



Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-09-09
Jastrzębie-Zdrój
10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Mateusz	1	AKTYWNA PSZCZYNA RUNNERS TEAM	M20-29	1	Aktywna Pszczyna Runners Team	00:00:01	00:32:38.20	00:32:39.95		3:15	18.4 (100%)
2	LUPA Piotr	44	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	1	Aktywna Pszczyna Runners Team	00:00:01	00:33:51.20	00:33:52.95	+00:01:13 (3.6%)	3:23	17.7 (96.2%)
3	WÓJCIK Tomasz	2	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	M30-39	2	Aktywna Pszczyna Runners Team	00:00:01	00:34:09.80	00:34:11.30	+00:01:31 (4.5%)	3:24	17.6 (95.7%)
4	FIAK Tomasz	3	MKS ŻYWIEC	M16-19	1		00:00:01	00:34:23.55	00:34:25.30	+00:01:45 (5.1%)	3:26	17.5 (95.1%)
5	MARCOL Sebastian	14	INŻYNIERIA BIEGANIA / AKTYWNI LYSKI	M30-39	3	Inżynieria Biegania	00:00:02	00:34:47.95	00:34:50.60	+00:02:09 (6.2%)	3:28	17.2 (93.5%)
6	KOŹMIŃSKI Józef	10	SKL SUCHA BESKIDZKA	M40-49	1		00:00:02	00:34:57.75	00:34:59.90	+00:02:19 (6.7%)	3:29	17.2 (93.5%)
7	WOLNIK Mateusz	31	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	4	Aktywna Pszczyna Runners Team	00:00:01	00:35:30.60	00:35:32.25	+00:02:52 (8.1%)	3:33	16.9 (91.8%)
8	ALBRECHT Krystian	39	GB GALOPUJĄCE ŚLIMAKI	M20-29	2	Galopujące Ślimaki	00:00:02	00:35:43.75	00:35:46.25	+00:03:05 (8.7%)	3:34	16.8 (91.3%)
9	KOSCIELNIK Krzysztof	24	SPLA TYCHY, TEAM PAPRY	M40-49	2	Team Papry	00:00:03	00:35:44.30	00:35:47.30	+00:03:06 (8.7%)	3:34	16.8 (91.3%)
10	ANTCZAK Robert	28		M40-49	3		00:00:01	00:35:44.45	00:35:46.25	+00:03:06 (8.7%)	3:34	16.8 (91.3%)
11	KOZIARZ Przemysław	27		M30-39	5		00:00:01	00:35:51.75	00:35:53.65	+00:03:13 (9.0%)	3:35	16.7 (90.8%)
12	TOKAREWICZ Damian	13	SCI GÓRSCY ENTUZJAŚCI	M40-49	4	Aktywna Pszczyna Runners Team	00:00:03	00:35:57.70	00:36:01.15	+00:03:19 (9.2%)	3:35	16.7 (90.8%)
13	OLEJNIK Franciszek	18	INŻYNIERIA BIEGANIA TEAM	M20-29	3	Inżynieria Biegania	00:00:03	00:36:00.30	00:36:03.90	+00:03:22 (9.4%)	3:36	16.7 (90.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
14	PORĘBA Grzegorz	34		M40-49	5	Niewybiegani	00:00:00	00:36:19.85	00:36:19.85	+00:03:41 (10.2%)	3:37	16.5 (89.7%)
15	KUNINA Paweł	53	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA TRAINING ACADEMY	M50-59	1	TL Athletics Jastrzębie	00:00:02	00:36:24.70	00:36:27.65	+00:03:46 (10.4%)	3:38	16.5 (89.7%)
16	ZYGMA Kordian	8	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	6	Aktywna Pszczyna Runners Team	00:00:02	00:36:30.40	00:36:33.05	+00:03:52 (10.6%)	3:39	16.4 (89.1%)
17	JAROSZ Marek	593		M40-49	6		00:00:03	00:36:41.65	00:36:45.20	+00:04:03 (11.1%)	3:40	16.4 (89.1%)
18	MOSKWA Sławomir	19	ZADYSZKA OŚWIĘCIM	M30-39	7	Zadyszka Oświęcim	00:00:05	00:36:46.60	00:36:51.60	+00:04:08 (11.3%)	3:40	16.3 (88.6%)
19	WOJCIK Paweł	25	ZADYSZKA OŚWIĘCIM	M20-29	4	Zadyszka Oświęcim	00:00:04	00:37:00.90	00:37:05.60	+00:04:22 (11.8%)	3:42	16.2 (88.0%)
20	WRÓBEL Michał	6		M30-39	8		00:00:01	00:37:06.35	00:37:07.85	+00:04:28 (12.0%)	3:42	16.2 (88.0%)
21	PALT Tomasz	9		M40-49	7		00:00:02	00:37:06.80	00:37:08.85	+00:04:28 (12.1%)	3:42	16.2 (88.0%)
22	ZIELONKA Robert	33		M50-59	2		00:00:01	00:37:26.10	00:37:27.85	+00:04:47 (12.8%)	3:44	16 (87.0%)
23	ALBRECHT Arkadiusz	113	GB GALOPUJĄCE ŚLIMAKU	M40-49	8	Galopujące Ślimaki	00:00:03	00:37:31.45	00:37:34.60	+00:04:53 (13.0%)	3:45	16 (87.0%)
24	SZYMULA Michał	40	SANDRA MICHALA TEAM	M30-39	9		00:00:02	00:37:35.35	00:37:38.15	+00:04:57 (13.2%)	3:45	16 (87.0%)
25	GROBELNY Tymoteusz	20	MKS-MOS PŁOMIEŃ SOSNOWIEC	M16-19	2		00:00:03	00:37:38.70	00:37:41.95	+00:05:00 (13.3%)	3:45	15.9 (86.4%)
26	OLCHÓWKA Damian	35	LA VISAGE TEAM	M30-39	10		00:00:02	00:38:07.15	00:38:09.35	+00:05:28 (14.4%)	3:48	15.7 (85.3%)
27	WIECZOREK Maciej	123	ZADYSZKA OŚWIĘCIM	M40-49	9	Zadyszka Oświęcim	00:00:05	00:38:12.80	00:38:18.05	+00:05:34 (14.6%)	3:49	15.7 (85.3%)
28	BARTOSIK Sebastian	32	SILESIA TRIATHLON TEAM	M30-39	11	Połomscy Team	00:00:02	00:38:13.95	00:38:16.40	+00:05:35 (14.6%)	3:49	15.7 (85.3%)
29	EISLER Tomasz	38	MOBILITY	M40-49	10		00:00:03	00:38:25.70	00:38:28.70	+00:05:47 (15.1%)	3:50	15.6 (84.8%)
30	OSETEK Paweł	23	PWR TEAM	M30-39	12	PWR TEAM	00:00:03	00:38:50.65	00:38:53.85	+00:06:12 (16.0%)	3:53	15.5 (84.2%)
31	POŁOMSKI Grzegorz	58		M40-49	11	Połomscy Team	00:00:03	00:39:03.80	00:39:07.70	+00:06:25 (16.5%)	3:54	15.4 (83.7%)
32	GÓRSKI Paweł	75	TKKF PIONIER	M30-39	13		00:00:05	00:39:34.35	00:39:39.65	+00:06:56 (17.5%)	3:57	15.2 (82.6%)
33	KUBIAK Rafał	106	W POGONI ZA DUCHEM	M40-49	12	W Pogoni za Duchem	00:00:04	00:39:35.00	00:39:39.35	+00:06:56 (17.5%)	3:57	15.2 (82.6%)
34	URBANIAK Witek	15	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	M40-49	13		00:00:03	00:39:41.95	00:39:45.50	+00:07:03 (17.8%)	3:58	15.1 (82.1%)
35	CHRUSZCZ Wojciech	102	KLUB BIEGACZA FARTLEK	M40-49	14	Klub Biegacza Fartlek	00:00:04	00:39:57.45	00:40:02.05	+00:07:19 (18.3%)	3:59	15 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
36	ŚWIDER Konrad	118	LKS POGÓRZE	M16-19	3	Team szalenie szybkich biegaczy	00:00:04	00:40:01.15	00:40:05.30	+00:07:22 (18.4%)	4:00	15 (81.5%)
