

Bieg Dzika

Organizator: Akademia Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach, KS AZS AWF Katowice

Data: 10.03.2019

Miejsce: Katowice

Dystans: Bieg - 1,2,3 lub cztery pętle po 4,882km



MCE	IMIĘ	NAZWISKO	NR	K	M	MIASTO	KLUB	ROK	IL. OKR	START	OKR. 1	OKR. 2	OKR. 3	OKR. 4	CZAS	CZAS NETTO	MIN/KM
1	ARTUR	GRUSZCZYŃSKI	417		1	KATOWICE		1977	4	00:00:01	00:19:45	00:39:58	01:00:12	01:19:53	01:19:53	01:19:52	04:05
2	WOJCIECH	SZYMURA	247		2	RYBNIK		1973	4	00:00:00	00:19:46	00:40:07	01:00:55	01:22:01	01:22:01	01:22:01	04:12
3	DARIUSZ	SMACZYŃSKI	285		3	DĄBROWA GÓRNICZA	SRS AKTYWNA DĄBROWA	1964	4	00:00:00	00:20:22	00:41:01	01:01:39	01:22:18	01:22:18	01:22:18	04:13
4	KRZYSZTOF	LEŚNIKOWSKI	177		4	CHORZÓW	AUGUSTEAM	1975	4	00:00:00	00:20:38	00:41:19	01:02:04	01:22:37	01:22:37	01:22:37	04:14
5	MARCIN	PSZCZOŁA	296		5	BĘDZIN		1978	4	00:00:00	00:20:39	00:41:50	01:03:53	01:26:18	01:26:18	01:26:18	04:25
6	GRZEGORZ	MATYSEK	186		6	KATOWICE	SZWAGRY	1986	4	00:00:04	00:21:23	00:44:02	01:05:40	01:27:07	01:27:07	01:27:03	04:28
7	JACEK	KUC	382		7	SOSNOWIEC		1990	4	00:00:00	00:21:12	00:43:16	01:05:28	01:27:29	01:27:29	01:27:29	04:29
8	ZENON	DUDZIK	23		8	KATOWICE		1962	4	00:00:01	00:21:57	00:44:10	01:06:23	01:28:18	01:28:18	01:28:16	04:31
9	JANUSZ	CZAPIEWSKI	95		9	BIERUŃ	PRZENOSIMY GÓRY	1962	4	00:00:05	00:21:34	00:43:38	01:06:12	01:28:49	01:28:49	01:28:44	04:33
10	RAFAŁ	KUBIAK	160		10	SOSNOWIEC		1980	4	00:00:01	00:21:46	00:44:50	01:07:49	01:29:48	01:29:48	01:29:46	04:36
11	LUKASZ	BRANNY	87		11	SOSNOWIEC		1989	4	00:00:00	00:22:16	00:45:37	01:09:17	01:30:49	01:30:49	01:30:48	04:39
12	PIOTR	GRABOWSKI	122		12	KATOWICE		1976	4	00:00:02	00:21:52	00:44:54	01:08:27	01:31:00	01:31:00	01:30:58	04:40
13	SYLWESTER	MYNARSKI	192		13	BIELSKO-BIAŁA	DALEKO JESZCZE?	1972	4	00:00:00	00:21:47	00:44:54	01:08:05	01:31:18	01:31:18	01:31:18	04:41
14	MATEUSZ	ŚCISŁY	363		14	ŚWIERKLANIEC	UFOKI ŚWIERKLANIEC	1995	4	00:00:10	00:22:01	00:45:27	01:08:33	01:31:20	01:31:20	01:31:10	04:41
15	LUCJAN	SABUDA	217		15	KATOWICE	IRONS TYCHY	1965	4	00:00:02	00:22:54	00:45:37	01:08:49	01:31:52	01:31:52	01:31:50	04:42
16	WOJCIECH	KOWALIK	154		16	BĘDZIN	ŻEROSŁAWICE RUNNERS PODLUBOMIERSKI KLUB BIEGACZA	1979	4	00:00:02	00:22:45	00:45:55	01:09:20	01:31:56	01:31:56	01:31:54	04:42
17	KRZYSZTOF	DUDA	101		17	MIKOŁÓW	SILESIA RUNNING TEAM	1975	4	00:00:02	00:22:08	00:45:08	01:08:43	01:32:31	01:32:31	01:32:28	04:44
18	MAREK	GOLONKA	120		18	MYSŁOWICE		1970	4	00:00:00	00:21:50	00:45:06	01:08:56	01:32:41	01:32:41	01:32:41	04:45
19	URSZULA	SZEWczyk-RAUCH	307	1		KATOWICE	ŚCIEŻKI BIEGOWE	1973	4	00:00:02	00:23:02	00:46:28	01:09:45	01:32:56	01:32:56	01:32:53	04:46
20	MARIUSZ	OSOJCA	201		19	ORNONTOWICE	ZABIEGANI NAUCZYCIELE	1975	4	00:00:28	00:24:53	00:48:00	01:10:44	01:33:11	01:33:11	01:32:43	04:46
21	MARCIN	FOLUSIAK	286		20	KATOWICE		1973	4	00:00:01	00:23:52	00:47:16	01:10:20	01:33:12	01:33:12	01:33:11	04:46
22	DARIUSZ	KRZYŻOWSKI	158		21	ORZESZE		1968	4	00:00:00	00:22:43	00:45:54	01:09:23	01:33:49	01:33:49	01:33:49	04:48
23	MICHAŁ	WYSOTA	281		22	SOSNOWIEC		1978	4	00:00:10	00:24:04	00:47:54	01:11:42	01:35:13	01:35:13	01:35:03	04:53
24	IRENEUSZ	WRĘCZYCKI	287		23	CHORZÓW		1966	4	00:00:03	00:23:02	00:46:36	01:11:14	01:35:54	01:35:54	01:35:51	04:55
25	MAGDALENA	KULA	163	2		KATOWICE	ADEA	1989	4	00:00:10	00:23:20	00:47:26	01:12:58	01:37:27	01:37:27	01:37:17	04:59
26	MIROSLAW	DZIK	103		24	CHORZÓW		1971	4	00:00:06	00:23:00	00:46:55	01:11:39	01:37:36	01:37:36	01:37:31	05:00
27	PATRYCJA	MAZUR	320	3		KATOWICE	DZIKI Z KATO	1979	4	00:00:15	00:24:17	00:48:33	01:13:04	01:37:43	01:37:43	01:37:28	05:00
28	PAWEŁ	SOBCZYK	227		25	SARNÓW		1963	4	00:00:15	00:25:29	00:50:31	01:15:03	01:39:18	01:39:18	01:39:03	05:05
29	TOMASZ	ANTOWSKI	1		26	POZNAŃ		1966	4	00:00:06	00:25:01	00:50:44	01:16:03	01:39:56	01:39:56	01:39:50	05:07
30	MACIEJ	GIERLOTKA	11		27	KATOWICE		1976	4	00:00:03	00:24:00	00:48:57	01:14:14	01:40:02	01:40:02	01:39:58	05:07
31	ARKADIUSZ	PAWLIK	203		28	KATOWICE		1969	4	00:00:26	00:26:50	00:51:22	01:16:05	01:40:06	01:40:06	01:39:41	05:08
32	PAWEŁ	GRUSZKA	376		29	SIEMIANOWICE ŚLĄSKIE		1986	4	00:00:07	00:24:40	00:49:42	01:15:09	01:40:20	01:40:20	01:40:13	05:08
33	MAREK	GAŁĄZKA	113		30	ŚWIĘTOCHŁOWICE		1961	4	00:00:04	00:25:23	00:50:34	01:15:24	01:40:38	01:40:38	01:40:34	05:09
34	KRZYSZTOF	WESOŁY	383		31	KATOWICE		1977	4	00:00:17	00:25:36	00:50:11	01:15:02	01:41:12	01:41:12	01:40:56	05:11
35	DAWID	SOBCZYK	226		32	BRYNEK	DAVIDS CAMSTUDIO	1992	4	00:00:05	00:24:30	00:49:27	01:15:11	01:41:27	01:41:27	01:41:22	05:12
36	MAREK	LACHERA	411		33	KATOWICE		1980	4	00:00:06	00:26:23	00:51:50	01:17:10	01:41:53	01:41:53	01:41:47	05:13
37	SYLWIA	FAJ	342	4		KATOWICE	CARBON PAWS	1977	4	00:00:05	00:26:59	00:53:23	01:19:30	01:44:27	01:44:27	01:44:22	05:21
38	KAMILA	LACHERA	412	5		KATOWICE	W POGONI ZA DUCHEM	1981	4	00:00:06	00:27:26	00:54:16	01:20:17	01:44:34	01:44:34	01:44:28	05:21
39	ADAM	POLCZYK	209		34	TARNOWSKIE GÓRY	SREBRNE MIASTO TARNOWSKIE GÓRY	1978	4	00:00:10	00:25:38	00:51:58	01:18:57	01:46:09	01:46:09	01:45:58	05:26
40	TOMASZ	NOWAKOWSKI	197		35	KATOWICE	NOWAKOWSCY	1971	4	00:00:09	00:26:44	00:53:39	01:20:35	01:46:21	01:46:21	01:46:12	05:27
41	MONIKA	LISZKA	386	6		ŚWIĘTOCHŁOWICE		1976	4	00:00:12	00:27:57	00:54:36	01:21:22	01:48:10	01:48:10	01:47:57	05:32
