



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2022-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MALINOWSKI Paweł	1123	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	1	00:00:00	00:16:04.90	00:16:05.85		3:12	18.7
2	GOŁDYN Sebastian	1137	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	2	00:00:01	00:16:59.35	00:17:00.65	+00:00:54	3:23	17.7
3	JURAK Krzysztof	1040	KUJAWSCY RUNNERS	M-30	3	00:00:01	00:17:16.55	00:17:17.60	+00:01:11	3:27	17.4
4	FLOREK Paweł	950	RUNADDICTS	M-30	4	00:00:01	00:17:37.80	00:17:39.40	+00:01:32	3:31	17
5	POZNAŃSKI Szymon	762	BIOTECH	M-30	5	00:00:03	00:17:38.05	00:17:41.55	+00:01:33	3:31	17
6	SZOT Bartosz	656	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	6	00:00:01	00:17:51.65	00:17:53.45	+00:01:46	3:34	16.8
7	DEROŃ Waldemar	1138	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	7	00:00:01	00:17:54.55	00:17:56.10	+00:01:49	3:34	16.8
8	MAĆKOWSKI Maciej	553	UPSBYDGOSZCZ/TEAMOCHAL	M-30	8	00:00:01	00:18:02.40	00:18:03.60	+00:01:57	3:36	16.6
9	KRYSKE Bartosz	3		M-30	9	00:00:01	00:18:08.50	00:18:09.90	+00:02:03	3:37	16.5
10	PĘDZIOCH Przemysław	1115		M-30	10	00:00:02	00:18:14.05	00:18:16.70	+00:02:09	3:38	16.5
11	BURDANOWSKI Adam	400		M-30	11	00:00:02	00:18:14.25	00:18:16.40	+00:02:09	3:38	16.5
12	TUCHOLSKI Bartłomiej	394		M-30	12	00:00:04	00:18:17.80	00:18:22.25	+00:02:12	3:39	16.4
13	NOCEK Paweł	755	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	13	00:00:01	00:18:19.45	00:18:21.10	+00:02:14	3:39	16.4
14	KOTULA Sławomir	450		M-30	14	00:00:04	00:18:35.55	00:18:39.90	+00:02:30	3:43	16.1
15	ANDRZEJEWSKI Marcin	1210		M-30	15	00:00:01	00:18:42.10	00:18:43.15	+00:02:37	3:44	16
16	SZLINGER Jakub	30	DRUŻYNA STASIA	M-30	16	00:00:03	00:18:48.00	00:18:51.85	+00:02:43	3:45	16
17	SUTKOWY Paweł	488		M-30	17	00:00:03	00:18:50.20	00:18:53.55	+00:02:45	3:46	15.9
18	KALOTA Tomasz	1146	ELECTRUS TORUŃ	M-30	18	00:00:01	00:18:56.50	00:18:58.10	+00:02:51	3:47	15.8
19	PIC Dawid	507	BYLE DO PRZODU	M-30	19	00:00:05	00:19:04.00	00:19:09.05	+00:02:59	3:48	15.7
20	WILK Łukasz	36	RUNADDICTS	M-30	20	00:00:02	00:19:13.40	00:19:15.60	+00:03:08	3:50	15.6
21	WALDA Łukasz	613		M-30	21	00:00:04	00:19:22.25	00:19:27.05	+00:03:17	3:52	15.5
22	RZESZOTARSKI Daniel	592		M-30	22	00:00:05	00:19:24.00	00:19:29.50	+00:03:19	3:52	15.5
23	MALICKI Łukasz	775		M-30	23	00:00:05	00:19:25.35	00:19:31.20	+00:03:20	3:53	15.5
24	KHADDOUR Alex	284	ATOS BYDGOSZCZ	M-30	24	00:00:04	00:19:26.85	00:19:31.15	+00:03:21	3:53	15.4
