



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

# X BIEG SYLWESTROWY

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

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>KOWALSKI Marek</b>	<b>700</b>	SKLA SOPOT	M-20	1	00:00:01	00:07:30	00:14:42	00:21:52	00:29:06	<b>00:30:26.85</b>	<b>00:30:28.10</b>		3:02	19.7 (100%)
2	<b>ROGIEWICZ Andrzej</b>	<b>4</b>	LKS ZANTYR SZTUM	M-20	2	00:00:01	00:07:43	00:15:05	00:22:30	00:29:52	<b>00:31:16.45</b>	<b>00:31:17.65</b>	+00:00:49 (2.6%)	3:07	19.2 (97.5%)
3	<b>KOTŁOWSKI Bartosz</b>	<b>582</b>	LKS OSTROMECKO	M-20	3	00:00:01	00:07:46	00:15:39	00:23:29	00:31:07	<b>00:32:31.75</b>	<b>00:32:33.25</b>	+00:02:04 (6.4%)	3:15	18.4 (93.4%)
4	<b>PAWLAK Bartosz</b>	<b>627</b>		M-20	4	00:00:01	00:08:11	00:15:55	00:23:42	00:31:22	<b>00:32:45.40</b>	<b>00:32:46.65</b>	+00:02:18 (7.0%)	3:16	18.3 (92.9%)
5	<b>WITKOWSKI Wiktor</b>	<b>732</b>		M-1	1	00:00:01	00:08:12	00:16:07	00:24:03	00:31:42	<b>00:33:06.15</b>	<b>00:33:07.70</b>	+00:02:39 (8.0%)	3:18	18.1 (91.9%)
6	<b>WITKOWSKI Mateusz</b>	<b>431</b>		M-20	5	00:00:01	00:08:11	00:16:00	00:23:55	00:31:51	<b>00:33:20.60</b>	<b>00:33:22.40</b>	+00:02:53 (8.7%)	3:20	18 (91.4%)
7	<b>BEDNAREK Adrian</b>	<b>512</b>	KUCHNIAISPORT.PL	M-20	6	00:00:01	00:08:31	00:16:37	00:24:46	00:32:49	<b>00:34:16.65</b>	<b>00:34:18.20</b>	+00:03:49 (11.2%)	3:25	17.5 (88.8%)
8	<b>JARANOWSKI Andrzej</b>	<b>414</b>	TKKF KOLEJARZ BYDGOSZCZ	M-20	7	00:00:02	00:08:30	00:16:36	00:24:45	00:32:56	<b>00:34:23.40</b>	<b>00:34:25.55</b>	+00:03:56 (11.5%)	3:26	17.5 (88.8%)
9	<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>	+00:04:07 (11.9%)	3:27	17.3 (87.8%)
10	<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>	+00:04:11 (12.1%)	3:27	17.3 (87.8%)
11	<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>	+00:04:44 (13.5%)	3:31	17 (86.3%)
12	<b>TUCZYŃSKI Sylwester Leon</b>	<b>291</b>	BYDGOSKIE OKONIE	M-20	8	00:00:02	00:08:40	00:16:56	00:25:21	00:33:45	<b>00:35:17.20</b>	<b>00:35:19.20</b>	+00:04:50 (13.7%)	3:31	17 (86.3%)
13	<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>	+00:05:13 (14.6%)	3:34	16.8 (85.3%)
14	<b>MAĆKOWSKI Maciej</b>	<b>326</b>	BRICO MARCHE ŻNIN	M-20	9	00:00:01	00:08:55	00:17:27	00:25:59	00:34:19	<b>00:35:44.85</b>	<b>00:35:46.65</b>	+00:05:18 (14.8%)	3:34	16.8 (85.3%)
15	<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>	+00:05:19 (14.9%)	3:34	16.8 (85.3%)
16	<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>	+00:05:27 (15.2%)	3:35	16.7 (84.8%)
17	<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>	+00:05:30 (15.3%)	3:35	16.7 (84.8%)

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
18	<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>	+00:05:55 (16.3%)	3:38	16.5 (83.8%)
19	<b>KLINIEWSKI Maciej</b>	<b>12</b>	BRZOZA BIEGA	M-20	10	00:00:05	00:09:21	00:18:06	00:26:45	00:35:23	<b>00:36:48.70</b>	<b>00:36:54.60</b>	+00:06:21 (17.3%)	3:40	16.3 (82.7%)
20	<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>	+00:06:26 (17.5%)	3:41	16.3 (82.7%)
21	<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>	+00:06:28 (17.5%)	3:41	16.3 (82.7%)
22	<b>JAGODZIŃSKI Mateusz</b>	<b>135</b>	BYDGOSKIE OKONIE	M-20	11	00:00:02	00:09:24	00:18:10	00:26:51	00:35:30	<b>00:37:02.20</b>	<b>00:37:04.70</b>	+00:06:35 (17.8%)	3:42	16.2 (82.2%)
23	<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>	+00:06:36 (17.8%)	3:42	16.2 (82.2%)
24	<b>WOLNY Piotr</b>	<b>19</b>	BRZOZA BIEGA	M-50	1	00:00:02	00:09:24	00:18:08	00:26:50	00:35:34	<b>00:37:10.00</b>	<b>00:37:12.60</b>	+00:06:43 (18.1%)	3:43	16.1 (81.7%)
25	<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>	+00:06:44 (18.1%)	3:43	16.1 (81.7%)
26	<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>	+00:06:51 (18.4%)	3:43	16.1 (81.7%)
27	<b>KOŁAKOWSKI Tomasz</b>	<b>362</b>	TO TYLKO TRIATHLON	M-20	12	00:00:05	00:09:22	00:18:05	00:26:53	00:35:46	<b>00:37:22.75</b>	<b>00:37:28.05</b>	+00:06:55 (18.5%)	3:44	16 (81.2%)
28	<b>PACZKOWSKI Jacek</b>	<b>497</b>	SPORT I REKREACJA MOGILNO	M-50	2	00:00:02	00:09:21	00:18:15	00:27:09	00:35:56	<b>00:37:28.20</b>	<b>00:37:30.65</b>	+00:07:01 (18.7%)	3:44	16 (81.2%)
29	<b>KRAMARZ Aleksander</b>	<b>536</b>		M-20	13	00:00:04	00:09:27	00:18:20	00:27:12	00:35:57	<b>00:37:28.55</b>	<b>00:37:32.85</b>	+00:07:01 (18.8%)	3:44	16 (81.2%)
30	<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>	+00:07:04 (18.8%)	3:45	16 (81.2%)
31	<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>	+00:07:23 (19.5%)	3:47	15.9 (80.7%)
32	<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>	+00:07:25 (19.6%)	3:47	15.8 (80.2%)
33	<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>	+00:07:34 (19.9%)	3:48	15.8 (80.2%)
34	<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>	+00:07:41 (20.2%)	3:48	15.7 (79.7%)
35	<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>	+00:07:49 (20.4%)	3:49	15.7 (79.7%)
36	<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>	+00:07:54 (20.6%)	3:50	15.6 (79.2%)
37	<b>OSIŃSKI Ryszard</b>	<b>484</b>	ACTIVE MALBORK	M-50	3	00:00:02	00:09:24	00:18:29	00:27:37	00:36:49	<b>00:38:28.35</b>	<b>00:38:30.85</b>	+00:08:01 (20.9%)	3:50	15.6 (79.2%)
38	<b>SZULC Jacek</b>	<b>198</b>		M-50	4	00:00:03	00:09:47	00:18:47	00:27:48	00:36:50	<b>00:38:29.30</b>	<b>00:38:32.55</b>	+00:08:02 (20.9%)	3:50	15.6 (79.2%)
39	<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>	+00:08:19 (21.5%)	3:52	15.5 (78.7%)
40	<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>	+00:08:25 (21.7%)	3:53	15.4 (78.2%)
41	<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>	+00:08:28 (21.8%)	3:53	15.4 (78.2%)
42	<b>SOBIERAŁSKI 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>	+00:08:30 (21.8%)	3:53	15.4 (78.2%)

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>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>	+00:08:31 (21.9%)	3:53	15.4 (78.2%)
44	<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>	+00:08:39 (22.1%)	3:54	15.3 (77.7%)
45	<b>WIŚNIEWSKI Zbigniew</b>	<b>27</b>	BRZOZA BIEGA	M-50	5	00:00:01	00:09:55	00:19:09	00:28:25	00:37:37	<b>00:39:12.80</b>	<b>00:39:14.30</b>	+00:08:45 (22.4%)	3:55	15.3 (77.7%)
46	<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>	+00:08:49 (22.5%)	3:55	15.3 (77.7%)
47	<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>	+00:08:55 (22.7%)	3:56	15.2 (77.2%)
48	<b>KRAMARZ Nikodem</b>	<b>535</b>		M-1	2	00:00:03	00:10:01	00:19:29	00:28:54	00:37:58	<b>00:39:27.30</b>	<b>00:39:30.70</b>	+00:09:00 (22.8%)	3:56	15.2 (77.2%)
49	<b>BIAŁEK Dawid</b>	<b>612</b>	IPA BYDGOSZCZ	M-20	14	00:00:05	00:10:13	00:19:34	00:28:54	00:37:55	<b>00:39:30.90</b>	<b>00:39:36.75</b>	+00:09:04 (22.9%)	3:57	15.2 (77.2%)
50	<b>GRZECHOWIAK Arkadiusz</b>	<b>309</b>	PAŁUKI RUNNING TEAM	M-1	3	00:00:04	00:09:52	00:19:13	00:28:34	00:37:57	<b>00:39:32.45</b>	<b>00:39:36.60</b>	+00:09:05 (23.0%)	3:57	15.2 (77.2%)
51	<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>	+00:09:07 (23.1%)	3:57	15.2 (77.2%)
52	<b>CICHOŃCZUK Antoni</b>	<b>1</b>		M-60	1	00:00:01	00:09:57	00:19:10	00:28:34	00:37:57	<b>00:39:39.00</b>	<b>00:39:40.90</b>	+00:09:12 (23.2%)	3:57	15.1 (76.6%)
53	<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>	+00:09:12 (23.2%)	3:58	15.1 (76.6%)
54	<b>GORSZKA Damian</b>	<b>566</b>	SZCZECIN BIEGA	M-1	4	00:00:00	00:09:27	00:18:36	00:28:16	00:38:10	<b>00:39:51.20</b>	<b>00:39:51.20</b>	+00:09:24 (23.6%)	3:59	15.1 (76.6%)
55	<b>ETTINGER Paweł</b>	<b>685</b>		M-20	15	00:00:11	00:10:17	00:19:39	00:28:59	00:38:16	<b>00:39:54.65</b>	<b>00:40:06.00</b>	+00:09:27 (23.7%)	3:59	15 (76.1%)
56	<b>CZUK Marek</b>	<b>468</b>		M-60	2	00:00:03	00:09:59	00:19:29	00:28:54	00:38:16	<b>00:39:58.70</b>	<b>00:40:02.25</b>	+00:09:31 (23.8%)	3:59	15 (76.1%)
57	<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>	+00:09:37 (24.0%)	4:00	15 (76.1%)
58	<b>GRALIK Jędrzej</b>	<b>583</b>	BYDGOSKIE OKONIE	M-20	16	00:00:03	00:09:56	00:19:15	00:28:53	00:38:27	<b>00:40:05.40</b>	<b>00:40:09.10</b>	+00:09:38 (24.1%)	4:00	15 (76.1%)
59	<b>ZALEWSKI Andrzej</b>	<b>667</b>		M-50	6	00:00:02	00:10:06	00:19:36	00:29:02	00:38:29	<b>00:40:05.60</b>	<b>00:40:08.30</b>	+00:09:38 (24.1%)	4:00	15 (76.1%)
60	<b>OLENDER Tomasz</b>	<b>109</b>		M-20	17	00:00:03	00:10:06	00:19:42	00:29:11	00:38:32	<b>00:40:09.00</b>	<b>00:40:12.65</b>	+00:09:42 (24.2%)	4:00	14.9 (75.6%)
61	<b>SKARŻYŃSKI Jerzy</b>	<b>6</b>		M-60	3	00:00:02	00:10:02	00:19:30	00:29:10	00:38:34	<b>00:40:14.05</b>	<b>00:40:16.45</b>	+00:09:47 (24.3%)	4:01	14.9 (75.6%)
62	<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>	+00:09:52 (24.5%)	4:01	14.9 (75.6%)
63	<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>	+00:09:52 (24.5%)	4:01	14.9 (75.6%)
64	<b>STRABEL Łukasz</b>	<b>702</b>		M-20	18	00:00:02	00:09:59	00:19:30	00:29:01	00:38:43	<b>00:40:21.50</b>	<b>00:40:23.55</b>	+00:09:54 (24.6%)	4:02	14.9 (75.6%)
65	<b>REPKA Oskar</b>	<b>95</b>	KARLSRUHER SC	M-1	5	00:00:06	00:09:41	00:19:02	00:28:40	00:38:35	<b>00:40:22.00</b>	<b>00:40:28.00</b>	+00:09:55 (24.6%)	4:02	14.9 (75.6%)
66	<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>	+00:10:14 (25.2%)	4:04	14.7 (74.6%)
67	<b>LUTOWSKI Wojciech</b>	<b>530</b>	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>	+00:10:14 (25.2%)	4:04	14.7 (74.6%)

