

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

## III BIEG INSTALATORA 2017

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>DEMBOWSKI Mariusz</b>	<b>480</b>	H+H POLSKA	M-30	1	H+H Polska	00:00:02	<b>00:34:34.70</b>	<b>00:34:37.30</b>		3:27	17.3 (100%)
2	<b>LUTOWSKI Wojciech</b>	<b>475</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	2		00:00:01	<b>00:36:15.90</b>	<b>00:36:17.45</b>	+00:01:41 (4.7%)	3:37	16.5 (95.4%)
3	<b>POLANSKI Tomasz</b>	<b>299</b>		M-40	1	Cieptobud Bydgoszcz	00:00:01	<b>00:36:56.85</b>	<b>00:36:58.15</b>	+00:02:22 (6.4%)	3:41	16.2 (93.6%)
4	<b>MINKO Arkadiusz</b>	<b>258</b>		M-20	1	Target	00:00:01	<b>00:38:01.05</b>	<b>00:38:02.50</b>	+00:03:26 (9.0%)	3:48	15.8 (91.3%)
5	<b>KOŁAKOWSKI Tomasz</b>	<b>173</b>	HYDROTERM	M-20	2	Hydroterm Krzysztof Chudy	00:00:02	<b>00:38:19.30</b>	<b>00:38:21.50</b>	+00:03:44 (9.8%)	3:49	15.7 (90.8%)
6	<b>MAĆKOWSKI Maciej</b>	<b>235</b>	BRICO MARCHE ŻNIN	M-20	3		00:00:01	<b>00:38:32.50</b>	<b>00:38:33.90</b>	+00:03:57 (10.3%)	3:51	15.6 (90.2%)
7	<b>GÓRCZYŃSKI Zbigniew</b>	<b>115</b>	GKS FABIANKI	M-20	4	MPWiK Włocławek	00:00:01	<b>00:38:49.70</b>	<b>00:38:51.30</b>	+00:04:15 (10.9%)	3:53	15.5 (89.6%)
8	<b>TOMCZYŃSKI Bartosz</b>	<b>393</b>		M-30	3	Marsystem	00:00:02	<b>00:38:57.85</b>	<b>00:39:00.50</b>	+00:04:23 (11.3%)	3:53	15.4 (89.0%)
9	<b>MAKARSKI Tomasz</b>	<b>237</b>		M-40	2	MM Projekt	00:00:01	<b>00:38:59.10</b>	<b>00:39:00.60</b>	+00:04:24 (11.3%)	3:53	15.4 (89.0%)
10	<b>ŁĄCZNY Jarosław</b>	<b>232</b>		M-30	4		00:00:02	<b>00:39:01.05</b>	<b>00:39:03.95</b>	+00:04:26 (11.4%)	3:54	15.4 (89.0%)
11	<b>POKORA Rafał</b>	<b>298</b>		M-40	3		00:00:01	<b>00:39:49.85</b>	<b>00:39:51.45</b>	+00:05:15 (13.2%)	3:59	15.1 (87.3%)
12	<b>ŁAZ Kamil</b>	<b>231</b>	RUN BYDGOSZCZ	M-30	5		00:00:01	<b>00:39:56.40</b>	<b>00:39:57.60</b>	+00:05:21 (13.4%)	3:59	15 (86.7%)
13	<b>BARTCZAK Łukasz</b>	<b>12</b>	TEAMOCHAL	M-30	6	Technika Sanitarna Bartosz Pater	00:00:03	<b>00:40:04.75</b>	<b>00:40:07.80</b>	+00:05:30 (13.7%)	4:00	15 (86.7%)
14	<b>KOSZEWSKI Michał</b>	<b>180</b>		M-30	7		00:00:06	<b>00:40:11.35</b>	<b>00:40:17.50</b>	+00:05:36 (14.0%)	4:01	14.9 (86.1%)
15	<b>SZCZĘSNY Piotr</b>	<b>370</b>		M-20	5		00:00:02	<b>00:40:12.05</b>	<b>00:40:14.55</b>	+00:05:37 (14.0%)	4:01	14.9 (86.1%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
16	<b>KRYSKIE Mariusz</b>	<b>200</b>	SPÓJNIA BIAŁE BŁOTA	M-30	8		00:00:02	<b>00:40:50.15</b>	<b>00:40:52.20</b>	+00:06:15 (15.3%)	4:05	14.7 (85.0%)
17	<b>DANIELEWSKI Mariusz</b>	<b>64</b>	DRUŻYNA SZPIKU	M-30	9		00:00:10	<b>00:40:51.50</b>	<b>00:41:01.85</b>	+00:06:16 (15.4%)	4:05	14.7 (85.0%)
18	<b>TYPIŃSKI Paweł</b>	<b>403</b>	SOLUM TRI TEAM	M-20	6	Solum Bartosz Kamiński	00:00:02	<b>00:40:55.85</b>	<b>00:40:58.70</b>	+00:06:21 (15.5%)	4:05	14.7 (85.0%)
19	<b>RADECKI Przemysław</b>	<b>308</b>		M-40	4		00:00:05	<b>00:41:08.00</b>	<b>00:41:13.30</b>	+00:06:33 (15.9%)	4:06	14.6 (84.4%)
20	<b>CHOLEWIŃSKI Dariusz</b>	<b>48</b>		M-40	5	CGH Polska	00:00:02	<b>00:41:42.95</b>	<b>00:41:45.55</b>	+00:07:08 (17.1%)	4:10	14.4 (83.2%)
21	<b>OLENDER Tomasz</b>	<b>273</b>		M-20	7		00:00:03	<b>00:41:53.40</b>	<b>00:41:56.65</b>	+00:07:18 (17.5%)	4:11	14.3 (82.7%)
22	<b>RZEPKA Andrzej</b>	<b>332</b>		M-40	6	Fiszer Brodnica	00:00:03	<b>00:42:24.50</b>	<b>00:42:27.65</b>	+00:07:49 (18.5%)	4:14	14.2 (82.1%)
23	<b>TUCHOLSKI Bartłomiej</b>	<b>396</b>		M-20	8		00:00:09	<b>00:42:26.35</b>	<b>00:42:35.80</b>	+00:07:51 (18.5%)	4:14	14.1 (81.5%)
24	<b>RYDLEWSKI Marek</b>	<b>329</b>	RUN BYDGOSZCZ	M-40	7		00:00:04	<b>00:42:32.15</b>	<b>00:42:36.95</b>	+00:07:57 (18.7%)	4:15	14.1 (81.5%)
25	<b>MAĆKOWSKI Maciej</b>	<b>236</b>	MYŚLĘCINEK BDG	M-30	10		00:00:02	<b>00:42:52.50</b>	<b>00:42:54.75</b>	+00:08:17 (19.4%)	4:17	14 (80.9%)
26	<b>RACZYŃSKI Krzysztof</b>	<b>307</b>		M-50	1	OMNIA Sp. J. K. i Z. Raczyńscy	00:00:08	<b>00:43:01.60</b>	<b>00:43:10.10</b>	+00:08:26 (19.6%)	4:18	13.9 (80.3%)
27	<b>PRZYBYSZ Marcin</b>	<b>304</b>		M-30	11		00:00:02	<b>00:43:05.90</b>	<b>00:43:08.80</b>	+00:08:31 (19.8%)	4:18	13.9 (80.3%)
28	<b>LEPRINCE Ludovic</b>	<b>220</b>		M-40	8		00:00:02	<b>00:43:16.65</b>	<b>00:43:19.20</b>	+00:08:41 (20.1%)	4:19	13.9 (80.3%)
29	<b>WESOŁOWSKI Roland</b>	<b>411</b>		M-30	12		00:00:09	<b>00:43:31.25</b>	<b>00:43:40.60</b>	+00:08:56 (20.5%)	4:21	13.8 (79.8%)
30	<b>LEWAŃCZYK Marcin</b>	<b>221</b>	AKADEMIA BIEGOWA AMATOR KIELPINO	M-30	13		00:00:04	<b>00:43:33.60</b>	<b>00:43:37.70</b>	+00:08:58 (20.6%)	4:21	13.8 (79.8%)
31	<b>DAŃCZUK Jerzy</b>	<b>67</b>		M-50	2		00:00:04	<b>00:43:36.65</b>	<b>00:43:41.10</b>	+00:09:01 (20.7%)	4:21	13.8 (79.8%)
32	<b>CZYŻNIKIEWICZ Paweł</b>	<b>459</b>		M-20	9		00:00:01	<b>00:43:37.80</b>	<b>00:43:39.40</b>	+00:09:03 (20.7%)	4:21	13.8 (79.8%)
33	<b>SZYCHOWSKI Jarosław</b>	<b>376</b>		M-30	14		00:00:10	<b>00:43:40.90</b>	<b>00:43:51.50</b>	+00:09:06 (20.8%)	4:22	13.7 (79.2%)
34	<b>SARNECKI Michał</b>	<b>335</b>	ATI SYSTEMY ELEKTRONICZNE	M-30	15	ATI Systemy Elektroniczne	00:00:37	<b>00:43:54.20</b>	<b>00:44:31.60</b>	+00:09:19 (21.2%)	4:23	13.7 (79.2%)
35	<b>KANNEBERG Maciej</b>	<b>157</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	10		00:00:10	<b>00:43:59.00</b>	<b>00:44:09.45</b>	+00:09:24 (21.4%)	4:23	13.6 (78.6%)
36	<b>MUSZYŃSKI Krzysztof</b>	<b>265</b>	OJ TAM OJ TAM RUN...	M-40	9		00:00:04	<b>00:43:59.85</b>	<b>00:44:04.75</b>	+00:09:25 (21.4%)	4:24	13.6 (78.6%)
