



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Aktywna Bydgoszcz
Data: 2022-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

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	MALINOWSKI Paweł	1123	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	1	00:00:00	00:16:04.90	00:16:05.85		3:12	18.7 (100%)
2	GOŁDYN Sebastian	1137	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	2	00:00:01	00:16:59.35	00:17:00.65	+00:00:54 (5.3%)	3:23	17.7 (94.7%)
3	JURAK Krzysztof	1040	KUJAWSCY RUNNERS	M-30	3	00:00:01	00:17:16.55	00:17:17.60	+00:01:11 (6.9%)	3:27	17.4 (93.0%)
4	FLOREK Paweł	950	RUNADDICTS	M-30	4	00:00:01	00:17:37.80	00:17:39.40	+00:01:32 (8.8%)	3:31	17 (90.9%)
5	POZNAŃSKI Szymon	762	BIOTECH	M-30	5	00:00:03	00:17:38.05	00:17:41.55	+00:01:33 (8.8%)	3:31	17 (90.9%)
6	SZOT Bartosz	656	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	6	00:00:01	00:17:51.65	00:17:53.45	+00:01:46 (10.0%)	3:34	16.8 (89.8%)
7	DEROŃ Waldemar	1138	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	7	00:00:01	00:17:54.55	00:17:56.10	+00:01:49 (10.2%)	3:34	16.8 (89.8%)
8	MAĆKOWSKI Maciej	553	UPSBYDGOSZCZ/TEAMOCHAL	M-30	8	00:00:01	00:18:02.40	00:18:03.60	+00:01:57 (10.9%)	3:36	16.6 (88.8%)
9	KRYSKE Bartosz	3		M-30	9	00:00:01	00:18:08.50	00:18:09.90	+00:02:03 (11.4%)	3:37	16.5 (88.2%)
10	PĘDZIOCH Przemysław	1115		M-30	10	00:00:02	00:18:14.05	00:18:16.70	+00:02:09 (11.8%)	3:38	16.5 (88.2%)
11	BURDANOWSKI Adam	400		M-30	11	00:00:02	00:18:14.25	00:18:16.40	+00:02:09 (11.8%)	3:38	16.5 (88.2%)
12	TUCHOLSKI Bartłomiej	394		M-30	12	00:00:04	00:18:17.80	00:18:22.25	+00:02:12 (12.1%)	3:39	16.4 (87.7%)
13	NOCEK Paweł	755	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	13	00:00:01	00:18:19.45	00:18:21.10	+00:02:14 (12.2%)	3:39	16.4 (87.7%)
14	KOTULA Sławomir	450		M-30	14	00:00:04	00:18:35.55	00:18:39.90	+00:02:30 (13.5%)	3:43	16.1 (86.1%)
15	ANDRZEJEWSKI Marcin	1210		M-30	15	00:00:01	00:18:42.10	00:18:43.15	+00:02:37 (14.0%)	3:44	16 (85.6%)
16	SZLINGER Jakub	30	DRUŻYNA STASIA	M-30	16	00:00:03	00:18:48.00	00:18:51.85	+00:02:43 (14.5%)	3:45	16 (85.6%)
17	SUTKOWY Paweł	488		M-30	17	00:00:03	00:18:50.20	00:18:53.55	+00:02:45 (14.6%)	3:46	15.9 (85.0%)
18	KALOTA Tomasz	1146	ELECTRUS TORUŃ	M-30	18	00:00:01	00:18:56.50	00:18:58.10	+00:02:51 (15.1%)	3:47	15.8 (84.5%)
19	PIC Dawid	507	BYLE DO PRZODU	M-30	19	00:00:05	00:19:04.00	00:19:09.05	+00:02:59 (15.7%)	3:48	15.7 (84.0%)
20	WILK Łukasz	36	RUNADDICTS	M-30	20	00:00:02	00:19:13.40	00:19:15.60	+00:03:08 (16.3%)	3:50	15.6 (83.4%)
21	WALDA Łukasz	613		M-30	21	00:00:04	00:19:22.25	00:19:27.05	+00:03:17 (17.0%)	3:52	15.5 (82.9%)
22	RZESZOTARSKI Daniel	592		M-30	22	00:00:05	00:19:24.00	00:19:29.50	+00:03:19 (17.1%)	3:52	15.5 (82.9%)
23	MALICKI Łukasz	775		M-30	23	00:00:05	00:19:25.35	00:19:31.20	+00:03:20 (17.2%)	3:53	15.5 (82.9%)
24	KHADDOUR Alex	284	ATOS BYDGOSZCZ	M-30	24	00:00:04	00:19:26.85	00:19:31.15	+00:03:21 (17.3%)	3:53	15.4 (82.4%)
