



Organiser: HVACR.pl
Date: 2017-05-14
Place: Bydgoszcz
Distance: 10 km

III BIEG INSTALATORA 2017



Classification: Bydgoszczanin

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	LUTOWSKI Wojciech	475	TKKF KOLEJARZ BYDGOSZCZ	M-30	2		00:00:01	00:36:15.90	00:36:17.45		3:37	16.5 (100%)
2	POLANSKI Tomasz	299		M-40	1	Ciepłobud Bydgoszcz	00:00:01	00:36:56.85	00:36:58.15	+00:00:40 (1.8%)	3:41	16.2 (98.2%)
3	KOŁAKOWSKI Tomasz	173	HYDROTERM	M-20	2	Hydroterm Krzysztof Chudy	00:00:02	00:38:19.30	00:38:21.50	+00:02:03 (5.4%)	3:49	15.7 (95.2%)
4	TOMCZYŃSKI Bartosz	393		M-30	3	Marsystem	00:00:02	00:38:57.85	00:39:00.50	+00:02:41 (6.9%)	3:53	15.4 (93.3%)
5	ŁĄCZNY Jarosław	232		M-30	4		00:00:02	00:39:01.05	00:39:03.95	+00:02:45 (7.1%)	3:54	15.4 (93.3%)
6	ŁAZ Kamil	231	RUN BYDGOSZCZ	M-30	5		00:00:01	00:39:56.40	00:39:57.60	+00:03:40 (9.2%)	3:59	15 (90.9%)
7	KOSZEWSKI Michał	180		M-30	7		00:00:06	00:40:11.35	00:40:17.50	+00:03:55 (9.8%)	4:01	14.9 (90.3%)
8	RADECKI Przemysław	308		M-40	4		00:00:05	00:41:08.00	00:41:13.30	+00:04:52 (11.8%)	4:06	14.6 (88.5%)
9	CHOLEWIŃSKI Dariusz	48		M-40	5	CGH Polska	00:00:02	00:41:42.95	00:41:45.55	+00:05:27 (13.1%)	4:10	14.4 (87.3%)
10	TUCHOLSKI Bartłomiej	396		M-20	8		00:00:09	00:42:26.35	00:42:35.80	+00:06:10 (14.5%)	4:14	14.1 (85.5%)
11	MAĆKOWSKI Maciej	236	MYŚLĘCINEK BDG	M-30	10		00:00:02	00:42:52.50	00:42:54.75	+00:06:36 (15.4%)	4:17	14 (84.8%)
12	RACZYŃSKI Krzysztof	307		M-50	1	OMNIA Sp. J. K. i Z. Raczyńscy	00:00:08	00:43:01.60	00:43:10.10	+00:06:45 (15.7%)	4:18	13.9 (84.2%)
13	LEPRINCE Ludovic	220		M-40	8		00:00:02	00:43:16.65	00:43:19.20	+00:07:00 (16.2%)	4:19	13.9 (84.2%)
14	WESOŁOWSKI Roland	411		M-30	12		00:00:09	00:43:31.25	00:43:40.60	+00:07:15 (16.7%)	4:21	13.8 (83.6%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	DAŃCZUK Jerzy	67		M-50	2		00:00:04	00:43:36.65	00:43:41.10	+00:07:20 (16.8%)	4:21	13.8 (83.6%)
16	CZYŻNIKIEWICZ Paweł	459		M-20	9		00:00:01	00:43:37.80	00:43:39.40	+00:07:21 (16.9%)	4:21	13.8 (83.6%)
17	BARTKOWIAK Rafał	14		M-40	11		00:00:02	00:44:30.25	00:44:32.70	+00:08:14 (18.5%)	4:27	13.5 (81.8%)
18	MAKOWSKI Sławomir	238	RUN BYDGOSZCZ	M-40	13		00:00:24	00:44:40.45	00:45:04.65	+00:08:24 (18.8%)	4:28	13.4 (81.2%)
