

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | KAT. WIEKOWA | M-CE W KAT. | MIESZKANIEC GMINY LYSKI | CZAS NETTO | CZAS BRUTTO |
|------|------------|------------------|-------|------|------------------|--------------------------|--------------|-------------|-------------------------|-------------|-------------|
| 1 | Mateusz | Wolnik | 319 | M | Lyski | - | M30 | 1 | Tak | 00:17:16.81 | 00:17:17.95 |
| 2 | Bartłomiej | Kuźnik | 219 | M | Wodzisław Śląski | Forma wodzisław | M40 | 1 | | 00:17:54.19 | 00:17:55.36 |
| 3 | Robert | Antczak | 151 | M | Racibórz | | M40 | 2 | | 00:18:03.14 | 00:18:04.31 |
| 4 | Mateusz | Wanglorz | 305 | M | Lyski | UKS 5 Plus | M20 | 1 | Tak | 00:18:28.61 | 00:18:29.76 |
| 5 | Paweł | Przeliorz | 274 | M | Rybnik | | M40 | 3 | | 00:18:58.32 | 00:18:59.45 |
| 6 | Grzegorz | Połomski | 321 | M | Rydułtowy | Polomscy Team | M40 | 4 | | 00:19:37.30 | 00:19:40.49 |
| 7 | Radosław | Olesiak | 254 | M | Katowice | | M20 | 2 | | 00:19:38.76 | 00:19:40.90 |
| 8 | Michalina | Mendecka-Zejdler | 241 | K | Racibórz | | K30 | 1 | | 00:19:39.50 | 00:19:41.40 |
| 9 | Marek | Michna | 244 | M | Górki Śląskie | Inżynieria Biegania Team | M40 | 5 | | 00:19:47.10 | 00:19:49.26 |
| 10 | Łukasz | Kretek | 215 | M | Lyski | Aktywni Lyski | M30 | 2 | Tak | 00:20:07.09 | 00:20:08.04 |
| 11 | Marek | Jacko | 195 | M | Żory | HRmax Żory | M50 | 1 | | 00:20:25.36 | 00:20:26.54 |
| 12 | Damian | Szewczyk | 295 | M | Jejkowice | jejkowice biegają | M40 | 6 | | 00:20:31.27 | 00:20:34.39 |
| 13 | Adam | Matusik | 235 | M | Jejkowice | Jejkowice Biegają | M40 | 7 | | 00:20:43.87 | 00:20:47.00 |
| 14 | Patryk | Morcinek | 249 | M | Świerklany | Złote Bączki KlimaFach | M30 | 3 | | 00:20:51.90 | 00:20:53.07 |
| 15 | Krzysztof | Mendla | 242 | M | Wodzisław Śląski | | M40 | 8 | | 00:20:57.91 | 00:21:00.03 |
| 16 | Arek | Kowol | 213 | M | Kokoszyce | | M40 | 9 | | 00:21:00.99 | 00:21:04.21 |
| 17 | Grzegorz | Cieciak | 170 | M | Zory | HRmax Żory | M50 | 2 | | 00:21:06.74 | 00:21:08.75 |
| 18 | Mariusz | Ogaza | 253 | M | Knurów | IslandRunners | M40 | 10 | | 00:21:08.67 | 00:21:11.76 |
| 19 | Mateusz | Giemza | 182 | M | Górki Śląskie | | M30 | 4 | | 00:21:16.86 | 00:21:16.86 |
| 20 | Krzysztof | Ruciński | 280 | M | Rybnik | Błękitna 59E | M50 | 3 | | 00:21:32.03 | 00:21:34.15 |
| 21 | Piotr | Masarczyk | 233 | M | Szczerbice | Aktywni Lyski | M40 | 11 | | 00:21:41.60 | 00:21:44.84 |
| 22 | Kamil | Spyra | 289 | M | Szymocice | 4 K. P. K. S. SPYROWKA | M30 | 5 | | 00:21:47.37 | 00:21:48.04 |
