



Organizator: Fundacja „W Stronę Życia”
Data: 2018-09-08
Miejsce: Bydgoszcz
Dystans: 5 km

BIEG W STRONĘ ŻYCIA

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KULPA Michał	366	GMD ZYKAN	M-Open	1	00:00:03	00:17:32.55	00:17:36.15		3:30	17.1 (100%)
2	GIL Waldemar	322		M-Open	2	00:00:03	00:19:08.65	00:19:12.60	+00:01:36 (8.4%)	3:49	15.7 (91.8%)
3	LIPIŃSKI Mariusz	270		M-Open	3	00:00:04	00:19:14.25	00:19:18.50	+00:01:41 (8.8%)	3:50	15.6 (91.2%)
4	OLEJNIK Krzysztof	181		M-Open	4	00:00:03	00:19:36.50	00:19:40.30	+00:02:03 (10.5%)	3:55	15.3 (89.5%)
5	TACIAK Dawid	189		M-Open	5	00:00:09	00:19:39.45	00:19:48.55	+00:02:06 (10.8%)	3:55	15.3 (89.5%)
6	PORZYCH Rafał	352	RAFSON.TV	M-Open	6	00:00:03	00:19:42.05	00:19:45.25	+00:02:09 (11.0%)	3:56	15.2 (88.9%)
7	KAWIECKI Paweł	235	AKADEMIAMUZYCZNABIEGA	M-Open	7	00:00:04	00:19:58.35	00:20:02.55	+00:02:25 (12.2%)	3:59	15 (87.7%)
8	KNOTHE Adam	401	BUDSTOL INVEST	M-Open	8	00:00:04	00:20:00.75	00:20:05.15	+00:02:28 (12.3%)	4:00	15 (87.7%)
9	PAWĘTA Marcin	330		M-Open	9	00:00:05	00:20:01.95	00:20:07.10	+00:02:29 (12.4%)	4:00	15 (87.7%)
10	NAGORZYSKI Arkadiusz	7	BIEGAM WSPIERAM MOTYWUJĘ	M-Open	10	00:00:04	00:20:04.15	00:20:08.95	+00:02:31 (12.6%)	4:00	15 (87.7%)
11	LEŚ Krzysztof	297		M-Open	11	00:00:04	00:20:25.35	00:20:29.75	+00:02:52 (14.1%)	4:05	14.7 (86.0%)
12	GRUSZECZKA Jacek	219	POLSKA GRUPA BIEGOWA	M-Open	12	00:00:08	00:20:44.50	00:20:52.65	+00:03:11 (15.4%)	4:08	14.5 (84.8%)
13	STANIEC Tomasz	333		M-Open	13	00:00:04	00:20:46.90	00:20:51.20	+00:03:14 (15.6%)	4:09	14.4 (84.2%)
14	KOWALSKI Jacek	143		M-Open	14	00:00:13	00:21:06.25	00:21:19.65	+00:03:33 (16.9%)	4:13	14.2 (83.0%)
15	KOZIŃSKI Marek	413	RUN BYDGOSZCZ	M-Open	15	00:00:05	00:21:20.70	00:21:26.35	+00:03:48 (17.8%)	4:16	14.1 (82.5%)
16	ZWIEWKA Adam	237		M-Open	16	00:00:05	00:21:33.50	00:21:39.00	+00:04:00 (18.6%)	4:18	13.9 (81.3%)
17	GIERACH Marcin	437	G-TEAM	M-Open	17	00:00:04	00:21:33.65	00:21:37.75	+00:04:01 (18.6%)	4:18	13.9 (81.3%)
18	STANISZEWSKI Krzysztof	421		M-Open	18	00:00:07	00:21:39.30	00:21:46.80	+00:04:06 (19.0%)	4:19	13.9 (81.3%)
19	SMARZYŃSKI Sebastian	337		M-Open	19	00:00:20	00:21:48.40	00:22:08.90	+00:04:15 (19.6%)	4:21	13.8 (80.7%)
20	SZYSZKA Radosław	167	KEEPPER	M-Open	20	00:00:03	00:21:53.45	00:21:56.75	+00:04:20 (19.9%)	4:22	13.7 (80.1%)
