



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

IX BIEG SYLWESTROWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| 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 | POLAŃSKI Tomasz | 77 | B4SPORT | M-40 | 1 | 00:08:36 | 00:16:36 | 00:24:33 | 00:32:37 | 00:34:11.60 | 00:34:14.05 | | 3:25 | 17.5 (100%) |
| 2 | SEROCKI Adam | 311 | ACTIVE MALBORK | M-40 | 2 | 00:08:37 | 00:16:48 | 00:25:02 | 00:33:15 | 00:34:49.60 | 00:34:50.85 | +00:00:36 (1.8%) | 3:28 | 17.2 (98.3%) |
| 3 | MUDZIEJEWSKI Jarosław | 5 | TKKF KOLEJARZ BYDGOSZCZ | M-40 | 3 | 00:09:09 | 00:17:33 | 00:25:50 | 00:34:04 | 00:35:38.25 | 00:35:39.60 | +00:01:25 (4.0%) | 3:33 | 16.8 (96.0%) |
| 4 | KOWALSKI Dariusz | 180 | STOW ZLOTOWSKI BIEG ZAWILCA | M-40 | 4 | 00:08:55 | 00:17:14 | 00:25:36 | 00:34:04 | 00:35:46.70 | 00:35:47.95 | +00:01:33 (4.4%) | 3:34 | 16.8 (96.0%) |
| 5 | CZARNOJAŃCZYK Rafał | 303 | | M-40 | 5 | 00:08:52 | 00:17:16 | 00:25:53 | 00:34:20 | 00:35:52.25 | 00:35:53.90 | +00:01:39 (4.6%) | 3:35 | 16.7 (95.4%) |
| 6 | ZIĘTAK Andrzej | 34 | | M-40 | 6 | 00:08:53 | 00:17:25 | 00:26:08 | 00:34:50 | 00:36:27.35 | 00:36:30.85 | +00:02:16 (6.2%) | 3:38 | 16.5 (94.3%) |
| 7 | GACZKOWSKI Robert | 307 | ŻNIŃSKI KLUB BIEGACZA 1992 | M-40 | 7 | 00:09:09 | 00:17:47 | 00:26:22 | 00:35:00 | 00:36:39.70 | 00:36:41.10 | +00:02:27 (6.7%) | 3:40 | 16.4 (93.7%) |
| 8 | MUSIAŁ Michał | 589 | | M-40 | 8 | 00:09:10 | 00:17:55 | 00:26:44 | 00:35:30 | 00:37:07.45 | 00:37:09.20 | +00:02:55 (7.9%) | 3:42 | 16.2 (92.6%) |
| 9 | SOWIŃSKI Piotr | 390 | 4RUN TEAM BYDGOSZCZ | M-40 | 9 | 00:09:39 | 00:18:34 | 00:27:25 | 00:36:07 | 00:37:44.20 | 00:37:48.35 | +00:03:34 (9.4%) | 3:46 | 15.9 (90.9%) |
| 10 | OLCHAWA Piotr | 193 | | M-40 | 10 | 00:09:30 | 00:18:22 | 00:27:15 | 00:36:08 | 00:37:53.80 | 00:37:57.20 | +00:03:43 (9.8%) | 3:47 | 15.8 (90.3%) |
| 11 | GÓRNY Wojciech | 616 | TRISPACE | M-40 | 11 | 00:09:33 | 00:18:24 | 00:27:22 | 00:36:19 | 00:37:58.15 | 00:37:59.70 | +00:03:45 (9.9%) | 3:47 | 15.8 (90.3%) |
| 12 | SPYCHALSKI Waldemar | 347 | | M-40 | 12 | 00:09:30 | 00:18:28 | 00:27:36 | 00:36:50 | 00:38:33.95 | 00:38:37.50 | +00:04:23 (11.4%) | 3:51 | 15.6 (89.1%) |
| 13 | MOROSZCZAK Bogumił | 385 | 4RUN TEAM BYDGOSZCZ | M-40 | 13 | 00:09:39 | 00:18:52 | 00:28:11 | 00:37:21 | 00:39:07.35 | 00:39:12.30 | +00:04:58 (12.7%) | 3:54 | 15.3 (87.4%) |
| 14 | BIESIADA Tomasz | 268 | TRINERGY / TRISPACE | M-40 | 14 | 00:10:01 | 00:19:10 | 00:28:25 | 00:37:31 | 00:39:10.65 | 00:39:16.50 | +00:05:02 (12.8%) | 3:55 | 15.3 (87.4%) |
| 15 | GOŁEMBIEWSKI Marek | 604 | MUKS PIĘTNASTKA/B4SPORT | M-40 | 15 | 00:09:41 | 00:19:00 | 00:28:23 | 00:37:41 | 00:39:27.25 | 00:39:30.45 | +00:05:16 (13.3%) | 3:56 | 15.2 (86.9%) |
| 16 | TACZKOWSKI Jarosław | 398 | MUKS PIĘTNASKA BYDGOSZCZ / B4SPORT | M-40 | 16 | 00:09:41 | 00:19:05 | 00:28:36 | 00:38:04 | 00:39:49.50 | 00:39:53.30 | +00:05:39 (14.2%) | 3:59 | 15.1 (86.3%) |

| 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 | MARCINKOWSKI Paweł | 199 | | M-40 | 17 | 00:10:00 | 00:19:30 | 00:29:05 | 00:38:17 | 00:39:56.75 | 00:40:01.55 | +00:05:47 (14.5%) | 3:59 | 15 (85.7%) |
| 18 | SOBIERSKI Rafał | 196 | KS BRZOZA | M-40 | 18 | 00:09:37 | 00:18:50 | 00:28:25 | 00:37:43 | 00:39:26.65 | 00:40:06.45 | +00:05:52 (14.6%) | 3:56 | 15.2 (86.9%) |
| 19 | PURWIN Piotr | 504 | CYTADELA GRUDZIĄDZ | M-40 | 19 | 00:09:54 | 00:19:09 | 00:28:47 | 00:38:20 | 00:40:12.20 | 00:40:15.00 | +00:06:00 (14.9%) | 4:01 | 14.9 (85.1%) |
