



Organizator: Hotel Brzoza
Data: 2017-12-31
Miejsce: Brzoza
Dystans: 10 km

XI BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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	POLAŃSKI Tomasz	640	B4SPORT	M-40	1	00:00:02	00:08:41	00:16:51	00:25:03	00:33:12	00:34:38.45	00:34:40.80		3:27	17.3 (100%)
2	HAPKE Tomasz	276		M-40	2	00:00:02	00:09:12	00:18:03	00:26:55	00:35:42	00:37:11.20	00:37:13.25	+00:02:32 (6.8%)	3:43	16.1 (93.1%)
3	MOKRZYCKI Rafał	555		M-40	3	00:00:02	00:09:15	00:18:09	00:27:07	00:36:04	00:37:37.30	00:37:39.55	+00:02:58 (7.9%)	3:45	16 (92.5%)
4	WARCZAK Piotr	249		M-40	4	00:00:00	00:09:26	00:18:17	00:27:09	00:36:12	00:37:45.20	00:37:45.20	+00:03:06 (8.2%)	3:46	15.9 (91.9%)
5	RYCHTER Karol	623		M-40	5	00:00:05	00:09:41	00:18:48	00:28:09	00:37:21	00:38:54.60	00:38:59.90	+00:04:16 (11.0%)	3:53	15.4 (89.0%)
6	SOBIERALSKI Rafał	143		M-40	6	00:00:03	00:09:40	00:18:54	00:28:15	00:37:32	00:39:06.25	00:39:09.90	+00:04:27 (11.4%)	3:54	15.3 (88.4%)
7	NIESPODZIŃSKI Robert	628		M-40	7	00:00:06	00:09:46	00:19:07	00:28:36	00:37:59	00:39:34.90	00:39:41.75	+00:04:56 (12.5%)	3:57	15.2 (87.9%)
8	SPYCHALSKI Waldemar	374		M-40	8	00:00:03	00:09:50	00:19:14	00:28:47	00:38:16	00:39:52.85	00:39:56.45	+00:05:14 (13.1%)	3:59	15 (86.7%)
9	ZAKURZEWSKI Tomasz	590		M-40	9	00:00:05	00:10:08	00:19:31	00:29:02	00:38:31	00:40:12.60	00:40:18.30	+00:05:34 (13.9%)	4:01	14.9 (86.1%)
10	JĘDRZEJCZYK Mikołaj	269		M-40	10	00:00:03	00:10:01	00:19:28	00:29:05	00:38:41	00:40:19.55	00:40:23.05	+00:05:41 (14.1%)	4:02	14.9 (86.1%)
11	KĄTNIK Jacek	403		M-40	11	00:00:05	00:10:13	00:19:43	00:29:24	00:39:02	00:40:32.50	00:40:38.35	+00:05:54 (14.6%)	4:03	14.8 (85.5%)
12	STOMSKI Krzysztof	376		M-40	12	00:00:05	00:10:00	00:19:37	00:29:25	00:39:14	00:40:49.90	00:40:55.60	+00:06:11 (15.2%)	4:05	14.7 (85.0%)
13	PRZYBYLSKI Maciej	388		M-40	13	00:00:03	00:10:07	00:19:51	00:29:47	00:39:40	00:41:18.30	00:41:22.25	+00:06:39 (16.1%)	4:07	14.5 (83.8%)
14	SZCZEPANIAK Cezary	486		M-40	14	00:00:03	00:10:19	00:20:08	00:29:57	00:39:42	00:41:18.75	00:41:22.15	+00:06:40 (16.1%)	4:07	14.5 (83.8%)
15	MOROSZCZAK Bogumił	202	SPÓJNIA BIAŁE BŁOTA	M-40	15	00:00:06	00:10:15	00:20:05	00:29:55	00:39:47	00:41:30.30	00:41:36.70	+00:06:51 (16.5%)	4:09	14.5 (83.8%)
16	ŚWITAL Leszek	217		M-40	16	00:00:03	00:10:15	00:20:07	00:30:07	00:40:01	00:41:36.00	00:41:39.95	+00:06:57 (16.7%)	4:09	14.4 (83.2%)

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
