



Organizator:
Data:
Miejsce:
Dystans:

Aktywa Bydgoszcz
2016-06-05
Bydgoszcz
10 km

BYDGOSKI BIEG PRZEDSIĘBIORCÓW

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOŚMIEJA Marcin	508		M-30	1	00:00:02	00:34:52.60	00:34:55.55		3:29	17,2 (100%)
2	KRYSKE Bartosz	309	SPÓJNIA BIAŁE BŁOTA	M-30	2	00:00:03	00:35:20.80	00:35:23.85	+00:00:28 (1.3%)	3:32	17 (100%)
3	MIKA Oskar	1008		M-30	3	00:00:01	00:35:45.90	00:35:47.45	+00:00:53 (2.5%)	3:34	16,8 (94.1%)
4	GOŚCINIAK Michał	693		M-30	4	00:00:02	00:36:09.55	00:36:12.20	+00:01:16 (3.5%)	3:37	16,6 (94.1%)
5	CZERNIAK Karol	400		M-30	5	00:00:16	00:38:58.80	00:39:14.85	+00:04:06 (10.5%)	3:53	15,4 (88.2%)
6	OBREBSKI Grzegorz	478	BIEGASIE	M-30	6	00:00:08	00:39:05.45	00:39:13.75	+00:04:12 (10.8%)	3:54	15,4 (88.2%)
7	DANIELEWSKI Mariusz	267	DRUŻYNA SZPIKU	M-30	7	00:00:06	00:39:18.05	00:39:24.95	+00:04:25 (11.3%)	3:55	15,3 (88.2%)
8	MOTOCZYŃSKI Wojciech	1002		M-30	8	00:00:02	00:39:22.35	00:39:24.80	+00:04:29 (11.4%)	3:56	15,2 (88.2%)
9	TOMCZYŃSKI Bartosz	253	RUN PASJA BYDGOSZCZ	M-30	9	00:00:03	00:39:34.85	00:39:38.00	+00:04:42 (11.9%)	3:57	15,2 (88.2%)
10	BEDRA Robert	7		M-30	10	00:00:02	00:39:57.15	00:40:00.10	+00:05:04 (12.7%)	3:59	15 (88.2%)
11	MAĆKOWSKI Maciej	252		M-30	11	00:00:02	00:40:51.45	00:40:53.90	+00:05:58 (14.6%)	4:05	14,7 (82.4%)
12	KUROWSKI Kamil	503	HTB	M-30	12	00:00:08	00:40:52.30	00:41:00.90	+00:05:59 (14.7%)	4:05	14,7 (82.4%)
13	PILCH Artur	557	KLINIK TRIATHLONU	M-30	13	00:00:08	00:41:03.15	00:41:11.50	+00:06:10 (15.0%)	4:06	14,6 (82.4%)
14	FLOREK Paweł	559	REMEDIA	M-30	14	00:00:06	00:41:09.15	00:41:15.75	+00:06:16 (15.3%)	4:06	14,6 (82.4%)
15	KOWALSKI Jacek	502		M-30	15	00:00:05	00:41:12.90	00:41:18.85	+00:06:20 (15.4%)	4:07	14,6 (82.4%)
16	HOFFMAN Jarosław	481	TEAM OCHAL	M-30	16	00:00:02	00:41:20.55	00:41:22.55	+00:06:27 (15.6%)	4:08	14,5 (82.4%)
17	WOLLANDT Paweł	1012		M-30	17	00:00:05	00:41:24.85	00:41:29.95	+00:06:32 (15.8%)	4:08	14,5 (82.4%)
18	KLOSKOWSKI Adam	433	IWSP SZ BYDGOSZCZ	M-30	18	00:00:08	00:41:42.60	00:41:51.35	+00:06:50 (16.4%)	4:10	14,4 (82.4%)
19	HASS Adam	434		M-30	19	00:00:05	00:41:45.05	00:41:50.90	+00:06:52 (16.5%)	4:10	14,4 (82.4%)
20	HOC Marek	421	LEGE ARTIS	M-30	20	00:00:07	00:41:47.10	00:41:54.75	+00:06:54 (16.5%)	4:10	14,4 (82.4%)
21	SZOPINSKI Rafał	313		M-30	21	00:00:09	00:41:55.75	00:42:05.40	+00:07:03 (16.8%)	4:11	14,3 (82.4%)
22	SAWICKI Marcin	803		M-30	22	00:00:17	00:42:09.55	00:42:27.05	+00:07:16 (17.3%)	4:13	14,2 (82.4%)
23	KUŁAKOWSKI Krzysztof	622		M-30	23	00:00:10	00:42:13.70	00:42:24.40	+00:07:21 (17.4%)	4:13	14,2 (82.4%)
24	ŚLEFARSKI Jacek	44		M-30	24	00:00:04	00:42:18.90	00:42:23.55	+00:07:26 (17.6%)	4:13	14,2 (82.4%)
