



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Jastrzębska Dziesiątka 2019
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2019-09-21
Jastrzębie-Zdrój
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Półmetek M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOSGEI Mathew	981		M20-29	1		00:00:01	00:08:43	00:14:55	00:22:02	00:28:10	00:29:58.35	00:29:59.85	+00:00:00	2:59	20
2	CHERUTICH Nelson Kipkogei	982		M20-29	2		00:00:00	00:08:45	00:14:55	00:22:04	00:28:19	00:30:10.10	00:30:10.95	+00:00:00	3:01	19.9
3	WAMBUA Elijah Mutuku	983		M20-29	4		00:00:00	00:08:44	00:14:56	00:22:36	00:29:24	00:31:23.40	00:31:24.35	+00:00:00	3:08	19.1
4	KIBIRE Moses Kipruto	335	BENEDEK-TEAM	M30-39	1		00:00:01	00:08:44	00:14:55	00:22:12	00:28:36	00:30:25.95	00:30:27.10	+00:00:00	3:02	19.7
5	MRÓWKA Mateusz	350		M20-29	3	Bziegacze	00:00:00	00:08:45	00:14:56	00:22:11	00:28:38	00:30:29.35	00:30:29.80	+00:00:01	3:02	19.7
6	CIEPŁAK Marcin	352		M20-29	5	Inżynieria biegania Team	00:00:00	00:09:35	00:16:21	00:24:04	00:30:47	00:32:45.25	00:32:45.70	+00:01:26	3:16	18.3
7	ZAJĄC Bartosz	412		M20-29	6	KB MCKIS Jaworzno	00:00:00	00:09:38	00:16:24	00:24:11	00:30:59	00:32:51.30	00:32:51.80	+00:01:29	3:17	18.3
8	LYSKO Jakub	383		M30-39	3		00:00:01	00:09:50	00:16:30	00:24:21	00:31:10	00:33:08.75	00:33:10.25	+00:01:35	3:18	18.1
9	DROŹDŹ Damian	363		M30-39	2	Inżynieria biegania Team	00:00:01	00:09:50	00:16:32	00:24:20	00:31:08	00:33:05.30	00:33:06.45	+00:01:37	3:18	18.1
10	LUBIENIECKI Maciej	382		M40-49	1		00:00:01	00:09:50	00:16:42	00:24:53	00:32:01	00:34:07.20	00:34:08.45	+00:01:47	3:24	17.6
11	KWESTOROWSKI Bartosz	380		M30-39	5		00:00:01	00:09:50	00:16:44	00:24:59	00:32:04	00:34:06.60	00:34:08.15	+00:01:48	3:24	17.6
12	ŻURAWIK Daniel	415		M30-39	4		00:00:01	00:09:50	00:16:46	00:24:53	00:31:46	00:33:47.60	00:33:49.05	+00:01:51	3:22	17.8
13	SZRENIAWA Paweł	406		M20-29	7		00:00:01	00:09:52	00:16:57	00:25:11	00:32:15	00:34:14.25	00:34:15.30	+00:02:02	3:25	17.5
14	PIEPRZYCKI Robert	394		M20-29	8		00:00:01	00:10:05	00:17:03	00:25:12	00:32:21	00:34:25.85	00:34:27.35	+00:02:07	3:26	17.4
15	MUSKIETORZ Piotr	388		M30-39	6	Inżynieria biegania Team	00:00:00	00:10:03	00:17:06	00:25:25	00:32:41	00:34:45.05	00:34:45.75	+00:02:11	3:28	17.3
16	KOŹMIŃSKI Józef	378		M30-39	201		00:00:01	00:09:55	00:17:07					+00:02:12	3:25	17.5
17	BULIK Witold	359		M50-59	1	PKS Olimpijczyk Gilowice	00:00:01	00:10:05	00:17:09	00:25:43	00:33:05	00:35:18.65	00:35:20.60	+00:02:13	3:31	17
18	CZAPLA Piotr	362		M20-29	9		00:00:01	00:10:14	00:17:25	00:25:42	00:32:51	00:34:53.55	00:34:55.10	+00:02:30	3:29	17.2
19	LIZAK Wociech	381		M30-39	7	Niesłony Lizak	00:00:00	00:10:15	00:17:26	00:25:44	00:32:52	00:34:56.75	00:34:57.65	+00:02:30	3:29	17.2
20	KARDAS Arkadiusz	373		M30-39	8		00:00:01	00:10:23	00:17:37	00:25:59	00:33:06	00:35:05.10	00:35:06.45	+00:02:41	3:30	17.1
21	PORĘBA Grzegorz	396		M30-39	10	Niewybiegani	00:00:00	00:10:24	00:17:44	00:26:39	00:34:13	00:36:21.35	00:36:21.95	+00:02:48	3:38	16.5
22	BŁASZCZYK Dominik	358		M30-39	11		00:00:01	00:10:32	00:17:51	00:26:49	00:34:19	00:36:28.40	00:36:29.85	+00:02:56	3:38	16.5
23	URBANIAK Witek	407		M30-39	12		00:00:01	00:10:32	00:18:01	00:26:45	00:34:19	00:36:30.55	00:36:32.35	+00:03:05	3:39	16.4
24	BARTOSIK Sebastian	357		M30-39	13	FORMA Wodzisław Śląski	00:00:02	00:10:29	00:18:00	00:26:50	00:34:25	00:36:39.20	00:36:41.30	+00:03:05	3:39	16.4
25	HATALA Paweł	369		M30-39	9		00:00:02	00:10:38	00:18:06	00:26:42	00:34:09	00:36:16.15	00:36:18.85	+00:03:10	3:37	16.5
26	CICHOŃ Roman	361		M40-49	3		00:00:02	00:10:38	00:18:06	00:26:49	00:34:26	00:36:36.50	00:36:39.20	+00:03:10	3:39	16.4
27	RAJWA Roman	397		M20-29	10	Bziegacze	00:00:01	00:10:31	00:18:06	00:27:03	00:34:33	00:36:34.05	00:36:35.30	+00:03:11	3:39	16.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas					Czas	Czas	Różn	Tempo min/km	Tempo km/h
							startu	2.9km	5km	7.3km	9.4km	netto 10km	brutto 10km			
28	KLIMEK Wojciech	376		M16-19	1		00:00:01	00:10:41	00:18:07	00:26:42	00:34:09	00:36:16.50	00:36:17.85	+00:03:12	3:37	16.5
29	KNESZ Marek	460		M50-59	2		00:00:01	00:10:39	00:18:09	00:27:02	00:34:36	00:36:51.70	00:36:53.25	+00:03:14	3:41	16.3
30	ALBRECHT Krystian	355		M16-19	2	Galopujące Ślimaki	00:00:02	00:10:37	00:18:09	00:26:55	00:34:27	00:36:31.50	00:36:33.90	+00:03:14	3:39	16.4
31	DUŻNIAK Dominik	364		M30-39	15		00:00:02	00:10:39	00:18:11	00:27:06	00:34:41	00:36:56.95	00:36:59.05	+00:03:16	3:41	16.2
32	JASICA Mateusz	371		M16-19	3	KUSY Bukowno	00:00:01	00:10:42	00:18:13	00:27:02	00:34:39	00:36:53.10	00:36:54.75	+00:03:18	3:41	16.3
33	SEIFFERT Markus	400		M30-39	14	Koszulka Hynia	00:00:03	00:10:43	00:18:14	00:27:02	00:34:38	00:36:44.75	00:36:47.75	+00:03:19	3:40	16.3
34	JARCO Dominik	370		M20-29	12		00:00:01	00:10:28	00:18:16	00:27:32	00:35:08	00:37:18.25	00:37:20.05	+00:03:21	3:43	16.1
35	FIRLA Arkadiusz	365		M40-49	6		00:00:02	00:10:42	00:18:17	00:27:13	00:34:58	00:37:14.90	00:37:17.05	+00:03:22	3:43	16.1
36	STARZYCKI Przemysław	402		M20-29	11	KB MCKIS Jaworzno	00:00:02	00:10:34	00:18:17	00:27:13	00:34:57	00:37:08.45	00:37:10.95	+00:03:22	3:42	16.2
37	KUBIK Arkadiusz	464		M40-49	5	Dystans Lubomia	00:00:02	00:10:46	00:18:23	00:27:17	00:34:58	00:37:10.45	00:37:13.10	+00:03:27	3:43	16.1
38	BARTNIK Sebastian	356	STREET SPIRIT - TEAM NOWAK	M40-49	4		00:00:02	00:10:53	00:18:25	00:27:07	00:34:35	00:36:44.30	00:36:46.50	+00:03:30	3:40	16.3
39	WALCZYŃSKI Mariusz	408		M30-39	16	Niewybiegani	00:00:02	00:10:53	00:18:25	00:27:15	00:34:51	00:37:00.65	00:37:02.90	+00:03:30	3:42	16.2
40	SOBOL Tomasz	401		M40-49	2		00:00:01	00:10:54	00:18:27	00:27:05	00:34:24	00:36:31.15	00:36:32.95	+00:03:31	3:39	16.4
41	KĄŁUŻNY Adam	372		M30-39	19	SOCIOS SILESIA	00:00:02	00:10:47	00:18:28	00:27:27	00:35:14	00:37:31.75	00:37:34.30	+00:03:33	3:45	16
42	NIEMIEC Mirek	487		M50-59	3	Olza Cieszyn	00:00:01	00:10:41	00:18:29	00:27:31	00:35:18	00:37:37.90	00:37:39.20	+00:03:34	3:45	15.9
43	KOGUCIUK Karol	377		M20-29	14	TOMAZI BIKE	00:00:02	00:10:39	00:18:29	00:27:51	00:35:50	00:37:55.45	00:37:57.60	+00:03:34	3:47	15.8
44	ZYGMA Kordian	414		M20-29	13		00:00:01	00:10:51	00:18:31	00:27:38	00:35:18	00:37:26.70	00:37:28.35	+00:03:36	3:44	16
45	OSETEK Paweł	392		M30-39	18	Radlinioki w biegu	00:00:01	00:10:45	00:18:36	00:27:26	00:35:07	00:37:19.75	00:37:21.10	+00:03:40	3:44	16.1
46	WOWRY Klaudiusz	410		M16-19	4	Olza Cieszyn	00:00:00	00:10:57	00:18:38	00:27:41	00:35:24	00:37:32.50	00:37:33.35	+00:03:42	3:45	16
47	CHRAPKIEWICZ Michał	360		M30-39	21	Olza Cieszyn	00:00:02	00:10:56	00:18:39	00:27:44	00:35:34	00:37:47.70	00:37:50.10	+00:03:44	3:46	15.9
48	SZKODA Dariusz	405		M30-39	20	SOCIOS SILESIA	00:00:02	00:10:59	00:18:39	00:27:41	00:35:26	00:37:42.65	00:37:44.90	+00:03:44	3:46	15.9
49	FILIP Bartosz	437		M20-29	15	SOCIOS SILESIA	00:00:02	00:10:47	00:18:44	00:28:04	00:35:50	00:37:56.65	00:37:59.05	+00:03:49	3:47	15.8
50	ZIELIŃSKI Rafał	413		M30-39	24	Klub Biegacza MOSiR Jastrzębie	00:00:01	00:10:46	00:18:46	00:28:03	00:35:52	00:38:05.90	00:38:07.50	+00:03:50	3:48	15.7
51	LEDWOŃ Paweł	468		M30-39	200		00:00:03	00:11:04	00:18:48	00:27:54				+00:03:53	3:49	15.7
52	RĘBISZ Mariusz	398		M40-49	7		00:00:01	00:11:09	00:18:49	00:27:49	00:35:31	00:37:46.55	00:37:48.15	+00:03:54	3:46	15.9
53	ŻERDKA Michał	542		M30-39	22		00:00:03	00:11:04	00:18:49	00:28:06	00:35:48	00:37:51.95	00:37:54.95	+00:03:54	3:47	15.9
54	JASTRZĘBSKI Piotr	451		M30-39	25		00:00:02	00:11:03	00:18:50	00:27:57	00:35:50	00:38:07.35	00:38:09.95	+00:03:55	3:48	15.7
55	MOLA Mateusz	485		M16-19	5	Olza Cieszyn	00:00:04	00:11:06	00:18:50	00:28:00	00:35:48	00:37:51.35	00:37:55.40	+00:03:55	3:47	15.9
56	PRZYBYŁA Przemek	507		M40-49	8		00:00:01	00:11:08	00:18:52	00:27:51	00:35:41	00:37:56.00	00:37:57.85	+00:03:56	3:47	15.8
57	GIŻYŃSKI Damian	366		M30-39	17	GB Galopujące Ślimaki	00:00:02	00:11:16	00:18:57	00:27:44	00:35:11	00:37:18.40	00:37:20.65	+00:04:02	3:43	16.1
58	NOGA Krystian	488		M30-39	23	FORMA Wodzisław Śląski	00:00:04	00:11:11	00:18:59	00:28:05	00:35:51	00:37:54.55	00:37:59.40	+00:04:03	3:47	15.8
59	GRUDZIEŃ Krzysztof	368		M40-49	11		00:00:03	00:11:07	00:19:04	00:28:32	00:36:35	00:38:55.50	00:38:58.70	+00:04:09	3:53	15.4
60	DZIARSKI Wiesław	436		M60-69	1		00:00:04	00:11:12	00:19:09	00:28:24	00:36:32	00:38:54.15	00:38:58.20	+00:04:14	3:53	15.4
61	MALINA Adam	477		M40-49	9		00:00:02	00:11:15	00:19:10	00:28:17	00:36:04	00:38:20.80	00:38:23.65	+00:04:15	3:50	15.6
62	MENCEWICZ Paweł	484		M40-49	10	FORMA Wodzisław Śląski	00:00:02	00:11:17	00:19:12	00:28:22	00:36:20	00:38:49.25	00:38:51.95	+00:04:17	3:52	15.5
63	MAROSZEK Szymon	480		M30-39	27		00:00:04	00:11:22	00:19:13	00:28:28	00:36:14	00:38:27.30	00:38:31.35	+00:04:18	3:50	15.6
