

# XIX STRZELECKI BIEG ULICZNY

## WYNIKI ZAWODÓW

**Organizator:** UM w Strzelcach Opolskich, Referat Sportu i Rekreacji w Strzelcach Opolskich

**Termin:** 20 grudnia 2008

**Miejsce:** Strzelce Opolskie

**Dystans:** 15 km

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1	46	KŁECZEK	Radosław	POL	bieganie.pl Gogolin	1985	M-18	1	00:44:34 (00:44:34)	00:08:55	00:18:01	00:27:06	00:36:03
2	71	DRACZYŃSKI	Adam	POL	NEW BALANCE WKS GR	1976	M-30	1	00:44:42 (00:44:42)	00:08:55	00:18:02	00:27:07	00:36:04
3	37	BŁAZIŃSKI	Marcin	POL	KLER S.A. Dobrodzień	1988	M-18	2	00:44:44 (00:44:44)	00:08:55	00:18:01	00:27:06	00:36:03
4	145	DRYJA	Marek	POL	CONCORDIA-ROKA	1970	M-30	2	00:48:42 (00:48:42)	00:09:28	00:19:09	00:28:50	00:38:48
5	4	DORSZYŃSKI	Grzegorz	POL	ULKS TALEX Borzytucho	1983	M-18	3	00:48:44 (00:48:44)	00:09:12	00:18:51	00:28:51	00:38:49
6	65	ZIMA	Paweł	POL	KKB MOSiR Krosno	1984	M-18	4	00:49:01 (00:49:01)	00:09:30	00:19:15	00:29:08	00:39:10
7	261	JAROSZ	Bogdan	POL	2 bdow OW Wrocław	1967	M-40	1	00:49:15 (00:49:15)	00:09:55	00:19:49	00:29:44	00:39:30
8	1	MISZTAŁ	Adam	POL	RSiR Strzelce Op.	1987	M-18	5	00:49:24 (00:49:24)	00:10:03	00:19:55	00:29:42	00:39:38
9	231	LENART	Jacek	POL	EDI TEAM Zgorzelec	1970	M-30	3	00:49:48 (00:49:48)	00:09:56	00:19:50	00:29:45	00:39:39
10	405	BACZEWSKI	Edward	POL	DĘBY Wałbrzych	1964	M-40	2	00:49:49 (00:49:49)	00:10:01	00:19:54	00:29:52	00:39:49
11	198	UCIECHOWSKI	Marcin	POL	AZS PO Opole	1988	M-18	6	00:49:53 (00:49:53)	00:09:55	00:19:50	00:29:44	00:39:53
12	45	TUROWSKI	Dariusz	POL	Wrocław	1971	M-30	4	00:50:08 (00:50:08)	00:10:09	00:20:00	00:29:56	00:39:57
13	86	PIECZUROWSKI	Sławomir	POL	LUKS Żórawina	1960	M-40	3	00:50:09 (00:50:09)	00:10:01	00:19:51	00:29:57	00:40:10
14	222	SIEMASZKO	Jerzy	POL	LUPUS Żórawina	1962	M-40	4	00:50:17 (00:50:17)	00:09:55	00:19:52	00:29:56	00:40:09
15	35	BOROWSKI	Krzysztof	POL	Blachownia	1954	M-50	1	00:50:19 (00:50:19)	00:09:57	00:19:56	00:29:58	00:40:09
16	249	CZAJA	Roman	POL	ZADYSZKA Oświęcim	1971	M-30	5	00:50:39 (00:50:39)	00:10:30	00:20:33	00:30:32	00:40:37
17	80	TACZKA	Piotr	POL	Ostrów Wlkp.	1970	M-30	6	00:50:51 (00:50:51)	00:09:56	00:20:05	00:30:22	00:40:37
18	384	BRYCH PAJAŁ	Ewa	POL	BUDOWLANI Częstochow	1975	K-30	1	00:51:07 (00:51:07)	00:10:06	00:20:25	00:30:34	00:40:47
19	232	ŚLĘZAK	Piotr	POL	AWF Wrocław	1989	M-18	7	00:51:12 (00:51:12)	00:10:03	00:20:23	00:30:35	00:40:57
20	323	GUT	Dawid	POL	KB HERMES Świdnica	1979	M-18	8	00:51:16 (00:51:16)	00:10:01	00:20:19	00:30:35	00:41:08
21	258	AMBROZIK	Adam	POL	JW 2697 Brzeg	1975	M-30	7	00:51:17 (00:51:17)	00:09:55	00:19:57	00:30:16	00:40:46
22	167	DOBROWOLSKI	Jan	POL	AZS Uniwersytet Wrocław	1987	M-18	9	00:51:28 (00:51:28)	00:10:02	00:20:22	00:30:38	00:41:03

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
23	241	JANICKI	Arkadiusz	POL	MKM PSP Opole	1981	M-18	10	00:51:31 (00:51:31)	00:10:07	00:20:20	00:30:42	00:41:10
24	133	KUCHARCZYK	Tomasz	POL	WKB META Lubliniec	1989	M-18	11	00:51:31 (00:51:31)	00:10:10	00:20:27	00:30:42	00:41:10
25	125	KUREK	Jacek	POL	40-latek Tychy	1972	M-30	8	00:51:45 (00:51:45)	00:10:12	00:20:26	00:30:45	00:41:14
26	239	ROTER	Sebastian	POL	TECHNIK Komorno	1989	M-18	12	00:52:08 (00:52:08)	00:09:55	00:20:19	00:30:57	00:41:37
27	199	HENCZKA	Marek	POL	WKB Zamek Książ Wałbrz	1957	M-50	2	00:52:26 (00:52:26)	00:10:07	00:20:26	00:30:57	00:41:44
28	254	PACUŁA	Andrzej	POL	PREMIER Gliwice	1964	M-40	5	00:52:52 (00:52:52)	00:10:34	00:21:02	00:31:36	00:42:13
29	288	KASPRZAK	Krzysztof	POL	KS KROTOSZ Krotoszyn	1968	M-40	6	00:52:54 (00:52:54)	00:10:43	00:21:12	00:31:43	00:42:20
30	152	GARBACZ	Piotr	POL	Leśnica	1979	M-18	13	00:52:57 (00:52:57)	00:10:36	00:21:02	00:31:41	00:42:29
31	307	GRABOWSKI	Jarosław	POL	LISWARTA Krzepice	1989	M-18	14	00:53:08 (00:53:08)	00:10:42	00:21:18	00:31:59	00:42:40
32	406	KACZUGA	Mirosław	POL	DĘBY Wałbrzych	1963	M-40	7	00:53:11 (00:53:11)	00:10:17	00:20:51	00:31:35	00:42:29
33	280	SPALIŃSKI	Piotr	POL	KB FIODOR Oława	1968	M-40	8	00:53:22 (00:53:22)	00:10:08	00:20:34	00:31:23	00:42:22
34	197	UCIECHOWSKI	Piotr	POL	UM w Opolu	1963	M-40	9	00:53:25 (00:53:25)	00:10:33	00:21:13	00:31:58	00:42:40
35	257	PACHUTA	Krzysztof	POL	BiEG OPOLSKI Opole	1982	M-18	15	00:53:38 (00:53:38)	00:11:04	00:21:44	00:32:21	00:43:01
36	72	USTIANOWSKA	Dorota	POL	ENERGY Częstochowa	1970	K-30	2	00:53:45 (00:53:45)	00:10:07	00:20:25	00:30:57	00:42:20
37	73	WILCZYŃSKI	Tomasz	POL	ENERGY Częstochowa	1975	M-30	9	00:53:45 (00:53:45)	00:10:06	00:20:25	00:30:58	00:42:20
38	260	JAROSZ	Elżbieta	POL	WKS ŚLĄSK Wrocław	1971	K-30	3	00:53:51 (00:53:51)	00:10:30	00:21:16	00:32:06	00:43:06
39	259	CZAPKA	Norbert	POL	JW. 2697 Brzeg	1971	M-30	10	00:54:09 (00:54:09)	00:10:39	00:21:32	00:32:29	00:43:25
40	213	PIETRZYK	Wojciech	POL	Kraków	1977	M-30	11	00:54:15 (00:54:15)	00:10:19	00:21:15	00:32:22	00:43:25
41	409	DANIŁ	Adam	POL	AKB Knurów	1964	M-40	10	00:54:17 (00:54:17)	00:10:41	00:21:32	00:32:30	00:43:26
42	272	PYTEL	Janusz	POL	J.P. Sosnowiec	1958	M-50	3	00:54:20 (00:54:20)	00:10:41	00:21:32	00:32:30	00:43:26
43	348	MICHAŁOWSKI	Jan	POL	Kraków	1972	M-30	12	00:54:25 (00:54:25)	00:10:48	00:21:33	00:32:32	00:43:33
44	362	PRZYBYŁA	Beata	POL	Bytom Szombierki	1983	K-18	1	00:54:44 (00:54:44)	00:10:33	00:21:33	00:32:43	00:43:57
45	27	JAREMA	Michał	POL	AZS POLITECHNIKA Wro	1987	M-18	16	00:54:48 (00:54:48)	00:10:38	00:21:30	00:32:26	00:43:51
46	141	JACHYMCZYK	Norbert	POL	KB MCKiS Jaworzno	1978	M-30	13	00:54:50 (00:54:50)	00:11:30	00:22:17	00:33:10	00:44:07
47	40	SOBOLEWSKI	Krzysztof	POL	PERSZING Gliwice	1972	M-30	14	00:55:03 (00:55:03)	00:10:52	00:21:45	00:32:45	00:43:53
48	308	MUSIAŁ	Artur	POL	NKB ZRYW Namysłów	1976	M-30	15	00:55:21 (00:55:21)	00:10:51	00:21:57	00:33:07	00:44:17
49	313	HOLA	Artur	POL	NKB ZRYW Namysłów	1991	M-18	17	00:55:23 (00:55:23)	00:10:51	00:21:57	00:33:07	00:44:18
50	279	MACIASZCZYK	Roman	POL	KB FIODOR Oława	1969	M-30	16	00:55:32 (00:55:32)	00:10:51	00:21:59	00:33:07	00:44:18
51	33	JASEK	Tadeusz	POL	EKU INSTAL Żywiec	1951	M-50	4	00:55:38 (00:55:38)	00:11:12	00:22:19	00:33:30	00:44:37
52	91	SZYMURA	Grzegorz	POL	Leszczyny	1971	M-30	17	00:55:46 (00:55:46)	00:10:53	00:21:53	00:33:11	00:44:34
53	126	GAJDA	Marcin	POL	40-latek Tychy	1978	M-30	18	00:56:00 (00:56:00)	00:10:07	00:20:49	00:32:12	00:44:06
54	273	TURZA	Bogusław	POL	AS Sosnowiec	1972	M-30	19	00:56:03 (00:56:03)	00:10:42	00:21:40	00:33:04	00:44:35
55	431	BEDNARSKI	Stanisław	POL	Bytom	1970	M-30	20	00:56:04 (00:56:04)	00:10:37	00:21:46	00:33:05	00:44:31
56	28	PŁONECKI	Marcin	POL	Wrocław	1982	M-18	18	00:56:08 (00:56:08)	00:11:04	00:22:07	00:33:23	00:44:46
57	212	MĘŻYK	Piotr	POL	AZS AE Wrocław	1985	M-18	19	00:56:14 (00:56:14)	00:10:38	00:21:43	00:32:57	00:44:19
58	170	SENTYSZ	Robert	POL	Myślenice	1978	M-30	21	00:56:21 (00:56:21)	00:10:37	00:21:40	00:33:00	00:44:49
59	195	JUSZCZAK	Tomasz	POL	ISKRA Lasowice	1979	M-18	20	00:56:25 (00:56:25)	00:11:46	00:22:47	00:34:01	00:45:20

