



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2017-04-23
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MRUK Tomasz	34	CZARNE STOPY.SM	M40	1	00:00:04	00:17:11.95	00:17:16.90		3:26	17.4 (100%)
2	SZCZEPANIAK Cezary	1254		M40	2	00:00:02	00:18:37.10	00:18:39.15	+00:01:25 (7.6%)	3:43	16.1 (92.5%)
3	KOZŁOWSKI Rafał	160		M40	3	00:00:02	00:18:43.35	00:18:45.80	+00:01:31 (8.1%)	3:44	16 (92.0%)
4	CHOLEWIŃSKI Dariusz	671	HURAGAN MIEDZYŃ	M40	4	00:00:03	00:18:49.20	00:18:52.25	+00:01:37 (8.6%)	3:45	15.9 (91.4%)
5	RYDLEWSKI Marek	147	RUN BYDGOSZCZ	M40	5	00:00:05	00:18:53.20	00:18:58.65	+00:01:41 (8.9%)	3:46	15.9 (91.4%)
6	RADECKI Przemysław	458		M40	6	00:00:12	00:19:21.90	00:19:34.40	+00:02:09 (11.2%)	3:52	15.5 (89.1%)
7	BEJGIER Edmund	1211	DĘBY OSIELSKO	M40	7	00:00:15	00:19:26.05	00:19:41.30	+00:02:14 (11.5%)	3:53	15.4 (88.5%)
8	OLSZYŃSKI Sebastian	118	SPARTANIE DZIECIOM	M40	8	00:00:15	00:19:46.40	00:20:02.10	+00:02:34 (13.0%)	3:57	15.2 (87.4%)
9	KŁOSOWSKI Marcin	20	WWW.JABEX.COM.PL	M40	9	00:00:01	00:20:04.35	00:20:05.70	+00:02:52 (14.3%)	4:00	15 (86.2%)
10	GURDAK Leszek	364		M40	10	00:00:05	00:20:30.35	00:20:36.20	+00:03:18 (16.1%)	4:06	14.6 (83.9%)
11	KOWALSKI Jacek	338		M40	11	00:00:11	00:20:38.00	00:20:49.90	+00:03:26 (16.6%)	4:07	14.5 (83.3%)
12	KUTOWSKI Przemysław	175		M40	12	00:00:04	00:20:38.85	00:20:43.25	+00:03:26 (16.7%)	4:07	14.5 (83.3%)
13	BRZEZIŃSKI Paweł	616	R2G	M40	13	00:00:31	00:20:47.95	00:21:19.40	+00:03:36 (17.3%)	4:09	14.4 (82.8%)
14	NADRATOWSKI Maciej	1059	KABEL TEAM BYDGOSZCZ	M40	14	00:00:05	00:20:56.95	00:21:02.20	+00:03:45 (17.9%)	4:11	14.3 (82.2%)
15	TUBAJA Albert	53	KABEL TEAM BYDGOSZCZ	M40	15	00:00:03	00:20:58.35	00:21:01.90	+00:03:46 (18.0%)	4:11	14.3 (82.2%)
16	BIEL Marek	293	1% DLA DARI BIEL	M40	16	00:00:10	00:21:01.15	00:21:11.55	+00:03:49 (18.2%)	4:12	14.3 (82.2%)
17	PIOTROWSKI Dariusz	328		M40	17	00:00:13	00:21:01.60	00:21:15.00	+00:03:49 (18.2%)	4:12	14.3 (82.2%)
18	LIPSKI Krzysztof	1121	RUN BYDGOSZCZ	M40	18	00:00:37	00:21:04.65	00:21:41.75	+00:03:52 (18.4%)	4:12	14.2 (81.6%)
19	GÓŹDŹ Tomasz	433	JAŚ BIEGA	M40	19	00:00:28	00:21:07.50	00:21:36.00	+00:03:55 (18.6%)	4:13	14.2 (81.6%)
