



**Wydarzenie:** X PKO PÓLMARATON GLIWICKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-10-06  
**Miejsce:** Gliwice  
**Dystans:** 10 km

# X GLIWICKA DYCHA

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JARCZOK Bartosz	1391	DOPORZYGU	M-20	1	00:00:00	00:16:47	00:32:34.45	00:32:34.84		3:15	18.4 (100%)
2	KUŹNIK Bartłomiej	1390	FORMA WODZISLAW	M-40	1	00:00:01	00:17:03	00:35:25.76	00:35:27.53	+00:02:51 (8.1%)	3:32	16.9 (91.8%)
3	NITYCHORUK Kamil	1075		M-30	1	00:00:02	00:18:20	00:36:46.44	00:36:48.48	+00:04:11 (11.4%)	3:40	16.3 (88.6%)
4	GARNOWSKI Maciej	1247		M-30	2	00:00:02	00:18:21	00:37:08.16	00:37:10.36	+00:04:33 (12.3%)	3:42	16.2 (88.0%)
5	WIŚNIEWSKI Mateusz	1161		M-30	3	00:00:02	00:19:10	00:37:48.48	00:37:51.24	+00:05:14 (13.8%)	3:46	15.9 (86.4%)
6	BANACHEWICZ Seweryn	1140		M-20	2	00:00:00	00:18:24	00:37:59.12	00:37:59.51	+00:05:24 (14.2%)	3:47	15.8 (85.9%)
7	ŁUKASIK Michał	1176		M-20	3	00:00:00	00:18:58	00:38:06.52	00:38:06.90	+00:05:32 (14.5%)	3:48	15.7 (85.3%)
8	IRLIK Krzysztof	1225		M-20	4	00:00:02	00:18:33	00:38:24.25	00:38:26.36	+00:05:49 (15.2%)	3:50	15.6 (84.8%)
9	WISZYŃSKI Damian	1384	GRZEGORZYCA-TEAM	M-40	2	00:00:03	00:19:10	00:38:43.14	00:38:46.47	+00:06:08 (15.9%)	3:52	15.5 (84.2%)
10	SZYMAŃSKI Paweł	1055	SOCIOS SILESIA	M-30	4	00:00:02	00:19:11	00:38:47.31	00:38:49.83	+00:06:12 (16.0%)	3:52	15.5 (84.2%)
11	DOMERADZKI Grzegorz	1253	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M-30	5	00:00:04	00:19:05	00:38:58.79	00:39:03.07	+00:06:24 (16.4%)	3:53	15.4 (83.7%)
12	KRYSIAK Łukasz	1395	IRONBRO	M-20	5	00:00:02	00:19:09	00:39:00.13	00:39:02.90	+00:06:25 (16.5%)	3:54	15.4 (83.7%)
13	KOMINIAK Adrian	1021		M-20	6	00:00:00	00:19:10	00:39:00.26	00:39:00.26	+00:06:25 (16.5%)	3:54	15.4 (83.7%)
14	TATAREK-KONIK Agnieszka	1190		K-30	1	00:00:03	00:19:24	00:39:50.53	00:39:53.54	+00:07:16 (18.2%)	3:59	15.1 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>NOWAK Dominik</b>	<b>1311</b>	LACHO TEAM	M-30	6	00:00:03	00:19:53	<b>00:40:08.50</b>	<b>00:40:11.66</b>	+00:07:34 (18.9%)	4:00	15 (81.5%)
16	<b>DYMEK Bartosz</b>	<b>1389</b>	TRIDIVISION TRIATHLON TEAM	M-40	3	00:00:02	00:19:20	<b>00:40:13.01</b>	<b>00:40:15.27</b>	+00:07:38 (19.0%)	4:01	14.9 (81.0%)
17	<b>NITARSKI Michał</b>	<b>1133</b>	WYCZESANI RUNNING CLUB	M-20	7	00:00:07	00:19:13	<b>00:40:16.62</b>	<b>00:40:24.02</b>	+00:07:42 (19.1%)	4:01	14.9 (81.0%)
18	<b>DEKALIUK Andrii</b>	<b>1208</b>		M-30	7	00:00:31	00:20:24	<b>00:41:04.69</b>	<b>00:41:36.15</b>	+00:08:30 (20.7%)	4:06	14.6 (79.3%)
19	<b>WASILEWSKI Kuba</b>	<b>1386</b>	GRYZIPIÓRKA	M-30	8	00:00:03	00:20:17	<b>00:41:08.03</b>	<b>00:41:11.43</b>	+00:08:33 (20.8%)	4:06	14.6 (79.3%)
20	<b>MAZUR Marcin</b>	<b>1347</b>		M-30	9	00:00:05		<b>00:42:08.98</b>	<b>00:42:14.33</b>	+00:09:34 (22.7%)	4:12	14.2 (77.2%)
21	<b>LASKOWSKA Katarzyna</b>	<b>1348</b>	INŻYNIERIA BIEGANIA TEAM	K-40	1	00:00:03	00:20:57	<b>00:42:36.78</b>	<b>00:42:40.52</b>	+00:10:02 (23.6%)	4:15	14.1 (76.6%)
22	<b>PASTERNOK Marian</b>	<b>1341</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	M-40	4	00:00:02	00:20:51	<b>00:42:55.35</b>	<b>00:42:58.23</b>	+00:10:20 (24.1%)	4:17	14 (76.1%)
23	<b>BOSOWSKI Tomasz</b>	<b>1396</b>		M-40	5	00:00:04	00:20:31	<b>00:43:01.59</b>	<b>00:43:05.66</b>	+00:10:27 (24.3%)	4:18	13.9 (75.5%)
24	<b>RAUCH Wiesław</b>	<b>1400</b>		M-60	1	00:00:08	00:21:27	<b>00:43:04.19</b>	<b>00:43:12.97</b>	+00:10:29 (24.4%)	4:18	13.9 (75.5%)
25	<b>DROZD Grzegorz</b>	<b>1097</b>		M-30	10	00:00:05	00:21:31	<b>00:43:41.20</b>	<b>00:43:46.72</b>	+00:11:06 (25.4%)	4:22	13.7 (74.5%)
26	<b>LIPIŃSKI Michał</b>	<b>1328</b>		M-30	11	00:00:02	00:21:08	<b>00:43:47.03</b>	<b>00:43:49.71</b>	+00:11:12 (25.6%)	4:22	13.7 (74.5%)
27	<b>BANACH Szymon</b>	<b>1378</b>	PROSERVICE RACING TEAM	M-40	6	00:00:02	00:20:50	<b>00:44:11.82</b>	<b>00:44:14.22</b>	+00:11:37 (26.3%)	4:25	13.6 (73.9%)
28	<b>NIESTĘPSKI Krzysztof</b>	<b>1202</b>	ENDURANCE TEAM	M-50	1	00:00:00	00:21:58	<b>00:44:24.03</b>	<b>00:44:24.03</b>	+00:11:49 (26.6%)	4:26	13.5 (73.4%)
29	<b>KWIATKOWSKI Marcin</b>	<b>1001</b>		M-30	12	00:00:02	00:21:19	<b>00:44:37.84</b>	<b>00:44:40.64</b>	+00:12:03 (27.0%)	4:27	13.4 (72.8%)
30	<b>MANTERYS Danuta</b>	<b>1236</b>	AZS AWF KRAKÓW MASTERS	K-50	1	00:00:04	00:22:07	<b>00:44:40.98</b>	<b>00:44:45.72</b>	+00:12:06 (27.1%)	4:28	13.4 (72.8%)
31	<b>KACZMAREK Beata</b>	<b>1255</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	K-30	2	00:00:04	00:21:47	<b>00:44:41.07</b>	<b>00:44:45.58</b>	+00:12:06 (27.1%)	4:28	13.4 (72.8%)
32	<b>BLOKESZ Jakub</b>	<b>1199</b>		M-30	13	00:00:48	00:22:42	<b>00:44:41.59</b>	<b>00:45:30.26</b>	+00:12:07 (27.1%)	4:28	13.4 (72.8%)
33	<b>POGORZAŁEK Mateusz</b>	<b>1240</b>		M-30	14	00:00:09	00:22:31	<b>00:44:42.18</b>	<b>00:44:51.77</b>	+00:12:07 (27.1%)	4:28	13.4 (72.8%)
34	<b>TOMALA Miłosz</b>	<b>1235</b>		M-20	8	00:00:08	00:22:46	<b>00:45:21.34</b>	<b>00:45:29.61</b>	+00:12:46 (28.2%)	4:32	13.2 (71.7%)
35	<b>SZYMAK Mateusz</b>	<b>1132</b>		M-30	15	00:00:02	00:22:01	<b>00:45:26.65</b>	<b>00:45:29.26</b>	+00:12:52 (28.3%)	4:32	13.2 (71.7%)
36	<b>CHEŁCHOWSKI Krzysztof</b>	<b>1297</b>	TYSOVIA	M-30	16	00:00:06	00:22:35	<b>00:45:27.74</b>	<b>00:45:34.52</b>	+00:12:53 (28.3%)	4:32	13.2 (71.7%)
37	<b>DROZD Krzysztof</b>	<b>1057</b>	NIGHT RUNNERS PYSKOWICE	M-30	17	00:00:04	00:21:58	<b>00:45:43.04</b>	<b>00:45:47.60</b>	+00:13:08 (28.7%)	4:34	13.1 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>LACH Krzysztof</b>	<b>1322</b>		M-20	9	00:00:33	00:22:58	<b>00:45:45.09</b>	<b>00:46:18.64</b>	+00:13:10 (28.8%)	4:34	13.1 (71.2%)
39	<b>SIECZKOWSKI Michał</b>	<b>1380</b>	STP, PEC BYTOM	M-30	18	00:00:24	00:23:07	<b>00:45:58.91</b>	<b>00:46:23.44</b>	+00:13:24 (29.2%)	4:35	13.1 (71.2%)
40	<b>PARKITNA Gabriela</b>	<b>1079</b>		K-20	1	00:00:08	00:23:08	<b>00:46:01.01</b>	<b>00:46:09.72</b>	+00:13:26 (29.2%)	4:36	13 (70.7%)
41	<b>KOWACZ Andrzej</b>	<b>1233</b>	HUTA TEAM	M-30	19	00:00:06	00:23:20	<b>00:46:02.40</b>	<b>00:46:09.05</b>	+00:13:27 (29.2%)	4:36	13 (70.7%)
42	<b>NOWAK Mateusz</b>	<b>1082</b>		M-30	20	00:00:05	00:22:35	<b>00:46:11.88</b>	<b>00:46:16.99</b>	+00:13:37 (29.5%)	4:37	13 (70.7%)
43	<b>ZENOWICZ Kinga</b>	<b>1370</b>	ATHLETICS NYSA	K-30	3	00:00:00	00:22:38	<b>00:46:18.41</b>	<b>00:46:18.79</b>	+00:13:43 (29.7%)	4:37	13 (70.7%)
