



Organizator: Hotel Brzoza
Data: 2018-12-31
Miejsce: Brzoza
Dystans: 10 km

XII BIEG SYLWESTROWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZALEWSKI Krystian	400	UKS BARNIM GOLENIÓW	M-20	1	00:00:02	00:07:19	00:14:15	00:21:13	00:28:14	00:29:30.90	00:29:32.95		2:57	20.3
2	BRZEZIŃSKI Błażej	1	BRZEZIŃSKIRUNCLUB	M-30	1	00:00:02	00:07:21	00:14:38	00:21:50	00:29:01	00:30:22.20	00:30:24.25	+00:00:51	3:02	19.8
3	PAWLAK Bartosz	3	WKS GRUNWALD POZNAŃ	M-20	2	00:00:02	00:07:58	00:15:33	00:23:15	00:30:55	00:32:18.65	00:32:20.70	+00:02:47	3:13	18.6
4	KALATA Łukasz	240	KM TRUCHCIK ŁUBIANKA	M-30	2	00:00:03	00:08:42	00:17:02	00:25:27	00:33:45	00:35:15.30	00:35:18.80	+00:05:44	3:31	17
5	KŁOPOTEK Patryk	150	WRB / UMB	M-20	3	00:00:01	00:08:39	00:17:04	00:25:29	00:34:02	00:35:36.45	00:35:37.90	+00:06:05	3:33	16.9
6	POLAŃSKI Tomasz	423	B4SPORT	M-40	1	00:00:01	00:08:58	00:17:19	00:25:47	00:34:18	00:35:49.25	00:35:50.95	+00:06:18	3:34	16.8
7	KUCZEK Piotr	310	KS ZRYWRADZIEJÓW	M-40	2	00:00:02	00:08:56	00:17:22	00:26:01	00:34:38	00:36:12.65	00:36:14.95	+00:06:41	3:37	16.6
8	ŚWIĄTKOWSKI Paweł	354		M-30	3	00:00:03	00:08:55	00:17:29	00:26:07	00:34:47	00:36:19.25	00:36:22.60	+00:06:48	3:37	16.5
9	KOWALCZYK Marek	5		M-40	3	00:00:03	00:09:06	00:17:42	00:26:24	00:34:51	00:36:20.85	00:36:24.50	+00:06:49	3:38	16.5
10	JARZĄB Piotr	103		M-30	4	00:00:03	00:09:07	00:17:43	00:26:23	00:34:53	00:36:23.05	00:36:26.85	+00:06:52	3:38	16.5
11	MRUK Tomasz	39	CZARNE STOPY.SM	M-40	4	00:00:02	00:09:11	00:17:50	00:26:25	00:35:01	00:36:32.45	00:36:34.60	+00:07:01	3:39	16.4
12	DĄBROWSKI Paweł	14		M-20	4	00:00:02	00:09:11	00:17:43	00:26:25	00:35:06	00:36:45.05	00:36:47.05	+00:07:14	3:40	16.3
13	PAWŁOWSKI Tomasz	16		M-20	5	00:00:01	00:09:13	00:17:49	00:26:32	00:35:16	00:36:49.90	00:36:51.65	+00:07:19	3:41	16.3
14	KOWALSKI Dariusz	383	TEAM KOWALSKI	M-50	1	00:00:01	00:09:08	00:17:45	00:26:27	00:35:18	00:36:51.70	00:36:53.55	+00:07:20	3:41	16.3
15	KARPIŃSKI Wiesław	188	DUDYCZ TEAM GDAŃSK	M-50	2	00:00:02	00:09:22	00:18:01	00:26:51	00:35:35	00:37:11.65	00:37:13.65	+00:07:40	3:43	16.1
16	MUDZIEJEWSKI Jarosław	193	TKKF KOLEJARZ BYDGOSZCZ	M-40	5	00:00:02	00:09:24	00:18:10	00:26:56	00:35:43	00:37:15.75	00:37:17.75	+00:07:44	3:43	16.1
17	FOREMSKI Sławomir	83		M-50	3	00:00:02	00:09:08	00:17:47	00:26:46	00:35:39	00:37:18.90	00:37:21.05	+00:07:48	3:43	16.1
18	STACHOWICZ Wiesław	376	BRZOZA BIEGA	M-40	6	00:00:02	00:09:34	00:18:25	00:27:19	00:35:51	00:37:22.30	00:37:24.55	+00:07:51	3:44	16.1
19	MAŁOLEPSZY Radosław	152	KS ZRYWRADZIEJÓW	M-30	5	00:00:03	00:09:26	00:18:20	00:27:18	00:36:10	00:37:47.35	00:37:51.00	+00:08:16	3:46	15.9
20	MAĆKOWSKI Maciej	82	UPS BYDGOSZCZ	M-30	6	00:00:02	00:09:08	00:17:51	00:27:02	00:36:15	00:37:50.75	00:37:52.75	+00:08:19	3:47	15.9
21	ŁAZ Kamil	218	RUN BYDGOSZCZ	M-30	7	00:00:03	00:09:44	00:18:42	00:27:41	00:36:31	00:38:05.90	00:38:09.75	+00:08:35	3:48	15.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
22	WOLNY Piotr	8	BRZOZA BIEGA	M-50	4	00:00:02	00:09:27	00:18:31	00:27:40	00:36:41	00:38:25.40	00:38:27.55	+00:08:54	3:50	15.6
23	CZAPLICKI Piotr	411	TEAM KOPEĆ	M-40	7	00:00:03	00:09:39	00:18:46	00:27:55	00:36:59	00:38:33.70	00:38:37.55	+00:09:02	3:51	15.6
24	ZIELIŃSKI Nicolas	223	WWW.OLIMPIASPORT.PL	M-20	6	00:00:01	00:09:42	00:18:53	00:28:12	00:37:22	00:38:58.65	00:39:00.40	+00:09:27	3:53	15.4
25	OSIŃSKI Ryszard	416	BIEGOWA RODZINKA	M-50	5	00:00:03	00:09:32	00:18:43	00:28:02	00:37:22	00:39:04.85	00:39:08.75	+00:09:33	3:54	15.4
26	SOBIERALSKI Rafał	30		M-40	8	00:00:04	00:09:44	00:18:55	00:28:11	00:37:26	00:39:05.05	00:39:09.05	+00:09:34	3:54	15.4
27	PAWLACZYK Szymon	11	TRISPACE	M-30	8	00:00:04	00:09:48	00:19:09	00:28:27	00:37:32	00:39:05.45	00:39:09.80	+00:09:34	3:54	15.4
28	SAWICKI Marcin	81	TEAMOCHAL	M-30	9	00:00:03	00:09:56	00:19:07	00:28:19	00:37:31	00:39:07.15	00:39:11.05	+00:09:36	3:54	15.3
29	KRUPA Piotr	60		M-30	10	00:00:05	00:09:45	00:19:02	00:28:18	00:37:34	00:39:08.75	00:39:14.70	+00:09:37	3:54	15.3
30	SZCZEPANIAK Cezary	292		M-40	9	00:00:02	00:09:42	00:18:54	00:28:12	00:37:34	00:39:11.00	00:39:13.25	+00:09:40	3:55	15.3
31	WARSZAWSKI Przemysław	228		M-20	7	00:00:03	00:09:42	00:19:01	00:28:20	00:37:36	00:39:15.00	00:39:18.65	+00:09:44	3:55	15.3
32	CZUK Marek	29		M-60	1	00:00:02	00:09:47	00:19:06	00:28:20	00:37:33	00:39:16.35	00:39:18.40	+00:09:45	3:55	15.3
33	MAGDZIARZ Jakub	317	KANCELARIA - HMM	M-30	11	00:00:04	00:09:43	00:19:03	00:28:18	00:37:36	00:39:21.55	00:39:25.55	+00:09:50	3:56	15.2
34	KUŁAKOWSKI Krzysztof	300	RUN PASJA	M-30	12	00:00:04	00:09:42	00:18:51	00:28:09	00:37:49	00:39:32.70	00:39:36.75	+00:10:01	3:57	15.2
