| Organizator: | Hotel Brzoza |
| :--- | :--- |
| Data: | $2017-12-31$ |
| Miejsce: | Brzoza |
| Dystans: | 10 km |

Klasyfikacja: M-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | Split <br> 7.2 km | $\begin{gathered} \text { Split } \\ 9.55 \mathrm{~km} \end{gathered}$ | Czas netto 10 km | Czas <br> brutto <br> 10km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | POLAŃSKI Tomasz | 640 | B4SPORT | M-40 | 1 | 00:00:02 | 00:08:41 | 00:16:51 | 00:25:03 | 00:33:12 | 00:34:38.45 | 00:34:40.80 |  | 3:27 | $\begin{aligned} & 17.3 \\ & (100 \%) \end{aligned}$ |
| 2 | HAPKE Tomasz | 276 |  | M-40 | 2 | 00:00:02 | 00:09:12 | 00:18:03 | 00:26:55 | 00:35:42 | 00:37:11.20 | 00:37:13.25 | $\begin{aligned} & +00: 02: 32 \\ & (6.8 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & \text { (93.1\%) } \end{aligned}$ |
| 3 | MOKRZYCKI Rafał | 555 |  | M-40 | 3 | 00:00:02 | 00:09:15 | 00:18:09 | 00:27:07 | 00:36:04 | 00:37:37.30 | 00:37:39.55 | $\begin{aligned} & +00: 02: 58 \\ & (7.9 \%) \end{aligned}$ | 3:45 | $\begin{aligned} & 16 \\ & (92.5 \%) \end{aligned}$ |
| 4 | WARCZAK Piotr | 249 |  | M-40 | 4 | 00:00:00 | 00:09:26 | 00:18:17 | 00:27:09 | 00:36:12 | 00:37:45.20 | 00:37:45.20 | $\begin{aligned} & +00: 03: 06 \\ & (8.2 \%) \end{aligned}$ | 3:46 | $\begin{aligned} & 15.9 \\ & \text { (91.9\%) } \end{aligned}$ |
| 5 | RYCHTER Karol | 623 |  | M-40 | 5 | 00:00:05 | 00:09:41 | 00:18:48 | 00:28:09 | 00:37:21 | 00:38:54.60 | 00:38:59.90 | $\begin{aligned} & +00: 04: 16 \\ & (11.0 \%) \end{aligned}$ | 3:53 | $\begin{aligned} & 15.4 \\ & \text { (89.0\%) } \end{aligned}$ |
| 6 | SOBIERALSKI Rafał | 143 |  | M-40 | 6 | 00:00:03 | 00:09:40 | 00:18:54 | 00:28:15 | 00:37:32 | 00:39:06.25 | 00:39:09.90 | $\begin{aligned} & +00: 04: 27 \\ & (11.4 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.3 \\ & \text { (88.4\%) } \end{aligned}$ |
| 7 | NIESPODZIŃSKI Robert | 628 |  | M-40 | 7 | 00:00:06 | 00:09:46 | 00:19:07 | 00:28:36 | 00:37:59 | 00:39:34.90 | 00:39:41.75 | $\begin{aligned} & +00: 04: 56 \\ & (12.5 \%) \end{aligned}$ | 3:57 | $\begin{aligned} & 15.2 \\ & \text { (87.9\%) } \end{aligned}$ |
| 8 | SPYCHALSKI Waldemar | 374 |  | M-40 | 8 | 00:00:03 | 00:09:50 | 00:19:14 | 00:28:47 | 00:38:16 | 00:39:52.85 | 00:39:56.45 | $\begin{aligned} & +00: 05: 14 \\ & (13.1 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15 \\ & (86.7 \%) \end{aligned}$ |
| 9 | ZAKURZEWSKI Tomasz | 590 |  | M-40 | 9 | 00:00:05 | 00:10:08 | 00:19:31 | 00:29:02 | 00:38:31 | 00:40:12.60 | 00:40:18.30 | $\begin{aligned} & +00: 05: 34 \\ & (13.9 \%) \end{aligned}$ | 4:01 | $\begin{aligned} & 14.9 \\ & \text { (86.1\%) } \end{aligned}$ |
| 10 | JĘDRZEJCZYK Mikołaj | 269 |  | M-40 | 10 | 00:00:03 | 00:10:01 | 00:19:28 | 00:29:05 | 00:38:41 | 00:40:19.55 | 00:40:23.05 | $\begin{aligned} & +00: 05: 41 \\ & (14.1 \%) \end{aligned}$ | 4:02 | $\begin{aligned} & 14.9 \\ & (86.1 \%) \end{aligned}$ |
| 11 | KĄTNIK Jacek | 403 |  | M-40 | 11 | 00:00:05 | 00:10:13 | 00:19:43 | 00:29:24 | 00:39:02 | 00:40:32.50 | 00:40:38.35 | $\begin{aligned} & +00: 05: 54 \\ & (14.6 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & \text { (85.5\%) } \end{aligned}$ |
| 12 | STOMSKI Krzysztof | 376 |  | M-40 | 12 | 00:00:05 | 00:10:00 | 00:19:37 | 00:29:25 | 00:39:14 | 00:40:49.90 | 00:40:55.60 | $\begin{aligned} & +00: 06: 11 \\ & (15.2 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & \text { (85.0\%) } \end{aligned}$ |
| 13 | PRZYBYLSKI Maciej | 388 |  | M-40 | 13 | 00:00:03 | 00:10:07 | 00:19:51 | 00:29:47 | 00:39:40 | 00:41:18.30 | 00:41:22.25 | $\begin{aligned} & +00: 06: 39 \\ & (16.1 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.5 \\ & \text { (83.8\%) } \end{aligned}$ |
| 14 | SZCZEPANIAK Cezary | 486 |  | M-40 | 14 | 00:00:03 | 00:10:19 | 00:20:08 | 00:29:57 | 00:39:42 | 00:41:18.75 | 00:41:22.15 | $\begin{aligned} & +00: 06: 40 \\ & (16.1 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.5 \\ & (83.8 \%) \end{aligned}$ |
| 15 | MOROSZCZAK Bogumił | 202 | SPÓJNIA BIAŁE BŁOTA | M-40 | 15 | 00:00:06 | 00:10:15 | 00:20:05 | 00:29:55 | 00:39:47 | 00:41:30.30 | 00:41:36.70 | $\begin{aligned} & +00: 06: 51 \\ & (16.5 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.5 \\ & \text { (83.8\%) } \end{aligned}$ |
