

**Silesian Highland Marathon**

 Organizator: Qualifit  
 Data: 2016-07-30  
 Miejsce: Nowa Wieś  
 Dystans: 42 km

**Silesian Highland Marathon, K-Open**

| M-ce | Nazwisko i imię                | Nr  | Klub                                    | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary   | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|--------------------------------|-----|---|----------------------|--------|------|--------|------|--------|----------|----------|----------|-------------|--------|------|
| 1    | MIKOŁAJCZYK SANDRA             | 212 | SILESIA RUNNERS CLUB                    | SIEMIANOWICE ŚLĄSKIE | POLSKA | K18  | 1      | K 1  |        | 00:42:20 | 01:21:35 | 02:33:15 | 03:33:23.20 | 5:04   | 11.8 |
| 2    | MAJER EWA                      | 74  | SOLGAR POLSKA                           | DOBCZYCE             |        | K30  | 1      | K 2  |        | 00:44:10 | 01:25:42 | 02:53:38 | 03:55:12.05 | 5:36   | 10.7 |
| 3    | LEWANDOWSKA EDYTA              | 261 | E.L.OTE SPORTS                          | OLSZTYN              | POLSKA | K30  | 2      | K 3  | +10MIN | 00:40:36 | 01:32:27 | 02:54:25 | 04:10:52.85 | 5:58   | 10   |
| 4    | KOCZUR TAMARA                  | 243 | AMBITNI AMATORZY                        | MYSZKÓW              |        | K30  | 3      | K 4  |        | 00:50:11 | 01:35:44 | 03:11:43 | 04:37:09.50 | 6:35   | 9.1  |
| 5    | JACKOWIAK GOSIA                | 191 |   | ROKIETNICA           | POLSKA | K18  | 2      | K 5  |        | 00:55:45 | 01:48:14 | 03:32:39 | 04:55:17.65 | 7:01   | 8.5  |
| 6    | KUBISZ DOROTA                  | 254 |   |                      |        | K30  | 4      | K 6  |        | 00:51:25 | 01:51:28 | 03:34:16 | 04:57:07.45 | 7:04   | 8.5  |
| 7    | CZAPKIEWICZ GOSIA              | 133 | SPARTANIE DZIECOM                       | ROGOŹNIK             | POLSKA | K40  | 1      | K 7  |        | 00:53:18 | 01:49:48 | 03:33:52 | 04:59:49.90 | 7:08   | 8.4  |
| 8    | OLSCHIMKE- MARMUROWICZ BARBARA | 168 | NIGHTRUNNERS ŚLĄSK/SILESIA RUNNING TEAM | KATOWICE             | POLSKA | K40  | 2      | K 8  |        | 00:57:10 | 01:49:50 | 03:24:30 | 05:01:17.00 | 7:10   | 8.4  |
| 9    | LUBOWICKA ANNA                 | 117 | 40 - LATEK TYCHY                        | TYCHY                | POLSKA | K30  | 5      | K 9  |        | 00:56:42 | 01:51:23 | 03:37:48 | 05:03:41.35 | 7:13   | 8.3  |
| 10   | KRAUSE SYLWIA                  | 118 | RADLINIOKI W BIEGU                      | RADLIN               | POLSKA | K40  | 3      | K 10 |        | 00:57:06 | 01:57:23 | 04:02:59 | 05:35:41.60 | 7:59   | 7.5  |
| 11   | BYLICA WIOLETTA                | 153 |   | TARNOWSKIE GÓRY      | POLSKA | K30  | 6      | K 11 |        | 01:04:20 | 02:13:09 | 04:07:03 | 05:49:23.05 | 8:19   | 7.2  |
| 12   | MIGZA SABINA                   | 175 | NIEPANIKUJ.PL                           | DĄBROWA GÓRNICZA     | POLSKA | K30  | 7      | K 12 |        | 01:01:50 | 02:13:54 | 04:15:56 | 05:53:01.95 | 8:24   | 7.1  |
| 13   | KOCÓJ DOMINIKA                 | 179 | NIGHT RUNNER'S GLIWICE                  | ZABRZE               | POLSKA | K18  | 3      | K 13 |        | 01:10:10 | 02:15:59 | 04:31:59 | 06:14:36.70 | 8:55   | 6.7  |
| 14   | KUPIBIDA BOGUSŁAWA             | 158 | SILESIA NORDIC TEAM                     | KATOWICE             | POLSKA | K50  | 1      | K 14 |        | 01:00:55 | 02:15:27 | 04:29:24 | 06:22:49.20 | 9:06   | 6.6  |
| 15   | KITA EWA                       | 166 |   | KĘDZIERZYN-KOŹLE     | POLSKA | K50  | 2      | K 15 |        | 01:03:36 | 02:11:02 | 04:34:09 | 06:28:17.40 | 9:14   | 6.5  |
| 16   | TARGAŃSKA KAMILA               | 190 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM    | RYBNIK               | POLSKA | K18  | 4      | K 16 |        | 01:04:34 | 02:18:27 | 04:40:52 | 06:38:23.10 | 9:29   | 6.3  |
| 17   | FOUZA BACHAR                   | 231 |   |                      |        | K30  | 8      | K 17 |        | 00:41:10 | 01:35:12 |          |             | 5:17   | 11.3 |

**Silesian Highland Marathon, M-Open**

| M-ce | Nazwisko i imię      | Nr  | Klub                             | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|----------------------|-----|----------------------------------|----------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | FARON ROBERT         | 236 | SALCO SPORT TEAM                 | ZALESIE              | POLSKA | M40  | 1      | M 1  |      | 00:39:34 | 01:13:20 | 02:17:53 | 03:07:55.30 | 4:28   | 13.4 |
| 2    | GORCZYCA BARTOSZ     | 73  | SALCO SPORT TEAM                 | SKOŁYSZYN            |        | M18  | 1      | M 2  |      | 00:39:32 | 01:13:21 | 02:19:50 | 03:11:31.15 | 4:33   | 13.2 |
| 3    | RYBAK SERGI          | 241 |                                  |                      |        | M30  | 1      | M 3  |      | 00:39:33 | 01:13:17 | 02:17:47 | 03:13:42.95 | 4:36   | 13   |
| 4    | KUNERT KAMIL         | 262 |                                  |                      |        | M30  | 2      | M 4  |      | 00:39:32 | 01:14:35 | 02:24:11 | 03:15:20.10 | 4:39   | 12.9 |
| 5    | KOSEK PAWEŁ          | 274 | WWW.PAWELKOSEK.COM               | TYCHY                | POLSKA | M18  | 2      | M 5  |      |          |          |          | 03:21:57.00 | 4:48   | 12.5 |
| 6    | JAGIEŁA ADAM         | 206 | KRS TKKF JASTRZĄB RUDA ŚLĄSKA    | SIEMIANOWICE ŚLĄSKIE | POLSKA | M40  | 2      | M 6  |      | 00:39:33 | 01:14:35 | 02:25:31 | 03:24:54.60 | 4:52   | 12.3 |
| 7    | KASZUBA MICHAŁ       | 211 | GRUPA NOMAX                      | PIEKARY ŚLĄSKIE      | POLSKA | M40  | 3      | M 7  |      | 00:39:36 | 01:21:28 | 02:32:45 | 03:26:50.20 | 4:55   | 12.2 |
| 8    | GNIEWEK JAREK        | 278 | BESKRES                          | BIELSKO-BIAŁA        | POLSKA | M30  | 3      | M 8  |      | 00:39:34 | 01:14:16 | 02:23:15 | 03:28:15.60 | 4:57   | 12.1 |
| 9    | STOLARZ PIOTR        | 246 |                                  | DĄBROWA GÓRNICZA     | POLSKA | M30  | 4      | M 9  |      | 00:42:23 | 01:21:29 | 02:32:57 | 03:33:11.45 | 5:04   | 11.8 |
| 10   | CICHOŃ ROMAN         | 137 |                                  | MIERZEJECIE          | POLSKA | M30  | 5      | M 10 |      | 00:42:20 | 01:21:22 | 02:32:50 | 03:37:08.55 | 5:10   | 11.6 |
| 11   | KOZIOL KRZYSZTOF     | 170 |                                  | GORZÓW               | POLSKA | M40  | 4      | M 11 |      | 00:42:18 | 01:21:40 | 02:33:28 | 03:49:52.80 | 5:28   | 11   |
| 12   | BŁĄŻUTYCZ PAWEŁ      | 208 | KS KROTOSZ - KROTOSZYN           | CIESZKÓW             | POLSKA | M40  | 5      | M 12 |      | 00:42:19 | 01:32:28 | 02:49:47 | 03:50:41.90 | 5:29   | 10.9 |
| 13   | CZECH ROBERT         | 165 | AZS-AWF KRAKÓW MASTERS           | KRAKÓW               | POLSKA | M30  | 6      | M 13 |      | 00:48:21 | 01:31:08 | 02:49:45 | 03:52:54.50 | 5:32   | 10.8 |
| 14   | MAŁKIEWICZ DARIUSZ   | 160 | PGB SPORTOWA PACZKA              | KATOWICE             | POLSKA | M40  | 6      | M 14 |      | 00:45:10 | 01:32:28 | 02:53:15 | 04:00:26.70 | 5:43   | 10.5 |
| 15   | ZIUZIAŃSKI ROMAN     | 167 |                                  | DĄBROWA GÓRNICZA     | POLSKA | M30  | 7      | M 15 |      | 00:45:06 | 01:32:31 | 02:50:24 | 04:00:58.50 | 5:44   | 10.5 |
| 16   | LASKA MICHAŁ         | 141 | NIGHT RUNNERS GLIWICE            | GLIWICE              | POLSKA | M18  | 3      | M 16 |      | 00:49:05 | 01:32:50 |          | 04:02:45.00 | 5:46   | 10.4 |
| 17   | GAWEL BOGDAN         | 186 | FESTIWAL BIEGOWY W KRYNICY-ZDRÓJ | OŚWIĘCIM-ZABORZE     | POLSKA | M60  | 1      | M 17 |      | 00:50:13 | 01:35:07 | 02:57:24 | 04:03:08.65 | 5:47   | 10.4 |
| 18   | BIELIŃSKI PIOTR      | 260 |                                  |                      |        | M18  | 4      | M 18 |      | 00:41:14 | 01:32:26 | 02:48:03 | 04:04:12.80 | 5:48   | 10.3 |
| 19   | SOBCZAK MIROSLAW     | 245 |                                  | SOSNOWIEC            | POLSKA | M50  | 1      | M 19 |      | 00:47:45 | 01:31:03 | 02:53:34 | 04:04:16.35 | 5:48   | 10.3 |
| 20   | WĘGLARCZYK KRZYSZTOF | 187 | FORMA WODZISŁAW ŚLĄSKI           | WODZISŁAW ŚLĄSKI     | POLSKA | M30  | 8      | M 20 |      | 00:50:24 | 01:35:17 | 02:57:13 | 04:05:05.55 | 5:50   | 10.3 |
| 21   | WYŁĘŻEK PAWEŁ        | 198 | SPORTOWE PIEKARY                 | PIEKARY ŚLĄSKIE      | POLSKA | M18  | 5      | M 21 |      | 00:43:50 | 01:32:26 | 02:53:34 | 04:07:16.40 | 5:53   | 10.2 |
| 22   | WYŁUPEK TOMASZ       | 142 | POZYTYWNIIE ZAKRĘCENI            | SOSNOWIEC            | POLSKA | M40  | 7      | M 22 |      | 00:51:15 |          | 03:02:50 | 04:08:19.45 | 5:54   | 10.1 |
| 23   | SKWORC GRZEGORZ      | 169 |                                  | SIEMIANOWICE ŚLĄSKIE | POLSKA | M18  | 6      | M 23 |      | 00:44:51 | 01:32:33 | 03:01:21 | 04:09:47.70 | 5:56   | 10.1 |

