



Organizator:
Data:
Miejsce:
Dystans:

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2018

Aktywna Bydgoszcz
2018-11-11
Bydgoszcz
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

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	NARTOWSKI Kamil	1136		M-30	1	00:00:01	00:15:31.60	00:15:32.85		3:06	19.3 (100%)
2	SKIBA Łukasz	59	1BLOG	M-30	2	00:00:01	00:16:39.10	00:16:40.45	+00:01:07 (6.8%)	3:19	18 (93.3%)
3	GOŚCINIAK Michał	1396	3GRAVITY	M-30	3	00:00:01	00:16:43.80	00:16:45.05	+00:01:12 (7.2%)	3:20	17.9 (92.7%)
4	MAŁECKI Jakub	851	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	4	00:00:02	00:16:46.25	00:16:48.55	+00:01:14 (7.4%)	3:21	17.9 (92.7%)
5	KOŁAKOWSKI Tomasz	1400	DECATHLON FORDON TEAM	M-30	5	00:00:02	00:17:05.55	00:17:08.15	+00:01:33 (9.2%)	3:25	17.5 (90.7%)
6	MAĆKOWSKI Maciej	157	UPS BYDGOSZCZ	M-30	6	00:00:01	00:17:08.20	00:17:09.45	+00:01:36 (9.4%)	3:25	17.5 (90.7%)
7	KOLMAJER Rafał	412		M-30	7	00:00:01	00:17:23.80	00:17:25.55	+00:01:52 (10.7%)	3:28	17.2 (89.1%)
8	PELC Marcin	424	TKKF KOLEJARZ BYDGOSZCZ	M-30	8	00:00:08	00:17:24.85	00:17:33.00	+00:01:53 (10.8%)	3:29	17.2 (89.1%)
9	ŚLUSARSKI Przemysław	927	RUN PASJA	M-30	9	00:00:03	00:17:31.70	00:17:34.90	+00:02:00 (11.4%)	3:30	17.1 (88.6%)
10	SOSNOWSKI Krzysztof	908		M-30	10	00:00:02	00:17:34.10	00:17:36.40	+00:02:02 (11.6%)	3:30	17.1 (88.6%)
11	WIWATOWSKI Michał	1245		M-30	11	00:00:02	00:17:38.65	00:17:40.65	+00:02:07 (12.0%)	3:31	17 (88.1%)
12	KUŁAKOWSKI Krzysztof	756	RUN PASJA	M-30	12	00:00:07	00:17:49.85	00:17:57.25	+00:02:18 (12.9%)	3:34	16.8 (87.0%)
13	KARASZEWSKI Norbert	833	1. WSZP BYDGOSZCZ	M-30	13	00:00:02	00:18:08.50	00:18:11.10	+00:02:36 (14.4%)	3:37	16.5 (85.5%)
14	WŁODARSKI Przemysław	1165	SPÓJNIA BIAŁE BŁOTA	M-30	14	00:00:01	00:18:16.75	00:18:18.55	+00:02:45 (15.1%)	3:39	16.4 (85.0%)
15	WILK Łukasz	437	RUNADDICTS	M-30	15	00:00:05	00:18:22.40	00:18:27.80	+00:02:50 (15.5%)	3:40	16.3 (84.5%)
16	KUROWSKI Kamil	758	3GRAVITY	M-30	16	00:00:03	00:18:22.75	00:18:26.15	+00:02:51 (15.5%)	3:40	16.3 (84.5%)
17	BENTKOWSKI Marcin	1079	TRIPower	M-30	17	00:00:05	00:18:23.35	00:18:29.05	+00:02:51 (15.6%)	3:40	16.3 (84.5%)
18	WADELSKI Maciej	777	1BLOG	M-30	18	00:00:03	00:18:23.70	00:18:27.20	+00:02:52 (15.6%)	3:40	16.3 (84.5%)
19	ROMANOWSKI Michał	444		M-30	19	00:00:03	00:18:29.00	00:18:32.70	+00:02:57 (16.0%)	3:41	16.2 (83.9%)
20	STRYCHALSKI Tomasz	418	BYDGOSZCZ RUN PROJECT	M-30	20	00:00:06	00:18:33.35	00:18:40.15	+00:03:01 (16.3%)	3:42	16.2 (83.9%)
21	KOPEĆ Michał	1225	FIDES MK	M-30	21	00:00:04	00:18:33.65	00:18:38.45	+00:03:02 (16.3%)	3:42	16.2 (83.9%)
22	BĄK Oskar	1389		M-30	22	00:00:04	00:18:36.30	00:18:41.15	+00:03:04 (16.5%)	3:43	16.1 (83.4%)
23	PAWLACZYK Szymon	223	TRISPACE	M-30	23	00:00:03	00:18:36.60	00:18:39.85	+00:03:05 (16.6%)	3:43	16.1 (83.4%)
24	KRUPA Piotr	331	GLINKI TEAM	M-30	24	00:00:04	00:18:43.25	00:18:47.50	+00:03:11 (17.1%)	3:44	16 (82.9%)
25	FLOREK Paweł	1072	RUNADDICTS	M-30	25	00:00:04	00:18:48.40	00:18:53.35	+00:03:16 (17.4%)	3:45	15.9 (82.4%)
26	LEWANDOWSKI Tomasz	1325	RCI BYDGOSZCZ	M-30	26	00:00:10	00:18:54.05	00:19:04.50	+00:03:22 (17.9%)	3:46	15.9 (82.4%)
27	WALDA Łukasz	256		M-30	27	00:00:05	00:18:55.85	00:19:01.00	+00:03:24 (18.0%)	3:47	15.8 (81.9%)
28	ADACH Paweł	1480	WEEKENDOWI BIEDACZE	M-30	28	00:00:03	00:18:56.05	00:18:59.50	+00:03:24 (18.0%)	3:47	15.8 (81.9%)
29	IGNACZAK Jarosław	356		M-30	29	00:00:04	00:18:57.30	00:19:01.65	+00:03:25 (18.1%)	3:47	15.8 (81.9%)
30	OKOŃSKI Jarosław	89		M-30	30	00:00:06	00:18:58.20	00:19:04.80	+00:03:26 (18.2%)	3:47	15.8 (81.9%)

						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km			
31	KHADDOUR Alex	702	KANCELARIA - HMM	M-30	31	00:00:06	00:19:01.75	00:19:08.30	+00:03:30 (18.4%)	3:48 15.8 (81.9%)
