# XIII BIEG SYLWESTROWY

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

## Klasyfikacja: Mężczyźni

| 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 | **ZALEWSKI 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 | **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** | +00:06:17 (17.8%) | 3:32 | 16.9 (82.0%) |
| 7 | **TUCZYŃSKI Sylwester Leon** | **249** | | M-20 | 1 | Bydgoskie Okonie | Bydgoskie Okonie | 00:00:02 | 00:09:02 | 00:17:35 | 00:26:05 | 00:34:43 | **00:36:19.45** | **00:36:21.60** | +00:07:11 (19.8%) | 3:37 | 16.5 (80.1%) |
| 8 | **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** | +00:07:15 (20.0%) | 3:38 | 16.5 (80.1%) |
| 9 | **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** | +00:07:27 (20.4%) | 3:39 | 16.4 (79.6%) |
| 10 | **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%) |
| 11 | **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%) |
| 12 | **DĄBROWSKI Paweł** | **27** | | M-20 | 2 | | Start Team Wąbrzeźno | 00:00:01 | 00:09:17 | 00:17:54 | 00:26:36 | 00:35:19 | **00:37:00.80** | **00:37:02.50** | +00:07:53 (21.3%) | 3:42 | 16.2 (78.6%) |
| 13 | **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%) |
| 14 | **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** | +00:08:08 (21.8%) | 3:43 | 16.1 (78.2%) |
| 15 | **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%) |
| 16 | **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%) |
| 17 | **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%) |
| 18 | **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%) |

| 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 | **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%) |
| 20 | **KLINIEWSKI Maciej** | **134** | | M-20 | 3 | Sylwester Osielsko | Sylwester Osielsko | 00:00:02 | 00:09:22 | 00:18:17 | 00:27:20 | 00:36:08 | **00:37:42.75** | **00:37:44.95** | +00:08:35 (22.8%) | 3:46 | 15.9 (77.2%) |
| 21 | **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** | +00:08:40 (22.9%) | 3:46 | 15.9 (77.2%) |
| 22 | **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** | +00:08:42 (23.0%) | 3:47 | 15.9 (77.2%) |
| 23 | **CHRZĄSZCZ Bartosz** | **238** | | M-20 | 4 | | BRZEZIŃSKI RUN CLUB | 00:00:01 | 00:09:09 | 00:18:05 | 00:27:06 | 00:36:18 | **00:37:53.05** | **00:37:54.75** | +00:08:45 (23.1%) | 3:47 | 15.8 (76.7%) |
| 24 | **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** | +00:08:46 (23.1%) | 3:47 | 15.8 (76.7%) |
| 25 | **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%) |
| 26 | **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%) |
| 27 | **SOBIERALSKI 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** | +00:08:55 (23.5%) | 3:48 | 15.8 (76.7%) |
| 28 | **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%) |
| 29 | **MACZYŃSKI Grzegorz** | **274** | | M-50 | 1 | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:00:01 | 00:09:31 | 00:18:26 | 00:27:25 | 00:36:25 | **00:38:08.60** | **00:38:10.00** | +00:09:01 (23.6%) | 3:48 | 15.7 (76.2%) |
| 30 | **BĄK 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%) |
| 31 | **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** | +00:09:12 (24.0%) | 3:49 | 15.7 (76.2%) |
| 32 | **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%) |
| 33 | **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%) |
| 34 | **JAGODZIŃSKI Mateusz** | **42** | | M-20 | 5 | Bydgoskie Okonie | Bydgoskie Okonie | 00:00:02 | 00:09:29 | 00:18:23 | 00:27:42 | 00:37:09 | **00:38:54.15** | **00:38:56.35** | +00:09:46 (25.1%) | 3:53 | 15.4 (74.8%) |
| 35 | **DUCHIŃSKI Wojciech** | **174** | | M-50 | 2 | Brzoza Biega | Brzoza Biega | 00:00:03 | 00:09:50 | 00:18:54 | 00:28:01 | 00:37:05 | **00:38:55.95** | **00:38:59.10** | +00:09:48 (25.2%) | 3:53 | 15.4 (74.8%) |
| 36 | **ŚWIERCZYŃSKI Julian** | **222** | | M-1 | 1 | KS ZRYW RADZIEJÓW | KS ZRYW RADZIEJÓW | 00:00:00 | 00:08:35 | 00:19:12 | 00:28:18 | 00:28:35 | **00:39:01.15** | **00:39:01.15** | +00:09:53 (25.4%) | 3:54 | 15.4 (74.8%) |
| 37 | **JAROSZEWSKI Jan** | **336** | | M-1 | 2 | | | 00:00:02 | 00:09:32 | 00:18:45 | 00:28:07 | 00:37:23 | **00:39:01.30** | **00:39:03.90** | +00:09:53 (25.4%) | 3:54 | 15.4 (74.8%) |
| 38 | **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%) |
| 39 | **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%) |
| 40 | **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%) |
| 41 | **WESIORA Mariusz** | **170** | | M-50 | 3 | Diabelskie Pioruny | Diabelskie Pioruny | 00:00:01 | 00:09:31 | 00:18:43 | 00:28:11 | 00:37:41 | **00:39:29.45** | **00:39:31.10** | +00:10:21 (26.2%) | 3:57 | 15.2 (73.8%) |
| 42 | **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** | +00:10:24 (26.3%) | 3:57 | 15.2 (73.8%) |
| 43 | **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%) |
| 44 | **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%) |

| 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 | **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%) |
| 46 | **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%) |
| 47 | **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** | +00:10:51 (27.2%) | 4:00 | 15 (72.8%) |
| 47 | **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%) |
| 49 | **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** | +00:10:54 (27.3%) | 4:00 | 15 (72.8%) |
| 50 | **GUBAŃSKI Szymon** | **285** | | M-20 | 6 | Diabelskie Pioruny | Diabelskie Pioruny | 00:00:02 | 00:09:30 | 00:18:42 | 00:28:12 | 00:38:10 | **00:40:05.85** | **00:40:08.10** | +00:10:58 (27.4%) | 4:00 | 15 (72.8%) |
| 51 | **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%) |
