



Organizator:
Data:
Miejsce:
Dystans:

HVACR.pl
2017-05-14
Bydgoszcz
10 km

III BIEG INSTALATORA 2017

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DEMBOWSKI Mariusz	480	H+H POLSKA	M-30	1	H+H Polska	00:00:02	00:34:34.70	00:34:37.30		3:27	17.3 (100%)
2	LUTOWSKI Wojciech	475	TKKF KOLEJARZ BYDGOSZCZ	M-30	2		00:00:01	00:36:15.90	00:36:17.45	+00:01:41 (4.7%)	3:37	16.5 (95.4%)
3	TOMCZYŃSKI Bartosz	393		M-30	3	Marsystem	00:00:02	00:38:57.85	00:39:00.50	+00:04:23 (11.3%)	3:53	15.4 (89.0%)
4	ŁĄCZNY Jarosław	232		M-30	4		00:00:02	00:39:01.05	00:39:03.95	+00:04:26 (11.4%)	3:54	15.4 (89.0%)
5	ŁAZ Kamil	231	RUN BYDGOSZCZ	M-30	5		00:00:01	00:39:56.40	00:39:57.60	+00:05:21 (13.4%)	3:59	15 (86.7%)
6	BARTCZAK Łukasz	12	TEAMOCHAL	M-30	6	Technika Sanitarna Bartosz Pater	00:00:03	00:40:04.75	00:40:07.80	+00:05:30 (13.7%)	4:00	15 (86.7%)
7	KOSZEWSKI Michał	180		M-30	7		00:00:06	00:40:11.35	00:40:17.50	+00:05:36 (14.0%)	4:01	14.9 (86.1%)
8	KRYSKE Mariusz	200	SPÓJNIA BIAŁE BŁOTA	M-30	8		00:00:02	00:40:50.15	00:40:52.20	+00:06:15 (15.3%)	4:05	14.7 (85.0%)
9	DANIELEWSKI Mariusz	64	DRUŻYNA SZPIKU	M-30	9		00:00:10	00:40:51.50	00:41:01.85	+00:06:16 (15.4%)	4:05	14.7 (85.0%)
10	MAĆKOWSKI Maciej	236	MYŚLĘCINEK BDG	M-30	10		00:00:02	00:42:52.50	00:42:54.75	+00:08:17 (19.4%)	4:17	14 (80.9%)
11	PRZYBYSZ Marcin	304		M-30	11		00:00:02	00:43:05.90	00:43:08.80	+00:08:31 (19.8%)	4:18	13.9 (80.3%)
12	WESOŁOWSKI Roland	411		M-30	12		00:00:09	00:43:31.25	00:43:40.60	+00:08:56 (20.5%)	4:21	13.8 (79.8%)
13	LEWAŃCZYK Marcin	221	AKADEMIA BIEGOWA AMATOR KIEŁPINO	M-30	13		00:00:04	00:43:33.60	00:43:37.70	+00:08:58 (20.6%)	4:21	13.8 (79.8%)
14	SZYCHOWSKI Jarosław	376		M-30	14		00:00:10	00:43:40.90	00:43:51.50	+00:09:06 (20.8%)	4:22	13.7 (79.2%)

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15	SARNECKI Michał	335	ATI SYSTEMY ELEKTRONICZNE	M-30	15	ATI Systemy Elektroniczne	00:00:37	00:43:54.20	00:44:31.60	+00:09:19 (21.2%)	4:23	13.7 (79.2%)
16	DURCZAK Jerzy	83		M-30	16		00:00:09	00:44:00.35	00:44:09.70	+00:09:25 (21.4%)	4:24	13.6 (78.6%)
17	FLORIAŃCZYK Damian	87	H2O TEAM	M-30	17	MWiO sp. z o.o. Grudziądz	00:00:04	00:44:12.55	00:44:17.40	+00:09:37 (21.8%)	4:25	13.6 (78.6%)
18	PAWLAK Bartosz	288	WODKAN S.A.	M-30	18	WODKAN Przedsiębiorstwo Wodociągów i Kanalizacji S.A.	00:00:06	00:44:31.90	00:44:37.90	+00:09:57 (22.4%)	4:27	13.5 (78.0%)