35	WESIORA Mariusz	211		M-40	10	00:00:00	00:09:49	00:19:15	00:28:48	00:38:01	00:39:40.00	00:39:40.00	+00:10:09	3:58	15.1
36	KRZYWDZIŃSKI Dominik	402		M-1	1	00:00:03	00:09:49	00:19:13	00:28:45	00:38:01	00:39:41.55	00:39:45.30	+00:10:10	3:58	15.1
37	KUBANEK Łukasz	340	TEAMOCHAL	M-30	13	00:00:03	00:09:56	00:19:11	00:28:37	00:38:04	00:39:47.55	00:39:51.00	+00:10:16	3:58	15.1
38	BALCEREK Mateusz	251		M-30	14	00:00:03	00:09:35	00:19:01	00:28:47	00:38:18	00:40:02.90	00:40:06.35	+00:10:32	4:00	15
39	BETHKE Sławek	133	TRISPACE	M-20	8	00:00:05	00:10:06	00:19:52	00:29:19	00:38:40	00:40:21.50	00:40:26.50	+00:10:50	4:02	14.9
40	SPYCHALSKI Waldemar	250		M-40	11	00:00:05	00:09:49	00:19:17	00:28:59	00:38:44	00:40:24.80	00:40:30.55	+00:10:53	4:02	14.8
41	ŚWIERCZYŃSKI Julian	199	KS ZRYWRADZIEJÓW	M-1	2	00:00:03	00:10:13	00:19:53	00:29:25	00:38:54	00:40:25.75	00:40:29.70	+00:10:54	4:02	14.8
42	RACZYŃSKI Krzysztof	19	BIEGAJĄCY FILOZOF TEAM	M-50	6	00:00:03	00:10:22	00:19:55	00:29:20	00:38:43	00:40:27.00	00:40:30.25	+00:10:56	4:02	14.8
43	WIĘCKOWSKI Dariusz	36	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	M-30	15	00:00:03	00:09:46	00:19:37	00:29:58	00:38:55	00:40:33.20	00:40:36.65	+00:11:02	4:03	14.8
44	KŁOSOWSKI Marcin	130	GRUPA BANKIETOWA SPECJAL	M-40	12	00:00:06	00:10:49	00:20:30	00:29:50	00:39:08	00:40:54.10	00:41:00.20	+00:11:23	4:05	14.7
45	MARCHEL Tomasz	20		M-20	9	00:00:03	00:09:51	00:19:34	00:29:32	00:39:17	00:41:04.55	00:41:08.35	+00:11:33	4:06	14.6
46	OLKOWSKI Jurek	131	THE RUNNERS ŚWIECIE	M-60	2	00:00:03	00:09:49	00:19:35	00:29:28	00:39:18	00:41:05.15	00:41:08.55	+00:11:34	4:06	14.6
47	BARTOSZ Marek	45		M-30	16	00:00:03	00:09:55	00:19:47	00:29:46	00:39:42	00:41:29.70	00:41:33.55	+00:11:58	4:09	14.5
48	SAWIEŁAJC Jakub	215	KRYSPORT TEAM	M-1	3	00:00:11	00:10:24	00:19:52	00:29:48	00:39:53	00:41:33.60	00:41:45.20	+00:12:02	4:09	14.4
49	KALACZYŃSKI Miłosz	158	POLONIA BYDGOSZCZ SLA	M-20	10	00:00:04	00:10:18	00:20:06	00:30:05	00:40:07	00:41:40.50	00:41:45.20	+00:12:09	4:10	14.4
50	GOŁATA Wojciech	27	WLCZA WATAHA	M-30	17	00:00:05	00:10:17	00:20:05	00:30:04	00:40:06	00:41:41.40	00:41:46.40	+00:12:10	4:10	14.4
51	WIŚNIEWSKI Leszek	77	BRZOZA BRZOZA	M-40	13	00:00:06	00:10:19	00:20:10	00:30:13	00:40:10	00:41:51.75	00:41:58.05	+00:12:20	4:11	14.3
52	HENDRZAK Sylwester	419		M-30	18	00:00:03	00:10:29	00:20:33	00:30:38	00:40:19	00:41:52.45	00:41:56.20	+00:12:21	4:11	14.3
53	CZARNECKI Piotr	343	BRZOZA BIEGA	M-30	19	00:00:05	00:10:33	00:20:34	00:30:31	00:40:17	00:41:53.15	00:41:58.75	+00:12:22	4:11	14.3

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54	PRĄDZYŃSKI Marcin	301	TRISPACE	M-40	14	00:00:05	00:10:59	00:20:53	00:30:39	00:40:15	00:41:56.40	00:42:02.05	+00:12:25	4:11	14.3
55	POWALISZ Dariusz	296		M-40	15	00:00:06	00:10:36	00:20:30	00:30:31	00:40:21	00:41:57.45	00:42:03.75	+00:12:26	4:11	14.3
56	DUCHIŃSKI Wojciech	290	BRZOZA BIEGA	M-40	16	00:00:05	00:10:32	00:20:27	00:30:43	00:40:14	00:41:59.30	00:42:04.30	+00:12:28	4:11	14.3
57	PAWŁOWSKI Radosław	15		M-50	7	00:00:03	00:10:41	00:20:26	00:30:18	00:40:12	00:42:00.80	00:42:04.45	+00:12:29	4:12	14.3
58	GĄSIOROWSKI Grzegorz	330		M-40	17	00:00:09	00:10:27	00:20:21	00:30:22	00:40:18	00:42:09.10	00:42:18.40	+00:12:38	4:12	14.2
59	JANKOWSKI Tomasz	421	TRISPACE	M-40	18	00:00:07	00:10:58	00:20:51	00:30:37	00:40:32	00:42:14.65	00:42:22.10	+00:12:43	4:13	14.2
60	FURTAK Tomasz	99	56. BAZA LOTNICZA	M-40	19	00:00:09	00:10:51	00:20:45	00:30:42	00:40:30	00:42:14.70	00:42:24.05	+00:12:43	4:13	14.2
61	NAGOW Michał	233		M-40	20	00:00:08	00:10:36	00:20:31	00:30:29	00:40:27	00:42:17.10	00:42:25.60	+00:12:46	4:13	14.2
62	WINIARSKI Grzegorz	319	THE RUNNERS ŚWECIE	M-30	20	00:00:06	00:10:36	00:20:29	00:30:27	00:40:29	00:42:17.25	00:42:23.55	+00:12:46	4:13	14.2
63	ZAKURZEWSKI Tomasz	176	BRZOZA BIEGA	M-40	21	00:00:04	00:10:22	00:20:23	00:30:34	00:40:42	00:42:35.45	00:42:40.15	+00:13:04	4:15	14.1
64	BANAS Robert	144		M-30	21	00:00:04	00:10:30	00:20:38	00:30:51	00:40:59	00:42:44.30	00:42:49.25	+00:13:13	4:16	14
65	ZIENIEWICZ Wojciech	393	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	M-40	22	00:00:05	00:10:52	00:20:52	00:30:55	00:41:00	00:42:45.80	00:42:51.15	+00:13:14	4:16	14
66	KOSOWSKI Janusz	112	AKM OLSZTYN SKLEPBIEGACZA.PL	M-60	3	00:00:01	00:10:36	00:20:43	00:30:52	00:41:03	00:42:52.30	00:42:53.75	+00:13:21	4:17	14
67	PRÜFER Paweł	56		M-40	23	00:00:05	00:10:07	00:20:08	00:30:27	00:41:07	00:43:05.60	00:43:11.55	+00:13:34	4:18	13.9
68	GIOLDA Paweł	63		M-30	22	00:00:06	00:10:30	00:20:46	00:31:08	00:41:27	00:43:15.80	00:43:21.90	+00:13:44	4:19	13.9
69	KOWAL Adam	409		M-50	8	00:00:09	00:11:00	00:21:11	00:31:19	00:41:31	00:43:22.35	00:43:32.25	+00:13:51	4:20	13.8
