

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2017

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2017-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GOŁDYN Sebastian	483		M-20	1	00:00:02	00:16:51.80	00:16:53.90		3:22	17.8 (100%)
2	TUCZYŃSKI Sylwester	211	BYDGOSKIE OKONIE	M-20	2	00:00:01	00:17:09.80	00:17:10.80	+00:00:18 (1.7%)	3:25	17.5 (98.3%)
3	SKIBA Łukasz	185	1 BRYGADA LOGISTYCZNA	M-20	3	00:00:01	00:17:11.80	00:17:13.30	+00:00:20 (1.9%)	3:26	17.4 (97.8%)
4	KOŁAKOWSKI Tomasz	1122	TO TYLKO TRIATHLON	M-20	4	00:00:01	00:17:27.05	00:17:29.00	+00:00:35 (3.4%)	3:29	17.2 (96.6%)
5	DĄBROWSKI Paweł	4		M-20	5	00:00:02	00:18:12.55	00:18:15.40	+00:01:20 (7.4%)	3:38	16.5 (92.7%)
6	TUCHOLSKI Bartłomiej	385	BYDGOSKIE OKONIE	M-20	6	00:00:02	00:18:26.80	00:18:29.50	+00:01:35 (8.6%)	3:41	16.3 (91.6%)
7	BOROS Patryk	1068		M-20	7	00:00:03	00:18:42.15	00:18:45.40	+00:01:50 (9.8%)	3:44	16 (89.9%)
8	WESOŁOWSKI Sebastian	688	1BLOG	M-20	8	00:00:01	00:18:48.55	00:18:50.50	+00:01:56 (10.3%)	3:45	15.9 (89.3%)
9	ZIELIŃSKI Nicolas	1346	OLIMPIASPORT.PL	M-20	9	00:00:04	00:19:01.75	00:19:06.40	+00:02:09 (11.4%)	3:48	15.8 (88.8%)
10	GRALIK Jędrzej	1292	BYDGOSKIE OKONIE	M-20	10	00:00:05	00:19:30.95	00:19:35.95	+00:02:39 (13.6%)	3:54	15.4 (86.5%)
11	PILEWSKI Mikołaj	831	TEAM SPORT FACTORY	M-20	11	00:00:08	00:19:31.25	00:19:39.30	+00:02:39 (13.6%)	3:54	15.4 (86.5%)
12	KAŁAMAJA Jakub	744		M-20	12	00:00:10	00:19:35.30	00:19:46.15	+00:02:43 (13.9%)	3:55	15.3 (86.0%)
13	BAK Paweł	1073		M-20	13	00:00:03	00:19:37.75	00:19:41.05	+00:02:45 (14.1%)	3:55	15.3 (86.0%)
14	NIEMIR Tomasz	656		M-20	14	00:00:03	00:19:45.45	00:19:49.00	+00:02:53 (14.6%)	3:57	15.2 (85.4%)
15	NOWICKI Tomasz	195	BDG TRI	M-20	15	00:00:04	00:19:46.20	00:19:50.85	+00:02:54 (14.7%)	3:57	15.2 (85.4%)
16	KRAUZE Maciej	1039		M-20	16	00:00:04	00:19:52.00	00:19:56.75	+00:03:00 (15.1%)	3:58	15.1 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	JOPPEK Łukasz	569		M-20	17	00:00:04	00:19:52.80	00:19:57.05	+00:03:01 (15.2%)	3:58	15.1 (84.8%)
18	WARSZAWSKI Przemysław	317		M-20	18	00:00:05	00:19:53.70	00:19:58.75	+00:03:01 (15.2%)	3:58	15.1 (84.8%)
19	GALIŃSKI Bartosz	3	BYDGOSKIE OKONIE	M-20	19	00:00:05	00:20:04.00	00:20:09.00	+00:03:12 (16.0%)	4:00	15 (84.3%)
20	WENDA Dawid	22	SZKOŁA JAZDY TOMAS	M-20	20	00:00:08	00:20:04.85	00:20:12.95	+00:03:13 (16.0%)	4:00	15 (84.3%)
21	KWIATKOWSKI Damian	927	RUN BYDGOSZCZ	M-20	21	00:00:24	00:20:12.15	00:20:36.80	+00:03:20 (16.5%)	4:02	14.9 (83.7%)
22	BONKOWSKI Piotr	893		M-20	22	00:00:03	00:20:14.00	00:20:17.30	+00:03:22 (16.7%)	4:02	14.8 (83.1%)