19	KOZIŃSKI Marek	188		M-30	19		00:00:03	00:44:49.90	00:44:53.55	+00:10:15 (22.9%)	4:29	13.4 (77.5%)
20	GWITT Bartosz	129		M-30	20		00:00:09	00:44:58.65	00:45:08.40	+00:10:23 (23.1%)	4:29	13.3 (76.9%)
21	SMOLIŃSKI Piotr	348		M-30	21		00:00:22	00:45:06.35	00:45:29.15	+00:10:31 (23.3%)	4:30	13.3 (76.9%)
22	ROMANOWSKI Michał	319		M-30	22	ATELBUD	00:00:01	00:45:08.00	00:45:09.50	+00:10:33 (23.4%)	4:30	13.3 (76.9%)
23	PAWEŁ MARCZYŃSKI Marshall	287	PAŁUKI RUNNING TEAM	M-30	23		00:00:21	00:45:10.25	00:45:31.90	+00:10:35 (23.4%)	4:31	13.3 (76.9%)
24	WTOREK Tomasz	439	H2O TEAM	M-30	24	MWiO sp. z o.o. Grudziądz	00:00:04	00:45:25.80	00:45:30.10	+00:10:51 (23.9%)	4:32	13.2 (76.3%)
25	PARUSZEWSKI Robert	284		M-30	25		00:00:22	00:45:38.45	00:46:00.70	+00:11:03 (24.2%)	4:33	13.1 (75.7%)
26	KUŁAKOWSKI Krzysztof	215	RUN PASJA	M-30	26	P.W. Jakub Oskiewicz	00:00:06	00:46:08.65	00:46:14.85	+00:11:33 (25.1%)	4:36	13 (75.1%)
27	WYSOCKI Piotr	440	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	27		00:00:09	00:46:09.65	00:46:19.55	+00:11:34 (25.1%)	4:37	13 (75.1%)
28	WIECZOREK Łukasz	413		M-30	28		00:00:22	00:46:10.00	00:46:32.85	+00:11:35 (25.1%)	4:37	13 (75.1%)
29	MUCHA Aleksander	262	SALAMANDER RUNNING TEAM	M-30	29		00:00:45	00:46:22.10	00:47:07.55	+00:11:47 (25.4%)	4:38	12.9 (74.6%)
30	ANDRZEJEWSKI Paweł	2		M-30	30		00:00:08	00:46:28.05	00:46:36.05	+00:11:53 (25.6%)	4:38	12.9 (74.6%)
31	DĘBSKI Adrian	74		M-30	31		00:00:06	00:46:35.70	00:46:42.05	+00:12:01 (25.8%)	4:39	12.9 (74.6%)
32	WILK Paweł	419	GALOPUJĄCE ŚLIMAKI	M-30	32	P.W. WoKanCo	00:00:12	00:46:50.20	00:47:02.65	+00:12:15 (26.2%)	4:41	12.8 (74.0%)
33	GZYL Mikołaj	131	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	33		00:00:11	00:46:52.60	00:47:04.20	+00:12:17 (26.2%)	4:41	12.8 (74.0%)
34	PAWŁOWSKI Marcin	289		M-30	34		00:00:12	00:46:54.45	00:47:06.50	+00:12:19 (26.3%)	4:41	12.8 (74.0%)
35	GMYS Tomasz	105		M-30	35		00:00:04	00:47:28.60	00:47:32.90	+00:12:53 (27.2%)	4:44	12.6 (72.8%)
36	KAMIŃSKI Bartosz	155	SOLUM TRI TEAM	M-30	36	SOLUM Bartosz Kamiński	00:00:21	00:47:31.05	00:47:52.10	+00:12:56 (27.2%)	4:45	12.6 (72.8%)
37	GAJEWSKI Maciej	92		M-30	37		00:00:12	00:47:46.80	00:47:59.00	+00:13:12 (27.6%)	4:46	12.6 (72.8%)

