



# VII BIEG TRZEŹWOŚCI - BIEG 10 KM

B4SPORT

**Organizator:**

**Data:**

**Miejsce:**

**Dystans:**

Rowerowa Brzoza

2016-09-17

Przyłęki-Brzoza

10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>NARTOWSKI Kamil</b>	<b>434</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	1	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:01	00:16:29	<b>00:33:49.25</b>	<b>00:33:50.85</b>		3:22	17.7 (100%)
2	<b>KOŚMIEJA Marcin</b>	<b>403</b>	TKKF KOLEJARZ BYDGOSZCZ	M3	2			TKKF Kolejarz Bydgoszcz	00:00:01	00:17:49	<b>00:34:45.95</b>	<b>00:34:47.90</b>	+00:00:56 (2.7%)	3:28	17.3 (97.7%)
3	<b>KRYSKE Bartosz</b>	<b>4</b>	SPÓJNIA BIAŁE BŁOTA	M3	3	JW 2980 Braniewo	Kryske	SPÓJNIA BIAŁE BŁOTA	00:00:01	00:17:49	<b>00:34:54.85</b>	<b>00:34:56.80</b>	+00:01:05 (3.1%)	3:29	17.2 (97.2%)
4	<b>WIWATOWSKI Michał</b>	<b>109</b>		M3	4				00:00:02	00:18:35	<b>00:36:39.35</b>	<b>00:36:41.85</b>	+00:02:50 (7.7%)	3:39	16.4 (92.7%)
5	<b>DEPTUŁA Grzegorz</b>	<b>229</b>	VII LO BYDGOSZCZ	M3	5				00:00:03	00:19:05	<b>00:37:32.95</b>	<b>00:37:36.45</b>	+00:03:43 (9.9%)	3:45	16 (90.4%)
6	<b>KOWALCZYK Marek</b>	<b>10</b>		M3	6	KWP BYDGOSZCZ			00:00:01	00:18:42	<b>00:37:34.25</b>	<b>00:37:35.90</b>	+00:03:45 (10.0%)	3:45	16 (90.4%)
7	<b>ŻAL Robert</b>	<b>184</b>	SPÓJNIA BIAŁE BŁOTA	M3	7	JFTC SU		SPÓJNIA BIAŁE BŁOTA	00:00:01	00:19:05	<b>00:38:11.90</b>	<b>00:38:13.65</b>	+00:04:22 (11.5%)	3:49	15.7 (88.7%)
8	<b>SZYSZKA Mariusz</b>	<b>108</b>	SPÓJNIA BIAŁE BŁOTA	M3	8			SPÓJNIA BIAŁE BŁOTA	00:00:03	00:19:19	<b>00:38:15.90</b>	<b>00:38:19.50</b>	+00:04:26 (11.6%)	3:49	15.7 (88.7%)
9	<b>GROCHOWIAK Piotr</b>	<b>135</b>	ŚLIMAKI BARCIN	M3	9				00:00:04	00:19:18	<b>00:38:20.95</b>	<b>00:38:24.95</b>	+00:04:31 (11.8%)	3:50	15.7 (88.7%)
10	<b>KRYSKE Mariusz</b>	<b>95</b>	SPÓJNIA BIAŁE BŁOTA	M3	10		Kryske	SPÓJNIA BIAŁE BŁOTA	00:00:03	00:19:28	<b>00:39:22.35</b>	<b>00:39:25.55</b>	+00:05:33 (14.1%)	3:56	15.2 (85.9%)
11	<b>DANIELEWSKI Mariusz</b>	<b>6</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	11	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:19:28	<b>00:39:23.55</b>	<b>00:39:29.25</b>	+00:05:34 (14.1%)	3:56	15.2 (85.9%)
12	<b>BRZozowski Szymon</b>	<b>341</b>	WIKA POLSKA	M3	12				00:00:09	00:19:25	<b>00:39:27.50</b>	<b>00:39:36.70</b>	+00:05:38 (14.3%)	3:56	15.2 (85.9%)
13	<b>LIWAK Tomasz</b>	<b>345</b>	3 REGIONALNA BAZA LOGISTYCZNA KRAKÓW	M3	13	3 Regionalna Baza Logistyczna			00:00:03	00:19:45	<b>00:39:47.05</b>	<b>00:39:50.30</b>	+00:05:57 (15.0%)	3:58	15.1 (85.3%)
14	<b>LEWANDOWSKI Jacek</b>	<b>351</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	14	2 Pułk Inżynierijny Inowrocław			00:00:08	00:20:06	<b>00:40:09.65</b>	<b>00:40:18.20</b>	+00:06:20 (15.8%)	4:01	14.9 (84.2%)
15	<b>MARKOWSKI Artur</b>	<b>437</b>	12 WOG	M3	15	12 WOG			00:00:03	00:20:10	<b>00:40:37.85</b>	<b>00:40:41.20</b>	+00:06:48 (16.8%)	4:03	14.8 (83.6%)
