



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-40

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	BIEGAŁA Leszek	662	LINGUA PRO	M-40	1	00:00:01	00:00:36	00:07:51	00:15:25	00:16:24.05	00:16:25.80		3:16	18.3 (100%)
2	ŁAZ Kamil	147	WTLENIE	M-40	2	00:00:01	00:00:39	00:08:32	00:16:40	00:17:41.65	00:17:43.20	+00:01:17 (7.3%)	3:32	17 (92.9%)
3	MAJEWSKI Robert	848	#TEAMOCHAL	M-40	3	00:00:03	00:00:35	00:08:47	00:17:12	00:18:15.05	00:18:18.55	+00:01:51 (10.1%)	3:39	16.4 (89.6%)
4	DEPTUŁA Grzegorz	399	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M-40	4	00:00:02	00:00:35	00:08:49	00:17:16	00:18:19.65	00:18:22.20	+00:01:55 (10.5%)	3:39	16.4 (89.6%)
5	KILIJAŃCZYK Piotr	445		M-40	5	00:00:10	00:00:45	00:09:16	00:17:47	00:18:49.10	00:19:00.05	+00:02:25 (12.8%)	3:45	15.9 (86.9%)
6	KLONOWSKI Mariusz	1344	PRIMIGENIUS	M-40	6	00:00:03	00:00:39	00:09:09	00:17:48	00:18:54.35	00:18:57.55	+00:02:30 (13.2%)	3:46	15.9 (86.9%)
7	MRUK Tomasz	1442	CZARNE STOPY	M-40	7	00:00:04	00:00:40	00:09:11	00:17:53	00:18:59.25	00:19:03.40	+00:02:35 (13.6%)	3:47	15.8 (86.3%)
8	MACIŃSKI Waldek	648	ZAKŁADY CHEMICZNE „NITRO-CHEM” S.A.	M-40	8	00:00:03	00:00:36	00:09:16	00:18:13	00:19:19.25	00:19:23.05	+00:02:55 (15.1%)	3:51	15.5 (84.7%)
9	TOPCZEWSKI Gracjan	573	BRC	M-40	9	00:00:04	00:00:44	00:09:31	00:18:14	00:19:19.30	00:19:23.60	+00:02:55 (15.1%)	3:51	15.5 (84.7%)
10	SOBIERSKI Rafał	928		M-40	10	00:00:03	00:00:41	00:09:31	00:18:30	00:19:38.95	00:19:42.45	+00:03:14 (16.5%)	3:55	15.3 (83.6%)
11	FOGT Maciej	1357	BRZEZIŃSKI RUN CLUB	M-40	11	00:00:10	00:00:44	00:09:26	00:18:27	00:19:39.20	00:19:50.15	+00:03:15 (16.5%)	3:55	15.3 (83.6%)
12	WINIECKI Patryk	398		M-40	12	00:00:02	00:00:38	00:09:29	00:18:42	00:19:46.75	00:19:49.60	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
13	MARCINIAK Przemysław	508		M-40	13	00:00:04	00:00:40	00:09:33	00:18:48	00:19:58.15	00:20:03.10	+00:03:34 (17.9%)	3:59	15 (82.0%)
14	STANIEC Tomasz	1334		M-40	14	00:00:05	00:00:43	00:09:48	00:19:00	00:20:04.30	00:20:09.95	+00:03:40 (18.3%)	4:00	15 (82.0%)
15	GŻYL Mikołaj	646	JANUSZE TRIATHLONU EXODUS TEAM	M-40	15	00:00:09	00:00:43	00:09:36	00:18:57	00:20:08.05	00:20:17.45	+00:03:44 (18.5%)	4:01	14.9 (81.4%)
16	KŁOSOWSKI Marcin	566	CSM TEAM	M-40	16	00:00:02	00:00:44	00:09:58	00:19:05	00:20:11.70	00:20:14.65	+00:03:47 (18.8%)	4:02	14.9 (81.4%)

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
17	TROYANO Enrique	610	CAFELITO TEAM	M-40	17	00:00:07	00:00:47	00:09:50	00:19:12	00:20:21.90	00:20:29.30	+00:03:57 (19.5%)	4:04	14.7 (80.3%)
18	KOLMAJER Rafał	1119	TEAMOCHAL	M-40	18	00:00:06	00:00:49	00:10:04	00:19:21	00:20:30.80	00:20:37.75	+00:04:06 (20.0%)	4:06	14.6 (79.8%)
19	RYBAK Remigiusz	73	TRISPACE/TREK	M-40	19	00:00:05	00:00:44	00:09:55	00:19:18	00:20:30.90	00:20:36.05	+00:04:06 (20.1%)	4:06	14.6 (79.8%)
20	LEWANDOWSKI Tomasz	254	WIHURRA SOBIEJUCHY	M-40	20	00:00:06	00:00:43	00:09:54	00:19:29	00:20:37.00	00:20:43.45	+00:04:12 (20.4%)	4:07	14.6 (79.8%)
21	GURDAK Leszek	799	BYDGOSZCZ NA START	M-40	21	00:00:04	00:00:44	00:10:02	00:19:36	00:20:46.40	00:20:50.70	+00:04:22 (21.0%)	4:09	14.4 (78.7%)
22	BEDRA Robert	1443	CZARNE STOPY	M-40	22	00:00:04	00:00:43	00:10:05	00:19:44	00:20:51.85	00:20:55.85	+00:04:27 (21.4%)	4:10	14.4 (78.7%)
23	BOROŃSKI Tomasz	1474		M-40	23	00:00:04	00:00:42	00:10:03	00:19:43	00:20:52.75	00:20:56.90	+00:04:28 (21.4%)	4:10	14.4 (78.7%)
24	NOWOTNIK Mariusz	1217		M-40	24	00:00:03	00:00:40	00:10:01	00:19:48	00:20:57.40	00:21:00.75	+00:04:33 (21.7%)	4:11	14.3 (78.1%)
25	ZBIRANEK Remigiusz	1159	1. BRYGADA LOGISTYCZNA	M-40	25	00:00:07	00:00:43	00:10:07	00:19:50	00:21:00.40	00:21:07.60	+00:04:36 (21.9%)	4:12	14.3 (78.1%)
26	SOBCZAK Marcin	138		M-40	26	00:00:07	00:00:43	00:10:06	00:19:53	00:21:07.15	00:21:14.95	+00:04:43 (22.3%)	4:13	14.2 (77.6%)
27	HIRT Tomasz	328	BRZEZIŃSKI RUN CLUB	M-40	27	00:00:03	00:00:45	00:10:15	00:19:56	00:21:09.80	00:21:13.60	+00:04:45 (22.5%)	4:13	14.2 (77.6%)
28	BARAŃSKI Łukasz	660		M-40	28	00:00:26	00:00:58	00:10:39	00:20:06	00:21:16.75	00:21:43.55	+00:04:52 (22.9%)	4:15	14.1 (77.0%)
29	ARNDT Jarosław	1301		M-40	29	00:00:16	00:00:57	00:10:23	00:20:09	00:21:24.05	00:21:40.20	+00:05:00 (23.4%)	4:16	14 (76.5%)
30	BĄCZKOWSKI Rafał	514	BRZEZIŃSKI RUN CLUB	M-40	30	00:00:05	00:00:44	00:10:16	00:20:15	00:21:31.65	00:21:36.75	+00:05:07 (23.8%)	4:18	13.9 (76.0%)
31	MACIEJEWSKI Maciej	376	BIEGACZE KCYNIA TEAM	M-40	31	00:00:23	00:00:51	00:10:28	00:20:20	00:21:33.40	00:21:57.30	+00:05:09 (23.9%)	4:18	13.9 (76.0%)
