

**10 km atest PZLA Gliwicki**

 Organizator: OTK Rzeźnik  
 Data: 2015-10-18  
 Miejsce: Gliwice  
 Dystans: 10 km

**10 km atest PZLA Gliwicki, OPEN**

| M-ce | Nazwisko i imię           | Nr   | Klub                      | M-scowość        | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|---------------------------|------|---------------------------|------------------|------|------|--------|------|----------|----------|--------|------|
| 1    | SZYMAŃSKI PAWEŁ           | 1427 | NIEWYMIĘKACZE             | KATOWICE         |      | M-20 | 1      | M 1  | 00:36:18 | 00:36:21 | 3:37   | 16.5 |
| 2    | SZYMAŃSKI BARTOSZ         | 1479 | NIEWYMIĘKACZE             | KATOWICE         |      | M-30 | 1      | M 2  | 00:37:03 | 00:37:06 | 3:42   | 16.2 |
| 3    | LUBELSKI ŁUKASZ           | 1516 |                           |                  |      | M-40 | 1      | M 3  | 00:37:05 | 00:37:09 | 3:42   | 16.2 |
| 4    | MUSKIECZAK PIOTR          | 1432 |                           | MIKOŁÓW          |      | M-20 | 2      | M 4  | 00:39:14 | 00:39:23 | 3:55   | 15.3 |
| 5    | JASIOK MICHAŁ             | 1434 |                           | TARNOWSKIE GÓRY  |      | M-30 | 2      | M 5  | 00:40:00 | 00:40:02 | 4:00   | 15   |
| 6    | BUDKA BORYS               | 1111 |                           |                  |      | M-30 | 3      | M 6  | 00:40:02 | 00:40:05 | 4:00   | 15   |
| 7    | ZACZYK ANDRZEJ            | 1477 |                           | PANIÓWKI         |      | M-30 | 4      | M 7  | 00:40:15 | 00:40:20 | 4:01   | 14.9 |
| 8    | ORLIKI STANISŁAW          | 1302 |                           | RUDZE            |      | M-50 | 1      | M 8  | 00:40:36 | 00:40:40 | 4:03   | 14.8 |
| 9    | GÓRYŃSKI RAFAŁ            | 9    | RYBICKA GRUPA BIEGOWA     | RYBNIK           |      | M-20 | 3      | M 9  | 00:40:39 | 00:40:45 | 4:04   | 14.8 |
| 10   | TARCZEWSKI TOMASZ         | 1488 | TARCZA TRIATHLON TEAM     | ZAWIERCIE        |      | M-30 | 5      | M 10 | 00:40:54 | 00:40:57 | 4:05   | 14.7 |
| 11   | OGRODNICZEK ADAM          | 1448 | AKMB PĘDZIWIATR GLIWICE   | GLIWICE          |      | M-40 | 2      | M 11 | 00:40:53 | 00:41:06 | 4:05   | 14.7 |
| 12   | MAŁEK PIOTR               | 1530 |                           | ZAWIERCIE        |      | M-30 | 6      | M 12 | 00:41:27 | 00:41:32 | 4:08   | 14.5 |
| 13   | KRASNODĘBSKI ROBERT       | 1457 |                           | BYTOM            |      | M-40 | 3      | M 13 | 00:41:29 | 00:41:33 | 4:08   | 14.5 |
| 14   | WAJDA GRZEGORZ            | 1430 | KW GLIWICE                | GLIWICE          |      | M-30 | 7      | M 14 | 00:41:29 | 00:41:34 | 4:08   | 14.5 |
| 15   | JOANNA OLCZAK             | 1503 |                           |                  |      | K-40 | 1      | K 1  | 00:41:33 | 00:41:37 | 4:09   | 14.4 |
| 16   | ADAMCZYK-NOWAK BEATA      | 1327 | MIECHOWICKA GRUPA BIEGOWA | BYTOM            |      | K-40 | 2      | K 2  | 00:41:34 | 00:41:49 | 4:09   | 14.4 |
| 17   | PASTUCHA MAREK            | 1436 | CROSS KRAPKOWICE          | KRAPKOWICE       |      | M-50 | 2      | M 15 | 00:41:54 | 00:42:04 | 4:11   | 14.3 |
| 18   | CZARNOŻYŃSKI ALEKSANDER   | 1529 | GTT-INTER PROJEKT         | GLIWICE          |      | M-50 | 3      | M 16 | 00:42:07 | 00:42:16 | 4:12   | 14.2 |
| 19   | KONFEDERAK TOMASZ         | 1362 |                           | ZAWADZKIE        |      | M-40 | 4      | M 17 | 00:42:38 | 00:42:45 | 4:15   | 14.1 |
| 20   | OLESIŃSKI TOMASZ          | 1323 |                           | KNURÓW           |      | M-40 | 5      | M 18 | 00:43:01 | 00:43:08 | 4:18   | 13.9 |
| 21   | WAWRZAK RYSZARD           | 1413 |                           | GLIWICE          |      | M-40 | 6      | M 19 | 00:44:07 | 00:44:56 | 4:24   | 13.6 |
| 22   | DRODZIOŁ PIOTR            | 1559 |                           | CHORZÓW          |      | M-20 | 4      | M 20 | 00:45:19 | 00:45:53 | 4:32   | 13.2 |
| 23   | MACIEJOŃCZYK MARIUSZ      | 10   | RYBICKA GRUPA BIEGOWA     | RYBNIK           |      | M-40 | 7      | M 21 | 00:45:37 | 00:46:02 | 4:33   | 13.2 |
| 24   | ĆWIKLIŃSKI PIOTR          | 1496 | KLUB ŻEGLARSKI ZAGŁĘBIE   | DĄBROWA GORNICZA |      | M-30 | 9      | M 22 | 00:46:10 | 00:46:19 | 4:37   | 13   |
| 25   | KRYSTEK MARCIN            | 1441 |                           | PARZYMIĘCHY      |      | M-30 | 11     | M 23 | 00:46:20 | 00:46:50 | 4:38   | 12.9 |
| 26   | WYCIŚLIK MARCIN           | 1318 | HIRSCHVOGEL               | GLIWICE          |      | M-30 | 12     | M 24 | 00:46:47 | 00:46:58 | 4:40   | 12.8 |
| 27   | CESARZ MACIEJ             | 1487 | TYLKO CURLING!            | GLIWICE          |      | M-30 | 10     | M 25 | 00:46:19 | 00:47:00 | 4:37   | 13   |
| 28   | GARDULSKA-BOTOR KATARZYNA | 1376 |                           | GLIWICE          |      | K-30 | 1      | K 3  | 00:46:53 | 00:47:15 | 4:41   | 12.8 |
| 29   | ŻEROMSKI STEFAN           | 1517 | JASNA GLIWICE             | GLIWICE          |      | M-50 | 4      | M 26 | 00:47:12 | 00:47:31 | 4:43   | 12.7 |
| 30   | SKRZYPCZYK PAWEŁ          | 1505 |                           | ZABRZE           |      | M-40 | 9      | M 27 | 00:47:26 | 00:47:31 | 4:44   | 12.6 |
| 31   | MERMON ARTUR              | 1543 |                           | GLIWICE          |      | M-50 | 5      | M 28 | 00:47:41 | 00:47:49 | 4:46   | 12.6 |
| 32   | BESSA RICARDO             | 1375 | TEAM DOUBLE TROUBLE       | GLIWICE          |      | M-30 | 8      | M 29 | 00:45:35 | 00:47:49 | 4:33   | 13.2 |
| 33   | PĘDOWSKA BOŻENA           | 1417 | INDYWIDUALNIE             | GLIWICE          |      | K-50 | 1      | K 4  | 00:48:02 | 00:48:12 | 4:48   | 12.5 |
| 34   | BAŃBUŁA GRZEGORZ          | 1300 |                           | GLIWICE          |      | M-30 | 13     | M 30 | 00:48:10 | 00:48:21 | 4:49   | 12.5 |
| 35   | MYCZKOWSKI ADAM           | 1410 |                           | KATOWICE         |      | M-20 | 7      | M 31 | 00:48:22 | 00:48:48 | 4:50   | 12.4 |
| 36   | OSSOWSKI DARIUSZ          | 1340 | HIRSCHVOGEL               | GLIWICE          |      | M-20 | 8      | M 32 | 00:48:34 | 00:48:54 | 4:51   | 12.3 |
| 37   | CZAUDERNA ADRIAN          | 1350 | ETERUN                    | GLIWICE          |      | M-40 | 8      | M 33 | 00:47:23 | 00:49:09 | 4:44   | 12.7 |
| 38   | KOTAS ADAM                | 1455 |                           | KATOWICE         |      | M-20 | 5      | M 34 | 00:47:05 | 00:49:12 | 4:42   | 12.7 |
| 39   | LEGUTKO PIOTR             | 1499 | -                         | GLIWICE          |      | M-20 | 6      | M 35 | 00:47:30 | 00:49:21 | 4:45   | 12.6 |
| 40   | WICHARY MARCIN            | 1528 | ISTA BIEGAMY              | KALETY           |      | M-30 | 14     | M 36 | 00:48:34 | 00:49:35 | 4:51   | 12.3 |
| 41   | UZDRZYCHOWSKI MACIEJ      | 1378 | WF SPORTRUN TEAM          | ŁĘDZINY          |      | M-20 | 9      | M 37 | 00:48:41 | 00:49:53 | 4:52   | 12.3 |
| 42   | WĘŻYK WOJCIECH            | 1460 |                           | GLIWICE          |      | M-40 | 10     | M 38 | 00:49:48 | 00:49:58 | 4:58   | 12   |
| 43   | BUGAJSKI MARIUSZ          | 1556 |                           | GLIWICE          |      | M-40 | 13     | M 39 | 00:50:32 | 00:50:39 | 5:03   | 11.9 |
| 44   | OPIOŁA TOMASZ             | 1598 | HARNAS                    | GLIWICE          |      | M-30 | 19     | M 40 | 00:50:37 | 00:50:55 | 5:03   | 11.8 |
| 45   | SOKOŁOWSKI ŁUKASZ         | 1351 |                           | GLIWICE          |      | M-20 | 10     | M 41 | 00:49:10 | 00:51:07 | 4:55   | 12.2 |
| 46   | ZARUDZKI ŁUKASZ           | 1357 | NOTHING TO FEAR           | GLIWICE          |      | M-30 | 15     | M 42 | 00:49:54 | 00:51:07 | 4:59   | 12   |
| 47   | GOŹDZICKI LESZEK          | 1429 | NIGHT RUNNERS ZABRZE      | ZABRZE           |      | M-30 | 18     | M 43 | 00:50:33 | 00:51:13 | 5:03   | 11.9 |
| 48   | LASICZ ALEKSANDRA         | 1418 |                           | GLIWICE          |      | K-30 | 2      | K 5  | 00:49:33 | 00:51:22 | 4:57   | 12.1 |

## 10 km atest PZLA Gliwicki, OPEN c.d.

| M-ce | Nazwisko i imię               | Nr   | Klub                                | M-scowość            | Kraj   | Kat.                 | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-------------------------------|------|-------------------------------------|----------------------|--------|----------------------|--------|------|----------|----------|--------|------|
| 49   | BRODEK ANDRZEJ                | 1474 |                                     | GLIWICE              |        | M-40                 | 12     | M 44 | 00:50:16 | 00:51:30 | 5:01   | 11.9 |
| 50   | ZIOMEK KATARZYNA              | 1459 |                                     | BYTOM                |        | K-30                 | 3      | K 6  | 00:50:35 | 00:51:40 | 5:03   | 11.9 |
| 51   | BIOLIK PIOTR                  | 1419 | --                                  | GLIWICE              |        | M-40                 | 11     | M 45 | 00:49:58 | 00:51:55 | 4:59   | 12   |
| 52   | PIKUL WIKTORIA                | 1402 | GRUPA KOLARSKA GLIWICE BIKE ATELIER | GLIWICE              |        | MIESZKANKI<br>GLIWIC | 1      | K 7  | 00:51:18 | 00:51:58 | 5:07   | 11.7 |
| 53   | ŁUSZCZ ANDRZEJ                | 1416 |                                     | BYTOM                |        | M-16                 | 1      | M 46 | 00:51:10 | 00:52:05 | 5:07   | 11.7 |
| 54   | HEFFNER REMIGIUSZ             | 1078 | RYBICKA GRUPA BIEGOWA               | RYBNIK               |        | M-30                 | 16     | M 47 | 00:50:20 | 00:52:17 | 5:02   | 11.9 |
| 55   | KUCZERA ŁUKASZ                | 8    | RYBICKA GRUPA BIEGOWA               | RYBNIK               |        | M-30                 | 17     | M 48 | 00:50:20 | 00:52:17 | 5:02   | 11.9 |
| 56   | RYBAK ANDRZEJ                 | 1335 |                                     | HIRSCHVOGEL          | ZABRZE | M-20                 | 13     | M 49 | 00:51:51 | 00:52:25 | 5:11   | 11.6 |
| 57   | BIENIEK SEBASTIAN             | 1324 |                                     | HIRSCHVOGEL          | ZABRZE | M-30                 | 20     | M 50 | 00:51:54 | 00:52:29 | 5:11   | 11.6 |
| 58   | PIKTAS PAWEŁ                  | 1535 |                                     | GLIWICE              |        | M-40                 | 14     | M 51 | 00:51:13 | 00:52:35 | 5:07   | 11.7 |
| 59   | TROJAN PAWEŁ                  | 1552 | ITACY BIEGACZE                      | OPOLE                |        | M-20                 | 12     | M 52 | 00:50:42 | 00:52:37 | 5:04   | 11.8 |
| 60   | CANIBOŁ ANNA                  | 1306 |                                     | GOŁKOWICE            |        | K-20                 | 1      | K 8  | 00:51:10 | 00:52:38 | 5:07   | 11.7 |
| 61   | DESMOND ROBERT                | 1458 |                                     | KATOWICE             |        | M-20                 | 11     | M 53 | 00:50:42 | 00:52:49 | 5:04   | 11.8 |
| 62   | ROMANIUK PIOTR                | 1425 | WZP SUM BYTOM                       | ZABRZE               |        | M-30                 | 23     | M 54 | 00:52:40 | 00:52:54 | 5:16   | 11.4 |
| 63   | SŁOWIK PAWEŁ                  | 1484 |                                     | PYSKOWICE            |        | M-20                 | 14     | M 55 | 00:52:07 | 00:53:00 | 5:12   | 11.5 |
| 64   | PAWLUS GRZEGORZ               | 1361 |                                     | BYTOM                |        | M-30                 | 22     | M 56 | 00:52:14 | 00:53:09 | 5:13   | 11.5 |
| 65   | WOSZTAŁ PATRYK                | 1426 | MACHINA ADVENTURE                   | KATOWICE             |        | M-30                 | 25     | M 57 | 00:53:16 | 00:53:22 | 5:19   | 11.3 |
| 66   | OLESIŃSKA JOANNA              | 1322 |                                     | KNURÓW               |        | K-40                 | 3      | K 9  | 00:52:34 | 00:53:23 | 5:15   | 11.4 |
| 67   | BRONOWICKA DOROTA             | 1423 |                                     | WROCLAW              |        | K-20                 | 2      | K 10 | 00:52:44 | 00:53:24 | 5:16   | 11.4 |
| 68   | MICHALIK MAŁGORZATA           | 1387 |                                     | GLIWICE              |        | K-30                 | 4      | K 11 | 00:52:44 | 00:53:26 | 5:16   | 11.4 |
| 69   | STAWSKA JOANNA                | 1307 | BIEGAJ Z TRENERAMI                  | GLIWICE              |        | K-50                 | 2      | K 12 | 00:52:50 | 00:53:33 | 5:17   | 11.4 |
| 70   | GOŁĘBIEWSKI MAREK             | 1370 |                                     | GLIWICE              |        | M-30                 | 21     | M 58 | 00:51:58 | 00:53:35 | 5:11   | 11.5 |
| 71   | MĘDRALA JACEK                 | 1389 |                                     | GLIWICE              |        | M-40                 | 19     | M 59 | 00:53:39 | 00:53:50 | 5:22   | 11.2 |
| 72   | GRZYWNA MAREK                 | 1490 | LZS WOJCIECHÓW                      | OLESNO               |        | M-40                 | 17     | M 60 | 00:53:30 | 00:53:52 | 5:21   | 11.2 |
| 73   | ROŻEK MICHAŁ                  | 1345 |                                     | GLIWICE              |        | M-40                 | 15     | M 61 | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 74   | ROŻEK AGATA                   | 1346 |                                     | GLIWICE              |        | K-16                 | 1      | K 13 | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 75   | DUDEK DARIUSZ                 | 1493 | CHOPCY SZERYFA                      | BYTOM                |        | M-50                 | 6      | M 62 | 00:52:12 | 00:54:05 | 5:13   | 11.5 |
| 76   | BRYLŃSKI RYSZARD              | 1443 | NIEZRZESZONY                        | ZABRZE               |        | M-50                 | 7      | M 63 | 00:53:37 | 00:54:10 | 5:21   | 11.2 |
| 77   | LENTZY GRZEGORZ               | 1422 |                                     | GLIWICE              |        | M-30                 | 29     | M 64 | 00:54:02 | 00:54:17 | 5:24   | 11.1 |
| 78   | BAŃKOWSKI SEBASTIAN           | 1393 |                                     | GLIWICE              |        | M-20                 | 15     | M 65 | 00:52:15 | 00:54:19 | 5:13   | 11.5 |
| 79   | DYMAREK ŁUKASZ                | 1398 | KM PSP GLIWICE                      | PLAWNIOWICE          |        | M-30                 | 24     | M 66 | 00:53:07 | 00:54:34 | 5:18   | 11.3 |
| 80   | SWOBODA JAROSŁAW              | 1449 | NIGHT RUNNERS GLIWICE               | KNURÓW               |        | M-30                 | 28     | M 67 | 00:53:41 | 00:54:35 | 5:22   | 11.2 |
| 81   | PIKOŃ KRZYSZTOF               | 1595 |                                     | GLIWICE              |        | M-40                 | 16     | M 68 | 00:53:06 | 00:54:40 | 5:18   | 11.3 |
| 82   | MAŁSKA- WYROZUMSKA MAŁGORZATA | 1433 |                                     | GLIWICE              |        | K-30                 | 5      | K 14 | 00:53:59 | 00:54:45 | 5:24   | 11.1 |
| 83   | SZMYD WOJCIECH                | 1507 |                                     | GLIWICE              |        | M-30                 | 26     | M 69 | 00:53:37 | 00:54:54 | 5:21   | 11.2 |
| 84   | SADOWSKI TOMASZ               | 1404 | KOSSMATE ŻUKI                       | KRAKÓW               |        | M-30                 | 27     | M 70 | 00:53:37 | 00:54:54 | 5:21   | 11.2 |
| 85   | SZARZYŃSKA-GRYCHNIK JOLA      | 1489 |                                     | BYTOM                |        | K-40                 | 5      | K 15 | 00:53:58 | 00:55:06 | 5:23   | 11.1 |
| 86   | MAĆZYŃSKA AGNIESZKA           | 1465 |                                     | GLIWICE              |        | K-40                 | 4      | K 16 | 00:53:40 | 00:55:15 | 5:22   | 11.2 |
| 87   | HAJDUGA RAFAŁ                 | 1502 | GLIWICE                             | GLIWICE              |        | M-40                 | 20     | M 71 | 00:54:33 | 00:55:18 | 5:27   | 11   |
| 88   | PĄCHAŁSKI ANDRZEJ             | 1481 | KS NEMO                             | CHORZÓW              |        | M-50                 | 8      | M 72 | 00:55:13 | 00:55:18 | 5:31   | 10.9 |
| 89   | DYMAREK BEATA                 | 1399 |                                     | TOSZEK               |        | K-20                 | 3      | K 17 | 00:53:51 | 00:55:18 | 5:23   | 11.1 |
| 90   | TURCZYN MATEUSZ               | 1555 | HIRSCHVOGEL                         | GLIWICE              |        | M-20                 | 18     | M 73 | 00:54:46 | 00:55:20 | 5:28   | 11   |
| 91   | MACHACZKA DAWID               | 1437 |                                     | BYTOM                |        | M-30                 | 30     | M 74 | 00:54:26 | 00:55:23 | 5:26   | 11   |
| 92   | HAJDUKIEWICZ MICHAŁ           | 1475 |                                     | GLIWICE              |        | M-20                 | 17     | M 75 | 00:54:14 | 00:55:29 | 5:25   | 11.1 |
| 93   | KRZEMIŃSKI MIROŚLAW           | 1424 |                                     | GLIWICE              |        | M-40                 | 18     | M 76 | 00:53:32 | 00:55:39 | 5:21   | 11.2 |
| 94   | IBROM-JASIŃSKA JUSTYNA        | 1533 |                                     | TARNOWSKIE GÓRY      |        | K-30                 | 7      | K 18 | 00:54:41 | 00:55:49 | 5:28   | 11   |
| 95   | GRUCHAŁA ANNA                 | 1400 |                                     | SIEMIANOWICE ŚLĄSKIE |        | K-30                 | 9      | K 19 | 00:54:57 | 00:55:53 | 5:29   | 10.9 |
| 96   | KRYNICKI PAWEŁ                | 1511 |                                     | GLIWICE              |        | M-20                 | 16     | M 77 | 00:53:55 | 00:55:57 | 5:23   | 11.1 |
| 97   | BRZÓZKA PIOTR                 | 1580 |                                     | JASTRZĘBIE-ZDRÓJ     |        | M-20                 | 19     | M 78 | 00:55:04 | 00:56:01 | 5:30   | 10.9 |
| 98   | DĘBSKA JOANNA                 | 1519 | NIGHT RUNNERS GLIWICE               | GLIWICE              |        | K-40                 | 8      | K 20 | 00:55:24 | 00:56:11 | 5:32   | 10.8 |
| 99   | WŁOCHOWSKI KRZYSZTOF          | 1501 |                                     | ZABRZE               |        | M-40                 | 22     | M 79 | 00:54:55 | 00:56:15 | 5:29   | 10.9 |
| 100  | BOBEŁ KRZYSZTOF               | 1440 |                                     | GLIWICE              |        | M-30                 | 31     | M 80 | 00:54:41 | 00:56:16 | 5:28   | 11   |
| 101  | SZCZURASZEK MACIEJ            | 1374 |                                     | WROCLAW              |        | M-40                 | 21     | M 81 | 00:54:33 | 00:56:18 | 5:27   | 11   |
| 102  | FRANECKA ANNA                 | 1450 |                                     | BEŁK                 |        | K-20                 | 5      | K 21 | 00:55:21 | 00:56:21 | 5:32   | 10.8 |
| 103  | KNEBEL PATRYCJA               | 1439 |                                     | ZABRZE               |        | K-20                 | 4      | K 22 | 00:54:50 | 00:56:24 | 5:29   | 10.9 |
| 104  | ANDRZEJCZAK IWONA             | 1309 |                                     | GLIWICE              |        | K-30                 | 8      | K 23 | 00:54:50 | 00:56:28 | 5:29   | 10.9 |

