



Organizator:
Data:
Miejsce:
Dystans:

Miasto Bydgoszcz
2016-04-17
Bydgoszcz
5 km

BYDGOSKI BIEG URODZINOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	931	SPÓJNIA BIAŁE BŁOTA	M-30	1	00:00:01	00:06:30	00:16:17.10	00:16:19.00		3:15	18.4 (100%)
2	KOŚMIEJA Marcin	89		M-30	2	00:00:10	00:06:57	00:16:54.85	00:17:05.20	+00:00:37 (3.7%)	3:23	17.7 (96.2%)
3	MIKA Oskar	1034	KS ŁAPKA	M-30	3	00:00:01	00:06:36	00:17:17.55	00:17:18.70	+00:01:00 (5.8%)	3:27	17.4 (94.6%)
4	ŻAL Robert	94	GO GO! TEAM	M-30	4	00:00:03	00:06:38	00:17:41.90	00:17:45.10	+00:01:24 (8.0%)	3:32	16.9 (91.8%)
5	KLOSKOWSKI Adam	656	IWSP SZ BYDGOSZCZ	M-30	5	00:00:03	00:07:03	00:18:20.30	00:18:23.65	+00:02:03 (11.2%)	3:40	16.4 (89.1%)
6	ŁĄCZNY Jarosław	372		M-30	6	00:00:04	00:07:18	00:18:27.80	00:18:32.00	+00:02:10 (11.8%)	3:41	16.2 (88.0%)
7	LEWANDOWSKI Rafał	512	B4SPORT.PL	M-30	7	00:00:05	00:07:15	00:18:30.40	00:18:36.10	+00:02:13 (12.0%)	3:42	16.2 (88.0%)
8	BEDRA Robert	199		M-30	8	00:00:03	00:07:24	00:18:35.05	00:18:38.40	+00:02:17 (12.4%)	3:43	16.1 (87.5%)
9	KOLMAJER Rafał	885	RUN BYDGOSZCZ	M-30	9	00:00:03	00:07:14	00:18:48.60	00:18:52.20	+00:02:31 (13.4%)	3:45	15.9 (86.4%)
10	SZOPINSKI Rafał	853		M-30	10	00:00:06	00:07:22	00:18:54.35	00:19:01.20	+00:02:37 (13.9%)	3:47	15.9 (86.4%)
11	HOC Marek	684	LEGE ARTIS	M-30	11	00:00:03	00:07:24	00:18:54.40	00:18:58.05	+00:02:37 (13.9%)	3:47	15.9 (86.4%)
12	KRAIŃSKI Michał	837		M-30	12	00:00:03	00:07:17	00:18:57.45	00:19:01.15	+00:02:40 (14.1%)	3:47	15.8 (85.9%)
13	KONOPIŃSKI Tomasz	692	RUN BYDGOSZCZ	M-30	13	00:00:07	00:07:25	00:19:03.00	00:19:10.45	+00:02:45 (14.5%)	3:48	15.7 (85.3%)
14	ŚLEFARSKI Jacek	624		M-30	14	00:00:05	00:07:30	00:19:03.50	00:19:09.15	+00:02:46 (14.6%)	3:48	15.7 (85.3%)
15	KRYSKE Mariusz	1059	SPÓJNIA BIAŁE BŁOTA	M-30	15	00:00:03	00:07:29	00:19:12.25	00:19:15.25	+00:02:55 (15.2%)	3:50	15.6 (84.8%)
16	CZARNECKI Grzegorz	759	BRZOZA BIEGA	M-30	16	00:00:03	00:07:24	00:19:24.20	00:19:28.15	+00:03:07 (16.1%)	3:53	15.5 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	JANKIEWICZ Maciej	386		M-30	17	00:00:07	00:07:44	00:19:25.50	00:19:33.10	+00:03:08 (16.2%)	3:53	15.4 (83.7%)
18	KUROWSKI Kamil	83		M-30	18	00:00:09	00:07:24	00:19:29.40	00:19:39.10	+00:03:12 (16.4%)	3:54	15.4 (83.7%)
19	ŚLUSARSKI Przemysław	42		M-30	19	00:00:05	00:07:28	00:19:39.35	00:19:45.20	+00:03:22 (17.1%)	3:56	15.3 (83.2%)
20	MAĆKOWSKI Maciej	252		M-30	20	00:00:02	00:07:15	00:19:41.15	00:19:43.25	+00:03:24 (17.3%)	3:56	15.2 (82.6%)
21	SZATTEN Dawid	25		M-30	21	00:00:05	00:07:37	00:19:48.55	00:19:54.50	+00:03:31 (17.8%)	3:57	15.1 (82.1%)
22	BOINSKI Rafal	317		M-30	22	00:00:04	00:07:40	00:19:54.90	00:19:59.80	+00:03:37 (18.2%)	3:59	15.1 (82.1%)
