



Organizator:
Data:
Miejsce:
Dystans:

Hotel Brzoza
2019-12-31
Brzoza
10 km

XIII BIEG SYLWESTROWY

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	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	ZAŁEWSKI Krystian	1		M-30	1		Barnim Goleniów	00:00:00	00:07:19	00:14:10	00:21:02	00:27:51	00:29:07.50	00:29:08.40		2:54	20.6 (100%)
2	BRZEZIŃSKI Błażej	3		M-30	2	CWZS Zawisza Bydgoszcz	CWZS Zawisza Bydgoszcz	00:00:01	00:07:34	00:15:02	00:22:34	00:30:06	00:31:34.10	00:31:35.30	+00:02:26 (7.7%)	3:09	19 (92.2%)
3	TARASIUK Paweł	88		M-30	3	31 Brygada Lotnictwa Polskiego	31 Baza LOTNICTWA TAKTYCZNEGO POZNAN-KRZESINY	00:00:00	00:08:09	00:15:57	00:23:45	00:31:35	00:33:05.65	00:33:06.40	+00:03:58 (12.0%)	3:18	18.1 (87.9%)
4	ŚWIĄTKOWSKI Paweł	92		M-30	4			00:00:01	00:08:38	00:16:47	00:24:52	00:32:54	00:34:23.50	00:34:25.20	+00:05:16 (15.3%)	3:26	17.4 (84.5%)
5	PIRÓG Arkadiusz	481		M-30	5		PISFAK	00:00:01	00:08:42	00:16:52	00:25:03	00:33:16	00:34:53.35	00:34:55.15	+00:05:45 (16.5%)	3:29	17.2 (83.5%)
6	MAĆKOWSKI Maciej	74		M-30	6	TEAMOCHAL	Ups Bydgoszcz/TEAMOCHAL	00:00:01	00:09:22	00:18:00	00:26:37	00:35:16	00:36:53.95	00:36:55.65	+00:07:46 (21.1%)	3:41	16.3 (79.1%)
7	ŁAZ Kamil	79		M-30	7	Bydgoskie Okonie	Bydgoskie Okonie	00:00:01	00:09:20	00:18:03	00:26:44	00:35:22	00:36:58.10	00:36:59.95	+00:07:50 (21.2%)	3:41	16.2 (78.6%)
8	SZLINGER Jakub	280		M-30	8	TEAMOCHAL	TEAMOCHAL	00:00:02	00:09:27	00:17:56	00:26:36	00:35:27	00:37:07.45	00:37:09.95	+00:07:59 (21.5%)	3:42	16.2 (78.6%)
9	ŚLUSARSKI Przemysław	455		M-30	9		RUN PASJA	00:00:03	00:09:23	00:17:59	00:26:44	00:35:34	00:37:16.00	00:37:19.25	+00:08:08 (21.8%)	3:43	16.1 (78.2%)
10	KRAIŃSKI Michał	415		M-30	10			00:00:01	00:09:20	00:18:02	00:26:53	00:35:40	00:37:16.60	00:37:18.50	+00:08:09 (21.9%)	3:43	16.1 (78.2%)
11	NOWAK Dawid	473	TRAWERS TEAM NAKŁO	M-30	11	TRAWERS TEAM NAKŁO	TRAWERS TEAM NAKŁO	00:00:03	00:09:03	00:17:52	00:26:56	00:35:40	00:37:17.40	00:37:20.40	+00:08:09 (21.9%)	3:43	16.1 (78.2%)
12	KUŁAKOWSKI Krzysztof	89		M-30	12		RUN PASJA	00:00:03	00:09:23	00:18:00	00:26:45	00:35:41	00:37:28.90	00:37:32.15	+00:08:21 (22.3%)	3:44	16 (77.7%)
13	PIOTROWSKI Radosław	61		M-30	13			00:00:05	00:09:15	00:18:04	00:26:59	00:35:55	00:37:36.55	00:37:42.10	+00:08:29 (22.6%)	3:45	16 (77.7%)
