



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

## XI BIEG SYLWESTROWY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

| 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   | <b>ROGIEWICZ Andrzej</b>    | <b>4</b>   |         | M-20      | 1    | 00:00:01    | 00:08:02    | 00:15:40     | 00:23:03    | 00:30:33     | <b>00:31:49.15</b> | <b>00:31:50.70</b> |                   | 3:10         | 18.9 (100%)  |
| 2   | <b>MIERECZKO Maciek</b>     | <b>182</b> |         | M-30      | 1    | 00:00:01    | 00:08:02    | 00:15:40     | 00:23:03    | 00:30:33     | <b>00:31:51.30</b> | <b>00:31:52.80</b> | +00:00:02 (0.1%)  | 3:11         | 18.8 (99.5%) |
| 3   | <b>PAWLAK Bartosz</b>       | <b>291</b> |         | M-20      | 2    | 00:00:01    | 00:08:03    | 00:15:40     | 00:23:11    | 00:30:46     | <b>00:32:05.10</b> | <b>00:32:06.60</b> | +00:00:15 (0.8%)  | 3:12         | 18.7 (98.9%) |
| 4   | <b>MIKIELSKI Daniel</b>     | <b>150</b> |         | M-20      | 3    | 00:00:00    | 00:08:21    | 00:16:21     | 00:24:25    | 00:32:25     | <b>00:33:48.75</b> | <b>00:33:48.75</b> | +00:01:59 (5.9%)  | 3:22         | 17.8 (94.2%) |
| 5   | <b>ŚWIĄTKOWSKI Paweł</b>    | <b>75</b>  |         | M-30      | 2    | 00:00:01    | 00:08:39    | 00:16:48     | 00:25:03    | 00:33:09     | <b>00:34:31.85</b> | <b>00:34:33.70</b> | +00:02:42 (7.9%)  | 3:27         | 17.4 (92.1%) |
| 6   | <b>POLAŃSKI Tomasz</b>      | <b>640</b> | B4SPORT | M-40      | 1    | 00:00:02    | 00:08:41    | 00:16:51     | 00:25:03    | 00:33:12     | <b>00:34:38.45</b> | <b>00:34:40.80</b> | +00:02:49 (8.1%)  | 3:27         | 17.3 (91.5%) |
| 7   | <b>JARANOWSKI Andrzej</b>   | <b>372</b> |         | M-20      | 4    | 00:00:02    | 00:08:32    | 00:16:45     | 00:25:03    | 00:33:27     | <b>00:34:54.40</b> | <b>00:34:56.45</b> | +00:03:05 (8.8%)  | 3:29         | 17.2 (91.0%) |
| 8   | <b>MOTOCZYŃSKI Wojciech</b> | <b>314</b> |         | M-30      | 3    | 00:00:01    | 00:08:51    | 00:17:08     | 00:25:26    | 00:33:36     | <b>00:34:57.80</b> | <b>00:34:59.65</b> | +00:03:08 (9.0%)  | 3:29         | 17.2 (91.0%) |
| 9   | <b>KICZIŃSKI Bartosz</b>    | <b>462</b> |         | M-30      | 4    | 00:00:01    | 00:08:51    | 00:17:08     | 00:25:25    | 00:33:38     | <b>00:35:03.25</b> | <b>00:35:05.00</b> | +00:03:14 (9.2%)  | 3:30         | 17.1 (90.5%) |
| 10  | <b>LUTOWSKI Wojciech</b>    | <b>162</b> |         | M-30      | 5    | 00:00:01    | 00:08:49    | 00:17:02     | 00:25:24    | 00:33:44     | <b>00:35:12.60</b> | <b>00:35:14.30</b> | +00:03:23 (9.6%)  | 3:31         | 17 (89.9%)   |
| 11  | <b>BEDNARCZYK Adrian</b>    | <b>42</b>  |         | M-30      | 6    | 00:00:01    | 00:08:31    | 00:17:00     | 00:25:39    | 00:34:11     | <b>00:35:38.40</b> | <b>00:35:40.00</b> | +00:03:49 (10.7%) | 3:33         | 16.8 (88.9%) |
| 12  | <b>KUCZEK Piotr</b>         | <b>621</b> |         | M-30      | 7    | 00:00:02    | 00:08:51    | 00:17:12     | 00:25:45    | 00:34:14     | <b>00:35:39.90</b> | <b>00:35:42.55</b> | +00:03:50 (10.8%) | 3:34         | 16.8 (88.9%) |
| 13  | <b>GEHRKE Robert</b>        | <b>246</b> |         | M-30      | 8    | 00:00:02    | 00:08:42    | 00:17:16     | 00:26:02    | 00:34:45     | <b>00:36:14.85</b> | <b>00:36:17.10</b> | +00:04:25 (12.2%) | 3:37         | 16.6 (87.8%) |
| 14  | <b>JAGODZIŃSKI Mateusz</b>  | <b>133</b> |         | M-20      | 5    | 00:00:02    | 00:08:53    | 00:17:23     | 00:26:05    | 00:34:56     | <b>00:36:22.20</b> | <b>00:36:24.40</b> | +00:04:33 (12.5%) | 3:38         | 16.5 (87.3%) |
| 15  | <b>WIWATOWSKI Michał</b>    | <b>55</b>  |         | M-30      | 9    | 00:00:01    | 00:08:54    | 00:17:27     | 00:26:16    | 00:35:03     | <b>00:36:34.40</b> | <b>00:36:36.30</b> | +00:04:45 (13.0%) | 3:39         | 16.4 (86.8%) |
| 16  | <b>GROCHOWIAK Piotr</b>     | <b>177</b> |         | M-30      | 10   | 00:00:02    | 00:09:14    | 00:17:53     | 00:26:36    | 00:35:22     | <b>00:36:52.15</b> | <b>00:36:55.10</b> | +00:05:03 (13.7%) | 3:41         | 16.3 (86.2%) |

| 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  | <b>KMITTA Leszek</b>        | <b>504</b> |      | M-20      | 6    | 00:00:03    | 00:09:13    | 00:17:51     | 00:26:42    | 00:35:37     | <b>00:37:07.90</b> | <b>00:37:11.30</b> | +00:05:18 (14.3%) | 3:42         | 16.2 (85.7%) |
| 18  | <b>HAPKE Tomasz</b>         | <b>276</b> |      | M-40      | 2    | 00:00:02    | 00:09:12    | 00:18:03     | 00:26:55    | 00:35:42     | <b>00:37:11.20</b> | <b>00:37:13.25</b> | +00:05:22 (14.4%) | 3:43         | 16.1 (85.2%) |
| 19  | <b>SZYSZKA Mariusz</b>      | <b>158</b> |      | M-30      | 11   | 00:00:03    | 00:09:23    | 00:18:13     | 00:27:03    | 00:35:45     | <b>00:37:12.90</b> | <b>00:37:16.30</b> | +00:05:23 (14.5%) | 3:43         | 16.1 (85.2%) |
| 20  | <b>KOWALCZYK Marek</b>      | <b>11</b>  |      | M-30      | 12   | 00:00:02    | 00:09:22    | 00:18:16     | 00:27:01    | 00:35:45     | <b>00:37:15.35</b> | <b>00:37:18.30</b> | +00:05:26 (14.6%) | 3:43         | 16.1 (85.2%) |
| 21  | <b>PIĄTKOWSKI Michał</b>    | <b>169</b> |      | M-20      | 7    | 00:00:00    |             |              |             |              | <b>00:37:18.00</b> | <b>00:37:18.00</b> | +00:05:28 (14.7%) | 3:43         | 16.1 (85.2%) |
| 22  | <b>WOLNY Piotr</b>          | <b>10</b>  |      | M-50      | 1    | 00:00:02    | 00:09:22    | 00:18:16     | 00:27:03    | 00:35:50     | <b>00:37:23.85</b> | <b>00:37:25.90</b> | +00:05:34 (14.9%) | 3:44         | 16 (84.7%)   |
| 23  | <b>MOKRZYCKI Rafał</b>      | <b>555</b> |      | M-40      | 3    | 00:00:02    | 00:09:15    | 00:18:09     | 00:27:07    | 00:36:04     | <b>00:37:37.30</b> | <b>00:37:39.55</b> | +00:05:48 (15.4%) | 3:45         | 16 (84.7%)   |
| 24  | <b>WARCZAK Piotr</b>        | <b>249</b> |      | M-40      | 4    | 00:00:00    | 00:09:26    | 00:18:17     | 00:27:09    | 00:36:12     | <b>00:37:45.20</b> | <b>00:37:45.20</b> | +00:05:56 (15.7%) | 3:46         | 15.9 (84.1%) |
| 25  | <b>WIĘCKOWSKI Dariusz</b>   | <b>22</b>  |      | M-30      | 13   | 00:00:03    | 00:09:23    | 00:18:17     | 00:27:19    | 00:36:17     | <b>00:37:49.50</b> | <b>00:37:53.05</b> | +00:06:00 (15.9%) | 3:47         | 15.9 (84.1%) |
| 26  | <b>KOZAR Karol</b>          | <b>439</b> |      | M-30      | 14   | 00:00:03    | 00:09:31    | 00:18:30     | 00:27:31    | 00:36:25     | <b>00:37:53.95</b> | <b>00:37:57.50</b> | +00:06:04 (16.0%) | 3:47         | 15.8 (83.6%) |
| 27  | <b>MAĆKOWSKI Maciej</b>     | <b>66</b>  |      | M-30      | 15   | 00:00:03    | 00:09:21    | 00:18:14     | 00:27:18    | 00:36:28     | <b>00:37:58.40</b> | <b>00:38:01.80</b> | +00:06:09 (16.2%) | 3:47         | 15.8 (83.6%) |
| 28  | <b>KOLMAJER Rafał</b>       | <b>274</b> |      | M-30      | 16   | 00:00:03    | 00:09:21    | 00:18:16     | 00:27:22    | 00:36:32     | <b>00:38:06.85</b> | <b>00:38:10.50</b> | +00:06:17 (16.5%) | 3:48         | 15.7 (83.1%) |
| 29  | <b>ETTINGER Paweł</b>       | <b>609</b> |      | M-30      | 17   | 00:00:04    | 00:09:42    | 00:18:36     | 00:27:33    | 00:36:37     | <b>00:38:13.95</b> | <b>00:38:18.20</b> | +00:06:24 (16.8%) | 3:49         | 15.7 (83.1%) |
| 30  | <b>OSIŃSKI Ryszard</b>      | <b>572</b> |      | M-50      | 2    | 00:00:02    | 00:09:22    | 00:18:21     | 00:27:41    | 00:37:07     | <b>00:38:47.20</b> | <b>00:38:49.90</b> | +00:06:58 (18.0%) | 3:52         | 15.5 (82.0%) |
| 31  | <b>PAWŁOWSKI Tomasz</b>     | <b>84</b>  |      | M-20      | 8    | 00:00:03    | 00:09:46    | 00:18:57     | 00:28:09    | 00:37:17     | <b>00:38:49.25</b> | <b>00:38:52.50</b> | +00:07:00 (18.0%) | 3:52         | 15.5 (82.0%) |
| 32  | <b>RYCHTER Karol</b>        | <b>623</b> |      | M-40      | 5    | 00:00:05    | 00:09:41    | 00:18:48     | 00:28:09    | 00:37:21     | <b>00:38:54.60</b> | <b>00:38:59.90</b> | +00:07:05 (18.2%) | 3:53         | 15.4 (81.5%) |
| 33  | <b>SOBIERALSKI Rafał</b>    | <b>143</b> |      | M-40      | 6    | 00:00:03    | 00:09:40    | 00:18:54     | 00:28:15    | 00:37:32     | <b>00:39:06.25</b> | <b>00:39:09.90</b> | +00:07:17 (18.6%) | 3:54         | 15.3 (81.0%) |
| 34  | <b>RUTKOWSKI Szymon</b>     | <b>597</b> |      | M-1       | 1    | 00:00:02    | 00:09:15    | 00:18:22     | 00:28:01    | 00:37:48     | <b>00:39:15.30</b> | <b>00:39:17.80</b> | +00:07:26 (18.9%) | 3:55         | 15.3 (81.0%) |
| 35  | <b>KUBANEK Łukasz</b>       | <b>61</b>  |      | M-30      | 18   | 00:00:02    | 00:09:24    | 00:18:41     | 00:28:10    | 00:37:44     | <b>00:39:21.85</b> | <b>00:39:24.30</b> | +00:07:32 (19.2%) | 3:56         | 15.2 (80.4%) |
| 36  | <b>BUKOWIŃSKI Michał</b>    | <b>424</b> |      | M-30      | 19   | 00:00:05    | 00:09:57    | 00:19:20     | 00:28:50    | 00:38:00     | <b>00:39:29.35</b> | <b>00:39:35.20</b> | +00:07:40 (19.4%) | 3:57         | 15.2 (80.4%) |
| 37  | <b>NIESPODZIŃSKI Robert</b> | <b>628</b> |      | M-40      | 7    | 00:00:06    | 00:09:46    | 00:19:07     | 00:28:36    | 00:37:59     | <b>00:39:34.90</b> | <b>00:39:41.75</b> | +00:07:45 (19.6%) | 3:57         | 15.2 (80.4%) |
| 38  | <b>JOACHIMIAK Marek</b>     | <b>536</b> |      | M-20      | 9    | 00:00:02    | 00:09:48    | 00:19:14     | 00:28:42    | 00:38:04     | <b>00:39:36.90</b> | <b>00:39:39.45</b> | +00:07:47 (19.7%) | 3:57         | 15.1 (79.9%) |
| 39  | <b>ZIELIŃSKI Nicolas</b>    | <b>473</b> |      | M-20      | 10   | 00:00:03    | 00:09:56    | 00:19:24     | 00:28:52    | 00:38:14     | <b>00:39:47.65</b> | <b>00:39:51.50</b> | +00:07:58 (20.0%) | 3:58         | 15.1 (79.9%) |

| 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   |
|-----|-----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 40  | <b>SPYCHALSKI Waldemar</b>  | <b>374</b> |      | M-40      | 8    | 00:00:03    | 00:09:50    | 00:19:14     | 00:28:47    | 00:38:16     | <b>00:39:52.85</b> | <b>00:39:56.45</b> | +00:08:03 (20.2%) | 3:59         | 15 (79.4%)   |
| 41  | <b>CHMIELEWSKI Tomasz</b>   | <b>532</b> |      | M-50      | 3    | 00:00:04    | 00:10:09    | 00:19:38     | 00:29:08    | 00:38:23     | <b>00:40:01.60</b> | <b>00:40:06.05</b> | +00:08:12 (20.5%) | 4:00         | 15 (79.4%)   |
| 42  | <b>CZUK Marek</b>           | <b>167</b> |      | M-60      | 1    | 00:00:02    | 00:09:49    | 00:19:17     | 00:28:51    | 00:38:25     | <b>00:40:05.50</b> | <b>00:40:07.85</b> | +00:08:16 (20.6%) | 4:00         | 15 (79.4%)   |
| 43  | <b>ŻARONŃ Sławomir</b>      | <b>204</b> |      | M-50      | 4    | 00:00:03    | 00:09:52    | 00:19:25     | 00:29:10    | 00:38:26     | <b>00:40:08.10</b> | <b>00:40:11.55</b> | +00:08:18 (20.7%) | 4:00         | 15 (79.4%)   |
| 44  | <b>KULBAKA Dawid</b>        | <b>31</b>  |      | M-30      | 20   | 00:00:09    | 00:10:13    | 00:19:46     | 00:29:29    | 00:38:38     | <b>00:40:11.75</b> | <b>00:40:20.90</b> | +00:08:22 (20.8%) | 4:01         | 14.9 (78.8%) |
| 45  | <b>ZAKURZEWSKI Tomasz</b>   | <b>590</b> |      | M-40      | 9    | 00:00:05    | 00:10:08    | 00:19:31     | 00:29:02    | 00:38:31     | <b>00:40:12.60</b> | <b>00:40:18.30</b> | +00:08:23 (20.9%) | 4:01         | 14.9 (78.8%) |
| 46  | <b>JĘDRZEJCZYK Mikołaj</b>  | <b>269</b> |      | M-40      | 10   | 00:00:03    | 00:10:01    | 00:19:28     | 00:29:05    | 00:38:41     | <b>00:40:19.55</b> | <b>00:40:23.05</b> | +00:08:30 (21.1%) | 4:02         | 14.9 (78.8%) |
| 47  | <b>KĄTNIK Jacek</b>         | <b>403</b> |      | M-40      | 11   | 00:00:05    | 00:10:13    | 00:19:43     | 00:29:24    | 00:39:02     | <b>00:40:32.50</b> | <b>00:40:38.35</b> | +00:08:43 (21.5%) | 4:03         | 14.8 (78.3%) |
| 48  | <b>NALIŃSKI Mateusz</b>     | <b>193</b> |      | M-1       | 2    | 00:00:02    | 00:09:16    | 00:18:25     | 00:28:43    | 00:38:58     | <b>00:40:33.75</b> | <b>00:40:36.40</b> | +00:08:44 (21.6%) | 4:03         | 14.8 (78.3%) |
| 49  | <b>LEWANDOWSKI Jacek</b>    | <b>106</b> |      | M-30      | 21   | 00:00:06    | 00:10:11    | 00:19:42     | 00:29:22    | 00:38:57     | <b>00:40:36.05</b> | <b>00:40:42.85</b> | +00:08:46 (21.6%) | 4:03         | 14.8 (78.3%) |
| 50  | <b>RACZYŃSKI Krzysztof</b>  | <b>28</b>  |      | M-50      | 5    | 00:00:05    | 00:10:13    | 00:19:43     | 00:29:24    | 00:39:07     | <b>00:40:48.10</b> | <b>00:40:53.75</b> | +00:08:58 (22.0%) | 4:04         | 14.7 (77.8%) |
| 51  | <b>KUBIAK Bartłomiej</b>    | <b>600</b> |      | M-30      | 22   | 00:00:05    | 00:10:14    | 00:19:50     | 00:29:33    | 00:39:14     | <b>00:40:49.55</b> | <b>00:40:55.40</b> | +00:09:00 (22.1%) | 4:05         | 14.7 (77.8%) |
| 52  | <b>STOMSKI Krzysztof</b>    | <b>376</b> |      | M-40      | 12   | 00:00:05    | 00:10:00    | 00:19:37     | 00:29:25    | 00:39:14     | <b>00:40:49.90</b> | <b>00:40:55.60</b> | +00:09:00 (22.1%) | 4:05         | 14.7 (77.8%) |
| 53  | <b>PAWLACZYK Szymon</b>     | <b>343</b> |      | M-30      | 23   | 00:00:05    | 00:10:24    | 00:20:03     | 00:29:45    | 00:39:16     | <b>00:40:52.30</b> | <b>00:40:57.30</b> | +00:09:03 (22.1%) | 4:05         | 14.7 (77.8%) |
| 54  | <b>KRUPA Piotr</b>          | <b>80</b>  |      | M-30      | 24   | 00:00:05    | 00:10:07    | 00:19:40     | 00:29:31    | 00:39:20     | <b>00:41:00.70</b> | <b>00:41:06.30</b> | +00:09:11 (22.4%) | 4:06         | 14.6 (77.2%) |
| 55  | <b>GALIŃSKI Bartosz</b>     | <b>200</b> |      | M-20      | 11   | 00:00:04    | 00:10:10    | 00:19:48     | 00:29:43    | 00:39:29     | <b>00:41:04.55</b> | <b>00:41:08.75</b> | +00:09:15 (22.5%) | 4:06         | 14.6 (77.2%) |
| 56  | <b>JARZĄB Piotr</b>         | <b>333</b> |      | M-30      | 25   | 00:00:07    | 00:10:16    | 00:19:53     | 00:29:44    | 00:39:28     | <b>00:41:08.55</b> | <b>00:41:16.30</b> | +00:09:19 (22.7%) | 4:06         | 14.6 (77.2%) |
| 57  | <b>KUŁAKOWSKI Krzysztof</b> | <b>414</b> |      | M-30      | 26   | 00:00:10    | 00:10:09    | 00:19:48     | 00:29:41    | 00:39:33     | <b>00:41:13.05</b> | <b>00:41:23.50</b> | +00:09:23 (22.8%) | 4:07         | 14.6 (77.2%) |
| 58  | <b>RUDNICKI Michał</b>      | <b>23</b>  |      | M-30      | 27   | 00:00:02    | 00:09:58    | 00:19:41     | 00:29:37    | 00:39:30     | <b>00:41:13.25</b> | <b>00:41:16.10</b> | +00:09:24 (22.8%) | 4:07         | 14.6 (77.2%) |
| 59  | <b>STANKIEWICZ Jacek</b>    | <b>359</b> |      | M-20      | 12   | 00:00:03    | 00:09:49    | 00:19:32     | 00:29:30    | 00:39:37     | <b>00:41:16.90</b> | <b>00:41:20.25</b> | +00:09:27 (22.9%) | 4:07         | 14.5 (76.7%) |
| 60  | <b>PRZYBYLSKI Maciej</b>    | <b>388</b> |      | M-40      | 13   | 00:00:03    | 00:10:07    | 00:19:51     | 00:29:47    | 00:39:40     | <b>00:41:18.30</b> | <b>00:41:22.25</b> | +00:09:29 (23.0%) | 4:07         | 14.5 (76.7%) |
| 61  | <b>SZCZEPANIAK Cezary</b>   | <b>486</b> |      | M-40      | 14   | 00:00:03    | 00:10:19    | 00:20:08     | 00:29:57    | 00:39:42     | <b>00:41:18.75</b> | <b>00:41:22.15</b> | +00:09:29 (23.0%) | 4:07         | 14.5 (76.7%) |
| 62  | <b>KRZYWDZIŃSKI Dominik</b> | <b>383</b> |      | M-1       | 3    | 00:00:03    | 00:09:44    | 00:19:14     | 00:29:27    | 00:39:44     | <b>00:41:24.30</b> | <b>00:41:28.00</b> | +00:09:35 (23.2%) | 4:08         | 14.5 (76.7%) |