| 20 | SADOWSKI Marian | 148 | | M-40 | 20 | 00:09:22 | 00:19:42 | 00:29:12 | 00:38:40 | 00:40:25.15 | 00:40:31.05 | +00:06:17 (15.5%) | 4:02 | 14.8 (84.6%) |
| 21 | TOMTAS Konrad | 481 | | M-40 | 21 | 00:10:09 | 00:19:37 | 00:29:18 | 00:38:56 | 00:40:44.20 | 00:40:54.60 | +00:06:40 (16.3%) | 4:04 | 14.7 (84.0%) |
| 22 | STANIEC Tomasz | 230 | NIEZRZESZONY | M-40 | 22 | 00:10:16 | 00:19:57 | 00:29:56 | 00:39:45 | 00:41:32.35 | 00:41:37.60 | +00:07:23 (17.8%) | 4:09 | 14.4 (82.3%) |
| 23 | ŚWITAL Leszek | 56 | TAZAR | M-40 | 23 | 00:10:26 | 00:20:10 | 00:30:05 | 00:39:44 | 00:41:32.85 | 00:41:39.60 | +00:07:25 (17.8%) | 4:09 | 14.4 (82.3%) |
| 24 | PRZYBYLSKI Maciej | 301 | | M-40 | 24 | 00:09:56 | 00:19:45 | 00:29:50 | 00:39:54 | 00:41:47.80 | 00:41:51.45 | +00:07:37 (18.2%) | 4:10 | 14.4 (82.3%) |
| 25 | PIEKARSKI Marek | 87 | RESTAURACJA KING FU BYDGOSZCZ | M-40 | 25 | 00:10:02 | 00:19:44 | 00:29:54 | 00:40:05 | 00:41:58.00 | 00:41:59.20 | +00:07:45 (18.5%) | 4:11 | 14.3 (81.7%) |
| 26 | SOBCZAK Marcin | 260 | TRISPACE | M-40 | 26 | 00:10:35 | 00:20:31 | 00:30:28 | 00:40:20 | 00:42:12.30 | 00:42:16.50 | +00:08:02 (19.0%) | 4:13 | 14.2 (81.1%) |
| 27 | MACIEJEWSKI Rafał | 95 | PAŁUKI RUNNING TEAM | M-40 | 27 | 00:10:38 | 00:20:32 | 00:30:31 | 00:40:24 | 00:42:14.35 | 00:42:18.80 | +00:08:04 (19.1%) | 4:13 | 14.2 (81.1%) |
| 28 | SKARBEK Marek | 480 | | M-40 | 28 | 00:10:38 | 00:20:35 | 00:30:31 | 00:40:27 | 00:42:14.70 | 00:42:20.65 | +00:08:06 (19.2%) | 4:13 | 14.2 (81.1%) |
| 29 | KUBIS Roman | 537 | RUN PASJA | M-40 | 29 | 00:09:51 | 00:20:08 | 00:30:28 | 00:40:23 | 00:42:21.75 | 00:42:24.20 | +00:08:10 (19.3%) | 4:14 | 14.2 (81.1%) |
| 30 | WIŚNIEWSKI Leszek | 349 | | M-40 | 30 | 00:10:16 | 00:20:12 | 00:30:33 | 00:40:40 | 00:42:26.65 | 00:42:32.35 | +00:08:18 (19.5%) | 4:14 | 14.1 (80.6%) |
| 31 | GOLINOWSKI Darek | 146 | | M-40 | 31 | 00:10:45 | 00:20:48 | 00:30:52 | 00:40:39 | 00:42:27.75 | 00:42:33.75 | +00:08:19 (19.6%) | 4:14 | 14.1 (80.6%) |
| 32 | WYRĘBSKI Jarosław | 359 | TEAMOCHAL | M-40 | 32 | 00:10:52 | 00:20:54 | 00:30:54 | 00:40:33 | 00:42:22.15 | 00:42:36.85 | +00:08:22 (19.7%) | 4:14 | 14.2 (81.1%) |
| 33 | KAZUBOWSKI Jacek | 63 | 45PLUS | M-40 | 33 | 00:10:47 | 00:20:50 | 00:30:53 | 00:40:46 | 00:42:36.35 | 00:42:42.10 | +00:08:28 (19.8%) | 4:15 | 14.1 (80.6%) |
| 34 | WRZESIŃSKI Wojciech | 33 | RUNSPACE.PL | M-40 | 34 | 00:10:44 | 00:20:38 | 00:30:41 | 00:40:45 | 00:42:41.15 | 00:42:48.25 | +00:08:34 (20.0%) | 4:16 | 14.1 (80.6%) |
| 35 | KRUEGER Waldemar | 613 | | M-40 | 35 | 00:11:12 | 00:21:20 | 00:31:05 | 00:40:43 | 00:42:33.00 | 00:42:54.25 | +00:08:40 (20.2%) | 4:15 | 14.1 (80.6%) |
| 36 | RYDLEWSKI Marek | 21 | RUN BYDGOSZCZ | M-40 | 36 | 00:10:58 | 00:21:07 | 00:31:12 | 00:40:52 | 00:42:42.65 | 00:42:55.80 | +00:08:41 (20.3%) | 4:16 | 14.1 (80.6%) |
| 37 | PAWŁOWSKI Radosław | 149 | JFTC SU | M-40 | 37 | 00:10:47 | 00:20:46 | 00:30:49 | 00:40:58 | 00:42:54.60 | 00:42:55.85 | +00:08:41 (20.3%) | 4:17 | 14 (80.0%) |
| 38 | STOLARÓW Robert | 629 | ACTIVE MALBORK | M-40 | 38 | 00:10:34 | 00:20:46 | 00:31:04 | 00:40:58 | 00:42:56.45 | 00:43:00.90 | +00:08:46 (20.4%) | 4:17 | 14 (80.0%) |
| 39 | SZOCH Tomasz | 314 | | M-40 | 39 | 00:10:30 | 00:20:38 | 00:30:53 | 00:41:16 | 00:43:14.15 | 00:43:16.60 | +00:09:02 (20.9%) | 4:19 | 13.9 (79.4%) |
| 40 | FURTAK Tomasz | 144 | SPORT I REKREACJA MOGILNO | M-40 | 40 | 00:11:17 | 00:21:34 | 00:31:43 | 00:41:43 | 00:43:32.75 | 00:43:37.70 | +00:09:23 (21.5%) | 4:21 | 13.8 (78.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2.5km | 4.85km | 7.2km | 9.55km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---|-----------|------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | | | | | netto 10km | brutto 10km | | | |
