



Organizator: Hotel Brzoza
Data: 2015-12-31
Miejsce: Brzoza
Dystans: 10 km

IX BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KŁOPOTEK Damian	466		M-30	1	00:08:35	00:16:36	00:24:33	00:32:22	00:33:50.70	00:33:52.65		3:23	17.7 (100%)
2	KRYSKE Bartosz	4	4RUN TEAM BYDGOSZCZ	M-30	2	00:08:35	00:16:36	00:24:32	00:32:26	00:33:57.70	00:33:59.90	+00:00:07 (0.4%)	3:23	17.7 (100%)
3	DEMBOWSKI Mariusz	88	LKS WEL LIDZBARK	M-30	3	00:08:34	00:16:35	00:24:33	00:32:22	00:34:03.95	00:34:06.20	+00:00:13 (0.7%)	3:24	17.6 (99.4%)
4	BIEGAŁA Leszek	263	LINGUA PRO RUNNING CLUB	M-30	4	00:08:21	00:16:36	00:24:59	00:33:30	00:35:11.15	00:35:12.90	+00:01:20 (3.8%)	3:31	17.1 (96.6%)
5	PROCAJŁO Krzysztof	302		M-30	5	00:09:04	00:17:29	00:25:52	00:34:21	00:36:00.90	00:36:03.35	+00:02:10 (6.0%)	3:36	16.7 (94.4%)
6	PIOTROWSKI Marcin	488	ŻARY RUNNERS TEAM	M-30	6	00:09:03	00:17:30	00:26:02	00:34:36	00:36:17.05	00:36:24.10	+00:02:31 (6.9%)	3:37	16.5 (93.2%)
7	LUTOWSKI Wojciech	570	TKKF KOLEJARZ BYDGOSZCZ	M-30	7	00:09:18	00:17:46	00:26:17	00:34:51	00:36:32.20	00:36:33.85	+00:02:41 (7.3%)	3:39	16.4 (92.7%)
8	WIWATOWSKI Michał	562		M-30	8	00:09:30	00:18:22	00:27:10	00:35:59	00:37:40.05	00:37:42.75	+00:03:50 (10.2%)	3:46	15.9 (89.8%)
9	BEDNARCZYK Adrian	160	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	9	00:09:30	00:18:21	00:27:15	00:36:03	00:37:44.20	00:37:52.00	+00:03:59 (10.5%)	3:46	15.9 (89.8%)
10	GROCHOWIAK Piotr	52	ŚLIMAKI BARCIN	M-30	10	00:09:31	00:18:20	00:27:16	00:36:17	00:37:59.60	00:38:05.95	+00:04:13 (11.1%)	3:47	15.8 (89.3%)
11	RYBAK Łukasz	657		M-30	11	00:09:30	00:18:26	00:27:33	00:36:30	00:38:07.85	00:38:09.55	+00:04:16 (11.2%)	3:48	15.7 (88.7%)
12	JANIAK Marcin	520	NIESKOŃCZONOŚĆ	M-30	12	00:09:26	00:18:24	00:27:40	00:36:54	00:38:38.70	00:38:44.30	+00:04:51 (12.5%)	3:51	15.5 (87.6%)
13	KUBANEK Łukasz	238	TEAMOCHAL	M-30	13	00:10:00	00:19:10	00:28:19	00:37:20	00:39:04.15	00:39:08.30	+00:05:15 (13.4%)	3:54	15.4 (87.0%)
14	DANIELEWSKI Mariusz	138	DRUŻYNA SZPIKU	M-30	14	00:09:49	00:19:01	00:28:26	00:37:31	00:39:10.60	00:39:17.05	+00:05:24 (13.8%)	3:55	15.3 (86.4%)
15	LEWANDOWSKI Rafał	182	B4SPORT.PL	M-30	15	00:09:45	00:18:59	00:28:17	00:37:29	00:39:14.50	00:39:22.55	+00:05:29 (14.0%)	3:55	15.3 (86.4%)
16	KRYSKE Mariusz	178	4RUN TEAM BYDGOSZCZ	M-30	16	00:09:48	00:19:04	00:28:30	00:37:52	00:39:35.65	00:39:40.90	+00:05:48 (14.6%)	3:57	15.2 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	PALACZ Marcin	192	OPTIMA CARDIO	M-30	17	00:09:53	00:19:16	00:28:46	00:38:14	00:39:58.65	00:40:00.80	+00:06:08 (15.3%)	3:59	15 (84.7%)
18	BUKOWIŃSKI Michał	32	KLUB HANI I ANTKA	M-30	18	00:10:09	00:19:28	00:29:02	00:38:15	00:39:57.20	00:40:03.60	+00:06:10 (15.4%)	3:59	15 (84.7%)
19	WIĘCKOWSKI Dariusz	73	ROWEROWA BRZOZA - BRZOZA BIEGA	M-30	19	00:10:20	00:19:49	00:29:13	00:38:17	00:40:01.00	00:40:05.50	+00:06:12 (15.5%)	4:00	15 (84.7%)
20	KOWALSKI Łukasz	65	TRIATHLON TEAM CIESIELSKI	M-30	20	00:09:50	00:19:10	00:28:37	00:38:15	00:40:07.10	00:40:13.10	+00:06:20 (15.8%)	4:00	15 (84.7%)