25	ŁĄCZNY Jarosław	175		M-30	25	00:00:02	00:42:20.10	00:42:22.65	+00:07:27 (17.6%)	4:14	14,2 (82.4%)
26	ŻAL Robert	4	SPÓJNIA BIAŁE BŁOTA	M-30	26	00:00:06	00:42:37.65	00:42:43.75	+00:07:45 (18.2%)	4:15	14,1 (82.4%)
27	MARTIN Paweł	186		M-30	27	00:00:16	00:42:39.90	00:42:56.50	+00:07:47 (18.3%)	4:16	14,1 (82.4%)
28	MALICKI Łukasz	77	MALMEDIA.PL	M-30	28	00:00:12	00:42:54.75	00:43:07.15	+00:08:02 (18.7%)	4:17	14 (82.4%)
29	SYNAKIEWICZ Tomasz	38	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M-30	29	00:00:09	00:43:02.20	00:43:11.85	+00:08:09 (19.0%)	4:18	13,9 (76.5%)
30	SIUCHNIŃSKI Tomasz	480	BIEGASIE	M-30	30	00:00:09	00:43:02.30	00:43:11.90	+00:08:09 (19.0%)	4:18	13,9 (76.5%)

							Czas netto 10km	Czas brutto 10km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Różn		
31	HAIZE Tomek	599		M-30	31	00:00:10	00:43:04.10	00:43:14.40	+00:08:11 (19.0%)	4:18	13,9 (76.5%)
32	HUTEK Andrzej	935		M-30	32	00:00:07	00:43:07.45	00:43:14.95	+00:08:14 (19.1%)	4:18	13,9 (76.5%)
33	ŚLUSARSKI Przemysław	169		M-30	33	00:00:11	00:43:08.15	00:43:19.25	+00:08:15 (19.1%)	4:18	13,9 (76.5%)
34	LEWANDOWSKI Tomasz	581	RWT W BYDGOSZCZY	M-30	34	00:00:15	00:43:10.80	00:43:26.05	+00:08:18 (19.2%)	4:19	13,9 (76.5%)
35	ŚWIERCZYŃSKI Marcin	12	FIZJO-MAR	M-30	35	00:00:19	00:43:11.70	00:43:30.75	+00:08:19 (19.3%)	4:19	13,9 (76.5%)
36	BOINSKK Rafał	486		M-30	36	00:00:07	00:43:13.00	00:43:20.30	+00:08:20 (19.3%)	4:19	13,9 (76.5%)
37	KOZIŃSKI Marek	779	RUN BYDGOSZCZ	M-30	37	00:00:06	00:43:14.25	00:43:20.85	+00:08:21 (19.3%)	4:19	13,9 (76.5%)
38	DĘBSKI Adrian	86		M-30	38	00:00:07	00:43:27.60	00:43:35.25	+00:08:35 (19.7%)	4:20	13,8 (76.5%)
39	MUSIAŁ Przemysław	56	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	39	00:00:03	00:43:30.70	00:43:34.25	+00:08:38 (19.8%)	4:21	13,8 (76.5%)
40	ROGUSZ Paweł	773		M-30	40	00:00:51	00:43:40.55	00:44:31.95	+00:08:47 (20.1%)	4:22	13,7 (76.5%)
41	KOSZEWSKI Michał	918		M-30	41	00:00:12	00:43:53.65	00:44:06.20	+00:09:01 (20.5%)	4:23	13,7 (76.5%)
42	WILK Łukasz	558	LUCKYWOLFS	M-30	42	00:00:07	00:43:56.85	00:44:03.85	+00:09:04 (20.6%)	4:23	13,7 (76.5%)
43	MACIAK Wojtek	993		M-30	43	00:00:13	00:44:08.55	00:44:21.55	+00:09:15 (21.0%)	4:24	13,6 (76.5%)
44	GÓRKA Tomasz	534	KTG TRAWERS	M-30	44	00:00:08	00:44:20.25	00:44:28.55	+00:09:27 (21.3%)	4:26	13,5 (76.5%)
45	DEBNER Wojciech	35	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	45	00:00:03	00:44:25.90	00:44:29.55	+00:09:33 (21.5%)	4:26	13,5 (76.5%)
46	GIERACH Marcin	696	TRISPACE	M-30	46	00:00:07	00:44:30.55	00:44:38.00	+00:09:37 (21.6%)	4:27	13,5 (76.5%)