| 52 | **KRZYWDZIŃSKI Dominik** | **442** | | M-1 | 3 | | UKB Szubin | 00:00:04 | 00:10:05 | 00:19:19 | 00:28:56 | 00:38:36 | **00:40:15.85** | **00:40:20.05** | +00:11:08 (27.7%) | 4:01 | 14.9 (72.3%) |
| 53 | **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** | +00:11:10 (27.7%) | 4:01 | 14.9 (72.3%) |
| 54 | **KALACZYŃSKI Miłosz** | **13** | | M-20 | 7 | | Polonia Bydgoszcz SLA | 00:00:04 | 00:10:14 | 00:19:41 | 00:29:10 | 00:38:35 | **00:40:18.75** | **00:40:23.60** | +00:11:11 (27.8%) | 4:01 | 14.9 (72.3%) |
| 55 | **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** | +00:11:18 (28.0%) | 4:02 | 14.8 (71.8%) |
| 56 | **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** | +00:11:32 (28.4%) | 4:04 | 14.8 (71.8%) |
| 57 | **CZUK Marek** | **370** | | M-60 | 1 | | | 00:00:02 | 00:10:11 | 00:19:43 | 00:29:15 | 00:38:56 | **00:40:48.70** | **00:40:50.90** | +00:11:41 (28.6%) | 4:04 | 14.7 (71.4%) |
| 58 | **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** | +00:11:46 (28.8%) | 4:05 | 14.7 (71.4%) |
| 59 | **RACZYŃSKI Krzysztof** | **49** | | M-50 | 4 | | Biegający Filozof Team | 00:00:03 | 00:10:11 | 00:19:42 | 00:29:14 | 00:39:00 | **00:40:57.65** | **00:41:00.95** | +00:11:50 (28.9%) | 4:05 | 14.7 (71.4%) |
| 60 | **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** | +00:11:54 (29.0%) | 4:06 | 14.6 (70.9%) |
| 61 | **CHMURZYŃSKI Tomasz** | **241** | | M-50 | 5 | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:00:01 | 00:09:42 | 00:19:24 | 00:29:19 | 00:39:10 | **00:41:03.50** | **00:41:04.60** | +00:11:56 (29.1%) | 4:06 | 14.6 (70.9%) |
| 62 | **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%) |
| 63 | **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** | +00:12:01 (29.2%) | 4:07 | 14.6 (70.9%) |
| 64 | **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** | +00:12:06 (29.4%) | 4:07 | 14.6 (70.9%) |
| 65 | **GĄSIOROWSKI 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** | +00:12:19 (29.7%) | 4:08 | 14.5 (70.4%) |
| 66 | **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** | +00:12:22 (29.8%) | 4:09 | 14.5 (70.4%) |
| 67 | **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%) |
| 68 | **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%) |
| 69 | **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** | +00:12:37 (30.2%) | 4:10 | 14.4 (69.9%) |
| 70 | **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** | +00:12:37 (30.3%) | 4:10 | 14.4 (69.9%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 71 | **OLKOWSKI Jurek** | **265** | | M-60 | 2 | | The Runners Świecie | 00:00:03 | 00:10:10 | 00:19:43 | 00:29:43 | 00:39:54 | **00:41:46.75** | **00:41:49.80** | +00:12:39 (30.3%) | 4:10 | 14.4 (69.9%) |
| 71 | **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** | +00:12:39 (30.3%) | 4:10 | 14.4 (69.9%) |
| 73 | **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%) |
| 74 | **BARCZAK Piotr** | **176** | | M-50 | 6 | Brzoza Biega | Brzoza Biega | 00:00:04 | 00:10:41 | 00:20:35 | 00:30:32 | 00:40:19 | **00:42:15.15** | **00:42:20.10** | +00:13:07 (31.1%) | 4:13 | 14.2 (68.9%) |
| 75 | **SAWIEŁAJC Jakub** | **65** | | M-20 | 8 | | FUJI KRYSPORT TEAM | 00:00:09 | 00:10:35 | 00:20:23 | 00:30:23 | 00:40:31 | **00:42:26.55** | **00:42:35.75** | +00:13:19 (31.4%) | 4:14 | 14.1 (68.4%) |
| 76 | **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** | +00:13:24 (31.5%) | 4:15 | 14.1 (68.4%) |
| 77 | **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** | +00:13:27 (31.6%) | 4:15 | 14.1 (68.4%) |
| 78 | **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%) |
| 79 | **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** | +00:13:34 (31.8%) | 4:16 | 14.1 (68.4%) |
| 80 | **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** | +00:13:51 (32.2%) | 4:17 | 14 (68.0%) |
| 81 | **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** | +00:13:53 (32.3%) | 4:18 | 13.9 (67.5%) |
| 82 | **MOGILNICKI Dominik** | **206** | | M-20 | 9 | | | 00:00:11 | 00:10:54 | 00:21:08 | 00:31:19 | 00:41:18 | **00:43:10.60** | **00:43:21.70** | +00:14:03 (32.5%) | 4:19 | 13.9 (67.5%) |
| 83 | **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** | +00:14:03 (32.5%) | 4:19 | 13.9 (67.5%) |
| 84 | **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%) |
| 85 | **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%) |
| 86 | **WIŚNIEWSKI Zbigniew** | **29** | | M-50 | 7 | Brzoza Biega | Brzoza Biega | 00:00:01 | 00:10:30 | 00:20:46 | 00:31:06 | 00:41:21 | **00:43:17.15** | **00:43:18.80** | +00:14:09 (32.7%) | 4:19 | 13.9 (67.5%) |
| 87 | **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** | +00:14:28 (33.2%) | 4:21 | 13.8 (67.0%) |
| 88 | **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%) |
| 89 | **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** | +00:14:32 (33.3%) | 4:22 | 13.7 (66.5%) |
| 90 | **WIŚNIEWSKI Leszek** | **231** | | M-50 | 8 | | Brzoza Brzoza | 00:00:08 | 00:10:36 | 00:20:49 | 00:31:25 | 00:41:51 | **00:43:43.85** | **00:43:52.10** | +00:14:36 (33.4%) | 4:22 | 13.7 (66.5%) |
| 91 | **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%) |
| 92 | **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** | +00:14:38 (33.5%) | 4:22 | 13.7 (66.5%) |
| 93 | **LEWANDOWSKI Bartłomiej** | **374** | | M-20 | 10 | | TSK Orzeł Osiek | 00:00:06 | 00:10:30 | 00:20:32 | 00:31:02 | 00:41:50 | **00:43:49.70** | **00:43:56.20** | +00:14:42 (33.5%) | 4:23 | 13.7 (66.5%) |
| 94 | **KAZUBOWSKI Jacek** | **110** | | M-50 | 9 | | TriDarKo | 00:00:04 | 00:10:58 | 00:21:12 | 00:31:35 | 00:41:59 | **00:43:54.60** | **00:43:59.55** | +00:14:47 (33.7%) | 4:23 | 13.7 (66.5%) |
