

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2016

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2016-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MRUK Tomasz	480	CZARNE STOPY.SM	M-40	1	00:00:02	00:18:37.85	00:18:40.50		3:43	16.1 (100%)
2	TACZKOWSKI Jarosław	931	B4SPORT	M-40	2	00:00:02	00:18:40.20	00:18:42.55	+00:00:02 (0.2%)	3:44	16.1 (100%)
3	FUZ Marek	270	KABEL TEAM BYDGOSZCZ	M-40	3	00:00:03	00:19:16.15	00:19:19.45	+00:00:38 (3.3%)	3:51	15.6 (96.9%)
4	KOZŁOWSKI Rafał	394	RUN PASJA	M-40	4	00:00:02	00:19:23.25	00:19:25.90	+00:00:45 (3.9%)	3:52	15.5 (96.3%)
5	PIEKARSKI Marek	337	RESTAURACJA KING FU BYDGOSZCZ	M-40	5	00:00:01	00:19:30.55	00:19:32.30	+00:00:52 (4.5%)	3:54	15.4 (95.7%)
6	KŁOSOWSKI Marcin	729	WWW.JABEX.COM.PL	M-40	6	00:00:02	00:20:11.20	00:20:13.25	+00:01:33 (7.7%)	4:02	14.9 (92.5%)
7	PRZYBYLSKI Maciej	1471		M-40	7	00:00:00	00:20:20.35	00:20:20.35	+00:01:42 (8.4%)	4:04	14.8 (91.9%)
8	RYDLEWSKI Marek	862	RUN BYDGOSZCZ	M-40	8	00:00:05	00:20:22.75	00:20:28.00	+00:01:44 (8.6%)	4:04	14.7 (91.3%)
9	RZEPKA Andrzej	1344	BRODNICA BIEGA	M-40	9	00:00:06	00:20:29.50	00:20:35.55	+00:01:51 (9.1%)	4:05	14.6 (90.7%)
10	LEPRINCE Ludovic	932		M-40	10	00:00:05	00:20:33.90	00:20:39.40	+00:01:56 (9.4%)	4:06	14.6 (90.7%)
11	KUJAWA Piotr	1132	RUN BYDGOSZCZ	M-40	11	00:00:04	00:20:38.55	00:20:43.50	+00:02:00 (9.7%)	4:07	14.5 (90.1%)
12	ZWIEWKA Sebastian	636	SPÓJNIA BIAŁE BŁOTA	M-40	12	00:00:06	00:20:51.80	00:20:58.30	+00:02:13 (10.7%)	4:10	14.4 (89.4%)
13	GURDAK Leszek	254		M-40	13	00:00:10	00:20:58.70	00:21:09.45	+00:02:20 (11.2%)	4:11	14.3 (88.8%)
14	KUBIS Roman	859	RUN PASJA	M-40	14	00:00:04	00:21:02.25	00:21:06.80	+00:02:24 (11.4%)	4:12	14.3 (88.8%)
15	KISIEL Tomasz	452	RUN BYDGOSZCZ	M-40	15	00:00:05	00:21:07.75	00:21:13.65	+00:02:29 (11.8%)	4:13	14.2 (88.2%)
16	LEWICKI Artur	979	LEGE ARTIS	M-40	16	00:00:12	00:21:18.70	00:21:31.50	+00:02:40 (12.6%)	4:15	14.1 (87.6%)
17	SIUDA Sebastian	16		M-40	17	00:00:11	00:21:24.80	00:21:36.05	+00:02:46 (13.0%)	4:17	14 (87.0%)
18	RUDOL Sebastian	152		M-40	18	00:00:16	00:21:32.25	00:21:48.70	+00:02:54 (13.5%)	4:18	13.9 (86.3%)
19	TUBAJA Albert	20	KABEL TEAM BYDGOSZCZ	M-40	19	00:00:08	00:21:50.05	00:21:58.05	+00:03:12 (14.7%)	4:22	13.7 (85.1%)
20	SZELA Leszek	458		M-40	20	00:00:19	00:21:56.95	00:22:15.95	+00:03:19 (15.1%)	4:23	13.7 (85.1%)
21	ANDRYSIAK Tomasz	107		M-40	21	00:00:09	00:22:05.50	00:22:14.80	+00:03:27 (15.7%)	4:25	13.6 (84.5%)