19	GWITT Bartosz	129		M-30	20		00:00:09	00:44:58.65	00:45:08.40	+00:08:42 (19.4%)	4:29	13.3 (80.6%)
20	ROMANOWSKI Michał	319		M-30	22	ATELBUD	00:00:01	00:45:08.00	00:45:09.50	+00:08:52 (19.6%)	4:30	13.3 (80.6%)
21	DĄBROWSKI Jarosław	69		M-20	11		00:00:29	00:45:47.75	00:46:17.35	+00:09:31 (20.8%)	4:34	13.1 (79.4%)
22	KĘDZIERSKI Rafał	160		M-40	14		00:00:05	00:45:49.40	00:45:54.80	+00:09:33 (20.9%)	4:34	13.1 (79.4%)
23	GŁÓD Arkadiusz	101		M-40	15		00:00:09	00:46:02.50	00:46:11.95	+00:09:46 (21.2%)	4:36	13 (78.8%)
24	KUŁAKOWSKI Krzysztof	215	RUN PASJA	M-30	26	P.W. Jakub Oskiewicz	00:00:06	00:46:08.65	00:46:14.85	+00:09:52 (21.4%)	4:36	13 (78.8%)
25	WIECZOREK Łukasz	413		M-30	28		00:00:22	00:46:10.00	00:46:32.85	+00:09:54 (21.4%)	4:37	13 (78.8%)
26	OLEJNICZAK Marek	272		M-40	17		00:00:05	00:46:21.80	00:46:27.50	+00:10:05 (21.8%)	4:38	12.9 (78.2%)
27	DĘBSKI Adrian	74		M-30	31		00:00:06	00:46:35.70	00:46:42.05	+00:10:19 (22.2%)	4:39	12.9 (78.2%)
28	GZYL Mikołaj	131	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	33		00:00:11	00:46:52.60	00:47:04.20	+00:10:36 (22.6%)	4:41	12.8 (77.6%)
29	KUJAWA Piotr	211		M-40	20		00:00:16	00:46:59.00	00:47:15.00	+00:10:43 (22.8%)	4:41	12.8 (77.6%)
30	WŁODARCZYK Wojciech	430		M-50	7		00:00:07	00:47:04.50	00:47:12.40	+00:10:48 (23.0%)	4:42	12.7 (77.0%)
31	LIPSKI Krzysztof	225	ALLIANZ RUNNING TEAM	M-40	21		00:00:26	00:47:15.90	00:47:42.55	+00:11:00 (23.3%)	4:43	12.7 (77.0%)
32	GMYS Tomasz	105		M-30	35		00:00:04	00:47:28.60	00:47:32.90	+00:11:12 (23.6%)	4:44	12.6 (76.4%)
33	WNUCZYŃSKI Andrzej	432	ORANGE POLSKA	M-40	26		00:00:25	00:48:09.10	00:48:34.35	+00:11:53 (24.7%)	4:48	12.5 (75.8%)
34	KRZYŻANOWSKI Robert	206	RUN PASJA	M-40	27	ANDRO	00:00:06	00:48:09.40	00:48:15.90	+00:11:53 (24.7%)	4:48	12.5 (75.8%)
35	TOMKIEL Piotr	394		M-30	39		00:00:20	00:48:29.30	00:48:49.95	+00:12:13 (25.2%)	4:50	12.4 (75.2%)
36	MAŁKIŃSKI Józef	242		M-60+	2		00:00:03	00:48:37.75	00:48:41.70	+00:12:21 (25.4%)	4:51	12.3 (74.5%)
37	ŚLEFARSKI Jacek	381	TRIFRIENDS	M-30	45		00:00:20	00:49:05.60	00:49:25.70	+00:12:49 (26.1%)	4:54	12.2 (73.9%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	GOŁĘBIEWSKI Piotr	473		M-40	31		00:00:12	00:49:10.35	00:49:22.65	+00:12:54 (26.2%)	4:55	12.2 (73.9%)