70	KADOW Ryszard	236	TRISPACE	M-40	24	00:00:05	00:10:59	00:20:55	00:31:15	00:41:36	00:43:28.80	00:43:34.75	+00:13:57	4:20	13.8
71	CZEPEK Aleksander	413	BRZOZA BIEGA	M-60	4	00:00:03	00:10:59	00:21:17	00:31:24	00:41:38	00:43:29.00	00:43:32.70	+00:13:58	4:20	13.8
72	GOLAK Lukasz	271	GOGGLE PRO ACTIVE EYEWEAR	M-30	23	00:00:01	00:10:31	00:20:50	00:31:18	00:41:38	00:43:30.45	00:43:31.90	+00:13:59	4:21	13.8
73	WIERZBOWSKI Piotr	339	TEAM KOPEĆ	M-40	25	00:00:05	00:10:24	00:20:34	00:31:04	00:41:43	00:43:36.00	00:43:41.95	+00:14:05	4:21	13.8
74	WIŚNIEWSKI Maciej	247		M-40	26	00:00:07	00:10:37	00:20:53	00:31:19	00:41:48	00:43:37.65	00:43:45.15	+00:14:06	4:21	13.8
75	CYROK Maciej	94		M-20	11	00:00:10	00:11:07	00:21:23	00:31:49	00:42:02	00:43:40.90	00:43:51.55	+00:14:10	4:22	13.7
76	KACZYŃSKI Rafał	229		M-30	24	00:00:17	00:11:07	00:21:27	00:31:35	00:41:56	00:43:43.10	00:44:00.90	+00:14:12	4:22	13.7
77	LEWANDOWSKI Rafał	263	VENI, CUCURRI, VICI	M-30	25	00:00:03	00:10:28	00:20:45	00:31:11	00:41:48	00:43:43.30	00:43:46.65	+00:14:12	4:22	13.7
78	KOWALSKI Krzysztof	154	OCELOTY KRUSZYN KRAJENSKI	M-30	26	00:00:05	00:10:46	00:21:08	00:31:42	00:42:10	00:43:57.65	00:44:03.25	+00:14:26	4:23	13.6
79	BRZĄKAŁA Hubert	126	PROJEKT PANDORA	M-20	12	00:00:29	00:11:01	00:21:34	00:32:07	00:42:18	00:44:04.00	00:44:33.65	+00:14:33	4:24	13.6
80	CICHOŃCZUK Antoni	9		M-60	5	00:00:04	00:10:52	00:21:16	00:31:48	00:42:15	00:44:11.15	00:44:15.30	+00:14:40	4:25	13.6
81	DRWĘCKI Daniel	309	BIEGNIJ Z PROSERVICE	M-30	27	00:00:07	00:11:01	00:21:31	00:32:03	00:42:29	00:44:20.50	00:44:28.30	+00:14:49	4:26	13.5
82	NAMIEŚNIK Krzysztof	21	KRZYSIEKN	M-40	27	00:00:10	00:11:00	00:21:20	00:31:50	00:42:26	00:44:22.80	00:44:33.30	+00:14:51	4:26	13.5
83	RYDLEWSKI Kamil	403	TRISPACE	M-40	28	00:00:08	00:11:12	00:21:33	00:32:11	00:42:33	00:44:23.60	00:44:32.05	+00:14:52	4:26	13.5

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84	OLENDER Tomasz	148		M-30	28	00:00:06	00:11:40	00:22:21	00:32:42	00:42:44	00:44:31.55	00:44:37.70	+00:15:00	4:27	13.5
85	KAZUBOWSKI Jacek	195	TRIDARKO	M-50	9	00:00:05	00:11:17	00:21:48	00:32:25	00:42:47	00:44:40.40	00:44:45.40	+00:15:09	4:28	13.4
86	STASZEWSKI Adam	256		M-30	29	00:00:10	00:11:22	00:22:12	00:32:46	00:43:03	00:44:49.95	00:45:00.45	+00:15:19	4:29	13.4
87	GRZEGORZEWSKI Rafał	349	BRZOZA BIEGA	M-40	29	00:00:08	00:11:14	00:21:48	00:32:35	00:43:21	00:45:17.45	00:45:25.65	+00:15:46	4:31	13.2
88	ANDRZEJEWSKI Paweł	227		M-40	30	00:00:07	00:11:08	00:21:59	00:33:02	00:43:31	00:45:20.20	00:45:27.70	+00:15:49	4:32	13.2
89	KANARKOWSKI Stanisław	172	AMATOR - NIEZRZESZONY	M-50	10	00:00:05	00:11:41	00:22:19	00:33:03	00:43:35	00:45:27.30	00:45:33.05	+00:15:56	4:32	13.2
90	GLIWKA Artur	79	GLIWEK	M-30	30	00:00:10	00:11:12	00:21:49	00:32:43	00:43:34	00:45:27.60	00:45:38.15	+00:15:56	4:32	13.2
91	JUREK Piotr	135		M-50	11	00:00:08	00:11:13	00:21:59	00:32:44	00:43:30	00:45:31.00	00:45:39.25	+00:16:00	4:33	13.2
92	MONDRY Waldemar	128		M-50	12	00:00:09	00:11:38	00:22:28	00:33:17	00:43:52	00:45:36.95	00:45:46.40	+00:16:06	4:33	13.2
93	LIBAN Zygfried	10		M-70	1	00:00:03	00:11:15	00:21:59	00:32:52	00:43:49	00:45:46.60	00:45:50.35	+00:16:15	4:34	13.1
94	TOMTAS Konrad	289	56. BAZA LOTNICZA	M-40	31	00:00:08	00:10:56	00:21:20	00:32:28	00:43:54	00:45:51.65	00:46:00.45	+00:16:20	4:35	13.1
95	BARCZAK Piotr	280	BRZOZA BRZOZA	M-50	13	00:00:05	00:10:32	00:20:27	00:31:31	00:43:38	00:45:55.85	00:46:01.65	+00:16:24	4:35	13.1
96	KRZYŻANOWSKI Robert	78	RUN PASJA	M-50	14	00:00:18	00:11:29	00:22:10	00:33:04	00:44:01	00:45:58.85	00:46:17.45	+00:16:27	4:35	13
97	KOSAKOWSKI Marian	6		M-60	6	00:00:00	00:11:19	00:22:10	00:33:12	00:44:09	00:46:03.95	00:46:03.95	+00:16:33	4:36	13
98	BIELECKI Norbert	392	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	M-40	32	00:00:12	00:11:59	00:23:06	00:33:58	00:44:37	00:46:18.95	00:46:31.00	+00:16:48	4:37	13
99	GROTA Artur	183		M-40	33	00:00:09	00:11:11	00:22:12	00:33:18	00:44:26	00:46:20.55	00:46:29.85	+00:16:49	4:38	12.9
100	SŁOMA Maciej	248		M-40	34	00:00:09	00:11:12	00:22:07	00:33:26	00:44:27	00:46:24.30	00:46:33.35	+00:16:53	4:38	12.9
101	SZATKOWSKI Józef	147	MORSY Z GRUDZIĄDZA	M-60	7	00:00:06	00:11:40	00:22:21	00:33:16	00:44:27	00:46:28.05	00:46:34.40	+00:16:57	4:38	12.9
102	BUZALSKI Robert	276	ORANGE POLSKA	M-40	35	00:00:10	00:11:24	00:22:19	00:33:24	00:44:30	00:46:29.10	00:46:39.35	+00:16:58	4:38	12.9
103	SZŁYK Maciej	341	SPORT4LIFE	M-40	36	00:00:04	00:11:41	00:22:34	00:33:34	00:44:36	00:46:31.60	00:46:35.80	+00:17:00	4:39	12.9
104	ROSZAK Zbigniew	86		M-30	31	00:00:08	00:11:07	00:21:56	00:33:04	00:44:38	00:46:40.30	00:46:48.85	+00:17:09	4:40	12.9