14	ŻYCZIŃSKI Michał	178		M-30	14	TEAMOCHAL	TEAMOCHAL	00:00:02	00:09:30	00:18:24	00:27:24	00:36:15	00:37:54.40	00:37:56.85	+00:08:46 (23.2%)	3:47	15.8 (76.7%)
15	BIAŁEK Dawid	474		M-30	15	TRAWERS TEAM NAKŁO	TRAWERS TEAM NAKŁO	00:00:02	00:09:31	00:18:24	00:27:21	00:36:16	00:37:58.30	00:38:00.80	+00:08:50 (23.3%)	3:47	15.8 (76.7%)
16	GROCHOWIAK Piotr	137		M-30	16			00:00:02	00:09:29	00:18:25	00:27:24	00:36:25	00:38:07.85	00:38:10.05	+00:09:00 (23.6%)	3:48	15.7 (76.2%)
17	BAK Oskar	434		M-30	17			00:00:02	00:09:26	00:18:22	00:27:25	00:36:29	00:38:16.00	00:38:18.80	+00:09:08 (23.9%)	3:49	15.7 (76.2%)
18	SENGER Michał	337		M-30	18	Pałuki Running Team	Pałuki Running Team	00:00:03	00:09:28	00:18:22	00:27:25	00:36:36	00:38:22.30	00:38:26.20	+00:09:14 (24.1%)	3:50	15.6 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	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
19	TOMASZEWSKI Maciej	488		M-30	19			00:00:01	00:08:42	00:17:31	00:27:14	00:37:16	00:38:52.00	00:38:53.10	+00:09:44 (25.1%)	3:53	15.4 (74.8%)
20	KUBANEK Łukasz	144		M-30	20	TEAMOCHAL	TEAMOCHAL	00:00:03	00:09:43	00:18:52	00:28:06	00:37:19	00:39:04.95	00:39:08.00	+00:09:57 (25.5%)	3:54	15.4 (74.8%)
21	GONDEK Rafał	283		M-30	21	TRAWERS TEAM NAKŁO		00:00:05	00:09:35	00:18:31	00:27:57	00:37:16	00:39:05.35	00:39:10.50	+00:09:57 (25.5%)	3:54	15.4 (74.8%)
22	MATUSZEWSKI Karol	11		M-30	22	Wilki Koszalin	Wilki Koszalin	00:00:03	00:09:54	00:19:04	00:28:24	00:37:28	00:39:11.25	00:39:15.10	+00:10:03 (25.7%)	3:55	15.3 (74.3%)
23	MAGDZIARZ Jakub	252		M-30	23			00:00:03	00:09:41	00:18:55	00:28:20	00:37:44	00:39:34.15	00:39:38.00	+00:10:26 (26.4%)	3:57	15.2 (73.8%)
24	KWIATKOWSKI Daniel	482		M-30	24			00:00:05	00:09:57	00:19:06	00:28:21	00:37:46	00:39:36.20	00:39:41.20	+00:10:28 (26.5%)	3:57	15.2 (73.8%)
25	RZESZOTARSKI Daniel	160		M-30	25			00:00:03	00:09:47	00:19:05	00:28:35	00:38:01	00:39:47.00	00:39:50.05	+00:10:39 (26.8%)	3:58	15.1 (73.3%)
26	WARSZAWSKI Przemysław	330		M-30	26	8 K-P BOT	8 K-P BOT	00:00:01	00:09:53	00:19:13	00:28:47	00:38:11	00:39:54.55	00:39:56.50	+00:10:47 (27.0%)	3:59	15 (72.8%)
27	KRUPA Piotr	153		M-30	27		Woodrunners	00:00:03	00:09:49	00:19:10	00:28:46	00:38:18	00:39:59.40	00:40:03.00	+00:10:51 (27.2%)	4:00	15 (72.8%)