## Silesian Highland Marathon, M-Open c.d.

| M-ce | Nazwisko i imię       | Nr   | Klub                      | M-scowość                  | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------------|------|---------------------------|----------------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 24   | KLIMCZEWSKI ANDRZEJ   | 122  | FOREVER YOUNG ŁÓDŹ        | ŁÓDŹ                       | POLSKA | M50  | 2      | M 24 |      | 00:48:56 | 01:32:55 | 02:58:54 | 04:09:51.25 | 5:56   | 10.1 |
| 25   | DOBŁA ANDRZEJ         | 193  | NIEZRZESZONY              | WĘGIERSKA GÓRKA            | POLSKA | M50  | 3      | M 25 |      | 00:42:58 | 01:27:15 | 02:57:52 | 04:14:17.10 | 6:03   | 9.9  |
| 26   | ALKER ADAM            | 180  |                           | WARSZAWA                   | POLSKA | M30  | 9      | M 26 |      | 00:40:23 | 01:19:01 | 03:00:42 | 04:17:50.15 | 6:08   | 9.8  |
| 27   | GRUND MAREK           | 205  | MAFIA TEAM LUBLINIEC      | STRZEBIŃ                   | POLSKA | M18  | 7      | M 27 |      | 00:44:01 | 01:32:57 | 03:05:23 | 04:20:47.40 | 6:12   | 9.7  |
| 28   | KWIECIAK JAROSŁAW     | 195  | POGORIA BIEGA             | DĄBROWA GÓRNICZA           | POLSKA | M60  | 2      | M 28 |      | 00:42:24 | 01:21:36 | 02:40:19 | 04:21:26.10 | 6:13   | 9.6  |
| 29   | PERYKASZA PAWEŁ       | 189  | NR+                       | KRAKÓW                     | POLSKA | M30  | 10     | M 29 |      | 00:46:17 | 01:31:09 | 03:03:44 | 04:23:37.15 | 6:16   | 9.6  |
| 30   | SUROWIEC MICHAŁ       | 171  | RUNNERS WOJKOWICE TEAM    | WOJKOWICE                  | POLSKA | M30  | 11     | M 30 |      | 00:44:17 | 01:27:07 | 03:08:00 | 04:26:13.30 | 6:20   | 9.5  |
| 31   | KOBYLIŃSKI TOMASZ     | 140  | WKB META LUBLINIEC        | ZABRZE                     | POLSKA | M40  | 8      | M 31 |      | 00:48:12 | 01:31:17 | 02:57:34 | 04:33:01.10 | 6:30   | 9.2  |
| 32   | MADEJCZYK KAROL       | 125  |                           | ROGOŹNIK                   | POLSKA | M18  | 8      | M 32 |      | 00:53:33 | 01:41:28 | 03:14:21 | 04:36:48.70 | 6:35   | 9.1  |
| 33   | SINDERA MIROSLAW      | 164  | TKKF CZELADŹ              | PSARY                      | POLSKA | M50  | 4      | M 33 |      | 00:52:36 | 01:41:31 | 03:14:26 | 04:37:15.15 | 6:36   | 9.1  |
| 34   | ABRAHAMOWICZ JAKUB    | 194  | RYBNICKA GRUPA BIEGOWA    | RYBNIK                     | POLSKA | M18  | 9      | M 34 |      | 00:51:09 | 01:38:14 | 03:11:43 | 04:37:25.35 | 6:36   | 9.1  |
| 35   | MAŚLANKA MARCIN       | 202  |                           | ZAWIERCIE                  | POLSKA | M30  | 12     | M 35 |      | 00:46:20 | 01:33:21 | 03:12:51 | 04:37:25.45 | 6:36   | 9.1  |
| 36   | MICHAŁSKI JAROSŁAW    | 199  | HETMAN TARNOWSKIE GÓRY    | TARNOWSKIE GÓRY            | POLAND | M30  | 13     | M 36 |      | 00:55:11 | 01:51:04 | 03:27:15 | 04:38:36.70 | 6:38   | 9    |
| 37   | BRODA WOJCIECH        | 197  |                           | KRAKÓW                     | POLSKA | M40  | 9      | M 37 |      | 00:48:25 | 01:35:50 | 03:17:34 | 04:42:31.05 | 6:43   | 8.9  |
| 38   | KAJDAK DAWID          | 131  |                           | DĄBROWA GÓRNICZA           | POLSKA | M30  | 14     | M 38 |      | 00:51:28 | 01:50:24 | 03:30:13 | 04:46:13.50 | 6:48   | 8.8  |
| 39   | TRZEPIZUR DOMINIK     | 253  |                           | WRĘCZYCA WIELKA            | POLSKA | M18  | 10     | M 39 |      | 00:44:17 | 01:33:47 | 03:24:37 | 04:51:04.15 | 6:55   | 8.7  |
| 40   | PITAS ANDRZEJ         | 201  | ZAPIERDALACZE             | ROGOŹNIK                   | POLSKA | M40  | 10     | M 40 |      | 00:50:07 | 01:35:21 | 03:24:15 | 04:51:21.85 | 6:56   | 8.6  |
| 41   | URBAŃCZYK KAROL       | 120  | NIGHT RUNNERS GLIWICE     | GLIWICE                    | POLAND | M18  | 11     | M 41 |      | 00:49:07 | 01:35:54 | 03:18:36 | 04:51:40.25 | 6:56   | 8.6  |
| 42   | GUTOWSKI DARIUSZ      |      |                           | KŁOBUCK                    |        | M40  | 11     | M 42 |      | 00:50:16 | 01:38:14 | 03:24:41 | 04:53:49.85 | 6:59   | 8.6  |
| 43   | KARWAT ROBERT         | 204  | AT SPORT                  | MIKOŁÓW                    | POLSKA | M40  | 12     | M 43 |      | 00:53:29 | 01:42:15 | 03:24:01 | 04:53:51.55 | 6:59   | 8.6  |
| 44   | KOŹLIK JACEK          | 127  |                           | WODZISŁAW ŚLĄSKI           | POLSKA | M40  | 13     | M 44 |      | 00:50:26 | 01:35:44 | 03:36:53 | 04:56:26.45 | 7:03   | 8.5  |
| 45   | BOROJA DRAGO          | 273  | 40LATEK ELMAX             | FUTOG                      | SERBIA | M60  | 3      | M 45 |      | 00:54:57 | 01:48:56 | 03:30:26 | 04:56:38.85 | 7:03   | 8.5  |
| 46   | KUBISZ TOMASZ         | 1976 |                           |                            | POLSKA | M40  | 14     | M 46 |      | 00:51:32 | 01:51:24 | 03:34:12 | 04:57:07.75 | 7:04   | 8.5  |
| 47   | GRUSZKA PAWEŁ         | 181  |                           | KATOWICE                   | POLSKA | M40  | 15     | M 47 |      | 00:55:11 | 01:49:49 | 03:30:13 | 04:58:10.20 | 7:05   | 8.5  |
| 48   | ŁYSZCZAK JÓZEF        | 134  | WSKRZESZENIE NIC MARATONU | KATOWICE                   | POLSKA | M30  | 15     | M 48 |      | 00:56:48 | 01:48:40 | 03:32:37 | 04:58:25.35 | 7:06   | 8.4  |
| 49   | CISEK MIROSLAW TOMASZ | 143  | KONDYCJA                  | PIASECZNO                  | POLSKA | M40  | 16     | M 49 |      | 00:53:55 | 01:41:57 | 03:16:30 | 04:58:27.65 | 7:06   | 8.4  |
| 50   | GŁODKOWSKI ŁUKASZ     | 155  |                           | DĄBROWA GÓRNICZA           | POLSKA | M30  | 16     | M 50 |      | 00:55:05 | 01:44:44 | 03:28:37 | 04:58:35.30 | 7:06   | 8.4  |
| 51   | POTĘGA GRZEGORZ       | 136  |                           | DĄBROWA GÓRNICZA           | POLSKA | M40  | 17     | M 51 |      | 00:54:13 | 01:44:45 | 03:28:41 | 04:58:46.30 | 7:06   | 8.4  |
