| Organiser: | Aktywna Bydgoszcz |
| :--- | :--- |
| Date: | $2023-11-11$ |
| Place: | Bydgoszcz |
| Distance: | 5 km |

B4SP®RT<br>inteligentne zawoor sportowe

Classification: M-20

| Place | Participant | Number | Club | Category | MCat | Start time | 0.2 km | 2.5 km | 4.6 km | Net time 5 km | Czas brutto 5 km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | RUDNIK Damian | 260 | TEAM RUDNIK | M-20 | 1 | 00:00:02 | 00:00:33 | 00:07:49 | 00:14:51 | 00:15:42.80 | 00:15:44.85 |  | 3:08 | $\begin{aligned} & 19.1 \\ & (100 \%) \end{aligned}$ |
| 2 | FELCZAK Jakub | 1160 |  | M-20 | 2 | 00:00:02 | 00:00:33 | 00:07:49 | 00:15:08 | 00:16:04.40 | 00:16:06.65 | $\begin{aligned} & +00: 00: 21 \\ & (2.2 \%) \end{aligned}$ | 3:12 | $\begin{aligned} & 18.7 \\ & (97.9 \%) \end{aligned}$ |
| 3 | JANUSZEWSKI Radosław | 426 | TEAM RUDNIK | M-20 | 3 | 00:00:02 | 00:00:36 | 00:08:29 | 00:16:26 | 00:17:31.05 | 00:17:33.55 | $\begin{aligned} & +00: 01: 48 \\ & (10.3 \%) \end{aligned}$ | 3:30 | $\begin{aligned} & 17.1 \\ & (89.5 \%) \end{aligned}$ |
| 4 | KALACZYŃSKI Miłosz | 1076 | POLONIA BYDGOSZCZ SLA/ RUDNIK TEAM | M-20 | 4 | 00:00:03 |  | 00:09:17 | 00:17:59 | 00:19:00.65 | 00:19:04.15 | $\begin{aligned} & +00: 03: 17 \\ & (17.3 \%) \end{aligned}$ | 3:48 | $\begin{aligned} & 15.8 \\ & (82.7 \%) \end{aligned}$ |
| 5 | ONDRA Karol | 34 | RUN BYDGOSZCZ | M-20 | 5 | 00:00:04 | 00:00:41 | 00:09:18 | 00:18:10 | 00:19:16.30 | 00:19:21.05 | $\begin{aligned} & +00: 03: 33 \\ & (18.5 \%) \end{aligned}$ | 3:51 | $\begin{aligned} & 15.6 \\ & (81.7 \%) \end{aligned}$ |
| 6 | KANNENBERG Maciej | 1031 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M-20 | 6 | 00:00:07 | 00:00:42 | 00:09:18 | 00:18:17 | 00:19:26.30 | 00:19:34.05 | $\begin{aligned} & +00: 03: 43 \\ & (19.2 \%) \end{aligned}$ | 3:53 | $\begin{aligned} & 15.4 \\ & (80.6 \%) \end{aligned}$ |
| 7 | DOMISIEWICZ <br> Michał | 466 |  | M-20 | 7 | 00:00:05 | 00:00:43 | 00:09:27 | 00:18:24 | 00:19:33.10 | 00:19:38.65 | $\begin{aligned} & +00: 03: 50 \\ & (19.6 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.3 \\ & (80.1 \%) \end{aligned}$ |
| 8 | GROCHOWSKI Kacper | 820 |  | M-20 | 8 | 00:00:14 | 00:00:51 | 00:09:41 | 00:18:47 | 00:19:55.40 | 00:20:09.80 | $\begin{aligned} & +00: 04: 12 \\ & (21.1 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15.1 \\ & (79.1 \%) \end{aligned}$ |
| 9 | KULA Artur | 148 | WTLENIE | M-20 | 9 | 00:00:08 | 00:00:48 | 00:09:53 | 00:18:53 | 00:19:57.00 | 00:20:05.40 | $\begin{aligned} & +00: 04: 14 \\ & (21.2 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15 \\ & (78.5 \%) \end{aligned}$ |
| 10 | NOWAKOWSKI Radosław | 89 |  | M-20 | 10 | 00:00:02 | 00:00:39 | 00:09:33 | 00:18:58 | 00:20:00.95 | 00:20:03.05 | $\begin{aligned} & +00: 04: 18 \\ & (21.5 \%) \end{aligned}$ | 4:00 | $\begin{aligned} & 15 \\ & (78.5 \%) \end{aligned}$ |
| 11 | KRZEWINSKI Radek | 197 |  | M-20 | 11 | 00:00:04 | 00:00:40 | 00:09:56 | 00:19:08 | 00:20:16.05 | 00:20:20.20 | $\begin{aligned} & +00: 04: 33 \\ & (22.5 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & (77.5 \%) \end{aligned}$ |
| 12 | LEWANDOWSKI Piotr | 537 | STREETWORKOUTACADEMYTERMINATOR | M-20 | 12 | 00:00:08 | 00:00:44 | 00:09:25 | 00:19:07 | 00:20:18.55 | 00:20:26.90 | $\begin{aligned} & +00: 04: 35 \\ & (22.6 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & (77.5 \%) \end{aligned}$ |