64	SAMBAK Tadeusz	399		M50-59	4	Zadyszka Oświęcim	00:00:03	00:11:27	00:19:15	00:28:21	00:36:23	00:38:43.60	00:38:47.15	+00:04:20	3:52	15.5
65	TRAFIAŁEK Miłosz	528		M30-39	29		00:00:04	00:11:16	00:19:16	00:28:46	00:36:46	00:39:07.55	00:39:11.90	+00:04:21	3:54	15.3
66	OLBRICH Artur	391		M30-39	32		00:00:03	00:11:25	00:19:23	00:28:42	00:36:58	00:39:19.55	00:39:22.80	+00:04:28	3:55	15.3
67	MEREDYK Adrian	387		M30-39	34		00:00:02	00:11:17	00:19:26	00:29:05	00:37:30	00:39:41.50	00:39:43.95	+00:04:31	3:58	15.1
68	KILJAN Mariusz	375		M40-49	14	KB MCKIS Jaworzno	00:00:02	00:11:19	00:19:26	00:28:52	00:37:01	00:39:20.55	00:39:23.45	+00:04:31	3:56	15.2
69	FURMAN Dawid	438		M30-39	28		00:00:04	00:11:31	00:19:26	00:28:38	00:36:21	00:38:37.15	00:38:41.15	+00:04:31	3:51	15.5
70	ALBRECHT Arkadiusz	354		M40-49	12	Galopujące Ślimaki	00:00:05	00:11:30	00:19:30	00:28:43	00:36:42	00:38:57.65	00:39:03.30	+00:04:34	3:53	15.4
71	NIEŚŁONY Filip	390		M20-29	16	Nieślony Lizak	00:00:02	00:11:29	00:19:35	00:28:49	00:36:30	00:38:40.70	00:38:43.30	+00:04:39	3:52	15.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	ADAMSKI Robert	353		M30-39	26	Brykająca Grupa Biegowa	00:00:03	00:11:38	00:19:34	00:28:38	00:36:14	00:38:27.00	00:38:30.35	+00:04:39	3:50	15.6
73	KAWCZYŃSKI Radosław	457		M30-39	30	Team URODZENI BIEGACZE	00:00:05	00:11:35	00:19:35	00:29:01	00:36:58	00:39:14.50	00:39:19.90	+00:04:39	3:55	15.3
74	WANTULOK Paweł	531		M20-29	17		00:00:05	00:11:37	00:19:35	00:29:00	00:37:03	00:39:18.90	00:39:24.20	+00:04:40	3:55	15.3
75	STUCHLIK Marek	520		M30-39	31	Aktywna Pszczyna Runners Team	00:00:04	00:11:35	00:19:39	00:29:01	00:37:00	00:39:17.95	00:39:22.00	+00:04:44	3:55	15.3
76	PALT Tomasz	499		M40-49	13		00:00:04	00:11:39	00:19:39	00:29:00	00:37:00	00:39:20.10	00:39:24.45	+00:04:44	3:56	15.3
77	SKIBA Ryszard	517		M40-49	15		00:00:05	00:11:36	00:19:42	00:29:20	00:37:27	00:39:45.75	00:39:51.10	+00:04:47	3:58	15.1
78	WOLNY Ariel	535		M30-39	33		00:00:06	00:11:47	00:19:46	00:29:19	00:37:24	00:39:39.80	00:39:45.90	+00:04:51	3:57	15.1
79	MARCZAK Piotr	478		M30-39	42		00:00:05	00:11:30	00:19:47	00:29:39	00:38:11	00:40:40.35	00:40:45.45	+00:04:52	4:04	14.8
80	KLYSZCZ Paweł	459		M20-29	21		00:00:04	00:11:35	00:19:49	00:29:33	00:37:57	00:40:13.10	00:40:17.60	+00:04:53	4:01	14.9
81	BIAŁOŻYT Michał	422		M16-19	6		00:00:03	00:11:49	00:19:48	00:29:01	00:37:07	00:39:26.70	00:39:29.85	+00:04:53	3:56	15.2
82	SZPYRKA Sebastian	523		M20-29	19		00:00:02	00:11:45	00:19:51	00:29:15	00:37:27	00:39:38.45	00:39:41.35	+00:04:56	3:57	15.1
83	HANKUS Łukasz	447		M30-39	50		00:00:07	00:11:49	00:19:52	00:29:43	00:38:37	00:41:18.85	00:41:26.30	+00:04:57	4:07	14.5
84	BEZUCH Paweł	421		M20-29	18		00:00:06	00:11:47	00:19:57	00:29:17	00:37:22	00:39:38.05	00:39:44.60	+00:05:01	3:57	15.1
85	NOWICKI Tomasz	491		M30-39	40	Klub Biegacza Fartlek	00:00:06	00:11:46	00:20:00	00:29:40	00:38:08	00:40:30.65	00:40:36.75	+00:05:05	4:03	14.8
86	SPYRKA Piotr	518		M30-39	41	Klub Biegacza Fartlek	00:00:05	00:11:46	00:20:01	00:29:50	00:38:11	00:40:38.50	00:40:44.15	+00:05:06	4:03	14.8
87	BRYŁA Rafał	427		M30-39	35	Klub Biegacza Fartlek	00:00:05	00:11:48	00:20:02	00:29:27	00:37:29	00:39:46.15	00:39:51.85	+00:05:06	3:58	15.1
88	MALINOWSKI Krzysztof	386		M50-59	6		00:00:02	00:11:45	00:20:07	00:29:57	00:38:20	00:40:40.55	00:40:42.95	+00:05:11	4:04	14.8
89	KNAPEK Łukasz	603		M20-29	20		00:00:11	00:11:58	00:20:07	00:29:35	00:37:44	00:40:07.50	00:40:19.25	+00:05:12	4:00	15
90	PALKA Dawid	650		M40-49	21	40-latek Tychy	00:00:05	00:11:47	00:20:08	00:30:03	00:38:33	00:41:17.40	00:41:23.00	+00:05:12	4:07	14.5
91	TOKAREWICZ Damian	525		M30-39	46		00:00:09	00:11:55	00:20:08	00:29:54	00:38:38	00:41:10.50	00:41:20.05	+00:05:13	4:07	14.6
92	CIECIAK Grzegorz	430		M40-49	16		00:00:09	00:11:55	00:20:08	00:29:40	00:37:54	00:40:19.25	00:40:28.40	+00:05:13	4:01	14.9
93	HEJNA Michał	587		M30-39	39	Koszulka Hynia	00:00:07	00:11:57	00:20:10	00:29:44	00:37:59	00:40:21.60	00:40:29.15	+00:05:14	4:02	14.9
94	MARTOWSKI Przemysław	481		M30-39	47		00:00:04	00:11:52	00:20:12	00:29:59	00:38:38	00:41:11.60	00:41:16.25	+00:05:16	4:07	14.6
95	RAJWA Jan	508		M30-39	44	Bziegacze	00:00:05	00:11:51	00:20:19	00:30:10	00:38:40	00:41:02.65	00:41:07.95	+00:05:24	4:06	14.6
96	RYCHCZYŃSKI Jonatan	512		M20-29	22		00:00:13	00:11:58	00:20:20	00:30:02	00:38:05	00:40:27.50	00:40:41.30	+00:05:24	4:02	14.8
97	SIEGMUND Tadeusz	679		M40-49	17	Klub Biegacza MOSiR Jastrzębie	00:00:02	00:12:01	00:20:21	00:30:09	00:38:31	00:40:56.55	00:40:59.15	+00:05:26	4:05	14.7
98	BEREZOWSKI Tomasz	419		M30-39	51		00:00:10	00:12:04	00:20:21	00:30:14	00:38:54	00:41:22.50	00:41:33.05	+00:05:26	4:08	14.5
99	STACHOWSKI Ireneusz	519		M40-49	18	FORMA Wodzisław Śląski	00:00:02	00:11:58	00:20:22	00:30:13	00:38:41	00:41:07.45	00:41:09.90	+00:05:27	4:06	14.6
100	LORANC Maciej	473		M50-59	5	NUTREND BIEGA	00:00:04	00:12:11	00:20:24	00:29:56	00:37:43	00:39:53.95	00:39:58.60	+00:05:28	3:59	15
101	SURWIŁO Sandro	521		M30-39	37		00:00:03	00:12:04	00:20:25	00:29:59	00:37:59	00:40:10.90	00:40:14.25	+00:05:29	4:01	14.9
102	KRUK Tomasz	462		M30-39	53	Athletics Nysa	00:00:06	00:12:07	00:20:25	00:30:30	00:39:14	00:41:40.45	00:41:46.60	+00:05:30	4:10	14.4
103	ROMIK Krzysztof	510		M40-49	22		00:00:07	00:12:06	00:20:26	00:30:13	00:38:48	00:41:19.50	00:41:26.50	+00:05:31	4:07	14.5
104	TŁOŁKA Michał	524		M30-39	58		00:00:07	00:12:02	00:20:28	00:30:37	00:39:38	00:42:15.15	00:42:22.40	+00:05:33	4:13	14.2
105	PALIGA Rafał	498		M40-49	24		00:00:05	00:11:58	00:20:28	00:30:33	00:39:13	00:41:39.50	00:41:45.15	+00:05:33	4:10	14.4
106	ADAMCZEWSKI Waldemar	543		M50-59	7	Klub Biegacza Fartlek	00:00:06	00:12:07	00:20:29	00:30:13	00:38:34	00:40:53.55	00:41:00.00	+00:05:34	4:05	14.7
107	PAGIEŁA Łukasz	497		M30-39	36	Olza Cieszyn	00:00:01	00:12:04	00:20:30	00:30:06	00:38:04	00:40:05.95	00:40:07.80	+00:05:34	4:00	15
108	RESPONDEK Leszek	673		M30-39	43		00:00:08	00:12:09	00:20:30	00:30:13	00:38:38	00:40:59.30	00:41:07.95	+00:05:35	4:05	14.6
109	WOWRY Grzegorz	409		M30-39	45	Olza Cieszyn	00:00:00	00:12:05	00:20:31	00:30:19	00:38:44	00:41:05.55	00:41:06.50	+00:05:35	4:06	14.6
110	BORCHERT Marcin	425		M30-39	38	Aktywna Pszczyna Runners Team	00:00:04	00:12:09	00:20:31	00:29:59	00:38:05	00:40:21.50	00:40:25.55	+00:05:36	4:02	14.9
111	PLEWNIA Dawid	661		M20-29	26		00:00:18	00:12:15	00:20:32	00:30:25	00:39:02	00:41:35.40	00:41:53.85	+00:05:37	4:09	14.4
112	WRZECIONKOWSKI Adrian	536		M30-39	48		00:00:10	00:12:12	00:20:38	00:30:26	00:38:47	00:41:14.85	00:41:25.30	+00:05:42	4:07	14.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
113	NIESŁONY Dominik	389		M20-29	25	Niesłony Lizak	00:00:02	00:12:05	00:20:38	00:30:34	00:39:07	00:41:26.95	00:41:29.50	+00:05:43	4:08	14.5
114	PIŁATOWSKI Andrzej	501		M50-59	10		00:00:03	00:12:09	00:20:39	00:30:43	00:39:14	00:41:40.40	00:41:44.20	+00:05:43	4:10	14.4
115	GADAJ Grzegorz	439		M30-39	60		00:00:04	00:12:00	00:20:39	00:31:00	00:39:52	00:42:22.65	00:42:27.50	+00:05:43	4:14	14.2
116	KOWAL Łukasz	609		M20-29	23		00:00:06	00:12:22	00:20:40	00:30:16	00:38:27	00:40:45.00	00:40:51.95	+00:05:44	4:04	14.7
117	MAJ Przemysław	476		M30-39	49	Klub Biegacza Fartlek	00:00:07	00:12:16	00:20:42	00:30:24	00:38:48	00:41:17.35	00:41:25.15	+00:05:46	4:07	14.5
118	BRZÓSKA Rafał	428		M40-49	19		00:00:05	00:12:10	00:20:42	00:30:33	00:38:51	00:41:08.50	00:41:14.40	+00:05:47	4:06	14.6
119	BIAŁECKI Tomasz	548		M40-49	20	Bziegacze	00:00:05	00:12:21	00:20:44	00:30:25	00:38:47	00:41:16.80	00:41:22.50	+00:05:49	4:07	14.5
120	MĘŻYK Matik	635		M30-39	66	Koszulka Hynia	00:00:06	00:12:04	00:20:45	00:31:11	00:40:15	00:42:50.20	00:42:57.15	+00:05:49	4:17	14
121	Kawecki Stanisław	601		M40-49	27	Olza Cieszyn	00:00:10	00:12:06	00:20:47	00:31:00	00:39:46	00:42:14.50	00:42:24.50	+00:05:52	4:13	14.2
122	MAZUR Marek	482		M40-49	26		00:00:04	00:12:12	00:20:48	00:31:09	00:39:37	00:42:05.50	00:42:09.75	+00:05:52	4:12	14.3
123	KUŚ Tomasz	466		M30-39	55		00:00:12	00:12:20	00:20:48	00:30:39	00:39:11	00:41:42.60	00:41:55.00	+00:05:53	4:10	14.4
124	MROWIEC Bernard	640		M50-59	8		00:00:07	00:12:26	00:20:49	00:30:39	00:39:04	00:41:21.45	00:41:29.40	+00:05:53	4:08	14.5
125	LORENZ Marcin	474		M40-49	56	GB Galopujące Ślimaki	00:00:16	00:12:11	00:20:49		00:41:55	00:44:49.35	00:45:05.35	+00:05:54	4:28	13.4
126	DEJEWSKI Jakub	433		M30-39	59	GB Galopujące Ślimaki	00:00:15	00:12:11	00:20:50	00:31:01	00:39:48	00:42:18.00	00:42:33.60	+00:05:54	4:13	14.2
127	LILLA Piotr	470		M30-39	64		00:00:04	00:11:52	00:20:50	00:31:19	00:40:07	00:42:48.05	00:42:52.85	+00:05:55	4:16	14
128	GÓRSKI Michał	583		M20-29	24		00:00:08	00:12:24	00:20:50	00:30:40	00:39:07	00:41:20.15	00:41:29.05	+00:05:55	4:08	14.5