16	<b>TARASKA Marcin</b>	<b>412</b>	ŚLIMAKI BARCIN	M3	16			ŚLIMAKI BARCIN	00:00:04	00:19:57	<b>00:40:39.15</b>	<b>00:40:43.60</b>	+00:06:49 (16.8%)	4:03	14.8 (83.6%)
17	<b>LEWANDOWSKI Rafał</b>	<b>230</b>	B4SPORT.PL	M3	17				00:00:07	00:20:41	<b>00:41:16.05</b>	<b>00:41:23.90</b>	+00:07:26 (18.0%)	4:07	14.5 (81.9%)
18	<b>CZARNECKI Grzegorz</b>	<b>302</b>	BRZOZA BIEGA	M3	18		Czarnecky	Brzoza Biega	00:00:03	00:20:51	<b>00:41:23.85</b>	<b>00:41:26.90</b>	+00:07:34 (18.3%)	4:08	14.5 (81.9%)
19	<b>KŁOSKOWSKI Adam</b>	<b>125</b>	IWSP SZ BYDGOSZCZ	M3	19	IWsp SZ Bydgoszcz			00:00:04	00:20:49	<b>00:41:24.75</b>	<b>00:41:29.10</b>	+00:07:35 (18.3%)	4:08	14.5 (81.9%)
20	<b>TAMBORSKI Grzegorz</b>	<b>353</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	20	2 Pułk Inżynierijny Inowrocław			00:00:04	00:20:30	<b>00:41:25.95</b>	<b>00:41:29.95</b>	+00:07:36 (18.4%)	4:08	14.5 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
21	<b>KUŁAKOWSKI Krzysztof</b>	<b>281</b>	RUN PASJA BYDGOSZCZ	M3	21				00:00:04	00:20:31	<b>00:41:39.40</b>	<b>00:41:44.20</b>	+00:07:50 (18.8%)	4:10	14.4 (81.4%)
22	<b>LIS Piotr</b>	<b>326</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	22	Geografia Wojskowa JW 1440 Toruń			00:00:02	00:20:29	<b>00:41:51.20</b>	<b>00:41:53.70</b>	+00:08:01 (19.2%)	4:11	14.3 (80.8%)
23	<b>WDOWCZYK Piotr</b>	<b>356</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	23	2 Pułk Inżynieryjny Inowrocław			00:00:08	00:20:27	<b>00:42:00.25</b>	<b>00:42:09.15</b>	+00:08:11 (19.5%)	4:12	14.3 (80.8%)
24	<b>CZARNECKI Piotr</b>	<b>274</b>	BRZOZA BIEGA	M3	24		Czarnecky	Brzoza Biega	00:00:03	00:21:04	<b>00:42:12.10</b>	<b>00:42:15.15</b>	+00:08:22 (19.9%)	4:13	14.2 (80.2%)
25	<b>ZBOIŃSKI Filip</b>	<b>210</b>	R2G / TKKF KOLEJARZ BYDGOSZCZ	M3	25				00:00:13	00:21:48	<b>00:42:24.25</b>	<b>00:42:37.60</b>	+00:08:35 (20.2%)	4:14	14.2 (80.2%)
26	<b>ŚLUSARSKI Przemysław</b>	<b>157</b>	BRZozowa TEAM	M3	26				00:00:09	00:21:56	<b>00:42:43.45</b>	<b>00:42:53.35</b>	+00:08:54 (20.8%)	4:16	14 (79.1%)
27	<b>GOLARZ Tomasz</b>	<b>350</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	27	2 Pułk Inżynieryjny Inowrocław			00:00:09	00:21:25	<b>00:42:46.70</b>	<b>00:42:55.75</b>	+00:08:57 (20.9%)	4:16	14 (79.1%)
28	<b>DZIEKAN Wojciech</b>	<b>176</b>	KABEL TEAM BYDGOSZCZ	M3	28			Kabel Team Bydgoszcz	00:00:05	00:22:01	<b>00:42:59.45</b>	<b>00:43:04.90</b>	+00:09:10 (21.3%)	4:17	14 (79.1%)
29	<b>GWITT Bartosz</b>	<b>410</b>		M3	29				00:00:04	00:21:23	<b>00:43:07.55</b>	<b>00:43:11.60</b>	+00:09:18 (21.6%)	4:18	13.9 (78.5%)
30	<b>NOWAK Przemysław</b>	<b>277</b>	KABEL TEAM BYDGOSZCZ	M3	30			Kabel Team Bydgoszcz	00:00:05	00:22:01	<b>00:43:18.15</b>	<b>00:43:23.90</b>	+00:09:28 (21.9%)	4:19	13.9 (78.5%)