20	KLINIKOWSKI Jacek	107	KOCHAM ŻYCIE I...	M40	20	00:00:09	00:21:08.45	00:21:17.80	+00:03:56 (18.6%)	4:13	14.2 (81.6%)
21	KRZYŻANOWSKI Robert	525		M40	21	00:00:11	00:21:18.70	00:21:30.05	+00:04:06 (19.3%)	4:15	14.1 (81.0%)
22	PAKULSKI Rafał	1010		M40	22	00:00:20	00:21:27.10	00:21:47.10	+00:04:15 (19.8%)	4:17	14 (80.5%)
23	WENDT Grzegorz	1223		M40	23	00:00:30	00:21:35.35	00:22:05.90	+00:04:23 (20.3%)	4:19	13.9 (79.9%)
24	MAKLAKIEWICZ Łukasz	679		M40	24	00:00:16	00:21:39.75	00:21:56.55	+00:04:27 (20.6%)	4:20	13.8 (79.3%)
25	WĘGRZYNOWSKI Sławomir	102	KABEL TEAM BYDGOSZCZ	M40	25	00:00:17	00:21:53.90	00:22:11.05	+00:04:41 (21.5%)	4:22	13.7 (78.7%)
26	WIADERKIEWICZ Mariusz	342	CLIMAG	M40	26	00:00:19	00:21:57.00	00:22:16.00	+00:04:45 (21.6%)	4:23	13.7 (78.7%)
27	RUTKOWSKI Tomasz	346		M40	27	00:00:20	00:21:59.60	00:22:19.80	+00:04:47 (21.8%)	4:23	13.6 (78.2%)
28	KIELA Robert	1055	CZARNE STOPY SM	M40	28	00:00:14	00:21:59.65	00:22:14.55	+00:04:47 (21.8%)	4:24	13.6 (78.2%)
29	LEWICKI Maciej	1183	SŁUŻBA WIĘZIENNA	M40	29	00:00:34	00:22:01.25	00:22:35.65	+00:04:49 (21.9%)	4:24	13.6 (78.2%)
30	KUK Piotr	538	KABEL TAEM	M40	30	00:00:09	00:22:01.45	00:22:10.75	+00:04:49 (21.9%)	4:24	13.6 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	BRZEZIŃSKI Sławomir	1164	CZARNE STOPY.SM	M40	31	00:00:15	00:22:01.80	00:22:17.30	+00:04:49 (21.9%)	4:24	13.6 (78.2%)
32	WESOŁOWSKI Krzysztof	801	RUN BYDGOSZCZ	M40	32	00:00:23	00:22:03.45	00:22:26.55	+00:04:51 (22.0%)	4:24	13.6 (78.2%)
33	STĘPSKI Marek	252		M40	33	00:00:13	00:22:04.65	00:22:17.65	+00:04:52 (22.1%)	4:24	13.6 (78.2%)
34	PAWLAK Robert	893	IPA BYDGOSZCZ	M40	34	00:00:46	00:22:09.90	00:22:56.45	+00:04:57 (22.4%)	4:26	13.5 (77.6%)
35	SIUDA Rafał	1351	RUN BYDGOSZCZ	M40	35	00:02:00	00:22:11.35	00:24:11.60	+00:04:59 (22.5%)	4:26	13.5 (77.6%)
36	SZUBERT Maciej	592		M40	36	00:00:24	00:22:16.45	00:22:41.30	+00:05:04 (22.8%)	4:27	13.5 (77.6%)
37	KAMPER Jarosław	526		M40	37	00:00:14	00:22:32.80	00:22:47.00	+00:05:20 (23.7%)	4:30	13.3 (76.4%)
38	GACKOWSKI Krzysztof	792		M40	38	00:00:09	00:22:32.90	00:22:42.60	+00:05:20 (23.7%)	4:30	13.3 (76.4%)
39	MALINOWSKI Waldemar	396	RUN LOTTO-BYDGOSTIA	M40	39	00:00:25	00:22:34.65	00:23:00.10	+00:05:22 (23.8%)	4:31	13.3 (76.4%)
