



# VIII PÓŁMARATON GLIWICKI

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>KOKOT Daniel</b>	<b>2734</b>	RAJSPOORT ACTIVE	M-30	1		00:35:09	<b>01:02:27.00</b>		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%)
3	<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%)
4	<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%)
5	<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%)
6	<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%)
7	<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%)
8	<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%)
9	<b>KUROWSKI Andrew</b>	<b>2118</b>		M-30	9	00:37:58	00:56:30	<b>01:25:04.10</b>	+00:22:37 (26.6%)	4:01	14.9 (73.4%)
10	<b>KRZĄPA Łukasz</b>	<b>2128</b>	NOWAK-TEAM	M-30	10	00:38:14	00:57:00	<b>01:25:52.05</b>	+00:23:25 (27.3%)	4:04	14.7 (72.4%)
11	<b>KAMPA Rafal</b>	<b>2452</b>	PIAST GLIWICE	M-30	11	00:39:12	00:58:44	<b>01:28:01.25</b>	+00:25:34 (29.1%)	4:10	14.4 (70.9%)
12	<b>PRZYBYŁKO Nikodem</b>	<b>2340</b>	THE PROSECCOS	M-30	12	00:39:37	00:59:03	<b>01:29:09.55</b>	+00:26:42 (30.0%)	4:13	14.2 (70.0%)
13	<b>KWAŚNIEWICZ Przemysław</b>	<b>2662</b>		M-30	13	00:40:35	01:00:06	<b>01:29:21.15</b>	+00:26:54 (30.1%)	4:14	14.2 (70.0%)
14	<b>DUŹNIAK Dominik</b>	<b>2183</b>	STEP-DANCE	M-30	14	00:40:27	01:00:37	<b>01:31:35.80</b>	+00:29:08 (31.8%)	4:20	13.8 (68.0%)
15	<b>PRZELIORZ Tomasz</b>	<b>2374</b>	INŻYNIERIA BIEGANIA TEAM	M-30	15	00:42:23	01:02:29	<b>01:32:08.15</b>	+00:29:41 (32.2%)	4:21	13.7 (67.5%)
16	<b>WISZYŃSKI Damian</b>	<b>2500</b>		M-30	16	00:41:32	01:01:45	<b>01:32:18.10</b>	+00:29:51 (32.3%)	4:22	13.7 (67.5%)
17	<b>DZIENDZIEL Piotr</b>	<b>2630</b>		M-30	17	00:42:29	01:02:47	<b>01:32:23.20</b>	+00:29:56 (32.4%)	4:22	13.7 (67.5%)
18	<b>KACZMAREK Łukasz</b>	<b>2837</b>	#ACT	M-30	18	00:42:22	01:02:41	<b>01:32:29.85</b>	+00:30:02 (32.5%)	4:22	13.7 (67.5%)
19	<b>FILAK Tomasz</b>	<b>2070</b>		M-30	19	00:43:32	01:02:51	<b>01:32:42.00</b>	+00:30:15 (32.6%)	4:23	13.7 (67.5%)
20	<b>MATERNA Mateusz</b>	<b>2737</b>	ANIA HALSKA COACHING	M-30	20	00:42:38	01:02:55	<b>01:32:47.65</b>	+00:30:20 (32.7%)	4:23	13.6 (67.0%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<b>STOLORZ Wojciech</b>	<b>2127</b>	BIEGAMYŚŁOWICE	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%)
26	<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%)
27	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto		Tempo min/km	Tempo km/h
								22km	Różn		
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)
38	<b>TOKARCZYK Mateusz</b>	<b>2564</b>		M-30	38	00:46:02	01:06:52	<b>01:39:17.35</b>	+00:36:50 (37.1%)	4:42	12.8 (63.1%)
39	<b>CIOSEK Mateusz</b>	<b>2203</b>		M-30	39	00:45:04	01:05:56	<b>01:39:19.25</b>	+00:36:52 (37.1%)	4:42	12.7 (62.6%)
40	<b>PYTLIK Mirosław</b>	<b>2009</b>	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-30	40	00:45:04	01:06:07	<b>01:39:37.95</b>	+00:37:10 (37.3%)	4:43	12.7 (62.6%)
41	<b>BOGATZKI Marek</b>	<b>2134</b>		M-30	41	00:44:57	01:05:52	<b>01:39:50.55</b>	+00:37:23 (37.5%)	4:43	12.7 (62.6%)
42	<b>BRZEZIŃSKI Karol</b>	<b>2739</b>		M-30	42	00:45:21	01:06:08	<b>01:39:52.00</b>	+00:37:25 (37.5%)	4:43	12.7 (62.6%)
43	<b>KAŁUS Wojciech</b>	<b>2358</b>	NA BANI WYBIEGANI	M-30	43	00:43:26	01:04:10	<b>01:40:00.20</b>	+00:37:33 (37.6%)	4:44	12.7 (62.6%)
44	<b>SMÓŁKA Bartosz</b>	<b>2217</b>		M-30	44	00:46:04	01:06:53	<b>01:40:28.70</b>	+00:38:01 (37.8%)	4:45	12.6 (62.1%)
45	<b>DABROWSKI Bartosz</b>	<b>2132</b>		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%)
46	<b>DOBIJA Wojciech</b>	<b>2538</b>		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%)
47	<b>WIERCIŃSKI Mateusz</b>	<b>2766</b>		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%)
48	<b>KUPIJAJ Marcin</b>	<b>2723</b>	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%)
49	<b>SIENKIEWICZ Wojciech</b>	<b>2483</b>	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%)
50	<b>GOGOLIN Artur</b>	<b>2367</b>	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%)
51	<b>GARBACZ Damian</b>	<b>2845</b>		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%)
52	<b>GDOWSKI Slawek</b>	<b>2149</b>	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%)
53	<b>SIEKIERDA Konrad</b>	<b>2344</b>	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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
69	<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%)
71	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
72	<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%)
73	<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%)
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<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%)
79	<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%)
80	<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%)
81	<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%)
82	<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%)
83	<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%)
84	<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%)
85	<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%)
86	<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%)
87	<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%)
88	<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%)
89	<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%)
90	<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%)
91	<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%)
92	<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%)
93	<b>GIBEK Marcin</b>	<b>2305</b>	KRUCZA_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%)
94	<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%)
95	<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%)
96	<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%)
97	<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%)
98	<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%)
99	<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%)
100	<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%)
101	<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%)
102	<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%)
103	<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%)
104	<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%)
105	<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%)
106	<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%)
107	<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%)
108	<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%)
109	<b>CZORNYJ Mateusz</b>	<b>2557</b>	LECZYMY 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%)
110	<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%)
111	<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%)
112	<b>ORZECHOWSKI 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%)
113	<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%)
114	<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%)
115	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto		Tempo min/km	Tempo km/h
								22km	Różn		
116	<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%)