| 41 | MILEWSKI Zbigniew | 356 | TKKF KOLEJARZ BYDGOSZCZ | M-40 | 41 | 00:11:18 | 00:21:47 | 00:31:55 | 00:41:23 | 00:43:06.00 | 00:43:39.00 | +00:09:24 (21.6%) | 4:18 | 13.9 (79.4%) |
| 42 | GORCZYCA Grzegorz | 497 | BRAK | M-40 | 42 | 00:10:56 | 00:21:03 | 00:31:18 | 00:41:47 | 00:43:40.40 | 00:43:44.85 | +00:09:30 (21.7%) | 4:22 | 13.7 (78.3%) |
| 43 | MUSS Aleksander | 438 | SKLEP BIEGACZA BYDGOSZCZ | M-40 | 43 | 00:11:13 | 00:21:18 | 00:31:25 | 00:41:24 | 00:43:18.00 | 00:43:46.10 | +00:09:32 (21.8%) | 4:19 | 13.9 (79.4%) |
| 44 | HELSZTAJN Robert | 10 | PAŁUKI RUNNING TEAM | M-40 | 44 | 00:10:51 | 00:21:03 | 00:31:29 | 00:41:43 | 00:43:39.15 | 00:43:50.10 | +00:09:36 (21.9%) | 4:22 | 13.7 (78.3%) |
| 45 | TOBOLSKI Marek | 218 | „FLORIAN' GRUDZIĄDZ OCHRONA PRZECIWPOŻAROWA | M-40 | 45 | 00:11:14 | 00:21:21 | 00:31:34 | 00:41:45 | 00:43:40.15 | 00:43:52.90 | +00:09:38 (22.0%) | 4:22 | 13.7 (78.3%) |
| 46 | WILLMA Jaroslaw | 569 | BRZOZA BIEGA | M-40 | 46 | 00:10:42 | 00:21:02 | 00:31:35 | 00:42:01 | 00:44:00.10 | 00:44:00.90 | +00:09:46 (22.2%) | 4:24 | 13.6 (77.7%) |
| 47 | JĘDRZEJCZYK Mikołaj | 418 | | M-40 | 47 | 00:11:03 | 00:21:28 | 00:32:05 | 00:42:35 | 00:44:33.00 | 00:44:38.40 | +00:10:24 (23.3%) | 4:27 | 13.5 (77.1%) |
| 48 | STARZECKI Robert | 688 | | M-40 | 48 | 00:11:10 | 00:21:39 | 00:32:25 | 00:43:10 | 00:45:12.50 | 00:45:28.00 | +00:11:13 (24.7%) | 4:31 | 13.3 (76.0%) |
| 49 | ZIENKIEWICZ Janusz I Amelia | 573 | ALLIANZ RUNNING TEAM | M-40 | 49 | 00:11:23 | 00:21:50 | 00:32:26 | 00:42:56 | 00:45:15.75 | 00:45:35.45 | +00:11:21 (24.9%) | 4:31 | 13.3 (76.0%) |
| 50 | OSKWAREK Bogdan | 312 | | M-40 | 50 | 00:11:21 | 00:21:49 | 00:32:46 | 00:43:23 | 00:45:24.00 | 00:45:41.50 | +00:11:27 (25.1%) | 4:32 | 13.2 (75.4%) |
| 51 | ORCHOLSKI Witold | 647 | T.S. OPATRUNKI TORUŃ | M-40 | 51 | 00:13:15 | 00:23:11 | 00:33:18 | 00:43:03 | 00:44:53.65 | 00:45:44.45 | +00:11:30 (25.2%) | 4:29 | 13.4 (76.6%) |
| 52 | WIŚNIEWSKI Artur | 580 | | M-40 | 52 | 00:11:36 | 00:22:14 | 00:32:48 | 00:43:17 | 00:45:15.85 | 00:45:47.35 | +00:11:33 (25.2%) | 4:31 | 13.3 (76.0%) |
| 53 | BIEL Marek | 358 | | M-40 | 53 | 00:10:52 | 00:21:35 | 00:32:34 | 00:43:44 | 00:45:46.90 | 00:45:55.35 | +00:11:41 (25.5%) | 4:34 | 13.1 (74.9%) |
| 53 | ŚLESIŃSKI Bartosz | 443 | | M-40 | 54 | 00:11:41 | 00:22:24 | 00:33:09 | 00:43:46 | 00:45:37.80 | 00:45:55.35 | +00:11:41 (25.5%) | 4:33 | 13.1 (74.9%) |
| 55 | SZABLEWSKI Andrzej | 678 | TEAMOCHAL | M-40 | 55 | 00:11:49 | 00:22:41 | 00:33:21 | 00:43:49 | 00:45:47.55 | 00:46:00.55 | +00:11:46 (25.6%) | 4:34 | 13.1 (74.9%) |
| 56 | WIŚNIEWSKI Janusz | 26 | CARBON TEAM TORUŃ | M-40 | 56 | 00:11:30 | 00:22:19 | 00:33:11 | 00:43:52 | 00:45:52.85 | 00:46:03.20 | +00:11:49 (25.7%) | 4:35 | 13.1 (74.9%) |
| 57 | KANIA Dariusz | 479 | | M-40 | 57 | 00:11:04 | 00:21:37 | 00:32:39 | 00:43:57 | 00:46:04.70 | 00:46:10.60 | +00:11:56 (25.9%) | 4:36 | 13 (74.3%) |
| 58 | KANTORSKI Zbyszek | 81 | COCA-COLA RUNNERS | M-40 | 58 | 00:11:48 | 00:22:29 | 00:33:14 | 00:43:49 | 00:45:48.85 | 00:46:13.80 | +00:11:59 (25.9%) | 4:34 | 13.1 (74.9%) |
| 59 | WĘSIORA Mariusz | 545 | | M-40 | 59 | 00:11:32 | 00:22:17 | 00:33:07 | 00:43:57 | 00:45:57.10 | 00:46:14.00 | +00:11:59 (26.0%) | 4:35 | 13.1 (74.9%) |