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| M-ce | Nazwisko i imię           | Nr   | Klub                   | M-scowość        | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------------|------|------------------------|------------------|------|------|--------|-------|----------|----------|--------|------|
| 105  | BALIŃSKA-SANOCKA ANETA    | 1343 |                        | ZABRZE           |      | K-30 | 6      | K 24  | 00:54:27 | 00:56:29 | 5:26   | 11   |
| 106  | SANOCKA DOROTA            | 1342 |                        | ZABRZE           |      | K-40 | 6      | K 25  | 00:54:28 | 00:56:31 | 5:26   | 11   |
| 107  | ZIĘBA SABINA              | 1326 |                        | ORNONTOWICE      |      | K-30 | 11     | K 26  | 00:56:27 | 00:56:32 | 5:38   | 10.6 |
| 108  | CZAPEK ANNA               | 1500 | BOJKÓW                 | GLIWICE          |      | K-40 | 9      | K 27  | 00:55:29 | 00:56:33 | 5:33   | 10.8 |
| 109  | CYBA MAREK                | 1454 |                        | GLIWICE          |      | M-40 | 23     | M 82  | 00:54:56 | 00:56:36 | 5:29   | 10.9 |
| 110  | GIL WOJCIECH              | 1560 |                        | WARSZAWA         |      | M-40 | 24     | M 83  | 00:55:49 | 00:56:39 | 5:35   | 10.7 |
| 111  | BORKOWSKA SONIA           | 1403 | 3 WATERS               | SIEWIERZ         |      | K-40 | 14     | K 28  | 00:56:24 | 00:56:47 | 5:38   | 10.6 |
| 112  | GRUCHALSKI JAKUB          | 1527 | ISTA BIEGAMY           | CHORZÓW          |      | M-30 | 34     | M 84  | 00:55:52 | 00:56:52 | 5:35   | 10.7 |
| 113  | PETEJA-ĆWIK ALEKSANDRA    | 1495 |                        | ŁĘDZINY          |      | K-40 | 10     | K 29  | 00:56:03 | 00:56:54 | 5:36   | 10.7 |
| 114  | MERKEL SABINA             | 1577 |                        | GASZOWICE        |      | K-30 | 10     | K 30  | 00:54:58 | 00:56:55 | 5:29   | 10.9 |
| 115  | SOSNOWSKI MACIEJ          | 1491 |                        | ZABRZE           |      | M-30 | 32     | M 85  | 00:55:02 | 00:56:57 | 5:30   | 10.9 |
| 116  | DUSS SONIA                | 1524 |                        | GLIWICE          |      | K-40 | 7      | K 31  | 00:55:15 | 00:56:58 | 5:31   | 10.9 |
| 117  | CZOGAŁA PIOTR             | 1542 |                        | GLIWICE          |      | M-40 | 25     | M 86  | 00:56:25 | 00:57:16 | 5:38   | 10.6 |
| 118  | PROTAS TOMASZ             | 1463 | ZSO5 GLIWICE           | GLIWICE          |      | M-30 | 36     | M 87  | 00:56:26 | 00:57:17 | 5:38   | 10.6 |
| 119  | POLEWKA BEATA             | 1531 | UKS KONIETA S-A        | GLIWICE          |      | K-40 | 12     | K 32  | 00:56:08 | 00:57:28 | 5:36   | 10.7 |
| 120  | SKURA ADAM                | 1510 |                        | KRAKÓW           |      | M-20 | 20     | M 88  | 00:55:21 | 00:57:36 | 5:32   | 10.8 |
| 121  | MYŚLAK MARIUSZ            | 1557 |                        | GLIWICE          |      | M-30 | 33     | M 89  | 00:55:20 | 00:57:41 | 5:32   | 10.8 |
| 122  | FOLTYN ARMIN              | 1513 |                        | KĘDZIERZYN KOŹLE |      | M-30 | 35     | M 90  | 00:56:17 | 00:57:41 | 5:37   | 10.7 |
| 123  | LESISZ KATARZYNA          | 1438 |                        | ZABRZE           |      | K-40 | 11     | K 33  | 00:56:08 | 00:57:41 | 5:36   | 10.7 |
| 124  | HELHLMANN BEATA           | 1512 |                        | KĘDZIERZYN KOŹLE |      | K-40 | 13     | K 34  | 00:56:18 | 00:57:42 | 5:37   | 10.7 |
| 125  | ROCHOWSKI PAWEŁ           | 1541 |                        | GLIWICE          |      | M-20 | 22     | M 91  | 00:57:08 | 00:58:16 | 5:42   | 10.5 |
| 126  | LIPOWSKI GRZEGORZ         | 1411 |                        | GLIWICE          |      | M-30 | 39     | M 92  | 00:57:09 | 00:58:17 | 5:42   | 10.5 |
| 127  | RYBAK PIOTR               | 1391 |                        | GLIWICE          |      | M-20 | 21     | M 93  | 00:56:27 | 00:58:25 | 5:38   | 10.6 |
| 128  | CZERNIAK ŻANETA           | 1364 |                        | GLIWICE          |      | K-40 | 15     | K 35  | 00:56:37 | 00:58:26 | 5:39   | 10.6 |
| 129  | WÓJCIAK KATARZYNA         | 1363 |                        | GLIWICE          |      | K-30 | 12     | K 36  | 00:56:36 | 00:58:26 | 5:39   | 10.6 |
| 130  | CYMBAŁA PIOTR             | 1366 |                        | GLIWICE          |      | M-30 | 38     | M 94  | 00:56:54 | 00:58:29 | 5:41   | 10.5 |
| 131  | PIOTR WITULSKI            | 1504 |                        | GLIWICE          |      | M-30 | 37     | M 95  | 00:56:39 | 00:58:47 | 5:40   | 10.6 |
| 132  | ONAK IZABELA              | 1497 |                        | GLIWICE          |      | K-40 | 16     | K 37  | 00:56:42 | 00:58:49 | 5:40   | 10.6 |
| 133  | DYWAN IWONA               | 1453 |                        | GLIWICE          |      | K-40 | 17     | K 38  | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 134  | DYWAN KLAUDIA             | 1452 |                        | GLIWICE          |      | K-16 | 2      | K 39  | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 135  | BEDNARZ ARKADIUSZ         | 1472 |                        | GLIWICE          |      | M-40 | 26     | M 96  | 00:57:24 | 00:59:02 | 5:44   | 10.4 |
| 136  | WANDASIEWCZ MARCIN        | 1380 | BIEGAMWPYSKOWICACH     | PYSKOWICE        |      | M-30 | 40     | M 97  | 00:57:28 | 00:59:04 | 5:44   | 10.4 |
| 137  | POSTOŁ KAROLINA           | 1518 | NIGHT RUNNERS GLIWICE  | GLIWICE          |      | K-30 | 17     | K 40  | 00:58:24 | 00:59:11 | 5:50   | 10.3 |
| 138  | BOBA ALICJA               | 532  | WPR MAMRE              | GLIWICE          |      | K-30 | 14     | K 41  | 00:57:41 | 00:59:21 | 5:46   | 10.4 |
| 139  | ZBOROWSKA DOMIKA          | 1339 | ISTA BIEGAMY           | GLIWICE          |      | K-30 | 13     | K 42  | 00:57:27 | 00:59:30 | 5:44   | 10.4 |
| 140  | SKWARA KATARZYNA          | 1388 | HIRSCHVOGEL            | ZABRZE           |      | K-30 | 20     | K 43  | 00:58:56 | 00:59:32 | 5:53   | 10.2 |
| 141  | KIJANKA DAMIAN            | 1334 | HIRSCHVOGEL            | CZERWIONKA       |      | M-20 | 24     | M 98  | 00:58:57 | 00:59:32 | 5:53   | 10.2 |
| 142  | LEGIEŻYŃSKI KRZYSZTOF     | 1534 |                        | GLIWICE          |      | M-30 | 45     | M 99  | 00:58:37 | 00:59:33 | 5:51   | 10.2 |
| 143  | GOCYK PATRYCJA            | 1447 |                        | TARNOWSKIE GÓRY  |      | K-30 | 19     | K 44  | 00:58:39 | 00:59:33 | 5:52   | 10.2 |
| 144  | NOWICKA IWONA             | 1509 |                        | KATOWICE         |      | K-30 | 22     | K 45  | 00:59:06 | 00:59:35 | 5:54   | 10.2 |
| 145  | GRYNKIEWICZ-SUDNIK MACIEJ | 1371 |                        | WROCŁAW          |      | M-30 | 41     | M 100 | 00:58:01 | 00:59:37 | 5:48   | 10.3 |
| 146  | MALEC MAREK               | 1331 |                        | GLIWICE          |      | M-20 | 23     | M 101 | 00:57:27 | 00:59:44 | 5:44   | 10.4 |
| 147  | GOŁYŚ DAWID               | 1473 |                        | KNURÓW           |      | M-20 | 25     | M 102 | 00:59:45 | 00:59:50 | 5:58   | 10   |
| 148  | KOPCIK JOANNA             | 1471 |                        | GLIWICE          |      | K-30 | 18     | K 46  | 00:58:26 | 00:59:59 | 5:50   | 10.3 |
| 149  | DĄBROWSKI JACEK           | 1347 | HIRSCHVOGEL            | GLIWICE          |      | M-30 | 49     | M 103 | 00:59:28 | 01:00:04 | 5:56   | 10.1 |
| 150  | LASKOWSKA ANNA            | 1407 | KATA GURUMA            | GLIWICE          |      | K-30 | 16     | K 47  | 00:58:20 | 01:00:07 | 5:50   | 10.3 |
| 151  | POPCZYK PIOTR             | 1456 |                        | ŻERNICA          |      | M-30 | 43     | M 104 | 00:58:08 | 01:00:14 | 5:48   | 10.3 |
| 152  | SZAMPERA JANUSZ           | 1462 | EVENT 360 RUNNING TEAM | ZAWADZKIE        |      | M-30 | 44     | M 105 | 00:58:10 | 01:00:19 | 5:49   | 10.3 |
| 153  | SZAMPERA AGNIESZKA        | 1461 | EVENT 360 RUNNING TEAM | ZAWADZKIE        |      | K-30 | 15     | K 48  | 00:58:10 | 01:00:19 | 5:49   | 10.3 |
| 154  | ROJEK MICHAŁ              | 1320 |                        | GLIWICE          |      | M-30 | 42     | M 106 | 00:58:07 | 01:00:21 | 5:48   | 10.3 |
| 155  | NOWAK-BODUCH JOANNA       | 1548 |                        | GLIWICE          |      | K-50 | 3      | K 49  | 01:00:00 | 01:00:23 | 6:00   | 10   |
| 156  | BROŻEK ANNA               | 1383 |                        | GLIWICE          |      | K-30 | 23     | K 50  | 00:59:17 | 01:00:25 | 5:55   | 10.1 |
| 157  | RATKA DAWID               | 1540 |                        | WYRY             |      | M-20 | 26     | M 107 | 00:59:46 | 01:00:43 | 5:58   | 10   |
| 158  | KARASIŃSKI JACEK          | 1464 |                        | GLIWICE          |      | M-30 | 46     | M 108 | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 159  | DRAGON KAROLINA           | 1466 | NIGHT RUNNERS GLIWICE  | GLIWICE          |      | K-30 | 21     | K 51  | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 160  | RAKINT BOGDAN             | 1401 |                        | GLIWICE          |      | M-30 | 47     | M 109 | 00:59:13 | 01:01:08 | 5:55   | 10.1 |
| 161  | JUROWICZ DAMIAN           | 1316 |                        | KATOWICE         |      | M-20 | 27     | M 110 | 01:00:23 | 01:01:18 | 6:02   | 9.9  |

## 10 km atest PZLA Gliwicki, OPEN c.d.

| M-ce | Nazwisko i imię                  | Nr   | Klub                        | M-scowość        | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|----------------------------------|------|-----------------------------|------------------|------|------|--------|-------|----------|----------|--------|------|
| 162  | SZWUGIER DAWID                   | 1476 | -                           | RUDA ŚLĄSKA      |      | M-30 | 48     | M 111 | 00:59:27 | 01:01:29 | 5:56   | 10.1 |
| 163  | KONICZEK MAREK                   | 1390 |                             | GLIWICE          |      | M-50 | 9      | M 112 | 00:59:24 | 01:01:34 | 5:56   | 10.1 |
| 164  | DĘBSKI MARIUSZ                   | 1520 | NIGHT RUNNERS GLIWICE       | GLIWICE          |      | M-40 | 28     | M 113 | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 165  | GORAJ-ZAJĄC ALEKSANDRA           | 1515 | NIGHT RUNNERS GLIWICE       | GLIWICE          |      | K-40 | 19     | K 52  | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 166  | STRZYŻ RYSZARD                   | 1492 | OPRNCACHING.PL              | CHORZÓW          |      | M-40 | 31     | M 114 | 01:02:09 | 01:02:33 | 6:13   | 9.7  |
| 167  | BZÓWKA ANDRZEJ                   | 1421 | TEAMAB PROJEKT              | SOSNOWIEC        |      | M-40 | 30     | M 115 | 01:01:51 | 01:02:42 | 6:11   | 9.7  |
| 168  | BOGDANOWICZ ZBIGNIEW             | 1431 |                             | ZABRZE           |      | M-40 | 27     | M 116 | 01:00:45 | 01:03:07 | 6:04   | 9.9  |
| 169  | FRYDA ANETA                      | 1592 |                             | GLIWICE          |      | K-40 | 18     | K 53  | 01:01:30 | 01:03:14 | 6:09   | 9.8  |
| 170  | AUGUSTYNIAK ADAM                 | 1494 |                             | GLIWICE          |      | M-50 | 10     | M 117 | 01:02:28 | 01:03:18 | 6:14   | 9.6  |
| 171  | GAŁOSZ SEBASTIAN                 | 1358 | RAJSPOORT ACTIVE ANTON TEAM | KĘDZIERZYN-KOŹLE |      | M-30 | 50     | M 118 | 01:01:58 | 01:03:27 | 6:11   | 9.7  |
| 172  | ZACZEK ADAM                      | 1360 | OPEL ACTIVE TEAM            | GLIWICE          |      | M-30 | 51     | M 119 | 01:02:15 | 01:03:42 | 6:13   | 9.6  |
| 173  | PIOTROWSKI JAROSŁAW              | 1445 |                             | GLIWICE          |      | M-40 | 29     | M 120 | 01:01:43 | 01:03:51 | 6:10   | 9.7  |
| 174  | JUSZCZAK EWA                     | 1392 |                             | GLIWICE          |      | K-50 | 5      | K 54  | 01:03:25 | 01:03:51 | 6:20   | 9.5  |
| 175  | TRZEMŻAŁSKI KAMIL                | 1508 |                             | GLIWICE          |      | M-20 | 28     | M 121 | 01:02:49 | 01:03:53 | 6:16   | 9.6  |
| 176  | WÓJCIK ANNA                      | 1428 |                             | GLIWICE          |      | K-30 | 25     | K 55  | 01:02:49 | 01:04:22 | 6:16   | 9.6  |
| 177  | TORKA-KUNERT GRAŻYNA             | 6    | RYBICKA GRUPA BIEGOWA       | RYBNIK           |      | K-50 | 4      | K 56  | 01:02:29 | 01:04:25 | 6:14   | 9.6  |
| 178  | KUCZERA BEATA                    | 4    |                             | RYBNIK           |      | K-30 | 24     | K 57  | 01:02:28 | 01:04:25 | 6:14   | 9.6  |
| 179  | LUBOWICKA KATARZYNA              | 7    | RYBICKA GRUPA BIEGOWA       | RYBNIK           |      | K-20 | 6      | K 58  | 01:02:28 | 01:04:25 | 6:14   | 9.6  |
| 180  | ERWIN MARTA                      | 1303 | FIGHT CLUB KNURÓW           | KNURÓW           |      | K-30 | 28     | K 59  | 01:03:27 | 01:04:31 | 6:20   | 9.5  |
| 181  | ŁUSZCZ OLIVIER                   | 1525 |                             | GLIWICE          |      | M-20 | 29     | M 122 | 01:04:35 | 01:04:45 | 6:27   | 9.3  |
| 182  | MOKRZYCKA JUSTYNA                | 1356 | BIEGAMY Z SERCEM            | KNURÓW           |      | K-30 | 29     | K 60  | 01:03:38 | 01:05:03 | 6:21   | 9.4  |
| 183  | MAZURKIEWICZ AGNIESZKA           | 1558 | WARSAW MASTERS TEAM         | GLIWICE          |      | K-30 | 26     | K 61  | 01:03:21 | 01:05:06 | 6:20   | 9.5  |
| 184  | CZERNIAK CELINA                  | 1469 |                             | GLIWICE          |      | K-30 | 27     | K 62  | 01:03:21 | 01:05:07 | 6:20   | 9.5  |
| 185  | DOMAGALSKI MIROSLAW              | 1381 |                             | GLIWICE          |      | M-30 | 52     | M 123 | 01:04:09 | 01:05:14 | 6:25   | 9.4  |
| 186  | JANOWSKA-CHWALISZEWSKA AGNIESZKA | 1394 | NIGHT RUNNERS GLIWICE       | GLIWICE          |      | K-40 | 20     | K 63  | 01:03:31 | 01:05:16 | 6:21   | 9.4  |
| 187  | KURA LESŁAW                      | 1532 | UNISONO                     | MIKOŁÓW          |      | M-50 | 11     | M 124 | 01:03:33 | 01:05:45 | 6:21   | 9.4  |
| 188  | MISIEK JOLANTA                   | 1446 |                             | TARNOWSKIE GÓRY  |      | K-40 | 21     | K 64  | 01:05:00 | 01:05:54 | 6:30   | 9.2  |
| 189  | ŁUKASZCZYK ADAM                  | 1467 | FUTURE PROCESSING           | RUDA ŚLĄSKA      |      | M-30 | 53     | M 125 | 01:04:19 | 01:06:01 | 6:26   | 9.3  |
| 190  | MUCHA-KUŚ KAROLINA               | 1522 |                             | GLIWICE          |      | K-30 | 30     | K 65  | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 191  | KUŚ MICHAŁ                       | 1521 |                             | GLIWICE          |      | M-30 | 54     | M 126 | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 192  | WÓJTOWICZ AGNIESZKA              | 1526 | ISTA BIEGAMY                | ZABRZE           |      | K-30 | 31     | K 66  | 01:05:57 | 01:06:57 | 6:35   | 9.1  |
| 193  | STOLARZ AGNIESZKA                | 1353 | NIGHT RUNNERS GLIWICE       | GLIWICE          |      | K-40 | 24     | K 67  | 01:06:23 | 01:07:12 | 6:38   | 9    |
| 194  | JANOSZEK MAŁGORZATA              | 1435 |                             | GLIWICE          |      | K-30 | 33     | K 68  | 01:06:49 | 01:07:17 | 6:41   | 9    |
| 195  | RAŁ ZDZISŁAWA                    | 1444 |                             | GLIWICE          |      | K-60 | 1      | K 69  | 01:06:50 | 01:07:18 | 6:41   | 9    |
| 196  | SUSEŁ ALEKSANDER                 | 1    | CAŁA NAPRZÓD                | MIKOŁÓW          |      | M-20 | 31     | M 127 | 01:07:43 | 01:07:45 | 6:46   | 8.9  |
| 197  | KUPIS KATARZYNA                  | 1485 | KUDŁATY ART TEAM            | GLIWICE          |      | K-20 | 8      | K 70  | 01:06:37 | 01:07:46 | 6:39   | 9    |
| 198  | POGORZELSKA-KLIKS AGATA          | 1382 | UNISONO                     | SOSNOWIEC        |      | K-40 | 22     | K 71  | 01:05:48 | 01:07:53 | 6:34   | 9.1  |
| 199  | NAWROT KATARZYNA                 | 1538 | PKO BP                      | KATOWICE         |      | K-30 | 34     | K 72  | 01:07:11 | 01:07:55 | 6:43   | 8.9  |
| 200  | MULARCZYK TOMASZ                 | 1537 | PKO BP                      | KATOWICE         |      | M-40 | 33     | M 128 | 01:07:11 | 01:07:55 | 6:43   | 8.9  |
| 201  | MAZUR KAMILA                     | 1514 |                             | GIERAKTOWICE     |      | K-30 | 35     | K 73  | 01:07:12 | 01:08:08 | 6:43   | 8.9  |
| 202  | POSZYK BEATA                     | 1368 | BFRT.ORG.PL                 | TARNOWSKIE GÓRY  |      | K-30 | 32     | K 74  | 01:06:36 | 01:08:12 | 6:39   | 9    |
| 203  | HRYSZKIEWICZ BARBARA             | 1385 | AKMB PĘDZIWIATR GLIWICE     | MIEDARY          |      | K-40 | 23     | K 75  | 01:06:09 | 01:08:15 | 6:37   | 9.1  |
| 204  | OTEBEYE AMINA                    | 1301 | MACHINAGROUP                |                  |      | K-30 | 38     | K 76  | 01:08:11 | 01:08:17 | 6:49   | 8.8  |
| 205  | KOBIERSKA ANNA                   | 1355 |                             | GLIWICE          |      | K-20 | 7      | K 77  | 01:06:24 | 01:08:19 | 6:38   | 9    |
| 206  | SOKOŁOWSKI MATEUSZ               | 1352 |                             | GLIWICE          |      | M-20 | 30     | M 129 | 01:06:27 | 01:08:25 | 6:38   | 9    |
| 207  | OTOROWSKA ALEKSANDRA             | 1412 |                             | GLIWICE          |      | K-30 | 36     | K 78  | 01:07:58 | 01:08:32 | 6:47   | 8.8  |
| 208  | POSZYK SEBASTIAN                 | 1367 | BFRT.ORG.PL                 | TARNOWSKIE GÓRY  |      | M-40 | 32     | M 130 | 01:06:57 | 01:08:34 | 6:41   | 9    |
| 209  | LISOWSKA BARBARA                 | 1478 |                             | TURAWA           |      | K-40 | 25     | K 79  | 01:07:12 | 01:08:38 | 6:43   | 8.9  |
| 210  | GOJ JERZY                        | 1377 | PIEKARY ŚLĄSKIE             | PIEKARY ŚLĄSKIE  |      | M-50 | 12     | M 131 | 01:08:13 | 01:08:58 | 6:49   | 8.8  |
| 211  | BLUSZCZ MARTA                    | 1539 |                             | GLIWICE          |      | K-30 | 37     | K 80  | 01:08:01 | 01:09:25 | 6:48   | 8.8  |
| 212  | KOTLIŃSKA NATALIA                | 1329 |                             | GLIWICE          |      | K-20 | 10     | K 81  | 01:09:04 | 01:10:02 | 6:54   | 8.7  |
| 213  | DUDZICZ BARBARA                  | 1597 | PKO BP                      | GLIWICE          |      | K-40 | 26     | K 82  | 01:09:23 | 01:10:10 | 6:56   | 8.6  |
| 214  | PIRÓG BEATA                      | 1470 |                             | DĄBROWA GÓRNICZA |      | K-30 | 39     | K 83  | 01:08:46 | 01:10:25 | 6:52   | 8.7  |
| 215  | LUTOGNIEWSKA DOROTA              | 1315 | BIPROHUT                    | GLIWICE          |      | K-20 | 9      | K 84  | 01:09:02 | 01:10:57 | 6:54   | 8.7  |
| 216  | TRZOPEK MARCIN                   | 1420 |                             | UJSOŁY           |      | M-20 | 32     | M 132 | 01:11:04 | 01:11:14 | 7:06   | 8.4  |
| 217  | SŁODKIEWICZ GRZEGORZ             | 1442 |                             | GLIWICE          |      | M-40 | 34     | M 133 | 01:08:56 | 01:11:21 | 6:53   | 8.7  |
| 218  | HOMIŃSKA KRYSZYNA                | 1551 | PKO BP                      | GLIWICE          |      | K-50 | 6      | K 85  | 01:11:03 | 01:11:22 | 7:06   | 8.4  |