37	<b>DURCZAK Jerzy</b>	<b>83</b>		M-30	16		00:00:09	<b>00:44:00.35</b>	<b>00:44:09.70</b>	+00:09:25 (21.4%)	4:24	13.6 (78.6%)
38	<b>FLORIAŃCZYK Damian</b>	<b>87</b>	H2O TEAM	M-30	17	MWiO sp. z o.o. Grudziądz	00:00:04	<b>00:44:12.55</b>	<b>00:44:17.40</b>	+00:09:37 (21.8%)	4:25	13.6 (78.6%)
39	<b>GBYL Jacek</b>	<b>97</b>		M-40	10		00:00:05	<b>00:44:24.25</b>	<b>00:44:29.95</b>	+00:09:49 (22.1%)	4:26	13.5 (78.0%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
40	<b>BARTKOWIAK Rafał</b>	<b>14</b>		M-40	11		00:00:02	<b>00:44:30.25</b>	<b>00:44:32.70</b>	+00:09:55 (22.3%)	4:27	13.5 (78.0%)
41	<b>PAWLAK Bartosz</b>	<b>288</b>	WODKAN S.A.	M-30	18	WODKAN Przedsiębiorstwo Wodociągów i Kanalizacji S.A.	00:00:06	<b>00:44:31.90</b>	<b>00:44:37.90</b>	+00:09:57 (22.4%)	4:27	13.5 (78.0%)
42	<b>DURAŁEK Andrzej</b>	<b>82</b>		M-40	12		00:00:07	<b>00:44:31.95</b>	<b>00:44:39.00</b>	+00:09:57 (22.4%)	4:27	13.5 (78.0%)
43	<b>MAKOWSKI Sławomir</b>	<b>238</b>	RUN BYDGOSZCZ	M-40	13		00:00:24	<b>00:44:40.45</b>	<b>00:45:04.65</b>	+00:10:05 (22.6%)	4:28	13.4 (77.5%)
44	<b>KOZIŃSKI Marek</b>	<b>188</b>		M-30	19		00:00:03	<b>00:44:49.90</b>	<b>00:44:53.55</b>	+00:10:15 (22.9%)	4:29	13.4 (77.5%)
45	<b>MICKIEWICZ Jan</b>	<b>254</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	3	Inżbud	00:00:02	<b>00:44:58.00</b>	<b>00:45:00.90</b>	+00:10:23 (23.1%)	4:29	13.3 (76.9%)
46	<b>GWITT Bartosz</b>	<b>129</b>		M-30	20		00:00:09	<b>00:44:58.65</b>	<b>00:45:08.40</b>	+00:10:23 (23.1%)	4:29	13.3 (76.9%)
47	<b>SMOLIŃSKI Piotr</b>	<b>348</b>		M-30	21		00:00:22	<b>00:45:06.35</b>	<b>00:45:29.15</b>	+00:10:31 (23.3%)	4:30	13.3 (76.9%)
48	<b>ROMANOWSKI Michał</b>	<b>319</b>		M-30	22	ATELBUD	00:00:01	<b>00:45:08.00</b>	<b>00:45:09.50</b>	+00:10:33 (23.4%)	4:30	13.3 (76.9%)
49	<b>PAWEŁ MARCZYŃSKI Marshall</b>	<b>287</b>	PAŁUKI RUNNING TEAM	M-30	23		00:00:21	<b>00:45:10.25</b>	<b>00:45:31.90</b>	+00:10:35 (23.4%)	4:31	13.3 (76.9%)
50	<b>TOKARSKI Krzysztof</b>	<b>388</b>		M-50	4	AZART-SAT Krzysztof Tokarski	00:00:16	<b>00:45:12.50</b>	<b>00:45:29.00</b>	+00:10:37 (23.5%)	4:31	13.3 (76.9%)
51	<b>WTOREK Tomasz</b>	<b>439</b>	H2O TEAM	M-30	24	MWiO sp. z o.o. Grudziądz	00:00:04	<b>00:45:25.80</b>	<b>00:45:30.10</b>	+00:10:51 (23.9%)	4:32	13.2 (76.3%)
52	<b>PALIGA Antoni</b>	<b>282</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-50	5		00:00:11	<b>00:45:36.75</b>	<b>00:45:48.25</b>	+00:11:02 (24.2%)	4:33	13.2 (76.3%)
53	<b>PARUSZEWSKI Robert</b>	<b>284</b>		M-30	25		00:00:22	<b>00:45:38.45</b>	<b>00:46:00.70</b>	+00:11:03 (24.2%)	4:33	13.1 (75.7%)
54	<b>MASALSKI Romuald</b>	<b>249</b>		M-50	6		00:00:06	<b>00:45:44.00</b>	<b>00:45:50.65</b>	+00:11:09 (24.4%)	4:34	13.1 (75.7%)
55	<b>DĄBROWSKI Jarosław</b>	<b>69</b>		M-20	11		00:00:29	<b>00:45:47.75</b>	<b>00:46:17.35</b>	+00:11:13 (24.5%)	4:34	13.1 (75.7%)
56	<b>KĘDZIERSKI Rafał</b>	<b>160</b>		M-40	14		00:00:05	<b>00:45:49.40</b>	<b>00:45:54.80</b>	+00:11:14 (24.5%)	4:34	13.1 (75.7%)
57	<b>GŁÓD Arkadiusz</b>	<b>101</b>		M-40	15		00:00:09	<b>00:46:02.50</b>	<b>00:46:11.95</b>	+00:11:27 (24.9%)	4:36	13 (75.1%)
58	<b>KUŁAKOWSKI Krzysztof</b>	<b>215</b>	RUN PASJA	M-30	26	P.W. Jakub Oskiewicz	00:00:06	<b>00:46:08.65</b>	<b>00:46:14.85</b>	+00:11:33 (25.1%)	4:36	13 (75.1%)
59	<b>WYSOCKI Piotr</b>	<b>440</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	27		00:00:09	<b>00:46:09.65</b>	<b>00:46:19.55</b>	+00:11:34 (25.1%)	4:37	13 (75.1%)
60	<b>WIECZOREK Łukasz</b>	<b>413</b>		M-30	28		00:00:22	<b>00:46:10.00</b>	<b>00:46:32.85</b>	+00:11:35 (25.1%)	4:37	13 (75.1%)
61	<b>JANOWSKI Mariusz</b>	<b>136</b>	KOMPLEKSOWE USŁUGI PRZECIWPOŻAROWE GRUDZIĄDZ	M-40	16	Kompleksowe Usługi Przeciwpożarowe Mariusz Janowski	00:00:12	<b>00:46:10.55</b>	<b>00:46:22.75</b>	+00:11:35 (25.1%)	4:37	13 (75.1%)

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62	<b>SZATKOWSKI Józef</b>	<b>366</b>		M-60+	1		00:00:03	<b>00:46:18.80</b>	<b>00:46:22.45</b>	+00:11:44 (25.3%)	4:37	13 (75.1%)
63	<b>OLEJNICZAK Marek</b>	<b>272</b>		M-40	17		00:00:05	<b>00:46:21.80</b>	<b>00:46:27.50</b>	+00:11:47 (25.4%)	4:38	12.9 (74.6%)
64	<b>MUCHA Aleksander</b>	<b>262</b>	SALAMANDER RUNNING TEAM	M-30	29		00:00:45	<b>00:46:22.10</b>	<b>00:47:07.55</b>	+00:11:47 (25.4%)	4:38	12.9 (74.6%)
65	<b>WIKTOREK Dariusz</b>	<b>418</b>	WODKAN S.A.	M-40	18	WODKAN Przedsiębiorstwo Wodociągów i Kanalizacji S.A.	00:00:08	<b>00:46:23.10</b>	<b>00:46:31.35</b>	+00:11:48 (25.5%)	4:38	12.9 (74.6%)
66	<b>ANDRZEJEWSKI Paweł</b>	<b>2</b>		M-30	30		00:00:08	<b>00:46:28.05</b>	<b>00:46:36.05</b>	+00:11:53 (25.6%)	4:38	12.9 (74.6%)
67	<b>DĘBSKI Adrian</b>	<b>74</b>		M-30	31		00:00:06	<b>00:46:35.70</b>	<b>00:46:42.05</b>	+00:12:01 (25.8%)	4:39	12.9 (74.6%)
68	<b>GRZEGORZEWSKI Rafał</b>	<b>127</b>		M-40	19		00:00:05	<b>00:46:40.25</b>	<b>00:46:46.10</b>	+00:12:05 (25.9%)	4:40	12.9 (74.6%)
69	<b>WILK Paweł</b>	<b>419</b>	GALOPUJĄCE ŚLIMAKI	M-30	32	P.W. WoKanCo	00:00:12	<b>00:46:50.20</b>	<b>00:47:02.65</b>	+00:12:15 (26.2%)	4:41	12.8 (74.0%)
70	<b>GZYL Mikołaj</b>	<b>131</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	33		00:00:11	<b>00:46:52.60</b>	<b>00:47:04.20</b>	+00:12:17 (26.2%)	4:41	12.8 (74.0%)
71	<b>PAWLOWSKI Marcin</b>	<b>289</b>		M-30	34		00:00:12	<b>00:46:54.45</b>	<b>00:47:06.50</b>	+00:12:19 (26.3%)	4:41	12.8 (74.0%)
72	<b>KUJAWA Piotr</b>	<b>211</b>		M-40	20		00:00:16	<b>00:46:59.00</b>	<b>00:47:15.00</b>	+00:12:24 (26.4%)	4:41	12.8 (74.0%)