| 16 | ŚWITAL Leszek | 217 |  | M-40 | 16 | 00:00:03 | 00:10:15 | 00:20:07 | 00:30:07 | 00:40:01 | 00:41:36.00 | 00:41:39.95 | $\begin{aligned} & +00: 06: 57 \\ & (16.7 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (83.2 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | GAJC Artur | 323 |  | M-40 | 17 | 00:00:04 | 00:10:20 | 00:20:12 | 00:30:10 | 00:40:00 | 00:41:40.95 | 00:41:45.65 | $\begin{aligned} & +00: 07: 02 \\ & (16.9 \%) \end{aligned}$ | 4:10 | $\begin{aligned} & 14.4 \\ & \text { (83.2\%) } \end{aligned}$ |
| 18 | LESZCZEWICZ Waldek | 584 |  | M-40 | 18 | 00:00:04 | 00:10:47 | 00:20:44 | 00:30:50 | 00:40:34 | 00:42:13.45 | 00:42:18.10 | $\begin{aligned} & +00: 07: 35 \\ & (18.0 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & \text { (82.1\%) } \end{aligned}$ |
| 19 | MICHALSKI Adam | 560 |  | M-40 | 19 | 00:00:15 | 00:10:30 | 00:20:26 | 00:30:33 | 00:40:44 | 00:42:31.20 | 00:42:46.25 | $\begin{aligned} & +00: 07: 52 \\ & (18.5 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & \text { (81.5\%) } \end{aligned}$ |
| 20 | MOLTZAN Zbigniew | 233 |  | M-40 | 20 | 00:00:08 | 00:10:51 | 00:20:51 | 00:30:53 | 00:40:50 | 00:42:36.30 | 00:42:44.65 | $\begin{aligned} & +00: 07: 57 \\ & (18.7 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & \text { (81.5\%) } \end{aligned}$ |
| 21 | KRÓL Maciej | 525 |  | M-40 | 21 | 00:00:05 | 00:10:36 | 00:20:42 | 00:30:49 | 00:40:54 | 00:42:38.75 | 00:42:44.00 | $\begin{aligned} & +00: 08: 00 \\ & (18.8 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & \text { (81.5\%) } \end{aligned}$ |
| 22 | KOWALSKI Jacek | 26 |  | M-40 | 22 | 00:00:06 | 00:10:18 | 00:20:21 | 00:30:26 | 00:40:59 | 00:42:47.90 | 00:42:54.30 | $\begin{aligned} & +00: 08: 09 \\ & (19.1 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14 \\ & (80.9 \%) \end{aligned}$ |
| 23 | NAMIEŚNIK Krzysztof | 20 |  | M-40 | 23 | 00:00:14 | 00:10:49 | 00:20:48 | 00:30:52 | 00:41:02 | 00:42:49.60 | 00:43:04.45 | $\begin{aligned} & +00: 08: 11 \\ & \text { (19.1\%) } \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & \text { (80.9\%) } \end{aligned}$ |
| 24 | MARCINKOWSKI Paweł | 340 |  | M-40 | 24 | 00:00:16 | 00:11:20 | 00:21:36 | 00:31:40 | 00:41:34 | 00:43:16.90 | 00:43:33.00 | $\begin{aligned} & +00: 08: 38 \\ & (20.0 \%) \end{aligned}$ | 4:19 | $\begin{aligned} & 13.9 \\ & (80.3 \%) \end{aligned}$ |
| 25 | NAGOW Michał | 183 |  | M-40 | 25 | 00:00:07 | 00:10:56 | 00:21:12 | 00:31:33 | 00:41:50 | 00:43:35.85 | 00:43:43.35 | $\begin{aligned} & +00: 08: 57 \\ & (20.5 \%) \end{aligned}$ | 4:21 | $\begin{aligned} & 13.8 \\ & \text { (79.8\%) } \end{aligned}$ |
| 26 | WIŚNIEWSKI Leszek | 281 |  | M-40 | 26 | 00:00:05 | 00:10:39 | 00:20:45 | 00:31:19 | 00:42:10 | 00:43:56.60 | 00:44:02.55 | $\begin{aligned} & +00: 09: 18 \\ & (21.2 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & \text { (79.2\%) } \end{aligned}$ |
| 27 | CHOJNACKI Krzysztof | 168 |  | M-40 | 27 | 00:00:17 | 00:11:13 | 00:21:32 | 00:32:04 | 00:42:33 | 00:44:13.65 | 00:44:31.25 | $\begin{aligned} & +00: 09: 35 \\ & (21.7 \%) \end{aligned}$ | 4:25 | $\begin{aligned} & 13.6 \\ & \text { (78.6\%) } \end{aligned}$ |
| 28 | LIPSKI Krzysztof | 415 |  | M-40 | 28 | 00:00:09 | 00:10:58 | 00:21:22 | 00:31:58 | 00:42:34 | 00:44:15.15 | 00:44:25.10 | $\begin{aligned} & +00: 09: 36 \\ & \text { (21.7\%) } \end{aligned}$ | 4:25 | $\begin{aligned} & 13.6 \\ & \text { (78.6\%) } \end{aligned}$ |
| 29 | KADOW Ryszard | 506 |  | M-40 | 29 | 00:00:06 | 00:11:04 | 00:21:31 | 00:32:01 | 00:42:39 | 00:44:25.00 | 00:44:31.65 | $\begin{aligned} & +00: 09: 46 \\ & (22.0 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & (78.0 \%) \end{aligned}$ |
| 30 | RYCHTER Marcin | 622 |  | M-40 | 30 | 00:00:06 | 00:10:48 | 00:20:56 | 00:31:13 | 00:42:47 | 00:44:44.10 | 00:44:50.40 | $\begin{aligned} & +00: 10: 05 \\ & (22.6 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (77.5\%) } \end{aligned}$ |
| 31 | WIŚNIEWSKI Maciej | 331 |  | M-40 | 31 | 00:00:24 | 00:11:28 | 00:22:12 | 00:32:56 | 00:43:03 | 00:44:47.45 | 00:45:11.70 | $\begin{aligned} & +00: 10: 09 \\ & (22.7 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (77.5\%) } \end{aligned}$ |
| 32 | POWALISZ Dariusz | 492 |  | M-40 | 32 | 00:00:22 | 00:11:15 | 00:21:57 | 00:32:46 | 00:43:09 | 00:44:51.55 | 00:45:14.25 | $\begin{aligned} & +00: 10: 13 \\ & (22.8 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & \text { (77.5\%) } \end{aligned}$ |
| 33 | SZYMAŃSKI Krzysztof | 259 |  | M-40 | 33 | 00:00:04 | 00:11:17 | 00:22:20 | 00:33:33 | 00:43:23 | 00:45:02.40 | 00:45:06.60 | $\begin{aligned} & +00: 10: 23 \\ & (23.1 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (76.9 \%) \end{aligned}$ |