21	BARCZAK Tomasz	71		M-Open	21	00:00:05	00:22:05.15	00:22:10.30	+00:04:32 (20.6%)	4:25	13.6 (79.5%)
22	JANKOWSKI Marcin	449		M-Open	22	00:00:08	00:22:10.30	00:22:18.70	+00:04:37 (20.9%)	4:26	13.5 (78.9%)
23	FOKSIŃSKI Filip	313	STAFF ENEA BYDGOSZCZ TRIATHLON	M-Open	23	00:00:05	00:22:14.75	00:22:20.70	+00:04:42 (21.1%)	4:27	13.5 (78.9%)
24	GATTNER Robert	103		M-Open	24	00:00:19	00:22:23.70	00:22:43.40	+00:04:51 (21.7%)	4:28	13.4 (78.4%)
25	KUJAWA Daniel	159	56. BAZA LOTNICZA	M-Open	25	00:00:11	00:22:37.10	00:22:48.55	+00:05:04 (22.4%)	4:31	13.3 (77.8%)
26	AUGUSTYNOWICZ Andrzej	320	RCI BYDGOSZCZ	M-Open	26	00:00:08	00:22:41.05	00:22:49.15	+00:05:08 (22.7%)	4:32	13.2 (77.2%)
27	MAZUR Dawid	301	HEROBOX ŚWIECIE	M-Open	27	00:00:14	00:22:56.15	00:23:10.40	+00:05:23 (23.5%)	4:35	13.1 (76.6%)
28	CHOLEWIŃSKI Mateusz	369		M-Open	28	00:00:18	00:23:03.20	00:23:22.05	+00:05:30 (23.9%)	4:36	13 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
29	ŚWIATLAK Piotr	264	SOWA BYDGOSZCZ	M-Open	29	00:00:06	00:23:12.40	00:23:19.00	+00:05:39 (24.4%)	4:38	12.9 (75.4%)
30	SOBCZAK Rafał	456		M-Open	30	00:00:06	00:23:13.90	00:23:20.50	+00:05:41 (24.5%)	4:38	12.9 (75.4%)
31	FIECEK Łukasz	243		M-Open	31	00:00:10	00:23:21.30	00:23:31.50	+00:05:48 (24.9%)	4:40	12.8 (74.9%)
32	AFELT Jarosław	39		M-Open	32	00:00:27	00:23:35.85	00:24:03.80	+00:06:03 (25.7%)	4:43	12.7 (74.3%)
33	CIEŚLEWICZ Karol	125	FABER EST QUISQUE SUAE FORTUNAE	M-Open	33	00:00:19	00:23:42.25	00:24:01.35	+00:06:09 (26.0%)	4:44	12.7 (74.3%)
34	NIZIOŁ Marcin	405		M-Open	34	00:00:10	00:23:43.10	00:23:53.75	+00:06:10 (26.0%)	4:44	12.6 (73.7%)
35	BOROWSKI Radosław	262	MLKS KRAJNA SĘPÓLNO	M-Open	35	00:00:16	00:23:43.85	00:24:00.05	+00:06:11 (26.1%)	4:44	12.6 (73.7%)
36	WIŚNIEWSKI Leszek	370		M-Open	36	00:00:26	00:23:46.85	00:24:13.05	+00:06:14 (26.2%)	4:45	12.6 (73.7%)
37	SAWIŃSKI Łukasz	202		M-Open	37	00:00:08	00:23:47.55	00:23:55.75	+00:06:15 (26.3%)	4:45	12.6 (73.7%)
38	OLECHNOWICZ Tomasz	428	SMUKAŁA	M-Open	38	00:00:09	00:23:50.35	00:23:59.80	+00:06:17 (26.4%)	4:46	12.6 (73.7%)
39	KRUPA Tomasz	134		M-Open	39	00:00:11	00:23:51.60	00:24:02.95	+00:06:19 (26.5%)	4:46	12.6 (73.7%)
40	MINZYANOV Anton	361		M-Open	40	00:00:06	00:23:54.80	00:24:01.70	+00:06:22 (26.6%)	4:47	12.5 (73.1%)
41	OLEJNICZAK Marcin	60		M-Open	41	00:01:11	00:23:56.40	00:25:07.60	+00:06:23 (26.7%)	4:47	12.5 (73.1%)
