



**Organizator:** Hotel Brzoza  
**Data:** 2016-12-31  
**Miejsce:** Brzoza  
**Dystans:** 10 km

# X BIEG SYLWESTROWY

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-30

| Msc | Zawodnik                    | Numer      | Klub                | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|---------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>ŚWIĄTKOWSKI Paweł</b>    | <b>232</b> | TEAMOCHAL           | M-30      | 1    | 00:00:01    | 00:08:40    | 00:16:52     | 00:25:02    | 00:33:10     | <b>00:34:34.15</b> | <b>00:34:36.05</b> |                   | 3:27         | 17.3 (100%)  |
| 2   | <b>MAŁECKI Jakub</b>        | <b>139</b> |                     | M-30      | 2    | 00:00:02    | 00:09:07    | 00:17:31     | 00:25:55    | 00:34:18     | <b>00:35:46.35</b> | <b>00:35:48.95</b> | +00:01:12 (3.4%)  | 3:34         | 16.8 (97.1%) |
| 3   | <b>WIWATOWSKI Michał</b>    | <b>618</b> |                     | M-30      | 3    | 00:00:03    | 00:08:53    | 00:17:23     | 00:25:54    | 00:34:22     | <b>00:35:54.50</b> | <b>00:35:57.55</b> | +00:01:20 (3.7%)  | 3:35         | 16.7 (96.5%) |
| 4   | <b>KOWALCZYK Marek</b>      | <b>7</b>   |                     | M-30      | 4    | 00:00:02    | 00:09:12    | 00:17:54     | 00:26:39    | 00:35:23     | <b>00:36:55.05</b> | <b>00:36:57.90</b> | +00:02:20 (6.4%)  | 3:41         | 16.3 (94.2%) |
| 5   | <b>BARTCZAK Łukasz</b>      | <b>596</b> | TEAMOCHAL           | M-30      | 5    | 00:00:02    | 00:08:58    | 00:17:56     | 00:26:50    | 00:35:32     | <b>00:37:03.20</b> | <b>00:37:05.90</b> | +00:02:29 (6.7%)  | 3:42         | 16.2 (93.6%) |
| 6   | <b>KUBANEK Łukasz</b>       | <b>184</b> | TEAMOCHAL           | M-30      | 6    | 00:00:02    | 00:09:17    | 00:17:58     | 00:26:45    | 00:35:36     | <b>00:37:11.60</b> | <b>00:37:14.20</b> | +00:02:37 (7.1%)  | 3:43         | 16.1 (93.1%) |
| 7   | <b>ŁAZ Kamil</b>            | <b>20</b>  | RUN BYDGOSZCZ       | M-30      | 7    | 00:00:02    | 00:09:29    | 00:18:22     | 00:27:05    | 00:35:47     | <b>00:37:18.25</b> | <b>00:37:20.50</b> | +00:02:44 (7.3%)  | 3:43         | 16.1 (93.1%) |
| 8   | <b>GROCHOWIAK Piotr</b>     | <b>171</b> | ŚLIMAKI BARCIN      | M-30      | 8    | 00:00:11    | 00:09:40    | 00:18:30     | 00:27:22    | 00:36:17     | <b>00:37:49.95</b> | <b>00:38:01.90</b> | +00:03:15 (8.6%)  | 3:47         | 15.9 (91.9%) |
| 9   | <b>DANIELEWSKI Mariusz</b>  | <b>242</b> | DRUŻYNA SZPIKU      | M-30      | 9    | 00:00:05    | 00:09:26    | 00:18:26     | 00:27:28    | 00:36:23     | <b>00:37:52.60</b> | <b>00:37:58.55</b> | +00:03:18 (8.7%)  | 3:47         | 15.8 (91.3%) |
| 10  | <b>ZIENTALSKI Krzysztof</b> | <b>567</b> | 56. BAZA LOTNICZA   | M-30      | 10   | 00:00:07    | 00:09:30    | 00:18:27     | 00:27:26    | 00:36:24     | <b>00:38:01.35</b> | <b>00:38:08.75</b> | +00:03:27 (9.1%)  | 3:48         | 15.8 (91.3%) |
| 11  | <b>KOLMAJER Rafał</b>       | <b>385</b> | RUN BYDGOSZCZ       | M-30      | 11   | 00:00:03    | 00:09:16    | 00:18:04     | 00:27:29    | 00:36:37     | <b>00:38:16.00</b> | <b>00:38:19.25</b> | +00:03:41 (9.7%)  | 3:49         | 15.7 (90.8%) |
| 12  | <b>WIĘCKOWSKI Dariusz</b>   | <b>39</b>  | ROWEROWA BRZOZA     | M-30      | 12   | 00:00:06    | 00:09:51    | 00:18:51     | 00:27:52    | 00:36:47     | <b>00:38:21.65</b> | <b>00:38:28.20</b> | +00:03:47 (9.9%)  | 3:50         | 15.6 (90.2%) |
| 13  | <b>SZYSZKA Mariusz</b>      | <b>587</b> | SPÓJNIA BIAŁE BŁOTA | M-30      | 13   | 00:00:04    | 00:09:42    | 00:18:50     | 00:28:01    | 00:37:10     | <b>00:38:46.20</b> | <b>00:38:50.40</b> | +00:04:12 (10.8%) | 3:52         | 15.5 (89.6%) |
| 14  | <b>SYCHOWICZ Daniel</b>     | <b>666</b> |                     | M-30      | 14   | 00:00:04    | 00:09:41    | 00:18:55     | 00:28:16    |              | <b>00:38:55.10</b> | <b>00:38:59.95</b> | +00:04:20 (11.2%) | 3:53         | 15.4 (89.0%) |
| 15  | <b>MAĆKOWSKI Maciej</b>     | <b>321</b> | RUN MYŚLĘCINEK      | M-30      | 15   | 00:00:03    | 00:09:28    | 00:18:52     | 00:28:26    | 00:38:01     | <b>00:39:39.15</b> | <b>00:39:43.05</b> | +00:05:05 (12.8%) | 3:58         | 15.1 (87.3%) |
| 16  | <b>SITKO Mariusz</b>        | <b>590</b> |                     | M-30      | 16   | 00:00:03    | 00:10:02    | 00:19:30     | 00:28:55    | 00:38:22     | <b>00:40:04.50</b> | <b>00:40:08.45</b> | +00:05:30 (13.7%) | 4:00         | 15 (86.7%)   |

| Msc | Zawodnik             | Numer | Klub                      | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|---------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 17  | LUTOWSKI Wojciech    | 530   | TKKF KOLEJARZ BYDGOSZCZ   | M-30      | 17   | 00:00:09    | 00:10:26    | 00:19:50     | 00:29:23    | 00:38:36     | <b>00:40:41.80</b> | <b>00:40:51.05</b> | +00:06:07 (15.1%) | 4:04         | 14.7 (85.0%) |
| 18  | KUŁAKOWSKI Krzysztof | 545   | RUN-PASJA BYDGOSZCZ       | M-30      | 18   | 00:00:19    | 00:10:05    | 00:19:33     | 00:29:14    | 00:39:01     | <b>00:40:44.50</b> | <b>00:41:04.25</b> | +00:06:10 (15.2%) | 4:04         | 14.7 (85.0%) |
| 19  | NOWAKOWSKI Jerzy     | 470   |                           | M-30      | 19   | 00:00:05    | 00:10:04    | 00:19:44     | 00:29:33    | 00:39:08     | <b>00:40:45.95</b> | <b>00:40:51.25</b> | +00:06:11 (15.2%) | 4:04         | 14.7 (85.0%) |