31	<b>SZERSZEŃ Kamil</b>	<b>231</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	31	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:21:05	<b>00:43:19.50</b>	<b>00:43:24.95</b>	+00:09:30 (21.9%)	4:19	13.9 (78.5%)
32	<b>MAGDZIARZ Jakub</b>	<b>52</b>	KANCELARIA-HMM	M3	32				00:00:04	00:21:40	<b>00:43:25.05</b>	<b>00:43:29.95</b>	+00:09:35 (22.1%)	4:20	13.8 (78.0%)
33	<b>CZERWIŃSKI Michał</b>	<b>340</b>	12 WOG	M3	33	12 WOG			00:00:03	00:21:34	<b>00:43:25.70</b>	<b>00:43:29.25</b>	+00:09:36 (22.1%)	4:20	13.8 (78.0%)
34	<b>KOPCZANY Marcin</b>	<b>399</b>		M3	34			IWsp SZ Bydgoszcz	00:00:13	00:21:22	<b>00:43:33.65</b>	<b>00:43:46.70</b>	+00:09:44 (22.4%)	4:21	13.8 (78.0%)
35	<b>SYNAKIEWICZ Tomasz</b>	<b>251</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	35			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:08	00:21:51	<b>00:43:41.45</b>	<b>00:43:49.65</b>	+00:09:52 (22.6%)	4:22	13.7 (77.4%)
36	<b>ŻEMOJTEL Paweł</b>	<b>324</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	36	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:22:07	<b>00:43:44.95</b>	<b>00:43:59.20</b>	+00:09:55 (22.7%)	4:22	13.7 (77.4%)
37	<b>NOGGA Marek</b>	<b>186</b>	KWP BYDGOSZCZ	M3	37	KWP BYDGOSZCZ			00:00:07	00:21:15	<b>00:43:45.95</b>	<b>00:43:53.65</b>	+00:09:56 (22.7%)	4:22	13.7 (77.4%)
38	<b>POKORSKI Tomasz</b>	<b>283</b>		M3	38	2. RWT SP			00:00:11	00:21:42	<b>00:43:48.80</b>	<b>00:44:00.10</b>	+00:09:59 (22.8%)	4:22	13.7 (77.4%)
39	<b>KOWALSKI Krzysztof</b>	<b>76</b>	KK KRUSZYN KRAJEŃSKI	M3	39				00:00:07	00:21:40	<b>00:43:57.75</b>	<b>00:44:05.15</b>	+00:10:08 (23.1%)	4:23	13.6 (76.8%)
40	<b>SZPOJDA Grzegorz</b>	<b>70</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	M3	40				00:00:02	00:21:46	<b>00:44:03.45</b>	<b>00:44:06.30</b>	+00:10:14 (23.2%)	4:24	13.6 (76.8%)
41	<b>BOBROWSKI Marcin</b>	<b>329</b>		M3	41				00:00:08	00:21:53	<b>00:44:19.80</b>	<b>00:44:27.90</b>	+00:10:30 (23.7%)	4:25	13.5 (76.3%)
42	<b>SZATTEN Dawid</b>	<b>358</b>		M3	42				00:00:07	00:22:00	<b>00:44:39.30</b>	<b>00:44:46.40</b>	+00:10:50 (24.3%)	4:27	13.4 (75.7%)
43	<b>PAWLACZYK Szymon</b>	<b>23</b>	TRISPACE	M3	43				00:00:06	00:22:59	<b>00:44:43.25</b>	<b>00:44:50.15</b>	+00:10:54 (24.4%)	4:28	13.4 (75.7%)
44	<b>ZARECKI Piotr</b>	<b>168</b>	PAŁUKI RUNING TEAM	M3	44				00:00:04	00:21:56	<b>00:44:44.80</b>	<b>00:44:48.95</b>	+00:10:55 (24.4%)	4:28	13.4 (75.7%)
45	<b>GZYL Mikołaj</b>	<b>248</b>	'JANUSZE TRIATHLONU' EXODUS TEAM	M3	45				00:00:10	00:22:03	<b>00:44:45.55</b>	<b>00:44:55.75</b>	+00:10:56 (24.4%)	4:28	13.4 (75.7%)
46	<b>RYBA Przemek</b>	<b>289</b>	NEUCA RUNNING TEAM	M3	46				00:00:12	00:22:28	<b>00:44:54.05</b>	<b>00:45:06.10</b>	+00:11:04 (24.7%)	4:29	13.4 (75.7%)
47	<b>KAMIŃSKI Sławomir</b>	<b>352</b>	TRISPACE	M3	47				00:00:10	00:23:42	<b>00:44:55.45</b>	<b>00:45:05.60</b>	+00:11:06 (24.7%)	4:29	13.4 (75.7%)