129	ZIELIŃSKI Ireneusz	540		M50-59	11		00:00:04	00:12:11	00:20:50	00:30:55	00:39:38	00:42:07.20	00:42:11.85	+00:05:55	4:12	14.2
130	RUCIŃSKI Krzysztof	676		M40-49	29		00:00:07	00:12:00	00:20:50	00:31:09	00:39:49	00:42:37.65	00:42:45.10	+00:05:55	4:15	14.1
131	ŻUKROWSKI Krzysztof	718		M30-39	57		00:00:17	00:12:23	00:20:54	00:31:03	00:39:44	00:42:07.15	00:42:25.00	+00:05:59	4:12	14.2
132	KUSY Rafał	622		M40-49	28	Olza Cieszyn	00:00:08	00:12:16	00:20:54	00:31:04	00:40:00	00:42:34.65	00:42:42.75	+00:05:59	4:15	14.1
133	SERAFIN Dariusz Izabela	514		M50-59	9	Klub Biegacza Fartlek	00:00:03	00:12:27	00:20:56	00:30:49	00:39:17	00:41:34.15	00:41:37.95	+00:06:00	4:09	14.4
134	KARPLEWICZ Andrzej	456		M50-59	12	GB Galopujące Ślimaki	00:00:09	00:12:12	00:20:56	00:31:20	00:40:11	00:42:39.65	00:42:48.70	+00:06:01	4:15	14.1
135	GRZONKA Andrzej	446		M40-49	37	Galopujące Ślimaki	00:00:02	00:12:01	00:20:57	00:31:31	00:40:28	00:42:56.65	00:42:59.30	+00:06:01	4:17	14
136	ANTONCZYK Adam	544		M50-59	14		00:00:04	00:12:14	00:20:59	00:31:25	00:40:32	00:43:08.55	00:43:13.40	+00:06:03	4:18	13.9
137	HIMEL Adrian	448		M20-29	29		00:00:03	00:12:07	00:20:59	00:31:44	00:41:07	00:43:40.35	00:43:44.10	+00:06:04	4:22	13.7
138	PRZYBYŁA Tadeusz	805		M30-39	52		00:00:07	00:12:24	00:21:00	00:30:59	00:39:25	00:41:39.05	00:41:46.10	+00:06:05	4:09	14.4
139	ROEHRICH Krzysztof	509		M30-39	56		00:00:04	00:12:15	00:21:01	00:31:11	00:39:43	00:42:00.85	00:42:05.35	+00:06:06	4:12	14.3
140	BARAN Bartosz	417		M20-29	28		00:00:12	00:12:27	00:21:02	00:31:06	00:39:48	00:42:17.95	00:42:30.85	+00:06:06	4:13	14.2
141	MICHALSKI Rafał	636		M40-49	35	KB MCKIS Jaworzno	00:00:05	00:12:17	00:21:03	00:31:22	00:40:14	00:42:50.60	00:42:56.50	+00:06:08	4:17	14
142	GÓRNY Mirek	367		M50-59	24		00:00:01	00:12:08	00:21:04	00:32:02	00:41:34	00:44:21.00	00:44:22.95	+00:06:09	4:26	13.5
143	SZKATUŁA Henryk	688		M50-59	15	Koszulka Hynia	00:00:03	00:12:18	00:21:04	00:31:35	00:40:35	00:43:10.20	00:43:13.65	+00:06:09	4:19	13.9
144	SMOLIK Łukasz	897		M20-29	27	Olza Cieszyn	00:00:18	00:12:30	00:21:04	00:31:20	00:39:53	00:42:17.50	00:42:35.75	+00:06:09	4:13	14.2
145	GLAJCAR Tomasz	582		M40-49	23		00:00:12	00:12:29	00:21:05	00:30:56	00:39:24	00:41:33.00	00:41:45.45	+00:06:09	4:09	14.4
146	NIEDZIELA Stefan	486		M60-69	2		00:00:03	00:12:10	00:21:05	00:31:34	00:40:35	00:43:10.40	00:43:13.85	+00:06:09	4:19	13.9
147	PAPUGA Dariusz	652		M50-59	16	Zadyszka Oświęcim	00:00:03	00:12:06	00:21:06	00:31:32	00:40:35	00:43:20.50	00:43:23.70	+00:06:11	4:20	13.8
148	TOMCZYK Maurycy	527		M30-39	54		00:00:04	00:12:33	00:21:07	00:31:01	00:39:25	00:41:42.30	00:41:47.15	+00:06:11	4:10	14.4
149	MUSZEWSKI Bartłomiej	642		M40-49	42	FORMA Wodzisław Śląski	00:00:11	00:12:25	00:21:09	00:31:37	00:40:38	00:43:17.60	00:43:28.95	+00:06:13	4:19	13.9
150	TOMCZYK Lesław	526		M50-59	13	Olza Cieszyn	00:00:08	00:12:29	00:21:08	00:31:23	00:40:06	00:42:40.25	00:42:48.30	+00:06:13	4:16	14.1
151	ŁATKA Łukasz	626		M30-39	61		00:00:11	00:12:34	00:21:09	00:31:22	00:40:03	00:42:27.65	00:42:39.30	+00:06:13	4:14	14.1
152	GRUCEL Damian	445		M30-39	67	KS M.E.T.A.	00:00:08	00:12:26	00:21:09	00:31:28	00:40:19	00:42:53.10	00:43:01.20	+00:06:14	4:17	14
153	GLINIECKI Bartłomiej	443		M40-49	43	KB MCKIS Jaworzno	00:00:05	00:12:22	00:21:12	00:31:54	00:40:51	00:43:18.40	00:43:23.80	+00:06:17	4:19	13.9
154	JOCHLIK Szymon	452		M30-39	75		00:00:07	00:12:15	00:21:13	00:32:03	00:41:24	00:43:49.00	00:43:56.85	+00:06:17	4:22	13.7
155	SZAREK Krzysztof	522		M30-39	68	BIEG PO ZDRÓJ	00:00:08	00:12:26	00:21:13	00:31:36	00:40:37	00:43:02.80	00:43:11.35	+00:06:17	4:18	13.9

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km					
156	FLORKIEWICZ Sławomir	571		M50-59	17		00:00:08	00:12:24	00:21:13	00:31:50	00:40:48	00:43:22.95	00:43:31.00	+00:06:18	4:20	13.8
157	OGIERMAN Grzegorz	494		M40-49	34	Olza Cieszyn	00:00:06	00:12:27	00:21:14	00:31:39	00:40:27	00:42:49.35	00:42:56.00	+00:06:18	4:17	14
158	CHRUSZCZ Wojciech	429		M30-39	69	Klub Biegacza Fartlek	00:00:08	00:12:28	00:21:14	00:31:38	00:40:39	00:43:08.50	00:43:16.60	+00:06:19	4:18	13.9
159	KANCLERZ Tomasz	455		M40-49	31		00:00:06	00:12:31	00:21:15	00:31:26	00:40:09	00:42:38.65	00:42:45.35	+00:06:20	4:15	14.1
160	LAZAR Damian	624		M30-39	62		00:00:17	00:12:40	00:21:17	00:31:22	00:40:05	00:42:32.80	00:42:50.50	+00:06:21	4:15	14.1
161	DUDZIK Sebastian	568		M30-39	65		00:00:15	00:12:33	00:21:17	00:31:27	00:40:16	00:42:48.95	00:43:04.35	+00:06:22	4:16	14
162	BULANDA Andrzej	554		M40-49	45		00:00:05	00:12:31	00:21:20	00:32:06	00:40:58	00:43:30.20	00:43:36.10	+00:06:24	4:21	13.8
163	MACHEJ Remigiusz	629		M30-39	70	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:12:21	00:21:21	00:31:55	00:40:55	00:43:24.70	00:43:33.90	+00:06:26	4:20	13.8
164	KĄKOL Ryszard	458		M60-69	3		00:00:03	00:12:23	00:21:23	00:31:54	00:41:01	00:43:38.10	00:43:41.60	+00:06:28	4:21	13.8
165	KORCZ Daniel	461		M40-49	39	KB MCKIS Jaworzno	00:00:07	00:12:33	00:21:24	00:31:52	00:40:49	00:43:07.80	00:43:15.40	+00:06:28	4:18	13.9
166	SIKORA Stefan	516		M70+	1		00:00:08	00:12:43	00:21:25	00:31:34	00:40:12	00:42:42.45	00:42:51.10	+00:06:30	4:16	14
167	WOJAKOWSKI Krzysztof	533		M40-49	40		00:00:06	00:12:35	00:21:26	00:31:52	00:40:42	00:43:08.80	00:43:15.05	+00:06:31	4:18	13.9
168	BUĆKO Marcin	553		M40-49	36	Klub Biegacza Fartlek	00:00:04	00:12:40	00:21:28	00:31:48	00:40:27	00:42:54.75	00:42:59.00	+00:06:33	4:17	14
169	GIGOŃ Dariusz	442		M50-59	18	KB MCKIS Jaworzno	00:00:08	00:12:29	00:21:30	00:32:07	00:40:50	00:43:24.25	00:43:32.30	+00:06:35	4:20	13.8
170	ŁYSEK Paweł	628		M40-49	41	Bziegacze	00:00:06	00:12:29	00:21:30	00:31:57	00:40:47	00:43:12.25	00:43:18.25	+00:06:35	4:19	13.9
171	LEŚNIAK Krzysztof	469		M40-49	33	Radlinioki w biegu	00:00:15	00:12:45	00:21:31	00:31:45	00:40:18	00:42:47.95	00:43:03.10	+00:06:36	4:16	14
172	JĘDRZEJAK Piotr	596		M40-49	46		00:00:12	00:12:40	00:21:36	00:32:04	00:41:07	00:43:33.60	00:43:46.35	+00:06:40	4:21	13.8
173	KUSTRA Józef	771		M50-59	22		00:00:02	00:12:35	00:21:36	00:32:30	00:41:43	00:44:16.55	00:44:18.60	+00:06:41	4:25	13.6
174	KAMYCZEK Grzegorz	600		M40-49	32		00:00:20	00:12:53	00:21:37	00:31:44	00:40:27	00:42:45.90	00:43:06.05	+00:06:42	4:16	14
175	KNYPS Adam	761		M40-49	38		00:00:18	00:12:55	00:21:39	00:31:46	00:40:29	00:42:56.95	00:43:15.60	+00:06:43	4:17	14
176	RZEPCZYŃSKI Wiesław	677		M70+	2		00:00:13	00:12:49	00:21:39	00:32:02	00:40:52	00:43:31.05	00:43:44.90	+00:06:44	4:21	13.8
177	PRZYBYSZ Ryszard	667		M50-59	20		00:00:14	00:12:40	00:21:40	00:32:12	00:41:17	00:43:52.30	00:44:06.65	+00:06:44	4:23	13.7
178	UCIEKLAK Waldemar	529		M50-59	21		00:00:08	00:12:40	00:21:41	00:32:31	00:41:38	00:44:09.95	00:44:18.25	+00:06:46	4:25	13.6
179	KUNINA Paweł	465		M40-49	25		00:00:03	00:12:40	00:21:43	00:31:27	00:39:44	00:41:56.15	00:41:59.50	+00:06:47	4:11	14.3
180	POŁEDNIK Tomasz	502		M40-49	51		00:00:09	00:12:36	00:21:44	00:32:36	00:41:49	00:44:36.20	00:44:45.85	+00:06:48	4:27	13.5
181	BIELA Rafał	423		M40-49	44		00:00:09	00:12:47	00:21:46	00:32:01	00:40:54	00:43:27.00	00:43:36.55	+00:06:50	4:20	13.8
182	DOBROWOLSKI Sławek	435		M50-59	19		00:00:11	00:13:02	00:21:50	00:32:14	00:41:01	00:43:27.10	00:43:38.35	+00:06:55	4:20	13.8
183	KOWALSKI Robert	610		M50-59	23		00:00:09	00:12:46	00:21:51	00:32:33	00:41:41	00:44:19.95	00:44:29.85	+00:06:55	4:26	13.5
184	JANECKI Mateusz	591		M20-29	35	Bziegacze	00:00:05	00:12:31	00:21:51	00:33:15	00:42:48	00:45:27.15	00:45:32.40	+00:06:56	4:32	13.2
185	SZAREK Rafał	685		M40-49	47	KB MCKIS Jaworzno	00:00:18	00:13:03	00:21:53	00:32:21	00:41:17	00:43:44.55	00:44:02.70	+00:06:58	4:22	13.7
186	URBAN Patryk	699		M20-29	43		00:00:21	00:12:33	00:21:53	00:33:31	00:44:10	00:47:08.00	00:47:29.55	+00:06:58	4:42	12.7
187	GRUDZIŃSKI Radosław	584		M30-39	74		00:00:06	00:12:54	00:21:54	00:32:20	00:41:09	00:43:40.20	00:43:46.85	+00:06:59	4:22	13.7
188	WYREMBELSKI Adam	713		M20-29	30		00:00:07	00:13:06	00:21:54	00:32:18	00:41:14	00:43:51.00	00:43:58.10	+00:06:59	4:23	13.7
189	IZYDORCZYK Robert	588		M40-49	53		00:00:09	00:12:50	00:21:56	00:32:42	00:41:58	00:44:37.60	00:44:47.35	+00:07:00	4:27	13.4
190	TRAWNICKI Maciej	695		M40-49	49		00:00:11	00:12:52	00:21:56	00:32:45	00:42:01	00:44:30.90	00:44:42.15	+00:07:01	4:27	13.5
191	BAC Michał	545		M40-49	48		00:00:14	00:13:03	00:21:57	00:32:24	00:41:17	00:43:49.90	00:44:04.80	+00:07:02	4:23	13.7
192	ŁUSZCZYK Sergiusz	627		M30-39	85		00:00:09	00:12:57	00:22:00	00:32:51	00:42:07	00:44:40.80	00:44:50.55	+00:07:05	4:28	13.4
193	SMYCZEK Bartosz	898		M30-39	71		00:00:24	00:13:13	00:22:00	00:32:15	00:40:54	00:43:26.25	00:43:50.70	+00:07:05	4:20	13.8