39	LUZAK Mirosław	230		M-50	9	MWiK Bydgoszcz	00:00:11	00:49:11.80	00:49:22.80	+00:12:55 (26.3%)	4:55	12.2 (73.9%)
40	KOWALSKI Jacek	183		M-40	32		00:00:14	00:49:18.25	00:49:33.00	+00:13:02 (26.4%)	4:55	12.2 (73.9%)
41	DEMBEK Maciej	72		M-20	15		00:00:22	00:49:31.65	00:49:54.50	+00:13:15 (26.8%)	4:57	12.1 (73.3%)
42	KOWALIK Waldemar	182		M-40	34		00:00:19	00:49:38.20	00:49:58.10	+00:13:22 (26.9%)	4:57	12.1 (73.3%)
43	OLECHNOWICZ Tomasz	271	SM BUDOWLANI	M-40	35	SM Budowlani	00:00:23	00:49:39.00	00:50:02.30	+00:13:23 (27.0%)	4:57	12.1 (73.3%)
44	GORDON Roman	112	RUN BYDGOSZCZ	M-60+	3		00:00:03	00:50:01.05	00:50:04.75	+00:13:45 (27.5%)	5:00	12 (72.7%)
45	WOJCIECHOWSKI Grzegorz	433		M-20	16		00:00:23	00:50:11.30	00:50:34.50	+00:13:55 (27.7%)	5:01	12 (72.7%)
46	BOLLIN Łukasz	29		M-30	50	GFI	00:00:25	00:50:28.90	00:50:54.50	+00:14:13 (28.2%)	5:02	11.9 (72.1%)
47	LEWICKI Konrad	222	ŻANDARMII Z BYDGOSZCZY	M-30	51		00:00:34	00:50:31.50	00:51:05.95	+00:14:15 (28.2%)	5:03	11.9 (72.1%)
48	NAGOW Michał	266	RUN BYDGOSZCZ	M-40	37		00:00:12	00:50:33.65	00:50:46.40	+00:14:17 (28.3%)	5:03	11.9 (72.1%)
49	MINTA Adam	259		M-30	52	Proj-Przem-Projekt Sp. z o.o.	00:00:09	00:50:37.00	00:50:46.80	+00:14:21 (28.4%)	5:03	11.9 (72.1%)
50	BARANOWICZ Mikołaj	10		M-30	54		00:00:08	00:50:41.95	00:50:50.00	+00:14:26 (28.5%)	5:04	11.8 (71.5%)
51	SZYSZKA Radosław	379		M-30	57		00:00:08	00:51:05.05	00:51:13.90	+00:14:49 (29.0%)	5:06	11.7 (70.9%)
52	KAMPER Jarosław	156		M-40	38		00:00:13	00:51:18.85	00:51:32.50	+00:15:02 (29.3%)	5:07	11.7 (70.9%)
53	KUCHCZYŃSKI Adam	208	BÓL TO ŚCIEMA	M-50	12		00:00:35	00:51:19.20	00:51:55.00	+00:15:03 (29.3%)	5:08	11.7 (70.9%)
54	SKUPSZ Jędrzej Kazmierz	345		M-20	21		00:00:42	00:51:23.30	00:52:06.20	+00:15:07 (29.4%)	5:08	11.7 (70.9%)
55	WIŚNIEWSKI Wojciech	425		M-40	39		00:00:27	00:51:27.15	00:51:54.50	+00:15:11 (29.5%)	5:08	11.7 (70.9%)
56	WALUSIAK Miłosz	407		M-30	61		00:00:21	00:51:31.40	00:51:53.05	+00:15:15 (29.6%)	5:09	11.6 (70.3%)
57	DANIELEWSKI Rafał	65		M-30	62		00:00:13	00:51:35.75	00:51:49.45	+00:15:19 (29.7%)	5:09	11.6 (70.3%)
58	WŁOCH Sylwester	429		M-50	13		00:00:14	00:51:37.45	00:51:51.80	+00:15:21 (29.8%)	5:09	11.6 (70.3%)
59	ANDRZEJEWSKI Ryszard	3		M-60+	4		00:00:06	00:51:58.15	00:52:04.95	+00:15:42 (30.2%)	5:11	11.5 (69.7%)
