:52:02 (45.5%)	5:25	11.1 (54.7%)
310	<b>WARDEJN Sonia</b>	<b>2678</b>	STG GLIWICE	K-20	2	00:52:15	01:16:31	<b>01:54:33.55</b>	+00:52:06 (45.5%)	5:25	11.1 (54.7%)
311	<b>SZTELIGA Tomasz</b>	<b>2656</b>		M-50	38	00:51:44	01:15:58	<b>01:54:38.00</b>	+00:52:11 (45.5%)	5:25	11 (54.2%)
312	<b>LISEWSKI Bartłomiej</b>	<b>2382</b>	...	M-40	119	00:52:34	01:16:38	<b>01:54:45.25</b>	+00:52:18 (45.6%)	5:26	11 (54.2%)
313	<b>ZIELONKA Tomasz</b>	<b>2615</b>	DESIGNBAY	M-20	17	00:52:12	01:16:37	<b>01:54:46.75</b>	+00:52:19 (45.6%)	5:26	11 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
314	<b>MADEJ Marek</b>	<b>2384</b>	KĘCKIE HARPAGANY	M-30	113	00:53:11	01:17:21	<b>01:54:56.50</b>	+00:52:29 (45.7%)	5:26	11 (54.2%)
315	<b>SCHAB Bartłomiej</b>	<b>2185</b>		M-30	114	00:51:03	01:15:32	<b>01:54:59.05</b>	+00:52:32 (45.7%)	5:26	11 (54.2%)
316	<b>BABIS Izabela</b>	<b>2807</b>	DEVINITI	K-30	9	00:53:15	01:17:23	<b>01:54:59.25</b>	+00:52:32 (45.7%)	5:26	11 (54.2%)
317	<b>MACHATA Jacek</b>	<b>2797</b>		M-40	120	00:53:17	01:17:24	<b>01:55:01.40</b>	+00:52:34 (45.7%)	5:27	11 (54.2%)
318	<b>SZYDŁOWSKI Waldemar</b>	<b>2212</b>	BIEGNĘ BYLE DOBIEĆ	M-40	121	00:50:18	01:14:04	<b>01:55:04.60</b>	+00:52:37 (45.7%)	5:27	11 (54.2%)
319	<b>CZAJKA Roman</b>	<b>2264</b>	POLISH RUNNERS SQUAD	M-40	122	00:52:17	01:16:42	<b>01:55:10.90</b>	+00:52:43 (45.8%)	5:27	11 (54.2%)
320	<b>GRACH Aleksandra</b>	<b>2066</b>		K-40	10	00:51:56	01:16:32	<b>01:55:17.60</b>	+00:52:50 (45.8%)	5:27	11 (54.2%)
321	<b>GOLA Karolina</b>	<b>2020</b>		K-30	10	00:52:08	01:16:08	<b>01:55:19.70</b>	+00:52:52 (45.9%)	5:27	11 (54.2%)
322	<b>BARTOSZEWSKI Dariusz</b>	<b>2774</b>	SCHUMACHER	M-30	115	00:49:13	01:13:49	<b>01:55:21.60</b>	+00:52:54 (45.9%)	5:28	11 (54.2%)
323	<b>CIELOCH Tomasz</b>	<b>2832</b>		M-20	18	00:41:47	01:06:00	<b>01:55:22.15</b>	+00:52:55 (45.9%)	5:28	11 (54.2%)
324	<b>IGNACY Denis</b>	<b>2287</b>		M-30	116	00:52:43	01:16:48	<b>01:55:33.80</b>	+00:53:06 (46.0%)	5:28	11 (54.2%)
325	<b>MAŃKA Marcin</b>	<b>2013</b>		M-30	117	00:52:18	01:16:40	<b>01:55:35.05</b>	+00:53:08 (46.0%)	5:28	11 (54.2%)
326	<b>SZCZYRBA Marcin</b>	<b>2632</b>		M-40	123	00:50:45	01:15:12	<b>01:55:36.90</b>	+00:53:09 (46.0%)	5:28	11 (54.2%)
327	<b>STASICZEK Stanisław</b>	<b>2698</b>		M-40	124	00:50:58	01:15:29	<b>01:55:38.05</b>	+00:53:11 (46.0%)	5:28	10.9 (53.7%)
328	<b>WOJEWÓDKA Zofia</b>	<b>2389</b>	BRYGADA RR (RAZEM RAŻNIEJ)	K-30	11	00:51:38	01:16:51	<b>01:55:41.05</b>	+00:53:14 (46.0%)	5:28	10.9 (53.7%)
329	<b>GRYGIEREK Jarosław</b>	<b>2227</b>		M-40	125	00:53:17	01:17:21	<b>01:55:44.10</b>	+00:53:17 (46.0%)	5:29	10.9 (53.7%)
330	<b>ZIELONKA Jacek</b>	<b>2618</b>	PSOFIX	M-40	126	00:54:39	01:18:28	<b>01:55:48.75</b>	+00:53:21 (46.1%)	5:29	10.9 (53.7%)
331	<b>SKIBA Łukasz</b>	<b>2443</b>	EASYRUN RACIBÓRZ	M-40	127	00:52:01	01:16:11	<b>01:55:59.45</b>	+00:53:32 (46.2%)	5:29	10.9 (53.7%)
332	<b>CHRÓSZCZ Klaudia</b>	<b>2570</b>	CHWALISZ CZY NIE CHWALISZ-LOTEJ Z NAMI	K-30	12	00:51:34	01:16:06	<b>01:56:02.80</b>	+00:53:35 (46.2%)	5:29	10.9 (53.7%)
333	<b>PLUSZKE Paweł</b>	<b>2605</b>		M-30	118	00:49:19	01:12:11	<b>01:56:03.85</b>	+00:53:36 (46.2%)	5:30	10.9 (53.7%)
334	<b>WRÓBLEWSKI Mateusz</b>	<b>2691</b>		M-30	119	00:52:27	01:19:05	<b>01:56:06.10</b>	+00:53:39 (46.2%)	5:30	10.9 (53.7%)
335	<b>IGNACZAK Robert</b>	<b>2498</b>		M-40	128	00:51:08	01:15:35	<b>01:56:08.00</b>	+00:53:41 (46.2%)	5:30	10.9 (53.7%)
336	<b>BIEGALSKI Piotr</b>	<b>2823</b>		M-30	120	00:52:08	01:16:10	<b>01:56:09.55</b>	+00:53:42 (46.2%)	5:30	10.9 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
337	<b>BANASIK Dawid</b>	<b>2814</b>		M-20	19	00:52:43	01:16:54	<b>01:56:14.65</b>	+00:53:47 (46.3%)	5:30	10.9 (53.7%)
338	<b>GORAUS Karol</b>	<b>2576</b>	TSH TEAM	M-30	121	00:52:39	01:16:55	<b>01:56:16.50</b>	+00:53:49 (46.3%)	5:30	10.9 (53.7%)
339	<b>ZALESKI Arkadiusz</b>	<b>2082</b>		M-50	39	00:52:10	01:16:44	<b>01:56:25.95</b>	+00:53:58 (46.4%)	5:31	10.9 (53.7%)
340	<b>ŁĄCZKOWSKI Dawid</b>	<b>2291</b>	ALURON CMC WARTA ZAWIERCIE	M-40	129	00:52:34	01:16:45	<b>01:56:30.65</b>	+00:54:03 (46.4%)	5:31	10.9 (53.7%)
341	<b>SZWAJNOCH Piotr</b>	<b>2809</b>		M-40	130	00:53:02	01:17:05	<b>01:56:33.80</b>	+00:54:06 (46.4%)	5:31	10.9 (53.7%)
342	<b>DOBOSZ Daniel</b>	<b>2676</b>	MOCNA EKIPA	M-40	131	00:51:13	01:16:26	<b>01:56:49.60</b>	+00:54:22 (46.5%)	5:32	10.8 (53.2%)
343	<b>RYZIŃSKA Aneta</b>	<b>2174</b>		K-40	11	00:51:56	01:17:02	<b>01:56:51.65</b>	+00:54:24 (46.6%)	5:32	10.8 (53.2%)
344	<b>SMUDA Andrzej</b>	<b>2123</b>	AKMB PĘDZIWIATR GLIWICE	M-40	132	00:50:16	01:14:38	<b>01:56:53.45</b>	+00:54:26 (46.6%)	5:32	10.8 (53.2%)
345	<b>TOMALA Adam</b>	<b>2710</b>		M-30	122	00:50:55	01:15:54	<b>01:56:54.15</b>	+00:54:27 (46.6%)	5:32	10.8 (53.2%)
346	<b>LUDWIG Dawid</b>	<b>2733</b>		M-30	123	00:54:42	01:19:15	<b>01:56:56.40</b>	+00:54:29 (46.6%)	5:32	10.8 (53.2%)
347	<b>SZOŁTYSIK Bartosz</b>	<b>2489</b>	LECYMY DURŚ	M-40	133	00:53:28	01:17:32	<b>01:56:58.60</b>	+00:54:31 (46.6%)	5:32	10.8 (53.2%)
348	<b>ORLIK Jerzy</b>	<b>2116</b>		M-60	5	00:53:54	01:18:23	<b>01:57:06.65</b>	+00:54:39 (46.7%)	5:32	10.8 (53.2%)
349	<b>BANASZAK Marcin</b>	<b>2592</b>		M-40	134	00:53:51	01:18:23	<b>01:57:09.50</b>	+00:54:42 (46.7%)	5:33	10.8 (53.2%)
350	<b>GRONDYS Andrzej</b>	<b>2007</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	135	00:50:43	01:15:10	<b>01:57:13.50</b>	+00:54:46 (46.7%)	5:33	10.8 (53.2%)
351	<b>ŁYCZBA Bogusław</b>	<b>2731</b>		M-60	6	00:52:38	01:17:41	<b>01:57:16.80</b>	+00:54:49 (46.8%)	5:33	10.8 (53.2%)
352	<b>NIESZWIC Terencjusz</b>	<b>2794</b>	DZIAŁAMY SOBIE	M-20	20	00:49:30	01:12:44	<b>01:57:19.15</b>	+00:54:52 (46.8%)	5:33	10.8 (53.2%)
353	<b>SEREDA Maciej</b>	<b>2565</b>		M-20	21	00:53:47	01:18:35	<b>01:57:22.50</b>	+00:54:55 (46.8%)	5:33	10.8 (53.2%)
354	<b>ZAWISZA Michał</b>	<b>2831</b>		M-30	124	00:56:00	01:19:58	<b>01:57:25.20</b>	+00:54:58 (46.8%)	5:33	10.8 (53.2%)
355	<b>ZGRZENDEK Maciej</b>	<b>2411</b>	ING	M-30	125	00:52:24	01:17:01	<b>01:57:32.20</b>	+00:55:05 (46.9%)	5:34	10.8 (53.2%)
356	<b>SOWIŃSKI Krzysztof</b>	<b>2247</b>	BDB TEAM	M-30	126	00:50:21	01:13:34	<b>01:57:33.90</b>	+00:55:06 (46.9%)	5:34	10.8 (53.2%)
357	<b>ANDRZEJEWSKI Martin</b>	<b>2730</b>		M-30	127	00:55:57	01:21:30	<b>01:57:34.05</b>	+00:55:07 (46.9%)	5:34	10.8 (53.2%)
358	<b>POKS Paweł</b>	<b>2257</b>		M-20	22	00:55:43	01:20:15	<b>01:57:34.90</b>	+00:55:07 (46.9%)	5:34	10.8 (53.2%)
359	<b>MICHALIK Piotr</b>	<b>2829</b>	HDC	M-40	136	00:52:24	01:17:29	<b>01:57:38.15</b>	+00:55:11 (46.9%)	5:34	10.8 (53.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
360	<b>PASTERNAK Zbigniew</b>	<b>2315</b>	STELLANTIS ACTIVE TEAM	M-50	40	00:53:23	01:17:47	<b>01:57:41.55</b>	+00:55:14 (46.9%)	5:34	10.8 (53.2%)
361	<b>POPIEL-KRUK Aleksandra</b>	<b>2844</b>		K-40	12	00:55:31	01:20:09	<b>01:57:46.05</b>	+00:55:19 (47.0%)	5:34	10.8 (53.2%)
362	<b>CYGAN Tomasz</b>	<b>2140</b>		M-40	137	00:52:13	01:16:40	<b>01:57:46.80</b>	+00:55:19 (47.0%)	5:34	10.8 (53.2%)
