



V ĆWIERĆMARATON MUZYCZNY 10KM

B4SPORT

Organiser:
Date:
Place:
Distance:

Stowarzyszenie Klub Biegowy 4 RUN Team Piła
2016-05-01
Piła
10 km



Classification: M30

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	ZBLEWSKI Tadeusz	3	4 RUN TEAM BYTÓW	M30	1	00:00:01	00:05:47	00:19:12	00:32:38.80	00:32:39.95		3:15	18.4 (100%)
2	WRÓBEL Łukasz	515	GRZMOT KOMORNIKI	M30	2	00:00:01	00:05:46	00:19:43	00:34:32.70	00:34:34.20	+00:01:53 (5.5%)	3:27	17.4 (94.6%)
3	FLUKS Szymon	118		M30	3	00:00:02	00:06:03	00:20:13	00:34:51.15	00:34:53.15	+00:02:12 (6.3%)	3:29	17.2 (93.5%)
4	PAŁYS Mateusz	347	SZKOŁA POLICJI W PILE	M30	4	00:00:01	00:06:21	00:20:52	00:36:10.05	00:36:11.85	+00:03:31 (9.7%)	3:37	16.6 (90.2%)
5	KACZMAREK Tomasz	592	104 BATALION LOGISTYCZNY	M30	5	00:00:02	00:06:31	00:21:49	00:36:45.00	00:36:47.40	+00:04:06 (11.2%)	3:40	16.3 (88.6%)
6	CHOŁOTA Marek	65	BIEGOWY ŚWIAT	M30	6	00:00:02	00:06:15	00:21:34	00:37:26.55	00:37:29.40	+00:04:47 (12.8%)	3:44	16 (87.0%)
7	SIKORSKI Piotr	428	4 RUN TEAM PIŁA	M30	7	00:00:02	00:06:25	00:21:45	00:37:41.30	00:37:43.30	+00:05:02 (13.4%)	3:46	15.9 (86.4%)
8	PAWLIŃSKI Piotr	353	UKŁ ÓSEMKA POLICE	M30	8	00:00:02	00:06:37	00:21:54	00:37:49.05	00:37:51.40	+00:05:10 (13.7%)	3:46	15.9 (86.4%)
9	STARSAK Marcin	609	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30	9	00:00:03	00:06:58	00:22:33	00:38:12.35	00:38:15.55	+00:05:33 (14.6%)	3:49	15.7 (85.3%)
10	ŚLEFARSKI Krzysztof	480		M30	10	00:00:04	00:06:42	00:22:23	00:38:41.45	00:38:46.20	+00:06:02 (15.6%)	3:52	15.5 (84.2%)
11	EJSMONT Krzysztof	600	TRISPACE	M30	11	00:00:03	00:07:03	00:22:43	00:38:42.90	00:38:46.85	+00:06:04 (15.7%)	3:52	15.5 (84.2%)
12	ROZMUS Marcin	9	KP PSP PIŁA	M30	12	00:00:04	00:06:36	00:22:42	00:39:23.15	00:39:27.55	+00:06:44 (17.1%)	3:56	15.2 (82.6%)
13	WYKA Błażej	518	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ...	M30	13	00:00:03	00:06:52	00:22:54	00:39:29.20	00:39:32.50	+00:06:50 (17.3%)	3:56	15.2 (82.6%)
14	KACZMAREK Tomasz	195	GB WIELKOPOLSCY BIEGACZE	M30	14	00:00:14	00:07:00	00:22:54	00:39:58.80	00:40:13.55	+00:07:20 (18.3%)	3:59	15 (81.5%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	KUBIAK Piotr	253	PRECON POLSKA-JASTROWIE	M30	15	00:00:03	00:06:51	00:23:29	00:40:26.55	00:40:29.75	+00:07:47 (19.3%)	4:02	14.8 (80.4%)
16	MAJ Waldemar	287	100 BATALION ŁĄCZNOŚCI	M30	16	00:00:04	00:06:59	00:23:32	00:40:58.00	00:41:02.00	+00:08:19 (20.3%)	4:05	14.6 (79.3%)