28	MARCHEL Tomasz	96		M-30	28			00:00:01	00:09:49	00:19:13	00:28:46	00:38:19	00:40:06.70	00:40:08.65	+00:10:59 (27.4%)	4:00	15 (72.8%)
29	BŁASZAK Łukasz	359		M-30	29		'BUBA' Solec Kujawski	00:00:03	00:10:27	00:20:09	00:29:49	00:39:23	00:41:06.10	00:41:09.65	+00:11:58 (29.1%)	4:06	14.6 (70.9%)
30	BOMBICKI Miłosz	255		M-30	30			00:00:07	00:10:39	00:20:27	00:30:15	00:39:50	00:41:38.45	00:41:45.75	+00:12:30 (30.1%)	4:09	14.4 (69.9%)
31	WIĘCKOWSKI Dariusz	18		M-30	31		AMS Triathlon	00:00:04	00:10:25	00:20:18	00:30:30	00:39:54	00:41:44.65	00:41:48.65	+00:12:37 (30.2%)	4:10	14.4 (69.9%)
32	LEWANDOWSKI Tomasz	346		M-30	32			00:00:16	00:10:16	00:20:05	00:30:07	00:40:05	00:41:52.40	00:42:09.10	+00:12:44 (30.4%)	4:11	14.3 (69.4%)
33	KRZEŚNIAK Wojciech	175		M-30	33	Diabelskie Pioruny	Diabelskie Pioruny	00:00:03	00:09:48	00:19:53	00:30:06	00:40:34	00:42:38.75	00:42:42.10	+00:13:31 (31.7%)	4:15	14.1 (68.4%)
34	HIRT Tomasz	328		M-30	34		Endurance Coaching System CB163	00:00:10	00:10:49	00:20:51	00:31:01	00:41:16	00:43:14.90	00:43:25.30	+00:14:07 (32.7%)	4:19	13.9 (67.5%)
35	BEDRA Robert	254		M-30	35	Czarne Stopy	Czarne Stopy	00:00:06	00:10:59	00:21:14	00:31:26	00:41:22	00:43:16.55	00:43:22.70	+00:14:09 (32.7%)	4:19	13.9 (67.5%)
36	KOŁAKOWSKI Tomasz	508		M-30	36			00:00:11	00:10:48	00:20:54	00:31:23	00:41:45	00:43:39.15	00:43:50.75	+00:14:31 (33.3%)	4:21	13.7 (66.5%)
37	BOŁKA Szymon	53		M-30	37			00:00:11	00:10:49	00:20:54	00:31:23	00:41:47	00:43:44.05	00:43:55.95	+00:14:36 (33.4%)	4:22	13.7 (66.5%)
38	GABRYCH Maciej	245		M-30	38	Czarne Stopy	Czarne Stopy	00:00:05	00:11:05	00:21:35	00:32:01	00:42:25	00:44:11.85	00:44:17.40	+00:15:04 (34.1%)	4:25	13.6 (66.0%)
39	MACIŃSKI Waldemar	108		M-30	39			00:00:03	00:10:31	00:20:59	00:31:43	00:42:19	00:44:21.90	00:44:24.95	+00:15:14 (34.4%)	4:26	13.5 (65.5%)
40	BALCEREK Mateusz	400		M-30	40			00:00:05	00:10:47	00:21:18	00:31:56	00:42:33	00:44:24.60	00:44:30.45	+00:15:17 (34.4%)	4:26	13.5 (65.5%)
41	KOŁACKI Jarosław	492		M-30	41			00:00:13	00:10:45	00:21:05	00:31:54	00:42:42	00:44:45.25	00:44:58.40	+00:15:37 (34.9%)	4:28	13.4 (65.0%)
42	HENDRZAK Sylwester	388		M-30	42		MISYL three sport	00:00:20	00:11:09	00:21:34	00:32:21	00:42:58	00:44:47.90	00:45:08.60	+00:15:40 (35.0%)	4:28	13.4 (65.0%)