21	DZIUMA Arkadiusz	514	ŚWINKA RAĆKA TEAM	M-30	21	00:09:51	00:19:18	00:28:39	00:38:23	00:40:16.20	00:40:20.15	+00:06:27 (16.0%)	4:01	14.9 (84.2%)
22	LECIAK Michał	606	KLUB MARATOŃSKI UMK	M-30	22	00:10:15	00:19:51	00:29:30	00:38:52	00:40:40.85	00:40:43.70	+00:06:51 (16.8%)	4:04	14.7 (83.1%)
23	MRUK Tomasz	280		M-30	23	00:10:05	00:19:37	00:29:17	00:38:52	00:40:39.40	00:40:49.55	+00:06:56 (17.0%)	4:03	14.8 (83.6%)
24	CZARNECKI Grzegorz	264	BRZOZA BIEGA	M-30	24	00:10:32	00:20:19	00:30:07	00:39:48	00:41:36.95	00:41:41.45	+00:07:48 (18.7%)	4:09	14.4 (81.4%)
25	ZWIEWKA Sebastian	335	BUSHIDO	M-30	25	00:10:30	00:20:22	00:30:14	00:40:05	00:41:55.75	00:42:01.30	+00:08:08 (19.4%)	4:11	14.3 (80.8%)
26	LENGIEWICZ Jakub	636	OBÓZ BIEGOWY	M-30	26	00:10:38	00:20:35	00:30:34	00:40:18	00:42:05.95	00:42:15.00	+00:08:22 (19.8%)	4:12	14.3 (80.8%)
27	CZARNECKI Piotr	559	BRZOZA BIEGA	M-30	27	00:10:34	00:20:31	00:30:33	00:40:31	00:42:15.05	00:42:20.00	+00:08:27 (20.0%)	4:13	14.2 (80.2%)
28	WIERZBOWSKI Piotr	427	START BRZOZÓWKA	M-30	28	00:10:37	00:20:37	00:30:42	00:40:44	00:42:37.80	00:42:45.30	+00:08:52 (20.8%)	4:15	14.1 (79.7%)
29	MOLTZAN Zbigniew	191		M-30	29	00:10:50	00:20:46	00:30:48	00:40:45	00:42:37.45	00:42:46.45	+00:08:53 (20.8%)	4:15	14.1 (79.7%)
30	DOMARADZKI Wojciech	642	OBÓZ BIEGOWY	M-30	30	00:10:58	00:21:08	00:31:09	00:40:47	00:42:39.60	00:42:49.75	+00:08:57 (20.9%)	4:15	14.1 (79.7%)
31	GACKA Rafał	92	LUPUS TEAM	M-30	31	00:10:45	00:20:54	00:31:05	00:40:55	00:42:45.40	00:42:51.60	+00:08:58 (21.0%)	4:16	14 (79.1%)
32	RUDNICKI Michał	235	TASAK TEAM	M-30	32	00:10:31	00:20:31	00:30:48	00:40:59	00:42:56.05	00:43:00.25	+00:09:07 (21.2%)	4:17	14 (79.1%)
33	LEWANDOWSKI Rafał	135	VENI, CUCURRI, VICI.	M-30	33	00:10:21	00:20:32	00:30:48	00:41:04	00:43:00.60	00:43:03.50	+00:09:10 (21.3%)	4:18	13.9 (78.5%)
34	WODEJKO Artur	174	TURBOBOY	M-30	34	00:10:45	00:20:42	00:30:53	00:41:06	00:43:07.40	00:43:18.90	+00:09:26 (21.8%)	4:18	13.9 (78.5%)
35	NOWAKOWSKI Jerzy	529		M-30	35	00:11:19	00:21:26	00:31:35	00:41:30	00:43:18.30	00:43:39.60	+00:09:46 (22.4%)	4:19	13.9 (78.5%)
36	MICHALIK Łukasz	46	BRZOZA BIEGA	M-30	36	00:10:46	00:21:02	00:31:29	00:41:45	00:43:38.05	00:43:43.30	+00:09:50 (22.5%)	4:21	13.8 (78.0%)
37	SOSNOWSKI Krzysztof	468	B4SPORT	M-30	37	00:11:30	00:21:55	00:32:02	00:41:51	00:43:36.10	00:43:46.90	+00:09:54 (22.6%)	4:21	13.8 (78.0%)
38	GRZEGORZEK Bartłomiej	588	BIEGAMYRAZEM.PL	M-30	38	00:11:07	00:21:22	00:31:48	00:41:46	00:43:43.30	00:43:47.55	+00:09:54 (22.6%)	4:22	13.7 (77.4%)
39	MATOWSKI Maciej	605		M-30	39	00:11:01	00:21:12	00:31:27	00:41:51	00:43:48.90	00:44:13.60	+00:10:20 (23.4%)	4:22	13.7 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	SWOBODA Daniel	495		M-30	40	00:11:25	00:21:55	00:32:27	00:42:26	00:44:15.05	00:44:20.00	+00:10:27 (23.6%)	4:25	13.6 (76.8%)
41	BOINSKI Sebastian	23		M-30	41	00:11:05	00:21:27	00:31:53	00:42:19	00:44:18.25	00:44:24.40	+00:10:31 (23.7%)	4:25	13.5 (76.3%)
