



# X BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

**Wydarzenie:** X Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2024-06-09  
**Miejsce:** Solec Kujawski  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Dariusz	613		M 20-29	1		00:08:22	00:16:36.50	00:16:36.95		3:19	18.1 (100%)
2	GRUSZKA Gracjan	448		M 20-29	2		00:08:21	00:16:45.65	00:16:46.50	+00:00:09 (0.9%)	3:21	17.9 (98.9%)
3	ROGOZINSKI Dawid	538	TEAMOCHAL	M 30-39	1		00:08:38	00:17:26.80	00:17:28.15	+00:00:51 (4.9%)	3:29	17.2 (95.0%)
4	SZOSTEK Marek	563		M 20-29	3		00:08:32	00:17:30.40	00:17:32.45	+00:00:55 (5.3%)	3:30	17.1 (94.5%)
5	TUCZYŃSKI Sylwester Leon	577	BYDGOSKIE OKONIE	M 30-39	2		00:08:37	00:17:31.65	00:17:33.80	+00:00:56 (5.4%)	3:30	17.1 (94.5%)
6	ŁAZ Kamil	486	WTLENIE	M 40-49	1		00:08:49	00:17:45.80	00:17:46.95	+00:01:10 (6.6%)	3:33	16.9 (93.4%)
7	CHMIELARZ Sebastian	419	CHMIELARZ TEAM	M 30-39	3		00:08:53	00:17:52.15	00:17:53.00	+00:01:16 (7.1%)	3:34	16.8 (92.8%)
8	DONARSKI Bartłomiej	429	BIEGAJ Z DYMKIEM PŁOCK	M 20-29	4		00:08:53	00:17:55.10	00:17:56.70	+00:01:19 (7.4%)	3:35	16.7 (92.3%)
9	ŚLIWIŃSKI Łukasz	573	LKS OSTROMECKO	M 40-49	2		00:09:06	00:18:18.95	00:18:20.20	+00:01:43 (9.4%)	3:39	16.4 (90.6%)
10	MARCHEL Tomasz	493		M 30-39	4	Tak	00:08:45	00:18:22.90	00:18:25.65	+00:01:48 (9.8%)	3:40	16.3 (90.1%)
11	KOCIŃSKI Przemysław	469		M 30-39	5		00:09:08	00:18:26.75	00:18:29.25	+00:01:52 (10.1%)	3:41	16.3 (90.1%)
12	SZYMAŃSKI Ryszard	571		M 50-59	1		00:09:14	00:18:42.70	00:18:44.95	+00:02:08 (11.4%)	3:44	16 (88.4%)
13	PERLIKOWSKI Sławomir	520		M 40-49	3		00:09:13	00:18:44.00	00:18:48.20	+00:02:11 (11.6%)	3:44	16 (88.4%)
14	CHMIELARZ Krzysztof	417	CHMIELARZ TEAM	M 30-39	6		00:09:32	00:18:46.65	00:18:49.10	+00:02:12 (11.7%)	3:45	16 (88.4%)
15	SKRZECZEWSKI Bartosz	555		M 30-39	7		00:09:13	00:18:50.40	00:18:52.15	+00:02:15 (11.9%)	3:46	15.9 (87.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	WIECZOREK Mateusz	588		M 30-39	8		00:09:16	00:18:50.65	00:18:53.45	+00:02:16 (12.0%)	3:46	15.9 (87.8%)
17	DĄBROWSKI Robert	426		M 40-49	4		00:09:11	00:19:00.25	00:19:02.95	+00:02:26 (12.8%)	3:48	15.8 (87.3%)
