



Organiser: Hotel Brzoza
Date: 2017-12-31
Place: Brzoza
Distance: 10 km

XI BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	MIERECZKO Maciek	182		M-30	1	00:00:01	00:08:02	00:15:40	00:23:03	00:30:33	00:31:51.30	00:31:52.80		3:11	18.8 (100%)
2	ŚWIĄTKOWSKI Paweł	75		M-30	2	00:00:01	00:08:39	00:16:48	00:25:03	00:33:09	00:34:31.85	00:34:33.70	+00:02:40 (7.7%)	3:27	17.4 (92.6%)
3	MOTOCZYŃSKI Wojciech	314		M-30	3	00:00:01	00:08:51	00:17:08	00:25:26	00:33:36	00:34:57.80	00:34:59.65	+00:03:06 (8.9%)	3:29	17.2 (91.5%)
4	KICZIŃSKI Bartosz	462		M-30	4	00:00:01	00:08:51	00:17:08	00:25:25	00:33:38	00:35:03.25	00:35:05.00	+00:03:11 (9.1%)	3:30	17.1 (91.0%)
5	LUTOWSKI Wojciech	162		M-30	5	00:00:01	00:08:49	00:17:02	00:25:24	00:33:44	00:35:12.60	00:35:14.30	+00:03:21 (9.5%)	3:31	17 (90.4%)
6	BEDNARCZYK Adrian	42		M-30	6	00:00:01	00:08:31	00:17:00	00:25:39	00:34:11	00:35:38.40	00:35:40.00	+00:03:47 (10.6%)	3:33	16.8 (89.4%)
7	KUCZEK Piotr	621		M-30	7	00:00:02	00:08:51	00:17:12	00:25:45	00:34:14	00:35:39.90	00:35:42.55	+00:03:48 (10.7%)	3:34	16.8 (89.4%)
8	GEHRKE Robert	246		M-30	8	00:00:02	00:08:42	00:17:16	00:26:02	00:34:45	00:36:14.85	00:36:17.10	+00:04:23 (12.1%)	3:37	16.6 (88.3%)
9	WIWATOWSKI Michał	55		M-30	9	00:00:01	00:08:54	00:17:27	00:26:16	00:35:03	00:36:34.40	00:36:36.30	+00:04:43 (12.9%)	3:39	16.4 (87.2%)
10	GROCHOWIAK Piotr	177		M-30	10	00:00:02	00:09:14	00:17:53	00:26:36	00:35:22	00:36:52.15	00:36:55.10	+00:05:00 (13.6%)	3:41	16.3 (86.7%)
11	SZYSZKA Mariusz	158		M-30	11	00:00:03	00:09:23	00:18:13	00:27:03	00:35:45	00:37:12.90	00:37:16.30	+00:05:21 (14.4%)	3:43	16.1 (85.6%)
12	KOWALCZYK Marek	11		M-30	12	00:00:02	00:09:22	00:18:16	00:27:01	00:35:45	00:37:15.35	00:37:18.30	+00:05:24 (14.5%)	3:43	16.1 (85.6%)
13	WIĘCKOWSKI Dariusz	22		M-30	13	00:00:03	00:09:23	00:18:17	00:27:19	00:36:17	00:37:49.50	00:37:53.05	+00:05:58 (15.8%)	3:47	15.9 (84.6%)
14	KOZAR Karol	439		M-30	14	00:00:03	00:09:31	00:18:30	00:27:31	00:36:25	00:37:53.95	00:37:57.50	+00:06:02 (15.9%)	3:47	15.8 (84.0%)
15	MAĆKOWSKI Maciej	66		M-30	15	00:00:03	00:09:21	00:18:14	00:27:18	00:36:28	00:37:58.40	00:38:01.80	+00:06:07 (16.1%)	3:47	15.8 (84.0%)
16	KOLMAJER Rafał	274		M-30	16	00:00:03	00:09:21	00:18:16	00:27:22	00:36:32	00:38:06.85	00:38:10.50	+00:06:15 (16.4%)	3:48	15.7 (83.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
17	ETTINGER Paweł	609		M-30	17	00:00:04	00:09:42	00:18:36	00:27:33	00:36:37	00:38:13.95	00:38:18.20	+00:06:22 (16.7%)	3:49	15.7 (83.5%)