| 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  | <b>MOROSZCZAK Bogumił</b>    | <b>202</b> | SPÓJNIA BIAŁE BŁOTA | M-40      | 15   | 00:00:06    | 00:10:15    | 00:20:05     | 00:29:55    | 00:39:47     | <b>00:41:30.30</b> | <b>00:41:36.70</b> | +00:09:41 (23.3%) | 4:09         | 14.5 (76.7%) |
| 64  | <b>CIMACHOWSKI Jakub</b>     | <b>380</b> |                     | M-30      | 28   | 00:00:04    | 00:10:15    | 00:20:09     | 00:30:09    | 00:39:58     | <b>00:41:33.50</b> | <b>00:41:37.75</b> | +00:09:44 (23.4%) | 4:09         | 14.4 (76.2%) |
| 65  | <b>ŚWITAL Leszek</b>         | <b>217</b> |                     | M-40      | 16   | 00:00:03    | 00:10:15    | 00:20:07     | 00:30:07    | 00:40:01     | <b>00:41:36.00</b> | <b>00:41:39.95</b> | +00:09:46 (23.5%) | 4:09         | 14.4 (76.2%) |
| 66  | <b>KALACZYŃSKI Miłosz</b>    | <b>510</b> |                     | M-20      | 13   | 00:00:05    | 00:10:18    | 00:20:06     | 00:29:58    | 00:40:04     | <b>00:41:36.35</b> | <b>00:41:42.15</b> | +00:09:47 (23.5%) | 4:09         | 14.4 (76.2%) |
| 67  | <b>OLKOWSKI Jurek</b>        | <b>310</b> |                     | M-60      | 2    | 00:00:02    | 00:09:56    | 00:19:55     | 00:30:02    | 00:39:54     | <b>00:41:36.60</b> | <b>00:41:39.55</b> | +00:09:47 (23.5%) | 4:09         | 14.4 (76.2%) |
| 68  | <b>GAJC Artur</b>            | <b>323</b> |                     | M-40      | 17   | 00:00:04    | 00:10:20    | 00:20:12     | 00:30:10    | 00:40:00     | <b>00:41:40.95</b> | <b>00:41:45.65</b> | +00:09:51 (23.7%) | 4:10         | 14.4 (76.2%) |
| 69  | <b>LEWANDOWSKI Rafał</b>     | <b>205</b> |                     | M-30      | 29   | 00:00:05    | 00:10:09    | 00:19:41     | 00:29:50    | 00:40:03     | <b>00:41:46.50</b> | <b>00:41:52.05</b> | +00:09:57 (23.8%) | 4:10         | 14.4 (76.2%) |
| 70  | <b>BARTOSZ Marek</b>         | <b>68</b>  |                     | M-30      | 30   | 00:00:03    | 00:10:01    | 00:20:01     | 00:30:06    | 00:40:13     | <b>00:41:51.40</b> | <b>00:41:54.70</b> | +00:10:02 (24.0%) | 4:11         | 14.3 (75.7%) |
| 71  | <b>LIPINSKI Arkadiusz</b>    | <b>443</b> |                     | M-30      | 31   | 00:00:08    | 00:10:21    | 00:20:06     | 00:30:08    | 00:40:11     | <b>00:41:54.25</b> | <b>00:42:02.35</b> | +00:10:05 (24.1%) | 4:11         | 14.3 (75.7%) |
| 72  | <b>PRZYBYLSKI Bartłomiej</b> | <b>617</b> | RUN BYDGOSZCZ       | M-30      | 32   | 00:00:23    | 00:10:37    | 00:20:32     | 00:30:33    | 00:40:31     | <b>00:42:09.15</b> | <b>00:42:32.40</b> | +00:10:20 (24.5%) | 4:12         | 14.2 (75.1%) |
| 73  | <b>SITKO Mariusz</b>         | <b>417</b> |                     | M-30      | 33   | 00:00:02    | 00:10:14    | 00:20:13     | 00:30:18    | 00:40:28     | <b>00:42:10.35</b> | <b>00:42:12.90</b> | +00:10:21 (24.5%) | 4:13         | 14.2 (75.1%) |
| 74  | <b>WEGNER Marek</b>          | <b>251</b> |                     | M-50      | 6    | 00:00:03    | 00:10:25    | 00:20:26     | 00:30:28    | 00:40:30     | <b>00:42:11.95</b> | <b>00:42:15.30</b> | +00:10:22 (24.6%) | 4:13         | 14.2 (75.1%) |
| 75  | <b>LESZCZEWICZ Waldek</b>    | <b>584</b> |                     | M-40      | 18   | 00:00:04    | 00:10:47    | 00:20:44     | 00:30:50    | 00:40:34     | <b>00:42:13.45</b> | <b>00:42:18.10</b> | +00:10:24 (24.6%) | 4:13         | 14.2 (75.1%) |
| 76  | <b>LEWANDOWSKI Rafał</b>     | <b>401</b> |                     | M-30      | 34   | 00:00:03    | 00:10:30    | 00:20:26     | 00:30:25    | 00:40:35     | <b>00:42:19.30</b> | <b>00:42:23.00</b> | +00:10:30 (24.8%) | 4:14         | 14.2 (75.1%) |
| 77  | <b>CALDARA Dario</b>         | <b>445</b> |                     | M-30      | 35   | 00:00:08    | 00:10:30    | 00:20:20     | 00:30:19    | 00:40:32     | <b>00:42:25.60</b> | <b>00:42:34.20</b> | +00:10:36 (25.0%) | 4:14         | 14.1 (74.6%) |
| 78  | <b>MICHALSKI Adam</b>        | <b>560</b> |                     | M-40      | 19   | 00:00:15    | 00:10:30    | 00:20:26     | 00:30:33    | 00:40:44     | <b>00:42:31.20</b> | <b>00:42:46.25</b> | +00:10:42 (25.2%) | 4:15         | 14.1 (74.6%) |
| 79  | <b>MOLTZAN Zbigniew</b>      | <b>233</b> |                     | M-40      | 20   | 00:00:08    | 00:10:51    | 00:20:51     | 00:30:53    | 00:40:50     | <b>00:42:36.30</b> | <b>00:42:44.65</b> | +00:10:47 (25.3%) | 4:15         | 14.1 (74.6%) |
| 80  | <b>KRÓL Maciej</b>           | <b>525</b> |                     | M-40      | 21   | 00:00:05    | 00:10:36    | 00:20:42     | 00:30:49    | 00:40:54     | <b>00:42:38.75</b> | <b>00:42:44.00</b> | +00:10:49 (25.4%) | 4:15         | 14.1 (74.6%) |
| 81  | <b>CICHOŃCZYK Antoni</b>     | <b>14</b>  |                     | M-60      | 3    | 00:00:04    | 00:10:28    | 00:20:26     | 00:30:47    | 00:40:58     | <b>00:42:42.00</b> | <b>00:42:46.50</b> | +00:10:52 (25.5%) | 4:16         | 14.1 (74.6%) |
| 82  | <b>KOWALSKI Jacek</b>        | <b>26</b>  |                     | M-40      | 22   | 00:00:06    | 00:10:18    | 00:20:21     | 00:30:26    | 00:40:59     | <b>00:42:47.90</b> | <b>00:42:54.30</b> | +00:10:58 (25.7%) | 4:16         | 14 (74.1%)   |
| 83  | <b>NAMIEŚNIK Krzysztof</b>   | <b>20</b>  |                     | M-40      | 23   | 00:00:14    | 00:10:49    | 00:20:48     | 00:30:52    | 00:41:02     | <b>00:42:49.60</b> | <b>00:43:04.45</b> | +00:11:00 (25.7%) | 4:17         | 14 (74.1%)   |
| 84  | <b>KOSAKOWSKI Marian</b>     | <b>15</b>  |                     | M-60      | 4    | 00:00:02    | 00:10:39    | 00:20:49     | 00:31:00    | 00:41:07     | <b>00:42:50.05</b> | <b>00:42:52.40</b> | +00:11:00 (25.7%) | 4:17         | 14 (74.1%)   |
| 85  | <b>CHWIŁKA Daniel</b>        | <b>30</b>  |                     | M-30      | 36   | 00:00:04    | 00:10:42    | 00:20:47     | 00:31:00    | 00:41:05     | <b>00:42:50.30</b> | <b>00:42:54.75</b> | +00:11:01 (25.7%) | 4:17         | 14 (74.1%)   |

| 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   |
|-----|------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 86  | <b>MAGDZIARZ Jakub</b>       | <b>385</b> |      | M-30      | 37   | 00:00:15    | 00:10:29    | 00:20:41     | 00:31:01    | 00:41:10     | <b>00:42:57.30</b> | <b>00:43:12.80</b> | +00:11:08 (25.9%) | 4:17         | 14 (74.1%)   |
| 87  | <b>JAGODZIŃSKI Krzysztof</b> | <b>607</b> |      | M-20      | 14   | 00:00:07    | 00:10:51    | 00:20:55     | 00:31:11    | 00:41:19     | <b>00:43:01.05</b> | <b>00:43:08.55</b> | +00:11:11 (26.0%) | 4:18         | 13.9 (73.5%) |
| 88  | <b>CZARNECKI Piotr</b>       | <b>364</b> |      | M-30      | 38   | 00:00:08    | 00:10:52    | 00:20:50     | 00:31:05    | 00:41:27     | <b>00:43:05.55</b> | <b>00:43:13.85</b> | +00:11:16 (26.2%) | 4:18         | 13.9 (73.5%) |
| 89  | <b>WINIARSKI Grzegorz</b>    | <b>330</b> |      | M-30      | 39   | 00:00:05    | 00:10:40    | 00:20:45     | 00:30:57    | 00:41:18     | <b>00:43:05.75</b> | <b>00:43:11.00</b> | +00:11:16 (26.2%) | 4:18         | 13.9 (73.5%) |
| 90  | <b>PAWŁOWSKI Radosław</b>    | <b>83</b>  |      | M-50      | 7    | 00:00:03    | 00:10:52    | 00:21:00     | 00:31:13    | 00:41:30     | <b>00:43:15.40</b> | <b>00:43:19.00</b> | +00:11:26 (26.4%) | 4:19         | 13.9 (73.5%) |
| 91  | <b>WŁÓDARCZAK Witold</b>     | <b>604</b> |      | M-50      | 8    | 00:00:05    | 00:10:51    | 00:21:00     | 00:31:13    | 00:41:29     | <b>00:43:16.60</b> | <b>00:43:21.95</b> | +00:11:27 (26.5%) | 4:19         | 13.9 (73.5%) |
| 92  | <b>MARCINKOWSKI Paweł</b>    | <b>340</b> |      | M-40      | 24   | 00:00:16    | 00:11:20    | 00:21:36     | 00:31:40    | 00:41:34     | <b>00:43:16.90</b> | <b>00:43:33.00</b> | +00:11:27 (26.5%) | 4:19         | 13.9 (73.5%) |
| 93  | <b>TRZCIŃSKI Franciszek</b>  | <b>387</b> |      | M-50      | 9    | 00:00:05    | 00:10:57    | 00:21:02     | 00:31:26    | 00:41:47     | <b>00:43:31.00</b> | <b>00:43:36.10</b> | +00:11:41 (26.9%) | 4:21         | 13.8 (73.0%) |
| 94  | <b>NAGOW Michał</b>          | <b>183</b> |      | M-40      | 25   | 00:00:07    | 00:10:56    | 00:21:12     | 00:31:33    | 00:41:50     | <b>00:43:35.85</b> | <b>00:43:43.35</b> | +00:11:46 (27.0%) | 4:21         | 13.8 (73.0%) |
| 95  | <b>PLUCIŃSKI Jakub</b>       | <b>416</b> |      | M-30      | 40   | 00:00:25    | 00:10:49    | 00:21:03     | 00:31:29    | 00:41:56     | <b>00:43:40.80</b> | <b>00:44:06.65</b> | +00:11:51 (27.2%) | 4:22         | 13.7 (72.5%) |
| 96  | <b>WIERZBOWSKI Piotr</b>     | <b>491</b> |      | M-30      | 41   | 00:00:04    | 00:10:16    | 00:20:27     | 00:31:05    | 00:41:57     | <b>00:43:48.50</b> | <b>00:43:52.75</b> | +00:11:59 (27.4%) | 4:22         | 13.7 (72.5%) |
| 97  | <b>JUREK Piotr</b>           | <b>438</b> |      | M-50      | 10   | 00:00:05    | 00:10:57    | 00:20:59     | 00:31:28    | 00:42:02     | <b>00:43:53.25</b> | <b>00:43:58.95</b> | +00:12:04 (27.5%) | 4:23         | 13.7 (72.5%) |
| 98  | <b>WIŚNIEWSKI Leszek</b>     | <b>281</b> |      | M-40      | 26   | 00:00:05    | 00:10:39    | 00:20:45     | 00:31:19    | 00:42:10     | <b>00:43:56.60</b> | <b>00:44:02.55</b> | +00:12:07 (27.6%) | 4:23         | 13.7 (72.5%) |
| 99  | <b>MAŚLIŃSKI Mirosław</b>    | <b>455</b> |      | M-50      | 11   | 00:00:06    | 00:10:56    | 00:20:56     | 00:31:25    | 00:42:04     | <b>00:43:56.80</b> | <b>00:44:02.80</b> | +00:12:07 (27.6%) | 4:23         | 13.7 (72.5%) |
| 100 | <b>CHOJNACKI Krzysztof</b>   | <b>168</b> |      | M-40      | 27   | 00:00:17    | 00:11:13    | 00:21:32     | 00:32:04    | 00:42:33     | <b>00:44:13.65</b> | <b>00:44:31.25</b> | +00:12:24 (28.1%) | 4:25         | 13.6 (72.0%) |
| 101 | <b>LIPSKI Krzysztof</b>      | <b>415</b> |      | M-40      | 28   | 00:00:09    | 00:10:58    | 00:21:22     | 00:31:58    | 00:42:34     | <b>00:44:15.15</b> | <b>00:44:25.10</b> | +00:12:26 (28.1%) | 4:25         | 13.6 (72.0%) |
| 102 | <b>ANDRZEJEWSKI Paweł</b>    | <b>73</b>  |      | M-30      | 42   | 00:00:04    | 00:10:22    | 00:20:49     | 00:31:55    | 00:42:39     | <b>00:44:20.15</b> | <b>00:44:24.40</b> | +00:12:31 (28.2%) | 4:26         | 13.5 (71.4%) |
| 103 | <b>KADOW Ryszard</b>         | <b>506</b> |      | M-40      | 29   | 00:00:06    | 00:11:04    | 00:21:31     | 00:32:01    | 00:42:39     | <b>00:44:25.00</b> | <b>00:44:31.65</b> | +00:12:35 (28.4%) | 4:26         | 13.5 (71.4%) |
| 104 | <b>ROSZAK Zbigniew</b>       | <b>184</b> |      | M-20      | 15   | 00:00:04    | 00:10:32    | 00:20:51     | 00:31:41    | 00:42:43     | <b>00:44:26.35</b> | <b>00:44:30.80</b> | +00:12:37 (28.4%) | 4:26         | 13.5 (71.4%) |
| 105 | <b>ŁADZIK Szymon</b>         | <b>8</b>   |      | M-20      | 16   | 00:00:05    | 00:11:16    | 00:21:59     | 00:32:40    | 00:42:56     | <b>00:44:31.45</b> | <b>00:44:36.65</b> | +00:12:42 (28.5%) | 4:27         | 13.5 (71.4%) |
| 106 | <b>STORZYŃSKI Paweł</b>      | <b>529</b> |      | M-30      | 43   | 00:00:08    | 00:11:07    | 00:22:03     | 00:32:40    | 00:42:54     | <b>00:44:32.25</b> | <b>00:44:40.25</b> | +00:12:43 (28.6%) | 4:27         | 13.5 (71.4%) |
| 107 | <b>TORCHALSKI Krzysztof</b>  | <b>517</b> |      | M-60      | 5    | 00:00:10    | 00:11:04    | 00:21:31     | 00:32:15    | 00:42:46     | <b>00:44:36.25</b> | <b>00:44:47.00</b> | +00:12:47 (28.7%) | 4:27         | 13.4 (70.9%) |
| 108 | <b>KANARKOWSKI Stanisław</b> | <b>453</b> |      | M-50      | 12   | 00:00:04    | 00:11:05    | 00:21:38     | 00:32:14    | 00:42:48     | <b>00:44:41.40</b> | <b>00:44:45.45</b> | +00:12:52 (28.8%) | 4:28         | 13.4 (70.9%) |