105	ŁUGOWSKI Tomasz	46		M-30	32	00:00:11	00:11:39	00:22:45	00:33:57	00:44:58	00:46:48.10	00:46:59.65	+00:17:17	4:40	12.8
106	KUJAWA Daniel	49	56. BAZA LOTNICZA	M-30	33	00:00:21	00:11:33	00:22:33	00:33:40	00:44:51	00:46:52.85	00:47:14.55	+00:17:21	4:41	12.8
107	KARWACKI Paweł	404	TRISPACE	M-30	34	00:00:07	00:11:45	00:22:30	00:33:19	00:45:02	00:46:56.00	00:47:03.65	+00:17:25	4:41	12.8
108	KOCHANOWSKI Maciej	331		M-20	13	00:00:32	00:11:56	00:23:13	00:34:20	00:45:12	00:46:56.80	00:47:29.75	+00:17:25	4:41	12.8
109	MUSZYŃSKI Robert	336	TRIBA BOSIR BARCIN	M-30	35	00:00:30	00:12:48	00:23:43	00:34:41	00:45:12	00:47:04.70	00:47:34.85	+00:17:33	4:42	12.7
110	RUCIŃSKI Marcin	351	TRIBA BOSIR BARCIN	M-40	37	00:00:30	00:12:48	00:23:43	00:34:41	00:45:12	00:47:06.05	00:47:36.25	+00:17:35	4:42	12.7
111	SZARMACH Stanisław	72		M-60	8	00:00:08	00:11:25	00:22:24	00:33:40	00:45:10	00:47:13.40	00:47:22.25	+00:17:42	4:43	12.7
112	KWIATKOWSKI Piotr	107		M-30	36	00:00:11	00:12:17	00:23:31	00:34:33	00:45:24	00:47:15.10	00:47:27.05	+00:17:44	4:43	12.7
113	SOBAŃSKI Michał	173		M-30	37	00:00:23	00:12:03	00:23:08	00:34:23	00:45:23	00:47:15.90	00:47:39.00	+00:17:45	4:43	12.7
114	REPCZYŃSKI Tomasz	53		M-20	14	00:00:20	00:11:36	00:22:40	00:33:56	00:45:21	00:47:16.75	00:47:37.40	+00:17:45	4:43	12.7
115	STĘPIEŃ Tomasz	186		M-40	38	00:00:12	00:11:30	00:22:39	00:33:56	00:45:15	00:47:20.00	00:47:32.10	+00:17:49	4:44	12.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	DĄBKOWSKI Wojciech	34		M-30	38	00:00:27	00:12:19	00:23:30	00:34:34	00:45:30	00:47:26.30	00:47:53.45	+00:17:55	4:44	12.6
117	DĄBKOWSKI Maciej	13		M-40	39	00:00:26	00:12:20	00:23:31	00:34:34	00:45:31	00:47:26.50	00:47:53.45	+00:17:55	4:44	12.6
118	GACKOWSKI Krzysztof	260		M-40	40	00:00:09	00:11:26	00:22:35	00:34:07	00:45:30	00:47:31.35	00:47:41.10	+00:18:00	4:45	12.6
119	DOMAN Janusz	28	UKS SZABLA BRZOZA	M-60	9	00:00:03	00:11:23	00:22:38	00:34:00	00:45:28	00:47:31.60	00:47:35.35	+00:18:00	4:45	12.6
120	DAWIDOWICZ Maciej	162		M-40	41	00:00:13	00:12:06	00:23:16	00:34:30	00:45:32	00:47:32.20	00:47:45.90	+00:18:01	4:45	12.6
121	UKLEZEWSKI Tomasz	406		M-40	42	00:00:16	00:12:04	00:23:19	00:34:35	00:45:40	00:47:35.55	00:47:51.95	+00:18:04	4:45	12.6
122	ŚWIĘCICKI Andrzej	206		M-40	43	00:00:06	00:11:45	00:22:59	00:34:21	00:45:41	00:47:39.65	00:47:45.80	+00:18:08	4:45	12.6
123	STEMPNIAK Krzysztof	44		M-40	44	00:00:12	00:12:07	00:23:15	00:34:26	00:45:42	00:47:43.60	00:47:56.05	+00:18:12	4:46	12.6
124	KANIA Krzysztof	102	56. BAZA LOTNICZA	M-20	15	00:00:25	00:12:20	00:23:47	00:35:24	00:46:11	00:47:46.20	00:48:11.40	+00:18:15	4:46	12.6
125	SŁOTAŁA Dariusz	33	KLUB 366 WITUNIA	M-50	15	00:00:10	00:12:25	00:23:46	00:34:52	00:45:50	00:47:47.90	00:47:58.70	+00:18:17	4:46	12.6
126	WIŚNIEWSKI Jakub	364		M-20	16	00:00:06	00:11:58	00:23:22	00:34:43	00:46:00	00:47:59.30	00:48:05.65	+00:18:28	4:47	12.5
127	STĘPSKI Marek	178		M-40	45	00:00:13	00:12:14	00:23:21	00:34:34	00:45:58	00:48:02.30	00:48:15.35	+00:18:31	4:48	12.5
128	MROZEK Mariusz	356		M-40	46	00:00:28	00:12:14	00:23:35	00:34:57	00:46:08	00:48:03.00	00:48:31.70	+00:18:32	4:48	12.5
129	MARCINKOWSKI Paweł	192	VIVA-TORUŃ	M-50	16	00:00:10	00:12:01	00:23:16	00:34:32	00:45:57	00:48:03.20	00:48:13.45	+00:18:32	4:48	12.5
130	FRĄSZCZAK Tadeusz	189	REMBIS JANIKOWO	M-60	10	00:00:02	00:14:57	00:29:48	00:45:20		00:48:06.45	00:48:08.70	+00:18:35	4:48	12.5
131	SZUBARTOWSKI Robert	43		M-40	47	00:00:12	00:12:31	00:23:37	00:34:47	00:46:10	00:48:13.80	00:48:25.85	+00:18:42	4:49	12.4
132	BIESIADA Tomasz	279	TRISPACE	M-40	48	00:00:09	00:12:22	00:23:44	00:34:58	00:46:05	00:48:23.05	00:48:32.15	+00:18:52	4:50	12.4
133	SZULC Edmund	38		M-50	17	00:00:12	00:11:47	00:23:14	00:34:58	00:46:27	00:48:30.45	00:48:42.55	+00:18:59	4:51	12.4
134	GÓRSKI Marian	181	SOLECCY BIEGACZE	M-60	11	00:00:03	00:12:11	00:23:34	00:34:57	00:46:32	00:48:33.70	00:48:37.15	+00:19:02	4:51	12.4
135	MROZIK Andrzej	84		M-40	49	00:00:12	00:12:23	00:23:59	00:35:30	00:46:40	00:48:39.10	00:48:51.80	+00:19:08	4:51	12.3
136	JUSZCZYK Mirosław	205		M-20	17	00:00:22	00:12:38	00:24:12	00:35:30	00:46:36	00:48:39.75	00:49:02.25	+00:19:08	4:52	12.3
137	TOMCZAK Zbigniew	66	ALTOM GNIEZNO	M-60	12	00:00:06	00:12:08	00:23:33	00:35:04	00:46:46	00:48:51.75	00:48:58.60	+00:19:20	4:53	12.3
138	DROŹDŹ Andrzej	307	56. BAZA LOTNICZA	M-40	50	00:00:31	00:12:09	00:23:24	00:35:05	00:46:54	00:48:56.05	00:49:27.10	+00:19:25	4:53	12.3
139	LEWANDOWSKI Rafał	422	B4SPORT	M-30	39	00:00:13	00:12:04	00:23:35	00:35:19	00:47:03	00:48:58.25	00:49:11.75	+00:19:27	4:53	12.3
140	KANTORSKI Zbysław	69	COCA-COLA RUNNERS	M-50	18	00:00:11	00:12:03	00:23:27	00:35:11	00:47:04	00:49:10.95	00:49:22.65	+00:19:40	4:55	12.2