43	DĘBIEC Andrzej	107		M-30	43			00:00:07	00:11:17	00:21:46	00:32:26	00:43:17	00:45:18.00	00:45:25.60	+00:16:10 (35.7%)	4:31	13.2 (64.1%)
44	PŁACZKIEWICZ Robert	44		M-30	44	Polonia Bydgoszcz SLA	Polonia Bydgoszcz SLA	00:00:11	00:11:08	00:21:45	00:32:31	00:43:26	00:45:23.15	00:45:34.90	+00:16:15 (35.8%)	4:32	13.2 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	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
45	LEWANDOWSKI Rafał	84		M-30	45		SPC	00:00:12	00:10:40	00:21:15	00:32:10	00:43:20	00:45:26.40	00:45:38.40	+00:16:18 (35.9%)	4:32	13.2 (64.1%)
46	RENC Patryk	291		M-30	46		Serce Tybetu	00:00:08	00:11:46	00:22:27	00:33:13	00:43:38	00:45:28.25	00:45:37.15	+00:16:20 (35.9%)	4:32	13.2 (64.1%)
47	GRZEGOCKI Piotr	449		M-30	47		Strzelno	00:00:06	00:11:01	00:21:34	00:32:39	00:43:45	00:45:35.55	00:45:42.20	+00:16:28 (36.1%)	4:33	13.2 (64.1%)
48	PUCHACZ Marcin	142		M-30	48			00:00:11	00:11:19	00:22:08	00:33:20	00:44:05	00:46:07.10	00:46:18.10	+00:16:59 (36.8%)	4:36	13 (63.1%)
49	SOBAŃSKI Michał	267		M-30	49			00:00:16	00:11:07	00:22:07	00:33:20	00:44:21	00:46:14.65	00:46:31.25	+00:17:07 (37.0%)	4:37	13 (63.1%)
50	TRYT Maciej	509		M-30	50			00:00:06	00:10:40	00:21:23	00:32:52	00:43:46	00:46:16.30	00:46:22.90	+00:17:08 (37.1%)	4:37	13 (63.1%)
51	KUJAWA Daniel	32		M-30	51		56. Baza Lotnicza	00:00:06	00:11:12	00:21:59	00:33:16	00:44:31	00:46:42.90	00:46:49.60	+00:17:35 (37.7%)	4:40	12.8 (62.1%)
52	PAWLACZYK Szymon	48		M-30	52			00:00:36	00:12:48	00:23:37	00:34:17	00:44:41	00:46:47.70	00:47:24.40	+00:17:40 (37.8%)	4:40	12.8 (62.1%)
53	SKRZECZEWSKI Bartosz	243		M-30	53			00:00:11	00:11:26	00:22:28	00:33:45	00:44:51	00:46:59.05	00:47:10.85	+00:17:51 (38.0%)	4:41	12.8 (62.1%)
54	GLIWKA Artur	325		M-30	54	56. Baza Lotnicza	1 BLWL	00:00:14	00:11:30	00:22:23	00:33:46	00:45:14	00:47:19.85	00:47:34.55	+00:18:12 (38.5%)	4:44	12.7 (61.7%)
55	KOLMAJER Rafał	25		M-30	55		ForsportPolska Team	00:00:23	00:12:13	00:23:15	00:34:26	00:45:45	00:47:55.55	00:48:18.55	+00:18:48 (39.2%)	4:47	12.5 (60.7%)
56	GABARKIEWICZ Łukasz	427		M-30	56			00:00:07	00:12:12	00:23:43	00:35:09	00:46:05	00:48:10.20	00:48:17.20	+00:19:02 (39.5%)	4:49	12.5 (60.7%)
57	KRZYMIŃSKI Jarek	156		M-30	57			00:00:23	00:12:23	00:23:49	00:35:16	00:46:28	00:48:28.65	00:48:51.85	+00:19:21 (39.9%)	4:50	12.4 (60.2%)
