



Organizator:
Data:
Miejsce:
Dystans:

V ĆWIERĆMARATON MUZYCZNY 10KM

Stowarzyszenie Klub Biegowy 4 RUN Team Piła
2016-05-01
Piła
10 km

B4SPORT



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	3	4 RUN TEAM BYTÓW	M30	1	00:00:01	00:05:47	00:19:12	00:32:38.80	00:32:39.95		3:15	18.4 (100%)
2	WIRKUS Łukasz	5	ULKS TALEX BORZYTUCHOM	M20	1	00:00:01	00:05:47	00:19:12	00:33:04.85	00:33:06.25	+00:00:26 (1.3%)	3:18	18.1 (98.4%)
3	GRABOWSKI Karol	613	CKS BUDOWLANI	M20	2	00:00:01	00:06:00	00:19:44	00:34:09.60	00:34:11.00	+00:01:30 (4.4%)	3:25	17.6 (95.7%)
4	HOFFMAN Aleksander	170	PRECON POLSKA-JASTROWIE	M40	1	00:00:02	00:06:04	00:20:13	00:34:28.25	00:34:30.35	+00:01:49 (5.3%)	3:26	17.4 (94.6%)
5	WRÓBEL Łukasz	515	GRZMOT KOMORNIKI	M30	2	00:00:01	00:05:46	00:19:43	00:34:32.70	00:34:34.20	+00:01:53 (5.5%)	3:27	17.4 (94.6%)
6	GROMADZIŃSKI Andrzej	156	KPP GNIEZNO	M40	2	00:00:01	00:06:04	00:20:13	00:34:38.00	00:34:39.70	+00:01:59 (5.7%)	3:27	17.3 (94.0%)
7	NIEMYT Adam	319		M20	3	00:00:02	00:06:04	00:20:13	00:34:47.75	00:34:49.85	+00:02:08 (6.2%)	3:28	17.2 (93.5%)
8	FLUKS Szymon	118		M30	3	00:00:02	00:06:03	00:20:13	00:34:51.15	00:34:53.15	+00:02:12 (6.3%)	3:29	17.2 (93.5%)
9	WESOŁOWSKI Damian	501	AZS UAM POZNAŃ	M20	4	00:00:01	00:06:04	00:20:14	00:35:21.20	00:35:22.70	+00:02:42 (7.7%)	3:32	17 (92.4%)
10	KAMINIK Maciej	198	RUNNER'S POWER	M20	5	00:00:03	00:06:00	00:20:20	00:35:30.15	00:35:34.00	+00:02:51 (8.0%)	3:33	16.9 (91.8%)
11	PAŁYS Mateusz	347	SZKOŁA POLICJI W PILE	M30	4	00:00:01	00:06:21	00:20:52	00:36:10.05	00:36:11.85	+00:03:31 (9.7%)	3:37	16.6 (90.2%)
12	GEHRKE Robert	131		M20	6	00:00:02	00:06:06	00:20:43	00:36:18.85	00:36:21.10	+00:03:40 (10.1%)	3:37	16.5 (89.7%)
13	ZIELSDORF Michał	535		M20	7	00:00:01	00:06:24	00:21:11	00:36:39.40	00:36:41.00	+00:04:00 (10.9%)	3:40	16.4 (89.1%)
14	KACZMAREK Tomasz	592	104 BATALION LOGISTYCZNY	M30	5	00:00:02	00:06:31	00:21:49	00:36:45.00	00:36:47.40	+00:04:06 (11.2%)	3:40	16.3 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	DROŹDŹ Szymon	100	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M20	8	00:00:02	00:06:35	00:21:50	00:36:51.25	00:36:53.65	+00:04:12 (11.4%)	3:41	16.3 (88.6%)
16	NOWAK Mariusz	325	PIĄTKOWO NA BIEGOWO	M20	9	00:00:03	00:06:20	00:21:32	00:37:17.40	00:37:21.25	+00:04:38 (12.5%)	3:43	16.1 (87.5%)
17	CHOŁOTA Marek	65	BIEGOWY ŚWIAT	M30	6	00:00:02	00:06:15	00:21:34	00:37:26.55	00:37:29.40	+00:04:47 (12.8%)	3:44	16 (87.0%)
18	MUSIAŁ Adam	313		M50	1	00:00:02	00:06:36	00:21:52	00:37:40.35	00:37:42.45	+00:05:01 (13.3%)	3:46	15.9 (86.4%)
19	SIKORSKI Piotr	428	4 RUN TEAM PIŁA	M30	7	00:00:02	00:06:25	00:21:45	00:37:41.30	00:37:43.30	+00:05:02 (13.4%)	3:46	15.9 (86.4%)
20	PAWLIŃSKI Piotr	353	UKŁ ÓSEMKI POLICE	M30	8	00:00:02	00:06:37	00:21:54	00:37:49.05	00:37:51.40	+00:05:10 (13.7%)	3:46	15.9 (86.4%)
21	SZYMAŃSKI Paweł	472	4RUN TEAM PIŁA	M20	10	00:00:02	00:06:35	00:21:53	00:38:09.60	00:38:12.00	+00:05:30 (14.4%)	3:49	15.7 (85.3%)
22	STARSZAK Marcin	609	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30	9	00:00:03	00:06:58	00:22:33	00:38:12.35	00:38:15.55	+00:05:33 (14.6%)	3:49	15.7 (85.3%)
23	BUDNIOK Rafał	58	POCZTOWA GRUPA BIEGOWA	M40	3	00:00:02	00:06:37	00:22:05	00:38:15.50	00:38:18.30	+00:05:36 (14.7%)	3:49	15.7 (85.3%)
24	ŚLEFARSKI Krzysztof	480		M30	10	00:00:04	00:06:42	00:22:23	00:38:41.45	00:38:46.20	+00:06:02 (15.6%)	3:52	15.5 (84.2%)
25	EJSMONT Krzysztof	600	TRISPACE	M30	11	00:00:03	00:07:03	00:22:43	00:38:42.90	00:38:46.85	+00:06:04 (15.7%)	3:52	15.5 (84.2%)
26	BOSIANEK Rafał	52	4RUN TEM PIŁA	M40	4	00:00:03	00:06:38	00:22:33	00:38:44.95	00:38:48.00	+00:06:06 (15.7%)	3:52	15.5 (84.2%)
27	JEREMICZ Kamil	188	POLONIA ŚRODA	M16	1	00:00:04	00:06:50	00:22:34	00:38:48.65	00:38:53.60	+00:06:09 (15.9%)	3:52	15.5 (84.2%)
28	OSOS Marek	338		M50	2	00:00:01	00:06:52	00:22:37	00:39:04.70	00:39:06.50	+00:06:25 (16.5%)	3:54	15.4 (83.7%)
29	WESTFAL Jacek	617		M40	5	00:00:02	00:06:50	00:22:53	00:39:19.90	00:39:22.00	+00:06:41 (17.0%)	3:56	15.3 (83.2%)
30	ROZMUS Marcin	9	KP PSP PIŁA	M30	12	00:00:04	00:06:36	00:22:42	00:39:23.15	00:39:27.55	+00:06:44 (17.1%)	3:56	15.2 (82.6%)
31	WYKA Błażej	518	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ...	M30	13	00:00:03	00:06:52	00:22:54	00:39:29.20	00:39:32.50	+00:06:50 (17.3%)	3:56	15.2 (82.6%)
32	KOLEBUK Marek	224	NORTHSTAR POLSKA	M50	3	00:00:02	00:06:51	00:22:55	00:39:33.25	00:39:35.65	+00:06:54 (17.5%)	3:57	15.2 (82.6%)
33	SZYMCZAK Arkadiusz	475	SYSTEM 11 WAŁCZ	M20	11	00:00:03	00:06:56	00:22:54	00:39:35.15	00:39:38.60	+00:06:56 (17.5%)	3:57	15.2 (82.6%)
34	TYLICKI Robert	485	TYLICKITEAM	M40	6	00:00:05	00:06:59	00:22:58	00:39:36.10	00:39:41.65	+00:06:57 (17.6%)	3:57	15.2 (82.6%)
35	MAREK Daniel	295	CYBINA TEAM	M40	7	00:00:04	00:06:56	00:23:00	00:39:40.15	00:39:44.65	+00:07:01 (17.7%)	3:58	15.1 (82.1%)
36	KOWALCZUK Adam	238	TKKF LECH	M40	8	00:00:04	00:07:00	00:22:59	00:39:59.35	00:40:03.35	+00:07:20 (18.4%)	3:59	15 (81.5%)
37	KACZMAREK Tomasz	195	GB WIELKOPOLSCY BIEGACZE	M30	14	00:00:14	00:07:00	00:22:54	00:39:58.80	00:40:13.55	+00:07:20 (18.3%)	3:59	15 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	1.7km	5.7km					
38	ODWROT Hubert	335	3:33 TEAM	M40	9	00:00:04	00:07:00	00:23:18	00:40:19.10	00:40:24.05	+00:07:40 (19.0%)	4:02	14.9 (81.0%)
39	KUBIAK Piotr	253	PRECON POLSKA-JASTROWIE	M30	15	00:00:03	00:06:51	00:23:29	00:40:26.55	00:40:29.75	+00:07:47 (19.3%)	4:02	14.8 (80.4%)
40	KRAUSE Robert	250	PRECON POLSKA-JASTROWIE	M40	10	00:00:03	00:06:57	00:23:28	00:40:32.45	00:40:35.95	+00:07:53 (19.5%)	4:03	14.8 (80.4%)
41	CHWALISZ Włodek	67	3:33 TEAM	M40	11	00:00:04	00:07:18	00:23:49	00:40:35.75	00:40:40.65	+00:07:56 (19.6%)	4:03	14.8 (80.4%)
42	KOWALUK Krzysztof	243	ZASAPA:NI	M50	4	00:00:03	00:07:15	00:23:58	00:40:56.65	00:40:59.95	+00:08:17 (20.3%)	4:05	14.7 (79.9%)
43	MAJ Waldemar	287	100 BATALION ŁĄCZNOŚCI	M30	16	00:00:04	00:06:59	00:23:32	00:40:58.00	00:41:02.00	+00:08:19 (20.3%)	4:05	14.6 (79.3%)
44	FIAŁKOWSKI Krzysztof	112	100 BATALION ŁĄCZNOŚCI	M40	12	00:00:04	00:06:59	00:23:37	00:41:12.50	00:41:17.25	+00:08:33 (20.8%)	4:07	14.6 (79.3%)
45	REDZIAK Wojciech	606	PGB POCZTA POLSKA	M50	5	00:00:03	00:06:53	00:23:38	00:41:14.50	00:41:18.00	+00:08:35 (20.8%)	4:07	14.5 (78.8%)