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48	<b>GAWLIK Wojciech</b>	<b>91</b>	CSLOG GRUPA	M3	48				00:00:11	00:22:06	<b>00:45:14.05</b>	<b>00:45:25.65</b>	+00:11:24 (25.2%)	4:31	13.3 (75.1%)
49	<b>KOTLENGA Damian</b>	<b>215</b>	4 RBLOG SKŁAD SKWIERZYNA	M3	49	4 RBLog Skład Skwierzyzna			00:00:13	00:22:22	<b>00:45:15.35</b>	<b>00:45:28.50</b>	+00:11:26 (25.3%)	4:31	13.3 (75.1%)
50	<b>KRUSZKA Łukasz</b>	<b>267</b>		M3	50				00:00:08	00:22:26	<b>00:45:35.80</b>	<b>00:45:44.00</b>	+00:11:46 (25.8%)	4:33	13.2 (74.6%)
51	<b>CYL Dawid</b>	<b>296</b>	RUN BYDGOSZCZ	M3	51			Run Bdg	00:00:07	00:23:13	<b>00:45:44.30</b>	<b>00:45:51.70</b>	+00:11:55 (26.1%)	4:34	13.1 (74.0%)
52	<b>ŁOPUSZYŃSKI Rafał</b>	<b>380</b>	12 WOG	M3	52	12 WOG			00:00:17	00:23:14	<b>00:45:47.85</b>	<b>00:46:05.80</b>	+00:11:58 (26.2%)	4:34	13.1 (74.0%)
53	<b>GLIWKA Artur</b>	<b>82</b>	1. BLWL	M3	53	1. BLWL			00:00:21	00:22:39	<b>00:45:48.25</b>	<b>00:46:09.90</b>	+00:11:59 (26.2%)	4:34	13.1 (74.0%)
54	<b>GRZYWIŃSKI Grzegorz</b>	<b>317</b>		M3	54				00:00:14	00:23:32	<b>00:45:49.00</b>	<b>00:46:03.75</b>	+00:11:59 (26.2%)	4:34	13.1 (74.0%)
55	<b>PASZKIET Remigiusz</b>	<b>72</b>	ŚLIMAKI BARCIN	M3	55			ŚLIMAKI BARCIN	00:00:07	00:23:06	<b>00:45:50.60</b>	<b>00:45:58.25</b>	+00:12:01 (26.2%)	4:35	13.1 (74.0%)
56	<b>BEHRENDT Rafał</b>	<b>106</b>		M3	56			Brzoza Biega	00:00:20	00:22:36	<b>00:45:55.25</b>	<b>00:46:15.40</b>	+00:12:06 (26.3%)	4:35	13.1 (74.0%)
57	<b>GAWLIKOWSKI Przemysław</b>	<b>381</b>	12 WOG	M3	57	12 WOG			00:00:12	00:23:19	<b>00:45:58.60</b>	<b>00:46:10.65</b>	+00:12:09 (26.4%)	4:35	13.1 (74.0%)
58	<b>MICHALIK Łukasz</b>	<b>145</b>	BRZOZA BIEGA	M3	58				00:00:15	00:23:24	<b>00:46:10.20</b>	<b>00:46:25.30</b>	+00:12:20 (26.7%)	4:37	13 (73.4%)
59	<b>ŻYWICA Adam</b>	<b>275</b>	BRZOZA BIEGA	M3	59				00:00:03	00:23:11	<b>00:46:16.45</b>	<b>00:46:19.80</b>	+00:12:27 (26.9%)	4:37	13 (73.4%)
60	<b>PESTKA Przemysław</b>	<b>386</b>		M3	60				00:00:07	00:22:24	<b>00:46:20.80</b>	<b>00:46:28.45</b>	+00:12:31 (27.0%)	4:38	12.9 (72.9%)
61	<b>LEWANDOWSKI Filip</b>	<b>375</b>		M3	61				00:00:16	00:23:46	<b>00:46:33.20</b>	<b>00:46:49.50</b>	+00:12:43 (27.4%)	4:39	12.9 (72.9%)
62	<b>LEWANDOWSKI Rafał</b>	<b>28</b>	VENI, CUCURRI, VICI.	M3	62				00:00:10	00:23:04	<b>00:46:33.95</b>	<b>00:46:44.30</b>	+00:12:44 (27.4%)	4:39	12.9 (72.9%)
63	<b>DAWIDOWICZ Maciej</b>	<b>266</b>	BRZOZA BIEGA	M3	63				00:00:09	00:23:07	<b>00:46:38.50</b>	<b>00:46:47.60</b>	+00:12:49 (27.5%)	4:39	12.9 (72.9%)
64	<b>ŁUGOWSKI Tomasz</b>	<b>78</b>	RUN BDG	M3	64		Ługowscy	Run Bdg	00:00:13	00:23:52	<b>00:46:41.95</b>	<b>00:46:55.35</b>	+00:12:52 (27.6%)	4:40	12.8 (72.3%)
