

XII BIEG SYLWESTROWY

B4SPORT



Organizator: Hotel Brzoza
Data: 2018-12-31
Miejsce: Brzoza
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | POLAŃSKI Tomasz | 423 | B4SPORT | M-40 | 1 | 00:00:01 | 00:08:58 | 00:17:19 | 00:25:47 | 00:34:18 | 00:35:49.25 | 00:35:50.95 | | 3:34 | 16.8 (100%) |
| 2 | KUCZEK Piotr | 310 | KS ZRYW RADZIEJÓW | M-40 | 2 | 00:00:02 | 00:08:56 | 00:17:22 | 00:26:01 | 00:34:38 | 00:36:12.65 | 00:36:14.95 | +00:00:23 (1.1%) | 3:37 | 16.6 (98.8%) |
| 3 | KOWALCZYK Marek | 5 | | M-40 | 3 | 00:00:03 | 00:09:06 | 00:17:42 | 00:26:24 | 00:34:51 | 00:36:20.85 | 00:36:24.50 | +00:00:31 (1.4%) | 3:38 | 16.5 (98.2%) |
| 4 | MRUK Tomasz | 39 | CZARNE STOPY.SM | M-40 | 4 | 00:00:02 | 00:09:11 | 00:17:50 | 00:26:25 | 00:35:01 | 00:36:32.45 | 00:36:34.60 | +00:00:43 (2.0%) | 3:39 | 16.4 (97.6%) |
| 5 | MUDZIEJEWSKI Jarosław | 193 | TKKF KOLEJARZ BYDGOSZCZ | M-40 | 5 | 00:00:02 | 00:09:24 | 00:18:10 | 00:26:56 | 00:35:43 | 00:37:15.75 | 00:37:17.75 | +00:01:26 (3.9%) | 3:43 | 16.1 (95.8%) |
| 6 | STACHOWICZ Wiesław | 376 | BRZOZA BIEGA | M-40 | 6 | 00:00:02 | 00:09:34 | 00:18:25 | 00:27:19 | 00:35:51 | 00:37:22.30 | 00:37:24.55 | +00:01:33 (4.1%) | 3:44 | 16.1 (95.8%) |
| 7 | CZAPLICKI Piotr | 411 | TEAM KOPEĆ | M-40 | 7 | 00:00:03 | 00:09:39 | 00:18:46 | 00:27:55 | 00:36:59 | 00:38:33.70 | 00:38:37.55 | +00:02:44 (7.1%) | 3:51 | 15.6 (92.9%) |
| 8 | SOBIERSKI Rafał | 30 | | M-40 | 8 | 00:00:04 | 00:09:44 | 00:18:55 | 00:28:11 | 00:37:26 | 00:39:05.05 | 00:39:09.05 | +00:03:15 (8.3%) | 3:54 | 15.4 (91.7%) |
| 9 | SZCZEPANIAK Cezary | 292 | | M-40 | 9 | 00:00:02 | 00:09:42 | 00:18:54 | 00:28:12 | 00:37:34 | 00:39:11.00 | 00:39:13.25 | +00:03:21 (8.6%) | 3:55 | 15.3 (91.1%) |
| 10 | WESIORA Mariusz | 211 | | M-40 | 10 | 00:00:00 | 00:09:49 | 00:19:15 | 00:28:48 | 00:38:01 | 00:39:40.00 | 00:39:40.00 | +00:03:50 (9.7%) | 3:58 | 15.1 (89.9%) |
| 11 | SPYCHAŁSKI Waldemar | 250 | | M-40 | 11 | 00:00:05 | 00:09:49 | 00:19:17 | 00:28:59 | 00:38:44 | 00:40:24.80 | 00:40:30.55 | +00:04:35 (11.4%) | 4:02 | 14.8 (88.1%) |
| 12 | KŁOSOWSKI Marcin | 130 | GRUPA BANKIETOWA SPECJAL | M-40 | 12 | 00:00:06 | 00:10:49 | 00:20:30 | 00:29:50 | 00:39:08 | 00:40:54.10 | 00:41:00.20 | +00:05:04 (12.4%) | 4:05 | 14.7 (87.5%) |
