



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2023-04-23
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	538	UKS BŁĘKITNY DELFIN BYDGOSZCZ	M30	1	00:00:03	00:18:03.00	00:18:06.00		3:36	16.6 (100%)
2	POZNAŃSKI Szymon	627	BIOTECH PRZYPRAWY	M30	2	00:00:02	00:18:09.80	00:18:12.70	+00:00:06 (0.6%)	3:37	16.5 (99.4%)
3	POPA Mariusz	817		M30	3	00:00:00	00:19:11.15	00:19:11.15	+00:01:08 (5.9%)	3:50	15.6 (94.0%)
4	KOŁAKOWSKI Tomasz	624	ELENSPORT.PL SKLEPY SPORTOWE	M30	4	00:00:03	00:19:17.30	00:19:20.90	+00:01:14 (6.4%)	3:51	15.6 (94.0%)
5	KARCZMARCZYK Mateusz	1		M30	5	00:00:07	00:19:31.70	00:19:39.00	+00:01:28 (7.6%)	3:54	15.4 (92.8%)
6	OKOŃSKI Jarosław	217	DRUŻYNA PIERŚCIENIA	M30	6	00:00:05	00:19:36.40	00:19:42.00	+00:01:33 (7.9%)	3:55	15.3 (92.2%)
7	WADELSKI Maciej	910	1 BRYGADA LOGISTYCZNA	M30	7	00:00:06	00:19:41.50	00:19:48.00	+00:01:38 (8.3%)	3:56	15.2 (91.6%)
8	WIECZOREK Mateusz	1152		M30	8	00:00:07	00:19:46.00	00:19:53.00	+00:01:43 (8.7%)	3:57	15.2 (91.6%)
9	WALKOWIAK Paweł	255		M30	9	00:00:04	00:19:56.85	00:20:00.95	+00:01:53 (9.5%)	3:59	15.1 (91.0%)
10	MALICKI Bartosz	396		M30	10	00:00:13	00:20:01.40	00:20:15.00	+00:01:58 (9.9%)	4:00	15 (90.4%)
11	TUCHOLSKI Bartłomiej	756		M30	11	00:00:00	00:20:05.20	00:20:05.20	+00:02:02 (10.1%)	4:01	14.9 (89.8%)
12	REWERS Robert	1168	TELDAT	M30	12	00:00:04	00:20:13.80	00:20:18.00	+00:02:10 (10.8%)	4:02	14.8 (89.2%)
13	GRALIK Jędrzej	157	BYDGOSKIE OKONIE	M30	13	00:00:05	00:20:14.50	00:20:19.70	+00:02:11 (10.8%)	4:02	14.8 (89.2%)
14	BALCEREK Mateusz	738	GASTRO SZEFE	M30	14	00:00:02	00:20:26.00	00:20:28.85	+00:02:23 (11.7%)	4:05	14.7 (88.6%)
15	KLINOWSKI Radosław	401		M30	15	00:00:14	00:20:28.45	00:20:42.50	+00:02:25 (11.8%)	4:05	14.7 (88.6%)
16	KACZOREK Mateusz	794	LOCO	M30	16	00:00:12	00:20:57.80	00:21:10.00	+00:02:54 (13.9%)	4:11	14.3 (86.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	CHOJNACKI Jakub	1005	BIAŁE KIEŁBASY MAKSYMILIANOWO NINJA CROSS FIGHTING GARAGE GYM TEAM	M30	17	00:00:14	00:21:03.35	00:21:18.15	+00:03:00 (14.3%)	4:12	14.3 (86.1%)
18	WROBEL Mateusz	430		M30	18	00:00:09	00:21:05.10	00:21:15.00	+00:03:02 (14.4%)	4:13	14.2 (85.5%)
19	POSTÓJSKI Paweł	474		M30	19	00:00:04	00:21:14.30	00:21:19.00	+00:03:11 (15.0%)	4:14	14.1 (84.9%)
20	SZNAJDER Paweł	760	CB 163	M30	20	00:00:10	00:21:18.50	00:21:28.60	+00:03:15 (15.3%)	4:15	14.1 (84.9%)