40	KALISZEWSKI Daniel	515		M40	40	00:00:05	00:22:52.60	00:22:58.00	+00:05:40 (24.8%)	4:34	13.1 (75.3%)
41	WOJCIECHOWSKI Jarosław	367		M40	41	00:00:17	00:22:57.55	00:23:14.65	+00:05:45 (25.1%)	4:35	13.1 (75.3%)
42	BUTRYM Dariusz	303		M40	42	00:01:05	00:23:06.60	00:24:12.35	+00:05:54 (25.6%)	4:37	13 (74.7%)
43	ŻUCHOWSKI Dariusz	430		M40	43	00:00:19	00:23:08.60	00:23:28.05	+00:05:56 (25.7%)	4:37	13 (74.7%)
44	WALENCIAK Jarosław	43	CZARNE STOPY.SM	M40	44	00:00:15	00:23:09.60	00:23:24.85	+00:05:57 (25.7%)	4:37	13 (74.7%)
45	MIKOŁAJCZAK Sławomir	687		M40	45	00:00:36	00:23:11.35	00:23:47.55	+00:05:59 (25.8%)	4:38	12.9 (74.1%)
46	NAGOW Michał	95		M40	46	00:01:31	00:23:11.60	00:24:42.85	+00:05:59 (25.8%)	4:38	12.9 (74.1%)
47	GAŚIOR Mariusz	874		M40	47	00:00:15	00:23:13.35	00:23:28.45	+00:06:01 (25.9%)	4:38	12.9 (74.1%)
48	JAMRÓZ Robert	206		M40	48	00:00:22	00:23:19.10	00:23:41.60	+00:06:07 (26.2%)	4:39	12.9 (74.1%)
49	STAŃCZUK Wojtek	1284	FREEDOM	M40	49	00:00:21	00:23:21.05	00:23:42.15	+00:06:09 (26.3%)	4:40	12.8 (73.6%)
50	STAWCZYK Dariusz	17		M40	50	00:00:23	00:23:26.00	00:23:49.85	+00:06:14 (26.6%)	4:41	12.8 (73.6%)
51	RUDOL Sebastian	537		M40	51	00:00:43	00:23:26.15	00:24:09.40	+00:06:14 (26.6%)	4:41	12.8 (73.6%)
52	BYRTEK Grzegorz	555		M40	52	00:00:28	00:23:30.50	00:23:59.10	+00:06:18 (26.8%)	4:42	12.8 (73.6%)
53	KORTAS Marcin	276		M40	53	00:01:00	00:23:31.15	00:24:32.05	+00:06:19 (26.9%)	4:42	12.7 (73.0%)
54	LIPIŃSKI Sebastian	1216		M40	54	00:00:03	00:23:36.95	00:23:40.80	+00:06:25 (27.2%)	4:43	12.7 (73.0%)
55	RATAJCZAK Arkadiusz	963		M40	55	00:01:24	00:23:46.00	00:25:10.00	+00:06:34 (27.6%)	4:45	12.6 (72.4%)
56	LEWICKI Artur	474	LEGE ARTIS	M40	56	00:01:29	00:23:47.95	00:25:17.90	+00:06:36 (27.7%)	4:45	12.6 (72.4%)
57	ŚWIATLAK Marek	1004	SOWA BYDGOSZCZ	M40	57	00:00:29	00:23:49.75	00:24:19.55	+00:06:37 (27.8%)	4:46	12.6 (72.4%)
58	GŁOWSKI Dariusz	56		M40	58	00:00:40	00:23:53.10	00:24:33.60	+00:06:41 (28.0%)	4:46	12.6 (72.4%)
59	KAŻMIERCZAK Paweł	196		M40	59	00:00:16	00:23:54.15	00:24:10.70	+00:06:42 (28.0%)	4:46	12.6 (72.4%)
60	ŚWIATOWY Ryszard	1060	DAWCA KRWI	M40	60	00:00:20	00:23:54.50	00:24:15.10	+00:06:42 (28.1%)	4:47	12.5 (71.8%)