23	KUŁAKOWSKI Krzysztof	548		M-30	23	00:00:06	00:07:41	00:19:56.95	00:20:03.60	+00:03:39 (18.4%)	3:59	15 (81.5%)
24	KOWALSKI Jacek	272		M-30	24	00:00:03	00:07:36	00:19:57.40	00:20:01.20	+00:03:40 (18.4%)	3:59	15 (81.5%)
25	MUCHA Marcin	293	BATRUN	M-30	25	00:00:11	00:07:51	00:20:01.35	00:20:12.85	+00:03:44 (18.7%)	4:00	15 (81.5%)
26	KWAPINSKI Damian	963	FRIDAY STYLE	M-30	26	00:00:05	00:07:26	00:20:03.10	00:20:08.75	+00:03:46 (18.8%)	4:00	15 (81.5%)
27	WŁODARSKI Przemysław	961	FRIDAY STYLE	M-30	27	00:00:05	00:07:25	00:20:04.45	00:20:10.40	+00:03:47 (18.9%)	4:01	14.9 (81.0%)
28	ROSÓŁ Jacek	373		M-30	28	00:00:05	00:07:39	00:20:06.15	00:20:12.00	+00:03:49 (19.0%)	4:01	14.9 (81.0%)
29	DĘBSKI Adrian	376		M-30	29	00:00:05	00:07:37	00:20:11.90	00:20:17.60	+00:03:54 (19.4%)	4:02	14.9 (81.0%)
30	NAGORZYSKI Arek	63		M-30	30	00:00:04	00:07:40	00:20:12.20	00:20:16.40	+00:03:55 (19.4%)	4:02	14.9 (81.0%)
31	RUDNICKI Michał	147		M-30	31	00:00:05	00:07:53	00:20:17.20	00:20:23.05	+00:04:00 (19.7%)	4:03	14.8 (80.4%)
32	LEWANDOWSKI Tomasz	391	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M-30	32	00:00:25	00:07:46	00:20:17.50	00:20:42.95	+00:04:00 (19.7%)	4:03	14.8 (80.4%)
33	NOWAK Przemysław	691	KABEL TEAM	M-30	33	00:00:06	00:07:52	00:20:19.75	00:20:26.25	+00:04:02 (19.9%)	4:04	14.8 (80.4%)
34	DEJA Daniel	673		M-30	34	00:00:17	00:08:00	00:20:20.60	00:20:38.45	+00:04:03 (19.9%)	4:04	14.7 (79.9%)
35	HASS Adam	910		M-30	35	00:00:07	00:08:17	00:20:31.35	00:20:39.25	+00:04:14 (20.6%)	4:06	14.6 (79.3%)
36	LISOWSKI Michał	35		M-30	36	00:00:28	00:08:16	00:20:48.15	00:21:16.75	+00:04:31 (21.7%)	4:09	14.4 (78.3%)
37	JUCHACZ Michał	933	BBL INOWROCŁAW	M-30	37	00:00:09	00:08:06	00:20:52.95	00:21:02.10	+00:04:35 (22.0%)	4:10	14.4 (78.3%)
38	CIEPŁOWSKI Robert	750	IPA BYDGOSZCZ	M-30	38	00:00:10	00:08:20	00:21:03.10	00:21:13.80	+00:04:46 (22.6%)	4:12	14.3 (77.7%)
39	DZIEKAN Wojciech	774	KABEL TEAM BYDGOSZCZ	M-30	39	00:00:12	00:08:18	00:21:03.80	00:21:16.45	+00:04:46 (22.7%)	4:12	14.2 (77.2%)

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40	DACH Łukasz	428		M-30	40	00:00:11	00:08:22	00:21:04.65	00:21:15.95	+00:04:47 (22.7%)	4:12	14.2 (77.2%)
41	DANIELEWSKI Rafał	983	DRUŻYNA SZPIKU	M-30	41	00:00:15	00:08:17	00:21:13.85	00:21:29.20	+00:04:56 (23.3%)	4:14	14.1 (76.6%)
42	GRECHUTA Tomasz	481		M-30	42	00:00:22	00:08:20	00:21:18.15	00:21:40.15	+00:05:01 (23.6%)	4:15	14.1 (76.6%)
43	WARCZAK Kuba	72		M-30	43	00:00:09	00:08:22	00:21:20.30	00:21:29.60	+00:05:03 (23.7%)	4:16	14.1 (76.6%)
44	SZWARC Paweł	690	RUN BYDGOSZCZ	M-30	44	00:00:12	00:08:40	00:21:27.25	00:21:39.75	+00:05:10 (24.1%)	4:17	14 (76.1%)
