

1	KOSEK Paweł	505	SPLA TYCHY	TYCHY	M30-39	1	M 1		00:00:01	2026-09-19 17:00:49	00:09:45	00:24:06	00:33:13.05	00:33:14.95		3:19	18.1 (100%)
2	CIEPLAK Marcin	27	TL ROW RYBNIK	RYBNIK	M30-39	2	M 2	Tak	00:00:01	2026-09-19 17:00:49	00:09:45	00:24:05	00:33:20.45	00:33:22.25	+00:00:07 (0.4%)	3:20	18 (99.4%)
3	POLOCZEK Kamil	29	GKS PIAST GLIWICE	ZABRZE	M16-19	1	M 3	Tak	00:00:01	2026-09-19 17:00:49	00:09:45	00:24:37	00:34:04.35	00:34:06.00	+00:00:51 (2.5%)	3:24	17.6 (97.2%)
4	INDEKA Sylwia	34	AKTYWNI PSZCZYNA/13ŚBOT	JANKOWICE	K20-29	1	K 1		00:00:01	2026-09-19 17:00:49	00:09:45	00:24:48	00:34:15.95	00:34:17.90	+00:01:02 (3.1%)	3:25	17.5 (96.7%)
5	OSTROWSKI Bartosz	17	GKS PIAST GLIWICE	ZABRZE	M16-19	2	M 4	Tak	00:00:01	2026-09-19 17:00:49	00:09:45	00:24:46	00:34:25.35	00:34:27.30	+00:01:12 (3.5%)	3:26	17.4 (96.1%)
6	ALBRECHT Krystian	19	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	M20-29	1	M 5	GB Galopujące Ślimaki	00:00:02	2026-09-19 17:00:50	00:09:45	00:25:15	00:35:02.20	00:35:05.00	+00:01:49 (5.2%)	3:30	17.1 (94.5%)
7	KOŹMIŃSKI Józef	33	SKŁ SUCHA BESKIDZKA	BIELSKO-BIAŁA	M40-49	1	M 6	Tak	00:00:02	2026-09-19 17:00:50	00:09:45	00:25:15	00:35:07.25	00:35:09.80	+00:01:54 (5.4%)	3:30	17.1 (94.5%)
8	MENDECKA-ZEJDLER Michalina	16		RACIBÓRZ	K30-39	1	K 2	Wójcik Team	00:00:02	2026-09-19 17:00:50	00:10:22	00:26:44	00:37:23.60	00:37:26.10	+00:04:10 (11.2%)	3:44	16 (88.4%)
9	TYMAN Karolina	26	UKS DIAMENT GODÓW	GODÓW	K20-29	2	K 3	Tak	00:00:02	2026-09-19 17:00:50	00:10:41	00:28:36	00:39:56.00	00:39:58.20	+00:06:42 (16.8%)	3:59	15 (82.9%)
10	JANKO Anna	400		ŻORY	K30-39	2	K 4		00:00:04	2026-09-19 17:00:52	00:11:40	00:29:42	00:41:13.70	00:41:17.95	+00:08:00 (19.4%)	4:07	14.6 (80.7%)
11	OZAWA Wiktoria	84	STOWARZYSZENIE SPORTOWE AKTYWNA PSZCZYNA	ŁAZISKA GÓRNE	K30-39	3	K 5	Tak Wójcik Team	00:00:02	2026-09-19 17:00:50	00:11:25	00:30:27	00:43:11.30	00:43:13.70	+00:09:58 (23.1%)	4:19	13.9 (76.8%)
12	SIENNAK Michalina	39	TL ATHLETICS JASTRZĘBIE/ZAWIERUCHA ACADEMY	JASTRZĘBIE-ZDRÓJ	K40-49	1	K 6	Tak Jan Tyniec Team	00:00:03	2026-09-19 17:00:51	00:12:07	00:31:25	00:43:28.00	00:43:31.45	+00:10:14 (23.6%)	4:20	13.8 (76.2%)
13	KUŹNIK Bartłomiej	13		WODZISŁAW ŚLĄSKI	M40-49	2	M 7		00:00:09	2026-09-19 17:00:57	00:09:39	00:25:09	00:35:08.60	00:35:17.60	+00:01:55 (5.5%)	3:30	17.1 (94.5%)
14	LIZAK Wojciech	28	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	M40-49	3	M 8	Tak Jan Tyniec Team	00:00:02	2026-09-19 17:00:50	00:09:47	00:25:36	00:35:51.40	00:35:53.95	+00:02:38 (7.4%)	3:35	16.7 (92.3%)
15	GÓROWICZ Krzysztof	24		OŚWIĘCIM	M20-29	2	M 9		00:00:03	2026-09-19 17:00:51	00:10:20	00:26:16	00:36:02.25	00:36:05.45	+00:02:49 (7.8%)	3:36	16.7 (92.3%)
16	BANACHEWICZ Seweryn	4	GKS PIAST GLIWICE	ZABRZE	M20-29	3	M 10	Tak	00:00:02	2026-09-19 17:00:50	00:09:52	00:25:48	00:36:02.95	00:36:05.00	+00:02:49 (7.9%)	3:36	16.7 (92.3%)
17	TONIAK Filip	1		MIKOŁÓW	M30-39	3	M 11		00:00:02	2026-09-19 17:00:50	00:09:50	00:25:57	00:36:03.25	00:36:05.35	+00:02:50 (7.9%)	3:36	16.6 (91.7%)
18	ZIELONKA Robert	22	WÓJCİK TEAM	DULOWA	M50-59	1	M 12	Wójcik Team	00:00:02	2026-09-19 17:00:50	00:09:52	00:25:57	00:36:08.80	00:36:10.85	+00:02:55 (8.1%)	3:36	16.6 (91.7%)
19	LISZKA Roman	7	FIT RUNNERS	RYBNIK	M20-29	4	M 13		00:00:02	2026-09-19 17:00:50	00:10:23	00:26:45	00:37:03.15	00:37:05.55	+00:03:50 (10.4%)	3:42	16.2 (89.5%)
20	WIECZOREK Maciej	23	ZADYSZKA OŚWIĘCIM	OŚWIĘCIM	M40-49	4	M 14	ZADYSZKA OŚWIĘCIM	00:00:00				00:37:35.05	00:37:35.05	+00:04:22 (11.6%)	3:45	16 (88.4%)
21	FIRLEJ Dariusz	11		KOBYLA	M50-59	2	M 15		00:00:03	2026-09-19 17:00:51	00:10:17	00:27:02	00:37:55.20	00:37:58.55	+00:04:42 (12.4%)	3:47	15.8 (87.3%)
22	WOLNY Patryk	43	PIERUNNINGTEAM	PAWŁOWICE	M30-39	4	M 16	PierunningTeam	00:00:07	2026-09-19 17:00:55	00:11:00	00:27:50	00:38:13.00	00:38:20.05	+00:04:59 (13.1%)	3:49	15.7 (86.7%)
23	PALT Tomasz	25		KATOWICE	M40-49	5	M 17		00:00:02	2026-09-19 17:00:50	00:10:51	00:27:40	00:38:13.75	00:38:16.65	+00:05:00 (13.1%)	3:49	15.7 (86.7%)
24	KANIA Piotr	30	NIĘWYBIEGANI	DĄBROWA GÓRNICZA	M30-39	5	M 18		00:00:03	2026-09-19 17:00:51	00:10:37	00:27:45	00:38:18.55	00:38:22.10	+00:05:05 (13.3%)	3:49	15.7 (86.7%)
25	ALBRECHT Arkadiusz	88	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	M50-59	3	M 19	GB Galopujące Ślimaki	00:00:03	2026-09-19 17:00:51	00:10:49	00:27:46	00:38:32.60	00:38:36.35	+00:05:19 (13.8%)	3:51	15.6 (86.2%)
26	PRASZCZYK Paweł	35	OKIEM WILKA	JASTRZĘBIE-ZDRÓJ	M30-39	6	M 20		00:00:07	2026-09-19 17:00:55	00:11:02	00:28:00	00:38:39.20	00:38:46.20	+00:05:26 (14.1%)	3:51	15.5 (85.6%)
27	PRUKACZ Damian	18	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	WROCŁAW	M30-39	7	M 21		00:00:00				00:38:42.00	00:38:42.00	+00:05:28 (14.2%)	3:52	15.5 (85.6%)
28	LIRO Wojciech	14		BIELSKO-BIAŁA	M30-39	8	M 22		00:00:04	2026-09-19 17:00:52	00:10:57	00:27:57	00:38:45.30	00:38:49.50	+00:05:32 (14.3%)	3:52	15.5 (85.6%)
29	WÓJCİK Wiesław	89	WÓJCİK TEAM	RUDZE	M60-69	1	M 23	Wójcik Team	00:00:03	2026-09-19 17:00:51	00:10:48	00:27:55	00:38:49.60	00:38:52.65	+00:05:36 (14.4%)	3:52	15.5 (85.6%)
30	KUNINA Paweł	53	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	M50-59	4	M 24	Tak Jan Tyniec Team	00:00:03	2026-09-19 17:00:51	00:10:48	00:27:57	00:38:52.35	00:38:56.00	+00:05:39 (14.5%)	3:53	15.4 (85.1%)
31	BARCIK Dawid	8	RUNŻ	ŻYWIEC	M20-29	5	M 25	RunŻ	00:00:02	2026-09-19 17:00:50	00:10:17	00:27:48	00:39:08.90	00:39:11.50	+00:05:55 (15.1%)	3:54	15.3 (84.5%)
32	POŁOMSKI Grzegorz	3	SILESIAN TRIATHLON TEAM	RYDUŁTOWY	M40-49	6	M 26	Silesian Triathlon Team	00:00:04	2026-09-19 17:00:52	00:10:57	00:28:12	00:39:08.95	00:39:13.05	+00:05:55 (15.2%)	3:54	15.3 (84.5%)
33	WITEK Seweryn	15		WIEPRZ	M40-49	7	M 27		00:00:09	2026-09-19 17:00:57	00:28:43		00:39:48.00	00:39:57.00	+00:06:34 (16.5%)	3:58	15.1 (83.4%)
34	MENCEWICZ Paweł	9	UKS 5 PLUS RYDUŁTOWY / SILESIAN TRIATHLON TEAM	GOŁKOWICE	M50-59	5	M 28		00:00:03	2026-09-19 17:00:51	00:10:59	00:28:28	00:39:49.40	00:39:53.20	+00:06:36 (16.6%)	3:58	15.1 (83.4%)
35	PATER Wojciech	70		TYCHY	M40-49	8	M 29		00:00:04	2026-09-19 17:00:52	00:11:29	00:29:07	00:39:57.70	00:40:02.00	+00:06:44 (16.9%)	3:59	15 (82.9%)
36	MYŚLIWIEC Jan	55	RUNŻ	ŚLEMIEŃ	M60-69	2	M 30	Wójcik Team	00:00:06	2026-09-19 17:00:54	00:11:29	00:29:12	00:40:08.05	00:40:15.00	+00:06:55 (17.2%)	4:00	15 (82.9%)
37	KRETEK Łukasz	6		LYSKI	M30-39	9	M 31		00:00:02	2026-09-19 17:00:50	00:11:10	00:28:56	00:40:08.45	00:40:11.25	+00:06:55 (17.2%)	4:00	15 (82.9%)
38	SZYNDLAR Paweł	32	SS-R LZS SOKOŁ SZCZYRK	SZCZYRK	M20-29	6	M 32		00:00:03	2026-09-19 17:00:51	00:10:10	00:28:35	00:40:11.20	00:40:14.35	+00:06:58 (17.3%)	4:01	14.9 (82.3%)
39	KULCZYK Rafał	47	MDM NT TEAM	MIEDZYSZEWIEĆ	M40-49	9	M 33	MDM NT TEAM	00:00:05	2026-09-19 17:00:53	00:11:35	00:29:18	00:40:12.90	00:40:18.50	+00:06:59 (17.4%)	4:01	14.9 (82.3%)
40	PAWLAS Lucjan	48	PAKO TEAM	ZEBRZYDOWICE	M50-59	6	M 34		00:00:04	2026-09-19 17:00:52	00:11:17	00:29:16	00:40:38.20	00:40:43.05	+00:07:25 (18.3%)	4:03	14.8 (81.8%)

41	JASZCZYK Adam	10	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE - ZDRÓJ	M16-19	3	M 35	Tak	Jan Tyniec Team	00:00:05	2026-09-19 17:00:53	00:11:37	00:29:38	00:40:39.85	00:40:45.35	+00:07:26 (18.3%)	4:03	14.8 (81.8%)
42	RAJWA Roman	179	BZIEGACZE/WATAHA	CHYBIE	M30-39	10	M 36		Bziegacze	00:00:02	2026-09-19 17:00:50	00:11:04	00:29:14	00:40:44.80	00:40:47.70	+00:07:31 (18.5%)	4:04	14.7 (81.2%)
43	KOSTYRA Dawid	91	ZADYSZKA OŚWIECIM	OŚWIECIM	M30-39	11	M 37		ZADYSZKA OŚWIECIM	00:00:06	2026-09-19 17:00:54	00:11:44	00:29:34	00:40:46.55	00:40:52.55	+00:07:33 (18.5%)	4:04	14.7 (81.2%)
44	KUŚ Tomasz	65		MARKLOWICE	M40-49	10	M 38			00:00:05	2026-09-19 17:00:53	00:11:23	00:29:26	00:41:00.85	00:41:05.90	+00:07:47 (19.0%)	4:06	14.6 (80.7%)
45	OSIEWALA Patryk	85		CZARKÓW	M30-39	12	M 39			00:00:04	2026-09-19 17:00:52	00:11:27	00:29:35	00:41:06.65	00:41:11.20	+00:07:53 (19.2%)	4:06	14.6 (80.7%)
46	JĘDRYKA Jakub	206		JASTRZĘBIE-ZDRÓJ	M16-19	4	M 40			00:00:08	2026-09-19 17:00:56	00:12:04	00:30:19	00:41:06.70	00:41:14.90	+00:07:53 (19.2%)	4:06	14.6 (80.7%)
47	RAJWA Jan	36	BZIEGACZE	POLOMIA	M30-39	13	M 41		Bziegacze	00:00:03	2026-09-19 17:00:51	00:11:30	00:29:44	00:41:08.15	00:41:11.60	+00:07:55 (19.2%)	4:06	14.6 (80.7%)
48	KASPEREK Krzysztof	62	RUNŻ	ŚLEMIEŃ	M40-49	11	M 42		RunŻ	00:00:07	2026-09-19 17:00:55	00:11:45	00:29:58	00:41:08.40	00:41:15.95	+00:07:55 (19.3%)	4:06	14.6 (80.7%)
49	WOLNY Piotr	45	SILESIA TRIATHLON TEAM	WODZISŁAW ŚLĄSKI	M40-49	12	M 43		Silesian Triathlon Team	00:00:04	2026-09-19 17:00:52	00:11:01	00:29:16	00:41:09.35	00:41:13.45	+00:07:56 (19.3%)	4:06	14.6 (80.7%)
50	KUBIK Arkadiusz	74		LUBOMIA	M50-59	7	M 44			00:00:04	2026-09-19 17:00:52	00:11:25	00:29:40	00:41:30.00	00:41:34.60	+00:08:16 (20.0%)	4:09	14.5 (80.1%)
51	WASIUTA Sebastian	58	RUN&FUN SILESIA ADM RYBNIK	RYBNIK	M30-39	14	M 45			00:00:04	2026-09-19 17:00:52	00:11:11	00:29:52	00:41:34.95	00:41:39.30	+00:08:21 (20.1%)	4:09	14.4 (79.6%)
52	NIESLONY Filip	506		KOZŁOWICE	M20-29	7	M 46			00:00:03	2026-09-19 17:00:51	00:11:44	00:30:13	00:41:55.45	00:41:58.65	+00:08:42 (20.8%)	4:11	14.3 (79.0%)
