



# BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

**Organiser:** Fundacja Wolność i Demokracja, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2017-02-26  
**Place:** Koszalin  
**Distance:** 10 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Start time	Start All 2.45km	Start All 4.9km	Start All 7.35km	Start All 9.8km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>BEDNARZ Paweł</b>	<b>9</b>	13-TY FUN CLUB ASI CHMIEL :*	M30-39	1	00:00:01	00:08:33	00:17:18	00:26:24	00:35:31	<b>00:36:07.00</b>	<b>00:36:08.95</b>		3:36	16.6 (100%)
2	<b>KACZMAREK Tomasz</b>	<b>235</b>		M30-39	2	00:00:03	00:09:21	00:18:34	00:27:48	00:36:37	<b>00:37:08.40</b>	<b>00:37:11.65</b>	+00:01:01 (2.8%)	3:42	16.2 (97.6%)
3	<b>RYBACZEK Sebastian</b>	<b>249</b>	JW 1223/3DPLOT - FORMA ROSNOWO	M30-39	3	00:00:02	00:09:21	00:18:34	00:27:55	00:37:18	<b>00:37:51.70</b>	<b>00:37:54.15</b>	+00:01:44 (4.6%)	3:47	15.8 (95.2%)
4	<b>EMILIT Grzegorz</b>	<b>56</b>	DZIESIĄTKA BIAŁOGARD	M30-39	4	00:00:03	00:09:20	00:18:33	00:28:00	00:37:46	<b>00:38:22.60</b>	<b>00:38:26.55</b>	+00:02:15 (5.9%)	3:50	15.6 (94.0%)
5	<b>WOJDASIEWICZ Tadeusz</b>	<b>316</b>		M30-39	5	00:00:02	00:09:14	00:18:51	00:28:31	00:38:07	<b>00:38:43.85</b>	<b>00:38:46.60</b>	+00:02:36 (6.7%)	3:52	15.5 (93.4%)
6	<b>WILCZEWSKI Krzysztof</b>	<b>405</b>	MKS ŚWIĘC	M30-39	6	00:00:03	00:09:46	00:19:38	00:29:17	00:38:39	<b>00:39:13.55</b>	<b>00:39:16.65</b>	+00:03:06 (7.9%)	3:55	15.3 (92.2%)
7	<b>GOLIŃSKI Łukasz</b>	<b>66</b>	K.B. SPRINT ŚWIDWIN	M30-39	7	00:00:02	00:09:30	00:19:19	00:29:08	00:38:54	<b>00:39:33.65</b>	<b>00:39:35.65</b>	+00:03:26 (8.7%)	3:57	15.2 (91.6%)
8	<b>BUCZKO Krystian</b>	<b>26</b>		M30-39	8	00:00:03	00:09:33	00:19:23	00:29:18	00:39:06	<b>00:39:41.20</b>	<b>00:39:44.55</b>	+00:03:34 (9.0%)	3:58	15.1 (91.0%)
9	<b>KRUKOWSKI Błażej</b>	<b>147</b>		M30-39	9	00:00:03	00:09:48	00:19:43	00:29:36	00:39:20	<b>00:39:55.20</b>	<b>00:39:59.15</b>	+00:03:48 (9.5%)	3:59	15 (90.4%)
10	<b>BIEDRZYCKI Adam</b>	<b>11</b>	CW FANZA KOŁOBRZEG	M30-39	10	00:00:03	00:09:34	00:19:30	00:29:31	00:39:22	<b>00:39:58.30</b>	<b>00:40:01.35</b>	+00:03:51 (9.6%)	3:59	15 (90.4%)
11	<b>WEGNER Przemysław</b>	<b>304</b>		M30-39	11	00:00:06	00:09:42	00:19:39	00:29:39	00:39:39	<b>00:40:21.60</b>	<b>00:40:28.40</b>	+00:04:14 (10.5%)	4:02	14.9 (89.8%)
12	<b>ROSZKOWSKI Damian</b>	<b>240</b>	BAGNA IZBICKIE	M30-39	12	00:00:03	00:09:47	00:19:59	00:30:20	00:40:48	<b>00:41:17.70</b>	<b>00:41:21.15</b>	+00:05:10 (12.5%)	4:07	14.5 (87.3%)