45	GRUBICH Arkadiusz	758		M-30	45	00:00:13	00:08:30	00:21:31.85	00:21:45.60	+00:05:14 (24.4%)	4:18	13.9 (75.5%)
46	SZRAJDA Marcin	647		M-30	46	00:00:04	00:08:27	00:21:45.90	00:21:50.75	+00:05:28 (25.2%)	4:21	13.8 (75.0%)
47	WIDŹGOWSKI Przemysław	526		M-30	47	00:00:12	00:08:39	00:21:46.25	00:21:58.30	+00:05:29 (25.2%)	4:21	13.8 (75.0%)
48	KUTOWSKI Przemysław	253		M-30	48	00:00:09	00:08:33	00:21:51.70	00:22:01.10	+00:05:34 (25.5%)	4:22	13.7 (74.5%)
49	KOWALSKI Krzysztof	803	KK KRUSZYN KRAJEŃSKI	M-30	49	00:00:59	00:08:58	00:21:52.40	00:22:51.55	+00:05:35 (25.5%)	4:22	13.7 (74.5%)
50	PAWLACZYK Szymon	357	TRISPACE	M-30	50	00:00:06	00:08:43	00:21:53.20	00:21:59.40	+00:05:36 (25.6%)	4:22	13.7 (74.5%)
51	RAKOWSKI Paweł	708	ŻANDARMI Z BYDGOSZCZY	M-30	51	00:00:16	00:08:47	00:21:57.90	00:22:14.20	+00:05:40 (25.9%)	4:23	13.7 (74.5%)
52	KOŚCIELAK Maciej	652	ŻANDARMI Z BYDGOSZCZY	M-30	52	00:00:15	00:08:40	00:22:05.90	00:22:21.35	+00:05:48 (26.3%)	4:25	13.6 (73.9%)
53	RYDLEWSKI Andrzej	709	RUN BYDGOSZCZ	M-30	53	00:00:12	00:08:41	00:22:08.70	00:22:21.05	+00:05:51 (26.5%)	4:25	13.5 (73.4%)
54	GÓRECKI Łukasz	332	BYDGOSKIE OKONIE	M-30	54	00:00:55	00:08:55	00:22:13.70	00:23:09.05	+00:05:56 (26.7%)	4:26	13.5 (73.4%)
55	MAGDZIARZ Jakub	764		M-30	55	00:00:29	00:08:42	00:22:18.25	00:22:48.00	+00:06:01 (27.0%)	4:27	13.4 (72.8%)
56	TOMASZEWSKI Jordan	26	AFLOFARM RUNNING TEAM	M-30	56	00:00:04	00:08:40	00:22:23.35	00:22:28.15	+00:06:06 (27.3%)	4:28	13.4 (72.8%)
57	BURITTTA Mariusz	752		M-30	57	00:00:12	00:08:42	00:22:28.10	00:22:40.60	+00:06:11 (27.5%)	4:29	13.4 (72.8%)
58	GZYL Mikołaj	762	JANUSZE TRIATHLONU-TEAM 'EXODUS'	M-30	58	00:00:27	00:08:45	00:22:31.15	00:22:58.95	+00:06:14 (27.7%)	4:30	13.3 (72.3%)
59	DERENDA Mirosław	160	1.BLWL	M-30	59	00:00:28	00:08:39	00:22:36.80	00:23:04.90	+00:06:19 (28.0%)	4:31	13.3 (72.3%)
60	GROCHOWSKI Jakub	667	JW1515	M-30	60	00:00:24	00:08:55	00:22:38.50	00:23:03.20	+00:06:21 (28.1%)	4:31	13.2 (71.7%)
61	JESIONOWSKI Arkadiusz	728	MI TO TITO	M-30	61	00:00:17	00:09:06	00:22:40.80	00:22:58.40	+00:06:23 (28.2%)	4:32	13.2 (71.7%)
62	OWCZARSKI Krzysztof	1044		M-30	62	00:00:05	00:08:36	00:22:41.10	00:22:46.45	+00:06:24 (28.2%)	4:32	13.2 (71.7%)

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63	CYL Dawid	227	RUN BYDGOSZCZ	M-30	63	00:00:09	00:08:45	00:22:46.50	00:22:56.35	+00:06:29 (28.5%)	4:33	13.2 (71.7%)
64	NOWICKI Marcin	455		M-30	64	00:00:47	00:09:04	00:22:50.70	00:23:37.90	+00:06:33 (28.7%)	4:34	13.1 (71.2%)
65	BRZEZIŃSKI Sławomir	531		M-30	65	00:00:34	00:09:19	00:22:52.40	00:23:27.15	+00:06:35 (28.8%)	4:34	13.1 (71.2%)
