

1	DĄBROWSKI Przemysław	10654	DĄBROWSKI TEAM	SIECHNICE	M-30	1	M 1	00:00:00	00:12:32	00:16:05	00:17:28	00:32:05.14	00:32:05.87		3:12	18.7 (8.2%)
2	BANACHEWICZ Seweryn	10347		ZABRZE	M-20	1	M 2	00:00:00	00:13:48	00:17:46	00:19:17	00:35:43.89	00:35:44.62	+00:03:38 (10.2%)	3:34	16.8 (8.2%)
3	GARNOWSKI Maciej	10575		SIEMIANOWICE ŚLĄSKIE	M-40	1	M 3	00:00:02	00:14:00	00:18:06	00:19:40	00:35:56.87	00:35:59.55	+00:03:51 (10.7%)	3:35	16.7 (8.2%)
4	MULARCZYK Paweł	10483	ALCHEMIA BIEGANIA	ZAWIERCIE	M-30	2	M 4	00:00:02	00:13:51	00:18:00	00:19:36	00:36:05.34	00:36:08.18	+00:04:00 (11.1%)	3:36	16.6 (8.2%)
5	MENDECKA-ZEJDLER Michałina	10068		RACIBÓRZ	K-30	1	K 1	00:00:00	00:14:15	00:18:22	00:19:57	00:36:41.21	00:36:41.94	+00:04:36 (12.5%)	3:40	16.4 (8.2%)
6	KLUBA Łukasz	10048	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	CHORZÓW	M-40	2	M 5	00:00:03	00:14:27	00:18:35	00:20:11	00:36:59.07	00:37:02.74	+00:04:53 (13.2%)	3:41	16.2 (8.2%)
7	JAGODA Tomasz	10448	KS KALINOWA	SOSNOWIEC	M-20	2	M 6	00:00:00	00:14:21	00:18:33	00:20:13	00:37:28.21	00:37:28.95	+00:05:23 (14.4%)	3:44	16 (8.2%)
8	SZYMAŃSKI Paweł	10526	SOCIOS SILESIA	GLIWICE	M-30	3	M 7	00:00:00	00:14:19	00:18:38	00:20:16	00:37:54.29	00:37:55.02	+00:05:49 (15.4%)	3:47	15.8 (8.2%)
9	MATEŃCZUK Lesław	10427		RACIBÓRZ	M-40	3	M 8	00:00:04	00:14:25	00:18:44	00:20:26	00:37:55.43	00:37:59.59	+00:05:50 (15.4%)	3:47	15.8 (8.2%)
10	PIENIAŻEK Krzysiek	10040	INŻYNIERIA BIEGANIA TEAM	GLIWICE	M-40	4	M 9	00:00:03	00:14:32	00:18:56	00:20:39	00:38:00.23	00:38:03.70	+00:05:55 (15.6%)	3:48	15.8 (8.2%)
11	SUDER Izabela	10396		KRAKÓW	K-30	2	K 2	00:00:02	00:15:02	00:19:22	00:21:03	00:38:13.40	00:38:15.61	+00:06:08 (16.1%)	3:49	15.7 (8.2%)
12	RENO' Vittorioano	10362		KRAKOW	M-30	4	M 10	00:00:02	00:14:53	00:19:16	00:20:58	00:38:27.20	00:38:29.98	+00:06:22 (16.6%)	3:50	15.6 (8.2%)
13	ŁASTAWIECKI Piotr	10011		GLIWICE	M-30	5	M 11	00:00:05	00:15:23	00:19:44	00:21:25	00:38:53.07	00:38:58.53	+00:06:47 (17.5%)	3:53	15.4 (8.2%)
14	MIKOŁAJCZYK Bartek	10330	ZRYW PARZYMIECHY	PARZYMIECHY	M-40	5	M 12	00:00:04	00:15:26	00:19:53	00:21:38	00:39:17.61	00:39:22.42	+00:07:12 (18.3%)	3:55	15.3 (8.2%)
15	ŻURAD Kamil	10612		CZERWIONKA-LESZCZYNA	M-30	6	M 13	00:00:03	00:15:23	00:19:55	00:21:38	00:39:24.81	00:39:27.83	+00:07:19 (18.6%)	3:56	15.2 (8.2%)
16	NOWAK Oliver	10435		ŁAZISKA GÓRNE	M-20	3	M 14	00:00:02	00:15:22	00:19:46	00:21:30	00:39:26.49	00:39:29.43	+00:07:21 (18.6%)	3:56	15.2 (8.2%)
17	SZYMUŚ Rafał	10376	AUGUSTEAM	BYTOM	M-50	1	M 15	00:00:13	00:15:37	00:20:05	00:21:48	00:39:28.83	00:39:42.62	+00:07:23 (18.7%)	3:56	15.2 (8.2%)
18	PALEJ Zuzanna	10662	INŻYNIERIA BIEGANIA	KATOWICE	K-30	3	K 3	00:00:03	00:15:24	00:19:52	00:21:38	00:39:43.21	00:39:46.38	+00:07:38 (19.2%)	3:58	15.1 (8.2%)
19	RAJCA Mateusz	10477		ORNONTOWICE	M-30	7	M 16	00:00:15	00:15:13	00:19:39	00:21:23	00:39:49.71	00:40:05.14	+00:07:44 (19.4%)	3:58	15.1 (8.2%)
20	GLĄDYSZ Leszek	10220	TKKF JASTRZĄB RUDA ŚLĄSKA	PANIÓWKI	M-40	6	M 17	00:00:03	00:15:16	00:19:52	00:21:35	00:40:06.28	00:40:09.80	+00:08:01 (20.0%)	4:00	15 (8.2%)
21	SIKORSKI Bartosz	10052	BĘDUSKA BRYGADA BIEGOWA	MYSZKÓW	M-30	8	M 18	00:00:31	00:15:44	00:20:15	00:22:00	00:40:02.80	00:40:34.00	+00:07:57 (19.9%)	4:00	15 (8.2%)
22	ROLSKI Wiktor	10514		KRAKÓW	M-20	4	M 19	00:00:03	00:15:27	00:20:00	00:21:46	00:40:34.80	00:40:38.21	+00:08:29 (20.9%)	4:03	14.8 (8.2%)
23	CHABINKA Szymon	10043		BIELSKO-BIAŁA	M-20	5	M 20	00:00:11	00:15:48	00:20:30	00:22:21	00:41:00.63	00:41:12.50	+00:08:55 (21.8%)	4:06	14.6 (8.2%)
24	SZATKA Beata	10609	ŚLĘZAK TEAM	GOGOLIN	K-40	1	K 4	00:00:02	00:15:59	00:20:43	00:22:34	00:41:31.11	00:41:33.37	+00:09:25 (22.7%)	4:09	14.5 (8.2%)
25	BIEL Sławomir	10428	42K PRO TEAM	GOSTYŃ	M-40	8	M 21	00:00:07	00:15:53	00:20:36	00:22:27	00:41:26.53	00:41:34.09	+00:09:21 (22.6%)	4:08	14.5 (8.2%)
26	GRABIS Sebastian	10530	BRĄK	SARNÓW	M-20	6	M 22	00:00:18	00:16:26	00:21:05	00:22:54	00:41:19.28	00:41:37.47	+00:09:14 (22.4%)	4:07	14.5 (8.2%)
27	POLACZEK Alexander	10349		SMOLNICA	M-50	2	M 23	00:00:03	00:16:02	00:20:48	00:22:38	00:41:38.87	00:41:42.48	+00:09:33 (23.0%)	4:09	14.4 (8.2%)
28	REUT Ivan	10555		KRAKÓW	M-40	9	M 24	00:00:01	00:15:57	00:20:43	00:22:33	00:41:43.75	00:41:45.03	+00:09:38 (23.1%)	4:10	14.4 (8.2%)
29	ZIELIŃSKI Ireneusz	10358	DKMS ŻORY	ŻORY	M-50	3	M 25	00:00:12	00:16:04	00:20:49	00:22:40	00:41:42.99	00:41:55.65	+00:09:37 (23.1%)	4:10	14.4 (8.2%)
30	DUSIŃSKI Mirosław	10058	#HUTATEAM	PACZYNA	M-40	10	M 26	00:00:05	00:16:16	00:20:59	00:22:51	00:42:13.26	00:42:19.12	+00:10:08 (24.0%)	4:13	14.2 (8.2%)
31	GAWORSKA Aleksandra	10604		BEŁCHATÓW	K-30	4	K 5	00:00:19	00:16:20	00:21:08	00:23:00	00:42:02.73	00:42:22.43	+00:09:57 (23.7%)	4:12	14.3 (8.2%)

32	POPIEL-POPIELEC Jakub	10196	PARK RUN OGRÓD SASKI, LUBLIN	LUBLIN	M-40	7	M 27	00:01:25	00:16:14	00:20:54	00:22:41	00:41:00.21	00:42:25.26	+00:08:55 (21.7%)	4:06	14.6 (7)
33	ALKER Andrzej	10602	SUNDAY RUNNING CLUB	GLIWICE	M-30	10	M 28	00:00:09	00:16:34	00:21:27	00:23:19	00:42:32.60	00:42:41.94	+00:10:27 (24.6%)	4:15	14.1 (7)
34	LIPIŃSKI Michał	10002		GLIWICE	M-30	11	M 29	00:00:23	00:16:33	00:21:26	00:23:17	00:42:34.55	00:42:57.73	+00:10:29 (24.6%)	4:15	14.1 (7)
35	CZYŻYKOWSKI Marcin	10353		GLIWICE	M-50	4	M 30	00:00:12	00:16:38	00:21:34	00:23:30	00:42:54.14	00:43:06.73	+00:10:48 (25.2%)	4:17	14 (7)
36	WOLNY Adrian	10035		ŚWIĘTOCHŁOWICE	M-30	9	M 31	00:01:09	00:16:42	00:21:29	00:23:16	00:41:59.12	00:43:09.08	+00:09:53 (23.6%)	4:11	14.3 (7)
37	PASTERNOK Marian	10460	ZABRZAŃSKIE PARKOWE BIEGANIE	GLIWICE	M-40	12	M 32	00:00:02	00:16:49	00:21:47	00:23:40	00:43:19.39	00:43:22.38	+00:11:14 (25.9%)	4:19	13.9 (7)
38	WALKOWIAK Artur	10581	DYREKTOR BIEGA DLA DZIECIAKÓW	ZAWADZKIE	M-50	5	M 33	00:00:07	00:16:31	00:21:34	00:23:32	00:43:23.77	00:43:30.98	+00:11:18 (26.1%)	4:20	13.8 (7)
39	KOTELUK Tomasz	10614	GMINA STRZELCE OPOLSKIE	KALINOWICE	M-50	7	M 34	00:00:08	00:15:50	00:20:29	00:22:32	00:43:29.51	00:43:38.03	+00:11:24 (26.2%)	4:20	13.8 (7)
40	LORENS Michał	10546	MDM TEAM	RUDA ŚLĄSKA	M-40	13	M 35	00:00:16	00:17:11	00:22:10	00:24:05	00:43:22.09	00:43:38.34	+00:11:16 (26.0%)	4:20	13.8 (7)
41	FLORKIEWICZ Sławomir	10039		KATOWICE	M-50	6	M 36	00:00:12	00:16:53	00:21:49	00:23:42	00:43:26.47	00:43:38.59	+00:11:21 (26.1%)	4:20	13.8 (7)
42	OPALIŃSKI Tomasz	10625		KLESZCZÓW	M-30	15	M 37	00:00:12	00:17:24	00:22:19	00:24:13	00:43:28.29	00:43:41.17	+00:11:23 (26.2%)	4:20	13.8 (7)
43	YEZHOV Pavel	10482		KRAKOW	M-30	14	M 38	00:00:16	00:16:44	00:21:39	00:23:35	00:43:25.99	00:43:42.40	+00:11:20 (26.1%)	4:20	13.8 (7)
44	STARON Adrian	10216		CHORZÓW	M-40	11	M 39	00:01:30	00:16:51	00:21:39	00:23:31	00:42:34.29	00:44:04.66	+00:10:29 (24.6%)	4:15	14.1 (7)
45	LASKOWSKA Katarzyna	10442	INŻYNIERIA BIEGANIA TEAM	GLIWICE	K-40	2	K 6	00:00:09	00:16:52	00:21:51	00:23:46	00:43:56.70	00:44:06.50	+00:11:51 (27.0%)	4:23	13.7 (7)
46	ALKER Zbigniew	10004		GLIWICE	M-60	1	M 40	00:00:09	00:17:03	00:22:06	00:24:02	00:44:09.48	00:44:18.63	+00:12:04 (27.3%)	4:24	13.6 (7)
47	AKSAMIT Witold	10120		GLIWICE	M-40	14	M 41	00:00:22	00:17:02	00:22:02	00:23:58	00:44:03.18	00:44:25.96	+00:11:58 (27.2%)	4:24	13.6 (7)
48	KRZYŻANOWSKI Wiktor	10659		CZĘSTOCHOWA	M-20	9	M 42	00:00:08	00:17:41	00:22:40	00:24:38	00:44:18.48	00:44:27.19	+00:12:13 (27.6%)	4:25	13.5 (7)
49	SKOLUDEK Robert	10086	KOLEGIUM SĘDZIÓW ZABRZE	PRZECZLEBIE	M-30	16	M 43	00:00:26	00:17:31	00:22:31	00:24:27	00:44:09.95	00:44:36.05	+00:12:04 (27.4%)	4:24	13.6 (7)
50	GERLICH Michał	10550		ZABRZE	M-30	12	M 44	00:01:52	00:17:05	00:21:51	00:23:43	00:42:44.26	00:44:36.89	+00:10:39 (24.9%)	4:16	14 (7)
51	LINARD Piotr	10551		TARNÓW	M-50	9	M 45	00:00:14	00:17:22	00:22:28	00:24:24	00:44:25.05	00:44:39.88	+00:12:19 (27.8%)	4:26	13.5 (7)
52	KRZYŻANOWSKI Sławomir	10653	ALEMISIECHCE	CZĘSTOCHOWA	M-40	15	M 46	00:00:06	00:16:47	00:21:53	00:23:52	00:44:33.92	00:44:40.35	+00:12:28 (28.0%)	4:27	13.5 (7)
53	MURA Jan	10129	MURA TEAM	KATOWICE	M-20	8	M 47	00:00:25	00:17:25	00:22:26	00:24:24	00:44:17.59	00:44:43.36	+00:12:12 (27.6%)	4:25	13.5 (7)
54	NOWICKI Adam	10472	ING BANK ŚLĄSKI	PRZYSZOWICE	M-30	17	M 48	00:00:22	00:17:29	00:22:33	00:24:27	00:44:21.31	00:44:43.58	+00:12:16 (27.7%)	4:26	13.5 (7)
55	GĘBCZYŃSKI Oliwier	10175	G_TEAM	GLIWICE	M-20	7	M 49	00:00:38	00:17:16	00:22:19	00:24:17	00:44:17.58	00:44:56.07	+00:12:12 (27.6%)	4:25	13.5 (7)
56	ZENOWICZ Kinga	10236	ATHLETICS NYSA	GLIWICE	K-30	5	K 7	00:00:00	00:17:30	00:22:41	00:24:40	00:44:58.66	00:44:59.40	+00:12:53 (28.7%)	4:29	13.3 (7)
57	RAUCH Wiesław	10649	AUGUSTEAM	KATOWICE	M-60	2	M 50	00:01:05	00:17:48	00:22:55	00:24:50	00:44:11.75	00:45:17.49	+00:12:06 (27.4%)	4:25	13.6 (7)
58	DONIGIEWICZ Mariusz	10670		GLIWICE	M-40	18	M 51	00:00:31	00:17:31	00:22:38	00:24:35	00:44:51.43	00:45:23.29	+00:12:46 (28.5%)	4:29	13.4 (7)
59	KACZYŃSKI Michał	10667	KACZKA	CZĘSTOCHOWA	M-30	20	M 52	00:00:08	00:17:24	00:22:35	00:24:39	00:45:21.79	00:45:29.89	+00:13:16 (29.3%)	4:32	13.2 (7)
60	BENISZ Magdalena	10023		RYBNIK	K-20	1	K 8	00:00:21	00:17:20	00:22:30	00:24:32	00:45:08.82	00:45:30.78	+00:13:03 (28.9%)	4:30	13.3 (7)
61	HULBÓJ Paweł	10333		JELEŚNIA	M-30	13	M 53	00:02:30	00:17:08	00:22:05	00:24:00	00:43:07.91	00:45:38.88	+00:11:02 (25.6%)	4:18	13.9 (7)
62	TULEJA Adam	10352		CHORZÓW	M-50	8	M 54	00:02:08	00:17:13	00:22:05	00:23:59	00:43:42.01	00:45:50.22	+00:11:36 (26.6%)	4:22	13.7 (7)