17	GAJC Artur	323		M-40	17	00:00:04	00:10:20	00:20:12	00:30:10	00:40:00	00:41:40.95	00:41:45.65	+00:07:02 (16.9%)	4:10	14.4 (83.2%)
18	LESZCZEWICZ Waldek	584		M-40	18	00:00:04	00:10:47	00:20:44	00:30:50	00:40:34	00:42:13.45	00:42:18.10	+00:07:35 (18.0%)	4:13	14.2 (82.1%)
19	MICHALSKI Adam	560		M-40	19	00:00:15	00:10:30	00:20:26	00:30:33	00:40:44	00:42:31.20	00:42:46.25	+00:07:52 (18.5%)	4:15	14.1 (81.5%)
20	MOLTZAN Zbigniew	233		M-40	20	00:00:08	00:10:51	00:20:51	00:30:53	00:40:50	00:42:36.30	00:42:44.65	+00:07:57 (18.7%)	4:15	14.1 (81.5%)
21	KRÓL Maciej	525		M-40	21	00:00:05	00:10:36	00:20:42	00:30:49	00:40:54	00:42:38.75	00:42:44.00	+00:08:00 (18.8%)	4:15	14.1 (81.5%)
22	KOWALSKI Jacek	26		M-40	22	00:00:06	00:10:18	00:20:21	00:30:26	00:40:59	00:42:47.90	00:42:54.30	+00:08:09 (19.1%)	4:16	14 (80.9%)
23	NAMIEŚNIK Krzysztof	20		M-40	23	00:00:14	00:10:49	00:20:48	00:30:52	00:41:02	00:42:49.60	00:43:04.45	+00:08:11 (19.1%)	4:17	14 (80.9%)
24	MARCINKOWSKI Paweł	340		M-40	24	00:00:16	00:11:20	00:21:36	00:31:40	00:41:34	00:43:16.90	00:43:33.00	+00:08:38 (20.0%)	4:19	13.9 (80.3%)
25	NAGOW Michał	183		M-40	25	00:00:07	00:10:56	00:21:12	00:31:33	00:41:50	00:43:35.85	00:43:43.35	+00:08:57 (20.5%)	4:21	13.8 (79.8%)
26	WIŚNIEWSKI Leszek	281		M-40	26	00:00:05	00:10:39	00:20:45	00:31:19	00:42:10	00:43:56.60	00:44:02.55	+00:09:18 (21.2%)	4:23	13.7 (79.2%)
27	CHOJNACKI Krzysztof	168		M-40	27	00:00:17	00:11:13	00:21:32	00:32:04	00:42:33	00:44:13.65	00:44:31.25	+00:09:35 (21.7%)	4:25	13.6 (78.6%)
28	LIPSKI Krzysztof	415		M-40	28	00:00:09	00:10:58	00:21:22	00:31:58	00:42:34	00:44:15.15	00:44:25.10	+00:09:36 (21.7%)	4:25	13.6 (78.6%)
29	KADOW Ryszard	506		M-40	29	00:00:06	00:11:04	00:21:31	00:32:01	00:42:39	00:44:25.00	00:44:31.65	+00:09:46 (22.0%)	4:26	13.5 (78.0%)
30	RYCHTER Marcin	622		M-40	30	00:00:06	00:10:48	00:20:56	00:31:13	00:42:47	00:44:44.10	00:44:50.40	+00:10:05 (22.6%)	4:28	13.4 (77.5%)
31	WIŚNIEWSKI Maciej	331		M-40	31	00:00:24	00:11:28	00:22:12	00:32:56	00:43:03	00:44:47.45	00:45:11.70	+00:10:09 (22.7%)	4:28	13.4 (77.5%)
32	POWALISZ Dariusz	492		M-40	32	00:00:22	00:11:15	00:21:57	00:32:46	00:43:09	00:44:51.55	00:45:14.25	+00:10:13 (22.8%)	4:29	13.4 (77.5%)
33	SZYMAŃSKI Krzysztof	259		M-40	33	00:00:04	00:11:17	00:22:20	00:33:33	00:43:23	00:45:02.40	00:45:06.60	+00:10:23 (23.1%)	4:30	13.3 (76.9%)
34	TOCZKIEWICZ Piotr	109		M-40	34	00:00:05	00:11:01	00:21:40	00:32:30	00:43:25	00:45:06.35	00:45:11.40	+00:10:27 (23.2%)	4:30	13.3 (76.9%)