18	KUBANEK Łukasz	61		M-30	18	00:00:02	00:09:24	00:18:41	00:28:10	00:37:44	00:39:21.85	00:39:24.30	+00:07:30 (19.1%)	3:56	15.2 (80.9%)
19	BUKOWIŃSKI Michał	424		M-30	19	00:00:05	00:09:57	00:19:20	00:28:50	00:38:00	00:39:29.35	00:39:35.20	+00:07:38 (19.3%)	3:57	15.2 (80.9%)
20	KULBAKA Dawid	31		M-30	20	00:00:09	00:10:13	00:19:46	00:29:29	00:38:38	00:40:11.75	00:40:20.90	+00:08:20 (20.8%)	4:01	14.9 (79.3%)
21	LEWANDOWSKI Jacek	106		M-30	21	00:00:06	00:10:11	00:19:42	00:29:22	00:38:57	00:40:36.05	00:40:42.85	+00:08:44 (21.5%)	4:03	14.8 (78.7%)
22	KUBIAK Bartłomiej	600		M-30	22	00:00:05	00:10:14	00:19:50	00:29:33	00:39:14	00:40:49.55	00:40:55.40	+00:08:58 (22.0%)	4:05	14.7 (78.2%)
23	PAWLACZYK Szymon	343		M-30	23	00:00:05	00:10:24	00:20:03	00:29:45	00:39:16	00:40:52.30	00:40:57.30	+00:09:01 (22.1%)	4:05	14.7 (78.2%)
24	KRUPA Piotr	80		M-30	24	00:00:05	00:10:07	00:19:40	00:29:31	00:39:20	00:41:00.70	00:41:06.30	+00:09:09 (22.3%)	4:06	14.6 (77.7%)
25	JARZĄB Piotr	333		M-30	25	00:00:07	00:10:16	00:19:53	00:29:44	00:39:28	00:41:08.55	00:41:16.30	+00:09:17 (22.6%)	4:06	14.6 (77.7%)
26	KUŁAKOWSKI Krzysztof	414		M-30	26	00:00:10	00:10:09	00:19:48	00:29:41	00:39:33	00:41:13.05	00:41:23.50	+00:09:21 (22.7%)	4:07	14.6 (77.7%)
27	RUDNICKI Michał	23		M-30	27	00:00:02	00:09:58	00:19:41	00:29:37	00:39:30	00:41:13.25	00:41:16.10	+00:09:21 (22.7%)	4:07	14.6 (77.7%)
28	CIMACHOWSKI Jakub	380		M-30	28	00:00:04	00:10:15	00:20:09	00:30:09	00:39:58	00:41:33.50	00:41:37.75	+00:09:42 (23.3%)	4:09	14.4 (76.6%)
29	LEWANDOWSKI Rafał	205		M-30	29	00:00:05	00:10:09	00:19:41	00:29:50	00:40:03	00:41:46.50	00:41:52.05	+00:09:55 (23.7%)	4:10	14.4 (76.6%)
30	BARTOSZ Marek	68		M-30	30	00:00:03	00:10:01	00:20:01	00:30:06	00:40:13	00:41:51.40	00:41:54.70	+00:10:00 (23.9%)	4:11	14.3 (76.1%)
31	LIPINSKI Arkadiusz	443		M-30	31	00:00:08	00:10:21	00:20:06	00:30:08	00:40:11	00:41:54.25	00:42:02.35	+00:10:02 (24.0%)	4:11	14.3 (76.1%)
32	PRZYBYLSKI Bartłomiej	617	RUN BYDGOSZCZ	M-30	32	00:00:23	00:10:37	00:20:32	00:30:33	00:40:31	00:42:09.15	00:42:32.40	+00:10:17 (24.4%)	4:12	14.2 (75.5%)
33	SITKO Mariusz	417		M-30	33	00:00:02	00:10:14	00:20:13	00:30:18	00:40:28	00:42:10.35	00:42:12.90	+00:10:19 (24.5%)	4:13	14.2 (75.5%)
34	LEWANDOWSKI Rafał	401		M-30	34	00:00:03	00:10:30	00:20:26	00:30:25	00:40:35	00:42:19.30	00:42:23.00	+00:10:28 (24.7%)	4:14	14.2 (75.5%)
35	CALDARA Dario	445		M-30	35	00:00:08	00:10:30	00:20:20	00:30:19	00:40:32	00:42:25.60	00:42:34.20	+00:10:34 (24.9%)	4:14	14.1 (75.0%)
36	CHWIŁKA Daniel	30		M-30	36	00:00:04	00:10:42	00:20:47	00:31:00	00:41:05	00:42:50.30	00:42:54.75	+00:10:59 (25.6%)	4:17	14 (74.5%)
