



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

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

Klasyfikacja: M-50

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	BEJGIER Edmund	313	BIEGAM Z DĘBAMI OSIELSKO	M-50	1	00:00:05	00:00:36	00:09:15	00:18:16	00:19:24.55	00:19:29.60		3:52	15.5 (100%)
2	KRYGOWSKI Tomasz	340		M-50	2	00:00:05	00:00:43	00:09:46	00:18:58	00:20:07.20	00:20:12.75	+00:00:42 (3.5%)	4:01	14.9 (96.1%)
3	KOZŁOWSKI Rafał	110		M-50	3	00:00:02	00:00:40	00:09:31	00:18:17	00:20:17.30	00:20:20.00	+00:00:52 (4.3%)	4:03	14.8 (95.5%)
4	CHMIELEWSKI Tomasz	172	AGA MED BYDGOSZCZ TRIATHLON	M-50	4	00:00:04	00:00:44	00:09:54	00:19:20	00:20:26.25	00:20:30.80	+00:01:01 (5.0%)	4:05	14.7 (94.8%)
5	SZYMCZAK Maciej	863	AKTYWNA BYDGOSZCZ	M-50	5	00:00:05	00:00:44	00:10:12	00:19:55	00:21:02.25	00:21:07.55	+00:01:37 (7.7%)	4:12	14.3 (92.3%)
6	SZULC Jacek	563		M-50	6	00:00:03	00:00:44	00:10:20	00:20:04	00:21:16.25	00:21:19.60	+00:01:51 (8.8%)	4:15	14.1 (91.0%)
7	RADOWSKI Cezary	1185		M-50	7	00:00:38	00:00:58	00:10:41	00:20:10	00:21:19.55	00:21:58.15	+00:01:55 (9.0%)	4:15	14.1 (91.0%)
8	MAKOWSKI Sławomir	169	WTLENIE	M-50	8	00:00:35	00:00:58	00:10:37	00:20:25	00:21:38.80	00:22:14.20	+00:02:14 (10.3%)	4:19	13.9 (89.7%)
9	RYDLEWSKI Marek	273	TEAM RUDNIK	M-50	9	00:00:18	00:00:51	00:10:47	00:20:40	00:21:53.30	00:22:11.65	+00:02:28 (11.3%)	4:22	13.7 (88.4%)
10	BUDZIK Ireneusz	833		M-50	10	00:00:10	00:00:50	00:10:45	00:20:39	00:21:53.85	00:22:03.85	+00:02:29 (11.4%)	4:22	13.7 (88.4%)
11	GORNOWICZ Marcin	357		M-50	11	00:00:34	00:00:48	00:10:31	00:20:44	00:21:59.60	00:22:33.65	+00:02:35 (11.7%)	4:23	13.6 (87.7%)
12	JUREK Sławomir	700		M-50	12	00:00:17	00:00:55	00:10:42	00:20:45	00:22:04.75	00:22:22.45	+00:02:40 (12.1%)	4:24	13.6 (87.7%)
13	RUNNER Andrzej	686	RUN BYDGOSZCZ	M-50	13	00:00:05	00:00:45	00:10:47	00:21:12	00:22:23.00	00:22:28.75	+00:02:58 (13.3%)	4:28	13.4 (86.5%)
14	CHORAŻAK Sławek	199		M-50	14	00:00:40	00:00:59	00:11:08	00:21:13	00:22:24.35	00:23:04.50	+00:02:59 (13.4%)	4:28	13.4 (86.5%)
15	SKARBEK Marek	1236	RUN BYDGOSZCZ	M-50	15	00:00:17	00:00:49	00:11:01	00:21:24	00:22:31.40	00:22:48.85	+00:03:06 (13.8%)	4:30	13.3 (85.8%)
16	KRZYŻANOWSKI Robert	1346	ANDRO	M-50	16	00:00:12	00:00:51	00:10:52	00:21:18	00:22:37.40	00:22:49.40	+00:03:12 (14.2%)	4:31	13.3 (85.8%)

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					
17	SIERADZKI Bartosz	14		M-50	17	00:00:10	00:00:54	00:11:12	00:21:24	00:22:40.15	00:22:50.65	+00:03:15 (14.4%)	4:32	13.2 (85.2%)