60	KONKEL Bartosz	174		M-30	65	GRAFORM	00:00:24	00:51:58.90	00:52:23.35	+00:15:43 (30.2%)	5:11	11.5 (69.7%)

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61	BUTRYM Piotr	40		M-30	66		00:00:16	00:51:59.75	00:52:16.25	+00:15:43 (30.3%)	5:12	11.5 (69.7%)
62	BUTRYM Dariusz	41		M-40	42		00:00:16	00:51:59.85	00:52:16.25	+00:15:43 (30.3%)	5:12	11.5 (69.7%)
63	KISIEL Tomasz	163	RUN BYDGOSZCZ	M-40	43	Oknoplast	00:00:15	00:52:05.60	00:52:21.45	+00:15:49 (30.4%)	5:12	11.5 (69.7%)
64	KOŚMIŃSKI Krzysztof	181		M-40	44		00:00:30	00:52:08.25	00:52:38.95	+00:15:52 (30.4%)	5:12	11.5 (69.7%)
65	ŚWIĘCICKI Andrzej	385		M-40	45		00:00:18	00:52:16.55	00:52:34.55	+00:16:00 (30.6%)	5:13	11.5 (69.7%)
66	KASZOWICZ Marek	159	RWT W BYDGOSZCZY	M-40	46		00:00:08	00:52:24.15	00:52:32.45	+00:16:08 (30.8%)	5:14	11.5 (69.7%)
67	BUCZKOWSKI Wojciech	39		M-40	47	stalrent	00:00:25	00:52:27.05	00:52:52.60	+00:16:11 (30.9%)	5:14	11.4 (69.1%)
68	BYRTEK Grzegorz	42		M-40	48		00:00:17	00:52:38.40	00:52:56.30	+00:16:22 (31.1%)	5:15	11.4 (69.1%)
69	ŁOBOCKI Krzysztof	233		M-30	70		00:00:14	00:52:47.05	00:53:01.95	+00:16:31 (31.3%)	5:16	11.4 (69.1%)
70	QUAAS Łukasz	306	RUN PASJA	M-30	71		00:00:08	00:52:48.70	00:52:57.55	+00:16:32 (31.3%)	5:16	11.4 (69.1%)
71	SZCZĘSNY Arkadiusz	371	DYNAMO SKARPA	M-30	72		00:00:31	00:53:00.40	00:53:31.95	+00:16:44 (31.6%)	5:18	11.3 (68.5%)
72	KOWALCZYK Tomasz	454	ZP SERWIS	M-40	49	ZP SERWIS	00:00:33	00:53:01.35	00:53:34.85	+00:16:45 (31.6%)	5:18	11.3 (68.5%)
73	BRZUSKIEWICZ Sławomir	38		M-50	15		00:00:17	00:53:22.70	00:53:40.30	+00:17:06 (32.1%)	5:20	11.2 (67.9%)
74	STAWCZYK Dariusz	358		M-40	50		00:00:29	00:53:35.45	00:54:04.80	+00:17:19 (32.3%)	5:21	11.2 (67.9%)
75	AUGUSTYNOWICZ Andrzej	6		M-40	51		00:00:08	00:53:41.30	00:53:49.80	+00:17:25 (32.5%)	5:22	11.2 (67.9%)
76	KRZEMIŃSKI Bartosz	202	RUN PASJA	M-30	74	Art-Deco	00:00:06	00:53:42.20	00:53:49.00	+00:17:26 (32.5%)	5:22	11.2 (67.9%)
77	KOPICKI Mariusz	177		M-40	52		00:00:14	00:53:43.95	00:53:58.10	+00:17:28 (32.5%)	5:22	11.2 (67.9%)
78	KOLANOWSKI Wojciech	171		M-50	17		00:00:25	00:53:55.70	00:54:21.30	+00:17:39 (32.8%)	5:23	11.1 (67.3%)
79	ORŁOWSKI Janusz	275	RUN BYDGOSZCZ	M-40	53	SiMS	00:00:51	00:54:09.45	00:55:01.15	+00:17:53 (33.0%)	5:25	11.1 (67.3%)