194	BURYBA Jacek	557		M30-39	76	Klub Biegacza Fartlek	00:00:08	00:13:02	00:22:01	00:32:32	00:41:34	00:43:59.45	00:44:07.50	+00:07:06	4:23	13.6
195	TYTKO Bartłomiej	698		M40-49	61		00:00:04	00:12:44	00:22:04	00:33:23	00:42:59	00:45:41.35	00:45:45.45	+00:07:09	4:34	13.1
196	GÓRECKI Wojciech	744		M30-39	95		00:00:13	00:12:53	00:22:04	00:33:20	00:42:39	00:45:25.65	00:45:39.15	+00:07:09	4:32	13.2
197	OGIEGŁO Łukasz	493		M30-39	90		00:00:09	00:12:46	00:22:05	00:33:01	00:42:32	00:45:14.85	00:45:24.75	+00:07:09	4:31	13.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
198	MAZURKIEWICZ Jarosław	483		M50-59	25		00:00:16	00:12:53	00:22:05	00:32:47	00:41:52	00:44:32.50	00:44:49.10	+00:07:10	4:27	13.5
199	RADOMSKI Mariusz	670		M40-49	50		00:00:37	00:13:09	00:22:09	00:32:51	00:41:53	00:44:33.60	00:45:10.85	+00:07:14	4:27	13.5
200	ZIĘTARA Paweł	717		M50-59	26		00:00:08	00:13:05	00:22:10	00:32:54	00:41:53	00:44:39.60	00:44:47.90	+00:07:15	4:27	13.4
201	PIŁATOWSKI Mirosław	660		M50-59	27	Klub Biegacza MOSiR Jastrzębie	00:00:03	00:12:56	00:22:11	00:33:17	00:42:41	00:45:16.00	00:45:19.65	+00:07:16	4:31	13.3
202	MALIK Rafał	385		M30-39	104		00:00:04	00:13:03	00:22:14	00:33:34	00:43:10	00:45:38.55	00:45:43.05	+00:07:18	4:33	13.1
203	STROF Marcin	683		M30-39	78		00:00:10	00:13:11	00:22:14	00:32:49	00:41:42	00:44:04.50	00:44:14.50	+00:07:19	4:24	13.6
204	BORYCZKA Szymon	426		M30-39	96		00:00:11	00:12:50	00:22:15	00:33:12	00:42:41	00:45:26.40	00:45:37.70	+00:07:20	4:32	13.2
205	DOBRENIUK Krzysztof	434		M40-49	54		00:00:03	00:13:03	00:22:16	00:33:07	00:42:13	00:44:40.40	00:44:43.60	+00:07:21	4:28	13.4
206	ŻELECH Grzegorz	920		M30-39	101	PoWoli do Celu	00:00:11	00:12:50	00:22:19	00:33:34	00:43:05	00:45:34.65	00:45:46.60	+00:07:23	4:33	13.2
207	BALICKI Piotr	546		M30-39	82		00:00:15	00:12:23	00:22:19	00:32:50	00:41:44	00:44:19.80	00:44:35.00	+00:07:24	4:26	13.5
208	WIERCIOCH Tomasz	706		M40-49	52		00:00:18	00:13:19	00:22:19	00:32:57	00:41:59	00:44:37.20	00:44:55.20	+00:07:24	4:27	13.4
209	ZIELIŃSKI Jacek	716		M30-39	84		00:00:14	00:13:08	00:22:20	00:32:50	00:41:54	00:44:29.95	00:44:44.05	+00:07:25	4:27	13.5
210	GAUDYN Andrzej	440		M30-39	72		00:00:11	00:13:23	00:22:23	00:32:38	00:41:16	00:43:38.40	00:43:50.35	+00:07:27	4:21	13.7
211	MAŁECKI Jacek	631		M30-39	77		00:00:16	00:13:16	00:22:23	00:32:46	00:41:29	00:44:01.20	00:44:17.95	+00:07:28	4:24	13.6
212	FLISZTA Marcin	570		M30-39	88		00:00:07	00:13:00	00:22:26	00:33:13		00:45:03.30	00:45:11.10	+00:07:30	4:30	13.3
213	PRZELIORZ Oktawian	506		M30-39	79		00:00:14	00:13:20	00:22:27	00:33:04	00:41:47	00:44:14.30	00:44:28.95	+00:07:31	4:25	13.6
214	PRZELIORZ Oktawian	666		M30-39	80		00:00:14	00:13:20	00:22:27	00:33:04	00:41:48	00:44:14.85	00:44:29.15	+00:07:31	4:25	13.6
215	KOŁEK Michał	763		M30-39	87		00:00:10	00:13:20	00:22:28	00:33:12	00:42:14	00:44:48.95	00:44:59.25	+00:07:33	4:28	13.4
216	MAGOŃ Marcin	630		M40-49	57		00:00:23	00:13:12	00:22:29	00:33:26	00:42:42	00:45:22.35	00:45:46.15	+00:07:33	4:32	13.2
217	KUŚ Dawid	623		M30-39	92		00:00:05	00:13:20	00:22:29	00:33:20	00:42:44	00:45:22.60	00:45:27.60	+00:07:34	4:32	13.2
218	OGRODNIK Damian	644		M30-39	105		00:00:14	00:13:19	00:22:30	00:33:33	00:43:05	00:45:40.75	00:45:55.40	+00:07:34	4:34	13.1
219	FROSZTĘGA Daniel	574		M30-39	94		00:00:19	00:13:24	00:22:32	00:33:26	00:42:47	00:45:25.25	00:45:44.50	+00:07:37	4:32	13.2
220	GROMEK Michał	444		M20-29	37		00:00:04	00:13:03	00:22:33	00:33:35	00:42:55	00:45:32.35	00:45:36.40	+00:07:38	4:33	13.2
221	PAWŁAS Damian	796		M20-29	31		00:00:12	00:13:27	00:22:34	00:33:06	00:41:50	00:44:15.15	00:44:28.10	+00:07:38	4:25	13.6
222	KUBERA Dawid	463		M30-39	102		00:00:10	00:13:18	00:22:34	00:33:41	00:42:57	00:45:36.65	00:45:47.60	+00:07:38	4:33	13.2
223	LIZAK Krzysztof	472		M40-49	59	Niesłony Lizak	00:00:07	00:13:13	00:22:36	00:33:34	00:43:01	00:45:31.25	00:45:38.85	+00:07:40	4:33	13.2
224	SPRATEK Bartosz	814		M20-29	32		00:00:23	00:13:28	00:22:36	00:33:11	00:42:09	00:44:33.20	00:44:57.15	+00:07:41	4:27	13.5
225	ONAK Paweł	645		M30-39	97		00:00:20	00:13:13	00:22:38	00:33:42	00:43:05	00:45:26.75	00:45:47.65	+00:07:42	4:32	13.2
226	WIŚNIEWSKI Szymon	709		M40-49	63		00:00:11	00:13:18	00:22:38	00:34:00	00:43:10	00:45:42.15	00:45:54.10	+00:07:42	4:34	13.1
227	KACZMAREK Jacek	453		M30-39	91	GRUBIORZE LOTAJOM	00:00:12	00:13:27	00:22:38	00:33:28	00:42:37	00:45:16.20	00:45:28.90	+00:07:42	4:31	13.3
228	MIKA Łukasz	637		M30-39	98		00:00:12	00:13:21	00:22:41	00:33:37	00:42:56	00:45:28.50	00:45:41.45	+00:07:45	4:32	13.2
229	TIDE Krzysztof	693		M20-29	33		00:00:22	00:13:29	00:22:43	00:33:25	00:42:31	00:45:03.25	00:45:25.90	+00:07:47	4:30	13.3
230	BRANDYS Adam	551		M30-39	110		00:00:13	00:13:29	00:22:43	00:33:41	00:43:00	00:46:10.40	00:46:23.65	+00:07:48	4:37	13
231	DOCZEKALSKI Jarek	565		M40-49	58	GB Galopujące Ślimaki	00:00:16	00:13:23	00:22:44	00:33:43	00:43:02	00:45:30.85	00:45:47.05	+00:07:49	4:33	13.2
232	CHRAPKIEWICZ Marek	560		M30-39	107	Aktywna Pszczyna Runners Team	00:00:04	00:13:18	00:22:44	00:33:40	00:43:12	00:45:50.05	00:45:54.15	+00:07:49	4:35	13.1
233	OPUCHLIK Roman	495		M30-39	83		00:00:03	00:13:18	00:22:45	00:33:40	00:42:02	00:44:23.30	00:44:26.85	+00:07:49	4:26	13.5
234	KUBALA Jan	861		M30-39	93		00:00:14	00:13:28	00:22:45	00:33:43	00:42:59	00:45:24.45	00:45:39.20	+00:07:50	4:32	13.2
235	JAKUBCZYK Jacek	449		M40-49	71		00:00:10	00:13:24	00:22:48	00:34:08	00:43:49	00:46:36.60	00:46:47.35	+00:07:52	4:39	12.9
236	PIETRASZ Krzysztof	658		M30-39	118		00:00:17	00:13:30	00:22:49	00:34:02	00:43:58	00:47:04.25	00:47:21.30	+00:07:54	4:42	12.7
237	CHROBOK Michał	561		M30-39	100	RunPatola	00:00:16	00:13:31	00:22:50	00:33:42	00:43:02	00:45:31.35	00:45:48.05	+00:07:54	4:33	13.2
238	OWCZAREK Paweł	648		M40-49	62		00:00:17	00:13:28	00:22:50	00:33:50	00:43:09	00:45:41.60	00:45:58.85	+00:07:55	4:34	13.1
239	PIECHOCKI Piotr	656		M40-49	64		00:00:10	00:13:35	00:22:51	00:33:50	00:43:11	00:45:42.45	00:45:52.70	+00:07:55	4:34	13.1
240	KIEPIELA Dawid	941		M30-39	99	Klub Biegacza Fartlek	00:00:30	00:13:35	00:22:53	00:33:48	00:42:58	00:45:30.75	00:46:01.20	+00:07:58	4:33	13.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
241	BĄKOWSKI Michał	547		M30-39	103		00:00:17	00:13:34	00:22:55	00:33:42	00:42:59	00:45:37.85	00:45:54.95	+00:08:00	4:33	13.2
242	RĘBISZ Paweł	674		M40-49	55		00:00:19	00:13:40	00:22:56	00:33:26	00:42:13	00:44:42.50	00:45:01.50	+00:08:01	4:28	13.4
243	TESSMER Tomasz	692		M20-29	36		00:00:18	00:13:46	00:22:58	00:33:49	00:43:04	00:45:31.05	00:45:49.70	+00:08:02	4:33	13.2
244	MOTOWIDŁO Tomasz	638		M40-49	73		00:00:10	00:13:25	00:23:02	00:34:36	00:44:07	00:46:55.05	00:47:05.80	+00:08:06	4:41	12.8
245	POJDA Grzegorz	664		M40-49	74		00:00:15	00:13:28	00:23:03	00:34:35	00:44:23	00:46:55.55	00:47:10.95	+00:08:08	4:41	12.8
246	PIECZARA Błażej	657		M40-49	66	KB MCKIS Jaworzno	00:00:06	00:13:35	00:23:05	00:34:08	00:43:19	00:45:47.90	00:45:54.45	+00:08:09	4:34	13.1
247	WIŚNIEWSKI Przemysław	708		M30-39	112		00:00:23	00:13:35	00:23:06	00:34:22	00:43:54	00:46:38.40	00:47:02.25	+00:08:10	4:39	12.9
248	APOSTOLSKI Wojciech	416		M40-49	76		00:00:09	00:13:29	00:23:06	00:34:28	00:44:22	00:47:06.10	00:47:15.65	+00:08:11	4:42	12.7
249	ZELEK Adam	979		M40-49	67		00:00:34	00:13:32	00:23:06	00:34:03	00:43:31	00:46:00.35	00:46:34.85	+00:08:11	4:36	13
250	FOKS Damian	572		M50-59	28		00:00:12	00:13:43	00:23:07	00:34:05	00:43:18	00:45:54.10	00:46:06.25	+00:08:12	4:35	13.1
251	MACH Sebastian	866		M30-39	108		00:00:26	00:13:47	00:23:07	00:34:01	00:43:14	00:45:54.75	00:46:21.35	+00:08:12	4:35	13.1
252	PETRYNA Bartosz	655		M30-39	116		00:00:11	00:13:33	00:23:07	00:34:20	00:44:11	00:47:02.40	00:47:13.40	+00:08:12	4:42	12.8
253	KRZYSTAŁA Paweł	615		M20-29	34		00:00:11	00:13:46	00:23:09	00:33:51	00:42:52	00:45:16.65	00:45:28.30	+00:08:13	4:31	13.2
254	WOŹNIAK Przemysław	712		M30-39	86		00:00:15	00:13:56	00:23:09	00:33:38	00:42:28	00:44:43.95	00:44:59.70	+00:08:14	4:28	13.4
255	LELENIEWSKI Jacek	625		M30-39	113		00:00:15	00:13:42	00:23:11	00:34:19	00:43:58	00:46:39.65	00:46:55.10	+00:08:16	4:40	12.9
256	HARAZIN Janusz	586		M30-39	106		00:00:11	00:13:44	00:23:11	00:34:10	00:43:18	00:45:47.85	00:45:59.55	+00:08:16	4:34	13.1
257	URBASIK Mariusz	700		M50-59	30		00:00:10	00:13:42	00:23:13	00:34:27	00:44:02	00:46:47.50	00:46:58.35	+00:08:17	4:40	12.8
258	RUBIN Andrzej	511		M40-49	70	KB MCKIS Jaworzno	00:00:19	00:13:52	00:23:13	00:34:11	00:43:50	00:46:31.70	00:46:51.10	+00:08:18	4:39	12.9
259	NANTKA Witek	785		M40-49	65	Inżynieria biegania Team	00:00:19	00:13:49	00:23:14	00:34:01	00:43:11	00:45:44.40	00:46:04.15	+00:08:19	4:34	13.1
260	JEZIERSKI Krzysztof	594		M40-49	69		00:00:19	00:13:51	00:23:16	00:34:21	00:43:43	00:46:26.15	00:46:45.15	+00:08:21	4:38	12.9