66	HERMELIN Wojciech	369	KANCELARIA HMM	M-30	66	00:00:15	00:08:46	00:22:54.10	00:23:09.45	+00:06:37 (28.9%)	4:34	13.1 (71.2%)
67	OSSOWSKI Marcin	887		M-30	67	00:00:27	00:09:29	00:22:55.75	00:23:23.70	+00:06:38 (29.0%)	4:35	13.1 (71.2%)
68	KUZIOŁA Łukasz	200		M-30	68	00:00:19	00:08:47	00:22:57.85	00:23:17.75	+00:06:40 (29.1%)	4:35	13.1 (71.2%)
69	MAJEWSKI Robert	1013	RUN PASJA	M-30	69	00:00:24	00:08:50	00:23:03.30	00:23:27.80	+00:06:46 (29.4%)	4:36	13 (70.7%)
70	KONKEL Bartosz	130		M-30	70	00:00:05	00:08:41	00:23:05.05	00:23:10.40	+00:06:47 (29.5%)	4:37	13 (70.7%)
71	QUAAS Łukasz	378	RUN-PASJA	M-30	71	00:00:21	00:08:41	00:23:06.90	00:23:28.30	+00:06:49 (29.5%)	4:37	13 (70.7%)
72	GACKOWSKI Napoleon	591		M-30	72	00:00:27	00:09:20	00:23:07.20	00:23:35.10	+00:06:50 (29.6%)	4:37	13 (70.7%)
73	PAWLACZYK Łukasz	959		M-30	73	00:00:43	00:09:20	00:23:07.40	00:23:51.30	+00:06:50 (29.6%)	4:37	13 (70.7%)
74	CHOSINSKI Tomek	925		M-30	74	00:00:17	00:08:58	00:23:09.20	00:23:26.20	+00:06:52 (29.7%)	4:37	13 (70.7%)
75	SOKOŁOWSKI Piotr	1053	GORDON	M-30	75	00:01:03	00:09:33	00:23:10.70	00:24:14.60	+00:06:53 (29.7%)	4:38	12.9 (70.1%)
76	CHWIŁKA Daniel	208	TASAK TEAM	M-30	76	00:00:07	00:08:59	00:23:11.00	00:23:18.90	+00:06:53 (29.8%)	4:38	12.9 (70.1%)
77	GOŁDA Piotr	1055		M-30	77	00:00:49	00:09:09	00:23:11.90	00:24:01.00	+00:06:54 (29.8%)	4:38	12.9 (70.1%)
78	WOŹNY Łukasz	502		M-30	78	00:00:15	00:09:03	00:23:21.30	00:23:36.65	+00:07:04 (30.3%)	4:40	12.8 (69.6%)
79	DOLATA Łukasz	927		M-30	79	00:00:22	00:09:33	00:23:25.05	00:23:47.80	+00:07:07 (30.5%)	4:41	12.8 (69.6%)
80	WIŚNIEWSKI Przemysław	747	RUN BYDGOSZCZ	M-30	80	00:00:12	00:08:58	00:23:25.30	00:23:37.75	+00:07:08 (30.5%)	4:41	12.8 (69.6%)
81	KARPIŃSKI Daniel	100		M-30	81	00:00:06	00:09:10	00:23:28.10	00:23:34.25	+00:07:11 (30.6%)	4:41	12.8 (69.6%)
82	KELMAN Marcin	307		M-30	82	00:00:24	00:09:16	00:23:31.05	00:23:55.70	+00:07:13 (30.8%)	4:42	12.8 (69.6%)
83	OPASKA Marcin	189		M-30	83	00:00:28	00:09:46	00:23:33.30	00:24:02.20	+00:07:16 (30.9%)	4:42	12.7 (69.0%)
84	BŁAWAT Damian	1041		M-30	84	00:00:26	00:09:01	00:23:35.25	00:24:02.05	+00:07:18 (31.0%)	4:43	12.7 (69.0%)
85	STANGRECKI Dariusz	1051	KB ŁAPKA	M-30	85	00:00:22	00:09:16	00:23:41.60	00:24:03.95	+00:07:24 (31.3%)	4:44	12.7 (69.0%)

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86	STEFANOWICZ Łukasz	621		M-30	86	00:00:09	00:09:01	00:23:45.30	00:23:54.60	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
87	MASŁOWSKI Michał	1082		M-30	87	00:00:42	00:10:06	00:23:45.75	00:24:27.80	+00:07:28 (31.5%)	4:45	12.6 (68.5%)
88	KUJAWA Kamil	80		M-30	88	00:00:25	00:09:35	00:23:48.50	00:24:14.25	+00:07:31 (31.6%)	4:45	12.6 (68.5%)