141	STAWCZYK Dariusz	146		M-40	51	00:00:16	00:12:21	00:23:48	00:35:21	00:47:10	00:49:11.70	00:49:27.85	+00:19:40	4:55	12.2
142	TOCZKIEWICZ Piotr	165		M-40	52	00:00:07	00:12:19	00:23:54	00:35:37	00:47:20	00:49:25.10	00:49:32.15	+00:19:54	4:56	12.1
143	LUZAK Mirosław	168	MWK BYDGOSZCZ	M-50	19	00:00:07	00:12:23	00:23:58	00:35:40	00:47:21	00:49:26.60	00:49:33.65	+00:19:55	4:56	12.1
144	KATULSKI Radosław	306	56. BAZA LOTNICZA	M-40	53	00:00:13	00:12:16	00:23:37	00:35:32	00:47:19	00:49:28.35	00:49:42.05	+00:19:57	4:56	12.1
145	SIKORA Antoni	190	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	13	00:00:13	00:12:21	00:23:59	00:35:41	00:47:22	00:49:29.90	00:49:42.90	+00:19:59	4:56	12.1
146	OSTROMECKI Waldemar	395	ROWEROWA BRZOZA	M-40	54	00:00:13	00:12:32	00:24:11	00:35:51	00:47:29	00:49:32.25	00:49:46.20	+00:20:01	4:57	12.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
147	MAŚLIŃSKI Miroslaw	67		M-50	20	00:00:06	00:12:13	00:23:28	00:35:23	00:47:24	00:49:34.60	00:49:41.45	+00:20:03	4:57	12.1
148	MATYSZCZAK Damian	55		M-40	55	00:00:29	00:12:25	00:23:57	00:35:51	00:47:35	00:49:39.75	00:50:09.40	+00:20:08	4:58	12.1
149	WAJDA Mariusz	210		M-40	56	00:00:14	00:12:18	00:23:47	00:35:43	00:47:37	00:49:41.40	00:49:56.20	+00:20:10	4:58	12.1
150	DYLEWSKI Artur	93	KS ZRYWRADZIEJÓW	M-30	40	00:00:15	00:12:11	00:23:54	00:35:47	00:47:45	00:49:42.60	00:49:58.20	+00:20:11	4:58	12.1
151	WOJTYNOWSKI Artur	325		M-40	57	00:00:20	00:12:59	00:24:46	00:36:25	00:47:51	00:49:44.50	00:50:04.80	+00:20:13	4:58	12.1
152	BŁAZEJEWSKI Robert	111	56. BAZA LOTNICZA	M-40	58	00:00:09	00:12:49	00:24:48	00:36:27	00:47:49	00:49:45.85	00:49:55.55	+00:20:14	4:58	12.1
153	ARACH Przemyslaw	257		M-30	41	00:00:19	00:12:23	00:23:51	00:35:32	00:47:50	00:50:00.90	00:50:20.10	+00:20:30	5:00	12
154	ŻYWICA Adam	366	BRZOZA BIEGA	M-40	59	00:00:08	00:12:46	00:24:46	00:36:54	00:48:59	00:50:04.00	00:50:12.20	+00:20:33	5:00	12
155	GĄSIOREK Tomasz	378	BRZOZA BIEGA	M-50	21	00:00:05	00:12:49	00:24:50	00:36:58	00:49:03	00:50:07.15	00:50:12.70	+00:20:36	5:00	12
156	KOWAL Michał	167		M-40	60	00:00:07	00:11:39	00:23:11	00:35:40	00:48:02	00:50:12.80	00:50:20.25	+00:20:41	5:01	11.9
157	ŚWIETLKI Paweł	380		M-40	61	00:00:03	00:11:04	00:22:50	00:35:15	00:47:59	00:50:13.20	00:50:16.55	+00:20:42	5:01	11.9
158	KOLMAJER Rafał	214		M-30	42	00:00:05	00:12:32	00:24:09	00:36:04	00:48:04	00:50:13.95	00:50:19.70	+00:20:43	5:01	11.9
159	SMYK Piotr	118		M-30	43	00:00:30	00:12:49	00:24:26	00:36:29	00:48:16	00:50:15.10	00:50:45.95	+00:20:44	5:01	11.9
160	GROCHOWIAK Piotr	117		M-30	44	00:00:30	00:12:49	00:24:26	00:36:29	00:48:16	00:50:15.55	00:50:46.20	+00:20:44	5:01	11.9
161	ZUPA Wojciech	134	SISU-OWB TEAM	M-50	22	00:00:04	00:11:59	00:24:02	00:35:59	00:48:11	00:50:18.45	00:50:23.25	+00:20:47	5:01	11.9
162	MAŁKIŃSKI Józef	155		M-60	14	00:00:20	00:12:33	00:24:12	00:36:05	00:48:07	00:50:21.30	00:50:42.25	+00:20:50	5:02	11.9
163	KUKAWKA Damian	267		M-40	62	00:00:09	00:12:30	00:24:10	00:36:19	00:48:20	00:50:26.50	00:50:35.90	+00:20:55	5:02	11.9
164	RYBAK Mariusz	145	SISU-OWB TEAM	M-40	63	00:00:04	00:12:00	00:23:50	00:36:17	00:48:23	00:50:27.20	00:50:31.75	+00:20:56	5:02	11.9
165	BYRTEK Grzegorz	284		M-40	64	00:00:07	00:11:44	00:23:13	00:35:34	00:48:12	00:50:30.05	00:50:37.40	+00:20:59	5:03	11.9
166	PŁACZKIEWICZ Robert	316	SOL3 SQUADRUN	M-30	45	00:00:08	00:12:08	00:24:03	00:36:03	00:48:24	00:50:31.90	00:50:40.40	+00:21:01	5:03	11.9
167	ZALASZEWSKI Dawid	287	HAZEL TEAM	M-20	18	00:00:04	00:11:46	00:23:51	00:36:07	00:48:35	00:50:35.20	00:50:39.40	+00:21:04	5:03	11.9
168	MAŁKOWSKI Sebastian	163		M-30	46	00:00:16	00:13:08	00:25:22	00:37:22	00:48:48	00:50:51.60	00:51:08.25	+00:21:20	5:05	11.8
169	KRAWCZUK Andrzej	312	TEAMKARAŚ-ELBLĄG	M-60	15	00:00:02	00:12:39	00:24:32	00:36:37	00:48:47	00:50:53.60	00:50:55.90	+00:21:22	5:05	11.8
170	MRÓWCZYŃSKI Tomasz	41		M-30	47	00:00:26	00:13:15	00:25:35	00:37:35	00:49:08	00:51:09.50	00:51:36.15	+00:21:38	5:07	11.7
171	KWIATKOWSKI Karol	48		M-30	48	00:00:24	00:12:47	00:24:44	00:36:54	00:49:00	00:51:10.90	00:51:35.15	+00:21:40	5:07	11.7
172	SPARZYŃSKI Adam	143	1 BLWL	M-30	49	00:00:14	00:12:44	00:24:53	00:37:04	00:49:13	00:51:26.15	00:51:40.45	+00:21:55	5:08	11.7
173	ZIĘTARA Rajmund	315	2 RBLOG SKŁAD ZEGRZE	M-50	23	00:00:30	00:12:42	00:24:36	00:36:47	00:49:11	00:51:30.85	00:52:01.00	+00:21:59	5:09	11.6
174	KURS Jarosław	59	TKKF KOLEJARZ BYDGOSZCZ	M-50	24	00:00:14	00:12:42	00:24:44	00:36:58	00:49:29	00:51:34.75	00:51:48.90	+00:22:03	5:09	11.6
175	KONIEC Krzysztof	120	TKKF WODNIK WĘCIBORK	M-40	65	00:00:14	00:13:14	00:25:25	00:37:32	00:49:39	00:51:42.60	00:51:56.85	+00:22:11	5:10	11.6