42	TATERA Michał	57		M-Open	42	00:00:12	00:23:59.65	00:24:11.70	+00:06:27 (26.9%)	4:47	12.5 (73.1%)
43	POPIELARZ Robert	450		M-Open	43	00:00:07	00:24:03.10	00:24:11.05	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
44	TYMIŃSKI Przemysław	362	LA RIVE TEAM	M-Open	44	00:00:05	00:24:03.15	00:24:08.15	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
45	REGLIŃSKI Krzysiek	133		M-Open	45	00:00:16	00:24:05.40	00:24:22.05	+00:06:32 (27.2%)	4:49	12.4 (72.5%)
46	GONDEK Krzysztof	363		M-Open	46	00:00:06	00:24:17.45	00:24:24.30	+00:06:44 (27.8%)	4:51	12.3 (71.9%)
47	BIRSKI Marcin	199		M-Open	47	00:00:10	00:24:22.90	00:24:33.10	+00:06:50 (28.1%)	4:52	12.3 (71.9%)
48	MORZYK Michał	33	1979	M-Open	48	00:00:27	00:24:25.75	00:24:53.15	+00:06:53 (28.2%)	4:53	12.3 (71.9%)
49	TWARDOWSKI Bartosz	173		M-Open	49	00:00:33	00:24:28.20	00:25:01.95	+00:06:55 (28.3%)	4:53	12.3 (71.9%)
50	MUĆKO Bartosz	145		M-Open	50	00:00:05	00:24:30.25	00:24:35.40	+00:06:57 (28.4%)	4:54	12.2 (71.3%)
51	KOCISZEWSKI Marek	292		M-Open	51	00:00:42	00:24:33.55	00:25:16.50	+00:07:01 (28.6%)	4:54	12.2 (71.3%)
52	GRACZYK Przemysław	203		M-Open	52	00:00:27	00:24:37.00	00:25:04.40	+00:07:04 (28.7%)	4:55	12.2 (71.3%)
53	KIJEWSKI Maciej	198	KABEL TEAM BYDGOSZCZ	M-Open	53	00:00:30	00:24:37.30	00:25:08.00	+00:07:04 (28.8%)	4:55	12.2 (71.3%)
54	KLIMKIEWICZ Tomasz	383		M-Open	54	00:00:11	00:24:38.70	00:24:50.20	+00:07:06 (28.8%)	4:55	12.2 (71.3%)
55	WELSBURG Bartosz	287		M-Open	55	00:00:30	00:24:45.85	00:25:16.55	+00:07:13 (29.2%)	4:57	12.1 (70.8%)
56	FERENS Paweł	260	BBLINOWROCLAW	M-Open	56	00:00:09	00:24:47.65	00:24:57.55	+00:07:15 (29.2%)	4:57	12.1 (70.8%)
57	MARCINKOWSKI Artur	53		M-Open	57	00:00:12	00:24:53.40	00:25:05.50	+00:07:20 (29.5%)	4:58	12.1 (70.8%)
58	POWIERŻA Maciej	187		M-Open	58	00:00:15	00:24:55.90	00:25:11.35	+00:07:23 (29.6%)	4:59	12 (70.2%)
59	RATAJCZAK Jakub	372		M-Open	59	00:00:13	00:24:56.80	00:25:09.80	+00:07:24 (29.7%)	4:59	12 (70.2%)
60	KOLSKI Michał	236		M-Open	60	00:00:10	00:24:57.00	00:25:07.20	+00:07:24 (29.7%)	4:59	12 (70.2%)
61	PACZKOWSKI Mirosław	251	CB163	M-Open	61	00:00:42	00:25:00.25	00:25:42.45	+00:07:27 (29.8%)	5:00	12 (70.2%)
62	PALUCH Karol	445		M-Open	62	00:00:00	00:25:06.60	00:25:06.60	+00:07:34 (30.1%)	5:01	12 (70.2%)
63	NOWICKI Olgierd	326		M-Open	63	00:00:31	00:25:07.65	00:25:39.10	+00:07:35 (30.2%)	5:01	11.9 (69.6%)
