



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2021

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Organizator: Aktywna Bydgoszcz
Data: 2021-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

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	BRZEZIŃSKI Błażej	863	BRZEZIŃSKI RUN CLUB	M-30	1	00:00:02	00:15:11.60	00:15:14.55		3:02	19.8
2	DZIERLIŃSKI Paweł	1024	THE RUNNERS ŚWEICE	M-30	2	00:00:04	00:17:10.10	00:17:14.40	+00:01:58	3:26	17.5
3	JURAK Krzysztof	1098	KUJAWSCY RUNNERS	M-30	3	00:00:03	00:17:46.20	00:17:50.05	+00:02:34	3:33	16.9
4	KUŁAKOWSKI Krzysztof	1097	CZARNE STOPY	M-30	4	00:00:04	00:17:52.10	00:17:56.10	+00:02:40	3:34	16.8
5	FLOREK Paweł	792	RUNADDICTS	M-30	5	00:00:04	00:17:54.50	00:17:59.30	+00:02:42	3:34	16.8
6	ŁAZ Kamil	906	WTLENIE.PL	M-30	6	00:00:03	00:18:09.25	00:18:12.70	+00:02:57	3:37	16.5
7	RYMER Jakub	681	KOTŁOWSKI RUN TEAM	M-30	7	00:00:04	00:18:19.35	00:18:23.70	+00:03:07	3:39	16.4
8	MAĆKOWSKI Maciej	221	UPSBYDOSZCZ/TEAMOCHAL	M-30	8	00:00:03	00:18:41.50	00:18:44.70	+00:03:29	3:44	16.1
9	OLEJNIK Krzysztof	738		M-30	9	00:00:06	00:18:42.65	00:18:49.40	+00:03:31	3:44	16
10	BĄK Oskar	767		M-30	10	00:00:04	00:18:49.90	00:18:54.35	+00:03:38	3:45	15.9
11	SZYMAŃSKI Adam	559	BIEGAJ Z DYMKIEM	M-30	11	00:00:05	00:19:20.45	00:19:26.25	+00:04:08	3:52	15.5
12	WALDA Łukasz	611		M-30	12	00:00:06	00:19:57.30	00:20:03.80	+00:04:45	3:59	15
13	DROBINSKI Daniel	209		M-30	13	00:00:06	00:19:58.15	00:20:04.30	+00:04:46	3:59	15
14	PĘDZIOCH Przemysław	662		M-30	14	00:00:06	00:19:59.00	00:20:05.35	+00:04:47	3:59	15
15	SZLINGER Jakub	908	BRAK	M-30	15	00:00:00	00:20:04.70	00:20:04.70	+00:04:53	4:00	15
16	MALICKI Łukasz	231	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	16	00:00:04	00:20:10.85	00:20:15.65	+00:04:59	4:02	14.9
17	BALCEREK Mateusz	1000	GASTRO SZEFL	M-30	17	00:00:06	00:20:28.60	00:20:35.35	+00:05:17	4:05	14.7
17	WIECZOREK Michał	533	MAJKTEAM	M-30	17	00:00:07	00:20:28.60	00:20:36.40	+00:05:17	4:05	14.7
19	KHADDOUR Alex	203	BBL BYDGOSZCZ	M-30	19	00:00:06	00:20:44.30	00:20:50.65	+00:05:32	4:08	14.5
20	GŻYL Mikołaj	317	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	20	00:00:07	00:20:47.05	00:20:54.80	+00:05:35	4:09	14.4
21	BETHKE Jakub	882		M-30	21	00:00:07	00:21:04.65	00:21:12.30	+00:05:53	4:12	14.2
22	JARMUŻ Adam	2	AJ TEAM	M-30	22	00:00:05	00:21:13.05	00:21:18.10	+00:06:01	4:14	14.1