17	WZIĘCH Piotr	522		M30	17	00:00:06	00:07:21	00:23:58	00:41:11.85	00:41:18.70	+00:08:33 (20.8%)	4:07	14.6 (79.3%)
18	ZIELIŃSKI Marcin	546		M30	18	00:00:04	00:07:03	00:23:30	00:41:30.35	00:41:35.20	+00:08:51 (21.3%)	4:09	14.5 (78.8%)
19	WAWRZYNIAK Paweł	498	MAMY-BIEGAMY	M30	19	00:00:11	00:07:16	00:23:52	00:41:34.65	00:41:45.65	+00:08:55 (21.5%)	4:09	14.4 (78.3%)
20	SOCHA Łukasz	582	100BŁ WAŁCZ	M30	20	00:00:03	00:07:01	00:23:55	00:41:48.40	00:41:51.40	+00:09:09 (21.9%)	4:10	14.4 (78.3%)
21	MROZIK Daniel	309		M30	21	00:00:04	00:07:01	00:24:07	00:42:04.70	00:42:09.45	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
22	BORRMANN Dawid	50		M30	22	00:00:19	00:08:05	00:25:13	00:42:08.15	00:42:27.85	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
23	MIELOCH Dariusz	302	MIEL-POL TEAM	M30	23	00:00:05	00:07:26	00:24:50	00:42:08.55	00:42:13.75	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
24	SZYMAŃSKI Przemysław	473	REWIZOR TRI	M30	24	00:00:06	00:07:24	00:24:27	00:42:15.55	00:42:21.75	+00:09:36 (22.7%)	4:13	14.2 (77.2%)
25	KLEDZIK Michał	212		M30	25	00:00:04	00:07:03	00:24:00	00:42:50.85	00:42:55.30	+00:10:12 (23.8%)	4:17	14 (76.1%)
26	KOPER Adam	571		M30	26	00:00:14	00:07:39	00:25:03	00:42:59.15	00:43:13.35	+00:10:20 (24.1%)	4:17	14 (76.1%)
27	WIKIERSKI Łukasz	504	GB WIELKOPOLSCY BIEGACZE	M30	27	00:00:14	00:07:20	00:24:38	00:43:06.45	00:43:21.00	+00:10:27 (24.3%)	4:18	13.9 (75.5%)
28	SAMBOR Krzysztof	416	BLUE TEAM PIŁA	M30	28	00:00:08	00:07:12	00:24:36	00:43:26.45	00:43:34.45	+00:10:47 (24.8%)	4:20	13.8 (75.0%)
29	SAGALARA Kamil	414	ONIONRUNNERS	M30	29	00:00:12	00:07:52	00:25:36	00:43:28.95	00:43:41.35	+00:10:50 (24.9%)	4:20	13.8 (75.0%)
30	LEBKUCHEN Sebastian	266	HENRY TEAM	M30	30	00:00:08	00:07:47	00:25:29	00:43:39.00	00:43:47.95	+00:11:00 (25.2%)	4:21	13.7 (74.5%)
31	PARUSZEWSKI Robert	350	BUSHIDO GDYNIA	M30	31	00:00:06	00:07:25	00:25:00	00:43:41.05	00:43:47.35	+00:11:02 (25.3%)	4:22	13.7 (74.5%)
32	BELAK Dariusz	36		M30	32	00:00:18	00:08:06	00:25:34	00:43:43.55	00:44:02.25	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
33	STROMIDŁO Sebastian	451	PILSKIE BRACTWO TURYSTYKI ROWEROWEJ	M30	33	00:00:10	00:07:42	00:25:34	00:43:52.60	00:44:03.00	+00:11:13 (25.6%)	4:23	13.7 (74.5%)
34	ŁUKASIK Błażej	284	WKB META LUBLINIEC	M30	34	00:00:15	00:07:20	00:24:45	00:44:00.70	00:44:16.20	+00:11:21 (25.8%)	4:24	13.6 (73.9%)
35	POCZEWSKI Krzysztof	368		M30	35	00:00:04	00:07:29	00:25:15	00:44:01.90	00:44:06.85	+00:11:23 (25.9%)	4:24	13.6 (73.9%)