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38	ZARECKI Piotr	444	PAŁUKI RUNNING TEAM	M-30	38		00:00:21	00:47:58.75	00:48:20.40	+00:13:24 (27.9%)	4:47	12.5 (72.3%)
39	TOMKIEL Piotr	394		M-30	39		00:00:20	00:48:29.30	00:48:49.95	+00:13:54 (28.7%)	4:50	12.4 (71.7%)
40	KLIMEK Łukasz	166	H2O TEAM	M-30	40	MWiO sp. z o.o. Grudziądz	00:00:04	00:48:38.20	00:48:42.90	+00:14:03 (28.9%)	4:51	12.3 (71.1%)
41	SZCZEPAŃSKI Marek	369	WYSADZENI Z FOTEŁA	M-30	41		00:00:22	00:48:50.20	00:49:12.60	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
42	KUJAWA Kamil	212	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	42		00:00:09	00:48:50.45	00:49:00.10	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
43	BIAŁOŁOCKI Marek	16		M-30	43		00:00:23	00:48:51.90	00:49:15.25	+00:14:17 (29.2%)	4:53	12.3 (71.1%)
44	GMAJ Daniel	103		M-30	44	ALNOR Systemy Wentylacji Sp. z o.o.	00:00:25	00:48:52.85	00:49:17.90	+00:14:18 (29.3%)	4:53	12.3 (71.1%)
45	ŚLEFARSKI Jacek	381	TRIFRIENDS	M-30	45		00:00:20	00:49:05.60	00:49:25.70	+00:14:30 (29.6%)	4:54	12.2 (70.5%)
46	KRZYSZTOF Jeliński	203	MECHVENT TEAM	M-30	46	MechVent	00:00:40	00:49:14.80	00:49:55.60	+00:14:40 (29.8%)	4:55	12.2 (70.5%)
47	JUCHACZ Michał	145		M-30	47		00:00:28	00:49:37.35	00:50:05.45	+00:15:02 (30.3%)	4:57	12.1 (69.9%)
48	KIERZNIKIEWICZ Paweł	161		M-30	48	Klimatrik	00:00:06	00:49:42.10	00:49:48.25	+00:15:07 (30.4%)	4:58	12.1 (69.9%)
49	PODGRUDNY Adam	468	FALA KAZUŃ	M-30	49		00:00:19	00:50:03.45	00:50:23.05	+00:15:28 (30.9%)	5:00	12 (69.4%)
50	BOLLIN Łukasz	29		M-30	50	GFI	00:00:25	00:50:28.90	00:50:54.50	+00:15:54 (31.5%)	5:02	11.9 (68.8%)
51	LEWICKI Konrad	222	ŻANDARMII Z BYDGOSZCZY	M-30	51		00:00:34	00:50:31.50	00:51:05.95	+00:15:56 (31.6%)	5:03	11.9 (68.8%)
52	MINTA Adam	259		M-30	52	Proj-Przem-Projekt Sp. z o.o.	00:00:09	00:50:37.00	00:50:46.80	+00:16:02 (31.7%)	5:03	11.9 (68.8%)
53	KRYKANT Michał	199		M-30	53		00:00:27	00:50:41.30	00:51:08.45	+00:16:06 (31.8%)	5:04	11.8 (68.2%)
54	BARANOWICZ Mikołaj	10		M-30	54		00:00:08	00:50:41.95	00:50:50.00	+00:16:07 (31.8%)	5:04	11.8 (68.2%)
55	KACZMAREK Michał	151		M-30	55	GWE Pol-Bud sp. z o.o.	00:00:33	00:50:54.70	00:51:28.40	+00:16:20 (32.1%)	5:05	11.8 (68.2%)
56	ŚWIERCZYŃSKI Marcin	384	TO TYLKO TRIATHLON	M-30	56		00:00:30	00:50:55.90	00:51:26.25	+00:16:21 (32.1%)	5:05	11.8 (68.2%)