32	BYRTEK Marcin	831	TRIDROPSY	M-40	32	00:00:07	00:00:45	00:10:03	00:20:18	00:21:34.25	00:21:42.00	+00:05:10 (24.0%)	4:18	13.9 (76.0%)
33	BARSZCZEWSKI Sebastian	62		M-40	33	00:00:03	00:00:44	00:10:21	00:20:28	00:21:38.60	00:21:42.10	+00:05:14 (24.2%)	4:19	13.9 (76.0%)
34	STARZYŃSKI Piotr	656	#PROHOMOLUDENS	M-40	34	00:00:10	00:00:54	00:10:59	00:20:29	00:21:39.00	00:21:49.90	+00:05:14 (24.2%)	4:19	13.9 (76.0%)
35	KRUPA Piotr	92		M-40	35	00:00:08	00:00:49	00:10:42	00:20:31	00:21:41.70	00:21:50.00	+00:05:17 (24.4%)	4:20	13.8 (75.4%)
36	MISIASZEK Marek	688		M-40	36	00:00:07	00:00:48	00:10:23	00:20:29	00:21:41.90	00:21:49.30	+00:05:17 (24.4%)	4:20	13.8 (75.4%)
37	CHODKIEWICZ Tomasz	98	GARDENFLORA MTB TEAM	M-40	37	00:00:05	00:00:46	00:10:35	00:20:32	00:21:45.25	00:21:50.50	+00:05:21 (24.6%)	4:21	13.8 (75.4%)
38	LEŚNIEWSKI Łukasz	28		M-40	38	00:00:05	00:00:46	00:10:35	00:20:36	00:21:53.00	00:21:58.55	+00:05:28 (25.1%)	4:22	13.7 (74.9%)
39	DURCZAK Jerzy	946		M-40	39	00:00:50	00:00:52	00:11:00	00:20:47	00:21:53.35	00:22:43.80	+00:05:29 (25.1%)	4:22	13.7 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km	5km	5km			
40	MAJCHRZAK Łukasz	284		M-40	40	00:00:07	00:00:46	00:10:35	00:20:40	00:21:54.95	00:22:02.75	+00:05:30 (25.2%)	4:22	13.7 (74.9%)
41	KIEŁCZYŃSKI Andrzej	1145	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	41	00:00:15	00:01:00	00:10:54	00:20:47	00:21:57.40	00:22:12.50	+00:05:33 (25.3%)	4:23	13.7 (74.9%)
42	SIKORSKI Jarosław	692	KABEL TEAM BYDGOSZCZ	M-40	42	00:00:24	00:00:51	00:10:41	00:20:41	00:21:59.60	00:22:24.35	+00:05:35 (25.4%)	4:23	13.6 (74.3%)
43	ZAJDLEWICZ Daniel	419		M-40	43	00:00:17	00:00:55	00:10:41	00:20:42	00:22:01.35	00:22:18.80	+00:05:37 (25.5%)	4:24	13.6 (74.3%)
44	KOGUT Piotr	469	BIEGAM CZYSTĄ PRZYJEMNOŚCIĄ KWIDZYN	M-40	44	00:00:23	00:00:53	00:10:41	00:20:56	00:22:08.00	00:22:31.75	+00:05:43 (25.9%)	4:25	13.6 (74.3%)
45	GÓRA Krystian	478		M-40	45	00:00:11	00:00:52	00:10:42	00:20:50	00:22:08.30	00:22:20.25	+00:05:44 (25.9%)	4:25	13.6 (74.3%)
46	WAWRZYŃCZAK Arek	997		M-40	46	00:00:22	00:00:56	00:10:45	00:20:57	00:22:13.00	00:22:35.60	+00:05:48 (26.2%)	4:26	13.5 (73.8%)
47	BUTRYM Piotr	114		M-40	47	00:00:35	00:00:51	00:10:57	00:21:06	00:22:20.60	00:22:56.50	+00:05:56 (26.6%)	4:28	13.4 (73.2%)
48	BUZALSKI Robert	355		M-40	48	00:00:16	00:00:56	00:10:41	00:21:01	00:22:21.50	00:22:37.80	+00:05:57 (26.6%)	4:28	13.4 (73.2%)
49	SZYSZKA Radosław	1052		M-40	49	00:00:05	00:00:48	00:10:48	00:21:01	00:22:22.00	00:22:27.65	+00:05:57 (26.7%)	4:28	13.4 (73.2%)
50	ZBIRANEK Artur	400		M-40	50	00:00:08	00:00:50	00:10:28	00:20:57	00:22:33.60	00:22:42.50	+00:06:09 (27.3%)	4:30	13.3 (72.7%)
51	KIEŁCZYŃSKI Marek	373	CSM POLSKA	M-40	51	00:00:05	00:00:46	00:11:03	00:21:26	00:22:37.40	00:22:42.90	+00:06:13 (27.5%)	4:31	13.3 (72.7%)
52	RYBAK Tomasz	1280	TEAM RUDNIK	M-40	52	00:00:46	00:00:57	00:11:09	00:21:27	00:22:45.95	00:23:32.45	+00:06:21 (28.0%)	4:33	13.2 (72.1%)
53	OLSZEWSKI Szymon	783		M-40	53	00:00:23	00:00:57	00:11:17	00:21:41	00:22:49.50	00:23:13.25	+00:06:25 (28.1%)	4:33	13.1 (71.6%)
54	KASPEROWICZ Marcin	653	PREDATORS 3TEAM	M-40	54	00:00:16	00:00:53	00:11:11	00:21:37	00:22:54.15	00:23:10.55	+00:06:30 (28.4%)	4:34	13.1 (71.6%)
55	MINICHOWSKI Rafał	595		M-40	55	00:00:18	00:00:52	00:11:12	00:21:42	00:22:57.95	00:23:16.20	+00:06:33 (28.6%)	4:35	13.1 (71.6%)
56	ROSÓŁ Jacek	51		M-40	56	00:00:25	00:00:54	00:11:19	00:21:37	00:22:58.10	00:23:23.10	+00:06:34 (28.6%)	4:35	13.1 (71.6%)
57	BARTKOWSKI Tomasz	904		M-40	57	00:00:32	00:00:55	00:11:03	00:21:43	00:23:02.20	00:23:34.90	+00:06:38 (28.8%)	4:36	13 (71.0%)
58	GŁOGOWSKI Krzysztof	126		M-40	58	00:00:24	00:00:52	00:10:48	00:21:40	00:23:04.75	00:23:29.10	+00:06:40 (28.9%)	4:36	13 (71.0%)
59	MIĘKCZYŃSKI Miłosz	630	LUPUS TEAM	M-40	59	00:00:12	00:00:51	00:11:19	00:21:56	00:23:07.00	00:23:19.10	+00:06:42 (29.1%)	4:37	13 (71.0%)
60	KOWALSKI Jacek	227	BYDGOSKIE OKONIE	M-40	60	00:00:18	00:00:55	00:11:01	00:21:54	00:23:16.25	00:23:34.30	+00:06:52 (29.5%)	4:39	12.9 (70.5%)
61	NADRATOWSKI Maciej	765	KABEL TEAM BYDGOSZCZ	M-40	61	00:00:12	00:00:50	00:11:16	00:22:01	00:23:18.00	00:23:30.00	+00:06:53 (29.6%)	4:39	12.9 (70.5%)
61	PERKOWSKI Paweł	19		M-40	61	00:00:48		00:11:04	00:21:56	00:23:18.00	00:24:06.55	+00:06:53 (29.6%)	4:39	12.9 (70.5%)

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63	MAGDZIARZ Jakub	567		M-40	63	00:00:21	00:00:59	00:11:58	00:22:06	00:23:18.90	00:23:40.45	+00:06:54 (29.7%)	4:39	12.9 (70.5%)
64	KĄŁEK Artur	821	TM IRON TEAM	M-40	64	00:00:59	00:01:14	00:12:33	00:22:12	00:23:23.05	00:24:22.60	+00:06:59 (29.9%)	4:40	12.8 (69.9%)
