



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2023-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RATAJCZYK Przemysław	17	TKKF KOLEJARZ BYDGOSZCZ	M-30	1	00:00:02	00:00:33	00:07:48	00:14:52	00:15:46.70	00:15:48.75		3:09	19 (100%)
2	KOTŁOWSKI Bartosz	1426	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	M-30	2	00:00:01	00:00:34	00:07:49	00:14:56	00:15:52.50	00:15:54.30	+00:00:05 (0.6%)	3:10	18.9 (99.5%)
3	PAWŁOWSKI Tomasz	487		M-30	3	00:00:02	00:00:35	00:07:59	00:15:44	00:16:45.35	00:16:47.70	+00:00:58 (5.8%)	3:21	17.9 (94.2%)
4	DZIERLIŃSKI Paweł	307	THEO RUNNERS ŚWIECIE	M-30	4	00:00:02	00:00:37	00:08:11	00:15:56	00:16:55.40	00:16:57.90	+00:01:08 (6.8%)	3:23	17.7 (93.2%)
5	POZNAŃSKI Szymon	853	BIOTECH PRZYPRAWY	M-30	5	00:00:05	00:00:36	00:08:45	00:17:07	00:18:07.65	00:18:13.20	+00:02:20 (13.0%)	3:37	16.6 (87.4%)
6	SZCZĘSNY Piotr	1319		M-30	6	00:00:02	00:00:37	00:08:43	00:17:12	00:18:10.50	00:18:12.75	+00:02:23 (13.2%)	3:38	16.5 (86.8%)
7	MARCHEL Tomasz	898		M-30	7	00:00:03	00:00:36	00:08:42	00:17:08	00:18:12.00	00:18:15.05	+00:02:25 (13.3%)	3:38	16.5 (86.8%)
8	SZLINGER Jakub	91	BYDGOSKIE OKONIE/DRUŻYNA STASIA	M-30	8	00:00:03	00:00:40	00:08:46	00:17:13	00:18:16.05	00:18:19.50	+00:02:29 (13.6%)	3:39	16.4 (86.3%)
9	WADELSKI Maciej	268	1 BRYGADA LOGISTYCZNA	M-30	9	00:00:02	00:00:38	00:08:50	00:17:15	00:18:20.70	00:18:23.25	+00:02:34 (14.0%)	3:40	16.4 (86.3%)
10	ROGOZIŃSKI Dawid	223	TEAMOCHAL	M-30	10	00:00:03	00:00:39	00:08:50	00:17:18	00:18:29.05	00:18:32.55	+00:02:42 (14.6%)	3:41	16.2 (85.3%)
11	SUTKOWY Paweł	1063		M-30	11	00:00:05	00:00:42	00:09:10	00:17:38	00:18:32.70	00:18:38.55	+00:02:46 (14.9%)	3:42	16.2 (85.3%)
12	BURDANOWSKI Adam	575	BRZEZIŃSKI RUN CLUB	M-30	12	00:00:02	00:00:43	00:08:56	00:17:35	00:18:40.40	00:18:43.05	+00:02:53 (15.5%)	3:44	16.1 (84.7%)
13	BASIŃSKI Łukasz	218	ELENSPORT.PL SKLEPY SPORTOWE	M-30	13	00:00:03	00:00:39	00:09:10	00:17:39	00:18:40.50	00:18:44.20	+00:02:53 (15.5%)	3:44	16.1 (84.7%)
14	KOŁAKOWSKI Tomasz	729	ELENSPORT.PL SKLEPY SPORTOWE	M-30	14	00:00:04	00:00:40	00:09:09	00:17:50	00:18:57.95	00:19:02.10	+00:03:11 (16.8%)	3:47	15.8 (83.2%)
15	KALOTA Tomasz	713		M-30	15	00:00:04	00:00:41	00:09:13	00:17:54	00:18:59.70	00:19:03.85	+00:03:13 (16.9%)	3:47	15.8 (83.2%)
16	SZOT Bartosz	1379	1 BRYGADA LOGISTYCZNA	M-30	16	00:00:02	00:00:38	00:08:55	00:17:50	00:19:01.20	00:19:03.40	+00:03:14 (17.0%)	3:48	15.8 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	KARASZEWSKI Norbert	432	1. WOJSKOWY SZPITAL POLOWY	M-30	17	00:00:03	00:00:38	00:09:10	00:18:00	00:19:03.05	00:19:06.25	+00:03:16 (17.2%)	3:48	15.7 (82.6%)
18	TUCHOLSKI Bartłomiej	304		M-30	18	00:00:04	00:00:38	00:09:17	00:18:30	00:19:42.80	00:19:47.00	+00:03:56 (20.0%)	3:56	15.2 (80.0%)
19	SIELECKI Arkadiusz	689		M-30	19	00:00:05	00:00:42	00:09:37	00:18:39	00:19:43.90	00:19:49.50	+00:03:57 (20.0%)	3:56	15.2 (80.0%)
20	NIBUS Michał	1298	TEAM RUDNIK	M-30	20	00:00:07	00:00:47	00:09:31	00:18:34	00:19:45.10	00:19:53.00	+00:03:58 (20.1%)	3:57	15.2 (80.0%)
21	GRALIK Jędrzej	317	BYDGOSKIE OKONIE	M-30	21	00:00:07	00:00:43	00:09:33	00:18:43	00:19:46.60	00:19:54.20	+00:03:59 (20.2%)	3:57	15.2 (80.0%)
22	RZESZOTARSKI Daniel	402	EFINANSOWI	M-30	22	00:00:14	00:00:47	00:09:48	00:18:43	00:19:46.85	00:20:01.15	+00:04:00 (20.2%)	3:57	15.2 (80.0%)
23	WIECZOREK Mateusz	446	MATIAS TEAM	M-30	23	00:00:03	00:00:39	00:09:20	00:18:40	00:19:48.30	00:19:51.70	+00:04:01 (20.3%)	3:57	15.2 (80.0%)
24	MALICKI Łukasz	94	KOTŁOWSKI RUN TEAM	M-30	24	00:00:06	00:00:44	00:09:35	00:18:40	00:19:49.40	00:19:55.60	+00:04:02 (20.4%)	3:57	15.1 (79.5%)
25	STASIEWICZ Filip	988	SPÓJNIA BIAŁE BŁOTA	M-30	25	00:00:09	00:00:52	00:09:41	00:18:52	00:19:57.15	00:20:07.00	+00:04:10 (20.9%)	3:59	15 (78.9%)
26	SZULC Jacek	74		M-30	26	00:00:07	00:00:47	00:09:47	00:18:54	00:20:01.20	00:20:08.95	+00:04:14 (21.2%)	4:00	15 (78.9%)
27	SZYMAŃSKI Adam	468	RUDNIK TEAM	M-30	27	00:00:06	00:00:42	00:09:48	00:18:58	00:20:07.40	00:20:14.30	+00:04:20 (21.6%)	4:01	14.9 (78.4%)
28	WALKOWIAK Paweł	531		M-30	28	00:00:08	00:00:48	00:09:59	00:19:03	00:20:07.65	00:20:16.40	+00:04:20 (21.6%)	4:01	14.9 (78.4%)
29	BOROWSKI Radosław	1395	MLKS KRAJNA SĘPÓLNO	M-30	29	00:00:03	00:00:43	00:09:50	00:19:03	00:20:12.95	00:20:16.85	+00:04:26 (22.0%)	4:02	14.9 (78.4%)
30	ZIÓLKOWSKI Włodek	1358		M-30	30	00:00:02	00:00:43	00:09:58	00:19:05	00:20:18.80	00:20:21.75	+00:04:32 (22.3%)	4:03	14.8 (77.9%)
31	MACIOSZEK Piotr	914		M-30	31	00:00:16	00:00:47	00:10:00	00:19:13	00:20:22.15	00:20:38.95	+00:04:35 (22.5%)	4:04	14.7 (77.4%)