42	LIGIA	MYNARSKA	191	7		BIELSKO-BIAŁA		1973	4	00:00:18	00:27:15	00:54:40	01:22:05	01:49:49	01:49:49	01:49:30	05:37
43	MARIUSZ	KUR	166		36	ZAWIERCIE		1972	4	00:00:09	00:27:27	00:54:43	01:24:14	01:52:25	01:52:25	01:52:16	05:45
44	JAROSŁAW	KUCZBORSKI	161		37	SOSNOWIEC	HARPAGAN SOSNOWIEC	1974	4	00:00:22	00:32:35	00:58:57	01:26:08	01:53:59	01:53:59	01:53:37	05:50
45	ARKADIUSZ	STOLORZ	233		38	MYSŁOWICE		1985	4	00:00:26	00:26:29	00:53:22	01:22:24	01:54:32	01:54:32	01:54:06	05:52
46	PAWEŁ	FAJ	343		39	KATOWICE		1976	4	00:00:57	00:30:38	00:59:36	01:28:29	01:57:05	01:57:05	01:56:07	06:00

47	PRZEMYSŁAW	BASA	40	40	RUDA ŚLĄSKA	KRS TKKF JATRZĄB RUDA ŚLĄSKA	1973	4	00:28:24	00:47:44	01:12:58	01:37:28	01:58:26	01:58:26	01:30:02	06:04
48	ANNA	ŚWIATOWIEC	315	8	KRAKÓW	IMPERIUM SPORTU TEAM	1971	4	00:00:35	00:31:00	01:00:04	01:29:20	01:58:47	01:58:47	01:58:11	06:05
49	EWELINA	KOBUS	147	9	KATOWICE	SZYBKIE SZLĄPKI	1992	4	00:00:12	00:29:27	00:59:58	01:32:01	02:02:28	02:02:28	02:02:16	06:16
50	DAWID	STAROSZYŃSKI	232	41	KATOWICE		1987	4	00:00:15	00:26:55	00:55:15	01:25:27	02:02:48	02:02:48	02:02:33	06:17
51	MACIEJ	PRZEPIÓRKA	211	42	TARNOWSKIE GÓRY		1985	4	00:00:15	00:30:10	00:59:53	01:30:20	02:03:18	02:03:18	02:03:03	06:19
52	BOGUSŁAWA	BORYCKA-ŚWIERZY	5	10	KATOWICE		1972	4	00:00:42	00:31:23	01:01:42	01:32:47	02:04:13	02:04:13	02:03:31	06:22
53	MAŁGORZATA	CHUCHŁA	74	11	KATOWICE		1969	4	00:00:28	00:32:57	01:06:58	01:40:48	02:14:26	02:14:26	02:13:58	06:53
54	DARIUSZ	SOKÓŁ	288	43	KATOWICE	KLUB WYSOKOGÓRSKI KATOWICE	1957	4	00:00:37	00:35:15	01:18:26	01:58:28	02:44:13	02:44:13	02:43:36	08:25
55	MATEUSZ	RUTKOWSKI	28	44	CHORZÓW	PROFILAKTYCZNO ROZWOJOWY OŚRODEK DLA MŁODZIEŻY	2001	3	00:00:01	00:21:15	00:41:47	01:02:11		01:02:11	01:02:09	04:15
56	PIOTR	URLIK	364	45	KATOWICE		1987	3	00:00:02	00:20:58	00:43:06	01:05:33		01:05:33	01:05:31	04:29
57	WOJCIECH	WCISŁO	4	46	KATOWICE		1978	3	00:00:01	00:22:30	00:46:08	01:09:31		01:09:31	01:09:30	04:45
58	IGOR	KASZEWSKI	394	47	KATOWICE		1989	3	00:00:04	00:23:00	00:46:23	01:10:27		01:10:27	01:10:23	04:49
59	JACEK	MACHALICA	180	48	SIEMIANOWICE ŚLĄSKIE	FAMUŁA TEAM	1987	3	00:00:06	00:23:17	00:47:00	01:10:33		01:10:33	01:10:27	04:49
60	TOMASZ	BOBER	83	49	MYSŁOWICE		1985	3	00:00:16	00:23:52	00:47:28	01:11:13		01:11:13	01:10:56	04:52
61	RAFAŁ	BREGUŁA	312	50	KATOWICE		1980	3	00:00:13	00:24:19	00:47:56	01:11:45		01:11:45	01:11:31	04:54
62	DARIUSZ	FURICH	111	51	SIEMIANOWICE ŚLĄSKIE	SIEMIANOWICE I PRZYJACIELE BIEGAJA	1971	3	00:00:12	00:24:42	00:48:57	01:12:08		01:12:08	01:11:56	04:56
63	ANGELIKA	IDZIKOWSKA	132	12	ŚWIĘTOCHŁOWICE	ATOS TEAM	1991	3	00:00:01	00:24:22	00:49:18	01:14:12		01:14:12	01:14:11	05:04
64	ADRIAN	GAŁĄZKA	112	52	ŚWIĘTOCHŁOWICE		1984	3	00:00:08	00:24:37	00:48:42	01:14:40		01:14:40	01:14:33	05:06
65	TOMASZ	FAMUŁA	54	53	KATOWICE	FUTURE PROCESSING RUNNING TEAM / TRI DIVISION TRIATHLON TEAM / FAMUŁA TEAM	1986	3	00:00:13	00:25:36	00:51:21	01:15:44		01:15:44	01:15:30	05:10
66	WOJCIECH	BARCHANOWSKI	80	54	SOSNOWIEC	HARPAGAN SOSNOWIEC	1973	3	00:00:22	00:25:33	00:51:13	01:17:19		01:17:19	01:16:57	05:17
67	ANNA	JELEŃ	137	13	SIEMIANOWICE ŚLĄSKIE	SIEMIANOWICE I PRZYJACIELE BIEGAJA	1980	3	00:00:01	00:25:21	00:51:21	01:17:28		01:17:28	01:17:27	05:17
68	JACEK	MRÓZ	18	55	KATOWICE		1976	3	00:00:56	00:26:48	00:52:08	01:18:34		01:18:34	01:17:38	05:22
69	SEBASTIAN	MOKRY	188	56	MYSŁOWICE		1977	3	00:00:07	00:25:49	00:53:07	01:19:49		01:19:49	01:19:41	05:27
70	ARTUR	GIEROK	61	57	KATOWICE		1976	3	00:00:04	00:26:19	00:53:17	01:20:24		01:20:24	01:20:20	05:29
71	JANUSZ	PRZYŁUDZKI	212	58	MIKOŁÓW		1952	3	00:00:19	00:27:13	00:54:34	01:21:41		01:21:41	01:21:21	05:35
72	ADAM	KULIK	164	59	CHORZÓW		1970	3	00:00:09	00:27:14	00:54:19	01:22:32		01:22:32	01:22:23	05:38
73	IWONA	NOWAK	194	14	SIEMIANOWICE ŚLĄSKIE	SIEMIANOWICE I PRZYJACIELE BIEGAJA	1974	3	00:00:11	00:27:22	00:55:24	01:23:40		01:23:40	01:23:29	05:43
74	MIROŚLAW	PTASIK	215	60	KOZIEGŁOWY		1967	3	00:00:17	00:26:36	00:54:34	01:24:15		01:24:15	01:23:58	05:45
75	KRZYSZTOF	GURCZYŃSKI	126	61	KATOWICE		1975	3	00:00:41	00:31:05	00:58:41	01:24:18		01:24:18	01:23:37	05:45
76	MATEUSZ	GURCZYŃSKI	127	62	KATOWICE		1996	3	00:00:42	00:31:05	00:58:41	01:24:18		01:24:18	01:23:36	05:45
77	TOMASZ	LITWIŃSKI	424	63	PIEKARY ŚLĄSKIE	LECZYMY DURŚ	1983	3	00:00:22	00:27:07	00:56:00	01:24:38		01:24:38	01:24:16	05:47
78	ŁUKASZ	KOS	13	64	KATOWICE	KOS ACADEMY	1979	3	00:00:17	00:28:07	00:55:51	01:24:50		01:24:50	01:24:33	05:48
79	ROBERT	WIENZEK	425	65	KATOWICE	ZARZECZE	1970	3	00:00:07	00:28:27	00:57:13	01:26:58		01:26:58	01:26:51	05:56
80	LUDOMIR	SIERZPUTOWSKI	39	66	KATOWICE	NATURA BIEGU	2001	3	00:00:00	00:23:29	00:53:18	01:27:29		01:27:29	01:27:29	05:58
81	MARCIN	DĄBROWIAK	303	67	SOSNOWIEC	HARPAPAGAN SOSNOWIEC	1982	3	00:00:09	00:29:19	00:58:40	01:27:33		01:27:33	01:27:24	05:59
82	KRZYSZTOF	DĄBROWIAK	304	68	SOSNOWIEC		1979	3	00:00:09	00:29:19	00:58:40	01:27:48		01:27:48	01:27:39	06:00
83	WOJCIECH	SZCZYPKA	420	69	KATOWICE		1990	3	00:00:11	00:27:20	00:57:48	01:28:08		01:28:08	01:27:58	06:01
84	ALEKSANDER	BIAŁECKI	313	70	MYSŁOWICE		1975	3	00:00:00	00:29:00	00:59:19	01:28:10		01:28:10	01:28:10	06:01
85	ALEKSANDER	CZAJKA	22	71	MIKOŁÓW	MOKRE DZIKI	1974	3	00:00:07	00:28:22	00:58:28	01:28:50		01:28:50	01:28:43	06:04