18	LIPIŃSKI Sebastian	303	RUN BYDGOSZCZ	M-50	18	00:00:19	00:00:53	00:11:01	00:21:26	00:22:42.00	00:23:01.35	+00:03:17 (14.5%)	4:32	13.2 (85.2%)
19	WŁODARCZYK Wojciech	973		M-50	19	00:00:27	00:00:57	00:11:14	00:21:24	00:22:42.55	00:23:10.25	+00:03:18 (14.5%)	4:32	13.2 (85.2%)
20	KAZUBOWSKI Jacek	1064	KAZUBKI TEAM/TRIDARKO	M-50	20	00:00:10	00:00:51	00:10:56	00:21:23	00:22:42.65	00:22:53.30	+00:03:18 (14.5%)	4:32	13.2 (85.2%)
21	FUZ Marek	875	KABEL TEAM BYDGOSZCZ	M-50	21	00:00:35	00:01:07	00:11:56	00:21:35	00:22:45.95	00:23:21.15	+00:03:21 (14.7%)	4:33	13.2 (85.2%)
22	JANCOWSKI Wojciech	392	TEAM RUDNIK	M-50	22	00:00:28	00:00:56	00:11:12	00:21:48	00:23:05.70	00:23:33.85	+00:03:41 (16.0%)	4:37	13 (83.9%)
23	DOMŻALSKI Marek	1273		M-50	23	00:00:22	00:00:54	00:11:32	00:22:07	00:23:20.90	00:23:43.85	+00:03:56 (16.9%)	4:40	12.9 (83.2%)
24	ZAKRZEWSKI Jarosław	356		M-50	24	00:00:06	00:00:49	00:11:05	00:22:01	00:23:21.00	00:23:27.20	+00:03:56 (16.9%)	4:40	12.8 (82.6%)
25	RASZKOWSKI Dariusz	1384	NITROCHEM	M-50	25	00:00:31	00:01:01	00:11:48	00:22:09	00:23:30.75	00:24:02.15	+00:04:06 (17.5%)	4:42	12.8 (82.6%)
26	WĘGRZYNOWSKI Sławomir	411	KABEL TEAM BYDGOSZCZ	M-50	26	00:00:34	00:01:07	00:11:58	00:22:23	00:23:34.15	00:24:08.85	+00:04:09 (17.7%)	4:42	12.7 (81.9%)
27	GACKOWSKI Krzysztof	56		M-50	27	00:00:08	00:00:49	00:11:23	00:22:31	00:23:52.50	00:24:01.25	+00:04:27 (18.7%)	4:46	12.6 (81.3%)
28	MICHALAK Wojciech	364		M-50	28	00:00:41	00:01:01	00:11:45	00:22:43	00:24:01.25	00:24:43.00	+00:04:36 (19.2%)	4:48	12.5 (80.6%)
29	WNUCZYŃSKI Andrzej	796	ORANGE POLSKA	M-50	29	00:00:25	00:00:56	00:11:29	00:22:37	00:24:02.60	00:24:27.70	+00:04:38 (19.3%)	4:48	12.5 (80.6%)
30	KAPANOWSKI Sylwester	49		M-50	30	00:00:16	00:00:58	00:11:34	00:22:47	00:24:07.10	00:24:24.05	+00:04:42 (19.5%)	4:49	12.4 (80.0%)
31	CIESIELSKI Mirosław	242		M-50	31	00:00:08	00:00:56	00:11:38	00:22:58	00:24:25.15	00:24:33.90	+00:05:00 (20.5%)	4:53	12.3 (79.4%)
32	JAWORSKI Krzysztof	1085		M-50	32	00:00:59	00:01:13	00:12:35	00:23:20	00:24:41.60	00:25:40.70	+00:05:17 (21.4%)	4:56	12.2 (78.7%)
33	PIECHOWIAK Jacek	1105		M-50	33	00:00:50	00:00:54	00:12:15	00:23:27	00:24:43.35	00:25:34.10	+00:05:18 (21.5%)	4:56	12.1 (78.1%)
34	NURKIEWICZ Jarosław	1116	KUNG FU PANDY 3	M-50	34	00:00:29	00:00:58	00:11:56	00:23:24	00:24:46.20	00:25:15.20	+00:05:21 (21.6%)	4:57	12.1 (78.1%)
35	RYGIEWICZ Wojciech	315		M-50	35	00:00:14	00:00:56	00:12:07	00:23:34	00:24:57.55	00:25:12.15	+00:05:33 (22.2%)	4:59	12 (77.4%)