22	NADRATOWSKI Maciej	261	KABEL TEAM BYDGOSZCZ	M-40	22	00:00:08	00:22:10.30	00:22:18.95	+00:03:32 (16.0%)	4:26	13.5 (83.9%)
23	RUTKOWSKI Tomasz	490		M-40	23	00:00:12	00:22:11.55	00:22:24.50	+00:03:33 (16.0%)	4:26	13.5 (83.9%)
24	MAKOWSKI Sławomir	398	RUN BYDGOSZCZ	M-40	24	00:01:05	00:22:13.20	00:23:18.25	+00:03:35 (16.2%)	4:26	13.5 (83.9%)
25	WĘGRZYNOWSKI Sławomir	46	KABEL TEAM BYDGOSZCZ	M-40	25	00:00:08	00:22:22.20	00:22:30.75	+00:03:44 (16.7%)	4:28	13.4 (83.2%)
26	PALIGA Antoni	1152		M-40	26	00:00:02	00:22:23.75	00:22:26.70	+00:03:45 (16.8%)	4:28	13.4 (83.2%)
27	STĘPSKI Marek	973		M-40	27	00:00:06	00:22:41.95	00:22:48.90	+00:04:04 (17.9%)	4:32	13.2 (82.0%)
28	ORNOWSKI Zbigniew	1385	WTORKOWY TRENING	M-40	28	00:00:14	00:22:44.90	00:22:59.10	+00:04:07 (18.1%)	4:33	13.2 (82.0%)
29	LIPSKI Krzysztof	808	RUN BYDGOSZCZ	M-40	29	00:01:15	00:22:45.00	00:24:00.25	+00:04:07 (18.1%)	4:33	13.2 (82.0%)
30	NISZCZOTA Karol	504		M-40	30	00:00:48	00:22:51.10	00:23:39.85	+00:04:13 (18.5%)	4:34	13.1 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	GACKOWSKI Krzysztof	1445		M-40	31	00:00:06	00:22:56.70	00:23:03.15	+00:04:18 (18.8%)	4:35	13.1 (81.4%)
32	WNUK Sławomir	806		M-40	32	00:00:30	00:23:04.20	00:23:35.15	+00:04:26 (19.2%)	4:37	13 (80.7%)
33	KUCHCZYŃSKI Adam	1386	BÓL TO ŚCIEMA	M-40	33	00:00:00	00:23:08.10	00:23:08.10	+00:04:30 (19.5%)	4:37	13 (80.7%)
34	ŚWIĘCICKI Andrzej	917		M-40	34	00:00:48	00:23:16.65	00:24:05.25	+00:04:38 (20.0%)	4:39	12.9 (80.1%)
35	KRUCZKOWSKI Adam	802		M-40	35	00:00:13	00:23:21.90	00:23:34.95	+00:04:44 (20.3%)	4:40	12.8 (79.5%)
36	KANCLERZEWSKI Stanisław	671		M-40	36	00:00:18	00:23:25.40	00:23:43.80	+00:04:47 (20.5%)	4:41	12.8 (79.5%)
37	PASTOR Andrzej	451	THE PASTORS	M-40	37	00:00:25	00:23:28.20	00:23:53.20	+00:04:50 (20.6%)	4:41	12.8 (79.5%)
38	WALENCIAK Jarosław	73	CZARNE STOPY.SM	M-40	38	00:00:39	00:23:31.70	00:24:11.15	+00:04:53 (20.8%)	4:42	12.7 (78.9%)
39	PIOTROWSKI Dariusz	116		M-40	39	00:00:36	00:23:33.85	00:24:10.20	+00:04:56 (20.9%)	4:42	12.7 (78.9%)
40	JURSKI Robert	643		M-40	40	00:00:20	00:23:48.30	00:24:08.90	+00:05:10 (21.7%)	4:45	12.6 (78.3%)
41	BIAŁOWĄS Dariusz	151		M-40	41	00:00:35	00:23:49.25	00:24:25.15	+00:05:11 (21.8%)	4:46	12.6 (78.3%)
42	PROBANT Mirosław	577		M-40	42	00:00:25	00:23:53.40	00:24:18.90	+00:05:15 (22.0%)	4:46	12.6 (78.3%)
43	DOLATA Grzegorz	595		M-40	43	00:00:38	00:24:18.60	00:24:57.25	+00:05:40 (23.4%)	4:51	12.3 (76.4%)