25	MALICKI Bartosz	786		M-30	25	00:00:05	00:19:27.95	00:19:33.45	+00:03:23	3:53	15.4
26	KRZESZEWSKI Jakub	929		M-30	26	00:00:02	00:19:34.10	00:19:36.40	+00:03:29	3:54	15.3
27	OKOŃSKI Jarosław	1122	NULLPOINTEREXCEPTION	M-30	27	00:00:04	00:19:37.00	00:19:41.75	+00:03:32	3:55	15.3
28	STASIEWICZ Filip	509	SPÓJNIA BIAŁE BŁOTA	M-30	28	00:00:06	00:19:38.60	00:19:45.30	+00:03:33	3:55	15.3
29	WALKOWIAK Paweł	72		M-30	29	00:00:07	00:19:38.65	00:19:46.15	+00:03:33	3:55	15.3
30	BALCEREK Mateusz	188	GASTRO SZEFL	M-30	30	00:00:05	00:19:46.45	00:19:52.30	+00:03:41	3:57	15.2

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							netto 5km	brutto 5km			
31	WINIECKI Patryk	362		M-30	31	00:00:03	00:19:52.90	00:19:56.30	+00:03:48	3:58	15.1
32	WIECZOREK Mateusz	416		M-30	32	00:00:07	00:20:06.00	00:20:13.90	+00:04:01	4:01	14.9
33	SKORECKI Aleksander	341		M-30	33	00:00:05	00:20:13.05	00:20:18.60	+00:04:08	4:02	14.8
34	WITKOWSKI Łukasz	619	GRILL TEAM	M-30	34	00:00:07	00:20:14.50	00:20:21.90	+00:04:09	4:02	14.8
35	KLINOWSKI Radosław	447		M-30	35	00:00:08	00:20:19.50	00:20:27.95	+00:04:14	4:03	14.8
36	GZYL Mikołaj	462	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	36	00:00:19	00:20:33.45	00:20:52.60	+00:04:28	4:06	14.6
37	WOLSKI Tomasz	581		M-30	37	00:00:06	00:20:37.10	00:20:43.30	+00:04:32	4:07	14.6
38	MAŁKOWSKI Iwo	277	ANTIDOTUM	M-30	38	00:00:06	00:20:40.70	00:20:46.90	+00:04:35	4:08	14.5
39	KOLASSA Robert	523		M-30	39	00:00:02	00:20:53.35	00:20:56.10	+00:04:48	4:10	14.4
40	PIEKARSKI Paweł	112		M-30	40	00:00:11	00:20:53.60	00:21:05.15	+00:04:48	4:10	14.4
41	ŁUKOMSKI Marcin	746		M-30	41	00:00:11	00:20:53.80	00:21:04.95	+00:04:48	4:10	14.4
42	PISARSKI Igor	46		M-30	42	00:00:05	00:20:56.55	00:21:02.15	+00:04:51	4:11	14.3
43	WŁODARCZYK Adam	681	8 K-P BOT	M-30	43	00:00:13	00:21:00.10	00:21:13.45	+00:04:55	4:12	14.3
44	DZIEDZIC Dawid	1132		M-30	44	00:00:09	00:21:02.00	00:21:11.55	+00:04:57	4:12	14.3
45	ARNDT Jarek	215		M-30	45	00:00:02	00:21:07.50	00:21:10.35	+00:05:02	4:13	14.2
46	MATEUSZCZYK Dawid	578	RUN BYDGOSZCZ	M-30	46	00:00:09	00:21:09.35	00:21:18.90	+00:05:04	4:13	14.2
47	LATOS Paweł	53		M-30	47	00:00:17	00:21:10.90	00:21:28.45	+00:05:06	4:14	14.2
48	ADACH Paweł	1185		M-30	48	00:00:06	00:21:15.55	00:21:21.95	+00:05:10	4:15	14.1
49	TEGI Maciej	638		M-30	49	00:00:12	00:21:22.00	00:21:34.85	+00:05:17	4:16	14
50	KLICKI Marcin	588	GRILL TEAM	M-30	50	00:00:07	00:21:22.25	00:21:29.25	+00:05:17	4:16	14