176	KLINIKOWSKI Jacek	149	KOCHAM ŻYCIE I...	M-40	66	00:00:14	00:13:26	00:25:46	00:37:57	00:49:56	00:51:42.80	00:51:57.60	+00:22:11	5:10	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	NOWACZYK Zygmunt	371	BOLT TRZEMESZNO	M-50	25	00:00:37	00:13:27	00:25:45	00:37:47	00:49:37	00:51:43.70	00:52:20.75	+00:22:12	5:10	11.6
178	KLATECKI Adam	116	JEZUS ŻYJE	M-30	50	00:00:34	00:13:13	00:25:04	00:37:10	00:49:47	00:52:01.70	00:52:36.05	+00:22:30	5:12	11.5
179	DRĄG Hubert	334		M-40	67	00:00:06	00:12:12	00:23:59	00:36:45	00:49:59	00:52:26.80	00:52:33.15	+00:22:55	5:14	11.4
180	ŁABENDA Piotr	232		M-40	68	00:00:23	00:13:06	00:25:23	00:37:43	00:50:08	00:52:26.85	00:52:50.40	+00:22:55	5:14	11.4
181	GOŁĘBIEWSKI Krzysztof	303	JUST 5	M-20	19	00:00:16	00:12:43	00:25:22	00:38:07	00:50:45	00:52:43.95	00:53:00.50	+00:23:13	5:16	11.4
182	BRZUSKIEWICZ Sławomir	259	ARTCOP	M-50	26	00:00:18	00:13:14	00:25:33	00:38:05	00:50:40	00:52:44.60	00:53:02.90	+00:23:13	5:16	11.4
183	MORITZ Rafał	37	# ŚLIMAKI BARCIN	M-40	69	00:00:29	00:13:33	00:25:58	00:38:07	00:50:49	00:52:49.95	00:53:19.55	+00:23:19	5:17	11.4
184	ŻMUDZIEJEWSKI Krzysztof	324		M-20	20	00:00:30	00:14:06	00:25:45	00:37:55	00:50:36	00:52:50.50	00:53:20.55	+00:23:19	5:17	11.4
185	ZIÓLKOWSKI Mieczysław	62	DECATHLON TEAM INOWROCŁAW	M-50	27	00:00:14	00:12:29	00:25:19	00:38:16	00:50:47	00:52:50.75	00:53:05.35	+00:23:19	5:17	11.4
186	KUJAWA Roger	415	ŚLIMAKI BARCIN	M-40	70	00:00:27	00:13:34	00:26:00	00:38:09	00:50:51	00:52:51.90	00:53:19.55	+00:23:21	5:17	11.3
187	ANDRZEJEWSKI Ryszard	50		M-70	2	00:00:09	00:12:24	00:24:46	00:37:34	00:50:37	00:52:55.10	00:53:04.70	+00:23:24	5:17	11.3
188	GIOLDA Piotr	64		M-20	21	00:00:17	00:13:25	00:25:41	00:38:02	00:50:51	00:53:04.80	00:53:22.25	+00:23:33	5:18	11.3
189	SADOWSKI Michał	252	BARTOLEK PL	M-30	51	00:00:10	00:12:48	00:24:53	00:37:28	00:50:49	00:53:08.55	00:53:19.35	+00:23:37	5:18	11.3
190	FABROWSKI Dawid	255		M-30	52	00:00:22	00:13:04	00:25:22	00:38:04	00:51:00	00:53:09.65	00:53:32.30	+00:23:38	5:19	11.3
191	KAZUBOWSKI Jeremiasz	196		M-20	22	00:00:18	00:13:09	00:25:50	00:38:22	00:50:49	00:53:10.10	00:53:28.65	+00:23:39	5:19	11.3
192	STEFANOWICZ Marcin	396		M-30	53	00:00:07	00:12:26	00:24:58	00:37:54	00:50:57	00:53:15.30	00:53:22.50	+00:23:44	5:19	11.3
193	NOWAK Krzysztof	347	TRIBA BOSIR BARCIN	M-30	54	00:00:28	00:13:10	00:25:40	00:38:18	00:51:02	00:53:20.70	00:53:49.40	+00:23:49	5:20	11.2
194	JURSKI Robert	265		M-40	71	00:00:23	00:13:44	00:26:17	00:39:00	00:51:18	00:53:20.85	00:53:44.40	+00:23:49	5:20	11.2
195	URBAŃSKI Wojciech	101	56. BAZA LOTNICZA	M-40	72	00:00:29	00:13:41	00:26:23	00:39:06	00:51:24	00:53:20.90	00:53:49.90	+00:23:50	5:20	11.3
196	KRYSKE Mariusz	191	SPÓJNIA BIAŁE BŁOTA	M-30	55	00:00:35	00:14:17	00:26:58	00:39:19	00:51:13	00:53:22.85	00:53:57.95	+00:23:51	5:20	11.2
197	PAŚ Michał	142	CHARTY SZELEJEWO	M-40	73	00:00:18	00:13:51	00:26:24	00:39:04	00:51:23	00:53:23.95	00:53:42.30	+00:23:53	5:20	11.2
198	BRATEK Andrzej	328	TKKF KOLEJARZ BYDGOSZCZ	M-50	28	00:00:15	00:12:47	00:25:29	00:38:10	00:51:10	00:53:28.70	00:53:43.70	+00:23:57	5:20	11.2
199	KOLANOWSKI Wojciech	23		M-50	29	00:00:12	00:13:10	00:25:56	00:38:41	00:51:23	00:53:29.15	00:53:41.60	+00:23:58	5:20	11.2
200	JUSZCZAK Jakub	241		M-30	56	00:00:29	00:13:34	00:26:19	00:39:10	00:51:26	00:53:29.45	00:53:59.30	+00:23:58	5:21	11.2
201	BRYCKI Łukasz	266		M-30	57	00:00:23	00:13:44	00:26:17	00:39:01	00:51:19	00:53:33.20	00:53:56.45	+00:24:02	5:21	11.2
202	BORKOWSKI Adam	273	BRZOZA BIEGA	M-40	74	00:00:19	00:13:08	00:25:39	00:38:22	00:51:14	00:53:33.40	00:53:53.05	+00:24:02	5:21	11.2
203	NURKIEWICZ Jarosław	129	KUNG FU PANDY 3	M-40	75	00:00:17	00:13:17	00:25:47	00:38:36	00:51:28	00:53:35.10	00:53:52.20	+00:24:04	5:21	11.2
204	RYBAK Krzysztof	357		M-60	16	00:00:11	00:12:48	00:25:10	00:38:01	00:51:12	00:53:37.35	00:53:48.65	+00:24:06	5:21	11.2
205	JĘDRZEJCZYK Mirosław	231		M-50	30	00:00:20	00:14:05	00:26:21	00:39:00	00:51:26	00:53:47.30	00:54:07.80	+00:24:16	5:22	11.2
206	STRABEL Piotr	68		M-60	17	00:00:18	00:13:53	00:26:44	00:39:30	00:51:49	00:53:55.70	00:54:14.30	+00:24:24	5:23	11.1
207	ZAKOŚCIELNY Krzysztof	207		M-50	31	00:00:16	00:13:32	00:26:13	00:38:58	00:51:40	00:53:59.50	00:54:15.75	+00:24:28	5:23	11.1
208	GRONOWSKI Marcin	98		M-20	23	00:00:19	00:13:17	00:25:57	00:38:42	00:51:45	00:54:02.55	00:54:21.55	+00:24:31	5:24	11.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
209	TYLUTKI Radosław	253	# ŚLIMAKI BARCIN	M-30	58	00:00:27	00:13:34	00:26:18	00:39:11	00:51:59	00:54:08.00	00:54:35.60	+00:24:37	5:24	11.1
