



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

## XII BIEG SYLWESTROWY

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENE 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>ZALEWSKI Krystian</b>	<b>400</b>	UKS BARNIM GOLENIÓW	M-20	1	00:00:02	00:07:19	00:14:15	00:21:13	00:28:14	<b>00:29:30.90</b>	<b>00:29:32.95</b>		2:57	20.3 (100%)
2	<b>BRZEZIŃSKI Błażej</b>	<b>1</b>	BRZEZIŃSKIRUNCLUB	M-30	1	00:00:02	00:07:21	00:14:38	00:21:50	00:29:01	<b>00:30:22.20</b>	<b>00:30:24.25</b>	+00:00:51 (2.8%)	3:02	19.8 (97.5%)
3	<b>PAWLAK Bartosz</b>	<b>3</b>	WKS GRUNWALD POZNAŃ	M-20	2	00:00:02	00:07:58	00:15:33	00:23:15	00:30:55	<b>00:32:18.65</b>	<b>00:32:20.70</b>	+00:02:47 (8.7%)	3:13	18.6 (91.6%)
4	<b>KALATA Łukasz</b>	<b>240</b>	KM TRUCHCIK ŁUBIANA	M-30	2	00:00:03	00:08:42	00:17:02	00:25:27	00:33:45	<b>00:35:15.30</b>	<b>00:35:18.80</b>	+00:05:44 (16.3%)	3:31	17 (83.7%)
5	<b>KŁOPOTEK Patryk</b>	<b>150</b>	WRB / UMB	M-20	3	00:00:01	00:08:39	00:17:04	00:25:29	00:34:02	<b>00:35:36.45</b>	<b>00:35:37.90</b>	+00:06:05 (17.1%)	3:33	16.9 (83.3%)
6	<b>POLAŃSKI Tomasz</b>	<b>423</b>	B4SPORT	M-40	1	00:00:01	00:08:58	00:17:19	00:25:47	00:34:18	<b>00:35:49.25</b>	<b>00:35:50.95</b>	+00:06:18 (17.6%)	3:34	16.8 (82.8%)
7	<b>KUCZEK Piotr</b>	<b>310</b>	KS ZRYW RADZIEJÓW	M-40	2	00:00:02	00:08:56	00:17:22	00:26:01	00:34:38	<b>00:36:12.65</b>	<b>00:36:14.95</b>	+00:06:41 (18.5%)	3:37	16.6 (81.8%)
8	<b>ŚWIĄTKOWSKI Paweł</b>	<b>354</b>		M-30	3	00:00:03	00:08:55	00:17:29	00:26:07	00:34:47	<b>00:36:19.25</b>	<b>00:36:22.60</b>	+00:06:48 (18.7%)	3:37	16.5 (81.3%)
9	<b>KOWALCZYK Marek</b>	<b>5</b>		M-40	3	00:00:03	00:09:06	00:17:42	00:26:24	00:34:51	<b>00:36:20.85</b>	<b>00:36:24.50</b>	+00:06:49 (18.8%)	3:38	16.5 (81.3%)
10	<b>JARZĄB Piotr</b>	<b>103</b>		M-30	4	00:00:03	00:09:07	00:17:43	00:26:23	00:34:53	<b>00:36:23.05</b>	<b>00:36:26.85</b>	+00:06:52 (18.9%)	3:38	16.5 (81.3%)
11	<b>MRUK Tomasz</b>	<b>39</b>	CZARNE STOPY.SM	M-40	4	00:00:02	00:09:11	00:17:50	00:26:25	00:35:01	<b>00:36:32.45</b>	<b>00:36:34.60</b>	+00:07:01 (19.2%)	3:39	16.4 (80.8%)
12	<b>DĄBROWSKI Paweł</b>	<b>14</b>		M-20	4	00:00:02	00:09:11	00:17:43	00:26:25	00:35:06	<b>00:36:45.05</b>	<b>00:36:47.05</b>	+00:07:14 (19.7%)	3:40	16.3 (80.3%)
13	<b>PAWŁOWSKI Tomasz</b>	<b>16</b>		M-20	5	00:00:01	00:09:13	00:17:49	00:26:32	00:35:16	<b>00:36:49.90</b>	<b>00:36:51.65</b>	+00:07:19 (19.9%)	3:41	16.3 (80.3%)