| 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   |
|-----|---------------------|-------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|-----------------|------------------|-------------------|--------------|--------------|
| 109 | 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      | +00:12:52 (28.8%) | 4:28         | 13.4 (70.9%) |
| 110 | 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      | +00:12:52 (28.8%) | 4:28         | 13.4 (70.9%) |
| 111 | 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      | +00:12:54 (28.8%) | 4:28         | 13.4 (70.9%) |
| 112 | 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      | +00:12:54 (28.9%) | 4:28         | 13.4 (70.9%) |
| 113 | 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      | +00:12:54 (28.9%) | 4:28         | 13.4 (70.9%) |
| 114 | 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      | +00:12:55 (28.9%) | 4:28         | 13.4 (70.9%) |
| 115 | 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      | +00:12:58 (29.0%) | 4:28         | 13.4 (70.9%) |
| 116 | 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      | +00:12:58 (29.0%) | 4:28         | 13.4 (70.9%) |
| 117 | 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      | +00:13:02 (29.1%) | 4:29         | 13.4 (70.9%) |
| 118 | SAWIEŁAJC Jakub     | 423   |      | M-1       | 4    | 00:00:19    | 00:10:56    | 00:21:21     | 00:32:03    | 00:43:06     | 00:45:02.35     | 00:45:21.95      | +00:13:13 (29.4%) | 4:30         | 13.3 (70.4%) |
| 119 | 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      | +00:13:13 (29.4%) | 4:30         | 13.3 (70.4%) |
| 120 | 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      | +00:13:17 (29.5%) | 4:30         | 13.3 (70.4%) |
| 121 | CYROK Maciej        | 370   |      | M-20      | 17   | 00:00:09    | 00:11:24    | 00:22:09     | 00:32:57    | 00:43:23     | 00:45:06.85     | 00:45:16.35      | +00:13:17 (29.5%) | 4:30         | 13.3 (70.4%) |
| 122 | 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      | +00:13:29 (29.8%) | 4:31         | 13.2 (69.8%) |
| 123 | GRYCZKA Piotr       | 254   |      | M-50      | 13   | 00:00:06    | 00:11:02    | 00:21:36     | 00:32:37    | 00:43:36     | 00:45:24.65     | 00:45:30.95      | +00:13:35 (29.9%) | 4:32         | 13.2 (69.8%) |
| 124 | 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      | +00:13:36 (30.0%) | 4:32         | 13.2 (69.8%) |
| 125 | CZEPEK Aleksander   | 138   |      | M-60      | 6    | 00:00:08    | 00:11:00    | 00:21:38     | 00:32:36    | 00:43:37     | 00:45:26.95     | 00:45:35.15      | +00:13:37 (30.0%) | 4:32         | 13.2 (69.8%) |
| 126 | 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      | +00:13:43 (30.1%) | 4:33         | 13.2 (69.8%) |
| 126 | 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      | +00:13:43 (30.1%) | 4:33         | 13.2 (69.8%) |
| 128 | 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      | +00:13:44 (30.2%) | 4:33         | 13.2 (69.8%) |
| 129 | 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      | +00:13:45 (30.2%) | 4:33         | 13.2 (69.8%) |
| 130 | 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      | +00:13:48 (30.3%) | 4:33         | 13.1 (69.3%) |
| 131 | GÓRSKI Marian       | 366   |      | M-60      | 7    | 00:00:03    | 00:11:13    | 00:21:51     | 00:32:46    | 00:43:42     | 00:45:38.10     | 00:45:41.95      | +00:13:48 (30.3%) | 4:33         | 13.1 (69.3%) |

| 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 | <b>GABRYSZAK Bartosz</b>   | <b>519</b> |      | M-30      | 56   | 00:00:14    | 00:11:12    | 00:21:54     | 00:33:00    | 00:43:56     | <b>00:45:45.60</b> | <b>00:46:00.10</b> | +00:13:56 (30.5%) | 4:34         | 13.1 (69.3%) |
| 133 | <b>KAZUBOWSKI Jacek</b>    | <b>198</b> |      | M-50      | 14   | 00:00:08    | 00:11:37    | 00:22:27     | 00:33:14    | 00:43:57     | <b>00:45:46.85</b> | <b>00:45:55.75</b> | +00:13:57 (30.5%) | 4:34         | 13.1 (69.3%) |
| 134 | <b>MUCHA Marcin</b>        | <b>303</b> |      | M-30      | 57   | 00:00:12    | 00:11:23    | 00:22:06     | 00:33:02    | 00:44:04     | <b>00:45:48.05</b> | <b>00:46:00.10</b> | +00:13:58 (30.5%) | 4:34         | 13.1 (69.3%) |
| 135 | <b>MICHALAK Wojciech</b>   | <b>221</b> |      | M-50      | 15   | 00:00:18    | 00:11:07    | 00:21:51     | 00:32:49    | 00:44:02     | <b>00:45:49.35</b> | <b>00:46:08.15</b> | +00:14:00 (30.6%) | 4:35         | 13.1 (69.3%) |
| 136 | <b>MORITZ Rafał</b>        | <b>175</b> |      | M-40      | 36   | 00:00:04    | 00:11:29    | 00:22:13     | 00:33:03    | 00:43:55     | <b>00:45:50.00</b> | <b>00:45:54.40</b> | +00:14:00 (30.6%) | 4:35         | 13.1 (69.3%) |
| 137 | <b>JANOWSKI Jacek</b>      | <b>591</b> |      | M-40      | 37   | 00:00:15    | 00:11:27    | 00:22:11     | 00:33:05    | 00:44:00     | <b>00:45:50.65</b> | <b>00:46:06.30</b> | +00:14:01 (30.6%) | 4:35         | 13.1 (69.3%) |
| 138 | <b>BORUCH Łukasz</b>       | <b>619</b> |      | M-30      | 58   | 00:00:22    | 00:12:33    | 00:23:26     | 00:33:59    | 00:44:09     | <b>00:45:50.85</b> | <b>00:46:13.80</b> | +00:14:01 (30.6%) | 4:35         | 13.1 (69.3%) |
| 139 | <b>BUKOWSKI Mateusz</b>    | <b>122</b> |      | M-30      | 59   | 00:00:05    | 00:11:13    | 00:21:56     | 00:32:58    | 00:44:08     | <b>00:45:59.20</b> | <b>00:46:04.20</b> | +00:14:10 (30.8%) | 4:35         | 13 (68.8%)   |
| 140 | <b>KRZYŻANOWSKI Robert</b> | <b>559</b> |      | M-40      | 38   | 00:00:10    | 00:11:22    | 00:22:02     | 00:33:03    | 00:44:08     | <b>00:46:00.30</b> | <b>00:46:11.00</b> | +00:14:11 (30.8%) | 4:36         | 13 (68.8%)   |
| 141 | <b>LUZAK Mirosław</b>      | <b>488</b> |      | M-50      | 16   | 00:00:07    | 00:11:29    | 00:22:20     | 00:33:15    | 00:44:14     | <b>00:46:03.05</b> | <b>00:46:10.55</b> | +00:14:13 (30.9%) | 4:36         | 13 (68.8%)   |
| 142 | <b>WNUCZYŃSKI Andrzej</b>  | <b>446</b> |      | M-40      | 39   | 00:00:18    | 00:11:17    | 00:22:01     | 00:33:00    | 00:44:11     | <b>00:46:04.45</b> | <b>00:46:22.90</b> | +00:14:15 (30.9%) | 4:36         | 13 (68.8%)   |
| 143 | <b>BUZALSKI Robert</b>     | <b>441</b> |      | M-40      | 40   | 00:00:18    | 00:11:17    | 00:22:01     | 00:33:01    | 00:44:11     | <b>00:46:04.50</b> | <b>00:46:23.00</b> | +00:14:15 (30.9%) | 4:36         | 13 (68.8%)   |
| 144 | <b>SZULC Edmund</b>        | <b>108</b> |      | M-50      | 17   | 00:00:14    | 00:11:02    | 00:21:40     | 00:33:02    | 00:44:16     | <b>00:46:10.70</b> | <b>00:46:25.25</b> | +00:14:21 (31.1%) | 4:37         | 13 (68.8%)   |
| 145 | <b>STEMPNIAK Krzysztof</b> | <b>54</b>  |      | M-40      | 41   | 00:00:08    | 00:11:37    | 00:22:29     | 00:33:28    | 00:44:27     | <b>00:46:15.30</b> | <b>00:46:23.90</b> | +00:14:26 (31.2%) | 4:37         | 13 (68.8%)   |
| 146 | <b>UKLEJEWSKI Tomasz</b>   | <b>292</b> |      | M-40      | 42   | 00:00:10    | 00:11:42    | 00:22:44     | 00:33:42    | 00:44:30     | <b>00:46:15.45</b> | <b>00:46:25.60</b> | +00:14:26 (31.2%) | 4:37         | 13 (68.8%)   |
| 147 | <b>FURTAK Tomasz</b>       | <b>187</b> |      | M-40      | 43   | 00:00:09    | 00:11:42    | 00:22:44     | 00:33:42    | 00:44:30     | <b>00:46:16.20</b> | <b>00:46:26.00</b> | +00:14:27 (31.2%) | 4:37         | 13 (68.8%)   |
| 148 | <b>KANTORSKI Zbysław</b>   | <b>140</b> |      | M-50      | 18   | 00:00:18    | 00:11:28    | 00:22:08     | 00:33:11    | 00:44:24     | <b>00:46:20.05</b> | <b>00:46:38.20</b> | +00:14:30 (31.3%) | 4:38         | 12.9 (68.3%) |
| 149 | <b>SŁOMA Maciej</b>        | <b>224</b> |      | M-40      | 44   | 00:00:22    | 00:11:21    | 00:22:03     | 00:33:27    | 00:44:32     | <b>00:46:20.50</b> | <b>00:46:42.90</b> | +00:14:31 (31.3%) | 4:38         | 12.9 (68.3%) |
| 150 | <b>NOWACKI Mariusz</b>     | <b>480</b> |      | M-40      | 45   | 00:00:03    | 00:10:53    | 00:21:53     | 00:33:13    | 00:44:30     | <b>00:46:21.05</b> | <b>00:46:24.20</b> | +00:14:31 (31.4%) | 4:38         | 12.9 (68.3%) |
| 151 | <b>SZYSZKA Radosław</b>    | <b>589</b> |      | M-30      | 60   | 00:00:05    | 00:10:54    | 00:21:41     | 00:33:00    | 00:44:32     | <b>00:46:28.00</b> | <b>00:46:33.55</b> | +00:14:38 (31.5%) | 4:38         | 12.9 (68.3%) |
| 152 | <b>GACKOWSKI Krzysztof</b> | <b>120</b> |      | M-40      | 46   | 00:00:07    | 00:11:06    | 00:22:04     | 00:33:20    | 00:44:36     | <b>00:46:29.80</b> | <b>00:46:37.00</b> | +00:14:40 (31.6%) | 4:39         | 12.9 (68.3%) |
| 153 | <b>WYRĄBKIEWICZ Janusz</b> | <b>568</b> |      | M-60      | 8    | 00:00:06    | 00:11:34    | 00:22:30     | 00:33:32    | 00:44:37     | <b>00:46:32.25</b> | <b>00:46:38.75</b> | +00:14:43 (31.6%) | 4:39         | 12.9 (68.3%) |
| 154 | <b>KANARKOWSKI Tomasz</b>  | <b>611</b> |      | M-40      | 47   | 00:00:10    | 00:11:47    | 00:22:51     | 00:34:01    | 00:44:47     | <b>00:46:33.60</b> | <b>00:46:44.50</b> | +00:14:44 (31.7%) | 4:39         | 12.9 (68.3%) |