44	<b>LACHOWSKI Paweł</b>	<b>1237</b>	AZS AWF KRAKÓW MASTERS	M-60	2	00:00:05	00:23:11	<b>00:46:20.54</b>	<b>00:46:26.36</b>	+00:13:46 (29.7%)	4:38	12.9 (70.1%)
45	<b>PIKORSKI Dawid</b>	<b>1114</b>	FLUOR	M-30	21	00:00:06	00:22:33	<b>00:46:22.66</b>	<b>00:46:29.37</b>	+00:13:48 (29.8%)	4:38	12.9 (70.1%)
46	<b>GODLEWSKI Łukasz</b>	<b>1184</b>	HIRSCHVOGEL	M-30	22	00:00:50	00:23:41	<b>00:46:43.87</b>	<b>00:47:34.58</b>	+00:14:09 (30.3%)	4:40	12.8 (69.6%)
47	<b>ŻYŁCZYŃSKI Tomasz</b>	<b>1192</b>		M-40	7	00:00:11	00:22:30	<b>00:46:44.07</b>	<b>00:46:55.24</b>	+00:14:09 (30.3%)	4:40	12.8 (69.6%)
48	<b>WOLNY Dawid</b>	<b>1025</b>		M-30	23	00:00:09	00:23:25	<b>00:46:44.57</b>	<b>00:46:53.88</b>	+00:14:10 (30.3%)	4:40	12.8 (69.6%)
49	<b>QADDOURAH Karim</b>	<b>1313</b>	UKS KATA GURUMA	M-20	10	00:00:11	00:24:03	<b>00:46:54.26</b>	<b>00:47:06.08</b>	+00:14:19 (30.6%)	4:41	12.8 (69.6%)
50	<b>CZARNOZYNSKI Aleksander</b>	<b>1294</b>	GTT INTERPROJEKT	M-60	3	00:00:03	00:22:58	<b>00:47:00.73</b>	<b>00:47:04.41</b>	+00:14:26 (30.7%)	4:42	12.8 (69.6%)
51	<b>STRUMIDŁO Katarzyna</b>	<b>1066</b>		K-20	2	00:00:05	00:23:04	<b>00:47:01.87</b>	<b>00:47:07.08</b>	+00:14:27 (30.7%)	4:42	12.8 (69.6%)
52	<b>ZASIEK Amadeusz</b>	<b>1317</b>		M-30	24	00:00:04	00:22:53	<b>00:47:01.92</b>	<b>00:47:06.74</b>	+00:14:27 (30.7%)	4:42	12.8 (69.6%)
53	<b>WITKOWSKI Daniel</b>	<b>1340</b>		M-30	25	00:00:05	00:22:39	<b>00:47:04.77</b>	<b>00:47:10.49</b>	+00:14:30 (30.8%)	4:42	12.7 (69.0%)
54	<b>WISNIEWSKI Arkadiusz</b>	<b>1288</b>	CROSSFIT HELLWOOD	M-30	26	00:00:06	00:23:52	<b>00:47:25.39</b>	<b>00:47:31.62</b>	+00:14:50 (31.3%)	4:44	12.7 (69.0%)
55	<b>MAZANOWSKI Janusz</b>	<b>1090</b>		M-30	27	00:00:17	00:23:47	<b>00:47:29.91</b>	<b>00:47:47.84</b>	+00:14:55 (31.4%)	4:44	12.6 (68.5%)
56	<b>GERT Mateusz</b>	<b>1170</b>		M-30	28	00:00:19	00:23:24	<b>00:47:40.00</b>	<b>00:47:59.50</b>	+00:15:05 (31.7%)	4:46	12.6 (68.5%)
57	<b>SKOP Rafał</b>	<b>1074</b>		M-30	29	00:00:00	00:23:25	<b>00:47:50.78</b>	<b>00:47:51.16</b>	+00:15:16 (31.9%)	4:47	12.5 (67.9%)
58	<b>HERUD Tomasz</b>	<b>1332</b>	ROWEROWE GLIWICE	M-30	30	00:00:07	00:23:54	<b>00:47:51.99</b>	<b>00:47:59.43</b>	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
59	<b>GRYGIEREK Marcin</b>	<b>1397</b>		M-40	8	00:00:58	00:23:28	<b>00:47:55.01</b>	<b>00:48:53.28</b>	+00:15:20 (32.0%)	4:47	12.5 (67.9%)
60	<b>KOPEĆ Andrzej</b>	<b>1241</b>		M-30	31	00:00:12	00:22:59	<b>00:47:58.60</b>	<b>00:48:11.12</b>	+00:15:24 (32.1%)	4:47	12.5 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>SIKORSKI Bartosz</b>	<b>1040</b>	BBB MYSZKÓW	M-30	32	00:00:24	00:24:33	<b>00:48:03.37</b>	<b>00:48:27.91</b>	+00:15:28 (32.2%)	4:48	12.5 (67.9%)
62	<b>WEGNER Tomasz</b>	<b>1301</b>	LECYMY DURŚ	M-40	9	00:00:09	00:23:35	<b>00:48:06.83</b>	<b>00:48:15.97</b>	+00:15:32 (32.3%)	4:48	12.5 (67.9%)
63	<b>MURA Jan</b>	<b>1224</b>		M-20	11	00:00:10	00:24:02	<b>00:48:12.48</b>	<b>00:48:23.29</b>	+00:15:38 (32.4%)	4:49	12.4 (67.4%)
64	<b>OLEJNICZAK Tomasz</b>	<b>1315</b>		M-40	10	00:00:11	00:24:07	<b>00:48:19.28</b>	<b>00:48:30.83</b>	+00:15:44 (32.6%)	4:49	12.4 (67.4%)
65	<b>KROCHMAL Michał</b>	<b>1217</b>		M-40	11	00:00:07	00:23:12	<b>00:48:24.75</b>	<b>00:48:32.68</b>	+00:15:50 (32.7%)	4:50	12.4 (67.4%)
66	<b>KOWOLIK Andrzej</b>	<b>1198</b>	CIDRY LOTAJOM	M-40	12	00:00:10	00:23:40	<b>00:48:31.35</b>	<b>00:48:41.92</b>	+00:15:56 (32.9%)	4:51	12.4 (67.4%)
67	<b>WILMA Krzysztof</b>	<b>1092</b>		M-50	2	00:00:12	00:23:17	<b>00:48:31.52</b>	<b>00:48:44.23</b>	+00:15:57 (32.9%)	4:51	12.4 (67.4%)
68	<b>ZIELIŃSKI Grzegorz</b>	<b>1214</b>		M-30	33	00:00:26	00:23:54	<b>00:48:47.17</b>	<b>00:49:14.05</b>	+00:16:12 (33.2%)	4:52	12.3 (66.8%)
69	<b>STOLARSKI Aleksander</b>	<b>1382</b>	SOCIOS SILESIA	M-30	34	00:00:03	00:23:02	<b>00:48:47.51</b>	<b>00:48:51.48</b>	+00:16:13 (33.2%)	4:52	12.3 (66.8%)
70	<b>MACH Marcin</b>	<b>1035</b>		M-40	13	00:00:07	00:23:57	<b>00:49:01.10</b>	<b>00:49:08.55</b>	+00:16:26 (33.5%)	4:54	12.2 (66.3%)
71	<b>KASPER Iwona</b>	<b>1183</b>	KB ORŁY Z KNUROWA	K-40	2	00:00:05	00:23:57	<b>00:49:08.38</b>	<b>00:49:13.57</b>	+00:16:33 (33.7%)	4:54	12.2 (66.3%)
72	<b>ULFIG Przemysław</b>	<b>1227</b>		M-20	12	00:00:42	00:25:01	<b>00:49:17.70</b>	<b>00:50:00.29</b>	+00:16:43 (33.9%)	4:55	12.2 (66.3%)
73	<b>NOWAKOWSKI Arek</b>	<b>1269</b>	OASIS SPORT TEAM	M-30	35	00:00:20	00:24:48	<b>00:49:32.15</b>	<b>00:49:52.78</b>	+00:16:57 (34.2%)	4:57	12.1 (65.8%)
74	<b>FILIPIAK Beata</b>	<b>1385</b>		K-40	3	00:00:06	00:23:55	<b>00:49:32.84</b>	<b>00:49:39.20</b>	+00:16:58 (34.3%)	4:57	12.1 (65.8%)
75	<b>GEC Sebastian</b>	<b>1314</b>		M-40	14	00:00:39	00:24:50	<b>00:49:33.59</b>	<b>00:50:13.45</b>	+00:16:59 (34.3%)	4:57	12.1 (65.8%)
76	<b>WRÓBEL Łukasz</b>	<b>1086</b>		M-30	36	00:00:07	00:24:07	<b>00:49:34.06</b>	<b>00:49:41.51</b>	+00:16:59 (34.3%)	4:57	12.1 (65.8%)
77	<b>JACHYM Arkadiusz</b>	<b>1034</b>		M-40	15	00:00:06	00:24:06	<b>00:49:43.95</b>	<b>00:49:49.96</b>	+00:17:09 (34.5%)	4:58	12.1 (65.8%)
78	<b>PRZYŁUCKI Piotr</b>	<b>1230</b>		M-50	3	00:00:05	00:24:27	<b>00:49:51.53</b>	<b>00:49:57.32</b>	+00:17:17 (34.7%)	4:59	12 (65.2%)
79	<b>BRZÓZKA Piotr</b>	<b>1038</b>		M-30	37	00:00:19	00:24:27	<b>00:49:55.26</b>	<b>00:50:14.70</b>	+00:17:20 (34.7%)	4:59	12 (65.2%)
80	<b>WIŚNIEWSKI Tomasz</b>	<b>1083</b>		M-40	16	00:00:15	00:24:45	<b>00:49:56.15</b>	<b>00:50:11.98</b>	+00:17:21 (34.8%)	4:59	12 (65.2%)
81	<b>BOBER Jakub</b>	<b>1342</b>		M-20	13	00:00:09	00:25:08	<b>00:49:58.61</b>	<b>00:50:08.05</b>	+00:17:24 (34.8%)	4:59	12 (65.2%)
82	<b>GMEREK Piotr</b>	<b>1381</b>		M-30	38	00:00:09	00:24:23	<b>00:50:17.57</b>	<b>00:50:26.65</b>	+00:17:43 (35.2%)	5:01	11.9 (64.7%)
83	<b>KOLESIŃSKA Julia</b>	<b>1174</b>		K-20	3	00:00:26	00:25:01	<b>00:50:35.09</b>	<b>00:51:01.58</b>	+00:18:00 (35.6%)	5:03	11.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>SOBOŃ Tomasz</b>	<b>1146</b>	POLSCY RYCERZE ORTALIONU	M-30	39	00:01:24	00:24:54	<b>00:50:38.31</b>	<b>00:52:02.87</b>	+00:18:03 (35.7%)	5:03	11.8 (64.1%)
85	<b>GRYGIEREK Wojciech</b>	<b>1393</b>	DALEKO JESZCZE?	M-30	40	00:00:59	00:23:53	<b>00:50:40.86</b>	<b>00:51:40.07</b>	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
86	<b>ZAMOJSKI Robert</b>	<b>1295</b>		M-40	17	00:00:18	00:25:57	<b>00:50:43.34</b>	<b>00:51:01.83</b>	+00:18:08 (35.8%)	5:04	11.8 (64.1%)
87	<b>ŁYSIEN Mateusz</b>	<b>1196</b>		M-30	41	00:00:47	00:25:03	<b>00:50:43.67</b>	<b>00:51:31.45</b>	+00:18:09 (35.8%)	5:04	11.8 (64.1%)