23	CHRUSTOWSKI Mikołaj	1222	TO TYLKO TRIATHLON/TRISPACE	M-20	23	00:00:06	00:20:17.05	00:20:24.00	+00:03:25 (16.9%)	4:03	14.8 (83.1%)
24	RZEKANOWSKI Paweł	249	RUN BYDGOSZCZ	M-20	24	00:00:11	00:20:18.20	00:20:30.15	+00:03:26 (16.9%)	4:03	14.8 (83.1%)
25	KURDELSKI Kamil	774		M-20	25	00:00:03	00:20:20.20	00:20:24.05	+00:03:28 (17.1%)	4:04	14.7 (82.6%)
26	GUZOWSKI Rafał	326	PESA TCMS	M-20	26	00:00:03	00:20:23.50	00:20:27.20	+00:03:31 (17.3%)	4:04	14.7 (82.6%)
27	RADZIMIŃSKI Mikołaj	1436		M-20	27	00:00:24	00:20:26.05	00:20:50.50	+00:03:34 (17.5%)	4:05	14.7 (82.6%)
28	SZCZEBLEWSKI Paweł	918	ARMIA CHRYSYUSA	M-20	28	00:00:07	00:20:32.10	00:20:39.50	+00:03:40 (17.9%)	4:06	14.6 (82.0%)
29	KABACIŃSKI Marcin	1483		M-20	29	00:00:03	00:20:36.80	00:20:40.15	+00:03:45 (18.2%)	4:07	14.6 (82.0%)
30	PRZYBYTKOWSKI Marek	1475		M-20	30	00:00:04	00:20:39.00	00:20:43.00	+00:03:47 (18.3%)	4:07	14.5 (81.5%)
31	DOMALEWSKI Łukasz	54		M-20	31	00:00:18	00:20:40.30	00:20:59.25	+00:03:48 (18.4%)	4:08	14.5 (81.5%)
32	WANKIEWICZ Łukasz	42	Z	M-20	32	00:00:10	00:20:40.70	00:20:51.15	+00:03:48 (18.4%)	4:08	14.5 (81.5%)
33	GWÓŹDŹ Kamil	917	TKKF WODNIK WIĘCBORK - BIEGAJĄCA RODZINKA	M-20	33	00:00:08	00:20:44.55	00:20:53.20	+00:03:52 (18.7%)	4:09	14.5 (81.5%)
34	TUROWSKI Jakub	1142		M-20	34	00:00:06	00:20:47.25	00:20:53.80	+00:03:55 (18.9%)	4:09	14.4 (80.9%)
35	PACKI Łukasz	1127	WIELUŃ BIEGA	M-20	35	00:00:03	00:20:48.60	00:20:52.30	+00:03:56 (19.0%)	4:09	14.4 (80.9%)
36	KOŁACKI Jarosław	829	DYNAMO SKARPA	M-20	36	00:00:21	00:20:53.35	00:21:15.10	+00:04:01 (19.3%)	4:10	14.4 (80.9%)
37	FRYDRYSZEK Michał	1377	#WITKOWSKITEAM	M-20	37	00:00:04	00:21:01.25	00:21:05.55	+00:04:09 (19.8%)	4:12	14.3 (80.3%)
38	TOMASZEWSKI Paweł	1472		M-20	38	00:00:07	00:21:01.85	00:21:09.65	+00:04:10 (19.8%)	4:12	14.3 (80.3%)
39	KATAFIASZ Bartosz	1343		M-20	39	00:00:45	00:21:02.55	00:21:48.50	+00:04:10 (19.9%)	4:12	14.3 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	WAŁĘŻA Hubert	454	KANAŁOWA TEAM	M-20	40	00:00:13	00:21:05.40	00:21:19.35	+00:04:13 (20.0%)	4:13	14.2 (79.8%)
41	ZBORAŁA Dawid	50	SZKOŁA JAZDY TOMAS	M-20	41	00:00:17	00:21:08.15	00:21:26.00	+00:04:16 (20.2%)	4:13	14.2 (79.8%)
42	SKUBISZEWSKI Damian	279	ARMIA CHRYSSTUSA	M-20	42	00:00:06	00:21:11.40	00:21:18.25	+00:04:19 (20.4%)	4:14	14.2 (79.8%)
43	DĄBROWSKI Jarosław	1451	CB163	M-20	43	00:01:02	00:21:13.10	00:22:15.50	+00:04:21 (20.5%)	4:14	14.1 (79.2%)
44	JÓŹWIAK Daniel	1421	CALISTHENICS ACADEMY	M-20	44	00:00:09	00:21:13.55	00:21:23.15	+00:04:21 (20.6%)	4:14	14.1 (79.2%)
45	LEMAŃSKI Jacek	823		M-20	45	00:00:03	00:21:15.85	00:21:19.80	+00:04:24 (20.7%)	4:15	14.1 (79.2%)
46	KARWECKI Patryk	990		M-20	46	00:00:33	00:21:19.55	00:21:52.90	+00:04:27 (20.9%)	4:15	14.1 (79.2%)