32	PAŁCZYŃSKI Przemysław	824		M-30	32	00:00:11	00:00:50	00:10:01	00:19:18	00:20:23.75	00:20:34.80	+00:04:37 (22.6%)	4:04	14.7 (77.4%)
33	WARSZWSKI Przemysław	323		M-30	33	00:00:04	00:00:43	00:10:03	00:19:16	00:20:27.65	00:20:32.10	+00:04:40 (22.9%)	4:05	14.7 (77.4%)
34	WALDA Łukasz	458		M-30	34	00:00:04	00:00:42	00:09:50	00:19:21	00:20:32.70	00:20:37.00	+00:04:46 (23.2%)	4:06	14.6 (76.8%)
35	SKORECKI Aleksander	342	WTLENIE / BYDGOSZCZ TRIATHLON TEAM	M-30	35	00:00:08	00:00:44	00:09:58	00:19:25	00:20:34.10	00:20:42.35	+00:04:47 (23.3%)	4:06	14.6 (76.8%)
36	LUTOWSKI Wojciech	858		M-30	36	00:00:06	00:00:48	00:10:37	00:19:27	00:20:34.75	00:20:41.45	+00:04:48 (23.3%)	4:06	14.6 (76.8%)
37	WOLSKI Tomasz	348	ENEA BYDGOSZCZ TRIATHLON / WTLENIE	M-30	37	00:00:08	00:00:48	00:09:57	00:19:26	00:20:36.35	00:20:44.45	+00:04:49 (23.4%)	4:07	14.6 (76.8%)
38	OLEJNIK Krzysztof	790		M-30	38	00:00:09	00:00:45	00:09:59	00:19:24	00:20:37.80	00:20:47.50	+00:04:51 (23.5%)	4:07	14.6 (76.8%)
39	KLINOWSKI Radosław	857		M-30	39	00:00:17	00:00:51	00:09:54	00:19:20	00:20:38.45	00:20:55.60	+00:04:51 (23.6%)	4:07	14.5 (76.3%)

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40	RZESZUT Tomasz	1228		M-30	40	00:00:09	00:00:46	00:10:11	00:19:41	00:20:46.50	00:20:55.50	+00:04:59 (24.1%)	4:09	14.4 (75.8%)
41	ZIÓŁKOWSKI Maciej	1097	GOLDEN DRAGON	M-30	41	00:00:03	00:00:38	00:09:45	00:19:35	00:20:48.40	00:20:51.90	+00:05:01 (24.2%)	4:09	14.4 (75.8%)
42	BALCEREK Mateusz	1466	GASTRO SZEFL	M-30	42	00:00:44	00:01:03	00:10:23	00:19:46	00:20:50.55	00:21:34.85	+00:05:03 (24.3%)	4:10	14.4 (75.8%)
43	MALICKI Bartosz	756		M-30	43	00:00:12	00:00:52	00:10:07	00:19:38	00:20:51.85	00:21:04.20	+00:05:05 (24.4%)	4:10	14.4 (75.8%)
44	OLSZEWSKI Daniel	158	WTLENIE	M-30	44	00:00:10	00:00:51	00:10:22	00:19:54	00:20:57.95	00:21:08.10	+00:05:11 (24.7%)	4:11	14.3 (75.3%)
45	ZAPILAJ Daniel	1244	EŁK TU BIEGAM	M-30	45	00:00:06	00:00:48	00:10:26	00:19:51	00:21:00.35	00:21:07.05	+00:05:13 (24.9%)	4:12	14.3 (75.3%)
46	BAGIŃSKI Marcin	170		M-30	46	00:00:07	00:00:44	00:10:01	00:19:49	00:21:02.10	00:21:09.25	+00:05:15 (25.0%)	4:12	14.3 (75.3%)
47	GAŁOŁA Patryk	532		M-30	47	00:00:04	00:00:43	00:10:10	00:19:59	00:21:08.60	00:21:13.10	+00:05:21 (25.4%)	4:13	14.2 (74.7%)
48	WITKOWSKI Łukasz	930	RUN BYDGOSZCZ	M-30	48	00:00:38	00:00:52	00:10:20	00:20:01	00:21:11.05	00:21:49.20	+00:05:24 (25.5%)	4:14	14.2 (74.7%)
49	PIEKARSKI Paweł	108		M-30	49	00:00:36	00:00:46	00:10:23	00:20:06	00:21:18.30	00:21:54.90	+00:05:31 (25.9%)	4:15	14.1 (74.2%)
50	KNYPIŃSKI Wojciech	963		M-30	50	00:00:25		00:10:12	00:20:05	00:21:19.15	00:21:44.65	+00:05:32 (26.0%)	4:15	14.1 (74.2%)
51	GROSKOP Grzegorz	846	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	51	00:00:12	00:00:52	00:10:23	00:20:08	00:21:19.85	00:21:32.65	+00:05:33 (26.0%)	4:15	14.1 (74.2%)
52	MAŁKOWSKI Iwo	779	ANTIDOTUM	M-30	52	00:00:04	00:00:43	00:10:06	00:20:07	00:21:26.05	00:21:30.45	+00:05:39 (26.4%)	4:17	14 (73.7%)
53	SZCZESNY Damian	983	GDAŃSKI UNIWERSYTET MEDYCZNY	M-30	53	00:00:16	00:00:54	00:10:30	00:20:13	00:21:28.35	00:21:44.65	+00:05:41 (26.5%)	4:17	14 (73.7%)
54	CIECHANOWSKI Maciej	912		M-30	54	00:00:21	00:00:54	00:10:45	00:20:20	00:21:29.00	00:21:50.95	+00:05:42 (26.6%)	4:17	14 (73.7%)
55	KOTOŃSKI Damian	961		M-30	55	00:00:09	00:00:48	00:10:17	00:20:24	00:21:35.85	00:21:45.20	+00:05:49 (26.9%)	4:19	13.9 (73.2%)
56	FIK Janusz	1234		M-30	56	00:00:35	00:00:51	00:10:54	00:20:43	00:21:47.65	00:22:22.90	+00:06:00 (27.6%)	4:21	13.8 (72.6%)
57	SZYCHOWSKI Jarosław	247	TKKF KOLEJARZ BYDGOSZCZ	M-30	57	00:00:17	00:00:47	00:10:28	00:20:34	00:21:49.85	00:22:07.10	+00:06:03 (27.7%)	4:21	13.8 (72.6%)
58	KLICKI Marcin	1306		M-30	58	00:00:36	00:00:48	00:10:52	00:20:44	00:21:51.70	00:22:27.95	+00:06:05 (27.8%)	4:22	13.7 (72.1%)
59	BUTKIEWICZ Piotr	2		M-30	59	00:00:59		00:10:35	00:20:40	00:21:53.95	00:22:53.50	+00:06:07 (28.0%)	4:22	13.7 (72.1%)
60	PISARSKI Igor	276		M-30	60	00:00:11	00:00:53	00:10:50	00:20:47	00:21:54.05	00:22:05.90	+00:06:07 (28.0%)	4:22	13.7 (72.1%)
61	BRZEZINSKI Łukasz	297		M-30	61	00:00:22	00:00:49	00:10:40	00:20:46	00:21:58.20	00:22:20.35	+00:06:11 (28.2%)	4:23	13.7 (72.1%)
62	JAKUBCZAK Michał	638		M-30	62	00:00:07	00:00:48	00:10:33	00:20:43	00:21:59.45	00:22:06.65	+00:06:12 (28.3%)	4:23	13.6 (71.6%)

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63	ŻÓŁTAŃSKI Rafał	1498		M-30	63	00:01:11	00:01:06	00:10:48	00:20:46	00:22:00.95	00:23:12.75	+00:06:14 (28.3%)	4:24	13.6 (71.6%)