| 13 | JAŻDŻEWSKI Kacper | 1137 | KSN ŁUCZNICZKA BYDGOSZCZ | M-20 | 13 | 00:00:06 | 00:00:46 | 00:09:44 | 00:19:29 | 00:20:37.30 | 00:20:43.95 | $\begin{aligned} & +00: 04: 54 \\ & (23.8 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & (76.4 \%) \end{aligned}$ |
| 14 | KASPRZAK Kacper | 628 |  | M-20 | 14 | 00:00:11 | 00:00:44 | 00:09:55 | 00:19:28 | 00:20:41.05 | 00:20:52.10 | $\begin{aligned} & +00: 04: 58 \\ & (24.0 \%) \end{aligned}$ | 4:08 | $\begin{aligned} & 14.5 \\ & (75.9 \%) \end{aligned}$ |
| 15 | CIĘŻKI Bartosz | 84 | MKS ASTORIA BYDGOSZCZ | M-20 | 15 | 00:00:15 | 00:00:50 | 00:09:51 | 00:19:35 | 00:20:53.50 | 00:21:09.10 | $\begin{aligned} & +00: 05: 10 \\ & (24.8 \%) \end{aligned}$ | 4:10 | $\begin{aligned} & 14.4 \\ & (75.4 \%) \end{aligned}$ |
| 16 | BRYŚ Kamil | 1050 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M-20 | 16 | 00:00:12 | 00:00:53 | 00:10:19 | 00:19:43 | 00:20:55.90 | 00:21:08.40 | $\begin{aligned} & +00: 05: 13 \\ & (24.9 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & (74.9 \%) \end{aligned}$ |
| 17 | ALEKSANDROWICZ Sebastian | 1325 | GÓRZNO | M-20 | 17 | 00:00:23 | 00:00:50 | 00:10:18 | 00:20:11 | 00:21:20.70 | 00:21:44.25 | $\begin{aligned} & +00: 05: 37 \\ & (26.4 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14.1 \\ & (73.8 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start <br> time | 0.2 km | 2.5 km | 4.6 km | Net time 5 km | Czas brutto 5 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 18 | PAWŁOWSKI Kamil | 704 |  | M-20 | 18 | 00:00:21 | 00:00:45 | 00:10:27 | 00:20:11 | 00:21:28.05 | 00:21:50.00 | $\begin{aligned} & +00: 05: 45 \\ & (26.8 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (73.3 \%) \end{aligned}$ |
| 19 | KRZYŚKÓW <br> Mateusz | 696 | ZIELONY PELIKAN | M-20 | 19 | 00:00:06 | 00:00:46 | 00:10:33 | 00:20:30 | 00:21:42.40 | 00:21:48.45 | $\begin{aligned} & +00: 05: 59 \\ & (27.6 \%) \end{aligned}$ | 4:20 | $\begin{aligned} & 13.8 \\ & (72.3 \%) \end{aligned}$ |
| 20 | ADAMCZAK Filip | 436 |  | M-20 | 20 | 00:00:17 | 00:00:54 | 00:10:33 | 00:20:31 | 00:21:43.80 | 00:22:01.65 | $\begin{aligned} & +00: 06: 01 \\ & (27.7 \%) \end{aligned}$ | 4:20 | $\begin{aligned} & 13.8 \\ & (72.3 \%) \end{aligned}$ |
| 21 | DAWIDZIAK <br> Dominik | 702 |  | M-20 | 21 | 00:00:23 | 00:00:52 | 00:10:44 | 00:20:37 | 00:21:47.40 | 00:22:11.25 | $\begin{aligned} & +00: 06: 04 \\ & (27.9 \%) \end{aligned}$ | 4:21 | $\begin{aligned} & 13.8 \\ & (72.3 \%) \end{aligned}$ |
| 22 | MAŁAS Marcin | 721 | CENTRUMROWEROWE.PL / AZS POLITECHNIKA GDAŃSKA | M-20 | 22 | 00:00:04 | 00:00:40 | 00:09:53 | 00:20:26 | 00:21:49.45 | 00:21:53.90 | $\begin{aligned} & +00: 06: 06 \\ & (28.0 \%) \end{aligned}$ | 4:21 | $\begin{aligned} & 13.8 \\ & (72.3 \%) \end{aligned}$ |
| 23 | BASA Mikołaj | 708 |  | M-20 | 23 | 00:00:10 | 00:00:53 | 00:11:01 | 00:21:06 | 00:22:13.20 | 00:22:23.20 | $\begin{aligned} & +00: 06: 30 \\ & (29.3 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & (70.7 \%) \end{aligned}$ |
| 24 | SZERWIŃSKI <br> Mateusz | 1381 | AZS POLITECHNIKA BYDGOSKA | M-20 | 24 | 00:00:07 | 00:00:46 | 00:10:34 | 00:20:53 | 00:22:15.70 | 00:22:23.30 | $\begin{aligned} & +00: 06: 32 \\ & (29.4 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & (70.7 \%) \end{aligned}$ |
