



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2018
Stowarzyszenie Klub Biegowy Dzik
2018-08-18
Police
10 km

VIII BIEG SZLAKIEM DZIKA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	798	7 BRYGADA OBRONY WYBRZEŻA SLUPSK	M3 40-49	1	00:00:02	00:17:06	00:34:38.15	00:34:40.60		3:27	17.3 (100%)
2	WÓJCIK Rafał	170	SKB DZIK POLICE	M3 40-49	2	00:00:02	00:17:30	00:35:44.95	00:35:47.85	+00:01:06 (3.1%)	3:34	16.8 (97.1%)
3	BURDKA Piotr	800	KW PSP ŁÓDŹ	M3 40-49	3	00:00:03	00:18:35	00:37:46.85	00:37:49.90	+00:03:08 (8.3%)	3:46	15.9 (91.9%)
4	MACIASZEK Grzegorz	797	KW PSP ŁÓDŹ	M3 40-49	4	00:00:02	00:18:44	00:38:04.05	00:38:07.00	+00:03:25 (9.0%)	3:48	15.8 (91.3%)
5	USTIANOWSKI Przemysław	760	12 BZ	M3 40-49	5	00:00:03	00:20:41	00:41:26.00	00:41:29.80	+00:06:47 (16.4%)	4:08	14.5 (83.8%)
6	ZYGMUNT Tomasz	859	ŻW SZCZECIN	M3 40-49	6	00:00:04	00:20:43	00:41:43.05	00:41:47.95	+00:07:04 (17.0%)	4:10	14.4 (83.2%)
7	RUDZIŃSKI Jacek	171	KW PSP SZCZECIN	M3 40-49	7	00:00:04	00:20:54	00:42:51.65	00:42:55.95	+00:08:13 (19.2%)	4:17	14 (80.9%)
8	ZGUTKA Tomasz	192	HUSARIA RACE TEAM	M3 40-49	8	00:00:38	00:21:36	00:44:05.35	00:44:43.35	+00:09:27 (21.4%)	4:24	13.6 (78.6%)
9	MALEC Mariusz	69	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	9	00:00:08	00:22:05	00:45:01.30	00:45:10.25	+00:10:23 (23.1%)	4:30	13.3 (76.9%)
10	WIĘCKO Jacek	922	15GBZ	M3 40-49	10	00:00:00	00:22:15	00:45:04.35	00:45:04.35	+00:10:26 (23.2%)	4:30	13.3 (76.9%)
11	KIDA Rafał	319	SOKOŁÓW TEAM	M3 40-49	11	00:00:04	00:22:25	00:45:27.35	00:45:31.85	+00:10:49 (23.8%)	4:32	13.2 (76.3%)
12	STEFAŃCZYK Przemysław	238		M3 40-49	12	00:00:05	00:22:57	00:46:04.20	00:46:10.15	+00:11:26 (24.8%)	4:36	13 (75.1%)
13	PRABUCKI Jarek	251	UKL ÓSEMKA POLICE	M3 40-49	13	00:00:05	00:22:04	00:46:17.10	00:46:22.30	+00:11:38 (25.2%)	4:37	13 (75.1%)
14	WARCHAŁOWSKI Arkadiusz	304		M3 40-49	14	00:00:22	00:23:06	00:46:30.70	00:46:52.85	+00:11:52 (25.5%)	4:39	12.9 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	JANKOWSKI Rafał	881	MOŻW	M3 40-49	15	00:00:18	00:23:20	00:46:48.45	00:47:07.25	+00:12:10 (26.0%)	4:40	12.8 (74.0%)
16	MICHALAK Michał	693	OSŻW MIŃSK MAZOWIECKI	M3 40-49	16	00:00:14	00:23:09	00:47:04.75	00:47:18.85	+00:12:26 (26.4%)	4:42	12.7 (73.4%)
17	OLEJNICZAK Konrad	397	RUNNER SZCZECIN TEAM	M3 40-49	17	00:00:22	00:23:43	00:47:46.55	00:48:09.10	+00:13:08 (27.5%)	4:46	12.6 (72.8%)