64	GÓRNY Bartosz	716	TRISPACE/TREK	M-30	64	00:00:16	00:00:55	00:10:56	00:20:55	00:22:06.30	00:22:23.00	+00:06:19 (28.6%)	4:25	13.6 (71.6%)
65	WARLIKOWSKI Łukasz	687		M-30	65	00:00:21	00:01:03	00:11:14	00:20:55	00:22:08.95	00:22:30.10	+00:06:22 (28.8%)	4:25	13.6 (71.6%)
66	NAPORA Mateusz	396		M-30	66	00:00:11	00:00:52	00:10:52	00:21:04	00:22:10.75	00:22:22.20	+00:06:24 (28.9%)	4:26	13.5 (71.1%)
67	DROZDOWSKI Tomasz	664		M-30	67	00:00:28	00:00:58	00:10:50	00:20:59	00:22:10.90	00:22:39.10	+00:06:24 (28.9%)	4:26	13.5 (71.1%)
68	PUDO Mateusz	134	@MATI_TRITATA	M-30	68	00:00:06	00:00:41	00:10:18	00:20:50	00:22:12.05	00:22:18.15	+00:06:25 (28.9%)	4:26	13.5 (71.1%)
69	KAMIŃSKI Michał	795		M-30	69	00:00:18	00:00:59	00:11:17	00:21:12	00:22:22.45	00:22:41.35	+00:06:35 (29.5%)	4:28	13.4 (70.5%)
70	BANASZAK Dawid	802		M-30	70	00:00:13	00:00:52	00:11:19	00:21:11	00:22:25.50	00:22:39.45	+00:06:38 (29.6%)	4:29	13.4 (70.5%)
71	MIŚTAK Damian	748		M-30	71	00:00:37	00:00:55	00:11:10	00:21:18	00:22:27.40	00:23:05.25	+00:06:40 (29.7%)	4:29	13.4 (70.5%)
72	BIAŁAS Tomasz	1312		M-30	72	00:00:28	00:01:00	00:11:29	00:21:19	00:22:30.90	00:22:59.35	+00:06:44 (29.9%)	4:30	13.3 (70.0%)
73	ŻECH Tomasz	306		M-30	73	00:00:04	00:00:42	00:10:18	00:21:13	00:22:31.65	00:22:36.15	+00:06:44 (30.0%)	4:30	13.3 (70.0%)
74	SMARZ Karol	673		M-30	74	00:00:03	00:00:41	00:10:48	00:21:17	00:22:33.45	00:22:36.65	+00:06:46 (30.1%)	4:30	13.3 (70.0%)
75	ZABOROWSKI Krzysztof	48		M-30	75	00:00:13	00:00:52	00:11:09	00:21:30	00:22:35.55	00:22:48.55	+00:06:48 (30.2%)	4:31	13.3 (70.0%)
76	KOLANO Grzegorz	1481		M-30	76	00:00:40	00:01:00	00:11:18	00:21:23	00:22:35.70	00:23:15.95	+00:06:49 (30.2%)	4:31	13.3 (70.0%)
77	KOŁACKI Jarosław	30	VVD BYDGOSZCZ	M-30	77	00:00:35	00:00:57	00:11:15	00:21:23	00:22:36.15	00:23:11.70	+00:06:49 (30.2%)	4:31	13.3 (70.0%)
78	SKRZYPIŃSKI Marek	667		M-30	78	00:00:36	00:01:00	00:11:03	00:21:27	00:22:40.35	00:23:17.20	+00:06:53 (30.4%)	4:32	13.2 (69.5%)
79	BZDZION Marcin	1366		M-30	79	00:00:12	00:00:46	00:11:05	00:21:26	00:22:45.30	00:22:57.70	+00:06:58 (30.7%)	4:33	13.2 (69.5%)
80	MIAZGA Marek	13		M-30	80	00:00:08	00:00:47	00:11:06	00:21:29	00:22:45.90	00:22:54.25	+00:06:59 (30.7%)	4:33	13.2 (69.5%)
81	SZULC Marcin	582		M-30	81	00:00:17		00:11:20	00:21:35	00:22:47.35	00:23:05.20	+00:07:00 (30.8%)	4:33	13.2 (69.5%)
82	LISTECKI Sebastian	112	ASTORIA BYDGOSZCZ	M-30	82	00:00:29	00:00:56	00:11:03	00:21:26	00:22:47.40	00:23:16.60	+00:07:00 (30.8%)	4:33	13.2 (69.5%)
83	PAWLAK Łukasz	814		M-30	83	00:00:14	00:00:57	00:11:09	00:21:31	00:22:50.05	00:23:04.80	+00:07:03 (30.9%)	4:34	13.1 (68.9%)
84	FRANKOWSKI Przemysław	927		M-30	84	00:00:14	00:00:57	00:11:06	00:21:30	00:22:51.25	00:23:06.20	+00:07:04 (31.0%)	4:34	13.1 (68.9%)
85	MOGILNICKI Dominik	1016		M-30	85	00:00:48	00:00:55	00:11:08	00:21:39	00:22:52.95	00:23:41.60	+00:07:06 (31.0%)	4:34	13.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	JOŁTUCHOWSKI Roman	124		M-30	86	00:00:02	00:00:39	00:10:35	00:21:35	00:22:59.75	00:23:02.30	+00:07:13 (31.4%)	4:35	13.1 (68.9%)
87	JURKOWSKI Paweł	337	PJKANCELARIA.PL	M-30	87	00:00:41	00:00:55	00:11:16	00:21:47	00:23:00.60	00:23:41.80	+00:07:13 (31.4%)	4:36	13 (68.4%)
88	WINIECKI Paweł	196	AKADEMIA MISTRZÓW SPORTU	M-30	88	00:00:35	00:00:59	00:11:16	00:21:47	00:23:03.25	00:23:38.40	+00:07:16 (31.6%)	4:36	13 (68.4%)
89	KWAŚNIK Sławomir	529	TEAM RUDNIK	M-30	89	00:00:10	00:00:51	00:10:41	00:21:44	00:23:04.55	00:23:15.10	+00:07:17 (31.6%)	4:36	13 (68.4%)
90	KANDYBA Sebastian	614		M-30	90	00:01:09	00:01:17	00:12:08	00:21:52	00:23:06.70	00:24:15.75	+00:07:20 (31.7%)	4:37	13 (68.4%)
91	KOZAK Krzysztof	533	BB ACTIVE TEAM	M-30	91	00:00:13	00:00:53	00:11:07	00:21:44	00:23:06.75	00:23:20.45	+00:07:20 (31.7%)	4:37	13 (68.4%)
92	TWARDY Adam	1400	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	92	00:00:16	00:00:57	00:11:35	00:21:59	00:23:11.25	00:23:27.75	+00:07:24 (32.0%)	4:38	12.9 (67.9%)
93	RYWOLT Paweł	5		M-30	93	00:00:13	00:00:55	00:11:32	00:22:01	00:23:11.60	00:23:25.40	+00:07:24 (32.0%)	4:38	12.9 (67.9%)
94	WÓJCIK Jacek	128		M-30	94	00:00:30	00:01:04	00:11:28	00:21:56	00:23:12.30	00:23:42.70	+00:07:25 (32.0%)	4:38	12.9 (67.9%)
95	CIESIELSKI Artur	812		M-30	95	00:00:16	00:00:52	00:11:28	00:22:00	00:23:13.20	00:23:29.30	+00:07:26 (32.0%)	4:38	12.9 (67.9%)
96	PALIGA Maciej	918		M-30	96	00:00:17	00:00:58	00:11:13	00:21:56	00:23:14.25	00:23:32.15	+00:07:27 (32.1%)	4:38	12.9 (67.9%)
97	SZARKOWSKI Fabian	1225	MASAŻYSTA	M-30	97	00:00:18	00:00:57	00:11:22	00:21:59	00:23:18.05	00:23:36.30	+00:07:31 (32.3%)	4:39	12.9 (67.9%)