80	MUSZKOWSKI Andrzej	479		M-50	19	ATELBUD	00:00:23	00:54:27.50	00:54:51.10	+00:18:11 (33.4%)	5:26	11 (66.7%)
81	BOROWICZ Ireneusz	30		M-30	78		00:00:41	00:54:42.10	00:55:23.50	+00:18:26 (33.7%)	5:28	11 (66.7%)
82	SIERANT Marian	341		M-50	23		00:00:22	00:55:02.60	00:55:25.20	+00:18:46 (34.1%)	5:30	10.9 (66.1%)
83	BLEJA Krystian	24		M-30	79		00:00:28	00:55:05.25	00:55:33.40	+00:18:49 (34.2%)	5:30	10.9 (66.1%)

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84	KRAHL Radosław	190	KLIMAT SOLEC	M-30	80	KLIMAT SOLEC	00:00:39	00:55:05.95	00:55:45.80	+00:18:50 (34.2%)	5:30	10.9 (66.1%)
85	WIECZOREK Jakub	482		M-30	81		00:00:35	00:55:20.85	00:55:56.60	+00:19:04 (34.5%)	5:32	10.8 (65.5%)
86	ANGLART Roman	4		M-50	24		00:00:35	00:55:20.90	00:55:56.40	+00:19:05 (34.5%)	5:32	10.8 (65.5%)
87	GOŁCZYŃSKI Tomasz	108		M-40	56		00:00:18	00:55:22.55	00:55:41.20	+00:19:06 (34.5%)	5:32	10.8 (65.5%)
88	KURA Arkadiusz	216		M-30	85		00:00:44	00:55:46.80	00:56:31.35	+00:19:30 (35.0%)	5:34	10.8 (65.5%)
89	KOZERA Marcin	187		M-40	58		00:00:20	00:56:15.25	00:56:35.80	+00:19:59 (35.5%)	5:37	10.7 (64.8%)
90	CZAJA Jarosław	53		M-30	91		00:00:50	00:57:15.60	00:58:05.80	+00:20:59 (36.7%)	5:43	10.5 (63.6%)
91	JELENIOWSKI Eugeniusz	143		M-50	27	Usługi Inżynieryjne Eugeniusz Jeleniewski	00:00:17	00:57:32.00	00:57:49.30	+00:21:16 (37.0%)	5:45	10.4 (63.0%)
92	SZEIB Robert	372		M-40	61		00:00:07	00:57:52.25	00:58:00.15	+00:21:36 (37.3%)	5:47	10.4 (63.0%)
93	MAŁECKI Tomasz	243		M-30	96		00:00:25	00:58:13.45	00:58:39.30	+00:21:57 (37.7%)	5:49	10.3 (62.4%)
94	ŚLIWIŃSKI Andrzej	382		M-50	28		00:00:43	00:58:17.15	00:59:00.95	+00:22:01 (37.8%)	5:49	10.3 (62.4%)
95	SZMELTER Michał	373		M-40	64		00:00:29	00:58:37.15	00:59:07.05	+00:22:21 (38.1%)	5:51	10.2 (61.8%)
96	WIŚNIEWSKI Włodzimierz	422		M-50	29		00:00:44	00:58:40.10	00:59:24.95	+00:22:24 (38.2%)	5:52	10.2 (61.8%)
97	PRIEWE Paweł	301		M-30	97		00:00:31	00:58:46.00	00:59:17.00	+00:22:30 (38.3%)	5:52	10.2 (61.8%)
98	LEBIODA Tomasz	455	ASPEKT	M-30	101	ASPEKT	00:00:21	00:59:16.05	00:59:37.25	+00:23:00 (38.8%)	5:55	10.1 (61.2%)
99	GRYLEWICZ Tomasz	126		M-30	102		00:00:33	00:59:16.30	00:59:50.20	+00:23:00 (38.8%)	5:55	10.1 (61.2%)