36	CHMURZYŃSKI Tomasz	1134	KSN ŁUCZNICZKA BYDGOSZCZ	M-50	36	00:00:06	00:00:55	00:12:10	00:23:38	00:24:57.70	00:25:03.70	+00:05:33 (22.2%)	4:59	12 (77.4%)
37	KANTORSKI Zbysław	555	COKE RUNNERS	M-50	37	00:01:02	00:01:04	00:12:14	00:23:34	00:24:58.40	00:26:00.70	+00:05:33 (22.3%)	4:59	12 (77.4%)
38	ŚWIĘCICKI Andrzej	952	BYDGOSKIE ŻÓŁWIE	M-50	38	00:00:48	00:01:06	00:12:27	00:23:42	00:25:07.10	00:25:55.20	+00:05:42 (22.7%)	5:01	11.9 (76.8%)
39	OELRICH Henryk	1112	PK TUCHOLA	M-50	39	00:00:47	00:01:06	00:12:22	00:23:48	00:25:12.85	00:26:00.40	+00:05:48 (23.0%)	5:02	11.9 (76.8%)

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					
40	RUTKOWSKI Tomasz	63		M-50	40	00:00:31	00:00:57	00:12:12	00:23:50	00:25:16.30	00:25:47.75	+00:05:51 (23.2%)	5:03	11.9 (76.8%)
41	PACEK Mirosław	1087		M-50	41	00:01:07	00:01:13	00:12:31	00:24:17	00:25:45.20	00:26:53.10	+00:06:20 (24.6%)	5:09	11.7 (75.5%)
42	BAGIŃSKI Aleksander	1361	NITROCHEM	M-50	42	00:00:32	00:00:58	00:12:38	00:24:23	00:25:47.70	00:26:20.15	+00:06:23 (24.8%)	5:09	11.6 (74.8%)
43	ZAJĄC Tomasz	43	BIEGAJ Z DĘBAMI	M-50	43	00:01:03	00:01:07	00:12:40	00:24:28	00:25:50.25	00:26:54.10	+00:06:25 (24.9%)	5:10	11.6 (74.8%)
44	GLAMA Stanisław	525		M-50	44	00:01:16	00:01:14	00:13:00	00:24:32	00:25:54.75	00:27:11.50	+00:06:30 (25.1%)	5:10	11.6 (74.8%)
45	RÓŻYCKI Dariusz	1045	BYDGOSKIE ŻÓŁWIE	M-50	45	00:00:20	00:01:02	00:12:49	00:24:32	00:25:55.45	00:26:15.60	+00:06:30 (25.1%)	5:11	11.6 (74.8%)
46	ZAPARUCHA Mikołaj	942		M-50	46	00:01:10	00:01:16	00:12:55	00:24:43	00:26:02.80	00:27:13.70	+00:06:38 (25.5%)	5:12	11.5 (74.2%)
47	RODRIGUEZ GARCIA Manuel	607		M-50	47	00:00:09	00:01:03	00:12:59	00:24:46	00:26:15.00	00:26:24.90	+00:06:50 (26.1%)	5:15	11.4 (73.5%)
48	KOŁODZIEJSKI Stanisław	886		M-50	48	00:00:33	00:01:01	00:13:07	00:25:09	00:26:27.85	00:27:01.10	+00:07:03 (26.7%)	5:17	11.3 (72.9%)
49	CYGANEK Grzegorz	262	TEAM RUDNIK	M-50	49	00:00:15	00:00:55	00:12:39	00:24:56	00:26:29.70	00:26:45.60	+00:07:05 (26.7%)	5:17	11.3 (72.9%)
50	ŚWIETLIK Piotr	117		M-50	50	00:00:38	00:01:01	00:12:49	00:25:01	00:26:30.75	00:27:09.50	+00:07:06 (26.8%)	5:18	11.3 (72.9%)
51	CIEMNY Tomasz	248		M-50	51	00:00:33	00:01:11	00:13:32	00:25:21	00:26:41.10	00:27:14.85	+00:07:16 (27.3%)	5:20	11.2 (72.3%)
52	PIETRASZAK Tomasz	103	RUN BYDGOSZCZ	M-50	52	00:00:42	00:01:07	00:13:09	00:25:16	00:26:46.45	00:27:28.45	+00:07:21 (27.5%)	5:21	11.2 (72.3%)
53	KUĆMIERZ Mirosław	763		M-50	53	00:01:07	00:01:11	00:13:21	00:25:20	00:26:48.05	00:27:55.85	+00:07:23 (27.6%)	5:21	11.2 (72.3%)