18	CIMACHOWSKI Jakub	614		M 40-49	5	Tak	00:09:27	00:19:05.80	00:19:09.40	+00:02:32 (13.3%)	3:49	15.7 (86.7%)
19	RETECKI Krzysztof	536	LKS BOGMAR / GINTER-EKOTECHNIKA / PRESTO	M 50-59	2		00:09:17	00:19:10.90	00:19:12.65	+00:02:35 (13.5%)	3:50	15.7 (86.7%)
20	ŻUCHOWSKI Bartosz	609		M 20-29	5		00:09:41	00:19:10.25	00:19:14.85	+00:02:37 (13.7%)	3:50	15.7 (86.7%)
21	WALDA Łukasz	580		M 30-39	9		00:09:38	00:19:27.25	00:19:31.15	+00:02:54 (14.9%)	3:53	15.4 (85.1%)
22	MACIŃSKI Waldemar	489		M 40-49	6		00:09:35	00:19:40.40	00:19:42.60	+00:03:05 (15.7%)	3:56	15.3 (84.5%)
23	STOMSKI Krzysztof	561	SOLECCY BIEGACZE	M 50-59	3	Tak	00:09:53	00:19:47.75	00:19:51.50	+00:03:14 (16.3%)	3:57	15.2 (84.0%)
24	NOWAK Andrzej	504		M 16-19	1	Tak	00:09:59	00:19:50.75	00:19:54.55	+00:03:17 (16.5%)	3:58	15.1 (83.4%)
25	KŁOSOWSKI Marcin	468	CSM TEAM	M 40-49	7		00:09:59	00:20:10.40	00:20:13.25	+00:03:36 (17.8%)	4:02	14.9 (82.3%)
26	OLSZEWSKI Daniel	513	WTLENIE	M 30-39	10		00:10:20	00:20:31.55	00:20:35.60	+00:03:58 (19.3%)	4:06	14.6 (80.7%)
27	ŻUCHOWSKI Jozef	608		M 50-59	4		00:10:11	00:20:35.35	00:20:39.25	+00:04:02 (19.6%)	4:07	14.6 (80.7%)
28	SZREDER Waldemar	565	WATAHA L-PAAK	M 40-49	8		00:10:03	00:20:39.95	00:20:44.00	+00:04:07 (19.9%)	4:07	14.5 (80.1%)
29	TRZCINSKI Jakub	575		M 20-29	6	Tak	00:09:57	00:20:53.20	00:20:56.35	+00:04:19 (20.6%)	4:10	14.4 (79.6%)
30	JUREK Sławomir	456		M 50-59	5		00:10:26	00:20:50.50	00:20:56.85	+00:04:19 (20.7%)	4:10	14.4 (79.6%)
31	WOLAK Piotr	595		M 40-49	9	Tak	00:10:47	00:21:08.90	00:21:15.55	+00:04:38 (21.8%)	4:13	14.2 (78.5%)
32	GÓRA Krystian	441	FORDON	M 40-49	10		00:10:32	00:21:09.05	00:21:16.20	+00:04:39 (21.9%)	4:13	14.2 (78.5%)
33	KRYSZAK Mikołaj	476		M 16-19	2		00:10:12	00:21:16.20	00:21:18.25	+00:04:41 (22.0%)	4:15	14.1 (77.9%)
34	SPICHALSKI Szymon	558		M 30-39	11		00:10:20	00:21:09.25	00:21:20.30	+00:04:43 (22.1%)	4:13	14.2 (78.5%)
35	GROCHAŁA Michał	447	DĄBROWSKI TEAM	M 30-39	12		00:10:11	00:21:18.75	00:21:21.00	+00:04:44 (22.2%)	4:15	14.1 (77.9%)
36	DĄBKOWSKI Maciej	425		M 40-49	11	Tak	00:10:39	00:21:11.70	00:21:21.20	+00:04:44 (22.2%)	4:14	14.2 (78.5%)
37	GRACZ Adam	444		M 40-49	12	Tak	00:10:33	00:21:24.75	00:21:31.40	+00:04:54 (22.8%)	4:16	14 (77.3%)