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
68	<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>	+00:10:15 (25.2%)	4:04	14.7 (74.6%)
69	<b>KUŁAKOWSKI Krzysztof</b>	<b>545</b>	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>	+00:10:17 (25.3%)	4:04	14.7 (74.6%)
70	<b>NOWAKOWSKI Jerzy</b>	<b>470</b>		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>	+00:10:19 (25.3%)	4:04	14.7 (74.6%)
71	<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>	+00:10:20 (25.4%)	4:04	14.7 (74.6%)
72	<b>WALKUSZ Marek</b>	<b>15</b>	BRZOZA BIEGA	M-50	7	00:00:07	00:10:22	00:20:00	00:29:37	00:39:10	<b>00:40:52.75</b>	<b>00:41:00.10</b>	+00:10:25 (25.5%)	4:05	14.7 (74.6%)
73	<b>KRYSKE Mariusz</b>	<b>292</b>	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>	+00:10:26 (25.5%)	4:05	14.7 (74.6%)
74	<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>	+00:10:29 (25.6%)	4:05	14.7 (74.6%)
75	<b>KRZYWDZIŃSKI Dominik</b>	<b>440</b>	UKB SZUBIN	M-1	6	00:00:08	00:10:15	00:19:45	00:29:27	00:39:24	<b>00:41:07.50</b>	<b>00:41:15.85</b>	+00:10:40 (26.0%)	4:06	14.6 (74.1%)
76	<b>MICKIEWICZ Jan</b>	<b>110</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	8	00:00:02	00:10:03	00:19:43	00:29:33	00:39:25	<b>00:41:09.05</b>	<b>00:41:11.35</b>	+00:10:42 (26.0%)	4:06	14.6 (74.1%)
77	<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>	+00:10:42 (26.0%)	4:07	14.6 (74.1%)
78	<b>NAWROCKI Mariusz</b>	<b>681</b>		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>	+00:10:51 (26.3%)	4:07	14.5 (73.6%)
79	<b>CHRZĄSZCZ Bartosz</b>	<b>579</b>		M-20	19	00:00:09	00:10:16	00:20:00	00:29:58	00:39:42	<b>00:41:24.55</b>	<b>00:41:33.85</b>	+00:10:57 (26.5%)	4:08	14.5 (73.6%)
80	<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>	+00:11:00 (26.6%)	4:08	14.5 (73.6%)
81	<b>DAŃCZUK Jerzy</b>	<b>224</b>	RWT W BYDGOSZCZY	M-50	9	00:00:05	00:10:18	00:19:59	00:29:52	00:39:48	<b>00:41:29.65</b>	<b>00:41:35.05</b>	+00:11:02 (26.6%)	4:09	14.5 (73.6%)
82	<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>	+00:11:12 (26.9%)	4:09	14.4 (73.1%)
83	<b>LESZCZEWICZ Waldemar</b>	<b>265</b>	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>	+00:11:13 (26.9%)	4:10	14.4 (73.1%)
84	<b>OLKOWSKI Jurek</b>	<b>288</b>	THE RUNNERS ŚWIECIE	M-60	4	00:00:07	00:10:26	00:20:21	00:30:16	00:40:02	<b>00:41:45.65</b>	<b>00:41:53.00</b>	+00:11:18 (27.1%)	4:10	14.4 (73.1%)
85	<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>	+00:11:20 (27.1%)	4:10	14.4 (73.1%)
86	<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>	+00:11:30 (27.4%)	4:11	14.3 (72.6%)
87	<b>KLOSKOWSKI Adam</b>	<b>101</b>	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>	+00:11:33 (27.5%)	4:12	14.3 (72.6%)
88	<b>KALACZYŃSKI Miłosz</b>	<b>472</b>		M-1	7	00:00:05	00:10:29	00:20:18	00:30:12	00:40:12	<b>00:42:01.75</b>	<b>00:42:07.00</b>	+00:11:34 (27.6%)	4:12	14.3 (72.6%)
89	<b>RUDNICKI Michał</b>	<b>293</b>	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>	+00:11:37 (27.6%)	4:12	14.3 (72.6%)
90	<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>	+00:11:41 (27.7%)	4:12	14.2 (72.1%)
91	<b>DAMSKI Jędrzej</b>	<b>493</b>	GUL(R)UN	M-20	20	00:00:12	00:10:28	00:20:24	00:30:25	00:40:29	<b>00:42:08.80</b>	<b>00:42:21.75</b>	+00:11:41 (27.8%)	4:12	14.2 (72.1%)
92	<b>AUGUSTYNOWICZ Piotr</b>	<b>513</b>		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>	+00:11:43 (27.8%)	4:13	14.2 (72.1%)

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
93	<b>WŁODARSKI Przemysław</b>	<b>432</b>	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>	+00:11:43 (27.8%)	4:13	14.2 (72.1%)
94	<b>BRZEZIŃSKI Rafał</b>	<b>578</b>	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>	+00:11:46 (27.9%)	4:13	14.2 (72.1%)
95	<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>	+00:11:51 (28.0%)	4:13	14.2 (72.1%)
96	<b>KOSAKOWSKI Marian</b>	<b>668</b>		M-50	10	00:00:02	00:10:36	00:20:33	00:30:35	00:40:35	<b>00:42:21.40</b>	<b>00:42:23.55</b>	+00:11:54 (28.1%)	4:14	14.2 (72.1%)
97	<b>TEMPSKI Patryk</b>	<b>588</b>	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>	+00:11:59 (28.3%)	4:14	14.1 (71.6%)
98	<b>GRZYWIŃSKI Grzegorz</b>	<b>725</b>		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>	+00:12:02 (28.3%)	4:14	14.1 (71.6%)
99	<b>KOLCZYŃSKI Adam</b>	<b>254</b>	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>	+00:12:08 (28.5%)	4:15	14.1 (71.6%)
100	<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>	+00:12:09 (28.5%)	4:15	14.1 (71.6%)
101	<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>	+00:12:18 (28.8%)	4:16	14 (71.1%)
102	<b>KAŁAMAJA Jakub</b>	<b>654</b>		M-20	21	00:00:27	00:11:37	00:21:45	00:31:31	00:41:12	<b>00:42:47.85</b>	<b>00:43:15.50</b>	+00:12:21 (28.9%)	4:16	14 (71.1%)
103	<b>ZIĘTAK Krzysztof</b>	<b>577</b>		M-50	11	00:00:04	00:10:24	00:20:26	00:30:37	00:40:53	<b>00:42:51.50</b>	<b>00:42:55.65</b>	+00:12:24 (29.0%)	4:17	14 (71.1%)
104	<b>MARION Yohann</b>	<b>712</b>		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>	+00:12:26 (29.0%)	4:17	14 (71.1%)
105	<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>	+00:12:30 (29.1%)	4:17	14 (71.1%)
106	<b>RACZYŃSKI Krzysztof</b>	<b>233</b>		M-50	12	00:00:09	00:10:46	00:20:42	00:30:45	00:41:07	<b>00:42:58.85</b>	<b>00:43:07.85</b>	+00:12:32 (29.2%)	4:17	14 (71.1%)
107	<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>	+00:12:36 (29.3%)	4:18	13.9 (70.6%)
108	<b>SAWIEŁAJC Jakub</b>	<b>337</b>		M-1	8	00:00:12	00:11:07	00:21:08	00:31:14	00:41:27	<b>00:43:08.90</b>	<b>00:43:21.60</b>	+00:12:42 (29.4%)	4:18	13.9 (70.6%)
109	<b>MARCHEL Tomasz</b>	<b>91</b>		M-20	22	00:00:06	00:10:24	00:20:35	00:30:54	00:41:16	<b>00:43:09.00</b>	<b>00:43:15.95</b>	+00:12:42 (29.4%)	4:18	13.9 (70.6%)
110	<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>	+00:12:48 (29.6%)	4:19	13.9 (70.6%)
111	<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>	+00:12:48 (29.6%)	4:19	13.9 (70.6%)
112	<b>KOZIŃSKI Marek</b>	<b>75</b>	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>	+00:12:57 (29.8%)	4:20	13.8 (70.1%)
113	<b>KWAPIŃSKI Damian</b>	<b>149</b>		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>	+00:12:58 (29.9%)	4:20	13.8 (70.1%)
114	<b>KOWALSKI Krzysztof</b>	<b>174</b>	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>	+00:12:59 (29.9%)	4:20	13.8 (70.1%)
115	<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>	+00:13:03 (30.0%)	4:21	13.8 (70.1%)
116	<b>PRUCHNICKI Rafał</b>	<b>713</b>		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>	+00:13:03 (30.0%)	4:21	13.8 (70.1%)
117	<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>	+00:13:05 (30.1%)	4:21	13.8 (70.1%)