363	<b>POŁAP Mariusz</b>	<b>2727</b>	NGK RUNNING TEAM	M-40	138	00:49:58	01:16:05	<b>01:57:47.65</b>	+00:55:20 (47.0%)	5:34	10.7 (52.7%)
364	<b>PETRYNA Bartosz</b>	<b>2318</b>	FLUOR	M-40	139	00:49:38	01:13:21	<b>01:57:49.75</b>	+00:55:22 (47.0%)	5:35	10.7 (52.7%)
365	<b>PIETRUCZUK Armin</b>	<b>2741</b>		M-20	23	00:48:30	01:14:45	<b>01:57:59.70</b>	+00:55:32 (47.1%)	5:35	10.7 (52.7%)
366	<b>DUSIŃSKA Justyna</b>	<b>2634</b>		K-40	13	00:51:59	01:17:35	<b>01:58:14.20</b>	+00:55:47 (47.2%)	5:36	10.7 (52.7%)
367	<b>KOMÓR Kinga</b>	<b>2682</b>		K-20	3	00:52:17	01:16:36	<b>01:58:15.25</b>	+00:55:48 (47.2%)	5:36	10.7 (52.7%)
368	<b>PRZESTALSKI Marian</b>	<b>2847</b>	REAL ZALESIE	M-30	128	00:51:22	01:16:50	<b>01:58:19.60</b>	+00:55:52 (47.2%)	5:36	10.7 (52.7%)
369	<b>KOWALCZYK Kasia</b>	<b>2077</b>		K-30	13	00:52:41	01:18:04	<b>01:58:27.20</b>	+00:56:00 (47.3%)	5:36	10.7 (52.7%)
370	<b>BEDNAREK Krzysztof</b>	<b>2732</b>		M-30	129	00:53:19	01:18:19	<b>01:58:27.65</b>	+00:56:00 (47.3%)	5:36	10.7 (52.7%)
371	<b>KOWALCZYK Jordan</b>	<b>2088</b>		M-30	130	00:52:40	01:18:04	<b>01:58:28.70</b>	+00:56:01 (47.3%)	5:36	10.7 (52.7%)
372	<b>NEJMAN Mateusz</b>	<b>2537</b>		M-30	131	00:56:26	01:21:11	<b>01:58:29.50</b>	+00:56:02 (47.3%)	5:36	10.7 (52.7%)
373	<b>KOŚCIAŃSKI Oskar</b>	<b>2692</b>		M-20	24	00:53:55	01:19:12	<b>01:58:33.35</b>	+00:56:06 (47.3%)	5:37	10.7 (52.7%)
374	<b>ANIOŁ Bogusław</b>	<b>2427</b>	SPRYTNA BANIA SPONTAN TEAM	M-40	140	00:54:01	01:18:48	<b>01:58:37.30</b>	+00:56:10 (47.4%)	5:37	10.7 (52.7%)
375	<b>ROSADA Zdzisław</b>	<b>2081</b>	PORUSZENI - AKTYWNI Z SOŚNICY	M-60	7	00:55:26	01:19:41	<b>01:58:37.35</b>	+00:56:10 (47.4%)	5:37	10.7 (52.7%)
376	<b>FLAK Mateusz</b>	<b>2416</b>		M-20	25		01:15:50	<b>01:58:41.00</b>	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
377	<b>WÓJCIK Tomasz</b>	<b>2773</b>	FDG SA	M-30	132	00:52:56	01:17:24	<b>01:58:41.15</b>	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
378	<b>GIERAS Mirosław</b>	<b>2192</b>		M-40	141	00:54:37	01:19:42	<b>01:58:41.50</b>	+00:56:14 (47.4%)	5:37	10.7 (52.7%)
379	<b>SZYMAŃSKI Krzysztof</b>	<b>2147</b>		M-30	133	00:50:05	01:14:40	<b>01:58:42.05</b>	+00:56:15 (47.4%)	5:37	10.7 (52.7%)
380	<b>KULA Radosław</b>	<b>2348</b>		M-40	142	00:54:03	01:19:02	<b>01:58:42.80</b>	+00:56:15 (47.4%)	5:37	10.7 (52.7%)
381	<b>MOTULEWICZ Jakub</b>	<b>2534</b>		M-20	26	00:55:07	01:20:40	<b>01:58:43.35</b>	+00:56:16 (47.4%)	5:37	10.7 (52.7%)
382	<b>ZYSK Dariusz</b>	<b>2608</b>		M-40	143	00:52:51	01:17:33	<b>01:58:49.90</b>	+00:56:22 (47.4%)	5:37	10.7 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
383	<b>GRABOŚ Karolina</b>	<b>2819</b>		K-20	4	00:53:00	01:18:00	<b>01:58:50.95</b>	+00:56:23 (47.5%)	5:37	10.7 (52.7%)
384	<b>MEOSI Alessandro</b>	<b>2320</b>	ZŁOTA MARKA	M-20	27	00:50:42	01:16:00	<b>01:59:04.15</b>	+00:56:37 (47.6%)	5:38	10.6 (52.2%)
385	<b>MAZGAJSKA Monika</b>	<b>2616</b>		K-30	14	00:53:18	01:18:42	<b>01:59:04.25</b>	+00:56:37 (47.6%)	5:38	10.6 (52.2%)
386	<b>UKLEJA Michał</b>	<b>2433</b>		M-40	144	00:52:53	01:17:38	<b>01:59:16.75</b>	+00:56:49 (47.6%)	5:39	10.6 (52.2%)
387	<b>MAZGAJSKI Mateusz</b>	<b>2655</b>		M-30	134	00:53:19	01:18:43	<b>01:59:21.30</b>	+00:56:54 (47.7%)	5:39	10.6 (52.2%)
388	<b>SIESZPOWSKI Tomasz</b>	<b>2343</b>		M-30	135	00:52:53	01:17:54	<b>01:59:30.95</b>	+00:57:03 (47.7%)	5:39	10.6 (52.2%)
389	<b>PĘDOWSKA Bożena</b>	<b>2391</b>		K-50	3	00:55:13	01:20:30	<b>01:59:31.15</b>	+00:57:04 (47.7%)	5:39	10.6 (52.2%)
390	<b>SIDORSKI Robert</b>	<b>2062</b>	STELLANTIS ACTIVE TEAM	M-40	145	00:52:54	01:17:55	<b>01:59:35.30</b>	+00:57:08 (47.8%)	5:40	10.6 (52.2%)
391	<b>ĆWIKŁA Michał</b>	<b>2323</b>	FLUOR	M-20	28	00:52:17	01:17:12	<b>01:59:40.90</b>	+00:57:13 (47.8%)	5:40	10.6 (52.2%)
392	<b>JOP Grzegorz</b>	<b>2764</b>	MEDUZY	M-30	136	00:52:30	01:17:06	<b>01:59:41.25</b>	+00:57:14 (47.8%)	5:40	10.6 (52.2%)
393	<b>HERBUT Karolina</b>	<b>2810</b>	DEVINITI	K-30	15	00:54:48	01:19:48	<b>01:59:41.70</b>	+00:57:14 (47.8%)	5:40	10.6 (52.2%)
394	<b>KAŁAMARZ Mariusz</b>	<b>2306</b>	CROSSFIT SILESIA	M-40	146	00:51:46	01:17:42	<b>01:59:42.05</b>	+00:57:15 (47.8%)	5:40	10.6 (52.2%)
395	<b>MALINOWSKI Adam</b>	<b>2372</b>		M-40	147	00:55:47	01:20:54	<b>01:59:46.20</b>	+00:57:19 (47.9%)	5:40	10.6 (52.2%)
396	<b>KOZIOŁEK Oliver</b>	<b>2283</b>	OGIEŃ Z DUPY	M-20	29	00:53:08	01:17:47	<b>01:59:48.05</b>	+00:57:21 (47.9%)	5:40	10.6 (52.2%)
397	<b>KOCULA Krzysztof</b>	<b>2079</b>	PARKRUN KĘDZIERZYN-KOŻŁE	M-40	148	00:56:17	01:21:03	<b>01:59:51.75</b>	+00:57:24 (47.9%)	5:40	10.6 (52.2%)
398	<b>SZWEDA Piotr</b>	<b>2270</b>		M-30	137	00:55:22	01:20:17	<b>01:59:54.30</b>	+00:57:27 (47.9%)	5:40	10.6 (52.2%)
399	<b>STRZELCZYK Grażyna</b>	<b>2168</b>		K-40	14	00:53:29	01:18:56	<b>01:59:59.80</b>	+00:57:32 (48.0%)	5:41	10.6 (52.2%)
400	<b>ŁUKOMSKI Tomek</b>	<b>2258</b>		M-20	30	00:56:41	01:21:41	<b>02:00:00.55</b>	+00:57:33 (48.0%)	5:41	10.6 (52.2%)
401	<b>BOCZEK Krzysztof</b>	<b>2178</b>	PER ASPERA AD ASTRA	M-50	41	00:53:32	01:18:32	<b>02:00:00.60</b>	+00:57:33 (48.0%)	5:41	10.6 (52.2%)
402	<b>WRÓBLEWSKA Ewa</b>	<b>2049</b>		K-50	4	00:52:21	01:17:44	<b>02:00:06.05</b>	+00:57:39 (48.0%)	5:41	10.5 (51.7%)
403	<b>SZEWCZYK Łukasz</b>	<b>2726</b>	NGK RUNNIG TEAM	M-30	138	00:53:50	01:19:10	<b>02:00:06.65</b>	+00:57:39 (48.0%)	5:41	10.5 (51.7%)
404	<b>MICHALAK Grzegorz</b>	<b>2671</b>	TOTALNY AMATOR	M-50	42	00:54:16	01:19:20	<b>02:00:07.20</b>	+00:57:40 (48.0%)	5:41	10.5 (51.7%)
405	<b>STRZESAK Piotr</b>	<b>2418</b>	ZMĘCZENI NA STARCIE DOBIEGNIĘW	M-60	8	00:54:30	01:19:30	<b>02:00:08.25</b>	+00:57:41 (48.0%)	5:41	10.5 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
406	<b>CABAJ Paulina</b>	<b>2463</b>		K-30	16	00:53:53	01:19:13	<b>02:00:09.95</b>	+00:57:42 (48.0%)	5:41	10.5 (51.7%)
407	<b>TOKARZ Joanna</b>	<b>2162</b>	LECYMY DURŚ	K-30	17	00:55:11	01:20:39	<b>02:00:16.25</b>	+00:57:49 (48.1%)	5:41	10.5 (51.7%)
408	<b>BORYCZKA Szymon</b>	<b>2771</b>	BORUŚTEAM	M-40	149	00:53:44	01:19:19	<b>02:00:18.60</b>	+00:57:51 (48.1%)	5:42	10.5 (51.7%)
409	<b>SZOŁTYSEK Denis</b>	<b>2547</b>	LEŚNA OSTROPA	M-30	139	00:57:02	01:22:30	<b>02:00:22.05</b>	+00:57:55 (48.1%)	5:42	10.5 (51.7%)
410	<b>MARCINIAK Krzysztof</b>	<b>2156</b>	KS PEREŁECZKI	M-30	140	00:53:21	01:18:07	<b>02:00:30.40</b>	+00:58:03 (48.2%)	5:42	10.5 (51.7%)
411	<b>WEGNER Agnieszka</b>	<b>2785</b>	LECYMY DURŚ	K-40	15	00:55:21	01:20:49	<b>02:00:30.70</b>	+00:58:03 (48.2%)	5:42	10.5 (51.7%)
412	<b>WÓJCIK Jakub</b>	<b>2560</b>	TRIDIVISION TRIATHLON TEAM	M-40	150	00:55:08	01:20:26	<b>02:00:31.15</b>	+00:58:04 (48.2%)	5:42	10.5 (51.7%)
413	<b>PELLE Laszlo</b>	<b>2680</b>		M-50	43	00:53:27	01:18:28	<b>02:00:33.85</b>	+00:58:06 (48.2%)	5:42	10.5 (51.7%)
414	<b>KOCUR Robert</b>	<b>2341</b>	PROMUS KATOWICE	M-50	44	00:52:42	01:18:08	<b>02:00:38.90</b>	+00:58:11 (48.2%)	5:43	10.5 (51.7%)
415	<b>PÓŁTORAK Kamil</b>	<b>2021</b>		M-30	141	00:55:22	01:21:15	<b>02:00:48.20</b>	+00:58:21 (48.3%)	5:43	10.5 (51.7%)
416	<b>DANISZ Małgorzata</b>	<b>2696</b>	HURAGAN LIGOTA	K-40	16	00:54:27	01:20:28	<b>02:00:50.75</b>	+00:58:23 (48.3%)	5:43	10.5 (51.7%)