| 13 | WIŚNIEWSKI Leszek | 77 | BRZOZA BRZOZA | M-40 | 13 | 00:00:06 | 00:10:19 | 00:20:10 | 00:30:13 | 00:40:10 | 00:41:51.75 | 00:41:58.05 | +00:06:02 (14.4%) | 4:11 | 14.3 (85.1%) |
| 14 | PRĄDZYŃSKI Marcin | 301 | TRISPACE | M-40 | 14 | 00:00:05 | 00:10:59 | 00:20:53 | 00:30:39 | 00:40:15 | 00:41:56.40 | 00:42:02.05 | +00:06:07 (14.6%) | 4:11 | 14.3 (85.1%) |
| 15 | POWALISZ Dariusz | 296 | | M-40 | 15 | 00:00:06 | 00:10:36 | 00:20:30 | 00:30:31 | 00:40:21 | 00:41:57.45 | 00:42:03.75 | +00:06:08 (14.6%) | 4:11 | 14.3 (85.1%) |
| 16 | DUCHYŃSKI Wojciech | 290 | BRZOZA BIEGA | M-40 | 16 | 00:00:05 | 00:10:32 | 00:20:27 | 00:30:43 | 00:40:14 | 00:41:59.30 | 00:42:04.30 | +00:06:10 (14.7%) | 4:11 | 14.3 (85.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 2.5km | 4.85km | 7.2km | 9.55km | | | | | |
| 17 | GĄSIOROWSKI Grzegorz | 330 | | M-40 | 17 | 00:00:09 | 00:10:27 | 00:20:21 | 00:30:22 | 00:40:18 | 00:42:09.10 | 00:42:18.40 | +00:06:19 (15.0%) | 4:12 | 14.2 (84.5%) |
| 18 | JANKOWSKI Tomasz | 421 | TRISPACE | M-40 | 18 | 00:00:07 | 00:10:58 | 00:20:51 | 00:30:37 | 00:40:32 | 00:42:14.65 | 00:42:22.10 | +00:06:25 (15.2%) | 4:13 | 14.2 (84.5%) |
| 19 | FURTAK Tomasz | 99 | 56. BAZA LOTNICZA | M-40 | 19 | 00:00:09 | 00:10:51 | 00:20:45 | 00:30:42 | 00:40:30 | 00:42:14.70 | 00:42:24.05 | +00:06:25 (15.2%) | 4:13 | 14.2 (84.5%) |
| 20 | NAGOW Michał | 233 | | M-40 | 20 | 00:00:08 | 00:10:36 | 00:20:31 | 00:30:29 | 00:40:27 | 00:42:17.10 | 00:42:25.60 | +00:06:27 (15.3%) | 4:13 | 14.2 (84.5%) |
| 21 | ZAKURZEWSKI Tomasz | 176 | BRZOZA BIEGA | M-40 | 21 | 00:00:04 | 00:10:22 | 00:20:23 | 00:30:34 | 00:40:42 | 00:42:35.45 | 00:42:40.15 | +00:06:46 (15.9%) | 4:15 | 14.1 (83.9%) |
| 22 | ZIENIEWICZ Wojciech | 393 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | M-40 | 22 | 00:00:05 | 00:10:52 | 00:20:52 | 00:30:55 | 00:41:00 | 00:42:45.80 | 00:42:51.15 | +00:06:56 (16.2%) | 4:16 | 14 (83.3%) |
| 23 | PRÜFER Paweł | 56 | | M-40 | 23 | 00:00:05 | 00:10:07 | 00:20:08 | 00:30:27 | 00:41:07 | 00:43:05.60 | 00:43:11.55 | +00:07:16 (16.9%) | 4:18 | 13.9 (82.7%) |
| 24 | KADOW Ryszard | 236 | TRISPACE | M-40 | 24 | 00:00:05 | 00:10:59 | 00:20:55 | 00:31:15 | 00:41:36 | 00:43:28.80 | 00:43:34.75 | +00:07:39 (17.6%) | 4:20 | 13.8 (82.1%) |