25	MALICKI Bartosz	786		M-30	25	00:00:05	00:19:27.95	00:19:33.45	+00:03:23 (17.4%)	3:53	15.4 (82.4%)
26	KRZESZEWSKI Jakub	929		M-30	26	00:00:02	00:19:34.10	00:19:36.40	+00:03:29 (17.8%)	3:54	15.3 (81.8%)
27	OKOŃSKI Jarosław	1122	NULLPOINTEREXCEPTION	M-30	27	00:00:04	00:19:37.00	00:19:41.75	+00:03:32 (18.0%)	3:55	15.3 (81.8%)
28	STASIEWICZ Filip	509	SPÓJNIA BIAŁE BŁOTA	M-30	28	00:00:06	00:19:38.60	00:19:45.30	+00:03:33 (18.1%)	3:55	15.3 (81.8%)
29	WALKOWIAK Paweł	72		M-30	29	00:00:07	00:19:38.65	00:19:46.15	+00:03:33 (18.1%)	3:55	15.3 (81.8%)
30	BALCEREK Mateusz	188	GASTRO SZEFE	M-30	30	00:00:05	00:19:46.45	00:19:52.30	+00:03:41 (18.7%)	3:57	15.2 (81.3%)

						Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn		
31	WINIECKI Patryk	362		M-30	31	00:00:03	00:19:52.90	00:19:56.30	+00:03:48 (19.1%)	3:58 15.1 (80.7%)
32	WIECZOREK Mateusz	416		M-30	32	00:00:07	00:20:06.00	00:20:13.90	+00:04:01 (20.0%)	4:01 14.9 (79.7%)
33	SKORECKI Aleksander	341		M-30	33	00:00:05	00:20:13.05	00:20:18.60	+00:04:08 (20.5%)	4:02 14.8 (79.1%)
34	WITKOWSKI Łukasz	619	GRILL TEAM	M-30	34	00:00:07	00:20:14.50	00:20:21.90	+00:04:09 (20.6%)	4:02 14.8 (79.1%)
35	KLINOWSKI Radosław	447		M-30	35	00:00:08	00:20:19.50	00:20:27.95	+00:04:14 (20.9%)	4:03 14.8 (79.1%)
36	GZYL Mikołaj	462	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	36	00:00:19	00:20:33.45	00:20:52.60	+00:04:28 (21.8%)	4:06 14.6 (78.1%)
37	WOLSKI Tomasz	581		M-30	37	00:00:06	00:20:37.10	00:20:43.30	+00:04:32 (22.0%)	4:07 14.6 (78.1%)
38	MAŁKOWSKI Iwo	277	ANTIDOTUM	M-30	38	00:00:06	00:20:40.70	00:20:46.90	+00:04:35 (22.2%)	4:08 14.5 (77.5%)
39	KOLASSA Robert	523		M-30	39	00:00:02	00:20:53.35	00:20:56.10	+00:04:48 (23.0%)	4:10 14.4 (77.0%)
40	PIEKARSKI Paweł	112		M-30	40	00:00:11	00:20:53.60	00:21:05.15	+00:04:48 (23.0%)	4:10 14.4 (77.0%)
41	ŁUKOMSKI Marcin	746		M-30	41	00:00:11	00:20:53.80	00:21:04.95	+00:04:48 (23.0%)	4:10 14.4 (77.0%)
42	PISARSKI Igor	46		M-30	42	00:00:05	00:20:56.55	00:21:02.15	+00:04:51 (23.2%)	4:11 14.3 (76.5%)
43	WŁODARCZYK Adam	681	8 K-P BOT	M-30	43	00:00:13	00:21:00.10	00:21:13.45	+00:04:55 (23.4%)	4:12 14.3 (76.5%)
44	DZIEDZIC Dawid	1132		M-30	44	00:00:09	00:21:02.00	00:21:11.55	+00:04:57 (23.5%)	4:12 14.3 (76.5%)
45	ARNDT Jarek	215		M-30	45	00:00:02	00:21:07.50	00:21:10.35	+00:05:02 (23.9%)	4:13 14.2 (75.9%)
46	MATEUSZCZYK Dawid	578	RUN BYDGOSZCZ	M-30	46	00:00:09	00:21:09.35	00:21:18.90	+00:05:04 (24.0%)	4:13 14.2 (75.9%)
47	LATOS Paweł	53		M-30	47	00:00:17	00:21:10.90	00:21:28.45	+00:05:06 (24.1%)	4:14 14.2 (75.9%)
48	ADACH Paweł	1185		M-30	48	00:00:06	00:21:15.55	00:21:21.95	+00:05:10 (24.4%)	4:15 14.1 (75.4%)
49	TEGI Maciej	638		M-30	49	00:00:12	00:21:22.00	00:21:34.85	+00:05:17 (24.7%)	4:16 14 (74.9%)
50	KLICKI Marcin	588	GRILL TEAM	M-30	50	00:00:07	00:21:22.25	00:21:29.25	+00:05:17 (24.7%)	4:16 14 (74.9%)