64	MAZUREK Tyberiusz	327	HEROBOX ŚWIECIE	M-Open	64	00:00:13	00:25:13.90	00:25:27.60	+00:07:41 (30.5%)	5:02	11.9 (69.6%)
65	PŁACZKIEWICZ Robert	298	SOL3	M-Open	65	00:00:21	00:25:20.10	00:25:41.40	+00:07:47 (30.8%)	5:04	11.8 (69.0%)
66	FRĄCKOWIAK Waldemar	118		M-Open	66	00:00:18	00:25:22.60	00:25:41.10	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
67	BUCZKOWSKI Krzysztof	2	RUN PASJA	M-Open	67	00:00:20	00:25:24.20	00:25:44.20	+00:07:51 (30.9%)	5:04	11.8 (69.0%)
68	RODTKO Paweł	447		M-Open	68	00:00:40	00:25:25.05	00:26:05.85	+00:07:52 (31.0%)	5:05	11.8 (69.0%)
69	KRAWCZYK Przemysław	263	CROSSFIT TORUŃ	M-Open	69	00:00:56	00:25:28.35	00:26:25.05	+00:07:55 (31.1%)	5:05	11.8 (69.0%)
70	ŚWIATLAK Marek	356		M-Open	70	00:00:37	00:25:30.35	00:26:08.15	+00:07:57 (31.2%)	5:06	11.8 (69.0%)
71	BUTOWSKI Michał	154	SEN O VICTORII	M-Open	71	00:00:21	00:25:35.00	00:25:56.70	+00:08:02 (31.4%)	5:07	11.7 (68.4%)
72	DOBOSZ Maciej	399	LEPIEJJUŻBYŁO	M-Open	72	00:00:31	00:25:40.55	00:26:12.50	+00:08:08 (31.7%)	5:08	11.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
73	MOCHOL Arkadiusz	192		M-Open	73	00:00:20	00:25:40.95	00:26:01.90	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
74	SMOCZYŃSKI Marek	358	MBC TEAM	M-Open	74	00:00:18	00:25:41.20	00:26:00.10	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
74	KABACIŃSKI Jarosław	355		M-Open	75	00:00:20	00:25:41.20	00:26:01.50	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
76	KUBALEWSKI Paweł	247		M-Open	76	00:00:14	00:25:48.35	00:26:03.25	+00:08:15 (32.0%)	5:09	11.6 (67.8%)
77	KWIATKOWSKI Jakub	412		M-Open	77	00:00:11	00:25:48.55	00:26:00.00	+00:08:16 (32.0%)	5:09	11.6 (67.8%)
78	KAMASZ Dawid	153		M-Open	78	00:00:14	00:25:49.40	00:26:04.30	+00:08:16 (32.1%)	5:10	11.6 (67.8%)
79	HERMANOWSKI Łukasz	350		M-Open	79	00:00:51	00:25:50.55	00:26:41.95	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
80	GRUNDKOWSKI Oskar	335		M-Open	80	00:00:07	00:25:53.65	00:26:00.95	+00:08:21 (32.3%)	5:10	11.6 (67.8%)
81	JASINIECKI Wojciech	357		M-Open	81	00:00:16	00:25:58.50	00:26:14.65	+00:08:25 (32.5%)	5:11	11.6 (67.8%)
82	GRZECA Jakub	174		M-Open	82	00:00:31	00:26:02.10	00:26:33.90	+00:08:29 (32.6%)	5:12	11.5 (67.3%)
83	KIEŁPIKOWSKI Marcin	312		M-Open	83	00:00:24	00:26:05.80	00:26:29.85	+00:08:33 (32.8%)	5:13	11.5 (67.3%)