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
60	347	ZABOST	Zenon	POL	KS Miczków	1981	M-18	21	00:56:31 (00:56:31)	00:11:35	00:22:43	00:34:02	00:45:23
61	343	GRYCMAN	Kazimierz	POL	Ciechowice	1972	M-30	22	00:56:48 (00:56:48)	00:11:28	00:22:48	00:34:13	00:45:39
62	10	BIELIŃSKI	Piotr	POL	KB SOKÓŁ Knurów	1988	M-18	22	00:56:51 (00:56:51)	00:11:19	00:22:18	00:33:36	00:45:10
63	263	SMUDA	Norbert	POL	Wrocław	1969	M-30	23	00:56:58 (00:56:58)	00:10:30	00:21:53	00:33:24	00:45:18
64	36	HOLIK	Sebastian	POL	Biadacz	1974	M-30	24	00:57:04 (00:57:04)	00:11:18	00:22:26	00:33:47	00:45:26
65	24	ŚWITOŃ	Marian	POL	TG SOKÓŁ Bukownica	1960	M-40	11	00:57:08 (00:57:08)	00:11:09	00:22:45	00:34:11	00:45:38
66	143	MAJER	Mieczysław	POL	ZA Kędzierzyn-Koźle	1953	M-50	5	00:57:26 (00:57:26)	00:11:38	00:22:59	00:34:28	00:46:00
67	66	KOŚ	Adam	POL	KKB MOSiR Krosno	1982	M-18	23	00:57:28 (00:57:28)	00:10:45	00:22:28	00:34:05	00:45:47
68	357	STANKIEWICZ	Antoni	POL	WKB PIAST Wrocław	1958	M-50	6	00:57:53 (00:57:53)	00:11:29	00:22:58	00:34:35	00:46:21
69	372	LITWIN	Józef	POL	KB Głubczyce	1949	M-50	7	00:57:59 (00:57:59)	00:11:42	00:23:08	00:34:41	00:46:22
70	237	POGODAŁA	Marcin	POL	MLUKS TECHNIK Komorn	1989	M-18	24	00:58:01 (00:58:01)	00:11:28	00:23:03	00:34:45	00:46:30
71	132	SZWED	Krzysztof	POL	WKB META Lubliniec	1965	M-40	12	00:58:04 (00:58:04)	00:11:36	00:23:07	00:34:50	00:46:36
72	217	DOMICZ	Antoni	POL	Opole	1954	M-50	8	00:58:18 (00:58:18)	00:11:34	00:23:05	00:34:45	00:46:34
73	450	WYSZKOŃ	Franciszek	POL	OSP Łańce	1981	M-18	25	00:58:28 (00:58:28)	00:11:43	00:23:07	00:34:51	00:46:40
74	388	SOBCZYK	Barbara	POL	AZS POLITECHNIKA W-w	1986	K-18	2	00:58:36 (00:58:36)	00:11:50	00:23:38	00:35:19	00:47:07
75	184	SZTUKA	Łukasz	POL	AKB Knurów	1980	M-18	26	00:58:39 (00:58:39)	00:11:48	00:23:30	00:35:14	00:47:08
76	355	CITKO	Maciej	POL	SPRINTER Prószków	1986	M-18	27	00:58:42 (00:58:42)	00:11:29	00:23:09	00:34:55	00:46:57
77	371	LESZKO	Michał	POL	Radziszów	1987	M-18	28	00:58:47 (00:58:47)	00:11:24	00:23:31	00:35:18	00:47:07
78	214	MARSZAŁKOWSKI	Zbigniew	POL	FORMA Wodzisław Śl.	1957	M-50	9	00:58:48 (00:58:48)	00:11:50	00:23:37	00:35:25	00:47:13
79	407	KACZUGA	Kazimierz	POL	DĘBY Wałbrzych	1955	M-50	10	00:58:54 (00:58:54)	00:11:25	00:23:06	00:35:01	00:47:13
80	134	ORLIKI	Stanisław	POL	40-latek Tychy	1959	M-40	13	00:59:06 (00:59:06)	00:11:54	00:23:36	00:35:18	00:47:05
81	205	RUDY	Jacek	POL	KB Z PÓLTORAWIRKA	1980	M-18	29	00:59:07 (00:59:07)	00:11:55	00:23:37	00:35:23	00:47:20
82	401	NOWAK	Grzegorz	POL	TKKF MOSiR Czeladź	1975	M-30	25	00:59:09 (00:59:09)	00:11:04	00:22:49	00:34:47	00:46:58
83	83	SITEK	Witold	POL	KS MARATON Ostrów WI	1956	M-50	11	00:59:10 (00:59:10)	00:12:25	00:23:33	00:35:22	00:47:11
84	138	ROJEWSKI	Tadeusz	POL	Kędzierzyn-Koźle	1946	M-60	1	00:59:11 (00:59:11)	00:11:36	00:23:16	00:35:08	00:47:12
85	51	KWIECIAK	Jarosław	POL	Grupa Biegowa Dąbrowa	1954	M-50	12	00:59:11 (00:59:11)	00:11:56	00:23:42	00:35:35	00:47:30
86	81	JANIK	Jerzy	POL	OSiR Strzelce Op.	1954	M-50	13	00:59:15 (00:59:15)	00:11:36	00:23:15	00:35:08	00:47:10
87	445	WERNER	Czesław	POL	FLORIAN Chojnice	1962	M-40	14	00:59:28 (00:59:28)	00:11:34	00:23:18	00:35:19	00:47:24
88	310	GRZEŚKOWICZ	Zbigniew	POL	NKB ZRYW Namysłów	1960	M-40	15	00:59:41 (00:59:41)	00:12:21	00:24:07	00:36:07	00:48:02
89	275	ŚCISŁO	Mariusz	POL	KKB DYSTANS Kraków	1978	M-30	26	00:59:41 (00:59:41)	00:12:48	00:24:29	00:36:18	00:48:13
90	123	SZAFARCZYK	Janusz	POL	WKB META Lubliniec	1969	M-30	27	00:59:42 (00:59:42)	00:12:31	00:24:31	00:36:29	00:48:38
91	92	SIEMASZKO	Zbigniew	POL	LUKS Żórawina	1958	M-50	14	00:59:56 (00:59:56)	00:11:55	00:23:39	00:35:40	00:47:54
92	430	ORIAN	Piotr	POL	SZKOŁA TAŃCA ORIAN	1971	M-30	28	00:59:56 (00:59:56)	00:12:46	00:24:50	00:36:45	00:48:45
93	210	ATES	Rudolf	POL	Kudowa Zdrój	1954	M-50	15	00:59:59 (00:59:59)	00:12:02	00:23:43	00:35:35	00:47:55
94	148	HAZUBSKI	Andrzej	POL	LZS Trzebnica	1968	M-40	16	01:00:03 (01:00:03)	00:13:28	00:25:23	00:37:13	00:48:51
95	383	ANDRZEJAK	Dariusz	POL	WCT SPARTAN Wrocław	1967	M-40	17	01:00:05 (01:00:05)	00:12:27	00:24:35	00:36:36	00:48:31
96	103	GŁOWIŃSKI	Bogusław	POL	Moszczanka	1964	M-40	18	01:00:17 (01:00:17)	00:11:44	00:23:43	00:35:52	00:48:01