47	KRYSKE Mariusz	858	SPÓJNIA BIAŁE BŁOTA	M-30	47	00:00:12	00:44:43.60	00:44:55.75	+00:09:51 (22.0%)	4:28	13,4 (76.5%)
48	MISIASZEK Marek	188	CHEŁMNO / BYDGOSZCZ	M-30	48	00:00:15	00:44:58.80	00:45:14.05	+00:10:06 (22.5%)	4:29	13,3 (76.5%)
49	SŁAWIŃSKI Jarosław	806		M-30	49	00:00:14	00:45:20.65	00:45:35.60	+00:10:28 (23.1%)	4:32	13,2 (76.5%)
50	PAWLACZYK Szymon	574	TRISPACE	M-30	50	00:00:07	00:45:20.85	00:45:28.05	+00:10:28 (23.1%)	4:32	13,2 (76.5%)
51	SZATTEN Dawid	170		M-30	51	00:00:07	00:45:36.05	00:45:43.75	+00:10:43 (23.5%)	4:33	13,2 (76.5%)
52	SONDEJ Piotr	992	FM WORD DIAMONDS GROUP 8	M-30	52	00:00:02	00:45:44.55	00:45:46.55	+00:10:51 (23.8%)	4:34	13,1 (76.5%)
53	BORCZYKOWSKI Rafał	506		M-30	53	00:00:13	00:45:47.25	00:46:00.25	+00:10:54 (23.8%)	4:34	13,1 (76.5%)
54	CYL Dawid	268	RUN BYDGOSZCZ	M-30	54	00:00:28	00:45:49.35	00:46:17.95	+00:10:56 (23.9%)	4:34	13,1 (76.5%)
55	DUDEK Dawid	189	POLONIA BYDGOSZCZ	M-30	55	00:00:08	00:45:49.60	00:45:57.90	+00:10:57 (23.9%)	4:34	13,1 (76.5%)
56	BUTRYM Piotr	391		M-30	56	00:00:11	00:46:04.40	00:46:15.80	+00:11:11 (24.3%)	4:36	13 (76.5%)
57	SZULC Rafał	364	RUN BYDGOSZCZ	M-30	57	00:00:27	00:46:12.20	00:46:39.40	+00:11:19 (24.5%)	4:37	13 (76.5%)
58	NOWAK Rafał	865	SPÓJNIA BIAŁE BŁOTA	M-30	58	00:00:08	00:46:21.70	00:46:29.85	+00:11:29 (24.8%)	4:38	12,9 (70.6%)
59	KUROWSKI Rafał	629		M-30	59	00:00:08	00:46:28.15	00:46:36.45	+00:11:35 (24.9%)	4:38	12,9 (70.6%)
60	CIEPŁOWSKI Robert	441	IPA BYDGOSZCZ	M-30	60	00:00:18	00:46:29.20	00:46:47.55	+00:11:36 (25.0%)	4:38	12,9 (70.6%)
61	MATYASIK Marcin	601		M-30	61	00:00:21	00:46:42.10	00:47:03.55	+00:11:49 (25.3%)	4:40	12,8 (70.6%)
62	OWCZARSKI Krzysztof	295		M-30	62	00:00:12	00:46:43.70	00:46:56.40	+00:11:51 (25.4%)	4:40	12,8 (70.6%)
63	WIŚNIEWSKI Piotr	753		M-30	63	00:00:38	00:46:47.15	00:47:25.30	+00:11:54 (25.5%)	4:40	12,8 (70.6%)
64	RUDNICKI Michał	200	TASAK TEAM	M-30	64	00:00:20	00:46:51.75	00:47:12.65	+00:11:59 (25.6%)	4:41	12,8 (70.6%)
65	OLEJNICZAK Marek	451		M-30	65	00:00:32	00:46:52.15	00:47:25.10	+00:11:59 (25.6%)	4:41	12,8 (70.6%)
66	NOWAK Jacek	1001		M-30	66	00:00:15	00:46:59.50	00:47:14.60	+00:12:06 (25.8%)	4:41	12,8 (70.6%)
67	NOWACZYK Jakub	395		M-30	67	00:00:18	00:47:00.40	00:47:18.55	+00:12:07 (25.8%)	4:42	12,8 (70.6%)
68	SUDOŁ Jacek	337	IPA BYDGOSZCZ	M-30	68	00:00:09	00:47:01.80	00:47:11.15	+00:12:09 (25.8%)	4:42	12,8 (70.6%)
69	KUBIAK Jarosław	590		M-30	69	00:00:19	00:47:02.95	00:47:22.60	+00:12:10 (25.9%)	4:42	12,8 (70.6%)
70	RATAJ Łukasz	906		M-30	70	00:00:11	00:47:04.05	00:47:15.70	+00:12:11 (25.9%)	4:42	12,7 (70.6%)
71	KASPROWICZ Paweł	870	AVENATEAM	M-30	71	00:00:17	00:47:08.75	00:47:26.70	+00:12:16 (26.0%)	4:42	12,7 (70.6%)
