



IV EDYCJA BIEGU TROPEM WILCZYM - KOSZALIN - 10 KM

B4SPORT
WILLIAMS SPORTS PARTNER

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-02-28
Miejsce: Koszalin
Dystans: 10 km

HERKULES
www.herkules.org.pl

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.46km	4.92km	7.38km	9.84km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BORZECKI Norbert	22		M-30	1	00:00:04	00:08:22	00:16:53	00:25:19	00:33:37	00:34:07.00	00:34:11.00		3:24	17.6 (100%)
2	GOLECKI Mirosław	63	CSSP- KOSZALIN : FORMA ROSNOWO	M-30	2	00:00:04	00:09:31	00:19:01	00:28:16	00:37:23	00:37:54.90	00:37:59.00	+00:03:47 (10.0%)	3:47	15.8 (89.8%)
3	RYBACZEK Sebastian	254	JW 1223/FORMA ROSNOWO	M-30	3	00:00:04	00:09:30	00:19:03	00:28:37	00:38:07	00:38:38.00	00:38:42.00	+00:04:31 (11.7%)	3:51	15.5 (88.1%)
4	KRUKOWSKI Błażej	148	MKS ŚWIĘC SŁAWNO	M-30	4	00:00:04	00:09:38	00:19:19	00:29:03	00:38:37	00:39:05.95	00:39:10.00	+00:04:58 (12.7%)	3:54	15.3 (86.9%)
5	REMBECKI Marcin	247	WSPINANIE KOSZALIN	M-30	5	00:00:05	00:09:35	00:19:26	00:29:10	00:38:41	00:39:18.95	00:39:24.00	+00:05:11 (13.2%)	3:55	15.3 (86.9%)
6	GOLIŃSKI Łukasz	64	K.B. SPRINT ŚWIDWIN	M-30	6	00:00:06	00:09:29	00:19:15	00:29:08	00:38:57	00:39:32.55	00:39:39.00	+00:05:25 (13.7%)	3:57	15.2 (86.4%)
7	BIEDRZYCKI Adam	10	OSP STARY BOREK	M-30	7	00:00:03	00:09:32	00:19:15	00:29:21	00:39:24	00:39:56.95	00:40:00.00	+00:05:49 (14.6%)	3:59	15 (85.2%)
8	WOJCIECHOWICZ Jacek	312	WWW.STUDIOTANCAPASJA.PL	M-30	8	00:00:04	00:09:42	00:19:41	00:29:47	00:39:40	00:40:12.35	00:40:17.00	+00:06:05 (15.1%)	4:01	14.9 (84.7%)
9	ROKOSZ Radosław	250	JW 1223	M-30	9	00:00:07	00:09:36	00:19:37	00:29:41	00:39:44	00:40:16.20	00:40:24.00	+00:06:09 (15.3%)	4:01	14.9 (84.7%)
10	KAPUŚCIŃSKI Robert	113	JW 1223 KOSZALIN	M-30	10	00:00:04	00:09:50	00:19:59	00:30:31	00:40:56	00:41:33.40	00:41:38.00	+00:07:26 (17.9%)	4:09	14.4 (81.8%)
11	SMAGOWSKI Wojtek	264	K.B.SPRINT ŚWIDWIN	M-30	11	00:00:11	00:10:20	00:20:47	00:31:22	00:42:03	00:42:41.05	00:42:53.00	+00:08:34 (20.1%)	4:16	14.1 (80.1%)
12	MALINOWSKI Mariusz	176		M-30	12	00:00:14	00:10:22	00:21:14	00:31:53	00:42:24	00:42:59.30	00:43:14.00	+00:08:52 (20.6%)	4:18	14 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.46km	4.92km	7.38km	9.84km					
13	NOWAK Paweł	339		M-30	13	00:00:09	00:10:40	00:21:21	00:31:57	00:42:38	00:43:16.65	00:43:26.00	+00:09:09 (21.2%)	4:19	13.9 (79.0%)