37	KIEŁBASIŃSKI Arkadiusz	122	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	15	Aktywna Pszczyna Runners Team	00:00:04	00:40:03.15	00:40:07.20	+00:07:24 (18.5%)	4:00	15 (81.5%)
38	MENCEWICZ Paweł	67	UKS 5 PLUS RYDUŁTOWY / SILESIA TRIATHLON TEAM	M50-59	3		00:00:00	00:40:26.80	00:40:26.80	+00:07:48 (19.3%)	4:02	14.8 (80.4%)
39	WIECZOREK Patryk	124	ZADYSZKA OŚWIĘCIM	M16-19	4	Zadyszka Oświęcim	00:00:05	00:40:38.25	00:40:43.55	+00:08:00 (19.7%)	4:03	14.8 (80.4%)
40	PIECZONKA Maciej	82		M30-39	14		00:00:05	00:40:40.65	00:40:46.30	+00:08:02 (19.8%)	4:04	14.8 (80.4%)
41	DUŻNIAK Dominik	93		M30-39	15		00:00:03	00:40:43.90	00:40:47.60	+00:08:05 (19.9%)	4:04	14.7 (79.9%)
42	BARTNIK Sebastian	7	STREET SPIRIT	M40-49	16		00:00:10	00:40:44.70	00:40:54.95	+00:08:06 (19.9%)	4:04	14.7 (79.9%)
43	ROMAŃSKI Bartłomiej	85		M30-39	16		00:00:04	00:40:45.10	00:40:49.50	+00:08:06 (19.9%)	4:04	14.7 (79.9%)
44	ABRAHAMCZYK Robert	588		M20-29	5		00:00:32	00:40:46.40	00:41:18.45	+00:08:08 (20.0%)	4:04	14.7 (79.9%)
45	JARCO Dominik	45	ALPIN SPORT TEAM	M30-39	17		00:00:02	00:40:56.60	00:40:58.75	+00:08:18 (20.3%)	4:05	14.7 (79.9%)
46	ADAMSKI Robert	55		M30-39	18		00:00:06	00:40:56.80	00:41:03.05	+00:08:18 (20.3%)	4:05	14.7 (79.9%)
47	OPUCHLIK Tomasz	120	AKTYWNA PSZCZYNA RUNNERS TEAM	M40-49	17	Aktywna Pszczyna Runners Team	00:00:03	00:40:57.75	00:41:01.00	+00:08:19 (20.3%)	4:05	14.7 (79.9%)
48	RAK Szymon	41	TELOS RUNNING	M40-49	18		00:00:05	00:41:17.55	00:41:22.85	+00:08:39 (21.0%)	4:07	14.5 (78.8%)
49	STUCHLIK Marek	43	AKTYWNA PSZCZYNA RUNNERS TEAM	M30-39	19	Aktywna Pszczyna Runners Team	00:00:03	00:41:18.65	00:41:22.25	+00:08:40 (21.0%)	4:07	14.5 (78.8%)
50	KUŚ Tomasz	50	RADLINIOKI W BIEGU	M40-49	19		00:00:07	00:41:18.80	00:41:26.55	+00:08:40 (21.0%)	4:07	14.5 (78.8%)
51	BRZÓSKA Rafał	112	BRZOZA TEAM	M40-49	20		00:00:07	00:41:27.35	00:41:35.00	+00:08:49 (21.3%)	4:08	14.5 (78.8%)
52	FIRLA Arkadiusz	22	MDM NT TEAM	M40-49	21	MDM NT Team	00:00:04	00:41:30.50	00:41:34.50	+00:08:52 (21.4%)	4:09	14.5 (78.8%)
53	GOŁEK Robert	90	13KA	M40-49	22		00:00:05	00:41:31.60	00:41:37.25	+00:08:53 (21.4%)	4:09	14.5 (78.8%)
54	LORENZ Marcin	114	GB GALOPUJĄCE ŚLIMAKI	M50-59	4	GB Galopujące Ślimaki	00:00:05	00:41:34.95	00:41:40.45	+00:08:56 (21.5%)	4:09	14.4 (78.3%)
55	CIURKOT Daniel	16		M30-39	20		00:00:08	00:41:36.60	00:41:45.35	+00:08:58 (21.6%)	4:09	14.4 (78.3%)
56	SZEWCZYK Damian	92	JEJKOWICE BIEGAJĄ	M40-49	23		00:00:08	00:41:43.90	00:41:52.15	+00:09:05 (21.8%)	4:10	14.4 (78.3%)

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57	KNYPS Dawid	179	LKS POGÓRZE	M16-19	5	Team szalenie szybkich biegaczy	00:00:04	00:41:45.50	00:41:50.40	+00:09:07 (21.8%)	4:10	14.4 (78.3%)
58	SIKORA Marek	66	W POGONI ZA DUCHEM	M40-49	24	W Pogoni za Duchem	00:00:06	00:41:50.75	00:41:56.85	+00:09:12 (22.0%)	4:11	14.3 (77.7%)
59	MRÓZEK Rafał	77	TEAM KOPEĆ	M30-39	21		00:00:03	00:42:05.10	00:42:08.80	+00:09:26 (22.5%)	4:12	14.3 (77.7%)
60	KUŚ Dawid	47	POLSKA GRUPA GÓRNICZA	M30-39	22		00:00:03	00:42:12.40	00:42:15.45	+00:09:34 (22.7%)	4:13	14.2 (77.2%)
61	LOKAJCZYK Olivier	63		M16-19	6		00:00:06	00:42:19.10	00:42:25.75	+00:09:40 (22.9%)	4:13	14.2 (77.2%)
62	MARCOL Mariusz	110		M30-39	23		00:00:06	00:42:22.90	00:42:29.55	+00:09:44 (23.0%)	4:14	14.2 (77.2%)
63	SOBOL Adam	197	DYSTANS LUBOMIA	M40-49	25		00:00:10	00:42:23.00	00:42:33.35	+00:09:44 (23.0%)	4:14	14.2 (77.2%)
64	RAJWA Jan	143	BZIEGACZE	M30-39	24	Bziegacze	00:00:06	00:42:30.00	00:42:36.05	+00:09:51 (23.2%)	4:15	14.1 (76.6%)
65	IHAS Grzegorz	226		M30-39	25		00:00:05	00:42:30.45	00:42:35.80	+00:09:52 (23.2%)	4:15	14.1 (76.6%)
66	WIŚNIEWSKI Jarosław	91	ŻORY TEAM	M40-49	26		00:00:06	00:42:39.15	00:42:45.60	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
67	KORZEC Grzegorz	188	AKADEMIA SPORTOWYCH NAWYKÓW	M30-39	26		00:00:06	00:42:51.70	00:42:58.35	+00:10:13 (23.9%)	4:17	14 (76.1%)
68	ZELEK Adam	146	OLZA CIESZYN	M50-59	5	Olza Cieszyn	00:00:05	00:42:57.45	00:43:03.20	+00:10:19 (24.0%)	4:17	14 (76.1%)
69	GIERUSZKA Dariusz	68	AKTYWNA PSZCZYNA RUNNERS TEAM	M50-59	6	Aktywna Pszczyna Runners Team	00:00:04	00:43:00.90	00:43:05.35	+00:10:22 (24.1%)	4:18	14 (76.1%)
70	BEZUCH Paweł	100		M20-29	6		00:00:07	00:43:07.25	00:43:15.00	+00:10:29 (24.3%)	4:18	13.9 (75.5%)
71	KEMPA Piotr	65	PWR TEAM	M30-39	27	PWR TEAM	00:00:08	00:43:13.90	00:43:22.40	+00:10:35 (24.5%)	4:19	13.9 (75.5%)
72	KMITA Tomasz	80		M30-39	28		00:00:05	00:43:19.75	00:43:24.90	+00:10:41 (24.7%)	4:19	13.9 (75.5%)
73	TARGOSZ Kamil	590	MUKS SZS CIESZYN	M16-19	7	Olza Cieszyn	00:00:05	00:43:20.90	00:43:26.05	+00:10:42 (24.7%)	4:20	13.8 (75.0%)
74	ŁYSEK Paweł	99	WATAHA	M40-49	27		00:00:06	00:43:29.60	00:43:35.85	+00:10:51 (25.0%)	4:20	13.8 (75.0%)
75	URBAN Patryk	186		M30-39	29		00:00:11	00:43:54.75	00:44:05.95	+00:11:16 (25.7%)	4:23	13.7 (74.5%)
76	RATAJCZAK Aleksander	94		M50-59	7		00:00:11	00:43:55.20	00:44:06.65	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
77	MIROSŁAW Piotr	208		M20-29	7		00:00:11	00:43:56.50	00:44:08.10	+00:11:18 (25.7%)	4:23	13.7 (74.5%)