32	MAGDZIARZ Jakub	930		M-30	32	00:00:04	00:19:05.85	00:19:09.85	+00:03:34 (18.7%)	3:49 15.7 (81.3%)
33	SZLINGER Jakub	724		M-30	33	00:00:05	00:19:07.65	00:19:13.55	+00:03:36 (18.8%)	3:49 15.7 (81.3%)
34	SZATTEN Dawid	140	TKKF KOLEJARZ BYDGOSZCZ	M-30	34	00:00:04	00:19:11.40	00:19:15.70	+00:03:39 (19.1%)	3:50 15.6 (80.8%)
35	JAGIEŁA Bartosz	196		M-30	35	00:00:02	00:19:16.25	00:19:18.65	+00:03:44 (19.4%)	3:51 15.6 (80.8%)
36	BRZUCHALSKI Mati	392		M-30	36	00:00:08	00:19:19.05	00:19:27.30	+00:03:47 (19.6%)	3:51 15.5 (80.3%)
37	KOTULA Sławomir	1083	RUN PASJA	M-30	37	00:00:05	00:19:23.25	00:19:28.55	+00:03:51 (19.9%)	3:52 15.5 (80.3%)
38	KRZEMIŃSKI Bartosz	636		M-30	38	00:00:04	00:19:26.00	00:19:30.30	+00:03:54 (20.1%)	3:53 15.4 (79.8%)
39	LECH Marek	648		M-30	39	00:00:03	00:19:51.90	00:19:55.05	+00:04:20 (21.8%)	3:58 15.1 (78.2%)
40	ŚLEFARSKI Jacek	861	WHM POLSKA	M-30	40	00:00:04	00:19:53.70	00:19:58.10	+00:04:22 (22.0%)	3:58 15.1 (78.2%)
41	WIECZOREK Waldemar	148		M-30	41	00:01:52	00:19:54.85	00:21:46.95	+00:04:23 (22.0%)	3:58 15.1 (78.2%)
42	DRWĘCKI Daniel	749		M-30	42	00:00:09	00:19:55.15	00:20:04.60	+00:04:23 (22.1%)	3:59 15.1 (78.2%)
43	JANYSKA Krzysztof	232	1 BRYGADA LOGISTYCZNA	M-30	43	00:00:08	00:20:05.30	00:20:13.45	+00:04:33 (22.7%)	4:01 14.9 (77.2%)
44	BAŁDYGA Daniel	593		M-30	44	00:00:05	00:20:11.35	00:20:16.90	+00:04:39 (23.1%)	4:02 14.9 (77.2%)
45	SOKOŁOWSKI Tomasz	1444		M-30	45	00:00:17	00:20:19.10	00:20:36.95	+00:04:47 (23.6%)	4:03 14.8 (76.7%)
46	WARCZAK Kuba	739	TEAMOCHAL	M-30	46	00:00:10	00:20:21.70	00:20:32.05	+00:04:50 (23.7%)	4:04 14.7 (76.2%)
47	BOINSKI Rafal	893		M-30	47	00:00:09	00:20:25.05	00:20:34.50	+00:04:53 (24.0%)	4:05 14.7 (76.2%)
48	SZYSZKA Radosław	297		M-30	48	00:00:07	00:20:26.65	00:20:34.50	+00:04:55 (24.1%)	4:05 14.7 (76.2%)
49	ŚLEFARSKI Marcin	872		M-30	49	00:00:17	00:20:34.95	00:20:52.25	+00:05:03 (24.6%)	4:07 14.6 (75.6%)
50	ŁOBODA Maciej	318		M-30	50	00:00:03	00:20:36.15	00:20:39.50	+00:05:04 (24.6%)	4:07 14.6 (75.6%)
51	KLINOWSKI Radosław	470		M-30	51	00:00:57	00:20:37.00	00:21:34.60	+00:05:05 (24.7%)	4:07 14.6 (75.6%)
52	SKARWECKI Remigiusz	589	KUJAVIA3TEAM	M-30	52	00:00:13	00:20:38.55	00:20:51.90	+00:05:06 (24.8%)	4:07 14.5 (75.1%)
53	CZYZEWSKI Mateusz	433		M-30	53	00:00:07	00:20:40.20	00:20:47.65	+00:05:08 (24.9%)	4:08 14.5 (75.1%)
54	WAŁĘZA Hubert	857		M-30	54	00:00:12	00:20:41.90	00:20:54.35	+00:05:10 (25.0%)	4:08 14.5 (75.1%)
55	ŁYSZCZARZ Błażej	1392	KANAŁOWA TRI TEAM	M-30	55	00:00:39	00:20:47.00	00:21:26.05	+00:05:15 (25.3%)	4:09 14.4 (74.6%)
56	POKORSKI Tomasz	809		M-30	56	00:00:19	00:20:48.10	00:21:07.60	+00:05:16 (25.4%)	4:09 14.4 (74.6%)
57	POLACZYK Tomasz	295		M-30	57	00:00:38	00:20:48.15	00:21:27.10	+00:05:16 (25.4%)	4:09 14.4 (74.6%)
58	BOŁKA Szymon	1198	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	58	00:00:20	00:20:56.10	00:21:16.25	+00:05:24 (25.8%)	4:11 14.3 (74.1%)
59	GZYL Mikołaj	983		M-30	59	00:01:40	00:20:56.65	00:22:36.95	+00:05:25 (25.9%)	4:11 14.3 (74.1%)
60	CYL Dawid	693		M-30	60	00:00:10	00:21:03.20	00:21:13.75	+00:05:31 (26.3%)	4:12 14.3 (74.1%)
61	MROTEK Michał	182	QUAPRO TEAM	M-30	61	00:00:06	00:21:03.75	00:21:09.75	+00:05:32 (26.3%)	4:12 14.3 (74.1%)
62	BILSKI Marcin	743		M-30	62	00:00:24	00:21:07.90	00:21:32.00	+00:05:36 (26.5%)	4:13 14.2 (73.6%)
63	WACHOWSKI Piotr	241		M-30	63	00:00:01	00:21:09.30	00:21:10.90	+00:05:37 (26.6%)	4:13 14.2 (73.6%)
64	ROSÓŁ Jacek	464	KABEL TEAM BYDGOSZCZ	M-30	64	00:00:08	00:21:11.35	00:21:19.45	+00:05:39 (26.7%)	4:14 14.2 (73.6%)
65	DZIEKAN Wojciech	1161		M-30	65	00:00:07	00:21:17.05	00:21:24.65	+00:05:45 (27.1%)	4:15 14.1 (73.1%)
66	LATOS Paweł	236		M-30	66	00:00:11	00:21:19.05	00:21:30.65	+00:05:47 (27.2%)	4:15 14.1 (73.1%)
67	PALIGA Maciej	409	BRACIA LATOS	M-30	67	00:00:08	00:21:19.15	00:21:28.00	+00:05:47 (27.2%)	4:16 14.1 (73.1%)