100	WIĘCASZEK Maciej	417		M-40	68		00:00:39	00:59:17.10	00:59:56.70	+00:23:01 (38.8%)	5:55	10.1 (61.2%)
101	GROTT Bartłomiej	123		M-40	69		00:00:33	00:59:19.70	00:59:53.50	+00:23:03 (38.9%)	5:56	10.1 (61.2%)
102	GŁYSZ Dawid	102		M-30	103		00:00:48	00:59:25.70	01:00:14.20	+00:23:09 (39.0%)	5:56	10.1 (61.2%)
103	PRZYBYLSKI Mariusz	303		M-50	30		00:00:19	00:59:27.85	00:59:47.00	+00:23:11 (39.0%)	5:56	10.1 (61.2%)
104	JARZYŃSKI Maciej	138		M-20	38		00:00:51	00:59:28.75	01:00:20.40	+00:23:12 (39.0%)	5:56	10.1 (61.2%)
105	GAJZLER Jerzy	93		M-60+	8		00:00:17	00:59:41.10	00:59:58.90	+00:23:25 (39.2%)	5:58	10.1 (61.2%)
106	WOŁOZYN Kazimierz	435	ROWEROWA BRZOZA/BRZOZA BIEGA	M-60+	9		00:00:08	00:59:45.25	00:59:53.90	+00:23:29 (39.3%)	5:58	10 (60.6%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	APANASIEWICZ Bartosz	477	RUN PASJA	M-30	106		00:00:18	01:00:03.45	01:00:21.55	+00:23:47 (39.6%)	6:00	10 (60.6%)
108	GORGOL Tomasz	113		M-30	107		00:00:18	01:00:03.50	01:00:21.70	+00:23:47 (39.6%)	6:00	10 (60.6%)
109	NOWAK Adam	476	EKSKLUZYWNA PATOLOGIA	M-40	70		00:00:15	01:00:06.00	01:00:21.50	+00:23:50 (39.7%)	6:00	10 (60.6%)
110	MURAS Michał	263		M-40	71		00:00:16	01:00:13.95	01:00:29.95	+00:23:58 (39.8%)	6:01	10 (60.6%)
111	DRWĘCKI Daniel	81	EKO-INSTAL	M-30	109	Eko-Instal	00:00:44	01:00:14.25	01:00:58.80	+00:23:58 (39.8%)	6:01	10 (60.6%)
112	GORBASZEWICZ Lukasz	111		M-30	111		00:00:35	01:00:26.95	01:01:02.80	+00:24:11 (40.0%)	6:02	9.9 (60.0%)
113	ZYGMUNT Robert	448	RUN PASJA	M-40	72		00:00:30	01:00:32.60	01:01:02.80	+00:24:16 (40.1%)	6:03	9.9 (60.0%)
114	ZIELIŃSKI Mateusz	447		M-30	112		00:00:30	01:00:38.75	01:01:09.15	+00:24:22 (40.2%)	6:03	9.9 (60.0%)
115	GROSZEWSKI Grzegorz	122		M-30	113		00:00:07	01:01:24.40	01:01:32.10	+00:25:08 (40.9%)	6:08	9.8 (59.4%)
116	MENKA Adam	252	EKO-INSTAL	M-40	73	Eko-Instal	00:00:32	01:02:03.10	01:02:35.45	+00:25:47 (41.6%)	6:12	9.7 (58.8%)
117	TOMASZEK Sebastian	390		M-30	115		00:00:38	01:02:03.95	01:02:42.00	+00:25:48 (41.6%)	6:12	9.7 (58.8%)
118	JARZYNA Jakub	137		M-30	117		00:00:42	01:03:19.75	01:04:02.15	+00:27:03 (42.7%)	6:20	9.5 (57.6%)
119	ŻMICH Tomasz	450		M-30	118		00:00:49	01:03:20.65	01:04:10.55	+00:27:04 (42.7%)	6:20	9.5 (57.6%)
120	KISIEL Krystian	162	EKIPA BSW	M-30	119		00:00:42	01:03:36.45	01:04:18.50	+00:27:20 (43.0%)	6:21	9.4 (57.0%)