46	WZIĘCH Piotr	522		M30	17	00:00:06	00:07:21	00:23:58	00:41:11.85	00:41:18.70	+00:08:33 (20.8%)	4:07	14.6 (79.3%)
47	NOWACKI Piotr	322	KOLARZ.PL	M40	13	00:00:06	00:07:15	00:23:57	00:41:14.85	00:41:21.35	+00:08:36 (20.9%)	4:07	14.5 (78.8%)
48	RATAJCZYK Jakub	397	HEFALUMPY	M20	12	00:00:03	00:07:07	00:23:43	00:41:23.85	00:41:27.75	+00:08:45 (21.1%)	4:08	14.5 (78.8%)
49	MATUSIK Janusz	299	NIEZRZESZONY/TUCZNO	M60	1	00:00:02	00:07:14	00:24:03	00:41:28.80	00:41:31.55	+00:08:50 (21.3%)	4:08	14.5 (78.8%)
50	ZIELIŃSKI Marcin	546		M30	18	00:00:04	00:07:03	00:23:30	00:41:30.35	00:41:35.20	+00:08:51 (21.3%)	4:09	14.5 (78.8%)
51	WAWRZYNIAK Paweł	498	MAMY-BIEGAMY	M30	19	00:00:11	00:07:16	00:23:52	00:41:34.65	00:41:45.65	+00:08:55 (21.5%)	4:09	14.4 (78.3%)
52	DĄBROWSKI Dawid	89	KB KATORŻNIK MUROWANA GOŚLINA	M20	13	00:00:13	00:07:17	00:24:12	00:41:40.05	00:41:54.00	+00:09:01 (21.6%)	4:10	14.4 (78.3%)
53	GAWLIŃSKI Grzegorz	127	MZK-PIŁA	M40	14	00:00:03	00:07:25	00:24:22	00:41:42.55	00:41:45.75	+00:09:03 (21.7%)	4:10	14.4 (78.3%)
54	OŚWIĘCIMSKI Wojciech	340	LOKATOR NIERUCHOMOSCI PIŁA	M50	6	00:00:02	00:07:08	00:23:44	00:41:45.50	00:41:48.05	+00:09:06 (21.8%)	4:10	14.4 (78.3%)
55	OCHNIO Ryszard	334	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M40	15	00:00:03	00:07:10	00:24:16	00:41:46.25	00:41:49.65	+00:09:07 (21.8%)	4:10	14.4 (78.3%)
56	SOCHA Łukasz	582	100BŁ WAŁCZ	M30	20	00:00:03	00:07:01	00:23:55	00:41:48.40	00:41:51.40	+00:09:09 (21.9%)	4:10	14.4 (78.3%)
57	MROZIK Daniel	309		M30	21	00:00:04	00:07:01	00:24:07	00:42:04.70	00:42:09.45	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
58	PELICHOWSKI Sławomir	570		M40	16	00:00:02	00:07:04	00:24:18	00:42:07.90	00:42:10.00	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
59	BORRMANN Dawid	50		M30	22	00:00:19	00:08:05	00:25:13	00:42:08.15	00:42:27.85	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
60	MIELOCH Dariusz	302	MIEL-POL TEAM	M30	23	00:00:05	00:07:26	00:24:50	00:42:08.55	00:42:13.75	+00:09:29 (22.5%)	4:12	14.2 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	1.7km	5.7km					
61	WOŁYŃSKI Jacek	511		M50	7	00:00:03	00:07:05	00:24:12	00:42:09.60	00:42:13.00	+00:09:30 (22.6%)	4:13	14.2 (77.2%)
62	SZYMAŃSKI Przemysław	473	REWIZOR TRI	M30	24	00:00:06	00:07:24	00:24:27	00:42:15.55	00:42:21.75	+00:09:36 (22.7%)	4:13	14.2 (77.2%)
63	MAĆKOWIAK Krzysztof	286	RADA MIASTA CZARNKÓW	M50	8	00:00:02	00:07:29	00:24:51	00:42:21.60	00:42:24.00	+00:09:42 (22.9%)	4:14	14.2 (77.2%)
64	MATUSZCZYK Sławomir	301	LOTNIKMIIRSTAL MIROSŁAWIEC	M40	17	00:00:01	00:06:57	00:24:07	00:42:35.20	00:42:37.10	+00:09:56 (23.3%)	4:15	14.1 (76.6%)
65	BALCEROWICZ Jarosław	26	4RUN TEAM PIŁA	M40	18	00:00:09	00:07:28	00:24:46	00:42:35.85	00:42:45.00	+00:09:57 (23.4%)	4:15	14.1 (76.6%)
66	DERENIOWSKI Arkadiusz	92		M20	14	00:00:03	00:07:02	00:24:27	00:42:43.05	00:42:46.75	+00:10:04 (23.6%)	4:16	14 (76.1%)
67	BORECKI Stanisław	48	4 RUN TEAM PIŁA	M60	2	00:00:08	00:07:47	00:25:09	00:42:47.35	00:42:55.35	+00:10:08 (23.7%)	4:16	14 (76.1%)
68	KLEDZIK Michał	212		M30	25	00:00:04	00:07:03	00:24:00	00:42:50.85	00:42:55.30	+00:10:12 (23.8%)	4:17	14 (76.1%)
69	LISEWSKI Wojciech	272		M20	15	00:00:08	00:07:35	00:25:07	00:42:51.25	00:42:59.95	+00:10:12 (23.8%)	4:17	14 (76.1%)
70	KOPER Adam	571		M30	26	00:00:14	00:07:39	00:25:03	00:42:59.15	00:43:13.35	+00:10:20 (24.1%)	4:17	14 (76.1%)
71	ZYGMUNT Marcin	539	PZU SPORT TEAM	M40	19	00:00:08	00:07:42	00:25:09	00:43:03.65	00:43:12.40	+00:10:24 (24.2%)	4:18	13.9 (75.5%)
72	WARCHULSKI Tomasz	493	12 BBSP	M40	20	00:00:06	00:06:52	00:23:58	00:43:03.80	00:43:09.85	+00:10:25 (24.2%)	4:18	13.9 (75.5%)
73	WIKIERSKI Łukasz	504	GB WIELKOPOLSCY BIEGACZE	M30	27	00:00:14	00:07:20	00:24:38	00:43:06.45	00:43:21.00	+00:10:27 (24.3%)	4:18	13.9 (75.5%)
74	PIOTROWSKI Mikołaj	618		M20	16	00:00:19	00:07:42	00:25:17	00:43:12.15	00:43:31.25	+00:10:33 (24.4%)	4:19	13.9 (75.5%)
75	BARTKOWIAK Dawid	31	BIURO RACHUNKOWE TRADEMARK D.B.	M40	21	00:00:07	00:07:40	00:25:29	00:43:12.35	00:43:19.65	+00:10:33 (24.4%)	4:19	13.9 (75.5%)
76	TACIAK Marek	482		M50	9	00:00:06	00:07:09	00:24:41	00:43:22.55	00:43:28.75	+00:10:43 (24.7%)	4:20	13.8 (75.0%)
77	SAMBOR Krzysztof	416	BLUE TEAM PIŁA	M30	28	00:00:08	00:07:12	00:24:36	00:43:26.45	00:43:34.45	+00:10:47 (24.8%)	4:20	13.8 (75.0%)
78	PUCHAŁA Sławomir	550	BLUE TEAM PIŁA	M40	22	00:00:07	00:07:13	00:24:37	00:43:26.60	00:43:34.20	+00:10:47 (24.9%)	4:20	13.8 (75.0%)
79	MATUSZAK Piotr	300	RUNNERS OF WAŁCZ	M40	23	00:00:16	00:07:52	00:25:46	00:43:27.90	00:43:44.55	+00:10:49 (24.9%)	4:20	13.8 (75.0%)
80	BUCHHOLZ Dominik	56		M20	17	00:00:08	00:07:18	00:25:07	00:43:28.35	00:43:36.35	+00:10:49 (24.9%)	4:20	13.8 (75.0%)
81	SAGALARA Kamil	414	ONIONRUNNERS	M30	29	00:00:12	00:07:52	00:25:36	00:43:28.95	00:43:41.35	+00:10:50 (24.9%)	4:20	13.8 (75.0%)
82	PICZAK Łukasz	359	SMURFIT KAPPA ADVENTURE TEAM POLAND	M20	18	00:00:04	00:07:04	00:25:30	00:43:30.85	00:43:34.85	+00:10:52 (25.0%)	4:21	13.8 (75.0%)
83	GIEDRYS Wojtek	134	3:33 TEAM	M40	24	00:00:05	00:07:25	00:24:44	00:43:33.15	00:43:38.70	+00:10:54 (25.0%)	4:21	13.8 (75.0%)

Zawody w biegach długich i maratonach 2024													
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	MASTALSKI Jakub	591	104 BATALION LOGISTYCZNY	M20	19	00:00:05	00:07:34	00:25:17	00:43:37.65	00:43:42.85	+00:10:58 (25.2%)	4:21	13.8 (75.0%)
85	KOSTRZEWA Mariusz	235		M40	25	00:00:16	00:07:49	00:25:14	00:43:38.15	00:43:54.45	+00:10:59 (25.2%)	4:21	13.8 (75.0%)
86	LEBKUCHEN Sebastian	266	HENRY TEAM	M30	30	00:00:08	00:07:47	00:25:29	00:43:39.00	00:43:47.95	+00:11:00 (25.2%)	4:21	13.7 (74.5%)
87	LEBKUCHEN Janusz	265	HENRY TEAM	M50	10	00:00:09	00:07:46	00:25:28	00:43:39.10	00:43:48.40	+00:11:00 (25.2%)	4:21	13.7 (74.5%)
88	PABICH Krzysztof	230	4 RUN TEAM PIŁA	M40	26	00:00:07	00:08:01	00:26:01	00:43:40.90	00:43:48.80	+00:11:02 (25.3%)	4:22	13.7 (74.5%)
89	PARUSZEWSKI Robert	350	BUSHIDO GDYNIA	M30	31	00:00:06	00:07:25	00:25:00	00:43:41.05	00:43:47.35	+00:11:02 (25.3%)	4:22	13.7 (74.5%)
90	MISIAK Tomasz	305	GWARDIA OLD BOY	M40	27	00:00:02	00:07:31	00:25:23	00:43:43.35	00:43:46.15	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
91	BELAK Dariusz	36		M30	32	00:00:18	00:08:06	00:25:34	00:43:43.55	00:44:02.25	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