36	DOLIWKA Kamil	96	KPP WAŁCZ	M30	36	00:00:08	00:07:22	00:25:39	00:44:06.05	00:44:14.30	+00:11:27 (26.0%)	4:24	13.6 (73.9%)
37	ŻERDZICKI Mariusz	541	4RUN TEAM PIŁA	M30	37	00:00:07	00:07:44	00:25:50	00:44:06.50	00:44:13.75	+00:11:27 (26.0%)	4:24	13.6 (73.9%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	EFIMENKO Przemysław	106		M30	38	00:00:23	00:07:47	00:25:43	00:44:07.40	00:44:31.00	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
39	GĄSIOROWSKI Paweł	129		M30	39	00:00:27	00:08:30	00:26:21	00:44:16.80	00:44:44.65	+00:11:38 (26.3%)	4:25	13.5 (73.4%)
40	KOWALSKI Krzysztof	242		M30	40	00:00:08	00:07:37	00:25:37	00:44:27.80	00:44:36.50	+00:11:49 (26.6%)	4:26	13.5 (73.4%)
41	BEDNARCZYK Tomasz	33		M30	41	00:00:19	00:08:01	00:26:04	00:44:34.50	00:44:53.60	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
42	RYBAK Krzysztof	405	NIE	M30	42	00:00:08	00:08:07	00:26:07	00:44:35.00	00:44:43.00	+00:11:56 (26.8%)	4:27	13.5 (73.4%)
43	KACZMAREK Michał	194	ONIONRUNNERS	M30	43	00:00:12	00:08:06	00:26:32	00:44:50.90	00:45:02.95	+00:12:12 (27.2%)	4:29	13.4 (72.8%)
44	BOCHAN Lesław	45		M30	44	00:00:10	00:07:39	00:25:35	00:44:53.15	00:45:03.55	+00:12:14 (27.3%)	4:29	13.4 (72.8%)
45	ZIÓŁKOWSKI Leszek	537	4RUN TEAM PIŁA	M30	45	00:00:06	00:07:47	00:26:14	00:44:58.05	00:45:05.00	+00:12:19 (27.4%)	4:29	13.3 (72.3%)
46	PAPLIŃSKI Paweł	578		M30	46	00:00:13	00:08:06	00:26:28	00:45:02.55	00:45:16.25	+00:12:23 (27.5%)	4:30	13.3 (72.3%)
47	WAJDA Mariusz	595		M30	47	00:00:17	00:08:04	00:26:18	00:45:23.10	00:45:41.05	+00:12:44 (28.1%)	4:32	13.2 (71.7%)
48	ZIÓŁKOWSKI Wojciech	536	KB 'GOCH' BYTÓW	M30	48	00:00:15	00:08:03	00:26:24	00:45:25.75	00:45:41.40	+00:12:46 (28.1%)	4:32	13.2 (71.7%)
49	POPEK Maciej	374		M30	49	00:00:05	00:07:53	00:26:13	00:45:30.25	00:45:36.10	+00:12:51 (28.3%)	4:33	13.2 (71.7%)
50	WYGRALAK Piotr	517		M30	50	00:00:08	00:07:49	00:26:10	00:45:32.65	00:45:40.90	+00:12:53 (28.3%)	4:33	13.2 (71.7%)
51	ZIELIŃSKI Adam	532		M30	51	00:00:14	00:08:28	00:27:01	00:45:38.20	00:45:53.00	+00:12:59 (28.5%)	4:33	13.1 (71.2%)
52	WOŁYŃSKI Krzysztof	510	BIEGAM ZA KARĘ	M30	52	00:00:23	00:07:55	00:26:04	00:45:40.75	00:46:04.45	+00:13:01 (28.5%)	4:34	13.1 (71.2%)
53	SKRZYPKOWIAK Piotr	588		M30	53	00:00:19	00:08:31	00:26:13	00:45:44.25	00:46:03.35	+00:13:05 (28.6%)	4:34	13.1 (71.2%)
54	SZCZUROWSKI Marcin	462	THE CHAMPIONS	M30	54	00:00:19	00:08:05	00:26:21	00:45:56.80	00:46:16.50	+00:13:18 (28.9%)	4:35	13.1 (71.2%)
