



X PÓŁMARATON GLIWICKI

B4SPORT

Wydarzenie: X PKO PÓŁMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-10-06
Miejsce: Gliwice
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo	Tempo
						startu	10km	16.097km	21.097km	21.097km		min/km	km/h
1	DĄBROWSKI Przemysław	2737	DĄBROWSKI TEAM	M-30	1	00:00:03	00:33:51	00:54:35	01:12:14.88	01:12:17.97		3:25	17.5 (100%)
2	GRZEGORZYCA Marcin	2171		M-40	1	00:00:03	00:34:43	00:55:58	01:13:28.67	01:13:32.49	+00:01:13 (1.7%)	3:28	17.2 (98.3%)
3	PIELA Stanisław	2475	MKL CIĘCINA	M-30	2	00:00:03	00:34:41	00:55:58	01:13:30.52	01:13:33.95	+00:01:15 (1.7%)	3:29	17.2 (98.3%)
4	KOŹDOŃ Jarek	2834	TL ROW RYBNIK	M-40	2	00:00:04	00:34:54	00:56:06	01:13:33.43	01:13:37.44	+00:01:18 (1.8%)	3:29	17.2 (98.3%)
5	TESLUK Kuba	2626	AW - SZYBCIEJ - TEAM	M-30	3	00:00:03	00:34:43	00:56:01	01:13:37.37	01:13:41.02	+00:01:22 (1.9%)	3:29	17.2 (98.3%)
6	STEFAŃSKI Dawid	2585		M-30	4	00:00:03	00:34:43	00:55:59	01:13:43.64	01:13:47.11	+00:01:28 (2.0%)	3:29	17.2 (98.3%)
7	ŻANDARSKI Alan	2729	DYCZUŚ TEAM	M-30	5	00:00:00	00:35:34	00:56:51	01:14:47.15	01:14:47.36	+00:02:32 (3.4%)	3:32	16.9 (96.6%)
8	WOLNIK Mateusz	2689	-	M-30	6	00:00:02	00:35:15	00:57:05	01:15:39.07	01:15:42.07	+00:03:24 (4.5%)	3:35	16.7 (95.4%)
9	NOWAK Andrzej	2426	NOWAK-TEAM	M-40	3	00:00:03	00:36:02	00:57:50	01:15:58.18	01:16:01.33	+00:03:43 (4.9%)	3:36	16.7 (95.4%)
10	KUROWSKI Andrew	2314		M-40	4	00:00:03	00:36:01	00:57:49	01:16:03.70	01:16:07.09	+00:03:48 (5.0%)	3:36	16.6 (94.9%)
11	IWANCA Leszek	2199	LEON ZAWODOWIEC	M-50	1	00:00:04	00:37:15	01:00:05	01:19:19.08	01:19:23.59	+00:07:04 (8.9%)	3:45	16 (91.4%)
12	BROŻYNA Rafał	2752		M-30	7	00:00:04	00:38:09	01:01:29	01:20:45.90	01:20:50.60	+00:08:31 (10.5%)	3:49	15.7 (89.7%)
13	PLOCH Jakub	2493		M-30	8	00:00:04	00:38:08	01:01:29	01:20:53.67	01:20:57.83	+00:08:38 (10.7%)	3:50	15.6 (89.1%)
14	WACHLA Rafał	2647	TOURSPORT RUNNING TEAM, CIDRY LOTAJOM	M-40	5	00:00:04	00:38:20	01:01:53	01:21:38.96	01:21:43.42	+00:09:24 (11.5%)	3:52	15.5 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
15	PIENIĄŻEK Krzysiek	2476	INŻYNIERIA BIEGANIE TEAM	M-40	6	00:00:06	00:39:30	01:03:19	01:23:05.36	01:23:11.45	+00:10:50 (13.0%)	3:56	15.2 (86.9%)
16	KRZĄPA Łukasz	2305		M-30	9	00:00:05	00:39:31	01:03:26	01:23:42.09	01:23:47.38	+00:11:27 (13.7%)	3:58	15.1 (86.3%)
17	ŁAKOMSKI Paweł	2347	BOJKÓW TEAM	M-40	7	00:00:04	00:38:30	01:02:49	01:23:51.05	01:23:55.36	+00:11:36 (13.8%)	3:58	15.1 (86.3%)
18	KLUSA Zbigniew	2749	CAFE MOBIL	M-50	2	00:00:08	00:39:09	01:03:25	01:24:06.16	01:24:14.73	+00:11:51 (14.1%)	3:59	15.1 (86.3%)
19	BIZOŃ Tomasz	2769	CZORNO LINIA ŁĘDZINY	M-50	3	00:00:04	00:40:23	01:04:24	01:24:41.29	01:24:45.34	+00:12:26 (14.7%)	4:00	14.9 (85.1%)
20	POJDA Adam	2498		M-40	8	00:00:07		01:04:30	01:24:51.71	01:24:59.27	+00:12:36 (14.9%)	4:01	14.9 (85.1%)
21	RZEPKA Bernard	2538	ACTIVETEAM AMP	M-50	4	00:00:05	00:40:32	01:05:11	01:26:01.31	01:26:06.73	+00:13:46 (16.0%)	4:04	14.7 (84.0%)
22	KOROLCZUK Mateusz	2275		M-30	10	00:00:11	00:40:57	01:05:58	01:26:31.64	01:26:43.45	+00:14:16 (16.5%)	4:06	14.6 (83.4%)
23	TULEJA Aleksandra	2640	LIGOTA TEAM	K-30	1	00:00:07	00:41:04	01:06:01	01:26:35.99	01:26:43.30	+00:14:21 (16.6%)	4:06	14.6 (83.4%)
24	MASARCZYK Szymon	2383	COMARCHONRUN	M-30	11	00:00:04	00:39:55	01:05:11	01:26:54.06	01:26:58.69	+00:14:39 (16.9%)	4:07	14.6 (83.4%)
25	BROL Dominika	2058		K-30	2	00:00:08	00:41:21	01:06:20	01:27:05.28	01:27:13.42	+00:14:50 (17.0%)	4:07	14.5 (82.9%)
26	BULA Daniel	2820	INŻYNIERIA BIEGANIA	M-40	9	00:00:06	00:41:12	01:06:16	01:27:05.77	01:27:12.47	+00:14:50 (17.0%)	4:07	14.5 (82.9%)
27	SZTUKA Łukasz	2811	SZALONY KOWBOJ Z USA	M-40	10	00:00:00	00:41:29	01:06:27	01:27:07.90	01:27:07.90	+00:14:53 (17.1%)	4:07	14.5 (82.9%)
28	PAŁKA Kacper	2452	KB PARANTELA	M-20	1	00:00:04	00:40:13	01:05:03	01:27:31.06	01:27:35.37	+00:15:16 (17.4%)	4:08	14.5 (82.9%)
29	WIECHUŁA Marcin	2840	MOMO RESTAURANT & WINE	M-40	11	00:00:07	00:39:38	01:05:55	01:27:31.64	01:27:39.54	+00:15:16 (17.5%)	4:08	14.5 (82.9%)
30	ŚWIRSKI Andrzej	2621	CIDRY LOTAJOM	M-30	12	00:00:08	00:40:57	01:06:15	01:27:33.21	01:27:41.73	+00:15:18 (17.5%)	4:08	14.5 (82.9%)
31	BENEDETTI Cesare	2027		M-30	13	00:01:24	00:42:11	01:07:10	01:27:39.51	01:29:04.36	+00:15:24 (17.6%)	4:09	14.4 (82.3%)
32	OSETEK Paweł	2443	RADLINIOKI W BIEGU	M-30	14	00:00:04	00:41:47	01:07:10	01:28:31.34	01:28:35.42	+00:16:16 (18.4%)	4:11	14.3 (81.7%)
33	KRAICZICZEK Krzysztof	2292	RESHAPE	M-40	12	00:00:09	00:41:49	01:07:12	01:28:36.26	01:28:45.33	+00:16:21 (18.5%)	4:11	14.3 (81.7%)
34	SIEJA Sebastian	2551	...	M-30	15	00:00:39		01:07:07	01:28:43.98	01:29:23.03	+00:16:29 (18.6%)	4:12	14.3 (81.7%)
35	GRZESIKIEWICZ Mariusz	2173		M-40	13	00:00:07	00:41:54	01:07:00	01:28:45.78	01:28:53.22	+00:16:30 (18.6%)	4:12	14.3 (81.7%)
36	FURMANEK Łukasz	2136	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	M-40	14	00:00:04	00:40:34	01:06:57	01:29:10.48	01:29:14.88	+00:16:55 (19.0%)	4:13	14.2 (81.1%)
37	SZWARC Daniel	2799		M-30	16	00:00:22	00:42:28	01:08:01	01:29:15.22	01:29:37.92	+00:17:00 (19.1%)	4:13	14.2 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
38	ŁAKOMY Piotr	2349		M-30	17	00:00:20	00:42:29	01:08:02	01:29:16.44	01:29:37.07	+00:17:01 (19.1%)	4:13	14.2 (81.1%)
39	KRASNODEBSKI Mateusz	2296		M-30	18	00:00:10	00:43:29	01:08:45	01:29:24.60	01:29:34.68	+00:17:09 (19.2%)	4:14	14.2 (81.1%)
40	MALISZ Jakub	2369		M-30	19	00:00:06	00:41:42	01:07:49	01:29:38.43	01:29:44.54	+00:17:23 (19.4%)	4:14	14.1 (80.6%)
41	BUDKA Borys	2065		M-40	15	00:00:05	00:42:34	01:08:19	01:29:43.55	01:29:48.85	+00:17:28 (19.5%)	4:15	14.1 (80.6%)
42	FILAK Tomasz	2123		M-30	20	00:00:18	00:43:53	01:09:17	01:29:50.87	01:30:08.89	+00:17:35 (19.6%)	4:15	14.1 (80.6%)
43	SZEWCZYK Urszula	2793	AUGUSTEAM	K-50	1	00:00:06	00:42:21	01:08:17	01:29:59.15	01:30:05.69	+00:17:44 (19.7%)	4:15	14.1 (80.6%)
44	KIDA Marek	2807		M-40	16	00:00:06	00:42:39	01:08:33	01:30:03.87	01:30:10.45	+00:17:48 (19.8%)	4:16	14.1 (80.6%)
45	GAJEWSKI Wojciech	2754	UKS OLIMPIA ZABRZE	M-40	17	00:00:05	00:42:33	01:08:19	01:30:08.09	01:30:13.67	+00:17:53 (19.8%)	4:16	14 (80.0%)
46	MIKOŁAJCZYK Mirosław	2778	MIRAZ RACE TEAM	M-40	18	00:00:18	00:43:07	01:08:44	01:30:12.86	01:30:31.62	+00:17:57 (19.9%)	4:16	14 (80.0%)
47	PAWIŃSKI Paweł	2462		M-30	21	00:00:04	00:42:34	01:08:37	01:30:17.39	01:30:22.18	+00:18:02 (20.0%)	4:16	14 (80.0%)
48	BACZKOWSKI Jacek	2007		M-20	2	00:00:05	00:41:57	01:07:53	01:30:18.30	01:30:23.64	+00:18:03 (20.0%)	4:16	14 (80.0%)
49	WITKIEWICZ Wojciech	2677		M-30	22	00:00:10	00:43:52	01:09:17	01:30:30.31	01:30:41.25	+00:18:15 (20.2%)	4:17	14 (80.0%)
50	GAMOŃ Jakub	2139		M-20	3	00:00:06	00:42:32	01:08:35	01:30:34.41	01:30:40.70	+00:18:19 (20.2%)	4:17	14 (80.0%)
51	PLAZA Łukasz	2491	O CO BIEGA W KALETACH	M-40	19	00:00:25	00:43:35	01:09:43	01:30:56.72	01:31:21.97	+00:18:41 (20.6%)	4:18	13.9 (79.4%)
52	KAZIMIERCZAK Michał	2792		M-30	23	00:00:06	00:42:32	01:08:36	01:30:59.40	01:31:05.79	+00:18:44 (20.6%)	4:18	13.9 (79.4%)
53	POKRYSZKA Bartosz	2501		M-30	24	00:00:08	00:43:20	01:09:45	01:31:36.62	01:31:45.02	+00:19:21 (21.1%)	4:20	13.8 (78.9%)
54	GRZEGORCZYK Jakub	2170		M-20	4	00:01:44	00:43:45	01:09:49	01:31:39.84	01:33:24.32	+00:19:24 (21.2%)	4:20	13.8 (78.9%)
55	HACZYK Piotr	2780		M-50	5	00:00:22	00:43:40	01:09:57	01:32:03.65	01:32:26.61	+00:19:48 (21.5%)	4:21	13.8 (78.9%)
56	SOWIAK Aleksander	2575	CODECONCEPT	M-30	25	00:00:26	00:43:08	01:09:23	01:32:13.72	01:32:40.00	+00:19:58 (21.7%)	4:22	13.7 (78.3%)
57	BARAŃSKI Rafał	2014	WITKOWSKI RUNNING TEAM	M-40	20	00:00:08	00:43:55	01:10:05	01:32:23.50	01:32:32.25	+00:20:08 (21.8%)	4:22	13.7 (78.3%)
58	ZDON Paweł	2712	PARKRUN KĘDZIERZYN-KOŹLE	M-40	21	00:00:19	00:43:54	01:10:18	01:32:25.24	01:32:44.75	+00:20:10 (21.8%)	4:22	13.7 (78.3%)
59	CHEJDYS Krystian	2839	MOMO RESTAURANT & WINE	M-40	22	00:00:08	00:43:18	01:10:01	01:32:28.72	01:32:37.55	+00:20:13 (21.9%)	4:22	13.7 (78.3%)
60	KUŹNIK Edward	2318	AKTYWNI LYSKI	M-40	23	00:02:07	00:44:18	01:10:21	01:32:32.30	01:34:40.21	+00:20:17 (21.9%)	4:23	13.7 (78.3%)

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						startu	10km	16.097km	21.097km	21.097km			
61	TYNDYK Grzegorz	2644		M-30	26	00:00:10	00:43:37	01:10:19	01:32:45.74	01:32:56.55	+00:20:30 (22.1%)	4:23	13.6 (77.7%)
62	MICHALSKI Marcin	2396		M-20	5	00:00:06	00:44:01	01:11:04	01:32:54.41	01:33:00.94	+00:20:39 (22.2%)	4:24	13.6 (77.7%)
63	WIŚNIEWSKI Adam	2783		M-20	6	00:01:44	00:44:23	01:10:55	01:32:58.44	01:34:42.97	+00:20:43 (22.3%)	4:24	13.6 (77.7%)
64	OKRÓJ Zbigniew	2432		M-50	6	00:00:17	00:44:36	01:11:18	01:33:04.50	01:33:22.04	+00:20:49 (22.4%)	4:24	13.6 (77.7%)
65	HARWIG Tomasz	2185		M-40	24	00:00:04	00:43:17	01:10:04	01:33:08.92	01:33:13.16	+00:20:54 (22.4%)	4:24	13.6 (77.7%)
66	PODSIADŁO Adam	2495		M-40	25	00:00:05	00:44:16	01:10:44	01:33:14.67	01:33:19.75	+00:20:59 (22.5%)	4:25	13.6 (77.7%)
67	JAROSZ Adam	2205	-	M-40	26	00:00:10		01:09:26	01:33:33.21	01:33:43.60	+00:21:18 (22.8%)	4:26	13.5 (77.1%)
68	WYLECIAŁ Jacek	2703	SKS CYNKÓW	M-60	1	00:00:09	00:44:37	01:11:15	01:33:43.85	01:33:53.34	+00:21:28 (22.9%)	4:26	13.5 (77.1%)
69	KLOSKA Marek	2246	ISTA BIEGAMY	M-30	27	00:00:07	00:43:51	01:10:57	01:33:46.87	01:33:54.72	+00:21:31 (23.0%)	4:26	13.5 (77.1%)
70	IWACHOW Jacek	2197	EXORIGO UPOS	M-30	28	00:00:13	00:43:12	01:10:48	01:33:50.67	01:34:04.43	+00:21:35 (23.0%)	4:26	13.5 (77.1%)
71	MARCINIAK Rafał	2822		M-30	29	00:00:42	00:45:57	01:12:50	01:34:11.47	01:34:54.35	+00:21:56 (23.3%)	4:27	13.4 (76.6%)
72	SZEJKA Leszek	2599	RUNPROGRESSTEAM.PL	M-30	30	00:00:20	00:45:15	01:12:41	01:34:49.13	01:35:10.08	+00:22:34 (23.8%)	4:29	13.4 (76.6%)
73	RUTKOWSKI Bartłomiej	2842	MOMO RESTAURANT&WINE	M-30	31	00:00:16			01:34:56.00	01:35:12.00	+00:22:41 (23.9%)	4:29	13.3 (76.0%)
74	GRUSZCZYŃSKI Stanisław	2169		M-30	32	00:00:05	00:44:33	01:12:38	01:34:56.20	01:35:01.92	+00:22:41 (23.9%)	4:29	13.3 (76.0%)
75	KOŻUCH Sławomir	2291	RODZINKA.PL	M-40	27	00:00:15	00:45:04	01:12:28	01:35:01.89	01:35:17.32	+00:22:47 (24.0%)	4:30	13.3 (76.0%)
76	BIRCHANKA Vitali	2036		M-30	33	00:02:20	00:45:35	01:12:32	01:35:07.42	01:37:28.21	+00:22:52 (24.0%)	4:30	13.3 (76.0%)
77	WIŚNIEWSKI Tomasz	2671		M-40	28	00:00:26	00:44:22	01:11:47	01:35:18.24	01:35:44.28	+00:23:03 (24.2%)	4:31	13.3 (76.0%)
78	CHWASTEK Dominik	2080		M-20	7	00:01:09	00:45:46	01:12:57	01:35:19.06	01:36:28.97	+00:23:04 (24.2%)	4:31	13.3 (76.0%)
79	KRAWIEC Adam	2298		M-30	34	00:00:13	00:46:24	01:13:09	01:35:19.40	01:35:32.96	+00:23:04 (24.2%)	4:31	13.3 (76.0%)
80	NIEDŹWIEDŹ Jarosław	2841	MOMO RESTAURANT&WINE	M-30	35	00:00:15			01:35:26.00	01:35:41.00	+00:23:11 (24.3%)	4:31	13.3 (76.0%)
81	PIĄTKOWSKI Jakub	2738		M-20	8	00:02:05	00:45:45	01:12:56	01:35:35.38	01:37:41.27	+00:23:20 (24.4%)	4:31	13.2 (75.4%)
82	OŁUBEK Robert	2441	HRMAX ŻORY	M-40	29	00:00:25	00:45:53	01:12:52	01:35:39.67	01:36:05.31	+00:23:24 (24.5%)	4:32	13.2 (75.4%)
83	GRZYB Dariusz	2174	BRAK	M-50	7	00:00:12	00:46:19	01:13:33	01:36:03.79	01:36:16.48	+00:23:48 (24.8%)	4:33	13.2 (75.4%)

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						startu	10km	16.097km	21.097km	21.097km			
84	ZIELIŃSKI Marcin	2717		M-40	30	00:00:21	00:46:20	01:13:21	01:36:06.95	01:36:28.49	+00:23:52 (24.8%)	4:33	13.2 (75.4%)
85	ZAWISZA Michał	2710		M-30	36	00:00:14	00:45:48	01:13:13	01:36:14.23	01:36:28.44	+00:23:59 (24.9%)	4:33	13.2 (75.4%)
86	TOMASZEWSKI Łukasz	2633	IM INSPIRATION	M-30	37	00:00:18	00:44:58	01:12:59	01:36:15.96	01:36:34.89	+00:24:01 (24.9%)	4:33	13.2 (75.4%)
87	WIELOPOLSKI Michał	2661		M-20	9	00:02:29	00:46:12	01:13:22	01:36:20.82	01:38:50.04	+00:24:05 (25.0%)	4:33	13.1 (74.9%)
88	BIENIEK Kewin	2035		M-30	38	00:00:07	00:45:02	01:12:44	01:36:28.44	01:36:36.26	+00:24:13 (25.1%)	4:34	13.1 (74.9%)
89	PILARCZYK Łukasz	2481	KB JÓZEFINKA KATOWICE	M-40	31	00:00:06	00:45:14	01:13:09	01:36:31.29	01:36:37.78	+00:24:16 (25.1%)	4:34	13.1 (74.9%)
90	OGIERMAN Grzegorz	2777		M-40	32	00:00:55	00:46:12	01:14:17	01:36:58.91	01:37:54.80	+00:24:44 (25.5%)	4:35	13.1 (74.9%)
91	BRZÓSKA Rafał	2063	BRZOZA TEAM	M-40	33	00:00:56	00:46:10	01:14:17	01:37:01.81	01:37:58.54	+00:24:46 (25.5%)	4:35	13 (74.3%)
92	FIDELOK Michał	2122		M-20	10	00:00:11	00:46:55	01:15:00	01:37:02.13	01:37:14.12	+00:24:47 (25.5%)	4:35	13 (74.3%)