54	ROSSA Sławomir	191		M-50	54	00:00:04	00:00:56	00:13:08	00:25:29	00:26:49.05	00:26:53.80	+00:07:24 (27.6%)	5:21	11.2 (72.3%)
55	KOLASIŃSKI Tomasz	619		M-50	55	00:00:26	00:01:06	00:13:21	00:25:18	00:26:52.65	00:27:19.10	+00:07:28 (27.8%)	5:22	11.2 (72.3%)
56	PALIGA Antoni	1007	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-50	56	00:00:16	00:01:01	00:13:23	00:25:23	00:26:53.70	00:27:10.50	+00:07:29 (27.8%)	5:22	11.2 (72.3%)
57	SZYPERSKI Sławomir	1266		M-50	57	00:00:19	00:01:06	00:13:05	00:25:31	00:27:03.10	00:27:22.80	+00:07:38 (28.3%)	5:24	11.1 (71.6%)
58	OBRZANOWSKI Maciej	22		M-50	58	00:00:11	00:01:01	00:13:05	00:25:29	00:27:07.10	00:27:18.30	+00:07:42 (28.4%)	5:25	11.1 (71.6%)
59	WALCZAK Maciej	386	TEAM RUDNIK	M-50	59	00:00:33	00:00:58	00:13:02	00:25:39	00:27:17.55	00:27:51.30	+00:07:53 (28.9%)	5:27	11 (71.0%)
60	OWCZARZAK Michał	146	RUN BYDGOSZCZ	M-50	60	00:01:11	00:01:18	00:13:28	00:25:47	00:27:19.70	00:28:30.90	+00:07:55 (29.0%)	5:27	11 (71.0%)
61	JANASZ Krzysztof	319		M-50	61	00:01:14	00:01:18	00:13:48	00:25:51	00:27:20.85	00:28:35.50	+00:07:56 (29.0%)	5:28	11 (71.0%)
62	SIUDA Marek	354		M-50	62	00:01:05	00:01:18	00:14:00	00:25:59	00:27:21.65	00:28:27.05	+00:07:57 (29.1%)	5:28	11 (71.0%)

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						startu	0.2km	2.5km	4.6km	5km	5km			
63	WITKOWSKI Maciej	586		M-50	63	00:00:24	00:01:05	00:13:19	00:25:53	00:27:24.30	00:27:48.60	+00:07:59 (29.2%)	5:28	10.9 (70.3%)
64	RADULSKI Tomasz	492		M-50	64	00:00:51	00:01:06	00:13:18	00:25:45	00:27:28.05	00:28:19.60	+00:08:03 (29.3%)	5:29	10.9 (70.3%)
65	CIESIELSKI Arkadiusz	375		M-50	65	00:00:59	00:01:13	00:13:56	00:25:58	00:27:29.95	00:28:29.70	+00:08:05 (29.4%)	5:29	10.9 (70.3%)
66	ROBACZEWSKI Artur	784		M-50	66	00:01:00	00:01:18	00:13:46	00:26:04	00:27:38.05	00:28:38.10	+00:08:13 (29.8%)	5:31	10.9 (70.3%)
67	SZMELTER Michał	849		M-50	67	00:01:09	00:01:09	00:13:26	00:26:19	00:27:47.95	00:28:57.80	+00:08:23 (30.2%)	5:33	10.8 (69.7%)
68	WIŚNIEWSKI Remigiusz	1462		M-50	68	00:00:40	00:01:07	00:13:26	00:26:13	00:27:57.00	00:28:37.60	+00:08:32 (30.6%)	5:35	10.7 (69.0%)
69	KWASEK Wojciech	894	KABEL TEAM BYDGOSZCZ	M-50	69	00:00:35	00:01:08	00:13:17	00:26:27	00:28:00.85	00:28:36.00	+00:08:36 (30.7%)	5:36	10.7 (69.0%)
70	CIEŚLEWICZ Waldemar	617		M-50	70	00:00:08	00:01:02	00:13:17	00:26:27	00:28:05.10	00:28:13.85	+00:08:40 (30.9%)	5:37	10.7 (69.0%)
71	JASKÓLSKI Andrzej	515		M-50	71	00:00:38	00:01:02	00:13:26	00:26:32	00:28:07.10	00:28:46.05	+00:08:42 (31.0%)	5:37	10.7 (69.0%)