| 25 | MAZUR Łukasz | 738 |  | M-20 | 25 | 00:00:14 | 00:00:46 | 00:10:42 | 00:21:01 | 00:22:18.90 | 00:22:32.90 | $\begin{aligned} & +00: 06: 36 \\ & (29.6 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & (70.7 \%) \end{aligned}$ |
| 26 | BETLEWSKI <br> Szymon | 923 | AZS POLITECHNIKA BYDGOSKA | M-20 | 26 | 00:00:18 | 00:00:55 | 00:11:25 | 00:21:29 | 00:22:38.70 | 00:22:57.25 | $\begin{aligned} & +00: 06: 55 \\ & (30.6 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.3 \\ & (69.6 \%) \end{aligned}$ |
| 27 | JASTROWSKI Miłosz | 1230 |  | M-20 | 27 | 00:00:18 | 00:00:55 | 00:11:02 | 00:21:24 | 00:22:40.45 | 00:22:59.05 | $\begin{aligned} & +00: 06: 57 \\ & (30.7 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (69.1 \%) \end{aligned}$ |
| 28 | MIZERAKOWSKI Szymon | 860 |  | M-20 | 28 | 00:00:14 | 00:00:48 | 00:11:01 | 00:21:39 | 00:23:00.00 | 00:23:14.40 | $\begin{aligned} & +00: 07: 17 \\ & (31.7 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (68.1 \%) \end{aligned}$ |
| 29 | PIERZGALSKI <br> Damian | 327 |  | M-20 | 29 | 00:00:11 | 00:00:53 | 00:11:27 | 00:21:47 | 00:23:04.20 | 00:23:15.65 | $\begin{aligned} & +00: 07: 21 \\ & (31.9 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (68.1 \%) \end{aligned}$ |
| 30 | GUTTMANN Jacek | 1102 | BIEGAJ Z DĘBAMI | M-20 | 30 | 00:00:13 | 00:00:52 | 00:11:03 | 00:21:40 | 00:23:05.60 | 00:23:19.25 | $\begin{aligned} & +00: 07: 22 \\ & (32.0 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & \text { (68.1\%) } \end{aligned}$ |
| 31 | PUDO Wojciech | 1251 |  | M-20 | 31 | 00:00:06 | 00:00:47 | 00:11:08 | 00:21:54 | 00:23:12.45 | 00:23:18.65 | $\begin{aligned} & +00: 07: 29 \\ & (32.3 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (67.5 \%) \end{aligned}$ |
| 31 | WARCZAK Damian | 798 |  | M-20 | 31 | 00:00:18 | 00:00:59 | 00:11:27 | 00:21:58 | 00:23:12.45 | 00:23:30.90 | $\begin{aligned} & +00: 07: 29 \\ & (32.3 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (67.5 \%) \end{aligned}$ |
| 33 | NITZA Cezary | 54 |  | M-20 | 33 | 00:00:21 | 00:00:58 | 00:11:11 | 00:22:01 | 00:23:15.95 | 00:23:37.15 | $\begin{aligned} & +00: 07: 33 \\ & (32.5 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (67.5 \%) \end{aligned}$ |
| 34 | OSIŃSKI Miłosz | 1429 |  | M-20 | 34 | 00:01:33 | 00:00:58 | 00:11:48 | 00:22:23 | 00:23:29.15 | 00:25:02.20 | $\begin{aligned} & +00: 07: 46 \\ & (33.1 \%) \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & (67.0 \%) \end{aligned}$ |
| 35 | KOSSMANN <br> Franciszek | 837 |  | M-20 | 35 | 00:01:32 | 00:00:57 | 00:11:46 | 00:22:23 | 00:23:31.80 | 00:25:04.60 | $\begin{aligned} & +00: 07: 49 \\ & (33.2 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.8 \\ & (67.0 \%) \end{aligned}$ |
| 36 | CIERNIAK Michał | 1043 |  | M-20 | 36 | 00:00:16 | 00:00:51 | 00:11:14 | 00:22:13 | 00:23:34.60 | 00:23:50.90 | $\begin{aligned} & +00: 07: 51 \\ & (33.4 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (66.5 \%) \end{aligned}$ |
| 37 | NAJSZTUB <br> Sławomir | 1036 |  | M-20 | 37 | 00:00:37 | 00:01:01 | 00:11:44 | 00:22:31 | 00:23:48.00 | 00:24:25.35 | $\begin{aligned} & +00: 08: 05 \\ & (34.0 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (66.0 \%) \end{aligned}$ |
| 38 | NOWAK Janek | 1303 |  | M-20 | 38 | 00:01:06 | 00:01:12 | 00:12:05 | 00:22:35 | 00:23:49.35 | 00:24:55.95 | $\begin{aligned} & +00: 08: 06 \\ & (34.0 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (66.0 \%) \end{aligned}$ |
