



XIII BIEG SYLWESTROWY

B4SPORT

Organizator: Hotel Brzoza
Data: 2019-12-31
Miejsce: Brzoza
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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	POLAŃSKI Tomasz	512		M-40	1	The Rychters		00:00:01	00:08:42	00:16:54	00:25:19	00:33:48	00:35:25.25	00:35:26.35		3:32	16.9
2	WIWATOWSKI Michał	279		M-40	2			00:00:01	00:09:04	00:17:35	00:26:07	00:34:45	00:36:23.10	00:36:24.40	+00:00:57	3:38	16.5
3	MRUK Tomasz	246		M-40	3	Czarne Stopy	Czarne Stopy.SM	00:00:02	00:09:03	00:17:39	00:26:16	00:34:56	00:36:34.75	00:36:37.25	+00:01:09	3:39	16.4
4	ORCHOLSKI Witold	10		M-40	4	T.S. Opatrunki Toruń	T.S. Opatrunki Toruń	00:00:01	00:09:36	00:18:15	00:26:57	00:35:36	00:37:15.55	00:37:17.05	+00:01:50	3:43	16.1
5	LENC Sebastian	128		M-40	5	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:01	00:09:18	00:18:07	00:27:03	00:36:02	00:37:47.75	00:37:49.15	+00:02:22	3:46	15.9
6	MOKRZYCKI Rafał	368		M-40	6		TG SOKÓŁ GNIEWKOWO	00:00:01	00:09:31	00:18:21	00:27:14	00:36:08	00:37:49.95	00:37:51.60	+00:02:24	3:47	15.9
7	KOWALCZYK Marek	9	BRZOZA BIEGA	M-40	7	Brzoza Biega	Brzoza Biega	00:00:01	00:09:19	00:18:04	00:27:03	00:36:10	00:37:53.55	00:37:55.40	+00:02:28	3:47	15.8
8	SOBIERSKI Rafał	69		M-40	8			00:00:03	00:09:29	00:18:24	00:27:23	00:36:20	00:38:03.30	00:38:06.50	+00:02:38	3:48	15.8
9	STACHOWICZ Wiesław	366		M-40	9	Brzoza Biega	Brzoza Biega	00:00:03	00:09:41	00:18:43	00:27:43	00:36:41	00:38:19.50	00:38:22.70	+00:02:54	3:49	15.7
10	RYCHTER Karol	210		M-40	10	The Rychters		00:00:03	00:09:27	00:18:42	00:28:10	00:37:44	00:39:31.90	00:39:35.10	+00:04:06	3:57	15.2
11	SZCZEPANIAK Cezary	489		M-40	11			00:00:02	00:09:50	00:19:10	00:28:46	00:38:20	00:39:59.40	00:40:02.30	+00:04:34	4:00	15
12	RUCIŃSKI Marcin	321		M-40	12		TRIBA Bosir Barcin	00:00:02	00:09:29	00:18:24	00:28:36	00:38:11	00:40:02.30	00:40:04.75	+00:04:37	4:00	15
13	JASTRZĘBSKI Krzysztof	375		M-40	13			00:00:03	00:10:12	00:19:42	00:29:10	00:38:33	00:40:18.30	00:40:21.85	+00:04:53	4:01	14.9
14	SZOCH Tomasz	293		M-40	14		Mrozbike Team	00:00:04	00:10:03	00:19:32	00:29:06	00:38:32	00:40:25.70	00:40:30.25	+00:05:00	4:02	14.8
15	RYCHTER Marcin	483	THE RYCHTERS	M-40	15	The Rychters		00:00:09	00:10:03	00:19:30	00:29:10	00:38:47	00:40:40.15	00:40:49.50	+00:05:14	4:04	14.8
16	ZIENKIEWICZ Janusz	364		M-40	16	TRISPACE/TREK	TRISPACE/TREK	00:00:03	00:10:30	00:20:25	00:30:05	00:39:12	00:40:54.40	00:40:58.25	+00:05:29	4:05	14.7
17	GÓRNY Wojciech	294		M-40	17		TRISPACE/TREK	00:00:03	00:10:00	00:19:19	00:30:08	00:39:16	00:41:02.35	00:41:05.75	+00:05:37	4:06	14.6