88	<b>ORŁOWSKI Mateusz</b>	<b>1323</b>		M-30	42	00:00:25	00:25:03	<b>00:50:46.51</b>	<b>00:51:12.05</b>	+00:18:12 (35.8%)	5:04	11.8 (64.1%)
89	<b>DUDEK Maksymilian</b>	<b>1135</b>		M-30	43	00:00:22	00:24:55	<b>00:50:48.54</b>	<b>00:51:11.08</b>	+00:18:14 (35.9%)	5:04	11.8 (64.1%)
90	<b>HERMAN Igor</b>	<b>1187</b>		M-20	14	00:00:00	00:25:28	<b>00:50:59.11</b>	<b>00:50:59.11</b>	+00:18:24 (36.1%)	5:05	11.8 (64.1%)
91	<b>KUMOR Marcin</b>	<b>1118</b>		M-30	44	00:00:26	00:25:03	<b>00:51:03.95</b>	<b>00:51:30.19</b>	+00:18:29 (36.2%)	5:06	11.8 (64.1%)
92	<b>TOMAL Anna</b>	<b>1099</b>	BOJKÓW BIEGA /BYTEKS	K-30	4	00:00:04	00:24:27	<b>00:51:13.74</b>	<b>00:51:18.08</b>	+00:18:39 (36.4%)	5:07	11.7 (63.6%)
93	<b>RYMASZEWSKI Wojtek</b>	<b>1337</b>	ZA LINIĄ METY	M-40	18	00:00:00	00:25:16	<b>00:51:14.45</b>	<b>00:51:14.45</b>	+00:18:39 (36.4%)	5:07	11.7 (63.6%)
94	<b>DURAK Łukasz</b>	<b>1008</b>	KATA GURUMA	M-40	19	00:00:35	00:25:34	<b>00:51:25.62</b>	<b>00:52:01.12</b>	+00:18:51 (36.7%)	5:08	11.7 (63.6%)
95	<b>SKWAREK Robert</b>	<b>1377</b>		M-50	4	00:00:16	00:24:49	<b>00:51:33.35</b>	<b>00:51:50.26</b>	+00:18:58 (36.8%)	5:09	11.6 (63.0%)
96	<b>SOŁTYSIK Maik</b>	<b>1270</b>		M-30	45	00:00:42	00:25:26	<b>00:51:33.47</b>	<b>00:52:15.77</b>	+00:18:59 (36.8%)	5:09	11.6 (63.0%)
97	<b>DOROS Adam</b>	<b>1119</b>	LOLOBORDO	M-50	5	00:00:11	00:25:38	<b>00:51:47.24</b>	<b>00:51:58.80</b>	+00:19:12 (37.1%)	5:10	11.6 (63.0%)
98	<b>KAFŁOWSKI Artur</b>	<b>1052</b>	SOCIOS SILESIA	M-30	46	00:00:06	00:25:39	<b>00:51:47.27</b>	<b>00:51:53.81</b>	+00:19:12 (37.1%)	5:10	11.6 (63.0%)
99	<b>WIDENKA Wojciech</b>	<b>1154</b>		M-30	47	00:00:30	00:26:08	<b>00:51:50.99</b>	<b>00:52:21.02</b>	+00:19:16 (37.2%)	5:11	11.6 (63.0%)
100	<b>ZAWIASA Artur</b>	<b>1212</b>		M-40	20	00:00:28	00:25:04	<b>00:51:52.89</b>	<b>00:52:21.13</b>	+00:19:18 (37.2%)	5:11	11.6 (63.0%)
101	<b>MARCZAK Paweł</b>	<b>1109</b>	PRAKTYCZNE SBKB	M-40	21	00:00:00	00:25:20	<b>00:51:56.66</b>	<b>00:51:56.66</b>	+00:19:22 (37.3%)	5:11	11.6 (63.0%)
102	<b>BUDZIŃSKI Adam</b>	<b>1178</b>		M-30	48	00:00:20	00:25:43	<b>00:51:59.62</b>	<b>00:52:19.88</b>	+00:19:25 (37.3%)	5:11	11.5 (62.5%)
103	<b>STUDNIK Jolanta</b>	<b>1201</b>	KB ORŁY Z KNUROWA	K-30	5	00:00:05	00:25:26	<b>00:52:01.47</b>	<b>00:52:06.63</b>	+00:19:27 (37.4%)	5:12	11.5 (62.5%)
104	<b>BRAJA Przemysław</b>	<b>1215</b>		M-40	22	00:00:26	00:24:44	<b>00:52:07.21</b>	<b>00:52:33.85</b>	+00:19:32 (37.5%)	5:12	11.5 (62.5%)
105	<b>HAJDA Adam</b>	<b>1158</b>	EKIPA Z MIASTECZKA	M-50	6	00:00:14	00:25:47	<b>00:52:09.45</b>	<b>00:52:24.28</b>	+00:19:34 (37.5%)	5:12	11.5 (62.5%)
106	<b>KONOPINSKI Radosław</b>	<b>1186</b>		M-40	23	00:00:12	00:25:43	<b>00:52:10.56</b>	<b>00:52:22.60</b>	+00:19:36 (37.6%)	5:13	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>WÓJCIK Anna</b>	<b>1338</b>		K-40	4	00:00:13	00:26:03	<b>00:52:16.53</b>	<b>00:52:30.21</b>	+00:19:42 (37.7%)	5:13	11.5 (62.5%)
108	<b>KARPIERZ Piotrek</b>	<b>1134</b>	WYCZESANI RUNNING CLUB	M-20	15	00:00:07	00:25:09	<b>00:52:21.12</b>	<b>00:52:28.96</b>	+00:19:46 (37.8%)	5:14	11.5 (62.5%)
109	<b>GLET Marcel</b>	<b>1344</b>	KATAGURUMA	M-20	16	00:00:11	00:25:14	<b>00:52:27.45</b>	<b>00:52:38.98</b>	+00:19:52 (37.9%)	5:14	11.4 (62.0%)
110	<b>WIERCIŃSKA Aneta</b>	<b>1221</b>		K-40	5	00:00:17	00:26:07	<b>00:52:31.48</b>	<b>00:52:49.47</b>	+00:19:57 (38.0%)	5:15	11.4 (62.0%)
111	<b>LESZKIEWICZ Krzysztof</b>	<b>1387</b>		M-40	24	00:00:16	00:25:08	<b>00:52:31.74</b>	<b>00:52:48.11</b>	+00:19:57 (38.0%)	5:15	11.4 (62.0%)
112	<b>SZTWIERTNIA Tomasz</b>	<b>1094</b>		M-40	25	00:00:11	00:26:10	<b>00:52:33.72</b>	<b>00:52:44.80</b>	+00:19:59 (38.0%)	5:15	11.4 (62.0%)
113	<b>LASKOWSKI Sebastian</b>	<b>1357</b>	KATA GURUMA GLIWICE	M-40	26	00:00:11	00:25:45	<b>00:52:39.35</b>	<b>00:52:51.19</b>	+00:20:04 (38.1%)	5:15	11.4 (62.0%)
114	<b>SZKWAREK Witold</b>	<b>1327</b>		M-50	7	00:00:05	00:25:52	<b>00:52:54.01</b>	<b>00:52:59.07</b>	+00:20:19 (38.4%)	5:17	11.3 (61.4%)
115	<b>BUDZIŃSKI Grzegorz</b>	<b>1189</b>		M-50	8	00:00:19	00:26:02	<b>00:52:54.97</b>	<b>00:53:14.87</b>	+00:20:20 (38.4%)	5:17	11.3 (61.4%)
116	<b>SZCZYGIĘŁ Karol</b>	<b>1165</b>		M-30	49	00:00:09	00:26:09	<b>00:53:00.72</b>	<b>00:53:10.63</b>	+00:20:26 (38.6%)	5:18	11.3 (61.4%)
117	<b>SZYMAŃSKI Piotr</b>	<b>1352</b>		M-40	27	00:00:07	00:26:28	<b>00:53:04.16</b>	<b>00:53:11.94</b>	+00:20:29 (38.6%)	5:18	11.3 (61.4%)
118	<b>KROCHMAL Katarzyna</b>	<b>1210</b>		K-40	6	00:00:08	00:26:31	<b>00:53:07.41</b>	<b>00:53:15.65</b>	+00:20:32 (38.7%)	5:18	11.3 (61.4%)
119	<b>SADKOWSKI Robert</b>	<b>1148</b>		M-40	28	00:00:07	00:26:13	<b>00:53:12.24</b>	<b>00:53:19.80</b>	+00:20:37 (38.8%)	5:19	11.3 (61.4%)
120	<b>TOMANEK Przemysław</b>	<b>1300</b>		M-40	29	00:01:19	00:26:23	<b>00:53:14.44</b>	<b>00:54:33.74</b>	+00:20:39 (38.8%)	5:19	11.3 (61.4%)
121	<b>KOMANDER Katarzyna</b>	<b>1120</b>	JOMAR RUNNERS	K-20	4	00:00:10	00:25:52	<b>00:53:18.22</b>	<b>00:53:28.72</b>	+00:20:43 (38.9%)	5:19	11.3 (61.4%)
122	<b>MARKIEWICZ Kinga</b>	<b>1306</b>	ASSECO ACTIVE TEAM	K-30	6	00:00:46	00:27:15	<b>00:53:18.78</b>	<b>00:54:05.41</b>	+00:20:44 (38.9%)	5:19	11.3 (61.4%)
123	<b>NOWAK Jarosław</b>	<b>1216</b>	SUNŻAL	M-40	30	00:00:34	00:25:30	<b>00:53:19.15</b>	<b>00:53:53.43</b>	+00:20:44 (38.9%)	5:19	11.3 (61.4%)
124	<b>ZĄBKOWSKI Grzegorz</b>	<b>1262</b>	HUTA TEAM	M-50	9	00:00:06	00:26:49	<b>00:53:19.77</b>	<b>00:53:26.61</b>	+00:20:45 (38.9%)	5:19	11.3 (61.4%)
125	<b>TRUSS Magdalena</b>	<b>1068</b>		K-30	7	00:00:05	00:26:37	<b>00:53:25.64</b>	<b>00:53:31.31</b>	+00:20:51 (39.0%)	5:20	11.2 (60.9%)
126	<b>CHOŁUJ Krzysztof</b>	<b>1124</b>	FLUOR	M-30	50	00:00:27	00:26:39	<b>00:53:28.14</b>	<b>00:53:55.49</b>	+00:20:53 (39.1%)	5:20	11.2 (60.9%)
127	<b>SZOŁTYSEK Piotr</b>	<b>1072</b>		M-50	10	00:00:03	00:26:19	<b>00:53:32.31</b>	<b>00:53:35.66</b>	+00:20:57 (39.2%)	5:21	11.2 (60.9%)
128	<b>ROSADA Zdzisław</b>	<b>1091</b>	PORUSZENI AKTYWNI Z SOŚNICY	M-60	4	00:00:17	00:26:52	<b>00:53:32.45</b>	<b>00:53:49.87</b>	+00:20:57 (39.2%)	5:21	11.2 (60.9%)
129	<b>FOLTYN Adrianna</b>	<b>1251</b>	IFA POWERTRAIN POLSKA SP. Z O.O.	K-30	8	00:00:13	00:25:50	<b>00:53:42.23</b>	<b>00:53:55.63</b>	+00:21:07 (39.3%)	5:22	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>WOJTYŁA Damian</b>	<b>1325</b>	KOGUCIK	M-40	31	00:00:21	00:26:52	<b>00:53:46.84</b>	<b>00:54:08.74</b>	+00:21:12 (39.4%)	5:22	11.2 (60.9%)