72	RYDLEWSKI Andrzej	564	RUN BYDGOSZCZ	M-30	72	00:00:32	00:47:09.35	00:47:41.60	+00:12:16 (26.0%)	4:42	12,7 (70.6%)
73	KUTOWSKI Przemysław	46	NIKI LAUDA	M-30	73	00:00:11	00:47:15.55	00:47:27.20	+00:12:22 (26.2%)	4:43	12,7 (70.6%)
74	MUCHA Marcin	251	BATRUN	M-30	74	00:00:20	00:47:18.10	00:47:38.70	+00:12:25 (26.3%)	4:43	12,7 (70.6%)

							Czas netto 10km	Czas brutto 10km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Różn		
75	DACH Łukasz	701		M-30	75	00:00:12	00:47:21.15	00:47:33.55	+00:12:28 (26.3%)	4:44	12,7 (70.6%)
76	HERMELIN Wojciech	161	KANCELARIA HMM	M-30	76	00:00:06	00:47:21.35	00:47:27.95	+00:12:28 (26.4%)	4:44	12,7 (70.6%)
77	MIELCARSKI Michał	542	MIELCAR TEAM	M-30	77	00:00:13	00:47:31.40	00:47:44.45	+00:12:38 (26.6%)	4:45	12,6 (70.6%)
78	HERMAN Grzegorz	849		M-30	78	00:00:49	00:47:38.80	00:48:28.25	+00:12:46 (26.8%)	4:45	12,6 (70.6%)
79	LEWICKI Konrad	523	ŻANDARMII Z BYDGOSZCZY	M-30	79	00:00:55	00:47:53.95	00:48:49.50	+00:13:01 (27.2%)	4:47	12,5 (70.6%)
80	CHWIŁKA Daniel	555		M-30	80	00:00:21	00:48:00.40	00:48:21.85	+00:13:07 (27.4%)	4:48	12,5 (70.6%)
81	SAMAL Artur	943	FIREBRIGADE	M-30	81	00:00:29	00:48:00.90	00:48:29.90	+00:13:08 (27.4%)	4:48	12,5 (70.6%)
82	BINDEK Łukasz	243		M-30	82	00:00:15	00:48:13.40	00:48:29.30	+00:13:20 (27.7%)	4:49	12,4 (70.6%)
83	GRUBICH Arkadiusz	94	BRACIA DALTON	M-30	83	00:00:16	00:48:15.40	00:48:31.40	+00:13:22 (27.7%)	4:49	12,4 (70.6%)
84	GILL Daniel	126	BRACIA DALTON	M-30	84	00:00:15	00:48:16.00	00:48:31.70	+00:13:23 (27.7%)	4:49	12,4 (70.6%)
85	ŁYSZCZARZ Błażej	983		M-30	85	00:00:18	00:48:17.80	00:48:36.40	+00:13:25 (27.8%)	4:49	12,4 (70.6%)
86	MAJEWSKI Mariusz	129		M-30	86	00:00:25	00:48:18.10	00:48:43.45	+00:13:25 (27.8%)	4:49	12,4 (70.6%)
87	SZWARC Paweł	270	RUN BYDGOSZCZ	M-30	87	00:00:23	00:48:19.15	00:48:42.55	+00:13:26 (27.8%)	4:49	12,4 (70.6%)
88	RESKE Daniel	966	ATOS TEAM	M-30	88	00:00:23	00:48:19.90	00:48:43.50	+00:13:27 (27.8%)	4:50	12,4 (70.6%)
89	DYMEK Sławomir	351		M-30	89	00:00:16	00:48:22.40	00:48:38.70	+00:13:29 (27.9%)	4:50	12,4 (70.6%)
90	POPIELA Maksymilian	670	BANK SPÓŁDZIELCZY W NAKLE N/NOTECIĄ	M-30	90	00:00:17	00:48:23.20	00:48:40.20	+00:13:30 (27.9%)	4:50	12,4 (70.6%)
91	WIDŹGOWSKI Przemysław	310	BATRUN	M-30	91	00:00:22	00:48:38.45	00:49:00.95	+00:13:45 (28.3%)	4:51	12,3 (70.6%)
92	SOKOŁOWSKI Piotr	71	GORDON RUN	M-30	92	00:00:29	00:48:38.70	00:49:07.75	+00:13:46 (28.3%)	4:51	12,3 (70.6%)
93	GROCHOWSKI Jakub	530	JW1515	M-30	93	00:00:10	00:48:42.30	00:48:52.85	+00:13:49 (28.4%)	4:52	12,3 (70.6%)
94	LASKOWSKI Daniel	59	RUN PASJA	M-30	94	00:00:28	00:48:44.25	00:49:12.70	+00:13:51 (28.4%)	4:52	12,3 (70.6%)