**10 km atest PZLA Gliwicki, OPEN c.d.**

| M-ce | Nazwisko i imię                 | Nr   | Klub                  | M-scowość       | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------------------|------|-----------------------|-----------------|------|------|--------|-------|----------|----------|--------|------|
| 219  | FILIPCZYK IZABELA               | 1415 |                       | PIEKARY ŚLĄSKIE |      | K-30 | 40     | K 86  | 01:11:01 | 01:12:52 | 7:06   | 8.4  |
| 220  | WILK WERONIKA                   | 1414 |                       | PIEKARY ŚLĄSKIE |      | K-30 | 41     | K 87  | 01:11:02 | 01:12:52 | 7:06   | 8.4  |
| 221  | BOCZAROWSKA BARBARA             | 1482 | EXPERT TRAVEL         | GLIWICE         |      | K-30 | 43     | K 88  | 01:13:51 | 01:14:18 | 7:23   | 8.1  |
| 222  | ANDRACZEK MAGDALENA ANNA        | 1547 |                       | SMOLNICA        |      | K-30 | 42     | K 89  | 01:12:35 | 01:14:31 | 7:15   | 8.3  |
| 223  | ZEMBOK FILIP                    | 1311 | ROCKWELL TEAM         | PSZCZYNA        |      | M-30 | 55     | M 134 | 01:13:29 | 01:15:49 | 7:20   | 8.2  |
| 224  | SZOKA EWA                       | 1409 | NIGHT RUNNER GLIWICE  | GLIWICE         |      | K-30 | 44     | K 90  | 01:14:09 | 01:15:53 | 7:25   | 8.1  |
| 225  | WYSOCKA MAGDALENA               | 1308 | ETE RUN               | RYBNIK          |      | K-40 | 27     | K 91  | 01:15:25 | 01:17:45 | 7:32   | 8    |
| 226  | FRAĆ ELŻBIETA                   | 1314 | NIGHT RUNNERS GLIWICE | GLIWICE         |      | K-30 | 46     | K 92  | 01:17:42 | 01:18:29 | 7:46   | 7.7  |
| 227  | VEGA ZUMETA BRYGIDA             | 1396 | PADŁ NA RYJ TEAM      | GLIWICE         |      | K-30 | 45     | K 93  | 01:17:03 | 01:18:52 | 7:42   | 7.8  |
| 228  | PANKIEWICZ KATARZYNA            | 1498 | GRUPA CMYKI           | GLIWICE         |      | K-40 | 28     | K 94  | 01:17:24 | 01:19:38 | 7:44   | 7.8  |
| 229  | STEFANCZYK KRZYSZTOF            | 1384 |                       | BYTOM           |      | M-30 | 56     | M 135 | 01:20:21 | 01:20:43 | 8:02   | 7.5  |
| 230  | HRYSZKIEWICZ ANNA               | 1451 | UNISONO               | BYTOM           |      | K-20 | 11     | K 95  | 01:18:34 | 01:20:47 | 7:51   | 7.6  |
| 231  | MURKOWSKI SŁAWOMIR              | 1348 | HIRSCHVOGEL           | BYTOM           |      | M-40 | 35     | M 136 | 01:23:06 | 01:23:41 | 8:18   | 7.2  |
| 232  | GĄSZCZAK TADEUSZ                | 1341 |                       | GLIWICE         |      | M-70 | 1      | M 137 | 01:31:34 | 01:31:46 | 9:09   | 6.6  |
| 233  | TOMCZAK MAŁGORZATA              | 1536 |                       | ZABRZE          |      | K-40 | 29     | K 96  | 01:33:54 | 01:34:14 | 9:23   | 6.4  |
| 234  | KOWALCZYK ANNA                  | 1338 | HIRSCHVOGEL           | ZABRZE          |      | K-40 | 30     | K 97  | 01:38:58 | 01:39:11 | 9:53   | 6.1  |
| 235  | BAL-BURZAWA RENATA              | 1349 | HIRSCHVOGEL           | TYCHY           |      | K-30 | 47     | K 98  | 02:11:09 | 02:11:20 | 13:07  | 4.6  |
| 236  | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 1523 |                       | GLIWICE         |      | K-30 | 48     | K 99  | 02:18:34 | 02:20:13 | 13:51  | 4.3  |
| 237  | MUCHA EDWARD                    | 1386 |                       | RUDA ŚLĄSKA     |      | M-70 | 2      | M 138 | 02:56:44 | 02:57:02 | 17:40  | 3.4  |
| 238  | WIERZBICKI MARCIN               | 1486 |                       | PIEKARY ŚLĄSKIE |      | M-30 | 57     | M 139 |          |          | 14:52  | 4    |
| 239  | IZYDORCZYK AGNIESZKA            | 1337 | HIRSCHVOGEL           | GLIWICE         |      | K-30 | 49     | K 100 |          |          | 23:57  | 2.5  |

**10 km atest PZLA Gliwicki, K Open**

| M-ce | Nazwisko i imię               | Nr   | Klub                                | M-scowość            | Kraj | Kat.                 | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-------------------------------|------|-------------------------------------|----------------------|------|----------------------|--------|------|----------|----------|--------|------|
| 1    | JOANNA OLCZAWA                | 1503 |                                     |                      |      | K-40                 | 1      | K 1  | 00:41:33 | 00:41:37 | 4:09   | 14.4 |
| 2    | ADAMCZYK-NOWAK BEATA          | 1327 | MIECHOWICKA GRUPA BIEGOWA           | BYTOM                |      | K-40                 | 2      | K 2  | 00:41:34 | 00:41:49 | 4:09   | 14.4 |
| 3    | GARDULSKA-BOTOR KATARZYNA     | 1376 |                                     | GLIWICE              |      | K-30                 | 1      | K 3  | 00:46:53 | 00:47:15 | 4:41   | 12.8 |
| 4    | PĘDOWSKA BOŻENA               | 1417 | INDYWIDUALNIE                       | GLIWICE              |      | K-50                 | 1      | K 4  | 00:48:02 | 00:48:12 | 4:48   | 12.5 |
| 5    | LASICZ ALEKSANDRA             | 1418 |                                     | GLIWICE              |      | K-30                 | 2      | K 5  | 00:49:33 | 00:51:22 | 4:57   | 12.1 |
| 6    | ZIOMEK KATARZYNA              | 1459 |                                     | BYTOM                |      | K-30                 | 3      | K 6  | 00:50:35 | 00:51:40 | 5:03   | 11.9 |
| 7    | PIKUL WIKTORIA                | 1402 | GRUPA KOLARSKA GLIWICE BIKE ATELIER | GLIWICE              |      | MIESZKANKI<br>GLIWIC | 1      | K 7  | 00:51:18 | 00:51:58 | 5:07   | 11.7 |
| 8    | CANIBOŁ ANNA                  | 1306 |                                     | GOŁKOWICE            |      | K-20                 | 1      | K 8  | 00:51:10 | 00:52:38 | 5:07   | 11.7 |
| 9    | OLESIŃSKA JOANNA              | 1322 |                                     | KNURÓW               |      | K-40                 | 3      | K 9  | 00:52:34 | 00:53:23 | 5:15   | 11.4 |
| 10   | BRONOWICKA DOROTA             | 1423 |                                     | WROCŁAW              |      | K-20                 | 2      | K 10 | 00:52:44 | 00:53:24 | 5:16   | 11.4 |
| 11   | MICHALIK MAŁGORZATA           | 1387 |                                     | GLIWICE              |      | K-30                 | 4      | K 11 | 00:52:44 | 00:53:26 | 5:16   | 11.4 |
| 12   | STAWSKA JOANNA                | 1307 | BIEGAJ Z TRENERAMI                  | GLIWICE              |      | K-50                 | 2      | K 12 | 00:52:50 | 00:53:33 | 5:17   | 11.4 |
| 13   | ROŻEK AGATA                   | 1346 |                                     | GLIWICE              |      | K-16                 | 1      | K 13 | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 14   | MAŁSKA- WYROZUMSKA MAŁGORZATA | 1433 |                                     | GLIWICE              |      | K-30                 | 5      | K 14 | 00:53:59 | 00:54:45 | 5:24   | 11.1 |
| 15   | SZARZYŃSKA-GRYCHNIK JOLA      | 1489 |                                     | BYTOM                |      | K-40                 | 5      | K 15 | 00:53:58 | 00:55:06 | 5:23   | 11.1 |
| 16   | MAĆZYŃSKA AGNIESZKA           | 1465 |                                     | GLIWICE              |      | K-40                 | 4      | K 16 | 00:53:40 | 00:55:15 | 5:22   | 11.2 |
| 17   | DYMAREK BEATA                 | 1399 |                                     | TOSZEK               |      | K-20                 | 3      | K 17 | 00:53:51 | 00:55:18 | 5:23   | 11.1 |
| 18   | IBROM-JASIŃSKA JUSTYNA        | 1533 |                                     | TARNOWSKIE GÓRY      |      | K-30                 | 7      | K 18 | 00:54:41 | 00:55:49 | 5:28   | 11   |
| 19   | GRUCHAŁA ANNA                 | 1400 |                                     | SIEMIANOWICE ŚLĄSKIE |      | K-30                 | 9      | K 19 | 00:54:57 | 00:55:53 | 5:29   | 10.9 |
| 20   | DĘBSKA JOANNA                 | 1519 | NIGHT RUNNERS GLIWICE               | GLIWICE              |      | K-40                 | 8      | K 20 | 00:55:24 | 00:56:11 | 5:32   | 10.8 |
| 21   | FRANECKA ANNA                 | 1450 |                                     | BEŁK                 |      | K-20                 | 5      | K 21 | 00:55:21 | 00:56:21 | 5:32   | 10.8 |
| 22   | KNEBEL PATRYCJA               | 1439 |                                     | ZABRZE               |      | K-20                 | 4      | K 22 | 00:54:50 | 00:56:24 | 5:29   | 10.9 |
| 23   | ANDRZEJCZAK IWONA             | 1309 |                                     | GLIWICE              |      | K-30                 | 8      | K 23 | 00:54:50 | 00:56:28 | 5:29   | 10.9 |
| 24   | BALIŃSKA-SANOCKA ANETA        | 1343 |                                     | ZABRZE               |      | K-30                 | 6      | K 24 | 00:54:27 | 00:56:29 | 5:26   | 11   |
| 25   | SANOCKA DOROTA                | 1342 |                                     | ZABRZE               |      | K-40                 | 6      | K 25 | 00:54:28 | 00:56:31 | 5:26   | 11   |
| 26   | ZIĘBA SABINA                  | 1326 |                                     | ORNONTOWICE          |      | K-30                 | 11     | K 26 | 00:56:27 | 00:56:32 | 5:38   | 10.6 |
| 27   | CZAPEK ANNA                   | 1500 | BOJKÓW                              | GLIWICE              |      | K-40                 | 9      | K 27 | 00:55:29 | 00:56:33 | 5:33   | 10.8 |
| 28   | BORKOWSKA SONIA               | 1403 | 3 WATERS                            | SIEWIERZ             |      | K-40                 | 14     | K 28 | 00:56:24 | 00:56:47 | 5:38   | 10.6 |
| 29   | PETEJA-ĆWIK ALEKSANDRA        | 1495 |                                     | ŁĘDZINY              |      | K-40                 | 10     | K 29 | 00:56:03 | 00:56:54 | 5:36   | 10.7 |
| 30   | MERKEL SABINA                 | 1577 |                                     | GASZOWICE            |      | K-30                 | 10     | K 30 | 00:54:58 | 00:56:55 | 5:29   | 10.9 |

## 10 km atest PZLA Gliwicki, K Open c.d.

| M-ce | Nazwisko i imię                  | Nr   | Klub                    | M-scowość        | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|----------------------------------|------|-------------------------|------------------|------|------|--------|------|----------|----------|--------|------|
| 31   | DUSS SONIA                       | 1524 |                         | GLIWICE          |      | K-40 | 7      | K 31 | 00:55:15 | 00:56:58 | 5:31   | 10.9 |
| 32   | POLEWKA BEATA                    | 1531 | UKS KONIETA S-A         | GLIWICE          |      | K-40 | 12     | K 32 | 00:56:08 | 00:57:28 | 5:36   | 10.7 |
| 33   | LESISZ KATARZYNA                 | 1438 |                         | ZABRZE           |      | K-40 | 11     | K 33 | 00:56:08 | 00:57:41 | 5:36   | 10.7 |
| 34   | HELHLMANN BEATA                  | 1512 |                         | KĘDZIERZYN KOŹLE |      | K-40 | 13     | K 34 | 00:56:18 | 00:57:42 | 5:37   | 10.7 |
| 35   | CZERNIAK ŻANETA                  | 1364 |                         | GLIWICE          |      | K-40 | 15     | K 35 | 00:56:37 | 00:58:26 | 5:39   | 10.6 |
| 36   | WÓJCIAK KATARZYNA                | 1363 |                         | GLIWICE          |      | K-30 | 12     | K 36 | 00:56:36 | 00:58:26 | 5:39   | 10.6 |
| 37   | ONAK IZABELA                     | 1497 |                         | GLIWICE          |      | K-40 | 16     | K 37 | 00:56:42 | 00:58:49 | 5:40   | 10.6 |
| 38   | DYWAN IWONA                      | 1453 |                         | GLIWICE          |      | K-40 | 17     | K 38 | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 39   | DYWAN KLAUDIA                    | 1452 |                         | GLIWICE          |      | K-16 | 2      | K 39 | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 40   | POSTOŁ KAROLINA                  | 1518 | NIGHT RUNNERS GLIWICE   | GLIWICE          |      | K-30 | 17     | K 40 | 00:58:24 | 00:59:11 | 5:50   | 10.3 |
| 41   | BOBA ALICJA                      | 532  | WPR MAMRE               | GLIWICE          |      | K-30 | 14     | K 41 | 00:57:41 | 00:59:21 | 5:46   | 10.4 |
| 42   | ZBOROWSKA DOMIKA                 | 1339 | ISTA BIEGAMY            | GLIWICE          |      | K-30 | 13     | K 42 | 00:57:27 | 00:59:30 | 5:44   | 10.4 |
| 43   | SKWARA KATARZYNA                 | 1388 | HIRSCHVOGEL             | ZABRZE           |      | K-30 | 20     | K 43 | 00:58:56 | 00:59:32 | 5:53   | 10.2 |
| 44   | GOCYK PATRYCJA                   | 1447 |                         | TARNOWSKIE GÓRY  |      | K-30 | 19     | K 44 | 00:58:39 | 00:59:33 | 5:52   | 10.2 |
| 45   | NOWICKA IWONA                    | 1509 |                         | KATOWICE         |      | K-30 | 22     | K 45 | 00:59:06 | 00:59:35 | 5:54   | 10.2 |
| 46   | KOPCIK JOANNA                    | 1471 |                         | GLIWICE          |      | K-30 | 18     | K 46 | 00:58:26 | 00:59:59 | 5:50   | 10.3 |
| 47   | LASKOWSKA ANNA                   | 1407 | KATA GURUMA             | GLIWICE          |      | K-30 | 16     | K 47 | 00:58:20 | 01:00:07 | 5:50   | 10.3 |
| 48   | SZAMPERA AGNIESZKA               | 1461 | EVENT 360 RUNNING TEAM  | ZAWADZKIE        |      | K-30 | 15     | K 48 | 00:58:10 | 01:00:19 | 5:49   | 10.3 |
| 49   | NOWAK-BODUCH JOANNA              | 1548 |                         | GLIWICE          |      | K-50 | 3      | K 49 | 01:00:00 | 01:00:23 | 6:00   | 10   |
| 50   | BROŻEK ANNA                      | 1383 |                         | GLIWICE          |      | K-30 | 23     | K 50 | 00:59:17 | 01:00:25 | 5:55   | 10.1 |
| 51   | DRAGON KAROLINA                  | 1466 | NIGHT RUNNERS GLIWICE   | GLIWICE          |      | K-30 | 21     | K 51 | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 52   | GORAJ-ZAJĄC ALEKSANDRA           | 1515 | NIGHT RUNNERS GLIWICE   | GLIWICE          |      | K-40 | 19     | K 52 | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 53   | FRYDA ANETA                      | 1592 |                         | GLIWICE          |      | K-40 | 18     | K 53 | 01:01:30 | 01:03:14 | 6:09   | 9.8  |
| 54   | JUSZCZAK EWA                     | 1392 |                         | GLIWICE          |      | K-50 | 5      | K 54 | 01:03:25 | 01:03:51 | 6:20   | 9.5  |
| 55   | WÓJCIK ANNA                      | 1428 |                         | GLIWICE          |      | K-30 | 25     | K 55 | 01:02:49 | 01:04:22 | 6:16   | 9.6  |
| 56   | TORKA-KUNERT GRAŻYNA             | 6    | RYBICKA GRUPA BIEGOWA   | RYBNIK           |      | K-50 | 4      | K 56 | 01:02:29 | 01:04:25 | 6:14   | 9.6  |
| 57   | KUCZERA BEATA                    | 4    |                         | RYBNIK           |      | K-30 | 24     | K 57 | 01:02:28 | 01:04:25 | 6:14   | 9.6  |
| 58   | LUBOWICKA KATARZYNA              | 7    | RYBICKA GRUPA BIEGOWA   | RYBNIK           |      | K-20 | 6      | K 58 | 01:02:28 | 01:04:25 | 6:14   | 9.6  |
| 59   | ERWIN MARTA                      | 1303 | FIGHT CLUB KNURÓW       | KNURÓW           |      | K-30 | 28     | K 59 | 01:03:27 | 01:04:31 | 6:20   | 9.5  |
| 60   | MOKRZYCKA JUSTYNA                | 1356 | BIEGAMY Z SERCEM        | KNURÓW           |      | K-30 | 29     | K 60 | 01:03:38 | 01:05:03 | 6:21   | 9.4  |
| 61   | MAZURKIEWICZ AGNIESZKA           | 1558 | WARSAW MASTERS TEAM     | GLIWICE          |      | K-30 | 26     | K 61 | 01:03:21 | 01:05:06 | 6:20   | 9.5  |
| 62   | CZERNIAK CELINA                  | 1469 |                         | GLIWICE          |      | K-30 | 27     | K 62 | 01:03:21 | 01:05:07 | 6:20   | 9.5  |
| 63   | JANOWSKA-CHWALISZEWSKA AGNIESZKA | 1394 | NIGHT RUNNERS GLIWICE   | GLIWICE          |      | K-40 | 20     | K 63 | 01:03:31 | 01:05:16 | 6:21   | 9.4  |
| 64   | MISIEK JOLANTA                   | 1446 |                         | TARNOWSKIE GÓRY  |      | K-40 | 21     | K 64 | 01:05:00 | 01:05:54 | 6:30   | 9.2  |
| 65   | MUCHA-KUŚ KAROLINA               | 1522 |                         | GLIWICE          |      | K-30 | 30     | K 65 | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 66   | WÓJTOWICZ AGNIESZKA              | 1526 | ISTA BIEGAMY            | ZABRZE           |      | K-30 | 31     | K 66 | 01:05:57 | 01:06:57 | 6:35   | 9.1  |
| 67   | STOLARZ AGNIESZKA                | 1353 | NIGHT RUNNERS GLIWICE   | GLIWICE          |      | K-40 | 24     | K 67 | 01:06:23 | 01:07:12 | 6:38   | 9    |
| 68   | JANOSZEK MAŁGORZATA              | 1435 |                         | GLIWICE          |      | K-30 | 33     | K 68 | 01:06:49 | 01:07:17 | 6:41   | 9    |
| 69   | RAŁ ZDZISŁAWA                    | 1444 |                         | GLIWICE          |      | K-60 | 1      | K 69 | 01:06:50 | 01:07:18 | 6:41   | 9    |
| 70   | KUPIS KATARZYNA                  | 1485 | KUŁŁATY ART TEAM        | GLIWICE          |      | K-20 | 8      | K 70 | 01:06:37 | 01:07:46 | 6:39   | 9    |
| 71   | POGORZELSKA-KLIKS AGATA          | 1382 | UNISONO                 | SOSNOWIEC        |      | K-40 | 22     | K 71 | 01:05:48 | 01:07:53 | 6:34   | 9.1  |
| 72   | NAWROT KATARZYNA                 | 1538 | PKO BP                  | KATOWICE         |      | K-30 | 34     | K 72 | 01:07:11 | 01:07:55 | 6:43   | 8.9  |
| 73   | MAZUR KAMILA                     | 1514 |                         | GIERAKTOWICE     |      | K-30 | 35     | K 73 | 01:07:12 | 01:08:08 | 6:43   | 8.9  |
| 74   | POSZYK BEATA                     | 1368 | BFRT.ORG.PL             | TARNOWSKIE GÓRY  |      | K-30 | 32     | K 74 | 01:06:36 | 01:08:12 | 6:39   | 9    |
| 75   | HRYSZKIEWICZ BARBARA             | 1385 | AKMB PĘDZIWIATR GLIWICE | MIEDARY          |      | K-40 | 23     | K 75 | 01:06:09 | 01:08:15 | 6:37   | 9.1  |
| 76   | OTĘGBEYE AMINA                   | 1301 | MACHINAGROUP            |                  |      | K-30 | 38     | K 76 | 01:08:11 | 01:08:17 | 6:49   | 8.8  |
| 77   | KOBIERSKA ANNA                   | 1355 |                         | GLIWICE          |      | K-20 | 7      | K 77 | 01:06:24 | 01:08:19 | 6:38   | 9    |
| 78   | OTOROWSKA ALEKSANDRA             | 1412 |                         | GLIWICE          |      | K-30 | 36     | K 78 | 01:07:58 | 01:08:32 | 6:47   | 8.8  |
| 79   | LISOWSKA BARBARA                 | 1478 |                         | TURAWA           |      | K-40 | 25     | K 79 | 01:07:12 | 01:08:38 | 6:43   | 8.9  |
| 80   | BLUSZCZ MARTA                    | 1539 |                         | GLIWICE          |      | K-30 | 37     | K 80 | 01:08:01 | 01:09:25 | 6:48   | 8.8  |
| 81   | KOTLIŃSKA NATALIA                | 1329 |                         | GLIWICE          |      | K-20 | 10     | K 81 | 01:09:04 | 01:10:02 | 6:54   | 8.7  |
| 82   | DUDZICZ BARBARA                  | 1597 | PKO BP                  | GLIWICE          |      | K-40 | 26     | K 82 | 01:09:23 | 01:10:10 | 6:56   | 8.6  |
| 83   | PIRÓG BEATA                      | 1470 |                         | DĄBROWA GÓRNICZA |      | K-30 | 39     | K 83 | 01:08:46 | 01:10:25 | 6:52   | 8.7  |
| 84   | LUTOGNIIEWSKA DOROTA             | 1315 | BIPROHUT                | GLIWICE          |      | K-20 | 9      | K 84 | 01:09:02 | 01:10:57 | 6:54   | 8.7  |
| 85   | HOMIŃSKA KRYSZYNA                | 1551 | PKO BP                  | GLIWICE          |      | K-50 | 6      | K 85 | 01:11:03 | 01:11:22 | 7:06   | 8.4  |
| 86   | FILIPCZYK IZABELA                | 1415 |                         | PIEKARY ŚLĄSKIE  |      | K-30 | 40     | K 86 | 01:11:01 | 01:12:52 | 7:06   | 8.4  |
| 87   | WILK WERONIKA                    | 1414 |                         | PIEKARY ŚLĄSKIE  |      | K-30 | 41     | K 87 | 01:11:02 | 01:12:52 | 7:06   | 8.4  |