93	RUTKOWSKI Michał	2535	MOMO RESTAURANT&WINE	M-30	39	00:00:13	00:46:17	01:14:11	01:37:11.00	01:37:24.26	+00:24:56 (25.7%)	4:36	13 (74.3%)
94	PIURA Bartłomiej	2489		M-20	11	00:00:22	00:45:08	01:14:04	01:37:17.86	01:37:40.62	+00:25:02 (25.7%)	4:36	13 (74.3%)
95	WOŁOSZ Grzegorz	2691	NWG	M-30	40	00:00:15	00:44:50	01:12:54	01:37:21.66	01:37:36.93	+00:25:06 (25.8%)	4:36	13 (74.3%)
96	STAROSTKA Jacek	2582	PKO BANK POLSKI BIEGAJMY RAZEM	M-50	8	00:00:20	00:45:55	01:14:01	01:37:21.80	01:37:42.62	+00:25:06 (25.8%)	4:36	13 (74.3%)
97	WACŁAWCZYK Rafał	2649	SĄSIEDZITEAM	M-30	41	00:00:31	00:46:44	01:15:23	01:37:21.99	01:37:53.42	+00:25:07 (25.8%)	4:36	13 (74.3%)
98	MISIŃSKI Paweł	2400	OSTATNI PLASTRON	M-40	34	00:00:05	00:45:29	01:13:35	01:37:23.11	01:37:28.70	+00:25:08 (25.8%)	4:36	13 (74.3%)
99	STORF Alexander	2587	TRIRUN LINZ	M-40	35	00:00:09	00:46:44	01:14:16	01:37:36.15	01:37:45.88	+00:25:21 (26.0%)	4:37	13 (74.3%)
100	BRANDSTÄTTER Grazyna	2057	TRIRUN LINZ	K-40	1	00:00:09	00:46:40	01:14:16	01:37:36.36	01:37:45.86	+00:25:21 (26.0%)	4:37	13 (74.3%)
101	MUSIALIK Magdalena	2409	RZESZOWSKIE GAZELE I GEPARDY	K-40	2	00:00:14	00:46:08	01:14:07	01:37:43.71	01:37:57.89	+00:25:28 (26.1%)	4:37	13 (74.3%)
102	CEBULSKI Arnold	2076		M-30	42	00:00:12	00:45:06	01:12:49	01:37:43.80	01:37:56.02	+00:25:28 (26.1%)	4:37	13 (74.3%)
103	MARKOWSKI Marcin	2750	UKS KOMETA GLIWICE	M-40	36	00:01:00	00:49:06	01:16:37	01:37:49.70	01:38:49.84	+00:25:34 (26.1%)	4:38	12.9 (73.7%)
104	NOWAK Kamil	2425		M-30	43	00:00:11	00:46:38	01:14:27	01:38:04.87	01:38:16.33	+00:25:49 (26.3%)	4:38	12.9 (73.7%)
105	WRÓBEL Tomek	2700		M-40	37	00:00:14	00:46:54	01:15:00	01:38:05.63	01:38:19.77	+00:25:50 (26.3%)	4:38	12.9 (73.7%)
106	MAREK Robert	2764	TM IRONTEAM	M-50	9	00:00:24	00:46:28	01:14:26	01:38:07.40	01:38:31.49	+00:25:52 (26.4%)	4:39	12.9 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
107	BŁASZCZYKOWSKI Marcin	2037		M-40	38	00:00:10	00:45:46	01:14:10	01:38:12.49	01:38:23.37	+00:25:57 (26.4%)	4:39	12.9 (73.7%)
108	SOROKA Hubert	2573	FLUOR	M-20	12	00:00:23	00:47:13	01:15:54	01:38:13.13	01:38:36.83	+00:25:58 (26.4%)	4:39	12.9 (73.7%)
109	SIKORA Dawid	2553		M-20	13	00:00:18	00:46:50	01:15:29	01:38:20.52	01:38:39.51	+00:26:05 (26.5%)	4:39	12.9 (73.7%)
110	SADŁO Sebastian	2540	TEAM ŻAR	M-30	44	00:00:19	00:44:38	01:13:29	01:38:30.13	01:38:49.99	+00:26:15 (26.7%)	4:40	12.9 (73.7%)
111	DRYPS Damian	2113	PKO BANK	M-30	45	00:00:15	00:46:15	01:14:23	01:38:36.72	01:38:51.87	+00:26:21 (26.7%)	4:40	12.8 (73.1%)
112	DUSIŃSKI Mirosław	2116		M-40	39	00:00:24	00:46:30	01:14:57	01:38:38.37	01:39:03.32	+00:26:23 (26.8%)	4:40	12.8 (73.1%)
113	KONDZIOŁKA Krzysztof	2266		M-30	46	00:00:51	00:46:02	01:14:35	01:38:39.41	01:39:30.80	+00:26:24 (26.8%)	4:40	12.8 (73.1%)
114	DUDZIAK Sebastian	2758		M-40	40	00:00:21	00:46:26	01:14:55	01:38:43.00	01:39:04.21	+00:26:28 (26.8%)	4:40	12.8 (73.1%)
115	MATUSIK Daniel	2387		M-20	14	00:00:27	00:46:47	01:15:13	01:38:43.53	01:39:10.93	+00:26:28 (26.8%)	4:40	12.8 (73.1%)
116	STACHOWSKI Wojciech	2578	TRI&MORE / TRIFAMILY.PL	M-40	41	00:00:10	00:47:08	01:15:07	01:38:43.76	01:38:54.22	+00:26:28 (26.8%)	4:40	12.8 (73.1%)
117	ŁĄCKI Karol	2350		M-20	15	00:00:27	00:46:47	01:15:12	01:38:47.01	01:39:14.68	+00:26:32 (26.9%)	4:40	12.8 (73.1%)
118	RUSZEL Bartek	2531		M-40	42	00:00:30	00:45:51	01:14:37	01:38:47.44	01:39:17.47	+00:26:32 (26.9%)	4:40	12.8 (73.1%)
119	OGAZA Mariusz	2431	ISLANDRUNNERS	M-40	43	00:00:26	00:47:14	01:15:22	01:38:48.21	01:39:14.67	+00:26:33 (26.9%)	4:40	12.8 (73.1%)
120	ŻÓŁTOWSKI Michał	2732	MIRAZ RACE TEAM	M-30	47	00:00:18	00:47:13	01:15:41	01:38:55.50	01:39:14.16	+00:26:40 (27.0%)	4:41	12.8 (73.1%)
121	KRZOSKA Adam	2308	AUGUSTEAM	M-40	44	00:00:07	00:46:57	01:15:20	01:39:05.12	01:39:12.21	+00:26:50 (27.1%)	4:41	12.8 (73.1%)
122	ŻMIJEWSKI Dariusz	2789	EXTREMALNI RZEŹNICY NA RELAKSIE	M-50	10	00:00:31	00:46:49	01:15:11	01:39:05.25	01:39:37.13	+00:26:50 (27.1%)	4:41	12.8 (73.1%)
123	CIEPŁY Patryk	2082	RESHAPE RUNNERS	M-30	48	00:00:20	00:48:36	01:16:28	01:39:11.52	01:39:32.43	+00:26:56 (27.2%)	4:42	12.8 (73.1%)
124	CIRILLO Saverio	2086		M-30	49	00:00:16	00:47:48	01:15:53	01:39:12.13	01:39:28.39	+00:26:57 (27.2%)	4:42	12.8 (73.1%)
125	BORUCKI Kacper	2052		M-20	16	00:00:55	00:46:50	01:15:23	01:39:19.16	01:40:14.75	+00:27:04 (27.3%)	4:42	12.7 (72.6%)
126	GOMUŁCZYŃSKI Mariusz	2156	KB MCKIS JAWORZNO	M-40	45	00:00:12	00:44:49	01:13:57	01:39:25.93	01:39:38.81	+00:27:11 (27.3%)	4:42	12.7 (72.6%)
127	KASPEREK Marcin	2234		M-30	50	00:01:56	00:47:21	01:15:59	01:39:29.80	01:41:26.80	+00:27:14 (27.4%)	4:42	12.7 (72.6%)
128	KUBIT Bartek	2815	GLIWICE CITY	M-30	51	00:00:10	00:47:41	01:16:57	01:39:43.50	01:39:53.70	+00:27:28 (27.6%)	4:43	12.7 (72.6%)
129	HOŁOWATY Tomasz	2055		M-30	52	00:01:18	00:46:31	01:15:09	01:39:46.42	01:41:04.80	+00:27:31 (27.6%)	4:43	12.7 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
130	KOTAS Szymon	2281	GPS TEAM	M-30	53	00:00:18	00:48:04	01:16:32	01:39:48.77	01:40:07.74	+00:27:33 (27.6%)	4:43	12.7 (72.6%)
131	NOWACKI Wojciech	2222	PACEMAKER	M-30	54	00:00:11	00:46:57	01:15:36	01:39:50.86	01:40:02.32	+00:27:35 (27.6%)	4:43	12.7 (72.6%)
132	KŁOSEK Szymon	2248	RUN RYDUŁTOWY	M-20	17	00:00:23	00:46:21	01:15:21	01:39:53.37	01:40:17.27	+00:27:38 (27.7%)	4:44	12.7 (72.6%)
133	DĄBROWSKA Julia	2782		K-20	1	00:00:34	00:46:43	01:15:37	01:39:55.49	01:40:30.29	+00:27:40 (27.7%)	4:44	12.7 (72.6%)
134	KNIEJSKI Damian	2251	AKADEMIA BIEGANIA ORNONTOWICE	M-50	11	00:00:14	00:46:53	01:15:17	01:40:00.86	01:40:15.25	+00:27:45 (27.8%)	4:44	12.7 (72.6%)
135	ZALEWSKI Wojciech	2707		M-50	12	00:00:13	00:46:52	01:15:40	01:40:02.19	01:40:15.81	+00:27:47 (27.8%)	4:44	12.7 (72.6%)
136	SUROWIAK Paweł	2593		M-30	55	00:00:09	00:45:50	01:15:11	01:40:06.78	01:40:16.77	+00:27:51 (27.8%)	4:44	12.6 (72.0%)
137	SEROCKI Michał	2549		M-40	46	00:00:39	00:48:20	01:16:45	01:40:08.82	01:40:47.85	+00:27:53 (27.9%)	4:44	12.6 (72.0%)
138	WILK Dawid	2668	PACEMAKER	M-30	56	00:00:12	00:47:25	01:16:07	01:40:10.02	01:40:22.14	+00:27:55 (27.9%)	4:44	12.6 (72.0%)
139	KURYŁOWICZ Patryk	2315		M-20	18	00:00:55	00:47:43	01:16:13	01:40:13.23	01:41:08.28	+00:27:58 (27.9%)	4:45	12.6 (72.0%)
140	BARTOS Adam	2019	CROSSFIT BLACK GROUND	M-20	19	00:00:05	00:47:12	01:15:56	01:40:15.38	01:40:20.58	+00:28:00 (27.9%)	4:45	12.6 (72.0%)
141	STANEK Katarzyna	2579		K-20	2	00:00:34	00:47:54	01:16:38	01:40:22.44	01:40:57.03	+00:28:07 (28.0%)	4:45	12.6 (72.0%)
142	BARTECZKO Jakub	2015		M-30	57	00:00:11	00:47:18	01:16:17	01:40:31.16	01:40:43.14	+00:28:16 (28.1%)	4:45	12.6 (72.0%)
143	BAK-CESARZ Damian	2024		M-50	13	00:00:22	00:49:03	01:17:50	01:40:32.10	01:40:54.62	+00:28:17 (28.1%)	4:45	12.6 (72.0%)
144	LESZCZYŃSKI Mariusz	2333		M-50	14	00:00:34	00:49:20	01:18:11	01:40:40.72	01:41:14.96	+00:28:25 (28.2%)	4:46	12.6 (72.0%)
145	SKOWRON Marcin	2560	TRIDIVISION TRIATHLON TEAM	M-40	47	00:00:50	00:49:14	01:17:45	01:40:54.72	01:41:44.92	+00:28:39 (28.4%)	4:46	12.5 (71.4%)
146	KLAPENDA Mariusz	2242	MARIO TEAM	M-50	15	00:00:04	00:47:03	01:16:39	01:41:06.66	01:41:11.35	+00:28:51 (28.5%)	4:47	12.5 (71.4%)
147	WIGLUSZ Katarzyna	2810		K-30	3	00:00:19	00:48:37	01:17:14	01:41:17.74	01:41:37.32	+00:29:02 (28.7%)	4:48	12.5 (71.4%)
148	ADWENT Lech	2002		M-40	48	00:00:22	00:49:21	01:17:45	01:41:19.82	01:41:42.26	+00:29:04 (28.7%)	4:48	12.5 (71.4%)
149	PASZKIEWICZ Piotr	2459	FLUOR	M-30	58	00:00:08	00:49:18	01:18:17	01:41:25.42	01:41:33.45	+00:29:10 (28.8%)	4:48	12.5 (71.4%)
150	KOBRYŃ-KRÓL Małgorzata	2253		K-40	3	00:00:38	00:47:43	01:16:50	01:41:27.31	01:42:05.48	+00:29:12 (28.8%)	4:48	12.5 (71.4%)
151	SZYDA Marcin	2611		M-20	20	00:00:34	00:46:33	01:15:31	01:41:37.90	01:42:12.00	+00:29:23 (28.9%)	4:48	12.5 (71.4%)
152	PINKOWSKI Dariusz	2484		M-50	16	00:00:17	00:48:46	01:17:34	01:41:38.26	01:41:55.59	+00:29:23 (28.9%)	4:49	12.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
153	WIŻA Szymon	2678		M-20	21	00:00:56	00:49:04	01:17:44	01:41:39.75	01:42:36.16	+00:29:24 (28.9%)	4:49	12.5 (71.4%)
154	OZYP Mariusz	2447	SILTE MATERACE	M-30	59	00:00:05	00:48:19	01:17:18	01:41:44.50	01:41:50.45	+00:29:29 (29.0%)	4:49	12.4 (70.9%)
155	BAR Agata	2012	LECYMY DURŚ	K-40	4	00:02:08	00:48:35	01:17:43	01:41:58.50	01:44:07.07	+00:29:43 (29.2%)	4:49	12.4 (70.9%)
156	LIPPA Rafał	2338		M-30	60	00:00:06	00:47:00	01:16:09	01:42:03.45	01:42:10.39	+00:29:48 (29.2%)	4:50	12.4 (70.9%)
157	BEŚKA Sławomir	2745		M-50	17	00:01:26	00:48:47	01:17:38	01:42:04.42	01:43:30.50	+00:29:49 (29.2%)	4:50	12.4 (70.9%)
158	MAZGAJ Seweryn	2812		M-40	49	00:00:47	00:48:13	01:17:01	01:42:10.02	01:42:57.59	+00:29:55 (29.3%)	4:50	12.4 (70.9%)
159	MALOK Mateusz	2370	TOYOTA BYTOM	M-40	50	00:00:22	00:48:36	01:17:19	01:42:15.06	01:42:38.00	+00:30:00 (29.3%)	4:50	12.4 (70.9%)
160	JASIŃSKI Leszek	2207	LUCKY LOSERS	M-40	51	00:01:51	00:48:51	01:18:03	01:42:20.31	01:44:11.57	+00:30:05 (29.4%)	4:51	12.4 (70.9%)
161	UJMA Michał	2645	SII RUNNING TEAM	M-40	52	00:00:09	00:47:41	01:16:59	01:42:23.75	01:42:33.29	+00:30:08 (29.4%)	4:51	12.4 (70.9%)
162	HASINSKI Arkadiusz	2186		M-40	53	00:00:27	00:48:37	01:17:54	01:42:28.68	01:42:55.88	+00:30:13 (29.5%)	4:51	12.4 (70.9%)
163	WITKIEWICZ Dominika	2676		K-40	5	00:00:11	00:48:13	01:17:55	01:42:44.75	01:42:55.88	+00:30:29 (29.7%)	4:52	12.3 (70.3%)
164	ZWOLAK Mateusz	2726	LECE BO CHCE	M-20	22	00:01:03	00:49:42	01:18:21	01:42:51.87	01:43:55.34	+00:30:36 (29.8%)	4:52	12.3 (70.3%)
165	RATAJCZAK Aleksander	2524	WITKOWSKIRUNNINGTEAM	M-50	18	00:01:04	00:49:02	01:18:08	01:42:52.41	01:43:56.98	+00:30:37 (29.8%)	4:52	12.3 (70.3%)
166	MOKRZYCKI Bartłomiej	2404		M-30	61	00:00:12	00:48:45	01:18:04	01:42:52.82	01:43:05.46	+00:30:37 (29.8%)	4:52	12.3 (70.3%)
167	HAUFA Dariusz	2187		M-30	62	00:00:13	00:49:52	01:21:17	01:43:05.56	01:43:18.73	+00:30:50 (29.9%)	4:53	12.3 (70.3%)
168	ZEGARTOWSKI Paweł	2714		M-40	54	00:01:19	00:47:36	01:17:08	01:43:08.00	01:44:27.15	+00:30:53 (29.9%)	4:53	12.3 (70.3%)
169	DRYŃSKI Tomasz	2112		M-30	63	00:00:24	00:50:29	01:19:51	01:43:08.19	01:43:32.29	+00:30:53 (29.9%)	4:53	12.3 (70.3%)
170	STASIOWSKI Dawid	2797		M-30	64	00:01:57	00:49:07	01:18:29	01:43:09.26	01:45:07.17	+00:30:54 (30.0%)	4:53	12.3 (70.3%)
171	PASTUSZKA Jacek	2458		M-40	55	00:02:03	00:49:18	01:18:46	01:43:13.86	01:45:17.03	+00:30:58 (30.0%)	4:53	12.3 (70.3%)
172	STANKIEWICZ Jakub	2580	COMARCH	M-30	65	00:01:38	00:50:09	01:19:33	01:43:14.12	01:44:52.84	+00:30:59 (30.0%)	4:53	12.3 (70.3%)
173	PAWLIK Mateusz	2467		M-30	66	00:00:14	00:48:00	01:17:33	01:43:17.61	01:43:32.13	+00:31:02 (30.1%)	4:53	12.3 (70.3%)
174	BEHRENDT Jakub	2026	LECE BO CHCE	M-50	19	00:01:05	00:48:37	01:18:14	01:43:22.44	01:44:28.11	+00:31:07 (30.1%)	4:53	12.2 (69.7%)
175	BARCIK Tomasz	2795		M-40	56	00:00:20	00:49:27	01:19:01	01:43:22.96	01:43:43.32	+00:31:08 (30.1%)	4:53	12.2 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
176	WILK Zdzisław	2667		M-30	67	00:00:11	00:48:50	01:18:31	01:43:28.12	01:43:39.78	+00:31:13 (30.2%)	4:54	12.2 (69.7%)
177	LISEWSKI Bartłomiej	2742		M-40	57	00:00:16	00:49:29	01:19:34	01:43:30.14	01:43:47.06	+00:31:15 (30.2%)	4:54	12.2 (69.7%)
178	POGODA Kinga	2496	UKS KOMETA GLIWICE	K-20	3	00:01:30	00:49:34	01:18:53	01:43:43.08	01:45:13.33	+00:31:28 (30.3%)	4:54	12.2 (69.7%)
179	DATA Mateusz	2099	ŁATAH ŁILKOOOF	M-40	58	00:00:13	00:49:13	01:18:58	01:43:49.98	01:44:03.55	+00:31:35 (30.4%)	4:55	12.2 (69.7%)
180	KOZŁOWSKI Paweł	2796	KRZYSIO TEAM	M-30	68	00:00:50	00:50:28	01:19:45	01:43:59.30	01:44:50.13	+00:31:44 (30.5%)	4:55	12.2 (69.7%)
181	FRAĆZEK Marcin	2131		M-30	69	00:01:09	00:49:26	01:18:57	01:44:03.22	01:45:12.94	+00:31:48 (30.6%)	4:55	12.2 (69.7%)
182	SCHNEIDER Christian	2546	TSV BERGEN	M-40	59	00:01:08	00:49:29	01:19:21	01:44:04.62	01:45:12.93	+00:31:49 (30.6%)	4:55	12.2 (69.7%)
183	BURNÓG Michał	2071		M-20	23	00:00:22	00:49:30	01:19:45	01:44:09.08	01:44:31.51	+00:31:54 (30.6%)	4:56	12.2 (69.7%)
184	SZYGUŁA Filip	2612		M-20	24	00:00:20	00:49:50	01:19:48	01:44:10.69	01:44:31.27	+00:31:55 (30.6%)	4:56	12.2 (69.7%)
185	BARAN Dariusz	2767		M-30	70	00:01:21	00:49:30	01:18:45	01:44:14.28	01:45:35.89	+00:31:59 (30.7%)	4:56	12.1 (69.1%)
186	JELEŃ Grzegorz	2211		M-50	20	00:00:19	00:49:27	01:19:38	01:44:20.11	01:44:39.96	+00:32:05 (30.8%)	4:56	12.1 (69.1%)
187	MALEC Sylwia	2367		K-30	4	00:02:08	00:50:15	01:19:31	01:44:20.84	01:46:29.66	+00:32:05 (30.8%)	4:56	12.1 (69.1%)