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
97	175	WYLECIAŁ	Dorota	POL	Katowice	1960	K-40	1	01:00:21 (01:00:21)	00:11:55	00:23:38	00:35:29	00:47:31
98	84	SZCZYPKOWSKI	Hieronim	POL	KS MARATON Ostrów WI	1959	M-40	19	01:00:21 (01:00:21)	00:11:43	00:23:33	00:35:33	00:48:12
99	351	TOŁŁOCZKO	Arkadiusz	POL	WKB PIAST Wrocław	1977	M-30	29	01:00:22 (01:00:22)	00:12:05	00:23:57	00:36:03	00:48:19
100	172	GRABOWSKI	Krzysztof	POL	KCz PĘDZIWIATR Gliwice	1972	M-30	30	01:00:24 (01:00:24)	00:11:57	00:23:50	00:36:00	00:48:15
101	6	PAWLIKOWSKI	Bogusław	POL	HOT WHEELS Katowice	1964	M-40	20	01:00:24 (01:00:24)	00:11:53	00:23:37	00:35:27	00:47:30
102	394	GAWEŁ	Bogdan	POL	Miłośnik Sportu i Rekr. Za	1956	M-50	16	01:00:36 (01:00:36)	00:11:56	00:23:45	00:35:49	00:48:13
103	238	PAKOSZ	Irena	POL	MLUKS TECHNIK Komorn	1966	K-40	2	01:00:39 (01:00:39)	00:11:53	00:23:46	00:35:55	00:48:12
104	236	CIBIS	Adam	POL	MLUKS TECHNIK Komorn	1989	M-18	30	01:00:41 (01:00:41)	00:11:36	00:23:44	00:36:03	00:48:34
105	391	LANKAUF	Waldemar	POL	CROSS Krapkowice	1961	M-40	21	01:00:42 (01:00:42)	00:12:23	00:24:33	00:36:42	00:48:59
106	177	MIELCAREK	Leszek	POL	www.madison.biz.com Byt	1955	M-50	17	01:00:48 (01:00:48)	00:12:18	00:24:25	00:36:35	00:48:46
107	283	MATYSEK	Dariusz	POL	Wrocław	1976	M-30	31	01:00:54 (01:00:54)	00:12:07	00:24:06	00:36:24	00:48:46
108	220	WYMYSŁO	Andrzej	POL	Piekary Śl.	1957	M-50	18	01:01:10 (01:01:10)	00:12:09	00:24:33	00:36:57	00:49:10
109	447	WEINZETTEL	Rudolf	POL	Chrzęszczyce	1970	M-30	32	01:01:15 (01:01:15)	00:11:40	00:23:41	00:35:58	00:48:35
110	253	PACUŁA	Piotr	POL	MaratonyPolskie.PL TEAM	1959	M-40	22	01:01:16 (01:01:16)	00:12:07	00:24:15	00:36:35	00:48:57
111	411	PELC	Czesław	POL	KCz PĘDZIWIATR Gliwice	1957	M-50	19	01:01:18 (01:01:18)	00:12:36	00:24:44	00:36:57	00:49:09
112	78	JARZĘBOWICZ	Adam	POL	JARZĄBY Katowice	1975	M-30	33	01:01:24 (01:01:24)	00:12:43	00:24:49	00:37:05	00:49:23
113	15	KUĆ	Witold	POL	Knurów Jasień	1961	M-40	23	01:01:34 (01:01:34)	00:11:43	00:23:27	00:35:56	00:48:55
114	292	MACIEJEWSKI	Marek	POL	Mysłowice	1961	M-40	24	01:01:36 (01:01:36)	00:11:40	00:23:54	00:36:42	00:49:16
115	364	PAJDA	Henryk	POL	VICTORIA Świętochłowice	1955	M-50	20	01:01:39 (01:01:39)	00:11:56	00:24:02	00:36:27	00:49:05
116	96	SIKORSKI	Ryszard	POL	JW. Nowogród Bobrzański	1960	M-40	25	01:01:42 (01:01:42)	00:12:24	00:24:28	00:36:48	00:49:19
117	173	POLEK DURAJ	Kornelia	POL	Politechnika Opolska	1977	K-30	4	01:01:46 (01:01:46)	00:12:08	00:24:20	00:36:40	00:49:13
118	181	BALBUS	Anna	POL	MaratonyPolskie.PL TEAM	1980	K-18	3	01:01:53 (01:01:53)	00:12:06	00:24:31	00:36:57	00:49:26
119	227	ZIELONKA	Wiesław	POL	HUHTAMAKI POLSKA	1960	M-40	26	01:01:54 (01:01:54)	00:12:23	00:24:20	00:36:41	00:49:13
120	421	WYBRANIEC	Andrzej	POL	KS GRYF Kietrz	1950	M-50	21	01:02:03 (01:02:03)	00:12:19	00:24:27	00:36:51	00:49:29
121	385	PIOTRKOWSKI	Jerzy	POL	WKB PIAST Wrocław	1958	M-50	22	01:02:16 (01:02:16)	00:13:03	00:25:23	00:37:39	00:50:01
122	168	TALAGA	Paweł	POL	Kraków	1971	M-30	34	01:02:17 (01:02:17)	00:12:49	00:25:04	00:37:32	00:50:00
123	252	KOZIOŁ	Sebastian	POL	Stare Budkowice	1977	M-30	35	01:02:17 (01:02:17)	00:12:11	00:24:16	00:36:53	00:49:47
124	166	FUS	Jan	POL	WKB PIAST Wrocław	1941	M-60	2	01:02:20 (01:02:20)	00:12:21	00:24:30	00:36:51	00:49:30
125	25	BIERNACKI	Leopold	POL	Radzymin	1954	M-50	23	01:02:20 (01:02:20)	00:12:07	00:24:13	00:36:39	00:49:33
126	48	DYRDA	Władysław	POL	SKOK PIAST Tychy	1947	M-60	3	01:02:26 (01:02:26)	00:12:15	00:24:37	00:37:13	00:49:52
127	206	TARCZYŃSKI	Grzegorz	POL	WKB PIAST Wrocław	1974	M-30	36	01:02:31 (01:02:31)	00:12:40	00:25:18	00:37:45	00:50:13
128	185	KALUŻA	Adrian	POL	AZS PWR Tarnów Op.	1987	M-18	31	01:02:36 (01:02:36)	00:13:08	00:25:31	00:38:00	00:50:25
129	321	BELZYT	Edmund	POL	zabiegani.czest.pl	1956	M-50	24	01:02:39 (01:02:39)	00:12:14	00:24:34	00:37:10	00:49:54
130	131	CYRUS	Bogdan	POL	KB STRZELEC Strzebiń	1970	M-30	37	01:02:45 (01:02:45)	00:12:40	00:25:02	00:37:27	00:50:15
131	190	POŚPIECH	Karol	POL	FORMA Wodzisław Śl.	1954	M-50	25	01:02:48 (01:02:48)	00:12:47	00:25:25	00:38:02	00:50:31
132	135	KURIATA	Robert	POL	OLAWS GATES Złotoryja	1966	M-40	27	01:02:49 (01:02:49)	00:12:37	00:24:57	00:37:36	00:50:19
133	228	MOŚCICKI	Michał	POL	Reggae Rockers Zdzeszo	1985	M-18	32	01:02:55 (01:02:55)	00:12:48	00:25:17		00:50:40

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
134	226	SZCZEPANIAK	Krzysztof	POL	KB LUPUS Oleśnica	1972	M-30	38	01:02:59 (01:02:59)	00:12:57	00:25:27	00:38:00	00:50:30
135	467	KOWALSKI	Wojciech	POL	Leśnica	1971	M-30	39	01:03:03 (01:03:03)	00:12:23	00:24:49	00:37:40	00:50:37
136	380	PUDA	Jacek	POL	Jelesnia	1971	M-30	40	01:03:07 (01:03:07)	00:13:34	00:26:14	00:38:49	00:51:16
137	375	HORAK	Jyri	CZE	OLYMPIA Bruntal	1948	M-60	4	01:03:09 (01:03:09)	00:12:58	00:25:28	00:38:00	00:50:31
138	291	PETRYK	Adam	POL	Lubecko	1974	M-30	41	01:03:12 (01:03:12)	00:13:42	00:25:59	00:38:25	00:50:55
139	250	NĘDZA	Bartłomiej	POL	Pradła	1992	M-18	33	01:03:12 (01:03:12)	00:12:47	00:25:10	00:37:51	00:50:39
140	95	KAWALEC	Leszek	POL	Brody Żar.	1961	M-40	28	01:03:15 (01:03:15)	00:13:14	00:25:49	00:38:34	00:51:18
141	149	OLENIASZ	Marek	POL	LZS Trzebnica	1955	M-50	26	01:03:15 (01:03:15)	00:13:29	00:26:01	00:38:35	00:50:56
142	120	KARBOWIAK	Hubert	POL	WKB PIAST Wrocław	1969	M-30	42	01:03:20 (01:03:20)	00:12:51	00:25:04	00:37:35	00:50:31
143	115	PIGLA	Andrzej	POL	WKB PIAST Wrocław	1971	M-30	43	01:03:20 (01:03:20)	00:12:35	00:24:42	00:37:26	00:50:31
144	286	GRZEMPOWSKI	Piotr	POL	KS KROTOSZ Krotoszyn	1988	M-18	34	01:03:24 (01:03:24)	00:12:39	00:25:21	00:38:12	00:51:01
145	100	MIELNIK	Andrzej	POL	TRUCHTACZ Mysłowice	1959	M-40	29	01:03:25 (01:03:25)	00:12:48	00:25:10	00:37:51	00:50:39
146	59	SABOL	Frantisek	CZE	JM DEMOLEKS Bardejov	1964	M-40	30	01:03:27 (01:03:27)	00:12:17	00:25:00	00:37:41	00:50:32
147	155	KOKOSZEK	Robert	POL	SBD ENERGETYK Rybnik	1972	M-30	44	01:03:27 (01:03:27)	00:14:18	00:27:00	00:39:18	00:51:38
148	153	LINDER	Rafał	POL	SBD ENERGETYK Rybnik	1983	M-18	35	01:03:27 (01:03:27)	00:14:18	00:26:59	00:39:17	00:51:38
149	194	KORNAGA	Andrzej	POL	Solidarność KWK Wujek	1959	M-40	31	01:03:30 (01:03:30)	00:13:32	00:26:05	00:38:44	00:51:12
150	150	KRZON	Ireneusz	POL	Ruda Śl.	1966	M-40	32	01:03:38 (01:03:38)	00:13:08	00:25:30	00:38:00	00:50:45
151	243	MARKIEWICZ	Wiesław	POL	ŻÓŁWIK Opole	1957	M-50	27	01:03:55 (01:03:55)	00:12:12	00:24:35	00:37:24	00:50:34
152	374	GUCMAN	Bartłomiej	POL	BIEG OPOLSKI Opole	1976	M-30	45	01:03:57 (01:03:57)	00:14:06	00:26:41	00:39:14	00:51:42
153	191	DŁUTOWSKI	Mateusz	POL	Szczepanek	1991	M-18	36	01:03:59 (01:03:59)	00:13:09	00:25:39	00:38:37	00:51:33
154	196	UCIECHOWSKA	Teresa	POL	AZS PO Opole	1987	K-18	4	01:04:00 (01:04:00)	00:12:39	00:25:39	00:38:34	00:51:29
155	8	SIKORA	Damian	POL	Strzelce Opolskie	1987	M-18	37	01:04:00 (01:04:00)	00:12:57	00:25:21	00:38:03	00:50:58
156	444	WERNER	Katarzyna	POL	KKB FINISZ Kalisz	1989	K-18	5	01:04:02 (01:04:02)	00:12:26	00:25:16	00:38:23	00:51:22
157	151	MARKOWSKI	Waldemar	POL	KRONOSPAN Strzelce Op	1980	M-18	38	01:04:10 (01:04:10)	00:12:44	00:25:19	00:38:03	00:51:00
158	118	KORDZIŃSKI	Kazimierz	POL	WKB META Lubliniec	1958	M-50	28	01:04:14 (01:04:14)	00:13:12	00:25:49	00:38:38	00:51:37
159	326	KOPIJ	Wiesław	POL	PKS Brzeg	1962	M-40	33	01:04:16 (01:04:16)	00:12:17	00:24:43	00:37:37	00:50:55
160	108	CYBULSKI	Krzysztof	POL	Czeladź	1962	M-40	34	01:04:22 (01:04:22)	00:12:23	00:25:15	00:38:12	00:51:26
161	287	TYCZYŃSKI	Piotr	POL	Krotoszyn	1965	M-40	35	01:04:23 (01:04:23)	00:13:22	00:25:55	00:38:36	00:51:28
162	31	ROSZKOWSKI	Wojciech	POL	Warszawa	1960	M-40	36	01:04:27 (01:04:27)	00:12:42	00:25:13	00:38:08	00:51:20
163	224	ŁATOSZYŃSKI	Oskar	POL	KB LUPUS Oleśnica	1971	M-30	46	01:04:32 (01:04:32)	00:13:09	00:25:52	00:38:33	00:51:31
164	281	SMYKOWSKI	Władysław	POL	KB FIODOR Oława	1949	M-50	29	01:04:33 (01:04:33)	00:13:39	00:26:28	00:39:14	00:51:51
165	61	GRZESIK	Andrzej	POL	Sosnowiec	1959	M-40	37	01:04:36 (01:04:36)	00:13:28	00:26:13	00:38:59	00:52:00
166	93	WCISŁO	Stanisław	POL	KKB DYSTANS Kraków	1958	M-50	30	01:04:37 (01:04:37)	00:13:20	00:25:59	00:38:46	00:51:42
167	458	CHRIST	Łukasz	POL	Częstochowa	1984	M-18	39	01:04:39 (01:04:39)	00:12:32	00:25:18	00:38:31	00:51:43
168	76	MACHOŃ	Marian	POL	WKB META Lubliniec	1953	M-50	31	01:04:41 (01:04:41)	00:13:07	00:25:48	00:38:38	00:51:37
169	453	ROSIEK	Stanisław	POL	SO SG Domaszków	1979	M-18	40	01:04:42 (01:04:42)	00:13:26	00:26:47	00:39:12	00:52:09
170	414	WROŃSKA	Beata	POL	Jasło	1980	K-18	6	01:04:45 (01:04:45)	00:13:02	00:25:50	00:38:43	00:51:41