21	GÓRNY Bartosz	419	TRISPACE/TREK	M30	21	00:00:08	00:21:22.70	00:21:30.90	+00:03:19 (15.6%)	4:16	14 (84.3%)
22	GROBELNY Szymon	158		M30	22	00:00:39	00:21:24.85	00:22:04.65	+00:03:21 (15.7%)	4:16	14 (84.3%)
23	SKRZYPIŃSKI Marek	111		M30	23	00:00:45	00:21:32.90	00:22:18.45	+00:03:29 (16.2%)	4:18	13.9 (83.7%)
24	WŁODARCZYK Adam	480		M30	24	00:00:24	00:21:37.00	00:22:01.40	+00:03:34 (16.5%)	4:19	13.9 (83.7%)
25	RENC Patryk	780	SERCE TYBETU	M30	25	00:01:25	00:21:44.00	00:23:09.15	+00:03:41 (16.9%)	4:20	13.8 (83.1%)
26	WITKOWSKI Łukasz	1109	RUN BYDGOSZCZ	M30	26	00:00:17	00:21:46.80	00:22:04.00	+00:03:43 (17.1%)	4:21	13.8 (83.1%)
27	WARCHOŁ Łukasz	329	REFIZJO	M30	27	00:00:21	00:21:49.25	00:22:10.95	+00:03:46 (17.3%)	4:21	13.8 (83.1%)
28	SZYCHOWSKI Jarosław	933	TKKF KOLEJARZ BYDGOSZCZ	M30	28	00:00:12	00:21:50.90	00:22:02.95	+00:03:47 (17.4%)	4:22	13.7 (82.5%)
29	PRZEKWAS Paweł	318		M30	29	00:00:20	00:22:03.05	00:22:23.30	+00:04:00 (18.1%)	4:24	13.6 (81.9%)
30	SZCZESNY Damian	339	GDAŃSKI UNIWERSYTET MEDYCZNY	M30	30	00:00:41	00:22:04.65	00:22:45.90	+00:04:01 (18.2%)	4:24	13.6 (81.9%)
31	PUDO Mateusz	436		M30	31	00:00:06	00:22:06.20	00:22:12.75	+00:04:03 (18.3%)	4:25	13.6 (81.9%)
32	CIECHANOWSKI Maciej	9		M30	32	00:00:18	00:22:12.80	00:22:31.60	+00:04:09 (18.7%)	4:26	13.5 (81.3%)
33	WIECZOREK Waldemar	629		M30	33	00:01:19	00:22:19.05	00:23:38.55	+00:04:16 (19.1%)	4:27	13.4 (80.7%)
34	WALISZEWSKI Adrian	4		M30	34	00:01:41	00:22:29.55	00:24:11.20	+00:04:26 (19.8%)	4:29	13.3 (80.1%)
35	KOTOŃSKI Damian	562		M30	35	00:01:33	00:22:36.25	00:24:09.90	+00:04:33 (20.1%)	4:31	13.3 (80.1%)
36	DADZIBÓG Mariusz	185		M30	36	00:00:21	00:22:42.20	00:23:04.00	+00:04:39 (20.5%)	4:32	13.2 (79.5%)
37	JURKOWSKI Paweł	311	PJKANCELARIA.PL	M30	37	00:01:09	00:22:47.55	00:23:56.75	+00:04:44 (20.8%)	4:33	13.2 (79.5%)
38	FIK Janusz	60		M30	38	00:00:31	00:22:49.00	00:23:20.90	+00:04:46 (20.9%)	4:33	13.1 (78.9%)
39	ANDRZEJEWSKI Wojtek	862		M30	39	00:00:08	00:22:49.20	00:22:57.40	+00:04:46 (20.9%)	4:33	13.1 (78.9%)

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40	JOPPEK Łukasz	298		M30	40	00:00:42	00:22:49.30	00:23:31.75	+00:04:46 (20.9%)	4:33	13.1 (78.9%)
41	BUTKIEWICZ Piotr	946		M30	41	00:00:54	00:22:50.40	00:23:44.90	+00:04:47 (21.0%)	4:34	13.1 (78.9%)
42	ROSZAK Sylwester	1186	KSS HUSARIA LUBRANIEC	M30	42	00:00:43	00:22:56.75	00:23:39.85	+00:04:53 (21.3%)	4:35	13.1 (78.9%)