51	GURDAK Radosław	739		M-30	51	00:00:07	00:21:36.70	00:21:44.50	+00:05:31 (25.6%)	4:19 13.9 (74.3%)
52	ANTOSIK Patryk	133		M-30	52	00:00:09	00:21:39.35	00:21:48.60	+00:05:34 (25.7%)	4:19 13.9 (74.3%)
53	MOGILNICKI Dominik	445		M-30	53	00:00:24	00:21:46.60	00:22:11.15	+00:05:41 (26.2%)	4:21 13.8 (73.8%)
54	BAGIŃSKI Marcin	711		M-30	54	00:00:16	00:21:49.00	00:22:05.75	+00:05:44 (26.3%)	4:21 13.8 (73.8%)
55	WARLIKOWSKI Łukasz	18		M-30	55	00:00:37	00:21:52.65	00:22:30.30	+00:05:47 (26.5%)	4:22 13.7 (73.3%)
56	BOROWCZAK Paweł	212		M-30	56	00:01:13	00:22:01.60	00:23:15.10	+00:05:56 (27.0%)	4:24 13.6 (72.7%)
57	JURKOWSKI Paweł	889	PJKANCELARIA.PL	M-30	57	00:00:35	00:22:02.25	00:22:37.25	+00:05:57 (27.0%)	4:24 13.6 (72.7%)
58	BARSZCZ Tomasz	537		M-30	58	00:00:09	00:22:02.80	00:22:12.75	+00:05:57 (27.1%)	4:24 13.6 (72.7%)
59	PRZEKWAŚ Paweł	390		M-30	59	00:00:12	00:22:03.90	00:22:16.35	+00:05:59 (27.1%)	4:24 13.6 (72.7%)
60	BRZUCHALSKI Mateusz	88		M-30	60	00:00:09	00:22:04.70	00:22:13.75	+00:05:59 (27.2%)	4:24 13.6 (72.7%)
61	JAKUBCZAK Michał	122		M-30	61	00:00:19	00:22:07.20	00:22:26.65	+00:06:02 (27.3%)	4:25 13.6 (72.7%)
62	FELINIAK Daniel	622		M-30	62	00:00:37	00:22:09.00	00:22:46.25	+00:06:04 (27.4%)	4:25 13.5 (72.2%)
62	WINIECKI Paweł	92		M-30	62	00:00:12	00:22:09.00	00:22:21.65	+00:06:04 (27.4%)	4:25 13.5 (72.2%)
64	MODRAKOWSKI Roland	102	DYSTRYBUCJA-REKLAM.PL	M-30	64	00:00:05	00:22:13.95	00:22:19.00	+00:06:09 (27.7%)	4:26 13.5 (72.2%)
65	SZYCHOWSKI Jarosław	486	TKKF KOLEJARZ BYDGOSZCZ	M-30	65	00:00:15	00:22:20.15	00:22:35.85	+00:06:15 (28.0%)	4:28 13.4 (71.7%)
66	KABACIŃSKI Jarosław	594		M-30	66	00:00:35	00:22:24.35	00:22:59.60	+00:06:19 (28.2%)	4:28 13.4 (71.7%)
67	GIL Jarosław	264		M-30	67	00:00:09	00:22:25.65	00:22:34.70	+00:06:20 (28.3%)	4:29 13.4 (71.7%)
68	ZIÓŁKOWSKI Włodek	861		M-30	68	00:00:12	00:22:25.75	00:22:38.70	+00:06:20 (28.3%)	4:29 13.4 (71.7%)
69	JOPPEK Łukasz	629		M-30	69	00:00:06	00:22:26.05	00:22:32.55	+00:06:21 (28.3%)	4:29 13.4 (71.7%)
70	CYWIŃSKI Artur	129		M-30	70	00:00:08	00:22:26.20	00:22:34.30	+00:06:21 (28.3%)	4:29 13.4 (71.7%)
71	NAPORA Mateusz	186		M-30	71	00:00:08	00:22:26.80	00:22:35.35	+00:06:21 (28.4%)	4:29 13.4 (71.7%)
72	BOROWICZ Bartosz	1124	SZUWARY AKTYWNY OSTRZESZÓW	M-30	72	00:00:21	00:22:31.00	00:22:52.70	+00:06:26 (28.6%)	4:30 13.3 (71.1%)
73	PAWLAK Łukasz	991		M-30	73	00:00:13	00:22:33.00	00:22:46.05	+00:06:28 (28.7%)	4:30 13.3 (71.1%)
74	BETHKE Jakub	480		M-30	74	00:00:06	00:22:35.15	00:22:41.45	+00:06:30 (28.8%)	4:31 13.3 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	JAGIEŁA Bartosz	178	TKKF KOLEJARZ BYDGOSZCZ	M-30	75	00:00:30	00:22:49.30	00:23:20.20	+00:06:44 (29.5%)	4:33	13.1 (70.1%)
76	SZYCHULEC Adam	1056		M-30	76	00:00:29	00:22:49.45	00:23:18.50	+00:06:44 (29.5%)	4:33	13.1 (70.1%)
77	BUTKIEWICZ Piotr	572		M-30	77	00:00:49	00:22:52.50	00:23:42.05	+00:06:47 (29.7%)	4:34	13.1 (70.1%)