131	<b>MAZUR Jakub</b>	<b>1291</b>		M-40	32	00:00:14	00:26:28	<b>00:53:53.32</b>	<b>00:54:07.93</b>	+00:21:18 (39.6%)	5:23	11.1 (60.3%)
132	<b>SKOWRON Mirosława</b>	<b>1260</b>		K-40	7	00:00:14	00:26:28	<b>00:53:53.54</b>	<b>00:54:08.00</b>	+00:21:19 (39.6%)	5:23	11.1 (60.3%)
133	<b>SZELAĞ-SOSNA Małgorzata</b>	<b>1070</b>	PZU SPORT TEAM	K-50	2	00:00:13	00:26:21	<b>00:53:59.46</b>	<b>00:54:12.82</b>	+00:21:25 (39.7%)	5:23	11.1 (60.3%)
134	<b>WIŚNIEWSKA Beata</b>	<b>1084</b>		K-30	9	00:00:15	00:26:28	<b>00:54:03.05</b>	<b>00:54:18.88</b>	+00:21:28 (39.7%)	5:24	11.1 (60.3%)
135	<b>WŁADYKA Krzysztof</b>	<b>1059</b>		M-30	51	00:00:16	00:27:28	<b>00:54:03.12</b>	<b>00:54:19.68</b>	+00:21:28 (39.7%)	5:24	11.1 (60.3%)
136	<b>FERENC Cezary</b>	<b>1278</b>		M-20	17	00:00:05	00:27:06	<b>00:54:05.28</b>	<b>00:54:10.98</b>	+00:21:30 (39.8%)	5:24	11.1 (60.3%)
137	<b>TKACZYK Sandra</b>	<b>1103</b>		K-30	10	00:00:20	00:26:51	<b>00:54:08.67</b>	<b>00:54:28.86</b>	+00:21:34 (39.8%)	5:24	11.1 (60.3%)
138	<b>DRABIKOWSKI Mateusz</b>	<b>1089</b>		M-30	52	00:00:07	00:26:36	<b>00:54:09.87</b>	<b>00:54:17.44</b>	+00:21:35 (39.9%)	5:24	11.1 (60.3%)
139	<b>DEMEL Tomasz</b>	<b>1329</b>		M-40	33	00:00:03	00:25:56	<b>00:54:11.30</b>	<b>00:54:15.13</b>	+00:21:36 (39.9%)	5:25	11.1 (60.3%)
140	<b>SŁOŃSKI Krzysztof</b>	<b>1364</b>		M-40	34	00:00:16	00:28:53	<b>00:54:11.97</b>	<b>00:54:28.81</b>	+00:21:37 (39.9%)	5:25	11.1 (60.3%)
141	<b>JANOWSKI Michał</b>	<b>1166</b>		M-30	53	00:00:48	00:26:55	<b>00:54:19.35</b>	<b>00:55:07.36</b>	+00:21:44 (40.0%)	5:25	11 (59.8%)
142	<b>MATYJEK Adam</b>	<b>1360</b>		M-30	54	00:00:12	00:27:48	<b>00:54:23.19</b>	<b>00:54:35.21</b>	+00:21:48 (40.1%)	5:26	11 (59.8%)
143	<b>SPENDE Tomasz</b>	<b>1238</b>		M-40	35	00:00:43	00:26:40	<b>00:54:26.17</b>	<b>00:55:09.78</b>	+00:21:51 (40.2%)	5:26	11 (59.8%)
144	<b>GEC Monika</b>	<b>1022</b>		K-40	8	00:00:39	00:26:07	<b>00:54:30.69</b>	<b>00:55:10.36</b>	+00:21:56 (40.2%)	5:27	11 (59.8%)
145	<b>CYNDZAS Anna</b>	<b>1180</b>	JOMAR RUNNERS	K-30	11	00:00:11	00:25:52	<b>00:54:36.45</b>	<b>00:54:47.90</b>	+00:22:01 (40.3%)	5:27	11 (59.8%)
146	<b>MAZUR Krzysztof</b>	<b>1232</b>		M-40	36	00:00:12	00:27:55	<b>00:54:37.14</b>	<b>00:54:49.36</b>	+00:22:02 (40.4%)	5:27	11 (59.8%)
147	<b>PRZYBYLSKI Mariusz</b>	<b>1242</b>	#POSTDATATEAM	M-40	37	00:00:25	00:27:25	<b>00:54:39.31</b>	<b>00:55:04.83</b>	+00:22:04 (40.4%)	5:27	11 (59.8%)
148	<b>KOZAKOWSKA Anna</b>	<b>1356</b>		K-40	9	00:00:29	00:26:43	<b>00:54:41.40</b>	<b>00:55:10.94</b>	+00:22:06 (40.4%)	5:28	11 (59.8%)
149	<b>FUGOWSKI Roman</b>	<b>1130</b>		M-60	5	00:00:03	00:26:04	<b>00:54:44.94</b>	<b>00:54:48.67</b>	+00:22:10 (40.5%)	5:28	11 (59.8%)
150	<b>MATUSZEWSKA Katarzyna</b>	<b>1284</b>		K-50	3	00:00:36	00:27:08	<b>00:54:45.56</b>	<b>00:55:21.90</b>	+00:22:11 (40.5%)	5:28	11 (59.8%)
151	<b>SZAMPERA Rafał</b>	<b>1191</b>		M-30	55	00:00:48	00:26:46	<b>00:54:56.14</b>	<b>00:55:45.02</b>	+00:22:21 (40.7%)	5:29	10.9 (59.2%)
152	<b>MATA CZ-SZYMANOWICZ Iwona</b>	<b>1308</b>		K-40	10	00:00:33	00:27:31	<b>00:54:56.30</b>	<b>00:55:29.93</b>	+00:22:21 (40.7%)	5:29	10.9 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>ROZIAK Damian</b>	<b>1169</b>	ISTA BIEGAMY	M-30	56	00:00:10	00:26:36	<b>00:54:58.47</b>	<b>00:55:08.76</b>	+00:22:24 (40.7%)	5:29	10.9 (59.2%)
154	<b>CHMIELEWSKA Anna</b>	<b>1030</b>	LECYMY DURŚ	K-40	11	00:00:09	00:27:43	<b>00:55:02.45</b>	<b>00:55:11.85</b>	+00:22:27 (40.8%)	5:30	10.9 (59.2%)
155	<b>WEGNER Agnieszka</b>	<b>1302</b>		K-40	12	00:00:09	00:27:43	<b>00:55:03.78</b>	<b>00:55:13.20</b>	+00:22:29 (40.8%)	5:30	10.9 (59.2%)
156	<b>WIĘCŁAW Grzegorz</b>	<b>1285</b>	GŁOWA RZĄDZI	M-30	57	00:00:52	00:27:16	<b>00:55:17.85</b>	<b>00:56:10.73</b>	+00:22:43 (41.1%)	5:31	10.9 (59.2%)
157	<b>TWARDOCH Marek</b>	<b>1281</b>		M-40	38	00:00:14	00:28:18	<b>00:55:26.12</b>	<b>00:55:40.21</b>	+00:22:51 (41.2%)	5:32	10.8 (58.7%)
158	<b>BATOG Maciej</b>	<b>1095</b>		M-40	39	00:00:30	00:27:14	<b>00:55:27.54</b>	<b>00:55:58.30</b>	+00:22:53 (41.3%)	5:32	10.8 (58.7%)
159	<b>WACHOCKI Robert</b>	<b>1069</b>		M-30	58	00:00:34	00:26:48	<b>00:55:39.03</b>	<b>00:56:13.58</b>	+00:23:04 (41.5%)	5:33	10.8 (58.7%)
160	<b>OKOŃ-KOTOWSKA Katarzyna</b>	<b>1007</b>		K-30	12	00:00:51	00:27:43	<b>00:55:41.37</b>	<b>00:56:32.94</b>	+00:23:06 (41.5%)	5:34	10.8 (58.7%)
161	<b>WILCZEK Ewa</b>	<b>1339</b>		K-30	13	00:00:03	00:26:55	<b>00:55:44.22</b>	<b>00:55:47.50</b>	+00:23:09 (41.6%)	5:34	10.8 (58.7%)
162	<b>ZASIEK Marek</b>	<b>1318</b>		M-50	11	00:00:08	00:27:40	<b>00:55:44.53</b>	<b>00:55:53.31</b>	+00:23:10 (41.6%)	5:34	10.8 (58.7%)
163	<b>SZEGA Karol</b>	<b>1398</b>	PKO BANK POLSKI	M-30	59	00:00:09	00:26:41	<b>00:55:49.14</b>	<b>00:55:58.43</b>	+00:23:14 (41.6%)	5:34	10.7 (58.2%)
164	<b>MATECKI Krzysztof</b>	<b>1156</b>		M-20	18	00:00:56	00:27:49	<b>00:55:53.29</b>	<b>00:56:49.40</b>	+00:23:18 (41.7%)	5:35	10.7 (58.2%)
165	<b>GRZELAK Tomasz</b>	<b>1369</b>		M-40	40	00:00:29	00:28:17	<b>00:55:55.40</b>	<b>00:56:24.67</b>	+00:23:20 (41.8%)	5:35	10.7 (58.2%)
166	<b>WAWOK Mariusz</b>	<b>1292</b>		M-40	41	00:00:25	00:29:00	<b>00:55:59.15</b>	<b>00:56:24.90</b>	+00:23:24 (41.8%)	5:35	10.7 (58.2%)
167	<b>PIEKARZ Małgorzata</b>	<b>1336</b>	DRUŻYNA JEDYNKI	K-30	14	00:00:33	00:27:51	<b>00:55:59.30</b>	<b>00:56:32.45</b>	+00:23:24 (41.8%)	5:35	10.7 (58.2%)
168	<b>STRADOMSKI Jakub</b>	<b>1304</b>		M-30	60	00:00:26	00:27:18	<b>00:56:00.66</b>	<b>00:56:26.86</b>	+00:23:26 (41.8%)	5:36	10.7 (58.2%)
169	<b>OLEJARZ-TELEGA Agnieszka</b>	<b>1354</b>		K-40	13	00:00:30	00:27:32	<b>00:56:01.44</b>	<b>00:56:31.79</b>	+00:23:26 (41.9%)	5:36	10.7 (58.2%)
170	<b>ŁUPIKASZA Alina</b>	<b>1012</b>		K-40	14	00:00:04	00:26:32	<b>00:56:06.21</b>	<b>00:56:10.81</b>	+00:23:31 (41.9%)	5:36	10.7 (58.2%)
171	<b>MORYL Szymon</b>	<b>1128</b>	FLUOR	M-20	19	00:00:36	00:27:42	<b>00:56:09.06</b>	<b>00:56:45.60</b>	+00:23:34 (42.0%)	5:36	10.7 (58.2%)
172	<b>SZEWCZYK Krzysztof</b>	<b>1150</b>		M-20	20	00:00:47	00:27:30	<b>00:56:10.85</b>	<b>00:56:58.11</b>	+00:23:36 (42.0%)	5:37	10.7 (58.2%)
173	<b>MAĆZYŃSKA Agnieszka</b>	<b>1326</b>		K-40	15	00:00:18	00:27:46	<b>00:56:10.93</b>	<b>00:56:29.29</b>	+00:23:36 (42.0%)	5:37	10.7 (58.2%)
174	<b>SCHIFFNER Krzysztof</b>	<b>1244</b>		M-30	61	00:00:13	00:27:26	<b>00:56:11.73</b>	<b>00:56:24.85</b>	+00:23:37 (42.0%)	5:37	10.7 (58.2%)