73	<b>GROSKOP Grzegorz</b>	<b>121</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	12		00:00:10	<b>00:47:04.00</b>	<b>00:47:14.70</b>	+00:12:29 (26.5%)	4:42	12.7 (73.4%)
74	<b>WŁODARCZYK Wojciech</b>	<b>430</b>		M-50	7		00:00:07	<b>00:47:04.50</b>	<b>00:47:12.40</b>	+00:12:29 (26.5%)	4:42	12.7 (73.4%)
75	<b>LIPSKI Krzysztof</b>	<b>225</b>	ALLIANZ RUNNING TEAM	M-40	21		00:00:26	<b>00:47:15.90</b>	<b>00:47:42.55</b>	+00:12:41 (26.8%)	4:43	12.7 (73.4%)
76	<b>KUTOWSKI Przemysław</b>	<b>217</b>		M-40	22		00:00:07	<b>00:47:21.95</b>	<b>00:47:29.80</b>	+00:12:47 (27.0%)	4:44	12.7 (73.4%)
77	<b>PALIGA Mateusz</b>	<b>281</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	13		00:00:11	<b>00:47:25.25</b>	<b>00:47:36.95</b>	+00:12:50 (27.1%)	4:44	12.7 (73.4%)
78	<b>GMYS Tomasz</b>	<b>105</b>		M-30	35		00:00:04	<b>00:47:28.60</b>	<b>00:47:32.90</b>	+00:12:53 (27.2%)	4:44	12.6 (72.8%)
79	<b>PEPLIŃSKI Grzegorz</b>	<b>290</b>		M-40	23	PWIK Sp z oo w Sztumie	00:00:22	<b>00:47:29.35</b>	<b>00:47:51.50</b>	+00:12:54 (27.2%)	4:44	12.6 (72.8%)
80	<b>KAMIŃSKI Bartosz</b>	<b>155</b>	SOLUM TRI TEAM	M-30	36	SOLUM Bartosz Kamiński	00:00:21	<b>00:47:31.05</b>	<b>00:47:52.10</b>	+00:12:56 (27.2%)	4:45	12.6 (72.8%)
81	<b>KLIMCZAK Zbigniew</b>	<b>165</b>	KLIMA-THERM TEAM	M-40	24	KLIMA-THERM TEAM	00:00:06	<b>00:47:32.80</b>	<b>00:47:39.45</b>	+00:12:58 (27.3%)	4:45	12.6 (72.8%)
82	<b>BAGROWSKI Marek</b>	<b>7</b>	UMK COLLEGIUM MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M-50	8		00:00:16	<b>00:47:37.25</b>	<b>00:47:53.75</b>	+00:13:02 (27.4%)	4:45	12.6 (72.8%)
83	<b>KACZMARSKI Patryk</b>	<b>464</b>	FALA KAZUŃ	M-20	14		00:00:18	<b>00:47:38.20</b>	<b>00:47:56.70</b>	+00:13:03 (27.4%)	4:45	12.6 (72.8%)
84	<b>GAJEWSKI Maciej</b>	<b>92</b>		M-30	37		00:00:12	<b>00:47:46.80</b>	<b>00:47:59.00</b>	+00:13:12 (27.6%)	4:46	12.6 (72.8%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
85	<b>GIERACH Marcin</b>	<b>99</b>		M-40	25		00:00:13	<b>00:47:54.45</b>	<b>00:48:07.90</b>	+00:13:19 (27.8%)	4:47	12.5 (72.3%)
86	<b>ZARECKI Piotr</b>	<b>444</b>	PAŁUKI RUNNING TEAM	M-30	38		00:00:21	<b>00:47:58.75</b>	<b>00:48:20.40</b>	+00:13:24 (27.9%)	4:47	12.5 (72.3%)
87	<b>WNUCZYŃSKI Andrzej</b>	<b>432</b>	ORANGE POLSKA	M-40	26		00:00:25	<b>00:48:09.10</b>	<b>00:48:34.35</b>	+00:13:34 (28.2%)	4:48	12.5 (72.3%)
88	<b>KRZYŻANOWSKI Robert</b>	<b>206</b>	RUN PASJA	M-40	27	ANDRO	00:00:06	<b>00:48:09.40</b>	<b>00:48:15.90</b>	+00:13:34 (28.2%)	4:48	12.5 (72.3%)
89	<b>TOMKIEL Piotr</b>	<b>394</b>		M-30	39		00:00:20	<b>00:48:29.30</b>	<b>00:48:49.95</b>	+00:13:54 (28.7%)	4:50	12.4 (71.7%)
90	<b>MAŁKIŃSKI Józef</b>	<b>242</b>		M-60+	2		00:00:03	<b>00:48:37.75</b>	<b>00:48:41.70</b>	+00:14:03 (28.9%)	4:51	12.3 (71.1%)
91	<b>KLIMEK Łukasz</b>	<b>166</b>	H2O TEAM	M-30	40	MWiO sp. z o.o. Grudziądz	00:00:04	<b>00:48:38.20</b>	<b>00:48:42.90</b>	+00:14:03 (28.9%)	4:51	12.3 (71.1%)
92	<b>SZCZEPAŃSKI Marek</b>	<b>369</b>	WYSADZENI Z FOTEŁA	M-30	41		00:00:22	<b>00:48:50.20</b>	<b>00:49:12.60</b>	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
93	<b>KUJAWA Kamil</b>	<b>212</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	42		00:00:09	<b>00:48:50.45</b>	<b>00:49:00.10</b>	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
93	<b>TYMCZEWSKI Maciej</b>	<b>402</b>		M-40	28	TYMGAZ Maciej Tymczewski	00:00:10	<b>00:48:50.45</b>	<b>00:49:00.70</b>	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
95	<b>BIAŁOBŁOCKI Marek</b>	<b>16</b>		M-30	43		00:00:23	<b>00:48:51.90</b>	<b>00:49:15.25</b>	+00:14:17 (29.2%)	4:53	12.3 (71.1%)
96	<b>MIKOWSKI Artur</b>	<b>257</b>		M-40	29	ALNOR Systemy Wentylacji Sp. z o.o.	00:00:25	<b>00:48:52.75</b>	<b>00:49:18.05</b>	+00:14:18 (29.3%)	4:53	12.3 (71.1%)
97	<b>GMAJ Daniel</b>	<b>103</b>		M-30	44	ALNOR Systemy Wentylacji Sp. z o.o.	00:00:25	<b>00:48:52.85</b>	<b>00:49:17.90</b>	+00:14:18 (29.3%)	4:53	12.3 (71.1%)
98	<b>CHOJNACKI Andrzej</b>	<b>47</b>	ATI SYSTEMY ELEKTRONICZNE	M-40	30		00:00:40	<b>00:49:04.20</b>	<b>00:49:44.50</b>	+00:14:29 (29.5%)	4:54	12.2 (70.5%)
99	<b>ŚLEFARSKI Jacek</b>	<b>381</b>	TRIFRIENDS	M-30	45		00:00:20	<b>00:49:05.60</b>	<b>00:49:25.70</b>	+00:14:30 (29.6%)	4:54	12.2 (70.5%)
100	<b>GOŁĘBIEWSKI Piotr</b>	<b>473</b>		M-40	31		00:00:12	<b>00:49:10.35</b>	<b>00:49:22.65</b>	+00:14:35 (29.7%)	4:55	12.2 (70.5%)
101	<b>LUZAK Mirosław</b>	<b>230</b>		M-50	9	MWiK Bydgoszcz	00:00:11	<b>00:49:11.80</b>	<b>00:49:22.80</b>	+00:14:37 (29.7%)	4:55	12.2 (70.5%)
102	<b>KRZYSZTOF Jeliński</b>	<b>203</b>	MECHVENT TEAM	M-30	46	MechVent	00:00:40	<b>00:49:14.80</b>	<b>00:49:55.60</b>	+00:14:40 (29.8%)	4:55	12.2 (70.5%)
103	<b>KOWALSKI Jacek</b>	<b>183</b>		M-40	32		00:00:14	<b>00:49:18.25</b>	<b>00:49:33.00</b>	+00:14:43 (29.9%)	4:55	12.2 (70.5%)
104	<b>MARKIEWICZ Mirek</b>	<b>247</b>		M-40	33		00:00:46	<b>00:49:27.65</b>	<b>00:50:13.90</b>	+00:14:52 (30.1%)	4:56	12.1 (69.9%)
105	<b>DEMBEK Maciej</b>	<b>72</b>		M-20	15		00:00:22	<b>00:49:31.65</b>	<b>00:49:54.50</b>	+00:14:56 (30.2%)	4:57	12.1 (69.9%)
106	<b>JUCHACZ Michał</b>	<b>145</b>		M-30	47		00:00:28	<b>00:49:37.35</b>	<b>00:50:05.45</b>	+00:15:02 (30.3%)	4:57	12.1 (69.9%)
107	<b>KOWALIK Waldemar</b>	<b>182</b>		M-40	34		00:00:19	<b>00:49:38.20</b>	<b>00:49:58.10</b>	+00:15:03 (30.3%)	4:57	12.1 (69.9%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
108	<b>OLECHNOWICZ Tomasz</b>	<b>271</b>	SM BUDOWLANI	M-40	35	SM Budowlani	00:00:23	<b>00:49:39.00</b>	<b>00:50:02.30</b>	+00:15:04 (30.4%)	4:57	12.1 (69.9%)