38	NOWICKI Aleksander	508	KPZPN	M 50-59	6	Tak	00:10:24	00:21:32.65	00:21:37.20	+00:05:00 (23.1%)	4:18	13.9 (76.8%)

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39	<b>WOJCIECHOWSKI Grzegorz</b>	<b>591</b>	MKL TLEN MOGILNO	M 60-69	1		00:10:36	<b>00:21:38.15</b>	<b>00:21:42.40</b>	+00:05:05 (23.5%)	4:19	13.9 (76.8%)
40	<b>WŁODARCZYK Wojciech</b>	<b>590</b>		M 60-69	2		00:10:45	<b>00:21:40.65</b>	<b>00:21:48.65</b>	+00:05:11 (23.8%)	4:20	13.8 (76.2%)
41	<b>KAŻMIERCZAK Franciszek</b>	<b>464</b>		M 16-19	3	Tak	00:10:32	<b>00:21:51.95</b>	<b>00:21:54.95</b>	+00:05:18 (24.2%)	4:22	13.7 (75.7%)
42	<b>KOWALSKI Jacek</b>	<b>472</b>	BYDGOSKIE OKONIE	M 40-49	13		00:10:47	<b>00:21:48.80</b>	<b>00:21:56.45</b>	+00:05:19 (24.3%)	4:21	13.8 (76.2%)
43	<b>OWCZARZAK Michał</b>	<b>516</b>	RUN BYDGOSZCZ	M 50-59	7		00:10:50	<b>00:21:54.05</b>	<b>00:22:00.10</b>	+00:05:23 (24.5%)	4:22	13.7 (75.7%)
44	<b>ŁUKOMSKI Marcin</b>	<b>488</b>		M 30-39	13		00:11:14	<b>00:21:43.80</b>	<b>00:22:02.45</b>	+00:05:25 (24.6%)	4:20	13.8 (76.2%)
45	<b>SZTEJKA Damian</b>	<b>566</b>		M 40-49	14		00:11:14	<b>00:21:44.40</b>	<b>00:22:02.90</b>	+00:05:25 (24.6%)	4:20	13.8 (76.2%)
46	<b>KRYSKE Mariusz</b>	<b>475</b>	TKKF KOLEJARZ BYDGOSZCZ	M 40-49	15		00:10:55	<b>00:21:53.70</b>	<b>00:22:05.85</b>	+00:05:28 (24.8%)	4:22	13.7 (75.7%)
47	<b>RZESZUT Jerzy</b>	<b>543</b>	WATAHA L-PAAK	M 60-69	3		00:10:43	<b>00:22:05.35</b>	<b>00:22:09.95</b>	+00:05:33 (25.0%)	4:25	13.6 (75.1%)
48	<b>KULIGOWSKI Amadeusz</b>	<b>478</b>		M 20-29	7	Tak	00:11:03	<b>00:22:09.00</b>	<b>00:22:16.70</b>	+00:05:39 (25.4%)	4:25	13.5 (74.6%)
49	<b>BARANOWSKI Tomasz</b>	<b>412</b>	SAPER TEAM	M 50-59	8		00:10:45	<b>00:22:22.95</b>	<b>00:22:27.55</b>	+00:05:50 (26.0%)	4:28	13.4 (74.0%)
50	<b>SZOSTEK Jarek</b>	<b>564</b>		M 30-39	14		00:11:18	<b>00:22:19.85</b>	<b>00:22:28.05</b>	+00:05:51 (26.0%)	4:27	13.4 (74.0%)
51	<b>SZUBIŃSKI Ireneusz</b>	<b>567</b>	KOMPLETNY AMATOR	M 40-49	16		00:10:53	<b>00:22:26.90</b>	<b>00:22:33.35</b>	+00:05:56 (26.3%)	4:29	13.4 (74.0%)
52	<b>SZYMAŃSKI Bartosz</b>	<b>570</b>		M 30-39	15		00:11:10	<b>00:22:33.30</b>	<b>00:22:43.75</b>	+00:06:06 (26.9%)	4:30	13.3 (73.5%)