43	WŁOCH Jakub	940		M30	43	00:00:47	00:22:58.15	00:23:45.80	+00:04:55 (21.4%)	4:35	13.1 (78.9%)
44	JAKUBCZAK Michał	22		M30	44	00:00:00	00:23:02.90	00:23:02.90	+00:04:59 (21.7%)	4:36	13 (78.3%)
45	GAWRYCH Mariusz	787		M30	45	00:00:15	00:23:03.75	00:23:19.50	+00:05:00 (21.7%)	4:36	13 (78.3%)
46	DROZDOWSKI Tomasz	1036		M30	46	00:00:20	00:23:04.60	00:23:25.35	+00:05:01 (21.8%)	4:36	13 (78.3%)
46	KNAPIK Karol	846	DAWAJ KALACH TEAM	M30	46	00:00:48	00:23:04.60	00:23:53.25	+00:05:01 (21.8%)	4:36	13 (78.3%)
48	SKUPSZ Jędrzej Kazmierz	1183	FORDON TEAM	M30	48	00:00:55	00:23:10.35	00:24:05.35	+00:05:07 (22.1%)	4:38	12.9 (77.7%)
49	STOLARCZUK Mateusz	262		M30	49	00:01:36	00:23:10.90	00:24:47.00	+00:05:07 (22.1%)	4:38	12.9 (77.7%)
50	LISTECKI Sebastian	898	ASTORIA BYDGOSZCZ	M30	50	00:00:21	00:23:11.10	00:23:32.65	+00:05:08 (22.1%)	4:38	12.9 (77.7%)
51	SKARWECKI Remigiusz	434	ŁABISZYN RUNNERS	M30	51	00:00:16	00:23:15.05	00:23:31.05	+00:05:12 (22.4%)	4:39	12.9 (77.7%)
52	PISARSKI Igor	893		M30	52	00:00:17	00:23:18.05	00:23:35.45	+00:05:15 (22.5%)	4:39	12.9 (77.7%)
53	WIŚNIEWSKI Piotr	690		M30	53	00:01:18	00:23:18.95	00:24:37.45	+00:05:15 (22.6%)	4:39	12.9 (77.7%)
54	WRZESIŃSKI Krzysztof	1003		M30	54	00:00:53	00:23:23.25	00:24:16.90	+00:05:20 (22.8%)	4:40	12.8 (77.1%)
55	GROSKOP Grzegorz	526	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	55	00:00:03	00:23:34.75	00:23:38.25	+00:05:31 (23.4%)	4:42	12.7 (76.5%)
56	OWSIANNY Patryk	490		M30	56	00:00:34	00:23:34.85	00:24:09.00	+00:05:31 (23.5%)	4:42	12.7 (76.5%)
57	RYWOLT Paweł	655		M30	57	00:01:08	00:23:47.30	00:24:55.70	+00:05:44 (24.1%)	4:45	12.6 (75.9%)
58	PUCHACZ Marcin	522		M30	58	00:01:11	00:23:51.80	00:25:03.70	+00:05:48 (24.4%)	4:46	12.6 (75.9%)
59	SIEJEK Błażej	455		M30	59	00:00:11	00:23:54.50	00:24:06.10	+00:05:51 (24.5%)	4:46	12.6 (75.9%)
60	CYWIŃSKI Artur	508		M30	60	00:00:17	00:23:57.35	00:24:14.95	+00:05:54 (24.7%)	4:47	12.5 (75.3%)
60	LEWANDOWSKI Patryk	1134	BAMBUS	M30	60	00:03:25	00:23:57.35	00:27:23.00	+00:05:54 (24.7%)	4:47	12.5 (75.3%)
62	WASILUK Tomasz	126		M30	62	00:00:24	00:24:00.20	00:24:25.05	+00:05:57 (24.8%)	4:48	12.5 (75.3%)

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63	DEMBOWSKI Łukasz	1095		M30	63	00:00:30	00:24:03.10	00:24:34.00	+00:06:00 (25.0%)	4:48	12.5 (75.3%)