| 34 | TOCZKIEWICZ Piotr | 109 |  | M-40 | 34 | 00:00:05 | 00:11:01 | 00:21:40 | 00:32:30 | 00:43:25 | 00:45:06.35 | 00:45:11.40 | $\begin{aligned} & +00: 10: 27 \\ & (23.2 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (76.9 \%) \end{aligned}$ |
| 35 | MICHALEWSKI Bartosz | 465 |  | M-40 | 35 | 00:00:30 | 00:11:40 | 00:22:27 | 00:33:12 | 00:43:49 | 00:45:32.50 | 00:46:03.20 | $\begin{aligned} & +00: 10: 54 \\ & (23.9 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (76.3 \%) \end{aligned}$ |
| 36 | MORITZ Rafał | 175 |  | M-40 | 36 | 00:00:04 | 00:11:29 | 00:22:13 | 00:33:03 | 00:43:55 | 00:45:50.00 | 00:45:54.40 | $\begin{aligned} & +00: 11: 11 \\ & (24.4 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (75.7 \%) \end{aligned}$ |
| 37 | JANOWSKI Jacek | 591 |  | M-40 | 37 | 00:00:15 | 00:11:27 | 00:22:11 | 00:33:05 | 00:44:00 | 00:45:50.65 | 00:46:06.30 | $\begin{aligned} & +00: 11: 12 \\ & (24.4 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & \text { (75.7\%) } \end{aligned}$ |
| 38 | KRZYŻANOWSKI Robert | 559 |  | M-40 | 38 | 00:00:10 | 00:11:22 | 00:22:02 | 00:33:03 | 00:44:08 | 00:46:00.30 | 00:46:11.00 | $\begin{aligned} & +00: 11: 21 \\ & (24.7 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (75.1 \%) \end{aligned}$ |
| 39 | WNUCZYŃSKI Andrzej | 446 |  | M-40 | 39 | 00:00:18 | 00:11:17 | 00:22:01 | 00:33:00 | 00:44:11 | 00:46:04.45 | 00:46:22.90 | $\begin{aligned} & +00: 11: 26 \\ & (24.8 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & \text { (75.1\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ 9.55 \mathrm{~km} \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | BUZALSKI Robert | 441 |  | M-40 | 40 | 00:00:18 | 00:11:17 | 00:22:01 | 00:33:01 | 00:44:11 | 00:46:04.50 | 00:46:23.00 | $\begin{aligned} & +00: 11: 26 \\ & (24.8 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (75.1 \%) \end{aligned}$ |
| 41 | STEMPNIAK Krzysztof | 54 |  | M-40 | 41 | 00:00:08 | 00:11:37 | 00:22:29 | 00:33:28 | 00:44:27 | 00:46:15.30 | 00:46:23.90 | $\begin{aligned} & +00: 11: 36 \\ & (25.1 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (75.1 \%) \end{aligned}$ |
| 42 | UKLEJEWSKI Tomasz | 292 |  | M-40 | 42 | 00:00:10 | 00:11:42 | 00:22:44 | 00:33:42 | 00:44:30 | 00:46:15.45 | 00:46:25.60 | $\begin{aligned} & +00: 11: 37 \\ & (25.1 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (75.1 \%) \end{aligned}$ |
| 43 | FURTAK Tomasz | 187 |  | M-40 | 43 | 00:00:09 | 00:11:42 | 00:22:44 | 00:33:42 | 00:44:30 | 00:46:16.20 | 00:46:26.00 | $\begin{aligned} & +00: 11: 37 \\ & (25.1 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (75.1 \%) \end{aligned}$ |
| 44 | SŁOMA Maciej | 224 |  | M-40 | 44 | 00:00:22 | 00:11:21 | 00:22:03 | 00:33:27 | 00:44:32 | 00:46:20.50 | 00:46:42.90 | $\begin{aligned} & +00: 11: 42 \\ & (25.2 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 45 | NOWACKI Mariusz | 480 |  | M-40 | 45 | 00:00:03 | 00:10:53 | 00:21:53 | 00:33:13 | 00:44:30 | 00:46:21.05 | 00:46:24.20 | $\begin{aligned} & +00: 11: 42 \\ & (25.3 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 46 | GACKOWSKI Krzysztof | 120 |  | M-40 | 46 | 00:00:07 | 00:11:06 | 00:22:04 | 00:33:20 | 00:44:36 | 00:46:29.80 | 00:46:37.00 | $\begin{aligned} & +00: 11: 51 \\ & (25.5 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 47 | KANARKOWSKI Tomasz | 611 |  | M-40 | 47 | 00:00:10 | 00:11:47 | 00:22:51 | 00:34:01 | 00:44:47 | 00:46:33.60 | 00:46:44.50 | $\begin{aligned} & +00: 11: 55 \\ & (25.6 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 48 | BUJAK Karol | 302 |  | M-40 | 48 | 00:00:02 | 00:11:24 | 00:22:14 | 00:33:30 | 00:44:45 | 00:46:34.25 | 00:46:36.50 | $\begin{aligned} & +00: 11: 55 \\ & (25.6 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 49 | SZŁYK Maciej | 582 |  | M-40 | 49 | 00:00:07 | 00:11:48 | 00:22:54 | 00:33:59 | 00:44:52 | 00:46:36.65 | 00:46:44.05 | $\begin{aligned} & +00: 11: 58 \\ & \text { (25.7\%) } \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 50 | SUCHODOLSKI Radosław | 338 |  | M-40 | 50 | 00:00:07 | 00:11:27 | 00:22:28 | 00:33:47 | 00:44:45 | 00:46:37.35 | 00:46:45.20 | $\begin{aligned} & +00: 11: 58 \\ & (25.7 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (74.6 \%) \end{aligned}$ |
| 51 | TUBAJA Albert | 368 |  | M-40 | 51 | 00:00:07 | 00:11:23 | 00:21:56 | 00:33:20 | 00:44:47 | 00:46:48.85 | 00:46:56.10 | $\begin{aligned} & +00: 12: 10 \\ & (26.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (74.0 \%) \end{aligned}$ |