121	GRACZYKOWSKI Andrzej	118		M-40	75		00:00:42	01:04:00.90	01:04:42.90	+00:27:45 (43.3%)	6:24	9.4 (57.0%)
122	SCHMIDT Robert	337		M-40	76	UNI-DOOR	00:00:36	01:04:05.95	01:04:42.80	+00:27:50 (43.4%)	6:24	9.4 (57.0%)
123	WESOŁOWSKI Dariusz	410		M-40	78		00:00:23	01:04:11.75	01:04:35.70	+00:27:55 (43.5%)	6:25	9.3 (56.4%)
124	DRZEWIECKI Mirek	456		M-30	120		00:00:40	01:04:16.70	01:04:56.95	+00:28:00 (43.6%)	6:25	9.3 (56.4%)
125	KRZYŻANOWSKI Wojciech	205		M-40	82		00:00:56	01:04:36.50	01:05:32.55	+00:28:20 (43.9%)	6:27	9.3 (56.4%)
126	CIACHERA Ireneusz	49		M-50	35		00:00:49	01:04:58.70	01:05:48.20	+00:28:42 (44.2%)	6:29	9.2 (55.8%)
127	FRYŻEWSKI Michał	89	BARTODZIEJE RULES	M-40	83	Powerhouse	00:00:48	01:05:16.90	01:06:05.55	+00:29:01 (44.4%)	6:31	9.2 (55.8%)
128	RUTKOWSKI Tomasz	327		M-30	122		00:00:38	01:05:22.00	01:06:00.30	+00:29:06 (44.5%)	6:32	9.2 (55.8%)
129	LUKASIEWICZ Krzysztof	229		M-30	123		00:00:46	01:05:39.65	01:06:25.65	+00:29:23 (44.8%)	6:33	9.1 (55.2%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	BIERYT Arkadiusz	20		M-50	36		00:00:03	01:06:55.20	01:06:58.30	+00:30:39 (45.8%)	6:41	9 (54.5%)
131	KAPELIŃSKI Stanisław	158		M-50	37		00:00:28	01:08:20.50	01:08:49.10	+00:32:04 (46.9%)	6:50	8.8 (53.3%)
132	PISANKO Marcin	458	ZP SERWIS	M-30	128	ZP SERWIS	00:00:51	01:08:34.45	01:09:25.45	+00:32:18 (47.1%)	6:51	8.8 (53.3%)
133	JANICKI Robert	481	RUN BYDGOSZCZ	M-30	129		00:00:05	01:09:10.60	01:09:16.55	+00:32:54 (47.6%)	6:55	8.7 (52.7%)
134	IGNATOWICZ Michał	132		M-30	130	Eko-Instal	00:00:45	01:09:16.90	01:10:02.30	+00:33:01 (47.7%)	6:55	8.7 (52.7%)
135	NAWROCKI Adam	267	ASPEKT	M-40	86	ASPEKT	00:00:21	01:09:23.00	01:09:44.70	+00:33:07 (47.7%)	6:56	8.6 (52.1%)
136	RYMARKIEWICZ Sławomir	330		M-40	88		00:00:36	01:09:38.95	01:10:15.50	+00:33:23 (47.9%)	6:57	8.6 (52.1%)
137	NOWACKI Leszek	457	ZP SERWIS	M-60+	12	ZP SERWIS	00:00:51	01:12:09.45	01:13:00.55	+00:35:53 (49.7%)	7:12	8.3 (50.3%)
138	DRAHEIM Łukasz	79	ASPEKT	M-20	41	ASPEKT	00:00:21	01:13:00.70	01:13:22.65	+00:36:44 (50.3%)	7:18	8.2 (49.7%)
139	BRONKALLA Karol	32	EKO-INSTAL	M-30	136	Centrum Pomp Ciepła Karol Bronkalla	00:00:44	01:29:01.20	01:29:46.10	+00:52:45 (59.3%)	8:54	6.7 (40.6%)

Total 139 results.