



Organizator:
Data:
Miejsce:
Dystans:

Aktywna Bydgoszcz
2019-11-11
Bydgoszcz
5 km

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2019

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SKIBA Łukasz	789	SZYMI TEAM	M-30	1	00:00:02	00:16:38.50	00:16:40.70		3:19	18 (100%)
2	GOŚCINIAK Michał	802	3GRAVITY	M-30	2	00:00:02	00:17:24.05	00:17:26.25	+00:00:45 (4.4%)	3:28	17.2 (95.6%)
3	MAĆKOWSKI Maciej	9	UPS BYDGOSZCZ/TEAMOCHAL	M-30	3	00:00:02	00:17:26.95	00:17:29.15	+00:00:48 (4.6%)	3:29	17.2 (95.6%)
4	ŚLUSARSKI Przemysław	373	RUN PASJA	M-30	4	00:00:04	00:18:03.90	00:18:07.90	+00:01:25 (7.9%)	3:36	16.6 (92.2%)
5	KUŁAKOWSKI Krzysztof	920	RUN PASJA	M-30	5	00:00:03	00:18:04.45	00:18:07.65	+00:01:25 (7.9%)	3:36	16.6 (92.2%)
6	BORUCH Łukasz	1069		M-30	6	00:00:02	00:18:17.90	00:18:20.35	+00:01:39 (9.1%)	3:39	16.4 (91.1%)
7	BAK Oskar	1089		M-30	7	00:00:09	00:18:38.85	00:18:48.15	+00:02:00 (10.8%)	3:43	16.1 (89.4%)
8	DURCZAK Jerzy	295	BYDGOSKIE OKONIE	M-30	8	00:00:06	00:18:40.15	00:18:46.65	+00:02:01 (10.9%)	3:44	16.1 (89.4%)
9	WILK Łukasz	43	RUNADDICTS	M-30	9	00:00:04	00:18:57.65	00:19:02.20	+00:02:19 (12.2%)	3:47	15.8 (87.8%)
10	KUROWSKI Kamil	105	3GRAVITY	M-30	10	00:00:03	00:19:07.00	00:19:10.75	+00:02:28 (12.9%)	3:49	15.7 (87.2%)
11	FLOREK Paweł	185	RUNADDICTS	M-30	11	00:00:04	00:19:09.25	00:19:13.70	+00:02:30 (13.1%)	3:49	15.7 (87.2%)
12	OKOŃSKI Jarosław	6	BIEGOWEZAPARCIE.PL	M-30	12	00:00:04	00:19:10.60	00:19:15.25	+00:02:32 (13.2%)	3:50	15.6 (86.7%)
13	KIEŁPIKOWSKI Patryk	613		M-30	13	00:00:09	00:19:12.45	00:19:21.75	+00:02:33 (13.4%)	3:50	15.6 (86.7%)
14	WARSZAWSKI Przemysław	1020	81BLP	M-30	14	00:00:03	00:19:15.35	00:19:19.05	+00:02:36 (13.6%)	3:51	15.6 (86.7%)
15	KILIJAŃCZYK Piotr	1435		M-30	15	00:00:11	00:19:18.75	00:19:30.00	+00:02:40 (13.8%)	3:51	15.5 (86.1%)
16	KRUPA Piotr	785	WOODRUNNERS	M-30	16	00:00:02	00:19:23.35	00:19:26.10	+00:02:44 (14.2%)	3:52	15.5 (86.1%)
17	RZESZOTARSKI Daniel	801		M-30	17	00:00:04	00:19:27.00	00:19:31.25	+00:02:48 (14.4%)	3:53	15.4 (85.6%)
18	ZUŻYDŁO Radosław	193		M-30	18	00:00:05	00:19:40.45	00:19:45.90	+00:03:01 (15.4%)	3:56	15.3 (85.0%)
19	DUDZIŃSKI Paweł	459	TEAM RUN GOŁAŃCZ	M-30	19	00:00:05	00:19:41.95	00:19:47.15	+00:03:03 (15.5%)	3:56	15.2 (84.4%)
20	OCCHIUZZO Ryan	531	NONE	M-30	20	00:00:05	00:19:45.40	00:19:50.80	+00:03:06 (15.8%)	3:57	15.2 (84.4%)
21	ADACH Paweł	1498	WEEKENDOWI BIEGACZE	M-30	21	00:00:03	00:19:48.35	00:19:51.40	+00:03:09 (16.0%)	3:57	15.2 (84.4%)
22	KOTULA Sławomir	334		M-30	22	00:00:03	00:19:50.85	00:19:54.55	+00:03:12 (16.2%)	3:58	15.1 (83.9%)
23	GUTKOWSKI Jakub	1167		M-30	23	00:00:03	00:19:54.90	00:19:58.60	+00:03:16 (16.4%)	3:59	15.1 (83.9%)
24	IGNACZAK Jarosław	32		M-30	24	00:00:08	00:19:56.05	00:20:04.90	+00:03:17 (16.5%)	3:59	15.1 (83.9%)
25	BURDANOWSKI Adam	1163		M-30	25	00:00:03	00:19:58.85	00:20:01.90	+00:03:20 (16.7%)	3:59	15 (83.3%)
26	BŁAŻEJCZYK Dawid	921		M-30	26	00:00:11	00:20:10.20	00:20:21.70	+00:03:31 (17.5%)	4:02	14.9 (82.8%)
27	WŁODARSKI Paweł	597		M-30	27	00:00:29	00:20:16.05	00:20:45.20	+00:03:37 (17.9%)	4:03	14.8 (82.2%)
28	KHADDOUR Alex	448	ZIELONY PELIKAN	M-30	28	00:00:05	00:20:20.55	00:20:25.65	+00:03:42 (18.2%)	4:04	14.8 (82.2%)
29	MARCHEL Tomasz	1040		M-30	29	00:00:07	00:20:26.65	00:20:34.40	+00:03:48 (18.6%)	4:05	14.7 (81.7%)
30	ROMANOWSKI Michał	781		M-30	30	00:00:08	00:20:32.90	00:20:41.85	+00:03:54 (19.0%)	4:06	14.6 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	WIECZOREK Waldemar	351		M-30	31	00:01:21	00:20:33.60	00:21:55.15	+00:03:55 (19.1%)	4:06	14.6 (81.1%)
32	BOINSKI Rafał	887		M-30	32	00:00:13	00:20:38.05	00:20:51.55	+00:03:59 (19.3%)	4:07	14.5 (80.6%)
33	KOŁACKI Jarosław	822		M-30	33	00:00:16	00:20:38.20	00:20:54.55	+00:03:59 (19.4%)	4:07	14.5 (80.6%)
34	KLINOWSKI Radosław	237		M-30	34	00:00:35	00:20:42.85	00:21:18.25	+00:04:04 (19.7%)	4:08	14.5 (80.6%)