37	MAGDZIARZ Jakub	385		M-30	37	00:00:15	00:10:29	00:20:41	00:31:01	00:41:10	00:42:57.30	00:43:12.80	+00:11:06 (25.8%)	4:17	14 (74.5%)
38	CZARNECKI Piotr	364		M-30	38	00:00:08	00:10:52	00:20:50	00:31:05	00:41:27	00:43:05.55	00:43:13.85	+00:11:14 (26.1%)	4:18	13.9 (73.9%)
39	WINIARSKI Grzegorz	330		M-30	39	00:00:05	00:10:40	00:20:45	00:30:57	00:41:18	00:43:05.75	00:43:11.00	+00:11:14 (26.1%)	4:18	13.9 (73.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
40	PLUCIŃSKI Jakub	416		M-30	40	00:00:25	00:10:49	00:21:03	00:31:29	00:41:56	00:43:40.80	00:44:06.65	+00:11:49 (27.1%)	4:22	13.7 (72.9%)
41	WIERZBOWSKI Piotr	491		M-30	41	00:00:04	00:10:16	00:20:27	00:31:05	00:41:57	00:43:48.50	00:43:52.75	+00:11:57 (27.3%)	4:22	13.7 (72.9%)
42	ANDRZEJEWSKI Paweł	73		M-30	42	00:00:04	00:10:22	00:20:49	00:31:55	00:42:39	00:44:20.15	00:44:24.40	+00:12:28 (28.2%)	4:26	13.5 (71.8%)
43	STORZYŃSKI Paweł	529		M-30	43	00:00:08	00:11:07	00:22:03	00:32:40	00:42:54	00:44:32.25	00:44:40.25	+00:12:40 (28.5%)	4:27	13.5 (71.8%)
44	CYRANOWSKI Artur	626		M-30	44	00:00:06	00:11:19	00:21:29	00:32:17	00:42:59	00:44:41.70	00:44:47.90	+00:12:50 (28.7%)	4:28	13.4 (71.3%)
45	GOŁATA Wojciech	243		M-30	45	00:00:09	00:11:07	00:21:42	00:32:25	00:43:03	00:44:41.90	00:44:51.30	+00:12:50 (28.7%)	4:28	13.4 (71.3%)
46	KWIATKOWSKI Piotr	466		M-30	46	00:00:05	00:10:56	00:21:13	00:32:12	00:42:59	00:44:43.20	00:44:48.40	+00:12:51 (28.8%)	4:28	13.4 (71.3%)
47	DAWIDOWICZ Maciej	503		M-30	47	00:00:08	00:11:10	00:21:44	00:32:23	00:42:56	00:44:44.00	00:44:52.90	+00:12:52 (28.8%)	4:28	13.4 (71.3%)
48	GLIWKA Artur	82		M-30	48	00:00:14	00:10:54	00:21:30	00:32:18	00:43:02	00:44:45.00	00:44:59.80	+00:12:53 (28.8%)	4:28	13.4 (71.3%)
49	HENDRZAK Sylwester	581		M-30	49	00:00:06	00:11:08	00:21:49	00:32:37	00:43:01	00:44:48.05	00:44:54.65	+00:12:56 (28.9%)	4:28	13.4 (71.3%)
50	BOGACZ Mariusz	141		M-30	50	00:00:07	00:11:59	00:22:30	00:33:01	00:43:30	00:45:18.25	00:45:25.50	+00:13:26 (29.7%)	4:31	13.2 (70.2%)
51	KATULSKI Radosław	264		M-30	51	00:00:28	00:11:47	00:22:34	00:33:12	00:43:44	00:45:25.65	00:45:53.65	+00:13:34 (29.9%)	4:32	13.2 (70.2%)
52	HIRT Tomasz	482		M-30	52	00:00:30	00:11:38	00:22:25	00:33:11	00:43:44	00:45:32.50	00:46:03.15	+00:13:41 (30.1%)	4:33	13.2 (70.2%)
53	KRYSKE Mariusz	12		M-30	53	00:00:08	00:11:01	00:21:32	00:32:34	00:43:43	00:45:33.80	00:45:42.45	+00:13:42 (30.1%)	4:33	13.2 (70.2%)
54	SOBCZYŃSKI Michał	537		M-30	54	00:00:14	00:11:23	00:22:07	00:33:06	00:43:51	00:45:35.05	00:45:49.10	+00:13:43 (30.1%)	4:33	13.2 (70.2%)