| 60 | SŁOMA Maciej | 151 | | M-40 | 60 | 00:11:48 | 00:22:39 | 00:33:34 | 00:44:12 | 00:46:11.95 | 00:46:38.45 | +00:12:24 (26.6%) | 4:37 | 13 (74.3%) |
| 61 | DZIEŁAK Andrzej | 197 | JURMET | M-40 | 61 | 00:11:32 | 00:22:14 | 00:33:12 | 00:44:24 | 00:46:30.80 | 00:46:42.20 | +00:12:28 (26.7%) | 4:39 | 12.9 (73.7%) |
| 62 | LIPSKI Krzysztof | 228 | RUN BYDGOSZCZ | M-40 | 62 | 00:11:27 | 00:22:21 | 00:33:22 | 00:44:26 | 00:46:26.65 | 00:46:45.60 | +00:12:31 (26.8%) | 4:38 | 12.9 (73.7%) |
| 63 | SIEMIENIECKI Dariusz | 224 | BRAK | M-40 | 63 | 00:11:49 | 00:22:37 | 00:33:35 | 00:44:21 | 00:46:20.55 | 00:46:48.15 | +00:12:34 (26.9%) | 4:38 | 12.9 (73.7%) |
| 64 | WIŚNIEWSKI Maciej | 372 | THE RUNNERS ŚWIECIE | M-40 | 64 | 00:11:41 | 00:22:43 | 00:33:39 | 00:44:36 | 00:46:40.85 | 00:46:58.35 | +00:12:44 (27.1%) | 4:40 | 12.9 (73.7%) |

| 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 |
|-----|-----------------------------|------------|----------------------|-----------|------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 65 | KRZYŻANOWSKI Robert | 177 | ANDRO | M-40 | 65 | 00:11:45 | 00:22:40 | 00:33:42 | 00:44:38 | 00:46:44.70 | 00:47:01.30 | +00:12:47 (27.2%) | 4:40 | 12.8 (73.1%) |
| 66 | JURSKI Robert | 169 | | M-40 | 66 | 00:11:51 | 00:22:58 | 00:34:02 | 00:45:08 | 00:47:02.50 | 00:47:18.65 | +00:13:04 (27.6%) | 4:42 | 12.8 (73.1%) |
| 67 | STEMPNIAK Krzysztof | 83 | | M-40 | 67 | 00:11:30 | 00:22:38 | 00:34:01 | 00:45:11 | 00:47:19.60 | 00:47:24.70 | +00:13:10 (27.8%) | 4:43 | 12.7 (72.6%) |
| 68 | TOBOLSKI Tomasz | 348 | | M-40 | 68 | 00:11:32 | 00:22:46 | 00:34:12 | 00:45:22 | 00:47:19.05 | 00:47:27.85 | +00:13:13 (27.9%) | 4:43 | 12.7 (72.6%) |
| 69 | WEŁNICKI Waldemar | 79 | GOSIR OSIELSKO | M-40 | 69 | 00:11:28 | 00:22:31 | 00:33:46 | 00:45:07 | 00:47:15.15 | 00:47:30.30 | +00:13:16 (27.9%) | 4:43 | 12.7 (72.6%) |
| 70 | KUJAWA Piotr | 67 | RUN BYDGOSZCZ | M-40 | 70 | 00:12:18 | 00:23:20 | 00:34:14 | 00:45:07 | 00:47:14.25 | 00:47:37.00 | +00:13:22 (28.1%) | 4:43 | 12.7 (72.6%) |
| 71 | FILIPIAK Tomasz | 293 | | M-40 | 71 | 00:12:11 | 00:22:58 | 00:33:51 | 00:44:58 | 00:47:09.40 | 00:47:44.50 | +00:13:30 (28.3%) | 4:42 | 12.7 (72.6%) |
| 72 | ZBORALSKI Krzysztof | 405 | | M-40 | 72 | 00:12:08 | 00:23:22 | 00:34:32 | 00:45:35 | 00:47:36.20 | 00:47:48.05 | +00:13:34 (28.4%) | 4:45 | 12.6 (72.0%) |
| 73 | GĄSIOROWSKI Robert | 129 | RUN BYDGOSZCZ | M-40 | 73 | 00:12:06 | 00:23:24 | 00:34:38 | 00:45:37 | 00:47:43.40 | 00:47:51.00 | +00:13:36 (28.5%) | 4:46 | 12.6 (72.0%) |
| 74 | LUDWINIAK Bogdan | 59 | 45PLUS | M-40 | 74 | | | | | 00:47:52.00 | 00:47:52.00 | +00:13:37 (28.5%) | 4:47 | 12.5 (71.4%) |
| 75 | KIECA Andrzej | 627 | BRZOZA BIEGA | M-40 | 75 | 00:11:42 | 00:22:56 | 00:34:19 | 00:45:34 | 00:47:37.25 | 00:47:53.10 | +00:13:39 (28.5%) | 4:45 | 12.6 (72.0%) |
| 76 | JASINIEWSKI Sławomir | 477 | | M-40 | 76 | 00:11:55 | 00:23:14 | 00:34:34 | 00:45:44 | 00:47:47.50 | 00:47:57.05 | +00:13:43 (28.6%) | 4:46 | 12.6 (72.0%) |
| 77 | TOMASZEWSKI Marcin | 554 | | M-40 | 77 | 00:11:53 | 00:23:05 | 00:34:28 | 00:45:43 | 00:47:50.75 | 00:48:08.80 | +00:13:54 (28.9%) | 4:47 | 12.5 (71.4%) |
| 78 | WESOŁOWSKI Krzysztof | 290 | RUN BYDGOSZCZ | M-40 | 78 | 00:12:59 | 00:24:02 | 00:35:06 | 00:45:50 | 00:47:48.00 | 00:48:09.80 | +00:13:55 (28.9%) | 4:46 | 12.6 (72.0%) |
| 79 | KAMINSKI Paweł | 392 | | M-40 | 79 | 00:11:48 | 00:23:03 | 00:34:24 | 00:45:54 | 00:48:01.35 | 00:48:21.45 | +00:14:07 (29.2%) | 4:48 | 12.5 (71.4%) |