65	<b>KOŚCIELAK Maciej</b>	<b>422</b>	ŻANDARMI Z BYDGOSZCZY	M3	65	Oddział Żandarmerii Wojskowej w Bydgoszczy			00:00:11	00:23:48	<b>00:46:44.20</b>	<b>00:46:56.00</b>	+00:12:54 (27.6%)	4:40	12.8 (72.3%)
66	<b>MAJEWSKI Robert</b>	<b>357</b>	RUN PASJA BYDGOSZCZ	M3	66			RUN PASJA	00:00:16	00:24:53	<b>00:46:44.75</b>	<b>00:47:00.75</b>	+00:12:55 (27.6%)	4:40	12.8 (72.3%)
67	<b>KOWALSKI Paweł</b>	<b>151</b>	KOWALE TEAM	M3	67				00:00:13	00:23:25	<b>00:46:49.25</b>	<b>00:47:02.70</b>	+00:13:00 (27.8%)	4:40	12.8 (72.3%)
68	<b>LEWICKI Konrad</b>	<b>43</b>	ŻANDARMI Z BYDGOSZCZY	M3	68	Oddział Żandarmerii Wojskowej w Bydgoszczy	Lewiccy		00:00:12	00:23:48	<b>00:46:50.00</b>	<b>00:47:02.70</b>	+00:13:00 (27.8%)	4:41	12.8 (72.3%)
69	<b>KLONOWSKI Mariusz</b>	<b>432</b>	PRIMIGENIUS	M3	69				00:00:06	00:22:22	<b>00:46:57.50</b>	<b>00:47:04.15</b>	+00:13:08 (28.0%)	4:41	12.8 (72.3%)
70	<b>KIEŁCZYŃSKI Andrzej</b>	<b>292</b>	HUBSTA	M3	70				00:00:09	00:23:12	<b>00:47:10.70</b>	<b>00:47:20.40</b>	+00:13:21 (28.3%)	4:43	12.7 (71.8%)
71	<b>SUDOŁ Piotr</b>	<b>349</b>		M3	71				00:00:16	00:23:53	<b>00:47:22.70</b>	<b>00:47:38.85</b>	+00:13:33 (28.6%)	4:44	12.7 (71.8%)
72	<b>WALDA Łukasz</b>	<b>359</b>		M3	72	Służba Więzienna Z.K Potulice			00:00:04	00:23:47	<b>00:47:24.30</b>	<b>00:47:29.10</b>	+00:13:35 (28.7%)	4:44	12.7 (71.8%)
73	<b>NOWAK Rafał</b>	<b>364</b>	SPÓJNIA BIAŁE BŁOTA	M3	73				00:00:10	00:24:00	<b>00:47:28.55</b>	<b>00:47:39.50</b>	+00:13:39 (28.8%)	4:44	12.6 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	<b>ROŹNIAKOWSKI Paweł</b>	<b>254</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	74			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:16	<b>00:47:31.40</b>	<b>00:47:39.30</b>	+00:13:42 (28.8%)	4:45	12.6 (71.2%)
75	<b>POPIELA Maksymilian</b>	<b>253</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	75			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:08	00:23:28	<b>00:48:01.25</b>	<b>00:48:09.75</b>	+00:14:12 (29.6%)	4:48	12.5 (70.6%)
76	<b>STOŻEK Sebastian</b>	<b>255</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	76			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:47	<b>00:48:09.55</b>	<b>00:48:17.40</b>	+00:14:20 (29.8%)	4:49	12.5 (70.6%)
77	<b>AUGUSTYNOWICZ Piotr</b>	<b>316</b>	BRAK	M3	77				00:00:11	00:24:03	<b>00:48:15.35</b>	<b>00:48:26.65</b>	+00:14:26 (29.9%)	4:49	12.4 (70.1%)
78	<b>KAK Marcin</b>	<b>291</b>		M3	78				00:00:10	00:23:50	<b>00:48:22.65</b>	<b>00:48:33.05</b>	+00:14:33 (30.1%)	4:50	12.4 (70.1%)
79	<b>RUSZKIEWICZ Łukasz</b>	<b>111</b>		M3	79				00:00:19	00:24:17	<b>00:48:35.20</b>	<b>00:48:55.15</b>	+00:14:45 (30.4%)	4:51	12.3 (69.5%)
80	<b>DURCZAK Jerzy</b>	<b>222</b>		M3	80				00:00:21	00:24:28	<b>00:48:36.10</b>	<b>00:48:57.35</b>	+00:14:46 (30.4%)	4:51	12.3 (69.5%)
81	<b>ŻABIŃSKI Radosław</b>	<b>295</b>	ANWIL TEAM	M3	81				00:00:19	00:24:21	<b>00:48:38.00</b>	<b>00:48:57.80</b>	+00:14:48 (30.5%)	4:51	12.3 (69.5%)