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
171	433	JĘDRYSIK	Jacek	POL	BiEG OPOLSKI AZS PWr	1988	M-18	41	01:04:53 (01:04:53)	00:11:41	00:24:32	00:37:55	00:51:14
172	461	JAGUSIAK	Jarosław	POL	WKB META Lubliniec	1976	M-30	47	01:05:02 (01:05:02)	00:12:31	00:25:28	00:38:35	00:52:03
173	77	JANIAK	Witold	POL	Wrocław	1970	M-30	48	01:05:06 (01:05:06)	00:13:28	00:26:18	00:39:10	00:52:16
174	332	ADAMUS	Justyna	POL	dolinarze.com Katowice	1979	K-18	7	01:05:08 (01:05:08)	00:13:23	00:26:22	00:39:18	00:52:16
175	127	MARKOWSKI	Adam	POL	WKB META Lubliniec	1993	M-18	42	01:05:09 (01:05:09)	00:12:53	00:25:48	00:39:03	00:52:06
176	464	CZERNIAWSKI	Sławomir	POL	ZSA	1982	M-18	43	01:05:11 (01:05:11)	00:14:28	00:27:35	00:40:12	00:52:41
177	230	BACHEN	Czesław	POL	OSiR Strzelce Op.	1979	M-18	44	01:05:12 (01:05:12)	00:12:37	00:25:36	00:38:44	00:51:58
178	416	NOWAK	Jan	POL	Racibórz	1958	M-50	32	01:05:14 (01:05:14)	00:12:55	00:25:41	00:38:51	00:51:59
179	306	MIŁO	Zbigniew	POL	ZSO 4 Bytom	1974	M-30	49	01:05:17 (01:05:17)	00:13:28	00:26:15	00:39:03	00:52:14
180	299	JĘDRZEJAS	Krzysztof	POL	Kędzierzyn-Koźle	1954	M-50	33	01:05:18 (01:05:18)	00:13:34	00:26:33	00:39:31	00:52:33
181	244	ZAGÓRSKI	Paweł	POL	KB Branice	1971	M-30	50	01:05:20 (01:05:20)	00:13:57	00:26:48	00:39:44	00:52:52
182	216	SALBERT	Marek	POL	KB JÓZEFINKA Katowice	1958	M-50	34	01:05:23 (01:05:23)	00:13:23	00:26:29	00:39:40	00:52:42
183	79	STODOLSKI	Tomasz	POL	KS MARATON Ostrów WI	1956	M-50	35	01:05:24 (01:05:24)	00:13:14	00:26:03	00:39:09	00:52:23
184	242	KAWECKI	Józef	POL	KB Branice	1949	M-50	36	01:05:27 (01:05:27)	00:13:30	00:26:43	00:39:37	00:52:31
185	219	GOJ	Jerzy	POL	Piekary Śl.	1958	M-50	37	01:05:30 (01:05:30)	00:13:13	00:26:15	00:39:16	00:52:30
186	398	KUBIT	Janusz	POL	Gliwice	1958	M-50	38	01:05:35 (01:05:35)	00:13:11	00:26:13	00:39:34	00:52:48
187	448	SPAŁEK	Andrzej	POL	Zawadzkie	1967	M-40	38	01:05:36 (01:05:36)	00:12:39	00:25:32	00:38:38	00:52:13
188	52	KULPECKI	Piotr	POL	Grupa Biegowa Dąbrowa	1970	M-30	51	01:05:37 (01:05:37)	00:13:29	00:26:26	00:39:33	00:52:41
189	270	PASIEKA	Włodzimierz	POL	KCz PĘDZIWIATR Gliwice	1964	M-40	39	01:05:38 (01:05:38)	00:13:27	00:26:11	00:39:15	00:52:27
190	128	MARKOWSKI	Zbigniew	POL	WKB META Lubliniec	1970	M-30	52	01:05:41 (01:05:41)	00:12:53	00:25:48	00:39:03	00:52:26
191	342	MAKOWIAK	Jan	POL	Dziergowice	1973	M-30	53	01:05:43 (01:05:43)	00:12:46	00:25:35	00:38:56	00:52:29
192	309	FITOŁ	Jerzy	POL	NKB ZRYW Namysłów	1960	M-40	40	01:05:45 (01:05:45)	00:13:58	00:26:58	00:40:03	00:53:06
193	314	MARKO	Józef	POL	NKB ZRYW Namysłów	1959	M-40	41	01:05:46 (01:05:46)	00:13:58	00:26:58	00:40:03	00:53:06
194	26	MODRZEJEWSKI	Roman	POL	PROSNA Grabów	1967	M-40	42	01:05:48 (01:05:48)	00:13:15	00:26:00	00:39:06	00:52:35
195	305	RAFALSKI	Tomasz	POL	WŚSD Katowice	1982	M-18	45	01:05:49 (01:05:49)	00:12:51	00:25:22	00:38:28	00:51:50
196	179	NOWAK	Czesław	POL	AKB Knurów	1951	M-50	39	01:05:50 (01:05:50)	00:13:25	00:26:26	00:39:34	00:52:43
197	449	INGLOT	Rafał	POL	FUND POBRZEŻE JESTE	1976	M-30	54	01:05:52 (01:05:52)	00:13:43	00:27:03	00:40:13	00:53:15
198	54	SALA	Mieczysław	POL	KB TP Jelenia Góra	1961	M-40	43	01:05:56 (01:05:56)	00:13:10	00:25:57	00:39:11	00:52:54
199	429	GŁOWIŃSKI	Szymon	POL	GRYF Kietrz	1992	M-18	46	01:05:57 (01:05:57)	00:12:27	00:25:44	00:39:42	00:53:05
200	426	PRZYBYLSKI	Mariusz	POL	KS GRYF Kietrz	1976	M-30	55	01:05:57 (01:05:57)	00:13:32	00:26:31	00:39:48	00:53:04
201	295	CHUDY	Jacek	POL	POWERADE Błachownia	1975	M-30	56	01:06:03 (01:06:03)	00:13:13	00:25:57	00:39:18	00:52:56
202	302	FRENCKI	Marcin	POL	Kędzierzyn-Koźle	1983	M-18	47	01:06:05 (01:06:05)	00:12:24	00:25:36	00:39:06	00:52:37
203	174	JAKUBCZYK	Piotr	POL	Kędzierzyn Koźle	1975	M-30	57	01:06:06 (01:06:06)	00:13:24	00:26:16	00:39:24	00:52:47
204	112	ROSIN	Ryszard	POL	Gliwice	1958	M-50	40	01:06:10 (01:06:10)	00:13:29	00:26:40	00:39:52	00:53:06
205	124	KOPREK	Edmund	POL	WKB META Lubliniec Dob	1960	M-40	44	01:06:22 (01:06:22)	00:13:17	00:26:16	00:39:33	00:53:03
206	325	ORLIK	Jerzy	POL	PLASTAL Gliwice	1959	M-40	45	01:06:23 (01:06:23)	00:12:53	00:25:48	00:39:03	00:52:39
207	333	CHŁAP	Elżbieta	POL	dolinarze.com	1971	K-30	5	01:06:23 (01:06:23)	00:13:29	00:26:37	00:39:52	00:53:12

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
208	43	MARAS	Ladislav	SVK	FORMA Wodzisław Śl.	1963	M-40	46	01:06:24 (01:06:24)	00:14:32	00:27:21	00:40:08	00:53:19
209	161	MROZIŃSKI	Wiesław	POL	TRUCHTACZ Mysłowice	1951	M-50	41	01:06:25 (01:06:25)	00:13:12	00:26:12	00:39:23	00:52:53
210	363	DZIELIŃSKI	Stanisław	POL	Bytom	1954	M-50	42	01:06:26 (01:06:26)	00:12:56	00:26:18	00:39:43	00:53:11
211	266	KATAN	Tomasz	POL	TRUCHTACZ Mysłowice	1978	M-30	58	01:06:27 (01:06:27)	00:14:32	00:27:21	00:40:08	00:53:20
212	251	NĘDZA	Marek	POL	DYM TEAM Maraton Pradt	1963	M-40	47	01:06:33 (01:06:33)	00:13:22	00:26:28	00:39:50	00:53:18
213	435	ROSIKOŃ	Stanisław	POL	Groszowice	1959	M-40	48	01:06:35 (01:06:35)	00:12:54	00:25:51	00:39:12	00:52:47
214	353	LIBERA	Stanisław	POL	JUTRZENKA Wolczyn	1944	M-60	5	01:06:43 (01:06:43)	00:13:08	00:26:11	00:39:30	00:53:08
215	16	RZEPKA	Małgorzata	POL	AKB Knurów	1972	K-30	6	01:06:48 (01:06:48)	00:13:09	00:26:25	00:39:57	00:53:22
216	345	PAUL	Adam	POL	VEGETARIAN Pietna	1978	M-30	59	01:06:49 (01:06:49)	00:13:52	00:27:54	00:41:14	00:53:45
217	339	BUDZIK	Ryszard	POL	PWiK Brzeg	1962	M-40	49	01:06:50 (01:06:50)	00:13:38	00:26:51	00:40:10	00:53:37
218	113	HANO	Jan	POL	KCz PĘDZIWIATR Gliwice	1947	M-60	6	01:06:51 (01:06:51)	00:13:27	00:26:40	00:39:58	00:53:30
219	328	BIAŁAS	Stanisław	POL	PKS Brzeg	1956	M-50	43	01:06:53 (01:06:53)	00:14:03	00:27:34	00:40:57	00:53:57
220	456	HORBOWY	Sławomir	POL	Lubsza	1963	M-40	50	01:06:56 (01:06:56)	00:13:01	00:26:09	00:39:39	00:53:26
221	317	PLUSKOTA	Henryk	POL	TEDRIVE Praszka	1958	M-50	44	01:06:57 (01:06:57)	00:14:11	00:27:29	00:40:45	00:54:01
222	390	OGONOWSKI	Edward	POL	ŻÓŁWIK Opole	1949	M-50	45	01:06:57 (01:06:57)	00:13:08	00:26:05	00:39:29	00:53:06
223	457	ĆWIAKAŁA	Wojciech	POL	Jelenia Góra	1963	M-40	51	01:06:58 (01:06:58)	00:13:01	00:26:09	00:39:39	00:53:26
224	75	GRABKOWSKI	Robert	POL	WKB PIAST Wrocław	1969	M-30	60	01:06:59 (01:06:59)	00:13:02	00:26:03	00:39:31	00:53:21
225	316	CIEŚLA	Jan	POL	Praszka	1950	M-50	46	01:07:03 (01:07:03)	00:14:11	00:27:30	00:40:45	00:54:01
226	329	KOZIMOR	Wiesław	POL	MaratonyPolskie.PL TEAM	1961	M-40	52	01:07:10 (01:07:10)	00:13:40	00:26:57	00:40:26	00:53:55
227	182	BALBUS	Michał	POL	Miechowice	1952	M-50	47	01:07:11 (01:07:11)	00:12:57	00:26:20	00:39:53	00:53:43
228	189	PŁOWAŚ	Zbigniew	POL	FORMA Wodzisław Śl.	1953	M-50	48	01:07:14 (01:07:14)	00:13:38	00:26:57	00:40:26	00:53:57
229	410	SIWCZYK	Andrzej	POL	CHEMIA HURT Rybnik	1957	M-50	49	01:07:16 (01:07:16)	00:13:57	00:26:48	00:39:45	00:53:00
230	361	WÓJCIK	Julian	POL	SZWLA Stargard Szcz.	1954	M-50	50	01:07:23 (01:07:23)	00:13:40	00:27:07	00:40:40	00:54:13
231	262	WENCEL	Robert	POL	Kędzierzyn-Koźle	1971	M-30	61	01:07:23 (01:07:23)	00:12:47	00:25:40	00:39:01	00:53:02
232	38	CISZYŃSKI	Marek	POL	START Katowice	1964	M-40	53	01:07:25 (01:07:25)	00:14:11	00:27:31	00:40:49	00:54:15
233	386	OSIKA	Marek	POL	WKB PIAST Wrocław	1965	M-40	54	01:07:29 (01:07:29)	00:13:51	00:27:10	00:40:40	00:54:21
234	350	WAŚIK	Marek	POL	WKB PIAST Wrocław	1960	M-40	55	01:07:29 (01:07:29)	00:13:23	00:26:35	00:40:10	00:53:51
235	57	SUCHOCKI	Mieczysław	POL	Sosnowiec	1953	M-50	51	01:07:31 (01:07:31)	00:12:48	00:25:56	00:39:32	00:53:34
236	240	KORDYACZNY	Krzysztof	POL	Pawłowiczki	1953	M-50	52	01:07:35 (01:07:35)	00:13:04	00:26:21	00:39:52	00:53:40
237	188	KWAŚNICKI	Tadeusz	POL	Kędzierzyn-Koźle	1960	M-40	56	01:07:39 (01:07:39)	00:13:39	00:27:02	00:40:38	00:54:19
238	142	MICHALSKI	Rafał	POL	KB MCKiS Jaworzno	1975	M-30	62	01:07:49 (01:07:49)	00:13:32	00:26:50	00:40:18	00:53:57
239	246	KANTYKA	Beata	POL	ZADYSZKA Oświęcim	1981	K-18	8	01:07:54 (01:07:54)	00:13:50	00:27:10	00:40:39	00:54:21
240	247	DYK	Miroslaw	POL	MaratonyPolskie.PL TEAM	1974	M-30	63	01:07:54 (01:07:54)	00:13:50	00:27:09	00:40:39	00:54:20
241	320	BOROWICZ	Łukasz	POL	ZABIEGANI Częstochowa	1978	M-30	64	01:08:08 (01:08:08)	00:13:26	00:27:01	00:40:40	00:54:27
242	119	WEINZETTEL	Zygmunt	POL	Szczedrzyk	1972	M-30	65	01:08:17 (01:08:17)	00:12:55	00:25:38	00:38:43	00:52:55
243	129	ZASTAWNY	Ryszard	POL	Orzesze	1949	M-50	53	01:08:20 (01:08:20)	00:13:41	00:27:10	00:40:48	00:54:29
244	389	CHODOR	Mariusz	POL	biegajznami.pl Złotoryja	1979	M-18	48	01:08:25 (01:08:25)	00:14:25	00:28:06	00:41:16	00:54:44