58	BAŁA Artur	353		M-30	58		może i powoli, ale za to byle jak	00:00:28	00:12:38	00:24:15	00:35:37	00:46:42	00:48:45.85	00:49:14.25	+00:19:38 (40.3%)	4:52	12.3 (59.7%)
59	WIECZOREK Łukasz	305		M-30	59		Run4Fun www.bytpak.pl	00:00:17	00:12:24	00:23:51	00:35:33	00:47:03	00:49:02.25	00:49:19.70	+00:19:54 (40.6%)	4:54	12.2 (59.2%)
60	KABACIŃSKI Jarosław	132		M-30	60			00:00:17	00:12:29	00:24:10	00:36:03	00:47:28	00:49:31.70	00:49:49.50	+00:20:24 (41.2%)	4:57	12.1 (58.7%)
61	BĄKOWSKI Dawid	103		M-30	61			00:00:18	00:12:28	00:23:59	00:35:34	00:47:26	00:49:40.50	00:49:59.00	+00:20:33 (41.4%)	4:58	12.1 (58.7%)
62	ARACH Przemysław	494		M-30	62			00:00:13	00:12:01	00:23:34	00:35:37	00:47:54	00:49:56.25	00:50:09.70	+00:20:48 (41.7%)	4:59	12 (58.3%)
63	KWIATKOWSKI Piotr	211		M-30	63			00:00:11	00:12:51	00:24:39	00:36:22	00:47:57	00:50:01.20	00:50:12.60	+00:20:53 (41.8%)	5:00	12 (58.3%)
64	STRZAŁKA Robert	466		M-30	64			00:00:13	00:12:15	00:23:34	00:35:38	00:47:53	00:50:18.15	00:50:31.30	+00:21:10 (42.1%)	5:01	11.9 (57.8%)
65	KLATECKI Adam	78		M-30	65			00:00:38	00:13:17	00:24:52	00:36:31	00:48:18	00:50:22.80	00:51:01.30	+00:21:15 (42.2%)	5:02	11.9 (57.8%)
66	ŻUCHELKOWSKI Rafał	371		M-30	66			00:00:19	00:11:49	00:23:52	00:36:21	00:48:13	00:50:33.90	00:50:53.40	+00:21:26 (42.4%)	5:03	11.9 (57.8%)
67	KŁOSKOWSKI Adam	225		M-30	67		JW1515 Bydgoszcz	00:00:27	00:12:45	00:24:31	00:36:22	00:48:22	00:50:34.60	00:51:01.70	+00:21:27 (42.4%)	5:03	11.9 (57.8%)
68	SZEWCHYKOWSKI Grzegorz	100		M-30	68	Bydgoskie Żółwie		00:00:22	00:12:17	00:24:02	00:36:17	00:48:22	00:50:37.80	00:51:00.60	+00:21:30 (42.5%)	5:03	11.8 (57.3%)
69	DERING Tomasz	491	BYDGOSKIE ŻÓŁWIE	M-30	69	Bydgoskie Żółwie		00:00:23	00:12:16	00:24:01	00:36:16	00:48:21	00:50:37.85	00:51:01.00	+00:21:30 (42.5%)	5:03	11.8 (57.3%)
70	WŁOCH Tomasz	441		M-30	70	Diabelskie Pioruny		00:00:06	00:11:36	00:23:24	00:35:32	00:48:19	00:50:43.45	00:50:50.40	+00:21:35 (42.6%)	5:04	11.8 (57.3%)

														Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km				
71	KOWALSKI Wojciech	216		M-30	71		Mogilno Team	00:00:05	00:12:17	00:24:23	00:36:54	00:49:07	00:51:21.10	00:51:26.70	+00:22:13 (43.3%)	5:08	11.7 (56.8%)	