35	MICHALEWSKI Bartosz	465		M-40	35	00:00:30	00:11:40	00:22:27	00:33:12	00:43:49	00:45:32.50	00:46:03.20	+00:10:54 (23.9%)	4:33	13.2 (76.3%)
36	MORITZ Rafał	175		M-40	36	00:00:04	00:11:29	00:22:13	00:33:03	00:43:55	00:45:50.00	00:45:54.40	+00:11:11 (24.4%)	4:35	13.1 (75.7%)
37	JANOWSKI Jacek	591		M-40	37	00:00:15	00:11:27	00:22:11	00:33:05	00:44:00	00:45:50.65	00:46:06.30	+00:11:12 (24.4%)	4:35	13.1 (75.7%)
38	KRZYŻANOWSKI Robert	559		M-40	38	00:00:10	00:11:22	00:22:02	00:33:03	00:44:08	00:46:00.30	00:46:11.00	+00:11:21 (24.7%)	4:36	13 (75.1%)
39	WNUCZYŃSKI Andrzej	446		M-40	39	00:00:18	00:11:17	00:22:01	00:33:00	00:44:11	00:46:04.45	00:46:22.90	+00:11:26 (24.8%)	4:36	13 (75.1%)

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
40	BUZALSKI Robert	441		M-40	40	00:00:18	00:11:17	00:22:01	00:33:01	00:44:11	00:46:04.50	00:46:23.00	+00:11:26 (24.8%)	4:36	13 (75.1%)
41	STEMPNIAK Krzysztof	54		M-40	41	00:00:08	00:11:37	00:22:29	00:33:28	00:44:27	00:46:15.30	00:46:23.90	+00:11:36 (25.1%)	4:37	13 (75.1%)
42	UKLEJEWSKI Tomasz	292		M-40	42	00:00:10	00:11:42	00:22:44	00:33:42	00:44:30	00:46:15.45	00:46:25.60	+00:11:37 (25.1%)	4:37	13 (75.1%)
43	FURTAK Tomasz	187		M-40	43	00:00:09	00:11:42	00:22:44	00:33:42	00:44:30	00:46:16.20	00:46:26.00	+00:11:37 (25.1%)	4:37	13 (75.1%)
44	SŁOMA Maciej	224		M-40	44	00:00:22	00:11:21	00:22:03	00:33:27	00:44:32	00:46:20.50	00:46:42.90	+00:11:42 (25.2%)	4:38	12.9 (74.6%)
45	NOWACKI Mariusz	480		M-40	45	00:00:03	00:10:53	00:21:53	00:33:13	00:44:30	00:46:21.05	00:46:24.20	+00:11:42 (25.3%)	4:38	12.9 (74.6%)
46	GACKOWSKI Krzysztof	120		M-40	46	00:00:07	00:11:06	00:22:04	00:33:20	00:44:36	00:46:29.80	00:46:37.00	+00:11:51 (25.5%)	4:39	12.9 (74.6%)
47	KANARKOWSKI Tomasz	611		M-40	47	00:00:10	00:11:47	00:22:51	00:34:01	00:44:47	00:46:33.60	00:46:44.50	+00:11:55 (25.6%)	4:39	12.9 (74.6%)
48	BUJAK Karol	302		M-40	48	00:00:02	00:11:24	00:22:14	00:33:30	00:44:45	00:46:34.25	00:46:36.50	+00:11:55 (25.6%)	4:39	12.9 (74.6%)
49	SZŁYK Maciej	582		M-40	49	00:00:07	00:11:48	00:22:54	00:33:59	00:44:52	00:46:36.65	00:46:44.05	+00:11:58 (25.7%)	4:39	12.9 (74.6%)
50	SUCHODOLSKI Radosław	338		M-40	50	00:00:07	00:11:27	00:22:28	00:33:47	00:44:45	00:46:37.35	00:46:45.20	+00:11:58 (25.7%)	4:39	12.9 (74.6%)
51	TUBAJA Albert	368		M-40	51	00:00:07	00:11:23	00:21:56	00:33:20	00:44:47	00:46:48.85	00:46:56.10	+00:12:10 (26.0%)	4:40	12.8 (74.0%)
