

# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2016

B4SPORT

**Organiser:** Aktywna Bydgoszcz  
**Date:** 2016-11-11  
**Place:** Bydgoszcz  
**Distance:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KOŚMIEJA Marcin	38	TKKF KOLEJARZ	M-30	1	00:00:02	00:17:03.05	00:17:05.45		3:24	17.6 (100%)
2	LUTOWSKI Wojciech	530	TKKF KOLEJARZ BYDGOSZCZ	M-30	2	00:00:01	00:17:42.05	00:17:43.80	+00:00:39 (3.7%)	3:32	16.9 (96.0%)
3	DEPTUŁA Grzegorz	1015	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M-30	3	00:00:03	00:18:09.20	00:18:12.20	+00:01:06 (6.1%)	3:37	16.5 (93.8%)
4	SOSNOWSKI Krzysztof	928	B4SPORT	M-30	4	00:00:02	00:18:19.90	00:18:22.25	+00:01:16 (7.0%)	3:40	16.4 (93.2%)
5	STRYCHALSKI Tomasz	403	BYDGOSZCZ RUN PROJECT	M-30	5	00:00:03	00:18:45.95	00:18:49.05	+00:01:42 (9.1%)	3:45	16 (90.9%)
6	EJSMONT Krzysztof	407		M-30	6	00:00:02	00:19:04.60	00:19:06.70	+00:02:01 (10.6%)	3:48	15.7 (89.2%)
7	KOLMAJER Rafał	402	RUN BYDGOSZCZ	M-30	7	00:00:03	00:19:09.80	00:19:13.65	+00:02:06 (11.0%)	3:50	15.7 (89.2%)
8	ABDOUL Romaric	1362	PRO-PRAWO DO ŻYCIA	M-30	8	00:00:10	00:19:11.05	00:19:22.00	+00:02:08 (11.1%)	3:50	15.6 (88.6%)
9	BORCZYKOWSKI Rafał	926	BRAK	M-30	9	00:00:03	00:19:16.15	00:19:19.45	+00:02:13 (11.5%)	3:51	15.6 (88.6%)
10	WOLLANDT Paweł	1103		M-30	10	00:00:05	00:19:18.60	00:19:23.80	+00:02:15 (11.7%)	3:51	15.5 (88.1%)
11	TOMCZYŃSKI Bartosz	840		M-30	11	00:00:03	00:19:21.15	00:19:24.75	+00:02:18 (11.9%)	3:52	15.5 (88.1%)
12	ŚLEFARSKI Jacek	48		M-30	12	00:00:04	00:19:25.40	00:19:29.90	+00:02:22 (12.2%)	3:53	15.5 (88.1%)
13	KUROWSKI Kamil	29	HTB	M-30	13	00:00:04	00:19:36.10	00:19:40.40	+00:02:33 (13.0%)	3:55	15.3 (86.9%)
14	FLOREK Paweł	47	RE MEDIA BYDGOSZCZ	M-30	14	00:00:03	00:19:43.85	00:19:47.70	+00:02:40 (13.6%)	3:56	15.2 (86.4%)
15	MACKOWSKI Maciej	194	MYSLECINEKBDG	M-30	15	00:00:03	00:19:44.55	00:19:47.95	+00:02:41 (13.6%)	3:56	15.2 (86.4%)
16	PILCH Artur	32	KLINIKA TRIATHLONU TEAM	M-30	16	00:00:03	00:19:45.45	00:19:48.50	+00:02:42 (13.7%)	3:57	15.2 (86.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
17	<b>KUŁAKOWSKI Krzysztof</b>	<b>385</b>	RUN PASJA BYDGOSZCZ	M-30	17	00:00:04	<b>00:19:54.35</b>	<b>00:19:58.45</b>	+00:02:51 (14.3%)	3:58	15.1 (85.8%)
18	<b>BUKOWIŃSKI Michał</b>	<b>751</b>	KLUB HANI & ANTKA	M-30	18	00:00:06	<b>00:19:55.00</b>	<b>00:20:01.15</b>	+00:02:51 (14.4%)	3:59	15.1 (85.8%)
19	<b>HAIZE Tomek</b>	<b>179</b>		M-30	19	00:00:04	<b>00:20:01.05</b>	<b>00:20:05.25</b>	+00:02:58 (14.8%)	4:00	15 (85.2%)
20	<b>BEDRA Robert</b>	<b>249</b>		M-30	20	00:00:03	<b>00:20:01.45</b>	<b>00:20:04.85</b>	+00:02:58 (14.8%)	4:00	15 (85.2%)
21	<b>BAŁDYGA Daniel</b>	<b>1329</b>	1BLOG	M-30	21	00:00:09	<b>00:20:06.65</b>	<b>00:20:16.15</b>	+00:03:03 (15.2%)	4:01	14.9 (84.7%)
22	<b>ŚLUSARSKI Przemysław</b>	<b>335</b>	BRZozowa TEAM	M-30	22	00:00:03	<b>00:20:16.55</b>	<b>00:20:20.00</b>	+00:03:13 (15.9%)	4:03	14.8 (84.1%)
23	<b>SZLINGER Jakub</b>	<b>190</b>		M-30	23	00:00:08	<b>00:20:21.25</b>	<b>00:20:29.40</b>	+00:03:18 (16.2%)	4:04	14.7 (83.5%)
24	<b>SZYMAŃSKI Krystian</b>	<b>1441</b>		M-30	24	00:00:07	<b>00:20:28.80</b>	<b>00:20:36.55</b>	+00:03:25 (16.7%)	4:05	14.6 (83.0%)
25	<b>KOWALSKI Jacek</b>	<b>922</b>		M-30	25	00:00:03	<b>00:20:30.85</b>	<b>00:20:34.25</b>	+00:03:27 (16.9%)	4:06	14.6 (83.0%)
26	<b>MUCHA Marcin</b>	<b>219</b>	BATRUN	M-30	26	00:00:08	<b>00:20:33.80</b>	<b>00:20:41.95</b>	+00:03:30 (17.1%)	4:06	14.6 (83.0%)
27	<b>BOINSKI Rafal</b>	<b>223</b>		M-30	27	00:00:08	<b>00:20:34.15</b>	<b>00:20:42.95</b>	+00:03:31 (17.1%)	4:06	14.6 (83.0%)
28	<b>KOZIŃSKI Marek</b>	<b>1365</b>	RUN BYDGOSZCZ	M-30	28	00:00:05	<b>00:20:36.05</b>	<b>00:20:41.05</b>	+00:03:33 (17.2%)	4:07	14.6 (83.0%)
29	<b>SZULC Jarosław</b>	<b>1472</b>	SZULC TEAM	M-30	29	00:00:10	<b>00:20:47.20</b>	<b>00:20:57.95</b>	+00:03:44 (18.0%)	4:09	14.4 (81.8%)
30	<b>SZATTEN Dawid</b>	<b>573</b>		M-30	30	00:00:10	<b>00:20:51.40</b>	<b>00:21:02.35</b>	+00:03:48 (18.2%)	4:10	14.4 (81.8%)
31	<b>RUDNICKI Michał</b>	<b>139</b>	TASAK TEAM	M-30	31	00:00:09	<b>00:20:57.40</b>	<b>00:21:07.10</b>	+00:03:54 (18.6%)	4:11	14.3 (81.3%)