95	KUZIOŁA Marcin	869	OCULUS BYDGOSZCZ	M-30	95	00:00:33	00:48:47.75	00:49:20.90	+00:13:55 (28.5%)	4:52	12,3 (70.6%)
96	JESIONOWSKI Arkadiusz	856	MI TO TI TO	M-30	96	00:00:20	00:48:49.05	00:49:09.05	+00:13:56 (28.6%)	4:52	12,3 (70.6%)
97	SZYMCAK Piotr	74	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	97	00:00:04	00:48:50.85	00:48:55.10	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
98	GÓRECKI Łukasz	229	BYDGOSKIE OKONIE	M-30	98	00:00:44	00:48:52.40	00:49:36.95	+00:13:59 (28.6%)	4:53	12,3 (70.6%)
99	ŚLEFARSKI Marcin	249		M-30	99	00:00:24	00:48:58.20	00:49:22.60	+00:14:05 (28.8%)	4:53	12,3 (70.6%)
100	GACKOWSKI Napoleon	575		M-30	100	00:00:18	00:49:02.15	00:49:21.10	+00:14:09 (28.9%)	4:54	12,2 (70.6%)
101	LISOWSKI Marcin	641		M-30	101	00:00:39	00:49:04.10	00:49:43.35	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
102	SZRAJDA Marcin	528		M-30	102	00:00:16	00:49:04.45	00:49:20.95	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
103	KAMPER Jarosław	330		M-30	103	00:00:50	00:49:14.20	00:50:04.75	+00:14:21 (29.2%)	4:55	12,2 (70.6%)
104	WOLAŃSKI Michał	47		M-30	104	00:00:26	00:49:25.65	00:49:52.00	+00:14:33 (29.4%)	4:56	12,1 (70.6%)
105	OSSOWSKI Marcin	634		M-30	105	00:00:46	00:49:32.35	00:50:19.10	+00:14:39 (29.6%)	4:57	12,1 (70.6%)
106	MAJEWSKI Robert	125	RUN PASJA	M-30	106	00:00:45	00:49:35.45	00:50:20.55	+00:14:42 (29.7%)	4:57	12,1 (70.6%)
107	MLECZEK Alfred	804		M-30	107	00:00:25	00:49:38.55	00:50:04.20	+00:14:45 (29.7%)	4:57	12,1 (70.6%)
108	ZIELIŃSKI Maciej	139		M-30	108	00:00:50	00:49:59.40	00:50:50.15	+00:15:06 (30.2%)	5:00	12 (70.6%)
109	KARASZEWSKI Marcin	646		M-30	109	00:00:46	00:50:02.30	00:50:49.10	+00:15:09 (30.3%)	5:00	12 (70.6%)
110	GZYL Mikołaj	615	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	110	00:00:17	00:50:05.30	00:50:23.05	+00:15:12 (30.4%)	5:00	12 (70.6%)
111	BAUMAN Krystian	787	DRUŻYNA SZPIKU	M-30	111	00:00:55	00:50:05.90	00:51:01.35	+00:15:13 (30.4%)	5:00	12 (70.6%)
112	BUSSE Piotr	379		M-30	112	00:00:25	00:50:09.20	00:50:34.35	+00:15:16 (30.5%)	5:00	12 (70.6%)
113	KĘDZIERSKI Rafał	438	DE-STRESS	M-30	113	00:00:33	00:50:17.15	00:50:50.70	+00:15:24 (30.6%)	5:01	11,9 (64.7%)
114	KONKEL Bartosz	91		M-30	114	00:00:15	00:50:46.80	00:51:02.35	+00:15:54 (31.3%)	5:04	11,8 (64.7%)
115	OPASKA Marcin	164		M-30	115	00:00:31	00:50:57.45	00:51:29.15	+00:16:04 (31.6%)	5:05	11,8 (64.7%)
116	DOŁHUN Adam	536		M-30	116	00:00:31	00:50:58.05	00:51:29.25	+00:16:05 (31.6%)	5:05	11,8 (64.7%)
117	IWANUSEK Paweł	982	GRUPA BANKIETOWA SPECJAL	M-30	117	00:01:09	00:51:11.65	00:52:20.65	+00:16:19 (31.9%)	5:07	11,7 (64.7%)