| 52   | CAŁKIEWICZ MARCIN     | 116  | POWER TRAINING            | WARSZAWA                   | POLSKA | M40  | 18     | M 52 |      | 00:54:27 | 01:51:57 | 03:36:51 | 05:00:02.70 | 7:08   | 8.4  |
| 53   | OKAJ KRZYSZTOF        | 148  | RUNAWAYS                  | TARNOWSKIE GÓRY            | POLSKA | M30  | 17     | M 53 |      | 00:56:06 | 01:51:05 | 03:37:46 | 05:00:48.35 | 7:09   | 8.4  |
| 54   | KURZEJA ARTUR         | 124  | G.A.K.                    | KATOWICE                   | POLSKA | M40  | 19     | M 54 |      | 00:57:21 | 01:51:56 | 03:34:51 | 05:01:07.30 | 7:10   | 8.4  |
| 55   | MAKOS ADAM            | 161  | SILESIA RUNNING TEAM      | SIEMIANOWICE ŚLĄSKIE       | POLSKA | M40  | 20     | M 55 |      | 00:56:26 | 01:48:07 | 03:34:57 | 05:04:09.95 | 7:14   | 8.3  |
| 56   | PRACKI DARIUSZ        | 177  | -                         | MIASTECZKO ŚLĄSKIE         | POLSKA | M30  | 18     | M 56 |      | 00:56:49 | 01:51:18 | 03:37:18 | 05:04:32.70 | 7:15   | 8.3  |
| 57   | ROSIŃSKI ZBIGNIEW     | 256  |                           |                            |        | M50  | 5      | M 57 |      | 01:01:47 | 01:58:27 | 03:43:12 | 05:04:53.85 | 7:15   | 8.3  |
| 58   | KAWIAK WOJCIECH       | 150  |                           | POTĘPA                     | POLSKA | M30  | 19     | M 58 |      | 00:56:02 | 01:50:55 | 03:24:01 | 05:06:01.05 | 7:17   | 8.2  |
| 59   | LIGUDZIŃSKI ANDRZEJ   | 188  | ZA GARŚC BANANÓW          | RADZIONKÓW                 | POLSKA | M40  | 21     | M 59 |      | 00:55:50 | 01:51:02 | 03:43:00 | 05:06:54.20 | 7:18   | 8.2  |
| 60   | KĘSICKI ROBERT        | 279  |                           |                            |        | M30  | 20     | M 60 |      | 00:50:12 | 01:35:52 | 03:20:10 | 05:07:31.25 | 7:19   | 8.2  |
| 61   | BACIA BŁAŻEJ          | 135  | RUNNERS WOJKOWICE TEAM    | WOJKOWICE                  | POLSKA | M18  | 12     | M 61 |      | 00:51:04 | 01:47:33 | 03:43:22 | 05:07:57.65 | 7:19   | 8.2  |
| 62   | GOŁĄBEK PIOTR         | 115  |                           | SOSNOWIEC                  | POLSKA | M30  | 21     | M 62 |      | 00:56:07 | 01:48:38 | 03:38:07 | 05:13:47.30 | 7:28   | 8    |
| 63   | BOROWIAK PIOTR        | 145  |                           | BYTOM                      | POLSKA | M40  | 22     | M 63 |      | 00:55:25 | 01:51:30 | 03:37:48 | 05:13:49.90 | 7:28   | 8    |
| 64   | GABAŁA MICHAŁ         | 184  | W POGONI ZA DUCHEM        | SOSNOWIEC                  | POLSKA | M30  | 22     | M 64 |      | 00:55:23 | 01:51:06 | 03:37:07 | 05:14:26.55 | 7:29   | 8    |
| 65   | KRYZIA GRZEGORZ       | 159  | W POGONI ZA DUCHEM        | DĄBROWA GÓRNICZA           | POLSKA | M40  | 23     | M 65 |      | 00:55:45 | 01:51:03 | 03:37:10 | 05:14:26.80 | 7:29   | 8    |
| 66   | ZOK KAROL             | 139  |                           | TARNOWSKIE GÓRY            | POLSKA | M30  | 23     | M 66 |      | 00:53:54 | 01:51:00 | 03:49:15 | 05:24:24.50 | 7:43   | 7.8  |
| 67   | GUBAŁA KRZYSZTOF      | 152  | MORSY Z CHECHŁA RODEM     | TĄPKOWICE                  | POLSKA | M40  | 24     | M 67 |      | 00:55:05 | 01:51:30 | 03:43:11 | 05:27:22.75 | 7:47   | 7.7  |
| 68   | KUROWSKI MICHAŁ       | 146  | NIGHT RUNNERS GLIWICE     | RUDA ŚLĄSKA                | POLSKA | M18  | 13     | M 68 |      | 01:08:16 | 02:11:31 | 03:58:55 | 05:28:30.85 | 7:49   | 7.7  |
| 69   | PODOLSKI BARTŁOMIEJ   | 200  | TS GWAREK                 | TARNOWSKIE GÓRY            | POLSKA | M30  | 24     | M 69 |      | 00:55:10 | 01:51:04 | 03:37:50 | 05:30:09.30 | 7:51   | 7.6  |
| 70   | NOWAK BARTOSZ         | 149  |                           | TARNOWSKIE GÓRY            | POLSKA | M30  | 25     | M 70 |      | 00:56:54 | 01:56:53 | 03:54:20 | 05:34:34.45 | 7:57   | 7.5  |
| 71   | GAIDA JAN             | 121  | BIEGAM BO CHCĘ            | MIASTECZKO ŚLĄSKIE -ŻYGLIN | POLSKA | M50  | 6      | M 71 |      | 00:56:44 | 01:51:04 | 03:58:18 | 05:34:53.15 | 7:58   | 7.5  |
| 72   | KRAUSE DARIUSZ        | 119  | RADLINIOKI W BIEGU        | RADLIN                     | POLSKA | M40  | 25     | M 72 |      | 00:57:23 | 01:57:25 | 04:03:00 | 05:35:42.20 | 7:59   | 7.5  |
| 73   | WOLNY MACIEJ          | 129  | PANEWNICKIE LISY          | KATOWICE                   | POLSKA | M40  | 26     | M 73 |      | 00:57:12 | 01:51:05 | 03:43:16 | 05:38:32.05 | 8:03   | 7.4  |
| 74   | FURMAN PAWEŁ          | 174  | PANEWNICKIE LISY          | KATOWICE                   | POLSKA | M30  | 26     | M 74 |      | 00:57:14 | 01:51:02 | 03:43:16 | 05:38:33.10 | 8:03   | 7.4  |
| 75   | WASIOŁKA ADAM         | 151  |                           | KATOWICE                   | POLSKA | M40  | 27     | M 75 |      | 00:57:16 | 01:50:59 | 03:43:19 | 05:38:33.20 | 8:03   | 7.4  |
| 76   | POPIELNICKI MARCIN    | 173  | CIASTKI TEAM              | BYTOM                      | POLSKA | M40  | 28     | M 76 |      | 00:57:48 | 01:56:40 | 03:57:44 | 05:41:15.15 | 8:07   | 7.4  |
| 77   | LIGOCKI SZYMON        | 132  | CARAVAN OF DREAMS         | SIEMIANOWICE ŚLĄSKIE       | POLSKA | M18  | 14     | M 77 |      | 00:55:59 | 01:51:07 | 03:54:29 | 05:41:20.95 | 8:07   | 7.4  |
| 78   | FRUCZ JACEK           | 162  |                           | SOSNOWIEC                  | POLSKA | M40  | 29     | M 78 |      | 00:58:08 | 02:00:40 | 04:03:43 | 05:41:33.20 | 8:07   | 7.4  |
| 79   | KUGLARZ RYSZARD       | 203  | #NAZWA?                   | PRZECIESZYN                | POLSKA | M30  | 27     | M 79 |      | 00:51:22 | 01:41:09 | 03:38:04 | 05:42:03.70 | 8:08   | 7.4  |
| 80   | SMUDA RYSZARD         | 130  |                           | TYCHY                      | POLAND | M50  | 7      | M 80 |      | 01:02:03 | 01:59:48 | 03:59:15 | 05:45:46.70 | 8:13   | 7.3  |