89	SCHMIDT Marcin	388		M-30	89	00:00:25	00:09:06	00:23:50.65	00:24:16.30	+00:07:33 (31.7%)	4:46	12.6 (68.5%)
90	MAREK Sławomir	769	STALE BIEGAM NOVA TRADING	M-30	90	00:00:16	00:09:14	00:23:55.80	00:24:12.00	+00:07:38 (31.9%)	4:47	12.5 (67.9%)
91	SZARLEJ Marcin	944		M-30	91	00:00:32	00:09:32	00:23:57.65	00:24:30.20	+00:07:40 (32.0%)	4:47	12.5 (67.9%)
92	LUBIŃSKI Robert	249		M-30	92	00:00:21	00:09:12	00:23:57.75	00:24:18.80	+00:07:40 (32.0%)	4:47	12.5 (67.9%)
93	KLINOWSKI Radosław	57		M-30	93	00:01:25	00:09:04	00:23:59.45	00:25:24.90	+00:07:42 (32.1%)	4:47	12.5 (67.9%)
94	BINDEK Łukasz	30		M-30	94	00:00:21	00:09:32	00:24:06.45	00:24:27.50	+00:07:49 (32.4%)	4:49	12.4 (67.4%)
95	KULINSKI Zbigniew	969		M-30	95	00:00:21	00:09:03	00:24:06.65	00:24:28.10	+00:07:49 (32.5%)	4:49	12.4 (67.4%)
96	ŚCIBAK Wojciech	472	JFTC SU	M-30	96	00:00:28	00:09:48	00:24:16.60	00:24:45.30	+00:07:59 (32.9%)	4:51	12.4 (67.4%)
97	DĄBROWSKI Bartosz	149	BARTOSZDABROWSKI.PL	M-30	97	00:00:27	00:09:18	00:24:16.65	00:24:44.40	+00:07:59 (32.9%)	4:51	12.4 (67.4%)
98	APANASIEWICZ Bartosz	1020		M-30	98	00:00:55	00:09:29	00:24:20.60	00:25:15.80	+00:08:03 (33.1%)	4:52	12.3 (66.8%)
99	FABROWSKI Dawid	247		M-30	99	00:00:53	00:09:50	00:24:28.35	00:25:21.65	+00:08:11 (33.5%)	4:53	12.3 (66.8%)
100	PRIEWE Paweł	342		M-30	100	00:00:13	00:09:52	00:24:28.70	00:24:41.70	+00:08:11 (33.5%)	4:53	12.3 (66.8%)
100	ŚWIERCZYŃSKI Marcin	13		M-30	101	00:01:02	00:10:27	00:24:28.70	00:25:31.45	+00:08:11 (33.5%)	4:53	12.3 (66.8%)
102	JASŁOWSKI Sebastian	896		M-30	102	00:00:24	00:09:42	00:24:34.95	00:24:59.20	+00:08:17 (33.8%)	4:55	12.2 (66.3%)
103	KUBIAK Jarosław	809	WISŁA FORDON	M-30	103	00:00:22	00:09:37	00:24:40.40	00:25:02.40	+00:08:23 (34.0%)	4:56	12.2 (66.3%)
104	ZIELIŃSKI Stanisław	610	GORDON RUN	M-30	104	00:01:04	00:09:59	00:24:51.45	00:25:56.15	+00:08:34 (34.5%)	4:58	12.1 (65.8%)
105	CIECHANOWSKI Tomasz	820	KK KRUSZYN KRAJEŃSKI	M-30	105	00:01:00	00:09:56	00:24:51.95	00:25:52.10	+00:08:34 (34.5%)	4:58	12.1 (65.8%)
106	POCHOWSKI Robert	111		M-30	106	00:00:32	00:09:49	00:25:06.15	00:25:38.40	+00:08:49 (35.1%)	5:01	12 (65.2%)
107	KARASZEWSKI Marcin	824		M-30	107	00:00:36	00:10:40	00:25:06.65	00:25:43.60	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
108	KAMPER Jarosław	598		M-30	108	00:00:40	00:10:41	00:25:11.40	00:25:52.30	+00:08:54 (35.4%)	5:02	11.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	KRAWCZYK Przemysław	159	CROSSFIT TORUŃ	M-30	109	00:00:56	00:10:10	00:25:14.20	00:26:10.60	+00:08:57 (35.5%)	5:02	11.9 (64.7%)
110	ŻABOWSKI Marek	636	RZABA TEAM	M-30	110	00:00:17	00:09:33	00:25:14.55	00:25:32.35	+00:08:57 (35.5%)	5:03	11.9 (64.7%)