118	DĄBROWSKI Bartosz	116	RUN BYDGOSZCZ / BARTOSZDABROWSKI.PL	M-30	118	00:00:20	00:51:19.90	00:51:39.90	+00:16:27 (32.1%)	5:07	11,7 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
119	APANASIEWICZ Bartosz	180	RUN PASJA	M-30	119	00:00:25	00:51:27.70	00:51:53.15	+00:16:35 (32.2%)	5:08	11,7 (64.7%)
120	BANKERT Radosław	665		M-30	120	00:00:24	00:51:45.30	00:52:10.05	+00:16:52 (32.6%)	5:10	11,6 (64.7%)
121	SENDROWICZ Mariusz	97		M-30	121	00:00:28	00:51:58.10	00:52:26.25	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
122	ZIELIŃSKI Stanisław	326	GORDON RUN	M-30	122	00:00:30	00:51:58.20	00:52:28.45	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
123	PAUKA Szymon	160		M-30	123	00:00:27	00:51:58.50	00:52:26.05	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
124	GUMIŃSKI Bartosz	904		M-30	124	00:00:58	00:52:03.55	00:53:01.55	+00:17:10 (33.0%)	5:12	11,5 (64.7%)
125	WARCZAK Kuba	844		M-30	125	00:00:59	00:52:05.10	00:53:04.55	+00:17:12 (33.0%)	5:12	11,5 (64.7%)
126	WARCZAK Kuba	140		M-30	126	00:00:59	00:52:05.40	00:53:04.65	+00:17:12 (33.0%)	5:12	11,5 (64.7%)
127	STAWCZYK Dariusz	204		M-30	127	00:00:56	00:52:06.00	00:53:02.70	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
128	STEFANOWICZ Marcin	626	GORDON RUN	M-30	128	00:00:30	00:52:06.30	00:52:36.95	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
129	MAŁECKI Tomasz	848		M-30	129	00:00:51	00:52:19.45	00:53:10.70	+00:17:26 (33.3%)	5:13	11,5 (64.7%)
130	PAWLAK Waldemar	541		M-30	130	00:00:20	00:52:32.65	00:52:52.85	+00:17:40 (33.6%)	5:15	11,4 (64.7%)
131	BRYCKI Łukasz	968		M-30	131	00:00:26	00:52:36.75	00:53:03.35	+00:17:44 (33.7%)	5:15	11,4 (64.7%)
132	JASTRZEMBSKI Tomasz	28		M-30	132	00:01:12	00:52:45.50	00:53:58.35	+00:17:52 (33.9%)	5:16	11,4 (64.7%)
133	PRIEWE Paweł	5		M-30	133	00:01:12	00:52:46.95	00:53:59.50	+00:17:54 (33.9%)	5:16	11,4 (64.7%)
134	ARGALSKI Rafał	642		M-30	134	00:00:39	00:52:51.60	00:53:31.40	+00:17:59 (34.0%)	5:17	11,3 (64.7%)
135	KREŃSKI Tomasz	398		M-30	135	00:00:47	00:52:54.60	00:53:41.75	+00:18:02 (34.1%)	5:17	11,3 (64.7%)
136	STANGRECKI Dariusz	1	KB ŁAPKA	M-30	136	00:00:29	00:53:04.40	00:53:33.95	+00:18:11 (34.3%)	5:18	11,3 (64.7%)
137	KUBIK Marcin	837	MAV TEAM	M-30	137	00:00:37	00:53:05.45	00:53:42.45	+00:18:12 (34.3%)	5:18	11,3 (64.7%)
138	GORGOL Tomasz	347	RUN BYDGOSZCZ	M-30	138	00:00:03	00:53:10.20	00:53:13.45	+00:18:17 (34.4%)	5:19	11,3 (64.7%)
139	KOLMAJER Rafał	242	RUN BYDGOSZCZ	M-30	139	00:00:29	00:53:17.40	00:53:47.30	+00:18:24 (34.6%)	5:19	11,3 (64.7%)
140	CZERNIAK Mateusz	410		M-30	140	00:00:46	00:53:34.70	00:54:20.85	+00:18:42 (34.9%)	5:21	11,2 (64.7%)