14	<b>KOWALSKI Dariusz</b>	<b>383</b>	TEAM KOWALSKI	M-50	1	00:00:01	00:09:08	00:17:45	00:26:27	00:35:18	<b>00:36:51.70</b>	<b>00:36:53.55</b>	+00:07:20 (19.9%)	3:41	16.3 (80.3%)
15	<b>KARPIŃSKI Wiesław</b>	<b>188</b>	DUDYCZ TEAM GDAŃSK	M-50	2	00:00:02	00:09:22	00:18:01	00:26:51	00:35:35	<b>00:37:11.65</b>	<b>00:37:13.65</b>	+00:07:40 (20.6%)	3:43	16.1 (79.3%)
16	<b>MUDZIEJEWSKI Jarosław</b>	<b>193</b>	TKKF KOLEJARZ BYDGOSZCZ	M-40	5	00:00:02	00:09:24	00:18:10	00:26:56	00:35:43	<b>00:37:15.75</b>	<b>00:37:17.75</b>	+00:07:44 (20.8%)	3:43	16.1 (79.3%)
17	<b>FOREMSKI Sławomir</b>	<b>83</b>		M-50	3	00:00:02	00:09:08	00:17:47	00:26:46	00:35:39	<b>00:37:18.90</b>	<b>00:37:21.05</b>	+00:07:48 (20.9%)	3:43	16.1 (79.3%)
18	<b>STACHOWICZ Wiesław</b>	<b>376</b>	BRZOZA BIEGA	M-40	6	00:00:02	00:09:34	00:18:25	00:27:19	00:35:51	<b>00:37:22.30</b>	<b>00:37:24.55</b>	+00:07:51 (21.0%)	3:44	16.1 (79.3%)

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
19	<b>MAŁOLEPSZY Radosław</b>	<b>152</b>	KS ZRYW RADZIEJÓW	M-30	5	00:00:03	00:09:26	00:18:20	00:27:18	00:36:10	<b>00:37:47.35</b>	<b>00:37:51.00</b>	+00:08:16 (21.9%)	3:46	15.9 (78.3%)
20	<b>MAĆKOWSKI Maciej</b>	<b>82</b>	UPS BYDGOSZCZ	M-30	6	00:00:02	00:09:08	00:17:51	00:27:02	00:36:15	<b>00:37:50.75</b>	<b>00:37:52.75</b>	+00:08:19 (22.0%)	3:47	15.9 (78.3%)
21	<b>ŁAZ Kamil</b>	<b>218</b>	RUN BYDGOSZCZ	M-30	7	00:00:03	00:09:44	00:18:42	00:27:41	00:36:31	<b>00:38:05.90</b>	<b>00:38:09.75</b>	+00:08:35 (22.5%)	3:48	15.7 (77.3%)
22	<b>WOLNY Piotr</b>	<b>8</b>	BRZOZA BIEGA	M-50	4	00:00:02	00:09:27	00:18:31	00:27:40	00:36:41	<b>00:38:25.40</b>	<b>00:38:27.55</b>	+00:08:54 (23.2%)	3:50	15.6 (76.8%)
23	<b>CZAPLICKI Piotr</b>	<b>411</b>	TEAM KOPEĆ	M-40	7	00:00:03	00:09:39	00:18:46	00:27:55	00:36:59	<b>00:38:33.70</b>	<b>00:38:37.55</b>	+00:09:02 (23.5%)	3:51	15.6 (76.8%)
24	<b>ZIELIŃSKI Nicolas</b>	<b>223</b>	WWW.OLIMPIASPORT.PL	M-20	6	00:00:01	00:09:42	00:18:53	00:28:12	00:37:22	<b>00:38:58.65</b>	<b>00:39:00.40</b>	+00:09:27 (24.3%)	3:53	15.4 (75.9%)
25	<b>OSIŃSKI Ryszard</b>	<b>416</b>	BIEGOWA RODZINKA	M-50	5	00:00:03	00:09:32	00:18:43	00:28:02	00:37:22	<b>00:39:04.85</b>	<b>00:39:08.75</b>	+00:09:33 (24.5%)	3:54	15.4 (75.9%)
26	<b>SOBIERALSKI Rafał</b>	<b>30</b>		M-40	8	00:00:04	00:09:44	00:18:55	00:28:11	00:37:26	<b>00:39:05.05</b>	<b>00:39:09.05</b>	+00:09:34 (24.5%)	3:54	15.4 (75.9%)