44	GŁOWSKI Dariusz	18		M-40	44	00:00:15	00:24:19.90	00:24:35.80	+00:05:42 (23.4%)	4:52	12.3 (76.4%)
45	KUJAWA Sebastian	511	BBL INOWROCŁAW	M-40	45	00:00:26	00:24:28.15	00:24:54.40	+00:05:50 (23.9%)	4:53	12.3 (76.4%)
46	PIASECKI Włodzimierz	421		M-40	46	00:00:04	00:24:29.45	00:24:34.35	+00:05:51 (23.9%)	4:54	12.2 (75.8%)
47	ADAMSKI Maciej	1180		M-40	47	00:00:00	00:24:34.70	00:24:34.70	+00:05:56 (24.2%)	4:54	12.2 (75.8%)
48	WOJCIECHOWSKI Jarosław	1085		M-40	48	00:00:23	00:24:37.95	00:25:01.25	+00:06:00 (24.4%)	4:55	12.2 (75.8%)
49	KOLSKI Radek	1131	VAUPE TEAM	M-40	49	00:01:14	00:24:45.80	00:26:00.45	+00:06:07 (24.8%)	4:57	12.1 (75.2%)
50	BŁĄŻEJEWSKI Dariusz	719		M-40	50	00:01:03	00:25:00.05	00:26:03.90	+00:06:22 (25.5%)	5:00	12 (74.5%)
51	ROEDING Robert	498		M-40	51	00:00:55	00:25:05.40	00:26:00.60	+00:06:27 (25.7%)	5:01	12 (74.5%)
52	NOWAK Tomasz	1091	GORDON RUN	M-40	52	00:00:33	00:25:15.50	00:25:48.75	+00:06:37 (26.2%)	5:03	11.9 (73.9%)
53	MIKOŁAJCZAK Sławomir	367		M-40	53	00:00:38	00:25:21.20	00:26:00.10	+00:06:43 (26.5%)	5:04	11.8 (73.3%)
54	CHUDZIŃSKI Rafał	1402		M-40	54	00:00:58	00:25:21.85	00:26:19.90	+00:06:44 (26.5%)	5:04	11.8 (73.3%)
55	BRYLEW Tomasz	742		M-40	55	00:00:44	00:25:23.20	00:26:07.75	+00:06:45 (26.6%)	5:04	11.8 (73.3%)
56	LIWOCH Grzegorz	436		M-40	56	00:00:54	00:25:26.85	00:26:21.40	+00:06:49 (26.8%)	5:05	11.8 (73.3%)
57	ANISZEWSKI Dariusz	349		M-40	57	00:00:00	00:25:30.65	00:25:30.65	+00:06:52 (27.0%)	5:06	11.8 (73.3%)
58	KUREK Piotr	1497		M-40	58	00:00:43	00:25:32.35	00:26:15.70	+00:06:54 (27.0%)	5:06	11.7 (72.7%)
59	MALINOWSKI Waldemar	199	RUN LOTTO BYDGOSTIA	M-40	59	00:01:32	00:25:36.45	00:27:08.65	+00:06:58 (27.2%)	5:07	11.7 (72.7%)
60	SOBOTA Piotr	950		M-40	60	00:00:34	00:25:41.35	00:26:16.15	+00:07:03 (27.5%)	5:08	11.7 (72.7%)
61	ŚWIATLAK Marek	277	SOWA BYDGOSZCZ	M-40	61	00:01:17	00:25:47.40	00:27:05.20	+00:07:09 (27.8%)	5:09	11.6 (72.0%)
62	KOZIŃSKI Tomasz	585	BYDGOSKIE ŻÓŁWIE	M-40	62	00:00:42	00:25:49.20	00:26:31.65	+00:07:11 (27.8%)	5:09	11.6 (72.0%)
63	NOWAK Adam	285	WUJEK PORADA	M-40	63	00:01:13	00:25:53.10	00:27:06.45	+00:07:15 (28.0%)	5:10	11.6 (72.0%)
64	CIEMNY Tomasz	1113		M-40	64	00:00:56	00:26:01.45	00:26:58.25	+00:07:23 (28.4%)	5:12	11.5 (71.4%)
65	SZULAKOWSKI Tomasz	1292	KURCZE JAK DALEKO	M-40	65	00:01:20	00:26:01.70	00:27:22.40	+00:07:23 (28.4%)	5:12	11.5 (71.4%)
66	KOZAKIEWICZ Marcin	875		M-40	66	00:00:35	00:26:02.90	00:26:38.45	+00:07:25 (28.5%)	5:12	11.5 (71.4%)