65	MOMOT Mieczysław	1380		M-40	65	00:00:14		00:11:21	00:22:06	00:23:24.80	00:23:39.60	+00:07:00 (30.0%)	4:40	12.8 (69.9%)
66	WNUK Rafał	944	RUN BYDGOSZCZ	M-40	66	00:00:19	00:00:54	00:11:13	00:22:05	00:23:25.45	00:23:45.25	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
67	KRASIŃSKI Piotr	1331		M-40	67	00:00:21	00:00:53	00:11:33	00:22:13	00:23:30.90	00:23:52.75	+00:07:06 (30.3%)	4:42	12.8 (69.9%)
68	GUDELL Radosław	510	GRUPA MODERATOR	M-40	68	00:00:13	00:00:56	00:11:25	00:22:13	00:23:30.95	00:23:44.55	+00:07:06 (30.3%)	4:42	12.8 (69.9%)
69	KUCZEWSKI Łukasz	663		M-40	69	00:00:21	00:00:56	00:11:26	00:22:15	00:23:35.30	00:23:56.85	+00:07:11 (30.5%)	4:43	12.7 (69.4%)
70	MODRAKOWSKI Roland	622	DYSTRYBUCJA-REKLAM.PL	M-40	70	00:01:12	00:00:58	00:11:30	00:22:24	00:23:36.80	00:24:49.00	+00:07:12 (30.5%)	4:43	12.7 (69.4%)
71	JANKOWSKI Marcin	939	YES ENGLISH	M-40	71	00:00:22	00:01:00	00:11:34	00:22:25	00:23:41.85	00:24:04.55	+00:07:17 (30.8%)	4:44	12.7 (69.4%)
72	CZAJA Jarosław	220		M-40	72	00:00:20	00:00:55	00:11:27	00:22:20	00:23:41.95	00:24:02.55	+00:07:17 (30.8%)	4:44	12.7 (69.4%)
73	LEWANDOWSKI Michał	96		M-40	73	00:01:27	00:01:03	00:11:45	00:22:26	00:23:44.65	00:25:12.50	+00:07:20 (30.9%)	4:44	12.6 (68.9%)
74	FELINIAK Daniel	615		M-40	74	00:00:22	00:01:01	00:11:44	00:22:30	00:23:46.20	00:24:08.85	+00:07:22 (31.0%)	4:45	12.6 (68.9%)
75	GRAJEWSKI Tomasz	1208		M-40	75	00:01:26	00:01:01	00:11:46	00:22:31	00:23:47.75	00:25:13.80	+00:07:23 (31.1%)	4:45	12.6 (68.9%)
76	LUTKOWSKI Dariusz	951	LUFT TRI TEAM	M-40	76	00:00:19	00:01:01	00:11:50	00:22:30	00:23:50.55	00:24:10.35	+00:07:26 (31.2%)	4:46	12.6 (68.9%)
77	BILSKI Marcin	1061		M-40	77	00:00:52	00:00:57	00:11:32	00:22:33	00:23:55.40	00:24:47.85	+00:07:31 (31.4%)	4:47	12.5 (68.3%)
78	KABACIŃSKI Jarosław	950	EFINANSOWI	M-40	78	00:00:48	00:00:55	00:11:46	00:22:41	00:23:55.90	00:24:44.30	+00:07:31 (31.5%)	4:47	12.5 (68.3%)
79	SZUBIŃSKI Ireneusz	462	KOMPLETNY AMATOR	M-40	79	00:00:27	00:01:03	00:11:39	00:22:34	00:23:58.05	00:24:25.75	+00:07:34 (31.6%)	4:47	12.5 (68.3%)
80	LESZCZYŃSKI Tomasz	346		M-40	80	00:00:15	00:01:03	00:11:34	00:22:33	00:23:59.40	00:24:14.75	+00:07:35 (31.6%)	4:47	12.5 (68.3%)
81	KALINOWSKI Sławomir	776		M-40	81	00:00:08	00:00:52	00:11:37	00:22:35	00:24:03.40	00:24:11.95	+00:07:39 (31.8%)	4:48	12.5 (68.3%)
82	GŁOWACKI Robert	194		M-40	82	00:00:11	00:00:52	00:11:34	00:22:46	00:24:03.60	00:24:15.10	+00:07:39 (31.8%)	4:48	12.5 (68.3%)
83	GÓRSKI Roger	810		M-40	83	00:01:35	00:01:08	00:11:53	00:22:44	00:24:04.05	00:25:39.10	+00:07:40 (31.9%)	4:48	12.5 (68.3%)
84	WILK Łukasz	275	RUNADDICTS	M-40	84	00:01:31	00:01:05	00:11:52	00:22:39	00:24:07.70	00:25:38.95	+00:07:43 (32.0%)	4:49	12.4 (67.8%)
85	MUSIAŁ Przemysław	1135	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	85	00:01:36	00:01:05	00:11:58	00:22:57	00:24:12.35	00:25:48.40	+00:07:48 (32.2%)	4:50	12.4 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
86	PUSZCZ Sławek	481		M-40	86	00:00:20	00:00:56	00:11:30	00:22:49	00:24:16.35	00:24:36.35	+00:07:52 (32.4%)	4:51	12.4 (67.8%)
87	PUJANEK Piotr	57	DENTAL ONE BYDGOSZCZ	M-40	87	00:00:10	00:00:53	00:11:50	00:22:59	00:24:19.45	00:24:30.15	+00:07:55 (32.6%)	4:51	12.3 (67.2%)
88	SCHMIDT Marcin	211	BB ACTIVE TEAM	M-40	88	00:00:11	00:00:51	00:11:23	00:22:56	00:24:21.90	00:24:33.15	+00:07:57 (32.7%)	4:52	12.3 (67.2%)
89	KOSIOROWSKI Przemysław	55		M-40	89	00:00:21	00:00:57	00:11:44	00:22:58	00:24:21.95	00:24:43.30	+00:07:57 (32.7%)	4:52	12.3 (67.2%)
90	ŚLAZIŃSKI Daniel	590		M-40	90	00:00:20	00:01:04	00:12:07	00:22:59	00:24:22.30	00:24:42.45	+00:07:58 (32.7%)	4:52	12.3 (67.2%)
91	RACIBORSKI Grzegorz	592	TKKF KOLEJARZ BYDGOSZCZ	M-40	91	00:00:12	00:01:01	00:12:10	00:23:03	00:24:23.10	00:24:35.90	+00:07:59 (32.7%)	4:52	12.3 (67.2%)
92	SZCZĘSNY Arkadiusz	1071	DYNAMO SKARPA	M-40	92	00:00:29	00:00:54	00:11:41	00:23:03	00:24:28.90	00:24:58.10	+00:08:04 (33.0%)	4:53	12.3 (67.2%)
93	CZERNIAK Marcin	1080		M-40	93	00:00:16	00:01:06	00:12:16	00:23:11	00:24:38.10	00:24:54.90	+00:08:14 (33.4%)	4:55	12.2 (66.7%)
94	ZIĘTARA Marek	1338		M-40	94	00:00:05	00:00:56	00:11:59	00:23:15	00:24:41.05	00:24:46.30	+00:08:17 (33.6%)	4:56	12.2 (66.7%)
95	KUCIŃSKI Artur	311		M-40	95	00:00:16	00:00:57	00:11:49	00:23:14	00:24:41.40	00:24:57.90	+00:08:17 (33.6%)	4:56	12.2 (66.7%)
96	ANTCZAK Paweł	58		M-40	96	00:00:46	00:01:17	00:12:13	00:23:21	00:24:49.40	00:25:35.90	+00:08:25 (33.9%)	4:57	12.1 (66.1%)
97	SULECKI Maciej	1497		M-40	97	00:00:24	00:01:07	00:11:53	00:23:21	00:24:49.65	00:25:13.95	+00:08:25 (33.9%)	4:57	12.1 (66.1%)