**10 km atest PZLA Gliwicki, K Open c.d.**

| M-ce | Nazwisko i imię                 | Nr   | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------------------|------|-----------------------|-----------|------|------|--------|-------|----------|----------|--------|------|
| 88   | BOCZAROWSKA BARBARA             | 1482 | EXPERT TRAVEL         | GLIWICE   |      | K-30 | 43     | K 88  | 01:13:51 | 01:14:18 | 7:23   | 8.1  |
| 89   | ANDRACZEK MAGDALENA ANNA        | 1547 |                       | SMOLNICA  |      | K-30 | 42     | K 89  | 01:12:35 | 01:14:31 | 7:15   | 8.3  |
| 90   | SZOKA EWA                       | 1409 | NIGHT RUNNER GLIWICE  | GLIWICE   |      | K-30 | 44     | K 90  | 01:14:09 | 01:15:53 | 7:25   | 8.1  |
| 91   | WYSOCKA MAGDALENA               | 1308 | ETE RUN               | RYBNIK    |      | K-40 | 27     | K 91  | 01:15:25 | 01:17:45 | 7:32   | 8    |
| 92   | FRAĆ ELŻBIETA                   | 1314 | NIGHT RUNNERS GLIWICE | GLIWICE   |      | K-30 | 46     | K 92  | 01:17:42 | 01:18:29 | 7:46   | 7.7  |
| 93   | VEGA ZUMETA BRYGIDA             | 1396 | PADŁ NA RYJ TEAM      | GLIWICE   |      | K-30 | 45     | K 93  | 01:17:03 | 01:18:52 | 7:42   | 7.8  |
| 94   | PANKIEWICZ KATARZYNA            | 1498 | GRUPA CMYKI           | GLIWICE   |      | K-40 | 28     | K 94  | 01:17:24 | 01:19:38 | 7:44   | 7.8  |
| 95   | HRYSZKIEWICZ ANNA               | 1451 | UNISONO               | BYTOM     |      | K-20 | 11     | K 95  | 01:18:34 | 01:20:47 | 7:51   | 7.6  |
| 96   | TOMCZAK MAŁGORZATA              | 1536 |                       | ZABRZE    |      | K-40 | 29     | K 96  | 01:33:54 | 01:34:14 | 9:23   | 6.4  |
| 97   | KOWALCZYK ANNA                  | 1338 | HIRSCHVOGEL           | ZABRZE    |      | K-40 | 30     | K 97  | 01:38:58 | 01:39:11 | 9:53   | 6.1  |
| 98   | BAL-BURZAWA RENATA              | 1349 | HIRSCHVOGEL           | TYCHY     |      | K-30 | 47     | K 98  | 02:11:09 | 02:11:20 | 13:07  | 4.6  |
| 99   | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 1523 |                       | GLIWICE   |      | K-30 | 48     | K 99  | 02:18:34 | 02:20:13 | 13:51  | 4.3  |
| 100  | IZYDORCZYK AGNIESZKA            | 1337 | HIRSCHVOGEL           | GLIWICE   |      | K-30 | 49     | K 100 |          |          | 23:57  | 2.5  |

**10 km atest PZLA Gliwicki, M Open**

| M-ce | Nazwisko i imię         | Nr   | Klub                    | M-scowość        | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-------------------------|------|-------------------------|------------------|------|------|--------|------|----------|----------|--------|------|
| 1    | SZYMAŃSKI PAWEŁ         | 1427 | NIEWYMIĘKACZE           | KATOWICE         |      | M-20 | 1      | M 1  | 00:36:18 | 00:36:21 | 3:37   | 16.5 |
| 2    | SZYMAŃSKI BARTOSZ       | 1479 | NIEWYMIĘKACZE           | KATOWICE         |      | M-30 | 1      | M 2  | 00:37:03 | 00:37:06 | 3:42   | 16.2 |
| 3    | LUBELSKI ŁUKASZ         | 1516 |                         |                  |      | M-40 | 1      | M 3  | 00:37:05 | 00:37:09 | 3:42   | 16.2 |
| 4    | MUSKIETORZ PIOTR        | 1432 |                         | MIKOŁÓW          |      | M-20 | 2      | M 4  | 00:39:14 | 00:39:23 | 3:55   | 15.3 |
| 5    | JASIOK MICHAŁ           | 1434 |                         | TARNOWSKIE GÓRY  |      | M-30 | 2      | M 5  | 00:40:00 | 00:40:02 | 4:00   | 15   |
| 6    | BUDKA BORYS             | 1111 |                         |                  |      | M-30 | 3      | M 6  | 00:40:02 | 00:40:05 | 4:00   | 15   |
| 7    | ZACZYK ANDRZEJ          | 1477 |                         | PANIÓWKI         |      | M-30 | 4      | M 7  | 00:40:15 | 00:40:20 | 4:01   | 14.9 |
| 8    | ORLICKI STANISŁAW       | 1302 |                         | RUDZE            |      | M-50 | 1      | M 8  | 00:40:36 | 00:40:40 | 4:03   | 14.8 |
| 9    | GÓRYŃSKI RAFAŁ          | 9    | RYBICKA GRUPA BIEGOWA   | RYBNIK           |      | M-20 | 3      | M 9  | 00:40:39 | 00:40:45 | 4:04   | 14.8 |
| 10   | TARCZEWSKI TOMASZ       | 1488 | TARCZA TRIATHLON TEAM   | ZAWIERCIE        |      | M-30 | 5      | M 10 | 00:40:54 | 00:40:57 | 4:05   | 14.7 |
| 11   | OGRODNICZEK ADAM        | 1448 | AKMB PĘDZIWIATR GLIWICE | GLIWICE          |      | M-40 | 2      | M 11 | 00:40:53 | 00:41:06 | 4:05   | 14.7 |
| 12   | MAŁEK PIOTR             | 1530 |                         | ZAWIERCIE        |      | M-30 | 6      | M 12 | 00:41:27 | 00:41:32 | 4:08   | 14.5 |
| 13   | KRASNODEBSKI ROBERT     | 1457 |                         | BYTOM            |      | M-40 | 3      | M 13 | 00:41:29 | 00:41:33 | 4:08   | 14.5 |
| 14   | WAJDA GRZEGORZ          | 1430 | KW GLIWICE              | GLIWICE          |      | M-30 | 7      | M 14 | 00:41:29 | 00:41:34 | 4:08   | 14.5 |
| 15   | PASTUCHA MAREK          | 1436 | CROSS KRAPKOWICE        | KRAPKOWICE       |      | M-50 | 2      | M 15 | 00:41:54 | 00:42:04 | 4:11   | 14.3 |
| 16   | CZARNOŻYŃSKI ALEKSANDER | 1529 | GTT-INTER PROJEKT       | GLIWICE          |      | M-50 | 3      | M 16 | 00:42:07 | 00:42:16 | 4:12   | 14.2 |
| 17   | KONFEDERAK TOMASZ       | 1362 |                         | ZAWADZKIE        |      | M-40 | 4      | M 17 | 00:42:38 | 00:42:45 | 4:15   | 14.1 |
| 18   | OLESIŃSKI TOMASZ        | 1323 |                         | KNURÓW           |      | M-40 | 5      | M 18 | 00:43:01 | 00:43:08 | 4:18   | 13.9 |
| 19   | WAWRZAK RYSZARD         | 1413 |                         | GLIWICE          |      | M-40 | 6      | M 19 | 00:44:07 | 00:44:56 | 4:24   | 13.6 |
| 20   | DROSDZOL PIOTR          | 1559 |                         | CHORZÓW          |      | M-20 | 4      | M 20 | 00:45:19 | 00:45:53 | 4:32   | 13.2 |
| 21   | MACIEJOŃCZYK MARIUSZ    | 10   | RYBICKA GRUPA BIEGOWA   | RYBNIK           |      | M-40 | 7      | M 21 | 00:45:37 | 00:46:02 | 4:33   | 13.2 |
| 22   | ĆWIKLIŃSKI PIOTR        | 1496 | KLUB ŻEGLARSKI ZAGŁĘBIE | DĄBROWA GORNICZA |      | M-30 | 9      | M 22 | 00:46:10 | 00:46:19 | 4:37   | 13   |
| 23   | KRYSTEK MARCIN          | 1441 |                         | PARZYMICHECHY    |      | M-30 | 11     | M 23 | 00:46:20 | 00:46:50 | 4:38   | 12.9 |
| 24   | WYCIŚLIK MARCIN         | 1318 | HIRSCHVOGEL             | GLIWICE          |      | M-30 | 12     | M 24 | 00:46:47 | 00:46:58 | 4:40   | 12.8 |
| 25   | CESARZ MACIEJ           | 1487 | TYLKO CURLING!          | GLIWICE          |      | M-30 | 10     | M 25 | 00:46:19 | 00:47:00 | 4:37   | 13   |
| 26   | ŻEROMSKI STEFAN         | 1517 | JASNA GLIWICE           | GLIWICE          |      | M-50 | 4      | M 26 | 00:47:12 | 00:47:31 | 4:43   | 12.7 |
| 27   | SKRZYPCZYK PAWEŁ        | 1505 |                         | ZABRZE           |      | M-40 | 9      | M 27 | 00:47:26 | 00:47:31 | 4:44   | 12.6 |
| 28   | MERMON ARTUR            | 1543 |                         | GLIWICE          |      | M-50 | 5      | M 28 | 00:47:41 | 00:47:49 | 4:46   | 12.6 |
| 29   | BESSA RICARDO           | 1375 | TEAM DOUBLE TROUBLE     | GLIWICE          |      | M-30 | 8      | M 29 | 00:45:35 | 00:47:49 | 4:33   | 13.2 |
| 30   | BAŃBUŁA GRZEGORZ        | 1300 |                         | GLIWICE          |      | M-30 | 13     | M 30 | 00:48:10 | 00:48:21 | 4:49   | 12.5 |
| 31   | MYCZKOWSKI ADAM         | 1410 |                         | KATOWICE         |      | M-20 | 7      | M 31 | 00:48:22 | 00:48:48 | 4:50   | 12.4 |
| 32   | OSSOWSKI DARIUSZ        | 1340 | HIRSCHVOGEL             | GLIWICE          |      | M-20 | 8      | M 32 | 00:48:34 | 00:48:54 | 4:51   | 12.3 |
| 33   | CZAUDERNA ADRIAN        | 1350 | ETERUN                  | GLIWICE          |      | M-40 | 8      | M 33 | 00:47:23 | 00:49:09 | 4:44   | 12.7 |
| 34   | KOTAS ADAM              | 1455 |                         | KATOWICE         |      | M-20 | 5      | M 34 | 00:47:05 | 00:49:12 | 4:42   | 12.7 |
| 35   | LEGUTKO PIOTR           | 1499 | -                       | GLIWICE          |      | M-20 | 6      | M 35 | 00:47:30 | 00:49:21 | 4:45   | 12.6 |
| 36   | WICHARY MARCIN          | 1528 | ISTA BIEGAMY            | KALETY           |      | M-30 | 14     | M 36 | 00:48:34 | 00:49:35 | 4:51   | 12.3 |
| 37   | UZDRZYCHOWSKI MACIEJ    | 1378 | WF SPORTRUN TEAM        | ŁĘDZINY          |      | M-20 | 9      | M 37 | 00:48:41 | 00:49:53 | 4:52   | 12.3 |
| 38   | WĘŻYK WOJCIECH          | 1460 |                         | GLIWICE          |      | M-40 | 10     | M 38 | 00:49:48 | 00:49:58 | 4:58   | 12   |
| 39   | BUGAJSKI MARIUSZ        | 1556 |                         | GLIWICE          |      | M-40 | 13     | M 39 | 00:50:32 | 00:50:39 | 5:03   | 11.9 |

## 10 km atest PZLA Gliwicki, M Open c.d.

| M-ce | Nazwisko i imię      | Nr   | Klub                  | M-scowość        | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|----------------------|------|-----------------------|------------------|------|------|--------|------|----------|----------|--------|------|
| 40   | OPIOŁA TOMASZ        | 1598 | HARNAŚ                | GLIWICE          |      | M-30 | 19     | M 40 | 00:50:37 | 00:50:55 | 5:03   | 11.8 |
| 41   | SOKOŁOWSKI ŁUKASZ    | 1351 |                       | GLIWICE          |      | M-20 | 10     | M 41 | 00:49:10 | 00:51:07 | 4:55   | 12.2 |
| 42   | ZARUDZKI ŁUKASZ      | 1357 | NOTHING TO FEAR       | GLIWICE          |      | M-30 | 15     | M 42 | 00:49:54 | 00:51:07 | 4:59   | 12   |
| 43   | GOŹDZICKI LESZEK     | 1429 | NIGHT RUNNERS ZABRZE  | ZABRZE           |      | M-30 | 18     | M 43 | 00:50:33 | 00:51:13 | 5:03   | 11.9 |
| 44   | BRODEK ANDRZEJ       | 1474 |                       | GLIWICE          |      | M-40 | 12     | M 44 | 00:50:16 | 00:51:30 | 5:01   | 11.9 |
| 45   | BIOLIK PIOTR         | 1419 | --                    | GLIWICE          |      | M-40 | 11     | M 45 | 00:49:58 | 00:51:55 | 4:59   | 12   |
| 46   | ŁUSZCZ ANDRZEJ       | 1416 |                       | BYTOM            |      | M-16 | 1      | M 46 | 00:51:10 | 00:52:05 | 5:07   | 11.7 |
| 47   | HEFFNER REMIGIUSZ    | 1078 | RYBICKA GRUPA BIEGOWA | RYBNIK           |      | M-30 | 16     | M 47 | 00:50:20 | 00:52:17 | 5:02   | 11.9 |
| 48   | KUCZERA ŁUKASZ       | 8    | RYBICKA GRUPA BIEGOWA | RYBNIK           |      | M-30 | 17     | M 48 | 00:50:20 | 00:52:17 | 5:02   | 11.9 |
| 49   | RYBAK ANDRZEJ        | 1335 | HIRSCHVOGEL           | ZABRZE           |      | M-20 | 13     | M 49 | 00:51:51 | 00:52:25 | 5:11   | 11.6 |
| 50   | BIENIEK SEBASTIAN    | 1324 | HIRSCHVOGEL           | ZABRZE           |      | M-30 | 20     | M 50 | 00:51:54 | 00:52:29 | 5:11   | 11.6 |
| 51   | PIKTAS PAWEŁ         | 1535 |                       | GLIWICE          |      | M-40 | 14     | M 51 | 00:51:13 | 00:52:35 | 5:07   | 11.7 |
| 52   | TROJAN PAWEŁ         | 1552 | ITACY BIEGACZE        | OPOLE            |      | M-20 | 12     | M 52 | 00:50:42 | 00:52:37 | 5:04   | 11.8 |
| 53   | DESMOND ROBERT       | 1458 |                       | KATOWICE         |      | M-20 | 11     | M 53 | 00:50:42 | 00:52:49 | 5:04   | 11.8 |
| 54   | ROMANIUK PIOTR       | 1425 | WZP SUM BYTOM         | ZABRZE           |      | M-30 | 23     | M 54 | 00:52:40 | 00:52:54 | 5:16   | 11.4 |
| 55   | SŁOWIK PAWEŁ         | 1484 |                       | PYSKOWICE        |      | M-20 | 14     | M 55 | 00:52:07 | 00:53:00 | 5:12   | 11.5 |
| 56   | PAWLUS GRZEGORZ      | 1361 |                       | BYTOM            |      | M-30 | 22     | M 56 | 00:52:14 | 00:53:09 | 5:13   | 11.5 |
| 57   | WOSZTAŁ PATRYK       | 1426 | MACHINA ADVENTURE     | KATOWICE         |      | M-30 | 25     | M 57 | 00:53:16 | 00:53:22 | 5:19   | 11.3 |
| 58   | GOŁĘBIEWSKI MAREK    | 1370 |                       | GLIWICE          |      | M-30 | 21     | M 58 | 00:51:58 | 00:53:35 | 5:11   | 11.5 |
| 59   | MĘDRAŁA JACEK        | 1389 |                       | GLIWICE          |      | M-40 | 19     | M 59 | 00:53:39 | 00:53:50 | 5:22   | 11.2 |
| 60   | GRZYWNA MAREK        | 1490 | LZS WOJCIECHÓW        | OLEŚNO           |      | M-40 | 17     | M 60 | 00:53:30 | 00:53:52 | 5:21   | 11.2 |
| 61   | ROŻEK MICHAŁ         | 1345 |                       | GLIWICE          |      | M-40 | 15     | M 61 | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 62   | DUDEK DARIUSZ        | 1493 | CHOPCY SZERYFA        | BYTOM            |      | M-50 | 6      | M 62 | 00:52:12 | 00:54:05 | 5:13   | 11.5 |
| 63   | BRYLIŃSKI RYSZARD    | 1443 | NIEZRZESZONY          | ZABRZE           |      | M-50 | 7      | M 63 | 00:53:37 | 00:54:10 | 5:21   | 11.2 |
| 64   | LENTZY GRZEGORZ      | 1422 |                       | GLIWICE          |      | M-30 | 29     | M 64 | 00:54:02 | 00:54:17 | 5:24   | 11.1 |
| 65   | BAŃKOWSKI SEBASTIAN  | 1393 |                       | GLIWICE          |      | M-20 | 15     | M 65 | 00:52:15 | 00:54:19 | 5:13   | 11.5 |
| 66   | DYMAREK ŁUKASZ       | 1398 | KM PSP GLIWICE        | PLAWNIOWICE      |      | M-30 | 24     | M 66 | 00:53:07 | 00:54:34 | 5:18   | 11.3 |
| 67   | SWOBODA JAROSŁAW     | 1449 | NIGHT RUNNERS GLIWICE | KNURÓW           |      | M-30 | 28     | M 67 | 00:53:41 | 00:54:35 | 5:22   | 11.2 |
| 68   | PIKOŃ KRZYSZTOF      | 1595 |                       | GLIWICE          |      | M-40 | 16     | M 68 | 00:53:06 | 00:54:40 | 5:18   | 11.3 |
| 69   | SZMYD WOJCIECH       | 1507 |                       | GLIWICE          |      | M-30 | 26     | M 69 | 00:53:37 | 00:54:54 | 5:21   | 11.2 |
| 70   | SADOWSKI TOMASZ      | 1404 | KOSSMATE ŻUKI         | KRAKÓW           |      | M-30 | 27     | M 70 | 00:53:37 | 00:54:54 | 5:21   | 11.2 |
| 71   | HAJDUGA RAFAŁ        | 1502 |                       | GLIWICE          |      | M-40 | 20     | M 71 | 00:54:33 | 00:55:18 | 5:27   | 11   |
| 72   | PAŁCHALSKI ANDRZEJ   | 1481 | KS NEMO               | CHORZÓW          |      | M-50 | 8      | M 72 | 00:55:13 | 00:55:18 | 5:31   | 10.9 |
| 73   | TURCZYN MATEUSZ      | 1555 | HIRSCHVOGEL           | GLIWICE          |      | M-20 | 18     | M 73 | 00:54:46 | 00:55:20 | 5:28   | 11   |
| 74   | MACHACZKA DAWID      | 1437 |                       | BYTOM            |      | M-30 | 30     | M 74 | 00:54:26 | 00:55:23 | 5:26   | 11   |
| 75   | HAJDUKIEWICZ MICHAŁ  | 1475 |                       | GLIWICE          |      | M-20 | 17     | M 75 | 00:54:14 | 00:55:29 | 5:25   | 11.1 |
| 76   | KRZEMIŃSKI MIROŚLAW  | 1424 |                       | GLIWICE          |      | M-40 | 18     | M 76 | 00:53:32 | 00:55:39 | 5:21   | 11.2 |
| 77   | KRYNICKI PAWEŁ       | 1511 |                       | GLIWICE          |      | M-20 | 16     | M 77 | 00:53:55 | 00:55:57 | 5:23   | 11.1 |
| 78   | BRZÓZKA PIOTR        | 1580 |                       | JASTRZĘBIE-ZDRÓJ |      | M-20 | 19     | M 78 | 00:55:04 | 00:56:01 | 5:30   | 10.9 |
| 79   | WŁOCHOWSKI KRZYSZTOF | 1501 |                       | ZABRZE           |      | M-40 | 22     | M 79 | 00:54:55 | 00:56:15 | 5:29   | 10.9 |
| 80   | BOBEŁ KRZYSZTOF      | 1440 |                       | GLIWICE          |      | M-30 | 31     | M 80 | 00:54:41 | 00:56:16 | 5:28   | 11   |
| 81   | SZCZURASZEK MACIEJ   | 1374 |                       | WROCŁAW          |      | M-40 | 21     | M 81 | 00:54:33 | 00:56:18 | 5:27   | 11   |
| 82   | CYBA MAREK           | 1454 |                       | GLIWICE          |      | M-40 | 23     | M 82 | 00:54:56 | 00:56:36 | 5:29   | 10.9 |
| 83   | GIL WOJCIECH         | 1560 |                       | WARSZAWA         |      | M-40 | 24     | M 83 | 00:55:49 | 00:56:39 | 5:35   | 10.7 |
| 84   | GRUCHALSKI JAKUB     | 1527 | ISTA BIEGAMY          | CHORZÓW          |      | M-30 | 34     | M 84 | 00:55:52 | 00:56:52 | 5:35   | 10.7 |
| 85   | SOSNOWSKI MACIEJ     | 1491 |                       | ZABRZE           |      | M-30 | 32     | M 85 | 00:55:02 | 00:56:57 | 5:30   | 10.9 |
| 86   | CZOGAŁA PIOTR        | 1542 |                       | GLIWICE          |      | M-40 | 25     | M 86 | 00:56:25 | 00:57:16 | 5:38   | 10.6 |
| 87   | PROTAS TOMASZ        | 1463 | ZSO5 GLIWICE          | GLIWICE          |      | M-30 | 36     | M 87 | 00:56:26 | 00:57:17 | 5:38   | 10.6 |
| 88   | SKURA ADAM           | 1510 |                       | KRAKÓW           |      | M-20 | 20     | M 88 | 00:55:21 | 00:57:36 | 5:32   | 10.8 |
| 89   | MYŚLAK MARIUSZ       | 1557 |                       | GLIWICE          |      | M-30 | 33     | M 89 | 00:55:20 | 00:57:41 | 5:32   | 10.8 |
| 90   | FOLTYN ARMIN         | 1513 |                       | KĘDZIERZYN KOŹLE |      | M-30 | 35     | M 90 | 00:56:17 | 00:57:41 | 5:37   | 10.7 |
| 91   | ROCHOWSKI PAWEŁ      | 1541 |                       | GLIWICE          |      | M-20 | 22     | M 91 | 00:57:08 | 00:58:16 | 5:42   | 10.5 |
| 92   | LIPOWSKI GRZEGORZ    | 1411 |                       | GLIWICE          |      | M-30 | 39     | M 92 | 00:57:09 | 00:58:17 | 5:42   | 10.5 |
| 93   | RYBAK PIOTR          | 1391 |                       | GLIWICE          |      | M-20 | 21     | M 93 | 00:56:27 | 00:58:25 | 5:38   | 10.6 |
| 94   | CYBAŁA PIOTR         | 1366 |                       | GLIWICE          |      | M-30 | 38     | M 94 | 00:56:54 | 00:58:29 | 5:41   | 10.5 |
| 95   | PIOTR WITULSKI       | 1504 |                       | GLIWICE          |      | M-30 | 37     | M 95 | 00:56:39 | 00:58:47 | 5:40   | 10.6 |
| 96   | BEDNARZ ARKADIUSZ    | 1472 |                       | GLIWICE          |      | M-40 | 26     | M 96 | 00:57:24 | 00:59:02 | 5:44   | 10.4 |