| 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   |
|-----|------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 155 | <b>BUJAK Karol</b>           | <b>302</b> |      | M-40      | 48   | 00:00:02    | 00:11:24    | 00:22:14     | 00:33:30    | 00:44:45     | <b>00:46:34.25</b> | <b>00:46:36.50</b> | +00:14:45 (31.7%) | 4:39         | 12.9 (68.3%) |
| 156 | <b>WIŚNIEWSKI Jakub</b>      | <b>280</b> |      | M-20      | 18   | 00:00:11    | 00:11:02    | 00:22:07     | 00:33:09    | 00:44:43     | <b>00:46:34.85</b> | <b>00:46:46.75</b> | +00:14:45 (31.7%) | 4:39         | 12.9 (68.3%) |
| 157 | <b>ZIÓŁKOWSKI Mieczysław</b> | <b>117</b> |      | M-50      | 19   | 00:00:05    | 00:11:52    | 00:22:54     | 00:33:52    | 00:44:49     | <b>00:46:35.25</b> | <b>00:46:40.95</b> | +00:14:46 (31.7%) | 4:39         | 12.9 (68.3%) |
| 158 | <b>SZŁYK Maciej</b>          | <b>582</b> |      | M-40      | 49   | 00:00:07    | 00:11:48    | 00:22:54     | 00:33:59    | 00:44:52     | <b>00:46:36.65</b> | <b>00:46:44.05</b> | +00:14:47 (31.7%) | 4:39         | 12.9 (68.3%) |
| 159 | <b>SUCHODOLSKI Radosław</b>  | <b>338</b> |      | M-40      | 50   | 00:00:07    | 00:11:27    | 00:22:28     | 00:33:47    | 00:44:45     | <b>00:46:37.35</b> | <b>00:46:45.20</b> | +00:14:48 (31.8%) | 4:39         | 12.9 (68.3%) |
| 160 | <b>LIBAN Zygfryd</b>         | <b>19</b>  |      | M-70      | 1    | 00:00:03    | 00:11:35    | 00:22:34     | 00:33:34    | 00:44:42     | <b>00:46:39.60</b> | <b>00:46:42.60</b> | +00:14:50 (31.8%) | 4:39         | 12.9 (68.3%) |
| 161 | <b>JASIŃSKI Marek</b>        | <b>627</b> |      | M-20      | 19   | 00:00:07    | 00:11:24    | 00:22:29     | 00:33:36    | 00:44:49     | <b>00:46:39.80</b> | <b>00:46:46.90</b> | +00:14:50 (31.8%) | 4:39         | 12.9 (68.3%) |
| 162 | <b>OCHENDAL Maciej</b>       | <b>32</b>  |      | M-30      | 61   | 00:00:07    | 00:11:23    | 00:21:55     | 00:33:19    | 00:44:45     | <b>00:46:47.75</b> | <b>00:46:54.75</b> | +00:14:58 (32.0%) | 4:40         | 12.8 (67.7%) |
| 162 | <b>SIERACKI Krzysztof</b>    | <b>114</b> |      | M-30      | 62   | 00:00:52    | 00:11:34    | 00:22:17     | 00:33:32    | 00:44:46     | <b>00:46:47.75</b> | <b>00:47:40.10</b> | +00:14:58 (32.0%) | 4:40         | 12.8 (67.7%) |
| 164 | <b>MACIEJEWSKI Zbigniew</b>  | <b>191</b> |      | M-50      | 20   | 00:00:02    | 00:11:10    | 00:22:23     | 00:33:41    | 00:44:53     | <b>00:46:48.65</b> | <b>00:46:50.70</b> | +00:14:59 (32.0%) | 4:40         | 12.8 (67.7%) |
| 165 | <b>TUBAJA Albert</b>         | <b>368</b> |      | M-40      | 51   | 00:00:07    | 00:11:23    | 00:21:56     | 00:33:20    | 00:44:47     | <b>00:46:48.85</b> | <b>00:46:56.10</b> | +00:14:59 (32.0%) | 4:40         | 12.8 (67.7%) |
| 166 | <b>DRÓBKA Krzysztof</b>      | <b>262</b> |      | M-50      | 21   | 00:00:08    | 00:11:29    | 00:22:28     | 00:33:35    | 00:44:54     | <b>00:46:49.25</b> | <b>00:46:57.40</b> | +00:15:00 (32.0%) | 4:40         | 12.8 (67.7%) |
| 167 | <b>WIDŹGOWSKI Przemysław</b> | <b>226</b> |      | M-30      | 63   | 00:00:11    | 00:11:58    | 00:22:49     | 00:33:53    | 00:45:04     | <b>00:46:55.70</b> | <b>00:47:07.00</b> | +00:15:06 (32.2%) | 4:41         | 12.8 (67.7%) |
| 168 | <b>ZASADA Krystian</b>       | <b>252</b> |      | M-40      | 52   | 00:00:33    | 00:11:05    | 00:22:09     | 00:33:47    | 00:45:09     | <b>00:47:03.80</b> | <b>00:47:37.30</b> | +00:15:14 (32.4%) | 4:42         | 12.7 (67.2%) |
| 169 | <b>RUSIECKI Mikołaj</b>      | <b>540</b> |      | M-30      | 64   | 00:00:11    | 00:12:00    | 00:23:13     | 00:34:34    | 00:45:15     | <b>00:47:04.45</b> | <b>00:47:15.45</b> | +00:15:15 (32.4%) | 4:42         | 12.7 (67.2%) |
| 170 | <b>WAWRZYŃCZAK Arek</b>      | <b>602</b> |      | M-40      | 53   | 00:00:11    | 00:12:20    | 00:23:14     | 00:34:21    | 00:45:19     | <b>00:47:06.50</b> | <b>00:47:18.05</b> | +00:15:17 (32.5%) | 4:42         | 12.7 (67.2%) |
| 171 | <b>KIEŁBASIEWICZ Bartosz</b> | <b>563</b> |      | M-20      | 20   | 00:00:22    | 00:11:51    | 00:22:49     | 00:34:01    | 00:45:22     | <b>00:47:07.10</b> | <b>00:47:29.35</b> | +00:15:17 (32.5%) | 4:42         | 12.7 (67.2%) |
| 172 | <b>MAŁKIŃSKI Józef</b>       | <b>118</b> |      | M-60      | 9    | 00:00:09    | 00:11:44    | 00:22:46     | 00:33:53    | 00:45:10     | <b>00:47:09.90</b> | <b>00:47:19.10</b> | +00:15:20 (32.5%) | 4:43         | 12.7 (67.2%) |
| 173 | <b>MONDRY Waldemar</b>       | <b>278</b> |      | M-50      | 22   | 00:00:21    | 00:12:11    | 00:22:51     | 00:34:25    | 00:45:15     | <b>00:47:11.40</b> | <b>00:47:32.40</b> | +00:15:22 (32.6%) | 4:43         | 12.7 (67.2%) |
| 174 | <b>DĄBKOWSKI Wojciech</b>    | <b>81</b>  |      | M-30      | 65   | 00:00:37    | 00:12:23    | 00:23:38     | 00:34:45    | 00:45:30     | <b>00:47:15.40</b> | <b>00:47:52.50</b> | +00:15:26 (32.7%) | 4:43         | 12.7 (67.2%) |
| 175 | <b>KŁOSKOWSKI Adam</b>       | <b>440</b> |      | M-30      | 66   | 00:00:24    | 00:11:23    | 00:22:26     | 00:33:51    | 00:45:34     | <b>00:47:17.30</b> | <b>00:47:42.15</b> | +00:15:28 (32.7%) | 4:43         | 12.7 (67.2%) |
| 176 | <b>SZTEJKA Damian</b>        | <b>228</b> |      | M-40      | 54   | 00:00:15    | 00:11:53    | 00:23:13     | 00:34:28    | 00:45:42     | <b>00:47:30.90</b> | <b>00:47:45.90</b> | +00:15:41 (33.0%) | 4:45         | 12.6 (66.7%) |
| 177 | <b>KLATECKI Adam</b>         | <b>130</b> |      | M-30      | 67   | 00:00:17    | 00:12:03    | 00:23:17     | 00:34:33    | 00:45:46     | <b>00:47:33.50</b> | <b>00:47:50.50</b> | +00:15:44 (33.1%) | 4:45         | 12.6 (66.7%) |



| 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   |
|-----|----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 178 | <b>ŻYWICA Adam</b>         | <b>17</b>  |      | M-40      | 55   | 00:00:04    | 00:12:10    | 00:23:27     | 00:34:45    | 00:45:50     | <b>00:47:39.30</b> | <b>00:47:44.10</b> | +00:15:50 (33.2%) | 4:46         | 12.6 (66.7%) |
| 179 | <b>ZBORALSKI Krzysztof</b> | <b>442</b> |      | M-40      | 56   | 00:00:08    | 00:11:56    | 00:23:11     | 00:34:27    | 00:45:44     | <b>00:47:40.35</b> | <b>00:47:48.60</b> | +00:15:51 (33.3%) | 4:46         | 12.6 (66.7%) |
| 179 | <b>STASZEWSKI Adam</b>     | <b>422</b> |      | M-30      | 68   | 00:00:35    | 00:12:06    | 00:23:14     | 00:34:35    | 00:45:52     | <b>00:47:40.35</b> | <b>00:48:15.70</b> | +00:15:51 (33.3%) | 4:46         | 12.6 (66.7%) |
| 181 | <b>RUSZKIEWICZ Łukasz</b>  | <b>352</b> |      | M-30      | 69   | 00:00:38    | 00:12:09    | 00:23:01     | 00:34:32    | 00:46:01     | <b>00:47:49.65</b> | <b>00:48:28.25</b> | +00:16:00 (33.5%) | 4:47         | 12.5 (66.1%) |
| 182 | <b>RYDLEWSKI Marek</b>     | <b>53</b>  |      | M-40      | 57   | 00:00:09    | 00:11:50    | 00:23:11     | 00:34:38    | 00:46:05     | <b>00:47:55.30</b> | <b>00:48:05.20</b> | +00:16:06 (33.6%) | 4:47         | 12.5 (66.1%) |
| 183 | <b>KUJAWA Daniel</b>       | <b>29</b>  |      | M-30      | 70   | 00:00:33    | 00:11:29    | 00:22:44     | 00:34:14    | 00:45:52     | <b>00:47:57.20</b> | <b>00:48:30.65</b> | +00:16:08 (33.6%) | 4:47         | 12.5 (66.1%) |
| 184 | <b>KUNKE Tomasz</b>        | <b>277</b> |      | M-30      | 71   | 00:00:05    | 00:11:00    | 00:22:24     | 00:34:17    | 00:46:00     | <b>00:47:57.35</b> | <b>00:48:03.00</b> | +00:16:08 (33.6%) | 4:47         | 12.5 (66.1%) |
| 185 | <b>LEWANDOWSKI Marcin</b>  | <b>539</b> |      | M-20      | 21   | 00:00:10    | 00:12:01    | 00:23:14     | 00:34:35    | 00:46:02     | <b>00:47:58.35</b> | <b>00:48:08.95</b> | +00:16:09 (33.7%) | 4:47         | 12.5 (66.1%) |
| 186 | <b>WISIŃSKI Piotr</b>      | <b>296</b> |      | M-50      | 23   | 00:00:06    | 00:12:37    | 00:23:48     | 00:34:53    | 00:45:57     | <b>00:47:58.70</b> | <b>00:48:05.65</b> | +00:16:09 (33.7%) | 4:47         | 12.5 (66.1%) |
| 187 | <b>SMYK Piotr</b>          | <b>178</b> |      | M-30      | 72   | 00:00:11    | 00:12:01    | 00:23:24     | 00:34:53    | 00:46:22     | <b>00:48:04.15</b> | <b>00:48:15.80</b> | +00:16:15 (33.8%) | 4:48         | 12.5 (66.1%) |
| 188 | <b>MROZEK Mariusz</b>      | <b>521</b> |      | M-30      | 73   | 00:00:29    | 00:12:01    | 00:23:25     | 00:34:53    | 00:46:10     | <b>00:48:04.30</b> | <b>00:48:33.40</b> | +00:16:15 (33.8%) | 4:48         | 12.5 (66.1%) |
| 189 | <b>BURY Tomasz</b>         | <b>551</b> |      | M-20      | 22   | 00:00:01    | 00:11:10    | 00:22:34     | 00:34:13    | 00:46:01     | <b>00:48:05.20</b> | <b>00:48:07.10</b> | +00:16:16 (33.8%) | 4:48         | 12.5 (66.1%) |
| 190 | <b>JANIK Roman</b>         | <b>85</b>  |      | M-60      | 10   | 00:00:02    | 00:11:58    | 00:23:26     | 00:34:49    | 00:46:10     | <b>00:48:07.30</b> | <b>00:48:10.20</b> | +00:16:18 (33.9%) | 4:48         | 12.5 (66.1%) |
| 191 | <b>SZULC Mateusz</b>       | <b>253</b> |      | M-20      | 23   | 00:00:18    | 00:12:41    | 00:24:19     | 00:35:35    | 00:46:24     | <b>00:48:08.90</b> | <b>00:48:27.70</b> | +00:16:19 (33.9%) | 4:48         | 12.5 (66.1%) |
| 192 | <b>KONIEC Krzysztof</b>    | <b>93</b>  |      | M-40      | 58   | 00:00:24    | 00:11:45    | 00:22:57     | 00:34:44    | 00:46:17     | <b>00:48:09.10</b> | <b>00:48:34.00</b> | +00:16:19 (33.9%) | 4:49         | 12.5 (66.1%) |
| 193 | <b>SIKORA Kamil</b>        | <b>605</b> |      | M-30      | 74   | 00:00:19    | 00:12:27    | 00:23:47     | 00:35:00    | 00:46:17     | <b>00:48:11.30</b> | <b>00:48:30.40</b> | +00:16:22 (34.0%) | 4:49         | 12.5 (66.1%) |
| 194 | <b>BIEL Marek</b>          | <b>325</b> |      | M-40      | 59   | 00:00:22    | 00:11:34    | 00:22:40     | 00:34:15    | 00:46:06     | <b>00:48:11.80</b> | <b>00:48:34.10</b> | +00:16:22 (34.0%) | 4:49         | 12.4 (65.6%) |
| 195 | <b>DĄBKOWSKI Maciej</b>    | <b>79</b>  |      | M-40      | 60   | 00:00:36    | 00:12:25    | 00:23:49     | 00:35:02    | 00:46:15     | <b>00:48:11.95</b> | <b>00:48:48.75</b> | +00:16:22 (34.0%) | 4:49         | 12.4 (65.6%) |
| 196 | <b>SUCHOMSKI Eugeniusz</b> | <b>124</b> |      | M-60      | 11   | 00:00:00    | 00:11:50    | 00:23:10     | 00:34:57    | 00:46:21     | <b>00:48:13.00</b> | <b>00:48:13.00</b> | +00:16:23 (34.0%) | 4:49         | 12.4 (65.6%) |
| 197 | <b>GOLINOWSKI Dariusz</b>  | <b>229</b> |      | M-40      | 61   | 00:00:12    | 00:11:42    | 00:23:01     | 00:34:42    | 00:46:10     | <b>00:48:13.65</b> | <b>00:48:25.75</b> | +00:16:24 (34.0%) | 4:49         | 12.4 (65.6%) |
| 198 | <b>LASKOWSKI Łukasz</b>    | <b>381</b> |      | M-20      | 24   | 00:00:11    | 00:11:27    | 00:22:57     | 00:34:39    | 00:46:17     | <b>00:48:15.90</b> | <b>00:48:27.50</b> | +00:16:26 (34.1%) | 4:49         | 12.4 (65.6%) |
| 199 | <b>FILIPEK Piotr</b>       | <b>481</b> |      | M-40      | 62   | 00:00:13    | 00:12:14    | 00:23:35     | 00:35:08    | 00:46:27     | <b>00:48:17.20</b> | <b>00:48:31.15</b> | +00:16:28 (34.1%) | 4:49         | 12.4 (65.6%) |
| 200 | <b>KANIA Dariusz</b>       | <b>477</b> |      | M-40      | 63   | 00:00:08    | 00:11:57    | 00:23:12     | 00:34:30    | 00:46:18     | <b>00:48:23.30</b> | <b>00:48:32.00</b> | +00:16:34 (34.2%) | 4:50         | 12.4 (65.6%) |

| 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      |
|-----|-------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 201 | <b>ROBINSON Paul</b>          | <b>113</b> |      | M-60      | 12   | 00:00:13    | 00:12:29    | 00:23:48     | 00:35:06    | 00:46:25     | <b>00:48:26.85</b> | <b>00:48:40.25</b> | +00:16:37<br>(34.3%) | 4:50         | 12.4<br>(65.6%) |
| 202 | <b>ŚWIATOWY Krystian</b>      | <b>544</b> |      | M-30      | 75   | 00:00:21    | 00:11:47    | 00:23:01     | 00:34:45    | 00:46:36     | <b>00:48:28.95</b> | <b>00:48:50.65</b> | +00:16:39<br>(34.4%) | 4:50         | 12.4<br>(65.6%) |
| 203 | <b>KACZYŃSKI Marek</b>        | <b>358</b> |      | M-30      | 76   | 00:00:02    | 00:12:09    | 00:23:36     | 00:35:13    | 00:46:43     | <b>00:48:30.10</b> | <b>00:48:33.00</b> | +00:16:40<br>(34.4%) | 4:51         | 12.4<br>(65.6%) |
| 204 | <b>DRAPIEWSKI Mirosław</b>    | <b>449</b> |      | M-30      | 77   | 00:00:09    | 00:11:59    | 00:23:25     | 00:35:04    | 00:46:32     | <b>00:48:32.80</b> | <b>00:48:42.45</b> | +00:16:43<br>(34.5%) | 4:51         | 12.4<br>(65.6%) |
| 205 | <b>KURS Jarosław</b>          | <b>197</b> |      | M-50      | 24   | 00:00:21    | 00:12:05    | 00:23:25     | 00:35:03    | 00:46:42     | <b>00:48:33.70</b> | <b>00:48:55.65</b> | +00:16:44<br>(34.5%) | 4:51         | 12.4<br>(65.6%) |
| 206 | <b>GACKA Rafał</b>            | <b>420</b> |      | M-40      | 64   | 00:00:14    | 00:12:00    | 00:23:19     | 00:34:58    | 00:46:39     | <b>00:48:39.25</b> | <b>00:48:53.60</b> | +00:16:50<br>(34.6%) | 4:51         | 12.3<br>(65.1%) |
| 207 | <b>SZUBARTOWSKI Robert</b>    | <b>147</b> |      | M-40      | 65   | 00:00:17    | 00:12:12    | 00:23:28     | 00:35:03    | 00:46:50     | <b>00:48:45.20</b> | <b>00:49:03.05</b> | +00:16:56<br>(34.7%) | 4:52         | 12.3<br>(65.1%) |
| 208 | <b>RÓŻYCKI Waldemar</b>       | <b>452</b> |      | M-40      | 66   | 00:00:26    | 00:12:15    | 00:24:18     | 00:36:03    | 00:46:57     | <b>00:48:47.55</b> | <b>00:49:13.95</b> | +00:16:58<br>(34.8%) | 4:52         | 12.3<br>(65.1%) |
| 209 | <b>NURKIEWICZ Jarosław</b>    | <b>512</b> |      | M-40      | 67   | 00:00:22    | 00:12:10    | 00:23:41     | 00:35:23    | 00:46:57     | <b>00:48:49.25</b> | <b>00:49:11.45</b> | +00:17:00<br>(34.8%) | 4:52         | 12.3<br>(65.1%) |
| 210 | <b>TOMCZAK Zbigniew</b>       | <b>74</b>  |      | M-60      | 13   | 00:00:27    | 00:12:25    | 00:23:51     | 00:35:15    | 00:46:52     | <b>00:48:52.20</b> | <b>00:49:20.00</b> | +00:17:03<br>(34.9%) | 4:53         | 12.3<br>(65.1%) |
| 211 | <b>RYBAK Remigiusz</b>        | <b>538</b> |      | M-40      | 68   | 00:00:11    | 00:12:06    | 00:23:41     | 00:35:26    | 00:47:02     | <b>00:48:59.60</b> | <b>00:49:10.90</b> | +00:17:10<br>(35.1%) | 4:53         | 12.2<br>(64.6%) |
| 212 | <b>SADOWSKI Michał</b>        | <b>97</b>  |      | M-30      | 78   | 00:00:15    | 00:12:06    | 00:23:34     | 00:35:16    | 00:47:01     | <b>00:49:03.00</b> | <b>00:49:18.05</b> | +00:17:13<br>(35.1%) | 4:54         | 12.2<br>(64.6%) |
| 212 | <b>PRZEDWOJSKI Dariusz</b>    | <b>35</b>  |      | M-40      | 69   | 00:00:38    | 00:12:28    | 00:24:01     | 00:35:37    | 00:47:08     | <b>00:49:03.00</b> | <b>00:49:41.35</b> | +00:17:13<br>(35.1%) | 4:54         | 12.2<br>(64.6%) |
| 214 | <b>KĘPSKI Mariusz</b>         | <b>478</b> |      | M-30      | 79   | 00:00:07    | 00:11:57    | 00:23:13     | 00:34:57    | 00:46:58     | <b>00:49:04.75</b> | <b>00:49:12.55</b> | +00:17:15<br>(35.2%) | 4:54         | 12.2<br>(64.6%) |
| 215 | <b>DOMAN Janusz</b>           | <b>112</b> |      | M-60      | 14   | 00:00:03    | 00:11:46    | 00:23:20     | 00:35:12    | 00:47:12     | <b>00:49:12.30</b> | <b>00:49:16.15</b> | +00:17:23<br>(35.3%) | 4:55         | 12.2<br>(64.6%) |
| 216 | <b>SZULC Jarosław</b>         | <b>362</b> |      | M-30      | 80   | 00:00:21    | 00:12:05    | 00:23:40     | 00:35:13    | 00:47:07     | <b>00:49:12.40</b> | <b>00:49:34.30</b> | +00:17:23<br>(35.3%) | 4:55         | 12.2<br>(64.6%) |
| 217 | <b>LICA Krzysiu</b>           | <b>500</b> |      | M-50      | 25   | 00:00:16    | 00:12:15    | 00:23:48     | 00:35:28    | 00:47:13     | <b>00:49:14.70</b> | <b>00:49:31.10</b> | +00:17:25<br>(35.4%) | 4:55         | 12.2<br>(64.6%) |
| 218 | <b>LUDWINIAK Bogdan</b>       | <b>92</b>  |      | M-50      | 26   | 00:00:09    | 00:12:17    | 00:23:53     | 00:35:33    | 00:47:19     | <b>00:49:19.25</b> | <b>00:49:28.60</b> | +00:17:30<br>(35.5%) | 4:55         | 12.2<br>(64.6%) |
| 219 | <b>WOJCIECHOWSKI Grzegorz</b> | <b>136</b> |      | M-50      | 27   | 00:00:31    | 00:13:15    | 00:24:49     | 00:36:18    | 00:47:28     | <b>00:49:21.80</b> | <b>00:49:53.40</b> | +00:17:32<br>(35.5%) | 4:56         | 12.2<br>(64.6%) |
| 220 | <b>ŚWIĄTKOWSKI Marcin</b>     | <b>593</b> |      | M-30      | 81   | 00:00:21    | 00:11:58    | 00:23:35     | 00:35:33    | 00:47:25     | <b>00:49:24.75</b> | <b>00:49:46.05</b> | +00:17:35<br>(35.6%) | 4:56         | 12.1<br>(64.0%) |
| 221 | <b>KOLANOWSKI Wojciech</b>    | <b>65</b>  |      | M-50      | 28   | 00:00:12    | 00:12:27    | 00:24:11     | 00:35:52    | 00:47:33     | <b>00:49:26.20</b> | <b>00:49:39.15</b> | +00:17:37<br>(35.6%) | 4:56         | 12.1<br>(64.0%) |
| 222 | <b>REPKA Marek</b>            | <b>549</b> |      | M-40      | 70   | 00:00:14    | 00:12:10    | 00:23:54     | 00:35:53    | 00:47:35     | <b>00:49:26.35</b> | <b>00:49:40.55</b> | +00:17:37<br>(35.6%) | 4:56         | 12.1<br>(64.0%) |
| 223 | <b>GORDON Roman</b>           | <b>121</b> |      | M-60      | 15   | 00:00:11    | 00:12:10    | 00:23:46     | 00:35:24    | 00:47:32     | <b>00:49:32.90</b> | <b>00:49:44.15</b> | +00:17:43<br>(35.8%) | 4:57         | 12.1<br>(64.0%) |