82	<b>OPASKA Marcin</b>	<b>228</b>	BRZozowa TEAM	M3	82				00:00:13	00:24:02	<b>00:48:44.25</b>	<b>00:48:57.60</b>	+00:14:55 (30.6%)	4:52	12.3 (69.5%)
83	<b>ŚCIBAK Wojciech</b>	<b>64</b>	JFTC SU	M3	83	JFTC SU			00:00:23	00:25:00	<b>00:48:44.35</b>	<b>00:49:08.05</b>	+00:14:55 (30.6%)	4:52	12.3 (69.5%)
84	<b>CIEPŁOWSKI Robert</b>	<b>200</b>		M3	84	KWP BYDGOSZCZ			00:00:16	00:24:34	<b>00:48:58.50</b>	<b>00:49:14.70</b>	+00:15:09 (30.9%)	4:53	12.3 (69.5%)
85	<b>DERENDA Mirek</b>	<b>271</b>		M3	85				00:00:21	00:24:25	<b>00:49:10.40</b>	<b>00:49:32.35</b>	+00:15:21 (31.2%)	4:55	12.2 (68.9%)
86	<b>KARPIŃSKI Daniel</b>	<b>224</b>	BIEG DOŻYŃKOWY NOWA WIEŚ WIELKA	M3	86				00:00:09	00:25:22	<b>00:49:19.95</b>	<b>00:49:29.60</b>	+00:15:30 (31.4%)	4:56	12.2 (68.9%)
87	<b>RAKOWSKI Paweł</b>	<b>372</b>	ŻANDARMI Z BYDGOSZCZY	M3	87	Oddział Żandarmerii Wojskowej w Bydgoszczy	Rakowscy		00:00:12	00:25:34	<b>00:49:27.30</b>	<b>00:49:39.65</b>	+00:15:38 (31.6%)	4:56	12.1 (68.4%)
88	<b>ŚWIATOWY Krystian</b>	<b>74</b>		M3	88				00:00:05	00:23:56	<b>00:49:27.50</b>	<b>00:49:33.45</b>	+00:15:38 (31.6%)	4:56	12.1 (68.4%)
89	<b>POLITOWICZ Kamil</b>	<b>390</b>		M3	89				00:00:05	00:24:37	<b>00:49:37.30</b>	<b>00:49:42.35</b>	+00:15:48 (31.8%)	4:57	12.1 (68.4%)
90	<b>DRZEWIECKI Dariusz</b>	<b>323</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	90	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:25:08	<b>00:49:43.25</b>	<b>00:49:57.50</b>	+00:15:54 (32.0%)	4:58	12.1 (68.4%)
91	<b>SAWICKI Michał</b>	<b>396</b>		M3	91		Sawiccy		00:00:20	00:24:50	<b>00:49:47.30</b>	<b>00:50:08.10</b>	+00:15:58 (32.1%)	4:58	12 (67.8%)
92	<b>BRZEZIŃSKI Sławomir</b>	<b>244</b>	CZARNE STOPY.SM	M3	92	Straż Miejska Bydgoszcz			00:00:13	00:24:26	<b>00:50:01.60</b>	<b>00:50:15.55</b>	+00:16:12 (32.4%)	5:00	12 (67.8%)
93	<b>KUJAWA Kamil</b>	<b>21</b>	ROWEROWA BUDOWLANKA	M3	93				00:00:16	00:24:55	<b>00:50:05.15</b>	<b>00:50:21.15</b>	+00:16:15 (32.5%)	5:00	12 (67.8%)
94	<b>GIDASZEWSKI Grzegorz</b>	<b>428</b>	WIKa POLSKA	M3	94				00:00:09	00:24:16	<b>00:50:17.40</b>	<b>00:50:26.70</b>	+00:16:28 (32.7%)	5:01	11.9 (67.2%)
95	<b>GROCHOWSKI Jakub</b>	<b>370</b>	IWSP SZ BYDGOSZCZ	M3	95	IWsp SZ Bydgoszcz			00:00:04	00:23:24	<b>00:50:23.45</b>	<b>00:50:27.75</b>	+00:16:34 (32.9%)	5:02	11.9 (67.2%)
96	<b>HERMELIN Wojciech</b>	<b>371</b>	KANCELARIA HMM	M3	96				00:00:11	00:25:02	<b>00:50:38.80</b>	<b>00:50:49.80</b>	+00:16:49 (33.2%)	5:03	11.8 (66.7%)
97	<b>WAWRZYŃIAK Michał</b>	<b>314</b>	BIL BIEGA	M3	97				00:00:18	00:25:19	<b>00:50:40.90</b>	<b>00:50:58.90</b>	+00:16:51 (33.3%)	5:04	11.8 (66.7%)
98	<b>BOLLIN Łukasz</b>	<b>140</b>		M3	98				00:00:19	00:25:01	<b>00:50:46.15</b>	<b>00:51:05.35</b>	+00:16:56 (33.4%)	5:04	11.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