175	<b>KRAŃSKA Patrycja</b>	<b>1267</b>		K-20	5	00:00:18	00:28:22	<b>00:56:14.51</b>	<b>00:56:32.87</b>	+00:23:40 (42.1%)	5:37	10.7 (58.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	<b>CHOLEWA Tomasz</b>	<b>1078</b>		M-40	42	00:00:06	00:27:20	<b>00:56:17.04</b>	<b>00:56:23.62</b>	+00:23:42 (42.1%)	5:37	10.7 (58.2%)
177	<b>LEE Sung Bong</b>	<b>1159</b>	KPI	M-50	12	00:00:59	00:28:13	<b>00:56:17.17</b>	<b>00:57:16.48</b>	+00:23:42 (42.1%)	5:37	10.7 (58.2%)
178	<b>MANDOWSKI Marek</b>	<b>1207</b>		M-40	43	00:00:23	00:28:51	<b>00:56:24.60</b>	<b>00:56:48.59</b>	+00:23:50 (42.3%)	5:38	10.6 (57.6%)
179	<b>WARZECHA Dawid</b>	<b>1289</b>		M-20	21	00:00:34	00:27:46	<b>00:56:25.39</b>	<b>00:57:00.21</b>	+00:23:50 (42.3%)	5:38	10.6 (57.6%)
180	<b>ŻOŁNOWSKA Karolina</b>	<b>1226</b>		K-20	6	00:00:42	00:28:06	<b>00:56:40.58</b>	<b>00:57:22.77</b>	+00:24:06 (42.5%)	5:40	10.6 (57.6%)
181	<b>KOSTECKA Wiktoria</b>	<b>1258</b>		K-20	7	00:00:05	00:26:54	<b>00:56:43.36</b>	<b>00:56:49.29</b>	+00:24:08 (42.6%)	5:40	10.6 (57.6%)
182	<b>SMOLARCZYK Ryszard</b>	<b>1335</b>		M-40	44	00:00:16	00:27:57	<b>00:56:46.28</b>	<b>00:57:03.22</b>	+00:24:11 (42.6%)	5:40	10.6 (57.6%)
183	<b>SPINDEL-SAMEK Iwona</b>	<b>1027</b>		K-30	15	00:00:10	00:27:32	<b>00:56:46.92</b>	<b>00:56:57.27</b>	+00:24:12 (42.6%)	5:40	10.6 (57.6%)
184	<b>SAMEK Łukasz</b>	<b>1028</b>		M-30	62	00:00:10	00:27:32	<b>00:56:46.93</b>	<b>00:56:57.32</b>	+00:24:12 (42.6%)	5:40	10.6 (57.6%)
185	<b>FAŁEK Robert</b>	<b>1051</b>		M-50	13	00:00:18	00:28:24	<b>00:56:50.34</b>	<b>00:57:08.88</b>	+00:24:15 (42.7%)	5:41	10.6 (57.6%)
186	<b>KASZUB-DEDYK Katarzyna</b>	<b>1015</b>		K-30	16	00:00:14	00:27:42	<b>00:56:54.87</b>	<b>00:57:09.08</b>	+00:24:20 (42.8%)	5:41	10.5 (57.1%)
187	<b>GOROL Daniel</b>	<b>1316</b>		M-30	63	00:00:40	00:29:24	<b>00:56:57.24</b>	<b>00:57:37.46</b>	+00:24:22 (42.8%)	5:41	10.5 (57.1%)
188	<b>KASZUBA Beata</b>	<b>1307</b>		K-40	16	00:00:06	00:27:23	<b>00:56:59.05</b>	<b>00:57:05.17</b>	+00:24:24 (42.8%)	5:41	10.5 (57.1%)
189	<b>NOKIELSKI Tomasz</b>	<b>1261</b>		M-20	22	00:00:18	00:28:25	<b>00:57:06.73</b>	<b>00:57:25.40</b>	+00:24:32 (43.0%)	5:42	10.5 (57.1%)
190	<b>WYCIŚLIK Wioleta</b>	<b>1127</b>	FLUOR	K-30	17	00:00:38	00:28:04	<b>00:57:08.44</b>	<b>00:57:46.59</b>	+00:24:33 (43.0%)	5:42	10.5 (57.1%)
191	<b>JEŻYK Krzysztof</b>	<b>1209</b>		M-30	64	00:00:05	00:26:34	<b>00:57:11.35</b>	<b>00:57:17.17</b>	+00:24:36 (43.0%)	5:43	10.5 (57.1%)
192	<b>FRANIELCZYK Marta</b>	<b>1399</b>		K-40	17	00:00:13	00:27:40	<b>00:57:15.12</b>	<b>00:57:28.21</b>	+00:24:40 (43.1%)	5:43	10.5 (57.1%)
193	<b>CZARNECKA-KARBOWNICZEK Magdalena</b>	<b>1256</b>	KARBONY	K-30	18	00:00:08	00:28:40	<b>00:57:15.69</b>	<b>00:57:24.00</b>	+00:24:41 (43.1%)	5:43	10.5 (57.1%)
194	<b>KARBOWNICZEK Dawid</b>	<b>1257</b>	KARBONY	M-30	65	00:00:08	00:28:40	<b>00:57:15.97</b>	<b>00:57:24.02</b>	+00:24:41 (43.1%)	5:43	10.5 (57.1%)
195	<b>ŚWIDLIK Piotr</b>	<b>1254</b>	S40	M-40	45	00:00:39	00:28:26	<b>00:57:17.67</b>	<b>00:57:57.29</b>	+00:24:43 (43.1%)	5:43	10.5 (57.1%)
196	<b>GARCORZ Mateusz</b>	<b>1334</b>		M-40	46	00:00:30	00:28:53	<b>00:57:18.83</b>	<b>00:57:48.86</b>	+00:24:44 (43.2%)	5:43	10.5 (57.1%)
197	<b>DUDZIŃSKA Sylwia</b>	<b>1167</b>		K-50	4	00:00:15	00:27:48	<b>00:57:25.28</b>	<b>00:57:41.08</b>	+00:24:50 (43.3%)	5:44	10.4 (56.5%)
198	<b>KOSZYK Andrzej</b>	<b>1205</b>		M-40	47	00:00:28	00:28:59	<b>00:57:28.11</b>	<b>00:57:57.03</b>	+00:24:53 (43.3%)	5:44	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	<b>STACHOWIAK Marcin</b>	<b>1312</b>	RTP	M-40	48	00:00:37	00:27:55	<b>00:57:30.28</b>	<b>00:58:08.21</b>	+00:24:55 (43.4%)	5:45	10.4 (56.5%)
200	<b>PUT Sebastian</b>	<b>1279</b>	SZYBCY I MY	M-30	66	00:00:40	00:28:33	<b>00:57:38.45</b>	<b>00:58:18.99</b>	+00:25:03 (43.5%)	5:45	10.4 (56.5%)
201	<b>PACHOLAK Patryk</b>	<b>1368</b>		M-30	67	00:00:37	00:29:11	<b>00:57:38.77</b>	<b>00:58:16.59</b>	+00:25:04 (43.5%)	5:45	10.4 (56.5%)
202	<b>BRZOZOWSKA Katarzyna</b>	<b>1175</b>	KB ORŁY Z KNUROWA	K-40	18	00:00:13	00:29:26	<b>00:57:45.59</b>	<b>00:57:59.32</b>	+00:25:11 (43.6%)	5:46	10.4 (56.5%)
203	<b>NAWROT Marta</b>	<b>1531</b>		K-30	19	00:00:30	00:29:23	<b>00:57:45.67</b>	<b>00:58:16.20</b>	+00:25:11 (43.6%)	5:46	10.4 (56.5%)
204	<b>BERNAD Szymon</b>	<b>1143</b>		M-30	68	00:00:37	00:28:27	<b>00:57:45.86</b>	<b>00:58:23.55</b>	+00:25:11 (43.6%)	5:46	10.4 (56.5%)
205	<b>BAUC Bartłomiej</b>	<b>1101</b>	BIEGOWE NIEPOROZUMIENIE	M-40	49	00:00:30	00:28:47	<b>00:57:47.51</b>	<b>00:58:17.51</b>	+00:25:13 (43.6%)	5:46	10.4 (56.5%)
206	<b>SZAR Radosław</b>	<b>1220</b>		M-20	23	00:00:33	00:28:48	<b>00:57:49.01</b>	<b>00:58:22.77</b>	+00:25:14 (43.7%)	5:46	10.4 (56.5%)
207	<b>KROPIENIEWICZ Jakub</b>	<b>1359</b>		M-30	69	00:01:01	00:29:21	<b>00:57:51.34</b>	<b>00:58:53.24</b>	+00:25:16 (43.7%)	5:47	10.4 (56.5%)
208	<b>EICHHOF Joanna</b>	<b>1112</b>		K-40	19	00:00:38	00:29:00	<b>00:57:56.60</b>	<b>00:58:35.10</b>	+00:25:22 (43.8%)	5:47	10.4 (56.5%)
209	<b>HUDY Grażyna</b>	<b>1137</b>		K-30	20	00:00:37	00:28:27	<b>00:58:00.57</b>	<b>00:58:38.00</b>	+00:25:26 (43.8%)	5:48	10.3 (56.0%)
210	<b>HRES Veranika</b>	<b>1298</b>		K-20	8	00:00:08	00:28:25	<b>00:58:02.29</b>	<b>00:58:10.66</b>	+00:25:27 (43.9%)	5:48	10.3 (56.0%)
211	<b>PIEŁKA Agata</b>	<b>1363</b>		K-30	21	00:00:12	00:27:55	<b>00:58:04.89</b>	<b>00:58:17.06</b>	+00:25:30 (43.9%)	5:48	10.3 (56.0%)
212	<b>PAROVCHENKO Dmytro</b>	<b>1131</b>	ЛК "ОЛЕКСАНДРІЯ"	M-40	50	00:00:20	00:28:26	<b>00:58:08.01</b>	<b>00:58:28.73</b>	+00:25:33 (44.0%)	5:48	10.3 (56.0%)
213	<b>STROBA Agnieszka</b>	<b>1394</b>		K-40	20	00:00:34	00:30:24	<b>00:58:11.24</b>	<b>00:58:45.70</b>	+00:25:36 (44.0%)	5:49	10.3 (56.0%)
214	<b>NOWAKOWSKA Aleksandra</b>	<b>1299</b>		K-30	22	00:00:21	00:29:02	<b>00:58:11.90</b>	<b>00:58:33.38</b>	+00:25:37 (44.0%)	5:49	10.3 (56.0%)
215	<b>BLASZCZYK Paulina</b>	<b>1049</b>		K-30	23	00:00:51	00:28:38	<b>00:58:14.84</b>	<b>00:59:06.59</b>	+00:25:40 (44.1%)	5:49	10.3 (56.0%)
216	<b>NOWAK Jacek</b>	<b>1219</b>		M-20	24	00:00:34	00:29:01	<b>00:58:17.61</b>	<b>00:58:51.84</b>	+00:25:43 (44.1%)	5:49	10.3 (56.0%)
217	<b>CZAUADERNA Klaudia</b>	<b>1193</b>	TRIDIVISION TRIATHLON TEAM	K-40	21	00:00:23	00:29:52	<b>00:58:19.19</b>	<b>00:58:42.45</b>	+00:25:44 (44.1%)	5:49	10.3 (56.0%)
218	<b>BRZAKAŁA Tomasz</b>	<b>1305</b>	ASSECO ACTIVE TEAM	M-30	70	00:00:47	00:27:50	<b>00:58:20.15</b>	<b>00:59:07.72</b>	+00:25:45 (44.2%)	5:50	10.3 (56.0%)