| 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      |
|-----|-------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 224 | <b>SIKORA Antoni</b>          | <b>393</b> |      | M-60      | 16   | 00:00:08    | 00:12:04    | 00:23:47     | 00:35:43    | 00:47:37     | <b>00:49:39.40</b> | <b>00:49:47.50</b> | +00:17:50<br>(35.9%) | 4:57         | 12.1<br>(64.0%) |
| 225 | <b>KOWALSKI Jacek</b>         | <b>336</b> |      | M-40      | 71   | 00:00:37    | 00:12:25    | 00:24:03     | 00:35:51    | 00:47:39     | <b>00:49:40.60</b> | <b>00:50:17.85</b> | +00:17:51<br>(35.9%) | 4:58         | 12.1<br>(64.0%) |
| 226 | <b>KRUCZKOWSKI Piotr</b>      | <b>507</b> |      | M-50      | 29   | 00:00:36    | 00:12:36    | 00:24:19     | 00:36:13    | 00:47:48     | <b>00:49:42.45</b> | <b>00:50:19.20</b> | +00:17:53<br>(36.0%) | 4:58         | 12.1<br>(64.0%) |
| 227 | <b>KWIATKOWSKI Tomasz</b>     | <b>437</b> |      | M-40      | 72   | 00:00:11    | 00:12:46    | 00:25:03     | 00:36:30    | 00:47:48     | <b>00:49:46.45</b> | <b>00:49:57.50</b> | +00:17:57<br>(36.1%) | 4:58         | 12.1<br>(64.0%) |
| 228 | <b>MATYSZCZAK Damian</b>      | <b>244</b> |      | M-40      | 73   | 00:00:16    | 00:12:07    | 00:23:39     | 00:35:32    | 00:47:44     | <b>00:49:47.55</b> | <b>00:50:04.35</b> | +00:17:58<br>(36.1%) | 4:58         | 12<br>(63.5%)   |
| 229 | <b>GRYCZKA Karol</b>          | <b>279</b> |      | M-1       | 5    | 00:00:15    | 00:12:34    | 00:24:15     | 00:36:11    | 00:47:59     | <b>00:49:54.05</b> | <b>00:50:09.80</b> | +00:18:04<br>(36.2%) | 4:59         | 12<br>(63.5%)   |
| 230 | <b>KRÓL Ireneusz</b>          | <b>599</b> |      | M-60      | 17   | 00:00:15    | 00:12:58    | 00:24:30     | 00:36:01    | 00:47:59     | <b>00:49:57.45</b> | <b>00:50:12.60</b> | +00:18:08<br>(36.3%) | 4:59         | 12<br>(63.5%)   |
| 231 | <b>JENERALSKI Maciej</b>      | <b>527</b> |      | M-40      | 74   | 00:00:22    | 00:12:26    | 00:24:14     | 00:36:18    | 00:48:02     | <b>00:50:00.70</b> | <b>00:50:22.80</b> | +00:18:11<br>(36.4%) | 5:00         | 12<br>(63.5%)   |
| 232 | <b>SOBAŃSKI Michał</b>        | <b>357</b> |      | M-30      | 82   | 00:00:11    | 00:12:47    | 00:25:08     | 00:37:08    | 00:48:17     | <b>00:50:00.75</b> | <b>00:50:12.40</b> | +00:18:11<br>(36.4%) | 5:00         | 12<br>(63.5%)   |
| 233 | <b>WINKLEWSKI Krzysztof</b>   | <b>44</b>  |      | M-40      | 75   | 00:00:40    | 00:12:28    | 00:24:13     | 00:36:09    | 00:48:06     | <b>00:50:04.05</b> | <b>00:50:44.45</b> | +00:18:14<br>(36.4%) | 5:00         | 12<br>(63.5%)   |
| 234 | <b>SZEWCZYKOWSKI Grzegorz</b> | <b>487</b> |      | M-30      | 83   | 00:00:30    | 00:12:35    | 00:24:22     | 00:36:16    | 00:48:08     | <b>00:50:06.85</b> | <b>00:50:37.30</b> | +00:18:17<br>(36.5%) | 5:00         | 12<br>(63.5%)   |
| 235 | <b>KARPIŃSKI Daniel Marek</b> | <b>210</b> |      | M-30      | 84   | 00:00:12    | 00:13:15    | 00:24:55     | 00:36:28    | 00:48:11     | <b>00:50:09.90</b> | <b>00:50:22.55</b> | +00:18:20<br>(36.6%) | 5:01         | 12<br>(63.5%)   |
| 236 | <b>JURSKI Robert</b>          | <b>212</b> |      | M-40      | 76   | 00:00:10    | 00:12:50    | 00:24:32     | 00:36:17    | 00:48:12     | <b>00:50:11.25</b> | <b>00:50:21.65</b> | +00:18:22<br>(36.6%) | 5:01         | 12<br>(63.5%)   |
| 237 | <b>ŁOŚ Piotr</b>              | <b>9</b>   |      | M-40      | 77   | 00:00:27    | 00:12:48    | 00:24:43     | 00:36:19    | 00:48:20     | <b>00:50:16.15</b> | <b>00:50:43.85</b> | +00:18:27<br>(36.7%) | 5:01         | 11.9<br>(63.0%) |
| 238 | <b>KUKAWKA Damian</b>         | <b>365</b> |      | M-30      | 85   | 00:00:22    | 00:12:26    | 00:23:48     | 00:35:51    | 00:48:11     | <b>00:50:16.70</b> | <b>00:50:39.20</b> | +00:18:27<br>(36.7%) | 5:01         | 11.9<br>(63.0%) |
| 239 | <b>WIŚNIEWSKI Janusz</b>      | <b>45</b>  |      | M-50      | 30   | 00:00:47    | 00:12:59    | 00:24:34     | 00:36:21    | 00:48:19     | <b>00:50:19.15</b> | <b>00:51:06.90</b> | +00:18:30<br>(36.8%) | 5:01         | 11.9<br>(63.0%) |
| 240 | <b>FILIPIAK Jakub</b>         | <b>208</b> |      | M-30      | 86   | 00:00:19    | 00:12:42    | 00:24:37     | 00:36:31    | 00:48:27     | <b>00:50:27.70</b> | <b>00:50:47.60</b> | +00:18:38<br>(36.9%) | 5:02         | 11.9<br>(63.0%) |
| 241 | <b>MARCYJANIAK Krzysztof</b>  | <b>135</b> |      | M-40      | 78   | 00:00:31    | 00:12:25    | 00:24:04     | 00:36:06    | 00:48:31     | <b>00:50:32.40</b> | <b>00:51:04.15</b> | +00:18:43<br>(37.0%) | 5:03         | 11.9<br>(63.0%) |
| 242 | <b>ŚLESIŃSKI Bartosz</b>      | <b>513</b> |      | M-40      | 79   | 00:00:38    | 00:13:03    | 00:25:01     | 00:36:56    | 00:48:42     | <b>00:50:33.30</b> | <b>00:51:11.95</b> | +00:18:44<br>(37.1%) | 5:03         | 11.9<br>(63.0%) |
| 243 | <b>KRAWCZUK Andrzej</b>       | <b>311</b> |      | M-60      | 18   | 00:00:01    | 00:11:59    | 00:23:52     | 00:36:04    | 00:48:31     | <b>00:50:34.90</b> | <b>00:50:36.15</b> | +00:18:45<br>(37.1%) | 5:03         | 11.9<br>(63.0%) |
| 244 | <b>SITKO Arkadiusz</b>        | <b>421</b> |      | M-40      | 80   | 00:00:02    | 00:12:27    | 00:24:32     | 00:36:43    | 00:48:41     | <b>00:50:41.95</b> | <b>00:50:44.50</b> | +00:18:52<br>(37.2%) | 5:04         | 11.8<br>(62.4%) |
| 245 | <b>TRZCIŃSKI Eugeniusz</b>    | <b>230</b> |      | M-60      | 19   | 00:00:19    | 00:12:21    | 00:24:11     | 00:36:13    | 00:48:39     | <b>00:50:42.95</b> | <b>00:51:02.40</b> | +00:18:53<br>(37.3%) | 5:04         | 11.8<br>(62.4%) |
| 246 | <b>MACKIEWICZ Piotr</b>       | <b>125</b> |      | M-30      | 87   | 00:00:24    | 00:13:04    | 00:25:21     | 00:37:23    | 00:48:48     | <b>00:50:45.90</b> | <b>00:51:10.85</b> | +00:18:56<br>(37.3%) | 5:04         | 11.8<br>(62.4%) |

| 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   |
|-----|-----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 247 | <b>BRZozowski Marcin</b>    | <b>160</b> |      | M-20      | 25   | 00:00:42    | 00:13:32    | 00:25:19     | 00:36:56    | 00:48:53     | <b>00:50:47.25</b> | <b>00:51:29.45</b> | +00:18:58 (37.3%) | 5:04         | 11.8 (62.4%) |
| 248 | <b>WROBEL Mateusz</b>       | <b>580</b> |      | M-20      | 26   | 00:00:08    | 00:11:39    | 00:23:48     | 00:36:23    | 00:48:55     | <b>00:50:48.70</b> | <b>00:50:57.60</b> | +00:18:59 (37.4%) | 5:04         | 11.8 (62.4%) |
| 249 | <b>RAUT Wiesław</b>         | <b>307</b> |      | M-60      | 20   | 00:00:27    | 00:13:02    | 00:25:17     | 00:37:18    | 00:48:51     | <b>00:50:53.70</b> | <b>00:51:21.40</b> | +00:19:04 (37.5%) | 5:05         | 11.8 (62.4%) |
| 250 | <b>RUDOL Sebastian</b>      | <b>213</b> |      | M-40      | 81   | 00:00:30    | 00:13:34    | 00:25:22     | 00:37:01    | 00:49:07     | <b>00:50:55.00</b> | <b>00:51:25.30</b> | +00:19:05 (37.5%) | 5:05         | 11.8 (62.4%) |
| 251 | <b>STAWCZYK Dariusz</b>     | <b>41</b>  |      | M-40      | 82   | 00:00:18    | 00:12:51    | 00:24:57     | 00:37:02    | 00:49:06     | <b>00:51:05.85</b> | <b>00:51:23.85</b> | +00:19:16 (37.7%) | 5:06         | 11.7 (61.9%) |
| 252 | <b>LEBIEDZIŃSKI Konrad</b>  | <b>576</b> |      | M-30      | 88   | 00:00:14    | 00:12:15    | 00:24:05     | 00:36:31    | 00:49:08     | <b>00:51:08.40</b> | <b>00:51:22.60</b> | +00:19:19 (37.8%) | 5:06         | 11.7 (61.9%) |
| 253 | <b>ŚLOT Michał</b>          | <b>389</b> |      | M-40      | 83   | 00:00:32    | 00:13:24    | 00:25:33     | 00:37:32    | 00:49:08     | <b>00:51:09.90</b> | <b>00:51:42.30</b> | +00:19:20 (37.8%) | 5:07         | 11.7 (61.9%) |
| 254 | <b>DERENDA Mirosław</b>     | <b>104</b> |      | M-30      | 89   | 00:00:16    | 00:12:07    | 00:23:53     | 00:36:09    | 00:49:01     | <b>00:51:11.95</b> | <b>00:51:28.20</b> | +00:19:22 (37.9%) | 5:07         | 11.7 (61.9%) |
| 255 | <b>BOLINSKI Bartosz</b>     | <b>533</b> |      | M-30      | 90   | 00:00:29    | 00:12:30    | 00:24:31     | 00:37:08    | 00:49:20     | <b>00:51:12.45</b> | <b>00:51:41.75</b> | +00:19:23 (37.9%) | 5:07         | 11.7 (61.9%) |
| 256 | <b>PASTECKI Robert</b>      | <b>583</b> |      | M-40      | 84   | 00:00:27    | 00:12:52    | 00:24:59     | 00:36:58    | 00:49:08     | <b>00:51:14.90</b> | <b>00:51:42.60</b> | +00:19:25 (37.9%) | 5:07         | 11.7 (61.9%) |
| 257 | <b>MAŁKOWSKI Sebastian</b>  | <b>329</b> |      | M-30      | 91   | 00:00:22    | 00:13:00    | 00:25:18     | 00:37:31    | 00:49:21     | <b>00:51:23.65</b> | <b>00:51:46.15</b> | +00:19:34 (38.1%) | 5:08         | 11.7 (61.9%) |
| 258 | <b>KOWAL Michał</b>         | <b>399</b> |      | M-30      | 92   | 00:00:23    | 00:13:35    | 00:25:53     | 00:37:36    | 00:49:28     | <b>00:51:23.95</b> | <b>00:51:47.80</b> | +00:19:34 (38.1%) | 5:08         | 11.7 (61.9%) |
| 259 | <b>CHROBAK Tomasz</b>       | <b>207</b> |      | M-30      | 93   | 00:00:14    | 00:12:13    | 00:24:16     | 00:36:39    | 00:49:14     | <b>00:51:25.65</b> | <b>00:51:40.30</b> | +00:19:36 (38.1%) | 5:08         | 11.7 (61.9%) |
| 260 | <b>KOWALCZYK Tomasz</b>     | <b>161</b> |      | M-40      | 85   | 00:00:18    | 00:12:34    | 00:24:27     | 00:36:45    | 00:49:18     | <b>00:51:28.70</b> | <b>00:51:47.05</b> | +00:19:39 (38.2%) | 5:08         | 11.7 (61.9%) |
| 261 | <b>KIEŁBASIWICZ Bartosz</b> | <b>543</b> |      | M-20      | 27   | 00:00:31    | 00:13:31    | 00:26:01     | 00:38:01    | 00:49:44     | <b>00:51:28.95</b> | <b>00:52:00.45</b> | +00:19:39 (38.2%) | 5:08         | 11.7 (61.9%) |
| 262 | <b>JAMNY Miłosz</b>         | <b>585</b> |      | M-60      | 21   | 00:00:30    | 00:12:07    | 00:23:47     | 00:35:43    | 00:49:30     | <b>00:51:32.00</b> | <b>00:52:02.10</b> | +00:19:42 (38.3%) | 5:09         | 11.6 (61.4%) |
| 263 | <b>CHOŚCIŃSKI Piotr</b>     | <b>574</b> |      | M-40      | 86   | 00:00:16    | 00:12:43    | 00:24:36     | 00:36:52    | 00:49:23     | <b>00:51:32.35</b> | <b>00:51:48.80</b> | +00:19:43 (38.3%) | 5:09         | 11.6 (61.4%) |
| 264 | <b>ANGLART Roman</b>        | <b>355</b> |      | M-50      | 31   | 00:00:25    | 00:12:47    | 00:25:01     | 00:37:22    | 00:49:39     | <b>00:51:32.65</b> | <b>00:51:58.30</b> | +00:19:43 (38.3%) | 5:09         | 11.6 (61.4%) |
| 265 | <b>GUŹDZIOŁ Jarosław</b>    | <b>321</b> |      | M-30      | 94   | 00:00:14    | 00:12:16    | 00:24:19     | 00:36:52    | 00:49:32     | <b>00:51:40.65</b> | <b>00:51:55.45</b> | +00:19:51 (38.4%) | 5:10         | 11.6 (61.4%) |
| 266 | <b>REY ALAMEDA Javier</b>   | <b>408</b> |      | M-40      | 87   | 00:00:21    | 00:13:09    | 00:25:25     | 00:37:32    | 00:49:41     | <b>00:51:44.25</b> | <b>00:52:05.95</b> | +00:19:55 (38.5%) | 5:10         | 11.6 (61.4%) |
| 267 | <b>KRUPIŃSKI Andrzej</b>    | <b>297</b> |      | M-50      | 32   | 00:00:34    | 00:13:27    | 00:25:45     | 00:37:58    | 00:49:51     | <b>00:51:46.30</b> | <b>00:52:20.70</b> | +00:19:57 (38.5%) | 5:10         | 11.6 (61.4%) |
| 268 | <b>MORAWSKI Marek</b>       | <b>219</b> |      | M-40      | 88   | 00:00:11    | 00:12:20    | 00:24:17     | 00:37:00    | 00:49:48     | <b>00:51:48.25</b> | <b>00:52:00.10</b> | +00:19:59 (38.6%) | 5:10         | 11.6 (61.4%) |
| 269 | <b>WILCZYŃSKI Łukasz</b>    | <b>129</b> |      | M-20      | 28   | 00:00:21    | 00:12:42    | 00:24:47     | 00:37:06    | 00:49:39     | <b>00:51:49.05</b> | <b>00:52:10.05</b> | +00:19:59 (38.6%) | 5:10         | 11.6 (61.4%) |