| 39 | PYZ Paweł | 351 |  | M-20 | 39 | 00:00:09 | 00:00:50 | 00:10:59 | 00:22:25 | 00:23:54.00 | 00:24:03.15 | $\begin{aligned} & +00: 08: 11 \\ & (34.3 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (66.0 \%) \end{aligned}$ |
| 40 | NAWROCKI Hubert | 437 |  | M-20 | 40 | 00:00:19 | 00:01:05 | 00:12:32 | 00:23:09 | 00:24:19.55 | 00:24:39.15 | $\begin{aligned} & +00: 08: 36 \\ & (35.4 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.3 \\ & (64.4 \%) \end{aligned}$ |
| 41 | KRETOWICZ Piotr | 209 | PODWYKONAWCY POWAŻNYCH PRZEDSIĘBIORCÓW | M-20 | 41 | 00:00:40 | 00:01:02 | 00:12:06 | 00:23:09 | 00:24:22.35 | 00:25:02.90 | $\begin{aligned} & +00: 08: 39 \\ & (35.5 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (64.4 \%) \end{aligned}$ |


| Place | Participant | Number |  | Club | Category | MCat | Start time | 0.2 km | 2.5 km | 4.6 km | Net time 5 km | Czas brutto 5 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 42 | MALINOWSKI Olaf | 1394 |  |  | M-20 | 42 | 00:00:07 | 00:00:49 | 00:11:52 | 00:23:10 | 00:24:33.35 | 00:24:40.55 | $\begin{aligned} & +00: 08: 50 \\ & (36.0 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (63.9 \%) \end{aligned}$ |
| 43 | FIRYN Piotr | 786 |  |  | M-20 | 43 | 00:01:10 | 00:01:03 | 00:12:05 | 00:23:13 | 00:24:34.85 | 00:25:44.95 | $\begin{aligned} & +00: 08: 52 \\ & (36.1 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (63.9 \%) \end{aligned}$ |
| 44 | PIETRYCH Paweł | 893 |  |  | M-20 | 44 | 00:01:03 | 00:01:11 | 00:12:12 | 00:23:11 | 00:24:38.35 | 00:25:42.25 | $\begin{aligned} & +00: 08: 55 \\ & (36.2 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (63.9 \%) \end{aligned}$ |
| 45 | MAJCHRZAK <br> Bartosz | 658 |  |  | M-20 | 45 | 00:01:34 | 00:01:00 | 00:12:16 | 00:23:30 | 00:24:39.65 | 00:26:14.30 | $\begin{aligned} & +00: 08: 56 \\ & (36.3 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (63.9 \%) \end{aligned}$ |
| 46 | APPEL Oskar | 654 |  |  | M-20 | 46 | 00:01:33 | 00:01:10 | 00:12:50 | 00:23:31 | 00:24:41.15 | 00:26:14.55 | $\begin{aligned} & +00: 08: 58 \\ & (36.3 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.2 \\ & (63.9 \%) \end{aligned}$ |
| 47 | JANYSKA Adam | 535 |  |  | M-20 | 47 | 00:00:39 | 00:01:00 | 00:12:22 | 00:23:38 | 00:24:47.15 | 00:25:26.50 | $\begin{aligned} & +00: 09: 04 \\ & (36.6 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (63.4 \%) \end{aligned}$ |
| 48 | CZAJKOWSKI Kamil | 135 |  |  | M-20 | 48 | 00:00:16 | 00:00:56 | 00:12:06 | 00:23:27 | 00:24:48.45 | 00:25:04.65 | $\begin{aligned} & +00: 09: 05 \\ & (36.7 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (63.4 \%) \end{aligned}$ |
| 49 | BIEDROŃ Rafał | 183 |  |  | M-20 | 49 | 00:00:08 | 00:00:56 | 00:12:16 | 00:23:40 | 00:24:55.25 | 00:25:04.00 | $\begin{aligned} & +00: 09: 12 \\ & (36.9 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & (62.8 \%) \end{aligned}$ |
| 50 | SZYDLIK Karol | 1430 |  |  | M-20 | 50 | 00:01:11 | 00:01:09 | 00:12:30 | 00:23:45 | 00:25:01.20 | 00:26:12.30 | $\begin{aligned} & +00: 09: 18 \\ & (37.2 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (62.8 \%) \end{aligned}$ |
| 51 | TKACZYK Szymon | 813 |  |  | M-20 | 51 | 00:00:46 | 00:01:02 | 00:12:20 | 00:23:51 | 00:25:13.25 | 00:25:59.60 | $\begin{aligned} & +00: 09: 30 \\ & (37.7 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & (62.3 \%) \end{aligned}$ |