51	GURDAK Radosław	739		M-30	51	00:00:07	00:21:36.70	00:21:44.50	+00:05:31	4:19	13.9
52	ANTOSIK Patryk	133		M-30	52	00:00:09	00:21:39.35	00:21:48.60	+00:05:34	4:19	13.9
53	MOGILNICKI Dominik	445		M-30	53	00:00:24	00:21:46.60	00:22:11.15	+00:05:41	4:21	13.8
54	BAGIŃSKI Marcin	711		M-30	54	00:00:16	00:21:49.00	00:22:05.75	+00:05:44	4:21	13.8
55	WARLIKOWSKI Łukasz	18		M-30	55	00:00:37	00:21:52.65	00:22:30.30	+00:05:47	4:22	13.7
56	BOROWCZAK Paweł	212		M-30	56	00:01:13	00:22:01.60	00:23:15.10	+00:05:56	4:24	13.6
57	JURKOWSKI Paweł	889	PJKANCELARIA.PL	M-30	57	00:00:35	00:22:02.25	00:22:37.25	+00:05:57	4:24	13.6
58	BARSZCZ Tomasz	537		M-30	58	00:00:09	00:22:02.80	00:22:12.75	+00:05:57	4:24	13.6
59	PRZEKWAS Paweł	390		M-30	59	00:00:12	00:22:03.90	00:22:16.35	+00:05:59	4:24	13.6
60	BRZUCHALSKI Mateusz	88		M-30	60	00:00:09	00:22:04.70	00:22:13.75	+00:05:59	4:24	13.6
61	JAKUBCZAK Michał	122		M-30	61	00:00:19	00:22:07.20	00:22:26.65	+00:06:02	4:25	13.6
62	FELINIAK Daniel	622		M-30	62	00:00:37	00:22:09.00	00:22:46.25	+00:06:04	4:25	13.5
62	WINIECKI Paweł	92		M-30	62	00:00:12	00:22:09.00	00:22:21.65	+00:06:04	4:25	13.5
64	MODRAKOWSKI Roland	102	DYSTRYBUCJA-REKLAM.PL	M-30	64	00:00:05	00:22:13.95	00:22:19.00	+00:06:09	4:26	13.5
65	SZYCHOWSKI Jarosław	486	TKKF KOLEJARZ BYDGOSZCZ	M-30	65	00:00:15	00:22:20.15	00:22:35.85	+00:06:15	4:28	13.4
66	KABACIŃSKI Jarosław	594		M-30	66	00:00:35	00:22:24.35	00:22:59.60	+00:06:19	4:28	13.4
67	GIL Jarosław	264		M-30	67	00:00:09	00:22:25.65	00:22:34.70	+00:06:20	4:29	13.4
68	ZIÓŁKOWSKI Włodek	861		M-30	68	00:00:12	00:22:25.75	00:22:38.70	+00:06:20	4:29	13.4
69	JOPPEK Łukasz	629		M-30	69	00:00:06	00:22:26.05	00:22:32.55	+00:06:21	4:29	13.4
70	CYWIŃSKI Artur	129		M-30	70	00:00:08	00:22:26.20	00:22:34.30	+00:06:21	4:29	13.4
71	NAPORA Mateusz	186		M-30	71	00:00:08	00:22:26.80	00:22:35.35	+00:06:21	4:29	13.4
72	BOROWICZ Bartosz	1124	SZUWARY AKTYWNY OSTRZESZÓW	M-30	72	00:00:21	00:22:31.00	00:22:52.70	+00:06:26	4:30	13.3
73	PAWLAK Łukasz	991		M-30	73	00:00:13	00:22:33.00	00:22:46.05	+00:06:28	4:30	13.3
74	BETHKE Jakub	480		M-30	74	00:00:06	00:22:35.15	00:22:41.45	+00:06:30	4:31	13.3

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							netto 5km	brutto 5km			
75	JAGIEŁA Bartosz	178	TKKF KOLEJARZ BYDGOSZCZ	M-30	75	00:00:30	00:22:49.30	00:23:20.20	+00:06:44	4:33	13.1
76	SZYCHULEC Adam	1056		M-30	76	00:00:29	00:22:49.45	00:23:18.50	+00:06:44	4:33	13.1