35	SENGER Robert	471	TRIZARZ	M-30	35	00:00:05	00:20:48.55	00:20:54.00	+00:04:10 (20.0%)	4:09	14.4 (80.0%)
36	WARLIKOWSKI Łukasz	961		M-30	36	00:00:07	00:20:55.95	00:21:03.25	+00:04:17 (20.5%)	4:11	14.3 (79.4%)
37	DROCIAK Michał	997	OSOWA GÓRA TEAM	M-30	37	00:00:02	00:20:57.45	00:21:00.40	+00:04:18 (20.6%)	4:11	14.3 (79.4%)
38	KRYGIER Tomasz	438		M-30	38	00:00:26	00:21:07.90	00:21:34.65	+00:04:29 (21.2%)	4:13	14.2 (78.9%)
39	JOPPEK Łukasz	259		M-30	39	00:00:07	00:21:08.35	00:21:15.50	+00:04:29 (21.3%)	4:13	14.2 (78.9%)
40	KOWALSKI Krzysztof	354	OCLOTY KRUSZYN KRAJEŃSKI	M-30	40	00:00:11	00:21:10.20	00:21:21.35	+00:04:31 (21.4%)	4:14	14.2 (78.9%)
41	RENC Patryk	49	SERCE TYBETU	M-30	41	00:00:09	00:21:20.45	00:21:30.00	+00:04:41 (22.0%)	4:16	14.1 (78.3%)
42	SZYSZKA Radosław	79		M-30	42	00:00:04	00:21:25.50	00:21:30.35	+00:04:47 (22.3%)	4:17	14 (77.8%)
43	BANACH Marcin	207	3GRAVITY	M-30	43	00:00:20	00:21:25.60	00:21:46.15	+00:04:47 (22.3%)	4:17	14 (77.8%)
44	MUSIELAK Michał	191		M-30	44	00:00:15	00:21:31.85	00:21:47.30	+00:04:53 (22.7%)	4:18	13.9 (77.2%)
45	WARCZAK Kuba	324	TEAMOCHAL	M-30	45	00:00:08	00:21:33.20	00:21:41.30	+00:04:54 (22.8%)	4:18	13.9 (77.2%)
46	DEBNER Wojciech	1337		M-30	46	00:00:15	00:21:35.15	00:21:50.95	+00:04:56 (22.9%)	4:19	13.9 (77.2%)
47	LATOS Paweł	633		M-30	47	00:00:15	00:21:35.20	00:21:50.25	+00:04:56 (22.9%)	4:19	13.9 (77.2%)
48	MUSZYŃSKI Łukasz	1197	AMATOR OSOWA GÓRA	M-30	48	00:00:16	00:21:39.80	00:21:56.25	+00:05:01 (23.2%)	4:20	13.8 (76.7%)
49	PUCHACZ Marcin	14		M-30	49	00:00:05	00:21:43.90	00:21:49.30	+00:05:05 (23.4%)	4:20	13.8 (76.7%)
50	ŁABENDA Robert	45	SZURUSIE TEAM	M-30	50	00:00:06	00:21:47.65	00:21:53.70	+00:05:09 (23.6%)	4:21	13.8 (76.7%)
51	MACIŃSKI Waldemar	33		M-30	51	00:00:24	00:21:49.75	00:22:14.20	+00:05:11 (23.8%)	4:22	13.7 (76.1%)
52	SOŁTYSIUK Bartosz	1161		M-30	52	00:00:28	00:21:51.10	00:22:19.85	+00:05:12 (23.8%)	4:22	13.7 (76.1%)
53	SKARWECKI Remigiusz	53	ŁABISZYN RUNNERS	M-30	53	00:00:28	00:21:52.95	00:22:21.60	+00:05:14 (23.9%)	4:22	13.7 (76.1%)
54	GĘDEK Krzysztof	1204		M-30	54	00:00:10	00:22:01.50	00:22:11.55	+00:05:23 (24.4%)	4:24	13.6 (75.6%)
55	PUZIAK Rafał	1250		M-30	55	00:00:09	00:22:02.20	00:22:11.65	+00:05:23 (24.5%)	4:24	13.6 (75.6%)
56	PAPROCKI Rafał	1201	SLK PB	M-30	56	00:00:10	00:22:02.75	00:22:13.30	+00:05:24 (24.5%)	4:24	13.6 (75.6%)
57	JURKOWSKI Paweł	1474	PJKANCELARIA.PL	M-30	57	00:00:28	00:22:04.40	00:22:32.55	+00:05:25 (24.6%)	4:24	13.6 (75.6%)
58	SKRZYNIARZ Hubert	912	#CIĄGŁA_WALKĄ_Z_BMI	M-30	58	00:00:02	00:22:05.50	00:22:08.10	+00:05:27 (24.7%)	4:25	13.6 (75.6%)
59	SZEWCZYKOWSKI Grzegorz	1174	BYDGOSKIE ŻÓŁWIE	M-30	59	00:00:04	00:22:08.30	00:22:12.75	+00:05:29 (24.8%)	4:25	13.6 (75.6%)
60	SZARLEJ Marcin	215	PKO BANK POLSKI SA	M-30	60	00:00:07	00:22:10.45	00:22:18.15	+00:05:31 (25.0%)	4:26	13.5 (75.0%)
61	JAKUBCZAK Michał	1325		M-30	61	00:00:13	00:22:10.75	00:22:23.80	+00:05:32 (25.0%)	4:26	13.5 (75.0%)
62	ZIELIŃSKI Krystian	674		M-30	62	00:00:16	00:22:20.55	00:22:37.45	+00:05:42 (25.5%)	4:28	13.4 (74.4%)
63	BARSZCZ Tomasz	261		M-30	63	00:00:06	00:22:22.15	00:22:29.00	+00:05:43 (25.6%)	4:28	13.4 (74.4%)
64	CYL Dawid	340	FORDONRUNNERS / ZIELONY PELIKAN	M-30	64	00:00:15	00:22:31.00	00:22:46.20	+00:05:52 (26.1%)	4:30	13.3 (73.9%)
65	DĘBIEC Andrzej	752		M-30	65	00:00:07	00:22:32.25	00:22:39.25	+00:05:53 (26.2%)	4:30	13.3 (73.9%)
66	JAKUBCZAK Łukasz	1230		M-30	66	00:00:13	00:22:35.85	00:22:49.05	+00:05:57 (26.4%)	4:31	13.3 (73.9%)
67	ROSÓŁ Jacek	145		M-30	67	00:00:05	00:22:37.90	00:22:43.60	+00:05:59 (26.5%)	4:31	13.3 (73.9%)
68	PERLINSKI Damian	880	MOŻE I POWOLI ALE ZA TO BYŁE JAK	M-30	68	00:00:12	00:22:39.10	00:22:51.30	+00:06:00 (26.5%)	4:31	13.2 (73.3%)
69	KITOWSKI Przemysław	51	SZURUSIE TEAM	M-30	69	00:00:06	00:22:45.85	00:22:52.10	+00:06:07 (26.9%)	4:33	13.2 (73.3%)