55	HASS Artur	168	E-FIZJO.PL	M30	55	00:00:15	00:08:13	00:26:58	00:46:01.40	00:46:16.80	+00:13:22 (29.1%)	4:36	13 (70.7%)
56	ŁAKOMY Piotr	281	KB MUROWANA GOŚLINA	M30	56	00:00:16	00:07:58	00:26:38	00:46:18.10	00:46:34.25	+00:13:39 (29.5%)	4:37	13 (70.7%)
57	NOWICKI Marcin	333	KPP PIŁA	M30	57	00:00:09	00:08:07	00:26:59	00:46:24.15	00:46:33.20	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
58	CICHOSZ Ryszard	70	KB KATORŻNIK MUROWANA GOŚLINA	M30	58	00:00:27	00:08:17	00:27:21	00:46:31.10	00:46:58.20	+00:13:52 (29.8%)	4:39	12.9 (70.1%)
59	KOZAK Nikodem	245	RUNMORS	M30	59	00:00:09	00:07:55	00:26:40	00:46:36.55	00:46:45.65	+00:13:57 (30.0%)	4:39	12.9 (70.1%)
60	JANKUN Sebastian	601	PILSKI SPORT.PL	M30	60	00:00:18	00:08:33	00:27:26	00:46:45.75	00:47:04.55	+00:14:06 (30.2%)	4:40	12.8 (69.6%)

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61	STADNIK Radosław	444	100 BATALION ŁĄCZNOŚCI	M30	61	00:00:13	00:08:19	00:27:18	00:46:54.65	00:47:08.00	+00:14:15 (30.4%)	4:41	12.8 (69.6%)
62	RAUHUT Mateusz	398	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30	62	00:00:09	00:07:51	00:26:34	00:47:00.15	00:47:09.45	+00:14:21 (30.5%)	4:42	12.8 (69.6%)
63	BIAŁCZYK Mariusz	38	LOKATOR NIERUCHOMOŚCI PIŁA	M30	63	00:00:10	00:08:14	00:27:17	00:47:01.55	00:47:12.00	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
64	WITKOWSKI Krzysztof	505		M30	64	00:00:04	00:07:46	00:26:47	00:47:05.25	00:47:09.70	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
65	FURMAŃCZYK Marek	559		M30	65	00:00:09	00:08:08	00:27:05	00:47:16.35	00:47:26.30	+00:14:37 (30.9%)	4:43	12.7 (69.0%)
66	GUGAŁKA Jacek	165		M30	66	00:00:06	00:07:44	00:26:50	00:47:24.00	00:47:30.15	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
67	SIKORSKI Marcin	429	KMC	M30	67	00:00:20	00:08:39	00:28:33	00:47:37.25	00:47:58.00	+00:14:58 (31.4%)	4:45	12.6 (68.5%)
68	SZACHTA Robert	456		M30	68	00:00:05	00:07:09	00:26:08	00:47:49.50	00:47:54.80	+00:15:10 (31.7%)	4:46	12.5 (67.9%)
69	KUKLIŃSKI Bartosz	257	PRECON POLSKA-JASTROWIE	M30	69	00:00:04	00:08:27	00:28:20	00:47:56.50	00:48:01.05	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
70	NIEWCZAS Sławomir	320	JEDNEGO SERCA	M30	70	00:00:16	00:08:08	00:27:25	00:47:58.15	00:48:14.20	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
71	SURDYKOWSKI Maciej	454	FC KRZYCH	M30	71	00:00:10	00:08:37	00:28:14	00:47:59.65	00:48:10.05	+00:15:20 (32.0%)	4:48	12.5 (67.9%)