64	OLEJNIK Mateusz	658		M30	64	00:00:11	00:24:03.45	00:24:15.05	+00:06:00 (25.0%)	4:48	12.5 (75.3%)
65	WOLSKI Krzysztof	1077		M30	65	00:00:42	00:24:03.95	00:24:46.00	+00:06:00 (25.0%)	4:48	12.5 (75.3%)
66	BARSZCZ Krzysztof	723		M30	66	00:01:06	00:24:05.30	00:25:11.60	+00:06:02 (25.1%)	4:49	12.5 (75.3%)
67	WARLIKOWSKI Łukasz	512		M30	67	00:00:41	00:24:11.35	00:24:52.60	+00:06:08 (25.4%)	4:50	12.4 (74.7%)
68	PAWŁOWSKI Patryk	364		M30	68	00:01:22	00:24:16.85	00:25:39.60	+00:06:13 (25.7%)	4:51	12.4 (74.7%)
69	ZAGÓRSKI Artur	406		M30	69	00:00:32	00:24:17.35	00:24:50.20	+00:06:14 (25.7%)	4:51	12.4 (74.7%)
70	CHROMIŃSKI Fabian	132		M30	70	00:00:19	00:24:21.60	00:24:41.25	+00:06:18 (25.9%)	4:52	12.3 (74.1%)
71	YALPI Hasan	39		M30	71	00:01:00	00:24:31.65	00:25:32.30	+00:06:28 (26.4%)	4:54	12.2 (73.5%)
72	GROSKOP Michał	550		M30	72	00:01:06	00:24:32.00	00:25:38.15	+00:06:29 (26.4%)	4:54	12.2 (73.5%)
73	WOJCIECHOWSKI Grzegorz	33		M30	73	00:01:14	00:24:33.55	00:25:47.75	+00:06:30 (26.5%)	4:54	12.2 (73.5%)
74	BANAŚ Adrian	473	VENICCI POLSKA	M30	74	00:00:17	00:24:45.00	00:25:02.15	+00:06:42 (27.1%)	4:57	12.1 (72.9%)
75	JACZYŃSKI Tomasz	310	FORESTEAM	M30	75	00:02:30	00:24:56.00	00:27:26.20	+00:06:53 (27.6%)	4:59	12 (72.3%)
76	RYBAK Łukasz	309	FORESTEAM	M30	76	00:02:30	00:24:56.05	00:27:26.05	+00:06:53 (27.6%)	4:59	12 (72.3%)
77	MRUGAŁA Bartosz	1027		M30	77	00:02:31	00:25:14.60	00:27:45.85	+00:07:11 (28.5%)	5:02	11.9 (71.7%)
78	SIWIAK Łukasz	758		M30	78	00:00:43	00:25:18.45	00:26:02.05	+00:07:15 (28.7%)	5:03	11.9 (71.7%)
79	NOWAKOWSKI Grzegorz	507	DEAF GARMIN_GIANT	M30	79	00:00:43	00:25:19.95	00:26:03.15	+00:07:16 (28.7%)	5:03	11.8 (71.1%)
80	BRZEZIŃSKI Maciej	665		M30	80	00:01:52	00:25:23.00	00:27:15.25	+00:07:20 (28.9%)	5:04	11.8 (71.1%)
81	BOJAROWSKI Krzysztof	1128		M30	81	00:01:45	00:25:26.05	00:27:11.95	+00:07:23 (29.0%)	5:05	11.8 (71.1%)
82	BICZKOWSKI Patryk	766	KPBPPIR	M30	82	00:01:57	00:25:31.00	00:27:28.15	+00:07:28 (29.3%)	5:06	11.8 (71.1%)
83	KŁOSKOWSKI Adam	411	JW1515 BYDGOSZCZ	M30	83	00:01:19	00:25:34.10	00:26:53.55	+00:07:31 (29.4%)	5:06	11.7 (70.5%)
84	KASZUBA Konrad	447		M30	84	00:01:55	00:25:34.95	00:27:30.75	+00:07:31 (29.4%)	5:06	11.7 (70.5%)
85	PAŁCZYŃSKI Przemysław	1153		M30	85	00:00:15	00:25:42.90	00:25:58.15	+00:07:39 (29.8%)	5:08	11.7 (70.5%)

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86	PYJOS Rafał	1097	UMB	M30	86	00:00:50	00:25:44.25	00:26:35.20	+00:07:41 (29.9%)	5:08	11.7 (70.5%)