111	MENDYK Tomasz	346		M-30	111	00:00:59	00:10:04	00:25:16.95	00:26:16.80	+00:08:59 (35.6%)	5:03	11.9 (64.7%)
112	SEROCKI Bartosz	415	KCBM FRANEK I RÓŻA	M-30	112	00:00:52	00:10:09	00:25:18.90	00:26:11.45	+00:09:01 (35.7%)	5:03	11.8 (64.1%)
113	MAŁECKI Tomasz	211		M-30	113	00:00:46	00:09:49	00:25:21.30	00:26:08.20	+00:09:04 (35.8%)	5:04	11.8 (64.1%)
114	KIEŁCZYŃSKI Waldemar	575		M-30	114	00:01:06	00:10:13	00:25:23.60	00:26:29.80	+00:09:06 (35.9%)	5:04	11.8 (64.1%)
115	ZABOROWSKI Robert	5	PGB SPORTOWA PACZKA	M-30	115	00:00:34	00:10:09	00:25:24.10	00:25:58.15	+00:09:07 (35.9%)	5:04	11.8 (64.1%)
116	ZNANIECKI Wojciech	389		M-30	116	00:00:54	00:10:06	00:25:26.50	00:26:21.00	+00:09:09 (36.0%)	5:05	11.8 (64.1%)
117	SYNAKIEWICZ Piotr	890	B4SPORT	M-30	117	00:00:44	00:10:15	00:25:28.65	00:26:13.15	+00:09:11 (36.1%)	5:05	11.8 (64.1%)
118	ŚLADEWSKI Rafał	43		M-30	118	00:00:19	00:09:31	00:25:29.80	00:25:48.90	+00:09:12 (36.1%)	5:05	11.8 (64.1%)
119	WEYER Łukasz	264		M-30	119	00:01:00	00:10:31	00:25:36.25	00:26:36.75	+00:09:19 (36.4%)	5:07	11.7 (63.6%)
120	SENDROWICZ Mariusz	132		M-30	120	00:00:54	00:10:45	00:25:39.50	00:26:33.80	+00:09:22 (36.5%)	5:07	11.7 (63.6%)
121	MRÓWCZYŃSKI Sebastian	250	22. ODN	M-30	121	00:00:32	00:10:14	00:25:44.95	00:26:17.20	+00:09:27 (36.8%)	5:09	11.7 (63.6%)
122	BARTECKI Paweł	108		M-30	122	00:00:32	00:10:08	00:25:46.70	00:26:18.95	+00:09:29 (36.8%)	5:09	11.6 (63.0%)
123	WOŹNIAK Adam	844		M-30	123	00:01:11	00:10:02	00:25:47.45	00:26:59.35	+00:09:30 (36.9%)	5:09	11.6 (63.0%)
124	STAWCZYK Dariusz	44		M-30	124	00:00:45	00:10:54	00:25:56.75	00:26:42.30	+00:09:39 (37.2%)	5:11	11.6 (63.0%)
125	KIJEWSKI Maciej	517		M-30	125	00:00:26	00:09:49	00:25:57.30	00:26:24.15	+00:09:40 (37.3%)	5:11	11.6 (63.0%)
126	KREŃSKI Tomasz	452		M-30	126	00:00:49	00:10:24	00:25:58.05	00:26:47.45	+00:09:40 (37.3%)	5:11	11.6 (63.0%)
127	KONDEL Kamil	687	SITAB	M-30	127	00:00:26	00:10:18	00:26:01.30	00:26:27.35	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
128	KULBAKA Dawid	228		M-30	128	00:00:40	00:10:17	00:26:04.95	00:26:45.75	+00:09:47 (37.6%)	5:13	11.5 (62.5%)
129	NOWAKOWSKI Tomasz	314		M-30	129	00:00:05	00:09:59	00:26:07.55	00:26:12.80	+00:09:50 (37.7%)	5:13	11.5 (62.5%)
130	WŁODARSKI Paweł	543		M-30	130	00:00:57	00:10:49	00:26:12.25	00:27:09.25	+00:09:55 (37.9%)	5:14	11.5 (62.5%)
131	TOMASZEWSKI Marcin	1018		M-30	131	00:00:36	00:10:41	00:26:14.40	00:26:50.45	+00:09:57 (37.9%)	5:14	11.4 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	SZCZĘSNY Arkadiusz	464		M-30	132	00:00:12	00:09:53	00:26:15.30	00:26:27.95	+00:09:58 (38.0%)	5:15	11.4 (62.0%)
