



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

# X BIEG SYLWESTROWY

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| 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>SEROCKI Adam</b>        | <b>345</b> | ACTIVE MALBORK       | M-40      | 1    | 00:00:02    | 00:08:42    | 00:16:51     | 00:25:00    | 00:33:11     | <b>00:34:38.15</b> | <b>00:34:40.85</b> |                   | 3:27         | 17.3 (100%)  |
| 2   | <b>POLAŃSKI Tomasz</b>     | <b>644</b> |                      | M-40      | 2    | 00:00:01    | 00:08:52    | 00:17:08     | 00:25:30    | 00:33:43     | <b>00:35:11.80</b> | <b>00:35:13.05</b> | +00:00:33 (1.6%)  | 3:31         | 17 (98.3%)   |
| 3   | <b>MUSIAŁ Michał</b>       | <b>310</b> |                      | M-40      | 3    | 00:00:01    | 00:08:47    | 00:17:14     | 00:25:44    | 00:34:10     | <b>00:35:40.05</b> | <b>00:35:41.85</b> | +00:01:01 (2.9%)  | 3:34         | 16.8 (97.1%) |
| 4   | <b>GACZKOWSKI Robert</b>   | <b>434</b> | RUN TEAM ŻNIN        | M-40      | 4    | 00:00:01    | 00:08:53    | 00:17:27     | 00:25:56    | 00:34:26     | <b>00:35:57.30</b> | <b>00:35:59.20</b> | +00:01:19 (3.7%)  | 3:35         | 16.7 (96.5%) |
| 5   | <b>STANKIEWICZ Błażej</b>  | <b>486</b> | LKS OSTROMECKO       | M-40      | 5    | 00:00:02    | 00:08:54    | 00:17:26     | 00:26:10    | 00:34:48     | <b>00:36:22.80</b> | <b>00:36:25.55</b> | +00:01:44 (4.8%)  | 3:38         | 16.5 (95.4%) |
| 6   | <b>KOWALSKI Dariusz</b>    | <b>676</b> |                      | M-40      | 6    | 00:00:02    | 00:09:24    | 00:18:06     | 00:26:49    | 00:35:26     | <b>00:36:53.05</b> | <b>00:36:55.25</b> | +00:02:14 (6.1%)  | 3:41         | 16.3 (94.2%) |
| 7   | <b>MRUK Tomasz</b>         | <b>551</b> | CZARNE STOPY.SM      | M-40      | 7    | 00:00:02    | 00:09:20    | 00:18:09     | 00:27:05    | 00:36:01     | <b>00:37:30.85</b> | <b>00:37:33.70</b> | +00:02:52 (7.7%)  | 3:45         | 16 (92.5%)   |
| 8   | <b>STACHOWICZ Wiesław</b>  | <b>346</b> | BRZOZA BIEGA         | M-40      | 8    | 00:00:02    | 00:09:24    | 00:18:24     | 00:27:32    | 00:36:33     | <b>00:38:07.90</b> | <b>00:38:10.40</b> | +00:03:29 (9.2%)  | 3:48         | 15.7 (90.8%) |
| 9   | <b>HERMAN Arkadiusz</b>    | <b>534</b> |                      | M-40      | 9    | 00:00:02    | 00:09:33    | 00:18:44     | 00:28:00    | 00:37:14     | <b>00:38:52.20</b> | <b>00:38:54.25</b> | +00:04:14 (10.9%) | 3:53         | 15.4 (89.0%) |
| 10  | <b>SOBIERALSKI Rafał</b>   | <b>92</b>  | KLUB SPORTOWY BRZOZA | M-40      | 10   | 00:00:05    | 00:09:51    | 00:19:01     | 00:28:14    | 00:37:23     | <b>00:38:56.95</b> | <b>00:39:02.85</b> | +00:04:18 (11.1%) | 3:53         | 15.4 (89.0%) |
| 11  | <b>SIKUT Arkadiusz</b>     | <b>451</b> | 12 WOG               | M-40      | 11   | 00:00:04    | 00:09:40    | 00:18:49     | 00:28:06    | 00:37:25     | <b>00:38:58.70</b> | <b>00:39:03.20</b> | +00:04:20 (11.1%) | 3:53         | 15.4 (89.0%) |
| 12  | <b>SZCZEPANIAK Cezary</b>  | <b>342</b> |                      | M-40      | 12   | 00:00:03    | 00:09:53    | 00:19:07     | 00:28:23    | 00:37:30     | <b>00:39:06.25</b> | <b>00:39:09.50</b> | +00:04:28 (11.4%) | 3:54         | 15.3 (88.4%) |
| 13  | <b>WILLMA Jarsoław</b>     | <b>599</b> | BRZOZA BIEGA         | M-40      | 13   | 00:00:01    | 00:09:50    | 00:19:08     | 00:28:24    | 00:37:38     | <b>00:39:16.35</b> | <b>00:39:17.60</b> | +00:04:38 (11.8%) | 3:55         | 15.3 (88.4%) |
| 14  | <b>SPYCHALSKI Waldemar</b> | <b>325</b> |                      | M-40      | 14   | 00:00:05    | 00:10:03    | 00:19:24     | 00:28:45    | 00:37:50     | <b>00:39:22.45</b> | <b>00:39:28.05</b> | +00:04:44 (12.0%) | 3:56         | 15.2 (87.9%) |
| 15  | <b>GACKA Rafal</b>         | <b>177</b> |                      | M-40      | 15   | 00:00:04    | 00:09:49    | 00:19:09     | 00:28:35    | 00:37:55     | <b>00:39:34.20</b> | <b>00:39:38.60</b> | +00:04:56 (12.5%) | 3:57         | 15.2 (87.9%) |
| 16  | <b>NAWROCKI Piotr</b>      | <b>669</b> |                      | M-40      | 16   | 00:00:05    | 00:10:23    | 00:19:50     | 00:29:24    | 00:38:42     | <b>00:40:19.05</b> | <b>00:40:24.70</b> | +00:05:40 (14.1%) | 4:01         | 14.9 (86.1%) |
| 17  | <b>RUDOWICZ Piotr</b>      | <b>664</b> |                      | M-40      | 17   | 00:00:03    | 00:10:11    | 00:19:50     | 00:29:19    | 00:38:38     | <b>00:40:19.10</b> | <b>00:40:22.60</b> | +00:05:40 (14.1%) | 4:01         | 14.9 (86.1%) |

| Msc | Zawodnik                   | Numer      | Klub                                | Kategoria | Mkat | Czas     |             |              |             |              | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|-------------------------------------|-----------|------|----------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                            |            |                                     |           |      | startu   | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km |                    |                    |                   |              |              |