| 23 | Sławek | Gaszka | 181 | M | Kobyła | | M40 | 12 | | 00:21:43.76 | 00:21:50.86 |
| 24 | Wojciech | Szefer | 294 | M | Jejkowice | Jejkowice biegają | M40 | 13 | | 00:22:02.61 | 00:22:04.59 |
| 25 | Daria | Kudio | 216 | K | Rybnik | | K40 | 1 | | 00:22:02.93 | 00:22:04.86 |
| 26 | Andrzej | Zoń | 314 | M | Racibórz | | M50 | 4 | | 00:22:11.05 | 00:22:14.79 |
| 27 | Wojciech | Skopiński | 285 | M | Rybnik | Fugor | M40 | 14 | | 00:22:15.89 | 00:22:20.12 |
| 28 | Olaf | Koczy | 207 | M | Lyski | FitMore | M30 | 6 | Tak | 00:22:21.00 | 00:22:25.25 |
| 29 | Damian | Sosnowski | 288 | M | Rybnik | | M30 | 7 | | 00:22:33.11 | 00:22:34.11 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | KAT. WIEKOWA | M-CE W KAT. | MIESZKANIEC GMINY LYSKI | CZAS NETTO | CZAS BRUTTO |
|------|-----------|------------|-------|------|---------------------|--------------------------------------|--------------|-------------|-------------------------|-------------|-------------|
| 30 | Jarosław | Kilian | 204 | M | Jejkowice | Jejkowice biegają | M40 | 15 | | 00:22:34.79 | 00:22:39.99 |
| 31 | Radosław | Mika | 246 | M | Pszów | UKS Piątka Plus | M20 | 3 | | 00:22:53 | 00:22:55.15 |
| 32 | Jakub | Stabla | 291 | M | Rybnik | Eko-Okna Runners | M30 | 8 | | 00:22:55.81 | 00:23:04.01 |
| 33 | Szymon | Czogała | 272 | M | Lyski | Aktywni Lyski | M20 | 4 | Tak | 00:23:04.76 | 00:23:05.95 |
| 34 | Agnieszka | Brejnak | 163 | K | Rybnik | | K30 | 2 | | 00:23:05.93 | 00:23:09.13 |
| 35 | Wiesław | Sankala | 282 | M | Pszów | | M40 | 16 | | 00:23:09.60 | 00:23:14.73 |
| 36 | Radomir | Tomosz | 300 | M | Cieszyn | Moja żona często beka | M30 | 9 | | 00:23:17.19 | 00:23:22.33 |
| 37 | Tomasz | Koźlik | 166 | M | Jejkowice | Jejkowice biegają | M40 | 17 | | 00:23:17.90 | 00:23:24.11 |
| 38 | Martin | Bedrunka | 159 | M | Borucin | Naprzód Borucin | M30 | 10 | | 00:23:21.63 | 00:23:35.91 |
| 39 | Marcin | Palenga | 258 | M | Gaszowice | Aktywni Lyski | M20 | 5 | | 00:23:27.65 | 00:23:35.95 |
| 40 | Renata | Opiekulska | 256 | K | Jastrzębie-Zdrój | | K40 | 2 | | 00:23:42.16 | 00:23:42.74 |
| 41 | Wojciech | Kasperzec | 201 | M | Gaszowice | OSP Gaszowice | M30 | 11 | | 00:23:40.30 | 00:23:44.45 |
| 42 | Łukasz | Fryc | 179 | M | Żory | | M30 | 12 | | 00:23:44.53 | 00:23:47.74 |
| 43 | Jarosław | Tupaj | 302 | M | Rydułtowy | biegacz amator | M30 | 13 | | 00:23:42.31 | 00:23:49.34 |
| 44 | Edyta | Połomska | 271 | K | Rydułtowy | Polomscy Team | K40 | 3 | | 00:23:58.00 | 00:24:01.01 |
| 45 | Grzegorz | Pietrzak | 315 | M | Rybnik | | M20 | 6 | | 00:24:12.05 | 00:24:17.28 |