**Silesian Highland Marathon, M-Open c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                      | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------------|-----|---------------------------|----------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 81   | BYLICA TOMASZ         | 154 |                           | TARNOWSKIE GÓRY      | POLSKA | M40  | 30     | M 81 |      | 01:04:23 | 02:12:13 | 04:07:02 | 05:49:22.90 | 8:19   | 7.2  |
| 82   | HYPŚ WALDEMAR         | 176 |                           | OLSZTYN              | POLSKA | M50  | 8      | M 82 |      | 01:04:43 | 02:09:36 | 04:14:18 | 05:53:32.65 | 8:25   | 7.1  |
| 83   | BIELICKI MIRO         | 213 | ULTRAS RUN                | BYTOM                | POLSKA | M40  | 31     | M 83 |      | 01:01:49 | 02:15:21 | 04:23:46 | 06:03:37.25 | 8:39   | 6.9  |
| 84   | KORUMBEL ARTUR        | 114 | AMBITNI AMATORZY          | PRZYBYNÓW            | POLSKA | M40  | 32     | M 84 |      | 01:04:19 | 02:08:41 | 04:21:45 | 06:04:01.65 | 8:40   | 6.9  |
| 85   | URBAŃSKI JÓZEF        | 196 | KKB MOSIR KROSNO          | KROSNO               | POLSKA | M50  | 9      | M 85 |      | 01:01:11 | 02:13:57 | 04:24:16 | 06:07:18.30 | 8:44   | 6.9  |
| 86   | MICHALAK MARCIN       | 163 | CZORNE HANYSY             | SIEMIANOWICE ŚLĄSKIE | POLSKA | M40  | 33     | M 86 |      | 01:00:48 | 02:15:21 | 04:29:19 | 06:22:42.40 | 9:06   | 6.6  |
| 87   | TWARDZIK GRZEGORZ     | 257 |                           |                      |        | M40  | 34     | M 87 |      | 01:01:48 | 02:15:22 | 04:34:01 | 06:28:10.80 | 9:14   | 6.5  |
| 88   | SZATON BOGUSŁAW       | 138 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ              | POLSKA | M40  | 35     | M 88 |      | 01:03:40 | 02:11:02 | 04:34:08 | 06:28:17.55 | 9:14   | 6.5  |
| 89   | MADEJ JÓZEF           | 192 | ZADYSZKA OŚWIĘCIM         | OŚWIĘCIM             | POLSKA | M60  | 4      | M 89 |      | 01:15:23 | 02:31:20 | 04:55:24 | 06:52:30.85 | 9:49   | 6.1  |
| 90   | MUSTAPHA EL OUARTASSY | 230 |                           | AIT BAHA             | MAROKO | M18  | 15     | M 90 |      | 00:39:32 | 01:13:17 |          |             | 4:04   | 14.7 |

**Silesian Highland Marathon, Gmina Bobrowniki**

| M-ce | Nazwisko i imię   | Nr  | Klub              | M-scowość | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-------------------|-----|-------------------|-----------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | MADEJCZYK KAROL   | 125 |                   | ROGOŹNIK  | POLSKA | M18  | 8      | M 32 |      | 00:53:33 | 01:41:28 | 03:14:21 | 04:36:48.70 | 6:35   | 9.1  |
| 2    | PITAS ANDRZEJ     | 201 | ZAPIERDALACZE     | ROGOŹNIK  | POLSKA | M40  | 10     | M 40 |      | 00:50:07 | 01:35:21 | 03:24:15 | 04:51:21.85 | 6:56   | 8.6  |
| 3    | CZAPKIEWICZ GOSIA | 133 | SPARTANIE DZIECOM | ROGOŹNIK  | POLSKA | K40  | 1      | K 7  |      | 00:53:18 | 01:49:48 | 03:33:52 | 04:59:49.90 | 7:08   | 8.4  |

**Silesian Highland Marathon, Gmina Mierzęcice**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość  | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------|-----|------|------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | CICHOŃ ROMAN    | 137 |      | MIERZĘCICE | POLSKA | M30  | 5      | M 10 |      | 00:42:20 | 01:21:22 | 02:32:50 | 03:37:08.55 | 5:10   | 11.6 |

**Silesian Highland Marathon, Gmina Psary**

| M-ce | Nazwisko i imię  | Nr  | Klub         | M-scowość | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|------------------|-----|--------------|-----------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | SINDERA MIROSLAW | 164 | TKKF CZELADŹ | PSARY     | POLSKA | M50  | 4      | M 33 |      | 00:52:36 | 01:41:31 | 03:14:26 | 04:37:15.15 | 6:36   | 9.1  |

**Silesian Highland Marathon, Gminy**

| M-ce | Nazwisko i imię   | Nr  | Klub              | M-scowość  | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-------------------|-----|-------------------|------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | CICHOŃ ROMAN      | 137 |                   | MIERZĘCICE | POLSKA | M30  | 5      | M 10 |      | 00:42:20 | 01:21:22 | 02:32:50 | 03:37:08.55 | 5:10   | 11.6 |
| 2    | MADEJCZYK KAROL   | 125 |                   | ROGOŹNIK   | POLSKA | M18  | 8      | M 32 |      | 00:53:33 | 01:41:28 | 03:14:21 | 04:36:48.70 | 6:35   | 9.1  |
| 3    | SINDERA MIROSLAW  | 164 | TKKF CZELADŹ      | PSARY      | POLSKA | M50  | 4      | M 33 |      | 00:52:36 | 01:41:31 | 03:14:26 | 04:37:15.15 | 6:36   | 9.1  |
| 4    | PITAS ANDRZEJ     | 201 | ZAPIERDALACZE     | ROGOŹNIK   | POLSKA | M40  | 10     | M 40 |      | 00:50:07 | 01:35:21 | 03:24:15 | 04:51:21.85 | 6:56   | 8.6  |
| 5    | CZAPKIEWICZ GOSIA | 133 | SPARTANIE DZIECOM | ROGOŹNIK   | POLSKA | K40  | 1      | K 7  |      | 00:53:18 | 01:49:48 | 03:33:52 | 04:59:49.90 | 7:08   | 8.4  |

**Silesian Highland Marathon, K18**

| M-ce | Nazwisko i imię    | Nr  | Klub                                 | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|--------------------|-----|--------------------------------------|----------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | MIKOŁAJCZYK SANDRA | 212 | SILESIA RUNNERS CLUB                 | SIEMIANOWICE ŚLĄSKIE | POLSKA | K18  | 1      | K 1  |      | 00:42:20 | 01:21:35 | 02:33:15 | 03:33:23.20 | 5:04   | 11.8 |
| 2    | JACKOWIAK GOSIA    | 191 |                                      | ROKIETNICA           | POLSKA | K18  | 2      | K 5  |      | 00:55:45 | 01:48:14 | 03:32:39 | 04:55:17.65 | 7:01   | 8.5  |
| 3    | KOCÓJ DOMINIKA     | 179 | NIGHT RUNNER'S GLIWICE               | ZABRZE               | POLSKA | K18  | 3      | K 13 |      | 01:10:10 | 02:15:59 | 04:31:59 | 06:14:36.70 | 8:55   | 6.7  |
| 4    | TARGAŃSKA KAMILA   | 190 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK               | POLSKA | K18  | 4      | K 16 |      | 01:04:34 | 02:18:27 | 04:40:52 | 06:38:23.10 | 9:29   | 6.3  |