78	STĘPIEŃ Grzegorz	86		M40-49	28		00:00:10	00:44:05.00	00:44:15.50	+00:11:26 (26.0%)	4:24	13.6 (73.9%)

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79	GÓRAK Piotr	73	SANDRA MICHALAK TEAM	M40-49	29	Sandra Michalak Team	00:00:07	00:44:13.65	00:44:20.65	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
80	GADAJ Grzegorz	96	RADLINIOKI W BIEGU	M30-39	30		00:00:04	00:44:14.15	00:44:18.35	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
81	SZEFER Wojciech	133	JEJKOWICE BIEGAJĄ	M40-49	30	Jejkowice Biegają	00:00:23	00:44:14.35	00:44:38.10	+00:11:36 (26.2%)	4:25	13.6 (73.9%)
82	SIEGMUND Tadeusz	134	TL ATHLETICS JASTRZĘBIE	M50-59	8	TL Athletics Jastrzębie	00:00:10	00:44:17.65	00:44:27.85	+00:11:39 (26.3%)	4:25	13.5 (73.4%)
83	HORZELA Adam	46	HURAGAN LIGOTA	M30-39	31		00:00:10	00:44:20.45	00:44:30.95	+00:11:42 (26.4%)	4:26	13.5 (73.4%)
84	BRANNY Jacek	98	THE BRANŻY TEAM	M50-59	9		00:00:05	00:44:27.35	00:44:32.90	+00:11:49 (26.6%)	4:26	13.5 (73.4%)
85	UCIEKLAK Waldemar	52	PSZCZÓŁKOWSKI TEAM	M60-69	1		00:00:07	00:44:31.90	00:44:39.85	+00:11:53 (26.7%)	4:27	13.5 (73.4%)
86	ZIMNY Patryk	284		M20-29	8		00:00:16	00:44:35.80	00:44:51.80	+00:11:57 (26.8%)	4:27	13.5 (73.4%)
87	MAŁECKI Jacek	203		M30-39	32		00:00:26	00:44:36.55	00:45:02.90	+00:11:58 (26.8%)	4:27	13.5 (73.4%)
88	WIELOPOLSKI Michał	222		M20-29	9		00:00:11	00:44:37.55	00:44:48.80	+00:11:59 (26.9%)	4:27	13.4 (72.8%)
89	SUSEK Daniel	189	ALBO GRUBO ALBO WCALE	M30-39	33		00:00:04	00:44:39.85	00:44:43.95	+00:12:01 (26.9%)	4:27	13.4 (72.8%)
90	KACPRZYK Sylwester	185		M40-49	31		00:00:10	00:44:45.40	00:44:56.15	+00:12:07 (27.1%)	4:28	13.4 (72.8%)
91	DUDZIK Sebastian	158		M30-39	34		00:00:00	00:44:58.00	00:44:58.00	+00:12:19 (27.4%)	4:29	13.3 (72.3%)
92	BARANOWSKI Rafał	223	DALEKO JESZCZE?	M30-39	35	Daleko jeszcze?	00:00:07	00:45:00.50	00:45:07.75	+00:12:22 (27.5%)	4:30	13.3 (72.3%)
93	WIERCIOCH Tomasz	62	PARKRUN KĘDZIERZYN-KOŹLE	M40-49	32		00:00:07	00:45:14.40	00:45:21.85	+00:12:36 (27.9%)	4:31	13.3 (72.3%)
94	WILCZYŃSKI Łukasz	404		M30-39	36		00:00:24	00:45:16.35	00:45:40.70	+00:12:38 (27.9%)	4:31	13.3 (72.3%)
95	MOŃKA Marcin	191		M40-49	33		00:00:13	00:45:16.80	00:45:29.85	+00:12:38 (27.9%)	4:31	13.3 (72.3%)
96	BALAWENDER Bartosz	121		M40-49	34		00:00:08	00:45:24.60	00:45:33.45	+00:12:46 (28.1%)	4:32	13.2 (71.7%)
97	SPYRKA Piotr	119	KLUB BIEGACZA FARTLEK	M30-39	37	Klub Biegacza Fartlek	00:00:09	00:45:33.85	00:45:42.95	+00:12:55 (28.4%)	4:33	13.2 (71.7%)
98	MIELAŃCZYK Mateusz	126		M30-39	38		00:00:22	00:45:44.50	00:46:07.10	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
99	MARCZYNSKI Sebastian	184	RODZINKA.PL	M30-39	39		00:00:17	00:45:44.65	00:46:02.10	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
100	MĘDRYGAŁ Andrzej	214	MAMUT TEAM	M40-49	35		00:00:13	00:45:45.60	00:45:59.45	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
101	TOWŚCIK Mariusz	161		M40-49	36		00:00:13	00:45:48.95	00:46:02.20	+00:13:10 (28.8%)	4:34	13.1 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
102	BURAS Roman	145		M50-59	10		00:00:03	00:45:53.10	00:45:56.10	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
103	RAJWA Roman	48	TL ATHLETICS JASTRZĘBIE	M30-39	40	TL Athletics Jastrzębie	00:00:03	00:45:57.35	00:46:00.75	+00:13:19 (29.0%)	4:35	13.1 (71.2%)
104	GOLICZ Dawid	256		M30-39	41		00:00:08	00:46:02.90	00:46:11.25	+00:13:24 (29.1%)	4:36	13 (70.7%)
105	ADAMCZYK Sławomir	199		M30-39	42		00:00:05	00:46:03.80	00:46:09.50	+00:13:25 (29.1%)	4:36	13 (70.7%)
106	ZJAWIONY Adam	202		M30-39	43		00:00:12	00:46:04.20	00:46:16.25	+00:13:26 (29.2%)	4:36	13 (70.7%)
107	RUCIŃSKI Krzysztof	176		M50-59	11		00:00:10	00:46:04.40	00:46:14.65	+00:13:26 (29.2%)	4:36	13 (70.7%)
108	PIECHACZEK Jacek	209		M50-59	12		00:00:13	00:46:06.90	00:46:20.15	+00:13:28 (29.2%)	4:36	13 (70.7%)
109	ORLIK Paweł	296	SOBIESKI6	M16-19	8	Sobieski6	00:00:14	00:46:07.60	00:46:22.40	+00:13:29 (29.2%)	4:36	13 (70.7%)
110	RATKA-MATEJKO Marcin	151		M30-39	44		00:00:10	00:46:09.75	00:46:19.95	+00:13:31 (29.3%)	4:36	13 (70.7%)
111	CAPAŁA Marcin	187	BIEGAM BO LUBIĘ	M50-59	13		00:00:00	00:46:10.65	00:46:10.65	+00:13:32 (29.3%)	4:37	13 (70.7%)
112	KOWAL Damian	290	INŻYNIERIA BIAGANIA	M30-39	45		00:00:22	00:46:22.60	00:46:44.65	+00:13:44 (29.6%)	4:38	12.9 (70.1%)
113	CHROBOK Michał	200		M30-39	46		00:00:11	00:46:24.85	00:46:36.70	+00:13:46 (29.7%)	4:38	12.9 (70.1%)
114	MACHNIK Andrzej	154		M40-49	37		00:00:11	00:46:28.00	00:46:39.65	+00:13:49 (29.8%)	4:38	12.9 (70.1%)
115	HENDEL Krzysztof	211	IZBICKO W BIEGU	M30-39	47		00:00:12	00:46:32.85	00:46:45.60	+00:13:54 (29.9%)	4:39	12.9 (70.1%)
116	MROWIEC Tomasz	168	BDB TEAM	M40-49	38	BDB Team	00:00:13	00:46:35.30	00:46:48.75	+00:13:57 (29.9%)	4:39	12.9 (70.1%)
117	BUCZAK Lukasz	340		M30-39	48		00:00:21	00:46:36.30	00:46:57.90	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
118	TUPAJ Jarosław	342	BIEGACZ AMATOR	M30-39	49		00:00:14	00:46:40.25	00:46:54.50	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