13	<b>MŁYNARCZYK Zbigniew</b>	<b>418</b>		M30-39	13	00:00:03	00:09:47	00:19:59	00:30:20	00:40:49	<b>00:41:30.55</b>	<b>00:41:33.80</b>	+00:05:23 (13.0%)	4:09	14.5 (87.3%)
14	<b>BRESZKA Tomek</b>	<b>22</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	14	00:00:04	00:10:21	00:20:59	00:31:51	00:42:36	<b>00:43:14.95</b>	<b>00:43:19.25</b>	+00:07:07 (16.5%)	4:19	13.9 (83.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 2.45km	Start All 4.9km	Start All 7.35km	Start All 9.8km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
15	<b>KALKOWSKI Paweł</b>	<b>112</b>	JW 1223 KOSZALIN	M30-39	15	00:00:21	00:10:36	00:21:17	00:32:07	00:42:37	<b>00:43:16.25</b>	<b>00:43:38.00</b>	+00:07:09 (16.5%)	4:19	13.9 (83.7%)
16	<b>CZAPLIŃSKI Jacek</b>	<b>42</b>		M30-39	16	00:00:21	00:10:42	00:21:28	00:32:22	00:43:07	<b>00:43:46.90</b>	<b>00:44:08.40</b>	+00:07:39 (17.5%)	4:22	13.7 (82.5%)
17	<b>SMAGOWSKI Wojciech</b>	<b>259</b>	K.B. SPRINT ŚWIDWIN	M30-39	17	00:00:08	00:10:19	00:21:02	00:32:04	00:43:12	<b>00:43:53.45</b>	<b>00:44:02.15</b>	+00:07:46 (17.7%)	4:23	13.7 (82.5%)
18	<b>PRZEWŁOCKI Michał</b>	<b>220</b>	(L)	M30-39	18	00:00:03	00:09:45	00:20:33	00:31:45	00:43:19	<b>00:44:05.75</b>	<b>00:44:09.70</b>	+00:07:58 (18.1%)	4:24	13.6 (81.9%)
19	<b>KUKIEŁA Tomasz</b>	<b>152</b>		M30-39	19	00:00:06	00:11:03	00:21:57	00:32:59	00:43:53	<b>00:44:35.10</b>	<b>00:44:41.30</b>	+00:08:28 (19.0%)	4:27	13.5 (81.3%)
20	<b>KRACZKOWSKI Przemysław</b>	<b>141</b>		M30-39	20	00:00:12	00:11:06	00:22:11	00:33:13	00:44:07	<b>00:44:49.75</b>	<b>00:45:02.05</b>	+00:08:42 (19.4%)	4:29	13.4 (80.7%)
21	<b>NOWAK Piotr</b>	<b>194</b>	CZARNE BIEGA	M30-39	21	00:00:07	00:10:39	00:21:45	00:33:07	00:44:21	<b>00:45:05.25</b>	<b>00:45:12.60</b>	+00:08:58 (19.9%)	4:30	13.3 (80.1%)
22	<b>NOWICKI Michał</b>	<b>343</b>		M30-39	22	00:00:08	00:10:29	00:21:48	00:33:08	00:44:24	<b>00:45:08.45</b>	<b>00:45:16.60</b>	+00:09:01 (20.0%)	4:30	13.3 (80.1%)
23	<b>ROMANOWSKI Piotr</b>	<b>238</b>	BRAK	M30-39	23	00:00:09	00:10:52	00:21:54	00:33:11	00:44:14	<b>00:45:09.10</b>	<b>00:45:18.75</b>	+00:09:02 (20.0%)	4:30	13.3 (80.1%)
24	<b>WILKOWSKI Krzysztof</b>	<b>312</b>		M30-39	24	00:00:05	00:10:33	00:21:47	00:33:25	00:44:55	<b>00:45:40.55</b>	<b>00:45:46.25</b>	+00:09:33 (20.9%)	4:34	13.1 (78.9%)
24	<b>FADDA Bruno-André</b>	<b>57</b>		M30-39	25	00:00:11	00:10:35	00:21:51	00:33:21	00:45:03	<b>00:45:40.55</b>	<b>00:45:51.70</b>	+00:09:33 (20.9%)	4:34	13.1 (78.9%)