18	BUGAJNY Damian	523	SUPERMARATON KALISZ	M3 40-49	18	00:00:06	00:23:46	00:47:57.10	00:48:03.85	+00:13:18 (27.8%)	4:47	12.5 (72.3%)
19	BRYL Mirosław	718	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M3 40-49	19	00:00:06	00:24:15	00:48:02.35	00:48:08.55	+00:13:24 (27.9%)	4:48	12.5 (72.3%)
20	GRZELAK Ryszard	644	KB HERMES GRYFINO	M3 40-49	20	00:00:16	00:24:16	00:48:09.60	00:48:25.80	+00:13:31 (28.1%)	4:48	12.5 (72.3%)
21	ZELEK Dariusz	388		M3 40-49	21	00:00:03	00:23:18	00:48:26.05	00:48:29.45	+00:13:47 (28.5%)	4:50	12.4 (71.7%)
22	ZAWLIK Tomasz	279		M3 40-49	22	00:00:37	00:24:55	00:48:28.20	00:49:06.15	+00:13:50 (28.5%)	4:50	12.4 (71.7%)
23	PETERSBURSKI Robert	919	BBL POLICE	M3 40-49	23	00:00:12	00:24:34	00:48:50.10	00:49:02.85	+00:14:11 (29.1%)	4:53	12.3 (71.1%)
24	LIZAKOWSKI Piotr	901	NYHA IV	M3 40-49	24	00:00:21	00:24:24	00:49:06.15	00:49:27.95	+00:14:28 (29.5%)	4:54	12.2 (70.5%)
25	JASTRZĘBSKI Daniel	321		M3 40-49	25	00:00:28	00:25:08	00:49:23.55	00:49:51.80	+00:14:45 (29.9%)	4:56	12.1 (69.9%)
26	KUŁAKOWSKI Dawid	436	BIEGOLAS KOSZALIN	M3 40-49	26	00:00:10	00:24:27	00:49:25.85	00:49:35.85	+00:14:47 (29.9%)	4:56	12.1 (69.9%)
27	IWANIEC Dariusz	548	BIEGOLAS KOSZALIN	M3 40-49	27	00:00:09	00:24:28	00:49:26.15	00:49:35.95	+00:14:48 (29.9%)	4:56	12.1 (69.9%)
28	WINKEL Arkadiusz	569		M3 40-49	28	00:00:13	00:24:23	00:49:26.95	00:49:40.80	+00:14:48 (30.0%)	4:56	12.1 (69.9%)
29	SOLIWODA Jacek	467	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M3 40-49	29	00:00:06	00:24:26	00:49:28.50	00:49:34.95	+00:14:50 (30.0%)	4:56	12.1 (69.9%)
30	WASILEWSKI Andrzej	371		M3 40-49	30	00:00:32	00:24:47	00:49:29.05	00:50:01.30	+00:14:50 (30.0%)	4:56	12.1 (69.9%)
31	TOMICZAK Krzysztof	323		M3 40-49	31	00:00:15	00:24:43	00:49:38.35	00:49:53.95	+00:15:00 (30.2%)	4:57	12.1 (69.9%)
32	MICERSKI Tomasz	419	BIEGOLAS KOSZALIN	M3 40-49	32	00:00:10	00:24:28	00:49:43.10	00:49:53.55	+00:15:04 (30.3%)	4:58	12.1 (69.9%)
33	HAWRYŁAK Marcin	151	SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH	M3 40-49	33	00:00:05	00:24:52	00:51:25.80	00:51:31.20	+00:16:47 (32.7%)	5:08	11.7 (67.6%)
34	KACZMAREK Krzysztof	70	BIEGACZE PÓŁNOCY	M3 40-49	34	00:00:24	00:25:32	00:51:26.80	00:51:51.50	+00:16:48 (32.7%)	5:08	11.7 (67.6%)
35	WIECZOREK Mariusz	68		M3 40-49	35	00:00:45	00:25:36	00:51:36.45	00:52:22.40	+00:16:58 (32.9%)	5:09	11.6 (67.1%)