| 25 | WIERZBOWSKI Piotr | 339 | TEAM KOPEĆ | M-40 | 25 | 00:00:05 | 00:10:24 | 00:20:34 | 00:31:04 | 00:41:43 | 00:43:36.00 | 00:43:41.95 | +00:07:46 (17.8%) | 4:21 | 13.8 (82.1%) |
| 26 | WIŚNIEWSKI Maciej | 247 | | M-40 | 26 | 00:00:07 | 00:10:37 | 00:20:53 | 00:31:19 | 00:41:48 | 00:43:37.65 | 00:43:45.15 | +00:07:48 (17.9%) | 4:21 | 13.8 (82.1%) |
| 27 | NAMIEŚNIK Krzysztof | 21 | KRZYSIEKN | M-40 | 27 | 00:00:10 | 00:11:00 | 00:21:20 | 00:31:50 | 00:42:26 | 00:44:22.80 | 00:44:33.30 | +00:08:33 (19.3%) | 4:26 | 13.5 (80.4%) |
| 28 | RYDLEWSKI Kamil | 403 | TRISPACE | M-40 | 28 | 00:00:08 | 00:11:12 | 00:21:33 | 00:32:11 | 00:42:33 | 00:44:23.60 | 00:44:32.05 | +00:08:34 (19.3%) | 4:26 | 13.5 (80.4%) |
| 29 | GRZEGORZEWSKI Rafał | 349 | BRZOZA BIEGA | M-40 | 29 | 00:00:08 | 00:11:14 | 00:21:48 | 00:32:35 | 00:43:21 | 00:45:17.45 | 00:45:25.65 | +00:09:28 (20.9%) | 4:31 | 13.2 (78.6%) |
| 30 | ANDRZEJEWSKI Paweł | 227 | | M-40 | 30 | 00:00:07 | 00:11:08 | 00:21:59 | 00:33:02 | 00:43:31 | 00:45:20.20 | 00:45:27.70 | +00:09:30 (21.0%) | 4:32 | 13.2 (78.6%) |
| 31 | TOMTAS Konrad | 289 | 56. BAZA LOTNICZA | M-40 | 31 | 00:00:08 | 00:10:56 | 00:21:20 | 00:32:28 | 00:43:54 | 00:45:51.65 | 00:46:00.45 | +00:10:02 (21.9%) | 4:35 | 13.1 (78.0%) |
| 32 | BIELECKI Norbert | 392 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | M-40 | 32 | 00:00:12 | 00:11:59 | 00:23:06 | 00:33:58 | 00:44:37 | 00:46:18.95 | 00:46:31.00 | +00:10:29 (22.7%) | 4:37 | 13 (77.4%) |
| 33 | GROTA Artur | 183 | | M-40 | 33 | 00:00:09 | 00:11:11 | 00:22:12 | 00:33:18 | 00:44:26 | 00:46:20.55 | 00:46:29.85 | +00:10:31 (22.7%) | 4:38 | 12.9 (76.8%) |
| 34 | SŁOMA Maciej | 248 | | M-40 | 34 | 00:00:09 | 00:11:12 | 00:22:07 | 00:33:26 | 00:44:27 | 00:46:24.30 | 00:46:33.35 | +00:10:35 (22.8%) | 4:38 | 12.9 (76.8%) |
| 35 | BUZALSKI Robert | 276 | ORANGE POLSKA | M-40 | 35 | 00:00:10 | 00:11:24 | 00:22:19 | 00:33:24 | 00:44:30 | 00:46:29.10 | 00:46:39.35 | +00:10:39 (22.9%) | 4:38 | 12.9 (76.8%) |
| 36 | SZŁYK Maciej | 341 | SPORT4LIFE | M-40 | 36 | 00:00:04 | 00:11:41 | 00:22:34 | 00:33:34 | 00:44:36 | 00:46:31.60 | 00:46:35.80 | +00:10:42 (23.0%) | 4:39 | 12.9 (76.8%) |
| 37 | RUCIŃSKI Marcin | 351 | TRIBA BOSIR BARCIN | M-40 | 37 | 00:00:30 | 00:12:48 | 00:23:43 | 00:34:41 | 00:45:12 | 00:47:06.05 | 00:47:36.25 | +00:11:16 (23.9%) | 4:42 | 12.7 (75.6%) |
