

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organiser: Gmina Koronowo
Date: 2015-04-25
Place: Koronowo
Distance: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: **Mężczyźni**

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KULPA Michał	198		M20-29	1	00:10:21	00:23:56	00:32:47	00:33:58	00:34:00		3:23	17.7 (100%)
2	PAWŁOWSKI Mariusz	220		M30-39	1	00:10:21	00:23:57	00:33:03	00:34:14	00:34:17	+00:00:17 (0.8%)	3:25	17.5 (98.9%)
3	WOJTAS Marek	279	TUCHOLANKA TUCHOLA	M40-49	1	00:10:20	00:23:56	00:33:17	00:34:32	00:34:35	+00:00:35 (1.7%)	3:27	17.4 (98.3%)
4	PIPOWSKI Tomasz	309	LUKS SEROCK/THE RUNNERS ŚWIECIE	M20-29	2	00:10:22	00:24:46	00:34:40	00:35:51	00:35:53	+00:01:53 (5.2%)	3:35	16.7 (94.4%)
5	PODOLSKI Tomasz			M16-19	1	00:10:41	00:25:16	00:35:04	00:36:18	00:36:21	+00:02:21 (6.5%)	3:37	16.5 (93.2%)
6	KOKOCKI Paweł	200	NIEZRZESZONY	M20-29	3	00:10:43	00:25:30	00:35:28	00:36:44	00:36:47	+00:02:47 (7.6%)	3:40	16.3 (92.1%)
7	CHĘTNIK Rafał	35	LKS ZANTYR SZTUM	M30-39	2	00:11:29	00:26:12	00:36:01	00:37:21	00:37:25	+00:03:25 (9.1%)	3:44	16.1 (91.0%)
8	JENDRYKA Marek	306		M50-59	1	00:11:19	00:26:11	00:36:20	00:37:35	00:37:38	+00:03:38 (9.7%)	3:45	16 (90.4%)
9	KLÓSKA Fabian	321		M20-29	4	00:11:25	00:26:27	00:36:36	00:37:49	00:37:52	+00:03:52 (10.2%)	3:46	15.9 (89.8%)
10	HORODYSKI Piotr	340	TKKF KOLEJARZ BYDGOSZCZ	M30-39	3	00:11:27	00:26:39	00:36:51	00:38:07	00:38:10	+00:04:10 (10.9%)	3:48	15.7 (88.7%)
11	SZCZYGLÓWSKI Jacek	115	PAGED SKLEJKA MORĄG	M40-49	2	00:11:26	00:26:43	00:36:59	00:38:10	00:38:13	+00:04:13 (11.0%)	3:49	15.7 (88.7%)
12	HAPKE Tomasz	199	NIEZRZESZONY	M30-39	4	00:11:30	00:26:44	00:36:58	00:38:12	00:38:15	+00:04:15 (11.1%)	3:49	15.7 (88.7%)
13	GROCHOWALSKI Tomasz	338	TKKF KOLEJARZ BYDGOSZCZ	M30-39	5	00:11:32	00:27:04	00:37:36	00:38:55	00:38:58	+00:04:58 (12.7%)	3:53	15.4 (87.0%)
14	PIEKARSKI Marek	47	FIDES-TRAVEL	M40-49	3	00:11:49	00:27:29	00:37:49	00:39:09	00:39:13	+00:05:13 (13.3%)	3:54	15.3 (86.4%)
15	GOŁEMBIEWSKI Marek	132	B4SPORT	M40-49	4	00:11:49	00:27:36	00:38:15	00:39:31	00:39:35	+00:05:35 (14.1%)	3:57	15.2 (85.9%)
16	BRZOZOWSKI Krzysztof	257		M30-39	6	00:11:48	00:27:41	00:38:46	00:40:09	00:40:12	+00:06:12 (15.4%)	4:00	14.9 (84.2%)

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
17	CHRUSZCZEWSKI Andrzej	335		M40-49	5	00:12:00	00:28:15	00:39:00	00:40:18	00:40:22	+00:06:22 (15.8%)	4:01	14.9 (84.2%)
18	KUK Piotr	300	LKS	M30-39	7	00:11:50	00:28:20	00:39:32	00:40:50	00:40:54	+00:06:54 (16.9%)	4:05	14.7 (83.1%)
19	CHMIELEWSKI Tomasz	314	FIT-MAX BYDGOSZCZ	M50-59	2	00:12:13	00:28:42	00:39:37	00:40:56	00:41:04	+00:07:04 (17.2%)	4:05	14.7 (83.1%)
20	WESOŁOWSKI Zbigniew	265	STOWARZYSZENIE AKRTYWNI KOCIEWIACY	M50-59	3	00:12:05	00:28:45	00:39:46	00:41:10	00:41:16	+00:07:16 (17.6%)	4:07	14.6 (82.5%)
21	WYSMOLIŃSKI Piotr	121		M40-49	6	00:12:33	00:29:05	00:40:04	00:41:28	00:41:35	+00:07:35 (18.2%)	4:08	14.5 (81.9%)
22	CHOLEWIŃSKI Dariusz	303		M40-49	7	00:12:17	00:29:06	00:40:25	00:41:44	00:41:48	+00:07:48 (18.7%)	4:10	14.4 (81.4%)
22	GUT Rafał	84		M20-29	5	00:12:20	00:29:11	00:40:30	00:41:42	00:41:48	+00:07:48 (18.7%)	4:10	14.4 (81.4%)
24	MATUSZEWSKI Zbigniew	153		M20-29	6	00:12:28	00:29:15	00:40:30	00:41:42	00:41:49	+00:07:49 (18.7%)	4:10	14.4 (81.4%)
25	ZYGAROWICZ Janusz	264		M40-49	8	00:13:05	00:29:31	00:40:26	00:41:39	00:41:50	+00:07:50 (18.7%)	4:09	14.4 (81.4%)
26	SZOCH Tomasz	252		M40-49	9	00:12:22	00:29:12	00:40:34	00:41:51	00:41:55	+00:07:55 (18.9%)	4:11	14.3 (80.8%)
27	BRZEZIŃSKI Maciej	56	KB TOKIO 64	M40-49	10	00:12:33	00:29:06	00:40:38	00:41:54	00:42:03	+00:08:03 (19.1%)	4:11	14.3 (80.8%)
28	MALECHA Łukasz	65		M30-39	8	00:12:17	00:29:28	00:40:47	00:41:59	00:42:04	+00:08:04 (19.2%)	4:11	14.3 (80.8%)
29	OKONEK Grzegorz	256		M50-59	4	00:12:38	00:29:25	00:40:42	00:42:02	00:42:07	+00:08:07 (19.3%)	4:12	14.3 (80.8%)
30	GŁOGOWSKI Krzysztof	317		M30-39	9	00:12:01	00:28:58	00:40:38	00:42:10	00:42:13	+00:08:13 (19.5%)	4:13	14.2 (80.2%)
31	SKARBEK Marek	244		M40-49	11	00:12:28	00:29:29	00:41:03	00:42:25	00:42:31	+00:08:31 (20.0%)	4:14	14.1 (79.7%)
32	OCHENDAL Maciej	261	VICTORIA KORONOWO	M30-39	10	00:12:53	00:29:52	00:41:07	00:42:29	00:42:36	+00:08:36 (20.2%)	4:14	14.1 (79.7%)
33	STASIAK Michał	51		M20-29	7	00:13:15	00:30:16	00:41:27	00:42:53	00:43:02	+00:09:02 (21.0%)	4:17	14 (79.1%)
34	ROMPAŁSKI Jakub	50	TUCHOLANKA TUCHOLA	M16-19	2	00:12:23	00:29:57	00:41:40	00:43:04	00:43:09	+00:09:09 (21.2%)	4:18	13.9 (78.5%)
35	IZDEBSKI Paweł	318	NIEZRZESZONY	M30-39	11	00:12:24	00:29:55	00:41:55	00:43:10	00:43:17	+00:09:17 (21.4%)	4:19	13.9 (78.5%)
36	NAWROCKI Tomasz	102		M30-39	12	00:13:22	00:30:40	00:41:51	00:43:05	00:43:20	+00:09:20 (21.5%)	4:18	13.9 (78.5%)
37	BRACHOWSKI Tomasz	222	NIEZRZESZONY	M40-49	12	00:12:25	00:29:54	00:41:58	00:43:26	00:43:32	+00:09:32 (21.9%)	4:20	13.8 (78.0%)
38	KOZBIAKOWSKI Klaudiusz	61	TRISPACE	M20-29	8	00:12:53	00:30:30	00:42:07	00:43:34	00:43:41	+00:09:41 (22.2%)	4:21	13.8 (78.0%)
39	LIS Janusz	150	TKKF CHEŁMNO	M50-59	5	00:12:27	00:30:07	00:42:13	00:43:46	00:43:50	+00:09:50 (22.4%)	4:22	13.7 (77.4%)

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
40	SAWICKI Łukasz	250		M30-39	13	00:13:07	00:30:23	00:42:20	00:43:46	00:43:59	+00:09:59 (22.7%)	4:22	13.7 (77.4%)
41	FRĄCKOWIAK Marek	130		M40-49	13	00:12:44	00:30:23	00:42:25	00:43:55	00:44:00	+00:10:00 (22.7%)	4:23	13.7 (77.4%)
42	IZBANER Piotr	267		M30-39	14	00:12:53	00:30:50	00:42:48	00:43:56	00:44:02	+00:10:02 (22.8%)	4:23	13.7 (77.4%)
43	SZCZERBA Szymon	328		M20-29	9	00:13:47	00:31:42	00:42:45	00:43:54	00:44:07	+00:10:07 (22.9%)	4:23	13.7 (77.4%)
44	KARBOWNIK Daniel	90	THE RUNNERS ŚWIECIE	M20-29	10	00:12:31	00:30:48	00:42:51	00:44:05	00:44:08	+00:10:08 (23.0%)	4:24	13.6 (76.8%)
45	KĄZMIERCZAK Paweł	142	TKKF KUBUŚ SIERPC	M60-69	1	00:12:48	00:30:57	00:42:41	00:44:06	00:44:11	+00:10:11 (23.0%)	4:24	13.6 (76.8%)
46	CIEŚLIK Marek	57	NIEZRZESZONY	M50-59	6	00:13:12	00:30:55	00:42:44	00:44:10	00:44:21	+00:10:21 (23.3%)	4:25	13.6 (76.8%)
47	SCHRODER Krzysztof	111		M20-29	11	00:12:48	00:30:42	00:42:54	00:44:19	00:44:25	+00:10:25 (23.5%)	4:25	13.5 (76.3%)
48	GIOLDA Paweł	58		M30-39	15	00:13:40	00:31:23	00:43:03	00:44:23	00:44:29	+00:10:29 (23.6%)	4:26	13.5 (76.3%)
49	SOWIŃSKI Jakub	169		M20-29	12	00:13:01	00:30:47	00:42:54	00:44:22	00:44:32	+00:10:32 (23.7%)	4:26	13.5 (76.3%)
49	MIĘTKIEWICZ Rafał	155		M20-29	13	00:13:10	00:30:51	00:43:00	00:44:21	00:44:32	+00:10:32 (23.7%)	4:26	13.5 (76.3%)
49	SKRZESZEWSKI Rafał	214		M16-19	3	00:12:47	00:30:50	00:43:08	00:44:28	00:44:32	+00:10:32 (23.7%)	4:26	13.5 (76.3%)
52	PAWLAK Robert	162	IPA	M40-49	14	00:13:42	00:31:32	00:43:02	00:44:22	00:44:38	+00:10:38 (23.8%)	4:26	13.5 (76.3%)
53	PASIEKA Tomasz	46	KLUB ŻOŁNIERZY REZERWY LOK NAKŁO / NAKIELSKI KLUB BIEGACZA	M30-39	16	00:13:43	00:31:30	00:43:24	00:44:49	00:44:59	+00:10:59 (24.4%)	4:28	13.4 (75.7%)
54	LUBIEWSKI Szymon	195		M20-29	14	00:13:24	00:31:21	00:43:39	00:44:59	00:45:14	+00:11:14 (24.8%)	4:29	13.3 (75.1%)
55	DREWS Grzegorz	129		M40-49	15	00:13:27	00:31:40	00:43:44	00:45:06	00:45:15	+00:11:15 (24.9%)	4:30	13.3 (75.1%)
56	DRABJEWSKI Paweł	304	TKKF WODNIK WIĘCIBORK	M30-39	17	00:13:38	00:31:41	00:43:44	00:45:10	00:45:21	+00:11:21 (25.0%)	4:31	13.3 (75.1%)
57	KOŁODZIEJSKI Dawid	62		M20-29	15	00:13:16	00:31:45	00:44:15	00:45:27	00:45:35	+00:11:35 (25.4%)	4:32	13.2 (74.6%)
58	PIOTROWSKI Dariusz	290		M40-49	16	00:13:23	00:31:56	00:44:11	00:45:26	00:45:36	+00:11:36 (25.4%)	4:32	13.2 (74.6%)
59	NOWAK Rafał	45		M20-29	16	00:13:45	00:32:00	00:44:09	00:45:37	00:45:44	+00:11:44 (25.7%)	4:33	13.2 (74.6%)
60	TYMOSIAK Mateusz	177		M20-29	17	00:13:01	00:31:58	00:44:13	00:45:40	00:45:50	+00:11:50 (25.8%)	4:34	13.1 (74.0%)
61	KĘPA Dawid	243		M30-39	18	00:13:39	00:32:08	00:44:30	00:46:02	00:46:10	+00:12:10 (26.4%)	4:36	13 (73.4%)
62	KĘSKRAWIEC Piotr	320		M30-39	19	00:13:48	00:32:01	00:44:39	00:46:07	00:46:19	+00:12:19 (26.6%)	4:36	13 (73.4%)

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63	CIRSON Marek	336		M40-49	17	00:13:26	00:32:00	00:44:45	00:46:18	00:46:23	+00:12:23 (26.7%)	4:37	13 (73.4%)
64	KOCHAŃSKI Dariusz	145		M40-49	18	00:13:39	00:32:00	00:44:44	00:46:16	00:46:25	+00:12:25 (26.8%)	4:37	13 (73.4%)
65	ZUBIK Mateusz	285	ZSZ KORONOWO	M16-19	4	00:13:02	00:30:44	00:44:58	00:46:14	00:46:26	+00:12:26 (26.8%)	4:37	13 (73.4%)
66	MUSIAŁ Marek			M40-49	19	00:13:41	00:32:14	00:44:54	00:46:21	00:46:28	+00:12:28 (26.8%)	4:38	12.9 (72.9%)
67	ŚRUBKA Patryk	119		M20-29	18	00:13:40	00:31:52	00:45:08	00:46:19	00:46:32	+00:12:32 (26.9%)	4:37	13 (73.4%)
68	NAPORA Mateusz	157		M20-29	19	00:13:24	00:32:25	00:45:08	00:46:27	00:46:33	+00:12:33 (27.0%)	4:38	12.9 (72.9%)
69	PAKULSKI Rafał	160		M40-49	20	00:13:53	00:32:53	00:45:10	00:46:28	00:46:34	+00:12:34 (27.0%)	4:38	12.9 (72.9%)
70	NABIAŁKOWSKI Łukasz	67		M20-29	20	00:13:14	00:31:53	00:44:51	00:46:25	00:46:35	+00:12:35 (27.0%)	4:38	12.9 (72.9%)
70	JAGIELSKI Aleksander	137		M20-29	21	00:14:18	00:32:39	00:44:53	00:46:17	00:46:35	+00:12:35 (27.0%)	4:37	13 (73.4%)
72	BRZEZIŃSKI Jakub	313	ZESPÓŁ SZKÓŁ ZAWODOWYCH W KORONOWIE	M20-29	22	00:12:50	00:31:42	00:45:07	00:46:35	00:46:41	+00:12:41 (27.2%)	4:39	12.9 (72.9%)
73	DACH Łukasz	77		M30-39	20	00:13:40	00:32:53	00:45:14	00:46:38	00:46:42	+00:12:42 (27.2%)	4:39	12.9 (72.9%)
74	DOLATOWSKI Tomasz	128	ACID DRINKERS	M30-39	21	00:13:45	00:32:25	00:45:02	00:46:32	00:46:45	+00:12:45 (27.3%)	4:39	12.9 (72.9%)
75	SUCZYŃSKI Błażej	52		M30-39	22	00:13:47	00:32:35	00:45:17	00:46:33	00:46:47	+00:12:47 (27.3%)	4:39	12.9 (72.9%)
75	KOKOCIŃSKI Michał	42		M30-39	23	00:13:47	00:32:36	00:45:17	00:46:33	00:46:47	+00:12:47 (27.3%)	4:39	12.9 (72.9%)
77	GIERSZ Krzysztof	316		M40-49	21	00:14:34	00:33:02	00:45:14	00:46:40	00:46:50	+00:12:50 (27.4%)	4:40	12.9 (72.9%)
78	GAWRYSIAK Mariusz	225		M50-59	7	00:13:55	00:32:43	00:45:16	00:46:48	00:46:56	+00:12:56 (27.6%)	4:40	12.8 (72.3%)
79	MUSIAŁ Radosław	211		M30-39	24	00:13:49	00:32:38	00:45:31	00:47:07	00:47:16	+00:13:16 (28.1%)	4:42	12.7 (71.8%)
79	RYDLEWSKI Marek	109	RUN BYDGOSZCZ	M40-49	22	00:13:42	00:32:42	00:45:31	00:47:06	00:47:16	+00:13:16 (28.1%)	4:42	12.7 (71.8%)
81	DOBEK Tomasz	127		M40-49	23	00:13:57	00:32:43	00:45:34	00:47:14	00:47:22	+00:13:22 (28.2%)	4:43	12.7 (71.8%)
82	DZUDZEWICZ Kamil	224		M20-29	23	00:14:20	00:33:32	00:45:53	00:47:23	00:47:39	+00:13:39 (28.6%)	4:44	12.7 (71.8%)
83	MICHALSKI Maciej	301		M20-29	24	00:14:17	00:33:30	00:46:02	00:47:32	00:47:47	+00:13:47 (28.8%)	4:45	12.6 (71.2%)
84	KACZYŃSKI Maksymilian	194		M20-29	25	00:14:07	00:33:47	00:46:25	00:47:47	00:47:55	+00:13:55 (29.0%)	4:46	12.6 (71.2%)
85	GIERACH Marcin		TRISPACE	M30-39	25	00:14:36	00:33:26	00:46:16	00:47:47	00:48:01	+00:14:01 (29.2%)	4:46	12.6 (71.2%)

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86	BIAŁOUS Krzysztof	332	NIEZRZESZONY	M50-59	8	00:14:02	00:33:14	00:46:24	00:47:59	00:48:08	+00:14:08 (29.4%)	4:47	12.5 (70.6%)
86	SZTEJKA Damian	116	BENEFITKSO ODSZKODOWANIA	M30-39	26	00:14:26	00:33:49	00:46:32	00:47:56	00:48:08	+00:14:08 (29.4%)	4:47	12.5 (70.6%)
88	JAGODZIŃSKI Marcin	41		M30-39	27	00:14:04	00:33:44	00:46:33	00:47:57	00:48:10	+00:14:10 (29.4%)	4:47	12.5 (70.6%)
89	MIKRUT Jarosław	293	AKADEMIA BIEGANIA GRUDZIĄDZ	M40-49	24	00:14:42	00:33:41	00:46:17	00:47:55	00:48:17	+00:14:17 (29.6%)	4:47	12.5 (70.6%)
90	BRONIKOWSKI Karol			M30-39	28	00:13:47	00:33:25	00:46:41	00:48:18	00:48:24	+00:14:24 (29.8%)	4:49	12.4 (70.1%)
91	LEWANDOWSKI Tomasz	149		M30-39	29	00:14:10	00:33:08	00:46:34	00:48:18	00:48:30	+00:14:30 (29.9%)	4:49	12.4 (70.1%)
92	LOTA Marcin	98	LOTKI	M30-39	30	00:13:43	00:33:19	00:46:38	00:48:16	00:48:31	+00:14:31 (29.9%)	4:49	12.4 (70.1%)
93	JASINIEWSKI Sławomir	140	NIEZRZESZONY	M40-49	25	00:15:01	00:34:26	00:47:03	00:48:24	00:48:44	+00:14:44 (30.2%)	4:50	12.4 (70.1%)
94	PRZYGODA Artur	164		M40-49	26	00:13:55	00:33:31	00:46:56	00:48:36	00:48:46	+00:14:46 (30.3%)	4:51	12.3 (69.5%)
95	PAWLACZYK Paweł	104		M20-29	26	00:14:43	00:34:06	00:47:07	00:48:39	00:48:49	+00:14:49 (30.4%)	4:51	12.3 (69.5%)
96	KARWASZ Andrzej	92		M30-39	31	00:13:37	00:33:12	00:47:01	00:48:37	00:48:50	+00:14:50 (30.4%)	4:51	12.3 (69.5%)
97	PLUTKA Robert	283		M20-29	27	00:14:23	00:33:47	00:47:11	00:48:37	00:48:52	+00:14:52 (30.4%)	4:51	12.3 (69.5%)
98	HENICZ Grzegorz	135		M50-59	9	00:14:09	00:33:38	00:47:03	00:48:42	00:48:58	+00:14:58 (30.6%)	4:52	12.3 (69.5%)
99	WIESE Grzegorz	281	TKKF KOLEJARZ BYDGOSZCZ	M50-59	10	00:14:37	00:33:49	00:47:07	00:48:41	00:49:02	+00:15:02 (30.7%)	4:52	12.3 (69.5%)
100	MIELCARSKI Michał	154	MIELCAR TEAM	M30-39	32	00:14:21	00:34:01	00:47:22	00:48:55	00:49:08	+00:15:08 (30.8%)	4:53	12.3 (69.5%)
100	WASZAK Ireneusz	273		M40-49	27	00:15:28	00:35:10	00:47:31	00:48:52	00:49:08	+00:15:08 (30.8%)	4:53	12.3 (69.5%)
102	KOSŁO Marcin	96		M30-39	33	00:14:39	00:34:26	00:47:23	00:48:47	00:49:10	+00:15:10 (30.8%)	4:52	12.3 (69.5%)
103	BIRKHOLZ Paweł	333		M40-49	28	00:14:45	00:34:26	00:47:27	00:49:02	00:49:13	+00:15:13 (30.9%)	4:54	12.2 (68.9%)
104	PARTATUS Andrzej	251		M30-39	34	00:14:53	00:34:44	00:47:24	00:49:04	00:49:14	+00:15:14 (30.9%)	4:54	12.2 (68.9%)
105	NAGÓRKA Artur	258	DECATHLON FORDON	M40-49	29	00:14:54	00:34:48	00:47:50	00:49:14	00:49:26	+00:15:26 (31.2%)	4:55	12.2 (68.9%)
106	PISZCZEK Jakub	326	ASTORIA BYDGOSZCZ	M30-39	35	00:15:06	00:34:40	00:47:42	00:49:16	00:49:28	+00:15:28 (31.3%)	4:55	12.2 (68.9%)
107	KRAHL Radek	323		M30-39	36	00:14:51	00:34:32	00:47:30	00:49:07	00:49:29	+00:15:29 (31.3%)	4:54	12.2 (68.9%)
108	GŻYL Mikołaj	339	'EXODUS'	M30-39	37	00:14:04	00:34:11	00:47:42	00:49:16	00:49:31	+00:15:31 (31.3%)	4:55	12.2 (68.9%)

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
109	ŁAZNOWSKI Janusz	44	TKKF WODNIK	M30-39	38	00:15:28	00:35:11	00:47:47	00:49:15	00:49:32	+00:15:32 (31.4%)	4:55	12.2 (68.9%)
110	BIZOŃ Michał	54		M30-39	39	00:14:58	00:34:46	00:47:49	00:49:16	00:49:33	+00:15:33 (31.4%)	4:55	12.2 (68.9%)
110	DAWIDOWICZ Maciej	125	POGRANICZNIK.PL	M30-39	40	00:14:43	00:34:27		00:49:19	00:49:33	+00:15:33 (31.4%)	4:55	12.2 (68.9%)
110	NOWAK Jacek	210		M30-39	41	00:14:10	00:34:33		00:49:27	00:49:33	+00:15:33 (31.4%)	4:56	12.1 (68.4%)
113	FOTEK Roman	78		M50-59	11	00:14:06	00:34:26	00:48:07	00:49:47	00:49:52	+00:15:52 (31.8%)	4:58	12.1 (68.4%)
114	MIKOŁAJCZYK Dariusz	99		M40-49	30	00:14:44	00:34:42	00:48:13	00:49:51	00:50:02	+00:16:02 (32.0%)	4:59	12 (67.8%)
115	SZNAJDROWSKI Mateusz	253		M20-29	28	00:15:36	00:35:19	00:48:24	00:49:50	00:50:07	+00:16:07 (32.2%)	4:59	12 (67.8%)
116	WIŚNIEWSKI Filip	282	PINDI TEAM	M16-19	5	00:15:26	00:35:10	00:48:16	00:49:51	00:50:08	+00:16:08 (32.2%)	4:59	12 (67.8%)
117	JASKULSKI Ariel	218		M30-39	42	00:14:11	00:34:33	00:48:38	00:50:13	00:50:26	+00:16:26 (32.6%)	5:01	11.9 (67.2%)
118	DUDEK Dawid	38	POLONIA BYDGOSZCZ	M30-39	43	00:14:09	00:35:04	00:48:48	00:50:19	00:50:28	+00:16:28 (32.6%)	5:01	11.9 (67.2%)
119	WIKTORSKI Tomasz	179		M20-29	29	00:14:12	00:35:22	00:48:52	00:50:20	00:50:29	+00:16:29 (32.7%)	5:02	11.9 (67.2%)
119	SOBKOWIAK Karol		BANK SPÓŁDZIELCZY W KORONOWIE	M20-29	30	00:14:26	00:34:57	00:48:53	00:50:21	00:50:29	+00:16:29 (32.7%)	5:02	11.9 (67.2%)
121	SZULC Rafał	173		M30-39	44	00:14:50	00:35:22	00:48:56	00:50:31	00:50:40	+00:16:40 (32.9%)	5:03	11.9 (67.2%)
122	KOSCIELAK Maciej	148	ŻANDARMI Z BYDGOSZCZY	M30-39	45	00:15:27	00:35:45	00:48:46	00:50:20	00:50:41	+00:16:41 (32.9%)	5:02	11.9 (67.2%)
122	RAKOWSKI Paweł	165	ŻANDARMI Z BYDGOSZCZY	M30-39	46	00:15:28	00:35:47	00:48:47	00:50:21	00:50:41	+00:16:41 (32.9%)	5:02	11.9 (67.2%)
124	KAMIŃSKI Paweł	319		M40-49	31	00:15:10	00:35:30	00:48:58	00:50:36	00:50:47	+00:16:47 (33.0%)	5:03	11.9 (67.2%)
125	PIETREWICZ Patryk	277		M30-39	47	00:25:47		00:47:27	00:50:25	00:50:53	+00:16:53 (33.2%)	5:02	11.9 (67.2%)
126	POPOWSKI Zbigniew	107	RUN BYDGOSZCZ	M60-69	2	00:15:10	00:35:22	00:49:01	00:50:45	00:50:54	+00:16:54 (33.2%)	5:04	11.8 (66.7%)
127	ŚPIONKOWSKI Patryk	247	RUN BYDGOSZCZ	M16-19	6	00:15:12	00:35:12	00:49:12	00:50:48	00:51:00	+00:17:00 (33.3%)	5:04	11.8 (66.7%)
128	JACIUBEK Andrzej	136		M50-59	12	00:15:12	00:35:23	00:48:54	00:50:39	00:51:02	+00:17:02 (33.4%)	5:03	11.8 (66.7%)
129	MIELCAREK Zdzisław	215		M70+	1	00:15:18	00:35:51	00:49:18	00:51:02	00:51:07	+00:17:07 (33.5%)	5:06	11.8 (66.7%)
130	KULINSKI Zbigniew	63		M20-29	31	00:14:13	00:35:26	00:49:25	00:51:10	00:51:15	+00:17:15 (33.7%)	5:07	11.7 (66.1%)
131	GROCHOWSKI Jakub	133		M20-29	32	00:15:24	00:36:01	00:49:48	00:51:11	00:51:26	+00:17:26 (33.9%)	5:07	11.7 (66.1%)

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
132	SCIGOCKI Waldemar	287		M40-49	32	00:15:03	00:35:44	00:49:50	00:51:26	00:51:38	+00:17:38 (34.2%)	5:08	11.7 (66.1%)
133	KOLANOWSKI Wojciech	147		M50-59	13	00:15:10	00:35:58	00:49:52	00:51:30	00:51:42	+00:17:42 (34.2%)	5:09	11.7 (66.1%)
134	MUSIAŁ Krystian	100		M20-29	33	00:15:00	00:35:16	00:49:47	00:51:33	00:51:49	+00:17:49 (34.4%)	5:09	11.6 (65.5%)
135	BRZYKCY Mateusz	122		M30-39	48	00:14:28	00:35:23	00:49:52	00:51:39	00:51:50	+00:17:50 (34.4%)	5:09	11.6 (65.5%)
135	RZEMEK Sławomir	69	ERZET	M30-39	49	00:14:59	00:35:45	00:50:02	00:51:38	00:51:50	+00:17:50 (34.4%)	5:09	11.6 (65.5%)
137	PERLIK Grzegorz	105	MIAŁEM SZCZĘŚCIE...	M60-69	3	00:15:45	00:36:46	00:50:10	00:51:43	00:51:52	+00:17:52 (34.4%)	5:10	11.6 (65.5%)
138	JAROSZEWSKI Wojciech	139		M30-39	50	00:15:38	00:36:24	00:50:00	00:51:32	00:51:56	+00:17:56 (34.5%)	5:09	11.6 (65.5%)
138	ROGOŚ Renek	217	VECTRA WŁOCŁAWEK	M40-49	33	00:15:26	00:36:09	00:50:02	00:51:32	00:51:56	+00:17:56 (34.5%)	5:09	11.6 (65.5%)
140	ŁOŚ Piotr	307		M30-39	51	00:15:09	00:36:01	00:50:03	00:51:36	00:51:59	+00:17:59 (34.6%)	5:09	11.6 (65.5%)
141	KEMPIŃSKI Michał	60	TUCHOLANKA TUCHOLA	M16-19	7	00:13:51	00:35:18	00:50:13	00:51:55	00:52:00	+00:18:00 (34.6%)	5:11	11.6 (65.5%)
142	GODZIUK Roman	80		M50-59	14	00:15:10	00:36:02	00:50:09	00:51:56	00:52:09	+00:18:09 (34.8%)	5:11	11.6 (65.5%)
143	SUCHOMSKI Marek	172	OPENTAX24.PL	M40-49	34	00:16:10	00:36:54	00:50:41	00:52:11	00:52:26	+00:18:26 (35.2%)	5:13	11.5 (65.0%)
144	DĄBROWSKI Artur	37	WOJSKOWA KOMENDA TRANSPORTU WROCŁAW	M30-39	52	00:15:21	00:36:24	00:50:38	00:52:19	00:52:30	+00:18:30 (35.2%)	5:13	11.5 (65.0%)
145	NALEWAJKO Adrian	262		M16-19	8	00:15:11	00:36:09	00:50:46	00:52:18	00:52:31	+00:18:31 (35.3%)	5:13	11.5 (65.0%)
146	ŚLUGAJ Tomasz	254		M20-29	34	00:15:57	00:36:41	00:50:28	00:52:06	00:52:33	+00:18:33 (35.3%)	5:12	11.5 (65.0%)
147	KOZIEŁ Tomasz	43		M30-39	53	00:15:23	00:36:39	00:50:42	00:52:16	00:52:34	+00:18:34 (35.3%)	5:13	11.5 (65.0%)
148	SOPOLIŃSKI Jacek	168		M30-39	54	00:15:56	00:36:51	00:50:41	00:52:27	00:52:44	+00:18:44 (35.5%)	5:14	11.4 (64.4%)
148	TRACKI Arkadiusz	175		M20-29	35	00:17:20	00:38:01	00:51:02	00:52:27	00:52:44	+00:18:44 (35.5%)	5:14	11.4 (64.4%)
150	KARWACKI Dariusz	204		M40-49	35	00:15:21	00:36:56	00:51:33	00:52:55	00:53:03	+00:19:03 (35.9%)	5:17	11.3 (63.8%)
151	WEGNER Roman	255		M50-59	15	00:15:06	00:36:36	00:52:00	00:53:52	00:54:06	+00:20:06 (37.2%)	5:23	11.1 (62.7%)
152	KŁYZA Aleksander	144		M20-29	36	00:15:03	00:38:02	00:52:41	00:54:05	00:54:12	+00:20:12 (37.3%)	5:24	11.1 (62.7%)
153	BIAŁOBŁOCKI Marek	74		M30-39	55	00:15:16	00:37:20	00:52:20	00:54:10	00:54:20	+00:20:20 (37.4%)	5:25	11.1 (62.7%)
154	BYCZKOWSKI Zenon	75		M50-59	16	00:15:07	00:36:53	00:52:13	00:54:13	00:54:27	+00:20:27 (37.6%)	5:25	11.1 (62.7%)

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
155	SYCZUK Grzegorz	71		M40-49	36	00:16:22	00:37:56	00:52:42	00:54:13	00:54:42	+00:20:42 (37.8%)	5:25	11.1 (62.7%)
156	TWARDOWSKI Wojciech	176	RUN BYDGOSZCZ	M40-49	37	00:15:21	00:37:05	00:52:27	00:54:25	00:54:44	+00:20:44 (37.9%)	5:26	11 (62.1%)
157	JASINIECKI Wojciech	88	RUN BYDGOSZCZ	M30-39	56	00:15:43	00:37:40	00:52:35	00:54:20	00:54:45	+00:20:45 (37.9%)	5:26	11 (62.1%)
158	GROTT Bartłomiej	82		M30-39	57	00:16:22	00:37:57	00:52:42	00:54:25	00:54:54	+00:20:54 (38.1%)	5:26	11 (62.1%)
158	GRYLEWICZ Tomasz	83		M30-39	58	00:16:24	00:37:58	00:52:43	00:54:26	00:54:54	+00:20:54 (38.1%)	5:26	11 (62.1%)
160	MURAWIEC Krzysztof	308		M30-39	59	00:15:26	00:38:02	00:53:16	00:55:04	00:55:11	+00:21:11 (38.4%)	5:30	10.9 (61.6%)
161	MAJEWSKI Andrzej	152		M20-29	37	00:15:54	00:38:36	00:53:22	00:54:59	00:55:24	+00:21:24 (38.6%)	5:29	10.9 (61.6%)
162	PYJOS Marcin	48	TRISPACE	M30-39	60	00:16:45	00:38:59	00:53:33	00:55:09	00:55:25	+00:21:25 (38.6%)	5:30	10.9 (61.6%)
163	STANKIEWICZ Dariusz	114		M40-49	38	00:15:22	00:38:19	00:53:32	00:55:17	00:55:35	+00:21:35 (38.8%)	5:31	10.9 (61.6%)
164	KACZYŃSKI Maciej	193	ZESPÓŁ SZKÓŁ ZAWODOWYCH IM. GENERAŁA STANISŁAWA MACZKA	M40-49	39	00:16:04	00:38:13	00:53:29	00:55:17	00:55:39	+00:21:39 (38.9%)	5:31	10.9 (61.6%)
165	KEMPA Arkadiusz	94	RUN BYDGOSZCZ	M40-49	40	00:17:11	00:39:42	00:54:21	00:55:58	00:56:20	+00:22:20 (39.6%)	5:35	10.7 (60.5%)
165	STEFANOWICZ Wojtek	170	RUN BYDGOSZCZ	M30-39	61	00:17:12	00:39:43	00:54:21	00:55:58	00:56:20	+00:22:20 (39.6%)	5:35	10.7 (60.5%)
167	SIĘSKI Jacek	113	RUN BYDGOSZCZ	M50-59	17	00:16:56	00:39:24	00:54:22	00:56:04	00:56:25	+00:22:25 (39.7%)	5:36	10.7 (60.5%)
168	GAJZLER Jerzy	131	BARTODZIEJE	M60-69	4	00:16:07	00:39:09	00:54:41	00:56:27	00:56:40	+00:22:40 (40.0%)	5:38	10.6 (59.9%)
169	MIKUŁA Tomasz	156	GORDON RUN TEAM	M30-39	62	00:16:34	00:39:10	00:54:35	00:56:30	00:56:52	+00:22:52 (40.2%)	5:39	10.6 (59.9%)
170	SCHMIDT Robert	110	RUN BDG	M40-49	41	00:16:30	00:39:47	00:55:07	00:57:08	00:57:27	+00:23:27 (40.8%)	5:42	10.5 (59.3%)
171	KOCHAŃSKI Mateusz	296		M20-29	38	00:16:27	00:39:52	00:55:52	00:57:23	00:57:29	+00:23:29 (40.9%)	5:44	10.5 (59.3%)
172	SZYMCZAK Tomasz	118		M50-59	18	00:16:58	00:39:48	00:55:35	00:57:15	00:57:35	+00:23:35 (41.0%)	5:43	10.5 (59.3%)
173	REMLINGER Michał	49	RUN BYDGOSZCZ	M30-39	63	00:18:02	00:40:50	00:55:28	00:57:17	00:57:43	+00:23:43 (41.1%)	5:43	10.5 (59.3%)
174	KOCHAŃSKI Roman	297		M40-49	42	00:16:28	00:39:52	00:55:58	00:57:44	00:57:50	+00:23:50 (41.2%)	5:46	10.4 (58.8%)
175	TOBOLEWSKI Jan	245	KS KORONOWO	M16-19	9	00:15:53	00:39:21	00:55:58	00:57:46	00:57:59	+00:23:59 (41.4%)	5:46	10.4 (58.8%)
176	SŁAWETA Michał	216		M40-49	43	00:17:08	00:40:23	00:56:09	00:57:55	00:58:23	+00:24:23 (41.8%)	5:47	10.4 (58.8%)
177	LIS Marcin	212	BANK PKO BP	M30-39	64	00:17:53	00:41:14	00:57:15	00:58:43	00:59:08	+00:25:08 (42.5%)	5:52	10.2 (57.6%)

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
178	TROJAN Łukasz	271	KS KORONOWO	M30-39	65	00:16:26	00:40:40	00:57:04	00:58:50	00:59:09	+00:25:09 (42.5%)	5:53	10.2 (57.6%)
179	WOLSKI Przemysław	120		M30-39	66	00:15:11	00:39:30	00:57:21	00:59:21	00:59:30	+00:25:30 (42.9%)	5:56	10.1 (57.1%)
180	ADRYCH Karol	299		M30-39	67	00:15:38	00:39:49	00:57:43	00:59:26	00:59:34	+00:25:34 (42.9%)	5:56	10.1 (57.1%)
181	SZARLEJ Marcin	213	BANK PKO BP	M30-39	68	00:18:17	00:42:43	00:58:09	00:59:42	01:00:06	+00:26:06 (43.4%)	5:58	10.1 (57.1%)
182	BUCHOLC Andrzej	221		M40-49	44	00:17:23	00:41:51	00:58:01	00:59:55	01:00:10	+00:26:10 (43.5%)	5:59	10 (56.5%)
183	WIŚNIEWSKI Włodzimierz	182		M50-59	19	00:16:27	00:42:02	00:58:15	00:59:51	01:00:14	+00:26:14 (43.6%)	5:59	10 (56.5%)
184	SOJKA Jerzy	286		M70+	2	00:17:21	00:42:03	00:58:35	01:00:32	01:00:52	+00:26:52 (44.1%)	6:03	9.9 (55.9%)
185	KANTAK Wojciech	201		M40-49	45	00:16:44	00:41:31	00:58:51	01:00:42	01:01:09	+00:27:09 (44.4%)	6:04	9.9 (55.9%)
186	SZYMAŃSKI Zbigniew	249		M50-59	20	00:17:11	00:40:53	00:58:38	01:00:49	01:01:10	+00:27:10 (44.4%)	6:04	9.9 (55.9%)
187	ŁAZNOWSKI Karol	266		M30-39	69	00:18:38	00:43:50	00:59:33	01:01:15	01:01:37	+00:27:37 (44.8%)	6:07	9.8 (55.4%)
188	BILSKI Michał			M30-39	70	00:18:25	00:44:13	01:01:15	01:02:58	01:03:25	+00:29:25 (46.4%)	6:17	9.5 (53.7%)
189	SZWEDA Wojciech	72	TKKF WODNIK WIĘCIBORK	M30-39	71	00:18:11	00:43:06	01:01:00	01:03:01	01:03:28	+00:29:28 (46.4%)	6:18	9.5 (53.7%)
190	SEROCKI Bartosz	70	FRANEK I RÓŻA	M30-39	72	00:17:57	00:44:35	01:01:23	01:03:06	01:03:30	+00:29:30 (46.5%)	6:18	9.5 (53.7%)
191	ŻYCHOWSKI Rafał	189	BOLS - BIEGAJĄCY OKAZYJNIE LUDZIE SZUBINA	M30-39	73	00:18:33	00:44:02	01:01:31	01:03:42	01:04:09	+00:30:09 (47.0%)	6:22	9.4 (53.1%)
192	CIESIELSKI Damian		BANK SPÓŁDZIELCZY W KORONOWIE	M30-39	74	00:17:55	00:44:03	01:01:43	01:03:45	01:04:14	+00:30:14 (47.1%)	6:22	9.4 (53.1%)
193	HAFFKE Krzysztof			M40-49	46	00:18:14	00:44:24	01:02:00	01:04:16	01:04:35	+00:30:35 (47.4%)	6:25	9.3 (52.5%)
194	BOBEK Klaun	312		M30-39	75	00:18:40	00:45:08	01:02:29	01:04:28	01:04:51	+00:30:51 (47.6%)	6:26	9.3 (52.5%)
195	KOŁODZIEJCZAK Piotr	322	HUSKY-TEAM BYDGOSZCZ	M30-39	76	00:18:54	00:46:35	01:04:09	01:06:20	01:06:45	+00:32:45 (49.1%)	6:38	9 (50.8%)
196	SŁOMA Michał	272		M30-39	77	00:18:38	00:44:47	01:04:07	01:06:24	01:06:49	+00:32:49 (49.1%)	6:38	9 (50.8%)
197	STARZECKI Michał	269		M30-39	78	00:33:41			01:06:43	01:07:08	+00:33:08 (49.4%)	6:40	9 (50.8%)
198	NOWAK Andrzej	260		M60-69	5	00:24:06	00:58:03	01:21:15	01:24:08	01:24:16	+00:50:16 (59.7%)	8:24	7.1 (40.1%)

Total 198 results.