188	STRZYZEWSKI Lukas	2590		M-30	71	00:01:41	00:50:16	01:19:26	01:44:29.90	01:46:11.42	+00:32:15 (30.9%)	4:57	12.1 (69.1%)
189	SZOPA Beniamin	2605	CABANY Z CHRZANOWA	M-50	21	00:01:24	00:49:43	01:19:16	01:44:31.90	01:45:56.43	+00:32:17 (30.9%)	4:57	12.1 (69.1%)
190	SZALA Adam	2595		M-60	2	00:02:25	00:48:56	01:18:43	01:44:33.55	01:46:58.60	+00:32:18 (30.9%)	4:57	12.1 (69.1%)
191	BUKOWSKI Jakub	2069		M-20	25	00:01:10	00:50:52	01:20:34	01:44:40.00	01:45:50.65	+00:32:25 (31.0%)	4:57	12.1 (69.1%)
192	BIELAK Michał	2032	PKO BANK POLSKI	M-30	72	00:01:31	00:49:12	01:19:04	01:44:41.62	01:46:13.01	+00:32:26 (31.0%)	4:57	12.1 (69.1%)
193	DUCHNIK Łukasz	2833		M-30	73	00:02:07	00:51:26	01:21:49	01:44:44.32	01:46:51.56	+00:32:29 (31.0%)	4:57	12.1 (69.1%)
194	SKIBA Krzysztof	2803		M-40	60	00:02:24	00:49:13	01:19:20	01:44:47.14	01:47:11.85	+00:32:32 (31.1%)	4:58	12.1 (69.1%)
195	WIORA Łukasz	2670		M-30	74	00:01:23	00:49:59	01:20:16	01:44:55.10	01:46:18.47	+00:32:40 (31.1%)	4:58	12.1 (69.1%)
196	DOMAGAŁA Grażyna	2108		K-30	5	00:00:14	00:48:26	01:18:55	01:44:57.33	01:45:11.75	+00:32:42 (31.2%)	4:58	12.1 (69.1%)
197	OSOJCA Mariusz	2444	FLUOR	M-40	61	00:01:41	00:49:26	01:19:00	01:44:58.51	01:46:39.59	+00:32:43 (31.2%)	4:58	12.1 (69.1%)
198	KOCHMAN Dawid	2257		M-40	62	00:00:45	00:49:54	01:19:54	01:45:26.41	01:46:11.83	+00:33:11 (31.5%)	4:59	12 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
199	KWIECIŃSKI Damian	2794		M-40	63	00:00:35	00:50:15	01:20:13	01:45:27.07	01:46:02.29	+00:33:12 (31.5%)	4:59	12 (68.6%)
200	SZOPA Piotr	2604		M-40	64	00:02:02	00:51:34	01:21:31	01:45:28.37	01:47:30.47	+00:33:13 (31.5%)	4:59	12 (68.6%)
201	ŻBEL Anna	2730	HRMAX ŻORY	K-40	6	00:00:25	00:48:53	01:19:40	01:45:37.73	01:46:02.99	+00:33:22 (31.6%)	5:00	12 (68.6%)
202	PIÓRKOWSKI Kamil	2488		M-30	75	00:00:27	00:49:20	01:19:38	01:45:43.05	01:46:10.31	+00:33:28 (31.7%)	5:00	12 (68.6%)
203	ZEGARTOWSKI Michał	2715		M-40	65	00:01:18	00:49:52	01:20:10	01:45:48.31	01:47:07.02	+00:33:33 (31.7%)	5:00	12 (68.6%)
204	PREŹTKI Filip	2507		M-20	26	00:01:35	00:49:49	01:19:45	01:45:49.00	01:47:24.20	+00:33:34 (31.7%)	5:00	12 (68.6%)
205	GAWLIK Rafał	2142		M-30	76	00:00:30	00:50:22	01:20:47	01:45:50.96	01:46:21.36	+00:33:36 (31.7%)	5:00	12 (68.6%)
206	ŚWIĄTEK Łukasz	2618		M-30	77	00:02:31	00:51:41	01:21:17	01:45:53.76	01:48:25.45	+00:33:38 (31.8%)	5:01	12 (68.6%)
207	FILIPIAK Hieronim	2125	MIECHOWICA GRUPA BIEGOWA- PACEMAKER	M-50	22	00:00:16	00:49:30	01:19:52	01:45:59.25	01:46:15.76	+00:33:44 (31.8%)	5:01	11.9 (68.0%)
208	MARKOWSKI Przemysław	2381	PACEMAKER 1:50	M-30	78	00:00:16	00:49:30	01:19:52	01:45:59.69	01:46:15.94	+00:33:44 (31.8%)	5:01	11.9 (68.0%)
209	WOJNAROWSKI Mirosław	2684		M-50	23	00:02:08	00:50:18	01:20:41	01:46:05.50	01:48:14.16	+00:33:50 (31.9%)	5:01	11.9 (68.0%)
210	ZBROŹEK Wojciech	2740	KLUB BENŻUR	M-20	27	00:01:25	00:51:04	01:21:01	01:46:06.40	01:47:31.59	+00:33:51 (31.9%)	5:01	11.9 (68.0%)
211	MURAL Pavel	2408		M-30	79	00:02:32	00:51:06	01:21:14	01:46:14.88	01:48:47.86	+00:34:00 (32.0%)	5:02	11.9 (68.0%)
212	SKRZYPCZYK Paweł	2787		M-50	24	00:01:36	00:50:18	01:21:09	01:46:21.51	01:47:57.97	+00:34:06 (32.1%)	5:02	11.9 (68.0%)
213	CZORNIK Jarek	2095	LUCKY LOSERS	M-40	66	00:01:52	00:50:04	01:21:11	01:46:26.10	01:48:18.83	+00:34:11 (32.1%)	5:02	11.9 (68.0%)
214	LEŚNIAK Matylda	2334	FUNTRI	K-20	4	00:01:30	00:50:15	01:21:07	01:46:27.40	01:47:57.65	+00:34:12 (32.1%)	5:02	11.9 (68.0%)
215	RUSZKOWSKI Maciej	2533	LUBIĘ BIEGAĆ NA GOLASA	M-40	67	00:02:15	00:52:15	01:22:15	01:46:28.14	01:48:43.89	+00:34:13 (32.1%)	5:02	11.9 (68.0%)
216	HOŁOWATY Hanna	2379		K-30	6	00:01:18	00:49:31	01:20:19	01:46:28.60	01:47:47.60	+00:34:13 (32.1%)	5:02	11.9 (68.0%)
217	KRUPANEK Andrzej	2753		M-40	68	00:02:15	00:50:54	01:21:31	01:46:32.54	01:48:48.13	+00:34:17 (32.2%)	5:02	11.9 (68.0%)
218	LEŚNIAK Patryk	2335		M-20	28	00:00:30	00:50:29	01:20:50	01:46:35.19	01:47:05.47	+00:34:20 (32.2%)	5:03	11.9 (68.0%)
219	ZIELIŃSKI Przemysław	2716	ARGIDATA	M-30	80	00:02:09	00:51:50	01:21:57	01:46:35.56	01:48:45.21	+00:34:20 (32.2%)	5:03	11.9 (68.0%)
220	DOBREK Klaudia	2107		K-20	5	00:00:30	00:50:29	01:20:51	01:46:35.84	01:47:06.13	+00:34:20 (32.2%)	5:03	11.9 (68.0%)
221	GIEMZA Marcin	2827	SPOCENI TACISZÓW	M-30	81	00:00:30	00:50:10	01:20:43	01:46:41.04	01:47:11.52	+00:34:26 (32.3%)	5:03	11.9 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
222	KAMCZYK Iwona	2226		K-40	7	00:01:34	00:50:48	01:21:09	01:46:41.08	01:48:15.52	+00:34:26 (32.3%)	5:03	11.9 (68.0%)
223	MIŚ Krzysztof	2403		M-40	69	00:00:46	00:50:31	01:21:11	01:46:45.97	01:47:32.45	+00:34:31 (32.3%)	5:03	11.9 (68.0%)
224	BIELAK Sławomir	2031		M-40	70	00:02:23	00:50:34	01:21:06	01:46:49.58	01:49:13.18	+00:34:34 (32.4%)	5:03	11.9 (68.0%)
225	DĄBROWSKI Bartosz	2100		M-30	82	00:00:46	00:50:17	01:21:14	01:46:53.76	01:47:40.57	+00:34:38 (32.4%)	5:03	11.8 (67.4%)
226	KOTALA Krzysztof	2280	PZU SPORT TEAM	M-50	25	00:00:26	00:50:15	01:21:01	01:46:55.25	01:47:22.18	+00:34:40 (32.4%)	5:04	11.8 (67.4%)
227	KNAPIK Kasia	2250		K-30	7	00:02:15	00:52:29	01:22:20	01:46:59.27	01:49:14.49	+00:34:44 (32.5%)	5:04	11.8 (67.4%)
228	FLISIAK Jakub	2126	PKO BP	M-30	83	00:00:00	00:49:32	01:20:36	01:47:01.36	01:47:01.36	+00:34:46 (32.5%)	5:04	11.8 (67.4%)
229	PRUSKO Tomasz	2508		M-30	84	00:00:29	00:50:33	01:21:07	01:47:07.45	01:47:36.65	+00:34:52 (32.6%)	5:04	11.8 (67.4%)
230	KRAJEWSKI Radosław	2294		M-40	71	00:00:24	00:50:38	01:21:18	01:47:12.91	01:47:37.67	+00:34:58 (32.6%)	5:04	11.8 (67.4%)
231	BYLICA Tomasz	2074		M-50	26	00:00:43	00:51:08	01:21:49	01:47:20.32	01:48:04.07	+00:35:05 (32.7%)	5:05	11.8 (67.4%)
232	OLEŃSKI Łukasz	2439	SIOSTRY MADIZAR	M-30	85	00:00:56	00:50:27	01:21:36	01:47:29.34	01:48:26.09	+00:35:14 (32.8%)	5:05	11.8 (67.4%)
233	BARTECZKO Bartosz	2017		M-30	86	00:00:23	00:51:25	01:22:32	01:47:29.38	01:47:53.15	+00:35:14 (32.8%)	5:05	11.8 (67.4%)
234	SKORUPA Jacek	2557		M-40	72	00:02:27	00:50:46	01:21:17	01:47:30.49	01:49:57.94	+00:35:15 (32.8%)	5:05	11.8 (67.4%)
235	WRÓBEL Rafał	2768	PWKP	M-50	27	00:00:45	00:50:21	01:21:30	01:47:49.62	01:48:35.60	+00:35:34 (33.0%)	5:06	11.7 (66.9%)
236	TOMCZAK Rafał	2634	MOJACUKRZYCA.PL	M-40	73	00:01:39	00:50:01	01:20:53	01:47:52.28	01:49:31.87	+00:35:37 (33.0%)	5:06	11.7 (66.9%)
237	ŚMIGIEL Hubert	2791		M-40	74	00:02:06	00:53:01	01:24:01	01:47:55.86	01:50:02.12	+00:35:40 (33.1%)	5:06	11.7 (66.9%)
238	KUBICA Paulina	2309		K-20	6	00:02:06	00:52:07	01:22:26	01:48:02.15	01:50:08.18	+00:35:47 (33.1%)	5:07	11.7 (66.9%)
239	BRATEK Julian	2741		M-20	29	00:02:06	00:51:07	01:22:15	01:48:03.54	01:50:10.12	+00:35:48 (33.1%)	5:07	11.7 (66.9%)
240	SŁUPIANEK Paweł	2567	KATOWICKI NORDIC WALKING/BDB TEAM	M-40	75	00:00:21	00:49:33	01:21:11	01:48:04.74	01:48:25.93	+00:35:49 (33.2%)	5:07	11.7 (66.9%)
241	TOMPALSKI Wojciech	2635		M-40	76	00:00:20	00:50:10	01:21:43	01:48:05.10	01:48:25.27	+00:35:50 (33.2%)	5:07	11.7 (66.9%)
242	AUGUSTYN Jakub	2006		M-30	87	00:00:28	00:50:49	01:21:54	01:48:07.19	01:48:36.15	+00:35:52 (33.2%)	5:07	11.7 (66.9%)
243	ŚLIWIŃSKI Jakub	2616		M-30	88	00:00:25	00:51:24	01:22:32	01:48:15.48	01:48:41.11	+00:36:00 (33.3%)	5:07	11.7 (66.9%)
244	WARZECHA Mariusz	2655	HUTATEAM	M-40	77	00:01:41	00:51:54	01:23:24	01:48:22.59	01:50:04.49	+00:36:07 (33.3%)	5:08	11.7 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
245	BALCAREK Henryk	2008		M-40	78	00:00:28	00:51:14	01:22:12	01:48:24.75	01:48:52.77	+00:36:09 (33.4%)	5:08	11.7 (66.9%)
246	KOMOROWSKA Aleksandra	2265		K-30	8	00:00:27	00:52:27	01:23:47	01:48:25.57	01:48:53.13	+00:36:10 (33.4%)	5:08	11.7 (66.9%)
247	BOROWIEC Wojciech	2050		M-30	89	00:00:32	00:51:29	01:22:35	01:48:26.11	01:48:59.07	+00:36:11 (33.4%)	5:08	11.7 (66.9%)
248	PALUSIŃSKI Piotr	2451		M-50	28	00:00:18	00:51:12	01:22:53	01:48:32.49	01:48:50.91	+00:36:17 (33.4%)	5:08	11.7 (66.9%)
249	PAŁUS Bartłomiej	2453		M-30	90	00:02:30	00:53:30	01:24:25	01:48:43.03	01:51:13.10	+00:36:28 (33.5%)	5:09	11.6 (66.3%)
250	PORWOŁ Jarosław	2504		M-30	91	00:02:24	00:51:19	01:22:27	01:48:44.14	01:51:08.41	+00:36:29 (33.6%)	5:09	11.6 (66.3%)
251	KAMIĘŃSKI Jarek	2227	MKS BIAŁE ŻUBRY NAREWKA	M-40	79	00:01:55	00:52:41	01:23:51	01:48:45.29	01:50:41.28	+00:36:30 (33.6%)	5:09	11.6 (66.3%)
252	KOBA Ania	2755	ROZBIEGANE MICHAŁOWICE	K-40	8	00:00:16	00:51:08	01:22:27	01:48:45.49	01:49:02.47	+00:36:30 (33.6%)	5:09	11.6 (66.3%)
253	KWIEK Maciej	2324		M-40	80	00:02:02	00:49:30	01:20:55	01:48:49.79	01:50:52.52	+00:36:34 (33.6%)	5:09	11.6 (66.3%)
254	HUTNIK Michał	2194	KS SERNIK	M-20	30	00:02:30	00:52:03	01:23:26	01:49:01.95	01:51:32.05	+00:36:47 (33.7%)	5:10	11.6 (66.3%)
255	DRÓZDŹ Wojciech	2111	COMARCH	M-30	92	00:01:48	00:52:22	01:22:59	01:49:06.79	01:50:55.27	+00:36:51 (33.8%)	5:10	11.6 (66.3%)
256	TURKIEWICZ Jan	2641		M-20	31	00:01:30	00:54:32	01:25:05	01:49:18.73	01:50:49.00	+00:37:03 (33.9%)	5:10	11.6 (66.3%)
257	NIEWOLIK Paweł	2420		M-20	32	00:00:30	00:51:16	01:22:48	01:49:28.37	01:49:58.57	+00:37:13 (34.0%)	5:11	11.6 (66.3%)
258	JARKA Dawid	2204		M-40	81	00:00:41	00:51:35	01:22:45	01:49:31.00	01:50:12.61	+00:37:16 (34.0%)	5:11	11.6 (66.3%)
259	MAŁECKI Tomasz	2828		M-40	82	00:01:33	00:53:53	01:25:00	01:49:31.69	01:51:05.47	+00:37:16 (34.0%)	5:11	11.6 (66.3%)
260	IGNACZAK Robert	2196	VIRUZ	M-40	83	00:00:21	00:50:21	01:21:46	01:49:36.14	01:49:57.98	+00:37:21 (34.1%)	5:11	11.5 (65.7%)
261	PIĄTEK Arkadiusz	2474		M-40	84	00:00:28	00:51:48	01:23:26	01:49:42.88	01:50:11.17	+00:37:28 (34.1%)	5:11	11.5 (65.7%)
262	WAWRO Małgorzata	2656	LI	K-50	2	00:00:16	00:53:05	01:24:14	01:49:44.12	01:50:01.02	+00:37:29 (34.2%)	5:12	11.5 (65.7%)
263	RACZEK Klaudia	2518	MKTEAM	K-30	9	00:00:24	00:51:32	01:23:14	01:49:44.86	01:50:09.26	+00:37:29 (34.2%)	5:12	11.5 (65.7%)
264	SZOŁTYSEK-GRZESIKIEWICZ Anna	2603		K-40	9	00:00:17	00:50:47	01:22:40	01:49:48.10	01:50:06.06	+00:37:33 (34.2%)	5:12	11.5 (65.7%)
265	BATKO Filip	2022	3KSZ	M-30	93	00:00:58	00:52:32	01:24:26	01:49:53.66	01:50:52.53	+00:37:38 (34.3%)	5:12	11.5 (65.7%)
266	MELER Daniel	2391	LYSI LOTAJÓ	M-30	94	00:01:58	00:50:47	01:21:12	01:49:58.34	01:51:56.85	+00:37:43 (34.3%)	5:12	11.5 (65.7%)
267	PAŃTAK Łukasz	2455		M-40	85	00:01:02	00:51:33	01:23:09	01:49:59.68	01:51:01.81	+00:37:44 (34.3%)	5:12	11.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
268	PIWOWARCZYK Łukasz	2490		M-20	33	00:01:25	00:53:15	01:25:35	01:50:05.16	01:51:30.50	+00:37:50 (34.4%)	5:13	11.5 (65.7%)
269	WALASZCZYK Anna	2651		K-40	10	00:00:25	00:50:56	01:22:49	01:50:10.12	01:50:35.83	+00:37:55 (34.4%)	5:13	11.5 (65.7%)
270	GRACH Aleksandra	2164		K-40	11	00:00:25	00:50:57	01:22:51	01:50:13.34	01:50:38.52	+00:37:58 (34.5%)	5:13	11.5 (65.7%)
271	TKACZ Grzegorz	2628		M-40	86	00:01:11	00:51:00	01:22:52	01:50:13.99	01:51:25.92	+00:37:59 (34.5%)	5:13	11.5 (65.7%)
272	SKACZYŁO Patryk	2556	PIERUNY RUNNING TEAM	M-30	95	00:01:34	00:53:03	01:23:56	01:50:17.51	01:51:51.57	+00:38:02 (34.5%)	5:13	11.5 (65.7%)
273	KOWALEWSKA Dagmara	2286		K-30	10	00:00:23	00:51:29	01:24:05	01:50:20.51	01:50:44.05	+00:38:05 (34.5%)	5:13	11.5 (65.7%)
274	JANICKI Jakub	2203		M-40	87	00:00:52	00:53:50	01:25:11	01:50:20.82	01:51:13.47	+00:38:05 (34.5%)	5:13	11.5 (65.7%)
275	GUT Mariusz	2177	SUPERMARIO42.195 PACEMAKER TEAM	M-40	88	00:01:54	00:51:48	01:23:49	01:50:27.77	01:52:21.81	+00:38:12 (34.6%)	5:14	11.5 (65.7%)
276	KOWALSKI Jacek	2287	RUNHOGS TYCHY	M-50	29	00:00:29		01:23:42	01:50:28.27	01:50:57.38	+00:38:13 (34.6%)	5:14	11.5 (65.7%)
277	KONIECZNY Justyna	2267		K-40	12	00:01:43	00:51:51	01:23:58	01:50:29.02	01:52:12.80	+00:38:14 (34.6%)	5:14	11.5 (65.7%)
278	ROTHER Paweł	2529		M-30	96	00:00:58	00:48:57	01:21:13	01:50:34.25	01:51:33.06	+00:38:19 (34.7%)	5:14	11.4 (65.1%)
279	JANIAK Zuzanna	2202		K-20	7	00:00:54	00:53:11	01:24:20	01:50:35.30	01:51:30.18	+00:38:20 (34.7%)	5:14	11.4 (65.1%)
280	KOWAL Andrzej	2283	CHRZANÓW BIEGA	M-50	30	00:01:51	00:53:43	01:25:07	01:50:36.93	01:52:28.37	+00:38:22 (34.7%)	5:14	11.4 (65.1%)
281	RUDNICKI Karol	2530		M-30	97	00:01:52	00:52:57	01:23:49	01:50:37.51	01:52:30.30	+00:38:22 (34.7%)	5:14	11.4 (65.1%)
282	BARAŃSKI Bartłomiej	2759		M-20	34	00:00:51	00:52:25	01:24:02	01:50:39.22	01:51:31.18	+00:38:24 (34.7%)	5:14	11.4 (65.1%)
283	ŻUKOWSKI Sławomir	2733		M-40	89	00:01:02	00:52:35	01:24:23	01:50:42.28	01:51:44.73	+00:38:27 (34.7%)	5:14	11.4 (65.1%)