23	ZIÓŁKOWSKI Włodek	534	FORDON BIEGA	M-30	23	00:00:04	00:21:14.05	00:21:18.90	+00:06:02	4:14	14.1
24	SZYSZKA Radosław	915		M-30	24	00:00:06	00:21:16.20	00:21:22.95	+00:06:04	4:15	14.1
25	DUDKOWIAK Michał	1086	CHMIELARZ TEAM	M-30	25	00:00:07	00:21:18.25	00:21:25.55	+00:06:06	4:15	14.1
26	ŻUCHELKOWSKI Rafał	524		M-30	26	00:00:28	00:21:28.95	00:21:57.75	+00:06:17	4:17	14
27	WIECZOREK Waldemar	780		M-30	27	00:01:09	00:21:30.65	00:22:39.65	+00:06:19	4:18	14
28	ZBORAŁA Dawid	1060		M-30	28	00:00:05	00:21:33.50	00:21:38.95	+00:06:21	4:18	13.9
29	KLINOWSKI Radosław	1076		M-30	29	00:00:31	00:21:37.95	00:22:08.95	+00:06:26	4:19	13.9
30	MARCINIAK Przemysław	176		M-30	30	00:00:45	00:21:54.75	00:22:40.15	+00:06:43	4:22	13.7

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							netto 5km	brutto 5km			
31	SADECKI Karol	205		M-30	31	00:00:06	00:21:57.60	00:22:04.55	+00:06:46	4:23	13.7
32	RYBCZYŃSKI Łukasz	936		M-30	32	00:00:17	00:22:00.30	00:22:17.75	+00:06:48	4:24	13.6
33	WASILUK Tomasz	175		M-30	33	00:00:06	00:22:07.75	00:22:14.60	+00:06:56	4:25	13.6
34	PIEKARSKI Paweł	665		M-30	34	00:00:26	00:22:08.00	00:22:34.30	+00:06:56	4:25	13.6
35	RENC Patryk	543	SERCE TYBETU	M-30	35	00:00:08	00:22:09.05	00:22:17.30	+00:06:57	4:25	13.5
36	WÓJCIK Jacek	197	@RUN_JACEK	M-30	36	00:00:07	00:22:10.90	00:22:18.45	+00:06:59	4:26	13.5
37	MIĘKCZYŃSKI Miłosz	256	LUPUS TEAM	M-30	37	00:00:27	00:22:11.20	00:22:38.75	+00:06:59	4:26	13.5
38	SKUPSZ Jędrzej Kazmierz	782	FORDON	M-30	38	00:00:45	00:22:12.20	00:22:57.60	+00:07:00	4:26	13.5
39	DOMALEWSKI Łukasz	55		M-30	39	00:00:30	00:22:12.50	00:22:42.85	+00:07:00	4:26	13.5
40	SZYMAŃSKI Łukasz	584		M-30	40	00:00:07	00:22:27.50	00:22:35.45	+00:07:15	4:29	13.4
41	GROBLENY Szymon	301		M-30	41	00:00:24	00:22:32.10	00:22:56.75	+00:07:20	4:30	13.3
42	SZARLEJ Marcin	396	PKO BANK POLSKI SA	M-30	42	00:00:39	00:22:32.35	00:23:11.75	+00:07:20	4:30	13.3
43	JURKOWSKI Paweł	406	PJKANCELARIA.PL	M-30	43	00:00:37	00:22:32.85	00:23:09.85	+00:07:21	4:30	13.3
44	NOWACZYK Bartosz	1023		M-30	44	00:00:08	00:22:41.45	00:22:49.85	+00:07:29	4:32	13.2
45	KUJAWA Kamil	956		M-30	45	00:00:05	00:22:44.60	00:22:50.00	+00:07:33	4:32	13.2
46	PRZEKWAS Paweł	791		M-30	46	00:00:08	00:22:46.80	00:22:55.05	+00:07:35	4:33	13.2
47	KRAWCZYSZYN Tomasz	412		M-30	47	00:00:14	00:22:47.45	00:23:01.70	+00:07:35	4:33	13.2