70	ŚLEFARSKI Marcin	580		M-30	70	00:00:30	00:22:50.65	00:23:21.15	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
71	KLATECKI Adam	902		M-30	71	00:01:29	00:22:50.95	00:24:20.15	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
72	PALIGA Maciej	614		M-30	72	00:00:22	00:22:52.40	00:23:15.35	+00:06:13 (27.2%)	4:34	13.1 (72.8%)
73	ŁOBODA Maciej	195		M-30	73	00:00:22	00:22:53.30	00:23:15.95	+00:06:14 (27.3%)	4:34	13.1 (72.8%)
74	URBAŃSKI Dawid	88		M-30	74	00:00:13	00:22:59.65	00:23:12.65	+00:06:21 (27.6%)	4:35	13.1 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	NOWOTNIK Mariusz	246	CB163	M-30	75	00:00:13	00:22:59.90	00:23:13.05	+00:06:21 (27.6%)	4:36	13 (72.2%)
76	DROŻYŃSKI Maciej	338		M-30	76	00:00:20	00:23:01.10	00:23:22.05	+00:06:22 (27.7%)	4:36	13 (72.2%)
77	BAK Łukasz	482		M-30	77	00:00:06	00:23:01.80	00:23:08.15	+00:06:23 (27.7%)	4:36	13 (72.2%)
78	WONS Rafał	865	MZK	M-30	78	00:00:16	00:23:03.70	00:23:20.30	+00:06:25 (27.8%)	4:36	13 (72.2%)
79	JARCZASZEK Krzysztof	945		M-30	79	00:00:03	00:23:04.20	00:23:08.00	+00:06:25 (27.9%)	4:37	13 (72.2%)
80	BUTRYM Piotr	1095		M-30	80	00:00:55	00:23:06.00	00:24:01.90	+00:06:27 (28.0%)	4:37	13 (72.2%)
81	MUSZYŃSKI Wojtek	1218	TKKF WODNIK WIĘCBORK	M-30	81	00:00:06	00:23:14.30	00:23:20.45	+00:06:35 (28.4%)	4:38	12.9 (71.7%)
82	DOROSZ Grzegorz	734		M-30	82	00:00:35	00:23:15.85	00:23:51.10	+00:06:37 (28.5%)	4:39	12.9 (71.7%)
83	KAMIŃSKI Łukasz	95		M-30	83	00:00:12	00:23:19.10	00:23:31.85	+00:06:40 (28.6%)	4:39	12.9 (71.7%)
84	SKUPSZ Jędrzej Kazmierz	977	BYDGOSZCZ FORDON TEAM	M-30	84	00:00:17	00:23:19.40	00:23:36.85	+00:06:40 (28.6%)	4:39	12.9 (71.7%)
85	WAŻYŃSKI Łukasz	1299		M-30	85	00:00:25	00:23:20.15	00:23:45.80	+00:06:41 (28.7%)	4:40	12.9 (71.7%)
86	DANIELEWICZ Bartosz	936		M-30	86	00:00:10	00:23:20.95	00:23:31.55	+00:06:42 (28.7%)	4:40	12.8 (71.1%)
87	ZIELIŃSKI Maciej	1191		M-30	87	00:00:08	00:23:22.75	00:23:31.25	+00:06:44 (28.8%)	4:40	12.8 (71.1%)
88	GRECHUTA Tomasz	1308		M-30	88	00:00:07	00:23:26.35	00:23:33.45	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
89	JARMUŻ Adam	1018		M-30	89	00:00:30	00:23:30.05	00:24:00.30	+00:06:51 (29.2%)	4:42	12.8 (71.1%)
90	RÓŻAŃSKI Kamil	608	3GRAVITY	M-30	90	00:00:31	00:23:33.40	00:24:05.20	+00:06:54 (29.4%)	4:42	12.7 (70.6%)
91	ROSZCZYN Dawid	1415		M-30	91	00:01:24	00:23:43.00	00:25:07.45	+00:07:04 (29.8%)	4:44	12.6 (70.0%)
92	GULCZYŃSKI Dawid	236		M-30	92	00:00:22	00:23:50.95	00:24:13.55	+00:07:12 (30.2%)	4:46	12.6 (70.0%)
93	KIJEWSKI Maciej	594	KABEL TEAM BYDGOSZCZ	M-30	93	00:00:27	00:23:51.50	00:24:19.45	+00:07:13 (30.2%)	4:46	12.6 (70.0%)
94	LUBERDA Łukasz	1270		M-30	94	00:00:24	00:23:54.75	00:24:18.85	+00:07:16 (30.4%)	4:46	12.6 (70.0%)
95	BIELICKI Waldemar	871		M-30	95	00:01:20	00:23:57.90	00:25:18.85	+00:07:19 (30.6%)	4:47	12.5 (69.4%)
96	KLAWIKOWSKI Dawid	867	TKKF KOLEJARZ BYDGOSZCZ	M-30	96	00:00:08	00:23:58.50	00:24:07.45	+00:07:20 (30.6%)	4:47	12.5 (69.4%)
97	ŁUDZIŃSKI Jakub	493		M-30	97	00:01:15	00:24:00.35	00:25:16.30	+00:07:21 (30.7%)	4:48	12.5 (69.4%)
98	DACH Łukasz	563		M-30	98	00:00:11	00:24:00.95	00:24:12.55	+00:07:22 (30.7%)	4:48	12.5 (69.4%)
99	STOKŁOSA Maciej	479	SOFTMAKS.PL	M-30	99	00:00:09	00:24:01.60	00:24:11.15	+00:07:23 (30.7%)	4:48	12.5 (69.4%)
100	DURAJEWSKI Mateusz	288		M-30	100	00:00:45	00:24:08.95	00:24:54.15	+00:07:30 (31.1%)	4:49	12.4 (68.9%)
101	ŻUCHELKOWSKI Rafał	440		M-30	101	00:00:09	00:24:13.30	00:24:22.60	+00:07:34 (31.3%)	4:50	12.4 (68.9%)
102	GRZYWIŃSKI Łukasz	724	ŻUCHELKI	M-30	102	00:00:11	00:24:15.80	00:24:27.00	+00:07:37 (31.4%)	4:51	12.4 (68.9%)
103	SURMACZ Marcin	951		M-30	103	00:00:21	00:24:18.60	00:24:40.35	+00:07:40 (31.5%)	4:51	12.3 (68.3%)
104	WIECZOREK Mateusz	1336		M-30	104	00:00:10	00:24:19.40	00:24:29.65	+00:07:40 (31.6%)	4:51	12.3 (68.3%)