### Silesian Highland Marathon, M18

| M-ce | Nazwisko i imię       | Nr  | Klub                   | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------------|-----|------------------------|----------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | GORCZYCA BARTOSZ      | 73  | SALCO SPORT TEAM       | SKOŁYSZYN            |        | M18  | 1      | M 2  |      | 00:39:32 | 01:13:21 | 02:19:50 | 03:11:31.15 | 4:33   | 13.2 |
| 2    | KOSEK PAWEŁ           | 274 | WWW.PAWELKOSEK.COM     | TYCHY                | POLSKA | M18  | 2      | M 5  |      |          |          |          | 03:21:57.00 | 4:48   | 12.5 |
| 3    | LASKA MICHAŁ          | 141 | NIGHT RUNNERS GLIWICE  | GLIWICE              | POLSKA | M18  | 3      | M 16 |      | 00:49:05 | 01:32:50 |          | 04:02:45.00 | 5:46   | 10.4 |
| 4    | BIELIŃSKI PIOTR       | 260 |                        |                      |        | M18  | 4      | M 18 |      | 00:41:14 | 01:32:26 | 02:48:03 | 04:04:12.80 | 5:48   | 10.3 |
| 5    | WYLĘŻEK PAWEŁ         | 198 | SPORTOWE PIEKARY       | PIEKARY ŚLĄSKIE      | POLSKA | M18  | 5      | M 21 |      | 00:43:50 | 01:32:26 | 02:53:34 | 04:07:16.40 | 5:53   | 10.2 |
| 6    | SKWORC GRZEGORZ       | 169 |                        | SIEMIANOWICE ŚLĄSKIE | POLSKA | M18  | 6      | M 23 |      | 00:44:51 | 01:32:33 | 03:01:21 | 04:09:47.70 | 5:56   | 10.1 |
| 7    | GRUND MAREK           | 205 | MAFIA TEAM LUBLINIEC   | STRZEBIŃ             | POLSKA | M18  | 7      | M 27 |      | 00:44:01 | 01:32:57 | 03:05:23 | 04:20:47.40 | 6:12   | 9.7  |
| 8    | MADEJCZYK KAROL       | 125 |                        | ROGOŹNIK             | POLSKA | M18  | 8      | M 32 |      | 00:53:33 | 01:41:28 | 03:14:21 | 04:36:48.70 | 6:35   | 9.1  |
| 9    | ABRAHAMOWICZ JAKUB    | 194 | RYBNICKA GRUPA BIEGOWA | RYBNIK               | POLSKA | M18  | 9      | M 34 |      | 00:51:09 | 01:38:14 | 03:11:43 | 04:37:25.35 | 6:36   | 9.1  |
| 10   | TRZEPIZUR DOMINIK     | 253 |                        | WRĘCZYCA WIELKA      |        | M18  | 10     | M 39 |      | 00:44:17 | 01:33:47 | 03:24:37 | 04:51:04.15 | 6:55   | 8.7  |
| 11   | URBAŃCZYK KAROL       | 120 | NIGHT RUNNERS GLIWICE  | GLIWICE              | POLAND | M18  | 11     | M 41 |      | 00:49:07 | 01:35:54 | 03:18:36 | 04:51:40.25 | 6:56   | 8.6  |
| 12   | BACIA BŁAŻEJ          | 135 | RUNNERS WOJKOWICE TEAM | WOJKOWICE            | POLSKA | M18  | 12     | M 61 |      | 00:51:04 | 01:47:33 | 03:43:22 | 05:07:57.65 | 7:19   | 8.2  |
| 13   | KUROWSKI MICHAŁ       | 146 | NIGHT RUNNERS GLIWICE  | RUDA ŚLĄSKA          | POLSKA | M18  | 13     | M 68 |      | 01:08:16 | 02:11:31 | 03:58:55 | 05:28:30.85 | 7:49   | 7.7  |
| 14   | LIGOCKI SZYMON        | 132 | CARAVAN OF DREAMS      | SIEMIANOWICE ŚLĄSKIE | POLSKA | M18  | 14     | M 77 |      | 00:55:59 | 01:51:07 | 03:54:29 | 05:41:20.95 | 8:07   | 7.4  |
| 15   | MUSTAPHA EL OUARTASSY | 230 |                        | AIT BAHA             | MAROKO | M18  | 15     | M 90 |      | 00:39:32 | 01:13:17 |          |             | 4:04   | 14.7 |

### Silesian Highland Marathon, K30+

| M-ce | Nazwisko i imię                | Nr  | Klub                                    | M-scowość        | Kraj   | Kat. | M. kat | K/M  | Kary   | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|--------------------------------|-----|---|------------------|--------|------|--------|------|--------|----------|----------|----------|-------------|--------|------|
| 1    | MAJER EWA                      | 74  | SOLGAR POLSKA                           | DOBCZYCE         |        | K30  | 1      | K 2  |        | 00:44:10 | 01:25:42 | 02:53:38 | 03:55:12.05 | 5:36   | 10.7 |
| 2    | LEWANDOWSKA EDYTA              | 261 | E.L.OTE SPORTS                          | OLSZTYN          | POLSKA | K30  | 2      | K 3  | +10MIN | 00:40:36 | 01:32:27 | 02:54:25 | 04:10:52.85 | 5:58   | 10   |
| 3    | KOCZUR TAMARA                  | 243 | AMBITNI AMATORZY                        | MYSZKÓW          |        | K30  | 3      | K 4  |        | 00:50:11 | 01:35:44 | 03:11:43 | 04:37:09.50 | 6:35   | 9.1  |
| 4    | KUBISZ DOROTA                  | 254 |   |                  |        | K30  | 4      | K 6  |        | 00:51:25 | 01:51:28 | 03:34:16 | 04:57:07.45 | 7:04   | 8.5  |
| 5    | CZAPKIEWICZ GOSIA              | 133 | SPARTANIE DZIECOM                       | ROGOŹNIK         | POLSKA | K40  | 1      | K 7  |        | 00:53:18 | 01:49:48 | 03:33:52 | 04:59:49.90 | 7:08   | 8.4  |
| 6    | OLSCHIMKE- MARMUROWICZ BARBARA | 168 | NIGHTRUNNERS ŚLĄSK/SILESIA RUNNING TEAM | KATOWICE         | POLSKA | K40  | 2      | K 8  |        | 00:57:10 | 01:49:50 | 03:24:30 | 05:01:17.00 | 7:10   | 8.4  |
| 7    | LUBOWICKA ANNA                 | 117 | 40 - LATEK TYCHY                        | TYCHY            | POLSKA | K30  | 5      | K 9  |        | 00:56:42 | 01:51:23 | 03:37:48 | 05:03:41.35 | 7:13   | 8.3  |
| 8    | KRAUSE SYLWIA                  | 118 | RADLINIOKI W BIEGU                      | RADLIN           | POLSKA | K40  | 3      | K 10 |        | 00:57:06 | 01:57:23 | 04:02:59 | 05:35:41.60 | 7:59   | 7.5  |
| 9    | BYLICA WIOLETTA                | 153 |   | TARNOWSKIE GÓRY  | POLSKA | K30  | 6      | K 11 |        | 01:04:20 | 02:13:09 | 04:07:03 | 05:49:23.05 | 8:19   | 7.2  |
| 10   | MIGZA SABINA                   | 175 | NIEPANIKUJ.PL                           | DĄBROWA GÓRNICZA | POLSKA | K30  | 7      | K 12 |        | 01:01:50 | 02:13:54 | 04:15:56 | 05:53:01.95 | 8:24   | 7.1  |
| 11   | KUPIBIDA BOGUSŁAWA             | 158 | SILESIA NORDIC TEAM                     | KATOWICE         | POLSKA | K50  | 1      | K 14 |        | 01:00:55 | 02:15:27 | 04:29:24 | 06:22:49.20 | 9:06   | 6.6  |
| 12   | KITA EWA                       | 166 |   | KĘDZIERZYN-KOŹLE | POLSKA | K50  | 2      | K 15 |        | 01:03:36 | 02:11:02 | 04:34:09 | 06:28:17.40 | 9:14   | 6.5  |
| 13   | FOUZA BACHAR                   | 231 |   |                  |        | K30  | 8      | K 17 |        | 00:41:10 | 01:35:12 |          |             | 5:17   | 11.3 |

### Silesian Highland Marathon, K30

| M-ce | Nazwisko i imię   | Nr  | Klub             | M-scowość        | Kraj   | Kat. | M. kat | K/M  | Kary   | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-------------------|-----|------------------|------------------|--------|------|--------|------|--------|----------|----------|----------|-------------|--------|------|
| 1    | MAJER EWA         | 74  | SOLGAR POLSKA    | DOBCZYCE         |        | K30  | 1      | K 2  |        | 00:44:10 | 01:25:42 | 02:53:38 | 03:55:12.05 | 5:36   | 10.7 |
| 2    | LEWANDOWSKA EDYTA | 261 | E.L.OTE SPORTS   | OLSZTYN          | POLSKA | K30  | 2      | K 3  | +10MIN | 00:40:36 | 01:32:27 | 02:54:25 | 04:10:52.85 | 5:58   | 10   |
| 3    | KOCZUR TAMARA     | 243 | AMBITNI AMATORZY | MYSZKÓW          |        | K30  | 3      | K 4  |        | 00:50:11 | 01:35:44 | 03:11:43 | 04:37:09.50 | 6:35   | 9.1  |
| 4    | KUBISZ DOROTA     | 254 |                  |                  |        | K30  | 4      | K 6  |        | 00:51:25 | 01:51:28 | 03:34:16 | 04:57:07.45 | 7:04   | 8.5  |
| 5    | LUBOWICKA ANNA    | 117 | 40 - LATEK TYCHY | TYCHY            | POLSKA | K30  | 5      | K 9  |        | 00:56:42 | 01:51:23 | 03:37:48 | 05:03:41.35 | 7:13   | 8.3  |
| 6    | BYLICA WIOLETTA   | 153 |                  | TARNOWSKIE GÓRY  | POLSKA | K30  | 6      | K 11 |        | 01:04:20 | 02:13:09 | 04:07:03 | 05:49:23.05 | 8:19   | 7.2  |
| 7    | MIGZA SABINA      | 175 | NIEPANIKUJ.PL    | DĄBROWA GÓRNICZA | POLSKA | K30  | 7      | K 12 |        | 01:01:50 | 02:13:54 | 04:15:56 | 05:53:01.95 | 8:24   | 7.1  |
| 8    | FOUZA BACHAR      | 231 |                  |                  |        | K30  | 8      | K 17 |        | 00:41:10 | 01:35:12 |          |             | 5:17   | 11.3 |