219	<b>POLUS Tomasz</b>	<b>1032</b>		M-40	51	00:00:24	00:28:58	<b>00:58:24.81</b>	<b>00:58:49.38</b>	+00:25:50 (44.2%)	5:50	10.3 (56.0%)
220	<b>KOWALCZYK Robert</b>	<b>1293</b>	ISTA BIEGAMY	M-50	14	00:00:09	00:27:31	<b>00:58:35.52</b>	<b>00:58:45.02</b>	+00:26:01 (44.4%)	5:51	10.2 (55.4%)
221	<b>PURZYŃSKA Hanna</b>	<b>1087</b>		K-40	22	00:00:08	00:28:05	<b>00:58:35.76</b>	<b>00:58:44.14</b>	+00:26:01 (44.4%)	5:51	10.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	<b>MARYNIAK Agnieszka</b>	<b>1222</b>		K-30	24	00:00:33	00:29:50	<b>00:58:40.32</b>	<b>00:59:14.03</b>	+00:26:05 (44.5%)	5:52	10.2 (55.4%)
223	<b>GÓRECKA Agnieszka</b>	<b>1309</b>		K-30	25	00:00:33	00:29:51	<b>00:58:40.72</b>	<b>00:59:13.99</b>	+00:26:06 (44.5%)	5:52	10.2 (55.4%)
224	<b>MAZURKIEWICZ Paweł</b>	<b>1213</b>	HIRSCHVOGEL COMPONENTS POLAND	M-20	25	00:00:59	00:30:17	<b>00:58:43.57</b>	<b>00:59:43.21</b>	+00:26:09 (44.5%)	5:52	10.2 (55.4%)
225	<b>LESZCZYŃSKA Agata</b>	<b>1076</b>		K-30	26	00:00:37	00:28:54	<b>00:58:48.04</b>	<b>00:59:25.92</b>	+00:26:13 (44.6%)	5:52	10.2 (55.4%)
226	<b>KLUSZCZYK Grzegorz</b>	<b>1200</b>		M-20	26	00:00:32	00:28:59	<b>00:58:48.52</b>	<b>00:59:20.78</b>	+00:26:14 (44.6%)	5:52	10.2 (55.4%)
227	<b>PLEWKA Oliwia</b>	<b>1358</b>	STUDIO OLIVIA	K-40	23	00:00:17	00:28:53	<b>00:58:48.84</b>	<b>00:59:05.93</b>	+00:26:14 (44.6%)	5:52	10.2 (55.4%)
228	<b>FRANIA Andrzej</b>	<b>1330</b>	K.S.JUDO TEAM MASTERS GLIWICE	M-50	15	00:00:11	00:28:39	<b>00:59:01.15</b>	<b>00:59:12.54</b>	+00:26:26 (44.8%)	5:54	10.2 (55.4%)
229	<b>KORKOSZ Anna</b>	<b>1106</b>		K-40	24	00:00:44	00:27:49	<b>00:59:01.64</b>	<b>00:59:46.46</b>	+00:26:27 (44.8%)	5:54	10.2 (55.4%)
230	<b>NIEMCZYK Aleksandra</b>	<b>1195</b>		K-40	25	00:00:09	00:29:12	<b>00:59:13.11</b>	<b>00:59:22.98</b>	+00:26:38 (45.0%)	5:55	10.1 (54.9%)
231	<b>PĘDOWSKI Wojciech</b>	<b>1350</b>		M-60	6	00:00:40	00:29:24	<b>00:59:15.30</b>	<b>00:59:55.37</b>	+00:26:40 (45.0%)	5:55	10.1 (54.9%)
232	<b>BALCER Weronika</b>	<b>1121</b>	JOMAR RUNNERS	K-30	27	00:00:10	00:27:15	<b>00:59:20.71</b>	<b>00:59:31.03</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
233	<b>KOMANDER Marcin</b>	<b>1122</b>	JOMAR RUNNERS	M-60	7	00:00:10	00:27:15	<b>00:59:20.88</b>	<b>00:59:31.39</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
234	<b>SZEWC Renata</b>	<b>1019</b>	#HUTATEAM	K-40	26	00:00:11	00:29:07	<b>00:59:22.28</b>	<b>00:59:34.26</b>	+00:26:47 (45.1%)	5:56	10.1 (54.9%)
235	<b>KOTARBA Jolanta</b>	<b>1058</b>		K-60	1	00:00:35	00:29:37	<b>00:59:29.62</b>	<b>01:00:05.50</b>	+00:26:55 (45.2%)	5:56	10.1 (54.9%)
236	<b>KROTOS Krzysztof</b>	<b>1024</b>	OQS	M-40	52	00:00:23	00:29:34	<b>00:59:34.20</b>	<b>00:59:57.53</b>	+00:26:59 (45.3%)	5:57	10.1 (54.9%)
237	<b>MUSIOŁ Justyna</b>	<b>1098</b>		K-20	9	00:00:28	00:29:03	<b>00:59:41.48</b>	<b>01:00:10.04</b>	+00:27:07 (45.4%)	5:58	10.1 (54.9%)
238	<b>PAJĄK Dorota</b>	<b>1353</b>		K-30	28	00:00:17	00:29:15	<b>00:59:45.45</b>	<b>01:00:02.53</b>	+00:27:10 (45.5%)	5:58	10 (54.3%)
239	<b>ZIELIŃSKI Adam</b>	<b>1088</b>		M-40	53	00:00:08	00:27:53	<b>00:59:47.40</b>	<b>00:59:55.83</b>	+00:27:12 (45.5%)	5:58	10 (54.3%)
240	<b>KOZŁOWSKI Łukasz</b>	<b>1218</b>		M-20	27	00:00:33	00:28:58	<b>00:59:47.45</b>	<b>01:00:20.47</b>	+00:27:12 (45.5%)	5:58	10 (54.3%)
241	<b>KOTLARSKA Anna</b>	<b>1062</b>		K-50	5	00:00:18	00:29:37	<b>00:59:50.21</b>	<b>01:00:08.85</b>	+00:27:15 (45.6%)	5:59	10 (54.3%)
242	<b>KUROWSKI Bartłomiej</b>	<b>1249</b>		M-20	28	00:00:29	00:29:07	<b>00:59:50.61</b>	<b>01:00:20.52</b>	+00:27:16 (45.6%)	5:59	10 (54.3%)
243	<b>LOVEDAY Keith</b>	<b>1388</b>		M-40	54	00:00:07	00:29:20	<b>00:59:59.81</b>	<b>01:00:06.88</b>	+00:27:25 (45.7%)	5:59	10 (54.3%)
244	<b>HOLOVANOV Anastasiia</b>	<b>1376</b>		K-40	27	00:00:37	00:28:42	<b>01:00:01.34</b>	<b>01:00:38.88</b>	+00:27:26 (45.7%)	6:00	10 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	<b>ZAKLIŃSKA Katarzyna</b>	<b>1271</b>		K-40	28	00:01:07	00:29:13	<b>01:00:03.42</b>	<b>01:01:10.53</b>	+00:27:28 (45.8%)	6:00	10 (54.3%)
246	<b>PSIUK Szymon</b>	<b>1248</b>		M-20	29	00:00:00	00:29:08	<b>01:00:05.29</b>	<b>01:00:05.29</b>	+00:27:30 (45.8%)	6:00	10 (54.3%)
247	<b>SZULC Dominika</b>	<b>1171</b>	#WPISZCOKOLWIEK	K-30	29	00:00:28	00:29:15	<b>01:00:05.92</b>	<b>01:00:34.44</b>	+00:27:31 (45.8%)	6:00	10 (54.3%)
248	<b>SAMOL Grzegorz</b>	<b>1105</b>		M-50	16	00:00:13	00:28:14	<b>01:00:07.62</b>	<b>01:00:20.87</b>	+00:27:33 (45.8%)	6:00	10 (54.3%)
249	<b>TARADAJ Tomasz</b>	<b>1223</b>		M-50	17	00:00:16	00:27:54	<b>01:00:10.19</b>	<b>01:00:26.63</b>	+00:27:35 (45.9%)	6:01	10 (54.3%)
250	<b>JANIK Szymon</b>	<b>1265</b>		M-40	55	00:01:02	00:29:15	<b>01:00:13.80</b>	<b>01:01:16.62</b>	+00:27:39 (45.9%)	6:01	10 (54.3%)
251	<b>NIEDŹWIEDŹ Daniela</b>	<b>1401</b>	SPOCENI TACISZÓW	K-30	30	00:00:23	00:29:50	<b>01:00:17.56</b>	<b>01:00:40.87</b>	+00:27:43 (46.0%)	6:01	10 (54.3%)
252	<b>CZOSNOWSKI Piotr</b>	<b>1243</b>	CZASY SIĘ SZWENDAJĄ	M-20	30	00:00:28	00:30:14	<b>01:00:26.91</b>	<b>01:00:54.91</b>	+00:27:52 (46.1%)	6:02	9.9 (53.8%)
253	<b>CZOSNOWSKA Anna</b>	<b>1245</b>	CZOSY SIĘ SZWENDAJĄ	K-40	29	00:00:27	00:30:14	<b>01:00:27.04</b>	<b>01:00:54.82</b>	+00:27:52 (46.1%)	6:02	9.9 (53.8%)
254	<b>JANOSZCZYK Anna</b>	<b>1239</b>	SSM	K-40	30	00:00:32	00:30:35	<b>01:00:36.69</b>	<b>01:01:09.25</b>	+00:28:02 (46.3%)	6:03	9.9 (53.8%)
255	<b>WOJCIK Jozefa</b>	<b>1041</b>	1H 10MIN	K-60	2	00:00:31	00:29:19	<b>01:00:37.80</b>	<b>01:01:09.80</b>	+00:28:03 (46.3%)	6:03	9.9 (53.8%)
256	<b>ZDEBEL Michał</b>	<b>1125</b>	FLUOR	M-30	71	00:00:30	00:30:07	<b>01:01:01.37</b>	<b>01:01:32.04</b>	+00:28:26 (46.6%)	6:06	9.8 (53.3%)
257	<b>PRZYDACZ Aleksandra</b>	<b>1185</b>	HIRSCHVOGEL	K-30	31	00:00:50	00:29:42	<b>01:01:05.67</b>	<b>01:01:55.73</b>	+00:28:31 (46.7%)	6:06	9.8 (53.3%)
258	<b>ODZIOMEK Sebastian</b>	<b>1321</b>		M-50	18	00:00:41	00:30:59	<b>01:01:12.53</b>	<b>01:01:54.46</b>	+00:28:38 (46.8%)	6:07	9.8 (53.3%)
259	<b>KAMIŃSKA Ewa</b>	<b>1104</b>		K-30	32	00:00:20	00:29:01	<b>01:01:15.36</b>	<b>01:01:36.02</b>	+00:28:40 (46.8%)	6:07	9.8 (53.3%)
260	<b>KOMAR Bartosz</b>	<b>1276</b>		M-40	56	00:00:29	00:29:05	<b>01:01:16.78</b>	<b>01:01:46.44</b>	+00:28:42 (46.8%)	6:07	9.8 (53.3%)
261	<b>KOMAR Anna</b>	<b>1252</b>		K-40	31	00:00:29	00:29:10	<b>01:01:17.76</b>	<b>01:01:46.90</b>	+00:28:43 (46.9%)	6:07	9.8 (53.3%)