18	KUNZ Mieczysław	244		M-40	18		UMK Toruń	00:00:02	00:09:57	00:19:42	00:29:25	00:39:16	00:41:09.30	00:41:12.20	+00:05:44	4:07	14.6
19	PRĄDZYŃSKI Marcin	40		M-40	19		AMS Triathlon	00:00:04	00:10:27	00:20:00	00:29:43	00:39:15	00:41:14.20	00:41:18.55	+00:05:48	4:07	14.6
20	GAŚSIOROWSKI Grzegorz	229		M-40	20	WKB Maratończyk Włocławek		00:00:15	00:10:01	00:19:35	00:29:30	00:39:31	00:41:26.55	00:41:41.65	+00:06:01	4:08	14.5
21	TOMASZEWSKI Mirosław	122		M-40	21			00:00:01	00:09:54	00:19:44	00:29:52	00:39:33	00:41:30.45	00:41:32.40	+00:06:05	4:09	14.5
22	MICHALSKI Adam	405		M-40	22			00:00:05	00:10:02	00:19:40	00:29:40	00:39:48	00:41:45.05	00:41:50.30	+00:06:19	4:10	14.4
23	NOWOSIELSKI Piotr	477		M-40	23		LKS ZANTYR SZTUM	00:00:06	00:10:18	00:20:05	00:29:59	00:39:54	00:41:45.40	00:41:52.20	+00:06:20	4:10	14.4

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
24	FURTAK Tomasz	151		M-40	24	56. Baza Lotnicza	56. Baza Lotnicza	00:00:06	00:10:43	00:20:29	00:30:16	00:39:54	00:41:46.75	00:41:52.90	+00:06:21	4:10	14.4
25	GŁOGOWSKI Krzysztof	66		M-40	25			00:00:00	00:10:14	00:20:13	00:30:26	00:40:34	00:42:32.40	00:42:32.40	+00:07:07	4:15	14.1
26	ŚWITAL Leszek	448		M-40	26		Morsy Margonin-TAZAR	00:00:09	00:10:59	00:20:57	00:30:56	00:40:49	00:42:34.95	00:42:44.75	+00:07:09	4:15	14.1
27	KOWALSKI Jacek	356		M-40	27			00:00:06	00:10:35	00:20:29	00:30:42	00:40:50	00:42:41.90	00:42:48.05	+00:07:16	4:16	14.1
28	WACHOWSKI Karol	123		M-40	28			00:00:07	00:10:57	00:21:13	00:31:18	00:41:13	00:42:59.00	00:43:06.90	+00:07:33	4:17	14
29	KŁOSOWSKI Marcin	140		M-40	29		Grupa Bankietowa Specjal	00:00:03	00:10:58	00:21:00	00:31:00	00:41:00	00:43:01.25	00:43:04.80	+00:07:36	4:18	13.9
30	BARTOSZ Marek	31		M-40	30			00:00:03	00:10:08	00:20:16	00:30:54	00:41:20	00:43:10.65	00:43:14.45	+00:07:45	4:19	13.9
31	SZULC Andrzej	440		M-40	31			00:00:08	00:10:37	00:20:48	00:31:16	00:41:39	00:43:36.30	00:43:45.00	+00:08:11	4:21	13.8
32	BUZALSKI Robert	75		M-40	32		Orange Polska	00:00:03	00:10:16	00:20:33	00:31:09	00:41:42	00:43:40.30	00:43:43.85	+00:08:15	4:22	13.7
33	MARĆ Robert	421	KATOLIK TEAM	M-40	33	Katolik Team		00:00:12	00:11:03	00:21:22	00:31:46	00:41:55	00:43:45.85	00:43:58.70	+00:08:20	4:22	13.7
34	GIERACH Marcin	372		M-40	34		Damian Rudnik Team	00:00:04	00:10:43	00:21:00	00:31:30	00:42:06	00:43:56.05	00:44:00.95	+00:08:30	4:23	13.7
35	HERMELIN Wojciech	253		M-40	35		Kancelaria HMM	00:00:04	00:10:29	00:20:41	00:31:16	00:41:55	00:43:57.30	00:44:02.25	+00:08:32	4:23	13.6