53	<b>KNAPIK Karol</b>	<b>612</b>		M 30-39	16		00:10:58	<b>00:23:00.00</b>	<b>00:23:04.65</b>	+00:06:27 (28.0%)	4:36	13 (71.8%)
54	<b>KALINOWSKI Dominik</b>	<b>458</b>	WATAHA L-PAAK	M 30-39	17		00:11:01	<b>00:23:06.10</b>	<b>00:23:10.95</b>	+00:06:34 (28.3%)	4:37	13 (71.8%)
55	<b>WIŚNIEWSKI Artur</b>	<b>616</b>		M 40-49	17	Tak	00:11:43	<b>00:23:25.20</b>	<b>00:23:35.55</b>	+00:06:58 (29.6%)	4:41	12.8 (70.7%)
56	<b>BARTNIK Eryk</b>	<b>413</b>	MTG BYDGOSZCZ	M 30-39	18		00:11:58	<b>00:23:29.75</b>	<b>00:23:39.00</b>	+00:07:02 (29.7%)	4:41	12.8 (70.7%)
57	<b>NOWICKI Przemysław</b>	<b>507</b>	KSKPZPN	M 20-29	8	Tak	00:10:59	<b>00:23:35.40</b>	<b>00:23:40.20</b>	+00:07:03 (29.8%)	4:43	12.7 (70.2%)
58	<b>FREDRICH Patryk</b>	<b>436</b>		M 20-29	9		00:11:38	<b>00:23:27.90</b>	<b>00:23:45.95</b>	+00:07:09 (30.1%)	4:41	12.8 (70.7%)
59	<b>DACH Łukasz</b>	<b>424</b>	PASACO	M 40-49	18		00:11:37	<b>00:23:46.00</b>	<b>00:23:52.65</b>	+00:07:15 (30.4%)	4:45	12.6 (69.6%)
60	<b>CHOJNACKI Patryk</b>	<b>420</b>		M 20-29	10		00:11:33	<b>00:23:45.30</b>	<b>00:23:58.70</b>	+00:07:21 (30.7%)	4:45	12.6 (69.6%)
61	<b>JANCZUR Tomasz</b>	<b>453</b>		M 30-39	19	Tak	00:11:25	<b>00:23:56.50</b>	<b>00:24:00.55</b>	+00:07:23 (30.8%)	4:47	12.5 (69.1%)

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62	JAROCKI Paweł	454		M 40-49	19		00:12:00	00:24:10.85	00:24:19.05	+00:07:42 (31.7%)	4:50	12.4 (68.5%)
63	BRZUSKIEWICZ Adrian	416		M 20-29	11		00:12:51	00:24:11.60	00:24:19.20	+00:07:42 (31.7%)	4:50	12.4 (68.5%)
64	STRĘCIWILK Arkadiusz	562		M 30-39	20	Tak	00:11:02	00:24:29.10	00:24:32.25	+00:07:55 (32.3%)	4:53	12.3 (68.0%)
65	NIEDBALSKI Grzegorz	501	RUN BYDGOSZCZ	M 60-69	4		00:12:12	00:24:27.45	00:24:35.75	+00:07:58 (32.4%)	4:53	12.3 (68.0%)
66	JARZĘCZKA Jakub	455		M 30-39	21	Tak	00:11:27	00:24:40.05	00:24:43.65	+00:08:06 (32.8%)	4:56	12.2 (67.4%)
67	WYSOCKI Jerzy	600	CZARNE STOPY	M 60-69	5		00:12:23	00:24:50.20	00:24:50.20	+00:08:13 (33.1%)	4:58	12.1 (66.9%)
68	DOROCIAK Krzysztof	430	MEDICAL WARRIORS	M 40-49	20		00:12:18	00:24:46.70	00:24:51.35	+00:08:14 (33.2%)	4:57	12.1 (66.9%)