78	KOZAK Krzysztof	33		M-30	78	00:00:27	00:22:52.75	00:23:20.20	+00:06:47 (29.7%)	4:34	13.1 (70.1%)
79	ZIOŁECKI Grzegorz	1130		M-30	79	00:00:16	00:22:57.15	00:23:13.90	+00:06:52 (29.9%)	4:35	13.1 (70.1%)
80	MIKOŁAJCZAK Tomasz	489	BB ACTIVE TEAM	M-30	80	00:00:16	00:22:57.25	00:23:13.60	+00:06:52 (29.9%)	4:35	13.1 (70.1%)
81	PALIGA Maciej	472		M-30	81	00:00:12	00:22:58.60	00:23:11.25	+00:06:53 (30.0%)	4:35	13.1 (70.1%)
82	BICZKOWSKI Patryk	314		M-30	82	00:01:04	00:23:04.95	00:24:09.75	+00:07:00 (30.3%)	4:36	13 (69.5%)
83	SOBOCIŃSKI Grzegorz	635		M-30	83	00:00:58	00:23:06.70	00:24:04.80	+00:07:01 (30.4%)	4:37	13 (69.5%)
84	ZABOROWSKI Krzysztof	454		M-30	84	00:00:18	00:23:10.45	00:23:29.35	+00:07:05 (30.6%)	4:38	12.9 (69.0%)
85	SZPYRKA Sebastian	558	B4SPORT / BYDGOSKA MASA KRYTYCZNA	M-30	85	00:00:05	00:23:12.00	00:23:17.70	+00:07:07 (30.7%)	4:38	12.9 (69.0%)
86	ROZKWITALSKI Bartosz	909		M-30	86	00:00:08	00:23:14.60	00:23:23.20	+00:07:09 (30.8%)	4:38	12.9 (69.0%)
87	ŁUKAWSKI Tomek	7		M-30	87	00:00:18	00:23:14.90	00:23:33.50	+00:07:10 (30.8%)	4:38	12.9 (69.0%)
88	SIEJEK Błażej	388		M-30	88	00:00:12	00:23:15.45	00:23:28.35	+00:07:10 (30.9%)	4:39	12.9 (69.0%)
89	BUCZEK Kamil	648		M-30	89	00:00:05	00:23:19.40	00:23:25.30	+00:07:14 (31.0%)	4:39	12.9 (69.0%)
90	ZĄBKOWSKI Krzysztof	252	FSSPX BYDGOSZCZ	M-30	90	00:00:26	00:23:21.05	00:23:47.55	+00:07:16 (31.1%)	4:40	12.8 (68.4%)
91	WRZESIŃSKI Krzysztof	69		M-30	91	00:00:52	00:23:22.15	00:24:14.65	+00:07:17 (31.2%)	4:40	12.8 (68.4%)
92	WATOROWSKI Irek	1112		M-30	92	00:00:30	00:23:26.20	00:23:56.20	+00:07:21 (31.4%)	4:41	12.8 (68.4%)
93	WÓJCIK Jacek	285		M-30	93	00:00:11	00:23:29.85	00:23:41.00	+00:07:24 (31.6%)	4:41	12.8 (68.4%)
94	WOJCIECHOWSKI Grzegorz	81		M-30	94	00:00:21	00:23:36.25	00:23:58.15	+00:07:31 (31.9%)	4:43	12.7 (67.9%)
95	RYWOLT Paweł	765	KOCHAM PIESKI	M-30	95	00:00:18	00:23:41.30	00:24:00.00	+00:07:36 (32.1%)	4:44	12.7 (67.9%)
96	KONOPIŃSKI Wojciech	363		M-30	96	00:00:19	00:23:42.30	00:24:01.90	+00:07:37 (32.2%)	4:44	12.7 (67.9%)
97	OMNICZYŃSKI Tomasz	1051		M-30	97	00:00:40	00:23:49.10	00:24:30.00	+00:07:44 (32.5%)	4:45	12.6 (67.4%)
98	GRECHUTA Tomasz	468		M-30	98	00:00:42	00:23:50.40	00:24:32.60	+00:07:45 (32.5%)	4:46	12.6 (67.4%)
99	STAWSKI Piotr	300		M-30	99	00:01:01	00:23:51.10	00:24:52.30	+00:07:46 (32.6%)	4:46	12.6 (67.4%)
100	PARDUA Łukasz	727	#MENTALADI	M-30	100	00:00:30	00:23:51.55	00:24:22.30	+00:07:46 (32.6%)	4:46	12.6 (67.4%)
101	KLARKOWSKI Adrian	44		M-30	101	00:01:14	00:23:51.85	00:25:06.75	+00:07:46 (32.6%)	4:46	12.6 (67.4%)
102	PUCHACZ Marcin	269		M-30	102	00:01:22	00:23:54.10	00:25:16.50	+00:07:49 (32.7%)	4:46	12.6 (67.4%)
103	ŚWITAŁA Adam	1165		M-30	103	00:00:27	00:23:58.50	00:24:26.15	+00:07:53 (32.9%)	4:47	12.5 (66.8%)
104	SZCZEPAŃSKI Łukasz	582		M-30	104	00:00:40	00:24:02.70	00:24:43.50	+00:07:57 (33.1%)	4:48	12.5 (66.8%)