53	GOGÓŁKA Szymon	90	CIESZYN	CIESZYN	M30-39	15	M 47			00:00:06	2026-09-19 17:00:54	00:11:43	00:30:19	00:42:01.15	00:42:07.60	+00:08:48 (20.9%)	4:12	14.3 (79.0%)
54	TYNIEC Łukasz	102	TL ATHLETICS JASTRZĘBIE-ZDRÓJ	JASTRZĘBIE-ZDRÓJ	M40-49	13	M 48	Tak	Jan Tyniec Team	00:00:03	2026-09-19 17:00:51	00:11:25	00:30:03	00:42:09.95	00:42:13.90	+00:08:56 (21.2%)	4:12	14.2 (78.5%)
55	GOŁAWSKI Łukasz	170	FIJAŁKOWSKI TEAM	DZIMIERZ	M30-39	16	M 49			00:00:07	2026-09-19 17:00:55	00:12:02	00:30:44	00:42:11.05	00:42:18.60	+00:08:58 (21.3%)	4:13	14.2 (78.5%)
56	URBASIK Daniel	68	RUN RYDUŁTOWY	RYDUŁTOWY	M30-39	17	M 50		RUN RYDUŁTOWY	00:00:07	2026-09-19 17:00:55	00:12:01	00:30:46	00:42:18.45	00:42:26.15	+00:09:05 (21.5%)	4:13	14.2 (78.5%)
57	NIWINSKI Maciej	49	ZABIERZÓW BIEGA	ZABIERZÓW	M40-49	14	M 51			00:00:05	2026-09-19 17:00:53	00:11:24	00:30:05	00:42:23.60	00:42:28.65	+00:09:10 (21.6%)	4:14	14.2 (78.5%)
58	JEDRUSIAK Przemysław	82		DAMKOWICE	M40-49	15	M 52			00:00:05	2026-09-19 17:00:53	00:11:25	00:30:25	00:42:27.25	00:42:32.75	+00:09:14 (21.8%)	4:14	14.1 (77.9%)
59	SKUPIEŃ Michał	44	INŻYNIERIA BIEGANIA	RYBNIK	M30-39	18	M 53			00:00:05	2026-09-19 17:00:53	00:12:15	00:30:52	00:42:27.75	00:42:33.45	+00:09:14 (21.8%)	4:14	14.1 (77.9%)
60	POSTAWKA Kamil	87	KAMIL&PRISCILLA TEAM	RYBNIK	M40-49	16	M 54			00:00:04	2026-09-19 17:00:52	00:12:02	00:31:02	00:43:01.40	00:43:05.50	+00:09:48 (22.8%)	4:18	13.9 (76.8%)
61	FERENC Jakub	349		JASTRZĘBIE-ZDRÓJ	M20-29	8	M 55			00:00:02	2026-09-19 17:00:50	00:12:05	00:31:09	00:43:03.90	00:43:06.25	+00:09:50 (22.9%)	4:18	13.9 (76.8%)
62	ORŁOWSKI Ignacy	120	ULTRA BESKID SPORT	MAZAŃCOWICE	M16-19	5	M 56			00:00:12	2026-09-19 17:01:00	00:12:44	00:31:35	00:43:07.10	00:43:19.25	+00:09:54 (23.0%)	4:18	13.9 (76.8%)
63	TARAŁA Jakub	104		JASTRZĘBIE-ZDRÓJ	M20-29	9	M 57			00:00:10	2026-09-19 17:00:58	00:12:18	00:31:11	00:43:07.65	00:43:18.15	+00:09:54 (23.0%)	4:18	13.9 (76.8%)
64	BAŁA Tomasz	253	RADLINIOKI W BIEGU	RADLIN	M40-49	17	M 58			00:00:11	2026-09-19 17:00:59	00:12:31	00:31:27	00:43:10.75	00:43:22.50	+00:09:57 (23.1%)	4:19	13.9 (76.8%)
65	GLUSZYK Andrzej	117		ŻORY	M50-59	8	M 59			00:00:08	2026-09-19 17:00:56	00:12:18	00:31:22	00:43:17.35	00:43:26.05	+00:10:04 (23.3%)	4:19	13.9 (76.8%)
66	URBAN Patryk	137		JASTRZĘBIE-ZDRÓJ	M30-39	19	M 60			00:00:06	2026-09-19 17:00:54	00:12:05	00:31:18	00:43:23.40	00:43:29.65	+00:10:10 (23.4%)	4:20	13.8 (76.2%)
67	HOMBEK Krzysztof	248		CZECHOWICE-DZIEDZICE	M30-39	20	M 61			00:00:08	2026-09-19 17:00:56	00:12:28	00:31:43	00:43:27.80	00:43:36.15	+00:10:14 (23.6%)	4:20	13.8 (76.2%)
68	NYREK Krzysztof	60		LIBIAŻ	M40-49	18	M 62			00:00:06	2026-09-19 17:00:54	00:12:00	00:31:11	00:43:33.70	00:43:39.75	+00:10:20 (23.7%)	4:21	13.8 (76.2%)
69	SOLTYS Mateusz	159		JASTRZĘBIE ZDRÓJ	M30-39	21	M 63			00:00:05	2026-09-19 17:00:53	00:12:18	00:31:22	00:43:35.40	00:43:41.35	+00:10:22 (23.8%)	4:21	13.8 (76.2%)
70	RADWAŃSKI Łukasz	46	PIERUNNINGTEAM	JASTRZĘBIE-ZDRÓJ	M30-39	22	M 64		PierunningTeam	00:00:00				00:43:36.00	00:43:36.00	+00:10:22 (23.8%)	4:21	13.8 (76.2%)
71	SKOTNICKA Marta	67		JASTRZĘBIE ZDRÓJ	K20-29	3	K 7			00:00:04	2026-09-19 17:00:52	00:11:47	00:31:12	00:43:41.45	00:43:46.05	+00:10:28 (24.0%)	4:22	13.7 (75.7%)
72	BOCHENEK Adam	77		CIESZYN	M30-39	23	M 65			00:00:07	2026-09-19 17:00:55	00:11:51	00:31:22	00:43:44.20	00:43:51.35	+00:10:31 (24.1%)	4:22	13.7 (75.7%)
73	SIKORSKI Sebastian	198		JASTRZĘBIE-ZDRÓJ	M40-49	19	M 66			00:00:06	2026-09-19 17:00:54	00:12:15	00:31:44	00:43:48.95	00:43:55.75	+00:10:35 (24.2%)	4:22	13.7 (75.7%)
74	MRÓZEK Rafał	63	TEAM KOPEĆ	ŁĘKAWICA	M30-39	24	M 67			00:00:03	2026-09-19 17:00:51	00:11:59	00:31:30	00:43:54.75	00:43:57.95	+00:10:41 (24.4%)	4:23	13.7 (75.7%)
75	BURAS Roman	135		RYBNIK	M50-59	9	M 68			00:00:06	2026-09-19 17:00:54	00:12:40	00:32:03	00:43:55.15	00:44:01.40	+00:10:42 (24.4%)	4:23	13.7 (75.7%)
76	WRONECKA Emilia	61	ALCHEMIA BIEGANIA	KATOWICE	K30-39	4	K 8			00:00:06	2026-09-19 17:00:54	00:12:21	00:31:56	00:43:56.85	00:44:03.10	+00:10:43 (24.4%)	4:23	13.7 (75.7%)
77	MASARCZYK Grzegorz	59		JANKOWICE RYBNICKIE	M40-49	20	M 69			00:00:11	2026-09-19 17:00:59	00:12:24	00:31:40	00:43:58.25	00:44:10.20	+00:10:45 (24.5%)	4:23	13.6 (75.1%)
78	KAWECKI Stanisław	126	OLZA CIESZYN		M50-59	10	M 70		Olza Cieszyn	00:00:07	2026-09-19 17:00:55	00:12:18	00:31:47	00:43:59.55	00:44:06.65	+00:10:46 (24.5%)	4:23	13.6 (75.1%)
79	SOBOL Adam	151	DYSTANS LUBOMIA	LUBOMIA	M40-49	21	M 71		Dystans Lubomia	00:00:06	2026-09-19 17:00:54	00:12:12	00:31:43	00:44:05.45	00:44:11.95	+00:10:52 (24.7%)	4:24	13.6 (75.1%)
80	NOCOŃ Marek	80		JASTRZĘBIE-ZDRÓJ	M40-49	22	M 72			00:00:02	2026-09-19 17:00:50	00:11:45	00:31:33	00:44:13.40	00:44:16.15	+00:11:00 (24.9%)	4:25	13.6 (75.1%)

81	SZEFER Wojciech	64	JEJKOWICE BIEGAJĄ	JEJKOWICE	M40-49	23	M 73		00:00:10	2026-09-19 17:00:58	00:12:21	00:31:40	00:44:14.60	00:44:24.65	+00:11:01 (24.9%)	4:25	13.6 (75.1%)
82	WOŁOWIK Dominik	133		ŻORY	M40-49	24	M 74		00:00:08	2026-09-19 17:00:56	00:12:58	00:32:29	00:44:25.80	00:44:34.35	+00:11:12 (25.2%)	4:26	13.5 (74.6%)
83	MARCZYŃSKI Sebastian	158	RODZINKA.PL	JASTRZĘBIE-ZDRÓJ	M40-49	25	M 75		00:00:13	2026-09-19 17:01:01	00:12:37	00:32:16	00:44:33.10	00:44:46.25	+00:11:20 (25.4%)	4:27	13.5 (74.6%)
84	URBASIK Mariusz	124	RUN RYDUŁTOWY	RYDUŁTOWY	M50-59	11	M 76	RUN RYDUŁTOWY	00:00:07	2026-09-19 17:00:55	00:12:34	00:32:05	00:44:33.20	00:44:41.00	+00:11:20 (25.4%)	4:27	13.5 (74.6%)
85	SZYROCKI Arkadiusz	100	RUN TEAM POGWIZDÓW	POGWIZDÓW	M50-59	12	M 77		00:00:07	2026-09-19 17:00:55	00:12:28	00:32:03	00:44:43.00	00:44:50.25	+00:11:29 (25.7%)	4:28	13.4 (74.0%)
86	STANIA Karolina	94		ŻORY	K40-49	2	K 9	UKS Suszec / Suszeczkie Iten	00:00:05	2026-09-19 17:00:53	00:13:06	00:32:54	00:44:56.05	00:45:01.75	+00:11:43 (26.1%)	4:29	13.4 (74.0%)
87	DRAPA Rafał	234		PAWŁOWICE	M40-49	26	M 78		00:00:10	2026-09-19 17:00:58	00:12:49	00:32:48	00:45:11.25	00:45:21.80	+00:11:58 (26.5%)	4:31	13.3 (73.5%)
88	WRÓBEL Ryszard	71		JELEŚNIA	M40-49	27	M 79		00:00:06	2026-09-19 17:00:54	00:12:29	00:32:18	00:45:11.65	00:45:17.95	+00:11:58 (26.5%)	4:31	13.3 (73.5%)
89	OPIEKULSKA Renata	99	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	K40-49	3	K 10	Tak Jan Tyniec Team	00:00:05	2026-09-19 17:00:53	00:12:41	00:32:43	00:45:14.10	00:45:19.15	+00:12:01 (26.6%)	4:31	13.3 (73.5%)
90	ŁYSEK Konrad	73	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE ZDRÓJ	M16-19	6	M 80	Jan Tyniec Team	00:00:05	2026-09-19 17:00:53	00:11:41	00:31:30	00:45:14.25	00:45:19.85	+00:12:01 (26.6%)	4:31	13.3 (73.5%)
91	ZELEK Adam	119	OLZA CIESZYN	CIESZYN	M50-59	13	M 81	Olza Cieszyn	00:00:13	2026-09-19 17:01:01	00:13:01	00:33:01	00:45:15.05	00:45:28.20	+00:12:02 (26.6%)	4:31	13.3 (73.5%)
92	JAKUBIEC Tomasz	98		WARSZOWICE	M40-49	28	M 82		00:00:11	2026-09-19 17:00:59	00:12:28	00:32:39	00:45:15.65	00:45:27.30	+00:12:02 (26.6%)	4:31	13.3 (73.5%)
93	ZIELEŻNY Daniel	220	LIGA GOTARTOWICKICH GENTEMENÓW	RYBNIK	M20-29	10	M 83		00:00:11	2026-09-19 17:00:59	00:13:05	00:33:04	00:45:18.40	00:45:30.15	+00:12:05 (26.7%)	4:31	13.2 (72.9%)
94	KŁOPEĆ Adrian	105		JASTRZĘBIE-ZDRÓJ	M40-49	29	M 84		00:00:11	2026-09-19 17:00:59	00:12:42	00:32:39	00:45:19.95	00:45:31.90	+00:12:06 (26.7%)	4:31	13.2 (72.9%)
95	CIEPLAK Maciej	93	TL ROW RYBNIK	RYBNIK	M60-69	3	M 85		00:00:03	2026-09-19 17:00:51	00:12:46	00:32:33	00:45:21.45	00:45:24.65	+00:12:08 (26.8%)	4:32	13.2 (72.9%)
96	TATARCZYK Michał	96		JASTRZĘBIE ZDRÓJ S	M16-19	7	M 86		00:00:24	2026-09-19 17:01:12	00:12:40	00:33:02	00:45:23.05	00:45:47.25	+00:12:10 (26.8%)	4:32	13.2 (72.9%)
97	PRZYGODA Marcin	225		JASTRZĘBIE-ZDRÓJ	M40-49	30	M 87		00:00:13	2026-09-19 17:01:01	00:13:09	00:33:09	00:45:30.60	00:45:44.40	+00:12:17 (27.0%)	4:33	13.2 (72.9%)
98	SŁOWIŃSKI Dawid	161	RUN PAWŁOWICE	PAWŁOWICE	M30-39	25	M 88		00:00:08	2026-09-19 17:00:56	00:12:42	00:32:48	00:45:36.35	00:45:44.70	+00:12:23 (27.2%)	4:33	13.2 (72.9%)
99	URBANIAK Witold	238		CZECHOWICE-DZIEDZICE	M40-49	31	M 89		00:00:18	2026-09-19 17:01:06	00:13:23	00:33:22	00:45:38.50	00:45:57.15	+00:12:25 (27.2%)	4:33	13.1 (72.4%)
100	KWIATOŃ Natalia	146	UKS DIAMENT GODÓW	TURZA ŚLĄSKA	K16-19	1	K 11	Tak	00:00:08	2026-09-19 17:00:56	00:12:49	00:33:07	00:45:40.60	00:45:49.45	+00:12:27 (27.3%)	4:34	13.1 (72.4%)
101	WRÓBLEWSKA Judyta	156	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	K30-39	5	K 12	Tak Jan Tyniec Team	00:00:04	2026-09-19 17:00:52	00:12:33	00:32:42	00:45:40.80	00:45:45.40	+00:12:27 (27.3%)	4:34	13.1 (72.4%)
102	WYSTYRK Marek	144	RUN RYDUŁTOWY	RYDUŁTOWY	M50-59	14	M 90	RUN RYDUŁTOWY	00:00:09	2026-09-19 17:00:57	00:12:56	00:33:11	00:45:40.95	00:45:50.10	+00:12:27 (27.3%)	4:34	13.1 (72.4%)
102	DWORNIK Mateusz	116	PIERUNNING	JASTRZĘBIE-ZDRÓJ	M30-39	26	M 91	PierunningTeam	00:00:07	2026-09-19 17:00:55	00:12:59	00:33:11	00:45:40.95	00:45:48.10	+00:12:27 (27.3%)	4:34	13.1 (72.4%)
104	POGORZELSKI Miłosz	132		MSZANA	M16-19	8	M 92		00:00:12	2026-09-19 17:01:00	00:12:57	00:33:23	00:45:51.75	00:46:03.75	+00:12:38 (27.6%)	4:35	13.1 (72.4%)