**10 km atest PZLA Gliwicki, M Open c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                       | M-scowość        | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------------|------|----------------------------|------------------|------|------|--------|-------|----------|----------|--------|------|
| 97   | WANDASIEWCZ MARCIN        | 1380 | BIEGAMWPYSKOWICACH         | PYSKOWICE        |      | M-30 | 40     | M 97  | 00:57:28 | 00:59:04 | 5:44   | 10.4 |
| 98   | KIJANKA DAMIAN            | 1334 | HIRSCHVOGEL                | CZERWIONKA       |      | M-20 | 24     | M 98  | 00:58:57 | 00:59:32 | 5:53   | 10.2 |
| 99   | LEGIEŻYŃSKI KRZYSZTOF     | 1534 |                            | GLIWICE          |      | M-30 | 45     | M 99  | 00:58:37 | 00:59:33 | 5:51   | 10.2 |
| 100  | GRYNKIEWICZ-SUDNIK MACIEJ | 1371 |                            | WROCLAW          |      | M-30 | 41     | M 100 | 00:58:01 | 00:59:37 | 5:48   | 10.3 |
| 101  | MALEC MAREK               | 1331 |                            | GLIWICE          |      | M-20 | 23     | M 101 | 00:57:27 | 00:59:44 | 5:44   | 10.4 |
| 102  | GOŁYŚ DAWID               | 1473 |                            | KNURÓW           |      | M-20 | 25     | M 102 | 00:59:45 | 00:59:50 | 5:58   | 10   |
| 103  | DĄBROWSKI JACEK           | 1347 | HIRSCHVOGEL                | GLIWICE          |      | M-30 | 49     | M 103 | 00:59:28 | 01:00:04 | 5:56   | 10.1 |
| 104  | POPCZYK PIOTR             | 1456 |                            | ŻERNICA          |      | M-30 | 43     | M 104 | 00:58:08 | 01:00:14 | 5:48   | 10.3 |
| 105  | SZAMPERA JANUSZ           | 1462 | EVENT 360 RUNNING TEAM     | ZAWADZKIE        |      | M-30 | 44     | M 105 | 00:58:10 | 01:00:19 | 5:49   | 10.3 |
| 106  | ROJEK MICHAŁ              | 1320 |                            | GLIWICE          |      | M-30 | 42     | M 106 | 00:58:07 | 01:00:21 | 5:48   | 10.3 |
| 107  | RATKA DAWID               | 1540 |                            | WYRY             |      | M-20 | 26     | M 107 | 00:59:46 | 01:00:43 | 5:58   | 10   |
| 108  | KARASIŃSKI JACEK          | 1464 |                            | GLIWICE          |      | M-30 | 46     | M 108 | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 109  | RAKINT BOGDAN             | 1401 |                            | GLIWICE          |      | M-30 | 47     | M 109 | 00:59:13 | 01:01:08 | 5:55   | 10.1 |
| 110  | JUROWICZ DAMIAN           | 1316 |                            | KATOWICE         |      | M-20 | 27     | M 110 | 01:00:23 | 01:01:18 | 6:02   | 9.9  |
| 111  | SZWUGIER DAWID            | 1476 | -                          | RUDA ŚLĄSKA      |      | M-30 | 48     | M 111 | 00:59:27 | 01:01:29 | 5:56   | 10.1 |
| 112  | KONICZEK MAREK            | 1390 |                            | GLIWICE          |      | M-50 | 9      | M 112 | 00:59:24 | 01:01:34 | 5:56   | 10.1 |
| 113  | DĘBSKI MARIUSZ            | 1520 | NIGHT RUNNERS GLIWICE      | GLIWICE          |      | M-40 | 28     | M 113 | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 114  | STRZYŻ RYSZARD            | 1492 | OPRNCACHING.PL             | CHORZÓW          |      | M-40 | 31     | M 114 | 01:02:09 | 01:02:33 | 6:13   | 9.7  |
| 115  | BZÓWKA ANDRZEJ            | 1421 | TEAMAB PROJEKT             | SOSNOWIEC        |      | M-40 | 30     | M 115 | 01:01:51 | 01:02:42 | 6:11   | 9.7  |
| 116  | BOGDANOWICZ ZBIGNIEW      | 1431 |                            | ZABRZE           |      | M-40 | 27     | M 116 | 01:00:45 | 01:03:07 | 6:04   | 9.9  |
| 117  | AUGUSTYŃIAK ADAM          | 1494 |                            | GLIWICE          |      | M-50 | 10     | M 117 | 01:02:28 | 01:03:18 | 6:14   | 9.6  |
| 118  | GAŁOSZ SEBASTIAN          | 1358 | RAJSPORT ACTIVE ANTON TEAM | KĘDZIERZYN-KOŹLE |      | M-30 | 50     | M 118 | 01:01:58 | 01:03:27 | 6:11   | 9.7  |
| 119  | ZACZEK ADAM               | 1360 | OPEL ACTIVE TEAM           | GLIWICE          |      | M-30 | 51     | M 119 | 01:02:15 | 01:03:42 | 6:13   | 9.6  |
| 120  | PIOTROWSKI JAROSŁAW       | 1445 |                            | GLIWICE          |      | M-40 | 29     | M 120 | 01:01:43 | 01:03:51 | 6:10   | 9.7  |
| 121  | TRZEMŻAŁSKI KAMIL         | 1508 |                            | GLIWICE          |      | M-20 | 28     | M 121 | 01:02:49 | 01:03:53 | 6:16   | 9.6  |
| 122  | ŁUSZCZ OLIVIER            | 1525 |                            | GLIWICE          |      | M-20 | 29     | M 122 | 01:04:35 | 01:04:45 | 6:27   | 9.3  |
| 123  | DOMAGAŁSKI MIROSLAW       | 1381 |                            | GLIWICE          |      | M-30 | 52     | M 123 | 01:04:09 | 01:05:14 | 6:25   | 9.4  |
| 124  | KURA LESŁAW               | 1532 | UNISONO                    | MIKOŁÓW          |      | M-50 | 11     | M 124 | 01:03:33 | 01:05:45 | 6:21   | 9.4  |
| 125  | ŁUKASZCZYK ADAM           | 1467 | FUTURE PROCESSING          | RUDA ŚLĄSKA      |      | M-30 | 53     | M 125 | 01:04:19 | 01:06:01 | 6:26   | 9.3  |
| 126  | KUŚ MICHAŁ                | 1521 |                            | GLIWICE          |      | M-30 | 54     | M 126 | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 127  | SUSEŁ ALEKSANDER          | 1    | CAŁA NAPRZÓD               | MIKOŁÓW          |      | M-20 | 31     | M 127 | 01:07:43 | 01:07:45 | 6:46   | 8.9  |
| 128  | MULARCZYK TOMASZ          | 1537 | PKO BP                     | KATOWICE         |      | M-40 | 33     | M 128 | 01:07:11 | 01:07:55 | 6:43   | 8.9  |
| 129  | SOKOŁOWSKI MATEUSZ        | 1352 |                            | GLIWICE          |      | M-20 | 30     | M 129 | 01:06:27 | 01:08:25 | 6:38   | 9    |
| 130  | POSMYK SEBASTIAN          | 1367 | BFRT.ORG.PL                | TARNOWSKIE GÓRY  |      | M-40 | 32     | M 130 | 01:06:57 | 01:08:34 | 6:41   | 9    |
| 131  | GOJ JERZY                 | 1377 | PIEKARY ŚLĄSKIE            | PIEKARY ŚLĄSKIE  |      | M-50 | 12     | M 131 | 01:08:13 | 01:08:58 | 6:49   | 8.8  |
| 132  | TRZOPEK MARCIN            | 1420 |                            | UJSOŁY           |      | M-20 | 32     | M 132 | 01:11:04 | 01:11:14 | 7:06   | 8.4  |
| 133  | SŁODKIEWICZ GRZEGORZ      | 1442 |                            | GLIWICE          |      | M-40 | 34     | M 133 | 01:08:56 | 01:11:21 | 6:53   | 8.7  |
| 134  | ZEMBOK FILIP              | 1311 | ROCKWELL TEAM              | PSZCZYNA         |      | M-30 | 55     | M 134 | 01:13:29 | 01:15:49 | 7:20   | 8.2  |
| 135  | STEFANCZYK KRZYSZTOF      | 1384 |                            | BYTOM            |      | M-30 | 56     | M 135 | 01:20:21 | 01:20:43 | 8:02   | 7.5  |
| 136  | MURKOWSKI SŁAWOMIR        | 1348 | HIRSCHVOGEL                | BYTOM            |      | M-40 | 35     | M 136 | 01:23:06 | 01:23:41 | 8:18   | 7.2  |
| 137  | GAŚCZAK TADEUSZ           | 1341 |                            | GLIWICE          |      | M-70 | 1      | M 137 | 01:31:34 | 01:31:46 | 9:09   | 6.6  |
| 138  | MUCHA EDWARD              | 1386 |                            | RUDA ŚLĄSKA      |      | M-70 | 2      | M 138 | 02:56:44 | 02:57:02 | 17:40  | 3.4  |
| 139  | WIERZBICKI MARCIN         | 1486 |                            | PIEKARY SLASKIE  |      | M-30 | 57     | M 139 |          |          | 14:52  | 4    |

**10 km atest PZLA Gliwicki, Niepełnosprawni**

| M-ce | Nazwisko i imię  | Nr | Klub         | M-scowość | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|------------------|----|--------------|-----------|------|------|--------|-------|----------|----------|--------|------|
| 1    | SUSEŁ ALEKSANDER | 1  | CAŁA NAPRZÓD | MIKOŁÓW   |      | M-20 | 31     | M 127 | 01:07:43 | 01:07:45 | 6:46   | 8.9  |

**10 km atest PZLA Gliwicki, Mieszkanki Gliwic**

| M-ce | Nazwisko i imię           | Nr   | Klub          | M-scowość | Kraj | Kat. | M. kat | K/M | Netto    | Brutto   | min/km | km/h |
|------|---------------------------|------|---------------|-----------|------|------|--------|-----|----------|----------|--------|------|
| 1    | GARDULSKA-BOTOR KATARZYNA | 1376 |               | GLIWICE   |      | K-30 | 1      | K 3 | 00:46:53 | 00:47:15 | 4:41   | 12.8 |
| 2    | PĘDOWSKA BOŻENA           | 1417 | INDYWIDUALNIE | GLIWICE   |      | K-50 | 1      | K 4 | 00:48:02 | 00:48:12 | 4:48   | 12.5 |

**10 km atest PZLA Gliwicki, Mieszkańki Gliwic c.d.**

| M-ce | Nazwisko i imię                  | Nr   | Klub                                | M-scowość | Kraj | Kat.                 | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|----------------------------------|------|-------------------------------------|-----------|------|----------------------|--------|-------|----------|----------|--------|------|
| 3    | LASICZ ALEKSANDRA                | 1418 |                                     | GLIWICE   |      | K-30                 | 2      | K 5   | 00:49:33 | 00:51:22 | 4:57   | 12.1 |
| 4    | PIKUL WIKTORIA                   | 1402 | GRUPA KOLARSKA GLIWICE BIKE ATELIER | GLIWICE   |      | MIESZKANKI<br>GLIWIC | 1      | K 7   | 00:51:18 | 00:51:58 | 5:07   | 11.7 |
| 5    | ROŻEK AGATA                      | 1346 |                                     | GLIWICE   |      | K-16                 | 1      | K 13  | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 6    | MICHALIK MAŁGORZATA              | 1387 |                                     | GLIWICE   |      | K-30                 | 4      | K 11  | 00:52:44 | 00:53:26 | 5:16   | 11.4 |
| 7    | STAWSKA JOANNA                   | 1307 | BIEGAJ Z TRENERAMI                  | GLIWICE   |      | K-50                 | 2      | K 12  | 00:52:50 | 00:53:33 | 5:17   | 11.4 |
| 8    | MAĆZYŃSKA AGNIESZKA              | 1465 |                                     | GLIWICE   |      | K-40                 | 4      | K 16  | 00:53:40 | 00:55:15 | 5:22   | 11.2 |
| 9    | MALSKA- WYROZUMSKA MAŁGORZATA    | 1433 |                                     | GLIWICE   |      | K-30                 | 5      | K 14  | 00:53:59 | 00:54:45 | 5:24   | 11.1 |
| 10   | ANDRZEJCZAK IWONA                | 1309 |                                     | GLIWICE   |      | K-30                 | 8      | K 23  | 00:54:50 | 00:56:28 | 5:29   | 10.9 |
| 11   | DUSS SONIA                       | 1524 |                                     | GLIWICE   |      | K-40                 | 7      | K 31  | 00:55:15 | 00:56:58 | 5:31   | 10.9 |
| 12   | DĘBSKA JOANNA                    | 1519 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-40                 | 8      | K 20  | 00:55:24 | 00:56:11 | 5:32   | 10.8 |
| 13   | CZAPEK ANNA                      | 1500 | BOJKÓW                              | GLIWICE   |      | K-40                 | 9      | K 27  | 00:55:29 | 00:56:33 | 5:33   | 10.8 |
| 14   | POLEWKA BEATA                    | 1531 | UKS KONIETA S-A                     | GLIWICE   |      | K-40                 | 12     | K 32  | 00:56:08 | 00:57:28 | 5:36   | 10.7 |
| 15   | WÓJCIAK KATARZYNA                | 1363 |                                     | GLIWICE   |      | K-30                 | 12     | K 36  | 00:56:36 | 00:58:26 | 5:39   | 10.6 |
| 16   | CZERNIAK ŻANETA                  | 1364 |                                     | GLIWICE   |      | K-40                 | 15     | K 35  | 00:56:37 | 00:58:26 | 5:39   | 10.6 |
| 17   | ONAK IZABELA                     | 1497 |                                     | GLIWICE   |      | K-40                 | 16     | K 37  | 00:56:42 | 00:58:49 | 5:40   | 10.6 |
| 18   | ZBOROWSKA DOMIKA                 | 1339 | ISTA BIEGAMY                        | GLIWICE   |      | K-30                 | 13     | K 42  | 00:57:27 | 00:59:30 | 5:44   | 10.4 |
| 19   | BOBA ALICJA                      | 532  | WPR MAMRE                           | GLIWICE   |      | K-30                 | 14     | K 41  | 00:57:41 | 00:59:21 | 5:46   | 10.4 |
| 20   | LASKOWSKA ANNA                   | 1407 | KATA GURUMA                         | GLIWICE   |      | K-30                 | 16     | K 47  | 00:58:20 | 01:00:07 | 5:50   | 10.3 |
| 21   | POSTOŁ KAROLINA                  | 1518 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-30                 | 17     | K 40  | 00:58:24 | 00:59:11 | 5:50   | 10.3 |
| 22   | KOPCIK JOANNA                    | 1471 |                                     | GLIWICE   |      | K-30                 | 18     | K 46  | 00:58:26 | 00:59:59 | 5:50   | 10.3 |
| 23   | DYWAN IWONA                      | 1453 |                                     | GLIWICE   |      | K-40                 | 17     | K 38  | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 24   | DYWAN KLAUDIA                    | 1452 |                                     | GLIWICE   |      | K-16                 | 2      | K 39  | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 25   | DRAGON KAROLINA                  | 1466 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-30                 | 21     | K 51  | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 26   | BROŻEK ANNA                      | 1383 |                                     | GLIWICE   |      | K-30                 | 23     | K 50  | 00:59:17 | 01:00:25 | 5:55   | 10.1 |
| 27   | NOWAK-BODUCH JOANNA              | 1548 |                                     | GLIWICE   |      | K-50                 | 3      | K 49  | 01:00:00 | 01:00:23 | 6:00   | 10   |
| 28   | FRYDA ANETA                      | 1592 |                                     | GLIWICE   |      | K-40                 | 18     | K 53  | 01:01:30 | 01:03:14 | 6:09   | 9.8  |
| 29   | GORAJ-ZAJĄC ALEKSANDRA           | 1515 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-40                 | 19     | K 52  | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 30   | WÓJCIK ANNA                      | 1428 |                                     | GLIWICE   |      | K-30                 | 25     | K 55  | 01:02:49 | 01:04:22 | 6:16   | 9.6  |
| 31   | MAZURKIEWICZ AGNIESZKA           | 1558 | WARSAW MASTERS TEAM                 | GLIWICE   |      | K-30                 | 26     | K 61  | 01:03:21 | 01:05:06 | 6:20   | 9.5  |
| 32   | CZERNIAK CELINA                  | 1469 |                                     | GLIWICE   |      | K-30                 | 27     | K 62  | 01:03:21 | 01:05:07 | 6:20   | 9.5  |
| 33   | JUSZCZAK EWA                     | 1392 |                                     | GLIWICE   |      | K-50                 | 5      | K 54  | 01:03:25 | 01:03:51 | 6:20   | 9.5  |
| 34   | JANOWSKA-CHWALISZEWSKA AGNIESZKA | 1394 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-40                 | 20     | K 63  | 01:03:31 | 01:05:16 | 6:21   | 9.4  |
| 35   | MUCHA-KUŚ KAROLINA               | 1522 |                                     | GLIWICE   |      | K-30                 | 30     | K 65  | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 36   | STOLARZ AGNIESZKA                | 1353 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-40                 | 24     | K 67  | 01:06:23 | 01:07:12 | 6:38   | 9    |
| 37   | KOBIERSKA ANNA                   | 1355 |                                     | GLIWICE   |      | K-20                 | 7      | K 77  | 01:06:24 | 01:08:19 | 6:38   | 9    |
| 38   | KUPIS KATARZYNA                  | 1485 | KUDŁATY ART TEAM                    | GLIWICE   |      | K-20                 | 8      | K 70  | 01:06:37 | 01:07:46 | 6:39   | 9    |
| 39   | JANOSZEK MAŁGORZATA              | 1435 |                                     | GLIWICE   |      | K-30                 | 33     | K 68  | 01:06:49 | 01:07:17 | 6:41   | 9    |
| 40   | RAŁ ZDZISŁAWA                    | 1444 |                                     | GLIWICE   |      | K-60                 | 1      | K 69  | 01:06:50 | 01:07:18 | 6:41   | 9    |
| 41   | OTOROWSKA ALEKSANDRA             | 1412 |                                     | GLIWICE   |      | K-30                 | 36     | K 78  | 01:07:58 | 01:08:32 | 6:47   | 8.8  |
| 42   | BLUSZCZ MARTA                    | 1539 |                                     | GLIWICE   |      | K-30                 | 37     | K 80  | 01:08:01 | 01:09:25 | 6:48   | 8.8  |
| 43   | LUTOGNIOWSKA DOROTA              | 1315 | BIPROHUT                            | GLIWICE   |      | K-20                 | 9      | K 84  | 01:09:02 | 01:10:57 | 6:54   | 8.7  |
| 44   | KOTLIŃSKA NATALIA                | 1329 |                                     | GLIWICE   |      | K-20                 | 10     | K 81  | 01:09:04 | 01:10:02 | 6:54   | 8.7  |
| 45   | DUDZICZ BARBARA                  | 1597 | PKO BP                              | GLIWICE   |      | K-40                 | 26     | K 82  | 01:09:23 | 01:10:10 | 6:56   | 8.6  |
| 46   | HOMIŃSKA KRYSZYNA                | 1551 | PKO BP                              | GLIWICE   |      | K-50                 | 6      | K 85  | 01:11:03 | 01:11:22 | 7:06   | 8.4  |
| 47   | BOCZAROWSKA BARBARA              | 1482 | EXPERT TRAVEL                       | GLIWICE   |      | K-30                 | 43     | K 88  | 01:13:51 | 01:14:18 | 7:23   | 8.1  |
| 48   | SZOKA EWA                        | 1409 | NIGHT RUNNER GLIWICE                | GLIWICE   |      | K-30                 | 44     | K 90  | 01:14:09 | 01:15:53 | 7:25   | 8.1  |
| 49   | VEGA ZUMETA BRYGIDA              | 1396 | PADŁ NA RYJ TEAM                    | GLIWICE   |      | K-30                 | 45     | K 93  | 01:17:03 | 01:18:52 | 7:42   | 7.8  |
| 50   | PANKIEWICZ KATARZYNA             | 1498 | GRUPA CMYKI                         | GLIWICE   |      | K-40                 | 28     | K 94  | 01:17:24 | 01:19:38 | 7:44   | 7.8  |
| 51   | FRĄC ELŻBIETA                    | 1314 | NIGHT RUNNERS GLIWICE               | GLIWICE   |      | K-30                 | 46     | K 92  | 01:17:42 | 01:18:29 | 7:46   | 7.7  |
| 52   | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA  | 1523 |                                     | GLIWICE   |      | K-30                 | 48     | K 99  | 02:18:34 | 02:20:13 | 13:51  | 4.3  |
| 53   | IZYDORCZYK AGNIESZKA             | 1337 | HIRSCHVOGEL                         | GLIWICE   |      | K-30                 | 49     | K 100 |          |          | 23:57  | 2.5  |