284	MIKA Kamil	2765		M-20	35	00:01:45	00:53:07	01:24:32	01:50:49.37	01:52:34.97	+00:38:34 (34.8%)	5:15	11.4 (65.1%)
285	GĘBCZYŃSKI Paweł	2149	G_TEAM	M-40	90	00:00:35	00:52:04	01:23:56	01:50:53.00	01:51:28.72	+00:38:38 (34.8%)	5:15	11.4 (65.1%)
286	TOCHOWICZ Bartosz	2630		M-50	31	00:01:27	00:51:23	01:23:21	01:50:53.38	01:52:20.91	+00:38:38 (34.8%)	5:15	11.4 (65.1%)
287	KOCH Kacper	2256		M-30	98	00:00:25	00:50:00	01:22:25	01:50:56.05	01:51:21.48	+00:38:41 (34.9%)	5:15	11.4 (65.1%)
288	SOBOLEWSKI Tomasz	2571		M-40	91	00:00:17	00:51:30	01:23:45	01:51:02.33	01:51:20.05	+00:38:47 (34.9%)	5:15	11.4 (65.1%)
289	MAY-MAJEWSKI Michał	2389		M-40	92	00:00:22	00:48:40	01:22:09	01:51:09.37	01:51:31.75	+00:38:54 (35.0%)	5:16	11.4 (65.1%)
290	JAŚKOWAKI Marek	2209	TATA SZCZEPANA	M-40	93	00:01:01	00:53:15	01:25:11	01:51:10.35	01:52:12.20	+00:38:55 (35.0%)	5:16	11.4 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
291	GAŁECZKA Michał	2138		M-30	99	00:00:30	00:52:14	01:24:28	01:51:20.23	01:51:51.02	+00:39:05 (35.1%)	5:16	11.4 (65.1%)
292	ZIOBER Grzegorz	2723	SPARTA PLATFUS	M-40	94	00:01:38	00:52:19	01:23:51	01:51:21.92	01:53:00.60	+00:39:07 (35.1%)	5:16	11.4 (65.1%)
293	KRÓL Marek	2300		M-40	95	00:00:39	00:54:15	01:25:44	01:51:23.86	01:52:03.67	+00:39:08 (35.1%)	5:16	11.4 (65.1%)
294	BAŁAGA Rafał	2009		M-50	32	00:00:34	00:50:55	01:23:11	01:51:24.28	01:51:59.16	+00:39:09 (35.1%)	5:16	11.4 (65.1%)
295	GIEMZA Armin	2808	SPOCENI TACISZÓW	M-30	100	00:00:31	00:50:29	01:22:01	01:51:26.82	01:51:58.47	+00:39:11 (35.2%)	5:16	11.4 (65.1%)
296	GĄGOL Anna	2145		K-50	3	00:01:17	00:52:26	01:24:27	01:51:27.63	01:52:45.02	+00:39:12 (35.2%)	5:16	11.4 (65.1%)
297	PYTEL Jarosław	2515	KB MCKIS JAWORZNO	M-40	96	00:01:22	00:52:48	01:24:55	01:51:32.47	01:52:54.71	+00:39:17 (35.2%)	5:17	11.3 (64.6%)
298	PAWLIK Michał	2465		M-40	97	00:00:29	00:52:19	01:24:26	01:51:36.55	01:52:06.15	+00:39:21 (35.3%)	5:17	11.3 (64.6%)
299	DUDEK Mateusz	2114	FLUOR	M-30	101	00:01:11	00:52:01	01:24:37	01:51:40.74	01:52:51.82	+00:39:25 (35.3%)	5:17	11.3 (64.6%)
300	WIELOPOLSKI Łukasz	2662		M-30	102	00:02:28	00:54:08	01:25:54	01:51:40.92	01:54:09.65	+00:39:26 (35.3%)	5:17	11.3 (64.6%)
301	SIENKO Anna	2552		K-30	11	00:01:08	00:53:09	01:25:07	01:51:43.95	01:52:52.54	+00:39:29 (35.3%)	5:17	11.3 (64.6%)
302	KACZOR Janusz	2221		M-20	36	00:01:26		01:26:19	01:51:47.55	01:53:14.22	+00:39:32 (35.4%)	5:17	11.3 (64.6%)
303	KRZEMIŃSKI Mirosław	2307	SSM	M-50	33	00:00:37	00:52:56	01:25:08	01:51:56.20	01:52:34.09	+00:39:41 (35.5%)	5:18	11.3 (64.6%)
304	WALNIK Krzysztof	2653		M-30	103	00:00:21	00:50:11	01:22:31	01:52:09.58	01:52:31.12	+00:39:54 (35.6%)	5:18	11.3 (64.6%)
305	KOCZY-ŁUSIAK Sylwia	2260	3COACH	K-40	13	00:00:53	00:52:34	01:25:05	01:52:11.07	01:53:04.39	+00:39:56 (35.6%)	5:19	11.3 (64.6%)
306	BOROŃ Wojciech	2048		M-20	37	00:00:35	00:54:02	01:26:21	01:52:12.09	01:52:47.26	+00:39:57 (35.6%)	5:19	11.3 (64.6%)
307	CHOMIK Rafał	2079	3COACH	M-40	98	00:00:52	00:52:34	01:25:05	01:52:12.26	01:53:05.04	+00:39:57 (35.6%)	5:19	11.3 (64.6%)
308	MAŁECKA Anna	2830	MALECYCKI	K-40	14	00:01:33	00:53:51	01:25:22	01:52:20.17	01:53:53.38	+00:40:05 (35.7%)	5:19	11.3 (64.6%)
309	WOJTANOWSKI Marcin	2686		M-20	38	00:00:32	00:51:41	01:24:39	01:52:31.87	01:53:04.74	+00:40:16 (35.8%)	5:19	11.3 (64.6%)
310	BOCHEŃSKI Łukasz	2042	WATAHABOCHEN□□□□	M-30	104	00:02:04	00:53:42	01:25:53	01:52:34.54	01:54:38.68	+00:40:19 (35.8%)	5:20	11.2 (64.0%)
311	BOCHEŃSKA Marta	2040	WATAHABOCHEN□□□□	K-40	15	00:02:04	00:53:42	01:25:53	01:52:34.65	01:54:38.75	+00:40:19 (35.8%)	5:20	11.2 (64.0%)
312	MARGARF Bartosz	2377		M-20	39	00:00:14	00:47:22	01:21:01	01:52:37.02	01:52:51.99	+00:40:22 (35.8%)	5:20	11.2 (64.0%)
313	SKULSKI Bartłomiej	2562	BYLE PRZED KOWALEM	M-40	99	00:00:37	00:53:20	01:25:38	01:52:41.97	01:53:19.01	+00:40:27 (35.9%)	5:20	11.2 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
314	SKRZYPCZYK Marcin	2561		M-40	100	00:00:45	00:52:24	01:24:55	01:52:46.40	01:53:31.42	+00:40:31 (35.9%)	5:20	11.2 (64.0%)
315	PAWLIK Wojciech	2466		M-30	105	00:00:28	00:51:30	01:25:27	01:52:49.98	01:53:18.44	+00:40:35 (36.0%)	5:20	11.2 (64.0%)
316	WILCZEK Małgorzata	2664	ISTA BIEGAMY	K-40	16	00:01:21	00:52:50	01:25:10	01:52:51.55	01:54:12.55	+00:40:36 (36.0%)	5:20	11.2 (64.0%)
317	PRZEŹDZING Tomasz	2510		M-30	106	00:00:51	00:52:02	01:24:56	01:52:56.78	01:53:48.49	+00:40:41 (36.0%)	5:21	11.2 (64.0%)
318	WYPYCH Grzegorz	2704		M-40	101	00:00:32	00:50:59	01:23:53	01:52:59.78	01:53:31.85	+00:40:44 (36.1%)	5:21	11.2 (64.0%)
319	NOWAKOWSKI Dominik	2427		M-20	40	00:01:36	00:51:01	01:24:36	01:53:02.23	01:54:38.92	+00:40:47 (36.1%)	5:21	11.2 (64.0%)
320	CYGAN Tomasz	2091	-	M-50	34	00:00:54	00:52:09	01:24:32	01:53:04.44	01:53:59.05	+00:40:49 (36.1%)	5:21	11.2 (64.0%)
321	TOMASZEK Arkadiusz	2632	3KSZ	M-40	102	00:00:56	00:53:55	01:26:33	01:53:07.83	01:54:04.53	+00:40:52 (36.1%)	5:21	11.2 (64.0%)
322	DRABA Bartłomiej	2805		M-40	103	00:01:07	00:52:30	01:25:02	01:53:09.75	01:54:17.17	+00:40:54 (36.2%)	5:21	11.2 (64.0%)
323	NEUMANN Piotr	2801		M-30	107	00:00:42	00:54:31	01:26:15	01:53:13.50	01:53:56.19	+00:40:58 (36.2%)	5:21	11.2 (64.0%)
324	KOPOCIŃSKI Michał	2813	TENNECO	M-30	108	00:01:15	00:52:38	01:25:00	01:53:13.89	01:54:28.93	+00:40:59 (36.2%)	5:21	11.2 (64.0%)
325	HOLEWA Agnieszka	2190		K-20	8	00:01:30	00:52:42	01:25:10	01:53:15.61	01:54:46.37	+00:41:00 (36.2%)	5:22	11.2 (64.0%)
326	MANIA Mateusz	2373	MATEUSZ MANIA KANCELARIA ADWOKACKA	M-30	109	00:00:40	00:52:35	01:25:17	01:53:16.44	01:53:56.65	+00:41:01 (36.2%)	5:22	11.2 (64.0%)
327	MASARZ Dawid	2384	PKO BANK POLSKI	M-30	110	00:01:39	00:52:38	01:25:05	01:53:20.90	01:55:00.15	+00:41:06 (36.3%)	5:22	11.2 (64.0%)
328	KROLIŃSKI Szymon	2299		M-20	41	00:02:08	00:57:08	01:29:18	01:53:27.65	01:55:36.06	+00:41:12 (36.3%)	5:22	11.2 (64.0%)
329	BOREK Dariusz	2047	BBB BĘDUSKA BRYGADA BIEGOWA MYSZKÓW	M-50	35	00:00:22	00:51:02	01:24:15	01:53:29.28	01:53:52.25	+00:41:14 (36.3%)	5:22	11.2 (64.0%)
330	LIPIŃSKI Paweł	2337		M-30	111	00:01:17	00:51:33	01:24:55	01:53:32.62	01:54:50.06	+00:41:17 (36.4%)	5:22	11.1 (63.4%)
331	ĆWIKŁA Michał	2097	FLUOR	M-30	112	00:02:16	00:56:44	01:29:26	01:53:34.20	01:55:50.85	+00:41:19 (36.4%)	5:22	11.1 (63.4%)
332	BASISTA Kasia	2021	PIRACI Z SZARLOTY	K-50	4	00:00:48	00:53:35	01:26:18	01:53:36.12	01:54:24.20	+00:41:21 (36.4%)	5:23	11.1 (63.4%)
333	BANIAK Przemysław	2011		M-40	104	00:01:53	00:54:31	01:26:39	01:53:36.86	01:55:30.36	+00:41:21 (36.4%)	5:23	11.1 (63.4%)
334	ŚLIWA Justyna	2615		K-20	9	00:01:10	00:52:49	01:25:42	01:53:45.43	01:54:56.23	+00:41:30 (36.5%)	5:23	11.1 (63.4%)
335	BAŁAJ Anna	2010		K-30	12	00:00:35	00:54:56	01:27:09	01:53:46.00	01:54:21.86	+00:41:31 (36.5%)	5:23	11.1 (63.4%)
336	PATOŃ Tomasz	2460		M-30	113	00:00:53	00:52:31	01:25:01	01:53:46.24	01:54:39.77	+00:41:31 (36.5%)	5:23	11.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
337	HARATYK Przemysław	2184	EKO-OKNA RUNNERS	M-40	105	00:01:31	00:54:30	01:27:02	01:53:47.79	01:55:19.56	+00:41:32 (36.5%)	5:23	11.1 (63.4%)
338	BUDZIŃSKA Agnieszka	2066	BUDZIKI UJAZD	K-40	17	00:01:24	00:53:44	01:26:12	01:53:49.87	01:55:14.85	+00:41:34 (36.5%)	5:23	11.1 (63.4%)
339	PALA Aleksander	2448		M-20	42	00:01:03	00:52:29	01:25:11	01:53:50.97	01:54:54.85	+00:41:36 (36.5%)	5:23	11.1 (63.4%)
340	BIELAMOWICZ Waldemar	2034		M-40	106	00:00:50	00:54:03	01:27:29	01:53:53.14	01:54:43.54	+00:41:38 (36.6%)	5:23	11.1 (63.4%)
341	KOSELKI Dominik	2278		M-20	43	00:00:32	00:55:05	01:27:27	01:53:53.33	01:54:25.98	+00:41:38 (36.6%)	5:23	11.1 (63.4%)
342	BRYŁA Jakub	1346	PWKP	M-30	114	00:00:46	00:54:27	01:26:31	01:53:57.22	01:54:43.37	+00:41:42 (36.6%)	5:24	11.1 (63.4%)
343	ZARZYCKI Krzysztof	2709		M-40	107	00:00:42	00:52:32	01:25:30	01:54:00.11	01:54:42.40	+00:41:45 (36.6%)	5:24	11.1 (63.4%)
344	KUTYŁA Artur	2317	KUTY SOFT	M-30	115	00:01:05	00:53:52	01:25:54	01:54:01.42	01:55:07.08	+00:41:46 (36.6%)	5:24	11.1 (63.4%)
345	WILK Mateusz	2665		M-20	44	00:01:22		01:28:22	01:54:02.09	01:55:24.56	+00:41:47 (36.6%)	5:24	11.1 (63.4%)
346	CZOSNKOWSKI Wojtek	2806		M-20	45	00:01:43	00:53:40	01:26:12	01:54:02.83	01:55:46.72	+00:41:47 (36.7%)	5:24	11.1 (63.4%)
347	FALANA Marcin	2121	LECYMY DURŚ	M-40	108	00:01:05	00:53:17	01:26:00	01:54:03.15	01:55:08.20	+00:41:48 (36.7%)	5:24	11.1 (63.4%)
348	RYZIŃSKA Aneta	2537		K-40	18	00:01:06	00:53:41	01:26:24	01:54:08.50	01:55:14.87	+00:41:53 (36.7%)	5:24	11.1 (63.4%)
349	MUCHA Adam	2407	CIDR LOTAJOM	M-50	36	00:00:17	00:52:52	01:25:22	01:54:11.66	01:54:29.60	+00:41:56 (36.7%)	5:24	11.1 (63.4%)
350	POGORZELSKI Paweł	2497	GIT-TEAM	M-20	46	00:01:26	00:57:37	01:30:20	01:54:12.65	01:55:39.44	+00:41:57 (36.7%)	5:24	11.1 (63.4%)
351	ANDRZEJEWSKI Jan	2004		M-20	47	00:01:22	00:56:09	01:28:25	01:54:14.45	01:55:37.44	+00:41:59 (36.8%)	5:24	11.1 (63.4%)
352	MISZKURKA Adam	2402	ESKADRA PAPROCAN	M-20	48	00:01:22	00:56:07	01:28:24	01:54:14.54	01:55:37.46	+00:41:59 (36.8%)	5:24	11.1 (63.4%)
353	GOŹDZICKI Leszek	2158	SPORTANO.PL	M-40	109	00:00:31	00:54:36	01:27:08	01:54:18.39	01:54:49.53	+00:42:03 (36.8%)	5:25	11.1 (63.4%)
354	JASIK Aleksandra	2206		K-20	10	00:00:46	00:55:55	01:28:37	01:54:25.96	01:55:12.02	+00:42:11 (36.9%)	5:25	11.1 (63.4%)
355	KORZAN Robert	2277		M-30	116	00:01:50	00:53:58	01:26:46	01:54:26.54	01:56:16.65	+00:42:11 (36.9%)	5:25	11.1 (63.4%)
356	KLABIS Iwona	2239	LUCKY LOSERS	K-40	19	00:01:51	00:53:51	01:27:12	01:54:27.37	01:56:18.87	+00:42:12 (36.9%)	5:25	11.1 (63.4%)
357	KOZŁOWSKI Artur	2290		M-30	117	00:00:45	00:55:10	01:27:15	01:54:33.87	01:55:19.56	+00:42:18 (36.9%)	5:25	11.1 (63.4%)
358	GUT Adam	2178	LECYMY DURŚ	M-50	37	00:01:05	00:54:13	01:27:03	01:54:38.01	01:55:43.28	+00:42:23 (37.0%)	5:26	11 (62.9%)
359	GORYWODA Michał	2157		M-20	49	00:01:08	00:51:46	01:24:53	01:54:38.02	01:55:46.96	+00:42:23 (37.0%)	5:26	11 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
360	TRZENSIOK Artur	2781		M-20	50	00:01:38	00:52:48	01:26:11	01:54:39.04	01:56:17.49	+00:42:24 (37.0%)	5:26	11 (62.9%)
361	SKOTNICKI Paweł	2558		M-30	118	00:01:03	00:51:52	01:25:53	01:54:40.53	01:55:44.50	+00:42:25 (37.0%)	5:26	11 (62.9%)
362	BOGULAK Krzysztof	2045	FLUOR	M-30	119	00:01:12	00:53:34	01:26:17	01:54:44.19	01:55:56.85	+00:42:29 (37.0%)	5:26	11 (62.9%)
363	GÓRECKI Roman	2160		M-20	51	00:00:54	00:53:56	01:27:02	01:54:48.49	01:55:42.49	+00:42:33 (37.1%)	5:26	11 (62.9%)
364	PĘDOWSKA Bożena	2771		K-50	5	00:02:32	00:55:27	01:28:17	01:54:48.85	01:57:21.77	+00:42:33 (37.1%)	5:26	11 (62.9%)
365	SZENDERA Franciszek	2601		M-20	52	00:01:21	00:52:53	01:26:27	01:54:50.94	01:56:12.48	+00:42:36 (37.1%)	5:26	11 (62.9%)
366	SIKORA Michał	2554		M-40	110	00:00:26	00:51:13	01:25:10	01:54:59.99	01:55:26.55	+00:42:45 (37.2%)	5:27	11 (62.9%)
367	KLECHA Mateusz	2243		M-20	53	00:02:26	00:56:29	01:29:17	01:55:03.44	01:57:29.61	+00:42:48 (37.2%)	5:27	11 (62.9%)
368	BAUMERT Bartłomiej	2023	TSIRINGAE	M-20	54	00:00:15	00:50:52	01:23:38	01:55:09.22	01:55:24.65	+00:42:54 (37.3%)	5:27	11 (62.9%)
369	LORENCKI Krzysztof	2344	ISTABIEGAMY	M-40	111	00:01:24	00:54:20	01:27:13	01:55:10.51	01:56:35.09	+00:42:55 (37.3%)	5:27	11 (62.9%)
370	TARGAŃSKA Kamila	2623		K-20	11	00:00:33	00:54:05	01:27:27	01:55:13.95	01:55:47.88	+00:42:59 (37.3%)	5:27	11 (62.9%)
371	URBAŚ Łukasz	2646	ENERSYS TEAM	M-30	120	00:00:42	00:54:48	01:28:05	01:55:13.98	01:55:56.03	+00:42:59 (37.3%)	5:27	11 (62.9%)
372	OLSZÓWKA Patryk	2440		M-20	55	00:00:07	00:51:27	01:25:43	01:55:16.20	01:55:23.40	+00:43:01 (37.3%)	5:27	11 (62.9%)
373	BIELAMOWICZ Monika	2033		K-40	20	00:00:49	00:54:03	01:27:24	01:55:27.00	01:56:16.74	+00:43:12 (37.4%)	5:28	11 (62.9%)
374	MACHOŃ Marek	2354	LUCKY LOSERS	M-40	112	00:02:01	00:55:25	01:28:09	01:55:29.10	01:57:31.00	+00:43:14 (37.4%)	5:28	11 (62.9%)
375	KOSOWSKI Wojciech	2279		M-30	121	00:02:01	00:58:22	01:30:55	01:55:31.03	01:57:32.59	+00:43:16 (37.5%)	5:28	11 (62.9%)
376	FURMAN Dariusz	2134	PRESS GLASS BIEGAMY I WSPIERAMY	M-40	113	00:00:58	00:53:11	01:26:45	01:55:33.57	01:56:31.57	+00:43:18 (37.5%)	5:28	11 (62.9%)
377	ŁUSIAK Mariusz	2352		M-40	114	00:00:56	00:52:30	01:25:04	01:55:34.43	01:56:30.44	+00:43:19 (37.5%)	5:28	11 (62.9%)
378	NIEDBAŁ Maja	2415		K-30	13	00:00:53	00:52:48	01:26:53	01:55:39.59	01:56:32.75	+00:43:24 (37.5%)	5:28	10.9 (62.3%)