67	PASIEKA Tomasz	958		M-40	67	00:01:16	00:26:08.25	00:27:24.25	+00:07:30 (28.7%)	5:13	11.5 (71.4%)
68	SZUBERT Maciej	554	HORNET DESIGN STUDIO	M-40	68	00:01:20	00:26:10.30	00:27:30.55	+00:07:32 (28.8%)	5:14	11.5 (71.4%)
69	SKÓRCZ Tomasz	1252		M-40	69	00:00:27	00:26:12.20	00:26:39.80	+00:07:34 (28.9%)	5:14	11.5 (71.4%)
70	KARWOWSKI Waldemar	360	BRACIA DALTON	M-40	70	00:00:06	00:26:18.30	00:26:24.35	+00:07:40 (29.2%)	5:15	11.4 (70.8%)
71	SZMELTER Michał	1106		M-40	71	00:01:07	00:26:21.70	00:27:29.55	+00:07:43 (29.3%)	5:16	11.4 (70.8%)
72	BUDZIAK Bartosz	201		M-40	72	00:01:53	00:26:30.80	00:28:24.30	+00:07:52 (29.7%)	5:18	11.3 (70.2%)
73	BRZUSKIEWICZ Sławomir	1454		M-40	73	00:00:43	00:26:37.00	00:27:20.35	+00:07:59 (30.0%)	5:19	11.3 (70.2%)
74	SZAFKOWSKI Arkadiusz	144	SOLECCY BIEGACZE	M-40	74	00:00:35	00:26:39.50	00:27:14.90	+00:08:01 (30.1%)	5:19	11.3 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	WARCHOŁ Ryszard	1224	CAŁY TWÓJ	M-40	75	00:00:10	00:26:39.75	00:26:50.35	+00:08:01 (30.1%)	5:20	11.3 (70.2%)
76	SZOSTAK Tomasz	988	MBANK	M-40	76	00:01:00	00:26:40.20	00:27:40.80	+00:08:02 (30.1%)	5:20	11.3 (70.2%)
77	JAWORSKI Krzysztof	773		M-40	77	00:01:25	00:26:51.20	00:28:16.75	+00:08:13 (30.6%)	5:22	11.2 (69.6%)
78	TWARDOWSKI Wojciech	408	RUN BYDGOSZCZ	M-40	78	00:01:10	00:27:03.55	00:28:14.15	+00:08:25 (31.1%)	5:24	11.1 (68.9%)
79	SZUBARTOWSKI Robert	1282		M-40	79	00:00:34	00:27:10.10	00:27:44.90	+00:08:32 (31.4%)	5:26	11 (68.3%)
80	SIEKIERSKI Tomasz	104		M-40	80	00:01:44	00:27:19.75	00:29:04.35	+00:08:41 (31.8%)	5:28	11 (68.3%)
81	ŻARKOWSKI Krzysztof	27	KABEL TEAM BYDGOSZCZ	M-40	81	00:00:44	00:27:19.95	00:28:04.55	+00:08:42 (31.8%)	5:28	11 (68.3%)
82	MLICKI Marcin	136		M-40	82	00:01:08	00:27:24.95	00:28:33.40	+00:08:47 (32.0%)	5:29	10.9 (67.7%)
83	SIUDA Marek	746		M-40	83	00:01:01	00:27:27.90	00:28:29.60	+00:08:50 (32.2%)	5:29	10.9 (67.7%)
84	STASZKIEWICZ Radosław	443	CZARNE STOPY SM	M-40	84	00:01:04	00:27:36.85	00:28:41.05	+00:08:59 (32.5%)	5:31	10.9 (67.7%)
85	STANKIEWICZ Dariusz	1390	BÓL TO ŚCIEMA	M-40	85	00:00:58	00:27:40.70	00:28:39.65	+00:09:02 (32.7%)	5:32	10.8 (67.1%)
86	GUDELL Radosław	10		M-40	86	00:01:29	00:27:43.75	00:29:13.30	+00:09:05 (32.8%)	5:32	10.8 (67.1%)
87	KLINIKOWSKI Jacek	326	KOCHAM ŻYCIE I...	M-40	87	00:01:19	00:27:50.90	00:29:10.55	+00:09:13 (33.1%)	5:34	10.8 (67.1%)