### Silesian Highland Marathon, M30

| M-ce | Nazwisko i imię | Nr  | Klub    | M-scowość     | Kraj   | Kat. | M. kat | K/M | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------|-----|---------|---------------|--------|------|--------|-----|------|----------|----------|----------|-------------|--------|------|
| 1    | RYBAK SERGII    | 241 |         |               |        | M30  | 1      | M 3 |      | 00:39:33 | 01:13:17 | 02:17:47 | 03:13:42.95 | 4:36   | 13   |
| 2    | KUNERT KAMIL    | 262 |         |               |        | M30  | 2      | M 4 |      | 00:39:32 | 01:14:35 | 02:24:11 | 03:15:20.10 | 4:39   | 12.9 |
| 3    | GNIEWEK JAREK   | 278 | BESKRES | BIELSKO-BIAŁA | POLSKA | M30  | 3      | M 8 |      | 00:39:34 | 01:14:16 | 02:23:15 | 03:28:15.60 | 4:57   | 12.1 |

### Silesian Highland Marathon, M30 c.d.

| M-ce | Nazwisko i imię      | Nr  | Klub                      | M-scowość          | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|----------------------|-----|---------------------------|--------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 4    | STOLARZ PIOTR        | 246 |                           | DĄBROWA GÓRNICZA   | POLSKA | M30  | 4      | M 9  |      | 00:42:23 | 01:21:29 | 02:32:57 | 03:33:11.45 | 5:04   | 11.8 |
| 5    | CICHOŃ ROMAN         | 137 |                           | MIERZĘCICE         | POLSKA | M30  | 5      | M 10 |      | 00:42:20 | 01:21:22 | 02:32:50 | 03:37:08.55 | 5:10   | 11.6 |
| 6    | CZECH ROBERT         | 165 | AZS-AWF KRAKÓW MASTERS    | KRAKÓW             | POLSKA | M30  | 6      | M 13 |      | 00:48:21 | 01:31:08 | 02:49:45 | 03:52:54.50 | 5:32   | 10.8 |
| 7    | ZIUZIŃSKI ROMAN      | 167 |                           | DĄBROWA GÓRNICZA   | POLSKA | M30  | 7      | M 15 |      | 00:45:06 | 01:32:31 | 02:50:24 | 04:00:58.50 | 5:44   | 10.5 |
| 8    | WĘGLARCZYK KRZYSZTOF | 187 | FORMA WODZISŁAW ŚLĄSKI    | WODZISŁAW ŚLĄSKI   | POLSKA | M30  | 8      | M 20 |      | 00:50:24 | 01:35:17 | 02:57:13 | 04:05:05.55 | 5:50   | 10.3 |
| 9    | ALKER ADAM           | 180 |                           | WARSZAWA           | POLSKA | M30  | 9      | M 26 |      | 00:40:23 | 01:19:01 | 03:00:42 | 04:17:50.15 | 6:08   | 9.8  |
| 10   | PERYKASZA PAWEŁ      | 189 | NR+                       | KRAKÓW             | POLSKA | M30  | 10     | M 29 |      | 00:46:17 | 01:31:09 | 03:03:44 | 04:23:37.15 | 6:16   | 9.6  |
| 11   | SUROWIEC MICHAŁ      | 171 | RUNNERS WOJKOWICE TEAM    | WOJKOWICE          | POLSKA | M30  | 11     | M 30 |      | 00:44:17 | 01:27:07 | 03:08:00 | 04:26:13.30 | 6:20   | 9.5  |
| 12   | MAŚLANKA MARCIN      | 202 |                           | ZAWIERCIE          | POLSKA | M30  | 12     | M 35 |      | 00:46:20 | 01:33:21 | 03:12:51 | 04:37:25.45 | 6:36   | 9.1  |
| 13   | MICHALSKI JAROSŁAW   | 199 | HETMAN TARNOWSKIE GÓRY    | TARNOWSKIE GÓRY    | POLSKA | M30  | 13     | M 36 |      | 00:55:11 | 01:51:04 | 03:27:15 | 04:38:36.70 | 6:38   | 9    |
| 14   | KAJDAK DAWID         | 131 |                           | DĄBROWA GÓRNICZA   | POLSKA | M30  | 14     | M 38 |      | 00:51:28 | 01:50:24 | 03:30:13 | 04:46:13.50 | 6:48   | 8.8  |
| 15   | ŁYSCARZ JÓZEF        | 134 | WSKRZESZENIE NIC MARATONU | KATOWICE           | POLSKA | M30  | 15     | M 48 |      | 00:56:48 | 01:48:40 | 03:32:37 | 04:58:25.35 | 7:06   | 8.4  |
| 16   | GŁODKOWSKI ŁUKASZ    | 155 |                           | DĄBROWA GÓRNICZA   | POLSKA | M30  | 16     | M 50 |      | 00:55:05 | 01:44:44 | 03:28:37 | 04:58:35.30 | 7:06   | 8.4  |
| 17   | OKAJ KRZYSZTOF       | 148 | RUNAWAYS                  | TARNOWSKIE GÓRY    | POLSKA | M30  | 17     | M 53 |      | 00:56:06 | 01:51:05 | 03:37:46 | 05:00:48.35 | 7:09   | 8.4  |
| 18   | PRACKI DARIUSZ       | 177 | -                         | MIASTECZKO ŚLĄSKIE | POLSKA | M30  | 18     | M 56 |      | 00:56:49 | 01:51:18 | 03:37:18 | 05:04:32.70 | 7:15   | 8.3  |
| 19   | KAWIAK WOJCIECH      | 150 |                           | POTĘPA             | POLSKA | M30  | 19     | M 58 |      | 00:56:02 | 01:50:55 | 03:24:01 | 05:06:01.05 | 7:17   | 8.2  |
| 20   | KĘSICKI ROBERT       | 279 |                           |                    |        | M30  | 20     | M 60 |      | 00:50:12 | 01:35:52 | 03:20:10 | 05:07:31.25 | 7:19   | 8.2  |
| 21   | GOLĄBEK PIOTR        | 115 |                           | SOSNOWIEC          | POLSKA | M30  | 21     | M 62 |      | 00:56:07 | 01:48:38 | 03:38:07 | 05:13:47.30 | 7:28   | 8    |
| 22   | GABAŁA MICHAŁ        | 184 | W POGONI ZA DUCHEM        | SOSNOWIEC          | POLSKA | M30  | 22     | M 64 |      | 00:55:23 | 01:51:06 | 03:37:07 | 05:14:26.55 | 7:29   | 8    |
| 23   | ZOK KAROL            | 139 |                           | TARNOWSKIE GÓRY    | POLSKA | M30  | 23     | M 66 |      | 00:53:54 | 01:51:00 | 03:49:15 | 05:24:24.50 | 7:43   | 7.8  |
| 24   | PODOLSKI BARTŁOMIEJ  | 200 | TS GWAREK                 | TARNOWSKIE GÓRY    | POLSKA | M30  | 24     | M 69 |      | 00:55:10 | 01:51:04 | 03:37:50 | 05:30:09.30 | 7:51   | 7.6  |
| 25   | NOWAK BARTOSZ        | 149 |                           | TARNOWSKIE GÓRY    | POLSKA | M30  | 25     | M 70 |      | 00:56:54 | 01:56:53 | 03:54:20 | 05:34:34.45 | 7:57   | 7.5  |
| 26   | FURMAN PAWEŁ         | 174 | PANEWNICKIE LISY          | KATOWICE           | POLSKA | M30  | 26     | M 74 |      | 00:57:14 | 01:51:02 | 03:43:16 | 05:38:33.10 | 8:03   | 7.4  |
| 27   | KUGLARZ RYSZARD      | 203 | #NAZWA?                   | PRZECIESZYN        | POLSKA | M30  | 27     | M 79 |      | 00:51:22 | 01:41:09 | 03:38:04 | 05:42:03.70 | 8:08   | 7.4  |

### Silesian Highland Marathon, K40

| M-ce | Nazwisko i imię                | Nr  | Klub                                    | M-scowość | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|--------------------------------|-----|---|-----------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | CZAPKIEWICZ GOSIA              | 133 | SPARTANIE DZIECOM                       | ROGOŹNIK  | POLSKA | K40  | 1      | K 7  |      | 00:53:18 | 01:49:48 | 03:33:52 | 04:59:49.90 | 7:08   | 8.4  |
| 2    | OLSCHIMKE- MARMUROWICZ BARBARA | 168 | NIGHTRUNNERS ŚLĄSK/SILESIA RUNNING TEAM | KATOWICE  | POLSKA | K40  | 2      | K 8  |      | 00:57:10 | 01:49:50 | 03:24:30 | 05:01:17.00 | 7:10   | 8.4  |
| 3    | KRAUSE SYLWIA                  | 118 | RADLINIOKI W BIEGU                      | RADLIN    | POLSKA | K40  | 3      | K 10 |      | 00:57:06 | 01:57:23 | 04:02:59 | 05:35:41.60 | 7:59   | 7.5  |