| 20  | KRYSKE Mariusz       | 292   | SPÓJNIA BIAŁE BŁOTA       | M-30      | 20   | 00:00:08    | 00:10:30    | 00:20:25     | 00:30:04    | 00:39:21     | <b>00:40:53.00</b> | <b>00:41:01.45</b> | +00:06:18 (15.4%) | 4:05         | 14.7 (85.0%) |
| 21  | NAWROCKI Mariusz     | 681   |                           | M-30      | 21   | 00:00:03    | 00:10:21    | 00:20:03     | 00:29:41    | 00:39:34     | <b>00:41:18.15</b> | <b>00:41:21.55</b> | +00:06:44 (16.3%) | 4:07         | 14.5 (83.8%) |
| 22  | LESZCZEWICZ Waldemar | 265   | KUŹNIA TRIATHLONU         | M-30      | 22   | 00:00:02    | 00:10:19    | 00:20:17     | 00:30:17    | 00:39:59     | <b>00:41:39.95</b> | <b>00:41:42.90</b> | +00:07:05 (17.0%) | 4:10         | 14.4 (83.2%) |
| 23  | KLOSKOWSKI Adam      | 101   | JW 1515 BYDGOSZCZ         | M-30      | 23   | 00:00:06    | 00:10:31    | 00:20:18     | 00:30:16    | 00:40:24     | <b>00:42:00.70</b> | <b>00:42:06.70</b> | +00:07:26 (17.7%) | 4:12         | 14.3 (82.7%) |
| 24  | RUDNICKI Michał      | 293   | TASAK TEAM                | M-30      | 24   | 00:00:06    | 00:10:21    | 00:20:12     | 00:30:09    | 00:40:15     | <b>00:42:03.90</b> | <b>00:42:10.65</b> | +00:07:29 (17.8%) | 4:12         | 14.3 (82.7%) |
| 25  | AUGUSTYNOWICZ Piotr  | 513   |                           | M-30      | 25   | 00:00:07    | 00:10:37    | 00:20:29     | 00:30:31    | 00:40:30     | <b>00:42:10.65</b> | <b>00:42:17.65</b> | +00:07:36 (18.0%) | 4:13         | 14.2 (82.1%) |
| 26  | WŁODARSKI Przemysław | 432   | FRIDAY STYLE              | M-30      | 26   | 00:00:05    | 00:10:21    | 00:20:18     | 00:30:16    | 00:40:23     | <b>00:42:10.70</b> | <b>00:42:16.10</b> | +00:07:36 (18.0%) | 4:13         | 14.2 (82.1%) |
| 27  | BRZEZIŃSKI Rafał     | 578   | ICH LIEBE MEINE FRAU      | M-30      | 27   | 00:00:09    | 00:10:32    | 00:20:30     | 00:30:31    | 00:40:27     | <b>00:42:13.70</b> | <b>00:42:23.00</b> | +00:07:39 (18.1%) | 4:13         | 14.2 (82.1%) |
| 28  | TEMPSKI Patryk       | 588   | DRUŻYNA TVN               | M-30      | 28   | 00:00:05    | 00:10:40    | 00:20:35     | 00:30:33    | 00:40:34     | <b>00:42:26.25</b> | <b>00:42:31.90</b> | +00:07:52 (18.5%) | 4:14         | 14.1 (81.5%) |
| 29  | GRZYWIŃSKI Grzegorz  | 725   |                           | M-30      | 29   | 00:00:07    | 00:10:41    | 00:20:40     | 00:30:43    | 00:40:43     | <b>00:42:29.20</b> | <b>00:42:36.25</b> | +00:07:55 (18.6%) | 4:14         | 14.1 (81.5%) |
| 30  | KOLCZYŃSKI Adam      | 254   | PĄCZKI Z LUKREM           | M-30      | 30   | 00:00:11    | 00:10:46    | 00:20:41     | 00:30:43    | 00:40:44     | <b>00:42:35.05</b> | <b>00:42:46.65</b> | +00:08:00 (18.8%) | 4:15         | 14.1 (81.5%) |
| 31  | MARION Yohann        | 712   |                           | M-30      | 31   | 00:00:31    | 00:10:59    | 00:21:00     | 00:31:10    | 00:41:13     | <b>00:42:53.30</b> | <b>00:43:24.75</b> | +00:08:19 (19.4%) | 4:17         | 14 (80.9%)   |
| 32  | KOZIŃSKI Marek       | 75    | RUN BYDGOSZCZ             | M-30      | 32   | 00:00:03    | 00:10:22    | 00:20:28     | 00:31:08    | 00:41:37     | <b>00:43:24.15</b> | <b>00:43:27.75</b> | +00:08:50 (20.4%) | 4:20         | 13.8 (79.8%) |
| 33  | KWAPIŃSKI Damian     | 149   |                           | M-30      | 33   | 00:00:04    | 00:10:22    | 00:20:20     | 00:30:39    | 00:41:29     | <b>00:43:25.35</b> | <b>00:43:29.65</b> | +00:08:51 (20.4%) | 4:20         | 13.8 (79.8%) |
| 34  | KOWALSKI Krzysztof   | 174   | OCELOTY KRUSZYN KRAJEŃSKI | M-30      | 34   | 00:00:24    | 00:10:58    | 00:21:06     | 00:31:25    | 00:41:38     | <b>00:43:26.75</b> | <b>00:43:51.15</b> | +00:08:52 (20.4%) | 4:20         | 13.8 (79.8%) |
| 35  | PRUCHNICKI Rafał     | 713   |                           | M-30      | 35   | 00:00:33    | 00:10:58    | 00:21:00     | 00:31:19    | 00:41:41     | <b>00:43:30.75</b> | <b>00:44:04.25</b> | +00:08:56 (20.6%) | 4:21         | 13.8 (79.8%) |
| 36  | LEWANDOWSKI Tomasz   | 651   | RWT W BYDGOSZCZY          | M-30      | 36   | 00:00:21    | 00:10:51    | 00:21:00     | 00:31:43    | 00:42:05     | <b>00:43:44.75</b> | <b>00:44:06.00</b> | +00:09:10 (21.0%) | 4:22         | 13.7 (79.2%) |
| 37  | KOWALSKI Jacek       | 88    |                           | M-30      | 37   | 00:00:13    | 00:10:51    | 00:21:02     | 00:31:27    | 00:42:05     | <b>00:43:48.15</b> | <b>00:44:01.30</b> | +00:09:14 (21.1%) | 4:22         | 13.7 (79.2%) |
| 38  | KARWACKI Paweł       | 278   | TRISPACE                  | M-30      | 38   | 00:00:11    | 00:11:06    | 00:21:23     | 00:31:46    | 00:42:02     | <b>00:43:49.00</b> | <b>00:44:00.55</b> | +00:09:14 (21.1%) | 4:22         | 13.7 (79.2%) |
| 39  | LEWANDOWSKI Rafał    | 66    | VENI CUCURRI VICI         | M-30      | 39   | 00:00:15    | 00:10:48    | 00:21:03     | 00:31:40    | 00:42:10     | <b>00:43:57.90</b> | <b>00:44:12.90</b> | +00:09:23 (21.4%) | 4:23         | 13.7 (79.2%) |

| Msc | Zawodnik                     | Numer      | Klub                | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|---------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 40  | <b>OCHENDAL Maciej</b>       | <b>559</b> | TRISPACE            | M-30      | 40   | 00:00:08    | 00:11:11    | 00:21:30     | 00:31:53    | 00:42:10     | <b>00:43:58.90</b> | <b>00:44:07.15</b> | +00:09:24 (21.4%) | 4:23         | 13.6 (78.6%) |