105	WAWRZYŃCZAK Grzegorz	265		M-30	105	00:00:17	00:24:20.65	00:24:38.50	+00:07:42 (31.6%)	4:52	12.3 (68.3%)
106	ZDUNKIEWICZ Marcin	76		M-30	106	00:00:25	00:24:22.45	00:24:48.00	+00:07:43 (31.7%)	4:52	12.3 (68.3%)
107	LEWANDOWSKI Arkadiusz	926		M-30	107	00:00:23	00:24:26.85	00:24:50.15	+00:07:48 (31.9%)	4:53	12.3 (68.3%)
108	NAGORZYSKI Arkadiusz	1205	TKKF KOLEJARZ BYDGOSZCZ	M-30	108	00:00:08	00:24:32.35	00:24:41.05	+00:07:53 (32.2%)	4:54	12.2 (67.8%)
109	RASZEWSKI Sebastian	942		M-30	109	00:00:22	00:24:35.90	00:24:58.80	+00:07:57 (32.3%)	4:55	12.2 (67.8%)
110	UMIŃSKI Robert	20		M-30	110	00:00:14	00:24:36.45	00:24:50.75	+00:07:57 (32.4%)	4:55	12.2 (67.8%)
111	BĄBOLEWSKI Łukasz	106	WIĘCEJSPRZĘTUNIŻTALENTU	M-30	111	00:00:25	00:24:38.75	00:25:04.20	+00:08:00 (32.5%)	4:55	12.2 (67.8%)
112	BURCHARDT Remigiusz	612		M-30	112	00:00:55	00:24:41.90	00:25:37.20	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
113	ZABORNIAK Zbigniew	927		M-30	113	00:01:09	00:24:43.30	00:25:52.35	+00:08:04 (32.7%)	4:56	12.1 (67.2%)
114	ŁOBOCKI Krzysztof	428	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M-30	114	00:00:31	00:24:45.85	00:25:17.35	+00:08:07 (32.8%)	4:57	12.1 (67.2%)
115	DUDEK Dawid	133		M-30	115	00:00:12	00:24:48.25	00:25:00.40	+00:08:09 (32.9%)	4:57	12.1 (67.2%)
116	LEBIECKI Paweł	1393		M-30	116	00:00:41	00:24:48.70	00:25:29.85	+00:08:10 (32.9%)	4:57	12.1 (67.2%)
117	GLINKOWSKI Dariusz	535		M-30	117	00:00:34	00:24:49.15	00:25:23.45	+00:08:10 (32.9%)	4:57	12.1 (67.2%)
118	CHONCHERA Tomasz	416		M-30	118	00:00:32	00:24:49.50	00:25:21.70	+00:08:11 (33.0%)	4:57	12.1 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
119	ZNANIECKI Wojciech	300	BYDGOSZCZ NA START	M-30	119	00:00:28	00:24:51.45	00:25:20.20	+00:08:12 (33.1%)	4:58	12.1 (67.2%)
120	RATAJ Krzysztof	119	KS POLONIA BYDGOSZCZ SEKCJA LA	M-30	120	00:00:15	00:24:51.95	00:25:07.00	+00:08:13 (33.1%)	4:58	12.1 (67.2%)
121	ŁUKASZEK Marek	73	WATAHA BYDGOSZCZ	M-30	121	00:01:46	00:24:52.70	00:26:38.75	+00:08:14 (33.1%)	4:58	12.1 (67.2%)
122	ŁUKASZEWICZ Dawid	1220		M-30	122	00:01:17	00:24:53.95	00:26:11.35	+00:08:15 (33.2%)	4:58	12 (66.7%)
123	TWARDOWSKI Bartosz	665		M-30	123	00:00:33	00:24:54.55	00:25:28.35	+00:08:16 (33.2%)	4:59	12 (66.7%)
124	BAKOWSKI Dawid	833		M-30	124	00:00:20	00:24:56.05	00:25:16.15	+00:08:17 (33.3%)	4:59	12 (66.7%)
125	AFELT Jarosław	839		M-30	125	00:01:07	00:24:57.60	00:26:05.35	+00:08:19 (33.3%)	4:59	12 (66.7%)
126	MAJCHRZAK Michał	1369		M-30	126	00:00:07	00:24:58.75	00:25:06.15	+00:08:20 (33.4%)	4:59	12 (66.7%)
127	SOBCZYŃSKI Michał	851		M-30	127	00:00:38	00:24:59.00	00:25:37.70	+00:08:20 (33.4%)	4:59	12 (66.7%)
128	KONWIŃSKI Daniel	349	SELEKCJA NATURALNA	M-30	128	00:01:40	00:25:01.80	00:26:42.20	+00:08:23 (33.5%)	5:00	12 (66.7%)
129	GRAJEWSKI Tomasz	1418		M-30	129	00:01:45	00:25:03.05	00:26:48.95	+00:08:24 (33.6%)	5:00	12 (66.7%)
130	TADRZAK Michał	779		M-30	130	00:01:11	00:25:08.75	00:26:20.60	+00:08:30 (33.8%)	5:01	11.9 (66.1%)
131	KALA Michał	1421		M-30	131	00:00:58	00:25:11.50	00:26:10.35	+00:08:33 (33.9%)	5:02	11.9 (66.1%)
132	WEYNA Piotr	1500		M-30	132	00:01:12	00:25:12.40	00:26:24.40	+00:08:33 (34.0%)	5:02	11.9 (66.1%)
133	ANTONCZYK Piotr	629	NFIU POL	M-30	133	00:00:28	00:25:14.20	00:25:42.25	+00:08:35 (34.1%)	5:02	11.9 (66.1%)
134	FRANCIS Khalil	460	ZIELONY PELIKAN	M-30	134	00:01:05	00:25:16.65	00:26:22.45	+00:08:38 (34.2%)	5:03	11.9 (66.1%)
135	KRAJNIK Wojciech	797	PARKRUN GRUDZIĄDZ	M-30	135	00:01:17	00:25:17.55	00:26:35.00	+00:08:39 (34.2%)	5:03	11.9 (66.1%)
136	CHLEBOROWICZ Marcin	677	3GRAVITY	M-30	136	00:00:30	00:25:31.40	00:26:01.65	+00:08:52 (34.8%)	5:06	11.8 (65.6%)
137	WALCZAK Marcin	1061		M-30	137	00:00:42	00:25:37.15	00:26:19.20	+00:08:58 (35.0%)	5:07	11.7 (65.0%)
138	GRACZYK Przemysław	573		M-30	138	00:00:30	00:25:37.25	00:26:07.45	+00:08:58 (35.0%)	5:07	11.7 (65.0%)