87	BARCZYŃSKI Mateusz	742		M30	87	00:01:17	00:25:50.05	00:27:07.85	+00:07:47 (30.1%)	5:10	11.6 (69.9%)
88	TĘGOS Daniel	1178		M30	88	00:00:19	00:25:51.75	00:26:10.90	+00:07:48 (30.2%)	5:10	11.6 (69.9%)
89	NIKODEM Łukasz	99		M30	89	00:00:28	00:25:52.25	00:26:20.75	+00:07:49 (30.2%)	5:10	11.6 (69.9%)
90	BŁASZAK Piotr	350	PARKRUN SŁODOWO, WŁOCŁAWEK	M30	90	00:02:06	00:25:57.40	00:28:04.30	+00:07:54 (30.5%)	5:11	11.6 (69.9%)
91	KRYWALD Michał	1113		M30	91	00:00:44	00:26:00.50	00:26:45.00	+00:07:57 (30.6%)	5:12	11.5 (69.3%)
92	BIZON Bartosz	485		M30	92	00:00:53	00:26:06.10	00:26:59.35	+00:08:03 (30.8%)	5:13	11.5 (69.3%)
93	MAKUSZEWSKI Mateusz	153		M30	93	00:00:50	00:26:19.40	00:27:10.30	+00:08:16 (31.4%)	5:15	11.4 (68.7%)
94	JAKUBCZAK Rafał	237		M30	94	00:00:58	00:26:33.65	00:27:32.35	+00:08:30 (32.0%)	5:18	11.3 (68.1%)
95	WIŚNIEWSKI Leszek	445		M30	95	00:01:22	00:26:36.75	00:27:58.95	+00:08:33 (32.2%)	5:19	11.3 (68.1%)
96	SIERACKI Krzysztof	993	RUN BYDGOSZCZ	M30	96	00:02:03	00:26:55.25	00:28:58.50	+00:08:52 (33.0%)	5:23	11.1 (66.9%)
97	DEMBINSKI Piotr	249		M30	97	00:01:11	00:27:05.55	00:28:17.15	+00:09:02 (33.4%)	5:25	11.1 (66.9%)
98	ŚWITEK Emil	325		M30	98	00:00:44	00:27:08.35	00:27:53.30	+00:09:05 (33.5%)	5:25	11.1 (66.9%)
99	PASZKIEWICZ Mateusz	713		M30	99	00:00:21	00:27:11.95	00:27:32.95	+00:09:08 (33.6%)	5:26	11 (66.3%)
100	ZĄBKOWSKI Krzysztof	969		M30	100	00:02:29	00:27:19.40	00:29:48.90	+00:09:16 (33.9%)	5:27	11 (66.3%)
101	KWIATKOWSKI Piotr	213		M30	101	00:01:44	00:27:23.55	00:29:07.90	+00:09:20 (34.1%)	5:28	11 (66.3%)
102	GIL Jarosław	151		M30	102	00:01:20	00:27:28.45	00:28:48.85	+00:09:25 (34.3%)	5:29	10.9 (65.7%)
103	NAUMCHYK Ihor	901		M30	103	00:02:38	00:27:29.50	00:30:07.95	+00:09:26 (34.3%)	5:29	10.9 (65.7%)
104	DRZEWIECKI Mikołaj	686	FILIGRANOWI ZAWODNICY	M30	104	00:01:35	00:27:30.25	00:29:06.20	+00:09:27 (34.4%)	5:30	10.9 (65.7%)
105	MIKHNEVICH Yury	897		M30	105	00:02:38	00:27:30.35	00:30:08.70	+00:09:27 (34.4%)	5:30	10.9 (65.7%)
106	JASIŃSKI Grzegorz	57	JASINSKI.IT	M30	106	00:00:08	00:27:31.00	00:27:39.15	+00:09:28 (34.4%)	5:30	10.9 (65.7%)
107	SZPYRKA Sebastian	768		M30	107	00:01:06	00:27:32.30	00:28:38.80	+00:09:29 (34.5%)	5:30	10.9 (65.7%)