417	<b>SPIECHOWICZ Andrzej</b>	<b>2620</b>		M-30	142	00:54:27	01:19:21	<b>02:00:51.55</b>	+00:58:24 (48.3%)	5:43	10.5 (51.7%)
418	<b>GANCARCZYK Maciej</b>	<b>2707</b>	SZCOMPER GKW	M-20	31	00:57:47	01:21:32	<b>02:00:52.05</b>	+00:58:25 (48.3%)	5:43	10.5 (51.7%)
419	<b>ZIMNY Ireneusz</b>	<b>2818</b>	EKO-OKNA RUNNERS	M-40	151	00:55:20	01:20:39	<b>02:00:57.05</b>	+00:58:30 (48.4%)	5:43	10.5 (51.7%)
420	<b>KULPIŃSKI Paweł</b>	<b>2614</b>		M-40	152	00:53:22	01:19:49	<b>02:00:59.35</b>	+00:58:32 (48.4%)	5:44	10.5 (51.7%)
421	<b>CIEŚLIK Maciej</b>	<b>2302</b>		M-40	153	00:55:37	01:20:58	<b>02:01:01.25</b>	+00:58:34 (48.4%)	5:44	10.5 (51.7%)
422	<b>MICHAŁEK Grzegorz</b>	<b>2588</b>	GISZOWIEC BIEGA RAZEM	M-50	45	00:51:54	01:17:14	<b>02:01:02.35</b>	+00:58:35 (48.4%)	5:44	10.5 (51.7%)
423	<b>MAREK Wioletta</b>	<b>2697</b>		K-30	18	00:55:20	01:20:56	<b>02:01:04.05</b>	+00:58:37 (48.4%)	5:44	10.5 (51.7%)
424	<b>GAWLIKOWSKA Agnieszka</b>	<b>2414</b>		K-30	19	00:53:15	01:18:54	<b>02:01:11.05</b>	+00:58:44 (48.5%)	5:44	10.4 (51.2%)
425	<b>HEWIG Marek</b>	<b>2690</b>	ING TEAM	M-40	154	00:54:14	01:19:43	<b>02:01:14.45</b>	+00:58:47 (48.5%)	5:44	10.4 (51.2%)
426	<b>GĘBCZYŃSKI Paweł</b>	<b>2112</b>	GO4IT	M-40	155	00:55:25	01:20:45	<b>02:01:14.60</b>	+00:58:47 (48.5%)	5:44	10.4 (51.2%)
427	<b>GÓRNY Piotr</b>	<b>2083</b>	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-50	46	00:54:12	01:19:23	<b>02:01:15.75</b>	+00:58:48 (48.5%)	5:44	10.4 (51.2%)
428	<b>ERDMANN Robert</b>	<b>2393</b>		M-30	143	00:55:36	01:20:50	<b>02:01:18.25</b>	+00:58:51 (48.5%)	5:44	10.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
429	<b>GRUCHALSKI Jakub</b>	<b>2505</b>	ISTA BIEGAMY	M-30	144	00:55:30	01:20:59	<b>02:01:18.55</b>	+00:58:51 (48.5%)	5:44	10.4 (51.2%)
430	<b>WARZECHA Mariusz</b>	<b>2329</b>	ZEM ŁABĘDY SP. Z O.O.	M-40	156	00:53:34	01:18:08	<b>02:01:21.70</b>	+00:58:54 (48.5%)	5:45	10.4 (51.2%)
431	<b>HAŁUPKA Paweł</b>	<b>2553</b>	LEŚNA OSTROPA	M-30	145	00:57:03	01:22:31	<b>02:01:22.25</b>	+00:58:55 (48.5%)	5:45	10.4 (51.2%)
432	<b>LECIEJEWSKI Mateusz</b>	<b>2635</b>	WITKOWSKI RUNNING TEAM	M-30	146	00:57:03	01:22:31	<b>02:01:22.35</b>	+00:58:55 (48.5%)	5:45	10.4 (51.2%)
433	<b>KWIATKOWSKA Katarzyna</b>	<b>2413</b>	ING	K-50	5	00:53:55	01:20:02	<b>02:01:23.90</b>	+00:58:56 (48.6%)	5:45	10.4 (51.2%)
434	<b>OSIŃSKI Paweł</b>	<b>2008</b>	KS M.E.T.A	M-40	157	00:54:52	01:21:26	<b>02:01:25.25</b>	+00:58:58 (48.6%)	5:45	10.4 (51.2%)
435	<b>ZAPART Marcin</b>	<b>2641</b>		M-30	147	00:55:00	01:20:13	<b>02:01:28.55</b>	+00:59:01 (48.6%)	5:45	10.4 (51.2%)
436	<b>SIKORA Michał</b>	<b>2273</b>		M-40	158	00:52:13	01:17:16	<b>02:01:31.70</b>	+00:59:04 (48.6%)	5:45	10.4 (51.2%)
437	<b>POLKO Adam</b>	<b>2546</b>	POGORIA BIEGA	M-40	159	00:58:52	01:23:44	<b>02:01:33.95</b>	+00:59:06 (48.6%)	5:45	10.4 (51.2%)
438	<b>WENGLORZ Marcin</b>	<b>2093</b>		M-30	148	00:55:40	01:21:11	<b>02:01:35.45</b>	+00:59:08 (48.6%)	5:45	10.4 (51.2%)
439	<b>KRÓLIKOWSKI Robert</b>	<b>2209</b>		M-30	149	00:49:09	01:14:37	<b>02:01:41.35</b>	+00:59:14 (48.7%)	5:46	10.4 (51.2%)
440	<b>GAWRON Konrad</b>	<b>2598</b>		M-20	32	00:51:47	01:16:57	<b>02:01:41.80</b>	+00:59:14 (48.7%)	5:46	10.4 (51.2%)
441	<b>BOJARSKI Marek</b>	<b>2709</b>	WATRA	M-30	150	00:53:23	01:19:32	<b>02:01:43.60</b>	+00:59:16 (48.7%)	5:46	10.4 (51.2%)
442	<b>ŁAKOMSKI Paweł</b>	<b>2281</b>	BOJKÓW BIEGA	M-40	160	00:55:14	01:19:39	<b>02:01:46.95</b>	+00:59:19 (48.7%)	5:46	10.4 (51.2%)
443	<b>GRZYWOCZ Tomasz</b>	<b>2451</b>		M-20	33	00:52:27	01:17:16	<b>02:01:47.35</b>	+00:59:20 (48.7%)	5:46	10.4 (51.2%)
444	<b>POLANECKA Malwina</b>	<b>2479</b>		K-30	20	00:55:56	01:21:21	<b>02:01:50.95</b>	+00:59:23 (48.7%)	5:46	10.4 (51.2%)
445	<b>PRZESTALSKI Kornel</b>	<b>2848</b>	REAL ZALESIE	M-40	161	00:54:41	01:20:09	<b>02:01:55.15</b>	+00:59:28 (48.8%)	5:46	10.4 (51.2%)
446	<b>NAWA Waldemar</b>	<b>2017</b>	PARKRUN KĘDZIERZYN-KOŹLE	M-50	47	00:56:22	01:21:43	<b>02:01:55.75</b>	+00:59:28 (48.8%)	5:46	10.4 (51.2%)
447	<b>WLAZŁOWSKI Rafał</b>	<b>2699</b>		M-30	151	00:54:58	01:20:23	<b>02:02:00.05</b>	+00:59:33 (48.8%)	5:46	10.4 (51.2%)
448	<b>HOLYŃSKA-URBASIK Karolina</b>	<b>2478</b>	RUN RYDUŁTOWY	K-30	21	00:54:15	01:19:45	<b>02:02:02.95</b>	+00:59:35 (48.8%)	5:47	10.4 (51.2%)
449	<b>BUJALSKI Michał</b>	<b>2755</b>		M-30	152	00:55:29	01:22:05	<b>02:02:09.30</b>	+00:59:42 (48.9%)	5:47	10.4 (51.2%)
450	<b>ŻABICKI Mariusz</b>	<b>2623</b>	TECHNOMEX	M-40	162	00:55:39	01:20:55	<b>02:02:12.00</b>	+00:59:45 (48.9%)	5:47	10.4 (51.2%)
451	<b>STANISZ Marcin</b>	<b>2484</b>	NIGHT RUNNERS PYSKOWICE	M-30	153	00:56:53	01:22:17	<b>02:02:14.20</b>	+00:59:47 (48.9%)	5:47	10.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
452	<b>LEJA Bartosz</b>	<b>2516</b>		M-30	154	00:54:24	01:20:14	<b>02:02:15.60</b>	+00:59:48 (48.9%)	5:47	10.4 (51.2%)
453	<b>WARCHOŁ Paweł</b>	<b>2040</b>	GLORIA RUN	M-30	155	00:56:11	01:21:09	<b>02:02:20.00</b>	+00:59:53 (49.0%)	5:47	10.3 (50.7%)
454	<b>KABAT Radosław</b>	<b>2708</b>	INOWROCŁAW BIEGA	M-20	34	00:55:12	01:21:17	<b>02:02:29.30</b>	+01:00:02 (49.0%)	5:48	10.3 (50.7%)
455	<b>POŻOGA Patryk</b>	<b>2689</b>		M-20	35	00:57:08	01:22:49	<b>02:02:30.90</b>	+01:00:03 (49.0%)	5:48	10.3 (50.7%)
456	<b>CADER Wojciech</b>	<b>2812</b>	LATAJĄCY KLIMZOWIEC	M-50	48	00:55:47	01:21:50	<b>02:02:35.45</b>	+01:00:08 (49.1%)	5:48	10.3 (50.7%)
457	<b>JANIK Kamil</b>	<b>2580</b>		M-30	156	00:53:57	01:20:20	<b>02:02:36.35</b>	+01:00:09 (49.1%)	5:48	10.3 (50.7%)
458	<b>PIÓRKOWSKI Tomasz</b>	<b>2280</b>		M-40	163	00:55:16	01:21:08	<b>02:02:40.25</b>	+01:00:13 (49.1%)	5:48	10.3 (50.7%)
459	<b>KASZUBSKI Andrzej</b>	<b>2269</b>		M-40	164	00:52:43	01:18:42	<b>02:02:43.00</b>	+01:00:16 (49.1%)	5:48	10.3 (50.7%)
460	<b>CZAŚTKIEWICZ Marcin</b>	<b>2002</b>		M-30	157	00:53:12	01:18:13	<b>02:02:45.40</b>	+01:00:18 (49.1%)	5:49	10.3 (50.7%)
461	<b>UJMA Michał</b>	<b>2060</b>	SII RUNNING TEAM	M-30	158	00:56:24	01:22:16	<b>02:02:48.80</b>	+01:00:21 (49.2%)	5:49	10.3 (50.7%)
461	<b>KUBIT Bartłomiej</b>	<b>2738</b>		M-30	159	00:56:24	01:22:16	<b>02:02:48.80</b>	+01:00:21 (49.2%)	5:49	10.3 (50.7%)
463	<b>KOŁODZIEJ Jacek</b>	<b>2319</b>	FLUOR	M-40	165	00:55:30	01:20:57	<b>02:02:59.60</b>	+01:00:32 (49.2%)	5:49	10.3 (50.7%)
464	<b>GŁADKOWSKA Małgorzata</b>	<b>2229</b>		K-30	22	00:54:47	01:20:57	<b>02:03:02.95</b>	+01:00:35 (49.2%)	5:49	10.3 (50.7%)
465	<b>KRAJEWSKI Michał</b>	<b>2769</b>		M-40	166	00:53:21	01:18:33	<b>02:03:03.40</b>	+01:00:36 (49.3%)	5:49	10.3 (50.7%)
466	<b>BERESKA Bartek</b>	<b>2701</b>		M-30	160	00:55:01	01:21:02	<b>02:03:05.90</b>	+01:00:38 (49.3%)	5:50	10.3 (50.7%)
467	<b>PAWLIK Aneta</b>	<b>2523</b>	STG GLIWICE	K-30	23	00:55:15	01:21:32	<b>02:03:06.95</b>	+01:00:39 (49.3%)	5:50	10.3 (50.7%)
468	<b>ZASUN Marcin</b>	<b>2429</b>		M-40	167	00:56:01	01:21:43	<b>02:03:07.95</b>	+01:00:40 (49.3%)	5:50	10.3 (50.7%)
469	<b>COJG Jacek</b>	<b>2757</b>		M-40	168	00:55:28	01:20:23	<b>02:03:10.60</b>	+01:00:43 (49.3%)	5:50	10.3 (50.7%)