| 46 | Kamil | Hajski | 192 | M | Rybnik | | M30 | 14 | | 00:24:13.58 | 00:24:18.82 |
| 47 | Szymon | Apacki | 152 | M | Lyski | Aktywni Lyski | M40 | 18 | Tak | 00:24:12.32 | 00:24:21.57 |
| 48 | Grzegorz | Pojda | 270 | M | Rybnik | Rybnicka Grupa Biegowa Pędzimy Razem | M50 | 5 | | 00:24:35.54 | 00:24:37.60 |
| 49 | Klaudia | Skowronek | 323 | K | Lyski | | K20 | 1 | Tak | 00:24:43.12 | 00:24:54.40 |
| 50 | Barbara | Rataj | 277 | K | Jejkowice | Jejkowice biegają | K30 | 3 | | 00:24:55.93 | 00:24:59.16 |
| 51 | Michał | Musiół | 251 | M | Kotlarnia | ZAWISZA STARA KUŹNIA | M40 | 19 | | 00:25:09.95 | 00:25:17.05 |
| 52 | Piotr | Barcz | 155 | M | Adamowice | Fugor | M40 | 20 | Tak | 00:25:13.49 | 00:25:18.60 |
| 53 | Dominika | Mazurek | 237 | K | Jejkowice | Jejkowice Biegają | K30 | 4 | | 00:25:21.93 | 00:25:26.20 |
| 54 | Barbara | Sradomska | 290 | K | Żory | HRmax Żory | K50 | 1 | | 00:25:29.21 | 00:25:33.21 |
| 55 | Michał | Wowra | 310 | M | Jankowice Rybnickie | | M40 | 21 | | 00:25:27.99 | 00:25:34.09 |
| 56 | Bartosz | Wieczorek | 307 | M | Lyski | Aktywni Lyski | M20 | 7 | Tak | 00:25:50.03 | 00:25:53.28 |
| 57 | Sandra | Kuriata | 218 | K | Rydułtowy | | K20 | 2 | | 00:26:00.51 | 00:26:01.43 |
| 58 | Mariusz | Zawadzki | 313 | M | Wilcza | 3promile | M30 | 15 | | 00:25:59.75 | 00:26:10.01 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | KAT. WIEKOWA | M-CE W KAT. | MIESZKANIEC GMINY LYSKI | CZAS NETTO | CZAS BRUTTO |
|------|-----------|-------------------|-------|------|------------------|--|--------------|-------------|-------------------------|-------------|-------------|
| 59 | Joanna | Kasperzec | 199 | K | Jejkowice | Jejkowice biegają | K40 | 4 | | 00:26:14.83 | 00:26:23 |
| 60 | Bogdan | Ciechomski | 169 | M | Stara Kuźnia | ZAWISZA STARA KUŹNIA | M60 | 1 | | 00:26:25.99 | 00:26:31.22 |
| 61 | Jacek | Olszewski | 255 | M | Czekanów | AKMB Pędziwiatr Gliwice | M60 | 2 | | 00:26:27.21 | 00:26:33.41 |
| 62 | Artur | Malerczyk | 230 | M | Czernica | | M20 | 8 | | 00:26:24.77 | 00:26:38.16 |
| 63 | Dariusz | Baszton | 158 | M | Wodzisław Śląski | | M50 | 6 | | 00:26:31.38 | 00:26:38.41 |
| 64 | Mateusz | Latosiński | 222 | M | Lyski | Aktywni Lyski | M20 | 9 | Tak | 00:26:40.69 | 00:26:40.69 |
| 65 | Dawid | Kałdun | 198 | M | Ruda Śląska | | M30 | 16 | | 00:26:43.51 | 00:26:51.37 |
| 66 | Patryk | Kolarczyk | 208 | M | Bogunice | RKT-Feniks-arete | M20 | 10 | Tak | 00:26:50.67 | 00:26:54.65 |
| 67 | Adrian | Ceglarski | 168 | M | Jejkowice | .jejkowice Biegajom | M40 | 22 | | 00:26:44.55 | 00:26:55.89 |