| 95 | **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** | +00:14:48 (33.7%) | 4:23 | 13.7 (66.5%) |
| 96 | **MONDRY Waldemar** | **191** | | M-50 | 10 | | | 00:00:07 | 00:10:51 | 00:21:10 | 00:31:39 | 00:42:00 | **00:43:57.05** | **00:44:04.20** | +00:14:49 (33.7%) | 4:23 | 13.7 (66.5%) |

| 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 | **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** | +00:14:49 (33.7%) | 4:23 | 13.6 (66.0%) |
| 98 | **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** | +00:14:52 (33.8%) | 4:24 | 13.6 (66.0%) |
| 99 | **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** | +00:14:55 (33.9%) | 4:24 | 13.6 (66.0%) |
| 100 | **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** | +00:14:59 (34.0%) | 4:24 | 13.6 (66.0%) |
| 101 | **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%) |
| 102 | **CZEPEK Aleksander** | **209** | | M-60 | 3 | Brzoza Biega | Brzoza Biega | 00:00:05 | 00:11:02 | 00:21:34 | 00:31:51 | 00:42:17 | **00:44:14.55** | **00:44:19.70** | +00:15:07 (34.2%) | 4:25 | 13.6 (66.0%) |
| 103 | **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** | +00:15:09 (34.2%) | 4:25 | 13.5 (65.5%) |
| 104 | **NAPIERAŁA Mikołaj** | **28** | | M-20 | 11 | | SBRT Bydgoszcz | 00:00:05 | 00:10:28 | 00:20:25 | 00:31:36 | 00:42:31 | **00:44:20.70** | **00:44:26.65** | +00:15:13 (34.3%) | 4:26 | 13.5 (65.5%) |
| 105 | **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%) |
| 106 | **RYBCZYŃSKI Łukasz** | **93** | | M-20 | 12 | | Triathlon Konsulting-Dariusz Olewiński | 00:00:09 | 00:10:56 | 00:21:10 | 00:31:41 | 00:42:21 | **00:44:23.10** | **00:44:32.70** | +00:15:15 (34.4%) | 4:26 | 13.5 (65.5%) |
| 107 | **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%) |
| 108 | **JUREK Piotr** | **152** | | M-50 | 11 | | BBL Szubin | 00:00:12 | 00:11:13 | 00:21:38 | 00:31:57 | 00:42:27 | **00:44:30.10** | **00:44:42.80** | +00:15:22 (34.6%) | 4:27 | 13.5 (65.5%) |
| 109 | **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** | +00:15:28 (34.7%) | 4:27 | 13.5 (65.5%) |
| 110 | **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** | +00:15:34 (34.9%) | 4:28 | 13.4 (65.0%) |
| 111 | **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%) |
| 112 | **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** | +00:15:38 (34.9%) | 4:28 | 13.4 (65.0%) |
| 113 | **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%) |
| 114 | **NAMIEŚNIK Krzysztof** | **80** | | M-40 | 43 | 56. Baza Lotnicza | KrzysieKN | 00:00:15 | 00:11:12 | 00:21:33 | 00:32:11 | 00:42:51 | **00:44:53.40** | **00:45:08.50** | +00:15:45 (35.1%) | 4:29 | 13.4 (65.0%) |
| 115 | **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** | +00:15:47 (35.1%) | 4:29 | 13.4 (65.0%) |
| 116 | **KOWALIKOWSKI Daniel** | **331** | | M-20 | 13 | | | 00:00:05 | 00:11:34 | 00:22:05 | 00:32:34 | 00:42:54 | **00:45:01.05** | **00:45:06.70** | +00:15:53 (35.3%) | 4:30 | 13.3 (64.6%) |
| 117 | **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** | +00:16:05 (35.6%) | 4:31 | 13.3 (64.6%) |
| 118 | **KANIA Krzysztof** | **334** | | M-20 | 14 | 56. Baza Lotnicza | | 00:00:06 | 00:11:10 | 00:21:42 | 00:32:28 | 00:43:23 | **00:45:17.45** | **00:45:24.25** | +00:16:09 (35.7%) | 4:31 | 13.2 (64.1%) |
| 119 | **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%) |
| 120 | **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%) |
| 121 | **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%) |
| 122 | **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%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 123 | **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%) |
| 124 | **TROJAK Jakub** | **387** | | M-1 | 4 | | | 00:00:04 | 00:11:43 | 00:22:50 | 00:33:43 | 00:43:50 | **00:45:35.70** | **00:45:40.25** | +00:16:28 (36.1%) | 4:33 | 13.2 (64.1%) |
| 125 | **STROMCZYŃSKI Wiesław** | **465** | | M-60 | 4 | | Tuptuś Borówno | 00:00:37 | 00:11:35 | 00:22:16 | 00:32:57 | 00:43:35 | **00:45:40.75** | **00:46:18.70** | +00:16:33 (36.2%) | 4:34 | 13.1 (63.6%) |
| 126 | **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** | +00:16:35 (36.3%) | 4:34 | 13.1 (63.6%) |
| 127 | **JUSCZYK Mirosław** | **459** | | M-20 | 15 | | | 00:00:21 | 00:12:04 | 00:22:51 | 00:33:32 | 00:43:47 | **00:45:46.15** | **00:46:07.65** | +00:16:38 (36.4%) | 4:34 | 13.1 (63.6%) |
| 128 | **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** | +00:16:44 (36.5%) | 4:35 | 13.1 (63.6%) |
| 129 | **KANARKOWSKI Stanisław** | **169** | | M-50 | 12 | | | 00:00:10 | 00:11:40 | 00:22:25 | 00:33:15 | | **00:46:04.10** | **00:46:15.00** | +00:16:56 (36.8%) | 4:36 | 13 (63.1%) |
| 130 | **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%) |
| 131 | **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** | +00:17:01 (36.9%) | 4:36 | 13 (63.1%) |
| 132 | **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%) |
| 133 | **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%) |
| 134 | **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** | +00:17:13 (37.2%) | 4:38 | 12.9 (62.6%) |
| 135 | **ZIMNY Marek** | **438** | | M-50 | 13 | | | 00:00:08 | 00:11:15 | 00:22:02 | 00:33:21 | 00:44:29 | **00:46:22.80** | **00:46:31.60** | +00:17:15 (37.2%) | 4:38 | 12.9 (62.6%) |
| 136 | **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** | +00:17:19 (37.3%) | 4:38 | 12.9 (62.6%) |
| 137 | **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%) |
| 138 | **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%) |
| 139 | **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** | +00:17:42 (37.8%) | 4:41 | 12.8 (62.1%) |