69	BADACZEWSKI Marcin	411		M 40-49	21	Tak	00:12:07	00:24:49.70	00:24:55.65	+00:08:18 (33.3%)	4:57	12.1 (66.9%)
70	SKOWROŃSKI Szymon	552		M 20-29	12		00:12:30	00:24:53.80	00:25:00.45	+00:08:23 (33.6%)	4:58	12.1 (66.9%)
71	GRZEGORSKI Rafał	451	SAPER TEAM	M 50-59	9	Tak	00:11:50	00:25:08.60	00:25:17.90	+00:08:40 (34.3%)	5:01	11.9 (65.7%)
72	NURKIEWICZ Jarosław	509	KUNG FU PANDY 3	M 50-59	10		00:12:39	00:25:05.80	00:25:20.75	+00:08:43 (34.4%)	5:01	12 (66.3%)
73	KARÓLEWSKI Marek	461	SOLA MÓWI BIEGACZE	M 60-69	6		00:12:41	00:25:10.90	00:25:21.85	+00:08:44 (34.5%)	5:02	11.9 (65.7%)
74	KALINOWSKI Mikołaj	457	WATAHA L-PAAK	M 20-29	13		00:10:02	00:25:26.65	00:25:30.85	+00:08:53 (34.9%)	5:05	11.8 (65.2%)
75	WOJTECKI Łukasz	594	MUZEUM SOLCA	M 40-49	22	Tak	00:12:20	00:25:18.80	00:25:37.75	+00:09:00 (35.2%)	5:03	11.9 (65.7%)
76	GOŁASZ Mateusz	440	WTLENIE	M 30-39	22		00:12:55	00:25:20.10	00:25:37.95	+00:09:01 (35.2%)	5:04	11.8 (65.2%)
77	ŚWIĄTCZAK Krzysztof	746		M 40-49	23		00:12:15	00:25:29.50	00:25:42.40	+00:09:05 (35.4%)	5:05	11.8 (65.2%)
78	RACHWAŁSKI Zbigniew	534		M 50-59	11		00:13:00	00:25:26.45	00:25:43.10	+00:09:06 (35.4%)	5:05	11.8 (65.2%)
79	ZIÓŁKOWSKI Mieczysław	605	TG SOKÓŁ GNIEWKOWO	M 50-59	12		00:11:59	00:25:43.90	00:25:50.45	+00:09:13 (35.7%)	5:08	11.7 (64.6%)
80	CIESIELSKI Mirosław	421		M 50-59	13	Tak	00:12:40	00:25:46.05	00:25:56.10	+00:09:19 (35.9%)	5:09	11.6 (64.1%)
81	KOZAK Adam	473	BB ACTIVE TEAM	M 16-19	4		00:12:49	00:25:45.20	00:26:05.65	+00:09:28 (36.3%)	5:09	11.7 (64.6%)
82	ZIELIŃSKI Robert	604	PASACO	M 40-49	24	Tak	00:12:50	00:26:17.20	00:26:17.20	+00:09:40 (36.8%)	5:15	11.4 (63.0%)
83	SIEKIERKA Jarosław	548	PASACO	M 30-39	23		00:13:09	00:26:16.35	00:26:30.35	+00:09:53 (37.3%)	5:15	11.4 (63.0%)
84	OLSZÓWKA Michał	514		M 40-49	25		00:12:20	00:26:24.45	00:26:30.70	+00:09:53 (37.3%)	5:16	11.4 (63.0%)

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85	<b>PIECZYŃSKI Marek</b>	<b>525</b>		M 50-59	14		00:12:50	<b>00:26:19.80</b>	<b>00:26:32.30</b>	+00:09:55 (37.4%)	5:15	11.4 (63.0%)
86	<b>KUŹMICKI Ireneusz</b>	<b>480</b>	PASACO	M 30-39	24		00:12:52	<b>00:26:25.80</b>	<b>00:26:34.30</b>	+00:09:57 (37.5%)	5:17	11.4 (63.0%)