99	<b>BOINSKI Sebastian</b>	<b>223</b>		M3	99				00:00:24	00:25:32	<b>00:50:49.35</b>	<b>00:51:14.10</b>	+00:17:00 (33.5%)	5:05	11.8 (66.7%)
100	<b>CHOJNICKI Marcin</b>	<b>260</b>	JFTC SU	M3	100	JFTC SU			00:00:24	00:26:00	<b>00:50:53.65</b>	<b>00:51:17.65</b>	+00:17:04 (33.5%)	5:05	11.8 (66.7%)
101	<b>ANDRZEJEWSKI Paweł</b>	<b>387</b>		M3	101				00:00:02	00:23:15	<b>00:51:16.70</b>	<b>00:51:19.15</b>	+00:17:27 (34.0%)	5:07	11.7 (66.1%)
102	<b>SADOWSKI Michał</b>	<b>112</b>	BARTOLEK	M3	102				00:00:21	00:26:12	<b>00:51:31.25</b>	<b>00:51:52.25</b>	+00:17:42 (34.4%)	5:09	11.6 (65.5%)
103	<b>PILACHOWSKI Mariusz</b>	<b>61</b>	IWSP SZ BYDGOSZCZ	M3	103	IWsp SZ Bydgoszcz			00:00:24	00:27:09	<b>00:51:50.20</b>	<b>00:52:15.05</b>	+00:18:00 (34.8%)	5:11	11.6 (65.5%)
104	<b>PROKOP Michał</b>	<b>66</b>		M3	104				00:00:06	00:25:15	<b>00:51:55.90</b>	<b>00:52:02.75</b>	+00:18:06 (34.9%)	5:11	11.6 (65.5%)
105	<b>KONKEL Bartosz</b>	<b>26</b>		M3	105				00:00:06	00:26:01	<b>00:52:21.10</b>	<b>00:52:27.70</b>	+00:18:31 (35.4%)	5:14	11.5 (65.0%)
106	<b>SPARZYŃSKI Adam</b>	<b>86</b>	1.BLWL	M3	106				00:00:21	00:26:12	<b>00:52:26.80</b>	<b>00:52:48.55</b>	+00:18:37 (35.5%)	5:14	11.4 (64.4%)
107	<b>BLACHOWSKI Waldemar</b>	<b>431</b>		M3	107				00:00:07	00:26:27	<b>00:52:29.05</b>	<b>00:52:36.40</b>	+00:18:39 (35.6%)	5:14	11.4 (64.4%)
108	<b>KWIATKOWSKI Krzysztof</b>	<b>389</b>	TEAM MOGILNO	M3	108				00:00:15	00:26:55	<b>00:52:30.45</b>	<b>00:52:45.95</b>	+00:18:41 (35.6%)	5:15	11.4 (64.4%)
109	<b>LIPIŃSKI Marek</b>	<b>219</b>		M3	109				00:00:16	00:25:52	<b>00:52:40.80</b>	<b>00:52:57.75</b>	+00:18:51 (35.8%)	5:16	11.4 (64.4%)
110	<b>CHWIŁKA Daniel</b>	<b>93</b>	TASAK TEAM	M3	110				00:00:15	00:26:19	<b>00:53:08.85</b>	<b>00:53:24.10</b>	+00:19:19 (36.4%)	5:18	11.3 (63.8%)
111	<b>GMYS Tomasz</b>	<b>346</b>		M3	111				00:00:06	00:26:30	<b>00:53:57.95</b>	<b>00:54:03.95</b>	+00:20:08 (37.3%)	5:23	11.1 (62.7%)
112	<b>STARSZAK Paweł</b>	<b>298</b>		M3	112				00:00:05	00:26:31	<b>00:53:58.15</b>	<b>00:54:04.00</b>	+00:20:08 (37.3%)	5:23	11.1 (62.7%)
113	<b>SZULC Jarosław</b>	<b>154</b>	SZULCTEAM	M3	113		Szulc	Brzoza Biega	00:00:17	00:27:16	<b>00:55:22.50</b>	<b>00:55:39.80</b>	+00:21:33 (38.9%)	5:32	10.8 (61.0%)
114	<b>JULLY Arkadiusz</b>	<b>306</b>		M3	114				00:00:27	00:28:00	<b>00:55:31.60</b>	<b>00:55:59.40</b>	+00:21:42 (39.1%)	5:33	10.8 (61.0%)
115	<b>MALINOWSKI Marcin</b>	<b>425</b>		M3	115		Malinowscy Agata i Marcin		00:00:05	00:24:25	<b>00:55:36.30</b>	<b>00:55:41.55</b>	+00:21:47 (39.2%)	5:33	10.8 (61.0%)
116	<b>PRIEWE Paweł</b>	<b>73</b>	DYNAMO SKARPA	M3	116			Dynamo Skarpa	00:00:19	00:27:38	<b>00:55:39.00</b>	<b>00:55:58.30</b>	+00:21:49 (39.2%)	5:33	10.8 (61.0%)