55	SZATTEN Dawid	51		M-30	55	00:00:16	00:11:36	00:22:17	00:33:06	00:43:53	00:45:37.85	00:45:54.60	+00:13:46 (30.2%)	4:33	13.1 (69.7%)
56	GABRYSZAK Bartosz	519		M-30	56	00:00:14	00:11:12	00:21:54	00:33:00	00:43:56	00:45:45.60	00:46:00.10	+00:13:54 (30.4%)	4:34	13.1 (69.7%)
57	MUCHA Marcin	303		M-30	57	00:00:12	00:11:23	00:22:06	00:33:02	00:44:04	00:45:48.05	00:46:00.10	+00:13:56 (30.4%)	4:34	13.1 (69.7%)
58	BORUCH Łukasz	619		M-30	58	00:00:22	00:12:33	00:23:26	00:33:59	00:44:09	00:45:50.85	00:46:13.80	+00:13:59 (30.5%)	4:35	13.1 (69.7%)
59	BUKOWSKI Mateusz	122		M-30	59	00:00:05	00:11:13	00:21:56	00:32:58	00:44:08	00:45:59.20	00:46:04.20	+00:14:07 (30.7%)	4:35	13 (69.1%)
60	SZYSZKA Radosław	589		M-30	60	00:00:05	00:10:54	00:21:41	00:33:00	00:44:32	00:46:28.00	00:46:33.55	+00:14:36 (31.4%)	4:38	12.9 (68.6%)
61	OCHENDAL Maciej	32		M-30	61	00:00:07	00:11:23	00:21:55	00:33:19	00:44:45	00:46:47.75	00:46:54.75	+00:14:56 (31.9%)	4:40	12.8 (68.1%)
61	SIERACKI Krzysztof	114		M-30	62	00:00:52	00:11:34	00:22:17	00:33:32	00:44:46	00:46:47.75	00:47:40.10	+00:14:56 (31.9%)	4:40	12.8 (68.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
63	WIDŹGOWSKI Przemysław	226		M-30	63	00:00:11	00:11:58	00:22:49	00:33:53	00:45:04	00:46:55.70	00:47:07.00	+00:15:04 (32.1%)	4:41	12.8 (68.1%)
64	RUSIECKI Mikołaj	540		M-30	64	00:00:11	00:12:00	00:23:13	00:34:34	00:45:15	00:47:04.45	00:47:15.45	+00:15:13 (32.3%)	4:42	12.7 (67.6%)
65	DĄBKOWSKI Wojciech	81		M-30	65	00:00:37	00:12:23	00:23:38	00:34:45	00:45:30	00:47:15.40	00:47:52.50	+00:15:24 (32.6%)	4:43	12.7 (67.6%)
66	KLOSKOWSKI Adam	440		M-30	66	00:00:24	00:11:23	00:22:26	00:33:51	00:45:34	00:47:17.30	00:47:42.15	+00:15:26 (32.6%)	4:43	12.7 (67.6%)
67	KLATECKI Adam	130		M-30	67	00:00:17	00:12:03	00:23:17	00:34:33	00:45:46	00:47:33.50	00:47:50.50	+00:15:42 (33.0%)	4:45	12.6 (67.0%)
68	STASZEWSKI Adam	422		M-30	68	00:00:35	00:12:06	00:23:14	00:34:35	00:45:52	00:47:40.35	00:48:15.70	+00:15:49 (33.2%)	4:46	12.6 (67.0%)
69	RUSZKIEWICZ Łukasz	352		M-30	69	00:00:38	00:12:09	00:23:01	00:34:32	00:46:01	00:47:49.65	00:48:28.25	+00:15:58 (33.4%)	4:47	12.5 (66.5%)
70	KUJAWA Daniel	29		M-30	70	00:00:33	00:11:29	00:22:44	00:34:14	00:45:52	00:47:57.20	00:48:30.65	+00:16:05 (33.6%)	4:47	12.5 (66.5%)
71	KUNKE Tomasz	277		M-30	71	00:00:05	00:11:00	00:22:24	00:34:17	00:46:00	00:47:57.35	00:48:03.00	+00:16:06 (33.6%)	4:47	12.5 (66.5%)
72	SMYK Piotr	178		M-30	72	00:00:11	00:12:01	00:23:24	00:34:53	00:46:22	00:48:04.15	00:48:15.80	+00:16:12 (33.7%)	4:48	12.5 (66.5%)