42	SZKUTA Jarosław	662		M-30	42	00:11:05	00:21:20	00:31:42	00:42:12	00:44:09.50	00:44:26.45	+00:10:33 (23.8%)	4:25	13.6 (76.8%)
43	STĘPIEŃ Bogdan	226		M-30	43	00:11:14	00:21:32	00:31:52	00:42:22	00:44:20.05	00:44:26.75	+00:10:34 (23.8%)	4:26	13.5 (76.3%)
44	JANYSKA Krzysztof	327		M-30	44	00:10:49	00:21:13	00:31:50	00:42:23	00:44:23.15	00:44:29.55	+00:10:36 (23.9%)	4:26	13.5 (76.3%)
45	KOWALSKI Jacek	121		M-30	45	00:11:06	00:21:12	00:31:43	00:42:19	00:44:15.90	00:44:31.05	+00:10:38 (23.9%)	4:25	13.6 (76.8%)
46	GROTA Artur	207		M-30	46	00:10:52	00:21:16	00:32:00	00:42:37	00:44:29.70	00:44:32.75	+00:10:40 (23.9%)	4:26	13.5 (76.3%)
47	BLOKOWSKI Piotr	631	AGROLOK SPORT TEAM	M-30	47	00:11:02	00:21:43	00:32:25	00:42:42	00:44:33.00	00:44:39.50	+00:10:46 (24.1%)	4:27	13.5 (76.3%)
48	OCHENDAL Maciej	603	TRISPACE	M-30	48	00:11:12	00:21:34	00:32:10	00:42:36	00:44:32.50	00:44:40.60	+00:10:47 (24.2%)	4:27	13.5 (76.3%)
49	GUZIK Grzegorz	448	ING	M-30	49	00:10:33	00:20:42	00:31:30	00:41:58	00:43:56.15	00:44:42.70	+00:10:50 (24.2%)	4:23	13.7 (77.4%)
50	MORITZ Rafał	85	MORANI BARCIN	M-30	50	00:10:47	00:21:02	00:31:56	00:42:40	00:44:39.60	00:44:44.40	+00:10:51 (24.3%)	4:28	13.4 (75.7%)
51	DUDKIEWICZ Zbigniew	628	AGROLOK SPORT TEAM	M-30	51	00:11:01	00:21:38	00:32:24	00:42:42	00:44:39.35	00:44:46.45	+00:10:53 (24.3%)	4:27	13.4 (75.7%)
52	SZPOJDA Grzegorz	690		M-30	52	00:10:46	00:21:15	00:32:00	00:42:42	00:44:42.50	00:44:46.70	+00:10:54 (24.3%)	4:28	13.4 (75.7%)
53	GOZIMIRSKI Adam	494	BRZOZA BIEGA	M-30	53	00:10:37	00:21:07	00:32:08	00:42:45	00:44:46.75	00:44:50.05	+00:10:57 (24.4%)	4:28	13.4 (75.7%)
54	HASS Adam	253		M-30	54	00:11:11	00:21:32	00:32:09	00:42:40	00:44:35.40	00:44:51.50	+00:10:58 (24.5%)	4:27	13.5 (76.3%)
55	MICHALEWSKI Bartosz	374	DC FELGA TEAM	M-30	55	00:11:21	00:21:56	00:32:32	00:43:04	00:45:02.60	00:45:10.95	+00:11:18 (25.0%)	4:30	13.3 (75.1%)
56	MOJSIEWICZ Janusz	231		M-30	56	00:11:48	00:22:39	00:33:34	00:43:07	00:45:03.85	00:45:30.55	+00:11:37 (25.6%)	4:30	13.3 (75.1%)
57	GLIWKA Artur	215	1. BLWL	M-30	57	00:11:02	00:21:35	00:32:29	00:43:29	00:45:30.00	00:45:38.20	+00:11:45 (25.8%)	4:33	13.2 (74.6%)
58	DURALEK Andrzej	272	PRUSZCZ	M-30	58	00:10:59	00:21:29	00:32:36	00:43:31	00:45:31.30	00:45:39.35	+00:11:46 (25.8%)	4:33	13.2 (74.6%)
59	TARKOWSKI Mariusz	584	AUTORECYCLING	M-30	59	00:11:23	00:22:09	00:32:55	00:43:32	00:45:34.70	00:45:39.75	+00:11:47 (25.8%)	4:33	13.2 (74.6%)
60	TREJDEROWSKI Robert	278		M-30	60	00:11:22	00:21:50	00:32:47	00:43:24	00:45:23.90	00:45:40.00	+00:11:47 (25.8%)	4:32	13.2 (74.6%)
61	LESZCZEWICZ Waldemar	558	KUŹNIA TRIATHLONU	M-30	61	00:11:29	00:22:18	00:33:04	00:43:35	00:45:32.20	00:45:47.45	+00:11:54 (26.0%)	4:33	13.2 (74.6%)
62	ZARECKI Piotr	289	PAŁUKI RUNNING TEAM	M-30	62	00:11:15	00:21:50	00:32:57	00:43:41	00:45:42.00	00:45:52.75	+00:12:00 (26.2%)	4:34	13.1 (74.0%)

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63	GRUCKI Mateusz	527		M-30	63	00:11:36	00:22:25	00:33:14	00:43:54	00:45:50.95	00:45:56.20	+00:12:03 (26.3%)	4:35	13.1 (74.0%)
