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

Classification: M-30

| Place | Participant | Number | Club | Category | MCat | Start <br> time | Split <br> 2.5km | $\begin{aligned} & \text { Split } \\ & \text { 4.85km } \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 9.55km } \end{aligned}$ | Net time 10 km | Czas brutto 10km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> 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 | $\begin{aligned} & 18.8 \\ & (100 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 02: 40 \\ & (7.7 \%) \end{aligned}$ | 3:27 | $\begin{aligned} & 17.4 \\ & \text { (92.6\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 03: 06 \\ & \text { (8.9\%) } \end{aligned}$ | 3:29 | $\begin{aligned} & 17.2 \\ & \text { (91.5\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 03: 11 \\ & \text { (9.1\%) } \end{aligned}$ | 3:30 | $\begin{aligned} & 17.1 \\ & \text { (91.0\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 03: 21 \\ & \text { (9.5\%) } \end{aligned}$ | 3:31 | $\begin{aligned} & 17 \\ & \text { (90.4\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 03: 47 \\ & (10.6 \%) \end{aligned}$ | 3:33 | $\begin{aligned} & 16.8 \\ & \text { (89.4\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 03: 48 \\ & (10.7 \%) \end{aligned}$ | 3:34 | $\begin{aligned} & 16.8 \\ & \text { (89.4\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 04: 23 \\ & (12.1 \%) \end{aligned}$ | 3:37 | $\begin{aligned} & 16.6 \\ & \text { (88.3\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 04: 43 \\ & (12.9 \%) \end{aligned}$ | 3:39 | $\begin{aligned} & 16.4 \\ & \text { (87.2\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 05: 00 \\ & (13.6 \%) \end{aligned}$ | 3:41 | $\begin{aligned} & 16.3 \\ & \text { (86.7\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 05: 21 \\ & (14.4 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & \text { (85.6\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 05: 24 \\ & (14.5 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & \text { (85.6\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 05: 58 \\ & (15.8 \%) \end{aligned}$ | 3:47 | $\begin{aligned} & 15.9 \\ & \text { (84.6\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 06: 02 \\ & (15.9 \%) \end{aligned}$ | 3:47 | $\begin{aligned} & 15.8 \\ & \text { (84.0\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 06: 07 \\ & (16.1 \%) \end{aligned}$ | 3:47 | $\begin{aligned} & 15.8 \\ & (84.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 06: 15 \\ & (16.4 \%) \end{aligned}$ | 3:48 | $\begin{aligned} & 15.7 \\ & \text { (83.5\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Split 4.85 km | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 9.55 \mathrm{~km} \end{aligned}$ | Net time 10 km | Czas brutto 10km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 | $\begin{aligned} & +00: 06: 22 \\ & (16.7 \%) \end{aligned}$ | 3:49 | $\begin{aligned} & 15.7 \\ & \text { (83.5\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 07: 30 \\ & (19.1 \%) \end{aligned}$ | 3:56 | $\begin{aligned} & 15.2 \\ & \text { (80.9\%) } \end{aligned}$ |
| 19 | BUKOWINSKI 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 | $\begin{aligned} & +00: 07: 38 \\ & (19.3 \%) \end{aligned}$ | 3:57 | $\begin{aligned} & 15.2 \\ & (80.9 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 08: 20 \\ & (20.8 \%) \end{aligned}$ | 4:01 | $\begin{aligned} & 14.9 \\ & \text { (79.3\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 08: 44 \\ & (21.5 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & \text { (78.7\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 08: 58 \\ & (22.0 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & \text { (78.2\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 01 \\ & (22.1 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & (78.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 09 \\ & (22.3 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & (77.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 17 \\ & (22.6 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & (77.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 21 \\ & (22.7 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & (77.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 21 \\ & (22.7 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & (77.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 42 \\ & (23.3 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (76.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 09: 55 \\ & (23.7 \%) \end{aligned}$ | 4:10 | $\begin{aligned} & 14.4 \\ & (76.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 10: 00 \\ & (23.9 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & (76.1 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 10: 02 \\ & (24.0 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & (76.1 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 10: 17 \\ & (24.4 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.2 \\ & (75.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 10: 19 \\ & (24.5 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (75.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 10: 28 \\ & (24.7 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.2 \\ & (75.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 10: 34 \\ & (24.9 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.1 \\ & (75.0 \%) \end{aligned}$ |