77	BUTKIEWICZ Piotr	572		M-30	77	00:00:49	00:22:52.50	00:23:42.05	+00:06:47	4:34	13.1
78	KOZAK Krzysztof	33	BB ACTIVE TEAM	M-30	78	00:00:27	00:22:52.75	00:23:20.20	+00:06:47	4:34	13.1
79	ZIOŁECKI Grzegorz	1130		M-30	79	00:00:16	00:22:57.15	00:23:13.90	+00:06:52	4:35	13.1
80	MIKOŁAJCZAK Tomasz	489		M-30	80	00:00:16	00:22:57.25	00:23:13.60	+00:06:52	4:35	13.1
81	PALIGA Maciej	472		M-30	81	00:00:12	00:22:58.60	00:23:11.25	+00:06:53	4:35	13.1
82	BICZKOWSKI Patryk	314		M-30	82	00:01:04	00:23:04.95	00:24:09.75	+00:07:00	4:36	13
83	SOBOCIŃSKI Grzegorz	635		M-30	83	00:00:58	00:23:06.70	00:24:04.80	+00:07:01	4:37	13
84	ZABOROWSKI Krzysztof	454		M-30	84	00:00:18	00:23:10.45	00:23:29.35	+00:07:05	4:38	12.9
85	SZPYRKA Sebastian	558		M-30	85	00:00:05	00:23:12.00	00:23:17.70	+00:07:07	4:38	12.9
86	ROZKWITALSKI Bartosz	909		M-30	86	00:00:08	00:23:14.60	00:23:23.20	+00:07:09	4:38	12.9
87	ŁUKAWSKI Tomek	7	B4SPORT / BYDGOSKA MASA KRYTYCZNA	M-30	87	00:00:18	00:23:14.90	00:23:33.50	+00:07:10	4:38	12.9
88	SIEJEK Błażej	388		M-30	88	00:00:12	00:23:15.45	00:23:28.35	+00:07:10	4:39	12.9
89	BUCZEK Kamil	648		M-30	89	00:00:05	00:23:19.40	00:23:25.30	+00:07:14	4:39	12.9
90	ZĄBKOWSKI Krzysztof	252		M-30	90	00:00:26	00:23:21.05	00:23:47.55	+00:07:16	4:40	12.8
91	WRZESIŃSKI Krzysztof	69		M-30	91	00:00:52	00:23:22.15	00:24:14.65	+00:07:17	4:40	12.8
92	WATOROWSKI Irek	1112		M-30	92	00:00:30	00:23:26.20	00:23:56.20	+00:07:21	4:41	12.8
93	WÓJCIK Jacek	285		M-30	93	00:00:11	00:23:29.85	00:23:41.00	+00:07:24	4:41	12.8
94	WOJCIECHOWSKI Grzegorz	81		M-30	94	00:00:21	00:23:36.25	00:23:58.15	+00:07:31	4:43	12.7
95	RYWOLT Paweł	765	FSSPX BYDGOSZCZ	M-30	95	00:00:18	00:23:41.30	00:24:00.00	+00:07:36	4:44	12.7
96	KONOPIŃSKI Wojciech	363	KOCHAM PIESKI	M-30	96	00:00:19	00:23:42.30	00:24:01.90	+00:07:37	4:44	12.7
97	OMNICZYŃSKI Tomasz	1051		M-30	97	00:00:40	00:23:49.10	00:24:30.00	+00:07:44	4:45	12.6
98	GRECHUTA Tomasz	468	BKSZW	M-30	98	00:00:42	00:23:50.40	00:24:32.60	+00:07:45	4:46	12.6
99	STAWSKI Piotr	300		M-30	99	00:01:01	00:23:51.10	00:24:52.30	+00:07:46	4:46	12.6
100	PARDUA Łukasz	727		M-30	100	00:00:30	00:23:51.55	00:24:22.30	+00:07:46	4:46	12.6
101	KLARKOWSKI Adrian	44	#MENTALADI	M-30	101	00:01:14	00:23:51.85	00:25:06.75	+00:07:46	4:46	12.6
102	PUCHACZ Marcin	269		M-30	102	00:01:22	00:23:54.10	00:25:16.50	+00:07:49	4:46	12.6
103	ŚWITAŁA Adam	1165		M-30	103	00:00:27	00:23:58.50	00:24:26.15	+00:07:53	4:47	12.5
104	SZCZEPAŃSKI Łukasz	582		M-30	104	00:00:40	00:24:02.70	00:24:43.50	+00:07:57	4:48	12.5