32	<b>WILK Łukasz</b>	<b>62</b>		M-30	32	00:00:06	<b>00:20:59.50</b>	<b>00:21:06.30</b>	+00:03:56 (18.8%)	4:12	14.3 (81.3%)
33	<b>GRZYWIŃSKI Grzegorz</b>	<b>594</b>		M-30	33	00:00:21	<b>00:21:09.85</b>	<b>00:21:31.20</b>	+00:04:06 (19.4%)	4:14	14.2 (80.7%)
34	<b>GZYL Mikołaj</b>	<b>1073</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	34	00:00:09	<b>00:21:11.70</b>	<b>00:21:20.80</b>	+00:04:08 (19.6%)	4:14	14.2 (80.7%)
35	<b>DURCZAK Jerzy</b>	<b>1063</b>		M-30	35	00:00:06	<b>00:21:12.70</b>	<b>00:21:18.75</b>	+00:04:09 (19.6%)	4:14	14.2 (80.7%)
36	<b>WIŚNIEWSKI Piotr</b>	<b>706</b>		M-30	36	00:00:16	<b>00:21:13.50</b>	<b>00:21:30.00</b>	+00:04:10 (19.7%)	4:14	14.1 (80.1%)
37	<b>SZWARC Paweł</b>	<b>817</b>	RUN BYDGOSZCZ	M-30	37	00:00:06	<b>00:21:14.80</b>	<b>00:21:21.00</b>	+00:04:11 (19.7%)	4:15	14.1 (80.1%)
38	<b>MARTIN Paweł</b>	<b>26</b>		M-30	38	00:00:12	<b>00:21:18.45</b>	<b>00:21:30.65</b>	+00:04:15 (20.0%)	4:15	14.1 (80.1%)
39	<b>GRZECHOWIAK Krzysztof</b>	<b>71</b>		M-30	39	00:00:11	<b>00:21:25.70</b>	<b>00:21:37.05</b>	+00:04:22 (20.4%)	4:17	14 (79.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
40	<b>ŁUKOMSKI Marcin</b>	<b>1001</b>	BENEFITKSO	M-30	40	00:00:35	<b>00:21:27.00</b>	<b>00:22:02.10</b>	+00:04:23 (20.5%)	4:17	14 (79.5%)
41	<b>PAWLACZYK Szymon</b>	<b>627</b>	TRISPACE	M-30	41	00:00:06	<b>00:21:28.70</b>	<b>00:21:34.75</b>	+00:04:25 (20.6%)	4:17	14 (79.5%)
42	<b>LEWANDOWSKI Rafał</b>	<b>1061</b>	B4SPORT.PL	M-30	42	00:00:08	<b>00:21:31.45</b>	<b>00:21:40.30</b>	+00:04:28 (20.8%)	4:18	13.9 (79.0%)
43	<b>GRZELCZAK Jakub</b>	<b>1247</b>		M-30	43	00:00:18	<b>00:21:34.00</b>	<b>00:21:52.55</b>	+00:04:30 (20.9%)	4:18	13.9 (79.0%)
44	<b>WARCZAK Kuba</b>	<b>195</b>	TEAMOCHAL	M-30	44	00:00:16	<b>00:21:38.05</b>	<b>00:21:54.30</b>	+00:04:35 (21.2%)	4:19	13.9 (79.0%)
45	<b>DĘBSKI Adrian</b>	<b>900</b>		M-30	45	00:00:11	<b>00:21:42.30</b>	<b>00:21:53.85</b>	+00:04:39 (21.4%)	4:20	13.8 (78.4%)
46	<b>MALICKI Łukasz</b>	<b>236</b>	KLINIKA TRIATHLONU TEAM	M-30	46	00:00:13	<b>00:21:45.90</b>	<b>00:21:59.80</b>	+00:04:42 (21.7%)	4:21	13.8 (78.4%)
47	<b>IGNACZAK Jarosław</b>	<b>491</b>		M-30	47	00:00:15	<b>00:21:47.90</b>	<b>00:22:03.60</b>	+00:04:44 (21.8%)	4:21	13.8 (78.4%)
48	<b>CIEPŁOWSKI Robert</b>	<b>837</b>	IPA BYDGOSZCZ	M-30	48	00:00:16	<b>00:21:50.90</b>	<b>00:22:07.40</b>	+00:04:47 (22.0%)	4:22	13.7 (77.8%)
49	<b>TOMASZEWSKI Jordan</b>	<b>115</b>	AFLOFARM RUNNING TEAM	M-30	49	00:00:05	<b>00:21:51.70</b>	<b>00:21:57.10</b>	+00:04:48 (22.0%)	4:22	13.7 (77.8%)
50	<b>ŁAZ Kamil</b>	<b>184</b>	RUN BYDGOSZCZ	M-30	50	00:00:04	<b>00:21:57.05</b>	<b>00:22:01.35</b>	+00:04:54 (22.3%)	4:23	13.7 (77.8%)
51	<b>TEKLIŃSKI Dawid</b>	<b>1347</b>	WTORKOWY TRENING	M-30	51	00:01:07	<b>00:21:58.60</b>	<b>00:23:06.15</b>	+00:04:55 (22.4%)	4:23	13.6 (77.3%)
52	<b>PAUKA Łukasz</b>	<b>1419</b>		M-30	52	00:00:07	<b>00:22:11.95</b>	<b>00:22:19.20</b>	+00:05:08 (23.2%)	4:26	13.5 (76.7%)
53	<b>MAGDZIARZ Jakub</b>	<b>110</b>		M-30	53	00:00:17	<b>00:22:14.35</b>	<b>00:22:31.85</b>	+00:05:11 (23.3%)	4:26	13.5 (76.7%)
54	<b>ŁYSZCZARZ Błażej</b>	<b>561</b>		M-30	54	00:00:14	<b>00:22:16.75</b>	<b>00:22:31.40</b>	+00:05:13 (23.5%)	4:27	13.5 (76.7%)
55	<b>KUTOWSKI Przemysław</b>	<b>30</b>		M-30	55	00:00:07	<b>00:22:16.95</b>	<b>00:22:24.20</b>	+00:05:13 (23.5%)	4:27	13.5 (76.7%)
56	<b>BILSKI Marcin</b>	<b>166</b>	OPONEO.PL	M-30	56	00:00:37	<b>00:22:22.65</b>	<b>00:22:59.75</b>	+00:05:19 (23.8%)	4:28	13.4 (76.1%)
57	<b>OWCZARSKI Krzysztof</b>	<b>966</b>		M-30	57	00:00:07	<b>00:22:38.25</b>	<b>00:22:45.65</b>	+00:05:35 (24.7%)	4:31	13.3 (75.6%)
58	<b>HASS Adam</b>	<b>418</b>		M-30	58	00:00:10	<b>00:22:41.55</b>	<b>00:22:51.95</b>	+00:05:38 (24.9%)	4:32	13.2 (75.0%)
59	<b>SIUDA Mariusz</b>	<b>256</b>		M-30	59	00:00:05	<b>00:22:43.35</b>	<b>00:22:48.60</b>	+00:05:40 (25.0%)	4:32	13.2 (75.0%)
60	<b>DERING Tomasz</b>	<b>471</b>	BYDGOSKIE ŻÓŁWIE	M-30	60	00:00:42	<b>00:22:43.85</b>	<b>00:23:26.35</b>	+00:05:40 (25.0%)	4:32	13.2 (75.0%)