86	DAGMARA	CZAJKA	21	15	MIKOŁÓW		1976	3	00:00:07	00:28:21	00:58:27	01:28:50		01:28:50	01:28:43	06:04
87	BARTOSZ	HEBCLA	344	72	KATOWICE		1976	3	00:00:36	00:28:29	00:59:07	01:29:19		01:29:19	01:28:43	06:06
88	GRZEGORZ	KAWALEC	145	73	ORZESZE		1975	3	00:00:06	00:27:58	00:57:27	01:30:09		01:30:09	01:30:03	06:09
89	JOANNA	MAGIELEWSKA	181	16	MIKOŁÓW		1980	3	00:00:11	00:30:01	01:00:31	01:31:04		01:31:04	01:30:53	06:13
90	PIOTR	SZYDŁOWSKI	17	74	CHORZÓW	AUGUSTEAM	1966	3	00:00:13	00:31:51	01:01:52	01:31:35		01:31:35	01:31:22	06:15
91	EDWARD	TYKA	256	75	ŚWIĘTOCHŁOWICE		1943	3	00:00:30	00:29:35	00:59:34	01:31:43		01:31:43	01:31:13	06:16
92	KAROLINA	TOKARZ	361	17	KATOWICE		1986	3	00:00:06	00:30:29	01:02:29	01:33:31		01:33:31	01:33:25	06:23
93	KRZYSZTOF	SUCHON	9	76	PYSKOWICE		1965	3	00:00:48	00:30:50	01:01:46	01:35:04		01:35:04	01:34:16	06:29
94	PIOTR	WYSOCKI	280	77	KATOWICE		1952	3	00:00:31	00:31:56	01:03:01	01:35:14		01:35:14	01:34:43	06:30
95	ANNA	PAWLIK	372	18	KATOWICE		1969	3	00:00:26	00:31:03	01:03:04	01:37:02		01:37:02	01:36:36	06:38
96	JERZY	SZCZYPKA	419	78	KATOWICE		1953	3	00:00:11	00:30:35	01:02:41	01:37:04		01:37:04	01:36:53	06:38
97	MARIAN	CIESIOŁKA	324	79	BYTOM		1949	3	00:00:30	00:32:58	01:05:43	01:38:06		01:38:06	01:37:36	06:42
98	SABINA	SZYDŁOWSKA	16	19	CHORZÓW	AUGUSTEAM	1967	3	00:00:14	00:32:57	01:05:44	01:38:39		01:38:39	01:38:24	06:44
99	AGATA	DOBEK	99	20	SIEMIANOWICE ŚLĄSKIE		1984	3	00:00:11	00:33:07	01:06:34	01:40:34		01:40:34	01:40:24	06:52

100	PIOTR	BARCZYK	81	80	CHORZÓW		1974	3	00:00:37	00:33:50	01:06:59	01:40:47		01:40:47	01:40:11	06:53
101	WOJCIECH	SMOŁKA	225	81	MIKOŁÓW		1967	3	00:00:17	00:34:35	01:09:56	01:43:04		01:43:04	01:42:47	07:02
102	MARLENA	LAKSA	171	21	RUDA ŚLĄSKA		1974	3	00:00:44	00:34:42	01:09:55	01:43:07		01:43:07	01:42:23	07:02
103	KATARZYNA	SMOŁKA	224	22	MIKOŁÓW		1966	3	00:00:47	00:35:21	01:09:56	01:43:25		01:43:25	01:42:38	07:04
104	JUSTYNA	SŁOTA	222	23	RUDA ŚLĄSKA	MIECHOWICKA GRUPA BIEGOWA	1979	3	00:00:45	00:38:36	01:17:35	01:57:40		01:57:40	01:56:55	08:02
105	KAROL	DANDRYK	311	82	MYSŁOWICE	UKS CHROMIK	2002	2	00:00:00	00:19:45	00:41:18			00:41:18	00:41:18	04:14
106	RAFAL	URLIK	36	83	KATOWICE	FC SZYSZOLANDIA KATOWICE	1985	2	00:00:01	00:20:36	00:42:22			00:42:22	00:42:21	04:20
107	SŁAWOMIR	FLORKIEWICZ	302	84	SOSNOWIEC		1967	2	00:00:06	00:21:35	00:43:13			00:43:13	00:43:07	04:26
108	ADAM	ŚWIERCZ	330	85	MYSŁOWICE	SZWAGRY	1987	2	00:00:04	00:21:23	00:44:02			00:44:02	00:43:58	04:31
109	SEBASTIAN	STACHOWIAK	230	86	KATOWICE		1971	2	00:00:00	00:21:47	00:44:10			00:44:10	00:44:09	04:31
110	MATEUSZ	UCHEREK	257	87	ŚWIĘTOCHŁOWICE	1981	1981	2	00:00:00	00:22:19	00:44:33			00:44:33	00:44:32	04:34
111	PAWEŁ	JÓZEFIAK	139	88	CHORZÓW		1991	2	00:00:01	00:22:03	00:46:24			00:46:24	00:46:23	04:45
112	JACEK	TOKARZ	362	89	KATOWICE		1985	2	00:00:00	00:23:11	00:46:25			00:46:25	00:46:25	04:45
113	ANNA	KULOZIK	430	24	KATOWICE		1981	2	00:00:00	00:33:52	00:46:41			00:46:41	00:46:41	04:47
114	LESZEK	OLEDAKOWSKI	389	90	KATOWICE	PANEWNIKI	1954	2	00:00:00	00:23:28	00:46:52			00:46:52	00:46:52	04:48
115	JAROSŁAW	ŻUKOW	409	91	BYTOM	BTM RUNNERS	1974	2	00:00:21	00:24:00	00:47:10			00:47:10	00:46:50	04:50
116	PIOTR	GROLIK	123	92	RUDA ŚLĄSKA		1972	2	00:00:20	00:23:29	00:47:29			00:47:29	00:47:09	04:52
117	TOMASZ	LARA	175	93	KATOWICE		1976	2	00:00:00	00:23:12	00:47:36			00:47:36	00:47:35	04:52
118	GABRIEL	LITWIŃCZUK	306	94	KLUCZE	OLKUSZBIEGA.PL	1979	2	00:00:00	00:24:47	00:48:52			00:48:52	00:48:52	05:00
119	MARIUSZ	CHRZANOWSKI	284	95	GLIWICE	KW GLIWICE	1976	2	00:00:18	00:23:45	00:49:12			00:49:12	00:48:54	05:02
120	MARCIN	JANECZEK	358	96	KATOWICE		1992	2	00:00:03	00:23:29	00:49:18			00:49:18	00:49:15	05:03
121	JACEK	KLAPETEK	65	97	KATOWICE	ŠKK GOLIAT	1969	2	00:00:24	00:25:02	00:49:34			00:49:34	00:49:10	05:05
122	MARCIN	WIENER	261	98	KATOWICE		1972	2	00:00:35	00:27:05	00:50:21			00:50:21	00:49:46	05:09
123	JAKUB	FLORKIEWICZ	301	99	SOSNOWIEC		1999	2	00:00:07	00:24:41	00:51:16			00:51:16	00:51:09	05:15
124	SZYMON	SKOCZYŃSKI	221	100	RUDA ŚLĄSKA		1979	2	00:00:12	00:24:29	00:51:32			00:51:32	00:51:21	05:17
125	PIOTR	KRAWCZYK	156	101	KATOWICE	AŁA AŁA	1985	2	00:00:34	00:25:32	00:51:35			00:51:35	00:51:01	05:17
126	KATARZYNA	SIUDYGA	329	25	STRZELCE OPOLSKIE		1994	2	00:00:00	00:25:56	00:51:53			00:51:53	00:51:53	05:19
127	ADAM	CYRAN	373	102	RADLIN	RADLINIOKI W BIEGU	1971	2	00:00:04	00:25:57	00:52:01			00:52:01	00:51:57	05:20
128	ADAM	KUZIÓW	170	103	KATOWICE		1986	2	00:00:18	00:26:21	00:52:38			00:52:38	00:52:21	05:23
129	SYLWESTER	MAGIELEWSKI	182	104	MIKOŁÓW		1980	2	00:00:11	00:26:29	00:52:43			00:52:43	00:52:32	05:24
130	WIKTOR	PIECYK	59	105	KATOWICE		2007	2	00:00:20	00:24:45	00:52:56			00:52:56	00:52:37	05:25
131	DARIUSZ	PIECYK	56	106	KATOWICE		1976	2	00:00:20	00:24:45	00:52:56			00:52:56	00:52:37	05:25
132	REMIGIUSZ	ROLNIK	405	107	MIKOŁÓW		1967	2	00:00:04	00:27:24	00:53:24			00:53:24	00:53:20	05:28
133	DARIUSZ	WCISŁO	259	108	KATOWICE		1969	2	00:00:05	00:27:15	00:53:32			00:53:32	00:53:27	05:29
134	TOMASZ	SITKOWSKI	220	109	MYSŁOWICE	CARBON OCR RACING TEAM	1983	2	00:00:09	00:28:15	00:53:41			00:53:41	00:53:32	05:30
135	ŁUKASZ	RYK	216	110	MIKOŁÓW		1977	2	00:00:02	00:26:28	00:53:53			00:53:53	00:53:51	05:31
136	MARCIN	KANIA	143	111	ŁAZISKA GÓRNE		1976	2	00:00:30	00:27:25	00:54:09			00:54:09	00:53:39	05:33