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
245	420	UDOLF	Jan	POL	Galeria Kordian Katowice	1949	M-50	54	01:08:34 (01:08:34)	00:14:08	00:27:28	00:41:00	00:54:54
246	360	MICHALSKI	Adam	POL	ANTEX Sobótka	1970	M-30	66	01:08:43 (01:08:43)	00:14:16	00:27:49	00:41:24	00:54:59
247	436	BASZCZIJ	Marek	POL	SLUZA Ratowice	1959	M-40	57	01:08:48 (01:08:48)	00:12:27	00:25:59	00:40:13	00:54:39
248	322	RZECZKOWSKI	Marek	POL	KB HERMES Świdnica	1988	M-18	49	01:08:53 (01:08:53)	00:12:04	00:24:54	00:41:01	00:55:16
249	101	RAJCZYK	Włodzimierz	POL	Leśne Ludki Żarki Letnisko	1959	M-40	58	01:08:54 (01:08:54)	00:14:17	00:27:58	00:41:46	00:55:33
250	427	NOWORZYN	Jan	POL	SKAŁKA Świętochłowice	1955	M-50	55	01:08:55 (01:08:55)	00:14:50	00:28:29	00:42:05	00:55:39
251	376	GUCMAN	Łukasz	POL	Opole	1984	M-18	50	01:09:00 (01:09:00)	00:14:08	00:27:37	00:41:30	00:55:18
252	451	KOWALSKI	Łukasz	POL	Józefów	1991	M-18	51	01:09:01 (01:09:01)	00:12:55	00:26:20	00:40:11	00:54:25
253	200	JAGODZIŃSKI	Józef	POL	WKB Wałbrzych	1944	M-60	7	01:09:01 (01:09:01)	00:14:50	00:28:29	00:42:07	00:55:51
254	293	MIERZEJEWSKI	Marek	POL	Kędzierzyn-Koźle	1960	M-40	59	01:09:02 (01:09:02)	00:13:27	00:26:48	00:40:29	00:54:36
255	158	KELLER	Arkadiusz	POL	Rybnik	1970	M-30	67	01:09:11 (01:09:11)	00:13:49	00:27:24	00:41:08	00:55:06
256	366	JARNO	Jerzy	POL	Opole	1954	M-50	56	01:09:11 (01:09:11)	00:14:05	00:27:35	00:41:16	00:55:09
257	157	CHRÓŚNIK	Blanka	POL	SBD ENERGETYK Rybnik	1979	K-18	9	01:09:11 (01:09:11)	00:13:49	00:27:24	00:41:08	00:55:06
258	289	KNAPIK	Jan	POL	KS KROTOSZ Krotoszyn	1959	M-40	60	01:09:22 (01:09:22)	00:13:32	00:26:50	00:40:34	00:54:56
259	19	MACIEJEWSKI	Wiesław	POL	AKB Knurów	1945	M-60	8	01:09:22 (01:09:22)	00:13:09	00:26:25	00:40:13	00:54:35
260	404	DUBAS	Arkadiusz	POL	Tarnowskie Góry	1962	M-40	61	01:09:29 (01:09:29)	00:13:42	00:27:16	00:41:15	00:55:30
261	454	ŁĄK	Wojciech	POL	SO SG Międzyzlesie	1979	M-18	52	01:09:31 (01:09:31)	00:13:27	00:26:47	00:40:44	00:55:08
262	211	GAWRYŚ	Czesław	POL	POGOŃ Duszniki Zdrój	1947	M-60	9	01:09:32 (01:09:32)	00:14:00	00:27:41	00:41:36	00:55:37
263	169	TALAGA	Jerzy	POL	PCIM	1959	M-40	62	01:09:33 (01:09:33)	00:13:56	00:27:38	00:41:31	00:55:39
264	382	PAJAŁ	Krzysztof	POL	Częstochowa	1963	M-40	63	01:09:33 (01:09:33)	00:13:27	00:27:17	00:41:22	00:55:30
265	22	SOBCZAK	Andrzej	POL	KB Kąty Wr.	1961	M-40	64	01:09:39 (01:09:39)	00:14:24	00:28:13	00:42:06	00:55:56
266	218	WYMYŚŁO	Czesław	POL	Piekary Śl.	1956	M-50	57	01:09:43 (01:09:43)	00:13:33	00:27:21	00:41:18	00:55:32
267	319	RACŁAWICKI	Aleksander	POL	Opole	1968	M-40	65	01:09:45 (01:09:45)	00:14:49	00:28:35	00:42:19	00:56:23
268	378	STRAK	Leszek	POL	bieganie.pl Tarnowskie Gó	1987	M-18	53	01:09:47 (01:09:47)	00:14:09	00:27:49	00:41:52	00:56:02
269	304	MUSZCZAK	Grzegorz	POL	Kolegium Sędziów Bytom	1980	M-18	54	01:09:51 (01:09:51)	00:12:50	00:25:46	00:39:21	00:54:18
270	370	DUDEK	Bartłomiej	POL	Kraków	1977	M-30	68	01:09:52 (01:09:52)	00:13:43	00:27:34	00:41:37	00:55:59
271	269	FLOREK	Michał	POL	JW2771 Kraków	1984	M-18	55	01:09:53 (01:09:53)	00:14:48	00:29:00	00:42:49	00:56:39
272	334	WROŃSKI	Mateusz	POL	MaratonyPolskie.PL TEAM	1973	M-30	69	01:09:54 (01:09:54)	00:14:08	00:28:22	00:42:31	00:56:51
273	422	KNOP	Krzysztof	POL	Opole	1973	M-30	70	01:09:56 (01:09:56)	00:13:21	00:26:47	00:40:40	00:55:18
274	267	GÓRECKI	Ryszard	POL	Gliwice	1965	M-40	66	01:09:59 (01:09:59)	00:13:39	00:27:16	00:41:14	00:55:37
275	29	PYKA	Rafał	POL	RSiR Strzelce Opolskie	1987	M-18	56	01:10:00 (01:10:00)	00:13:11	00:26:51	00:40:47	00:54:58
276	327	KOPIJ	Henryk	POL	PKS Brzeg	1955	M-50	58	01:10:02 (01:10:02)	00:14:04	00:27:39	00:41:31	00:55:47
277	318	MOSIALA	Jan	POL	TEDRIVE Praszka	1962	M-40	67	01:10:08 (01:10:08)	00:14:11	00:27:35	00:41:34	00:55:56
278	140	DYŁĄG	Marek	POL	KB MCKiS Jaworzno	1961	M-40	68	01:10:12 (01:10:12)	00:13:22	00:27:05	00:41:26	00:56:10
279	424	KARPINA	Marek	POL	KS GRYF Kietrz	1971	M-30	71	01:10:14 (01:10:14)	00:15:15	00:28:48	00:42:36	00:56:34
280	111	SOWIŃSKI	Walerian	POL	KCz PĘDZIWIATR Gliwice	1946	M-60	10	01:10:19 (01:10:19)	00:14:39	00:28:42	00:42:43	00:56:42
281	201	FUGOWSKI	Grzegorz	POL	Gliwice	1985	M-18	57	01:10:20 (01:10:20)	00:13:18	00:26:55	00:41:35	00:56:22