| 18  | <b>STANIEC Tomasz</b>      | <b>433</b> |                                     | M-40      | 18   | 00:00:16 | 00:10:26    | 00:20:00     | 00:29:38    | 00:39:06     | <b>00:40:41.70</b> | <b>00:40:58.35</b> | +00:06:03 (14.9%) | 4:04         | 14.7 (85.0%) |
| 19  | <b>TOMKIEWICZ Rafał</b>    | <b>366</b> |                                     | M-40      | 19   | 00:00:10 | 00:10:16    | 00:19:45     | 00:29:22    | 00:39:05     | <b>00:40:42.25</b> | <b>00:40:53.05</b> | +00:06:04 (14.9%) | 4:04         | 14.7 (85.0%) |
| 20  | <b>WĘSIORA Mariusz</b>     | <b>214</b> |                                     | M-40      | 20   | 00:00:05 | 00:10:18    | 00:19:56     | 00:29:44    | 00:39:13     | <b>00:40:47.30</b> | <b>00:40:52.35</b> | +00:06:09 (15.1%) | 4:04         | 14.7 (85.0%) |
| 21  | <b>RYDLEWSKI Marek</b>     | <b>67</b>  | RUN BYDGOSZCZ                       | M-40      | 21   | 00:00:11 | 00:10:28    | 00:20:06     | 00:29:43    | 00:39:18     | <b>00:40:56.55</b> | <b>00:41:07.65</b> | +00:06:18 (15.4%) | 4:05         | 14.7 (85.0%) |
| 22  | <b>ZAKURZEWSKI Tomasz</b>  | <b>311</b> | BRZOZA BIEGA                        | M-40      | 22   | 00:00:09 | 00:10:21    | 00:20:02     | 00:29:43    | 00:39:24     | <b>00:41:09.45</b> | <b>00:41:19.05</b> | +00:06:31 (15.8%) | 4:07         | 14.6 (84.4%) |
| 23  | <b>ŁASTOWSKI Waldemar</b>  | <b>51</b>  | 4RUN TEAM PIŁA                      | M-40      | 23   | 00:00:09 | 00:11:03    | 00:21:00     | 00:30:32    | 00:39:46     | <b>00:41:27.75</b> | <b>00:41:36.90</b> | +00:06:49 (16.5%) | 4:08         | 14.5 (83.8%) |
| 24  | <b>DUCHIŃSKI Wojciech</b>  | <b>398</b> | BRZOZA BIEGA                        | M-40      | 24   | 00:00:06 | 00:10:21    | 00:20:01     | 00:30:00    | 00:39:56     | <b>00:41:39.15</b> | <b>00:41:45.95</b> | +00:07:01 (16.8%) | 4:09         | 14.4 (83.2%) |
| 25  | <b>PRZYBYLSKI Maciej</b>   | <b>145</b> |                                     | M-40      | 25   | 00:00:07 | 00:10:18    | 00:19:59     | 00:29:55    | 00:40:01     | <b>00:41:47.65</b> | <b>00:41:55.25</b> | +00:07:09 (17.1%) | 4:10         | 14.4 (83.2%) |
| 26  | <b>ZIELIŃSKI Tomasz</b>    | <b>14</b>  |                                     | M-40      | 26   | 00:00:04 | 00:10:18    | 00:20:15     | 00:30:16    | 00:40:14     | <b>00:41:56.95</b> | <b>00:42:01.15</b> | +00:07:18 (17.4%) | 4:11         | 14.3 (82.7%) |
| 27  | <b>WODEJKO Artur</b>       | <b>626</b> | TURBOBOY                            | M-40      | 27   | 00:00:04 | 00:10:32    | 00:20:24     | 00:30:19    | 00:40:18     | <b>00:42:07.85</b> | <b>00:42:12.70</b> | +00:07:29 (17.8%) | 4:12         | 14.2 (82.1%) |
| 28  | <b>SOBCZAK Marcin</b>      | <b>196</b> | BYDGOSZCZ TRIATHLON TEAM / TRISPACE | M-40      | 28   | 00:00:06 | 00:10:39    | 00:20:34     | 00:30:35    | 00:40:31     | <b>00:42:18.20</b> | <b>00:42:24.85</b> | +00:07:40 (18.1%) | 4:13         | 14.2 (82.1%) |
| 29  | <b>WIŚNIEWSKI Leszek</b>   | <b>509</b> |                                     | M-40      | 29   | 00:00:09 | 00:10:20    | 00:20:02     | 00:30:22    | 00:40:54     | <b>00:42:35.95</b> | <b>00:42:45.80</b> | +00:07:57 (18.7%) | 4:15         | 14.1 (81.5%) |
| 30  | <b>ŚWITAL Leszek</b>       | <b>221</b> | MORSY MARGONIN-TAZAR                | M-40      | 30   | 00:00:05 | 00:10:19    | 00:20:23     | 00:30:41    | 00:40:58     | <b>00:42:45.60</b> | <b>00:42:51.30</b> | +00:08:07 (19.0%) | 4:16         | 14 (80.9%)   |
| 31  | <b>ZIELONKA Zbigniew</b>   | <b>665</b> |                                     | M-40      | 31   | 00:00:06 | 00:10:32    | 00:20:28     | 00:30:45    | 00:41:11     | <b>00:42:57.25</b> | <b>00:43:03.45</b> | +00:08:19 (19.4%) | 4:17         | 14 (80.9%)   |
| 32  | <b>MOLTZAN Zbigniew</b>    | <b>350</b> |                                     | M-40      | 32   | 00:00:09 | 00:10:54    | 00:21:02     | 00:31:12    | 00:41:15     | <b>00:43:03.05</b> | <b>00:43:12.90</b> | +00:08:24 (19.5%) | 4:18         | 13.9 (80.3%) |
| 33  | <b>MUSS Olek</b>           | <b>675</b> |                                     | M-40      | 33   | 00:00:10 | 00:11:21    | 00:21:45     | 00:31:49    | 00:41:34     | <b>00:43:15.25</b> | <b>00:43:25.50</b> | +00:08:37 (19.9%) | 4:19         | 13.9 (80.3%) |
| 34  | <b>FURTAK Tomasz</b>       | <b>199</b> | SPORT I REKREACJA MOGILNO           | M-40      | 34   | 00:00:07 | 00:11:02    | 00:21:15     | 00:31:31    | 00:41:35     | <b>00:43:15.75</b> | <b>00:43:23.35</b> | +00:08:37 (19.9%) | 4:19         | 13.9 (80.3%) |
| 35  | <b>PASIEKA Tomasz</b>      | <b>29</b>  | KLUB ŻOŁNIERZY REZERWY LOK NAKŁO    | M-40      | 35   | 00:00:08 | 00:10:51    | 00:21:02     | 00:31:14    | 00:41:40     | <b>00:43:30.05</b> | <b>00:43:39.00</b> | +00:08:51 (20.4%) | 4:21         | 13.8 (79.8%) |
| 36  | <b>MATKOWSKI Maciej</b>    | <b>706</b> |                                     | M-40      | 36   | 00:00:14 | 00:10:56    | 00:21:03     | 00:31:25    | 00:41:42     | <b>00:43:32.75</b> | <b>00:43:46.95</b> | +00:08:54 (20.5%) | 4:21         | 13.8 (79.8%) |
| 37  | <b>MILEWSKI Zbigniew</b>   | <b>71</b>  | TKKF KOLEJARZ BYDGOSZCZ             | M-40      | 37   | 00:00:50 | 00:11:42    | 00:22:04     | 00:32:12    | 00:42:01     | <b>00:43:38.75</b> | <b>00:44:29.70</b> | +00:09:00 (20.6%) | 4:21         | 13.7 (79.2%) |