36	KOSZOWSKI Rafał	273	KATOLIK TEAM	M-40	36	Katolik Team		00:00:04	00:10:28	00:20:50	00:31:30	00:42:02	00:43:59.65	00:44:04.50	+00:08:34	4:24	13.6
37	WIERZBOWSKI Piotr	248		M-40	37		TEAM KOPEĆ	00:00:10	00:10:42	00:20:54	00:31:22	00:42:00	00:44:03.40	00:44:13.80	+00:08:38	4:24	13.6
38	CHUDECKI Robert	233		M-40	38		Diabelskie Pioruny	00:00:02	00:10:02	00:20:24	00:31:12	00:42:07	00:44:07.05	00:44:09.50	+00:08:41	4:24	13.6
39	MICHALEWSKI Bartosz	349		M-40	39		LUCKY LUCK	00:00:10	00:11:17	00:21:37	00:32:01	00:42:24	00:44:16.70	00:44:27.40	+00:08:51	4:25	13.5
40	NAGOW Michał	385		M-40	40			00:00:15	00:11:23	00:21:49	00:32:12	00:42:38	00:44:35.65	00:44:51.55	+00:09:10	4:27	13.5
41	WIŚNIEWSKI Maciej	342		M-40	41			00:00:21	00:11:22	00:21:40	00:32:10	00:42:41	00:44:42.30	00:45:03.55	+00:09:17	4:28	13.4
42	DAWIDOWICZ Maciej	188		M-40	42		TRISPACE/TREK	00:00:08	00:11:16	00:21:40	00:32:10	00:42:46	00:44:45.60	00:44:54.00	+00:09:20	4:28	13.4
43	NAMIEŚNIK Krzysztof	80		M-40	43	56. Baza Lotnicza	KrzysiekKN	00:00:15	00:11:12	00:21:33	00:32:11	00:42:51	00:44:53.40	00:45:08.50	+00:09:28	4:29	13.4
44	WINIARSKI Grzegorz	263		M-40	44	The Runners Świecie	The Runners Świecie	00:00:09	00:11:32	00:21:54	00:32:22	00:42:54	00:44:54.50	00:45:03.65	+00:09:29	4:29	13.4
45	CZARNECKI Piotr	510	BRZOZA BIEGA	M-40	45	Brzoza Biega		00:00:06	00:10:39	00:20:59	00:31:54	00:43:22	00:45:13.05	00:45:19.60	+00:09:47	4:31	13.3
46	BYRTEK Marcin	462		M-40	46			00:00:14	00:11:27	00:22:04	00:32:47	00:43:39	00:45:42.75	00:45:57.45	+00:10:17	4:34	13.1
47	RYDLEWSKI Marek	26		M-40	47	RUN BYDGOSZCZ	RUN BYDGOSZCZ	00:00:12	00:12:15	00:23:13	00:33:42	00:44:01	00:45:52.15	00:46:04.45	+00:10:26	4:35	13.1
48	MORITZ Rafał	33		M-40	48	#slimakibarcin	#slimakibarcin	00:00:19	00:12:05	00:22:50	00:33:44	00:44:09	00:46:08.60	00:46:27.80	+00:10:43	4:36	13
49	STEMPNIAK Krzysztof	50		M-40	49			00:00:05	00:11:27	00:22:15	00:33:18	00:44:17	00:46:20.75	00:46:26.40	+00:10:55	4:38	12.9
50	TOMTAS Konrad	433		M-40	50	56. Baza Lotnicza	56 BLot	00:00:15	00:11:33	00:22:26	00:33:46	00:44:24	00:46:26.90	00:46:42.15	+00:11:01	4:38	12.9
51	ANDRZEJEWSKI Paweł	221		M-40	51		Ultra Szaleńcy	00:00:07	00:11:31	00:22:42	00:33:58	00:44:49	00:46:50.00	00:46:57.30	+00:11:24	4:41	12.8
52	GACKOWSKI Krzysztof	35		M-40	52		IRON & ONE TEAM	00:00:07	00:11:19	00:22:25	00:33:55	00:45:15	00:47:22.20	00:47:30.05	+00:11:56	4:44	12.7
53	GROTA Artur	257		M-40	53			00:00:04	00:11:29	00:22:26	00:33:44	00:45:16	00:47:25.05	00:47:30.00	+00:11:59	4:44	12.6