| 36 | CHWIKKA 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 | $\begin{aligned} & +00: 10: 59 \\ & (25.6 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (74.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 11: 06 \\ & (25.8 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (74.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 11: 14 \\ & (26.1 \%) \end{aligned}$ | 4:18 | $\begin{aligned} & 13.9 \\ & (73.9 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 11: 14 \\ & (26.1 \%) \end{aligned}$ | 4:18 | $\begin{aligned} & 13.9 \\ & \text { (73.9\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 4.85 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 9.55km } \end{aligned}$ | Net time <br> 10 km | Czas brutto 10 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 | $\begin{aligned} & +00: 11: 49 \\ & (27.1 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & \text { (72.9\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 11: 57 \\ & (27.3 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & \text { (72.9\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 28 \\ & (28.2 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & \text { (71.8\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 40 \\ & (28.5 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & \text { (71.8\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 50 \\ & (28.7 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (71.3 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 50 \\ & (28.7 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (71.3 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 51 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (71.3 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 52 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (71.3\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 53 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (71.3\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 12: 56 \\ & (28.9 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (71.3\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 26 \\ & (29.7 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.2 \\ & (70.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 34 \\ & (29.9 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (70.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 41 \\ & (30.1 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (70.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 42 \\ & \text { (30.1\%) } \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (70.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 43 \\ & (30.1 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (70.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 46 \\ & (30.2 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.1 \\ & \text { (69.7\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 54 \\ & (30.4 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (69.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 56 \\ & (30.4 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (69.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 13: 59 \\ & (30.5 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (69.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 14: 07 \\ & (30.7 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13 \\ & (69.1 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 14: 36 \\ & (31.4 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (68.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 14: 56 \\ & (31.9 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (68.1 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 14: 56 \\ & (31.9 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & \text { (68.1\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start <br> time | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 9.55 \mathrm{~km} \end{aligned}$ | Net time 10 km | Czas brutto 10km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 | $\begin{aligned} & +00: 15: 04 \\ & \text { (32.1\%) } \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & \text { (68.1\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 15: 13 \\ & (32.3 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (67.6 \%) \end{aligned}$ |
| 65 | DABKKOWSKI 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 | $\begin{aligned} & +00: 15: 24 \\ & \text { (32.6\%) } \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & \text { (67.6\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 15: 26 \\ & \text { (32.6\%) } \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (67.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 15: 42 \\ & (33.0 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (67.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 15: 49 \\ & (33.2 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (67.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 15: 58 \\ & (33.4 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 05 \\ & (33.6 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { ( } 66.5 \% \text { ) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 06 \\ & (33.6 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 12 \\ & (33.7 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 13 \\ & (33.7 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 20 \\ & (33.9 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.5 \\ & (66.5 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 37 \\ & (34.3 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & (66.