88	ZYGMUNT Robert	908		M-40	88	00:00:47	00:27:52.15	00:28:39.30	+00:09:14 (33.1%)	5:34	10.8 (67.1%)
89	KUBOWICZ Piotr	291	MAŁGOŚ TEAM	M-40	89	00:01:19	00:27:52.45	00:29:11.90	+00:09:14 (33.2%)	5:34	10.8 (67.1%)
90	KRYSTOFIAK Robert	301		M-40	90	00:00:52	00:27:53.35	00:28:45.45	+00:09:15 (33.2%)	5:34	10.8 (67.1%)
91	LEMAŃCZYK Zygmunt	300	RUN BYDGOSZCZ	M-40	91	00:01:12	00:27:58.20	00:29:11.05	+00:09:20 (33.4%)	5:35	10.7 (66.5%)
92	WYPORKIEWICZ Jerzy	1031		M-40	92	00:00:49	00:28:13.35	00:29:02.90	+00:09:35 (34.0%)	5:38	10.6 (65.8%)
93	KRZYŻANOWSKI Wojciech	321		M-40	93	00:01:21	00:28:20.10	00:29:41.10	+00:09:42 (34.2%)	5:40	10.6 (65.8%)
94	RZEPCZYŃSKI Tomasz	499	BR DYNAMO SKARPA	M-40	94	00:00:56	00:28:20.60	00:29:17.20	+00:09:42 (34.3%)	5:40	10.6 (65.8%)
95	CYGAN Marcin	1149		M-40	95	00:00:50	00:28:32.60	00:29:23.30	+00:09:54 (34.7%)	5:42	10.5 (65.2%)
96	BRODA Piotr	298		M-40	96	00:00:50	00:28:33.20	00:29:23.20	+00:09:55 (34.8%)	5:42	10.5 (65.2%)
97	GNIOT Henryk	618		M-40	97	00:01:25	00:28:34.15	00:30:00.00	+00:09:56 (34.8%)	5:43	10.5 (65.2%)
98	SKARBEK Marek	1082		M-40	98	00:00:22	00:28:42.45	00:29:04.45	+00:10:04 (35.1%)	5:44	10.5 (65.2%)
99	NITKA Adam	1351		M-40	99	00:01:15	00:28:51.90	00:30:07.60	+00:10:14 (35.5%)	5:46	10.4 (64.6%)
100	KLÓSKA Roman	401		M-40	100	00:01:36	00:28:57.90	00:30:34.85	+00:10:20 (35.7%)	5:47	10.4 (64.6%)
101	KAPELIŃSKI Stanisław	207		M-40	101	00:00:46	00:29:02.15	00:29:48.45	+00:10:24 (35.8%)	5:48	10.3 (64.0%)
102	KLONOWSKI Sławomir	14		M-40	102	00:01:27	00:29:06.35	00:30:33.75	+00:10:28 (36.0%)	5:49	10.3 (64.0%)
103	KLISZEWSKI Damian	428		M-40	103	00:01:30	00:29:09.40	00:30:39.60	+00:10:31 (36.1%)	5:49	10.3 (64.0%)
104	MARĆ Robert	531		M-40	104	00:01:12	00:29:10.75	00:30:22.85	+00:10:32 (36.2%)	5:50	10.3 (64.0%)
105	KRZYŻAŃSKI Przemysław	70	BYDGOSZCZ TRIATHLON TEAM	M-40	105	00:01:35	00:29:22.70	00:30:58.50	+00:10:44 (36.6%)	5:52	10.2 (63.4%)
106	URBAŃSKI Piotr	320	RUN TEAM PRUSZCZ	M-40	106	00:01:24	00:29:23.20	00:30:47.55	+00:10:45 (36.6%)	5:52	10.2 (63.4%)
107	ANDRYSZAK Piotr	1312		M-40	107	00:00:42	00:29:23.80	00:30:05.95	+00:10:45 (36.6%)	5:52	10.2 (63.4%)
108	WIŚNIEWSKI Wojciech	357		M-40	108	00:00:58	00:29:37.20	00:30:35.85	+00:10:59 (37.1%)	5:55	10.1 (62.7%)
109	CZYŻEWSKI Wojciech	1264		M-40	109	00:00:41	00:29:37.85	00:30:19.70	+00:11:00 (37.1%)	5:55	10.1 (62.7%)
110	CHODOR Tomasz	687		M-40	110	00:01:19	00:29:39.60	00:30:59.55	+00:11:01 (37.2%)	5:56	10.1 (62.7%)