139	POTRZEBOWSKI Marek	477	#B3K I DEAF	M-30	139	00:00:29	00:25:40.60	00:26:10.50	+00:09:02 (35.2%)	5:08	11.7 (65.0%)
140	WOLAK Piotr	1470		M-30	140	00:00:28	00:25:44.90	00:26:13.75	+00:09:06 (35.4%)	5:09	11.7 (65.0%)
141	PYJOS Rafał	1304	TEAM GARDONIX	M-30	141	00:00:52	00:25:45.25	00:26:37.50	+00:09:06 (35.4%)	5:09	11.7 (65.0%)
142	ŚWIETLIK Grzegorz	323		M-30	142	00:00:21	00:25:45.80	00:26:07.00	+00:09:07 (35.4%)	5:09	11.6 (64.4%)
143	DĄBROWSKI Michał	555		M-30	143	00:01:16	00:25:49.30	00:27:05.45	+00:09:10 (35.6%)	5:09	11.6 (64.4%)
144	ZIELIŃSKI Radosław	198		M-30	144	00:01:27	00:25:50.10	00:27:17.35	+00:09:11 (35.6%)	5:10	11.6 (64.4%)
145	RUCIŃSKI Rafał	269	SELEKCJA NATURALNA	M-30	145	00:01:37	00:25:56.35	00:27:33.50	+00:09:17 (35.8%)	5:11	11.6 (64.4%)
146	KODRANC Michał	913	TYPYGRUBE	M-30	146	00:01:05	00:25:57.95	00:27:03.40	+00:09:19 (35.9%)	5:11	11.6 (64.4%)
147	ŻEBRACKI Artur	1307	AUTO GAZ FORDON	M-30	147	00:00:27	00:25:58.50	00:26:26.40	+00:09:20 (35.9%)	5:11	11.5 (63.9%)
148	GUMMER Andrzej	664	3GRAVITY	M-30	148	00:00:29	00:26:00.65	00:26:30.40	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
149	DOMEK Aleksander	1463		M-30	149	00:00:45	00:26:01.80	00:26:46.90	+00:09:23 (36.1%)	5:12	11.5 (63.9%)
150	BRZOZOWSKI Krzysztof	38		M-30	150	00:00:57	00:26:02.55	00:27:00.05	+00:09:24 (36.1%)	5:12	11.5 (63.9%)
151	KRAJEWSKI Tomek	1169	DOSTAWCY PRĄDU AKUMAR	M-30	151	00:01:15	00:26:04.70	00:27:20.55	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
152	SZULC Radek	1202		M-30	152	00:00:41	00:26:07.60	00:26:49.05	+00:09:29 (36.3%)	5:13	11.5 (63.9%)
153	FURMAN Paweł	654		M-30	153	00:01:28	00:26:09.00	00:27:37.65	+00:09:30 (36.4%)	5:13	11.5 (63.9%)
154	PAŁCZYŃSKI Piotr	831		M-30	154	00:01:08	00:26:10.05	00:27:18.40	+00:09:31 (36.4%)	5:14	11.5 (63.9%)
155	SIELSKI Kamil	1341	KS WISŁKA BYDGOSZCZ - FORDON	M-30	155	00:00:28	00:26:11.75	00:26:40.30	+00:09:33 (36.5%)	5:14	11.5 (63.9%)
156	JĘDRZEJEWSKI Adrian	1269		M-30	156	00:00:33	00:26:12.60	00:26:46.00	+00:09:34 (36.5%)	5:14	11.4 (63.3%)
157	GÓRSKI Łukasz	526	HARPAGAN TEAM BYDGOSZCZ	M-30	157	00:00:49	00:26:15.35	00:27:04.60	+00:09:36 (36.6%)	5:15	11.4 (63.3%)
158	GOŚCINNY Michał	456		M-30	158	00:00:25	00:26:15.60	00:26:40.60	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
159	KULPA Szymon	502		M-30	159	00:01:22	00:26:17.80	00:27:40.40	+00:09:39 (36.7%)	5:15	11.4 (63.3%)
160	ZMUDZIŃSKI Łukasz	806	BRAK	M-30	160	00:00:45	00:26:18.05	00:27:03.40	+00:09:39 (36.7%)	5:15	11.4 (63.3%)
161	SOŚNICKI Bartosz	1232		M-30	161	00:00:40	00:26:18.10	00:26:58.65	+00:09:39 (36.7%)	5:15	11.4 (63.3%)
162	BARTCZAK Radosław	499	CB163	M-30	162	00:01:23	00:26:18.55	00:27:42.15	+00:09:40 (36.7%)	5:15	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
163	SIEKIERKA Jarosław	103		M-30	163	00:00:22	00:26:25.40	00:26:48.00	+00:09:46 (37.0%)	5:17	11.3 (62.8%)
164	PSZCZOLINSKI Maciej	909		M-30	164	00:01:29	00:26:29.30	00:27:58.85	+00:09:50 (37.2%)	5:17	11.3 (62.8%)
165	KORZENIEWSKI Jacek	941		M-30	165	00:00:38	00:26:31.75	00:27:10.20	+00:09:53 (37.3%)	5:18	11.3 (62.8%)
166	KISIEL Krystian	311	#KISIELKI	M-30	166	00:00:22	00:26:37.65	00:27:00.45	+00:09:59 (37.5%)	5:19	11.3 (62.8%)
167	BINDEK Łukasz	1118		M-30	167	00:00:46	00:26:38.65	00:27:24.70	+00:10:00 (37.5%)	5:19	11.3 (62.8%)
168	BRYLIŃSKI Jakub	1033		M-30	168	00:01:33	00:26:39.30	00:28:12.70	+00:10:00 (37.6%)	5:19	11.3 (62.8%)
169	CZYNSZ Łukasz	1029		M-30	169	00:01:16	00:26:39.45	00:27:55.75	+00:10:00 (37.6%)	5:19	11.3 (62.8%)
170	MICHNIEWICZ Piotr	1044	SUCHAREM ZASIAŁ	M-30	170	00:01:03	00:26:40.55	00:27:44.05	+00:10:02 (37.6%)	5:20	11.2 (62.2%)
171	KROPIDŁOWSKI Bartek	1098		M-30	171	00:00:10	00:26:40.95	00:26:51.50	+00:10:02 (37.6%)	5:20	11.2 (62.2%)
172	WOJTCZAK Adam	320		M-30	172	00:01:03	00:26:41.60	00:27:44.80	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