<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
282	418	KONIECZNY	Jacek	POL	SKAZANI Pyskowice	1982	M-18	58	01:10:21 (01:10:21)	00:14:02	00:27:36	00:41:53	00:56:03
283	183	LEWICKA	Elżbieta	POL	AKB Knurów	1975	K-30	7	01:10:21 (01:10:21)	00:14:56	00:28:58	00:42:50	00:56:36
284	3	KISIELEWSKI	Adam	POL	Opole	1987	M-18	59	01:10:22 (01:10:22)	00:14:59	00:28:58	00:42:49	00:56:35
285	34	KĘDZIERSKI	Zenon	POL	Strzelce Opolskie	1951	M-50	59	01:10:28 (01:10:28)	00:13:31	00:27:09	00:41:17	00:55:42
286	90	JAWORSKA ROLL	Jolanta	POL	TRI TEAM EUPEN	1966	K-40	3	01:10:33 (01:10:33)	00:13:53	00:27:48	00:42:15	00:56:36
287	344	CZECH	Joachim	POL	Babice	1954	M-50	60	01:10:36 (01:10:36)	00:13:06	00:26:52	00:41:07	00:55:51
288	298	MAŁEK	Stanisław	POL	TEDRIVE Praszka	1954	M-50	61	01:10:37 (01:10:37)	00:12:29	00:25:00	00:38:51	00:54:38
289	209	MARSZTEIN	Zofia	POL	Kudowa Zdrój	1960	K-40	4	01:10:42 (01:10:42)	00:14:48	00:28:59	00:42:51	00:56:43
290	208	ROMAN	Elżbieta	POL	Kudowa Zdrój	1954	K-50	1	01:10:45 (01:10:45)	00:14:48	00:28:59	00:42:51	00:56:42
291	136	MAZUR	Tadeusz	POL	WKB META Lubliniec	1947	M-60	11	01:10:46 (01:10:46)	00:13:31	00:27:15	00:41:34	00:56:10
292	98	PASTUSZKA	Wiesław	POL	MARATOŃCZYK Lubsko	1952	M-50	62	01:10:47 (01:10:47)	00:15:08	00:29:08	00:42:59	00:57:00
293	62	SZCZEPANIAK	Mateusz	POL	Karłowice	1991	M-18	60	01:10:52 (01:10:52)	00:13:04	00:26:55	00:41:21	00:56:16
294	154	SŁOWIAK	Józef	POL	ENERGETYK Rybnik	1969	M-30	72	01:10:59 (01:10:59)	00:14:18	00:28:20	00:42:35	00:56:57
295	459	SKIBIŃSKI	Jacek	POL	AMATOR Lubliniec	1977	M-30	73	01:11:02 (01:11:02)	00:13:20	00:27:12	00:41:31	00:56:13
296	139	ZAJFERT	Stanisław	POL	Kędzierzyn-Koźle	1948	M-60	12	01:11:13 (01:11:13)	00:14:30	00:28:37	00:42:48	00:57:06
297	352	SARNA	Roman	POL	Wrocław	1963	M-40	69	01:11:17 (01:11:17)	00:14:31	00:28:43	00:43:03	00:57:15
298	68	MIZERA	Agnieszka	POL	Wrocław	1969	K-30	8	01:11:21 (01:11:21)	00:14:27	00:28:32	00:42:40	00:56:55
299	215	ŁOGIEWA	Andrzej	POL	KB JÓZEFINKA Katowice	1950	M-50	63	01:11:23 (01:11:23)	00:15:11	00:29:19	00:43:13	00:57:20
300	58	SZURA	Henryk	POL	Sosnowiec	1956	M-50	64	01:11:24 (01:11:24)	00:14:33	00:28:40	00:42:55	00:57:22
301	50	PRIMUS	Waldemar	POL	RSiR Strzelce Op.	1959	M-40	70	01:11:35 (01:11:35)	00:14:28	00:28:29	00:42:35	00:57:11
302	330	WALIDUDA	Jarosław	POL	Pisarzowice	1972	M-30	74	01:11:42 (01:11:42)	00:13:38	00:27:33	00:41:58	00:56:45
303	356	STANKIEWICZ	Iwona	POL	WKB PIAST Wrocław	1959	K-40	5	01:11:43 (01:11:43)	00:14:48	00:29:06	00:43:22	00:57:39
304	437	BASZCZIJ	Michał	POL	MOTO Jelcz Laskowice	1993	M-18	61	01:11:44 (01:11:44)	00:13:16	00:27:22	00:41:52	00:57:08
305	412	TOMECKI	Jerzy	POL	CHROMIK Mystowice	1941	M-60	13	01:11:46 (01:11:46)	00:14:26	00:28:18	00:42:29	00:57:03
306	7	SZRAJBER	Michał	POL	Strzelce Opolskie	1978	M-30	75	01:11:51 (01:11:51)	00:13:00	00:26:40	00:41:21	00:56:41
307	245	MISZCZUK	Marcin	POL	Kędzierzyn-Koźle	1978	M-30	76	01:11:55 (01:11:55)	00:15:04	00:29:07	00:43:09	00:57:27
308	63	SZCZEPANIAK	Rafał	POL	JRG Brzeg	1983	M-18	62	01:11:57 (01:11:57)	00:12:42	00:26:32	00:41:50	00:57:05
309	335	ZYCH	Jakub	POL	OSP Potępa	1989	M-18	63	01:12:13 (01:12:13)	00:14:27	00:28:33	00:43:08	00:57:49
310	221	REICHERT	Andrzej	POL	Ujazd	1951	M-50	65	01:12:15 (01:12:15)	00:13:51	00:27:57	00:42:30	00:57:38
311	53	SEMANOVA	Maria	SVK	Presov	1968	K-40	6	01:12:16 (01:12:16)	00:14:06	00:28:31	00:43:07	00:57:47
312	12	KWIATKOWSKI	Mateusz	POL	KB SOKÓŁ Knurów	1992	M-18	64	01:12:30 (01:12:30)	00:16:18	00:31:06	00:45:44	01:00:23
313	20	RZEMIŃSKI	Dariusz	POL	Opole	1967	M-40	71	01:12:30 (01:12:30)	00:14:48	00:28:59	00:43:12	00:57:57
314	30	DRABIK	Marcin	POL	WKB PIAST Wrocław	1971	M-30	77	01:12:31 (01:12:31)	00:14:27	00:28:34	00:42:53	00:57:31
315	14	KONDZIELNIK	Bogumiła	POL	KB SOKÓŁ Knurów	1986	K-18	10	01:12:31 (01:12:31)	00:16:18	00:31:06	00:45:44	01:00:23
316	290	BASŃSKI	Mariusz	POL	KS Krotoszyn	1961	M-40	72	01:12:35 (01:12:35)	00:14:10	00:28:31	00:43:19	00:58:09
317	165	SOCHA	Radosław	POL	MKS BUDOWLANI Strzelc	1986	M-18	65	01:12:38 (01:12:38)	00:15:43	00:29:50	00:44:32	00:58:33
318	368	DUL	Sławomir	POL	Głucholazy	1978	M-30	78	01:12:44 (01:12:44)	00:14:43	00:28:51	00:43:17	00:57:57

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
319	122	STANISŁAWCZYK	Jacek	POL	WKB META Lubliniec	1968	M-40	73	01:12:48 (01:12:48)	00:14:54	00:29:01	00:43:28	00:58:11
320	265	KSIĘŻYK	Jacek	POL	TRUCHTACZ Mysłowice	1968	M-40	74	01:12:54 (01:12:54)	00:14:53	00:29:14	00:43:59	00:58:46
321	440	ZACKIEWICZ	Tomasz	POL	Jelcz-Laskowice	1970	M-30	79	01:12:55 (01:12:55)	00:13:39	00:27:58	00:42:46	00:57:54
322	294	MAĆKOWIAK	Valery	POL	Krotoszyn	1954	M-50	66	01:13:10 (01:13:10)	00:15:13	00:29:41	00:44:08	00:58:40
323	462	MATUSZCZYK	Adrian	POL	Strzelce Opolskie	1973	M-30	80	01:13:11 (01:13:11)	00:14:41	00:28:54	00:43:29	00:58:27
324	88	CEGŁA	Marcin	POL	Kraków	1980	M-18	66	01:13:11 (01:13:11)	00:14:07	00:28:45	00:45:17	00:59:51
325	39	CZAJKOWSKI	Dariusz	POL	Racibórz	1969	M-30	81	01:13:16 (01:13:16)	00:15:36	00:30:11	00:44:26	00:58:53
326	428	MAJER	Maciej	POL	GRYF Kietrz	1991	M-18	67	01:13:17 (01:13:17)	00:13:32	00:27:53	00:42:46	00:58:20
327	393	PŁOTEK	Halina	POL	KB Głubczyce Zarząd Dró	1958	K-50	2	01:13:18 (01:13:18)	00:14:29	00:28:53	00:43:27	00:58:22
328	110	MLASKAWA	Edward	POL	Zabrze	1949	M-50	67	01:13:21 (01:13:21)	00:15:20	00:29:27	00:43:36	00:58:13
329	278	ŚCISŁO	Michał	POL	Kraków	1983	M-18	68	01:13:21 (01:13:21)	00:15:42	00:30:20	00:44:49	00:59:21
330	106	NOWAK	Marek	POL	Wieliczka	1957	M-50	68	01:13:22 (01:13:22)	00:14:23	00:28:57	00:43:35	00:58:26
331	276	SZCZYPCZYK ŚCIS	Ewa	POL	KKB DYSTANS Kraków	1978	K-30	9	01:13:22 (01:13:22)	00:15:41	00:30:20	00:44:50	00:59:23
332	399	ŻMUDA	Barłomiej	POL	Krapkowice	1973	M-30	82	01:13:23 (01:13:23)	00:15:31	00:30:17	00:44:52	00:59:27
333	13	LEWCZUK	Marek	POL	KB SOKÓŁ Knurów	1951	M-50	69	01:13:30 (01:13:30)	00:16:18	00:31:06	00:45:44	01:00:23
334	107	WOYCZYŃSKI	Dariusz	POL	Wrocław	1968	M-40	75	01:13:36 (01:13:36)	00:14:56	00:29:24	00:44:06	00:58:49
335	349	STARONIEWICZ	Janusz	POL	KJB Rabka Słone	1954	M-50	70	01:13:37 (01:13:37)	00:14:58	00:29:09	00:43:46	00:58:40
336	284	WIERCIGROCH	Grzegorz	POL	Wrocław	1976	M-30	83	01:13:45 (01:13:45)	00:14:57	00:29:23	00:44:12	00:59:07
337	341	WITKOWSKI	Tadeusz	POL	Tarnów Opolski	1956	M-50	71	01:13:46 (01:13:46)	00:13:53	00:28:03	00:42:56	00:58:18
338	23	BIERNACKI	Roman	POL	Wrocław	1957	M-50	72	01:13:49 (01:13:49)	00:14:49	00:29:40	00:44:29	00:59:25
339	446	WILCZEK	Teresa	POL	Chrzęszczyce	1972	K-30	10	01:13:50 (01:13:50)	00:14:29	00:28:52	00:43:27	00:58:27
340	301	TERLECKI	Józef	POL	WKB META Lubliniec	1954	M-50	73	01:13:52 (01:13:52)	00:16:45	00:30:58	00:45:18	00:59:39
341	163	KUCZMIERCZYK	Janusz	POL	TRUCHTACZ Mysłowice	1947	M-60	14	01:13:55 (01:13:55)	00:15:56	00:30:39	00:45:13	00:59:45
342	9	LISEK	Józef	POL	RSiR Strzelce Op.	1951	M-50	74	01:13:59 (01:13:59)	00:14:28	00:28:37	00:43:15	00:58:23
343	147	HAZUBSKA	Anna	POL	LZS Trzebnica	1969	K-30	11	01:14:02 (01:14:02)	00:15:52	00:30:33	00:45:14	00:59:43
344	82	SITEK	Przemysław	POL	KS MARATON Ostrów WI	1978	M-30	84	01:14:05 (01:14:05)	00:16:12	00:30:53	00:45:20	00:59:42
345	359	WASYLÓW	Andrzej	POL	RPLJAW Sobótka	1964	M-40	76	01:14:10 (01:14:10)	00:14:52	00:29:10	00:43:49	00:58:56
346	463	TOMCZAK	Zbigniew	POL	GRUPA BIEGOWA ZSA	1954	M-50	75	01:14:10 (01:14:10)	00:14:34	00:29:11	00:44:05	00:59:15
347	274	TRZYBULSKI	Roman	POL	AS Sosnowiec	1962	M-40	77	01:14:14 (01:14:14)	00:14:16	00:28:50	00:44:02	00:58:57
348	358	KAPUŚCIŃSKA	Anna	POL	VICTORIA Świętochłowice	1952	K-50	3	01:14:21 (01:14:21)	00:14:45	00:29:32	00:44:22	00:59:18
349	460	KARBOWIAK	Mariusz	POL	Lubliniec	1981	M-18	69	01:14:25 (01:14:25)	00:13:20	00:27:29	00:42:39	00:58:25
350	144	PIECHACZEK	Henryk	POL	Kędzierzyn-Koźle	1944	M-60	15	01:14:29 (01:14:29)	00:14:29	00:28:37	00:43:17	00:58:49
351	159	STAROSTKA	Andrzej	POL	Kędzierzyn-Koźle	1948	M-60	16	01:14:30 (01:14:30)	00:14:24	00:29:08	00:44:16	00:59:31
352	202	FUGOWSKI	Roman	POL	Gliwice	1964	M-40	78	01:14:36 (01:14:36)	00:13:52	00:28:27	00:43:31	00:59:35
353	277	SZYMCZYNA	Zdzisław	POL	KKB DYSTANS Kraków	1958	M-50	76	01:14:38 (01:14:38)	00:15:41	00:30:25	00:45:14	01:00:06
354	395	OLSZAŃSKI	Dariusz	POL	Kędzierzyn-Koźle	1959	M-40	79	01:14:41 (01:14:41)	00:16:03	00:31:17	00:45:58	01:00:26
355	11	PILARZ MAŁKIEWI	Danuta	POL	WKB PIAST Wrocław	1964	K-40	7	01:14:42 (01:14:42)	00:15:13	00:29:49	00:44:35	00:59:33