262	<b>GŁOWACKA Justyna</b>	<b>1164</b>	ISTA BIEGAMY	K-30	33	00:00:09	00:29:36	<b>01:01:18.89</b>	<b>01:01:28.47</b>	+00:28:44 (46.9%)	6:07	9.8 (53.3%)
263	<b>PODMAGÓRSKI Krzysztof</b>	<b>1053</b>		M-30	72	00:00:06	00:29:28	<b>01:01:20.81</b>	<b>01:01:27.70</b>	+00:28:46 (46.9%)	6:08	9.8 (53.3%)
264	<b>RATKA Dawid</b>	<b>1197</b>		M-30	73	00:00:00	00:29:54	<b>01:01:26.04</b>	<b>01:01:26.04</b>	+00:28:51 (47.0%)	6:08	9.8 (53.3%)
265	<b>SIĄŻNIK Aleksandra</b>	<b>1361</b>		K-20	10	00:00:17	00:28:36	<b>01:01:27.97</b>	<b>01:01:45.70</b>	+00:28:53 (47.0%)	6:08	9.8 (53.3%)
266	<b>POSACKI Patryk</b>	<b>1206</b>		M-30	74	00:00:51	00:29:35	<b>01:01:29.03</b>	<b>01:02:20.92</b>	+00:28:54 (47.0%)	6:08	9.8 (53.3%)
267	<b>SZOŁTYSIK Andrzej</b>	<b>1365</b>	MIRAZ RACE TEAM	M-50	19	00:00:15	00:30:55	<b>01:01:32.23</b>	<b>01:01:48.21</b>	+00:28:57 (47.1%)	6:09	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	<b>VYSHNIAKOVA Daria</b>	<b>1096</b>		K-30	34	00:00:53	00:30:56	<b>01:01:38.81</b>	<b>01:02:32.41</b>	+00:29:04 (47.2%)	6:09	9.7 (52.7%)
269	<b>TOBOR Pawel</b>	<b>1056</b>		M-30	75	00:00:51	00:29:50	<b>01:01:40.04</b>	<b>01:02:31.22</b>	+00:29:05 (47.2%)	6:10	9.7 (52.7%)
270	<b>MAŃKA Katarzyna</b>	<b>1031</b>		K-40	32	00:00:41	00:30:59	<b>01:01:40.97</b>	<b>01:02:22.77</b>	+00:29:06 (47.2%)	6:10	9.7 (52.7%)
271	<b>FORAJTER Klaudia</b>	<b>1126</b>	FLUOR	K-20	11	00:00:37	00:29:19	<b>01:01:42.31</b>	<b>01:02:19.49</b>	+00:29:07 (47.2%)	6:10	9.7 (52.7%)
272	<b>MAŃKA Marcin</b>	<b>1014</b>		M-40	57	00:00:41	00:31:00	<b>01:01:44.93</b>	<b>01:02:26.13</b>	+00:29:10 (47.2%)	6:10	9.7 (52.7%)
273	<b>JAMROŻY Kasia</b>	<b>1194</b>	ISTA BIEGAMY	K-40	33	00:00:09	00:29:37	<b>01:01:56.45</b>	<b>01:02:05.94</b>	+00:29:21 (47.4%)	6:11	9.7 (52.7%)
274	<b>NOWAKOWSKA-TRZASKA Joanna</b>	<b>1141</b>	HELLWOOD	K-40	34	00:00:31	00:31:29	<b>01:02:05.01</b>	<b>01:02:36.92</b>	+00:29:30 (47.5%)	6:12	9.7 (52.7%)
275	<b>TWARDOCH Aleksandra</b>	<b>1282</b>		K-40	35	00:00:13	00:30:05	<b>01:02:06.62</b>	<b>01:02:20.41</b>	+00:29:32 (47.6%)	6:12	9.7 (52.7%)
276	<b>BAJSAROWICZ Justyna</b>	<b>1277</b>		K-30	35	00:00:00	00:29:56	<b>01:02:10.43</b>	<b>01:02:10.81</b>	+00:29:35 (47.6%)	6:13	9.7 (52.7%)
277	<b>DEMEL Agnieszka</b>	<b>1331</b>		K-40	36	00:00:04	00:30:32	<b>01:02:11.79</b>	<b>01:02:16.42</b>	+00:29:37 (47.6%)	6:13	9.6 (52.2%)
278	<b>JADCZYK Agnieszka</b>	<b>1064</b>		K-30	36	00:00:39	00:31:26	<b>01:02:15.94</b>	<b>01:02:54.98</b>	+00:29:41 (47.7%)	6:13	9.6 (52.2%)
279	<b>MISIAK Małgorzata</b>	<b>1142</b>		K-50	6	00:00:31	00:31:29	<b>01:02:39.91</b>	<b>01:03:11.84</b>	+00:30:05 (48.0%)	6:15	9.6 (52.2%)
280	<b>HOMA Dorota</b>	<b>1296</b>		K-30	37	00:00:46	00:30:19	<b>01:02:50.69</b>	<b>01:03:37.20</b>	+00:30:16 (48.2%)	6:17	9.5 (51.6%)
281	<b>SZUMIATA Milena</b>	<b>1168</b>		K-30	38	00:00:49	00:31:52	<b>01:02:59.57</b>	<b>01:03:48.73</b>	+00:30:25 (48.3%)	6:17	9.5 (51.6%)
282	<b>GRZĄDKOWSKA Izabela</b>	<b>1362</b>		K-60	3	00:00:54	00:31:19	<b>01:03:03.01</b>	<b>01:03:57.92</b>	+00:30:28 (48.3%)	6:18	9.5 (51.6%)
283	<b>CIEŚLA Karol</b>	<b>1136</b>		M-30	76	00:00:11	00:31:37	<b>01:03:04.26</b>	<b>01:03:15.51</b>	+00:30:29 (48.4%)	6:18	9.5 (51.6%)
284	<b>POPIÓŁ Izabela</b>	<b>1111</b>		K-30	39	00:00:34	00:31:06	<b>01:03:04.66</b>	<b>01:03:38.84</b>	+00:30:30 (48.4%)	6:18	9.5 (51.6%)
285	<b>SZUMSKA Anna</b>	<b>1229</b>		K-40	37	00:00:52	00:31:21	<b>01:03:16.56</b>	<b>01:04:09.52</b>	+00:30:42 (48.5%)	6:19	9.5 (51.6%)
286	<b>KURASZ Katarzyna</b>	<b>1228</b>		K-20	12	00:00:42	00:31:57	<b>01:03:18.69</b>	<b>01:04:01.51</b>	+00:30:44 (48.5%)	6:19	9.5 (51.6%)
287	<b>STANISZ Michał</b>	<b>1102</b>		M-40	58	00:00:31	00:30:27	<b>01:03:19.59</b>	<b>01:03:50.65</b>	+00:30:45 (48.6%)	6:19	9.5 (51.6%)
288	<b>CHOLEWA Magdalena</b>	<b>1077</b>		K-40	38	00:00:06	00:30:48	<b>01:03:22.03</b>	<b>01:03:28.36</b>	+00:30:47 (48.6%)	6:20	9.5 (51.6%)
289	<b>PRZYBYŁA Damian</b>	<b>1152</b>	FLUOR	M-30	77	00:00:28	00:29:24	<b>01:03:22.98</b>	<b>01:03:51.72</b>	+00:30:48 (48.6%)	6:20	9.5 (51.6%)
290	<b>NOWARA Paulina</b>	<b>1203</b>	ISTA BIEGAMY	K-20	13	00:00:10	00:30:58	<b>01:03:48.45</b>	<b>01:03:58.45</b>	+00:31:13 (48.9%)	6:22	9.4 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	<b>MARTYNA Jagoda</b>	<b>1081</b>	TEAM ŻAR	K-20	14	00:00:54	00:32:47	<b>01:03:49.16</b>	<b>01:04:43.44</b>	+00:31:14 (49.0%)	6:22	9.4 (51.1%)
292	<b>MIARECKA Monika</b>	<b>1177</b>		K-40	39	00:00:21	00:31:13	<b>01:04:02.89</b>	<b>01:04:24.75</b>	+00:31:28 (49.1%)	6:24	9.4 (51.1%)
293	<b>SOJA Wojciech</b>	<b>1065</b>	RKS HUWDU	M-30	78	00:00:07	00:31:05	<b>01:04:03.16</b>	<b>01:04:10.95</b>	+00:31:28 (49.1%)	6:24	9.4 (51.1%)
294	<b>KRAWCZYK Hanna</b>	<b>1274</b>		K-40	40	00:00:21	00:31:13	<b>01:04:03.54</b>	<b>01:04:25.10</b>	+00:31:29 (49.1%)	6:24	9.4 (51.1%)
295	<b>ZAPOTOCZNY Przemysław</b>	<b>1033</b>		M-40	59	00:00:46	00:33:47	<b>01:04:17.10</b>	<b>01:05:03.73</b>	+00:31:42 (49.3%)	6:25	9.3 (50.5%)
296	<b>SETKOWICZ Piotr</b>	<b>1080</b>		M-40	60	00:00:54	00:32:03	<b>01:04:27.23</b>	<b>01:05:21.39</b>	+00:31:52 (49.5%)	6:26	9.3 (50.5%)
297	<b>RACZKOWSKA Sandra</b>	<b>1067</b>		K-30	40	00:00:05	00:30:50	<b>01:04:33.47</b>	<b>01:04:38.95</b>	+00:31:59 (49.5%)	6:27	9.3 (50.5%)
298	<b>BEMŚ Emilia</b>	<b>1026</b>	KS SOŚNICA	K-30	41	00:00:31	00:32:38	<b>01:04:36.90</b>	<b>01:05:08.39</b>	+00:32:02 (49.6%)	6:27	9.3 (50.5%)
299	<b>JANUS Małgorzata</b>	<b>1246</b>		K-30	42	00:00:12	00:30:38	<b>01:04:42.14</b>	<b>01:04:54.73</b>	+00:32:07 (49.7%)	6:28	9.3 (50.5%)
300	<b>BARANOWSKI Wojciech</b>	<b>1374</b>		M-30	79	00:00:16	00:32:31	<b>01:05:02.17</b>	<b>01:05:18.37</b>	+00:32:27 (49.9%)	6:30	9.2 (50.0%)
301	<b>FRAĆZAK Daria</b>	<b>1324</b>		K-30	43	00:00:45	00:33:01	<b>01:05:11.34</b>	<b>01:05:56.55</b>	+00:32:36 (50.0%)	6:31	9.2 (50.0%)
302	<b>KWIATKOWSKA Elwira</b>	<b>1071</b>	ZABIEGANY TEAM	K-40	41	00:00:04	00:31:39	<b>01:05:14.25</b>	<b>01:05:19.19</b>	+00:32:39 (50.1%)	6:31	9.2 (50.0%)
303	<b>WERSZNER-GRAMAŁA Aleksandra</b>	<b>1110</b>	HIRSCHVOGEL	K-30	44	00:00:51	00:31:17	<b>01:05:21.26</b>	<b>01:06:12.47</b>	+00:32:46 (50.2%)	6:32	9.2 (50.0%)
304	<b>URBANEK Dorota</b>	<b>1020</b>		K-30	45	00:00:41	00:31:39	<b>01:05:42.91</b>	<b>01:06:24.03</b>	+00:33:08 (50.4%)	6:34	9.1 (49.5%)
305	<b>KIESLICH-PAŃTAK Aleksandra</b>	<b>1151</b>		K-40	42	00:00:13	00:32:06	<b>01:05:56.52</b>	<b>01:06:10.05</b>	+00:33:22 (50.6%)	6:35	9.1 (49.5%)