105	KLEPACZEWSKI Arkadiusz	168		M-30	105	00:00:35	00:24:12.45	00:24:47.90	+00:08:07	4:50	12.4
106	WADELSKI Maciej	853		M-30	106	00:00:33	00:24:23.40	00:24:56.40	+00:08:18	4:52	12.3
107	ŁUŻNIAK Łukasz	614	BYLE DO METY	M-30	107	00:00:45	00:24:23.70	00:25:08.75	+00:08:18	4:52	12.3
108	GRAJEWSKI Tomasz	1039		M-30	108	00:01:08	00:24:25.10	00:25:33.75	+00:08:20	4:53	12.3
109	WRZESINSKI Artur	62		M-30	109	00:00:52	00:24:26.95	00:25:19.60	+00:08:22	4:53	12.3
110	WYSOCKI Patryk	130		M-30	110	00:01:03	00:24:27.90	00:25:31.30	+00:08:23	4:53	12.3
111	DYBOWSKI Dominik	832		M-30	111	00:00:50	00:24:34.60	00:25:25.10	+00:08:29	4:54	12.2
112	KLAWIKOWSKI Dawid	695	TKKF KOLEKARZ BYDGOSZCZ	M-30	112	00:00:31	00:24:37.50	00:25:08.50	+00:08:32	4:55	12.2
113	SMUCZYŃSKI Wojciech	441		M-30	113	00:00:59	00:24:52.35	00:25:51.45	+00:08:47	4:58	12.1
114	OLSZEWSKI Szymon	561		M-30	114	00:00:52	00:24:52.65	00:25:45.10	+00:08:47	4:58	12.1
115	KASZUBA Konrad	316		M-30	115	00:01:04	00:24:53.30	00:25:57.70	+00:08:48	4:58	12.1
116	CZAPLICKI Bartłomiej	779	WKURW_TEAM	M-30	116	00:00:46	00:24:53.85	00:25:39.95	+00:08:48	4:58	12.1
117	SELBURSKI Sebastian	700		M-30	117	00:00:31	00:24:54.45	00:25:26.30	+00:08:49	4:58	12
118	PRZYBYLSKI Dariusz	562		M-30	118	00:00:51	00:24:57.60	00:25:48.95	+00:08:52	4:59	12

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119	BIZON Bartosz	94		M-30	119	00:00:22	00:24:58.50	00:25:21.25	+00:08:53	4:59	12
120	JANOWSKI Kamil	203		M-30	120	00:00:38	00:24:59.50	00:25:37.75	+00:08:54	4:59	12
121	LENC Maciej	27	WAKE UP	M-30	121	00:01:14	00:25:08.70	00:26:23.55	+00:09:03	5:01	11.9
122	PAŁCZYŃSKI Przemysław	893		M-30	122	00:00:34	00:25:17.20	00:25:51.50	+00:09:12	5:03	11.9
123	NAPIERAŁA Przemysław	970		M-30	123	00:01:20	00:25:17.95	00:26:38.85	+00:09:13	5:03	11.9
124	MAJDA Adrian	969	DZIK SQUAD	M-30	124	00:00:17	00:25:18.00	00:25:35.00	+00:09:13	5:03	11.9
125	KULCZYŃSKI Przemysław	637	TYPYGRUBE	M-30	125	00:00:30	00:25:20.35	00:25:50.65	+00:09:15	5:04	11.8
126	DROZDOWSKI Michał	334	ASTORIA	M-30	126	00:00:29	00:25:29.90	00:25:59.10	+00:09:25	5:05	11.8
127	YALPI Hasan	223		M-30	127	00:00:29	00:25:32.95	00:26:02.40	+00:09:28	5:06	11.7
128	NAGORZYSKI Arek	278	MUDFOXES	M-30	128	00:00:17	00:25:48.40	00:26:05.70	+00:09:43	5:09	11.6
129	ŚWIETLIK Grzegorz	438	POLFARMEX TEAM	M-30	129	00:00:12	00:25:49.50	00:26:02.00	+00:09:44	5:09	11.6
130	BARCZYŃSKI Mateusz	170		M-30	130	00:00:28	00:25:50.75	00:26:19.15	+00:09:45	5:10	11.6