63	WRONA Maciej	10056		GLIWICE	M-40	16	M 55	00:01:11	00:17:48	00:22:57	00:24:53	00:44:35.06	00:45:47.02	+00:12:29 (28.0%)	4:27	13.5 (f)
64	MIŚ Krzysztof	10569		GLIWICE	M-40	17	M 56	00:00:45	00:17:09	00:22:24	00:24:23	00:44:49.81	00:45:34.83	+00:12:44 (28.4%)	4:28	13.4 (f)
65	SZOŁTYSIK Bartosz	10523	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	M-40	19	M 57	00:00:34	00:17:41	00:22:48	00:24:47	00:45:01.74	00:45:35.81	+00:12:56 (28.7%)	4:30	13.3 (f)
66	RAMOS Filipe	10360		KATOWICE	M-50	10	M 58	00:00:37	00:17:39	00:22:41	00:24:38	00:45:11.00	00:45:48.11	+00:13:05 (29.0%)	4:31	13.3 (f)
67	NOWAK Mateusz	10069		GLIWICE	M-30	18	M 59	00:00:47	00:17:28	00:22:39	00:24:40	00:45:11.29	00:45:59.10	+00:13:06 (29.0%)	4:31	13.3 (f)
68	DETYNA-SKOPP Sebastian	10661		OPOLE	M-30	19	M 60	00:01:58	00:17:17	00:22:32	00:24:35	00:45:21.63	00:47:20.55	+00:13:16 (29.3%)	4:32	13.2 (f)
69	WACHOWICZ Krzysztof	10015		GLIWICE	M-30	21	M 61	00:00:22	00:17:14	00:22:34	00:24:39	00:45:22.86	00:45:45.41	+00:13:17 (29.3%)	4:32	13.2 (f)
70	GŁOGOWSKI Konrad	10553		ORNONTOWICE	M-30	22	M 62	00:00:48	00:18:00	00:23:11	00:25:08	00:45:23.55	00:46:12.49	+00:13:18 (29.3%)	4:32	13.2 (f)
71	WOLNY Dawid	10013		GLIWICE	M-30	23	M 63	00:00:13	00:17:31	00:22:35	00:24:37	00:45:26.64	00:45:40.33	+00:13:21 (29.4%)	4:32	13.2 (f)
72	SZCZĘSNY Radosław	10145	#POPIWO	RYBNIK	M-30	24	M 64	00:01:10	00:18:08	00:23:18	00:25:13	00:45:28.79	00:46:39.76	+00:13:23 (29.5%)	4:32	13.2 (f)
73	REKUS Marcin	10184		WIELOWIES	M-30	25	M 65	00:00:40	00:18:26	00:23:45	00:25:48	00:45:45.70	00:46:26.59	+00:13:40 (29.9%)	4:34	13.1 (f)
74	KUTEK Dawid	10060		ZABRZE	M-30	26	M 66	00:00:17	00:17:26	00:22:39	00:24:43	00:45:51.21	00:46:08.67	+00:13:46 (30.0%)	4:35	13.1 (f)
75	MIERZWA Agata	10103		ZABRZE	K-30	6	K 9	00:00:10	00:17:47	00:22:56	00:24:56	00:45:53.82	00:46:04.07	+00:13:48 (30.1%)	4:35	13.1 (f)
76	BOK Bartosz	10481		KATOWICE	M-20	10	M 67	00:00:36	00:17:59	00:23:14	00:25:16	00:45:55.11	00:46:31.28	+00:13:49 (30.1%)	4:35	13.1 (f)
77	ŻYŁCZYŃSKI Tomasz	10122		GLIWICE	M-40	20	M 68	00:02:28	00:18:26	00:23:35	00:25:35	00:46:00.02	00:48:28.38	+00:13:54 (30.2%)	4:36	13 (f)
78	SCHUTZ Maksymilian	10186	WIELOWIEJSKIE DOGI	WIELOWIEŚ	M-30	27	M 69	00:00:41	00:18:09	00:23:21	00:25:24	00:46:00.38	00:46:41.88	+00:13:55 (30.3%)	4:36	13 (f)
79	BAJKACZ Krzysztof	10436		GLIWICE	M-30	28	M 70	00:00:05	00:17:14	00:22:39	00:24:44	00:46:24.14	00:46:29.25	+00:14:19 (30.9%)	4:38	12.9 (f)
80	SZYMAŃSKI Mateusz	10185		WIELOWIEŚ	M-30	29	M 71	00:00:41	00:18:11	00:23:24	00:25:30	00:46:27.86	00:47:09.16	+00:14:22 (30.9%)	4:38	12.9 (f)
81	ZENOWICZ Piotr	10303	ATHLETICS NYSA	NYSA	M-50	11	M 72	00:00:10	00:17:52	00:23:11	00:25:15	00:46:33.77	00:46:44.11	+00:14:28 (31.1%)	4:39	12.9 (f)
82	KOTRA Jacek	10564	3COACH	GLIWICE	M-40	21	M 73	00:00:03	00:18:00	00:23:20	00:25:26	00:46:41.55	00:46:45.50	+00:14:36 (31.3%)	4:40	12.9 (f)
83	KUSIENICKI Arkadiusz	10027		WODZISŁAW ŚLĄSKI	M-30	30	M 74	00:01:28	00:18:31	00:23:51	00:25:56	00:46:52.37	00:48:20.73	+00:14:47 (31.5%)	4:41	12.8 (f)
84	MAJCHRAK Karol	10227	FLUOR	PIEKARY ŚLĄSKIE	M-20	11	M 75	00:00:34	00:19:11	00:24:39	00:26:43	00:46:53.32	00:47:28.00	+00:14:48 (31.6%)	4:41	12.8 (f)
85	KASPERSKI Michał	10638		WROCŁAW	M-20	12	M 76	00:01:11	00:18:12	00:23:49	00:26:00	00:47:07.80	00:48:19.19	+00:15:02 (31.9%)	4:42	12.7 (f)
86	SŁUPIK Rafał	10416		CZERWIONKA-LESZCZYNY	M-40	22	M 77	00:00:28	00:17:32	00:23:03	00:25:21	00:47:20.00	00:47:48.93	+00:15:14 (32.2%)	4:44	12.7 (f)
87	MILEWSKI Arkadiusz	10119		RUDA ŚLĄSKA	M-30	31	M 78	00:00:36	00:18:00	00:23:34	00:25:42	00:47:21.52	00:47:58.13	+00:15:16 (32.2%)	4:44	12.7 (f)
88	ZGODA Bogusław	10400		SIEMIANOWICE	M-60	3	M 79	00:00:48	00:19:05	00:24:30	00:26:32	00:47:22.97	00:48:11.67	+00:15:17 (32.3%)	4:44	12.7 (f)
89	ŻYGLICKI Grzegorz	10640	TRIATHLON X-TEAM	DĄBROWA GÓRNICZA	M-40	23	M 80	00:00:39	00:18:49	00:24:12	00:26:17	00:47:35.03	00:48:14.95	+00:15:29 (32.6%)	4:45	12.6 (f)
90	SOBOŃ Tomasz	10072		GLIWICE	M-30	32	M 81	00:00:05	00:18:13	00:23:55	00:26:05	00:47:37.70	00:47:43.08	+00:15:32 (32.6%)	4:45	12.6 (f)
91	SADOWSKI Przemysław	10675		GLIWICE	M-30	33	M 82	00:00:34	00:18:54	00:24:30	00:26:33	00:47:42.92	00:48:17.03	+00:15:37 (32.8%)	4:46	12.6 (f)
92	PIEROŃCZYK Izabela	10464		RUDNO	K-30	7	K 10	00:00:39	00:18:22	00:23:53	00:26:02	00:47:57.38	00:48:36.49	+00:15:52 (33.1%)	4:47	12.5 (f)
93	PAWLAK Piotr	10315		PIEKARY ŚLĄSKIE	M-40	24	M 83	00:00:17	00:18:32	00:24:09	00:26:18	00:48:00.92	00:48:18.30	+00:15:55 (33.2%)	4:48	12.5 (f)

94	DUSIŃSKA Justyna	10098		GLIWICE	K-40	3	K 11	00:00:18	00:19:02	00:24:42	00:26:52	00:48:06.13	00:48:25.05	+00:16:00 (33.3%)	4:48	12.5 (f)
95	KOCHAŃSKI Łukasz	10392		KATOWICE	M-30	34	M 84	00:00:17	00:18:13	00:23:51	00:26:05	00:48:06.28	00:48:24.18	+00:16:01 (33.3%)	4:48	12.5 (f)
96	KIEŁKOWSKI Paweł	10647		KATOWICE	M-30	35	M 85	00:00:49	00:19:28	00:25:00	00:27:11	00:48:11.50	00:49:00.53	+00:16:06 (33.4%)	4:49	12.5 (f)
97	CHWAŁEK Adam	10248	FLUOR	KATOWICE	M-20	13	M 86	00:02:23	00:19:04	00:24:27	00:26:33	00:48:11.66	00:50:34.86	+00:16:06 (33.4%)	4:49	12.5 (f)
98	JARECKI Łukasz	10314		GLIWICE	M-30	36	M 87	00:00:51	00:19:18	00:24:46	00:26:51	00:48:16.94	00:49:08.82	+00:16:11 (33.5%)	4:49	12.4 (f)
99	OLEŃSKI Łukasz	10663	BJJ FACTORY	GLIWICE	M-30	37	M 88	00:02:15	00:19:26	00:24:48	00:26:57	00:48:19.93	00:50:35.69	+00:16:14 (33.6%)	4:49	12.4 (f)
100	WÓJCIAK Rafał	10394		OPOLE	M-30	38	M 89	00:02:09	00:19:24	00:24:57	00:27:07	00:48:23.65	00:50:33.43	+00:16:18 (33.7%)	4:50	12.4 (f)
101	MAZANOWSKI Janusz	10104		GLIWICE	M-40	25	M 90	00:00:32	00:19:10	00:24:43	00:26:53	00:48:29.03	00:49:02.00	+00:16:23 (33.8%)	4:50	12.4 (f)
102	PIKUL Wiktoria	10222		GLIWICE	K-20	2	K 12	00:00:48	00:18:52	00:24:22	00:26:25	00:48:36.53	00:49:25.39	+00:16:31 (34.0%)	4:51	12.3 (f)
103	SKOP Rafał	10042		STRZELCE OPOLSKIE	M-30	39	M 91	00:01:58	00:19:23	00:24:55	00:27:02	00:48:41.16	00:50:39.74	+00:16:36 (34.1%)	4:52	12.3 (f)
104	KOWALSKI Bartłomiej	10574		GLIWICE	M-30	40	M 92	00:01:54	00:19:49	00:25:21	00:27:26	00:48:45.29	00:50:40.13	+00:16:40 (34.2%)	4:52	12.3 (f)
105	STAJER Karol	10365		SIEMIANOWICE ŚLĄSKIE	M-20	14	M 93	00:00:26	00:19:47	00:25:11	00:27:15	00:48:45.87	00:49:12.40	+00:16:40 (34.2%)	4:52	12.3 (f)
106	WOJCIECHOWSKI Kamil	10341		ŻERNICA	M-30	41	M 94	00:02:58	00:19:35	00:25:04	00:27:10	00:48:48.61	00:51:47.14	+00:16:43 (34.3%)	4:52	12.3 (f)
107	MAGDZIORZ Daniel	10139		MIKOŁÓW	M-30	42	M 95	00:02:46	00:19:32	00:25:03	00:27:12	00:48:51.78	00:51:37.96	+00:16:46 (34.3%)	4:53	12.3 (f)
108	KIJANKA Artur	10310	TYSKIE BROWARY KSIĄŻĘCE	KATOWICE	M-40	26	M 96	00:00:47	00:19:30	00:24:58	00:27:05	00:48:52.20	00:49:39.23	+00:16:47 (34.3%)	4:53	12.3 (f)
109	DURAK Łukasz	10007	KATA GURUMA GLIWICE	GLIWICE	M-40	27	M 97	00:00:15	00:19:01	00:24:41	00:26:52	00:48:53.34	00:49:09.17	+00:16:48 (34.4%)	4:53	12.3 (f)
110	NOWAK Tomasz	10498		ŁAZISKA GÓRNE	M-40	28	M 98	00:00:44	00:19:37	00:25:09	00:27:16	00:48:55.69	00:49:39.90	+00:16:50 (34.4%)	4:53	12.3 (f)
111	GADZIŃSKI Łukasz	10566		CZĘSTOCHOWA	M-40	29	M 99	00:03:02	00:19:28	00:25:02	00:27:10	00:48:57.82	00:52:00.07	+00:16:52 (34.5%)	4:53	12.3 (f)
112	DRABIKOWSKI Mateusz	10176		GLIWICE	M-30	43	M 100	00:00:35	00:19:17	00:24:48	00:26:59	00:49:00.93	00:49:36.07	+00:16:55 (34.5%)	4:54	12.2 (f)
113	DITTMANN Robert	10244	FLUOR	CHORZÓW	M-30	44	M 101	00:00:35	00:19:24	00:25:12	00:27:25	00:49:09.95	00:49:45.78	+00:17:04 (34.7%)	4:54	12.2 (f)
114	SROCZYŃSKA Anna	10130	WITKOWSKI&WINIARSKI RUNNING TEAM	GLIWICE	K-40	4	K 13	00:00:29	00:19:22	00:24:50	00:26:59	00:49:11.45	00:49:41.05	+00:17:06 (34.8%)	4:55	12.2 (f)
115	NOWAK Michał	10559		GLIWICE	M-40	30	M 102	00:02:48	00:20:24	00:26:05	00:28:20	00:49:20.35	00:52:08.89	+00:17:15 (35.0%)	4:56	12.2 (f)
116	PANUŚ Michał	10172		TARNOWSKIE GÓRY	M-40	31	M 103	00:00:55	00:19:29	00:25:03	00:27:11	00:49:20.65	00:50:16.51	+00:17:15 (35.0%)	4:56	12.2 (f)
117	DAWCZAK Emilia	10297	OSP POTĘPA	POTĘPA	K-20	3	K 14	00:00:37	00:19:08	00:24:54	00:27:08	00:49:29.55	00:50:07.45	+00:17:24 (35.2%)	4:56	12.1 (f)
118	URBAŃSKI Jakub	10211	SILESIA DRUM	ZABRZE	M-20	15	M 104	00:02:33	00:19:36	00:25:22	00:27:33	00:49:34.15	00:52:07.79	+00:17:29 (35.3%)	4:57	12.1 (f)
119	PRZONDZIONO Adam	10461		KOSZECIN	M-60	4	M 105	00:00:55	00:19:56	00:25:32	00:27:43	00:49:36.84	00:50:32.41	+00:17:31 (35.3%)	4:57	12.1 (f)
120	SZYDŁO Krzysztof	10672		GLIWICE	M-30	45	M 106	00:02:36	00:19:53	00:25:20	00:27:32	00:49:46.82	00:52:23.14	+00:17:41 (35.5%)	4:58	12.1 (f)
121	STRALCHENIA Ilya	10385		KOZIENICE	K-20	4	K 15	00:02:00	00:19:37	00:25:07	00:27:18	00:49:50.89	00:51:51.72	+00:17:45 (35.6%)	4:59	12 (f)
122	DUBEC Paweł	10133		GLIWICE	M-40	32	M 107	00:00:43	00:19:25	00:25:07	00:27:21	00:49:52.32	00:50:35.53	+00:17:47 (35.7%)	4:59	12 (f)
123	CHOŁUJ Krzysztof	10231	FLUOR	RYBNIK	M-30	46	M 108	00:01:20	00:19:45	00:25:33	00:27:46	00:49:57.53	00:51:18.45	+00:17:52 (35.8%)	4:59	12 (f)
124	GREMŁOWSKI Daniel	10018	SPORTOWE GRP	RUDA ŚLĄSKA	M-30	47	M 109	00:00:24	00:19:30	00:25:11	00:27:24	00:49:57.72	00:50:21.94	+00:17:52 (35.8%)	4:59	12 (f)

125	JARZOMBEK Mariusz	10593		RADZIONKÓW	M-40	33	M 110	00:01:32	00:19:37	00:25:16	00:27:29	00:49:58.44	00:51:30.57	+00:17:53 (35.8%)	4:59	12 (f)
126	ILECKI Jacek	10665		KATOWICE	M-40	34	M 111	00:01:13	00:20:15	00:26:00	00:28:12	00:49:59.37	00:51:13.13	+00:17:54 (35.8%)	4:59	12 (f)
127	MAZUREK Daniel	10524		WIESZOWA	M-30	48	M 112	00:00:40	00:19:00	00:24:38	00:26:50	00:50:01.53	00:50:41.57	+00:17:56 (35.9%)	5:00	12 (f)
128	PISKOZUB Michał	10151		RYBNIK	M-30	49	M 113	00:00:47	00:19:23	00:25:01	00:27:11	00:50:05.41	00:50:53.09	+00:18:00 (35.9%)	5:00	12 (f)
129	OGIERMAN Łukasz	10257		MYSŁOWICE	M-30	50	M 114	00:01:29	00:19:51	00:25:29	00:27:43	00:50:06.99	00:51:36.50	+00:18:01 (36.0%)	5:00	12 (f)
130	GAIK Damian	10486		GLIWICE	M-30	51	M 115	00:03:02	00:20:31	00:26:17	00:28:30	00:50:08.20	00:53:10.66	+00:18:03 (36.0%)	5:00	12 (f)
131	GRECZKOWICZ Dagmara	10445		KATOWICE	K-30	8	K 16	00:00:20	00:19:13	00:24:58	00:27:28	00:50:15.75	00:50:36.28	+00:18:10 (36.2%)	5:01	11.9 (f)
132	JAKUBINA Rafał	10597		SIERAKOWICE	M-30	52	M 116	00:02:32	00:19:51	00:25:40	00:27:57	00:50:17.90	00:52:50.64	+00:18:12 (36.2%)	5:01	11.9 (f)
133	SZCZYPIŃSKI Marcin	10370		KATOWICE	M-30	53	M 117	00:00:48	00:19:30	00:25:17	00:27:33	00:50:20.92	00:51:09.91	+00:18:15 (36.3%)	5:02	11.9 (f)
134	NOWAK Karolina	10402		CHORZÓW	K-20	5	K 17	00:00:48	00:19:31	00:25:17	00:27:35	00:50:22.41	00:51:10.88	+00:18:17 (36.3%)	5:02	11.9 (f)
135	WILCZEK Karol	10114	ZDECHL PIES TEAM	DĄBIE	M-30	54	M 118	00:01:22	00:20:05	00:25:55	00:28:09	00:50:23.65	00:51:46.36	+00:18:18 (36.3%)	5:02	11.9 (f)
136	MAGIERA Dawid	10096	DM	KĘDZIERZYN-KOŹŁE	M-40	35	M 119	00:01:09	00:20:17	00:25:58	00:28:11	00:50:26.13	00:51:35.58	+00:18:20 (36.4%)	5:02	11.9 (f)
137	MORYL Szymon	10230	FLUOR	SIEMIANOWICE ŚLĄSKIE	M-20	16	M 120	00:02:16	00:19:32	00:25:12	00:27:24	00:50:28.98	00:52:45.16	+00:18:23 (36.4%)	5:02	11.9 (f)
138	KUBACZKA Aleksandra	10679	VILLAOLIMPIJSKA2.PL	WISŁA	K-40	5	K 18	00:01:29	00:20:06	00:25:41	00:27:54	00:50:32.52	00:52:01.79	+00:18:27 (36.5%)	5:03	11.9 (f)
139	POŁOMSKI Jacek	10223		JAWORZE	M-20	17	M 121	00:00:51	00:19:58	00:25:31	00:27:37	00:50:32.87	00:51:24.09	+00:18:27 (36.5%)	5:03	11.9 (f)
140	STANECZEK Łukasz	10434		PYSKOWICE	M-20	18	M 122	00:01:15	00:20:27	00:26:19	00:28:31	00:50:35.32	00:51:51.26	+00:18:30 (36.6%)	5:03	11.9 (f)
141	FILIPCZYK Przemysław	10585		KATOWICE	M-40	36	M 123	00:02:21	00:20:09	00:25:58	00:28:16	00:50:35.55	00:52:57.17	+00:18:30 (36.6%)	5:03	11.9 (f)
142	WOŹNIAK Dominik	10538		GLIWICE	M-20	19	M 124	00:00:45	00:20:05	00:25:58	00:28:10	00:50:38.59	00:51:24.55	+00:18:33 (36.6%)	5:03	11.8 (f)
143	PRUCNAL Rafał	10332	ADIDAS	GLIWICE	M-20	20	M 125	00:02:30	00:20:27	00:26:14	00:28:27	00:50:42.12	00:53:12.14	+00:18:36 (36.7%)	5:04	11.8 (f)
144	HOLETZKE Marcel	10571		PYSKOWICE	M-20	21	M 126	00:02:13	00:19:45	00:25:24	00:27:36	00:50:43.71	00:52:57.29	+00:18:38 (36.8%)	5:04	11.8 (f)
145	ZIENTEK Małgorzata	10359	RUN AWAY TEAM	RUDA ŚLĄSKA	K-40	6	K 19	00:00:51	00:19:15	00:25:08	00:27:24	00:50:47.41	00:51:39.19	+00:18:42 (36.8%)	5:04	11.8 (f)
146	POŚPIECH Mirella	10296		ŚWIĘTOCHŁOWICE	K-30	9	K 20	00:00:09	00:19:06	00:24:56	00:27:14	00:50:48.86	00:50:58.79	+00:18:43 (36.9%)	5:04	11.8 (f)
147	SZOŁTYSEK Piotr	10047		PYSKOWICE	M-50	12	M 127	00:00:10	00:20:18	00:26:06	00:28:19	00:50:51.93	00:51:02.09	+00:18:46 (36.9%)	5:05	11.8 (f)
148	KOŁODZIEJ Krzysztof	10537	SPORT WORKPLACE	BYTOM	M-30	55	M 128	00:02:32	00:19:14	00:25:01	00:27:17	00:50:55.81	00:53:28.06	+00:18:50 (37.0%)	5:05	11.8 (f)
149	MARCINKOWSKI Michał	10089		KATOWICE	M-30	56	M 129	00:00:36	00:19:31	00:25:16	00:27:29	00:50:59.98	00:51:36.22	+00:18:54 (37.1%)	5:05	11.8 (f)
150	KAFŁOWSKI Artur	10036	SOCIOS SILESIA	GLIWICE	M-30	57	M 130	00:02:16	00:19:36	00:25:14	00:27:27	00:51:03.83	00:53:20.14	+00:18:58 (37.2%)	5:06	11.8 (f)
151	ZABAWCZUK Artur	10366		GLIWICE	M-50	13	M 131	00:00:39	00:17:07	00:22:07	00:24:10	00:51:05.72	00:51:44.79	+00:19:00 (37.2%)	5:06	11.7 (f)
152	BŁĘKA Grzegorz	10395		OPOLE	M-30	58	M 132	00:02:07	00:19:26	00:25:17	00:27:33	00:51:06.07	00:53:14.03	+00:19:00 (37.2%)	5:06	11.7 (f)
153	PLAŻA Krzysztof	10511		GLIWICE	M-40	37	M 133	00:02:21	00:20:27	00:26:19	00:28:34	00:51:06.25	00:53:27.48	+00:19:01 (37.2%)	5:06	11.7 (f)
154	KROCZEK Tomasz	10280		WIELOWIEŚ	M-30	59	M 134	00:00:00	00:20:33	00:26:04	00:28:10	00:51:07.86	00:51:07.86	+00:19:02 (37.2%)	5:06	11.7 (f)
155	WIĘCŁAW Grzegorz	10140	GŁOWA RZĄDZI	GLIWICE	M-30	60	M 135	00:02:21	00:20:52	00:26:42	00:29:01	00:51:09.95	00:53:31.57	+00:19:04 (37.3%)	5:06	11.7 (f)