26	<b>ŁOPIŃSKI Piotr</b>	<b>162</b>		M30-39	26	00:00:07	00:11:03	00:22:21	00:33:47	00:45:14	<b>00:45:50.90</b>	<b>00:45:58.05</b>	+00:09:43 (21.2%)	4:35	13.1 (78.9%)
27	<b>WIERZBICKI Jakub</b>	<b>310</b>	ŚWIDWIN	M30-39	27	00:00:04	00:10:38	00:21:48	00:33:26	00:45:18	<b>00:46:04.25</b>	<b>00:46:08.55</b>	+00:09:57 (21.6%)	4:36	13 (78.3%)
28	<b>GOŁDYN Marek</b>	<b>67</b>	TKKF KOSZALIN	M30-39	28	00:00:20	00:11:24	00:22:49	00:34:08	00:45:29	<b>00:46:07.90</b>	<b>00:46:27.95</b>	+00:10:00 (21.7%)	4:36	13 (78.3%)
29	<b>KORZYSTKO Bartosz</b>	<b>133</b>		M30-39	29	00:00:04	00:10:27	00:21:20	00:32:51	00:45:23	<b>00:46:17.35</b>	<b>00:46:22.25</b>	+00:10:10 (22.0%)	4:37	13 (78.3%)
30	<b>MALINOWSKI Mariusz</b>	<b>170</b>		M30-39	30	00:00:17	00:11:17	00:22:59	00:34:38	00:45:57	<b>00:46:37.15</b>	<b>00:46:54.60</b>	+00:10:30 (22.5%)	4:39	12.9 (77.7%)
31	<b>ŁABEJSZA Łukasz</b>	<b>160</b>	WOJOWNICY WÓDY	M30-39	31	00:00:16	00:11:14	00:22:50	00:34:25	00:45:56	<b>00:46:41.30</b>	<b>00:46:57.35</b>	+00:10:34 (22.6%)	4:40	12.9 (77.7%)
32	<b>RATAJEWSKI Arkadiusz</b>	<b>231</b>		M30-39	32	00:00:08	00:10:52	00:22:26	00:34:22	00:45:58	<b>00:46:47.50</b>	<b>00:46:56.05</b>	+00:10:40 (22.8%)	4:40	12.8 (77.1%)
33	<b>KRAWCZUK Szymon</b>	<b>143</b>	GEPARD GLEŻNOWO	M30-39	33	00:00:19	00:12:17	00:23:59	00:35:27	00:46:31	<b>00:47:11.70</b>	<b>00:47:31.40</b>	+00:11:04 (23.5%)	4:43	12.7 (76.5%)
34	<b>OTTO Michał</b>	<b>206</b>		M30-39	34	00:00:06	00:11:11	00:22:54	00:35:03	00:46:52	<b>00:47:39.80</b>	<b>00:47:45.90</b>	+00:11:32 (24.2%)	4:45	12.6 (75.9%)
35	<b>MUCHA Krzysztof</b>	<b>189</b>	KOSZALIN	M30-39	35	00:00:06	00:11:11	00:22:54	00:35:03	00:47:10	<b>00:47:55.60</b>	<b>00:48:02.20</b>	+00:11:48 (24.6%)	4:47	12.5 (75.3%)
36	<b>JABŁOŃSKI Arkadiusz</b>	<b>90</b>	KOSZALIN	M30-39	36	00:00:26	00:11:29	00:23:08	00:35:11	00:47:29	<b>00:48:17.10</b>	<b>00:48:43.10</b>	+00:12:10 (25.2%)	4:49	12.4 (74.7%)
37	<b>NACHYŁA Paweł</b>	<b>192</b>	DZIKI KOSZALIN	M30-39	37	00:00:13	00:11:25	00:23:24	00:35:37	00:47:38	<b>00:48:20.95</b>	<b>00:48:34.80</b>	+00:12:13 (25.3%)	4:50	12.4 (74.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 2.45km	Start All 4.9km	Start All 7.35km	Start All 9.8km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	<b>WICHER Krzysztof</b>	<b>308</b>	ADWOKATURA	M30-39	38	00:00:07	00:11:32	00:23:37	00:35:45	00:47:38	<b>00:48:22.20</b>	<b>00:48:29.30</b>	+00:12:15 (25.3%)	4:50	12.4 (74.7%)