131	WIŚNIEWSKI Tomasz	573		M-30	131	00:00:11	00:25:54.40	00:26:06.25	+00:09:49	5:10	11.6
132	WIŚNIEWSKI Tomasz	297		M-30	132	00:00:48	00:25:58.70	00:26:46.70	+00:09:53	5:11	11.6
133	ARACH Przemysław	597		M-30	133	00:00:38	00:25:59.45	00:26:38.20	+00:09:54	5:11	11.5
134	TUREK Mateusz	668		M-30	134	00:00:12	00:26:02.25	00:26:14.50	+00:09:57	5:12	11.5
135	DROB Julian	843		M-30	135	00:00:23	00:26:07.90	00:26:31.50	+00:10:03	5:13	11.5
136	MAROSZCZYK Kryspin	716		M-30	136	00:00:56	00:26:13.85	00:27:10.70	+00:10:08	5:14	11.4
137	JANKIEWICZ Michał	272		M-30	137	00:00:59	00:26:22.75	00:27:22.20	+00:10:17	5:16	11.4
138	ŚPICA Grzegorz	777		M-30	138	00:00:34	00:26:22.90	00:26:57.10	+00:10:18	5:16	11.4
139	ŻUCHELKOWSKI Rafał	138	TATA ADAMA TEAM	M-30	139	00:01:13	00:26:24.85	00:27:38.60	+00:10:19	5:16	11.4
140	DZIADKO Mateusz	858		M-30	140	00:00:33	00:26:30.10	00:27:03.85	+00:10:25	5:18	11.3
141	CHOJNACKI Arkadiusz	677		M-30	141	00:01:04	00:26:36.10	00:27:40.95	+00:10:31	5:19	11.3
142	PĄCZKOWSKI Piotr	340	SALEZJANIE BIEGAJĄ	M-30	142	00:01:10	00:26:43.00	00:27:53.00	+00:10:38	5:20	11.2
143	LIZOŃ Dawid	879		M-30	143	00:00:38	00:26:47.25	00:27:25.90	+00:10:42	5:21	11.2
144	WENDA Mateusz	633		M-30	144	00:00:26	00:26:50.50	00:27:16.60	+00:10:45	5:22	11.2
145	BRZEZIŃSKI Maciej	198		M-30	145	00:00:17	00:26:53.05	00:27:10.45	+00:10:48	5:22	11.2
146	HANC Michał	652	HAJALE16	M-30	146	00:01:08	00:26:53.80	00:28:02.10	+00:10:48	5:22	11.2
147	WILMA Paweł	296		M-30	147	00:00:59	00:27:00.55	00:28:00.45	+00:10:55	5:24	11.1
148	GAWRYCH Adam	655		M-30	148	00:00:36	00:27:13.90	00:27:50.75	+00:11:09	5:26	11
149	CICHOSZ Szymon	333		M-30	149	00:00:07	00:27:14.15	00:27:21.45	+00:11:09	5:26	11
150	BAŁYS Łukasz	774		M-30	150	00:00:17	00:27:18.65	00:27:35.90	+00:11:13	5:27	11
151	MATEJA Piotr	483		M-30	151	00:00:55	00:27:21.70	00:28:16.85	+00:11:16	5:28	11
151	SYBILA Michał	689	VENEZUELA TEAM	M-30	151	00:01:02	00:27:21.70	00:28:23.75	+00:11:16	5:28	11
153	BOROWIEC Michał	660	VENEZUELA TEAM	M-30	153	00:01:01	00:27:33.25	00:28:34.65	+00:11:28	5:30	10.9
154	CZERNIAK Marcin	1001		M-30	154	00:01:03	00:27:36.10	00:28:39.60	+00:11:31	5:31	10.9
155	KAMIŃSKI Łukasz	16	BIEGAJĄCY_Z_WILKAMI	M-30	155	00:00:18	00:27:44.00	00:28:02.70	+00:11:39	5:32	10.8
156	SARNECKI Waldemar	12		M-30	156	00:00:43	00:27:51.55	00:28:35.30	+00:11:46	5:34	10.8
157	KASZUBOWSKI Daniel	148		M-30	157	00:01:20	00:27:51.75	00:29:12.05	+00:11:46	5:34	10.8