108	ŚWIETLIK Grzegorz	300		M30	108	00:02:12	00:27:44.55	00:29:57.45	+00:09:41 (34.9%)	5:32	10.8 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	SZUKAJ Karol	149		M30	109	00:01:23	00:27:47.90	00:29:11.65	+00:09:44 (35.1%)	5:33	10.8 (65.1%)
110	KULIKOWSKI Krystian	1096		M30	110	00:00:37	00:28:11.30	00:28:49.05	+00:10:08 (36.0%)	5:38	10.6 (63.9%)
111	TOMASZEWSKI Jordan	1061		M30	111	00:02:04	00:28:21.75	00:30:26.15	+00:10:18 (36.4%)	5:40	10.6 (63.9%)
112	KIERSTAN Damian	696		M30	112	00:01:12	00:28:23.50	00:29:35.70	+00:10:20 (36.4%)	5:40	10.6 (63.9%)
113	BAŁYS Łukasz	1048		M30	113	00:01:53	00:28:24.60	00:30:17.90	+00:10:21 (36.5%)	5:40	10.6 (63.9%)
114	WENDA Mateusz	245		M30	114	00:01:16	00:28:30.15	00:29:46.50	+00:10:27 (36.7%)	5:42	10.5 (63.3%)
115	WÓJCIK Jacek	235		M30	115	00:00:42	00:28:30.25	00:29:12.90	+00:10:27 (36.7%)	5:42	10.5 (63.3%)
116	CHMIELEWSKI Mateusz	570		M30	116	00:01:18	00:28:32.45	00:29:51.20	+00:10:29 (36.8%)	5:42	10.5 (63.3%)
117	GIL Michał	72		M30	117	00:01:18	00:28:35.20	00:29:53.25	+00:10:32 (36.9%)	5:43	10.5 (63.3%)
118	BIELSKI Dawid	1146		M30	118	00:01:46	00:28:37.65	00:30:23.65	+00:10:34 (36.9%)	5:43	10.5 (63.3%)
119	ZHURAVEL Yevhenii	1056		M30	119	00:02:57	00:28:40.80	00:31:38.00	+00:10:37 (37.1%)	5:44	10.5 (63.3%)
120	KOWALCZYK Grzegorz	361		M30	120	00:02:57	00:28:49.00	00:31:46.00	+00:10:46 (37.4%)	5:45	10.4 (62.7%)
121	OLBORSKI Łukasz	1004	16	M30	121	00:01:01	00:28:50.20	00:29:51.90	+00:10:47 (37.4%)	5:46	10.4 (62.7%)
122	DZIĘCIOŁOWSKI Łukasz	273		M30	122	00:02:55	00:28:55.15	00:31:50.95	+00:10:52 (37.6%)	5:47	10.4 (62.7%)
123	SZŁAPKA Karol	452		M30	123	00:00:54	00:28:57.05	00:29:51.40	+00:10:54 (37.7%)	5:47	10.4 (62.7%)
124	GRZYWACZ Konrad	121		M30	124	00:01:22	00:29:03.05	00:30:25.20	+00:11:00 (37.9%)	5:48	10.3 (62.0%)
125	ZIELIŃSKI Radosław	62		M30	125	00:01:25	00:29:09.90	00:30:35.20	+00:11:06 (38.1%)	5:49	10.3 (62.0%)
126	MUSOLF Patryk	1050		M30	126	00:02:35	00:29:15.50	00:31:50.70	+00:11:12 (38.3%)	5:51	10.3 (62.0%)
127	WILMA Paweł	628		M30	127	00:02:11	00:29:26.00	00:31:37.20	+00:11:23 (38.7%)	5:53	10.2 (61.4%)
128	SARNECKI Bartosz	441		M30	128	00:02:16	00:29:32.40	00:31:49.00	+00:11:29 (38.9%)	5:54	10.2 (61.4%)
129	PSZCZOLINSKI Mateusz	279		M30	129	00:01:41	00:29:39.10	00:31:20.15	+00:11:36 (39.1%)	5:55	10.1 (60.8%)
130	KOSECKI Tomasz	429		M30	130	00:01:20	00:29:42.75	00:31:02.80	+00:11:39 (39.3%)	5:56	10.1 (60.8%)