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
118	<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>	+00:13:11 (30.2%)	4:21	13.7 (69.5%)
119	<b>BOŁKA Szymon</b>	<b>111</b>		M-20	23	00:00:22	00:11:11	00:21:38	00:32:00	00:41:57	<b>00:43:39.55</b>	<b>00:44:01.80</b>	+00:13:12 (30.3%)	4:21	13.7 (69.5%)
120	<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>	+00:13:14 (30.3%)	4:22	13.7 (69.5%)
121	<b>LEWANDOWSKI Tomasz</b>	<b>651</b>	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>	+00:13:17 (30.4%)	4:22	13.7 (69.5%)
122	<b>KOWALSKI Jacek</b>	<b>88</b>		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>	+00:13:21 (30.5%)	4:22	13.7 (69.5%)
123	<b>KARWACKI Paweł</b>	<b>278</b>	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>	+00:13:22 (30.5%)	4:22	13.7 (69.5%)
124	<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>	+00:13:23 (30.6%)	4:23	13.7 (69.5%)
125	<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>	+00:13:26 (30.6%)	4:23	13.7 (69.5%)
126	<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>	+00:13:29 (30.7%)	4:23	13.7 (69.5%)
127	<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>	+00:13:30 (30.7%)	4:23	13.7 (69.5%)
128	<b>LEWANDOWSKI Rafał</b>	<b>66</b>	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>	+00:13:31 (30.7%)	4:23	13.7 (69.5%)
129	<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>	+00:13:32 (30.8%)	4:23	13.6 (69.0%)
130	<b>TRZCIŃSKI Franciszek</b>	<b>426</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	13	00:00:05	00:10:52	00:21:15	00:31:53	00:42:19	<b>00:44:09.30</b>	<b>00:44:14.65</b>	+00:13:42 (31.0%)	4:24	13.6 (69.0%)
131	<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>	+00:13:46 (31.2%)	4:25	13.6 (69.0%)
132	<b>CZERWIŃSKI Krzysztof</b>	<b>460</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M-1	9	00:00:08	00:11:13	00:21:50	00:32:11	00:42:26	<b>00:44:16.00</b>	<b>00:44:24.35</b>	+00:13:49 (31.2%)	4:25	13.6 (69.0%)
133	<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>	+00:13:55 (31.4%)	4:26	13.5 (68.5%)
134	<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>	+00:13:57 (31.4%)	4:26	13.5 (68.5%)
135	<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>	+00:13:58 (31.4%)	4:26	13.5 (68.5%)
136	<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>	+00:13:58 (31.5%)	4:26	13.5 (68.5%)
137	<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>	+00:14:07 (31.7%)	4:27	13.5 (68.5%)
138	<b>MAŚLIŃSKI Mirosław</b>	<b>114</b>		M-50	14	00:00:08	00:11:32	00:21:51	00:32:15	00:42:48	<b>00:44:41.70</b>	<b>00:44:49.75</b>	+00:14:14 (31.9%)	4:28	13.4 (68.0%)
139	<b>KOWALIKOWSKI Daniel</b>	<b>417</b>		M-20	24	00:00:10	00:11:06	00:21:27	00:32:04	00:42:56	<b>00:44:47.85</b>	<b>00:44:58.20</b>	+00:14:21 (32.0%)	4:28	13.4 (68.0%)
140	<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>	+00:14:24 (32.1%)	4:29	13.4 (68.0%)
141	<b>LIBAN Zygfryd</b>	<b>2</b>	BIEGAJĄCY TCZEW	M-70	1	00:00:03	00:11:16	00:21:43	00:32:25	00:42:58	<b>00:44:51.15</b>	<b>00:44:54.15</b>	+00:14:24 (32.1%)	4:29	13.4 (68.0%)
142	<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>	+00:14:24 (32.1%)	4:29	13.4 (68.0%)

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>GRYCZKA Piotr</b>	<b>260</b>		M-50	15	00:00:06	00:11:28	00:21:54	00:32:24	00:43:07	<b>00:44:56.75</b>	<b>00:45:03.40</b>	+00:14:29 (32.3%)	4:29	13.3 (67.5%)
144	<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>	+00:14:31 (32.3%)	4:29	13.3 (67.5%)
145	<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>	+00:14:32 (32.3%)	4:30	13.3 (67.5%)
146	<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>	+00:14:33 (32.3%)	4:30	13.3 (67.5%)
147	<b>TORCHALSKI Krzysztof</b>	<b>411</b>	RUN-PASJA BYDGOSZCZ	M-50	16	00:00:16	00:11:18	00:21:47	00:32:30	00:43:03	<b>00:45:01.30</b>	<b>00:45:17.40</b>	+00:14:34 (32.4%)	4:30	13.3 (67.5%)
148	<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>	+00:14:36 (32.4%)	4:30	13.3 (67.5%)
149	<b>GÓRSKI Marian</b>	<b>456</b>	TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	17	00:00:03	00:11:24	00:22:02	00:32:43	00:43:10	<b>00:45:05.30</b>	<b>00:45:08.65</b>	+00:14:38 (32.5%)	4:30	13.3 (67.5%)
150	<b>SKOREKCI Aleksander</b>	<b>729</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	25	00:00:12	00:11:40	00:22:22	00:32:52	00:43:20	<b>00:45:05.75</b>	<b>00:45:17.85</b>	+00:14:38 (32.5%)	4:30	13.3 (67.5%)
151	<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>	+00:14:41 (32.5%)	4:30	13.3 (67.5%)
152	<b>TOBOLSKI Marek</b>	<b>474</b>	FLORIAN OCHRONA PRZECIWOŻAROWA 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>	+00:14:43 (32.6%)	4:31	13.3 (67.5%)
153	<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>	+00:14:43 (32.6%)	4:31	13.3 (67.5%)
154	<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>	+00:14:44 (32.6%)	4:31	13.3 (67.5%)
155	<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>	+00:14:44 (32.6%)	4:31	13.3 (67.5%)
156	<b>KANARKOWSKI Stanisław</b>	<b>687</b>		M-50	18	00:00:02	00:11:03	00:21:39	00:32:24	00:43:11	<b>00:45:12.15</b>	<b>00:45:14.95</b>	+00:14:45 (32.6%)	4:31	13.3 (67.5%)
157	<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>	+00:14:45 (32.6%)	4:31	13.3 (67.5%)
158	<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>	+00:14:46 (32.7%)	4:31	13.3 (67.5%)
159	<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>	+00:14:49 (32.7%)	4:31	13.3 (67.5%)
160	<b>SZARMACH Stanisław</b>	<b>633</b>	BIEGAJ Z WSL	M-60	5	00:00:24	00:11:34	00:22:08	00:32:49	00:43:23	<b>00:45:18.20</b>	<b>00:45:42.25</b>	+00:14:51 (32.8%)	4:31	13.2 (67.0%)
161	<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>	+00:14:53 (32.9%)	4:32	13.2 (67.0%)
162	<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>	+00:14:54 (32.9%)	4:32	13.2 (67.0%)
163	<b>BIEL Marek</b>	<b>376</b>	1% DLA DARIII 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>	+00:14:58 (33.0%)	4:32	13.2 (67.0%)
164	<b>OELRICH Henryk</b>	<b>120</b>		M-50	19	00:00:17	00:11:23	00:21:58	00:32:49	00:43:31	<b>00:45:26.00</b>	<b>00:45:43.15</b>	+00:14:59 (33.0%)	4:32	13.2 (67.0%)
165	<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>	+00:15:02 (33.1%)	4:33	13.2 (67.0%)
166	<b>ROSZAK Zbigniew</b>	<b>236</b>	T.G. SOKÓŁ GNIEWKOWO	M-20	26	00:00:04	00:10:21	00:20:49	00:32:06	00:43:36	<b>00:45:32.75</b>	<b>00:45:37.35</b>	+00:15:05 (33.1%)	4:33	13.2 (67.0%)
167	<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>	+00:15:09 (33.2%)	4:33	13.2 (67.0%)

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
168	<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>	+00:15:10 (33.2%)	4:33	13.2 (67.0%)
169	<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>	+00:15:10 (33.3%)	4:33	13.2 (67.0%)
170	<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>	+00:15:10 (33.3%)	4:33	13.1 (66.5%)
171	<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>	+00:15:12 (33.3%)	4:33	13.1 (66.5%)
172	<b>NIEDBALSKI Grzegorz</b>	<b>371</b>	RUN BYDGOSZCZ	M-50	20	00:00:34	00:11:44	00:22:25	00:33:06	00:43:54	<b>00:45:42.30</b>	<b>00:46:16.95</b>	+00:15:15 (33.4%)	4:34	13.1 (66.5%)
173	<b>LICA Szymon</b>	<b>518</b>		M-20	27	00:00:05	00:11:04	00:22:05	00:33:04	00:43:53	<b>00:45:45.00</b>	<b>00:45:50.50</b>	+00:15:18 (33.4%)	4:34	13.1 (66.5%)
174	<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>	+00:15:20 (33.5%)	4:34	13.1 (66.5%)
175	<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>	+00:15:20 (33.5%)	4:34	13.1 (66.5%)
176	<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>	+00:15:21 (33.5%)	4:34	13.1 (66.5%)
177	<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>	+00:15:23 (33.6%)	4:35	13.1 (66.5%)
178	<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>	+00:15:23 (33.6%)	4:35	13.1 (66.5%)
179	<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>	+00:15:25 (33.6%)	4:35	13.1 (66.5%)
180	<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>	+00:15:25 (33.6%)	4:35	13.1 (66.5%)
181	<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>	+00:15:26 (33.6%)	4:35	13.1 (66.5%)
182	<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>	+00:15:28 (33.7%)	4:35	13.1 (66.5%)
183	<b>RÓŻYCKI Sławomir</b>	<b>237</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	21	00:00:08	00:11:43	00:22:32	00:33:23	00:44:09	<b>00:45:59.20</b>	<b>00:46:08.10</b>	+00:15:32 (33.8%)	4:36	13 (66.0%)
184	<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>	+00:15:34 (33.8%)	4:36	13 (66.0%)
185	<b>BAGROWSKI Marek</b>	<b>105</b>	UMK-COLLEGIUM MEDICUM RATOWNICTWO-MEDYCZNE	M-50	22	00:00:22	00:11:28	00:22:17	00:33:10	00:43:56	<b>00:46:01.30</b>	<b>00:46:23.95</b>	+00:15:34 (33.8%)	4:36	13 (66.0%)
186	<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>	+00:15:35 (33.9%)	4:36	13 (66.0%)
187	<b>FOLERZYŃSKI Dawid</b>	<b>459</b>	SPÓJNIA BIAŁE BŁOTA	M-1	10	00:00:08	00:11:23	00:21:58	00:33:00	00:44:09	<b>00:46:06.30</b>	<b>00:46:15.15</b>	+00:15:39 (34.0%)	4:36	13 (66.0%)
188	<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>	+00:15:40 (34.0%)	4:36	13 (66.0%)
189	<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>	+00:15:41 (34.0%)	4:36	13 (66.0%)
190	<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>	+00:15:42 (34.0%)	4:36	13 (66.0%)
191	<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>	+00:15:43 (34.0%)	4:37	13 (66.0%)
192	<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>	+00:15:43 (34.1%)	4:37	13 (66.0%)