52	ZASADA Krystian	252		M-40	52	00:00:33	00:11:05	00:22:09	00:33:47	00:45:09	00:47:03.80	00:47:37.30	+00:12:25 (26.4%)	4:42	12.7 (73.4%)
53	WAWRZYŃCZAK Arek	602		M-40	53	00:00:11	00:12:20	00:23:14	00:34:21	00:45:19	00:47:06.50	00:47:18.05	+00:12:28 (26.5%)	4:42	12.7 (73.4%)
54	SZTEJKA Damian	228		M-40	54	00:00:15	00:11:53	00:23:13	00:34:28	00:45:42	00:47:30.90	00:47:45.90	+00:12:52 (27.1%)	4:45	12.6 (72.8%)
55	ŻYWICA Adam	17		M-40	55	00:00:04	00:12:10	00:23:27	00:34:45	00:45:50	00:47:39.30	00:47:44.10	+00:13:00 (27.3%)	4:46	12.6 (72.8%)
56	ZBORALSKI Krzysztof	442		M-40	56	00:00:08	00:11:56	00:23:11	00:34:27	00:45:44	00:47:40.35	00:47:48.60	+00:13:01 (27.3%)	4:46	12.6 (72.8%)
57	RYDLEWSKI Marek	53		M-40	57	00:00:09	00:11:50	00:23:11	00:34:38	00:46:05	00:47:55.30	00:48:05.20	+00:13:16 (27.7%)	4:47	12.5 (72.3%)
58	KONIEC Krzysztof	93		M-40	58	00:00:24	00:11:45	00:22:57	00:34:44	00:46:17	00:48:09.10	00:48:34.00	+00:13:30 (28.1%)	4:49	12.5 (72.3%)
59	BIEL Marek	325		M-40	59	00:00:22	00:11:34	00:22:40	00:34:15	00:46:06	00:48:11.80	00:48:34.10	+00:13:33 (28.1%)	4:49	12.4 (71.7%)
60	DĄBKOWSKI Maciej	79		M-40	60	00:00:36	00:12:25	00:23:49	00:35:02	00:46:15	00:48:11.95	00:48:48.75	+00:13:33 (28.1%)	4:49	12.4 (71.7%)
61	GOLINOWSKI Dariusz	229		M-40	61	00:00:12	00:11:42	00:23:01	00:34:42	00:46:10	00:48:13.65	00:48:25.75	+00:13:35 (28.2%)	4:49	12.4 (71.7%)
62	FILIPEK Piotr	481		M-40	62	00:00:13	00:12:14	00:23:35	00:35:08	00:46:27	00:48:17.20	00:48:31.15	+00:13:38 (28.3%)	4:49	12.4 (71.7%)

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
63	KANIA Dariusz	477		M-40	63	00:00:08	00:11:57	00:23:12	00:34:30	00:46:18	00:48:23.30	00:48:32.00	+00:13:44 (28.4%)	4:50	12.4 (71.7%)
64	GACKA Rafał	420		M-40	64	00:00:14	00:12:00	00:23:19	00:34:58	00:46:39	00:48:39.25	00:48:53.60	+00:14:00 (28.8%)	4:51	12.3 (71.1%)
65	SZUBARTOWSKI Robert	147		M-40	65	00:00:17	00:12:12	00:23:28	00:35:03	00:46:50	00:48:45.20	00:49:03.05	+00:14:06 (28.9%)	4:52	12.3 (71.1%)
66	RÓŻYCKI Waldemar	452		M-40	66	00:00:26	00:12:15	00:24:18	00:36:03	00:46:57	00:48:47.55	00:49:13.95	+00:14:09 (29.0%)	4:52	12.3 (71.1%)
67	NURKIEWICZ Jarosław	512		M-40	67	00:00:22	00:12:10	00:23:41	00:35:23	00:46:57	00:48:49.25	00:49:11.45	+00:14:10 (29.0%)	4:52	12.3 (71.1%)
68	RYBAK Remigiusz	538		M-40	68	00:00:11	00:12:06	00:23:41	00:35:26	00:47:02	00:48:59.60	00:49:10.90	+00:14:21 (29.3%)	4:53	12.2 (70.5%)
69	PRZEDWOJSKI Dariusz	35		M-40	69	00:00:38	00:12:28	00:24:01	00:35:37	00:47:08	00:49:03.00	00:49:41.35	+00:14:24 (29.4%)	4:54	12.2 (70.5%)