| 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   |
|-----|---------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 270 | <b>PALACZ Michał</b>            | <b>159</b> |      | M-40      | 89   | 00:00:27    | 00:13:23    | 00:25:45     | 00:38:04    | 00:49:59     | <b>00:51:52.90</b> | <b>00:52:20.30</b> | +00:20:03 (38.7%) | 5:11         | 11.6 (61.4%) |
| 271 | <b>SZUFRAJDA Robert</b>         | <b>151</b> |      | M-20      | 29   | 00:00:26    | 00:13:24    | 00:25:46     | 00:38:05    | 00:50:00     | <b>00:51:53.10</b> | <b>00:52:19.90</b> | +00:20:03 (38.7%) | 5:11         | 11.6 (61.4%) |
| 272 | <b>SADOWSKI Marian</b>          | <b>406</b> |      | M-40      | 90   | 00:00:36    | 00:13:46    | 00:25:54     | 00:37:50    | 00:49:48     | <b>00:51:54.60</b> | <b>00:52:30.70</b> | +00:20:05 (38.7%) | 5:11         | 11.6 (61.4%) |
| 273 | <b>SKUPSZ Jędrzej Kazimierz</b> | <b>350</b> |      | M-20      | 30   | 00:00:09    | 00:12:24    | 00:24:39     | 00:37:11    | 00:49:56     | <b>00:51:57.00</b> | <b>00:52:06.90</b> | +00:20:07 (38.8%) | 5:11         | 11.5 (60.8%) |
| 274 | <b>ZIĘTARA Rajmund</b>          | <b>344</b> |      | M-50      | 33   | 00:00:17    | 00:12:06    | 00:23:38     | 00:35:32    | 00:49:29     | <b>00:52:04.05</b> | <b>00:52:21.15</b> | +00:20:14 (38.9%) | 5:12         | 11.5 (60.8%) |
| 275 | <b>MIELCARSKI Michał</b>        | <b>46</b>  |      | M-30      | 95   | 00:00:40    | 00:12:31    | 00:24:49     | 00:37:19    | 00:49:57     | <b>00:52:06.70</b> | <b>00:52:47.40</b> | +00:20:17 (38.9%) | 5:12         | 11.5 (60.8%) |
| 276 | <b>ANDRZEJEWSKI Ryszard</b>     | <b>49</b>  |      | M-60      | 22   | 00:00:06    | 00:12:24    | 00:24:22     | 00:37:00    | 00:50:02     | <b>00:52:14.15</b> | <b>00:52:21.00</b> | +00:20:25 (39.1%) | 5:13         | 11.5 (60.8%) |
| 277 | <b>JĘDRZEJCZYK Mirosław</b>     | <b>334</b> |      | M-50      | 34   | 00:00:05    | 00:12:31    | 00:24:45     | 00:37:12    | 00:50:03     | <b>00:52:16.30</b> | <b>00:52:21.65</b> | +00:20:27 (39.1%) | 5:13         | 11.5 (60.8%) |
| 278 | <b>SIMIŃSKI Maciej</b>          | <b>509</b> |      | M-40      | 91   | 00:00:38    | 00:13:41    | 00:25:53     | 00:38:21    | 00:50:20     | <b>00:52:17.35</b> | <b>00:52:55.80</b> | +00:20:28 (39.1%) | 5:13         | 11.5 (60.8%) |
| 279 | <b>WOJCIECHOWSKI Jarosław</b>   | <b>186</b> |      | M-40      | 92   | 00:00:19    | 00:12:51    | 00:25:16     | 00:37:40    | 00:50:13     | <b>00:52:18.80</b> | <b>00:52:38.40</b> | +00:20:29 (39.2%) | 5:13         | 11.5 (60.8%) |
| 280 | <b>PAŚ Michał</b>               | <b>273</b> |      | M-40      | 93   | 00:00:15    | 00:13:25    | 00:25:59     | 00:38:21    | 00:50:28     | <b>00:52:27.25</b> | <b>00:52:42.70</b> | +00:20:38 (39.3%) | 5:14         | 11.4 (60.3%) |
| 281 | <b>ARACH Przemysław</b>         | <b>561</b> |      | M-30      | 96   | 00:00:23    | 00:12:55    | 00:25:17     | 00:37:55    | 00:50:28     | <b>00:52:28.25</b> | <b>00:52:52.05</b> | +00:20:39 (39.4%) | 5:14         | 11.4 (60.3%) |
| 282 | <b>GŁOWSKI Aleksander</b>       | <b>514</b> |      | M-40      | 94   | 00:00:13    | 00:13:15    | 00:25:33     | 00:38:04    | 00:50:25     | <b>00:52:31.80</b> | <b>00:52:45.70</b> | +00:20:42 (39.4%) | 5:15         | 11.4 (60.3%) |
| 283 | <b>MICHALIK Łukasz</b>          | <b>110</b> |      | M-30      | 97   | 00:00:12    | 00:13:16    | 00:25:33     | 00:38:05    | 00:50:25     | <b>00:52:33.30</b> | <b>00:52:45.45</b> | +00:20:44 (39.5%) | 5:15         | 11.4 (60.3%) |
| 284 | <b>WIŚNIEWSKI Włodzimierz</b>   | <b>222</b> |      | M-50      | 35   | 00:00:41    | 00:12:54    | 00:24:56     | 00:37:29    | 00:50:31     | <b>00:52:38.05</b> | <b>00:53:19.15</b> | +00:20:48 (39.5%) | 5:15         | 11.4 (60.3%) |
| 285 | <b>CHOJNICKI Grzegorz</b>       | <b>499</b> |      | M-40      | 95   | 00:00:23    | 00:13:02    | 00:25:30     | 00:38:03    | 00:50:28     | <b>00:52:38.30</b> | <b>00:53:01.55</b> | +00:20:49 (39.6%) | 5:15         | 11.4 (60.3%) |
| 286 | <b>LUTKOWSKI Dariusz</b>        | <b>430</b> |      | M-40      | 96   | 00:00:35    | 00:13:43    | 00:26:06     | 00:38:26    | 00:50:38     | <b>00:52:38.95</b> | <b>00:53:14.45</b> | +00:20:49 (39.6%) | 5:15         | 11.4 (60.3%) |
| 287 | <b>ZAKOŚCIELNY Krzysztof</b>    | <b>174</b> |      | M-50      | 36   | 00:00:26    | 00:13:06    | 00:25:50     | 00:38:18    | 00:50:29     | <b>00:52:39.05</b> | <b>00:53:05.15</b> | +00:20:49 (39.6%) | 5:15         | 11.4 (60.3%) |
| 288 | <b>RENC Patryk</b>              | <b>255</b> |      | M-20      | 31   | 00:00:25    | 00:13:09    | 00:25:35     | 00:38:24    | 00:50:53     | <b>00:52:43.60</b> | <b>00:53:08.85</b> | +00:20:54 (39.7%) | 5:16         | 11.4 (60.3%) |
| 289 | <b>BRYCKI Łukasz</b>            | <b>567</b> |      | M-30      | 98   | 00:00:10    | 00:12:50    | 00:24:58     | 00:38:03    | 00:50:33     | <b>00:52:45.10</b> | <b>00:52:55.20</b> | +00:20:55 (39.7%) | 5:16         | 11.4 (60.3%) |
| 290 | <b>GAC Wojciech</b>             | <b>528</b> |      | M-1       | 6    | 00:00:02    | 00:11:22    | 00:24:15     | 00:37:53    | 00:51:01     | <b>00:52:57.10</b> | <b>00:52:59.75</b> | +00:21:07 (39.9%) | 5:17         | 11.3 (59.8%) |
| 291 | <b>GROCHOWSKI Jakub</b>         | <b>225</b> |      | M-30      | 99   | 00:00:25    | 00:12:32    | 00:24:46     | 00:37:32    | 00:50:52     | <b>00:52:57.90</b> | <b>00:53:23.35</b> | +00:21:08 (39.9%) | 5:17         | 11.3 (59.8%) |
| 292 | <b>WAWRZY尼亚K Michał</b>         | <b>315</b> |      | M-30      | 100  | 00:00:35    | 00:13:14    | 00:25:35     | 00:38:05    | 00:51:00     | <b>00:53:08.85</b> | <b>00:53:43.90</b> | +00:21:19 (40.1%) | 5:18         | 11.3 (59.8%) |

| 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   |
|-----|----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 293 | <b>STĘPIEŃ Tomasz</b>      | <b>231</b> |      | M-40      | 97   | 00:00:32    | 00:13:17    | 00:25:39     | 00:38:09    | 00:51:03     | <b>00:53:11.50</b> | <b>00:53:44.05</b> | +00:21:22 (40.2%) | 5:19         | 11.3 (59.8%) |
| 294 | <b>CZYŻNIKIEWICZ Paweł</b> | <b>474</b> |      | M-20      | 32   | 00:00:29    | 00:13:37    | 00:25:57     | 00:38:29    | 00:51:22     | <b>00:53:13.25</b> | <b>00:53:42.55</b> | +00:21:24 (40.2%) | 5:19         | 11.3 (59.8%) |
| 295 | <b>CZYŻNIKIEWICZ Karol</b> | <b>476</b> |      | M-20      | 33   | 00:00:29    | 00:13:37    | 00:25:57     | 00:38:30    | 00:51:21     | <b>00:53:16.50</b> | <b>00:53:45.80</b> | +00:21:27 (40.3%) | 5:19         | 11.3 (59.8%) |
| 296 | <b>SUDZIŃSKI Marcin</b>    | <b>405</b> |      | M-40      | 98   | 00:00:17    | 00:12:55    | 00:25:28     | 00:38:08    | 00:51:00     | <b>00:53:17.95</b> | <b>00:53:35.05</b> | +00:21:28 (40.3%) | 5:19         | 11.3 (59.8%) |
| 297 | <b>KUJAWA Roger</b>        | <b>554</b> |      | M-40      | 99   | 00:00:33    | 00:13:43    | 00:25:56     | 00:38:25    | 00:51:15     | <b>00:53:20.70</b> | <b>00:53:54.20</b> | +00:21:31 (40.4%) | 5:20         | 11.2 (59.3%) |
| 298 | <b>KUCHARSKI Jarosław</b>  | <b>134</b> |      | M-40      | 100  | 00:00:33    | 00:13:43    | 00:25:56     | 00:38:25    | 00:51:14     | <b>00:53:21.35</b> | <b>00:53:54.55</b> | +00:21:32 (40.4%) | 5:20         | 11.2 (59.3%) |
| 299 | <b>HAREMZA Mariusz</b>     | <b>179</b> |      | M-40      | 101  | 00:00:12    | 00:12:38    | 00:25:01     | 00:37:54    | 00:51:07     | <b>00:53:25.55</b> | <b>00:53:38.05</b> | +00:21:36 (40.4%) | 5:20         | 11.2 (59.3%) |
| 300 | <b>POBIEDZIŃSKI Robert</b> | <b>354</b> |      | M-20      | 34   | 00:00:07    | 00:13:25    | 00:25:50     | 00:38:43    | 00:51:29     | <b>00:53:27.10</b> | <b>00:53:34.55</b> | +00:21:37 (40.5%) | 5:20         | 11.2 (59.3%) |
| 301 | <b>KOWALSKI Grzegorz</b>   | <b>234</b> |      | M-50      | 37   | 00:00:27    | 00:13:24    | 00:26:26     | 00:38:58    | 00:51:24     | <b>00:53:29.75</b> | <b>00:53:57.00</b> | +00:21:40 (40.5%) | 5:21         | 11.2 (59.3%) |
| 302 | <b>KUKLIŃSKI Rafał</b>     | <b>294</b> |      | M-30      | 101  | 00:00:12    | 00:12:56    | 00:25:42     | 00:38:29    | 00:51:22     | <b>00:53:30.35</b> | <b>00:53:42.45</b> | +00:21:41 (40.5%) | 5:21         | 11.2 (59.3%) |
| 303 | <b>WAWRZYŃIAK Piotr</b>    | <b>98</b>  |      | M-50      | 38   | 00:00:19    | 00:13:41    | 00:26:36     | 00:39:11    | 00:51:28     | <b>00:53:31.65</b> | <b>00:53:50.95</b> | +00:21:42 (40.6%) | 5:21         | 11.2 (59.3%) |
| 304 | <b>RYDLEWSKI Andrzej</b>   | <b>396</b> |      | M-30      | 102  | 00:00:11    | 00:13:14    | 00:25:50     | 00:38:37    | 00:51:20     | <b>00:53:36.70</b> | <b>00:53:47.70</b> | +00:21:47 (40.6%) | 5:21         | 11.2 (59.3%) |
| 305 | <b>MAKUCH Mikołaj</b>      | <b>369</b> |      | M-20      | 35   | 00:00:43    | 00:13:43    | 00:26:30     | 00:39:34    | 00:51:52     | <b>00:53:41.85</b> | <b>00:54:25.80</b> | +00:21:52 (40.7%) | 5:22         | 11.2 (59.3%) |
| 306 | <b>RAZIK Wiesław</b>       | <b>282</b> |      | M-30      | 103  | 00:00:36    | 00:13:07    | 00:25:37     | 00:38:23    | 00:51:29     | <b>00:53:43.25</b> | <b>00:54:19.55</b> | +00:21:54 (40.8%) | 5:22         | 11.2 (59.3%) |
| 307 | <b>TOBOLSKI Tomasz</b>     | <b>328</b> |      | M-40      | 102  | 00:00:13    | 00:12:58    | 00:25:35     | 00:38:39    | 00:51:43     | <b>00:53:45.30</b> | <b>00:53:58.85</b> | +00:21:56 (40.8%) | 5:22         | 11.2 (59.3%) |
| 308 | <b>ZUPA Wojciech</b>       | <b>375</b> |      | M-50      | 39   | 00:00:15    | 00:12:10    | 00:24:57     | 00:38:07    | 00:51:35     | <b>00:53:49.55</b> | <b>00:54:04.80</b> | +00:22:00 (40.9%) | 5:22         | 11.1 (58.7%) |
| 309 | <b>TYMOSIAK Mateusz</b>    | <b>95</b>  |      | M-20      | 36   | 00:00:43    | 00:14:04    | 00:26:39     | 00:39:14    | 00:51:39     | <b>00:53:50.40</b> | <b>00:54:33.70</b> | +00:22:01 (40.9%) | 5:23         | 11.1 (58.7%) |
| 310 | <b>BRZÓSKIEWICZ Rafał</b>  | <b>457</b> |      | M-30      | 104  | 00:00:10    | 00:13:21    | 00:26:05     | 00:38:52    | 00:51:42     | <b>00:53:52.20</b> | <b>00:54:02.30</b> | +00:22:03 (40.9%) | 5:23         | 11.1 (58.7%) |
| 311 | <b>SOŁDON Bogusław</b>     | <b>171</b> |      | M-60      | 23   | 00:00:27    | 00:13:24    | 00:25:56     | 00:38:45    | 00:51:46     | <b>00:54:01.50</b> | <b>00:54:29.20</b> | +00:22:12 (41.1%) | 5:24         | 11.1 (58.7%) |
| 312 | <b>SIERANT Marian</b>      | <b>483</b> |      | M-50      | 40   | 00:00:13    | 00:13:49    | 00:26:26     | 00:39:23    | 00:51:59     | <b>00:54:14.20</b> | <b>00:54:27.30</b> | +00:22:25 (41.3%) | 5:25         | 11.1 (58.7%) |
| 313 | <b>ŚWIATOWY Ryszard</b>    | <b>573</b> |      | M-40      | 103  | 00:00:04    | 00:12:44    | 00:25:48     | 00:38:57    | 00:52:08     | <b>00:54:15.65</b> | <b>00:54:20.20</b> | +00:22:26 (41.4%) | 5:25         | 11.1 (58.7%) |
| 314 | <b>SIEKIERKA Zbigniew</b>  | <b>220</b> |      | M-60      | 24   | 00:00:29    | 00:13:29    | 00:26:04     | 00:39:04    | 00:52:06     | <b>00:54:16.05</b> | <b>00:54:45.20</b> | +00:22:26 (41.4%) | 5:25         | 11.1 (58.7%) |
| 315 | <b>OSZUBSKI Kazimierz</b>  | <b>327</b> |      | M-40      | 104  | 00:00:21    | 00:13:45    | 00:26:34     | 00:39:50    | 00:52:19     | <b>00:54:16.25</b> | <b>00:54:37.95</b> | +00:22:27 (41.4%) | 5:25         | 11.1 (58.7%) |