470	<b>COJG Mateusz</b>	<b>2421</b>		M-20	36	00:55:28	01:20:22	<b>02:03:10.70</b>	+01:00:43 (49.3%)	5:50	10.3 (50.7%)
471	<b>OLEŚ-ZDECHLIK Beata</b>	<b>2274</b>	MIRAZ RACE TEAM	K-30	24	00:53:47	01:19:42	<b>02:03:11.70</b>	+01:00:44 (49.3%)	5:50	10.3 (50.7%)
472	- -	<b>2825</b>		K-20	5	00:57:05	01:22:43	<b>02:03:22.25</b>	+01:00:55 (49.4%)	5:50	10.3 (50.7%)
473	<b>WOLIŃSKI Piotr</b>	<b>2074</b>	JSB	M-40	169	00:55:33	01:21:42	<b>02:03:27.40</b>	+01:01:00 (49.4%)	5:51	10.3 (50.7%)
474	<b>PAŁUS Bartłomiej</b>	<b>2686</b>		M-20	37	00:56:16	01:22:14	<b>02:03:29.75</b>	+01:01:02 (49.4%)	5:51	10.3 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
475	NEUMANN Piotr	2360		M-30	161	00:56:25	01:21:55	02:03:30.60	+01:01:03 (49.4%)	5:51	10.3 (50.7%)
476	BEŁŻEK Bartłomiej	2721		M-30	162	00:55:28	01:20:58	02:03:36.20	+01:01:09 (49.5%)	5:51	10.2 (50.2%)
477	RYK Łukasz	2793		M-40	170	00:56:09	01:22:11	02:03:36.50	+01:01:09 (49.5%)	5:51	10.2 (50.2%)
478	MĄDRZAK Monika	2838		K-20	6	00:56:27	01:22:13	02:03:38.90	+01:01:11 (49.5%)	5:51	10.2 (50.2%)
479	BAK-CESARZ Damian	2674		M-40	171	01:00:40	01:26:17	02:03:39.75	+01:01:12 (49.5%)	5:51	10.2 (50.2%)
480	BRZozowska Katarzyna	2542		K-40	17	00:57:06	01:22:57	02:03:41.95	+01:01:14 (49.5%)	5:51	10.2 (50.2%)
481	BONISCH Szymon	2826		M-30	163	00:54:01	01:19:41	02:03:46.20	+01:01:19 (49.5%)	5:51	10.2 (50.2%)
482	KACZOR Rafał	2461	PKO BANK POLSKI	M-40	172	00:56:26	01:22:09	02:03:48.55	+01:01:21 (49.6%)	5:52	10.2 (50.2%)
483	BUCZYŃSKI Radosław	2594	PACEMAKER	M-30	164	00:56:42	01:22:25	02:03:54.45	+01:01:27 (49.6%)	5:52	10.2 (50.2%)
484	GOMOLA Zbigniew	2578	ŁAMIGNATY	M-50	49	00:58:20	01:23:36	02:03:55.30	+01:01:28 (49.6%)	5:52	10.2 (50.2%)
485	ZARZYCKI Robert	2850		M-30	165	00:50:43	01:15:47	02:03:59.30	+01:01:32 (49.6%)	5:52	10.2 (50.2%)
486	PIŁAT Jarosław	2593	PACEMAKER	M-40	173	00:57:07	01:22:55	02:04:09.95	+01:01:42 (49.7%)	5:53	10.2 (50.2%)
487	STĘPIEŃ Wojciech	2589	PACEMAKER	M-40	174	00:56:53	01:22:44	02:04:12.50	+01:01:45 (49.7%)	5:53	10.2 (50.2%)
488	ŚLIWIŃSKA Alicja	2333		K-40	18	00:56:13	01:22:25	02:04:17.50	+01:01:50 (49.8%)	5:53	10.2 (50.2%)
489	KRZYSZKOWSKA Agnieszka	2487	DRUŻYNA ING	K-40	19	00:54:48	01:21:33	02:04:20.45	+01:01:53 (49.8%)	5:53	10.2 (50.2%)
490	GABOR Robert	2063		M-30	166	00:55:11	01:21:27	02:04:20.85	+01:01:53 (49.8%)	5:53	10.2 (50.2%)
491	POSMYK Przemysław	2456		M-40	175	00:56:39	01:22:43	02:04:21.05	+01:01:54 (49.8%)	5:53	10.2 (50.2%)
492	ZYGMAŃSKI Piotr	2108		M-40	176	00:54:31	01:21:09	02:04:25.45	+01:01:58 (49.8%)	5:53	10.2 (50.2%)
493	GAJEWSKI Jacek	2530	KURCZAK I AGATKA	M-50	50	00:56:55	01:23:08	02:04:25.60	+01:01:58 (49.8%)	5:53	10.2 (50.2%)
494	BUFNAL Krzysztof	2155		M-40	177	00:58:19	01:23:53	02:04:30.70	+01:02:03 (49.8%)	5:54	10.2 (50.2%)
495	PIEKARCZYK Katarzyna	2245		K-20	7	00:56:31	01:22:22	02:04:31.85	+01:02:04 (49.9%)	5:54	10.2 (50.2%)
496	SZCZEPANIAK Kamil	2206	BIEGAJ Z NAMI NA STADIONIE ŚLĄSKIM	M-20	38	00:52:47	01:18:21	02:04:34.30	+01:02:07 (49.9%)	5:54	10.2 (50.2%)
497	MATULICZ Damian	2486		M-40	178	00:53:06	01:19:38	02:04:37.65	+01:02:10 (49.9%)	5:54	10.2 (50.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
498	<b>RAJTOR</b> Klaudiusz	<b>2624</b>		M-60	9	00:57:01	01:23:01	<b>02:04:44.80</b>	+01:02:17 (49.9%)	5:54	10.1 (49.8%)
499	<b>MAŁECKI</b> Jacek	<b>2466</b>		M-50	51	00:53:34	01:20:03	<b>02:04:46.40</b>	+01:02:19 (49.9%)	5:54	10.1 (49.8%)
500	<b>ROSIŃSKA</b> Katarzyna	<b>2107</b>	BANDA Z POŁÓDNIA	K-40	20	00:57:25	01:23:32	<b>02:04:50.20</b>	+01:02:23 (50.0%)	5:54	10.1 (49.8%)
501	<b>KACZYŃSKI</b> Marek	<b>2254</b>	MOSTOSTAL ZABRZE UNITED	M-30	167	00:56:39	01:22:39	<b>02:04:50.30</b>	+01:02:23 (50.0%)	5:54	10.1 (49.8%)
502	<b>SKRODZKI</b> Michał	<b>2668</b>	REMONDIS	M-30	168	00:53:02	01:18:33	<b>02:04:52.45</b>	+01:02:25 (50.0%)	5:55	10.1 (49.8%)
503	<b>STANEK</b> Karolina	<b>2047</b>		K-30	25	00:56:36	01:22:57	<b>02:04:54.75</b>	+01:02:27 (50.0%)	5:55	10.1 (49.8%)
504	<b>URBAŃSKI</b> Adam	<b>2512</b>		M-50	52	00:57:37	01:23:21	<b>02:05:07.75</b>	+01:02:40 (50.1%)	5:55	10.1 (49.8%)
505	<b>MAJEWSKA</b> Gizela	<b>2540</b>	NIGHT RUNNERS PYSKOWICE	K-50	6	00:56:00	01:22:36	<b>02:05:15.20</b>	+01:02:48 (50.1%)	5:56	10.1 (49.8%)
506	<b>POLAK</b> Sylwia	<b>2006</b>		K-20	8	00:56:43	01:23:00	<b>02:05:16.30</b>	+01:02:49 (50.1%)	5:56	10.1 (49.8%)
507	<b>KACZYŃSKI</b> Michał	<b>2743</b>		M-30	169	00:55:57	01:21:56	<b>02:05:27.30</b>	+01:03:00 (50.2%)	5:56	10.1 (49.8%)
508	<b>KEMPKIEWICZ</b> Brygida	<b>2613</b>		K-40	21	00:57:00	01:23:17	<b>02:05:32.75</b>	+01:03:05 (50.3%)	5:56	10.1 (49.8%)
509	<b>SROCZYŃSKA</b> Anna	<b>2182</b>		K-40	22	00:57:38	01:24:19	<b>02:05:33.20</b>	+01:03:06 (50.3%)	5:57	10.1 (49.8%)
510	<b>NOWOMIEJSKI</b> Sylwester	<b>2424</b>	AMATOR	M-50	53	00:55:09	01:21:52	<b>02:05:40.00</b>	+01:03:13 (50.3%)	5:57	10.1 (49.8%)
511	<b>GOŁĘBIEWSKI</b> Kazimierz	<b>2004</b>	KEMPER TEAM	M-40	179	00:54:14	01:21:36	<b>02:05:42.75</b>	+01:03:15 (50.3%)	5:57	10.1 (49.8%)
512	<b>MIKOŁAJCZYK</b> Marcin	<b>2507</b>	PKO BANK POLSKI	M-40	180	00:55:52	01:22:21	<b>02:05:45.05</b>	+01:03:18 (50.3%)	5:57	10.1 (49.8%)
513	<b>JACZEWSKI</b> Arkadiusz	<b>2353</b>		M-40	181	00:56:43	01:22:44	<b>02:05:55.60</b>	+01:03:28 (50.4%)	5:58	10.1 (49.8%)
514	<b>BIENIEK</b> Kewin	<b>2301</b>		M-20	39	00:53:58	01:20:54	<b>02:06:01.95</b>	+01:03:34 (50.4%)	5:58	10 (49.3%)
515	<b>BRZUSKA</b> Grzegorz	<b>2346</b>		M-30	170	00:52:31	01:19:05	<b>02:06:15.65</b>	+01:03:48 (50.5%)	5:59	10 (49.3%)
516	<b>TOSZEK</b> Sebastian	<b>2377</b>		M-20	40	00:56:50	01:23:05	<b>02:06:16.05</b>	+01:03:49 (50.5%)	5:59	10 (49.3%)
517	<b>KOZIOŁ</b> Piotr	<b>2072</b>		M-40	182	00:56:06	01:22:00	<b>02:06:33.05</b>	+01:04:06 (50.7%)	5:59	10 (49.3%)
518	<b>MICHALSKI</b> Andrzej	<b>2342</b>		M-30	171	00:57:18	01:24:06	<b>02:06:35.20</b>	+01:04:08 (50.7%)	5:59	10 (49.3%)
519	<b>WASIEWICZ</b> Michał	<b>2747</b>		M-30	172	00:57:16	01:23:42	<b>02:06:43.70</b>	+01:04:16 (50.7%)	6:00	10 (49.3%)
520	<b>KOWALCZYK</b> Tomasz	<b>2234</b>	AKMB PĘDZIWIATR GLIWICE	M-40	183	00:55:31	01:21:31	<b>02:06:53.00</b>	+01:04:26 (50.8%)	6:00	10 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
521	<b>ŁOBEJKO Adam</b>	<b>2520</b>		M-30	173	00:55:30	01:21:30	<b>02:06:59.55</b>	+01:04:32 (50.8%)	6:01	10 (49.3%)
522	<b>OCHMAN Klaudia</b>	<b>2550</b>		K-20	9	00:55:30	01:21:30	<b>02:07:01.55</b>	+01:04:34 (50.8%)	6:01	10 (49.3%)
523	<b>KOJ Jakub</b>	<b>2752</b>	MATYLDA TEAM	M-30	174	00:55:28	01:22:04	<b>02:07:02.95</b>	+01:04:35 (50.8%)	6:01	10 (49.3%)
524	<b>KARWOT Leszek</b>	<b>2335</b>		M-40	184	00:57:55	01:24:50	<b>02:07:06.10</b>	+01:04:39 (50.9%)	6:01	10 (49.3%)
525	<b>GĄTARSKI Krzysztof</b>	<b>2781</b>		M-30	175	00:56:57	01:22:54	<b>02:07:07.25</b>	+01:04:40 (50.9%)	6:01	10 (49.3%)
526	<b>ANTCZAK Krzysztof</b>	<b>2436</b>		M-40	185	00:56:59	01:23:49	<b>02:07:09.80</b>	+01:04:42 (50.9%)	6:01	10 (49.3%)
527	<b>FAJKOWSKI Patryk</b>	<b>2327</b>	FLUOR	M-30	176	00:54:58	01:21:42	<b>02:07:12.95</b>	+01:04:45 (50.9%)	6:01	10 (49.3%)