61	WILCZYŃSKI Jacek	3		M40	61	00:00:28	00:23:57.10	00:24:25.90	+00:06:45 (28.2%)	4:47	12.5 (71.8%)
62	CHUDZIŃSKI Rafał	1236		M40	62	00:00:34	00:23:58.35	00:24:33.25	+00:06:46 (28.3%)	4:47	12.5 (71.8%)
63	KRAWIEC Mariusz	939		M40	63	00:00:18	00:24:00.15	00:24:18.60	+00:06:48 (28.3%)	4:48	12.5 (71.8%)
64	STASIEWSKI Mariusz	520	TRISPACE	M40	64	00:00:38	00:24:02.40	00:24:40.60	+00:06:50 (28.5%)	4:48	12.5 (71.8%)
64	ROEDING Robert	187		M40	65	00:01:01	00:24:02.40	00:25:04.20	+00:06:50 (28.5%)	4:48	12.5 (71.8%)
66	GRAPATYN Piotr	881	SŁUŻBA WIĘZIENNA	M40	66	00:00:19	00:24:04.55	00:24:23.55	+00:06:52 (28.6%)	4:48	12.5 (71.8%)
67	HEIDAK Piotr	1035		M40	67	00:00:47	00:24:04.90	00:24:51.95	+00:06:52 (28.6%)	4:48	12.5 (71.8%)
68	KOŚMIŃSKI Krzysztof	1408		M40	68	00:00:32	00:24:06.30	00:24:38.55	+00:06:54 (28.6%)	4:49	12.4 (71.3%)
69	JURSKI Robert	946		M40	69	00:01:24	00:24:08.55	00:25:32.90	+00:06:56 (28.8%)	4:49	12.4 (71.3%)
70	ANISZEWSKI Dariusz	900		M40	70	00:00:28	00:24:11.50	00:24:39.80	+00:06:59 (28.9%)	4:50	12.4 (71.3%)
71	MUSZYŃSKI Radosław	1391		M40	71	00:00:57	00:24:15.30	00:25:13.00	+00:07:03 (29.1%)	4:51	12.4 (71.3%)
72	WESOŁOWSKI Dariusz	1100	ICH DWOJE	M40	72	00:01:08	00:24:15.40	00:25:23.40	+00:07:03 (29.1%)	4:51	12.4 (71.3%)
73	DOLATA Grzegorz	413	OCELOTY	M40	73	00:00:54	00:24:23.20	00:25:17.55	+00:07:11 (29.5%)	4:52	12.3 (70.7%)
74	AUGUSTYNOWICZ Andrzej	723	RWT W BYDGOSZCZY	M40	74	00:01:16	00:24:25.35	00:25:41.60	+00:07:13 (29.6%)	4:53	12.3 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	SZAFKOWSKI Arek	1414	SOLECCY BIEGACZE	M40	75	00:00:34	00:24:26.30	00:25:00.95	+00:07:14 (29.6%)	4:53	12.3 (70.7%)
76	CUSKE Roman	992		M40	76	00:00:23	00:24:28.85	00:24:52.05	+00:07:16 (29.7%)	4:53	12.3 (70.7%)
77	KUJAWA Sebastian	891	BBL INOWROCŁAW	M40	77	00:00:52	00:24:32.05	00:25:24.85	+00:07:20 (29.9%)	4:54	12.2 (70.1%)
78	RZEPczyński Tomasz	1139	DYNAMO SKARPA	M40	78	00:00:25	00:24:42.55	00:25:08.05	+00:07:30 (30.4%)	4:56	12.1 (69.5%)
79	CEGIELSKI Maciej	885	SZKARŁATNI TEAM	M40	79	00:00:11	00:24:47.65	00:24:59.45	+00:07:35 (30.6%)	4:57	12.1 (69.5%)
80	SKIERA Kris	399	ROLL&RUN KRISMEDIA TEAM	M40	80	00:00:17	00:24:48.40	00:25:05.40	+00:07:36 (30.7%)	4:57	12.1 (69.5%)