61	<b>APANASIEWICZ Bartosz</b>	<b>638</b>	RUN PASJA	M-30	61	00:00:21	<b>00:22:44.15</b>	<b>00:23:06.00</b>	+00:05:41 (25.0%)	4:33	13.2 (75.0%)
62	<b>SOKOŁOWSKI Tomasz</b>	<b>1006</b>		M-30	62	00:00:19	<b>00:22:45.65</b>	<b>00:23:05.15</b>	+00:05:42 (25.1%)	4:33	13.2 (75.0%)

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63	<b>WIDŹGOWSKI Przemysław</b>	<b>153</b>		M-30	63	00:00:08	<b>00:22:46.95</b>	<b>00:22:55.55</b>	+00:05:43 (25.2%)	4:33	13.2 (75.0%)
64	<b>DACH Łukasz</b>	<b>1374</b>		M-30	64	00:00:06	<b>00:22:48.00</b>	<b>00:22:54.50</b>	+00:05:44 (25.2%)	4:33	13.2 (75.0%)
65	<b>KARASZEWSKI Marcin</b>	<b>1074</b>		M-30	65	00:00:29	<b>00:22:49.90</b>	<b>00:23:19.70</b>	+00:05:46 (25.3%)	4:34	13.1 (74.4%)
66	<b>CYL Dawid</b>	<b>1116</b>	RUN BYDGOSZCZ	M-30	66	00:00:28	<b>00:22:52.50</b>	<b>00:23:21.00</b>	+00:05:49 (25.5%)	4:34	13.1 (74.4%)
67	<b>GRECHUTA Tomasz</b>	<b>439</b>		M-30	67	00:00:15	<b>00:22:54.75</b>	<b>00:23:09.80</b>	+00:05:51 (25.6%)	4:34	13.1 (74.4%)
68	<b>SOBCZAK Marcin</b>	<b>260</b>	CZARNE STOPY.SM	M-30	68	00:00:36	<b>00:22:54.90</b>	<b>00:23:30.90</b>	+00:05:51 (25.6%)	4:34	13.1 (74.4%)
69	<b>BUSSE Piotr</b>	<b>265</b>		M-30	69	00:00:16	<b>00:22:57.75</b>	<b>00:23:14.50</b>	+00:05:54 (25.7%)	4:35	13.1 (74.4%)
70	<b>NAGORZYSKI Arkadiusz</b>	<b>352</b>		M-30	70	00:00:00	<b>00:22:58.20</b>	<b>00:22:58.20</b>	+00:05:55 (25.8%)	4:35	13.1 (74.4%)
71	<b>BUTRYM Piotr</b>	<b>141</b>		M-30	71	00:00:28	<b>00:23:01.20</b>	<b>00:23:29.75</b>	+00:05:58 (25.9%)	4:36	13 (73.9%)
72	<b>GACKOWSKI Michał</b>	<b>461</b>		M-30	72	00:00:27	<b>00:23:08.75</b>	<b>00:23:36.70</b>	+00:06:05 (26.3%)	4:37	13 (73.9%)
73	<b>GÓRECKI Łukasz</b>	<b>710</b>	BYDGOSKIE OKONIE	M-30	73	00:01:19	<b>00:23:09.20</b>	<b>00:24:28.35</b>	+00:06:06 (26.4%)	4:37	13 (73.9%)
74	<b>ZAGRODNIK Miłosz</b>	<b>1156</b>	ZAGIO TEAM	M-30	74	00:00:17	<b>00:23:09.40</b>	<b>00:23:26.60</b>	+00:06:06 (26.4%)	4:37	13 (73.9%)
75	<b>KULBAKA Dawid</b>	<b>232</b>		M-30	75	00:00:32	<b>00:23:13.30</b>	<b>00:23:45.95</b>	+00:06:10 (26.6%)	4:38	12.9 (73.3%)
76	<b>SZARLEJ Marcin</b>	<b>31</b>		M-30	76	00:00:31	<b>00:23:16.30</b>	<b>00:23:48.15</b>	+00:06:13 (26.7%)	4:39	12.9 (73.3%)
77	<b>SENDROWICZ Mariusz</b>	<b>1043</b>		M-30	77	00:00:21	<b>00:23:16.70</b>	<b>00:23:38.05</b>	+00:06:13 (26.8%)	4:39	12.9 (73.3%)
78	<b>SIKORSKI Jarek</b>	<b>899</b>	RUN BYDGOSZCZ	M-30	78	00:00:18	<b>00:23:17.60</b>	<b>00:23:36.35</b>	+00:06:14 (26.8%)	4:39	12.9 (73.3%)
79	<b>HERMELIN Wojciech</b>	<b>137</b>	KANCELARIA HMM	M-30	79	00:00:14	<b>00:23:25.40</b>	<b>00:23:40.30</b>	+00:06:22 (27.2%)	4:41	12.8 (72.7%)
80	<b>ROSINSKI Przemysław</b>	<b>1033</b>		M-30	80	00:00:32	<b>00:23:29.05</b>	<b>00:24:01.15</b>	+00:06:26 (27.4%)	4:41	12.8 (72.7%)
81	<b>GROCHOWSKI Jakub</b>	<b>170</b>	JW1515	M-30	81	00:00:30	<b>00:23:30.05</b>	<b>00:24:00.55</b>	+00:06:27 (27.4%)	4:42	12.8 (72.7%)
82	<b>KREŃSKI Tomasz</b>	<b>883</b>		M-30	82	00:00:14	<b>00:23:32.65</b>	<b>00:23:47.55</b>	+00:06:29 (27.6%)	4:42	12.7 (72.2%)
83	<b>LUBIŃSKI Robert</b>	<b>225</b>		M-30	83	00:00:15	<b>00:23:33.75</b>	<b>00:23:49.45</b>	+00:06:30 (27.6%)	4:42	12.7 (72.2%)
84	<b>PAUKA Szymon</b>	<b>1411</b>		M-30	84	00:00:07	<b>00:23:35.40</b>	<b>00:23:42.80</b>	+00:06:32 (27.7%)	4:43	12.7 (72.2%)
85	<b>SCHMIDT Marcin</b>	<b>951</b>		M-30	85	00:00:43	<b>00:23:37.95</b>	<b>00:24:21.15</b>	+00:06:34 (27.9%)	4:43	12.7 (72.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
86	<b>ŚWIERCZYŃSKI Marcin</b>	<b>584</b>	TO TYLKO TRIATHLON	M-30	86	00:00:26	<b>00:23:39.30</b>	<b>00:24:05.55</b>	+00:06:36 (27.9%)	4:43	12.7 (72.2%)
87	<b>BANKERT Radosław</b>	<b>697</b>		M-30	87	00:00:12	<b>00:23:39.35</b>	<b>00:23:51.35</b>	+00:06:36 (27.9%)	4:43	12.7 (72.2%)
88	<b>OSSOWSKI Marcin</b>	<b>503</b>		M-30	88	00:00:40	<b>00:23:42.40</b>	<b>00:24:22.60</b>	+00:06:39 (28.1%)	4:44	12.7 (72.2%)
89	<b>LATOS Piotr</b>	<b>1415</b>		M-30	89	00:00:41	<b>00:23:43.00</b>	<b>00:24:24.30</b>	+00:06:39 (28.1%)	4:44	12.6 (71.6%)