68	GMOSINSKI Tomasz	1453		M-30	68	00:00:21	00:21:19.20	00:21:41.05	+00:05:47 (27.2%)	4:16 14.1 (73.1%)
69	ROGALSKI Maciej	1434		M-30	69	00:00:08	00:21:20.35	00:21:28.90	+00:05:48 (27.2%)	4:16 14.1 (73.1%)
70	ŁOBOCKI Krzysztof	420	OLOTEAM	M-30	70	00:00:08	00:21:22.85	00:21:31.35	+00:05:51 (27.4%)	4:16 14 (72.5%)
71	LESZCZYŃSKI Łukasz	785		M-30	71	00:00:34	00:21:27.90	00:22:02.75	+00:05:56 (27.7%)	4:17 14 (72.5%)
72	BARAŃSKI Władysław	1373		M-30	72	00:00:02	00:21:33.45	00:21:36.05	+00:06:01 (28.0%)	4:18 13.9 (72.0%)
73	KOWALSKI Krzysztof	321	OCELOTY KRUSZYN KRAJEŃSKI	M-30	73	00:00:22	00:21:34.40	00:21:56.75	+00:06:02 (28.0%)	4:18 13.9 (72.0%)
74	RUMIŃSKI Adam	98		M-30	74	00:00:19	00:21:34.45	00:21:54.00	+00:06:02 (28.0%)	4:19 13.9 (72.0%)

						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km			
75	PIEKARSKI Arkadiusz	754	TCMS PESA BYDGOSZCZ	M-30	75	00:01:00	00:21:36.10	00:22:36.35	+00:06:04 (28.1%)	4:19 13.9 (72.0%)
76	ANTKOWIAK Bartosz	788		M-30	76	00:00:08	00:21:38.85	00:21:47.65	+00:06:07 (28.3%)	4:19 13.9 (72.0%)
77	BIZON Bartosz	924		M-30	77	00:00:25	00:21:44.95	00:22:10.20	+00:06:13 (28.6%)	4:21 13.8 (71.5%)
78	SZEWCZYKOWSKI Grzegorz	763	BYDGOSKIE ŻÓŁWIE	M-30	78	00:00:20	00:21:54.50	00:22:14.65	+00:06:22 (29.1%)	4:22 13.7 (71.0%)
79	QUAAS Łukasz	43	CZARNE STOPY.SM	M-30	79	00:00:10	00:21:54.95	00:22:05.00	+00:06:23 (29.2%)	4:23 13.7 (71.0%)
80	GABRYCH Maciej	23		M-30	80	00:00:10	00:21:57.15	00:22:07.80	+00:06:25 (29.3%)	4:23 13.7 (71.0%)
81	GLAZA Patryk	639		M-30	81	00:00:27	00:21:58.60	00:22:26.45	+00:06:27 (29.3%)	4:23 13.6 (70.5%)
82	PERLINSKI Damian	325	MOŻE I POWOLI ALE ZA TO BYLE JAK	M-30	82	00:00:45	00:22:01.85	00:22:47.20	+00:06:30 (29.5%)	4:24 13.6 (70.5%)
83	GRAJEWSKI Tomasz	347	DESPERACI BYDGOSZCZ	M-30	83	00:00:18	00:22:02.90	00:22:21.80	+00:06:31 (29.6%)	4:24 13.6 (70.5%)
84	BARSZCZ Tomasz	1262		M-30	84	00:00:17	00:22:25.60	00:22:43.40	+00:06:54 (30.8%)	4:29 13.4 (69.4%)
85	JAŹDŻEWSKI Dawid	91		M-30	85	00:00:28	00:22:26.85	00:22:55.80	+00:06:55 (30.8%)	4:29 13.4 (69.4%)
86	PAWLAK Jakub	770	JFTC SU	M-30	86	00:00:17	00:22:30.05	00:22:47.55	+00:06:58 (31.0%)	4:30 13.3 (68.9%)
87	NIEDBALSKI Paweł	163	CWU	M-30	87	00:00:01	00:22:37.30	00:22:39.25	+00:07:05 (31.4%)	4:31 13.3 (68.9%)
88	TWARDOWSKI Bartosz	1473		M-30	88	00:00:49	00:22:38.20	00:23:27.25	+00:07:06 (31.4%)	4:31 13.3 (68.9%)
89	KARCZEWSKI Sławomir	287		M-30	89	00:00:17	00:22:38.30	00:22:55.30	+00:07:06 (31.4%)	4:31 13.3 (68.9%)
90	WALUSIAK Miłosz	1308	RUN PASJA	M-30	90	00:00:14	00:22:41.80	00:22:56.45	+00:07:10 (31.6%)	4:32 13.2 (68.4%)
91	DOMEK Aleksander	154	SZURUSIE	M-30	91	00:01:08	00:22:42.95	00:23:51.20	+00:07:11 (31.6%)	4:32 13.2 (68.4%)
92	BURY Tomasz	563		M-30	92	00:00:09	00:22:43.65	00:22:53.30	+00:07:12 (31.7%)	4:32 13.2 (68.4%)
93	KLEPACZEWSKI Arkadiusz	298		M-30	93	00:00:14	00:22:53.40	00:23:07.45	+00:07:21 (32.2%)	4:34 13.1 (67.9%)
94	ŁABENDA Robert	84	GORDON RUN	M-30	94	00:00:18	00:22:57.25	00:23:16.20	+00:07:25 (32.4%)	4:35 13.1 (67.9%)
95	BEDNAREK Paweł	776	ZOSIA TEAM	M-30	95	00:00:14	00:22:57.90	00:23:12.30	+00:07:26 (32.4%)	4:35 13.1 (67.9%)
96	DACH Łukasz	873		M-30	96	00:00:10	00:23:00.95	00:23:11.15	+00:07:29 (32.5%)	4:36 13 (67.4%)
97	GROCHOWSKI Piotr	1449		M-30	97	00:00:51	00:23:06.00	00:23:57.20	+00:07:34 (32.8%)	4:37 13 (67.4%)
98	DOMERACKI Damian	507	OCULUS - NIEWIDOMI	M-30	98	00:00:07	00:23:09.45	00:23:17.25	+00:07:37 (33.0%)	4:38 12.9 (66.8%)
99	LEWANDOWSKI Michał	980		M-30	99	00:01:35	00:23:11.25	00:24:47.15	+00:07:39 (33.0%)	4:38 12.9 (66.8%)
100	LEWANDOWSKI Rafał	498		M-30	100	00:01:11	00:23:11.55	00:24:22.85	+00:07:39 (33.1%)	4:38 12.9 (66.8%)
101	MRUGAŁA Bartosz	141	QBOWICZ RODZINNA MAFIA BIEGOWA	M-30	101	00:00:21	00:23:11.60	00:23:33.35	+00:07:40 (33.1%)	4:38 12.9 (66.8%)