64	WRÓBLEWSKI Marcin	543		M-30	64	00:11:55	00:22:31	00:33:10	00:43:48	00:45:47.85	00:45:57.70	+00:12:05 (26.3%)	4:34	13.1 (74.0%)
65	MIELCARSKI Michał	213	MIELCAR TEAM	M-30	65	00:11:23	00:22:08	00:32:59	00:43:42	00:45:43.10	00:46:01.95	+00:12:09 (26.4%)	4:34	13.1 (74.0%)
66	NICKI Paweł	542		M-30	66	00:11:55	00:22:31	00:33:00	00:44:00	00:46:04.10	00:46:13.70	+00:12:21 (26.7%)	4:36	13 (73.4%)
67	DRABJEWSKI Paweł	492	TKKF WODNIK WIĘCIBORK	M-30	67	00:11:36	00:22:18	00:33:03	00:43:48	00:45:51.15	00:46:17.25	+00:12:24 (26.8%)	4:35	13.1 (74.0%)
68	DĄBKOWSKI Wojciech	288		M-30	68	00:12:09	00:22:52	00:33:28	00:43:49	00:45:43.95	00:46:18.55	+00:12:25 (26.8%)	4:34	13.1 (74.0%)
69	SZWARC Paweł	251	RUN BYDGOSZCZ	M-30	69	00:11:40	00:22:13	00:33:00	00:44:02	00:46:10.40	00:46:21.40	+00:12:28 (26.9%)	4:37	13 (73.4%)
70	APANASIEWICZ Bartosz	695	RUNSPACE.PL	M-30	70	00:11:14	00:22:00	00:33:19	00:44:10	00:46:07.85	00:46:28.65	+00:12:36 (27.1%)	4:36	13 (73.4%)
71	KULBAKA Dawid	66		M-30	71	00:11:23	00:22:18	00:33:28	00:44:28	00:46:27.65	00:46:34.95	+00:12:42 (27.3%)	4:38	12.9 (72.9%)
72	ŁAZ Kamil	18	RUN BYDGOSZCZ	M-30	72	00:11:39	00:22:13	00:33:00	00:44:01	00:46:24.45	00:46:35.95	+00:12:43 (27.3%)	4:38	12.9 (72.9%)
73	KOWALSKI Krzysztof	120	KRUSZYN KRAJEŃSKI	M-30	73	00:11:39	00:22:29	00:33:25	00:44:29	00:46:24.20	00:46:38.10	+00:12:45 (27.4%)	4:38	12.9 (72.9%)
74	AUGUSTYNOWICZ Piotr	114	BRAK	M-30	74	00:11:49	00:22:37	00:33:35	00:44:21	00:46:20.25	00:46:47.90	+00:12:55 (27.6%)	4:38	12.9 (72.9%)
75	PAŁKA Michał	208	ŚLIMAKI BARCIN	M-30	75	00:11:13	00:22:18	00:33:46	00:44:51	00:46:45.45	00:46:55.30	+00:13:02 (27.8%)	4:40	12.8 (72.3%)
76	SMYK Piotr	362	ŚLIMAKI BARCIN	M-30	76	00:11:33	00:22:31	00:33:45	00:44:51	00:46:48.20	00:46:55.90	+00:13:03 (27.8%)	4:40	12.8 (72.3%)
77	KANIA Michał	478		M-30	77	00:11:36	00:22:26	00:33:41	00:44:47	00:46:51.30	00:46:56.95	+00:13:04 (27.8%)	4:41	12.8 (72.3%)
78	WINIARSKI Grzegorz	86	THERUNNERSŚWIECIE	M-30	78	00:11:41	00:22:42	00:33:39	00:44:35	00:46:40.85	00:46:58.40	+00:13:05 (27.9%)	4:40	12.9 (72.9%)
79	HIRT Tomasz	189	DOCENT FELGA TEAM	M-30	79	00:10:57	00:21:36	00:32:48	00:44:44	00:46:57.50	00:47:08.75	+00:13:16 (28.1%)	4:41	12.8 (72.3%)
80	TOCZKIEWICZ Piotr	155		M-30	80	00:11:20	00:22:35	00:34:00	00:45:08	00:47:09.15	00:47:12.70	+00:13:20 (28.2%)	4:42	12.7 (71.8%)
81	PAŚ Michał	343	CHARTY SZELEJEWO	M-30	81	00:11:43	00:22:37	00:33:44	00:44:59	00:47:04.55	00:47:15.00	+00:13:22 (28.3%)	4:42	12.7 (71.8%)
82	HUTEK Adam	521		M-30	82	00:11:39	00:22:38	00:33:51	00:45:16	00:47:17.25	00:47:21.10	+00:13:28 (28.5%)	4:43	12.7 (71.8%)
83	WOJCIECHOWSKI Paweł	582		M-30	83	00:11:47	00:22:46	00:34:05	00:45:00	00:46:56.40	00:47:25.10	+00:13:32 (28.6%)	4:41	12.8 (72.3%)
84	WAWRZYŃCZAK Arkadiusz	622		M-30	84	00:12:23	00:23:27	00:34:30	00:45:19	00:47:18.05	00:47:30.40	+00:13:37 (28.7%)	4:43	12.7 (71.8%)