156	NOWAK Aleksandra	10295		ŚWIĘTOCHŁOWICE	K-30	10	K 21	00:02:32	00:20:07	00:25:52	00:28:09	00:51:12.74	00:53:45.70	+00:19:07 (37.3%)	5:07	11.7 (f)
157	TOBIASZ Janusz	10181		GLIWICE	M-50	14	M 136	00:01:43	00:20:18	00:26:06	00:28:24	00:51:15.04	00:52:58.25	+00:19:09 (37.4%)	5:07	11.7 (f)
158	KLIMCZYK Kamil	10141		KATOWICE	M-20	22	M 137	00:01:46	00:21:10	00:26:50	00:29:03	00:51:17.06	00:53:03.10	+00:19:11 (37.4%)	5:07	11.7 (f)
159	SOCHA Karol	10153		GLIWICE	M-30	61	M 138	00:01:11	00:20:22	00:26:18	00:28:38	00:51:23.24	00:52:34.34	+00:19:18 (37.6%)	5:08	11.7 (f)
160	CZOMPERLIK Magdalena	10397		RUDA ŚLĄSKA	K-20	6	K 22	00:01:43	00:20:33	00:26:23	00:28:39	00:51:23.69	00:53:06.82	+00:19:18 (37.6%)	5:08	11.7 (f)
161	MUSIAŁ Mateusz	10346	CROSSFIT GLIWICE	GLIWICE	M-30	62	M 139	00:01:08	00:20:22	00:26:24	00:28:47	00:51:24.97	00:52:33.87	+00:19:19 (37.6%)	5:08	11.7 (f)
162	ZAWIASA Artur	10099	PASIEKA W PASKI	MARKLOWICE	M-40	38	M 140	00:01:12	00:19:51	00:25:34	00:27:46	00:51:31.05	00:52:43.40	+00:19:25 (37.7%)	5:09	11.6 (f)
163	HERBUT Lucjan	10404		KRAKOW	M-20	23	M 141	00:01:56	00:19:56	00:25:51	00:28:11	00:51:37.61	00:53:33.78	+00:19:32 (37.9%)	5:09	11.6 (f)
164	SULEWSKI Paweł	10271		ZABRZE	M-30	63	M 142	00:01:05	00:20:09	00:25:56	00:28:11	00:51:38.70	00:52:44.40	+00:19:33 (37.9%)	5:09	11.6 (f)
165	ADAMCZAK Sławek	10162		PIEKARY ŚLĄSKIE	M-20	24	M 143	00:01:54	00:19:38	00:25:35	00:27:56	00:51:38.90	00:53:32.94	+00:19:33 (37.9%)	5:09	11.6 (f)
166	SPENDE Tomasz	10616		PRZECZLEBIE	M-40	39	M 144	00:00:26	00:20:18	00:26:12	00:28:32	00:51:41.94	00:52:08.71	+00:19:36 (37.9%)	5:10	11.6 (f)
167	DESZYŃSKI Damian	10183	ISTA BIEGAMY	GLIWICE	M-40	40	M 145	00:02:08	00:20:45	00:26:37	00:28:56	00:51:52.56	00:54:00.64	+00:19:47 (38.1%)	5:11	11.6 (f)
168	SZYMAŃSKI Piotr	10641		GLIWICE	M-40	41	M 146	00:02:13	00:19:54	00:25:51	00:28:11	00:51:58.45	00:54:12.17	+00:19:53 (38.3%)	5:11	11.5 (f)
169	BANIK Rafał	10204		NIEBOROWICE	M-20	25	M 147	00:01:31	00:21:16	00:27:17	00:29:31	00:52:00.93	00:53:32.21	+00:19:55 (38.3%)	5:12	11.5 (f)
170	ZĄBKOWSKI Grzegorz	10158	HUTA TEAM	GLIWICE	M-50	15	M 148	00:00:17	00:20:08	00:25:59	00:28:14	00:52:01.32	00:52:18.45	+00:19:56 (38.3%)	5:12	11.5 (f)
171	POCZĘSNY Karol	10240		KATOWICE	M-40	42	M 149	00:03:32	00:20:01	00:26:02	00:28:22	00:52:02.51	00:55:34.81	+00:19:57 (38.3%)	5:12	11.5 (f)
172	ULFIG Przemysław	10108		GLIWICE	M-30	64	M 150	00:01:40	00:20:31	00:26:28	00:28:46	00:52:04.62	00:53:44.89	+00:19:59 (38.4%)	5:12	11.5 (f)
173	BAJSAROWICZ Marta	10277		GLIWICE	K-30	11	K 23	00:00:00		00:26:18	00:28:34	00:52:04.70	00:52:04.70	+00:19:59 (38.4%)	5:12	11.5 (f)
174	ZARZYCKI Łukasz	10134		GLIWICE	M-40	43	M 151	00:02:55	00:20:47	00:26:49	00:29:08	00:52:06.81	00:55:01.81	+00:20:01 (38.4%)	5:12	11.5 (f)
175	RZYTKI Oliwia	10592		RYBNIK	K-20	7	K 24	00:01:23	00:20:07	00:26:10	00:28:31	00:52:11.24	00:53:34.45	+00:20:06 (38.5%)	5:13	11.5 (f)
176	KRAWCZYK Łukasz	10615		KOPIENICA	M-30	65	M 152	00:00:41	00:18:53	00:24:46	00:27:05	00:52:12.73	00:52:54.39	+00:20:07 (38.5%)	5:13	11.5 (f)
177	PŁONKA Krzysztof	10501	DKMS	JASTRZĘBIE-ZDRÓJ	M-50	16	M 153	00:01:59	00:20:28	00:26:27	00:28:45	00:52:18.02	00:54:17.40	+00:20:12 (38.7%)	5:13	11.5 (f)
178	RZEPECKA Alicja	10545	GRUPA ARARAT	KRAKÓW	K-40	7	K 25	00:03:00	00:21:35	00:27:24	00:29:39	00:52:20.54	00:55:20.62	+00:20:15 (38.7%)	5:14	11.5 (f)
179	SUBIK Tomasz	10210		GLIWICE	M-40	44	M 154	00:01:53	00:21:05	00:26:56	00:29:18	00:52:22.78	00:54:16.22	+00:20:17 (38.7%)	5:14	11.5 (f)
180	PASIECZNIK Mirosław	10626		GLIWICE	M-40	45	M 155	00:02:20	00:21:16	00:27:21	00:29:40	00:52:23.93	00:54:44.17	+00:20:18 (38.8%)	5:14	11.5 (f)
181	KASZUBA Anna	10696		PIEKARY ŚLĄSKIE	K-20	8	K 26	00:01:35	00:21:01	00:26:57	00:29:14	00:52:24.37	00:53:59.68	+00:20:19 (38.8%)	5:14	11.5 (f)
182	WOJCIECHOWSKI Marcin	10573		DĄBROWA GÓRNICZA	M-60	5	M 156	00:01:06	00:20:36	00:26:34	00:28:52	00:52:28.72	00:53:35.01	+00:20:23 (38.9%)	5:14	11.4 (f)
183	TURSKI Andrzej	10008		GLIWICE	M-40	46	M 157	00:00:41	00:20:30	00:26:29	00:28:45	00:52:30.28	00:53:12.02	+00:20:25 (38.9%)	5:15	11.4 (f)
184	HERLICZKA Dominik	10174	REN TOM TEAM	GLIWICE	M-20	26	M 158	00:02:20	00:21:04	00:27:02	00:29:21	00:52:30.96	00:54:51.02	+00:20:25 (38.9%)	5:15	11.4 (f)
185	WASIŃSKI Michał	10055	ALMI	GLIWICE	M-40	47	M 159	00:02:18	00:20:41	00:26:32	00:28:49	00:52:32.32	00:54:50.63	+00:20:27 (38.9%)	5:15	11.4 (f)
186	WITKOWSKI Daniel	10478		KRAKÓW	M-30	66	M 160	00:01:55	00:20:09	00:26:07	00:28:24	00:52:38.11	00:54:33.56	+00:20:32 (39.0%)	5:15	11.4 (f)

187	JANUS Mateusz	10285		RADZIONKÓW	M-30	67	M 161	00:02:45	00:20:00	00:25:58	00:28:21	00:52:38.19	00:55:24.07	+00:20:33 (39.0%)	5:15	11.4 (f)
188	ZORYCHTA Aneta	10287		NAKŁO ŚLĄSKIE	K-30	12	K 27	00:02:17	00:20:43	00:26:39	00:28:58	00:52:45.82	00:55:03.61	+00:20:40 (39.2%)	5:16	11.4 (f)
189	SŁOMKA Marek	10291	PKO BANK POLSKI / WARTKIE PIERONY	RUDA ŚLĄSKA	M-40	48	M 162	00:01:47	00:20:28	00:26:40	00:29:08	00:52:47.11	00:54:34.69	+00:20:41 (39.2%)	5:16	11.4 (f)
190	SKUTA Jakub	10607		KATOWICE	M-30	68	M 163	00:01:00	00:20:32	00:26:40	00:29:02	00:52:48.11	00:53:48.86	+00:20:42 (39.2%)	5:16	11.4 (f)
191	JANOWSKI Michał	10208		GLIWICE	M-30	69	M 164	00:01:51	00:20:26	00:26:24	00:28:47	00:52:51.10	00:54:42.71	+00:20:45 (39.3%)	5:17	11.4 (f)
192	GREMLOWSKI Marek	10017	SPORTOWE GRP	RUDA ŚLĄSKA	M-30	70	M 165	00:00:23	00:20:11	00:26:19	00:28:43	00:52:53.24	00:53:16.79	+00:20:48 (39.3%)	5:17	11.3 (f)
193	MULARSKI Paweł	10496		BIELSKO-BIAŁA	M-30	71	M 166	00:01:57	00:20:46	00:26:36	00:28:53	00:52:55.05	00:54:53.04	+00:20:49 (39.4%)	5:17	11.3 (f)
194	KUBIT Kasia	10531		GLIWICE	K-30	13	K 28	00:01:21	00:20:22	00:26:06	00:28:24	00:52:56.26	00:54:18.14	+00:20:51 (39.4%)	5:17	11.3 (f)
195	SZCZEPKA Andrzej	10552	ZABIERZÓW BIEGA	BALICE	M-30	72	M 167	00:00:53	00:20:55	00:26:50	00:29:08	00:53:02.01	00:53:55.55	+00:20:56 (39.5%)	5:18	11.3 (f)
196	BORYCKA Damian	10556		GLIWICE	M-30	73	M 168	00:01:28	00:21:11	00:27:10	00:29:31	00:53:06.83	00:54:35.34	+00:21:01 (39.6%)	5:18	11.3 (f)
197	JANUS Gabriel	10298		ZIĘTEK	M-20	27	M 169	00:00:39	00:21:59	00:28:10	00:30:28	00:53:07.10	00:53:46.90	+00:21:01 (39.6%)	5:18	11.3 (f)
198	GNIECKI Przemysław	10253		GLIWICE	M-20	28	M 170	00:03:44	00:21:20	00:27:18	00:29:37	00:53:10.11	00:56:54.44	+00:21:04 (39.7%)	5:19	11.3 (f)
199	WIKIERSKI Michał	10509		GLIWICE	M-40	49	M 171	00:02:12	00:21:49	00:27:44	00:30:02	00:53:12.64	00:55:25.32	+00:21:07 (39.7%)	5:19	11.3 (f)
200	FARUGA Bartosz	10466		CHYBIE	M-20	29	M 172	00:01:20	00:21:44	00:27:42	00:29:59	00:53:12.80	00:54:33.31	+00:21:07 (39.7%)	5:19	11.3 (f)
201	DOBOSZ Daniel	10525		GLIWICE	M-50	17	M 173	00:00:20	00:20:03	00:26:03	00:28:21	00:53:13.15	00:53:33.43	+00:21:08 (39.7%)	5:19	11.3 (f)
202	PASTERNAK Zbigniew	10474	STELLANTIS ACTIVE TEAM	GLIWICE	M-50	18	M 174	00:01:42	00:21:09	00:27:18	00:29:37	00:53:14.64	00:54:57.20	+00:21:09 (39.7%)	5:19	11.3 (f)
203	STEPNIAK Piotr	10611		GLIWICE	M-40	50	M 175	00:02:52	00:22:56	00:29:04	00:31:23	00:53:15.29	00:56:08.17	+00:21:10 (39.8%)	5:19	11.3 (f)
204	ZIAJA Przemysław	10624		KOSZĘCIN	M-20	30	M 176	00:00:57	00:21:18	00:27:21	00:29:40	00:53:15.35	00:54:12.43	+00:21:10 (39.8%)	5:19	11.3 (f)
205	ZIAJA Agnieszka	10505		KOSZĘCIN	K-40	8	K 29	00:00:57	00:21:17	00:27:21	00:29:40	00:53:15.93	00:54:13.05	+00:21:10 (39.8%)	5:19	11.3 (f)
206	SZTWIERTNIA Tomasz	10164		RYBNIK	M-40	51	M 177	00:01:41	00:20:25	00:26:25	00:28:53	00:53:23.52	00:55:04.58	+00:21:18 (39.9%)	5:20	11.2 (f)
207	BOREK Dawid	10549		POLSKA	M-30	74	M 178	00:01:16	00:21:22	00:27:28	00:29:49	00:53:27.57	00:54:44.49	+00:21:22 (40.0%)	5:20	11.2 (f)
208	NIEWOLIK Paweł	10527		GLIWICE	M-20	31	M 179	00:01:49	00:20:57	00:26:57	00:29:17	00:53:31.09	00:55:20.75	+00:21:25 (40.0%)	5:21	11.2 (f)
209	KIJAK Martyna	10439		ZABRZE	K-20	9	K 30	00:00:31	00:20:58	00:27:07	00:29:29	00:53:31.57	00:54:03.06	+00:21:26 (40.1%)	5:21	11.2 (f)
210	WIECZOREK Jarosław	10557		GLIWICE	M-40	52	M 180	00:01:54	00:21:15	00:27:21	00:29:39	00:53:34.01	00:55:28.66	+00:21:28 (40.1%)	5:21	11.2 (f)
211	WIJAS Magdalena	10334		KRAKÓW	K-20	10	K 31	00:01:27	00:20:05	00:25:56	00:28:48	00:53:40.81	00:55:08.76	+00:21:35 (40.2%)	5:22	11.2 (f)
212	WIŚNIEWSKA Iwona	10198		ZABRZE	K-30	14	K 32	00:01:50	00:21:16	00:27:15	00:29:35	00:53:41.39	00:55:31.87	+00:21:36 (40.2%)	5:22	11.2 (f)
213	SULEJ Adam	10289		RUDA ŚLĄSKA	M-30	75	M 181	00:02:40	00:20:48	00:26:51	00:29:14	00:53:41.74	00:56:22.54	+00:21:36 (40.2%)	5:22	11.2 (f)
214	KONIARSKI Jaromir	10424	BOJKÓW BIEGA	GLIWICE	M-30	76	M 182	00:02:03	00:21:31	00:27:43	00:30:08	00:53:50.99	00:55:54.84	+00:21:45 (40.4%)	5:23	11.1 (f)
215	POLACZEK Patrycja	10668		ROZMIERKA	K-30	15	K 33	00:00:29	00:21:30	00:27:51	00:30:18	00:53:52.12	00:54:22.12	+00:21:46 (40.4%)	5:23	11.1 (f)
216	SIUDA Bartosz	10433		GLIWICE	M-30	77	M 183	00:02:03	00:21:31	00:27:44	00:30:08	00:53:52.97	00:55:56.49	+00:21:47 (40.5%)	5:23	11.1 (f)
217	ANDRZEJEWSKA Regina	10288	VIFONY	ŚWIĘTOCHŁOWICE	K-30	16	K 34	00:02:39	00:20:52	00:27:02	00:29:25	00:53:53.24	00:56:33.16	+00:21:48 (40.5%)	5:23	11.1 (f)