39	<b>OSTAFI Robert</b>	<b>202</b>		M30-39	39	00:00:02	00:11:14	00:23:20	00:35:44	00:47:52	<b>00:48:30.30</b>	<b>00:48:32.95</b>	+00:12:23 (25.5%)	4:51	12.4 (74.7%)
40	<b>GRZYSTEK Marcin</b>	<b>76</b>	PARKRUN SZCZECINEK	M30-39	40	00:00:10	00:11:36	00:23:38	00:35:58	00:47:58	<b>00:48:39.70</b>	<b>00:48:49.85</b>	+00:12:32 (25.8%)	4:51	12.3 (74.1%)
41	<b>MIKIETYŃSKI Michał</b>	<b>182</b>	OKONEK	M30-39	41	00:00:12	00:11:42	00:23:50	00:36:07	00:48:17	<b>00:49:03.20</b>	<b>00:49:15.35</b>	+00:12:56 (26.4%)	4:54	12.2 (73.5%)
42	<b>METERA Piotr</b>	<b>177</b>	RUNNERSWALDE	M30-39	42	00:00:16	00:11:44	00:23:31	00:35:53	00:48:30	<b>00:49:15.35</b>	<b>00:49:31.65</b>	+00:13:08 (26.7%)	4:55	12.2 (73.5%)
43	<b>CHOŁUJ Karol</b>	<b>35</b>	ZAWSZE DO PRZODU	M30-39	43	00:00:08	00:11:17	00:23:29	00:36:05	00:48:40	<b>00:49:19.90</b>	<b>00:49:28.60</b>	+00:13:12 (26.8%)	4:56	12.2 (73.5%)
44	<b>SIKORSKI Adam</b>	<b>344</b>		M30-39	44	00:00:10	00:11:11	00:23:27	00:36:05	00:48:33	<b>00:49:21.00</b>	<b>00:49:31.10</b>	+00:13:14 (26.8%)	4:56	12.2 (73.5%)
45	<b>SZAREK Paweł</b>	<b>276</b>	7 BRYGADA OBRONY WYBRZEŻA	M30-39	45	00:00:04	00:11:32	00:23:50	00:36:18	00:48:46	<b>00:49:26.10</b>	<b>00:49:30.55</b>	+00:13:19 (26.9%)	4:56	12.1 (72.9%)
46	<b>SOROKA Piotr</b>	<b>264</b>		M30-39	46	00:00:08	00:11:21	00:23:22	00:36:06	00:48:52	<b>00:49:31.30</b>	<b>00:49:39.30</b>	+00:13:24 (27.1%)	4:57	12.1 (72.9%)
47	<b>JANUSZEK Adam</b>	<b>335</b>		M30-39	47	00:00:23	00:11:31	00:23:39	00:36:26	00:48:48	<b>00:49:35.30</b>	<b>00:49:58.75</b>	+00:13:28 (27.2%)	4:57	12.1 (72.9%)
48	<b>ZADROŻNY Szymon</b>	<b>320</b>	RUNNER'S OF WAŁCZ	M30-39	48	00:00:05	00:11:38	00:24:02	00:36:47	00:48:59	<b>00:49:45.30</b>	<b>00:49:50.30</b>	+00:13:38 (27.4%)	4:58	12.1 (72.9%)
49	<b>RUSINEK Artur</b>	<b>246</b>		M30-39	49	00:00:07	00:11:31	00:23:47	00:36:37	00:49:24	<b>00:50:04.75</b>	<b>00:50:12.10</b>	+00:13:57 (27.9%)	5:00	12 (72.3%)
50	<b>ZDROWIECKI Artur</b>	<b>322</b>		M30-39	50	00:00:05	00:11:31	00:24:03	00:36:48	00:49:27	<b>00:50:14.50</b>	<b>00:50:19.70</b>	+00:14:07 (28.1%)	5:01	11.9 (71.7%)
51	<b>ROGALSKI Roberto</b>	<b>236</b>	TKKF KOSZALIN	M30-39	51	00:00:16	00:11:43	00:24:17	00:37:22	00:49:58	<b>00:50:45.85</b>	<b>00:51:02.70</b>	+00:14:38 (28.9%)	5:04	11.8 (71.1%)
52	<b>RÓG Michał</b>	<b>241</b>	JW 1223	M30-39	52	00:00:09	00:11:31	00:23:37	00:36:35	00:50:00	<b>00:50:47.50</b>	<b>00:50:56.80</b>	+00:14:40 (28.9%)	5:04	11.8 (71.1%)
