## HOTEL BYZOZOL Spo & wellness

## XI BIEG SYLWESTROWY

Organiser:
Date:
Place:
Distance:

Hotel Brzoza 2017-12-31 Brzoza 10 km



Classification: M-30

						Start	Split	Split	Split	Split	Net time	Czas brutto		Pace	Pace
Place	Participant	Number	Club	Category	MCat	time	2.5km	4.85km	7.2km	9.55km	10km	10km	Gap	min/km	km/h 18.8
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	(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%)

											Net	Czas			
Place	Participant	Number	Club C	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7 2km	Split 9.55km	time 10km	brutto 10km	Gap	Pace min/km	Pace km/h
	· · · · · · · · · · · · · · · · · · ·												+00:06:22		15.7
17	ETTINGER Paweł	609	[V	1-30	17	00:00:04	00:09:42	00:18:36	00:27:33	00:36:37	00:38:13.95	00:38:18.20	(16.7%)	3:49	(83.5%)
18	KUBANEK Łukasz	61	M	1-30	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	3:56	15.2
													(19.1%) +00:07:38		(80.9%)
19	BUKOWIŃSKI Michał	424	M	1-30	19	00:00:05	00:09:57	00:19:20	00:28:50	00:38:00	00:39:29.35	00:39:35.20	(19.3%)	3:57	(80.9%)
20	KULBAKA Dawid	31	M	1-30	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	4:01	14.9
													(20.8%) +00:08:44		(79.3%)
21	LEWANDOWSKI Jacek	106	V	1-30	21	00:00:06	00:10:11	00:19:42	00:29:22	00:38:57	00:40:36.05	00:40:42.85	(21.5%)	4:03	(78.7%)
22	KUBIAK Bartłomiej	600	N	1-30	22	00:00:05	00:10:14	00.19.50	00.50.33	00:30:14	00:40:49 55	00:40:55.40	+00:08:58	4:05	14.7
	Robinic Burtionne,			1 30		00.00.03	00.10.14	00.13.30	00.23.33	00.55.14	00140143133	00140133140	(22.0%)	7.05	(78.2%)
23	PAWLACZYK Szymon	343	M	1-30	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	N	1-30	24	00:00:05	00:10:07	00:10:40	00.20.21	00.30.30	00:41:00 70	00:41:06.30	+00:09:09	4:06	14.6
24	KROPA FIOLI		Įv	/1-30	24	00.00.03	00.10.07	00.19.40	00.29.31	00.39.20	00.41.00.70	00.41.00.30	(22.3%)	4.00	(77.7%)
25	JARZĄB Piotr	333	M	1-30	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	VIII AVOMENI Ververtof	414	N.	4.20	26	00.00.10	00.10.00	00.10.40	00.20.41	00.20.22	00.41.12.05	00:41:23.50	+00:09:21	4:07	14.6
20	KUŁAKOWSKI Krzysztof	414	Įv	1-30	26	00:00:10	00.10.09	00.19.46	00.29.41	00.39.33	00:41:13.03	00:41:23.50	(22.7%)	4.07	(77.7%)
27	RUDNICKI Michał	23	M	1-30	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%)
20	CIMA CHOWCKI I- II-	200		4.20	20	00.00.04	00 10 15	00 20 00	00 20 00	00 20 50	00-41-22 50	00:41:27.75	+00:09:42	4.00	14.4
28	CIMACHOWSKI Jakub	380	Įv	1-30	28	00:00:04	00:10:15	00:20:09	00:30:09	00:39:58	00:41:33.50	00:41:37.75	(23.3%)	4:09	(76.6%)
29	LEWANDOWSKI Rafał	205	M	<b>1-30</b>	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%)
													+00:10:00		14.3
30	BARTOSZ Marek	68	[V	1-30	30	00:00:03	00:10:01	00:20:01	00:30:06	00:40:13	00:41:51.40	00:41:54.70	(23.9%)	4:11	(76.1%)
31	LIPINSKI Arkadiusz	443	M	1-30	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	4:11	14.3
													(24.0%) +00:10:17		(76.1%)
32	PRZYBYLSKI Bartłomiej	617	RUN BYDGOSZCZ M	1-30	32	00:00:23	00:10:37	00:20:32	00:30:33	00:40:31	00:42:09.15	00:42:32.40	(24.4%)	4:12	(75.5%)
33	SITKO Mariusz	417	M	1-30	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	4:13	14.2
													(24.5%) +00:10:28		(75.5%) 14.2
34	LEWANDOWSKI Rafał	401	M	1-30	34	00:00:03	00:10:30	00:20:26	00:30:25	00:40:35	00:42:19.30	00:42:23.00	(24.7%)	4:14	(75.5%)
35	CALDARA Dario	445	M	1-30	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	4:14	14.1
			•										(24.9%) +00:10:59		(75.0%)
36	CHWIŁKA Daniel	30	[V	<b>1-30</b>	36	00:00:04	00:10:42	00:20:47	00:31:00	00:41:05	00:42:50.30	00:42:54.75	(25.6%)	4:17	(74.5%)
37	MAGDZIARZ Jakub	385	N	<b>1-30</b>	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	4:17	14
J.	Junus	505		. 50	J,	50.00.15	30.10.23	50.20.71	50.51.01	301 11.10	30.42137130	33175175100	(25.8%)	,	(74.5%)
38	CZARNECKI Piotr	364	M	1-30	38	80:00:00	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	N/	<b>1-30</b>	39	00:00:05	00.10.40	00.20.45	00.30.57	00.41.10	00:43:05 75	00:43:11.00	+00:11:14	4:18	13.9
55	THE STATE OF LEGISLE	330	ĮV	1 30	33	00.00.05	50.10.40	00.20.43	00.50.57	50.71.10	00.43.03.73	00.75.11.00	(26.1%)	7.10	(73.9%)