102	KAMIŃSKI Łukasz	79		M-30	102	00:01:11	00:23:13.85	00:24:25.15	+00:07:42 (33.2%)	4:38 12.9 (66.8%)
103	MAICHSZAK Michał	1222		M-30	103	00:00:05	00:23:14.25	00:23:19.60	+00:07:42 (33.2%)	4:38 12.9 (66.8%)
104	BARSZCZ Krzysztof	1462	AGATA & RAFAŁ & ADAŚ TEAM	M-30	104	00:00:17	00:23:20.00	00:23:37.15	+00:07:48 (33.5%)	4:40 12.9 (66.8%)
105	MAJCHRZAK Dawid	194		M-30	105	00:00:46	00:23:25.55	00:24:11.95	+00:07:53 (33.7%)	4:41 12.8 (66.3%)
106	ŁAWNICZAK Paweł	567		M-30	106	00:00:07	00:23:26.85	00:23:34.45	+00:07:55 (33.8%)	4:41 12.8 (66.3%)
107	ŻUCHELKOWSKI Rafał	1008	KLINIKA TRIATHLONU	M-30	107	00:01:02	00:23:29.65	00:24:31.90	+00:07:58 (33.9%)	4:41 12.8 (66.3%)
108	NALEŻYTY Piotr	35		M-30	108	00:00:18	00:23:30.65	00:23:49.30	+00:07:59 (34.0%)	4:42 12.8 (66.3%)
109	SAJDAK Marcin	1055		M-30	109	00:00:14	00:23:30.90	00:23:45.70	+00:07:59 (34.0%)	4:42 12.8 (66.3%)
110	MALICKI Łukasz	504	BYDGOSKIE ŻÓŁWIE	M-30	110	00:00:17	00:23:31.70	00:23:49.45	+00:08:00 (34.0%)	4:42 12.7 (65.8%)
111	PRZEWŁOCKI Jakub	1056		M-30	111	00:00:17	00:23:32.35	00:23:49.55	+00:08:00 (34.0%)	4:42 12.7 (65.8%)
112	GRZYWIŃSKI Łukasz	1481		M-30	112	00:00:44	00:23:37.50	00:24:22.25	+00:08:05 (34.3%)	4:43 12.7 (65.8%)
113	PYTLIŃSKI Paweł	681	RUN PASJA	M-30	113	00:00:44	00:23:38.20	00:24:22.70	+00:08:06 (34.3%)	4:43 12.7 (65.8%)
114	ROŚ Sławek	389		M-30	114	00:00:15	00:23:39.25	00:23:54.50	+00:08:07 (34.4%)	4:43 12.7 (65.8%)
115	KISZKA Marcin	207		M-30	115	00:00:10	00:23:39.75	00:23:50.05	+00:08:08 (34.4%)	4:44 12.7 (65.8%)
116	JURKOWSKI Paweł	670	TOASTMASTERS BYDGOSZCZ	M-30	116	00:01:30	00:23:40.65	00:25:11.05	+00:08:09 (34.4%)	4:44 12.7 (65.8%)
117	MALEWICZ Paweł	686		M-30	117	00:00:17	00:23:41.55	00:23:58.90	+00:08:09 (34.5%)	4:44 12.7 (65.8%)
118	KITOWSKI Przemysław	1440		M-30	118	00:00:19	00:23:44.90	00:24:04.05	+00:08:13 (34.6%)	4:45 12.6 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
119	DURCZAK Jerzy	459	BYDGOSKIE OKONIE	M-30	119	00:01:01	00:23:45.80	00:24:47.75	+00:08:14 (34.7%)	4:45	12.6 (65.3%)
120	SOŁTYSIUK Bartosz	1130	FC PIECZARA	M-30	120	00:01:29	00:23:50.85	00:25:20.65	+00:08:19 (34.9%)	4:46	12.6 (65.3%)
121	POZNAŃ Łukasz	181		M-30	121	00:01:30	00:23:52.80	00:25:23.55	+00:08:21 (35.0%)	4:46	12.6 (65.3%)
122	KILANOWSKI Dariusz	1242		M-30	122	00:01:28	00:23:53.45	00:25:22.15	+00:08:21 (35.0%)	4:46	12.6 (65.3%)
123	ŻEBRACKI Artur	406		M-30	123	00:01:25	00:23:56.25	00:25:21.85	+00:08:24 (35.1%)	4:47	12.5 (64.8%)
124	ROSZCZYN Dawid	275	CB163	M-30	124	00:01:34	00:23:56.40	00:25:31.05	+00:08:24 (35.1%)	4:47	12.5 (64.8%)
125	WIŚNIEWSKI Jacek	193		M-30	125	00:00:03	00:23:56.75	00:24:00.65	+00:08:25 (35.2%)	4:47	12.5 (64.8%)
126	DUDKOWIAK Michał	1330		M-30	126	00:00:16	00:23:56.90	00:24:13.45	+00:08:25 (35.2%)	4:47	12.5 (64.8%)
127	SOSNA Mikołaj	92		M-30	127	00:01:19	00:24:00.20	00:25:19.60	+00:08:28 (35.3%)	4:48	12.5 (64.8%)
128	GÓRSKI Michał	853		M-30	128	00:00:07	00:24:00.75	00:24:08.05	+00:08:29 (35.3%)	4:48	12.5 (64.8%)
129	HORODYSKI Paweł	1077	PMN	M-30	129	00:00:51	00:24:00.90	00:24:52.25	+00:08:29 (35.3%)	4:48	12.5 (64.8%)
130	LUDWICZAK Oskar	1227	OCULUS - NIEWIDOMI	M-30	130	00:01:02	00:24:01.05	00:25:03.30	+00:08:29 (35.4%)	4:48	12.5 (64.8%)
131	BĄBOLEWSKI Łukasz	172		M-30	131	00:01:09	00:24:05.25	00:25:14.65	+00:08:33 (35.5%)	4:49	12.5 (64.8%)
132	DĄBROWSKI Bartosz	1431	SPORTOWA PASJA	M-30	132	00:00:39	00:24:07.00	00:24:46.85	+00:08:35 (35.6%)	4:49	12.4 (64.2%)
133	SIEKIERKA Jarosław	85		M-30	133	00:00:03	00:24:11.70	00:24:15.20	+00:08:40 (35.8%)	4:50	12.4 (64.2%)
134	KRYSTOFORSKI Wojciech	1487	ZOSIA TEAM	M-30	134	00:01:00	00:24:13.65	00:25:14.20	+00:08:42 (35.9%)	4:50	12.4 (64.2%)
135	KRESIŃSKI Andrzej	415	BYDGOSZCZ	M-30	135	00:01:21	00:24:16.00	00:25:37.55	+00:08:44 (36.0%)	4:51	12.4 (64.2%)