53	<b>MORDACZ Tomasz</b>	<b>185</b>	PORZECZE BIEGA :)	M30-39	53	00:00:13	00:12:24	00:25:07	00:37:50	00:50:03	<b>00:50:50.60</b>	<b>00:51:03.65</b>	+00:14:43 (29.0%)	5:05	11.8 (71.1%)
54	<b>MODRZEJEWSKI Mateusz</b>	<b>339</b>	KOCHAM ASIE	M30-39	54	00:00:16	00:12:29	00:25:19	00:38:18	00:50:50	<b>00:51:28.35</b>	<b>00:51:45.05</b>	+00:15:21 (29.8%)	5:08	11.7 (70.5%)
55	<b>KRZANOWSKI Marcin</b>	<b>149</b>	MARCINBIEGA	M30-39	55	00:00:11	00:11:46	00:24:46	00:37:55	00:50:47	<b>00:51:35.95</b>	<b>00:51:47.15</b>	+00:15:28 (30.0%)	5:09	11.6 (69.9%)
56	<b>HUDASZEK Grzegorz</b>	<b>88</b>		M30-39	56	00:00:20	00:12:20	00:25:00	00:37:49	00:50:53	<b>00:51:42.90</b>	<b>00:52:03.85</b>	+00:15:35 (30.2%)	5:10	11.6 (69.9%)
57	<b>LICA Krzysztof</b>	<b>346</b>		M30-39	57	00:00:16	00:12:29	00:25:19	00:38:16	00:51:02	<b>00:51:47.85</b>	<b>00:52:04.75</b>	+00:15:40 (30.3%)	5:10	11.6 (69.9%)
58	<b>STOKROCKI Wojciech</b>	<b>270</b>		M30-39	58	00:00:29	00:12:47	00:25:28	00:38:13	00:51:07	<b>00:51:56.50</b>	<b>00:52:25.85</b>	+00:15:49 (30.5%)	5:11	11.6 (69.9%)
59	<b>RUDNIK Tomasz</b>	<b>243</b>	LUB WYBIERZ Z LISTY	M30-39	59	00:00:22	00:12:18	00:24:37	00:37:41	00:51:06	<b>00:51:58.05</b>	<b>00:52:20.05</b>	+00:15:51 (30.5%)	5:11	11.5 (69.3%)
60	<b>WOJTALIK Jacek</b>	<b>317</b>		M30-39	60	00:00:17	00:12:28	00:25:18	00:38:18	00:51:17	<b>00:51:59.65</b>	<b>00:52:17.45</b>	+00:15:52 (30.5%)	5:12	11.5 (69.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 2.45km	Start All 4.9km	Start All 7.35km	Start All 9.8km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
61	WICENS Jacek	95	JACEK - BIEGAM BO LUBIE	M30-39	61	00:00:17	00:12:29	00:25:19	00:38:18	00:51:23	00:52:09.70	00:52:27.20	+00:16:02 (30.8%)	5:13	11.5 (69.3%)
62	ZIENCINA Marcin	324		M30-39	62	00:00:18	00:11:53	00:24:44	00:38:03	00:51:28	00:52:23.70	00:52:42.35	+00:16:16 (31.1%)	5:14	11.5 (69.3%)
63	WOJTANOWSKI Michał	350		M30-39	63	00:00:18	00:14:34	00:26:49	00:39:33	00:51:54	00:52:36.25	00:52:54.35	+00:16:29 (31.3%)	5:15	11.4 (68.7%)
64	HRYCIÓW Paweł	87	BIAŁOGARD	M30-39	64	00:00:26	00:12:50	00:25:40	00:38:51	00:51:52	00:52:39.05	00:53:05.05	+00:16:32 (31.4%)	5:15	11.4 (68.7%)
65	CZOS Łukasz	336		M30-39	65	00:00:08	00:11:20	00:24:36	00:38:14	00:51:56	00:52:41.30	00:52:49.45	+00:16:34 (31.5%)	5:16	11.4 (68.7%)
66	KONKEL Łukasz	131		M30-39	66	00:00:08	00:11:43	00:24:33	00:38:06	00:51:49	00:52:42.95	00:52:51.65	+00:16:35 (31.5%)	5:16	11.4 (68.7%)