| 38 | STĘPIEŃ Tomasz | 186 | | M-40 | 38 | 00:00:12 | 00:11:30 | 00:22:39 | 00:33:56 | 00:45:15 | 00:47:20.00 | 00:47:32.10 | +00:11:30 (24.3%) | 4:44 | 12.7 (75.6%) |
| 39 | DĄBKOWSKI Maciej | 13 | | M-40 | 39 | 00:00:26 | 00:12:20 | 00:23:31 | 00:34:34 | 00:45:31 | 00:47:26.50 | 00:47:53.45 | +00:11:37 (24.5%) | 4:44 | 12.6 (75.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 2.5km | 4.85km | 7.2km | 9.55km | | | | | |
| 40 | GACKOWSKI Krzysztof | 260 | | M-40 | 40 | 00:00:09 | 00:11:26 | 00:22:35 | 00:34:07 | 00:45:30 | 00:47:31.35 | 00:47:41.10 | +00:11:42 (24.6%) | 4:45 | 12.6 (75.0%) |
| 41 | DAWIDOWICZ Maciej | 162 | | M-40 | 41 | 00:00:13 | 00:12:06 | 00:23:16 | 00:34:30 | 00:45:32 | 00:47:32.20 | 00:47:45.90 | +00:11:42 (24.6%) | 4:45 | 12.6 (75.0%) |
| 42 | UKLEZEWSKI Tomasz | 406 | | M-40 | 42 | 00:00:16 | 00:12:04 | 00:23:19 | 00:34:35 | 00:45:40 | 00:47:35.55 | 00:47:51.95 | +00:11:46 (24.7%) | 4:45 | 12.6 (75.0%) |
| 43 | ŚWIĘCICKI Andrzej | 206 | | M-40 | 43 | 00:00:06 | 00:11:45 | 00:22:59 | 00:34:21 | 00:45:41 | 00:47:39.65 | 00:47:45.80 | +00:11:50 (24.8%) | 4:45 | 12.6 (75.0%) |
| 44 | STEMPNIAK Krzysztof | 44 | | M-40 | 44 | 00:00:12 | 00:12:07 | 00:23:15 | 00:34:26 | 00:45:42 | 00:47:43.60 | 00:47:56.05 | +00:11:54 (24.9%) | 4:46 | 12.6 (75.0%) |
| 45 | STĘPSKI Marek | 178 | | M-40 | 45 | 00:00:13 | 00:12:14 | 00:23:21 | 00:34:34 | 00:45:58 | 00:48:02.30 | 00:48:15.35 | +00:12:13 (25.4%) | 4:48 | 12.5 (74.4%) |
| 46 | MROZEK Mariusz | 356 | | M-40 | 46 | 00:00:28 | 00:12:14 | 00:23:35 | 00:34:57 | 00:46:08 | 00:48:03.00 | 00:48:31.70 | +00:12:13 (25.5%) | 4:48 | 12.5 (74.4%) |
| 47 | SZUBARTOWSKI Robert | 43 | | M-40 | 47 | 00:00:12 | 00:12:31 | 00:23:37 | 00:34:47 | 00:46:10 | 00:48:13.80 | 00:48:25.85 | +00:12:24 (25.7%) | 4:49 | 12.4 (73.8%) |
| 48 | BIESIADA Tomasz | 279 | TRISPACE | M-40 | 48 | 00:00:09 | 00:12:22 | 00:23:44 | 00:34:58 | 00:46:05 | 00:48:23.05 | 00:48:32.15 | +00:12:33 (26.0%) | 4:50 | 12.4 (73.8%) |
| 49 | MROZIK Andrzej | 84 | | M-40 | 49 | 00:00:12 | 00:12:23 | 00:23:59 | 00:35:30 | 00:46:40 | 00:48:39.10 | 00:48:51.80 | +00:12:49 (26.4%) | 4:51 | 12.3 (73.2%) |
| 50 | DROŹDŹ Andrzej | 307 | 56. BAZA LOTNICZA | M-40 | 50 | 00:00:31 | 00:12:09 | 00:23:24 | 00:35:05 | 00:46:54 | 00:48:56.05 | 00:49:27.10 | +00:13:06 (26.8%) | 4:53 | 12.3 (73.2%) |