85	KRZEMKOWSKI Paweł	275		M-30	85	00:12:02	00:23:08	00:34:13	00:45:14	00:47:16.45	00:47:30.95	+00:13:38 (28.7%)	4:43	12.7 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
86	KANAREK Szymon	475	1. BLWL	M-30	86	00:11:53	00:22:57	00:34:13	00:45:34	00:47:36.10	00:47:48.30	+00:13:55 (29.1%)	4:45	12.6 (71.2%)
87	MICHAŁEK Bartek	429	RUN BYDGOSZCZ	M-30	87	00:12:06	00:23:24	00:34:38	00:45:37	00:47:42.80	00:47:50.65	+00:13:58 (29.2%)	4:46	12.6 (71.2%)
88	DAWIDOWICZ Maciej	200	LOK POGRANICZNIK	M-30	88	00:12:18	00:23:27	00:34:37	00:45:34	00:47:40.95	00:47:56.55	+00:14:03 (29.3%)	4:46	12.6 (71.2%)
89	FIGLEWSKI Rafał	476	OKBA	M-30	89	00:11:58	00:22:50	00:34:16	00:45:40	00:47:46.85	00:47:58.10	+00:14:05 (29.4%)	4:46	12.6 (71.2%)
90	KĘPSKI Mariusz	472	KRUSZWICA	M-30	90	00:11:58	00:23:13	00:34:32	00:45:47	00:47:58.20	00:48:07.55	+00:14:14 (29.6%)	4:47	12.5 (70.6%)
91	KOWALSKI Jacek	653		M-30	91	00:12:12	00:23:05	00:34:09	00:45:26	00:47:35.00	00:48:10.60	+00:14:17 (29.7%)	4:45	12.6 (71.2%)
92	GRZYWNOWICZ Łukasz	274		M-30	92	00:11:50	00:23:15	00:34:43	00:46:08	00:48:12.40	00:48:35.60	+00:14:42 (30.3%)	4:49	12.4 (70.1%)
93	RZEMEK Sławomir	551	RUN BYDGOSZCZ	M-30	93	00:12:17	00:23:41	00:35:11	00:46:39	00:48:39.20	00:48:51.65	+00:14:59 (30.7%)	4:51	12.3 (69.5%)
94	RYDLEWSKI Andrzej	28	RUN BYDGOSZCZ	M-30	94	00:12:00	00:23:24	00:34:56	00:46:25	00:48:39.75	00:48:54.25	+00:15:01 (30.7%)	4:52	12.3 (69.5%)
95	LASKOWSKI Daniel	164		M-30	95	00:12:00	00:23:16	00:35:17	00:46:59	00:49:03.55	00:49:14.50	+00:15:21 (31.2%)	4:54	12.2 (68.9%)
96	SADOWSKI Michał	436	BARTOLEK	M-30	96	00:12:30	00:24:02	00:35:27	00:46:59	00:49:03.00	00:49:15.45	+00:15:22 (31.2%)	4:54	12.2 (68.9%)
97	WAJDA Mariusz	615		M-30	97	00:12:09	00:23:30	00:35:05	00:46:59	00:49:12.35	00:49:34.40	+00:15:41 (31.7%)	4:55	12.2 (68.9%)
98	SPARZYŃSKI Adam	107	1.BLWL	M-30	98	00:12:22	00:23:49	00:35:22	00:47:09	00:49:25.90	00:49:39.35	+00:15:46 (31.8%)	4:56	12.1 (68.4%)
99	ROSA Bartosz	428	NIEZRZESZONY	M-30	99	00:12:19	00:23:59	00:35:44	00:47:22	00:49:31.45	00:49:43.35	+00:15:50 (31.9%)	4:57	12.1 (68.4%)
100	BARAŃSKI Przemysław	700	ROWEROWA BRZOZA	M-30	100	00:12:16	00:24:17	00:36:04	00:47:25	00:49:29.15	00:49:46.40	+00:15:53 (31.9%)	4:56	12.1 (68.4%)
101	KUJATT Wojciech	408	KUJATT RUNNERS TEAM	M-30	101	00:12:13	00:23:42	00:35:32	00:47:24	00:49:38.40	00:49:47.40	+00:15:54 (32.0%)	4:57	12.1 (68.4%)
102	ŁUKOMSKI Filip	675		M-30	102	00:12:20	00:23:50	00:35:37	00:47:17	00:49:16.25	00:49:48.75	+00:15:56 (32.0%)	4:55	12.2 (68.9%)
103	OSIŃSKI Karol	190	PAŁUKI RUNNING TEAM	M-30	103	00:12:20	00:23:49	00:35:37	00:47:17	00:49:16.95	00:49:48.95	+00:15:56 (32.0%)	4:55	12.2 (68.9%)
104	DERENDA Mirek	269	1. BLWL	M-30	104	00:12:00	00:23:23	00:35:20	00:47:28	00:49:38.90	00:49:51.85	+00:15:59 (32.1%)	4:57	12.1 (68.4%)
105	ŚMIGIEL Marek	393		M-30	105	00:12:04	00:23:17	00:35:14	00:47:23	00:49:38.55	00:49:54.70	+00:16:02 (32.1%)	4:57	12.1 (68.4%)
106	CHŁOPEK Tomasz	464		M-30	106	00:12:34	00:24:15	00:36:01	00:47:27	00:49:38.85	00:50:08.70	+00:16:16 (32.4%)	4:57	12.1 (68.4%)