109	<b>KIERZNIKIEWICZ Paweł</b>	<b>161</b>		M-30	48	Klimatrik	00:00:06	<b>00:49:42.10</b>	<b>00:49:48.25</b>	+00:15:07 (30.4%)	4:58	12.1 (69.9%)
110	<b>GORDON Roman</b>	<b>112</b>	RUN BYDGOSZCZ	M-60+	3		00:00:03	<b>00:50:01.05</b>	<b>00:50:04.75</b>	+00:15:26 (30.9%)	5:00	12 (69.4%)
111	<b>PODGRUDNY Adam</b>	<b>468</b>	FALA KAZUŃ	M-30	49		00:00:19	<b>00:50:03.45</b>	<b>00:50:23.05</b>	+00:15:28 (30.9%)	5:00	12 (69.4%)
112	<b>PYKAŁÓW Marek</b>	<b>305</b>		M-40	36	Klimatrik	00:00:06	<b>00:50:06.15</b>	<b>00:50:12.45</b>	+00:15:31 (31.0%)	5:00	12 (69.4%)
113	<b>WOJCIECHOWSKI Grzegorz</b>	<b>433</b>		M-20	16		00:00:23	<b>00:50:11.30</b>	<b>00:50:34.50</b>	+00:15:36 (31.1%)	5:01	12 (69.4%)
114	<b>ŻEGLICZ Marek</b>	<b>449</b>	SPÓJNIA BIAŁE BŁOTA	M-20	17		00:00:32	<b>00:50:17.70</b>	<b>00:50:50.25</b>	+00:15:43 (31.2%)	5:01	11.9 (68.8%)
115	<b>CIESIELSKI Tomasz</b>	<b>51</b>	KUJAWSKO-POMORSKIE.PL	M-20	18		00:00:32	<b>00:50:20.70</b>	<b>00:50:53.05</b>	+00:15:46 (31.3%)	5:02	11.9 (68.8%)
116	<b>KOCHAŃSKI Dariusz</b>	<b>169</b>		M-50	10		00:00:07	<b>00:50:24.10</b>	<b>00:50:31.80</b>	+00:15:49 (31.4%)	5:02	11.9 (68.8%)
117	<b>WITCZAK Jarosław</b>	<b>426</b>		M-20	19	BART Sp. z o.o.	00:00:10	<b>00:50:26.40</b>	<b>00:50:36.55</b>	+00:15:51 (31.4%)	5:02	11.9 (68.8%)
118	<b>BOLLIN Łukasz</b>	<b>29</b>		M-30	50	GFI	00:00:25	<b>00:50:28.90</b>	<b>00:50:54.50</b>	+00:15:54 (31.5%)	5:02	11.9 (68.8%)
119	<b>PRZYBYSZEWSKI Adrian</b>	<b>465</b>	FALA KAZUŃ	M-20	20		00:00:19	<b>00:50:30.20</b>	<b>00:50:49.20</b>	+00:15:55 (31.5%)	5:03	11.9 (68.8%)
120	<b>ŁOŚ Dariusz</b>	<b>234</b>		M-50	11		00:00:30	<b>00:50:31.30</b>	<b>00:51:02.10</b>	+00:15:56 (31.6%)	5:03	11.9 (68.8%)
121	<b>LEWICKI Konrad</b>	<b>222</b>	ŻANDARMII Z BYDGOSZCZY	M-30	51		00:00:34	<b>00:50:31.50</b>	<b>00:51:05.95</b>	+00:15:56 (31.6%)	5:03	11.9 (68.8%)
122	<b>NAGOW Michał</b>	<b>266</b>	RUN BYDGOSZCZ	M-40	37		00:00:12	<b>00:50:33.65</b>	<b>00:50:46.40</b>	+00:15:58 (31.6%)	5:03	11.9 (68.8%)
123	<b>MINTA Adam</b>	<b>259</b>		M-30	52	Proj-Przem- Projekt Sp. z o.o.	00:00:09	<b>00:50:37.00</b>	<b>00:50:46.80</b>	+00:16:02 (31.7%)	5:03	11.9 (68.8%)
124	<b>KRYKANT Michał</b>	<b>199</b>		M-30	53		00:00:27	<b>00:50:41.30</b>	<b>00:51:08.45</b>	+00:16:06 (31.8%)	5:04	11.8 (68.2%)
125	<b>BARANOWICZ Mikołaj</b>	<b>10</b>		M-30	54		00:00:08	<b>00:50:41.95</b>	<b>00:50:50.00</b>	+00:16:07 (31.8%)	5:04	11.8 (68.2%)
126	<b>KACZMAREK Michał</b>	<b>151</b>		M-30	55	GWE Pol-Bud sp. z o.o.	00:00:33	<b>00:50:54.70</b>	<b>00:51:28.40</b>	+00:16:20 (32.1%)	5:05	11.8 (68.2%)
127	<b>ŚWIERCZYŃSKI Marcin</b>	<b>384</b>	TO TYLKO TRIATHLON	M-30	56		00:00:30	<b>00:50:55.90</b>	<b>00:51:26.25</b>	+00:16:21 (32.1%)	5:05	11.8 (68.2%)
128	<b>SZYSZKA Radosław</b>	<b>379</b>		M-30	57		00:00:08	<b>00:51:05.05</b>	<b>00:51:13.90</b>	+00:16:30 (32.3%)	5:06	11.7 (67.6%)
129	<b>KAMPER Jarosław</b>	<b>156</b>		M-40	38		00:00:13	<b>00:51:18.85</b>	<b>00:51:32.50</b>	+00:16:44 (32.6%)	5:07	11.7 (67.6%)
130	<b>KUCHCZYŃSKI Adam</b>	<b>208</b>	BÓL TO ŚCIEMA	M-50	12		00:00:35	<b>00:51:19.20</b>	<b>00:51:55.00</b>	+00:16:44 (32.6%)	5:08	11.7 (67.6%)
131	<b>SKUPSZ Jędrzej Kazmierz</b>	<b>345</b>		M-20	21		00:00:42	<b>00:51:23.30</b>	<b>00:52:06.20</b>	+00:16:48 (32.7%)	5:08	11.7 (67.6%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
132	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%)
133	WIŚNIEWSKI Wojciech	425		M-40	39		00:00:27	00:51:27.15	00:51:54.50	+00:16:52 (32.8%)	5:08	11.7 (67.6%)
134	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%)
135	GAZDULSKI Krzysztof	96		M-40	40		00:00:09	00:51:28.40	00:51:37.55	+00:16:53 (32.8%)	5:08	11.7 (67.6%)
136	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%)
137	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%)
138	ROZWADOWSKI Oskar	322	KLIMAT SOLEC	M-20	22	KLIMAT SOLEC	00:00:13	00:51:35.70	00:51:48.95	+00:17:01 (33.0%)	5:09	11.6 (67.1%)
139	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%)
140	RATAJCZAK Dariusz	312		M-40	41	Zakład Usługowo Handlowy	00:00:27	00:51:36.95	00:52:04.20	+00:17:02 (33.0%)	5:09	11.6 (67.1%)
141	WŁOCH Sylwester	429		M-50	13		00:00:14	00:51:37.45	00:51:51.80	+00:17:02 (33.0%)	5:09	11.6 (67.1%)
142	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%)
143	OLIJARCZYK 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%)
144	SZYMCZAK Konrad	378		M-20	23		00:00:11	00:51:49.30	00:52:00.70	+00:17:14 (33.3%)	5:10	11.6 (67.1%)
145	ANDRZEJEWSKI Ryszard	3		M-60+	4		00:00:06	00:51:58.15	00:52:04.95	+00:17:23 (33.5%)	5:11	11.5 (66.5%)
146	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%)
147	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%)
148	BUTRYM Dariusz	41		M-40	42		00:00:16	00:51:59.85	00:52:16.25	+00:17:25 (33.5%)	5:12	11.5 (66.5%)
149	KISIEL Tomasz	163	RUN BYDGOSZCZ	M-40	43	Oknoplast	00:00:15	00:52:05.60	00:52:21.45	+00:17:30 (33.6%)	5:12	11.5 (66.5%)
150	KOŚMIŃSKI Krzysztof	181		M-40	44		00:00:30	00:52:08.25	00:52:38.95	+00:17:33 (33.7%)	5:12	11.5 (66.5%)
151	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%)
152	BIAŁY Dawid	17	SPÓJNIA BIAŁE BŁOTA	M-20	24		00:00:32	00:52:10.10	00:52:42.50	+00:17:35 (33.7%)	5:13	11.5 (66.5%)
153	ŚWIĘCICKI Andrzej	385		M-40	45		00:00:18	00:52:16.55	00:52:34.55	+00:17:41 (33.9%)	5:13	11.5 (66.5%)
154	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%)