| 52 | CHOJNACKI Patryk | 1408 |  |  | M-20 | 52 | 00:00:30 | 00:01:04 | 00:12:10 | 00:23:44 | 00:25:15.75 | 00:25:46.60 | $\begin{aligned} & +00: 09: 32 \\ & (37.8 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (62.3 \%) \end{aligned}$ |
| 53 | KITOWSKI Hubert | 762 |  |  | M-20 | 53 | 00:00:46 | 00:01:02 | 00:12:20 | 00:23:57 | 00:25:21.15 | 00:26:07.20 | $\begin{aligned} & +00: 09: 38 \\ & (38.0 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (61.8 \%) \end{aligned}$ |
| 54 | JAŹWIŃSKI Damian | 979 |  |  | M-20 | 54 | 00:00:34 | 00:00:57 | 00:11:53 | 00:24:02 | 00:25:21.95 | 00:25:56.60 | $\begin{aligned} & +00: 09: 39 \\ & (38.1 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (61.8 \%) \end{aligned}$ |
| 55 | ŚMIGIELSKI Jarosław | 1495 |  |  | M-20 | 55 | 00:00:16 | 00:01:03 | 00:12:32 | 00:24:09 | 00:25:25.70 | 00:25:42.20 | $\begin{aligned} & +00: 09: 42 \\ & (38.2 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & (61.8 \%) \end{aligned}$ |
| 56 | PASEK Szymon | 502 |  |  | M-20 | 56 | 00:01:21 | 00:01:09 | 00:12:18 | 00:24:10 | 00:25:30.95 | 00:26:52.30 | $\begin{aligned} & +00: 09: 48 \\ & (38.4 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.8 \\ & (61.8 \%) \end{aligned}$ |
| 57 | POPA Kamil | 1343 |  |  | M-20 | 57 | 00:00:48 | 00:00:54 | 00:11:36 | 00:23:55 | 00:25:37.10 | 00:26:25.15 | $\begin{aligned} & +00: 09: 54 \\ & (38.7 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (61.3 \%) \end{aligned}$ |
| 58 | SZATKOWSKI Dominik | 1399 |  |  | M-20 | 58 | 00:00:45 | 00:01:09 | 00:13:01 | 00:24:36 | 00:25:54.85 | 00:26:39.85 | $\begin{aligned} & +00: 10: 12 \\ & (39.4 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (60.7 \%) \end{aligned}$ |
| 59 | WIDEROWSKI Kamil | 368 |  |  | M-20 | 59 | 00:01:02 | 00:01:14 | 00:13:12 | 00:24:38 | 00:26:01.40 | 00:27:04.20 | $\begin{aligned} & +00: 10: 18 \\ & (39.6 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (60.2 \%) \end{aligned}$ |
| 60 | KUBIAK Marcin | 490 | GDAKK |  | M-20 | 60 | 00:00:32 | 00:01:03 | 00:12:38 | 00:24:34 | 00:26:09.15 | 00:26:42.10 | $\begin{aligned} & +00: 10: 26 \\ & (39.9 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (60.2 \%) \end{aligned}$ |
| 61 | SKOWROŃSKI Szymon | 542 |  |  | M-20 | 61 | 00:00:14 | 00:00:58 | 00:12:59 | 00:24:58 | 00:26:14.35 | 00:26:28.90 | $\begin{aligned} & +00: 10: 31 \\ & (40.1 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (59.7 \%) \end{aligned}$ |
| 62 | SULIŃSKI Bogdan | 669 |  |  | M-20 | 62 | 00:00:15 | 00:00:55 | 00:11:40 | 00:24:53 | 00:26:22.15 | 00:26:37.35 | $\begin{aligned} & +00: 10: 39 \\ & (40.4 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (59.7 \%) \end{aligned}$ |
| 63 | ŚWIDERSKI <br> Bartosz | 519 |  |  | M-20 | 63 | 00:00:13 | 00:00:55 | 00:13:10 | 00:25:04 | 00:26:26.30 | 00:26:39.40 | $\begin{aligned} & +00: 10: 43 \\ & (40.6 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & (59.2 \%) \end{aligned}$ |
| 64 | KAZMIERCZAK <br> Sławomir | 701 |  |  | M-20 | 64 | 00:01:18 | 00:01:11 | 00:12:47 | 00:25:05 | 00:26:33.95 | 00:27:52.30 | $\begin{aligned} & +00: 10: 51 \\ & (40.9 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (59.2 \%) \end{aligned}$ |