218	TOMASIAK Tomasz	10205	-	BYTOM	M-20	32	M 184	00:02:31	00:23:04	00:29:07	00:31:24	00:53:53.38	00:56:25.16	+00:21:48 (40.5%)	5:23	11.1 (f)
219	ILNICKI Daniel	10650	REKRUT – KURS OFICERSKI AWL	GLIWICE	M-40	53	M 185	00:02:51	00:21:56	00:27:59	00:30:19	00:53:54.21	00:56:45.93	+00:21:49 (40.5%)	5:23	11.1 (f)
220	DREWNIANY Andrzej	10309	GRUPA BIEGOWA ŻWAWĘ DZIADY	GLIWICE	M-50	19	M 186	00:01:36	00:20:44	00:26:47	00:29:10	00:53:54.76	00:55:31.05	+00:21:49 (40.5%)	5:23	11.1 (f)
221	KUBAT Łukasz	10463		KOSZĘCIN	M-20	33	M 187	00:01:59	00:21:44	00:28:09	00:30:38	00:53:58.10	00:55:57.94	+00:21:52 (40.5%)	5:23	11.1 (f)
222	ZYGMAŃSKI Piotr	10046		GLIWICE	M-40	54	M 188	00:00:40	00:20:09	00:26:24	00:28:58	00:54:03.65	00:54:44.32	+00:21:58 (40.6%)	5:24	11.1 (f)
223	KUBIK Martyna	10343		KRAKÓW	K-20	11	K 35	00:01:43	00:21:34	00:27:44	00:30:07	00:54:08.09	00:55:51.26	+00:22:02 (40.7%)	5:24	11.1 (f)
224	SOBEK Olaf	10077		GLIWICE	M-20	34	M 189	00:00:45	00:20:34	00:26:37	00:29:00	00:54:08.95	00:54:54.65	+00:22:03 (40.7%)	5:24	11.1 (f)
225	SROCZYŃSKI Kamil	10572	WITKOWSKI & WINIARSKI RUNNING TEAM	GLIWICE	M-20	35	M 190	00:00:30	00:21:20	00:27:32	00:29:55	00:54:11.27	00:54:41.46	+00:22:06 (40.8%)	5:25	11.1 (f)
226	IZDEBSKI Maciej	10619		CZĘSTOCHOWA	M-20	36	M 191	00:00:00	00:21:56	00:27:51	00:30:09	00:54:20.11	00:54:20.11	+00:22:14 (40.9%)	5:26	11 (f)
227	KUBASIEWICZ Bartosz	10490	KALINOWATEAM	SOSNOWIEC	M-40	55	M 192	00:00:59	00:20:29	00:26:37	00:29:02	00:54:20.61	00:55:20.29	+00:22:15 (41.0%)	5:26	11 (f)
228	ZAMECKI Paweł	10389		GLIWICE	M-30	78	M 193	00:00:26	00:20:40	00:26:50	00:29:16	00:54:21.23	00:54:47.49	+00:22:16 (41.0%)	5:26	11 (f)
229	POLOCZEK Piotr	10613		PANIÓWKI	M-30	79	M 194	00:02:36	00:21:13	00:27:18	00:29:42	00:54:21.43	00:56:57.45	+00:22:16 (41.0%)	5:26	11 (f)
230	PAJOR Izabela	10596		GLIWICE	K-30	17	K 36	00:00:24	00:21:04	00:27:21	00:29:48	00:54:25.59	00:54:49.76	+00:22:20 (41.0%)	5:26	11 (f)
231	CZYŻYKOWSKI Jacek	10197		PYSKOWICE	M-30	80	M 195	00:01:03	00:21:37	00:27:49	00:30:12	00:54:26.58	00:55:30.33	+00:22:21 (41.1%)	5:26	11 (f)
232	ŚWIDERSKI Tomasz	10610		GLIWICE	M-40	56	M 196	00:02:18	00:22:08	00:28:23	00:30:48	00:54:27.77	00:56:46.41	+00:22:22 (41.1%)	5:26	11 (f)
233	ZAPOTOCZNA Hanna	10032		GLIWICE	K-20	12	K 37	00:00:27	00:21:20	00:27:38	00:30:08	00:54:29.22	00:54:56.53	+00:22:24 (41.1%)	5:26	11 (f)
234	SZCZYGIELSKI Aleksander	10508		KNURÓW	M-20	37	M 197	00:00:56	00:21:11	00:27:27	00:29:56	00:54:31.98	00:55:28.09	+00:22:26 (41.2%)	5:27	11 (f)
235	GEC Sebastian	10512		GLIWICE	M-50	20	M 198	00:03:06	00:21:58	00:28:06	00:30:28	00:54:32.14	00:57:38.51	+00:22:26 (41.2%)	5:27	11 (f)
236	ŚLĘCZKOWSKI Piotr	10541		GLIWICE	M-40	57	M 199	00:01:18	00:20:55	00:27:04	00:29:28	00:54:32.78	00:55:51.65	+00:22:27 (41.2%)	5:27	11 (f)
237	CHURSKI Patryk	10265		GLIWICE	M-30	81	M 200	00:02:52	00:22:56	00:29:04	00:31:23	00:54:34.59	00:57:27.53	+00:22:29 (41.2%)	5:27	11 (f)
238	SAMULSKI Adam	10342		TARNOWSKIE GÓRY	M-30	82	M 201	00:01:32	00:21:09	00:27:45	00:30:15	00:54:34.72	00:56:07.68	+00:22:29 (41.2%)	5:27	11 (f)
239	GRZELAK Tomasz	10071		PIEKARY ŚLĄSKIE	M-40	58	M 202	00:03:16	00:22:08	00:28:24	00:30:48	00:54:35.17	00:57:51.96	+00:22:30 (41.2%)	5:27	11 (f)
240	PACHOLAK Patryk	10237		GLIWICE	M-30	83	M 203	00:02:13	00:21:10	00:27:17	00:29:42	00:54:37.72	00:56:50.78	+00:22:32 (41.3%)	5:27	11 (f)
241	KEMPKIEWICZ Jarosław	10266	#HUTATEAM	GLIWICE	M-50	21	M 204	00:00:00	00:21:46	00:27:56	00:30:23	00:54:37.73	00:54:37.73	+00:22:32 (41.3%)	5:27	11 (f)
242	WOLNA Ilona	10065		GLIWICE	K-30	18	K 38	00:00:26	00:20:22	00:26:50	00:29:20	00:54:38.20	00:55:05.20	+00:22:33 (41.3%)	5:27	11 (f)
243	MAĆZYŃSKA Agnieszka	10529		GLIWICE	K-50	1	K 39	00:00:59	00:21:50	00:28:03	00:30:26	00:54:38.97	00:55:38.19	+00:22:33 (41.3%)	5:27	11 (f)
244	FLAK Maciej	10622		GLIWICE	M-30	84	M 205	00:02:53	00:22:10	00:28:31	00:30:55	00:54:44.30	00:57:37.55	+00:22:39 (41.4%)	5:28	11 (f)
245	WIERCIŃSKI Robert	10178		GLIWICE	M-40	59	M 206	00:01:54	00:21:47	00:28:03	00:30:25	00:54:45.19	00:56:39.66	+00:22:40 (41.4%)	5:28	11 (f)
246	WIERCIŃSKA Aneta	10177		GLIWICE	K-40	9	K 40	00:01:54	00:21:48	00:28:03	00:30:25	00:54:46.96	00:56:41.45	+00:22:41 (41.4%)	5:28	11 (f)
247	SIERADZKA Agnieszka	10088	BIEGAJ Z TRENERAMI	GLIWICE	K-30	19	K 41	00:01:38	00:21:54	00:28:04	00:30:29	00:54:53.19	00:56:31.72	+00:22:48 (41.5%)	5:29	10.9 (f)
248	JAKIEŁA Grażyna	10300	JAKIEŁOWKA	BOCHNIA	K-50	2	K 42	00:02:42	00:21:32	00:27:36	00:29:57	00:54:55.88	00:57:38.11	+00:22:50 (41.6%)	5:29	10.9 (f)

249	KAMINIORZ Patryk	10548	LKS NAPRZÓD ŁUBIE	ŁUBIE	M-30	85	M 207	00:00:42	00:19:51	00:26:18	00:28:53	00:55:06.39	00:55:48.81	+00:23:01 (41.8%)	5:30	10.9 (f)
250	BRODALA Janusz	10576		GLIWICE	M-40	60	M 208	00:03:28	00:22:13	00:28:33	00:31:00	00:55:11.54	00:58:39.69	+00:23:06 (41.9%)	5:31	10.9 (f)
251	PAWLUSZUK Bogdan	10010	PANBOGUŚ	GLIWICE	M-50	22	M 209	00:01:02	00:21:16	00:27:51	00:30:11	00:55:13.60	00:56:16.05	+00:23:08 (41.9%)	5:31	10.9 (f)
252	DUDZIŃSKA Sylwia	10224		GLIWICE	K-50	3	K 43	00:01:03	00:21:23	00:27:41	00:30:07	00:55:16.97	00:56:20.37	+00:23:11 (42.0%)	5:31	10.9 (f)
253	KHORTOV Daniil	10598		GLIWICE	M-20	38	M 210	00:01:49	00:22:22	00:28:51	00:31:15	00:55:17.97	00:57:07.63	+00:23:12 (42.0%)	5:31	10.9 (f)
254	WOLANY Rafał	10278	HIRSCHVOGEL COMPONENTS POLAND SP. Z O.O.	GLIWICE	M-40	61	M 211	00:03:14	00:21:52	00:28:15	00:30:44	00:55:19.93	00:58:34.76	+00:23:14 (42.0%)	5:31	10.8 (f)
255	WALCZUK Maciej	10110	VOX BIEGA	GLIWICE	M-50	23	M 212	00:01:30	00:22:57	00:28:52	00:31:12	00:55:24.26	00:56:55.01	+00:23:19 (42.1%)	5:32	10.8 (f)
256	PRUSICKI Rafał	10506		ZABRZE	M-50	24	M 213	00:00:40	00:22:15	00:28:35	00:31:02	00:55:29.43	00:56:09.56	+00:23:24 (42.2%)	5:32	10.8 (f)
257	PIELKA Agata	10312		SWIERKLANIEC	K-40	10	K 44	00:02:44	00:21:55	00:28:16	00:30:40	00:55:29.78	00:58:14.45	+00:23:24 (42.2%)	5:32	10.8 (f)
258	ANDRZEJEWSKI Krzysztof	10306	VIFONY	ŚWIĘTOCHŁOWICE	M-30	86	M 214	00:02:41	00:22:50	00:29:03	00:31:26	00:55:30.25	00:58:11.44	+00:23:25 (42.2%)	5:33	10.8 (f)
259	UJAZDA Samuel	10182		ZABRZE	M-20	39	M 215	00:00:37	00:21:14	00:27:33	00:30:01	00:55:33.54	00:56:11.19	+00:23:28 (42.2%)	5:33	10.8 (f)
260	KASZUBA Beata	10645		PIEKARY ŚLĄSKIE	K-40	11	K 45	00:01:34	00:22:04	00:28:22	00:30:49	00:55:34.85	00:57:09.68	+00:23:29 (42.3%)	5:33	10.8 (f)
261	GABRYŚ-KAJDAS Diana	10115		JAWORZNO	K-30	20	K 46	00:01:24	00:22:08	00:28:28	00:30:56	00:55:35.37	00:57:00.27	+00:23:30 (42.3%)	5:33	10.8 (f)
262	KLESZCZEWSKA Anna	10338		ZABRZE	K-50	4	K 47	00:02:23	00:22:26	00:28:35	00:30:59	00:55:36.97	00:58:00.87	+00:23:31 (42.3%)	5:33	10.8 (f)
263	BOTWINA Grzegorz	10627		KNURÓW	M-50	25	M 216	00:00:25	00:20:53	00:27:34	00:30:07	00:55:37.25	00:56:02.83	+00:23:32 (42.3%)	5:33	10.8 (f)
264	POLAK Marek	10270		WRZOSOWA	M-60	6	M 217	00:00:11	00:20:29	00:27:18	00:30:03	00:55:39.03	00:55:50.16	+00:23:33 (42.3%)	5:33	10.8 (f)
265	JUSKOWIAK Iwona	10327	ISTA BIEGAMY	ZIEMIĘCICE	K-30	21	K 48	00:01:49	00:22:20	00:28:37	00:31:07	00:55:39.78	00:57:28.85	+00:23:34 (42.4%)	5:33	10.8 (f)
266	MICEK Bartłomiej	10045		GLIWICE	M-30	87	M 218	00:00:52	00:20:43	00:26:55	00:29:23	00:55:42.84	00:56:35.51	+00:23:37 (42.4%)	5:34	10.8 (f)
267	SZCZYPCZYK-PRUSICKA Małgorzata	10507		ZABRZE	K-40	12	K 49	00:00:39	00:22:15	00:28:35	00:31:02	00:55:42.92	00:56:22.77	+00:23:37 (42.4%)	5:34	10.8 (f)
268	JAKUBOWSKA-DYRDA Beata	10118		ZABIERZÓW	K-30	22	K 50	00:01:27	00:21:58	00:28:12	00:30:37	00:55:44.97	00:57:11.99	+00:23:39 (42.4%)	5:34	10.8 (f)
269	MAJEWSKI Marcin	10497		STRZELCE OPOLSKIE	M-30	88	M 219	00:00:28	00:21:32	00:27:53	00:30:21	00:55:50.44	00:56:19.04	+00:23:45 (42.5%)	5:35	10.7 (f)
270	BAJSAROWICZ Mateusz	10276		GLIWICE	M-30	89	M 220	00:00:48	00:21:40	00:27:54	00:30:21	00:55:51.57	00:56:40.32	+00:23:46 (42.6%)	5:35	10.7 (f)
271	FAŁEK Robert	10128		GLIWICE	M-50	26	M 221	00:01:25	00:22:08	00:28:23	00:30:51	00:55:51.91	00:57:17.71	+00:23:46 (42.6%)	5:35	10.7 (f)
272	BAJSAROWICZ Justyna	10275		GLIWICE	K-30	23	K 51	00:00:47	00:21:41	00:27:55	00:30:22	00:55:52.76	00:56:40.50	+00:23:47 (42.6%)	5:35	10.7 (f)
273	PRZYBYŁA Damian	10264	FLUOR	GLIWICE	M-40	62	M 222	00:02:02	00:22:10	00:28:28	00:31:00	00:55:55.23	00:57:57.31	+00:23:50 (42.6%)	5:35	10.7 (f)
274	BIENIEK Paweł	10606		TOSZEK	M-20	40	M 223	00:02:13	00:22:26	00:28:45	00:31:14	00:56:01.10	00:58:14.68	+00:23:55 (42.7%)	5:36	10.7 (f)
275	MAJOWSKI Krzysztof	10570		PANIÓWKI	M-20	41	M 224	00:02:13	00:22:26	00:28:45	00:31:14	00:56:03.76	00:58:17.48	+00:23:58 (42.8%)	5:36	10.7 (f)
276	MICHALIK Jerzy	10513		CZERWIONKA-LESZCZYNY	M-50	27	M 225	00:02:18	00:21:49	00:28:07	00:30:39	00:56:05.26	00:58:23.64	+00:24:00 (42.8%)	5:36	10.7 (f)
277	BALCER Weronika	10101	JOMAR RUNNERS	GLIWICE	K-30	24	K 52	00:00:25	00:22:09	00:28:35	00:31:05	00:56:05.84	00:56:31.04	+00:24:00 (42.8%)	5:36	10.7 (f)
278	KOTLARSKA Anna	10126		GLIWICE	K-50	5	K 53	00:01:15	00:22:19	00:28:34	00:31:01	00:56:06.14	00:57:21.27	+00:24:00 (42.8%)	5:36	10.7 (f)
279	WÓJCIK Anna	10469		GLIWICE	K-40	13	K 54	00:01:19	00:21:41	00:27:57	00:30:24	00:56:07.74	00:57:27.51	+00:24:02 (42.8%)	5:36	10.7 (f)

280	KUKIELKA Tomasz	10061		RUDA ŚLĄSKA	M-40	63	M 226	00:00:11	00:21:12	00:27:35	00:30:03	00:56:20.16	00:56:32.06	+00:24:15 (43.0%)	5:38	10.7 (f)
281	JUSZCZYK Wojciech	10528		KRAPKOWICE	M-30	90	M 227	00:00:55	00:21:27	00:27:58	00:30:32	00:56:21.81	00:57:17.00	+00:24:16 (43.1%)	5:38	10.6 (f)
282	SUBOTOWICZ Marcin	10313		GLIWICE	M-30	91	M 228	00:01:39	00:23:44	00:30:03	00:32:32	00:56:24.98	00:58:04.28	+00:24:19 (43.1%)	5:38	10.6 (f)
283	RAZOWSKA Karolina	10534		GLIWICE	K-20	13	K 55	00:01:57	00:22:23	00:28:47	00:31:13	00:56:25.57	00:58:22.64	+00:24:20 (43.1%)	5:38	10.6 (f)
284	CZYSZCZOŃ Adam	10001		RYBNIK	M-30	92	M 229	00:01:53	00:22:19	00:28:38	00:31:08	00:56:25.57	00:58:19.36	+00:24:20 (43.1%)	5:38	10.6 (f)
285	PIECUCH Jakub	10554		GLIWICE	M-20	42	M 230	00:02:32	00:21:46	00:28:32	00:31:14	00:56:26.85	00:58:59.26	+00:24:21 (43.2%)	5:38	10.6 (f)
286	SZPAK Katarzyna	10299		KNURÓW	K-30	25	K 56	00:02:42	00:22:30	00:29:06	00:31:34	00:56:29.59	00:59:12.22	+00:24:24 (43.2%)	5:38	10.6 (f)
287	GUTT Jakub	10282		ZABRZE	M-20	43	M 231	00:00:37	00:21:52	00:28:23	00:30:51	00:56:31.92	00:57:09.28	+00:24:26 (43.2%)	5:39	10.6 (f)
288	CHOLEWA Tomasz	10375		GLIWICE	M-50	28	M 232	00:00:24	00:21:10	00:27:39	00:30:09	00:56:33.47	00:56:57.55	+00:24:28 (43.3%)	5:39	10.6 (f)
289	WAWOK Mariusz	10193		GLIWICE	M-40	64	M 233	00:00:25	00:21:29	00:28:20	00:31:02	00:56:33.92	00:56:59.86	+00:24:28 (43.3%)	5:39	10.6 (f)
290	SUBIK Edyta	10209		GLIWICE	K-30	26	K 57	00:01:53	00:21:46	00:28:11	00:30:38	00:56:34.28	00:58:27.33	+00:24:29 (43.3%)	5:39	10.6 (f)
291	MAKUCH Damian	10005	#HUTATEAM	PYSKOWICE	M-40	65	M 234	00:02:47	00:22:32	00:28:59	00:31:29	00:56:35.54	00:59:23.42	+00:24:30 (43.3%)	5:39	10.6 (f)
292	WOJTKOWIAK Piotr	10565		CZĘSTOCHOWA	M-50	29	M 235	00:03:02	00:22:01	00:28:29	00:31:02	00:56:38.06	00:59:40.33	+00:24:32 (43.3%)	5:39	10.6 (f)
293	SLADEWSKI Tomasz	10200	PRZYJACIELE MYSZKI MIKI	PYSKOWICE	M-40	66	M 236	00:03:16	00:22:44	00:29:12	00:31:45	00:56:38.44	00:59:54.45	+00:24:33 (43.4%)	5:39	10.6 (f)
294	FRANIA Andrzej	10603	KS.JUDO TEAM MASTERS GLIWICE	GLIWICE	M-50	30	M 237	00:01:39	00:22:25	00:28:48	00:31:19	00:56:39.75	00:58:18.78	+00:24:34 (43.4%)	5:39	10.6 (f)
295	DUDZIAK Bartosz	10587		GLIWICE	M-20	44	M 238	00:00:55	00:23:14	00:30:07	00:32:33	00:56:43.43	00:57:38.69	+00:24:38 (43.4%)	5:40	10.6 (f)
296	GRUSZKA Rafał	10480		BĘDZIN	M-40	67	M 239	00:01:38	00:22:19	00:28:52	00:31:25	00:56:47.22	00:58:25.91	+00:24:42 (43.5%)	5:40	10.6 (f)
297	GRUSZKA Anna	10409		BĘDZIN	K-40	14	K 58	00:01:38	00:22:20	00:28:53	00:31:26	00:56:47.60	00:58:26.37	+00:24:42 (43.5%)	5:40	10.6 (f)
298	GRZYWOCZ Jakub	10491		GLIWICE	M-40	68	M 240	00:03:25	00:22:12	00:28:48	00:31:24	00:56:48.94	01:00:14.84	+00:24:43 (43.5%)	5:40	10.6 (f)
299	SOWA Mariusz	10657	ATLAS SPORT TEAM	RABKA-ZDRÓJ	M-50	31	M 241	00:01:22	00:22:29	00:29:05	00:31:46	00:56:51.38	00:58:14.09	+00:24:46 (43.6%)	5:41	10.6 (f)
300	MALIK Joanna	10644		GLIWICE	K-40	15	K 59	00:01:33	00:22:08	00:28:39	00:31:13	00:56:55.76	00:58:29.53	+00:24:50 (43.6%)	5:41	10.5 (f)
301	NOCOŃ Marcin	10504		BĘDZIN	M-40	69	M 242	00:01:32	00:22:48	00:29:15	00:31:43	00:56:56.98	00:58:29.04	+00:24:51 (43.7%)	5:41	10.5 (f)
302	HERNER Krzysztof	10446	MUZEUM GÓRNICTW WĘGLOWEGO W ZABRZU	ORNONTOWICE	M-30	93	M 243	00:00:56	00:20:09	00:26:48	00:29:25	00:56:58.66	00:57:54.90	+00:24:53 (43.7%)	5:41	10.5 (f)
303	NOWAK Marcin	10406		WARMAŃTOWICE	M-30	94	M 244	00:01:45	00:22:09	00:28:29	00:30:58	00:57:02.55	00:58:47.65	+00:24:57 (43.8%)	5:42	10.5 (f)
304	KRAWCZYKIEWICZ Marcin	10076		CHRZANÓW	M-50	32	M 245	00:03:12	00:23:08	00:29:37	00:32:05	00:57:02.79	01:00:14.79	+00:24:57 (43.8%)	5:42	10.5 (f)
305	KOZYRA Dawid	10331	ADIDAS	ZABRZE	M-20	45	M 246	00:02:35	00:24:17	00:31:19	00:34:04	00:57:09.11	00:59:45.06	+00:25:03 (43.9%)	5:42	10.5 (f)
306	KIEŁBASA Julia	10493		KRAKÓW	K-20	14	K 60	00:01:33	00:22:16	00:28:45	00:31:22	00:57:10.90	00:58:44.11	+00:25:05 (43.9%)	5:43	10.5 (f)
307	BRZozowski Zbigniew	10637		GLIWICE	M-40	70	M 247	00:02:21	00:22:49	00:29:17	00:31:53	00:57:11.79	00:59:33.11	+00:25:06 (43.9%)	5:43	10.5 (f)
308	CZAUDERNA Klaudia	10294	TRIDIVISION TRIATHLON TEAM	GLIWICE	K-50	6	K 61	00:02:25	00:23:20	00:29:43	00:32:12	00:57:13.11	00:59:38.36	+00:25:07 (43.9%)	5:43	10.5 (f)
309	PIETROWSKI Tomasz	10293		GLIWICE	M-30	95	M 248	00:00:32	00:21:44	00:28:29	00:31:03	00:57:23.00	00:57:55.08	+00:25:17 (44.1%)	5:44	10.5 (f)
310	NOWAK Wojciech	10484		GLIWICE	M-30	96	M 249	00:02:56	00:22:04	00:28:44	00:31:19	00:57:25.97	01:00:22.08	+00:25:20 (44.1%)	5:44	10.4 (f)