| 38  | <b>ŚPICA Leszek</b>        | <b>458</b> |                                     | M-40      | 38   | 00:00:55 | 00:11:38    | 00:21:36     | 00:31:52    | 00:41:53     | <b>00:43:41.15</b> | <b>00:44:36.45</b> | +00:09:03 (20.7%) | 4:22         | 13.7 (79.2%) |
| 39  | <b>MARCINKOWSKI Paweł</b>  | <b>584</b> |                                     | M-40      | 39   | 00:00:15 | 00:11:11    | 00:21:21     | 00:31:41    | 00:42:01     | <b>00:43:50.60</b> | <b>00:44:06.25</b> | +00:09:12 (21.0%) | 4:23         | 13.7 (79.2%) |
| 40  | <b>DĄBKOWSKI Maciej</b>    | <b>10</b>  |                                     | M-40      | 40   | 00:00:23 | 00:11:10    | 00:21:26     | 00:31:46    | 00:42:04     | <b>00:43:53.35</b> | <b>00:44:16.40</b> | +00:09:15 (21.1%) | 4:23         | 13.7 (79.2%) |
| 41  | <b>SZCZECIŃSKI Mariusz</b> | <b>723</b> |                                     | M-40      | 41   | 00:00:35 | 00:11:56    | 00:22:32     | 00:32:35    | 00:42:15     | <b>00:43:56.40</b> | <b>00:44:31.40</b> | +00:09:18 (21.2%) | 4:23         | 13.7 (79.2%) |
| 42  | <b>WRZESIŃSKI Wojciech</b> | <b>529</b> | RUN BYDGOSZCZ                       | M-40      | 42   | 00:00:12 | 00:11:11    | 00:21:26     | 00:31:48    | 00:42:10     | <b>00:43:57.35</b> | <b>00:44:09.85</b> | +00:09:19 (21.2%) | 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   |
|-----|----------------------------|------------|---|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 43  | <b>KALETA Marcin</b>       | <b>674</b> |   | M-40      | 43   | 00:00:07    | 00:11:20    | 00:21:52     | 00:32:25    | 00:42:41     | <b>00:44:24.60</b> | <b>00:44:32.45</b> | +00:09:46 (22.0%) | 4:26         | 13.5 (78.0%) |
| 44  | <b>GACKOWSKI Jarek</b>     | <b>684</b> | TRIYSTYLE.PL                              | M-40      | 44   | 00:00:08    | 00:11:23    | 00:21:49     | 00:32:16    | 00:42:45     | <b>00:44:34.80</b> | <b>00:44:43.25</b> | +00:09:56 (22.3%) | 4:27         | 13.5 (78.0%) |
| 45  | <b>SADOWSKI Marian</b>     | <b>501</b> |   | M-40      | 45   | 00:00:12    | 00:11:30    | 00:21:56     | 00:32:29    | 00:42:56     | <b>00:44:51.35</b> | <b>00:45:03.40</b> | +00:10:13 (22.8%) | 4:29         | 13.4 (77.5%) |
| 46  | <b>GOŁAWSKI Andrzej</b>    | <b>609</b> |   | M-40      | 46   | 00:00:14    | 00:11:41    | 00:22:10     | 00:32:42    | 00:43:08     | <b>00:44:58.25</b> | <b>00:45:12.60</b> | +00:10:20 (23.0%) | 4:29         | 13.3 (76.9%) |
| 47  | <b>CHOJNACKI Krzysztof</b> | <b>557</b> | RUN BYDGOSZCZ                             | M-40      | 47   | 00:00:46    | 00:11:56    | 00:22:40     | 00:33:46    | 00:43:19     | <b>00:44:59.80</b> | <b>00:45:46.60</b> | +00:10:21 (23.0%) | 4:30         | 13.3 (76.9%) |
| 48  | <b>KUJAWA Piotr</b>        | <b>172</b> | RUN BYDGOSZCZ                             | M-40      | 48   | 00:00:20    | 00:11:46    | 00:22:15     | 00:32:39    | 00:43:11     | <b>00:44:59.85</b> | <b>00:45:20.60</b> | +00:10:21 (23.0%) | 4:30         | 13.3 (76.9%) |
| 49  | <b>TOBOLSKI Marek</b>      | <b>474</b> | FLORIAN OCHRONA PRZECIWPOŻAROWA GRUDZIĄDZ | M-40      | 49   | 00:00:24    | 00:11:42    | 00:22:14     | 00:32:54    | 00:43:27     | <b>00:45:10.25</b> | <b>00:45:34.35</b> | +00:10:32 (23.3%) | 4:31         | 13.3 (76.9%) |
| 50  | <b>RUDOL Sebastian</b>     | <b>42</b>  |   | M-40      | 50   | 00:00:07    | 00:11:38    | 00:22:14     | 00:32:52    | 00:43:29     | <b>00:45:10.80</b> | <b>00:45:18.00</b> | +00:10:32 (23.3%) | 4:31         | 13.3 (76.9%) |
| 51  | <b>LIPSKI Krzysztof</b>    | <b>284</b> | RUN BYDGOSZCZ                             | M-40      | 51   | 00:00:24    | 00:11:31    | 00:22:12     | 00:32:54    | 00:43:28     | <b>00:45:13.30</b> | <b>00:45:37.95</b> | +00:10:35 (23.4%) | 4:31         | 13.3 (76.9%) |
| 52  | <b>STEMPNIAK Krzysztof</b> | <b>191</b> |   | M-40      | 52   | 00:00:11    | 00:11:21    | 00:21:48     | 00:32:31    | 00:43:29     | <b>00:45:21.05</b> | <b>00:45:32.95</b> | +00:10:42 (23.6%) | 4:32         | 13.2 (76.3%) |
| 53  | <b>BIEL Marek</b>          | <b>376</b> | 1% DLA DARIÍ BIEL                         | M-40      | 53   | 00:00:11    | 00:11:10    | 00:21:29     | 00:32:18    | 00:43:30     | <b>00:45:25.40</b> | <b>00:45:36.75</b> | +00:10:47 (23.7%) | 4:32         | 13.2 (76.3%) |
| 54  | <b>SŁOMA Maciej</b>        | <b>222</b> |   | M-40      | 54   | 00:00:29    | 00:11:32    | 00:22:09     | 00:32:56    | 00:43:39     | <b>00:45:29.55</b> | <b>00:45:59.00</b> | +00:10:51 (23.9%) | 4:33         | 13.2 (76.3%) |
| 55  | <b>WIŚNIEWSKI Maciej</b>   | <b>220</b> |   | M-40      | 55   | 00:00:15    | 00:11:33    | 00:22:17     | 00:33:03    | 00:43:43     | <b>00:45:36.90</b> | <b>00:45:52.75</b> | +00:10:58 (24.1%) | 4:33         | 13.2 (76.3%) |
| 56  | <b>KLINIKOWSKI Jajacek</b> | <b>340</b> | KOCHAM ŻYCIE I...                         | M-40      | 56   | 00:00:12    | 00:11:45    | 00:22:35     | 00:33:26    | 00:44:07     | <b>00:45:47.25</b> | <b>00:45:59.40</b> | +00:11:09 (24.4%) | 4:34         | 13.1 (75.7%) |