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
193	MICHALIK Łukasz	65	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>	+00:15:44 (34.1%)	4:37	13 (66.0%)
193	KANTORSKI Zbysław	153	COCA-COLA RUNNERS	M-50	23	00:00:29	00:12:00	00:22:40	00:33:30	00:44:19	<b>00:46:11.55</b>	<b>00:46:41.25</b>	+00:15:44 (34.1%)	4:37	13 (66.0%)
195	KONIECZKA Jonathan	718		M-1	11	00:00:17	00:10:39	00:21:32	00:33:21	00:44:32	<b>00:46:13.60</b>	<b>00:46:31.35</b>	+00:15:46 (34.1%)	4:37	13 (66.0%)
196	CZARNECKI Piotr	620	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>	+00:15:49 (34.2%)	4:37	13 (66.0%)
197	WIERZBOWSKI Piotr	412	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>	+00:15:50 (34.2%)	4:37	13 (66.0%)
198	WIŚNIEWSKI Jakub	510		M-20	28	00:00:16	00:11:06	00:22:04	00:33:18	00:44:33	<b>00:46:17.20</b>	<b>00:46:33.60</b>	+00:15:50 (34.2%)	4:37	13 (66.0%)
199	GÓRZYŃSKI Tomasz	707		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>	+00:15:53 (34.3%)	4:38	12.9 (65.5%)
200	MANDOSIK Jerzy	595	TEAMOCHAL	M-60	6	00:00:09	00:11:13	00:22:08	00:33:14	00:44:20	<b>00:46:20.25</b>	<b>00:46:29.90</b>	+00:15:53 (34.3%)	4:38	12.9 (65.5%)
201	ŻEGLICZ Marek	197	SPÓJNIA BIAŁE BŁOTA	M-20	29	00:00:07	00:11:13	00:21:54	00:33:15	00:44:26	<b>00:46:28.05</b>	<b>00:46:35.45</b>	+00:16:01 (34.5%)	4:38	12.9 (65.5%)
202	GUZIK Grzegorz	625	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>	+00:16:01 (34.5%)	4:38	12.9 (65.5%)
203	PARTYKA Wojciech	339		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>	+00:16:03 (34.5%)	4:39	12.9 (65.5%)
204	GACKOWSKI Krzysztof	360		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>	+00:16:08 (34.7%)	4:39	12.9 (65.5%)
205	GROTA Artur	313		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>	+00:16:15 (34.8%)	4:40	12.8 (65.0%)
206	ROŚ Adam	308		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>	+00:16:18 (34.9%)	4:40	12.8 (65.0%)
207	ZBORALSKI Krzysztof	542		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>	+00:16:21 (35.0%)	4:40	12.8 (65.0%)
208	ROBACZEWSKI Marcin	585		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>	+00:16:24 (35.0%)	4:41	12.8 (65.0%)
209	MORITZ Rafał	424	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>	+00:16:24 (35.0%)	4:41	12.8 (65.0%)
210	DRÓBKA Krzysztof	480		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>	+00:16:25 (35.0%)	4:41	12.8 (65.0%)
211	BONIECKI Filip	544		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>	+00:16:30 (35.1%)	4:41	12.8 (65.0%)
212	KURS Jarosław	642	TKKF KOLEJARZ BYDGOSZCZ	M-50	24	00:00:25	00:11:48	00:22:49	00:33:54	00:45:06	<b>00:46:57.70</b>	<b>00:47:22.95</b>	+00:16:30 (35.2%)	4:41	12.8 (65.0%)
213	MIELCARSKI Michał	210		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>	+00:16:33 (35.2%)	4:42	12.8 (65.0%)
214	PRZERACKI Mirosław	453		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>	+00:16:36 (35.3%)	4:42	12.8 (65.0%)
215	GORDON Roman	84		M-60	7	00:00:13	00:11:41	00:22:36	00:33:51	00:45:03	<b>00:47:03.95</b>	<b>00:47:17.50</b>	+00:16:37 (35.3%)	4:42	12.7 (64.5%)
216	KONIECZKA Jarosław	717		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>	+00:16:40 (35.4%)	4:42	12.7 (64.5%)
217	KUNDE Tomasz	730	BYDGOSZCZ TRIATHLON TEAM	M-20	30	00:00:12	00:11:40	00:22:25	00:33:31	00:45:08	<b>00:47:08.00</b>	<b>00:47:20.10</b>	+00:16:41 (35.4%)	4:42	12.7 (64.5%)

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
218	<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>	+00:16:42 (35.4%)	4:42	12.7 (64.5%)
219	<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>	+00:16:47 (35.5%)	4:43	12.7 (64.5%)
220	<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>	+00:16:52 (35.7%)	4:44	12.7 (64.5%)
221	<b>TYMOSIAK Mateusz</b>	<b>35</b>	SPÓJNIA BIAŁE BŁOTA	M-20	31	00:00:50	00:11:48	00:22:43	00:34:01	00:45:20	<b>00:47:20.05</b>	<b>00:48:10.50</b>	+00:16:53 (35.7%)	4:44	12.7 (64.5%)
222	<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>	+00:16:57 (35.8%)	4:44	12.7 (64.5%)
223	<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>	+00:16:58 (35.8%)	4:44	12.6 (64.0%)
224	<b>SAPA Oskar</b>	<b>103</b>	BYDGOSKIE ŻÓŁWIE	M-20	32	00:00:11	00:11:20	00:22:10	00:33:31	00:45:24	<b>00:47:27.45</b>	<b>00:47:38.65</b>	+00:17:00 (35.8%)	4:44	12.6 (64.0%)
225	<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>	+00:17:00 (35.8%)	4:44	12.6 (64.0%)
226	<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>	+00:17:02 (35.9%)	4:45	12.6 (64.0%)
227	<b>TUCHOLSKI Mikołaj</b>	<b>274</b>	PAŁUKI RUNNING TEAM	M-20	33	00:00:18	00:11:39	00:22:50	00:34:16	00:45:30	<b>00:47:30.00</b>	<b>00:47:48.45</b>	+00:17:03 (35.9%)	4:45	12.6 (64.0%)
228	<b>MAŁKIŃSKI Józef</b>	<b>62</b>	RWT W BYDGOSZCZY	M-50	25	00:00:38	00:12:14	00:23:24	00:34:36	00:45:29	<b>00:47:32.10</b>	<b>00:48:10.50</b>	+00:17:05 (35.9%)	4:45	12.6 (64.0%)
229	<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>	+00:17:05 (36.0%)	4:45	12.6 (64.0%)
230	<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>	+00:17:08 (36.0%)	4:45	12.6 (64.0%)
231	<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>	+00:17:12 (36.1%)	4:45	12.6 (64.0%)
232	<b>TOMCZAK Zbigniew</b>	<b>98</b>	ALTOM GNIEZNO	M-60	8	00:00:10	00:11:59	00:23:04	00:34:18	00:45:40	<b>00:47:39.50</b>	<b>00:47:49.75</b>	+00:17:12 (36.1%)	4:45	12.6 (64.0%)
233	<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>	+00:17:27 (36.4%)	4:47	12.5 (63.5%)
234	<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>	+00:17:32 (36.6%)	4:48	12.5 (63.5%)
235	<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>	+00:17:37 (36.7%)	4:48	12.5 (63.5%)
236	<b>SIKORA Antoni</b>	<b>435</b>	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	9	00:00:23	00:12:09	00:23:23	00:34:46	00:46:15	<b>00:48:07.85</b>	<b>00:48:30.90</b>	+00:17:41 (36.7%)	4:48	12.5 (63.5%)
237	<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>	+00:17:42 (36.8%)	4:48	12.5 (63.5%)
238	<b>MAĆKOWIAK Adam</b>	<b>193</b>		M-50	26	00:00:24	00:11:58	00:23:13	00:34:37	00:46:02	<b>00:48:09.05</b>	<b>00:48:33.80</b>	+00:17:42 (36.8%)	4:48	12.5 (63.5%)
239	<b>CZERESZKO Piotr</b>	<b>515</b>	CWZS ZAWISZA KAYAK	M-1	12	00:00:06	00:11:56	00:23:27	00:34:55	00:46:20	<b>00:48:09.70</b>	<b>00:48:16.35</b>	+00:17:42 (36.8%)	4:49	12.5 (63.5%)
240	<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>	+00:17:46 (36.9%)	4:49	12.4 (62.9%)
241	<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>	+00:17:47 (36.9%)	4:49	12.4 (62.9%)
242	<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>	+00:17:55 (37.1%)	4:50	12.4 (62.9%)

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
243	<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>	+00:17:57 (37.1%)	4:50	12.4 (62.9%)
244	<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>	+00:17:59 (37.1%)	4:50	12.4 (62.9%)
245	<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>	+00:18:00 (37.2%)	4:50	12.4 (62.9%)
246	<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>	+00:18:00 (37.2%)	4:50	12.4 (62.9%)
247	<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>	+00:18:06 (37.3%)	4:51	12.4 (62.9%)
248	<b>BRATEK Andrzej</b>	<b>130</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	27	00:00:08	00:11:44	00:22:47	00:34:16	00:46:27	<b>00:48:43.60</b>	<b>00:48:51.95</b>	+00:18:16 (37.5%)	4:52	12.3 (62.4%)
249	<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>	+00:18:19 (37.6%)	4:52	12.3 (62.4%)
250	<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>	+00:18:21 (37.6%)	4:52	12.3 (62.4%)
251	<b>SIELSKI Maciej</b>	<b>727</b>		M-30	86	00:00:17	00:12:28	00:24:02	00:35:44	00:47:00	<b>00:48:47.95</b>	<b>00:49:05.75</b>	+00:18:21 (37.6%)	4:52	12.3 (62.4%)
252	<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>	+00:18:23 (37.6%)	4:53	12.3 (62.4%)
253	<b>WOJCIECHOWSKI Grzegorz</b>	<b>437</b>	SPORT I REKREACJA MOGILNO	M-50	28	00:00:15	00:12:27	00:23:58	00:35:26	00:46:49	<b>00:48:54.05</b>	<b>00:49:09.90</b>	+00:18:27 (37.7%)	4:53	12.3 (62.4%)
254	<b>RUSZKIEWICZ Łukasz</b>	<b>454</b>		M-30	87	00:00:39	00:12:22	00:23:49	00:35:34	00:47:02	<b>00:49:01.00</b>	<b>00:49:40.05</b>	+00:18:34 (37.9%)	4:54	12.2 (61.9%)
255	<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>	+00:18:41 (38.0%)	4:54	12.2 (61.9%)
256	<b>SUCHOMSKI Eugeniusz</b>	<b>142</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	29	00:00:07	00:11:50	00:23:24	00:35:18	00:47:08	<b>00:49:10.50</b>	<b>00:49:18.35</b>	+00:18:43 (38.1%)	4:55	12.2 (61.9%)
257	<b>BRZOWOWSKI Marcin</b>	<b>678</b>		M-20	34	00:00:20	00:12:49	00:24:24	00:35:54	00:47:21	<b>00:49:14.55</b>	<b>00:49:35.25</b>	+00:18:47 (38.2%)	4:55	12.2 (61.9%)
258	<b>ROBINSON Paul</b>	<b>238</b>		M-60	10	00:00:25	00:12:36	00:24:05	00:35:38	00:47:09	<b>00:49:15.65</b>	<b>00:49:41.15</b>	+00:18:48 (38.2%)	4:55	12.2 (61.9%)
259	<b>WISNIEWSKI Andrzej</b>	<b>462</b>	CARBON TEAM TORUŃ	M-30	88	00:00:19	00:14:29	00:29:18	00:46:20		<b>00:49:16.45</b>	<b>00:49:36.00</b>	+00:18:49 (38.2%)	4:55	12.2 (61.9%)
260	<b>TRZCIŃSKI Eugeniusz</b>	<b>286</b>		M-50	30	00:00:15	00:12:20	00:23:45	00:35:22	00:47:10	<b>00:49:16.95</b>	<b>00:49:32.50</b>	+00:18:50 (38.2%)	4:55	12.2 (61.9%)
261	<b>NOWACZYK Zygmunt</b>	<b>492</b>	BOLT TRZEMESZNO	M-50	31	00:00:18	00:12:34	00:24:05	00:35:38	00:47:13	<b>00:49:19.40</b>	<b>00:49:37.75</b>	+00:18:52 (38.3%)	4:55	12.2 (61.9%)
262	<b>KAMIŃSKI Sławomir</b>	<b>614</b>		M-30	89	00:00:26	00:12:45	00:24:37	00:36:08		<b>00:49:21.05</b>	<b>00:49:47.70</b>	+00:18:54 (38.3%)	4:56	12.2 (61.9%)
263	<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>	+00:18:54 (38.3%)	4:56	12.2 (61.9%)
264	<b>ŻYWICA Adam</b>	<b>401</b>	BRZOZA BIEGA	M-30	90	00:00:02	00:12:21	00:23:58	00:35:42	00:47:26	<b>00:49:22.45</b>	<b>00:49:25.05</b>	+00:18:55 (38.3%)	4:56	12.1 (61.4%)
265	<b>KUBACKI Jacek</b>	<b>628</b>	POLPHARMA RUN TEAM	M-50	32	00:00:08	00:12:06	00:23:41	00:35:37	00:47:30	<b>00:49:32.05</b>	<b>00:49:40.75</b>	+00:19:05 (38.5%)	4:57	12.1 (61.4%)
266	<b>SCHMIDT Marcin</b>	<b>299</b>		M-30	91	00:00:22	00:12:30	00:24:17	00:35:49	00:47:32	<b>00:49:32.10</b>	<b>00:49:54.15</b>	+00:19:05 (38.5%)	4:57	12.1 (61.4%)
267	<b>WAWRZYŃIAK Piotr</b>	<b>652</b>		M-50	33	00:00:30	00:12:13	00:23:53	00:35:44	00:47:33	<b>00:49:40.10</b>	<b>00:50:11.05</b>	+00:19:13 (38.7%)	4:58	12.1 (61.4%)