261	JACH Marek	589		M40-49	82		00:00:08	00:13:21	00:23:16	00:35:03	00:45:09	00:47:53.50	00:48:02.35	+00:08:21	4:47	12.5
262	BYSTRYKOWSKI Marcin	558		M40-49	79	Klub Biegacza Fartlek	00:00:13	00:13:41	00:23:18	00:34:40	00:44:35	00:47:20.55	00:47:34.25	+00:08:22	4:44	12.7
263	ZAWADA Sebastian	715		M40-49	77		00:00:21	00:13:59	00:23:18	00:34:47	00:44:28	00:47:09.90	00:47:30.95	+00:08:23	4:42	12.7
264	JÓZEPIAK Rafał	597		M40-49	60	Eko-Okna Runners	00:00:11	00:13:50	00:23:21	00:34:14	00:43:17	00:45:40.30	00:45:51.35	+00:08:26	4:34	13.1
265	WOLLNY Kamil	534		M20-29	39	Eko-Okna Runners	00:00:10	00:13:51	00:23:21	00:34:15	00:43:31	00:46:02.20	00:46:12.50	+00:08:26	4:36	13
266	WALA Marek	823		M40-49	68		00:00:20	00:14:01	00:23:21	00:34:15	00:43:30	00:46:02.85	00:46:22.95	+00:08:26	4:36	13
267	KOWAL Jakub	608		M16-19	9		00:00:06	00:13:19	00:23:22	00:35:24	00:45:43	00:48:35.70	00:48:42.60	+00:08:27	4:51	12.3
268	SZYMAŃSKI Piotr	690		M40-49	81		00:00:11	00:13:41	00:23:23	00:35:01	00:44:55	00:47:45.20	00:47:56.65	+00:08:27	4:46	12.6
269	KLINGER Alan	602		M30-39	114		00:00:19	00:13:44	00:23:23	00:34:39	00:44:21	00:46:53.15	00:47:12.25	+00:08:28	4:41	12.8
270	NIEMCZYK Rafał	643		M30-39	115	KB MCKIS Jaworzno	00:00:08	00:14:03	00:23:25	00:34:32	00:44:13	00:46:54.90	00:47:03.50	+00:08:29	4:41	12.8
271	WASIŁEWSKI Mateusz	702		M20-29	48		00:00:05	00:13:20	00:23:25	00:35:36	00:45:27	00:48:16.40	00:48:21.55	+00:08:30	4:49	12.4
272	RYBAK Tomasz	892		M30-39	123		00:00:12	00:13:44	00:23:29	00:35:07	00:45:01	00:47:40.00	00:47:52.85	+00:08:34	4:46	12.6
273	MARON Tomasz	479		M30-39	122	Klub Biegacza MOSiR Jastrzębie	00:00:23	00:14:06	00:23:33	00:34:55	00:44:43	00:47:27.50	00:47:51.30	+00:08:37	4:44	12.6
274	CIESIELSKI Dariusz	563		M50-59	31		00:00:10	00:13:53	00:23:33	00:34:55	00:44:18	00:46:58.35	00:47:08.70	+00:08:38	4:41	12.8
275	CEMPA Jacek	559		M40-49	75		00:00:20	00:13:55	00:23:35	00:34:56	00:44:18	00:46:59.75	00:47:20.35	+00:08:39	4:42	12.8
276	POŁOWCZUK Krzysztof	665		M20-29	38		00:00:13	00:13:57	00:23:37	00:34:20	00:43:16	00:45:50.15	00:46:03.50	+00:08:42	4:35	13.1
277	MROCZKOWSKI Tomasz	639		M40-49	84		00:00:18	00:13:55	00:23:39	00:35:09	00:45:07	00:47:56.85	00:48:15.60	+00:08:43	4:47	12.5
278	WANDZEL Tomasz	824		M30-39	121		00:00:13	00:14:03	00:23:38	00:34:51	00:44:31	00:47:19.15	00:47:32.35	+00:08:43	4:43	12.7
279	KORZENIOWSKI Mateusz	607		M20-29	41		00:00:13	00:13:56	00:23:40	00:34:47	00:44:24	00:47:03.80	00:47:17.30	+00:08:44	4:42	12.7
280	RAJWA Stanisław	807		M20-29	47	Bziegacze	00:00:19	00:14:04	00:23:41	00:35:36	00:45:32	00:48:10.35	00:48:29.85	+00:08:45	4:49	12.5
281	PERLIKOWSKI Kamil	885		M20-29	42		00:00:09	00:14:05	00:23:43	00:35:00	00:44:28	00:47:04.50	00:47:14.20	+00:08:48	4:42	12.7
281	WOJCIECH Jarosław	832		M30-39	119	PoWoli do Celu	00:00:11	00:14:02	00:23:44	00:35:02	00:44:29	00:47:04.50	00:47:16.40	+00:08:49	4:42	12.7
283	SKĘCZEK Arkadiusz	680		M40-49	93		00:00:10	00:13:51	00:23:44	00:35:22	00:45:29	00:48:29.25	00:48:39.90	+00:08:49	4:50	12.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							startu	2.9km	5km	7.3km	9.4km	10km	10km			
284	FOKS Marcin	573		M30-39	134		00:00:12	00:13:41	00:23:44	00:35:32	00:45:42	00:48:37.95	00:48:50.35	+00:08:49	4:51	12.3
285	MARCHEWKA Bartosz	632		M30-39	126		00:00:11	00:13:58	00:23:45	00:35:19	00:45:06	00:47:47.25	00:47:59.00	+00:08:49	4:46	12.6
286	CZAPOROWSKI Tomasz	431		M30-39	109		00:00:25	00:14:11	00:23:44	00:34:39	00:43:44	00:46:03.00	00:46:28.25	+00:08:49	4:36	13
287	KUCHARCZYK Mateusz	770		M30-39	132		00:00:06	00:13:47	00:23:45	00:35:32	00:45:39	00:48:31.80	00:48:38.75	+00:08:50	4:51	12.4
288	GAWLAS Krzysztof	578		M30-39	131		00:00:17	00:13:43	00:23:46	00:35:53	00:45:50	00:48:24.90	00:48:42.05	+00:08:51	4:50	12.4
289	URGACZ Mirosław	822		M40-49	89		00:00:11	00:13:56	00:23:47	00:35:35	00:45:29	00:48:11.25	00:48:22.65	+00:08:52	4:49	12.5
290	BURDA Marcin	731		M40-49	85		00:00:10	00:13:53	00:23:48	00:35:25	00:45:15	00:47:59.60	00:48:10.25	+00:08:52	4:48	12.5
291	PARTYKA Karol	794		M30-39	135		00:00:13	00:13:59	00:23:48	00:35:43	00:45:48	00:48:41.90	00:48:55.25	+00:08:52	4:52	12.3
292	JĘDRYKA Sebastian	595		M40-49	112		00:00:16	00:13:30	00:23:49	00:36:37	00:47:45	00:50:45.80	00:51:02.15	+00:08:54	5:04	11.8
293	WOJNAR Janusz	711		M30-39	127		00:00:22	00:14:02	00:23:50	00:35:19	00:45:10	00:47:52.70	00:48:15.50	+00:08:54	4:47	12.5
294	PŁONKA Krzysztof	886		M50-59	33		00:00:11	00:13:58	00:23:50	00:35:19	00:45:09	00:48:03.25	00:48:14.60	+00:08:54	4:48	12.5
295	WIELOPOLSKI Łukasz	705		M20-29	40		00:00:18	00:14:15	00:23:51	00:34:45	00:43:51	00:46:09.05	00:46:27.95	+00:08:55	4:36	13
296	FURMANIUK Artur	576		M40-49	99		00:00:09	00:13:42	00:23:51	00:35:51	00:46:27	00:49:15.60	00:49:24.95	+00:08:56	4:55	12.2
297	WIDENKA Robert	704		M30-39	153		00:00:14	00:13:57	00:23:54	00:36:21	00:47:29	00:50:41.65	00:50:56.25	+00:08:59	5:04	11.8
298	PAŁKA Krzysztof	651		M40-49	90		00:00:09	00:14:00	00:23:56	00:35:33	00:45:29	00:48:17.05	00:48:26.95	+00:09:00	4:49	12.4
299	BIŁKO Sławek	730		M40-49	94		00:00:15	00:14:03	00:23:56	00:35:45	00:45:46	00:48:40.15	00:48:55.85	+00:09:00	4:52	12.3
300	JESIONEK Krzysztof	593		M30-39	120		00:00:13	00:14:16	00:23:57	00:35:07	00:44:36	00:47:10.05	00:47:23.90	+00:09:01	4:43	12.7
301	JASIŃSKI Maksymilian	592		M50-59	34	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:14:07	00:23:57	00:35:35	00:45:18	00:48:03.45	00:48:26.10	+00:09:01	4:48	12.5
302	ADAMCZYK Andrzej	719		M40-49	91		00:00:27	00:14:10	00:23:57	00:35:45	00:45:37	00:48:18.15	00:48:45.55	+00:09:01	4:49	12.4
303	PODKOWIK Marcin	663		M30-39	128		00:00:18	00:14:04	00:23:58	00:35:24	00:45:08	00:47:58.85	00:48:17.15	+00:09:03	4:47	12.5
304	KUCZERA Marek	617		M40-49	78	Inżynieria biegania Team	00:00:18	00:14:25	00:24:00	00:35:09	00:44:39	00:47:18.05	00:47:36.70	+00:09:05	4:43	12.7
305	PETRYKOWSKI Grzegorz	654		M50-59	36		00:00:09	00:14:10	00:24:00	00:35:43	00:45:31	00:48:22.75	00:48:32.50	+00:09:05	4:50	12.4
306	KAMIŃSKI Zbigniew	599		M30-39	124		00:00:13	00:14:12	00:24:01	00:35:18	00:44:52	00:47:41.35	00:47:54.35	+00:09:06	4:46	12.6
307	OLSZYNA Mirosław	788		M40-49	83		00:00:16	00:14:18	00:24:04	00:35:27	00:45:13	00:47:54.60	00:48:10.75	+00:09:09	4:47	12.5
308	LIZAK Grzegorz	471		M30-39	140	Niesłony Lizak	00:00:04	00:14:09	00:24:05	00:36:01	00:46:33	00:49:39.05	00:49:43.85	+00:09:09	4:57	12.1
309	SZEREDA Robert	687		M40-49	101		00:00:02	00:13:50	00:24:06	00:36:16	00:46:32	00:49:24.30	00:49:27.20	+00:09:10	4:56	12.1
310	GOTTMAN Bogusław	854		M50-59	35		00:00:25	00:14:12	00:24:07	00:35:40	00:45:27	00:48:11.20	00:48:36.90	+00:09:11	4:49	12.5
311	BRACHMAŃSKI Dariusz	841		M50-59	32		00:00:14	00:14:23	00:24:07	00:35:43	00:45:12	00:47:56.55	00:48:11.45	+00:09:12	4:47	12.5
312	URBASIK Daniel	909		M30-39	117		00:00:27	00:14:21	00:24:08	00:34:57	00:44:23	00:47:03.55	00:47:30.95	+00:09:12	4:42	12.8
313	PRZYBYŁA Tomasz	806		M40-49	86		00:00:07	00:14:03	00:24:10	00:35:52	00:45:34	00:48:06.05	00:48:13.80	+00:09:14	4:48	12.5
314	DROBINA Jakub	735		M20-29	50		00:00:22	00:14:14	00:24:10	00:36:07	00:46:22	00:49:04.15	00:49:26.60	+00:09:15	4:54	12.2
315	GAŁKIEWICZ Michał	577		M40-49	87		00:00:09	00:14:22	00:24:10	00:35:38	00:45:21	00:48:06.65	00:48:15.85	+00:09:15	4:48	12.5
316	WAWRÓW Mirosław	826		M30-39	130		00:00:22	00:14:19	00:24:10	00:35:44	00:45:31	00:48:19.70	00:48:41.95	+00:09:15	4:49	12.4
317	POCZĄTEK Damian	662		M20-29	46	Gwiazdna Flota	00:00:09	00:14:18	00:24:12	00:35:48	00:45:27	00:48:09.10	00:48:18.60	+00:09:17	4:48	12.5
318	GORZELAK Zbigniew	515		M40-49	80		00:00:12	00:14:28	00:24:13	00:35:43	00:44:52	00:47:27.65	00:47:40.55	+00:09:17	4:44	12.6
319	SZCZEPANIAK Aleksander	686		M50-59	43		00:00:10	00:14:16	00:24:15	00:36:26	00:46:55	00:49:53.30	00:50:03.80	+00:09:20	4:59	12
320	BARAN Ryszard	722		M50-59	38		00:00:24	00:14:25	00:24:16	00:35:47	00:46:01	00:48:55.70	00:49:19.85	+00:09:21	4:53	12.3
321	SKRZYPCZAK Dawid	895		M16-19	8		00:00:25	00:14:27	00:24:17	00:35:29	00:44:48	00:47:33.85	00:47:58.90	+00:09:22	4:45	12.6
322	NOWAK Ryszard	787		M60-69	4		00:00:21	00:14:27	00:24:20	00:35:55	00:45:58	00:48:52.40	00:49:14.15	+00:09:24	4:53	12.3
323	PIDANTY Łukasz	797		M30-39	125		00:00:23	00:14:11	00:24:20	00:35:56	00:45:18	00:47:45.95	00:48:09.50	+00:09:24	4:46	12.6
324	SZCZOTKA Arkadiusz	818		M40-49	98		00:00:23	00:14:21	00:24:21	00:36:06	00:46:09	00:48:59.15	00:49:22.25	+00:09:26	4:53	12.2
325	STREIT Mariusz	682		M40-49	102		00:00:24	00:14:11	00:24:22	00:36:24	00:46:38	00:49:32.65	00:49:57.55	+00:09:26	4:57	12.1
326	OSZCZĘDA Bartosz	790		M20-29	45		00:00:19	00:14:32	00:24:22	00:35:53	00:45:24	00:47:57.35	00:48:16.65	+00:09:26	4:47	12.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