98	OZDARSKI Bartosz	177		M-40	98	00:00:39	00:01:08	00:12:26	00:23:37	00:24:57.55	00:25:36.85	+00:08:33 (34.3%)	4:59	12 (65.6%)
99	GORGOL Tomasz	163	LP500/WTLLENIE	M-40	99	00:00:46	00:00:58	00:12:19	00:23:34	00:24:59.00	00:25:45.85	+00:08:34 (34.4%)	4:59	12 (65.6%)
100	KRÓL Karol	371	TKKF KOLEJARZ BYDGOSZCZ	M-40	100	00:00:25	00:00:52	00:11:56	00:23:37	00:24:59.50	00:25:25.00	+00:08:35 (34.4%)	4:59	12 (65.6%)
101	CIEPŁOWSKI Robert	1107		M-40	101	00:00:56	00:01:02	00:12:31	00:23:38	00:25:00.10	00:25:56.70	+00:08:36 (34.4%)	5:00	12 (65.6%)
102	ŁOJEWSKI Mariusz	1333		M-40	102	00:00:52		00:12:03	00:23:37	00:25:01.75	00:25:54.55	+00:08:37 (34.5%)	5:00	12 (65.6%)
103	JANUSZEWSKI Radosław	536		M-40	103	00:00:00	00:01:16	00:12:31	00:23:38	00:25:02.35	00:25:02.35	+00:08:38 (34.5%)	5:00	12 (65.6%)
104	STĘPIEŃ Tomasz	794		M-40	104	00:01:02	00:01:01	00:12:11	00:23:34	00:25:04.45	00:26:06.60	+00:08:40 (34.6%)	5:00	12 (65.6%)
105	DANIELEK Piotr	1030		M-40	105	00:00:47	00:00:59	00:11:56	00:23:35	00:25:06.30	00:25:53.45	+00:08:42 (34.7%)	5:01	12 (65.6%)
106	SIUDA Piotr	499		M-40	106	00:00:41	00:01:07	00:12:22	00:23:41	00:25:06.50	00:25:47.75	+00:08:42 (34.7%)	5:01	12 (65.6%)
107	BYRTEK Grzegorz	832	TRIDRIPSY	M-40	107	00:00:00	00:01:47	00:12:34	00:23:43	00:25:07.35	00:25:07.35	+00:08:43 (34.7%)	5:01	11.9 (65.0%)
108	KOSIARSKI Tomasz	1396		M-40	108	00:01:03	00:01:12	00:12:58	00:23:49	00:25:08.40	00:26:11.50	+00:08:44 (34.8%)	5:01	11.9 (65.0%)

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	ŁATKA Marcin	1382		M-40	109	00:00:24	00:00:55	00:12:10	00:23:41	00:25:11.05	00:25:35.55	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
110	NIEDBALSKI Paweł	1483	MARTYRIA BYDGOSZCZ	M-40	110	00:01:04	00:01:05	00:12:24	00:23:48	00:25:14.80	00:26:18.90	+00:08:50 (35.0%)	5:02	11.9 (65.0%)
111	PRIETZ Bartosz	239		M-40	111	00:01:02	00:01:11	00:12:56	00:23:58	00:25:15.35	00:26:18.15	+00:08:51 (35.1%)	5:03	11.9 (65.0%)
112	VILLAVERDE CALVO Eduardo	608		M-40	112	00:01:37	00:01:16	00:13:40	00:23:59	00:25:17.35	00:26:54.60	+00:08:53 (35.1%)	5:03	11.9 (65.0%)
113	KOWALEWSKI Marcin	1323		M-40	113	00:00:26	00:01:04	00:12:43	00:23:55	00:25:17.90	00:25:44.80	+00:08:53 (35.2%)	5:03	11.9 (65.0%)
114	RYDLEWSKI Andrzej	288	TEAM RUDNIK	M-40	114	00:01:13	00:01:07	00:12:47	00:23:59	00:25:20.80	00:26:34.15	+00:08:56 (35.3%)	5:04	11.8 (64.5%)
115	CIEŚLEWICZ Karol	9	OLAFCREW	M-40	115	00:01:20	00:01:12	00:12:39	00:24:00	00:25:22.25	00:26:42.55	+00:08:58 (35.4%)	5:04	11.8 (64.5%)
116	RATAJ Maciej	78		M-40	116	00:00:28	00:01:04	00:12:27	00:23:54	00:25:22.35	00:25:51.20	+00:08:58 (35.4%)	5:04	11.8 (64.5%)
117	DĄBROWSKI Michał	164	MYLEASE.PL	M-40	117	00:00:50	00:01:08	00:12:43	00:23:58	00:25:22.85	00:26:13.50	+00:08:58 (35.4%)	5:04	11.8 (64.5%)
118	KUBASIAK Artur	632		M-40	118	00:00:08	00:00:50	00:11:51	00:23:47	00:25:24.15	00:25:32.35	+00:09:00 (35.4%)	5:04	11.8 (64.5%)
119	RADZIEJEWSKI Tomasz	59	TEAMOCHAL	M-40	119	00:00:25	00:01:02	00:12:25	00:24:04	00:25:29.45	00:25:54.55	+00:09:05 (35.7%)	5:05	11.8 (64.5%)
120	BARAŃSKI Władysław	828		M-40	120	00:00:24	00:01:02	00:12:42	00:24:17	00:25:39.30	00:26:03.50	+00:09:15 (36.1%)	5:07	11.7 (63.9%)
121	WILK Darek	384		M-40	121	00:00:17	00:01:02	00:12:48	00:24:15	00:25:40.30	00:25:58.00	+00:09:16 (36.1%)	5:08	11.7 (63.9%)
122	RUTKOWSKI Piotr	1320		M-40	122	00:00:13	00:00:58	00:12:20	00:24:16	00:25:45.05	00:25:58.75	+00:09:21 (36.3%)	5:09	11.7 (63.9%)
123	DOBOSIEWICZ Sebastian	1109		M-40	123	00:00:27	00:00:57	00:12:36	00:24:18	00:25:45.10	00:26:12.50	+00:09:21 (36.3%)	5:09	11.7 (63.9%)
124	ZIEMSKI Dawid	395		M-40	124	00:00:08	00:01:00	00:12:18	00:24:22	00:25:46.20	00:25:54.85	+00:09:22 (36.4%)	5:09	11.6 (63.4%)
125	POTRZEBOWSKI Marek	747	LIFE BALANCE PLACE AND DEAF	M-40	125	00:00:31	00:01:03	00:12:48	00:24:29	00:25:47.90	00:26:19.05	+00:09:23 (36.4%)	5:09	11.6 (63.4%)
126	SITKO Przemysław	544		M-40	126	00:00:13	00:00:54	00:12:08	00:24:18	00:25:50.25	00:26:03.25	+00:09:26 (36.5%)	5:10	11.6 (63.4%)
127	KACZMARCZYK Krzysztof	645	BIELPARTNER	M-40	127	00:00:14	00:01:09	00:12:44	00:24:28	00:25:51.00	00:26:05.10	+00:09:26 (36.6%)	5:10	11.6 (63.4%)
128	GAZDA Andrzej	1435	NITROCHEM	M-40	128	00:00:37	00:01:11	00:12:52	00:24:21	00:25:51.70	00:26:29.05	+00:09:27 (36.6%)	5:10	11.6 (63.4%)
129	DERING Tomasz	788	BYDGOSKIE ŻÓŁWIE	M-40	129	00:00:20	00:01:02	00:12:49	00:24:32	00:25:56.60	00:26:16.60	+00:09:32 (36.8%)	5:11	11.6 (63.4%)
130	BRAĞIEL Jakub	741	VEGE RUNNERS	M-40	130	00:01:32	00:01:09	00:12:56	00:24:42	00:25:59.05	00:27:31.30	+00:09:35 (36.9%)	5:11	11.5 (62.8%)