36	KRUPA Grzegorz	603		M3 40-49	36	00:00:14	00:25:57	00:51:43.60	00:51:58.35	+00:17:05 (33.0%)	5:10	11.6 (67.1%)
37	OSTOJSKI Ireneusz	824		M3 40-49	37	00:00:06	00:25:33	00:51:45.85	00:51:52.30	+00:17:07 (33.1%)	5:10	11.6 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	DOBRYCKI Piotr	403	BRIDGESTONE STARGARD RUNNERS	M3 40-49	38	00:00:17	00:25:31	00:52:28.80	00:52:46.25	+00:17:50 (34.0%)	5:14	11.4 (65.9%)
39	MĄDRAWSKI Tomasz	317		M3 40-49	39	00:00:13	00:26:00	00:52:28.85	00:52:42.65	+00:17:50 (34.0%)	5:14	11.4 (65.9%)
40	KAJKOWSKI Rafał	545	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M3 40-49	40	00:00:05	00:25:03	00:52:42.15	00:52:47.75	+00:18:04 (34.3%)	5:16	11.4 (65.9%)
41	CZACHOWSKI Jarosław	815	102. BOCHR	M3 40-49	41	00:00:48	00:26:32	00:52:49.40	00:53:38.05	+00:18:11 (34.4%)	5:17	11.4 (65.9%)
42	ROGAŁA Adrian	35	BBB	M3 40-49	42	00:00:31	00:26:48	00:52:58.10	00:53:29.20	+00:18:19 (34.6%)	5:17	11.3 (65.3%)
43	MARTUSZEWSKI Ryszard	19		M3 40-49	43	00:00:13	00:25:55	00:53:05.00	00:53:18.30	+00:18:26 (34.8%)	5:18	11.3 (65.3%)
44	SZUSTAK Robert	92	PITUPITU	M3 40-49	44	00:00:07	00:26:42	00:53:20.30	00:53:27.80	+00:18:42 (35.1%)	5:20	11.3 (65.3%)
45	DĄBROWSKI Sławek	168		M3 40-49	45	00:00:42	00:26:58	00:53:28.50	00:54:10.75	+00:18:50 (35.2%)	5:20	11.2 (64.7%)
46	PIETRUSZKIEWICZ Henryk	401		M3 40-49	46	00:00:29	00:27:11	00:53:51.75	00:54:21.45	+00:19:13 (35.7%)	5:23	11.1 (64.2%)
47	DRÓŻDŻ Mariusz	915		M3 40-49	47	00:00:18	00:26:06	00:54:24.85	00:54:43.05	+00:19:46 (36.3%)	5:26	11 (63.6%)
48	WITORZĘĆ Dariusz	277		M3 40-49	48	00:00:24	00:27:25	00:54:32.60	00:54:57.25	+00:19:54 (36.5%)	5:27	11 (63.6%)
49	KOKOWSKI Jacek	879		M3 40-49	49	00:00:14	00:26:45	00:54:40.70	00:54:55.10	+00:20:02 (36.7%)	5:28	11 (63.6%)
50	ŁAWNICZAK Sebastian	500		M3 40-49	50	00:00:09	00:25:25	00:54:42.05	00:54:51.55	+00:20:03 (36.7%)	5:28	11 (63.6%)
51	ZIELIŃSKI Grzegorz	138	BRIDGESTONE RUNNER CLUB	M3 40-49	51	00:00:19	00:27:26	00:54:47.20	00:55:06.85	+00:20:09 (36.8%)	5:28	11 (63.6%)
52	WIERZCHOWSKI Arkadiusz	182	BRIDGESTONE STARGARD RUNNERS	M3 40-49	52	00:01:00	00:27:56	00:54:53.95	00:55:54.25	+00:20:15 (36.9%)	5:29	10.9 (63.0%)
53	WOLSKI Tomasz	894	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	53	00:00:33	00:27:33	00:54:56.30	00:55:30.05	+00:20:18 (37.0%)	5:29	10.9 (63.0%)
54	SZELAĞ Tomasz	529	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	54	00:00:22	00:26:32	00:55:15.20	00:55:37.45	+00:20:37 (37.3%)	5:31	10.9 (63.0%)