| 57  | <b>BUZALSKI Robert</b>     | <b>394</b> | ORANGE POLSKA                             | M-40      | 57   | 00:00:30    | 00:11:31    | 00:22:06     | 00:33:11    | 00:44:00     | <b>00:45:50.35</b> | <b>00:46:21.30</b> | +00:11:12 (24.4%) | 4:35         | 13.1 (75.7%) |
| 58  | <b>STAŃCZYK Grzegorz</b>   | <b>704</b> |   | M-40      | 58   | 00:00:04    | 00:11:06    | 00:21:52     | 00:32:53    | 00:43:54     | <b>00:45:52.55</b> | <b>00:45:56.55</b> | +00:11:14 (24.5%) | 4:35         | 13.1 (75.7%) |
| 59  | <b>SZYMAŃSKI Krzysztof</b> | <b>18</b>  |   | M-40      | 59   | 00:00:03    | 00:11:21    | 00:22:13     | 00:33:22    | 00:44:13     | <b>00:46:02.65</b> | <b>00:46:06.50</b> | +00:11:24 (24.8%) | 4:36         | 13 (75.1%)   |
| 60  | <b>KADOW Ryszard</b>       | <b>34</b>  | RUN-PASJA BYDGOSZCZ                       | M-40      | 60   | 00:00:09    | 00:11:42    | 00:22:40     | 00:33:33    | 00:44:21     | <b>00:46:08.10</b> | <b>00:46:17.65</b> | +00:11:29 (24.9%) | 4:36         | 13 (75.1%)   |
| 61  | <b>WNUCZYŃSKI Andrzej</b>  | <b>514</b> | ORANGE POLSKA                             | M-40      | 61   | 00:00:30    | 00:11:30    | 00:22:05     | 00:33:11    | 00:44:11     | <b>00:46:10.30</b> | <b>00:46:41.05</b> | +00:11:32 (25.0%) | 4:37         | 13 (75.1%)   |
| 62  | <b>GÓRZYŃSKI Tomasz</b>    | <b>707</b> |   | M-40      | 62   | 00:00:32    | 00:12:03    | 00:23:00     | 00:33:52    | 00:44:27     | <b>00:46:19.85</b> | <b>00:46:52.65</b> | +00:11:41 (25.2%) | 4:38         | 12.9 (74.6%) |
| 63  | <b>GACKOWSKI Krzysztof</b> | <b>360</b> |   | M-40      | 63   | 00:00:08    | 00:11:25    | 00:22:26     | 00:33:39    | 00:44:44     | <b>00:46:35.75</b> | <b>00:46:44.50</b> | +00:11:57 (25.7%) | 4:39         | 12.9 (74.6%) |
| 64  | <b>ROŚ Adam</b>            | <b>308</b> |   | M-40      | 64   | 00:00:10    | 00:12:33    | 00:23:42     | 00:34:25    | 00:44:53     | <b>00:46:45.75</b> | <b>00:46:56.10</b> | +00:12:07 (25.9%) | 4:40         | 12.8 (74.0%) |
| 65  | <b>ZBORALSKI Krzysztof</b> | <b>542</b> |   | M-40      | 65   | 00:00:04    | 00:11:47    | 00:22:45     | 00:33:38    | 00:44:48     | <b>00:46:48.65</b> | <b>00:46:53.45</b> | +00:12:10 (26.0%) | 4:40         | 12.8 (74.0%) |
| 66  | <b>ROBACZEWSKI Marcin</b>  | <b>585</b> |   | M-40      | 66   | 00:00:48    | 00:12:32    | 00:23:39     | 00:34:21    | 00:45:01     | <b>00:46:50.95</b> | <b>00:47:39.40</b> | +00:12:12 (26.1%) | 4:41         | 12.8 (74.0%) |
| 67  | <b>MORITZ Rafał</b>        | <b>424</b> | ŚLIMAKI BARCIN                            | M-40      | 67   | 00:00:15    | 00:12:14    | 00:23:09     | 00:34:10    | 00:45:02     | <b>00:46:51.45</b> | <b>00:47:06.65</b> | +00:12:13 (26.1%) | 4:41         | 12.8 (74.0%) |

| Msc | Zawodnik                   | Numer      | Klub                         | Kategoria | Mkat | Czas     |             |              |             |              | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|------------------------------|-----------|------|----------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                            |            |                              |           |      | startu   | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km |                    |                    |                   |              |              |
| 68  | <b>DRÓBKA Krzysztof</b>    | <b>480</b> |                              | M-40      | 68   | 00:00:06 | 00:11:15    | 00:22:09     | 00:33:24    | 00:44:52     | <b>00:46:52.30</b> | <b>00:46:59.05</b> | +00:12:14 (26.1%) | 4:41         | 12.8 (74.0%) |
| 69  | <b>PRZERACKI Mirosław</b>  | <b>453</b> |                              | M-40      | 69   | 00:00:08 | 00:11:34    | 00:22:40     | 00:34:03    | 00:45:05     | <b>00:47:02.90</b> | <b>00:47:11.15</b> | +00:12:24 (26.4%) | 4:42         | 12.8 (74.0%) |
| 70  | <b>KONIECZKA Jarosław</b>  | <b>717</b> |                              | M-40      | 70   | 00:00:48 | 00:12:24    | 00:23:32     | 00:34:27    | 00:45:13     | <b>00:47:07.65</b> | <b>00:47:56.50</b> | +00:12:29 (26.5%) | 4:42         | 12.7 (73.4%) |
| 71  | <b>PODLASZEWSKI Jacek</b>  | <b>180</b> | VENI CUCURRI VICI            | M-40      | 71   | 00:00:15 | 00:11:53    | 00:22:59     | 00:34:10    | 00:45:14     | <b>00:47:09.00</b> | <b>00:47:24.65</b> | +00:12:30 (26.5%) | 4:42         | 12.7 (73.4%) |
| 72  | <b>NAMIEŚNIK Krzysztof</b> | <b>200</b> |                              | M-40      | 72   | 00:00:19 | 00:12:06    | 00:23:16     | 00:34:17    | 00:45:09     | <b>00:47:14.00</b> | <b>00:47:33.75</b> | +00:12:35 (26.7%) | 4:43         | 12.7 (73.4%) |
| 73  | <b>SZABLEWSKI Andrzej</b>  | <b>607</b> | TEAMOCHAL                    | M-40      | 73   | 00:00:26 | 00:12:04    | 00:23:03     | 00:34:15    | 00:45:23     | <b>00:47:19.45</b> | <b>00:47:46.35</b> | +00:12:41 (26.8%) | 4:44         | 12.7 (73.4%) |
| 74  | <b>ŚLESIŃSKI Bartosz</b>   | <b>647</b> |                              | M-40      | 74   | 00:00:07 | 00:12:04    | 00:23:15     | 00:34:27    | 00:45:34     | <b>00:47:24.00</b> | <b>00:47:31.40</b> | +00:12:45 (26.9%) | 4:44         | 12.7 (73.4%) |