131	SURMACZ Marcin	231		M-40	131	00:00:39	00:01:09	00:12:49	00:24:28	00:26:01.20	00:26:41.05	+00:09:37 (37.0%)	5:12	11.5 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
132	RĘDZINA Michał	246		M-40	132	00:00:17	00:01:06	00:12:36	00:24:32	00:26:03.75	00:26:20.75	+00:09:39 (37.1%)	5:12	11.5 (62.8%)
133	KARSKI Marcin	486		M-40	133	00:01:25	00:01:13	00:12:59	00:24:45	00:26:05.40	00:27:31.10	+00:09:41 (37.1%)	5:13	11.5 (62.8%)
134	ANDRZEJ Jarosław	1450		M-40	134	00:00:23	00:01:07	00:12:49	00:24:46	00:26:06.15	00:26:29.85	+00:09:42 (37.2%)	5:13	11.5 (62.8%)
135	SAJDAK Marcin	192		M-40	135	00:00:41	00:01:02	00:12:35	00:24:49	00:26:20.55	00:27:02.00	+00:09:56 (37.7%)	5:16	11.4 (62.3%)
136	SŁOWIŃSKI Sławek	287		M-40	136	00:00:33	00:01:00	00:12:43	00:24:58	00:26:22.75	00:26:56.55	+00:09:58 (37.8%)	5:16	11.4 (62.3%)
137	MAGIERA Hubert	428		M-40	137	00:00:23	00:01:08	00:13:06	00:24:52	00:26:24.45	00:26:48.30	+00:10:00 (37.9%)	5:16	11.4 (62.3%)
138	ŁUKASIEWICZ Krzysztof	1155	MAJA	M-40	138	00:00:25	00:01:05	00:12:59	00:24:57	00:26:25.00	00:26:50.80	+00:10:00 (37.9%)	5:17	11.4 (62.3%)
139	POCZTAREK Michał	1472	NITROCHEM	M-40	139	00:00:50	00:01:10	00:13:31	00:24:56	00:26:27.25	00:27:18.00	+00:10:03 (38.0%)	5:17	11.3 (61.7%)
140	SZUKALSKI Michał	401	TEAM RUDNIK	M-40	140	00:01:11	00:01:06	00:12:56	00:25:00	00:26:33.15	00:27:44.75	+00:10:09 (38.2%)	5:18	11.3 (61.7%)
141	GŁOWACKI Tomek	1239		M-40	141	00:00:37	00:01:02	00:12:50	00:25:03	00:26:34.90	00:27:12.40	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
142	KULCZYŃSKI Przemysław	289	TYPYGRUBE	M-40	142	00:00:33	00:01:01	00:12:42	00:25:06	00:26:35.75	00:27:09.15	+00:10:11 (38.3%)	5:19	11.3 (61.7%)
143	ŻMICH Tomasz	882	WOPR WOJEWÓDZTWA KUJAWSKO-POMORSKIEGO	M-40	143	00:01:26	00:01:13	00:13:26	00:25:11	00:26:38.05	00:28:04.85	+00:10:14 (38.4%)	5:19	11.3 (61.7%)
144	TONDERA-BLIZIŃSKI Artur	1118		M-40	144	00:00:55	00:01:13	00:13:15	00:25:15	00:26:45.70	00:27:41.10	+00:10:21 (38.7%)	5:21	11.2 (61.2%)
145	NAGORZYŃSKI Arkadiusz	173	MUD FOXES	M-40	145	00:00:12	00:01:09	00:13:18	00:25:21	00:26:48.80	00:27:01.50	+00:10:24 (38.8%)	5:21	11.2 (61.2%)
146	BARRIO Javier	620	ESPAÑA	M-40	146	00:00:08	00:00:50	00:12:36	00:25:30	00:27:00.30	00:27:08.60	+00:10:36 (39.3%)	5:24	11.1 (60.7%)
147	ORZECZOWSKI Zbigniew	1010	ORZECZ BIEGA	M-40	147	00:00:00	00:01:14	00:13:35	00:25:31	00:27:00.60	00:27:00.60	+00:10:36 (39.3%)	5:24	11.1 (60.7%)
148	TARGOWSKI Marcin	335		M-40	148	00:01:30	00:01:08	00:13:38	00:25:37	00:27:09.15	00:28:39.45	+00:10:45 (39.6%)	5:25	11 (60.1%)
149	GACZKOWSKI Paweł	1478	FORDON	M-40	149	00:00:17	00:00:58	00:12:50	00:25:32	00:27:10.15	00:27:27.40	+00:10:46 (39.6%)	5:26	11 (60.1%)
150	SOSNA Mikołaj	88	SOS NA START	M-40	150	00:00:52	00:01:03	00:13:08	00:25:35	00:27:11.30	00:28:03.40	+00:10:47 (39.7%)	5:26	11 (60.1%)
151	KASPROWICZ Piotr	1252	JW 1515	M-40	151	00:00:20		00:13:26	00:25:45	00:27:13.90	00:27:34.65	+00:10:49 (39.8%)	5:26	11 (60.1%)
152	JASTRZĄB Michał	1287		M-40	152	00:01:02	00:01:12	00:13:25	00:25:45	00:27:15.20	00:28:17.60	+00:10:51 (39.8%)	5:27	11 (60.1%)
153	ZIELIŃSKI Robert	394	KOLOROWE GACIE	M-40	153	00:00:31	00:01:03	00:13:07	00:25:37	00:27:20.05	00:27:51.15	+00:10:56 (40.0%)	5:28	11 (60.1%)
154	LECH Marek	991		M-40	154	00:00:58	00:01:20	00:13:59	00:25:55	00:27:24.40	00:28:22.50	+00:11:00 (40.2%)	5:28	10.9 (59.6%)

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
155	DĄBROWSKI Tomasz	8		M-40	155	00:00:13	00:01:11	00:13:56	00:26:02	00:27:27.70	00:27:41.40	+00:11:03 (40.3%)	5:29	10.9 (59.6%)
156	KIJEWSKI Maciej	908	KABEL TEAM BYDGOSZCZ	M-40	156	00:00:59	00:01:10	00:13:08	00:25:57	00:27:28.55	00:28:28.10	+00:11:04 (40.3%)	5:29	10.9 (59.6%)
157	SIUDA Bartosz	222		M-40	157	00:00:06	00:00:58	00:13:07	00:25:55	00:27:32.80	00:27:39.50	+00:11:08 (40.5%)	5:30	10.9 (59.6%)
158	RYMER Adam	969		M-40	158	00:01:18	00:01:05	00:13:58	00:26:08	00:27:34.90	00:28:53.60	+00:11:10 (40.5%)	5:30	10.9 (59.6%)
159	DANIEL Tomasz	336		M-40	159	00:01:30	00:01:09	00:13:45	00:26:09	00:27:38.45	00:29:08.45	+00:11:14 (40.7%)	5:31	10.9 (59.6%)
160	BEJMA Karol	959	TEAM RUN GOŁAŃCZ	M-40	160	00:00:20	00:01:02	00:13:06	00:26:06	00:27:47.75	00:28:08.70	+00:11:23 (41.0%)	5:33	10.8 (59.0%)
161	BUDZIAK Bartosz	561		M-40	161	00:01:06	00:01:17	00:13:51	00:26:19	00:27:47.90	00:28:54.10	+00:11:23 (41.0%)	5:33	10.8 (59.0%)
162	BAK Remigiusz	1002		M-40	162	00:01:06	00:01:11	00:13:27	00:26:13	00:27:48.35	00:28:54.85	+00:11:24 (41.0%)	5:33	10.8 (59.0%)
163	POLASIK Dawid	1371	NITROCHEM	M-40	163	00:00:39	00:01:18	00:14:06	00:26:15	00:27:49.40	00:28:29.10	+00:11:25 (41.1%)	5:33	10.8 (59.0%)