119	BIELECKI Dawid	279		M30-39	50		00:00:16	00:46:40.60	00:46:56.90	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
120	OGRODNIK Damian	147		M40-49	39		00:00:07	00:46:41.15	00:46:49.00	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
121	SIKORA Piotr	250	WOLNY STRZELEC	M50-59	14	Team szalenie szybkich biegaczy	00:00:23	00:46:42.85	00:47:06.55	+00:14:04 (30.1%)	4:40	12.8 (69.6%)
122	KULISZ Grzegorz	171	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M50-59	15		00:00:14	00:46:47.00	00:47:01.05	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
123	KNYPS Adam	324	ICEMAN SKOCZÓW	M40-49	40		00:00:04	00:46:48.45	00:46:53.35	+00:14:10 (30.3%)	4:40	12.8 (69.6%)
124	KULAWIAK Bogdan	274		M50-59	16		00:00:18	00:46:54.60	00:47:12.70	+00:14:16 (30.4%)	4:41	12.8 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
125	SUBIK Tomasz	204		M30-39	51		00:00:14	00:46:55.40	00:47:09.85	+00:14:17 (30.4%)	4:41	12.8 (69.6%)
126	RASAŁA Piotr	285	SILESIA MARATHON CLUB	M20-29	10		00:00:20	00:46:58.60	00:47:18.95	+00:14:20 (30.5%)	4:41	12.8 (69.6%)
127	JĘDRZEJAK Piotr	281		M50-59	17		00:00:15	00:47:03.60	00:47:19.55	+00:14:25 (30.6%)	4:42	12.8 (69.6%)
128	JUROWICZ Mariusz	215		M20-29	11		00:00:18	00:47:06.60	00:47:24.80	+00:14:28 (30.7%)	4:42	12.7 (69.0%)
129	TOMCZYK Lesław	173	OLZA CIESZYN	M60-69	2		00:00:08	00:47:07.45	00:47:15.70	+00:14:29 (30.7%)	4:42	12.7 (69.0%)
130	HENCZKO Karol	138	AKTYWNIE NAKRĘCENI	M30-39	52		00:00:14	00:47:07.55	00:47:22.30	+00:14:29 (30.7%)	4:42	12.7 (69.0%)
131	MALIK Rafał	61		M30-39	53		00:00:07	00:47:08.70	00:47:15.70	+00:14:30 (30.8%)	4:42	12.7 (69.0%)
132	TOMOSZ Radomir	172	KLUB PRZYJACIOŁ KRÓLA ARTURA WIĘCŁAWA LV	M30-39	54		00:00:18	00:47:12.60	00:47:30.80	+00:14:34 (30.9%)	4:43	12.7 (69.0%)
133	WALASZEK Paweł	316	W POGONI ZA DUCHEM	M40-49	41	W Pogoni za Duchem	00:00:19	00:47:14.30	00:47:33.65	+00:14:36 (30.9%)	4:43	12.7 (69.0%)
134	RADWAŃSKI Łukasz	382		M30-39	55		00:00:16	00:47:18.35	00:47:35.10	+00:14:40 (31.0%)	4:43	12.7 (69.0%)
135	WEISS Dominik	313		M40-49	42		00:00:14	00:47:19.60	00:47:33.60	+00:14:41 (31.0%)	4:43	12.7 (69.0%)
136	GÓRAL Stanisław	225		M30-39	56		00:00:19	00:47:22.65	00:47:41.85	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
137	JUROWICZ Łukasz	337		M30-39	57		00:00:18	00:47:22.90	00:47:41.05	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
138	ŚMIGIEL Hubert	330	CZORNE MORSY	M40-49	43		00:00:12	00:47:24.00	00:47:36.65	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
139	BURNAGIEL Tomasz	51	HRMAX ŻORY	M50-59	18		00:00:09	00:47:34.60	00:47:43.85	+00:14:56 (31.4%)	4:45	12.6 (68.5%)
140	ANTOŃCZYK Adam	219		M50-59	19		00:00:09	00:47:35.65	00:47:45.25	+00:14:57 (31.4%)	4:45	12.6 (68.5%)
141	GRALAK Wojtek	163		M30-39	58		00:00:11	00:47:41.65	00:47:52.75	+00:15:03 (31.6%)	4:46	12.6 (68.5%)
142	ROSIŃSKI Maciej	207		M20-29	12		00:00:12	00:47:47.05	00:47:59.25	+00:15:08 (31.7%)	4:46	12.6 (68.5%)
143	TARGOSZ Piotr	589	OLZA CIESZYN	M40-49	44	Olza Cieszyn	00:00:10	00:47:51.80	00:48:01.80	+00:15:13 (31.8%)	4:47	12.5 (67.9%)
144	BASTA Grzegorz	331	ZADYSZKA OŚWIĘCIM	M50-59	20	Zadyszka Oświęcim	00:00:00	00:47:55.90	00:47:55.90	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
145	BARTOSZEK Tomasz	277	SAINT-GOBAIN SQUAD	M30-39	59	SAINT-GOBAIN SQUAD	00:00:18	00:47:59.60	00:48:18.05	+00:15:21 (32.0%)	4:47	12.5 (67.9%)
146	PURCZYŃSKI Jan	323		M50-59	21		00:00:24	00:48:04.05	00:48:28.55	+00:15:25 (32.1%)	4:48	12.5 (67.9%)
147	MACHEJ Tymoteusz	221	MAROTEAM	M16-19	9	MARO Team Jastrzębie -Żory	00:00:13	00:48:11.60	00:48:25.15	+00:15:33 (32.3%)	4:49	12.5 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
148	SŁOWIŃSKI Dawid	128		M30-39	60	RUNTEAM PAWŁOWICE	00:00:14	00:48:15.70	00:48:30.55	+00:15:37 (32.4%)	4:49	12.4 (67.4%)
149	GŁUSZYK Lesław	166	HRMAX ŻORY	M60-69	3		00:00:08	00:48:17.75	00:48:26.55	+00:15:39 (32.4%)	4:49	12.4 (67.4%)
150	WYPIÓR Sebastian	286		M40-49	45		00:00:19	00:48:19.30	00:48:38.50	+00:15:41 (32.5%)	4:49	12.4 (67.4%)
151	PRZYBYSZ Ryszard	239		M50-59	22		00:00:20	00:48:20.80	00:48:40.85	+00:15:42 (32.5%)	4:50	12.4 (67.4%)
152	WIEŁOPOLSKI Łukasz	343		M30-39	61		00:00:19	00:48:22.75	00:48:42.20	+00:15:44 (32.5%)	4:50	12.4 (67.4%)
153	CZAPOROWSKI Tomasz	127		M40-49	46		00:00:19	00:48:23.70	00:48:43.05	+00:15:45 (32.6%)	4:50	12.4 (67.4%)
154	BUCHTA Michał	333		M40-49	47		00:00:12	00:48:24.50	00:48:37.30	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
155	SOWIŃSKI Krzysztof	276	BDB TEAM	M30-39	62	BDB Team	00:00:23	00:48:29.10	00:48:52.25	+00:15:50 (32.7%)	4:50	12.4 (67.4%)
156	ADAMCZEWSKI Waldemar	159	KLUB BIEGACZA FARTLEK	M50-59	23	Klub Biegacza Fartlek	00:00:09	00:48:30.30	00:48:39.50	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
157	WÓJCIK Jerzy	111		M50-59	24		00:00:07	00:48:30.65	00:48:38.45	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
158	TASAREK Ryszard	246	NYSA BIEGA	M70+	1		00:00:12	00:48:33.30	00:48:45.55	+00:15:55 (32.8%)	4:51	12.4 (67.4%)
159	WUWER Łukasz	339		M30-39	63		00:00:26	00:48:38.25	00:49:04.60	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