92	STROMIDŁO Sebastian	451	PILSKIE BRACHTWO TURYSTYKI ROWEROWEJ	M30	33	00:00:10	00:07:42	00:25:34	00:43:52.60	00:44:03.00	+00:11:13 (25.6%)	4:23	13.7 (74.5%)
93	ADAMCZEWSKI Cezary	11		M40	28	00:00:05	00:07:44	00:25:29	00:43:54.25	00:43:59.80	+00:11:15 (25.6%)	4:23	13.7 (74.5%)
94	BONIN Mateusz	47		M20	20	00:00:29	00:12:35	00:43:23	00:43:56.65	00:44:25.80	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
95	FRANCZAK Wojciech	119	LOKATOR NIERUCHOMOŚCI	M50	11	00:00:07	00:07:45	00:25:55	00:43:58.75	00:44:06.20	+00:11:19 (25.8%)	4:23	13.6 (73.9%)
96	ŁUKASIK Błażej	284	WKB META LUBLINIEC	M30	34	00:00:15	00:07:20	00:24:45	00:44:00.70	00:44:16.20	+00:11:21 (25.8%)	4:24	13.6 (73.9%)
97	POCZEWSKI Krzysztof	368		M30	35	00:00:04	00:07:29	00:25:15	00:44:01.90	00:44:06.85	+00:11:23 (25.9%)	4:24	13.6 (73.9%)
98	SZYMCZAK Krzysztof	476	SYSTEM 11 WAŁCZ	M50	12	00:00:12	00:07:53	00:25:48	00:44:02.25	00:44:14.30	+00:11:23 (25.9%)	4:24	13.6 (73.9%)
99	CIOZDA Mariusz	75		M40	29	00:00:05	00:07:32	00:25:17	00:44:03.55	00:44:09.00	+00:11:24 (25.9%)	4:24	13.6 (73.9%)
100	DOLIWKA Kamil	96	KPP WAŁCZ	M30	36	00:00:08	00:07:22	00:25:39	00:44:06.05	00:44:14.30	+00:11:27 (26.0%)	4:24	13.6 (73.9%)
101	ŻERDZICKI Mariusz	541	4RUN TEAM PIŁA	M30	37	00:00:07	00:07:44	00:25:50	00:44:06.50	00:44:13.75	+00:11:27 (26.0%)	4:24	13.6 (73.9%)
102	EFIMENKO Przemysław	106		M30	38	00:00:23	00:07:47	00:25:43	00:44:07.40	00:44:31.00	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
103	GOLA Dariusz	140		M50	13	00:00:04	00:07:38	00:25:18	00:44:10.40	00:44:14.80	+00:11:31 (26.1%)	4:25	13.6 (73.9%)
104	GĄSIOROWSKI Paweł	129		M30	39	00:00:27	00:08:30	00:26:21	00:44:16.80	00:44:44.65	+00:11:38 (26.3%)	4:25	13.5 (73.4%)
105	KOWALSKI Krzysztof	242		M30	40	00:00:08	00:07:37	00:25:37	00:44:27.80	00:44:36.50	+00:11:49 (26.6%)	4:26	13.5 (73.4%)
106	LISTOSZ Piotr	274		M40	30	00:00:07	00:07:42	00:25:56	00:44:28.85	00:44:36.40	+00:11:50 (26.6%)	4:26	13.5 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	BEDNARCZYK Tomasz	33		M30	41	00:00:19	00:08:01	00:26:04	00:44:34.50	00:44:53.60	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
108	RYBAK Krzysztof	405	NIE	M30	42	00:00:08	00:08:07	00:26:07	00:44:35.00	00:44:43.00	+00:11:56 (26.8%)	4:27	13.5 (73.4%)
109	JĄKAŁSKI Marcin	187	HSHG	M40	31	00:00:09	00:07:50	00:25:48	00:44:40.55	00:44:50.15	+00:12:01 (26.9%)	4:28	13.4 (72.8%)
110	GORKOWSKI Michał	141		M20	21	00:00:18	00:08:00	00:26:10	00:44:44.00	00:45:02.20	+00:12:05 (27.0%)	4:28	13.4 (72.8%)
111	SZYMCZAK Jacek	478		M40	32	00:00:03	00:07:18	00:25:39	00:44:49.80	00:44:53.10	+00:12:11 (27.2%)	4:29	13.4 (72.8%)
112	KACZMAREK Michał	194	ONIONRUNNERS	M30	43	00:00:12	00:08:06	00:26:32	00:44:50.90	00:45:02.95	+00:12:12 (27.2%)	4:29	13.4 (72.8%)
113	SZNAJDER Maciej	468	KGB GRZMOT KOMORNIKI	M40	33	00:00:04	00:07:43	00:25:55	00:44:52.35	00:44:57.30	+00:12:13 (27.2%)	4:29	13.4 (72.8%)
114	BOCHAN Lesław	45		M30	44	00:00:10	00:07:39	00:25:35	00:44:53.15	00:45:03.55	+00:12:14 (27.3%)	4:29	13.4 (72.8%)
115	KONDERA Zbigniew	228		M40	34	00:00:06	00:07:32	00:25:43	00:44:53.60	00:44:59.75	+00:12:14 (27.3%)	4:29	13.4 (72.8%)
116	RUDNIK Jerzy	402	FLORIANCHOJNICE	M60	3	00:00:07	00:07:47	00:25:51	00:44:53.80	00:45:01.05	+00:12:15 (27.3%)	4:29	13.4 (72.8%)
117	ZIÓŁKOWSKI Leszek	537	4RUN TEAM PIŁA	M30	45	00:00:06	00:07:47	00:26:14	00:44:58.05	00:45:05.00	+00:12:19 (27.4%)	4:29	13.3 (72.3%)
118	PAWŁOWSKI Rafał	354		M40	35	00:00:14	00:07:47	00:26:00	00:45:00.05	00:45:14.80	+00:12:21 (27.5%)	4:30	13.3 (72.3%)
119	GRANOPS Przemysław	151		M40	36	00:00:09	00:07:50	00:26:12	00:45:02.35	00:45:12.05	+00:12:23 (27.5%)	4:30	13.3 (72.3%)
120	PAPLIŃSKI Paweł	578		M30	46	00:00:13	00:08:06	00:26:28	00:45:02.55	00:45:16.25	+00:12:23 (27.5%)	4:30	13.3 (72.3%)
121	GROCHOWSKI Krystian	155		M40	37	00:00:09	00:07:36	00:26:00	00:45:05.75	00:45:15.05	+00:12:26 (27.6%)	4:30	13.3 (72.3%)
122	RUDŹ Przemysław	587		M40	38	00:00:07	00:07:53	00:26:43	00:45:20.60	00:45:28.20	+00:12:41 (28.0%)	4:32	13.2 (71.7%)
123	WAJDA Mariusz	595		M30	47	00:00:17	00:08:04	00:26:18	00:45:23.10	00:45:41.05	+00:12:44 (28.1%)	4:32	13.2 (71.7%)
124	GŁĄB Andrzej	137		M50	14	00:00:07	00:07:52	00:26:23	00:45:23.75	00:45:31.20	+00:12:44 (28.1%)	4:32	13.2 (71.7%)
125	ZIÓŁKOWSKI Wojciech	536	KB 'GOCH' BYTÓW	M30	48	00:00:15	00:08:03	00:26:24	00:45:25.75	00:45:41.40	+00:12:46 (28.1%)	4:32	13.2 (71.7%)
126	SZCZECIŃSKI Mariusz	458	MARIO	M40	39	00:00:10	00:08:13	00:27:14	00:45:27.30	00:45:37.40	+00:12:48 (28.2%)	4:32	13.2 (71.7%)
127	POPEK Maciej	374		M30	49	00:00:05	00:07:53	00:26:13	00:45:30.25	00:45:36.10	+00:12:51 (28.3%)	4:33	13.2 (71.7%)
128	WYGRALAK Piotr	517		M30	50	00:00:08	00:07:49	00:26:10	00:45:32.65	00:45:40.90	+00:12:53 (28.3%)	4:33	13.2 (71.7%)
129	RUBASZNIAK Dariusz	400		M50	15	00:00:08	00:07:48	00:26:08	00:45:35.55	00:45:43.90	+00:12:56 (28.4%)	4:33	13.2 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	WASZAK Adrian	495		M20	22	00:00:11	00:08:13	00:27:06	00:45:36.80	00:45:48.25	+00:12:58 (28.4%)	4:33	13.2 (71.7%)
131	ZIELIŃSKI Adam	532		M30	51	00:00:14	00:08:28	00:27:01	00:45:38.20	00:45:53.00	+00:12:59 (28.5%)	4:33	13.1 (71.2%)
132	SIKORA Waldemar	425		M40	40	00:00:12	00:08:42	00:27:29	00:45:38.80	00:45:51.50	+00:13:00 (28.5%)	4:33	13.1 (71.2%)
133	WOŁYŃSKI Krzysztof	510	BIEGAM ZA KARĘ	M30	52	00:00:23	00:07:55	00:26:04	00:45:40.75	00:46:04.45	+00:13:01 (28.5%)	4:34	13.1 (71.2%)
134	SKRZYPKOWIAK Piotr	588		M30	53	00:00:19	00:08:31	00:26:13	00:45:44.25	00:46:03.35	+00:13:05 (28.6%)	4:34	13.1 (71.2%)
134	ORZEŁEK Sławomir	579	ORZEŁEK TEAM PIŁA	M50	16	00:00:06	00:07:52	00:26:30	00:45:44.25	00:45:50.55	+00:13:05 (28.6%)	4:34	13.1 (71.2%)
136	PIECZYŃSKI Robert	363		M40	41	00:00:10	00:07:51	00:26:10	00:45:46.20	00:45:56.65	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
137	SZCZUROWSKI Marcin	462	THE CHAMPIONS	M30	54	00:00:19	00:08:05	00:26:21	00:45:56.80	00:46:16.50	+00:13:18 (28.9%)	4:35	13.1 (71.2%)
138	KMIEĆ Damian	220		M40	42	00:00:02	00:07:30	00:26:07	00:45:59.20	00:46:02.00	+00:13:20 (29.0%)	4:36	13 (70.7%)
139	HASS Artur	168	E-FIZJO.PL	M30	55	00:00:15	00:08:13	00:26:58	00:46:01.40	00:46:16.80	+00:13:22 (29.1%)	4:36	13 (70.7%)
140	BACHORA Krzysztof	23		M50	17	00:00:11	00:08:20	00:27:14	00:46:01.50	00:46:13.10	+00:13:22 (29.1%)	4:36	13 (70.7%)