57	SZYSZKA Radosław	379		M-30	57		00:00:08	00:51:05.05	00:51:13.90	+00:16:30 (32.3%)	5:06	11.7 (67.6%)
58	RUSZKIEWICZ Łukasz	324		M-30	58		00:00:26	00:51:25.60	00:51:51.95	+00:16:50 (32.8%)	5:08	11.7 (67.6%)
59	CETKOWSKI Przemek	45		M-30	59	El-mar sp z o.o.	00:00:43	00:51:27.25	00:52:10.95	+00:16:52 (32.8%)	5:08	11.7 (67.6%)
60	BINIENDA Mateusz	22	BIMAT	M-30	60		00:00:15	00:51:31.20	00:51:46.30	+00:16:56 (32.9%)	5:09	11.6 (67.1%)

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61	WALUSIAK Miłosz	407		M-30	61		00:00:21	00:51:31.40	00:51:53.05	+00:16:56 (32.9%)	5:09	11.6 (67.1%)
62	DANIELEWSKI Rafał	65		M-30	62		00:00:13	00:51:35.75	00:51:49.45	+00:17:01 (33.0%)	5:09	11.6 (67.1%)
63	WŁADYKA Paweł	487	KLIMOR TEAM	M-30	63	KLIMOR	00:00:09	00:51:40.90	00:51:50.40	+00:17:06 (33.1%)	5:10	11.6 (67.1%)
64	OLIJCZYK Paweł	486	KLIMOR TEAM	M-30	64	KLIMOR	00:00:09	00:51:41.30	00:51:50.95	+00:17:06 (33.1%)	5:10	11.6 (67.1%)
65	KONKEL Bartosz	174		M-30	65	GRAFORM	00:00:24	00:51:58.90	00:52:23.35	+00:17:24 (33.5%)	5:11	11.5 (66.5%)
66	BUTRYM Piotr	40		M-30	66		00:00:16	00:51:59.75	00:52:16.25	+00:17:25 (33.5%)	5:12	11.5 (66.5%)
67	CADER Ryszard	43	SPÓJNIA BIAŁE BŁOTA	M-30	67		00:00:23	00:52:09.40	00:52:32.50	+00:17:34 (33.7%)	5:12	11.5 (66.5%)
68	SIENIAWSKI Marek	339	ALFACO RUNNING TEAM	M-30	68		00:00:18	00:52:21.45	00:52:39.55	+00:17:46 (34.0%)	5:14	11.5 (66.5%)
69	CIEPLIK Mateusz	50	WODKAN S.A.	M-30	69	WODKAN Przedsiębiorstwo Wodociągów i Kanalizacji S.A.	00:00:07	00:52:32.35	00:52:39.85	+00:17:57 (34.2%)	5:15	11.4 (65.9%)
70	ŁOBOCKI Krzysztof	233		M-30	70		00:00:14	00:52:47.05	00:53:01.95	+00:18:12 (34.5%)	5:16	11.4 (65.9%)
71	QUAAS Łukasz	306	RUN PASJA	M-30	71		00:00:08	00:52:48.70	00:52:57.55	+00:18:14 (34.5%)	5:16	11.4 (65.9%)
72	SZCZĘSNY Arkadiusz	371	DYNAMO SKARPA	M-30	72		00:00:31	00:53:00.40	00:53:31.95	+00:18:25 (34.8%)	5:18	11.3 (65.3%)
73	GABRYSIAK Dawid	90		M-30	73	Kompleks-Instal	00:00:24	00:53:33.95	00:53:58.75	+00:18:59 (35.4%)	5:21	11.2 (64.7%)
74	KRZEMIŃSKI Bartosz	202	RUN PASJA	M-30	74	Art-Deco	00:00:06	00:53:42.20	00:53:49.00	+00:19:07 (35.6%)	5:22	11.2 (64.7%)
75	BŁACHOWICZ Dawid	27	SALAMANDER RUNNING TEAM	M-30	75		00:00:45	00:53:45.45	00:54:31.00	+00:19:10 (35.7%)	5:22	11.2 (64.7%)
76	STRAMA Wojciech	362		M-30	76	FU MAŃKA Wojciech Strama	00:00:22	00:53:48.50	00:54:10.55	+00:19:13 (35.7%)	5:22	11.2 (64.7%)