98	BIZON Bartosz	1232		M-30	98	00:01:16	00:01:12	00:11:58	00:22:09	00:23:18.75	00:24:35.05	+00:07:32 (32.3%)	4:39	12.9 (67.9%)
99	BICKOWSKI Patryk	52	DRUŻYNA B	M-30	99	00:00:20	00:00:58	00:11:14	00:22:06	00:23:20.65	00:23:41.40	+00:07:33 (32.4%)	4:40	12.9 (67.9%)
100	ANTOSIK Patryk	77	CSWLĄD	M-30	100	00:00:56	00:01:02	00:11:26	00:22:01	00:23:23.00	00:24:19.80	+00:07:36 (32.5%)	4:40	12.8 (67.4%)
101	MATEUSZCZYK Dawid	416	RUN BYDGOSZCZ	M-30	101	00:00:18	00:00:55	00:11:05	00:22:06	00:23:23.75	00:23:42.40	+00:07:37 (32.6%)	4:40	12.8 (67.4%)
102	FLOREK Paweł	274	RUNADDICTS	M-30	102	00:01:30	00:01:06	00:11:52	00:22:27	00:23:31.35	00:25:02.30	+00:07:44 (32.9%)	4:42	12.8 (67.4%)
103	WIELGOSZ Krzysztof	1335		M-30	103	00:00:17	00:01:00	00:12:05	00:22:28	00:23:41.05	00:23:58.30	+00:07:54 (33.4%)	4:44	12.7 (66.8%)
104	PUCHACZ Marcin	87	PUCHACZE	M-30	104	00:00:07	00:00:53	00:11:10	00:22:16	00:23:42.00	00:23:49.75	+00:07:55 (33.4%)	4:44	12.7 (66.8%)
105	ROZKWITALSKI Bartosz	1226		M-30	105	00:00:19	00:00:55	00:11:24	00:22:21	00:23:44.65	00:24:03.85	+00:07:57 (33.5%)	4:44	12.6 (66.3%)
106	OGONOWSKI Przemysław	1204		M-30	106	00:00:10	00:00:49	00:11:17	00:22:29	00:23:50.10	00:24:00.10	+00:08:03 (33.8%)	4:46	12.6 (66.3%)
107	ZĄBKOWSKI Krzysztof	479		M-30	107	00:00:27	00:00:56	00:11:46	00:22:41	00:23:56.40	00:24:23.95	+00:08:09 (34.1%)	4:47	12.5 (65.8%)
108	WASIELEWSKI Robert	787		M-30	108	00:00:28	00:00:59	00:11:50	00:22:42	00:23:57.05	00:24:25.35	+00:08:10 (34.1%)	4:47	12.5 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	KASZUBA Konrad	53		M-30	109	00:00:21	00:00:55	00:11:43	00:22:37	00:23:58.20	00:24:20.10	+00:08:11 (34.2%)	4:47	12.5 (65.8%)
110	KODRANC Michał	552	TYPYGRUBE	M-30	110	00:00:33		00:11:55	00:22:38	00:23:58.35	00:24:31.90	+00:08:11 (34.2%)	4:47	12.5 (65.8%)
111	BELNIK Michał	1391	UKS TRAPER ZŁOCIENIEC	M-30	111	00:00:42	00:01:12	00:12:06	00:22:50	00:24:04.05	00:24:46.25	+00:08:17 (34.4%)	4:48	12.5 (65.8%)
112	ZIELIŃSKI Paweł	279		M-30	112	00:00:31	00:01:00	00:11:52	00:22:47	00:24:08.65	00:24:39.75	+00:08:21 (34.6%)	4:49	12.4 (65.3%)
113	MIHNIEVIČ Juraś	695		M-30	113	00:00:26	00:01:07	00:12:13	00:22:56	00:24:15.85	00:24:42.45	+00:08:29 (35.0%)	4:51	12.4 (65.3%)
114	MAKUSZEWSKI Mateusz	321	WTLENIE	M-30	114	00:00:48	00:00:57	00:11:59	00:22:56	00:24:17.20	00:25:05.60	+00:08:30 (35.0%)	4:51	12.4 (65.3%)
115	SKUPSZ Jędrzej	1264	TEAM FORDON	M-30	115	00:00:45	00:01:01	00:11:56	00:23:06	00:24:19.35	00:25:04.90	+00:08:32 (35.1%)	4:51	12.3 (64.7%)
116	YALPI Hasan	896		M-30	116	00:00:20	00:00:54	00:11:26	00:22:53	00:24:21.30	00:24:41.85	+00:08:34 (35.2%)	4:52	12.3 (64.7%)
117	BASZYŃSKI Adam	865		M-30	117	00:00:36	00:00:56	00:11:52	00:22:58	00:24:22.20	00:24:58.90	+00:08:35 (35.3%)	4:52	12.3 (64.7%)
118	NEUMANN Ariel	949		M-30	118	00:01:03	00:01:09	00:12:01	00:23:04	00:24:22.70	00:25:26.50	+00:08:36 (35.3%)	4:52	12.3 (64.7%)
119	MALECKI Lukasz	728		M-30	119	00:01:23		00:12:22	00:23:17	00:24:24.80	00:25:48.20	+00:08:38 (35.4%)	4:52	12.3 (64.7%)
120	SZATKOWSKI Oskar	911		M-30	120	00:00:40	00:01:04	00:11:43	00:23:02	00:24:26.95	00:25:07.85	+00:08:40 (35.5%)	4:53	12.3 (64.7%)
121	SOŁTYSIAK Mariusz	1163		M-30	121	00:00:28	00:00:57	00:12:04	00:23:04	00:24:27.35	00:24:55.95	+00:08:40 (35.5%)	4:53	12.3 (64.7%)
122	KLAWIKOWSKI Dawid	888	TKKF KOLEJARZ BYDGOSZCZ	M-30	122	00:00:29		00:11:52	00:23:08	00:24:29.80	00:24:58.90	+00:08:43 (35.6%)	4:53	12.3 (64.7%)
122	FABIAŃSKI Rafał	635		M-30	122	00:01:03	00:01:09	00:12:01	00:23:04	00:24:29.80	00:25:33.70	+00:08:43 (35.6%)	4:53	12.3 (64.7%)
124	JOPPEK Łukasz	897		M-30	124	00:00:08	00:00:54	00:11:50	00:23:03	00:24:30.15	00:24:38.80	+00:08:43 (35.6%)	4:54	12.2 (64.2%)
124	GRABIŃSKI Sławomir	1469	NITROCHEM	M-30	124	00:00:38	00:01:04	00:12:29	00:23:08	00:24:30.15	00:25:08.70	+00:08:43 (35.6%)	4:54	12.2 (64.2%)
126	BIAŁY Dawid	1487		M-30	126	00:01:19	00:01:07	00:12:26	00:23:16	00:24:32.45	00:25:51.60	+00:08:45 (35.7%)	4:54	12.2 (64.2%)
127	ŁAWSKI Kamil	920		M-30	127	00:00:41	00:01:03	00:12:03	00:23:15	00:24:34.95	00:25:16.85	+00:08:48 (35.8%)	4:54	12.2 (64.2%)
128	WALCZAK Kamil	129		M-30	128	00:00:09	00:00:56	00:12:00	00:23:16	00:24:36.40	00:24:45.80	+00:08:49 (35.9%)	4:55	12.2 (64.2%)
129	NATYWO Gerard	808	MOLDY UNICORNS	M-30	129	00:01:32	00:01:16	00:12:40	00:23:13	00:24:36.60	00:26:09.10	+00:08:49 (35.9%)	4:55	12.2 (64.2%)
130	NIESTĘPSKI Bartosz	1106		M-30	130	00:00:35	00:01:02	00:12:15	00:23:25	00:24:39.20	00:25:14.40	+00:08:52 (36.0%)	4:55	12.2 (64.2%)