72	OLECHNOWICZ Tomasz	1476	SMB	M-50	72	00:01:36	00:01:11	00:14:47	00:26:58	00:28:22.20	00:29:58.70	+00:08:57 (31.6%)	5:40	10.6 (68.4%)
73	DAMBECKI Piotr	151	POLISH AIR FORCE FAMILY FAN CLUB	M-50	73	00:00:36		00:13:35	00:26:46	00:28:27.85	00:29:04.50	+00:09:03 (31.8%)	5:41	10.5 (67.7%)
74	KWASIGROCH Krzysztof	1048	TKKF KOLEJARZ BYDGOSZCZ	M-50	74	00:01:39	00:01:05	00:14:10	00:27:12	00:28:31.65	00:30:11.40	+00:09:07 (32.0%)	5:42	10.5 (67.7%)
75	SIKORSKI Norbert	599		M-50	75	00:01:01	00:01:09	00:13:50	00:27:03	00:28:42.55	00:29:43.90	+00:09:18 (32.4%)	5:44	10.5 (67.7%)
76	ŻUCHOWSKI Dariusz	1347	TKKF KOLEJARZ BYDGOSZCZ	M-50	76	00:00:42	00:01:03	00:13:42	00:27:08	00:28:48.35	00:29:30.75	+00:09:23 (32.6%)	5:45	10.4 (67.1%)
77	KOSIŃSKI Jerzy	887		M-50	77	00:00:06	00:00:57	00:13:27	00:27:07	00:28:55.25	00:29:01.35	+00:09:30 (32.9%)	5:47	10.4 (67.1%)
78	KOWALIK Waldemar	372		M-50	78	00:01:01	00:01:21	00:14:18	00:27:32	00:29:11.45	00:30:13.05	+00:09:46 (33.5%)	5:50	10.3 (66.5%)
79	GNIOT Henryk	1173		M-50	79	00:00:50	00:01:16	00:14:32	00:27:41	00:29:19.05	00:30:09.10	+00:09:54 (33.8%)	5:51	10.2 (65.8%)
80	ZIELIŃSKI Tomasz	679		M-50	80	00:00:55		00:14:55	00:27:54	00:29:25.80	00:30:21.70	+00:10:01 (34.0%)	5:53	10.2 (65.8%)
81	WÓJCIK Tomasz	182		M-50	81	00:00:12	00:01:00	00:13:55	00:27:54	00:29:36.05	00:29:48.05	+00:10:11 (34.4%)	5:55	10.1 (65.2%)
82	BURNICKI Mariusz	1174		M-50	82	00:01:32	00:01:16	00:15:16	00:28:02	00:29:40.00	00:31:12.40	+00:10:15 (34.6%)	5:56	10.1 (65.2%)
83	WOJCIESZAK Dariusz	40		M-50	83	00:01:06	00:01:12	00:14:35	00:28:14	00:29:45.50	00:30:52.20	+00:10:20 (34.8%)	5:57	10.1 (65.2%)
84	MALINOWSKI Przemysław	20		M-50	84	00:01:01	00:01:19	00:14:48	00:28:11	00:29:52.90	00:30:53.95	+00:10:28 (35.0%)	5:58	10 (64.5%)
85	URBANSKI Piotr	455	RUNTEAMPRUSZCZ	M-50	85	00:01:08	00:01:22	00:15:16	00:28:25	00:29:52.95	00:31:01.90	+00:10:28 (35.0%)	5:58	10 (64.5%)

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	KURTYSIAK Roman	1059	BYDGOSZCZ NA START	M-50	86	00:01:11	00:01:25	00:15:01	00:28:18	00:29:59.50	00:31:11.05	+00:10:34 (35.3%)	5:59	10 (64.5%)
87	WRZESIŃSKI Wojciech	1207	WOPR WOJEWÓDZTWA KUJAWSKO POMORSKIEGO	M-50	87	00:00:00				00:30:24.55	00:30:24.55	+00:11:00 (36.2%)	6:04	9.9 (63.9%)
88	CHOLEWCZYŃSKI Dariusz	1126	KSN ŁUCZNICZKA BYDGOSZCZ	M-50	88	00:01:40	00:01:15	00:15:21	00:28:54	00:30:36.85	00:32:17.15	+00:11:12 (36.6%)	6:07	9.8 (63.2%)