133	BORZYSZKOWSKI Grzegorz	92	STARY FORDON	M-30	133	00:00:26	00:10:10	00:26:31.05	00:26:57.65	+00:10:13 (38.6%)	5:18	11.3 (61.4%)
134	BAUMAN Krystian	516	DRUŻYNA SZPIKU	M-30	134	00:00:59	00:10:20	00:26:32.20	00:27:32.15	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
135	MYCZKO Dariusz	675	CPR BYDGOSZCZ	M-30	135	00:00:40	00:10:16	00:26:34.10	00:27:14.10	+00:10:17 (38.7%)	5:18	11.3 (61.4%)
136	DUDZIAK Tomasz	374	PYSZCZOSZCZYPIE	M-30	136	00:00:54	00:10:30	00:26:43.40	00:27:37.70	+00:10:26 (39.1%)	5:20	11.2 (60.9%)
137	PADZIKOWSKI Marcin	683	DAM RADĘ	M-30	137	00:00:10	00:09:23	00:26:48.30	00:26:58.40	+00:10:31 (39.2%)	5:21	11.2 (60.9%)
138	RACIBORSKI Grzegorz	846		M-30	138	00:01:03	00:11:07	00:26:53.70	00:27:57.40	+00:10:36 (39.4%)	5:22	11.2 (60.9%)
139	WOLSKI Adam	117	REAL MADRYT	M-30	139	00:00:33	00:10:23	00:26:58.45	00:27:31.45	+00:10:41 (39.6%)	5:23	11.1 (60.3%)
140	MIKUŁA Tomasz	123	GORDON RUN	M-30	140	00:01:09	00:11:13	00:27:07.45	00:28:17.15	+00:10:50 (40.0%)	5:25	11.1 (60.3%)
141	KROPIDŁOWSKI Bartosz	1047		M-30	141	00:00:36	00:11:07	00:27:10.85	00:27:47.05	+00:10:53 (40.1%)	5:26	11 (59.8%)
142	RAPACZ Krzysztof	958		M-30	142	00:00:45	00:10:38	00:27:29.35	00:28:14.90	+00:11:12 (40.8%)	5:29	10.9 (59.2%)
143	DZEDZEJ Bartłomiej	9	KK ASTORIA	M-30	143	00:00:43	00:10:52	00:27:31.20	00:28:14.50	+00:11:14 (40.8%)	5:30	10.9 (59.2%)
144	SMERLIŃSKI Robert	974		M-30	144	00:00:51	00:10:40	00:27:31.40	00:28:22.75	+00:11:14 (40.8%)	5:30	10.9 (59.2%)
145	ZIELIŃSKI Maciej	855	KABEL TEAM BYDGOSZCZ	M-30	145	00:01:15	00:11:26	00:27:31.80	00:28:47.40	+00:11:14 (40.8%)	5:30	10.9 (59.2%)
146	JASTRZEMBSKI Tomasz	792		M-30	146	00:00:13	00:10:29	00:27:32.45	00:27:45.75	+00:11:15 (40.9%)	5:30	10.9 (59.2%)
147	JAŹDŹEWSKI Jarosław	565		M-30	147	00:00:42	00:11:15	00:27:54.95	00:28:36.95	+00:11:37 (41.7%)	5:34	10.8 (58.7%)
148	POTRZEBOWSKI Marek	818		M-30	148	00:01:03	00:11:28	00:28:04.45	00:29:07.50	+00:11:47 (42.0%)	5:36	10.7 (58.2%)
149	ORNATOWSKI Marcin	521		M-30	149	00:01:07	00:11:02	00:28:14.15	00:29:21.85	+00:11:57 (42.3%)	5:38	10.6 (57.6%)
150	PRZYMUS Arkadiusz	519		M-30	150	00:01:15	00:11:20	00:28:15.00	00:29:30.20	+00:11:57 (42.4%)	5:39	10.6 (57.6%)
151	FILOSEK Marcin	1031		M-30	151	00:00:00	00:12:02	00:28:26.90	00:28:26.90	+00:12:09 (42.8%)	5:41	10.6 (57.6%)
152	BUSSE Piotr	581		M-30	152	00:01:05	00:11:27	00:28:40.95	00:29:46.15	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
153	PALIŃSKI Grzegorz	813		M-30	153	00:00:58	00:11:30	00:28:45.70	00:29:44.30	+00:12:28 (43.4%)	5:45	10.4 (56.5%)
154	LEWANDOWSKI Arkadiusz	1046		M-30	154	00:00:42	00:11:25	00:28:53.95	00:29:36.00	+00:12:36 (43.6%)	5:46	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	BUTRYM Piotr	238		M-30	155	00:00:52	00:11:29	00:29:04.70	00:29:57.10	+00:12:47 (44.0%)	5:49	10.3 (56.0%)