| 68 | Agnieszka | Karlik | 316 | K | Górki Śląskie | Aktywni Lyski | K40 | 5 | | 00:26:47.65 | 00:26:56.87 |
| 69 | Sebastian | Marcol | 317 | M | Gaszowice | Aktywni Lyski | M30 | 17 | | 00:26:48.38 | 00:26:57.54 |
| 70 | Edyta | Gołofit | 185 | K | Szczerbice | OPEL FIJAŁKOWSKI | K20 | 3 | | 00:26:48.68 | 00:26:58.94 |
| 71 | Jacek | Wegner | 306 | M | Gaszowice | | M40 | 23 | | 00:26:50.15 | 00:27:00.44 |
| 72 | Krzysztof | Czogala | 318 | M | Lyski | Aktywni Lyski | M40 | 24 | Tak | 00:26:57.21 | 00:27:02.40 |
| 73 | Katarzyna | Kula | 217 | K | Lyski | | K30 | 5 | Tak | 00:27:01.80 | 00:27:04.97 |
| 74 | Dariusz | Tomala | 299 | M | Jastrzębie-Zdrój | Opel Fijałkowski | M40 | 25 | | 00:26:56.20 | 00:27:05.47 |
| 75 | Zbigniew | Bugdol | 164 | M | Rybnik | | M30 | 18 | | 00:26:52.42 | 00:27:09.87 |
| 76 | Paweł | Zasun | 312 | M | Rybnik | | M30 | 19 | | 00:27:04.25 | 00:27:16.59 |
| 77 | Kasia | Basista | 157 | K | Pszów | Jejkowice Biegają | K50 | 2 | | 00:27:17.30 | 00:27:20.55 |
| 78 | Ksenia | Stabla | 292 | K | Pstrążna | Jejkowice Biegają | K40 | 6 | Tak | 00:27:22.39 | 00:27:26.49 |
| 79 | Adam | Tempka | 297 | M | Gliwice | Miebach | M30 | 20 | | 00:27:24.88 | 00:27:31.08 |
| 80 | Patrycja | Podleśny | 268 | K | Rybnik | Aktywni Lyski | K20 | 4 | | 00:27:27.30 | 00:27:31.56 |
| 81 | Karolina | Matuszek | 236 | K | Rybnik | | K20 | 5 | | 00:27:33.70 | 00:27:38.70 |
| 82 | Hanna | Piecha-Łachajczyk | 193 | K | Rybnik | Bushi. Rybnicki Klub sportowy karate jiu-jitsu | K40 | 7 | | 00:27:47.12 | 00:27:58.28 |
| 83 | Sonia | Ceglarska | 167 | K | Jejkowice | Jejkowice Biegają | K40 | 8 | | 00:27:52.43 | 00:27:59.50 |
| 84 | Marcin | Kozak | 214 | M | Knurów | Island Runners | M40 | 26 | | 00:28:04.16 | 00:28:11.25 |
| 85 | Krystian | Hibszner | 194 | M | Rydultowy | | M30 | 21 | | 00:28:20.35 | 00:28:28.64 |
| 86 | Marcin | Kowalski | 322 | M | Rybnik | Leca leca i niy przestaja | M20 | 11 | | 00:28:25.87 | 00:28:30.84 |
| 87 | Magdalena | Rus | 281 | K | Korzonek | ZAWISZA STARA KUŹNIA | K30 | 6 | | 00:28:27.83 | 00:28:36.04 |

IV LYSECKA PIĄTKA
WYNIKI - Bieg 5 km
 22 wrzesień 2024 r., Lyski

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | KAT. WIEKOWA | M-CE W KAT. | MIESZKANIEC GMINY LYSKI | CZAS NETTO | CZAS BRUTTO |
|------|-----------|-------------|-------|------|------------------|------------------------|--------------|-------------|-------------------------|-------------|-------------|
| 88 | Łukasz | Wanglorz | 304 | M | Lyski | | M40 | 27 | Tak | 00:28:37.14 | 00:28:38.30 |