89	WESOŁOWSKI Dariusz	681		M-50	89	00:00:58	00:01:14	00:15:08	00:28:58	00:30:37.25	00:31:35.60	+00:11:12 (36.6%)	6:07	9.8 (63.2%)
90	KRUTUL Maciej	990	ZIELONY PELIKAN	M-50	90	00:01:03	00:01:20	00:15:20	00:29:10	00:30:55.60	00:31:58.90	+00:11:31 (37.2%)	6:11	9.7 (62.6%)
91	SZARAFIŃSKI Waldemar	1241		M-50	91	00:00:55	00:01:16	00:14:57	00:30:43	00:32:41.15	00:33:36.55	+00:13:16 (40.6%)	6:32	9.2 (59.4%)
92	ALEXANDER Marek	967		M-50	92	00:00:49	00:01:12	00:15:47	00:30:56	00:32:49.55	00:33:39.30	+00:13:25 (40.9%)	6:33	9.1 (58.7%)
93	ISKRA Jacek	236		M-50	93	00:01:00	00:01:23	00:16:31	00:31:37	00:33:15.70	00:34:15.75	+00:13:51 (41.6%)	6:39	9 (58.1%)
94	LELONKIEWICZ Krzysztof	104		M-50	94	00:00:36	00:01:17	00:15:32	00:31:19	00:33:22.40	00:33:58.60	+00:13:57 (41.8%)	6:40	9 (58.1%)
95	KRAJEWSKI Adam	471		M-50	95	00:01:21	00:01:22	00:16:26	00:32:03	00:33:52.60	00:35:14.10	+00:14:28 (42.7%)	6:46	8.9 (57.4%)
96	MONDRY Waldemar	901		M-50	96	00:00:22	00:01:14	00:12:43	00:32:20	00:34:16.45	00:34:39.00	+00:14:51 (43.4%)	6:51	8.8 (56.8%)
97	WIŚNIEWSKI Krzysztof	559	TRISPACE/TREK	M-50	97	00:00:49	00:01:23	00:17:09	00:33:12	00:35:10.40	00:35:59.85	+00:15:45 (44.8%)	7:02	8.5 (54.8%)
98	KALACZYŃSKI Grzegorz	948		M-50	98	00:01:18	00:01:27	00:17:29	00:33:33	00:35:34.45	00:36:52.80	+00:16:09 (45.4%)	7:06	8.4 (54.2%)
99	RAJS Arkadiusz	1291		M-50	99	00:01:18	00:01:22	00:17:27	00:33:59	00:35:57.50	00:37:15.80	+00:16:32 (46.0%)	7:11	8.3 (53.5%)
100	KUTOWSKI Janusz	310	BYDGOSZCZ	M-50	100	00:00:45	00:01:18	00:17:25	00:34:34	00:36:47.75	00:37:33.55	+00:17:23 (47.3%)	7:21	8.2 (52.9%)
101	OŻÓG Jarosław	1222		M-50	101	00:01:18	00:01:22	00:17:27	00:36:47	00:38:13.75	00:39:32.30	+00:18:49 (49.2%)	7:38	7.8 (50.3%)
102	BUTOWSKI Michał	953		M-50	102	00:00:49	00:01:27	00:18:59	00:36:32	00:38:21.80	00:39:11.00	+00:18:57 (49.4%)	7:40	7.8 (50.3%)
103	PIERZGALSKI Jarek	326	ZAMULONE OSTRYGI	M-50	103	00:00:11	00:01:16	00:18:48	00:37:33	00:39:44.45	00:39:56.10	+00:20:19 (51.2%)	7:56	7.6 (49.0%)
104	JANKOWSKI Tomasz	45	BIEGAJ Z DĘBAMI	M-50	104	00:01:17	00:01:28	00:19:41	00:39:38	00:42:04.70	00:43:21.75	+00:22:40 (53.9%)	8:24	7.1 (45.8%)
105	ŚLIWIŃSKI Piotr	1136	KSN ŁUCZNICZKA BYDGOSZCZ	M-50	105	00:01:26	00:01:52	00:20:11	00:40:20	00:42:51.85	00:44:18.55	+00:23:27 (54.7%)	8:34	7 (45.2%)
106	JAGODZIŃSKI Karol	1019		M-50	106	00:01:21	00:01:40	00:20:12	00:41:46	00:43:31.75	00:44:53.55	+00:24:07 (55.4%)	8:42	6.9 (44.5%)
107	BURETA Henryk	1267		M-50	107	00:00:27	00:01:18	00:21:25	00:42:17	00:44:55.25	00:45:22.75	+00:25:30 (56.8%)	8:59	6.7 (43.2%)