311	SETKOWICZ Piotr	10673		GLIWICE	M-40	71	M 250	00:01:16	00:22:15	00:29:24	00:31:54	00:57:32.56	00:58:49.13	+00:25:27 (44.2%)	5:45	10.4 (f)
312	KACZANOWSKI Jakub	10579		GLIWICE	M-30	97	M 251	00:01:24	00:22:25	00:29:06	00:31:40	00:57:32.90	00:58:57.65	+00:25:27 (44.2%)	5:45	10.4 (f)
313	JANUS Małgorzata	10284		RADZIONKÓW	K-30	27	K 62	00:02:45	00:23:19	00:29:58	00:32:26	00:57:35.53	01:00:21.23	+00:25:30 (44.3%)	5:45	10.4 (f)
314	TROSKA Dagmara	10194		WŁOCLĄWEK	K-30	28	K 63	00:01:51	00:23:10	00:29:43	00:32:15	00:57:36.25	00:59:27.50	+00:25:31 (44.3%)	5:45	10.4 (f)
315	PRZYBYLSKI Mariusz	10066	#POSTDATATEAM	GLIWICE	M-40	72	M 252	00:02:23	00:22:38	00:29:03	00:31:32	00:57:36.94	01:00:00.62	+00:25:31 (44.3%)	5:45	10.4 (f)
316	NUCKOWSKA Justyna	10677		GLIWICE	K-30	29	K 64	00:03:07	00:22:45	00:29:09	00:31:40	00:57:42.85	01:00:49.88	+00:25:37 (44.4%)	5:46	10.4 (f)
317	OLECHOWSKI Marek	10364		GLIWICE	M-40	73	M 253	00:02:36	00:22:22	00:29:00	00:31:30	00:57:44.38	01:00:21.23	+00:25:39 (44.4%)	5:46	10.4 (f)
318	ZIĘTARA Paweł	10260	KTS CZWÓRKA ZAWIERCIE	SOSNOWIEC	M-40	74	M 254	00:02:20	00:23:08	00:29:36	00:32:07	00:57:45.83	01:00:06.10	+00:25:40 (44.5%)	5:46	10.4 (f)
319	PALENGA Andrzej	10335		GLIWICE	M-40	75	M 255	00:01:24	00:21:41	00:28:23	00:31:00	00:57:45.96	00:59:10.16	+00:25:40 (44.5%)	5:46	10.4 (f)
320	MALICKI Patryk	10413		GLIWICE	M-20	46	M 256	00:02:51	00:23:39	00:30:23	00:32:59	00:57:49.58	01:00:41.49	+00:25:44 (44.5%)	5:46	10.4 (f)
321	OGRODNIK Dariusz	10459		PIEKARY ŚLĄSKIE	M-40	76	M 257	00:00:59	00:22:00	00:28:25	00:30:54	00:57:51.88	00:58:51.45	+00:25:46 (44.6%)	5:47	10.4 (f)
322	SZPARKOWSKA Marta	10492		GLIWICE	K-30	30	K 65	00:02:54	00:22:45	00:29:27	00:31:58	00:57:54.67	01:00:48.72	+00:25:49 (44.6%)	5:47	10.4 (f)
323	SKÓRA Przemysław	10279		GLIWICE	M-40	77	M 258	00:02:35	00:23:22	00:30:00	00:32:35	00:58:04.75	01:00:40.04	+00:25:59 (44.8%)	5:48	10.3 (f)
324	KOŻUCHOWSKI Łukasz	10304		PIEKARY ŚLĄSKIE	M-40	78	M 259	00:03:17	00:22:14	00:28:56	00:31:33	00:58:07.18	01:01:24.57	+00:26:02 (44.8%)	5:48	10.3 (f)
325	ŚLIŻ Marek	10589		GLIWICE	M-30	98	M 260	00:02:06	00:23:41	00:30:17	00:32:52	00:58:07.52	01:00:13.79	+00:26:02 (44.8%)	5:48	10.3 (f)
326	OSUCHA Rafał	10170		GLIWICE	M-20	47	M 261	00:00:59	00:20:56	00:27:17	00:29:51	00:58:18.78	00:59:18.54	+00:26:13 (45.0%)	5:49	10.3 (f)
327	BARCZYK Norbert	10621	KRÓL RUNNING TEAM	ŚWIĘTOCHŁOWICE	M-40	79	M 262	00:02:02	00:22:28	00:28:55	00:31:30	00:58:18.98	01:00:21.43	+00:26:13 (45.0%)	5:49	10.3 (f)
328	KĄDZIOŁKA Jan	10676		GLIWICE	M-50	33	M 263	00:02:27	00:22:27	00:29:05	00:31:39	00:58:19.50	01:00:46.64	+00:26:14 (45.0%)	5:49	10.3 (f)
329	WOJTOWICZ Karolina	10249	SISTERS MADIZAR	GLIWICE	K-40	16	K 66	00:02:21	00:23:20	00:29:51	00:32:22	00:58:19.98	01:00:41.21	+00:26:14 (45.0%)	5:49	10.3 (f)
330	KOSMACZEWSKA Agnieszka	10503		GLIWICE	K-30	31	K 67	00:00:23	00:23:26	00:30:06	00:32:39	00:58:24.98	00:58:48.47	+00:26:19 (45.1%)	5:50	10.3 (f)
331	KAMIŃSKA Anna	10539		GLIWICE	K-30	32	K 68	00:00:45	00:22:13	00:29:10	00:31:47	00:58:25.18	00:59:10.26	+00:26:20 (45.1%)	5:50	10.3 (f)
332	PAWELEC Denis	10444		PIEKARY ŚLĄSKIE	M-30	99	M 264	00:01:37	00:22:57	00:29:38	00:32:12	00:58:26.78	01:00:04.16	+00:26:21 (45.1%)	5:50	10.3 (f)
333	SZIFLER Arkadiusz	10243		BYCINA	M-20	48	M 265	00:03:43	00:22:44	00:29:24	00:31:56	00:58:26.80	01:02:10.56	+00:26:21 (45.1%)	5:50	10.3 (f)
334	PAWELEC Martina	10441		PIEKARY ŚLĄSKIE	K-30	33	K 69	00:01:37	00:22:57	00:29:38	00:32:12	00:58:27.03	01:00:04.10	+00:26:21 (45.1%)	5:50	10.3 (f)
335	LIS Marcin	10536		GLIWICE	M-40	80	M 266	00:00:29	00:23:19	00:29:57	00:32:32	00:58:30.70	00:59:00.34	+00:26:25 (45.2%)	5:51	10.3 (f)
336	WOJTASIK Adrian	10583		GLIWICE	M-30	100	M 267	00:02:05	00:23:42	00:30:18	00:32:53	00:58:31.44	01:00:37.17	+00:26:26 (45.2%)	5:51	10.3 (f)
337	WOJTACHNIO Aleksandra	10567		GLIWICE	K-30	34	K 70	00:01:20	00:23:42	00:30:17	00:32:48	00:58:32.80	00:59:53.28	+00:26:27 (45.2%)	5:51	10.3 (f)
338	CZECHOWSKA Paulina	10386		SOSNOWIEC	K-20	15	K 71	00:02:34	00:24:09	00:30:45	00:33:21	00:58:33.71	01:01:08.48	+00:26:28 (45.2%)	5:51	10.2 (f)
339	GŁOWACKA Justyna	10320		GLIWICE	K-30	35	K 72	00:01:48	00:23:21	00:30:01	00:32:35	00:58:36.23	01:00:24.81	+00:26:31 (45.2%)	5:51	10.2 (f)
340	HILDEBRAND Justyna	10401		ZABRZE	K-30	36	K 73	00:02:00	00:23:41	00:30:19	00:32:52	00:58:37.85	01:00:37.86	+00:26:32 (45.3%)	5:51	10.2 (f)
341	JAKUBOWSKI Patryk	10107		ZABRZE	M-30	101	M 268	00:02:39	00:23:02	00:29:55	00:32:28	00:58:40.98	01:01:20.65	+00:26:35 (45.3%)	5:52	10.2 (f)

342	PASZKOWSKA Paula	10655		PYSKOWICE	K-20	16	K 74	00:02:49	00:23:54	00:30:27	00:32:53	00:58:42.75	01:01:32.71	+00:26:37 (45.4%)	5:52	10.2 (f)
343	PURZYŃSKA Hania	10319		GLIWICE	K-40	17	K 75	00:01:59	00:23:41	00:30:20	00:32:52	00:58:43.15	01:00:43.12	+00:26:38 (45.4%)	5:52	10.2 (f)
344	JOPA-BIEŃKO Anna	10633	ING BANK ŚLĄSKI	KATOWICE	K-40	18	K 76	00:01:52	00:22:32	00:29:20	00:31:57	00:58:45.58	01:00:37.98	+00:26:40 (45.4%)	5:52	10.2 (f)
345	GARCORZ Mateusz	10112	PANAWIT	PIEKARY ŚLĄSKIE	M-40	81	M 269	00:03:18	00:22:12	00:28:50	00:31:24	00:58:48.02	01:02:06.40	+00:26:42 (45.4%)	5:52	10.2 (f)
346	KASZUB-DEDYK Katarzyna	10410		GLIWICE	K-30	37	K 77	00:01:51	00:23:06	00:29:55	00:32:27	00:58:52.76	01:00:43.97	+00:26:47 (45.5%)	5:53	10.2 (f)
347	STAWSKA Joanna	10090		GLIWICE	K-60	1	K 78	00:01:39	00:22:45	00:29:31	00:32:08	00:58:53.59	01:00:32.99	+00:26:48 (45.5%)	5:53	10.2 (f)
348	KAMIŃSKA Ewa	10454		WISŁA	K-40	19	K 79	00:02:57	00:23:27	00:30:03	00:32:35	00:58:53.94	01:01:51.20	+00:26:48 (45.5%)	5:53	10.2 (f)
349	SAMULSKA Aneta	10405		TARNOWSKIE GÓRY	K-30	38	K 80	00:01:32	00:22:42	00:29:16	00:31:54	00:58:54.60	01:00:27.29	+00:26:49 (45.5%)	5:53	10.2 (f)
350	KLUCZYŃSKA Honorata	10147		ZABRZE	K-50	7	K 81	00:02:51	00:23:11	00:29:52	00:32:44	00:59:07.11	01:01:59.06	+00:27:01 (45.7%)	5:54	10.1 (f)
351	ADAMEK Katarzyna	10422		BYTOM	K-40	20	K 82	00:01:15	00:22:53	00:29:53	00:32:50	00:59:13.47	01:00:28.75	+00:27:08 (45.8%)	5:55	10.1 (f)
352	DUDA Cecylia	10547		GLIWICE	K-20	17	K 83	00:01:07	00:21:12	00:27:48	00:30:29	00:59:16.93	01:00:24.54	+00:27:11 (45.9%)	5:55	10.1 (f)
353	PIKTAS Paweł	10367		GLIWICE	M-50	34	M 270	00:02:34	00:24:12	00:30:41	00:33:15	00:59:17.43	01:01:51.77	+00:27:12 (45.9%)	5:55	10.1 (f)
354	OLEŃSKA Agnieszka	10165	SIOSTRY MADIZAR	GLIWICE	K-30	39	K 84	00:02:20	00:23:31	00:30:05	00:32:41	00:59:17.76	01:01:38.63	+00:27:12 (45.9%)	5:55	10.1 (f)
355	TABAKA Martyna	10031		GLIWICE	K-20	18	K 85	00:02:20	00:23:25	00:30:10	00:32:47	00:59:21.25	01:01:42.01	+00:27:16 (45.9%)	5:56	10.1 (f)
356	MAZURKIEWICZ Patrycja	10337		GLIWICE	K-20	19	K 86	00:02:33	00:23:08	00:29:49	00:32:28	00:59:21.75	01:01:54.79	+00:27:16 (45.9%)	5:56	10.1 (f)
357	BOHO Dominik	10030		GLIWICE	M-20	49	M 271	00:02:20	00:23:25	00:30:10	00:32:47	00:59:21.88	01:01:42.22	+00:27:16 (46.0%)	5:56	10.1 (f)
358	CISŁO Daria	10465		GLIWICE	K-30	40	K 87	00:03:07	00:23:25	00:30:10	00:32:49	00:59:25.94	01:02:33.84	+00:27:20 (46.0%)	5:56	10.1 (f)
359	KRAWIECZEK Kamil	10516		GLIWICE	M-30	102	M 272	00:02:24	00:23:03	00:29:56	00:32:35	00:59:28.37	01:01:52.70	+00:27:23 (46.0%)	5:56	10.1 (f)
360	KRAWIECZEK Agata	10515		GLIWICE	K-30	41	K 88	00:02:24	00:23:03	00:29:57	00:32:36	00:59:28.46	01:01:52.99	+00:27:23 (46.1%)	5:56	10.1 (f)
361	ROŻEK Mariola	10028	#HUTATEAM	GLIWICE	K-40	21	K 89	00:02:27	00:23:15	00:30:07	00:32:45	00:59:28.78	01:01:56.20	+00:27:23 (46.1%)	5:56	10.1 (f)
362	POPIEL Ada	10617		GLIWICE	K-40	22	K 90	00:02:56	00:23:26	00:30:12	00:32:51	00:59:29.52	01:02:26.20	+00:27:24 (46.1%)	5:56	10.1 (f)
363	NOWAK Michał	10634	MOOKIEBLAYLOCK	ORNONTOWICE	M-40	82	M 273	00:01:49	00:23:29	00:30:19	00:32:55	00:59:30.63	01:01:20.15	+00:27:25 (46.1%)	5:57	10.1 (f)
364	ŁUKOSZ Jolanta	10450		CZECHOWICE - DZIEDZICE	K-30	42	K 91	00:01:30	00:23:31	00:30:20	00:32:55	00:59:31.94	01:01:02.31	+00:27:26 (46.1%)	5:57	10.1 (f)
365	BULA Agnieszka	10073		PIEKARY ŚLĄSKIE	K-20	20	K 92	00:02:18	00:24:00	00:30:51	00:33:30	00:59:32.38	01:01:50.53	+00:27:27 (46.1%)	5:57	10.1 (f)
366	ORLICKI Ireneusz	10221		GLIWICE	M-40	83	M 274	00:02:28	00:23:14	00:30:04	00:32:44	00:59:32.61	01:02:01.11	+00:27:27 (46.1%)	5:57	10.1 (f)
367	EIKMAN Ewelina	10671		SOSNOWIEC	K-30	43	K 93	00:01:44	00:23:29	00:30:12	00:32:48	00:59:33.76	01:01:17.88	+00:27:28 (46.1%)	5:57	10.1 (f)
368	WRÓBEL Urszula	10618		CZESTOCHOWA	K-20	21	K 94	00:02:34	00:24:08	00:30:45	00:33:22	00:59:33.83	01:02:08.35	+00:27:28 (46.1%)	5:57	10.1 (f)
369	STĘPNIK Aleksander	10016		GLIWICE	M-40	84	M 275	00:03:04	00:23:20	00:30:03	00:32:39	00:59:34.68	01:02:38.75	+00:27:29 (46.1%)	5:57	10.1 (f)
370	WYCIŚLIK Wioleta	10245	FLUOR	GLIWICE	K-30	44	K 95	00:01:07	00:22:31	00:29:24	00:32:01	00:59:40.22	01:00:47.23	+00:27:35 (46.2%)	5:58	10.1 (f)
371	OKSANOWICZ Wiktoria	10116	ZDECHL PIES TEAM	SOSNOWIEC	K-20	22	K 96	00:01:24	00:23:53	00:30:31	00:33:13	00:59:42.79	01:01:07.22	+00:27:37 (46.3%)	5:58	10.1 (f)
372	KULA Bartłomiej	10113	ZDECHL PIES TEAM	SOSNOWIEC	M-30	103	M 276	00:01:24	00:23:53	00:30:31	00:33:13	00:59:43.16	01:01:07.40	+00:27:38 (46.3%)	5:58	10 (f)