173	DOMAŃSKI Marcin	511		M-30	173	00:01:17	00:26:41.90	00:27:59.85	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
174	FABER Dawid	272	TRITATA	M-30	174	00:01:31	00:26:42.55	00:28:14.10	+00:10:04 (37.7%)	5:20	11.2 (62.2%)
175	SKUBISZEWSKI Damian	255	SELEKCJA NATURALNA	M-30	175	00:01:37	00:26:44.35	00:28:21.50	+00:10:05 (37.8%)	5:20	11.2 (62.2%)
176	ROŚ Sławek	227	SELEKCJA NATURALNA	M-30	176	00:01:37	00:26:45.40	00:28:22.45	+00:10:06 (37.8%)	5:21	11.2 (62.2%)
177	CIEŚLIK Tomasz	224		M-30	177	00:01:24	00:26:46.50	00:28:10.80	+00:10:08 (37.8%)	5:21	11.2 (62.2%)
178	KULIKOWSKI Krystian	816	CASTORAMA2	M-30	178	00:00:50	00:26:48.90	00:27:39.30	+00:10:10 (37.9%)	5:21	11.2 (62.2%)
179	TYCZKOWSKI Gracjan	599	VEGE RUNNERS	M-30	179	00:01:05	00:26:55.00	00:28:00.65	+00:10:16 (38.2%)	5:23	11.1 (61.7%)
180	BRZÓSKA Kacper	1225		M-30	180	00:00:30	00:26:56.25	00:27:26.95	+00:10:17 (38.2%)	5:23	11.1 (61.7%)
181	WILCZYŃSKI Arkadiusz	757		M-30	181	00:00:18	00:27:02.65	00:27:21.15	+00:10:24 (38.5%)	5:24	11.1 (61.7%)
182	MIĘKCZYŃSKI Artur	1151	POLONIA BYDGOSZCZ	M-30	182	00:01:30	00:27:03.85	00:28:34.20	+00:10:25 (38.5%)	5:24	11.1 (61.7%)
183	WIELIŃSKI Rafał	1487		M-30	183	00:00:56	00:27:05.25	00:28:01.30	+00:10:26 (38.6%)	5:25	11.1 (61.7%)
184	SYBILA Michał	1331	VENEZUELA TEAM	M-30	184	00:00:45	00:27:07.15	00:27:52.95	+00:10:28 (38.6%)	5:25	11.1 (61.7%)
185	DZIUBARCZYK Robert	999		M-30	185	00:00:14	00:27:08.15	00:27:22.45	+00:10:29 (38.7%)	5:25	11.1 (61.7%)
186	GRAMOWSKI Jakub	777		M-30	186	00:00:13	00:27:08.60	00:27:22.55	+00:10:30 (38.7%)	5:25	11 (61.1%)
187	BOROWIEC Michał	704	VENEZUELA TEAM	M-30	187	00:00:44	00:27:08.70	00:27:53.30	+00:10:30 (38.7%)	5:25	11 (61.1%)
188	SOSNA Mikołaj	132		M-30	188	00:00:19	00:27:14.05	00:27:33.85	+00:10:35 (38.9%)	5:26	11 (61.1%)
189	CZAPLICKI Bartłomiej	529		M-30	189	00:00:52	00:27:20.70	00:28:13.60	+00:10:42 (39.1%)	5:28	11 (61.1%)
190	MIERZWA Damian	48		M-30	190	00:00:33	00:27:21.30	00:27:55.10	+00:10:42 (39.2%)	5:28	11 (61.1%)
191	JANKE Damian	161	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	191	00:01:34	00:27:23.50	00:28:58.45	+00:10:45 (39.2%)	5:28	10.9 (60.6%)
192	KWIECIŃSKI Łukasz	367		M-30	192	00:01:21	00:27:24.05	00:28:45.35	+00:10:45 (39.3%)	5:28	10.9 (60.6%)
193	WRÓBEL Grzegorz	92	BYLE DO METY	M-30	193	00:00:31	00:27:25.30	00:27:56.65	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
194	KULCZYŃSKI Przemysław	918	TYPYGRUBE	M-30	194	00:01:05	00:27:28.10	00:28:33.35	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
195	GRZANKA Sebastian	1221		M-30	195	00:01:15	00:27:31.40	00:28:46.45	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
196	WITKOWSKI Tomasz	143	VIVA LA VIDA	M-30	196	00:00:49	00:27:31.95	00:28:21.75	+00:10:53 (39.6%)	5:30	10.9 (60.6%)
197	HAŁAS Aleksander	1290		M-30	197	00:00:07	00:27:34.25	00:27:41.35	+00:10:55 (39.6%)	5:30	10.9 (60.6%)
198	KOSTECKI Dawid	1266		M-30	198	00:01:15	00:27:35.50	00:28:50.75	+00:10:57 (39.7%)	5:31	10.9 (60.6%)
199	WILCZYŃSKI Marek	1083		M-30	199	00:00:24	00:27:37.50	00:28:02.40	+00:10:59 (39.8%)	5:31	10.9 (60.6%)
200	PILEWSKI Mikołaj	890		M-30	200	00:00:47	00:27:42.75	00:28:29.95	+00:11:04 (39.9%)	5:32	10.8 (60.0%)
201	WIELIŃSKI Wojciech	1486		M-30	201	00:00:55	00:27:44.40	00:28:40.30	+00:11:05 (40.0%)	5:33	10.8 (60.0%)
202	KLIMEK Zbigniew	1283		M-30	202	00:00:18	00:27:48.65	00:28:07.60	+00:11:10 (40.2%)	5:33	10.8 (60.0%)
203	OSSOWSKI Łukasz	328		M-30	203	00:01:44	00:27:56.10	00:29:40.35	+00:11:17 (40.4%)	5:35	10.7 (59.4%)
204	KULINSKI Zbigniew	1281		M-30	204	00:01:28	00:27:57.10	00:29:25.25	+00:11:18 (40.5%)	5:35	10.7 (59.4%)
205	DOMŻALSKI Kamil	117		M-30	205	00:01:14	00:27:58.80	00:29:13.35	+00:11:20 (40.5%)	5:35	10.7 (59.4%)
206	KIELMANN Marcin	71		M-30	206	00:01:10	00:27:59.05	00:29:09.65	+00:11:20 (40.5%)	5:35	10.7 (59.4%)

							Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km			