90	<b>PROC Łukasz</b>	<b>434</b>		M-30	90	00:00:18	<b>00:23:45.35</b>	<b>00:24:03.75</b>	+00:06:42 (28.2%)	4:45	12.6 (71.6%)
91	<b>ŁABENDA Robert</b>	<b>850</b>		M-30	91	00:01:08	<b>00:23:46.95</b>	<b>00:24:55.40</b>	+00:06:43 (28.3%)	4:45	12.6 (71.6%)
92	<b>NIEDBALSKI Paweł</b>	<b>1186</b>	EURO TIM SQAD	M-30	92	00:00:22	<b>00:23:47.45</b>	<b>00:24:09.60</b>	+00:06:44 (28.3%)	4:45	12.6 (71.6%)
93	<b>ROTHER Dawid</b>	<b>140</b>		M-30	93	00:00:07	<b>00:23:50.80</b>	<b>00:23:58.65</b>	+00:06:47 (28.5%)	4:46	12.6 (71.6%)
94	<b>KARPIŃSKI Daniel</b>	<b>623</b>	BIEG DOŻYŃKOWY NOWA WIEŚ WIELKA	M-30	94	00:00:19	<b>00:24:06.25</b>	<b>00:24:25.95</b>	+00:07:03 (29.3%)	4:49	12.4 (70.5%)
95	<b>GEHRKE Szymon</b>	<b>162</b>		M-30	95	00:00:19	<b>00:24:06.85</b>	<b>00:24:25.85</b>	+00:07:03 (29.3%)	4:49	12.4 (70.5%)
96	<b>BRYCKI Łukasz</b>	<b>670</b>		M-30	96	00:00:20	<b>00:24:07.25</b>	<b>00:24:27.95</b>	+00:07:04 (29.3%)	4:49	12.4 (70.5%)
97	<b>GRYGIEL Mateusz</b>	<b>1052</b>		M-30	97	00:01:22	<b>00:24:08.80</b>	<b>00:25:31.00</b>	+00:07:05 (29.4%)	4:49	12.4 (70.5%)
98	<b>KOZICKI Marcin</b>	<b>570</b>	BYDGOSKIE ŻÓŁWIE	M-30	98	00:00:41	<b>00:24:09.90</b>	<b>00:24:51.10</b>	+00:07:06 (29.4%)	4:50	12.4 (70.5%)
99	<b>LADA Przemysław</b>	<b>1478</b>	STALE BIEGAM - NOVA TRADING	M-30	99	00:00:48	<b>00:24:10.30</b>	<b>00:24:58.30</b>	+00:07:07 (29.5%)	4:50	12.4 (70.5%)
100	<b>QUAAS Łukasz</b>	<b>290</b>	RUN PASJA	M-30	100	00:00:46	<b>00:24:10.90</b>	<b>00:24:57.10</b>	+00:07:07 (29.5%)	4:50	12.4 (70.5%)
101	<b>KAMPER Jarosław</b>	<b>1108</b>		M-30	101	00:00:20	<b>00:24:11.50</b>	<b>00:24:32.10</b>	+00:07:08 (29.5%)	4:50	12.4 (70.5%)
102	<b>RZEPCHYŃSKI Łukasz</b>	<b>108</b>		M-30	102	00:00:56	<b>00:24:14.65</b>	<b>00:25:11.55</b>	+00:07:11 (29.7%)	4:51	12.4 (70.5%)
103	<b>DOBUSZYŃSKI Paweł</b>	<b>780</b>		M-30	103	00:00:25	<b>00:24:17.85</b>	<b>00:24:43.45</b>	+00:07:14 (29.8%)	4:51	12.3 (69.9%)
104	<b>DĄBROWSKI Adam</b>	<b>1168</b>		M-30	104	00:00:29	<b>00:24:20.60</b>	<b>00:24:49.70</b>	+00:07:17 (30.0%)	4:52	12.3 (69.9%)
105	<b>BINDEK Łukasz</b>	<b>100</b>		M-30	105	00:00:20	<b>00:24:23.45</b>	<b>00:24:44.05</b>	+00:07:20 (30.1%)	4:52	12.3 (69.9%)
106	<b>LECH Marek</b>	<b>1320</b>		M-30	106	00:00:21	<b>00:24:25.50</b>	<b>00:24:46.55</b>	+00:07:22 (30.2%)	4:53	12.3 (69.9%)
107	<b>STANGRECKI Dariusz</b>	<b>289</b>		M-30	107	00:00:26	<b>00:24:29.25</b>	<b>00:24:55.80</b>	+00:07:26 (30.4%)	4:53	12.3 (69.9%)
108	<b>SZULC Rafał</b>	<b>382</b>	RUN BYDGOSZCZ	M-30	108	00:01:07	<b>00:24:31.30</b>	<b>00:25:38.30</b>	+00:07:28 (30.5%)	4:54	12.2 (69.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
109	<b>JAŚKIEWICZ Rafał</b>	<b>1044</b>	RÓŻOWE NIEDŹWIADKI TEAM WŁOCŁAWEK	M-30	109	00:00:58	<b>00:24:32.30</b>	<b>00:25:30.40</b>	+00:07:29 (30.5%)	4:54	12.2 (69.3%)
110	<b>RABCZYŃSKI Grzegorz</b>	<b>626</b>		M-30	110	00:00:39	<b>00:24:44.30</b>	<b>00:25:23.65</b>	+00:07:41 (31.1%)	4:56	12.1 (68.8%)
111	<b>NIEDBALSKI Karol</b>	<b>1187</b>	EURO TIM SQUAD	M-30	111	00:00:21	<b>00:24:44.90</b>	<b>00:25:06.65</b>	+00:07:41 (31.1%)	4:57	12.1 (68.8%)
112	<b>KWIATKOWSKI Karol</b>	<b>987</b>		M-30	112	00:01:21	<b>00:24:49.15</b>	<b>00:26:10.65</b>	+00:07:46 (31.3%)	4:57	12.1 (68.8%)
113	<b>WOŹNY Łukasz</b>	<b>1027</b>		M-30	113	00:00:53	<b>00:24:51.85</b>	<b>00:25:45.30</b>	+00:07:48 (31.4%)	4:58	12.1 (68.8%)
114	<b>ŁAWNICZAK Paweł</b>	<b>819</b>		M-30	114	00:00:44	<b>00:24:54.55</b>	<b>00:25:39.45</b>	+00:07:51 (31.5%)	4:59	12 (68.2%)
115	<b>WOLSKI Adam</b>	<b>663</b>	BW SQUAD	M-30	115	00:00:40	<b>00:24:54.80</b>	<b>00:25:35.40</b>	+00:07:51 (31.6%)	4:59	12 (68.2%)
116	<b>ROSÓŁ Jacek</b>	<b>122</b>		M-30	116	00:00:43	<b>00:24:55.35</b>	<b>00:25:39.15</b>	+00:07:52 (31.6%)	4:59	12 (68.2%)
117	<b>RATAJ Krzysztof</b>	<b>113</b>	POLONIA BYDGOSZCZ SLA	M-30	117	00:00:13	<b>00:24:56.75</b>	<b>00:25:09.95</b>	+00:07:53 (31.6%)	4:59	12 (68.2%)
118	<b>GUMMER Andrzej</b>	<b>1417</b>		M-30	118	00:00:47	<b>00:24:59.60</b>	<b>00:25:46.95</b>	+00:07:56 (31.8%)	4:59	12 (68.2%)