73	MROZEK Mariusz	521		M-30	73	00:00:29	00:12:01	00:23:25	00:34:53	00:46:10	00:48:04.30	00:48:33.40	+00:16:13 (33.7%)	4:48	12.5 (66.5%)
74	SIKORA Kamil	605		M-30	74	00:00:19	00:12:27	00:23:47	00:35:00	00:46:17	00:48:11.30	00:48:30.40	+00:16:20 (33.9%)	4:49	12.5 (66.5%)
75	ŚWIATOWY Krystian	544		M-30	75	00:00:21	00:11:47	00:23:01	00:34:45	00:46:36	00:48:28.95	00:48:50.65	+00:16:37 (34.3%)	4:50	12.4 (66.0%)
76	KACZYŃSKI Marek	358		M-30	76	00:00:02	00:12:09	00:23:36	00:35:13	00:46:43	00:48:30.10	00:48:33.00	+00:16:38 (34.3%)	4:51	12.4 (66.0%)
77	DRAPIEWSKI Mirosław	449		M-30	77	00:00:09	00:11:59	00:23:25	00:35:04	00:46:32	00:48:32.80	00:48:42.45	+00:16:41 (34.4%)	4:51	12.4 (66.0%)
78	SADOWSKI Michał	97		M-30	78	00:00:15	00:12:06	00:23:34	00:35:16	00:47:01	00:49:03.00	00:49:18.05	+00:17:11 (35.1%)	4:54	12.2 (64.9%)
79	KĘPSKI Mariusz	478		M-30	79	00:00:07	00:11:57	00:23:13	00:34:57	00:46:58	00:49:04.75	00:49:12.55	+00:17:13 (35.1%)	4:54	12.2 (64.9%)
80	SZULC Jarosław	362		M-30	80	00:00:21	00:12:05	00:23:40	00:35:13	00:47:07	00:49:12.40	00:49:34.30	+00:17:21 (35.3%)	4:55	12.2 (64.9%)
81	ŚWIĄTKOWSKI Marcin	593		M-30	81	00:00:21	00:11:58	00:23:35	00:35:33	00:47:25	00:49:24.75	00:49:46.05	+00:17:33 (35.5%)	4:56	12.1 (64.4%)
82	SOBAŃSKI Michał	357		M-30	82	00:00:11	00:12:47	00:25:08	00:37:08	00:48:17	00:50:00.75	00:50:12.40	+00:18:09 (36.3%)	5:00	12 (63.8%)
83	SZEWCZYKOWSKI Grzegorz	487		M-30	83	00:00:30	00:12:35	00:24:22	00:36:16	00:48:08	00:50:06.85	00:50:37.30	+00:18:15 (36.4%)	5:00	12 (63.8%)
84	KARPIŃSKI Daniel Marek	210		M-30	84	00:00:12	00:13:15	00:24:55	00:36:28	00:48:11	00:50:09.90	00:50:22.55	+00:18:18 (36.5%)	5:01	12 (63.8%)
85	KUKAWKA Damian	365		M-30	85	00:00:22	00:12:26	00:23:48	00:35:51	00:48:11	00:50:16.70	00:50:39.20	+00:18:25 (36.6%)	5:01	11.9 (63.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
86	FILIPIAK Jakub	208		M-30	86	00:00:19	00:12:42	00:24:37	00:36:31	00:48:27	00:50:27.70	00:50:47.60	+00:18:36 (36.9%)	5:02	11.9 (63.3%)
87	MACKIEWICZ Piotr	125		M-30	87	00:00:24	00:13:04	00:25:21	00:37:23	00:48:48	00:50:45.90	00:51:10.85	+00:18:54 (37.3%)	5:04	11.8 (62.8%)
88	LEBIEDZIŃSKI Konrad	576		M-30	88	00:00:14	00:12:15	00:24:05	00:36:31	00:49:08	00:51:08.40	00:51:22.60	+00:19:17 (37.7%)	5:06	11.7 (62.2%)
89	DERENDA Mirosław	104		M-30	89	00:00:16	00:12:07	00:23:53	00:36:09	00:49:01	00:51:11.95	00:51:28.20	+00:19:20 (37.8%)	5:07	11.7 (62.2%)
90	BOLINSKI Bartosz	533		M-30	90	00:00:29	00:12:30	00:24:31	00:37:08	00:49:20	00:51:12.45	00:51:41.75	+00:19:21 (37.8%)	5:07	11.7 (62.2%)