81	DURKA Krzysztof	1357		M40	81	00:00:09	00:24:49.55	00:24:59.15	+00:07:37 (30.7%)	4:58	12.1 (69.5%)
82	ZWIETRZAŁA Adrian	1032		M40	82	00:00:56	00:24:50.75	00:25:46.75	+00:07:38 (30.8%)	4:58	12.1 (69.5%)
83	SZPERKOWSKI Tomasz	971		M40	83	00:00:52	00:25:07.70	00:26:00.50	+00:07:55 (31.6%)	5:01	11.9 (68.4%)
84	SCIGOCKI Waldemar	758		M40	84	00:00:52	00:25:08.20	00:26:00.50	+00:07:56 (31.6%)	5:01	11.9 (68.4%)
85	DROZDOWSKI Krzysiek	360		M40	85	00:00:55	00:25:10.35	00:26:06.30	+00:07:58 (31.7%)	5:02	11.9 (68.4%)
86	SYNAKIEWICZ Adam	1239		M40	86	00:00:57	00:25:15.50	00:26:12.55	+00:08:03 (31.9%)	5:03	11.9 (68.4%)
87	STEFĄSKI Marcin	721		M40	87	00:00:48	00:25:21.65	00:26:09.75	+00:08:09 (32.2%)	5:04	11.8 (67.8%)
88	IWANUSEK Paweł	577	GRUPA BANKIETOWA SPECJAL	M40	88	00:00:22	00:25:27.25	00:25:49.65	+00:08:15 (32.4%)	5:05	11.8 (67.8%)
89	CIEPLINSKI Robert	861		M40	89	00:01:25	00:25:29.80	00:26:55.65	+00:08:17 (32.5%)	5:06	11.8 (67.8%)
90	KOZAKIEWICZ Marcin	1087		M40	90	00:00:27	00:25:30.60	00:25:58.15	+00:08:18 (32.6%)	5:06	11.8 (67.8%)
91	NOWOSIELSKI Marcin	633		M40	91	00:00:59	00:25:36.65	00:26:36.40	+00:08:24 (32.8%)	5:07	11.7 (67.2%)
92	USS Aliaksandr	647		M40	92	00:00:46	00:25:41.75	00:26:28.50	+00:08:29 (33.1%)	5:08	11.7 (67.2%)
93	GORCZYCA Rafał	496		M40	93	00:01:54	00:25:47.30	00:27:42.05	+00:08:35 (33.3%)	5:09	11.6 (66.7%)
94	RADECKI Maciej	1314		M40	94	00:01:39	00:25:56.20	00:27:35.40	+00:08:44 (33.7%)	5:11	11.6 (66.7%)
95	NOWAK Tomasz	379	GORDON RUN	M40	95	00:01:17	00:25:59.10	00:27:16.30	+00:08:47 (33.8%)	5:11	11.5 (66.1%)
96	DOLNY Marcin	1341		M40	96	00:00:34	00:26:09.45	00:26:43.60	+00:08:57 (34.2%)	5:13	11.5 (66.1%)
97	GOŁCZYŃSKI Tomasz	622		M40	97	00:00:46	00:26:15.10	00:27:01.85	+00:09:03 (34.5%)	5:15	11.4 (65.5%)
98	KARSKI Marcin	704		M40	98	00:01:26	00:26:17.55	00:27:44.15	+00:09:05 (34.6%)	5:15	11.4 (65.5%)
99	SZMELTER Michał	656		M40	99	00:00:52	00:26:25.50	00:27:18.45	+00:09:13 (34.9%)	5:17	11.3 (64.9%)
100	BŁĄŻEJEWSKI Dariusz	993		M40	100	00:01:15	00:26:27.90	00:27:43.50	+00:09:15 (35.0%)	5:17	11.3 (64.9%)
101	DULIŃSKI Jacek	1315		M40	101	00:01:27	00:26:31.10	00:27:58.20	+00:09:19 (35.1%)	5:18	11.3 (64.9%)