14	GOŁDYN Marek	65	TKKF KOSZALIN	M-30	14	00:00:06	00:10:45	00:21:30	00:32:22	00:42:51	00:43:27.55	00:43:34.00	+00:09:20 (21.5%)	4:20	13.8 (78.4%)
15	KOZŁOWSKI Marcin	140	KMP K-LIN	M-30	15	00:00:40	00:10:41	00:21:27	00:32:23	00:42:53	00:43:30.55	00:44:11.00	+00:09:23 (21.6%)	4:21	13.8 (78.4%)
16	OKOŁOTOWICZ Sebastian	214		M-30	16	00:00:09	00:09:56	00:20:23	00:31:15	00:42:38	00:43:33.20	00:43:43.00	+00:09:26 (21.7%)	4:21	13.8 (78.4%)
17	JĘDRZEJCZYK Adam	102	33 DR OP (JW 3936)	M-30	17	00:00:06	00:10:18	00:21:19	00:32:24	00:43:13	00:43:40.65	00:43:47.00	+00:09:33 (21.9%)	4:22	13.7 (77.8%)
18	MROCKOWSKI Marek	199	ROZBIEGANY KOSZALIN	M-30	18	00:00:09	00:10:54	00:21:26	00:32:17	00:43:19	00:43:55.30	00:44:05.00	+00:09:48 (22.3%)	4:23	13.7 (77.8%)
19	BARANOWSKI Piotr	330	SFX	M-30	19	00:00:06	00:11:16	00:22:06	00:32:49	00:43:32	00:44:12.65	00:44:19.00	+00:10:05 (22.8%)	4:25	13.6 (77.3%)
20	WICENS Jacek	300	JACEK - BIEGAM BO LUBIĘ (JW 1223)	M-30	20	00:00:06	00:10:44	00:21:37	00:32:42	00:43:41	00:44:15.45	00:44:22.00	+00:10:08 (22.9%)	4:25	13.6 (77.3%)
21	WIERZBICKI Jakub	302		M-30	21	00:00:13	00:10:26	00:21:20	00:32:34	00:43:56	00:44:37.50	00:44:51.00	+00:10:30 (23.5%)	4:27	13.4 (76.1%)
22	STRUMIŃSKI Rafał	273	ŻYTANIA TEAM	M-30	22	00:00:05	00:10:41	00:21:49	00:33:10	00:44:18	00:44:58.70	00:45:04.00	+00:10:51 (24.1%)	4:29	13.3 (75.6%)
23	KRACZKOWSKI Przemysław	141	AMADEUS CROSSTRAINING GYM	M-30	23	00:00:10	00:10:15	00:21:20	00:32:54	00:44:24	00:45:06.10	00:45:17.00	+00:10:59 (24.4%)	4:30	13.3 (75.6%)
24	KORZYSTKO Bartosz	133		M-30	24	00:00:06	00:10:14	00:21:00	00:33:08	00:45:13	00:45:53.55	00:46:00.00	+00:11:46 (25.7%)	4:35	13.1 (74.4%)
25	GRZYSTEK Marcin	76		M-30	25	00:00:08	00:10:55	00:22:31	00:34:06	00:45:19	00:45:55.70	00:46:04.00	+00:11:48 (25.7%)	4:35	13.1 (74.4%)
26	CZUCZAK Tomasz	367		M-30	26	00:00:06	00:11:16	00:22:28	00:34:08	00:45:41	00:46:20.25	00:46:27.00	+00:12:13 (26.4%)	4:38	12.9 (73.3%)
27	KUKIEŁA Tomasz	154		M-30	27	00:00:20	00:11:22	00:22:34	00:34:18	00:45:49	00:46:27.50	00:46:48.00	+00:12:20 (26.6%)	4:38	12.9 (73.3%)
28	BEDNARCZYK Tomasz	5		M-30	28	00:00:11	00:11:34	00:23:01	00:34:28	00:45:51	00:46:31.90	00:46:43.00	+00:12:24 (26.7%)	4:39	12.9 (73.3%)
29	PSTRĄGOWSKI Marcin	236		M-30	29	00:00:06	00:10:41	00:22:15	00:34:21	00:45:58	00:46:39.25	00:46:46.00	+00:12:32 (26.9%)	4:40	12.9 (73.3%)
30	SOROKA Piotr	269		M-30	30	00:00:12	00:11:10	00:22:44	00:34:37	00:46:07	00:46:42.00	00:46:54.00	+00:12:35 (26.9%)	4:40	12.8 (72.7%)