70	REPKA Marek	549		M-40	70	00:00:14	00:12:10	00:23:54	00:35:53	00:47:35	00:49:26.35	00:49:40.55	+00:14:47 (29.9%)	4:56	12.1 (69.9%)
71	KOWALSKI Jacek	336		M-40	71	00:00:37	00:12:25	00:24:03	00:35:51	00:47:39	00:49:40.60	00:50:17.85	+00:15:02 (30.3%)	4:58	12.1 (69.9%)
72	KWIATKOWSKI Tomasz	437		M-40	72	00:00:11	00:12:46	00:25:03	00:36:30	00:47:48	00:49:46.45	00:49:57.50	+00:15:08 (30.4%)	4:58	12.1 (69.9%)
73	MATYSZCZAK Damian	244		M-40	73	00:00:16	00:12:07	00:23:39	00:35:32	00:47:44	00:49:47.55	00:50:04.35	+00:15:09 (30.4%)	4:58	12 (69.4%)
74	JENERALSKI Maciej	527		M-40	74	00:00:22	00:12:26	00:24:14	00:36:18	00:48:02	00:50:00.70	00:50:22.80	+00:15:22 (30.7%)	5:00	12 (69.4%)
75	WINKLEWSKI Krzysztof	44		M-40	75	00:00:40	00:12:28	00:24:13	00:36:09	00:48:06	00:50:04.05	00:50:44.45	+00:15:25 (30.8%)	5:00	12 (69.4%)
76	JURSKI Robert	212		M-40	76	00:00:10	00:12:50	00:24:32	00:36:17	00:48:12	00:50:11.25	00:50:21.65	+00:15:32 (31.0%)	5:01	12 (69.4%)
77	ŁOŚ Piotr	9		M-40	77	00:00:27	00:12:48	00:24:43	00:36:19	00:48:20	00:50:16.15	00:50:43.85	+00:15:37 (31.1%)	5:01	11.9 (68.8%)
78	MARCYJANIAK Krzysztof	135		M-40	78	00:00:31	00:12:25	00:24:04	00:36:06	00:48:31	00:50:32.40	00:51:04.15	+00:15:53 (31.5%)	5:03	11.9 (68.8%)
79	ŚLESIŃSKI Bartosz	513		M-40	79	00:00:38	00:13:03	00:25:01	00:36:56	00:48:42	00:50:33.30	00:51:11.95	+00:15:54 (31.5%)	5:03	11.9 (68.8%)
80	SITKO Arkadiusz	421		M-40	80	00:00:02	00:12:27	00:24:32	00:36:43	00:48:41	00:50:41.95	00:50:44.50	+00:16:03 (31.7%)	5:04	11.8 (68.2%)
81	RUDOL Sebastian	213		M-40	81	00:00:30	00:13:34	00:25:22	00:37:01	00:49:07	00:50:55.00	00:51:25.30	+00:16:16 (32.0%)	5:05	11.8 (68.2%)
82	STAWCZYK Dariusz	41		M-40	82	00:00:18	00:12:51	00:24:57	00:37:02	00:49:06	00:51:05.85	00:51:23.85	+00:16:27 (32.2%)	5:06	11.7 (67.6%)
83	ŚLOT Michał	389		M-40	83	00:00:32	00:13:24	00:25:33	00:37:32	00:49:08	00:51:09.90	00:51:42.30	+00:16:31 (32.3%)	5:07	11.7 (67.6%)
84	PASTECKI Robert	583		M-40	84	00:00:27	00:12:52	00:24:59	00:36:58	00:49:08	00:51:14.90	00:51:42.60	+00:16:36 (32.4%)	5:07	11.7 (67.6%)
85	KOWALCZYK Tomasz	161		M-40	85	00:00:18	00:12:34	00:24:27	00:36:45	00:49:18	00:51:28.70	00:51:47.05	+00:16:50 (32.7%)	5:08	11.7 (67.6%)

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
86	CHOŚCIŃSKI Piotr	574		M-40	86	00:00:16	00:12:43	00:24:36	00:36:52	00:49:23	00:51:32.35	00:51:48.80	+00:16:53 (32.8%)	5:09	11.6 (67.1%)