67	BRYGAŁA Tomasz	25		M30-39	67	00:00:19	00:12:50	00:25:49	00:38:45	00:51:54	00:52:45.20	00:53:04.80	+00:16:38 (31.5%)	5:16	11.4 (68.7%)
68	FELSKI Łukasz	60		M30-39	68	00:00:32	00:12:42	00:25:27	00:38:29	00:52:05	00:52:54.80	00:53:27.65	+00:16:47 (31.7%)	5:17	11.3 (68.1%)
69	BORYS Przemysław	19	BIEGNIJMY.PL	M30-39	69	00:00:28	00:12:49	00:25:34	00:39:06	00:52:33	00:53:12.00	00:53:40.95	+00:17:05 (32.1%)	5:19	11.3 (68.1%)
70	RYBARCZYK Ireneusz	492		M30-39	70	00:00:20	00:13:15	00:26:10	00:39:00	00:52:26	00:53:17.60	00:53:38.00	+00:17:10 (32.2%)	5:19	11.3 (68.1%)
71	ZWIRDOWSKI Andrzej	328		M30-39	71	00:00:20	00:12:20	00:25:14	00:38:50	00:52:40	00:53:30.50	00:53:50.85	+00:17:23 (32.5%)	5:21	11.2 (67.5%)
72	PODAWCA Łukasz	218	JW 1223	M30-39	72	00:00:22	00:12:50	00:25:58	00:39:29	00:53:06	00:53:48.35	00:54:10.75	+00:17:41 (32.9%)	5:22	11.2 (67.5%)
73	ORYSZCZYN Arkadiusz	200		M30-39	73	00:00:25	00:13:04	00:26:05	00:39:45	00:53:12	00:53:57.90	00:54:23.30	+00:17:50 (33.1%)	5:23	11.1 (66.9%)
74	SZULTKA Mariusz	283		M30-39	74	00:00:18	00:12:54	00:26:20	00:39:56	00:53:16	00:54:00.20	00:54:19.05	+00:17:53 (33.1%)	5:24	11.1 (66.9%)
75	ATALSKI Damian	1		M30-39	75	00:00:22	00:13:04	00:26:18	00:39:47	00:53:29	00:54:15.75	00:54:38.40	+00:18:08 (33.4%)	5:25	11.1 (66.9%)
76	KACZMAREK Łukasz	109	WOJOWNICY WÓDY	M30-39	76	00:00:16	00:12:22	00:25:38	00:39:39	00:53:29	00:54:17.15	00:54:33.45	+00:18:10 (33.5%)	5:25	11.1 (66.9%)
77	SOBOLEWSKI Marcin	262		M30-39	77	00:00:14	00:11:54	00:25:05	00:39:19	00:53:29	00:54:25.85	00:54:40.55	+00:18:18 (33.6%)	5:26	11 (66.3%)
78	KOWALCZYK Piotr	137		M30-39	78	00:00:15	00:12:20	00:25:35	00:39:35	00:53:39	00:54:28.00	00:54:43.00	+00:18:21 (33.7%)	5:26	11 (66.3%)
79	HRYCAJ Tomasz	86		M30-39	79	00:00:26	00:12:47	00:26:11	00:39:55	00:53:37	00:54:29.80	00:54:56.60	+00:18:22 (33.7%)	5:27	11 (66.3%)
80	OSTROWSKI Artur	204		M30-39	80	00:00:13	00:12:10	00:25:25	00:39:45	00:53:45	00:54:38.40	00:54:51.85	+00:18:31 (33.9%)	5:27	11 (66.3%)
81	KRYGIER Ireneusz	148	W.P.K. SŁOŃ TEAM USTKA	M30-39	81	00:00:14	00:12:29	00:26:01	00:39:51	00:53:46	00:54:41.85	00:54:56.30	+00:18:34 (34.0%)	5:28	11 (66.3%)
82	LASKOWSKI Grzegorz	158		M30-39	82	00:00:21	00:12:53	00:26:01	00:39:30	00:53:54	00:54:44.75	00:55:05.75	+00:18:37 (34.0%)	5:28	11 (66.3%)
83	CUDZICH Piotr	38		M30-39	83	00:00:28	00:13:06	00:26:49	00:40:49	00:54:39	00:55:38.00	00:56:06.15	+00:19:31 (35.1%)	5:33	10.8 (65.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 2.45km	Start All 4.9km	Start All 7.35km	Start All 9.8km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