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
356	296	MAŃKA	Artur	POL	Częstochowa	1982	M-18	70	01:14:43 (01:14:43)	00:13:48	00:28:05	00:43:09	00:58:37
357	204	KOZŁOWSKI	Marian	POL	LZS Grodziec	1955	M-50	77	01:14:50 (01:14:50)	00:15:51	00:30:28	00:45:19	01:00:30
358	423	WYBRANIEC	Marcin	POL	KS GRYF Kietrz	1976	M-30	85	01:14:53 (01:14:53)	00:15:06	00:30:06	00:45:08	01:00:09
359	47	DYRDA	Teresa	POL	SKOK PIAST Tychy	1949	K-50	4	01:14:57 (01:14:57)	00:15:10	00:29:49	00:44:51	01:00:01
360	312	GNUS	Jakub	POL	Grodzisk Wielkopolski	1987	M-18	71	01:14:57 (01:14:57)	00:17:04	00:31:43	00:46:12	01:00:54
361	331	KRÓL	Iwona	POL	dolinarze.com Katowice	1979	K-18	11	01:15:04 (01:15:04)	00:15:34	00:30:45	00:46:16	01:00:52
362	85	SZPAK	Sebastian	POL	dolinarze.com Tychy	1985	M-18	72	01:15:04 (01:15:04)	00:15:33	00:30:45	00:46:16	01:01:15
363	94	MAJERYK	Edward	POL	Jasień	1949	M-50	78	01:15:08 (01:15:08)	00:15:09	00:30:06	00:44:55	00:59:48
364	178	USZKO	Sabina	POL	KS Siedlec	1965	K-40	8	01:15:09 (01:15:09)	00:14:54	00:29:39	00:44:29	00:59:44
365	104	TURSKI	Bogdan	POL	Kraków	1953	M-50	79	01:15:11 (01:15:11)	00:15:55	00:31:14	00:46:11	01:01:01
366	87	PETERA	Jarosław	POL	JW. 2771 Kraków	1980	M-18	73	01:15:18 (01:15:18)	00:15:41	00:30:20	00:45:17	01:00:13
367	452	WOŹNICA	Roman	POL	Bierzyce	1971	M-30	86	01:15:20 (01:15:20)	00:14:38	00:29:40	00:44:49	01:00:20
368	338	KARASOWSKI	Mariusz	POL	JW. 2697 Brzeg	1987	M-18	74	01:15:27 (01:15:27)	00:14:12	00:28:45	00:44:03	01:00:12
369	97	SIMIŃSKI	Ireneusz	POL	JW. Nowogród Bobrzański	1960	M-40	80	01:16:31 (01:16:31)	00:15:07	00:29:38	00:44:55	01:00:53
370	315	BODUCH	Mariusz	POL	NKB ZRYW Namysłów	1979	M-18	75	01:16:34 (01:16:34)	00:14:17	00:28:45	00:44:06	01:00:12
371	434	SZKUDLAREK	Tomasz	POL	NKB ZRYW Namysłów	1972	M-30	87	01:16:34 (01:16:34)	00:14:17	00:28:45	00:44:06	01:00:12
372	417	PIENIO	Adam	POL	Opole	1982	M-18	76	01:16:37 (01:16:37)	00:15:35	00:30:11	00:45:10	01:00:47
373	455	KACIŁOWICZ	Jacek	POL	Opole	1953	M-50	80	01:16:47 (01:16:47)	00:14:49	00:29:56	00:45:36	01:01:20
374	171	KUKUCZKA	Artur	POL	Strzelce Opolskie	1976	M-30	88	01:16:47 (01:16:47)	00:14:21	00:28:01	00:43:29	00:58:34
375	255	RADZIĘDA	Jarosław	POL	Gliwice	1968	M-40	81	01:16:47 (01:16:47)	00:16:20	00:30:58	00:45:28	01:00:40
376	234	BUCZAK	Jarosław	POL	Pińczów	1962	M-40	82	01:16:49 (01:16:49)	00:15:55	00:31:17	00:46:43	01:01:59
377	116	MAŁEK	Janusz	POL	WKB META Lubliniec	1952	M-50	81	01:16:51 (01:16:51)	00:15:50	00:31:09	00:46:21	01:01:39
378	117	BYSIEC	Czesław	POL	WKB META Lubliniec	1949	M-50	82	01:16:51 (01:16:51)	00:15:50	00:31:09	00:46:21	01:01:40
379	56	WALKOWIAK	Marta	POL	Złotoryja	1985	K-18	12	01:17:18 (01:17:18)	00:15:12	00:30:08	00:45:43	01:01:38
380	55	SALA	Łukasz	POL	Jelenia Góra	1985	M-18	77	01:17:18 (01:17:18)	00:15:12	00:30:07	00:45:42	01:01:37
381	114	ZEMUŁA	Zbigniew	POL	KORA & DORA Kraków	1954	M-50	83	01:17:25 (01:17:25)	00:16:49	00:32:06	00:47:09	01:02:13
382	365	SZCZOMBROWSKI	Jerzy	POL	Opole	1951	M-50	84	01:17:35 (01:17:35)	00:15:16	00:30:44	00:46:36	01:02:30
383	235	PIKULSKI	Mieczysław	POL	Pińczów	1943	M-60	17	01:17:43 (01:17:43)	00:15:55	00:31:17	00:46:43	01:01:59
384	156	KOKOSZEK	Aleksandra	POL	Rybnik	1971	K-30	12	01:17:43 (01:17:43)	00:14:52	00:30:09	00:45:49	01:01:55
385	99	CICHOPEK	Bożena	POL	KB MCKiS Jaworzno	1964	K-40	9	01:17:45 (01:17:45)	00:15:35	00:30:31	00:45:42	01:01:59
386	74	JANIK	Tomasz	POL	Wrocław	1976	M-30	89	01:17:53 (01:17:53)	00:16:35	00:31:59	00:47:07	01:02:22
387	70	JANIK	Monika	POL	Psary	1978	K-30	13	01:17:53 (01:17:53)	00:16:35	00:31:59	00:47:07	01:02:23
388	346	KAIZIK	Michał	POL	Dietwa	1986	M-18	78	01:17:53 (01:17:53)	00:13:52	00:28:38	00:43:54	01:00:09
389	32	HIRSZLER	Elżbieta	POL	KB GYMNASION Warszawa	1960	K-40	10	01:18:12 (01:18:12)	00:16:05	00:31:16	00:46:39	01:02:30
390	387	KUŚMIEREK	Wiktor	POL	WKB META Lubliniec	1945	M-60	18	01:18:14 (01:18:14)	00:15:17	00:30:40	00:46:32	01:02:30
391	400	JANKOWSKI	Henryk	POL	MOSiR Czeladź	1946	M-60	19	01:18:19 (01:18:19)	00:15:07	00:30:25	00:45:46	01:01:37
392	162	SZYMSKI	Marian	POL	TRUCHTACZ Mysłowice	1951	M-50	85	01:18:25 (01:18:25)	00:16:02	00:31:21	00:46:47	01:02:31