131	SOŁDON Mateusz	951		M30	131	00:02:56	00:29:47.95	00:32:44.25	+00:11:44 (39.4%)	5:57	10.1 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	KOŁCON Szczepan	159		M30	132	00:02:21	00:29:59.25	00:32:20.40	+00:11:56 (39.8%)	5:59	10 (60.2%)
133	BESS Marcin	534		M30	133	00:00:24	00:30:00.00	00:30:24.10	+00:11:57 (39.8%)	6:00	10 (60.2%)
134	ŚPICA Grzegorz	719		M30	134	00:02:14	00:30:07.40	00:32:22.00	+00:12:04 (40.1%)	6:01	10 (60.2%)
135	ŚWIETLIK Dawid	32		M30	135	00:01:45	00:30:07.60	00:31:53.20	+00:12:04 (40.1%)	6:01	10 (60.2%)
136	KSYTA Wojciech	250	3ROTHERHOOD TEAM	M30	136	00:00:00	00:30:10.05	00:30:10.05	+00:12:07 (40.2%)	6:02	9.9 (59.6%)
137	NATYWO Gerard	579		M30	137	00:02:40	00:30:11.35	00:32:51.65	+00:12:08 (40.2%)	6:02	9.9 (59.6%)
138	DYMSKI Mateusz	15		M30	138	00:02:58	00:30:12.15	00:33:10.80	+00:12:09 (40.2%)	6:02	9.9 (59.6%)
139	WOŹNIAK Paweł	11		M30	139	00:02:58	00:30:12.85	00:33:11.15	+00:12:09 (40.3%)	6:02	9.9 (59.6%)
140	BARTNIK Eryk	456		M30	140	00:00:54	00:30:20.80	00:31:15.60	+00:12:17 (40.5%)	6:04	9.9 (59.6%)
141	NIEDBALSKI Krzysztof	754	BIEGAJĄCE BEBOKI	M30	141	00:02:02	00:30:24.20	00:32:26.70	+00:12:21 (40.6%)	6:04	9.9 (59.6%)
142	BABACHANIAN Artur	1060		M30	142	00:00:00	00:30:27.95	00:30:27.95	+00:12:24 (40.8%)	6:05	9.9 (59.6%)
143	OSSOWSKI Łukasz	1052		M30	143	00:02:32	00:30:44.15	00:33:16.65	+00:12:41 (41.3%)	6:08	9.8 (59.0%)
144	ANDRZEJEWSKI Łukasz	463		M30	144	00:01:55	00:30:51.65	00:32:47.25	+00:12:48 (41.5%)	6:10	9.7 (58.4%)
145	MIERZBICZAK Łukasz	220	DZICZKI BYDGOSZCZ	M30	145	00:02:34	00:31:03.20	00:33:37.30	+00:13:00 (41.9%)	6:12	9.7 (58.4%)
146	KOZAK Krzysztof	425	BB ACTIVE TEAM	M30	146	00:01:41	00:31:21.75	00:33:03.15	+00:13:18 (42.4%)	6:16	9.6 (57.8%)
147	SŁOWIŃSKI Adam	369		M30	147	00:00:32	00:31:23.95	00:31:56.00	+00:13:20 (42.5%)	6:16	9.6 (57.8%)
148	BITNER Jan	1015		M30	148	00:01:50	00:31:33.30	00:33:24.00	+00:13:30 (42.8%)	6:18	9.5 (57.2%)
149	BANDOCH Jacek	263		M30	149	00:01:23	00:31:36.60	00:32:59.90	+00:13:33 (42.9%)	6:19	9.5 (57.2%)
150	CISEWSKI Mateusz	727		M30	150	00:01:12	00:31:47.70	00:33:00.25	+00:13:44 (43.2%)	6:21	9.4 (56.6%)
151	GÓRSKI Łukasz	241	HARPAGAN RUNNERS	M30	151	00:01:05	00:31:50.75	00:32:55.90	+00:13:47 (43.3%)	6:22	9.4 (56.6%)
152	NOWAK Adam	943		M30	152	00:02:07	00:31:57.85	00:34:05.70	+00:13:54 (43.5%)	6:23	9.4 (56.6%)
153	MATEJA Piotr	188		M30	153	00:01:48	00:32:02.70	00:33:51.40	+00:13:59 (43.7%)	6:24	9.4 (56.6%)