| 80 | SUMISŁAWSKI Jacek | 316 | | M-40 | 80 | 00:11:50 | 00:23:09 | 00:34:29 | 00:45:52 | 00:47:58.85 | 00:48:47.90 | +00:14:33 (29.8%) | 4:47 | 12.5 (71.4%) |
| 81 | GRZENIA Jacek | 607 | MJG INVESTMENTS | M-40 | 81 | 00:12:25 | 00:23:55 | 00:35:23 | 00:46:37 | 00:48:40.75 | 00:48:54.60 | +00:14:40 (30.0%) | 4:52 | 12.3 (70.3%) |
| 82 | ŚWIĘCICKI Andrzej | 99 | BYDGOSZCZ | M-40 | 82 | 00:12:03 | 00:23:23 | 00:35:02 | 00:46:32 | 00:48:38.20 | 00:48:57.20 | +00:14:43 (30.1%) | 4:51 | 12.3 (70.3%) |
| 83 | PODLASZEWSKI Jacek | 247 | VENI,CUCURI,VICI | M-40 | 83 | 00:12:02 | 00:23:29 | 00:35:17 | 00:46:54 | 00:49:02.25 | 00:49:05.95 | +00:14:51 (30.3%) | 4:54 | 12.2 (69.7%) |
| 84 | WICZKOWSKI Gabriel | 133 | WKB MARATOŃCZYK | M-40 | 84 | 00:13:24 | 00:24:38 | 00:35:50 | 00:46:41 | 00:48:43.25 | 00:49:06.25 | +00:14:52 (30.3%) | 4:52 | 12.3 (70.3%) |
| 85 | BRZEWIŃSKI Jacek | 577 | BOLT | M-40 | 85 | 00:12:38 | 00:24:08 | 00:35:15 | 00:46:23 | 00:48:27.60 | 00:49:08.30 | +00:14:54 (30.3%) | 4:50 | 12.4 (70.9%) |
| 86 | KLIMKIEWICZ Dariusz | 652 | KLUB RELAKS | M-40 | 86 | 00:12:22 | 00:23:40 | 00:35:11 | 00:46:37 | 00:48:49.05 | 00:49:12.25 | +00:14:58 (30.4%) | 4:52 | 12.3 (70.3%) |
| 87 | KONIEC Krzysztof | 124 | TKKF WODNIK WIĘCBORK | M-40 | 87 | 00:11:51 | 00:23:24 | 00:35:15 | 00:46:47 | 00:48:50.00 | 00:49:16.20 | +00:15:02 (30.5%) | 4:53 | 12.3 (70.3%) |
| 88 | GACKOWSKI Krzysztof | 179 | | M-40 | 88 | 00:11:43 | 00:23:24 | 00:35:20 | 00:47:03 | 00:49:16.85 | 00:49:22.85 | +00:15:08 (30.7%) | 4:55 | 12.2 (69.7%) |

| 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 |
|-----|-------------------------------|------------|-------------------------|-----------|------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 89 | DĘBIŃSKI Robert | 198 | | M-40 | 89 | 00:12:39 | 00:24:20 | 00:36:15 | 00:47:47 | 00:49:45.15 | 00:50:00.95 | +00:15:46 (31.6%) | 4:58 | 12.1 (69.1%) |
| 90 | FABIAŃSKI Piotr | 453 | KRUSZWICA | M-40 | 90 | 00:12:08 | 00:23:36 | 00:35:35 | 00:47:34 | 00:49:54.30 | 00:50:05.55 | +00:15:51 (31.7%) | 4:59 | 12 (68.6%) |
| 91 | SIMIŃSKI Maciej | 444 | | M-40 | 91 | 00:12:59 | 00:24:49 | 00:36:42 | 00:47:53 | 00:49:50.35 | 00:50:08.45 | +00:15:54 (31.7%) | 4:59 | 12 (68.6%) |
| 92 | KILKOWSKI Maciej | 447 | | M-40 | 92 | 00:13:33 | 00:25:34 | 00:37:29 | 00:49:10 | 00:50:00.40 | 00:50:13.85 | +00:15:59 (31.8%) | 5:00 | 12 (68.6%) |
| 93 | PRĄTNICKI Mariusz | 242 | | M-40 | 93 | 00:12:10 | 00:23:42 | 00:35:48 | 00:47:53 | 00:50:06.55 | 00:50:19.85 | +00:16:05 (32.0%) | 5:00 | 12 (68.6%) |
| 94 | BUJAK Karol | 689 | JANIKOWO NA SPORTOWO | M-40 | 94 | 00:12:32 | 00:24:18 | 00:36:28 | 00:48:27 | 00:50:37.20 | 00:50:42.85 | +00:16:28 (32.5%) | 5:03 | 11.9 (68.0%) |
| 95 | GŁOWSKI Aleksander | 566 | | M-40 | 95 | 00:12:57 | 00:24:30 | 00:36:22 | 00:47:58 | 00:50:01.55 | 00:50:52.60 | +00:16:38 (32.7%) | 5:00 | 12 (68.6%) |
| 96 | HRUZEWICZ Witold | 641 | OBÓZ BIEGOWY | M-40 | 96 | 00:13:12 | 00:25:23 | 00:37:07 | 00:48:23 | 00:50:29.65 | 00:50:56.90 | +00:16:42 (32.8%) | 5:02 | 11.9 (68.0%) |
| 97 | KOWALCZYK Tomasz | 291 | | M-40 | 97 | 00:12:47 | 00:24:21 | 00:36:07 | 00:48:02 | 00:50:21.40 | 00:51:05.95 | +00:16:51 (33.0%) | 5:02 | 11.9 (68.0%) |
| 98 | DŁUTKOWSKI Jarosław | 576 | ZADYSZKA | M-40 | 98 | 00:12:50 | 00:24:34 | 00:36:19 | 00:48:26 | 00:50:47.15 | 00:51:09.25 | +00:16:55 (33.1%) | 5:04 | 11.8 (67.4%) |
| 99 | SZCZĘSNY Roman | 522 | | M-40 | 99 | 00:12:51 | 00:24:35 | 00:36:20 | 00:48:28 | 00:50:48.00 | 00:51:09.45 | +00:16:55 (33.1%) | 5:04 | 11.8 (67.4%) |