77	LESZCZYŃSKI Andrzej	463	FALA KAZUŃ	M-30	77		00:00:20	00:54:07.10	00:54:27.65	+00:19:32 (36.1%)	5:24	11.1 (64.2%)
78	BOROWICZ Ireneusz	30		M-30	78		00:00:41	00:54:42.10	00:55:23.50	+00:20:07 (36.8%)	5:28	11 (63.6%)
79	BLEJA Krystian	24		M-30	79		00:00:28	00:55:05.25	00:55:33.40	+00:20:30 (37.2%)	5:30	10.9 (63.0%)
80	KRAHL Radosław	190	KLIMAT SOLEC	M-30	80	KLIMAT SOLEC	00:00:39	00:55:05.95	00:55:45.80	+00:20:31 (37.2%)	5:30	10.9 (63.0%)
81	WIECZOREK Jakub	482		M-30	81		00:00:35	00:55:20.85	00:55:56.60	+00:20:46 (37.5%)	5:32	10.8 (62.4%)
82	TREJDEROWSKI Robert	395	CONKRET RUNNING TEAM	M-30	82		00:00:32	00:55:27.25	00:56:00.05	+00:20:52 (37.6%)	5:32	10.8 (62.4%)
83	LIPIŃSKI Marek	223		M-30	83		00:00:27	00:55:34.15	00:56:02.05	+00:20:59 (37.8%)	5:33	10.8 (62.4%)

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84	SOSIŃSKI Paweł	352	BEZPIECZNY OPERATOR	M-30	84		00:00:30	00:55:46.45	00:56:17.15	+00:21:11 (38.0%)	5:34	10.8 (62.4%)
85	KURA Arkadiusz	216		M-30	85		00:00:44	00:55:46.80	00:56:31.35	+00:21:12 (38.0%)	5:34	10.8 (62.4%)
86	GOŁYŃSKI Jarosław	109	KLIMA-THERM TEAM	M-30	86		00:00:42	00:56:02.50	00:56:44.85	+00:21:27 (38.3%)	5:36	10.7 (61.8%)
87	KRAJNIK Wojciech	192		M-30	87	Budrob Grudziądz. Krajnik Robert	00:00:46	00:56:11.40	00:56:58.10	+00:21:36 (38.5%)	5:37	10.7 (61.8%)
88	CZUBKOWSKI Sebastian	59		M-30	88		00:00:22	00:56:12.05	00:56:34.45	+00:21:37 (38.5%)	5:37	10.7 (61.8%)
89	MACHNOWSKI Przemysław	461	FALA KAZUŃ	M-30	89		00:00:20	00:56:16.25	00:56:36.35	+00:21:41 (38.6%)	5:37	10.7 (61.8%)
90	RYCHŁOWSKI Artur	328	SYSTHERM SPORT TEAM	M-30	90	SYSTHERM	00:00:34	00:57:12.50	00:57:46.80	+00:22:37 (39.6%)	5:43	10.5 (60.7%)
91	CZAJA Jarosław	53		M-30	91		00:00:50	00:57:15.60	00:58:05.80	+00:22:40 (39.6%)	5:43	10.5 (60.7%)
92	TUCZYNSKI Robert	397		M-30	92		00:00:46	00:57:37.80	00:58:24.30	+00:23:03 (40.0%)	5:45	10.4 (60.1%)
93	GAWLIK Jacek	95		M-30	93	Projekt Complex	00:00:47	00:58:03.85	00:58:51.45	+00:23:29 (40.4%)	5:48	10.3 (59.5%)
94	MURAWSKI Piotr	264		M-30	94		00:00:51	00:58:12.45	00:59:04.40	+00:23:37 (40.6%)	5:49	10.3 (59.5%)
95	MAREK Sławomir	246		M-30	95		00:00:25	00:58:13.20	00:58:38.80	+00:23:38 (40.6%)	5:49	10.3 (59.5%)
96	MAŁECKI Tomasz	243		M-30	96		00:00:25	00:58:13.45	00:58:39.30	+00:23:38 (40.6%)	5:49	10.3 (59.5%)