31	ZBLEWSKI Patryk	319	NIGHT RUNNERS SŁUPSK	M-30	31	00:00:15	00:11:26	00:23:03	00:34:42	00:46:11	00:46:45.65	00:47:01.00	+00:12:38 (27.0%)	4:40	12.8 (72.7%)
32	WIŚNIEWSKI Kornel	307	GARNIZON DRAWSKI	M-30	32	00:00:15	00:11:51	00:23:28	00:34:53	00:46:12	00:46:45.95	00:47:01.00	+00:12:38 (27.0%)	4:40	12.8 (72.7%)
33	MYSZYŃSKI Paweł	347		M-30	33	00:00:13	00:11:21	00:22:59	00:34:41	00:46:13	00:46:53.95	00:47:07.00	+00:12:46 (27.3%)	4:41	12.8 (72.7%)
34	ROGAŁSKI Roberto	248	ZAWSZE SIĘGAJ WYŻEJ	M-30	34	00:00:05	00:11:03	00:23:09	00:35:00	00:46:29	00:47:07.20	00:47:13.00	+00:13:00 (27.6%)	4:42	12.7 (72.2%)
35	WILKOWSKI Krzysztof	304	KLUB	M-30	35	00:00:06	00:11:01	00:22:40	00:34:34	00:46:26	00:47:08.85	00:47:15.00	+00:13:01 (27.6%)	4:42	12.7 (72.2%)
36	JANUSZEK Adam	96		M-30	36	00:00:29	00:10:50	00:22:16	00:34:33	00:46:43	00:47:25.90	00:47:55.00	+00:13:18 (28.1%)	4:44	12.6 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.46km	4.92km	7.38km	9.84km					
37	ŚWIĘTOŃ Rafał	288		M-30	37	00:00:17	00:11:35	00:23:18	00:35:05	00:46:50	00:47:27.15	00:47:45.00	+00:13:20 (28.1%)	4:44	12.6 (71.6%)
38	KARAŚ Radosław	114	NIGHT RUNNERS SŁUPSK	M-30	38	00:00:31	00:11:11	00:22:32	00:34:48	00:47:00	00:47:51.05	00:48:23.00	+00:13:44 (28.7%)	4:47	12.5 (71.0%)
39	GONCZARONEK Krzysztof	66	MARIANÓWEK	M-30	39	00:00:15	00:11:18	00:23:33	00:35:37	00:47:13	00:47:55.10	00:48:11.00	+00:13:48 (28.8%)	4:47	12.5 (71.0%)
40	ŁABEJSZA Łukasz	168	WOJOWNICY WÓDY	M-30	40	00:00:11	00:11:15	00:23:06	00:35:14	00:47:25	00:48:05.60	00:48:17.00	+00:13:58 (29.1%)	4:48	12.5 (71.0%)
41	NOWAK Piotr	210	CZARNE BIEGA	M-30	41	00:00:29	00:11:59	00:23:57	00:35:46	00:47:24	00:48:05.75	00:48:35.00	+00:13:58 (29.1%)	4:48	12.5 (71.0%)
42	CHRYSTOFIAK Paweł	33		M-30	42	00:00:14	00:11:40	00:23:33	00:35:34	00:47:29	00:48:13.80	00:48:28.00	+00:14:06 (29.3%)	4:49	12.4 (70.5%)
43	KRAWCZUK Szymon	143		M-30	43	00:00:10	00:12:03	00:24:18	00:36:22	00:47:42	00:48:21.60	00:48:32.00	+00:14:14 (29.5%)	4:50	12.4 (70.5%)
44	ŁOPIŃSKI Piotr	170		M-30	44	00:00:16	00:11:42	00:23:42	00:35:51	00:47:56	00:48:31.05	00:48:48.00	+00:14:24 (29.7%)	4:51	12.4 (70.5%)
45	NAGRABECKI Hubert	203		M-30	45	00:00:15	00:11:39	00:23:35	00:35:57	00:47:54	00:48:31.65	00:48:47.00	+00:14:24 (29.7%)	4:51	12.4 (70.5%)
46	CINCIO Robert	37	TKKF TRIATHLON KOSZALIN	M-30	46	00:00:08	00:11:08	00:23:05	00:35:16	00:47:50	00:48:32.05	00:48:41.00	+00:14:25 (29.7%)	4:51	12.4 (70.5%)