| 140 | **WILLMA Jarosław** | **8** | | M-50 | 14 | Brzoza Biega | Brzoza Biega | 00:00:35 | 00:12:00 | 00:22:53 | 00:34:01 | 00:44:50 | **00:46:50.40** | **00:47:25.65** | +00:17:42 (37.8%) | 4:41 | 12.8 (62.1%) |
| 141 | **ADAMIEC Marek** | **135** | | M-20 | 16 | | W.P.K. Słoń Team Ustka | 00:00:18 | 00:11:47 | 00:22:44 | 00:33:53 | 00:44:45 | **00:46:56.40** | **00:47:14.40** | +00:17:48 (38.0%) | 4:41 | 12.8 (62.1%) |
| 142 | **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%) |
| 143 | **WYKRZYKOWSKI Andrzej** | **195** | | M-60 | 5 | | | 00:00:27 | 00:14:49 | 00:29:31 | 00:44:14 | | **00:47:03.15** | **00:47:30.90** | +00:17:55 (38.1%) | 4:42 | 12.8 (62.1%) |
| 144 | **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%) |
| 145 | **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** | +00:18:14 (38.5%) | 4:44 | 12.7 (61.7%) |
| 146 | **PAWŁOWSKI Radosław** | **339** | | M-50 | 15 | | | 00:00:21 | 00:12:06 | 00:23:13 | 00:34:16 | 00:45:20 | **00:47:24.45** | **00:47:46.10** | +00:18:16 (38.6%) | 4:44 | 12.7 (61.7%) |
| 147 | **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** | +00:18:17 (38.6%) | 4:44 | 12.6 (61.2%) |
| 148 | **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** | +00:18:20 (38.6%) | 4:44 | 12.6 (61.2%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 149 | **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** | +00:18:21 (38.7%) | 4:44 | 12.6 (61.2%) |
| 150 | **KANTORSKI Zbysław** | **207** | | M-50 | 16 | | Coca-Cola Runners | 00:00:18 | 00:12:21 | 00:23:22 | 00:34:25 | 00:45:27 | **00:47:29.65** | **00:47:48.35** | +00:18:22 (38.7%) | 4:45 | 12.6 (61.2%) |
| 151 | **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** | +00:18:22 (38.7%) | 4:44 | 12.6 (61.2%) |
| 152 | **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** | +00:18:24 (38.7%) | 4:45 | 12.6 (61.2%) |
| 153 | **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** | +00:18:34 (38.9%) | 4:46 | 12.6 (61.2%) |
| 154 | **WIŚNIEWSKI Jakub** | **284** | | M-20 | 17 | | Tornado | 00:00:08 | 00:11:44 | 00:23:09 | 00:34:38 | 00:45:47 | **00:47:45.55** | **00:47:53.80** | +00:18:38 (39.0%) | 4:46 | 12.6 (61.2%) |
| 155 | **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** | +00:18:42 (39.1%) | 4:47 | 12.5 (60.7%) |
| 156 | **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** | +00:18:46 (39.2%) | 4:47 | 12.5 (60.7%) |
| 157 | **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** | +00:18:47 (39.2%) | 4:47 | 12.5 (60.7%) |
| 158 | **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%) |
| 159 | **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** | +00:18:50 (39.3%) | 4:47 | 12.5 (60.7%) |
| 160 | **KRUSZYNA Adam** | **99** | | M-50 | 17 | | | 00:00:03 | 00:11:42 | 00:23:06 | 00:34:30 | 00:46:00 | **00:48:08.70** | **00:48:11.80** | +00:19:01 (39.5%) | 4:48 | 12.5 (60.7%) |
| 161 | **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%) |
| 162 | **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** | +00:19:11 (39.7%) | 4:49 | 12.4 (60.2%) |
| 163 | **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** | +00:19:19 (39.9%) | 4:50 | 12.4 (60.2%) |
| 164 | **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** | +00:19:19 (39.9%) | 4:50 | 12.4 (60.2%) |
| 165 | **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%) |
| 166 | **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** | +00:19:23 (40.0%) | 4:51 | 12.4 (60.2%) |
| 167 | **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** | +00:19:28 (40.1%) | 4:51 | 12.3 (59.7%) |
| 167 | **BADOWSKI Krzysztof** | **194** | | M-50 | 18 | | KSN ŁUCZNICZKA OCULUS BYDGOSZCZ | 00:00:07 | 00:12:05 | 00:23:21 | 00:35:02 | 00:46:20 | **00:48:35.65** | **00:48:43.25** | +00:19:28 (40.1%) | 4:51 | 12.3 (59.7%) |
| 169 | **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** | +00:19:32 (40.1%) | 4:51 | 12.3 (59.7%) |
| 170 | **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** | +00:19:32 (40.2%) | 4:52 | 12.3 (59.7%) |
| 171 | **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** | +00:19:33 (40.2%) | 4:52 | 12.3 (59.7%) |
| 172 | **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** | +00:19:34 (40.2%) | 4:52 | 12.3 (59.7%) |
| 173 | **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** | +00:19:36 (40.2%) | 4:52 | 12.3 (59.7%) |
| 174 | **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%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 175 | **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** | +00:19:43 (40.4%) | 4:53 | 12.3 (59.7%) |
| 176 | **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** | +00:19:45 (40.4%) | 4:53 | 12.3 (59.7%) |
| 177 | **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** | +00:19:45 (40.4%) | 4:53 | 12.3 (59.7%) |
| 178 | **MAŚLIŃSKI Mirosław** | **146** | | M-50 | 19 | | | 00:00:12 | 00:12:14 | 00:23:34 | 00:35:01 | 00:46:38 | **00:48:53.65** | **00:49:06.40** | +00:19:46 (40.4%) | 4:53 | 12.3 (59.7%) |
| 179 | **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%) |
| 180 | **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** | +00:19:56 (40.6%) | 4:54 | 12.2 (59.2%) |
| 181 | **ŚWIĄTKOWSKI 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** | +00:19:57 (40.7%) | 4:54 | 12.2 (59.2%) |
| 182 | **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** | +00:19:59 (40.7%) | 4:54 | 12.2 (59.2%) |
| 183 | **KOBYLIŃSKI Mateusz** | **376** | | M-1 | 5 | | | 00:00:15 | 00:12:32 | 00:24:22 | 00:36:00 | 00:47:19 | **00:49:23.70** | **00:49:38.80** | +00:20:16 (41.0%) | 4:56 | 12.1 (58.7%) |