102	IWAN Remigiusz	1419		M40	102	00:01:12	00:26:33.70	00:27:46.65	+00:09:21 (35.2%)	5:18	11.3 (64.9%)
103	NOWICKI Adam	272		M40	103	00:00:26	00:26:46.60	00:27:12.80	+00:09:34 (35.8%)	5:21	11.2 (64.4%)
104	MATUSZCZAK Tomasz	926		M40	104	00:00:32	00:26:50.75	00:27:23.20	+00:09:38 (35.9%)	5:22	11.2 (64.4%)
105	MLICKI Marcin	441		M40	105	00:00:28	00:26:56.40	00:27:25.20	+00:09:44 (36.2%)	5:23	11.1 (63.8%)
106	NURKIEWICZ Jarosław	273	KUNG FU PANDY 3	M40	106	00:01:43	00:26:56.75	00:28:40.35	+00:09:44 (36.2%)	5:23	11.1 (63.8%)
107	STASZKIEWICZ Radosław	77	CZARNE STOPY SM	M40	107	00:00:55	00:27:13.80	00:28:09.75	+00:10:01 (36.8%)	5:26	11 (63.2%)
108	KRYSZTOFIAK Robert	249		M40	108	00:00:35	00:27:17.00	00:27:52.75	+00:10:05 (37.0%)	5:27	11 (63.2%)
109	WAWRZYŃIAK Arkadiusz	851	DART TAVERNA NAKŁO	M40	109	00:00:31	00:27:25.85	00:27:57.60	+00:10:13 (37.3%)	5:29	10.9 (62.6%)
110	WIERSKI Jarosław	170	KUJAWSKO-POMORSKIE.PL	M40	110	00:00:50	00:27:33.10	00:28:23.95	+00:10:21 (37.6%)	5:30	10.9 (62.6%)
111	MARĆ Robert	864		M40	111	00:01:41	00:27:34.85	00:29:15.90	+00:10:22 (37.6%)	5:30	10.9 (62.6%)
112	SIERANT Paweł	860		M40	112	00:00:12	00:27:48.25	00:28:00.50	+00:10:36 (38.1%)	5:33	10.8 (62.1%)
113	SZUBARTOWSKI Robert	989		M40	113	00:01:25	00:27:59.90	00:29:25.70	+00:10:47 (38.6%)	5:36	10.7 (61.5%)
114	PIETRASZAK Tomasz	145	RUN BYDGOSZCZ	M40	114	00:00:54	00:28:05.30	00:28:59.35	+00:10:53 (38.8%)	5:37	10.7 (61.5%)
115	LEWANDOWSKI Andrzej	570		M40	115	00:01:33	00:28:07.15	00:29:40.40	+00:10:55 (38.8%)	5:37	10.7 (61.5%)
116	OWIEŚNY Leszek	1286		M40	116	00:01:34	00:28:39.15	00:30:13.60	+00:11:27 (40.0%)	5:43	10.5 (60.3%)
117	SOBOWIEC Szymon	404	SOBOWIEC TEAM	M40	117	00:00:20	00:28:40.60	00:29:00.80	+00:11:28 (40.0%)	5:44	10.5 (60.3%)
118	PIECHOWIAK Dawid	499		M40	118	00:01:23	00:28:41.50	00:30:05.35	+00:11:29 (40.1%)	5:44	10.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	KRUK Krzysztof	586		M40	119	00:01:23	00:28:53.90	00:30:17.30	+00:11:41 (40.5%)	5:46	10.4 (59.8%)
120	GODZIK Kamil	796	DYNAMO SKARPA	M40	120	00:00:41	00:28:54.50	00:29:35.90	+00:11:42 (40.5%)	5:46	10.4 (59.8%)
121	WYPIJEWSKI Sebastian	1301	BRACIA DALTON	M40	121	00:00:54	00:28:56.30	00:29:50.45	+00:11:44 (40.6%)	5:47	10.4 (59.8%)