47	CHOJNACKI Bartosz	29	JAMNO	M-30	47	00:00:21	00:12:12	00:24:23	00:36:41	00:48:08	00:48:47.25	00:49:09.00	+00:14:40 (30.1%)	4:52	12.3 (69.9%)
48	DZIĘBOWSKI Mariusz	51		M-30	48	00:00:22	00:11:21	00:23:19	00:35:49	00:48:08	00:48:51.65	00:49:14.00	+00:14:44 (30.2%)	4:53	12.3 (69.9%)
49	SZAREK Paweł	280	7 BRYGADA OBRONY WYBRZEŻA	M-30	49	00:00:05	00:11:15	00:23:24	00:35:45	00:48:14	00:48:55.30	00:49:01.00	+00:14:48 (30.3%)	4:53	12.3 (69.9%)
50	STAWISZYŃSKI Jarosław	271	FORUM ROZWOJU KOSZALINA	M-30	50	00:00:07	00:11:00	00:23:24	00:36:09	00:48:34	00:49:13.05	00:49:21.00	+00:15:06 (30.7%)	4:55	12.2 (69.3%)
51	KAŻMIERCZAK Tomasz	119	JW 3937	M-30	51	00:00:14	00:12:22	00:24:50	00:37:10	00:48:58	00:49:33.90	00:49:48.00	+00:15:26 (31.2%)	4:57	12.1 (68.8%)
52	KUŁAKOWSKI Dawid	156	AMADORES	M-30	52	00:00:15	00:11:49	00:24:12	00:36:56	00:49:25	00:50:08.25	00:50:24.00	+00:16:01 (32.0%)	5:00	12 (68.2%)
53	DOMAGAŁA Sławomir	41	POLSKA	M-30	53	00:00:05	00:11:16	00:23:37	00:36:23	00:49:20	00:50:09.95	00:50:15.00	+00:16:02 (32.0%)	5:01	12 (68.2%)
54	JÓZWIAK Mariusz	104		M-30	54	00:00:12	00:11:51	00:24:06	00:36:48	00:49:27	00:50:13.85	00:50:26.00	+00:16:06 (32.1%)	5:01	11.9 (67.6%)
55	PŁOSKI Krzysztof	359		M-30	55	00:00:08	00:12:24	00:24:25	00:36:57	00:49:40	00:50:21.75	00:50:30.00	+00:16:14 (32.3%)	5:02	11.9 (67.6%)
56	WICHER Krzysztof	301	ADWOKATURA	M-30	56	00:00:05	00:11:15	00:23:35	00:36:28	00:49:47	00:50:41.50	00:50:47.00	+00:16:34 (32.7%)	5:04	11.8 (67.0%)
57	GIL Remigiusz	62	LYCONET	M-30	57	00:00:09	00:11:09	00:23:39	00:36:41	00:49:49	00:50:42.00	00:50:51.00	+00:16:35 (32.7%)	5:04	11.8 (67.0%)
58	KACZMAREK Łukasz	105		M-30	58	00:00:10	00:11:49	00:24:29	00:37:21	00:49:58	00:50:43.10	00:50:54.00	+00:16:36 (32.7%)	5:04	11.8 (67.0%)
59	CHOŁUJ Karol	30	ZAWSZE DO PRZODU	M-30	59	00:00:10	00:11:43	00:24:13	00:36:57	00:50:06	00:50:45.90	00:50:56.00	+00:16:38 (32.8%)	5:04	11.8 (67.0%)
60	RAJNER Krzysztof	243		M-30	60	00:00:22	00:12:09	00:24:30	00:37:25	00:50:25	00:51:10.60	00:51:33.00	+00:17:03 (33.3%)	5:07	11.7 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.46km	4.92km	7.38km	9.84km					
61	SZYPOSZYŃSKI Kamil	284	MECENAS I PRZYJACIELE	M-30	61	00:00:05	00:11:26	00:23:46	00:37:01	00:50:30	00:51:15.65	00:51:21.00	+00:17:08 (33.4%)	5:07	11.7 (66.5%)
62	GONCIARZ Kamila	342	ZIELONAGÓRAKREATYWNOŚCI	M-30	62	00:00:07	00:11:36	00:24:18	00:37:34	00:50:45	00:51:27.75	00:51:35.00	+00:17:20 (33.7%)	5:08	11.7 (66.5%)