141	ŁAZ Kamil	265	RUN BYDGOSZCZ	M-30	141	00:00:34	00:53:39.75	00:54:14.55	+00:18:47 (35.0%)	5:22	11,2 (64.7%)
142	KWARDYS Karol	841		M-30	142	00:00:17	00:53:40.10	00:53:57.75	+00:18:47 (35.0%)	5:22	11,2 (64.7%)
143	WOŹNIAK Adam	157		M-30	143	00:00:42	00:53:48.60	00:54:31.30	+00:18:56 (35.2%)	5:22	11,1 (64.7%)
144	SCHMIDT Marcin	587		M-30	144	00:00:15	00:53:49.60	00:54:04.85	+00:18:57 (35.2%)	5:22	11,1 (64.7%)
145	BRZÓSKA Kacper	917		M-30	145	00:00:31	00:54:01.40	00:54:32.55	+00:19:08 (35.4%)	5:24	11,1 (64.7%)
146	ŚLADEWSKI Rafał	83		M-30	146	00:00:49	00:54:01.55	00:54:50.75	+00:19:08 (35.4%)	5:24	11,1 (64.7%)
147	BERG Janusz	738	STANISŁAWKA	M-30	147	00:00:40	00:54:08.90	00:54:49.35	+00:19:16 (35.6%)	5:24	11,1 (64.7%)
148	BALARYN Paweł	922	TKT	M-30	148	00:00:41	00:54:20.15	00:55:01.40	+00:19:27 (35.8%)	5:26	11 (64.7%)
149	DĘBIEC Andrzej	352		M-30	149	00:00:52	00:54:22.60	00:55:14.65	+00:19:30 (35.9%)	5:26	11 (64.7%)
150	RAKOWSKI Tomasz	805		M-30	150	00:00:21	00:54:25.85	00:54:47.55	+00:19:33 (35.9%)	5:26	11 (64.7%)
151	WIŚNIEWSKI Przemysław	210	RUN BYDGOSZCZ	M-30	151	00:00:16	00:54:35.60	00:54:52.30	+00:19:43 (36.1%)	5:27	11 (64.7%)
152	RZEMEK Sławomir	850	RUN BYDGOSZCZ	M-30	152	00:00:35	00:54:55.15	00:55:30.20	+00:20:02 (36.5%)	5:29	10,9 (58.8%)
153	BEDNAREK Artur	449	DE-STRESS	M-30	153	00:00:33	00:55:26.15	00:55:59.85	+00:20:33 (37.1%)	5:32	10,8 (58.8%)
154	RYCHLEWSKI Radosław	822		M-30	154	00:00:23	00:55:33.85	00:55:57.75	+00:20:41 (37.2%)	5:33	10,8 (58.8%)
155	WRÓBLEWSKI Krystian	790		M-30	155	00:00:15	00:56:02.40	00:56:17.85	+00:21:09 (37.8%)	5:36	10,7 (58.8%)
156	GRECHUTA Tomasz	986		M-30	156	00:00:43	00:56:16.15	00:56:59.55	+00:21:23 (38.0%)	5:37	10,7 (58.8%)
157	FILOSEK Marcin	75		M-30	157	00:00:59	00:56:31.55	00:57:30.75	+00:21:38 (38.3%)	5:39	10,6 (58.8%)
158	LUDKOWSKI Dawid	936		M-30	158	00:00:18	00:56:57.25	00:57:15.90	+00:22:04 (38.8%)	5:41	10,5 (58.8%)
159	RACIBORSKI Grzegorz	766	TASAK TEAM	M-30	159	00:00:40	00:57:10.95	00:57:51.55	+00:22:18 (39.0%)	5:43	10,5 (58.8%)
160	ZABOROWSKI Robert	597	PGB SPORTOWA PACZKA	M-30	160	00:00:43	00:57:15.80	00:57:59.30	+00:22:23 (39.1%)	5:43	10,5 (58.8%)
161	MAJDAN Adam	643		M-30	161	00:01:04	00:57:16.85	00:58:21.80	+00:22:24 (39.1%)	5:43	10,5 (58.8%)
162	GRZYBOWSKI Tomasz	877	KOCHAM KOFIEGO	M-30	162	00:00:53	00:57:44.45	00:58:37.80	+00:22:51 (39.6%)	5:46	10,4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
163	LAWSKI Piotr	864	DRUŻYNA SZPIKU	M-30	163	00:00:55	00:57:45.35	00:58:40.60	+00:22:52 (39.6%)	5:46	10,4 (58.8%)
164	MIKUŁA Tomasz	54	GORDON RUN	M-30	164	00:00:30	00:57:46.30	00:58:16.40	+00:22:53 (39.6%)	5:46	10,4 (58.8%)