| 41  | <b>BARTOSZ Marek</b>         | <b>419</b> |                     | M-30      | 41   | 00:00:14    | 00:11:08    | 00:21:34     | 00:32:07    | 00:42:30     | <b>00:44:13.60</b> | <b>00:44:28.55</b> | +00:09:39 (21.8%) | 4:25         | 13.6 (78.6%) |
| 42  | <b>PŁACZKOWSKI Krzysztof</b> | <b>603</b> | TSK ORZEŁ OSIEK     | M-30      | 42   | 00:00:04    | 00:10:31    | 00:20:55     | 00:31:47    | 00:42:32     | <b>00:44:22.75</b> | <b>00:44:27.70</b> | +00:09:48 (22.1%) | 4:26         | 13.5 (78.0%) |
| 43  | <b>WYSMOLIŃSKI Rafał</b>     | <b>160</b> |                     | M-30      | 43   | 00:00:23    | 00:11:09    | 00:21:26     | 00:31:54    | 00:42:29     | <b>00:44:24.85</b> | <b>00:44:48.05</b> | +00:09:50 (22.2%) | 4:26         | 13.5 (78.0%) |
| 44  | <b>LEWANDOWSKI Mirosław</b>  | <b>682</b> |                     | M-30      | 44   | 00:00:04    | 00:11:07    | 00:21:43     | 00:32:23    | 00:42:39     | <b>00:44:25.65</b> | <b>00:44:30.25</b> | +00:09:51 (22.2%) | 4:26         | 13.5 (78.0%) |
| 45  | <b>KUJAWA Daniel</b>         | <b>478</b> | 56. BAZA LOTNICZA   | M-30      | 45   | 00:00:15    | 00:11:08    | 00:21:41     | 00:32:16    | 00:43:02     | <b>00:44:51.05</b> | <b>00:45:06.90</b> | +00:10:16 (22.9%) | 4:29         | 13.4 (77.5%) |
| 46  | <b>CZARNECKI Grzegorz</b>    | <b>638</b> | BRZOZA BIEGA        | M-30      | 46   | 00:00:43    | 00:11:25    | 00:21:57     | 00:32:32    | 00:43:14     | <b>00:45:03.20</b> | <b>00:45:46.75</b> | +00:10:29 (23.3%) | 4:30         | 13.3 (76.9%) |
| 47  | <b>ANDRZEJEWSKI Paweł</b>    | <b>322</b> |                     | M-30      | 47   | 00:00:05    | 00:11:04    | 00:21:37     | 00:32:26    | 00:43:16     | <b>00:45:08.25</b> | <b>00:45:13.65</b> | +00:10:34 (23.4%) | 4:30         | 13.3 (76.9%) |
| 48  | <b>SZKUTA Jarek</b>          | <b>341</b> | 100% WITAMINY C     | M-30      | 48   | 00:00:27    | 00:11:58    | 00:22:29     | 00:32:59    | 00:43:31     | <b>00:45:11.30</b> | <b>00:45:39.10</b> | +00:10:37 (23.5%) | 4:31         | 13.3 (76.9%) |
| 49  | <b>STĘPIEŃ Bogdan</b>        | <b>439</b> | LUXTORPEDY          | M-30      | 49   | 00:00:27    | 00:11:59    | 00:22:29     | 00:32:59    | 00:43:32     | <b>00:45:11.45</b> | <b>00:45:39.00</b> | +00:10:37 (23.5%) | 4:31         | 13.3 (76.9%) |
| 50  | <b>SZWARC Paweł</b>          | <b>206</b> | RUN BYDGOSZCZ       | M-30      | 50   | 00:00:19    | 00:11:24    | 00:21:55     | 00:32:41    | 00:43:26     | <b>00:45:12.35</b> | <b>00:45:31.40</b> | +00:10:38 (23.5%) | 4:31         | 13.3 (76.9%) |
| 51  | <b>CZESZEWSKI Rafał</b>      | <b>467</b> | DW#43               | M-30      | 51   | 00:00:17    | 00:11:30    | 00:22:16     | 00:33:00    | 00:43:28     | <b>00:45:16.40</b> | <b>00:45:33.85</b> | +00:10:42 (23.6%) | 4:31         | 13.3 (76.9%) |
| 52  | <b>KORYCIŃSKI Arkadiusz</b>  | <b>81</b>  | RUNSPACE.PL TEAM    | M-30      | 52   | 00:00:43    | 00:11:32    | 00:22:03     | 00:32:52    | 00:43:31     | <b>00:45:20.65</b> | <b>00:46:04.25</b> | +00:10:46 (23.8%) | 4:32         | 13.2 (76.3%) |
| 53  | <b>WINIARSKI Grzegorz</b>    | <b>320</b> | THE RUNNERS ŚWIECIE | M-30      | 53   | 00:00:16    | 00:11:32    | 00:22:17     | 00:33:03    | 00:43:42     | <b>00:45:35.95</b> | <b>00:45:52.80</b> | +00:11:01 (24.2%) | 4:33         | 13.2 (76.3%) |
| 54  | <b>CHWIŁKA Daniel</b>        | <b>48</b>  | TASAK TEAM          | M-30      | 54   | 00:00:06    | 00:11:11    | 00:22:00     | 00:32:58    | 00:43:39     | <b>00:45:36.85</b> | <b>00:45:43.65</b> | +00:11:02 (24.2%) | 4:33         | 13.2 (76.3%) |
| 55  | <b>CABAŃSKI Tomasz</b>       | <b>699</b> |                     | M-30      | 55   | 00:00:22    | 00:11:38    | 00:22:28     | 00:33:13    | 00:43:49     | <b>00:45:37.60</b> | <b>00:46:00.00</b> | +00:11:03 (24.2%) | 4:33         | 13.1 (75.7%) |
| 56  | <b>MICHAŃCZYK Sebastian</b>  | <b>691</b> |                     | M-30      | 56   | 00:00:22    | 00:11:38    | 00:22:27     | 00:33:13    | 00:43:50     | <b>00:45:39.35</b> | <b>00:46:01.60</b> | +00:11:05 (24.3%) | 4:33         | 13.1 (75.7%) |
| 57  | <b>PAŚ Michał</b>            | <b>244</b> | CHARTY SZELEJEWO    | M-30      | 57   | 00:00:07    | 00:11:36    | 00:22:02     | 00:32:39    | 00:43:51     | <b>00:45:47.15</b> | <b>00:45:54.95</b> | +00:11:13 (24.5%) | 4:34         | 13.1 (75.7%) |
| 58  | <b>GORGOL Tomasz</b>         | <b>297</b> | RUN BYDGOSZCZ       | M-30      | 58   | 00:00:44    | 00:11:39    | 00:22:34     | 00:33:22    | 00:43:57     | <b>00:45:48.15</b> | <b>00:46:32.50</b> | +00:11:14 (24.5%) | 4:34         | 13.1 (75.7%) |
| 59  | <b>ŻABOWSKI Marek</b>        | <b>159</b> | TRISPACE            | M-30      | 59   | 00:00:26    | 00:11:52    | 00:22:33     | 00:33:16    | 00:43:58     | <b>00:45:49.95</b> | <b>00:46:16.40</b> | +00:11:15 (24.6%) | 4:35         | 13.1 (75.7%) |
| 60  | <b>SZATTEN Dawid</b>         | <b>312</b> |                     | M-30      | 60   | 00:00:10    | 00:11:13    | 00:21:51     | 00:32:49    | 00:43:48     | <b>00:45:52.30</b> | <b>00:46:03.10</b> | +00:11:18 (24.6%) | 4:35         | 13.1 (75.7%) |
| 61  | <b>DAWIDOWICZ Maciej</b>     | <b>234</b> | BRZOZA BIEGA        | M-30      | 61   | 00:00:15    | 00:11:47    | 00:22:32     | 00:33:17    | 00:44:01     | <b>00:45:53.35</b> | <b>00:46:08.50</b> | +00:11:19 (24.7%) | 4:35         | 13.1 (75.7%) |