63	SZULC Szymon	338	GRYF LOK BIAŁOGARD/SZULC RUNNERS TEAM	M-30	63	00:00:08	00:12:15	00:24:50	00:37:37	00:50:41	00:51:28.70	00:51:37.00	+00:17:21 (33.7%)	5:08	11.7 (66.5%)
64	HOŁUBASZ Paweł	343		M-30	64	00:00:24	00:11:50	00:24:39	00:37:40	00:50:47	00:51:31.45	00:51:56.00	+00:17:24 (33.8%)	5:09	11.6 (65.9%)
65	SUBALSKI Michał	275		M-30	65	00:00:17	00:12:30	00:25:19	00:38:24	00:51:24	00:52:06.95	00:52:24.00	+00:17:59 (34.5%)	5:12	11.5 (65.3%)
66	BONISŁAWSKI Jarosław	17	TITKI TATITKI I DWIE KITKI	M-30	66	00:00:30	00:13:05	00:26:00	00:38:54	00:51:31	00:52:09.95	00:52:40.00	+00:18:02 (34.6%)	5:13	11.5 (65.3%)
67	KUPREWICZ Grzegorz	157		M-30	67	00:00:23	00:12:15	00:25:33	00:39:00	00:52:01	00:52:43.90	00:53:07.00	+00:18:36 (35.3%)	5:16	11.4 (64.8%)
68	HRYCIÓW Paweł	86		M-30	68	00:00:29	00:12:33	00:25:56	00:39:40	00:52:19	00:53:03.25	00:53:33.00	+00:18:56 (35.7%)	5:18	11.3 (64.2%)
69	FELKOWSKI Tomasz	57		M-30	69	00:00:22	00:13:52	00:26:51	00:39:50	00:52:33	00:53:14.65	00:53:37.00	+00:19:07 (35.9%)	5:19	11.3 (64.2%)
70	KRAWCZUK Dariusz	144	WHITE POWER	M-30	70	00:00:11	00:12:51	00:26:04	00:39:27	00:52:32	00:53:18.65	00:53:30.00	+00:19:11 (36.0%)	5:19	11.3 (64.2%)
71	MIĄSEK Ryszard	190		M-30	71	00:00:28	00:12:40	00:25:44	00:39:10	00:52:33	00:53:23.55	00:53:52.00	+00:19:16 (36.1%)	5:20	11.2 (63.6%)
72	DUDKA Tomasz	45		M-30	72	00:00:22	00:13:26	00:26:50	00:40:16	00:52:52	00:53:30.90	00:53:53.00	+00:19:23 (36.2%)	5:21	11.2 (63.6%)
73	BORYSZEWSKI Dawid	21		M-30	73	00:00:23	00:13:25	00:26:48	00:40:14	00:52:55	00:53:36.45	00:54:00.00	+00:19:29 (36.4%)	5:21	11.2 (63.6%)
74	KOWALSKI Roman	138	KOSPEL	M-30	74	00:00:04	00:11:09	00:23:08	00:36:53	00:52:27	00:53:39.35	00:53:44.00	+00:19:32 (36.4%)	5:22	11.2 (63.6%)
75	GORGOL Piotr	68	STOP ZWOLNIENIOM Z WF-U	M-30	75	00:00:29	00:12:34	00:25:56	00:39:40	00:53:05	00:53:41.30	00:54:11.00	+00:19:34 (36.5%)	5:22	11.2 (63.6%)
76	PIOR Tomasz	230		M-30	76	00:00:13	00:12:24	00:25:59	00:39:38	00:53:09	00:53:54.20	00:54:08.00	+00:19:47 (36.7%)	5:23	11.1 (63.1%)
77	TOMALAK Michał	291		M-30	77	00:00:32	00:13:30	00:27:24	00:40:27	00:53:27	00:54:08.00	00:54:40.00	+00:20:01 (37.0%)	5:24	11.1 (63.1%)
78	CZOS Łukasz	38		M-30	78	00:00:24	00:12:34	00:25:59	00:40:02	00:53:51	00:54:31.35	00:54:56.00	+00:20:24 (37.4%)	5:27	11 (62.5%)
79	KOWALCZYK Piotr	135		M-30	79	00:00:30	00:12:41	00:26:02	00:39:55	00:54:06	00:54:57.50	00:55:28.00	+00:20:50 (37.9%)	5:29	10.9 (61.9%)