373	DROZD Marcin	10451	PKO BANK POLSKI	TYCHY	M-40	85	M 277	00:02:01	00:23:38	00:30:18	00:32:58	00:59:44.73	01:01:46.20	+00:27:39 (46.3%)	5:58	10 (f)
374	WILDE Emilia	10084		KATOWICE	K-20	23	K 97	00:02:31	00:23:45	00:30:46	00:33:30	00:59:46.84	01:02:18.43	+00:27:41 (46.3%)	5:58	10 (f)
375	BAJDA Anna	10431		KATOWICE	K-40	23	K 98	00:02:31	00:23:26	00:30:12	00:32:50	00:59:50.06	01:02:21.75	+00:27:44 (46.4%)	5:59	10 (f)
376	KOZERA Magdalena	10468		GLIWICE	K-20	24	K 99	00:02:51	00:23:39	00:30:24	00:33:00	00:59:50.54	01:02:41.89	+00:27:45 (46.4%)	5:59	10 (f)
377	SAMOL Grzegorz	10087		GLIWICE	M-50	35	M 278	00:00:22	00:22:22	00:29:16	00:31:58	00:59:50.61	01:00:13.19	+00:27:45 (46.4%)	5:59	10 (f)
378	MAZURKIEWICZ Paweł	10212	HIRSCHVOGEL COMPONENTS POLAND	ZABRZE	M-20	50	M 279	00:02:09	00:24:12	00:31:05	00:33:46	00:59:58.40	01:02:07.69	+00:27:53 (46.5%)	5:59	10 (f)
379	LATOS Jakub	10540		GLIWICE	M-20	51	M 280	00:00:14	00:23:13	00:29:43	00:32:32	00:59:59.80	01:00:14.47	+00:27:54 (46.5%)	5:59	10 (f)
380	BRZOZA Aleksandra	10600	MOSTOSTAL ZABRZE UNITED	GLIWICE	K-40	24	K 100	00:01:31	00:23:00	00:29:47	00:32:46	01:00:00.38	01:01:31.62	+00:27:55 (46.5%)	6:00	10 (f)
381	TOBIASZ Beata	10180		GLIWICE	K-50	8	K 101	00:01:42	00:24:12	00:31:08	00:33:51	01:00:05.96	01:01:48.87	+00:28:00 (46.6%)	6:00	10 (f)
382	WYPCHOŁ Piotr	10173	BIEGAJ Z TRENERAMI	BARGŁÓWKA	M-60	7	M 281	00:02:30	00:24:02	00:30:47	00:33:24	01:00:07.91	01:02:37.92	+00:28:02 (46.6%)	6:00	10 (f)
383	WÓJCIK Józefa	10136		GLIWICE	K-60	2	K 102	00:00:44	00:23:09	00:29:59	00:32:39	01:00:09.19	01:00:53.32	+00:28:04 (46.7%)	6:00	10 (f)
384	KABAĆ Patryk	10678		KATOWICE	M-30	104	M 282	00:01:27	00:22:55	00:30:14	00:33:05	01:00:09.80	01:01:37.15	+00:28:04 (46.7%)	6:00	10 (f)
385	NOWICKA Karolina	10226	FLUOR	GLIWICE	K-30	45	K 103	00:02:56	00:24:18	00:31:04	00:33:45	01:00:14.42	01:03:11.36	+00:28:09 (46.7%)	6:01	10 (f)
386	IMIŁCZYK Marlena	10562		BYTOM	K-50	9	K 104	00:01:43	00:24:07	00:30:48	00:33:28	01:00:15.13	01:01:58.61	+00:28:09 (46.7%)	6:01	10 (f)
387	KOKOT Monika	10457		MIKOŁÓW	K-40	25	K 105	00:02:44	00:23:27	00:30:24	00:33:00	01:00:19.56	01:03:04.52	+00:28:14 (46.8%)	6:01	9.9 (f)
388	PAJĄK Dorota	10588	N/A	GLIWICE	K-30	46	K 106	00:00:54	00:23:44	00:30:30	00:33:09	01:00:20.33	01:01:15.17	+00:28:15 (46.8%)	6:02	9.9 (f)
389	COFALIK Paulina	10033		GLIWICE	K-30	47	K 107	00:02:47	00:24:11	00:31:13	00:33:54	01:00:21.54	01:03:09.00	+00:28:16 (46.8%)	6:02	9.9 (f)
390	MICHALAK Anna	10363	SZKOŁA ŻAR	BYTOM	K-30	48	K 108	00:01:16	00:22:52	00:30:01	00:32:46	01:00:24.03	01:01:40.63	+00:28:18 (46.9%)	6:02	9.9 (f)
391	WILK Tomasz	10452		KATOWICE	M-40	86	M 283	00:02:01	00:23:38	00:30:16	00:32:57	01:00:24.86	01:02:26.15	+00:28:19 (46.9%)	6:02	9.9 (f)
392	EBELEWICZ-PLAZA Ewa	10510		GLIWICE	K-40	26	K 109	00:02:21	00:24:43	00:31:39	00:34:19	01:00:28.30	01:02:50.01	+00:28:23 (46.9%)	6:02	9.9 (f)
393	SZREMSKA Monika	10467		KATOWICE	K-30	49	K 110	00:01:46	00:23:27	00:30:19	00:32:59	01:00:30.20	01:02:17.14	+00:28:25 (47.0%)	6:03	9.9 (f)
394	KRAWCZYK Hanna	10014		PYSKOWICE	K-40	27	K 111	00:02:27	00:23:56	00:30:48	00:33:27	01:00:39.58	01:03:06.88	+00:28:34 (47.1%)	6:03	9.9 (f)
395	PRZYŁUDZKI Janusz	10471	STS BIEGATON	MIKOŁÓW	M-60	8	M 284	00:02:25	00:23:57	00:30:47	00:33:24	01:00:40.27	01:03:05.79	+00:28:35 (47.1%)	6:04	9.9 (f)
396	GUDYŚ Kornelia	10161		GLIWICE	K-40	28	K 112	00:03:08	00:25:02	00:31:49	00:34:25	01:00:44.67	01:03:52.96	+00:28:39 (47.2%)	6:04	9.9 (f)
397	ŚLEZIAK Jakub	10345		KAMESZNICA	M-20	52	M 285	00:03:18	00:23:56	00:31:05	00:33:53	01:00:47.58	01:04:05.70	+00:28:42 (47.2%)	6:04	9.9 (f)
398	KONARSKA Aleksandra	10020		GLIWICE	K-30	50	K 113	00:00:34	00:23:55	00:30:56	00:33:37	01:00:53.79	01:01:28.47	+00:28:48 (47.3%)	6:05	9.9 (f)
399	ROZIAK Damian	10325	ISTA BIEGAMY	PLAWNIOWICE	M-30	105	M 286	00:01:50	00:22:46	00:29:40	00:32:23	01:00:55.88	01:02:46.26	+00:28:50 (47.3%)	6:05	9.8 (f)
400	BEMŚ Emilia	10106	KS SOŚNICA	GLIWICE	K-30	51	K 114	00:00:58	00:23:48	00:30:53	00:33:33	01:00:58.42	01:01:57.04	+00:28:53 (47.4%)	6:05	9.8 (f)
401	ŁUPIKASZA Alina	10148		GLIWICE	K-40	29	K 115	00:03:07	00:24:42	00:31:33	00:34:12	01:00:59.82	01:04:07.69	+00:28:54 (47.4%)	6:05	9.8 (f)
402	ZIMNY Celina	10417	SMAKI BIEGANIA	RYBNIK	K-40	30	K 116	00:01:07	00:24:49	00:31:42	00:34:21	01:01:02.12	01:02:09.16	+00:28:56 (47.4%)	6:06	9.8 (f)
403	KACZÓWKA Kamil	10019		RACIBÓRZ	M-30	106	M 287	00:01:58	00:23:47	00:30:35	00:33:17	01:01:02.31	01:03:00.98	+00:28:57 (47.4%)	6:06	9.8 (f)

404	SOBCZYK Paulina	10418	ESSA GLIWICE	GLIWICE	K-20	25	K 117	00:01:35	00:24:27	00:31:29	00:34:10	01:01:07.87	01:02:43.47	+00:29:02 (47.5%)	6:06	9.8 (f)
405	KAPITAN Kamil	10026		KATOWICE	M-30	107	M 288	00:01:28	00:23:49	00:30:49	00:33:32	01:01:10.97	01:02:39.30	+00:29:05 (47.6%)	6:07	9.8 (f)
406	ŚLIMAK Konrad	10228	FLUOR	ŻORY	M-20	53	M 289	00:02:03	00:23:18	00:30:25	00:33:06	01:01:11.37	01:03:15.05	+00:29:06 (47.6%)	6:07	9.8 (f)
407	SUMPER Arkadiusz	10632		KATOWICE	M-20	54	M 290	00:30:28	00:30:17	00:36:13	00:38:22	01:01:11.72	01:31:39.72	+00:29:06 (47.6%)	6:07	9.8 (f)
408	GAWOR Michał	10302	BYLE DO METY	ZBROSŁAWICE	M-40	87	M 291	00:01:26	00:24:02	00:31:02	00:33:49	01:01:14.34	01:02:40.80	+00:29:09 (47.6%)	6:07	9.8 (f)
409	KRAJ Mateusz	10494		DĄBROWA GÓRNICZA	M-30	108	M 292	00:03:20	00:24:24	00:31:14	00:33:56	01:01:17.37	01:04:37.97	+00:29:12 (47.6%)	6:07	9.8 (f)
410	WILCZEK Małgorzata	10578		GLIWICE	K-40	31	K 118	00:01:10	00:23:46	00:31:14	00:34:12	01:01:18.58	01:02:29.29	+00:29:13 (47.7%)	6:07	9.8 (f)
411	DRABEK Agnieszka	10487		GLIWICE	K-30	52	K 119	00:02:12	00:24:05	00:31:05	00:33:49	01:01:21.14	01:03:33.26	+00:29:15 (47.7%)	6:08	9.8 (f)
412	RUCHLEWICZ Natalia	10403		KRAKOW	K-20	26	K 120	00:01:56	00:24:03	00:31:04	00:33:50	01:01:22.93	01:03:19.43	+00:29:17 (47.7%)	6:08	9.8 (f)
413	ŚWIDLIK Piotr	10093	BIEGAJ Z TRENERAMI	GLIWICE	M-40	88	M 293	00:01:07	00:24:07	00:31:25	00:34:16	01:01:24.44	01:02:32.43	+00:29:19 (47.7%)	6:08	9.8 (f)
414	TILKOWSKA Elżbieta	10121		GLIWICE	K-40	32	K 121	00:00:59	00:23:32	00:30:31	00:33:09	01:01:26.74	01:02:26.32	+00:29:21 (47.8%)	6:08	9.8 (f)
415	PIKORSKA Klaudia	10636		ŚWIĘTOSZOWICE	K-30	53	K 122	00:01:07	00:23:21	00:30:32	00:33:16	01:01:28.25	01:02:35.30	+00:29:23 (47.8%)	6:08	9.8 (f)
416	BAK Dagmara	10085		GLIWICE	K-20	27	K 123	00:02:20	00:24:16	00:31:04	00:33:53	01:01:32.15	01:03:52.28	+00:29:27 (47.9%)	6:09	9.8 (f)
417	OWCARZ Marcin	10635		ZABRZE	M-30	109	M 294	00:01:39	00:23:47	00:31:02	00:33:49	01:01:36.01	01:03:15.75	+00:29:30 (47.9%)	6:09	9.7 (f)
418	KAZULA Monika	10577		KNURÓW	K-40	33	K 124	00:01:54	00:24:49	00:32:11	00:34:57	01:01:36.81	01:03:31.33	+00:29:31 (47.9%)	6:09	9.7 (f)
419	KOSTRZEWA Justyna	10138		GLIWICE	K-30	54	K 125	00:02:32	00:24:40	00:31:34	00:34:19	01:01:40.66	01:04:13.19	+00:29:35 (48.0%)	6:10	9.7 (f)
420	PIECUCH Aldona	10166	CROSSFIT HELLWOOD	GLIWICE	K-30	55	K 126	00:02:32	00:24:40	00:31:35	00:34:20	01:01:41.17	01:04:13.25	+00:29:36 (48.0%)	6:10	9.7 (f)
421	MACURA-KARBOWNIK Anna	10387		GLIWICE	K-40	34	K 127	00:02:03	00:24:21	00:31:14	00:33:57	01:01:42.08	01:03:45.37	+00:29:36 (48.0%)	6:10	9.7 (f)
422	PALENGA Małgorzata	10336		GLIWICE	K-40	35	K 128	00:01:24	00:23:34	00:30:40	00:33:27	01:01:43.26	01:03:07.34	+00:29:38 (48.0%)	6:10	9.7 (f)
423	KONDRATENKO Yulija	10167		GLIWICE	K-30	56	K 129	00:02:31	00:24:41	00:31:34	00:34:20	01:01:43.67	01:04:15.62	+00:29:38 (48.0%)	6:10	9.7 (f)
424	GAGAT-CHOWANIEC Martyna	10143		GLIWICE	K-30	57	K 130	00:02:54	00:24:25	00:31:24	00:34:07	01:01:45.47	01:04:39.67	+00:29:40 (48.0%)	6:10	9.7 (f)
425	LEWANDOWSKI Rafał	10057		ZBROSŁAWICE	M-40	89	M 295	00:02:33	00:23:35	00:30:40	00:33:30	01:01:46.19	01:04:20.13	+00:29:41 (48.1%)	6:10	9.7 (f)
426	ROSOŁEK Anna	10225	SOCIOS SILESIA	GLIWICE	K-40	36	K 131	00:02:05	00:24:31	00:31:34	00:34:24	01:01:48.40	01:03:53.50	+00:29:43 (48.1%)	6:10	9.7 (f)
427	GODOJ Anna	10594		POŁOMIA	K-30	58	K 132	00:02:53	00:24:24	00:31:25	00:34:07	01:01:48.48	01:04:41.55	+00:29:43 (48.1%)	6:10	9.7 (f)
428	MALINOWSKI Łukasz	10630		GLIWICE	M-40	90	M 296	00:02:57	00:24:29	00:31:51	00:34:36	01:01:48.62	01:04:45.65	+00:29:43 (48.1%)	6:10	9.7 (f)
429	KAZULA Grzegorz	10628		KNURÓW	M-40	91	M 297	00:01:53	00:24:50	00:32:14	00:35:03	01:01:50.63	01:03:44.32	+00:29:45 (48.1%)	6:11	9.7 (f)
430	ZDEBEL Michał	10383	FLUOR	KATOWICE	M-30	110	M 298	00:01:55	00:23:38	00:31:12	00:33:55	01:01:56.02	01:03:51.24	+00:29:50 (48.2%)	6:11	9.7 (f)
431	JABŁOŃSKA Aleksandra	10533		GLIWICE	K-30	59	K 133	00:02:06	00:23:57	00:30:53	00:33:36	01:02:01.91	01:04:08.28	+00:29:56 (48.3%)	6:12	9.7 (f)
432	JABŁOŃSKA-ŚLAZIŃSKA Anna	10532		GLIWICW	K-40	37	K 134	00:02:05	00:23:59	00:30:54	00:33:37	01:02:02.45	01:04:08.23	+00:29:57 (48.3%)	6:12	9.7 (f)
433	KARAŚ Laura	10355	ADIDAS	GLIWICE	K-20	28	K 135	00:02:34	00:24:19	00:31:21	00:34:09	01:02:26.38	01:05:01.29	+00:30:21 (48.6%)	6:14	9.6 (f)
434	KRZYSZTOF Tomasz	10092	BIEGAJ Z TRENERAMI	KNURÓW	M-40	92	M 299	00:01:07	00:24:08	00:31:33	00:34:16	01:02:31.16	01:03:38.62	+00:30:26 (48.7%)	6:15	9.6 (f)