154	DĄBROWSKI Bartosz	859	SPORTOWA PASJA	M30	154	00:01:29	00:32:11.35	00:33:40.55	+00:14:08 (43.9%)	6:26	9.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	KASZUBOWSKI Daniel	509		M30	155	00:03:06	00:32:17.15	00:35:23.85	+00:14:14 (44.1%)	6:27	9.3 (56.0%)
156	CZACHOROWSKI Michał	873		M30	156	00:00:45	00:32:31.15	00:33:16.85	+00:14:28 (44.5%)	6:30	9.2 (55.4%)
157	DWORECKI Rafał	1092		M30	157	00:01:24	00:32:56.45	00:34:20.70	+00:14:53 (45.2%)	6:35	9.1 (54.8%)
158	BUKOWSKI Paweł	109	CONTRACTORS.MS	M30	158	00:02:58	00:32:57.05	00:35:55.15	+00:14:54 (45.2%)	6:35	9.1 (54.8%)
159	RUMIANOWSKI Piotr	549	FURIAT	M30	159	00:00:00	00:32:58.20	00:32:58.20	+00:14:55 (45.3%)	6:35	9.1 (54.8%)
160	REBELSKI Filip	1142		M30	160	00:02:53	00:33:01.60	00:35:54.60	+00:14:58 (45.3%)	6:36	9.1 (54.8%)
161	GĘBKA Bartłomiej	759		M30	161	00:00:53	00:33:05.40	00:33:58.75	+00:15:02 (45.5%)	6:37	9.1 (54.8%)
162	SADOWSKI Wojciech	397		M30	162	00:01:45	00:33:43.05	00:35:28.05	+00:15:40 (46.5%)	6:44	8.9 (53.6%)
163	WIOSNA Tomasz	94	MAZDASPEED	M30	163	00:01:13	00:34:12.90	00:35:26.20	+00:16:09 (47.2%)	6:50	8.8 (53.0%)
164	WITKOWSKI Tomasz	497		M30	164	00:03:11	00:34:44.35	00:37:55.50	+00:16:41 (48.0%)	6:56	8.6 (51.8%)
165	MAŁAS Marcin	587		M30	165	00:02:40	00:34:45.55	00:37:25.60	+00:16:42 (48.1%)	6:57	8.6 (51.8%)
166	PARTYKA Dawid	968		M30	166	00:02:49	00:34:58.05	00:37:47.70	+00:16:55 (48.4%)	6:59	8.6 (51.8%)
167	WITKOWSKI Piotr	609	VIVA LA VIDA	M30	167	00:03:09	00:35:05.35	00:38:15.05	+00:17:02 (48.6%)	7:01	8.6 (51.8%)
168	FILAR Michał	828	CDI	M30	168	00:00:11	00:35:44.70	00:35:56.05	+00:17:41 (49.5%)	7:08	8.4 (50.6%)
169	JOCHIM Łukasz	967		M30	169	00:02:48	00:35:52.05	00:38:40.25	+00:17:49 (49.7%)	7:10	8.4 (50.6%)
170	JODKOWSKI Rafał	116		M30	170	00:02:58	00:36:12.10	00:39:10.15	+00:18:09 (50.1%)	7:14	8.3 (50.0%)
171	TOMCZAK Krzysztof	66		M30	171	00:03:03	00:38:22.45	00:41:25.95	+00:20:19 (53.0%)	7:40	7.8 (47.0%)
172	KOZIEŁ Tomasz	947		M30	172	00:01:46	00:39:47.45	00:41:34.05	+00:21:44 (54.6%)	7:57	7.5 (45.2%)
173	DUDZIAK Michał	8		M30	173	00:02:23	00:41:57.80	00:44:21.00	+00:23:54 (57.0%)	8:23	7.2 (43.4%)
174	GÓRNY Łukasz	487		M30	174	00:02:33	00:47:56.45	00:50:30.20	+00:29:53 (62.3%)	9:35	6.3 (38.0%)
175	ZABOROWSKI Krzysztof	683		M30	175	00:00:10			+00:04:27	4:32	13.2 (79.5%)
176	WILCZYŃSKI Łukasz	23		M30	176	00:00:48					(0.0%)