379	FAJKOWSKI Patryk	2120	FLUOR	M-30	122	00:01:43	00:54:44	01:27:34	01:55:39.83	01:57:22.88	+00:43:24 (37.5%)	5:28	10.9 (62.3%)
380	PYTLIK Dominika	2516		K-20	12	00:02:29	00:54:15	01:27:42	01:55:42.36	01:58:11.93	+00:43:27 (37.6%)	5:29	10.9 (62.3%)
381	SAJKOWSKI Maciej	2770		M-50	38	00:01:49	00:53:15	01:26:49	01:55:43.49	01:57:33.20	+00:43:28 (37.6%)	5:29	10.9 (62.3%)
382	PAWLICZEK Szymon	2463	FLUOR	M-20	56	00:01:12	00:53:36	01:27:18	01:55:43.55	01:56:55.71	+00:43:28 (37.6%)	5:29	10.9 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
383	PUTOWSKA Natalia	2514		K-30	14	00:00:57	00:53:58	01:27:30	01:55:43.73	01:56:41.32	+00:43:28 (37.6%)	5:29	10.9 (62.3%)
384	STRĄCZEK Patryk	2802		M-20	57	00:02:08	00:55:35	01:28:40	01:55:53.44	01:58:01.70	+00:43:38 (37.7%)	5:29	10.9 (62.3%)
385	BUKOWSKA Magdalena	2068		K-30	15	00:01:48	00:56:16	01:28:39	01:55:54.62	01:57:43.20	+00:43:39 (37.7%)	5:29	10.9 (62.3%)
386	BIAŁAS Robert	2029	NIGHT RUNNERS ZABRZE	M-40	115	00:01:57	00:54:58	01:28:48	01:55:55.75	01:57:53.29	+00:43:40 (37.7%)	5:29	10.9 (62.3%)
387	NIEMIEC Andrzej	2419		M-30	123	00:01:50	00:53:48	01:27:25	01:56:04.36	01:57:55.05	+00:43:49 (37.8%)	5:30	10.9 (62.3%)
388	GÓRSKI Adam	2162		M-30	124	00:01:50	00:53:48	01:27:26	01:56:07.66	01:57:58.19	+00:43:52 (37.8%)	5:30	10.9 (62.3%)
389	TROFIKOVA Victoria	2637		K-30	16	00:00:23	00:54:08	01:27:30	01:56:19.11	01:56:43.10	+00:44:04 (37.9%)	5:30	10.9 (62.3%)
390	VERESHCHYNSKYI Volodymyr	2772	TRIATHLON TRAINING CENTER	M-30	125	00:00:24	00:54:09	01:27:30	01:56:20.09	01:56:44.78	+00:44:05 (37.9%)	5:30	10.9 (62.3%)
391	KALINO Łukasz	2225		M-40	116	00:01:37	00:57:01	01:29:54	01:56:22.21	01:57:59.67	+00:44:07 (37.9%)	5:30	10.9 (62.3%)
392	CZERENKIEWICZ Miłosz	2784		M-20	58	00:01:45	00:53:08	01:26:48	01:56:24.97	01:58:10.75	+00:44:10 (37.9%)	5:31	10.9 (62.3%)
393	KWIECIEŃ Małgorzata	2323		K-20	13	00:01:12	00:54:48	01:28:11	01:56:26.45	01:57:39.03	+00:44:11 (38.0%)	5:31	10.9 (62.3%)
394	MAŁECKI Jan	2829	MALECYCKI	M-20	59	00:01:34	00:56:17	01:29:29	01:56:26.61	01:58:00.81	+00:44:11 (38.0%)	5:31	10.9 (62.3%)
395	ORDYŃSKI Paweł	2442		M-40	117	00:01:03	00:55:54	01:28:39	01:56:31.29	01:57:34.84	+00:44:16 (38.0%)	5:31	10.9 (62.3%)
396	ANIOŁ Bartosz	2005		M-40	118	00:01:28	00:55:08	01:28:19	01:56:33.60	01:58:02.57	+00:44:18 (38.0%)	5:31	10.9 (62.3%)
397	STUKAN Szymon	2591	ULTRA GLIWICE!	M-30	126	00:01:28	00:55:45	01:29:36	01:56:34.41	01:58:02.63	+00:44:19 (38.0%)	5:31	10.9 (62.3%)
398	PIEROŃCZYK Damian	2757		M-40	119	00:01:01	00:54:30	01:28:20	01:56:36.73	01:57:38.19	+00:44:21 (38.0%)	5:31	10.9 (62.3%)
399	GIERAS Mirosław	2151	NEOCITY RUNNING CLUB	M-50	39	00:00:50	00:54:42	01:28:47	01:56:39.92	01:57:30.52	+00:44:25 (38.1%)	5:31	10.9 (62.3%)
400	CHMURA Wiktor	2819		M-20	60	00:01:29	00:53:34	01:28:07	01:56:42.28	01:58:11.88	+00:44:27 (38.1%)	5:31	10.8 (61.7%)
401	KOWALCZYK Tomasz	2284	AKMB PĘDZIWIATR GLIWICE	M-40	120	00:00:54	00:53:35	01:27:24	01:56:44.44	01:57:38.57	+00:44:29 (38.1%)	5:31	10.8 (61.7%)
402	WOJNAROWSKA-WIERZCHOŚ Lucyna	2683		K-30	17	00:02:09	00:53:32	01:26:35	01:56:47.04	01:58:56.80	+00:44:32 (38.1%)	5:32	10.8 (61.7%)
403	SOSNOWSKI Michał	2574		M-30	127	00:01:20	00:54:44	01:28:53	01:56:49.33	01:58:09.78	+00:44:34 (38.2%)	5:32	10.8 (61.7%)
404	BORULA Łukasz	2053		M-30	128	00:00:59	00:55:12	01:29:13	01:56:50.14	01:57:49.18	+00:44:35 (38.2%)	5:32	10.8 (61.7%)
405	WIŚNIEWSKI Michał	2674		M-30	129	00:00:45	00:55:24	01:28:34	01:56:52.30	01:57:37.52	+00:44:37 (38.2%)	5:32	10.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
406	GEMULLA Robert	2146		M-20	61	00:02:04	00:54:09	01:28:13	01:56:54.80	01:58:59.67	+00:44:39 (38.2%)	5:32	10.8 (61.7%)
407	OLECHWIR Małgorzata	2434	ADAM CIBIS RUNNING TEAM	K-40	21	00:01:24	00:53:45	01:27:25	01:56:55.89	01:58:20.81	+00:44:41 (38.2%)	5:32	10.8 (61.7%)
408	RADLAK Dominik	2519		M-30	130	00:00:38	00:56:28	01:28:46	01:56:59.82	01:57:38.42	+00:44:44 (38.2%)	5:32	10.8 (61.7%)
409	ZEGARTOWSKI Grzegorz	2713		M-50	40	00:01:32	00:55:34	01:28:41	01:56:59.90	01:58:32.48	+00:44:45 (38.2%)	5:32	10.8 (61.7%)
410	SOBCZYK Paweł	2569		M-60	3	00:00:47	00:56:11	01:29:38	01:57:00.29	01:57:47.93	+00:44:45 (38.3%)	5:32	10.8 (61.7%)
411	KASZUBSKI Andrzej	2236		M-40	121	00:01:33	00:52:57	01:27:23	01:57:01.96	01:58:35.13	+00:44:47 (38.3%)	5:32	10.8 (61.7%)
412	MISZCZAK Jarosław	2401		M-40	122	00:02:33	00:54:15	01:27:47	01:57:06.16	01:59:39.77	+00:44:51 (38.3%)	5:33	10.8 (61.7%)
413	WOSIEWICZ Michał	2694		M-30	131	00:01:20	00:54:44	01:28:57	01:57:06.45	01:58:27.02	+00:44:51 (38.3%)	5:33	10.8 (61.7%)
414	KASZA Szymon	2235	ZŁOTE BĄCZKI	M-20	62	00:00:51	00:55:18	01:28:28	01:57:08.49	01:58:00.06	+00:44:53 (38.3%)	5:33	10.8 (61.7%)
415	NALEPA Tomasz	2411		M-40	123	00:00:40	00:55:27	01:29:37	01:57:08.50	01:57:48.72	+00:44:53 (38.3%)	5:33	10.8 (61.7%)
416	DMOCHOWSKI Artur	2105		M-30	132	00:01:37	00:54:35	01:28:10	01:57:09.54	01:58:46.57	+00:44:54 (38.3%)	5:33	10.8 (61.7%)
417	GRZYK Grzegorz	2176		M-30	133	00:00:40	00:55:58	01:29:30	01:57:17.35	01:57:58.08	+00:45:02 (38.4%)	5:33	10.8 (61.7%)
418	KŁOSEK Kacper	2249		M-20	63	00:00:32	00:55:11	01:29:15	01:57:17.52	01:57:49.79	+00:45:02 (38.4%)	5:33	10.8 (61.7%)
419	BURZY Angelika	2072		K-20	14	00:01:13	00:56:05	01:29:31	01:57:23.28	01:58:36.76	+00:45:08 (38.5%)	5:33	10.8 (61.7%)
420	FRANK Katarzyna	2761		K-30	18	00:01:35	00:54:36	01:28:36	01:57:23.83	01:58:59.15	+00:45:08 (38.5%)	5:33	10.8 (61.7%)
421	PAWELAK Szymon	2823		M-20	64	00:01:34	00:51:14	01:25:25	01:57:25.20	01:58:59.46	+00:45:10 (38.5%)	5:33	10.8 (61.7%)
422	JONIK Artur	2215	NWG	M-30	134	00:00:15	00:53:38	01:27:53	01:57:26.78	01:57:42.48	+00:45:11 (38.5%)	5:33	10.8 (61.7%)
423	KRAWCZYK Łukasz	2297	NAPRZÓD ŁUBIE	M-30	135	00:01:15	00:53:39	01:28:04	01:57:38.10	01:58:53.31	+00:45:23 (38.6%)	5:34	10.8 (61.7%)
424	NOWAKOWSKI Jacek	2428		M-50	41	00:00:53	00:55:14	01:29:22	01:57:38.75	01:58:32.33	+00:45:23 (38.6%)	5:34	10.8 (61.7%)
425	PAWLUSZUK Bogdan	2469	ALASTOR POLSKA	M-50	42	00:01:00	00:56:04	01:29:39	01:57:41.67	01:58:42.55	+00:45:26 (38.6%)	5:34	10.8 (61.7%)
426	SZULC Sebastian	2608		M-30	136	00:00:59	00:55:57	01:29:17	01:57:42.30	01:58:42.28	+00:45:27 (38.6%)	5:34	10.8 (61.7%)
427	LOPEZ Luciano Ariel	2342		M-40	124	00:01:13	00:54:20	01:27:30	01:57:47.64	01:59:01.54	+00:45:32 (38.7%)	5:34	10.7 (61.1%)
428	KOPPEL Bartłomiej	2272		M-30	137	00:00:58	00:54:48	01:29:06	01:57:50.55	01:58:48.97	+00:45:35 (38.7%)	5:35	10.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
429	PAŁUS Patryk	2454		M-30	138	00:01:30	00:54:12	01:28:12	01:57:55.11	01:59:25.42	+00:45:40 (38.7%)	5:35	10.7 (61.1%)
430	MICHALCZYK Łukasz	2393		M-30	139	00:01:09	00:53:54	01:27:26	01:57:55.29	01:59:04.43	+00:45:40 (38.7%)	5:35	10.7 (61.1%)
431	CHAS Anna	2077		K-40	22	00:01:47	00:55:52	01:29:53	01:58:09.37	01:59:56.77	+00:45:54 (38.9%)	5:36	10.7 (61.1%)
432	BUJAK Magdalena	2775	NIGHT RUNNERS PYSKOWICE	K-30	19	00:00:48	00:54:18	01:28:21	01:58:10.22	01:58:59.00	+00:45:55 (38.9%)	5:36	10.7 (61.1%)
433	KUBISIEWICZ-BOBA Ewa	2310		K-40	23	00:01:14	00:56:08	01:30:10	01:58:10.43	01:59:24.95	+00:45:55 (38.9%)	5:36	10.7 (61.1%)
434	WĘGIEL Jakub	2659		M-20	65	00:00:22	00:52:44	01:27:23	01:58:15.52	01:58:38.18	+00:46:00 (38.9%)	5:36	10.7 (61.1%)
435	CHROSTOWSKI Damian	2790		M-40	125	00:01:07	00:58:42	01:31:14	01:58:16.78	01:59:23.90	+00:46:01 (38.9%)	5:36	10.7 (61.1%)
436	BEDNARCZYK Krzysztof	2817	ITMBW KRAKÓW	M-50	43	00:00:26	00:50:50	01:29:52	01:58:28.68	01:58:54.69	+00:46:13 (39.0%)	5:36	10.7 (61.1%)
437	STĘPIEŃ Wojciech	2586	PACEMAKER	M-40	126	00:00:30	00:55:35	01:29:41	01:58:34.35	01:59:05.27	+00:46:19 (39.1%)	5:37	10.7 (61.1%)
438	BUCZYŃSKI Radosław	2666	PACEMAKER	M-30	140	00:00:30	00:55:33	01:29:44	01:58:34.87	01:59:05.64	+00:46:19 (39.1%)	5:37	10.7 (61.1%)
439	CIOŁEK Adam	2085		M-20	66	00:00:55	00:56:54	01:30:33	01:58:40.19	01:59:35.64	+00:46:25 (39.1%)	5:37	10.7 (61.1%)
440	BARTONIEK Adam	2018		M-30	141	00:02:30	00:57:41	01:31:20	01:58:43.12	02:01:13.61	+00:46:28 (39.1%)	5:37	10.7 (61.1%)
441	BARTECZKO Monika	2016		K-30	20	00:01:07	00:55:08	01:30:45	01:58:54.29	02:00:01.42	+00:46:39 (39.2%)	5:38	10.6 (60.6%)
442	FILIPCZYK Wojciech	2124		M-30	142	00:01:59	00:54:14	01:28:21	01:58:57.87	02:00:56.99	+00:46:42 (39.3%)	5:38	10.6 (60.6%)
443	WACHOWICZ Krzysztof	2648		M-30	143	00:00:35	00:53:55	01:29:17	01:58:57.91	01:59:33.54	+00:46:43 (39.3%)	5:38	10.6 (60.6%)
444	LORENC Robert	2343		M-40	127	00:01:27	00:55:56	01:30:06	01:59:11.70	02:00:39.61	+00:46:56 (39.4%)	5:38	10.6 (60.6%)
445	MICHALSKA Bogna	2788		K-40	24	00:00:58	00:56:21	01:30:40	01:59:14.16	02:00:13.14	+00:46:59 (39.4%)	5:39	10.6 (60.6%)
446	DOMAŃSKI Marcin	2109	RUNNINGFISH74	M-50	44	00:02:02	00:55:32	01:30:10	01:59:18.19	02:01:20.84	+00:47:03 (39.4%)	5:39	10.6 (60.6%)
447	BECKER Dawid	2025		M-30	144	00:01:23	00:54:17	01:28:51	01:59:21.67	02:00:45.52	+00:47:06 (39.5%)	5:39	10.6 (60.6%)
448	PIETRAS Dawid	2477	SAMMAR TEAM	M-30	145	00:00:57		01:29:31	01:59:23.26	02:00:20.70	+00:47:08 (39.5%)	5:39	10.6 (60.6%)
449	HRYNCZYSZYN Tomasz	2193		M-30	146	00:00:34	00:55:37	01:29:42	01:59:30.15	02:00:04.82	+00:47:15 (39.5%)	5:39	10.6 (60.6%)
450	WOJCIESZAK Patryk	2681		M-20	67	00:00:37		01:32:14	01:59:31.95	02:00:09.65	+00:47:17 (39.6%)	5:39	10.6 (60.6%)
451	KLAJBERT Paweł	2241		M-30	147	00:00:53	00:58:08	01:32:18	01:59:33.10	02:00:26.93	+00:47:18 (39.6%)	5:40	10.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
452	KOCUR Marta	2259	SREBRNE MIASTO TARNOWSKIE GÓRY	K-40	25	00:00:23	00:54:36	01:29:10	01:59:44.93	02:00:08.50	+00:47:30 (39.7%)	5:40	10.6 (60.6%)
453	ZIMNICKI Marcin	2722		M-40	128	00:01:51	00:57:06	01:31:13	01:59:47.04	02:01:38.55	+00:47:32 (39.7%)	5:40	10.6 (60.6%)
454	SOBKOWICZ Jarosław	2570	DYSKONTOWE ASY	M-40	129	00:00:44	00:58:15	01:31:54	01:59:47.39	02:00:32.20	+00:47:32 (39.7%)	5:40	10.6 (60.6%)
455	COFAŁKA Piotr	2090	UFOKI ŚWIERKLANIEC	M-50	45	00:00:28	00:54:18	01:29:04	01:59:50.83	02:00:19.55	+00:47:35 (39.7%)	5:40	10.6 (60.6%)
456	SZYMANEK Łukasz	2613		M-40	130	00:01:11	00:55:50	01:30:10	01:59:54.99	02:01:06.43	+00:47:40 (39.8%)	5:40	10.6 (60.6%)
457	SAJNAJ Izabela	2542		K-40	26	00:01:06	00:56:31	01:31:13	02:00:01.33	02:01:07.84	+00:47:46 (39.8%)	5:41	10.5 (60.0%)
458	JAKUS Andrzej	2201		M-30	148	00:01:52	00:56:30	01:30:40	02:00:01.67	02:01:53.86	+00:47:46 (39.8%)	5:41	10.5 (60.0%)
459	RASZKA Janusz	2522		M-50	46	00:01:26	00:59:04	01:33:34	02:00:04.46	02:01:30.59	+00:47:49 (39.8%)	5:41	10.5 (60.0%)
460	GRUCHALSKI Jakub	2168	ISTA BIEGAMY	M-40	131	00:01:23	00:57:10	01:32:09	02:00:07.74	02:01:31.69	+00:47:52 (39.9%)	5:41	10.5 (60.0%)
461	GÓRKA Kacper	2161	JEDZIEM TEAM	M-20	68	00:01:27	00:56:47	01:31:48	02:00:08.95	02:01:36.38	+00:47:54 (39.9%)	5:41	10.5 (60.0%)
462	KWIATKOWSKI Bartek	2321		M-30	149	00:00:42	00:57:52	01:31:46	02:00:09.04	02:00:51.72	+00:47:54 (39.9%)	5:41	10.5 (60.0%)
463	LISZCZYK Ireneusz	2340	ŁYSI LOTAJÓ	M-30	150	00:01:58	00:57:12	01:31:40	02:00:09.66	02:02:07.69	+00:47:54 (39.9%)	5:41	10.5 (60.0%)
464	PLOCH Adam	2492		M-40	132	00:01:43	00:55:28	01:30:11	02:00:10.76	02:01:54.52	+00:47:55 (39.9%)	5:41	10.5 (60.0%)
465	KONOPKA Agnieszka	2270	DRUŻYNA JEDYNKI	K-40	27	00:01:16	00:56:58	01:31:52	02:00:20.25	02:01:36.50	+00:48:05 (40.0%)	5:42	10.5 (60.0%)
466	SŁAWIŃSKI Grzegorz	2564		M-40	133	00:01:42	00:55:53	01:31:00	02:00:27.07	02:02:09.66	+00:48:12 (40.0%)	5:42	10.5 (60.0%)
467	MALEC Filip	2366		M-20	69	00:02:09	00:57:02	01:31:38	02:00:27.07	02:02:36.81	+00:48:12 (40.0%)	5:42	10.5 (60.0%)
468	MAJEWSKA Dorota	2363	DRUŻYNA JEDYNKI	K-50	6	00:01:17	00:56:54	01:31:01	02:00:32.06	02:01:49.13	+00:48:17 (40.1%)	5:42	10.5 (60.0%)
469	PUDŁO Paulina	2825		K-20	15	00:01:00	00:59:00	01:33:30	02:00:38.72	02:01:39.64	+00:48:23 (40.1%)	5:43	10.5 (60.0%)
470	LATOS Rafał	2328		M-30	151	00:01:03	00:58:26	01:32:00	02:00:39.42	02:01:42.72	+00:48:24 (40.1%)	5:43	10.5 (60.0%)
471	HACHUŁA Michał	2183		M-20	70	00:01:20	00:55:46	01:30:11	02:00:41.16	02:02:01.60	+00:48:26 (40.1%)	5:43	10.5 (60.0%)
472	KOŁSUT Piotr	2264		M-40	134	00:01:08	00:58:17	01:32:25	02:00:48.10	02:01:56.42	+00:48:33 (40.2%)	5:43	10.5 (60.0%)
473	KUCIEL Robert	2311	GIT-TEAM	M-40	135	00:01:23	00:56:45	01:30:57	02:00:50.33	02:02:13.93	+00:48:35 (40.2%)	5:43	10.5 (60.0%)
474	KRUPA Krzysztof	2301		M-60	4	00:01:17	00:55:55	01:30:31	02:00:58.24	02:02:15.34	+00:48:43 (40.3%)	5:44	10.5 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