| 184 | **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** | +00:20:17 (41.1%) | 4:56 | 12.1 (58.7%) |
| 185 | **KRZYZANOWSKI Robert** | **20** | | M-50 | 20 | | RUN PASJA | 00:00:16 | 00:12:07 | 00:23:31 | 00:35:11 | 00:47:13 | **00:49:28.35** | **00:49:44.80** | +00:20:20 (41.1%) | 4:56 | 12.1 (58.7%) |
| 186 | **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** | +00:20:21 (41.1%) | 4:56 | 12.1 (58.7%) |
| 187 | **RÓG Radosław** | **377** | | M-1 | 6 | | | 00:00:04 | 00:11:12 | 00:23:07 | 00:35:04 | 00:47:18 | **00:49:30.40** | **00:49:34.85** | +00:20:22 (41.2%) | 4:57 | 12.1 (58.7%) |
| 188 | **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%) |
| 189 | **FORBOT Piotr** | **179** | | M-20 | 18 | | Tornado | 00:00:08 | 00:11:47 | 00:23:13 | 00:34:57 | 00:47:12 | **00:49:33.90** | **00:49:42.80** | +00:20:26 (41.2%) | 4:57 | 12.1 (58.7%) |
| 190 | **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%) |
| 191 | **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** | +00:20:34 (41.4%) | 4:58 | 12.1 (58.7%) |
| 192 | **GÓRSKI Marian** | **258** | | M-60 | 6 | | | 00:00:02 | 00:12:15 | 00:23:58 | 00:35:48 | 00:47:30 | **00:49:42.00** | **00:49:44.25** | +00:20:34 (41.4%) | 4:58 | 12.1 (58.7%) |
| 193 | **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** | +00:20:40 (41.5%) | 4:58 | 12 (58.3%) |
| 194 | **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** | +00:20:45 (41.6%) | 4:59 | 12 (58.3%) |
| 195 | **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%) |
| 196 | **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%) |
| 197 | **WARCZAK Damian** | **408** | | M-20 | 19 | | | 00:00:25 | 00:12:59 | 00:24:47 | 00:36:34 | 00:47:57 | **00:50:07.20** | **00:50:33.15** | +00:20:59 (41.9%) | 5:00 | 12 (58.3%) |
| 198 | **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%) |
| 199 | **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%) |
| 200 | **LICA Krzysztof** | **392** | | M-50 | 21 | | 7SI OWB rowertour.com | 00:00:21 | 00:12:22 | 00:24:02 | 00:36:00 | 00:48:15 | **00:50:24.70** | **00:50:46.30** | +00:21:17 (42.2%) | 5:02 | 11.9 (57.8%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 201 | **DROŻDŻ 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** | +00:21:18 (42.2%) | 5:02 | 11.9 (57.8%) |
| 202 | **RÓŻYCKI Sławomir** | **228** | | M-50 | 22 | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:00:07 | 00:11:31 | 00:23:22 | 00:35:44 | 00:48:11 | **00:50:28.45** | **00:50:35.50** | +00:21:20 (42.3%) | 5:02 | 11.9 (57.8%) |
| 203 | **GODZIUK Roman** | **185** | | M-50 | 23 | | | 00:00:10 | 00:11:49 | 00:23:37 | 00:35:44 | 00:48:04 | **00:50:29.05** | **00:50:39.95** | +00:21:21 (42.3%) | 5:02 | 11.9 (57.8%) |
| 204 | **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%) |
| 205 | **KLOSKOWSKI 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%) |
| 206 | **BOŻEK Mariusz** | **500** | | M-50 | 24 | Brzoza Biega | Brzoza Biega | 00:00:26 | 00:12:51 | 00:24:46 | 00:36:44 | 00:48:30 | **00:50:35.65** | **00:51:01.95** | +00:21:28 (42.4%) | 5:03 | 11.9 (57.8%) |
| 207 | **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** | +00:21:28 (42.4%) | 5:03 | 11.9 (57.8%) |
| 208 | **SZEWCZYKOWSKI 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%) |
| 209 | **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%) |
| 210 | **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%) |
| 211 | **SIKORA Antoni** | **299** | | M-70 | 1 | | Żniński Klub Biegacza 1992 | 00:00:06 | 00:12:20 | 00:24:07 | 00:36:13 | 00:48:30 | **00:50:51.35** | **00:50:57.90** | +00:21:43 (42.7%) | 5:05 | 11.8 (57.3%) |
| 212 | **DOMAN Janusz** | **350** | | M-60 | 7 | | UKS Szabla BRZOZA | 00:00:22 | 00:12:35 | 00:24:24 | 00:36:26 | 00:48:39 | **00:50:53.70** | **00:51:16.00** | +00:21:46 (42.8%) | 5:05 | 11.8 (57.3%) |
| 213 | **KAPŁANOWSKI Marcin** | **292** | SYLWESTER OSIELSKO | M-20 | 20 | Sylwester Osielsko | | 00:00:22 | 00:13:05 | 00:25:02 | 00:37:09 | 00:48:50 | **00:50:54.35** | **00:51:16.50** | +00:21:46 (42.8%) | 5:05 | 11.8 (57.3%) |
| 214 | **ZARZYKA Bartosz** | **487** | SYLWESTER OSIELSKO | M-20 | 21 | Sylwester Osielsko | Sylwester Osielsko | 00:00:22 | 00:13:24 | 00:25:20 | 00:37:10 | 00:48:50 | **00:50:54.50** | **00:51:17.10** | +00:21:47 (42.8%) | 5:05 | 11.8 (57.3%) |
| 215 | **POBIEDZIŃSKI Robert** | **38** | | M-20 | 22 | Polonia Bydgoszcz SLA | Polonia Bydgoszcz SLA | 00:00:11 | 00:12:22 | 00:24:07 | 00:36:31 | 00:48:42 | **00:50:55.25** | **00:51:06.75** | +00:21:47 (42.8%) | 5:05 | 11.8 (57.3%) |
| 216 | **TARANOWSKI Wojciech** | **247** | SYLWESTER OSIELSKO | M-20 | 23 | Sylwester Osielsko | | 00:00:22 | 00:13:24 | 00:25:20 | 00:35:51 | 00:48:50 | **00:50:55.35** | **00:51:17.45** | +00:21:47 (42.8%) | 5:05 | 11.8 (57.3%) |
| 217 | **MIKOŁAJCZAK Mieczysław** | **276** | | M-50 | 25 | | KB Kosynier Września | 00:00:08 | 00:12:12 | 00:24:03 | 00:36:24 | 00:48:38 | **00:50:57.15** | **00:51:05.30** | +00:21:49 (42.8%) | 5:05 | 11.8 (57.3%) |
| 218 | **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** | +00:21:52 (42.9%) | 5:06 | 11.8 (57.3%) |
| 219 | **NOWAK Waldemar** | **67** | | M-50 | 26 | | Tri-Amator | 00:00:20 | 00:12:51 | 00:24:58 | 00:37:06 | 00:48:53 | **00:51:11.00** | **00:51:31.70** | +00:22:03 (43.1%) | 5:07 | 11.7 (56.8%) |
| 220 | **TOMCZAK Zbigniew** | **58** | | M-60 | 8 | | Altom Gniezno | 00:00:24 | 00:13:05 | 00:25:00 | 00:37:04 | 00:48:54 | **00:51:14.10** | **00:51:38.65** | +00:22:06 (43.2%) | 5:07 | 11.7 (56.8%) |
| 221 | **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** | +00:22:07 (43.2%) | 5:07 | 11.7 (56.8%) |