105	MALECKI Jacek	130		LIGOTA	M40-49	32	M 93		00:00:20	2026-09-19 17:01:08	00:13:51	00:34:18	00:45:56.30	00:46:16.50	+00:12:43 (27.7%)	4:35	13.1 (72.4%)
106	RECLIK Paweł	205		ŚWIERKLANY	M40-49	33	M 94		00:00:15	2026-09-19 17:01:03	00:13:13	00:33:34	00:46:01.95	00:46:17.55	+00:12:48 (27.8%)	4:36	13 (71.8%)
107	GEMBALCZYK Zbigniew	229	RUN RYDUŁTOWY	RYDUŁTOWY	M50-59	15	M 95	RUN RYDUŁTOWY	00:00:08	2026-09-19 17:00:56	00:13:32	00:33:49	00:46:07.25	00:46:16.20	+00:12:54 (28.0%)	4:36	13 (71.8%)
108	JURASZEK Elżbieta	138		JELEŚNIA	K40-49	4	K 13	MobilityTeam	00:00:06	2026-09-19 17:00:54	00:12:57	00:33:24	00:46:16.25	00:46:22.70	+00:13:03 (28.2%)	4:37	13 (71.8%)
109	ANTOŃCZYK Adam	155	DKMS JASTRZEBIE	JASTRZEBIE ZDROJ	M50-59	16	M 96		00:00:06	2026-09-19 17:00:54	00:12:27	00:33:15	00:46:18.25	00:46:25.00	+00:13:05 (28.3%)	4:37	13 (71.8%)
110	BANASIAK Aleksandra	109		ŻORY	K20-29	4	K 14		00:00:09	2026-09-19 17:00:57	00:12:35	00:33:22	00:46:23.30	00:46:32.70	+00:13:10 (28.4%)	4:38	12.9 (71.3%)
111	BOCHYNEK Dominika	262	RUN&FUN SILESIA ADM RYBNIK	RYBNIK	K20-29	5	K 15		00:00:06	2026-09-19 17:00:54	00:13:07	00:33:51	00:46:23.95	00:46:30.50	+00:13:10 (28.4%)	4:38	12.9 (71.3%)
112	ADAMSKI Robert	167	RUNNING PERFORMANCE	BIERUŃ	M40-49	34	M 97		00:00:11	2026-09-19 17:00:59	00:12:54	00:33:27	00:46:26.30	00:46:37.35	+00:13:13 (28.5%)	4:38	12.9 (71.3%)
113	OLBORSKI Andrzej	140		JASTRZĘBIE-ZDRÓJ	M60-69	4	M 98		00:00:10	2026-09-19 17:00:58	00:12:44	00:33:36	00:46:31.35	00:46:42.20	+00:13:18 (28.6%)	4:39	12.9 (71.3%)
114	BARTECKA Sabina	139	IM INSPIRATION	ŻORY	K40-49	5	K 16		00:00:06	2026-09-19 17:00:54	00:12:30	00:33:51	00:46:31.50	00:46:38.35	+00:13:18 (28.6%)	4:39	12.9 (71.3%)
115	MUCZYŃ Arkadiusz	260	RUN RYDUŁTOWY	RYDUŁTOWY	M40-49	35	M 99		00:00:08	2026-09-19 17:00:56	00:12:55	00:33:34	00:46:32.35	00:46:40.60	+00:13:19 (28.6%)	4:39	12.9 (71.3%)
116	JANECKI Andrzej	37	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	M30-39	27	M 100	Bziegacze	00:00:05	2026-09-19 17:00:53	00:12:52	00:33:48	00:46:33.80	00:46:38.90	+00:13:20 (28.7%)	4:39	12.9 (71.3%)
117	SZALAŚNY Piotr	351		KOBIÓR	M30-39	28	M 101	MARTES SPORT	00:00:16	2026-09-19 17:01:04	00:13:38	00:34:07	00:46:37.10	00:46:53.15	+00:13:24 (28.7%)	4:39	12.9 (71.3%)
118	HAJSKI Kamil	76	#HASKIENDURONRUN	RYBNIK	M30-39	29	M 102		00:00:11	2026-09-19 17:00:59	00:12:56	00:33:32	00:46:40.65	00:46:51.85	+00:13:27 (28.8%)	4:40	12.9 (71.3%)
119	WIERCIOCH Tomasz	166	PARKRUN KĘDZIERZYN-KOŹŁE	KĘDZIERZYN-KOŹŁE	M40-49	36	M 103		00:00:14	2026-09-19 17:01:02	00:13:26	00:33:53	00:46:45.20	00:46:59.25	+00:13:32 (29.0%)	4:40	12.8 (70.7%)
120	WÓJCICKA Wioleta	79	RUN RYDUŁTOWY	WIEDŃ	K30-39	6	K 17	RUN RYDUŁTOWY	00:00:08	2026-09-19 17:00:56	00:12:39	00:33:35	00:46:47.50	00:46:55.55	+00:13:34 (29.0%)	4:40	12.8 (70.7%)

121	OGIERMAN Grzegorz	157	OLZA CIESZYN	CIESZYN	M40-49	37	M 104	Olza Cieszyn	00:00:10	2026-09-19 17:00:58	00:13:44	00:34:29	00:46:55.35	00:47:05.65	+00:13:42 (29.2%)	4:41	12.8 (70.7%)
122	ZABIELSKI Jacek	69	RUN RYDUŁTOWY	RYDUŁTOWY	M40-49	38	M 105	RUN RYDUŁTOWY	00:00:08	2026-09-19 17:00:56	00:13:25	00:34:08	00:47:10.35	00:47:19.25	+00:13:57 (29.6%)	4:43	12.7 (70.2%)
123	SIEGMUND Tadeusz	136	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	M50-59	17	M 106	Jan Tynec Team	00:00:08	2026-09-19 17:00:56	00:13:20	00:34:04	00:47:12.15	00:47:20.65	+00:13:59 (29.6%)	4:43	12.7 (70.2%)
124	KLUSEK Marcin	336		CZYŻOWICE	M30-39	30	M 107		00:00:18	2026-09-19 17:01:06	00:13:49	00:34:40	00:47:13.00	00:47:31.05	+00:13:59 (29.6%)	4:43	12.7 (70.2%)
125	GURNICZ Paweł	131		JASTRZĘBIE ZDRÓJ	M40-49	39	M 108		00:00:10	2026-09-19 17:00:58	00:12:54	00:33:57	00:47:17.35	00:47:27.80	+00:14:04 (29.8%)	4:43	12.7 (70.2%)
126	WYPIÓR Ewa	217		GODÓW	K40-49	6	K 18		00:00:13	2026-09-19 17:01:01	00:13:50	00:34:30	00:47:32.80	00:47:46.25	+00:14:19 (30.1%)	4:45	12.6 (69.6%)
127	SUDER Klaudia	355	ŻYRAFKI	JASTRZĘBIE-ZDRÓJ	K30-39	7	K 19		00:00:25	2026-09-19 17:01:13	00:23:11		00:47:35.20	00:48:00.20	+00:14:22 (30.2%)	4:45	12.6 (69.6%)
128	UCIEKŁAK Waldemar	38		CZĘSTOCHOWA	M60-69	5	M 109		00:00:10	2026-09-19 17:00:58	00:12:50	00:33:54	00:47:35.95	00:47:46.90	+00:14:22 (30.2%)	4:45	12.6 (69.6%)
129	MALIK Rafał	41	AMATOR	JASTRZĘBIE-ZDRÓJ	M40-49	40	M 110		00:00:03	2026-09-19 17:00:51	00:12:32	00:33:53	00:47:39.30	00:47:42.45	+00:14:26 (30.3%)	4:45	12.6 (69.6%)
130	RUCIŃSKI Krzysztof	216		RYBNIK	M50-59	18	M 111		00:00:23	2026-09-19 17:01:11	00:13:43	00:34:48	00:47:40.90	00:48:04.25	+00:14:27 (30.3%)	4:46	12.6 (69.6%)
131	JOPEK Damian	72	PIERUNNING	JASTRZĘBIE-ZDRÓJ	M30-39	31	M 112	PierunningTeam	00:00:08	2026-09-19 17:00:56	00:13:13	00:34:09	00:47:42.40	00:47:50.65	+00:14:29 (30.4%)	4:46	12.6 (69.6%)
132	POŁOMSKA Edyta	108		RYDUŁTOWY	K40-49	7	K 20	Silesian Triathlon Team	00:00:05	2026-09-19 17:00:53	00:13:30	00:34:48	00:47:52.00	00:47:57.15	+00:14:38 (30.6%)	4:47	12.5 (69.1%)
133	STUCHLIK Damian	121		CIESZYN	M30-39	32	M 113		00:00:08	2026-09-19 17:00:56	00:13:07	00:34:19	00:47:57.65	00:48:06.00	+00:14:44 (30.7%)	4:47	12.5 (69.1%)
134	WYPIÓR Sebastian	125		GODÓW	M40-49	41	M 114		00:00:13	2026-09-19 17:01:01	00:12:40	00:34:07	00:48:04.75	00:48:18.20	+00:14:51 (30.9%)	4:48	12.5 (69.1%)
135	BUCHTA Michał	241		JASTRZĘBIE-ZDRÓJ	M40-49	42	M 115		00:00:16	2026-09-19 17:01:04	00:13:10	00:34:11	00:48:07.60	00:48:23.75	+00:14:54 (31.0%)	4:48	12.5 (69.1%)
136	GOJOWY Franciszek	325		JASTRZĘBIE-ZDRÓJ	M50-59	19	M 116		00:00:25	2026-09-19 17:01:13	00:13:58	00:35:11	00:48:08.70	00:48:34.25	+00:14:55 (31.0%)	4:48	12.5 (69.1%)
137	KUBIŚ Krzysztof	340		JAWORZE	M40-49	43	M 117		00:00:20	2026-09-19 17:01:08	00:13:48	00:34:49	00:48:09.60	00:48:30.55	+00:14:56 (31.0%)	4:48	12.5 (69.1%)
138	PRZYBYŁA Paweł	95		PAWŁOWICE	M40-49	44	M 118		00:00:14	2026-09-19 17:01:02	00:13:45	00:34:51	00:48:10.75	00:48:25.40	+00:14:57 (31.1%)	4:49	12.5 (69.1%)
139	ŻYŁA Daniel	213		ZEBRZYDOWICE	M30-39	33	M 119		00:00:12	2026-09-19 17:01:00	00:12:50	00:34:37	00:48:11.00	00:48:23.15	+00:14:57 (31.1%)	4:49	12.5 (69.1%)
140	SZCZĘŚNY Krzysztof	12	KRISKROS	WODZISŁAW ŚL.	M50-59	20	M 120		00:00:16	2026-09-19 17:01:04	00:13:35	00:34:56	00:48:14.45	00:48:31.05	+00:15:01 (31.1%)	4:49	12.4 (68.5%)
141	KONIECZNY Krystian	242		JASTRZĘBIE-ZDRÓJ	M30-39	34	M 121		00:00:22	2026-09-19 17:01:10	00:13:41	00:34:52	00:48:14.65	00:48:36.65	+00:15:01 (31.1%)	4:49	12.4 (68.5%)
142	BRÓZDA Tomasz	194	MDM NT TEAM	CIESZYN	M30-39	35	M 122	MDM NT TEAM	00:00:17	2026-09-19 17:01:05	00:12:47	00:34:11	00:48:19.50	00:48:36.60	+00:15:06 (31.3%)	4:49	12.4 (68.5%)
143	DUDZIK Wojciech	101		JASTRZĘBIE-ZDRÓJ	M30-39	36	M 123		00:00:09	2026-09-19 17:00:57	00:13:23	00:34:36	00:48:20.40	00:48:29.75	+00:15:07 (31.3%)	4:50	12.4 (68.5%)
144	ŻULEWSKI Robert	223		JASTRZĘBIE-ZDRÓJ	M50-59	21	M 124		00:00:03	2026-09-19 17:00:51	00:13:31	00:35:11	00:48:20.50	00:48:24.30	+00:15:07 (31.3%)	4:50	12.4 (68.5%)
145	KOCUR Bartłomiej	192		CZYŻOWICE	M16-19	9	M 125		00:00:19	2026-09-19 17:01:07	00:14:05	00:35:24	00:48:21.40	00:48:41.30	+00:15:08 (31.3%)	4:50	12.4 (68.5%)
146	SZEREDA Robert	115		JASTRZĘBIE-ZDRÓJ	M50-59	22	M 126		00:00:07	2026-09-19 17:00:55	00:13:12	00:34:49	00:48:23.55	00:48:31.20	+00:15:10 (31.4%)	4:50	12.4 (68.5%)
147	KULAWIAK Bogdan	114		ZORY	M50-59	23	M 127		00:00:12	2026-09-19 17:01:00	00:13:39	00:34:58	00:48:23.90	00:48:36.35	+00:15:10 (31.4%)	4:50	12.4 (68.5%)
148	PILICH Urszula	127	LEŚNA TEAM	HAŻLACH	K50-59	1	K 21	Ekipa SCI	00:00:12	2026-09-19 17:01:00	00:13:34	00:34:57	00:48:24.65	00:48:36.90	+00:15:11 (31.4%)	4:50	12.4 (68.5%)
149	WOLNY Katarzyna	143		PAWŁOWICE	K30-39	8	K 22		00:00:10	2026-09-19 17:00:58	00:13:44	00:35:17	00:48:25.55	00:48:36.40	+00:15:12 (31.4%)	4:50	12.4 (68.5%)
150	MOCZAŁA Wojciech	78		ŁĄZISKA	M20-29	11	M 128		00:00:04	2026-09-19 17:00:52	00:12:56	00:34:42	00:48:27.80	00:48:32.65	+00:15:14 (31.5%)	4:50	12.4 (68.5%)
151	PRZYBYŁA Przemysław	111	MDM NT TEAM	CIESZYN	M40-49	45	M 129	MDM NT TEAM	00:00:13	2026-09-19 17:01:01	00:13:40	00:34:52	00:48:33.15	00:48:46.40	+00:15:20 (31.6%)	4:51	12.4 (68.5%)
152	KUSTRĄ Mateusz	56	CENTRUM TRENINGU PERSONALNEGO I DIETETYKI MATEUSZ KUSTRA	JASTRZĘBIE-ZDRÓJ	M30-39	37	M 130		00:00:02	2026-09-19 17:00:50	00:12:54	00:34:45	00:48:36.95	00:48:39.85	+00:15:23 (31.7%)	4:51	12.3 (68.0%)
153	CUPEK Natalia	292		JASTRZĘBIE ZDRÓJ	K20-29	6	K 23		00:00:16	2026-09-19 17:01:04	00:14:04	00:35:32	00:48:37.95	00:48:54.90	+00:15:24 (31.7%)	4:51	12.3 (68.0%)
154	BIERSKI Jan	147		POGWIZDÓW	M60-69	6	M 131		00:00:14	2026-09-19 17:01:02	00:13:47	00:35:11	00:48:38.70	00:48:53.10	+00:15:25 (31.7%)	4:51	12.3 (68.0%)
155	KNYPS Adam	197	OLZA CIESZYN	CIESZYN	M40-49	46	M 132	Olza Cieszyn	00:00:09	2026-09-19 17:00:57	00:13:48	00:35:14	00:48:47.35	00:48:56.65	+00:15:34 (31.9%)	4:52	12.3 (68.0%)
156	PIWISZKIS Barbara	281	STREET SPIRIT	JASTRZĘBIE-ZDRÓJ	K40-49	8	K 24	Street Spirit	00:00:20	2026-09-19 17:01:08	00:13:44	00:35:23	00:48:49.20	00:49:09.60	+00:15:36 (32.0%)	4:52	12.3 (68.0%)
157	NOGA-GUZY Marta	152		JASTRZĘBIE-ZDRÓJ	K30-39	9	K 25		00:00:11	2026-09-19 17:00:59	00:14:16	00:36:12	00:48:55.60	00:49:06.75	+00:15:42 (32.1%)	4:53	12.3 (68.0%)