435	PĘDOWSKI Wojciech	10317		GLIWICE	M-60	9	M 300	00:00:51	00:24:04	00:31:18	00:34:11	01:02:43.57	01:03:34.89	+00:30:38 (48.8%)	6:16	9.6 (f)
436	PLUTA Marta	10124		GLIWICE	K-20	29	K 136	00:02:48	00:24:52	00:32:09	00:34:57	01:02:45.26	01:05:33.42	+00:30:40 (48.9%)	6:16	9.6 (f)
437	BOBA Marek	10674		GLIWICE	M-50	36	M 301	00:02:50	00:24:46	00:31:46	00:34:31	01:02:56.62	01:05:46.96	+00:30:51 (49.0%)	6:17	9.5 (f)
438	KITA Grzegorz	10580	SMP	WARSZAWA	M-50	37	M 302	00:01:33	00:24:31	00:31:42	00:34:25	01:02:57.31	01:04:30.83	+00:30:52 (49.0%)	6:17	9.5 (f)
439	GAPYS Piotr	10357		RUDA ŚLĄSKA	M-40	93	M 303	00:01:46	00:24:31	00:31:36	00:34:26	01:02:57.50	01:04:43.68	+00:30:52 (49.0%)	6:17	9.5 (f)
440	TOMASZEWSKI Paweł	10127	ISS POLSKA	GLIWICE	M-30	111	M 304	00:01:45	00:24:31	00:31:37	00:34:27	01:02:57.70	01:04:43.61	+00:30:52 (49.0%)	6:17	9.5 (f)
441	SIEDLECKA Anna	10660		GLIWICE	K-40	38	K 137	00:02:11	00:24:18	00:31:28	00:34:16	01:03:00.66	01:05:12.21	+00:30:55 (49.1%)	6:18	9.5 (f)
442	KOLASIŃSKA Justyna	10234		GLIWICE	K-40	39	K 138	00:00:48	00:24:33	00:32:06	00:34:59	01:03:01.06	01:03:49.31	+00:30:55 (49.1%)	6:18	9.5 (f)
443	PŁACZEK Piotr	10095		GLIWICE	M-40	94	M 305	00:01:17	00:24:44	00:31:57	00:34:45	01:03:01.17	01:04:18.50	+00:30:56 (49.1%)	6:18	9.5 (f)
444	DACH Anna	10518		KRAKÓW	K-20	30	K 139	00:02:09	00:24:31	00:31:50	00:34:35	01:03:03.81	01:05:13.48	+00:30:58 (49.1%)	6:18	9.5 (f)
445	PŁACZEK Elżbieta	10094		GLIWICE	K-40	40	K 140	00:01:17	00:24:44	00:31:57	00:34:45	01:03:06.54	01:04:24.26	+00:31:01 (49.2%)	6:18	9.5 (f)
446	MALISZEWSKA Justyna	10305		GLIWICE	K-30	60	K 141	00:03:15	00:25:11	00:32:27	00:35:12	01:03:10.69	01:06:26.36	+00:31:05 (49.2%)	6:19	9.5 (f)
447	BOCHEŃSKI Mariusz	10590	POMPEJANKA TEAM	GLIWICE	M-50	38	M 306	00:02:37	00:24:32	00:31:47	00:34:36	01:03:10.92	01:05:48.05	+00:31:05 (49.2%)	6:19	9.5 (f)
448	ROKOSZ Kasia	10251		GLIWICE	K-30	61	K 142	00:02:48	00:24:56	00:32:00	00:34:51	01:03:11.27	01:05:59.77	+00:31:06 (49.2%)	6:19	9.5 (f)
449	MANDOWSKI Marek	10582		GLIWICE	M-40	95	M 307	00:03:33	00:24:31	00:31:42	00:34:28	01:03:14.25	01:06:47.37	+00:31:09 (49.3%)	6:19	9.5 (f)
450	TOMALA Małgorzata	10568		GLIWICE	K-40	41	K 143	00:01:35	00:24:27	00:31:41	00:34:30	01:03:27.10	01:05:02.24	+00:31:21 (49.4%)	6:20	9.5 (f)
451	NOWAKOWSKA-TRZASKA Joanna	10238		GLIWICE	K-40	42	K 144	00:01:11	00:23:46	00:31:15	00:34:11	01:03:28.99	01:04:40.48	+00:31:23 (49.5%)	6:20	9.5 (f)
452	MISIAK Małgorzata	10239		ZABRZE	K-50	10	K 145	00:01:11	00:23:46	00:31:15	00:34:11	01:03:28.99	01:04:40.32	+00:31:23 (49.5%)	6:20	9.5 (f)
453	ŚRODOŃ Piotr	10307		JASTRZĘBIE-ZDRÓJ	M-30	112	M 308	00:00:48	00:24:27	00:31:26	00:34:18	01:03:45.40	01:04:34.09	+00:31:40 (49.7%)	6:22	9.4 (f)
454	JANICKA Joanna	10171		GLIWICE	K-40	43	K 146	00:01:10	00:23:25	00:30:27	00:33:12	01:03:45.60	01:04:56.10	+00:31:40 (49.7%)	6:22	9.4 (f)
455	ŻYMEŁKA Szymon	10233	FLUOR	CHUDÓW	M-20	55	M 309	00:02:06	00:25:17	00:32:40	00:35:35	01:03:52.56	01:05:59.21	+00:31:47 (49.8%)	6:23	9.4 (f)
456	WILK Katarzyna	10025		GLIWICE	K-40	44	K 147	00:01:38	00:24:25	00:31:55	00:34:44	01:03:52.62	01:05:30.68	+00:31:47 (49.8%)	6:23	9.4 (f)
457	ROMANIK Katarzyna	10361	DECATHLON	GLIWICE	K-30	62	K 148	00:02:03	00:24:50	00:32:02	00:34:50	01:03:57.09	01:06:00.15	+00:31:51 (49.8%)	6:23	9.4 (f)
458	SERAFIN Szymon	10268		GLIWICE	M-30	113	M 310	00:02:02	00:24:50	00:32:02	00:34:50	01:03:57.97	01:06:00.03	+00:31:52 (49.8%)	6:23	9.4 (f)
459	PUTOWSKA Natalia	10232		GLIWICE	K-30	63	K 149	00:02:15	00:24:56	00:32:09	00:35:03	01:03:59.71	01:06:14.87	+00:31:54 (49.9%)	6:23	9.4 (f)
460	KUCHARSKI Rafał	10412		GLIWICE	M-30	114	M 311	00:02:02	00:24:46	00:31:55	00:34:41	01:04:00.06	01:06:02.11	+00:31:54 (49.9%)	6:24	9.4 (f)
461	HAŁAKUC Joanna	10252		GLIWICE	K-30	64	K 150	00:02:14	00:24:56	00:32:10	00:35:03	01:04:00.09	01:06:14.90	+00:31:54 (49.9%)	6:24	9.4 (f)
462	SINKA Sandra	10411		GLIWICE	K-30	65	K 151	00:02:02	00:24:46	00:31:55	00:34:41	01:04:00.63	01:06:02.69	+00:31:55 (49.9%)	6:24	9.4 (f)
463	GAJDA Mateusz	10415		GLIWICE	M-30	115	M 312	00:01:27	00:24:34	00:32:02	00:34:56	01:04:02.45	01:05:30.37	+00:31:57 (49.9%)	6:24	9.4 (f)
464	KURKA Marcin	10429		GLIWICE	M-20	56	M 313	00:01:28	00:24:33	00:32:01	00:34:55	01:04:02.84	01:05:30.94	+00:31:57 (49.9%)	6:24	9.4 (f)
465	RAKOWSKI Piotr	10131		RACHOWICE	M-30	116	M 314	00:02:55	00:25:53	00:33:05	00:35:52	01:04:02.92	01:06:58.88	+00:31:57 (49.9%)	6:24	9.4 (f)

466	GONCIARZ Magdalena	10132		GLIWICE	K-20	31	K 152	00:02:55	00:25:53	00:33:05	00:35:52	01:04:03.62	01:06:58.94	+00:31:58 (49.9%)	6:24	9.4 (4)
467	WILK Anna	10179	SILESIA DRUM	ŚWIĘTOCHŁOWICE	K-30	66	K 153	00:02:33	00:25:11	00:32:22	00:35:10	01:04:10.97	01:06:44.53	+00:32:05 (50.0%)	6:25	9.4 (4)
468	WALTER Dawid	10560		CHORZOW	M-40	96	M 315	00:00:35	00:23:57	00:31:45	00:35:05	01:04:17.70	01:04:53.57	+00:32:12 (50.1%)	6:25	9.3 (4)
469	ZAKLIŃSKA Katarzyna	10350		GLIWICE	K-40	45	K 154	00:03:24	00:23:51	00:30:45	00:33:29	01:04:29.68	01:07:54.06	+00:32:24 (50.3%)	6:26	9.3 (4)
470	GRZEGORZYCA Renata	10286		ŻERNICA	K-50	11	K 155	00:02:52	00:25:48	00:33:02	00:35:50	01:04:39.16	01:07:31.89	+00:32:34 (50.4%)	6:27	9.3 (4)
471	KAMPKA Dominika	10219		GLIWICE	K-20	32	K 156	00:03:25	00:25:31	00:33:04	00:36:01	01:04:39.96	01:08:05.51	+00:32:34 (50.4%)	6:27	9.3 (4)
472	KAMPKA Aleksander	10218		GLIWICE	M-40	97	M 316	00:03:25	00:25:31	00:33:03	00:36:01	01:04:40.19	01:08:05.76	+00:32:35 (50.4%)	6:28	9.3 (4)
473	TKACZUK Sebastian	10629		KAŁKÓW	M-20	57	M 317	00:30:35	00:30:12	00:36:12	00:38:28	01:04:41.21	01:35:16.21	+00:32:36 (50.4%)	6:28	9.3 (4)
474	FLORKIEWICZ Martyna	10041		KATOWICE	K-50	12	K 157	00:01:30	00:24:44	00:32:07	00:34:58	01:04:49.76	01:06:20.21	+00:32:44 (50.5%)	6:28	9.3 (4)
475	SUCKERT Piotr	10207		GLIWICE	M-40	98	M 318	00:00:50	00:26:12	00:33:26	00:36:08	01:04:53.05	01:05:43.49	+00:32:47 (50.5%)	6:29	9.2 (4)
476	SIUDAK Dominika	10561		GLIWICE	K-30	67	K 158	00:00:39	00:25:59	00:33:27	00:36:16	01:04:59.52	01:05:38.90	+00:32:54 (50.6%)	6:29	9.2 (4)
477	SUCKERT Wiktoria	10206		GLIWICE	K-40	46	K 159	00:00:49	00:26:13	00:33:26	00:36:09	01:05:00.49	01:05:50.47	+00:32:55 (50.6%)	6:30	9.2 (4)
478	HOMIŃSKA Aleksandra	10697		GLIWICE	K-20	33	K 160	00:01:43	00:25:18	00:32:40	00:35:28	01:05:01.24	01:06:44.74	+00:32:56 (50.7%)	6:30	9.2 (4)
479	GAJDA Magdalena	10075	SOCIOS SILESIA	GLIWICE	K-40	47	K 161	00:02:20	00:25:32	00:33:02	00:35:52	01:05:09.63	01:07:29.75	+00:33:04 (50.8%)	6:30	9.2 (4)
480	JANUSZCZAK Ewa	10666		GLIWICE	K-40	48	K 162	00:00:45	00:25:01	00:32:27	00:35:27	01:05:11.32	01:05:56.37	+00:33:06 (50.8%)	6:31	9.2 (4)
481	KOZIOL Kamila	10631		GLIWICE	K-30	68	K 163	00:00:20	00:25:18	00:32:53	00:35:45	01:05:11.87	01:05:32.14	+00:33:06 (50.8%)	6:31	9.2 (4)
482	BROSZ Anna	10419		GLIWICE	K-40	49	K 164	00:00:37	00:24:26	00:32:42	00:35:26	01:05:13.87	01:05:51.46	+00:33:08 (50.8%)	6:31	9.2 (4)
483	GUZDEK Alicja	10311		ZABRZE	K-20	34	K 165	00:00:44	00:26:49	00:34:14	00:37:06	01:05:24.50	01:06:08.75	+00:33:19 (50.9%)	6:32	9.2 (4)
484	WYSOCKA Helena	10259		PYSKOWICE	K-30	69	K 166	00:02:19	00:25:12	00:33:04	00:35:56	01:05:26.41	01:07:45.61	+00:33:21 (51.0%)	6:32	9.2 (4)
485	PAWLICA Ewelina	10542		GLIWICE	K-40	50	K 167	00:01:24	00:25:02	00:32:30	00:35:31	01:05:26.77	01:06:51.43	+00:33:21 (51.0%)	6:32	9.2 (4)
486	DOMERADZKA Agata	10281		GLIWICE	K-20	35	K 168	00:01:46	00:27:52	00:35:35	00:38:16	01:05:38.41	01:07:24.56	+00:33:33 (51.1%)	6:33	9.1 (4)
487	MADAJ Elżbieta	10563	GUARDIANS OF THE GALAXY	RYBNIK (GMINA: RYBNIK)	K-40	51	K 169	00:01:35	00:24:29	00:32:16	00:35:22	01:05:59.09	01:07:34.73	+00:33:53 (51.4%)	6:35	9.1 (4)
488	KOŁODZIEJ Karolina	10155		RYBNIK	K-30	70	K 170	00:02:39	00:25:42	00:33:26	00:36:30	01:06:08.17	01:08:48.09	+00:34:03 (51.5%)	6:36	9.1 (4)
489	KOHLBEK Piotr	10351		GLIWICE	M-20	58	M 319	00:01:30	00:24:44	00:32:14	00:35:15	01:06:11.31	01:07:41.63	+00:34:06 (51.5%)	6:37	9.1 (4)
490	MISIŃSKI Piotr	10584	TROWELMASTER	GLIWICE	M-50	39	M 320	00:00:33	00:25:20	00:32:35	00:35:23	01:06:25.63	01:06:59.39	+00:34:20 (51.7%)	6:38	9 (4)
491	PACARIC Branislava	10272		GLIWICE	K-30	71	K 171	00:00:22	00:24:38	00:32:12	00:35:05	01:06:26.43	01:06:49.41	+00:34:21 (51.7%)	6:38	9 (4)
492	RADZISZEWSKI Michał	10273	IFA POWERTRAIN SPORT TEAM	GLIWICE	M-20	59	M 321	00:01:59	00:25:18	00:33:15	00:36:13	01:06:26.58	01:08:25.64	+00:34:21 (51.7%)	6:38	9 (4)
493	JENDRZEJEK Agnieszka	10229	FLUOR	GLIWICE	K-30	72	K 172	00:02:10	00:26:19	00:33:45	00:36:30	01:06:28.29	01:08:38.42	+00:34:23 (51.7%)	6:38	9 (4)
494	DOMOŃ Agnieszka	10149		GLIWICE	K-50	13	K 173	00:02:41	00:26:29	00:34:14	00:37:10	01:06:35.70	01:09:17.10	+00:34:30 (51.8%)	6:39	9 (4)
495	HEESE Aleksander	10425		RZECZYCE	M-20	60	M 322	00:01:28	00:25:56	00:33:30	00:36:25	01:06:53.01	01:08:21.62	+00:34:47 (52.0%)	6:41	9 (4)
496	DĄBROWSKA Ela	10517	SLOW JOGGING GLIWICE	GLIWICE	K-40	52	K 174	00:02:16	00:26:01	00:33:42	00:36:37	01:06:54.28	01:09:10.58	+00:34:49 (52.0%)	6:41	9 (4)

497	GÓRA Marek	10368	WINNICA MIKA	TARNOWSKIE GÓRY	M-50	40	M 323	00:00:22	00:25:22	00:33:18	00:36:18	01:06:56.02	01:07:18.76	+00:34:50 (52.1%)	6:41	9 (4)
498	KRAMARZ Kaja	10146		KATOWICE	K-30	73	K 175	00:02:41	00:26:05	00:33:41	00:36:45	01:07:00.82	01:09:42.54	+00:34:55 (52.1%)	6:42	9 (4)
499	ZAJAC Anna	10648		GLIWICE	K-40	53	K 176	00:02:25	00:26:11	00:33:55	00:36:51	01:07:02.42	01:09:27.73	+00:34:57 (52.1%)	6:42	9 (4)
500	ZHANG Yuehan	10475		GLIWICE	K-20	36	K 177	00:00:54	00:24:21	00:32:17	00:35:13	01:07:05.46	01:07:59.72	+00:35:00 (52.2%)	6:42	8.9 (4)
501	MICEK Maciej	10044		GLIWICE	M-30	117	M 324	00:00:52	00:23:24	00:31:15	00:34:13	01:07:16.46	01:08:08.57	+00:35:11 (52.3%)	6:43	8.9 (4)
502	STASIK Klaudia	10521		CZĘSTOCHOWA	K-20	37	K 178	00:00:23	00:26:20	00:33:47	00:36:45	01:07:25.98	01:07:49.41	+00:35:20 (52.4%)	6:44	8.9 (4)
503	PLUCIENNIK Julia	10150		GLIWICE	K-20	38	K 179	00:02:41	00:26:29	00:34:19	00:37:20	01:07:30.44	01:10:12.31	+00:35:25 (52.5%)	6:45	8.9 (4)
504	DUTKA Patrycja	10215		TYCHY	K-20	39	K 180	00:02:44	00:27:03	00:34:42	00:37:42	01:07:37.98	01:10:22.26	+00:35:32 (52.6%)	6:45	8.9 (4)
505	GAJOS Anna	10214		NIEGOWONICE	K-20	40	K 181	00:02:43	00:27:03	00:34:42	00:37:42	01:07:37.98	01:10:21.91	+00:35:32 (52.6%)	6:45	8.9 (4)
506	SPERLICH Wiktoria	10247		MIKOŁÓW	K-20	41	K 182	00:02:44	00:27:04	00:34:42	00:37:42	01:07:38.10	01:10:22.23	+00:35:32 (52.6%)	6:45	8.9 (4)
507	DZIUBA Wiktoria	10213		CIOCHOWICE	K-20	42	K 183	00:02:44	00:27:04	00:34:42	00:37:42	01:07:38.28	01:10:22.39	+00:35:33 (52.6%)	6:45	8.9 (4)
508	KALETA Patrycja	10390		GLIWICE	K-20	43	K 184	00:02:31	00:26:40	00:34:21	00:37:19	01:07:42.41	01:10:13.99	+00:35:37 (52.6%)	6:46	8.9 (4)
509	NACZYNSKI Grzegorz	10079		ZABRZE	M-30	118	M 325	00:02:39	00:25:51	00:33:40	00:36:44	01:07:42.70	01:10:22.02	+00:35:37 (52.6%)	6:46	8.9 (4)
510	GAŁĄSKA Monika	10372	STAGA-TEAM	GLIWICE	K-20	44	K 185	00:02:28	00:25:28	00:33:06	00:36:04	01:07:42.77	01:10:11.15	+00:35:37 (52.6%)	6:46	8.9 (4)
511	TARADAJ Tomasz	10111		GLIWICE	M-50	41	M 326	00:01:31	00:23:17	00:31:21	00:34:36	01:07:42.79	01:09:14.67	+00:35:37 (52.6%)	6:46	8.9 (4)
512	STANECZEK Beata	10373		ŁANY WIELKIE	K-50	14	K 186	00:02:28	00:25:28	00:33:06	00:36:04	01:07:42.93	01:10:11.16	+00:35:37 (52.6%)	6:46	8.9 (4)
513	WITWICKI Michał	10398		GLIWICE	M-30	119	M 327	00:02:31	00:26:40	00:34:21	00:37:19	01:07:43.33	01:10:15.02	+00:35:38 (52.6%)	6:46	8.9 (4)
514	BISKUP Paulina	10384		GLIWICE	K-20	45	K 187	00:03:03	00:26:58	00:34:54	00:37:56	01:07:54.14	01:10:57.15	+00:35:49 (52.7%)	6:47	8.8 (4)
515	ŁOŚ Szymon	10021		GLIWICE	M-20	61	M 328	00:02:15	00:27:20	00:35:08	00:38:06	01:07:55.85	01:10:11.80	+00:35:50 (52.8%)	6:47	8.8 (4)
516	HORYŃ Klaudia	10651		GLIWICE	K-20	46	K 188	00:01:29	00:27:36	00:35:31	00:38:35	01:08:05.18	01:09:34.56	+00:36:00 (52.9%)	6:48	8.8 (4)
517	BROŻEK Bartosz	10022		GLIWICE	M-20	62	M 329	00:01:52	00:25:10	00:33:08	00:36:05	01:08:09.28	01:10:02.26	+00:36:04 (52.9%)	6:48	8.8 (4)
518	GULA Natalia	10169		GLIWICE	K-20	47	K 189	00:02:48	00:26:25	00:34:07	00:37:06	01:08:09.79	01:10:58.37	+00:36:04 (52.9%)	6:48	8.8 (4)
519	DUDEK Magdalena	10274		CHORZÓW	K-40	54	K 190	00:01:10	00:25:32	00:33:20	00:36:29	01:08:16.87	01:09:27.25	+00:36:11 (53.0%)	6:49	8.8 (4)
520	WOLIŃSKI Józef	10639		GLIWICE	M-60	10	M 330	00:03:13	00:26:13	00:33:53	00:36:58	01:08:19.93	01:11:33.23	+00:36:14 (53.0%)	6:49	8.8 (4)
521	GAWRONOWSKI Arkadiusz	10308	ASSECO ACTIVE TEAM	PIEKARY ŚLĄSKIE	M-40	99	M 331	00:00:57	00:24:40	00:33:03	00:36:14	01:08:22.20	01:09:19.32	+00:36:17 (53.1%)	6:50	8.8 (4)
522	WOJTUKIEWICZ Kamila	10100		GLIWICE	K-30	74	K 191	00:03:16	00:26:25	00:34:07	00:37:05	01:08:24.77	01:11:41.46	+00:36:19 (53.1%)	6:50	8.8 (4)
523	MOCZAŁA Natalia	10062		GLIWICE	K-20	48	K 192	00:00:45	00:25:37	00:33:24	00:36:31	01:08:25.29	01:09:11.11	+00:36:20 (53.1%)	6:50	8.8 (4)
524	KWIATKOWSKA Elwira	10642	RUN&FAN SILESIA ADM RYBNIK	RYBNIK	K-40	55	K 193	00:01:07	00:25:06	00:33:01	00:36:17	01:08:25.56	01:09:33.01	+00:36:20 (53.1%)	6:50	8.8 (4)
525	NACZYNSKA Anna	10078		ZABRZE	K-30	75	K 194	00:02:39	00:25:47	00:33:32	00:36:36	01:08:26.37	01:11:06.24	+00:36:21 (53.1%)	6:50	8.8 (4)
526	LAUER Aleksandra	10488	ZMĘCZENIUŻNASTARCIE	GLIWICE	K-40	56	K 195	00:03:16	00:26:28	00:34:13	00:37:13	01:08:26.96	01:11:43.91	+00:36:21 (53.1%)	6:50	8.8 (4)
527	LAUER Andrzej	10489	ZMĘCZENIUŻNASTARCIE	GLIWICE	M-50	42	M 332	00:03:17	00:26:29	00:34:13	00:37:12	01:08:27.12	01:11:44.38	+00:36:21 (53.1%)	6:50	8.8 (4)