87	REY ALAMEDA Javier	408		M-40	87	00:00:21	00:13:09	00:25:25	00:37:32	00:49:41	00:51:44.25	00:52:05.95	+00:17:05 (33.0%)	5:10	11.6 (67.1%)
88	MORAWSKI Marek	219		M-40	88	00:00:11	00:12:20	00:24:17	00:37:00	00:49:48	00:51:48.25	00:52:00.10	+00:17:09 (33.1%)	5:10	11.6 (67.1%)
89	PALACZ Michał	159		M-40	89	00:00:27	00:13:23	00:25:45	00:38:04	00:49:59	00:51:52.90	00:52:20.30	+00:17:14 (33.2%)	5:11	11.6 (67.1%)
90	SADOWSKI Marian	406		M-40	90	00:00:36	00:13:46	00:25:54	00:37:50	00:49:48	00:51:54.60	00:52:30.70	+00:17:16 (33.3%)	5:11	11.6 (67.1%)
91	SIMIŃSKI Maciej	509		M-40	91	00:00:38	00:13:41	00:25:53	00:38:21	00:50:20	00:52:17.35	00:52:55.80	+00:17:38 (33.8%)	5:13	11.5 (66.5%)
92	WOJCIECHOWSKI Jarosław	186		M-40	92	00:00:19	00:12:51	00:25:16	00:37:40	00:50:13	00:52:18.80	00:52:38.40	+00:17:40 (33.8%)	5:13	11.5 (66.5%)
93	PAŚ Michał	273		M-40	93	00:00:15	00:13:25	00:25:59	00:38:21	00:50:28	00:52:27.25	00:52:42.70	+00:17:48 (34.0%)	5:14	11.4 (65.9%)
94	GŁOWSKI Aleksander	514		M-40	94	00:00:13	00:13:15	00:25:33	00:38:04	00:50:25	00:52:31.80	00:52:45.70	+00:17:53 (34.1%)	5:15	11.4 (65.9%)
95	CHOJNICKI Grzegorz	499		M-40	95	00:00:23	00:13:02	00:25:30	00:38:03	00:50:28	00:52:38.30	00:53:01.55	+00:17:59 (34.2%)	5:15	11.4 (65.9%)
96	LUTKOWSKI Dariusz	430		M-40	96	00:00:35	00:13:43	00:26:06	00:38:26	00:50:38	00:52:38.95	00:53:14.45	+00:18:00 (34.2%)	5:15	11.4 (65.9%)
97	STĘPIEŃ Tomasz	231		M-40	97	00:00:32	00:13:17	00:25:39	00:38:09	00:51:03	00:53:11.50	00:53:44.05	+00:18:33 (34.9%)	5:19	11.3 (65.3%)
98	SUDZIŃSKI Marcin	405		M-40	98	00:00:17	00:12:55	00:25:28	00:38:08	00:51:00	00:53:17.95	00:53:35.05	+00:18:39 (35.0%)	5:19	11.3 (65.3%)
99	KUJAWA Roger	554		M-40	99	00:00:33	00:13:43	00:25:56	00:38:25	00:51:15	00:53:20.70	00:53:54.20	+00:18:42 (35.1%)	5:20	11.2 (64.7%)
100	KUCHARSKI Jarosław	134		M-40	100	00:00:33	00:13:43	00:25:56	00:38:25	00:51:14	00:53:21.35	00:53:54.55	+00:18:42 (35.1%)	5:20	11.2 (64.7%)
101	HAREMZA Mariusz	179		M-40	101	00:00:12	00:12:38	00:25:01	00:37:54	00:51:07	00:53:25.55	00:53:38.05	+00:18:47 (35.2%)	5:20	11.2 (64.7%)
102	TOBOLSKI Tomasz	328		M-40	102	00:00:13	00:12:58	00:25:35	00:38:39	00:51:43	00:53:45.30	00:53:58.85	+00:19:06 (35.6%)	5:22	11.2 (64.7%)
103	ŚWIATOWY Ryszard	573		M-40	103	00:00:04	00:12:44	00:25:48	00:38:57	00:52:08	00:54:15.65	00:54:20.20	+00:19:37 (36.2%)	5:25	11.1 (64.2%)
104	OSZUBSKI Kazimierz	327		M-40	104	00:00:21	00:13:45	00:26:34	00:39:50	00:52:19	00:54:16.25	00:54:37.95	+00:19:37 (36.2%)	5:25	11.1 (64.2%)