137	PAWEŁ	SOBOL	229	112	KRAKÓW		1976	2	00:00:00	00:24:27	00:54:12			00:54:12	00:54:12	05:33
138	DARIUSZ	SZPAK	242	113	BYTOM		1969	2	00:00:29	00:26:49	00:54:19			00:54:19	00:53:50	05:34
139	DARIUSZ	SULEJEWSKI	236	114	KATOWICE		1969	2	00:00:12	00:27:20	00:54:36			00:54:36	00:54:24	05:36
140	TOMASZ	WIATER	321	115	CHORZÓW	CHACHARY Z CHORZOWA	1979	2	00:00:12	00:27:21	00:54:37			00:54:37	00:54:26	05:36
141	SYLWIA	SOJDA	328	26	SIEMIANOWICE ŚL.	SIEMIANOWICE I PRZYJACIELE BIEGAJA	1980	2	00:00:02	00:26:50	00:54:39			00:54:39	00:54:37	05:36
142	PAWEŁ	KRZYŻOWSKI	159	116	KATOWICE		1983	2	00:00:24	00:27:30	00:54:45			00:54:45	00:54:21	05:36
143	ARTUR	STYPKA	234	117	KATOWICE	OHIO TEAM	1971	2	00:00:13	00:27:16	00:54:57			00:54:57	00:54:43	05:38
144	ANETA	LITWIŃCZUK	305	27	KLUCZE	OLKUSZBIEGA.PL	1983	2	00:00:26	00:28:16	00:55:04			00:55:04	00:54:38	05:38
145	MARTA	DUSZYŃSKA	387	28	KATOWICE		1980	2	00:00:04	00:28:25	00:55:12			00:55:12	00:55:08	05:39
146	MAŁGORZATA	WAWRO	258	29	KATOWICE		1969	2	00:00:12	00:27:45	00:55:22			00:55:22	00:55:09	05:40
147	MICHAŁ	STANISZ	45	118	GLIWICE	UKRYTA OPCJA NIEMIECKA	1980	2	00:00:07	00:27:29	00:55:45			00:55:45	00:55:39	05:43
148	AREK	BACZYŃSKI	297	119	BĘDZIN		1997	2	00:00:01	00:26:29	00:55:47			00:55:47	00:55:46	05:43
149	WOJCIECH	GANSZCZYK	115	120	KATOWICE	.WG	1978	2	00:00:00	00:31:28	00:56:02			00:56:02	00:56:02	05:44
150	MARCIN	GOSTYŃSKI	121	121	BIELSKO-BIAŁA		1981	2	00:00:10	00:29:01	00:56:08			00:56:08	00:55:58	05:45
151	ŁUKASZ	KUCZERA	27	122	RYBNIK	DECATHLON RYBNIK & PRZYJACIELE	1983	2	00:00:17	00:29:06	00:56:43			00:56:43	00:56:26	05:48
152	IZABELA	SZYMURA	245	30	RYBNIK		1976	2	00:00:17	00:29:06	00:56:43			00:56:43	00:56:26	05:49
153	MATEUSZ	MARCAK	14	123	KATOWICE		1987	2	00:00:40	00:28:24	00:56:44			00:56:44	00:56:04	05:49
154	KRZYSZTOF	ŚMIETANA	248	124	RUDA ŚLĄSKA		1973	2	00:00:23	00:29:45	00:56:45			00:56:45	00:56:22	05:49
155	JERZY	SOSNA	388	125	SIEMIANOWICE ŚL		1958	2	00:00:04	00:28:06	00:56:56			00:56:56	00:56:52	05:50
156	KATARZYNA	WYSOCKA	276	31	KATOWICE		1973	2	00:00:30	00:29:01	00:56:58			00:56:58	00:56:27	05:50
157	TOMASZ	TRONINA	298	126	MIKOŁÓW	TRNX TRIATHLON TEAM	1985	2	00:00:07	00:28:18	00:57:04			00:57:04	00:56:57	05:51
158	JOANNA	WOJCIECHOWSKA	269	32	CHORZÓW		1977	2	00:00:27	00:31:00	00:57:17			00:57:17	00:56:50	05:52

159	PIOTR	NOWAK	195	127	ŁAZISKA GÓRNE		1972	2	00:00:41	00:29:21	00:57:17		00:57:17	00:56:36	05:52
160	KONRAD	WILTOSIŃSKI	8	128	SIEMIANOWICE ŚLĄSKIE		1978	2	00:00:19	00:28:06	00:57:34		00:57:34	00:57:15	05:54
161	PATRYCJA	MACHAJSKA	179	33	KATOWICE		1995	2	00:00:07	00:28:11	00:57:43		00:57:43	00:57:37	05:55
162	ANNA	KOWALCZYK	384	34	ŚWIĘTOCHŁOWICE	LECYMY DURŚ	1980	2	00:00:39	00:28:42	00:57:47		00:57:47	00:57:08	05:55
163	PIOTR	BRANNY	88	129	RUDA ŚLĄSKA		1986	2	00:00:31	00:29:08	00:57:47		00:57:47	00:57:16	05:55
164	ANNA	PRUKOP	210	35	KATOWICE		1988	2	00:00:06	00:29:56	00:57:54		00:57:54	00:57:49	05:56
165	SEBASTIAN	NOWAK	196	130	RUDA ŚLĄSKA		1997	2	00:00:26	00:29:29	00:58:47		00:58:47	00:58:21	06:01
166	BOGUSŁAWA	KUPIBIDA	165	36	KATOWICE	SILESIA NORDIC TEAM	1959	2	00:00:11	00:29:03	00:58:48		00:58:48	00:58:36	06:01
167	TOMASZ	KOZIOŁEK	353	131	KATOWICE	PANORAMA FITNES	1974	2	00:00:31	00:30:04	00:59:10		00:59:10	00:58:39	06:04
168	MAGDALENA	SIEKA	293	37	KATOWICE		2018	2	00:00:00	00:29:25	00:59:19		00:59:19	00:59:18	06:04
169	ANNA	PIOTROWSKA	206	38	KATOWICE		1979	2	00:00:29	00:30:16	00:59:29		00:59:29	00:59:01	06:06
170	PIOTR	KLUSKA	146	132	KATOWICE		1967	2	00:00:27	00:30:16	00:59:30		00:59:30	00:59:02	06:06
171	KRZYSZTOF	WOJCIECHOWSKI	270	133	CHORZÓW		1973	2	00:00:27	00:31:00	00:59:37		00:59:37	00:59:10	06:06
172	KRZYSZTOF	KORPOK	152	134	KATOWICE		1971	2	00:00:41	00:31:05	00:59:55		00:59:55	00:59:14	06:08
173	LILA	BIENEK	82	39	KATOWICE		1984	2	00:00:25	00:31:22	01:00:01		01:00:01	00:59:36	06:09
174	MACIEJ	WOLNY	272	135	KATOWICE		1975	2	00:00:35	00:31:22	01:00:02		01:00:02	00:59:26	06:09
175	MAGDALENA	WISZNIEWSKA	263	40	TYCHY		1974	2	00:00:44	00:31:23	01:00:15		01:00:15	00:59:31	06:10
176	KRZYSZTOF	LESZCZYK	360	136	KATOWICE		1965	2	00:00:39	00:32:03	01:01:29		01:01:29	01:00:50	06:18
177	JACEK	TULIN	253	137	KATOWICE		1971	2	00:00:38	00:32:03	01:01:30		01:01:30	01:00:52	06:18
178	KATARZYNA	WYWALEC-BOBER	283	41	MYSŁOWICE		1985	2	00:00:15	00:32:01	01:01:30		01:01:30	01:01:16	06:18
179	BARBARA	GANSZCZYK	114	42	KATOWICE	.WG	1981	2	00:00:10	00:31:53	01:01:55		01:01:55	01:01:45	06:20
180	KATARZYNA	DOMAGAŁA	100	43	KATOWICE		1981	2	00:00:24	00:31:22	01:02:09		01:02:09	01:01:45	06:22
181	IZABELA	LARA	174	44	KATOWICE		1977	2	00:00:03	00:30:30	01:02:31		01:02:31	01:02:28	06:24
182	MAGDALENA	MOSKWA	189	45	KATOWICE	PZU SPORT TEAM	1979	2	00:00:11	00:29:59	01:02:39		01:02:39	01:02:28	06:25
183	ANNA	ROGALSKA-PAZUROWICZ	392	46	BĘDZIN		1970	2	00:00:26	00:32:01	01:03:13		01:03:13	01:02:47	06:29
184	ANDRZEJ	SITKO	339	138	KATOWICE		1987	2	00:00:34	00:32:41	01:03:45		01:03:45	01:03:11	06:32
185	MAREK	CHAŁUPKA	350	139	KATOWICE		1987	2	00:00:34	00:32:42	01:04:19		01:04:19	01:03:45	06:35
186	MICHAŁ	WOJCIECHOWSKI	271	140	CHORZÓW		2007	2	00:00:27	00:31:15	01:04:28		01:04:28	01:04:01	06:36
187	KAROL	PIECYK	58	141	KATOWICE		2007	2	00:00:22	00:31:15	01:04:29		01:04:29	01:04:08	06:36