528	<b>WANIEK Zbigniew</b>	<b>2231</b>	THE WANIEKS	M-40	186	00:56:34	01:22:50	<b>02:07:21.35</b>	+01:04:54 (51.0%)	6:02	9.9 (48.8%)
529	<b>WÓJCIK Rafał</b>	<b>2397</b>		M-40	187	00:56:54	01:24:06	<b>02:07:24.70</b>	+01:04:57 (51.0%)	6:02	9.9 (48.8%)
530	<b>DURAK Lukasz</b>	<b>2025</b>		M-40	188	00:56:45	01:22:55	<b>02:07:35.10</b>	+01:05:08 (51.1%)	6:02	9.9 (48.8%)
531	<b>KULCZYK Adam</b>	<b>2600</b>	SAINT GOBAIN SWISSPACER	M-40	189	00:56:28	01:22:53	<b>02:07:37.40</b>	+01:05:10 (51.1%)	6:02	9.9 (48.8%)
532	<b>MORAWSKI Szymon</b>	<b>2579</b>		M-30	177		01:24:34	<b>02:07:38.40</b>	+01:05:11 (51.1%)	6:02	9.9 (48.8%)
533	<b>NOWICKA Karolina</b>	<b>2328</b>	FLUOR	K-30	26	00:57:04	01:23:10	<b>02:07:40.65</b>	+01:05:13 (51.1%)	6:03	9.9 (48.8%)
534	<b>MATUSZNY Barbara</b>	<b>2097</b>		K-50	7	00:54:26	01:21:50	<b>02:07:41.60</b>	+01:05:14 (51.1%)	6:03	9.9 (48.8%)
535	<b>KUZMYNSKA Kate</b>	<b>2321</b>	ZŁOTA MARKA	K-30	27	00:56:49	01:23:11	<b>02:07:46.05</b>	+01:05:19 (51.1%)	6:03	9.9 (48.8%)
536	<b>SZWARCZYŃSKI Jakub</b>	<b>2561</b>		M-30	178	00:57:25	01:23:55	<b>02:07:51.85</b>	+01:05:24 (51.2%)	6:03	9.9 (48.8%)
537	<b>GOŁKOWSKI Radosław</b>	<b>2780</b>		M-30	179	00:56:14	01:23:40	<b>02:08:05.05</b>	+01:05:38 (51.2%)	6:04	9.9 (48.8%)
538	<b>KOWALEWSKI Krzysztof</b>	<b>2184</b>	WIECZORNE BIEGANIE W OPOLU	M-30	180	00:54:14	01:21:38	<b>02:08:26.00</b>	+01:05:59 (51.4%)	6:05	9.9 (48.8%)
539	<b>BUKOWSKA Magdalena</b>	<b>2091</b>		K-30	28	01:00:07	01:26:54	<b>02:08:28.80</b>	+01:06:01 (51.4%)	6:05	9.9 (48.8%)
540	<b>ŚRUTWA Zbigniew</b>	<b>2090</b>		M-50	54	00:57:52	01:24:23	<b>02:08:43.30</b>	+01:06:16 (51.5%)	6:06	9.8 (48.3%)
541	<b>LACHOWICZ Izabela</b>	<b>2568</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-30	29	00:56:22	01:23:55	<b>02:08:52.65</b>	+01:06:25 (51.5%)	6:06	9.8 (48.3%)
542	<b>GABRUŚ Iwona</b>	<b>2386</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-50	8	00:56:23	01:23:55	<b>02:08:53.25</b>	+01:06:26 (51.5%)	6:06	9.8 (48.3%)
543	<b>MICHOŃ Maciej</b>	<b>2664</b>	-	M-20	41	00:58:10	01:24:32	<b>02:08:56.85</b>	+01:06:29 (51.6%)	6:06	9.8 (48.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
544	<b>GRUSZCZYŃSKI Bogusław</b>	<b>2256</b>		M-60	10	00:57:23	01:23:53	<b>02:09:00.35</b>	+01:06:33 (51.6%)	6:06	9.8 (48.3%)
545	<b>MALINIECKI Daniel</b>	<b>2688</b>	NIE LUBIĘ BIEGAĆ	M-50	55	00:59:13	01:26:42	<b>02:09:14.20</b>	+01:06:47 (51.7%)	6:07	9.8 (48.3%)
546	<b>CIMPRICHOVÁ Jana</b>	<b>2459</b>	ŠENOV	K-40	23	00:57:09	01:24:11	<b>02:09:15.00</b>	+01:06:48 (51.7%)	6:07	9.8 (48.3%)
547	<b>BOHN Mariusz</b>	<b>2506</b>	PIEKARY ŚLĄSKIE	M-50	56	00:55:00	01:21:48	<b>02:09:31.80</b>	+01:07:04 (51.8%)	6:08	9.8 (48.3%)
548	<b>BAK Katarzyna</b>	<b>2779</b>		K-40	24	00:57:31	01:24:15	<b>02:09:49.55</b>	+01:07:22 (51.9%)	6:09	9.8 (48.3%)
549	<b>GÓRECKI Janusz</b>	<b>2109</b>		M-50	57	00:56:53	01:24:24	<b>02:09:59.75</b>	+01:07:32 (52.0%)	6:09	9.7 (47.8%)
550	<b>MRZYGLÓD Robert</b>	<b>2057</b>		M-30	181	00:57:22	01:24:22	<b>02:10:07.40</b>	+01:07:40 (52.0%)	6:10	9.7 (47.8%)
551	<b>SZUBA Czesław</b>	<b>2628</b>		M-60	11	00:58:59	01:26:35	<b>02:10:07.80</b>	+01:07:40 (52.0%)	6:10	9.7 (47.8%)
552	<b>KOWALIK Karolina</b>	<b>2403</b>		K-30	30	00:57:27	01:24:32	<b>02:10:10.25</b>	+01:07:43 (52.0%)	6:10	9.7 (47.8%)
553	<b>TOMSIA Łukasz</b>	<b>2679</b>		M-40	190	00:57:27	01:24:33	<b>02:10:11.10</b>	+01:07:44 (52.0%)	6:10	9.7 (47.8%)
554	<b>PIEKARCZYK Dawid</b>	<b>2125</b>		M-30	182	00:55:39	01:22:36	<b>02:10:12.25</b>	+01:07:45 (52.0%)	6:10	9.7 (47.8%)
555	<b>STAWSKA Joanna</b>	<b>2265</b>	BIEGAJ Z TRENERAMI	K-50	9	00:59:29	01:26:59	<b>02:10:15.35</b>	+01:07:48 (52.1%)	6:10	9.7 (47.8%)
556	<b>SOKOŁOWSKI Krzysztof</b>	<b>2138</b>		M-30	183	00:56:58	01:22:51	<b>02:10:15.40</b>	+01:07:48 (52.1%)	6:10	9.7 (47.8%)
557	<b>KLIKS Kazimierz</b>	<b>2189</b>		M-60	12	00:56:40	01:24:44	<b>02:10:38.05</b>	+01:08:11 (52.2%)	6:11	9.7 (47.8%)
558	<b>SKĘCZEK Arkadiusz</b>	<b>2061</b>	POWOLI DO CELU	M-40	191	00:56:19	01:24:39	<b>02:10:41.70</b>	+01:08:14 (52.2%)	6:11	9.7 (47.8%)
559	<b>MICHALSKI Marek</b>	<b>2261</b>		M-40	192	00:56:21	01:24:40	<b>02:10:42.80</b>	+01:08:15 (52.2%)	6:11	9.7 (47.8%)
560	<b>PALIK Jakub</b>	<b>2359</b>		M-30	184	00:58:23	01:25:23	<b>02:10:49.80</b>	+01:08:22 (52.3%)	6:11	9.7 (47.8%)
561	<b>MYRCIK Bernard</b>	<b>2186</b>		M-50	58	00:56:01	01:23:56	<b>02:10:51.00</b>	+01:08:24 (52.3%)	6:12	9.7 (47.8%)
562	<b>WAŻNY Wojciech</b>	<b>2412</b>	ING TEAM	M-40	193	00:57:52	01:25:34	<b>02:10:54.10</b>	+01:08:27 (52.3%)	6:12	9.7 (47.8%)
563	<b>FLISIAK Jakub</b>	<b>2533</b>	PKO BANK POLSKI	M-30	185	00:55:54	01:24:40	<b>02:10:59.40</b>	+01:08:32 (52.3%)	6:12	9.7 (47.8%)
564	<b>SOBANIA Rafał</b>	<b>2508</b>		M-40	194	00:55:47	01:22:59	<b>02:11:10.00</b>	+01:08:43 (52.4%)	6:12	9.7 (47.8%)
565	<b>WILCZEK Małgorzata</b>	<b>2279</b>		K-30	31	01:00:40	01:28:05	<b>02:11:10.75</b>	+01:08:43 (52.4%)	6:12	9.7 (47.8%)
566	<b>SZYMAŃSKA Magdalena</b>	<b>2791</b>	MIRAZ RAZE TEAM	K-30	32	00:59:35	01:27:33	<b>02:11:14.50</b>	+01:08:47 (52.4%)	6:13	9.6 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
567	<b>URBAN-MISZTALSKA Aleksandra</b>	<b>2037</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K-40	25	00:56:10	01:23:49	<b>02:11:26.20</b>	+01:08:59 (52.5%)	6:13	9.6 (47.3%)
568	<b>KULCZYK Anna</b>	<b>2480</b>		K-40	26	00:58:02	01:25:37	<b>02:11:28.30</b>	+01:09:01 (52.5%)	6:13	9.6 (47.3%)
569	<b>LEPIARCZYK Anna</b>	<b>2275</b>	MOSTOSTAL ZABRZE UNITED	K-30	33	00:57:49	01:24:34	<b>02:11:33.00</b>	+01:09:06 (52.5%)	6:14	9.6 (47.3%)
570	<b>PIKOŃ Krzysztof</b>	<b>2821</b>		M-50	59	00:52:50	01:18:55	<b>02:11:43.50</b>	+01:09:16 (52.6%)	6:14	9.6 (47.3%)
571	<b>POMORSKI Przemysław</b>	<b>2260</b>		M-40	195	01:00:55	01:26:37	<b>02:11:45.40</b>	+01:09:18 (52.6%)	6:14	9.6 (47.3%)
572	<b>WOJTOWICZ Karolina</b>	<b>2419</b>	MADIZAR SISTERS	K-40	27	00:57:27	01:25:22	<b>02:11:46.40</b>	+01:09:19 (52.6%)	6:14	9.6 (47.3%)
573	<b>CIEŚLA Arkadiusz</b>	<b>2722</b>	BIEGAMY Z SERCEM	M-40	196	00:56:55	01:24:05	<b>02:11:46.60</b>	+01:09:19 (52.6%)	6:14	9.6 (47.3%)
574	<b>LENCZYK Mariusz</b>	<b>2749</b>		M-20	42	00:55:22	01:23:14	<b>02:11:58.50</b>	+01:09:31 (52.7%)	6:15	9.6 (47.3%)
575	<b>GAWEŁ Artur</b>	<b>2501</b>	LECYMY DURŚ	M-30	186	00:56:30	01:23:19	<b>02:11:59.90</b>	+01:09:32 (52.7%)	6:15	9.6 (47.3%)
576	<b>SKOWROŃSKI Michał</b>	<b>2330</b>	AKADEMICKI KLUB TURYSTYCZNY WATRA	M-20	43	00:58:35	01:25:53	<b>02:12:02.15</b>	+01:09:35 (52.7%)	6:15	9.6 (47.3%)
577	<b>PODOLAK Alfred</b>	<b>2290</b>		M-60	13	01:00:13	01:28:22	<b>02:12:04.20</b>	+01:09:37 (52.7%)	6:15	9.6 (47.3%)
578	<b>WOJTUKIEWICZ Kamila</b>	<b>2135</b>		K-30	34	01:01:35	01:29:19	<b>02:12:09.20</b>	+01:09:42 (52.7%)	6:15	9.6 (47.3%)
579	<b>JANIEC Witold</b>	<b>2522</b>		M-50	60	00:54:16	01:23:26	<b>02:12:17.90</b>	+01:09:50 (52.8%)	6:16	9.6 (47.3%)
580	<b>DITTMANN Robert</b>	<b>2122</b>		M-20	44	00:59:42	01:28:36	<b>02:12:20.90</b>	+01:09:53 (52.8%)	6:16	9.6 (47.3%)
581	<b>CHOJKOWSKI Michał</b>	<b>2249</b>		M-40	197	00:59:26	01:27:12	<b>02:12:25.15</b>	+01:09:58 (52.8%)	6:16	9.6 (47.3%)