105	NIEDBALSKI Przemysław	241		M-40	105	00:00:22	00:13:24	00:25:53	00:38:35	00:52:05	00:54:20.90	00:54:43.40	+00:19:42 (36.3%)	5:26	11 (63.6%)
106	GAWRYCH Andrzej	201		M-40	106	00:00:33	00:13:03	00:25:54	00:39:06	00:52:33	00:54:41.30	00:55:14.55	+00:20:02 (36.7%)	5:28	11 (63.6%)
107	KAMIŃSKI Andrzej	285		M-40	107	00:00:37	00:13:55	00:26:46	00:39:46	00:52:29	00:54:41.95	00:55:19.25	+00:20:03 (36.7%)	5:28	11 (63.6%)
108	BYRTEK Grzegorz	518		M-40	108	00:00:29	00:12:36	00:25:11	00:38:18	00:52:16	00:54:43.15	00:55:13.10	+00:20:04 (36.7%)	5:28	11 (63.6%)

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
109	KRUCZYŃSKI Bogusław	337		M-40	109	00:00:09	00:12:41	00:25:43	00:39:23	00:52:47	00:55:05.70	00:55:14.75	+00:20:27 (37.1%)	5:30	10.9 (63.0%)
110	REDLAK Tomasz	58		M-40	110	00:00:13	00:13:11	00:26:13	00:39:37	00:53:16	00:55:36.05	00:55:49.60	+00:20:57 (37.7%)	5:33	10.8 (62.4%)
111	KONIEC Piotr	349		M-40	111	00:00:26	00:13:36	00:26:55	00:40:00	00:53:33	00:55:37.85	00:56:03.85	+00:20:59 (37.7%)	5:33	10.8 (62.4%)
112	KRYSZTOFIAK Robert	127		M-40	112	00:00:18	00:13:21	00:26:28	00:40:09	00:53:54	00:56:13.80	00:56:32.25	+00:21:35 (38.4%)	5:37	10.7 (61.8%)
113	UGOREK Dariusz	404		M-40	113	00:00:17	00:13:43	00:26:40	00:40:37	00:54:11	00:56:21.80	00:56:39.40	+00:21:43 (38.5%)	5:38	10.6 (61.3%)
114	JAZNY Sevan	409		M-40	114	00:00:32	00:13:33	00:26:37	00:40:32	00:54:28	00:56:57.55	00:57:30.05	+00:22:19 (39.2%)	5:41	10.5 (60.7%)
115	WEŁNICKI Waldemar	96		M-40	115	00:00:42	00:14:07	00:27:22	00:41:10	00:55:09	00:57:34.25	00:58:16.45	+00:22:55 (39.8%)	5:45	10.4 (60.1%)
116	ROBACZEWSKI Marcin	470		M-40	116	00:00:30	00:14:42	00:28:28	00:42:24	00:55:40	00:57:42.80	00:58:13.40	+00:23:04 (40.0%)	5:46	10.4 (60.1%)
117	PODBORNY Piotr	360		M-40	117	00:00:48	00:14:10	00:27:39	00:41:32	00:55:25	00:57:51.30	00:58:39.35	+00:23:12 (40.1%)	5:47	10.4 (60.1%)
118	DĄBROWSKI Jarosław	190		M-40	118	00:00:44	00:14:24	00:27:50	00:41:40	00:56:11	00:58:32.60	00:59:17.40	+00:23:54 (40.8%)	5:51	10.2 (59.0%)
119	AUGUSTYNIAK Piotr	566		M-40	119	00:00:19	00:13:58	00:27:42	00:42:04	00:56:15	00:58:38.85	00:58:58.60	+00:24:00 (40.9%)	5:51	10.2 (59.0%)
120	SZPERKOWSKI Krzysztof	629		M-40	120	00:00:26	00:14:04	00:27:27	00:41:23	00:56:05	00:58:40.25	00:59:07.15	+00:24:01 (41.0%)	5:52	10.2 (59.0%)
121	TREPANOWSKI Tomasz	448		M-40	121	00:00:39	00:15:54	00:30:04	00:43:44	00:57:08	00:59:29.20	01:00:08.80	+00:24:50 (41.8%)	5:56	10.1 (58.4%)