475	ZABAWA Marek	2705	CROSSFIT BLACK GROUND	M-30	152	00:01:14	00:58:29	01:33:14	02:01:03.27	02:02:17.59	+00:48:48 (40.3%)	5:44	10.5 (60.0%)
476	MICHALIK Jerzy	2762		M-50	47	00:01:28	00:57:35	01:31:39	02:01:05.87	02:02:34.74	+00:48:50 (40.3%)	5:44	10.5 (60.0%)
477	OSUCHOWSKI Bartosz	2446	BIEGAMBOMNIELUDZIEWKURWIAJĄ	M-40	136	00:00:50	00:57:23	01:32:05	02:01:10.44	02:02:00.60	+00:48:55 (40.4%)	5:44	10.4 (59.4%)
478	KACZMAREK Łukasz	2831		M-40	137	00:01:08	00:58:33	01:33:28	02:01:12.35	02:02:20.53	+00:48:57 (40.4%)	5:44	10.4 (59.4%)
479	KRAJEWSKI Marek	2295		M-40	138	00:01:42	00:58:06	01:33:04	02:01:12.67	02:02:54.75	+00:48:57 (40.4%)	5:44	10.4 (59.4%)
480	GRECZKA Patrycja	2166		K-30	21	00:01:45	00:58:44	01:33:15	02:01:16.53	02:03:01.96	+00:49:01 (40.4%)	5:44	10.4 (59.4%)
481	KNOPIK Iwo	2252		M-30	153	00:00:43	00:56:42	01:32:06	02:01:20.57	02:02:03.97	+00:49:05 (40.5%)	5:45	10.4 (59.4%)
482	GĘBCZYŃSKI Kajetan	2148	G_TEAM	M-20	71	00:01:37	00:59:17	01:34:53	02:01:27.59	02:03:05.37	+00:49:12 (40.5%)	5:45	10.4 (59.4%)
483	MAJCHERCZYK-PSIUCH Patrycja	2361	BIEGNĘ BYLE DOBIEC	K-30	22	00:02:10	00:57:17	01:31:41	02:01:27.65	02:03:37.86	+00:49:12 (40.5%)	5:45	10.4 (59.4%)
484	GAWŁOWSKI Piotr	2144		M-30	154	00:01:21	00:56:40	01:31:51	02:01:30.99	02:02:52.64	+00:49:16 (40.5%)	5:45	10.4 (59.4%)
485	PIOTROWSKI Maciej	2487		M-20	72	00:02:13	00:57:38	01:32:48	02:01:33.51	02:03:47.28	+00:49:18 (40.6%)	5:45	10.4 (59.4%)
486	KOCUR Robert	2258		M-50	48	00:00:36	00:55:33	01:30:03	02:01:34.88	02:02:11.22	+00:49:20 (40.6%)	5:45	10.4 (59.4%)
487	PASŁAWSKA Katarzyna	2457	KOBIETY NA 5+	K-40	28	00:00:48	00:56:35	01:32:21	02:01:35.40	02:02:24.07	+00:49:20 (40.6%)	5:45	10.4 (59.4%)
488	ADAM Mirosław	2001		M-50	49	00:02:18	00:59:18	01:33:39	02:02:03.59	02:04:22.14	+00:49:48 (40.8%)	5:47	10.4 (59.4%)
489	MACIASZ Paweł	2355	KUZYNY	M-50	50	00:02:38	00:58:55	01:34:08	02:02:18.67	02:04:56.86	+00:50:03 (40.9%)	5:47	10.4 (59.4%)
490	SZAPIEL Tomasz	2596		M-40	139	00:02:03	00:59:06	01:33:45	02:02:24.35	02:04:28.00	+00:50:09 (41.0%)	5:48	10.3 (58.9%)
491	ZIÓŁKOWSKA Katarzyna	2724		K-30	23	00:02:23	00:57:12	01:32:32	02:02:24.86	02:04:48.14	+00:50:09 (41.0%)	5:48	10.3 (58.9%)
492	NIEMIEC Rafał	2417	INTERGRAFIK POLSKA	M-50	51	00:02:00	00:56:34	01:32:12	02:02:25.06	02:04:25.73	+00:50:10 (41.0%)	5:48	10.3 (58.9%)
493	KOPER Tomasz	2271	LEŚNA OSTROPA	M-30	155	00:00:34	00:56:12	01:31:58	02:02:26.21	02:03:00.56	+00:50:11 (41.0%)	5:48	10.3 (58.9%)
494	KACZMAREK Katarzyna	2220	STG GLIWICE	K-40	29	00:02:23	00:59:09	01:34:23	02:02:29.67	02:04:53.01	+00:50:14 (41.0%)	5:48	10.3 (58.9%)
495	TOCHOWICZ Tomasz	2631		M-40	140	00:02:19	00:59:17	01:33:37	02:02:31.31	02:04:50.64	+00:50:16 (41.0%)	5:48	10.3 (58.9%)
496	KEMPKIEWICZ Brygida	2237		K-40	30	00:02:21	00:59:11	01:34:25	02:02:32.12	02:04:53.19	+00:50:17 (41.0%)	5:48	10.3 (58.9%)
497	ZYGALA Michał	2727		M-20	73	00:01:50	01:01:10	01:34:37	02:02:32.53	02:04:23.10	+00:50:17 (41.0%)	5:48	10.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
498	OLBRYCHT Dominik	2433		M-20	74	00:02:26	00:56:28	01:31:26	02:02:45.32	02:05:11.42	+00:50:30 (41.1%)	5:49	10.3 (58.9%)
499	GAWĘŁ Artur	2141	LECZYMY DURŚ	M-30	156	00:02:10	00:55:34	01:30:47	02:02:46.41	02:04:56.77	+00:50:31 (41.2%)	5:49	10.3 (58.9%)
500	MAJCHRZAK Michał	2362	MANCHESTER UNITED	M-30	157	00:01:54	00:56:57	01:32:14	02:02:53.93	02:04:48.38	+00:50:39 (41.2%)	5:49	10.3 (58.9%)
501	CZERNEK Marek	2094	BIEGAJ Z TRENERAMI	M-50	52	00:00:49	00:58:17	01:34:03	02:02:54.13	02:03:43.14	+00:50:39 (41.2%)	5:49	10.3 (58.9%)
502	FRAS Adam	2844		M-50	53	00:00:16			02:02:55.00	02:03:11.00	+00:50:40 (41.2%)	5:49	10.3 (58.9%)
503	RAPCEWICZ Marcin	2521	ŁATACH ŁILKÓW	M-30	158	00:01:04	00:56:55	01:32:17	02:03:01.49	02:04:06.41	+00:50:46 (41.3%)	5:49	10.3 (58.9%)
504	WANTULOK Barbara	2654		K-40	31	00:01:05	00:56:41	01:32:30	02:03:05.37	02:04:10.37	+00:50:50 (41.3%)	5:50	10.3 (58.9%)
505	KUFIETA Magdalena	2312		K-40	32	00:01:08	00:55:07	01:31:46	02:03:07.63	02:04:16.08	+00:50:52 (41.3%)	5:50	10.3 (58.9%)
506	MAJOWSKI Paweł	2837		M-20	75	00:01:04	00:56:46	01:32:08	02:03:07.75	02:04:11.99	+00:50:52 (41.3%)	5:50	10.3 (58.9%)
507	SLISZ Maria	2563	DECATHLON &PRZYJACIELE	K-50	7	00:01:06	00:55:07	01:31:44	02:03:08.85	02:04:15.81	+00:50:53 (41.3%)	5:50	10.3 (58.9%)
508	ŻABICKI Mariusz	2728		M-40	141	00:01:19	00:57:38	01:32:21	02:03:14.83	02:04:34.38	+00:50:59 (41.4%)	5:50	10.3 (58.9%)
509	STYGIENKO Małgorzata	2800	MIRAZ RACE TEAM	K-40	33	00:00:39	00:57:54	01:33:26	02:03:19.16	02:03:58.26	+00:51:04 (41.4%)	5:50	10.3 (58.9%)
510	MAŃKA Piotr	2374	CZEMPION TEAM	M-60	5	00:01:35	00:58:09	01:33:46	02:03:22.13	02:04:58.00	+00:51:07 (41.4%)	5:50	10.3 (58.9%)
511	ZAPOTOCZNA Renata	2708		K-50	8	00:01:25	00:55:12	01:32:48	02:03:26.02	02:04:51.68	+00:51:11 (41.5%)	5:51	10.3 (58.9%)
512	CIOC Constantin Bogdan	2084		M-40	142	00:01:11	00:58:48	01:34:15	02:03:27.75	02:04:38.89	+00:51:12 (41.5%)	5:51	10.3 (58.9%)
513	KRYCH Piotr	2303	BIEGACZE STU MOSTÓW	M-40	143	00:02:01	00:55:47	01:32:02	02:03:31.03	02:05:32.30	+00:51:16 (41.5%)	5:51	10.2 (58.3%)
514	OSTROWSKA-POPIELSKA Patrycja	2445		K-40	34	00:01:28	00:58:08	01:33:28	02:03:31.79	02:05:00.11	+00:51:16 (41.5%)	5:51	10.2 (58.3%)
515	SALA Nela	2544		K-30	24	00:01:33	00:58:38	01:34:15	02:03:36.45	02:05:09.72	+00:51:21 (41.6%)	5:51	10.2 (58.3%)
516	NIEZNALSKI Damian	2809		M-30	159	00:02:05	00:57:28	01:32:50	02:03:36.52	02:05:42.25	+00:51:21 (41.6%)	5:51	10.2 (58.3%)
517	SŁOTA Paweł	2566	LECZYMY DURŚ	M-30	160	00:00:17	00:55:49	01:32:31	02:03:38.03	02:03:55.05	+00:51:23 (41.6%)	5:51	10.2 (58.3%)
518	ZIELSKA Ela	2816		K-30	25	00:00:48	00:58:11	01:34:23	02:03:45.54	02:04:34.02	+00:51:30 (41.6%)	5:51	10.2 (58.3%)
519	GŁADYSZ Aneta	2152		K-40	35	00:01:59	00:56:36	01:32:20	02:03:46.60	02:05:46.59	+00:51:31 (41.6%)	5:51	10.2 (58.3%)
520	BARANIEC Karolina	2013		K-20	16	00:02:13	00:59:03	01:34:31	02:03:54.38	02:06:07.75	+00:51:39 (41.7%)	5:52	10.2 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
521	WÓJCIK Marcin	2696		M-20	76	00:02:13	00:59:03	01:34:31	02:03:55.06	02:06:08.19	+00:51:40 (41.7%)	5:52	10.2 (58.3%)
522	CIEPKA Paulina	2081		K-30	26	00:01:00	00:57:39	01:33:39	02:03:58.18	02:04:58.64	+00:51:43 (41.7%)	5:52	10.2 (58.3%)
523	KONIEWSKA Katarzyna	2269		K-20	17	00:00:27	00:55:08	01:33:21	02:04:00.36	02:04:27.45	+00:51:45 (41.7%)	5:52	10.2 (58.3%)
524	KOWOLIK Anna	2288		K-30	27	00:01:47	00:58:45	01:34:07	02:04:15.61	02:06:03.08	+00:52:00 (41.9%)	5:53	10.2 (58.3%)
525	SERWATKA Artur	2550		M-50	54	00:01:45	00:56:58	01:33:01	02:04:17.20	02:06:02.39	+00:52:02 (41.9%)	5:53	10.2 (58.3%)
526	RUSZKIEWICZ Marcin	2532	ING BANK ŚLĄSKI	M-40	144	00:02:17	00:59:56	01:35:34	02:04:26.01	02:06:43.14	+00:52:11 (41.9%)	5:53	10.2 (58.3%)
527	ŚCIEPIŃ Krzysztof	2614	ING BANK ŚLĄSKI	M-40	145	00:02:17	00:59:56	01:35:34	02:04:26.19	02:06:43.28	+00:52:11 (41.9%)	5:53	10.2 (58.3%)
528	BIAŁY Artur	2030		M-20	77	00:02:23	01:00:33	01:36:28	02:04:29.16	02:06:53.08	+00:52:14 (42.0%)	5:54	10.2 (58.3%)
529	STAWARCZYK Krystian	2835	STELLANTIS ACTIVE TEAM	M-40	146	00:02:05	00:59:30	01:35:08	02:04:29.90	02:06:35.42	+00:52:15 (42.0%)	5:54	10.2 (58.3%)
530	BUCHAL Grzegorz	2832	STELLANTIS	M-50	55	00:02:05	00:59:31	01:35:07	02:04:30.09	02:06:35.52	+00:52:15 (42.0%)	5:54	10.2 (58.3%)
531	WIDERA Kacper	2746	K.S.JUDO TEAM MASTERS GLIWICE	M-20	78	00:01:37	00:59:17	01:34:53	02:04:30.99	02:06:08.76	+00:52:16 (42.0%)	5:54	10.2 (58.3%)
532	LUBICKI Wojciech	2345	DWÓJKA BEZ SERNIKA	M-50	56	00:00:34	00:56:27	01:32:44	02:04:31.02	02:05:05.19	+00:52:16 (42.0%)	5:54	10.2 (58.3%)
533	PETRYNA Bartosz	2472	FLUOR	M-40	147	00:00:35	00:55:33	01:30:30	02:04:33.61	02:05:08.77	+00:52:18 (42.0%)	5:54	10.2 (58.3%)
534	SKULSKI Tomasz	2763	KODOKAN GLIWICE	M-50	57	00:02:21	01:00:46	01:36:18	02:04:35.82	02:06:57.72	+00:52:20 (42.0%)	5:54	10.2 (58.3%)
535	BRZUSKA Grzegorz	2064		M-30	161	00:00:52	00:53:10	01:30:15	02:04:37.32	02:05:29.69	+00:52:22 (42.0%)	5:54	10.2 (58.3%)
536	CIUMAN Piotr	2088	PHD RUNNERS	M-30	162	00:00:54	00:57:45	01:33:04	02:04:40.43	02:05:35.35	+00:52:25 (42.1%)	5:54	10.2 (58.3%)
537	FRYSZTACKI Łukasz	2132		M-40	148	00:01:17	00:58:42	01:35:28	02:04:49.36	02:06:07.30	+00:52:34 (42.1%)	5:54	10.1 (57.7%)
538	SKOWRON Marcin	2559		M-30	163	00:00:27	00:58:15	01:33:19	02:04:50.48	02:05:17.48	+00:52:35 (42.1%)	5:55	10.1 (57.7%)
539	MALISZ Sebastian	2368		M-20	79	00:02:22	01:00:34	01:36:29	02:04:51.57	02:07:14.07	+00:52:36 (42.1%)	5:55	10.1 (57.7%)
540	PIETRZAK Adam	2478		M-30	164	00:01:00	00:59:53	01:36:41	02:04:52.55	02:05:52.82	+00:52:37 (42.1%)	5:55	10.1 (57.7%)
541	MICHALCZYK Aleksandra	2394		K-30	28	00:01:08	00:56:29	01:33:17	02:04:58.49	02:06:07.35	+00:52:43 (42.2%)	5:55	10.1 (57.7%)
542	BRYŚ Ewa	2061		K-40	36	00:00:00	00:59:45	01:35:20	02:05:05.55	02:05:05.55	+00:52:50 (42.2%)	5:55	10.1 (57.7%)
543	DANIELSKI Patryk	2098		M-30	165	00:00:52	00:58:11	01:34:36	02:05:12.23	02:06:04.27	+00:52:57 (42.3%)	5:56	10.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
544	WOJTAL Sebastian	2685	-	M-20	80	00:01:31	00:56:30	01:33:04	02:05:13.79	02:06:45.09	+00:52:58 (42.3%)	5:56	10.1 (57.7%)
545	BOROWIEC Marta	2049		K-30	29	00:00:32	00:56:52	01:34:19	02:05:21.34	02:05:54.07	+00:53:06 (42.4%)	5:56	10.1 (57.7%)
546	LEWANDOWSKI Henryk	2336		M-40	149	00:00:51	00:58:16	01:34:24	02:05:30.20	02:06:21.34	+00:53:15 (42.4%)	5:56	10.1 (57.7%)
547	KOWRYGO Adam	2289		M-20	81	00:00:43	00:58:06	01:34:32	02:05:30.44	02:06:13.83	+00:53:15 (42.4%)	5:56	10.1 (57.7%)
548	KLITA Rafał	2245	BIEGNĘ BYLE DOBIEC	M-40	150	00:02:03	00:57:33	01:33:37	02:05:30.96	02:07:34.90	+00:53:16 (42.4%)	5:56	10.1 (57.7%)
549	FORNAL Paweł	2130	ZABIEGANY TEAM	M-40	151	00:00:48	00:56:53	01:34:23	02:05:32.38	02:06:20.68	+00:53:17 (42.5%)	5:57	10.1 (57.7%)
550	LERKA Wojciech	2331		M-40	152	00:01:03	00:55:42	01:32:07	02:05:37.23	02:06:40.47	+00:53:22 (42.5%)	5:57	10.1 (57.7%)
551	GARBACZ Karolina	2140		K-20	18	00:01:17	00:56:12	01:33:12	02:05:37.30	02:06:54.87	+00:53:22 (42.5%)	5:57	10.1 (57.7%)
552	NIEGOWSKA Anna	2416	DRUŻYNA JEDYNKI	K-50	9	00:02:36	00:59:49	01:36:07	02:05:54.20	02:08:30.82	+00:53:39 (42.6%)	5:58	10.1 (57.7%)
553	POPIEL Adriana	2786		K-40	37	00:00:16	00:58:10	01:34:26	02:05:56.48	02:06:13.25	+00:53:41 (42.6%)	5:58	10.1 (57.7%)
554	PAWLUSIŃSKA Karolina	2468		K-20	19	00:01:22	00:55:22	01:31:10	02:05:57.02	02:07:19.34	+00:53:42 (42.6%)	5:58	10.1 (57.7%)
555	MATUSZEWSKI Andrzej	2388		M-20	82	00:01:46	00:59:06	01:35:30	02:05:59.05	02:07:45.38	+00:53:44 (42.7%)	5:58	10 (57.1%)
556	NIEMIEC Sławek	2418	INTERGRAFIK.PL	M-40	153	00:01:59	00:56:57	01:32:38	02:05:59.65	02:07:59.07	+00:53:44 (42.7%)	5:58	10 (57.1%)
557	WIŚNIEWSKI Tomasz	2672	3KSZ	M-30	166	00:01:01	00:58:24	01:36:20	02:05:59.66	02:07:00.96	+00:53:44 (42.7%)	5:58	10 (57.1%)
558	GODOŃ Alicja	2153		K-20	20	00:01:32	01:00:03	01:35:53	02:06:01.63	02:07:33.85	+00:53:46 (42.7%)	5:58	10 (57.1%)
559	GERST Sebastian	2147		M-20	83	00:02:02	00:58:49	01:35:11	02:06:05.67	02:08:08.64	+00:53:50 (42.7%)	5:58	10 (57.1%)
560	TRZCIŃSKI Łukasz	2638		M-20	84	00:01:00	00:57:15	01:33:42	02:06:29.02	02:07:29.78	+00:54:14 (42.9%)	5:59	10 (57.1%)
561	PRZYBYSZ Sylwia	2511		K-30	30	00:01:18	00:59:00	01:35:27	02:06:40.01	02:07:58.15	+00:54:25 (43.0%)	6:00	10 (57.1%)
562	MATULICZ Damian	2386		M-40	154	00:00:42	00:55:47	01:33:33	02:06:47.98	02:07:30.67	+00:54:33 (43.0%)	6:00	10 (57.1%)
563	RAZAKOWSKA Estera	2525		K-20	21	00:02:01	01:00:25	01:36:29	02:06:49.66	02:08:51.65	+00:54:34 (43.0%)	6:00	10 (57.1%)
564	SZCZEPANEK Karol	2597		M-20	85	00:01:39	00:52:28	01:28:34	02:06:50.22	02:08:29.95	+00:54:35 (43.0%)	6:00	10 (57.1%)
565	KACZMARCZYK Jakub	2219		M-20	86	00:00:33		01:36:23	02:06:52.59	02:07:26.09	+00:54:37 (43.1%)	6:00	10 (57.1%)
566	ADAM Mateusz	2751		M-30	167	00:02:18	00:59:17	01:34:30	02:06:52.70	02:09:11.68	+00:54:37 (43.1%)	6:00	10 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
567	WACŁAWSKA Agnieszka	2650	ALASTOR POLSKA	K-40	38	00:01:01	00:59:11	01:35:42	02:06:54.77	02:07:56.10	+00:54:39 (43.1%)	6:00	10 (57.1%)
568	WAWRZASZEK Karol	2657		M-30	168	00:02:21	01:00:13	01:36:24	02:06:56.20	02:09:17.39	+00:54:41 (43.1%)	6:00	10 (57.1%)
569	WRÓBLEWSKI Marcel	2701		M-20	87	00:01:44	00:58:37	01:35:15	02:07:00.37	02:08:44.75	+00:54:45 (43.1%)	6:01	10 (57.1%)