111	GODZIK Kamil	472	BR DYNAMO SKARPA	M-40	111	00:00:55	00:29:39.85	00:30:34.85	+00:11:02 (37.2%)	5:55	10.1 (62.7%)
112	WILCZYŃSKI Jacek	467		M-40	112	00:01:11	00:29:42.30	00:30:53.95	+00:11:04 (37.3%)	5:56	10.1 (62.7%)
113	SOBOWIEC Szymon	757	SOBOWIEC TEAM	M-40	113	00:01:10	00:29:43.00	00:30:53.60	+00:11:05 (37.3%)	5:56	10.1 (62.7%)
114	KRUK Krzysztof	311		M-40	114	00:01:17	00:29:46.75	00:31:04.45	+00:11:08 (37.4%)	5:57	10.1 (62.7%)
115	OSZUBSKI Kazimierz	944		M-40	115	00:00:43	00:29:52.10	00:30:35.90	+00:11:14 (37.6%)	5:58	10 (62.1%)
116	KALACZYŃSKI Grzegorz	724		M-40	116	00:01:18	00:29:53.60	00:31:11.95	+00:11:15 (37.7%)	5:58	10 (62.1%)
117	WRZYSZCZ Adam	910	BYDGOSZCZ	M-40	117	00:00:41	00:29:53.70	00:30:35.55	+00:11:15 (37.7%)	5:58	10 (62.1%)
118	PRZERACKI Mirosław	879	BYDGOSZCZ	M-40	118	00:00:41	00:29:55.85	00:30:36.95	+00:11:18 (37.8%)	5:59	10 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	BUKOWSKI Rafał	1194		M-40	119	00:01:32	00:30:03.25	00:31:35.95	+00:11:25 (38.0%)	6:00	10 (62.1%)
120	CHOLEWIŃSKI Dariusz	1340	HURAGAN MIEDZYŃ	M-40	120	00:00:04	00:30:05.35	00:30:10.15	+00:11:27 (38.1%)	6:01	10 (62.1%)
121	MOROSZCZAK Bogumił	738	SPÓJNIA BIAŁE BŁOTA	M-40	121	00:01:14	00:30:10.15	00:31:25.00	+00:11:32 (38.2%)	6:02	9.9 (61.5%)
122	PATRZAŁEK Tomasz	457		M-40	122	00:01:46	00:30:11.35	00:31:58.00	+00:11:33 (38.3%)	6:02	9.9 (61.5%)
123	KAWALERSKI Krzysztof	1114		M-40	123	00:01:32	00:30:20.00	00:31:52.90	+00:11:42 (38.6%)	6:04	9.9 (61.5%)
124	MODRZEWSKI Łukasz	210		M-40	124	00:00:15	00:30:30.40	00:30:46.05	+00:11:52 (38.9%)	6:06	9.8 (60.9%)
125	NIEWIADOMSKI Waldemar	625	BBL INOWROCŁAW	M-40	125	00:00:50	00:30:34.35	00:31:24.45	+00:11:56 (39.1%)	6:06	9.8 (60.9%)
126	KMIEĆ Norbert	540		M-40	126	00:00:49	00:30:39.70	00:31:28.75	+00:12:01 (39.2%)	6:07	9.8 (60.9%)
127	BYRTEK Grzegorz	173		M-40	127	00:00:48	00:30:40.20	00:31:28.95	+00:12:02 (39.3%)	6:08	9.8 (60.9%)
128	ŻURAWSKI Michał	972	RUN LOTTO-BYDGOSTIA	M-40	128	00:01:31	00:30:44.55	00:32:15.95	+00:12:06 (39.4%)	6:08	9.8 (60.9%)
129	STASIEWSKI Mariusz	130	TRISPACE	M-40	129	00:00:00	00:30:58.35	00:30:58.35	+00:12:20 (39.8%)	6:11	9.7 (60.2%)
130	KORENKIEWICZ Łukasz	1097		M-40	130	00:01:14	00:31:10.10	00:32:24.35	+00:12:32 (40.2%)	6:14	9.6 (59.6%)
131	GACKOWSKI Jarek	715	TRISTYLE.PL	M-40	131	00:00:00	00:31:13.10	00:31:13.10	+00:12:35 (40.3%)	6:14	9.6 (59.6%)
132	NURKIEWICZ Jarosław	597		M-40	132	00:01:47	00:31:13.30	00:33:00.90	+00:12:35 (40.3%)	6:14	9.6 (59.6%)