164	KOWALEWSKI Mariusz	709		M-40	164	00:00:57	00:01:17	00:14:07	00:26:29	00:27:50.85	00:28:48.15	+00:11:26 (41.1%)	5:34	10.8 (59.0%)
165	MACHNIK Karol	801	ROWEROWE KORONOWO	M-40	165	00:00:37	00:01:19	00:14:23	00:26:39	00:27:55.35	00:28:32.40	+00:11:31 (41.3%)	5:35	10.7 (58.5%)
166	GŁOWACKI Sławomir	754		M-40	166	00:01:17	00:01:18	00:14:16	00:26:23	00:27:56.00	00:29:13.55	+00:11:31 (41.3%)	5:35	10.7 (58.5%)
167	DUSZYŃSKI Jan	1024		M-40	167	00:01:01	00:01:20	00:13:51	00:26:22	00:28:00.75	00:29:02.70	+00:11:36 (41.5%)	5:36	10.7 (58.5%)
168	DROCIAK Michał	1074	OGR OSOWA GÓRA RUNNER	M-40	168	00:01:00	00:01:12	00:13:36	00:26:19	00:28:00.80	00:29:01.35	+00:11:36 (41.5%)	5:36	10.7 (58.5%)
169	SKOPOWSKI Krzysztof	1493	SALUS	M-40	169	00:01:16	00:01:09	00:13:45	00:26:39	00:28:09.85	00:29:26.65	+00:11:45 (41.8%)	5:37	10.7 (58.5%)
170	CICHOWICZ Marcin	109		M-40	170	00:01:34	00:01:14	00:13:59	00:26:44	00:28:12.50	00:29:47.25	+00:11:48 (41.9%)	5:38	10.6 (57.9%)
171	KAPSA Dawid	1473	TRISPACE/TREK	M-40	171	00:00:49	00:00:54	00:13:46	00:26:57	00:28:14.20	00:29:03.35	+00:11:50 (41.9%)	5:38	10.6 (57.9%)
172	WOLNY Tomasz	11		M-40	172	00:00:07	00:00:59	00:13:01	00:26:25	00:28:14.65	00:28:22.10	+00:11:50 (41.9%)	5:38	10.6 (57.9%)
173	PROKOPOWICZ Paweł	1292		M-40	173	00:01:13	00:01:18	00:14:17	00:26:54	00:28:19.20	00:29:32.70	+00:11:55 (42.1%)	5:39	10.6 (57.9%)
174	ZGÓRSKI Maciej	723		M-40	174	00:00:20	00:01:10	00:13:57	00:26:43	00:28:19.95	00:28:40.05	+00:11:55 (42.1%)	5:39	10.6 (57.9%)
175	BARRI Farkad	187		M-40	175	00:01:03	00:01:11	00:14:00	00:26:47	00:28:20.10	00:29:23.90	+00:11:56 (42.1%)	5:40	10.6 (57.9%)
176	GRZYBOWSKI Marek	580	FC PONAŁEWCE	M-40	176	00:00:26	00:01:12	00:13:53	00:26:39	00:28:20.55	00:28:47.10	+00:11:56 (42.1%)	5:40	10.6 (57.9%)
177	SOSINSKI Marcin	149		M-40	177	00:00:06	00:00:57	00:13:28	00:26:46	00:28:21.80	00:28:28.20	+00:11:57 (42.2%)	5:40	10.6 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
178	KOTECKI Marcin	82		M-40	178	00:00:53	00:01:21	00:14:15	00:26:56	00:28:30.20	00:29:23.60	+00:12:06 (42.5%)	5:42	10.5 (57.4%)
179	JANUSZEWSKI Marcin	141		M-40	179	00:00:52	00:01:21	00:14:16	00:26:57	00:28:31.10	00:29:23.95	+00:12:07 (42.5%)	5:42	10.5 (57.4%)
180	RYDZKOWSKI Tomasz	325		M-40	180	00:00:37	00:01:18	00:14:12	00:27:00	00:28:32.55	00:29:10.20	+00:12:08 (42.5%)	5:42	10.5 (57.4%)
181	CZARNECKI Slawek	391		M-40	181	00:00:51	00:01:11	00:13:40	00:26:48	00:28:34.75	00:29:26.55	+00:12:10 (42.6%)	5:42	10.5 (57.4%)
182	KORWEL Robert	1213		M-40	182	00:00:23	00:00:53	00:13:26	00:26:59	00:28:39.75	00:29:03.60	+00:12:15 (42.8%)	5:43	10.5 (57.4%)
183	PUDLICH Krzysztof	726		M-40	183	00:01:22	00:01:14	00:14:07	00:27:07	00:28:41.70	00:30:04.00	+00:12:17 (42.8%)	5:44	10.5 (57.4%)
184	KAŻMIERCZAK Paweł	115		M-40	184	00:00:21	00:01:05	00:13:52	00:27:06	00:28:43.40	00:29:04.45	+00:12:19 (42.9%)	5:44	10.4 (56.8%)
185	GRONOWSKI Bartosz	272		M-40	185	00:00:53	00:01:10	00:14:28	00:27:18	00:28:51.95	00:29:45.05	+00:12:27 (43.2%)	5:46	10.4 (56.8%)
186	GORSKI Sławomir	739		M-40	186	00:00:19	00:01:07	00:14:07	00:27:18	00:28:52.90	00:29:12.30	+00:12:28 (43.2%)	5:46	10.4 (56.8%)
187	FIEDLER Krzysztof	1419		M-40	187	00:01:04	00:01:21	00:14:28	00:27:12	00:28:53.30	00:29:57.30	+00:12:29 (43.2%)	5:46	10.4 (56.8%)
188	KOPCZYŃSKI Marcin	216		M-40	188	00:00:49	00:01:16	00:14:37	00:27:23	00:28:53.35	00:29:42.80	+00:12:29 (43.2%)	5:46	10.4 (56.8%)
189	BISKUPSKI Robert	270		M-40	189	00:00:19	00:01:03	00:13:39	00:27:14	00:28:58.25	00:29:17.40	+00:12:34 (43.4%)	5:47	10.4 (56.8%)
190	GMIŃSKI Piotr	1488		M-40	190	00:00:25	00:01:06	00:14:16	00:27:28	00:28:59.75	00:29:25.35	+00:12:35 (43.4%)	5:47	10.4 (56.8%)
191	CHĘSY Jacek	332		M-40	191	00:00:55	00:01:11	00:14:15	00:27:14	00:29:00.45	00:29:55.95	+00:12:36 (43.5%)	5:48	10.3 (56.3%)
192	KILKOWSKI Maciej	1028		M-40	192	00:01:03	00:01:15	00:14:19	00:27:30	00:29:02.30	00:30:05.35	+00:12:38 (43.5%)	5:48	10.3 (56.3%)
193	CZEKALSKI Patryk	383		M-40	193	00:00:46	00:01:19	00:14:54	00:27:48	00:29:09.00	00:29:55.40	+00:12:44 (43.7%)	5:49	10.3 (56.3%)
194	SZCZECINA Krzysztof	366		M-40	194	00:00:58	00:01:25	00:14:22	00:27:35	00:29:14.20	00:30:12.90	+00:12:50 (43.9%)	5:50	10.3 (56.3%)
195	KRAJDA Piotr	1398	BBL BYDGOSZCZ	M-40	195	00:00:34	00:01:11	00:14:08	00:27:42	00:29:17.40	00:29:51.70	+00:12:53 (44.0%)	5:51	10.2 (55.7%)
196	GRZESZCZAK Łukasz	929		M-40	196	00:01:30	00:01:16	00:15:14	00:27:48	00:29:18.15	00:30:48.95	+00:12:54 (44.0%)	5:51	10.2 (55.7%)