107	KLESSA Krystian	105		M-30	107	00:12:32	00:24:28	00:36:29	00:48:10	00:50:03.90	00:50:29.30	+00:16:36 (32.9%)	5:00	12 (67.8%)
108	KONOPIŃSKI Tomasz	153	RUN BYDGOSZCZ	M-30	108	00:13:00	00:24:48	00:36:27	00:48:06	00:50:19.25	00:50:53.25	+00:17:00 (33.4%)	5:01	11.9 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	ŚWIERCZYŃSKI Tomasz	665	ZRYW RADZIEJOW	M-30	109	00:13:14	00:25:09	00:37:01	00:48:14	00:50:24.05	00:50:59.80	+00:17:07 (33.6%)	5:02	11.9 (67.2%)
110	KAŻMIERSKI Krzysztof	423		M-30	110	00:12:47	00:24:40	00:36:45	00:48:36	00:50:50.85	00:51:01.80	+00:17:09 (33.6%)	5:05	11.8 (66.7%)
111	ŻYWICA Adam	126	BRZOZA BIEGA	M-30	111	00:13:59	00:25:39	00:37:17	00:48:58	00:51:00.50	00:51:02.40	+00:17:09 (33.6%)	5:06	11.8 (66.7%)
112	MRÓWCZYŃSKI Tomasz	512		M-30	112	00:12:25	00:24:12	00:36:06	00:48:00	00:50:20.10	00:51:04.35	+00:17:11 (33.7%)	5:02	11.9 (67.2%)
113	GARSKI Krystin	620	ŚWIAT PŁYTEK / SEXYRUNNERS	M-30	113	00:12:38	00:24:29	00:36:15	00:48:39	00:50:58.30	00:51:19.20	+00:17:26 (34.0%)	5:05	11.8 (66.7%)
114	KOŚCIELAK Maciej	683	ŻANDARMI Z BYDGOSZCZY	M-30	114	00:12:45	00:24:53	00:37:12	00:49:01	00:51:14.30	00:51:20.90	+00:17:28 (34.0%)	5:07	11.7 (66.1%)
115	MARCYJANIAK Krzysztof	612	KS ZRYW RADZIEJÓW	M-30	115	00:13:13	00:25:08	00:37:01	00:48:44	00:50:53.75	00:51:29.90	+00:17:37 (34.2%)	5:05	11.8 (66.7%)
116	DOLIWKA Paweł	411	LUBAWA KOCHA BIEGAĆ	M-30	116	00:13:34	00:25:41	00:37:38	00:48:55	00:51:09.90	00:51:39.75	+00:17:47 (34.4%)	5:07	11.7 (66.1%)
117	WŁODARSKI Przemysław	319	FRIDAY STYLE	M-30	117	00:12:58	00:25:27	00:37:52	00:49:19	00:51:26.90	00:51:40.65	+00:17:48 (34.4%)	5:08	11.7 (66.1%)
118	JANISZEWSKI Przemysław	74	SPOCENI MARIANKI GÓRNE	M-30	118	00:12:55	00:25:04	00:37:17	00:49:17	00:51:20.45	00:51:43.45	+00:17:50 (34.5%)	5:08	11.7 (66.1%)
119	CHWIŁKA Daniel	267	ASSECO ACTIVE TEAM	M-30	119	00:12:43	00:24:28	00:36:56	00:49:00	00:51:25.70	00:51:45.15	+00:17:52 (34.5%)	5:08	11.7 (66.1%)
120	MAZUR Jacek	361	TEAMOCHAL	M-30	120	00:12:03	00:23:30	00:36:04	00:48:54	00:51:08.95	00:51:47.10	+00:17:54 (34.6%)	5:06	11.7 (66.1%)
121	KALA Michał	378		M-30	121	00:13:08	00:25:13	00:37:16	00:49:15	00:51:31.70	00:51:51.15	+00:17:58 (34.7%)	5:09	11.6 (65.5%)
122	ROŹNIAKOWSKI Paweł	499		M-30	122	00:13:26	00:25:19	00:37:17	00:49:05	00:51:24.40	00:51:57.60	+00:18:04 (34.8%)	5:08	11.7 (66.1%)
123	OSIŃSKI Tomasz	442	ING	M-30	123	00:13:25	00:25:18	00:37:16	00:49:05	00:51:23.55	00:51:57.80	+00:18:05 (34.8%)	5:08	11.7 (66.1%)
124	OKSIK Kamil	363		M-30	124	00:13:52	00:26:25	00:37:52	00:49:11	00:51:17.15	00:51:59.60	+00:18:06 (34.8%)	5:07	11.7 (66.1%)
125	RYBARCZYK Bartosz	623	CSLOG GRUPA	M-30	125	00:12:44	00:24:40	00:36:56	00:49:15	00:51:31.35	00:52:00.20	+00:18:07 (34.9%)	5:09	11.6 (65.5%)
126	KAŻMIERCZAK Paweł	202		M-30	126	00:12:51	00:25:11	00:37:33	00:49:15	00:51:31.20	00:52:01.95	+00:18:09 (34.9%)	5:09	11.6 (65.5%)
127	ANDRYSZAK Piotr	234		M-30	127	00:13:05	00:25:24	00:37:46	00:50:03	00:52:19.15	00:52:31.05	+00:18:38 (35.5%)	5:14	11.5 (65.0%)