119	<b>ŚWIETLIK Grzegorz</b>	<b>204</b>	ATLAS RUNNING TEAM	M-30	119	00:00:38	<b>00:25:00.10</b>	<b>00:25:38.40</b>	+00:07:57 (31.8%)	5:00	12 (68.2%)
120	<b>WIECZOREK Waldemar</b>	<b>125</b>		M-30	120	00:01:48	<b>00:25:02.60</b>	<b>00:26:50.95</b>	+00:07:59 (31.9%)	5:00	12 (68.2%)
121	<b>LASKA Artur</b>	<b>867</b>		M-30	121	00:00:40	<b>00:25:04.00</b>	<b>00:25:44.05</b>	+00:08:00 (32.0%)	5:00	12 (68.2%)
122	<b>BAUMAN Krystian</b>	<b>221</b>	DRUŻYNA SZPIKU	M-30	122	00:00:37	<b>00:25:12.35</b>	<b>00:25:49.75</b>	+00:08:09 (32.4%)	5:02	11.9 (67.6%)
123	<b>STAWCZYK Dariusz</b>	<b>196</b>		M-30	123	00:01:05	<b>00:25:14.70</b>	<b>00:26:19.85</b>	+00:08:11 (32.5%)	5:02	11.9 (67.6%)
124	<b>STUSIK Arkadiusz</b>	<b>800</b>		M-30	124	00:00:18	<b>00:25:16.50</b>	<b>00:25:34.80</b>	+00:08:13 (32.5%)	5:03	11.9 (67.6%)
125	<b>WOŹNIAK Adam</b>	<b>807</b>		M-30	125	00:01:04	<b>00:25:17.00</b>	<b>00:26:21.25</b>	+00:08:13 (32.6%)	5:03	11.9 (67.6%)
126	<b>ŁYSZCZARZ Radosław</b>	<b>564</b>		M-30	126	00:01:02	<b>00:25:18.50</b>	<b>00:26:20.90</b>	+00:08:15 (32.6%)	5:03	11.9 (67.6%)
127	<b>MOLENDĄ Tomasz</b>	<b>1036</b>		M-30	127	00:00:31	<b>00:25:19.65</b>	<b>00:25:50.90</b>	+00:08:16 (32.7%)	5:03	11.8 (67.0%)
128	<b>JASINIECKI Wojciech</b>	<b>205</b>	RUN BYDGOSZCZ	M-30	128	00:01:17	<b>00:25:22.85</b>	<b>00:26:40.45</b>	+00:08:19 (32.8%)	5:04	11.8 (67.0%)
129	<b>BLEJA Krystian</b>	<b>649</b>	PGB SPORTOWA PACZKA	M-30	129	00:00:42	<b>00:25:23.25</b>	<b>00:26:06.00</b>	+00:08:20 (32.8%)	5:04	11.8 (67.0%)
130	<b>SZEWCZUK Sebastian</b>	<b>189</b>		M-30	130	00:00:35	<b>00:25:27.25</b>	<b>00:26:03.10</b>	+00:08:24 (33.0%)	5:05	11.8 (67.0%)
131	<b>SZCZĘSNY Arkadiusz</b>	<b>455</b>	DYNAMO SKARPA	M-30	131	00:00:55	<b>00:25:33.15</b>	<b>00:26:28.45</b>	+00:08:30 (33.3%)	5:06	11.7 (66.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
132	KRESIŃSKI Andrzej	1167		M-30	132	00:00:34	00:25:33.20	00:26:07.25	+00:08:30 (33.3%)	5:06	11.7 (66.5%)
133	GORCZYCA Rafał	1096		M-30	133	00:01:52	00:25:36.15	00:27:28.70	+00:08:33 (33.4%)	5:07	11.7 (66.5%)
134	KELMAN Marcin	856		M-30	134	00:00:37	00:25:37.70	00:26:14.80	+00:08:34 (33.5%)	5:07	11.7 (66.5%)
135	FABROWSKI Dawid	5		M-30	135	00:01:36	00:25:39.25	00:27:16.20	+00:08:36 (33.5%)	5:08	11.7 (66.5%)
136	KIJEWSKI Maciej	843	KABEL TEAM BYDGOSZCZ	M-30	136	00:00:29	00:25:42.40	00:26:11.60	+00:08:39 (33.7%)	5:08	11.7 (66.5%)
137	GRUBICH Arkadiusz	273	BRACIA DALTON	M-30	137	00:00:07	00:25:45.30	00:25:52.55	+00:08:42 (33.8%)	5:09	11.7 (66.5%)
138	ILNICKI Artur	336		M-30	138	00:00:42	00:25:47.30	00:26:30.20	+00:08:44 (33.9%)	5:09	11.6 (65.9%)
139	KISZKA Marcin	482	RUN PASJA	M-30	139	00:00:46	00:25:47.95	00:26:34.35	+00:08:44 (33.9%)	5:09	11.6 (65.9%)
140	GILL Daniel	764		M-30	140	00:00:06	00:25:49.00	00:25:55.70	+00:08:45 (34.0%)	5:09	11.6 (65.9%)
141	ŚCIBAK Wojciech	446		M-30	141	00:00:55	00:25:53.35	00:26:48.35	+00:08:50 (34.1%)	5:10	11.6 (65.9%)
142	RACZYCKI Tomasz	1206		M-30	142	00:01:28	00:25:57.90	00:27:26.55	+00:08:54 (34.3%)	5:11	11.6 (65.9%)
143	NOWAKOWSKI Tomasz	1057		M-30	143	00:00:51	00:25:58.20	00:26:49.20	+00:08:55 (34.3%)	5:11	11.6 (65.9%)
144	WIŚNIEWSKI Przemysław	776		M-30	144	00:01:18	00:25:58.30	00:27:16.65	+00:08:55 (34.3%)	5:11	11.6 (65.9%)
145	RYDLEWSKI Andrzej	299	RUN BYDGOSZCZ	M-30	145	00:01:10	00:26:03.50	00:27:14.40	+00:09:00 (34.6%)	5:12	11.5 (65.3%)
146	BRZEZIŃSKI Sławomir	681	CZARNE STOPY.SM	M-30	146	00:01:54	00:26:07.20	00:28:01.85	+00:09:04 (34.7%)	5:13	11.5 (65.3%)
147	ŚLADEWSKI Rafał	935		M-30	147	00:00:14	00:26:08.25	00:26:22.95	+00:09:05 (34.8%)	5:13	11.5 (65.3%)
148	KADOW Rafał	583		M-30	148	00:00:45	00:26:11.50	00:26:56.70	+00:09:08 (34.9%)	5:14	11.5 (65.3%)
149	WIŚNIEWSKI Piotr	1042	LEGE ARTIS	M-30	149	00:00:40	00:26:11.95	00:26:52.55	+00:09:08 (34.9%)	5:14	11.5 (65.3%)
150	CECHOWSKI Marcin	119		M-30	150	00:00:47	00:26:14.00	00:27:01.95	+00:09:10 (35.0%)	5:14	11.4 (64.8%)
151	BORZYSZKOWSKI Grzegorz	683	STARY FORDON	M-30	151	00:00:35	00:26:16.90	00:26:52.40	+00:09:13 (35.1%)	5:15	11.4 (64.8%)
152	PAWLAK Waldemar	1182	VEGE RUNNERS	M-30	152	00:00:52	00:26:20.10	00:27:12.35	+00:09:17 (35.3%)	5:16	11.4 (64.8%)