160	BOŁOTIUCH Sebastian	367	POWOLI DO CELU	M40-49	48		00:00:24	00:48:39.40	00:49:04.30	+00:16:01 (32.9%)	4:51	12.3 (66.8%)
161	GURGOŃ Marcin	228	AKTYWNY ŚLĄSKI	M30-39	64		00:00:14	00:48:44.45	00:48:59.40	+00:16:06 (33.0%)	4:52	12.3 (66.8%)
162	TOCHOWICZ Bartosz	192		M50-59	25	Olza Cieszyn	00:00:14	00:48:45.55	00:49:00.20	+00:16:07 (33.1%)	4:52	12.3 (66.8%)
163	KAWECKI Stanisław	140	OLZA CIESZYN	M50-59	26	Olza Cieszyn	00:00:14	00:48:48.80	00:49:03.45	+00:16:10 (33.1%)	4:52	12.3 (66.8%)
164	WARZOCHA Mirosław	287		M60-69	4		00:00:22	00:48:49.20	00:49:11.25	+00:16:11 (33.1%)	4:52	12.3 (66.8%)
165	MOTOWIDŁO Tomasz	194		M40-49	49		00:00:15	00:48:49.85	00:49:05.20	+00:16:11 (33.2%)	4:52	12.3 (66.8%)
166	MARSZAŁKOWSKI Marcin	243		M30-39	65		00:00:00	00:48:51.65	00:48:51.65	+00:16:13 (33.2%)	4:53	12.3 (66.8%)
167	PAWŁOWSKI Rafał	130	IŁAWA BIEGA	M30-39	66		00:00:13	00:48:55.70	00:49:09.45	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
168	GAŁKIEWICZ Michał	175		M50-59	27		00:00:09	00:48:55.75	00:49:05.40	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
169	HETMAN Maryjusz	224	DZIADEK Z WEHRMACHTU	M60-69	5		00:00:13	00:48:55.80	00:49:09.45	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
170	SIKORA Stefan	201	TEAM SIKORA	M70+	2		00:00:23	00:48:57.20	00:49:20.50	+00:16:19 (33.3%)	4:53	12.3 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
171	GRZONKA Andrzej	183	KLUB BIEGACZA FARTLEK	M40-49	50	Klub Biegacza Fartlek	00:00:10	00:48:58.55	00:49:09.00	+00:16:20 (33.4%)	4:53	12.3 (66.8%)
172	FIEROCH Karol	307		M30-39	67		00:00:28	00:49:08.35	00:49:37.15	+00:16:30 (33.6%)	4:54	12.2 (66.3%)
173	MODLIŃSKI Arkadiusz	434		M30-39	68		00:00:27	00:49:09.05	00:49:36.55	+00:16:30 (33.6%)	4:54	12.2 (66.3%)
174	MACH Sebastian	275	PORANNY BESKID RUN	M40-49	51		00:00:20	00:49:12.05	00:49:32.65	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
175	MAREK Robert	155	IRON TEAM	M40-49	52		00:00:19	00:49:18.75	00:49:37.95	+00:16:40 (33.8%)	4:55	12.2 (66.3%)
176	ATACHIM Łukasz	300	STUDIO ENERGIA TEAM RYBNIK	M40-49	53		00:00:24	00:49:24.35	00:49:48.75	+00:16:46 (33.9%)	4:56	12.1 (65.8%)
177	JARSAK Mateusz	334		M30-39	69		00:00:18	00:49:31.40	00:49:50.05	+00:16:53 (34.1%)	4:57	12.1 (65.8%)
178	URGACZ Mirosław	244		M40-49	54		00:00:20	00:49:33.40	00:49:54.05	+00:16:55 (34.1%)	4:57	12.1 (65.8%)
179	GATNER Sebastian	288		M30-39	70		00:00:16	00:49:33.50	00:49:50.30	+00:16:55 (34.1%)	4:57	12.1 (65.8%)
180	MASARCZYK Grzegorz	195		M40-49	55		00:00:12	00:49:38.40	00:49:50.60	+00:17:00 (34.3%)	4:57	12.1 (65.8%)
181	CISOWSKI Kamil	178	STS BIEGATON MIKOŁÓW	M30-39	71		00:00:22	00:49:46.20	00:50:08.65	+00:17:08 (34.4%)	4:58	12.1 (65.8%)
182	GŁĘBOCKI Grzegorz	294	BIEGAM SOBIE	M50-59	28		00:00:21	00:49:46.35	00:50:07.45	+00:17:08 (34.4%)	4:58	12.1 (65.8%)
183	MERES Jarosław	329		M40-49	56		00:00:16	00:49:50.20	00:50:06.40	+00:17:12 (34.5%)	4:59	12 (65.2%)
184	SKACZYŁO Patryk	396		M30-39	72		00:00:17	00:49:59.20	00:50:16.55	+00:17:21 (34.7%)	4:59	12 (65.2%)
185	CZYRNEK Dariusz	251	SMAKI BIEGANIA	M40-49	57	Smaki biegania	00:00:13	00:50:04.45	00:50:18.00	+00:17:26 (34.8%)	5:00	12 (65.2%)
186	PASZKOWSKI Cezary	273	MDM NT TEAM	M40-49	58	MDM NT Team	00:00:20	00:50:12.60	00:50:33.20	+00:17:34 (35.0%)	5:01	12 (65.2%)
187	LELENIEWSKI Jacek	149		M40-49	59		00:00:14	00:50:13.55	00:50:28.35	+00:17:35 (35.0%)	5:01	11.9 (64.7%)
188	PRZYBYŁA Przemysław	216	MDM NT TEAM	M40-49	60	MDM NT Team	00:00:19	00:50:15.55	00:50:35.30	+00:17:37 (35.1%)	5:01	11.9 (64.7%)
189	BOJARSKI Krzysztof	233		M40-49	61		00:00:19	00:50:18.50	00:50:38.35	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
190	PAWŁOWSKI Marcin	402		M20-29	13		00:00:18	00:50:21.65	00:50:40.60	+00:17:43 (35.2%)	5:02	11.9 (64.7%)
191	RYBARZ Michał	182		M30-39	73		00:00:12	00:50:23.95	00:50:36.15	+00:17:45 (35.2%)	5:02	11.9 (64.7%)
192	MUSIAŁ Łukasz	240	GALOPUJĄCE ŚLIMAKI	M40-49	62	Galopujące Ślimaki	00:00:21	00:50:27.25	00:50:49.15	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
193	GURECKI Grzegorz	235		M30-39	74		00:00:15	00:50:28.15	00:50:43.55	+00:17:49 (35.3%)	5:02	11.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
194	MAGUDA Marcin	308		M40-49	63		00:00:22	00:50:35.30	00:50:57.65	+00:17:57 (35.5%)	5:03	11.9 (64.7%)
195	ORŁOWSKI Grzegorz	312		M40-49	64		00:00:12	00:50:37.80	00:50:50.45	+00:17:59 (35.5%)	5:03	11.9 (64.7%)
196	WALA Marek	443		M40-49	65		00:00:30	00:50:44.65	00:51:15.10	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
197	JASIŃSKI Maksymilian	282		M60-69	6	MARO Team Jastrzębie -Żory	00:00:15	00:50:49.55	00:51:05.15	+00:18:11 (35.8%)	5:04	11.8 (64.1%)
198	WISKULSKI Mateusz	280		M30-39	75		00:00:16	00:50:57.70	00:51:13.95	+00:18:19 (36.0%)	5:05	11.8 (64.1%)
199	JACKIEWICZ Mirosław	141	133 BLP CIESZYN	M50-59	29		00:00:19	00:50:59.30	00:51:18.65	+00:18:21 (36.0%)	5:05	11.8 (64.1%)
200	RASZKA Janusz	320	DARK ONE	M50-59	30		00:00:20	00:51:03.65	00:51:23.65	+00:18:25 (36.1%)	5:06	11.8 (64.1%)