48	WRZESINSKI Artur	46		M-30	48	00:00:42	00:22:48.35	00:23:30.55	+00:07:36	4:33	13.2
49	WRZESIŃSKI Krzysztof	82		M-30	49	00:00:41	00:22:51.15	00:23:32.60	+00:07:39	4:34	13.1
50	RÓLKA Robert	997		M-30	50	00:00:34	00:22:59.60	00:23:34.00	+00:07:48	4:35	13.1
51	DROŻYŃSKI Maciej	230		M-30	51	00:00:27	00:23:01.90	00:23:29.65	+00:07:50	4:36	13
52	JAKUBCZAK Michał	685		M-30	52	00:00:15	00:23:03.40	00:23:18.60	+00:07:51	4:36	13
53	SOWIŃSKI Marcin	871		M-30	53	00:00:32	00:23:05.30	00:23:37.45	+00:07:53	4:37	13
54	ZARECKI Piotr	1035	PAŁUKI RUNNING TEAM	M-30	54	00:00:32	00:23:09.00	00:23:41.65	+00:07:57	4:37	13
55	GRACZYK Przemysław	1001		M-30	55	00:00:09	00:23:10.25	00:23:19.60	+00:07:58	4:38	12.9
56	SOŁTYSIUK Bartosz	489		M-30	56	00:00:36	00:23:23.95	00:24:00.15	+00:08:12	4:40	12.8
57	RÓŻAŃSKI Kamil	401	3GRAVITY	M-30	57	00:00:29	00:23:27.80	00:23:57.30	+00:08:16	4:41	12.8
58	WENDA Dawid	1092		M-30	58	00:00:05	00:23:29.55	00:23:35.10	+00:08:17	4:41	12.8
59	FELINIAK Daniel	123		M-30	59	00:00:29	00:23:31.50	00:24:01.30	+00:08:19	4:42	12.8
60	WARLIKOWSKI Łukasz	161		M-30	60	00:00:29	00:23:32.00	00:24:01.40	+00:08:20	4:42	12.7
61	MODRAKOWSKI Roland	1010	DYSTRYBUCJA-REKLAM.PL	M-30	61	00:00:09	00:23:36.25	00:23:46.00	+00:08:24	4:43	12.7
62	ŚWIERCZYŃSKI Marcin	585	ATHLETICOMED.PL BYDGOSZCZ	M-30	62	00:00:38	00:23:40.15	00:24:18.75	+00:08:28	4:44	12.7
63	KOZIOŁ Łukasz	786		M-30	63	00:00:23	00:23:40.75	00:24:04.00	+00:08:29	4:44	12.7
64	SKRZYNIARZ Hubert	691		M-30	64	00:00:05	00:23:42.60	00:23:48.45	+00:08:31	4:44	12.7
65	ROZKWITALSKI Bartosz	38		M-30	65	00:00:32	00:23:42.70	00:24:15.35	+00:08:31	4:44	12.7
66	KRYSTOFORSKI Wojciech	122	TEAMOCHAL (ZOSIA TEAM)	M-30	66	00:00:54	00:23:44.25	00:24:38.35	+00:08:32	4:44	12.6
67	BARSZCZ Tomasz	735		M-30	67	00:00:12	00:23:59.05	00:24:11.25	+00:08:47	4:47	12.5
68	KLAWIKOWSKI Dawid	108	TKKF KOLEJARZ BYDGOSZCZ	M-30	68	00:00:06	00:24:04.20	00:24:10.80	+00:08:52	4:48	12.5
69	PINIARSKI Paweł	1106	MOGILNO TEAM	M-30	69	00:00:21	00:24:07.10	00:24:28.50	+00:08:55	4:49	12.4
70	GŁOGOWSKI Mateusz	583	SELEKCJA NATURALNA	M-30	70	00:00:31	00:24:14.60	00:24:46.55	+00:09:03	4:50	12.4
71	KASZUBA Marek	403		M-30	71	00:00:29	00:24:18.20	00:24:47.80	+00:09:06	4:51	12.3
72	ZĄBKOWSKI Krzysztof	683		M-30	72	00:00:22	00:24:20.70	00:24:43.25	+00:09:09	4:52	12.3
73	DĄBROWSKI Michał	110	MYLEASE.PL	M-30	73	00:00:34	00:24:24.35	00:24:58.35	+00:09:12	4:52	12.3