133	KLIMKIEWICZ Maciej	1178		M-40	133	00:01:33	00:31:42.45	00:33:15.75	+00:13:04 (41.2%)	6:20	9.5 (59.0%)
134	DOBROWOLSKI Krzysztof	1354		M-40	134	00:01:19	00:32:20.65	00:33:40.10	+00:13:42 (42.4%)	6:28	9.3 (57.8%)
135	PÓŁGĘSEK Rafał	1122	SOLECCY BIEGACZE	M-40	135	00:01:26	00:32:21.90	00:33:48.20	+00:13:44 (42.4%)	6:28	9.3 (57.8%)
136	GOLA Grzegorz	1120		M-40	136	00:01:45	00:32:26.95	00:34:11.95	+00:13:49 (42.6%)	6:29	9.2 (57.1%)
137	WITKOWSKI Artur	1250	WWW.EUROPROGRES.PL	M-40	137	00:01:00	00:32:30.25	00:33:31.10	+00:13:52 (42.7%)	6:30	9.2 (57.1%)
138	KOCZOROWSKI Ireneusz	384		M-40	138	00:00:00	00:32:33.20	00:32:33.20	+00:13:55 (42.8%)	6:30	9.2 (57.1%)
139	BARTOS Arkadiusz	1469		M-40	139	00:01:28	00:32:47.40	00:34:16.20	+00:14:09 (43.2%)	6:33	9.1 (56.5%)
140	NOWICKI Adam	149		M-40	140	00:01:00	00:33:14.85	00:34:14.85	+00:14:37 (44.0%)	6:38	9 (55.9%)
141	SKIERA Krzysztof	1475	RUN BYDOSZCZ	M-40	141	00:01:18	00:33:17.65	00:34:35.65	+00:14:39 (44.0%)	6:39	9 (55.9%)
142	STYKAŁA Sebastian	257		M-40	142	00:01:24	00:34:20.45	00:35:45.30	+00:15:42 (45.7%)	6:52	8.7 (54.0%)
143	PIETRASZAK Tomasz	1017	RUN BYDGOSZCZ	M-40	143	00:01:13	00:34:23.65	00:35:37.35	+00:15:45 (45.8%)	6:52	8.7 (54.0%)
144	JANKOWSKI Rafał	783		M-40	144	00:01:46	00:34:43.75	00:36:30.45	+00:16:05 (46.4%)	6:56	8.6 (53.4%)
145	MUSS Aleksander	861	SKLEP BIEGACZA BYDGOSZCZ	M-40	145	00:00:46	00:34:57.55	00:35:43.75	+00:16:19 (46.7%)	6:59	8.6 (53.4%)
146	GRALAK Jacek	1261		M-40	146	00:00:14	00:35:21.30	00:35:35.80	+00:16:43 (47.3%)	7:04	8.5 (52.8%)
147	GROCHOWALSKI Arkadiusz	318	GROSZKI	M-40	147	00:01:30	00:35:27.80	00:36:58.15	+00:16:49 (47.5%)	7:05	8.5 (52.8%)
148	GORZYCKI Dariusz	1158	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M-40	148	00:00:02	00:36:36.65	00:36:38.75	+00:17:58 (49.1%)	7:19	8.2 (50.9%)
149	JASTRZEMBSKI Edmund	272	SILESIA MARATHON TEAM	M-40	149	00:01:49	00:37:19.65	00:39:08.95	+00:18:41 (50.1%)	7:27	8 (49.7%)
150	ZNANIECKI Michał	586	BBL INOWROCŁAW	M-40	150	00:01:34	00:38:08.55	00:39:42.70	+00:19:30 (51.2%)	7:37	7.9 (49.1%)
151	RUTKOWSKI Adam	667		M-40	151	00:01:30	00:38:33.00	00:40:03.65	+00:19:55 (51.7%)	7:42	7.8 (48.4%)
152	REGENT Daniel	1176		M-40	152	00:00:54	00:40:43.20	00:41:37.30	+00:22:05 (54.2%)	8:08	7.4 (46.0%)
153	DŁUGOŁĘCKI Dariusz	869	RUN BDG	M-40	153	00:01:50	00:41:09.10	00:43:00.05	+00:22:31 (54.7%)	8:14	7.3 (45.3%)

Znaleziono 153 wynik(ów)