570	RACIS Małgorzata	2517	POMPEJANKA TEAM	K-20	22	00:01:52		01:36:40	02:07:19.05	02:09:11.31	+00:55:04 (43.3%)	6:02	9.9 (56.6%)
571	SADŁO Krzysztof	2541	FLUOR	M-20	88	00:02:08	01:02:10	01:38:05	02:07:25.82	02:09:34.57	+00:55:10 (43.3%)	6:02	9.9 (56.6%)
572	PAWELEC Bartek	2461		M-20	89	00:02:25	00:58:06	01:35:05	02:07:27.83	02:09:53.06	+00:55:12 (43.3%)	6:02	9.9 (56.6%)
573	BARTOSZEK Wojciech	2020		M-40	155	00:00:39	00:56:42	01:34:04	02:07:28.15	02:08:07.67	+00:55:13 (43.3%)	6:02	9.9 (56.6%)
574	TROCHA Monika	2636		K-30	31	00:01:53	00:58:54	01:35:52	02:07:30.48	02:09:23.65	+00:55:15 (43.3%)	6:02	9.9 (56.6%)
575	MARKOWSKA Sylwia	2378		K-40	39	00:00:47	00:58:07	01:35:15	02:07:35.45	02:08:22.49	+00:55:20 (43.4%)	6:02	9.9 (56.6%)
576	WOJNAR Oksana	2682	PARKRUN KĘDZIERZYN-KOŹLE	K-50	10	00:01:30	01:00:38	01:36:55	02:07:37.64	02:09:08.56	+00:55:22 (43.4%)	6:02	9.9 (56.6%)
577	KRUPA Magdalena	2302		K-30	32	00:01:18	00:57:47	01:34:49	02:07:44.41	02:09:02.59	+00:55:29 (43.4%)	6:03	9.9 (56.6%)
578	DOBKOWSKI Rafał	2106		M-20	90	00:02:17	00:57:24	01:34:04	02:07:53.42	02:10:11.09	+00:55:38 (43.5%)	6:03	9.9 (56.6%)
579	PARTYKA Kamil	2456		M-20	91	00:02:04	00:57:26	01:33:01	02:07:56.28	02:10:00.63	+00:55:41 (43.5%)	6:03	9.9 (56.6%)
580	KRZEMIŃSKI Sławomir	2306		M-20	92	00:00:39	00:59:22	01:35:43	02:08:09.91	02:08:48.92	+00:55:55 (43.6%)	6:04	9.9 (56.6%)
581	MIGASZEWSKI Adrian	2397		M-30	169	00:01:39	00:56:36	01:33:34	02:08:31.14	02:10:10.20	+00:56:16 (43.8%)	6:05	9.8 (56.0%)
582	GRUSZCZYŃSKI Bogusław	2735		M-60	6	00:01:12	00:58:48	01:36:06	02:08:36.28	02:09:49.23	+00:56:21 (43.8%)	6:05	9.8 (56.0%)
583	RAJTOR Klaudiusz	2520		M-60	7	00:02:34	01:01:40	01:38:25	02:08:39.28	02:11:13.63	+00:56:24 (43.8%)	6:05	9.8 (56.0%)
584	CZECH KOSIŃSKI Roch	2093		M-20	93	00:01:47	00:59:57	01:37:06	02:08:41.55	02:10:28.94	+00:56:26 (43.9%)	6:05	9.8 (56.0%)
585	MADER Piotr	2360		M-20	94	00:01:47	00:59:57	01:37:04	02:08:41.65	02:10:29.00	+00:56:26 (43.9%)	6:05	9.8 (56.0%)
586	OLEŃSKA Agnieszka	2438	SIOSTRY MADIZAR	K-30	33	00:00:55	00:59:24	01:36:20	02:08:45.65	02:09:41.27	+00:56:30 (43.9%)	6:06	9.8 (56.0%)
587	HAUSCHILD Adam	2188		M-30	170	00:01:44	00:59:22	01:37:32	02:08:47.92	02:10:31.99	+00:56:33 (43.9%)	6:06	9.8 (56.0%)
588	MAĆKÓW Martyna	2358	IFA POWERTRAIN POLSKA	K-30	34	00:01:53	00:58:49	01:35:34	02:08:49.56	02:10:43.35	+00:56:34 (43.9%)	6:06	9.8 (56.0%)
589	KACZYŃSKI Marek	2223	MOSTOSTAL ZABRZE UNITED	M-30	171	00:02:12	01:01:59	01:38:59	02:08:54.91	02:11:07.68	+00:56:40 (44.0%)	6:06	9.8 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
590	HYŁA Łukasz	2195		M-20	95	00:01:49	00:56:17	01:34:05	02:09:16.74	02:11:06.02	+00:57:01 (44.1%)	6:07	9.8 (56.0%)
591	MARKOWSKI Kamil	2380	TUTU AM	M-40	156	00:00:46	00:58:09	01:35:16	02:09:17.09	02:10:03.93	+00:57:02 (44.1%)	6:07	9.8 (56.0%)
592	MADEJA Aneta	2359		K-30	35	00:01:26	00:59:17	01:36:48	02:09:24.73	02:10:51.46	+00:57:09 (44.2%)	6:08	9.8 (56.0%)
593	GAWLIK-RYBIŃSKA Kasia	2143	EŁKA TEAM	K-40	40	00:02:15	00:58:35	01:36:27	02:09:25.63	02:11:40.95	+00:57:10 (44.2%)	6:08	9.8 (56.0%)
594	RYBIŃSKI Łukasz	2536	EŁKA TEAM	M-40	157	00:02:15	00:58:35	01:36:28	02:09:26.02	02:11:41.29	+00:57:11 (44.2%)	6:08	9.8 (56.0%)
595	PIŁAT Jarosław	2483		M-40	158	00:00:44	00:57:43	01:35:40	02:09:35.37	02:10:19.58	+00:57:20 (44.2%)	6:08	9.8 (56.0%)
596	NEGACZ Anna	2414		K-30	36	00:01:12	01:00:14	01:37:29	02:09:36.25	02:10:48.28	+00:57:21 (44.3%)	6:08	9.8 (56.0%)
597	SZCZEPAŃSKA Aneta	2598		K-40	41	00:01:23	01:00:42	01:38:25	02:10:07.29	02:11:30.70	+00:57:52 (44.5%)	6:10	9.7 (55.4%)
598	OLEJNICZAK Aleksandra	2435	EXORIGO-UPOS	K-30	37	00:02:10	01:06:27	01:42:10	02:10:19.76	02:12:30.70	+00:58:04 (44.6%)	6:10	9.7 (55.4%)
599	KRAJEWSKI Michał	2293		M-40	159	00:01:43	01:01:43	01:39:04	02:10:26.75	02:12:09.88	+00:58:11 (44.6%)	6:10	9.7 (55.4%)
600	WÓJCIK Rafał	2697		M-50	58	00:01:55	01:01:18	01:38:54	02:10:31.20	02:12:26.59	+00:58:16 (44.6%)	6:11	9.7 (55.4%)
601	KONSEK Bartosz	2824		M-20	96	00:01:36	01:01:07	01:39:58	02:10:44.95	02:12:21.68	+00:58:30 (44.7%)	6:11	9.7 (55.4%)
602	WALCZUK Maciej	2652	VOX BIEGA	M-50	59	00:01:47	00:56:37	01:36:26	02:10:59.00	02:12:46.70	+00:58:44 (44.8%)	6:12	9.7 (55.4%)
603	NECZAJ Michał	2413	OSP ŁAGISZA	M-20	97	00:00:57	00:59:46	01:37:46	02:11:31.30	02:12:28.32	+00:59:16 (45.1%)	6:14	9.6 (54.9%)
604	ZIĘTEK Lidia	2720		K-20	23	00:01:23	01:01:16	01:38:45	02:11:33.51	02:12:57.49	+00:59:18 (45.1%)	6:14	9.6 (54.9%)
605	BOBKOWSKI Maciej	2039		M-40	160	00:01:32	01:01:54	01:39:45	02:11:51.45	02:13:24.24	+00:59:36 (45.2%)	6:14	9.6 (54.9%)
606	PAWŁOWSKI Adam	2798		M-30	172	00:00:46	01:02:00	01:38:42	02:11:55.79	02:12:42.79	+00:59:40 (45.2%)	6:15	9.6 (54.9%)
607	FOLEK Andrzej	2776	LILI FAMILY	M-40	161	00:02:16	01:00:25	01:38:47	02:11:57.05	02:14:13.54	+00:59:42 (45.2%)	6:15	9.6 (54.9%)
608	MARCINÓW Michał	2376		M-20	98	00:01:16	01:03:52	01:41:27	02:11:57.76	02:13:13.98	+00:59:42 (45.3%)	6:15	9.6 (54.9%)
609	MARCINÓW Paweł	2375		M-20	99	00:01:15	01:03:27	01:41:27	02:11:58.38	02:13:14.05	+00:59:43 (45.3%)	6:15	9.6 (54.9%)
610	JANOSZKA Izabela	2748		K-30	38	00:01:58	01:02:18	01:40:12	02:12:02.95	02:14:01.35	+00:59:48 (45.3%)	6:15	9.6 (54.9%)
611	KARASZEWSKI Adam	2230	KARAŚ TEAM	M-40	162	00:00:49	00:59:59	01:38:22	02:12:03.38	02:12:52.89	+00:59:48 (45.3%)	6:15	9.6 (54.9%)
612	KARASZEWSKA Julia	2229	KARAŚ TEAM	K-20	24	00:00:49	00:59:59	01:38:06	02:12:03.75	02:12:52.88	+00:59:48 (45.3%)	6:15	9.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
613	SZUBA Czesław	2760		M-60	8	00:02:24	01:02:03	01:39:51	02:12:04.38	02:14:29.19	+00:59:49 (45.3%)	6:15	9.6 (54.9%)
614	SZOSTAK-SKÓRKA Izabela	2607		K-40	42	00:02:04	01:03:05	01:40:38	02:12:05.15	02:14:09.89	+00:59:50 (45.3%)	6:15	9.6 (54.9%)
615	ŚWIERKOT Izabela	2620		K-20	25	00:01:46	01:00:42	01:39:12	02:12:06.29	02:13:52.89	+00:59:51 (45.3%)	6:15	9.6 (54.9%)
616	DATA Mateusz	2766		M-30	173	00:00:36	01:01:42	01:39:43	02:12:08.11	02:12:44.76	+00:59:53 (45.3%)	6:15	9.6 (54.9%)
617	TKACZYK Tomasz	2747	TWOJA STARA	M-30	174	00:00:36	01:01:43	01:39:56	02:12:08.48	02:12:44.70	+00:59:53 (45.3%)	6:15	9.6 (54.9%)
618	WOLIŃSKI Dariusz	2688	HRMAX ŻORY	M-40	163	00:01:09	00:59:47	01:38:56	02:12:10.65	02:13:20.23	+00:59:55 (45.3%)	6:15	9.6 (54.9%)
619	NOCOŃ Milena	2422	FLUOR	K-30	39	00:01:20	01:03:54	01:42:24	02:12:10.66	02:13:31.40	+00:59:55 (45.3%)	6:15	9.6 (54.9%)
620	PĘDZIWIATR Ksawier	2818		M-20	100	00:01:36	01:04:33	01:43:28	02:12:22.39	02:13:58.83	+01:00:07 (45.4%)	6:16	9.6 (54.9%)
621	JERZYK Andrzej	2212		M-40	164	00:01:29	00:59:48	01:38:32	02:12:25.96	02:13:55.76	+01:00:11 (45.4%)	6:16	9.6 (54.9%)
622	STRZAŁKA Robert	2589		M-50	60	00:00:11	00:52:28	01:34:21	02:12:31.86	02:12:43.48	+01:00:16 (45.5%)	6:16	9.6 (54.9%)
623	PRACKA Danuta	2506		K-40	43	00:01:01	00:58:40	01:37:31	02:12:34.20	02:13:35.59	+01:00:19 (45.5%)	6:17	9.5 (54.3%)
624	TYLKOWSKI Eryk	2643		M-20	101	00:01:52	00:58:57	01:35:55	02:12:34.71	02:14:27.70	+01:00:19 (45.5%)	6:17	9.5 (54.3%)
625	ZAWIŚLAK Anna	2814		K-30	40	00:01:29	01:00:41	01:40:11	02:12:37.82	02:14:06.88	+01:00:22 (45.5%)	6:17	9.5 (54.3%)
626	DZIEMBAŁA-ŚWIRSKA Justyna	2610	CIDRY LOTAJOM	K-30	41	00:01:59	01:01:23	01:40:05	02:12:48.20	02:14:47.25	+01:00:33 (45.6%)	6:17	9.5 (54.3%)
627	JEFIMIK Paulina	2210		K-30	42	00:01:05	01:00:16	01:38:42	02:12:51.19	02:13:57.11	+01:00:36 (45.6%)	6:17	9.5 (54.3%)
628	WOJACZEK Robert	2680		M-20	102	00:02:07	01:01:36	01:39:28	02:12:52.00	02:14:59.84	+01:00:37 (45.6%)	6:17	9.5 (54.3%)
629	WOJACZEK Olga	2679		K-20	26	00:02:07	01:01:36	01:39:24	02:12:52.36	02:14:59.90	+01:00:37 (45.6%)	6:17	9.5 (54.3%)
630	TKACZYK Tomasz	2629		M-30	175	00:01:28	00:58:40	01:39:09	02:12:59.81	02:14:28.72	+01:00:44 (45.7%)	6:18	9.5 (54.3%)
631	CIERPIAŁOWSKI Marek	2083		M-30	176	00:01:58	01:03:38	01:42:02	02:13:06.38	02:15:04.77	+01:00:51 (45.7%)	6:18	9.5 (54.3%)
632	REINELT Grzegorz	2526		M-30	177	00:02:17	00:58:33	01:37:00	02:13:12.52	02:15:30.13	+01:00:57 (45.8%)	6:18	9.5 (54.3%)
633	TEMPKA Adam	2625		M-30	178	00:01:27	00:59:40	01:37:45	02:13:13.15	02:14:40.74	+01:00:58 (45.8%)	6:18	9.5 (54.3%)
634	JASZCZOŁT Robert	2208		M-40	165	00:01:41	01:00:39	01:39:13	02:13:37.20	02:15:18.83	+01:01:22 (45.9%)	6:20	9.5 (54.3%)
635	RENKE Piotr	2527		M-50	61	00:01:55	01:02:09	01:42:09	02:13:37.39	02:15:32.52	+01:01:22 (45.9%)	6:20	9.5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
636	STARZYK Tomasz	2583	AKMB PĘDZIWIATR GLIWICE	M-30	179	00:01:09	01:00:34	01:39:42	02:13:38.64	02:14:47.82	+01:01:23 (45.9%)	6:20	9.5 (54.3%)
637	DZIEDZIC Grzegorz	2117		M-40	166	00:02:19	01:02:16	01:41:02	02:13:40.18	02:16:00.02	+01:01:25 (46.0%)	6:20	9.5 (54.3%)
638	MACZUGA Przemysław	2357		M-40	167	00:02:16	01:02:19	01:40:53	02:13:42.88	02:15:59.03	+01:01:28 (46.0%)	6:20	9.5 (54.3%)
639	GIBASIEWICZ Justyna	2150		K-30	43	00:01:49	01:00:28	01:39:21	02:14:02.87	02:15:51.89	+01:01:47 (46.1%)	6:21	9.4 (53.7%)
640	WOROCH Aleksandra	2693		K-30	44	00:01:48	01:00:29	01:39:22	02:14:03.37	02:15:52.08	+01:01:48 (46.1%)	6:21	9.4 (53.7%)
641	KALINKA-BASZUN Daria	2224		K-40	44	00:02:07	01:03:01	01:40:41	02:14:10.28	02:16:17.68	+01:01:55 (46.2%)	6:21	9.4 (53.7%)
642	PUC Małgorzata	2513	BRAK	K-40	45	00:01:55	01:02:09	01:42:11	02:14:14.34	02:16:09.68	+01:01:59 (46.2%)	6:21	9.4 (53.7%)
643	RATAJ Barbara	2523	JEJKOWICE BIEGAJĄ	K-30	45	00:02:07	01:03:19	01:42:14	02:14:37.56	02:16:44.88	+01:02:22 (46.3%)	6:22	9.4 (53.7%)
644	TRZOS Daria	2639		K-30	46	00:02:07	01:03:20	01:42:15	02:14:37.77	02:16:44.91	+01:02:22 (46.3%)	6:22	9.4 (53.7%)
645	MASARCZYK Piotr	2382	AKTYWNI LYSKI	M-40	168	00:02:07	01:03:20	01:42:15	02:14:37.99	02:16:45.05	+01:02:23 (46.3%)	6:22	9.4 (53.7%)
646	LITWIN Aleksandra	2341		K-40	46	00:00:47	01:00:37	01:40:46	02:14:53.27	02:15:41.23	+01:02:38 (46.4%)	6:23	9.4 (53.7%)
647	FLORJAN Karolina	2127		K-20	27	00:00:11	01:01:38	01:41:33	02:15:03.40	02:15:15.32	+01:02:48 (46.5%)	6:24	9.4 (53.7%)
648	ŻYRA-KARWOT Wioleta	2734		K-30	47	00:00:45	01:01:24	01:40:48	02:15:12.72	02:15:58.26	+01:02:57 (46.6%)	6:24	9.4 (53.7%)
649	TYL Artur	2773		M-40	169	00:02:11	01:05:12	01:45:15	02:15:27.41	02:17:39.01	+01:03:12 (46.7%)	6:25	9.3 (53.1%)
650	WÓJTOWICZ Andrzej	2698	GITTEAM	M-20	103	00:01:23		01:38:08	02:15:30.35	02:16:54.28	+01:03:15 (46.7%)	6:25	9.3 (53.1%)
651	PALIGA Małgorzata	2450	TEAM KOPEĆ	K-50	11	00:01:40	01:02:43	01:42:42	02:15:39.29	02:17:19.65	+01:03:24 (46.7%)	6:25	9.3 (53.1%)
652	ŻMIJAN Artur	2731		M-50	62	00:01:40	01:02:41	01:42:33	02:15:39.34	02:17:19.67	+01:03:24 (46.7%)	6:25	9.3 (53.1%)
653	GOŁĘBIEWSKI Kornel	2155		M-40	170	00:01:33	00:59:28	01:40:21	02:16:12.17	02:17:45.78	+01:03:57 (47.0%)	6:27	9.3 (53.1%)
654	WĘGIEL Damian	2658	GROTA	Niepełnosprawni M	1	00:00:18	00:59:56	01:40:43	02:16:13.13	02:16:31.68	+01:03:58 (47.0%)	6:27	9.3 (53.1%)
655	PŁASKA Barbara	2494	KOBIETY NA 5+	K-50	12	00:01:15	01:00:22	01:40:29	02:16:30.66	02:17:46.22	+01:04:15 (47.1%)	6:28	9.3 (53.1%)
656	ZBOREK Dominika	2711		K-30	48	00:01:03	01:02:49	01:42:17	02:16:32.99	02:17:36.01	+01:04:18 (47.1%)	6:28	9.3 (53.1%)
657	MAJSNEROWSKA Ewelina	2365		K-40	47	00:01:02	01:02:49	01:42:19	02:16:33.91	02:17:36.12	+01:04:19 (47.1%)	6:28	9.3 (53.1%)
658	SELIGA Paweł	2547	BIEGAJ Z TRENERAMI GLIWICE	M-40	171	00:02:23	01:03:22	01:43:03	02:16:55.34	02:19:18.86	+01:04:40 (47.2%)	6:29	9.2 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
659	KWAPIEŃ Paweł	2320		M-40	172	00:02:25	01:03:19	01:42:52	02:16:58.88	02:19:24.46	+01:04:44 (47.3%)	6:29	9.2 (52.6%)
660	MELKOWSKI Karol	2392		M-20	104	00:02:14	01:07:02	01:48:24	02:17:09.81	02:19:24.64	+01:04:54 (47.3%)	6:30	9.2 (52.6%)
661	PALAK Rafał	2449		M-40	173	00:02:09	01:06:18	01:44:42	02:17:12.63	02:19:22.11	+01:04:57 (47.3%)	6:30	9.2 (52.6%)
662	ZIĘBA Miłosz	2719		M-20	105	00:02:18	01:04:52	01:45:08	02:17:33.45	02:19:51.64	+01:05:18 (47.5%)	6:31	9.2 (52.6%)
663	LERKA - GIZA Justyna	2332		K-40	48	00:01:02	01:02:05	01:42:50	02:17:34.06	02:18:37.00	+01:05:19 (47.5%)	6:31	9.2 (52.6%)
664	TABACKI Jan	2622		M-20	106	00:02:19	01:02:50	01:43:51	02:17:34.54	02:19:54.52	+01:05:19 (47.5%)	6:31	9.2 (52.6%)
665	GWOZDZ Jakub	2179		M-30	180	00:02:04	01:02:42	01:42:48	02:17:37.18	02:19:42.04	+01:05:22 (47.5%)	6:31	9.2 (52.6%)