153	KROPIDŁOWSKI Bartosz	785		M-30	153	00:01:36	00:26:24.70	00:28:01.40	+00:09:21 (35.4%)	5:17	11.4 (64.8%)
154	MAREK Sławomir	1249	STALE BIEGAM NOVA TRADING	M-30	154	00:00:59	00:26:27.65	00:27:27.25	+00:09:24 (35.6%)	5:17	11.3 (64.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
155	BYSTRZYŃSKI Jan	1173		M-30	155	00:00:22	00:26:34.00	00:26:56.55	+00:09:30 (35.8%)	5:18	11.3 (64.2%)
156	ŁOBOCKI Krzysztof	1338		M-30	156	00:01:27	00:26:35.30	00:28:02.45	+00:09:32 (35.9%)	5:19	11.3 (64.2%)
157	POTRZEBOWSKI Marek	304		M-30	157	00:00:48	00:26:37.20	00:27:25.35	+00:09:34 (35.9%)	5:19	11.3 (64.2%)
158	KONDEL Kamil	733		M-30	158	00:00:43	00:26:40.10	00:27:23.30	+00:09:37 (36.1%)	5:20	11.3 (64.2%)
159	MOKOS Tomasz	510	BBL INOWROCŁAW	M-30	159	00:01:04	00:26:42.75	00:27:47.65	+00:09:39 (36.2%)	5:20	11.2 (63.6%)
160	GOLEC Wojciech	1302		M-30	160	00:00:52	00:26:43.55	00:27:36.40	+00:09:40 (36.2%)	5:20	11.2 (63.6%)
161	MAŁECKI Tomasz	674		M-30	161	00:00:58	00:26:49.10	00:27:47.65	+00:09:46 (36.4%)	5:21	11.2 (63.6%)
162	GÓZDŹ Tomasz	999	JAŚ BIEGA	M-30	162	00:00:57	00:26:50.45	00:27:48.20	+00:09:47 (36.5%)	5:22	11.2 (63.6%)
163	PŁACZKOWSKI Rafał	1143	ŚLIMAKI BARCIN	M-30	163	00:00:24	00:26:51.50	00:27:16.20	+00:09:48 (36.5%)	5:22	11.2 (63.6%)
164	ORNATOWSKI Marcin	24	GORDON RUN	M-30	164	00:00:36	00:26:55.80	00:27:31.80	+00:09:52 (36.7%)	5:23	11.1 (63.1%)
165	PERA Marek	495		M-30	165	00:01:05	00:26:59.70	00:28:04.90	+00:09:56 (36.8%)	5:23	11.1 (63.1%)
166	KOBYLARZ Mariusz	916	BYDGOSZCZ	M-30	166	00:00:51	00:27:02.05	00:27:53.05	+00:09:59 (36.9%)	5:24	11.1 (63.1%)
167	WARACZEWSKI Paweł	368		M-30	167	00:01:03	00:27:04.45	00:28:08.30	+00:10:01 (37.0%)	5:25	11.1 (63.1%)
168	CZAJA Jarosław	1273		M-30	168	00:01:07	00:27:14.15	00:28:21.50	+00:10:11 (37.4%)	5:26	11 (62.5%)
169	LEWANDOWSKI Michał	873		M-30	169	00:01:02	00:27:19.95	00:28:22.00	+00:10:16 (37.6%)	5:28	11 (62.5%)
170	ADACH Paweł	877	POLSKA	M-30	170	00:01:01	00:27:20.00	00:28:21.70	+00:10:16 (37.6%)	5:28	11 (62.5%)
171	CHYLIŃSKI Michał	874		M-30	171	00:01:01	00:27:26.00	00:28:27.00	+00:10:22 (37.8%)	5:29	10.9 (61.9%)
172	DUDZIAK Tomasz	588		M-30	172	00:00:26	00:27:32.40	00:27:58.40	+00:10:29 (38.1%)	5:30	10.9 (61.9%)
173	ZABOROWSKI Robert	827	PGB SPORTOWA PACZKA	M-30	173	00:00:51	00:27:45.35	00:28:36.75	+00:10:42 (38.6%)	5:33	10.8 (61.4%)
174	RYBARCZYK Michał	1257		M-30	174	00:00:57	00:27:49.05	00:28:46.65	+00:10:46 (38.7%)	5:33	10.8 (61.4%)
175	MALIŃSKI Wojciech	175		M-30	175	00:00:57	00:27:49.50	00:28:46.65	+00:10:46 (38.7%)	5:33	10.8 (61.4%)
176	ZDZIAREK Artur	770		M-30	176	00:00:46	00:27:56.85	00:28:43.45	+00:10:53 (39.0%)	5:35	10.7 (60.8%)
177	STĘPIEŃ Michał	310	GALACTICA	M-30	177	00:01:26	00:27:57.05	00:29:23.30	+00:10:54 (39.0%)	5:35	10.7 (60.8%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
178	<b>SEROCKI Bartosz</b>	<b>590</b>	FRANEK I RÓŻA	M-30	178	00:00:38	<b>00:28:08.70</b>	<b>00:28:47.05</b>	+00:11:05 (39.4%)	5:37	10.7 (60.8%)
179	<b>IWAN Remigiusz</b>	<b>209</b>		M-30	179	00:01:01	<b>00:28:08.90</b>	<b>00:29:10.10</b>	+00:11:05 (39.4%)	5:37	10.7 (60.8%)
180	<b>LEMIEŻ Andrzej</b>	<b>680</b>		M-30	180	00:00:14	<b>00:28:11.05</b>	<b>00:28:25.55</b>	+00:11:08 (39.5%)	5:38	10.6 (60.2%)
181	<b>PAPIS Piotr</b>	<b>1128</b>	BACKONIK	M-30	181	00:01:19	<b>00:28:18.80</b>	<b>00:29:38.15</b>	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
182	<b>FILOSEK Marcin</b>	<b>914</b>		M-30	182	00:01:09	<b>00:28:19.00</b>	<b>00:29:28.35</b>	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
183	<b>MYCZKO Dariusz</b>	<b>645</b>	CPR BYDGOSZCZ	M-30	183	00:00:36	<b>00:28:23.85</b>	<b>00:29:00.05</b>	+00:11:20 (40.0%)	5:40	10.6 (60.2%)
184	<b>KILANOWSKI Dariusz</b>	<b>829</b>		M-30	184	00:01:11	<b>00:28:24.55</b>	<b>00:29:35.75</b>	+00:11:21 (40.0%)	5:40	10.6 (60.2%)
185	<b>WITKOWSKI Tomasz</b>	<b>1198</b>	VIVA LA VIDA	M-30	185	00:00:20	<b>00:28:27.45</b>	<b>00:28:47.55</b>	+00:11:24 (40.1%)	5:41	10.5 (59.7%)
186	<b>SZCZYGIEŁ Michał</b>	<b>992</b>		M-30	186	00:01:10	<b>00:28:28.75</b>	<b>00:29:38.80</b>	+00:11:25 (40.1%)	5:41	10.5 (59.7%)