84	MIĄSKO Paweł	360		M-Open	84	00:00:20	00:26:10.20	00:26:30.60	+00:08:37 (33.0%)	5:14	11.5 (67.3%)
85	MATEJA Piotr	296		M-Open	85	00:00:26	00:26:12.15	00:26:39.05	+00:08:39 (33.1%)	5:14	11.4 (66.7%)
86	RADECKI Maciej	161	CYBORGI	M-Open	86	00:00:26	00:26:12.60	00:26:38.80	+00:08:40 (33.1%)	5:14	11.5 (67.3%)
87	GLINKOWSKI Dariusz	105		M-Open	87	00:00:25	00:26:14.80	00:26:40.30	+00:08:42 (33.2%)	5:15	11.4 (66.7%)
88	GŁOWIŃSKI Piotr	465		M-Open	88	00:00:51	00:26:15.10	00:27:06.10	+00:08:42 (33.2%)	5:15	11.4 (66.7%)
89	TOMASZEK Sebastian	376		M-Open	89	00:00:09	00:26:15.55	00:26:24.85	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
90	CHRUPAŁA Rafał	267		M-Open	90	00:00:37	00:26:16.25	00:26:53.70	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
91	SIMIŃSKI Mariusz	150	MORSY Z GRUDZIĄDZA	M-Open	91	00:00:07	00:26:20.45	00:26:27.70	+00:08:47 (33.4%)	5:16	11.4 (66.7%)
92	ZGÓRSKI Maciej	138	WQURW_TEAM	M-Open	92	00:00:12	00:26:30.50	00:26:43.00	+00:08:57 (33.8%)	5:18	11.3 (66.1%)
93	GACKOWSKI Adam	466		M-Open	93	00:00:17	00:26:35.40	00:26:53.15	+00:09:02 (34.0%)	5:19	11.3 (66.1%)
94	POLACZYK Tomasz	274		M-Open	94	00:00:18	00:26:36.80	00:26:54.80	+00:09:04 (34.1%)	5:19	11.3 (66.1%)
95	KUJAWA Przemysław	10		M-Open	95	00:00:43	00:26:41.95	00:27:25.85	+00:09:09 (34.3%)	5:20	11.2 (65.5%)
96	SZAKALSKI Michał	386		M-Open	96	00:00:21	00:26:44.25	00:27:05.30	+00:09:11 (34.4%)	5:20	11.2 (65.5%)
97	LEWANDOWSKI Damian	256		M-Open	97	00:00:32	00:26:46.75	00:27:18.80	+00:09:14 (34.5%)	5:21	11.2 (65.5%)
98	DZIATKOWICZ Radosław	180		M-Open	98	00:00:12	00:26:49.10	00:27:01.20	+00:09:16 (34.6%)	5:21	11.2 (65.5%)
99	BORZYSZKOWSKI Grzegorz	205	STARY FORDON	M-Open	99	00:00:11	00:27:04.70	00:27:15.90	+00:09:32 (35.2%)	5:24	11.1 (64.9%)
100	GŁOGOWSKI Mateusz	37		M-Open	100	00:00:20	00:27:14.90	00:27:35.10	+00:09:42 (35.6%)	5:27	11 (64.3%)
101	SZPOJDA Filip	380		M-Open	101	00:00:18	00:27:15.35	00:27:34.20	+00:09:42 (35.6%)	5:27	11 (64.3%)
102	BURNICKI Mariusz	108	BYDGOSKI KLUB MORSÓW	M-Open	102	00:00:09	00:27:16.45	00:27:26.15	+00:09:43 (35.7%)	5:27	11 (64.3%)
102	URBANIAK Karol	131		M-Open	103	00:00:11	00:27:16.45	00:27:27.80	+00:09:43 (35.7%)	5:27	11 (64.3%)
104	KOZAKIEWICZ Marcin	128		M-Open	104	00:00:16	00:27:16.90	00:27:32.95	+00:09:44 (35.7%)	5:27	11 (64.3%)
105	PALUSZAK Łukasz	84		M-Open	105	00:00:36	00:27:23.70	00:27:59.80	+00:09:51 (36.0%)	5:28	11 (64.3%)