136	GRACZ Adam	1460		M-30	136	00:01:25	00:24:26.00	00:25:51.25	+00:08:54 (36.5%)	4:53	12.3 (63.7%)
137	RÓLKA Robert	782		M-30	137	00:01:38	00:24:26.85	00:26:04.95	+00:08:55 (36.5%)	4:53	12.3 (63.7%)
138	SZARLEJ Marcin	1393		M-30	138	00:01:01	00:24:27.00	00:25:28.30	+00:08:55 (36.5%)	4:53	12.3 (63.7%)
139	ŁUDZIŃSKI Jakub	564		M-30	139	00:01:26	00:24:27.20	00:25:53.95	+00:08:55 (36.5%)	4:53	12.3 (63.7%)
140	LEWANDOWSKI Michał	1183	WEKENDOWI BIEGACZE	M-30	140	00:01:01	00:24:27.75	00:25:29.20	+00:08:56 (36.5%)	4:53	12.3 (63.7%)
141	KLINOWSKI Przemysław	884	BRACTWO WOJOWNIKOW KRUKI	M-30	141	00:01:11	00:24:28.30	00:25:39.60	+00:08:56 (36.6%)	4:53	12.3 (63.7%)
142	WOLAK Piotr	1454		M-30	142	00:01:25	00:24:28.55	00:25:54.45	+00:08:56 (36.6%)	4:53	12.3 (63.7%)
143	SZYMAŃSKI Tomasz	611		M-30	143	00:00:07	00:24:29.90	00:24:36.90	+00:08:58 (36.6%)	4:53	12.3 (63.7%)
144	NAGORZYSKI Arkadiusz	16	BIEGAMWSPIERAMMOTYWUJĘ	M-30	144	00:00:09	00:24:33.50	00:24:42.60	+00:09:01 (36.8%)	4:54	12.2 (63.2%)
145	SZYDŁOWSKI Rafał	73	SOFTMAKS.PL	M-30	145	00:01:17	00:24:33.90	00:25:51.25	+00:09:02 (36.8%)	4:54	12.2 (63.2%)
146	DERESZYŃSKI Jan	503	CYSTERSI	M-30	146	00:01:07	00:24:34.30	00:25:41.55	+00:09:02 (36.8%)	4:54	12.2 (63.2%)
147	KIJEWSKI Maciej	52	KABEL TEAM BYDGOSZCZ	M-30	147	00:00:32	00:24:35.30	00:25:07.50	+00:09:03 (36.9%)	4:55	12.2 (63.2%)
148	KROPIDŁOWSKI Bartosz	500		M-30	148	00:00:32	00:24:35.75	00:25:07.80	+00:09:04 (36.9%)	4:55	12.2 (63.2%)
149	CZAJA Tomasz	752		M-30	149	00:00:31	00:24:35.90	00:25:07.20	+00:09:04 (36.9%)	4:55	12.2 (63.2%)
150	PYJOS Rafał	1028		M-30	150	00:00:24	00:24:36.25	00:25:01.10	+00:09:04 (36.9%)	4:55	12.2 (63.2%)
151	ŚNIECHOTA Konrad	188	TYPYGRUBE	M-30	151	00:01:14	00:24:38.90	00:25:53.75	+00:09:07 (37.0%)	4:55	12.2 (63.2%)
152	KODRANC Michał	254	TYPYGRUBE	M-30	152	00:01:21	00:24:43.55	00:26:05.45	+00:09:11 (37.2%)	4:56	12.1 (62.7%)
153	KISIEL Krystian	555		M-30	153	00:00:26	00:24:46.25	00:25:13.20	+00:09:14 (37.3%)	4:57	12.1 (62.7%)
154	RYMER Adam	1458		M-30	154	00:01:40	00:24:55.55	00:26:35.85	+00:09:23 (37.7%)	4:59	12 (62.2%)
155	JASINIECKI Wojciech	405	RUN BARTODZIEJE	M-30	155	00:01:20	00:24:56.45	00:26:16.60	+00:09:24 (37.7%)	4:59	12 (62.2%)
156	KARPIŃSKI Łukasz	195		M-30	156	00:00:32	00:25:01.20	00:25:33.35	+00:09:29 (37.9%)	5:00	12 (62.2%)
157	GULCZYŃSKI Dawid	1186		M-30	157	00:00:04	00:25:02.05	00:25:06.10	+00:09:30 (38.0%)	5:00	12 (62.2%)
158	OKUPNIAK Bartosz	1031		M-30	158	00:01:13	00:25:03.55	00:26:16.75	+00:09:31 (38.0%)	5:00	12 (62.2%)
159	GEHRKE Szymon	1066		M-30	159	00:00:51	00:25:03.70	00:25:55.20	+00:09:32 (38.0%)	5:00	12 (62.2%)
160	GOŁĘBIEWSKI Paweł	75	SOFTMAKS.PL	M-30	160	00:01:17	00:25:06.15	00:26:23.50	+00:09:34 (38.1%)	5:01	12 (62.2%)
161	POTRZEBOWSKI Marek	134	DEAF I #B3K	M-30	161	00:00:10	00:25:07.00	00:25:17.15	+00:09:35 (38.2%)	5:01	11.9 (61.7%)
162	STOKŁOSA Maciej	440		M-30	162	00:00:57	00:25:07.55	00:26:05.30	+00:09:35 (38.2%)	5:01	11.9 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
163	NOWAKOWSKI Grzegorz	1125	DEAF	M-30	163	00:00:09	00:25:07.70	00:25:17.35	+00:09:36 (38.2%)	5:01	11.9 (61.7%)
164	DOMŻALSKI Kamil	729		M-30	164	00:01:12	00:25:07.95	00:26:19.95	+00:09:36 (38.2%)	5:01	11.9 (61.7%)
165	ANDRYCH Wojciech	192	TYPYGRUBE	M-30	165	00:01:14	00:25:09.65	00:26:24.60	+00:09:38 (38.3%)	5:02	11.9 (61.7%)
166	SCHMIDT Marcin	1272		M-30	166	00:00:12	00:25:12.25	00:25:24.35	+00:09:40 (38.4%)	5:02	11.9 (61.7%)
167	LEWANDOWSKI Damian	115		M-30	167	00:00:49	00:25:12.80	00:26:02.25	+00:09:41 (38.4%)	5:02	11.9 (61.7%)
168	BORZYSZKOWSKI Grzegorz	292	STARY FORDON	M-30	168	00:00:11	00:25:21.10	00:25:32.70	+00:09:49 (38.8%)	5:04	11.8 (61.1%)
169	LUTRZYKOWSKI Krzysztof	465		M-30	169	00:00:04	00:25:21.60	00:25:26.35	+00:09:50 (38.8%)	5:04	11.8 (61.1%)