97	PRIEWE Paweł	301		M-30	97		00:00:31	00:58:46.00	00:59:17.00	+00:24:11 (41.2%)	5:52	10.2 (59.0%)
98	GROCHOWSKI Jakub	120		M-30	98		00:00:43	00:59:05.05	00:59:48.20	+00:24:30 (41.5%)	5:54	10.2 (59.0%)
99	OKUŁA Zbigniew	270	SYSTHERM SPORT TEAM	M-30	99	SYSTHERM	00:00:34	00:59:11.20	00:59:45.50	+00:24:36 (41.6%)	5:55	10.1 (58.4%)
100	URBAN Piotr	405	WODKAN S.A.	M-30	100	WODKAN Przedsiębiorstwo Wodociągów i Kanalizacji S.A.	00:00:52	00:59:12.10	01:00:04.65	+00:24:37 (41.6%)	5:55	10.1 (58.4%)
101	LEBIODA Tomasz	455	ASPEKT	M-30	101	ASPEKT	00:00:21	00:59:16.05	00:59:37.25	+00:24:41 (41.7%)	5:55	10.1 (58.4%)
102	GRYLEWICZ Tomasz	126		M-30	102		00:00:33	00:59:16.30	00:59:50.20	+00:24:41 (41.7%)	5:55	10.1 (58.4%)
103	GŁYSZ Dawid	102		M-30	103		00:00:48	00:59:25.70	01:00:14.20	+00:24:51 (41.8%)	5:56	10.1 (58.4%)
104	BŁOK Karol	25		M-30	104		00:00:55	00:59:39.90	01:00:34.95	+00:25:05 (42.0%)	5:57	10.1 (58.4%)
105	LIPIŃSKI Błażej	224		M-30	105		00:00:53	00:59:58.35	01:00:51.40	+00:25:23 (42.3%)	5:59	10 (57.8%)
106	APANASIEWICZ Bartosz	477	RUN PASJA	M-30	106		00:00:18	01:00:03.45	01:00:21.55	+00:25:28 (42.4%)	6:00	10 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	GORGOL Tomasz	113		M-30	107		00:00:18	01:00:03.50	01:00:21.70	+00:25:28 (42.4%)	6:00	10 (57.8%)
108	ŚLADEWSKI Rafał	380		M-30	108		00:00:26	01:00:09.90	01:00:36.30	+00:25:35 (42.5%)	6:01	10 (57.8%)
109	DRWĘCKI Daniel	81	EKO-INSTAL	M-30	109	Eko-Instal	00:00:44	01:00:14.25	01:00:58.80	+00:25:39 (42.6%)	6:01	10 (57.8%)
110	RADKA Michał	309	KLIMOR TEAM	M-30	110		00:00:44	01:00:26.55	01:01:10.55	+00:25:51 (42.8%)	6:02	9.9 (57.2%)
111	GORBASZEWICZ Lukasz	111		M-30	111		00:00:35	01:00:26.95	01:01:02.80	+00:25:52 (42.8%)	6:02	9.9 (57.2%)
112	ZIELIŃSKI Mateusz	447		M-30	112		00:00:30	01:00:38.75	01:01:09.15	+00:26:04 (43.0%)	6:03	9.9 (57.2%)
113	GROSZEWSKI Grzegorz	122		M-30	113		00:00:07	01:01:24.40	01:01:32.10	+00:26:49 (43.7%)	6:08	9.8 (56.6%)
114	JASTRZĘBOWSKI Artur	140	SYSTHERM SPORT TEAM	M-30	114	SYSTHERM	00:00:35	01:01:40.50	01:02:15.50	+00:27:05 (43.9%)	6:10	9.7 (56.1%)
115	TOMASZEK Sebastian	390		M-30	115		00:00:38	01:02:03.95	01:02:42.00	+00:27:29 (44.3%)	6:12	9.7 (56.1%)
116	BOHDZIEWICZ Paweł	28	EKO-BABICE TEAM	M-30	116	G.P.K. 'Eko-Babice' Sp. z o.o.	00:00:49	01:03:15.55	01:04:04.85	+00:28:40 (45.3%)	6:19	9.5 (54.9%)