| 222 | **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%) |
| 223 | **SZULC Edmund** | **300** | | M-50 | 27 | | | 00:00:26 | 00:12:33 | 00:24:19 | 00:36:36 | 00:49:13 | **00:51:37.30** | **00:52:03.80** | +00:22:29 (43.6%) | 5:09 | 11.6 (56.3%) |
| 224 | **NOWAK Kacper** | **505** | | M-1 | 7 | | | 00:00:23 | 00:12:01 | 00:24:19 | 00:37:36 | 00:50:55 | **00:51:38.45** | **00:52:01.95** | +00:22:30 (43.6%) | 5:09 | 11.6 (56.3%) |
| 225 | **GUDANIEC 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%) |
| 226 | **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** | +00:22:32 (43.6%) | 5:10 | 11.6 (56.3%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 227 | **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** | +00:22:35 (43.7%) | 5:10 | 11.6 (56.3%) |
| 228 | **KOZIOŁ Łukasz** | **418** | | M-20 | 24 | | | 00:00:16 | 00:12:14 | 00:24:11 | 00:36:51 | 00:49:41 | **00:51:57.55** | **00:52:14.50** | +00:22:50 (43.9%) | 5:11 | 11.5 (55.8%) |
| 229 | **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%) |
| 230 | **BRATEK Andrzej** | **380** | | M-60 | 9 | | TKKF Kolejarz Bydgoszcz | 00:00:10 | 00:13:09 | 00:25:29 | 00:37:44 | 00:49:47 | **00:52:03.35** | **00:52:14.05** | +00:22:55 (44.1%) | 5:12 | 11.5 (55.8%) |
| 231 | **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** | +00:23:00 (44.1%) | 5:12 | 11.5 (55.8%) |
| 232 | **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%) |
| 233 | **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** | +00:23:16 (44.4%) | 5:14 | 11.5 (55.8%) |
| 234 | **ANDRZEJEWSKI Ryszard** | **21** | | M-70 | 2 | | Żółtokrólewscy | 00:00:05 | 00:12:28 | 00:24:42 | 00:37:19 | 00:50:05 | **00:52:29.60** | **00:52:35.50** | +00:23:22 (44.5%) | 5:15 | 11.4 (55.3%) |
| 235 | **RYGIEWICZ Wojciech** | **202** | | M-50 | 28 | | J&W | 00:00:08 | 00:12:25 | 00:24:32 | 00:37:15 | 00:50:21 | **00:52:33.45** | **00:52:41.70** | +00:23:25 (44.6%) | 5:15 | 11.4 (55.3%) |
| 236 | **DOBAK Stefan** | **507** | | M-70 | 3 | | | 00:00:16 | 00:13:00 | 00:25:24 | 00:37:48 | 00:50:13 | **00:52:37.70** | **00:52:54.35** | +00:23:30 (44.7%) | 5:15 | 11.4 (55.3%) |
| 237 | **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%) |
| 238 | **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%) |
| 239 | **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** | +00:23:42 (44.9%) | 5:17 | 11.4 (55.3%) |
| 240 | **WOŹNIAK Marek** | **204** | | M-50 | 29 | | Florian Chojnice | 00:00:05 | 00:12:50 | 00:25:10 | 00:37:52 | 00:50:27 | **00:52:51.20** | **00:52:57.15** | +00:23:43 (44.9%) | 5:17 | 11.3 (54.9%) |
| 241 | **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** | +00:23:44 (44.9%) | 5:17 | 11.3 (54.9%) |
| 242 | **TURZYŃSKI Jacek** | **311** | | M-50 | 30 | | | 00:00:33 | 00:12:23 | 00:24:33 | 00:37:50 | 00:50:45 | **00:53:03.95** | **00:53:36.95** | +00:23:56 (45.1%) | 5:18 | 11.3 (54.9%) |
| 243 | **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** | +00:23:56 (45.1%) | 5:18 | 11.3 (54.9%) |
| 244 | **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** | +00:24:01 (45.2%) | 5:18 | 11.3 (54.9%) |
| 245 | **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** | +00:24:04 (45.3%) | 5:19 | 11.3 (54.9%) |
| 246 | **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%) |
| 247 | **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%) |
| 248 | **ZAULUB Jakub** | **506** | | M-1 | 8 | | | 00:00:23 | 00:12:00 | 00:23:58 | 00:37:37 | 00:51:09 | **00:53:23.15** | **00:53:46.60** | +00:24:15 (45.4%) | 5:20 | 11.2 (54.4%) |
| 249 | **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** | +00:24:21 (45.5%) | 5:20 | 11.2 (54.4%) |
| 250 | **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** | +00:24:22 (45.6%) | 5:20 | 11.2 (54.4%) |
| 251 | **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** | +00:24:29 (45.7%) | 5:21 | 11.2 (54.4%) |
| 252 | **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** | +00:24:32 (45.7%) | 5:22 | 11.2 (54.4%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 253 | **TERLECKI Filip** | **177** | | M-20 | 25 | | Tornado | 00:00:00 | 00:26:22 | 00:38:49 | 00:51:19 | | **00:53:42.55** | **00:53:42.55** | +00:24:35 (45.8%) | 5:22 | 11.2 (54.4%) |
| 254 | **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** | +00:24:38 (45.8%) | 5:22 | 11.2 (54.4%) |
| 255 | **BRYJA Robert** | **308** | | M-50 | 31 | | | 00:00:33 | 00:13:03 | 00:25:38 | 00:38:33 | 00:51:25 | **00:53:45.80** | **00:54:19.40** | +00:24:38 (45.8%) | 5:22 | 11.2 (54.4%) |
| 256 | **WIŚNIEWSKI Włodzimierz** | **271** | | M-50 | 32 | | SPC | 00:00:32 | 00:12:59 | 00:25:24 | 00:38:10 | 00:51:18 | **00:53:47.15** | **00:54:19.40** | +00:24:39 (45.9%) | 5:22 | 11.2 (54.4%) |
| 257 | **KRAWCZUK Andrzej** | **71** | TEAM KARAŚ ELBLĄG | M-60 | 10 | Team Karaś Elbląg | | 00:00:02 | 00:13:01 | 00:25:46 | 00:38:37 | 00:51:22 | **00:53:49.35** | **00:53:51.95** | +00:24:41 (45.9%) | 5:22 | 11.1 (53.9%) |
| 258 | **KURS Jarosław** | **200** | | M-50 | 33 | | TKKF Kolejarz Bydgoszcz | 00:00:24 | 00:13:11 | 00:25:47 | 00:38:39 | 00:51:31 | **00:53:49.60** | **00:54:13.80** | +00:24:42 (45.9%) | 5:22 | 11.1 (53.9%) |
| 259 | **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%) |
| 260 | **NOWACZYK Zygmunt** | **389** | | M-50 | 34 | | BOLT Trzemeszno | 00:00:28 | 00:13:17 | 00:25:42 | 00:38:30 | 00:51:27 | **00:53:55.75** | **00:54:24.10** | +00:24:48 (46.0%) | 5:23 | 11.1 (53.9%) |
| 261 | **MENDEL Patryk** | **14** | | M-20 | 26 | | Polonia Bydgoszcz SLA | 00:00:17 | 00:13:53 | 00:26:15 | 00:38:31 | 00:51:29 | **00:53:57.70** | **00:54:15.00** | +00:24:50 (46.0%) | 5:23 | 11.1 (53.9%) |