74	ŻYŁKOWSKI Jarosław	989		M-30	74	00:00:09	00:24:30.80	00:24:40.35	+00:09:19	4:54	12.2

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							netto 5km	brutto 5km			
75	KASZUBA Konrad	376		M-30	75	00:00:49	00:24:32.55	00:25:21.80	+00:09:20	4:54	12.2
76	BARSZCZ Krzysztof	752		M-30	76	00:00:12	00:24:38.65	00:24:50.85	+00:09:27	4:55	12.2
77	WINKLEWSKI Tomasz	1123	PGB SPORTOWA PACZKA	M-30	77	00:00:59	00:24:40.65	00:25:40.60	+00:09:29	4:56	12.2
78	BRYLIŃSKI Jakub	326		M-30	78	00:01:30	00:24:48.85	00:26:19.70	+00:09:37	4:57	12.1
79	KUFLEWICZ Mirko	27		M-30	79	00:00:23	00:24:55.00	00:25:18.15	+00:09:43	4:59	12
80	JABŁOŃSKI Tomasz	254	MELLO TEAM	M-30	80	00:01:19	00:24:56.65	00:26:15.90	+00:09:45	4:59	12
81	BIZON Bartosz	763		M-30	81	00:00:40	00:25:02.85	00:25:43.40	+00:09:51	5:00	12
82	MRUGAŁA Bartosz	113		M-30	82	00:00:44	00:25:09.60	00:25:54.55	+00:09:58	5:01	11.9
83	KARASZEWSKI Aleksander	827		M-30	83	00:00:08	00:25:23.50	00:25:32.35	+00:10:11	5:04	11.8
84	KOWALEWSKI Mariusz	672		M-30	84	00:00:55	00:25:28.10	00:26:23.95	+00:10:16	5:05	11.8
85	CZECHOWSKI Paweł	854	81 BLP	M-30	85	00:00:38	00:25:30.00	00:26:08.50	+00:10:18	5:06	11.8
86	BANASIAK Paweł	712	8 KUJAWSKO-POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	86	00:00:35	00:25:35.50	00:26:11.05	+00:10:23	5:07	11.7
87	KOZAK Krzysztof	304		M-30	87	00:00:24	00:25:43.35	00:26:08.10	+00:10:31	5:08	11.7
88	KIEŁCZYŃSKI Andrzej	640		M-30	88	00:00:16	00:25:43.45	00:25:59.95	+00:10:31	5:08	11.7
89	SAJDAK Marcin	739		M-30	89	00:00:31	00:25:44.05	00:26:15.60	+00:10:32	5:08	11.7
90	SZUMSKI Kamil	833		M-30	90	00:00:59	00:25:45.90	00:26:45.00	+00:10:34	5:09	11.7
91	WENDA Mateusz	258		M-30	91	00:00:52	00:25:46.75	00:26:38.80	+00:10:35	5:09	11.6
92	FROELICH Łukasz	967		M-30	92	00:00:49	00:25:54.10	00:26:43.85	+00:10:42	5:10	11.6
93	PIOTROWICZ Wojciech	952	URBEXONIKA	M-30	93	00:00:58	00:25:55.55	00:26:54.25	+00:10:43	5:11	11.6
94	POTRZEBOWSKI Marek	950	DEAF	M-30	94	00:00:58	00:26:01.65	00:26:59.85	+00:10:50	5:12	11.5
95	BERNADY Dawid	505		M-30	95	00:00:23	00:26:27.75	00:26:51.00	+00:11:16	5:17	11.3
96	KOSTRZAK Dominik	305	SKLEPSAKRALNY.PL	M-30	96	00:00:20	00:26:36.55	00:26:56.55	+00:11:24	5:19	11.3
97	ŁEMPICKI Marek	977		M-30	97	00:00:17	00:26:41.65	00:26:58.65	+00:11:30	5:20	11.2
98	WOLNY Tomasz	653		M-30	98	00:00:10	00:26:50.15	00:27:00.65	+00:11:38	5:22	11.2