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 38 \\ & (34.3 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & (66.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 16: 41 \\ & (34.4 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & (66.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 17: 11 \\ & (35.1 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (64.9 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 17: 13 \\ & (35.1 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & \text { (64.9\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 17: 21 \\ & (35.3 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & \text { (64.9\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 17: 33 \\ & (35.5 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.1 \\ & (64.4 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 18: 09 \\ & (36.3 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & \text { (63.8\%) } \end{aligned}$ |
| 83 | SZEWCZYKOWSKI <br> 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 | $\begin{aligned} & +00: 18: 15 \\ & (36.4 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & \text { (63.8\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 18: 18 \\ & (36.5 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & (63.8 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 18: 25 \\ & (36.6 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 11.9 \\ & (63.3 \%) \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 9.55km } \end{aligned}$ | Net time 10 km | Czas brutto 10 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 | $\begin{aligned} & +00: 18: 36 \\ & (36.9 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & (63.3 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 18: 54 \\ & (37.3 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (62.8 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 17 \\ & (37.7 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.7 \\ & (62.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 20 \\ & (37.8 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (62.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 21 \\ & (37.8 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (62.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 32 \\ & (38.0 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (62.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 32 \\ & (38.0 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (62.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 34 \\ & (38.1 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (62.2 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 19: 49 \\ & (38.4 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (61.7 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 20: 15 \\ & (38.9 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & \text { (61.2\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 20: 36 \\ & (39.3 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (60.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 20: 42 \\ & (39.4 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 20: 53 \\ & (39.6 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (60.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 21: 06 \\ & (39.9 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & (60.1 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 21: 17 \\ & (40.1 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (60.1 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 21: 39 \\ & (40.5 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & \text { (59.6\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 21: 45 \\ & (40.6 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (59.6 \%) \end{aligned}$ |
| 103 | RAZIK Wieslaw | 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 | $\begin{aligned} & +00: 21: 51 \\ & (40.7 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (59.6 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 22: 00 \\ & (40.9 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & \text { (59.0\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 22: 57 \\ & (41.9 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 10.9 \\ & (58.0 \%) \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 23: 42 \\ & (42.7 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.4\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 23: 43 \\ & (42.7 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.4\%) } \end{aligned}$ |
| 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 | $\begin{aligned} & +00: 24: 35 \\ & (43.6 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & \text { (56.4\%) } \end{aligned}$ |


| Place | Participant | Number | Club | Category | MCat | Start <br> time | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 4.85km } \end{aligned}$ | Split $7.2 \mathrm{~km}$ | $\begin{aligned} & \text { Split } \\ & 9.55 \mathrm{~km} \end{aligned}$ | Net time 10km | Czas brutto 10 km | Gap | $\begin{aligned} & \text { Pace } \\ & \text { min/km } \end{aligned}$ | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 109 | KWIATKOWSKI Łukasz | 395 |  | M-30 | 109 | 00:00:32 | 00:13:31 | 00:26:36 | 00:40:31 | 00:54:27 | 00:56:56.60 | 00:57:29.20 | $\begin{aligned} & +00: 25: 05 \\ & (44.1 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & \text { (55.9\%) } \end{aligned}$ |
| 110 | DOBOSZ Kamil | 382 |  | M-30 | 110 | 00:00:43 | 00:14:03 | 00:27:41 | 00:41:12 | 00:54:47 | 00:57:00.25 | 00:57:43.65 | $\begin{aligned} & +00: 25: 08 \\ & (44.1 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & \text { (55.9\%) } \end{aligned}$ |