| 65 | WRZESIŃSKI Jan | 1254 | THE ORZEŁS |  | M-20 | 65 | 00:00:03 | 00:00:45 | 00:12:05 | 00:25:28 | 00:26:34.05 | 00:26:37.85 | $\begin{aligned} & +00: 10: 51 \\ & (40.9 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (59.2 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | 0.2 km | 2.5 km | 4.6 km | Net time 5 km | Czas brutto 5 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 66 | ROSSA <br> Przemysław | 190 |  | M-20 | 66 | 00:00:05 | 00:00:56 | 00:13:08 | 00:25:29 | 00:26:48.75 | 00:26:53.75 | $\begin{aligned} & +00: 11: 05 \\ & (41.4 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (58.6 \%) \end{aligned}$ |
| 67 | PALIGA Mateusz | 1005 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M-20 | 67 | 00:00:13 | 00:01:03 | 00:13:27 | 00:25:26 | 00:26:57.50 | 00:27:10.85 | $\begin{aligned} & +00: 11: 14 \\ & (41.7 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & (58.1 \%) \end{aligned}$ |
| 68 | APPEL Karol | 879 |  | M-20 | 68 | 00:01:32 | 00:01:11 | 00:13:23 | 00:25:46 | 00:27:02.75 | 00:28:35.70 | $\begin{aligned} & +00: 11: 19 \\ & (41.9 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (58.1 \%) \end{aligned}$ |
| 69 | SZCZETENKO <br> Daniel | 1439 |  | M-20 | 69 | 00:00:56 | 00:01:02 | 00:13:08 | 00:25:26 | 00:27:03.15 | 00:27:59.65 | $\begin{aligned} & +00: 11: 20 \\ & (41.9 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (58.1 \%) \end{aligned}$ |
| 70 | DROZDOWSKI <br> Juliusz | 553 |  | M-20 | 70 | 00:01:24 | 00:01:13 | 00:13:12 | 00:25:38 | 00:27:10.10 | 00:28:34.15 | $\begin{aligned} & +00: 11: 27 \\ & (42.2 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (57.6 \%) \end{aligned}$ |
| 71 | CHYLIŃSKI <br> Mateusz | 470 |  | M-20 | 71 | 00:01:25 | 00:01:13 | 00:14:08 | 00:26:03 | 00:27:20.45 | 00:28:45.60 | $\begin{aligned} & +00: 11: 37 \\ & (42.5 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & (57.6 \%) \end{aligned}$ |
| 72 | IWIN Jakub | 1470 | NITROCHEM | M-20 | 72 | 00:00:42 | 00:01:16 | 00:14:07 | 00:25:58 | 00:27:33.40 | 00:28:15.60 | $\begin{aligned} & +00: 11: 50 \\ & (43.0 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & (57.1 \%) \end{aligned}$ |
| 73 | GŁOWACKI Kamil | 1240 |  | M-20 | 73 | 00:00:38 | 00:01:18 | 00:13:43 | 00:26:07 | 00:27:39.45 | 00:28:17.75 | $\begin{aligned} & +00: 11: 56 \\ & (43.2 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.8 \\ & (56.5 \%) \end{aligned}$ |
| 74 | LEWANDOWSKI Piotr | 1047 |  | M-20 | 74 | 00:00:37 | 00:01:02 | 00:11:45 | 00:25:48 | 00:27:39.65 | 00:28:17.15 | $\begin{aligned} & +00: 11: 56 \\ & (43.2 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.8 \\ & (56.5 \%) \end{aligned}$ |
| 75 | DWOJAK Artur | 517 |  | M-20 | 75 | 00:00:17 | 00:01:07 | 00:13:02 | 00:26:04 | 00:27:40.60 | 00:27:58.50 | $\begin{aligned} & +00: 11: 57 \\ & (43.2 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & (56.5 \%) \end{aligned}$ |
| 76 | STEFANIAK Michał | 1221 | ZAWODY WYCIĄGANIA CZEGOŚ Z WODY | M-20 | 76 | 00:01:27 | 00:01:19 | 00:13:53 | 00:26:17 | 00:27:47.00 | 00:29:14.60 | $\begin{aligned} & +00: 12: 04 \\ & (43.4 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & (56.5 \%) \end{aligned}$ |
| 77 | LISIŃSKI Kacper | 612 |  | M-20 | 77 | 00:00:26 | 00:01:04 | 00:13:57 | 00:26:35 | 00:27:54.85 | 00:28:21.00 | $\begin{aligned} & +00: 12: 12 \\ & (43.7 \%) \end{aligned}$ | 5:34 | $\begin{aligned} & 10.8 \\ & (56.5 \%) \end{aligned}$ |
| 78 | MICHALEK <br> Krzysztof | 152 |  | M-20 | 78 | 00:00:53 | 00:01:11 | 00:13:58 | 00:26:46 | 00:28:12.25 | 00:29:05.80 | $\begin{aligned} & +00: 12: 29 \\ & (44.3 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (55.5 \%) \end{aligned}$ |