306	<b>FOSZNER Paweł</b>	<b>1266</b>		M-30	80	00:00:24	00:31:28	<b>01:06:01.27</b>	<b>01:06:25.86</b>	+00:33:26 (50.7%)	6:36	9.1 (49.5%)
307	<b>SZEWC Henryk</b>	<b>1017</b>	#HUTATEAM	M-50	20	00:00:12	00:33:15	<b>01:06:32.21</b>	<b>01:06:44.60</b>	+00:33:57 (51.0%)	6:39	9 (48.9%)
308	<b>GAWŁOWSKA-SZTWIERTNIA Agnieszka</b>	<b>1366</b>		K-30	46	00:00:12	00:32:39	<b>01:06:38.67</b>	<b>01:06:51.20</b>	+00:34:04 (51.1%)	6:39	9 (48.9%)
309	<b>SOŁTYSIAK Beniamin</b>	<b>1259</b>		M-30	81	00:00:00	00:32:35	<b>01:06:46.45</b>	<b>01:06:46.45</b>	+00:34:11 (51.2%)	6:40	9 (48.9%)
310	<b>BARANOWSKA Ewa</b>	<b>1375</b>		K-30	47	00:00:15	00:33:33	<b>01:07:03.56</b>	<b>01:07:18.99</b>	+00:34:29 (51.4%)	6:42	8.9 (48.4%)
311	<b>BOJEŚ Marcin</b>	<b>1371</b>		M-30	82	00:00:43	00:32:17	<b>01:07:08.79</b>	<b>01:07:51.81</b>	+00:34:34 (51.5%)	6:42	8.9 (48.4%)
312	<b>GÓRAL Agnieszka</b>	<b>1345</b>		K-30	48	00:00:19	00:33:29	<b>01:07:12.75</b>	<b>01:07:32.48</b>	+00:34:38 (51.5%)	6:43	8.9 (48.4%)
313	<b>BROŻEK Bartosz</b>	<b>1108</b>		M-20	31	00:00:10	00:31:59	<b>01:07:26.33</b>	<b>01:07:36.77</b>	+00:34:51 (51.7%)	6:44	8.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	<b>WÓJCIK Katarzyna</b>	<b>1320</b>	PRZYJACIELE UŚMIECHU	K-40	43	00:00:08	00:31:45	<b>01:07:37.78</b>	<b>01:07:46.73</b>	+00:35:03 (51.8%)	6:45	8.9 (48.4%)
315	<b>TOWAREK Agnieszka</b>	<b>1283</b>		K-50	7	00:00:47	00:33:10	<b>01:07:41.13</b>	<b>01:08:28.78</b>	+00:35:06 (51.9%)	6:46	8.9 (48.4%)
316	<b>GRABSKA Anna</b>	<b>1373</b>		K-30	49	00:00:14	00:33:33	<b>01:07:51.01</b>	<b>01:08:05.99</b>	+00:35:16 (52.0%)	6:47	8.8 (47.8%)
317	<b>SCHWIERZ Karolina</b>	<b>1005</b>		K-20	15	00:00:30	00:33:43	<b>01:08:01.62</b>	<b>01:08:31.80</b>	+00:35:27 (52.1%)	6:48	8.8 (47.8%)
318	<b>MATUSEK Anna</b>	<b>1117</b>		K-20	16	00:00:37	00:32:23	<b>01:08:09.35</b>	<b>01:08:46.57</b>	+00:35:34 (52.2%)	6:48	8.8 (47.8%)
319	<b>NIEUŻYŁA Marta</b>	<b>1006</b>		K-30	50	00:00:14	00:33:18	<b>01:08:32.70</b>	<b>01:08:47.56</b>	+00:35:58 (52.5%)	6:51	8.8 (47.8%)
320	<b>MIKOŁAJCZYK Michał</b>	<b>1162</b>		M-30	83	00:00:50	00:34:53	<b>01:08:46.99</b>	<b>01:09:37.53</b>	+00:36:12 (52.6%)	6:52	8.7 (47.3%)
321	<b>IDZIK Irena</b>	<b>1047</b>		K-50	8	00:00:20	00:34:02	<b>01:08:56.57</b>	<b>01:09:17.18</b>	+00:36:22 (52.8%)	6:53	8.7 (47.3%)
322	<b>JANIK Helena</b>	<b>1264</b>		K-30	51	00:01:02	00:33:24	<b>01:09:03.31</b>	<b>01:10:05.45</b>	+00:36:28 (52.8%)	6:54	8.7 (47.3%)
323	<b>PIKUZIŃSKA Maja</b>	<b>1013</b>		K-40	44	00:00:38	00:33:49	<b>01:09:22.21</b>	<b>01:10:00.46</b>	+00:36:47 (53.0%)	6:56	8.6 (46.7%)
324	<b>POPKO Iwona</b>	<b>1029</b>		K-40	45	00:00:15	00:33:39	<b>01:09:27.89</b>	<b>01:09:43.22</b>	+00:36:53 (53.1%)	6:56	8.6 (46.7%)
325	<b>HATALSKI Szymon</b>	<b>1319</b>		M-40	61	00:00:47	00:35:18	<b>01:10:01.60</b>	<b>01:10:48.71</b>	+00:37:27 (53.5%)	7:00	8.6 (46.7%)
326	<b>KUROWSKA Dobrochna</b>	<b>1250</b>		K-50	9	00:00:38	00:35:40	<b>01:10:23.29</b>	<b>01:11:02.23</b>	+00:37:48 (53.7%)	7:02	8.5 (46.2%)
327	<b>MRÓWKA Ilona</b>	<b>1149</b>		K-50	10	00:00:17	00:33:28	<b>01:10:32.74</b>	<b>01:10:50.59</b>	+00:37:58 (53.8%)	7:03	8.5 (46.2%)
328	<b>HEESE Aleksander</b>	<b>1263</b>		M-20	32	00:00:49	00:34:55	<b>01:10:33.58</b>	<b>01:11:23.38</b>	+00:37:59 (53.8%)	7:03	8.5 (46.2%)
329	<b>KWIECIŃSKA Dagmara</b>	<b>1367</b>		K-40	46	00:00:11	00:33:50	<b>01:10:35.28</b>	<b>01:10:46.71</b>	+00:38:00 (53.9%)	7:03	8.5 (46.2%)
330	<b>GRABARCZYK Mateusz</b>	<b>1004</b>		M-20	33	00:00:30	00:35:27	<b>01:10:44.51</b>	<b>01:11:15.17</b>	+00:38:10 (54.0%)	7:04	8.5 (46.2%)
331	<b>STEBEL Julia</b>	<b>1002</b>		K-20	17	00:00:30	00:35:26	<b>01:10:45.18</b>	<b>01:11:15.22</b>	+00:38:10 (54.0%)	7:04	8.5 (46.2%)
332	<b>NEUMANN Monika</b>	<b>1372</b>		K-30	52	00:00:14	00:34:53	<b>01:11:18.65</b>	<b>01:11:33.58</b>	+00:38:44 (54.3%)	7:07	8.4 (45.7%)
333	<b>ZIMON Jakub</b>	<b>1303</b>		M-20	34	00:00:00		<b>01:11:23.80</b>	<b>01:11:23.80</b>	+00:38:49 (54.4%)	7:08	8.4 (45.7%)
334	<b>BENKE Barbara</b>	<b>1039</b>		K-30	53	00:00:38	00:35:28	<b>01:11:38.88</b>	<b>01:12:17.08</b>	+00:39:04 (54.5%)	7:09	8.4 (45.7%)
335	<b>ZUBRZYCKI Adrian</b>	<b>1188</b>	HIRSCHVOGEL	M-30	84	00:00:50	00:34:16	<b>01:12:02.98</b>	<b>01:12:53.68</b>	+00:39:28 (54.8%)	7:12	8.3 (45.1%)
336	<b>SIKORSKA Katarzyna</b>	<b>1351</b>		K-40	47	00:00:36	00:34:08	<b>01:12:42.95</b>	<b>01:13:19.36</b>	+00:40:08 (55.2%)	7:16	8.3 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	<b>FALĘCKA Katarzyna</b>	<b>1116</b>	FLUOR	K-40	48	00:00:36	00:34:20	<b>01:12:43.14</b>	<b>01:13:20.11</b>	+00:40:08 (55.2%)	7:16	8.3 (45.1%)
338	<b>SKRZYPULEC Teresa</b>	<b>1048</b>	SLOW JOGGING GLIWICE	K-60	4	00:00:16	00:35:14	<b>01:13:17.47</b>	<b>01:13:33.66</b>	+00:40:43 (55.6%)	7:19	8.2 (44.6%)
339	<b>DYTKO Aneta</b>	<b>1036</b>		K-30	54	00:00:35	00:35:30	<b>01:13:20.81</b>	<b>01:13:56.20</b>	+00:40:46 (55.6%)	7:20	8.2 (44.6%)
340	<b>PASZEK Katarzyna</b>	<b>1061</b>	SLOW JOGGING GLIWICE	K-30	55	00:00:15	00:35:09	<b>01:14:04.59</b>	<b>01:14:20.00</b>	+00:41:30 (56.0%)	7:24	8.1 (44.0%)
341	<b>PIKTAS Krzysztof</b>	<b>1045</b>		M-60	8	00:00:22	00:35:50	<b>01:14:46.31</b>	<b>01:15:08.84</b>	+00:42:11 (56.4%)	7:28	8 (43.5%)
342	<b>KURASZ Michał</b>	<b>1037</b>		M-30	85	00:00:09	00:36:38	<b>01:16:25.47</b>	<b>01:16:35.18</b>	+00:43:51 (57.4%)	7:38	7.9 (42.9%)
343	<b>DZIECH Mariusz</b>	<b>1138</b>	FLUOR	M-50	21	00:00:41	00:36:44	<b>01:16:37.57</b>	<b>01:17:18.73</b>	+00:44:03 (57.5%)	7:39	7.8 (42.4%)
344	<b>GABOR Aleksandra</b>	<b>1392</b>		K-30	56	00:00:46	00:37:33	<b>01:17:14.22</b>	<b>01:18:00.27</b>	+00:44:39 (57.8%)	7:43	7.8 (42.4%)
345	<b>JABŁUKIEWICZ Jacek</b>	<b>1379</b>	MIRAZRACETEAM	M-50	22	00:00:32	00:36:23	<b>01:17:23.00</b>	<b>01:17:55.92</b>	+00:44:48 (57.9%)	7:44	7.8 (42.4%)
346	<b>ZEGZUŁA Jakub</b>	<b>1275</b>	#HUTATEAM	M-20	35	00:00:13	00:38:14	<b>01:17:50.66</b>	<b>01:18:03.92</b>	+00:45:16 (58.2%)	7:47	7.7 (41.8%)
347	<b>KRZEMIŃSKA Jadwiga</b>	<b>1310</b>		K-50	11	00:00:38	00:38:46	<b>01:21:26.90</b>	<b>01:22:05.66</b>	+00:48:52 (60.0%)	8:08	7.4 (40.2%)
348	<b>GÓRKA Grzegorz</b>	<b>1157</b>	BIEGAM BO LUBIĘ	M-50	23	00:00:20	00:40:35	<b>01:26:46.18</b>	<b>01:27:07.11</b>	+00:54:11 (62.5%)	8:40	6.9 (37.5%)
349	<b>PIECUCH Agnieszka</b>	<b>1272</b>		K-30	57	00:00:03						(0.0%)

Znaleziono 349 wynik(ów)