**10 km atest PZLA Gliwicki, Mieszkańcy Gliwic**

| M-ce | Nazwisko i imię         | Nr   | Klub                    | M-scowość | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|-------------------------|------|-------------------------|-----------|------|------|--------|-------|----------|----------|--------|------|
| 1    | OGRODNICZEK ADAM        | 1448 | AKMB PĘDZIWIATR GLIWICE | GLIWICE   |      | M-40 | 2      | M 11  | 00:40:53 | 00:41:06 | 4:05   | 14,7 |
| 2    | WAJDA GRZEGORZ          | 1430 | KW GLIWICE              | GLIWICE   |      | M-30 | 7      | M 14  | 00:41:29 | 00:41:34 | 4:08   | 14,5 |
| 3    | CZARNOŻYŃSKI ALEKSANDER | 1529 | GTT-INTER PROJEKT       | GLIWICE   |      | M-50 | 3      | M 16  | 00:42:07 | 00:42:16 | 4:12   | 14,2 |
| 4    | WAWRZAK RYSZARD         | 1413 |                         | GLIWICE   |      | M-40 | 6      | M 19  | 00:44:07 | 00:44:56 | 4:24   | 13,6 |
| 5    | BESSA RICARDO           | 1375 | TEAM DOUBLE TROUBLE     | GLIWICE   |      | M-30 | 8      | M 29  | 00:45:35 | 00:47:49 | 4:33   | 13,2 |
| 6    | CESARZ MACIEJ           | 1487 | TYLKO CURLING!          | GLIWICE   |      | M-30 | 10     | M 25  | 00:46:19 | 00:47:00 | 4:37   | 13   |
| 7    | WYCIŚLIK MARCIN         | 1318 | HIRSCHVOGEL             | GLIWICE   |      | M-30 | 12     | M 24  | 00:46:47 | 00:46:58 | 4:40   | 12,8 |
| 8    | ŻEROMSKI STEFAN         | 1517 | JASNA GLIWICE           | GLIWICE   |      | M-50 | 4      | M 26  | 00:47:12 | 00:47:31 | 4:43   | 12,7 |
| 9    | CZAUDERNA ADRIAN        | 1350 | ETERUN                  | GLIWICE   |      | M-40 | 8      | M 33  | 00:47:23 | 00:49:09 | 4:44   | 12,7 |
| 10   | LEGUTKO PIOTR           | 1499 | -                       | GLIWICE   |      | M-20 | 6      | M 35  | 00:47:30 | 00:49:21 | 4:45   | 12,6 |
| 11   | MERMON ARTUR            | 1543 |                         | GLIWICE   |      | M-50 | 5      | M 28  | 00:47:41 | 00:47:49 | 4:46   | 12,6 |
| 12   | BAŃBUŁA GRZEGORZ        | 1300 |                         | GLIWICE   |      | M-30 | 13     | M 30  | 00:48:10 | 00:48:21 | 4:49   | 12,5 |
| 13   | OSSOWSKI DARIUSZ        | 1340 | HIRSCHVOGEL             | GLIWICE   |      | M-20 | 8      | M 32  | 00:48:34 | 00:48:54 | 4:51   | 12,3 |
| 14   | SOKOŁOWSKI ŁUKASZ       | 1351 |                         | GLIWICE   |      | M-20 | 10     | M 41  | 00:49:10 | 00:51:07 | 4:55   | 12,2 |
| 15   | WEŻYK WOJCIECH          | 1460 |                         | GLIWICE   |      | M-40 | 10     | M 38  | 00:49:48 | 00:49:58 | 4:58   | 12   |
| 16   | ZARUDZKI ŁUKASZ         | 1357 | NOTHING TO FEAR         | GLIWICE   |      | M-30 | 15     | M 42  | 00:49:54 | 00:51:07 | 4:59   | 12   |
| 17   | BIOLIK PIOTR            | 1419 | --                      | GLIWICE   |      | M-40 | 11     | M 45  | 00:49:58 | 00:51:55 | 4:59   | 12   |
| 18   | BRODEK ANDRZEJ          | 1474 |                         | GLIWICE   |      | M-40 | 12     | M 44  | 00:50:16 | 00:51:30 | 5:01   | 11,9 |
| 19   | BUGAJSKI MARIUSZ        | 1556 |                         | GLIWICE   |      | M-40 | 13     | M 39  | 00:50:32 | 00:50:39 | 5:03   | 11,9 |
| 20   | OPIOŁA TOMASZ           | 1598 | HARNAŚ                  | GLIWICE   |      | M-30 | 19     | M 40  | 00:50:37 | 00:50:55 | 5:03   | 11,8 |
| 21   | PIKTAS PAWEŁ            | 1535 |                         | GLIWICE   |      | M-40 | 14     | M 51  | 00:51:13 | 00:52:35 | 5:07   | 11,7 |
| 22   | GOŁĘBIOWSKI MAREK       | 1370 |                         | GLIWICE   |      | M-30 | 21     | M 58  | 00:51:58 | 00:53:35 | 5:11   | 11,5 |
| 23   | ROŻEK MICHAŁ            | 1345 |                         | GLIWICE   |      | M-40 | 15     | M 61  | 00:52:13 | 00:54:00 | 5:13   | 11,5 |
| 24   | BAŃKOWSKI SEBASTIAN     | 1393 |                         | GLIWICE   |      | M-20 | 15     | M 65  | 00:52:15 | 00:54:19 | 5:13   | 11,5 |
| 25   | PIKOŃ KRZYSZTOF         | 1595 |                         | GLIWICE   |      | M-40 | 16     | M 68  | 00:53:06 | 00:54:40 | 5:18   | 11,3 |
| 26   | KRZEMIŃSKI MIROSLAW     | 1424 |                         | GLIWICE   |      | M-40 | 18     | M 76  | 00:53:32 | 00:55:39 | 5:21   | 11,2 |
| 27   | SZMYD WOJCIECH          | 1507 |                         | GLIWICE   |      | M-30 | 26     | M 69  | 00:53:37 | 00:54:54 | 5:21   | 11,2 |
| 28   | MĘDRAŁA JACEK           | 1389 |                         | GLIWICE   |      | M-40 | 19     | M 59  | 00:53:39 | 00:53:50 | 5:22   | 11,2 |
| 29   | KRYNICKI PAWEŁ          | 1511 |                         | GLIWICE   |      | M-20 | 16     | M 77  | 00:53:55 | 00:55:57 | 5:23   | 11,1 |
| 30   | LENTZY GRZEGORZ         | 1422 |                         | GLIWICE   |      | M-30 | 29     | M 64  | 00:54:02 | 00:54:17 | 5:24   | 11,1 |
| 31   | HAJDUKIEWICZ MICHAŁ     | 1475 |                         | GLIWICE   |      | M-20 | 17     | M 75  | 00:54:14 | 00:55:29 | 5:25   | 11,1 |
| 32   | HAJDUGA RAFAŁ           | 1502 | GLIWICE                 | GLIWICE   |      | M-40 | 20     | M 71  | 00:54:33 | 00:55:18 | 5:27   | 11   |
| 33   | BOBEŁ KRZYSZTOF         | 1440 |                         | GLIWICE   |      | M-30 | 31     | M 80  | 00:54:41 | 00:56:16 | 5:28   | 11   |
| 34   | TURCZYN MATEUSZ         | 1555 | HIRSCHVOGEL             | GLIWICE   |      | M-20 | 18     | M 73  | 00:54:46 | 00:55:20 | 5:28   | 11   |
| 35   | CYBA MAREK              | 1454 |                         | GLIWICE   |      | M-40 | 23     | M 82  | 00:54:56 | 00:56:36 | 5:29   | 10,9 |
| 36   | MYŚLAK MARIUSZ          | 1557 |                         | GLIWICE   |      | M-30 | 33     | M 89  | 00:55:20 | 00:57:41 | 5:32   | 10,8 |
| 37   | CZOGALA PIOTR           | 1542 |                         | GLIWICE   |      | M-40 | 25     | M 86  | 00:56:25 | 00:57:16 | 5:38   | 10,6 |
| 38   | PROTAS TOMASZ           | 1463 | ZSO5 GLIWICE            | GLIWICE   |      | M-30 | 36     | M 87  | 00:56:26 | 00:57:17 | 5:38   | 10,6 |
| 39   | RYBAK PIOTR             | 1391 |                         | GLIWICE   |      | M-20 | 21     | M 93  | 00:56:27 | 00:58:25 | 5:38   | 10,6 |
| 40   | PIOTR WITULSKI          | 1504 |                         | GLIWICE   |      | M-30 | 37     | M 95  | 00:56:39 | 00:58:47 | 5:40   | 10,6 |
| 41   | CYBAŁA PIOTR            | 1366 |                         | GLIWICE   |      | M-30 | 38     | M 94  | 00:56:54 | 00:58:29 | 5:41   | 10,5 |
| 42   | ROCHOWSKI PAWEŁ         | 1541 |                         | GLIWICE   |      | M-20 | 22     | M 91  | 00:57:08 | 00:58:16 | 5:42   | 10,5 |
| 43   | LIPOWSKI GRZEGORZ       | 1411 |                         | GLIWICE   |      | M-30 | 39     | M 92  | 00:57:09 | 00:58:17 | 5:42   | 10,5 |
| 44   | BEDNARZ ARKADIUSZ       | 1472 |                         | GLIWICE   |      | M-40 | 26     | M 96  | 00:57:24 | 00:59:02 | 5:44   | 10,4 |
| 45   | MALEC MAREK             | 1331 |                         | GLIWICE   |      | M-20 | 23     | M 101 | 00:57:27 | 00:59:44 | 5:44   | 10,4 |
| 46   | ROJEK MICHAŁ            | 1320 |                         | GLIWICE   |      | M-30 | 42     | M 106 | 00:58:07 | 01:00:21 | 5:48   | 10,3 |
| 47   | LEGIEŻYŃSKI KRZYSZTOF   | 1534 |                         | GLIWICE   |      | M-30 | 45     | M 99  | 00:58:37 | 00:59:33 | 5:51   | 10,2 |
| 48   | KARASIŃSKI JACEK        | 1464 |                         | GLIWICE   |      | M-30 | 46     | M 108 | 00:59:02 | 01:00:44 | 5:54   | 10,2 |
| 49   | RAKINT BOGDAN           | 1401 |                         | GLIWICE   |      | M-30 | 47     | M 109 | 00:59:13 | 01:01:08 | 5:55   | 10,1 |
| 50   | KONICZEK MAREK          | 1390 |                         | GLIWICE   |      | M-50 | 9      | M 112 | 00:59:24 | 01:01:34 | 5:56   | 10,1 |
| 51   | DĄBROWSKI JACEK         | 1347 | HIRSCHVOGEL             | GLIWICE   |      | M-30 | 49     | M 103 | 00:59:28 | 01:00:04 | 5:56   | 10,1 |
| 52   | DĘBSKI MARIUSZ          | 1520 | NIGHT RUNNERS GLIWICE   | GLIWICE   |      | M-40 | 28     | M 113 | 01:01:40 | 01:02:27 | 6:10   | 9,7  |
| 53   | PIOTROWSKI JAROSŁAW     | 1445 |                         | GLIWICE   |      | M-40 | 29     | M 120 | 01:01:43 | 01:03:51 | 6:10   | 9,7  |
| 54   | ZACZEK ADAM             | 1360 | OPEL ACTIVE TEAM        | GLIWICE   |      | M-30 | 51     | M 119 | 01:02:15 | 01:03:42 | 6:13   | 9,6  |
| 55   | AUGUSTYŃIAK ADAM        | 1494 |                         | GLIWICE   |      | M-50 | 10     | M 117 | 01:02:28 | 01:03:18 | 6:14   | 9,6  |
| 56   | TRZEMŻAŁSKI KAMIL       | 1508 |                         | GLIWICE   |      | M-20 | 28     | M 121 | 01:02:49 | 01:03:53 | 6:16   | 9,6  |
| 57   | DOMAGALSKI MIROSLAW     | 1381 |                         | GLIWICE   |      | M-30 | 52     | M 123 | 01:04:09 | 01:05:14 | 6:25   | 9,4  |

**10 km atest PZLA Gliwicki, Mieszkańcy Gliwic c.d.**

| M-ce | Nazwisko i imię      | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|----------------------|------|------|-----------|------|------|--------|-------|----------|----------|--------|------|
| 58   | KUŚ MICHAŁ           | 1521 |      | GLIWICE   |      | M-30 | 54     | M 126 | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 59   | ŁUSZCZ OLIWIER       | 1525 |      | GLIWICE   |      | M-20 | 29     | M 122 | 01:04:35 | 01:04:45 | 6:27   | 9.3  |
| 60   | SOKOŁOWSKI MATEUSZ   | 1352 |      | GLIWICE   |      | M-20 | 30     | M 129 | 01:06:27 | 01:08:25 | 6:38   | 9    |
| 61   | SŁODKIEWICZ GRZEGORZ | 1442 |      | GLIWICE   |      | M-40 | 34     | M 133 | 01:08:56 | 01:11:21 | 6:53   | 8.7  |
| 62   | GAŚCZCZAK TADEUSZ    | 1341 |      | GLIWICE   |      | M-70 | 1      | M 137 | 01:31:34 | 01:31:46 | 9:09   | 6.6  |

**10 km atest PZLA Gliwicki, K-16**

| M-ce | Nazwisko i imię | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|------|----------|----------|--------|------|
| 1    | ROŻEK AGATA     | 1346 |      | GLIWICE   |      | K-16 | 1      | K 13 | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 2    | DYWAN KLAUDIA   | 1452 |      | GLIWICE   |      | K-16 | 2      | K 39 | 00:58:41 | 00:58:50 | 5:52   | 10.2 |

**10 km atest PZLA Gliwicki, M-16**

| M-ce | Nazwisko i imię | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|------|----------|----------|--------|------|
| 1    | ŁUSZCZ ANDRZEJ  | 1416 |      | BYTOM     |      | M-16 | 1      | M 46 | 00:51:10 | 00:52:05 | 5:07   | 11.7 |

**10 km atest PZLA Gliwicki, K-20**

| M-ce | Nazwisko i imię      | Nr   | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|----------------------|------|-----------------------|-----------|------|------|--------|------|----------|----------|--------|------|
| 1    | CANIBOŁ ANNA         | 1306 |                       | GOŁKOWICE |      | K-20 | 1      | K 8  | 00:51:10 | 00:52:38 | 5:07   | 11.7 |
| 2    | BRONOWICKA DOROTA    | 1423 |                       | WROCLAW   |      | K-20 | 2      | K 10 | 00:52:44 | 00:53:24 | 5:16   | 11.4 |
| 3    | DYMAREK BEATA        | 1399 |                       | TOSZEK    |      | K-20 | 3      | K 17 | 00:53:51 | 00:55:18 | 5:23   | 11.1 |
| 4    | KNEBEL PATRYCJA      | 1439 |                       | ZABRZE    |      | K-20 | 4      | K 22 | 00:54:50 | 00:56:24 | 5:29   | 10.9 |
| 5    | FRANECKA ANNA        | 1450 |                       | BELK      |      | K-20 | 5      | K 21 | 00:55:21 | 00:56:21 | 5:32   | 10.8 |
| 6    | LUBOWICKA KATARZYNA  | 7    | RYBICKA GRUPA BIEGOWA | RYBNIK    |      | K-20 | 6      | K 58 | 01:02:28 | 01:04:25 | 6:14   | 9.6  |
| 7    | KOBIERSKA ANNA       | 1355 |                       | GLIWICE   |      | K-20 | 7      | K 77 | 01:06:24 | 01:08:19 | 6:38   | 9    |
| 8    | KUPIS KATARZYNA      | 1485 | KUDŁATY ART TEAM      | GLIWICE   |      | K-20 | 8      | K 70 | 01:06:37 | 01:07:46 | 6:39   | 9    |
| 9    | LUTOGNIIEWSKA DOROTA | 1315 | BIPROHUT              | GLIWICE   |      | K-20 | 9      | K 84 | 01:09:02 | 01:10:57 | 6:54   | 8.7  |
| 10   | KOTLIŃSKA NATALIA    | 1329 |                       | GLIWICE   |      | K-20 | 10     | K 81 | 01:09:04 | 01:10:02 | 6:54   | 8.7  |
| 11   | HRYSZKIEWICZ ANNA    | 1451 | UNISONO               | BYTOM     |      | K-20 | 11     | K 95 | 01:18:34 | 01:20:47 | 7:51   | 7.6  |

**10 km atest PZLA Gliwicki, M-20**

| M-ce | Nazwisko i imię      | Nr   | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|----------------------|------|-----------------------|-----------|------|------|--------|------|----------|----------|--------|------|
| 1    | SZYMAŃSKI PAWEŁ      | 1427 | NIEWYMIĘKACZE         | KATOWICE  |      | M-20 | 1      | M 1  | 00:36:18 | 00:36:21 | 3:37   | 16.5 |
| 2    | MUSKIETORZ PIOTR     | 1432 |                       | MIKOŁÓW   |      | M-20 | 2      | M 4  | 00:39:14 | 00:39:23 | 3:55   | 15.3 |
| 3    | GÓRYŃSKI RAFAŁ       | 9    | RYBICKA GRUPA BIEGOWA | RYBNIK    |      | M-20 | 3      | M 9  | 00:40:39 | 00:40:45 | 4:04   | 14.8 |
| 4    | DROSDZOL PIOTR       | 1559 |                       | CHORZÓW   |      | M-20 | 4      | M 20 | 00:45:19 | 00:45:53 | 4:32   | 13.2 |
| 5    | KOTAS ADAM           | 1455 |                       | KATOWICE  |      | M-20 | 5      | M 34 | 00:47:05 | 00:49:12 | 4:42   | 12.7 |
| 6    | LEGUTKO PIOTR        | 1499 | -                     | GLIWICE   |      | M-20 | 6      | M 35 | 00:47:30 | 00:49:21 | 4:45   | 12.6 |
| 7    | MYCZKOWSKI ADAM      | 1410 |                       | KATOWICE  |      | M-20 | 7      | M 31 | 00:48:22 | 00:48:48 | 4:50   | 12.4 |
| 8    | OSSOWSKI DARIUSZ     | 1340 | HIRSCHVOGEL           | GLIWICE   |      | M-20 | 8      | M 32 | 00:48:34 | 00:48:54 | 4:51   | 12.3 |
| 9    | UZDRZYCHOWSKI MACIEJ | 1378 | WF SPORTRUN TEAM      | ŁĘDZINY   |      | M-20 | 9      | M 37 | 00:48:41 | 00:49:53 | 4:52   | 12.3 |
| 10   | SOKOŁOWSKI ŁUKASZ    | 1351 |                       | GLIWICE   |      | M-20 | 10     | M 41 | 00:49:10 | 00:51:07 | 4:55   | 12.2 |
| 11   | DESMOND ROBERT       | 1458 |                       | KATOWICE  |      | M-20 | 11     | M 53 | 00:50:42 | 00:52:49 | 5:04   | 11.8 |
| 12   | TROJAN PAWEŁ         | 1552 | ITACY BIEGACZE        | OPOLE     |      | M-20 | 12     | M 52 | 00:50:42 | 00:52:37 | 5:04   | 11.8 |
| 13   | RYBAK ANDRZEJ        | 1335 | HIRSCHVOGEL           | ZABRZE    |      | M-20 | 13     | M 49 | 00:51:51 | 00:52:25 | 5:11   | 11.6 |
| 14   | SŁOWIK PAWEŁ         | 1484 |                       | PYSKOWICE |      | M-20 | 14     | M 55 | 00:52:07 | 00:53:00 | 5:12   | 11.5 |
| 15   | BAŃKOWSKI SEBASTIAN  | 1393 |                       | GLIWICE   |      | M-20 | 15     | M 65 | 00:52:15 | 00:54:19 | 5:13   | 11.5 |
| 16   | KRYNICKI PAWEŁ       | 1511 |                       | GLIWICE   |      | M-20 | 16     | M 77 | 00:53:55 | 00:55:57 | 5:23   | 11.1 |