165	BIERYT Krzysztof	962	KLUB WELLNESS UL. BOCZNA 10	M-30	165	00:00:31	00:58:34.10	00:59:05.85	+00:23:41 (40.5%)	5:51	10,2 (58.8%)
166	LUBIŃSKI Robert	14		M-30	166	00:00:41	00:59:00.20	00:59:41.45	+00:24:07 (40.9%)	5:54	10,2 (58.8%)
167	HEŁMINIAK Michał	965		M-30	167	00:00:28	00:59:05.10	00:59:33.45	+00:24:12 (41.0%)	5:54	10,2 (58.8%)
168	DUDZIAK Tomasz	172	PYSZCZOSZCZYPIE	M-30	168	00:00:43	00:59:09.60	00:59:53.35	+00:24:17 (41.0%)	5:55	10,1 (58.8%)
169	ANDRZEJEWSKI Dariusz	761	BYLE NIE KIEPSCY	M-30	169	00:00:38	00:59:17.45	00:59:55.55	+00:24:24 (41.2%)	5:55	10,1 (58.8%)
170	KACHELSKI Rafał	716		M-30	170	00:01:00	00:59:22.70	01:00:23.05	+00:24:30 (41.3%)	5:56	10,1 (58.8%)
171	GUMMER Andrzej	736		M-30	171	00:00:42	00:59:28.30	01:00:11.05	+00:24:35 (41.4%)	5:56	10,1 (58.8%)
172	MYCZKO Dariusz	383	CPR BYDGOSZCZ	M-30	172	00:00:48	00:59:58.40	01:00:46.65	+00:25:05 (41.8%)	5:59	10 (58.8%)
173	ZIELIŃSKI Mateusz	511		M-30	173	00:00:02	01:00:13.40	01:00:15.45	+00:25:20 (42.1%)	6:01	10 (58.8%)
174	DĄBROWSKI Maciej	33	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	174	00:00:00	01:00:22.60	01:00:22.60	+00:25:30 (42.2%)	6:02	9,9 (52.9%)
175	WIŚNIEWSKI Piotr	572		M-30	175	00:00:50	01:00:43.20	01:01:33.75	+00:25:50 (42.6%)	6:04	9,9 (52.9%)
176	TOMASZEK Michał	1016		M-30	176	00:00:56	01:00:59.20	01:01:55.35	+00:26:06 (42.8%)	6:05	9,8 (52.9%)
177	WARACZEWSKI Paweł	128		M-30	177	00:00:36	01:01:00.40	01:01:36.80	+00:26:07 (42.8%)	6:06	9,8 (52.9%)
178	ORNATOWSKI Marcin	143	GORDON RUN	M-30	178	00:01:01	01:01:22.15	01:02:23.60	+00:26:29 (43.2%)	6:08	9,8 (52.9%)
179	BIAŁEK Łukasz	980		M-30	179	00:00:50	01:02:24.10	01:03:14.75	+00:27:31 (44.1%)	6:14	9,6 (52.9%)
180	BIAŁOŁOCKI Marek	860	KB LECH RYPIN	M-30	180	00:00:54	01:02:28.90	01:03:23.85	+00:27:36 (44.2%)	6:14	9,6 (52.9%)
181	BRZOZOWSKI Krzysztof	578		M-30	181	00:01:02	01:02:43.60	01:03:45.90	+00:27:51 (44.4%)	6:16	9,6 (52.9%)
182	CECHOWSKI Marcin	824		M-30	182	00:00:20	01:02:58.50	01:03:19.15	+00:28:05 (44.6%)	6:17	9,5 (52.9%)
183	SMERLIŃSKI Robert	606	AMATOR	M-30	183	00:00:35	01:03:38.80	01:04:14.40	+00:28:46 (45.2%)	6:21	9,4 (52.9%)
184	BRAĞIEL Jakub	205	VEGE RUNNERS	M-30	184	00:01:14	01:03:44.25	01:04:58.30	+00:28:51 (45.3%)	6:22	9,4 (52.9%)
185	PRZYMUS Arkadiusz	374		M-30	185	00:01:03	01:04:11.20	01:05:15.00	+00:29:18 (45.7%)	6:25	9,3 (52.9%)
186	STEFANOWICZ Wojciech	429	RUN BYDGOSZCZ	M-30	186	00:01:07	01:04:22.20	01:05:29.45	+00:29:29 (45.8%)	6:26	9,3 (52.9%)
187	LISOWSKI Sebastian	215		M-30	187	00:01:04	01:06:53.55	01:07:58.30	+00:32:00 (47.9%)	6:41	9 (52.9%)
188	LASOK Piotr	548		M-30	188	00:01:06	01:14:31.05	01:15:37.65	+00:39:38 (53.2%)	7:27	8,1 (47.1%)

Znaleziono 188 wynik(ów)