131	OLEJNICZAK Tomasz	1369	NITROCHEM	M-30	131	00:00:32	00:00:59	00:12:00	00:23:16	00:24:39.50	00:25:11.95	+00:08:52 (36.0%)	4:55	12.2 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	PRZYBYLSKI Dariusz	649		M-30	132	00:00:20	00:00:55	00:12:00	00:23:15	00:24:42.45	00:25:02.90	+00:08:55 (36.1%)	4:56	12.1 (63.7%)
133	FIKSAT Mateusz	1305		M-30	133	00:00:19		00:11:44	00:23:22	00:24:47.40	00:25:06.90	+00:09:00 (36.4%)	4:57	12.1 (63.7%)
134	MIKULSKI Wojciech	1081		M-30	134	00:01:14	00:01:06	00:12:22	00:23:35	00:24:56.90	00:26:11.70	+00:09:10 (36.8%)	4:59	12 (63.2%)
135	PRĘDKI Jarosław	1329		M-30	135	00:00:16	00:01:02	00:12:30	00:23:33	00:24:57.05	00:25:13.05	+00:09:10 (36.8%)	4:59	12 (63.2%)
136	LAKS Krzysztof	633		M-30	136	00:00:25	00:01:04	00:12:15	00:23:37	00:24:57.70	00:25:23.10	+00:09:11 (36.8%)	4:59	12 (63.2%)
137	GREŃ Sebastian	1129	KSN ŁUCZNICZKA BYDGOSZCZ	M-30	137	00:00:05	00:00:56	00:12:10	00:23:39	00:24:57.85	00:25:03.60	+00:09:11 (36.8%)	4:59	12 (63.2%)
138	ŚWIERCZYŃSKI Marcin	71	ATHLETICOMED.PL BYDGOSZCZ	M-30	138	00:00:45	00:01:07	00:12:17	00:23:30	00:24:59.00	00:25:44.50	+00:09:12 (36.8%)	4:59	12 (63.2%)
139	MASŁOWSKI Łukasz	1491		M-30	139	00:00:11	00:00:58	00:12:25	00:23:48	00:25:00.50	00:25:11.85	+00:09:13 (36.9%)	5:00	12 (63.2%)
140	PAWLACZYK Paweł	602		M-30	140	00:01:08	00:01:07	00:12:40	00:23:46	00:25:02.25	00:26:10.45	+00:09:15 (37.0%)	5:00	12 (63.2%)
141	WIECZOREK Paweł	1149	KSN ŁUCZNICZKA BYDGOSZCZ	M-30	141	00:00:07	00:00:53	00:12:11	00:23:34	00:25:04.65	00:25:11.85	+00:09:17 (37.1%)	5:00	12 (63.2%)
142	KWIATKOWSKI Piotr	520		M-30	142	00:00:32	00:01:04	00:12:34	00:23:41	00:25:06.95	00:25:39.15	+00:09:20 (37.2%)	5:01	12 (63.2%)
143	KLEPACZEWSKI Arkadiusz	79		M-30	143	00:00:10	00:01:01	00:12:15	00:23:45	00:25:14.25	00:25:24.65	+00:09:27 (37.5%)	5:02	11.9 (62.6%)
144	WOLSKI Michał	26	OKOLE	M-30	144	00:01:08	00:01:18	00:12:56	00:23:50	00:25:14.65	00:26:23.10	+00:09:27 (37.5%)	5:02	11.9 (62.6%)
145	KUBIAK Błażej	578		M-30	145	00:00:12	00:00:57	00:12:04	00:23:49	00:25:17.85	00:25:29.85	+00:09:31 (37.6%)	5:03	11.9 (62.6%)
146	ZIAJKO Marcin	136		M-30	146	00:00:07	00:00:57	00:12:23	00:23:56	00:25:19.15	00:25:26.60	+00:09:32 (37.7%)	5:03	11.8 (62.1%)
147	KAWKA Piotr	1113		M-30	147	00:00:28	00:00:59	00:12:19	00:24:03	00:25:23.90	00:25:52.30	+00:09:37 (37.9%)	5:04	11.8 (62.1%)
148	DROŻYŃSKI Maciej	381		M-30	148	00:00:34	00:01:01	00:12:19	00:23:57	00:25:25.90	00:26:00.60	+00:09:39 (38.0%)	5:05	11.8 (62.1%)
149	MICHALAK Krzysztof	1078		M-30	149	00:01:14	00:01:05	00:12:43	00:24:02	00:25:26.65	00:26:40.85	+00:09:39 (38.0%)	5:05	11.8 (62.1%)
150	AGARKOV Pavlo	970	SANSARA	M-30	150	00:00:05	00:00:53	00:12:30	00:24:05	00:25:31.10	00:25:37.00	+00:09:44 (38.2%)	5:06	11.8 (62.1%)
151	IRZA Michał	1176		M-30	151	00:00:50	00:01:06	00:12:43	00:24:12	00:25:36.10	00:26:26.20	+00:09:49 (38.4%)	5:07	11.7 (61.6%)
152	ZAGÓRSKI Artur	105		M-30	152	00:01:18	00:01:12	00:12:46	00:24:12	00:25:39.40	00:26:57.60	+00:09:52 (38.5%)	5:07	11.7 (61.6%)
153	HYZY Piotr	343		M-30	153	00:01:00	00:01:18	00:13:31	00:24:22	00:25:43.90	00:26:44.85	+00:09:57 (38.7%)	5:08	11.7 (61.6%)
154	JAŻWIŃSKI Janusz	737		M-30	154	00:00:20	00:00:59	00:12:34	00:24:21	00:25:51.65	00:26:12.20	+00:10:04 (39.0%)	5:10	11.6 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	CIESIELSKI Mateusz	422		M-30	155	00:00:44	00:01:08	00:13:07	00:24:39	00:25:58.05	00:26:42.25	+00:10:11 (39.2%)	5:11	11.6 (61.1%)
156	JASTER Jakub	547	KLOCKU.PL	M-30	156	00:00:17	00:01:07	00:12:57	00:24:42	00:25:59.50	00:26:17.25	+00:10:12 (39.3%)	5:11	11.5 (60.5%)
157	ZIÓŁKOWSKI Marek	1238		M-30	157	00:01:07	00:01:16	00:12:45	00:24:34	00:26:00.20	00:27:07.40	+00:10:13 (39.3%)	5:12	11.5 (60.5%)
158	OLKOWSKI Dariusz	1328		M-30	158	00:00:45	00:01:11	00:13:11	00:24:40	00:26:07.30	00:26:52.80	+00:10:20 (39.6%)	5:13	11.5 (60.5%)
159	TOMCZYŃSKI Krystian	178		M-30	159	00:00:51	00:01:12	00:12:40	00:24:44	00:26:14.60	00:27:06.15	+00:10:27 (39.9%)	5:14	11.4 (60.0%)
159	JASIŃSKI Szymon	926		M-30	159	00:00:54	00:01:10	00:12:51	00:24:43	00:26:14.60	00:27:09.40	+00:10:27 (39.9%)	5:14	11.4 (60.0%)
161	WOSMAN Janusz	415		M-30	161	00:00:24	00:01:05	00:12:48	00:24:49	00:26:18.20	00:26:42.55	+00:10:31 (40.0%)	5:15	11.4 (60.0%)
162	PIOTEREK Michał	521		M-30	162	00:01:07	00:01:18	00:13:08	00:24:54	00:26:22.10	00:27:30.00	+00:10:35 (40.2%)	5:16	11.4 (60.0%)
163	KOLCZYŃSKI Sebastian	1084		M-30	163	00:01:37	00:01:07	00:13:00	00:25:02	00:26:22.45	00:28:00.15	+00:10:35 (40.2%)	5:16	11.4 (60.0%)
164	ŚWIETLIK Grzegorz	143	#ŚWIETLIKITEAM	M-30	164	00:00:37	00:01:01	00:13:08	00:25:01	00:26:23.30	00:27:00.60	+00:10:36 (40.2%)	5:16	11.4 (60.0%)