| 51 | STAWCZYK Dariusz | 146 | | M-40 | 51 | 00:00:16 | 00:12:21 | 00:23:48 | 00:35:21 | 00:47:10 | 00:49:11.70 | 00:49:27.85 | +00:13:22 (27.2%) | 4:55 | 12.2 (72.6%) |
| 52 | TOCZKIEWICZ Piotr | 165 | | M-40 | 52 | 00:00:07 | 00:12:19 | 00:23:54 | 00:35:37 | 00:47:20 | 00:49:25.10 | 00:49:32.15 | +00:13:35 (27.5%) | 4:56 | 12.1 (72.0%) |
| 53 | KATULSKI Radosław | 306 | 56. BAZA LOTNICZA | M-40 | 53 | 00:00:13 | 00:12:16 | 00:23:37 | 00:35:32 | 00:47:19 | 00:49:28.35 | 00:49:42.05 | +00:13:39 (27.6%) | 4:56 | 12.1 (72.0%) |
| 54 | OSTROMECKI Waldemar | 395 | ROWEROWA BRZOZA | M-40 | 54 | 00:00:13 | 00:12:32 | 00:24:11 | 00:35:51 | 00:47:29 | 00:49:32.25 | 00:49:46.20 | +00:13:43 (27.7%) | 4:57 | 12.1 (72.0%) |
| 55 | MATYSZCZAK Damian | 55 | | M-40 | 55 | 00:00:29 | 00:12:25 | 00:23:57 | 00:35:51 | 00:47:35 | 00:49:39.75 | 00:50:09.40 | +00:13:50 (27.9%) | 4:58 | 12.1 (72.0%) |
| 56 | WAJDA Mariusz | 210 | | M-40 | 56 | 00:00:14 | 00:12:18 | 00:23:47 | 00:35:43 | 00:47:37 | 00:49:41.40 | 00:49:56.20 | +00:13:52 (27.9%) | 4:58 | 12.1 (72.0%) |
| 57 | WOJTYNOWSKI Artur | 325 | | M-40 | 57 | 00:00:20 | 00:12:59 | 00:24:46 | 00:36:25 | 00:47:51 | 00:49:44.50 | 00:50:04.80 | +00:13:55 (28.0%) | 4:58 | 12.1 (72.0%) |
| 58 | BŁAZEJEWSKI Robert | 111 | 56. BAZA LOTNICZA | M-40 | 58 | 00:00:09 | 00:12:49 | 00:24:48 | 00:36:27 | 00:47:49 | 00:49:45.85 | 00:49:55.55 | +00:13:56 (28.0%) | 4:58 | 12.1 (72.0%) |
| 59 | ŻYWICA Adam | 366 | BRZOZA BIEGA | M-40 | 59 | 00:00:08 | 00:12:46 | 00:24:46 | 00:36:54 | 00:48:59 | 00:50:04.00 | 00:50:12.20 | +00:14:14 (28.5%) | 5:00 | 12 (71.4%) |
| 60 | KOWAL Michał | 167 | | M-40 | 60 | 00:00:07 | 00:11:39 | 00:23:11 | 00:35:40 | 00:48:02 | 00:50:12.80 | 00:50:20.25 | +00:14:23 (28.7%) | 5:01 | 11.9 (70.8%) |
| 61 | ŚWIETLKI Paweł | 380 | | M-40 | 61 | 00:00:03 | 00:11:04 | 00:22:50 | 00:35:15 | 00:47:59 | 00:50:13.20 | 00:50:16.55 | +00:14:23 (28.7%) | 5:01 | 11.9 (70.8%) |
| 62 | KUKAWKA Damian | 267 | | M-40 | 62 | 00:00:09 | 00:12:30 | 00:24:10 | 00:36:19 | 00:48:20 | 00:50:26.50 | 00:50:35.90 | +00:14:37 (29.0%) | 5:02 | 11.9 (70.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 4.85km | 7.2km | 9.55km | | | | | |