84	<b>KOBUS Maciej</b>	<b>126</b>		M30-39	84	00:00:09	00:12:13	00:25:51	00:40:37	00:56:02	<b>00:56:59.85</b>	<b>00:57:09.40</b>	+00:20:52 (36.6%)	5:42	10.5 (63.3%)
85	<b>KUPREWICZ Grzegorz</b>	<b>155</b>	JW 1223	M30-39	85	00:00:13	00:13:35	00:28:34	00:42:44	00:57:03	<b>00:57:56.35</b>	<b>00:58:09.80</b>	+00:21:49 (37.7%)	5:47	10.4 (62.7%)
86	<b>KOWALSKI Kamil</b>	<b>347</b>		M30-39	86	00:00:23	00:13:06	00:26:53	00:41:51	00:57:09	<b>00:58:14.90</b>	<b>00:58:38.15</b>	+00:22:07 (38.0%)	5:49	10.3 (62.0%)
87	<b>ZAREMBA Tomasz</b>	<b>340</b>		M30-39	87	00:00:22	00:13:00	00:28:21	00:43:22	00:57:35	<b>00:58:28.95</b>	<b>00:58:51.90</b>	+00:22:21 (38.2%)	5:50	10.3 (62.0%)
88	<b>BASIAK Krystian</b>	<b>4</b>	KOSZALIN	M30-39	88	00:00:25	00:12:58	00:27:13	00:42:26	00:57:52	<b>00:58:48.50</b>	<b>00:59:14.35</b>	+00:22:41 (38.6%)	5:52	10.2 (61.4%)
89	<b>WOJTANOWSKI Tomasz</b>	<b>318</b>	K.B. SPRINT ŚWIDWIN	M30-39	89	00:00:17	00:13:20	00:27:56	00:42:51	00:57:56	<b>00:58:58.60</b>	<b>00:59:15.75</b>	+00:22:51 (38.8%)	5:53	10.2 (61.4%)
90	<b>BŁACH Piotr</b>	<b>14</b>		M30-39	90	00:00:16	00:13:59	00:29:16	00:44:41	00:59:44	<b>01:00:42.75</b>	<b>01:00:59.25</b>	+00:24:35 (40.5%)	6:04	9.9 (59.6%)
91	<b>PAWLAK Marek</b>	<b>213</b>		M30-39	91	00:00:24	00:13:40	00:28:48	00:44:48	01:01:03	<b>01:01:52.65</b>	<b>01:02:17.45</b>	+00:25:45 (41.6%)	6:11	9.7 (58.4%)
92	<b>JANKOWSKI Remigiusz</b>	<b>93</b>		M30-39	92	00:00:21	00:14:23	00:29:39	00:45:30	01:01:05	<b>01:01:52.90</b>	<b>01:02:14.05</b>	+00:25:45 (41.6%)	6:11	9.7 (58.4%)
93	<b>ZIELIŃSKI Andrzej</b>	<b>349</b>		M30-39	93	00:00:18	00:14:35	00:29:44	00:45:31	01:01:29	<b>01:02:32.65</b>	<b>01:02:51.30</b>	+00:26:25 (42.3%)	6:15	9.6 (57.8%)
94	<b>FALGOWSKI Paweł</b>	<b>59</b>		M30-39	94	00:00:13	00:12:49	00:29:07	00:46:05	01:01:56	<b>01:02:52.75</b>	<b>01:03:06.50</b>	+00:26:45 (42.6%)	6:17	9.5 (57.2%)
95	<b>BINKIEWICZ Marcin</b>	<b>13</b>		M30-39	95	00:00:27	00:13:50	00:29:11	00:45:33	01:02:42	<b>01:03:46.80</b>	<b>01:04:14.05</b>	+00:27:39 (43.4%)	6:22	9.4 (56.6%)
96	<b>SZYMAŃSKI Marcin</b>	<b>285</b>	TEAM BIEGOWY SZCZECINEK	M30-39	96	00:00:27	00:14:40	00:30:28	00:47:29	01:04:33	<b>01:05:35.45</b>	<b>01:06:03.05</b>	+00:29:28 (44.9%)	6:33	9.1 (54.8%)
97	<b>STACHOWSKI Michał</b>	<b>266</b>		M30-39	97	00:00:19	00:15:01	00:31:44	00:50:02	01:09:34	<b>01:10:51.10</b>	<b>01:11:10.75</b>	+00:34:44 (49.0%)	7:05	8.5 (51.2%)

Total 97 results.