122	TWARDOWSKI Wojciech	309	RUN BYDGOSZCZ	M40	122	00:01:08	00:28:59.35	00:30:07.65	+00:11:47 (40.7%)	5:47	10.4 (59.8%)
123	ŚWIATŁY Andrzej	1405		M40	123	00:00:55	00:29:08.55	00:30:04.50	+00:11:56 (41.0%)	5:49	10.3 (59.2%)
124	BOGUCKI Mariusz	978	-	M40	124	00:00:59	00:29:10.80	00:30:10.25	+00:11:58 (41.1%)	5:50	10.3 (59.2%)
125	MIKOŁAJEWSKI Jacek	263	ROWERBYDGOSZCZ.PL	M40	125	00:01:13	00:29:22.50	00:30:35.55	+00:12:10 (41.4%)	5:52	10.2 (58.6%)
126	MODRZEWSKI Łukasz	436		M40	126	00:00:30	00:29:31.00	00:30:01.55	+00:12:19 (41.7%)	5:54	10.2 (58.6%)
127	PASIEKA Tomasz	711		M40	127	00:01:19	00:29:32.60	00:30:52.35	+00:12:20 (41.8%)	5:54	10.2 (58.6%)
128	CHODOR Tomasz	204		M40	128	00:00:40	00:29:34.90	00:30:15.25	+00:12:22 (41.9%)	5:55	10.1 (58.0%)
129	OKONEK Marcin	1042	KLUBZDROWIA24H	M40	129	00:00:56	00:29:35.35	00:30:31.70	+00:12:23 (41.9%)	5:55	10.1 (58.0%)
130	ŻURAWSKI Michał	921	RUN LOTTO-BYDGOSTIA	M40	130	00:01:31	00:29:35.95	00:31:07.70	+00:12:24 (41.9%)	5:55	10.1 (58.0%)
131	PÓŁGĘSEK Rafał	63		M40	131	00:02:04	00:29:41.60	00:31:46.10	+00:12:29 (42.1%)	5:56	10.1 (58.0%)
132	SZULAKOWSKI Tomasz	1175	KURCZE JAK DALEKO	M40	132	00:01:22	00:29:51.95	00:31:14.55	+00:12:40 (42.4%)	5:58	10 (57.5%)
133	ŁABENDA Piotr	889	TERENOWA MASAKRA TEAM	M40	133	00:01:22	00:29:52.05	00:31:14.55	+00:12:40 (42.4%)	5:58	10 (57.5%)
134	SZULAKOWSKI Rafał	621	TERENOWA MASAKRA TEAM	M40	134	00:01:19	00:29:54.60	00:31:14.45	+00:12:42 (42.5%)	5:59	10 (57.5%)
135	OSIŃSKI Adam	1128	AA	M40	135	00:01:29	00:29:55.85	00:31:25.60	+00:12:43 (42.5%)	5:59	10 (57.5%)
136	JANIK Mariusz	937		M40	136	00:01:10	00:30:02.10	00:31:13.00	+00:12:50 (42.7%)	6:00	10 (57.5%)
137	KMIEĆ Norbert	348		M40	137	00:00:28	00:30:17.00	00:30:45.80	+00:13:05 (43.2%)	6:03	9.9 (56.9%)
138	WRZYSZCZ Adam	1181		M40	138	00:01:34	00:30:31.70	00:32:05.70	+00:13:19 (43.7%)	6:06	9.8 (56.3%)
139	GABRIELSKI Dariusz	998	KLUBZDROWIA24H	M40	139	00:00:57	00:30:33.65	00:31:31.50	+00:13:21 (43.7%)	6:06	9.8 (56.3%)
140	KOZIŃSKI Tomasz	718	BYDGOSKIE ŻÓŁWIE	M40	140	00:01:02	00:30:43.80	00:31:46.35	+00:13:31 (44.0%)	6:08	9.8 (56.3%)
141	PATRZAŁEK Tomasz	508		M40	141	00:01:05	00:31:14.45	00:32:19.95	+00:14:02 (44.9%)	6:14	9.6 (55.2%)