582	<b>PODOLSKI Bartłomiej</b>	<b>2364</b>	SPARTAN TEAM	M-40	198	00:56:48	01:25:41	<b>02:12:41.75</b>	+01:10:14 (52.9%)	6:17	9.5 (46.8%)
583	<b>WANIEK Sara</b>	<b>2756</b>		K-30	35	00:59:39	01:28:12	<b>02:12:45.20</b>	+01:10:18 (53.0%)	6:17	9.5 (46.8%)
584	<b>BIERNAT Tomisław</b>	<b>2449</b>	TS RUNNERS	M-20	45	00:58:25	01:25:36	<b>02:12:48.85</b>	+01:10:21 (53.0%)	6:17	9.5 (46.8%)
585	<b>KOBA STASIAK Urszula</b>	<b>2490</b>	LECYMY DURŚ	K-30	36	00:58:35	01:26:49	<b>02:13:12.15</b>	+01:10:45 (53.1%)	6:18	9.5 (46.8%)
586	<b>PRACKA Danuta</b>	<b>2159</b>		K-30	37	00:56:45	01:25:17	<b>02:13:16.35</b>	+01:10:49 (53.1%)	6:18	9.5 (46.8%)
587	<b>GUMUŁKA Joanna</b>	<b>2491</b>	LECYMY DURŚ	K-30	38	00:56:27	01:23:16	<b>02:13:16.80</b>	+01:10:49 (53.1%)	6:18	9.5 (46.8%)
588	<b>JOCHER Marcin</b>	<b>2187</b>		M-30	187	01:02:23	01:30:47	<b>02:13:27.00</b>	+01:11:00 (53.2%)	6:19	9.5 (46.8%)
589	<b>WOJTKOWIAK Piotr</b>	<b>2566</b>		M-40	199	00:58:32	01:26:00	<b>02:13:30.10</b>	+01:11:03 (53.2%)	6:19	9.5 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
590	<b>PEPLIŃSKI Jakub</b>	<b>2474</b>	KB ORŁY Z KNUROWA	M-30	188	01:01:48	01:29:33	<b>02:13:31.30</b>	+01:11:04 (53.2%)	6:19	9.5 (46.8%)
591	<b>PAWŁUSZEK Agnieszka</b>	<b>2285</b>	TUR-BORÓWKA	K-40	28	00:59:27	01:28:33	<b>02:13:37.05</b>	+01:11:10 (53.3%)	6:19	9.5 (46.8%)
592	<b>KOZAK Jakub</b>	<b>2509</b>		M-40	200	01:02:12	01:30:21	<b>02:13:42.45</b>	+01:11:15 (53.3%)	6:20	9.5 (46.8%)
593	<b>KOWALCZYK Anna</b>	<b>2296</b>		K-40	29	01:02:29	01:30:12	<b>02:13:45.20</b>	+01:11:18 (53.3%)	6:20	9.5 (46.8%)
594	<b>BUSZKA Tomasz</b>	<b>2094</b>		M-50	61	00:59:36	01:26:42	<b>02:13:52.50</b>	+01:11:25 (53.4%)	6:20	9.5 (46.8%)
595	<b>KOSNO Łukasz</b>	<b>2026</b>		M-30	189	00:59:14	01:26:49	<b>02:13:54.80</b>	+01:11:27 (53.4%)	6:20	9.5 (46.8%)
596	<b>NIEMIEC Sławek</b>	<b>2102</b>	INTERGRAFIK.PL	M-40	201	00:55:56	01:23:26	<b>02:14:03.15</b>	+01:11:36 (53.4%)	6:21	9.4 (46.3%)
597	<b>CZERNEK Marek</b>	<b>2444</b>	BIEGAJ Z TRENERAMI	M-50	62	00:56:51	01:23:59	<b>02:14:03.40</b>	+01:11:36 (53.4%)	6:21	9.4 (46.3%)
598	<b>FRUK Kamil</b>	<b>2089</b>	TEAMPIEROŹKI	M-30	190	01:03:00	01:30:43	<b>02:14:14.05</b>	+01:11:47 (53.5%)	6:21	9.4 (46.3%)
599	<b>FRUK Natalia</b>	<b>2012</b>	NAJKI POLONIA BYTOM	K-30	39	01:03:01	01:30:45	<b>02:14:15.50</b>	+01:11:48 (53.5%)	6:21	9.4 (46.3%)
600	<b>JESIONOWSKI Marcin</b>	<b>2222</b>		M-40	202	01:02:29	01:30:10	<b>02:14:24.50</b>	+01:11:57 (53.5%)	6:22	9.4 (46.3%)
601	<b>KIERA Szymon</b>	<b>2398</b>	TS RUNNERS	M-40	203	00:58:07	01:26:23	<b>02:14:26.70</b>	+01:11:59 (53.5%)	6:22	9.4 (46.3%)
602	<b>ŁAZOWSKI Mariusz</b>	<b>2408</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	204	00:59:17	01:27:56	<b>02:14:37.15</b>	+01:12:10 (53.6%)	6:22	9.4 (46.3%)
603	<b>PODSTUFKA Szymon</b>	<b>2345</b>		M-30	191	00:57:17	01:24:23	<b>02:14:38.35</b>	+01:12:11 (53.6%)	6:22	9.4 (46.3%)
604	<b>KREMPA Sławomir</b>	<b>2834</b>		M-30	192	00:55:57	01:24:24	<b>02:14:41.85</b>	+01:12:14 (53.6%)	6:22	9.4 (46.3%)
605	<b>ZŁOTOŚ Mariusz</b>	<b>2316</b>	BIEG Z CHRYSTUSEM!	M-50	63	01:02:23	01:30:58	<b>02:14:51.75</b>	+01:12:24 (53.7%)	6:23	9.4 (46.3%)
606	<b>STACHOWSKI Grzegorz</b>	<b>2835</b>	ATOMOWY TEAM GOŁUCHÓW	M-20	46	00:56:27	01:24:23	<b>02:14:55.10</b>	+01:12:28 (53.7%)	6:23	9.4 (46.3%)
607	<b>GRZYWOCZ Daniel</b>	<b>2376</b>		M-20	47	00:57:47	01:26:12	<b>02:14:55.15</b>	+01:12:28 (53.7%)	6:23	9.4 (46.3%)
608	<b>PAWLICZEK Szymon</b>	<b>2495</b>		M-20	48	01:02:36	01:29:57	<b>02:15:03.50</b>	+01:12:36 (53.8%)	6:24	9.4 (46.3%)
609	<b>MACZUGA Bartłomiej</b>	<b>2705</b>	PACEMAKER	M-30	193	01:02:29	01:30:14	<b>02:15:08.60</b>	+01:12:41 (53.8%)	6:24	9.4 (46.3%)
610	<b>GAICKI Dawid</b>	<b>2322</b>	FLUOR	M-20	49	00:55:28	01:23:11	<b>02:15:14.55</b>	+01:12:47 (53.8%)	6:24	9.4 (46.3%)
611	<b>CHROSTOWSKI Mateusz</b>	<b>2526</b>		M-40	205	00:58:04	01:26:31	<b>02:15:15.30</b>	+01:12:48 (53.8%)	6:24	9.4 (46.3%)
612	<b>ZAMYSŁOWSKA Marzena</b>	<b>2685</b>		K-40	30	00:59:35	01:27:34	<b>02:15:26.90</b>	+01:12:59 (53.9%)	6:25	9.3 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
613	<b>GRYGIEREK Jarosław</b>	<b>2380</b>		M-30	194	00:54:19	01:22:47	<b>02:15:32.50</b>	+01:13:05 (53.9%)	6:25	9.3 (45.8%)
614	<b>HALSZKA Joanna</b>	<b>2650</b>		K-40	31	01:01:05	01:29:18	<b>02:15:35.85</b>	+01:13:08 (53.9%)	6:25	9.3 (45.8%)
615	<b>ZEMŁA Piotr</b>	<b>2462</b>		M-50	64	01:00:49	01:29:09	<b>02:15:48.60</b>	+01:13:21 (54.0%)	6:26	9.3 (45.8%)
616	<b>KWAPIEŃ Paweł</b>	<b>2827</b>		M-40	206	01:00:40	01:29:10	<b>02:15:49.05</b>	+01:13:22 (54.0%)	6:26	9.3 (45.8%)
617	<b>SELIGA Paweł</b>	<b>2475</b>	BIEGAJ Z TRENERAMI GLIWICE	M-40	207	00:58:25	01:26:48	<b>02:15:49.80</b>	+01:13:22 (54.0%)	6:26	9.3 (45.8%)
618	<b>SKRĘT Kamil</b>	<b>2121</b>		M-20	50	00:57:30	01:25:26	<b>02:15:50.15</b>	+01:13:23 (54.0%)	6:26	9.3 (45.8%)
619	<b>ZAWISZA Dominika</b>	<b>2410</b>		K-30	40	01:00:36	01:29:20	<b>02:15:59.55</b>	+01:13:32 (54.1%)	6:26	9.3 (45.8%)
620	<b>MAŃKO Emilia</b>	<b>2531</b>		K-20	10	01:02:07	01:30:11	<b>02:16:06.15</b>	+01:13:39 (54.1%)	6:27	9.3 (45.8%)
621	<b>DANIELSKI Patryk</b>	<b>2272</b>		M-30	195	01:02:08	01:30:11	<b>02:16:06.70</b>	+01:13:39 (54.1%)	6:27	9.3 (45.8%)
622	<b>NICIŃSKI Dariusz</b>	<b>2539</b>	BIEG Z CHRYSTUSEM	M-50	65	01:02:22	01:31:01	<b>02:16:09.15</b>	+01:13:42 (54.1%)	6:27	9.3 (45.8%)
623	<b>LUBICKI Wojciech</b>	<b>2172</b>	DWÓJKA BEZ SERNIKA	M-50	66	00:57:03	01:25:29	<b>02:16:10.30</b>	+01:13:43 (54.1%)	6:27	9.3 (45.8%)
624	<b>CIUMAN Piotr</b>	<b>2763</b>	PHD RUNNERS	M-30	196	01:00:59	01:28:38	<b>02:16:14.95</b>	+01:13:47 (54.2%)	6:27	9.3 (45.8%)
625	<b>JURETKO Agata</b>	<b>2477</b>		K-20	11	00:58:24	01:27:50	<b>02:16:19.55</b>	+01:13:52 (54.2%)	6:27	9.3 (45.8%)
626	<b>ŁATAK - SKRABUT Basia</b>	<b>2603</b>	PACEMAKER	K-40	32	01:03:44	01:31:26	<b>02:16:24.80</b>	+01:13:57 (54.2%)	6:27	9.3 (45.8%)
627	<b>LEWANDOWSKI Henryk</b>	<b>2084</b>		M-40	208	00:58:06	01:28:36	<b>02:16:35.35</b>	+01:14:08 (54.3%)	6:28	9.3 (45.8%)
628	<b>GÓRECKA Weronika</b>	<b>2604</b>		K-20	12	01:01:00	01:29:38	<b>02:16:36.15</b>	+01:14:09 (54.3%)	6:28	9.3 (45.8%)
629	<b>FORYŚ Piotr</b>	<b>2073</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M-40	209	00:58:04	01:27:40	<b>02:16:49.10</b>	+01:14:22 (54.4%)	6:29	9.3 (45.8%)
630	<b>CETERA Kamila</b>	<b>2241</b>	BIEGAJ Z TRENERAMI	K-40	33	01:02:30	01:30:27	<b>02:17:12.15</b>	+01:14:45 (54.5%)	6:30	9.2 (45.3%)
631	<b>JASIŃSKI Krzysztof</b>	<b>2044</b>	RUNAWAYS	M-40	210	01:01:24	01:30:08	<b>02:17:16.85</b>	+01:14:49 (54.5%)	6:30	9.2 (45.3%)
632	<b>STYPUŁKOWSKI Dariusz</b>	<b>2432</b>		M-40	211	01:01:26	01:30:12	<b>02:17:19.55</b>	+01:14:52 (54.5%)	6:30	9.2 (45.3%)
633	<b>PARTYKA Agata</b>	<b>2313</b>	RUNAWAYS	K-40	34	01:01:27	01:30:12	<b>02:17:20.15</b>	+01:14:53 (54.5%)	6:30	9.2 (45.3%)
634	<b>GERYCKI Łukasz</b>	<b>2271</b>	RUNAWAYS	M-30	197	01:01:28	01:30:13	<b>02:17:20.75</b>	+01:14:53 (54.5%)	6:30	9.2 (45.3%)