128	DUCHIŃSKI Błażej	433		M-30	128	00:12:44	00:24:56	00:37:42	00:49:58	00:52:14.40	00:52:33.95	+00:18:41 (35.6%)	5:13	11.5 (65.0%)
129	BETKE Marcin	467		M-30	129	00:12:44	00:24:56	00:37:42	00:49:58	00:52:14.40	00:52:34.15	+00:18:41 (35.6%)	5:13	11.5 (65.0%)
130	WADOWSKI Bartosz	432		M-30	130	00:12:40	00:24:46	00:37:15	00:49:32	00:51:54.85	00:52:38.15	+00:18:45 (35.6%)	5:11	11.6 (65.5%)
131	RATAJ Krzysztof	673	BKS POLONIA BYDGOSZCZ	M-30	131	00:12:27	00:24:25	00:37:00	00:49:36	00:52:07.60	00:52:42.60	+00:18:49 (35.7%)	5:12	11.5 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	NOWACKI Michal	400		M-30	132	00:13:19	00:25:51	00:38:27	00:50:33	00:52:31.40	00:52:54.80	+00:19:02 (36.0%)	5:15	11.4 (64.4%)
133	STASZEWSKI Adam	422		M-30	133	00:13:24	00:25:30	00:37:54	00:50:06	00:52:23.65	00:52:59.90	+00:19:07 (36.1%)	5:14	11.5 (65.0%)
134	KRAWISZ Maciej	261	RUN BDG	M-30	134	00:13:51	00:26:25	00:38:37	00:50:11	00:52:18.25	00:53:00.80	+00:19:08 (36.1%)	5:13	11.5 (65.0%)
135	SZYMONIAK Michał	14	BRAK	M-30	135	00:12:57	00:25:04	00:37:34	00:49:55	00:52:16.30	00:53:03.60	+00:19:10 (36.2%)	5:13	11.5 (65.0%)
136	KRAJDA Piotr	170	BBL BYDGOSZCZ	M-30	136	00:13:04	00:25:18	00:37:50	00:50:36	00:52:52.30	00:53:05.00	+00:19:12 (36.2%)	5:17	11.3 (63.8%)
137	GROTT Bartłomiej	461		M-30	137	00:13:18	00:25:50	00:38:27	00:50:32	00:52:48.25	00:53:12.35	+00:19:19 (36.3%)	5:16	11.4 (64.4%)
138	ŻABOWSKI Marek	100		M-30	138	00:13:23	00:25:37	00:38:01	00:50:12	00:52:48.95	00:53:23.00	+00:19:30 (36.5%)	5:16	11.4 (64.4%)
139	CZESZEWSKI Rafał	414	#DW43	M-30	139	00:13:48	00:26:26	00:39:06	00:51:16	00:53:22.65	00:53:52.30	+00:19:59 (37.1%)	5:20	11.2 (63.3%)
140	KLICH Sławomir	415	DW#43	M-30	140	00:13:48	00:26:26	00:39:06	00:51:16	00:53:35.35	00:54:05.05	+00:20:12 (37.4%)	5:21	11.2 (63.3%)
141	STANGRECKI Dariusz	318	KB ŁAPKA	M-30	141	00:13:28	00:26:08	00:38:51	00:51:39	00:53:51.65	00:54:18.75	+00:20:26 (37.6%)	5:23	11.1 (62.7%)
142	MICHALSKI Artur	334	RUN BYDGOSZCZ	M-30	142	00:14:16	00:27:12	00:40:27	00:52:48	00:54:53.20	00:55:25.55	+00:21:32 (38.9%)	5:29	10.9 (61.6%)
143	FARMAS Daniel	513	4RUN BYDGOSZCZ	M-30	143	00:14:16	00:27:23	00:40:17	00:53:11	00:55:40.70	00:55:48.15	+00:21:55 (39.3%)	5:34	10.8 (61.0%)
144	MIKUŁA Tomasz	112	RUN GORDON	M-30	144	00:13:59	00:27:10	00:40:29	00:53:47	00:56:08.00	00:56:34.10	+00:22:41 (40.1%)	5:36	10.7 (60.5%)
145	STARSZAK Paweł	380		M-30	145	00:13:30	00:26:50	00:40:37	00:54:11	00:56:30.55	00:56:40.35	+00:22:47 (40.2%)	5:39	10.6 (59.9%)
146	BARANOWSKI Adrian	58		M-30	146	00:14:47	00:27:50	00:40:48	00:53:48	00:56:15.65	00:57:03.80	+00:23:11 (40.6%)	5:37	10.7 (60.5%)
147	KARPIŃSKI Daniel Marek	305	KOBYLARNIA	M-30	147	00:14:16	00:27:43	00:41:07	00:54:30	00:56:58.45	00:57:06.10	+00:23:13 (40.7%)	5:41	10.5 (59.3%)
148	KAŹMIERSKI Radosław	465		M-30	148	00:14:19	00:27:44	00:41:02	00:54:01	00:56:25.05	00:57:14.40	+00:23:21 (40.8%)	5:38	10.6 (59.9%)