| 52 | ZASADA Krystian | 252 |  | M-40 | 52 | 00:00:33 | 00:11:05 | 00:22:09 | 00:33:47 | 00:45:09 | 00:47:03.80 | 00:47:37.30 | $\begin{aligned} & +00: 12: 25 \\ & (26.4 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (73.4 \%) \end{aligned}$ |
| 53 | WAWRZYŃCZAK Arek | 602 |  | M-40 | 53 | 00:00:11 | 00:12:20 | 00:23:14 | 00:34:21 | 00:45:19 | 00:47:06.50 | 00:47:18.05 | $\begin{aligned} & +00: 12: 28 \\ & (26.5 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (73.4 \%) \end{aligned}$ |
| 54 | SZTEJKA Damian | 228 |  | M-40 | 54 | 00:00:15 | 00:11:53 | 00:23:13 | 00:34:28 | 00:45:42 | 00:47:30.90 | 00:47:45.90 | $\begin{aligned} & +00: 12: 52 \\ & (27.1 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (72.8 \%) \end{aligned}$ |
| 55 | ŻYWICA Adam | 17 |  | M-40 | 55 | 00:00:04 | 00:12:10 | 00:23:27 | 00:34:45 | 00:45:50 | 00:47:39.30 | 00:47:44.10 | $\begin{aligned} & +00: 13: 00 \\ & (27.3 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (72.8 \%) \end{aligned}$ |
| 56 | ZBORALSKI Krzysztof | 442 |  | M-40 | 56 | 00:00:08 | 00:11:56 | 00:23:11 | 00:34:27 | 00:45:44 | 00:47:40.35 | 00:47:48.60 | $\begin{aligned} & +00: 13: 01 \\ & (27.3 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (72.8 \%) \end{aligned}$ |
| 57 | RYDLEWSKI Marek | 53 |  | M-40 | 57 | 00:00:09 | 00:11:50 | 00:23:11 | 00:34:38 | 00:46:05 | 00:47:55.30 | 00:48:05.20 | $\begin{aligned} & +00: 13: 16 \\ & (27.7 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (72.3 \%) \end{aligned}$ |
| 58 | KONIEC Krzysztof | 93 |  | M-40 | 58 | 00:00:24 | 00:11:45 | 00:22:57 | 00:34:44 | 00:46:17 | 00:48:09.10 | 00:48:34.00 | $\begin{aligned} & +00: 13: 30 \\ & (28.1 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.5 \\ & (72.3 \%) \end{aligned}$ |
| 59 | BIEL Marek | 325 |  | M-40 | 59 | 00:00:22 | 00:11:34 | 00:22:40 | 00:34:15 | 00:46:06 | 00:48:11.80 | 00:48:34.10 | $\begin{aligned} & +00: 13: 33 \\ & (28.1 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (71.7 \%) \end{aligned}$ |
| 60 | DĄBKOWSKI Maciej | 79 |  | M-40 | 60 | 00:00:36 | 00:12:25 | 00:23:49 | 00:35:02 | 00:46:15 | 00:48:11.95 | 00:48:48.75 | $\begin{aligned} & +00: 13: 33 \\ & (28.1 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (71.7 \%) \end{aligned}$ |
| 61 | GOLINOWSKI Dariusz | 229 |  | M-40 | 61 | 00:00:12 | 00:11:42 | 00:23:01 | 00:34:42 | 00:46:10 | 00:48:13.65 | 00:48:25.75 | $\begin{aligned} & +00: 13: 35 \\ & (28.2 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (71.7 \%) \end{aligned}$ |
| 62 | FILIPEK Piotr | 481 |  | M-40 | 62 | 00:00:13 | 00:12:14 | 00:23:35 | 00:35:08 | 00:46:27 | 00:48:17.20 | 00:48:31.15 | $\begin{aligned} & +00: 13: 38 \\ & (28.3 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (71.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ 9.55 \mathrm{~km} \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 | KANIA Dariusz | 477 |  | M-40 | 63 | 00:00:08 | 00:11:57 | 00:23:12 | 00:34:30 | 00:46:18 | 00:48:23.30 | 00:48:32.00 | $\begin{aligned} & +00: 13: 44 \\ & (28.4 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & \text { (71.7\%) } \end{aligned}$ |
| 64 | GACKA Rafał | 420 |  | M-40 | 64 | 00:00:14 | 00:12:00 | 00:23:19 | 00:34:58 | 00:46:39 | 00:48:39.25 | 00:48:53.60 | $\begin{aligned} & +00: 14: 00 \\ & (28.8 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.3 \\ & \text { (71.1\%) } \end{aligned}$ |
| 65 | SZUBARTOWSKI Robert | 147 |  | M-40 | 65 | 00:00:17 | 00:12:12 | 00:23:28 | 00:35:03 | 00:46:50 | 00:48:45.20 | 00:49:03.05 | $\begin{aligned} & +00: 14: 06 \\ & (28.9 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (71.1 \%) \end{aligned}$ |
| 66 | RÓŻYCKI Waldemar | 452 |  | M-40 | 66 | 00:00:26 | 00:12:15 | 00:24:18 | 00:36:03 | 00:46:57 | 00:48:47.55 | 00:49:13.95 | $\begin{aligned} & +00: 14: 09 \\ & (29.0 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & \text { (71.1\%) } \end{aligned}$ |
| 67 | NURKIEWICZ Jarosław | 512 |  | M-40 | 67 | 00:00:22 | 00:12:10 | 00:23:41 | 00:35:23 | 00:46:57 | 00:48:49.25 | 00:49:11.45 | $\begin{aligned} & +00: 14: 10 \\ & (29.0 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (71.1 \%) \end{aligned}$ |
| 68 | RYBAK Remigiusz | 538 |  | M-40 | 68 | 00:00:11 | 00:12:06 | 00:23:41 | 00:35:26 | 00:47:02 | 00:48:59.60 | 00:49:10.90 | $\begin{aligned} & +00: 14: 21 \\ & (29.3 \%) \end{aligned}$ | 4:53 | $\begin{aligned} & 12.2 \\ & (70.5 \%) \end{aligned}$ |
| 69 | PRZEDWOJSKI Dariusz | 35 |  | M-40 | 69 | 00:00:38 | 00:12:28 | 00:24:01 | 00:35:37 | 00:47:08 | 00:49:03.00 | 00:49:41.35 | $\begin{aligned} & +00: 14: 24 \\ & (29.4 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (70.5 \%) \end{aligned}$ |