210	JAMNY Miłosz	359		M-60	18	00:00:16	00:12:44	00:25:09	00:38:17	00:51:44	00:54:08.70	00:54:25.35	+00:24:37	5:24	11.1
211	KUCHARSKI Jarosław	254	# ŚLIMAKI BARCIN	M-40	76	00:00:26	00:13:36	00:26:19	00:39:12	00:52:01	00:54:09.75	00:54:36.40	+00:24:38	5:25	11.1
212	MIŁO Adam	360		M-40	77	00:00:22	00:13:26	00:26:01	00:39:00	00:51:56	00:54:11.00	00:54:33.15	+00:24:40	5:25	11.1
213	DERENDA Mirosław	70	1 BLWL	M-40	78	00:00:15	00:13:06	00:25:37	00:38:30	00:51:47	00:54:11.40	00:54:27.30	+00:24:40	5:25	11.1
214	BRZOZOWSKI Jarosław	65	BRZOZA TRI TEAM	M-50	32	00:00:22	00:13:41	00:26:25	00:39:17	00:51:55	00:54:12.50	00:54:35.20	+00:24:41	5:25	11.1
215	MAKUCH Mikołaj	71		M-20	24	00:00:30	00:14:06	00:27:00	00:39:58	00:52:13	00:54:13.05	00:54:43.30	+00:24:42	5:25	11.1
216	KULINSKI Zbigniew	121		M-30	59	00:00:24	00:12:47	00:24:57	00:38:08	00:51:42	00:54:20.75	00:54:45.65	+00:24:49	5:26	11
217	KOSIARSKI Tomasz	239		M-40	79	00:00:23	00:14:14	00:27:15	00:40:01	00:52:20	00:54:23.00	00:54:46.25	+00:24:52	5:26	11
218	MALAK Robert	285		M-40	80	00:00:32	00:13:40	00:26:37	00:39:39	00:52:22	00:54:41.90	00:55:14.60	+00:25:11	5:28	11
219	TURZYŃSKI Jacek	288		M-40	81	00:00:31	00:13:41	00:26:38	00:39:39	00:52:22	00:54:42.75	00:55:14.60	+00:25:11	5:28	11
220	MICHALIK Łukasz	337	BRZOZA BIEGA	M-30	60	00:00:31	00:14:24	00:27:26	00:40:16	00:52:50	00:54:46.40	00:55:17.55	+00:25:15	5:28	11
221	KRYSZTOFIAK Robert	61		M-40	82	00:00:17	00:13:16	00:26:09	00:39:16	00:52:27	00:54:47.35	00:55:05.25	+00:25:16	5:28	10.9
222	RENC Patryk	369	SERCE TYBETU	M-20	25	00:00:26	00:13:52	00:26:55	00:39:53	00:52:53	00:54:55.70	00:55:22.15	+00:25:24	5:29	10.9
223	CZECH Jacek	387	GRAZIA RUNNING	M-40	83	00:00:27	00:13:37	00:26:43	00:39:54	00:52:59	00:55:04.20	00:55:31.65	+00:25:33	5:30	10.9
224	BUDZIK Kazimierz	171		M-60	19	00:00:15	00:14:00	00:26:56	00:39:52	00:52:49	00:55:10.60	00:55:26.25	+00:25:39	5:31	10.9
225	WEGNER Roman	219		M-50	33	00:00:14	00:13:14	00:26:07	00:39:23	00:52:49	00:55:12.50	00:55:27.25	+00:25:41	5:31	10.9
226	TREPANOWSKI Tomasz	264		M-50	34	00:00:21	00:14:13	00:27:05	00:39:58	00:52:57	00:55:18.05	00:55:39.65	+00:25:47	5:31	10.8
227	KALACZYŃSKI Grzegorz	159		M-40	84	00:00:19	00:13:49	00:26:44	00:39:57	00:53:11	00:55:32.15	00:55:51.55	+00:26:01	5:33	10.8
228	KOWALSKI Grzegorz	26		M-50	35	00:00:09	00:13:15	00:26:20	00:39:48	00:53:17	00:55:37.40	00:55:47.05	+00:26:06	5:33	10.8
229	NAWROCKI Marcin	73	DELIKATESY RYBNE FISHKA.PL	M-30	61	00:00:33	00:14:04	00:26:56	00:39:55	00:53:25	00:55:45.70	00:56:19.35	+00:26:14	5:34	10.8
230	DUTKIEWICZ Gracjan	417		M-40	85	00:00:19	00:13:11	00:25:59	00:39:53	00:53:29	00:55:58.10	00:56:17.10	+00:26:27	5:35	10.7
231	GROTT Bartłomiej	261		M-40	86	00:00:25	00:13:43	00:26:59	00:40:34	00:54:12	00:56:38.75	00:57:04.25	+00:27:07	5:39	10.6
232	MOYS Tomasz	200		M-50	36	00:00:19	00:14:09	00:27:28	00:40:51	00:54:19	00:56:41.05	00:57:01.00	+00:27:10	5:40	10.6
233	ROŚ Adam	184		M-40	87	00:00:32	00:14:40	00:28:21	00:42:00	00:54:48	00:56:49.15	00:57:21.90	+00:27:18	5:40	10.6
234	ROŚ Maciej	185		M-1	4	00:00:31	00:14:41	00:28:23	00:42:01	00:54:49	00:56:50.35	00:57:21.55	+00:27:19	5:41	10.6
235	GRZYWACZ Marcin	203		M-30	62	00:00:12	00:12:48	00:25:54	00:40:49	00:54:30	00:56:55.65	00:57:07.95	+00:27:24	5:41	10.5
236	KASPROWICZ Piotr	97	JW1515 BYDGOSZCZ	M-30	63	00:00:15	00:14:10	00:27:38	00:41:26	00:54:39	00:56:55.70	00:57:10.75	+00:27:24	5:41	10.5
237	WEŁNICKI Waldemar	217	GOSIR OSIELSKO	M-40	88	00:00:18	00:14:22	00:27:43	00:41:03	00:54:42	00:57:00.70	00:57:19.25	+00:27:29	5:42	10.5
238	KOMAJDA Jarosław	180	SOLECCY BIEGACZE	M-50	37	00:00:18	00:14:24	00:27:43	00:41:04	00:54:42	00:57:01.10	00:57:19.20	+00:27:30	5:42	10.5
239	DĄBROWSKI Jarek	125	URSA	M-40	89	00:00:32	00:14:26	00:27:42	00:41:13	00:54:44	00:57:02.25	00:57:35.00	+00:27:31	5:42	10.5
240	DOBOSZ Kamil	372		M-30	64	00:00:31	00:14:05	00:27:34	00:41:17	00:54:42	00:57:07.30	00:57:38.55	+00:27:36	5:42	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
241	WIŚNIEWSKI Włodzimierz	179		M-50	38	00:00:28	00:14:01	00:27:17	00:40:55	00:54:43	00:57:11.40	00:57:39.95	+00:27:40	5:43	10.5
242	JASKULSKI Bartosz	197		M-40	90	00:00:15	00:14:47	00:28:12	00:41:48	00:54:59	00:57:11.50	00:57:26.90	+00:27:40	5:43	10.5
243	SZTEJKA Damian	245		M-40	91	00:00:34	00:14:46	00:28:27	00:41:50	00:55:04	00:57:14.20	00:57:48.95	+00:27:43	5:43	10.5
244	KRYSTOFIAK Michał	377		M-40	92	00:00:26	00:14:24	00:28:00	00:41:46	00:55:03	00:57:27.25	00:57:54.00	+00:27:56	5:44	10.4
245	SALITA Lech	32	ALTOM GNIEZNO	M-50	39	00:00:22	00:14:35	00:28:07	00:41:38	00:55:05	00:57:30.90	00:57:53.30	+00:28:00	5:45	10.4
246	RYDLEWSKI Marek	237	RUN BYDGOSZCZ	M-40	93	00:00:33	00:14:51	00:28:44	00:42:19	00:55:50	00:57:44.95	00:58:18.15	+00:28:14	5:46	10.4