158	ZDUNEK Konrad	232	RUN RYDUŁTOWY	RYBNIK	M40-49	47	M 133	RUN RYDUŁTOWY	00:00:13	2026-09-19 17:01:01	00:14:09	00:35:33	00:48:56.45	00:49:10.05	+00:15:43 (32.1%)	4:53	12.3 (68.0%)
159	SLISZ Adam	184	RUN&FUN SILESIA ADM RYBNIK	RYBNIK	M50-59	24	M 134		00:00:12	2026-09-19 17:01:00	00:13:54	00:35:32	00:48:57.90	00:49:10.45	+00:15:44 (32.2%)	4:53	12.3 (68.0%)
160	MALICH Dominik	181		PNIÓWEK	M20-29	12	M 135		00:00:14	2026-09-19 17:01:02	00:14:44	00:36:28	00:48:59.05	00:49:13.85	+00:15:46 (32.2%)	4:53	12.2 (67.4%)

161	MARYJOSZ Adrian	107	MARYJOSZ TEAM	ŻORY	M50-59	25	M 136		00:00:11	2026-09-19 17:00:59	00:13:56	00:35:25	00:49:01.10	00:49:12.85	+00:15:48 (32.2%)	4:54	12.2 (67.4%)
162	PAPLA Piotr	259		MAZAŃCOWICE	M50-59	26	M 137		00:00:15	2026-09-19 17:01:03	00:14:13	00:35:58	00:49:10.10	00:49:25.60	+00:15:57 (32.4%)	4:55	12.2 (67.4%)
163	SZKATUŁA Henryk	468		WODZISŁAW ŚLĄSKI	M60-69	7	M 138		00:00:06	2026-09-19 17:00:54	00:13:38	00:35:15	00:49:10.65	00:49:17.40	+00:15:57 (32.5%)	4:55	12.2 (67.4%)
164	PILICH Marcin	128	LEŚNA TEAM	HAŻLACH	M40-49	48	M 139	Ekipa SCI	00:00:12	2026-09-19 17:01:00	00:13:37	00:35:42	00:49:13.50	00:49:26.35	+00:16:00 (32.5%)	4:55	12.2 (67.4%)
165	KIJAK Marcin	164	KRAKÓW AIRPORT RUNNING TEAM	KRAKÓW	M30-39	38	M 140		00:00:11	2026-09-19 17:00:59	00:14:22	00:36:04	00:49:14.15	00:49:25.90	+00:16:01 (32.5%)	4:55	12.2 (67.4%)
166	ONAK Paweł	237	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	M40-49	49	M 141	Jan Tyniec Team	00:00:18	2026-09-19 17:01:06	00:13:49	00:35:44	00:49:33.65	00:49:52.00	+00:16:20 (33.0%)	4:57	12.1 (66.9%)
167	GAJDA Michał	174		JASTRZĘBIE-ZDRÓJ	M20-29	13	M 142		00:00:23	2026-09-19 17:01:11	00:14:14	00:36:03	00:49:37.05	00:50:00.45	+00:16:24 (33.1%)	4:57	12.1 (66.9%)
168	NOWAK Beata	163	OLZA CIESZYN	PUŃCÓW	K50-59	2	K 26	Olza Cieszyn	00:00:08	2026-09-19 17:00:56	00:13:42	00:35:46	00:49:43.65	00:49:52.45	+00:16:30 (33.2%)	4:58	12.1 (66.9%)
169	TRAWNICKI Maciej	463		JASTRZĘBIE-ZDRÓJ	M40-49	50	M 143		00:00:08	2026-09-19 17:00:56	00:13:57	00:36:11	00:49:44.00	00:49:52.00	+00:16:30 (33.2%)	4:58	12.1 (66.9%)
170	KAMYCZEK Marcin	255	PIERUNNINGTEAM	GLIWICE	M30-39	39	M 144	PierunningTeam	00:00:09	2026-09-19 17:00:57	00:14:12	00:35:57	00:49:47.30	00:49:56.70	+00:16:34 (33.3%)	4:58	12.1 (66.9%)
171	PAWERA Adam	235		CIESZYN	M30-39	40	M 145		00:00:18	2026-09-19 17:01:06	00:14:33	00:36:31	00:49:51.75	00:50:10.40	+00:16:38 (33.4%)	4:59	12 (66.3%)
172	WEISS Dominik	227		PIEKARY ŚLĄSKIE	M40-49	51	M 146		00:00:25	2026-09-19 17:01:13	00:14:27	00:36:28	00:49:56.70	00:50:22.50	+00:16:43 (33.5%)	4:59	12 (66.3%)
173	GARGASZ Piotr	75		ŻORY	M40-49	52	M 147		00:00:09	2026-09-19 17:00:57	00:13:36	00:35:48	00:50:00.80	00:50:09.95	+00:16:47 (33.6%)	5:00	12 (66.3%)
174	ADAMCZYK Adam	465		ŁAZISKA	M50-59	27	M 148		00:00:11	2026-09-19 17:00:59	00:14:20	00:36:17	00:50:05.40	00:50:16.45	+00:16:52 (33.7%)	5:00	12 (66.3%)
175	ZWIERZYŃSKI Piotr	244	UNATCO	RYBNIK	M50-59	28	M 149		00:00:11	2026-09-19 17:00:59	00:13:47	00:36:08	00:50:05.50	00:50:16.85	+00:16:52 (33.7%)	5:00	12 (66.3%)
176	TARGOSZ Piotr	254	OLZA CIESZYN	CIESZYN	M50-59	29	M 150	Olza Cieszyn	00:00:09	2026-09-19 17:00:57	00:13:45	00:36:08	00:50:16.45	00:50:25.45	+00:17:03 (33.9%)	5:01	11.9 (65.7%)
177	ZIMOŃ Wojciech	122		RYBNIK	M30-39	41	M 151		00:00:12	2026-09-19 17:01:00	00:14:41	00:36:50	00:50:17.45	00:50:30.15	+00:17:04 (33.9%)	5:01	11.9 (65.7%)
178	KLUZ Leszek	212		CISOWNICA	M50-59	30	M 152		00:00:09	2026-09-19 17:00:57	00:13:45	00:36:11	00:50:17.85	00:50:27.35	+00:17:04 (34.0%)	5:01	11.9 (65.7%)
179	ORŁOWSKI Grzegorz	204	ULTRA BESKID SPORT	MAZAŃCOWICE	M40-49	53	M 153		00:00:18	2026-09-19 17:01:06	00:14:33	00:36:32	00:50:18.00	00:50:36.50	+00:17:04 (34.0%)	5:01	11.9 (65.7%)
180	JANECKA Marta	186		JASTRZĘBIE-ZDRÓJ	K20-29	7	K 27	Bziegacze	00:00:17	2026-09-19 17:01:05	00:14:49	00:36:53	00:50:19.55	00:50:37.30	+00:17:06 (34.0%)	5:01	11.9 (65.7%)
181	GŁOS Mariusz	266		CIESZYN	M40-49	54	M 154		00:00:21	2026-09-19 17:01:09	00:14:15	00:36:32	00:50:20.05	00:50:41.60	+00:17:07 (34.0%)	5:02	11.9 (65.7%)
182	KUBIAK Arkadiusz	92	EKO-OKNA RUNNERS	RACIBÓRZ	M30-39	42	M 155		00:00:06	2026-09-19 17:00:54	00:13:41	00:36:19	00:50:28.20	00:50:34.75	+00:17:15 (34.2%)	5:02	11.9 (65.7%)
183	MIARKA Danuta	178	RAYPATH POWER TEAM	BIELSKO-BIAŁA	K30-39	10	K 28		00:00:10	2026-09-19 17:00:58	00:13:46	00:36:29	00:50:32.60	00:50:42.65	+00:17:19 (34.3%)	5:03	11.9 (65.7%)
184	BUDNIK Piotr	175	OPTIMISTIC EDUCATION	WODZISŁAW ŚLĄSKI	M40-49	55	M 156		00:00:16	2026-09-19 17:01:04	00:14:22	00:36:58	00:50:33.55	00:50:50.10	+00:17:20 (34.3%)	5:03	11.9 (65.7%)
185	BRODAKCI Waldemar	148	POTEMODPOCZNIESZ	PULAWY	M70+	1	M 157		00:00:17	2026-09-19 17:01:05	00:14:30	00:36:45	00:50:36.30	00:50:53.80	+00:17:23 (34.4%)	5:03	11.9 (65.7%)
186	GIL Czesław	149	EKO-OKNA RUNNERS	KIETRZ	M60-69	8	M 158		00:00:17	2026-09-19 17:01:05	00:14:29	00:36:51	00:50:42.65	00:50:59.70	+00:17:29 (34.5%)	5:04	11.8 (65.2%)
187	STRZOP Adrian	399		BIELSKO-BIAŁA	M20-29	14	M 159		00:00:26	2026-09-19 17:01:14	00:14:58	00:37:28	00:50:45.40	00:51:12.10	+00:17:32 (34.6%)	5:04	11.8 (65.2%)
188	LIS Artur	341		JASTRZĘBIE-ZDRÓJ	M30-39	43	M 160		00:00:17	2026-09-19 17:01:05	00:14:45	00:37:14	00:50:45.70	00:51:03.55	+00:17:32 (34.6%)	5:04	11.8 (65.2%)
189	LACH Denis	240	FIJAŁKOWSKI TEAM	JASTRZĘBIE-ZDRÓJ	M20-29	15	M 161		00:00:15	2026-09-19 17:01:03	00:13:54	00:36:14	00:50:46.25	00:51:02.20	+00:17:33 (34.6%)	5:04	11.8 (65.2%)
190	DRANICZAREK Szymon	252		JASTRZĘBIE-ZDRÓJ	M40-49	56	M 162		00:00:17	2026-09-19 17:01:05	00:14:46	00:37:15	00:50:46.50	00:51:04.15	+00:17:33 (34.6%)	5:04	11.8 (65.2%)
191	SITEK Olivia	165	UKS DIAMENT GODOW	SKRZYSZOW	K16-19	2	K 29	Tak	00:00:09	2026-09-19 17:00:57	00:13:20	00:36:24	00:50:48.80	00:50:57.80	+00:17:35 (34.6%)	5:04	11.8 (65.2%)
192	MALCHAREK Rafał	103		JASTRZĘBIE-ZDRÓJ	M30-39	44	M 163		00:00:17	2026-09-19 17:01:05	00:14:33	00:36:52	00:50:50.25	00:51:07.65	+00:17:37 (34.7%)	5:05	11.8 (65.2%)
193	JANECKI Piotr	289		JASTRZEBIE ZDROJ	M50-59	31	M 164		00:00:23	2026-09-19 17:01:11	00:14:44	00:36:48	00:50:58.80	00:51:21.85	+00:17:45 (34.8%)	5:05	11.8 (65.2%)
194	DOBRENIUK Krzysztof	256		RYBNIK	M50-59	32	M 165		00:00:05	2026-09-19 17:00:53	00:14:01	00:37:02	00:51:07.50	00:51:12.70	+00:17:54 (35.0%)	5:06	11.7 (64.6%)
195	PAPLA Marzena	261		MAZAŃCOWICE	K40-49	9	K 30		00:00:15	2026-09-19 17:01:03	00:14:13	00:36:53	00:51:13.15	00:51:28.45	+00:18:00 (35.1%)	5:07	11.7 (64.6%)
196	SKACZYŁO Patryk	187	PIERUNNINGTEAM	GLIWICE	M30-39	45	M 166	PierunningTeam	00:00:09	2026-09-19 17:00:57	00:14:14	00:37:02	00:51:18.00	00:51:27.85	+00:18:04 (35.2%)	5:07	11.7 (64.6%)
197	MIROSLAW Piotr	344		JASTRZĘBIE-ZDRÓJ	M20-29	16	M 167		00:00:44	2026-09-19 17:01:32	00:15:11	00:37:46	00:51:24.70	00:52:09.50	+00:18:11 (35.4%)	5:08	11.7 (64.6%)
198	BAUER Mirosław	320	AKADEMIA ŚWIADOMEGO TRENINGU	TYCHY	M40-49	57	M 168		00:00:19	2026-09-19 17:01:07	00:14:22	00:37:17	00:51:26.65	00:51:45.65	+00:18:13 (35.4%)	5:08	11.7 (64.6%)
199	GUZICKI Karol	502		JASTRZĘBIE-ZDRÓJ	M20-29	17	M 169		00:00:10	2026-09-19 17:00:58	00:15:46	00:38:19	00:51:42.60	00:51:53.35	+00:18:29 (35.8%)	5:10	11.6 (64.1%)
200	TYMAN Marcelina	314		RYBNIK	K30-39	11	K 31		00:00:14	2026-09-19 17:01:02	00:14:40	00:37:49	00:51:51.55	00:52:05.65	+00:18:38 (35.9%)	5:11	11.6 (64.1%)

201	TATARCZYK Rafal	264		SKRZYSZÓW	M40-49	58	M 170		00:00:24	2026-09-19 17:01:12	00:14:06	00:37:15	00:51:57.40	00:52:21.60	+00:18:44 (36.1%)	5:11	11.5 (63.5%)
202	MAZUR Malgorzata	295		JASTRZĘBIE ZDRÓJ	K40-49	10	K 32		00:00:09	2026-09-19 17:00:57	00:14:39	00:37:44	00:52:00.10	00:52:09.75	+00:18:47 (36.1%)	5:12	11.5 (63.5%)
203	GLOS Magdalena	265		CIESZYN	K30-39	12	K 33		00:00:21	2026-09-19 17:01:09	00:14:15	00:37:22	00:52:00.40	00:52:22.05	+00:18:47 (36.1%)	5:12	11.5 (63.5%)
204	ŚWIĄTEK Jerzy	251		PAWŁOWICE	M30-39	46	M 171		00:00:11	2026-09-19 17:00:59	00:14:02	00:37:30	00:52:00.80	00:52:12.15	+00:18:47 (36.1%)	5:12	11.5 (63.5%)
205	ROLNIK Monika	214		RYDUŁTOWY	K40-49	11	K 34	RUN RYDUŁTOWY	00:00:14	2026-09-19 17:01:02	00:14:49	00:37:43	00:52:01.35	00:52:16.30	+00:18:48 (36.1%)	5:12	11.5 (63.5%)
206	GROBELNY Kamil	473		JASTRZĘBIE-ZDRÓJ	M20-29	18	M 172		00:00:11	2026-09-19 17:00:59	00:14:02	00:37:30	00:52:06.15	00:52:17.60	+00:18:53 (36.2%)	5:12	11.5 (63.5%)
207	MUSIAŁ Wioletta	277	GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	K40-49	12	K 35	GB Galopujące Ślimaki	00:00:13	2026-09-19 17:01:01	00:14:35	00:37:36	00:52:07.40	00:52:21.00	+00:18:54 (36.3%)	5:12	11.5 (63.5%)
208	KORUS Michał	113	C9	WODZISŁAW ŚLĄSKI	M30-39	47	M 173		00:00:20	2026-09-19 17:01:08	00:14:54	00:37:55	00:52:09.90	00:52:30.85	+00:18:56 (36.3%)	5:12	11.5 (63.5%)
209	STEFAŃSKI Wiktor	504		JASTRZĘBIE-ZDRÓJ	M16-19	10	M 174		00:00:24	2026-09-19 17:01:12	00:14:39	00:37:22	00:52:11.05	00:52:35.05	+00:18:58 (36.3%)	5:13	11.5 (63.5%)
210	PLINTA Paweł	327		JASTRZĘBIE-ZDRÓJ	M40-49	59	M 175		00:00:31	2026-09-19 17:01:19	00:16:05	00:38:02	00:52:19.25	00:52:50.25	+00:19:06 (36.5%)	5:13	11.5 (63.5%)