| 62  | <b>MICHALEWSKI Bartosz</b>   | <b>549</b> |                     | M-30      | 62   | 00:00:09    | 00:11:36    | 00:22:23     | 00:33:09    | 00:44:01     | <b>00:45:55.15</b> | <b>00:46:05.00</b> | +00:11:21 (24.7%) | 4:35         | 13.1 (75.7%) |

| Msc | Zawodnik                    | Numer      | Klub            | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|-----------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 63  | <b>ANDRZEJCZAK Rafał</b>    | <b>418</b> |                 | M-30      | 63   | 00:00:05    | 00:11:12    | 00:21:58     | 00:32:55    | 00:44:03     | <b>00:46:01.00</b> | <b>00:46:06.05</b> | +00:11:26 (24.9%) | 4:36         | 13 (75.1%)   |
| 64  | <b>GLIWKA Artur</b>         | <b>195</b> | 1. BLWL         | M-30      | 64   | 00:00:18    | 00:11:18    | 00:22:01     | 00:33:06    | 00:44:17     | <b>00:46:07.80</b> | <b>00:46:26.15</b> | +00:11:33 (25.1%) | 4:36         | 13 (75.1%)   |
| 65  | <b>APANASIEWICZ Bartosz</b> | <b>375</b> |                 | M-30      | 65   | 00:00:16    | 00:11:47    | 00:22:41     | 00:33:26    | 00:44:11     | <b>00:46:09.45</b> | <b>00:46:25.70</b> | +00:11:35 (25.1%) | 4:36         | 13 (75.1%)   |
| 66  | <b>MOJSIEWICZ Janusz</b>    | <b>464</b> |                 | M-30      | 66   | 00:00:29    | 00:11:02    | 00:21:26     | 00:32:10    | 00:43:47     | <b>00:46:09.85</b> | <b>00:46:39.30</b> | +00:11:35 (25.1%) | 4:37         | 13 (75.1%)   |
| 67  | <b>MICHALIK Łukasz</b>      | <b>65</b>  | BRZOZA BIEGA    | M-30      | 67   | 00:00:13    | 00:11:50    | 00:22:44     | 00:33:29    | 00:44:13     | <b>00:46:11.55</b> | <b>00:46:25.20</b> | +00:11:37 (25.2%) | 4:37         | 13 (75.1%)   |
| 68  | <b>CZARNECKI Piotr</b>      | <b>620</b> | BRZOZA BIEGA    | M-30      | 68   | 00:00:56    | 00:11:42    | 00:22:26     | 00:33:20    | 00:44:23     | <b>00:46:15.90</b> | <b>00:47:12.70</b> | +00:11:41 (25.3%) | 4:37         | 13 (75.1%)   |
| 69  | <b>WIERZBOWSKI Piotr</b>    | <b>412</b> | START BRZOZÓWKA | M-30      | 69   | 00:00:10    | 00:12:09    | 00:23:30     | 00:33:51    | 00:44:23     | <b>00:46:16.95</b> | <b>00:46:27.70</b> | +00:11:42 (25.3%) | 4:37         | 13 (75.1%)   |
| 70  | <b>GUZIK Grzegorz</b>       | <b>625</b> | ING             | M-30      | 70   | 00:00:46    | 00:11:32    | 00:22:35     | 00:33:44    | 00:44:37     | <b>00:46:28.55</b> | <b>00:47:14.75</b> | +00:11:54 (25.6%) | 4:38         | 12.9 (74.6%) |
| 71  | <b>PARTYKA Wojciech</b>     | <b>339</b> |                 | M-30      | 71   | 00:00:12    | 00:11:54    | 00:22:43     | 00:33:36    | 00:44:36     | <b>00:46:30.05</b> | <b>00:46:42.50</b> | +00:11:55 (25.7%) | 4:39         | 12.9 (74.6%) |
| 72  | <b>GROTA Artur</b>          | <b>313</b> |                 | M-30      | 72   | 00:00:06    | 00:11:20    | 00:22:13     | 00:33:23    | 00:44:44     | <b>00:46:42.50</b> | <b>00:46:48.60</b> | +00:12:08 (26.0%) | 4:40         | 12.8 (74.0%) |
| 73  | <b>BONIECKI Filip</b>       | <b>544</b> |                 | M-30      | 73   | 00:00:18    | 00:11:25    | 00:22:21     | 00:33:35    | 00:45:00     | <b>00:46:57.00</b> | <b>00:47:15.70</b> | +00:12:22 (26.4%) | 4:41         | 12.8 (74.0%) |
| 74  | <b>MIELCARSKI Michał</b>    | <b>210</b> |                 | M-30      | 74   | 00:00:14    | 00:11:51    | 00:22:48     | 00:33:58    | 00:45:08     | <b>00:47:00.00</b> | <b>00:47:14.30</b> | +00:12:25 (26.4%) | 4:42         | 12.8 (74.0%) |
| 75  | <b>KACZYŃSKI Rafał</b>      | <b>503</b> |                 | M-30      | 75   | 00:00:11    | 00:11:56    | 00:23:12     | 00:34:30    | 00:45:32     | <b>00:47:25.50</b> | <b>00:47:37.25</b> | +00:12:51 (27.1%) | 4:44         | 12.6 (72.8%) |
| 76  | <b>KUBICA Tomasz</b>        | <b>708</b> |                 | M-30      | 76   | 00:00:34    | 00:11:53    | 00:22:50     | 00:33:53    | 00:45:28     | <b>00:47:32.70</b> | <b>00:48:07.35</b> | +00:12:58 (27.3%) | 4:45         | 12.6 (72.8%) |
| 77  | <b>SADOWSKI Michał</b>      | <b>477</b> | BARTOLEK        | M-30      | 77   | 00:00:17    | 00:12:05    | 00:23:18     | 00:34:35    | 00:45:58     | <b>00:47:54.30</b> | <b>00:48:11.55</b> | +00:13:20 (27.8%) | 4:47         | 12.5 (72.3%) |
| 78  | <b>KĘPSKI Mariusz</b>       | <b>526</b> |                 | M-30      | 78   | 00:00:04    | 00:11:47    | 00:22:51     | 00:34:17    | 00:45:59     | <b>00:47:59.30</b> | <b>00:48:04.15</b> | +00:13:25 (28.0%) | 4:48         | 12.5 (72.3%) |
| 79  | <b>KULBAKA Dawid</b>        | <b>201</b> |                 | M-30      | 79   | 00:00:18    | 00:12:09    | 00:23:20     | 00:34:50    | 00:46:13     | <b>00:48:09.00</b> | <b>00:48:27.35</b> | +00:13:34 (28.2%) | 4:48         | 12.5 (72.3%) |
| 80  | <b>JANYSKA Krzysztof</b>    | <b>441</b> |                 | M-30      | 80   | 00:00:10    | 00:11:21    | 00:22:09     | 00:34:12    | 00:46:06     | <b>00:48:13.20</b> | <b>00:48:24.00</b> | +00:13:39 (28.3%) | 4:49         | 12.4 (71.7%) |
| 81  | <b>TWAROWSKI Arkadiusz</b>  | <b>358</b> |                 | M-30      | 81   | 00:00:48    | 00:12:32    | 00:23:39     | 00:34:46    | 00:46:11     | <b>00:48:13.90</b> | <b>00:49:02.45</b> | +00:13:39 (28.3%) | 4:49         | 12.4 (71.7%) |