170	PODGÓRSKI Jakub	539	ZIELONY PELIKAN	M-30	170	00:01:10	00:25:23.20	00:26:33.55	+00:09:51 (38.8%)	5:04	11.8 (61.1%)
171	SZEWCZUK Sebastian	1200		M-30	171	00:00:36	00:25:23.30	00:25:59.85	+00:09:51 (38.8%)	5:04	11.8 (61.1%)
172	PAPIS Piotr	170	BACKONIK	M-30	172	00:00:25	00:25:24.85	00:25:50.50	+00:09:53 (38.9%)	5:05	11.8 (61.1%)
173	BRĄGIEL Jakub	1154	VEGE RUNNERS	M-30	173	00:01:24	00:25:25.50	00:26:49.60	+00:09:53 (38.9%)	5:05	11.8 (61.1%)
174	WITKOWSKI Tomasz	416	VIVA LA VIDA	M-30	174	00:01:05	00:25:28.95	00:26:34.75	+00:09:57 (39.1%)	5:05	11.8 (61.1%)
175	GRAMOWSKI Jakub	1313		M-30	175	00:00:52	00:25:31.65	00:26:24.40	+00:10:00 (39.2%)	5:06	11.7 (60.6%)
176	JAROCH Rafał	105		M-30	176	00:01:11	00:25:32.45	00:26:43.50	+00:10:00 (39.2%)	5:06	11.7 (60.6%)
177	WOJTYSIAK Kamil	1102		M-30	177	00:00:10	00:25:35.30	00:25:46.05	+00:10:03 (39.3%)	5:07	11.7 (60.6%)
178	DĘBIEC Andrzej	407		M-30	178	00:01:20	00:25:39.40	00:26:59.40	+00:10:07 (39.5%)	5:07	11.7 (60.6%)
179	PALIŃSKI Grzegorz	1253		M-30	179	00:01:26	00:25:57.25	00:27:23.90	+00:10:25 (40.2%)	5:11	11.6 (60.1%)
180	RĄCZKOWIAK Piotr	1195		M-30	180	00:00:30	00:26:04.30	00:26:34.50	+00:10:32 (40.4%)	5:12	11.5 (59.6%)
181	GROCHAŁA Michał	1038		M-30	181	00:00:17	00:26:04.50	00:26:22.45	+00:10:32 (40.5%)	5:13	11.5 (59.6%)
182	JANUSZEWSKI Marcin	431		M-30	182	00:01:06	00:26:06.10	00:27:12.35	+00:10:34 (40.5%)	5:13	11.5 (59.6%)
183	WOLSKI Marek	1120		M-30	183	00:01:28	00:26:14.80	00:27:43.10	+00:10:43 (40.8%)	5:15	11.4 (59.1%)
184	ZIELIŃSKI Radosław	99		M-30	184	00:00:12	00:26:16.45	00:26:29.30	+00:10:44 (40.9%)	5:15	11.4 (59.1%)
185	GRACZYK Przemysław	923	REH MED BYDGOSZCZ	M-30	185	00:01:47	00:26:20.75	00:28:08.60	+00:10:49 (41.1%)	5:16	11.4 (59.1%)
186	DOLATA Łukasz	1309	STRZELCE GÓRNE	M-30	186	00:01:09	00:26:21.65	00:27:30.65	+00:10:50 (41.1%)	5:16	11.4 (59.1%)
187	SMUCZYŃSKI Wojciech	432		M-30	187	00:01:25	00:26:26.95	00:27:52.65	+00:10:55 (41.3%)	5:17	11.3 (58.5%)
188	PATKOWSKI Maciej	1494		M-30	188	00:01:03	00:26:30.75	00:27:34.60	+00:10:59 (41.4%)	5:18	11.3 (58.5%)
189	KASPROWICZ Piotr	1258	JW 1515	M-30	189	00:00:32	00:26:33.25	00:27:05.30	+00:11:01 (41.5%)	5:18	11.3 (58.5%)
190	CISZEWSKI Paweł	1417		M-30	190	00:00:50	00:26:34.55	00:27:25.35	+00:11:02 (41.6%)	5:19	11.3 (58.5%)
191	SZYMCAK Piotr	1233	OCULUS - NIEWIDOMI	M-30	191	00:00:58	00:26:36.10	00:27:34.30	+00:11:04 (41.6%)	5:19	11.3 (58.5%)
192	KWIATKOWSKI Marcin	1107	FORDONRUNNERS	M-30	192	00:01:31	00:26:36.70	00:28:07.85	+00:11:05 (41.7%)	5:19	11.3 (58.5%)
193	KOTECKI Marcin	161	GANG KOCURA	M-30	193	00:01:04	00:26:42.80	00:27:47.75	+00:11:11 (41.9%)	5:20	11.2 (58.0%)
194	BOROWICKI Paweł	1059		M-30	194	00:00:31	00:26:43.10	00:27:14.25	+00:11:11 (41.9%)	5:20	11.2 (58.0%)
195	WOLAN Krzysztof	15		M-30	195	00:00:49	00:26:51.80	00:27:40.85	+00:11:20 (42.2%)	5:22	11.2 (58.0%)
196	MŁODZIKOWSKI Dariusz	1025		M-30	196	00:00:29	00:26:54.85	00:27:24.75	+00:11:23 (42.3%)	5:23	11.1 (57.5%)
197	BLEJA Krystian	434		M-30	197	00:00:43	00:26:56.25	00:27:40.10	+00:11:24 (42.4%)	5:23	11.1 (57.5%)
198	HANKIEWICZ Krzysztof	979		M-30	198	00:00:35	00:26:59.00	00:27:34.30	+00:11:27 (42.5%)	5:23	11.1 (57.5%)
199	RATAJCZAK Michał	1420	KUŹNIA SIŁY	M-30	199	00:01:17	00:27:11.80	00:28:29.55	+00:11:40 (42.9%)	5:26	11 (57.0%)
200	PERA Marek	1302		M-30	200	00:01:10	00:27:13.35	00:28:24.05	+00:11:41 (43.0%)	5:26	11 (57.0%)
201	BORAKIEWICZ Przemysław	222		M-30	201	00:01:17	00:27:14.55	00:28:31.55	+00:11:42 (43.0%)	5:26	11 (57.0%)
202	JAGIELSKI Łukasz	870		M-30	202	00:00:41	00:27:15.10	00:27:56.25	+00:11:43 (43.0%)	5:27	11 (57.0%)
203	DUDZIŃSKI Paweł	457		M-30	203	00:01:15	00:27:15.95	00:28:31.70	+00:11:44 (43.1%)	5:27	11 (57.0%)
204	GOŁECKI Jacek	676		M-30	204	00:01:31	00:27:19.35	00:28:50.40	+00:11:47 (43.2%)	5:27	11 (57.0%)