211	ZIMNY Ireneusz	245		RYBNIK	M50-59	33	M 176		00:00:12	2026-09-19 17:01:00	00:14:27	00:37:42	00:52:19.55	00:52:31.90	+00:19:06 (36.5%)	5:13	11.5 (63.5%)
212	FORNAL Paweł	154	RUN&FUN SILESIA ADM RYBNIK	RYBNIK	M40-49	60	M 177		00:00:11	2026-09-19 17:00:59	00:14:04	00:37:34	00:52:20.25	00:52:32.10	+00:19:07 (36.5%)	5:14	11.5 (63.5%)
213	WAWRZYCZEK Paweł	499		JASTRZĘBIE-ZDRÓJ	M40-49	61	M 178		00:00:24	2026-09-19 17:01:12	00:15:17	00:38:28	00:52:26.80	00:52:51.15	+00:19:13 (36.7%)	5:14	11.4 (63.0%)
214	MROWCZYK Michał	185		KATOWICE	M30-39	48	M 179		00:00:18	2026-09-19 17:01:06	00:14:32	00:37:47	00:52:27.20	00:52:45.25	+00:19:14 (36.7%)	5:14	11.4 (63.0%)
215	LUDVÍKOVÁ Hana	218		OSTRAVA-DUBINA	K40-49	13	K 36		00:00:20	2026-09-19 17:01:08	00:14:35	00:37:35	00:52:28.50	00:52:49.35	+00:19:15 (36.7%)	5:14	11.4 (63.0%)
216	MALACHOWSKA Monika	282		ŻORY	K40-49	14	K 37	Hrmax Żory	00:00:19	2026-09-19 17:01:07	00:15:07	00:38:19	00:52:38.95	00:52:58.80	+00:19:25 (36.9%)	5:15	11.4 (63.0%)
217	PILATOWSKI Mirosław	112	TL ATHLETICS JASTRZĘBIE	JASTRZĘBIE-ZDRÓJ	M60-69	9	M 180	Jan Tynec Team	00:00:04	2026-09-19 17:00:52	00:14:08	00:37:48	00:52:42.55	00:52:47.15	+00:19:29 (37.0%)	5:16	11.4 (63.0%)
218	RAJWA Stanisław	177	BZIEGACZE	JASTRZĘBIE-ZDRÓJ	M20-29	19	M 181		00:00:13	2026-09-19 17:01:01	00:14:48	00:38:36	00:52:45.15	00:52:58.20	+00:19:32 (37.0%)	5:16	11.4 (63.0%)
219	BANUL Artur	129		BIELSKO-BIAŁA	M40-49	62	M 182		00:00:18	2026-09-19 17:01:06	00:14:17	00:37:44	00:52:52.15	00:53:10.30	+00:19:39 (37.2%)	5:17	11.3 (62.4%)
220	KORDEK Dorota	195		BIELSKO-BIAŁA	K40-49	15	K 38		00:00:18	2026-09-19 17:01:06	00:14:23	00:37:42	00:52:55.90	00:53:14.55	+00:19:42 (37.2%)	5:17	11.3 (62.4%)
221	TASAREK Ryszard	183	NYSA BIEGA	NYSA	M70+	2	M 183		00:00:13	2026-09-19 17:01:01	00:14:38	00:37:56	00:53:01.05	00:53:14.95	+00:19:48 (37.3%)	5:18	11.3 (62.4%)
222	DOMASZK Paweł	279		JASTRZĘBIE-ZDRÓJ	M30-39	49	M 184	Street Spirit	00:00:19	2026-09-19 17:01:07	00:14:52	00:38:31	00:53:02.65	00:53:22.20	+00:19:49 (37.4%)	5:18	11.3 (62.4%)
223	MIZIA Andrzej	257	EKO-OKNA RUNNERS	RACIBÓRZ	M30-39	50	M 185		00:00:06	2026-09-19 17:00:54	00:13:42	00:37:09	00:53:03.35	00:53:10.30	+00:19:50 (37.4%)	5:18	11.3 (62.4%)
224	SZALAJ Angelika	387		ŻORY	K40-49	16	K 39		00:00:18	2026-09-19 17:01:06	00:14:44	00:38:10	00:53:04.00	00:53:22.75	+00:19:50 (37.4%)	5:18	11.3 (62.4%)
225	JACKIEWICZ Mirosław	268		JASTRZĘBIE-ZDRÓJ	M50-59	34	M 186		00:00:17	2026-09-19 17:01:05	00:14:28	00:37:43	00:53:06.20	00:53:23.25	+00:19:53 (37.4%)	5:18	11.3 (62.4%)
226	TOMOSZ Radomir	211	EKIPA SCI	DĘBOWIEC	M30-39	51	M 187	Ekipa SCI	00:00:00				00:53:15.00	00:53:15.00	+00:20:01 (37.6%)	5:19	11.3 (62.4%)
227	NOWAK Mateusz	291		JASTRZĘBIE-ZDRÓJ	M20-29	20	M 188		00:00:18	2026-09-19 17:01:06	00:15:41	00:39:47	00:53:35.60	00:53:54.00	+00:20:22 (38.0%)	5:21	11.2 (61.9%)
228	TUTAK Marcin	191		ZABRZE	M40-49	63	M 189		00:00:21	2026-09-19 17:01:09	00:15:22	00:38:56	00:53:35.65	00:53:57.30	+00:20:22 (38.0%)	5:21	11.2 (61.9%)
229	MAGUDA Marcin	342		WODZISŁAW ŚLĄSKI	M40-49	64	M 190		00:00:20	2026-09-19 17:01:08	00:15:27	00:39:04	00:53:41.05	00:54:01.45	+00:20:28 (38.1%)	5:22	11.2 (61.9%)
230	PIECHACZEK Jacek	207		JASTRZĘBIE-ZDRÓJ	M50-59	35	M 191		00:00:19	2026-09-19 17:01:07	00:15:09	00:39:08	00:53:45.05	00:54:04.30	+00:20:32 (38.2%)	5:22	11.2 (61.9%)
231	TOMALA Dariusz	247		JASTRZĘBIE-ZDRÓJ	M50-59	36	M 192		00:00:16	2026-09-19 17:01:04	00:15:06	00:40:05	00:53:45.85	00:54:02.00	+00:20:32 (38.2%)	5:22	11.2 (61.9%)
232	BADURA Artur	326	JEJKOWICE BIEGAJĄ	RYBNIK	M50-59	37	M 193		00:00:20	2026-09-19 17:01:08	00:14:57	00:38:25	00:53:49.75	00:54:09.90	+00:20:36 (38.3%)	5:22	11.1 (61.3%)
233	RADOMSKI Krzysztof	221	KDIC	JASTRZĘBIE ZDRÓJ	M30-39	52	M 194		00:00:03	2026-09-19 17:00:51	00:13:52	00:38:34	00:53:52.20	00:53:55.90	+00:20:39 (38.3%)	5:23	11.1 (61.3%)
234	KAROŃ Przemek	193		RUDA ŚLĄSKA	M30-39	53	M 195		00:00:15	2026-09-19 17:01:03	00:15:11	00:39:17	00:53:52.35	00:54:07.40	+00:20:39 (38.3%)	5:23	11.1 (61.3%)
235	PAKUŁA Paweł	330	SILESIA TRIATHLON TEAM	JASTRZĘBIE-ZDRÓJ	M30-39	54	M 196	Silesian Triathlon Team	00:00:17	2026-09-19 17:01:05	00:15:12	00:39:07	00:53:54.70	00:54:11.70	+00:20:41 (38.4%)	5:23	11.1 (61.3%)
236	PAKUŁA Justyna	328	SILESIA TRIATHLON TEAM	JASTRZĘBIE-ZDRÓJ	K30-39	13	K 40		00:00:16	2026-09-19 17:01:04	00:15:12	00:39:12	00:53:55.15	00:54:11.75	+00:20:42 (38.4%)	5:23	11.1 (61.3%)
237	MICZEK Marcin	444		ZEBRZYDOWICE	M40-49	65	M 197		00:00:28	2026-09-19 17:01:16	00:15:56	00:39:46	00:54:03.00	00:54:31.75	+00:20:49 (38.5%)	5:24	11.1 (61.3%)
238	PAWLOWSKA Beata	496	RADLINIOKI W BIEGU	RADLIN	K50-59	3	K 41		00:00:07	2026-09-19 17:00:55	00:14:48	00:39:04	00:54:04.05	00:54:11.40	+00:20:51 (38.6%)	5:24	11.1 (61.3%)
239	STACHAŃCZYK Dorota	464		JASTRZĘBIE-ZDRÓJ	K40-49	17	K 42		00:00:31	2026-09-19 17:01:19	00:15:06	00:39:21	00:54:04.35	00:54:36.25	+00:20:51 (38.6%)	5:24	11.1 (61.3%)
240	DORABIAŁA Edyta	425	RUN&FUN SILESIA ADM	RYBNIK	K40-49	18	K 43		00:00:12	2026-09-19 17:01:00	00:14:43	00:38:54	00:54:06.10	00:54:18.70	+00:20:53 (38.6%)	5:24	11.1 (61.3%)

241	PADUCH Artur	283		JASTRZĘBIE-ZDRÓJ	M30-39	55	M 198		00:00:18	2026-09-19 17:01:06	00:15:22	00:39:41	00:54:08.40	00:54:27.25	+00:20:55 (38.6%)	5:24	11.1 (61.3%)
242	BUCHTA Edyta	352		JASTRZĘBIE -ZDRÓJ	K40-49	19	K 44		00:00:27	2026-09-19 17:01:15	00:15:15	00:39:12	00:54:11.00	00:54:38.15	+00:20:57 (38.7%)	5:25	11.1 (61.3%)
243	CHORCHOS Magda	432		JASTRZĘBIE-ZDRÓJ	K30-39	14	K 45		00:00:14	2026-09-19 17:01:02	00:15:09	00:39:02	00:54:11.20	00:54:25.65	+00:20:58 (38.7%)	5:25	11.1 (61.3%)
244	LUCZKA Jakub	304		JASTRZĘBIE-ZDRÓJ	M20-29	21	M 199		00:00:30	2026-09-19 17:01:18	00:17:03	00:41:12	00:54:12.05	00:54:42.05	+00:20:59 (38.7%)	5:25	11.1 (61.3%)
245	WEISMAN Robert	433		KATOWICE	M30-39	56	M 200		00:00:14	2026-09-19 17:01:02	00:15:09	00:39:02	00:54:12.25	00:54:26.65	+00:20:59 (38.7%)	5:25	11.1 (61.3%)
246	TELEFIN Mikołaj	480		JASTRZĘBIE-ZDRÓJ - MIASTO	M20-29	22	M 201		00:00:28	2026-09-19 17:01:16	00:16:29	00:39:37	00:54:14.90	00:54:43.75	+00:21:01 (38.8%)	5:25	11.1 (61.3%)
247	MRZYGŁÓD Ewa	118	ZADYSZKA OŚWIECIM	OŚWIECIM	K40-49	20	K 46	ZADYSZKA OŚWIECIM	00:00:17	2026-09-19 17:01:05	00:15:50	00:40:02	00:54:18.20	00:54:35.55	+00:21:05 (38.8%)	5:25	11 (60.8%)
248	OGIERMAN Mateusz	360		JASTRZĘBIE ZDRÓJ	M20-29	23	M 202		00:00:26	2026-09-19 17:01:14	00:16:26	00:40:16	00:54:24.85	00:54:51.25	+00:21:11 (39.0%)	5:26	11 (60.8%)
249	HOLYŃSKA-URBASIK Karolina	66	RUN RYDUŁTOWY	RYDUŁTOWY	K30-39	15	K 47	RUN RYDUŁTOWY	00:00:08	2026-09-19 17:00:56	00:15:09	00:39:18	00:54:30.75	00:54:39.30	+00:21:17 (39.1%)	5:27	11 (60.8%)
250	KANTOR Dominik	190	MDM NT TEAM	CIESZYN	M30-39	57	M 203	MDM NT TEAM	00:00:18	2026-09-19 17:01:06	00:15:14	00:39:09	00:54:31.45	00:54:50.20	+00:21:18 (39.1%)	5:27	11 (60.8%)
251	KOZDOŃ Sandra	495	ORLICA	CIESZYN	K40-49	21	K 48		00:00:32	2026-09-19 17:01:20	00:16:00	00:39:48	00:54:32.40	00:55:04.75	+00:21:19 (39.1%)	5:27	11 (60.8%)
252	HEROK Sławomir	288		GOLASOWICE	M30-39	58	M 204		00:00:18	2026-09-19 17:01:06	00:15:40	00:39:42	00:54:36.85	00:54:55.20	+00:21:23 (39.2%)	5:27	11 (60.8%)
253	WAWRZYCEK Dominika	305		PUŃCÓW	K30-39	16	K 49		00:00:07	2026-09-19 17:00:55	00:15:13	00:39:31	00:54:41.80	00:54:49.45	+00:21:28 (39.3%)	5:28	11 (60.8%)
254	PIEROŃ Łukasz	408		JASTRZĘBIE-ZDRÓJ	M30-39	59	M 205		00:00:31	2026-09-19 17:01:19	00:16:25	00:40:36	00:54:48.25	00:55:19.70	+00:21:35 (39.4%)	5:28	10.9 (60.2%)
255	MAKOŚ Wojtek	201		JAWORZE	M16-19	11	M 206		00:00:23	2026-09-19 17:01:11	00:16:28	00:41:14	00:55:05.70	00:55:28.80	+00:21:52 (39.7%)	5:30	10.9 (60.2%)
256	SOBEL Adrian	162		JASTRZĘBIE-ZDRÓJ	M40-49	66	M 207	Jan Tyniec Team	00:00:16	2026-09-19 17:01:04	00:14:50	00:40:21	00:55:06.75	00:55:22.80	+00:21:53 (39.7%)	5:30	10.9 (60.2%)
257	BEŠKA Rafał	416		JASTRZĘBIE-ZDRÓJ	M50-59	38	M 208		00:00:09	2026-09-19 17:00:57	00:15:33	00:40:17	00:55:12.15	00:55:21.90	+00:21:59 (39.8%)	5:31	10.9 (60.2%)
258	PIOTROWSKI Darek	329		WODZISŁAW ŚLĄSKI	M50-59	39	M 209		00:00:28	2026-09-19 17:01:16	00:15:35	00:40:01	00:55:12.70	00:55:41.60	+00:21:59 (39.8%)	5:31	10.9 (60.2%)
259	KOCUR Konrad	298		CZYŻOWICE	M50-59	40	M 210		00:00:20	2026-09-19 17:01:08	00:15:25	00:40:01	00:55:27.10	00:55:47.20	+00:22:14 (40.1%)	5:32	10.8 (59.7%)
260	HENDZEL Artur	168	FIJAŁKOWSKI TEAM	JASTRZĘBIE ZDRÓJ	M20-29	24	M 211		00:00:16	2026-09-19 17:01:04	00:14:21	00:41:47	00:55:30.90	00:55:47.75	+00:22:17 (40.2%)	5:33	10.8 (59.7%)
261	SŁOWIŃSKA Joanna	160	RUN PAWŁOWICE	PAWŁOWICE	K30-39	17	K 50		00:00:09	2026-09-19 17:00:57	00:16:08	00:40:32	00:55:31.75	00:55:41.35	+00:22:18 (40.2%)	5:33	10.8 (59.7%)
262	KISIEL Sebastian	373		JASTRZĘBIE ZDRÓJ	M30-39	60	M 212		00:00:02	2026-09-19 17:00:50	00:15:02	00:40:06	00:55:34.95	00:55:37.65	+00:22:21 (40.2%)	5:33	10.8 (59.7%)
263	KROCHMAL Artur	299	MDM NT TEAM	POGWIZDÓW	M40-49	67	M 213	MDM NT TEAM	00:00:20	2026-09-19 17:01:08	00:15:34	00:40:16	00:55:42.05	00:56:02.25	+00:22:29 (40.4%)	5:34	10.8 (59.7%)