72	KOŚKA Marek	236	PRECON POLSKA-JASTROWIE	M30	72	00:00:03	00:08:07	00:28:01	00:48:10.30	00:48:14.25	+00:15:31 (32.2%)	4:49	12.5 (67.9%)
73	KOWNACKI Piotr	244		M30	73	00:00:26	00:08:42	00:27:40	00:48:12.70	00:48:38.70	+00:15:33 (32.3%)	4:49	12.4 (67.4%)
74	NOWICKI Michał	332		M30	74	00:00:17	00:08:48	00:28:34	00:48:32.65	00:48:50.10	+00:15:53 (32.7%)	4:51	12.4 (67.4%)
75	PLUCIŃSKI Paweł	576		M30	75	00:00:09	00:08:26	00:28:17	00:48:35.00	00:48:44.05	+00:15:56 (32.8%)	4:51	12.3 (66.8%)
75	KALETA Bartłomiej	573		M30	76	00:00:25	00:08:52	00:28:38	00:48:35.00	00:49:00.80	+00:15:56 (32.8%)	4:51	12.3 (66.8%)
77	KARCZEWSKI Paweł	203		M30	77	00:00:13	00:08:38	00:29:05	00:48:41.80	00:48:55.75	+00:16:03 (33.0%)	4:52	12.3 (66.8%)
78	PIERZCHLEWICZ Miłosz	364		M30	78	00:00:07	00:07:48	00:27:40	00:48:47.50	00:48:54.60	+00:16:08 (33.1%)	4:52	12.3 (66.8%)
79	PIASECKI Rafał	358	PZU SPORT TEAM	M30	79	00:00:14	00:08:43	00:28:36	00:48:48.95	00:49:02.95	+00:16:10 (33.1%)	4:52	12.3 (66.8%)
80	KĄDZIEL Paweł	563		M30	80	00:00:09	00:08:17	00:28:04	00:48:50.90	00:49:00.50	+00:16:12 (33.2%)	4:53	12.3 (66.8%)
81	PROKOPOWICZ Marcin	379	3:33 TEAM	M30	81	00:00:18	00:08:51	00:28:43	00:48:57.20	00:49:15.35	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
81	IMIOŁEK Ariel	175	CPR POZNAŃ	M30	82	00:00:08	00:08:14	00:28:01	00:48:57.20	00:49:05.55	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
83	BIECKI Marcin	39	104 BATALION LOGISTYCZNY	M30	83	00:00:18	00:08:29	00:28:20	00:48:57.25	00:49:16.15	+00:16:18 (33.3%)	4:53	12.3 (66.8%)

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84	PYREK Krzysztof	390	2 BZ	M30	84	00:00:15	00:08:19	00:28:22	00:48:58.35	00:49:13.70	+00:16:19 (33.3%)	4:53	12.3 (66.8%)
85	SKONIECZNY Marcin	434		M30	85	00:00:18	00:08:51	00:28:45	00:48:58.80	00:49:17.20	+00:16:20 (33.3%)	4:53	12.2 (66.3%)
86	TOFLIŃSKI Szymon	551		M30	86	00:00:30	00:08:29	00:28:23	00:49:03.10	00:49:33.10	+00:16:24 (33.4%)	4:54	12.2 (66.3%)
87	ZIELIŃSKI Rafał	534	KRÓLICZKI W PLECAKU	M30	87	00:00:33	00:09:36	00:29:39	00:49:07.65	00:49:41.15	+00:16:28 (33.5%)	4:54	12.2 (66.3%)
88	GAŁKA Jarosław	121		M30	88	00:00:04	00:08:08	00:28:22	00:49:16.45	00:49:20.65	+00:16:37 (33.7%)	4:55	12.2 (66.3%)
89	RUTA Damian	403		M30	89	00:00:13	00:08:42	00:28:38	00:49:42.85	00:49:56.30	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
90	PRZYBYLSKI Andrzej	384		M30	90	00:00:30	00:08:43	00:28:20	00:49:49.10	00:50:19.55	+00:17:10 (34.5%)	4:58	12 (65.2%)