| 63 | RYBAK Mariusz | 145 | SISU-OWB TEAM | M-40 | 63 | 00:00:04 | 00:12:00 | 00:23:50 | 00:36:17 | 00:48:23 | 00:50:27.20 | 00:50:31.75 | +00:14:37 (29.0%) | 5:02 | 11.9 (70.8%) |
| 64 | BYRTEK Grzegorz | 284 | | M-40 | 64 | 00:00:07 | 00:11:44 | 00:23:13 | 00:35:34 | 00:48:12 | 00:50:30.05 | 00:50:37.40 | +00:14:40 (29.1%) | 5:03 | 11.9 (70.8%) |
| 65 | KONIEC Krzysztof | 120 | TKKF WODNIK WIĘCBORK | M-40 | 65 | 00:00:14 | 00:13:14 | 00:25:25 | 00:37:32 | 00:49:39 | 00:51:42.60 | 00:51:56.85 | +00:15:53 (30.7%) | 5:10 | 11.6 (69.0%) |
| 66 | KLINIKOWSKI Jacek | 149 | KOCHAM ŻYCIE I... | M-40 | 66 | 00:00:14 | 00:13:26 | 00:25:46 | 00:37:57 | 00:49:56 | 00:51:42.80 | 00:51:57.60 | +00:15:53 (30.7%) | 5:10 | 11.6 (69.0%) |
| 67 | DRĄG Hubert | 334 | | M-40 | 67 | 00:00:06 | 00:12:12 | 00:23:59 | 00:36:45 | 00:49:59 | 00:52:26.80 | 00:52:33.15 | +00:16:37 (31.7%) | 5:14 | 11.4 (67.9%) |
| 68 | ŁABENDA Piotr | 232 | | M-40 | 68 | 00:00:23 | 00:13:06 | 00:25:23 | 00:37:43 | 00:50:08 | 00:52:26.85 | 00:52:50.40 | +00:16:37 (31.7%) | 5:14 | 11.4 (67.9%) |
| 69 | MORITZ Rafał | 37 | # ŚLIMAKI BARCIN | M-40 | 69 | 00:00:29 | 00:13:33 | 00:25:58 | 00:38:07 | 00:50:49 | 00:52:49.95 | 00:53:19.55 | +00:17:00 (32.2%) | 5:17 | 11.4 (67.9%) |
| 70 | KUJAWA Roger | 415 | ŚLIMAKI BARCIN | M-40 | 70 | 00:00:27 | 00:13:34 | 00:26:00 | 00:38:09 | 00:50:51 | 00:52:51.90 | 00:53:19.55 | +00:17:02 (32.2%) | 5:17 | 11.3 (67.3%) |
| 71 | JURSKI Robert | 265 | | M-40 | 71 | 00:00:23 | 00:13:44 | 00:26:17 | 00:39:00 | 00:51:18 | 00:53:20.85 | 00:53:44.40 | +00:17:31 (32.9%) | 5:20 | 11.2 (66.7%) |
| 72 | URBAŃSKI Wojciech | 101 | 56. BAZA LOTNICZA | M-40 | 72 | 00:00:29 | 00:13:41 | 00:26:23 | 00:39:06 | 00:51:24 | 00:53:20.90 | 00:53:49.90 | +00:17:31 (32.9%) | 5:20 | 11.3 (67.3%) |
| 73 | PAŚ Michał | 142 | CHARTY SZELEJEWO | M-40 | 73 | 00:00:18 | 00:13:51 | 00:26:24 | 00:39:04 | 00:51:23 | 00:53:23.95 | 00:53:42.30 | +00:17:34 (32.9%) | 5:20 | 11.2 (66.7%) |
| 74 | BORKOWSKI Adam | 273 | BRZOZA BIEGA | M-40 | 74 | 00:00:19 | 00:13:08 | 00:25:39 | 00:38:22 | 00:51:14 | 00:53:33.40 | 00:53:53.05 | +00:17:44 (33.1%) | 5:21 | 11.2 (66.7%) |
| 75 | NURKIEWICZ Jarosław | 129 | KUNG FU PANDY 3 | M-40 | 75 | 00:00:17 | 00:13:17 | 00:25:47 | 00:38:36 | 00:51:28 | 00:53:35.10 | 00:53:52.20 | +00:17:45 (33.2%) | 5:21 | 11.2 (66.7%) |