87	<b>KĘDZIORSKI Marek</b>	<b>466</b>		M 60-69	7		00:13:04	<b>00:26:35.15</b>	<b>00:26:47.45</b>	+00:10:10 (38.0%)	5:19	11.3 (62.4%)
88	<b>KOWALSKI Miłosz</b>	<b>471</b>		M 20-29	14		00:11:52	<b>00:26:41.05</b>	<b>00:26:48.65</b>	+00:10:11 (38.0%)	5:20	11.2 (61.9%)
89	<b>PIETRASZAK Tomasz</b>	<b>527</b>	RUN BYDGOSZCZ	M 50-59	15		00:13:20	<b>00:26:35.15</b>	<b>00:26:51.75</b>	+00:10:14 (38.1%)	5:19	11.3 (62.4%)
90	<b>LEWANDOWSKI Andrzej</b>	<b>485</b>	PASACO	M 40-49	26	Tak	00:13:06	<b>00:26:48.35</b>	<b>00:27:06.85</b>	+00:10:29 (38.7%)	5:21	11.2 (61.9%)
91	<b>RZĘTKOWSKI Artur</b>	<b>544</b>	DROBEX	M 20-29	15	Tak	00:13:00	<b>00:27:00.45</b>	<b>00:27:18.95</b>	+00:10:42 (39.2%)	5:24	11.1 (61.3%)
92	<b>KANARKOWSKI Stanisław</b>	<b>610</b>		M 60-69	8		00:12:53	<b>00:27:05.40</b>	<b>00:27:19.45</b>	+00:10:42 (39.2%)	5:25	11.1 (61.3%)
93	<b>POCHOWSKI Arkadiusz</b>	<b>531</b>	PASACO	M 30-39	25		00:13:36	<b>00:27:14.30</b>	<b>00:27:23.90</b>	+00:10:46 (39.4%)	5:26	11 (60.8%)
94	<b>ZDRENKA Dennis</b>	<b>602</b>		M 30-39	26	Tak	00:13:43	<b>00:27:17.15</b>	<b>00:27:36.95</b>	+00:11:00 (39.8%)	5:27	11 (60.8%)
95	<b>PAWEŁCZAK Kamil</b>	<b>518</b>	PASACO	M 30-39	27	Tak	00:13:13	<b>00:27:28.80</b>	<b>00:27:39.00</b>	+00:11:02 (39.9%)	5:29	10.9 (60.2%)
96	<b>DZIADKOWIEC Michał</b>	<b>433</b>	PASACO	M 30-39	28	Tak	00:13:43	<b>00:27:38.45</b>	<b>00:27:54.70</b>	+00:11:17 (40.5%)	5:31	10.9 (60.2%)
97	<b>OLĘDZKI Stanisław</b>	<b>512</b>	UKS TOP SOLEC KUJAWSKI	M 30-39	29	Tak	00:13:31	<b>00:27:33.20</b>	<b>00:27:55.30</b>	+00:11:18 (40.5%)	5:30	10.9 (60.2%)
98	<b>PIASECKI Włodzimierz</b>	<b>521</b>		M 50-59	16	Tak	00:13:19	<b>00:27:59.60</b>	<b>00:28:11.35</b>	+00:11:34 (41.1%)	5:35	10.7 (59.1%)
99	<b>DZIELAK Artur</b>	<b>435</b>	SAPER TEAM	M 50-59	17		00:13:49	<b>00:28:15.20</b>	<b>00:28:30.75</b>	+00:11:53 (41.7%)	5:39	10.6 (58.6%)
100	<b>GASZA Mariusz</b>	<b>438</b>		M 40-49	27		00:13:44	<b>00:29:16.30</b>	<b>00:29:26.40</b>	+00:12:49 (43.6%)	5:51	10.3 (56.9%)
101	<b>WALTHER Filip</b>	<b>582</b>		M 40-49	28	Tak	00:14:36	<b>00:29:26.60</b>	<b>00:29:47.85</b>	+00:13:10 (44.2%)	5:53	10.2 (56.4%)