156	WARACZEWSKI Paweł	480		M-30	156	00:00:37	00:11:31	00:29:06.60	00:29:43.70	+00:12:49 (44.1%)	5:49	10.3 (56.0%)
157	SOPALSKI Piotr	592	PESA	M-30	157	00:01:14	00:12:02	00:29:10.45	00:30:24.60	+00:12:53 (44.2%)	5:50	10.3 (56.0%)
158	STOKŁOSA Kamil	70		M-30	158	00:00:37	00:11:24	00:29:20.65	00:29:58.35	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
159	JAWORSKI Paweł	1029		M-30	159	00:01:01	00:11:44	00:29:22.50	00:30:24.00	+00:13:05 (44.6%)	5:52	10.2 (55.4%)
160	BRZOZOWSKI Krzysztof	344		M-30	160	00:01:13	00:11:59	00:29:55.40	00:31:09.30	+00:13:38 (45.6%)	5:59	10 (54.3%)
161	MUSIAŁA Adam	672		M-30	161	00:00:29	00:11:01	00:29:57.30	00:30:27.25	+00:13:40 (45.6%)	5:59	10 (54.3%)
162	BRĄGIEL Jakub	136	VEGE RUNNERS	M-30	162	00:01:07	00:12:35	00:30:13.05	00:31:20.45	+00:13:55 (46.1%)	6:02	9.9 (53.8%)
163	DANIELEK Adam	14		M-30	163	00:00:41	00:11:44	00:30:34.00	00:31:15.15	+00:14:16 (46.7%)	6:06	9.8 (53.3%)
164	SUDOŁO Jacek	420		M-30	164	00:00:24	00:11:46	00:30:45.50	00:31:10.20	+00:14:28 (47.1%)	6:09	9.8 (53.3%)
165	BASZANOWSKI Tomasz	892		M-30	165	00:01:19	00:12:19	00:30:55.05	00:32:14.45	+00:14:37 (47.3%)	6:11	9.7 (52.7%)
166	RAKAŁOWICZ Krzysztof	898	MANCHESTER	M-30	166	00:00:00	00:11:37	00:31:01.40	00:31:01.40	+00:14:44 (47.5%)	6:12	9.7 (52.7%)
167	DREWS Maciej	880	OKOLE	M-30	167	00:01:18	00:12:06	00:31:37.90	00:32:55.90	+00:15:20 (48.5%)	6:19	9.5 (51.6%)
168	TYBURSKI Maciej	300		M-30	168	00:01:10	00:13:04	00:31:49.30	00:33:00.00	+00:15:32 (48.8%)	6:22	9.4 (51.1%)
169	BOMBAS Jacek	620		M-30	169	00:01:24	00:12:26	00:32:07.55	00:33:32.40	+00:15:50 (49.3%)	6:25	9.3 (50.5%)
170	LISOWSKI Sebastian	542		M-30	170	00:01:10	00:12:46	00:32:38.95	00:33:49.55	+00:16:21 (50.1%)	6:31	9.2 (50.0%)
171	JAWORSKI Adam	140		M-30	171	00:00:23	00:12:43	00:32:47.30	00:33:10.70	+00:16:30 (50.3%)	6:33	9.2 (50.0%)
172	LASOK Piotr	951		M-30	172	00:00:55	00:12:36	00:32:55.75	00:33:50.95	+00:16:38 (50.5%)	6:35	9.1 (49.5%)
173	PIŃSKI Marek	204		M-30	173	00:01:27	00:13:29	00:33:13.15	00:34:40.80	+00:16:56 (51.0%)	6:38	9 (48.9%)
174	OSSOWSKI Łukasz	842		M-30	174	00:01:26	00:12:22	00:33:46.95	00:35:13.35	+00:17:29 (51.8%)	6:45	8.9 (48.4%)
175	OLSZYŃSKI Sebastian	1		M-30	175	00:01:23	00:13:25	00:35:15.10	00:36:38.60	+00:18:58 (53.8%)	7:03	8.5 (46.2%)
176	LUDKOWSKI Dawid	1015		M-30	176	00:00:35	00:13:14	00:36:09.75	00:36:45.05	+00:19:52 (55.0%)	7:14	8.3 (45.1%)
177	GACKOWSKI Michał	52	RUN BDG	M-30	177	00:01:13	00:15:47	00:40:35.15	00:41:48.50	+00:24:18 (59.9%)	8:07	7.4 (40.2%)

Znaleziono 177 wynik(ów)