188	KAMIL	MICHALIK	368	142	SOSNOWIEC	LUBIĘ BURPRESY	1983	2	00:00:05	00:30:05	01:04:34		01:04:34	01:04:28	06:37
189	PIOTR	WESOŁY	404	143	KATOWICE	LUBIĘ BURPRESY	1980	2	00:00:03	00:30:05	01:04:34		01:04:34	01:04:30	06:37
190	MARZENA	KLOC	290	47	KATOWICE		1972	2	00:00:04	00:29:28	01:04:36		01:04:36	01:04:32	06:37
191	ANNA	FAMUŁA	104	48	KATOWICE	FAMUŁA TEAM	1989	2	00:00:24	00:32:41	01:04:43		01:04:43	01:04:18	06:38
192	JAROSŁAW	ŚWITA	249	144	WODZISŁAW ŚLĄSKI	KS FORMA WODZISŁAW	1971	2	00:00:03	00:30:42	01:04:49		01:04:49	01:04:46	06:38
193	WIEŚŁAWA	POGORZELSKA	208	49	GORZYCE		1979	2	00:00:03	00:30:42	01:04:49		01:04:49	01:04:46	06:38
194	WIOLETTA	BRZEZIECKA	47	50	CHORZÓW	HAJDUKI LOTAJOM	1972	2	00:00:13	00:32:57	01:05:30		01:05:30	01:05:17	06:42
195	EWA	SZYMAŃSKA	385	51	ŚWIĘTOCHŁOWICE	#REDLIPS	1978	2	00:00:39	00:29:04	01:05:35		01:05:35	01:04:56	06:43
196	MAGDALENA	KOS	12	52	KATOWICE	KOS ACADEMY	1985	2	00:00:16	00:31:26	01:06:00		01:06:00	01:05:44	06:46
197	JUSTYNA	PIECYK	57	53	KATOWICE		1982	2	00:00:20	00:32:40	01:06:13		01:06:13	01:05:53	06:47
198	KRYSTYNA	SOLIK	20	54	SIEMIANOWICE ŚLĄSKIE		1959	2	00:00:26	00:32:38	01:06:19		01:06:19	01:05:52	06:47
199	MARCIN	HAWLENA	366		SOSNOWIEC		1971	2	00:00:03	00:30:47	01:06:22		01:06:22	01:06:19	06:48
200	PAWEŁ	WIERTELORZ	367	145	BIELSKO-BIAŁA		1982	2	00:00:04	00:30:46	01:06:23		01:06:23	01:06:19	06:48
201	PRZEMYSŁAW	SZOJDA	395	146	KATOWICE	TELKOM-PROJEKT	1972	2	00:00:45	00:33:50	01:06:50		01:06:50	01:06:05	06:51
202	HONORATA	BRANNY	86	55	SOSNOWIEC		1988	2	00:00:34	00:34:43	01:07:08		01:07:08	01:06:34	06:53
203	DONATA	CHRUŚCIEL	94	56	KATOWICE		1975	2	00:00:25	00:34:54	01:07:59		01:07:59	01:07:34	06:58
204	ANASTAZJA	STARIKOVA	231	57	KATOWICE		1992	2	00:00:25	00:34:54	01:07:59		01:07:59	01:07:34	06:58
205	KARINA	LEŚNIKOWSKA	176	58	CHORZÓW		1974	2	00:00:17	00:34:50	01:09:50		01:09:50	01:09:33	07:09
206	JOANNA	PARUZEL-OSOJCA	202	59	ORNONTOWICE		1982	2	00:00:28	00:35:45	01:10:04		01:10:04	01:09:35	07:11
207	BEATA	KUREK	168	60	SIEMIANOWICE ŚLĄSKIE		1981	2	00:00:34	00:42:32	01:10:33		01:10:33	01:09:59	07:14
208	MAREK	FAMUŁA	105	147	KATOWICE	FAMUŁA TEAM	1957	2	00:00:24	00:35:52	01:12:48		01:12:48	01:12:24	07:27
209	JOLANTA	KRAWCZYK	390	61	RUDA ŚL	GRZYBOWA BIEGA	1966	2	00:00:21	00:35:27	01:12:52		01:12:52	01:12:31	07:28
210	ADAM	KUREK	167	148	SIEMIANOWICE ŚLĄSKIE		1982	2	00:00:34	00:42:33	01:15:07		01:15:07	01:14:33	07:42
211	RENATA	DOMBROWSKA	391	62	BYTOM	BTM RUNNERS	1982	2	00:00:21	00:34:41	01:21:06		01:21:06	01:20:45	08:18
212	JAKUB	MAREKWICA	418	149	KATOWICE		2006	1	00:00:00	00:19:18			00:19:18	00:19:18	03:57
213	ROBERT	SOJKA	292	150	CHORZÓW		1975	1	00:00:05	00:21:05			00:21:05	00:21:00	04:19
214	JAN	SOBOL	228	151	KRAKÓW		2003	1	00:00:00	00:21:16			00:21:16	00:21:16	04:21
215	MARCIN	ŁOBODA	299	152	USTRÓŃ	ŚWIRY STELA	1980	1	00:00:10	00:21:30			00:21:30	00:21:20	04:24
216	KAMIL	SZYMURA	246	153	RYBNIK		2004	1	00:00:01	00:22:03			00:22:03	00:22:02	04:31
217	DANIEL	SZCZESNIAK	240	154	TARNOWSKIE GÓRY		2002	1	00:00:03	00:22:07			00:22:07	00:22:04	04:32
218	JAN	JANOWSKI	136	63	KATOWICE	S.P.34	2017	1	00:00:00	00:22:26			00:22:26	00:22:26	04:36
219	KAROL	KAJZER	140	155	KATOWICE		2007	1	00:00:00	00:22:26			00:22:26	00:22:26	04:36

220	MACIEJ	OLEJNICZAK	199	156	TARNOWSKIE GÓRY	BWH	1979	1	00:00:01	00:22:39	00:22:39	00:22:38	04:38
221	MIROSLAW	WARZOCHA	71	157	MIKOŁÓW		1962	1	00:00:05	00:23:20	00:23:20	00:23:15	04:47
222	JAROSLAW	PILAT	205	158	RUDA ŚLĄSKA	KRS TKKF „JASTRZĄB” RUDA ŚLĄSKA	1979	1	00:00:02	00:23:24	00:23:24	00:23:22	04:48
223	JAN	MILKOWSKI	289	159	ŚWIĘTOCHŁOWICE	HARCIOLE	1967	1	00:00:06	00:23:50	00:23:50	00:23:44	04:53
224	KRZYSZTOF	KAJZER	141	160	KATOWICE		1982	1	00:00:02	00:23:51	00:23:51	00:23:49	04:53
225	FRANCISZEK	JANOWSKI	135	161	KATOWICE	S.P.34	2010	1	00:00:00	00:23:59	00:23:59	00:23:59	04:55
226	KAMIL	LISOWSKI	378	162	MIKOŁÓW		1984	1	00:00:00	00:24:13	00:24:13	00:24:13	04:58
227	RYSZARD	WŁODAWIECKI	291	163	CZELADŹ	TKKF SATURN CZELADŹ	1962	1	00:00:05	00:24:38	00:24:38	00:24:33	05:03
228	SEBASTIAN	GABOR	316	164	KATOWICE		1987	1	00:00:30	00:24:39	00:24:39	00:24:09	05:03
229	PIOTR	BŁASZCZYK	423	165	KATOWICE		1981	1	00:00:13	00:24:44	00:24:44	00:24:31	05:04
230	DARIUSZ	MAŁKIEWICZ	183	166	KATOWICE	PGB SPORTOWA PACZKA	1974	1	00:00:00	00:24:44	00:24:44	00:24:44	05:04
231	PIOR	NAGALSKI	399	167	KATOWICE		2001	1	00:00:24	00:24:46	00:24:46	00:24:22	05:04
232	JAROSLAW	MAZUR	319	168	KATOWICE		1975	1	00:00:16	00:25:00	00:25:00	00:24:44	05:07
233	BARTŁOMIEJ	BAUC	35	169	KATOWICE	UKRYTA OPCJA NIEMIECKA	1982	1	00:00:07	00:25:24	00:25:24	00:25:17	05:12
234	KRZYSZTOF	SITKO	53	170	MIKOŁÓW		1986	1	00:00:17	00:25:37	00:25:37	00:25:20	05:15
235	KONRAD	PIETRZYK	403	171	KATOWICE		2000	1	00:00:00	00:26:06	00:26:06	00:26:06	05:21
236	JANUSZ	PYTEL	369	172	SOSNOWIEC		1958	1	00:00:10	00:26:10	00:26:10	00:26:00	05:22
237	PIOTR	WCISŁO	260	173	KATOWICE		2000	1	00:00:05	00:26:23	00:26:23	00:26:18	05:24
238	JAN	KANTOROSIŃSKI	144	174	MYSŁOWICE		1958	1	00:00:10	00:26:27	00:26:27	00:26:17	05:25
239	BERNADETTA	BEDNARSKA	348	64	TYCHY	LAKE RUNNERS	1980	1	00:00:02	00:26:29	00:26:29	00:26:27	05:25
240	ALEKSANDRA	PIETRZYK	204	65	TYCHY	LAKE RUNNERS TYCHY	1976	1	00:00:02	00:26:36	00:26:36	00:26:34	05:27