54	KRAWISZ Maciej	354		M-40	54		LP 500	00:00:12	00:12:15	00:23:24	00:34:22	00:45:24	00:47:28.35	00:47:40.65	+00:12:03	4:44	12.6
55	RÓŻYCKI Waldemar	272	KATOLIK TEAM	M-40	55	Katolik Team		00:00:12	00:11:37	00:23:02	00:34:30	00:45:29	00:47:28.60	00:47:41.25	+00:12:03	4:44	12.6
56	ŚWIĘCICKI Andrzej	106		M-40	56			00:00:14	00:11:50	00:22:52	00:34:04	00:45:22	00:47:29.70	00:47:43.90	+00:12:04	4:44	12.6
57	GRZEGORZEWSKI Rafał	341		M-40	57			00:00:10	00:12:02	00:23:00	00:34:08	00:45:29	00:47:31.65	00:47:42.60	+00:12:06	4:45	12.6
58	STARSZAK Paweł	479		M-40	58			00:00:08	00:11:37	00:22:49	00:34:20	00:45:41	00:47:41.65	00:47:50.00	+00:12:16	4:46	12.6

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
59	SZEWS Marek	113		M-40	59		AMS Triathlon Bydgoszcz Akademia Mistrzów Sportu	00:00:24	00:11:49	00:22:47	00:34:11	00:45:41	00:47:50.20	00:48:14.55	+00:12:24	4:47	12.5
60	ŻYWICA Adam	383		M-40	60		Brzoza Biega	00:00:22	00:12:33	00:24:01	00:35:02	00:45:56	00:47:54.40	00:48:17.25	+00:12:29	4:47	12.5
61	SOBCZAK Krzysztof	394		M-40	61		Kris Team	00:00:23	00:12:14	00:23:15	00:34:27	00:45:46	00:47:55.05	00:48:18.30	+00:12:29	4:47	12.5
62	KUNKE Tomasz	97		M-40	62		13WOG Grudziądz	00:00:17	00:11:49	00:22:51	00:34:18		00:47:57.95	00:48:15.75	+00:12:32	4:47	12.5
63	SŁOMA Maciej	464		M-40	63		CB 163	00:00:13	00:11:52	00:23:04	00:34:46	00:46:07	00:48:18.75	00:48:32.60	+00:12:53	4:49	12.4
64	BISKUPIAK Robert	410		M-40	64			00:00:21	00:12:01	00:23:27	00:35:00	00:46:18	00:48:27.05	00:48:48.30	+00:13:01	4:50	12.4
65	JASINIECKI Wojciech	60		M-40	65		Żółtokrólewscy	00:00:05	00:11:43	00:23:08	00:34:41	00:46:20	00:48:27.35	00:48:32.65	+00:13:02	4:50	12.4
66	PAWLUCZEK Piotr	149		M-40	66	ZAWISZA-FANS	ZAWISZA-FANS	00:00:28	00:12:26	00:23:46	00:35:19	00:46:30	00:48:30.55	00:48:59.50	+00:13:05	4:51	12.4
67	LACHOWICZ Robert	150		M-40	67	ZAWISZA-FANS	ZAWISZA-FANS	00:00:27	00:12:27	00:23:47	00:35:20	00:46:31	00:48:35.65	00:49:02.90	+00:13:10	4:51	12.3
68	ŁATKA Marcin	224		M-40	68			00:00:18	00:11:54	00:23:14	00:34:55	00:46:26	00:48:39.50	00:48:57.50	+00:13:14	4:51	12.3
69	MALEC Karol	199		M-40	69		BIUEL TEAM BYDGOSZCZ	00:00:17	00:11:55	00:23:14	00:34:55	00:46:26	00:48:39.85	00:48:57.55	+00:13:14	4:52	12.3
70	CZERWIAKOWSKI Sebastian	264		M-40	70		Wataha łączy nas bieganie	00:00:07	00:11:49	00:23:10	00:34:45	00:46:27	00:48:41.15	00:48:48.60	+00:13:15	4:52	12.3
71	BARSZCZEWSKI Sebastian	414		M-40	71			00:00:19	00:12:06	00:23:42	00:35:30	00:46:43	00:48:41.55	00:49:01.15	+00:13:16	4:52	12.3
72	STAWCZYK Dariusz	36		M-40	72			00:00:14	00:12:14	00:23:32	00:34:57	00:46:37	00:48:43.60	00:48:58.10	+00:13:18	4:52	12.3