| 100 | OCHOCKI Krzysztof | 508 | - | M-40 | 100 | 00:13:18 | 00:25:20 | 00:37:14 | 00:48:51 | 00:50:55.50 | 00:51:23.05 | +00:17:09 (33.4%) | 5:05 | 11.8 (67.4%) |
| 101 | MIŁO Adam | 555 | | M-40 | 101 | 00:12:11 | 00:24:03 | 00:36:19 | 00:48:47 | 00:51:10.40 | 00:51:31.30 | +00:17:17 (33.6%) | 5:07 | 11.7 (66.9%) |
| 102 | KŁOSKOWSKI Dariusz | 560 | CSMW | M-40 | 102 | 00:11:46 | 00:23:04 | 00:34:43 | 00:49:01 | 00:51:16.00 | 00:51:37.20 | +00:17:23 (33.7%) | 5:07 | 11.7 (66.9%) |
| 103 | HAREMZA Mariusz | 585 | KOBYLARNIA | M-40 | 103 | 00:11:45 | 00:23:12 | 00:35:09 | 00:50:22 | 00:51:35.80 | 00:51:43.95 | +00:17:29 (33.8%) | 5:09 | 11.6 (66.3%) |
| 104 | GRODEK Krzysztof | 505 | CYTADELA GRUDZIĄDZ | M-40 | 104 | 00:11:48 | 00:23:12 | 00:35:05 | 00:50:16 | 00:51:20.70 | 00:51:45.05 | +00:17:31 (33.8%) | 5:08 | 11.7 (66.9%) |
| 105 | JENERALSKI Maciej | 685 | . | M-40 | 105 | 00:12:51 | 00:25:01 | 00:37:16 | 00:49:08 | 00:51:25.70 | 00:51:48.90 | +00:17:34 (33.9%) | 5:08 | 11.7 (66.9%) |
| 106 | BZDAWKA Tomasz | 451 | NAKIELSKI KLUB BIEGACZA | M-40 | 106 | 00:13:27 | 00:25:20 | 00:37:17 | 00:49:06 | 00:51:25.00 | 00:51:57.80 | +00:17:43 (34.1%) | 5:08 | 11.7 (66.9%) |
| 107 | NURKIEWICZ Jarosław | 243 | ANIOŁY | M-40 | 107 | 00:11:38 | 00:23:10 | 00:35:06 | 00:49:41 | 00:51:46.50 | 00:52:03.40 | +00:17:49 (34.2%) | 5:10 | 11.6 (66.3%) |
| 108 | WOJCIECHOWSKI Jarosław | 80 | | M-40 | 108 | 00:12:53 | 00:25:22 | 00:38:02 | 00:49:40 | 00:51:51.55 | 00:52:09.35 | +00:17:55 (34.4%) | 5:11 | 11.6 (66.3%) |
| 109 | SZUBARTOWSKI Robert | 60 | | M-40 | 109 | 00:13:01 | 00:25:11 | 00:37:27 | 00:49:48 | 00:52:04.85 | 00:52:18.45 | +00:18:04 (34.6%) | 5:12 | 11.5 (65.7%) |
| 110 | KLINIEWSKI Piotr | 532 | BRZOZA BIEGA | M-40 | 110 | 00:13:43 | 00:26:11 | 00:38:16 | 00:49:59 | 00:51:55.45 | 00:52:19.95 | +00:18:05 (34.6%) | 5:11 | 11.6 (66.3%) |
| 111 | REPKA Marek | 205 | LUPUS TEAM | M-40 | 111 | 00:12:48 | 00:25:24 | 00:37:56 | 00:50:11 | 00:52:21.70 | 00:52:29.00 | +00:18:14 (34.8%) | 5:14 | 11.5 (65.7%) |
| 112 | OSZUBSKI Kazimierz | 550 | | M-40 | 112 | 00:13:25 | 00:25:58 | 00:38:35 | 00:50:23 | 00:52:25.05 | 00:52:37.80 | +00:18:23 (35.0%) | 5:14 | 11.4 (65.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2.5km | 4.85km | 7.2km | 9.55km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|------------------|-----------|------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | | | | | netto 10km | brutto 10km | | | |
| 113 | RATAJ Maciej | 111 | | M-40 | 113 | 00:12:39 | 00:24:46 | 00:37:11 | 00:49:39 | 00:52:07.65 | 00:52:42.45 | +00:18:28 (35.0%) | 5:12 | 11.5 (65.7%) |
| 114 | GAWRYCH Andrzej | 248 | | M-40 | 114 | 00:12:45 | 00:24:57 | 00:37:23 | 00:50:07 | 00:52:29.85 | 00:52:46.75 | +00:18:32 (35.1%) | 5:15 | 11.4 (65.1%) |
| 115 | PALACZ Michał | 110 | POZKAL | M-40 | 115 | 00:13:13 | 00:25:46 | 00:38:14 | 00:50:29 | 00:52:43.25 | 00:52:57.00 | +00:18:42 (35.3%) | 5:16 | 11.4 (65.1%) |
| 116 | KOZŁOWSKI Marek | 674 | | M-40 | 116 | 00:13:21 | 00:25:50 | 00:38:46 | 00:50:23 | 00:52:34.35 | 00:53:05.50 | +00:18:51 (35.5%) | 5:15 | 11.4 (65.1%) |
| 117 | KOSIŃSKI Krzysztof | 396 | | M-40 | 117 | 00:14:09 | 00:26:25 | 00:38:34 | 00:50:23 | 00:52:33.75 | 00:53:11.35 | +00:18:57 (35.6%) | 5:15 | 11.4 (65.1%) |
| 118 | BRZYKCY Tomasz | 185 | BIEGAM JAK DZIKI | M-40 | 118 | 00:13:59 | 00:26:14 | 00:38:44 | 00:50:57 | 00:53:30.50 | 00:53:32.95 | +00:19:18 (36.1%) | 5:21 | 11.2 (64.0%) |