91	SAGAN Bartłomiej	415	MARYNARKA WOJENNA RP	M30	91	00:00:21	00:09:03	00:29:25	00:50:08.60	00:50:30.20	+00:17:29 (34.9%)	5:00	12 (65.2%)
92	KANIA Rafał	200		M30	92	00:00:22	00:09:15	00:29:37	00:50:15.95	00:50:38.20	+00:17:37 (35.1%)	5:01	11.9 (64.7%)
93	SKRZYPA Dariusz	437	PRECON POLSKA-JASTROWIE	M30	93	00:00:03	00:08:03	00:28:21	00:50:37.35	00:50:41.25	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
94	CHUDY Dariusz	66		M30	94	00:00:23	00:08:56	00:29:14	00:50:44.05	00:51:08.00	+00:18:05 (35.7%)	5:04	11.8 (64.1%)
95	PRZEWOŹNIAK Michał	380		M30	95	00:00:15	00:08:57	00:29:16	00:50:45.15	00:51:00.80	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
96	KOŁODZIEJCZYK Bartosz	226	ONIONRUNNERS	M30	96	00:00:16	00:08:56	00:29:12	00:50:46.45	00:51:02.50	+00:18:07 (35.7%)	5:04	11.8 (64.1%)
97	MACIEJEWSKI Michał	558	DRUŻYNA SZPIKU	M30	97	00:00:25	00:09:18	00:29:41	00:51:10.65	00:51:36.00	+00:18:31 (36.2%)	5:07	11.7 (63.6%)
98	TOMANIAK Rafał	484		M30	98	00:00:16	00:08:58	00:29:45	00:51:12.85	00:51:29.35	+00:18:34 (36.3%)	5:07	11.7 (63.6%)
99	KURYS Robert	260	LUBOŃSKI KLUB BIEGACZA	M30	99	00:00:28	00:09:21	00:30:05	00:51:15.15	00:51:43.50	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
100	WOJEWODA Paweł	506	KS DEBIUT WIELEŃ	M30	100	00:00:09	00:08:08	00:28:43	00:51:21.85	00:51:31.45	+00:18:43 (36.4%)	5:08	11.7 (63.6%)
101	SKONIECZNY Arkadiusz	554		M30	101	00:00:30	00:08:49	00:29:36	00:51:26.15	00:51:56.15	+00:18:47 (36.5%)	5:08	11.7 (63.6%)
102	NIEWIAROWSKI Paweł	321	BLUE ELEPHANT	M30	102	00:00:02	00:07:38	00:28:46	00:51:32.80	00:51:35.75	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
103	PAJĄK Krzysztof	345	MAMY-BIEGAMY	M30	103	00:00:09	00:08:38	00:29:27	00:51:52.10	00:52:02.05	+00:19:13 (37.1%)	5:11	11.6 (63.0%)
104	NICPOŃ Sebastian	317		M30	104	00:00:34	00:09:16	00:30:17	00:51:54.15	00:52:28.30	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
105	SZAUDEL Jacek	457		M30	105	00:00:33	00:09:20	00:30:18	00:51:59.15	00:52:32.55	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
106	BANACZYK Krystian	28		M30	106	00:00:28	00:09:27	00:31:04	00:52:27.75	00:52:56.40	+00:19:48 (37.8%)	5:14	11.4 (62.0%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	SOBOŃ Jarosław	565	DOM PELLETU	M30	107	00:00:23	00:09:11	00:30:33	00:52:31.85	00:52:54.85	+00:19:53 (37.9%)	5:15	11.4 (62.0%)