187	<b>BIERNACKI Piotr</b>	<b>1271</b>		M-30	187	00:01:09	<b>00:28:28.90</b>	<b>00:29:38.45</b>	+00:11:25 (40.1%)	5:41	10.5 (59.7%)
188	<b>NOWAK Łukasz</b>	<b>146</b>	VIRTUAL RUNNER CLUB	M-30	188	00:01:21	<b>00:28:30.40</b>	<b>00:29:52.05</b>	+00:11:27 (40.2%)	5:42	10.5 (59.7%)
189	<b>BANASZAK Krzysztof</b>	<b>1060</b>		M-30	189	00:00:49	<b>00:28:32.75</b>	<b>00:29:22.55</b>	+00:11:29 (40.3%)	5:42	10.5 (59.7%)
190	<b>SPIRYDOWICZ Piotr</b>	<b>1297</b>		M-30	190	00:01:09	<b>00:28:35.30</b>	<b>00:29:44.65</b>	+00:11:32 (40.4%)	5:43	10.5 (59.7%)
191	<b>GIŻA Damian</b>	<b>244</b>	POLONIA	M-30	191	00:00:30	<b>00:28:37.70</b>	<b>00:29:08.65</b>	+00:11:34 (40.4%)	5:43	10.5 (59.7%)
192	<b>BASZANOWSKI Tomasz</b>	<b>852</b>		M-30	192	00:00:29	<b>00:28:41.75</b>	<b>00:29:11.10</b>	+00:11:38 (40.6%)	5:44	10.5 (59.7%)
193	<b>MIKUŁA Tomasz</b>	<b>241</b>	GORDON RUN	M-30	193	00:01:31	<b>00:28:42.30</b>	<b>00:30:14.00</b>	+00:11:39 (40.6%)	5:44	10.4 (59.1%)
194	<b>ŁUKASIEWICZ Krzysztof</b>	<b>532</b>		M-30	194	00:01:34	<b>00:28:43.65</b>	<b>00:30:17.90</b>	+00:11:40 (40.6%)	5:44	10.4 (59.1%)
195	<b>DZIAMSKI Wojciech</b>	<b>1208</b>		M-30	195	00:01:33	<b>00:28:44.55</b>	<b>00:30:17.85</b>	+00:11:41 (40.7%)	5:44	10.4 (59.1%)
196	<b>RUDOL Damian</b>	<b>78</b>		M-30	196	00:01:44	<b>00:28:46.10</b>	<b>00:30:30.80</b>	+00:11:43 (40.7%)	5:45	10.4 (59.1%)
197	<b>SMERLIŃSKI Robert</b>	<b>508</b>	BRAK	M-30	197	00:01:21	<b>00:28:51.90</b>	<b>00:30:13.40</b>	+00:11:48 (40.9%)	5:46	10.4 (59.1%)
198	<b>KOŁODZIEJSKI Daniel</b>	<b>1021</b>		M-30	198	00:00:35	<b>00:28:52.65</b>	<b>00:29:28.50</b>	+00:11:49 (41.0%)	5:46	10.4 (59.1%)
199	<b>JASTRZEMBSKI Tomasz</b>	<b>556</b>	DYNAMO SKARPA	M-30	199	00:01:52	<b>00:28:53.85</b>	<b>00:30:46.45</b>	+00:11:50 (41.0%)	5:46	10.4 (59.1%)
200	<b>MUSIAŁA Adam</b>	<b>1423</b>		M-30	200	00:00:30	<b>00:28:59.45</b>	<b>00:29:29.95</b>	+00:11:56 (41.2%)	5:47	10.4 (59.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
201	STEFANOWICZ Wojciech	986	RUN BYDGOSZCZ	M-30	201	00:01:17	00:29:01.10	00:30:18.40	+00:11:58 (41.2%)	5:48	10.3 (58.5%)
202	NALEŻYTY Piotr	1319		M-30	202	00:01:45	00:29:01.35	00:30:46.85	+00:11:58 (41.2%)	5:48	10.3 (58.5%)
203	GORGOL Tomasz	640	RUN BYDGOSZCZ	M-30	203	00:01:12	00:29:05.10	00:30:17.65	+00:12:02 (41.4%)	5:49	10.3 (58.5%)
204	DARNOWSKI Bartosz	704		M-30	204	00:01:44	00:29:06.75	00:30:51.40	+00:12:03 (41.4%)	5:49	10.3 (58.5%)
205	BURY Tomasz	580		M-30	205	00:00:10	00:29:08.20	00:29:19.00	+00:12:05 (41.5%)	5:49	10.3 (58.5%)
206	DZIERŻAWSKI Łukasz	1090		M-30	206	00:01:12	00:29:14.60	00:30:26.70	+00:12:11 (41.7%)	5:50	10.3 (58.5%)
207	BONKOWSKI Wojciech	798		M-30	207	00:01:00	00:29:15.25	00:30:15.45	+00:12:12 (41.7%)	5:51	10.3 (58.5%)
208	KOLASA Robert	1018		M-30	208	00:01:09	00:29:15.35	00:30:25.00	+00:12:12 (41.7%)	5:51	10.3 (58.5%)
209	KWIATKOWSKI Paweł	56		M-30	209	00:01:01	00:29:17.10	00:30:18.40	+00:12:14 (41.8%)	5:51	10.2 (58.0%)
210	KAPUSTA Maciej	718		M-30	210	00:01:37	00:29:21.55	00:30:59.05	+00:12:18 (41.9%)	5:52	10.2 (58.0%)
211	BANASIEWICZ Arek	1050	OLIMPIASPORT.PL	M-30	211	00:01:44	00:29:34.90	00:31:19.45	+00:12:31 (42.4%)	5:55	10.1 (57.4%)
212	RACIBORSKI Grzegorz	308	TASAK TEAM	M-30	212	00:01:24	00:29:39.80	00:31:03.85	+00:12:36 (42.5%)	5:55	10.1 (57.4%)
213	JAŹDŹEWSKI Jarosław	262		M-30	213	00:01:32	00:29:40.70	00:31:13.60	+00:12:37 (42.5%)	5:56	10.1 (57.4%)
214	BUSZTA Artur	1104	KLUB ZDROWEGO STYLU ŻYCIA	M-30	214	00:01:11	00:29:43.25	00:30:54.55	+00:12:40 (42.6%)	5:56	10.1 (57.4%)
215	STOKŁOSA Kamil	790		M-30	215	00:01:45	00:29:46.40	00:31:32.35	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
216	DŹOBIŃSKI Dawid	965		M-30	216	00:00:52	00:29:46.45	00:30:39.20	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
217	KASPRZAK Wojciech	1188		M-30	217	00:00:42	00:29:51.10	00:30:33.55	+00:12:48 (42.9%)	5:58	10.1 (57.4%)
218	RONKIEWICZ Bartosz	913	SPORT FACTORY	M-30	218	00:01:01	00:29:53.45	00:30:55.15	+00:12:50 (43.0%)	5:58	10 (56.8%)