155	KASZOWICZ Marek	159	RWT W BYDGOSZCZY	M-40	46		00:00:08	00:52:24.15	00:52:32.45	+00:17:49 (34.0%)	5:14	11.5 (66.5%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
156	<b>BUCZKOWSKI Wojciech</b>	<b>39</b>		M-40	47	stalrent	00:00:25	<b>00:52:27.05</b>	<b>00:52:52.60</b>	+00:17:52 (34.1%)	5:14	11.4 (65.9%)
157	<b>CIEPLIK Mateusz</b>	<b>50</b>	WODKAN S.A.	M-30	69	WODKAN Przedsiębiorstwo Wodociągów i Kanalizacji S.A.	00:00:07	<b>00:52:32.35</b>	<b>00:52:39.85</b>	+00:17:57 (34.2%)	5:15	11.4 (65.9%)
158	<b>BYRTEK Grzegorz</b>	<b>42</b>		M-40	48		00:00:17	<b>00:52:38.40</b>	<b>00:52:56.30</b>	+00:18:03 (34.3%)	5:15	11.4 (65.9%)
159	<b>ŁOBOCKI Krzysztof</b>	<b>233</b>		M-30	70		00:00:14	<b>00:52:47.05</b>	<b>00:53:01.95</b>	+00:18:12 (34.5%)	5:16	11.4 (65.9%)
160	<b>QUAAS Łukasz</b>	<b>306</b>	RUN PASJA	M-30	71		00:00:08	<b>00:52:48.70</b>	<b>00:52:57.55</b>	+00:18:14 (34.5%)	5:16	11.4 (65.9%)
161	<b>SZCZĘSNY Arkadiusz</b>	<b>371</b>	DYNAMO SKARPA	M-30	72		00:00:31	<b>00:53:00.40</b>	<b>00:53:31.95</b>	+00:18:25 (34.8%)	5:18	11.3 (65.3%)
162	<b>KOWALCZYK Tomasz</b>	<b>454</b>	ZP SERWIS	M-40	49	ZP SERWIS	00:00:33	<b>00:53:01.35</b>	<b>00:53:34.85</b>	+00:18:26 (34.8%)	5:18	11.3 (65.3%)
163	<b>MATUSZEWSKI Jarosław</b>	<b>250</b>	ZWIK CHEŁMNO	M-50	14	ZWiK Chełmno	00:00:29	<b>00:53:21.45</b>	<b>00:53:50.55</b>	+00:18:46 (35.2%)	5:20	11.2 (64.7%)
164	<b>BRZUSKIEWICZ Sławomir</b>	<b>38</b>		M-50	15		00:00:17	<b>00:53:22.70</b>	<b>00:53:40.30</b>	+00:18:48 (35.2%)	5:20	11.2 (64.7%)
165	<b>GABRYSIAK Dawid</b>	<b>90</b>		M-30	73	Kompleks-Instal	00:00:24	<b>00:53:33.95</b>	<b>00:53:58.75</b>	+00:18:59 (35.4%)	5:21	11.2 (64.7%)
166	<b>STAWCZYK Dariusz</b>	<b>358</b>		M-40	50		00:00:29	<b>00:53:35.45</b>	<b>00:54:04.80</b>	+00:19:00 (35.5%)	5:21	11.2 (64.7%)
167	<b>MIERZWA Damian</b>	<b>256</b>		M-20	25		00:00:12	<b>00:53:35.95</b>	<b>00:53:48.00</b>	+00:19:01 (35.5%)	5:21	11.2 (64.7%)
168	<b>RÓŻYCKI Marcin</b>	<b>323</b>		M-20	26		00:00:04	<b>00:53:39.00</b>	<b>00:53:43.25</b>	+00:19:04 (35.5%)	5:21	11.2 (64.7%)
169	<b>AUGUSTYNOWICZ Andrzej</b>	<b>6</b>		M-40	51		00:00:08	<b>00:53:41.30</b>	<b>00:53:49.80</b>	+00:19:06 (35.6%)	5:22	11.2 (64.7%)
170	<b>GODZIUK Roman</b>	<b>106</b>		M-50	16		00:00:20	<b>00:53:41.80</b>	<b>00:54:02.05</b>	+00:19:07 (35.6%)	5:22	11.2 (64.7%)
171	<b>KRZEMIŃSKI Bartosz</b>	<b>202</b>	RUN PASJA	M-30	74	Art-Deco	00:00:06	<b>00:53:42.20</b>	<b>00:53:49.00</b>	+00:19:07 (35.6%)	5:22	11.2 (64.7%)
172	<b>KOPICKI Mariusz</b>	<b>177</b>		M-40	52		00:00:14	<b>00:53:43.95</b>	<b>00:53:58.10</b>	+00:19:09 (35.6%)	5:22	11.2 (64.7%)
173	<b>BŁACHOWICZ Dawid</b>	<b>27</b>	SALAMANDER RUNNING TEAM	M-30	75		00:00:45	<b>00:53:45.45</b>	<b>00:54:31.00</b>	+00:19:10 (35.7%)	5:22	11.2 (64.7%)
174	<b>STRAMA Wojciech</b>	<b>362</b>		M-30	76	FU MAŃKA Wojciech Strama	00:00:22	<b>00:53:48.50</b>	<b>00:54:10.55</b>	+00:19:13 (35.7%)	5:22	11.2 (64.7%)
175	<b>KOLANOWSKI Wojciech</b>	<b>171</b>		M-50	17		00:00:25	<b>00:53:55.70</b>	<b>00:54:21.30</b>	+00:19:21 (35.9%)	5:23	11.1 (64.2%)
176	<b>LESZCZYŃSKI Andrzej</b>	<b>463</b>	FALA KAZUŃ	M-30	77		00:00:20	<b>00:54:07.10</b>	<b>00:54:27.65</b>	+00:19:32 (36.1%)	5:24	11.1 (64.2%)
177	<b>ORŁOWSKI Janusz</b>	<b>275</b>	RUN BYDGOSZCZ	M-40	53	SIMS	00:00:51	<b>00:54:09.45</b>	<b>00:55:01.15</b>	+00:19:34 (36.2%)	5:25	11.1 (64.2%)
178	<b>DOMAN Janusz</b>	<b>78</b>	UKS SZABLA BRZOZA	M-60+	5		00:00:04	<b>00:54:16.35</b>	<b>00:54:21.15</b>	+00:19:41 (36.3%)	5:25	11.1 (64.2%)



Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
179	<b>GRUBA Jacek</b>	<b>125</b>		M-50	18		00:00:38	<b>00:54:23.95</b>	<b>00:55:02.75</b>	+00:19:49 (36.4%)	5:26	11 (63.6%)
180	<b>CZAJKOWSKI Maciej</b>	<b>54</b>	ATI SYSTEMY ELEKTRONICZNE	M-40	54	ATI Systemy Elektroniczne	00:00:39	<b>00:54:25.40</b>	<b>00:55:04.40</b>	+00:19:50 (36.5%)	5:26	11 (63.6%)
181	<b>MUSZKOWSKI Andrzej</b>	<b>479</b>		M-50	19	ATELBUD	00:00:23	<b>00:54:27.50</b>	<b>00:54:51.10</b>	+00:19:52 (36.5%)	5:26	11 (63.6%)
182	<b>SZULC Edmund</b>	<b>374</b>		M-50	20		00:00:33	<b>00:54:32.45</b>	<b>00:55:06.15</b>	+00:19:57 (36.6%)	5:27	11 (63.6%)
183	<b>WIŚNIEWSKI Dariusz</b>	<b>423</b>		M-50	21		00:00:27	<b>00:54:32.60</b>	<b>00:55:00.55</b>	+00:19:57 (36.6%)	5:27	11 (63.6%)
184	<b>BOROWICZ Ireneusz</b>	<b>30</b>		M-30	78		00:00:41	<b>00:54:42.10</b>	<b>00:55:23.50</b>	+00:20:07 (36.8%)	5:28	11 (63.6%)
185	<b>KUBIŃSKI Rafał</b>	<b>207</b>	ALLIANZ RUNNING TEAM	M-50	22		00:00:26	<b>00:54:51.95</b>	<b>00:55:18.60</b>	+00:20:17 (37.0%)	5:29	10.9 (63.0%)
186	<b>BRZOZOWSKI Piotr</b>	<b>36</b>	BRZOZA TRI TEAM	M-20	27		00:00:52	<b>00:54:52.45</b>	<b>00:55:44.45</b>	+00:20:17 (37.0%)	5:29	10.9 (63.0%)
187	<b>SIERANT Marian</b>	<b>341</b>		M-50	23		00:00:22	<b>00:55:02.60</b>	<b>00:55:25.20</b>	+00:20:27 (37.2%)	5:30	10.9 (63.0%)
188	<b>BLEJA Krystian</b>	<b>24</b>		M-30	79		00:00:28	<b>00:55:05.25</b>	<b>00:55:33.40</b>	+00:20:30 (37.2%)	5:30	10.9 (63.0%)
189	<b>KRAHL Radosław</b>	<b>190</b>	KLIMAT SOLEC	M-30	80	KLIMAT SOLEC	00:00:39	<b>00:55:05.95</b>	<b>00:55:45.80</b>	+00:20:31 (37.2%)	5:30	10.9 (63.0%)
190	<b>STOŻEK Szymon</b>	<b>361</b>	ZWIK CHEŁMNO	M-16	1		00:00:29	<b>00:55:09.15</b>	<b>00:55:38.40</b>	+00:20:34 (37.3%)	5:30	10.9 (63.0%)
191	<b>DESKA Paweł</b>	<b>73</b>	KLIMA-THERM TEAM	M-40	55	KLIMA-THERM TEAM	00:00:42	<b>00:55:09.25</b>	<b>00:55:51.45</b>	+00:20:34 (37.3%)	5:30	10.9 (63.0%)
192	<b>WACHOWIAK Adam</b>	<b>466</b>	FALA KAZUŃ	M-20	28		00:00:19	<b>00:55:10.75</b>	<b>00:55:30.55</b>	+00:20:36 (37.3%)	5:31	10.9 (63.0%)
