

# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2017

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	JANIAK Marcin	867		M-30	1	00:00:01	00:16:38.45	00:16:40.10		3:19	18 (100%)
2	KRYSKE Bartosz	1047		M-30	2	00:00:02	00:16:47.55	00:16:49.70	+00:00:09 (0.9%)	3:21	17.9 (99.4%)
3	GOŚCINIAK Michał	1110	3GRAVITY	M-30	3	00:00:01	00:17:03.15	00:17:05.10	+00:00:24 (2.4%)	3:24	17.6 (97.8%)
4	KONIAIEV Volodymyr	900	RUN BYDGOSZCZ	M-30	4	00:00:02	00:17:21.75	00:17:23.85	+00:00:43 (4.2%)	3:28	17.3 (96.1%)
5	BEDRA Robert	145		M-30	5	00:00:02	00:17:35.10	00:17:37.10	+00:00:56 (5.4%)	3:31	17.1 (95.0%)
6	SOSNOWSKI Krzysztof	1297	SZKOŁA PODSTAWOWA NR 17 BYDGOSZCZ	M-30	6	00:00:02	00:17:54.25	00:17:56.40	+00:01:15 (7.1%)	3:34	16.8 (93.3%)
7	BORCZYKOWSKI Rafał	449		M-30	7	00:00:02	00:18:02.75	00:18:05.30	+00:01:24 (7.8%)	3:36	16.6 (92.2%)
8	MAĆKOWSKI Maciej	447	MYŚLĘCINEK BDG	M-30	8	00:00:01	00:18:04.55	00:18:05.95	+00:01:26 (7.9%)	3:36	16.6 (92.2%)
9	PELC Marcin	1036	TKKF KOLEJARZ BYDGOSZCZ	M-30	9	00:00:02	00:18:10.40	00:18:13.15	+00:01:31 (8.4%)	3:38	16.5 (91.7%)
10	FLOREK Paweł	9	RUNADDICTS	M-30	10	00:00:02	00:18:20.85	00:18:23.10	+00:01:42 (9.3%)	3:40	16.3 (90.6%)
11	STRYCHALSKI Tomasz	421	RUN LOTTO-BYDGOSTIA	M-30	11	00:00:10	00:18:32.10	00:18:42.30	+00:01:53 (10.2%)	3:42	16.2 (90.0%)
12	HOC Marek	679	LEGE ARTIS	M-30	12	00:00:02	00:18:33.20	00:18:36.00	+00:01:54 (10.3%)	3:42	16.2 (90.0%)
13	ŚLUSARSKI Przemysław	1488		M-30	13	00:00:04	00:18:34.70	00:18:39.25	+00:01:56 (10.4%)	3:43	16.1 (89.4%)
14	MYSZKA Łukasz	963		M-30	14	00:00:01	00:18:37.70	00:18:39.20	+00:01:59 (10.7%)	3:43	16.1 (89.4%)
15	DAHMS Adam	579	MEDI TEAM	M-30	15	00:00:03	00:18:45.75	00:18:48.85	+00:02:07 (11.3%)	3:45	16 (88.9%)
16	SZLINGER Jakub	450	#TEAMWUJEKPORADA	M-30	16	00:00:02	00:18:56.20	00:18:58.75	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
17	ROMANOWSKI Michał	262		M-30	17	00:00:04	00:19:00.65	00:19:04.65	+00:02:22 (12.5%)	3:48	15.8 (87.8%)
18	KLONOWSKI Mariusz	1187		M-30	18	00:00:01	00:19:05.30	00:19:06.35	+00:02:26 (12.8%)	3:49	15.7 (87.2%)
19	DURCZAK Jerzy	225	BYDGOSKIE OKONIE	M-30	19	00:00:03	00:19:07.90	00:19:11.10	+00:02:29 (13.0%)	3:49	15.7 (87.2%)
20	NAGORZYSKI Arek	38	BIEGAMWSPIERAMMOTYWUJĘ	M-30	20	00:00:04	00:19:08.75	00:19:13.55	+00:02:30 (13.1%)	3:49	15.7 (87.2%)
21	SZOPIŃSKI Rafał	441		M-30	21	00:00:09	00:19:13.55	00:19:23.30	+00:02:35 (13.4%)	3:50	15.6 (86.7%)
22	KRUPA Piotr	1256		M-30	22	00:00:04	00:19:20.75	00:19:24.85	+00:02:42 (14.0%)	3:52	15.5 (86.1%)
23	KUROWSKI Kamil	26	HTB	M-30	23	00:00:03	00:19:24.30	00:19:27.65	+00:02:45 (14.2%)	3:52	15.5 (86.1%)
24	LEWANDOWSKI Rafał	860	B4SPORT	M-30	24	00:00:03	00:19:26.05	00:19:29.95	+00:02:47 (14.4%)	3:53	15.4 (85.6%)
25	RZESZOTARSKI Daniel	1079	BRAK	M-30	25	00:00:12	00:19:33.00	00:19:45.25	+00:02:54 (14.9%)	3:54	15.3 (85.0%)
26	MAGDZIARZ Jakub	592	KANCELARIA - HMM	M-30	26	00:00:06	00:19:34.80	00:19:41.25	+00:02:56 (15.0%)	3:55	15.3 (85.0%)
27	GŻYL Mikołaj	514	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	27	00:00:06	00:19:34.80	00:19:40.95	+00:02:56 (15.0%)	3:54	15.3 (85.0%)
28	WILK Łukasz	25	RUNADDICTS	M-30	28	00:00:04	00:19:42.10	00:19:46.75	+00:03:03 (15.5%)	3:56	15.2 (84.4%)
29	HAIZE Tomek	658	ARRK	M-30	29	00:00:01	00:19:42.40	00:19:43.85	+00:03:03 (15.6%)	3:56	15.2 (84.4%)
30	STARZYŃSKI Piotr	1419	HOMO LUDENS TEAM	M-30	30	00:00:00	00:19:43.40	00:19:43.40	+00:03:04 (15.6%)	3:56	15.2 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	<b>IGNACZAK Jarosław</b>	<b>148</b>		M-30	31	00:00:03	<b>00:19:51.40</b>	<b>00:19:55.25</b>	+00:03:12 (16.2%)	3:58	15.1 (83.9%)
32	<b>BAŁDYGA Daniel</b>	<b>1386</b>	1BLOG BYDGOSZCZ	M-30	32	00:00:05	<b>00:19:53.25</b>	<b>00:19:58.25</b>	+00:03:14 (16.3%)	3:58	15.1 (83.9%)
33	<b>KUŁAKOWSKI Krzysztof</b>	<b>480</b>	RUN PASJA	M-30	33	00:00:11	<b>00:19:54.80</b>	<b>00:20:06.60</b>	+00:03:16 (16.4%)	3:59	15.1 (83.9%)
34	<b>KUBIŃSKI Jakub</b>	<b>534</b>	BYDGOSZCZ TRIATHLON TEAM	M-30	34	00:00:02	<b>00:19:57.00</b>	<b>00:19:59.25</b>	+00:03:18 (16.6%)	3:59	15 (83.3%)
35	<b>MUCHA Marcin</b>	<b>57</b>	BATRUNNERS	M-30	35	00:00:11	<b>00:19:58.40</b>	<b>00:20:09.45</b>	+00:03:19 (16.7%)	3:59	15 (83.3%)
36	<b>BOŁZAN Michał</b>	<b>1082</b>		M-30	36	00:00:07	<b>00:19:58.70</b>	<b>00:20:05.95</b>	+00:03:20 (16.7%)	3:59	15 (83.3%)
37	<b>KOZIŃSKI Marek</b>	<b>331</b>	RUN BYDGOSZCZ	M-30	37	00:00:05	<b>00:20:05.65</b>	<b>00:20:11.20</b>	+00:03:27 (17.2%)	4:01	14.9 (82.8%)