| 82  | <b>MRÓWCZYŃSKI Tomasz</b>   | <b>194</b> |                 | M-30      | 82   | 00:00:49    | 00:12:40    | 00:24:13     | 00:35:43    | 00:46:31     | <b>00:48:24.05</b> | <b>00:49:13.60</b> | +00:13:49 (28.6%) | 4:50         | 12.4 (71.7%) |
| 83  | <b>WAJDA Mariusz</b>        | <b>409</b> |                 | M-30      | 83   | 00:00:30    | 00:12:43    | 00:24:06     | 00:35:19    | 00:46:30     | <b>00:48:27.70</b> | <b>00:48:58.55</b> | +00:13:53 (28.7%) | 4:50         | 12.4 (71.7%) |
| 84  | <b>MROZEK Mariusz</b>       | <b>241</b> |                 | M-30      | 84   | 00:00:40    | 00:12:03    | 00:23:36     | 00:35:11    | 00:46:39     | <b>00:48:33.40</b> | <b>00:49:13.60</b> | +00:13:59 (28.8%) | 4:51         | 12.4 (71.7%) |
| 85  | <b>LASKOWSKI Daniel</b>     | <b>30</b>  |                 | M-30      | 85   | 00:00:21    | 00:11:55    | 00:23:17     | 00:35:06    | 00:46:48     | <b>00:48:46.65</b> | <b>00:49:08.00</b> | +00:14:12 (29.1%) | 4:52         | 12.3 (71.1%) |

| Msc | Zawodnik              | Numer | Klub                  | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|-----------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|-----------------|------------------|-------------------|--------------|--------------|
| 86  | SIELSKI Maciej        | 727   |                       | M-30      | 86   | 00:00:17    | 00:12:28    | 00:24:02     | 00:35:44    | 00:47:00     | 00:48:47.95     | 00:49:05.75      | +00:14:13 (29.2%) | 4:52         | 12.3 (71.1%) |
| 87  | RUSZKIEWICZ Łukasz    | 454   |                       | M-30      | 87   | 00:00:39    | 00:12:22    | 00:23:49     | 00:35:34    | 00:47:02     | 00:49:01.00     | 00:49:40.05      | +00:14:26 (29.5%) | 4:54         | 12.2 (70.5%) |
| 88  | WISNIEWSKI Andrzej    | 462   | CARBON TEAM TORUŃ     | M-30      | 88   | 00:00:19    | 00:14:29    | 00:29:18     | 00:46:20    |              | 00:49:16.45     | 00:49:36.00      | +00:14:42 (29.8%) | 4:55         | 12.2 (70.5%) |
| 89  | KAMIŃSKI Sławomir     | 614   |                       | M-30      | 89   | 00:00:26    | 00:12:45    | 00:24:37     | 00:36:08    |              | 00:49:21.05     | 00:49:47.70      | +00:14:46 (30.0%) | 4:56         | 12.2 (70.5%) |
| 90  | ŻYWICA Adam           | 401   | BRZOZA BIEGA          | M-30      | 90   | 00:00:02    | 00:12:21    | 00:23:58     | 00:35:42    | 00:47:26     | 00:49:22.45     | 00:49:25.05      | +00:14:48 (30.0%) | 4:56         | 12.1 (69.9%) |
| 91  | SCHMIDT Marcin        | 299   |                       | M-30      | 91   | 00:00:22    | 00:12:30    | 00:24:17     | 00:35:49    | 00:47:32     | 00:49:32.10     | 00:49:54.15      | +00:14:57 (30.2%) | 4:57         | 12.1 (69.9%) |
| 92  | ŁUGOWSKI Tomasz       | 498   | RUN BYDGOSZCZ         | M-30      | 92   | 00:00:40    | 00:13:10    | 00:25:10     | 00:36:54    | 00:47:57     | 00:49:45.45     | 00:50:26.20      | +00:15:11 (30.5%) | 4:58         | 12.1 (69.9%) |
| 93  | SMYK Piotr            | 173   | ŚLIMAKI BARCIN        | M-30      | 93   | 00:00:13    | 00:12:17    | 00:24:02     | 00:35:56    | 00:47:58     | 00:49:57.80     | 00:50:10.80      | +00:15:23 (30.8%) | 4:59         | 12 (69.4%)   |
| 94  | RZEMEK Sławomir       | 59    | RUN BYDGOSZCZ         | M-30      | 94   | 00:00:35    | 00:13:28    | 00:25:12     | 00:36:46    | 00:48:05     | 00:50:00.15     | 00:50:35.60      | +00:15:26 (30.9%) | 5:00         | 12 (69.4%)   |
| 95  | MARCYJANIAK Krzysztof | 616   |                       | M-30      | 95   | 00:00:33    | 00:12:40    | 00:24:25     | 00:36:18    | 00:48:03     | 00:50:04.20     | 00:50:37.90      | +00:15:30 (31.0%) | 5:00         | 12 (69.4%)   |
| 96  | WINKLEWSKI Krzysztof  | 714   |                       | M-30      | 96   | 00:00:24    | 00:12:39    | 00:24:13     | 00:36:10    | 00:48:00     | 00:50:04.45     | 00:50:28.55      | +00:15:30 (31.0%) | 5:00         | 12 (69.4%)   |
| 97  | STAWCZYK Dariusz      | 263   |                       | M-30      | 97   | 00:00:40    | 00:12:51    | 00:24:35     | 00:36:27    | 00:48:16     | 00:50:16.10     | 00:50:57.05      | +00:15:41 (31.2%) | 5:01         | 11.9 (68.8%) |
| 98  | SADOWSKI Rafał        | 494   |                       | M-30      | 98   | 00:00:51    | 00:13:43    | 00:25:33     | 00:36:54    | 00:48:18     | 00:50:17.60     | 00:51:09.55      | +00:15:43 (31.3%) | 5:01         | 11.9 (68.8%) |
| 99  | BURY Tomasz           | 560   |                       | M-30      | 99   | 00:00:09    | 00:12:06    | 00:23:45     | 00:35:47    | 00:48:19     | 00:50:23.10     | 00:50:33.00      | +00:15:48 (31.4%) | 5:02         | 11.9 (68.8%) |
| 100 | CADER Ryszard         | 50    | SPÓJNIA BIAŁE BŁOTA   | M-30      | 100  | 00:00:25    | 00:12:47    | 00:24:32     | 00:36:26    | 00:48:22     | 00:50:25.15     | 00:50:50.90      | +00:15:51 (31.4%) | 5:02         | 11.9 (68.8%) |
| 101 | RYDLEWSKI Andrzej     | 128   | RUN BYDGOSZCZ         | M-30      | 101  | 00:00:37    | 00:13:01    | 00:24:39     | 00:36:31    | 00:48:23     | 00:50:31.35     | 00:51:09.30      | +00:15:57 (31.6%) | 5:03         | 11.9 (68.8%) |
| 102 | ŁAMEK Sebastian       | 231   | HAS TEAM MTB          | M-30      | 102  | 00:00:39    | 00:12:28    | 00:24:10     | 00:36:27    | 00:48:25     | 00:50:34.50     | 00:51:14.00      | +00:16:00 (31.6%) | 5:03         | 11.9 (68.8%) |