141	KRAJEWSKI Tomasz	249		M40	43	00:00:09	00:07:51	00:26:19	00:46:05.95	00:46:15.85	+00:13:27 (29.2%)	4:36	13 (70.7%)
142	EFIMIENKO Edward	107	4RUN TEAM PIŁA	M50	18	00:00:24	00:08:29	00:27:04	00:46:13.90	00:46:37.90	+00:13:35 (29.4%)	4:37	13 (70.7%)
143	GRZYWACZYK Przemysław	163		M20	23	00:00:17	00:08:07	00:26:36	00:46:15.70	00:46:32.75	+00:13:36 (29.4%)	4:37	13 (70.7%)
144	SAWICKI Eligiusz	420		M50	19	00:00:14	00:08:07	00:26:49	00:46:16.40	00:46:30.85	+00:13:37 (29.4%)	4:37	13 (70.7%)
145	ŁAKOMY Piotr	281	KB MUROWANA GOŚLINA	M30	56	00:00:16	00:07:58	00:26:38	00:46:18.10	00:46:34.25	+00:13:39 (29.5%)	4:37	13 (70.7%)
146	NOWICKI Marcin	333	KPP PIŁA	M30	57	00:00:09	00:08:07	00:26:59	00:46:24.15	00:46:33.20	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
147	MLECZAK Artur	306	KGB GRZMOT KOMORNIKI	M40	44	00:00:06	00:07:45	00:26:34	00:46:24.35	00:46:30.75	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
148	ADAMCZYK Robert	12	RUNNERS OF WAŁCZ	M40	45	00:00:16	00:08:08	00:26:56	00:46:24.60	00:46:40.95	+00:13:45 (29.7%)	4:38	12.9 (70.1%)
149	CICHOSZ Ryszard	70	KB KATORŻNIK MUROWANA GOŚLINA	M30	58	00:00:27	00:08:17	00:27:21	00:46:31.10	00:46:58.20	+00:13:52 (29.8%)	4:39	12.9 (70.1%)
150	NAWROT Piotr	316		M40	46	00:00:05	00:07:32	00:26:26	00:46:33.10	00:46:39.00	+00:13:54 (29.9%)	4:39	12.9 (70.1%)
151	KOZAK Nikodem	245	RUNMORS	M30	59	00:00:09	00:07:55	00:26:40	00:46:36.55	00:46:45.65	+00:13:57 (30.0%)	4:39	12.9 (70.1%)
152	KUSZ Radosław	263	KRÓLICZKI W PLECAKU	M40	47	00:00:05	00:08:13	00:27:19	00:46:36.80	00:46:42.15	+00:13:58 (30.0%)	4:39	12.9 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	GUMIENNY Kamil	166	NIGHT RUNNERS	M20	24	00:00:25	00:08:11	00:26:50	00:46:37.00	00:47:02.35	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
154	SPYCHAŁA Sławomir	549		M50	20	00:00:06	00:08:02	00:26:51	00:46:37.25	00:46:43.25	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
155	GERL Maciej	547		M20	25	00:00:05	00:07:29	00:26:36	00:46:43.05	00:46:48.40	+00:14:04 (30.1%)	4:40	12.8 (69.6%)
156	JANKUN Sebastian	601	PILSKI SPORT.PL	M30	60	00:00:18	00:08:33	00:27:26	00:46:45.75	00:47:04.55	+00:14:06 (30.2%)	4:40	12.8 (69.6%)
157	NOWAK Piotr	329	ZGRUPKA TEAM	M20	26	00:00:10	00:08:10	00:27:05	00:46:49.65	00:47:00.40	+00:14:10 (30.3%)	4:41	12.8 (69.6%)
158	RATAJCZYK Grzegorz	396	HEFALUMPY	M40	48	00:00:07	00:08:12	00:27:19	00:46:53.60	00:47:01.20	+00:14:14 (30.4%)	4:41	12.8 (69.6%)
159	STADNIK Radosław	444	100 BATALION ŁĄCZNOŚCI	M30	61	00:00:13	00:08:19	00:27:18	00:46:54.65	00:47:08.00	+00:14:15 (30.4%)	4:41	12.8 (69.6%)
160	CZARNECKI Rafał	82		M20	27	00:00:11	00:08:21	00:27:40	00:46:57.60	00:47:09.00	+00:14:18 (30.5%)	4:41	12.8 (69.6%)
161	RAŻNIAK Mariusz	399	LOKATOR NIERUCHOMOŚCI PIŁA	M40	49	00:00:13	00:08:37	00:27:31	00:46:59.55	00:47:12.75	+00:14:20 (30.5%)	4:41	12.8 (69.6%)
162	RAUHUT Mateusz	398	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30	62	00:00:09	00:07:51	00:26:34	00:47:00.15	00:47:09.45	+00:14:21 (30.5%)	4:42	12.8 (69.6%)
163	MARET Robert	296	LOKATOR NIERUCHOMOŚCI PIŁA	M40	50	00:00:10	00:08:13	00:27:17	00:47:01.40	00:47:11.80	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
164	BIAŁCZYK Mariusz	38	LOKATOR NIERUCHOMOŚCI PIŁA	M30	63	00:00:10	00:08:14	00:27:17	00:47:01.55	00:47:12.00	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
165	KOLANKOWSKI Andrzej	223		M50	21	00:00:11	00:08:20	00:27:14	00:47:01.60	00:47:13.10	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
166	MARET Wacław	297	LOKATOR NIERUCHOMOŚCI PIŁA	M60	4	00:00:06	00:08:17	00:27:21	00:47:04.80	00:47:11.60	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
167	WITKOWSKI Krzysztof	505		M30	64	00:00:04	00:07:46	00:26:47	00:47:05.25	00:47:09.70	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
168	FURMAŃCZYK Marek	559		M30	65	00:00:09	00:08:08	00:27:05	00:47:16.35	00:47:26.30	+00:14:37 (30.9%)	4:43	12.7 (69.0%)
169	GUGAŁKA Jacek	165		M30	66	00:00:06	00:07:44	00:26:50	00:47:24.00	00:47:30.15	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
170	IWANICKI Jerzy	176	4 RUN TEAM PIŁA	M60	5	00:00:22	00:08:32	00:27:38	00:47:33.45	00:47:56.00	+00:14:54 (31.4%)	4:45	12.6 (68.5%)
171	PIECHOWSKI Krzysztof	362	LOKATOR NIERUCHOMOŚCI PIŁA	M40	51	00:00:10	00:08:14	00:27:17	00:47:35.65	00:47:45.75	+00:14:56 (31.4%)	4:45	12.6 (68.5%)
172	MALICKI Grzegorz	290	KTA PASAT	M40	52	00:00:21	00:08:47	00:27:44	00:47:36.40	00:47:57.75	+00:14:57 (31.4%)	4:45	12.6 (68.5%)
173	SIKORSKI Marcin	429	KMC	M30	67	00:00:20	00:08:39	00:28:33	00:47:37.25	00:47:58.00	+00:14:58 (31.4%)	4:45	12.6 (68.5%)
174	JĘŚKO-BIAŁEK Waldemar	191	4RUNTEAM	M40	53	00:00:12	00:08:38	00:27:57	00:47:46.30	00:47:59.00	+00:15:07 (31.7%)	4:46	12.6 (68.5%)
175	PERTEK Mariusz	356		M20	28	00:00:17	00:08:48	00:28:33	00:47:46.55	00:48:04.40	+00:15:07 (31.7%)	4:46	12.6 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	FILIPIAK Marek	114		M40	54	00:00:16	00:08:29	00:27:52	00:47:48.65	00:48:05.10	+00:15:09 (31.7%)	4:46	12.5 (67.9%)
177	SZACHTA Robert	456		M30	68	00:00:05	00:07:09	00:26:08	00:47:49.50	00:47:54.80	+00:15:10 (31.7%)	4:46	12.5 (67.9%)
178	WYPYCH Marcin	584		M40	55	00:00:08	00:08:07	00:27:40	00:47:52.80	00:48:01.35	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
179	KOWALSKI Zbigniew	241	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50	22	00:00:31	00:09:12	00:28:44	00:47:53.15	00:48:24.35	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
180	PLEWA Piotr	366		M40	56	00:00:02	00:08:05	00:27:33	00:47:53.60	00:47:56.00	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
181	RATAJCZAK Dariusz	394	NIGHT RUNNERS	M40	57	00:00:06	00:08:15	00:27:45	00:47:55.50	00:48:02.35	+00:15:16 (31.9%)	4:47	12.5 (67.9%)
182	KUKLIŃSKI Bartosz	257	PRECON POLSKA-JASTROWIE	M30	69	00:00:04	00:08:27	00:28:20	00:47:56.50	00:48:01.05	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
183	TOJZA Tomasz	483		M40	58	00:00:35	00:09:15	00:29:12	00:47:56.90	00:48:32.10	+00:15:18 (31.9%)	4:47	12.5 (67.9%)
184	BUNIEWICZ Kacper	59	JEDNEGO SERCA	M16	2	00:00:16	00:08:08	00:27:26	00:47:57.75	00:48:14.20	+00:15:18 (31.9%)	4:47	12.5 (67.9%)
185	NIEWCZAS Sławomir	320	JEDNEGO SERCA	M30	70	00:00:16	00:08:08	00:27:25	00:47:58.15	00:48:14.20	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