### Silesian Highland Marathon, M40

| M-ce | Nazwisko i imię       | Nr   | Klub                          | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------------|------|-------------------------------|----------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | FARON ROBERT          | 236  | SALCO SPORT TEAM              | ZALESIE              | POLSKA | M40  | 1      | M 1  |      | 00:39:34 | 01:13:20 | 02:17:53 | 03:07:55.30 | 4:28   | 13.4 |
| 2    | JAGIEŁA ADAM          | 206  | KRS TKKF JASTRZĄB RUDA ŚLĄSKA | SIEMIANOWICE ŚLĄSKIE | POLSKA | M40  | 2      | M 6  |      | 00:39:33 | 01:14:35 | 02:25:31 | 03:24:54.60 | 4:52   | 12.3 |
| 3    | KASZUBA MICHAŁ        | 211  | GRUPA NOMAX                   | PIEKARY ŚLĄSKIE      | POLSKA | M40  | 3      | M 7  |      | 00:39:36 | 01:21:28 | 02:32:45 | 03:26:50.20 | 4:55   | 12.2 |
| 4    | KOZIOL KRZYSZTOF      | 170  |                               | GORZÓW               | POLSKA | M40  | 4      | M 11 |      | 00:42:18 | 01:21:40 | 02:33:28 | 03:49:52.80 | 5:28   | 11   |
| 5    | BŁAŻUTYCZ PAWEŁ       | 208  | KS KROTOSZ - KROTOSZYN        | CIESZKÓW             | POLSKA | M40  | 5      | M 12 |      | 00:42:19 | 01:32:28 | 02:49:47 | 03:50:41.90 | 5:29   | 10.9 |
| 6    | MAŁKIEWICZ DARIUSZ    | 160  | PGB SPORTOWA PACZKA           | KATOWICE             | POLSKA | M40  | 6      | M 14 |      | 00:45:10 | 01:32:28 | 02:53:15 | 04:00:26.70 | 5:43   | 10.5 |
| 7    | WYŁUPEK TOMASZ        | 142  | POZYTYWNIEMIE ZAKRĘCENI       | SOSNOWIEC            | POLSKA | M40  | 7      | M 22 |      | 00:51:15 |          | 03:02:50 | 04:08:19.45 | 5:54   | 10.1 |
| 8    | KOBYLIŃSKI TOMASZ     | 140  | WKB META LUBLINIEC            | ZABRZE               | POLSKA | M40  | 8      | M 31 |      | 00:48:12 | 01:31:17 | 02:57:34 | 04:33:01.10 | 6:30   | 9.2  |
| 9    | BRODA WOJCIECH        | 197  |                               | KRAKÓW               | POLSKA | M40  | 9      | M 37 |      | 00:48:25 | 01:35:50 | 03:17:34 | 04:42:31.05 | 6:43   | 8.9  |
| 10   | PITAS ANDRZEJ         | 201  | ZAPIERDALACZE                 | ROGOŹNIK             | POLSKA | M40  | 10     | M 40 |      | 00:50:07 | 01:35:21 | 03:24:15 | 04:51:21.85 | 6:56   | 8.6  |
| 11   | GUTOWSKI DARIUSZ      |      |                               | KŁOBUCK              |        | M40  | 11     | M 42 |      | 00:50:16 | 01:38:14 | 03:24:41 | 04:53:49.85 | 6:59   | 8.6  |
| 12   | KARWAT ROBERT         | 204  | AT SPORT                      | MIKOŁÓW              | POLSKA | M40  | 12     | M 43 |      | 00:53:29 | 01:42:15 | 03:24:01 | 04:53:51.55 | 6:59   | 8.6  |
| 13   | KOŹLIK JACEK          | 127  |                               | WODZISŁAW ŚLĄSKI     | POLSKA | M40  | 13     | M 44 |      | 00:50:26 | 01:35:44 | 03:36:53 | 04:56:26.45 | 7:03   | 8.5  |
| 14   | KUBISZ TOMASZ         | 1976 |                               |                      |        | M40  | 14     | M 46 |      | 00:51:32 | 01:51:24 | 03:34:12 | 04:57:07.75 | 7:04   | 8.5  |
| 15   | GRUSZKA PAWEŁ         | 181  |                               | KATOWICE             | POLSKA | M40  | 15     | M 47 |      | 00:55:11 | 01:49:49 | 03:30:13 | 04:58:10.20 | 7:05   | 8.5  |
| 16   | CISEK MIROSLAW TOMASZ | 143  | KONDYCJA                      | PIASECZNO            | POLSKA | M40  | 16     | M 49 |      | 00:53:55 | 01:41:57 | 03:16:30 | 04:58:27.65 | 7:06   | 8.4  |
| 17   | POTĘGA GRZEGORZ       | 136  |                               | DĄBROWA GÓRNICZA     | POLSKA | M40  | 17     | M 51 |      | 00:54:13 | 01:44:45 | 03:28:41 | 04:58:46.30 | 7:06   | 8.4  |
| 18   | CAŁKIEWICZ MARCIN     | 116  | POWER TRAINING                | WARSZAWA             | POLSKA | M40  | 18     | M 52 |      | 00:54:27 | 01:51:57 | 03:36:51 | 05:00:02.70 | 7:08   | 8.4  |

**Silesian Highland Marathon, M40 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                      | M-scowość            | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|---------------------|-----|---------------------------|----------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 19   | KURZEJA ARTUR       | 124 | G.A.K.                    | KATOWICE             | POLSKA | M40  | 19     | M 54 |      | 00:57:21 | 01:51:56 | 03:34:51 | 05:01:07.30 | 7:10   | 8.4  |
| 20   | MAKÓŚ ADAM          | 161 | SILESIA RUNNING TEAM      | SIEMIANOWICE ŚLĄSKIE | POLSKA | M40  | 20     | M 55 |      | 00:56:26 | 01:48:07 | 03:34:57 | 05:04:09.95 | 7:14   | 8.3  |
| 21   | LIGUDZIŃSKI ANDRZEJ | 188 | ZA GARŚĆ BANANÓW          | RADZIONKÓW           | POLSKA | M40  | 21     | M 59 |      | 00:55:50 | 01:51:02 | 03:43:00 | 05:06:54.20 | 7:18   | 8.2  |
| 22   | BOROWIAK PIOTR      | 145 |                           | BYTOM                | POLSKA | M40  | 22     | M 63 |      | 00:55:25 | 01:51:30 | 03:37:48 | 05:13:49.90 | 7:28   | 8    |
| 23   | KRYZIA GRZEGORZ     | 159 | W POGONI ZA DUCHEM        | DĄBROWA GÓRNICZA     | POLSKA | M40  | 23     | M 65 |      | 00:55:45 | 01:51:03 | 03:37:10 | 05:14:26.80 | 7:29   | 8    |
| 24   | GUBAŁA KRZYSZTOF    | 152 | MORSY Z CHECHŁA RODEM     | TAPKOWICE            | POLSKA | M40  | 24     | M 67 |      | 00:55:05 | 01:51:30 | 03:43:11 | 05:27:22.75 | 7:47   | 7.7  |
| 25   | KRAUSE DARIUSZ      | 119 | RADLINIOKI W BIEGU        | RADLIN               | POLSKA | M40  | 25     | M 72 |      | 00:57:23 | 01:57:25 | 04:03:00 | 05:35:42.20 | 7:59   | 7.5  |
| 26   | WOLNY MACIEJ        | 129 | PANEWNICKIE LISY          | KATOWICE             | POLSKA | M40  | 26     | M 73 |      | 00:57:12 | 01:51:05 | 03:43:16 | 05:38:32.05 | 8:03   | 7.4  |
| 27   | WASIOŁKA ADAM       | 151 |                           | KATOWICE             | POLSKA | M40  | 27     | M 75 |      | 00:57:16 | 01:50:59 | 03:43:19 | 05:38:33.20 | 8:03   | 7.4  |
| 28   | POPIELNICKI MARCIN  | 173 | CIASTKI TEAM              | BYTOM                | POLSKA | M40  | 28     | M 76 |      | 00:57:48 | 01:56:40 | 03:57:44 | 05:41:15.15 | 8:07   | 7.4  |
| 29   | FRUCZ JACEK         | 162 |                           | SOSNOWIEC            | POLSKA | M40  | 29     | M 78 |      | 00:58:08 | 02:00:40 | 04:03:43 | 05:41:33.20 | 8:07   | 7.4  |
| 30   | BYLICA TOMASZ       | 154 |                           | TARNOWSKIE GÓRY      | POLSKA | M40  | 30     | M 81 |      | 01:04:23 | 02:12:13 | 04:07:02 | 05:49:22.90 | 8:19   | 7.2  |
| 31   | BIELICKI MIRO       | 213 | ULTRAS RUN                | BYTOM                | POLSKA | M40  | 31     | M 83 |      | 01:01:49 | 02:15:21 | 04:23:46 | 06:03:37.25 | 8:39   | 6.9  |
| 32   | KORUMBEL ARTUR      | 114 | AMBITNI AMATORZY          | PRZYBYNÓW            | POLSKA | M40  | 32     | M 84 |      | 01:04:19 | 02:08:41 | 04:21:45 | 06:04:01.65 | 8:40   | 6.9  |
| 33   | MICHALAK MARCIN     | 163 | CZORNE HANYSY             | SIEMIANOWICE ŚLĄSKIE | POLSKA | M40  | 33     | M 86 |      | 01:00:48 | 02:15:21 | 04:29:19 | 06:22:42.40 | 9:06   | 6.6  |
| 34   | TWARDZIK GRZEGORZ   | 257 |                           |                      | M40    | M40  | 34     | M 87 |      | 01:01:48 | 02:15:22 | 04:34:01 | 06:28:10.80 | 9:14   | 6.5  |
| 35   | SZATON BOGUSŁAW     | 138 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ              | POLSKA | M40  | 35     | M 88 |      | 01:03:40 | 02:11:02 | 04:34:08 | 06:28:17.55 | 9:14   | 6.5  |