| 89 | Edyta | Burek | 165 | K | Wodzisław Śląski | UKS Piątka Plus | K20 | 6 | | 00:28:36.61 | 00:28:38.78 |
| 90 | Karolina | Komorek | 209 | K | Rybnik | | K20 | 7 | | 00:28:32.85 | 00:28:42.12 |
| 91 | Michał | Mączka | 240 | M | Nowa Wieś | | M30 | 22 | Tak | 00:28:30.67 | 00:28:42.85 |
| 92 | Ania | Mączka | 239 | K | Nowa Wieś | | K30 | 7 | Tak | 00:28:30.44 | 00:28:43.14 |
| 93 | Artur | Badura | 154 | M | Rybnik | Jejkowice biegają | M40 | 28 | | 00:28:44.10 | 00:28:56.26 |
| 94 | Michał | Kasperzec | 200 | M | Jejkowice | Jejkowice biegają | M40 | 29 | | 00:28:48.20 | 00:28:59.55 |
| 95 | Joanna | Kowalska | 210 | K | Szczerbice | Złote Bączki KlimaFach | K30 | 8 | | 00:28:54.58 | 00:29:02.86 |
| 96 | Monika | Dudek | 173 | K | Rybnik | | K20 | 8 | | 00:29:15.41 | 00:29:24.67 |
| 97 | Maciej | Mrozek | 250 | M | Łuków Śląski | | M40 | 30 | | 00:29:14.34 | 00:29:25.68 |
| 98 | Grzegorz | Mandrysz | 232 | M | Lyski | Aktywni Lyski | M50 | 7 | Tak | 00:29:12.56 | 00:29:25.98 |
| 99 | Monika | Gałąjda | 180 | K | Rybnik | Jejkowice Biegają | K40 | 9 | | 00:29:37.79 | 00:29:45.60 |
| 100 | Katarzyna | Kocerba | 206 | K | Lyski | | K30 | 9 | Tak | 00:29:37.78 | 00:29:48.06 |
| 101 | Marzena | Szewczyk | 296 | K | Jejkowice | jejkowice biegają | K40 | 10 | | 00:29:44.17 | 00:29:52.40 |
| 102 | Jolanta | Milert | 248 | K | Gaszowice | Aktywni Lyski | K50 | 3 | | 00:29:54.97 | 00:30:01.17 |
| 103 | Szymon | Fojcik | 178 | M | Borucin | Slavic run | M30 | 23 | | 00:30:06.98 | 00:30:11.97 |
| 104 | Stanisław | Urban | 303 | M | Szczerbice | | M20 | 12 | | 00:30:21.64 | 00:30:23.82 |
| 105 | Bogdan | Auguścik | 153 | M | Rydułtowy | Aktywni Lyski | M50 | 8 | | 00:30:13.44 | 00:30:25.54 |
| 106 | Janusz | Skrzyński | 287 | M | Rybnik | | M40 | 31 | Tak | 00:30:17.50 | 00:30:30.86 |
| 107 | Denis | Lach | 221 | M | Jastrzębie-Zdrój | Opel Fijałkowski | M20 | 13 | | 00:31:07.67 | 00:31:17.52 |
| 108 | Agata | Bochenek | 161 | K | Rybnik | | K20 | 9 | | 00:31:26.11 | 00:31:31.06 |
| 109 | Szymon | Kesten | 203 | M | Lyski | | M20 | 14 | Tak | 00:31:26.96 | 00:31:31.18 |
| 110 | Teresa | Mikita | 247 | K | Racibórz | | K50 | 4 | Tak | 00:31:33.54 | 00:31:40.64 |
| 111 | Daria | Pietrzak | 325 | K | Rybnik | | K20 | 10 | | 00:31:41.15 | 00:31:46.30 |
| 112 | Adam | Neugebauer | 252 | M | Rybnik | Aktywni Lyski | M40 | 32 | | 00:31:50.85 | 00:32:04.17 |
| 113 | Sabina | Klepczyńska | 205 | K | Rybnik | | K40 | 11 | | 00:32:45.56 | 00:32:51.62 |
| 114 | Magdalena | Gumienny | 190 | K | Kotlarnia | ZAWISZA STARA KUŹNIA | K40 | 12 | | 00:33:05.33 | 00:33:13.49 |