117	<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%)
118	<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%)
119	<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%)
120	<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%)
121	<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%)
122	<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%)
123	<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%)
124	<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%)
125	<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%)
126	<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%)
127	<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%)
128	<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%)
129	<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%)
130	<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%)
131	<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%)
132	<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%)
133	<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%)
134	<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%)
135	<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%)
136	<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%)
137	<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%)
138	<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%)
139	<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%)
140	<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%)
141	<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%)
142	<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%)
143	<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%)
144	<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%)
145	<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%)
146	<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%)
147	<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%)
148	<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%)
149	<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%)
150	<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%)
151	<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%)
152	<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%)
153	<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%)
154	<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%)
155	<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%)
156	<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%)
157	<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%)
158	<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%)
158	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto		Tempo min/km	Tempo km/h
								22km	Różn		
160	<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%)
161	<b>NEUMANN Piotr</b>	<b>2360</b>		M-30	161	00:56:25	01:21:55	<b>02:03:30.60</b>	+01:01:03 (49.4%)	5:51	10.3 (50.7%)
162	<b>BEŁŻEK Bartłomiej</b>	<b>2721</b>		M-30	162	00:55:28	01:20:58	<b>02:03:36.20</b>	+01:01:09 (49.5%)	5:51	10.2 (50.2%)
163	<b>BONISCH Szymon</b>	<b>2826</b>		M-30	163	00:54:01	01:19:41	<b>02:03:46.20</b>	+01:01:19 (49.5%)	5:51	10.2 (50.2%)
164	<b>BUCZYŃSKI Radosław</b>	<b>2594</b>	PACEMAKER	M-30	164	00:56:42	01:22:25	<b>02:03:54.45</b>	+01:01:27 (49.6%)	5:52	10.2 (50.2%)
165	<b>ZARZYCKI Robert</b>	<b>2850</b>		M-30	165	00:50:43	01:15:47	<b>02:03:59.30</b>	+01:01:32 (49.6%)	5:52	10.2 (50.2%)
166	<b>GABOR Robert</b>	<b>2063</b>		M-30	166	00:55:11	01:21:27	<b>02:04:20.85</b>	+01:01:53 (49.8%)	5:53	10.2 (50.2%)
167	<b>KACZYŃSKI Marek</b>	<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%)
168	<b>SKRODZKI Michał</b>	<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%)
169	<b>KACZYŃSKI Michał</b>	<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%)
170	<b>BRZUSKA Grzegorz</b>	<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%)
171	<b>MICHALSKI Andrzej</b>	<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%)
172	<b>WASIEWICZ Michał</b>	<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%)
173	<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%)
174	<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%)
175	<b>GAȚARSKI 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%)
176	<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%)
177	<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%)
178	<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%)
179	<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%)
180	<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%)
181	<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%)
182	<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%)
183	<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%)
184	<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%)
185	<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%)
186	<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%)
187	<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%)
188	<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%)
189	<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%)
190	<b>FRUK Kamil</b>	<b>2089</b>	TEAMPIEROŻKI	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%)
191	<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%)
192	<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%)
193	<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%)
194	<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%)
195	<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%)
196	<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%)
197	<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%)
198	<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%)
199	<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%)
200	<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%)
201	<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%)
202	<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%)
203	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	10km	15km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
204	<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%)
205	<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%)
206	<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%)
207	<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%)
208	<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%)
209	<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%)
210	<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%)
211	<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%)
212	<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%)
213	<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%)
214	<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%)
215	<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%)
216	<b>SZYMAŃSKI Paweł</b>	<b>2596</b>	PRZESTWORZE.PL - ARCHITEKTURA WNĘTRZ	M-30	216	00:36:29				3:38	16.4 (80.8%)
217	<b>PAŁKA Piotr</b>	<b>2803</b>	CKS BUDOWLANI CZĘSTOCHOWA	M-30	217	01:02:17				6:13	9.6 (47.3%)
218	<b>KASPRZAK Radosław</b>	<b>2684</b>	INŻYNIERIA BIEGANIA	M-30	218	01:03:04				6:18	9.5 (46.8%)

Znaleziono 218 wynik(ów)