106	ZIÓŁKOWSKI Łukasz	261		M-Open	106	00:00:17	00:27:28.45	00:27:45.85	+00:09:55 (36.1%)	5:29	10.9 (63.7%)
107	MICHALAK Adam	311		M-Open	107	00:00:22	00:27:31.05	00:27:53.70	+00:09:58 (36.2%)	5:30	10.9 (63.7%)
108	WALCZAK Tomasz	371		M-Open	108	00:00:37	00:27:33.50	00:28:10.75	+00:10:00 (36.3%)	5:30	10.9 (63.7%)
109	BŁASZKIEWICZ Zbigniew	467		M-Open	109	00:00:31	00:27:34.60	00:28:06.35	+00:10:02 (36.4%)	5:31	10.9 (63.7%)
110	BELTER Andrzej	375		M-Open	110	00:00:26	00:27:39.65	00:28:06.60	+00:10:07 (36.6%)	5:32	10.8 (63.2%)
111	WIŚNIEWSKI Jacek	116		M-Open	111	00:00:46	00:27:41.85	00:28:27.85	+00:10:09 (36.7%)	5:32	10.8 (63.2%)
112	TUBISZ Szymon	19		M-Open	112	00:00:28	00:27:47.00	00:28:15.30	+00:10:14 (36.9%)	5:33	10.8 (63.2%)
113	JANCZUKOWICZ Ryszard	319		M-Open	113	00:00:32	00:27:51.35	00:28:24.20	+00:10:18 (37.0%)	5:34	10.8 (63.2%)
114	ROJEWSKI Jarosław	252	KS BEMAROWKI	M-Open	114	00:00:38	00:27:56.65	00:28:35.30	+00:10:24 (37.2%)	5:35	10.7 (62.6%)
115	LENKIEWICZ Andrzej	217	PIĘKNY	M-Open	115	00:00:14	00:27:57.95	00:28:12.65	+00:10:25 (37.3%)	5:35	10.7 (62.6%)
116	WITKOWSKI Błażej	23		M-Open	116	00:00:42	00:28:04.95	00:28:47.60	+00:10:32 (37.5%)	5:37	10.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
117	PEJPA Piotr	315		M-Open	117	00:00:31	00:28:06.90	00:28:38.55	+00:10:34 (37.6%)	5:37	10.7 (62.6%)
118	ROSZAK Tomasz	368	DECATLON TEAM INOWROCLAW	M-Open	118	00:00:10	00:28:14.00	00:28:24.30	+00:10:41 (37.9%)	5:38	10.6 (62.0%)
119	FOLARZYŃSKI Łukasz	259		M-Open	119	00:00:12	00:28:14.60	00:28:26.80	+00:10:42 (37.9%)	5:38	10.6 (62.0%)
120	TREPANOWSKI Tomasz	157		M-Open	120	00:00:35	00:28:16.80	00:28:52.60	+00:10:44 (38.0%)	5:39	10.6 (62.0%)
121	WACHULEC Bartosz	246		M-Open	121	00:00:15	00:28:28.25	00:28:43.50	+00:10:55 (38.4%)	5:41	10.5 (61.4%)
122	KRYŚ Jacek	1		M-Open	122	00:00:22	00:28:47.85	00:29:10.65	+00:11:15 (39.1%)	5:45	10.4 (60.8%)
123	MRELA Adrian	334		M-Open	123	00:00:31	00:28:50.15	00:29:21.55	+00:11:17 (39.2%)	5:46	10.4 (60.8%)
124	BORAKIEWICZ Przemysław	416		M-Open	124	00:00:29	00:28:53.25	00:29:22.95	+00:11:20 (39.3%)	5:46	10.4 (60.8%)
125	MENDLIK Bernard	268	KU AZS UKW BYDGOSZCZ	M-Open	125	00:00:26	00:29:08.05	00:29:34.80	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