193	<b>KOSK Patryk</b>	<b>467</b>	FALA KAZUŃ	M-20	29		00:00:19	<b>00:55:10.95</b>	<b>00:55:30.85</b>	+00:20:36 (37.3%)	5:31	10.9 (63.0%)
194	<b>LIPCZYŃSKI Przemysław</b>	<b>460</b>	FALA KAZUŃ	M-20	30		00:00:21	<b>00:55:20.40</b>	<b>00:55:41.75</b>	+00:20:45 (37.5%)	5:32	10.8 (62.4%)
195	<b>WIECZOREK Jakub</b>	<b>482</b>		M-30	81		00:00:35	<b>00:55:20.85</b>	<b>00:55:56.60</b>	+00:20:46 (37.5%)	5:32	10.8 (62.4%)
196	<b>ANGLART Roman</b>	<b>4</b>		M-50	24		00:00:35	<b>00:55:20.90</b>	<b>00:55:56.40</b>	+00:20:46 (37.5%)	5:32	10.8 (62.4%)
197	<b>GWÓDŹ Kamil</b>	<b>130</b>	TKKF WODNIK WIĘCBOBK	M-20	31		00:00:55	<b>00:55:21.15</b>	<b>00:56:17.05</b>	+00:20:46 (37.5%)	5:32	10.8 (62.4%)
198	<b>GOŁCZYŃSKI Tomasz</b>	<b>108</b>		M-40	56		00:00:18	<b>00:55:22.55</b>	<b>00:55:41.20</b>	+00:20:47 (37.6%)	5:32	10.8 (62.4%)
199	<b>TREJDEROWSKI Robert</b>	<b>395</b>	CONKRET RUNNING TEAM	M-30	82		00:00:32	<b>00:55:27.25</b>	<b>00:56:00.05</b>	+00:20:52 (37.6%)	5:32	10.8 (62.4%)
200	<b>LIPIŃSKI Marek</b>	<b>223</b>		M-30	83		00:00:27	<b>00:55:34.15</b>	<b>00:56:02.05</b>	+00:20:59 (37.8%)	5:33	10.8 (62.4%)
201	<b>SOSIŃSKI Paweł</b>	<b>352</b>	BEZPIECZNY OPERATOR	M-30	84		00:00:30	<b>00:55:46.45</b>	<b>00:56:17.15</b>	+00:21:11 (38.0%)	5:34	10.8 (62.4%)
202	<b>KURA Arkadiusz</b>	<b>216</b>		M-30	85		00:00:44	<b>00:55:46.80</b>	<b>00:56:31.35</b>	+00:21:12 (38.0%)	5:34	10.8 (62.4%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
203	<b>PIECZYŃSKI Paweł</b>	<b>295</b>	MONTER SHOP RUN TEAM	M-40	57		00:00:00	<b>00:55:54.00</b>	<b>00:55:54.00</b>	+00:21:19 (38.1%)	5:35	10.7 (61.8%)
204	<b>GOŁYŃSKI Jarosław</b>	<b>109</b>	KLIMA-THERM TEAM	M-30	86		00:00:42	<b>00:56:02.50</b>	<b>00:56:44.85</b>	+00:21:27 (38.3%)	5:36	10.7 (61.8%)
205	<b>KRAJNIK Wojciech</b>	<b>192</b>		M-30	87	Budrob Grudziądz. Krajnik Robert	00:00:46	<b>00:56:11.40</b>	<b>00:56:58.10</b>	+00:21:36 (38.5%)	5:37	10.7 (61.8%)
206	<b>CZUBKOWSKI Sebastian</b>	<b>59</b>		M-30	88		00:00:22	<b>00:56:12.05</b>	<b>00:56:34.45</b>	+00:21:37 (38.5%)	5:37	10.7 (61.8%)
207	<b>KOZERA Marcin</b>	<b>187</b>		M-40	58		00:00:20	<b>00:56:15.25</b>	<b>00:56:35.80</b>	+00:21:40 (38.5%)	5:37	10.7 (61.8%)
208	<b>MACHNOWSKI Przemysław</b>	<b>461</b>	FALA KAZUŃ	M-30	89		00:00:20	<b>00:56:16.25</b>	<b>00:56:36.35</b>	+00:21:41 (38.6%)	5:37	10.7 (61.8%)
209	<b>BIEL Marek</b>	<b>18</b>	1% DLA DARIÍ BIEL	M-40	59		00:00:15	<b>00:56:50.85</b>	<b>00:57:06.30</b>	+00:22:16 (39.2%)	5:41	10.6 (61.3%)
210	<b>BRZOZOWSKI Jarosław</b>	<b>35</b>	BRZOZA TRI TEAM	M-50	25		00:00:51	<b>00:56:54.60</b>	<b>00:57:45.75</b>	+00:22:19 (39.2%)	5:41	10.5 (60.7%)
211	<b>DĘBSKI Jan</b>	<b>75</b>		M-60+	6		00:00:05	<b>00:56:55.10</b>	<b>00:57:00.35</b>	+00:22:20 (39.2%)	5:41	10.5 (60.7%)
212	<b>SZCZEBLEWSKI Witold</b>	<b>367</b>		M-50	26		00:00:04	<b>00:57:10.35</b>	<b>00:57:14.90</b>	+00:22:35 (39.5%)	5:43	10.5 (60.7%)
213	<b>SPECJALSKI Paweł</b>	<b>353</b>	ALFACO RUNNING TEAM	M-20	32		00:00:15	<b>00:57:11.85</b>	<b>00:57:27.30</b>	+00:22:37 (39.5%)	5:43	10.5 (60.7%)
214	<b>MANISZEWSKI Zbigniew</b>	<b>474</b>		M-60+	7		00:00:44	<b>00:57:12.20</b>	<b>00:57:56.60</b>	+00:22:37 (39.6%)	5:43	10.5 (60.7%)
215	<b>RYCHŁOWSKI Artur</b>	<b>328</b>	SYSTHERM SPORT TEAM	M-30	90	SYSTHERM	00:00:34	<b>00:57:12.50</b>	<b>00:57:46.80</b>	+00:22:37 (39.6%)	5:43	10.5 (60.7%)
216	<b>CZAJA Jarosław</b>	<b>53</b>		M-30	91		00:00:50	<b>00:57:15.60</b>	<b>00:58:05.80</b>	+00:22:40 (39.6%)	5:43	10.5 (60.7%)
217	<b>KOPERSKI Adam</b>	<b>175</b>	EKO-INSTAL	M-20	33	HYDRO-MET ROGOWO	00:00:43	<b>00:57:25.40</b>	<b>00:58:09.10</b>	+00:22:50 (39.8%)	5:44	10.4 (60.1%)
218	<b>KOPERSKI Piotr</b>	<b>176</b>	EKO-INSTAL	M-20	34	HYDRO-MET ROGOWO	00:00:43	<b>00:57:25.75</b>	<b>00:58:08.90</b>	+00:22:51 (39.8%)	5:44	10.4 (60.1%)
219	<b>MARCZYKOWSKI Kamil</b>	<b>245</b>		M-20	35		00:00:53	<b>00:57:31.25</b>	<b>00:58:25.10</b>	+00:22:56 (39.9%)	5:45	10.4 (60.1%)
220	<b>JELENIOWSKI Eugeniusz</b>	<b>143</b>		M-50	27	Usługi Inżynieryjne Eugeniusz Jeleniewski	00:00:17	<b>00:57:32.00</b>	<b>00:57:49.30</b>	+00:22:57 (39.9%)	5:45	10.4 (60.1%)
221	<b>TUCZYŃSKI Robert</b>	<b>397</b>		M-30	92		00:00:46	<b>00:57:37.80</b>	<b>00:58:24.30</b>	+00:23:03 (40.0%)	5:45	10.4 (60.1%)
222	<b>KLEWICKI Łukasz</b>	<b>164</b>	MECHVENT TEAM	M-20	36	MechVent	00:00:41	<b>00:57:46.45</b>	<b>00:58:27.55</b>	+00:23:11 (40.1%)	5:46	10.4 (60.1%)
223	<b>KRYSZTOFIAK Robert</b>	<b>201</b>		M-40	60		00:00:25	<b>00:57:46.60</b>	<b>00:58:11.65</b>	+00:23:11 (40.2%)	5:46	10.4 (60.1%)
224	<b>SZEIB Robert</b>	<b>372</b>		M-40	61		00:00:07	<b>00:57:52.25</b>	<b>00:58:00.15</b>	+00:23:17 (40.2%)	5:47	10.4 (60.1%)
225	<b>GAWLIK Jacek</b>	<b>95</b>		M-30	93	Projekt Complex	00:00:47	<b>00:58:03.85</b>	<b>00:58:51.45</b>	+00:23:29 (40.4%)	5:48	10.3 (59.5%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
226	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%)
227	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%)
228	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%)
229	SCHULZ Maciej	338	PRUSZCZ BIEGA	M-40	62		00:00:27	00:58:16.35	00:58:43.75	+00:23:41 (40.7%)	5:49	10.3 (59.5%)
230	ŚLIWIŃSKI Andrzej	382		M-50	28		00:00:43	00:58:17.15	00:59:00.95	+00:23:42 (40.7%)	5:49	10.3 (59.5%)
231	KOZAKIEWICZ Marcin	186		M-40	63		00:00:21	00:58:35.10	00:58:56.15	+00:24:00 (41.0%)	5:51	10.2 (59.0%)
232	SZMELTER Michał	373		M-40	64		00:00:29	00:58:37.15	00:59:07.05	+00:24:02 (41.0%)	5:51	10.2 (59.0%)