117	JARZYNA Jakub	137		M-30	117		00:00:42	01:03:19.75	01:04:02.15	+00:28:45 (45.4%)	6:20	9.5 (54.9%)
118	ŻMICH Tomasz	450		M-30	118		00:00:49	01:03:20.65	01:04:10.55	+00:28:45 (45.4%)	6:20	9.5 (54.9%)
119	KISIEL Krystian	162	EKIPA BSW	M-30	119		00:00:42	01:03:36.45	01:04:18.50	+00:29:01 (45.6%)	6:21	9.4 (54.3%)
120	DRZEWIECKI Mirek	456		M-30	120		00:00:40	01:04:16.70	01:04:56.95	+00:29:42 (46.2%)	6:25	9.3 (53.8%)
121	SMOLARA Sebastian	347		M-30	121		00:00:17	01:04:39.00	01:04:56.65	+00:30:04 (46.5%)	6:27	9.3 (53.8%)
122	RUTKOWSKI Tomasz	327		M-30	122		00:00:38	01:05:22.00	01:06:00.30	+00:30:47 (47.1%)	6:32	9.2 (53.2%)
123	LUKASIEWICZ Krzysztof	229		M-30	123		00:00:46	01:05:39.65	01:06:25.65	+00:31:04 (47.3%)	6:33	9.1 (52.6%)
124	SIERADZKI Damian	340		M-30	124		00:00:37	01:05:49.45	01:06:27.35	+00:31:14 (47.5%)	6:35	9.1 (52.6%)
125	GRUBA Paweł	124		M-30	125	PAGR Instal	00:00:52	01:05:54.80	01:06:46.80	+00:31:20 (47.5%)	6:35	9.1 (52.6%)
126	RAZIK Wiesław	315		M-30	126		00:00:39	01:07:06.00	01:07:45.15	+00:32:31 (48.5%)	6:42	8.9 (51.4%)
127	KRAŚNY Arkadiusz	194		M-30	127	Celt	00:00:33	01:07:06.70	01:07:40.10	+00:32:32 (48.5%)	6:42	8.9 (51.4%)
128	PISANKO Marcin	458	ZP SERWIS	M-30	128	ZP SERWIS	00:00:51	01:08:34.45	01:09:25.45	+00:33:59 (49.6%)	6:51	8.8 (50.9%)
129	JANICKI Robert	481	RUN BYDGOSZCZ	M-30	129		00:00:05	01:09:10.60	01:09:16.55	+00:34:35 (50.0%)	6:55	8.7 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	IGNATOWICZ Michał	132		M-30	130	Eko-Instal	00:00:45	01:09:16.90	01:10:02.30	+00:34:42 (50.1%)	6:55	8.7 (50.3%)
131	OWIEŚNY Łukasz	278	KLIMAT SOLEC	M-30	131	KLIMAT SOLEC	00:00:38	01:10:18.30	01:10:56.70	+00:35:43 (50.8%)	7:01	8.5 (49.1%)
132	BRYWCZYŃSKI Krystian	34		M-30	132		00:00:28	01:11:38.10	01:12:06.80	+00:37:03 (51.7%)	7:09	8.4 (48.6%)
133	JANKOWSKI Dawid	134		M-30	133	Mega Computer Center Sp. zo.o.	00:00:51	01:14:04.30	01:14:56.25	+00:39:29 (53.3%)	7:24	8.1 (46.8%)
134	BORUCKI Rafał	31	ALFACO RUNNING TEAM	M-30	134		00:00:14	01:20:39.35	01:20:54.20	+00:46:04 (57.1%)	8:04	7.4 (42.8%)
135	WOLSKI Kamil	470		M-30	135		00:00:11	01:21:23.10	01:21:34.65	+00:46:48 (57.5%)	8:08	7.4 (42.8%)
136	BRONKALLA Karol	32	EKO-INSTAL	M-30	136	Centrum Pomp Ciepła Karol Bronkalla	00:00:44	01:29:01.20	01:29:46.10	+00:54:26 (61.2%)	8:54	6.7 (38.7%)

Znaleziono 136 wynik(ów)