| 70 | REPKA Marek | 549 |  | M-40 | 70 | 00:00:14 | 00:12:10 | 00:23:54 | 00:35:53 | 00:47:35 | 00:49:26.35 | 00:49:40.55 | $\begin{aligned} & +00: 14: 47 \\ & (29.9 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.1 \\ & (69.9 \%) \end{aligned}$ |
| 71 | KOWALSKI Jacek | 336 |  | M-40 | 71 | 00:00:37 | 00:12:25 | 00:24:03 | 00:35:51 | 00:47:39 | 00:49:40.60 | 00:50:17.85 | $\begin{aligned} & +00: 15: 02 \\ & (30.3 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (69.9 \%) \end{aligned}$ |
| 72 | KWIATKOWSKI Tomasz | 437 |  | M-40 | 72 | 00:00:11 | 00:12:46 | 00:25:03 | 00:36:30 | 00:47:48 | 00:49:46.45 | 00:49:57.50 | $\begin{aligned} & +00: 15: 08 \\ & \text { (30.4\%) } \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (69.9 \%) \end{aligned}$ |
| 73 | MATYSZCZAK Damian | 244 |  | M-40 | 73 | 00:00:16 | 00:12:07 | 00:23:39 | 00:35:32 | 00:47:44 | 00:49:47.55 | 00:50:04.35 | $\begin{aligned} & +00: 15: 09 \\ & (30.4 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12 \\ & (69.4 \%) \end{aligned}$ |
| 74 | JENERALSKI Maciej | 527 |  | M-40 | 74 | 00:00:22 | 00:12:26 | 00:24:14 | 00:36:18 | 00:48:02 | 00:50:00.70 | 00:50:22.80 | $\begin{aligned} & +00: 15: 22 \\ & (30.7 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (69.4 \%) \end{aligned}$ |
| 75 | WINKLEWSKI Krzysztof | 44 |  | M-40 | 75 | 00:00:40 | 00:12:28 | 00:24:13 | 00:36:09 | 00:48:06 | 00:50:04.05 | 00:50:44.45 | $\begin{aligned} & +00: 15: 25 \\ & (30.8 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (69.4 \%) \end{aligned}$ |
| 76 | JURSKI Robert | 212 |  | M-40 | 76 | 00:00:10 | 00:12:50 | 00:24:32 | 00:36:17 | 00:48:12 | 00:50:11.25 | 00:50:21.65 | $\begin{aligned} & +00: 15: 32 \\ & (31.0 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & (69.4 \%) \end{aligned}$ |
| 77 | ŁOŚ Piotr | 9 |  | M-40 | 77 | 00:00:27 | 00:12:48 | 00:24:43 | 00:36:19 | 00:48:20 | 00:50:16.15 | 00:50:43.85 | $\begin{aligned} & +00: 15: 37 \\ & (31.1 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 11.9 \\ & (68.8 \%) \end{aligned}$ |
| 78 | MARCYJANIAK Krzysztof | 135 |  | M-40 | 78 | 00:00:31 | 00:12:25 | 00:24:04 | 00:36:06 | 00:48:31 | 00:50:32.40 | 00:51:04.15 | $\begin{aligned} & +00: 15: 53 \\ & (31.5 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (68.8 \%) \end{aligned}$ |
| 79 | ŚLESIŃSKI Bartosz | 513 |  | M-40 | 79 | 00:00:38 | 00:13:03 | 00:25:01 | 00:36:56 | 00:48:42 | 00:50:33.30 | 00:51:11.95 | $\begin{aligned} & +00: 15: 54 \\ & (31.5 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (68.8 \%) \end{aligned}$ |
| 80 | SITKO Arkadiusz | 421 |  | M-40 | 80 | 00:00:02 | 00:12:27 | 00:24:32 | 00:36:43 | 00:48:41 | 00:50:41.95 | 00:50:44.50 | $\begin{aligned} & +00: 16: 03 \\ & (31.7 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (68.2 \%) \end{aligned}$ |
| 81 | RUDOL Sebastian | 213 |  | M-40 | 81 | 00:00:30 | 00:13:34 | 00:25:22 | 00:37:01 | 00:49:07 | 00:50:55.00 | 00:51:25.30 | $\begin{aligned} & +00: 16: 16 \\ & (32.0 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & (68.2 \%) \end{aligned}$ |
| 82 | STAWCZYK Dariusz | 41 |  | M-40 | 82 | 00:00:18 | 00:12:51 | 00:24:57 | 00:37:02 | 00:49:06 | 00:51:05.85 | 00:51:23.85 | $\begin{aligned} & +00: 16: 27 \\ & (32.2 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.7 \\ & (67.6 \%) \end{aligned}$ |
| 83 | ŚLOT Michał | 389 |  | M-40 | 83 | 00:00:32 | 00:13:24 | 00:25:33 | 00:37:32 | 00:49:08 | 00:51:09.90 | 00:51:42.30 | $\begin{aligned} & +00: 16: 31 \\ & (32.3 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & \text { (67.6\%) } \end{aligned}$ |
| 84 | PASTECKI Robert | 583 |  | M-40 | 84 | 00:00:27 | 00:12:52 | 00:24:59 | 00:36:58 | 00:49:08 | 00:51:14.90 | 00:51:42.60 | $\begin{aligned} & +00: 16: 36 \\ & (32.4 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (67.6 \%) \end{aligned}$ |
| 85 | KOWALCZYK Tomasz | 161 |  | M-40 | 85 | 00:00:18 | 00:12:34 | 00:24:27 | 00:36:45 | 00:49:18 | 00:51:28.70 | 00:51:47.05 | $\begin{aligned} & +00: 16: 50 \\ & (32.7 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (67.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ 9.55 \mathrm{~km} \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 86 | CHOŚCIŃSKI Piotr | 574 |  | M-40 | 86 | 00:00:16 | 00:12:43 | 00:24:36 | 00:36:52 | 00:49:23 | 00:51:32.35 | 00:51:48.80 | $\begin{aligned} & +00: 16: 53 \\ & \text { (32.8\%) } \end{aligned}$ | 5:09 | $\begin{aligned} & 11.6 \\ & \text { (67.1\%) } \end{aligned}$ |