186	PAWŁOWSKI Kamil	355	PRECON POLSKA	M20	29	00:00:04	00:08:02	00:28:00	00:47:59.55	00:48:03.85	+00:15:20 (32.0%)	4:47	12.5 (67.9%)
187	SURDYKOWSKI Maciej	454	FC KRZYCH	M30	71	00:00:10	00:08:37	00:28:14	00:47:59.65	00:48:10.05	+00:15:20 (32.0%)	4:48	12.5 (67.9%)
188	KOŚKA Marek	236	PRECON POLSKA-JASTROWIE	M30	72	00:00:03	00:08:07	00:28:01	00:48:10.30	00:48:14.25	+00:15:31 (32.2%)	4:49	12.5 (67.9%)
189	KOWNACKI Piotr	244		M30	73	00:00:26	00:08:42	00:27:40	00:48:12.70	00:48:38.70	+00:15:33 (32.3%)	4:49	12.4 (67.4%)
190	ANDRZEJCZAK Bartosz	621	MŁODOŚĆ I DOŚWIADCZENIE	M20	30	00:00:22	00:08:58	00:28:22	00:48:13.25	00:48:36.20	+00:15:34 (32.3%)	4:49	12.4 (67.4%)
191	SKOWROŃSKI Paweł	436	N/Z	M60	6	00:00:08	00:08:29	00:28:25	00:48:16.10	00:48:24.15	+00:15:37 (32.4%)	4:49	12.4 (67.4%)
192	KLACZYŃSKI Norbert	211		M20	31	00:00:08	00:08:43	00:28:42	00:48:18.75	00:48:27.10	+00:15:39 (32.4%)	4:49	12.4 (67.4%)
193	CZARNECKI Mirosław	80		M50	23	00:00:11	00:08:21	00:28:09	00:48:19.95	00:48:31.00	+00:15:41 (32.5%)	4:50	12.4 (67.4%)
194	STOLP Marcin	449		M20	32	00:00:13	00:08:11	00:27:47	00:48:28.30	00:48:41.70	+00:15:49 (32.6%)	4:50	12.4 (67.4%)
195	NOWICKI Michał	332		M30	74	00:00:17	00:08:48	00:28:34	00:48:32.65	00:48:50.10	+00:15:53 (32.7%)	4:51	12.4 (67.4%)
196	PLUCIŃSKI Paweł	576		M30	75	00:00:09	00:08:26	00:28:17	00:48:35.00	00:48:44.05	+00:15:56 (32.8%)	4:51	12.3 (66.8%)
196	KALETA Bartłomiej	573		M30	76	00:00:25	00:08:52	00:28:38	00:48:35.00	00:49:00.80	+00:15:56 (32.8%)	4:51	12.3 (66.8%)
198	TYLL Grzegorz	486	4 RUN	M60	7	00:00:25	00:08:53	00:28:39	00:48:36.05	00:49:01.40	+00:15:57 (32.8%)	4:51	12.3 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	MARCHLEWSKI Tomasz	291		M40	59	00:00:13	00:08:43	00:28:37	00:48:38.00	00:48:51.95	+00:15:59 (32.9%)	4:51	12.3 (66.8%)
200	ZDANOWSKI Marian	615		M60	8	00:00:08	00:08:18	00:28:17	00:48:39.35	00:48:47.70	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
201	CIEMIĘGA Marcin	72		M40	60	00:00:15	00:08:31	00:28:26	00:48:40.10	00:48:55.75	+00:16:01 (32.9%)	4:52	12.3 (66.8%)
202	KARCZEWSKI Paweł	203		M30	77	00:00:13	00:08:38	00:29:05	00:48:41.80	00:48:55.75	+00:16:03 (33.0%)	4:52	12.3 (66.8%)
203	PIERZCHLEWICZ Miłosz	364		M30	78	00:00:07	00:07:48	00:27:40	00:48:47.50	00:48:54.60	+00:16:08 (33.1%)	4:52	12.3 (66.8%)
204	PIASECKI Rafał	358	PZU SPORT TEAM	M30	79	00:00:14	00:08:43	00:28:36	00:48:48.95	00:49:02.95	+00:16:10 (33.1%)	4:52	12.3 (66.8%)
205	KĄDZIEL Paweł	563		M30	80	00:00:09	00:08:17	00:28:04	00:48:50.90	00:49:00.50	+00:16:12 (33.2%)	4:53	12.3 (66.8%)
206	NOWACZYK Radosław	323	XAVI MAX ALEX	M40	61	00:00:14	00:08:39	00:28:10	00:48:51.05	00:49:05.55	+00:16:12 (33.2%)	4:53	12.3 (66.8%)
207	BUDZIŃSKI Dariusz	544		M40	62	00:00:18	00:08:46	00:28:33	00:48:53.75	00:49:12.65	+00:16:14 (33.2%)	4:53	12.3 (66.8%)
208	PROKOPOWICZ Marcin	379	3:33 TEAM	M30	81	00:00:18	00:08:51	00:28:43	00:48:57.20	00:49:15.35	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
208	IMIOŁEK Ariel	175	CPR POZNAŃ	M30	82	00:00:08	00:08:14	00:28:01	00:48:57.20	00:49:05.55	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
210	BIECKI Marcin	39	104 BATALION LOGISTYCZNY	M30	83	00:00:18	00:08:29	00:28:20	00:48:57.25	00:49:16.15	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
211	PYREK Krzysztof	390	2 BZ	M30	84	00:00:15	00:08:19	00:28:22	00:48:58.35	00:49:13.70	+00:16:19 (33.3%)	4:53	12.3 (66.8%)
212	SKONIECZNY Marcin	434		M30	85	00:00:18	00:08:51	00:28:45	00:48:58.80	00:49:17.20	+00:16:20 (33.3%)	4:53	12.2 (66.3%)
213	DISTERHEFT Paweł	555		M40	63	00:00:18	00:08:52	00:28:45	00:48:59.25	00:49:17.50	+00:16:20 (33.4%)	4:53	12.2 (66.3%)
214	TOFLIŃSKI Szymon	551		M30	86	00:00:30	00:08:29	00:28:23	00:49:03.10	00:49:33.10	+00:16:24 (33.4%)	4:54	12.2 (66.3%)
215	ZIELIŃSKI Rafał	534	KRÓLICZKI W PLECAKU	M30	87	00:00:33	00:09:36	00:29:39	00:49:07.65	00:49:41.15	+00:16:28 (33.5%)	4:54	12.2 (66.3%)
216	DELEKTA Mateusz	90	RUN-LOG.COM	M20	33	00:00:09	00:07:51	00:26:59	00:49:14.45	00:49:24.35	+00:16:35 (33.7%)	4:55	12.2 (66.3%)
217	GAŁKA Jarosław	121		M30	88	00:00:04	00:08:08	00:28:22	00:49:16.45	00:49:20.65	+00:16:37 (33.7%)	4:55	12.2 (66.3%)
218	GRYSZKIEWICZ Adam	158	A.K.B. OLĘDRY	M20	34	00:00:23	00:08:46	00:28:50	00:49:27.45	00:49:50.65	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
219	PODLECKI Romuald	372	LOKATOR NIERUCHOMOŚCI PIŁA	M60	9	00:00:14	00:08:31	00:28:25	00:49:28.35	00:49:42.85	+00:16:49 (34.0%)	4:56	12.1 (65.8%)
220	GÓRNIAK Tomasz	146		M40	64	00:00:09	00:08:37	00:28:39	00:49:33.55	00:49:43.45	+00:16:54 (34.1%)	4:57	12.1 (65.8%)
221	FIAŁKA Maciej	111	LOKATOR NIERUCHOMOŚCI PIŁA	M40	65	00:00:11	00:08:13	00:27:16	00:49:34.30	00:49:45.30	+00:16:55 (34.1%)	4:57	12.1 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	GRABOWSKI Jerzy	150		M40	66	00:00:12	00:08:55	00:29:14	00:49:36.30	00:49:49.05	+00:16:57 (34.2%)	4:57	12.1 (65.8%)
223	LEMAŃCZYK Zygmunt	614	RUN BYDGOSZCZ	M40	67	00:00:34	00:08:42	00:28:44	00:49:41.40	00:50:16.35	+00:17:02 (34.3%)	4:58	12.1 (65.8%)
224	CYLWA Robert	76		M50	24	00:00:20	00:09:36	00:29:43	00:49:42.10	00:50:03.00	+00:17:03 (34.3%)	4:58	12.1 (65.8%)
225	RUTA Damian	403		M30	89	00:00:13	00:08:42	00:28:38	00:49:42.85	00:49:56.30	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
226	LENARTOWICZ Stanisław	267	KS DERBY STARA ŁUBIANKA	M50	25	00:00:06	00:08:46	00:28:55	00:49:47.85	00:49:54.65	+00:17:09 (34.4%)	4:58	12 (65.2%)
227	SZKODA Mariusz	465	3:33 TEAM	M40	68	00:00:31	00:09:21	00:29:33	00:49:49.05	00:50:20.25	+00:17:10 (34.5%)	4:58	12 (65.2%)
228	PRZYBYLSKI Andrzej	384		M30	90	00:00:30	00:08:43	00:28:20	00:49:49.10	00:50:19.55	+00:17:10 (34.5%)	4:58	12 (65.2%)
229	GOTLIB Ryszard	143		M40	69	00:00:11	00:08:40	00:28:52	00:50:02.25	00:50:14.15	+00:17:23 (34.8%)	5:00	12 (65.2%)
230	MIERZEJEWSKI Maciej	303		M50	26	00:00:24	00:08:54	00:29:06	00:50:02.40	00:50:27.20	+00:17:23 (34.8%)	5:00	12 (65.2%)
231	SAGAN Bartłomiej	415	MARYNARKA WOJENNA RP	M30	91	00:00:21	00:09:03	00:29:25	00:50:08.60	00:50:30.20	+00:17:29 (34.9%)	5:00	12 (65.2%)
232	DWORNICKI Mirosław	102		M50	27	00:00:12	00:08:36	00:29:01	00:50:14.65	00:50:26.65	+00:17:35 (35.0%)	5:01	11.9 (64.7%)
233	TYMOSIAK Mateusz	487		M20	35	00:00:20	00:08:56	00:29:38	00:50:15.65	00:50:35.95	+00:17:36 (35.0%)	5:01	11.9 (64.7%)