197	WOŹNIAK Bartłomiej	300		M-40	197	00:01:28	00:01:16	00:14:45	00:27:48	00:29:26.75	00:30:55.60	+00:13:02 (44.3%)	5:53	10.2 (55.7%)
198	TAGLEWSKI Rafał	1375	NITROCHEM	M-40	198	00:00:36	00:01:14	00:14:31	00:27:56	00:29:34.10	00:30:10.65	+00:13:10 (44.5%)	5:54	10.1 (55.2%)
199	BADZIŃSKI Jacek	1117		M-40	199	00:00:42	00:01:15	00:14:28	00:27:56	00:29:35.45	00:30:17.85	+00:13:11 (44.6%)	5:55	10.1 (55.2%)
200	TOCZKO Jarosław	1376	NITROCHEM	M-40	200	00:00:35	00:01:15	00:14:31	00:27:56	00:29:35.70	00:30:11.50	+00:13:11 (44.6%)	5:55	10.1 (55.2%)

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
201	QUAAS Łukasz	594		M-40	201	00:01:23	00:01:12	00:14:34	00:28:13	00:29:39.80	00:31:03.35	+00:13:15 (44.7%)	5:55	10.1 (55.2%)
202	PUSTELNIK Rafał	1418		M-40	202	00:00:13	00:01:10	00:14:35	00:28:12	00:29:51.70	00:30:04.90	+00:13:27 (45.1%)	5:58	10.1 (55.2%)
203	NOWACKI Rafał	972	RAKIETA ZAMOŚĆ	M-40	203	00:00:53	00:01:12	00:14:44	00:28:21	00:29:59.05	00:30:52.60	+00:13:35 (45.3%)	5:59	10 (54.6%)
204	GRACZYKOWSKI Marek	781		M-40	204	00:00:52	00:01:20	00:16:00	00:28:44	00:30:05.40	00:30:57.95	+00:13:41 (45.5%)	6:01	10 (54.6%)
205	LIS Piotr	675		M-40	205	00:00:48	00:01:16	00:15:02	00:28:36	00:30:16.15	00:31:04.75	+00:13:52 (45.8%)	6:03	9.9 (54.1%)
206	DOLATA Rafał	935		M-40	206	00:01:26	00:01:15	00:15:30	00:28:52	00:30:24.15	00:31:50.95	+00:14:00 (46.1%)	6:04	9.9 (54.1%)
207	PODSIEDLIK Zbigniew	1479	22 ODN	M-40	207	00:01:14	00:01:17	00:15:32	00:28:57	00:30:24.65	00:31:39.05	+00:14:00 (46.1%)	6:04	9.9 (54.1%)
208	JAKUBCZAK Łukasz	637		M-40	208	00:00:22	00:01:05	00:14:22	00:28:35	00:30:25.50	00:30:47.90	+00:14:01 (46.1%)	6:05	9.9 (54.1%)
209	RÓZGA Dariusz	318	DARO BOSS	M-40	209	00:00:50	00:01:15	00:15:15	00:28:52	00:30:32.40	00:31:22.85	+00:14:08 (46.3%)	6:06	9.8 (53.6%)
210	NOWICKI Marek	1143	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	210	00:01:40	00:01:15	00:15:21	00:28:54	00:30:37.00	00:32:17.30	+00:14:12 (46.4%)	6:07	9.8 (53.6%)
211	KUKLIŃSKI Rafał	382		M-40	211	00:00:47	00:01:10	00:14:55	00:28:58	00:30:38.40	00:31:26.35	+00:14:14 (46.5%)	6:07	9.8 (53.6%)
212	OPALA Marcin	851		M-40	212	00:01:14	00:01:19	00:15:00	00:29:03	00:30:41.45	00:31:56.30	+00:14:17 (46.6%)	6:08	9.8 (53.6%)
213	ANDRZEJEWSKI Tomasz	589	CHICAGO BULLS	M-40	213	00:00:22	00:01:17	00:15:28	00:29:14	00:30:42.75	00:31:05.45	+00:14:18 (46.6%)	6:08	9.8 (53.6%)
214	MAKUSZEWSKI Łukasz	1054		M-40	214	00:00:50	00:01:05	00:14:13	00:29:06	00:30:44.65	00:31:35.35	+00:14:20 (46.7%)	6:08	9.8 (53.6%)
215	GRZANKA Sebastian	665		M-40	215	00:01:06	00:01:14	00:14:40	00:29:02	00:30:47.30	00:31:53.90	+00:14:23 (46.7%)	6:09	9.7 (53.0%)
216	KASPRZAK Wojciech	249		M-40	216	00:01:15	00:01:14	00:15:06	00:29:19	00:30:59.10	00:32:14.70	+00:14:35 (47.1%)	6:11	9.7 (53.0%)
217	WIŚNIEWSKI Jacek	884		M-40	217	00:01:31	00:01:21	00:15:45	00:29:22	00:31:08.40	00:32:39.40	+00:14:44 (47.3%)	6:13	9.6 (52.5%)
218	PALIGA Arkadiusz	1297		M-40	218	00:01:19	00:01:07	00:14:17	00:29:21	00:31:11.80	00:32:31.70	+00:14:47 (47.4%)	6:14	9.6 (52.5%)
219	CZUBKOWSKI Sebastian	1011	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-40	219	00:00:14	00:01:03	00:14:24	00:29:22	00:31:14.70	00:31:29.30	+00:14:50 (47.5%)	6:14	9.6 (52.5%)
220	KOŹMA Paweł	840		M-40	220	00:00:47	00:01:22	00:15:33	00:29:41	00:31:28.75	00:32:15.85	+00:15:04 (47.9%)	6:17	9.5 (51.9%)
221	PRIEWE Paweł	1274	DYNAMO SKARPA	M-40	221	00:01:01	00:01:18	00:15:34	00:29:59	00:31:34.35	00:32:36.15	+00:15:10 (48.1%)	6:18	9.5 (51.9%)
222	KOSZOWSKI Leszek	758		M-40	222	00:00:42	00:01:19	00:15:21	00:29:51	00:31:40.40	00:32:23.00	+00:15:16 (48.2%)	6:20	9.5 (51.9%)
223	ŚWIERCZYŃSKI Michał	791		M-40	223	00:01:15	00:01:15	00:15:10	00:30:04	00:31:41.25	00:32:57.20	+00:15:17 (48.2%)	6:20	9.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km	5km	5km			
224	KUBIAK Rafał	509		M-40	224	00:01:32	00:01:20	00:16:10	00:30:06	00:31:44.45	00:33:16.85	+00:15:20 (48.3%)	6:20	9.5 (51.9%)
225	BORZYSZKOWSKI Grzegorz	298	STARY FORDON	M-40	225	00:00:16	00:01:03	00:15:02	00:30:09	00:31:47.30	00:32:04.00	+00:15:23 (48.4%)	6:21	9.4 (51.4%)
226	SZKOPIAK Marcin	116		M-40	226	00:01:04	00:01:22	00:15:49	00:30:38	00:32:08.90	00:33:13.80	+00:15:44 (49.0%)	6:25	9.3 (50.8%)
227	LEWANDOWSKI Tomasz	841		M-40	227	00:00:55	00:01:13	00:15:57	00:30:28	00:32:14.95	00:33:09.95	+00:15:50 (49.1%)	6:26	9.3 (50.8%)
228	DOLNY Andrzej	1410		M-40	228	00:01:01	00:01:20	00:16:15	00:30:42	00:32:24.45	00:33:26.15	+00:16:00 (49.4%)	6:28	9.3 (50.8%)
229	SYGNECKI Marcin	4		M-40	229	00:01:12	00:01:16	00:15:33	00:31:03	00:32:39.80	00:33:52.45	+00:16:15 (49.8%)	6:31	9.2 (50.3%)