| 87 | REY ALAMEDA Javier | 408 |  | M-40 | 87 | 00:00:21 | 00:13:09 | 00:25:25 | 00:37:32 | 00:49:41 | 00:51:44.25 | 00:52:05.95 | $\begin{aligned} & +00: 17: 05 \\ & (33.0 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & \text { (67.1\%) } \end{aligned}$ |
| 88 | MORAWSKI Marek | 219 |  | M-40 | 88 | 00:00:11 | 00:12:20 | 00:24:17 | 00:37:00 | 00:49:48 | 00:51:48.25 | 00:52:00.10 | $\begin{aligned} & +00: 17: 09 \\ & (33.1 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (67.1 \%) \end{aligned}$ |
| 89 | PALACZ Michał | 159 |  | M-40 | 89 | 00:00:27 | 00:13:23 | 00:25:45 | 00:38:04 | 00:49:59 | 00:51:52.90 | 00:52:20.30 | $\begin{aligned} & +00: 17: 14 \\ & (33.2 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & \text { (67.1\%) } \end{aligned}$ |
| 90 | SADOWSKI Marian | 406 |  | M-40 | 90 | 00:00:36 | 00:13:46 | 00:25:54 | 00:37:50 | 00:49:48 | 00:51:54.60 | 00:52:30.70 | $\begin{aligned} & +00: 17: 16 \\ & (33.3 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (67.1 \%) \end{aligned}$ |
| 91 | SIMIŃSKI Maciej | 509 |  | M-40 | 91 | 00:00:38 | 00:13:41 | 00:25:53 | 00:38:21 | 00:50:20 | 00:52:17.35 | 00:52:55.80 | $\begin{aligned} & +00: 17: 38 \\ & (33.8 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (66.5 \%) \end{aligned}$ |
| 92 | WOJCIECHOWSKI Jarosław | 186 |  | M-40 | 92 | 00:00:19 | 00:12:51 | 00:25:16 | 00:37:40 | 00:50:13 | 00:52:18.80 | 00:52:38.40 | $\begin{aligned} & +00: 17: 40 \\ & (33.8 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (66.5 \%) \end{aligned}$ |
| 93 | PAŚ Michał | 273 |  | M-40 | 93 | 00:00:15 | 00:13:25 | 00:25:59 | 00:38:21 | 00:50:28 | 00:52:27.25 | 00:52:42.70 | $\begin{aligned} & +00: 17: 48 \\ & (34.0 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (65.9 \%) \end{aligned}$ |
| 94 | GŁOWSKI Aleksander | 514 |  | M-40 | 94 | 00:00:13 | 00:13:15 | 00:25:33 | 00:38:04 | 00:50:25 | 00:52:31.80 | 00:52:45.70 | $\begin{aligned} & +00: 17: 53 \\ & (34.1 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (65.9 \%) \end{aligned}$ |
| 95 | CHOJNICKI Grzegorz | 499 |  | M-40 | 95 | 00:00:23 | 00:13:02 | 00:25:30 | 00:38:03 | 00:50:28 | 00:52:38.30 | 00:53:01.55 | $\begin{aligned} & +00: 17: 59 \\ & (34.2 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (65.9 \%) \end{aligned}$ |
| 96 | LUTKOWSKI Dariusz | 430 |  | M-40 | 96 | 00:00:35 | 00:13:43 | 00:26:06 | 00:38:26 | 00:50:38 | 00:52:38.95 | 00:53:14.45 | $\begin{aligned} & +00: 18: 00 \\ & (34.2 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (65.9 \%) \end{aligned}$ |
| 97 | STĘPIEŃ Tomasz | 231 |  | M-40 | 97 | 00:00:32 | 00:13:17 | 00:25:39 | 00:38:09 | 00:51:03 | 00:53:11.50 | 00:53:44.05 | $\begin{aligned} & +00: 18: 33 \\ & (34.9 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & \text { (65.3\%) } \end{aligned}$ |
| 98 | SUDZIŃSKI Marcin | 405 |  | M-40 | 98 | 00:00:17 | 00:12:55 | 00:25:28 | 00:38:08 | 00:51:00 | 00:53:17.95 | 00:53:35.05 | $\begin{aligned} & +00: 18: 39 \\ & (35.0 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (65.3 \%) \end{aligned}$ |
| 99 | KUJAWA Roger | 554 |  | M-40 | 99 | 00:00:33 | 00:13:43 | 00:25:56 | 00:38:25 | 00:51:15 | 00:53:20.70 | 00:53:54.20 | $\begin{aligned} & +00: 18: 42 \\ & (35.1 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (64.7 \%) \end{aligned}$ |
| 100 | KUCHARSKI Jarosław | 134 |  | M-40 | 100 | 00:00:33 | 00:13:43 | 00:25:56 | 00:38:25 | 00:51:14 | 00:53:21.35 | 00:53:54.55 | $\begin{aligned} & +00: 18: 42 \\ & (35.1 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (64.7 \%) \end{aligned}$ |
| 101 | HAREMZA Mariusz | 179 |  | M-40 | 101 | 00:00:12 | 00:12:38 | 00:25:01 | 00:37:54 | 00:51:07 | 00:53:25.55 | 00:53:38.05 | $\begin{aligned} & +00: 18: 47 \\ & (35.2 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (64.7 \%) \end{aligned}$ |
| 102 | TOBOLSKI Tomasz | 328 |  | M-40 | 102 | 00:00:13 | 00:12:58 | 00:25:35 | 00:38:39 | 00:51:43 | 00:53:45.30 | 00:53:58.85 | $\begin{aligned} & +00: 19: 06 \\ & (35.6 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (64.7 \%) \end{aligned}$ |
| 103 | ŚWIATOWY Ryszard | 573 |  | M-40 | 103 | 00:00:04 | 00:12:44 | 00:25:48 | 00:38:57 | 00:52:08 | 00:54:15.65 | 00:54:20.20 | $\begin{aligned} & +00: 19: 37 \\ & (36.2 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (64.2 \%) \end{aligned}$ |
| 104 | OSZUBSKI Kazimierz | 327 |  | M-40 | 104 | 00:00:21 | 00:13:45 | 00:26:34 | 00:39:50 | 00:52:19 | 00:54:16.25 | 00:54:37.95 | $\begin{aligned} & +00: 19: 37 \\ & (36.2 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (64.2 \%) \end{aligned}$ |