105	KLEPACZEWSKI Arkadiusz	168	BYLE DO METY	M-30	105	00:00:35	00:24:12.45	00:24:47.90	+00:08:07 (33.6%)	4:50	12.4 (66.3%)
106	WADELSKI Maciej	853		M-30	106	00:00:33	00:24:23.40	00:24:56.40	+00:08:18 (34.1%)	4:52	12.3 (65.8%)
107	ŁUŻNIAK Łukasz	614		M-30	107	00:00:45	00:24:23.70	00:25:08.75	+00:08:18 (34.1%)	4:52	12.3 (65.8%)
108	GRAJEWSKI Tomasz	1039		M-30	108	00:01:08	00:24:25.10	00:25:33.75	+00:08:20 (34.1%)	4:53	12.3 (65.8%)
109	WRZESINSKI Artur	62		M-30	109	00:00:52	00:24:26.95	00:25:19.60	+00:08:22 (34.2%)	4:53	12.3 (65.8%)
110	WYSOCKI Patryk	130	TKKF KOLEKARZ BYDGOSZCZ	M-30	110	00:01:03	00:24:27.90	00:25:31.30	+00:08:23 (34.3%)	4:53	12.3 (65.8%)
111	DYBOWSKI Dominik	832		M-30	111	00:00:50	00:24:34.60	00:25:25.10	+00:08:29 (34.6%)	4:54	12.2 (65.2%)
112	KLAWIKOWSKI Dawid	695		M-30	112	00:00:31	00:24:37.50	00:25:08.50	+00:08:32 (34.7%)	4:55	12.2 (65.2%)
113	SMUCZYŃSKI Wojciech	441		M-30	113	00:00:59	00:24:52.35	00:25:51.45	+00:08:47 (35.3%)	4:58	12.1 (64.7%)
114	OLSZEWSKI Szymon	561		M-30	114	00:00:52	00:24:52.65	00:25:45.10	+00:08:47 (35.4%)	4:58	12.1 (64.7%)
115	KASZUBA Konrad	316	WKURW_TEAM	M-30	115	00:01:04	00:24:53.30	00:25:57.70	+00:08:48 (35.4%)	4:58	12.1 (64.7%)
116	CZAPLICKI Bartłomiej	779		M-30	116	00:00:46	00:24:53.85	00:25:39.95	+00:08:48 (35.4%)	4:58	12.1 (64.7%)
117	SELBURSKI Sebastian	700		M-30	117	00:00:31	00:24:54.45	00:25:26.30	+00:08:49 (35.4%)	4:58	12 (64.2%)
118	PRZYBYLSKI Dariusz	562		M-30	118	00:00:51	00:24:57.60	00:25:48.95	+00:08:52 (35.6%)	4:59	12 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
119	BIZON Bartosz	94	WAKE UP	M-30	119	00:00:22	00:24:58.50	00:25:21.25	+00:08:53 (35.6%)	4:59	12 (64.2%)
120	JANOWSKI Kamil	203		M-30	120	00:00:38	00:24:59.50	00:25:37.75	+00:08:54 (35.7%)	4:59	12 (64.2%)
121	LENC Maciej	27		M-30	121	00:01:14	00:25:08.70	00:26:23.55	+00:09:03 (36.0%)	5:01	11.9 (63.6%)
122	PAŁCZYŃSKI Przemysław	893	DZIK SQUAD	M-30	122	00:00:34	00:25:17.20	00:25:51.50	+00:09:12 (36.4%)	5:03	11.9 (63.6%)
123	NAPIERAŁA Przemysław	970		M-30	123	00:01:20	00:25:17.95	00:26:38.85	+00:09:13 (36.4%)	5:03	11.9 (63.6%)
124	MAJDA Adrian	969		M-30	124	00:00:17	00:25:18.00	00:25:35.00	+00:09:13 (36.4%)	5:03	11.9 (63.6%)
125	KULCZYŃSKI Przemysław	637	TYPYGRUBE	M-30	125	00:00:30	00:25:20.35	00:25:50.65	+00:09:15 (36.5%)	5:04	11.8 (63.1%)
126	DROZDOWSKI Michał	334	ASTORIA	M-30	126	00:00:29	00:25:29.90	00:25:59.10	+00:09:25 (36.9%)	5:05	11.8 (63.1%)
127	YALPI Hasan	223	MUDFOXES	M-30	127	00:00:29	00:25:32.95	00:26:02.40	+00:09:28 (37.1%)	5:06	11.7 (62.6%)
128	NAGORZYSKI Arek	278		M-30	128	00:00:17	00:25:48.40	00:26:05.70	+00:09:43 (37.7%)	5:09	11.6 (62.0%)
129	ŚWIETLIK Grzegorz	438		M-30	129	00:00:12	00:25:49.50	00:26:02.00	+00:09:44 (37.7%)	5:09	11.6 (62.0%)
130	BARCZYŃSKI Mateusz	170	POLFARMEX TEAM	M-30	130	00:00:28	00:25:50.75	00:26:19.15	+00:09:45 (37.8%)	5:10	11.6 (62.0%)