207	LEWANDOWSKI Kamil	1288		M-30	207	00:01:44	00:28:01.35	00:29:46.25	+00:11:22 (40.6%)	5:36	10.7 (59.4%)
208	WŁOCH Michał	1131		M-30	208	00:00:40	00:28:02.65	00:28:42.75	+00:11:24 (40.7%)	5:36	10.7 (59.4%)
209	WOLSKI Marek	455		M-30	209	00:01:36	00:28:10.20	00:29:46.35	+00:11:31 (40.9%)	5:38	10.7 (59.4%)
210	SMUCZYŃSKI Wojciech	577		M-30	210	00:01:02	00:28:14.50	00:29:17.30	+00:11:36 (41.1%)	5:39	10.6 (58.9%)
211	PANFIL Michał	273		M-30	211	00:01:31	00:28:15.70	00:29:47.15	+00:11:37 (41.1%)	5:39	10.6 (58.9%)
212	ZUBRYCKI Łukasz	242	GALACTICA	M-30	212	00:00:50	00:28:18.45	00:29:09.15	+00:11:39 (41.2%)	5:39	10.6 (58.9%)
213	ŚWIETLIK Dawid	747		M-30	213	00:00:36	00:28:25.95	00:29:02.70	+00:11:47 (41.5%)	5:41	10.6 (58.9%)
214	KOWALSKI Piotr	738	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M-30	214	00:01:18	00:28:27.25	00:29:45.45	+00:11:48 (41.5%)	5:41	10.5 (58.3%)
215	ŚNIECHOTA Konrad	628	TYPYGRUBE	M-30	215	00:01:05	00:28:34.50	00:29:39.65	+00:11:56 (41.8%)	5:42	10.5 (58.3%)
216	WOLNY Tomasz	498		M-30	216	00:00:16	00:28:35.75	00:28:51.75	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
217	RĘDZINA Michał	932		M-30	217	00:01:22	00:28:38.85	00:30:01.00	+00:12:00 (41.9%)	5:43	10.5 (58.3%)
218	ŁUKOMSKI Marcin	1360	NIE KUPUJ -ADOPTUJ	M-30	218	00:01:21	00:28:39.10	00:30:00.40	+00:12:00 (41.9%)	5:43	10.5 (58.3%)
219	MIKOŁAJCZAK Tomasz	290	DZIK SQUAD	M-30	219	00:01:34	00:28:51.75	00:30:26.70	+00:12:13 (42.3%)	5:46	10.4 (57.8%)
220	HOLEC Witek	312		M-30	220	00:01:34	00:28:51.85	00:30:26.55	+00:12:13 (42.3%)	5:46	10.4 (57.8%)
221	BRĄGIEL Jakub	1148	VEGE RUNNERS	M-30	221	00:01:38	00:28:55.50	00:30:33.95	+00:12:17 (42.5%)	5:47	10.4 (57.8%)
222	HAWRYŁO Mariusz	767		M-30	222	00:00:39	00:28:59.90	00:29:39.05	+00:12:21 (42.6%)	5:48	10.3 (57.2%)
223	DZIERŻAWSKI Łukasz	1199	WKB MARATOŃCZYK WŁOCŁAWEK	M-30	223	00:00:32	00:29:01.45	00:29:33.55	+00:12:22 (42.7%)	5:48	10.3 (57.2%)
224	WAŁĘŻA Hubert	407	KANAŁOWA TRI TEAM	M-30	224	00:01:38	00:29:04.10	00:30:42.30	+00:12:25 (42.7%)	5:48	10.3 (57.2%)
225	SARNECKI Bartosz	671		M-30	225	00:01:19	00:29:13.25	00:30:32.40	+00:12:34 (43.0%)	5:50	10.3 (57.2%)
226	SPIRYDOWICZ Piotr	973		M-30	226	00:01:04	00:29:14.75	00:30:18.75	+00:12:36 (43.1%)	5:50	10.3 (57.2%)
227	ROGOZIŃSKI Aleksander	805		M-30	227	00:01:00	00:29:15.55	00:30:15.85	+00:12:37 (43.1%)	5:51	10.3 (57.2%)
228	BORZYSZKOWSKI Grzegorz	159	STARY FORDON	M-30	228	00:00:14	00:29:26.20	00:29:40.95	+00:12:47 (43.5%)	5:53	10.2 (56.7%)
229	FURMANIAK Tomasz	1423		M-30	229	00:01:26	00:29:30.30	00:30:57.10	+00:12:51 (43.6%)	5:54	10.2 (56.7%)
230	BŁĄŻEJEWSKI Kacper	1231	CB163	M-30	230	00:01:23	00:29:31.20	00:30:55.15	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
231	GOŁATA Wojciech	543	WILCZA WATACHA	M-30	231	00:01:04	00:29:34.00	00:30:38.70	+00:12:55 (43.7%)	5:54	10.1 (56.1%)
232	NIEDBALSKI Karol	512		M-30	232	00:00:48	00:29:36.80	00:30:25.50	+00:12:58 (43.8%)	5:55	10.1 (56.1%)
233	OLSZEWSKI Rafal	670		M-30	233	00:01:27	00:29:42.95	00:31:10.55	+00:13:04 (44.0%)	5:56	10.1 (56.1%)
234	SPYCHAJ Piotr	206	TASAK TEAM	M-30	234	00:01:29	00:29:46.50	00:31:16.00	+00:13:08 (44.1%)	5:57	10.1 (56.1%)
235	KRYGIER Maciej	883	VOIP24SKLEP.PL SPORT	M-30	235	00:01:25	00:29:48.00	00:31:13.95	+00:13:09 (44.2%)	5:57	10.1 (56.1%)
236	RADZIEJEWSKI Tomasz	1334		M-30	236	00:01:20	00:29:50.35	00:31:10.95	+00:13:11 (44.2%)	5:58	10.1 (56.1%)
237	KOPACZ Adrian	959		M-30	237	00:00:54	00:29:51.50	00:30:46.00	+00:13:13 (44.3%)	5:58	10 (55.6%)
238	MAREK Lucjan	923		M-30	238	00:00:55	00:29:57.70	00:30:53.15	+00:13:19 (44.5%)	5:59	10 (55.6%)
239	MARCINIAK Oskar	1034		M-30	239	00:00:54	00:29:58.40	00:30:52.40	+00:13:19 (44.5%)	5:59	10 (55.6%)
240	MALICKI Łukasz	484	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	240	00:00:53	00:29:58.45	00:30:52.15	+00:13:19 (44.5%)	5:59	10 (55.6%)