205	OSSOWSKI Łukasz	733		M-30	205	00:01:50	00:27:24.85	00:29:15.10	+00:11:53 (43.4%)	5:29	10.9 (56.5%)
206	CHABOWSKI Karol	1140		M-30	206	00:00:23	00:27:25.20	00:27:48.75	+00:11:53 (43.4%)	5:29	10.9 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
207	KULPA Szymon	274		M-30	207	00:01:04	00:27:26.20	00:28:30.90	+00:11:54 (43.4%)	5:29	10.9 (56.5%)
208	BRZOZOWSKI Krzysztof	107		M-30	208	00:00:55	00:27:29.15	00:28:24.55	+00:11:57 (43.5%)	5:29	10.9 (56.5%)
209	ZIÓŁKOWSKI Marek	546		M-30	209	00:01:18	00:27:34.80	00:28:53.15	+00:12:03 (43.7%)	5:31	10.9 (56.5%)
210	CIARKOWSKI Mirosław	939	-	M-30	210	00:00:29	00:27:36.15	00:28:05.40	+00:12:04 (43.7%)	5:31	10.9 (56.5%)
211	ANDRYSZAK Łukasz	1069		M-30	211	00:01:05	00:27:40.10	00:28:45.60	+00:12:08 (43.9%)	5:32	10.8 (56.0%)
212	LEWANDOWSKI Pawel	120		M-30	212	00:01:03	00:27:43.10	00:28:46.85	+00:12:11 (44.0%)	5:32	10.8 (56.0%)
213	KUŚ Michał	759		M-30	213	00:00:42	00:27:46.00	00:28:28.35	+00:12:14 (44.1%)	5:33	10.8 (56.0%)
214	RĘDZINA Michał	127		M-30	214	00:01:03	00:27:47.00	00:28:50.65	+00:12:15 (44.1%)	5:33	10.8 (56.0%)
215	GOLIK Krzysztof	282		M-30	215	00:01:19	00:27:52.90	00:29:11.95	+00:12:21 (44.3%)	5:34	10.8 (56.0%)
216	OJRZANOWSKI Waldemar	601		M-30	216	00:00:54	00:27:57.70	00:28:52.35	+00:12:26 (44.5%)	5:35	10.7 (55.4%)
217	KARPIŃSKI Błażej	423		M-30	217	00:01:19	00:28:03.70	00:29:23.50	+00:12:32 (44.7%)	5:36	10.7 (55.4%)
218	SZECÓWKA Marcin	30		M-30	218	00:01:11	00:28:12.50	00:29:24.00	+00:12:40 (45.0%)	5:38	10.6 (54.9%)
219	MAŁECKI Tomasz	1129		M-30	219	00:00:39	00:28:18.95	00:28:58.75	+00:12:47 (45.2%)	5:39	10.6 (54.9%)
220	PRZYBYLSKI Adam	975		M-30	220	00:01:29	00:28:22.30	00:29:51.35	+00:12:50 (45.3%)	5:40	10.6 (54.9%)
221	KIELMANN Marcin	1290		M-30	221	00:01:14	00:28:30.40	00:29:44.65	+00:12:58 (45.5%)	5:42	10.5 (54.4%)
222	RATAJ Krzysztof	220	POLONIA BYDGOSZCZ SLA	M-30	222	00:00:54	00:28:31.45	00:29:26.25	+00:12:59 (45.6%)	5:42	10.5 (54.4%)
223	DEBNER Wojciech	1209	OCULUS - NIEWIDOMI	M-30	223	00:01:16	00:28:32.80	00:29:48.85	+00:13:01 (45.6%)	5:42	10.5 (54.4%)
224	KULCZYŃSKI Przemysław	262	TYPYGRUBE	M-30	224	00:01:21	00:28:35.10	00:29:57.05	+00:13:03 (45.7%)	5:43	10.5 (54.4%)
225	ORNATOWSKI Marcin	1265	GORDON RUN	M-30	225	00:00:51	00:28:37.35	00:29:29.25	+00:13:05 (45.8%)	5:43	10.5 (54.4%)
226	WESOŁEK Kacper	1497	PROJECT SOCIETY	M-30	226	00:00:34	00:29:12.75	00:29:47.50	+00:13:41 (46.8%)	5:50	10.3 (53.4%)
227	FABROWSKI Dawid	25		M-30	227	00:01:37	00:29:16.50	00:30:54.25	+00:13:44 (47.0%)	5:51	10.2 (52.8%)
228	ŁUCZKOWSKI Rafał	1151	JAK NIE ZEMDLEJĘ TO DOBIEGNĘ	M-30	228	00:00:11	00:29:21.10	00:29:32.55	+00:13:49 (47.1%)	5:52	10.2 (52.8%)
229	JAWORSKI Kamil	1465		M-30	229	00:01:24	00:29:32.55	00:30:56.90	+00:14:00 (47.4%)	5:54	10.2 (52.8%)
230	MIERZWA Damian	402	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	230	00:01:44	00:29:36.85	00:31:21.50	+00:14:05 (47.6%)	5:55	10.1 (52.3%)
231	JANKE Damian	875	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	231	00:01:44	00:29:37.75	00:31:22.10	+00:14:06 (47.6%)	5:55	10.1 (52.3%)
232	MURAWKA Łukasz	1047		M-30	232	00:01:17	00:29:48.35	00:31:06.15	+00:14:16 (47.9%)	5:57	10.1 (52.3%)
233	GLAMA Remigiusz	1132	LNIANO TEAM	M-30	233	00:00:44	00:29:48.45	00:30:32.45	+00:14:16 (47.9%)	5:57	10.1 (52.3%)
234	TOMCZAK Krzysztof	77		M-30	234	00:00:12	00:29:50.15	00:30:02.70	+00:14:18 (48.0%)	5:58	10.1 (52.3%)
235	LEWANDOWSKI Jarosław	570		M-30	235	00:01:43	00:29:56.00	00:31:39.25	+00:14:24 (48.1%)	5:59	10 (51.8%)
236	BUTRYM Piotr	307		M-30	236	00:01:43	00:29:56.25	00:31:39.30	+00:14:24 (48.1%)	5:59	10 (51.8%)
237	BELIŃSKI Maciej	185	TYPYGRUBE	M-30	237	00:01:24	00:29:59.00	00:31:23.20	+00:14:27 (48.2%)	5:59	10 (51.8%)
238	LUDKOWSKI Dawid	343		M-30	238	00:00:44	00:30:03.25	00:30:47.95	+00:14:31 (48.3%)	6:00	10 (51.8%)