| 103 | KONKEL Bartosz        | 316   |                       | M-30      | 103  | 00:00:11    | 00:13:15    | 00:25:23     | 00:37:11    | 00:48:44     | 00:50:41.80     | 00:50:53.35      | +00:16:07 (31.8%) | 5:04         | 11.8 (68.2%) |
| 104 | RATAJ Krzysztof       | 56    | POLONIA BYDGOSZCZ SLA | M-30      | 104  | 00:00:15    | 00:12:33    | 00:24:28     | 00:36:41    | 00:48:59     | 00:51:06.70     | 00:51:22.15      | +00:16:32 (32.4%) | 5:06         | 11.7 (67.6%) |
| 105 | RYBARCZYK Bartosz     | 261   | PAŁUKI RUNNING TEAM   | M-30      | 105  | 00:00:21    | 00:12:24    | 00:24:13     | 00:36:22    | 00:48:55     | 00:51:11.20     | 00:51:32.85      | +00:16:37 (32.5%) | 5:07         | 11.7 (67.6%) |
| 106 | TEJZA Daniel          | 592   | DANIELTEAM            | M-30      | 106  | 00:00:02    | 00:12:17    | 00:24:28     | 00:36:57    | 00:49:09     | 00:51:15.75     | 00:51:17.95      | +00:16:41 (32.6%) | 5:07         | 11.7 (67.6%) |
| 107 | DERENDA Mirek         | 307   | 1. BLWL               | M-30      | 107  | 00:00:18    | 00:12:27    | 00:24:16     | 00:36:28    | 00:49:08     | 00:51:18.00     | 00:51:36.95      | +00:16:43 (32.6%) | 5:07         | 11.7 (67.6%) |
| 108 | MORAWSKI Marek        | 125   |                       | M-30      | 108  | 00:00:25    | 00:12:46    | 00:24:49     | 00:37:03    | 00:49:08     | 00:51:26.20     | 00:51:51.45      | +00:16:52 (32.8%) | 5:08         | 11.7 (67.6%) |

| Msc | Zawodnik                   | Numer      | Klub                          | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|-------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 109 | <b>GROCHOWSKI Jakub</b>    | <b>43</b>  | JW 1515 BYDGOSZCZ             | M-30      | 109  | 00:00:06    | 00:11:35    | 00:23:29     | 00:37:00    | 00:49:23     | <b>00:51:27.45</b> | <b>00:51:34.35</b> | +00:16:53 (32.8%) | 5:08         | 11.7 (67.6%) |
| 110 | <b>SZEFczyk Tomasz</b>     | <b>658</b> |                               | M-30      | 110  | 00:00:35    | 00:13:48    | 00:26:14     | 00:38:34    | 00:49:41     | <b>00:51:36.05</b> | <b>00:52:11.70</b> | +00:17:01 (33.0%) | 5:09         | 11.6 (67.1%) |
| 111 | <b>STASZAK Szymon</b>      | <b>528</b> | OCELOTY KRUSZYN KRAJEŃSKI     | M-30      | 111  | 00:00:25    | 00:12:10    | 00:23:58     | 00:36:24    | 00:49:17     | <b>00:51:36.45</b> | <b>00:52:01.90</b> | +00:17:02 (33.0%) | 5:09         | 11.6 (67.1%) |
| 112 | <b>WAWRZY尼亚K Michał</b>    | <b>650</b> | BIL BIEGA                     | M-30      | 112  | 00:00:32    | 00:12:38    | 00:24:22     | 00:36:45    | 00:49:30     | <b>00:51:44.60</b> | <b>00:52:17.35</b> | +00:17:10 (33.2%) | 5:10         | 11.6 (67.1%) |
| 113 | <b>SPARZYŃSKI Adam</b>     | <b>273</b> | 1. BLWL                       | M-30      | 113  | 00:00:20    | 00:12:37    | 00:24:42     | 00:37:00    | 00:49:32     | <b>00:51:48.45</b> | <b>00:52:08.80</b> | +00:17:14 (33.3%) | 5:10         | 11.6 (67.1%) |
| 114 | <b>BOLLIN Łukasz</b>       | <b>127</b> |                               | M-30      | 114  | 00:00:39    | 00:12:27    | 00:24:21     | 00:36:49    | 00:49:52     | <b>00:52:00.45</b> | <b>00:52:39.95</b> | +00:17:26 (33.5%) | 5:12         | 11.5 (66.5%) |
| 115 | <b>KLATECKI Adam</b>       | <b>287</b> |                               | M-30      | 115  | 00:00:50    | 00:14:01    | 00:26:09     | 00:37:59    | 00:50:00     | <b>00:52:03.50</b> | <b>00:52:53.65</b> | +00:17:29 (33.6%) | 5:12         | 11.5 (66.5%) |
| 116 | <b>MAREK Sławek</b>        | <b>367</b> | SOLECCY BIEGACZE              | M-30      | 116  | 00:00:15    | 00:12:11    | 00:23:59     | 00:36:52    | 00:49:39     | <b>00:52:15.00</b> | <b>00:52:30.35</b> | +00:17:40 (33.8%) | 5:13         | 11.5 (66.5%) |
| 117 | <b>UGOREK Mirosław</b>     | <b>495</b> |                               | M-30      | 117  | 00:00:03    | 00:12:39    | 00:25:03     | 00:37:39    | 00:50:16     | <b>00:52:18.50</b> | <b>00:52:21.80</b> | +00:17:44 (33.9%) | 5:13         | 11.5 (66.5%) |
| 118 | <b>BLEJA Krystian</b>      | <b>97</b>  | PGB SOPRTOWA PACZKA           | M-30      | 118  | 00:00:44    | 00:12:51    | 00:25:03     | 00:37:56    | 00:50:18     | <b>00:52:26.10</b> | <b>00:53:10.55</b> | +00:17:51 (34.1%) | 5:14         | 11.4 (65.9%) |
| 119 | <b>WADOWSKI Bartosz</b>    | <b>259</b> |                               | M-30      | 119  | 00:00:27    | 00:12:37    | 00:24:53     | 00:37:44    | 00:50:30     | <b>00:52:42.55</b> | <b>00:53:09.75</b> | +00:18:08 (34.4%) | 5:16         | 11.4 (65.9%) |
| 120 | <b>KALA Michał</b>         | <b>343</b> |                               | M-30      | 120  | 00:00:29    | 00:13:50    | 00:26:17     | 00:38:33    | 00:50:45     | <b>00:52:51.45</b> | <b>00:53:21.35</b> | +00:18:17 (34.6%) | 5:17         | 11.3 (65.3%) |
| 121 | <b>CHORZĘPA Bogusław</b>   | <b>436</b> |                               | M-30      | 121  | 00:00:34    | 00:13:44    | 00:26:28     | 00:39:24    | 00:51:11     | <b>00:53:11.40</b> | <b>00:53:46.05</b> | +00:18:37 (35.0%) | 5:19         | 11.3 (65.3%) |
| 122 | <b>KLESSA Krystian</b>     | <b>87</b>  |                               | M-30      | 122  | 00:00:29    | 00:13:40    | 00:26:10     | 00:38:47    | 00:51:13     | <b>00:53:13.50</b> | <b>00:53:43.25</b> | +00:18:39 (35.1%) | 5:19         | 11.3 (65.3%) |