131	WIŚNIEWSKI Tomasz	573		M-30	131	00:00:11	00:25:54.40	00:26:06.25	+00:09:49 (37.9%)	5:10	11.6 (62.0%)
132	WIŚNIEWSKI Tomasz	297		M-30	132	00:00:48	00:25:58.70	00:26:46.70	+00:09:53 (38.1%)	5:11	11.6 (62.0%)
133	ARACH Przemysław	597		M-30	133	00:00:38	00:25:59.45	00:26:38.20	+00:09:54 (38.1%)	5:11	11.5 (61.5%)
134	TUREK Mateusz	668		M-30	134	00:00:12	00:26:02.25	00:26:14.50	+00:09:57 (38.2%)	5:12	11.5 (61.5%)
135	DROB Julian	843		M-30	135	00:00:23	00:26:07.90	00:26:31.50	+00:10:03 (38.5%)	5:13	11.5 (61.5%)
136	MAROSZCZYK Kryspin	716	TATA ADAMA TEAM	M-30	136	00:00:56	00:26:13.85	00:27:10.70	+00:10:08 (38.7%)	5:14	11.4 (61.0%)
137	JANKIEWICZ Michał	272		M-30	137	00:00:59	00:26:22.75	00:27:22.20	+00:10:17 (39.0%)	5:16	11.4 (61.0%)
138	ŚPICA Grzegorz	777		M-30	138	00:00:34	00:26:22.90	00:26:57.10	+00:10:18 (39.0%)	5:16	11.4 (61.0%)
139	ŻUCHELKOWSKI Rafał	138	SALEZJANIE BIEGAJĄ	M-30	139	00:01:13	00:26:24.85	00:27:38.60	+00:10:19 (39.1%)	5:16	11.4 (61.0%)
140	DZIADKO Mateusz	858		M-30	140	00:00:33	00:26:30.10	00:27:03.85	+00:10:25 (39.3%)	5:18	11.3 (60.4%)
141	CHOJNACKI Arkadiusz	677		M-30	141	00:01:04	00:26:36.10	00:27:40.95	+00:10:31 (39.5%)	5:19	11.3 (60.4%)
142	PĄCZKOWSKI Piotr	340	HAJALE16	M-30	142	00:01:10	00:26:43.00	00:27:53.00	+00:10:38 (39.8%)	5:20	11.2 (59.9%)
143	LIZOŃ Dawid	879		M-30	143	00:00:38	00:26:47.25	00:27:25.90	+00:10:42 (40.0%)	5:21	11.2 (59.9%)
144	WENDA Mateusz	633		M-30	144	00:00:26	00:26:50.50	00:27:16.60	+00:10:45 (40.1%)	5:22	11.2 (59.9%)
145	BRZEZIŃSKI Maciej	198		M-30	145	00:00:17	00:26:53.05	00:27:10.45	+00:10:48 (40.2%)	5:22	11.2 (59.9%)
146	HANC Michał	652		M-30	146	00:01:08	00:26:53.80	00:28:02.10	+00:10:48 (40.2%)	5:22	11.2 (59.9%)
147	WILMA Paweł	296		M-30	147	00:00:59	00:27:00.55	00:28:00.45	+00:10:55 (40.5%)	5:24	11.1 (59.4%)
148	GAWRYCH Adam	655	BIEGAJĄCY_Z_WILKAMI	M-30	148	00:00:36	00:27:13.90	00:27:50.75	+00:11:09 (40.9%)	5:26	11 (58.8%)
149	CICHOSZ Szymon	333		M-30	149	00:00:07	00:27:14.15	00:27:21.45	+00:11:09 (41.0%)	5:26	11 (58.8%)
150	BAŁYS Łukasz	774		M-30	150	00:00:17	00:27:18.65	00:27:35.90	+00:11:13 (41.1%)	5:27	11 (58.8%)
151	MATEJA Piotr	483	VENEZUELA TEAM	M-30	151	00:00:55	00:27:21.70	00:28:16.85	+00:11:16 (41.2%)	5:28	11 (58.8%)
151	SYBILA Michał	689		M-30	151	00:01:02	00:27:21.70	00:28:23.75	+00:11:16 (41.2%)	5:28	11 (58.8%)
153	BOROWIEC Michał	660		M-30	153	00:01:01	00:27:33.25	00:28:34.65	+00:11:28 (41.6%)	5:30	10.9 (58.3%)
154	CZERNIAK Marcin	1001	PESA	M-30	154	00:01:03	00:27:36.10	00:28:39.60	+00:11:31 (41.7%)	5:31	10.9 (58.3%)
155	KAMIŃSKI Łukasz	16		M-30	155	00:00:18	00:27:44.00	00:28:02.70	+00:11:39 (42.0%)	5:32	10.8 (57.8%)
156	SARNECKI Waldemar	12		M-30	156	00:00:43	00:27:51.55	00:28:35.30	+00:11:46 (42.3%)	5:34	10.8 (57.8%)
157	KASZUBOWSKI Daniel	148		M-30	157	00:01:20	00:27:51.75	00:29:12.05	+00:11:46 (42.3%)	5:34	10.8 (57.8%)
158	WOJTYSIAK Szymon	692		M-30	158	00:00:21	00:27:58.90	00:28:20.15	+00:11:54 (42.5%)	5:35	10.7 (57.2%)