| 75  | <b>TOCZKIEWICZ Piotr</b>   | <b>352</b> | KLUB SPORTOWY BRZOZA         | M-40      | 75   | 00:00:05 | 00:11:28    | 00:22:40     | 00:34:07    | 00:45:36     | <b>00:47:27.70</b> | <b>00:47:32.70</b> | +00:12:49 (27.0%) | 4:44         | 12.6 (72.8%) |
| 76  | <b>GAPSKI Jarosław</b>     | <b>522</b> |                              | M-40      | 76   | 00:00:47 | 00:11:54    | 00:22:41     | 00:33:54    | 00:45:24     | <b>00:47:29.70</b> | <b>00:48:17.35</b> | +00:12:51 (27.1%) | 4:45         | 12.6 (72.8%) |
| 77  | <b>JEDLIŃSKI Janusz</b>    | <b>631</b> | BRZOZA BIEGA                 | M-40      | 77   | 00:00:06 | 00:12:10    | 00:23:12     | 00:34:23    | 00:45:39     | <b>00:47:34.90</b> | <b>00:47:41.40</b> | +00:12:56 (27.2%) | 4:45         | 12.6 (72.8%) |
| 78  | <b>WEŁNICKI Waldemar</b>   | <b>239</b> | GOSIR OSIELSKO               | M-40      | 78   | 00:00:12 | 00:11:41    | 00:22:57     | 00:34:19    | 00:45:39     | <b>00:47:38.95</b> | <b>00:47:51.80</b> | +00:13:00 (27.3%) | 4:45         | 12.6 (72.8%) |
| 79  | <b>GRODEK Krzysztof</b>    | <b>444</b> | CYTADELA-GRUDZIĄDZ           | M-40      | 79   | 00:00:39 | 00:12:05    | 00:23:12     | 00:34:31    | 00:46:02     | <b>00:48:04.80</b> | <b>00:48:44.15</b> | +00:13:26 (28.0%) | 4:48         | 12.5 (72.3%) |
| 80  | <b>KIECA Andrzej</b>       | <b>16</b>  | BRZOZA BIEGA/ROWEROWA BRZOZA | M-40      | 80   | 00:00:19 | 00:12:10    | 00:23:31     | 00:35:11    | 00:46:26     | <b>00:48:22.40</b> | <b>00:48:41.70</b> | +00:13:44 (28.4%) | 4:50         | 12.4 (71.7%) |
| 81  | <b>BUJAK Karol</b>         | <b>719</b> |                              | M-40      | 81   | 00:00:06 | 00:12:17    | 00:23:29     | 00:34:59    | 00:46:28     | <b>00:48:26.15</b> | <b>00:48:32.45</b> | +00:13:48 (28.5%) | 4:50         | 12.4 (71.7%) |
| 82  | <b>STERNAL Tomasz</b>      | <b>256</b> |                              | M-40      | 82   | 00:00:13 | 00:11:19    | 00:22:05     | 00:34:03    | 00:46:16     | <b>00:48:27.10</b> | <b>00:48:40.95</b> | +00:13:48 (28.5%) | 4:50         | 12.4 (71.7%) |
| 83  | <b>JANOWSKI Jacek</b>      | <b>569</b> | SPORT4LIFE                   | M-40      | 83   | 00:00:19 | 00:12:01    | 00:23:20     | 00:34:53    | 00:46:41     | <b>00:48:47.85</b> | <b>00:49:07.00</b> | +00:14:09 (29.0%) | 4:52         | 12.3 (71.1%) |
| 84  | <b>PAWŁOWSKI Radosław</b>  | <b>425</b> | JFTC SU                      | M-40      | 84   | 00:00:36 | 00:13:03    | 00:24:38     | 00:35:55    | 00:46:57     | <b>00:48:49.95</b> | <b>00:49:26.15</b> | +00:14:11 (29.1%) | 4:53         | 12.3 (71.1%) |
| 85  | <b>ŚWIĘCICKI Andrzej</b>   | <b>183</b> |                              | M-40      | 85   | 00:00:20 | 00:12:24    | 00:23:56     | 00:35:36    | 00:47:11     | <b>00:49:08.75</b> | <b>00:49:29.15</b> | +00:14:30 (29.5%) | 4:54         | 12.2 (70.5%) |
| 86  | <b>BIESIADA Tomasz</b>     | <b>28</b>  | TRINERGY                     | M-40      | 86   | 00:00:26 | 00:12:45    | 00:24:36     | 00:36:08    | 00:47:28     | <b>00:49:21.15</b> | <b>00:49:47.75</b> | +00:14:43 (29.8%) | 4:56         | 12.2 (70.5%) |
| 87  | <b>KONIEC Krzysztof</b>    | <b>140</b> | TKKF WODNIK WIĘBORK          | M-40      | 87   | 00:00:17 | 00:12:44    | 00:24:18     | 00:36:08    | 00:47:49     | <b>00:49:46.70</b> | <b>00:50:03.90</b> | +00:15:08 (30.4%) | 4:58         | 12.1 (69.9%) |
| 88  | <b>NURKIEWICZ Jarosław</b> | <b>116</b> |                              | M-40      | 88   | 00:00:21 | 00:12:29    | 00:24:15     | 00:36:14    | 00:48:11     | <b>00:50:10.55</b> | <b>00:50:31.80</b> | +00:15:32 (31.0%) | 5:01         | 12 (69.4%)   |
| 89  | <b>SZUBARTOWSKI Robert</b> | <b>157</b> | ATOS TEAM                    | M-40      | 89   | 00:00:26 | 00:13:19    | 00:25:04     | 00:36:54    | 00:48:32     | <b>00:50:33.25</b> | <b>00:50:59.50</b> | +00:15:55 (31.5%) | 5:03         | 11.9 (68.8%) |
| 90  | <b>JENERALSKI Maciej</b>   | <b>726</b> |                              | M-40      | 90   | 00:00:15 | 00:12:30    | 00:24:13     | 00:36:24    | 00:48:35     | <b>00:50:39.90</b> | <b>00:50:55.75</b> | +00:16:01 (31.6%) | 5:04         | 11.8 (68.2%) |
| 91  | <b>WALENCIAK Jarosław</b>  | <b>266</b> | CZARNE STOPY.SM              | M-40      | 91   | 00:00:16 | 00:12:54    | 00:24:46     | 00:36:46    | 00:48:47     | <b>00:50:46.30</b> | <b>00:51:03.00</b> | +00:16:08 (31.8%) | 5:04         | 11.8 (68.2%) |
| 92  | <b>OSZUBSKI Kazimierz</b>  | <b>571</b> |                              | M-40      | 92   | 00:00:15 | 00:12:46    | 00:24:53     | 00:37:06    | 00:48:54     | <b>00:50:47.05</b> | <b>00:51:02.30</b> | +00:16:08 (31.8%) | 5:04         | 11.8 (68.2%) |

| Msc | Zawodnik                     | Numer      | Klub                   | Kategoria | Mkat | Czas     |          |          |          |          | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                              |            |                        |           |      | startu   | 2.5km    | 4.85km   | 7.2km    | 9.55km   |                    |                    |                   |              |              |
| 93  | <b>STĘPIEŃ Tomasz</b>        | <b>332</b> | RUN BYDGOSZCZ          | M-40      | 93   | 00:00:25 | 00:12:04 | 00:23:33 | 00:35:58 | 00:48:29 | <b>00:50:47.30</b> | <b>00:51:13.00</b> | +00:16:09 (31.8%) | 5:04         | 11.8 (68.2%) |