| 79 | BARTNICZAK <br> Bartosz | 943 |  | M-20 | 79 | 00:01:18 | 00:01:18 | 00:14:38 | 00:27:07 | 00:28:29.75 | 00:29:47.80 | $\begin{aligned} & +00: 12: 46 \\ & (44.9 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & (55.0 \%) \end{aligned}$ |
| 80 | GREGO Mateusz | 24 | GREGORKI | M-20 | 80 | 00:00:33 | 00:01:07 | 00:14:00 | 00:27:03 | 00:28:45.10 | 00:29:18.90 | $\begin{aligned} & +00: 13: 02 \\ & (45.3 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (54.5 \%) \end{aligned}$ |
| 81 | MENDOCHA Kornel | 344 |  | M-20 | 81 | 00:00:23 | 00:01:02 | 00:14:07 | 00:27:46 | 00:29:06.10 | 00:29:29.30 | $\begin{aligned} & +00: 13: 23 \\ & (46.0 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & (53.9 \%) \end{aligned}$ |
| 82 | PAWELCZYK Grzegorz | 862 |  | M-20 | 82 | 00:00:15 | 00:01:02 | 00:13:44 | 00:27:55 | 00:29:39.30 | 00:29:54.95 | $\begin{aligned} & +00: 13: 56 \\ & (47.0 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (52.9 \%) \end{aligned}$ |
| 83 | MAĆKOWSKI Kacper | 593 |  | M-20 | 83 | 00:00:39 | 00:01:04 | 00:14:32 | 00:28:06 | 00:29:42.70 | 00:30:22.45 | $\begin{aligned} & +00: 13: 59 \\ & (47.1 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (52.9 \%) \end{aligned}$ |
| 84 | PIETRZYKOWSKI Adam | 414 | POWAŻNI PRZEDSIĘBIORCY | M-20 | 84 | 00:01:12 | 00:01:16 | 00:15:07 | 00:28:18 | 00:29:43.00 | 00:30:55.50 | $\begin{aligned} & +00: 14: 00 \\ & (47.1 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (52.9 \%) \end{aligned}$ |
| 85 | CHUDZIŃSKI <br> Konrad | 1202 |  | M-20 | 85 | 00:01:28 | 00:01:05 | 00:14:16 | 00:28:43 | 00:30:14.40 | 00:31:42.70 | $\begin{aligned} & +00: 14: 31 \\ & (48.0 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (51.8 \%) \end{aligned}$ |
| 86 | ŁADIŃSKI Kacper | 623 |  | M-20 | 86 | 00:00:55 | 00:01:13 | 00:15:12 | 00:28:45 | 00:30:24.00 | 00:31:19.60 | $\begin{aligned} & +00: 14: 41 \\ & (48.3 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (51.8 \%) \end{aligned}$ |
| 87 | CHYLINSKI Igor | 484 |  | M-20 | 87 | 00:01:24 | 00:01:16 | 00:14:50 | 00:28:51 | 00:30:36.90 | 00:32:01.25 | $\begin{aligned} & +00: 14: 54 \\ & (48.7 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & (51.3 \%) \end{aligned}$ |
| 88 | DALKIEWICZ Igor | 766 |  | M-20 | 88 | 00:01:06 | 00:01:20 | 00:15:47 | 00:29:46 | 00:31:21.50 | 00:32:27.60 | $\begin{aligned} & +00: 15: 38 \\ & (49.9 \%) \end{aligned}$ | 6:16 | $\begin{aligned} & 9.6 \\ & (50.3 \%) \end{aligned}$ |
| 89 | WIECZOREK Michał | 1245 |  | M-20 | 89 | 00:01:37 | 00:01:18 | 00:16:04 | 00:30:08 | 00:31:43.60 | 00:33:20.90 | $\begin{aligned} & +00: 16: 00 \\ & (50.5 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (49.7 \%) \end{aligned}$ |


| Place | Participant | Number |  | Club | Category | MCat | Start time | 0.2 km | 2.5 km | 4.6 km | Net time 5 km | Czas brutto 5 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 90 | NIEMIELEWSKI Aleksander | 495 |  |  | M-20 | 90 | 00:00:48 | 00:01:17 | 00:15:04 | 00:31:00 | 00:32:29.20 | 00:33:17.25 | $\begin{aligned} & +00: 16: 46 \\ & (51.6 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (48.2 \%) \end{aligned}$ |