117	<b>GAWLAK Wojciech</b>	<b>257</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECĄ	M3	117			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECĄ	00:00:00	00:27:00	<b>00:55:57.05</b>	<b>00:55:57.05</b>	+00:22:07 (39.6%)	5:35	10.7 (60.5%)
118	<b>ZNANIECKI Wojciech</b>	<b>110</b>	BYDGOSZCZ NA START	M3	118		Znaniecty		00:00:24	00:27:14	<b>00:56:04.70</b>	<b>00:56:29.00</b>	+00:22:15 (39.7%)	5:36	10.7 (60.5%)
119	<b>GRUBA Paweł</b>	<b>270</b>		M3	119		Gruba		00:00:25	00:28:36	<b>00:56:53.15</b>	<b>00:57:18.60</b>	+00:23:03 (40.5%)	5:41	10.5 (59.3%)
120	<b>PAWLIKOWSKI Szymon</b>	<b>39</b>		M3	120		Pawlikowski		00:00:12	00:28:14	<b>00:57:23.60</b>	<b>00:57:35.95</b>	+00:23:34 (41.1%)	5:44	10.5 (59.3%)
121	<b>BILSKI Łukasz</b>	<b>199</b>		M3	121	KWP BYDGOSZCZ			00:00:27	00:28:55	<b>00:57:31.70</b>	<b>00:57:58.95</b>	+00:23:42 (41.2%)	5:45	10.4 (58.8%)
122	<b>KUŚMIERCZAK Jakub</b>	<b>401</b>	TEAM MOGILNO	M3	122				00:00:14	00:29:37	<b>00:57:48.50</b>	<b>00:58:02.95</b>	+00:23:59 (41.5%)	5:46	10.4 (58.8%)
123	<b>SZCZĘSNY Arkadiusz</b>	<b>87</b>	DYNAMO SKARPA	M3	123				00:00:19	00:28:06	<b>00:57:54.15</b>	<b>00:58:13.15</b>	+00:24:04 (41.6%)	5:47	10.4 (58.8%)
124	<b>BIAŁOBLÓCKI Marek</b>	<b>173</b>	KB LECH RYPIN	M3	124		Białoblóccy		00:00:24	00:29:13	<b>00:58:07.60</b>	<b>00:58:32.20</b>	+00:24:18 (41.8%)	5:48	10.3 (58.2%)
125	<b>GĘSICKI Mateusz</b>	<b>84</b>		M3	125				00:00:24	00:29:42	<b>00:59:25.85</b>	<b>00:59:50.25</b>	+00:25:36 (43.1%)	5:56	10.1 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
126	<b>ZILLMANN Tadeusz</b>	<b>332</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	126	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:28:50	<b>00:59:39.15</b>	<b>00:59:53.90</b>	+00:25:49 (43.3%)	5:57	10.1 (57.1%)
127	<b>BORDON Krzysztof</b>	<b>134</b>		M3	127				00:00:05	00:28:48	<b>00:59:46.90</b>	<b>00:59:52.25</b>	+00:25:57 (43.4%)	5:58	10 (56.5%)
128	<b>GŁOWACKI Marcin</b>	<b>144</b>	IKS KARATE	M3	128				00:00:04	00:29:54	<b>01:00:17.10</b>	<b>01:00:21.85</b>	+00:26:27 (43.9%)	6:01	10 (56.5%)
129	<b>KWARCZEWSKI Miroslaw</b>	<b>102</b>	KWARCZEWSCY	M3	129		Kwarczewscy		00:00:17	00:29:32	<b>01:01:58.25</b>	<b>01:02:16.20</b>	+00:28:09 (45.4%)	6:11	9.7 (54.8%)
130	<b>PALKA Robert</b>	<b>429</b>		M3	130				00:00:25	00:33:59	<b>01:06:40.25</b>	<b>01:07:06.20</b>	+00:32:51 (49.3%)	6:40	9 (50.8%)
131	<b>BRZOZOWSKI Krzysztof</b>	<b>60</b>		M3	131				00:00:18	00:32:36	<b>01:09:02.90</b>	<b>01:09:21.25</b>	+00:35:13 (51.0%)	6:54	8.7 (49.2%)
132	<b>SYNAKIEWICZ Marcin</b>	<b>29</b>	ES-TEAM	M3	132		Synakiewicz	Es-Team	00:00:21	00:33:50	<b>01:12:11.25</b>	<b>01:12:32.60</b>	+00:38:22 (53.1%)	7:13	8.3 (46.9%)
133	<b>KUJAWA Mateusz</b>	<b>202</b>		M3	133	KWP BYDGOSZCZ			00:00:09	00:36:13	<b>01:14:17.75</b>	<b>01:14:26.80</b>	+00:40:28 (54.5%)	7:25	8.1 (45.8%)

Znaleziono 133 wynik(ów)