| 115 | Piotr | Parnicki | 260 | M | Kotlarnia | ZAWISZA STARA KUŹNIA | M50 | 9 | | 00:33:06.00 | 00:33:14.29 |
| 116 | Justyna | Pichowska | 262 | K | Katowice | | K30 | 10 | | 00:33:21.68 | 00:33:33.85 |

| M-CE | IMIĘ | NAZWISKO | NUMER | PŁEĆ | MIASTO | KLUB | KAT. WIEKOWA | M-CE W KAT. | MIESZKANIEC GMINY LYSKI | CZAS NETTO | CZAS BRUTTO |
|------|-----------|------------|-------|------|------------------|------------------------|--------------|-------------|-------------------------|-------------|-------------|
| 117 | Rafał | Siedlaczek | 284 | M | Adamowice | Miebach | M30 | 24 | Tak | 00:33:32.35 | 00:33:38.24 |
| 118 | Jan | Serwotka | 324 | M | Wodzisław Śląski | Forma Wodzisław Śląski | M60 | 3 | | 00:33:34.59 | 00:33:44.77 |
| 119 | Roman | Dusek | 174 | M | Adamowice | | M60 | 4 | Tak | 00:33:56.77 | 00:34:02.00 |
| 120 | Anita | Kowol | 212 | K | Wodzisław Śląski | | K40 | 13 | | 00:33:56.09 | 00:34:03.10 |
| 121 | Ania | Pytlik | 276 | K | Bogunice | UKS GRACZ | K30 | 11 | Tak | 00:33:51.67 | 00:34:05.95 |
| 122 | Rajnold | Raubal | 279 | M | Witosławice | | M60 | 5 | | 00:34:20.25 | 00:34:32.60 |
| 123 | Basia | Kawicz | 202 | K | Rybnik | | K50 | 5 | | 00:34:25.48 | 00:34:36.77 |
| 124 | Ela | Ficek | 176 | K | Rybnik | Jejkowice Biegają | K40 | 14 | | 00:34:30.34 | 00:34:38.60 |
| 125 | Mirosław | Toczko | 298 | M | Rybnik | | M40 | 33 | | 00:34:42.17 | 00:34:43.20 |
| 126 | Marlena | Lewoniuk | 225 | K | Pawłowice | | K30 | 12 | | 00:34:40.75 | 00:34:48.38 |
| 127 | Magdalena | Gralak | 186 | K | Nowa Wieś | | K30 | 13 | | 00:34:58.45 | 00:35:06.66 |
| 128 | Natalia | Mazurek | 238 | K | Wodzisław Śląski | Opel Fijałkowski | K20 | 11 | | 00:36:13.23 | 00:36:23.50 |
| 129 | Jacek | Dzierżawa | 175 | M | Rydułtowy | Aktywni Lyski | M60 | 6 | | 00:36:11.17 | 00:36:26.21 |
| 130 | Tadeusz | Luszczymak | 226 | M | Radlin | | M60 | 7 | | 00:37:08.67 | 00:37:17.83 |
| 131 | Daria | Lein-Pluta | 224 | K | Zabrze | | K30 | 14 | | 00:37:51.22 | 00:38:05.60 |
| 132 | Agnieszka | Pojda | 269 | K | Rydułtowy | Aktywni Lyski | K30 | 15 | | 00:38:04.04 | 00:38:18.42 |
| 133 | Maria | Mielańczyk | 245 | K | Pszów | | K60 | 1 | | 00:38:06.66 | 00:38:18.70 |
| 134 | Elżbieta | Poremska | 273 | K | Lyski | Aktywni Lyski | K40 | 15 | Tak | 00:38:06.13 | 00:38:19.55 |
| 135 | Marta | Michalak | 243 | K | Rybnik | Opel Fijałkowski | K30 | 16 | | 00:38:22.97 | 00:38:34.12 |
| 136 | Patrycja | Lazar | 223 | K | Gliwice | | K40 | 16 | | 00:39:23.88 | 00:39:39.33 |
| 137 | Daria | Firlejczyk | 177 | K | Gliwice | | K30 | 17 | | 00:39:28.57 | 00:39:44.68 |