| 76 | KUCHARSKI Jarosław | 254 | # ŚLIMAKI BARCIN | M-40 | 76 | 00:00:26 | 00:13:36 | 00:26:19 | 00:39:12 | 00:52:01 | 00:54:09.75 | 00:54:36.40 | +00:18:20 (33.9%) | 5:25 | 11.1 (66.1%) |
| 77 | MIŁO Adam | 360 | | M-40 | 77 | 00:00:22 | 00:13:26 | 00:26:01 | 00:39:00 | 00:51:56 | 00:54:11.00 | 00:54:33.15 | +00:18:21 (33.9%) | 5:25 | 11.1 (66.1%) |
| 78 | DERENDA Mirosław | 70 | 1 BLWL | M-40 | 78 | 00:00:15 | 00:13:06 | 00:25:37 | 00:38:30 | 00:51:47 | 00:54:11.40 | 00:54:27.30 | +00:18:22 (33.9%) | 5:25 | 11.1 (66.1%) |
| 79 | KOSIARSKI Tomasz | 239 | | M-40 | 79 | 00:00:23 | 00:14:14 | 00:27:15 | 00:40:01 | 00:52:20 | 00:54:23.00 | 00:54:46.25 | +00:18:33 (34.1%) | 5:26 | 11 (65.5%) |
| 80 | MALAK Robert | 285 | | M-40 | 80 | 00:00:32 | 00:13:40 | 00:26:37 | 00:39:39 | 00:52:22 | 00:54:41.90 | 00:55:14.60 | +00:18:52 (34.5%) | 5:28 | 11 (65.5%) |
| 81 | TURZYŃSKI Jacek | 288 | | M-40 | 81 | 00:00:31 | 00:13:41 | 00:26:38 | 00:39:39 | 00:52:22 | 00:54:42.75 | 00:55:14.60 | +00:18:53 (34.5%) | 5:28 | 11 (65.5%) |
| 82 | KRYSTOFIAK Robert | 61 | | M-40 | 82 | 00:00:17 | 00:13:16 | 00:26:09 | 00:39:16 | 00:52:27 | 00:54:47.35 | 00:55:05.25 | +00:18:58 (34.6%) | 5:28 | 10.9 (64.9%) |
| 83 | CZECH Jacek | 387 | GRAZIA RUNNING | M-40 | 83 | 00:00:27 | 00:13:37 | 00:26:43 | 00:39:54 | 00:52:59 | 00:55:04.20 | 00:55:31.65 | +00:19:14 (35.0%) | 5:30 | 10.9 (64.9%) |
| 84 | KALACZYŃSKI Grzegorz | 159 | | M-40 | 84 | 00:00:19 | 00:13:49 | 00:26:44 | 00:39:57 | 00:53:11 | 00:55:32.15 | 00:55:51.55 | +00:19:42 (35.5%) | 5:33 | 10.8 (64.3%) |
| 85 | DUTKIEWICZ Gracjan | 417 | | M-40 | 85 | 00:00:19 | 00:13:11 | 00:25:59 | 00:39:53 | 00:53:29 | 00:55:58.10 | 00:56:17.10 | +00:20:08 (36.0%) | 5:35 | 10.7 (63.7%) |

| 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 |
|-----|-----------------------------|------------|------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|--------------------|--------------------|-------------------|--------------|--------------|
| 86 | GROTT Bartłomiej | 261 | | M-40 | 86 | 00:00:25 | 00:13:43 | 00:26:59 | 00:40:34 | 00:54:12 | 00:56:38.75 | 00:57:04.25 | +00:20:49 (36.8%) | 5:39 | 10.6 (63.1%) |
| 87 | ROŚ Adam | 184 | | M-40 | 87 | 00:00:32 | 00:14:40 | 00:28:21 | 00:42:00 | 00:54:48 | 00:56:49.15 | 00:57:21.90 | +00:20:59 (37.0%) | 5:40 | 10.6 (63.1%) |