234	KANIA Rafał	200		M30	92	00:00:22	00:09:15	00:29:37	00:50:15.95	00:50:38.20	+00:17:37 (35.1%)	5:01	11.9 (64.7%)
235	DOBERSZTYN Aleksander	557		M50	28	00:00:05	00:08:23	00:28:49	00:50:17.05	00:50:22.90	+00:17:38 (35.1%)	5:01	11.9 (64.7%)
236	KOŹMA Andrzej	577		M50	29	00:00:30	00:09:08	00:29:14	00:50:26.90	00:50:57.75	+00:17:48 (35.3%)	5:02	11.9 (64.7%)
237	KAMIŃSKI Piotr	598		M50	30	00:00:32	00:08:51	00:29:32	00:50:28.55	00:51:00.70	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
238	AUGUSTYNIAK Bartłomiej	21	PRECON POLSKA	M20	36	00:00:04	00:08:19	00:28:27	00:50:36.90	00:50:41.05	+00:17:58 (35.5%)	5:03	11.9 (64.7%)
239	SZELMECZKA Bogdan	463	KLUB ŻEGLARSKI KLIWER	M50	31	00:00:13	00:08:41	00:29:33	00:50:37.25	00:50:50.25	+00:17:58 (35.5%)	5:03	11.9 (64.7%)
240	SKRZYPA Dariusz	437	PRECON POLSKA-JASTROWIE	M30	93	00:00:03	00:08:03	00:28:21	00:50:37.35	00:50:41.25	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
241	WIECZOREK Jarosław	502		M40	70	00:00:13	00:08:26	00:29:05	00:50:39.35	00:50:53.15	+00:18:00 (35.6%)	5:04	11.8 (64.1%)
242	JAŚKIEWICZ Adam	186		M50	32	00:00:30	00:08:53	00:28:58	00:50:40.60	00:51:11.25	+00:18:01 (35.6%)	5:04	11.8 (64.1%)
243	CHUDY Dariusz	66		M30	94	00:00:23	00:08:56	00:29:14	00:50:44.05	00:51:08.00	+00:18:05 (35.7%)	5:04	11.8 (64.1%)
244	GLINKA Przemysław	136	PRZEMKO Z PIŁY	M50	33	00:00:21	00:08:51	00:29:10	00:50:44.35	00:51:05.70	+00:18:05 (35.7%)	5:04	11.8 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	PRZEWOŹNIAK Michał	380		M30	95	00:00:15	00:08:57	00:29:16	00:50:45.15	00:51:00.80	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
246	KOŁODZIEJCZYK Bartosz	226	ONIONRUNNERS	M30	96	00:00:16	00:08:56	00:29:12	00:50:46.45	00:51:02.50	+00:18:07 (35.7%)	5:04	11.8 (64.1%)
247	MOLKA Leszek	307	JEDNEGO SERCA	M50	34	00:00:23	00:09:29	00:29:47	00:50:50.75	00:51:14.45	+00:18:11 (35.8%)	5:05	11.8 (64.1%)
248	LAJTER Jerzy	264	4 RUN TEAM PIŁA	M60	10	00:00:12	00:08:27	00:28:49	00:50:58.70	00:51:11.25	+00:18:19 (36.0%)	5:05	11.8 (64.1%)
249	MACIEJEWSKI Michał	558	DRUŻYNA SZPIKU	M30	97	00:00:25	00:09:18	00:29:41	00:51:10.65	00:51:36.00	+00:18:31 (36.2%)	5:07	11.7 (63.6%)
250	TOMANIAK Rafał	484		M30	98	00:00:16	00:08:58	00:29:45	00:51:12.85	00:51:29.35	+00:18:34 (36.3%)	5:07	11.7 (63.6%)
251	KURYS Robert	260	LUBOŃSKI KLUB BIEGACZA	M30	99	00:00:28	00:09:21	00:30:05	00:51:15.15	00:51:43.50	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
252	GRZESIAK Jakub	161		M40	71	00:00:17	00:08:57	00:29:16	00:51:16.20	00:51:33.65	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
253	WOJEWODA Paweł	506	KS DEBIUT WIELEŃ	M30	100	00:00:09	00:08:08	00:28:43	00:51:21.85	00:51:31.45	+00:18:43 (36.4%)	5:08	11.7 (63.6%)
254	MORAWSKI Adam	308	KB KATORŻNIK MUROWANA GOŚLINA	M40	72	00:00:24	00:09:24	00:30:27	00:51:25.60	00:51:50.15	+00:18:46 (36.5%)	5:08	11.7 (63.6%)
255	SKONIECZNY Arkadiusz	554		M30	101	00:00:30	00:08:49	00:29:36	00:51:26.15	00:51:56.15	+00:18:47 (36.5%)	5:08	11.7 (63.6%)
256	BIEDNY Robert	40		M40	73	00:00:25	00:09:04	00:29:44	00:51:28.40	00:51:53.45	+00:18:49 (36.6%)	5:08	11.7 (63.6%)
257	NIEMIAROWSKI Paweł	321	BLUE ELEPHANT	M30	102	00:00:02	00:07:38	00:28:46	00:51:32.80	00:51:35.75	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
258	SZWEDA Marek	612		M60	11	00:00:26	00:09:04	00:30:09	00:51:36.85	00:52:03.80	+00:18:58 (36.7%)	5:09	11.6 (63.0%)
259	WIECZORKIEWICZ Marcin	568		M40	74	00:00:33	00:09:17	00:29:55	00:51:37.45	00:52:11.10	+00:18:58 (36.8%)	5:09	11.6 (63.0%)
260	WROTEK Artur	514		M40	75	00:00:08	00:08:18	00:29:16	00:51:42.65	00:51:51.45	+00:19:03 (36.9%)	5:10	11.6 (63.0%)
261	PAJĄK Krzysztof	345	MAMY-BIEGAMY	M30	103	00:00:09	00:08:38	00:29:27	00:51:52.10	00:52:02.05	+00:19:13 (37.1%)	5:11	11.6 (63.0%)
262	NICPOŃ Sebastian	317		M30	104	00:00:34	00:09:16	00:30:17	00:51:54.15	00:52:28.30	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
263	JAGŁA Kamil	179		M20	37	00:00:19	00:09:02	00:29:43	00:51:55.90	00:52:15.10	+00:19:17 (37.1%)	5:11	11.6 (63.0%)
264	LEWKOWICZ Krzysztof	268	HENRY TEAM	M40	76	00:00:20	00:09:14	00:29:50	00:51:57.65	00:52:17.95	+00:19:18 (37.2%)	5:11	11.5 (62.5%)
265	SZAUDEL Jacek	457		M30	105	00:00:33	00:09:20	00:30:18	00:51:59.15	00:52:32.55	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
266	WEINSTOK Robert	499		M40	77	00:00:25	00:09:02	00:30:01	00:52:02.35	00:52:27.95	+00:19:23 (37.3%)	5:12	11.5 (62.5%)
267	ZIELIŃSKI Patryk	533		M20	38	00:00:30	00:08:49	00:29:35	00:52:12.45	00:52:42.95	+00:19:33 (37.5%)	5:13	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	DYWIZJUSZ Marek	104	TEAM BIEGOWY SZCZECINEK	M40	78	00:00:11	00:08:55	00:30:01	00:52:14.35	00:52:25.80	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
269	CZARNECKI Paweł	81	LKB LIPA	M40	79	00:00:21	00:09:03	00:30:10	00:52:25.85	00:52:47.05	+00:19:47 (37.7%)	5:14	11.4 (62.0%)
270	BANACZYK Krystian	28		M30	106	00:00:28	00:09:27	00:31:04	00:52:27.75	00:52:56.40	+00:19:48 (37.8%)	5:14	11.4 (62.0%)
271	SOBÓŃ Jarosław	565	DOM PELLETU	M30	107	00:00:23	00:09:11	00:30:33	00:52:31.85	00:52:54.85	+00:19:53 (37.9%)	5:15	11.4 (62.0%)
272	KŁOS Łukasz	219		M30	108	00:00:27	00:09:03	00:30:47	00:52:33.00	00:53:00.55	+00:19:54 (37.9%)	5:15	11.4 (62.0%)
273	KUDŁATY Maciek	254		M30	109	00:00:25	00:09:02	00:29:39	00:52:42.60	00:53:08.00	+00:20:03 (38.1%)	5:16	11.4 (62.0%)
274	RUDNICKI Marcin	401		M40	80	00:00:29	00:09:36	00:30:49	00:52:47.10	00:53:16.15	+00:20:08 (38.2%)	5:16	11.4 (62.0%)
275	BACZYŃSKI Marek	24		M30	110	00:00:13	00:09:03	00:30:19	00:52:51.60	00:53:04.75	+00:20:12 (38.2%)	5:17	11.4 (62.0%)
276	SZEREMENT Tomasz	464	A.K.B. OLĘDRY	M30	111	00:00:23	00:09:09	00:30:29	00:53:06.45	00:53:30.05	+00:20:27 (38.5%)	5:18	11.3 (61.4%)
277	GIBCZYŃSKI Andrzej	132	RUNNERS OF WAŁCZ	M30	112	00:00:16	00:08:59	00:30:23	00:53:16.70	00:53:32.75	+00:20:37 (38.7%)	5:19	11.3 (61.4%)
278	ZADRANOWICZ Arkadiusz	523		M30	113	00:00:30	00:09:00	00:30:08	00:53:17.10	00:53:47.75	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
279	NOWAK Józef	331	NIEZRZESZONY	M60	12	00:00:09	00:08:29	00:29:49	00:53:19.00	00:53:28.60	+00:20:40 (38.8%)	5:19	11.3 (61.4%)
280	KONDERA Błażej	227		M16	3	00:00:07	00:08:35	00:30:44	00:53:20.50	00:53:28.20	+00:20:41 (38.8%)	5:20	11.2 (60.9%)