201	BIELICH Adrian	237	ALKOTEAM	M30-39	76		00:00:21	00:51:06.25	00:51:28.05	+00:18:28 (36.1%)	5:06	11.7 (63.6%)
202	BOŻKO Jakub	507		M20-29	14		00:00:35	00:51:09.10	00:51:44.20	+00:18:30 (36.2%)	5:06	11.7 (63.6%)
203	BOCHENEK Adam	105		M30-39	77		00:00:11	00:51:09.70	00:51:20.95	+00:18:31 (36.2%)	5:06	11.7 (63.6%)
204	WOLNY Piotr	578		M30-39	78		00:00:33	00:51:14.35	00:51:47.70	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
205	STREIT Mariusz	242		M40-49	66		00:00:20	00:51:14.65	00:51:35.20	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
206	MAJCHRZAK Dawid	416		M20-29	15		00:00:23	00:51:15.30	00:51:38.35	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
207	JACH Marek	139		M50-59	31		00:00:15	00:51:15.60	00:51:31.35	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
208	SZEREDA Robert	59		M40-49	67		00:00:03	00:51:21.65	00:51:25.05	+00:18:43 (36.5%)	5:08	11.7 (63.6%)
209	FORNAL Paweł	379		M40-49	68		00:00:14	00:51:24.50	00:51:38.60	+00:18:46 (36.5%)	5:08	11.7 (63.6%)
210	SYKUŁA Bartosz	344		M40-49	69		00:00:17	00:51:26.60	00:51:44.20	+00:18:48 (36.6%)	5:08	11.7 (63.6%)
211	HAJSKI Kamil	181	HASKIENDURONRUN	M30-39	79		00:00:12	00:51:28.20	00:51:40.65	+00:18:50 (36.6%)	5:08	11.7 (63.6%)
212	ZASIEK Amadeusz	346		M30-39	80		00:00:17	00:51:32.50	00:51:50.45	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
213	MIĄSIK Dariusz	553		M50-59	32		00:00:37	00:51:40.60	00:52:17.60	+00:19:02 (36.8%)	5:10	11.6 (63.0%)
214	BAC Michał	164		M40-49	70		00:00:11	00:51:45.30	00:51:56.95	+00:19:07 (36.9%)	5:10	11.6 (63.0%)
215	KILIANEK Rafał	419	BIEG Z CHRYSTUSEM	M30-39	81		00:00:27	00:51:49.60	00:52:17.45	+00:19:11 (37.0%)	5:10	11.6 (63.0%)
216	CZYŻ Jacek	301	OLZA CIESZYN	M50-59	33	Olza Cieszyn	00:00:10	00:51:49.85	00:52:00.10	+00:19:11 (37.0%)	5:10	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
217	GURNICZ Paweł	338		M30-39	82		00:00:21	00:51:56.00	00:52:17.45	+00:19:17 (37.2%)	5:11	11.6 (63.0%)
218	GARAJ Mariusz	497		M40-49	71		00:00:27	00:52:01.55	00:52:28.75	+00:19:23 (37.3%)	5:12	11.5 (62.5%)
219	SULICH Marcin	584	MDM NT TEAM	M40-49	72	MDM NT Team	00:00:31	00:52:05.70	00:52:37.45	+00:19:27 (37.4%)	5:12	11.5 (62.5%)
220	PILICH Marcin	444	LEŚNA TEAM	M40-49	73		00:00:30	00:52:08.30	00:52:38.50	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
221	WIEJACZ Rafał	438		M30-39	83		00:00:26	00:52:08.85	00:52:35.70	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
222	PROSÓŁ Michał	591		M30-39	84		00:00:26	00:52:09.10	00:52:35.45	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
223	PIŁATOWSKI Mirosław	230		M50-59	34	TL Athletics Jastrzębie	00:00:17	00:52:09.40	00:52:27.30	+00:19:31 (37.4%)	5:12	11.5 (62.5%)
224	NIEWRZOŁ Łukasz	336		M40-49	74		00:00:15	00:52:18.10	00:52:33.55	+00:19:39 (37.6%)	5:13	11.5 (62.5%)
225	KROCHMAL Artur	447	MDM NT TEAM	M40-49	75	MDM NT Team	00:00:25	00:52:18.75	00:52:44.55	+00:19:40 (37.6%)	5:13	11.5 (62.5%)
226	OLMA Władysław	137	FORMA BIEGANIA - JASTRZĘBIE	M50-59	35		00:00:06	00:52:25.05	00:52:31.40	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
227	KEMPNY Mariusz	271		M30-39	85		00:00:17	00:52:28.55	00:52:45.55	+00:19:50 (37.8%)	5:14	11.4 (62.0%)
228	LACHOWICZ Marcin	397		M40-49	76		00:00:30	00:52:33.40	00:53:03.85	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
229	KIJAK Marcin	364	KRAKÓW AIRPORT RUNNING TEAM	M30-39	86		00:00:28	00:52:35.45	00:53:04.40	+00:19:57 (37.9%)	5:15	11.4 (62.0%)
230	SZCZYRBOWSKI Jan	327		M60-69	7		00:00:22	00:52:36.00	00:52:58.25	+00:19:57 (38.0%)	5:15	11.4 (62.0%)
231	BEŁCZYKOWSKI Zbigniew	174	TEAM PAPRY	M30-39	87	Team Papry	00:00:18	00:53:04.60	00:53:22.65	+00:20:26 (38.5%)	5:18	11.3 (61.4%)
232	MROCZKOWSKI Tomasz	321		M40-49	77		00:00:19	00:53:16.95	00:53:36.65	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
233	BOBER Wojciech	440	PIERUNSKIE CANGÓRY	M30-39	88		00:00:14	00:53:17.05	00:53:31.50	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
234	DOMASZK Paweł	371		M20-29	16		00:00:26	00:53:20.05	00:53:46.15	+00:20:41 (38.8%)	5:20	11.3 (61.4%)
235	LURKA Tomasz	448	MDM NT TEAM	M40-49	78	MDM NT Team	00:00:32	00:53:22.15	00:53:54.35	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
236	KIEPIELA Dawid	132	KLUB BIEGACZA FARTLEK	M40-49	79	Klub Biegacza Fartlek	00:00:36	00:53:30.60	00:54:07.25	+00:20:52 (39.0%)	5:21	11.2 (60.9%)
237	PODKOWIK Marcin	248		M40-49	80		00:00:25	00:53:30.85	00:53:56.65	+00:20:52 (39.0%)	5:21	11.2 (60.9%)
238	SZCZOTKA Arkadiusz	267		M50-59	36		00:00:21	00:53:31.40	00:53:52.85	+00:20:53 (39.0%)	5:21	11.2 (60.9%)
239	BRÓZDA Tomasz	328	MDM NT TEAM	M30-39	89	MDM NT Team	00:00:20	00:53:33.40	00:53:54.15	+00:20:55 (39.1%)	5:21	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
240	RACIBORSKI Aleksander	217	SOBIESKI6	M16-19	10	Sobieski6	00:00:14	00:53:34.30	00:53:49.15	+00:20:56 (39.1%)	5:21	11.2 (60.9%)
241	DEJEWSKI Jakub	414	GB GALOPUJĄCE ŚLIMAKI	M30-39	90	Galopujące Ślimaki	00:00:26	00:53:35.75	00:54:02.45	+00:20:57 (39.1%)	5:21	11.2 (60.9%)
242	MACIONCZYK Szymon	572		M30-39	91		00:00:30	00:53:36.20	00:54:06.95	+00:20:58 (39.1%)	5:21	11.2 (60.9%)