											Net	Czas			
						Start	Split	Split	Split	Split	time	brutto		Pace	Pace
Place	Participant	Number	Club	Category	MCat	time	2.5km	4.85km	7.2km	9.55km	10km	10km	Gap	min/km	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	+00:11:49 (27.1%)	4:22	13.7 (72.9%)
													+00:11:57		13.7
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	(27.3%)	4:22	(72.9%)
42	ANDRZEJEWSKI Paweł	73		M-30	42	00:00:04	00.10.22	00.20.40	00.21.55	00:42:30	00:44:20 15	00:44:24.40	+00:12:28	4:26	13.5
42	ANDRZEJEWSKI Fawei	/3		141-20	42	00.00.04	00.10.22	00.20.49	00.31.33	00.42.39	00.44.20.13	00.44.24.40	(28.2%)	4.20	(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	4:27	13.5
													(28.5%) +00:12:50		(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	(28.7%)	4:28	(71.3%)
													+00:12:50		13.4
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	(28.7%)	4:28	(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	4:28	13.4
	KWATKOWSKI I ISL	400		11 50		00.00.03	00.10.50	00.21.13	00.52.12	00.42.55	00144143120	00144140140	(28.8%)	7.20	(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	4:28	13.4
													(28.8%) +00:12:53		(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	(28.8%)	4:28	(71.3%)
													+00:12:56		13.4
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	(28.9%)	4:28	(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	4:31	13.2
	BOOACE Flaridate			11 30		00.00.07	00.11.33	00.22.30	00.55.01	00.43.30	00143110123	00143123130	(29.7%)	7.51	(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	4:32	13.2
													(29.9%) +00:13:41		(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	(30.1%)	4:33	(70.2%)
													+00:13:42		13.2
53	KRYSKE Mariusz	12		M-30	53	80:00:00	00:11:01	00:21:32	00:32:34	00:43:43	00:45:33.80	00:45:42.45	(30.1%)	4:33	(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	4:33	13.2
-						00.00.1	00.11.23	00.22.07		00.13.31		001-101-10120	(30.1%)		(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	4:33	13.1
													(30.2%) +00:13:54		(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	(30.4%)	4:34	(69.7%)
		202		14.20		00 00 10	00 11 00	00 00 00	00 22 02	00.44.04			+00:13:56	4.24	13.1
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	(30.4%)	4:34	(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	4:35	13.1
	DONOCH Eukuse			11 30		00.00.22	00.12.55	00.23.20	00.55.55	00.44.03	00143130103	00140123100	(30.5%)	7.55	(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	4:35	13
													(30.7%)		(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	(68.6%)
6.7				14.26	61	00.00.00	00 11 01	00.01.75	00 00 1	00.44.4=	00.40	00.40.7.7	+00:14:56	4	12.8
61	OCHENDAL Maciej	32		M-30	61	00:00:07	00:11:23	00:21:55	00:33:19	00:44:45	UU:46:47.75	00:46:54.75	(31.9%)	4:40	(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	4:40	12.8
						50.00.52	30.11.34	50.22.17	00.00.02	30.14.40		201-71-70120	(31.9%)	1.70	(68.1%)