**10 km atest PZLA Gliwicki, M-20 c.d.**

| M-ce | Nazwisko i imię     | Nr   | Klub         | M-scowość        | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------|------|--------------|------------------|------|------|--------|-------|----------|----------|--------|------|
| 17   | HAJDUKIEWICZ MICHAŁ | 1475 |              | GLIWICE          |      | M-20 | 17     | M 75  | 00:54:14 | 00:55:29 | 5:25   | 11.1 |
| 18   | TURCZYN MATEUSZ     | 1555 | HIRSCHVOGEL  | GLIWICE          |      | M-20 | 18     | M 73  | 00:54:46 | 00:55:20 | 5:28   | 11   |
| 19   | BRZÓZKA PIOTR       | 1580 |              | JASTRZĘBIE-ZDRÓJ |      | M-20 | 19     | M 78  | 00:55:04 | 00:56:01 | 5:30   | 10.9 |
| 20   | SKURA ADAM          | 1510 |              | KRAKÓW           |      | M-20 | 20     | M 88  | 00:55:21 | 00:57:36 | 5:32   | 10.8 |
| 21   | RYBAK PIOTR         | 1391 |              | GLIWICE          |      | M-20 | 21     | M 93  | 00:56:27 | 00:58:25 | 5:38   | 10.6 |
| 22   | ROCHOWSKI PAWEŁ     | 1541 |              | GLIWICE          |      | M-20 | 22     | M 91  | 00:57:08 | 00:58:16 | 5:42   | 10.5 |
| 23   | MALEC MAREK         | 1331 |              | GLIWICE          |      | M-20 | 23     | M 101 | 00:57:27 | 00:59:44 | 5:44   | 10.4 |
| 24   | KIJANKA DAMIAN      | 1334 | HIRSCHVOGEL  | CZERWIONKA       |      | M-20 | 24     | M 98  | 00:58:57 | 00:59:32 | 5:53   | 10.2 |
| 25   | GOŁYŚ DAWID         | 1473 |              | KNURÓW           |      | M-20 | 25     | M 102 | 00:59:45 | 00:59:50 | 5:58   | 10   |
| 26   | RATKA DAWID         | 1540 |              | WYRY             |      | M-20 | 26     | M 107 | 00:59:46 | 01:00:43 | 5:58   | 10   |
| 27   | JUROWICZ DAMIAN     | 1316 |              | KATOWICE         |      | M-20 | 27     | M 110 | 01:00:23 | 01:01:18 | 6:02   | 9.9  |
| 28   | TRZEMŻAŁSKI KAMIL   | 1508 |              | GLIWICE          |      | M-20 | 28     | M 121 | 01:02:49 | 01:03:53 | 6:16   | 9.6  |
| 29   | ŁUSZCZ OLIWIER      | 1525 |              | GLIWICE          |      | M-20 | 29     | M 122 | 01:04:35 | 01:04:45 | 6:27   | 9.3  |
| 30   | SOKOŁOWSKI MATEUSZ  | 1352 |              | GLIWICE          |      | M-20 | 30     | M 129 | 01:06:27 | 01:08:25 | 6:38   | 9    |
| 31   | SUSEŁ ALEKSANDER    | 1    | CAŁA NAPRZÓD | MIKOŁÓW          |      | M-20 | 31     | M 127 | 01:07:43 | 01:07:45 | 6:46   | 8.9  |
| 32   | TRZOPEK MARCIN      | 1420 |              | UJSOŁY           |      | M-20 | 32     | M 132 | 01:11:04 | 01:11:14 | 7:06   | 8.4  |

**10 km atest PZLA Gliwicki, K-30**

| M-ce | Nazwisko i imię               | Nr   | Klub                   | M-scowość            | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-------------------------------|------|------------------------|----------------------|------|------|--------|------|----------|----------|--------|------|
| 1    | GARDULSKA-BOTOR KATARZYNA     | 1376 |                        | GLIWICE              |      | K-30 | 1      | K 3  | 00:46:53 | 00:47:15 | 4:41   | 12.8 |
| 2    | LASICZ ALEKSANDRA             | 1418 |                        | GLIWICE              |      | K-30 | 2      | K 5  | 00:49:33 | 00:51:22 | 4:57   | 12.1 |
| 3    | ZIOMEK KATARZYNA              | 1459 |                        | BYTOM                |      | K-30 | 3      | K 6  | 00:50:35 | 00:51:40 | 5:03   | 11.9 |
| 4    | MICHAŁIK MAŁGORZATA           | 1387 |                        | GLIWICE              |      | K-30 | 4      | K 11 | 00:52:44 | 00:53:26 | 5:16   | 11.4 |
| 5    | MALSKA- WYROZUMSKA MAŁGORZATA | 1433 |                        | GLIWICE              |      | K-30 | 5      | K 14 | 00:53:59 | 00:54:45 | 5:24   | 11.1 |
| 6    | BALIŃSKA-SANOCKA ANETA        | 1343 |                        | ZABRZE               |      | K-30 | 6      | K 24 | 00:54:27 | 00:56:29 | 5:26   | 11   |
| 7    | IBROM-JASIŃSKA JUSTYNA        | 1533 |                        | TARNOWSKIE GÓRY      |      | K-30 | 7      | K 18 | 00:54:41 | 00:55:49 | 5:28   | 11   |
| 8    | ANDRZEJCZAK IWONA             | 1309 |                        | GLIWICE              |      | K-30 | 8      | K 23 | 00:54:50 | 00:56:28 | 5:29   | 10.9 |
| 9    | GRUCHAŁA ANNA                 | 1400 |                        | SIEMIANOWICE ŚLĄSKIE |      | K-30 | 9      | K 19 | 00:54:57 | 00:55:53 | 5:29   | 10.9 |
| 10   | MERKEL SABINA                 | 1577 |                        | GASZOWICE            |      | K-30 | 10     | K 30 | 00:54:58 | 00:56:55 | 5:29   | 10.9 |
| 11   | ZIĘBA SABINA                  | 1326 |                        | ORNONTOWICE          |      | K-30 | 11     | K 26 | 00:56:27 | 00:56:32 | 5:38   | 10.6 |
| 12   | WÓJCIAK KATARZYNA             | 1363 |                        | GLIWICE              |      | K-30 | 12     | K 36 | 00:56:36 | 00:58:26 | 5:39   | 10.6 |
| 13   | ZBOROWSKA DOMIKA              | 1339 | ISTA BIEGAMY           | GLIWICE              |      | K-30 | 13     | K 42 | 00:57:27 | 00:59:30 | 5:44   | 10.4 |
| 14   | BOBA ALICJA                   | 532  | WPR MAMRE              | GLIWICE              |      | K-30 | 14     | K 41 | 00:57:41 | 00:59:21 | 5:46   | 10.4 |
| 15   | SZAMPERA AGNIESZKA            | 1461 | EVENT 360 RUNNING TEAM | ZAWADZKIE            |      | K-30 | 15     | K 48 | 00:58:10 | 01:00:19 | 5:49   | 10.3 |
| 16   | LASKOWSKA ANNA                | 1407 | KATA GURUMA            | GLIWICE              |      | K-30 | 16     | K 47 | 00:58:20 | 01:00:07 | 5:50   | 10.3 |
| 17   | POSTOŁ KAROLINA               | 1518 | NIGHT RUNNERS GLIWICE  | GLIWICE              |      | K-30 | 17     | K 40 | 00:58:24 | 00:59:11 | 5:50   | 10.3 |
| 18   | KOPCIK JOANNA                 | 1471 |                        | GLIWICE              |      | K-30 | 18     | K 46 | 00:58:26 | 00:59:59 | 5:50   | 10.3 |
| 19   | GOCYK PATRYCJA                | 1447 |                        | TARNOWSKIE GÓRY      |      | K-30 | 19     | K 44 | 00:58:39 | 00:59:33 | 5:52   | 10.2 |
| 20   | SKWARA KATARZYNA              | 1388 | HIRSCHVOGEL            | ZABRZE               |      | K-30 | 20     | K 43 | 00:58:56 | 00:59:32 | 5:53   | 10.2 |
| 21   | DRAGON KAROLINA               | 1466 | NIGHT RUNNERS GLIWICE  | GLIWICE              |      | K-30 | 21     | K 51 | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 22   | NOWICKA IWONA                 | 1509 |                        | KATOWICE             |      | K-30 | 22     | K 45 | 00:59:06 | 00:59:35 | 5:54   | 10.2 |
| 23   | BROŻEK ANNA                   | 1383 |                        | GLIWICE              |      | K-30 | 23     | K 50 | 00:59:17 | 01:00:25 | 5:55   | 10.1 |
| 24   | KUCZERA BEATA                 | 4    |                        | RYBNIK               |      | K-30 | 24     | K 57 | 01:02:28 | 01:04:25 | 6:14   | 9.6  |
| 25   | WÓJCIK ANNA                   | 1428 |                        | GLIWICE              |      | K-30 | 25     | K 55 | 01:02:49 | 01:04:22 | 6:16   | 9.6  |
| 26   | MAZURKIEWICZ AGNIESZKA        | 1558 | WARSAW MASTERS TEAM    | GLIWICE              |      | K-30 | 26     | K 61 | 01:03:21 | 01:05:06 | 6:20   | 9.5  |
| 27   | CZERNIAK CELINA               | 1469 |                        | GLIWICE              |      | K-30 | 27     | K 62 | 01:03:21 | 01:05:07 | 6:20   | 9.5  |
| 28   | ERWIN MARTA                   | 1303 | FIGHT CLUB KNURÓW      | KNURÓW               |      | K-30 | 28     | K 59 | 01:03:27 | 01:04:31 | 6:20   | 9.5  |
| 29   | MOKRZYCKA JUSTYNA             | 1356 | BIEGAMY Z SERCEM       | KNURÓW               |      | K-30 | 29     | K 60 | 01:03:38 | 01:05:03 | 6:21   | 9.4  |
| 30   | MUCHA-KUŚ KAROLINA            | 1522 |                        | GLIWICE              |      | K-30 | 30     | K 65 | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 31   | WÓJTOWICZ AGNIESZKA           | 1526 | ISTA BIEGAMY           | ZABRZE               |      | K-30 | 31     | K 66 | 01:05:57 | 01:06:57 | 6:35   | 9.1  |
| 32   | POSMYK BEATA                  | 1368 | BFRT.ORG.PL            | TARNOWSKIE GÓRY      |      | K-30 | 32     | K 74 | 01:06:36 | 01:08:12 | 6:39   | 9    |
| 33   | JANOSZEK MAŁGORZATA           | 1435 |                        | GLIWICE              |      | K-30 | 33     | K 68 | 01:06:49 | 01:07:17 | 6:41   | 9    |
| 34   | NAWROT KATARZYNA              | 1538 | PKO BP                 | KATOWICE             |      | K-30 | 34     | K 72 | 01:07:11 | 01:07:55 | 6:43   | 8.9  |
| 35   | MAZUR KAMILA                  | 1514 |                        | GIERAKTOWICE         |      | K-30 | 35     | K 73 | 01:07:12 | 01:08:08 | 6:43   | 8.9  |
| 36   | OTOROWSKA ALEKSANDRA          | 1412 |                        | GLIWICE              |      | K-30 | 36     | K 78 | 01:07:58 | 01:08:32 | 6:47   | 8.8  |

**10 km atest PZLA Gliwicki, K-30 c.d.**

| M-ce | Nazwisko i imię                 | Nr   | Klub                  | M-scowość        | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------------------|------|-----------------------|------------------|------|------|--------|-------|----------|----------|--------|------|
| 37   | BLUSZCZ MARTA                   | 1539 |                       | GLIWICE          |      | K-30 | 37     | K 80  | 01:08:01 | 01:09:25 | 6:48   | 8.8  |
| 38   | OTEGBEYE AMINA                  | 1301 | MACHINAGROUP          |                  |      | K-30 | 38     | K 76  | 01:08:11 | 01:08:17 | 6:49   | 8.8  |
| 39   | PIRÓG BEATA                     | 1470 |                       | DĄBROWA GÓRNICZA |      | K-30 | 39     | K 83  | 01:08:46 | 01:10:25 | 6:52   | 8.7  |
| 40   | FILIPCZYK IZABELA               | 1415 |                       | PIEKARY ŚLĄSKIE  |      | K-30 | 40     | K 86  | 01:11:01 | 01:12:52 | 7:06   | 8.4  |
| 41   | WILK WERONIKA                   | 1414 |                       | PIEKARY ŚLĄSKIE  |      | K-30 | 41     | K 87  | 01:11:02 | 01:12:52 | 7:06   | 8.4  |
| 42   | ANDRACZEK MAGDALENA ANNA        | 1547 |                       | SMOLNICA         |      | K-30 | 42     | K 89  | 01:12:35 | 01:14:31 | 7:15   | 8.3  |
| 43   | BOCZAROWSKA BARBARA             | 1482 | EXPERT TRAVEL         | GLIWICE          |      | K-30 | 43     | K 88  | 01:13:51 | 01:14:18 | 7:23   | 8.1  |
| 44   | SZOKA EWA                       | 1409 | NIGHT RUNNER GLIWICE  | GLIWICE          |      | K-30 | 44     | K 90  | 01:14:09 | 01:15:53 | 7:25   | 8.1  |
| 45   | VEGA ZUMETA BRYGIDA             | 1396 | PADŁ NA RYJ TEAM      | GLIWICE          |      | K-30 | 45     | K 93  | 01:17:03 | 01:18:52 | 7:42   | 7.8  |
| 46   | FRAĆ ELŻBIETA                   | 1314 | NIGHT RUNNERS GLIWICE | GLIWICE          |      | K-30 | 46     | K 92  | 01:17:42 | 01:18:29 | 7:46   | 7.7  |
| 47   | BAL-BURZAWA RENATA              | 1349 | HIRSCHVOGEL           | TYCHY            |      | K-30 | 47     | K 98  | 02:11:09 | 02:11:20 | 13:07  | 4.6  |
| 48   | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 1523 |                       | GLIWICE          |      | K-30 | 48     | K 99  | 02:18:34 | 02:20:13 | 13:51  | 4.3  |
| 49   | IZYDORCZYK AGNIESZKA            | 1337 | HIRSCHVOGEL           | GLIWICE          |      | K-30 | 49     | K 100 |          |          | 23:57  | 2.5  |

**10 km atest PZLA Gliwicki, M-30**

| M-ce | Nazwisko i imię   | Nr   | Klub                    | M-scowość        | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-------------------|------|-------------------------|------------------|------|------|--------|------|----------|----------|--------|------|
| 1    | SZYMAŃSKI BARTOSZ | 1479 | NIEWYMIĘKACZE           | KATOWICE         |      | M-30 | 1      | M 2  | 00:37:03 | 00:37:06 | 3:42   | 16.2 |
| 2    | JASIOK MICHAŁ     | 1434 |                         | TARNOWSKIE GÓRY  |      | M-30 | 2      | M 5  | 00:40:00 | 00:40:02 | 4:00   | 15   |
| 3    | BUDKA BORYS       | 1111 |                         |                  |      | M-30 | 3      | M 6  | 00:40:02 | 00:40:05 | 4:00   | 15   |
| 4    | ZACZYK ANDRZEJ    | 1477 |                         | PANIÓWKI         |      | M-30 | 4      | M 7  | 00:40:15 | 00:40:20 | 4:01   | 14.9 |
| 5    | TARCZEWSKI TOMASZ | 1488 | TARCZA TRIATHLON TEAM   | ZAWIERCIE        |      | M-30 | 5      | M 10 | 00:40:54 | 00:40:57 | 4:05   | 14.7 |
| 6    | MAŁEK PIOTR       | 1530 |                         | ZAWIERCIE        |      | M-30 | 6      | M 12 | 00:41:27 | 00:41:32 | 4:08   | 14.5 |
| 7    | WAJDA GRZEGORZ    | 1430 | KW GLIWICE              | GLIWICE          |      | M-30 | 7      | M 14 | 00:41:29 | 00:41:34 | 4:08   | 14.5 |
| 8    | BESSA RICARDO     | 1375 | TEAM DOUBLE TROUBLE     | GLIWICE          |      | M-30 | 8      | M 29 | 00:45:35 | 00:47:49 | 4:33   | 13.2 |
| 9    | ĆWIKLIŃSKI PIOTR  | 1496 | KLUB ŻEGLARSKI ZAGŁĘBIE | DĄBROWA GÓRNICZA |      | M-30 | 9      | M 22 | 00:46:10 | 00:46:19 | 4:37   | 13   |
| 10   | CESARZ MACIEJ     | 1487 | TYLKO CURLING!          | GLIWICE          |      | M-30 | 10     | M 25 | 00:46:19 | 00:47:00 | 4:37   | 13   |
| 11   | KRYSTEK MARCIN    | 1441 |                         | PARZYMIECHY      |      | M-30 | 11     | M 23 | 00:46:20 | 00:46:50 | 4:38   | 12.9 |
| 12   | WYCIŚLIK MARCIN   | 1318 | HIRSCHVOGEL             | GLIWICE          |      | M-30 | 12     | M 24 | 00:46:47 | 00:46:58 | 4:40   | 12.8 |
| 13   | BAŃBUŁA GRZEGORZ  | 1300 |                         | GLIWICE          |      | M-30 | 13     | M 30 | 00:48:10 | 00:48:21 | 4:49   | 12.5 |
| 14   | WICHARY MARCIN    | 1528 | ISTA BIEGAMY            | KALETY           |      | M-30 | 14     | M 36 | 00:48:34 | 00:49:35 | 4:51   | 12.3 |
| 15   | ZARUDZKI ŁUKASZ   | 1357 | NOTHING TO FEAR         | GLIWICE          |      | M-30 | 15     | M 42 | 00:49:54 | 00:51:07 | 4:59   | 12   |
| 16   | HEFFNER REMIGIUSZ | 1078 | RYBICKA GRUPA BIEGOWA   | RYBNIK           |      | M-30 | 16     | M 47 | 00:50:20 | 00:52:17 | 5:02   | 11.9 |
| 17   | KUCZERA ŁUKASZ    | 8    | RYBICKA GRUPA BIEGOWA   | RYBNIK           |      | M-30 | 17     | M 48 | 00:50:20 | 00:52:17 | 5:02   | 11.9 |
| 18   | GOŹDZICKI LESZEK  | 1429 | NIGHT RUNNERS ZABRZE    | ZABRZE           |      | M-30 | 18     | M 43 | 00:50:33 | 00:51:13 | 5:03   | 11.9 |
| 19   | OPIOŁA TOMASZ     | 1598 | HARNAŚ                  | GLIWICE          |      | M-30 | 19     | M 40 | 00:50:37 | 00:50:55 | 5:03   | 11.8 |
| 20   | BIENIEK SEBASTIAN | 1324 | HIRSCHVOGEL             | ZABRZE           |      | M-30 | 20     | M 50 | 00:51:54 | 00:52:29 | 5:11   | 11.6 |
| 21   | GOŁĘBIEWSKI MAREK | 1370 |                         | GLIWICE          |      | M-30 | 21     | M 58 | 00:51:58 | 00:53:35 | 5:11   | 11.5 |
| 22   | PAWLUS GRZEGORZ   | 1361 |                         | BYTOM            |      | M-30 | 22     | M 56 | 00:52:14 | 00:53:09 | 5:13   | 11.5 |
| 23   | ROMANIUK PIOTR    | 1425 | WZP SUM BYTOM           | ZABRZE           |      | M-30 | 23     | M 54 | 00:52:40 | 00:52:54 | 5:16   | 11.4 |
| 24   | DYMAREK ŁUKASZ    | 1398 | KM PSP GLIWICE          | PLAWNIOWICE      |      | M-30 | 24     | M 66 | 00:53:07 | 00:54:34 | 5:18   | 11.3 |
| 25   | WOSZTAL PATRYK    | 1426 | MACHINA ADVENTURE       | KATOWICE         |      | M-30 | 25     | M 57 | 00:53:16 | 00:53:22 | 5:19   | 11.3 |
| 26   | SZMYD WOJCIECH    | 1507 |                         | GLIWICE          |      | M-30 | 26     | M 69 | 00:53:37 | 00:54:54 | 5:21   | 11.2 |
| 27   | SADOWSKI TOMASZ   | 1404 | KOSSMATE ŻUKI           | KRAKÓW           |      | M-30 | 27     | M 70 | 00:53:37 | 00:54:54 | 5:21   | 11.2 |
| 28   | SWOBODA JAROSŁAW  | 1449 | NIGHT RUNNERS GLIWICE   | KNURÓW           |      | M-30 | 28     | M 67 | 00:53:41 | 00:54:35 | 5:22   | 11.2 |
| 29   | LENTZY GRZEGORZ   | 1422 |                         | GLIWICE          |      | M-30 | 29     | M 64 | 00:54:02 | 00:54:17 | 5:24   | 11.1 |
| 30   | MACHACZKA DAWID   | 1437 |                         | BYTOM            |      | M-30 | 30     | M 74 | 00:54:26 | 00:55:23 | 5:26   | 11   |
| 31   | BOBEŁ KRZYSZTOF   | 1440 |                         | GLIWICE          |      | M-30 | 31     | M 80 | 00:54:41 | 00:56:16 | 5:28   | 11   |
| 32   | SOSNOWSKI MACIEJ  | 1491 |                         | ZABRZE           |      | M-30 | 32     | M 85 | 00:55:02 | 00:56:57 | 5:30   | 10.9 |
| 33   | MYŚLAK MARIUSZ    | 1557 |                         | GLIWICE          |      | M-30 | 33     | M 89 | 00:55:20 | 00:57:41 | 5:32   | 10.8 |
| 34   | GRUCHALSKI JAKUB  | 1527 | ISTA BIEGAMY            | CHORZÓW          |      | M-30 | 34     | M 84 | 00:55:52 | 00:56:52 | 5:35   | 10.7 |
| 35   | FOLTYN ARMIN      | 1513 |                         | KĘDZIERZYN KOŹLE |      | M-30 | 35     | M 90 | 00:56:17 | 00:57:41 | 5:37   | 10.7 |
| 36   | PROTAS TOMASZ     | 1463 | ZSO5 GLIWICE            | GLIWICE          |      | M-30 | 36     | M 87 | 00:56:26 | 00:57:17 | 5:38   | 10.6 |
| 37   | PIOTR WITULSKI    | 1504 |                         | GLIWICE          |      | M-30 | 37     | M 95 | 00:56:39 | 00:58:47 | 5:40   | 10.6 |
| 38   | CYBAŁA PIOTR      | 1366 |                         | GLIWICE          |      | M-30 | 38     | M 94 | 00:56:54 | 00:58:29 | 5:41   | 10.5 |
| 39   | LIPOWSKI GRZEGORZ | 1411 |                         | GLIWICE          |      | M-30 | 39     | M 92 | 00:57:09 | 00:58:17 | 5:42   | 10.5 |