159	SIEDLECKI Rafał	1062		M-30	159	00:01:21	00:27:59.75	00:29:21.20	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
160	JAKUBCZAK Łukasz	87		M-30	160	00:00:35	00:28:03.95	00:28:39.85	+00:11:59 (42.7%)	5:36	10.7 (57.2%)
161	PALIWODA Marcin	327		M-30	161	00:00:55	00:28:13.60	00:29:08.75	+00:12:08 (43.0%)	5:38	10.6 (56.7%)
162	BURY Tomasz	829		M-30	162	00:00:35	00:28:13.85	00:28:49.10	+00:12:08 (43.0%)	5:38	10.6 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
163	CICHOWICZ Tomasz	609	SISU TEAM	M-30	163	00:00:53	00:28:15.85	00:29:09.25	+00:12:10 (43.1%)	5:39	10.6 (56.7%)
164	CIEŚLICKI Krzysztof	636		M-30	164	00:01:15	00:28:16.90	00:29:32.65	+00:12:12 (43.1%)	5:39	10.6 (56.7%)
165	SIUDA Bartosz	200		M-30	165	00:00:31	00:28:17.75	00:28:48.85	+00:12:12 (43.2%)	5:39	10.6 (56.7%)
166	ZUREK Mateusz	253		M-30	166	00:00:30	00:28:20.35	00:28:50.65	+00:12:15 (43.3%)	5:40	10.6 (56.7%)
167	ANDRZEJEWSKI Łukasz	936	ORANGE	M-30	167	00:01:17	00:28:25.55	00:29:43.20	+00:12:20 (43.4%)	5:41	10.6 (56.7%)
168	SOŚNICKI Bartosz	136		M-30	168	00:01:05	00:28:27.60	00:29:33.30	+00:12:22 (43.5%)	5:41	10.5 (56.1%)
169	WOJTCZAK Arkadiusz	1198		M-30	169	00:01:06	00:28:28.70	00:29:35.20	+00:12:23 (43.5%)	5:41	10.5 (56.1%)
170	BITNER Jan	298		M-30	170	00:00:17	00:28:37.65	00:28:55.25	+00:12:32 (43.8%)	5:43	10.5 (56.1%)
171	ROCHOWIAK Michał	1100	WISŁA FORDON	M-30	171	00:00:33	00:28:40.55	00:29:13.70	+00:12:35 (43.9%)	5:44	10.5 (56.1%)
172	JURYS Łukasz	1097		M-30	172	00:01:25	00:28:46.55	00:30:11.55	+00:12:41 (44.1%)	5:45	10.4 (55.6%)
173	BANDOCH Jacek	704		M-30	173	00:01:09	00:29:00.85	00:30:10.10	+00:12:55 (44.6%)	5:48	10.3 (55.1%)
174	PORĘBA Paweł	376		M-30	174	00:00:11	00:29:06.25	00:29:17.50	+00:13:01 (44.7%)	5:49	10.3 (55.1%)
175	SIELSKI Kamil	477	BRONIEWO	M-30	175	00:01:18	00:29:39.90	00:30:58.55	+00:13:35 (45.8%)	5:55	10.1 (54.0%)
176	KULPA Szymon	1135		M-30	176	00:01:06	00:29:42.50	00:30:48.50	+00:13:37 (45.9%)	5:56	10.1 (54.0%)
177	ŻURAWSKI Marcin	234		M-30	177	00:00:36	00:29:46.30	00:30:23.15	+00:13:41 (46.0%)	5:57	10.1 (54.0%)
178	MUDŁO Michał	596		M-30	178	00:00:11	00:29:50.75	00:30:02.60	+00:13:45 (46.1%)	5:58	10.1 (54.0%)
179	DĄBROWSKI Michał	351	HARPAGAN RUNNERS	M-30	179	00:01:16	00:29:59.95	00:31:16.05	+00:13:55 (46.4%)	5:59	10 (53.5%)
180	ZYGIEL Marcin	349		M-30	180	00:00:39	00:30:00.75	00:30:40.30	+00:13:55 (46.4%)	6:00	10 (53.5%)
181	JAROCHA Michał	747		M-30	181	00:00:55	00:30:05.60	00:31:01.25	+00:14:00 (46.6%)	6:01	10 (53.5%)
182	KRYWALD Michał	712		M-30	182	00:01:03	00:30:11.35	00:31:14.95	+00:14:06 (46.7%)	6:02	9.9 (52.9%)
183	FURMANIAK Tomasz	1089	SWEETVET TEAM	M-30	183	00:01:16	00:30:19.55	00:31:35.55	+00:14:14 (47.0%)	6:03	9.9 (52.9%)
184	GÓRSKI Łukasz	357		M-30	184	00:00:49	00:30:22.80	00:31:12.55	+00:14:17 (47.1%)	6:04	9.9 (52.9%)