| 88 | WEŁNICKI Waldemar | 217 | GOSIR OSIELSKO | M-40 | 88 | 00:00:18 | 00:14:22 | 00:27:43 | 00:41:03 | 00:54:42 | 00:57:00.70 | 00:57:19.25 | +00:21:11 (37.2%) | 5:42 | 10.5 (62.5%) |
| 89 | DĄBROWSKI Jarek | 125 | URSA | M-40 | 89 | 00:00:32 | 00:14:26 | 00:27:42 | 00:41:13 | 00:54:44 | 00:57:02.25 | 00:57:35.00 | +00:21:13 (37.2%) | 5:42 | 10.5 (62.5%) |
| 90 | JASKULSKI Bartosz | 197 | | M-40 | 90 | 00:00:15 | 00:14:47 | 00:28:12 | 00:41:48 | 00:54:59 | 00:57:11.50 | 00:57:26.90 | +00:21:22 (37.4%) | 5:43 | 10.5 (62.5%) |
| 91 | SZTEJKA Damian | 245 | | M-40 | 91 | 00:00:34 | 00:14:46 | 00:28:27 | 00:41:50 | 00:55:04 | 00:57:14.20 | 00:57:48.95 | +00:21:24 (37.4%) | 5:43 | 10.5 (62.5%) |
| 92 | KRYSZTOFIAK Michał | 377 | | M-40 | 92 | 00:00:26 | 00:14:24 | 00:28:00 | 00:41:46 | 00:55:03 | 00:57:27.25 | 00:57:54.00 | +00:21:38 (37.7%) | 5:44 | 10.4 (61.9%) |
| 93 | RYDLEWSKI Marek | 237 | RUN BYDGOSZCZ | M-40 | 93 | 00:00:33 | 00:14:51 | 00:28:44 | 00:42:19 | 00:55:50 | 00:57:44.95 | 00:58:18.15 | +00:21:55 (38.0%) | 5:46 | 10.4 (61.9%) |
| 94 | RAMBOWICZ Andrzej | 344 | | M-40 | 94 | 00:00:35 | 00:14:46 | 00:28:43 | 00:43:06 | 00:57:36 | 01:00:11.90 | 01:00:47.25 | +00:24:22 (40.5%) | 6:01 | 10 (59.5%) |
| 95 | CZEŚĆ Radosław | 80 | INOWROCŁAW BIEGA | M-40 | 95 | 00:00:25 | 00:14:42 | 00:28:56 | 00:44:02 | 00:59:02 | 01:01:27.60 | 01:01:53.15 | +00:25:38 (41.7%) | 6:08 | 9.8 (58.3%) |
| 96 | SAWIEŁAJC Michał | 216 | BIZON TEAM | M-40 | 96 | 00:00:25 | 00:14:38 | 00:29:01 | 00:44:02 | 00:59:21 | 01:02:13.15 | 01:02:38.65 | +00:26:23 (42.4%) | 6:13 | 9.6 (57.1%) |
| 97 | ZIELIŃSKI Andrzej | 90 | | M-40 | 97 | 00:00:22 | 00:15:13 | 00:30:07 | 00:45:34 | 01:00:21 | 01:02:45.05 | 01:03:07.35 | +00:26:55 (42.9%) | 6:16 | 9.6 (57.1%) |
| 98 | KARASZEWSKI Sławomir | 161 | | M-40 | 98 | 00:00:15 | 00:15:27 | 00:31:26 | 00:48:00 | 01:04:50 | 01:07:43.50 | 01:07:59.40 | +00:31:54 (47.1%) | 6:46 | 8.9 (53.0%) |
| 99 | PÓŁGĘSEK Rafał | 105 | | M-40 | 99 | 00:00:34 | 00:16:38 | 00:32:50 | 00:49:35 | 01:06:15 | 01:09:04.75 | 01:09:39.25 | +00:33:15 (48.1%) | 6:54 | 8.7 (51.8%) |
| 100 | RATAJ Maciej | 401 | | M-40 | 100 | 00:00:27 | 00:15:41 | 00:31:52 | 00:49:25 | 01:08:24 | 01:11:40.15 | 01:12:08.10 | +00:35:50 (50.0%) | 7:10 | 8.4 (50.0%) |

Znaleziono 100 wynik(ów)