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
393	2	BASIŃSKI	Leszek	POL	Gniezno	1961	M-40	83	01:18:33 (01:18:33)	00:16:07	00:31:20	00:46:49	01:02:34
394	438	RUDYK	Marzena	POL	Jelcz-Laskowice	1972	K-30	14	01:19:05 (01:19:05)	00:14:57	00:31:14	00:47:38	01:03:33
395	439	RUDYK	Zbigniew	POL	Jelcz-Laskowice	1964	M-40	84	01:19:06 (01:19:06)	00:14:57	00:31:22	00:47:41	01:03:33
396	408	DUDZIŃSKI	Marcin	POL	DĘBY Wałbrzych	1978	M-30	90	01:19:06 (01:19:06)	00:13:40	00:28:27	00:43:51	01:00:17
397	102	PASTUCHA	Anna	POL	CROSS Krapkowice	1958	K-50	5	01:19:08 (01:19:08)	00:15:27	00:31:12	00:47:17	01:03:35
398	324	BARANOWSKA	Bożena	POL	Jemielnica	1966	K-40	11	01:19:12 (01:19:12)	00:16:10	00:31:43	00:47:29	01:03:27
399	256	MARKIEWICZ	Sabina	POL	Kały	1983	K-18	13	01:19:14 (01:19:14)	00:15:11	00:30:35	00:46:25	01:02:40
400	311	STARZYŃSKI	Tomasz	POL	biegajznami.pl Wrocław	1980	M-18	79	01:19:15 (01:19:15)	00:17:05	00:32:23	00:47:50	01:03:52
401	160	STAROSTKA	Jacek	POL	TORPEDA Kędzierzyn-Ko	1974	M-30	91	01:19:27 (01:19:27)	00:15:41	00:31:27	00:47:22	01:03:49
402	137	ROJEWSKA	Ewa	POL	Kędzierzyn-Koźle	1974	K-30	15	01:19:29 (01:19:29)	00:15:17	00:30:42	00:47:00	01:03:42
403	225	SOBCZAK	Renata	POL	LUPUS Oleśnica	1953	K-50	6	01:19:30 (01:19:30)	00:16:11	00:32:00	00:48:04	01:03:49
404	164	POPANDA	Adam	POL	MKS BUDOWLANI Strzelc	1987	M-18	80	01:19:33 (01:19:33)	00:15:43	00:29:50	00:45:19	01:02:33
405	282	STAWNICZUK	Michał	POL	KS ZRYW Namysłów	1930	M-60	20	01:19:36 (01:19:36)	00:16:00	00:31:45	00:47:39	01:03:39
406	402	KUREK	Edward	POL	KOSMOS Katowice	1939	M-60	21	01:19:40 (01:19:40)	00:15:43	00:31:42	00:47:38	01:03:53
407	367	CHUDY MAGNUSK	Agnieszka	POL	MaratonyPolskie.PL TEAM	1976	K-30	16	01:19:48 (01:19:48)	00:15:44	00:31:42	00:47:38	01:03:35
408	67	WĘGLER	Zbigniew	POL	TKKF Czeladź	1946	M-60	22	01:19:58 (01:19:58)	00:15:48	00:31:43	00:47:43	01:04:05
409	297	SMOLIŃSKI	Sławomir	POL	MaratonyPolskie.PL TEAM	1973	M-30	92	01:20:39 (01:20:39)	00:16:01	00:31:38	00:47:56	01:03:56
410	303	WOŚKO	Jan	POL	Krapkowice	1953	M-50	86	01:20:45 (01:20:45)	00:17:03	00:32:54	00:48:59	01:04:54
411	392	PŁOTEK	Krzysztof	POL	KB Głubczyce KRUS Opol	1952	M-50	87	01:20:53 (01:20:53)	00:15:47	00:31:41	00:47:51	01:04:25
412	193	MROZIŃSKI	Edward	POL	ARCELOR MITTAL Sosno	1950	M-50	88	01:21:06 (01:21:06)	00:16:24	00:32:44	00:49:27	01:05:37
413	121	MACIARZ	Tadeusz	POL	Gliwice	1962	M-40	85	01:21:22 (01:21:22)	00:15:52	00:31:53	00:48:05	01:04:43
414	369	WOJDYŁA	Mieczysław	POL	Wrocław	1964	M-40	86	01:21:44 (01:21:44)	00:16:22	00:31:58	00:48:10	01:04:52
415	18	WROŃSKI	Jerzy	POL	AKB Knurów	1946	M-60	23	01:22:10 (01:22:10)	00:16:24	00:32:41	00:49:11	01:05:51
416	146	KRAKOWIAK	Barbara	POL	LZS Trzebnica	1946	K-60	1	01:22:14 (01:22:14)	00:16:11	00:32:00	00:48:13	01:05:08
417	44	GRYGIEL	Bolesław	POL	Kędzierzyn-Koźle	1947	M-60	24	01:22:30 (01:22:30)	00:16:59	00:33:02	00:49:10	01:05:52
418	248	ŚCIBISZ	Bogdan	POL	TKKF SATURN Czeladź	1943	M-60	25	01:22:43 (01:22:43)	00:16:19	00:33:07	00:49:53	01:06:50
419	64	JORDAN	Marek	POL	KKB MOSiR Krosno	1951	M-50	89	01:22:45 (01:22:45)	00:17:07	00:33:55	00:50:15	01:06:53
420	17	SMYCZEK	Henryk	POL	Knurów	1950	M-50	90	01:23:04 (01:23:04)	00:16:35	00:33:21	00:50:17	01:07:01
421	415	KOLONKO	Justyna	POL	MARATON CLUB Chorzó	1975	K-30	17	01:23:45 (01:23:45)	00:15:35	00:31:44	00:48:43	01:06:18
422	180	JANICZEK	Tadeusz	POL	TKKF MOSiR Czeldź	1940	M-60	26	01:23:53 (01:23:53)	00:16:31	00:33:11	00:50:02	01:07:01
423	187	PAPOŃ	Paweł	POL	Klub Kyokusin Karate Tarn	1989	M-18	81	01:24:11 (01:24:11)	00:15:39	00:32:04	00:49:57	01:08:07
424	354	KLUCZKIEWICZ	Katarzyna	POL	Głubczyce	1986	K-18	14	01:24:20 (01:24:20)	00:16:34	00:33:21	00:50:17	01:07:05
425	49	PRIMUS	Paweł	POL	RSiR Strzelce Opolskie	1992	M-18	82	01:24:26 (01:24:26)	00:17:05	00:33:37	00:50:28	01:07:41
426	379	GRZECHNIK	Czesława	POL	Strzelce Opolskie	1975	K-30	18	01:24:35 (01:24:35)	00:16:45	00:33:35	00:50:27	01:07:40
427	425	WÓJTOWICZ	Andrzej	POL	KS GRYF Kietrz	1956	M-50	91	01:25:35 (01:25:35)	00:15:44	00:31:53	00:48:56	01:07:06
428	300	OSIECKA	Anna	POL	Kędzierzyn-Koźle	1956	K-50	7	01:25:47 (01:25:47)	00:15:50	00:32:12	00:49:18	01:07:21
429	468	MEJ	Paweł	POL	BIEGA BOSO Bochnial	1972	M-30	93	01:26:10 (01:26:10)	00:16:03	00:32:17	00:50:13	01:08:51

<i>M-ce</i>	<i>Nr zaw.</i>	<i>Nazwisko</i>	<i>Imię</i>	<i>Kraj</i>	<i>Klub/Miejscowość</i>	<i>Rok urodz.</i>	<i>Kateg. wiek.</i>	<i>M-ce w kat</i>	<i>Wynik (netto)</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
430	285	OSIŃSKI	Ryszard	POL	Czarnowąsy	1953	M-50	92	01:26:27 (01:26:27)	00:15:46	00:32:09	00:49:07	01:07:26
431	41	WILCZYŃSKA	Karolina	POL	Tyskie Stow. Sportowe	1982	K-18	15	01:26:47 (01:26:47)	00:17:05	00:34:00	00:51:20	01:08:59
432	42	MILER	Radosław	POL	Tyskie Stow. Sportowe	1975	M-30	94	01:26:49 (01:26:49)	00:17:04	00:33:59	00:51:20	01:08:58
433	223	KONIECZNY	Tomasz	POL	Wierzchowisko	1985	M-18	83	01:27:10 (01:27:10)	00:17:38	00:34:05	00:50:53	01:08:43
434	192	WIDELKA	Rafał	POL	Wrocław	1979	M-18	84	01:27:10 (01:27:10)	00:17:38	00:34:10	00:50:54	01:08:43
435	336	JANOTA	Artur	POL	Łotnica Strzelecka	1974	M-30	95	01:27:11 (01:27:11)	00:16:06	00:33:07	00:50:28	01:08:24
436	381	OZAIST	Piotr	POL	Wrocław	1980	M-18	85	01:27:12 (01:27:12)	00:17:37	00:34:10	00:50:53	01:08:43
437	397	CYBULSKI	Filip	POL	Kędzierzyn-Koźle	1986	M-18	86	01:28:09 (01:28:09)	00:18:07	00:35:36	00:53:13	01:10:55
438	396	OLSZAŃSKA	Katarzyna	POL	Kędzierzyn-Koźle	1988	K-18	16	01:28:09 (01:28:09)	00:18:07	00:35:36	00:53:13	01:10:55
439	207	LUKAS	Janusz	POL	Opole	1958	M-50	93	01:28:11 (01:28:11)	00:17:51	00:34:56	00:52:19	01:09:59
440	233	WĘGRZYCKI	Wiesław	POL	Kraków	1933	M-60	27	01:28:25 (01:28:25)	00:17:01	00:34:30	00:53:02	01:10:26
441	443	KAPUSTA	Sylwia	POL	FLORIAN Chojnice	1980	K-18	17	01:28:36 (01:28:36)	00:18:12	00:35:44	00:53:23	01:11:07
442	268	RUP	Radosław	POL	MaratonyPolskie.PL TEAM	1977	M-30	96	01:28:50 (01:28:50)	00:16:06	00:32:40	00:50:14	01:09:02
443	442	DOLNIAK	Andrzej	POL	Katowice	1964	M-40	87	01:28:59 (01:28:59)	00:15:41	00:33:19	00:51:14	01:09:33
444	441	OŻAROWSKA SOBI	Joanna	POL	Siemianowice Śl.	1975	K-30	19	01:28:59 (01:28:59)	00:15:41	00:33:19	00:51:14	01:09:34
445	203	ŻUK	Józef	POL	WFD KAMELA	1940	M-60	28	01:28:59 (01:28:59)	00:17:37	00:35:37	00:53:23	01:11:08
446	271	PASIEKA	Kazimierz	POL	KCz PĘDZIWIATR Gliwice	1936	M-60	29	01:29:00 (01:29:00)	00:17:28	00:34:53	00:52:25	01:10:20
447	176	PAWLIK	Jerzy	POL	Katowice	1950	M-50	94	01:29:44 (01:29:44)	00:18:10	00:35:38	00:53:41	01:11:36
448	264	JAROSZ	Marian	POL	TRUCHTACZ Mysłowice	1953	M-50	95	01:29:46 (01:29:46)	00:17:16	00:34:22	00:51:56	01:10:47
449	373	NOWUK	Jerzy	POL	Ruda Śląska	1950	M-50	96	01:29:46 (01:29:46)	00:17:24	00:34:39	00:52:38	01:11:10
450	186	KAŁUŻA	Daria	POL	Tarnów Opolski	1992	K-18	18	01:30:46 (01:30:46)	00:17:03	00:34:32	00:52:39	01:12:23
451	419	STACHOW	Jan	POL	ZPS	1929	M-60	30	01:31:07 (01:31:07)	00:18:26	00:36:34	00:54:26	01:12:37
452	60	SZCZEPANIAK	Andrzej	POL	Katowice	1985	M-18	87	01:31:14 (01:31:14)	00:17:17	00:35:00	00:53:07	01:11:58
453	105	NOWAK	Urszula	POL	Wieliczka	1957	K-50	8	01:31:58 (01:31:58)	00:17:21	00:34:46	00:53:17	01:12:39
454	69	TROJANOWSKA	Ewa	POL	Warkocz	1971	K-30	20	01:33:00 (01:33:00)	00:18:38	00:36:21	00:54:33	01:13:15
455	109	BEMŚ	Beata	POL	Czeladź	1969	K-30	21	01:34:09 (01:34:09)	00:19:03	00:37:24	00:55:56	01:14:47
456	337	PAUL	Gerhard	POL	CROSS Krapkowice	1938	M-60	31	01:35:18 (01:35:18)	00:18:52	00:37:44	00:56:25	01:16:01
457	340	SPADŁO	Andrzej	POL	Młokice k/Namysłowa	1960	M-40	88	01:35:18 (01:35:18)	00:18:52	00:37:44	00:56:25	01:16:01
458	21	FLAK	Józef	POL	Solidarność PŻM Szczecin	1945	M-60	32	01:37:09 (01:37:09)	00:18:37	00:37:59	00:57:35	01:17:14
459	89	ROSIŃSKA	Janina	POL	AZS Łódź	1936	K-60	2	01:50:16 (01:50:16)	00:20:23	00:41:45	01:04:05	01:27:19
460	130	ZIPPLIES	Erhard	GER	Bramfelder Sportvereiv	1927	M-60	33	02:23:26 (02:23:26)	00:25:38	00:55:46	01:27:22	01:50:16