233	WIŚNIEWSKI Włodzimierz	422		M-50	29		00:00:44	00:58:40.10	00:59:24.95	+00:24:05 (41.1%)	5:52	10.2 (59.0%)
234	CZAJKOWSKI Maciej	55	ALFACO RUNNING TEAM	M-40	65		00:00:15	00:58:41.50	00:58:57.25	+00:24:06 (41.1%)	5:52	10.2 (59.0%)
235	RAUCHFLEISZ Andrzej	314		M-40	66		00:00:53	00:58:42.40	00:59:35.95	+00:24:07 (41.1%)	5:52	10.2 (59.0%)
236	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%)
237	WIERSKI Jarosław	415		M-40	67		00:00:46	00:58:53.90	00:59:40.45	+00:24:19 (41.3%)	5:53	10.2 (59.0%)
238	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%)
239	KRĘCICKI Jakub	195		M-20	37		00:00:48	00:59:07.15	00:59:55.35	+00:24:32 (41.5%)	5:54	10.1 (58.4%)
240	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%)
241	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%)
242	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%)
243	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%)
244	WIĘCASZEK Maciej	417		M-40	68		00:00:39	00:59:17.10	00:59:56.70	+00:24:42 (41.7%)	5:55	10.1 (58.4%)
245	GROTT Bartłomiej	123		M-40	69		00:00:33	00:59:19.70	00:59:53.50	+00:24:45 (41.7%)	5:56	10.1 (58.4%)
246	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%)
247	PRZYBYLSKI Mariusz	303		M-50	30		00:00:19	00:59:27.85	00:59:47.00	+00:24:53 (41.9%)	5:56	10.1 (58.4%)
248	JARZYŃSKI Maciej	138		M-20	38		00:00:51	00:59:28.75	01:00:20.40	+00:24:54 (41.9%)	5:56	10.1 (58.4%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
249	BLOK 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%)
250	GAJZLER Jerzy	93		M-60+	8		00:00:17	00:59:41.10	00:59:58.90	+00:25:06 (42.1%)	5:58	10.1 (58.4%)
251	KORALEWSKI Jakub	178		M-20	39		00:00:26	00:59:42.85	01:00:08.85	+00:25:08 (42.1%)	5:58	10.1 (58.4%)
252	WOLOSZYN Kazimierz	435	ROWEROWA BRZOZA/BRZOZA BIEGA	M-60+	9		00:00:08	00:59:45.25	00:59:53.90	+00:25:10 (42.1%)	5:58	10 (57.8%)
253	JAWORSKI Janusz	142		M-50	31		00:00:41	00:59:57.10	01:00:38.50	+00:25:22 (42.3%)	5:59	10 (57.8%)
254	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%)
255	SPLITT Jakub	354	KLIMAT SOLEC	M-20	40	KLIMAT SOLEC	00:00:08	00:59:59.85	01:00:08.50	+00:25:25 (42.4%)	6:00	10 (57.8%)
256	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%)
257	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%)
258	NOWAK Adam	476	EKSKLUZYWNA PATOLOGIA	M-40	70		00:00:15	01:00:06.00	01:00:21.50	+00:25:31 (42.5%)	6:00	10 (57.8%)
259	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%)
260	MURAS Michał	263		M-40	71		00:00:16	01:00:13.95	01:00:29.95	+00:25:39 (42.6%)	6:01	10 (57.8%)
261	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%)
262	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%)
263	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%)
264	ZYGMUNT Robert	448	RUN PASJA	M-40	72		00:00:30	01:00:32.60	01:01:02.80	+00:25:57 (42.9%)	6:03	9.9 (57.2%)
265	SZYGOWSKI Mariusz	377	H2O TEAM	M-50	32	MWiO sp. z o.o. Grudziądz	00:00:04	01:00:34.20	01:00:39.10	+00:25:59 (42.9%)	6:03	9.9 (57.2%)
266	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%)
267	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%)
268	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%)
269	STANKIEWICZ Dariusz	356		M-50	33		00:00:36	01:01:40.90	01:02:16.90	+00:27:06 (43.9%)	6:10	9.7 (56.1%)
270	MENKA Adam	252	EKO-INSTAL	M-40	73	Eko-Instal	00:00:32	01:02:03.10	01:02:35.45	+00:27:28 (44.3%)	6:12	9.7 (56.1%)
271	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%)
272	WIŚNIEWSKI Maksymilian	424		M-16	2		00:00:45	01:02:31.35	01:03:16.80	+00:27:56 (44.7%)	6:15	9.6 (55.5%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
273	<b>KUCHTA Jacek</b>	<b>209</b>	KLIMAT SOLEC	M-40	74	KLIMAT SOLEC	00:00:38	<b>01:02:41.65</b>	<b>01:03:20.30</b>	+00:28:06 (44.8%)	6:16	9.6 (55.5%)
274	<b>BOHDZIEWICZ Paweł</b>	<b>28</b>	EKO-BABICE TEAM	M-30	116	G.P.K. 'Eko-Babice' Sp. z o.o.	00:00:49	<b>01:03:15.55</b>	<b>01:04:04.85</b>	+00:28:40 (45.3%)	6:19	9.5 (54.9%)
275	<b>JARZYNA Jakub</b>	<b>137</b>		M-30	117		00:00:42	<b>01:03:19.75</b>	<b>01:04:02.15</b>	+00:28:45 (45.4%)	6:20	9.5 (54.9%)
276	<b>ŻMICH Tomasz</b>	<b>450</b>		M-30	118		00:00:49	<b>01:03:20.65</b>	<b>01:04:10.55</b>	+00:28:45 (45.4%)	6:20	9.5 (54.9%)
277	<b>KISIEL Krystian</b>	<b>162</b>	EKIPA BSW	M-30	119		00:00:42	<b>01:03:36.45</b>	<b>01:04:18.50</b>	+00:29:01 (45.6%)	6:21	9.4 (54.3%)
278	<b>GIERACH Krzysztof</b>	<b>98</b>		M-60+	10		00:00:14	<b>01:04:00.90</b>	<b>01:04:15.20</b>	+00:29:26 (46.0%)	6:24	9.4 (54.3%)
278	<b>GRACZYKOWSKI Andrzej</b>	<b>118</b>		M-40	75		00:00:42	<b>01:04:00.90</b>	<b>01:04:42.90</b>	+00:29:26 (46.0%)	6:24	9.4 (54.3%)
280	<b>SCHMIDT Robert</b>	<b>337</b>		M-40	76	UNI-DOOR	00:00:36	<b>01:04:05.95</b>	<b>01:04:42.80</b>	+00:29:31 (46.1%)	6:24	9.4 (54.3%)
281	<b>JASINSKI Krzysztof</b>	<b>139</b>		M-40	77		00:00:09	<b>01:04:10.35</b>	<b>01:04:19.40</b>	+00:29:35 (46.1%)	6:25	9.4 (54.3%)
282	<b>WESOŁOWSKI Dariusz</b>	<b>410</b>		M-40	78		00:00:23	<b>01:04:11.75</b>	<b>01:04:35.70</b>	+00:29:37 (46.1%)	6:25	9.3 (53.8%)
283	<b>CZECH Arnold</b>	<b>57</b>	KLIMA-THERM TEAM	M-40	79		00:00:48	<b>01:04:12.55</b>	<b>01:05:01.35</b>	+00:29:37 (46.1%)	6:25	9.3 (53.8%)
284	<b>DRZEWIECKI Mirek</b>	<b>456</b>		M-30	120		00:00:40	<b>01:04:16.70</b>	<b>01:04:56.95</b>	+00:29:42 (46.2%)	6:25	9.3 (53.8%)
285	<b>TADROWSKI Tomasz</b>	<b>386</b>		M-40	80		00:00:37	<b>01:04:22.10</b>	<b>01:04:59.25</b>	+00:29:47 (46.3%)	6:26	9.3 (53.8%)