99	ŻYDOWICZ Piotr	75		M-30	99	00:00:34	00:26:59.15	00:27:33.55	+00:11:47	5:23	11.1
100	WILCZYŃSKI Arkadiusz	156		M-30	100	00:01:00	00:27:01.15	00:28:01.85	+00:11:49	5:24	11.1
101	KULCZYŃSKI Przemysław	219		M-30	101	00:01:02	00:27:04.50	00:28:07.35	+00:11:52	5:24	11.1
102	ŚWIETLIK Grzegorz	516	#SWIETLIKIFAMILJA	M-30	102	00:00:17	00:27:07.45	00:27:24.95	+00:11:55	5:25	11.1
103	BRĄGIEL Jakub	298	MUD FOXES	M-30	103	00:01:06	00:27:08.05	00:28:14.50	+00:11:56	5:25	11.1
104	BOROWIEC Michał	341	VENEZUELATEAM	M-30	104	00:01:22	00:27:11.75	00:28:34.55	+00:12:00	5:26	11
105	ZNANIECKI Wojciech	282		M-30	105	00:00:54	00:27:17.00	00:28:11.55	+00:12:05	5:27	11
106	CZYNSZ Łukasz	125		M-30	106	00:01:03	00:27:30.35	00:28:33.70	+00:12:18	5:30	10.9
107	MAKUSZEWSKI Mateusz	40		M-30	107	00:00:30	00:27:33.20	00:28:03.85	+00:12:21	5:30	10.9
108	SYBILA Michał	346	VENEZUELATEAM	M-30	108	00:01:22	00:27:35.00	00:28:57.35	+00:12:23	5:31	10.9
109	DĄBROWSKI Bartosz	960	SPORTOWA PASJA	M-30	109	00:00:59	00:27:41.55	00:28:41.30	+00:12:29	5:32	10.8
110	ZIÓŁKOWSKI Marek	717		M-30	110	00:01:04	00:27:43.40	00:28:47.70	+00:12:31	5:32	10.8
111	DURAJEWSKI Mateusz	144		M-30	111	00:01:00	00:27:43.45	00:28:43.60	+00:12:31	5:32	10.8
112	FRANKÓW Łukasz	1005		M-30	112	00:00:19	00:27:55.10	00:28:14.55	+00:12:43	5:35	10.7
113	DRZEWIECKI Mikołaj	207		M-30	113	00:01:02	00:27:57.15	00:28:59.15	+00:12:45	5:35	10.7
114	WILMA Paweł	426		M-30	114	00:01:26	00:28:00.30	00:29:26.45	+00:12:48	5:36	10.7
115	ZIELIŃSKI Radosław	925		M-30	115	00:00:49	00:28:05.85	00:28:55.30	+00:12:54	5:37	10.7
116	WILCZYŃSKI Łukasz	200		M-30	116	00:00:57	00:28:09.35	00:29:06.70	+00:12:57	5:37	10.7
117	LEWICKI Arkadiusz	607		M-30	117	00:01:12	00:28:11.55	00:29:24.20	+00:12:59	5:38	10.6
118	KWIATKOWSKI Michał	880	KOLEGIUM KUJAWSKIE	M-30	118	00:00:39	00:28:13.45	00:28:53.35	+00:13:01	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	PRUSZAK Julian	805	LAERDAL MEDICAL POLAND	M-30	119	00:01:14	00:28:13.85	00:29:27.95	+00:13:02	5:38	10.6
120	GLINKOWSKI Dariusz	63	B28	M-30	120	00:00:17	00:28:15.65	00:28:32.95	+00:13:04	5:39	10.6
121	SMUCZYŃSKI Wojciech	278		M-30	121	00:01:02	00:28:18.35	00:29:20.85	+00:13:06	5:39	10.6
122	BĄKOWSKI Dawid	654		M-30	122	00:00:52	00:28:22.80	00:29:15.10	+00:13:11	5:40	10.6
123	DOMBROWSKI Łukasz	440		M-30	123	00:01:09	00:28:25.95	00:29:35.05	+00:13:14	5:41	10.6