241	PIOTR	KLAPETEK	66	175	KATOWICE	ŠKK GOLIAT	2005	1	00:00:11	00:26:39	00:26:39	00:26:27	05:28
242	BARTOSZ	ROLNIK	406	176	MIKOŁÓW		2000	1	00:00:04	00:26:43	00:26:43	00:26:39	05:28
243	OSKAR	WITAŁA	266	177	KATOWICE		2005	1	00:00:13	00:26:45	00:26:45	00:26:32	05:29
244	TOMASZ	WĄTROBA	46	178	CHRUSZCZOBRÓD	UKRYTA OPCJA NIEMIECKA	1981	1	00:00:09	00:26:46	00:26:46	00:26:37	05:29
245	PATRYK	JEZERSKI	397	179	RUDA ŚLĄSKA		1999	1	00:00:24	00:26:48	00:26:48	00:26:24	05:29
246	TYMOTEUZ	NAGALSKI	398	180	KATOWICE		2005	1	00:00:22	00:26:48	00:26:48	00:26:27	05:29
247	PATRYCJUSZ	KORNAS	151	181	ORZESZE		1980	1	00:00:14	00:26:52	00:26:52	00:26:38	05:30
248	ANNA	GOGOLIN	118	66	ZABRZE		1979	1	00:00:02	00:26:53	00:26:53	00:26:51	05:30
249	PIOTR	WITAŁA	267	182	KATOWICE		1976	1	00:00:20	00:26:53	00:26:53	00:26:34	05:30
250	KATARZYNA	FRELEK	107	67	KATOWICE	PWC SDC RUNNERS TEAM	1991	1	00:00:10	00:27:10	00:27:10	00:27:00	05:34
251	MATTHIAS	HERMANN	130	183	KATOWICE		1979	1	00:00:12	00:27:12	00:27:12	00:27:00	05:34
252	JERZY	GOGOLIN	119	184	ZABRZE		1947	1	00:00:02	00:27:32	00:27:32	00:27:30	05:38
253	DOMINIK	SMOŁKA	223	185	MIKOŁÓW		2004	1	00:00:26	00:27:34	00:27:34	00:27:08	05:39
254	MAREK	HOLIK	44	186	CHRUSZCZOBRÓD	UKRYTA OPCJA NIEMIECKA	1979	1	00:00:09	00:27:40	00:27:40	00:27:31	05:40
255	MAKSYMILIAN	KOMUDA	148	187	BYTOM		2006	1	00:00:27	00:27:53	00:27:53	00:27:25	05:43
256	AGNIESZKA	SZATNIEWSKA	239	68	BĘDZIN	OWOCOWA KRAINA	1978	1	00:00:32	00:27:58	00:27:58	00:27:25	05:44
257	CZESŁAW	BIŃKOWSKI	310	188	ORZESZE		1960	1	00:00:05	00:28:17	00:28:17	00:28:13	05:48
258	KATARZYNA	CAŁA	93	69	KATOWICE		1976	1	00:00:09	00:28:19	00:28:19	00:28:10	05:48
259	TOMASZ	KOMUDA	149	189	BYTOM		1973	1	00:00:27	00:28:22	00:28:22	00:27:55	05:49
260	SZYMON	NOWAK	43	190	CHORZÓW	OVERWATCH	1988	1	00:00:41	00:28:24	00:28:24	00:27:44	05:49
261	TOMASZ	MIGAŁA	345	191	MYSŁOWICE		1997	1	00:00:15	00:28:29	00:28:29	00:28:14	05:50
262	JULIA	PRZYSTOLIK	214	70	KATOWICE		2001	1	00:00:12	00:28:33	00:28:33	00:28:21	05:51
263	ŁUKASZ	ŻĄDŁO	421	192	KATOWICE	CABALLO BLANCO TEAM	1979	1	00:01:03	00:28:34	00:28:34	00:27:31	05:51
264	JACEK	LANGER	172	193	CHORZÓW	AUGUSTEAM	1970	1	00:00:15	00:28:37	00:28:37	00:28:22	05:52
265	MAREK	KULPA	19	194	MIKOŁÓW	AKMB PĘDZIWIATR GLIWICE	1973	1	00:00:43	00:28:47	00:28:47	00:28:04	05:54
266	TOMASZ	ORCZYKOWSKI	200	195	KATOWICE	ANTOM TEAM - SALONANTOM.PL	1992	1	00:00:47	00:29:03	00:29:03	00:28:16	05:57
267	MAREK	JANOTA	134	196	TYCHY	ANTOM TEAM - SALONANTOM.PL	1985	1	00:00:46	00:29:11	00:29:11	00:28:25	05:59
268	ŁUKASZ	MAŁYSA	51	197	ORZESZE		1982	1	00:00:41	00:29:20	00:29:20	00:28:39	06:01
269	EDYTA	KORNAS	150	71	ORZESZE		1983	1	00:00:15	00:29:22	00:29:22	00:29:06	06:01
270	JOANNA	BOREK	84	72	KATOWICE	YELLOBIKE	1978	1	00:00:39	00:29:22	00:29:22	00:28:43	06:01
271	ŁUKASZ	SZNEPKA	241	198	TYCHY	ANTOM TEAM - SALONANTOM.PL	1982	1	00:00:46	00:29:29	00:29:29	00:28:43	06:02
272	MARIUSZ	ZIELIŃSKI	401	199	RUDA ŚLĄSKA		1981	1	00:00:27	00:29:30	00:29:30	00:29:03	06:02
273	MAGDALENA	GŁĄB	116	73	TYCHY		1984	1	00:00:14	00:29:33	00:29:33	00:29:19	06:03
274	AGNIESZKA	ZŁOCIĄK	317	74	TYCHY	SPOT PSZCZYNA	1976	1	00:00:15	00:29:37	00:29:37	00:29:23	06:04
275	KONRAD	REMBACZ	323	200	KATOWICE		1981	1	00:00:19	00:29:38	00:29:38	00:29:20	06:04
276	KRZYSZTOF	NAGALSKI	400	201	KATOWICE		1979	1	00:00:23	00:29:39	00:29:39	00:29:16	06:04

277	IZABELA	KRZYŻOWSKA	157	75	ORZESZE		1973	1	00:00:03	00:29:40		00:29:40	00:29:37	06:05
278	AGNIESZKA	MAKIEŁA	327	76	ZAWIERCIE		1976	1	00:00:20	00:29:41		00:29:41	00:29:21	06:05
279	MARIUSZ	MAKIEŁA	326	202	ZAWIERCIE		1974	1	00:00:20	00:29:41		00:29:41	00:29:21	06:05
280	SEBASTIAN	POMIKŁO	346	203	KATOWICE		1997	1	00:00:15	00:29:44		00:29:44	00:29:29	06:05
281	JAKUB	MELLER	50	204	ŁĘDZINY		2007	1	00:00:38	00:29:47		00:29:47	00:29:09	06:06
282	ARKADIUSZ	SOLARZ	393	205	MIKOŁÓW	TKKF HADES MIKOŁÓW	1976	1	00:00:00	00:29:48		00:29:48	00:29:48	06:06
283	BARTEK	ADAMOSZEK	78	206	KATOWICE	AZS AWF KATOWICE JUDO	2007	1	00:00:19	00:29:48		00:29:48	00:29:29	06:06
284	KAMIL	KWAPISZ	381	207	RUDA ŚLĄSKA		1987	1	00:00:05	00:29:52		00:29:52	00:29:47	06:07
285	WOJCIECH	KACPEREK	64	208	KATOWICE		1981	1	00:00:22	00:29:53		00:29:53	00:29:32	06:07
286	DANIEL	ADAMOSZEK	79	209	KATOWICE		1978	1	00:00:20	00:29:55		00:29:55	00:29:35	06:08
287	EDYTA	ADAMIAK	77	77	SKOCZÓW	ŚWIRY STELA	1977	1	00:00:12	00:30:02		00:30:02	00:29:49	06:09
288	JAROSŁAW	KOANECKI	336	210	ORZESZE		1972	1	00:00:12	00:30:02		00:30:02	00:29:51	06:09
289	MONIKA	PILORZ	295	78	MIKOŁÓW		1989	1	00:00:19	00:30:06		00:30:06	00:29:47	06:10
290	SYLWESTER	SALAMON	294	211	MIKOŁÓW		1979	1	00:00:19	00:30:06		00:30:06	00:29:47	06:10
291	RAFAŁ	TOMCZAK	252	212	MIKOŁÓW	ZABIEGANI NAUCZYCIELE	1979	1	00:00:29	00:30:24		00:30:24	00:29:55	06:14
292	MONIKA	PŁUSA	207	79	WARSZAWA	BRÓDNO RUN TEAM	1991	1	00:00:12	00:30:37		00:30:37	00:30:25	06:16
293	ADAM	KRASNODĘBSKI	155	213	WARSZAWA		1988	1	00:00:12	00:30:39		00:30:39	00:30:27	06:17
294	DAWID	WYSOCKI	278	214	KATOWICE	SP.NR 67 KATOWICE	2004	1	00:00:33	00:30:51		00:30:51	00:30:18	06:19
295	MONIKA	WYRÓD	275	80	TYCHY		1978	1	00:00:40	00:31:07		00:31:07	00:30:27	06:22
296	ALEKSANDRA	FLOREK	375	81	ŁAZISKA GÓRNE		1991	1	00:00:03	00:31:08		00:31:08	00:31:05	06:23
297	RAFAŁ	BLACHA	374	215	GOSTYŃ		1991	1	00:00:04	00:31:10		00:31:10	00:31:06	06:23