126	POTRZEBOWSKI Marek	76	DEAF	M-Open	126	00:00:09	00:29:10.70	00:29:20.60	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
127	SZEFLIŃSKI Waldemar	114		M-Open	127	00:00:18	00:29:13.00	00:29:31.00	+00:11:40 (40.0%)	5:50	10.3 (60.2%)
128	KRETOWICZ Piotr	302		M-Open	128	00:00:47	00:29:28.95	00:30:15.95	+00:11:56 (40.5%)	5:53	10.2 (59.6%)
129	WIOSNA Tomasz	209		M-Open	129	00:00:48	00:29:31.85	00:30:20.05	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
130	RUDOWICZ Marcin	191		M-Open	130	00:00:24	00:29:50.70	00:30:15.45	+00:12:18 (41.2%)	5:58	10.1 (59.1%)
131	NIKOŁAJCZYK Lukasz	281		M-Open	131	00:00:36	00:29:57.80	00:30:34.40	+00:12:25 (41.5%)	5:59	10 (58.5%)
132	BRZOZOWSKI Marek	365		M-Open	132	00:00:26	00:30:00.05	00:30:26.50	+00:12:27 (41.5%)	6:00	10 (58.5%)
133	BORKOWSKI Paweł	272		M-Open	133	00:00:29	00:30:02.00	00:30:31.20	+00:12:29 (41.6%)	6:00	10 (58.5%)
134	GWORYS Marcin	411		M-Open	134	00:00:22	00:30:15.90	00:30:38.35	+00:12:43 (42.0%)	6:03	9.9 (57.9%)
135	KOWALSKI Konrad	367		M-Open	135	00:00:40	00:30:19.65	00:31:00.05	+00:12:47 (42.2%)	6:04	9.9 (57.9%)
136	KUŹNIAR Patryk	104		M-Open	136	00:00:14	00:30:21.90	00:30:36.70	+00:12:49 (42.2%)	6:04	9.9 (57.9%)
137	ANDRZEJEWSKI Jakub	388		M-Open	137	00:00:13	00:30:27.30	00:30:40.30	+00:12:54 (42.4%)	6:05	9.9 (57.9%)
138	JAROSZEWSKI Wojciech	228	DEEP FOREST	M-Open	138	00:00:46	00:30:32.95	00:31:19.65	+00:13:00 (42.6%)	6:06	9.8 (57.3%)
139	GRUSZKA Marek	317		M-Open	139	00:00:23	00:30:34.45	00:30:57.70	+00:13:01 (42.6%)	6:06	9.8 (57.3%)
140	IWICKI Andrzej	239		M-Open	140	00:00:19	00:30:36.70	00:30:56.10	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
141	ŁABUŚ Maciej	4		M-Open	141	00:00:13	00:30:39.60	00:30:53.55	+00:13:07 (42.8%)	6:08	9.8 (57.3%)
142	KONDEK Igor	464		M-Open	142	00:00:42	00:30:45.85	00:31:28.80	+00:13:13 (43.0%)	6:09	9.8 (57.3%)
143	PRZYBYSZEWSKI Marcin	344		M-Open	143	00:00:14	00:30:49.15	00:31:03.65	+00:13:16 (43.1%)	6:09	9.7 (56.7%)
144	GIEŁDON Adrian	343		M-Open	144	00:00:16	00:30:56.10	00:31:12.15	+00:13:23 (43.3%)	6:11	9.7 (56.7%)
145	KIWIOR Michał	109	MŁODE DZIKI	M-Open	145	00:00:41	00:30:58.20	00:31:39.40	+00:13:25 (43.4%)	6:11	9.7 (56.7%)
146	LEWANDOWSKI Marek	85		M-Open	146	00:00:36	00:31:08.15	00:31:45.00	+00:13:35 (43.7%)	6:13	9.6 (56.1%)
147	GRALAK Jacek	165	8 KPBWOT/JJS 1386	M-Open	147	00:00:43	00:31:09.50	00:31:52.65	+00:13:36 (43.7%)	6:13	9.6 (56.1%)