124	KASZUBOWSKI Daniel	318		M-30	124	00:01:25	00:28:26.55	00:29:51.80	+00:13:14	5:41	10.6
125	SARNECKI Waldemar	404		M-30	125	00:00:13	00:28:37.20	00:28:50.65	+00:13:25	5:43	10.5
126	CIEŚLICKI Krzysztof	582	SISU TEAM	M-30	126	00:01:13	00:28:49.00	00:30:02.35	+00:13:37	5:45	10.4
127	ŁUDZIŃSKI Jakub	706		M-30	127	00:01:04	00:29:07.45	00:30:11.45	+00:13:55	5:49	10.3
128	BANDOCH Jacek	158		M-30	128	00:01:30	00:29:11.70	00:30:42.00	+00:14:00	5:50	10.3
129	BĄBOLEWSKI Łukasz	97	#WĘCEJSPRZĘTUNIZTALENTU	M-30	129	00:00:56	00:29:23.15	00:30:19.55	+00:14:11	5:52	10.2
130	HAWRYŁO Mariusz	389		M-30	130	00:00:17	00:29:24.35	00:29:42.15	+00:14:12	5:52	10.2
131	STRUGAŁA Łukasz	202		M-30	131	00:00:21	00:29:25.25	00:29:46.85	+00:14:13	5:53	10.2
132	SKORNIA Paweł	199		M-30	132	00:01:05	00:29:46.35	00:30:52.05	+00:14:34	5:57	10.1
133	BURY Tomasz	240		M-30	133	00:00:18	00:29:50.00	00:30:08.05	+00:14:38	5:58	10.1
134	FURMAN Paweł	668	SFORA BMK	M-30	134	00:01:22	00:29:54.05	00:31:16.85	+00:14:42	5:58	10
135	GROCHAŁA Michał	11		M-30	135	00:00:58	00:30:00.80	00:30:59.55	+00:14:49	6:00	10
136	KULPA Szymon	164		M-30	136	00:01:02	00:30:11.10	00:31:13.30	+00:14:59	6:02	9.9
137	POZNAŃSKI Szymon	978		M-30	137	00:00:24	00:30:14.55	00:30:38.65	+00:15:02	6:02	9.9
138	CZERNIAK Marcin	609		M-30	138	00:01:01	00:30:24.25	00:31:25.90	+00:15:12	6:04	9.9
139	RĘDZINA Michał	87	ŚLIMAKI RĘDZINIAKI	M-30	139	00:01:01	00:30:24.40	00:31:25.75	+00:15:12	6:04	9.9
140	MAŁAS Marcin	250		M-30	140	00:00:17	00:30:26.40	00:30:44.30	+00:15:14	6:05	9.9
141	JAROCHA Michał	474		M-30	141	00:00:50	00:30:27.35	00:31:17.70	+00:15:15	6:05	9.9
142	WEGLARZ Łukasz	493		M-30	142	00:01:16	00:30:42.30	00:31:58.85	+00:15:30	6:08	9.8
143	SYGNECKI Marcin	937		M-30	143	00:01:28	00:30:48.45	00:32:16.90	+00:15:36	6:09	9.7
144	OPRAWA Michał	707		M-30	144	00:00:43	00:30:51.40	00:31:34.70	+00:15:39	6:10	9.7
145	OSTROWSKI Łukasz	388		M-30	145	00:01:14	00:30:51.45	00:32:06.05	+00:15:39	6:10	9.7
146	DROB Julian	770		M-30	146	00:01:03	00:30:57.50	00:32:00.95	+00:15:45	6:11	9.7
147	SZYCHOWSKI Jarosław	292	TKKF KOLEJARZ BYDGOSZCZ	M-30	147	00:00:24	00:30:58.20	00:31:23.05	+00:15:46	6:11	9.7
148	RÓŻYCKI Maciej	778		M-30	148	00:00:23	00:31:03.15	00:31:26.75	+00:15:51	6:12	9.7
149	ZYGIEL Marcin	351	WTKOWO BIEGA	M-30	149	00:01:00	00:31:15.20	00:32:15.40	+00:16:03	6:15	9.6