142	LEMIEŻ Andrzej	265	SOLECCY BIEGACZE	M40	142	00:00:15	00:31:15.05	00:31:30.05	+00:14:03 (45.0%)	6:15	9.6 (55.2%)
143	GROCHOWALSKI Arkadiusz	1124		M40	143	00:01:09	00:31:23.80	00:32:32.80	+00:14:11 (45.2%)	6:16	9.6 (55.2%)
144	GRALAK Jacek	476		M40	144	00:01:01	00:31:34.00	00:32:35.65	+00:14:22 (45.5%)	6:18	9.5 (54.6%)
145	PUCHALSKI Rafał	1049	KLUBZDROWIA24H	M40	145	00:00:57	00:31:49.85	00:32:47.25	+00:14:37 (46.0%)	6:22	9.4 (54.0%)
146	ROBAKOWSKI Waldemar	1346		M40	146	00:00:00	00:31:53.05	00:31:53.05	+00:14:41 (46.1%)	6:22	9.4 (54.0%)
147	SIKORSKI Norbert	1311		M40	147	00:01:43	00:32:22.45	00:34:06.10	+00:15:10 (46.9%)	6:28	9.3 (53.4%)
148	WRZESIŃSKI Wojciech	62	FORDONRUNNERS	M40	148	00:01:29	00:32:29.50	00:33:58.80	+00:15:17 (47.1%)	6:29	9.2 (52.9%)
149	RATAJ Maciej	455		M40	149	00:01:06	00:32:29.90	00:33:36.80	+00:15:17 (47.1%)	6:30	9.2 (52.9%)
150	BOREK Marcin	1256		M40	150	00:01:14	00:32:40.90	00:33:55.50	+00:15:28 (47.4%)	6:32	9.2 (52.9%)
151	KLIMKIEWICZ Maciej	769		M40	151	00:01:17	00:33:44.00	00:35:01.60	+00:16:32 (49.0%)	6:44	8.9 (51.1%)
152	PIETROWSKI Tomasz	1395		M40	152	00:00:05	00:33:52.75	00:33:57.85	+00:16:40 (49.2%)	6:46	8.9 (51.1%)
153	PRZERACKI Mirosław	416	BYDGOSZCZ	M40	153	00:01:34	00:34:39.45	00:36:14.40	+00:17:27 (50.4%)	6:56	8.7 (50.0%)
154	OLECHNOWICZ Tomasz	753	SPORT SMUKAŁA OPŁAWIEC JANOWO	M40	154	00:02:20	00:34:40.00	00:37:00.95	+00:17:28 (50.4%)	6:56	8.7 (50.0%)
155	KONARZEWSKI Arkadiusz	1306		M40	155	00:01:11	00:35:35.05	00:36:46.95	+00:18:23 (51.7%)	7:07	8.4 (48.3%)
156	ORLIŃSKI Andrzej	1287		M40	156	00:01:39	00:35:41.15	00:37:20.20	+00:18:29 (51.8%)	7:08	8.4 (48.3%)
157	DUL Marcin	917		M40	157	00:01:28	00:35:58.05	00:37:26.10	+00:18:46 (52.2%)	7:11	8.3 (47.7%)
158	GORZYCKI Dariusz	1014	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	158	00:00:37	00:36:23.95	00:37:01.55	+00:19:12 (52.7%)	7:16	8.2 (47.1%)
159	FARBOTKO Marcin	1085	GALACTICA.PL	M40	159	00:01:32	00:37:29.60	00:39:01.80	+00:20:17 (54.1%)	7:29	8 (46.0%)
160	RUTKOWSKI Adam	638		M40	160	00:01:32	00:37:30.15	00:39:02.25	+00:20:18 (54.1%)	7:30	8 (46.0%)
161	JANKOWSKI Rafał	6		M40	161	00:01:37	00:37:53.30	00:39:30.70	+00:20:41 (54.6%)	7:34	7.9 (45.4%)