108	KŁOS Łukasz	219		M30	108	00:00:27	00:09:03	00:30:47	00:52:33.00	00:53:00.55	+00:19:54 (37.9%)	5:15	11.4 (62.0%)
109	KUDŁATY Maciek	254		M30	109	00:00:25	00:09:02	00:29:39	00:52:42.60	00:53:08.00	+00:20:03 (38.1%)	5:16	11.4 (62.0%)
110	BACZYŃSKI Marek	24		M30	110	00:00:13	00:09:03	00:30:19	00:52:51.60	00:53:04.75	+00:20:12 (38.2%)	5:17	11.4 (62.0%)
111	SZEREMENT Tomasz	464	A.K.B. OLĘDRY	M30	111	00:00:23	00:09:09	00:30:29	00:53:06.45	00:53:30.05	+00:20:27 (38.5%)	5:18	11.3 (61.4%)
112	GIBCZYŃSKI Andrzej	132	RUNNERS OF WAŁCZ	M30	112	00:00:16	00:08:59	00:30:23	00:53:16.70	00:53:32.75	+00:20:37 (38.7%)	5:19	11.3 (61.4%)
113	ZADRANOWICZ Arkadiusz	523		M30	113	00:00:30	00:09:00	00:30:08	00:53:17.10	00:53:47.75	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
114	BURDA Cezary	61		M30	114	00:00:29	00:09:41	00:31:29	00:53:42.90	00:54:12.80	+00:21:04 (39.2%)	5:22	11.2 (60.9%)
115	GRAY Maciej	152	FABRYKA TRIATHLONU	M30	115	00:00:17	00:09:31	00:31:03	00:53:49.05	00:54:06.25	+00:21:10 (39.3%)	5:22	11.1 (60.3%)
116	BOROWIAK Mariusz	49		M30	116	00:00:11	00:09:45	00:32:16	00:54:26.10	00:54:37.90	+00:21:47 (40.0%)	5:26	11 (59.8%)
117	GARSKI Jarosław	125	BIEGAM BO LUBIĘ	M30	117	00:00:05	00:09:15	00:31:08	00:54:48.65	00:54:54.40	+00:22:09 (40.4%)	5:28	10.9 (59.2%)
118	CHMIELEWSKI Marcin	64		M30	118	00:00:32	00:10:21	00:31:51	00:55:02.50	00:55:35.20	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
119	MRÓZ Adrian	311	KUMA	M30	119	00:00:04	00:09:31	00:32:09	00:55:41.85	00:55:46.80	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
120	SZMIGIERO Sebastian	466	HUSSARS RUNNERS SŁUPSK	M30	120	00:00:15	00:09:00	00:31:36	00:55:46.55	00:56:02.10	+00:23:07 (41.5%)	5:34	10.8 (58.7%)
121	PODLECKA Tomasz	569	LOKATOR NIERUCHOMOŚCI PIŁA	M30	121	00:00:12	00:10:08	00:33:09	00:55:51.35	00:56:03.50	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
122	OLĘDZKI Krzysztof	607	JEDNEGO SERCA	M30	122	00:00:23	00:09:59	00:32:54	00:55:53.60	00:56:17.05	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
123	ZATOŃ Grzegorz	527		M30	123	00:00:11	00:09:13	00:31:41	00:55:55.85	00:56:06.85	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
124	KINA Mariusz	209		M30	124	00:00:20	00:09:49	00:32:24	00:55:56.45	00:56:16.75	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
125	RAJEWSKI Marek	616		M30	125	00:00:07	00:08:57	00:31:39	00:56:36.60	00:56:43.90	+00:23:57 (42.3%)	5:39	10.6 (57.6%)