102	<b>ŚWIĄTEK Roman</b>	<b>574</b>		M 60-69	9	Tak	00:14:33	<b>00:29:51.20</b>	<b>00:30:08.10</b>	+00:13:31 (44.9%)	5:58	10.1 (55.8%)
103	<b>RZHEVSKYI Andrii</b>	<b>546</b>		M 30-39	30		00:14:42	<b>00:30:14.35</b>	<b>00:30:30.10</b>	+00:13:53 (45.5%)	6:02	9.9 (54.7%)
104	<b>WÓJTOWICZ Ryszard</b>	<b>598</b>		M 30-39	31	Tak	00:14:51	<b>00:30:50.00</b>	<b>00:31:12.45</b>	+00:14:35 (46.8%)	6:10	9.7 (53.6%)
105	<b>SOLIŃSKI Zbigniew</b>	<b>557</b>		M 40-49	29		00:14:57	<b>00:31:48.80</b>	<b>00:32:04.15</b>	+00:15:27 (48.2%)	6:21	9.4 (51.9%)
106	<b>WESOŁOWSKI Dariusz</b>	<b>587</b>		M 50-59	18		00:15:21	<b>00:32:06.45</b>	<b>00:32:21.50</b>	+00:15:44 (48.7%)	6:25	9.3 (51.4%)
107	<b>PUSZCZ Tadzik</b>	<b>533</b>	PĘDZĄCY TADZIKI	M 16-19	5	Tak	00:17:00	<b>00:33:16.60</b>	<b>00:33:38.55</b>	+00:17:01 (50.6%)	6:39	9 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>PUSZCZ Sławek</b>	<b>532</b>	PROMONT GROUP SOLEC KUJ.	M 40-49	30	Tak	00:17:00	<b>00:33:17.00</b>	<b>00:33:38.85</b>	+00:17:01 (50.6%)	6:39	9 (49.7%)
109	<b>SIEMIANOWSKI Marcel</b>	<b>550</b>	PASAO	M 20-29	16	Tak	00:16:23	<b>00:33:44.55</b>	<b>00:33:58.25</b>	+00:17:21 (51.1%)	6:44	8.9 (49.2%)
110	<b>GÓRSKI Maciej</b>	<b>443</b>		M 30-39	32		00:17:08	<b>00:34:26.70</b>	<b>00:34:43.45</b>	+00:18:06 (52.1%)	6:53	8.7 (48.1%)
111	<b>KARUTZ Michał</b>	<b>462</b>	PASACO	M 40-49	31	Tak	00:16:49	<b>00:35:47.25</b>	<b>00:35:47.25</b>	+00:19:10 (53.6%)	7:09	8.4 (46.4%)
112	<b>SIEMIANOWSKI Jan</b>	<b>549</b>	TEAM Z KANGURA	M 30-39	33	Tak	00:17:18	<b>00:35:39.70</b>	<b>00:35:59.25</b>	+00:19:22 (53.8%)	7:07	8.4 (46.4%)
113	<b>SZYPERSKI Sławomir</b>	<b>572</b>		M 50-59	19		00:17:27	<b>00:35:50.25</b>	<b>00:36:10.15</b>	+00:19:33 (54.1%)	7:10	8.4 (46.4%)
114	<b>GRUSZKA Marek</b>	<b>449</b>	NIEZRZESZONY	M 60-69	10		00:17:26	<b>00:36:13.70</b>	<b>00:36:13.70</b>	+00:19:36 (54.1%)	7:14	8.3 (45.9%)
115	<b>MUSZYŃSKI Mateusz</b>	<b>498</b>	DROBEX	M 20-29	17		00:19:07	<b>00:38:49.15</b>	<b>00:39:08.50</b>	+00:22:31 (57.5%)	7:45	7.7 (42.5%)
116	<b>DYBIKOWSKI Mirosław</b>	<b>432</b>	PASACO	M 60-69	11	Tak	00:22:16	<b>00:46:54.00</b>	<b>00:47:23.95</b>	+00:30:47 (64.9%)	9:22	6.4 (35.4%)

Znaleziono 116 wynik(ów)