286	<b>RZYDUCH Piotr</b>	<b>334</b>		M-40	81		00:00:36	<b>01:04:22.40</b>	<b>01:04:58.85</b>	+00:29:47 (46.3%)	6:26	9.3 (53.8%)
287	<b>KRZYŻANOWSKI Wojciech</b>	<b>205</b>		M-40	82		00:00:56	<b>01:04:36.50</b>	<b>01:05:32.55</b>	+00:30:01 (46.5%)	6:27	9.3 (53.8%)
288	<b>SMOLARA Sebastian</b>	<b>347</b>		M-30	121		00:00:17	<b>01:04:39.00</b>	<b>01:04:56.65</b>	+00:30:04 (46.5%)	6:27	9.3 (53.8%)
289	<b>WYPORKIEWICZ Jerzy</b>	<b>500</b>		M-50	34		00:00:52	<b>01:04:56.90</b>	<b>01:05:49.50</b>	+00:30:22 (46.8%)	6:29	9.2 (53.2%)
290	<b>CIACHERA Ireneusz</b>	<b>49</b>		M-50	35		00:00:49	<b>01:04:58.70</b>	<b>01:05:48.20</b>	+00:30:24 (46.8%)	6:29	9.2 (53.2%)
291	<b>FRYŻEWSKI Michał</b>	<b>89</b>	BARTODZIEJE RULES	M-40	83	Powerhouse	00:00:48	<b>01:05:16.90</b>	<b>01:06:05.55</b>	+00:30:42 (47.0%)	6:31	9.2 (53.2%)
292	<b>RUTKOWSKI Tomasz</b>	<b>327</b>		M-30	122		00:00:38	<b>01:05:22.00</b>	<b>01:06:00.30</b>	+00:30:47 (47.1%)	6:32	9.2 (53.2%)
293	<b>GOLCZYK Wiktor</b>	<b>107</b>	EKO-INSTAL	M-16	3	HYDRO-MET ROGOWO	00:00:42	<b>01:05:24.50</b>	<b>01:06:07.10</b>	+00:30:49 (47.1%)	6:32	9.2 (53.2%)
294	<b>BANAŚ Michał</b>	<b>9</b>		M-16	4		00:00:53	<b>01:05:28.40</b>	<b>01:06:21.50</b>	+00:30:53 (47.2%)	6:32	9.2 (53.2%)
295	<b>WESOŁEK Piotr</b>	<b>409</b>		M-40	84	Celt	00:00:33	<b>01:05:30.45</b>	<b>01:06:03.85</b>	+00:30:55 (47.2%)	6:33	9.2 (53.2%)
296	<b>LUKASIEWICZ Krzysztof</b>	<b>229</b>		M-30	123		00:00:46	<b>01:05:39.65</b>	<b>01:06:25.65</b>	+00:31:04 (47.3%)	6:33	9.1 (52.6%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
297	<b>SIERADZKI Damian</b>	<b>340</b>		M-30	124		00:00:37	<b>01:05:49.45</b>	<b>01:06:27.35</b>	+00:31:14 (47.5%)	6:35	9.1 (52.6%)
298	<b>GRUBA Paweł</b>	<b>124</b>		M-30	125	PAGR Instal	00:00:52	<b>01:05:54.80</b>	<b>01:06:46.80</b>	+00:31:20 (47.5%)	6:35	9.1 (52.6%)
299	<b>BIERYT Arkadiusz</b>	<b>20</b>		M-50	36		00:00:03	<b>01:06:55.20</b>	<b>01:06:58.30</b>	+00:32:20 (48.3%)	6:41	9 (52.0%)
300	<b>RAZIK Wiesław</b>	<b>315</b>		M-30	126		00:00:39	<b>01:07:06.00</b>	<b>01:07:45.15</b>	+00:32:31 (48.5%)	6:42	8.9 (51.4%)
301	<b>KRAŚNY Arkadiusz</b>	<b>194</b>		M-30	127	Celt	00:00:33	<b>01:07:06.70</b>	<b>01:07:40.10</b>	+00:32:32 (48.5%)	6:42	8.9 (51.4%)
302	<b>KAŁUSKI Jacek</b>	<b>154</b>	MECHVENT TEAM	M-40	85	MechVent	00:00:41	<b>01:07:09.45</b>	<b>01:07:50.95</b>	+00:32:34 (48.5%)	6:42	8.9 (51.4%)
303	<b>GÓRNY Tadeusz</b>	<b>117</b>		M-60+	11		00:00:39	<b>01:07:31.70</b>	<b>01:08:11.60</b>	+00:32:57 (48.8%)	6:45	8.9 (51.4%)
304	<b>KAPELIŃSKI Stanisław</b>	<b>158</b>		M-50	37		00:00:28	<b>01:08:20.50</b>	<b>01:08:49.10</b>	+00:33:45 (49.4%)	6:50	8.8 (50.9%)
305	<b>PISANKO Marcin</b>	<b>458</b>	ZP SERWIS	M-30	128	ZP SERWIS	00:00:51	<b>01:08:34.45</b>	<b>01:09:25.45</b>	+00:33:59 (49.6%)	6:51	8.8 (50.9%)
306	<b>JANICKI Robert</b>	<b>481</b>	RUN BYDGOSZCZ	M-30	129		00:00:05	<b>01:09:10.60</b>	<b>01:09:16.55</b>	+00:34:35 (50.0%)	6:55	8.7 (50.3%)
307	<b>IGNATOWICZ Michał</b>	<b>132</b>		M-30	130	Eko-Instal	00:00:45	<b>01:09:16.90</b>	<b>01:10:02.30</b>	+00:34:42 (50.1%)	6:55	8.7 (50.3%)
308	<b>NAWROCKI Adam</b>	<b>267</b>	ASPEKT	M-40	86	ASPEKT	00:00:21	<b>01:09:23.00</b>	<b>01:09:44.70</b>	+00:34:48 (50.2%)	6:56	8.6 (49.7%)
309	<b>ROBERT Ryczkowski</b>	<b>317</b>		M-40	87	Polski Instalator	00:00:11	<b>01:09:31.15</b>	<b>01:09:42.45</b>	+00:34:56 (50.3%)	6:57	8.6 (49.7%)
310	<b>RYMARKIEWICZ Sławomir</b>	<b>330</b>		M-40	88		00:00:36	<b>01:09:38.95</b>	<b>01:10:15.50</b>	+00:35:04 (50.4%)	6:57	8.6 (49.7%)
311	<b>DEJEWSKI Zbigniew</b>	<b>71</b>	ALFACO RUNNING TEAM	M-50	38		00:00:18	<b>01:09:46.85</b>	<b>01:10:04.95</b>	+00:35:12 (50.4%)	6:58	8.6 (49.7%)
312	<b>DEC Jarosław</b>	<b>70</b>	ALFACO RUNNING TEAM	M-40	89		00:00:16	<b>01:09:48.40</b>	<b>01:10:05.00</b>	+00:35:13 (50.5%)	6:58	8.6 (49.7%)
313	<b>OWIEŚNY Łukasz</b>	<b>278</b>	KLIMAT SOLEC	M-30	131	KLIMAT SOLEC	00:00:38	<b>01:10:18.30</b>	<b>01:10:56.70</b>	+00:35:43 (50.8%)	7:01	8.5 (49.1%)
314	<b>BRYWCZYŃSKI Krystian</b>	<b>34</b>		M-30	132		00:00:28	<b>01:11:38.10</b>	<b>01:12:06.80</b>	+00:37:03 (51.7%)	7:09	8.4 (48.6%)
315	<b>NOWACKI Leszek</b>	<b>457</b>	ZP SERWIS	M-60+	12	ZP SERWIS	00:00:51	<b>01:12:09.45</b>	<b>01:13:00.55</b>	+00:37:34 (52.1%)	7:12	8.3 (48.0%)
316	<b>DRAHEIM Łukasz</b>	<b>79</b>	ASPEKT	M-20	41	ASPEKT	00:00:21	<b>01:13:00.70</b>	<b>01:13:22.65</b>	+00:38:26 (52.6%)	7:18	8.2 (47.4%)
317	<b>JANKOWSKI Dawid</b>	<b>134</b>		M-30	133	Mega Computer Center Sp. zo.o.	00:00:51	<b>01:14:04.30</b>	<b>01:14:56.25</b>	+00:39:29 (53.3%)	7:24	8.1 (46.8%)
318	<b>CEGIELSKI Maciej</b>	<b>44</b>	ŻANDARMI Z POZNANIA	M-40	90		00:00:53	<b>01:14:16.35</b>	<b>01:15:10.05</b>	+00:39:41 (53.4%)	7:25	8.1 (46.8%)
319	<b>JASTRZĘBSKI Mirosław</b>	<b>141</b>	MECHVENT TEAM	M-60+	13	MechVent	00:00:41	<b>01:19:17.35</b>	<b>01:19:58.85</b>	+00:44:42 (56.4%)	7:55	7.6 (43.9%)
320	<b>BORUCKI Rafał</b>	<b>31</b>	ALFACO RUNNING TEAM	M-30	134		00:00:14	<b>01:20:39.35</b>	<b>01:20:54.20</b>	+00:46:04 (57.1%)	8:04	7.4 (42.8%)

Place	Participant	Number	Club	Category	MCat	Firma	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
321	<b>WOLSKI Kamil</b>	<b>470</b>		M-30	135		00:00:11	<b>01:21:23.10</b>	<b>01:21:34.65</b>	+00:46:48 (57.5%)	8:08	7.4 (42.8%)
322	<b>BRONKALLA Karol</b>	<b>32</b>	EKO-INSTAL	M-30	136	Centrum Pomp Ciepła Karol Bronkalla	00:00:44	<b>01:29:01.20</b>	<b>01:29:46.10</b>	+00:54:26 (61.2%)	8:54	6.7 (38.7%)

Total 322 results.