327	HEJNA Artur	856		M40-49	97	Radlinioki w biegu	00:00:17	00:14:20	00:24:24	00:36:15	00:46:10	00:48:59.10	00:49:16.10	+00:09:29	4:53	12.2
328	KUBICA Tadeusz	862		M50-59	39		00:00:24	00:14:33	00:24:27	00:36:07	00:46:03	00:48:56.55	00:49:21.15	+00:09:31	4:53	12.3
329	MAZUR Dariusz	869		M30-39	139		00:00:19	00:14:20	00:24:29	00:36:11	00:46:21	00:49:15.00	00:49:34.45	+00:09:34	4:55	12.2
330	BOTOREK Michał	550		M30-39	129		00:00:16	00:14:30	00:24:29	00:36:01	00:45:42	00:48:06.30	00:48:22.30	+00:09:34	4:48	12.5
331	PACH Janusz	496		M40-49	100		00:00:22	00:14:32	00:24:29	00:36:35	00:46:26	00:49:23.25	00:49:45.55	+00:09:34	4:56	12.1
332	FILIKS Leszek	931		M40-49	88		00:00:28	00:14:35	00:24:30	00:35:57	00:45:29	00:48:09.30	00:48:38.05	+00:09:35	4:49	12.5
333	TORBIŃSKI Wiesław	820		M60-69	5		00:00:16	00:14:24	00:24:31	00:36:30	00:46:43	00:49:39.75	00:49:56.70	+00:09:35	4:58	12.1
334	BURAS Roman	555		M50-59	29		00:00:25	00:14:58	00:24:32	00:35:24	00:44:06	00:46:25.00	00:46:50.05	+00:09:37	4:38	12.9
335	SZCZEPANIAK Kamil	817		M20-29	49		00:00:22	00:14:24	00:24:32	00:36:19	00:46:05	00:48:58.55	00:49:20.75	+00:09:37	4:53	12.3
336	ŻALIŃSKI Zbigniew	835		M50-59	37		00:00:17	00:14:33	00:24:33	00:36:12	00:46:05	00:48:55.05	00:49:12.60	+00:09:37	4:53	12.3
337	BRAUNER Wojciech	552		M30-39	133		00:00:21	00:14:34	00:24:33	00:36:09	00:45:57	00:48:32.60	00:48:54.35	+00:09:38	4:51	12.4
338	NOWAK Krzysztof	490		M40-49	106		00:00:06	00:14:34	00:24:36	00:36:50	00:47:15	00:50:10.45	00:50:16.85	+00:09:40	5:01	12
339	KROCZEK Przemysław	766		M20-29	51		00:00:17	00:14:31	00:24:37	00:36:22	00:46:29	00:49:29.05	00:49:46.95	+00:09:41	4:56	12.1
340	GIERULA Artur	740		M30-39	138		00:00:16	00:14:34	00:24:38	00:36:39	00:46:26	00:49:13.20	00:49:30.15	+00:09:42	4:55	12.2
341	PALUCHIEWICZ Szymon	882		M40-49	103		00:00:11	00:14:30	00:24:39	00:36:27	00:46:41	00:49:41.85	00:49:53.15	+00:09:44	4:58	12.1
342	ZAWADZKI Tyberiusz	834		M40-49	108		00:00:13	00:14:21	00:24:40	00:36:57	00:47:41	00:50:34.35	00:50:47.85	+00:09:45	5:03	11.9
343	MAZUR Mariusz	870		M30-39	155		00:00:20	00:14:21	00:24:42	00:37:18	00:48:00	00:51:04.25	00:51:24.50	+00:09:46	5:06	11.7
344	KAPTUR Wojciech	756		M70+	3		00:00:18	00:14:40	00:24:42	00:36:46	00:46:51	00:49:49.95	00:50:08.15	+00:09:47	4:59	12
345	JANKO Kamil	751		M30-39	143		00:00:16	00:14:35	00:24:43	00:36:45	00:46:58	00:49:47.00	00:50:03.75	+00:09:48	4:58	12.1
346	WISEŁKA Andrzej	707		M40-49	95	Radlinioki w biegu	00:00:15	00:14:42	00:24:45	00:36:37	00:46:08	00:48:43.55	00:48:59.00	+00:09:49	4:52	12.3
347	ROZMUS Wojciech	890		M40-49	114	PoWoli do Celu	00:00:11	00:14:23	00:24:45	00:37:22	00:48:00	00:51:04.60	00:51:16.25	+00:09:50	5:06	11.7
348	SZCZECH Krzysztof	816		M40-49	105		00:00:02	00:14:02	00:24:46	00:37:18	00:47:16	00:50:06.80	00:50:09.05	+00:09:50	5:00	12
349	STARCZEWSKI Marcin	815		M30-39	142		00:00:17	00:14:36	00:24:48	00:36:39	00:46:51	00:49:46.60	00:50:04.55	+00:09:52	4:58	12.1
350	ŚPIEWAK Marek	691		M30-39	144		00:00:17	00:14:31	00:24:47	00:36:53	00:47:01	00:49:50.35	00:50:08.10	+00:09:52	4:59	12
351	KULAWIAK Bogdan	620		M50-59	42		00:00:23	00:14:38	00:24:47	00:36:36	00:46:40	00:49:20.25	00:49:43.55	+00:09:52	4:56	12.2
352	MISIAK Piotr	783		M40-49	104		00:00:13	00:14:30	00:24:49	00:36:49	00:46:48	00:49:44.20	00:49:58.00	+00:09:53	4:58	12.1
353	POŁEĆ Krzysztof	802		M30-39	146	GB Galopujące Ślimaki	00:00:17	00:14:28	00:24:50	00:36:56	00:47:18	00:50:03.05	00:50:20.65	+00:09:54	5:00	12
354	RYBAK Remigiusz	891		M30-39	145		00:00:12	00:14:32	00:24:50	00:36:52	00:47:05	00:49:53.30	00:50:06.00	+00:09:54	4:59	12
355	PIŻGAŁA Kordian	799		M20-29	53		00:00:17	00:14:23	00:24:53	00:37:46	00:49:00	00:52:02.15	00:52:19.45	+00:09:57	5:12	11.5
356	POŁOMSKI Jerzy	887		M40-49	115		00:00:23	00:14:37	00:24:58	00:37:27	00:48:00	00:51:09.95	00:51:33.55	+00:10:02	5:07	11.7
357	KAMIŃSKI Radek	598		M30-39	136		00:00:24	00:14:53	00:25:00	00:36:40	00:46:11	00:48:46.70	00:49:11.60	+00:10:04	4:52	12.3
358	KORBUS Piotr	764		M30-39	141		00:00:26	00:14:53	00:25:08	00:36:59	00:46:57	00:49:45.35	00:50:11.75	+00:10:12	4:58	12.1
359	BURNAGIEL Tomasz	556		M50-59	41		00:00:14	00:14:57	00:25:11	00:36:56	00:46:21	00:49:02.30	00:49:16.90	+00:10:15	4:54	12.2
360	POŁOMSKI Dawid	803		M30-39	157		00:00:35	00:14:40	00:25:14	00:37:47	00:48:10	00:51:20.90	00:51:56.35	+00:10:18	5:08	11.7
361	GANDZEL Szymon	581		M30-39	150		00:00:23	00:14:55	00:25:14	00:37:16	00:47:35	00:50:26.05	00:50:49.10	+00:10:19	5:02	11.9
362	PASZKOWSKI Cezary	883		M40-49	109	MDM NT TEAM	00:00:24	00:14:56	00:25:15	00:37:25	00:47:42	00:50:42.40	00:51:07.00	+00:10:20	5:04	11.8
363	KARAWACKI Grzegorz	758		M30-39	137		00:00:22	00:14:59	00:25:18	00:37:05	00:46:34	00:49:10.00	00:49:32.85	+00:10:22	4:55	12.2
364	TOCHOWICZ Bartosz	694		M50-59	44	Olza Cieszyn	00:00:20	00:14:46	00:25:18	00:37:29	00:47:57	00:50:46.10	00:51:06.15	+00:10:23	5:04	11.8
365	ORAWSKI Robert	789		M60-69	6		00:00:22	00:15:09	00:25:19	00:37:30	00:47:54	00:50:51.45	00:51:14.15	+00:10:23	5:05	11.8
366	KOZIEŁ Dariusz	765		M50-59	45		00:00:29	00:14:57	00:25:20	00:37:39	00:48:05	00:51:18.25	00:51:47.35	+00:10:25	5:07	11.7
367	BILIŃSKI Marcin	729		M30-39	154		00:00:19	00:14:58	00:25:23	00:37:41	00:47:57	00:50:51.90	00:51:11.65	+00:10:27	5:05	11.8
368	BOŚ Przemysław	549		M30-39	174	KB MCKIS Jaworzno	00:00:19	00:15:08	00:25:24	00:38:29	00:50:25	00:53:47.95	00:54:07.60	+00:10:28	5:22	11.2
369	CHOLAJDA Roman	733		M40-49	107		00:00:22	00:15:11	00:25:29	00:37:34	00:47:42	00:50:27.60	00:50:50.35	+00:10:33	5:02	11.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
370	DOMASZK Paweł	566		M20-29	54		00:00:14	00:14:39	00:25:30	00:38:17	00:49:13	00:52:18.95	00:52:33.25	+00:10:35	5:13	11.5
371	PAJĄCZKOWSKI Michał	879		M30-39	158		00:00:15	00:15:01	00:25:31	00:38:05	00:48:32	00:51:31.80	00:51:47.05	+00:10:35	5:09	11.6
372	FRĄCZAK Bartosz	850		M30-39	170	GB Galopujące Ślimaki	00:00:20	00:14:50	00:25:34	00:38:39	00:49:55	00:53:16.60	00:53:37.20	+00:10:38	5:19	11.3
373	PAWĘZOWSKI Jacek	884		M50-59	49		00:00:22	00:15:04	00:25:34	00:38:22	00:49:17	00:52:33.05	00:52:55.25	+00:10:39	5:15	11.4
374	ŚMIETANA Grzegorz	819		M40-49	124		00:00:14	00:14:56	00:25:34	00:38:59	00:50:21	00:53:00.60	00:53:14.60	+00:10:40	5:18	11.3
375	GAŚOWSKI Szymon	851		M30-39	148		00:00:29	00:15:18	00:25:35	00:37:26	00:47:33	00:50:16.50	00:50:46.15	+00:10:40	5:01	11.9
376	MALISZEWSKI Marcin	779		M30-39	175		00:00:22	00:14:59	00:25:35	00:38:58	00:50:44	00:53:51.10	00:54:13.15	+00:10:40	5:23	11.1
377	GRZEŚ Krzysztof	746		M50-59	48		00:00:15	00:14:40	00:25:35	00:38:04	00:48:39	00:51:51.35	00:52:06.50	+00:10:40	5:11	11.6
378	MALISZEWSKI Dariusz	778		M30-39	176		00:00:22	00:15:00	00:25:35	00:38:58	00:50:44	00:53:52.50	00:54:14.50	+00:10:40	5:23	11.1
379	KONCKI Andrzej	605		M40-49	111		00:00:31	00:15:07	00:25:36	00:37:39	00:47:47	00:50:44.50	00:51:16.35	+00:10:41	5:04	11.8
380	LUBSZCZYK Adrian	774		M30-39	152	Decathlon & Przyjaciele	00:00:19	00:15:02	00:25:36	00:37:43	00:47:57	00:50:39.65	00:50:58.80	+00:10:41	5:03	11.8
381	SOJ Przemysław	813		M40-49	119		00:00:28	00:15:06	00:25:36	00:38:12	00:49:07	00:52:10.65	00:52:38.85	+00:10:41	5:13	11.5
382	PANNEK Marcin	793		M30-39	149		00:00:16	00:15:13	00:25:39	00:37:42	00:47:39	00:50:25.10	00:50:41.45	+00:10:44	5:02	11.9
383	ZIELIŃSKI Andrzej	539		M30-39	147	Eko-Okna Runners	00:00:19	00:15:14	00:25:40	00:37:47	00:47:35	00:50:13.20	00:50:32.65	+00:10:45	5:01	11.9
384	LECHOWICZ Tadeusz	772		M50-59	46		00:00:20	00:15:10	00:25:41	00:38:00	00:48:31	00:51:34.00	00:51:54.85	+00:10:46	5:09	11.6
385	GOIK Damian	742		M20-29	62	Bziegacze	00:00:20	00:14:30	00:25:45	00:39:53	00:51:32	00:54:53.40	00:55:13.45	+00:10:50	5:29	10.9
386	PALA Mariusz	792		M30-39	172		00:00:15	00:14:44	00:25:47	00:39:13	00:50:37	00:53:36.35	00:53:51.45	+00:10:52	5:21	11.2
387	SOBAŃSKI Mateusz	899		M20-29	52		00:00:25	00:15:21	00:25:48	00:38:12	00:48:24	00:51:22.70	00:51:47.95	+00:10:52	5:08	11.7
388	KRÓLIK Arkadiusz	768		M40-49	118	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:15:12	00:25:49	00:38:09	00:48:42	00:51:36.85	00:51:59.55	+00:10:54	5:09	11.6
389	SUBIK Tomasz	684		M30-39	178		00:00:19	00:15:06	00:25:51	00:39:04	00:50:52	00:54:03.50	00:54:22.75	+00:10:56	5:24	11.1
390	CZARNOTA Leszek	845		M40-49	117		00:00:23	00:15:16	00:25:51	00:38:07	00:48:36	00:51:29.35	00:51:52.75	+00:10:56	5:08	11.7
391	WIEJACZ Wiejacz	828		M30-39	160		00:00:25	00:15:11	00:25:52	00:38:48	00:49:19	00:52:07.75	00:52:33.55	+00:10:57	5:12	11.5
392	GUT Zbigniew	748		M30-39	161		00:00:22	00:15:19	00:25:52	00:38:37	00:49:12	00:52:10.60	00:52:33.05	+00:10:57	5:13	11.5