73	TARASKA Marcin	417		M-40	73		#slimakibarcin	00:00:18	00:12:35	00:24:09	00:35:42	00:46:48	00:48:50.60	00:49:09.25	+00:13:25	4:53	12.3
74	SZŁYK Maciej	73		M-40	74			00:00:10	00:12:19	00:23:43	00:35:14	00:46:46	00:48:52.65	00:49:03.45	+00:13:27	4:53	12.3
75	STĘPIEŃ Tomasz	52		M-40	75			00:00:21	00:11:55	00:23:37	00:35:06	00:46:43	00:48:53.35	00:49:14.65	+00:13:28	4:53	12.3
76	DRZEWIECKI Rafał	302		M-40	76		Run4Fun www.bytpak.pl	00:00:17	00:12:25	00:23:51	00:35:33	00:47:04	00:49:03.65	00:49:21.10	+00:13:38	4:54	12.2
77	ŚWIAŹKOWSKI Marcin	461		M-40	77			00:00:14	00:12:02	00:23:38	00:35:19	00:46:54	00:49:04.95	00:49:19.20	+00:13:39	4:54	12.2
78	RÓG Adam	351		M-40	78			00:00:04	00:11:40	00:23:04	00:35:04	00:46:52	00:49:06.95	00:49:11.90	+00:13:41	4:54	12.2
79	SZCZECIŃSKI Mariusz	260		M-40	79		Króliki w plecaku	00:00:09	00:12:07	00:23:36	00:35:41	00:47:14	00:49:25.00	00:49:34.35	+00:13:59	4:56	12.1
80	MATYSZCZAK Damian	130		M-40	80		56. Baza Lotnicza	00:00:16	00:12:05	00:23:34	00:35:09	00:47:09	00:49:29.15	00:49:45.20	+00:14:03	4:56	12.1
81	CZARNECKI Marek	428		M-40	81			00:00:07	00:11:40	00:22:59	00:34:54	00:47:21	00:49:41.90	00:49:49.00	+00:14:16	4:58	12.1
82	KOSIARSKI Tomasz	457		M-40	82			00:00:19	00:12:21	00:23:41	00:35:31	00:47:39	00:49:48.05	00:50:07.25	+00:14:22	4:58	12
83	TOCZKIEWICZ Piotr	234		M-40	83			00:00:05	00:12:20	00:24:08	00:36:02	00:47:43	00:49:53.00	00:49:58.95	+00:14:27	4:59	12
84	DROŹDŹ Andrzej	425		M-40	84	56. Baza Lotnicza		00:00:16	00:12:20	00:24:13	00:36:22	00:48:14	00:50:25.95	00:50:42.05	+00:15:00	5:02	11.9
85	PACZKOWSKI Mirosław	344		M-40	85		CB 163	00:00:16	00:12:27	00:24:20	00:36:24	00:48:31	00:50:36.30	00:50:52.35	+00:15:11	5:03	11.9
86	SYPNIEWSKI Marek	168		M-40	86			00:00:18	00:12:28	00:24:09	00:36:04	00:48:33	00:50:59.90	00:51:18.10	+00:15:34	5:06	11.8
87	KONIEC Krzysztof	451		M-40	87			00:00:11	00:12:53	00:24:57	00:37:10	00:49:05	00:51:15.20	00:51:26.80	+00:15:49	5:07	11.7
88	JURSKI Robert	43		M-40	88			00:00:14	00:12:49	00:24:52	00:37:10	00:49:25	00:51:40.00	00:51:54.25	+00:16:14	5:10	11.6
89	FERENS Paweł	475		M-40	89	56. Baza Lotnicza		00:00:16	00:12:43	00:24:37	00:36:47	00:49:26	00:51:42.55	00:51:59.10	+00:16:17	5:10	11.6
90	WINKLEWSKI Krzysztof	266		M-40	90		MIELCAR TEAM	00:00:24	00:13:16	00:25:27	00:37:48	00:50:00	00:52:08.30	00:52:32.60	+00:16:43	5:12	11.5
91	GRALAK Jacek	393		M-40	91	8 K-P BOT	8 K-P BOT	00:00:21	00:13:05	00:25:22	00:37:42	00:50:05	00:52:24.05	00:52:45.60	+00:16:58	5:14	11.5