264	GOIK Michał	196		JASTRZĘBIE-ZDRÓJ	M16-19	12	M 214		00:00:22	2026-09-19 17:01:10	00:13:42	00:39:39	00:55:45.75	00:56:08.00	+00:22:32 (40.4%)	5:34	10.8 (59.7%)
265	MITUROVÁ Radka	278	MK SEITL OSTRAVA	OSTRAVA	K60-69	1	K 51		00:00:09	2026-09-19 17:00:57	00:15:35	00:40:26	00:56:05.65	00:56:15.50	+00:22:52 (40.8%)	5:36	10.7 (59.1%)
266	JANIK Edyta	176		LIGOTA	K40-49	22	K 52		00:00:16	2026-09-19 17:01:04	00:15:22	00:40:20	00:56:08.40	00:56:24.45	+00:22:55 (40.8%)	5:36	10.7 (59.1%)
267	MALISZEWSKA Beata	481		JASTRZĘBIE-ZDRÓJ	K40-49	23	K 53	Jan Tyniec Team	00:00:14	2026-09-19 17:01:02	00:15:57	00:40:41	00:56:11.65	00:56:26.20	+00:22:58 (40.9%)	5:37	10.7 (59.1%)
268	BARTELA Damian	141		JASTRZĘBIE ZDRÓJ	M20-29	25	M 215		00:00:12	2026-09-19 17:01:00	00:14:40	00:40:19	00:56:16.05	00:56:28.05	+00:23:03 (41.0%)	5:37	10.7 (59.1%)
269	MIKOŁAJEC Paulina	182		ŻORY	K20-29	8	K 54		00:00:22	2026-09-19 17:01:10	00:15:11	00:40:59	00:56:18.50	00:56:40.50	+00:23:05 (41.0%)	5:37	10.7 (59.1%)
270	RABSTYŃ-PILARSKA Sylwia	335	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	K40-49	24	K 55	Kobiety na 5+	00:00:15	2026-09-19 17:01:03	00:16:28	00:41:07	00:56:28.00	00:56:43.25	+00:23:14 (41.2%)	5:38	10.6 (58.6%)
271	BLASZCZYK Anna	276		JASTRZĘBIE-ZDRÓJ	K30-39	18	K 56		00:00:21	2026-09-19 17:01:09	00:16:38	00:41:33	00:56:29.75	00:56:51.55	+00:23:16 (41.2%)	5:38	10.6 (58.6%)
272	KONKOL Karolina	493		RYBNIK	K20-29	9	K 57		00:00:27	2026-09-19 17:01:15	00:16:17	00:41:05	00:56:31.95	00:56:59.15	+00:23:18 (41.2%)	5:39	10.6 (58.6%)
273	WŃĘK Karol	345		RYBNIK	M16-19	13	M 216		00:00:16	2026-09-19 17:01:04	00:14:23	00:40:19	00:56:34.80	00:56:51.20	+00:23:21 (41.3%)	5:39	10.6 (58.6%)
274	KŁOPEĆ Weronika	427	HOMEFIT 3D	ZEBRZYDOWICE	K30-39	19	K 58		00:00:22	2026-09-19 17:01:10	00:15:56	00:41:17	00:56:41.20	00:57:03.60	+00:23:28 (41.4%)	5:40	10.6 (58.6%)
275	HELIOSZ Agnieszka	453		KROSTOSZOWICE	K40-49	25	K 59	Jan Tyniec Team	00:00:06	2026-09-19 17:00:54	00:15:12	00:40:27	00:56:43.50	00:56:50.35	+00:23:30 (41.4%)	5:40	10.6 (58.6%)
276	MISIURA Marcin	313		WODZISŁAW ŚLĄSKI	M30-39	61	M 217		00:00:23	2026-09-19 17:01:11	00:15:12	00:40:33	00:56:47.60	00:57:11.55	+00:23:34 (41.5%)	5:40	10.6 (58.6%)
277	KIEPIELA Dawid	286	ZAPEDALAJ!	JASTRZĘBIE-ZDRÓJ	M40-49	68	M 218	ZAPEDALAJ!	00:00:25	2026-09-19 17:01:13	00:14:41	00:40:24	00:56:57.10	00:57:22.60	+00:23:44 (41.7%)	5:41	10.5 (58.0%)
278	MACIEJCZYK Łukasz	483		DANKOWICE	M40-49	69	M 219		00:00:21	2026-09-19 17:01:09	00:16:29	00:41:47	00:57:04.65	00:57:25.95	+00:23:51 (41.8%)	5:42	10.5 (58.0%)
279	MIĄSIK Dariusz	189		JASTRZĘBIE-ZDRÓJ	M50-59	41	M 220		00:00:16	2026-09-19 17:01:04	00:15:44	00:40:45	00:57:13.35	00:57:29.50	+00:24:00 (42.0%)	5:43	10.5 (58.0%)
280	FOLTYN Andrzej	362	KŻ "STERNIK" CIESZYN	CIESZYN	M50-59	42	M 221		00:00:27	2026-09-19 17:01:15	00:16:29	00:41:52	00:57:27.55	00:57:55.35	+00:24:14 (42.2%)	5:44	10.4 (57.5%)

281	BIES Karolina	346		RADLIN	K40-49	26	K 60		00:00:06	2026-09-19 17:00:54	00:15:40	00:41:44	00:57:31.70	00:57:38.55	+00:24:18 (42.3%)	5:45	10.4 (57.5%)
282	GEMSA Michał	293		ŻORY	M40-49	70	M 222		00:00:19	2026-09-19 17:01:07	00:15:51	00:41:39	00:57:34.90	00:57:54.85	+00:24:21 (42.3%)	5:45	10.4 (57.5%)
283	BARTECKA Milena	322		ŻORY	K20-29	10	K 61		00:00:22	2026-09-19 17:01:10	00:16:04	00:42:49	00:57:35.45	00:57:57.55	+00:24:22 (42.3%)	5:45	10.4 (57.5%)
284	NOWOMIEJSKI Sylwester	319		JASTRZĘBIE- ZDRÓJ	M50-59	43	M 223		00:00:13	2026-09-19 17:01:01	00:15:30	00:41:02	00:57:36.00	00:57:49.85	+00:24:22 (42.3%)	5:45	10.4 (57.5%)
285	PIDANTY Łukasz	226	MADYRUN	JASTRZĘBIE ZDRÓJ	M40-49	71	M 224		00:00:19	2026-09-19 17:01:07	00:16:29	00:41:57	00:57:39.50	00:57:58.65	+00:24:26 (42.4%)	5:45	10.4 (57.5%)
286	WILMANOWICZ Rafał	508		ŻORY	M30-39	62	M 225		00:00:23	2026-09-19 17:01:11	00:16:32	00:41:56	00:57:43.35	00:58:07.05	+00:24:30 (42.5%)	5:46	10.4 (57.5%)
287	TUREK Arkadiusz	489		PAWŁOWICE	M20-29	26	M 226		00:00:25	2026-09-19 17:01:13	00:16:57	00:42:40	00:57:53.05	00:58:18.95	+00:24:40 (42.6%)	5:47	10.4 (57.5%)
288	PANFIL Dagmara	270	501 423 375	RYBNIK	K30-39	20	K 62		00:00:13	2026-09-19 17:01:01	00:15:40	00:41:28	00:57:55.20	00:58:08.45	+00:24:42 (42.6%)	5:47	10.4 (57.5%)
289	SLISZ Maria	267	RUN&FUN SILESIAADM RYBNIK	RYBNIK	K50-59	4	K 63		00:00:12	2026-09-19 17:01:00	00:15:41	00:41:29	00:57:55.65	00:58:08.20	+00:24:42 (42.7%)	5:47	10.4 (57.5%)
290	BIERNACKA Magdalena	366		JASTRZĘBIE-ZDRÓJ	K40-49	27	K 64		00:00:06	2026-09-19 17:00:54	00:15:50	00:42:17	00:57:56.50	00:58:02.80	+00:24:43 (42.7%)	5:47	10.4 (57.5%)
291	HADAŚ Przemysław	503		JASTRZĘBIE-ZDRÓJ	M40-49	72	M 227		00:00:22	2026-09-19 17:01:10	00:14:56	00:41:24	00:57:59.65	00:58:22.55	+00:24:46 (42.7%)	5:47	10.3 (56.9%)
292	JEDRUSIAK Lidia	337		DANKOWICE	K40-49	28	K 65		00:00:20	2026-09-19 17:01:08	00:16:29	00:41:53	00:58:00.95	00:58:21.60	+00:24:47 (42.7%)	5:48	10.3 (56.9%)
293	KŁOPEĆ Sylwia	426	HOMEFIT 3D	ZEBRZYDOWICE	K30-39	21	K 66		00:00:22	2026-09-19 17:01:10	00:15:56	00:41:33	00:58:05.10	00:58:27.50	+00:24:52 (42.8%)	5:48	10.3 (56.9%)
294	TRYBAŁA Danuta	437	WATAHA	PIELGRZYMOWICE	K40-49	29	K 67	Wataha	00:00:21	2026-09-19 17:01:09	00:16:06	00:42:02	00:58:09.10	00:58:30.15	+00:24:56 (42.9%)	5:48	10.3 (56.9%)
295	GATNER Sebastian	172		GOŁKOWICE	M30-39	63	M 228		00:00:23	2026-09-19 17:01:11	00:17:17	00:43:09	00:58:11.75	00:58:35.60	+00:24:58 (42.9%)	5:49	10.3 (56.9%)
296	BABIUCH Mateusz	365		WODZISŁAW ŚLĄSKI	M30-39	64	M 229		00:00:23	2026-09-19 17:01:11	00:17:18	00:43:10	00:58:15.55	00:58:38.70	+00:25:02 (43.0%)	5:49	10.3 (56.9%)
297	CYBULSKI Angelika	357		JASTRZĘBIE-ZDRÓJ	K30-39	22	K 68		00:00:21	2026-09-19 17:01:09	00:16:19	00:42:06	00:58:23.70	00:58:45.20	+00:25:10 (43.1%)	5:50	10.3 (56.9%)
298	GLAJC Patrycja	239	LEŚNA TEAM	HAŻLACH	K20-29	11	K 69	Ekipa SCI	00:00:17	2026-09-19 17:01:05	00:16:12	00:42:28	00:58:24.30	00:58:41.95	+00:25:11 (43.1%)	5:50	10.3 (56.9%)
299	KIDOŃ Beata	350		CHYBIE	K40-49	30	K 70	MARTES SPORT	00:00:22	2026-09-19 17:01:10	00:16:06	00:41:48	00:58:25.00	00:58:47.80	+00:25:11 (43.1%)	5:50	10.3 (56.9%)
300	STOCHLIŃSKA Aleksandra	269		WODZISŁAW ŚLĄSKI	K20-29	12	K 71		00:00:17	2026-09-19 17:01:05	00:16:36	00:42:43	00:58:33.60	00:58:51.35	+00:25:20 (43.3%)	5:51	10.2 (56.4%)
301	KOCZOROWSKI Mariusz	484		JASTRZEBIE-ZDROJ	M30-39	65	M 230		00:00:17	2026-09-19 17:01:05	00:14:46	00:40:15	00:58:34.75	00:58:52.60	+00:25:21 (43.3%)	5:51	10.2 (56.4%)
302	MOCHNACZ Patryk	458		JASTRZĘBIE-ZDRÓJ	M40-49	73	M 231		00:00:24	2026-09-19 17:01:12	00:15:57	00:41:56	00:58:42.45	00:59:06.75	+00:25:29 (43.4%)	5:52	10.2 (56.4%)
303	WOŁOWIK Miłosz	317		ŻORY	M20-29	27	M 232		00:00:22	2026-09-19 17:01:10	00:17:02	00:43:28	00:58:43.35	00:59:06.25	+00:25:30 (43.4%)	5:52	10.2 (56.4%)
304	SWOBODA Justyna	287		RYBNIK	K40-49	31	K 72	ZAPEDALAJ!	00:00:21	2026-09-19 17:01:09	00:15:56	00:42:01	00:58:50.40	00:59:12.00	+00:25:37 (43.5%)	5:53	10.2 (56.4%)
305	HAWRYŚ Paulina	395		JASTRZĘBIE-ZDRÓJ	K20-29	13	K 73		00:00:26	2026-09-19 17:01:14	00:17:01	00:43:13	00:58:58.25	00:59:24.35	+00:25:45 (43.7%)	5:53	10.2 (56.4%)
306	SZCZEPANIAK Aleksander	343		CIESZYN	M60-69	10	M 233		00:00:21	2026-09-19 17:01:09	00:15:51	00:42:36	00:59:06.90	00:59:28.70	+00:25:53 (43.8%)	5:54	10.2 (56.4%)
307	MARCZYŃSKA Izabela	250	RODZINKA.PL	JASTRZĘBIE-ZDRÓJ	K40-49	32	K 74		00:00:23	2026-09-19 17:01:11	00:16:41	00:42:59	00:59:08.40	00:59:31.95	+00:25:55 (43.8%)	5:54	10.1 (55.8%)
308	ŁUSZCZYK Sergiusz	436		WODZISŁAW ŚLĄSKI	M30-39	66	M 234		00:00:31	2026-09-19 17:01:19	00:15:29	00:41:55	00:59:11.00	00:59:42.85	+00:25:57 (43.9%)	5:55	10.1 (55.8%)
309	ZABRZAŃSKA Dorota	134		JASTRZĘBIE ZDRÓJ	K30-39	23	K 75		00:00:09	2026-09-19 17:00:57	00:13:18	00:39:37	00:59:24.55	00:59:34.05	+00:26:11 (44.1%)	5:56	10.1 (55.8%)
310	NOWAK Barbara	391		ŻORY	K30-39	24	K 76		00:00:20	2026-09-19 17:01:08	00:16:34	00:42:53	00:59:25.55	00:59:46.10	+00:26:12 (44.1%)	5:56	10.1 (55.8%)
311	JANOSZ Katarzyna	215	RUN RYDUŁTOWY	RYDUŁTOWY	K40-49	33	K 77	RUN RYDUŁTOWY	00:00:15	2026-09-19 17:01:03	00:16:58	00:43:27	00:59:26.25	00:59:42.00	+00:26:13 (44.1%)	5:56	10.1 (55.8%)
312	KONIECZNY Marta	333		JASTRZĘBIE-ZDRÓJ	K20-29	14	K 78		00:00:22	2026-09-19 17:01:10	00:15:21	00:42:01	00:59:33.05	00:59:55.35	+00:26:20 (44.2%)	5:57	10.1 (55.8%)
313	KOSTYRA Marta	485	ZADYSZKA OŚWIĘCIM	OŚWIĘCIM	K30-39	25	K 79	ZADYSZKA OŚWIĘCIM	00:00:17	2026-09-19 17:01:05	00:16:31	00:43:11	00:59:34.70	00:59:52.15	+00:26:21 (44.2%)	5:57	10.1 (55.8%)
314	SOLAREK Izabela	272		BIELSKO BIAŁA	K50-59	5	K 80		00:00:16	2026-09-19 17:01:04	00:17:03	00:43:26	00:59:35.80	00:59:52.15	+00:26:22 (44.3%)	5:57	10.1 (55.8%)
315	WIĘCKOWSKI Kamil	384		RYBNIK	M40-49	74	M 235		00:00:26	2026-09-19 17:01:14	00:15:05	00:42:07	00:59:44.30	01:00:11.15	+00:26:31 (44.4%)	5:58	10 (55.2%)
316	BOEHM Dariusz	334		KATOWICE	M20-29	28	M 236		00:00:23	2026-09-19 17:01:11	00:17:22	00:43:41	00:59:52.45	01:00:15.55	+00:26:39 (44.5%)	5:59	10 (55.2%)
317	KRÓTKI Tomasz	300		JASTRZĘBIE-ZDRÓJ	M20-29	29	M 237		00:00:22	2026-09-19 17:01:10	00:15:51	00:43:02	01:00:13.60	01:00:35.85	+00:27:00 (44.8%)	6:01	10 (55.2%)