165	CIEŚLICKI Krzysztof	100	SISU TEAM	M-30	165	00:00:07	00:00:55	00:12:38	00:24:51	00:26:23.65	00:26:30.75	+00:10:36 (40.2%)	5:16	11.4 (60.0%)
166	DYBOWSKI Dominik	1416		M-30	166	00:01:14	00:01:13	00:13:20	00:25:08	00:26:28.80	00:27:43.50	+00:10:42 (40.4%)	5:17	11.3 (59.5%)
167	NAPIERAŁA Przemysław	809		M-30	167	00:01:12	00:01:09	00:13:06	00:25:04	00:26:37.10	00:27:49.80	+00:10:50 (40.7%)	5:19	11.3 (59.5%)
168	STĘPIEŃ Michał	816	TEAM RUDNIK	M-30	168	00:01:06	00:01:09	00:12:58	00:25:12	00:26:38.20	00:27:44.20	+00:10:51 (40.8%)	5:19	11.3 (59.5%)
169	MODLIŃSKI Miłosz	1079		M-30	169	00:01:12	00:01:08	00:13:04	00:25:18	00:26:44.35	00:27:56.70	+00:10:57 (41.0%)	5:20	11.2 (58.9%)
170	GROCHOWSKI Jakub	350		M-30	170	00:00:07	00:00:56	00:12:45	00:25:12	00:26:45.85	00:26:53.75	+00:10:59 (41.0%)	5:21	11.2 (58.9%)
171	DROZDOWSKI Michał	856	ASTORIA BYDGOSZCZ	M-30	171	00:00:30	00:00:56	00:12:52	00:25:16	00:26:46.70	00:27:16.70	+00:11:00 (41.1%)	5:21	11.2 (58.9%)
172	CZACHÓR Łukasz	1415		M-30	172	00:00:02	00:00:52	00:12:49	00:25:14	00:26:47.15	00:26:49.20	+00:11:00 (41.1%)	5:21	11.2 (58.9%)
173	WIECZOREK Łukasz	1363		M-30	173	00:00:58	00:01:13	00:13:22	00:25:15	00:26:48.10	00:27:46.80	+00:11:01 (41.1%)	5:21	11.2 (58.9%)
174	JAKUBCZAK Rafał	640		M-30	174	00:00:14	00:01:01	00:12:49	00:25:19	00:26:53.65	00:27:07.90	+00:11:06 (41.3%)	5:22	11.2 (58.9%)
175	MINISZEWSKI Wojtek	1431		M-30	175	00:00:54		00:13:03	00:25:27	00:26:56.45	00:27:50.55	+00:11:09 (41.4%)	5:23	11.1 (58.4%)
176	BOROWIEC Michał	565	VENEZUELA TEAM	M-30	176	00:01:23	00:01:10	00:13:33	00:25:35	00:26:58.85	00:28:22.45	+00:11:12 (41.5%)	5:23	11.1 (58.4%)
177	WOŹNIAK Piotr	829		M-30	177	00:00:39	00:01:08	00:13:05	00:25:24	00:26:59.00	00:27:38.20	+00:11:12 (41.5%)	5:23	11.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	KOWALIK Adrian	90		M-30	178	00:00:34	00:01:03	00:13:17	00:25:40	00:27:00.45	00:27:34.65	+00:11:13 (41.6%)	5:24	11.1 (58.4%)
178	GÓRECKI Sławomir	1370	NITROCHEM	M-30	178	00:00:38	00:01:16	00:14:03	00:25:34	00:27:00.45	00:27:39.35	+00:11:13 (41.6%)	5:24	11.1 (58.4%)
180	CZYŻNIKIEWICZ Paweł	475		M-30	180	00:00:43	00:01:12	00:13:16	00:25:47	00:27:02.85	00:27:46.75	+00:11:16 (41.7%)	5:24	11.1 (58.4%)
181	IWIN Patryk	1437	NITROCHEM	M-30	181	00:00:42	00:01:17	00:14:07	00:25:38	00:27:03.15	00:27:45.20	+00:11:16 (41.7%)	5:24	11.1 (58.4%)
182	GROCHAŁA Michał	95	DĄBROWSKI TEAM	M-30	182	00:00:13	00:00:58	00:13:02	00:25:33	00:27:07.45	00:27:20.90	+00:11:20 (41.8%)	5:25	11.1 (58.4%)
183	SOBCZYŃSKI Michał	845		M-30	183	00:00:57	00:01:12	00:13:31	00:25:45	00:27:10.90	00:28:07.95	+00:11:24 (42.0%)	5:26	11 (57.9%)
184	MIĘCZYŃSKI Artur	693	POLONIA BYDGOSZCZ	M-30	184	00:00:42	00:01:14	00:13:29	00:25:39	00:27:12.65	00:27:54.95	+00:11:25 (42.0%)	5:26	11 (57.9%)
185	BARTCZAK Radosław	1500		M-30	185	00:00:45	00:01:07	00:13:21	00:25:43	00:27:14.40	00:28:00.00	+00:11:27 (42.1%)	5:26	11 (57.9%)
186	KOCHAŃSKI Sebastian	1156	KOCHAŚ TEAM	M-30	186	00:00:58		00:13:31	00:25:51	00:27:17.80	00:28:16.00	+00:11:31 (42.2%)	5:27	11 (57.9%)
187	KOŁODZIEJCZAK Michał	743		M-30	187	00:00:47	00:01:10	00:13:39	00:25:52	00:27:21.10	00:28:08.70	+00:11:34 (42.3%)	5:28	11 (57.9%)
188	TUREK Mateusz	554		M-30	188	00:00:54	00:01:17	00:14:10	00:25:59	00:27:24.60	00:28:19.40	+00:11:37 (42.4%)	5:28	10.9 (57.4%)
189	DZIĘCIOŁOWSKI Łukasz	370		M-30	189	00:00:56	00:01:15	00:13:49	00:26:11	00:27:35.20	00:28:31.50	+00:11:48 (42.8%)	5:31	10.9 (57.4%)
190	DĄBROWSKI Arkadiusz	333		M-30	190	00:01:51	00:00:58	00:12:51	00:26:14	00:27:43.40	00:29:34.65	+00:11:56 (43.1%)	5:32	10.8 (56.8%)
191	KOPLINER Mariusz	1070	TEAM RUN GOŁAŃCZ	M-30	191	00:00:21	00:01:01	00:13:06	00:26:06	00:27:47.30	00:28:09.10	+00:12:00 (43.2%)	5:33	10.8 (56.8%)
192	KRYWALD Michał	1041		M-30	192	00:01:21	00:01:10	00:13:53	00:26:28	00:27:49.30	00:29:10.50	+00:12:02 (43.3%)	5:33	10.8 (56.8%)
193	MAZUREK Damian	1281		M-30	193	00:00:47	00:01:07	00:13:57	00:26:41	00:28:01.45	00:28:49.20	+00:12:14 (43.7%)	5:36	10.7 (56.3%)
194	BARANOWSKI Adam	652		M-30	194	00:00:08	00:01:03	00:13:17	00:26:27	00:28:05.70	00:28:14.45	+00:12:19 (43.8%)	5:37	10.7 (56.3%)
195	JASIŃSKI Grzegorz	900	JASINSKI.IT	M-30	195	00:00:09	00:01:01	00:14:00	00:26:49	00:28:06.30	00:28:15.90	+00:12:19 (43.9%)	5:37	10.7 (56.3%)
196	BOROWCZAK Paweł	208		M-30	196	00:01:28	00:01:05	00:13:57	00:26:37	00:28:09.25	00:29:37.70	+00:12:22 (44.0%)	5:37	10.7 (56.3%)
197	CZYŻNIKIEWICZ Karol	584		M-30	197	00:00:43	00:01:13	00:13:18	00:26:42	00:28:24.15	00:29:07.45	+00:12:37 (44.4%)	5:40	10.6 (55.8%)