| 111 | MELLER Krzysztof | 245 |  | M-30 | 111 | 00:00:41 | 00:15:11 | 00:28:45 | 00:42:09 | 00:54:59 | 00:57:10.00 | 00:57:51.65 | $\begin{aligned} & +00: 25: 18 \\ & (44.3 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & (55.9 \%) \end{aligned}$ |
| 112 | BOLLIN Łukasz | 489 |  | M-30 | 112 | 00:00:39 | 00:13:24 | 00:25:56 | 00:39:58 | 00:54:58 | 00:57:26.15 | 00:58:05.45 | $\begin{aligned} & +00: 25: 34 \\ & (44.5 \%) \end{aligned}$ | 5:44 | $\begin{aligned} & 10.4 \\ & (55.3 \%) \end{aligned}$ |
| 113 | MIKUŁA Tomasz | 218 |  | M-30 | 113 | 00:00:41 | 00:14:08 | 00:27:24 | 00:41:11 | 00:55:10 | 00:57:34.35 | 00:58:16.20 | $\begin{aligned} & +00: 25: 43 \\ & (44.7 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & \text { (55.3\%) } \end{aligned}$ |
| 114 | MICHALSKI Damian | 268 |  | M-30 | 114 | 00:00:32 | 00:14:49 | 00:28:14 | 00:41:53 | 00:55:30 | 00:57:40.70 | 00:58:13.40 | $\begin{aligned} & +00: 25: 49 \\ & (44.8 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (55.3\%) } \end{aligned}$ |
| 115 | TWAROWSKI Arkadiusz | 469 |  | M-30 | 115 | 00:00:30 | 00:14:42 | 00:28:28 | 00:42:24 | 00:55:39 | 00:57:43.50 | 00:58:14.20 | $\begin{aligned} & +00: 25: 52 \\ & (44.8 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (55.3\%) } \end{aligned}$ |
| 116 | MAREK Sławek | 379 |  | M-30 | 116 | 00:00:31 | 00:14:11 | 00:27:49 | 00:42:10 | 00:56:10 | 00:58:29.75 | 00:59:01.55 | $\begin{aligned} & +00: 26: 38 \\ & (45.5 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.3 \\ & \text { (54.8\%) } \end{aligned}$ |
| 117 | JAWORSKI Tomasz | 435 |  | M-30 | 117 | 00:00:37 | 00:13:30 | 00:28:16 | 00:43:03 | 00:56:34 | 00:58:57.30 | 00:59:34.90 | $\begin{aligned} & +00: 27: 06 \\ & (46.0 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & (54.3 \%) \end{aligned}$ |
| 118 | ZIELIŃSKI Radosław | 239 |  | M-30 | 118 | 00:00:38 | 00:14:39 | 00:28:57 | 00:43:28 | 00:57:16 | 00:59:12.40 | 00:59:51.35 | $\begin{aligned} & +00: 27: 21 \\ & (46.2 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (53.7 \%) \end{aligned}$ |
| 119 | CENTAŁA Jarosław | 598 |  | M-30 | 119 | 00:00:36 | 00:14:57 | 00:28:52 | 00:42:51 | 00:56:52 | 00:59:19.45 | 00:59:56.00 | $\begin{aligned} & +00: 27: 28 \\ & (46.3 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (53.7 \%) \end{aligned}$ |
| 120 | JULLY Arkadiusz | 313 |  | M-30 | 120 | 00:00:47 | 00:15:24 | 00:29:24 | 00:43:21 | 00:57:06 | 00:59:23.10 | 01:00:10.75 | $\begin{aligned} & +00: 27: 31 \\ & (46.4 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (53.7 \%) \end{aligned}$ |
| 121 | OBORSKI Łukasz | 468 |  | M-30 | 121 | 00:00:49 | 00:16:15 | 00:30:07 | 00:43:46 | 00:57:35 | 00:59:55.55 | 01:00:45.15 | $\begin{aligned} & +00: 28: 04 \\ & (46.8 \%) \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & (53.2 \%) \end{aligned}$ |
| 122 | PŁOMIŃSKI Norbert | 426 |  | M-30 | 122 | 00:00:50 | 00:15:45 | 00:30:06 | 00:44:16 | 00:58:06 | 01:00:29.15 | 01:01:19.90 | $\begin{aligned} & +00: 28: 37 \\ & (47.3 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (52.7 \%) \end{aligned}$ |
| 123 | KASPROWICZ Piotr | 115 |  | M-30 | 123 | 00:00:25 | 00:13:55 | 00:27:54 | 00:42:46 | 00:58:10 | 01:00:44.65 | 01:01:09.85 | $\begin{aligned} & +00: 28: 53 \\ & (47.6 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (52.7 \%) \end{aligned}$ |
| 124 | RACIBORSKI Grzegorz | 238 |  | M-30 | 124 | 00:00:35 | 00:13:31 | 00:27:51 | 00:44:56 | 00:58:53 | 01:01:15.15 | 01:01:51.05 | $\begin{aligned} & +00: 29: 23 \\ & (48.0 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & (52.1 \%) \end{aligned}$ |
| 125 | MIAZGA Adam | 392 |  | M-30 | 125 | 00:00:25 | 00:15:45 | 00:30:36 | 00:44:59 | 00:59:36 | 01:02:01.60 | 01:02:26.90 | $\begin{aligned} & +00: 30: 10 \\ & (48.6 \%) \end{aligned}$ | 6:12 | $\begin{aligned} & 9.7 \\ & \text { (51.6\%) } \end{aligned}$ |
| 126 | GRYLEWICZ Tomasz | 398 |  | M-30 | 126 | 00:00:44 | 00:15:33 | 00:30:27 | 00:45:46 | 01:00:55 | 01:03:26.70 | 01:04:11.10 | $\begin{aligned} & +00: 31: 35 \\ & (49.8 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (50.5 \%) \end{aligned}$ |
| 127 | ZAWISZEWSKI Adam | 613 |  | M-30 | 127 | 00:00:21 | 00:15:27 | 00:30:53 | 00:46:04 | 01:01:12 | 01:03:44.05 | 01:04:05.05 | $\begin{aligned} & +00: 31: 52 \\ & (50.0 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (50.0 \%) \end{aligned}$ |
| 128 | UGOREK Daniel | 461 |  | M-30 | 128 | 00:00:17 | 00:15:39 | 00:31:24 | 00:47:29 | 01:02:53 | 01:05:09.75 | 01:05:27.25 | $\begin{aligned} & +00: 33: 18 \\ & (51.1 \%) \end{aligned}$ | 6:31 | $\begin{aligned} & 9.2 \\ & (48.9 \%) \end{aligned}$ |
| 129 | FOLARZYŃSKI Łukasz | 570 |  | M-30 | 129 | 00:00:50 | 00:17:51 | 00:33:57 | 00:49:57 | 01:05:51 | 01:08:31.55 | 01:09:21.70 | $\begin{aligned} & +00: 36: 40 \\ & (53.5 \%) \end{aligned}$ | 6:51 | $\begin{aligned} & 8.8 \\ & (46.8 \%) \end{aligned}$ |
| 130 | SUŁKOWSKI Mariusz | 248 |  | M-30 | 130 | 00:00:44 | 00:16:41 | 00:32:29 | 00:49:21 | 01:07:49 | 01:10:27.15 | 01:11:11.95 | $\begin{aligned} & +00: 38: 35 \\ & (54.8 \%) \end{aligned}$ | 7:02 | $\begin{aligned} & 8.5 \\ & (45.2 \%) \end{aligned}$ |
| 131 | DRUŻYŃSKI Sebastian | 64 |  | M-30 | 131 | 00:00:43 | 00:16:16 | 00:32:35 | 00:50:05 | 01:08:11 | 01:11:25.30 | 01:12:09.10 | $\begin{aligned} & +00: 39: 34 \\ & (55.4 \%) \end{aligned}$ | 7:08 | $\begin{aligned} & 8.4 \\ & (44.7 \%) \end{aligned}$ |
| 132 | SPARZYŃSKI Adam | 490 |  | M-30 | 132 | 00:00:00 |  |  |  |  |  |  |  |  | (0.0\%) |