185	JASIŃSKI Grzegorz	533		M-30	185	00:00:01	00:30:25.40	00:30:26.85	+00:14:20 (47.1%)	6:05	9.9 (52.9%)
186	LAPKE Michał	751		M-30	186	00:00:36	00:30:48.60	00:31:25.15	+00:14:43 (47.8%)	6:09	9.7 (51.9%)
187	WICHTOWSKI Radosław	645	BYLE DO METY	M-30	187	00:01:13	00:30:52.85	00:32:06.45	+00:14:47 (47.9%)	6:10	9.7 (51.9%)
188	STANECKI Janusz	612		M-30	188	00:00:44	00:30:58.10	00:31:42.55	+00:14:53 (48.1%)	6:11	9.7 (51.9%)
189	OWCZARSKI Krzysztof	873		M-30	189	00:00:38	00:30:59.05	00:31:37.10	+00:14:54 (48.1%)	6:11	9.7 (51.9%)
190	LUTOWSKI Wojciech	435		M-30	190	00:00:31	00:31:01.20	00:31:33.00	+00:14:56 (48.2%)	6:12	9.7 (51.9%)
191	TAFLIŃSKI Michał	933	KLUB MAZDASPEED	M-30	191	00:00:52	00:31:18.95	00:32:11.10	+00:15:14 (48.6%)	6:15	9.6 (51.3%)
192	ŚWIETLIK Dawid	631		M-30	192	00:00:52	00:31:22.50	00:32:14.85	+00:15:17 (48.7%)	6:16	9.6 (51.3%)
193	KARSKI Przemysław	149		M-30	193	00:01:03	00:31:37.40	00:32:40.50	+00:15:32 (49.1%)	6:19	9.5 (50.8%)
194	KWIATKOWSKI Piotr	685		M-30	194	00:00:51	00:31:38.75	00:32:30.15	+00:15:33 (49.2%)	6:19	9.5 (50.8%)
195	MAŁAS Marcin	255	ORANGE	M-30	195	00:00:35	00:32:00.50	00:32:35.90	+00:15:55 (49.8%)	6:24	9.4 (50.3%)
196	KRZEMIŃSKI Łukasz	75		M-30	196	00:01:20	00:32:07.70	00:33:27.85	+00:16:02 (49.9%)	6:25	9.3 (49.7%)
197	KOWALEWSKI Mariusz	1092		M-30	197	00:00:00	00:32:30.00	00:32:30.00	+00:16:25 (50.5%)	6:30	9.2 (49.2%)
198	CZEKAŁSKI Patryk	479		M-30	198	00:01:18	00:32:45.00	00:34:03.70	+00:16:40 (50.9%)	6:33	9.2 (49.2%)
199	STABRYŁA Łukasz	841	UKS KOPERNIK BYDGOSZCZ	M-30	199	00:00:51	00:32:45.50	00:33:37.05	+00:16:40 (50.9%)	6:33	9.2 (49.2%)
200	WIOSNA Tomasz	266		M-30	200	00:01:17	00:32:51.15	00:34:08.85	+00:16:46 (51.0%)	6:34	9.1 (48.7%)
201	CISEWSKI Mateusz	1047		M-30	201	00:01:05	00:33:04.85	00:34:10.25	+00:16:59 (51.4%)	6:36	9.1 (48.7%)
202	BINDER Sebastian	372		M-30	202	00:00:23	00:33:15.40	00:33:39.25	+00:17:10 (51.6%)	6:39	9 (48.1%)
203	JOCHIM Łukasz	1141	UKS KOPERNIK BYDGOSZCZ	M-30	203	00:01:16	00:33:30.55	00:34:46.85	+00:17:25 (52.0%)	6:42	9 (48.1%)
204	GOŹDZIK Tomasz	111		M-30	204	00:00:29	00:33:56.85	00:34:26.15	+00:17:51 (52.6%)	6:47	8.8 (47.1%)
205	OSIŃSKI Dominik	867		M-30	205	00:00:46	00:35:01.75	00:35:48.45	+00:18:56 (54.1%)	7:00	8.6 (46.0%)
206	GROCHALA Michał	17		M-30	206	00:00:39	00:35:51.70	00:36:30.80	+00:19:46 (55.2%)	7:10	8.4 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	SOBKO Artur	246	STASIU TEAM	M-30	207	00:01:01	00:35:54.60	00:36:55.80	+00:19:49 (55.2%)	7:10	8.4 (44.9%)
208	BARAŃCZAK Paweł	471		M-30	208	00:01:11	00:36:52.25	00:38:03.60	+00:20:47 (56.4%)	7:22	8.1 (43.3%)
209	KULIK Marcelli	1200		M-30	209	00:00:31	00:37:47.90	00:38:19.00	+00:21:43 (57.5%)	7:33	7.9 (42.2%)
210	SORUCU Ufuk	916		M-30	210	00:00:40	00:38:01.25	00:38:41.60	+00:21:56 (57.7%)	7:36	7.9 (42.2%)
211	ORCHOWSKI Rafał	892		M-30	211	00:01:15	00:38:14.15	00:39:29.65	+00:22:09 (57.9%)	7:38	7.8 (41.7%)

Znaleziono 211 wynik(ów)