| 123 | <b>FABROWSKI Dawid</b>     | <b>169</b> |                               | M-30      | 123  | 00:00:30    | 00:13:37    | 00:26:08     | 00:38:43    | 00:51:06     | <b>00:53:14.55</b> | <b>00:53:45.00</b> | +00:18:40 (35.1%) | 5:19         | 11.3 (65.3%) |
| 124 | <b>CHOŚCIŃSKI Piotr</b>    | <b>490</b> | MOJA ŻONA MA DZIŚ URODZINY :) | M-30      | 124  | 00:00:16    | 00:13:33    | 00:26:04     | 00:38:50    | 00:51:15     | <b>00:53:29.75</b> | <b>00:53:46.15</b> | +00:18:55 (35.4%) | 5:21         | 11.2 (64.7%) |
| 125 | <b>MAGDZIARZ Jakub</b>     | <b>349</b> | KANCELARIA HMM                | M-30      | 125  | 00:00:33    | 00:13:32    | 00:26:06     | 00:38:44    | 00:51:31     | <b>00:53:46.50</b> | <b>00:54:19.55</b> | +00:19:12 (35.7%) | 5:22         | 11.2 (64.7%) |
| 126 | <b>JULLY Arkadiusz</b>     | <b>377</b> |                               | M-30      | 126  | 00:00:16    | 00:13:23    | 00:26:08     | 00:39:02    | 00:51:59     | <b>00:54:19.15</b> | <b>00:54:35.80</b> | +00:19:45 (36.4%) | 5:25         | 11 (63.6%)   |
| 127 | <b>DOŁHUN Adam</b>         | <b>45</b>  | RUN-PASJA BYDGOSZCZ           | M-30      | 127  | 00:00:38    | 00:14:05    | 00:26:56     | 00:39:54    | 00:52:36     | <b>00:54:50.35</b> | <b>00:55:28.65</b> | +00:20:16 (37.0%) | 5:29         | 10.9 (63.0%) |
| 128 | <b>KOPICKI Mariusz</b>     | <b>136</b> |                               | M-30      | 128  | 00:00:47    | 00:14:28    | 00:27:27     | 00:40:29    | 00:52:55     | <b>00:54:57.25</b> | <b>00:55:45.10</b> | +00:20:23 (37.1%) | 5:29         | 10.9 (63.0%) |
| 129 | <b>STARSZAK Paweł</b>      | <b>632</b> |                               | M-30      | 129  | 00:00:19    | 00:13:31    | 00:26:25     | 00:39:38    | 00:53:04     | <b>00:55:13.45</b> | <b>00:55:32.70</b> | +00:20:39 (37.4%) | 5:31         | 10.9 (63.0%) |
| 130 | <b>KUJDA Arkadiusz</b>     | <b>303</b> | 1 BRYGADA LOGISTYCZNA         | M-30      | 130  | 00:00:48    | 00:13:26    | 00:26:15     | 00:39:32    | 00:52:57     | <b>00:55:18.80</b> | <b>00:56:07.15</b> | +00:20:44 (37.5%) | 5:31         | 10.8 (62.4%) |
| 131 | <b>JASINIECKI Wojciech</b> | <b>23</b>  | RUN BYDGOSZCZ                 | M-30      | 131  | 00:00:36    | 00:14:14    | 00:27:00     | 00:39:56    | 00:53:15     | <b>00:55:24.90</b> | <b>00:56:01.70</b> | +00:20:50 (37.6%) | 5:32         | 10.8 (62.4%) |

| Msc | Zawodnik                    | Numer | Klub                | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km | Czas brutto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|-------|---------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|-----------------|------------------|-------------------|--------------|--------------|
| 132 | GROSZEWSKI Grzegorz         | 361   |                     | M-30      | 132  | 00:00:24    | 00:14:23    | 00:27:59     | 00:41:15    | 00:53:50     | 00:55:58.70     | 00:56:23.30      | +00:21:24 (38.2%) | 5:35         | 10.7 (61.8%) |
| 133 | JANOWSKI Przemysław         | 363   | 1982                | M-30      | 133  | 00:00:19    | 00:14:28    | 00:27:47     | 00:40:57    | 00:53:58     | 00:56:05.05     | 00:56:24.05      | +00:21:30 (38.4%) | 5:36         | 10.7 (61.8%) |
| 134 | ZIELIŃSKI Sebastian         | 335   |                     | M-30      | 134  | 00:00:41    | 00:14:29    | 00:27:37     | 00:40:46    | 00:53:59     | 00:56:18.15     | 00:56:59.40      | +00:21:44 (38.6%) | 5:37         | 10.7 (61.8%) |
| 135 | JANISZEWSKI Przemysław      | 152   | THE RUNNERS ŚWIECIE | M-30      | 135  | 00:00:35    | 00:14:36    | 00:28:02     | 00:41:35    | 00:55:07     | 00:57:22.90     | 00:57:58.65      | +00:22:48 (39.8%) | 5:44         | 10.5 (60.7%) |
| 136 | GROTT Bartłomiej            | 473   |                     | M-30      | 136  | 00:00:43    | 00:14:43    | 00:28:07     | 00:41:34    | 00:55:08     | 00:57:31.90     | 00:58:15.35      | +00:22:57 (39.9%) | 5:45         | 10.4 (60.1%) |
| 137 | GRYLEWICZ Tomasz            | 705   |                     | M-30      | 137  | 00:00:43    | 00:14:43    | 00:28:07     | 00:41:34    | 00:55:08     | 00:57:32.30     | 00:58:15.55      | +00:22:58 (39.9%) | 5:45         | 10.4 (60.1%) |
| 138 | KOŚMIDER Damian             | 739   |                     | M-30      | 138  | 00:00:07    | 00:13:49    | 00:27:07     | 00:41:19    | 00:55:20     | 00:57:49.35     | 00:57:57.30      | +00:23:15 (40.2%) | 5:47         | 10.4 (60.1%) |
| 139 | GOŁCZYŃSKI Tomasz           | 225   |                     | M-30      | 139  | 00:00:45    | 00:14:18    | 00:27:39     | 00:41:28    | 00:55:40     | 00:57:59.15     | 00:58:45.10      | +00:23:25 (40.4%) | 5:48         | 10.3 (59.5%) |
| 140 | RĄCZKA Łukasz               | 555   |                     | M-30      | 140  | 00:00:28    | 00:14:44    | 00:28:03     | 00:41:48    | 00:55:38     | 00:58:00.60     | 00:58:29.55      | +00:23:26 (40.4%) | 5:48         | 10.3 (59.5%) |
| 141 | KRIGER Bartosz              | 554   |                     | M-30      | 141  | 00:00:28    | 00:14:44    | 00:28:04     | 00:41:48    | 00:55:38     | 00:58:01.25     | 00:58:29.75      | +00:23:27 (40.4%) | 5:48         | 10.3 (59.5%) |
| 142 | GIERACH Marcin              | 272   | TRISPACE            | M-30      | 142  | 00:00:32    | 00:14:18    | 00:27:48     | 00:41:34    | 00:55:41     | 00:58:11.80     | 00:58:43.85      | +00:23:37 (40.6%) | 5:49         | 10.3 (59.5%) |