**Silesian Highland Marathon, K50**

| M-ce | Nazwisko i imię    | Nr  | Klub                | M-scowość        | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|--------------------|-----|---------------------|------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | KUPIBIDA BOGUSŁAWA | 158 | SILESIA NORDIC TEAM | KATOWICE         | POLSKA | K50  | 1      | K 14 |      | 01:00:55 | 02:15:27 | 04:29:24 | 06:22:49.20 | 9:06   | 6.6  |
| 2    | KITA EWA           | 166 |                     | KĘDZIERZYN-KOŹLE | POLSKA | K50  | 2      | K 15 |      | 01:03:36 | 02:11:02 | 04:34:09 | 06:28:17.40 | 9:14   | 6.5  |

**Silesian Highland Marathon, M50+**

| M-ce | Nazwisko i imię     | Nr  | Klub                             | M-scowość                  | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|---------------------|-----|----------------------------------|----------------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | GAWEŁ BOGDAN        | 186 | FESTIWAL BIEGOWY W KRYNICY-ZDRÓJ | OŚWIĘCIM-ZABORZE           | POLSKA | M60  | 1      | M 17 |      | 00:50:13 | 01:35:07 | 02:57:24 | 04:03:08.65 | 5:47   | 10.4 |
| 2    | SOBCZAK MIROSLAW    | 245 |                                  | SOSNOWIEC                  | POLSKA | M50  | 1      | M 19 |      | 00:47:45 | 01:31:03 | 02:53:34 | 04:04:16.35 | 5:48   | 10.3 |
| 3    | KLIMCZEWSKI ANDRZEJ | 122 | FOREVER YOUNG ŁÓDŹ               | ŁÓDŹ                       | POLSKA | M50  | 2      | M 24 |      | 00:48:56 | 01:32:55 | 02:58:54 | 04:09:51.25 | 5:56   | 10.1 |
| 4    | DOBIJA ANDRZEJ      | 193 | NIEZRZESZONY                     | WĘGIERSKA GÓRKA            | POLSKA | M50  | 3      | M 25 |      | 00:42:58 | 01:27:15 | 02:57:52 | 04:14:17.10 | 6:03   | 9.9  |
| 5    | KWIECIAK JAROSŁAW   | 195 | POGORIA BIEGA                    | DĄBROWA GÓRNICZA           | POLSKA | M60  | 2      | M 28 |      | 00:42:24 | 01:21:36 | 02:40:19 | 04:21:26.10 | 6:13   | 9.6  |
| 6    | SINDERA MIROSLAW    | 164 | TKKF CZELADŹ                     | PSARY                      | POLSKA | M50  | 4      | M 33 |      | 00:52:36 | 01:41:31 | 03:14:26 | 04:37:15.15 | 6:36   | 9.1  |
| 7    | BOROJA DRAGO        | 273 | 40LATEK ELMAX                    | FUTOG                      | SERBIA | M60  | 3      | M 45 |      | 00:54:57 | 01:48:56 | 03:30:26 | 04:56:38.85 | 7:03   | 8.5  |
| 8    | ROSIŃSKI ZBIGNIEW   | 256 |                                  |                            | M50    | M50  | 5      | M 57 |      | 01:01:47 | 01:58:27 | 03:43:12 | 05:04:53.85 | 7:15   | 8.3  |
| 9    | GAIDA JAN           | 121 | BIEGAM BO CHCĘ                   | MIASTECZKO ŚLĄSKIE -ŻYGLIN | POLSKA | M50  | 6      | M 71 |      | 00:56:44 | 01:51:04 | 03:58:18 | 05:34:53.15 | 7:58   | 7.5  |
| 10   | SMUDA RYSZARD       | 130 |                                  | TYCHY                      | POLAND | M50  | 7      | M 80 |      | 01:02:03 | 01:59:48 | 03:59:15 | 05:45:46.70 | 8:13   | 7.3  |
| 11   | HYPŚ WALDEMAR       | 176 |                                  | OLSZTYN                    | POLSKA | M50  | 8      | M 82 |      | 01:04:43 | 02:09:36 | 04:14:18 | 05:53:32.65 | 8:25   | 7.1  |
| 12   | URBAŃSKI JÓZEF      | 196 | KKB MOSIR KROSNO                 | KROSNO                     | POLSKA | M50  | 9      | M 85 |      | 01:01:11 | 02:13:57 | 04:24:16 | 06:07:18.30 | 8:44   | 6.9  |
| 13   | MADEJ JÓZEF         | 192 | ZADYSZKA OŚWIĘCIM                | OŚWIĘCIM                   | POLSKA | M60  | 4      | M 89 |      | 01:15:23 | 02:31:20 | 04:55:24 | 06:52:30.85 | 9:49   | 6.1  |

**Silesian Highland Marathon, M50**

| M-ce | Nazwisko i imię     | Nr  | Klub               | M-scowość                  | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------|----------------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | SOBCZAK MIROSLAW    | 245 |                    | SOSNOWIEC                  | POLSKA | M50  | 1      | M 19 |      | 00:47:45 | 01:31:03 | 02:53:34 | 04:04:16.35 | 5:48   | 10.3 |
| 2    | KLIMCZEWSKI ANDRZEJ | 122 | FOREVER YOUNG ŁÓDŹ | ŁÓDŹ                       | POLSKA | M50  | 2      | M 24 |      | 00:48:56 | 01:32:55 | 02:58:54 | 04:09:51.25 | 5:56   | 10.1 |
| 3    | DOBIJA ANDRZEJ      | 193 | NIEZRZESZONY       | WĘGIERSKA GÓRKA            | POLSKA | M50  | 3      | M 25 |      | 00:42:58 | 01:27:15 | 02:57:52 | 04:14:17.10 | 6:03   | 9.9  |
| 4    | SINDERA MIROSLAW    | 164 | TKKF CZELADŹ       | PSARY                      | POLSKA | M50  | 4      | M 33 |      | 00:52:36 | 01:41:31 | 03:14:26 | 04:37:15.15 | 6:36   | 9.1  |
| 5    | ROSIŃSKI ZBIGNIEW   | 256 |                    |                            | M50    | M50  | 5      | M 57 |      | 01:01:47 | 01:58:27 | 03:43:12 | 05:04:53.85 | 7:15   | 8.3  |
| 6    | GAIDA JAN           | 121 | BIEGAM BO CHCĘ     | MIASTECZKO ŚLĄSKIE -ŻYGLIN | POLSKA | M50  | 6      | M 71 |      | 00:56:44 | 01:51:04 | 03:58:18 | 05:34:53.15 | 7:58   | 7.5  |
| 7    | SMUDA RYSZARD       | 130 |                    | TYCHY                      | POLAND | M50  | 7      | M 80 |      | 01:02:03 | 01:59:48 | 03:59:15 | 05:45:46.70 | 8:13   | 7.3  |
| 8    | HYPŚ WALDEMAR       | 176 |                    | OLSZTYN                    | POLSKA | M50  | 8      | M 82 |      | 01:04:43 | 02:09:36 | 04:14:18 | 05:53:32.65 | 8:25   | 7.1  |

**Silesian Highland Marathon, M50 c.d.**

| M-ce | Nazwisko i imię | Nr  | Klub             | M-scowość | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-----------------|-----|------------------|-----------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 9    | URBAŃSKI JÓZEF  | 196 | KKB MOSIR KROSNO | KROSNO    | POLSKA | M50  | 9      | M 85 |      | 01:01:11 | 02:13:57 | 04:24:16 | 06:07:18.30 | 8:44   | 6.9  |

**Silesian Highland Marathon, M60**

| M-ce | Nazwisko i imię   | Nr  | Klub                             | M-scowość        | Kraj   | Kat. | M. kat | K/M  | Kary | 9.5km    | 18km     | 32km     | Netto       | min/km | km/h |
|------|-------------------|-----|----------------------------------|------------------|--------|------|--------|------|------|----------|----------|----------|-------------|--------|------|
| 1    | GAWĘŁ BOGDAN      | 186 | FESTIWAL BIEGOWY W KRYNICY-ZDRÓJ | OŚWIĘCIM-ZABORZE | POLSKA | M60  | 1      | M 17 |      | 00:50:13 | 01:35:07 | 02:57:24 | 04:03:08.65 | 5:47   | 10.4 |
| 2    | KWIECIAK JAROSŁAW | 195 | POGORIA BIEGA                    | DĄBROWA GÓRNICZA | POLSKA | M60  | 2      | M 28 |      | 00:42:24 | 01:21:36 | 02:40:19 | 04:21:26.10 | 6:13   | 9.6  |
| 3    | BOROJA DRAGO      | 273 | 40LATEK ELMAX                    | FUTOG            | SERBIA | M60  | 3      | M 45 |      | 00:54:57 | 01:48:56 | 03:30:26 | 04:56:38.85 | 7:03   | 8.5  |
| 4    | MADEJ JÓZEF       | 192 | ZADYSZKA OŚWIĘCIM                | OŚWIĘCIM         | POLSKA | M60  | 4      | M 89 |      | 01:15:23 | 02:31:20 | 04:55:24 | 06:52:30.85 | 9:49   | 6.1  |