											Net	Czas			
Diam	David david	Nonelian	Clark	6-1	MC-+	Start	Split	Split	Split	Split	time	brutto	6	Pace	Pace
Place	Participant	Number	Club	Category	мсат	time	2.5km	4.85km	7.2km	9.55km	10km	10km	Gap +00:15:04	min/km	km/h 12.8
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	(32.1%)	4:41	(68.1%)
C 4	BUCIECKI Miladai	540		M 20	C 4	00.00.11	00.12.00	00.22.12	00.24.24	00.45.15	00.47.04 45	00:47:15 45	+00:15:13	4.42	12.7
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	(32.3%)	4:42	(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	4:43	12.7
													(32.6%) +00:15:26		(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	(32.6%)	4:43	(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	4:45	12.6
							00.12.00	00120127					(33.0%)		(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%)
60	DUCTIVIEWICZ bulleten	252		M 20	60	00.00.20	00 12 00	00 22 01	00 24 22	00 46 01	00-47-40-65	00:40:20.25	+00:15:58	4 47	12.5
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	(33.4%)	4:47	(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	4:47	12.5
													(33.6%) +00:16:06		(66.5%) 12.5
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	(33.6%)	4:47	(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	4:48	12.5
, 2	J. T. K. T. IOG	170		11 30	,,,	00.00.11	00.12.01	00.25.24	00.54.55	00.40.22	00140104125	00140113100	(33.7%)	4.40	(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%)
													+00:16:20		12.5
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	(33.9%)	4:49	(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	4:50	12.4
	<u> </u>												(34.3%) +00:16:38		(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	(34.3%)	4:51	(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	4:51	12.4
.,	DIAN IEWSKI PINOSIAW			1-1 50		00.00.03	00.11.55	00.25.25	00.55.04	00.40.52	00140132100	00140142143	(34.4%)	7.51	(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%)
70	KERCKI Mandaga	470		M 20	70	00 00 07	00 11 57	00 22 12	00 24 57	00.46.50	00-40-04 75	00:40:12 FF	+00:17:13	4.54	12.2
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	(35.1%)	4:54	(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	4:55	12.2
	<u> </u>												(35.3%) +00:17:33		(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	(35.5%)	4:56	(64.4%)
82	SOBAŃSKI Michał	357		M-30	82	00:00:11	00:12:47	00.25.09	00.37.09	00:49:17	00.50.00 75	00:50:12.40	+00:18:09	5:00	12
02		337		טכ-ויו	02	00.00.11	00.12.47	00.23.08	00.37.08	00.40.17	00.30.00.73	00.50:12:40	(36.3%)	5.00	(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%)
													+00:18:18		12
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	(36.5%)	5:01	(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	5:01	11.9
													(36.6%)		(63.3%)

											Net	Czas			
						Start	Split	Split	Split	Split	time	brutto		Pace	Pace
Place	Participant	Number	Club	Category	MCat	time	2.5km	4.85km	7.2km	9.55km	10km	10km	Gap	min/km	
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	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	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	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	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	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	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	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	5:21	11.2 (59.6%)
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	+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%)
													(13.070)		(33.470)

											Net	Czas			
Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	time 10km	brutto 10km	Gap	Pace min/km	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	+00:25:05 (44.1%)	5:41	10.5 (55.9%)
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	+00:25:08 (44.1%)	5:42	10.5 (55.9%)
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	+00:25:18 (44.3%)	5:43	10.5 (55.9%)
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	+00:25:34 (44.5%)	5:44	10.4 (55.3%)
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	+00:25:43	5:45	10.4 (55.3%)
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	+00:25:49 (44.8%)	5:46	10.4 (55.3%)
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	+00:25:52	5:46	10.4 (55.3%)
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	+00:26:38 (45.5%)	5:51	10.3 (54.8%)
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	+00:27:06 (46.0%)	5:53	10.2 (54.3%)
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	+00:27:21	5:55	10.1 (53.7%)
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	+00:27:28 (46.3%)	5:56	10.1 (53.7%)
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	+00:27:31 (46.4%)	5:56	10.1 (53.7%)
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	+00:28:04 (46.8%)	5:59	10 (53.2%)
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	+00:28:37 (47.3%)	6:02	9.9 (52.7%)
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	+00:28:53 (47.6%)	6:04	9.9 (52.7%)
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	+00:29:23 (48.0%)	6:07	9.8 (52.1%)
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	+00:30:10 (48.6%)	6:12	9.7 (51.6%)
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	+00:31:35 (49.8%)	6:20	9.5 (50.5%)
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	+00:31:52 (50.0%)	6:22	9.4 (50.0%)
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	+00:33:18 (51.1%)	6:31	9.2 (48.9%)
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	+00:36:40 (53.5%)	6:51	8.8 (46.8%)
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	+00:38:35 (54.8%)	7:02	8.5 (45.2%)
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	+00:39:34 (55.4%)	7:08	8.4 (44.7%)
132	SPARZYŃSKI Adam	490		M-30	132	00:00:00									(0.0%)