219	WOJTOWICZ Dawid	1314		M-30	219	00:01:19	00:29:55.00	00:31:14.15	+00:12:51 (43.0%)	5:59	10 (56.8%)
220	ROGAŁA Damian	1488	BKS POLONIA JUDO BYDGOSZCZ	M-30	220	00:00:14	00:29:57.15	00:30:11.45	+00:12:54 (43.1%)	5:59	10 (56.8%)
221	MIKOŁAJEWSKI Jacek	203		M-30	221	00:01:01	00:30:07.10	00:31:08.95	+00:13:04 (43.4%)	6:01	10 (56.8%)
222	KITOWSKI Przemysław	845		M-30	222	00:01:07	00:30:10.60	00:31:18.55	+00:13:07 (43.5%)	6:02	9.9 (56.3%)
223	OSSOWSKI Łukasz	1094		M-30	223	00:01:53	00:30:17.00	00:32:10.15	+00:13:13 (43.7%)	6:03	9.9 (56.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
224	SOSNA Mikołaj	1020		M-30	224	00:00:45	00:30:34.95	00:31:20.05	+00:13:31 (44.2%)	6:07	9.8 (55.7%)
225	JAWORSKI Paweł	1260		M-30	225	00:01:02	00:30:41.10	00:31:43.75	+00:13:38 (44.4%)	6:08	9.8 (55.7%)
226	BRZOZOWSKI Krzysztof	1086		M-30	226	00:01:43	00:30:43.70	00:32:26.85	+00:13:40 (44.5%)	6:08	9.8 (55.7%)
227	ANTCZAK Filip	976		M-30	227	00:00:34	00:30:46.30	00:31:20.45	+00:13:43 (44.6%)	6:09	9.8 (55.7%)
228	OSAK Paweł	496		M-30	228	00:00:32	00:31:05.50	00:31:37.75	+00:14:02 (45.2%)	6:13	9.7 (55.1%)
229	BRĄGIEL Jakub	105	VEGE RUNNERS	M-30	229	00:01:48	00:31:14.70	00:33:03.40	+00:14:11 (45.4%)	6:15	9.6 (54.5%)
230	PALIŃSKI Grzegorz	1444		M-30	230	00:01:27	00:31:22.00	00:32:49.70	+00:14:18 (45.6%)	6:16	9.6 (54.5%)
231	SZYBKA Marcin	502		M-30	231	00:01:15	00:31:25.65	00:32:40.95	+00:14:22 (45.7%)	6:17	9.5 (54.0%)
232	DANIELEK Adam	848		M-30	232	00:01:39	00:31:34.00	00:33:13.50	+00:14:30 (46.0%)	6:18	9.5 (54.0%)
233	LISOWSKI Sebastian	813		M-30	233	00:01:41	00:31:37.70	00:33:19.60	+00:14:34 (46.1%)	6:19	9.5 (54.0%)
234	PIASECKI Damian	558		M-30	234	00:00:56	00:31:44.35	00:32:40.35	+00:14:41 (46.3%)	6:20	9.5 (54.0%)
235	OSZUŚCIK Karol	1434		M-30	235	00:01:06	00:31:49.15	00:32:55.15	+00:14:46 (46.4%)	6:21	9.4 (53.4%)
236	ZAWISZEWSKI Adam	1056		M-30	236	00:00:54	00:32:01.15	00:32:55.90	+00:14:58 (46.7%)	6:24	9.4 (53.4%)
237	ZIELIŃSKI Stanisław	68	GORDON RUN	M-30	237	00:00:36	00:32:08.60	00:32:45.30	+00:15:05 (47.0%)	6:25	9.3 (52.8%)
238	BRYWCZYŃSKI Krystian	314		M-30	238	00:00:45	00:32:09.90	00:32:55.40	+00:15:06 (47.0%)	6:26	9.3 (52.8%)
239	WESOŁOWSKI Michał	371	GORZEŃ RUN	M-30	239	00:01:31	00:32:10.30	00:33:41.45	+00:15:07 (47.0%)	6:26	9.3 (52.8%)
240	NOWAK Karol	483	BIEGNĘ PIERWSZY RAZ W ŻYCIU	M-30	240	00:00:45	00:33:15.30	00:34:00.80	+00:16:12 (48.7%)	6:39	9 (51.1%)
241	PAWLAK Maciej	1406		M-30	241	00:01:40	00:33:16.45	00:34:57.05	+00:16:13 (48.8%)	6:39	9 (51.1%)
242	ŻABIŃSKI Radosław	426	SELEK TEAM	M-30	242	00:00:58	00:33:40.30	00:34:38.85	+00:16:37 (49.4%)	6:44	8.9 (50.6%)
243	PASTERNAK Marcin	1029	SELEK TEAM	M-30	243	00:00:57	00:33:40.90	00:34:38.85	+00:16:37 (49.4%)	6:44	8.9 (50.6%)
244	MALICKI Bartosz	1007		M-30	244	00:00:00	00:33:42.10	00:33:42.10	+00:16:39 (49.4%)	6:44	8.9 (50.6%)
245	PASTERNAK Kamil	1065	APC	M-30	245	00:00:57	00:33:42.85	00:34:40.00	+00:16:39 (49.4%)	6:44	8.9 (50.6%)
246	SOKOŁOWSKI Piotr	344	GORDON RUN	M-30	246	00:00:38	00:34:32.25	00:35:11.10	+00:17:29 (50.6%)	6:54	8.7 (49.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
247	<b>SIEWIERSKI Łukasz</b>	<b>1183</b>		M-30	247	00:01:45	<b>00:34:54.05</b>	<b>00:36:39.70</b>	+00:17:51 (51.1%)	6:58	8.6 (48.9%)
248	<b>KUBERSKI Daniel</b>	<b>340</b>		M-30	248	00:00:28	<b>00:35:39.50</b>	<b>00:36:08.25</b>	+00:18:36 (52.2%)	7:08	8.4 (47.7%)
249	<b>STARZYŃSKI Piotr</b>	<b>252</b>	KANCELARIA ADWOKACKA SAPERE AUDE PIOTR STARZYŃSKI	M-30	249	00:01:06	<b>00:36:44.65</b>	<b>00:37:50.95</b>	+00:19:41 (53.6%)	7:20	8.2 (46.6%)
250	<b>ŻAL Robert</b>	<b>90</b>	SPÓJNIA BIAŁE BŁOTA	M-30	250	00:01:39	<b>00:37:09.30</b>	<b>00:38:48.65</b>	+00:20:06 (54.1%)	7:25	8.1 (46.0%)
251	<b>ZNANIECKI Wojciech</b>	<b>547</b>	BYDGOSZCZ NA START	M-30	251	00:01:33	<b>00:38:09.65</b>	<b>00:39:43.15</b>	+00:21:06 (55.3%)	7:38	7.9 (44.9%)
252	<b>WIECZOREK Marcin</b>	<b>101</b>		M-30	252	00:01:48	<b>00:41:21.90</b>	<b>00:43:09.90</b>	+00:24:18 (58.8%)	8:16	7.3 (41.5%)
253	<b>BORUCH Łukasz</b>	<b>991</b>		M-30	253	00:00:08					(0.0%)

Total 253 results.