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
268	<b>WINIARSKI Jacek</b>	<b>598</b>	TORUŃSKI KLUB TRIATHLONOWY	M-50	34	00:00:34	00:12:24	00:24:05	00:35:55	00:47:43	<b>00:49:44.15</b>	<b>00:50:18.50</b>	+00:19:17 (38.8%)	4:58	12.1 (61.4%)
269	<b>ŁUGOWSKI Tomasz</b>	<b>498</b>	RUN BYDGOSZCZ	M-30	92	00:00:40	00:13:10	00:25:10	00:36:54	00:47:57	<b>00:49:45.45</b>	<b>00:50:26.20</b>	+00:19:18 (38.8%)	4:58	12.1 (61.4%)
270	<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>	+00:19:19 (38.8%)	4:58	12.1 (61.4%)
271	<b>SMYK Piotr</b>	<b>173</b>	ŚLIMAKI BARCIN	M-30	93	00:00:13	00:12:17	00:24:02	00:35:56	00:47:58	<b>00:49:57.80</b>	<b>00:50:10.80</b>	+00:19:30 (39.1%)	4:59	12 (60.9%)
272	<b>DOMAN Janusz</b>	<b>93</b>	UKS SZABLA BRZOZA	M-60	11	00:00:05	00:12:10	00:23:49	00:35:45	00:47:50	<b>00:49:57.90</b>	<b>00:50:03.45</b>	+00:19:31 (39.1%)	4:59	12 (60.9%)
273	<b>RZEMEK Sławomir</b>	<b>59</b>	RUN BYDGOSZCZ	M-30	94	00:00:35	00:13:28	00:25:12	00:36:46	00:48:05	<b>00:50:00.15</b>	<b>00:50:35.60</b>	+00:19:33 (39.1%)	5:00	12 (60.9%)
274	<b>MARCYJANIAK Krzysztof</b>	<b>616</b>		M-30	95	00:00:33	00:12:40	00:24:25	00:36:18	00:48:03	<b>00:50:04.20</b>	<b>00:50:37.90</b>	+00:19:37 (39.2%)	5:00	12 (60.9%)
275	<b>WINKLEWSKI Krzysztof</b>	<b>714</b>		M-30	96	00:00:24	00:12:39	00:24:13	00:36:10	00:48:00	<b>00:50:04.45</b>	<b>00:50:28.55</b>	+00:19:37 (39.2%)	5:00	12 (60.9%)
276	<b>SIERANT Marian</b>	<b>532</b>		M-50	35	00:00:23	00:12:33	00:24:06	00:35:52	00:47:51	<b>00:50:04.80</b>	<b>00:50:28.25</b>	+00:19:37 (39.2%)	5:00	12 (60.9%)
277	<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>	+00:19:43 (39.3%)	5:01	12 (60.9%)
278	<b>ZIĘTARA Rajmund</b>	<b>476</b>	56 BLOT	M-50	36	00:00:32	00:12:28	00:24:04	00:35:49	00:48:00	<b>00:50:12.85</b>	<b>00:50:44.90</b>	+00:19:46 (39.4%)	5:01	12 (60.9%)
279	<b>KRAWCZUK Andrzej</b>	<b>384</b>	ŻEGLUGA GDAŃSKA	M-50	37	00:00:01	00:11:59	00:23:48	00:35:53	00:48:11	<b>00:50:15.50</b>	<b>00:50:17.00</b>	+00:19:48 (39.4%)	5:01	11.9 (60.4%)
280	<b>STAWCZYK Dariusz</b>	<b>263</b>		M-30	97	00:00:40	00:12:51	00:24:35	00:36:27	00:48:16	<b>00:50:16.10</b>	<b>00:50:57.05</b>	+00:19:49 (39.4%)	5:01	11.9 (60.4%)
281	<b>SADOWSKI Rafał</b>	<b>494</b>		M-30	98	00:00:51	00:13:43	00:25:33	00:36:54	00:48:18	<b>00:50:17.60</b>	<b>00:51:09.55</b>	+00:19:50 (39.5%)	5:01	11.9 (60.4%)
282	<b>BURY Tomasz</b>	<b>560</b>		M-30	99	00:00:09	00:12:06	00:23:45	00:35:47	00:48:19	<b>00:50:23.10</b>	<b>00:50:33.00</b>	+00:19:56 (39.6%)	5:02	11.9 (60.4%)
283	<b>KOLANOWSKI Wojciech</b>	<b>187</b>		M-50	38	00:00:20	00:12:40	00:24:36	00:36:37	00:48:25	<b>00:50:23.85</b>	<b>00:50:43.90</b>	+00:19:57 (39.6%)	5:02	11.9 (60.4%)
284	<b>CADER Ryszard</b>	<b>50</b>	SPÓJNIA BIAŁE BŁOTA	M-30	100	00:00:25	00:12:47	00:24:32	00:36:26	00:48:22	<b>00:50:25.15</b>	<b>00:50:50.90</b>	+00:19:58 (39.6%)	5:02	11.9 (60.4%)
285	<b>RYDLEWSKI Andrzej</b>	<b>128</b>	RUN BYDGOSZCZ	M-30	101	00:00:37	00:13:01	00:24:39	00:36:31	00:48:23	<b>00:50:31.35</b>	<b>00:51:09.30</b>	+00:20:04 (39.7%)	5:03	11.9 (60.4%)
286	<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>	+00:20:06 (39.8%)	5:03	11.9 (60.4%)
287	<b>ŁAMEK Sebastian</b>	<b>231</b>	HAS TEAM MTB	M-30	102	00:00:39	00:12:28	00:24:10	00:36:27	00:48:25	<b>00:50:34.50</b>	<b>00:51:14.00</b>	+00:20:07 (39.8%)	5:03	11.9 (60.4%)
288	<b>BARTNIK Mieczysław</b>	<b>124</b>		M-50	39	00:00:29	00:12:24	00:24:13	00:36:21	00:48:32	<b>00:50:38.45</b>	<b>00:51:07.50</b>	+00:20:11 (39.9%)	5:03	11.8 (59.9%)
289	<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>	+00:20:13 (39.9%)	5:04	11.8 (59.9%)
290	<b>KONKEL Bartosz</b>	<b>316</b>		M-30	103	00:00:11	00:13:15	00:25:23	00:37:11	00:48:44	<b>00:50:41.80</b>	<b>00:50:53.35</b>	+00:20:14 (39.9%)	5:04	11.8 (59.9%)
291	<b>SAPA Kacper</b>	<b>104</b>	BYDGOSKIE ŻÓŁWIE	M-20	35	00:00:11	00:11:39	00:23:27	00:36:06	00:48:38	<b>00:50:42.70</b>	<b>00:50:53.95</b>	+00:20:15 (40.0%)	5:04	11.8 (59.9%)
292	<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>	+00:20:19 (40.0%)	5:04	11.8 (59.9%)

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
293	<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>	+00:20:20 (40.0%)	5:04	11.8 (59.9%)
294	<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>	+00:20:20 (40.1%)	5:04	11.8 (59.9%)
295	<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>	+00:20:22 (40.1%)	5:04	11.8 (59.9%)
296	<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>	+00:20:26 (40.2%)	5:05	11.8 (59.9%)
297	<b>BRZOZOWSKI Piotr</b>	<b>37</b>	BRZOZA TRI TEAM	M-20	36	00:00:29	00:13:12	00:25:08	00:36:48	00:48:58	<b>00:51:04.70</b>	<b>00:51:33.90</b>	+00:20:37 (40.4%)	5:06	11.7 (59.4%)
298	<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>	+00:20:39 (40.4%)	5:06	11.7 (59.4%)
299	<b>RATAJ Krzysztof</b>	<b>56</b>	POLONIA BYDGOSZCZ SLA	M-30	104	00:00:15	00:12:33	00:24:28	00:36:41	00:48:59	<b>00:51:06.70</b>	<b>00:51:22.15</b>	+00:20:39 (40.4%)	5:06	11.7 (59.4%)
300	<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>	+00:20:40 (40.4%)	5:06	11.7 (59.4%)
301	<b>RYBARCZYK Bartosz</b>	<b>261</b>	PAŁUKI RUNNING TEAM	M-30	105	00:00:21	00:12:24	00:24:13	00:36:22	00:48:55	<b>00:51:11.20</b>	<b>00:51:32.85</b>	+00:20:44 (40.5%)	5:07	11.7 (59.4%)
302	<b>TEJZA Daniel</b>	<b>592</b>	DANIELTEAM	M-30	106	00:00:02	00:12:17	00:24:28	00:36:57	00:49:09	<b>00:51:15.75</b>	<b>00:51:17.95</b>	+00:20:48 (40.6%)	5:07	11.7 (59.4%)
303	<b>DERENDA Mirek</b>	<b>307</b>	1. BLWL	M-30	107	00:00:18	00:12:27	00:24:16	00:36:28	00:49:08	<b>00:51:18.00</b>	<b>00:51:36.95</b>	+00:20:51 (40.6%)	5:07	11.7 (59.4%)
304	<b>ZUPA Wojciech</b>	<b>381</b>	BRZOZA BIEGA	M-50	40	00:00:06	00:11:56	00:24:12	00:36:34	00:49:07	<b>00:51:18.50</b>	<b>00:51:24.70</b>	+00:20:51 (40.7%)	5:07	11.7 (59.4%)
305	<b>MORAWSKI Marek</b>	<b>125</b>		M-30	108	00:00:25	00:12:46	00:24:49	00:37:03	00:49:08	<b>00:51:26.20</b>	<b>00:51:51.45</b>	+00:20:59 (40.8%)	5:08	11.7 (59.4%)
306	<b>CZEPEK Aleksander</b>	<b>47</b>	BRZOZA BIEGA	M-50	41	00:00:03	00:12:21	00:24:17	00:36:40	00:49:13	<b>00:51:27.00</b>	<b>00:51:30.05</b>	+00:21:00 (40.8%)	5:08	11.7 (59.4%)
307	<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>	+00:21:00 (40.8%)	5:08	11.7 (59.4%)
308	<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>	+00:21:01 (40.8%)	5:08	11.7 (59.4%)
309	<b>WOJCIECHOWSKI Eugeniusz</b>	<b>330</b>	BRZOZA BIEGA	M-50	42	00:00:02	00:12:22	00:24:12	00:36:41	00:49:13	<b>00:51:29.40</b>	<b>00:51:32.15</b>	+00:21:02 (40.9%)	5:09	11.7 (59.4%)
310	<b>GĄSIOREK Tomasz</b>	<b>11</b>	BRZOZA BIEGA	M-50	43	00:00:02	00:12:22	00:24:18	00:36:41	00:49:14	<b>00:51:29.55</b>	<b>00:51:32.15</b>	+00:21:02 (40.9%)	5:09	11.7 (59.4%)
311	<b>BERNACIAK Mateusz</b>	<b>604</b>	SPORT I REKREACJA MOGILNO	M-20	37	00:00:15	00:11:57	00:23:27	00:35:31	00:49:05	<b>00:51:35.95</b>	<b>00:51:51.85</b>	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
312	<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>	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
313	<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>	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
314	<b>MICHALSKI Dominik</b>	<b>481</b>		M-20	38	00:00:33	00:13:19	00:25:29	00:37:47	00:49:47	<b>00:51:41.70</b>	<b>00:52:14.95</b>	+00:21:14 (41.1%)	5:10	11.6 (58.9%)
315	<b>MARCHEL Leszek</b>	<b>102</b>	KMW	M-50	44	00:00:05	00:12:22	00:24:29	00:36:59	00:49:32	<b>00:51:44.15</b>	<b>00:51:50.00</b>	+00:21:17 (41.1%)	5:10	11.6 (58.9%)
316	<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>	+00:21:17 (41.2%)	5:10	11.6 (58.9%)
317	<b>ZAKOŚCIELNY Krzysztof</b>	<b>380</b>	TKKF WIĘCBORK	M-50	45	00:00:16	00:13:30	00:25:51	00:37:57	00:49:46	<b>00:51:47.95</b>	<b>00:52:04.65</b>	+00:21:21 (41.2%)	5:10	11.6 (58.9%)