666	TELENGA Ewa	2624		K-30	49	00:02:35	01:07:10	01:46:00	02:17:57.92	02:20:33.15	+01:05:43 (47.6%)	6:32	9.2 (52.6%)
667	WOJTKOWSKI Szymon	2687		M-30	181	00:02:35	01:07:08	01:46:00	02:17:58.13	02:20:33.15	+01:05:43 (47.6%)	6:32	9.2 (52.6%)
668	BOBA Marek	2038		M-50	63	00:01:15	01:04:43	01:44:55	02:18:10.34	02:19:26.14	+01:05:55 (47.7%)	6:32	9.2 (52.6%)
669	GACH Mateusz	2137	FLUOR	M-20	107	00:01:14	01:03:54	01:43:19	02:18:23.62	02:19:38.59	+01:06:08 (47.8%)	6:33	9.1 (52.0%)
670	PIOTROWSKI Karol	2486		M-20	108	00:02:18	01:04:52	01:45:09	02:18:27.88	02:20:46.38	+01:06:13 (47.8%)	6:33	9.1 (52.0%)
671	ZIĘBA Oliwia	2718		K-20	28	00:02:18	01:04:53	01:45:08	02:18:32.31	02:20:50.59	+01:06:17 (47.8%)	6:33	9.1 (52.0%)
672	KARMAŃSKI Jacek	2233	KUZYNY	M-50	64	00:02:36	01:03:58	01:43:03	02:18:41.93	02:21:18.90	+01:06:27 (47.9%)	6:34	9.1 (52.0%)
673	JĘDRZEJSKA Beata	2779	MIRAZ RACE TEAM	K-40	49	00:00:38	01:02:27	01:44:01	02:18:49.56	02:19:28.02	+01:06:34 (48.0%)	6:34	9.1 (52.0%)
674	KOWALCZYK Marcin	2285		M-40	174	00:01:42	01:03:13	01:45:14	02:19:04.98	02:20:47.10	+01:06:50 (48.1%)	6:35	9.1 (52.0%)
675	WITEK Inez	2675		K-30	50	00:00:00	01:06:02	01:44:14	02:19:18.86	02:19:18.86	+01:07:03 (48.1%)	6:36	9.1 (52.0%)
676	LATA Beata	2327	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K-50	13	00:02:02	01:03:04	01:44:44	02:19:19.42	02:21:21.83	+01:07:04 (48.1%)	6:36	9.1 (52.0%)
677	CZARNOTA Leszek	2092		M-50	65	00:00:44	01:04:35	01:45:34	02:19:22.35	02:20:06.75	+01:07:07 (48.2%)	6:36	9.1 (52.0%)
678	JĘDRZEJEK Jacek	2213		M-40	175	00:00:59	01:04:56	01:45:26	02:19:36.53	02:20:35.88	+01:07:21 (48.2%)	6:37	9.1 (52.0%)
679	DEMBOWSKA Bożena	2102		K-40	50	00:01:58	01:04:07	01:44:38	02:19:37.43	02:21:35.47	+01:07:22 (48.3%)	6:37	9.1 (52.0%)
680	BRZEZINA Arkadiusz	2062	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M-40	176	00:01:54	00:59:49	01:40:58	02:19:42.76	02:21:37.49	+01:07:27 (48.3%)	6:37	9.1 (52.0%)
681	KWAK-MŁYNARSKA Olga	2319		K-40	51	00:02:23	01:04:52	01:44:53	02:19:44.77	02:22:07.80	+01:07:29 (48.3%)	6:37	9.1 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
682	DEBRYCKE Jérôme	2101		M-40	177	00:01:49	01:04:03	01:45:04	02:20:27.34	02:22:16.52	+01:08:12 (48.6%)	6:39	9 (51.4%)
683	GRZYBOWSKI Damian	2175	-	M-30	182	00:01:27	01:00:56	01:42:15	02:20:49.95	02:22:17.31	+01:08:35 (48.7%)	6:40	9 (51.4%)
684	GÓRAL Bartłomiej	2159		M-20	109	00:01:36	01:04:04	01:44:49	02:21:07.14	02:22:43.35	+01:08:52 (48.8%)	6:41	9 (51.4%)
685	HABRAJSKI Michał	2181		M-40	178	00:01:21	01:01:17	01:42:26	02:21:10.48	02:22:31.53	+01:08:55 (48.8%)	6:41	9 (51.4%)
686	BUFNAL Krzysztof	2067		M-40	179	00:02:32	01:03:41	01:43:54	02:21:16.51	02:23:49.02	+01:09:01 (48.9%)	6:41	9 (51.4%)
687	KLIMALA Kacper	2244		M-20	110	00:01:40	01:05:32	01:47:09	02:21:18.52	02:22:59.45	+01:09:03 (48.9%)	6:41	9 (51.4%)
688	KOLASA Kordian	2261		M-30	183	00:02:20			02:21:44.30	02:24:04.38	+01:09:29 (49.0%)	6:43	8.9 (50.9%)
689	MACHAŁA Dariusz	2353		M-60	9	00:01:29	01:03:23	01:44:47	02:21:46.28	02:23:15.78	+01:09:31 (49.0%)	6:43	8.9 (50.9%)
690	SOŁTYS Wojciech	2572		M-40	180	00:02:26	01:06:34	01:47:56	02:22:24.18	02:24:50.85	+01:10:09 (49.3%)	6:44	8.9 (50.9%)
691	MATUĆ Dariusz	2385	MIECHOWICKA GRUPA BIEGOWA	M-50	66	00:01:56	01:03:04	01:44:16	02:22:27.67	02:24:24.27	+01:10:12 (49.3%)	6:45	8.9 (50.9%)
692	SZEREMETA Grzegorz	2602	CIDRY LOTAJOM	M-40	181	00:01:56	01:03:03	01:44:14	02:22:27.91	02:24:24.68	+01:10:13 (49.3%)	6:45	8.9 (50.9%)
693	FLORKIEWICZ Sławomir	2128		M-50	67	00:00:37	01:07:03	01:48:07	02:22:28.56	02:23:06.08	+01:10:13 (49.3%)	6:45	8.9 (50.9%)
694	MOSLER Martyna	2406		K-50	14	00:00:37	01:07:06	01:48:07	02:22:28.76	02:23:06.32	+01:10:13 (49.3%)	6:45	8.9 (50.9%)
695	KUSAK Marcin	2785		M-20	111	00:01:36	01:08:22	01:49:08	02:22:29.30	02:24:05.71	+01:10:14 (49.3%)	6:45	8.9 (50.9%)
696	AKSAMIT Witold	2003		M-40	182	00:02:28	01:08:41	01:49:39	02:22:55.72	02:25:24.36	+01:10:40 (49.5%)	6:46	8.9 (50.9%)
697	TILKOWSKA Elzbieta	2627		K-40	52	00:02:28	01:08:42	01:49:39	02:22:55.97	02:25:24.20	+01:10:41 (49.5%)	6:46	8.9 (50.9%)
698	KOŁODZIEJCZYK Wojtek	2263	FULCO	M-30	184	00:02:26	01:08:34	01:49:06	02:23:28.43	02:25:55.42	+01:11:13 (49.6%)	6:48	8.8 (50.3%)
699	STRYJECKA Natalia	2588		K-20	29	00:02:10	01:06:24	01:48:18	02:23:33.30	02:25:43.67	+01:11:18 (49.7%)	6:48	8.8 (50.3%)
700	SMOLARSKA Paulina	2568		K-30	51	00:00:20	01:06:45	01:49:17	02:24:29.46	02:24:49.86	+01:12:14 (50.0%)	6:50	8.8 (50.3%)
701	BOCHEŃSKI Mariusz	2041	POMPEJANKA TEAM	M-40	183	00:01:59	01:08:54	01:50:20	02:24:51.34	02:26:50.61	+01:12:36 (50.1%)	6:51	8.7 (49.7%)
702	PIKTAS Dagmara	2480		K-20	30	00:02:13	01:08:44	01:50:42	02:24:55.14	02:27:08.97	+01:12:40 (50.1%)	6:52	8.7 (49.7%)
703	PIKTAS Paweł	2479		M-50	68	00:02:13	01:08:44	01:50:42	02:24:55.42	02:27:09.25	+01:12:40 (50.1%)	6:52	8.7 (49.7%)
704	MIKOŁAJCZYK Karolina	2398		K-40	53	00:02:11	01:06:29	01:49:54	02:25:20.58	02:27:32.27	+01:13:05 (50.3%)	6:53	8.7 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
705	KOBYLIŃSKI Paweł	2255		M-40	184	00:00:46	01:07:15	01:49:37	02:25:20.66	02:26:07.30	+01:13:05 (50.3%)	6:53	8.7 (49.7%)
706	JĘDRZEJOWSKA-DEC Anna	2096		K-40	54	00:02:11	01:06:29	01:49:53	02:25:21.12	02:27:32.63	+01:13:06 (50.3%)	6:53	8.7 (49.7%)
707	DERRA Celina	2103		K-20	31	00:00:55	01:04:30	01:47:06	02:25:56.83	02:26:51.91	+01:13:41 (50.5%)	6:55	8.7 (49.7%)
708	CIUCHTA Rafał	2087		M-20	112	00:00:54	01:00:44	01:37:30	02:25:57.43	02:26:51.86	+01:13:42 (50.5%)	6:55	8.7 (49.7%)
709	POLAŃSKA Natalia	2502		K-20	32	00:01:19	01:08:15	01:51:12	02:26:26.63	02:27:46.50	+01:14:11 (50.7%)	6:56	8.6 (49.1%)
710	MUCHA-KUŚ Karolina	2744		K-40	55	00:00:33	01:07:06	01:49:28	02:26:32.09	02:27:05.66	+01:14:17 (50.7%)	6:56	8.6 (49.1%)
711	KUŚ Michał	2743		M-40	185	00:00:33	01:07:05	01:49:27	02:26:34.64	02:27:08.28	+01:14:19 (50.7%)	6:56	8.6 (49.1%)
712	KOŁODZIEJ Jacek	2262	FLUOR	M-50	69	00:02:12	01:03:41	01:47:00	02:26:39.03	02:28:51.55	+01:14:24 (50.7%)	6:57	8.6 (49.1%)
713	WOŹNIAK Michał	2695		M-20	113	00:02:08	01:05:03	01:47:39	02:27:13.73	02:29:22.43	+01:14:58 (50.9%)	6:58	8.6 (49.1%)
714	KARIMOV Mukhammad-Sodik	2232		M-20	114	00:00:37	01:02:06	01:45:50	02:27:27.39	02:28:04.67	+01:15:12 (51.0%)	6:59	8.6 (49.1%)
715	PUC Zuzanna	2512	BRAK	K-20	33	00:01:56	01:12:15	01:55:09	02:27:33.26	02:29:29.30	+01:15:18 (51.0%)	6:59	8.6 (49.1%)
716	WIERZBICKI Tomasz	2663		M-30	185	00:02:00	01:09:04	01:52:47	02:27:38.78	02:29:39.37	+01:15:23 (51.1%)	6:59	8.6 (49.1%)
717	DZIUBLA Bartłomiej	2119	SOCIOS SILESIA	M-20	115	00:01:59	01:09:04	01:52:44	02:27:39.08	02:29:39.01	+01:15:24 (51.1%)	6:59	8.6 (49.1%)
718	GREKOWICZ Filip	2167		M-40	186	00:01:53	01:09:59	01:51:28	02:27:50.49	02:29:44.38	+01:15:35 (51.1%)	7:00	8.6 (49.1%)
719	STAROŃ Jagoda	2581		K-30	52	00:01:32	01:13:48	01:57:13	02:28:20.21	02:29:52.72	+01:16:05 (51.3%)	7:01	8.5 (48.6%)
720	PIASECKI Michał	2473		M-30	186	00:02:17	01:15:43	01:57:23	02:28:35.14	02:30:52.94	+01:16:20 (51.4%)	7:02	8.5 (48.6%)
721	MOLĘDA Ewelina	2405	QZI TEAM	K-30	53	00:01:38	01:06:41	01:50:09	02:28:38.80	02:30:17.02	+01:16:23 (51.4%)	7:02	8.5 (48.6%)
722	SZWEDKOWICZ Błażej	2609		M-20	116	00:02:14	01:07:02	01:49:34	02:28:46.15	02:31:00.98	+01:16:31 (51.4%)	7:03	8.5 (48.6%)
723	ZIĘTEK Karolina	2721		K-20	34	00:01:23	01:04:16	01:50:44	02:29:56.09	02:31:20.06	+01:17:41 (51.8%)	7:06	8.4 (48.0%)
724	KORNALEWSKI Krzysztof	2274		M-20	117	00:01:40	01:04:52	01:50:41	02:30:50.32	02:32:30.76	+01:18:35 (52.1%)	7:08	8.4 (48.0%)
725	KULIŃSKI Łukasz	2313		M-30	187	00:00:41	01:05:41	01:50:58	02:31:02.63	02:31:43.65	+01:18:47 (52.2%)	7:09	8.4 (48.0%)
726	KLAJA Agnieszka	2240		K-30	54	00:00:42	01:09:17	01:54:54	02:31:17.10	02:31:59.13	+01:19:02 (52.2%)	7:10	8.4 (48.0%)
727	PAWLIK Maciej	2464		M-30	188	00:02:30	01:08:30	01:52:15	02:32:32.37	02:35:03.11	+01:20:17 (52.6%)	7:13	8.3 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	10km	16.097km	21.097km	21.097km			
728	SIEMIATKOWSKA Ewa	2836		K-40	56	00:01:56	01:10:20	01:55:10	02:32:43.52	02:34:40.21	+01:20:28 (52.7%)	7:14	8.3 (47.4%)
729	JUSZKOWSKI Michał	2217		M-40	187	00:01:46	01:11:34	01:56:26	02:33:23.12	02:35:09.52	+01:21:08 (52.9%)	7:16	8.3 (47.4%)
730	SZCZABEL Aleksandra	2838	BIEGAM Z SM	K-20	35	00:02:03	01:10:40	01:55:58	02:34:35.11	02:36:38.20	+01:22:20 (53.3%)	7:19	8.2 (46.9%)
731	BOGACZ Jagoda	2043	POMPEJANKA TEAM	K-40	57	00:02:01	01:10:42	01:55:50	02:35:03.63	02:37:05.15	+01:22:48 (53.4%)	7:20	8.2 (46.9%)
732	BREMEK Michał	1583		M-20	118	00:01:37	01:06:44	01:55:36	02:35:49.69	02:37:27.36	+01:23:34 (53.6%)	7:23	8.1 (46.3%)
733	MUSZYŃSKA Katarzyna	2410		K-30	55	00:02:12	01:09:39	01:55:53	02:37:21.28	02:39:33.35	+01:25:06 (54.1%)	7:27	8 (45.7%)
734	KARBOWY Marzena	2231	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-30	56	00:01:32	01:13:48	02:00:15	02:38:28.49	02:40:01.09	+01:26:13 (54.4%)	7:30	8 (45.7%)
735	ŚWIERC Krzysztof	2619		M-40	188	00:01:57	01:11:05	01:56:58	02:39:50.88	02:41:48.24	+01:27:36 (54.8%)	7:34	7.9 (45.1%)
736	BORYSOWSKA Katarzyna	2054		K-40	58	00:02:19	01:12:33	02:00:09	02:40:01.22	02:42:20.49	+01:27:46 (54.9%)	7:35	7.9 (45.1%)
737	GROCHOWSKA Justyna	2739	KLUB BENŻUR	K-20	36	00:01:26	01:09:50	01:55:28	02:40:08.35	02:41:34.73	+01:27:53 (54.9%)	7:35	7.9 (45.1%)
738	ROGÓŻ Sonia	2528	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	K-50	15	00:01:30	01:14:48	02:01:43	02:41:03.50	02:42:34.24	+01:28:48 (55.1%)	7:38	7.9 (45.1%)
739	BĘDKOWSKA Agata	2028		K-20	37	00:02:11	01:11:36	02:00:02	02:41:16.92	02:43:28.91	+01:29:02 (55.2%)	7:38	7.8 (44.6%)
740	ŚLUSARSKA Sylwia	2617		K-30	57	00:00:08	01:12:24	02:03:19	02:41:41.19	02:41:50.18	+01:29:26 (55.3%)	7:39	7.8 (44.6%)
741	LABUS Krzysztof	2326		M-30	189	00:01:49	01:12:08	01:58:06	02:41:45.70	02:43:35.43	+01:29:30 (55.3%)	7:40	7.8 (44.6%)
742	DUNAT-LABUS Justyna	2115		K-30	58	00:01:49	01:12:01	01:58:06	02:41:45.94	02:43:35.59	+01:29:31 (55.3%)	7:40	7.8 (44.6%)
743	KRASKA Patryk	2821		M-20	119	00:01:37	01:12:10	02:00:38	02:41:51.80	02:43:28.98	+01:29:36 (55.4%)	7:40	7.8 (44.6%)
744	HABRYKA Malwina	2182	QZI TEAM	K-20	38	00:01:38	01:08:30	01:56:22	02:41:54.44	02:43:33.40	+01:29:39 (55.4%)	7:40	7.8 (44.6%)
745	WOLNIK Dawid	2690		M-20	120	00:01:11	01:17:18	02:04:17	02:44:31.00	02:45:42.05	+01:32:16 (56.1%)	7:47	7.7 (44.0%)
746	SIÓDMOK Łukasz	2555		M-40	189	00:02:27	01:15:46	02:03:15	02:45:04.97	02:47:32.89	+01:32:50 (56.2%)	7:49	7.7 (44.0%)
747	ZAJĄC Łukasz	2706		M-40	190	00:02:32	01:15:56	02:03:53	02:45:05.05	02:47:37.10	+01:32:50 (56.2%)	7:49	7.7 (44.0%)
748	CHMELIK Katarzyna	2078	FIT FATY	K-30	59	00:02:23	01:12:35	02:02:14	02:45:44.89	02:48:08.62	+01:33:30 (56.4%)	7:51	7.6 (43.4%)
749	WOŁUJEWICZ Paweł	2692		M-30	190	00:01:07	01:19:18	02:05:11	02:45:48.42	02:46:56.14	+01:33:33 (56.4%)	7:51	7.6 (43.4%)
750	POKROPIŃSKA Elżbieta	2499		K-60	1	00:01:35	01:14:38	02:03:53	02:45:50.63	02:47:25.67	+01:33:35 (56.4%)	7:51	7.6 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	10km	16.097km	Czas netto 21.097km	Czas brutto 21.097km	Różn	Tempo min/km	Tempo km/h
751	POKROPIŃSKI Kazimierz	2500		M-60	10	00:01:34			02:45:50.92	02:47:25.73	+01:33:36 (56.4%)	7:51	7.6 (43.4%)
752	NISTORESCU Sorina	2421		K-30	60	00:01:30	01:15:53	02:05:01	02:46:37.31	02:48:08.09	+01:34:22 (56.6%)	7:53	7.6 (43.4%)
753	SYMELA-BOCHEŃSKA Katarzyna	2594	POMPEJANKA TEAM	K-40	59	00:02:00	01:14:21	02:05:57	02:50:32.92	02:52:33.66	+01:38:18 (57.6%)	8:04	7.4 (42.3%)
754	KAPICKI Jan	2774		Niepełnosprawni M	2	00:00:19	01:21:03	02:13:48	02:59:06.02	02:59:25.33	+01:46:51 (59.7%)	8:29	7.1 (40.6%)
Przekroczony limit czasu: 03:00:00													
755	RUTKA Wiola	2534		K-40	60	00:01:16	01:25:29	02:22:54	03:11:09.65	03:12:25.97	+01:58:54 (62.2%)	9:03	6.6 (37.7%)
756	PILARSKI Arkadiusz	2482		M-30	191	00:01:16	01:25:28	02:22:54	03:11:09.72	03:12:25.97	+01:58:54 (62.2%)	9:03	6.6 (37.7%)
757	PINIŁO Wojciech	2826	PRYWATNY BIEG SZACHTA 2024R	M-60	11	00:00:03	01:27:53	02:25:26	03:14:34.72	03:14:38.23	+02:02:19 (62.9%)	9:13	6.5 (37.1%)
758	KONIECZNY Łukasz	2268		M-20	121	00:00:58	01:04:35	02:12:27	03:21:12.37	03:22:10.45	+02:08:57 (64.1%)	9:32	6.3 (36.0%)
759	CIURAJ Marek	2089		M-40	191	00:02:30	01:04:46	01:43:28			+00:48:53	6:25	9.3 (53.1%)
	BOGACZ Paweł	2044	POMPEJANKA TEAM	M-40		DNF	00:53:31 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 760 wynik(ów)