72	GDANIEC Krzysztof	72		M-30	72			00:00:20	00:12:28	00:24:28	00:36:54	00:49:16	00:51:38.55	00:51:59.05	+00:22:31 (43.6%)	5:09	11.6 (56.3%)	
73	PRZYBYLSKI Jacek	56		M-30	73			00:00:31	00:12:54	00:25:05	00:37:22	00:49:44	00:52:02.10	00:52:34.05	+00:22:54 (44.0%)	5:12	11.5 (55.8%)	
74	BRYL Tomasz	310		M-30	74			00:00:19	00:13:10	00:25:31	00:37:58	00:50:01	00:52:19.15	00:52:38.30	+00:23:11 (44.3%)	5:13	11.5 (55.8%)	
75	GOŁĘBIEWSKI Krzysztof	493	JUST 5	M-30	75	Just 5		00:00:27	00:13:10	00:25:37	00:38:07	00:50:33	00:52:43.10	00:53:10.65	+00:23:35 (44.8%)	5:16	11.4 (55.3%)	
76	MRÓWCZYŃSKI Tomek	85		M-30	76			00:00:32	00:13:39	00:26:01	00:38:18	00:50:31	00:52:47.65	00:53:20.40	+00:23:40 (44.8%)	5:16	11.4 (55.3%)	
77	KRYSKE Mariusz	362		M-30	77		SPÓJNIA BIAŁE BŁOTA	00:00:36	00:13:39	00:25:47	00:38:18	00:51:02	00:53:13.15	00:53:49.95	+00:24:05 (45.3%)	5:19	11.3 (54.9%)	
78	KUREK Paweł	298		M-30	78	PKP CARGO		00:00:07	00:12:33	00:25:05	00:37:56	00:50:53	00:53:14.10	00:53:21.85	+00:24:06 (45.3%)	5:19	11.3 (54.9%)	
79	SPYCHAJ Piotr	503	INFLUENCE	M-30	79	Influence		00:00:20	00:14:14	00:27:04	00:39:40	00:51:48	00:53:53.10	00:54:14.00	+00:24:45 (45.9%)	5:23	11.1 (53.9%)	
80	UGOREK Mirek	469		M-30	80			00:00:09	00:12:56	00:25:53	00:39:05	00:52:03	00:54:08.15	00:54:17.50	+00:25:00 (46.2%)	5:24	11.1 (53.9%)	
81	KASPROWICZ Piotr	46		M-30	81		JW1515 Bydgoszcz	00:00:27	00:13:23	00:26:02	00:39:03	00:52:02	00:54:11.50	00:54:38.75	+00:25:04 (46.3%)	5:25	11.1 (53.9%)	
81	RATAJ Krzysztof	39		M-30	81	Polonia Bydgoszcz SLA	Polonia Bydgoszcz SLA	00:00:11	00:12:55	00:25:43	00:38:46	00:51:47	00:54:11.50	00:54:23.40	+00:25:04 (46.3%)	5:25	11.1 (53.9%)	
83	RUDOWICZ Marcin	447		M-30	83			00:00:30	00:12:43	00:25:42	00:39:14	00:52:06	00:54:12.65	00:54:42.65	+00:25:05 (46.3%)	5:25	11.1 (53.9%)	
84	MAZGA Adam	91		M-30	84			00:00:14	00:13:52	00:26:17	00:39:06	00:52:17	00:54:48.85	00:55:02.85	+00:25:41 (46.9%)	5:28	10.9 (52.9%)	
85	TRENDEWICZ Marcin	409		M-30	85		Bydgoskie Morsy	00:00:10	00:14:22	00:28:16	00:40:44	00:52:53	00:55:03.25	00:55:13.30	+00:25:55 (47.1%)	5:30	10.9 (52.9%)	
86	MAŁKOWSKI Sebastian	358		M-30	86			00:00:19	00:13:41	00:27:00	00:40:02	00:52:53	00:55:21.25	00:55:41.05	+00:26:13 (47.4%)	5:32	10.8 (52.4%)	