55	HAJDUK Maciej	542		M3 40-49	55	00:00:12	00:27:11	00:55:15.55	00:55:28.25	+00:20:37 (37.3%)	5:31	10.9 (63.0%)
56	KAROL Wojciech	82	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	56	00:00:17	00:27:13	00:55:32.60	00:55:50.05	+00:20:54 (37.6%)	5:33	10.8 (62.4%)
57	WLAŻ Lucjan	887		M3 40-49	57	00:01:11	00:29:08	00:55:58.05	00:57:09.10	+00:21:19 (38.1%)	5:35	10.7 (61.8%)
58	ZAGÓRSKI Grzegorz	148		M3 40-49	58	00:00:09	00:27:08	00:55:58.60	00:56:08.10	+00:21:20 (38.1%)	5:35	10.7 (61.8%)
59	KRUSZEWSKI Piotr	751		M3 40-49	59	00:00:50	00:27:56	00:56:03.00	00:56:53.85	+00:21:24 (38.2%)	5:36	10.7 (61.8%)
60	SĄDEL Krzysztof	374		M3 40-49	60	00:00:53	00:28:18	00:56:29.35	00:57:22.60	+00:21:51 (38.7%)	5:38	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	KONDELA Paweł	196		M3 40-49	61	00:00:33	00:28:29	00:56:37.00	00:57:10.75	+00:21:58 (38.8%)	5:39	10.6 (61.3%)
62	KUCHARCZYK Robert	248	RUNGRYF GRYFICE	M3 40-49	62	00:00:18	00:29:03	00:57:38.75	00:57:56.80	+00:23:00 (39.9%)	5:45	10.4 (60.1%)
63	ULASS Robert	103		M3 40-49	63	00:00:34	00:28:54	00:57:38.95	00:58:13.90	+00:23:00 (39.9%)	5:45	10.4 (60.1%)
64	PEDZIWIATR Marek	139	MR	M3 40-49	64	00:00:12	00:27:11	00:57:40.40	00:57:52.65	+00:23:02 (39.9%)	5:46	10.4 (60.1%)
65	ANIOŁA Piotr	240	SIILI	M3 40-49	65	00:00:24	00:28:30	00:58:10.05	00:58:35.00	+00:23:31 (40.5%)	5:49	10.3 (59.5%)
66	KNIAŻ Jarosław	328	FOL-TECH TEAM MYŚLIBÓRZ	M3 40-49	66	00:00:41	00:29:06	00:58:25.25	00:59:06.95	+00:23:47 (40.7%)	5:50	10.3 (59.5%)
67	JĘDRZEJAK Maciej	128	BIEGACZE ŚWINOUJŚCIE	M3 40-49	67	00:00:44	00:30:59	00:58:37.95	00:59:22.65	+00:23:59 (40.9%)	5:51	10.2 (59.0%)
68	MAJCHER Piotr	133	PIŁĄ TEAM	M3 40-49	68	00:00:00	00:28:03	00:59:13.50	00:59:13.50	+00:24:35 (41.5%)	5:55	10.1 (58.4%)
69	FIRAZA Jacek	710	DZIK KOMANDO	M3 40-49	69	00:00:27	00:29:12	00:59:26.00	00:59:53.35	+00:24:47 (41.7%)	5:56	10.1 (58.4%)
70	NOWAK Bartłomiej	201	SAILING TEAM FERAJNA	M3 40-49	70	00:00:38	00:30:09	01:00:14.40	01:00:52.65	+00:25:36 (42.5%)	6:01	10 (57.8%)
71	CHUDZIK Wojciech	511		M3 40-49	71	00:00:14	00:29:33	01:00:48.80	01:01:03.40	+00:26:10 (43.0%)	6:04	9.9 (57.2%)
72	GRZESZCZYK Sebastian	308		M3 40-49	72	00:00:27	00:29:38	01:00:55.75	01:01:23.30	+00:26:17 (43.2%)	6:05	9.8 (56.6%)
73	HRYMAJŁO Marcin	405	RUNNER SZCZECIN TEAM	M3 40-49	73	00:00:20	00:30:18	01:01:40.65	01:02:01.30	+00:27:02 (43.8%)	6:10	9.7 (56.1%)