47	SIUPKA Paweł	901		M-20	47	00:00:42	00:21:22.65	00:22:05.60	+00:04:30 (21.1%)	4:16	14 (78.7%)
48	ZBORAŁA Mateusz	437	SZKOŁA JAZDY TOMAS	M-20	48	00:00:17	00:21:34.80	00:21:52.75	+00:04:43 (21.9%)	4:19	13.9 (78.1%)
49	WENDA Mateusz	372	SZKOŁA JAZDY TOMAS	M-20	49	00:00:18	00:21:34.85	00:21:53.00	+00:04:43 (21.9%)	4:19	13.9 (78.1%)
50	BIAŁY Dawid	814	SPÓJNIA BIAŁE BŁOTA	M-20	50	00:00:38	00:21:36.40	00:22:15.00	+00:04:44 (22.0%)	4:19	13.9 (78.1%)
51	WALKOWIAK Paweł	633		M-20	51	00:00:09	00:21:36.80	00:21:46.55	+00:04:45 (22.0%)	4:19	13.9 (78.1%)
52	GRALIK Kacper	337	BYDGOSKIE OKONIE	M-20	52	00:00:08	00:21:39.40	00:21:48.20	+00:04:47 (22.1%)	4:20	13.8 (77.5%)
53	DURAJEWSKI Mateusz	140	DIRTY BOYS	M-20	53	00:00:19	00:21:45.45	00:22:04.45	+00:04:53 (22.5%)	4:21	13.8 (77.5%)
54	SKUPSZ Jędrzej Kazmierz	574	FORDONTEAM	M-20	54	00:00:49	00:21:46.05	00:22:36.00	+00:04:54 (22.5%)	4:21	13.8 (77.5%)
55	BRZEZINSKI Łukasz	1350	AMS	M-20	55	00:00:30	00:21:47.80	00:22:18.55	+00:04:56 (22.6%)	4:21	13.8 (77.5%)
56	SZATKOWSKI Marcin	391	RUN LOTTO BYDGOSTIA	M-20	56	00:00:42	00:21:54.85	00:22:37.50	+00:05:03 (23.0%)	4:23	13.7 (77.0%)
57	KOBZIAKOWSKI Klaudiusz	1108	TRISPACE	M-20	57	00:00:06	00:21:57.80	00:22:03.90	+00:05:06 (23.2%)	4:23	13.7 (77.0%)
58	BRUSKI Tomasz	1299		M-20	58	00:00:18	00:21:58.80	00:22:17.20	+00:05:07 (23.3%)	4:23	13.6 (76.4%)
59	CHERNII Mykola	784		M-20	59	00:00:19	00:22:00.55	00:22:19.95	+00:05:08 (23.4%)	4:24	13.6 (76.4%)
60	JENCZEWSKI Szymon	1390	ALBATROSY	M-20	60	00:00:03	00:22:02.00	00:22:05.65	+00:05:10 (23.5%)	4:24	13.6 (76.4%)
61	KALACZYŃSKI Miłosz	278	POLONIA BYDGOSZCZ SLA	M-20	61	00:00:10	00:22:03.15	00:22:13.75	+00:05:11 (23.5%)	4:24	13.6 (76.4%)
62	SZUBERGA Damian	1065		M-20	62	00:00:05	00:22:03.40	00:22:09.15	+00:05:11 (23.5%)	4:24	13.6 (76.4%)

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63	WIŚNIEWSKI Paweł	764		M-20	63	00:00:07	00:22:03.75	00:22:10.75	+00:05:11 (23.6%)	4:24	13.6 (76.4%)
64	IKS Patryk	1314		M-20	64	00:00:19	00:22:06.85	00:22:26.50	+00:05:15 (23.7%)	4:25	13.6 (76.4%)
65	DROŻYŃSKI Maciej	1266	CB163	M-20	65	00:00:12	00:22:09.00	00:22:21.45	+00:05:17 (23.9%)	4:25	13.5 (75.8%)
66	KARCZEWSKI Sławomir	284		M-20	66	00:00:12	00:22:09.25	00:22:21.85	+00:05:17 (23.9%)	4:25	13.5 (75.8%)
67	CHMURZYŃSKI Jakub	1308		M-20	67	00:00:49	00:22:16.65	00:23:05.70	+00:05:24 (24.3%)	4:27	13.5 (75.8%)
68	LEŚNY Mateusz	798		M-20	68	00:00:36	00:22:17.30	00:22:54.15	+00:05:25 (24.3%)	4:27	13.5 (75.8%)
69	TOMKOWIAK Tomasz	122	SZKOŁA JAZDY TOMAS	M-20	69	00:00:15	00:22:23.45	00:22:39.10	+00:05:31 (24.7%)	4:28	13.4 (75.3%)