239	KANDER Michał	1057		M-30	239	00:01:33	00:30:04.50	00:31:37.70	+00:14:32 (48.4%)	6:00	10 (51.8%)
240	SYBILA Michał	663		M-30	240	00:01:17	00:30:13.90	00:31:30.95	+00:14:42 (48.6%)	6:02	9.9 (51.3%)
241	GRALLA Łukasz	1098		M-30	241	00:01:36	00:30:17.20	00:31:53.55	+00:14:45 (48.7%)	6:03	9.9 (51.3%)
242	BOROWIEC Michał	655		M-30	242	00:01:16	00:30:20.05	00:31:36.80	+00:14:48 (48.8%)	6:04	9.9 (51.3%)
243	ŚWIERCZYŃSKI Marcin	1495	ATHLETICOMED.PL	M-30	243	00:01:37	00:30:21.10	00:31:58.50	+00:14:49 (48.8%)	6:04	9.9 (51.3%)
244	SKĄPSKI Łukasz	1232	OCULUS - NIEWIDOMI	M-30	244	00:01:08	00:30:26.05	00:31:34.10	+00:14:54 (49.0%)	6:05	9.9 (51.3%)
245	GILL Daniel	388		M-30	245	00:01:00	00:30:35.30	00:31:35.55	+00:15:03 (49.2%)	6:07	9.8 (50.8%)
246	KRUPA Błażej	279	CIMAT BIEGA	M-30	246	00:01:48	00:30:38.30	00:32:26.50	+00:15:06 (49.3%)	6:07	9.8 (50.8%)
247	LEWICKI Jarek	1050		M-30	247	00:01:31	00:30:44.85	00:32:16.10	+00:15:13 (49.5%)	6:09	9.8 (50.8%)
248	MATTHEWS Karol	1368		M-30	248	00:00:53	00:30:48.80	00:31:42.35	+00:15:17 (49.6%)	6:09	9.7 (50.3%)
249	SENDEL Sebastian	1062		M-30	249	00:01:34	00:30:50.95	00:32:25.90	+00:15:19 (49.7%)	6:10	9.7 (50.3%)
250	KRÓLAK Tomasz	832		M-30	250	00:00:23	00:31:11.45	00:31:34.55	+00:15:39 (50.2%)	6:14	9.6 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
251	KALISZEWSKI Sławomir	20	3KR	M-30	251	00:00:38	00:31:12.35	00:31:51.10	+00:15:40 (50.2%)	6:14	9.6 (49.7%)
252	SPYCHAJ Piotr	1471		M-30	252	00:01:01	00:31:14.55	00:32:16.25	+00:15:42 (50.3%)	6:15	9.6 (49.7%)
253	SOCHALSKI Dariusz	1472		M-30	253	00:01:01	00:31:14.65	00:32:16.60	+00:15:43 (50.3%)	6:15	9.6 (49.7%)
254	KALISZEWSKI Wojciech	31	3KR	M-30	254	00:00:16	00:31:25.30	00:31:41.30	+00:15:53 (50.6%)	6:17	9.5 (49.2%)
255	ZAWADA Bartosz	615		M-30	255	00:01:31	00:31:30.60	00:33:01.95	+00:15:59 (50.7%)	6:18	9.5 (49.2%)
256	ZIELIŃSKI Stanisław	903	GORDON RUN	M-30	256	00:00:51	00:31:32.45	00:32:23.55	+00:16:00 (50.8%)	6:18	9.5 (49.2%)
257	MIKUŁA Tomasz	308	GORDON RUN	M-30	257	00:01:32	00:31:37.60	00:33:10.25	+00:16:06 (50.9%)	6:19	9.5 (49.2%)
258	OWCZARZ Łukasz	583		M-30	258	00:00:47	00:31:50.65	00:32:37.80	+00:16:19 (51.2%)	6:22	9.4 (48.7%)
259	HEJANKOWSKI Sebastian	999		M-30	259	00:01:15	00:31:51.00	00:33:06.75	+00:16:19 (51.3%)	6:22	9.4 (48.7%)
260	LUBIŃSKI Robert	878	CS GROUP RUNNERS TEAM	M-30	260	00:01:04	00:31:56.55	00:33:01.05	+00:16:24 (51.4%)	6:23	9.4 (48.7%)
261	ZAREMBA Rafał	338		M-30	261	00:01:18	00:32:03.65	00:33:22.10	+00:16:32 (51.6%)	6:24	9.4 (48.7%)
262	STREHLKE Łukasz	1385	AKPIAMETAL	M-30	262	00:00:33	00:32:12.45	00:32:46.35	+00:16:40 (51.8%)	6:26	9.3 (48.2%)
263	WIŚNIEWSKI Adam	36		M-30	263	00:01:11	00:32:15.20	00:33:27.00	+00:16:43 (51.9%)	6:27	9.3 (48.2%)
264	DUDZIAK Michał	96	CPR BYDGOSZCZ	M-30	264	00:01:18	00:32:20.40	00:33:39.35	+00:16:48 (52.0%)	6:28	9.3 (48.2%)
265	GROCHOWSKI Patryk	180		M-30	265	00:01:07	00:32:52.65	00:34:00.05	+00:17:21 (52.8%)	6:34	9.1 (47.2%)
266	CZUBEK Bartek	272		M-30	266	00:01:36	00:33:08.75	00:34:45.00	+00:17:37 (53.2%)	6:37	9 (46.6%)
267	CENTAŁA Jarosław	1261	CIASTECKOWE POTWORKI	M-30	267	00:01:27	00:33:18.20	00:34:45.60	+00:17:46 (53.4%)	6:39	9 (46.6%)
268	PYJOS Marcin	1356	ATOS	M-30	268	00:00:40	00:33:47.15	00:34:27.90	+00:18:15 (54.0%)	6:45	8.9 (46.1%)
269	JAWORSKI Marek	1463	0	M-30	269	00:01:23	00:34:55.05	00:36:18.05	+00:19:23 (55.5%)	6:59	8.6 (44.6%)
270	POCHOWSKI Mariusz	1384		M-30	270	00:01:08	00:35:23.75	00:36:31.80	+00:19:52 (56.1%)	7:04	8.5 (44.0%)
271	BULIŃSKI Arkadiusz	987		M-30	271	00:01:25	00:37:10.50	00:38:35.85	+00:21:38 (58.2%)	7:26	8.1 (42.0%)
272	HAMES Łukasz	731		M-30	272	00:01:17	00:39:03.45	00:40:21.05	+00:23:31 (60.2%)	7:48	7.7 (39.9%)
273	RUDNICKI Michał	1327	TASAK TEAM	M-30	273	00:01:42	00:39:15.30	00:40:58.05	+00:23:43 (60.4%)	7:51	7.6 (39.4%)

Znaleziono 273 wynik(ów)