38	<b>WALDA Łukasz</b>	<b>406</b>		M-30	38	00:00:07	<b>00:20:14.60</b>	<b>00:20:22.40</b>	+00:03:36 (17.8%)	4:03	14.8 (82.2%)
39	<b>SOKOŁOWSKI Tomasz</b>	<b>523</b>		M-30	39	00:00:04	<b>00:20:16.45</b>	<b>00:20:20.55</b>	+00:03:38 (17.9%)	4:03	14.8 (82.2%)
40	<b>KLINOWSKI Radosław</b>	<b>362</b>		M-30	40	00:00:15	<b>00:20:24.10</b>	<b>00:20:39.65</b>	+00:03:45 (18.4%)	4:04	14.7 (81.7%)
41	<b>WINIARSKI Grzegorz</b>	<b>503</b>	THE RUNNERS ŚWIECIE	M-30	41	00:00:05	<b>00:20:26.40</b>	<b>00:20:31.65</b>	+00:03:47 (18.6%)	4:05	14.7 (81.7%)
42	<b>BOINSKI Rafał</b>	<b>309</b>		M-30	42	00:00:11	<b>00:20:29.65</b>	<b>00:20:41.10</b>	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
43	<b>MALICKI Łukasz</b>	<b>5</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	43	00:00:11	<b>00:20:29.80</b>	<b>00:20:41.65</b>	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
44	<b>DZIEKAN Wojtek</b>	<b>1118</b>	KABEL TEAM BYDGOSZCZ	M-30	44	00:00:06	<b>00:20:29.95</b>	<b>00:20:36.80</b>	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
45	<b>KOWALSKI Krzysztof</b>	<b>174</b>	OCELOTY KRUSZYN KRAJENSKI	M-30	45	00:00:02	<b>00:20:30.25</b>	<b>00:20:33.15</b>	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
46	<b>WIŚNIEWSKI Piotr</b>	<b>769</b>		M-30	46	00:00:07	<b>00:20:30.60</b>	<b>00:20:37.85</b>	+00:03:52 (18.9%)	4:06	14.6 (81.1%)
47	<b>OCHENDAL Maciej</b>	<b>412</b>	TRISPACE	M-30	47	00:00:05	<b>00:20:35.85</b>	<b>00:20:41.65</b>	+00:03:57 (19.2%)	4:07	14.6 (81.1%)
48	<b>PAWLAK Jakub</b>	<b>595</b>	JFTC SU	M-30	48	00:00:03	<b>00:20:42.80</b>	<b>00:20:45.85</b>	+00:04:04 (19.7%)	4:08	14.5 (80.6%)
49	<b>ŁOBODA Maciej</b>	<b>816</b>		M-30	49	00:00:10	<b>00:20:45.35</b>	<b>00:20:56.10</b>	+00:04:06 (19.8%)	4:09	14.4 (80.0%)
50	<b>SZATTEN Dawid</b>	<b>442</b>		M-30	50	00:00:05	<b>00:20:46.80</b>	<b>00:20:52.45</b>	+00:04:08 (19.9%)	4:09	14.4 (80.0%)
51	<b>SOBCZAK Marcin</b>	<b>621</b>	CZARNE STOPY.SM	M-30	51	00:00:20	<b>00:20:54.45</b>	<b>00:21:14.85</b>	+00:04:16 (20.4%)	4:10	14.4 (80.0%)
52	<b>GOŁATA Wojciech</b>	<b>1474</b>		M-30	52	00:00:10	<b>00:20:54.80</b>	<b>00:21:05.00</b>	+00:04:16 (20.4%)	4:11	14.3 (79.4%)
53	<b>APANASIEWICZ Bartosz</b>	<b>1173</b>	RUN PASJA	M-30	53	00:00:30	<b>00:20:57.35</b>	<b>00:21:27.45</b>	+00:04:18 (20.6%)	4:11	14.3 (79.4%)
54	<b>GRZECHOWIAK Krzysztof</b>	<b>6</b>	ZIELONY PELIKAN	M-30	54	00:00:08	<b>00:21:03.45</b>	<b>00:21:11.50</b>	+00:04:25 (21.0%)	4:12	14.3 (79.4%)
55	<b>CYL Dawid</b>	<b>252</b>	FORDONRUNNERS	M-30	55	00:00:13	<b>00:21:04.65</b>	<b>00:21:18.20</b>	+00:04:26 (21.0%)	4:13	14.2 (78.9%)
56	<b>ROGALSKI Maciej</b>	<b>1109</b>		M-30	56	00:01:11	<b>00:21:15.35</b>	<b>00:22:26.65</b>	+00:04:36 (21.7%)	4:15	14.1 (78.3%)
57	<b>MAZURKIEWICZ Piotr</b>	<b>433</b>		M-30	57	00:00:22	<b>00:21:20.60</b>	<b>00:21:42.65</b>	+00:04:42 (22.0%)	4:16	14.1 (78.3%)
58	<b>BOŁKA Szymon</b>	<b>1175</b>		M-30	58	00:00:07	<b>00:21:24.95</b>	<b>00:21:32.65</b>	+00:04:46 (22.3%)	4:17	14 (77.8%)
59	<b>JANYSKA Krzysztof</b>	<b>16</b>		M-30	59	00:00:12	<b>00:21:25.25</b>	<b>00:21:38.20</b>	+00:04:46 (22.3%)	4:17	14 (77.8%)
60	<b>WACHOWSKI Piotr</b>	<b>795</b>		M-30	60	00:00:02	<b>00:21:25.55</b>	<b>00:21:27.65</b>	+00:04:47 (22.3%)	4:17	14 (77.8%)
61	<b>WIECZOREK Waldek</b>	<b>102</b>		M-30	61	00:00:47	<b>00:21:27.00</b>	<b>00:22:14.75</b>	+00:04:48 (22.4%)	4:17	14 (77.8%)
62	<b>WOŹNIAK Adam</b>	<b>168</b>		M-30	62	00:01:08	<b>00:21:28.80</b>	<b>00:22:37.70</b>	+00:04:50 (22.5%)	4:17	14 (77.8%)
63	<b>WRÓBLEWSKI Lech</b>	<b>1080</b>		M-30	63	00:00:10	<b>00:21:31.85</b>	<b>00:21:42.05</b>	+00:04:53 (22.7%)	4:18	13.9 (77.2%)
64	<b>RESZKA Jarosław</b>	<b>1373</b>		M-30	64	00:00:07	<b>00:21:33.20</b>	<b>00:21:40.65</b>	+00:04:54 (22.8%)	4:18	13.9 (77.2%)
65	<b>ROSÓŁ Jacek</b>	<b>1272</b>		M-30	65	00:00:11	<b>00:21:35.90</b>	<b>00:21:46.90</b>	+00:04:57 (23.0%)	4:19	13.9 (77.2%)
66	<b>SZYSZKA Radosław</b>	<b>640</b>		M-30	66	00:00:06	<b>00:21:36.55</b>	<b>00:21:43.50</b>	+00:04:58 (23.0%)	4:19	13.9 (77.2%)
67	<b>SENDROWICZ Mariusz</b>	<b>479</b>		M-30	67	00:00:08	<b>00:21:41.25</b>	<b>00:21:50.00</b>	+00:05:02 (23.3%)	4:20	13.8 (76.7%)
68	<b>WIDŹGOWSKI Przemysław</b>	<b>290</b>		M-30	68	00:00:11	<b>00:21:42.25</b>	<b>00:21:54.15</b>	+00:05:03 (23.3%)	4:20	13.8 (76.7%)
69	<b>HASS Adam</b>	<b>1212</b>	KOŁO NR 114	M-30	69	00:00:09	<b>00:21:44.15</b>	<b>00:21:53.30</b>	+00:05:05 (23.4%)	4:20	13.8 (76.7%)