635	<b>BATEJKO Beata</b>	<b>2369</b>	SPORT WSPIERAMY NAUKOWO	K-50	10	01:01:23	01:30:32	<b>02:17:23.50</b>	+01:14:56 (54.5%)	6:30	9.2 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
636	<b>MARSZAŁEK Dominik</b>	<b>2171</b>		M-20	51	00:57:38	01:25:17	<b>02:17:36.00</b>	+01:15:09 (54.6%)	6:31	9.2 (45.3%)
637	<b>SZOBLIK Darek</b>	<b>2098</b>	SZOBLIK AUTO SERWIS	M-40	212	00:57:52	01:27:17	<b>02:17:38.40</b>	+01:15:11 (54.6%)	6:31	9.2 (45.3%)
638	<b>OSTROWSKI Zygmunt</b>	<b>2076</b>		M-60	14	01:02:11	01:31:50	<b>02:17:38.50</b>	+01:15:11 (54.6%)	6:31	9.2 (45.3%)
639	<b>DEBERNY Dawid</b>	<b>2745</b>		M-30	198	01:00:34	01:29:10	<b>02:17:40.10</b>	+01:15:13 (54.6%)	6:31	9.2 (45.3%)
640	<b>BRESKE Dagmara</b>	<b>2440</b>		K-40	35	01:02:48	01:31:36	<b>02:17:54.50</b>	+01:15:27 (54.7%)	6:32	9.2 (45.3%)
641	<b>DZIEWIĘCKI Jacek</b>	<b>2363</b>		M-40	213	00:57:56	01:27:03	<b>02:17:56.65</b>	+01:15:29 (54.7%)	6:32	9.2 (45.3%)
642	<b>MARKOWSKA Sylwia</b>	<b>2143</b>		K-30	41	01:01:40	01:30:42	<b>02:18:04.35</b>	+01:15:37 (54.8%)	6:32	9.2 (45.3%)
643	<b>MAJOS Karolina</b>	<b>2767</b>		K-30	42	01:03:23	01:31:30	<b>02:18:05.85</b>	+01:15:38 (54.8%)	6:32	9.2 (45.3%)
644	<b>WOJCIECH Drobnik</b>	<b>2005</b>		M-30	199	01:01:55	01:30:49	<b>02:18:09.60</b>	+01:15:42 (54.8%)	6:32	9.2 (45.3%)
645	<b>STRONCZYŃSKI Andrzej</b>	<b>2334</b>	WATRA	M-30	200	00:56:12	01:22:41	<b>02:18:10.20</b>	+01:15:43 (54.8%)	6:32	9.2 (45.3%)
646	<b>PALMOWSKA Agnieszka</b>	<b>2075</b>	PHD RUNNERS	K-30	43	01:01:23	01:30:21	<b>02:18:16.10</b>	+01:15:49 (54.8%)	6:33	9.2 (45.3%)
647	<b>RUBINSKA Małgorzata</b>	<b>2677</b>		K-50	11	01:06:14		<b>02:18:44.35</b>	+01:16:17 (55.0%)	6:34	9.1 (44.8%)
648	<b>GRABARA Adam</b>	<b>2133</b>		M-40	214	01:03:47	01:32:59	<b>02:18:56.00</b>	+01:16:29 (55.1%)	6:35	9.1 (44.8%)
649	<b>KUBICA-BADORA Rozalia</b>	<b>2139</b>		K-30	44	01:01:53	01:31:09	<b>02:19:21.15</b>	+01:16:54 (55.2%)	6:36	9.1 (44.8%)
650	<b>OGRODZKI Krzysztof</b>	<b>2266</b>	BIEGOWA BRENNA	M-30	201	00:56:53	01:27:24	<b>02:19:23.10</b>	+01:16:56 (55.2%)	6:36	9.1 (44.8%)
651	<b>KRAWCZYŃSKI Mirosław</b>	<b>2278</b>	GÓRNA13	M-40	215	01:01:36	01:30:48	<b>02:19:27.60</b>	+01:17:00 (55.2%)	6:36	9.1 (44.8%)
652	<b>MARKOWSKI Kamil</b>	<b>2146</b>		M-40	216	01:03:05	01:32:08	<b>02:19:30.30</b>	+01:17:03 (55.2%)	6:36	9.1 (44.8%)
653	<b>DEMBOWSKA Bożena</b>	<b>2569</b>		K-40	36	01:01:05	01:30:39	<b>02:19:42.45</b>	+01:17:15 (55.3%)	6:37	9.1 (44.8%)
654	<b>ZACHARA Michał</b>	<b>2225</b>		M-30	202	00:58:04	01:27:59	<b>02:19:42.90</b>	+01:17:15 (55.3%)	6:37	9.1 (44.8%)
655	<b>PIETRZAK Marcin</b>	<b>2541</b>		M-50	67	00:59:05	01:28:02	<b>02:19:46.70</b>	+01:17:19 (55.3%)	6:37	9.1 (44.8%)
656	<b>WARZECHA Arkadiusz</b>	<b>2528</b>	PKO BANK POLSKI	M-40	217	01:02:38	01:32:07	<b>02:20:06.40</b>	+01:17:39 (55.4%)	6:38	9 (44.3%)
657	<b>FUGOWSKI Grzegorz</b>	<b>2018</b>		M-30	203	01:00:26	01:31:35	<b>02:20:22.15</b>	+01:17:55 (55.5%)	6:39	9 (44.3%)
658	<b>WILKOŃ Artur</b>	<b>2019</b>	#HUTATEAM	M-40	218	00:58:13	01:27:19	<b>02:20:43.65</b>	+01:18:16 (55.6%)	6:40	9 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
659	<b>BARTKÓW Kamil</b>	<b>2165</b>		M-30	204	00:57:10	01:27:41	<b>02:20:50.90</b>	+01:18:23 (55.7%)	6:40	9 (44.3%)
660	<b>IZYDORCZYK Mirosław</b>	<b>2309</b>	NIEZRZESZONY	M-60	15	01:00:45	01:30:08	<b>02:20:53.10</b>	+01:18:26 (55.7%)	6:40	9 (44.3%)
661	<b>CHŁĄD Bartosz</b>	<b>2644</b>		M-20	52	00:55:49	01:26:42	<b>02:20:54.55</b>	+01:18:27 (55.7%)	6:40	9 (44.3%)
662	<b>KACZKIEWICZ Damian</b>	<b>2824</b>	NIGHT RUNNERS GLIWICE	M-40	219	00:59:23	01:29:22	<b>02:21:09.05</b>	+01:18:42 (55.8%)	6:41	9 (44.3%)
663	<b>KISIELA Mariusz</b>	<b>2758</b>	MAKOSZOWY	M-20	53	00:58:22	01:30:05	<b>02:21:24.65</b>	+01:18:57 (55.8%)	6:42	9 (44.3%)
664	<b>MICZKA Łukasz</b>	<b>2024</b>	NIECHCEMISIE	M-30	205	01:01:55	01:29:45	<b>02:21:51.95</b>	+01:19:24 (56.0%)	6:43	8.9 (43.8%)
665	<b>KALETA Aleksandra</b>	<b>2776</b>		K-20	13	00:59:24	01:29:40	<b>02:22:10.45</b>	+01:19:43 (56.1%)	6:44	8.9 (43.8%)
666	<b>WÓJCIK Dariusz</b>	<b>2438</b>		M-40	220	00:59:32	01:29:11	<b>02:22:43.45</b>	+01:20:16 (56.2%)	6:45	8.9 (43.8%)
667	<b>MALINOWSKI Bartosz</b>	<b>2813</b>		M-20	54	01:03:24	01:33:04	<b>02:22:48.25</b>	+01:20:21 (56.3%)	6:46	8.9 (43.8%)
668	<b>OCHODEK Andrzej</b>	<b>2381</b>	AKT WATRA	M-30	206	01:01:37	01:32:43	<b>02:22:50.25</b>	+01:20:23 (56.3%)	6:46	8.9 (43.8%)
669	<b>KURKOWSKA Aldona</b>	<b>2160</b>	AUGUSTEAM	K-60	1	01:04:30	01:34:39	<b>02:22:54.65</b>	+01:20:27 (56.3%)	6:46	8.9 (43.8%)
670	<b>POLISZUK Małgorzata</b>	<b>2250</b>		K-50	12	01:04:07	01:34:36	<b>02:22:59.55</b>	+01:20:32 (56.3%)	6:46	8.9 (43.8%)
671	<b>RACIS Małgorzata</b>	<b>2303</b>		K-20	14	01:03:50	01:34:29	<b>02:23:12.60</b>	+01:20:45 (56.4%)	6:47	8.8 (43.3%)
672	<b>KROTOS Krzysztof</b>	<b>2371</b>	OQS	M-40	221	01:04:13	01:34:44	<b>02:23:13.20</b>	+01:20:46 (56.4%)	6:47	8.8 (43.3%)
673	<b>MATERA Kinga</b>	<b>2746</b>		K-40	37	01:02:16	01:32:54	<b>02:23:27.35</b>	+01:21:00 (56.5%)	6:47	8.8 (43.3%)
674	<b>CIEJOWSKI Andrzej</b>	<b>2815</b>		M-40	222	01:02:20	01:31:50	<b>02:23:38.45</b>	+01:21:11 (56.5%)	6:48	8.8 (43.3%)
675	<b>BIELSKI Michał</b>	<b>2488</b>		M-50	68	01:03:56	01:36:17	<b>02:23:45.20</b>	+01:21:18 (56.6%)	6:48	8.8 (43.3%)
676	<b>KUCHARSKA Aleksandra</b>	<b>2373</b>		K-40	38	01:05:10	01:35:21	<b>02:23:55.05</b>	+01:21:28 (56.6%)	6:49	8.8 (43.3%)
677	<b>KUSZTEŁAK Daria</b>	<b>2307</b>		K-30	45	01:27:22		<b>02:24:01.05</b>	+01:21:34 (56.6%)	6:49	8.8 (43.3%)
678	<b>GĘBSKI Dawid</b>	<b>2317</b>	FLUOR	M-30	207	01:01:55	01:31:57	<b>02:24:26.55</b>	+01:21:59 (56.8%)	6:50	8.8 (43.3%)
679	<b>ZAWIŁA Dariusz</b>	<b>2778</b>		M-40	223	00:59:51	01:31:08	<b>02:24:45.45</b>	+01:22:18 (56.9%)	6:51	8.7 (42.9%)
680	<b>TĘCZA Marcelina</b>	<b>2014</b>	HAGER SPORT TEAM	K-20	15	00:57:28	01:29:14	<b>02:24:56.45</b>	+01:22:29 (56.9%)	6:52	8.7 (42.9%)
681	<b>WOJDAS Izabela</b>	<b>2086</b>		K-40	39	01:04:43	01:35:20	<b>02:24:58.40</b>	+01:22:31 (56.9%)	6:52	8.7 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas		Tempo min/km	Tempo km/h
								netto 22km	Różn		
682	<b>MIŁKOWSKI Andrzej</b>	<b>2527</b>		M-60	16	01:03:58	01:34:41	<b>02:25:50.55</b>	+01:23:23 (57.2%)	6:54	8.7 (42.9%)
683	<b>MUC Bartosz</b>	<b>2208</b>		M-30	208	00:55:56	01:25:49	<b>02:26:20.10</b>	+01:23:53 (57.3%)	6:56	8.7 (42.9%)
684	<b>CZYŻYKOWSKI Marcin</b>	<b>2453</b>		M-40	224	01:04:23	01:36:18	<b>02:26:35.60</b>	+01:24:08 (57.4%)	6:56	8.6 (42.4%)
685	<b>FRANKIEWICZ Marzena</b>	<b>2268</b>		K-40	40	01:04:24	01:36:19	<b>02:26:36.65</b>	+01:24:09 (57.4%)	6:56	8.6 (42.4%)
686	<b>NOWAK Krzysztof</b>	<b>2711</b>		M-30	209	00:59:59	01:28:39	<b>02:26:53.05</b>	+01:24:26 (57.5%)	6:57	8.6 (42.4%)
687	<b>JAGODA Adam</b>	<b>2645</b>	FUCHS OIL TEAM	M-50	69	01:05:49	01:37:05	<b>02:26:54.60</b>	+01:24:27 (57.5%)	6:57	8.6 (42.4%)
688	<b>MOTYCZKA Marzena</b>	<b>2190</b>		K-30	46	01:03:12	01:32:49	<b>02:27:20.05</b>	+01:24:53 (57.6%)	6:58	8.6 (42.4%)
689	<b>KUBIAK Celina</b>	<b>2585</b>		K-40	41	01:03:59	01:35:24	<b>02:27:33.85</b>	+01:25:06 (57.7%)	6:59	8.6 (42.4%)