74	ŻUROWSKI Jarosław	487		M3 40-49	74	00:00:21	00:29:55	01:02:11.25	01:02:32.65	+00:27:33 (44.3%)	6:13	9.6 (55.5%)
75	CHUDZIŃSKI Bartosz	190		M3 40-49	75	00:00:33	00:31:47	01:02:37.10	01:03:10.15	+00:27:58 (44.7%)	6:15	9.6 (55.5%)
76	RÓZGA Zbigniew	566	VIKING 88	M3 40-49	76	00:00:33	00:30:57	01:03:07.40	01:03:40.45	+00:28:29 (45.1%)	6:18	9.5 (54.9%)
77	PODEDWORNY Artur	105		M3 40-49	77	00:00:43	00:33:07	01:03:09.90	01:03:53.35	+00:28:31 (45.2%)	6:19	9.5 (54.9%)
78	WRÓBLEWSKI Jarosław	382	RAZ SZCZECIN	M3 40-49	78	00:00:17	00:30:26	01:03:17.55	01:03:35.15	+00:28:39 (45.3%)	6:19	9.5 (54.9%)
79	HNAT Rafał	76	KP PSP WAŁCZ	M3 40-49	79	00:00:15	00:30:07	01:04:07.55	01:04:23.25	+00:29:29 (46.0%)	6:24	9.4 (54.3%)
80	NASIADEK Arkadiusz	272		M3 40-49	80	00:00:33	00:31:54	01:04:29.40	01:05:02.45	+00:29:51 (46.3%)	6:26	9.3 (53.8%)
81	JASIK Mariusz	807		M3 40-49	81	00:00:49	00:33:39	01:04:53.55	01:05:43.20	+00:30:15 (46.6%)	6:29	9.2 (53.2%)
82	MLECZEK Roman	254		M3 40-49	82	00:00:36	00:33:31	01:04:54.70	01:05:31.50	+00:30:16 (46.6%)	6:29	9.2 (53.2%)
83	ANTOSIEWICZ Robert	216	LULATEAM	M3 40-49	83	00:00:35	00:31:45	01:05:30.00	01:06:05.65	+00:30:51 (47.1%)	6:33	9.2 (53.2%)

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84	STRZELECKI Sebastian 'Kaszana'	335	SAILING TEAM FERAJNA	M3 40-49	84	00:00:38	00:31:32	01:05:41.95	01:06:20.50	+00:31:03 (47.3%)	6:34	9.1 (52.6%)
85	BĄCZYK Adam	156	MONIA GYM	M3 40-49	85	00:00:31	00:30:01	01:06:09.40	01:06:40.90	+00:31:31 (47.6%)	6:36	9.1 (52.6%)
86	MAŁOCHA Mariusz	108	GHETTO WORKOUT ŚWINOUJŚCIE	M3 40-49	86	00:00:44	00:32:07	01:06:42.00	01:07:26.05	+00:32:03 (48.1%)	6:40	9 (52.0%)
87	GRALEWICZ Robert	4	MORSY MUROWANA GOŚLINA	M3 40-49	87	00:00:54	00:33:04	01:06:42.35	01:07:37.00	+00:32:04 (48.1%)	6:40	9 (52.0%)
88	GITNER Marcin	38	PIĘKNI I BESTIE	M3 40-49	88	00:00:43	00:33:00	01:07:05.50	01:07:48.85	+00:32:27 (48.4%)	6:42	8.9 (51.4%)
89	MOSKWA Grzegorz	268		M3 40-49	89	00:01:05	00:33:39	01:07:18.35	01:08:24.15	+00:32:40 (48.5%)	6:43	8.9 (51.4%)
90	SZYMCZAK Marcin	506		M3 40-49	90	00:00:49	00:33:54	01:07:42.30	01:08:31.35	+00:33:04 (48.8%)	6:46	8.9 (51.4%)
91	ŁEMPKOWSKI Janusz	689	BBL POLICE	M3 40-49	91	00:00:44	00:33:21	01:08:08.45	01:08:52.50	+00:33:30 (49.2%)	6:48	8.8 (50.9%)
92	BARSZCZEWSKI Stanisław	230		M3 40-49	92	00:00:52	00:33:36	01:08:17.30	01:09:10.15	+00:33:39 (49.3%)	6:49	8.8 (50.9%)