| 94  | <b>REPKA Marek</b>           | <b>96</b>  | LUPUS TEAM             | M-40      | 94   | 00:00:07 | 00:12:34 | 00:24:33 | 00:36:45 | 00:48:54 | <b>00:50:49.40</b> | <b>00:50:56.60</b> | +00:16:11 (31.9%) | 5:04         | 11.8 (68.2%) |
| 95  | <b>KOSIŃSKI Krzysztof</b>    | <b>208</b> | TASAK TEAM             | M-40      | 95   | 00:00:28 | 00:13:09 | 00:24:53 | 00:36:56 | 00:48:51 | <b>00:50:53.65</b> | <b>00:51:22.60</b> | +00:16:15 (31.9%) | 5:05         | 11.8 (68.2%) |
| 96  | <b>KRZYŻANOWSKI Robert</b>   | <b>86</b>  | ANDRO                  | M-40      | 96   | 00:00:10 | 00:12:36 | 00:24:23 | 00:36:23 | 00:48:55 | <b>00:51:06.05</b> | <b>00:51:16.85</b> | +00:16:27 (32.2%) | 5:06         | 11.7 (67.6%) |
| 97  | <b>KRAJDA Piotr</b>          | <b>475</b> |                        | M-40      | 97   | 00:00:21 | 00:12:42 | 00:24:21 | 00:36:30 | 00:49:00 | <b>00:51:07.50</b> | <b>00:51:28.95</b> | +00:16:29 (32.3%) | 5:06         | 11.7 (67.6%) |
| 98  | <b>TOMASZEWSKI Marcin</b>    | <b>645</b> |                        | M-40      | 98   | 00:00:19 | 00:13:02 | 00:25:01 | 00:37:08 | 00:49:24 | <b>00:51:28.20</b> | <b>00:51:47.40</b> | +00:16:50 (32.7%) | 5:08         | 11.7 (67.6%) |
| 99  | <b>SIMIŃSKI Maciej</b>       | <b>646</b> |                        | M-40      | 99   | 00:00:32 | 00:13:25 | 00:25:57 | 00:38:11 | 00:50:00 | <b>00:51:50.00</b> | <b>00:52:22.50</b> | +00:17:11 (33.2%) | 5:11         | 11.6 (67.1%) |
| 100 | <b>LATO Sławek</b>           | <b>506</b> |                        | M-40      | 100  | 00:00:23 | 00:12:58 | 00:25:12 | 00:37:35 | 00:49:57 | <b>00:52:03.05</b> | <b>00:52:26.80</b> | +00:17:24 (33.5%) | 5:12         | 11.5 (66.5%) |
| 101 | <b>KOWALCZYK Tomasz</b>      | <b>387</b> |                        | M-40      | 101  | 00:00:55 | 00:13:03 | 00:25:20 | 00:37:42 | 00:49:59 | <b>00:52:06.90</b> | <b>00:53:02.05</b> | +00:17:28 (33.5%) | 5:12         | 11.5 (66.5%) |
| 102 | <b>RACINOWSKI Filip</b>      | <b>679</b> |                        | M-40      | 102  | 00:00:16 | 00:13:00 | 00:25:17 | 00:37:41 | 00:50:07 | <b>00:52:17.85</b> | <b>00:52:34.05</b> | +00:17:39 (33.8%) | 5:13         | 11.5 (66.5%) |
| 103 | <b>NIEDBALSKI Przemysław</b> | <b>276</b> | PAŁUKI RUNNING TEAM    | M-40      | 103  | 00:00:10 | 00:12:59 | 00:25:29 | 00:38:03 | 00:50:33 | <b>00:52:45.55</b> | <b>00:52:56.45</b> | +00:18:07 (34.4%) | 5:16         | 11.4 (65.9%) |
| 104 | <b>KASZOWICZ Marek</b>       | <b>126</b> | RWT W BYDGOSZCZY       | M-40      | 104  | 00:00:49 | 00:13:43 | 00:26:07 | 00:38:22 | 00:50:42 | <b>00:52:46.45</b> | <b>00:53:36.25</b> | +00:18:08 (34.4%) | 5:16         | 11.4 (65.9%) |
| 105 | <b>RÓŻYCKI Waldemar</b>      | <b>697</b> | KATOLIK TEAM           | M-40      | 105  | 00:00:30 | 00:12:59 | 00:25:17 | 00:37:48 | 00:50:30 | <b>00:53:02.80</b> | <b>00:53:33.05</b> | +00:18:24 (34.7%) | 5:18         | 11.3 (65.3%) |
| 106 | <b>PREUSS Daniel</b>         | <b>189</b> |                        | M-40      | 106  | 00:00:20 | 00:13:17 | 00:25:33 | 00:38:04 | 00:50:55 | <b>00:53:16.00</b> | <b>00:53:36.95</b> | +00:18:37 (35.0%) | 5:19         | 11.3 (65.3%) |
| 107 | <b>PODBORNY Piotr</b>        | <b>270</b> | GRP TEAM               | M-40      | 107  | 00:00:08 | 00:12:31 | 00:24:58 | 00:38:07 | 00:51:16 | <b>00:53:39.25</b> | <b>00:53:47.80</b> | +00:19:01 (35.4%) | 5:21         | 11.2 (64.7%) |
| 108 | <b>KOSMAL Jarosław</b>       | <b>423</b> |                        | M-40      | 108  | 00:00:37 | 00:13:21 | 00:25:41 | 00:38:28 | 00:51:40 | <b>00:54:11.50</b> | <b>00:54:48.65</b> | +00:19:33 (36.1%) | 5:25         | 11.1 (64.2%) |
| 109 | <b>LIWOCH Grzegorz</b>       | <b>550</b> |                        | M-40      | 109  | 00:00:20 | 00:12:42 | 00:24:58 | 00:37:59 | 00:51:46 | <b>00:54:14.35</b> | <b>00:54:35.30</b> | +00:19:36 (36.1%) | 5:25         | 11.1 (64.2%) |
| 110 | <b>ADRIAN Krzysztof</b>      | <b>250</b> |                        | M-40      | 110  | 00:00:47 | 00:14:09 | 00:26:45 | 00:39:36 | 00:52:16 | <b>00:54:29.70</b> | <b>00:55:16.80</b> | +00:19:51 (36.4%) | 5:26         | 11 (63.6%)   |
| 111 | <b>ŚWIATOWY Ryszard</b>      | <b>382</b> |                        | M-40      | 111  | 00:00:09 | 00:12:31 | 00:25:13 | 00:38:36 | 00:52:13 | <b>00:54:37.65</b> | <b>00:54:47.00</b> | +00:19:59 (36.6%) | 5:27         | 11 (63.6%)   |
| 112 | <b>GOŁĘBIEWSKI Jerzy</b>     | <b>420</b> |                        | M-40      | 112  | 00:00:33 | 00:13:59 | 00:26:37 | 00:39:31 | 00:52:35 | <b>00:54:58.60</b> | <b>00:55:32.55</b> | +00:20:20 (37.0%) | 5:29         | 10.9 (63.0%) |
| 113 | <b>WESOŁOWSKI Krzysztof</b>  | <b>552</b> | RUN BYDGOSZCZ          | M-40      | 113  | 00:00:36 | 00:14:14 | 00:27:00 | 00:39:56 | 00:53:15 | <b>00:55:15.60</b> | <b>00:55:52.25</b> | +00:20:37 (37.3%) | 5:31         | 10.9 (63.0%) |
| 114 | <b>KULAS Bartosz</b>         | <b>181</b> |                        | M-40      | 114  | 00:00:42 | 00:13:33 | 00:26:22 | 00:39:35 | 00:53:02 | <b>00:55:20.90</b> | <b>00:56:03.65</b> | +00:20:42 (37.4%) | 5:32         | 10.8 (62.4%) |