92	REDLAK Tomasz	164		M-40	92			00:00:08	00:12:47	00:25:13	00:37:44	00:50:31	00:52:49.50	00:52:58.40	+00:17:24	5:17	11.4
93	NURKIEWICZ Jarosław	6		M-40	93	Kung fu Pandy 3	Kung fu Pandy 3	00:00:22	00:13:15	00:25:35	00:38:15	00:50:41	00:52:52.35	00:53:15.30	+00:17:27	5:17	11.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Tempo min/km	Tempo km/h	
													netto 10km	brutto 10km			Różn
94	MALAK Robert	30		M-40	94			00:00:32	00:12:54	00:25:29	00:38:12	00:50:45	00:53:04.35	00:53:36.80	+00:17:39	5:18	11.3
95	OSIŃSKI Adam	453		M-40	95		OSINY	00:00:07	00:12:12	00:24:55	00:37:59	00:50:45	00:53:09.20	00:53:16.80	+00:17:43	5:18	11.3
96	WARCZAK Piotr	332		M-40	96		TEAMOCHAL	00:00:26	00:13:23	00:25:54	00:38:28	00:50:51	00:53:12.05	00:53:38.55	+00:17:46	5:19	11.3
97	GRUBBA Marek	297		M-40	97		Mrozbike Team	00:00:34	00:13:08	00:25:24	00:38:02	00:51:00	00:53:28.65	00:54:03.55	+00:18:03	5:20	11.2
98	WOJCIECHOWSKI Jarosław	288		M-40	98			00:00:28	00:13:26	00:25:58	00:38:25	00:51:03	00:53:29.70	00:53:57.80	+00:18:04	5:20	11.2
99	KALACZYŃSKI Grzegorz	22		M-40	99			00:00:18	00:13:35	00:26:01	00:38:39	00:51:20	00:53:37.25	00:53:56.15	+00:18:12	5:21	11.2
100	BYRTEK Grzegorz	205		M-40	100			00:00:14	00:11:59	00:24:02	00:37:19	00:51:21	00:53:40.30	00:53:55.00	+00:18:15	5:22	11.2
101	DUTKIEWICZ Gracjan	501		M-40	101			00:00:10	00:12:51	00:25:27	00:38:27	00:51:26	00:53:45.50	00:53:55.95	+00:18:20	5:22	11.2
102	ŁABENDA Piotr	51		M-40	102		Terenowa Masakra Team	00:00:28	00:26:02	00:38:36	00:51:35		00:54:03.55	00:54:32.15	+00:18:38	5:24	11.1
103	REPKA Marek	317		M-40	103		Lupus Team	00:00:18	00:13:45	00:26:41	00:39:30	00:52:04	00:54:22.35	00:54:40.45	+00:18:57	5:26	11
104	DANKOWSKI Rafał	256		M-40	104			00:00:19	00:13:28	00:26:17	00:39:19	00:52:03	00:54:28.60	00:54:47.70	+00:19:03	5:26	11
105	RYBAK Mariusz	429		M-40	105	7Si-OWB rowertour.com	7SI OWB rowertour.com	00:00:21	00:12:40	00:25:27	00:39:04	00:52:19	00:54:48.40	00:55:10.05	+00:19:23	5:28	10.9
106	ZIELIŃSKI Andrzej	338		M-40	106			00:00:15	00:14:12	00:27:16	00:40:19	00:52:54	00:55:13.15	00:55:28.65	+00:19:47	5:31	10.9
107	JASKULSKI Bartosz	239		M-40	107			00:00:21	00:14:10	00:27:13	00:40:17	00:53:01	00:55:24.30	00:55:45.55	+00:19:59	5:32	10.8
108	SKOPOWSKI Krzysztof	450		M-40	108		Salus	00:00:35	00:13:37	00:26:37	00:40:04	00:53:39	00:56:10.90	00:56:46.20	+00:20:45	5:37	10.7
109	ŚWIATOWY Ryszard	180		M-40	109		Dawca krwi A Rh+	00:00:09	00:12:42	00:25:58	00:39:19	00:53:27	00:56:11.65	00:56:21.50	+00:20:46	5:37	10.7
110	GOŁCZYŃSKI Tomasz	141		M-40	110			00:00:25	00:13:29	00:26:26	00:39:44	00:53:37	00:56:12.90	00:56:38.70	+00:20:47	5:37	10.7