70	BEDNAREK Paweł	482	GORDON RUN	M-20	70	00:00:07	00:22:25.60	00:22:32.85	+00:05:33 (24.8%)	4:29	13.4 (75.3%)
71	DOROZ Patryk	674		M-20	71	00:00:17	00:22:28.35	00:22:45.45	+00:05:36 (25.0%)	4:29	13.4 (75.3%)
72	JAGODZIŃSKI Mateusz	30	BYDGOSKIE OKONIE	M-20	72	00:00:08	00:22:30.05	00:22:38.80	+00:05:38 (25.1%)	4:30	13.3 (74.7%)
73	PAWLACZYK Paweł	1288	SPÓJNIA BIAŁE BŁOTA	M-20	73	00:00:38	00:22:45.45	00:23:23.60	+00:05:53 (25.9%)	4:33	13.2 (74.2%)
74	SZARKOWSKI Fabian	856		M-20	74	00:00:30	00:23:01.45	00:23:31.80	+00:06:09 (26.8%)	4:36	13 (73.0%)
75	FALIŃSKI Michał	1010		M-20	75	00:00:19	00:23:01.95	00:23:21.75	+00:06:10 (26.8%)	4:36	13 (73.0%)
76	NAPORA Mateusz	1024		M-20	76	00:00:28	00:23:04.80	00:23:33.20	+00:06:13 (26.9%)	4:37	13 (73.0%)
77	TWARDOWSKI Bartosz	40		M-20	77	00:00:13	00:23:08.75	00:23:21.80	+00:06:16 (27.1%)	4:37	13 (73.0%)
78	BEJGER Łukasz	68	TCMS PESA BYDGOSZCZ	M-20	78	00:00:12	00:23:09.30	00:23:22.25	+00:06:17 (27.2%)	4:38	12.9 (72.5%)
79	ANTKOWIAK Bartosz	62	TCMS PESA BYDGOSZCZ	M-20	79	00:00:13	00:23:14.65	00:23:28.30	+00:06:22 (27.5%)	4:39	12.9 (72.5%)
80	ROZKWITALSKI Bartosz	819		M-20	80	00:00:31	00:23:19.15	00:23:50.15	+00:06:27 (27.7%)	4:39	12.9 (72.5%)
81	STRYKOWSKI Paweł	861	KP PSP MIĘDZYRZECZ	M-20	81	00:00:36	00:23:21.95	00:23:58.15	+00:06:30 (27.8%)	4:40	12.8 (71.9%)
82	WERNER Michał	1006	SZARŻA	M-20	82	00:00:25	00:23:24.75	00:23:50.40	+00:06:32 (28.0%)	4:41	12.8 (71.9%)
83	RENC Patryk	70	SERCE TYBETU	M-20	83	00:00:14	00:23:26.55	00:23:40.80	+00:06:34 (28.1%)	4:41	12.8 (71.9%)
84	WAWRZYŃIAK Tomasz	1263		M-20	84	00:00:21	00:23:28.85	00:23:50.50	+00:06:37 (28.2%)	4:41	12.8 (71.9%)
85	KAMIŃSKI Marek	1076	TYPYGRUBE	M-20	85	00:00:50	00:23:31.95	00:24:22.90	+00:06:40 (28.3%)	4:42	12.7 (71.3%)

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86	JANKOWSKI Jakub	1287		M-20	86	00:00:26	00:23:31.95	00:23:58.25	+00:06:40 (28.3%)	4:42	12.7 (71.3%)
87	SADECKI Karol	897	CROSSFIT - CB 163 BYDGOSZCZ	M-20	87	00:00:40	00:23:35.55	00:24:16.25	+00:06:43 (28.5%)	4:43	12.7 (71.3%)
88	BUDKIEWICZ Radosław	676	ASSECO ACTIVE TEAM	M-20	88	00:00:39	00:23:36.20	00:24:16.05	+00:06:44 (28.6%)	4:43	12.7 (71.3%)
89	RZĘTKOWSKI Artur	1495		M-20	89	00:00:13	00:23:44.30	00:23:57.60	+00:06:52 (29.0%)	4:44	12.6 (70.8%)
90	MRUGAŁA Bartosz	562		M-20	90	00:00:31	00:23:48.00	00:24:19.80	+00:06:56 (29.1%)	4:45	12.6 (70.8%)
91	RZEPECKI Michał	1268	ATOS GDC	M-20	91	00:00:58	00:23:49.85	00:24:48.10	+00:06:58 (29.2%)	4:46	12.6 (70.8%)
92	SOLARSKI Łukasz	1158	WITKOWSKITEAM	M-20	92	00:00:22	00:23:50.40	00:24:12.70	+00:06:58 (29.3%)	4:46	12.6 (70.8%)
93	PUFAL Adrian	859		M-20	93	00:00:10	00:23:51.05	00:24:01.55	+00:06:59 (29.3%)	4:46	12.6 (70.8%)