243	ZIĘBA Michał	505		M40-49	81		00:00:34	00:53:37.75	00:54:12.55	+00:20:59 (39.1%)	5:21	11.2 (60.9%)
244	ORAWSKI Robert	395	MIKI	M60-69	8		00:00:26	00:53:39.40	00:54:05.80	+00:21:01 (39.2%)	5:21	11.2 (60.9%)
245	BAJOR Paweł	373		M40-49	82		00:00:07	00:53:48.90	00:53:56.05	+00:21:10 (39.4%)	5:22	11.2 (60.9%)
246	PŁASKA Grzegorz	451	WRM	M50-59	37		00:00:17	00:53:51.10	00:54:08.10	+00:21:12 (39.4%)	5:23	11.1 (60.3%)
247	HARAZIN Janusz	196		M30-39	92		00:00:15	00:53:52.45	00:54:07.80	+00:21:14 (39.4%)	5:23	11.1 (60.3%)
248	ŚMIETANA Mariusz	368	EASYRUN RACIBÓRZ	M40-49	83		00:00:23	00:54:07.50	00:54:30.85	+00:21:29 (39.7%)	5:24	11.1 (60.3%)
249	MACHACZ Michał	551	OPEL FIJAŁKOWSKI	M40-49	84		00:00:30	00:54:19.65	00:54:50.25	+00:21:41 (39.9%)	5:25	11 (59.8%)
250	DWORNIK Mateusz	326		M20-29	17		00:00:17	00:54:20.05	00:54:37.95	+00:21:41 (39.9%)	5:26	11 (59.8%)
251	CIEŚLAK Adam	420	STOWARZYSZENIE "JASTRZĘBSKI SPORT"	M30-39	93		00:00:27	00:54:22.95	00:54:50.15	+00:21:44 (40.0%)	5:26	11 (59.8%)
252	TORBIŃSKI Wiesław	361	SZARE MORSY	M70+	3	Szare Morsy	00:00:20	00:54:25.75	00:54:45.90	+00:21:47 (40.0%)	5:26	11 (59.8%)
253	PIDANTY Łukasz	351	MADYRUN	M30-39	94		00:00:29	00:54:32.35	00:55:02.00	+00:21:54 (40.2%)	5:27	11 (59.8%)
254	GORZAWSKI Marcin	399		M30-39	95		00:00:27	00:55:01.60	00:55:29.40	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
255	KÓZKA Grzegorz	391		M30-39	96		00:00:29	00:55:05.25	00:55:34.50	+00:22:27 (40.8%)	5:30	10.9 (59.2%)
256	MAZUR Arkadiusz	319		M30-39	97		00:00:24	00:55:11.10	00:55:35.55	+00:22:32 (40.9%)	5:31	10.9 (59.2%)
257	ZIĘTARA Paweł	462		M50-59	38		00:00:28	00:55:26.80	00:55:54.85	+00:22:48 (41.1%)	5:32	10.8 (58.7%)
258	KOMOŃ Mateusz	543		M30-39	98		00:00:37	00:55:34.85	00:56:12.15	+00:22:56 (41.3%)	5:33	10.8 (58.7%)
259	ŻYWICA Tadeusz	266		M60-69	9		00:00:20	00:55:37.80	00:55:58.55	+00:22:59 (41.3%)	5:33	10.8 (58.7%)
260	KĄKOL Ryszard	101		M60-69	10		00:00:07	00:55:49.05	00:55:56.30	+00:23:10 (41.5%)	5:34	10.7 (58.2%)
261	ZIMNY Ireneusz	380	EKO-OKNA RUNNERS	M40-49	85		00:00:13	00:56:00.65	00:56:14.45	+00:23:22 (41.7%)	5:36	10.7 (58.2%)
262	PEREK Karol	268	DOGONIĆ SEBĘ	M30-39	99		00:00:18	00:56:01.60	00:56:20.35	+00:23:23 (41.7%)	5:36	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
263	KARWOT Leszek	378		M40-49	86		00:00:28	00:56:03.00	00:56:31.80	+00:23:24 (41.8%)	5:36	10.7 (58.2%)
264	KARWOT Maciej	304	RADLINIOKI W BIEGU	M40-49	87		00:00:19	00:56:09.35	00:56:28.90	+00:23:31 (41.9%)	5:36	10.7 (58.2%)
265	MASON Grzegorz	415	MEJSONY Z KAMIENIA	M40-49	88		00:00:35	00:56:15.55	00:56:51.30	+00:23:37 (42.0%)	5:37	10.7 (58.2%)
266	PAKUŁA Paweł	571		M30-39	100		00:00:34	00:56:20.90	00:56:55.15	+00:23:42 (42.1%)	5:38	10.7 (58.2%)
267	BOGACKI Tomasz	278		M30-39	101		00:00:21	00:56:23.90	00:56:45.40	+00:23:45 (42.1%)	5:38	10.6 (57.6%)
268	BADURA Artur	529	JEJKOWICE BIEGAJĄ	M40-49	89	Jejkowice Biegają	00:00:34	00:56:45.70	00:57:20.05	+00:24:07 (42.5%)	5:40	10.6 (57.6%)
269	GÓRALSKI Jarosław	310		M50-59	39		00:00:11	00:56:52.40	00:57:04.05	+00:24:14 (42.6%)	5:41	10.6 (57.6%)
270	CZAUDERNA Marcin	547		M40-49	90		00:00:35	00:57:20.10	00:57:55.60	+00:24:41 (43.1%)	5:44	10.5 (57.1%)
271	CICHOWLAS Mateusz	297	SELFMAKER	M30-39	102	Selfmaker	00:00:00	00:57:24.95	00:57:24.95	+00:24:46 (43.2%)	5:44	10.5 (57.1%)
272	RUDNICKI Maciej	369	BĄBELKI	M50-59	40		00:00:38	00:57:25.65	00:58:04.35	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
273	MAKOŚ Tomek	423		M40-49	91		00:00:34	00:57:26.30	00:58:00.45	+00:24:48 (43.2%)	5:44	10.4 (56.5%)
274	GORZELAK Zbigniew	581		M40-49	92		00:00:17	00:57:35.50	00:57:52.80	+00:24:57 (43.3%)	5:45	10.4 (56.5%)
275	STALMACH Damian	549		M20-29	18		00:00:39	00:57:59.60	00:58:39.15	+00:25:21 (43.7%)	5:47	10.3 (56.0%)
276	POŁOMSKI Jerzy	283	WISAGER ACTIVE	M40-49	93		00:00:12	00:58:06.05	00:58:18.40	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
277	JANKO Kamil	401		M30-39	103		00:00:24	00:58:10.65	00:58:35.15	+00:25:32 (43.9%)	5:49	10.3 (56.0%)
278	ŁUSZCZYK Sergiusz	370		M30-39	104		00:00:28	00:58:12.45	00:58:41.05	+00:25:34 (43.9%)	5:49	10.3 (56.0%)
279	CZARNOTA Leszek	372		M50-59	41		00:00:23	00:58:16.90	00:58:40.50	+00:25:38 (44.0%)	5:49	10.3 (56.0%)
280	TOMALA Dariusz	357	OPEL FIJAŁKOWSKI	M40-49	94		00:00:30	00:58:28.75	00:58:59.35	+00:25:50 (44.2%)	5:50	10.3 (56.0%)
281	KUFKA Paweł	409		M40-49	95		00:00:29	00:58:29.65	00:58:59.05	+00:25:51 (44.2%)	5:50	10.3 (56.0%)
282	KOTENKO Serhii	376		M30-39	105		00:00:32	00:58:42.25	00:59:14.35	+00:26:04 (44.4%)	5:52	10.2 (55.4%)
283	TYRYTKO Jarosław	546	WATAHA	M50-59	42	WATAHA	00:00:30	00:58:45.75	00:59:16.65	+00:26:07 (44.5%)	5:52	10.2 (55.4%)
284	MROZEK Maciej	365		M40-49	96		00:00:28	00:58:50.05	00:59:18.95	+00:26:11 (44.5%)	5:53	10.2 (55.4%)
285	CIEŚLA Artur	517		M40-49	97		00:00:38	00:58:50.50	00:59:28.60	+00:26:12 (44.5%)	5:53	10.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
286	MARKOWSKI Jacek	592		M40-49	98		00:00:29	00:58:54.95	00:59:24.35	+00:26:16 (44.6%)	5:53	10.2 (55.4%)