281	SZUTA Marek	471		M50	35	00:00:19	00:09:24	00:30:45	00:53:21.05	00:53:40.70	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
282	GĄSIOROWSKI Jarosław	130		M50	36	00:00:24	00:09:44	00:31:02	00:53:21.10	00:53:45.65	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
283	KUNOWSKI Krzysztof	258	MORSY POZNAŃ	M40	81	00:00:19	00:09:24	00:30:45	00:53:22.15	00:53:41.60	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
284	SIERHEJ Jarosław	424	RUN 4 IDEA	M40	82	00:00:15	00:09:18	00:31:37	00:53:22.55	00:53:38.45	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
285	PIOTROWSKI Witold	619		M40	83	00:00:20	00:08:58	00:30:26	00:53:39.35	00:53:59.35	+00:21:00 (39.2%)	5:21	11.2 (60.9%)
286	CIERACH Jarosław	74		M50	37	00:00:16	00:09:11	00:30:39	00:53:39.95	00:53:56.75	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
287	GRZEŚ Tomasz	162	ATG TEAM	M40	84	00:00:19	00:09:22	00:31:04	00:53:40.45	00:54:00.35	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
288	GLASNER Rafał	597	WEEKENDOWY BIEGACZ	M40	85	00:00:21	00:08:54	00:30:26	00:53:42.75	00:54:04.35	+00:21:03 (39.2%)	5:22	11.2 (60.9%)
289	BURDA Cezary	61		M30	114	00:00:29	00:09:41	00:31:29	00:53:42.90	00:54:12.80	+00:21:04 (39.2%)	5:22	11.2 (60.9%)
290	GRAY Maciej	152	FABRYKA TRIATHLONU	M30	115	00:00:17	00:09:31	00:31:03	00:53:49.05	00:54:06.25	+00:21:10 (39.3%)	5:22	11.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	ARNDT Paweł	20	RRTEAM	M40	86	00:00:22	00:09:30	00:31:42	00:53:49.35	00:54:11.75	+00:21:10 (39.3%)	5:22	11.1 (60.3%)
292	FAJFER Jacek	110		M50	38	00:00:17	00:09:14	00:30:53	00:54:03.45	00:54:20.60	+00:21:24 (39.6%)	5:24	11.1 (60.3%)
293	KASIŃSKI Zbigniew	204		M60	13	00:00:19	00:10:11	00:32:33	00:54:04.80	00:54:24.60	+00:21:26 (39.6%)	5:24	11.1 (60.3%)
294	JABŁOŃSKI Wojciech	178		M20	39	00:00:28	00:10:08	00:32:35	00:54:18.60	00:54:46.95	+00:21:39 (39.9%)	5:25	11 (59.8%)
295	ADAMCZYK Arkadiusz	13	BLUE TIME PIŁA	M40	87	00:00:16	00:09:37	00:31:28	00:54:25.35	00:54:42.15	+00:21:46 (40.0%)	5:26	11 (59.8%)
296	ZARBOCK Krzysztof	526		M50	39	00:00:11	00:09:00	00:30:59	00:54:25.85	00:54:37.15	+00:21:47 (40.0%)	5:26	11 (59.8%)
297	BOROWIAK Mariusz	49		M30	116	00:00:11	00:09:45	00:32:16	00:54:26.10	00:54:37.90	+00:21:47 (40.0%)	5:26	11 (59.8%)
298	SZYMAŃSKI Damian	474	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50	40	00:00:30	00:09:24	00:31:13	00:54:27.15	00:54:58.05	+00:21:48 (40.0%)	5:26	11 (59.8%)
299	GARSKI Jarosław	125	BIEGAM BO LUBIĘ	M30	117	00:00:05	00:09:15	00:31:08	00:54:48.65	00:54:54.40	+00:22:09 (40.4%)	5:28	10.9 (59.2%)
300	CHMIELEWSKI Marcin	64		M30	118	00:00:32	00:10:21	00:31:51	00:55:02.50	00:55:35.20	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
301	RUTKOWSKI Lucjan	404	ARCAN TEAM	M50	41	00:00:24	00:10:23	00:32:49	00:55:05.60	00:55:29.95	+00:22:26 (40.7%)	5:30	10.9 (59.2%)
302	LOREK Mikołaj	276		M16	4	00:00:21	00:10:02	00:32:17	00:55:09.55	00:55:30.90	+00:22:30 (40.8%)	5:30	10.9 (59.2%)
303	LOREK Karol	275		M40	88	00:00:20	00:10:04	00:32:18	00:55:10.00	00:55:30.90	+00:22:31 (40.8%)	5:31	10.9 (59.2%)
304	PRZYDATEK Jarosław	386	MALLAK	M40	89	00:00:17	00:10:06	00:33:04	00:55:10.60	00:55:28.00	+00:22:31 (40.8%)	5:31	10.9 (59.2%)
305	KLEDZIK Marcin	562	IRON PIŁA	M40	90	00:00:34	00:09:38	00:31:31	00:55:28.00	00:56:02.05	+00:22:49 (41.1%)	5:32	10.8 (58.7%)
306	PRZYBYLSKI Roman	8		M40	91	00:00:32	00:10:00	00:32:10	00:55:28.70	00:56:01.55	+00:22:49 (41.2%)	5:32	10.8 (58.7%)
307	PRZYBYLSKI Piotr	383		M20	40	00:00:32	00:09:59	00:32:09	00:55:29.20	00:56:01.65	+00:22:50 (41.2%)	5:32	10.8 (58.7%)
308	MRÓZ Adrian	311	KUMA	M30	119	00:00:04	00:09:31	00:32:09	00:55:41.85	00:55:46.80	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
309	BUNIEWICZ Krzysztof	611		M40	92	00:00:22	00:09:50	00:31:56	00:55:43.70	00:56:06.60	+00:23:04 (41.4%)	5:34	10.8 (58.7%)
310	SZMIŁYK Adam	467	GAZOWNIK TEAM	M40	93	00:00:29	00:09:52	00:32:28	00:55:45.50	00:56:15.15	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
311	SZMIGIERO Sebastian	466	HUSSARS RUNNERS SŁUPSK	M30	120	00:00:15	00:09:00	00:31:36	00:55:46.55	00:56:02.10	+00:23:07 (41.5%)	5:34	10.8 (58.7%)
312	PODLECKA Tomasz	569	LOKATOR NIERUCHOMOŚCI PIŁA	M30	121	00:00:12	00:10:08	00:33:09	00:55:51.35	00:56:03.50	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
313	KLEDZIK Marcin	213		M40	94	00:00:33	00:09:16	00:32:29	00:55:52.90	00:56:26.60	+00:23:14 (41.6%)	5:35	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	SIPA Leszek	431	PILSKI KLUB KARATE DO TSUNAMI	M60	14	00:00:14	00:09:10	00:31:36	00:55:53.45	00:56:07.45	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
315	OLĘDZKI Krzysztof	607	JEDNEGO SERCA	M30	122	00:00:23	00:09:59	00:32:54	00:55:53.60	00:56:17.05	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
316	KUJAWA Paweł	255		M60	15	00:00:22	00:09:51	00:32:34	00:55:55.15	00:56:17.65	+00:23:16 (41.6%)	5:35	10.7 (58.2%)
317	ZATOŃ Grzegorz	527		M30	123	00:00:11	00:09:13	00:31:41	00:55:55.85	00:56:06.85	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
318	KINA Mariusz	209		M30	124	00:00:20	00:09:49	00:32:24	00:55:56.45	00:56:16.75	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
319	MARCZYKOWSKI Kamil	294		M20	41	00:00:28	00:09:57	00:32:43	00:56:03.15	00:56:32.10	+00:23:24 (41.8%)	5:36	10.7 (58.2%)
320	NATONIEWSKI Krzysztof	315		M40	95	00:00:17	00:09:33	00:32:32	00:56:07.40	00:56:24.40	+00:23:28 (41.8%)	5:36	10.7 (58.2%)
321	RZANNY Bartłomiej	410		M20	42	00:00:10	00:07:01	00:27:49	00:56:12.10	00:56:22.10	+00:23:33 (41.9%)	5:37	10.7 (58.2%)
322	PIOTROWSKI Andrzej	365	IRONPILA.PL	M40	96	00:00:22	00:10:18	00:33:20	00:56:22.70	00:56:44.85	+00:23:43 (42.1%)	5:38	10.6 (57.6%)
323	KURZAC Andrzej	261		M50	42	00:00:21	00:09:56	00:32:41	00:56:25.25	00:56:46.90	+00:23:46 (42.1%)	5:38	10.6 (57.6%)
324	RAJEWSKI Marek	616		M30	125	00:00:07	00:08:57	00:31:39	00:56:36.60	00:56:43.90	+00:23:57 (42.3%)	5:39	10.6 (57.6%)
325	BEDNAREK Arkadiusz	35	KB KATORŻNIK MUROWANA GOŚLINA	M30	126	00:00:24	00:09:27	00:32:25	00:56:37.55	00:57:01.90	+00:23:58 (42.3%)	5:39	10.6 (57.6%)
326	JURCZENKO Mariusz	192		M30	127	00:00:15	00:10:01	00:33:03	00:56:39.15	00:56:54.55	+00:24:00 (42.4%)	5:39	10.6 (57.6%)