393	KUBULUS Tomasz	863		M40-49	127		00:00:25	00:15:10	00:25:57	00:39:05	00:50:08	00:53:18.00	00:53:43.85	+00:11:01	5:19	11.3
394	GÓRALSKI Jarosław	855		M50-59	50		00:00:08	00:15:06	00:25:58	00:38:54	00:49:35	00:52:46.45	00:52:55.30	+00:11:02	5:16	11.4
395	TOMASICZEK Dawid	972		M20-29	55		00:00:21	00:15:12	00:26:00	00:38:55	00:49:47	00:52:33.90	00:52:55.35	+00:11:04	5:15	11.4
396	SKIBA Maciej	894		M30-39	159		00:00:26	00:15:07	00:26:00	00:38:46	00:49:16	00:52:05.50	00:52:31.95	+00:11:05	5:12	11.5
397	WILCZOK Daniel	831		M30-39	163		00:00:17	00:15:06	00:26:01	00:38:24	00:49:01	00:52:13.40	00:52:30.70	+00:11:06	5:13	11.5
398	JASZCZYK Łukasz	937		M30-39	173		00:00:18	00:15:14	00:26:02	00:38:59	00:50:32	00:53:42.45	00:54:01.35	+00:11:06	5:22	11.2
399	BIELICH Adrian	728		M30-39	169	Alkoteam Rybnik	00:00:07	00:14:57	00:26:02	00:39:28	00:50:03	00:53:04.95	00:53:12.10	+00:11:07	5:18	11.3
400	RASZKA Janusz	808		M50-59	47	Olza Cieszyn	00:00:20	00:15:26	00:26:03	00:38:28	00:48:58	00:51:38.55	00:51:59.45	+00:11:07	5:09	11.6
401	KULA Radosław	864		M30-39	177		00:00:08	00:15:02	00:26:07	00:39:39	00:50:51	00:53:59.05	00:54:07.35	+00:11:12	5:23	11.1
402	BAJOR Paweł	837		M30-39	165		00:00:15	00:15:02	00:26:09	00:39:02	00:49:30	00:52:15.35	00:52:31.20	+00:11:13	5:13	11.5
403	ŚWIERKOT Przemek	143		M40-49	116		00:00:14	00:15:30	00:26:09	00:38:14	00:48:30	00:51:10.85	00:51:25.35	+00:11:13	5:07	11.7
404	SLADECZEK Jarek	896		M40-49	125		00:00:27	00:15:10	00:26:09	00:39:29	00:50:18	00:53:13.60	00:53:41.00	+00:11:14	5:19	11.3
405	OGIERMAN Mariusz	876		M20-29	61		00:00:20	00:15:12	00:26:10	00:39:24	00:51:13	00:54:35.55	00:54:56.40	+00:11:14	5:27	11
406	JASIŃSKI Krzysztof	858		M30-39	171		00:00:24	00:15:06	00:26:11	00:39:22	00:50:24	00:53:27.75	00:53:52.45	+00:11:15	5:20	11.2
407	STEKLA Bartłomiej	904		M20-29	63		00:00:14	00:15:02	00:26:11	00:39:53	00:51:43	00:55:08.70	00:55:22.75	+00:11:16	5:30	10.9
408	ZAWADA Jakub	915		M40-49	110		00:00:19	00:14:56	00:26:13	00:37:52	00:47:50	00:50:42.40	00:51:02.05	+00:11:18	5:04	11.8
409	MUSIAŁ Łukasz	874		M30-39	164	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:18	00:52:14.95	00:52:36.70	+00:11:19	5:13	11.5
410	WEYGAND Patryk	703		M30-39	162	GB Galopujące Ślimaki	00:00:21	00:15:29	00:26:14	00:38:45	00:49:14	00:52:11.35	00:52:32.95	+00:11:19	5:13	11.5
411	ĆMIL Marek	928		M40-49	120		00:00:16	00:15:02	00:26:15	00:39:03	00:49:22	00:52:21.90	00:52:38.05	+00:11:20	5:14	11.5
412	LANDZIŃSKI Jacek	865		M30-39	156		00:00:15	00:15:30	00:26:15	00:38:14	00:48:29	00:51:08.25	00:51:23.50	+00:11:20	5:06	11.7
413	ZABIEGLIŃSKI Andrzej	714		M30-39	167	Klub Biegacza MOSiR Jastrzębie	00:00:13	00:15:23	00:26:16	00:38:57	00:49:56	00:52:49.80	00:53:03.30	+00:11:20	5:17	11.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
414	ANTOŃCZYK Przemysław	720		M30-39	166		00:00:19	00:15:32	00:26:17	00:38:58	00:49:41	00:52:45.80	00:53:05.75	+00:11:21	5:16	11.4
415	SOSNA Mariusz	903		M40-49	113		00:00:14	00:15:34	00:26:18	00:38:33	00:48:10	00:50:59.35	00:51:14.15	+00:11:22	5:06	11.8
416	METLAK Piotr	980		M40-49	134		00:00:00	00:14:55	00:26:18	00:39:43	00:50:58	00:54:09.60	00:54:10.40	+00:11:23	5:25	11.1
417	JANCZUKOWICZ Łukasz	750		M30-39	151		00:00:27	00:15:58	00:26:18	00:38:18	00:48:04	00:50:39.25	00:51:06.45	+00:11:23	5:03	11.8
418	SKĘCZEK Marcin	811		M40-49	130		00:00:18	00:15:25	00:26:19	00:39:15	00:50:22	00:53:28.65	00:53:46.65	+00:11:25	5:20	11.2
419	MATUSZEK Tomasz	781		M40-49	122	Bank Spółdzielczy Jastrzębie	00:00:18	00:15:17	00:26:22	00:39:14	00:49:35	00:52:40.95	00:52:59.05	+00:11:27	5:16	11.4
420	JELEŃ Michał	938		M20-29	67		00:00:14	00:14:57	00:26:22	00:40:28	00:53:05	00:56:16.35	00:56:30.50	+00:11:27	5:37	10.7
421	NOWAK Patryk	786		M20-29	56	Klub Biegacza Fartlek	00:00:26	00:15:40	00:26:28	00:39:11	00:49:54	00:52:59.80	00:53:25.95	+00:11:33	5:17	11.3
422	JAGIEŁA Marcin	857		M40-49	126		00:00:21	00:15:40	00:26:33	00:39:23	00:50:06	00:53:14.55	00:53:36.10	+00:11:37	5:19	11.3
423	SZCZUCHNIAK Grzegorz	969		M40-49	129		00:00:18	00:15:30	00:26:33	00:39:33	00:50:21	00:53:20.85	00:53:39.25	+00:11:37	5:20	11.2
424	PIÓR Krzysztof	798		M40-49	133		00:00:16	00:15:28	00:26:35	00:39:52	00:50:55	00:53:59.90	00:54:16.20	+00:11:40	5:24	11.1
425	GÓRECKI Adam	743		M20-29	57		00:00:28	00:15:35	00:26:37	00:39:44	00:50:32	00:53:28.80	00:53:56.85	+00:11:42	5:20	11.2
426	KAWIK Janusz	759		M40-49	121		00:00:06	00:15:49	00:26:39	00:39:25	00:49:31	00:52:29.35	00:52:36.00	+00:11:43	5:15	11.4
427	HUCHRO Tomasz	749		M20-29	58		00:00:12	00:15:39	00:26:41	00:39:41	00:50:51	00:53:39.70	00:53:52.05	+00:11:46	5:22	11.2
428	SŁOWIŃSKI Jacek	963		M30-39	168		00:00:27	00:15:57	00:26:42	00:39:34	00:50:13	00:52:51.05	00:53:18.95	+00:11:46	5:17	11.4
429	GMYREK Michał	853		M40-49	136		00:00:12	00:15:18	00:26:42	00:40:17	00:51:17	00:54:23.15	00:54:35.60	+00:11:47	5:26	11
430	PAJĄK Paweł	880		M40-49	140		00:00:16	00:15:25	00:26:46	00:40:16	00:51:48	00:55:07.05	00:55:23.85	+00:11:50	5:30	10.9
431	BARAN Dawid	838		M30-39	185		00:00:26	00:15:20	00:26:47	00:40:43	00:52:45	00:55:56.40	00:56:22.50	+00:11:52	5:35	10.7
432	CIEŚLA Adam	564		M40-49	150	Nieformalna Grupa Biegowa Rybnik	00:00:31	00:15:27	00:26:48	00:41:29	00:54:05	00:57:43.40	00:58:15.00	+00:11:53	5:46	10.4
433	BORUCKI Darek	840		M40-49	132		00:00:24	00:15:46	00:26:51	00:39:47	00:50:49	00:53:56.35	00:54:21.10	+00:11:55	5:23	11.1
434	DURAJ Dariusz	848		M30-39	179	WKURW_TEAM	00:00:16	00:15:53	00:26:53	00:40:15	00:51:31	00:54:35.80	00:54:52.45	+00:11:57	5:27	11
435	KUŚKA Tadeusz	952		M30-39	180		00:00:29	00:15:45	00:26:57	00:40:12	00:51:35	00:54:37.25	00:55:06.65	+00:12:02	5:27	11
436	FELSKI Krzysztof	849		M30-39	181		00:00:25	00:15:37	00:26:58	00:40:35	00:52:00	00:55:16.95	00:55:42.75	+00:12:02	5:31	10.9
437	CHROBOK Gerard	844		M50-59	52	Olza Cieszyn	00:00:12	00:15:44	00:26:58	00:40:00	00:50:57	00:54:09.35	00:54:21.60	+00:12:03	5:24	11.1
438	PAJĄK Marcin	791		M20-29	66		00:00:17	00:15:35	00:26:59	00:40:54	00:52:36	00:55:34.65	00:55:52.05	+00:12:04	5:33	10.8
439	BARANKIEWICZ Irek	724		M40-49	143		00:00:24	00:15:50	00:26:59	00:40:42	00:52:15	00:55:29.55	00:55:53.75	+00:12:04	5:32	10.8
440	KUBIENIEC Grzegorz	769		M40-49	139		00:00:20	00:15:50	00:27:05	00:40:27	00:51:45	00:54:56.65	00:55:17.30	+00:12:10	5:29	10.9
441	PRZYBYŁA Krystian	804		M20-29	59		00:00:18	00:15:53	00:27:07	00:40:33	00:51:15	00:54:28.45	00:54:46.65	+00:12:12	5:26	11
442	ZAWIERUCHA Aleksander	916		M50-59	51	MARO TEAM JASTRZĘBIE-ŻORY	00:00:22	00:16:06	00:27:09	00:39:54	00:50:38	00:53:31.45	00:53:53.60	+00:12:14	5:21	11.2
443	MAKOWSKI Grzegorz	867		M20-29	60		00:00:24	00:16:05	00:27:11	00:40:21	00:51:43	00:54:28.50	00:54:53.25	+00:12:15	5:26	11
444	BRYŚ Sebastian	842		M40-49	141		00:00:21	00:15:58	00:27:10	00:40:23	00:51:46	00:55:08.75	00:55:29.80	+00:12:16	5:30	10.9
445	SOBIERAJSKI Przemek	812		M40-49	138		00:00:24	00:16:05	00:27:11	00:40:22	00:51:43	00:54:40.40	00:55:04.50	+00:12:16	5:28	11
446	WILCZEK Marek	830		M40-49	144		00:00:22	00:15:56	00:27:12	00:40:47	00:52:21	00:55:39.70	00:56:01.90	+00:12:17	5:33	10.8
447	KRÓL Michał	767		M40-49	147		00:00:05	00:15:28	00:27:13	00:41:43	00:53:52	00:57:29.00	00:57:34.70	+00:12:18	5:44	10.4
448	KOZACZKA Włodzimierz	611		M40-49	131		00:00:29	00:16:06	00:27:13	00:40:05	00:50:57	00:53:54.15	00:54:23.15	+00:12:18	5:23	11.1
449	KMIECIAK Bogdan	942		M40-49	142		00:00:28	00:16:21	00:27:14	00:40:33	00:51:54	00:55:20.35	00:55:48.50	+00:12:19	5:32	10.8
450	KRAMER Piotr	860		M40-49	145		00:00:30	00:16:08	00:27:15	00:40:57	00:52:44	00:56:06.80	00:56:37.30	+00:12:20	5:36	10.7
451	OSIEWACZ Zbigniew	877		M30-39	182		00:00:18	00:16:03	00:27:18	00:40:44	00:52:09	00:55:18.95	00:55:37.60	+00:12:23	5:31	10.8
452	WILSZ Adam	911		M40-49	123		00:00:16	00:16:22	00:27:22	00:40:16	00:50:08	00:52:50.60	00:53:07.10	+00:12:26	5:17	11.4
453	ĆWIOK Marek	929		M40-49	137		00:00:16	00:16:22	00:27:22	00:40:18	00:51:19	00:54:29.25	00:54:45.55	+00:12:27	5:26	11

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
454	GŁADYSZ Leszek	741		M40-49	128		00:00:15	00:16:23	00:27:23	00:40:17	00:50:16	00:53:20.30	00:53:36.05	+00:12:28	5:20	11.2
455	PYZIK Marcin	888		M40-49	146	Klub Biegacza Fartlek	00:00:17	00:15:50	00:27:23	00:41:22	00:53:06	00:56:20.75	00:56:37.90	+00:12:28	5:38	10.7
456	ŻYŁA Wojciech	921		M30-39	183		00:00:24	00:15:41	00:27:24	00:41:03	00:52:28	00:55:37.80	00:56:02.70	+00:12:28	5:33	10.8
457	ZMUDA Dariusz	918		M40-49	135		00:00:25	00:16:14	00:27:25	00:40:10	00:51:10	00:54:22.95	00:54:48.65	+00:12:30	5:26	11
458	BUCZAK Łukasz	926		M30-39	190		00:00:07	00:14:45	00:27:26	00:42:23	00:54:34	00:57:55.60	00:58:03.05	+00:12:31	5:47	10.4