| 143 | MIKUŁA Tomasz               | 226   |                     | M-30      | 143  | 00:00:45    | 00:14:36    | 00:28:11     | 00:41:54    | 00:55:55     | 00:58:20.25     | 00:59:05.50      | +00:23:46 (40.7%) | 5:50         | 10.3 (59.5%) |
| 144 | ŁUCAK Piotr                 | 317   | CST RUN TEAM        | M-30      | 144  | 00:00:44    | 00:15:38    | 00:29:25     | 00:42:50    | 00:56:15     | 00:58:40.20     | 00:59:25.05      | +00:24:06 (41.1%) | 5:52         | 10.2 (59.0%) |
| 145 | IWASZKO Maciej              | 663   |                     | M-30      | 145  | 00:00:20    | 00:14:58    | 00:28:47     | 00:42:39    | 00:56:39     | 00:58:54.80     | 00:59:14.90      | +00:24:20 (41.3%) | 5:53         | 10.2 (59.0%) |
| 146 | ZAWISZEWSKI Adam            | 333   |                     | M-30      | 146  | 00:00:13    | 00:14:06    | 00:27:48     | 00:42:00    | 00:56:37     | 00:59:03.50     | 00:59:17.15      | +00:24:29 (41.5%) | 5:54         | 10.2 (59.0%) |
| 147 | TOMSZA Michał               | 636   | ASSECO ACTIVE TEAM  | M-30      | 147  | 00:00:29    | 00:15:02    | 00:29:05     | 00:43:19    | 00:57:10     | 00:59:26.85     | 00:59:56.50      | +00:24:52 (41.8%) | 5:56         | 10.1 (58.4%) |
| 148 | NAPIERAJ Rafał              | 511   |                     | M-30      | 148  | 00:00:40    | 00:14:41    | 00:28:24     | 00:42:27    | 00:57:14     | 00:59:40.70     | 01:00:21.15      | +00:25:06 (42.1%) | 5:58         | 10.1 (58.4%) |
| 149 | FIGLEWSKI Rafał             | 108   |                     | M-30      | 149  | 00:00:12    | 00:14:06    | 00:28:03     | 00:43:14    | 00:57:52     | 01:00:14.55     | 01:00:27.50      | +00:25:40 (42.6%) | 6:01         | 10 (57.8%)   |
| 150 | WIŚNIEWSKI Ryszard          | 390   |                     | M-30      | 150  | 00:00:41    | 00:14:16    | 00:28:09     | 00:42:43    | 00:57:45     | 01:00:19.45     | 01:01:01.30      | +00:25:45 (42.7%) | 6:02         | 9.9 (57.2%)  |
| 151 | KARASZEWSKI Sławomir        | 205   |                     | M-30      | 151  | 00:00:06    | 00:14:10    | 00:28:29     | 00:43:04    | 00:57:50     | 01:00:24.05     | 01:00:30.25      | +00:25:49 (42.8%) | 6:02         | 9.9 (57.2%)  |
| 152 | PŁOMINSKI Norbert           | 641   |                     | M-30      | 152  | 00:00:20    | 00:15:03    | 00:28:59     | 00:43:30    | 00:58:25     | 01:01:02.70     | 01:01:22.85      | +00:26:28 (43.4%) | 6:06         | 9.8 (56.6%)  |
| 153 | RACIBORSKI Grzegorz         | 150   | TASAK TEAM          | M-30      | 153  | 00:00:41    | 00:15:27    | 00:29:40     | 00:43:55    | 00:58:27     | 01:01:06.45     | 01:01:48.40      | +00:26:32 (43.4%) | 6:06         | 9.8 (56.6%)  |
| 154 | KASPROWICZ Piotr Kasprowicz | 289   |                     | M-30      | 154  | 00:00:27    | 00:15:29    | 00:30:44     | 00:45:51    | 01:00:36     | 01:02:43.15     | 01:03:10.60      | +00:28:09 (44.9%) | 6:16         | 9.6 (55.5%)  |

| Msc | Zawodnik                     | Numer      | Klub                   | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km    | Czas brutto 10km   | Różn                 | Tempo min/km | Tempo km/h     |
|-----|------------------------------|------------|------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|----------------|
| 155 | <b>JAGODZIŃSKI Michał</b>    | <b>267</b> |                        | M-30      | 155  | 00:00:36    | 00:15:35    | 00:29:54     | 00:44:45    | 01:00:25     | <b>01:03:09.70</b> | <b>01:03:46.50</b> | +00:28:35<br>(45.3%) | 6:19         | 9.5<br>(54.9%) |
| 156 | <b>BRYWCZYŃSKI Krystian</b>  | <b>282</b> |                        | M-30      | 156  | 00:00:26    | 00:14:52    | 00:29:58     | 00:47:02    | 01:00:55     | <b>01:03:20.85</b> | <b>01:03:47.70</b> | +00:28:46<br>(45.4%) | 6:20         | 9.5<br>(54.9%) |
| 157 | <b>KWIATKOWSKI Arkadiusz</b> | <b>709</b> |                        | M-30      | 157  | 00:00:34    | 00:14:05    | 00:28:03     | 00:42:59    | 01:00:37     | <b>01:03:33.10</b> | <b>01:04:07.35</b> | +00:28:58<br>(45.6%) | 6:21         | 9.4<br>(54.3%) |
| 158 | <b>OBORSKI Łukasz</b>        | <b>715</b> |                        | M-30      | 158  | 00:00:48    | 00:16:21    | 00:30:54     | 00:46:14    | 01:02:25     | <b>01:05:06.30</b> | <b>01:05:55.00</b> | +00:30:32<br>(46.9%) | 6:30         | 9.2<br>(53.2%) |
| 159 | <b>MIAZGA Adam</b>           | <b>565</b> |                        | M-30      | 159  | 00:00:39    | 00:15:28    | 00:30:31     | 00:46:21    | 01:02:39     | <b>01:05:32.95</b> | <b>01:06:12.60</b> | +00:30:58<br>(47.3%) | 6:33         | 9.2<br>(53.2%) |
| 160 | <b>JANICKI Robert</b>        | <b>76</b>  | RUN BYDGOSZCZ          | M-30      | 160  | 00:00:25    | 00:15:24    | 00:30:16     | 00:46:44    | 01:03:22     | <b>01:05:43.40</b> | <b>01:06:08.65</b> | +00:31:09<br>(47.4%) | 6:34         | 9.1<br>(52.6%) |
| 161 | <b>DRUŻYŃSKI Sebastian</b>   | <b>574</b> |                        | M-30      | 161  | 00:00:21    | 00:16:16    | 00:31:45     | 00:48:21    | 01:05:41     | <b>01:08:53.70</b> | <b>01:09:15.20</b> | +00:34:19<br>(49.8%) | 6:53         | 8.7<br>(50.3%) |
| 162 | <b>BOROWSKI Adam</b>         | <b>137</b> | ACTIVEXTREME START24PL | M-30      | 162  | 00:00:22    | 00:16:40    | 00:34:38     | 00:53:30    | 01:12:03     | <b>01:15:04.60</b> | <b>01:15:27.15</b> | +00:40:30<br>(54.0%) | 7:30         | 8<br>(46.2%)   |

Znaleziono 162 wynik(ów)