528	GLUZA Katarzyna	10520		GLIWICE	K-30	76	K 196	00:02:47	00:27:15	00:34:51	00:38:01	01:08:31.77	01:11:19.69	+00:36:26 (53.2%)	6:51	8.8 (4)
529	WIEJOWSKI Dawid	10519		GLIWICE	M-40	100	M 333	00:02:48	00:27:14	00:34:51	00:38:00	01:08:33.01	01:11:21.21	+00:36:27 (53.2%)	6:51	8.8 (4)
530	GAWŁOWSKA-SZTWIERTNIA Agnieszka	10163		GLIWICE	K-30	77	K 197	00:02:21	00:26:30	00:34:17	00:37:16	01:08:33.40	01:10:54.79	+00:36:28 (53.2%)	6:51	8.8 (4)
531	GREC Marta	10156	TEB EDUKACJA W GLIWICACH	GLIWICE	K-40	57	K 198	00:01:53	00:26:05	00:33:53	00:36:55	01:08:40.17	01:10:34.12	+00:36:35 (53.3%)	6:52	8.7 (4)
532	PAGIEŁA-SIKORA Ewa	10329		GLIWICE	K-30	78	K 199	00:00:54	00:26:16	00:34:33	00:37:34	01:08:40.38	01:09:34.88	+00:36:35 (53.3%)	6:52	8.7 (4)
533	KAUFFMANN Ewa	10495		GLIWICE	K-30	79	K 200	00:01:50	00:27:01	00:34:57	00:37:59	01:08:56.64	01:10:46.79	+00:36:51 (53.5%)	6:53	8.7 (4)
534	CIESEK Paweł	10485		TARNOWSKIE GÓRY	M-30	120	M 334	00:02:25	00:27:23	00:35:29	00:38:20	01:09:30.08	01:11:55.60	+00:37:24 (53.8%)	6:57	8.6 (4)
535	NAGLIK Anna	10348		GLIWICE	K-20	49	K 201	00:00:58	00:26:14	00:34:19	00:37:27	01:09:32.51	01:10:31.21	+00:37:27 (53.9%)	6:57	8.6 (4)
536	KIJANKA Damian	10125	HIRSCHVOGEL COMPONENTS POLAND	GLIWICE	M-30	121	M 335	00:03:15	00:26:21	00:34:26	00:37:52	01:09:33.38	01:12:48.67	+00:37:28 (53.9%)	6:57	8.6 (4)
537	ZALESKA Weronika	10430		GLIWICE	K-30	80	K 202	00:02:16	00:28:13	00:36:22	00:39:19	01:09:33.87	01:11:50.67	+00:37:28 (53.9%)	6:57	8.6 (4)
538	FRUK Natalia	10117		GLIWICE	K-30	81	K 203	00:01:02	00:27:04	00:35:01	00:38:04	01:09:49.81	01:10:51.88	+00:37:44 (54.1%)	6:58	8.6 (4)
539	BARCZYK Katarzyna	10379	KRÓL RUNNING TEAM	ŚWIĘTOCHŁOWICE	K-40	58	K 204	00:02:00	00:27:25	00:35:38	00:38:42	01:09:58.51	01:11:58.96	+00:37:53 (54.1%)	6:59	8.6 (4)
540	KŁOBUSIŃSKA Małgorzata	10470		CHORZÓW	K-40	59	K 205	00:02:00	00:27:25	00:35:38	00:38:42	01:09:58.69	01:11:59.15	+00:37:53 (54.1%)	6:59	8.6 (4)
541	PRZYDACZ Aleksandra	10620		GLIWICE	K-30	82	K 206	00:03:15	00:26:20	00:34:18	00:37:18	01:09:59.60	01:13:15.19	+00:37:54 (54.2%)	6:59	8.6 (4)
542	FURMAŃCZYK Patrycjusz	10261		RYBNIK	M-40	101	M 336	00:01:18	00:21:01	00:27:57	00:30:40	01:10:17.28	01:11:35.50	+00:38:12 (54.4%)	7:01	8.5 (4)
543	SZEJA Monika	10006		ZABRZE	K-30	83	K 207	00:01:38	00:27:05	00:35:19	00:38:25	01:10:27.39	01:12:05.42	+00:38:22 (54.5%)	7:02	8.5 (4)
544	BUCZYŃSKA Anna	10301		GLIWICE	K-30	84	K 208	00:02:50	00:27:37	00:36:08	00:39:20	01:10:27.83	01:13:18.58	+00:38:22 (54.5%)	7:02	8.5 (4)
545	SZMIT Łukasz	10586	ALPHA-SIKORNIK.PL	BYTOM	M-40	102	M 337	00:03:03	00:28:11	00:36:20	00:39:24	01:10:28.28	01:13:31.63	+00:38:23 (54.5%)	7:02	8.5 (4)
546	BOJARSKA Zofia	10003		GLIWICKIE	K-30	85	K 209	00:01:37	00:27:06	00:35:19	00:38:26	01:10:28.34	01:12:06.06	+00:38:23 (54.5%)	7:02	8.5 (4)
547	NAZARKIEWICZ Karolina	10340		BARCELONA	K-30	86	K 210	00:02:59	00:27:06	00:35:10	00:38:16	01:10:36.93	01:13:36.41	+00:38:31 (54.6%)	7:03	8.5 (4)
548	BARANOWSKA Ewa	10453		GLIWICE	K-30	87	K 211	00:00:00	00:29:37	00:37:00	00:39:56	01:10:38.75	01:10:38.75	+00:38:33 (54.6%)	7:03	8.5 (4)
549	BARANOWSKI Wojciech	10447		GLIWICE	M-30	122	M 338	00:00:00	00:29:39	00:37:01	00:39:57	01:10:38.84	01:10:38.84	+00:38:33 (54.6%)	7:03	8.5 (4)
550	CZAPKA Michał	10646		KATOWICE	M-40	103	M 339	00:02:02	00:27:43	00:35:51	00:38:56	01:10:40.94	01:12:42.94	+00:38:35 (54.6%)	7:04	8.5 (4)
551	PROCKO Magdalena	10070		GLIWICE	K-30	88	K 212	00:03:11	00:27:21	00:35:38	00:38:45	01:10:43.84	01:13:55.02	+00:38:38 (54.6%)	7:04	8.5 (4)
552	KOZIEŁ Paweł	10144		GLIWICE	M-30	123	M 340	00:02:32	00:27:39	00:36:06	00:39:15	01:10:50.78	01:13:23.51	+00:38:45 (54.7%)	7:05	8.5 (4)
553	PRZEWOŹNIK Marta	10189		ZABRZE	K-30	89	K 213	00:00:25	00:25:02	00:32:55	00:36:05	01:10:55.94	01:11:21.53	+00:38:50 (54.8%)	7:05	8.5 (4)
554	MILKOWSKI Andrzej	10137		GLIWICE	M-60	11	M 341	00:03:00	00:26:54	00:34:58	00:38:05	01:10:56.98	01:13:57.67	+00:38:51 (54.8%)	7:05	8.5 (4)
555	SKALLI El Mehdi	10669		GLIWICE	M-30	124	M 342	00:02:25	00:26:53	00:34:43	00:37:42	01:11:00.56	01:13:26.36	+00:38:55 (54.8%)	7:06	8.5 (4)
556	PIEGDOŃ-PRUCIA Katarzyna	10195		GLIWICE	K-40	60	K 214	00:01:29	00:26:40	00:35:09	00:38:19	01:11:16.04	01:12:45.10	+00:39:10 (55.0%)	7:07	8.4 (4)
557	FLAK Katarzyna	10423	FUCHS OIL TEAM	ZABRZE	K-20	50	K 215	00:02:15	00:26:42	00:34:35	00:37:37	01:11:18.00	01:13:33.97	+00:39:12 (55.0%)	7:07	8.4 (4)
558	SIERAKOWSKA Anna	10246	FUCHS OIL TEAM	GLIWICE	K-40	61	K 216	00:02:15	00:26:43	00:34:36	00:37:38	01:11:18.76	01:13:34.26	+00:39:13 (55.0%)	7:07	8.4 (4)

559	OLESIŃSKA Ewa	10256		CHORZÓW	K-40	62	K 217	00:02:26	00:27:26	00:35:48	00:39:02	01:11:23.39	01:13:50.07	+00:39:18 (55.1%)	7:08	8.4 (4)
560	SZNYDER Mariusz	10522		GLIWICE	M-50	43	M 343	00:00:59	00:26:52	00:35:20	00:38:42	01:11:25.70	01:12:24.81	+00:39:20 (55.1%)	7:08	8.4 (4)
561	IMIOLCZYK Wiktoria	10318	KOMANDOS	BYTOM	K-20	51	K 218	00:01:43	00:25:32	00:33:57	00:37:05	01:11:26.69	01:13:10.35	+00:39:21 (55.1%)	7:08	8.4 (4)
562	ZŁOTOŚ Barbara	10203		ZABRZE	K-40	63	K 219	00:02:35	00:26:53	00:36:24	00:39:23	01:11:31.11	01:14:07.01	+00:39:25 (55.1%)	7:09	8.4 (4)
563	MANN Bożena	10157		ZABRZE	K-40	64	K 220	00:02:35	00:27:51	00:36:13	00:39:16	01:11:31.27	01:14:06.85	+00:39:26 (55.1%)	7:09	8.4 (4)
564	KACZMAREK Iwona	10652		GLIWICE	K-50	15	K 221	00:01:29	00:27:37	00:35:32	00:38:36	01:11:31.73	01:13:00.76	+00:39:26 (55.1%)	7:09	8.4 (4)
565	OGONOWSKA Monika	10009		GLIWICE	K-30	90	K 222	00:00:34	00:27:08	00:35:40	00:39:00	01:11:33.97	01:12:08.26	+00:39:28 (55.2%)	7:09	8.4 (4)
566	FOSZNER Paweł	10544		GLIWICE	M-40	104	M 344	00:02:54	00:27:29	00:36:01	00:39:23	01:11:51.51	01:14:45.72	+00:39:46 (55.3%)	7:11	8.4 (4)
567	NOWARA Paulina	10326	ISTABIEGAMY	WILKOWICE	K-20	52	K 223	00:01:49	00:26:44	00:35:03	00:38:17	01:11:55.51	01:13:45.41	+00:39:50 (55.4%)	7:11	8.3 (4)
568	OGRODNIK Katarzyna	10458		PIEKARY ŚLĄSKIE	K-40	65	K 224	00:00:58	00:26:32	00:34:49	00:38:26	01:12:16.17	01:13:15.03	+00:40:11 (55.6%)	7:13	8.3 (4)
569	BORSZOWSKA Paulina	10656		GLIWICE	K-20	53	K 225	00:02:49	00:28:15	00:37:14	00:40:29	01:12:24.12	01:15:13.95	+00:40:18 (55.7%)	7:14	8.3 (4)
570	FALĘCKA Katarzyna	10263	FLUOR	GLIWICE	K-40	66	K 226	00:01:26	00:27:25	00:35:42	00:39:07	01:12:27.53	01:13:54.50	+00:40:22 (55.7%)	7:14	8.3 (4)
571	BALAŻY Julia	10154		KATOWICE	K-20	54	K 227	00:01:27	00:29:18	00:37:53	00:41:09	01:12:52.91	01:14:20.31	+00:40:47 (56.0%)	7:17	8.2 (4)
572	FOREMSKI Paweł	10623	ALPHA-SIKORNIK.PL	GLIWICE	M-30	125	M 345	00:03:03	00:29:16	00:37:51	00:41:07	01:13:10.41	01:16:13.85	+00:41:05 (56.2%)	7:19	8.2 (4)
573	PAWLARCZYK Karolina	10235		GLIWICE	K-30	91	K 228	00:02:56	00:27:30	00:35:57	00:39:20	01:13:11.34	01:16:07.83	+00:41:06 (56.2%)	7:19	8.2 (4)
574	FRANKIEWICZ Marzena	10388		GLIWICE	K-40	67	K 229	00:02:10	00:28:08	00:36:40	00:40:20	01:13:14.60	01:15:25.37	+00:41:09 (56.2%)	7:19	8.2 (4)
575	ADAMEK Andrzej	10109		GLIWICE	M-50	44	M 346	00:00:41	00:27:32	00:36:07	00:39:23	01:13:27.24	01:14:08.51	+00:41:22 (56.3%)	7:20	8.2 (4)
576	DYTKO Aneta	10067		GLIWICE	K-30	92	K 230	00:02:30	00:28:34	00:37:30	00:40:45	01:14:06.35	01:16:36.97	+00:42:01 (56.7%)	7:24	8.1 (4)
577	BOJEŚ Marcin	10608		GLIWICE	M-30	126	M 347	00:03:01	00:27:35	00:35:46	00:39:08	01:14:17.45	01:17:18.90	+00:42:12 (56.8%)	7:25	8.1 (4)
578	STYN Witold	10535		GLIWICE	M-20	63	M 348	00:03:02	00:28:19	00:36:57	00:40:23	01:14:48.04	01:17:50.74	+00:42:42 (57.1%)	7:28	8 (4)
579	IRZYKOWSKI Krystian	10369		RZECZYCE	M-30	127	M 349	00:03:18	00:29:37	00:38:29	00:41:44	01:14:59.53	01:18:17.98	+00:42:54 (57.2%)	7:29	8 (4)
580	ORZECHOWSKA Maria	10399		ZABRZE	K-20	55	K 231	00:02:57	00:28:15	00:37:08	00:40:30	01:15:04.82	01:18:02.42	+00:42:59 (57.3%)	7:30	8 (4)
581	CIUK Iwona	10091	BIEGAJ Z TRENERAMI	GLIWICE	K-60	3	K 232	00:01:39	00:28:41	00:37:47	00:41:00	01:15:59.91	01:17:39.31	+00:43:54 (57.8%)	7:35	7.9 (4)
582	JAMROŻY Kasia	10324	ISTA BIEGAMY	SIERAKOWICE	K-40	68	K 233	00:01:48	00:27:55	00:37:04	00:40:15	01:16:18.95	01:18:07.73	+00:44:13 (58.0%)	7:37	7.9 (4)
583	KNOP Marcin	10591		GLIWICE	M-40	105	M 350	00:02:18	00:28:19	00:38:08	00:40:35	01:16:50.67	01:19:08.96	+00:44:45 (58.2%)	7:41	7.8 (4)
584	WILCZEK Tomasz	10595		GLIWICE	M-30	128	M 351	00:02:18	00:28:20	00:38:08	00:40:35	01:16:53.68	01:19:12.14	+00:44:48 (58.3%)	7:41	7.8 (4)
585	ŚLEZIAK Monika	10344		KAMESZNICA	K-20	56	K 234	00:03:17	00:31:28	00:40:23	00:43:47	01:17:36.92	01:20:54.60	+00:45:31 (58.7%)	7:45	7.7 (4)
586	KLESZCZEWSKI Marek	10339		ZABRZE	M-50	45	M 352	00:02:25	00:29:37	00:38:32	00:42:01	01:17:43.32	01:20:08.33	+00:45:38 (58.7%)	7:46	7.7 (4)
587	MARSZAŁ Martyna	10152		KLESZCZÓW	K-40	69	K 235	00:01:27	00:29:19	00:38:33	00:42:05	01:17:57.41	01:19:24.60	+00:45:52 (58.8%)	7:47	7.7 (4)
588	MAJEWSKI Mateusz	10081		KNURÓW	M-20	64	M 353	00:02:13	00:28:21	00:37:58	00:42:33	01:18:52.09	01:21:05.21	+00:46:46 (59.3%)	7:53	7.6 (4)
589	PISEK Karolina	10082		NIEBOROWICE	K-20	57	K 236	00:02:12	00:28:21	00:37:58	00:42:33	01:18:52.35	01:21:05.15	+00:46:47 (59.3%)	7:53	7.6 (4)

590	SLUSZNIK Łukasz	10159	GLIWICE	M-50	46	M 354	00:03:20	00:31:44	00:40:40	00:44:08	01:19:24.39	01:22:44.99	+00:47:19 (59.6%)	7:56	7.6 (4
591	CHOLDA Patrycja	10695	SOSNOWIEC	K-50	16	K 237	00:02:13	00:31:20	00:40:28	00:44:06	01:20:08.53	01:22:21.88	+00:48:03 (60.0%)	8:00	7.5 (4
592	ŻULAWIŃSKA Anna	10187	TARNOWSKIE GÓRY	K-40	70	K 238	00:03:22	00:32:07	00:41:20	00:44:54	01:21:29.35	01:24:51.76	+00:49:24 (60.6%)	8:08	7.4 (3
593	MALYSZEWICZ-WRÓBEL Barbara	10407	GLIWICE	K-40	71	K 239	00:03:22	00:32:07	00:41:20	00:44:54	01:21:29.58	01:24:51.70	+00:49:24 (60.6%)	8:08	7.4 (3
594	PRZYTOCKA Ewelina	10191	GLIWICE	K-40	72	K 240	00:03:22	00:32:08	00:41:20	00:44:54	01:21:29.89	01:24:51.96	+00:49:24 (60.6%)	8:08	7.4 (3
595	MACALLA Piotr	10262	PYSKOWICE	M-30	129	M 355	00:02:24	00:31:39	00:41:34	00:45:25	01:25:23.02	01:27:47.30	+00:53:17 (62.4%)	8:32	7 (3
596	GÓRKA Grzegorz	10449	BYTOM	M-50	47	M 356	00:01:18	00:33:46	00:43:34	00:47:25	01:26:17.92	01:27:36.76	+00:54:12 (62.8%)	8:37	7 (3