198	GAWRYCH Adam	1167		M-30	198	00:01:00	00:01:10	00:13:22	00:26:49	00:28:39.05	00:29:39.70	+00:12:52 (44.9%)	5:43	10.5 (55.3%)
199	ŚWIETLIK Dawid	453		M-30	199	00:00:39	00:01:05	00:13:38	00:27:10	00:28:48.60	00:29:27.90	+00:13:01 (45.2%)	5:45	10.4 (54.7%)
200	SYBILA Michał	596	VENEZUELA TEAM	M-30	200	00:01:24	00:01:14	00:14:19	00:27:15	00:28:51.10	00:30:15.40	+00:13:04 (45.3%)	5:46	10.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	SŁOWIŃSKI Adam	259		M-30	201	00:01:27	00:01:10	00:14:24	00:27:27	00:28:59.25	00:30:26.55	+00:13:12 (45.6%)	5:47	10.4 (54.7%)
202	SPYCHALSKI Krystian	1434	NITROCHEM	M-30	202	00:00:39	00:01:15	00:14:07	00:27:23	00:29:07.65	00:29:47.50	+00:13:20 (45.8%)	5:49	10.3 (54.2%)
203	NOWICKI Krystian	293	1BLOG	M-30	203	00:00:51	00:01:22	00:14:40	00:27:42	00:29:08.65	00:29:59.70	+00:13:21 (45.9%)	5:49	10.3 (54.2%)
204	PAWEŁKOWSKI Patryk	1372	NITROCHEM	M-30	204	00:00:40	00:01:15	00:14:25	00:27:43	00:29:17.50	00:29:58.00	+00:13:30 (46.1%)	5:51	10.2 (53.7%)
205	REDELBACH Maciej	256		M-30	205	00:00:49		00:14:46	00:27:37	00:29:18.15	00:30:07.90	+00:13:31 (46.2%)	5:51	10.2 (53.7%)
206	ŁUDZIŃSKI Jakub	1190		M-30	206	00:00:50		00:14:45	00:27:38	00:29:19.85	00:30:09.90	+00:13:33 (46.2%)	5:51	10.2 (53.7%)
207	SMUCZYŃSKI Wojciech	29		M-30	207	00:01:11	00:01:13	00:14:35	00:27:53	00:29:23.15	00:30:34.30	+00:13:36 (46.3%)	5:52	10.2 (53.7%)
208	LIZOŃ Dawid	33		M-30	208	00:01:23	00:01:12	00:14:38	00:28:02	00:29:30.20	00:30:53.20	+00:13:43 (46.5%)	5:54	10.2 (53.7%)
209	MICHALSKI Maciej	1068		M-30	209	00:00:35	00:01:13	00:14:34	00:28:12	00:29:33.90	00:30:08.90	+00:13:47 (46.6%)	5:54	10.2 (53.7%)
210	WOJCIECHOWSKI Michał	998		M-30	210	00:01:01	00:01:21	00:14:39	00:28:00	00:29:35.05	00:30:36.50	+00:13:48 (46.7%)	5:55	10.1 (53.2%)
211	WOJTCZAK Arkadiusz	1188		M-30	211	00:00:37	00:01:12	00:14:18	00:27:54	00:29:35.55	00:30:12.75	+00:13:48 (46.7%)	5:55	10.1 (53.2%)
212	JANUSZEWSKI Wojciech	1057		M-30	212	00:00:26	00:01:03	00:14:26	00:28:10	00:29:40.95	00:30:07.85	+00:13:54 (46.8%)	5:56	10.1 (53.2%)
213	OLEKSIAK Adam	1499		M-30	213	00:01:12	00:01:19	00:14:26	00:28:12	00:29:43.45	00:30:56.10	+00:13:56 (46.9%)	5:56	10.1 (53.2%)
214	PILEWSKI Mikołaj	916		M-30	214	00:00:32	00:01:23	00:14:50	00:28:16	00:29:47.45	00:30:20.20	+00:14:00 (47.0%)	5:57	10.1 (53.2%)
215	SZURGOT Piotr	994		M-30	215	00:01:07	00:01:17	00:14:55	00:28:16	00:29:57.05	00:31:04.55	+00:14:10 (47.3%)	5:59	10 (52.6%)
216	ŚPICA Grzegorz	433		M-30	216	00:01:27	00:01:11	00:14:10	00:28:38	00:29:58.85	00:31:26.80	+00:14:12 (47.4%)	5:59	10 (52.6%)
217	DRZEWIECKI Mikołaj	302		M-30	217	00:00:51	00:01:21	00:15:17	00:28:36	00:29:59.55	00:30:50.75	+00:14:12 (47.4%)	5:59	10 (52.6%)
218	KSYTA Wojciech	922	3ROTHERHOOD TEAM	M-30	218	00:00:49	00:01:07	00:14:10	00:28:20	00:30:03.75	00:30:53.35	+00:14:17 (47.5%)	6:00	10 (52.6%)
219	ZIOŁECKI Grzegorz	1278		M-30	219	00:01:26	00:01:15	00:15:15	00:28:59	00:30:13.80	00:31:39.90	+00:14:27 (47.8%)	6:02	9.9 (52.1%)
220	WALCZAK Krzysztof	1157	NIEZRZESZONY	M-30	220	00:00:54	00:01:09	00:15:00	00:28:57	00:30:31.15	00:31:25.90	+00:14:44 (48.3%)	6:06	9.8 (51.6%)
221	PARTYKA Dawid	225		M-30	221	00:01:31	00:01:19	00:15:22	00:28:52	00:30:31.35	00:32:03.30	+00:14:44 (48.3%)	6:06	9.8 (51.6%)
222	CHROMIŃSKI Fabian	745		M-30	222	00:00:54	00:01:17	00:14:12	00:28:51	00:30:35.25	00:31:30.05	+00:14:48 (48.4%)	6:07	9.8 (51.6%)
223	BANNACH Jakub	1289	NIEPODLEGŁE BLONDYNKI	M-30	223	00:00:30	00:01:23	00:15:09	00:29:03	00:30:40.70	00:31:11.65	+00:14:54 (48.6%)	6:08	9.8 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	MRUGAŁA Bartosz	1350		M-30	224	00:00:30	00:01:03	00:14:13	00:28:50	00:30:48.50	00:31:18.85	+00:15:01 (48.8%)	6:09	9.7 (51.1%)
225	WEŁNICKI Paweł	881		M-30	225	00:01:31	00:01:13	00:15:02	00:29:07	00:30:55.80	00:32:27.25	+00:15:09 (49.0%)	6:11	9.7 (51.1%)
226	KUZIONIAR Daniel	1139	KSN ŁUCZNICZKA BYDGOSZCZ	M-30	226	00:00:40	00:01:20	00:15:15	00:29:12	00:31:01.85	00:31:42.35	+00:15:15 (49.2%)	6:12	9.7 (51.1%)
227	RETKOWSKI Damian	1424		M-30	227	00:00:25	00:01:14	00:15:24	00:29:34	00:31:03.50	00:31:29.00	+00:15:16 (49.2%)	6:12	9.7 (51.1%)
228	STACHOWICZ Karol	707		M-30	228	00:00:24	00:01:15	00:15:25	00:29:35	00:31:04.50	00:31:29.30	+00:15:17 (49.2%)	6:12	9.7 (51.1%)
229	PAWLIKOWSKI Jacek	390		M-30	229	00:01:28	00:01:16	00:15:54	00:29:34	00:31:05.95	00:32:34.25	+00:15:19 (49.3%)	6:13	9.7 (51.1%)
230	LISEWSKI Jacek	42	TRI ŚWINKI	M-30	230	00:01:05	00:01:14	00:14:16	00:29:26	00:31:08.90	00:32:14.10	+00:15:22 (49.3%)	6:13	9.6 (50.5%)