| 105 | NIEDBALSKI Przemysław | 241 |  | M-40 | 105 | 00:00:22 | 00:13:24 | 00:25:53 | 00:38:35 | 00:52:05 | 00:54:20.90 | 00:54:43.40 | $\begin{aligned} & +00: 19: 42 \\ & (36.3 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (63.6 \%) \end{aligned}$ |
| 106 | GAWRYCH Andrzej | 201 |  | M-40 | 106 | 00:00:33 | 00:13:03 | 00:25:54 | 00:39:06 | 00:52:33 | 00:54:41.30 | 00:55:14.55 | $\begin{aligned} & +00: 20: 02 \\ & (36.7 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & (63.6 \%) \end{aligned}$ |
| 107 | KAMIŃSKI Andrzej | 285 |  | M-40 | 107 | 00:00:37 | 00:13:55 | 00:26:46 | 00:39:46 | 00:52:29 | 00:54:41.95 | 00:55:19.25 | $\begin{aligned} & +00: 20: 03 \\ & (36.7 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & (63.6 \%) \end{aligned}$ |
| 108 | BYRTEK Grzegorz | 518 |  | M-40 | 108 | 00:00:29 | 00:12:36 | 00:25:11 | 00:38:18 | 00:52:16 | 00:54:43.15 | 00:55:13.10 | $\begin{aligned} & +00: 20: 04 \\ & (36.7 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & (63.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 109 | KRUCZYŃSKI Bogusław | 337 |  | M-40 | 109 | 00:00:09 | 00:12:41 | 00:25:43 | 00:39:23 | 00:52:47 | 00:55:05.70 | 00:55:14.75 | $\begin{aligned} & +00: 20: 27 \\ & (37.1 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & (63.0 \%) \end{aligned}$ |
| 110 | REDLAK Tomasz | 58 |  | M-40 | 110 | 00:00:13 | 00:13:11 | 00:26:13 | 00:39:37 | 00:53:16 | 00:55:36.05 | 00:55:49.60 | $\begin{aligned} & +00: 20: 57 \\ & (37.7 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 111 | KONIEC Piotr | 349 |  | M-40 | 111 | 00:00:26 | 00:13:36 | 00:26:55 | 00:40:00 | 00:53:33 | 00:55:37.85 | 00:56:03.85 | $\begin{aligned} & +00: 20: 59 \\ & (37.7 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 112 | KRYSZTOFIAK Robert | 127 |  | M-40 | 112 | 00:00:18 | 00:13:21 | 00:26:28 | 00:40:09 | 00:53:54 | 00:56:13.80 | 00:56:32.25 | $\begin{aligned} & +00: 21: 35 \\ & (38.4 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (61.8 \%) \end{aligned}$ |
| 113 | UGOREK Dariusz | 404 |  | M-40 | 113 | 00:00:17 | 00:13:43 | 00:26:40 | 00:40:37 | 00:54:11 | 00:56:21.80 | 00:56:39.40 | $\begin{aligned} & +00: 21: 43 \\ & (38.5 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (61.3 \%) \end{aligned}$ |
| 114 | JAZNY Sevan | 409 |  | M-40 | 114 | 00:00:32 | 00:13:33 | 00:26:37 | 00:40:32 | 00:54:28 | 00:56:57.55 | 00:57:30.05 | $\begin{aligned} & +00: 22: 19 \\ & (39.2 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & (60.7 \%) \end{aligned}$ |
| 115 | WEŁNICKI Waldemar | 96 |  | M-40 | 115 | 00:00:42 | 00:14:07 | 00:27:22 | 00:41:10 | 00:55:09 | 00:57:34.25 | 00:58:16.45 | $\begin{aligned} & +00: 22: 55 \\ & (39.8 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (60.1 \%) \end{aligned}$ |
| 116 | ROBACZEWSKI Marcin | 470 |  | M-40 | 116 | 00:00:30 | 00:14:42 | 00:28:28 | 00:42:24 | 00:55:40 | 00:57:42.80 | 00:58:13.40 | $\begin{aligned} & +00: 23: 04 \\ & (40.0 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & (60.1 \%) \end{aligned}$ |
| 117 | PODBORNY Piotr | 360 |  | M-40 | 117 | 00:00:48 | 00:14:10 | 00:27:39 | 00:41:32 | 00:55:25 | 00:57:51.30 | 00:58:39.35 | $\begin{aligned} & +00: 23: 12 \\ & (40.1 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (60.1 \%) \end{aligned}$ |
| 118 | DĄBROWSKI Jarosław | 190 |  | M-40 | 118 | 00:00:44 | 00:14:24 | 00:27:50 | 00:41:40 | 00:56:11 | 00:58:32.60 | 00:59:17.40 | $\begin{aligned} & +00: 23: 54 \\ & (40.8 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & \text { (59.0\%) } \end{aligned}$ |
| 119 | AUGUSTYNIAK Piotr | 566 |  | M-40 | 119 | 00:00:19 | 00:13:58 | 00:27:42 | 00:42:04 | 00:56:15 | 00:58:38.85 | 00:58:58.60 | $\begin{aligned} & +00: 24: 00 \\ & (40.9 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & \text { (59.0\%) } \end{aligned}$ |
| 120 | SZPERKOWSKI Krzysztof | 629 |  | M-40 | 120 | 00:00:26 | 00:14:04 | 00:27:27 | 00:41:23 | 00:56:05 | 00:58:40.25 | 00:59:07.15 | $\begin{aligned} & +00: 24: 01 \\ & (41.0 \%) \end{aligned}$ | 5:52 | $\begin{aligned} & 10.2 \\ & \text { (59.0\%) } \end{aligned}$ |
| 121 | TREPANOWSKI Tomasz | 448 |  | M-40 | 121 | 00:00:39 | 00:15:54 | 00:30:04 | 00:43:44 | 00:57:08 | 00:59:29.20 | 01:00:08.80 | $\begin{aligned} & +00: 24: 50 \\ & (41.8 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & \text { (58.4\%) } \end{aligned}$ |