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
318	<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>	+00:21:21 (41.2%)	5:10	11.6 (58.9%)
319	<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>	+00:21:23 (41.3%)	5:11	11.6 (58.9%)
320	<b>KOMAJDA Jarosław</b>	<b>455</b>	GOSIR OSIELSKO	M-50	46	00:00:13	00:13:01	00:25:07	00:37:23	00:49:47	<b>00:51:50.25</b>	<b>00:52:04.00</b>	+00:21:23 (41.3%)	5:11	11.6 (58.9%)
321	<b>WIŚNIEWSKI Włodzimierz</b>	<b>155</b>		M-50	47	00:00:42	00:13:10	00:25:19	00:37:32	00:49:51	<b>00:51:54.35</b>	<b>00:52:36.65</b>	+00:21:27 (41.3%)	5:11	11.6 (58.9%)
322	<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>	+00:21:33 (41.5%)	5:12	11.5 (58.4%)
323	<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>	+00:21:36 (41.5%)	5:12	11.5 (58.4%)
324	<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>	+00:21:36 (41.5%)	5:12	11.5 (58.4%)
325	<b>SZULC Edmund</b>	<b>163</b>		M-50	48	00:00:10	00:11:25	00:23:16	00:37:20	00:49:47	<b>00:52:06.35</b>	<b>00:52:16.35</b>	+00:21:39 (41.6%)	5:12	11.5 (58.4%)
326	<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>	+00:21:40 (41.6%)	5:12	11.5 (58.4%)
327	<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>	+00:21:48 (41.7%)	5:13	11.5 (58.4%)
328	<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>	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
329	<b>LICA Krzysztof</b>	<b>519</b>		M-50	49	00:00:06	00:12:48	00:25:00	00:37:35	00:50:03	<b>00:52:18.50</b>	<b>00:52:24.90</b>	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
329	<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>	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
331	<b>DĘBSKI Jan</b>	<b>378</b>		M-60	12	00:00:17	00:12:32	00:24:40	00:37:23	00:50:03	<b>00:52:24.40</b>	<b>00:52:41.65</b>	+00:21:57 (41.9%)	5:14	11.5 (58.4%)
332	<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>	+00:21:59 (41.9%)	5:14	11.4 (57.9%)
333	<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>	+00:22:15 (42.2%)	5:16	11.4 (57.9%)
334	<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>	+00:22:18 (42.3%)	5:16	11.4 (57.9%)
335	<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>	+00:22:19 (42.3%)	5:16	11.4 (57.9%)
336	<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>	+00:22:24 (42.4%)	5:17	11.3 (57.4%)
337	<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>	+00:22:35 (42.6%)	5:18	11.3 (57.4%)
338	<b>KUTOWSKI Wiesław</b>	<b>415</b>		M-50	50	00:00:40	00:13:24	00:25:39	00:38:14	00:50:59	<b>00:53:03.05</b>	<b>00:53:43.35</b>	+00:22:36 (42.6%)	5:18	11.3 (57.4%)
339	<b>KAZUBOWSKI Jeremiasz</b>	<b>203</b>		M-20	39	00:00:07	00:12:33	00:25:38	00:38:26	00:51:00	<b>00:53:03.80</b>	<b>00:53:10.85</b>	+00:22:36 (42.6%)	5:18	11.3 (57.4%)
340	<b>BETHKE Sławomir</b>	<b>168</b>		M-20	40	00:00:19	00:12:32	00:25:36	00:38:37	00:50:54	<b>00:53:07.15</b>	<b>00:53:26.80</b>	+00:22:40 (42.7%)	5:18	11.3 (57.4%)
341	<b>MAKUCH Mikołaj</b>	<b>563</b>		M-1	13	00:00:36	00:14:06	00:26:59	00:39:16	00:51:11	<b>00:53:07.40</b>	<b>00:53:43.55</b>	+00:22:40 (42.7%)	5:18	11.3 (57.4%)
342	<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>	+00:22:44 (42.8%)	5:19	11.3 (57.4%)

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
343	WEGNER Roman	302		M-50	51	00:00:19	00:12:50	00:25:06	00:37:57	00:51:02	00:53:11.80	00:53:31.60	+00:22:44 (42.8%)	5:19	11.3 (57.4%)
344	KLESSA Krystian	87		M-30	122	00:00:29	00:13:40	00:26:10	00:38:47	00:51:13	00:53:13.50	00:53:43.25	+00:22:46 (42.8%)	5:19	11.3 (57.4%)
345	FABROWSKI Dawid	169		M-30	123	00:00:30	00:13:37	00:26:08	00:38:43	00:51:06	00:53:14.55	00:53:45.00	+00:22:47 (42.8%)	5:19	11.3 (57.4%)
346	BOGACZ Michał	70		M-20	41	00:00:34	00:13:44	00:26:28	00:39:24	00:51:14	00:53:15.80	00:53:50.45	+00:22:48 (42.8%)	5:19	11.3 (57.4%)
347	PREUSS Daniel	189		M-40	106	00:00:20	00:13:17	00:25:33	00:38:04	00:50:55	00:53:16.00	00:53:36.95	+00:22:49 (42.8%)	5:19	11.3 (57.4%)
348	CHOŚCIŃSKI Piotr	490	MOJA ŻONA MA DZIŚ URODZINY :)	M-30	124	00:00:16	00:13:33	00:26:04	00:38:50	00:51:15	00:53:29.75	00:53:46.15	+00:23:02 (43.1%)	5:21	11.2 (56.9%)
349	SICIŃSKI Dariusz	589	KS GORNIK WAŁBRZYCH	M-50	52	00:00:11	00:13:22	00:25:52	00:38:37	00:51:25	00:53:36.85	00:53:48.50	+00:23:10 (43.2%)	5:21	11.2 (56.9%)
350	BRYJA Robert	138		M-50	53	00:00:25	00:14:34	00:27:33	00:39:55	00:51:32	00:53:37.30	00:54:02.55	+00:23:10 (43.2%)	5:21	11.2 (56.9%)
351	GODZIUK Roman	580		M-50	54	00:00:34	00:13:57	00:26:43	00:39:12	00:51:26	00:53:38.10	00:54:12.90	+00:23:11 (43.2%)	5:21	11.2 (56.9%)
352	PODBORNY Piotr	270	GRP TEAM	M-40	107	00:00:08	00:12:31	00:24:58	00:38:07	00:51:16	00:53:39.25	00:53:47.80	+00:23:12 (43.3%)	5:21	11.2 (56.9%)
353	MAGDZIARZ Jakub	349	KANCELARIA HMM	M-30	125	00:00:33	00:13:32	00:26:06	00:38:44	00:51:31	00:53:46.50	00:54:19.55	+00:23:19 (43.4%)	5:22	11.2 (56.9%)
354	ZIÓŁKOWSKI Mieczysław	118		M-50	55	00:00:10	00:12:23	00:25:35	00:38:57	00:51:39	00:53:48.10	00:53:58.80	+00:23:21 (43.4%)	5:22	11.2 (56.9%)
355	SOŁDON Bogusław	167		M-60	13	00:00:47	00:13:26	00:25:58	00:38:50	00:51:45	00:54:02.50	00:54:50.25	+00:23:35 (43.7%)	5:24	11.1 (56.3%)
356	ANDRZEJEWSKI Ryszard	41	WZGÓRZE WOLNOŚCI	M-60	14	00:00:23	00:13:47	00:26:23	00:39:00	00:51:47	00:54:02.80	00:54:26.55	+00:23:35 (43.7%)	5:24	11.1 (56.3%)
357	RAKOWSKI Piotr	733	ŻANDARMI BYDGOSZCZ	M-60	15	00:00:32	00:13:47	00:26:23	00:39:19	00:51:54	00:54:06.50	00:54:38.55	+00:23:39 (43.7%)	5:24	11.1 (56.3%)
358	KOSMAL Jarosław	423		M-40	108	00:00:37	00:13:21	00:25:41	00:38:28	00:51:40	00:54:11.50	00:54:48.65	+00:23:44 (43.8%)	5:25	11.1 (56.3%)
359	LIWOCH Grzegorz	550		M-40	109	00:00:20	00:12:42	00:24:58	00:37:59	00:51:46	00:54:14.35	00:54:35.30	+00:23:47 (43.9%)	5:25	11.1 (56.3%)
360	JULLY Arkadiusz	377		M-30	126	00:00:16	00:13:23	00:26:08	00:39:02	00:51:59	00:54:19.15	00:54:35.80	+00:23:52 (43.9%)	5:25	11 (55.8%)
361	ADRIAN Krzysztof	250		M-40	110	00:00:47	00:14:09	00:26:45	00:39:36	00:52:16	00:54:29.70	00:55:16.80	+00:24:02 (44.1%)	5:26	11 (55.8%)
362	KLINIEWSKI Piotr	683	BRZOZA BIEGA	M-50	56	00:00:15	00:14:13	00:27:25	00:40:25	00:52:42	00:54:35.60	00:54:50.65	+00:24:08 (44.2%)	5:27	11 (55.8%)
363	ŚWIATOWY Ryszard	382		M-40	111	00:00:09	00:12:31	00:25:13	00:38:36	00:52:13	00:54:37.65	00:54:47.00	+00:24:10 (44.3%)	5:27	11 (55.8%)
364	LUZAK Mirosław	165	MWIK BYDGOSZCZ	M-50	57	00:00:23	00:13:30	00:26:10	00:39:02	00:52:26	00:54:38.15	00:55:01.65	+00:24:11 (44.3%)	5:27	11 (55.8%)
365	OLSZEWSKI Jacek	257	KB OLSZESIE	M-50	58	00:00:12	00:12:53	00:25:45	00:39:10	00:52:16	00:54:38.60	00:54:50.75	+00:24:11 (44.3%)	5:27	11 (55.8%)
366	DOŁHUN Adam	45	RUN-PASJA BYDGOSZCZ	M-30	127	00:00:38	00:14:05	00:26:56	00:39:54	00:52:36	00:54:50.35	00:55:28.65	+00:24:23 (44.5%)	5:29	10.9 (55.3%)
367	PAPROCKI Krzysztof	469		M-60	16	00:00:04	00:13:20	00:26:24	00:39:34	00:52:30	00:54:53.05	00:54:57.45	+00:24:26 (44.5%)	5:29	10.9 (55.3%)