298	PIOTR	MELLER	49	216	ŁĘDZINY		1980	1	00:00:38	00:31:13		00:31:13	00:30:35	06:24
299	DARIUSZ	WISZNIEWSKI	264	217	TYCHY		1972	1	00:00:44	00:31:18		00:31:18	00:30:34	06:25
300	MARCIN	JĘDRYCZEK	427	218	MYSŁOWICE		1986	1	00:00:16	00:31:32		00:31:32	00:31:16	06:27
301	MAŁGORZATA	JANISZEWSKA	428	82	KATOWICE		1981	1	00:00:00	00:31:35		00:31:35	00:31:34	06:28
302	KATARZYNA	LANGER	173	83	CHORZÓW	AUGUSTEAM	1975	1	00:00:15	00:31:35		00:31:35	00:31:20	06:28
303	RADOSŁAW	ŻUKOW	408	219	BYTOM	BTM RUNNERS	2006	1	00:00:20	00:31:44		00:31:44	00:31:24	06:30
304	MAGDALENA	WRODARCZYK	274	84	PIEKARY ŚLĄSKIE		1973	1	00:00:40	00:31:52		00:31:52	00:31:12	06:32
305	BARTOSZ	SERDA	76	220	CHORZÓW	#REDLIPS	1978	1	00:00:47	00:31:57		00:31:57	00:31:10	06:33
306	ANNA	SERDA	75	85	CHORZÓW	#REDLIPS	1978	1	00:00:46	00:31:57		00:31:57	00:31:10	06:33
307	SEBASTIAN	STANISZ	29	221	KATOWICE	UKRYTA OPCJA NIEMIECKA	1984	1	00:00:29	00:32:04		00:32:04	00:31:36	06:34
308	ANNA	ZAGÓRSKA	24	86	RADLIN		1986	1	00:00:18	00:32:08		00:32:08	00:31:50	06:35
309	ANNA	MARCZAK-OLEJNICZAK	25	87	TARNOWSKIE GÓRY		1981	1	00:00:19	00:32:08		00:32:08	00:31:49	06:35
310	GRZEGORZ	PADLASEK	371	222	RUDA ŚLĄSKA		1976	1	00:00:31	00:32:24		00:32:24	00:31:53	06:38
311	MICHAŁ	ŻĄDŁO	422	223	KATOWICE		1986	1	00:01:11	00:32:26		00:32:26	00:31:15	06:39
312	ANNA	CHAŁUPKA	349	88	KATOWICE		1987	1	00:00:32	00:32:28		00:32:28	00:31:56	06:39
313	WOJCIECH	DELA	356	224	WOLBROM		1976	1	00:00:09	00:32:30		00:32:30	00:32:21	06:39
314	PIOTR	KUCZBORSKI	162	225	SOSNOWIEC	HARPAGAN SOSNOWIEC	2011	1	00:00:21	00:32:35		00:32:35	00:32:13	06:40
315	IWONA	KIES	73	89	MIKOŁÓW		1986	1	00:00:17	00:32:35		00:32:35	00:32:18	06:41
316	KAROLINA	ĆWIEK	98	90	RUDA ŚLĄSKA	EKIPA NA KIJACH	2008	1	00:00:22	00:32:37		00:32:37	00:32:15	06:41
317	WOJCIECH	NOWAKOWSKI	198	226	KATOWICE		1972	1	00:00:27	00:32:38		00:32:38	00:32:10	06:41
318	ELIZA	WILTOSIŃSKA	3	91	SIEMIANOWICE ŚLĄSKIE		1983	1	00:00:21	00:32:39		00:32:39	00:32:18	06:41
319	MARZENA	BAK	338	92	KATOWICE		1990	1	00:00:33	00:32:39		00:32:39	00:32:06	06:41
320	JANUSZ	ŠVACH	237	227	KATOWICE	BROWAR DOMOWY GARAŻ	1976	1	00:00:31	00:32:42		00:32:42	00:32:12	06:42
321	KRZYSZTOF	ŠVACH	238	228	KATOWICE		2004	1	00:00:31	00:32:42		00:32:42	00:32:12	06:42
322	DAWID	ŻYCIŃSKI	337	229	KATOWICE	GARAŻ BIUWAC DUMUS	1980	1	00:00:32	00:32:43		00:32:43	00:32:11	06:42
323	EWA	BUJOCZEK	90	93	BYTOM		1980	1	00:00:35	00:32:43		00:32:43	00:32:08	06:42
324	JUSTYNA	DALECKA	318	94	RUDA ŚLĄSKA		1977	1	00:00:51	00:32:47		00:32:47	00:31:56	06:43
325	GRZEGORZ	MATURA	185	230	WOJKOWICE	SĄSIEDZI	1975	1	00:00:52	00:32:48		00:32:48	00:31:56	06:43
326	MAGDALENA	STYPKA	235	95	KATOWICE	OHIO TEAM	2005	1	00:00:13	00:32:54		00:32:54	00:32:41	06:44
327	PIOTR	BUJOCZEK	92	231	BYTOM		1977	1	00:00:36	00:32:56		00:32:56	00:32:20	06:45
328	MILENA	BUJOCZEK	91	96	BYTOM		2011	1	00:00:36	00:32:56		00:32:56	00:32:21	06:45
329	MARTA	PALARZ	413	97	KATOWICE		1983	1	00:00:08	00:32:58		00:32:58	00:32:51	06:45
330	MIŁOSZ	SZUSTER	244	232	SOSNOWIEC		1990	1	00:00:33	00:32:59		00:32:59	00:32:26	06:45
331	EWA	PRYZSTOLIK	213	98	KATOWICE		1962	1	00:00:11	00:33:01		00:33:01	00:32:50	06:46
332	NIKODEM	KULOZIK	431	233	KATOWICE		2007	1	00:00:00	00:33:11		00:33:11	00:33:11	06:48
333	AGATA	KOZIK	359	99	KATOWICE		1983	1	00:00:03	00:33:12		00:33:12	00:33:09	06:48
334	PAULINA	BOREK	85	100	KATOWICE	YELLOBIKE	2004	1	00:00:37	00:33:13		00:33:13	00:32:36	06:48
335	SYLWIA	ORACZ	429	101	KATOWICE		1983	1	00:00:01	00:33:22		00:33:22	00:33:21	06:50
336	MARZENA	WITAŁA	265	102	KATOWICE		1981	1	00:00:19	00:33:23		00:33:23	00:33:04	06:50

337	EWELINA	WOŹNIAK	377	103	SIEMIANOWICE ŚL		1985	1	00:00:12	00:33:30		00:33:30	00:33:18	06:52
338	IWONA	SATERNUS	218	104	KATOWICE		1976	1	00:00:42	00:34:00		00:34:00	00:33:18	06:58
339	MATEUSZ	STANEK	37	234	KATOWICE	MSLABS RUNNING TEAM	1987	1	00:00:34	00:34:17		00:34:17	00:33:43	07:01
340	BOŻENA	JOKISZ	370	105	CHORZÓW		1966	1	00:00:15	00:34:35		00:34:35	00:34:20	07:05
341	AGNIESZKA	SZUSTER	243	106	SOSNOWIEC		1993	1	00:00:33	00:34:43		00:34:43	00:34:10	07:07
342	MAREK	MAZUR	48	235	ŁAZISKA GÓRNE		1979	1	00:00:45	00:34:47		00:34:47	00:34:02	07:08
343			396				1900	1	00:00:24	00:34:50		00:34:50	00:34:26	07:08
344	MONIKA	GURCZYŃSKA	124	107	KATOWICE		1978	1	00:00:27	00:34:56		00:34:56	00:34:28	07:09
345	MARTA	MACELUCH	178	108	RYBNIK		1984	1	00:00:31	00:34:56		00:34:56	00:34:25	07:09
346	MATEUSZ	MILIK	341	236	SOSNOWIEC		1991	1	00:00:39	00:34:59		00:34:59	00:34:20	07:10
347	OLGA	KOZIOŁEK	354	109	KATOWICE	PANORAMA FITNES	2005	1	00:00:30	00:35:07		00:35:07	00:34:37	07:12
348	OLIWIA	KOPEĆ	414	110	KATOWICE		2006	1	00:00:23	00:35:12		00:35:12	00:34:49	07:13
349	ILONA	JANIK	300	111	CHYBIE		1973	1	00:00:41	00:35:12		00:35:12	00:34:31	07:13
350	ANETA	JANIK	133	112	POGÓRZE	ŚWIRY STELA	1985	1	00:00:41	00:35:12		00:35:12	00:34:31	07:13
351	SYLWIA	FRYDRYSIAK	110	113	KATOWICE		1970	1	00:00:08	00:35:18		00:35:18	00:35:10	07:14
352	JACEK	NOWAK	38	237	KATOWICE	NATURA BIEGU	1955	1	00:00:00	00:35:18		00:35:18	00:35:18	07:14
353	SYLWIA	SEKTA	219	114	SIEMIANOWICE ŚLĄSKIE		1983	1	00:00:35	00:35:20		00:35:20	00:34:46	07:14
354	WIKTORIA	WOJTASIEWICZ	402	115	KATOWICE		2003	1	00:00:00	00:35:50		00:35:50	00:35:50	07:20