| 122 | KARASZEWSKI Sławomir | 128 |  | M-40 | 122 | 00:00:09 | 00:14:13 | 00:28:32 | 00:42:55 | 00:57:17 | 00:59:42.65 | 00:59:52.15 | $\begin{aligned} & +00: 25: 04 \\ & (42.0 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & \text { (57.8\%) } \end{aligned}$ |
| 123 | KABAT Radosław | 515 |  | M-40 | 123 | 00:00:42 | 00:15:16 | 00:29:51 | 00:43:58 | 00:58:11 | 01:00:25.50 | 01:01:07.85 | $\begin{aligned} & +00: 25: 47 \\ & (42.7 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (57.2 \%) \end{aligned}$ |
| 124 | GOLA Grzegorz | 86 |  | M-40 | 124 | 00:00:39 | 00:14:24 | 00:28:34 | 00:43:31 | 00:58:03 | 01:00:43.85 | 01:01:22.85 | $\begin{aligned} & +00: 26: 05 \\ & (43.0 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (57.2 \%) \end{aligned}$ |
| 125 | GUMIENNY Maciej | 541 |  | M-40 | 125 | 00:00:24 | 00:15:16 | 00:29:36 | 00:44:03 | 00:58:25 | 01:00:46.60 | 01:01:11.00 | $\begin{aligned} & +00: 26: 08 \\ & (43.0 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & \text { (57.2\%) } \end{aligned}$ |
| 126 | KAWA Marcin | 209 |  | M-40 | 126 | 00:00:46 | 00:15:14 | 00:29:25 | 00:43:49 | 00:58:26 | 01:00:49.50 | 01:01:35.80 | $\begin{aligned} & +00: 26: 11 \\ & (43.0 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (57.2 \%) \end{aligned}$ |
| 127 | PREUSS Daniel | 412 |  | M-40 | 127 | 00:00:17 | 00:14:12 | 00:28:05 | 00:42:51 | 00:58:17 | 01:00:55.00 | 01:01:12.25 | $\begin{aligned} & +00: 26: 16 \\ & (43.1 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.8 \\ & \text { (56.6\%) } \end{aligned}$ |
| 128 | BOLEWICZ Mariusz | 176 |  | M-40 | 128 | 00:00:34 | 00:15:04 | 00:29:43 | 00:44:29 | 00:58:49 | 01:01:06.65 | 01:01:40.90 | $\begin{aligned} & +00: 26: 28 \\ & (43.3 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (56.6\%) } \end{aligned}$ |
| 129 | SAWIEŁAJC Michał | 260 |  | M-40 | 129 | 00:00:26 | 00:14:47 | 00:29:03 | 00:43:53 | 00:59:07 | 01:01:44.40 | 01:02:11.30 | $\begin{aligned} & +00: 27: 05 \\ & (43.9 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (56.1\%) } \end{aligned}$ |
| 130 | PÓŁGĘSEK Rafał | 142 |  | M-40 | 130 | 00:00:41 | 00:15:38 | 00:30:30 | 00:45:36 | 01:00:33 | 01:03:04.10 | 01:03:46.05 | $\begin{aligned} & +00: 28: 25 \\ & (45.1 \%) \end{aligned}$ | 6:18 | $\begin{aligned} & 9.5 \\ & \text { (54.9\%) } \end{aligned}$ |
| 131 | GROTT Bartłomiej | 284 |  | M-40 | 131 | 00:00:44 | 00:15:33 | 00:30:27 | 00:45:46 | 01:00:55 | 01:03:26.25 | 01:04:10.90 | $\begin{aligned} & +00: 28: 47 \\ & (45.4 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & \text { (54.9\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{gathered} \text { Split } \\ 7.2 \mathrm{~km} \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 9.55 \mathrm{~km} \end{aligned}$ | Czas netto 10 km | Czas brutto 10km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 132 | RYBAK Mariusz | 287 |  | M-40 | 132 | 00:00:30 | 00:15:38 | 00:31:08 | 00:47:19 | 01:02:49 | 01:04:58.25 | 01:05:28.35 | $\begin{aligned} & +00: 30: 19 \\ & (46.7 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (53.2 \%) \end{aligned}$ |
| 133 | RATAJ Maciej | 99 |  | M-40 | 133 | 00:00:18 | 00:14:38 | 00:29:57 | 00:45:47 | 01:02:51 | 01:05:41.00 | 01:05:59.25 | $\begin{aligned} & +00: 31: 02 \\ & (47.3 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & \text { (52.6\%) } \end{aligned}$ |
| 134 | ŚLĘZAK Rafał | 588 |  | M-40 | 134 | 00:00:44 | 00:16:37 | 00:32:09 | 00:47:40 | 01:03:28 | 01:06:08.45 | 01:06:53.40 | $\begin{aligned} & +00: 31: 30 \\ & (47.6 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (52.6 \%) \end{aligned}$ |
| 135 | ZIELIŃSKI Andrzej | 100 |  | M-40 | 135 | 00:00:47 | 00:16:25 | 00:32:11 | 00:47:58 | 01:04:09 | 01:06:49.25 | 01:07:36.40 | $\begin{aligned} & +00: 32: 10 \\ & (48.2 \%) \end{aligned}$ | 6:40 | 9 (52.0\%) |
| 136 | WYCZLING Piotr | 432 |  | M-40 | 136 | 00:00:35 | 00:16:50 | 00:32:28 | 00:48:09 | 01:04:22 | 01:07:00.70 | 01:07:35.70 | $\begin{aligned} & +00: 32: 22 \\ & (48.3 \%) \end{aligned}$ | 6:42 | 9 (52.0\%) |
| 137 | JURCZYK Artur | 236 |  | M-40 | 137 | 00:00:43 | 00:18:23 | 00:35:56 | 00:54:39 | 01:14:25 | 01:17:35.80 | 01:18:19.15 | $\begin{aligned} & +00: 42: 57 \\ & (55.4 \%) \end{aligned}$ | 7:45 | $\begin{aligned} & 7.7 \\ & (44.5 \%) \end{aligned}$ |
| 138 | MŁYNAREK Piotr | 460 |  | M-40 | 138 | 00:00:48 | 00:18:45 | 00:37:06 | 00:56:09 | 01:15:11 | 01:18:28.80 | 01:19:17.30 | $\begin{aligned} & +00: 43: 50 \\ & (55.9 \%) \end{aligned}$ | 7:50 | $\begin{aligned} & 7.6 \\ & (43.9 \%) \end{aligned}$ |