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
368	<b>MYSZKA Tadeusz</b>	<b>482</b>		M-50	59	00:00:04	00:13:15	00:26:24	00:39:33	00:52:27	<b>00:54:53.15</b>	<b>00:54:57.45</b>	+00:24:26 (44.5%)	5:29	10.9 (55.3%)
369	<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>	+00:24:30 (44.6%)	5:29	10.9 (55.3%)
370	<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>	+00:24:31 (44.6%)	5:29	10.9 (55.3%)
371	<b>WOŁOSZYN Kazimierz</b>	<b>144</b>	BRZOZA BIEGA/ROWEROWA BRZOZA	M-50	60	00:00:10	00:13:29	00:26:07	00:39:07	00:52:27	<b>00:55:01.75</b>	<b>00:55:12.00</b>	+00:24:34 (44.7%)	5:30	10.9 (55.3%)
372	<b>GRABOWSKI Marek</b>	<b>548</b>		M-50	61	00:00:45	00:14:18	00:26:54	00:40:03	00:52:51	<b>00:55:02.05</b>	<b>00:55:47.70</b>	+00:24:35 (44.7%)	5:30	10.9 (55.3%)
373	<b>KUZIEMSKI Jacek</b>	<b>445</b>	CYTADELA-GRUDZIĄDZ	M-50	62	00:00:38	00:14:31	00:27:39	00:40:51	00:53:02	<b>00:55:04.30</b>	<b>00:55:42.45</b>	+00:24:37 (44.7%)	5:30	10.9 (55.3%)
374	<b>BRZOZOWSKI Jarosław</b>	<b>36</b>	BRZOZA TRI TEAM	M-50	63	00:00:41	00:14:08	00:27:10	00:40:06	00:52:53	<b>00:55:10.30</b>	<b>00:55:51.95</b>	+00:24:43 (44.8%)	5:31	10.9 (55.3%)
375	<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>	+00:24:46 (44.9%)	5:31	10.9 (55.3%)
376	<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>	+00:24:48 (44.9%)	5:31	10.9 (55.3%)
377	<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>	+00:24:51 (45.0%)	5:31	10.8 (54.8%)
378	<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>	+00:24:54 (45.0%)	5:32	10.8 (54.8%)
379	<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>	+00:24:57 (45.0%)	5:32	10.8 (54.8%)
380	<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>	+00:24:58 (45.1%)	5:32	10.8 (54.8%)
381	<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>	+00:24:59 (45.1%)	5:32	10.8 (54.8%)
382	<b>DOBOSZ Kamil</b>	<b>561</b>	56. BAZA LOTNICZA	M-20	42	00:00:36	00:14:06	00:27:09	00:40:08	00:53:17	<b>00:55:32.10</b>	<b>00:56:08.95</b>	+00:25:05 (45.2%)	5:33	10.8 (54.8%)
383	<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>	+00:25:05 (45.2%)	5:33	10.8 (54.8%)
384	<b>LIBERA Arkadiusz</b>	<b>262</b>		M-50	64	00:00:57	00:14:25	00:27:32	00:40:37	00:53:34	<b>00:55:51.50</b>	<b>00:56:49.00</b>	+00:25:24 (45.5%)	5:35	10.7 (54.3%)
385	<b>PRZYBYLSKI Mariusz</b>	<b>379</b>		M-50	65	00:00:12	00:12:38	00:24:35	00:38:35	00:53:34	<b>00:55:52.65</b>	<b>00:56:05.60</b>	+00:25:25 (45.5%)	5:35	10.7 (54.3%)
386	<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>	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
387	<b>KRÓLIKOWSKI Andrzej</b>	<b>268</b>		M-50	66	00:00:22	00:14:15	00:27:24	00:40:28	00:53:38	<b>00:55:57.60</b>	<b>00:56:19.75</b>	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
388	<b>GROSZEWSKI Grzegorz</b>	<b>361</b>		M-30	132	00:00:24	00:14:23	00:27:59	00:41:15	00:53:50	<b>00:55:58.70</b>	<b>00:56:23.30</b>	+00:25:31 (45.6%)	5:35	10.7 (54.3%)
389	<b>ŁOŚ Dariusz</b>	<b>399</b>		M-50	67	00:00:46	00:14:17	00:27:27	00:40:22	00:53:48	<b>00:55:59.25</b>	<b>00:56:46.05</b>	+00:25:32 (45.6%)	5:36	10.7 (54.3%)
390	<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>	+00:25:36 (45.7%)	5:36	10.7 (54.3%)
391	<b>JANOWSKI Przemysław</b>	<b>363</b>	1982	M-30	133	00:00:19	00:14:28	00:27:47	00:40:57	00:53:58	<b>00:56:05.05</b>	<b>00:56:24.05</b>	+00:25:38 (45.7%)	5:36	10.7 (54.3%)
392	<b>KUDŁA Krzysztof</b>	<b>393</b>		M-60	17	00:00:19	00:13:38	00:26:45	00:40:18	00:53:59	<b>00:56:07.80</b>	<b>00:56:27.05</b>	+00:25:40 (45.8%)	5:36	10.7 (54.3%)



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
393	<b>GAJZLER Jerzy</b>	<b>329</b>	BARTODZIEJE	M-60	18	00:00:20	00:12:56	00:25:57	00:39:35	00:53:36	<b>00:56:10.50</b>	<b>00:56:31.15</b>	+00:25:43 (45.8%)	5:37	10.7 (54.3%)
394	<b>ZIELIŃSKI Sebastian</b>	<b>335</b>		M-30	134	00:00:41	00:14:29	00:27:37	00:40:46	00:53:59	<b>00:56:18.15</b>	<b>00:56:59.40</b>	+00:25:51 (45.9%)	5:37	10.7 (54.3%)
395	<b>PAPIERSKI Zbigniew</b>	<b>314</b>		M-50	68	00:00:34	00:13:48	00:26:29	00:40:00	00:54:01	<b>00:56:38.15</b>	<b>00:57:12.50</b>	+00:26:11 (46.2%)	5:39	10.6 (53.8%)
396	<b>ZDUNEK Rafał</b>	<b>622</b>		M-20	43	00:00:16	00:13:04	00:26:36	00:40:25	00:54:32	<b>00:56:45.30</b>	<b>00:57:01.40</b>	+00:26:18 (46.4%)	5:40	10.6 (53.8%)
397	<b>CZAPIEWSKI Maciej</b>	<b>525</b>	BRODNICA BIEGA	M-50	69	00:00:18	00:13:55	00:27:12	00:40:41	00:54:37	<b>00:57:11.45</b>	<b>00:57:29.50</b>	+00:26:44 (46.8%)	5:43	10.5 (53.3%)
398	<b>JANISZEWSKI Przemysław</b>	<b>152</b>	THE RUNNERS ŚWIECIE	M-30	135	00:00:35	00:14:36	00:28:02	00:41:35	00:55:07	<b>00:57:22.90</b>	<b>00:57:58.65</b>	+00:26:56 (46.9%)	5:44	10.5 (53.3%)
399	<b>NOWAKOWSKI Czesław</b>	<b>328</b>		M-60	19	00:00:32	00:14:14	00:27:36	00:41:07	00:55:01	<b>00:57:22.95</b>	<b>00:57:55.00</b>	+00:26:56 (46.9%)	5:44	10.5 (53.3%)
400	<b>GROTT Bartłomiej</b>	<b>473</b>		M-30	136	00:00:43	00:14:43	00:28:07	00:41:34	00:55:08	<b>00:57:31.90</b>	<b>00:58:15.35</b>	+00:27:05 (47.1%)	5:45	10.4 (52.8%)
401	<b>GRYLEWICZ Tomasz</b>	<b>705</b>		M-30	137	00:00:43	00:14:43	00:28:07	00:41:34	00:55:08	<b>00:57:32.30</b>	<b>00:58:15.55</b>	+00:27:05 (47.1%)	5:45	10.4 (52.8%)
402	<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>	+00:27:10 (47.2%)	5:45	10.4 (52.8%)
403	<b>JANKOWSKI Tomasz Michał</b>	<b>408</b>	B. DELFIN	M-50	70	00:00:45	00:14:55	00:28:21	00:41:59	00:55:20	<b>00:57:37.85</b>	<b>00:58:23.80</b>	+00:27:11 (47.2%)	5:45	10.4 (52.8%)
404	<b>STRABEL Marek</b>	<b>703</b>		M-50	71	00:00:14	00:13:41	00:27:36	00:41:39	00:55:27	<b>00:57:39.65</b>	<b>00:57:54.60</b>	+00:27:12 (47.2%)	5:46	10.4 (52.8%)
405	<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>	+00:27:16 (47.2%)	5:46	10.4 (52.8%)
406	<b>KOŚMIDER Damian</b>	<b>739</b>		M-30	138	00:00:07	00:13:49	00:27:07	00:41:19	00:55:20	<b>00:57:49.35</b>	<b>00:57:57.30</b>	+00:27:22 (47.3%)	5:47	10.4 (52.8%)
407	<b>GOŁCZYŃSKI Tomasz</b>	<b>225</b>		M-30	139	00:00:45	00:14:18	00:27:39	00:41:28	00:55:40	<b>00:57:59.15</b>	<b>00:58:45.10</b>	+00:27:32 (47.5%)	5:48	10.3 (52.3%)
408	<b>RĄCZKA Łukasz</b>	<b>555</b>		M-30	140	00:00:28	00:14:44	00:28:03	00:41:48	00:55:38	<b>00:58:00.60</b>	<b>00:58:29.55</b>	+00:27:33 (47.5%)	5:48	10.3 (52.3%)
409	<b>KRIGER Bartosz</b>	<b>554</b>		M-30	141	00:00:28	00:14:44	00:28:04	00:41:48	00:55:38	<b>00:58:01.25</b>	<b>00:58:29.75</b>	+00:27:34 (47.5%)	5:48	10.3 (52.3%)
410	<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>	+00:27:34 (47.5%)	5:48	10.3 (52.3%)
411	<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>	+00:27:35 (47.5%)	5:48	10.3 (52.3%)
412	<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>	+00:27:41 (47.6%)	5:48	10.3 (52.3%)
413	<b>GIERACH Krzysztof</b>	<b>356</b>		M-60	20	00:00:32	00:14:18	00:27:48	00:41:34	00:55:41	<b>00:58:11.65</b>	<b>00:58:43.95</b>	+00:27:44 (47.7%)	5:49	10.3 (52.3%)
414	<b>GIERACH Marcin</b>	<b>272</b>	TRISPACE	M-30	142	00:00:32	00:14:18	00:27:48	00:41:34	00:55:41	<b>00:58:11.80</b>	<b>00:58:43.85</b>	+00:27:44 (47.7%)	5:49	10.3 (52.3%)
415	<b>POBIEDZIŃSKI Robert</b>	<b>218</b>	POLONIA BYDGOSZCZ SLA	M-20	44	00:00:51	00:15:52	00:30:17	00:43:23	00:56:09	<b>00:58:12.10</b>	<b>00:59:03.90</b>	+00:27:45 (47.7%)	5:49	10.3 (52.3%)
416	<b>MIKUŁA Tomasz</b>	<b>226</b>		M-30	143	00:00:45	00:14:36	00:28:11	00:41:54	00:55:55	<b>00:58:20.25</b>	<b>00:59:05.50</b>	+00:27:53 (47.8%)	5:50	10.3 (52.3%)
417	<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>	+00:27:59 (47.9%)	5:50	10.3 (52.3%)