122	KARASZEWSKI Sławomir	128		M-40	122	00:00:09	00:14:13	00:28:32	00:42:55	00:57:17	00:59:42.65	00:59:52.15	+00:25:04 (42.0%)	5:58	10 (57.8%)
123	KABAT Radosław	515		M-40	123	00:00:42	00:15:16	00:29:51	00:43:58	00:58:11	01:00:25.50	01:01:07.85	+00:25:47 (42.7%)	6:02	9.9 (57.2%)
124	GOLA Grzegorz	86		M-40	124	00:00:39	00:14:24	00:28:34	00:43:31	00:58:03	01:00:43.85	01:01:22.85	+00:26:05 (43.0%)	6:04	9.9 (57.2%)
125	GUMIENNY Maciej	541		M-40	125	00:00:24	00:15:16	00:29:36	00:44:03	00:58:25	01:00:46.60	01:01:11.00	+00:26:08 (43.0%)	6:04	9.9 (57.2%)
126	KAWA Marcin	209		M-40	126	00:00:46	00:15:14	00:29:25	00:43:49	00:58:26	01:00:49.50	01:01:35.80	+00:26:11 (43.0%)	6:04	9.9 (57.2%)
127	PREUSS Daniel	412		M-40	127	00:00:17	00:14:12	00:28:05	00:42:51	00:58:17	01:00:55.00	01:01:12.25	+00:26:16 (43.1%)	6:05	9.8 (56.6%)
128	BOLEWICZ Mariusz	176		M-40	128	00:00:34	00:15:04	00:29:43	00:44:29	00:58:49	01:01:06.65	01:01:40.90	+00:26:28 (43.3%)	6:06	9.8 (56.6%)
129	SAWIEŁAJC Michał	260		M-40	129	00:00:26	00:14:47	00:29:03	00:43:53	00:59:07	01:01:44.40	01:02:11.30	+00:27:05 (43.9%)	6:10	9.7 (56.1%)
130	PÓŁGĘSEK Rafał	142		M-40	130	00:00:41	00:15:38	00:30:30	00:45:36	01:00:33	01:03:04.10	01:03:46.05	+00:28:25 (45.1%)	6:18	9.5 (54.9%)
131	GROTT Bartłomiej	284		M-40	131	00:00:44	00:15:33	00:30:27	00:45:46	01:00:55	01:03:26.25	01:04:10.90	+00:28:47 (45.4%)	6:20	9.5 (54.9%)

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
132	RYBAK Mariusz	287		M-40	132	00:00:30	00:15:38	00:31:08	00:47:19	01:02:49	01:04:58.25	01:05:28.35	+00:30:19 (46.7%)	6:29	9.2 (53.2%)
133	RATAJ Maciej	99		M-40	133	00:00:18	00:14:38	00:29:57	00:45:47	01:02:51	01:05:41.00	01:05:59.25	+00:31:02 (47.3%)	6:34	9.1 (52.6%)
134	ŚLĘZAK Rafał	588		M-40	134	00:00:44	00:16:37	00:32:09	00:47:40	01:03:28	01:06:08.45	01:06:53.40	+00:31:30 (47.6%)	6:36	9.1 (52.6%)
135	ZIELIŃSKI Andrzej	100		M-40	135	00:00:47	00:16:25	00:32:11	00:47:58	01:04:09	01:06:49.25	01:07:36.40	+00:32:10 (48.2%)	6:40	9 (52.0%)
136	WYCZLING Piotr	432		M-40	136	00:00:35	00:16:50	00:32:28	00:48:09	01:04:22	01:07:00.70	01:07:35.70	+00:32:22 (48.3%)	6:42	9 (52.0%)
137	JURCZYK Artur	236		M-40	137	00:00:43	00:18:23	00:35:56	00:54:39	01:14:25	01:17:35.80	01:18:19.15	+00:42:57 (55.4%)	7:45	7.7 (44.5%)
138	MŁYNAREK Piotr	460		M-40	138	00:00:48	00:18:45	00:37:06	00:56:09	01:15:11	01:18:28.80	01:19:17.30	+00:43:50 (55.9%)	7:50	7.6 (43.9%)

Znaleziono 138 wynik(ów)