| 262 | **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** | +00:24:56 (46.1%) | 5:24 | 11.1 (53.9%) |
| 263 | **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%) |
| 264 | **STRABEL Piotr** | **143** | | M-60 | 11 | | | 00:00:08 | 00:13:42 | 00:26:36 | 00:39:19 | 00:51:54 | **00:54:08.60** | **00:54:16.75** | +00:25:01 (46.2%) | 5:24 | 11.1 (53.9%) |
| 265 | **ZUPA Wojciech** | **218** | | M-50 | 35 | 7Si-OWB rowertour.com | 7SI OWB rowertour.com | 00:00:20 | 00:12:40 | 00:25:27 | 00:38:31 | 00:51:39 | **00:54:10.90** | **00:54:31.40** | +00:25:03 (46.2%) | 5:25 | 11.1 (53.9%) |
| 266 | **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%) |
| 266 | **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%) |
| 268 | **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%) |
| 269 | **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** | +00:25:14 (46.4%) | 5:26 | 11 (53.4%) |
| 270 | **MAŁKIŃSKI Józef** | **396** | | M-60 | 12 | | | 00:00:20 | 00:14:02 | 00:26:54 | 00:39:23 | 00:51:53 | **00:54:23.50** | **00:54:43.50** | +00:25:16 (46.5%) | 5:26 | 11 (53.4%) |
| 271 | **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** | +00:25:21 (46.5%) | 5:26 | 11 (53.4%) |
| 272 | **MOYS Tomasz** | **104** | | M-50 | 36 | | | 00:00:16 | 00:13:31 | 00:26:34 | 00:39:30 | 00:52:18 | **00:54:43.35** | **00:54:59.65** | +00:25:35 (46.8%) | 5:28 | 11 (53.4%) |
| 273 | **JENDRZEJCZAK Robert** | **324** | | M-20 | 27 | | | 00:00:17 | 00:13:02 | 00:25:59 | 00:39:45 | 00:52:27 | **00:54:45.95** | **00:55:03.30** | +00:25:38 (46.8%) | 5:28 | 11 (53.4%) |
| 274 | **ZAKOŚCIELNY Krzysztof** | **452** | | M-50 | 37 | | TKKF WODNIK WIĘBORK | 00:00:12 | 00:13:39 | 00:26:29 | 00:39:19 | 00:52:16 | **00:54:46.20** | **00:54:58.25** | +00:25:38 (46.8%) | 5:28 | 11 (53.4%) |
| 275 | **JAMNY Miłosz** | **57** | | M-60 | 13 | | Miłosz Jamny | 00:00:25 | 00:13:33 | 00:26:22 | 00:39:17 | 00:52:23 | **00:54:47.45** | **00:55:12.90** | +00:25:39 (46.8%) | 5:28 | 11 (53.4%) |
| 276 | **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** | +00:25:40 (46.9%) | 5:28 | 10.9 (52.9%) |
| 277 | **MIAZGA 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%) |
| 278 | **BRZOZOWSKI Jarosław** | **17** | | M-50 | 38 | | BRZOZA TRI TEAM | 00:00:26 | 00:13:30 | 00:26:20 | 00:39:29 | 00:52:21 | **00:54:51.55** | **00:55:17.75** | +00:25:44 (46.9%) | 5:29 | 10.9 (52.9%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 279 | **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%) |
| 280 | **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** | +00:26:05 (47.3%) | 5:31 | 10.9 (52.9%) |
| 281 | **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%) |
| 282 | **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** | +00:26:16 (47.4%) | 5:32 | 10.8 (52.4%) |
| 283 | **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%) |
| 284 | **TRZCIŃSKI Eugeniusz** | **289** | | M-60 | 14 | | | 00:00:25 | 00:13:51 | 00:26:40 | 00:39:30 | 00:52:54 | **00:55:50.00** | **00:56:15.75** | +00:26:42 (47.8%) | 5:35 | 10.7 (51.9%) |
| 285 | **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%) |
| 286 | **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** | +00:27:03 (48.2%) | 5:37 | 10.7 (51.9%) |
| 287 | **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** | +00:27:04 (48.2%) | 5:37 | 10.7 (51.9%) |
| 288 | **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** | +00:27:05 (48.2%) | 5:37 | 10.7 (51.9%) |
| 289 | **KOSZOWSKI Antoni** | **269** | KATOLIK TEAM | M-1 | 9 | Katolik Team | | 00:00:12 | 00:12:36 | 00:25:47 | 00:39:44 | 00:53:40 | **00:56:31.60** | **00:56:44.40** | +00:27:24 (48.5%) | 5:39 | 10.6 (51.5%) |
| 290 | **WEGNER Roman** | **101** | | M-50 | 39 | | | 00:00:16 | 00:13:51 | 00:26:58 | 00:40:24 | 00:54:12 | **00:56:49.25** | **00:57:05.35** | +00:27:41 (48.7%) | 5:40 | 10.6 (51.5%) |
| 291 | **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%) |
| 292 | **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%) |
| 293 | **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** | +00:27:49 (48.9%) | 5:41 | 10.5 (51.0%) |
| 294 | **DĘBSKI Jan** | **214** | | M-60 | 15 | | | 00:00:18 | 00:13:48 | 00:27:19 | 00:41:03 | 00:55:03 | **00:57:48.10** | **00:58:06.40** | +00:28:40 (49.6%) | 5:46 | 10.4 (50.5%) |
| 295 | **STARSZAK Seweryn** | **480** | | M-1 | 10 | | | 00:00:16 | 00:14:58 | 00:28:32 | 00:42:09 | 00:55:27 | **00:57:54.15** | **00:58:10.65** | +00:28:46 (49.7%) | 5:47 | 10.4 (50.5%) |
| 296 | **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** | +00:28:49 (49.7%) | 5:47 | 10.4 (50.5%) |
| 297 | **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** | +00:28:51 (49.8%) | 5:48 | 10.3 (50.0%) |
| 298 | **BRZEZIŃSKI Igor** | **472** | | M-1 | 11 | | | 00:00:10 | 00:13:19 | 00:27:12 | 00:42:16 | 00:55:41 | **00:58:00.75** | **00:58:10.75** | +00:28:53 (49.8%) | 5:48 | 10.3 (50.0%) |
| 299 | **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%) |
| 300 | **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** | +00:29:26 (50.3%) | 5:51 | 10.2 (49.5%) |
| 301 | **STOSIK Przemysław** | **184** | | M-20 | 28 | | Tornado | 00:00:28 | 00:14:46 | 00:28:52 | 00:43:12 | 00:56:31 | **00:58:46.15** | **00:59:14.85** | +00:29:38 (50.4%) | 5:52 | 10.2 (49.5%) |
| 302 | **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** | +00:29:38 (50.4%) | 5:52 | 10.2 (49.5%) |
| 303 | **HOLC Radosław** | **173** | | M-20 | 29 | | Tornado | 00:00:28 | 00:14:46 | 00:28:52 | 00:43:12 | 00:56:31 | **00:58:46.75** | **00:59:15.15** | +00:29:39 (50.5%) | 5:52 | 10.2 (49.5%) |