459	MROZEK Maciej	784		M40-49	149		00:00:24	00:16:16	00:27:30	00:41:52	00:54:07	00:57:39.50	00:58:03.65	+00:12:35	5:45	10.4
460	JESIONEK Bogusław	939		M50-59	53		00:00:27	00:16:22	00:27:47	00:41:08	00:52:08	00:55:27.75	00:55:55.15	+00:12:52	5:32	10.8
461	STEFAŃSKI Piotr	967		M40-49	152		00:00:30	00:16:12	00:27:48	00:42:12	00:54:40	00:57:57.55	00:58:28.25	+00:12:53	5:47	10.4
462	WOLIŃSKI Józef	913		M50-59	55		00:00:23	00:16:31	00:27:51	00:41:25	00:53:03	00:56:23.25	00:56:46.55	+00:12:56	5:38	10.6
463	WOWRA Robert	914		M30-39	184		00:00:32	00:16:22	00:27:52	00:41:24	00:52:47	00:55:53.75	00:56:26.60	+00:12:56	5:35	10.7
464	CIEŚLA Artur	734		M30-39	189		00:00:26	00:15:57	00:27:58	00:42:31	00:54:50	00:57:46.35	00:58:12.95	+00:13:02	5:46	10.4
465	SOBEK Mariusz	901		M30-39	192		00:00:27	00:16:24	00:28:02	00:42:18	00:54:46	00:58:21.85	00:58:48.95	+00:13:07	5:50	10.3
466	MARON Tadeusz	633		M30-39	193		00:00:23	00:16:14	00:28:03	00:41:47	00:54:35	00:58:48.85	00:59:12.65	+00:13:07	5:52	10.2
467	WICZKOWSKI Michał	827		M20-29	65		00:00:20	00:16:53	00:28:11	00:41:23	00:52:30	00:55:22.75	00:55:43.40	+00:13:16	5:32	10.8
468	KOTERZYNA Janusz	859		M60-69	8		00:00:23	00:16:51	00:28:12	00:41:44	00:53:01	00:56:25.85	00:56:49.75	+00:13:16	5:38	10.6
469	GUJA Bogusław	747		M60-69	7		00:00:12	00:16:44	00:28:13	00:41:50	00:52:53	00:56:10.40	00:56:23.35	+00:13:18	5:37	10.7
470	MIKODA Stanisław	871		M40-49	164	Athletics Nysa	00:00:21	00:15:30	00:28:15	00:44:24	00:58:25	01:02:24.25	01:02:45.50	+00:13:20	6:14	9.6
471	MORAWSKI Janusz	873		M40-49	151		00:00:25	00:16:35	00:28:17	00:42:24	00:54:23	00:57:45.80	00:58:11.00	+00:13:22	5:46	10.4
472	KONOPKA Jarosław	945		M50-59	54		00:00:26	00:16:40	00:28:19	00:41:24	00:52:23	00:55:33.90	00:56:00.85	+00:13:23	5:33	10.8
473	CZAPSKI Janusz	927		M40-49	156		00:00:29	00:16:29	00:28:23	00:42:51	00:55:20	00:58:56.15	00:59:26.00	+00:13:27	5:53	10.2
474	MARCINIAK Artur	780		M50-59	56		00:00:29	00:16:27	00:28:27	00:41:53	00:53:30	00:56:47.45	00:57:16.75	+00:13:32	5:40	10.6
475	DRĄG Rafał	847		M30-39	188		00:00:26	00:16:46	00:28:31	00:42:15	00:53:59	00:57:06.05	00:57:32.80	+00:13:36	5:42	10.5
476	PAJESTKA Marek	881		M40-49	155	WRM MC POLAND	00:00:23	00:16:34	00:28:37	00:43:14	00:55:11	00:58:25.10	00:58:48.90	+00:13:41	5:50	10.3
477	PIETRZYK Marek	959		M60-69	9		00:00:25	00:17:00	00:28:45	00:42:44	00:54:17	00:57:25.50	00:57:51.45	+00:13:49	5:44	10.4
478	WOLIŃSKI Dariusz	912		M40-49	154		00:00:28	00:16:40	00:28:48	00:43:06	00:55:06	00:58:19.80	00:58:48.30	+00:13:52	5:50	10.3
479	MICUDA Jan	955		M60-69	10		00:00:28	00:17:01	00:28:56	00:43:05	00:55:10	00:58:33.00	00:59:01.80	+00:14:00	5:51	10.2
480	UKLEJA Sebastian	821		M40-49	161		00:00:09	00:16:42	00:28:56	00:43:37	00:56:16	01:00:05.00	01:00:14.15	+00:14:01	6:00	10
481	MOCHNACZ Patryk	956		M40-49	162		00:00:23	00:16:55	00:28:58	00:43:52	00:56:55	01:00:31.35	01:00:55.15	+00:14:02	6:03	9.9
482	BARTOS Grzegorz	725		M20-29	69		00:00:21	00:16:57	00:28:58	00:43:07	00:54:29	00:57:35.05	00:57:56.95	+00:14:02	5:45	10.4
483	ZIMNY Ireneusz	917		M40-49	153		00:00:20	00:16:52	00:28:59	00:43:05	00:54:44	00:58:00.30	00:58:20.30	+00:14:04	5:48	10.3
484	KRETEK Krzysztof	336	CE PROGRESS	M40-49	160		00:00:28	00:16:54	00:29:04	00:43:58	00:56:34	00:59:55.65	01:00:23.95	+00:14:09	5:59	10
485	SOBIERAJ Paweł	902		M40-49	163		00:00:27	00:16:41	00:29:05	00:44:19	00:57:15	01:00:49.70	01:01:17.35	+00:14:09	6:05	9.9
486	PAWŁOWSKI Rafał	958		M20-29	68		00:00:27	00:17:12	00:29:06	00:42:32	00:53:27	00:56:20.75	00:56:47.80	+00:14:11	5:38	10.7
487	SŁOWIŃSKI Kamil	964		M30-39	187		00:00:28	00:17:16	00:29:07	00:42:57	00:53:51	00:57:01.00	00:57:29.00	+00:14:12	5:42	10.5
488	LEJKOWSKI Sebastian	953		M30-39	191		00:00:30	00:17:21	00:29:08	00:42:55	00:54:37	00:57:56.50	00:58:26.75	+00:14:13	5:47	10.4
489	STOCHNIJ Karol	905		M30-39	194		00:00:26	00:17:17	00:29:14	00:43:41	00:56:17	00:59:25.10	00:59:51.20	+00:14:19	5:56	10.1
490	KRZYSTOLIK Damian	948		M30-39	195		00:00:26	00:17:10	00:29:15	00:43:46	00:56:06	00:59:27.95	00:59:54.05	+00:14:20	5:56	10.1
491	FLASZ Dawid	738		M40-49	148		00:00:25	00:17:19	00:29:16	00:43:02	00:54:27	00:57:32.55	00:57:57.80	+00:14:20	5:45	10.4
492	BALICKI Paweł	923		M30-39	198		00:00:04	00:15:50	00:29:17	00:45:28	00:59:24	01:02:58.25	01:03:03.05	+00:14:22	6:17	9.5
493	DYL Ireneusz	736		M40-49	157		00:00:21	00:17:24	00:29:31	00:44:10	00:55:46	00:59:01.25	00:59:22.70	+00:14:35	5:54	10.2
494	POSTUPALSKI Marcin	962		M40-49	158		00:00:27	00:17:30	00:29:41	00:44:03	00:55:59	00:59:06.10	00:59:33.95	+00:14:45	5:54	10.2
495	SZEFER Bartłomiej	970		M40-49	159		00:00:27	00:17:31	00:29:41	00:44:03	00:56:09	00:59:27.30	00:59:54.55	+00:14:46	5:56	10.1
496	MACHEJ Piotr	776		M20-29	71	MARO TEAM JASTRZĘBIE-ŻORY	00:00:09	00:16:53	00:29:41	00:44:38	00:58:04	01:01:19.45	01:01:28.50	+00:14:46	6:07	9.8
497	GIL Krzysztof	935		M50-59	57		00:00:25	00:17:34	00:29:44	00:44:05	00:56:13	00:59:30.00	00:59:55.65	+00:14:48	5:57	10.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
498	SOSNA Daniel	966		M20-29	70		00:00:31	00:18:00	00:29:45	00:44:27	00:55:27	00:59:02.05	00:59:33.90	+00:14:49	5:54	10.2
499	POŁOK Robert	801		M20-29	73		00:00:26	00:17:02	00:29:56	00:46:17	01:00:56	01:05:20.75	01:05:47.15	+00:15:01	6:32	9.2
500	KRAJEWSKI Damian	946		M50-59	58	BIEG PO ŹRÓJ	00:00:29	00:17:42	00:30:10	00:45:08	00:57:41	01:01:13.20	01:01:42.65	+00:15:15	6:07	9.8
501	OGRODNIK Sebastian	957		M30-39	196		00:00:14	00:17:26	00:30:13	00:45:06	00:57:58	01:01:40.30	01:01:55.05	+00:15:18	6:10	9.7
502	WILMANOWICZ Rafał	975		M20-29	72		00:00:19	00:17:36	00:30:13	00:45:20	00:58:26	01:01:59.40	01:02:19.15	+00:15:18	6:12	9.7
503	CHMIEL Jacek	732		M60-69	11		00:00:28	00:17:45	00:30:17	00:44:41	00:57:13	01:00:41.35	01:01:09.85	+00:15:22	6:04	9.9
504	BURDA Andrzej	843		M30-39	197	Eko-Okna Runners	00:00:27	00:17:26	00:30:24	00:45:38	00:58:26	01:01:55.40	01:02:23.05	+00:15:28	6:11	9.7
505	TRAWNICKI Jan	908		M60-69	12		00:00:25	00:17:39	00:30:40	00:46:31	00:59:43	01:03:55.80	01:04:21.05	+00:15:45	6:23	9.4
506	PIOTROWICZ Rysiek	960		M50-59	62		00:00:08	00:17:41	00:30:54	00:54:08	01:08:13	01:12:26.05	01:12:34.55	+00:15:58	7:14	8.3
507	WIECZOREK Henryk	142		M50-59	59		00:00:15	00:18:32	00:31:20	00:46:44	00:59:35	01:03:24.75	01:03:40.70	+00:16:25	6:20	9.5
508	TRAFIAŁEK Mirosław	973		M50-59	60		00:00:24	00:18:21	00:31:41	00:48:11	01:02:19	01:06:19.50	01:06:43.85	+00:16:46	6:37	9
509	WÓJCIK Dariusz	977		M40-49	165		00:00:29	00:18:24	00:31:48	00:47:45	01:00:53	01:04:30.65	01:04:59.95	+00:16:53	6:27	9.3
510	KUCZMIERCZYK Janusz	951		M70+	4		00:00:28	00:18:44	00:31:58	00:47:35	01:00:50	01:04:35.80	01:05:04.60	+00:17:03	6:27	9.3
511	LIZAK Adam	773		M40-49	166	Nieślony Lizak	00:00:28	00:18:39	00:32:24	00:50:28	01:03:59	01:07:17.75	01:07:46.05	+00:17:29	6:43	8.9
512	KUCHARCZYK Marek	950		M50-59	61		00:00:35	00:18:09	00:32:33	00:50:09	01:03:58	01:07:55.25	01:08:30.70	+00:17:37	6:47	8.8
513	KUBAS Mariusz	949		M40-49	168	Klub Biegacza Fartlek	00:00:30	00:18:58	00:32:50	00:50:03	01:04:28	01:08:35.15	01:09:05.35	+00:17:55	6:51	8.7
514	KOŁODZIEJCZAK Damian	943		M40-49	167		00:00:14	00:19:15	00:33:02	00:50:14	01:04:19	01:07:32.55	01:07:46.70	+00:18:07	6:45	8.9
515	WARDACH Tomasz	825		M30-39	199		00:00:26	00:19:07	00:33:04	00:50:13	01:05:25	01:09:45.70	01:10:12.30	+00:18:09	6:58	8.6
516	PIOTROWSKI Mieczysław	961		M70+	5		00:00:16	00:19:41	00:33:35	00:51:07	01:05:10	01:09:21.15	01:09:38.10	+00:18:39	6:56	8.6
517	FOJCIK Piotr	932		M50-59	63		00:00:32	00:16:19	00:35:03					+00:20:07	7:00	8.6
518	ORŁOWSKI Grzegorz	646		M40-49	30		00:00:06	00:31:14	00:40:06			00:42:37.65	00:42:44.55	+00:25:10	4:15	14.1
519	WOJCIECHOWSKI Marcin	833		M30-39	63	Radlinioki w biegu	00:00:01	00:31:22	00:40:11			00:42:41.80	00:42:43.75	+00:25:15	4:16	14.1
520	WIEŁOPOLSKI Michał	532		M16-19	7		00:00:09	00:32:16	00:41:02			00:43:20.45	00:43:30.40	+00:26:06	4:20	13.8
521	DANIKIEWICZ Michał	432		M30-39	73	Rozbiegamy To Miasto - Czechowice-Dziedzice	00:00:13	00:32:28	00:41:24			00:43:39.10	00:43:52.85	+00:26:28	4:21	13.7
522	MAJKA Tomasz	777		M30-39	111	KB MCKIS Jaworzno	00:00:20	00:34:53	00:44:07			00:46:37.05	00:46:57.70	+00:29:12	4:39	12.9
523	KURTO Grzegorz	621		M40-49	72		00:00:08	00:34:45	00:44:13			00:46:39.70	00:46:48.35	+00:29:17	4:40	12.9
524	FILUSZ Dawid	737		M20-29	44	STUDIO ENERGIA TEAM RYBNIK	00:00:19	00:35:05	00:44:59			00:47:47.95	00:48:07.15	+00:30:04	4:46	12.6
525	GAWŁAS Jan	739		M50-59	40		00:00:18	00:36:02	00:45:58			00:48:57.25	00:49:15.40	+00:31:03	4:53	12.3
526	TRZECIAK Krzysztof	696		M40-49	96		00:00:23	00:35:59	00:46:00			00:48:49.65	00:49:13.60	+00:31:04	4:53	12.3
527	GIBAS Damian	852		M20-29	64		00:00:14	00:39:46	00:51:42			00:55:09.75	00:55:24.35	+00:36:47	5:31	10.9