241	GUL Marcin	854		M-30	241	00:01:31	00:30:02.30	00:31:33.65	+00:13:23 (44.6%)	6:00	10 (55.6%)
242	GROCHALA Michał	568		M-30	242	00:00:49	00:30:05.80	00:30:54.85	+00:13:27 (44.7%)	6:01	10 (55.6%)
243	JANKOWIAK Radosław	418		M-30	243	00:00:43	00:30:20.30	00:31:03.55	+00:13:41 (45.1%)	6:04	9.9 (55.0%)
244	PERA Marek	609		M-30	244	00:01:02	00:30:23.45	00:31:26.15	+00:13:44 (45.2%)	6:04	9.9 (55.0%)
245	REKOWSKI Mateusz	699		M-30	245	00:00:34	00:30:24.00	00:30:58.50	+00:13:45 (45.3%)	6:04	9.9 (55.0%)
246	BOLLIN Łukasz	836	GĆJ	M-30	246	00:00:24	00:30:29.80	00:30:54.00	+00:13:51 (45.4%)	6:06	9.8 (54.4%)
247	GROCHOWSKI Rafał	756		M-30	247	00:00:50	00:30:29.90	00:31:20.80	+00:13:51 (45.4%)	6:06	9.8 (54.4%)
248	BRZOZOWSKI Krzysztof	504		M-30	248	00:01:05	00:30:31.00	00:31:36.55	+00:13:52 (45.5%)	6:06	9.8 (54.4%)
249	MURAWKA Łukasz	350		M-30	249	00:00:44	00:30:37.70	00:31:22.15	+00:13:59 (45.7%)	6:07	9.8 (54.4%)
250	MIŚ Michał	782	LUKS START NAKŁO	M-30	250	00:01:16	00:30:46.50	00:32:03.30	+00:14:08 (45.9%)	6:09	9.7 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
251	DETLAF Mariusz	1303		M-30	251	00:00:45	00:30:55.70	00:31:41.35	+00:14:17 (46.2%)	6:11	9.7 (53.9%)
252	SZECÓWKA Marcin	276		M-30	252	00:01:02	00:31:09.40	00:32:11.55	+00:14:30 (46.6%)	6:13	9.6 (53.3%)
253	SZYKANOWSKI Bartosz	383		M-30	253	00:00:22	00:31:22.70	00:31:45.30	+00:14:44 (47.0%)	6:16	9.6 (53.3%)
254	BELIŃSKI Maciej	828	TYPYGRUBE	M-30	254	00:01:06	00:31:43.70	00:32:50.55	+00:15:05 (47.5%)	6:20	9.5 (52.8%)
255	OLSZAŃSKI Jakub	187		M-30	255	00:00:44	00:31:45.60	00:32:30.05	+00:15:07 (47.6%)	6:21	9.4 (52.2%)
256	GURYN Wiktor	277	ZIELONY PELIKAN	M-30	256	00:00:25	00:31:47.30	00:32:12.55	+00:15:08 (47.6%)	6:21	9.4 (52.2%)
257	SZAŁECKI Maciej	786		M-30	257	00:00:00	00:31:52.00	00:31:52.00	+00:15:13 (47.8%)	6:22	9.4 (52.2%)
258	DUDEK Tomasz	1323		M-30	258	00:01:13	00:31:58.65	00:33:12.60	+00:15:20 (48.0%)	6:23	9.4 (52.2%)
259	ROZKWITALSKI Bartosz	1247		M-30	259	00:00:27	00:32:07.25	00:32:34.55	+00:15:28 (48.2%)	6:25	9.3 (51.7%)
260	ŁUCZKOWSKI Rafał	737		M-30	260	00:00:33	00:33:07.05	00:33:40.40	+00:16:28 (49.7%)	6:37	9.1 (50.6%)
261	BORAKIEWICZ Arkadiusz	661	TEAM RUN GOŁAŃCZ	M-30	261	00:00:39	00:33:17.85	00:33:57.65	+00:16:39 (50.0%)	6:39	9 (50.0%)
262	KANDER Michał	449		M-30	262	00:01:05	00:33:21.45	00:34:27.00	+00:16:42 (50.1%)	6:40	9 (50.0%)
263	KRYGIER Mateusz	874		M-30	263	00:01:25	00:33:27.65	00:34:52.85	+00:16:49 (50.3%)	6:41	9 (50.0%)
264	CIEŚLICKI Krzysztof	694	SISU TEAM	M-30	264	00:01:40	00:33:30.30	00:35:10.45	+00:16:51 (50.3%)	6:42	9 (50.0%)
265	KACZMAREK Adam	964	#4FAJTER	M-30	265	00:00:58	00:33:52.45	00:34:51.35	+00:17:13 (50.9%)	6:46	8.9 (49.4%)
266	TYMIŃSKI Łukasz	969	#4FAJTER	M-30	266	00:00:58	00:33:53.15	00:34:51.15	+00:17:14 (50.9%)	6:46	8.9 (49.4%)
267	KASPROWICZ Paweł	853	3MAMY RAZEM	M-30	267	00:01:29	00:34:06.85	00:35:35.85	+00:17:28 (51.2%)	6:49	8.8 (48.9%)
268	MORDAKA Maciej	84		M-30	268	00:01:29	00:34:13.90	00:35:43.40	+00:17:35 (51.4%)	6:50	8.8 (48.9%)
269	KALISZEWSKI Sławomir	1052	3KR	M-30	269	00:00:16	00:35:00.40	00:35:16.65	+00:18:21 (52.5%)	7:00	8.6 (47.8%)
270	RÓŻAŃSKI Wojciech	885		M-30	270	00:01:11	00:35:07.25	00:36:18.40	+00:18:28 (52.6%)	7:01	8.5 (47.2%)
271	RYMER Adam	655		M-30	271	00:01:12	00:35:24.10	00:36:36.40	+00:18:45 (53.0%)	7:04	8.5 (47.2%)
272	KALISZEWSKI Wojciech	1053	3KR	M-30	272	00:00:17	00:35:33.75	00:35:51.05	+00:18:55 (53.2%)	7:06	8.4 (46.7%)
273	RUDNICKI Michał	183	TASAK TEAM	M-30	273	00:01:31	00:38:44.45	00:40:15.55	+00:22:05 (57.0%)	7:44	7.7 (42.8%)
274	BULIŃSKI Arkadiusz	640		M-30	274	00:00:59	00:39:07.40	00:40:06.85	+00:22:28 (57.5%)	7:49	7.7 (42.8%)
275	MAKUSZEWSKI Mateusz	1468		M-30	275	00:00:37			+00:07:58	4:58	12.1 (67.2%)
276	SKĄPSKI Łukasz	1379		M-30	276	00:00:00			+	8:53	6.7 (37.2%)

Znaleziono 276 wynik(ów)