149	ŁUGOWSKI Tomasz	369	BIL	M-30	149	00:14:32	00:27:51	00:41:15	00:54:48	00:57:17.25	00:57:47.30	+00:23:54 (41.4%)	5:43	10.5 (59.3%)
150	RUJNA Przemysław	658		M-30	150	00:14:20	00:27:32	00:40:55	00:54:32	00:57:08.60	00:57:51.70	+00:23:59 (41.5%)	5:42	10.5 (59.3%)
151	TRYT Maciej	332	RUN BYDGOSZCZ	M-30	151	00:13:43	00:26:41	00:40:26	00:54:45	00:57:38.50	00:57:54.25	+00:24:01 (41.5%)	5:45	10.4 (58.8%)
152	KLATECKI Adam	172		M-30	152	00:15:08	00:28:25	00:41:34	00:55:01	00:57:31.95	00:58:20.25	+00:24:27 (41.9%)	5:45	10.4 (58.8%)
153	MIAZGA Adam	698		M-30	153	00:14:24	00:27:42	00:41:26	00:55:20	00:58:03.20	00:58:31.35	+00:24:38 (42.1%)	5:48	10.3 (58.2%)
154	BARTOSZYŃSKI Marcin	413	RAW-STUDIO REKLAMY	M-30	154	00:14:40	00:28:02	00:41:34	00:55:26	00:58:08.80	00:58:41.60	+00:24:48 (42.3%)	5:48	10.3 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	RACIBORSKI Grzegorz	416	TASAK TEAM	M-30	155	00:14:18	00:27:40	00:41:48	00:55:37	00:58:15.20	00:58:51.80	+00:24:59 (42.4%)	5:49	10.3 (58.2%)
156	SIMINSKI Wojciech	469	AWKS PITIK	M-30	156	00:14:38	00:28:21	00:42:15	00:55:45	00:58:24.25	00:58:54.60	+00:25:01 (42.5%)	5:50	10.3 (58.2%)
157	WIŚNIEWSKI Andrzej	320	CARBON TEAM TORUN	M-30	157	00:15:12	00:29:07	00:43:16	00:57:10	00:59:43.65	01:00:14.75	+00:26:22 (43.8%)	5:58	10 (56.5%)
158	DANIELEWSKI Marcin	664	.	M-30	158	00:14:38	00:28:48	00:43:15	00:57:37	01:00:14.60	01:00:29.55	+00:26:36 (44.0%)	6:01	10 (56.5%)
159	SYNAKIEWICZ Marcin	101	ES-TEAM	M-30	159	00:14:52	00:28:53	00:43:18	00:57:55	01:00:42.85	01:00:55.50	+00:27:02 (44.4%)	6:04	9.9 (55.9%)
160	MAGDZIARZ Jakub	258	KANCELARIA HMM	M-30	160	00:14:57	00:28:53	00:43:00	00:57:08	01:00:22.05	01:01:07.60	+00:27:14 (44.6%)	6:02	9.9 (55.9%)
161	HERMELIN Wojciech	371	KANCELARIA HMM	M-30	161	00:14:56	00:28:52	00:42:59	00:57:08	01:00:49.60	01:01:35.85	+00:27:43 (45.0%)	6:04	9.9 (55.9%)
162	DRUŻYŃSKI Sebastian	547		M-30	162	00:14:48	00:29:08	00:43:52	00:59:14	01:02:07.10	01:02:44.80	+00:28:52 (46.0%)	6:12	9.7 (54.8%)
163	KLATECKI Mateusz	9		M-30	163	00:15:25	00:29:56	00:44:47	00:59:23	01:02:25.50	01:03:07.90	+00:29:15 (46.3%)	6:14	9.6 (54.2%)
164	CIEŚLAK Sławomir	489		M-30	164	00:14:36	00:29:13	00:44:38	01:00:04	01:02:58.55	01:03:41.40	+00:29:48 (46.8%)	6:17	9.5 (53.7%)
165	TOMSZA Michał	425		M-30	165	00:16:03	00:30:55	00:45:56	01:01:26	01:04:18.55	01:04:55.70	+00:31:03 (47.8%)	6:25	9.3 (52.5%)
166	ŻYCHOWSKI Rafał	325	BOLS	M-30	166	00:15:59	00:31:23	00:47:20	01:03:26	01:06:29.75	01:06:51.55	+00:32:58 (49.3%)	6:39	9 (50.8%)
167	PACZKOWSKI Mariusz	686		M-30	167	00:15:59	00:32:03	00:48:40	01:05:30	01:08:36.80	01:09:22.60	+00:35:29 (51.2%)	6:51	8.7 (49.2%)
168	ZAWISZEWSKI Adam	445		M-30	168	00:16:55	00:32:52	00:49:15	01:05:57	01:08:45.30	01:09:25.60	+00:35:32 (51.2%)	6:52	8.7 (49.2%)
	MILUK Artur	515	ŚWINKA RAĆKA TEAM	M-30		00:11:37 DNF	00:23:10 DNF	00:34:36 DNF	DNF	DNF	DNF		-	- (0.0%)
	LUTKOWSKI Dariusz	168	TEAMOCHAL	M-30		00:13:58 DNF	00:32:57 DNF	00:47:02 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 170 wynik(ów)