| 304 | **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** | +00:29:54 (50.7%) | 5:54 | 10.2 (49.5%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 305 | **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** | +00:30:02 (50.8%) | 5:55 | 10.1 (49.0%) |
| 306 | **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%) |
| 307 | **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%) |
| 308 | **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** | +00:30:39 (51.3%) | 5:58 | 10 (48.5%) |
| 309 | **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%) |
| 310 | **TRZYMKOWSKI Adrian** | **183** | | M-20 | 30 | | | 00:00:21 | 00:14:23 | 00:28:14 | 00:42:52 | 00:57:27 | **00:59:59.60** | **01:00:21.55** | +00:30:52 (51.5%) | 6:00 | 10 (48.5%) |
| 311 | **LENC Janusz** | **94** | | M-60 | 16 | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:00:36 | 00:15:47 | 00:29:53 | 00:43:54 | 00:57:53 | **01:00:31.50** | **01:01:08.15** | +00:31:24 (51.9%) | 6:03 | 9.9 (48.1%) |
| 312 | **ZĘBIK Mirosław** | **95** | | M-50 | 40 | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:00:35 | 00:15:47 | 00:29:54 | 00:43:55 | 00:57:54 | **01:00:32.15** | **01:01:07.90** | +00:31:24 (51.9%) | 6:03 | 9.9 (48.1%) |
| 313 | **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** | +00:31:24 (51.9%) | 6:03 | 9.9 (48.1%) |
| 314 | **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** | +00:32:03 (52.4%) | 6:07 | 9.8 (47.6%) |
| 315 | **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** | +00:32:56 (53.1%) | 6:12 | 9.7 (47.1%) |
| 316 | **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** | +00:32:56 (53.1%) | 6:12 | 9.7 (47.1%) |
| 317 | **CUKRAS Marek** | **81** | | M-20 | 31 | | Tornado | 00:00:28 | 00:14:47 | 00:28:53 | 00:43:13 | 00:59:32 | **01:02:09.65** | **01:02:37.95** | +00:33:02 (53.1%) | 6:12 | 9.7 (47.1%) |
| 318 | **GAJZLER Jerzy** | **55** | | M-60 | 17 | | | 00:00:18 | 00:14:27 | 00:29:08 | 00:44:16 | 00:59:18 | **01:02:09.85** | **01:02:28.15** | +00:33:02 (53.1%) | 6:13 | 9.7 (47.1%) |
| 319 | **SALITA Lech** | **63** | | M-50 | 41 | | ALTOM GNIEZNO | 00:00:33 | 00:15:16 | 00:29:44 | 00:44:26 | 00:59:40 | **01:02:29.95** | **01:03:03.20** | +00:33:22 (53.4%) | 6:15 | 9.6 (46.6%) |
| 320 | **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** | +00:34:18 (54.1%) | 6:20 | 9.5 (46.1%) |
| 321 | **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** | +00:34:51 (54.5%) | 6:23 | 9.4 (45.6%) |
| 322 | **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%) |
| 323 | **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%) |
| 324 | **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%) |
| 325 | **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** | +00:35:51 (55.2%) | 6:29 | 9.2 (44.7%) |
| 326 | **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%) |
| 327 | **AWIZEN Antoni** | **98** | | M-70 | 4 | | | 00:00:05 | 00:14:41 | 00:29:58 | 00:46:03 | 01:02:45 | **01:05:48.90** | **01:05:54.60** | +00:36:41 (55.7%) | 6:34 | 9.1 (44.2%) |
| 328 | **KOWALCZYK Łukasz** | **485** | | M-20 | 32 | | Sylwester Osielsko | 00:00:22 | 00:15:52 | 00:31:21 | 00:47:15 | 01:03:44 | **01:06:39.70** | **01:07:02.40** | +00:37:32 (56.3%) | 6:40 | 9 (43.7%) |
| 329 | **KAPELIŃSKI Stanisław** | **193** | | M-50 | 42 | | RODOS Team | 00:00:20 | 00:15:24 | 00:31:24 | 00:47:36 | 01:04:02 | **01:06:43.95** | **01:07:04.20** | +00:37:36 (56.4%) | 6:40 | 9 (43.7%) |
| 330 | **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** | +00:38:17 (56.8%) | 6:44 | 8.9 (43.2%) |

| 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 331 | **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%) |
| 332 | **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%) |
| 333 | **PILECKI Gustaw** | **458** | | M-70 | 5 | | | 00:00:20 | 00:17:13 | 00:33:19 | 00:49:32 | 01:06:21 | **01:09:32.80** | **01:09:53.25** | +00:40:25 (58.1%) | 6:57 | 8.6 (41.7%) |
| 334 | **UCIŃSKI Edward** | **262** | | M-70 | 6 | | TKKF Instalator Pelikan Szubin | 00:00:08 | 00:16:34 | 00:33:21 | 00:50:46 | 01:08:26 | **01:11:52.55** | **01:12:00.60** | +00:42:45 (59.5%) | 7:11 | 8.3 (40.3%) |
| 335 | **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** | +00:43:18 (59.8%) | 7:14 | 8.3 (40.3%) |
| 336 | **WADOWSKI Wojciech** | **422** | | M-1 | 12 | | | 00:00:28 | 00:17:19 | 00:34:38 | 00:53:01 | 01:09:20 | **01:12:27.00** | **01:12:55.95** | +00:43:19 (59.8%) | 7:14 | 8.3 (40.3%) |
| 337 | **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** | +00:44:22 (60.4%) | 7:21 | 8.2 (39.8%) |
| 338 | **WIECZOREK Sebastian** | **213** | | M-20 | 33 | | | 00:05:36 | 00:17:51 | 00:35:54 | 00:54:05 | 01:10:54 | **01:14:04.30** | **01:19:40.30** | +00:44:56 (60.7%) | 7:24 | 8.1 (39.3%) |
| 339 | **SZYCZYK Adam** | **192** | | M-70 | 7 | | A. Szymczyk Świecie | 00:00:11 | 00:18:24 | 00:36:38 | 00:57:19 | 01:21:41 | **01:23:44.70** | **01:23:55.90** | +00:54:37 (65.2%) | 8:22 | 7.2 (35.0%) |
| 340 | **SZYTTENHOLM 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%) |
| 341 | **UGOREK Darek** | **470** | | M-40 | 129 | | | 00:00:10 | 00:15:20 | 00:30:57 | | | | | +00:16:48 | 6:22 | 9.4 (45.6%) |
| 342 | **GRABOWSKI Piotr** | **315** | | M-50 | 43 | | Brzoza Biega | 00:00:35 | 00:16:36 | 00:32:54 | | | | | +00:18:44 | 6:47 | 8.8 (42.7%) |
| 343 | **WOLNY Piotr** | **70** | | M-50 | 44 | Brzoza Biega | Brzoza Biega | 00:00:02 | 00:10:00 | | | | | | +00:02:40 | 4:00 | 15 (72.8%) |
| 344 | **UGOREK Marcel** | **471** | | M-1 | 13 | | | 00:00:09 | 00:15:22 | | | | | | +00:08:02 | 6:08 | 9.8 (47.6%) |

Znaleziono 344 wynik(ów)