690	<b>SIRKO Łukasz</b>	<b>2104</b>		M-40	225	01:06:22	01:36:08	<b>02:28:02.25</b>	+01:25:35 (57.8%)	7:00	8.6 (42.4%)
691	<b>SIRKO Sabina</b>	<b>2034</b>		K-30	47	01:03:12	01:32:14	<b>02:28:03.15</b>	+01:25:36 (57.8%)	7:00	8.6 (42.4%)
692	<b>MIGDAŁ Iwona</b>	<b>2042</b>	SLOW JOGGING GLIWICE	K-40	42	01:05:54	01:36:48	<b>02:28:14.65</b>	+01:25:47 (57.9%)	7:01	8.5 (41.9%)
693	<b>CIEŚŁOK Adam</b>	<b>2599</b>	K.S. M.E.T.A.	M-30	210	01:04:45	01:35:49	<b>02:28:31.75</b>	+01:26:04 (58.0%)	7:02	8.5 (41.9%)
694	<b>OLSCHIMKE Kasia</b>	<b>2124</b>	KS META, GISZOWIEC BIEGA RAZEM	K-40	43	01:04:45	01:35:43	<b>02:28:31.95</b>	+01:26:04 (58.0%)	7:02	8.5 (41.9%)
695	<b>KAUFFMANN Ewa</b>	<b>2657</b>		K-30	48	01:08:36	01:39:46	<b>02:28:44.40</b>	+01:26:17 (58.0%)	7:02	8.5 (41.9%)
696	<b>BRZEZINA Arkadiusz</b>	<b>2032</b>	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	226	01:01:42	01:32:58	<b>02:28:52.80</b>	+01:26:25 (58.1%)	7:03	8.5 (41.9%)
697	<b>KASPEREK Magdalena</b>	<b>2179</b>	Q-PERIOR TEAM	K-40	44	01:07:13	01:40:39	<b>02:29:04.00</b>	+01:26:37 (58.1%)	7:03	8.5 (41.9%)
698	<b>MAJSNEROWSKA Ewelina</b>	<b>2197</b>		K-30	49	01:03:13	01:37:36	<b>02:29:08.45</b>	+01:26:41 (58.1%)	7:04	8.5 (41.9%)
699	<b>ZBOREK Dominika</b>	<b>2201</b>		K-30	50	01:03:14	01:37:36	<b>02:29:08.70</b>	+01:26:41 (58.1%)	7:04	8.5 (41.9%)
700	<b>SKOP Karolina</b>	<b>2713</b>	AKT WATRA	K-30	51	01:05:46	01:36:19	<b>02:29:11.25</b>	+01:26:44 (58.1%)	7:04	8.5 (41.9%)
701	<b>SYMELA-BOCHEŃSKA Katarzyna</b>	<b>2023</b>	POMPEJANKA TEAM	K-40	45	01:07:46	01:41:32	<b>02:29:11.75</b>	+01:26:44 (58.1%)	7:04	8.5 (41.9%)
702	<b>SZABLA Marcin</b>	<b>2802</b>		M-40	227	01:04:47	01:38:12	<b>02:29:23.00</b>	+01:26:56 (58.2%)	7:04	8.5 (41.9%)
703	<b>MICHNIEWSKI Piotr</b>	<b>2801</b>	GIT EKIPA!	M-30	211	01:04:32	01:38:09	<b>02:29:23.60</b>	+01:26:56 (58.2%)	7:04	8.5 (41.9%)
704	<b>SMOCZYŃSKI Artur</b>	<b>2799</b>		M-30	212	01:04:34		<b>02:29:23.70</b>	+01:26:56 (58.2%)	7:04	8.5 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
705	<b>KRZYŻOWSKI Tomasz</b>	<b>2175</b>	ACTIVE TEAM OZIMEK	M-60	17	01:07:48	01:40:06	<b>02:29:42.65</b>	+01:27:15 (58.3%)	7:05	8.5 (41.9%)
706	<b>OLIWA Violetta</b>	<b>2145</b>	ACTIV TEAM OZIMEK	K-50	13	01:07:49	01:40:06	<b>02:29:43.30</b>	+01:27:16 (58.3%)	7:05	8.5 (41.9%)
707	<b>STOCHAJ Anna</b>	<b>2448</b>		K-40	46	01:05:25	01:38:01	<b>02:29:43.65</b>	+01:27:16 (58.3%)	7:05	8.5 (41.9%)
708	<b>PAWELAK Szymon</b>	<b>2395</b>		M-20	55	00:57:02	01:28:32	<b>02:30:43.75</b>	+01:28:16 (58.6%)	7:08	8.4 (41.4%)
709	<b>WIECZORKE Marcin</b>	<b>2337</b>		M-40	228	01:02:01	01:34:21	<b>02:31:25.65</b>	+01:28:58 (58.8%)	7:10	8.4 (41.4%)
710	<b>CIMPRICH Marcel</b>	<b>2607</b>	ŠENOV	M-50	70	01:07:43	01:39:43	<b>02:31:51.60</b>	+01:29:24 (58.9%)	7:11	8.3 (40.9%)
711	<b>POGORZELSKA-KLIKS Agata</b>	<b>2173</b>	Q-PERIOR TEAM	K-40	47	01:07:11	01:39:21	<b>02:31:57.75</b>	+01:29:30 (58.9%)	7:12	8.3 (40.9%)
712	<b>KLIKS Andrzej</b>	<b>2100</b>		M-40	229	01:07:12	01:39:52	<b>02:31:58.00</b>	+01:29:31 (58.9%)	7:12	8.3 (40.9%)
713	<b>SOMERLA Maciej</b>	<b>2621</b>		M-20	56	01:06:08	01:37:45	<b>02:32:19.95</b>	+01:29:52 (59.0%)	7:13	8.3 (40.9%)
714	<b>PAWLIK Michał</b>	<b>2571</b>		M-30	213	01:04:13	01:36:41	<b>02:34:41.30</b>	+01:32:14 (59.6%)	7:19	8.2 (40.4%)
715	<b>CIUK Iwona</b>	<b>2651</b>		K-50	14	01:05:45	01:38:12	<b>02:36:13.00</b>	+01:33:46 (60.0%)	7:24	8.1 (39.9%)
716	<b>JOCHYMEK Karolina</b>	<b>2295</b>		K-30	52	01:12:57	01:45:43	<b>02:38:28.45</b>	+01:36:01 (60.6%)	7:30	8 (39.4%)
717	<b>KASPEREK Ireneusz</b>	<b>2180</b>	Q-PERIOR TEAM	M-40	230	01:07:13	01:40:39	<b>02:38:36.80</b>	+01:36:09 (60.6%)	7:30	8 (39.4%)
718	<b>KASZUBA Aleksandra</b>	<b>2394</b>		K-30	53	01:06:53	01:40:20	<b>02:38:59.50</b>	+01:36:32 (60.7%)	7:32	8 (39.4%)
719	<b>LESZCZYK Krzysztof</b>	<b>2841</b>		M-50	71	01:10:52	01:42:56	<b>02:39:01.75</b>	+01:36:34 (60.7%)	7:32	8 (39.4%)
720	<b>DYLAĞ Roman</b>	<b>2055</b>		M-60	18	01:11:16	01:46:13	<b>02:40:45.15</b>	+01:38:18 (61.2%)	7:37	7.9 (38.9%)
721	<b>MOKRZYCKI Patryk</b>	<b>2286</b>	TUR-BORÓWKA	M-40	231	01:06:31	01:43:34	<b>02:40:46.40</b>	+01:38:19 (61.2%)	7:37	7.9 (38.9%)
722	<b>SITKO Dagmara</b>	<b>2126</b>	KOBIETY NA 5+	K-30	54	01:12:40	01:48:50	<b>02:41:22.00</b>	+01:38:55 (61.3%)	7:38	7.8 (38.4%)
723	<b>WALCZYŃSKA Katarzyna</b>	<b>2101</b>		K-40	48	01:06:05	01:41:32	<b>02:41:24.40</b>	+01:38:57 (61.3%)	7:38	7.8 (38.4%)
724	<b>WOLIŃSKI Józef</b>	<b>2361</b>		M-50	72	01:10:01	01:44:06	<b>02:41:28.40</b>	+01:39:01 (61.3%)	7:39	7.8 (38.4%)
725	<b>KAPICKI Jan</b>	<b>2415</b>		M-60	19	01:10:16	01:46:11	<b>02:41:31.95</b>	+01:39:04 (61.3%)	7:39	7.8 (38.4%)
726	<b>DUDKIEWICZ Anna</b>	<b>2549</b>	EKO - OKNA RUNNERS	K-40	49	01:08:42	01:43:05	<b>02:41:35.00</b>	+01:39:08 (61.4%)	7:39	7.8 (38.4%)
727	<b>WOJDANOWSKA Małgorzata</b>	<b>2326</b>	LECYMY DURŚ	K-30	55	01:08:48	01:43:46	<b>02:41:44.15</b>	+01:39:17 (61.4%)	7:39	7.8 (38.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
728	<b>SZOŁTYSEK Grzegorz</b>	<b>2454</b>		M-20	57	01:10:08	01:44:25	<b>02:43:04.70</b>	+01:40:37 (61.7%)	7:43	7.8 (38.4%)
729	<b>KILAR-HOSZOWSKA Sabina</b>	<b>2728</b>	MEDUZY	K-40	50	01:06:32	01:42:25	<b>02:44:21.10</b>	+01:41:54 (62.0%)	7:47	7.7 (37.9%)
730	<b>BOGACZ Jagoda</b>	<b>2015</b>	POMPEJANKA TEAM	K-40	51	01:07:47	01:44:31	<b>02:47:07.90</b>	+01:44:40 (62.6%)	7:55	7.6 (37.4%)
731	<b>KASPRZYK Agnieszka</b>	<b>2294</b>		K-30	56	01:09:45	01:46:07	<b>02:49:30.75</b>	+01:47:03 (63.2%)	8:01	7.5 (36.9%)
732	<b>SZYLEWSKA Ewa</b>	<b>2103</b>	KB JÓZEFINKA	K-50	15	01:12:40	01:58:41	<b>02:52:17.35</b>	+01:49:50 (63.8%)	8:09	7.3 (36.0%)
733	<b>KACZMARCZYK-ZIELIŃSKA Magdalena</b>	<b>2308</b>	RUNTEAM PAWŁOWICE	K-30	57	01:12:29	01:48:24	<b>02:53:10.30</b>	+01:50:43 (63.9%)	8:12	7.3 (36.0%)
734	<b>SOKÓŁ-OLEŚ Ewelina</b>	<b>2246</b>	RUNTEAM PAWŁOWICE	K-50	16	01:12:28	01:48:22	<b>02:53:10.70</b>	+01:50:43 (63.9%)	8:12	7.3 (36.0%)
735	<b>WINECKI Piotr</b>	<b>2470</b>	PW7	M-30	214	01:09:09	01:49:07	<b>02:54:46.10</b>	+01:52:19 (64.3%)	8:16	7.2 (35.5%)
736	<b>WACŁAWEK Tomek</b>	<b>2502</b>	TEAM TOMSON	M-20	58	01:17:36	01:56:04	<b>02:56:19.40</b>	+01:53:52 (64.6%)	8:21	7.2 (35.5%)
737	<b>ZALEWSKI Artur</b>	<b>2284</b>		M-30	215	00:41:43	01:02:14		+00:27:05	4:08	14.5 (71.4%)
738	<b>SZYMAŃSKI Paweł</b>	<b>2596</b>	PRZESTWORZE.PL - ARCHITEKTURA WNĘTRZ	M-30	216	00:36:29				3:38	16.4 (80.8%)
739	<b>MALOK Mateusz</b>	<b>2654</b>		M-40	232	00:47:01				4:42	12.8 (63.1%)
740	<b>KARWOWSKI Jarosław</b>	<b>2469</b>		M-50	73	00:51:14				5:07	11.7 (57.6%)
741	<b>PAŁKA Piotr</b>	<b>2803</b>	CKS BUDOWLANI CZĘSTOCHOWA	M-30	217	01:02:17				6:13	9.6 (47.3%)
742	<b>KASPRZAK Radosław</b>	<b>2684</b>	INŻYNIERIA BIEGANIA	M-30	218	01:03:04				6:18	9.5 (46.8%)
743	<b>KUTERAK Marcin</b>	<b>2609</b>		M-50	74						(0.0%)
744	<b>KAŻMIERCZAK Darek</b>	<b>2759</b>		M-50	75						(0.0%)
745	<b>WARAT-STASZEWSKA Katarzyna</b>	<b>2693</b>	YES3	K-30	58						(0.0%)
	<b>KRZYWICKI Jan</b>	<b>2385</b>	-----	M-60		DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 746 wynik(ów)