| 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   |
|-----|--------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 316 | <b>NIEDBALSKI Przemysław</b>   | <b>241</b> |      | M-40      | 105  | 00:00:22    | 00:13:24    | 00:25:53     | 00:38:35    | 00:52:05     | <b>00:54:20.90</b> | <b>00:54:43.40</b> | +00:22:31 (41.5%) | 5:26         | 11 (58.2%)   |
| 317 | <b>BARTNIK Mieczysław</b>      | <b>163</b> |      | M-50      | 41   | 00:01:30    | 00:13:03    | 00:25:41     | 00:38:49    | 00:52:08     | <b>00:54:21.75</b> | <b>00:55:52.25</b> | +00:22:32 (41.5%) | 5:26         | 11 (58.2%)   |
| 318 | <b>DR. RITSCHER Tom Nils</b>   | <b>620</b> |      | M-50      | 42   | 00:00:09    | 00:12:47    | 00:25:48     | 00:39:00    | 00:52:17     | <b>00:54:36.80</b> | <b>00:54:45.90</b> | +00:22:47 (41.7%) | 5:27         | 11 (58.2%)   |
| 319 | <b>GAWRYCH Andrzej</b>         | <b>201</b> |      | M-40      | 106  | 00:00:33    | 00:13:03    | 00:25:54     | 00:39:06    | 00:52:33     | <b>00:54:41.30</b> | <b>00:55:14.55</b> | +00:22:52 (41.8%) | 5:28         | 11 (58.2%)   |
| 320 | <b>KAMIŃSKI Andrzej</b>        | <b>285</b> |      | M-40      | 107  | 00:00:37    | 00:13:55    | 00:26:46     | 00:39:46    | 00:52:29     | <b>00:54:41.95</b> | <b>00:55:19.25</b> | +00:22:52 (41.8%) | 5:28         | 11 (58.2%)   |
| 321 | <b>BYRTEK Grzegorz</b>         | <b>518</b> |      | M-40      | 108  | 00:00:29    | 00:12:36    | 00:25:11     | 00:38:18    | 00:52:16     | <b>00:54:43.15</b> | <b>00:55:13.10</b> | +00:22:54 (41.9%) | 5:28         | 11 (58.2%)   |
| 322 | <b>UGOREK Mirosław</b>         | <b>402</b> |      | M-30      | 105  | 00:00:16    | 00:13:14    | 00:26:37     | 00:39:45    | 00:52:46     | <b>00:54:48.30</b> | <b>00:55:05.00</b> | +00:22:59 (41.9%) | 5:28         | 10.9 (57.7%) |
| 323 | <b>KRUCZYŃSKI Bogusław</b>     | <b>337</b> |      | M-40      | 109  | 00:00:09    | 00:12:41    | 00:25:43     | 00:39:23    | 00:52:47     | <b>00:55:05.70</b> | <b>00:55:14.75</b> | +00:23:16 (42.2%) | 5:30         | 10.9 (57.7%) |
| 324 | <b>BRATEK Andrzej</b>          | <b>288</b> |      | M-50      | 43   | 00:00:22    | 00:14:07    | 00:27:18     | 00:40:25    | 00:53:17     | <b>00:55:24.40</b> | <b>00:55:46.90</b> | +00:23:35 (42.6%) | 5:32         | 10.8 (57.1%) |
| 325 | <b>GRZYWACZ Marcin</b>         | <b>195</b> |      | M-30      | 106  | 00:00:14    | 00:12:06    | 00:24:41     | 00:38:57    | 00:53:16     | <b>00:55:33.35</b> | <b>00:55:47.60</b> | +00:23:44 (42.7%) | 5:33         | 10.8 (57.1%) |
| 326 | <b>KUZIOŁA Marcin</b>          | <b>450</b> |      | M-30      | 107  | 00:00:39    | 00:14:11    | 00:27:27     | 00:40:36    | 00:53:28     | <b>00:55:35.00</b> | <b>00:56:14.00</b> | +00:23:45 (42.8%) | 5:33         | 10.8 (57.1%) |
| 327 | <b>KUDŁA Krzysztof</b>         | <b>306</b> |      | M-60      | 25   | 00:00:13    | 00:13:11    | 00:26:13     | 00:39:37    | 00:53:16     | <b>00:55:35.95</b> | <b>00:55:49.50</b> | +00:23:46 (42.8%) | 5:33         | 10.8 (57.1%) |
| 328 | <b>REDLAK Tomasz</b>           | <b>58</b>  |      | M-40      | 110  | 00:00:13    | 00:13:11    | 00:26:13     | 00:39:37    | 00:53:16     | <b>00:55:36.05</b> | <b>00:55:49.60</b> | +00:23:46 (42.8%) | 5:33         | 10.8 (57.1%) |
| 329 | <b>RYBAK Krzysztof</b>         | <b>464</b> |      | M-60      | 26   | 00:00:30    | 00:14:20    | 00:27:17     | 00:40:20    | 00:53:26     | <b>00:55:37.00</b> | <b>00:56:07.70</b> | +00:23:47 (42.8%) | 5:33         | 10.8 (57.1%) |
| 330 | <b>KONIEC Piotr</b>            | <b>349</b> |      | M-40      | 111  | 00:00:26    | 00:13:36    | 00:26:55     | 00:40:00    | 00:53:33     | <b>00:55:37.85</b> | <b>00:56:03.85</b> | +00:23:48 (42.8%) | 5:33         | 10.8 (57.1%) |
| 331 | <b>JANKOWSKI Tomasz Michał</b> | <b>390</b> |      | M-50      | 44   | 00:00:22    | 00:13:06    | 00:26:03     | 00:39:33    | 00:53:26     | <b>00:55:46.55</b> | <b>00:56:09.10</b> | +00:23:57 (43.0%) | 5:34         | 10.8 (57.1%) |
| 332 | <b>RACINOWSKI Artur</b>        | <b>630</b> |      | Mężczyźni | 1    | 00:00:27    | 00:13:50    | 00:25:52     | 00:38:20    | 00:51:23     | <b>00:55:51.30</b> | <b>00:56:19.00</b> | +00:24:02 (43.0%) | 5:35         | 10.7 (56.6%) |
| 333 | <b>BRZozowski Jarosław</b>     | <b>37</b>  |      | M-50      | 45   | 00:00:41    | 00:14:14    | 00:27:29     | 00:40:43    | 00:53:39     | <b>00:55:54.75</b> | <b>00:56:36.15</b> | +00:24:05 (43.1%) | 5:35         | 10.7 (56.6%) |
| 334 | <b>SKOCZYŃSKI Eugeniusz</b>    | <b>596</b> |      | M-50      | 46   | 00:00:49    | 00:14:31    | 00:27:46     | 00:40:52    | 00:53:53     | <b>00:56:06.05</b> | <b>00:56:55.60</b> | +00:24:16 (43.3%) | 5:36         | 10.7 (56.6%) |
| 335 | <b>KRYSZTOFIAK Robert</b>      | <b>127</b> |      | M-40      | 112  | 00:00:18    | 00:13:21    | 00:26:28     | 00:40:09    | 00:53:54     | <b>00:56:13.80</b> | <b>00:56:32.25</b> | +00:24:24 (43.4%) | 5:37         | 10.7 (56.6%) |
| 336 | <b>KUJAWSKI Damian</b>         | <b>434</b> |      | M-20      | 37   | 00:00:20    | 00:13:07    | 00:26:32     | 00:40:19    | 00:53:57     | <b>00:56:17.15</b> | <b>00:56:38.05</b> | +00:24:28 (43.5%) | 5:37         | 10.7 (56.6%) |
| 337 | <b>UGOREK Dariusz</b>          | <b>404</b> |      | M-40      | 113  | 00:00:17    | 00:13:43    | 00:26:40     | 00:40:37    | 00:54:11     | <b>00:56:21.80</b> | <b>00:56:39.40</b> | +00:24:32 (43.5%) | 5:38         | 10.6 (56.1%) |
| 338 | <b>ŁYKO Łukasz</b>             | <b>495</b> |      | M-30      | 108  | 00:00:44    | 00:14:26    | 00:27:48     | 00:41:11    | 00:54:14     | <b>00:56:27.00</b> | <b>00:57:11.90</b> | +00:24:37 (43.6%) | 5:38         | 10.6 (56.1%) |

| 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   |
|-----|-----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 339 | <b>NIEMECZEK Waldemar</b>   | <b>316</b> |      | M-50      | 47   | 00:00:29    | 00:14:02    | 00:27:18     | 00:40:47    | 00:54:24     | <b>00:56:29.20</b> | <b>00:56:58.20</b> | +00:24:40 (43.7%) | 5:38         | 10.6 (56.1%) |
| 340 | <b>WOŁOSZYN Kazimierz</b>   | <b>13</b>  |      | M-60      | 27   | 00:00:18    | 00:13:42    | 00:26:54     | 00:40:46    | 00:55:13     | <b>00:56:30.30</b> | <b>00:56:49.15</b> | +00:24:41 (43.7%) | 5:39         | 10.6 (56.1%) |
| 341 | <b>KOSECKI Tomasz</b>       | <b>289</b> |      | M-20      | 38   | 00:00:24    | 00:13:47    | 00:27:18     | 00:40:54    | 00:54:30     | <b>00:56:33.75</b> | <b>00:56:58.20</b> | +00:24:44 (43.7%) | 5:39         | 10.6 (56.1%) |
| 342 | <b>REPCZYŃSKI Wojciech</b>  | <b>299</b> |      | M-50      | 48   | 00:00:34    | 00:14:10    | 00:27:24     | 00:40:52    | 00:54:35     | <b>00:56:49.25</b> | <b>00:57:23.35</b> | +00:25:00 (44.0%) | 5:40         | 10.6 (56.1%) |
| 343 | <b>KWIATKOWSKI Łukasz</b>   | <b>395</b> |      | M-30      | 109  | 00:00:32    | 00:13:31    | 00:26:36     | 00:40:31    | 00:54:27     | <b>00:56:56.60</b> | <b>00:57:29.20</b> | +00:25:07 (44.1%) | 5:41         | 10.5 (55.6%) |
| 344 | <b>GRZELAK Jakub</b>        | <b>119</b> |      | M-20      | 39   | 00:00:42    | 00:14:40    | 00:28:14     | 00:41:52    | 00:54:52     | <b>00:56:57.30</b> | <b>00:57:40.10</b> | +00:25:08 (44.1%) | 5:41         | 10.5 (55.6%) |
| 345 | <b>JAZNY Sevan</b>          | <b>409</b> |      | M-40      | 114  | 00:00:32    | 00:13:33    | 00:26:37     | 00:40:32    | 00:54:28     | <b>00:56:57.55</b> | <b>00:57:30.05</b> | +00:25:08 (44.1%) | 5:41         | 10.5 (55.6%) |
| 346 | <b>RÓG Robert</b>           | <b>616</b> |      | M-20      | 40   | 00:00:23    | 00:14:25    | 00:28:14     | 00:42:11    | 00:55:00     | <b>00:57:00.10</b> | <b>00:57:23.65</b> | +00:25:10 (44.2%) | 5:42         | 10.5 (55.6%) |
| 347 | <b>DOBOSZ Kamil</b>         | <b>382</b> |      | M-30      | 110  | 00:00:43    | 00:14:03    | 00:27:41     | 00:41:12    | 00:54:47     | <b>00:57:00.25</b> | <b>00:57:43.65</b> | +00:25:11 (44.2%) | 5:42         | 10.5 (55.6%) |
| 348 | <b>STAWNIAK Karol</b>       | <b>290</b> |      | M-60      | 28   | 00:00:31    | 00:14:22    | 00:27:48     | 00:41:17    | 00:54:51     | <b>00:57:05.10</b> | <b>00:57:36.50</b> | +00:25:15 (44.3%) | 5:42         | 10.5 (55.6%) |
| 349 | <b>MELLER Krzysztof</b>     | <b>245</b> |      | M-30      | 111  | 00:00:41    | 00:15:11    | 00:28:45     | 00:42:09    | 00:54:59     | <b>00:57:10.00</b> | <b>00:57:51.65</b> | +00:25:20 (44.3%) | 5:43         | 10.5 (55.6%) |
| 350 | <b>BOLLIN Łukasz</b>        | <b>489</b> |      | M-30      | 112  | 00:00:39    | 00:13:24    | 00:25:56     | 00:39:58    | 00:54:58     | <b>00:57:26.15</b> | <b>00:58:05.45</b> | +00:25:37 (44.6%) | 5:44         | 10.4 (55.0%) |
| 351 | <b>KAPELIŃSKI Sebastian</b> | <b>553</b> |      | M-20      | 41   | 00:00:34    | 00:14:28    | 00:27:56     | 00:41:32    | 00:55:04     | <b>00:57:27.25</b> | <b>00:58:01.85</b> | +00:25:38 (44.6%) | 5:44         | 10.4 (55.0%) |
| 352 | <b>WEŁNICKI Waldemar</b>    | <b>96</b>  |      | M-40      | 115  | 00:00:42    | 00:14:07    | 00:27:22     | 00:41:10    | 00:55:09     | <b>00:57:34.25</b> | <b>00:58:16.45</b> | +00:25:45 (44.7%) | 5:45         | 10.4 (55.0%) |
| 353 | <b>MIKUŁA Tomasz</b>        | <b>218</b> |      | M-30      | 113  | 00:00:41    | 00:14:08    | 00:27:24     | 00:41:11    | 00:55:10     | <b>00:57:34.35</b> | <b>00:58:16.20</b> | +00:25:45 (44.7%) | 5:45         | 10.4 (55.0%) |
| 354 | <b>MICHALSKI Damian</b>     | <b>268</b> |      | M-30      | 114  | 00:00:32    | 00:14:49    | 00:28:14     | 00:41:53    | 00:55:30     | <b>00:57:40.70</b> | <b>00:58:13.40</b> | +00:25:51 (44.8%) | 5:46         | 10.4 (55.0%) |
| 355 | <b>ROBACZEWSKI Marcin</b>   | <b>470</b> |      | M-40      | 116  | 00:00:30    | 00:14:42    | 00:28:28     | 00:42:24    | 00:55:40     | <b>00:57:42.80</b> | <b>00:58:13.40</b> | +00:25:53 (44.9%) | 5:46         | 10.4 (55.0%) |
| 356 | <b>TWAROWSKI Arkadiusz</b>  | <b>469</b> |      | M-30      | 115  | 00:00:30    | 00:14:42    | 00:28:28     | 00:42:24    | 00:55:39     | <b>00:57:43.50</b> | <b>00:58:14.20</b> | +00:25:54 (44.9%) | 5:46         | 10.4 (55.0%) |
| 357 | <b>PODBORNY Piotr</b>       | <b>360</b> |      | M-40      | 117  | 00:00:48    | 00:14:10    | 00:27:39     | 00:41:32    | 00:55:25     | <b>00:57:51.30</b> | <b>00:58:39.35</b> | +00:26:02 (45.0%) | 5:47         | 10.4 (55.0%) |
| 358 | <b>PRZYBYLSKI Mariusz</b>   | <b>309</b> |      | M-50      | 49   | 00:00:29    | 00:14:14    | 00:27:41     | 00:41:36    | 00:55:30     | <b>00:57:57.10</b> | <b>00:58:26.20</b> | +00:26:07 (45.1%) | 5:47         | 10.4 (55.0%) |
| 359 | <b>MAREK Sławek</b>         | <b>379</b> |      | M-30      | 116  | 00:00:31    | 00:14:11    | 00:27:49     | 00:42:10    | 00:56:10     | <b>00:58:29.75</b> | <b>00:59:01.55</b> | +00:26:40 (45.6%) | 5:51         | 10.3 (54.5%) |
| 360 | <b>DĄBROWSKI Jarosław</b>   | <b>190</b> |      | M-40      | 118  | 00:00:44    | 00:14:24    | 00:27:50     | 00:41:40    | 00:56:11     | <b>00:58:32.60</b> | <b>00:59:17.40</b> | +00:26:43 (45.6%) | 5:51         | 10.2 (54.0%) |
| 361 | <b>AUGUSTYNIAK Piotr</b>    | <b>566</b> |      | M-40      | 119  | 00:00:19    | 00:13:58    | 00:27:42     | 00:42:04    | 00:56:15     | <b>00:58:38.85</b> | <b>00:58:58.60</b> | +00:26:49 (45.7%) | 5:51         | 10.2 (54.0%) |