318	BOGACZ-BUCHTA Anna	470		JASTRZĘBIE-ZDRÓJ	K40-49	34	K 81		00:00:29	2026-09-19 17:01:17	00:17:10	00:43:38	01:00:13.75	01:00:42.95	+00:27:00 (44.8%)	6:01	10 (55.2%)
319	NEUKIRCH Magda	491		RYBNIK	K20-29	15	K 82		00:00:23	2026-09-19 17:01:11	00:17:22	00:43:41	01:00:17.35	01:00:41.00	+00:27:04 (44.9%)	6:01	10 (55.2%)
320	OPYD Sara	332		RYBNIK	K20-29	16	K 83		00:00:23	2026-09-19 17:01:11	00:17:23	00:43:42	01:00:17.40	01:00:40.90	+00:27:04 (44.9%)	6:01	10 (55.2%)

321	JANETA Dariusz	222		ŻORY	M50-59	44	M 238		00:00:19	2026-09-19 17:01:07	00:16:12	00:43:25	01:00:37.80	01:00:57.10	+00:27:24 (45.2%)	6:03	9.9 (54.7%)
322	MARCOL Wacław	482		JASTRZĘBIE-ZDRÓJ	M40-49	75	M 239		00:00:27	2026-09-19 17:01:15	00:17:21	00:44:11	01:00:46.60	01:01:13.65	+00:27:33 (45.3%)	6:04	9.9 (54.7%)
323	GRONOWSKI Patryk	203		JASTRZĘBIE-ZDRÓJ	M30-39	67	M 240		00:00:33	2026-09-19 17:01:21	00:19:02	00:45:58	01:00:48.00	01:01:21.00	+00:27:34 (45.4%)	6:04	9.9 (54.7%)
324	MAJLINGER-STEFAŃSKA Monika	455		KRAKÓW	K30-39	26	K 84		00:00:32	2026-09-19 17:01:20	00:16:10	00:43:12	01:00:49.00	01:01:21.95	+00:27:35 (45.4%)	6:04	9.9 (54.7%)
325	SŁOWIŃSKI Kamil	306		RYBNIK	M40-49	76	M 241		00:00:24	2026-09-19 17:01:12	00:17:01	00:44:02	01:00:55.35	01:01:20.30	+00:27:42 (45.5%)	6:05	9.8 (54.1%)
326	HOVJADSKA Pavlina	200	OLZA CIESZYN	ČESKÝ TĚŠÍN	K40-49	35	K 85	Olza Cieszyn	00:00:23	2026-09-19 17:01:11	00:16:20	00:44:21	01:01:00.60	01:01:23.95	+00:27:47 (45.6%)	6:06	9.8 (54.1%)
327	TRYBALA Dawid	321		ŻORY	M16-19	14	M 242		00:00:22	2026-09-19 17:01:10	00:17:25	00:44:37	01:01:20.75	01:01:43.35	+00:28:07 (45.9%)	6:08	9.8 (54.1%)
328	ZASIEK Marek	414		RUDA ŚLĄSKA	M50-59	45	M 243		00:00:31	2026-09-19 17:01:19	00:17:33	00:44:36	01:01:22.00	01:01:53.10	+00:28:08 (45.9%)	6:08	9.8 (54.1%)
329	MIŁOŚ Sławomir	428		JASTRZĘBIE-ZDRÓJ	M50-59	46	M 244		00:00:28	2026-09-19 17:01:16	00:16:38	00:43:44	01:01:34.95	01:02:03.05	+00:28:21 (46.1%)	6:09	9.7 (53.6%)
330	HONISZ Aleksandra	374		POŁOMIA	K30-39	27	K 86		00:00:09	2026-09-19 17:00:57	00:16:15	00:43:47	01:01:37.85	01:01:46.85	+00:28:24 (46.1%)	6:09	9.7 (53.6%)
331	PRZEKOP Alicja	467		JASTRZĘBIE-ZDRÓJ	K30-39	28	K 87		00:00:26	2026-09-19 17:01:14	00:16:58	00:44:07	01:01:43.85	01:02:10.25	+00:28:30 (46.2%)	6:10	9.7 (53.6%)
332	KOLORZ-STYŁOK Katarzyna	461		JASTRZĘBIE-ZDRÓJ	K50-59	6	K 88		00:00:19	2026-09-19 17:01:07	00:15:56	00:43:49	01:01:45.00	01:02:04.45	+00:28:31 (46.2%)	6:10	9.7 (53.6%)
333	KUKUCZKA Dominik	477		KACZYCE	M30-39	68	M 245		00:00:27	2026-09-19 17:01:15	00:17:26	00:44:23	01:01:48.50	01:02:15.95	+00:28:35 (46.3%)	6:10	9.7 (53.6%)
334	ZIELIŃSKA Marzena	434		JASTRZĘBIE-ZDRÓJ	K40-49	36	K 89		00:00:05	2026-09-19 17:00:53	00:16:26	00:45:06	01:01:50.25	01:01:55.75	+00:28:37 (46.3%)	6:11	9.7 (53.6%)
335	TRYBALA Weronika	438	WATAHA	PIELGRZYMOWICE	K30-39	29	K 90	Wataha	00:00:21	2026-09-19 17:01:09	00:17:03	00:44:15	01:01:57.80	01:02:19.35	+00:28:44 (46.4%)	6:11	9.7 (53.6%)
336	BIEL Paulina	490		JASTRZĘBIE-ZDRÓJ	K30-39	30	K 91		00:00:31	2026-09-19 17:01:19	00:17:29	00:44:54	01:02:09.40	01:02:40.85	+00:28:56 (46.6%)	6:12	9.7 (53.6%)
337	SZCZECZLA Patrycja	396		SKOCZÓW	K20-29	17	K 92		00:00:30	2026-09-19 17:01:18	00:18:18	00:45:41	01:02:11.10	01:02:41.55	+00:28:58 (46.6%)	6:13	9.6 (53.0%)
338	STUCHLIK Jan	411		CIESZYN	M60-69	11	M 246		00:00:21	2026-09-19 17:01:09	00:17:08	00:44:55	01:02:14.25	01:02:35.45	+00:29:01 (46.6%)	6:13	9.6 (53.0%)
339	DROZD Magdalena	494		JANOWICE	K30-39	31	K 93		00:00:28	2026-09-19 17:01:16	00:17:15	00:44:44	01:02:16.65	01:02:45.10	+00:29:03 (46.7%)	6:13	9.6 (53.0%)
340	CZARNOWSKA Beata	454		JASTRZĘBIE ZDRÓJ	K40-49	37	K 94		00:00:20	2026-09-19 17:01:08	00:16:58	00:44:53	01:02:35.40	01:02:55.80	+00:29:22 (46.9%)	6:15	9.6 (53.0%)
341	RUZIK Edyta	451		JASTRZĘBIE ZDRÓJ	K40-49	38	K 95		00:00:20	2026-09-19 17:01:08	00:16:59	00:44:54	01:02:36.05	01:02:56.15	+00:29:23 (46.9%)	6:15	9.6 (53.0%)
342	RANSZ Beata	397		JASTRZĘBIE ZDRÓJ	K50-59	7	K 96		00:00:28	2026-09-19 17:01:16	00:17:23	00:44:47	01:02:44.35	01:03:12.65	+00:29:31 (47.1%)	6:16	9.6 (53.0%)
343	PYCH Krzysztof	429		JASTRZĘBIE-ZDRÓJ	M40-49	77	M 247		00:00:30	2026-09-19 17:01:18	00:17:24	00:45:06	01:02:48.85	01:03:19.70	+00:29:35 (47.1%)	6:16	9.6 (53.0%)
344	GACH Anna	393		JASTRZĘBIE-ZDRÓJ	K30-39	32	K 97		00:00:30	2026-09-19 17:01:18	00:17:35	00:45:35	01:02:49.40	01:03:19.95	+00:29:36 (47.1%)	6:16	9.6 (53.0%)
345	GUZICKA Wiktoria	472		ŻORY	K20-29	18	K 98		00:00:10	2026-09-19 17:00:58	00:17:13	00:45:20	01:02:51.75	01:03:02.25	+00:29:38 (47.2%)	6:17	9.5 (52.5%)
346	MORAWSKI Janusz	331		PSZCZYNA	M50-59	47	M 248		00:00:22	2026-09-19 17:01:10	00:16:30	00:45:26	01:02:53.85	01:03:15.85	+00:29:40 (47.2%)	6:17	9.5 (52.5%)
347	ŻARSKA Oliwia	488		JASTRZĘBIE-ZDRÓJ	K16-19	3	K 99		00:00:27	2026-09-19 17:01:15	00:17:05	00:45:01	01:02:56.45	01:03:23.60	+00:29:43 (47.2%)	6:17	9.5 (52.5%)
348	TYRYTKO Sylwia	442	WATAHA	PRUCHNA	K40-49	39	K 100		00:00:21	2026-09-19 17:01:09	00:17:03	00:45:12	01:03:07.35	01:03:28.55	+00:29:54 (47.4%)	6:18	9.5 (52.5%)
349	ZIMNY Celina	440	RUN&FUN SILESIA ADM RYBNIK	RYBNIK	K40-49	40	K 101		00:00:11	2026-09-19 17:00:59	00:16:34	00:44:43	01:03:09.50	01:03:21.05	+00:29:56 (47.4%)	6:18	9.5 (52.5%)
350	FOBER Krzysztof	478	KAME	CIESZYN	M30-39	69	M 249		00:00:31	2026-09-19 17:01:19	00:18:15	00:45:59	01:03:09.65	01:03:41.05	+00:29:56 (47.4%)	6:18	9.5 (52.5%)
351	UBYSZ-FOBER Monika	479	KAME	CIESZYN	K30-39	33	K 102		00:00:30	2026-09-19 17:01:18	00:18:26	00:46:36	01:03:11.80	01:03:42.75	+00:29:58 (47.4%)	6:19	9.5 (52.5%)
352	TARGOSZ Aneta	486	OLZA CIESZYN	CIESZYN	K40-49	41	K 103	Olza Cieszyn	00:00:32	2026-09-19 17:01:20	00:17:17	00:45:23	01:03:11.85	01:03:44.00	+00:29:58 (47.4%)	6:19	9.5 (52.5%)
353	MAKOWSKI Grzegorz	462		JASTRZĘBIE-ZDRÓJ	M30-39	70	M 250		00:00:33	2026-09-19 17:01:21	00:17:35	00:45:10	01:03:24.25	01:03:57.40	+00:30:11 (47.6%)	6:20	9.5 (52.5%)
354	GOIK Mariola	401		JASTRZĘBIE-ZDRÓJ	K40-49	42	K 104		00:00:22	2026-09-19 17:01:10	00:16:20	00:45:30	01:03:27.50	01:03:49.75	+00:30:14 (47.7%)	6:20	9.5 (52.5%)
355	ROJ Janusz	209	SILESIA SKATING TEAM	JASTRZĘBIE ZDRÓJ	M50-59	48	M 251		00:00:22	2026-09-19 17:01:10	00:16:32	00:45:39	01:03:45.65	01:04:08.40	+00:30:32 (47.9%)	6:22	9.4 (51.9%)
356	CYBULSKI Rafał	358		JASTRZĘBIE-ZDRÓJ	M30-39	71	M 252		00:00:20	2026-09-19 17:01:08	00:17:01	00:45:47	01:03:47.80	01:04:08.55	+00:30:34 (47.9%)	6:22	9.4 (51.9%)
357	CIEŚLA Adam	275	RYBNICKI KLUB JU JITSU SPORTOWEGO	RYBNIK	M50-59	49	M 253		00:00:45	2026-09-19 17:01:33	00:17:21	00:46:16	01:03:58.05	01:04:43.70	+00:30:45 (48.1%)	6:23	9.4 (51.9%)
358	DULEWICZ Przemysław	377		JASTRZĘBIE ZDRÓJ	M40-49	78	M 254		00:00:10	2026-09-19 17:00:58	00:16:59	00:45:37	01:04:02.55	01:04:12.85	+00:30:49 (48.1%)	6:24	9.4 (51.9%)
359	CHMIEL Emilia	308		OLZA	K16-19	4	K 105		00:00:19	2026-09-19 17:01:07	00:16:18	00:45:41	01:04:06.85	01:04:25.85	+00:30:53 (48.2%)	6:24	9.4 (51.9%)
360	CIELANGA Barbara	323	WATAHA	GOLASOWICE	K30-39	34	K 106	Wataha	00:00:21	2026-09-19 17:01:09	00:17:25	00:46:07	01:04:13.70	01:04:35.55	+00:31:00 (48.3%)	6:25	9.3 (51.4%)

361	KOZŁOWSKI Artur	347		RYBNIK	M30-39	72	M 255		00:00:15	2026-09-19 17:01:03	00:15:49	00:45:46	01:04:35.15	01:04:50.35	+00:31:22 (48.6%)	6:27	9.3 (51.4%)
362	KOŁODZIEJ Artur	449		JASTRZĘBIE ZDRÓJ	M50-59	50	M 256		00:00:15	2026-09-19 17:01:03	00:16:56	00:46:14	01:04:57.35	01:05:13.20	+00:31:44 (48.9%)	6:29	9.2 (50.8%)
363	BORDA Grażyna	474	KOBIETY NA5+	JASTRZĘBIE ZDRÓJ	K50-59	8	K 107	Kobiety na 5+	00:00:13	2026-09-19 17:01:01	00:19:20	00:47:37	01:04:58.05	01:05:11.40	+00:31:45 (48.9%)	6:29	9.2 (50.8%)
364	BADACH Agnieszka	424		JASTRZĘBIE-ZDRÓJ	K50-59	9	K 108	Kobiety na 5+	00:00:15	2026-09-19 17:01:03	00:17:48	00:46:41	01:05:00.60	01:05:15.60	+00:31:47 (48.9%)	6:30	9.2 (50.8%)
365	MYŚLIWIEC Barbara	309	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	K30-39	35	K 109	Kobiety na 5+	00:00:12	2026-09-19 17:01:00	00:17:50	00:46:44	01:05:02.85	01:05:15.60	+00:31:49 (48.9%)	6:30	9.2 (50.8%)
366	KŁOPEĆ Sylwia	500		JASTRZĘBIE-ZDRÓJ	K30-39	36	K 110		00:00:29	2026-09-19 17:01:17	00:18:10	00:47:33	01:05:47.35	01:06:16.80	+00:32:34 (49.5%)	6:34	9.1 (50.3%)
367	STACHAŃCZYK Jakub	236		JASTRZĘBIE-ZDRÓJ	M16-19	15	M 257		00:00:31	2026-09-19 17:01:19	00:17:53	00:47:12	01:06:02.15	01:06:33.60	+00:32:49 (49.7%)	6:36	9.1 (50.3%)
368	JASTRZĘBSKA Ewa	354		JASTRZĘBIE-ZDRÓJ	K60-69	2	K 111		00:00:25	2026-09-19 17:01:13	00:18:34	00:47:54	01:06:20.00	01:06:45.70	+00:33:06 (49.9%)	6:38	9 (49.7%)
369	MAZUR Aleksandra	369		JASTRZĘBIE-ZDRÓJ	K40-49	43	K 112		00:00:29	2026-09-19 17:01:17	00:18:32	00:48:24	01:06:40.45	01:07:10.35	+00:33:27 (50.2%)	6:40	9 (49.7%)
370	LISIECKA Magdalena	285		RYBNIK	K40-49	44	K 113	ZAPEDALAJ!	00:00:26	2026-09-19 17:01:14	00:18:55	00:48:43	01:06:42.05	01:07:08.45	+00:33:29 (50.2%)	6:40	9 (49.7%)
371	SKUPIEŃ Krystian	284	ZAPEDALAJ!	JASTRZĘBIE-ZDRÓJ	M40-49	79	M 258	ZAPEDALAJ!	00:00:26	2026-09-19 17:01:14	00:18:55	00:48:43	01:06:42.15	01:07:08.60	+00:33:29 (50.2%)	6:40	9 (49.7%)