| 115 | <b>RYBAK Mariusz</b>         | <b>410</b> | BIKEBOYS CADMARIO TEAM | M-40      | 115  | 00:00:19 | 00:14:14 | 00:26:56 | 00:40:08 | 00:53:05 | <b>00:55:23.85</b> | <b>00:55:43.40</b> | +00:20:45 (37.5%) | 5:32         | 10.8 (62.4%) |
| 116 | <b>TWARDOWSKI Wojciech</b>   | <b>106</b> | RUN BYDGOSZCZ          | M-40      | 116  | 00:00:25 | 00:13:30 | 00:26:27 | 00:39:45 | 00:53:07 | <b>00:55:26.00</b> | <b>00:55:51.85</b> | +00:20:47 (37.5%) | 5:32         | 10.8 (62.4%) |
| 117 | <b>TOBOLSKI Tomasz</b>       | <b>388</b> |                        | M-40      | 117  | 00:00:39 | 00:15:36 | 00:28:43 | 00:41:04 | 00:53:31 | <b>00:55:32.55</b> | <b>00:56:11.90</b> | +00:20:54 (37.6%) | 5:33         | 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               |                    | Różn                 | Tempo min/km | Tempo km/h      |
|-----|--------------------------------|------------|------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|-----------------|
|     |                                |            |                        |           |      |             |             |              |             |              | netto 10km         | brutto 10km        |                      |              |                 |
| 118 | <b>CZERWIAKOWSKI Sebastian</b> | <b>624</b> |                        | M-40      | 118  | 00:00:50    | 00:14:41    | 00:27:59     | 00:41:11    | 00:53:49     | <b>00:55:57.45</b> | <b>00:56:48.20</b> | +00:21:19<br>(38.1%) | 5:35         | 10.7<br>(61.8%) |
| 119 | <b>REDLAK Tomasz</b>           | <b>182</b> | WZGÓRZE WOLNOŚCI       | M-40      | 119  | 00:00:19    | 00:13:38    | 00:26:45     | 00:40:18    | 00:53:56     | <b>00:56:03.60</b> | <b>00:56:23.45</b> | +00:21:25<br>(38.2%) | 5:36         | 10.7<br>(61.8%) |
| 120 | <b>BYRTEK Grzegorz</b>         | <b>573</b> |                        | M-40      | 120  | 00:00:19    | 00:12:26    | 00:24:40     | 00:38:35    | 00:54:43     | <b>00:57:37.20</b> | <b>00:57:56.35</b> | +00:22:59<br>(39.9%) | 5:45         | 10.4<br>(60.1%) |
| 121 | <b>GAWRYCH Andrzej</b>         | <b>400</b> | BYDGOSKIE OKONIE       | M-40      | 121  | 00:00:43    | 00:14:02    | 00:27:27     | 00:41:24    | 00:55:20     | <b>00:57:43.05</b> | <b>00:58:26.65</b> | +00:23:04<br>(40.0%) | 5:46         | 10.4<br>(60.1%) |
| 122 | <b>MARKIEWICZ Mirek</b>        | <b>397</b> | TEAM GIRUCH            | M-40      | 122  | 00:00:28    | 00:14:40    | 00:28:23     | 00:42:10    | 00:55:35     | <b>00:58:01.60</b> | <b>00:58:30.25</b> | +00:23:23<br>(40.3%) | 5:48         | 10.3<br>(59.5%) |
| 123 | <b>MICHAŁOWSKI Krzysiek</b>    | <b>500</b> |                        | M-40      | 123  | 00:00:28    | 00:14:21    | 00:27:44     | 00:41:34    | 00:55:29     | <b>00:58:02.80</b> | <b>00:58:31.45</b> | +00:23:24<br>(40.3%) | 5:48         | 10.3<br>(59.5%) |
| 124 | <b>SCHMIDT Robert</b>          | <b>327</b> | RUN BYDGOSZCZ          | M-40      | 124  | 00:00:39    | 00:14:13    | 00:27:28     | 00:41:12    | 00:55:35     | <b>00:58:08.60</b> | <b>00:58:48.45</b> | +00:23:30<br>(40.4%) | 5:48         | 10.3<br>(59.5%) |
| 125 | <b>MOROSZCZAK Bogumił</b>      | <b>251</b> | SPÓJNIA BIAŁE BŁOTA    | M-40      | 125  | 00:00:46    | 00:14:49    | 00:28:27     | 00:42:12    | 00:56:07     | <b>00:58:26.55</b> | <b>00:59:13.10</b> | +00:23:48<br>(40.7%) | 5:50         | 10.3<br>(59.5%) |
| 126 | <b>GÓRECKI Tomasz</b>          | <b>517</b> | GÓRECCY TEAM           | M-40      | 126  | 00:00:28    | 00:14:37    | 00:27:34     | 00:42:37    | 00:56:32     | <b>00:58:43.75</b> | <b>00:59:11.95</b> | +00:24:05<br>(41.0%) | 5:52         | 10.2<br>(59.0%) |
| 127 | <b>KALISZEWSKI Maciej</b>      | <b>543</b> | KALISZEWSCY DREAM TEAM | M-40      | 127  | 00:00:27    | 00:14:39    | 00:27:35     | 00:42:20    | 00:56:33     | <b>00:58:43.90</b> | <b>00:59:11.85</b> | +00:24:05<br>(41.0%) | 5:52         | 10.2<br>(59.0%) |
| 128 | <b>KOZIŃSKI Tomasz</b>         | <b>438</b> | BYDGOSKIE ŻÓŁWIE       | M-40      | 128  | 00:00:18    | 00:14:27    | 00:27:58     | 00:41:46    | 00:56:20     | <b>00:58:52.10</b> | <b>00:59:11.05</b> | +00:24:13<br>(41.2%) | 5:53         | 10.2<br>(59.0%) |
| 129 | <b>WESOŁOWSKI Dariusz</b>      | <b>391</b> |                        | M-40      | 129  | 00:00:51    | 00:14:48    | 00:28:51     | 00:43:16    | 00:57:12     | <b>00:59:37.55</b> | <b>01:00:28.90</b> | +00:24:59<br>(41.9%) | 5:57         | 10.1<br>(58.4%) |
| 130 | <b>MARCINKOWSKI Piotr</b>      | <b>90</b>  |                        | M-40      | 130  | 00:00:39    | 00:14:45    | 00:28:55     | 00:43:34    | 00:57:33     | <b>00:59:46.75</b> | <b>01:00:26.70</b> | +00:25:08<br>(42.1%) | 5:58         | 10<br>(57.8%)   |
| 131 | <b>SAWIEŁAJC Michał</b>        | <b>338</b> |                        | M-40      | 131  | 00:00:28    | 00:14:35    | 00:28:25     | 00:42:48    | 00:57:15     | <b>00:59:52.50</b> | <b>01:00:20.85</b> | +00:25:14<br>(42.2%) | 5:59         | 10<br>(57.8%)   |
| 132 | <b>BARTOSZYŃSKI Marcin</b>     | <b>491</b> |                        | M-40      | 132  | 00:00:49    | 00:15:23    | 00:29:28     | 00:43:27    | 00:57:52     | <b>01:00:22.60</b> | <b>01:01:12.10</b> | +00:25:44<br>(42.6%) | 6:02         | 9.9<br>(57.2%)  |