| 119 | KLINIKOWSKI Jacek | 221 | POLSKA | M-40 | 119 | 00:13:46 | 00:26:21 | 00:38:49 | 00:50:52 | 00:53:17.90 | 00:53:35.35 | +00:19:21 (36.1%) | 5:19 | 11.3 (64.6%) |
| 120 | NAPIERAŁA Leszek | 376 | | M-40 | 120 | 00:12:54 | 00:25:21 | 00:38:04 | 00:50:56 | 00:53:16.20 | 00:53:41.55 | +00:19:27 (36.2%) | 5:19 | 11.3 (64.6%) |
| 121 | CZERESZKO Krzysztof | 368 | LPJKM TEAM | M-40 | 121 | 00:13:57 | 00:26:47 | 00:39:22 | 00:51:22 | 00:53:30.20 | 00:53:46.20 | +00:19:32 (36.3%) | 5:21 | 11.2 (64.0%) |
| 122 | NAMIEŚNIK Krzysztof | 397 | | M-40 | 122 | 00:13:35 | 00:26:06 | 00:38:38 | 00:51:17 | 00:53:51.35 | 00:54:17.15 | +00:20:03 (36.9%) | 5:23 | 11.1 (63.4%) |
| 123 | KADOW Ryszard | 553 | | M-40 | 123 | 00:13:43 | 00:26:12 | 00:39:01 | 00:51:53 | 00:54:12.05 | 00:54:33.80 | +00:20:19 (37.3%) | 5:25 | 11.1 (63.4%) |
| 124 | REDLAK Tomasz | 137 | | M-40 | 124 | 00:13:23 | 00:26:08 | 00:39:07 | 00:52:11 | 00:54:33.20 | 00:54:47.85 | +00:20:33 (37.5%) | 5:27 | 11 (62.9%) |
| 125 | KUCHARSKI Jarosław | 595 | ŚLIMAKI BARCIN | M-40 | 125 | 00:13:22 | 00:25:51 | 00:38:47 | 00:51:58 | 00:54:19.80 | 00:54:50.40 | +00:20:36 (37.6%) | 5:26 | 11 (62.9%) |
| 126 | TWARDOWSKI Wojciech | 271 | RUN BYDGOSZCZ | M-40 | 126 | 00:13:46 | 00:26:21 | 00:39:06 | 00:51:59 | 00:54:25.25 | 00:54:53.90 | +00:20:39 (37.6%) | 5:26 | 11 (62.9%) |
| 127 | SUCHOMSKI Marek | 75 | OPENTAX24.PL | M-40 | 127 | 00:13:58 | 00:26:57 | 00:39:53 | 00:52:38 | 00:54:52.70 | 00:55:11.55 | +00:20:57 (38.0%) | 5:29 | 10.9 (62.3%) |
| 128 | BUDZIK Ireneusz | 96 | BOZITA TEAM | M-40 | 128 | 00:13:42 | 00:26:42 | 00:39:28 | 00:52:32 | 00:55:01.30 | 00:55:19.35 | +00:21:05 (38.1%) | 5:30 | 10.9 (62.3%) |
| 129 | DĄBROWSKI Jarosław | 295 | SOLO | M-40 | 129 | 00:14:21 | 00:26:54 | 00:39:43 | 00:52:49 | 00:55:13.95 | 00:55:56.95 | +00:21:42 (38.8%) | 5:31 | 10.9 (62.3%) |
| 130 | SCHMIDT Robert | 294 | RUN BYDGOSZCZ | M-40 | 130 | 00:13:22 | 00:26:07 | 00:39:32 | 00:53:08 | 00:55:44.40 | 00:56:09.90 | +00:21:55 (39.0%) | 5:34 | 10.8 (61.7%) |
| 131 | KOISZEWSKI Krzysztof | 351 | MIRAP LĘBORK | M-40 | 131 | 00:13:58 | 00:27:23 | 00:40:43 | 00:53:25 | 00:55:45.80 | 00:56:22.40 | +00:22:08 (39.3%) | 5:34 | 10.8 (61.7%) |
| 132 | MIROWSKI Mariusz | 353 | | M-40 | 132 | 00:13:58 | 00:27:22 | 00:40:43 | 00:53:24 | 00:55:44.80 | 00:56:22.50 | +00:22:08 (39.3%) | 5:34 | 10.8 (61.7%) |
| 133 | DEMBEK Marcin | 473 | | M-40 | 133 | 00:14:05 | 00:27:27 | 00:40:57 | 00:53:38 | 00:55:43.70 | 00:56:27.70 | +00:22:13 (39.4%) | 5:34 | 10.8 (61.7%) |
| 134 | STASZKIEWICZ Radosław | 184 | STASHKY TEAM | M-40 | 134 | 00:13:33 | 00:26:19 | 00:39:46 | 00:53:32 | 00:56:04.10 | 00:56:36.35 | +00:22:22 (39.5%) | 5:36 | 10.7 (61.1%) |
| 135 | LIBERA Arkadiusz | 336 | | M-40 | 135 | 00:14:26 | 00:27:34 | 00:40:26 | 00:53:14 | 00:55:45.55 | 00:56:36.95 | +00:22:22 (39.5%) | 5:34 | 10.8 (61.7%) |
| 136 | ANGLART Roman | 611 | | M-40 | 136 | 00:14:09 | 00:27:44 | 00:41:15 | 00:54:22 | 00:56:35.55 | 00:56:55.00 | +00:22:40 (39.9%) | 5:39 | 10.6 (60.6%) |

| 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 |
|-----|--------------------------------|------------|--|-----------|------|--------------|--------------|--------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 137 | JARMOSZEWICZ Łukasz | 684 | TORUŃSKI KLUB TRIATHLONOWY | M-40 | 137 | 00:14:20 | 00:27:32 | 00:40:55 | 00:54:32 | 00:57:07.90 | 00:57:51.65 | +00:23:37 (40.8%) | 5:42 | 10.5 (60.0%) |
| 138 | KOSTRZEWSKI Aleksander | 506 | CYTADELA GRUDZIĄDZ | M-40 | 138 | 00:13:16 | 00:26:54 | 00:41:01 | 00:54:54 | 00:57:30.50 | 00:57:52.55 | +00:23:38 (40.8%) | 5:45 | 10.4 (59.4%) |