94	JAROCH Krzysztof	58		M-20	94	00:00:44	00:23:51.40	00:24:35.40	+00:06:59 (29.3%)	4:46	12.6 (70.8%)
95	RYBCZYŃSKI Grzegorz	323		M-20	95	00:00:31	00:23:51.90	00:24:22.90	+00:07:00 (29.3%)	4:46	12.6 (70.8%)
96	ŁAWRYNOWICZ Tomasz	1218	SZKOŁA JAZDY TOMAS	M-20	96	00:00:15	00:24:00.40	00:24:15.85	+00:07:08 (29.8%)	4:48	12.5 (70.2%)
97	WIŚNIEWSKI Piotr	419		M-20	97	00:00:35	00:24:01.65	00:24:36.65	+00:07:09 (29.8%)	4:48	12.5 (70.2%)
98	SKONIECZNY Daniel	200	TCMS PESA BYDGOSZCZ	M-20	98	00:00:13	00:24:02.10	00:24:15.75	+00:07:10 (29.8%)	4:48	12.5 (70.2%)
99	RÓŻYCKI Marcin	706		M-20	99	00:00:02	00:24:10.05	00:24:12.60	+00:07:18 (30.2%)	4:50	12.4 (69.7%)
100	WOJCIECHOWSKI Grzegorz	191	ATOS BYDGOSZCZ	M-20	100	00:00:27	00:24:25.55	00:24:53.15	+00:07:33 (31.0%)	4:53	12.3 (69.1%)
101	ROŚ Sławek	269	ARMIA CHRYSYUSA	M-20	101	00:01:14	00:24:30.85	00:25:45.60	+00:07:39 (31.2%)	4:54	12.2 (68.5%)
102	SMUCZYŃSKI Wojciech	880		M-20	102	00:00:33	00:24:38.30	00:25:12.05	+00:07:46 (31.6%)	4:55	12.2 (68.5%)
103	LICA Paweł	728		M-20	103	00:01:01	00:24:42.55	00:25:44.05	+00:07:50 (31.8%)	4:56	12.1 (68.0%)
104	KUNDE Tomasz	35		M-20	104	00:00:17	00:24:44.80	00:25:01.85	+00:07:53 (31.9%)	4:56	12.1 (68.0%)
105	BŁĄŻEJEWSKI Kacper	593	CB163	M-20	105	00:00:56	00:24:47.40	00:25:44.10	+00:07:55 (32.0%)	4:57	12.1 (68.0%)
106	REPCZYŃSKI Tomek	356		M-20	106	00:00:59	00:24:51.20	00:25:50.45	+00:07:59 (32.1%)	4:58	12.1 (68.0%)
107	WÓJTOWICZ Ryszard	967		M-20	107	00:00:42	00:24:51.20	00:25:33.95	+00:07:59 (32.1%)	4:58	12.1 (68.0%)
108	HARACEWIAT Michał	301		M-20	108	00:01:13	00:24:56.85	00:26:10.10	+00:08:05 (32.4%)	4:59	12 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	ADAMKIEWICZ Dawid	1367		M-20	109	00:00:19	00:25:00.45	00:25:19.50	+00:08:08 (32.6%)	5:00	12 (67.4%)
110	RUTKOWSKI Damian	858		M-20	110	00:00:50	00:25:01.65	00:25:51.75	+00:08:09 (32.6%)	5:00	12 (67.4%)
111	DROB Julian	794		M-20	111	00:00:27	00:25:11.30	00:25:38.35	+00:08:19 (33.1%)	5:02	11.9 (66.9%)
112	MIŚ Michał	41	LUKS START NAKŁO	M-20	112	00:00:35	00:25:20.05	00:25:55.55	+00:08:28 (33.4%)	5:04	11.8 (66.3%)
113	SZYMAŃSKI Sebastian	1000		M-20	113	00:00:14	00:25:21.55	00:25:35.75	+00:08:29 (33.5%)	5:04	11.8 (66.3%)
114	WOJTYSIAK Szymon	520	BYDGOSKIE OKONIE	M-20	114	00:00:24	00:25:21.85	00:25:46.80	+00:08:30 (33.5%)	5:04	11.8 (66.3%)
115	GOSIENIECKI Konrad	1270		M-20	115	00:00:56	00:25:22.15	00:26:18.25	+00:08:30 (33.5%)	5:04	11.8 (66.3%)
116	CZYŻNIKIEWICZ Paweł	401	WOOLFIK.PL	M-20	116	00:00:13	00:25:23.15	00:25:37.10	+00:08:31 (33.6%)	5:04	11.8 (66.3%)
117	PORCZEK Bartłomiej	120	WSPR BYDGOSZCZ	M-20	117	00:01:10	00:25:24.00	00:26:34.70	+00:08:32 (33.6%)	5:04	11.8 (66.3%)
118	HASEK Patryk	310		M-20	118	00:01:19	00:25:31.85	00:26:51.30	+00:08:40 (33.9%)	5:06	11.7 (65.7%)
119	DACIO Darek	1400		M-20	119	00:00:21	00:25:32.90	00:25:54.00	+00:08:41 (34.0%)	5:06	11.7 (65.7%)
120	WIŚNIEWSKI Miłosz	1217		M-20	120	00:00:26	00:25:37.90	00:26:03.95	+00:08:46 (34.2%)	5:07	11.7 (65.7%)
121	GLINKOWSKI Dariusz	1261		M-20	121	00:01:11	00:25:38.40	00:26:49.40	+00:08:46 (34.2%)	5:07	11.7 (65.7%)
122	PACEK Mateusz	1119		M-20	122	00:00:13	00:25:41.00	00:25:54.20	+00:08:49 (34.3%)	5:08	11.7 (65.7%)
123	GRACZYK Przemysław	298		M-20	123	00:01:27	00:25:44.10	00:27:11.85	+00:08:52 (34.5%)	5:08	11.7 (65.7%)
124	LECH Cezary	842		M-20	124	00:00:03	00:25:46.75	00:25:50.65	+00:08:54 (34.6%)	5:09	11.6 (65.2%)
125	WILCZYŃSKI Łukasz	1061	1 POMORSKA BRYGADA LOGISTYCZNA	M-20	125	00:00:46	00:25:49.00	00:26:35.30	+00:08:57 (34.7%)	5:09	11.6 (65.2%)
126	POTURALSKI Dariusz	82	INPOST	M-20	126	00:00:40	00:25:54.75	00:26:35.60	+00:09:02 (34.9%)	5:11	11.6 (65.2%)
127	PIASECKI Radosław	369		M-20	127	00:00:14	00:25:57.00	00:26:11.20	+00:09:05 (35.0%)	5:11	11.6 (65.2%)
128	CHMIELEWSKI Mateusz	786		M-20	128	00:00:06	00:25:57.00	00:26:03.75	+00:09:05 (35.0%)	5:11	11.6 (65.2%)
129	GAWRYCH Adam	1136		M-20	129	00:00:16	00:26:03.15	00:26:19.50	+00:09:11 (35.3%)	5:12	11.5 (64.6%)
130	KILAN Kacper	1184		M-20	130	00:00:35	00:26:12.90	00:26:48.25	+00:09:21 (35.7%)	5:14	11.4 (64.0%)
131	SIELSKI Kamil	1260		M-20	131	00:00:33	00:26:19.05	00:26:52.55	+00:09:27 (35.9%)	5:15	11.4 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	CHEBANENKO Yevhen	570	MI-MI	M-20	132	00:00:20	00:26:21.40	00:26:41.40	+00:09:29 (36.0%)	5:16	11.4 (64.0%)
133	PIETRASZAK Miłosz	1500		M-20	133	00:01:11	00:26:25.90	00:27:37.70	+00:09:34 (36.2%)	5:17	11.3 (63.5%)
134	TOMCZAK Sylwester	911	N	M-20	134	00:00:49	00:26:32.25	00:27:21.80	+00:09:40 (36.5%)	5:18	11.3 (63.5%)
135	SAWIŃSKI Łukasz	1084		M-20	135	00:00:27	00:26:33.70	00:27:01.10	+00:09:41 (36.5%)	5:18	11.3 (63.5%)
136	OLSZEWSKI Mikołaj	53		M-20	136	00:00:20	00:26:49.15	00:27:09.90	+00:09:57 (37.1%)	5:21	11.2 (62.9%)
137	WOJCIECHOWSKI Dawid	662		M-20	137	00:00:19	00:26:51.90	00:27:11.35	+00:10:00 (37.2%)	5:22	11.2 (62.9%)
138	PAWLAK Franciszek	426	POLONIA BYDGOSZCZ SLA	M-20	138	00:00:43	00:26:53.55	00:27:37.40	+00:10:01 (37.3%)	5:22	11.2 (62.9%)
139	ZALEWSKI Sebastian	581		M-20	139	00:01:07	00:26:58.60	00:28:05.95	+00:10:06 (37.5%)	5:23	11.1 (62.4%)
140	RUTKOWSKI Marek	1426	RTV EURO AGD KLUB BIEGACZ	M-20	140	00:01:44	00:27:06.05	00:28:50.05	+00:10:14 (37.8%)	5:25	11.1 (62.4%)
141	PANTKOWSKI Jakub	1360	ŚMIERDZĄCE LUNTY	M-20	141	00:00:45	00:27:08.75	00:27:54.30	+00:10:16 (37.9%)	5:25	11 (61.8%)
142	ROSZCZYN Michał	793		M-20	142	00:00:56	00:27:09.60	00:28:06.35	+00:10:17 (37.9%)	5:26	11 (61.8%)
143	STOKŁOSA Maciej	435		M-20	143	00:01:02	00:27:17.70	00:28:20.60	+00:10:25 (38.2%)	5:27	11 (61.8%)
144	DZIEDZIC Maciej	902		M-20	144	00:00:34	00:27:25.75	00:28:00.65	+00:10:33 (38.5%)	5:29	10.9 (61.2%)
145	PIKULSKI Michał	1344		M-20	145	00:00:53	00:27:26.00	00:28:19.30	+00:10:34 (38.5%)	5:29	10.9 (61.2%)
146	GROSKOP Grzegorz	190	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	146	00:01:48	00:27:33.10	00:29:21.75	+00:10:41 (38.8%)	5:30	10.9 (61.2%)
147	MIERZWA Damian	266	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	147	00:01:48	00:27:33.35	00:29:22.00	+00:10:41 (38.8%)	5:30	10.9 (61.2%)
148	PALIGA Mateusz	533	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	148	00:01:48	00:27:33.55	00:29:22.25	+00:10:41 (38.8%)	5:30	10.9 (61.2%)
149	KANNEBERG Maciej	577	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	149	00:01:48	00:27:35.15	00:29:23.55	+00:10:43 (38.9%)	5:31	10.9 (61.2%)
150	MADEJ Adam	327		M-20	150	00:00:40	00:27:38.45	00:28:19.00	+00:10:46 (39.0%)	5:31	10.8 (60.7%)
151	JANCZEWSKI Sebastian	94		M-20	151	00:00:37	00:27:38.60	00:28:16.25	+00:10:46 (39.0%)	5:31	10.8 (60.7%)
152	MARZEC Michał	883	ZARZĄD	M-20	152	00:01:09	00:27:41.60	00:28:51.00	+00:10:49 (39.1%)	5:32	10.8 (60.7%)
153	WITKOWSKI Paweł	1276		M-20	153	00:01:11	00:27:46.75	00:28:58.00	+00:10:54 (39.3%)	5:33	10.8 (60.7%)
154	PODGÓRSKI Jakub	11		M-20	154	00:01:21	00:27:52.95	00:29:14.90	+00:11:01 (39.5%)	5:34	10.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	PISARSKI Igor	1027		M-20	155	00:00:27	00:27:54.40	00:28:22.35	+00:11:02 (39.6%)	5:35	10.7 (60.1%)
156	MALAK Maciej	1228		M-20	156	00:01:31	00:28:16.30	00:29:47.80	+00:11:24 (40.4%)	5:39	10.6 (59.6%)
157	WASZAK Konrad	1033		M-20	157	00:01:04	00:28:16.90	00:29:21.45	+00:11:25 (40.4%)	5:39	10.6 (59.6%)
158	WARAWAN Dawid	659		M-20	158	00:01:26	00:28:31.50	00:29:58.45	+00:11:39 (40.9%)	5:42	10.5 (59.0%)
159	SOBIERAJSKI Łukasz	975		M-20	159	00:01:13	00:28:38.60	00:29:51.90	+00:11:46 (41.1%)	5:43	10.5 (59.0%)
160	SZEWIŃSKI Łukasz	319		M-20	160	00:01:27	00:28:43.05	00:30:10.60	+00:11:51 (41.3%)	5:44	10.4 (58.4%)
161	CHROMIŃSKI Fabian	370	BRACIA DALTON	M-20	161	00:00:48	00:28:49.95	00:29:38.40	+00:11:58 (41.5%)	5:46	10.4 (58.4%)
162	DOBRZAŃSKI Dariusz	308	3GRAVITY	M-20	162	00:01:33	00:28:50.55	00:30:23.75	+00:11:58 (41.5%)	5:46	10.4 (58.4%)
163	WORZAŁA Michał	300		M-20	163	00:01:27	00:28:53.60	00:30:20.95	+00:12:01 (41.6%)	5:46	10.4 (58.4%)
164	PAWSKI Przemysław	1088	SZAFIRKI	M-20	164	00:00:43	00:29:02.10	00:29:45.60	+00:12:10 (41.9%)	5:48	10.3 (57.9%)
165	SPRYSZYŃSKI Michał	238		M-20	165	00:01:05	00:29:13.35	00:30:18.70	+00:12:21 (42.3%)	5:50	10.3 (57.9%)
166	SPRAWKA Michał	1198		M-20	166	00:00:53	00:29:13.55	00:30:06.90	+00:12:21 (42.3%)	5:50	10.3 (57.9%)
167	KRETOWICZ Piotr	1155		M-20	167	00:01:13	00:29:32.35	00:30:45.80	+00:12:40 (42.9%)	5:54	10.2 (57.3%)
168	KRETKOWSKI Piotr	15		M-20	168	00:01:20	00:29:36.15	00:30:56.90	+00:12:44 (43.0%)	5:55	10.1 (56.7%)
169	GLIBOWSKI Damian	748		M-20	169	00:01:14	00:30:07.90	00:31:22.15	+00:13:16 (44.0%)	6:01	10 (56.2%)
170	CZYŻNIKIEWICZ Karol	703		M-20	170	00:00:13	00:30:09.75	00:30:23.35	+00:13:17 (44.1%)	6:02	9.9 (55.6%)
171	ZAGÓRSKI Artur	1179		M-20	171	00:00:44	00:30:22.70	00:31:07.45	+00:13:30 (44.5%)	6:04	9.9 (55.6%)
172	BIEGAŃSKI Piotr	1481	FIZJOMED GABINET FIZJOTERAPII	M-20	172	00:01:04	00:30:59.45	00:32:03.65	+00:14:07 (45.6%)	6:11	9.7 (54.5%)
173	TOMCZAK Krzysztof	513		M-20	173	00:00:20	00:31:08.90	00:31:29.80	+00:14:17 (45.9%)	6:13	9.6 (53.9%)
174	BURITTA Robert	1128		M-20	174	00:00:35	00:31:09.05	00:31:44.40	+00:14:17 (45.9%)	6:13	9.6 (53.9%)
175	KUJACZYŃSKI Adrian	1239		M-20	175	00:00:20	00:31:17.00	00:31:37.55	+00:14:25 (46.1%)	6:15	9.6 (53.9%)
176	PRUSINOWSKI Jakub	981		M-20	176	00:01:29	00:31:19.75	00:32:49.65	+00:14:27 (46.2%)	6:16	9.6 (53.9%)
177	KOWALSKI Bartosz	398		M-20	177	00:00:50	00:31:23.30	00:32:14.25	+00:14:31 (46.3%)	6:16	9.6 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	WŁODARCZYK Adam	414		M-20	178	00:01:11	00:31:25.55	00:32:36.80	+00:14:33 (46.3%)	6:17	9.5 (53.4%)
179	ROSZCZYN Kamil	551		M-20	179	00:00:58	00:31:25.85	00:32:24.05	+00:14:34 (46.3%)	6:17	9.5 (53.4%)
180	SOARES CONTES JUNIOR Luiz Carlos	997		M-20	180	00:00:48	00:31:27.90	00:32:16.10	+00:14:36 (46.4%)	6:17	9.5 (53.4%)
181	ZAKRZEWSKI Adam	722		M-20	181	00:01:35	00:31:28.20	00:33:03.45	+00:14:36 (46.4%)	6:17	9.5 (53.4%)
182	KŁOSIŃSKI Damian	389		M-20	182	00:01:05	00:31:42.20	00:32:47.50	+00:14:50 (46.8%)	6:20	9.5 (53.4%)
183	NAPIERAŁA Krzysztof	1167		M-20	183	00:01:23	00:32:05.95	00:33:29.40	+00:15:14 (47.5%)	6:25	9.3 (52.2%)
184	PARUCKI Paweł	1283	SPÓJNIA BIAŁE BŁOTA	M-20	184	00:01:11	00:32:42.45	00:33:54.25	+00:15:50 (48.4%)	6:32	9.2 (51.7%)
185	WIELGOSZ Krzysztof	109	ASSECO ACTIVE TEAM	M-20	185	00:00:39	00:33:18.65	00:33:57.80	+00:16:26 (49.4%)	6:39	9 (50.6%)
186	MORAWSKI Piotr	1349		M-20	186	00:01:30	00:33:23.65	00:34:53.75	+00:16:31 (49.5%)	6:40	9 (50.6%)
187	SZTOLCMAN Piotr	966	GKS FABIANKI	M-20	187	00:01:29	00:33:25.20	00:34:55.15	+00:16:33 (49.5%)	6:41	9 (50.6%)

Znaleziono 187 wynik(ów)