| 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      |
|-----|------------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 362 | <b>SZPERKOWSKI Krzysztof</b> | <b>629</b> |      | M-40      | 120  | 00:00:26    | 00:14:04    | 00:27:27     | 00:41:23    | 00:56:05     | <b>00:58:40.25</b> | <b>00:59:07.15</b> | +00:26:51<br>(45.8%) | 5:52         | 10.2<br>(54.0%) |
| 363 | <b>JAWORSKI Tomasz</b>       | <b>435</b> |      | M-30      | 117  | 00:00:37    | 00:13:30    | 00:28:16     | 00:43:03    | 00:56:34     | <b>00:58:57.30</b> | <b>00:59:34.90</b> | +00:27:08<br>(46.0%) | 5:53         | 10.2<br>(54.0%) |
| 364 | <b>ZIELIŃSKI Radosław</b>    | <b>239</b> |      | M-30      | 118  | 00:00:38    | 00:14:39    | 00:28:57     | 00:43:28    | 00:57:16     | <b>00:59:12.40</b> | <b>00:59:51.35</b> | +00:27:23<br>(46.3%) | 5:55         | 10.1<br>(53.4%) |
| 365 | <b>CENTAŁA Jarosław</b>      | <b>598</b> |      | M-30      | 119  | 00:00:36    | 00:14:57    | 00:28:52     | 00:42:51    | 00:56:52     | <b>00:59:19.45</b> | <b>00:59:56.00</b> | +00:27:30<br>(46.4%) | 5:56         | 10.1<br>(53.4%) |
| 366 | <b>JULLY Arkadiusz</b>       | <b>313</b> |      | M-30      | 120  | 00:00:47    | 00:15:24    | 00:29:24     | 00:43:21    | 00:57:06     | <b>00:59:23.10</b> | <b>01:00:10.75</b> | +00:27:33<br>(46.4%) | 5:56         | 10.1<br>(53.4%) |
| 367 | <b>TREPANOWSKI Tomasz</b>    | <b>448</b> |      | M-40      | 121  | 00:00:39    | 00:15:54    | 00:30:04     | 00:43:44    | 00:57:08     | <b>00:59:29.20</b> | <b>01:00:08.80</b> | +00:27:40<br>(46.5%) | 5:56         | 10.1<br>(53.4%) |
| 368 | <b>KARASZEWSKI Sławomir</b>  | <b>128</b> |      | M-40      | 122  | 00:00:09    | 00:14:13    | 00:28:32     | 00:42:55    | 00:57:17     | <b>00:59:42.65</b> | <b>00:59:52.15</b> | +00:27:53<br>(46.7%) | 5:58         | 10<br>(52.9%)   |
| 369 | <b>OBORSKI Łukasz</b>        | <b>468</b> |      | M-30      | 121  | 00:00:49    | 00:16:15    | 00:30:07     | 00:43:46    | 00:57:35     | <b>00:59:55.55</b> | <b>01:00:45.15</b> | +00:28:06<br>(46.9%) | 5:59         | 10<br>(52.9%)   |
| 370 | <b>KABAT Radosław</b>        | <b>515</b> |      | M-40      | 123  | 00:00:42    | 00:15:16    | 00:29:51     | 00:43:58    | 00:58:11     | <b>01:00:25.50</b> | <b>01:01:07.85</b> | +00:28:36<br>(47.3%) | 6:02         | 9.9<br>(52.4%)  |
| 371 | <b>BRZOZOWSKI Piotr</b>      | <b>38</b>  |      | M-20      | 42   | 00:00:44    | 00:15:13    | 00:29:30     | 00:43:43    | 00:58:05     | <b>01:00:25.60</b> | <b>01:01:10.55</b> | +00:28:36<br>(47.3%) | 6:02         | 9.9<br>(52.4%)  |
| 372 | <b>PŁOMIŃSKI Norbert</b>     | <b>426</b> |      | M-30      | 122  | 00:00:50    | 00:15:45    | 00:30:06     | 00:44:16    | 00:58:06     | <b>01:00:29.15</b> | <b>01:01:19.90</b> | +00:28:40<br>(47.4%) | 6:02         | 9.9<br>(52.4%)  |
| 373 | <b>GAJZLER Jerzy</b>         | <b>261</b> |      | M-60      | 29   | 00:00:16    | 00:13:53    | 00:28:12     | 00:43:02    | 00:58:02     | <b>01:00:37.70</b> | <b>01:00:54.25</b> | +00:28:48<br>(47.5%) | 6:03         | 9.9<br>(52.4%)  |
| 374 | <b>GOLA Grzegorz</b>         | <b>86</b>  |      | M-40      | 124  | 00:00:39    | 00:14:24    | 00:28:34     | 00:43:31    | 00:58:03     | <b>01:00:43.85</b> | <b>01:01:22.85</b> | +00:28:54<br>(47.6%) | 6:04         | 9.9<br>(52.4%)  |
| 375 | <b>KASPROWICZ Piotr</b>      | <b>115</b> |      | M-30      | 123  | 00:00:25    | 00:13:55    | 00:27:54     | 00:42:46    | 00:58:10     | <b>01:00:44.65</b> | <b>01:01:09.85</b> | +00:28:55<br>(47.6%) | 6:04         | 9.9<br>(52.4%)  |
| 376 | <b>GUMIENNY Maciej</b>       | <b>541</b> |      | M-40      | 125  | 00:00:24    | 00:15:16    | 00:29:36     | 00:44:03    | 00:58:25     | <b>01:00:46.60</b> | <b>01:01:11.00</b> | +00:28:57<br>(47.6%) | 6:04         | 9.9<br>(52.4%)  |
| 377 | <b>KAWA Marcin</b>           | <b>209</b> |      | M-40      | 126  | 00:00:46    | 00:15:14    | 00:29:25     | 00:43:49    | 00:58:26     | <b>01:00:49.50</b> | <b>01:01:35.80</b> | +00:29:00<br>(47.7%) | 6:04         | 9.9<br>(52.4%)  |
| 378 | <b>PREUSS Daniel</b>         | <b>412</b> |      | M-40      | 127  | 00:00:17    | 00:14:12    | 00:28:05     | 00:42:51    | 00:58:17     | <b>01:00:55.00</b> | <b>01:01:12.25</b> | +00:29:05<br>(47.8%) | 6:05         | 9.8<br>(51.9%)  |
| 379 | <b>BOLEWICZ Mariusz</b>      | <b>176</b> |      | M-40      | 128  | 00:00:34    | 00:15:04    | 00:29:43     | 00:44:29    | 00:58:49     | <b>01:01:06.65</b> | <b>01:01:40.90</b> | +00:29:17<br>(47.9%) | 6:06         | 9.8<br>(51.9%)  |
| 380 | <b>FRAŚCZAK Tadeusz</b>      | <b>569</b> |      | M-60      | 30   | 00:00:02    | 00:14:13    | 00:28:38     | 00:43:38    | 00:58:42     | <b>01:01:11.65</b> | <b>01:01:13.70</b> | +00:29:22<br>(48.0%) | 6:07         | 9.8<br>(51.9%)  |
| 381 | <b>RACIBORSKI Grzegorz</b>   | <b>238</b> |      | M-30      | 124  | 00:00:35    | 00:13:31    | 00:27:51     | 00:44:56    | 00:58:53     | <b>01:01:15.15</b> | <b>01:01:51.05</b> | +00:29:26<br>(48.1%) | 6:07         | 9.8<br>(51.9%)  |
| 382 | <b>UCIŃSKI Edward</b>        | <b>348</b> |      | M-60      | 31   | 00:00:07    | 00:14:27    | 00:29:10     | 00:44:06    | 00:58:58     | <b>01:01:39.80</b> | <b>01:01:47.05</b> | +00:29:50<br>(48.4%) | 6:10         | 9.7<br>(51.3%)  |
| 383 | <b>SAWIEŁAJC Michał</b>      | <b>260</b> |      | M-40      | 129  | 00:00:26    | 00:14:47    | 00:29:03     | 00:43:53    | 00:59:07     | <b>01:01:44.40</b> | <b>01:02:11.30</b> | +00:29:55<br>(48.5%) | 6:10         | 9.7<br>(51.3%)  |
| 384 | <b>MIAZGA Adam</b>           | <b>392</b> |      | M-30      | 125  | 00:00:25    | 00:15:45    | 00:30:36     | 00:44:59    | 00:59:36     | <b>01:02:01.60</b> | <b>01:02:26.90</b> | +00:30:12<br>(48.7%) | 6:12         | 9.7<br>(51.3%)  |

| 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  |
|-----|-----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| 385 | <b>SZARSZEWSKI Witold</b>   | <b>346</b> |      | M-60      | 32   | 00:00:20    | 00:14:59    | 00:30:31     | 00:45:41    | 01:00:04     | <b>01:02:30.45</b> | <b>01:02:51.05</b> | +00:30:41 (49.1%) | 6:15         | 9.6 (50.8%) |
| 386 | <b>PÓŁGĘSEK Rafał</b>       | <b>142</b> |      | M-40      | 130  | 00:00:41    | 00:15:38    | 00:30:30     | 00:45:36    | 01:00:33     | <b>01:03:04.10</b> | <b>01:03:46.05</b> | +00:31:14 (49.5%) | 6:18         | 9.5 (50.3%) |
| 387 | <b>LENC Janusz</b>          | <b>123</b> |      | M-60      | 33   | 00:00:49    | 00:15:46    | 00:30:24     | 00:45:18    | 01:00:29     | <b>01:03:05.85</b> | <b>01:03:54.90</b> | +00:31:16 (49.6%) | 6:18         | 9.5 (50.3%) |
| 388 | <b>SZPOTANSKI Zbigniew</b>  | <b>361</b> |      | M-60      | 34   | 00:00:06    | 00:15:13    | 00:30:26     | 00:45:37    | 01:00:47     | <b>01:03:22.55</b> | <b>01:03:28.65</b> | +00:31:33 (49.8%) | 6:20         | 9.5 (50.3%) |
| 389 | <b>GROTT Bartłomiej</b>     | <b>284</b> |      | M-40      | 131  | 00:00:44    | 00:15:33    | 00:30:27     | 00:45:46    | 01:00:55     | <b>01:03:26.25</b> | <b>01:04:10.90</b> | +00:31:37 (49.8%) | 6:20         | 9.5 (50.3%) |
| 390 | <b>GRYLEWICZ Tomasz</b>     | <b>398</b> |      | M-30      | 126  | 00:00:44    | 00:15:33    | 00:30:27     | 00:45:46    | 01:00:55     | <b>01:03:26.70</b> | <b>01:04:11.10</b> | +00:31:37 (49.8%) | 6:20         | 9.5 (50.3%) |
| 391 | <b>ZAWISZEWSKI Adam</b>     | <b>613</b> |      | M-30      | 127  | 00:00:21    | 00:15:27    | 00:30:53     | 00:46:04    | 01:01:12     | <b>01:03:44.05</b> | <b>01:04:05.05</b> | +00:31:54 (50.1%) | 6:22         | 9.4 (49.7%) |
| 392 | <b>KAPELISKI Stanisław</b>  | <b>21</b>  |      | M-50      | 50   | 00:00:32    | 00:15:16    | 00:29:46     | 00:45:16    | 01:01:06     | <b>01:03:48.70</b> | <b>01:04:21.30</b> | +00:31:59 (50.1%) | 6:22         | 9.4 (49.7%) |
| 393 | <b>GRABOWSKI Piotr</b>      | <b>494</b> |      | M-50      | 51   | 00:00:38    | 00:15:35    | 00:30:35     | 00:46:08    | 01:02:01     | <b>01:04:29.35</b> | <b>01:05:07.80</b> | +00:32:40 (50.7%) | 6:26         | 9.3 (49.2%) |
| 394 | <b>BETHKE Sławomir</b>      | <b>501</b> |      | M-20      | 43   | 00:00:29    | 00:15:39    | 00:30:54     | 00:31:04    | 00:31:15     | <b>01:04:34.75</b> | <b>01:05:04.35</b> | +00:32:45 (50.7%) | 6:27         | 9.3 (49.2%) |
| 395 | <b>RYBAK Mariusz</b>        | <b>287</b> |      | M-40      | 132  | 00:00:30    | 00:15:38    | 00:31:08     | 00:47:19    | 01:02:49     | <b>01:04:58.25</b> | <b>01:05:28.35</b> | +00:33:09 (51.0%) | 6:29         | 9.2 (48.7%) |
| 396 | <b>UGOREK Daniel</b>        | <b>461</b> |      | M-30      | 128  | 00:00:17    | 00:15:39    | 00:31:24     | 00:47:29    | 01:02:53     | <b>01:05:09.75</b> | <b>01:05:27.25</b> | +00:33:20 (51.2%) | 6:31         | 9.2 (48.7%) |
| 397 | <b>STRABEL Łukasz</b>       | <b>199</b> |      | M-20      | 44   | 00:00:20    | 00:15:02    | 00:30:35     | 00:46:38    | 01:02:55     | <b>01:05:39.50</b> | <b>01:05:59.85</b> | +00:33:50 (51.5%) | 6:33         | 9.1 (48.1%) |
| 398 | <b>RATAJ Maciej</b>         | <b>99</b>  |      | M-40      | 133  | 00:00:18    | 00:14:38    | 00:29:57     | 00:45:47    | 01:02:51     | <b>01:05:41.00</b> | <b>01:05:59.25</b> | +00:33:51 (51.6%) | 6:34         | 9.1 (48.1%) |
| 399 | <b>CZASOWIEC Andrzej</b>    | <b>166</b> |      | M-60      | 35   | 00:00:00    | 00:17:00    | 00:32:42     | 00:47:17    | 01:02:47     | <b>01:06:07.50</b> | <b>01:06:07.50</b> | +00:34:18 (51.9%) | 6:36         | 9.1 (48.1%) |
| 400 | <b>ŚLĘZAK Rafał</b>         | <b>588</b> |      | M-40      | 134  | 00:00:44    | 00:16:37    | 00:32:09     | 00:47:40    | 01:03:28     | <b>01:06:08.45</b> | <b>01:06:53.40</b> | +00:34:19 (51.9%) | 6:36         | 9.1 (48.1%) |
| 401 | <b>WYKRZYKOWSKI Andrzej</b> | <b>235</b> |      | M-60      | 36   | 00:00:38    | 00:16:51    | 00:31:41     | 00:47:22    | 01:03:35     | <b>01:06:35.80</b> | <b>01:07:14.45</b> | +00:34:46 (52.2%) | 6:39         | 9 (47.6%)   |
| 402 | <b>DĘBSKI Jan</b>           | <b>116</b> |      | M-60      | 37   | 00:00:20    | 00:13:02    | 00:25:31     | 00:38:07    | 00:51:09     | <b>01:06:40.75</b> | <b>01:07:01.50</b> | +00:34:51 (52.3%) | 6:40         | 9 (47.6%)   |
| 403 | <b>ZIELIŃSKI Andrzej</b>    | <b>100</b> |      | M-40      | 135  | 00:00:47    | 00:16:25    | 00:32:11     | 00:47:58    | 01:04:09     | <b>01:06:49.25</b> | <b>01:07:36.40</b> | +00:35:00 (52.4%) | 6:40         | 9 (47.6%)   |
| 404 | <b>WYCZLING Piotr</b>       | <b>432</b> |      | M-40      | 136  | 00:00:35    | 00:16:50    | 00:32:28     | 00:48:09    | 01:04:22     | <b>01:07:00.70</b> | <b>01:07:35.70</b> | +00:35:11 (52.5%) | 6:42         | 9 (47.6%)   |
| 405 | <b>KUCHARSKI Adam</b>       | <b>40</b>  |      | M-50      | 52   | 00:00:42    | 00:16:45    | 00:32:23     | 00:48:31    | 01:05:28     | <b>01:08:14.90</b> | <b>01:08:57.50</b> | +00:36:25 (53.4%) | 6:49         | 8.8 (46.6%) |
| 406 | <b>FOLARZYŃSKI Łukasz</b>   | <b>570</b> |      | M-30      | 129  | 00:00:50    | 00:17:51    | 00:33:57     | 00:49:57    | 01:05:51     | <b>01:08:31.55</b> | <b>01:09:21.70</b> | +00:36:42 (53.6%) | 6:51         | 8.8 (46.6%) |
| 407 | <b>DĄBROWSKI Janusz</b>     | <b>342</b> |      | M-60      | 38   | 00:00:20    | 00:16:47    | 00:32:50     | 00:49:16    | 01:05:52     | <b>01:08:44.85</b> | <b>01:09:05.45</b> | +00:36:55 (53.7%) | 6:52         | 8.7 (46.0%) |

| 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     |
|-----|----------------------------|------------|------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|----------------------|--------------|----------------|
| 408 | <b>ZIELIŃSKI Waldemar</b>  | <b>472</b> |      | M-50      | 53   | 00:00:21    | 00:16:20    | 00:32:55     | 00:49:44    | 01:06:09     | <b>01:08:49.95</b> | <b>01:09:11.25</b> | +00:37:00<br>(53.8%) | 6:53         | 8.7<br>(46.0%) |
| 409 | <b>CHMIEL Nikodem</b>      | <b>614</b> |      | M-20      | 45   | 00:00:40    | 00:13:07    | 00:29:21     | 00:48:58    | 01:06:29     | <b>01:09:16.75</b> | <b>01:09:57.70</b> | +00:37:27<br>(54.1%) | 6:55         | 8.7<br>(46.0%) |
| 410 | <b>SUŁKOWSKI Mariusz</b>   | <b>248</b> |      | M-30      | 130  | 00:00:44    | 00:16:41    | 00:32:29     | 00:49:21    | 01:07:49     | <b>01:10:27.15</b> | <b>01:11:11.95</b> | +00:38:38<br>(54.8%) | 7:02         | 8.5<br>(45.0%) |
| 411 | <b>FUDAŁA Marek</b>        | <b>326</b> |      | M-60      | 39   | 00:00:23    | 00:16:48    | 00:33:26     | 00:50:40    | 01:07:53     | <b>01:10:41.70</b> | <b>01:11:04.70</b> | +00:38:52<br>(55.0%) | 7:04         | 8.5<br>(45.0%) |
| 412 | <b>DRUŻYŃSKI Sebastian</b> | <b>64</b>  |      | M-30      | 131  | 00:00:43    | 00:16:16    | 00:32:35     | 00:50:05    | 01:08:11     | <b>01:11:25.30</b> | <b>01:12:09.10</b> | +00:39:36<br>(55.4%) | 7:08         | 8.4<br>(44.4%) |
| 413 | <b>JURCZYK Artur</b>       | <b>236</b> |      | M-40      | 137  | 00:00:43    | 00:18:23    | 00:35:56     | 00:54:39    | 01:14:25     | <b>01:17:35.80</b> | <b>01:18:19.15</b> | +00:45:46<br>(59.0%) | 7:45         | 7.7<br>(40.7%) |
| 414 | <b>MŁYNAREK Piotr</b>      | <b>460</b> |      | M-40      | 138  | 00:00:48    | 00:18:45    | 00:37:06     | 00:56:09    | 01:15:11     | <b>01:18:28.80</b> | <b>01:19:17.30</b> | +00:46:39<br>(59.5%) | 7:50         | 7.6<br>(40.2%) |
| 415 | <b>SPARZYŃSKI Adam</b>     | <b>490</b> |      | M-30      | 132  | 00:00:00    |             |              |             |              |                    |                    |                      |              | (0.0%)         |

Znaleziono 415 wynik(ów)