| 91 | ZALIŃSKI <br> Przemysław | 546 |  |  | M-20 | 91 | 00:00:20 | 00:01:14 | 00:15:54 | 00:30:54 | 00:32:34.15 | 00:32:55.05 | $\begin{aligned} & +00: 16: 51 \\ & (51.8 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (48.2\%) } \end{aligned}$ |
| 92 | WIŚNIEWSKI <br> Adrian | 685 |  |  | M-20 | 92 | 00:00:30 | 00:01:12 | 00:14:54 | 00:30:57 | 00:32:48.75 | 00:33:18.80 | $\begin{aligned} & +00: 17: 05 \\ & (52.1 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.1 \\ & (47.6 \%) \end{aligned}$ |
| 93 | WITKOWSKI Marcin | 1083 |  |  | M-20 | 93 | 00:00:30 | 00:01:12 | 00:14:54 | 00:30:58 | 00:32:49.20 | 00:33:19.30 | $\begin{aligned} & +00: 17: 06 \\ & (52.1 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.1 \\ & (47.6 \%) \end{aligned}$ |
| 94 | ADAM Jarosław | 500 |  |  | M-20 | 94 | 00:00:55 | 00:01:24 | 00:16:20 | 00:31:20 | 00:33:02.05 | 00:33:58.00 | $\begin{aligned} & +00: 17: 19 \\ & (52.4 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (47.6 \%) \end{aligned}$ |
| 95 | SZYMAŃSKI <br> Radosław | 838 |  |  | M-20 | 95 | 00:00:15 | 00:01:01 | 00:15:53 | 00:31:13 | 00:33:03.45 | 00:33:18.80 | $\begin{aligned} & +00: 17: 20 \\ & (52.5 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (47.6 \%) \end{aligned}$ |
| 96 | KAZUBOWSKI Jeremiasz | 1318 | KAZUBKI TEAM |  | M-20 | 96 | 00:00:51 | 00:01:15 | 00:15:49 | 00:31:27 | 00:33:06.55 | 00:33:57.80 | $\begin{aligned} & +00: 17: 23 \\ & (52.5 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9.1 \\ & (47.6 \%) \end{aligned}$ |
| 97 | DAMBECKI <br> Mateusz | 938 |  |  | M-20 | 97 | 00:00:27 |  | 00:15:30 | 00:31:27 | 00:33:09.25 | 00:33:37.05 | $\begin{aligned} & +00: 17: 26 \\ & (52.6 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9 \\ & (47.1 \%) \end{aligned}$ |
| 98 | BAWÓŁ Bartosz | 1154 |  |  | M-20 | 98 | 00:00:59 | 00:01:20 | 00:16:23 | 00:31:48 | 00:33:27.80 | 00:34:26.95 | $\begin{aligned} & +00: 17: 45 \\ & (53.0 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & (47.1 \%) \end{aligned}$ |
| 99 | CHROSTOWSKI <br> Adam | 1290 |  |  | M-20 | 99 | 00:00:43 | 00:01:14 | 00:16:16 | 00:32:06 | 00:33:58.20 | 00:34:41.90 | $\begin{aligned} & +00: 18: 15 \\ & (53.7 \%) \end{aligned}$ | 6:47 | $\begin{aligned} & 8.8 \\ & (46.1 \%) \end{aligned}$ |
| 100 | KOLCZYŃSKI <br> Dawid | 460 |  |  | M-20 | 100 | 00:01:37 | 00:01:14 | 00:16:56 | 00:33:55 | 00:35:34.40 | 00:37:11.60 | $\begin{aligned} & +00: 19: 51 \\ & (55.8 \%) \end{aligned}$ | 7:06 | $\begin{aligned} & 8.4 \\ & (44.0 \%) \end{aligned}$ |
| 101 | CZEPULONIS Karol | 324 |  |  | M-20 | 101 | 00:01:28 | 00:01:17 | 00:17:09 | 00:35:31 | 00:37:19.20 | 00:38:47.70 | $\begin{aligned} & +00: 21: 36 \\ & (57.9 \%) \end{aligned}$ | 7:27 | $\begin{aligned} & 8 \\ & (41.9 \%) \end{aligned}$ |
| 102 | ORZECHOWSKI <br> Bartosz | 1367 | NITROCHEM |  | M-20 | 102 | 00:00:37 | 00:01:21 | 00:17:27 | 00:35:32 | 00:37:36.70 | 00:38:14.65 | $\begin{aligned} & +00: 21: 53 \\ & (58.2 \%) \end{aligned}$ | 7:31 | $\begin{aligned} & 8 \\ & (41.9 \%) \end{aligned}$ |
| 103 | ROMMEL Bartosz | 320 |  |  | M-20 | 103 | 00:01:09 | 00:01:27 | 00:18:44 | 00:36:26 | 00:38:29.55 | 00:39:38.75 | $\begin{aligned} & +00: 22: 46 \\ & (59.2 \%) \end{aligned}$ | 7:41 | $\begin{aligned} & 7.8 \\ & (40.8 \%) \end{aligned}$ |
| 104 | GROCHOCKI <br> Daniel | 782 |  |  | M-20 | 104 | 00:01:02 | 00:01:19 | 00:14:54 |  |  |  | +00:07:05 | 5:57 | $\begin{aligned} & 10.1 \\ & (52.9 \%) \end{aligned}$ |

[^0]
[^0]:    Total 104 results.