| 139 | RYBAK Mariusz | 284 | | M-40 | 139 | 00:14:36 | 00:28:41 | 00:42:05 | 00:55:33 | 00:58:07.00 | 00:58:23.65 | +00:24:09 (41.4%) | 5:48 | 10.3 (58.9%) |
| 140 | RADKOWSKI Tomasz | 439 | AZS TORUŃ | M-40 | 140 | 00:14:39 | 00:28:01 | 00:41:33 | 00:55:25 | 00:58:08.40 | 00:58:41.40 | +00:24:27 (41.7%) | 5:48 | 10.3 (58.9%) |
| 141 | ŚPICA Leszek | 345 | BBL | M-40 | 141 | 00:14:22 | 00:27:41 | 00:41:48 | 00:55:48 | 00:58:22.90 | 00:59:01.75 | +00:24:47 (42.0%) | 5:50 | 10.3 (58.9%) |
| 142 | JANKOWSKI Tomasz Michał | 257 | | M-40 | 142 | 00:15:04 | 00:28:55 | 00:42:53 | 00:56:25 | 00:58:48.30 | 00:59:28.60 | +00:25:14 (42.4%) | 5:52 | 10.2 (58.3%) |
| 143 | MŁODZIK Adam | 552 | 1POMORSKA BRYGADA LOGISTYCZNA | M-40 | 143 | 00:14:06 | 00:27:48 | 00:42:19 | 00:57:14 | 00:59:52.20 | 01:00:14.90 | +00:26:00 (43.2%) | 5:59 | 10 (57.1%) |
| 144 | DRAPIEWSKI Przemysław | 338 | RUN BYDGOSZCZ | M-40 | 144 | 00:15:32 | 00:29:52 | 00:43:32 | 00:57:36 | 01:00:04.05 | 01:00:47.90 | +00:26:33 (43.7%) | 6:00 | 10 (57.1%) |
| 145 | PIETRASZAK Tomasz | 431 | RUN BYDGOSZCZ | M-40 | 145 | 00:15:38 | 00:29:43 | 00:43:59 | 00:58:33 | 01:01:26.90 | 01:02:04.45 | +00:27:50 (44.8%) | 6:08 | 9.8 (56.0%) |
| 146 | KUBIAK Rafał | 163 | | M-40 | 146 | 00:14:53 | 00:29:29 | 00:44:09 | 00:59:14 | 01:02:08.30 | 01:02:25.40 | +00:28:11 (45.2%) | 6:12 | 9.7 (55.4%) |
| 147 | KAPELINSKI Stanisław | 567 | | M-40 | 147 | 00:14:08 | 00:28:20 | 00:43:54 | 00:59:31 | 01:02:26.55 | 01:02:50.05 | +00:28:36 (45.5%) | 6:14 | 9.6 (54.9%) |
| 148 | KAWA Marcin | 382 | CUKIER & SERCE | M-40 | 148 | 00:15:29 | 00:29:58 | 00:45:18 | 01:00:05 | 01:02:48.05 | 01:03:36.75 | +00:29:22 (46.2%) | 6:16 | 9.6 (54.9%) |
| 149 | SZMAŃDA Tony | 364 | SPEED BIG TONY | M-40 | 149 | 00:14:29 | 00:28:39 | 00:44:02 | 01:00:08 | 01:03:35.00 | 01:03:51.30 | +00:29:37 (46.4%) | 6:21 | 9.4 (53.7%) |
| 150 | MARCINKOWSKI Piotr | 366 | | M-40 | 150 | 00:15:40 | 00:31:14 | 00:46:31 | 01:01:52 | 01:04:46.00 | 01:05:20.90 | +00:31:06 (47.6%) | 6:28 | 9.3 (53.1%) |
| 151 | KRZYŻANOWSKI Wojciech | 463 | AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY | M-40 | 151 | 00:16:13 | 00:31:20 | 00:47:09 | 01:02:23 | 01:04:49.40 | 01:05:38.80 | +00:31:24 (47.9%) | 6:28 | 9.3 (53.1%) |
| 152 | KEMPA Arkadiusz | 304 | RUN BYDGOSZCZ | M-40 | 152 | 00:15:32 | 00:30:58 | 00:46:43 | 01:02:41 | 01:05:44.10 | 01:06:27.60 | +00:32:13 (48.5%) | 6:34 | 9.1 (52.0%) |
| 153 | BUKOWSKI Rafał | 57 | | M-40 | 153 | 00:16:15 | 00:31:54 | 00:47:46 | 01:03:14 | 01:05:51.95 | 01:06:37.00 | +00:32:22 (48.6%) | 6:35 | 9.1 (52.0%) |
| 153 | KAWALERSKI Krzysztof | 173 | KRISIANKA | M-40 | 154 | 00:16:15 | 00:31:55 | 00:47:46 | 01:03:14 | 01:05:51.80 | 01:06:37.00 | +00:32:22 (48.6%) | 6:35 | 9.1 (52.0%) |
| 155 | GRABOWSKI Piotr | 103 | BRZOZA BIEGA | M-40 | 155 | 00:16:37 | 00:32:17 | 00:48:08 | 01:03:40 | 01:06:49.15 | 01:07:13.75 | +00:32:59 (49.1%) | 6:40 | 9 (51.4%) |
| 156 | PEPLIŃSKI Piotr | 681 | | M-40 | 156 | 00:17:24 | 00:34:41 | 00:52:33 | 01:09:57 | 01:12:56.60 | 01:13:25.60 | +00:39:11 (53.4%) | 7:17 | 8.2 (46.9%) |
| | GACKOWSKI Jarosław | 679 | | M-40 | | 00:12:03 DNF | 00:23:40 DNF | 00:35:24 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | CIEMNICKI Jacek | 355 | | M-40 | | 00:14:00 DNF | 00:27:05 DNF | 00:40:03 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | ROŚ Adam | 237 | | M-40 | | 00:12:52 DNF | 00:29:57 DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |

