

# VI BIEG TRZEŹWOŚCI - BIEG 10 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** Rowerowa Brzoza  
**Data:** 2015-09-19  
**Miejsce:** Przyłęki-Brzoza  
**Dystans:** 10 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>NARTOWSKI Kamil</b>	<b>10</b>	RWT W BYDGOSZCZY	M3	1	RWT w Bydgoszczy		00:00:01	00:16:15	<b>00:32:53.80</b>	<b>00:32:55.40</b>		3:17	18.2 (100%)
2	<b>KŁOPOTEK Damian</b>	<b>333</b>	CSAIU	M3	2	CSAIU		00:00:04	00:17:13	<b>00:34:30.35</b>	<b>00:34:34.85</b>	+00:01:36 (4.7%)	3:27	17.4 (95.6%)
3	<b>KRYSKE Bartosz</b>	<b>11</b>	4RUN TEAM BYDGOSZCZ	M3	3	JW2980	KRYSKE	00:00:02	00:17:15	<b>00:34:36.85</b>	<b>00:34:38.85</b>	+00:01:43 (5.0%)	3:27	17.3 (95.1%)
4	<b>KOŚMIEJA Marcin</b>	<b>547</b>	TKKF KOLEJARZ BYDGOSZCZ	M3	4			00:00:04	00:17:58	<b>00:35:09.65</b>	<b>00:35:14.00</b>	+00:02:15 (6.4%)	3:31	17.1 (94.0%)
5	<b>GÓRNY Maciej</b>	<b>531</b>	CSLOG GRUPA	M3	5	CSLog Grupa		00:00:02	00:17:44	<b>00:35:53.25</b>	<b>00:35:55.55</b>	+00:02:59 (8.3%)	3:35	16.7 (91.8%)
6	<b>KOWALCZYK Marek</b>	<b>382</b>	KWP W BYDGOSZCZY	M3	6	KWP w Bydgoszczy		00:00:02	00:18:04	<b>00:36:33.70</b>	<b>00:36:36.65</b>	+00:03:39 (10.0%)	3:39	16.4 (90.1%)
7	<b>MAŁECKI Jakub</b>	<b>141</b>	RWT W BYDGOSZCZY	M3	7	RWT w Bydgoszczy	nie	00:00:03	00:18:03	<b>00:36:36.15</b>	<b>00:36:39.85</b>	+00:03:42 (10.1%)	3:39	16.4 (90.1%)
8	<b>DEPTUŁA Grzegorz</b>	<b>182</b>	VII LO BYDGOSZCZ	M3	8			00:00:04	00:19:06	<b>00:37:26.95</b>	<b>00:37:31.05</b>	+00:04:33 (12.2%)	3:44	16 (87.9%)
9	<b>KRYSKE Mariusz</b>	<b>140</b>	4RUN TEAM BYDGOSZCZ	M3	9		KRYSKE	00:00:04	00:18:49	<b>00:37:33.45</b>	<b>00:37:38.05</b>	+00:04:39 (12.4%)	3:45	16 (87.9%)
10	<b>WIWATOWSKI Michał</b>	<b>228</b>	PRZYŁĘKI	M3	10			00:00:04	00:19:09	<b>00:37:55.55</b>	<b>00:37:59.90</b>	+00:05:01 (13.3%)	3:47	15.8 (86.8%)
11	<b>ŻAL Robert</b>	<b>466</b>	NCIA CSU BYDGOSZCZ	M3	11	NCIA CSU Bydgoszcz		00:00:03	00:18:52	<b>00:38:31.25</b>	<b>00:38:34.30</b>	+00:05:37 (14.6%)	3:51	15.6 (85.7%)
12	<b>GROCHOWIAK Piotr</b>	<b>105</b>	.	M3	12			00:00:23	00:19:24	<b>00:38:43.00</b>	<b>00:39:06.00</b>	+00:05:49 (15.0%)	3:52	15.5 (85.2%)
13	<b>URYNOWICZ Marek</b>	<b>213</b>	CSLOG GRUPA	M3	13	CSLog Grupa		00:00:06	00:19:05	<b>00:38:49.15</b>	<b>00:38:55.30</b>	+00:05:55 (15.3%)	3:52	15.5 (85.2%)
14	<b>SOWA Wojciech</b>	<b>340</b>	CSAIU	M3	14	CSAIU		00:00:03	00:19:11	<b>00:38:52.70</b>	<b>00:38:56.25</b>	+00:05:58 (15.4%)	3:53	15.4 (84.6%)
15	<b>ŁAZ Kamil</b>	<b>335</b>	RUN BYDGOSZCZ	M3	15			00:00:07	00:19:55	<b>00:39:13.30</b>	<b>00:39:20.70</b>	+00:06:19 (16.1%)	3:55	15.3 (84.1%)
16	<b>RYBAK Łukasz</b>	<b>408</b>	BIEGAJ W NIEMCZU	M3	16		K.Ł.RYBAK	00:00:03	00:19:25	<b>00:39:16.85</b>	<b>00:39:20.20</b>	+00:06:23 (16.3%)	3:55	15.3 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>ZIÓŁKOWSKI Mariusz</b>	<b>489</b>	CSLOG	M3	17	CSLog Grupa		00:00:08	00:19:38	<b>00:39:18.05</b>	<b>00:39:26.10</b>	+00:06:24 (16.3%)	3:55	15.3 (84.1%)
18	<b>SZYSZKA Mariusz</b>	<b>484</b>	4RUN TEAM BYDGOSZCZ	M3	18			00:00:04	00:19:39	<b>00:39:18.50</b>	<b>00:39:23.45</b>	+00:06:24 (16.3%)	3:55	15.3 (84.1%)
19	<b>BALMOWSKI Radosław</b>	<b>410</b>	II PUŁK INŻYNIERYJNY INOWROCŁAW	M3	19	II Pułk Inżynieryjny Inowrocław		00:00:05	00:19:25	<b>00:39:54.50</b>	<b>00:39:59.80</b>	+00:07:00 (17.6%)	3:59	15 (82.4%)
20	<b>SZERSZEŃ Kamil</b>	<b>296</b>	RWT W BYDGOSZCZY	M3	20	RWT w Bydgoszczy		00:00:03	00:19:41	<b>00:40:00.30</b>	<b>00:40:04.20</b>	+00:07:06 (17.8%)	4:00	15 (82.4%)
21	<b>OBREŃBSKI Grzegorz</b>	<b>421</b>	SIEBIEGA	M3	21			00:00:17	00:20:03	<b>00:40:17.55</b>	<b>00:40:35.00</b>	+00:07:23 (18.4%)	4:01	14.9 (81.9%)
22	<b>LIS Piotr</b>	<b>289</b>	GEOGRAFIA WOJSKOWA TORUŃ	M3	22	Geografia Wojskowa Toruń	NIE	00:00:05	00:19:46	<b>00:40:23.80</b>	<b>00:40:29.15</b>	+00:07:30 (18.6%)	4:02	14.9 (81.9%)
23	<b>SZCZEPANIAK Cezary</b>	<b>280</b>	JUVENTUS	M3	23			00:00:05	00:20:05	<b>00:40:48.00</b>	<b>00:40:53.65</b>	+00:07:54 (19.4%)	4:04	14.7 (80.8%)
24	<b>JANICKI Rafał</b>	<b>584</b>	SŁUŻBA WIĘZIENNA, AŚ W BYDGOSZCZY	M3	24	Służba Więzienna, AŚ w Bydgoszczy		00:00:02	00:20:15	<b>00:41:18.80</b>	<b>00:41:21.55</b>	+00:08:25 (20.4%)	4:07	14.5 (79.7%)
25	<b>PILACHOWSKI Mariusz</b>	<b>189</b>	NIE	M3	25	tak		00:00:14	00:20:58	<b>00:41:27.30</b>	<b>00:41:41.55</b>	+00:08:33 (20.6%)	4:08	14.5 (79.7%)
26	<b>NAWROCKI Mariusz</b>	<b>302</b>	SYLWIA FOTO-PASJA	M3	26		NAWROCCY	00:00:06	00:20:46	<b>00:41:30.55</b>	<b>00:41:36.80</b>	+00:08:36 (20.7%)	4:09	14.5 (79.7%)
27	<b>WIŚNIEWSKI Rafał</b>	<b>469</b>	CSLOG GRUPA	M3	27	CSLog Grupa		00:00:08	00:20:17	<b>00:41:32.00</b>	<b>00:41:40.60</b>	+00:08:38 (20.8%)	4:09	14.4 (79.1%)
28	<b>BUKOWIŃSKI Michał</b>	<b>602</b>	KLUB HANI & ANTKA	M3	28			00:00:09	00:20:18	<b>00:41:33.40</b>	<b>00:41:42.60</b>	+00:08:39 (20.8%)	4:09	14.4 (79.1%)
29	<b>ZWIEWKA Sebastian</b>	<b>93</b>	BUSHIDO	M3	29			00:00:07	00:20:29	<b>00:41:36.25</b>	<b>00:41:43.95</b>	+00:08:42 (20.9%)	4:09	14.4 (79.1%)
30	<b>NOWAK Przemysław</b>	<b>278</b>	KABEL TEAM BYDGOSZCZ	M3	30			00:00:08	00:20:45	<b>00:41:43.40</b>	<b>00:41:51.60</b>	+00:08:49 (21.2%)	4:10	14.4 (79.1%)
31	<b>ZBOIŃSKI Filip</b>	<b>271</b>	TKKF KOLEJARZ BYDGOSZCZ	M3	31			00:00:07	00:20:57	<b>00:41:48.50</b>	<b>00:41:56.00</b>	+00:08:54 (21.3%)	4:10	14.3 (78.6%)
32	<b>SYNAKIEWICZ Tomasz</b>	<b>195</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	32			00:00:17	00:20:52	<b>00:42:08.25</b>	<b>00:42:25.35</b>	+00:09:14 (21.9%)	4:12	14.2 (78.0%)
33	<b>CZARNECKI Piotr</b>	<b>168</b>	BRZOZA BIEGA	M3	33		Czarneccy	00:00:09	00:21:12	<b>00:42:21.30</b>	<b>00:42:30.35</b>	+00:09:27 (22.3%)	4:14	14.2 (78.0%)
34	<b>HASS Adam</b>	<b>316</b>	BRAK	M3	34		Hass	00:00:10	00:20:50	<b>00:42:26.35</b>	<b>00:42:36.55</b>	+00:09:32 (22.5%)	4:14	14.1 (77.5%)
35	<b>LEWANDOWSKI Rafał</b>	<b>332</b>	VENI, CUCURRI, VICI.	M3	35			00:00:06	00:20:47	<b>00:42:27.40</b>	<b>00:42:33.40</b>	+00:09:33 (22.5%)	4:14	14.1 (77.5%)
36	<b>MICHALIK Łukasz</b>	<b>247</b>	BRZOZA BIEGA	M3	36			00:00:04	00:21:19	<b>00:42:49.65</b>	<b>00:42:53.65</b>	+00:09:55 (23.2%)	4:16	14 (76.9%)
37	<b>KUŁAKOWSKI Krzysztof</b>	<b>449</b>	BYDGOSZCZ	M3	37			00:00:14	00:20:58	<b>00:43:01.00</b>	<b>00:43:15.05</b>	+00:10:07 (23.5%)	4:18	13.9 (76.4%)
38	<b>CZARNECKI Grzegorz</b>	<b>167</b>	BRZOZA BIEGA	M3	38		Czarneccy	00:00:09	00:21:36	<b>00:43:10.40</b>	<b>00:43:19.75</b>	+00:10:16 (23.8%)	4:19	13.9 (76.4%)

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39	<b>OSIŃSKI Karol</b>	<b>402</b>	PAŁUKI RUNNING TEAM	M3	39			00:00:14	00:21:45	<b>00:43:16.00</b>	<b>00:43:30.95</b>	+00:10:22 (24.0%)	4:19	13.9 (76.4%)
40	<b>KULPA Marcin</b>	<b>211</b>	CSLOG GRUPA	M3	40	CSLog Grupa		00:00:08	00:20:54	<b>00:43:20.15</b>	<b>00:43:28.45</b>	+00:10:26 (24.1%)	4:20	13.8 (75.8%)
41	<b>KOWALSKI Jacek</b>	<b>412</b>	BRAK	M3	41			00:00:05	00:21:30	<b>00:43:21.05</b>	<b>00:43:26.90</b>	+00:10:27 (24.1%)	4:20	13.8 (75.8%)
42	<b>SZOPIŃSKI Rafał</b>	<b>503</b>	BRAK	M3	42			00:00:13	00:20:49	<b>00:43:43.90</b>	<b>00:43:57.70</b>	+00:10:50 (24.8%)	4:22	13.7 (75.3%)
43	<b>BERNAŚ Janusz</b>	<b>485</b>	II PUŁK INŻYNIERYJNY INOWROCŁAW	M3	43	II Pułk Inżynieryjny Inowrocław		00:00:06	00:21:39	<b>00:43:45.20</b>	<b>00:43:51.35</b>	+00:10:51 (24.8%)	4:22	13.7 (75.3%)
44	<b>GZYL Mikołaj</b>	<b>356</b>	'EXODUS'	M3	44			00:00:15	00:21:43	<b>00:43:51.85</b>	<b>00:44:07.30</b>	+00:10:58 (25.0%)	4:23	13.7 (75.3%)
45	<b>KAMIŃSKI Arkadiusz</b>	<b>130</b>	CSLOG	M3	45	Cslog		00:00:08	00:21:12	<b>00:44:06.55</b>	<b>00:44:14.85</b>	+00:11:12 (25.4%)	4:24	13.6 (74.7%)
46	<b>DUTKOWSKI Tomasz</b>	<b>565</b>	MMPJ TEAM	M3	46			00:00:35	00:22:00	<b>00:44:14.20</b>	<b>00:44:49.55</b>	+00:11:20 (25.6%)	4:25	13.6 (74.7%)
47	<b>ŚLUSARSKI Przemysław</b>	<b>113</b>	BRAK	M3	47			00:00:28	00:22:17	<b>00:44:17.55</b>	<b>00:44:46.50</b>	+00:11:23 (25.7%)	4:25	13.5 (74.2%)
48	<b>JURAS Łukasz</b>	<b>306</b>	KOMENDA MIEJSKA POLICJI W TORUNIU	M3	48	Komenda Miejska Policji w Toruniu		00:00:08	00:22:02	<b>00:44:33.50</b>	<b>00:44:42.15</b>	+00:11:39 (26.2%)	4:27	13.5 (74.2%)
49	<b>KRUSZKA Łukasz</b>	<b>387</b>	KWP W BYDGOSZCZY	M3	49	KWP w Bydgoszczy		00:00:13	00:22:13	<b>00:44:36.90</b>	<b>00:44:49.95</b>	+00:11:43 (26.3%)	4:27	13.5 (74.2%)
50	<b>NALEWALSKI Paweł</b>	<b>255</b>	-	M3	50			00:00:15	00:22:07	<b>00:44:49.30</b>	<b>00:45:04.35</b>	+00:11:55 (26.6%)	4:28	13.4 (73.6%)
51	<b>GLIWKA Artur</b>	<b>96</b>	1. BLWL INOWROCŁAW	M3	51	1. BLWL Inowrocław		00:00:11	00:22:17	<b>00:44:59.60</b>	<b>00:45:11.05</b>	+00:12:05 (26.9%)	4:30	13.3 (73.1%)
52	<b>STRYSIK Tomasz</b>	<b>165</b>	CSLOG GRUPA	M3	52	CSLog Grupa		00:00:08	00:21:44	<b>00:44:59.70</b>	<b>00:45:07.90</b>	+00:12:05 (26.9%)	4:29	13.3 (73.1%)
53	<b>BĄCZKOWSKI Michał</b>	<b>478</b>	SISU OWB TEAM	M3	53		Bączkowscy	00:00:02	00:21:43	<b>00:45:08.25</b>	<b>00:45:11.05</b>	+00:12:14 (27.1%)	4:30	13.3 (73.1%)
54	<b>KOŁODZIEJCZYK Łukasz</b>	<b>499</b>	NCIA CSU BYDGOSZCZ	M3	54	NCIA CSU Bydgoszcz		00:00:16	00:22:07	<b>00:45:11.40</b>	<b>00:45:27.75</b>	+00:12:17 (27.2%)	4:31	13.3 (73.1%)
55	<b>NICZYPORUK Andrzej</b>	<b>202</b>	CSLOG GRUPA	M3	55	CSLog Grupa		00:00:09	00:22:07	<b>00:45:14.90</b>	<b>00:45:24.25</b>	+00:12:21 (27.3%)	4:31	13.3 (73.1%)
56	<b>LEBA Rafał</b>	<b>362</b>	JW4385	M3	56	JW4385		00:00:31	00:22:18	<b>00:45:18.30</b>	<b>00:45:49.75</b>	+00:12:24 (27.4%)	4:31	13.2 (72.5%)
57	<b>BOINSKI Sebastian</b>	<b>258</b>		M3	57			00:00:20	00:22:35	<b>00:45:21.90</b>	<b>00:45:42.65</b>	+00:12:28 (27.5%)	4:32	13.2 (72.5%)
58	<b>KRZEMKOWSKI Paweł</b>	<b>351</b>	FORDON	M3	58			00:00:24	00:22:23	<b>00:45:23.75</b>	<b>00:45:48.10</b>	+00:12:29 (27.5%)	4:32	13.2 (72.5%)
59	<b>MRUK Tomasz</b>	<b>285</b>	STRAŻ MIEJSKA W BYDGOSZCZY	M3	59	Straż Miejska w Bydgoszczy		00:00:39	00:23:25	<b>00:45:27.40</b>	<b>00:46:06.50</b>	+00:12:33 (27.6%)	4:32	13.2 (72.5%)
60	<b>KARWASZ Andrzej</b>	<b>30</b>	START PAKOŚĆ	M3	60			00:00:00		<b>00:45:28.65</b>	<b>00:45:28.65</b>	+00:12:34 (27.7%)	4:32	13.2 (72.5%)

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61	<b>KATULSKI Radosław</b>	<b>470</b>	BBL INOWROCŁAW	M3	61			00:00:15	00:22:49	<b>00:45:32.85</b>	<b>00:45:48.75</b>	+00:12:39 (27.8%)	4:33	13.2 (72.5%)
62	<b>GMYS Tomasz</b>	<b>522</b>	BRAK	M3	62			00:00:22	00:22:24	<b>00:45:35.05</b>	<b>00:45:57.30</b>	+00:12:41 (27.8%)	4:33	13.2 (72.5%)
63	<b>GROMADA Marcin</b>	<b>380</b>	SETA	M3	63			00:00:20	00:22:53	<b>00:45:35.40</b>	<b>00:45:55.65</b>	+00:12:41 (27.8%)	4:33	13.2 (72.5%)
64	<b>MAGDZIARZ Jakub</b>	<b>427</b>	KANCELARIA-HMM	M3	64			00:00:26	00:23:39	<b>00:45:36.40</b>	<b>00:46:03.20</b>	+00:12:42 (27.9%)	4:33	13.2 (72.5%)
65	<b>CYL Dawid</b>	<b>153</b>	RUN BYDGOSZCZ	M3	65			00:00:19	00:23:29	<b>00:45:39.95</b>	<b>00:45:59.60</b>	+00:12:46 (28.0%)	4:34	13.1 (72.0%)
66	<b>JAKUĆ Krzysztof</b>	<b>580</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M3	66			00:00:11	00:22:45	<b>00:45:40.00</b>	<b>00:45:51.25</b>	+00:12:46 (28.0%)	4:34	13.1 (72.0%)
67	<b>ŻAROŃ Maciej</b>	<b>49</b>	DRINKBUS TEAM RUNNING	M3	67		Żaroń	00:00:12	00:23:33	<b>00:45:49.60</b>	<b>00:46:02.55</b>	+00:12:55 (28.2%)	4:35	13.1 (72.0%)
68	<b>KRUK Łukasz</b>	<b>294</b>	GEOGRAFIA WOJSKOWA TORUŃ	M3	68	Geografia Wojskowa Toruń	nie	00:00:23	00:23:35	<b>00:45:54.65</b>	<b>00:46:18.30</b>	+00:13:00 (28.3%)	4:35	13.1 (72.0%)
69	<b>DAGIEL Aleksander</b>	<b>329</b>	GKMA LOUIS TEAM	M3	69			00:00:20	00:22:53	<b>00:45:55.20</b>	<b>00:46:15.60</b>	+00:13:01 (28.4%)	4:35	13.1 (72.0%)
70	<b>WALCZAK Sławomir</b>	<b>550</b>	PAŁUKI RUNNING TEAM	M3	70			00:00:41	00:23:44	<b>00:45:56.20</b>	<b>00:46:38.15</b>	+00:13:02 (28.4%)	4:35	13.1 (72.0%)
71	<b>WDOWCZYK Piotr</b>	<b>541</b>	II PUŁK INŻYNIERYJNY INOWROCŁAW	M3	71	II Pułk Inżynieryjny Inowrocław		00:00:10	00:22:32	<b>00:46:05.45</b>	<b>00:46:16.35</b>	+00:13:11 (28.6%)	4:36	13 (71.4%)
72	<b>BURAK Maciej</b>	<b>599</b>	II PUŁK INŻYNIERYJNY INOWROCŁAW	M3	72	II Pułk Inżynieryjny Inowrocław		00:00:11	00:22:45	<b>00:46:08.85</b>	<b>00:46:20.10</b>	+00:13:15 (28.7%)	4:36	13 (71.4%)
73	<b>PASZKIET Remi</b>	<b>40</b>	BARCIN BIEGA	M3	73			00:00:12	00:22:29	<b>00:46:15.50</b>	<b>00:46:28.05</b>	+00:13:21 (28.9%)	4:37	13 (71.4%)
74	<b>POPIELA Maksymilian</b>	<b>192</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	74			00:00:16	00:22:40	<b>00:46:19.60</b>	<b>00:46:36.15</b>	+00:13:25 (29.0%)	4:38	12.9 (70.9%)
75	<b>APANASIEWICZ Bartosz</b>	<b>600</b>	RUNSPACE.PL	M3	75			00:00:19	00:22:51	<b>00:46:26.70</b>	<b>00:46:45.80</b>	+00:13:32 (29.2%)	4:38	12.9 (70.9%)
76	<b>RZEMPOWSKI Marcin</b>	<b>82</b>	BRZOZA BIEGA	M3	76			00:00:06	00:23:24	<b>00:46:48.40</b>	<b>00:46:54.65</b>	+00:13:54 (29.7%)	4:40	12.8 (70.3%)
77	<b>ŻYWICA Adam</b>	<b>74</b>	BRZOZA BIEGA	M3	77			00:00:06	00:23:24	<b>00:46:48.80</b>	<b>00:46:54.95</b>	+00:13:55 (29.7%)	4:40	12.8 (70.3%)
78	<b>KOWALSKI Paweł</b>	<b>378</b>	KOWALE TEAM	M3	78			00:00:21	00:23:10	<b>00:46:51.75</b>	<b>00:47:13.15</b>	+00:13:57 (29.8%)	4:41	12.8 (70.3%)
79	<b>PILECKI Piotr</b>	<b>246</b>	BRZOZA BIEGA	M3	79			00:00:28	00:23:17	<b>00:46:52.15</b>	<b>00:47:20.25</b>	+00:13:58 (29.8%)	4:41	12.8 (70.3%)
80	<b>TYLUTKI Radosław</b>	<b>326</b>	BARCIN BIEGA	M3	80			00:00:12	00:23:15	<b>00:46:55.85</b>	<b>00:47:08.70</b>	+00:14:02 (29.9%)	4:41	12.8 (70.3%)
81	<b>SZPOJDA Grzegorz</b>	<b>496</b>	-	M3	81			00:00:46	00:23:25	<b>00:46:57.50</b>	<b>00:47:43.75</b>	+00:14:03 (29.9%)	4:41	12.8 (70.3%)
82	<b>SZTEJKA Damian</b>	<b>101</b>	BRAK	M3	82			00:00:19	00:23:49	<b>00:47:02.10</b>	<b>00:47:21.60</b>	+00:14:08 (30.1%)	4:42	12.8 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								startu	5km					
83	<b>KOWALSKI Krzysztof</b>	<b>42</b>	KRUSZYN KRAJEŃSKI	M3	83			00:00:33	00:23:24	<b>00:47:12.40</b>	<b>00:47:45.45</b>	+00:14:18 (30.3%)	4:43	12.7 (69.8%)
84	<b>SZWARC Paweł</b>	<b>61</b>	RUN BYDGOSZCZ	M3	84			00:00:33	00:24:19	<b>00:47:15.95</b>	<b>00:47:49.60</b>	+00:14:22 (30.4%)	4:43	12.7 (69.8%)
85	<b>KOSTRZAK Dominik</b>	<b>324</b>	PROPONEO.PL	M3	85			00:00:16	00:23:21	<b>00:47:19.10</b>	<b>00:47:35.75</b>	+00:14:25 (30.5%)	4:43	12.7 (69.8%)
86	<b>HERMELIN Wojciech</b>	<b>426</b>	KANCELARIA-HMM	M3	86			00:00:27	00:23:38	<b>00:47:25.85</b>	<b>00:47:53.80</b>	+00:14:32 (30.6%)	4:44	12.6 (69.2%)
87	<b>GAWLIKOWSKI Przemek</b>	<b>375</b>	12 WOG TORUŃ	M3	87	12 WOG Toruń		00:00:07	00:23:32	<b>00:47:30.65</b>	<b>00:47:38.55</b>	+00:14:36 (30.8%)	4:45	12.6 (69.2%)
88	<b>KANAREK Szymon</b>	<b>519</b>	1. BLWL	M3	88	1. BLWL		00:00:14	00:23:52	<b>00:47:38.15</b>	<b>00:47:52.90</b>	+00:14:44 (30.9%)	4:45	12.6 (69.2%)
89	<b>ROŚCISZEWSKI Łukasz</b>	<b>34</b>	TEAM MYŚLĘCINEK	M3	89			00:00:22	00:23:47	<b>00:47:48.75</b>	<b>00:48:11.45</b>	+00:14:54 (31.2%)	4:46	12.5 (68.7%)
90	<b>CZAJEWSKI Tomasz</b>	<b>154</b>	2 RWT SP BYDGOSZCZ	M3	90	2 RWT SP BYDGOSZCZ		00:00:43	00:23:41	<b>00:47:53.00</b>	<b>00:48:36.60</b>	+00:14:59 (31.3%)	4:47	12.5 (68.7%)
91	<b>NOCEK Paweł</b>	<b>612</b>	1. BLOG BYDGOSZCZ	M3	91	1. Blog Bydgoszcz		00:00:11	00:22:29	<b>00:48:02.75</b>	<b>00:48:14.20</b>	+00:15:08 (31.5%)	4:48	12.5 (68.7%)
92	<b>DRZEWIECKI Dariusz</b>	<b>293</b>	GEOGRAFIA WOJSKOWA TORUŃ	M3	92	Geografia Wojskowa Toruń	nie	00:00:43	00:24:21	<b>00:48:15.40</b>	<b>00:48:59.20</b>	+00:15:21 (31.8%)	4:49	12.4 (68.1%)
93	<b>SYNAKIEWICZ Piotr</b>	<b>92</b>	ES-TEAM	M3	93		eS-Team	00:00:11	00:23:21	<b>00:48:18.15</b>	<b>00:48:29.75</b>	+00:15:24 (31.9%)	4:49	12.4 (68.1%)
94	<b>LEWANDOWSKI Bartosz</b>	<b>557</b>	MARUNTHON	M3	94			00:00:32	00:23:50	<b>00:48:26.70</b>	<b>00:48:58.95</b>	+00:15:32 (32.1%)	4:50	12.4 (68.1%)
95	<b>RZEMEK Sławomir</b>	<b>363</b>	ERZET	M3	95			00:00:35	00:24:18	<b>00:48:29.55</b>	<b>00:49:05.45</b>	+00:15:35 (32.2%)	4:51	12.4 (68.1%)
96	<b>BĄCZKOWSKI Maciej</b>	<b>431</b>	SISU OWB TEAM	M3	96			00:00:02	00:22:56	<b>00:48:43.25</b>	<b>00:48:45.60</b>	+00:15:49 (32.5%)	4:52	12.3 (67.6%)
97	<b>ŁUGOWSKI Tomasz</b>	<b>372</b>	BIL BIEGA	M3	97			00:00:23	00:24:37	<b>00:48:58.50</b>	<b>00:49:21.80</b>	+00:16:04 (32.8%)	4:53	12.3 (67.6%)
98	<b>PIEKARSKI Arek</b>	<b>115</b>	BRAK	M3	98			00:00:26	00:25:11	<b>00:49:00.05</b>	<b>00:49:26.35</b>	+00:16:06 (32.9%)	4:54	12.2 (67.0%)
99	<b>OPASKA Marcin</b>	<b>75</b>	BYDGOSZCZ	M3	99			00:00:28	00:24:13	<b>00:49:00.20</b>	<b>00:49:29.05</b>	+00:16:06 (32.9%)	4:54	12.2 (67.0%)
100	<b>JABŁOŃSKI Adrian</b>	<b>521</b>	NIEZRZESZONY	M3	100			00:00:25	00:24:38	<b>00:49:05.85</b>	<b>00:49:31.25</b>	+00:16:12 (33.0%)	4:54	12.2 (67.0%)
101	<b>ŚCIBAK Wojciech</b>	<b>207</b>	JFTC SU	M3	101	JFTC SU		00:00:48	00:24:52	<b>00:49:10.65</b>	<b>00:49:58.70</b>	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
102	<b>DAWIDOWICZ Maciej</b>	<b>97</b>	BRZOZA	M3	102			00:00:13	00:24:14	<b>00:49:11.80</b>	<b>00:49:25.35</b>	+00:16:18 (33.1%)	4:55	12.2 (67.0%)
103	<b>WIDŹGOWSKI Przemysław</b>	<b>95</b>	BYDGOSZCZ	M3	103			00:00:43	00:25:08	<b>00:49:13.75</b>	<b>00:49:56.85</b>	+00:16:19 (33.2%)	4:55	12.2 (67.0%)
104	<b>GÓRECKI Łukasz</b>	<b>578</b>	BYDGOSKIE OKONIE	M3	104			00:00:06	00:24:04	<b>00:49:19.75</b>	<b>00:49:25.90</b>	+00:16:25 (33.3%)	4:55	12.2 (67.0%)
105	<b>CZERWIŃSKI Michał</b>	<b>540</b>	12 WOG TORUŃ	M3	105	12 WOG Toruń		00:00:48	00:25:02	<b>00:49:21.35</b>	<b>00:50:09.80</b>	+00:16:27 (33.3%)	4:56	12.2 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
106	LIPIŃSKI Marek	515	TORUŃ	M3	106			00:00:18	00:24:27	00:49:43.20	00:50:02.15	+00:16:49 (33.8%)	4:58	12.1 (66.5%)
107	KOŚCIELAK Maciej	535	ŻANDARMI Z BYDGOSZCZY	M3	107	Żandarmi z Bydgoszczy		00:00:26	00:24:59	00:49:44.30	00:50:10.65	+00:16:50 (33.9%)	4:58	12.1 (66.5%)
108	RAKOWSKI Paweł	358	ŻANDARMI Z BYDGOSZCZY	M3	108	Żandarmi z Bydgoszczy	Rakowscy	00:00:27	00:24:57	00:50:06.40	00:50:34.35	+00:17:12 (34.3%)	5:00	12 (65.9%)
109	KANIA Michał	276	NIEZRZESZONY	M3	109		Kania Team	00:00:19	00:24:31	00:50:09.65	00:50:29.30	+00:17:15 (34.4%)	5:01	12 (65.9%)
110	TOCZKIEWICZ Piotr	187	BRAK	M3	110			00:00:28	00:24:51	00:50:10.50	00:50:39.05	+00:17:16 (34.4%)	5:01	12 (65.9%)
111	PROKOP Michał	533	II PUŁK INŻYNIERYJNY INOWROCŁAW	M3	111	II Pułk Inżynierijny Inowrocław		00:00:16	00:24:58	00:50:11.05	00:50:27.55	+00:17:17 (34.4%)	5:01	12 (65.9%)
112	LEWICKI Konrad	55	ŻANDARMI Z BYDGOSZCZY	M3	112	Żandarmi z Bydgoszczy		00:00:28	00:24:57	00:50:11.10	00:50:39.75	+00:17:17 (34.4%)	5:01	12 (65.9%)
113	MEYER Łukasz	67	MIŚKI HARIBO	M3	113			00:00:28	00:24:14	00:50:16.45	00:50:45.10	+00:17:22 (34.6%)	5:01	11.9 (65.4%)
114	DERDZINSKI Marcin	576	BIEGAM BO LUBIE	M3	114			00:00:38	00:25:45	00:50:28.10	00:51:06.55	+00:17:34 (34.8%)	5:02	11.9 (65.4%)
115	ZILLMANN Tadeusz	295	GEOGRAFIA WOJSKOWA TORUŃ	M3	115	Geografia Wojskowa Toruń	NIE	00:00:04	00:24:34	00:50:36.05	00:50:40.80	+00:17:42 (35.0%)	5:03	11.9 (65.4%)
116	BIAŁOŁOCKI Marek	338	POLSKA	M3	116			00:00:47	00:25:21	00:50:44.90	00:51:31.90	+00:17:51 (35.2%)	5:04	11.8 (64.8%)
117	RACIBORSKI Grzegorz	556	TASAK TEAM	M3	117			00:00:40	00:25:43	00:51:03.05	00:51:43.70	+00:18:09 (35.6%)	5:06	11.8 (64.8%)
118	SONDEJ Rafał	203	JFTC SU	M3	118	JFTC SU		00:00:45	00:24:35	00:51:04.55	00:51:50.35	+00:18:10 (35.6%)	5:06	11.7 (64.3%)
119	KLABAN Marcin	445	11 WOG	M3	119			00:00:51	00:25:57	00:51:09.35	00:52:01.30	+00:18:15 (35.7%)	5:07	11.7 (64.3%)
120	DERENDA Mirosław	542	1. BLWL	M3	120	1. BLWL		00:00:15	00:25:19	00:51:13.90	00:51:29.05	+00:18:20 (35.8%)	5:07	11.7 (64.3%)
121	SADOWSKI Michał	447	ZFCI	M3	121			00:00:14	00:25:20	00:51:14.10	00:51:28.65	+00:18:20 (35.8%)	5:07	11.7 (64.3%)
122	ŻERDZIŃSKI Marcin	68	TEAM KRISTOFA	M3	122			00:00:22	00:24:47	00:51:15.70	00:51:37.80	+00:18:21 (35.8%)	5:07	11.7 (64.3%)
123	GRAJEWSKI Mateusz	527	RUN4FUN	M3	123			00:00:18	00:23:58	00:51:20.60	00:51:38.75	+00:18:26 (35.9%)	5:08	11.7 (64.3%)
124	SZULC Jarosław	123	SZULC TEAM	M3	124		Szulc Team	00:00:45	00:24:08	00:51:24.75	00:52:10.55	+00:18:30 (36.0%)	5:08	11.7 (64.3%)
125	MUCHA Marcin	90	BATRUN	M3	125			00:00:43	00:25:34	00:51:40.00	00:52:23.45	+00:18:46 (36.3%)	5:10	11.6 (63.7%)
126	MAGDZIARZ Michał	446	HURAGAN BIERUTOWICE	M3	126			00:00:17	00:24:42	00:51:51.15	00:52:08.65	+00:18:57 (36.6%)	5:11	11.6 (63.7%)
127	BRZEZIŃSKI Sławomir	281	STRAŻ MIEJSKA W BYDGOSZCZY	M3	127	Straż Miejska w Bydgoszczy		00:00:38	00:25:13	00:51:52.60	00:52:31.40	+00:18:58 (36.6%)	5:11	11.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
128	<b>SZTOBRYN Aleksander</b>	<b>395</b>	STRAŻ GRANICZNA LOK POGRANICZNIK	M3	128	STRAŻ GRANICZNA LOK POGRANICZNIK		00:00:39	00:25:30	<b>00:52:03.15</b>	<b>00:52:42.25</b>	+00:19:09 (36.8%)	5:12	11.5 (63.2%)
129	<b>ŚLEFARSKI Marcin</b>	<b>29</b>	BRAK	M3	129	Brak	Brak	00:00:25	00:25:19	<b>00:52:05.05</b>	<b>00:52:30.30</b>	+00:19:11 (36.8%)	5:12	11.5 (63.2%)
130	<b>RASIŃSKI Adrian</b>	<b>407</b>	NIEZRZESZONY	M3	130			00:00:50	00:26:07	<b>00:52:16.90</b>	<b>00:53:07.20</b>	+00:19:23 (37.1%)	5:13	11.5 (63.2%)
131	<b>PAWLACZYK Szymon</b>	<b>267</b>	BRAK	M3	131			00:00:16	00:24:53	<b>00:52:21.85</b>	<b>00:52:38.35</b>	+00:19:28 (37.2%)	5:14	11.5 (63.2%)
132	<b>POLITOWICZ Kamil</b>	<b>350</b>	TRZYNASTKA	M3	132			00:00:10	00:25:32	<b>00:52:24.15</b>	<b>00:52:34.65</b>	+00:19:30 (37.2%)	5:14	11.5 (63.2%)
133	<b>QUAAS Łukasz</b>	<b>158</b>	BRAK	M3	133	służba wiezienna	Quaas	00:00:30	00:25:05	<b>00:52:42.85</b>	<b>00:53:13.20</b>	+00:19:49 (37.6%)	5:16	11.4 (62.6%)
134	<b>PRUS Marcin</b>	<b>129</b>		M3	134			00:00:51	00:26:10	<b>00:52:58.85</b>	<b>00:53:50.20</b>	+00:20:05 (37.9%)	5:17	11.3 (62.1%)
135	<b>SAWICKI Michał</b>	<b>374</b>	BRAK	M3	135		Sawicki	00:00:36	00:25:37	<b>00:53:01.50</b>	<b>00:53:37.95</b>	+00:20:07 (38.0%)	5:18	11.3 (62.1%)
136	<b>KALA Michał</b>	<b>490</b>	BRAK	M3	136			00:00:47	00:26:58	<b>00:53:42.05</b>	<b>00:54:29.05</b>	+00:20:48 (38.7%)	5:22	11.2 (61.5%)
137	<b>WOŁKIEWICZ Marcin</b>	<b>322</b>	BRAK	M3	137			00:00:20	00:25:26	<b>00:53:46.05</b>	<b>00:54:06.25</b>	+00:20:52 (38.8%)	5:22	11.2 (61.5%)
138	<b>STACHNIUK Przemysław</b>	<b>103</b>	JFTC SU	M3	138	JFTC SU		00:00:47	00:26:40	<b>00:53:49.55</b>	<b>00:54:36.70</b>	+00:20:55 (38.9%)	5:22	11.1 (61.0%)
139	<b>ZIĘTARSKI Cezary</b>	<b>144</b>	2 RWT SP BYDGOSZCZ	M3	139	2 RWT SP BYDGOSZCZ		00:00:41	00:26:34	<b>00:53:59.05</b>	<b>00:54:40.50</b>	+00:21:05 (39.1%)	5:23	11.1 (61.0%)
140	<b>SIKORSKI Jarek</b>	<b>524</b>	BRAK	M3	140			00:00:31	00:26:49	<b>00:54:39.30</b>	<b>00:55:10.65</b>	+00:21:45 (39.8%)	5:27	11 (60.4%)
141	<b>RUSZKIEWICZ Łukasz</b>	<b>589</b>	NIEZRZESZONY	M3	141			00:00:34	00:26:38	<b>00:54:49.10</b>	<b>00:55:23.60</b>	+00:21:55 (40.0%)	5:28	10.9 (59.9%)
142	<b>TUCZYŃSKI Robert</b>	<b>401</b>	NIEZRZESZONY	M3	142			00:00:48	00:28:11	<b>00:55:24.15</b>	<b>00:56:12.85</b>	+00:22:30 (40.6%)	5:32	10.8 (59.3%)
143	<b>RUJNA Przemysław</b>	<b>525</b>	MARUNTHON.COM	M3	143			00:00:32	00:28:10	<b>00:55:42.05</b>	<b>00:56:14.35</b>	+00:22:48 (40.9%)	5:34	10.8 (59.3%)
144	<b>GLASNER Rafał</b>	<b>505</b>	WEEKENDOWY BIEGACZ	M3	144			00:00:47	00:26:55	<b>00:55:47.20</b>	<b>00:56:34.75</b>	+00:22:53 (41.0%)	5:34	10.8 (59.3%)
145	<b>PODLECKI Tomasz</b>	<b>579</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M3	145			00:00:11	00:28:14	<b>00:55:49.25</b>	<b>00:56:00.85</b>	+00:22:55 (41.1%)	5:34	10.7 (58.8%)
146	<b>REMLINGER Michał</b>	<b>56</b>	RUN BYDGOSZCZ	M3	146			00:00:50	00:27:58	<b>00:55:53.20</b>	<b>00:56:43.50</b>	+00:22:59 (41.1%)	5:35	10.7 (58.8%)
147	<b>ZNANIECKI Wojciech</b>	<b>54</b>	ZNANIECCY	M3	147		Znaniecty	00:00:31	00:27:00	<b>00:55:53.65</b>	<b>00:56:25.55</b>	+00:22:59 (41.1%)	5:35	10.7 (58.8%)
148	<b>SEROCKI Bartosz</b>	<b>98</b>	KCBM FRANEK I RÓŻA	M3	148			00:00:34	00:26:57	<b>00:56:00.05</b>	<b>00:56:34.25</b>	+00:23:06 (41.3%)	5:36	10.7 (58.8%)
149	<b>POŁOMSKI Rafał</b>	<b>291</b>	GEOGRAFIA WOJSKOWA TORUŃ	M3	149	Geografia Wojskowa Toruń	nie	00:00:32	00:28:42	<b>00:56:08.90</b>	<b>00:56:41.55</b>	+00:23:15 (41.4%)	5:36	10.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
150	<b>DUDZIAK Tomasz</b>	<b>81</b>	PYSZCZOSZCZYPIE	M3	150			00:00:33	00:27:32	<b>00:56:15.20</b>	<b>00:56:48.50</b>	+00:23:21 (41.5%)	5:37	10.7 (58.8%)
151	<b>KIEŁPIŃSKI Krzysztof</b>	<b>224</b>	WWW.DOBRY-WYBOR.PL	M3	151			00:00:39	00:27:29	<b>00:56:22.80</b>	<b>00:57:02.50</b>	+00:23:29 (41.7%)	5:38	10.6 (58.2%)
152	<b>WAWRZYŃIAK Michał</b>	<b>456</b>	BIL BIEGA	M3	152		Wawrzyński	00:00:34	00:28:13	<b>00:56:39.55</b>	<b>00:57:14.10</b>	+00:23:45 (41.9%)	5:40	10.6 (58.2%)
153	<b>WODEJKO Artur</b>	<b>100</b>	TURBOBOY	M3	153			00:00:33	00:28:14	<b>00:56:40.20</b>	<b>00:57:14.10</b>	+00:23:46 (42.0%)	5:40	10.6 (58.2%)
154	<b>GURDAK Leszek</b>	<b>616</b>		M3	154			00:00:40	00:27:03	<b>00:56:48.75</b>	<b>00:57:29.10</b>	+00:23:54 (42.1%)	5:40	10.6 (58.2%)
155	<b>BEHRENDT Rafał</b>	<b>273</b>	KWP W BYDGOSZCZY	M3	155	KWP w Bydgoszczy		00:00:44	00:27:12	<b>00:57:16.90</b>	<b>00:58:01.40</b>	+00:24:23 (42.6%)	5:43	10.5 (57.7%)
156	<b>STĘPIEŃ Bogdan</b>	<b>546</b>	BRAK	M3	156			00:00:22	00:28:32	<b>00:57:48.25</b>	<b>00:58:10.65</b>	+00:24:54 (43.1%)	5:46	10.4 (57.1%)
157	<b>CHWIŁKA Daniel</b>	<b>549</b>	HIGHFIVETEAM.PL	M3	157			00:00:41	00:27:41	<b>00:58:02.00</b>	<b>00:58:43.05</b>	+00:25:08 (43.3%)	5:48	10.3 (56.6%)
158	<b>KOMOSIŃSKI Paweł</b>	<b>383</b>	KWP W BYDGOSZCZY	M3	158	KWP w Bydgoszczy		00:00:49	00:28:03	<b>00:58:08.50</b>	<b>00:58:58.30</b>	+00:25:14 (43.4%)	5:48	10.3 (56.6%)
159	<b>KANIA Daniel</b>	<b>323</b>	NIEZRZESZONY	M3	159		Kania Team	00:00:25	00:27:59	<b>00:58:52.55</b>	<b>00:59:18.40</b>	+00:25:58 (44.1%)	5:53	10.2 (56.0%)
160	<b>MINTA Adam</b>	<b>615</b>		M3	160			00:00:40	00:29:17	<b>00:58:59.80</b>	<b>00:59:40.25</b>	+00:26:06 (44.2%)	5:54	10.2 (56.0%)
161	<b>GRUBA Paweł</b>	<b>417</b>	NIEZRZESZONY	M3	161		GRUBA	00:00:36	00:28:37	<b>00:59:07.25</b>	<b>00:59:43.35</b>	+00:26:13 (44.4%)	5:54	10.1 (55.5%)
162	<b>JULLY Arkadiusz</b>	<b>312</b>	BRAK	M3	162			00:00:46	00:30:18	<b>01:00:46.30</b>	<b>01:01:32.55</b>	+00:27:52 (45.9%)	6:04	9.9 (54.4%)
163	<b>PALKA Robert</b>	<b>240</b>	INDYWIDUALNIE	M3	163			00:00:29	00:29:30	<b>01:01:14.10</b>	<b>01:01:43.45</b>	+00:28:20 (46.3%)	6:07	9.8 (53.8%)
164	<b>ZABOROWSKI Robert</b>	<b>83</b>	PGB SPORTOWA PACZKA	M3	164			00:00:44	00:29:59	<b>01:02:18.80</b>	<b>01:03:03.00</b>	+00:29:25 (47.2%)	6:13	9.6 (52.7%)
165	<b>BRAĞIEL Jakub</b>	<b>63</b>	RUN BYDGOSZCZ	M3	165		Brağiel	00:00:35	00:29:42	<b>01:02:53.65</b>	<b>01:03:29.15</b>	+00:29:59 (47.7%)	6:17	9.5 (52.2%)
166	<b>ROŹNIAKOWSKI Dawid</b>	<b>575</b>	BRAK	M3	166			00:00:06	00:30:40	<b>01:03:54.35</b>	<b>01:04:00.90</b>	+00:31:00 (48.5%)	6:23	9.4 (51.6%)
167	<b>CIBOROWSKI Bartłomiej</b>	<b>367</b>	INDYWIDUALNIE	M3	167			00:00:29	00:31:29	<b>01:04:29.80</b>	<b>01:04:58.85</b>	+00:31:36 (49.0%)	6:26	9.3 (51.1%)
168	<b>FERNANDEZ Cristian</b>	<b>317</b>	BRAK	M3	168		Fernandez	00:00:33	00:31:17	<b>01:04:34.25</b>	<b>01:05:07.85</b>	+00:31:40 (49.1%)	6:27	9.3 (51.1%)
169	<b>SYNAKIEWICZ Marcin</b>	<b>39</b>	ES-TEAM	M3	169		eS-Team	00:00:13	00:30:04	<b>01:06:21.60</b>	<b>01:06:35.15</b>	+00:33:27 (50.4%)	6:38	9 (49.5%)
170	<b>RĄCZKA Łukasz</b>	<b>132</b>	VOLLEYTEAM	M3	170			00:00:49	00:33:31	<b>01:07:18.65</b>	<b>01:08:07.65</b>	+00:34:24 (51.1%)	6:43	8.9 (48.9%)
171	<b>GOZIMIRSKI Adam</b>	<b>586</b>	ROWEROWA BRZOZA	M3	171			00:00:09	00:24:15	<b>01:09:13.35</b>	<b>01:09:23.30</b>	+00:36:19 (52.5%)	6:55	8.7 (47.8%)
172	<b>RYMARKIEWICZ Sławomir</b>	<b>107</b>	BYDGOSZCZ	M3	172			00:00:28	00:34:20	<b>01:13:32.40</b>	<b>01:14:01.25</b>	+00:40:38 (55.3%)	7:21	8.2 (45.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
173	<b>SWOBODA Daniel</b>	<b>200</b>	NKB	M3	173	tak	Swoboda	00:00:44	00:35:46	<b>01:13:33.40</b>	<b>01:14:17.45</b>	+00:40:39 (55.3%)	7:21	8.2 (45.1%)
174	<b>PAWULSKI Jakub</b>	<b>476</b>	OSOVA FITNESS	M3	174			00:00:43	00:35:47	<b>01:13:34.50</b>	<b>01:14:18.25</b>	+00:40:40 (55.3%)	7:21	8.2 (45.1%)
175	<b>SPARZYŃSKI Adam</b>	<b>390</b>	1. BLWL	M3	175	1. BLWL		00:50:33						(0.0%)

Znaleziono 175 wynik(ów)