111	SKIERA Krzysztof	490		M-40	111	Kris Team	Kris Team	00:00:23	00:12:18	00:25:34	00:39:38	00:54:10	00:56:56.70	00:57:19.95	+00:21:31	5:41	10.5
112	MARCYJANIAK Krzysztof	223		M-40	112		KS ZRYW RADZIEJÓW	00:00:32	00:14:47	00:28:10	00:41:46	00:55:23	00:57:56.95	00:58:29.20	+00:22:31	5:47	10.4
113	KRYSZTOFIAK Robert	131		M-40	113			00:00:18	00:13:48	00:27:11	00:41:05	00:55:20	00:57:59.20	00:58:18.05	+00:22:33	5:48	10.3
114	BUTOWSKI Michał	270		M-40	114			00:00:25	00:14:10	00:27:54	00:41:53	00:56:03	00:58:33.65	00:58:59.10	+00:23:08	5:51	10.2
115	JULLY Arkadiusz	120		M-40	115			00:00:34	00:14:19	00:28:13	00:42:03	00:56:10	00:58:46.35	00:59:20.70	+00:23:21	5:52	10.2
116	SZNAJDROWSKI Marek	115		M-40	116			00:00:00	00:14:43	00:29:20	00:43:18	00:56:43	00:59:01.50	00:59:01.50	+00:23:36	5:54	10.2
117	KNASINSKI Sławomir	167		M-40	117			00:00:14	00:13:30	00:27:36	00:42:03	00:56:30	00:59:09.95	00:59:24.85	+00:23:44	5:55	10.1
118	KOŁCON Remigiusz	378		M-40	118			00:00:22	00:14:36	00:28:46	00:43:03	00:57:08	00:59:47.40	01:00:09.60	+00:24:22	5:58	10
119	JAGIEŁO Radek	147		M-40	119			00:00:15	00:14:45	00:28:41	00:43:01	00:57:42	01:00:32.45	01:00:47.85	+00:25:07	6:03	9.9
120	BACZYŃSKI Maciej	154		M-40	120			00:00:30	00:15:33	00:29:50	00:44:15	00:58:35	01:01:11.45	01:01:41.70	+00:25:46	6:07	9.8
121	KUJAWA Roger	401		M-40	121		Ślimaki Barcin	00:00:19	00:15:22	00:29:57	00:44:34	00:59:18	01:02:03.80	01:02:23.75	+00:26:38	6:12	9.7
122	KUCHARSKI Jarosław	435		M-40	122		# Ślimaki Barcin	00:00:19	00:15:22	00:29:56	00:44:34	00:59:19	01:02:04.00	01:02:23.50	+00:26:38	6:12	9.7
123	GUMIENNY Maciej	413		M-40	123			00:00:26	00:15:19	00:29:50	00:44:54	01:00:24	01:03:25.85	01:03:52.10	+00:28:00	6:20	9.5
124	KWAS Piotr	390		M-40	124			00:00:04	00:13:30	00:28:19	00:44:45	01:00:54	01:03:58.50	01:04:03.10	+00:28:33	6:23	9.4
125	SAWIEŁAJC Michał	76		M-40	125		BIZON TEAM	00:00:11	00:15:01	00:30:07	00:45:53	01:01:51	01:04:59.45	01:05:10.65	+00:29:34	6:29	9.2
126	RATAJ Maciej	15		M-40	126			00:00:12	00:13:50	00:29:13	00:46:01	01:03:46	01:07:25.30	01:07:37.65	+00:32:00	6:44	8.9
127	WADOWSKI Bartosz	172		M-40	127			00:00:29	00:17:18	00:34:36	00:52:59	01:09:19	01:12:26.40	01:12:55.70	+00:37:01	7:14	8.3
128	PÓŁGĘSEK Rafał	171		M-40	128			00:00:30	00:18:07	00:35:11	00:52:41	01:10:13	01:13:30.25	01:14:01.20	+00:38:05	7:21	8.2

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
129	UGOREK Darek	470		M-40	129			00:00:10	00:15:20	00:30:57					+00:14:03	6:22	9.4

Znaleziono 129 wynik(ów)