158	WOJTYSIAK Szymon	692		M-30	158	00:00:21	00:27:58.90	00:28:20.15	+00:11:54	5:35	10.7
159	SIEDLECKI Rafał	1062		M-30	159	00:01:21	00:27:59.75	00:29:21.20	+00:11:54	5:35	10.7
160	JAKUBCZAK Łukasz	87	PESA	M-30	160	00:00:35	00:28:03.95	00:28:39.85	+00:11:59	5:36	10.7
161	PALIWODA Marcin	327		M-30	161	00:00:55	00:28:13.60	00:29:08.75	+00:12:08	5:38	10.6
162	BURY Tomasz	829		M-30	162	00:00:35	00:28:13.85	00:28:49.10	+00:12:08	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	CICHOWICZ Tomasz	609		M-30	163	00:00:53	00:28:15.85	00:29:09.25	+00:12:10	5:39	10.6
164	CIEŚLICKI Krzysztof	636	SISU TEAM	M-30	164	00:01:15	00:28:16.90	00:29:32.65	+00:12:12	5:39	10.6
165	SIUDA Bartosz	200		M-30	165	00:00:31	00:28:17.75	00:28:48.85	+00:12:12	5:39	10.6
166	ZUREK Mateusz	253		M-30	166	00:00:30	00:28:20.35	00:28:50.65	+00:12:15	5:40	10.6
167	ANDRZEJEWSKI Łukasz	936		M-30	167	00:01:17	00:28:25.55	00:29:43.20	+00:12:20	5:41	10.6
168	SOŚNICKI Bartosz	136		M-30	168	00:01:05	00:28:27.60	00:29:33.30	+00:12:22	5:41	10.5
169	WOJTCZAK Arkadiusz	1198		M-30	169	00:01:06	00:28:28.70	00:29:35.20	+00:12:23	5:41	10.5
170	BITNER Jan	298		M-30	170	00:00:17	00:28:37.65	00:28:55.25	+00:12:32	5:43	10.5
171	ROCHOWIAK Michał	1100		M-30	171	00:00:33	00:28:40.55	00:29:13.70	+00:12:35	5:44	10.5
172	JURYS Łukasz	1097		M-30	172	00:01:25	00:28:46.55	00:30:11.55	+00:12:41	5:45	10.4
173	BANDOCH Jacek	704		M-30	173	00:01:09	00:29:00.85	00:30:10.10	+00:12:55	5:48	10.3
174	PORĘBA Paweł	376	ORANGE	M-30	174	00:00:11	00:29:06.25	00:29:17.50	+00:13:01	5:49	10.3
175	SIELSKI Kamil	477	WISŁA FORDON	M-30	175	00:01:18	00:29:39.90	00:30:58.55	+00:13:35	5:55	10.1
176	KULPA Szymon	1135	BRONIEWO	M-30	176	00:01:06	00:29:42.50	00:30:48.50	+00:13:37	5:56	10.1
177	ŻURAWSKI Marcin	234		M-30	177	00:00:36	00:29:46.30	00:30:23.15	+00:13:41	5:57	10.1
178	MUDŁO Michał	596		M-30	178	00:00:11	00:29:50.75	00:30:02.60	+00:13:45	5:58	10.1
179	DĄBROWSKI Michał	351		M-30	179	00:01:16	00:29:59.95	00:31:16.05	+00:13:55	5:59	10
180	ZYGIEL Marcin	349		M-30	180	00:00:39	00:30:00.75	00:30:40.30	+00:13:55	6:00	10
181	JAROCHA Michał	747		M-30	181	00:00:55	00:30:05.60	00:31:01.25	+00:14:00	6:01	10
182	KRYWALD Michał	712		M-30	182	00:01:03	00:30:11.35	00:31:14.95	+00:14:06	6:02	9.9
183	FURMANIAK Tomasz	1089		M-30	183	00:01:16	00:30:19.55	00:31:35.55	+00:14:14	6:03	9.9
184	GÓRSKI Łukasz	357	HARPAGAN RUNNERS	M-30	184	00:00:49	00:30:22.80	00:31:12.55	+00:14:17	6:04	9.9