126	BEDNAREK Arkadiusz	35	KB KATORŻNIK MUROWANA GOŚLINA	M30	126	00:00:24	00:09:27	00:32:25	00:56:37.55	00:57:01.90	+00:23:58 (42.3%)	5:39	10.6 (57.6%)
127	JURCZENKO Mariusz	192		M30	127	00:00:15	00:10:01	00:33:03	00:56:39.15	00:56:54.55	+00:24:00 (42.4%)	5:39	10.6 (57.6%)
128	CZERWIŃSKI Szymon	84		M30	128	00:00:17	00:09:39	00:32:50	00:56:39.90	00:56:57.60	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
129	GUBAŃSKI Michał	164	DZIKIE WIEPRZE	M30	129	00:00:11	00:09:34	00:33:59	00:58:17.35	00:58:28.55	+00:25:38 (44.0%)	5:49	10.3 (56.0%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	5.7km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	LIPSKI Łukasz	271		M30	130	00:00:20	00:10:32	00:34:47	00:58:32.00	00:58:52.70	+00:25:53 (44.2%)	5:51	10.3 (56.0%)
131	ZAMOJDA Marcin	524	KRÓLICZKI W PLECAKU	M30	131	00:00:33	00:10:42	00:34:10	00:58:41.85	00:59:15.50	+00:26:03 (44.4%)	5:52	10.2 (55.4%)
132	RASZKA Damian	392		M30	132	00:00:22	00:09:59	00:34:16	00:58:53.75	00:59:16.10	+00:26:14 (44.6%)	5:53	10.2 (55.4%)
133	POTERAŁA Michał	376		M30	133	00:00:12	00:09:44	00:32:16	00:59:07.60	00:59:19.75	+00:26:28 (44.8%)	5:54	10.1 (54.9%)
134	KLESZCZ Adam	215		M30	134	00:00:37	00:10:41	00:34:50	00:59:52.65	01:00:30.40	+00:27:13 (45.5%)	5:59	10 (54.3%)
135	KOSMAŁSKI Jarosław	233	SKS HUSARIA	M30	135	00:00:28	00:10:47	00:35:38	01:00:11.40	01:00:39.55	+00:27:32 (45.8%)	6:01	10 (54.3%)
136	ANTOCHOWSKI Tomasz	17		M30	136	00:00:22	00:10:14	00:34:45	01:00:19.15	01:00:41.15	+00:27:40 (45.9%)	6:01	9.9 (53.8%)
137	HRYCIÓW Paweł	173	BIAŁOGARD	M30	137	00:00:21	00:10:00	00:34:26	01:00:39.20	01:01:01.10	+00:28:00 (46.2%)	6:04	9.9 (53.8%)
138	KRENSKI Seweryn	251		M30	138	00:00:32	00:10:43	00:35:02	01:00:43.10	01:01:16.00	+00:28:04 (46.2%)	6:04	9.9 (53.8%)
139	RYMON-LIPIŃSKI Robert	409	LUBIĘ CHRUŚCIKI	M30	139	00:00:15	00:10:02	00:34:29	01:00:44.20	01:00:59.20	+00:28:05 (46.2%)	6:04	9.9 (53.8%)
140	BUDYCH Bartosz	585	BUKOWSKI KLUB BIEGACZA	M30	140	00:00:32	00:11:00	00:35:58	01:02:12.30	01:02:44.60	+00:29:33 (47.5%)	6:13	9.6 (52.2%)
141	NOWAK Marcin	327		M30	141	00:00:36	00:11:25	00:37:03	01:02:15.10	01:02:51.15	+00:29:36 (47.6%)	6:13	9.6 (52.2%)
142	CZUBA Michał	86		M30	142	00:00:29	00:10:45	00:37:02	01:06:17.15	01:06:47.10	+00:33:38 (50.7%)	6:37	9 (48.9%)
143	HOROWSKI Bartosz	589		M30	143	00:00:35	00:11:35	00:39:41	01:10:18.50	01:10:53.55	+00:37:39 (53.6%)	7:01	8.5 (46.2%)
144	KOZŁOWSKI Adam	247		M30	144	00:00:29	00:09:42	00:34:25			+00:15:12	6:02	9.9 (53.8%)

Total 144 results.