231	CIEŚLIK Rafał	1151		M-30	231	00:01:10	00:01:17	00:14:49	00:29:39	00:31:19.25	00:32:29.65	+00:15:32 (49.6%)	6:15	9.6 (50.5%)
232	KAŻMIERCZAK Jakub	718		M-30	232	00:01:00	00:01:20	00:15:55	00:29:46	00:31:20.55	00:32:20.90	+00:15:33 (49.7%)	6:16	9.6 (50.5%)
233	GÓRSKI Łukasz	527		M-30	233	00:00:22	00:01:17	00:15:26	00:29:39	00:31:20.80	00:31:43.75	+00:15:34 (49.7%)	6:16	9.6 (50.5%)
234	PRZYBYŁA Paweł	1179		M-30	234	00:00:54	00:01:26	00:16:24	00:30:06	00:31:26.95	00:32:21.25	+00:15:40 (49.8%)	6:17	9.5 (50.0%)
235	SMUŁKA Patryk	72		M-30	235	00:00:27	00:01:14	00:15:54	00:29:43	00:31:28.60	00:31:55.80	+00:15:41 (49.9%)	6:17	9.5 (50.0%)
236	RUMIŃSKI Adam	597	SZURUSIE TEAM	M-30	236	00:01:43	00:01:05	00:14:52	00:29:45	00:31:31.85	00:33:15.65	+00:15:45 (50.0%)	6:18	9.5 (50.0%)
237	ROJEWSKI Jarosław	1349	KS PAPA JERRY 84	M-30	237	00:00:58	00:01:23	00:15:57	00:29:48	00:31:32.00	00:32:30.10	+00:15:45 (50.0%)	6:18	9.5 (50.0%)
238	JAROCCHA Michał	476		M-30	238	00:00:53	00:01:14	00:15:45	00:30:01	00:31:37.10	00:32:30.50	+00:15:50 (50.1%)	6:19	9.5 (50.0%)
239	ANESZKO Bartek	871		M-30	239	00:01:30	00:01:22	00:15:44	00:29:58	00:31:40.20	00:33:10.70	+00:15:53 (50.2%)	6:20	9.5 (50.0%)
240	GROCHAL Patryk	880	KS SZOSA ŻNIN	M-30	240	00:01:11	00:01:21	00:18:09	00:30:16	00:31:48.95	00:33:00.55	+00:16:02 (50.4%)	6:21	9.4 (49.5%)
241	DOBIJA Jakub	722		M-30	241	00:01:08	00:01:27	00:16:08	00:30:04	00:31:54.70	00:33:03.25	+00:16:08 (50.6%)	6:22	9.4 (49.5%)
242	SIUDZIŃSKA-BESS Anna	75		M-30	242	00:00:24	00:01:14	00:15:35	00:30:08	00:31:55.90	00:32:20.30	+00:16:09 (50.6%)	6:23	9.4 (49.5%)
243	WIOSNA Tomasz	647		M-30	243	00:01:20	00:01:15	00:16:07	00:30:24	00:32:10.30	00:33:30.30	+00:16:23 (51.0%)	6:26	9.3 (48.9%)
244	STOIŃSKI Paweł	691		M-30	244	00:01:18	00:01:21	00:15:48	00:30:24	00:32:10.65	00:33:28.65	+00:16:23 (51.0%)	6:26	9.3 (48.9%)
245	KASZUBOWSKI Daniel	120		M-30	245	00:01:35	00:01:09	00:15:16	00:30:32	00:32:28.95	00:34:04.55	+00:16:42 (51.4%)	6:29	9.2 (48.4%)
246	ŁUCZKOWSKI Rafał	1309		M-30	246	00:00:56	00:01:25	00:16:01	00:30:44	00:32:37.10	00:33:33.25	+00:16:50 (51.6%)	6:31	9.2 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	ORZECHOWSKI Patryk	1377	NITROCHEM	M-30	247	00:00:38	00:01:20	00:16:21	00:32:00	00:33:39.90	00:34:18.15	+00:17:53 (53.1%)	6:43	8.9 (46.8%)
248	ŻEBROWSKI Jakub	1219		M-30	248	00:01:05	00:01:26	00:17:18	00:32:01	00:33:43.35	00:34:48.85	+00:17:56 (53.2%)	6:44	8.9 (46.8%)
249	KUKUŁA Piotr	1201		M-30	249	00:01:09	00:01:18	00:16:55	00:32:56	00:34:38.35	00:35:48.15	+00:18:51 (54.4%)	6:55	8.7 (45.8%)
250	OSTROWSKI Lukasz	162		M-30	250	00:01:50	00:01:17	00:17:16	00:32:53	00:34:41.90	00:36:32.00	+00:18:55 (54.5%)	6:56	8.6 (45.3%)
251	SKRĘTNY Adam	131		M-30	251	00:00:48	00:01:28	00:18:19	00:33:28	00:35:10.45	00:35:58.80	+00:19:23 (55.1%)	7:02	8.5 (44.7%)
252	MANDRA Wojciech	1248		M-30	252	00:01:25	00:01:18	00:17:02	00:33:48	00:35:51.65	00:37:17.45	+00:20:04 (56.0%)	7:10	8.4 (44.2%)
253	MARCHLEWICZ Artur	1272		M-30	253	00:00:29	00:01:04	00:16:58	00:34:10	00:36:06.10	00:36:35.25	+00:20:19 (56.3%)	7:13	8.3 (43.7%)
254	BURY Tomasz	377		M-30	254	00:00:19	00:01:15	00:17:18	00:34:13	00:36:13.60	00:36:32.90	+00:20:26 (56.4%)	7:14	8.3 (43.7%)
255	BARAŃCZAK Paweł	160		M-30	255	00:01:10	00:01:23	00:17:59	00:34:32	00:36:30.05	00:37:40.80	+00:20:43 (56.8%)	7:18	8.2 (43.2%)
256	BINDER Sebastian	353		M-30	256	00:00:57	00:01:14	00:16:30	00:34:14	00:36:39.20	00:37:36.50	+00:20:52 (57.0%)	7:19	8.2 (43.2%)
257	SUCHOCKI Kamil	1444		M-30	257	00:01:09	00:01:23	00:17:23	00:35:17	00:37:02.05	00:38:11.90	+00:21:15 (57.4%)	7:24	8.1 (42.6%)
258	OLSZEWSKI Mikołaj	1073		M-30	258	00:01:39	00:01:17	00:16:12	00:35:20	00:37:03.15	00:38:42.45	+00:21:16 (57.4%)	7:24	8.1 (42.6%)
259	PERZ Daniel	1455		M-30	259	00:01:09	00:01:22	00:17:21	00:35:17	00:37:17.55	00:38:27.35	+00:21:30 (57.7%)	7:27	8 (42.1%)
260	BUKOWSKI Tomasz	1294	OLUCHA RUN	M-30	260	00:01:05	00:01:21	00:18:10	00:36:05	00:38:01.75	00:39:07.05	+00:22:15 (58.5%)	7:36	7.9 (41.6%)
261	WINSKI Adrian	1295		M-30	261	00:01:05	00:01:21	00:18:11	00:36:04	00:38:02.40	00:39:08.10	+00:22:15 (58.5%)	7:36	7.9 (41.6%)
262	RAK Tomasz	1178		M-30	262	00:00:54	00:01:26	00:17:58	00:36:04	00:38:03.00	00:38:57.10	+00:22:16 (58.5%)	7:36	7.9 (41.6%)
263	ZIĘTARA Łukasz	418		M-30	263	00:01:31	00:01:22	00:17:42	00:36:42	00:38:52.75	00:40:23.95	+00:23:06 (59.4%)	7:46	7.7 (40.5%)
264	KOWALCZYK Grzegorz	480		M-30	264	00:00:56		00:13:49	00:41:19			+00:26:27	8:25	7.1 (37.4%)

Znaleziono 264 wynik(ów)