87	SMYK Piotr	138		M-30	87			00:00:21	00:13:37	00:26:36	00:39:55	00:53:16	00:55:39.55	00:56:01.35	+00:26:32 (47.7%)	5:34	10.8 (52.4%)	
88	FOGT Maciej	369		M-30	88		CB 163	00:00:27	00:14:10	00:27:08	00:40:24	00:53:25	00:56:01.05	00:56:28.60	+00:26:53 (48.0%)	5:36	10.7 (51.9%)	
89	JENDRZEJCZAK Dawid	323		M-30	89			00:00:24	00:13:58	00:27:16	00:40:56	00:54:22	00:56:51.30	00:57:15.40	+00:27:43 (48.8%)	5:41	10.6 (51.5%)	
90	PAWLUCZEK Marcin	148		M-30	90	ZAWISZA-FANS	ZAWISZA-FANS	00:00:27	00:12:41	00:26:17	00:40:04	00:54:17	00:56:51.65	00:57:19.55	+00:27:44 (48.8%)	5:41	10.6 (51.5%)	
91	DOBOSZ Kamil	161		M-30	91			00:00:25	00:13:59	00:27:37	00:41:35	00:55:47	00:58:28.45	00:58:54.25	+00:29:20 (50.2%)	5:50	10.3 (50.0%)	
92	SCHMIDT Marcin	347		M-30	92			00:00:17	00:13:55	00:27:30	00:41:58	00:56:30	00:59:10.30	00:59:27.50	+00:30:02 (50.8%)	5:55	10.1 (49.0%)	
93	RUDNICKI Michał	250		M-30	93	ASSECO ACTIVE TEAM	ASSECO ACTIVE TEAM	00:00:20	00:14:53	00:28:51	00:42:47	00:56:40	00:59:16.85	00:59:37.25	+00:30:09 (50.9%)	5:55	10.1 (49.0%)	
94	MASŁYSZ Marcin	136		M-30	94		wkurw_team	00:00:33	00:14:04	00:27:15	00:43:48	00:57:37	00:59:52.95	01:00:26.45	+00:30:45 (51.4%)	5:59	10 (48.5%)	
95	GONCIARCZYK Piotr	444		M-30	95			00:00:29	00:15:41	00:30:46	00:45:57	01:01:18	01:04:20.40	01:04:50.05	+00:35:12 (54.7%)	6:26	9.3 (45.1%)	
96	BOROWIEC Michał	402		M-30	96			00:00:35	00:15:00	00:30:06	00:45:14	01:01:14	01:04:27.35	01:05:02.35	+00:35:19 (54.8%)	6:26	9.3 (45.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	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
97	SYBILA Michał	404		M-30	97			00:00:35	00:15:00	00:30:06	00:45:14	01:01:14	01:04:27.70	01:05:02.70	+00:35:20 (54.8%)	6:26	9.3 (45.1%)
98	ZAWISZEWSKI Adam	158		M-30	98			00:00:10	00:15:06	00:30:22	00:46:02	01:02:12	01:05:20.95	01:05:31.40	+00:36:13 (55.4%)	6:32	9.2 (44.7%)
99	CIEŚLICKI Krzysztof	220		M-30	99	SISU Team		00:00:38	00:16:40	00:32:19	00:48:12	01:04:05	01:07:26.00	01:08:04.10	+00:38:18 (56.8%)	6:44	8.9 (43.2%)
100	OBORSKI Łukasz	460		M-30	100			00:00:34	00:16:41	00:32:54	00:49:11	01:05:31	01:08:32.55	01:09:06.75	+00:39:25 (57.5%)	6:51	8.8 (42.7%)
101	SZYTTHENHOLM Oliwier	419		M-30	101	TRISPACE/TREK		00:00:04	00:10:30	00:20:25					+00:06:16	4:12	14.3 (69.4%)

Znaleziono 101 wynik(ów)