185	JASIŃSKI Grzegorz	533		M-30	185	00:00:01	00:30:25.40	00:30:26.85	+00:14:20	6:05	9.9
186	LAPKE Michał	751		M-30	186	00:00:36	00:30:48.60	00:31:25.15	+00:14:43	6:09	9.7
187	WICHTOWSKI Radosław	645	SWEETVET TEAM	M-30	187	00:01:13	00:30:52.85	00:32:06.45	+00:14:47	6:10	9.7
188	STANECKI Janusz	612	BYLE DO METY	M-30	188	00:00:44	00:30:58.10	00:31:42.55	+00:14:53	6:11	9.7
189	OWCZARSKI Krzysztof	873		M-30	189	00:00:38	00:30:59.05	00:31:37.10	+00:14:54	6:11	9.7
190	LUTOWSKI Wojciech	435		M-30	190	00:00:31	00:31:01.20	00:31:33.00	+00:14:56	6:12	9.7
191	TAFLIŃSKI Michał	933		M-30	191	00:00:52	00:31:18.95	00:32:11.10	+00:15:14	6:15	9.6
192	ŚWIETLIK Dawid	631		M-30	192	00:00:52	00:31:22.50	00:32:14.85	+00:15:17	6:16	9.6
193	KARSKI Przemysław	149		M-30	193	00:01:03	00:31:37.40	00:32:40.50	+00:15:32	6:19	9.5
194	KWIATKOWSKI Piotr	685		M-30	194	00:00:51	00:31:38.75	00:32:30.15	+00:15:33	6:19	9.5
195	MAŁAS Marcin	255		M-30	195	00:00:35	00:32:00.50	00:32:35.90	+00:15:55	6:24	9.4
196	KRZEMIŃSKI Łukasz	75		M-30	196	00:01:20	00:32:07.70	00:33:27.85	+00:16:02	6:25	9.3
197	KOWALEWSKI Mariusz	1092		M-30	197	00:00:00	00:32:30.00	00:32:30.00	+00:16:25	6:30	9.2
198	CZEKALSKI Patryk	479		M-30	198	00:01:18	00:32:45.00	00:34:03.70	+00:16:40	6:33	9.2
199	STABRYŁA Łukasz	841		M-30	199	00:00:51	00:32:45.50	00:33:37.05	+00:16:40	6:33	9.2
200	WIOSNA Tomasz	266	KLUB MAZDASPEED	M-30	200	00:01:17	00:32:51.15	00:34:08.85	+00:16:46	6:34	9.1
201	CISEWSKI Mateusz	1047		M-30	201	00:01:05	00:33:04.85	00:34:10.25	+00:16:59	6:36	9.1
202	BINDER Sebastian	372	ORANGE	M-30	202	00:00:23	00:33:15.40	00:33:39.25	+00:17:10	6:39	9
203	JOCHIM Łukasz	1141		M-30	203	00:01:16	00:33:30.55	00:34:46.85	+00:17:25	6:42	9
204	GOŹDZIK Tomasz	111	UKS KOPERNIK BYDGOSZCZ	M-30	204	00:00:29	00:33:56.85	00:34:26.15	+00:17:51	6:47	8.8
205	OSIŃSKI Dominik	867		M-30	205	00:00:46	00:35:01.75	00:35:48.45	+00:18:56	7:00	8.6
206	GROCHALA Michał	17		M-30	206	00:00:39	00:35:51.70	00:36:30.80	+00:19:46	7:10	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	SOBKO Artur	246	STASIU TEAM	M-30	207	00:01:01	00:35:54.60	00:36:55.80	+00:19:49	7:10	8.4
208	BARAŃCZAK Paweł	471		M-30	208	00:01:11	00:36:52.25	00:38:03.60	+00:20:47	7:22	8.1
209	KULIK Marcei	1200		M-30	209	00:00:31	00:37:47.90	00:38:19.00	+00:21:43	7:33	7.9
210	SORUCU Ufuk	916		M-30	210	00:00:40	00:38:01.25	00:38:41.60	+00:21:56	7:36	7.9
211	ORCHOWSKI Rafał	892		M-30	211	00:01:15	00:38:14.15	00:39:29.65	+00:22:09	7:38	7.8

Znaleziono 211 wynik(ów)