355	BEATA	FISZER	416	116	CHORZÓW		1983	1	00:00:40	00:36:09		00:36:09	00:35:29	07:24
356	HANNA	JANKOWSKA	415	117	CHORZÓW		1982	1	00:00:40	00:36:09		00:36:09	00:35:29	07:24
357	SONIA	SZŁĘDAK	340	118	KATOWICE	YOLT	1991	1	00:00:37	00:36:10		00:36:10	00:35:33	07:24
358	JERZY	WÓJCIK	273	238	KATOWICE		1944	1	00:00:33	00:36:23		00:36:23	00:35:50	07:27
359	MAREK	LYSKO	31	119	KATOWICE		1976	1	00:00:43	00:36:31		00:36:31	00:35:48	07:29
360	AGNIESZKA	PASAK	52	120	PIEKARY ŚLĄSKIE		1981	1	00:00:44	00:36:31		00:36:31	00:35:47	07:29
361	MILENA	LYSKO	32	121	KATOWICE	BIEGAM BO TATA MI KAZE.	2004	1	00:00:43	00:36:31		00:36:31	00:35:48	07:29
362	SANDRA	FRONK	331	122	MIKOŁÓW		1987	1	00:00:24	00:36:33		00:36:33	00:36:09	07:29
363	KRZYSZTOF	JASTRZĘBSKI	332	239	KATOWICE		1983	1	00:00:23	00:36:33		00:36:33	00:36:10	07:29
364	JADWIGA	NĘDZA	193	123	KATOWICE	AŁA AŁA	1982	1	00:00:00	00:36:35		00:36:35	00:36:35	07:30
365	MARZENA	HELM	129	124	RUDA ŚLĄSKA		1983	1	00:00:47	00:36:53		00:36:53	00:36:06	07:33
366	KRZYSZTOF	HELM	128	240	RUDA ŚLĄSKA		1980	1	00:00:48	00:36:53		00:36:53	00:36:05	07:33
367	SŁAWOMIR	RYDEL	335	241	KATOWICE		1978	1	00:00:24	00:37:18		00:37:18	00:36:54	07:38
368	RADEK	RYDEL	334	242	KATOWICE		2010	1	00:00:24	00:37:19		00:37:19	00:36:54	07:39
369	DOROTA	TOMASZEK	251	125	PORĘBA		1986	1	00:00:20	00:37:29		00:37:29	00:37:09	07:41
370	ARKADIUSZ	DUDEK	102	243	MYSŁOWICE		1985	1	00:00:20	00:37:29		00:37:29	00:37:09	07:41
371	KINGA	WYSOCKA	277	126	KATOWICE	SP.NR 67 KATOWICE	2006	1	00:00:33	00:37:33		00:37:33	00:37:00	07:41
372	AMELIA	RYDEL	333	127	KATOWICE		1978	1	00:00:25	00:37:35		00:37:35	00:37:10	07:42
373	RAFAŁ	BARAN	352	244	DĄBROWA GÓRNICZA		2006	1	00:00:24	00:38:01		00:38:01	00:37:37	07:47
374	ROMAN	BARAN	351	245	DĄBROWA GÓRNICZA		1978	1	00:00:25	00:38:01		00:38:01	00:37:36	07:47
375	ANNA	JOKISZ	138	128	CHORZÓW	CAPGEMINI	1989	1	00:00:28	00:38:10		00:38:10	00:37:41	07:49
376	MATYLDA	JURA	365	129	KATOWICE		2004	1	00:00:41	00:38:20		00:38:20	00:37:39	07:51
377	MARTA	PTAK	347	130	MYSŁOWICE		1997	1	00:00:37	00:38:22		00:38:22	00:37:45	07:52
378	NINA	MUSZER	2	131	KATOWICE		2009	1	00:00:00	00:38:22		00:38:22	00:38:22	07:52
379	DOROTA	ŻYWICA	325	132	KATOWICE		1975	1	00:00:45	00:38:37		00:38:37	00:37:52	07:55
380	NATALIA	STANEK	41	133	KATOWICE		1992	1	00:00:32	00:39:27		00:39:27	00:38:55	08:05
381	KONSTANCJA	ZOLICH	308	134	KATOWICE		1965	1	00:00:38	00:39:34		00:39:34	00:38:57	08:06
382	MIKOŁAJ	ZOLICH	309	246	KATOWICE		1988	1	00:00:38	00:39:35		00:39:35	00:38:57	08:07
383	ANNA	RYDZEWSKA	322	135	KATOWICE		1986	1	00:00:18	00:39:41		00:39:41	00:39:23	08:08
384	ZOFIA	JACHIMSKA	379	136	RUDA ŚLĄSKA	GRZYBOWA BIEGA	2008	1	00:00:29	00:40:01		00:40:01	00:39:32	08:12
385	PAWEŁ	JACHIMSKI	380	247	RUDA ŚLĄSKA	GRZYBOWA BIEGA	1963	1	00:00:31	00:40:02		00:40:02	00:39:32	08:12
386	MARTA	DELA	357	137	WOLBROM		1980	1	00:00:09	00:40:06		00:40:06	00:39:57	08:13
387	KLAUDIA	DELA	355	138	WOLBROM		2008	1	00:00:09	00:40:06		00:40:06	00:39:58	08:13
388	ANNA	KOŚCIAN	153	139	MYSŁOWICE	CAPGEMINI	1990	1	00:00:29	00:40:46		00:40:46	00:40:17	08:21
389	EWA	MAREK	184	140	KATOWICE		1980	1	00:00:48	00:41:35		00:41:35	00:40:47	08:31
390	MATEUSZ	TUREK	254	248	BĘDZIN	OWOCOWA KRAINA	2009	1	00:00:33	00:42:12		00:42:12	00:41:39	08:39
391	RAFAŁ	TUREK	255	249	BĘDZIN	OWOCOWA KRAINA	1977	1	00:00:33	00:42:13		00:42:13	00:41:40	08:39
392	WOJCIECH	KUREK	169	250	SIEMIANOWICE ŚLĄSKIE		2011	1	00:00:34	00:42:32		00:42:32	00:41:58	08:43
393	MARZENA	HILASZEK	131	141	GLIWICE		1978	1	00:00:40	00:42:43		00:42:43	00:42:03	08:45
394	EMILIA	ŻUKOW	407	142	BYTOM	BTM RUNNERS	2003	1	00:00:20	00:43:02		00:43:02	00:42:42	08:49
395	OLIWIA	FRYDRYSIAK	109	143	KATOWICE		2005	1	00:00:24	00:43:03		00:43:03	00:42:39	08:49
396	ANNA	WIĘCKOWSKA	262	144	KATOWICE	JAPOŃSKA	2005	1	00:00:22	00:43:03		00:43:03	00:42:41	08:49

397	KINGA	ŻUKOW	410	145	BYTOM	BTM RUNNERS	2008	1	00:00:20	00:43:12	00:43:12	00:42:52	08:51
398	ALEKSANDER	SKORUPA	435	251	ŁAZISKA	EPALEX	2010	1	00:01:34	00:49:04	00:49:04	00:47:30	10:03
399	LEON	SKORUPA	436	252	ŁAZISKA	EPALEX	2006	1	00:01:27	00:49:04	00:49:04	00:47:37	10:03
400	BARTOSZ	WOJAŃCZYK	268	253	TOPOROWICE		2011	1	00:03:06	00:49:33	00:49:33	00:46:27	10:09
401	NIKODEM	GŁODKOWSKI	117	254	TOPOROWICE		2008	1	00:03:05	00:49:33	00:49:33	00:46:28	10:09
402	OLIWIER	SKORUPA	437	255	KATOWICE	EPALEX	2005	1	00:01:42	00:50:21	00:50:21	00:48:39	10:19
403	BARBARA	SKORUPA	438	146	ŁAZISKA GÓRNE	EPALEX	1979	1	00:01:39	00:50:21	00:50:21	00:48:42	10:19
404	ALEKSANDRA	KOCEŁAK	434	147	MIKOŁÓW	WIDLAK	1973	1	00:01:26	00:52:00	00:52:00	00:50:35	10:39
405	IWONA	MISIAK	314	148	KRAKÓW		1967	1	00:00:38	00:52:04	00:52:04	00:51:26	10:40
406	WIKTOR	KOCEŁAK	433	256	MIKOŁÓW	WIDLAK	2012	1	00:01:33	00:52:09	00:52:09	00:50:36	10:41
407	ANDRZEJ	KOCEŁAK	432	257	MIKOŁÓW	WIDLAK	1973	1	00:01:36	00:52:10	00:52:10	00:50:34	10:41
408	ALICJA	GRZEŃ	426	149	KATOWICE		2011	1	00:01:20	00:52:47	00:52:47	00:51:27	10:49
409	JAKUB	KANIA	142	258	ŁAZISKA GÓRNE		2011	1	00:03:23	00:52:47	00:52:47	00:49:24	10:49
410	KAROLINA	NAGÓRSKA	70	150	KATOWICE	PRESTOR TEAM	2013	1	00:01:21	00:52:56	00:52:56	00:51:35	10:51
411	MARCIN	NAGÓRSKI	68	259	KATOWICE	PRESTOR TEAM	1978	1	00:00:58	00:52:58	00:52:58	00:52:00	10:51
412	MACIEJ	NAGÓRSKI	69	260	KATOWICE	PRESTOR TEAM	2015	1	00:00:59	00:52:58	00:52:58	00:51:59	10:51