372	ZAKRZEWSKA Barbara	460		TYCHY	K40-49	45	K 114		00:00:19	2026-09-19 17:01:07	00:17:11	00:47:29	01:06:44.45	01:07:04.20	+00:33:31 (50.2%)	6:40	9 (49.7%)
373	PILCH Martyna	422		ŻORY	K20-29	19	K 115		00:00:20	2026-09-19 17:01:08	00:17:43	00:48:02	01:06:57.80	01:07:18.30	+00:33:44 (50.4%)	6:41	9 (49.7%)
374	PILCH Mirosława	389		ŻORY	K50-59	10	K 116		00:00:20	2026-09-19 17:01:08	00:17:43	00:48:02	01:06:57.95	01:07:18.05	+00:33:44 (50.4%)	6:41	9 (49.7%)
375	DZIUK Jolanta	413		JASTRZĘBIE-ZDRÓJ	K60-69	3	K 117		00:00:25	2026-09-19 17:01:13	00:17:34	00:47:48	01:06:59.95	01:07:25.65	+00:33:46 (50.4%)	6:41	9 (49.7%)
376	MASZTALERZ Anna	368		BAKÓW	K30-39	37	K 118		00:00:13	2026-09-19 17:01:01	00:18:47	00:48:42	01:07:11.95	01:07:25.10	+00:33:58 (50.6%)	6:43	8.9 (49.2%)
377	ORŁOWSKA Joanna	409	ULTRA BESKID SPORT	MAZAŃCOWICE	K40-49	46	K 119		00:00:29	2026-09-19 17:01:17	00:18:36	00:48:01	01:07:12.60	01:07:42.50	+00:33:59 (50.6%)	6:43	8.9 (49.2%)
378	ZABIELSKA Monika	324	RUN RYDUŁTOWY	RYDUŁTOWY	K30-39	38	K 120	RUN RYDUŁTOWY	00:00:23	2026-09-19 17:01:11	00:17:49	00:47:54	01:07:25.40	01:07:49.25	+00:34:12 (50.7%)	6:44	8.9 (49.2%)
379	BOREK Weronika	359	3,5 BIORĘ W CIEMNO	WODZISŁAW ŚLĄSKI	K20-29	20	K 121		00:00:30	2026-09-19 17:01:18	00:19:10	00:49:20	01:07:54.60	01:08:24.95	+00:34:41 (51.1%)	6:47	8.8 (48.6%)
380	SZULIŃSKI Paweł	476		JASTRZĘBIE-ZDRÓJ	M50-59	51	M 259		00:00:30	2026-09-19 17:01:18	00:18:42	00:48:25	01:07:57.25	01:08:28.10	+00:34:44 (51.1%)	6:47	8.8 (48.6%)
381	PUKACZ Artur	274	OLZA CIESZYN	BIELSKO-BIAŁA	M40-49	80	M 260	Olza Cieszyn	00:00:37	2026-09-19 17:01:25	00:14:59	00:50:14	01:08:35.20	01:09:12.85	+00:35:22 (51.6%)	6:51	8.7 (48.1%)
382	MARKOWSKI Jacek	381		JASTRZĘBIE-ZDRÓJ	M50-59	52	M 261		00:00:44	2026-09-19 17:01:32	00:19:58	00:49:44	01:08:39.20	01:09:23.80	+00:35:26 (51.6%)	6:51	8.7 (48.1%)
383	MARKOWSKI Cyryl	382		JASTRZĘBIE-ZDRÓJ	M20-29	30	M 262		00:00:44	2026-09-19 17:01:32	00:19:59	00:49:45	01:08:39.35	01:09:24.15	+00:35:26 (51.6%)	6:51	8.7 (48.1%)
384	DONOCIK Bogusława	378	OLZA CIESZYN	BIELSKO-BIAŁA	K40-49	47	K 122	Olza Cieszyn	00:00:33	2026-09-19 17:01:21	00:19:15	00:49:59	01:08:39.75	01:09:12.85	+00:35:26 (51.6%)	6:51	8.7 (48.1%)
385	BORUCKI Darek	404		KOŃCZYCE MAŁE	M40-49	81	M 263		00:00:29	2026-09-19 17:01:17	00:19:15	00:49:19	01:08:40.55	01:09:10.50	+00:35:27 (51.6%)	6:52	8.7 (48.1%)
386	ANIOL-BARLIK Agnieszka	367	FEMFIT3D	JASTRZĘBIE-ZDRÓJ	K50-59	11	K 123		00:00:08	2026-09-19 17:00:56	00:18:29	00:49:00	01:08:54.00	01:09:02.50	+00:35:40 (51.8%)	6:53	8.7 (48.1%)
387	TYNIEC-JARMUNDOWICZ Małgorzata	406		LIGOTA	K40-49	48	K 124	Jan Tyniec Team	00:00:32	2026-09-19 17:01:20	00:19:22	00:50:18	01:09:40.00	01:10:12.15	+00:36:26 (52.3%)	6:58	8.6 (47.5%)
388	FURTAK Magdalena	420		BAKÓW	K30-39	39	K 125		00:00:31	2026-09-19 17:01:19	00:19:01	00:49:49	01:09:59.90	01:10:31.15	+00:36:46 (52.5%)	6:59	8.6 (47.5%)
389	KOŁODZIŃSKA Magdalena	450		JASTRZĘBIE-ZDRÓJ	K30-39	40	K 126		00:00:32	2026-09-19 17:01:20	00:19:26	00:50:50	01:10:03.05	01:10:35.35	+00:36:50 (52.6%)	7:00	8.6 (47.5%)
390	MAZUR Lucyna	457	TRUCHTAJĄCE JASTRZĄBK	JASTRZĘBIE-ZDRÓJ	K40-49	49	K 127		00:00:32	2026-09-19 17:01:20	00:19:25	00:50:49	01:10:03.55	01:10:35.75	+00:36:50 (52.6%)	7:00	8.6 (47.5%)
391	SERWOTKA Jan	379	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	M70+	3	M 264		00:00:27	2026-09-19 17:01:15	00:18:14	00:49:01	01:10:06.05	01:10:33.55	+00:36:53 (52.6%)	7:00	8.6 (47.5%)
392	PLUSKOTA Sonia	492		SKOCZÓW	K20-29	21	K 128		00:00:08	2026-09-19 17:00:56	00:18:21	00:50:04	01:10:08.35	01:10:17.00	+00:36:55 (52.6%)	7:00	8.6 (47.5%)
393	POŁOMSKI Jerzy	318	POŁOMSCY JASTRZĘBIE-ZDRÓJ	JASTRZĘBIE-ZDRÓJ	M50-59	53	M 265		00:00:17	2026-09-19 17:01:05	00:18:01	00:50:00	01:10:29.55	01:10:46.75	+00:37:16 (52.9%)	7:02	8.5 (47.0%)
394	MAKOŚ Tomek	303		BIELSKO-BIAŁA	M40-49	82	M 266		00:00:30	2026-09-19 17:01:18	00:19:39	00:50:52	01:10:41.15	01:11:11.15	+00:37:28 (53.0%)	7:04	8.5 (47.0%)
395	CEMBALA Magda	405		BIELSKO-BIAŁA	K40-49	50	K 129		00:00:29	2026-09-19 17:01:17	00:19:39	00:50:52	01:10:41.50	01:11:11.25	+00:37:28 (53.0%)	7:04	8.5 (47.0%)
396	FECZKO Lucyna	456		JASTRZĘBIE-ZDRÓJ	K50-59	12	K 130		00:00:10	2026-09-19 17:00:58	00:18:06	00:49:44	01:11:09.30	01:11:20.05	+00:37:56 (53.3%)	7:06	8.4 (46.4%)
397	GWIZDAŁA Joanna	501		JASTRZĘBIE-ZDRÓJ	K40-49	51	K 131		00:00:26	2026-09-19 17:01:14	00:19:00	00:50:57	01:11:15.90	01:11:42.80	+00:38:02 (53.4%)	7:07	8.4 (46.4%)
398	HOLISZ Natalia	385		POGWIZDÓW	K20-29	22	K 132		00:00:31	2026-09-19 17:01:19	00:20:35	00:52:31	01:11:27.55	01:11:58.65	+00:38:14 (53.5%)	7:08	8.4 (46.4%)
399	PASTUSZEK Kamil	361		JASTRZĘBIE-ZDRÓJ	M30-39	73	M 267		00:00:26	2026-09-19 17:01:14	00:19:41	00:51:14	01:11:32.95	01:11:59.45	+00:38:19 (53.6%)	7:09	8.4 (46.4%)
400	SULOWICZ Marcin	315		BIELSKO-BIAŁA	M50-59	54	M 268		00:00:24	2026-09-19 17:01:12	00:19:10	00:51:42	01:11:49.00	01:12:13.75	+00:38:35 (53.7%)	7:10	8.4 (46.4%)

401	LEGIERSKA Julia	386		CIESZYN	K20-29	23	K 133		00:00:31	2026-09-19 17:01:19	00:20:36	00:52:31	01:11:55.35	01:12:26.60	+00:38:42 (53.8%)	7:11	8.3 (45.9%)
402	GARUS Oliwia	392		JASTRZĘBIE ZDRÓJ	K20-29	24	K 134		00:00:16	2026-09-19 17:01:04	00:20:36	00:52:57	01:12:40.65	01:12:56.65	+00:39:27 (54.3%)	7:16	8.3 (45.9%)
403	DZIĘGIEŁOWSKA Angelika	297		JASTRZĘBIE-ZDRÓJ	K40-49	52	K 135		00:00:15	2026-09-19 17:01:03	00:20:36	00:52:58	01:12:40.85	01:12:56.60	+00:39:27 (54.3%)	7:16	8.3 (45.9%)
404	RUS Mateusz	448		KRAKÓW	M20-29	31	M 269		00:00:27	2026-09-19 17:01:15	00:19:47	00:52:44	01:13:17.55	01:13:45.30	+00:40:04 (54.7%)	7:19	8.2 (45.3%)
405	PRÓŻNA Paula	447		JASTRZĘBIE-ZDRÓJ	K20-29	25	K 136		00:00:27	2026-09-19 17:01:15	00:19:51	00:52:47	01:13:43.30	01:14:11.15	+00:40:30 (54.9%)	7:22	8.1 (44.8%)
406	ROTTER Hanna	471		JASTRZĘBIE-ZDRÓJ	K60-69	4	K 137		00:00:11	2026-09-19 17:00:59	00:20:34	00:53:07	01:13:47.95	01:13:59.05	+00:40:34 (55.0%)	7:22	8.1 (44.8%)
407	GAŃKO Grażyna	412		JASTRZĘBIE ZDRÓJ	K60-69	5	K 138		00:00:20	2026-09-19 17:01:08	00:20:39	00:53:34	01:14:00.60	01:14:21.15	+00:40:47 (55.1%)	7:24	8.1 (44.8%)
408	KWIATKOWSKA Elwira	153	RUN&FUN SILESIA ADM RYBNIK	RYBNIK	K40-49	53	K 139		00:00:11	2026-09-19 17:00:59	00:19:53	00:52:58	01:14:51.90	01:15:03.45	+00:41:38 (55.6%)	7:29	8 (44.2%)
409	ZIĘTARA Agata	375		JASTRZĘBIE-ZDRÓJ	K50-59	13	K 140		00:00:28	2026-09-19 17:01:16	00:20:43	00:54:05	01:15:04.75	01:15:33.65	+00:41:51 (55.8%)	7:30	8 (44.2%)
410	PIECHA Weronika	173	GB GALOPUJĄCE ŚLIMAKI	JASTRZĘBIE-ZDRÓJ	K20-29	26	K 141	GB Galopujące Ślimaki	00:00:38	2026-09-19 17:01:26	00:21:00	00:54:03	01:15:05.50	01:15:43.90	+00:41:52 (55.8%)	7:30	8 (44.2%)
411	MAJCHRZAK Dawid	311		JASTRZĘBIE-ZDRÓJ	M30-39	74	M 270		00:00:38	2026-09-19 17:01:26	00:21:00	00:54:04	01:15:05.60	01:15:44.10	+00:41:52 (55.8%)	7:30	8 (44.2%)
412	JAMICKA Katarzyna	446		RYBNIK	K40-49	54	K 142		00:00:25	2026-09-19 17:01:13	00:18:55	00:53:04	01:15:15.45	01:15:40.95	+00:42:02 (55.9%)	7:31	8 (44.2%)
413	JURASZCZYK Agata	445		RYBNIK	K40-49	55	K 143		00:00:25	2026-09-19 17:01:13	00:18:55	00:53:04	01:15:15.75	01:15:41.05	+00:42:02 (55.9%)	7:31	8 (44.2%)
414	ZALEWSKA Barbara	487	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	K50-59	14	K 144	Kobiety na 5+	00:00:14	2026-09-19 17:01:02	00:20:26	00:54:07	01:16:21.85	01:16:35.95	+00:43:08 (56.5%)	7:38	7.9 (43.6%)
415	DRAĞ Rafal	383		BESTWINKA	M40-49	83	M 271		00:00:23	2026-09-19 17:01:11	00:19:41	00:54:47	01:17:21.80	01:17:45.75	+00:44:08 (57.1%)	7:44	7.8 (43.1%)
416	KUBAS Mariusz	364	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	M50-59	55	M 272	Jan Tyniec Team	00:00:32	2026-09-19 17:01:20	00:21:36	00:56:01	01:17:25.40	01:17:57.80	+00:44:12 (57.1%)	7:44	7.8 (43.1%)
417	GLÓWCZYK Izabella	497	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	K50-59	15	K 145	Kobiety na 5+	00:00:14	2026-09-19 17:01:02	00:21:09	00:55:16	01:18:26.20	01:18:40.25	+00:45:13 (57.7%)	7:50	7.6 (42.0%)
418	OLCZYK-ZIELIŃSKA Wioletta	475	KOBIETY NA 5+	JASTRZĘBIE-ZDRÓJ	K50-59	16	K 146	Kobiety na 5+	00:00:13	2026-09-19 17:01:01	00:20:00	00:55:18	01:18:27.00	01:18:40.25	+00:45:13 (57.7%)	7:50	7.6 (42.0%)
419	GLĄB Mariola	443		ŚWIĘTOCHŁOWICE	K40-49	56	K 147		00:00:24	2026-09-19 17:01:12	00:20:36	00:56:13	01:19:15.20	01:19:40.15	+00:46:02 (58.1%)	7:55	7.6 (42.0%)
420	KUCZMIERCZYK Janusz	510		MYSŁOWICE	M70+	4	M 273		00:00:32	2026-09-19 17:01:20	00:22:09	00:57:25	01:20:23.30	01:20:55.85	+00:47:10 (58.7%)	8:02	7.5 (41.4%)
421	PALAMAR Liubov	402		JASTRZĘBIE-ZDRÓJ	K30-39	41	K 148		00:00:29	2026-09-19 17:01:17	00:22:45	00:59:05	01:22:27.20	01:22:56.40	+00:49:14 (59.7%)	8:14	7.3 (40.3%)
Przekroczony limit czasu: 01:30:00																	
422	TRAWNICKI Jan	509		JASTRZEBIE-ZDROJ	M70+	5	M 274		00:00:07	2026-09-19 17:00:55	00:23:07	01:04:08	01:32:26.00	01:32:33.00	+00:59:12 (64.1%)	9:14	6.5 (35.9%)
Niesklasyfikowani																	
	MAY-MAJEWSKI Michał	169		KLESZCZÓW	M40-49				DNF	2026-09-19 17:01:03	00:13:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	CHŁOSTA Tomasz	231		JASTRZĘBIE ZDRÓJ	M40-49				DNF	2026-09-19 17:01:04	00:13:21 DNF	DNF	DNF	DNF		-	- (0.0%)