327	CZERWIŃSKI Szymon	84		M30	128	00:00:17	00:09:39	00:32:50	00:56:39.90	00:56:57.60	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
328	KĄDZIELA Henryk	206	NIEZRZESZONY	M60	16	00:00:11	00:09:28	00:32:18	00:56:40.30	00:56:51.30	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
329	MIECHOWIECKI Paweł	604		M20	43	00:00:14	00:09:52	00:33:02	00:56:53.45	00:57:08.00	+00:24:14 (42.6%)	5:41	10.5 (57.1%)
330	PENKOV Roman	548		M40	97	00:00:19	00:10:02	00:32:35	00:56:59.80	00:57:19.45	+00:24:21 (42.7%)	5:42	10.5 (57.1%)
331	BUCHHOLZ Sławomir	57	PZU SPORT TEAM	M40	98	00:00:34	00:09:23	00:32:30	00:57:00.00	00:57:34.30	+00:24:21 (42.7%)	5:42	10.5 (57.1%)
332	WRONA Józef	512	PORTO BRYGIER KRZYŻ	M70	1	00:00:16	00:10:09	00:33:43	00:57:16.40	00:57:32.60	+00:24:37 (43.0%)	5:43	10.5 (57.1%)
333	KUROWSKI Mateusz	259	PHILIPS LIGHT PIŁA	M20	44	00:00:13	00:09:10	00:32:25	00:57:25.90	00:57:39.55	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
334	SATERNUS Michał	419		M40	99	00:00:20	00:09:48	00:32:58	00:57:43.40	00:58:03.40	+00:25:04 (43.4%)	5:46	10.4 (56.5%)
335	KOZŁOWSKI Rafał	248		M40	100	00:00:29	00:10:20	00:33:32	00:57:52.00	00:58:21.35	+00:25:13 (43.6%)	5:47	10.4 (56.5%)
336	PICZAK Mateusz	360	ZSP	M16	5	00:00:06	00:08:38	00:31:59	00:58:00.25	00:58:07.00	+00:25:21 (43.7%)	5:48	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	GUBAŃSKI Michał	164	DZIKIE WIEPRZE	M30	129	00:00:11	00:09:34	00:33:59	00:58:17.35	00:58:28.55	+00:25:38 (44.0%)	5:49	10.3 (56.0%)
338	PRZYBORSKI Piotr	381	GRUNWALD TEAM POZNAŃ	M40	101	00:00:11	00:10:09	00:33:48	00:58:29.05	00:58:40.45	+00:25:50 (44.2%)	5:50	10.3 (56.0%)
339	LIPSKI Łukasz	271		M30	130	00:00:20	00:10:32	00:34:47	00:58:32.00	00:58:52.70	+00:25:53 (44.2%)	5:51	10.3 (56.0%)
340	ZAMOJDA Marcin	524	KRÓLICZKI W PLECAKU	M30	131	00:00:33	00:10:42	00:34:10	00:58:41.85	00:59:15.50	+00:26:03 (44.4%)	5:52	10.2 (55.4%)
341	HNAT Rafał	169		M40	102	00:00:06	00:08:58	00:32:52	00:58:46.45	00:58:53.15	+00:26:07 (44.5%)	5:52	10.2 (55.4%)
342	GÓRNY Tadeusz	147		M70	2	00:00:28	00:10:19	00:34:19	00:58:51.40	00:59:20.25	+00:26:12 (44.5%)	5:53	10.2 (55.4%)
343	RASZKA Damian	392		M30	132	00:00:22	00:09:59	00:34:16	00:58:53.75	00:59:16.10	+00:26:14 (44.6%)	5:53	10.2 (55.4%)
344	SKIBIŃSKI Sławomir	433		M40	103	00:00:13	00:09:53	00:33:00	00:59:02.30	00:59:16.25	+00:26:23 (44.7%)	5:54	10.2 (55.4%)
345	POTERAŁA Michał	376		M30	133	00:00:12	00:09:44	00:32:16	00:59:07.60	00:59:19.75	+00:26:28 (44.8%)	5:54	10.1 (54.9%)
346	KLESZCZ Adam	215		M30	134	00:00:37	00:10:41	00:34:50	00:59:52.65	01:00:30.40	+00:27:13 (45.5%)	5:59	10 (54.3%)
347	FĄS Rafał	593		M20	45	00:00:17	00:11:47	00:38:14	01:00:10.85	01:00:28.15	+00:27:32 (45.8%)	6:01	10 (54.3%)
348	KOSMAŁSKI Jarosław	233	SKS HUSARIA	M30	135	00:00:28	00:10:47	00:35:38	01:00:11.40	01:00:39.55	+00:27:32 (45.8%)	6:01	10 (54.3%)
349	ANTOCHOWSKI Tomasz	17		M30	136	00:00:22	00:10:14	00:34:45	01:00:19.15	01:00:41.15	+00:27:40 (45.9%)	6:01	9.9 (53.8%)
350	HRYCIÓW Paweł	173	BIAŁOGARD	M30	137	00:00:21	00:10:00	00:34:26	01:00:39.20	01:01:01.10	+00:28:00 (46.2%)	6:04	9.9 (53.8%)
351	KRENSKI Seweryn	251		M30	138	00:00:32	00:10:43	00:35:02	01:00:43.10	01:01:16.00	+00:28:04 (46.2%)	6:04	9.9 (53.8%)
352	RYMON-LIPIŃSKI Robert	409	LUBIĘ CHRUŚCIKI	M30	139	00:00:15	00:10:02	00:34:29	01:00:44.20	01:00:59.20	+00:28:05 (46.2%)	6:04	9.9 (53.8%)
353	ANDRZEJEWSKI Rafał	336	SPORTY WALKI PIŁA	M16	6	00:00:34	00:11:24	00:36:16	01:01:23.70	01:01:58.00	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
354	ŁUDZKOWSKI Andrzej	279	KB KATORŻNIK MUROWANA GOŚLINA	M40	104	00:00:26	00:10:44	00:35:12	01:01:35.25	01:02:01.70	+00:28:56 (47.0%)	6:09	9.7 (52.7%)
355	NOWAK Bartłomiej	324	SAILING TEAM FERAJNA	M40	105	00:00:30	00:10:12	00:34:54	01:02:03.90	01:02:33.90	+00:29:25 (47.4%)	6:12	9.7 (52.7%)
356	BUDYCH Bartosz	585	BUKOWSKI KLUB BIEGACZA	M30	140	00:00:32	00:11:00	00:35:58	01:02:12.30	01:02:44.60	+00:29:33 (47.5%)	6:13	9.6 (52.2%)
357	NOWAK Marcin	327		M30	141	00:00:36	00:11:25	00:37:03	01:02:15.10	01:02:51.15	+00:29:36 (47.6%)	6:13	9.6 (52.2%)
358	RYBARSKI Michał	406		M40	106	00:00:25	00:10:40	00:36:22	01:02:54.10	01:03:19.95	+00:30:15 (48.1%)	6:17	9.5 (51.6%)
359	BAGIEŃSKI Mateusz	590		M20	46	00:00:20	00:11:23	00:37:53	01:04:06.15	01:04:27.10	+00:31:27 (49.1%)	6:24	9.4 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	ADAMCZYK Mirosław	14		M40	107	00:00:33	00:11:20	00:37:21	01:04:20.15	01:04:53.75	+00:31:41 (49.3%)	6:26	9.3 (50.5%)
361	IWAŃSKI Wiktor	177	JEDNEGO SERCA	M16	7	00:00:24	00:10:58	00:36:51	01:04:33.40	01:04:57.45	+00:31:54 (49.4%)	6:27	9.3 (50.5%)
362	KALETKA Dariusz	196	KALETKA TEAM	M50	43	00:00:33	00:10:46	00:36:40	01:05:16.90	01:05:50.20	+00:32:38 (50.0%)	6:31	9.2 (50.0%)
363	PERTEK Zbigniew	357		M20	47	00:00:17	00:11:10	00:38:02	01:05:22.55	01:05:39.65	+00:32:43 (50.1%)	6:32	9.2 (50.0%)
364	ŁUDZKOWSKI Krzysztof	556	KB KATORŻNIK MUROWANA GOŚLINA	M20	48	00:00:25	00:11:07	00:38:00	01:05:37.40	01:06:03.05	+00:32:58 (50.3%)	6:33	9.1 (49.5%)
365	CZUBA Michał	86		M30	142	00:00:29	00:10:45	00:37:02	01:06:17.15	01:06:47.10	+00:33:38 (50.7%)	6:37	9 (48.9%)
366	WAWIERNIA Bogdan	496		M60	17	00:00:31	00:11:32	00:38:11	01:06:29.05	01:07:01.00	+00:33:50 (50.9%)	6:39	9 (48.9%)
367	GARBACIK Dariusz	123		M40	108	00:00:12	00:11:33	00:38:38	01:07:40.05	01:07:52.55	+00:35:01 (51.8%)	6:46	8.9 (48.4%)
368	POSZWA Sławomir	561		M40	109	00:00:08	00:09:32	00:36:58	01:08:04.50	01:08:13.05	+00:35:25 (52.0%)	6:48	8.8 (47.8%)
369	WYRWIŃSKI Robert	521		M40	110	00:00:07	00:10:52	00:37:51	01:08:05.40	01:08:12.95	+00:35:26 (52.1%)	6:48	8.8 (47.8%)
370	JANOWICZ Robert	182		M40	111	00:00:35	00:11:59	00:40:41	01:08:50.25	01:09:26.00	+00:36:11 (52.6%)	6:53	8.7 (47.3%)
371	NIEMCZEWSKI Piotr	620		M50	44	00:00:20	00:10:33	00:38:02	01:09:25.20	01:09:45.60	+00:36:46 (53.0%)	6:56	8.6 (46.7%)
372	RYCHŁOWSKI Ryszard	408		M40	112	00:00:13	00:10:47	00:39:38	01:09:36.05	01:09:49.40	+00:36:57 (53.1%)	6:57	8.6 (46.7%)
373	HOROWSKI Michał	172		M60	18	00:00:35	00:11:35	00:39:41	01:10:18.25	01:10:53.25	+00:37:39 (53.6%)	7:01	8.5 (46.2%)
374	HOROWSKI Bartosz	589		M30	143	00:00:35	00:11:35	00:39:41	01:10:18.50	01:10:53.55	+00:37:39 (53.6%)	7:01	8.5 (46.2%)
375	KOZŁOWSKI Adam	247		M30	144	00:00:29	00:09:42	00:34:25			+00:15:12	6:02	9.9 (53.8%)

Znaleziono 375 wynik(ów)