70	<b>NALEŻYTY Piotr</b>	<b>67</b>	KLINIKA TRIATHLONU	M-30	70	00:00:08	<b>00:21:47.40</b>	<b>00:21:55.95</b>	+00:05:08 (23.6%)	4:21	13.8 (76.7%)
71	<b>KACZMAREK Sebastian</b>	<b>733</b>	TEAM WUJEK PORADA	M-30	71	00:00:11	<b>00:21:49.35</b>	<b>00:22:00.80</b>	+00:05:10 (23.7%)	4:21	13.8 (76.7%)
72	<b>BAJNO Waldemar</b>	<b>944</b>		M-30	72	00:01:08	<b>00:21:55.85</b>	<b>00:23:04.45</b>	+00:05:17 (24.1%)	4:23	13.7 (76.1%)
73	<b>SZCZĘSNY Arkadiusz</b>	<b>572</b>	DYNAMO SKARPA	M-30	73	00:00:07	<b>00:21:56.90</b>	<b>00:22:04.15</b>	+00:05:18 (24.2%)	4:23	13.7 (76.1%)
74	<b>BABIŃSKI Michał</b>	<b>849</b>		M-30	74	00:00:12	<b>00:22:07.90</b>	<b>00:22:19.95</b>	+00:05:29 (24.8%)	4:25	13.6 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	<b>DOMŻALSKI Kamil</b>	<b>1438</b>		M-30	75	00:00:29	<b>00:22:13.25</b>	<b>00:22:42.40</b>	+00:05:34 (25.1%)	4:26	13.5 (75.0%)
76	<b>KLEPACZEWSKI Arkadiusz</b>	<b>452</b>		M-30	76	00:00:09	<b>00:22:13.90</b>	<b>00:22:23.25</b>	+00:05:35 (25.1%)	4:26	13.5 (75.0%)
77	<b>SKĄPSKI Łukasz</b>	<b>1345</b>		M-30	77	00:00:49	<b>00:22:15.50</b>	<b>00:23:04.85</b>	+00:05:37 (25.2%)	4:27	13.5 (75.0%)
78	<b>ŁABENDA Robert</b>	<b>55</b>		M-30	78	00:00:08	<b>00:22:18.85</b>	<b>00:22:27.80</b>	+00:05:40 (25.4%)	4:27	13.4 (74.4%)
79	<b>KULBAKA Dawid</b>	<b>233</b>		M-30	79	00:00:09	<b>00:22:19.75</b>	<b>00:22:29.70</b>	+00:05:41 (25.5%)	4:28	13.4 (74.4%)
80	<b>MROTEK Michał</b>	<b>1177</b>		M-30	80	00:00:30	<b>00:22:19.85</b>	<b>00:22:50.45</b>	+00:05:41 (25.5%)	4:28	13.4 (74.4%)
81	<b>TADROWSKI Rafał</b>	<b>742</b>		M-30	81	00:00:31	<b>00:22:20.45</b>	<b>00:22:52.15</b>	+00:05:42 (25.5%)	4:28	13.4 (74.4%)
82	<b>PRIEWE Paweł</b>	<b>552</b>	DYNAMO SKARPA	M-30	82	00:00:08	<b>00:22:22.70</b>	<b>00:22:30.85</b>	+00:05:44 (25.6%)	4:28	13.4 (74.4%)
83	<b>LESZCZYŃSKI Łukasz</b>	<b>779</b>		M-30	83	00:00:25	<b>00:22:24.00</b>	<b>00:22:49.95</b>	+00:05:45 (25.7%)	4:28	13.4 (74.4%)
84	<b>KITOWSKI Przemek</b>	<b>43</b>		M-30	84	00:00:08	<b>00:22:25.95</b>	<b>00:22:34.60</b>	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
85	<b>DUSZKA Łukasz</b>	<b>1235</b>		M-30	85	00:00:13	<b>00:22:26.30</b>	<b>00:22:39.30</b>	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
86	<b>DĄBROWSKI Maciej</b>	<b>1309</b>		M-30	86	00:00:09	<b>00:22:26.85</b>	<b>00:22:36.00</b>	+00:05:48 (25.9%)	4:29	13.4 (74.4%)
87	<b>RYDLEWSKI Andrzej</b>	<b>803</b>	RUN BYDGOSZCZ	M-30	87	00:00:11	<b>00:22:29.05</b>	<b>00:22:40.95</b>	+00:05:50 (26.0%)	4:29	13.3 (73.9%)
88	<b>ŁOBOCKI Krzysztof</b>	<b>912</b>		M-30	88	00:00:25	<b>00:22:29.25</b>	<b>00:22:55.00</b>	+00:05:50 (26.0%)	4:30	13.3 (73.9%)
89	<b>BOSEK Grzegorz</b>	<b>1305</b>		M-30	89	00:00:37	<b>00:22:30.65</b>	<b>00:23:07.95</b>	+00:05:52 (26.1%)	4:30	13.3 (73.9%)
90	<b>BUSSE Piotr</b>	<b>573</b>		M-30	90	00:00:22	<b>00:22:34.50</b>	<b>00:22:56.85</b>	+00:05:56 (26.3%)	4:30	13.3 (73.9%)
91	<b>KODRANC Michał</b>	<b>307</b>		M-30	91	00:00:48	<b>00:22:38.85</b>	<b>00:23:26.95</b>	+00:06:00 (26.5%)	4:31	13.3 (73.9%)
92	<b>DACH Łukasz</b>	<b>1157</b>		M-30	92	00:00:06	<b>00:22:38.95</b>	<b>00:22:45.70</b>	+00:06:00 (26.5%)	4:31	13.2 (73.3%)
93	<b>DUCZKOWSKI Damian</b>	<b>1011</b>	GAZDÓWKA	M-30	93	00:01:24	<b>00:22:41.95</b>	<b>00:24:06.70</b>	+00:06:03 (26.7%)	4:32	13.2 (73.3%)
94	<b>ŁAWSKI Kamil</b>	<b>1251</b>		M-30	94	00:00:19	<b>00:22:42.15</b>	<b>00:23:01.80</b>	+00:06:03 (26.7%)	4:32	13.2 (73.3%)
95	<b>PRZEWŁOCKI Jakub</b>	<b>655</b>		M-30	95	00:00:11	<b>00:22:46.80</b>	<b>00:22:58.55</b>	+00:06:08 (26.9%)	4:33	13.2 (73.3%)
96	<b>FELINIAK Daniel</b>	<b>1238</b>		M-30	96	00:00:25	<b>00:22:48.05</b>	<b>00:23:13.90</b>	+00:06:09 (27.0%)	4:33	13.2 (73.3%)
97	<b>SZULC Rafał</b>	<b>494</b>	RUN BYDGOSZCZ	M-30	97	00:00:26	<b>00:22:51.15</b>	<b>00:23:17.50</b>	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
98	<b>DRWĘCKI Daniel</b>	<b>100</b>	BIEGNIJ Z PROSERVICE	M-30	98	00:01:22	<b>00:22:55.60</b>	<b>00:24:17.75</b>	+00:06:17 (27.4%)	4:35	13.1 (72.8%)
99	<b>PALIGA Maciej</b>	<b>311</b>		M-30	99	00:00:28	<b>00:22:58.55</b>	<b>00:23:27.10</b>	+00:06:20 (27.6%)	4:35	13.1 (72.8%)
100	<b>BIELICKI Waldemar</b>	<b>490</b>		M-30	100	00:00:05	<b>00:22:58.60</b>	<b>00:23:04.45</b>	+00:06:20 (27.6%)	4:35	13.1 (72.8%)
101	<b>DĘBSKI Adrian</b>	<b>561</b>		M-30	101	00:00:37	<b>00:23:00.85</b>	<b>00:23:38.30</b>	+00:06:22 (27.7%)	4:36	13 (72.2%)
102	<b>BINDEK Łukasz</b>	<b>197</b>		M-30	102	00:00:43	<b>00:23:03.45</b>	<b>00:23:46.75</b>	+00:06:25 (27.8%)	4:36	13 (72.2%)
103	<b>GABRYCH Maciej</b>	<b>149</b>	CZARNE STOPY	M-30	103	00:00:20	<b>00:23:07.10</b>	<b>00:23:28.00</b>	+00:06:28 (28.0%)	4:37	13 (72.2%)
104	<b>POZNAŃ Łukasz</b>	<b>373</b>	SCANDAGRA	M-30	104	00:01:09	<b>00:23:07.95</b>	<b>00:24:17.65</b>	+00:06:29 (28.1%)	4:37	13 (72.2%)
105	<b>BANACH Marcin</b>	<b>1069</b>	3GRAVITY	M-30	105	00:01:31	<b>00:23:08.80</b>	<b>00:24:40.40</b>	+00:06:30 (28.1%)	4:37	13 (72.2%)
105	<b>RÓŻAŃSKI Kamil</b>	<b>866</b>	3GRAVITY	M-30	106	00:01:31	<b>00:23:09.10</b>	<b>00:24:40.40</b>	+00:06:30 (28.1%)	4:37	13 (72.2%)
107	<b>MACKIEWICZ Piotr</b>	<b>462</b>		M-30	107	00:00:41	<b>00:23:13.30</b>	<b>00:23:54.95</b>	+00:06:34 (28.3%)	4:38	12.9 (71.7%)
108	<b>RUMIŃSKI Adam</b>	<b>843</b>		M-30	108	00:00:19	<b>00:23:13.75</b>	<b>00:23:32.95</b>	+00:06:35 (28.4%)	4:38	12.9 (71.7%)
109	<b>SCHMIDT Marcin</b>	<b>1191</b>		M-30	109	00:00:32	<b>00:23:15.85</b>	<b>00:23:47.85</b>	+00:06:37 (28.5%)	4:39	12.9 (71.7%)
110	<b>ROSZCZYN Dawid</b>	<b>559</b>	CB163	M-30	110	00:00:58	<b>00:23:16.65</b>	<b>00:24:14.85</b>	+00:06:38 (28.5%)	4:39	12.9 (71.7%)
111	<b>URBAŃSKI Dawid</b>	<b>629</b>		M-30	111	00:00:34	<b>00:23:17.55</b>	<b>00:23:52.35</b>	+00:06:39 (28.6%)	4:39	12.9 (71.7%)
112	<b>BURY Tomasz</b>	<b>183</b>		M-30	112	00:01:04	<b>00:23:20.00</b>	<b>00:24:24.50</b>	+00:06:41 (28.7%)	4:40	12.9 (71.7%)
113	<b>KARPIŃSKI Daniel</b>	<b>799</b>		M-30	113	00:00:16	<b>00:23:26.30</b>	<b>00:23:42.80</b>	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
114	<b>WARAKOMSKI Rafał</b>	<b>1290</b>		M-30	114	00:00:35	<b>00:23:26.40</b>	<b>00:24:02.10</b>	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
115	<b>PAWLAK Waldemar</b>	<b>964</b>	VEGERUNNERS	M-30	115	00:00:15	<b>00:23:27.65</b>	<b>00:23:42.75</b>	+00:06:49 (29.1%)	4:41	12.8 (71.1%)
116	<b>MUSIAŁ Przemysław</b>	<b>1323</b>		M-30	116	00:00:42	<b>00:23:32.25</b>	<b>00:24:14.45</b>	+00:06:53 (29.3%)	4:42	12.7 (70.6%)
117	<b>RYMER Adam</b>	<b>352</b>		M-30	117	00:00:24	<b>00:23:35.70</b>	<b>00:24:00.10</b>	+00:06:57 (29.5%)	4:43	12.7 (70.6%)
118	<b>GRABOWSKI Łukasz</b>	<b>1273</b>		M-30	118	00:00:26	<b>00:23:40.50</b>	<b>00:24:06.85</b>	+00:07:02 (29.7%)	4:44	12.7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	HETEL Adam	36	KLUB BIEGACZA RTV EURO AGD	M-30	119	00:00:38	00:23:41.55	00:24:19.90	+00:07:03 (29.8%)	4:44	12.7 (70.6%)
120	WOJTYSIAK Kamil	1095		M-30	120	00:00:31	00:23:44.25	00:24:15.75	+00:07:05 (29.9%)	4:44	12.6 (70.0%)
121	DĄBROWSKI Bartosz	19	SPORTOWA PASJA	M-30	121	00:00:15	00:23:45.05	00:24:00.15	+00:07:06 (29.9%)	4:45	12.6 (70.0%)
122	GUŹDZIÓŁ Jarek	20		M-30	122	00:00:28	00:23:47.40	00:24:16.15	+00:07:08 (30.1%)	4:45	12.6 (70.0%)
123	CZAJA Jarosław	141		M-30	123	00:00:38	00:23:47.60	00:24:26.25	+00:07:09 (30.1%)	4:45	12.6 (70.0%)
124	SZARLEJ Marcin	116		M-30	124	00:00:28	00:23:48.70	00:24:17.40	+00:07:10 (30.1%)	4:45	12.6 (70.0%)
125	MINTA Adam	1357		M-30	125	00:00:26	00:23:49.10	00:24:16.05	+00:07:10 (30.1%)	4:46	12.6 (70.0%)
126	GRAJEWSKI Marcin	1041		M-30	126	00:00:18	00:23:49.20	00:24:07.55	+00:07:10 (30.1%)	4:45	12.6 (70.0%)
127	KISZKA Marcin	264	RUN PASJA	M-30	127	00:00:43	00:23:49.90	00:24:33.45	+00:07:11 (30.2%)	4:46	12.6 (70.0%)
128	TUPTANOWSKI Przemysław	830	WELD-LINE TEAM	M-30	128	00:00:36	00:23:55.45	00:24:32.20	+00:07:17 (30.4%)	4:47	12.5 (69.4%)
129	ROTHE Dawid	152		M-30	129	00:00:37	00:24:01.75	00:24:39.00	+00:07:23 (30.7%)	4:48	12.5 (69.4%)
130	MATTHEWS Karol	939	BIEG PO ZDROWIE	M-30	130	00:00:46	00:24:05.85	00:24:52.65	+00:07:27 (30.9%)	4:49	12.4 (68.9%)
131	SZUKAJ Karol	413	KANAŁOWA TEAM	M-30	131	00:00:17	00:24:13.30	00:24:30.55	+00:07:34 (31.3%)	4:50	12.4 (68.9%)
132	BRYCKI Łukasz	425		M-30	132	00:00:20	00:24:14.55	00:24:35.15	+00:07:36 (31.4%)	4:51	12.4 (68.9%)
133	SPIRYDOWICZ Piotr	820		M-30	133	00:00:34	00:24:18.85	00:24:53.15	+00:07:40 (31.6%)	4:51	12.3 (68.3%)
134	FABROWSKI Dawid	508	ROMET PRACOWNIAFIZJOTERAPII	M-30	134	00:01:08	00:24:23.65	00:25:32.50	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
135	SZYDŁOWSKI Rafał	184		M-30	135	00:00:40	00:24:23.85	00:25:04.80	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
136	BELIŃSKI Maciej	79	TYPYGRUBE	M-30	136	00:00:47	00:24:24.05	00:25:11.60	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
137	MIELCARSKI Michał	585	MIELCAR TEAM	M-30	137	00:01:06	00:24:24.15	00:25:31.10	+00:07:45 (31.8%)	4:53	12.3 (68.3%)
138	BOROWICZ Ireneusz	1230		M-30	138	00:00:49	00:24:30.30	00:25:19.75	+00:07:51 (32.1%)	4:54	12.2 (67.8%)
139	BĄBOLEWSKI Łukasz	380		M-30	139	00:01:07	00:24:32.85	00:25:40.10	+00:07:54 (32.2%)	4:54	12.2 (67.8%)
140	ŻMICH Tomasz	1067		M-30	140	00:00:45	00:24:35.15	00:25:20.35	+00:07:56 (32.3%)	4:55	12.2 (67.8%)
141	KORCZAK Artur	1102		M-30	141	00:01:26	00:24:36.65	00:26:03.30	+00:07:58 (32.4%)	4:55	12.2 (67.8%)
142	GÓRECKI Łukasz	1117	BYDGOSKIE OKONIE	M-30	142	00:00:14	00:24:42.00	00:24:56.50	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
143	RUBASZEWSKI Marcin	1356		M-30	143	00:00:28	00:24:46.65	00:25:14.90	+00:08:08 (32.8%)	4:57	12.1 (67.2%)
144	KISIEL Krystian	114	EKIPA BSW	M-30	144	00:00:18	00:24:51.65	00:25:10.20	+00:08:13 (33.1%)	4:58	12.1 (67.2%)
145	POLIWODZIŃSKI Michał	1258	WISEŁKA BYDGOSZCZ	M-30	145	00:00:32	00:24:58.40	00:25:31.20	+00:08:19 (33.4%)	4:59	12 (66.7%)
146	KUBIAK Tomasz	353		M-30	146	00:00:51	00:24:59.45	00:25:50.85	+00:08:21 (33.4%)	4:59	12 (66.7%)
147	SOSNA Mikołaj	664		M-30	147	00:00:20	00:25:00.40	00:25:21.35	+00:08:21 (33.5%)	5:00	12 (66.7%)
148	KONDEL Kamil	1223	CREDITEO.PL - PORTAL FINANSOWY	M-30	148	00:00:35	00:25:00.80	00:25:35.95	+00:08:22 (33.5%)	5:00	12 (66.7%)
149	ROSINSKI Przemysław	12		M-30	149	00:00:26	00:25:03.55	00:25:29.55	+00:08:25 (33.6%)	5:00	12 (66.7%)
150	JARZEMBSKI Arkadiusz	1262		M-30	150	00:00:56	00:25:05.40	00:26:01.45	+00:08:26 (33.7%)	5:01	12 (66.7%)
151	DZIERŻAWSKI Łukasz	325		M-30	151	00:00:36	00:25:07.05	00:25:43.70	+00:08:28 (33.7%)	5:01	11.9 (66.1%)
152	KUKLIŃSKI Rafał	416		M-30	152	00:00:27	00:25:15.50	00:25:42.75	+00:08:37 (34.1%)	5:03	11.9 (66.1%)
153	ŁUDZIŃSKI Jakub	202	CALISTHENICS ACADEMY	M-30	153	00:01:19	00:25:15.70	00:26:34.75	+00:08:37 (34.1%)	5:03	11.9 (66.1%)
154	MADEJ Kamil	614		M-30	154	00:00:04	00:25:15.75	00:25:19.95	+00:08:37 (34.1%)	5:03	11.9 (66.1%)
155	KABATEK Janusz	1001		M-30	155	00:00:46	00:25:16.95	00:26:03.75	+00:08:38 (34.2%)	5:03	11.9 (66.1%)
156	MYCZKO Dariusz	974	CPR BYDGOSZCZ	M-30	156	00:00:58	00:25:18.55	00:26:16.95	+00:08:40 (34.2%)	5:03	11.9 (66.1%)
157	KIEŁPIŃSKI Michał	1197		M-30	157	00:01:04	00:25:18.95	00:26:23.15	+00:08:40 (34.3%)	5:03	11.8 (65.6%)
158	CADER Ryszard	254	SPÓJNIA BIAŁE BŁOTA	M-30	158	00:01:01	00:25:24.80	00:26:26.30	+00:08:46 (34.5%)	5:05	11.8 (65.6%)
159	PAPIS Piotr	756	BACK_ON	M-30	159	00:00:25	00:25:26.50	00:25:51.70	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
160	SKRZYNIARZ Hubert	709		M-30	160	00:00:41	00:25:27.00	00:26:08.25	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
161	LEWANDOWSKI Michał	1199		M-30	161	00:00:51	00:25:27.35	00:26:18.70	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
162	MAICHSZAK Michał	1320		M-30	162	00:00:50	00:25:27.40	00:26:18.25	+00:08:48 (34.6%)	5:05	11.8 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	<b>ADACH Paweł</b>	<b>1205</b>		M-30	163	00:00:52	<b>00:25:28.15</b>	<b>00:26:20.20</b>	+00:08:49 (34.7%)	5:05	11.8 (65.6%)
164	<b>ŚNIECHOTA Konrad</b>	<b>315</b>	TYPYGRUBE	M-30	164	00:00:49	<b>00:25:28.50</b>	<b>00:26:18.45</b>	+00:08:50 (34.7%)	5:05	11.8 (65.6%)
165	<b>NAWROCKI Radek</b>	<b>957</b>	ŁOKIETEK WIERZCHUCIN KRÓLEWSKI	M-30	165	00:00:29	<b>00:25:31.05</b>	<b>00:26:00.70</b>	+00:08:52 (34.8%)	5:06	11.8 (65.6%)
166	<b>KRESIŃSKI Andrzej</b>	<b>388</b>		M-30	166	00:00:27	<b>00:25:43.05</b>	<b>00:26:10.30</b>	+00:09:04 (35.3%)	5:08	11.7 (65.0%)
167	<b>BIERNACKI Sławomir</b>	<b>1139</b>		M-30	167	00:00:43	<b>00:25:44.65</b>	<b>00:26:28.20</b>	+00:09:06 (35.4%)	5:09	11.7 (65.0%)
168	<b>SZEWCZUK Sebastian</b>	<b>403</b>	TASAK TEAM	M-30	168	00:00:40	<b>00:25:46.55</b>	<b>00:26:26.60</b>	+00:09:08 (35.4%)	5:09	11.6 (64.4%)
169	<b>PYTLIŃSKI Paweł</b>	<b>1295</b>	BYDGOSKIE ŻÓŁWIE	M-30	169	00:01:02	<b>00:25:46.80</b>	<b>00:26:49.60</b>	+00:09:08 (35.5%)	5:09	11.6 (64.4%)
170	<b>OSAK Paweł</b>	<b>283</b>		M-30	170	00:00:16	<b>00:25:46.85</b>	<b>00:26:03.80</b>	+00:09:08 (35.5%)	5:09	11.6 (64.4%)
171	<b>STĘPIEŃ Michał</b>	<b>1113</b>	GALACTICA	M-30	171	00:00:43	<b>00:25:49.20</b>	<b>00:26:33.00</b>	+00:09:10 (35.6%)	5:10	11.6 (64.4%)
172	<b>POTRZEBOWSKI Marek</b>	<b>219</b>	DEAF	M-30	172	00:00:31	<b>00:25:55.40</b>	<b>00:26:26.60</b>	+00:09:16 (35.8%)	5:11	11.6 (64.4%)
173	<b>BONKOWSKI Wojciech</b>	<b>894</b>		M-30	173	00:00:06	<b>00:26:00.65</b>	<b>00:26:07.10</b>	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
174	<b>PACEWICZ Wojciech</b>	<b>1267</b>		M-30	174	00:00:59	<b>00:26:01.20</b>	<b>00:27:00.80</b>	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
175	<b>WIELIŃSKI Wojciech</b>	<b>1354</b>		M-30	175	00:00:16	<b>00:26:03.45</b>	<b>00:26:20.20</b>	+00:09:25 (36.1%)	5:12	11.5 (63.9%)
176	<b>JABŁOŃSKI Adrian</b>	<b>855</b>		M-30	176	00:00:16	<b>00:26:04.95</b>	<b>00:26:21.75</b>	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
177	<b>WILMA Paweł</b>	<b>596</b>		M-30	177	00:00:46	<b>00:26:04.95</b>	<b>00:26:51.15</b>	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
178	<b>KARASZEWSKI Norbert</b>	<b>851</b>	1 WSZP BYDGOSZCZ	M-30	178	00:00:20	<b>00:26:24.55</b>	<b>00:26:44.55</b>	+00:09:46 (37.0%)	5:16	11.4 (63.3%)
179	<b>KROPIDŁOWSKI Bartosz</b>	<b>1226</b>		M-30	179	00:01:35	<b>00:26:29.35</b>	<b>00:28:04.75</b>	+00:09:50 (37.2%)	5:17	11.3 (62.8%)
180	<b>KWIATKOWSKI Paweł</b>	<b>895</b>		M-30	180	00:00:06	<b>00:26:29.80</b>	<b>00:26:36.45</b>	+00:09:51 (37.2%)	5:18	11.3 (62.8%)
181	<b>GÓRECKI Patryk</b>	<b>29</b>		M-30	181	00:00:14	<b>00:26:32.80</b>	<b>00:26:47.40</b>	+00:09:54 (37.3%)	5:18	11.3 (62.8%)
182	<b>JASINIECKI Wojciech</b>	<b>85</b>		M-30	182	00:01:24	<b>00:26:35.05</b>	<b>00:27:59.60</b>	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
183	<b>KUŚ Michał</b>	<b>360</b>		M-30	183	00:00:42	<b>00:26:42.35</b>	<b>00:27:24.75</b>	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
184	<b>STREHLKE Łukasz</b>	<b>924</b>		M-30	184	00:00:35	<b>00:26:43.95</b>	<b>00:27:19.90</b>	+00:10:05 (37.8%)	5:20	11.2 (62.2%)
185	<b>BISKUPSKI Rafał</b>	<b>1252</b>		M-30	185	00:01:07	<b>00:26:47.50</b>	<b>00:27:55.00</b>	+00:10:09 (37.9%)	5:21	11.2 (62.2%)
186	<b>WOLSKI Marek</b>	<b>1200</b>		M-30	186	00:01:25	<b>00:26:51.60</b>	<b>00:28:16.95</b>	+00:10:13 (38.0%)	5:22	11.2 (62.2%)
187	<b>MAZIARCZYK Marcin</b>	<b>1204</b>		M-30	187	00:01:17	<b>00:26:59.80</b>	<b>00:28:16.90</b>	+00:10:21 (38.4%)	5:23	11.1 (61.7%)
188	<b>PUZYREWSKI Michał</b>	<b>377</b>	CB 163	M-30	188	00:01:19	<b>00:27:03.75</b>	<b>00:28:22.75</b>	+00:10:25 (38.5%)	5:24	11.1 (61.7%)
189	<b>ZIELIŃSKI Radosław</b>	<b>402</b>		M-30	189	00:00:58	<b>00:27:04.75</b>	<b>00:28:02.90</b>	+00:10:26 (38.5%)	5:24	11.1 (61.7%)
190	<b>JAROCH Rafał</b>	<b>129</b>		M-30	190	00:00:43	<b>00:27:04.90</b>	<b>00:27:48.75</b>	+00:10:26 (38.6%)	5:25	11.1 (61.7%)
191	<b>BRAĞIEL Jakub</b>	<b>86</b>	VEGE RUNNERS	M-30	191	00:01:36	<b>00:27:05.95</b>	<b>00:28:42.80</b>	+00:10:27 (38.6%)	5:25	11.1 (61.7%)
192	<b>KOTECKI Marcin</b>	<b>680</b>		M-30	192	00:00:54	<b>00:27:09.45</b>	<b>00:28:04.35</b>	+00:10:31 (38.7%)	5:26	11 (61.1%)
193	<b>JANUSZEWSKI Marcin</b>	<b>666</b>		M-30	193	00:00:54	<b>00:27:09.75</b>	<b>00:28:04.45</b>	+00:10:31 (38.7%)	5:26	11 (61.1%)
194	<b>ANDRZEJEWSKI Paweł</b>	<b>727</b>		M-30	194	00:00:13	<b>00:27:11.20</b>	<b>00:27:24.90</b>	+00:10:32 (38.8%)	5:26	11 (61.1%)
195	<b>WARACZEWSKI Paweł</b>	<b>675</b>		M-30	195	00:00:20	<b>00:27:18.35</b>	<b>00:27:38.45</b>	+00:10:39 (39.1%)	5:27	11 (61.1%)
196	<b>CYBUL Krzysztof</b>	<b>1040</b>		M-30	196	00:01:27	<b>00:27:18.50</b>	<b>00:28:45.75</b>	+00:10:40 (39.1%)	5:27	11 (61.1%)
197	<b>DERESZYŃSKI Piotr</b>	<b>1408</b>		M-30	197	00:01:32	<b>00:27:20.15</b>	<b>00:28:52.90</b>	+00:10:41 (39.1%)	5:28	11 (61.1%)
198	<b>RATAJ Krzysztof</b>	<b>32</b>	POLONIA BYDGOSZCZ SLA	M-30	198	00:00:43	<b>00:27:20.35</b>	<b>00:28:04.10</b>	+00:10:41 (39.1%)	5:28	11 (61.1%)
199	<b>BRZOZOWSKI Krzysztof</b>	<b>276</b>		M-30	199	00:01:04	<b>00:27:23.65</b>	<b>00:28:27.85</b>	+00:10:45 (39.3%)	5:28	11 (61.1%)
200	<b>SKRZYPIŃSKI Marek</b>	<b>1376</b>		M-30	200	00:01:06	<b>00:27:24.70</b>	<b>00:28:31.15</b>	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
201	<b>MIKUŁA Tomasz</b>	<b>468</b>	GORDON RUN	M-30	201	00:00:55	<b>00:27:24.80</b>	<b>00:28:20.00</b>	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
202	<b>PALIŃSKI Grzegorz</b>	<b>952</b>		M-30	202	00:01:12	<b>00:27:26.30</b>	<b>00:28:38.85</b>	+00:10:47 (39.4%)	5:29	10.9 (60.6%)
203	<b>BACZYŃSKI Łukasz</b>	<b>1132</b>		M-30	203	00:00:46	<b>00:27:27.55</b>	<b>00:28:14.15</b>	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
204	<b>GRUBICH Arkadiusz</b>	<b>340</b>	BRACIA DALTON	M-30	204	00:00:48	<b>00:27:27.60</b>	<b>00:28:15.75</b>	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
205	<b>CZUBKOWSKI Sebastian</b>	<b>525</b>	FIT KLUB	M-30	205	00:00:40	<b>00:27:29.90</b>	<b>00:28:10.75</b>	+00:10:51 (39.5%)	5:30	10.9 (60.6%)
206	<b>DUDZIAK Michał</b>	<b>56</b>	CPR BYDGOSZCZ	M-30	206	00:00:51	<b>00:27:30.60</b>	<b>00:28:22.45</b>	+00:10:52 (39.5%)	5:30	10.9 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
207	<b>JAŁOSZYŃSKI Bartłomiej</b>	<b>1190</b>		M-30	207	00:01:16	<b>00:27:33.25</b>	<b>00:28:49.60</b>	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
208	<b>POCHOWSKI Mariusz</b>	<b>1434</b>	MOGĘ SZYBCIEJ ALE NIE CHCĘ	M-30	208	00:00:34	<b>00:27:36.05</b>	<b>00:28:10.80</b>	+00:10:57 (39.7%)	5:31	10.9 (60.6%)
209	<b>ORNATOWSKI Marcin</b>	<b>359</b>	GORDON RUN	M-30	209	00:00:53	<b>00:27:40.15</b>	<b>00:28:33.15</b>	+00:11:01 (39.9%)	5:32	10.8 (60.0%)
210	<b>SZWAJCA Grzegorz</b>	<b>139</b>		M-30	210	00:00:36	<b>00:27:40.70</b>	<b>00:28:17.50</b>	+00:11:02 (39.9%)	5:32	10.8 (60.0%)
211	<b>CENTAŁA Jarosław</b>	<b>52</b>	TEAM WUJEK PORADA	M-30	211	00:00:20	<b>00:27:43.80</b>	<b>00:28:03.85</b>	+00:11:05 (40.0%)	5:32	10.8 (60.0%)
212	<b>KIELMANN Marcin</b>	<b>51</b>		M-30	212	00:00:46	<b>00:27:44.40</b>	<b>00:28:30.60</b>	+00:11:05 (40.0%)	5:32	10.8 (60.0%)
213	<b>DOMEK Aleksander</b>	<b>1372</b>		M-30	213	00:01:10	<b>00:27:47.65</b>	<b>00:28:57.80</b>	+00:11:09 (40.1%)	5:33	10.8 (60.0%)
214	<b>RĘDZINA Michał</b>	<b>1422</b>		M-30	214	00:00:37	<b>00:27:50.25</b>	<b>00:28:28.05</b>	+00:11:11 (40.2%)	5:34	10.8 (60.0%)
215	<b>WITOSŁAWSKI Tomasz</b>	<b>632</b>	DYNAMO SKARPA	M-30	215	00:00:08	<b>00:28:02.95</b>	<b>00:28:11.30</b>	+00:11:24 (40.7%)	5:36	10.7 (59.4%)
216	<b>REDELBACH Maciej</b>	<b>210</b>	CALISTHENICS ACADEMY	M-30	216	00:01:19	<b>00:28:03.45</b>	<b>00:29:22.45</b>	+00:11:25 (40.7%)	5:36	10.7 (59.4%)
217	<b>ZIELIŃSKI Stanisław</b>	<b>407</b>	GORDON RUN	M-30	217	00:00:55	<b>00:28:11.40</b>	<b>00:29:07.20</b>	+00:11:32 (41.0%)	5:38	10.6 (58.9%)
218	<b>KALINOWSKI Dariusz</b>	<b>892</b>		M-30	218	00:00:37	<b>00:28:19.40</b>	<b>00:28:56.65</b>	+00:11:40 (41.2%)	5:39	10.6 (58.9%)
219	<b>ZABOROWSKI Robert</b>	<b>1286</b>		M-30	219	00:00:54	<b>00:28:19.55</b>	<b>00:29:14.15</b>	+00:11:41 (41.3%)	5:40	10.6 (58.9%)
220	<b>GROT Krzysztof</b>	<b>27</b>		M-30	220	00:00:28	<b>00:28:29.10</b>	<b>00:28:57.15</b>	+00:11:50 (41.6%)	5:41	10.5 (58.3%)
221	<b>STOKŁOSA Kamil</b>	<b>448</b>		M-30	221	00:01:02	<b>00:28:31.15</b>	<b>00:29:33.75</b>	+00:11:52 (41.7%)	5:42	10.5 (58.3%)
222	<b>SKRZYŃSKI Wojciech</b>	<b>277</b>	QBOWICZ RODZINNA MAFIA BIEGOWA	M-30	222	00:00:38	<b>00:28:32.25</b>	<b>00:29:11.05</b>	+00:11:53 (41.7%)	5:42	10.5 (58.3%)
223	<b>JAGIEŁO Radek</b>	<b>948</b>	INOWROCŁAW BIEGA	M-30	223	00:01:18	<b>00:28:35.75</b>	<b>00:29:54.45</b>	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
224	<b>GORGOL Tomasz</b>	<b>161</b>	LP 500	M-30	224	00:01:22	<b>00:28:36.70</b>	<b>00:29:59.25</b>	+00:11:58 (41.8%)	5:43	10.5 (58.3%)
225	<b>BUTRYM Piotr</b>	<b>273</b>		M-30	225	00:01:22	<b>00:28:37.80</b>	<b>00:30:00.45</b>	+00:11:59 (41.9%)	5:43	10.5 (58.3%)
226	<b>AFELT Jarosław</b>	<b>417</b>		M-30	226	00:00:00	<b>00:28:46.40</b>	<b>00:28:46.40</b>	+00:12:07 (42.2%)	5:45	10.4 (57.8%)
227	<b>ZGÓRSKI Łukasz</b>	<b>1404</b>		M-30	227	00:00:47	<b>00:28:51.35</b>	<b>00:29:39.20</b>	+00:12:12 (42.3%)	5:46	10.4 (57.8%)
228	<b>KRZYKANOWSKI Marcin</b>	<b>719</b>		M-30	228	00:00:27	<b>00:28:54.50</b>	<b>00:29:21.75</b>	+00:12:16 (42.4%)	5:46	10.4 (57.8%)
229	<b>TOMASZEK Sebastian</b>	<b>91</b>		M-30	229	00:01:00	<b>00:29:00.75</b>	<b>00:30:01.50</b>	+00:12:22 (42.6%)	5:48	10.3 (57.2%)
230	<b>LEWICKI Jarek</b>	<b>601</b>		M-30	230	00:00:20	<b>00:29:02.40</b>	<b>00:29:23.10</b>	+00:12:23 (42.7%)	5:48	10.3 (57.2%)
231	<b>LUKASIEWICZ Krzysztof</b>	<b>1285</b>		M-30	231	00:01:25	<b>00:29:03.40</b>	<b>00:30:28.45</b>	+00:12:24 (42.7%)	5:48	10.3 (57.2%)
232	<b>SULIŃSKI Radek</b>	<b>1460</b>		M-30	232	00:01:23	<b>00:29:20.40</b>	<b>00:30:43.95</b>	+00:12:41 (43.3%)	5:52	10.2 (56.7%)
233	<b>KONKEL Bartosz</b>	<b>489</b>		M-30	233	00:01:16	<b>00:29:30.55</b>	<b>00:30:47.00</b>	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
234	<b>ZDUNKIEWICZ Marcin</b>	<b>775</b>		M-30	234	00:01:09	<b>00:29:30.55</b>	<b>00:30:40.45</b>	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
235	<b>KARSKI Przemysław</b>	<b>634</b>		M-30	235	00:00:51	<b>00:29:32.80</b>	<b>00:30:24.55</b>	+00:12:54 (43.7%)	5:54	10.2 (56.7%)
236	<b>KAMIŃSKI Łukasz</b>	<b>255</b>	QBOWICZ RODZINNA MAFIA BIEGOWA	M-30	236	00:00:57	<b>00:29:45.25</b>	<b>00:30:42.80</b>	+00:13:06 (44.1%)	5:57	10.1 (56.1%)
237	<b>ŚLADEWSKI Rafał</b>	<b>847</b>		M-30	237	00:00:52	<b>00:29:53.10</b>	<b>00:30:45.80</b>	+00:13:14 (44.3%)	5:58	10 (55.6%)
238	<b>SMYŁA Krzysztof</b>	<b>1015</b>		M-30	238	00:01:20	<b>00:29:53.50</b>	<b>00:31:13.80</b>	+00:13:15 (44.3%)	5:58	10 (55.6%)
239	<b>OSSOWSKI Łukasz</b>	<b>790</b>		M-30	239	00:01:47	<b>00:30:08.95</b>	<b>00:31:56.55</b>	+00:13:30 (44.8%)	6:01	10 (55.6%)
240	<b>DRZEWIECKI Radosław</b>	<b>397</b>		M-30	240	00:00:23	<b>00:30:38.30</b>	<b>00:31:01.95</b>	+00:13:59 (45.7%)	6:07	9.8 (54.4%)
241	<b>DANIELEK Adam</b>	<b>348</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-30	241	00:01:08	<b>00:30:41.85</b>	<b>00:31:50.25</b>	+00:14:03 (45.8%)	6:08	9.8 (54.4%)
242	<b>KOZICKI Marcin</b>	<b>117</b>	BYDGOSKIE ŻÓŁWIE	M-30	242	00:01:34	<b>00:30:54.85</b>	<b>00:32:28.95</b>	+00:14:16 (46.2%)	6:10	9.7 (53.9%)
243	<b>SUDOŁ Jacek</b>	<b>549</b>	IPA BYDGOSZCZ	M-30	243	00:00:12	<b>00:30:56.90</b>	<b>00:31:09.50</b>	+00:14:18 (46.2%)	6:11	9.7 (53.9%)
244	<b>SUDOROWSKI Rafal</b>	<b>568</b>		M-30	244	00:01:09	<b>00:30:58.65</b>	<b>00:32:08.35</b>	+00:14:20 (46.3%)	6:11	9.7 (53.9%)
245	<b>GURYN Wiktor</b>	<b>169</b>	ZIELONY PELIKAN	M-30	245	00:00:35	<b>00:31:02.40</b>	<b>00:31:37.85</b>	+00:14:23 (46.4%)	6:12	9.7 (53.9%)
246	<b>SZEWCZYKOWSKI Grzegorz</b>	<b>576</b>	BYDGOSKIE ŻÓŁWIE	M-30	246	00:01:33	<b>00:31:05.35</b>	<b>00:32:39.20</b>	+00:14:26 (46.5%)	6:13	9.6 (53.3%)
247	<b>WESOŁOWSKI Michał</b>	<b>969</b>	GORZEŃ RUN	M-30	247	00:01:26	<b>00:31:05.70</b>	<b>00:32:32.20</b>	+00:14:27 (46.5%)	6:13	9.6 (53.3%)
248	<b>DZEDZEJ Bartłomiej</b>	<b>610</b>	ASTORIA BYDGOSZCZ	M-30	248	00:01:19	<b>00:31:23.20</b>	<b>00:32:42.80</b>	+00:14:44 (47.0%)	6:16	9.6 (53.3%)
249	<b>MORAWSKI Marek</b>	<b>1374</b>		M-30	249	00:01:18	<b>00:31:24.55</b>	<b>00:32:42.95</b>	+00:14:46 (47.0%)	6:16	9.6 (53.3%)
250	<b>GRALLA Łukasz</b>	<b>1274</b>	--	M-30	250	00:01:28	<b>00:32:08.05</b>	<b>00:33:36.30</b>	+00:15:29 (48.2%)	6:25	9.3 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
251	<b>LISOWSKI Sebastian</b>	<b>907</b>		M-30	251	00:01:03	<b>00:32:19.75</b>	<b>00:33:22.80</b>	+00:15:41 (48.5%)	6:27	9.3 (51.7%)
252	<b>NOWAK Karol</b>	<b>1429</b>	MOGĘ SZYBCIEJ ALE NIE CHCĘ	M-30	252	00:00:36	<b>00:32:27.65</b>	<b>00:33:03.65</b>	+00:15:49 (48.7%)	6:29	9.2 (51.1%)
253	<b>KUBIAK Jarosław</b>	<b>644</b>		M-30	253	00:01:28	<b>00:32:30.50</b>	<b>00:33:59.05</b>	+00:15:52 (48.8%)	6:30	9.2 (51.1%)
254	<b>ŻEBROWSKI Michał</b>	<b>112</b>		M-30	254	00:01:14	<b>00:33:02.40</b>	<b>00:34:16.65</b>	+00:16:23 (49.6%)	6:36	9.1 (50.6%)
255	<b>SZYMCZAK Piotr</b>	<b>1327</b>		M-30	255	00:00:47	<b>00:33:13.50</b>	<b>00:34:01.05</b>	+00:16:35 (49.9%)	6:38	9 (50.0%)
256	<b>GAJEWSKI Maciej</b>	<b>1368</b>		M-30	256	00:01:30	<b>00:33:23.70</b>	<b>00:34:54.30</b>	+00:16:45 (50.2%)	6:40	9 (50.0%)
257	<b>TOMECKI Teodor</b>	<b>1209</b>		M-30	257	00:01:12	<b>00:33:43.85</b>	<b>00:34:56.60</b>	+00:17:05 (50.7%)	6:44	8.9 (49.4%)
258	<b>HAMES Łukasz</b>	<b>1439</b>		M-30	258	00:00:47	<b>00:34:21.30</b>	<b>00:35:09.05</b>	+00:17:42 (51.6%)	6:52	8.7 (48.3%)
259	<b>CHOROSZYŃSKI Piotr</b>	<b>1437</b>		M-30	259	00:00:47	<b>00:34:24.05</b>	<b>00:35:11.20</b>	+00:17:45 (51.6%)	6:52	8.7 (48.3%)
260	<b>DEROŃ Waldemar</b>	<b>1455</b>		M-30	260	00:00:45	<b>00:34:44.60</b>	<b>00:35:30.20</b>	+00:18:06 (52.1%)	6:57	8.6 (47.8%)
261	<b>RUDNICKI Michał</b>	<b>111</b>	TASAK TEAM	M-30	261	00:01:38	<b>00:34:47.30</b>	<b>00:36:25.70</b>	+00:18:08 (52.2%)	6:57	8.6 (47.8%)
262	<b>MOLENDĄ Tomasz</b>	<b>286</b>		M-30	262	00:00:30	<b>00:35:41.55</b>	<b>00:36:12.45</b>	+00:19:03 (53.4%)	7:08	8.4 (46.7%)
263	<b>SIEWIERSKI Łukasz</b>	<b>384</b>		M-30	263	00:01:19	<b>00:36:53.70</b>	<b>00:38:13.65</b>	+00:20:15 (54.9%)	7:22	8.1 (45.0%)
264	<b>WIECZOREK Marcin</b>	<b>244</b>		M-30	264	00:01:37	<b>00:44:59.80</b>	<b>00:46:37.65</b>	+00:28:21 (63.0%)	9:00	6.7 (37.2%)
265	<b>GROCHOWSKI Jakub</b>	<b>49</b>	JW1515	M-30	265	00:01:27			+00:10:34	5:30	10.9 (60.6%)
266	<b>KASPROWICZ Piotr</b>	<b>124</b>	JW 1515	M-30	266	00:00:00			+	6:04	9.9 (55.0%)
267	<b>STASZAK Szymon</b>	<b>1189</b>	OCELOTY KRUSZYN KRAJEŃSKI	M-30	267	00:00:21					(0.0%)

Znaleziono 267 wynik(ów)