80	KAMIŃSKI Tomasz	109	JW 1223	M-30	80	00:00:05	00:12:49	00:26:25	00:40:34	00:54:20	00:55:00.40	00:55:06.00	+00:20:53 (38.0%)	5:30	10.9 (61.9%)
81	ORYSZCZYN Arkadiusz	218		M-30	81	00:00:12	00:12:54	00:26:44	00:40:55	00:54:35	00:55:22.60	00:55:35.00	+00:21:15 (38.4%)	5:32	10.8 (61.4%)
82	HAMROL Dawid	79	KATEDRA KOSZALIN	M-30	82	00:00:04	00:12:58	00:26:56	00:41:15	00:55:14	00:56:03.10	00:56:08.00	+00:21:56 (39.1%)	5:36	10.7 (60.8%)
83	OLIŃSKI Arek	216	WIDZEW JEST WSZĘDZIE.	M-30	83	00:00:16	00:12:46	00:26:45	00:41:20	00:55:54	00:56:37.15	00:56:54.00	+00:22:30 (39.7%)	5:39	10.6 (60.2%)
84	GAWLIK Artur	61		M-30	84	00:00:17	00:13:06	00:27:07	00:41:45	00:56:22	00:57:09.85	00:57:27.00	+00:23:02 (40.3%)	5:43	10.5 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.46km	4.92km	7.38km	9.84km					
85	WILKOWSKI Piotr	305		M-30	85	00:00:28	00:13:19	00:27:26	00:41:58	00:56:36	00:57:29.85	00:57:58.00	+00:23:22 (40.7%)	5:45	10.4 (59.1%)
86	JANKOWSKI Remigiusz	95	HURAGAN PANDOMINO	M-30	86	00:00:25	00:13:39	00:27:46	00:42:26	00:56:57	00:57:44.60	00:58:10.00	+00:23:37 (40.9%)	5:46	10.4 (59.1%)
87	LEWANDOWSKI Marek	165		M-30	87	00:00:26	00:14:10	00:29:00	00:43:30	00:57:09	00:57:51.40	00:58:18.00	+00:23:44 (41.0%)	5:47	10.4 (59.1%)
88	KRYGIER Ireneusz	150	W.P.K. SŁOŃ TEAM USTKA	M-30	88	00:00:17	00:12:49	00:27:08	00:42:04	00:57:11	00:58:04.10	00:58:22.00	+00:23:57 (41.2%)	5:48	10.3 (58.5%)
89	KAŹMIERCZAK Łukasz	120		M-30	89	00:00:26	00:13:59	00:28:46	00:43:46	00:57:37	00:58:20.65	00:58:47.00	+00:24:13 (41.5%)	5:50	10.3 (58.5%)
90	TELEGA Michał	290		M-30	90	00:00:27	00:14:00	00:28:18	00:42:59	00:58:07	00:59:00.70	00:59:28.00	+00:24:53 (42.2%)	5:54	10.2 (58.0%)
91	SOŁOWICZ Marcin	268		M-30	91	00:00:24	00:14:04	00:28:47	00:43:31	00:58:36	00:59:28.95	00:59:53.00	+00:25:21 (42.6%)	5:56	10.1 (57.4%)
92	ZIELIŃSKI Jarosław	320	NIEZRZESZONY	M-30	92	00:00:09	00:13:42	00:29:12	00:45:25	01:01:31	01:02:25.15	01:02:35.00	+00:28:18 (45.3%)	6:14	9.6 (54.5%)
93	SWIOKŁA Paweł	276		M-30	93	00:00:18	00:15:58	00:32:46	00:49:26	01:06:22	01:07:15.30	01:07:34.00	+00:33:08 (49.3%)	6:43	8.9 (50.6%)
94	SIEWIERA Paweł	260	RUNNERSCLUB.PL	M-30	94	00:00:28	00:16:12	00:32:37	00:47:35	01:06:50	01:07:55.85	01:08:24.00	+00:33:48 (49.8%)	6:47	8.8 (50.0%)
95	ŻYLIŃSKI Przemysław	329		M-30	95	00:00:19	00:15:14	00:33:32	00:52:25	01:10:45	01:11:47.65	01:12:07.00	+00:37:40 (52.5%)	7:10	8.4 (47.7%)

Znaleziono 95 wynik(ów)