93	MORAWSKI Artur	129		M3 40-49	93	00:00:44	00:33:06	01:08:36.60	01:09:21.15	+00:33:58 (49.5%)	6:51	8.7 (50.3%)
94	MŁODAWSKI Rafał	39		M3 40-49	94	00:00:54	00:34:30	01:09:20.45	01:10:15.35	+00:34:42 (50.0%)	6:56	8.7 (50.3%)
95	OSTROWSKI Piotr	534	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	95	00:00:23	00:34:31	01:10:20.55	01:10:44.20	+00:35:42 (50.8%)	7:02	8.5 (49.1%)
96	ŚLIŻEWSKI Marcin	712		M3 40-49	96	00:00:57	00:37:26	01:12:27.90	01:13:25.30	+00:37:49 (52.2%)	7:14	8.3 (48.0%)
97	DZIEWIERSKI Marcin	315		M3 40-49	97	00:01:01	00:35:07	01:12:30.10	01:13:31.95	+00:37:51 (52.2%)	7:15	8.3 (48.0%)
98	JABŁONKA Mariusz	14	BRAVEHEARTS LEGIONOWO	M3 40-49	98	00:00:17	00:34:42	01:12:33.90	01:12:51.55	+00:37:55 (52.3%)	7:15	8.3 (48.0%)
99	JABŁONKA Radosław	62		M3 40-49	99	00:00:00	00:34:32	01:12:42.30	01:12:42.30	+00:38:04 (52.4%)	7:16	8.3 (48.0%)
100	BZDAWKA Rafał	225		M3 40-49	100	00:00:50	00:37:09	01:13:28.20	01:14:19.05	+00:38:50 (52.9%)	7:20	8.2 (47.4%)
101	BORODYN Andrzej	338	GRUPA DOCHODZENIOWA SAVE THE BEAT	M3 40-49	101	00:01:02	00:35:47	01:13:33.15	01:14:35.40	+00:38:55 (52.9%)	7:21	8.2 (47.4%)
102	WARKOCZYŃSKI Marcin	330	DLAELUNI	M3 40-49	102	00:01:02	00:35:47	01:13:48.50	01:14:50.75	+00:39:10 (53.1%)	7:22	8.1 (46.8%)
103	STEMPNIAK Zbigniew	72	REBELS LEGION TEAM	M3 40-49	103	00:00:58	00:35:35	01:13:57.05	01:14:55.95	+00:39:18 (53.2%)	7:23	8.1 (46.8%)
104	RÓZGA Jerzy	563	VIKING88	M3 40-49	104	00:00:25	00:35:15	01:14:02.45	01:14:27.90	+00:39:24 (53.2%)	7:24	8.1 (46.8%)
105	ZAWODNIAK Mirosław	810	BBL POLICE	M3 40-49	105	00:00:42	00:36:33	01:18:04.25	01:18:46.40	+00:43:26 (55.6%)	7:48	7.7 (44.5%)
106	BURAKOWSKI Grzegorz	365	SPOCENI ŚWINOUJŚCIE :)	M3 40-49	106	00:00:50	00:38:57	01:18:43.45	01:19:33.50	+00:44:05 (56.0%)	7:52	7.6 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	ZIEMIĘCKI Waldemar	671		M3 40-49	107	00:00:23	00:40:17	01:24:00.65	01:24:24.60	+00:49:22 (58.8%)	8:24	7.1 (41.0%)
108	NOWACKI Tomasz	661	OPTIMA	M3 40-49	108	00:01:08	00:41:28	01:25:10.30	01:26:18.30	+00:50:32 (59.3%)	8:31	7 (40.5%)
109	KRZYSZTOFOWICZ Sławek	433	KRZYSZTOFKI TEAM	M3 40-49	109	00:01:11	00:42:10	01:26:02.35	01:27:14.25	+00:51:24 (59.7%)	8:36	7 (40.5%)
110	PTASZYŃSKI Jarosław	579	OCR TEAM WŁOCŁAWEK	M3 40-49	110	00:00:30	00:43:54	01:30:38.95	01:31:09.30	+00:56:00 (61.8%)	9:03	6.6 (38.2%)

Znaleziono 110 wynik(ów)