| 133 | <b>RADKOWSKI Tomasz</b>        | <b>389</b> |                        | M-40      | 133  | 00:00:49    | 00:15:23    | 00:29:28     | 00:43:27    | 00:57:52     | <b>01:00:22.95</b> | <b>01:01:12.10</b> | +00:25:44<br>(42.6%) | 6:02         | 9.9<br>(57.2%)  |
| 134 | <b>PALACZ Michał</b>           | <b>305</b> | POZKAL RUNNING TEAM    | M-40      | 134  | 00:00:30    | 00:14:48    | 00:28:53     | 00:43:12    | 00:57:58     | <b>01:00:26.35</b> | <b>01:00:57.25</b> | +00:25:48<br>(42.7%) | 6:02         | 9.9<br>(57.2%)  |
| 135 | <b>KRZYŻANOWSKI Wojciech</b>   | <b>146</b> |                        | M-40      | 135  | 00:00:56    | 00:15:43    | 00:30:07     | 00:44:32    | 00:58:23     | <b>01:00:33.55</b> | <b>01:01:29.60</b> | +00:25:55<br>(42.8%) | 6:03         | 9.9<br>(57.2%)  |
| 136 | <b>KRYSZTOFIAK Robert</b>      | <b>54</b>  |                        | M-40      | 136  | 00:00:28    | 00:14:14    | 00:28:11     | 00:43:18    | 00:58:59     | <b>01:01:32.15</b> | <b>01:02:00.30</b> | +00:26:54<br>(43.7%) | 6:09         | 9.8<br>(56.6%)  |
| 137 | <b>NOWAK Adam</b>              | <b>9</b>   | WUJEK PORADA           | M-40      | 137  | 00:00:43    | 00:15:26    | 00:29:49     | 00:44:31    | 00:59:22     | <b>01:01:46.40</b> | <b>01:02:30.05</b> | +00:27:08<br>(43.9%) | 6:10         | 9.7<br>(56.1%)  |
| 138 | <b>MŁODZIK Adam</b>            | <b>570</b> |                        | M-40      | 138  | 00:00:07    | 00:14:48    | 00:29:30     | 00:44:26    | 00:59:24     | <b>01:01:53.85</b> | <b>01:02:01.10</b> | +00:27:15<br>(44.0%) | 6:11         | 9.7<br>(56.1%)  |
| 139 | <b>PIETRASZAK Tomasz</b>       | <b>83</b>  | RUN BYDGOSZCZ          | M-40      | 139  | 00:00:44    | 00:15:25    | 00:29:48     | 00:44:30    | 00:59:17     | <b>01:01:56.05</b> | <b>01:02:40.25</b> | +00:27:17<br>(44.1%) | 6:11         | 9.7<br>(56.1%)  |
| 140 | <b>SZTEJKA Damian</b>          | <b>212</b> | BENEFITKSO             | M-40      | 140  | 00:00:50    | 00:15:41    | 00:30:22     | 00:45:07    | 00:59:57     | <b>01:02:20.00</b> | <b>01:03:10.20</b> | +00:27:41<br>(44.4%) | 6:14         | 9.6<br>(55.5%)  |
| 141 | <b>KAWA Marcin</b>             | <b>55</b>  | CUKIER & SERCE         | M-40      | 141  | 00:00:52    | 00:15:26    | 00:29:58     | 00:44:43    | 00:59:57     | <b>01:02:34.05</b> | <b>01:03:26.45</b> | +00:27:55<br>(44.6%) | 6:15         | 9.6<br>(55.5%)  |
| 142 | <b>WOJEWÓDZKI Robert</b>       | <b>351</b> |                        | M-40      | 142  | 00:00:31    | 00:15:36    | 00:30:21     | 00:45:25    | 01:00:08     | <b>01:02:44.35</b> | <b>01:03:15.90</b> | +00:28:06<br>(44.8%) | 6:16         | 9.6<br>(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     |
|-----|-----------------------------|------------|------------------------------|-----------|------|-------------|-----------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|----------------|
| 143 | <b>PÓŁGĘSEK Rafał</b>       | <b>290</b> |                              | M-40      | 143  | 00:00:45    | 00:15:16        | 00:29:58     | 00:45:04    | 01:00:15     | <b>01:02:53.95</b> | <b>01:03:39.80</b> | +00:28:15<br>(44.9%) | 6:17         | 9.5<br>(54.9%) |
| 144 | <b>KAPELIŃSKI Stanisław</b> | <b>33</b>  |                              | M-40      | 144  | 00:00:24    | 00:15:31        | 00:30:22     | 00:45:36    | 01:00:57     | <b>01:03:24.40</b> | <b>01:03:48.55</b> | +00:28:46<br>(45.4%) | 6:20         | 9.5<br>(54.9%) |
| 145 | <b>WIECZOREK Krzysztof</b>  | <b>416</b> |                              | M-40      | 145  | 00:00:23    | 00:14:54        | 00:29:57     | 00:45:15    | 01:00:50     | <b>01:03:33.75</b> | <b>01:03:57.40</b> | +00:28:55<br>(45.5%) | 6:21         | 9.4<br>(54.3%) |
| 146 | <b>LUDWINIAK Bogdan</b>     | <b>176</b> | HURTINEX 45PLUS              | M-40      | 146  | 00:00:22    | 00:18:53        | 00:31:32     | 00:45:16    | 01:00:50     | <b>01:03:36.30</b> | <b>01:03:58.35</b> | +00:28:58<br>(45.5%) | 6:21         | 9.4<br>(54.3%) |
| 147 | <b>GRABOWSKI Piotr</b>      | <b>277</b> | BRZOZA BIEGA/ROWEROWA BRZOZA | M-40      | 147  | 00:00:36    | 00:15:26        | 00:30:21     | 00:46:02    | 01:04:05     | <b>01:06:53.10</b> | <b>01:07:29.25</b> | +00:32:14<br>(48.2%) | 6:41         | 9<br>(52.0%)   |
| 148 | <b>GOLA Grzegorz</b>        | <b>32</b>  |                              | M-40      | 148  | 00:00:50    | 00:15:58        | 00:31:58     | 00:48:14    | 01:04:29     | <b>01:07:25.40</b> | <b>01:08:16.35</b> | +00:32:47<br>(48.6%) | 6:44         | 8.9<br>(51.4%) |
| 149 | <b>KAZUBOWSKI Jacek</b>     | <b>202</b> | 45PLUS                       | M-40      | 149  | 00:00:09    | 00:19:05        | 00:34:21     | 00:50:51    | 01:07:29     | <b>01:10:39.20</b> | <b>01:10:48.30</b> | +00:36:01<br>(51.0%) | 7:03         | 8.5<br>(49.1%) |
|     | <b>CZERESZKO Krzysztof</b>  | <b>516</b> | LPJKM TEAM                   | M-40      |      | DNF         | 00:13:41<br>DNF | DNF          | DNF         | DNF          | <b>DNF</b>         | <b>DNF</b>         |                      | -            | -<br>(0.0%)    |

Znaleziono 150 wynik(ów)