91	MAŁKOWSKI Sebastian	329		M-30	91	00:00:22	00:13:00	00:25:18	00:37:31	00:49:21	00:51:23.65	00:51:46.15	+00:19:32 (38.0%)	5:08	11.7 (62.2%)
92	KOWAL Michał	399		M-30	92	00:00:23	00:13:35	00:25:53	00:37:36	00:49:28	00:51:23.95	00:51:47.80	+00:19:32 (38.0%)	5:08	11.7 (62.2%)
93	CHROBAK Tomasz	207		M-30	93	00:00:14	00:12:13	00:24:16	00:36:39	00:49:14	00:51:25.65	00:51:40.30	+00:19:34 (38.1%)	5:08	11.7 (62.2%)
94	GUŹDZIOŁ Jarosław	321		M-30	94	00:00:14	00:12:16	00:24:19	00:36:52	00:49:32	00:51:40.65	00:51:55.45	+00:19:49 (38.4%)	5:10	11.6 (61.7%)
95	MIELCARSKI Michał	46		M-30	95	00:00:40	00:12:31	00:24:49	00:37:19	00:49:57	00:52:06.70	00:52:47.40	+00:20:15 (38.9%)	5:12	11.5 (61.2%)
96	ARACH Przemysław	561		M-30	96	00:00:23	00:12:55	00:25:17	00:37:55	00:50:28	00:52:28.25	00:52:52.05	+00:20:36 (39.3%)	5:14	11.4 (60.6%)
97	MICHALIK Łukasz	110		M-30	97	00:00:12	00:13:16	00:25:33	00:38:05	00:50:25	00:52:33.30	00:52:45.45	+00:20:42 (39.4%)	5:15	11.4 (60.6%)
98	BRYCKI Łukasz	567		M-30	98	00:00:10	00:12:50	00:24:58	00:38:03	00:50:33	00:52:45.10	00:52:55.20	+00:20:53 (39.6%)	5:16	11.4 (60.6%)
99	GROCHOWSKI Jakub	225		M-30	99	00:00:25	00:12:32	00:24:46	00:37:32	00:50:52	00:52:57.90	00:53:23.35	+00:21:06 (39.9%)	5:17	11.3 (60.1%)
100	WAWRZYNIAK Michał	315		M-30	100	00:00:35	00:13:14	00:25:35	00:38:05	00:51:00	00:53:08.85	00:53:43.90	+00:21:17 (40.1%)	5:18	11.3 (60.1%)
101	KUKLIŃSKI Rafał	294		M-30	101	00:00:12	00:12:56	00:25:42	00:38:29	00:51:22	00:53:30.35	00:53:42.45	+00:21:39 (40.5%)	5:21	11.2 (59.6%)
102	RYDLEWSKI Andrzej	396		M-30	102	00:00:11	00:13:14	00:25:50	00:38:37	00:51:20	00:53:36.70	00:53:47.70	+00:21:45 (40.6%)	5:21	11.2 (59.6%)
103	RAZIK Wiesław	282		M-30	103	00:00:36	00:13:07	00:25:37	00:38:23	00:51:29	00:53:43.25	00:54:19.55	+00:21:51 (40.7%)	5:22	11.2 (59.6%)
104	BRZÓSKIEWICZ Rafał	457		M-30	104	00:00:10	00:13:21	00:26:05	00:38:52	00:51:42	00:53:52.20	00:54:02.30	+00:22:00 (40.9%)	5:23	11.1 (59.0%)
105	UGOREK Mirosław	402		M-30	105	00:00:16	00:13:14	00:26:37	00:39:45	00:52:46	00:54:48.30	00:55:05.00	+00:22:57 (41.9%)	5:28	10.9 (58.0%)
106	GRZYWACZ Marcin	195		M-30	106	00:00:14	00:12:06	00:24:41	00:38:57	00:53:16	00:55:33.35	00:55:47.60	+00:23:42 (42.7%)	5:33	10.8 (57.4%)
107	KUZIOŁA Marcin	450		M-30	107	00:00:39	00:14:11	00:27:27	00:40:36	00:53:28	00:55:35.00	00:56:14.00	+00:23:43 (42.7%)	5:33	10.8 (57.4%)
108	ŁYKO Łukasz	495		M-30	108	00:00:44	00:14:26	00:27:48	00:41:11	00:54:14	00:56:27.00	00:57:11.90	+00:24:35 (43.6%)	5:38	10.6 (56.4%)

Total 132 results.