247	HEBDA Damian	242	56. BAZA LOTNICZA	M-30	65	00:00:28	00:14:07	00:28:01	00:41:48	00:55:24	00:57:45.95	00:58:14.90	+00:28:15	5:46	10.4
248	RYDLEWSKI Andrzej	220	RUN BYDGOSZCZ	M-30	66	00:00:33	00:14:51	00:28:44	00:42:19	00:55:50	00:57:49.20	00:58:22.30	+00:28:18	5:46	10.4
249	JENDRZEJCZAK Dawid	269		M-20	26	00:00:34	00:14:32	00:27:52	00:41:37	00:55:33	00:57:49.50	00:58:24.35	+00:28:18	5:47	10.4
250	ZIELIŃSKI Radosław	122		M-30	67	00:00:23	00:14:24	00:28:15	00:42:19	00:56:14	00:58:24.85	00:58:48.70	+00:28:53	5:50	10.3
251	SCHEFFS Mirosław	281		M-50	40	00:00:11	00:14:06	00:27:38	00:41:50	00:56:12	00:58:34.35	00:58:45.95	+00:29:03	5:51	10.2
252	KOLSKI Michał	119		M-30	68	00:00:11	00:14:20	00:28:18	00:42:06	00:56:11	00:58:46.20	00:58:57.30	+00:29:15	5:52	10.2
253	KUDŁA Krzysztof	177		M-60	20	00:00:07	00:13:47	00:27:40	00:41:52	00:56:14	00:58:47.50	00:58:55.00	+00:29:16	5:52	10.2
254	SZELAĞ Wojciech	95		M-50	41	00:00:24	00:14:11	00:27:49	00:41:46	00:56:14	00:58:54.80	00:59:18.90	+00:29:23	5:53	10.2
255	SKORUPKA Radek	370		M-30	69	00:00:26	00:14:25	00:27:59	00:41:46	00:56:15	00:58:56.35	00:59:22.40	+00:29:25	5:53	10.2
256	KWIATKOWSKI Paweł	333		M-20	27	00:00:16	00:14:16	00:28:42	00:42:53	00:57:42	00:59:50.45	01:00:06.50	+00:30:19	5:59	10
257	TROJAK Jakub	353		M-1	5	00:00:34	00:16:26	00:31:31	00:45:09	00:57:48	00:59:52.95	01:00:26.95	+00:30:22	5:59	10
258	GAJZLER Jerzy	51		M-60	21	00:00:13	00:13:57	00:28:07	00:42:55	00:57:30	01:00:01.10	01:00:14.80	+00:30:30	6:00	10
259	RAMBOWICZ Andrzej	344		M-40	94	00:00:35	00:14:46	00:28:43	00:43:06	00:57:36	01:00:11.90	01:00:47.25	+00:30:41	6:01	10
260	TRZYMKOWSKI Adrian	153		M-20	28	00:00:24	00:14:18	00:28:24	00:43:23	00:58:36	01:00:58.20	01:01:23.10	+00:31:27	6:05	9.8
261	CIEŚLICKI Krzysztof	363	SISU-OWB TEAM	M-30	70	00:00:29	00:15:19	00:29:09	00:43:56	00:58:17	01:01:00.75	01:01:30.05	+00:31:29	6:06	9.8
262	CZEŚĆ Radosław	80	INOWROCŁAW BIEGA	M-40	95	00:00:25	00:14:42	00:28:56	00:44:02	00:59:02	01:01:27.60	01:01:53.15	+00:31:56	6:08	9.8
263	WYKRZYKOWSKI Andrzej	305		M-60	22	00:00:08	00:14:21	00:29:00	00:44:11	00:59:04	01:01:50.80	01:01:59.45	+00:32:19	6:11	9.7
264	DĘBSKI Jan	89	SOŁTYS	M-60	23	00:00:13	00:14:32	00:28:43	00:43:49	00:59:13	01:02:06.95	01:02:19.95	+00:32:36	6:12	9.7
265	SAWIEŁAJC Michał	216	BIZON TEAM	M-40	96	00:00:25	00:14:38	00:29:01	00:44:02	00:59:21	01:02:13.15	01:02:38.65	+00:32:42	6:13	9.6
266	UGOREK Mirosław	262		M-30	71	00:00:08	00:13:47	00:27:56	00:43:28	00:59:43	01:02:22.80	01:02:30.85	+00:32:51	6:14	9.6
267	ZIELIŃSKI Andrzej	90		M-40	97	00:00:22	00:15:13	00:30:07	00:45:34	01:00:21	01:02:45.05	01:03:07.35	+00:33:14	6:16	9.6
268	BIELIŃSKI Karol	243		M-30	72	00:00:31	00:15:37	00:30:10	00:45:26	01:00:13	01:02:48.40	01:03:20.35	+00:33:17	6:16	9.6
269	KAPELIŃSKI Stanisław	298	RODOS TEAM	M-50	42	00:00:28	00:15:36	00:30:11	00:45:25	01:00:53	01:03:31.30	01:03:59.80	+00:34:00	6:21	9.4
270	LENC Janusz	17	TKKF KOLEJARZ BYDGOSZCZ	M-60	24	00:00:24	00:16:38	00:31:36	00:46:30	01:01:25	01:03:52.20	01:04:17.15	+00:34:21	6:23	9.4
271	UCIŃSKI Edward	157	TKKF INSTALATOR PELIKAN SZUBIN	M-70	3	00:00:06	00:15:03	00:30:32	00:46:14	01:02:05	01:04:51.50	01:04:57.85	+00:35:20	6:29	9.3
272	MAZGA Adam	382		M-30	73	00:00:20	00:16:14	00:31:36	00:47:31	01:03:24	01:06:15.95	01:06:36.70	+00:36:45	6:37	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
273	KARASZEWSKI Sławomir	161		M-40	98	00:00:15	00:15:27	00:31:26	00:48:00	01:04:50	01:07:43.50	01:07:59.40	+00:38:12	6:46	8.9
274	PÓŁGĘSEK Rafał	105		M-40	99	00:00:34	00:16:38	00:32:50	00:49:35	01:06:15	01:09:04.75	01:09:39.25	+00:39:33	6:54	8.7
275	FRĄCKOWSKI Łukasz	358		M-20	29	00:00:32	00:15:46	00:32:09	00:49:27	01:06:21	01:09:16.55	01:09:49.45	+00:39:45	6:55	8.7
276	SZYMAŃSKI Szymon	35		M-30	74	00:00:10	00:15:56	00:32:32	00:49:51	01:07:09	01:09:58.50	01:10:09.20	+00:40:27	6:59	8.6
277	BIEGAŁA Kamil	297		M-20	30	00:00:15	00:16:35	00:32:53	00:49:41	01:07:11	01:10:19.10	01:10:34.70	+00:40:48	7:01	8.5
278	DRUŻYŃSKI Sebastian	114		M-30	75	00:00:32	00:16:13	00:32:30	00:49:49	01:07:26	01:10:38.90	01:11:11.20	+00:41:08	7:03	8.5
279	KUCHARSKI Adam	124		M-50	43	00:00:24	00:16:52	00:33:06	00:49:58	01:07:41	01:10:51.55	01:11:16.50	+00:41:20	7:05	8.5
280	RATAJ Maciej	401		M-40	100	00:00:27	00:15:41	00:31:52	00:49:25	01:08:24	01:11:40.15	01:12:08.10	+00:42:09	7:10	8.4
281	SWOBODA Krzysztof	139		M-60	25	00:00:19	00:19:32	00:38:13	00:57:19	01:17:28	01:21:20.00	01:21:39.95	+00:51:49	8:08	7.4
282	SWOBODA Daniel	140		M-30	76	00:00:20	00:19:31	00:38:12	00:57:18	01:17:27	01:21:22.80	01:21:42.90	+00:51:51	8:08	7.4

Znaleziono 282 wynik(ów)