147	KONDEK Jakub	463		M-Open	148	00:00:46	00:31:09.50	00:31:55.70	+00:13:36 (43.7%)	6:13	9.6 (56.1%)
149	JANKOWSKI Dariusz	127		M-Open	149	00:00:11	00:31:22.80	00:31:34.75	+00:13:50 (44.1%)	6:16	9.6 (56.1%)
150	KRUKOWSKI Rafał	186		M-Open	150	00:00:15	00:31:30.80	00:31:46.10	+00:13:58 (44.3%)	6:18	9.5 (55.6%)
151	DUDZIAK Michał	12	CPR BYDGOSZCZ	M-Open	151	00:00:39	00:31:55.70	00:32:35.05	+00:14:23 (45.1%)	6:23	9.4 (55.0%)
152	SZERWIŃSKI Mateusz	195		M-Open	152	00:00:51	00:31:58.25	00:32:49.90	+00:14:25 (45.1%)	6:23	9.4 (55.0%)
153	GOLIK Krzysztof	168		M-Open	153	00:00:49	00:32:17.75	00:33:07.15	+00:14:45 (45.7%)	6:27	9.3 (54.4%)
154	KORBEL Marian	444		M-Open	154	00:00:37	00:32:22.05	00:32:59.20	+00:14:49 (45.8%)	6:28	9.3 (54.4%)
155	WROŃSKI Piotr	349		M-Open	155	00:00:35	00:32:22.75	00:32:57.85	+00:14:50 (45.8%)	6:28	9.3 (54.4%)
156	GENDERKA Krzysztof	6	STUDIO SZARKOWSKA&GENDERKA	M-Open	156	00:00:22	00:32:57.20	00:33:20.10	+00:15:24 (46.8%)	6:35	9.1 (53.2%)
157	LEWANDOWSKI Piotr	213		M-Open	157	00:00:32	00:33:19.05	00:33:51.75	+00:15:46 (47.3%)	6:39	9 (52.6%)
158	GURYN Wiktor	396	ZIELONY PELIKAN	M-Open	158	00:00:31	00:33:39.55	00:34:10.55	+00:16:07 (47.9%)	6:43	8.9 (52.0%)
159	RAJSKI Józef	432		M-Open	159	00:00:30	00:35:27.60	00:35:57.70	+00:17:55 (50.5%)	7:05	8.5 (49.7%)
160	JUREK Sławomir	95	FUNDACJA HORYZONT	M-Open	160	00:00:38	00:35:32.60	00:36:10.65	+00:18:00 (50.6%)	7:06	8.4 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
161	KEMPA Arkadiusz	419		M-Open	161	00:00:43	00:35:33.85	00:36:17.10	+00:18:01 (50.7%)	7:06	8.4 (49.1%)
162	CHMIELEWSKI Tomasz	238		M-Open	162	00:00:48	00:35:50.50	00:36:39.15	+00:18:17 (51.1%)	7:10	8.4 (49.1%)
163	POKORSKI Tomasz	379		M-Open	163	00:00:40	00:36:28.25	00:37:08.55	+00:18:55 (51.9%)	7:17	8.2 (48.0%)
164	ASTUKIEWICZ Tomasz	99		M-Open	164	00:00:44	00:36:37.75	00:37:21.90	+00:19:05 (52.1%)	7:19	8.2 (48.0%)
165	WIOSNA Krzysztof	462		M-Open	165	00:00:47	00:37:55.25	00:38:42.90	+00:20:22 (53.7%)	7:35	7.9 (46.2%)
166	PAWLAK Tomasz	461		M-Open	166	00:00:33	00:38:07.45	00:38:40.45	+00:20:34 (54.0%)	7:37	7.9 (46.2%)
167	LIPKA Józef	359		M-Open	167	00:01:08	00:38:07.80	00:39:16.25	+00:20:35 (54.0%)	7:37	7.9 (46.2%)
168	KIWIOR Jurek	409		M-Open	168	00:00:42	00:41:48.70	00:42:30.80	+00:24:16 (58.0%)	8:21	7.2 (42.1%)

Znaleziono 168 wynik(ów)