230	SEKUŁA Krzysztof	365		M-40	230	00:00:59	00:01:23	00:15:44	00:31:01	00:32:43.35	00:33:43.10	+00:16:19 (49.9%)	6:32	9.2 (50.3%)
231	SKONIECZKA Marek	975		M-40	231	00:00:32		00:15:40	00:31:05	00:32:49.30	00:33:21.45	+00:16:25 (50.0%)	6:33	9.1 (49.7%)
232	FELCZYKOWSKI Piotr	389		M-40	232	00:00:59	00:01:26	00:15:42	00:31:01	00:33:00.60	00:34:00.50	+00:16:36 (50.3%)	6:36	9.1 (49.7%)
233	URBAŃSKI Tomasz	363		M-40	233	00:00:58	00:01:26	00:15:45	00:31:02	00:33:01.35	00:34:00.20	+00:16:37 (50.3%)	6:36	9.1 (49.7%)
234	RZEP CZYŃSKI Tomasz	186	GRYF	M-40	234	00:01:01	00:01:15	00:15:37	00:31:29	00:33:03.10	00:34:04.10	+00:16:39 (50.4%)	6:36	9.1 (49.7%)
235	ZALEWSKI Łukasz	258		M-40	235	00:01:02	00:01:20	00:15:57	00:31:27	00:33:21.20	00:34:23.90	+00:16:57 (50.8%)	6:40	9 (49.2%)
236	MADAJEWSKI Łukasz	868	BRAK	M-40	236	00:00:51	00:01:11	00:15:58	00:31:48	00:33:34.90	00:34:26.25	+00:17:10 (51.2%)	6:42	8.9 (48.6%)
237	SARNECKI Adrian	955		M-40	237	00:00:27	00:01:21	00:16:43	00:31:38	00:33:35.95	00:34:03.30	+00:17:11 (51.2%)	6:43	8.9 (48.6%)
238	WIŚNIEWSKI Marek	636		M-40	238	00:00:29	00:01:23	00:16:21	00:31:58	00:33:37.35	00:34:06.95	+00:17:13 (51.2%)	6:43	8.9 (48.6%)
239	DORNI AK Krzysztof	97		M-40	239	00:01:11	00:01:09	00:16:04	00:31:39	00:33:37.95	00:34:49.55	+00:17:13 (51.2%)	6:43	8.9 (48.6%)
240	KRZESZEWSKI Jakub	986		M-40	240	00:00:43	00:01:25	00:16:45	00:31:58	00:33:42.85	00:34:26.00	+00:17:18 (51.4%)	6:44	8.9 (48.6%)
241	PUZYREWSKI Michał	496	ASTORIA BYDGOSZCZ	M-40	241	00:00:28	00:01:12	00:16:06	00:32:02	00:33:43.35	00:34:11.85	+00:17:19 (51.4%)	6:44	8.9 (48.6%)
242	STOŻEK Michał	174		M-40	242	00:01:21	00:01:24	00:16:55	00:32:26	00:34:21.10	00:35:42.95	+00:17:57 (52.3%)	6:52	8.7 (47.5%)
243	CZURYK Bartosz	560	CZURYKI	M-40	243	00:01:23	00:01:20	00:16:57	00:32:47	00:34:39.20	00:36:02.20	+00:18:15 (52.7%)	6:55	8.7 (47.5%)
244	GRZECHULSKI Dariusz	522		M-40	244	00:01:20	00:01:30	00:18:03	00:33:03	00:34:41.75	00:36:02.20	+00:18:17 (52.7%)	6:56	8.6 (47.0%)
245	MREŁA Adrian	634		M-40	245	00:01:28	00:01:20	00:17:21	00:33:29	00:35:10.50	00:36:39.30	+00:18:46 (53.4%)	7:02	8.5 (46.4%)
246	MURAWKA Łukasz	538		M-40	246	00:01:18	00:01:16	00:16:36	00:33:18	00:35:26.25	00:36:44.85	+00:19:02 (53.7%)	7:05	8.5 (46.4%)

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	PREDER Bartosz	299		M-40	247	00:01:05	00:01:21	00:16:58	00:33:22	00:35:31.60	00:36:37.40	+00:19:07 (53.8%)	7:06	8.4 (45.9%)
248	LIPSKI Krzysztof	1460		M-40	248	00:01:30	00:01:21	00:16:59	00:33:53	00:36:06.50	00:37:36.70	+00:19:42 (54.6%)	7:13	8.3 (45.4%)
249	GUTKOWSKI Marek	1115	FREE RUN JUST FOR FUN	M-40	249	00:01:42	00:01:29	00:17:47	00:34:28	00:36:12.80	00:37:55.30	+00:19:48 (54.7%)	7:14	8.3 (45.4%)
250	GOŁĘBIEWSKI Paweł	280		M-40	250	00:01:15	00:01:25	00:18:29	00:35:40	00:37:05.20	00:38:20.85	+00:20:41 (55.8%)	7:25	8.1 (44.3%)
251	MICHNA Paweł	1121	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	251	00:00:44	00:01:26	00:17:52	00:35:26	00:37:16.85	00:38:01.55	+00:20:52 (56.0%)	7:27	8.1 (44.3%)
252	STĘPCZYŃSKI Jacek	448		M-40	252	00:01:16	00:01:23	00:19:01	00:36:20	00:38:18.20	00:39:35.10	+00:21:54 (57.2%)	7:39	7.8 (42.6%)
253	HASS Adam	906		M-40	253	00:01:06	00:01:22	00:18:17	00:36:56	00:38:34.25	00:39:41.15	+00:22:10 (57.5%)	7:42	7.8 (42.6%)
254	BIAŁEK Łukasz	915	BIEGAJ Z DĘBAMI	M-40	254	00:00:33	00:01:31	00:19:09	00:36:34	00:38:40.75	00:39:14.60	+00:22:16 (57.6%)	7:44	7.8 (42.6%)
255	WOLAN Krzysztof	198		M-40	255	00:01:10	00:01:27	00:19:12	00:36:55	00:38:45.05	00:39:55.45	+00:22:21 (57.7%)	7:45	7.7 (42.1%)
256	KOPACKI Mariusz	1383	NITROCHEM	M-40	256	00:01:00	00:01:12	00:18:02	00:36:40	00:38:47.60	00:39:47.85	+00:22:23 (57.7%)	7:45	7.7 (42.1%)
257	KOSNOWICZ Krzysztof	749		M-40	257	00:01:20	00:01:21	00:18:26	00:36:46	00:38:54.40	00:40:15.20	+00:22:30 (57.8%)	7:46	7.7 (42.1%)
258	WESOŁOWSKI Paweł	1436		M-40	258	00:01:15	00:01:27	00:19:04	00:37:06	00:39:22.70	00:40:37.75	+00:22:58 (58.4%)	7:52	7.6 (41.5%)
259	PIJAROWSKI Piotr	1452		M-40	259	00:01:23	00:01:21	00:18:47	00:37:39	00:39:37.85	00:41:01.10	+00:23:13 (58.6%)	7:55	7.6 (41.5%)
260	ANTCZAK Krzysztof	1033	OLIMPIJSKIE ANTKI	M-40	260	00:00:22	00:01:16	00:19:51	00:41:04	00:42:51.15	00:43:13.55	+00:26:27 (61.7%)	8:34	7 (38.3%)
261	MACHNIKOWSKI Rafał	1128	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	261	00:01:26	00:02:02			00:42:52.10	00:44:18.70	+00:26:28 (61.7%)	8:34	7 (38.3%)
262	KONDEK Jakub	1153		M-40	262	00:01:48	00:01:21	00:20:06	00:42:08	00:44:31.75	00:46:20.15	+00:28:07 (63.2%)	8:54	6.7 (36.6%)

Znaleziono 262 wynik(ów)