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
418	<b>WIESE Grzegorz</b>	<b>215</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	72	00:00:42	00:14:46	00:28:23	00:42:06	00:56:04	<b>00:58:28.95</b>	<b>00:59:11.45</b>	+00:28:02 (47.9%)	5:50	10.3 (52.3%)
419	<b>ŁUCAK Piotr</b>	<b>317</b>	CST RUN TEAM	M-30	144	00:00:44	00:15:38	00:29:25	00:42:50	00:56:15	<b>00:58:40.20</b>	<b>00:59:25.05</b>	+00:28:13 (48.1%)	5:52	10.2 (51.8%)
420	<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>	+00:28:16 (48.2%)	5:52	10.2 (51.8%)
421	<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>	+00:28:17 (48.2%)	5:52	10.2 (51.8%)
422	<b>PAWLAK Franciszek</b>	<b>471</b>		M-20	45	00:00:52	00:15:52	00:30:17	00:43:50	00:56:42	<b>00:58:48.55</b>	<b>00:59:40.55</b>	+00:28:21 (48.2%)	5:52	10.2 (51.8%)
423	<b>KARWASZ Adam</b>	<b>640</b>		M-20	46	00:00:34	00:14:14	00:28:04	00:42:39	00:56:28	<b>00:58:49.35</b>	<b>00:59:23.40</b>	+00:28:22 (48.2%)	5:52	10.2 (51.8%)
424	<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>	+00:28:25 (48.3%)	5:53	10.2 (51.8%)
425	<b>IWASZKO Maciej</b>	<b>663</b>		M-30	145	00:00:20	00:14:58	00:28:47	00:42:39	00:56:39	<b>00:58:54.80</b>	<b>00:59:14.90</b>	+00:28:27 (48.3%)	5:53	10.2 (51.8%)
426	<b>ZAWISZEWSKI Adam</b>	<b>333</b>		M-30	146	00:00:13	00:14:06	00:27:48	00:42:00	00:56:37	<b>00:59:03.50</b>	<b>00:59:17.15</b>	+00:28:36 (48.4%)	5:54	10.2 (51.8%)
427	<b>JANCZARSKI CZASOWIEC Andrzej</b>	<b>119</b>	CARBON TEAM TORUŃ	M-60	21	00:00:00	00:15:20	00:29:16	00:43:10	00:56:49	<b>00:59:14.05</b>	<b>00:59:14.05</b>	+00:28:47 (48.6%)	5:55	10.1 (51.3%)
428	<b>TOMSA Michał</b>	<b>636</b>	ASSECO ACTIVE TEAM	M-30	147	00:00:29	00:15:02	00:29:05	00:43:19	00:57:10	<b>00:59:26.85</b>	<b>00:59:56.50</b>	+00:29:00 (48.8%)	5:56	10.1 (51.3%)
429	<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>	+00:29:10 (48.9%)	5:57	10.1 (51.3%)
430	<b>NAPIERAJ Rafał</b>	<b>511</b>		M-30	148	00:00:40	00:14:41	00:28:24	00:42:27	00:57:14	<b>00:59:40.70</b>	<b>01:00:21.15</b>	+00:29:13 (49.0%)	5:58	10.1 (51.3%)
431	<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>	+00:29:19 (49.1%)	5:58	10 (50.8%)
432	<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>	+00:29:25 (49.1%)	5:59	10 (50.8%)
433	<b>FIGLEWSKI Rafał</b>	<b>108</b>		M-30	149	00:00:12	00:14:06	00:28:03	00:43:14	00:57:52	<b>01:00:14.55</b>	<b>01:00:27.50</b>	+00:29:47 (49.5%)	6:01	10 (50.8%)
434	<b>WIŚNIEWSKI Ryszard</b>	<b>390</b>		M-30	150	00:00:41	00:14:16	00:28:09	00:42:43	00:57:45	<b>01:00:19.45</b>	<b>01:01:01.30</b>	+00:29:52 (49.5%)	6:02	9.9 (50.3%)
435	<b>KUBIAK Tomasz</b>	<b>721</b>		M-50	73	00:00:13	00:14:15	00:28:25	00:43:24	00:57:59	<b>01:00:21.50</b>	<b>01:00:35.35</b>	+00:29:54 (49.6%)	6:02	9.9 (50.3%)
436	<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>	+00:29:55 (49.6%)	6:02	9.9 (50.3%)
437	<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>	+00:29:56 (49.6%)	6:02	9.9 (50.3%)
438	<b>KARASZEWSKI Sławomir</b>	<b>205</b>		M-30	151	00:00:06	00:14:10	00:28:29	00:43:04	00:57:50	<b>01:00:24.05</b>	<b>01:00:30.25</b>	+00:29:57 (49.6%)	6:02	9.9 (50.3%)
439	<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>	+00:29:59 (49.6%)	6:02	9.9 (50.3%)
440	<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>	+00:30:06 (49.7%)	6:03	9.9 (50.3%)
441	<b>GOŁATA Bogusław</b>	<b>610</b>		M-50	74	00:00:14	00:14:13	00:28:38	00:43:28	00:58:08	<b>01:00:34.20</b>	<b>01:00:48.35</b>	+00:30:07 (49.7%)	6:03	9.9 (50.3%)

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
442	<b>UCIŃSKI Edward</b>	<b>368</b>	TKKF INSTALATOR PELIKAN SZUBIN	M-60	22	00:00:12	00:14:28	00:28:57	00:43:38	00:58:19	<b>01:00:51.65</b>	<b>01:01:04.10</b>	+00:30:24 (50.0%)	6:05	9.9 (50.3%)
443	<b>PŁOMINSKI Norbert</b>	<b>641</b>		M-30	152	00:00:20	00:15:03	00:28:59	00:43:30	00:58:25	<b>01:01:02.70</b>	<b>01:01:22.85</b>	+00:30:35 (50.1%)	6:06	9.8 (49.7%)
444	<b>RACIBORSKI Grzegorz</b>	<b>150</b>	TASAK TEAM	M-30	153	00:00:41	00:15:27	00:29:40	00:43:55	00:58:27	<b>01:01:06.45</b>	<b>01:01:48.40</b>	+00:30:39 (50.2%)	6:06	9.8 (49.7%)
445	<b>WYKRZYKOWSKI Andrzej</b>	<b>447</b>	CYTADELA-GRUDZIĄDZ	M-60	23	00:00:31	00:13:58	00:28:02	00:42:55	00:58:27	<b>01:01:18.95</b>	<b>01:01:50.70</b>	+00:30:52 (50.3%)	6:07	9.8 (49.7%)
446	<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>	+00:31:05 (50.5%)	6:09	9.8 (49.7%)
447	<b>WIŚNIEWSKI Maksymilian</b>	<b>539</b>		M-1	14	00:00:42	00:15:42	00:30:17	00:45:41	00:59:33	<b>01:01:45.90</b>	<b>01:02:28.30</b>	+00:31:19 (50.7%)	6:10	9.7 (49.2%)
448	<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>	+00:31:19 (50.7%)	6:10	9.7 (49.2%)
449	<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>	+00:31:27 (50.8%)	6:11	9.7 (49.2%)
450	<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>	+00:31:29 (50.8%)	6:11	9.7 (49.2%)
451	<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>	+00:31:53 (51.2%)	6:14	9.6 (48.7%)
452	<b>LENC Janusz</b>	<b>13</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60	24	00:00:57	00:15:53	00:30:28	00:45:23	00:59:56	<b>01:02:24.65</b>	<b>01:03:21.90</b>	+00:31:57 (51.2%)	6:14	9.6 (48.7%)
453	<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>	+00:32:07 (51.3%)	6:15	9.6 (48.7%)
454	<b>KASPROWICZ Piotr Kasprowicz</b>	<b>289</b>		M-30	154	00:00:27	00:15:29	00:30:44	00:45:51	01:00:36	<b>01:02:43.15</b>	<b>01:03:10.60</b>	+00:32:16 (51.5%)	6:16	9.6 (48.7%)
455	<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>	+00:32:17 (51.5%)	6:16	9.6 (48.7%)
456	<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>	+00:32:27 (51.6%)	6:17	9.5 (48.2%)
457	<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>	+00:32:42 (51.8%)	6:19	9.5 (48.2%)
458	<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>	+00:32:54 (51.9%)	6:20	9.5 (48.2%)
459	<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>	+00:32:57 (52.0%)	6:20	9.5 (48.2%)
460	<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>	+00:33:06 (52.1%)	6:21	9.4 (47.7%)
461	<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>	+00:33:06 (52.1%)	6:21	9.4 (47.7%)
462	<b>FRASZ Robert</b>	<b>331</b>		M-20	47	00:00:23	00:14:54	00:29:57	00:45:14	01:00:50	<b>01:03:35.55</b>	<b>01:03:58.70</b>	+00:33:08 (52.1%)	6:21	9.4 (47.7%)
463	<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>	+00:33:09 (52.1%)	6:21	9.4 (47.7%)
464	<b>WOJANOWSKI Zbigniew</b>	<b>443</b>	CYTADELA-GRUDZIĄDZ	M-50	75	00:00:37	00:15:28	00:29:56	00:45:32	01:01:13	<b>01:04:00.05</b>	<b>01:04:37.05</b>	+00:33:33 (52.4%)	6:24	9.4 (47.7%)
465	<b>NIEMECZEK Waldemar</b>	<b>324</b>		M-50	76	00:00:22	00:15:55	00:32:03	00:47:15	01:02:20	<b>01:04:47.50</b>	<b>01:05:10.35</b>	+00:34:20 (53.0%)	6:28	9.3 (47.2%)
466	<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>	+00:34:39 (53.2%)	6:30	9.2 (46.7%)

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
467	<b>MAZGA 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>	+00:35:06 (53.6%)	6:33	9.2 (46.7%)
468	<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>	+00:35:16 (53.7%)	6:34	9.1 (46.2%)
469	<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>	+00:36:26 (54.5%)	6:41	9 (45.7%)
470	<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>	+00:36:58 (54.8%)	6:44	8.9 (45.2%)
471	<b>FUDAŁA Marek</b>	<b>112</b>		M-60	25	00:00:25	00:16:45	00:32:50	00:49:19	01:05:42	<b>01:08:28.50</b>	<b>01:08:54.15</b>	+00:38:01 (55.5%)	6:50	8.8 (44.7%)
472	<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>	+00:38:26 (55.8%)	6:53	8.7 (44.2%)
473	<b>ANGIEL Władysław</b>	<b>141</b>	TKKF KOLEJARZ BYDGOSZCZ	M-70	2	00:00:13	00:16:50	00:33:04	00:49:45	01:07:12	<b>01:10:21.90</b>	<b>01:10:35.25</b>	+00:39:55 (56.7%)	7:02	8.5 (43.1%)
474	<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>	+00:40:12 (56.9%)	7:03	8.5 (43.1%)
475	<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>	+00:44:37 (59.4%)	7:30	8 (40.6%)
DQ	<b>KAŹMIERSKI Dariusz</b>	<b>694</b>		M-50		DQ	DQ	DQ	DQ	DQ	<b>00:38:11.75</b> <b>DQ</b>	<b>DQ</b>	-	-	- (0.0%)
	<b>CZERESZKO Krzysztof</b>	<b>516</b>	LPJKM TEAM	M-40		DNF	00:13:41 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 477 wynik(ów)