150	SIELSKI Kamil	361	WSEŁKA FORDON	M-30	150	00:01:18	00:31:15.50	00:32:33.55	+00:16:03	6:15	9.6
151	OLSZEWSKI Mikołaj	995	SUP POINT [σ]	M-30	151	00:01:07	00:31:26.75	00:32:34.10	+00:16:15	6:17	9.5
152	SZECÓWKA Marcin	862	FREAKY_FIT	M-30	152	00:01:11	00:31:35.50	00:32:47.20	+00:16:23	6:19	9.5
153	WIŚNIEWSKI Jacek	475		M-30	153	00:00:54	00:31:41.25	00:32:35.35	+00:16:29	6:20	9.5
154	KOWALIK Adrian	1062		M-30	154	00:00:59	00:31:42.35	00:32:41.75	+00:16:30	6:20	9.5
155	SPYCHAJ Piotr	698		M-30	155	00:01:19	00:31:52.90	00:33:11.90	+00:16:41	6:22	9.4
156	CISEWSKI Mateusz	519		M-30	156	00:01:25	00:32:17.15	00:33:42.60	+00:17:05	6:27	9.3
157	GÓRSKI Łukasz	467		M-30	157	00:00:15	00:32:20.60	00:32:36.55	+00:17:09	6:28	9.3
158	WIOSNA Tomasz	449		M-30	158	00:01:20	00:32:25.60	00:33:46.35	+00:17:14	6:29	9.3
159	MUSZYŃSKI Adam	494		M-30	159	00:01:16	00:32:26.00	00:33:42.75	+00:17:14	6:29	9.2
160	SZULC Piotr	613		M-30	160	00:01:15	00:32:31.70	00:33:47.10	+00:17:20	6:30	9.2
161	JARZEMSKI Marcin	785		M-30	161	00:00:45	00:33:06.50	00:33:52.25	+00:17:54	6:37	9.1
162	GURYN Wiktor	334	ZIELONY PELIKAN	M-30	162	00:00:36	00:33:31.20	00:34:07.60	+00:18:19	6:42	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	OWCZARSKI Krzysztof	832		M-30	163	00:00:45	00:33:34.95	00:34:20.40	+00:18:23	6:42	8.9
164	ANESZKO Bartłomiej	476		M-30	164	00:00:54	00:34:24.25	00:35:18.75	+00:19:12	6:52	8.7
165	KOŹMA Paweł	433		M-30	165	00:00:36	00:34:40.30	00:35:17.25	+00:19:28	6:56	8.7
166	OSIŃSKI Dominik	603		M-30	166	00:00:00	00:34:43.45	00:34:43.45	+00:19:31	6:56	8.6
167	MĄDRY Wojciech	1087	POLI-FAX UL. BOCZNA 10	M-30	167	00:00:25	00:35:00.85	00:35:26.60	+00:19:49	7:00	8.6
168	JASIŃSKI Grzegorz	830		M-30	168	00:00:04	00:35:01.95	00:35:06.30	+00:19:50	7:00	8.6
169	SMUŁKA Patryk	727		M-30	169	00:01:00	00:35:09.55	00:36:10.50	+00:19:57	7:01	8.5
170	GOZDZIK Tomasz	760		M-30	170	00:00:42	00:35:12.90	00:35:55.55	+00:20:01	7:02	8.5
171	KASPEROWICZ Paweł	694		M-30	171	00:00:29	00:36:11.10	00:36:40.20	+00:20:59	7:14	8.3
172	TYMIŃSKI Łukasz	419	4FAJTER	M-30	172	00:00:40	00:37:39.50	00:38:20.00	+00:22:27	7:31	8
173	LATOS Paweł	133		M-30	173	00:01:17	00:41:11.15	00:42:28.60	+00:25:59	8:14	7.3
174	KUZNIAR Daniel	647		M-30	174	00:00:37	00:47:25.65	00:48:03.05	+00:32:14	9:29	6.3
175	OSIŃSKI Dominik	603		M-30	175	00:00:00			+	7:00	8.6
176	CICHY Łukasz	648		M-30	176	00:00:39					

Znaleziono 176 wynik(ów)