**10 km atest PZLA Gliwicki, M-30 c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                       | M-scowość        | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|---------------------------|------|----------------------------|------------------|------|------|--------|-------|----------|----------|--------|------|
| 40   | WANDASIEWCZ MARCIN        | 1380 | BIEGAMWPYSKOWICACH         | PYSKOWICE        |      | M-30 | 40     | M 97  | 00:57:28 | 00:59:04 | 5:44   | 10.4 |
| 41   | GRYNKIEWICZ-SUDNIK MACIEJ | 1371 |                            | WROCLAW          |      | M-30 | 41     | M 100 | 00:58:01 | 00:59:37 | 5:48   | 10.3 |
| 42   | ROJEK MICHAŁ              | 1320 |                            | GLIWICE          |      | M-30 | 42     | M 106 | 00:58:07 | 01:00:21 | 5:48   | 10.3 |
| 43   | POPCZYK PIOTR             | 1456 |                            | ZERNICA          |      | M-30 | 43     | M 104 | 00:58:08 | 01:00:14 | 5:48   | 10.3 |
| 44   | SZAMPERA JANUSZ           | 1462 | EVENT 360 RUNNING TEAM     | ZAWADZKIE        |      | M-30 | 44     | M 105 | 00:58:10 | 01:00:19 | 5:49   | 10.3 |
| 45   | LEGIEŻYŃSKI KRZYSZTOF     | 1534 |                            | GLIWICE          |      | M-30 | 45     | M 99  | 00:58:37 | 00:59:33 | 5:51   | 10.2 |
| 46   | KARASIŃSKI JACEK          | 1464 |                            | GLIWICE          |      | M-30 | 46     | M 108 | 00:59:02 | 01:00:44 | 5:54   | 10.2 |
| 47   | RAKINT BOGDAN             | 1401 |                            | GLIWICE          |      | M-30 | 47     | M 109 | 00:59:13 | 01:01:08 | 5:55   | 10.1 |
| 48   | SZWUGIER DAWID            | 1476 | -                          | RUĐA ŚLĄSKA      |      | M-30 | 48     | M 111 | 00:59:27 | 01:01:29 | 5:56   | 10.1 |
| 49   | DĄBROWSKI JACEK           | 1347 | HIRSCHVOGEL                | GLIWICE          |      | M-30 | 49     | M 103 | 00:59:28 | 01:00:04 | 5:56   | 10.1 |
| 50   | GĄŁOŚZ SEBASTIAN          | 1358 | RAJSPORT ACTIVE ANTON TEAM | KĘDZIERZYN-KOŹLE |      | M-30 | 50     | M 118 | 01:01:58 | 01:03:27 | 6:11   | 9.7  |
| 51   | ZACZEK ADAM               | 1360 | OPEL ACTIVE TEAM           | GLIWICE          |      | M-30 | 51     | M 119 | 01:02:15 | 01:03:42 | 6:13   | 9.6  |
| 52   | DOMAGALSKI MIROSLAW       | 1381 |                            | GLIWICE          |      | M-30 | 52     | M 123 | 01:04:09 | 01:05:14 | 6:25   | 9.4  |
| 53   | ŁUKASZCZYK ADAM           | 1467 | FUTURE PROCESSING          | RUĐA ŚLĄSKA      |      | M-30 | 53     | M 125 | 01:04:19 | 01:06:01 | 6:26   | 9.3  |
| 54   | KUŚ MICHAŁ                | 1521 |                            | GLIWICE          |      | M-30 | 54     | M 126 | 01:04:30 | 01:06:30 | 6:27   | 9.3  |
| 55   | ZEMBOK FILIP              | 1311 | ROCKWELL TEAM              | PSZCZYNA         |      | M-30 | 55     | M 134 | 01:13:29 | 01:15:49 | 7:20   | 8.2  |
| 56   | STEFAŃCZYK KRZYSZTOF      | 1384 |                            | BYTOM            |      | M-30 | 56     | M 135 | 01:20:21 | 01:20:43 | 8:02   | 7.5  |
| 57   | WIERZBICKI MARCIN         | 1486 |                            | PIEKARY SLASKIE  |      | M-30 | 57     | M 139 |          |          | 14:52  | 4    |

**10 km atest PZLA Gliwicki, K-40**

| M-ce | Nazwisko i imię                  | Nr   | Klub                      | M-scowość        | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|----------------------------------|------|---------------------------|------------------|------|------|--------|------|----------|----------|--------|------|
| 1    | JOANNA OLCZAWA                   | 1503 |                           |                  |      | K-40 | 1      | K 1  | 00:41:33 | 00:41:37 | 4:09   | 14.4 |
| 2    | ADAMCZYK-NOWAK BEATA             | 1327 | MIECHOWICKA GRUPA BIEGOWA | BYTOM            |      | K-40 | 2      | K 2  | 00:41:34 | 00:41:49 | 4:09   | 14.4 |
| 3    | OLESIŃSKA JOANNA                 | 1322 |                           | KNURÓW           |      | K-40 | 3      | K 9  | 00:52:34 | 00:53:23 | 5:15   | 11.4 |
| 4    | MĄCZYŃSKA AGNIESZKA              | 1465 |                           | GLIWICE          |      | K-40 | 4      | K 16 | 00:53:40 | 00:55:15 | 5:22   | 11.2 |
| 5    | SZARZYŃSKA-GRYCHNIK JOLA         | 1489 |                           | BYTOM            |      | K-40 | 5      | K 15 | 00:53:58 | 00:55:06 | 5:23   | 11.1 |
| 6    | SANOŁKA DOROTA                   | 1342 |                           | ZABRZE           |      | K-40 | 6      | K 25 | 00:54:28 | 00:56:31 | 5:26   | 11   |
| 7    | DUSS SONIA                       | 1524 |                           | GLIWICE          |      | K-40 | 7      | K 31 | 00:55:15 | 00:56:58 | 5:31   | 10.9 |
| 8    | DĘBSKA JOANNA                    | 1519 | NIGHT RUNNERS GLIWICE     | GLIWICE          |      | K-40 | 8      | K 20 | 00:55:24 | 00:56:11 | 5:32   | 10.8 |
| 9    | CZAPEK ANNA                      | 1500 | BOJKÓW                    | GLIWICE          |      | K-40 | 9      | K 27 | 00:55:29 | 00:56:33 | 5:33   | 10.8 |
| 10   | PETEJA-ĆWIK ALEKSANDRA           | 1495 |                           | ŁĘDZINY          |      | K-40 | 10     | K 29 | 00:56:03 | 00:56:54 | 5:36   | 10.7 |
| 11   | LESISZ KATARZYNA                 | 1438 |                           | ZABRZE           |      | K-40 | 11     | K 33 | 00:56:08 | 00:57:41 | 5:36   | 10.7 |
| 12   | POLEWKA BEATA                    | 1531 | UKS KONIETA S-A           | GLIWICE          |      | K-40 | 12     | K 32 | 00:56:08 | 00:57:28 | 5:36   | 10.7 |
| 13   | HELHLMANN BEATA                  | 1512 |                           | KĘDZIERZYN KOŹLE |      | K-40 | 13     | K 34 | 00:56:18 | 00:57:42 | 5:37   | 10.7 |
| 14   | BORKOWSKA SONIA                  | 1403 | 3 WATERS                  | SIEWIERZ         |      | K-40 | 14     | K 28 | 00:56:24 | 00:56:47 | 5:38   | 10.6 |
| 15   | CZERNIAK ŻANETA                  | 1364 |                           | GLIWICE          |      | K-40 | 15     | K 35 | 00:56:37 | 00:58:26 | 5:39   | 10.6 |
| 16   | ONAK IZABELA                     | 1497 |                           | GLIWICE          |      | K-40 | 16     | K 37 | 00:56:42 | 00:58:49 | 5:40   | 10.6 |
| 17   | DYWAN IWONA                      | 1453 |                           | GLIWICE          |      | K-40 | 17     | K 38 | 00:58:41 | 00:58:50 | 5:52   | 10.2 |
| 18   | FRYDA ANETA                      | 1592 |                           | GLIWICE          |      | K-40 | 18     | K 53 | 01:01:30 | 01:03:14 | 6:09   | 9.8  |
| 19   | GORAJ-ZAJĄC ALEKSANDRA           | 1515 | NIGHT RUNNERS GLIWICE     | GLIWICE          |      | K-40 | 19     | K 52 | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 20   | JANOWSKA-CHWALISZEWSKA AGNIESZKA | 1394 | NIGHT RUNNERS GLIWICE     | GLIWICE          |      | K-40 | 20     | K 63 | 01:03:31 | 01:05:16 | 6:21   | 9.4  |
| 21   | MISIEK JOLANTA                   | 1446 |                           | TARNOWSKIE GÓRY  |      | K-40 | 21     | K 64 | 01:05:00 | 01:05:54 | 6:30   | 9.2  |
| 22   | POGORZELSKA-KLIKS AGATA          | 1382 | UNISONO                   | SOSNOWIEC        |      | K-40 | 22     | K 71 | 01:05:48 | 01:07:53 | 6:34   | 9.1  |
| 23   | HRYSZKIEWICZ BARBARA             | 1385 | AKMB PĘDZIWIATR GLIWICE   | MIEDARY          |      | K-40 | 23     | K 75 | 01:06:09 | 01:08:15 | 6:37   | 9.1  |
| 24   | STOLARZ AGNIESZKA                | 1353 | NIGHT RUNNERS GLIWICE     | GLIWICE          |      | K-40 | 24     | K 67 | 01:06:23 | 01:07:12 | 6:38   | 9    |
| 25   | LISOWSKA BARBARA                 | 1478 |                           | TURAWA           |      | K-40 | 25     | K 79 | 01:07:12 | 01:08:38 | 6:43   | 8.9  |
| 26   | DUDZICZ BARBARA                  | 1597 | PKO BP                    | GLIWICE          |      | K-40 | 26     | K 82 | 01:09:23 | 01:10:10 | 6:56   | 8.6  |
| 27   | WYSOCKA MAGDALENA                | 1308 | ETE RUN                   | RYBNIK           |      | K-40 | 27     | K 91 | 01:15:25 | 01:17:45 | 7:32   | 8    |
| 28   | PANKIEWICZ KATARZYNA             | 1498 | GRUPA CMYKI               | GLIWICE          |      | K-40 | 28     | K 94 | 01:17:24 | 01:19:38 | 7:44   | 7.8  |
| 29   | TOMCZAK MAŁGORZATA               | 1536 |                           | ZABRZE           |      | K-40 | 29     | K 96 | 01:33:54 | 01:34:14 | 9:23   | 6.4  |
| 30   | KOWALCZYK ANNA                   | 1338 | HIRSCHVOGEL               | ZABRZE           |      | K-40 | 30     | K 97 | 01:38:58 | 01:39:11 | 9:53   | 6.1  |

### 10 km atest PZLA Gliwicki, M-40

| M-ce | Nazwisko i imię      | Nr   | Klub                    | M-scowość       | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|----------------------|------|-------------------------|-----------------|------|------|--------|-------|----------|----------|--------|------|
| 1    | LUBELSKI ŁUKASZ      | 1516 |                         |                 |      | M-40 | 1      | M 3   | 00:37:05 | 00:37:09 | 3:42   | 16.2 |
| 2    | OGRODNICZEK ADAM     | 1448 | AKMB PĘDZIWIATR GLIWICE | GLIWICE         |      | M-40 | 2      | M 11  | 00:40:53 | 00:41:06 | 4:05   | 14.7 |
| 3    | KRASNODĘBSKI ROBERT  | 1457 |                         | BYTOM           |      | M-40 | 3      | M 13  | 00:41:29 | 00:41:33 | 4:08   | 14.5 |
| 4    | KONFEDERAK TOMASZ    | 1362 |                         | ZAWADZKIE       |      | M-40 | 4      | M 17  | 00:42:38 | 00:42:45 | 4:15   | 14.1 |
| 5    | OLESIŃSKI TOMASZ     | 1323 |                         | KNURÓW          |      | M-40 | 5      | M 18  | 00:43:01 | 00:43:08 | 4:18   | 13.9 |
| 6    | WAWRZAK RYSZARD      | 1413 |                         | GLIWICE         |      | M-40 | 6      | M 19  | 00:44:07 | 00:44:56 | 4:24   | 13.6 |
| 7    | MACIEJOŃCZYK MARIUSZ | 10   | RYBICKA GRUPA BIEGOWA   | RYBNIK          |      | M-40 | 7      | M 21  | 00:45:37 | 00:46:02 | 4:33   | 13.2 |
| 8    | CZAUDERNA ADRIAN     | 1350 | ETERUN                  | GLIWICE         |      | M-40 | 8      | M 33  | 00:47:23 | 00:49:09 | 4:44   | 12.7 |
| 9    | SKRZYPCZYK PAWEŁ     | 1505 |                         | ZABRZE          |      | M-40 | 9      | M 27  | 00:47:26 | 00:47:31 | 4:44   | 12.6 |
| 10   | WĘŻYK WOJCIECH       | 1460 |                         | GLIWICE         |      | M-40 | 10     | M 38  | 00:49:48 | 00:49:58 | 4:58   | 12   |
| 11   | BIOLIK PIOTR         | 1419 | --                      | GLIWICE         |      | M-40 | 11     | M 45  | 00:49:58 | 00:51:55 | 4:59   | 12   |
| 12   | BRODEK ANDRZEJ       | 1474 |                         | GLIWICE         |      | M-40 | 12     | M 44  | 00:50:16 | 00:51:30 | 5:01   | 11.9 |
| 13   | BUGAJSKI MARIUSZ     | 1556 |                         | GLIWICE         |      | M-40 | 13     | M 39  | 00:50:32 | 00:50:39 | 5:03   | 11.9 |
| 14   | PIKTAS PAWEŁ         | 1535 |                         | GLIWICE         |      | M-40 | 14     | M 51  | 00:51:13 | 00:52:35 | 5:07   | 11.7 |
| 15   | ROŻEK MICHAŁ         | 1345 |                         | GLIWICE         |      | M-40 | 15     | M 61  | 00:52:13 | 00:54:00 | 5:13   | 11.5 |
| 16   | PIKOŃ KRZYSZTOF      | 1595 |                         | GLIWICE         |      | M-40 | 16     | M 68  | 00:53:06 | 00:54:40 | 5:18   | 11.3 |
| 17   | GRZYWNA MAREK        | 1490 | LZS WOJCIECHÓW          | OLESNO          |      | M-40 | 17     | M 60  | 00:53:30 | 00:53:52 | 5:21   | 11.2 |
| 18   | KRZEMIŃSKI MIROSŁAW  | 1424 |                         | GLIWICE         |      | M-40 | 18     | M 76  | 00:53:32 | 00:55:39 | 5:21   | 11.2 |
| 19   | MĘDRAŁA JACEK        | 1389 |                         | GLIWICE         |      | M-40 | 19     | M 59  | 00:53:39 | 00:53:50 | 5:22   | 11.2 |
| 20   | HAJDUGA RAFAŁ        | 1502 | GLIWICE                 | GLIWICE         |      | M-40 | 20     | M 71  | 00:54:33 | 00:55:18 | 5:27   | 11   |
| 21   | SZCZURASZEK MACIEJ   | 1374 |                         | WROCŁAW         |      | M-40 | 21     | M 81  | 00:54:33 | 00:56:18 | 5:27   | 11   |
| 22   | WŁOCHOWSKI KRZYSZTOF | 1501 |                         | ZABRZE          |      | M-40 | 22     | M 79  | 00:54:55 | 00:56:15 | 5:29   | 10.9 |
| 23   | CYBA MAREK           | 1454 |                         | GLIWICE         |      | M-40 | 23     | M 82  | 00:54:56 | 00:56:36 | 5:29   | 10.9 |
| 24   | GIL WOJCIECH         | 1560 |                         | WARSZAWA        |      | M-40 | 24     | M 83  | 00:55:49 | 00:56:39 | 5:35   | 10.7 |
| 25   | CZOGAŁA PIOTR        | 1542 |                         | GLIWICE         |      | M-40 | 25     | M 86  | 00:56:25 | 00:57:16 | 5:38   | 10.6 |
| 26   | BEDNARZ ARKADIUSZ    | 1472 |                         | GLIWICE         |      | M-40 | 26     | M 96  | 00:57:24 | 00:59:02 | 5:44   | 10.4 |
| 27   | BOGDANOWICZ ZBIGNIEW | 1431 |                         | ZABRZE          |      | M-40 | 27     | M 116 | 01:00:45 | 01:03:07 | 6:04   | 9.9  |
| 28   | DĘBSKI MARIUSZ       | 1520 | NIGHT RUNNERS GLIWICE   | GLIWICE         |      | M-40 | 28     | M 113 | 01:01:40 | 01:02:27 | 6:10   | 9.7  |
| 29   | PIOTROWSKI JAROSŁAW  | 1445 |                         | GLIWICE         |      | M-40 | 29     | M 120 | 01:01:43 | 01:03:51 | 6:10   | 9.7  |
| 30   | BZÓWKA ANDRZEJ       | 1421 | TEAMAB PROJEKT          | SOSNOWIEC       |      | M-40 | 30     | M 115 | 01:01:51 | 01:02:42 | 6:11   | 9.7  |
| 31   | STRZYŻ RYSZARD       | 1492 | OPRNCACHING.PL          | CHORZÓW         |      | M-40 | 31     | M 114 | 01:02:09 | 01:02:33 | 6:13   | 9.7  |
| 32   | POSMYK SEBASTIAN     | 1367 | BFRT.ORG.PL             | TARNOWSKIE GÓRY |      | M-40 | 32     | M 130 | 01:06:57 | 01:08:34 | 6:41   | 9    |
| 33   | MULARCZYK TOMASZ     | 1537 | PKO BP                  | KATOWICE        |      | M-40 | 33     | M 128 | 01:07:11 | 01:07:55 | 6:43   | 8.9  |
| 34   | SŁODKIEWICZ GRZEGORZ | 1442 |                         | GLIWICE         |      | M-40 | 34     | M 133 | 01:08:56 | 01:11:21 | 6:53   | 8.7  |
| 35   | MURKOWSKI SŁAWOMIR   | 1348 | HIRSCHVOGEL             | BYTOM           |      | M-40 | 35     | M 136 | 01:23:06 | 01:23:41 | 8:18   | 7.2  |

### 10 km atest PZLA Gliwicki, K-50

| M-ce | Nazwisko i imię      | Nr   | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|----------------------|------|-----------------------|-----------|------|------|--------|------|----------|----------|--------|------|
| 1    | PĘDOWSKA BOŻENA      | 1417 | INDYWIDUALNIE         | GLIWICE   |      | K-50 | 1      | K 4  | 00:48:02 | 00:48:12 | 4:48   | 12.5 |
| 2    | STAWSKA JOANNA       | 1307 | BIEGAJ Z TRENERAMI    | GLIWICE   |      | K-50 | 2      | K 12 | 00:52:50 | 00:53:33 | 5:17   | 11.4 |
| 3    | NOWAK-BODUCH JOANNA  | 1548 |                       | GLIWICE   |      | K-50 | 3      | K 49 | 01:00:00 | 01:00:23 | 6:00   | 10   |
| 4    | TORKA-KUNERT GRAŻYNA | 6    | RYBICKA GRUPA BIEGOWA | RYBNIK    |      | K-50 | 4      | K 56 | 01:02:29 | 01:04:25 | 6:14   | 9.6  |
| 5    | JUSZCZAK EWA         | 1392 |                       | GLIWICE   |      | K-50 | 5      | K 54 | 01:03:25 | 01:03:51 | 6:20   | 9.5  |
| 6    | HOMIŃSKA KRYSZYNA    | 1551 | PKO BP                | GLIWICE   |      | K-50 | 6      | K 85 | 01:11:03 | 01:11:22 | 7:06   | 8.4  |

### 10 km atest PZLA Gliwicki, M-50

| M-ce | Nazwisko i imię         | Nr   | Klub              | M-scowość  | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-------------------------|------|-------------------|------------|------|------|--------|------|----------|----------|--------|------|
| 1    | ORLICKI STANISŁAW       | 1302 |                   | RUDZE      |      | M-50 | 1      | M 8  | 00:40:36 | 00:40:40 | 4:03   | 14.8 |
| 2    | PASTUCHA MAREK          | 1436 | CROSS KRAPKOWICE  | KRAPKOWICE |      | M-50 | 2      | M 15 | 00:41:54 | 00:42:04 | 4:11   | 14.3 |
| 3    | CZARNOŻYŃSKI ALEKSANDER | 1529 | GTT-INTER PROJEKT | GLIWICE    |      | M-50 | 3      | M 16 | 00:42:07 | 00:42:16 | 4:12   | 14.2 |
| 4    | ŻEROMSKI STEFAN         | 1517 | JASNA GLIWICE     | GLIWICE    |      | M-50 | 4      | M 26 | 00:47:12 | 00:47:31 | 4:43   | 12.7 |
| 5    | MERMON ARTUR            | 1543 |                   | GLIWICE    |      | M-50 | 5      | M 28 | 00:47:41 | 00:47:49 | 4:46   | 12.6 |



**10 km atest PZLA Gliwicki, M-50 c.d.**

| M-ce | Nazwisko i imię   | Nr   | Klub            | M-scowość       | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|-------------------|------|-----------------|-----------------|------|------|--------|-------|----------|----------|--------|------|
| 6    | DUDEK DARIUSZ     | 1493 | CHOPCY SZERYFA  | BYTOM           |      | M-50 | 6      | M 62  | 00:52:12 | 00:54:05 | 5:13   | 11.5 |
| 7    | BRYLIŃSKI RYSZARD | 1443 | NIEZRZESZONY    | ZABRZE          |      | M-50 | 7      | M 63  | 00:53:37 | 00:54:10 | 5:21   | 11.2 |
| 8    | PAĆHALSKI ANDRZEJ | 1481 | KS NEMO         | CHORZÓW         |      | M-50 | 8      | M 72  | 00:55:13 | 00:55:18 | 5:31   | 10.9 |
| 9    | KONICZEK MAREK    | 1390 |                 | GLIWICE         |      | M-50 | 9      | M 112 | 00:59:24 | 01:01:34 | 5:56   | 10.1 |
| 10   | AUGUSTYNIAK ADAM  | 1494 |                 | GLIWICE         |      | M-50 | 10     | M 117 | 01:02:28 | 01:03:18 | 6:14   | 9.6  |
| 11   | KURA LESŁAW       | 1532 | UNISONO         | MIKOŁÓW         |      | M-50 | 11     | M 124 | 01:03:33 | 01:05:45 | 6:21   | 9.4  |
| 12   | GOJ JERZY         | 1377 | PIEKARY ŚLĄSKIE | PIEKARY ŚLĄSKIE |      | M-50 | 12     | M 131 | 01:08:13 | 01:08:58 | 6:49   | 8.8  |

**10 km atest PZLA Gliwicki, K-60**

| M-ce | Nazwisko i imię | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto    | Brutto   | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|------|----------|----------|--------|------|
| 1    | RAŁ ZDZISŁAWA   | 1444 |      | GLIWICE   |      | K-60 | 1      | K 69 | 01:06:50 | 01:07:18 | 6:41   | 9    |

**10 km atest PZLA Gliwicki, M-70**

| M-ce | Nazwisko i imię   | Nr   | Klub | M-scowość   | Kraj | Kat. | M. kat | K/M   | Netto    | Brutto   | min/km | km/h |
|------|-------------------|------|------|-------------|------|------|--------|-------|----------|----------|--------|------|
| 1    | GAŚCZCZAK TADEUSZ | 1341 |      | GLIWICE     |      | M-70 | 1      | M 137 | 01:31:34 | 01:31:46 | 9:09   | 6.6  |
| 2    | MUCHA EDWARD      | 1386 |      | RUDA ŚLĄSKA |      | M-70 | 2      | M 138 | 02:56:44 | 02:57:02 | 17:40  | 3.4  |