287	ŻYWICA Piotr	575		M30-39	106		00:00:26	00:58:55.65	00:59:22.60	+00:26:17 (44.6%)	5:53	10.2 (55.4%)
288	MALISZEWSKI Dariusz	349		M30-39	107		00:00:27	00:58:56.65	00:59:23.90	+00:26:18 (44.6%)	5:53	10.2 (55.4%)
289	ZASIEK Marek	569		M50-59	43		00:00:35	00:59:00.40	00:59:35.80	+00:26:22 (44.7%)	5:54	10.2 (55.4%)
290	JAGIEŁA Marcin	355	KRS TKKF MORSY.PL	M40-49	99		00:00:21	00:59:09.00	00:59:30.00	+00:26:30 (44.8%)	5:54	10.1 (54.9%)
291	NOWAK Patryk	446	KLUB BIEGACZA FARTLEK	M30-39	108	Klub Biegacza Fartlek	00:00:37	00:59:16.25	00:59:53.60	+00:26:38 (44.9%)	5:55	10.1 (54.9%)
292	DUDZIAK Grzegorz	358		M40-49	100		00:00:22	00:59:24.95	00:59:47.60	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
293	PAWŁOWSKI Dariusz	403		M20-29	19		00:00:18	00:59:26.00	00:59:44.65	+00:26:47 (45.1%)	5:56	10.1 (54.9%)
294	NOJEK Wiesław	424	NOJEK TEAM	M50-59	44		00:00:36	00:59:40.25	01:00:16.30	+00:27:02 (45.3%)	5:58	10.1 (54.9%)
295	LISZKA Mirosław	441		M50-59	45		00:00:31	00:59:44.95	01:00:16.40	+00:27:06 (45.4%)	5:58	10 (54.3%)
296	HERMAN Błażej	255		M16-19	11		00:00:22	00:59:49.85	01:00:12.75	+00:27:11 (45.5%)	5:58	10 (54.3%)
297	BUJNA Tomasz	236		M50-59	46		00:00:32	00:59:58.70	01:00:30.80	+00:27:20 (45.6%)	5:59	10 (54.3%)
298	WEYGAND Patryk	594	GB GALOPUJĄCE ŚLIMAKI	M40-49	101	GB Galopujące Ślimaki	00:00:35	01:00:31.70	01:01:07.45	+00:27:53 (46.1%)	6:03	9.9 (53.8%)
299	SOBÓL Paweł	289		M30-39	109		00:00:22	01:00:37.30	01:01:00.15	+00:27:59 (46.2%)	6:03	9.9 (53.8%)
300	KĘDZIERSKI Krzysztof	565	FOCZKI I MORSY RYBNIK	M50-59	47		00:00:13	01:00:41.35	01:00:54.75	+00:28:03 (46.2%)	6:04	9.9 (53.8%)
301	POŁOK Robert	574		M30-39	110		00:00:30	01:00:52.95	01:01:23.80	+00:28:14 (46.4%)	6:05	9.9 (53.8%)
302	SOJ Przemysław	374		M40-49	102		00:00:25	01:01:05.65	01:01:31.00	+00:28:27 (46.6%)	6:06	9.8 (53.3%)
303	BORUCKI Dariusz	430		M40-49	103		00:00:34	01:01:10.40	01:01:44.75	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
304	BODZEK Piotr	245		M20-29	20		00:00:32	01:01:22.70	01:01:55.00	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
305	PISNIAK Rafał	426		M40-49	104		00:00:38	01:01:30.45	01:02:08.65	+00:28:52 (46.9%)	6:09	9.8 (53.3%)
306	MOCHNACZ Patryk	537		M40-49	105		00:00:34	01:01:35.80	01:02:10.35	+00:28:57 (47.0%)	6:09	9.7 (52.7%)
307	KUBIK Dariusz	398	SAINT GOBAIN SQUAD	M40-49	106		00:00:27	01:01:55.85	01:02:23.35	+00:29:17 (47.3%)	6:11	9.7 (52.7%)
308	PĘPEK Jakub	432		M20-29	21		00:00:30	01:02:19.30	01:02:49.30	+00:29:41 (47.6%)	6:13	9.6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
309	YALOVOI Anton	427		M30-39	111		00:00:31	01:02:31.80	01:03:03.65	+00:29:53 (47.8%)	6:15	9.6 (52.2%)
310	ZAUSCINSKI Tomasz	501	GMINA STRZELCE OPOLSKIE	M60-69	11		00:00:27	01:02:53.90	01:03:21.10	+00:30:15 (48.1%)	6:17	9.5 (51.6%)
311	KRYSHMARU Viktor	439		M50-59	48		00:00:30	01:03:32.35	01:04:02.60	+00:30:54 (48.6%)	6:21	9.4 (51.1%)
312	SKRZYPIEC Andrzej	518		M60-69	12		00:00:27	01:03:42.35	01:04:09.55	+00:31:04 (48.8%)	6:22	9.4 (51.1%)
313	KAMINSKI Marcin	478	GRUBIORZE LOTAJOM	M40-49	107		00:00:35	01:04:27.10	01:05:02.65	+00:31:48 (49.4%)	6:26	9.3 (50.5%)
314	FILIP Andrzej	548	BIEGAM SOBIE	M50-59	49		00:00:36	01:04:45.30	01:05:22.10	+00:32:07 (49.6%)	6:28	9.3 (50.5%)
315	MICZEK Marcin	384		M30-39	112		00:00:00	01:04:52.00	01:04:52.00	+00:32:13 (49.7%)	6:29	9.2 (50.0%)
316	PIETRZYK Marek	431		M60-69	13		00:00:28	01:05:16.30	01:05:45.25	+00:32:38 (50.0%)	6:31	9.2 (50.0%)
317	MARON Tomasz	356	TL ATHLETICS JASTRZĘBIE	M30-39	113	TL Athletics Jastrzębie	00:00:25	01:06:29.75	01:06:54.75	+00:33:51 (50.9%)	6:38	9 (48.9%)
318	WARDACH Tomasz	247		M30-39	114		00:00:26	01:06:42.25	01:07:08.90	+00:34:04 (51.1%)	6:40	9 (48.9%)
319	MŁYNARCZYK Jerzy	362	PKM ŚNIEŻNE KOTŁY	M60-69	14		00:00:30	01:06:54.65	01:07:24.95	+00:34:16 (51.2%)	6:41	9 (48.9%)
320	KRAMER Piotr	470		M40-49	108		00:00:36	01:07:58.95	01:08:35.75	+00:35:20 (52.0%)	6:47	8.8 (47.8%)
321	KOWALCZYK Wojciech	488		M20-29	22		00:00:38	01:09:58.95	01:10:37.65	+00:37:20 (53.4%)	6:59	8.6 (46.7%)
322	HARATYK Przemysław	540		M40-49	109		00:00:38	01:11:40.25	01:12:18.80	+00:39:02 (54.5%)	7:10	8.4 (45.7%)
323	BYSTRYKOWSKI Marcin	135	KLUB BIEGACZA FARTLEK	M40-49	110	Klub Biegacza Fartlek	00:00:36	01:13:26.90	01:14:03.45	+00:40:48 (55.6%)	7:20	8.2 (44.6%)
324	KUBAS Mariusz	519	KLUB BIEGACZA FARTLEK	M40-49	111	Klub Biegacza Fartlek	00:00:37	01:14:45.40	01:15:23.25	+00:42:07 (56.3%)	7:28	8 (43.5%)
325	TRAWNICKI Jan	530		M70+	4		00:00:23	01:16:16.15	01:16:39.85	+00:43:37 (57.2%)	7:37	7.9 (42.9%)
326	KANTOR Jakub	585		M30-39	115	MDM NT Team	00:00:32	01:17:54.70	01:18:27.10	+00:45:16 (58.1%)	7:47	7.7 (41.8%)
Przekroczony limit czasu: 01:30:00												
327	MADEJ Józef	559	ZADYSZKA OŚWIĘCIM	M70+	5		00:00:00	01:40:01.70	01:40:01.70	+01:07:23 (67.4%)	10:00	6 (32.6%)
328	TIDE Krzysztof	54	7PRO TEAM	M20-29	23		00:00:07			+00:02:14	4:01	14.9 (81.0%)
329	GOLUCH Robert	78	INŻYNIERIA BIEGANIA	M30-39	116	Inżynieria Biegania	00:00:06			+00:02:18	4:02	14.9 (81.0%)