27	<b>PAWLACZYK Szymon</b>	<b>11</b>	TRISPACE	M-30	8	00:00:04	00:09:48	00:19:09	00:28:27	00:37:32	<b>00:39:05.45</b>	<b>00:39:09.80</b>	+00:09:34 (24.5%)	3:54	15.4 (75.9%)
28	<b>SAWICKI Marcin</b>	<b>81</b>	TEAMOCHAL	M-30	9	00:00:03	00:09:56	00:19:07	00:28:19	00:37:31	<b>00:39:07.15</b>	<b>00:39:11.05</b>	+00:09:36 (24.6%)	3:54	15.3 (75.4%)
29	<b>KRUPA Piotr</b>	<b>60</b>		M-30	10	00:00:05	00:09:45	00:19:02	00:28:18	00:37:34	<b>00:39:08.75</b>	<b>00:39:14.70</b>	+00:09:37 (24.6%)	3:54	15.3 (75.4%)
30	<b>SZCZEPANIAK Cezary</b>	<b>292</b>		M-40	9	00:00:02	00:09:42	00:18:54	00:28:12	00:37:34	<b>00:39:11.00</b>	<b>00:39:13.25</b>	+00:09:40 (24.7%)	3:55	15.3 (75.4%)
31	<b>WARSZAWSKI Przemysław</b>	<b>228</b>		M-20	7	00:00:03	00:09:42	00:19:01	00:28:20	00:37:36	<b>00:39:15.00</b>	<b>00:39:18.65</b>	+00:09:44 (24.8%)	3:55	15.3 (75.4%)
32	<b>CZUK Marek</b>	<b>29</b>		M-60	1	00:00:02	00:09:47	00:19:06	00:28:20	00:37:33	<b>00:39:16.35</b>	<b>00:39:18.40</b>	+00:09:45 (24.8%)	3:55	15.3 (75.4%)
33	<b>MAGDZIARZ Jakub</b>	<b>317</b>	KANCELARIA - HMM	M-30	11	00:00:04	00:09:43	00:19:03	00:28:18	00:37:36	<b>00:39:21.55</b>	<b>00:39:25.55</b>	+00:09:50 (25.0%)	3:56	15.2 (74.9%)
34	<b>KUŁAKOWSKI Krzysztof</b>	<b>300</b>	RUN PASJA	M-30	12	00:00:04	00:09:42	00:18:51	00:28:09	00:37:49	<b>00:39:32.70</b>	<b>00:39:36.75</b>	+00:10:01 (25.4%)	3:57	15.2 (74.9%)
35	<b>WESIORA Mariusz</b>	<b>211</b>		M-40	10	00:00:00	00:09:49	00:19:15	00:28:48	00:38:01	<b>00:39:40.00</b>	<b>00:39:40.00</b>	+00:10:09 (25.6%)	3:58	15.1 (74.4%)
36	<b>KRZYWDZIŃSKI Dominik</b>	<b>402</b>		M-1	1	00:00:03	00:09:49	00:19:13	00:28:45	00:38:01	<b>00:39:41.55</b>	<b>00:39:45.30</b>	+00:10:10 (25.6%)	3:58	15.1 (74.4%)
37	<b>KUBANEK Łukasz</b>	<b>340</b>	TEAMOCHAL	M-30	13	00:00:03	00:09:56	00:19:11	00:28:37	00:38:04	<b>00:39:47.55</b>	<b>00:39:51.00</b>	+00:10:16 (25.8%)	3:58	15.1 (74.4%)
38	<b>BALCEREK Mateusz</b>	<b>251</b>		M-30	14	00:00:03	00:09:35	00:19:01	00:28:47	00:38:18	<b>00:40:02.90</b>	<b>00:40:06.35</b>	+00:10:32 (26.3%)	4:00	15 (73.9%)
39	<b>BETHKE Sławek</b>	<b>133</b>	TRISPACE	M-20	8	00:00:05	00:10:06	00:19:52	00:29:19	00:38:40	<b>00:40:21.50</b>	<b>00:40:26.50</b>	+00:10:50 (26.9%)	4:02	14.9 (73.4%)
40	<b>SPYCHAŁSKI Waldemar</b>	<b>250</b>		M-40	11	00:00:05	00:09:49	00:19:17	00:28:59	00:38:44	<b>00:40:24.80</b>	<b>00:40:30.55</b>	+00:10:53 (27.0%)	4:02	14.8 (72.9%)
41	<b>ŚWIERCZYŃSKI Julian</b>	<b>199</b>	KS ZRYW RADZIEJÓW	M-1	2	00:00:03	00:10:13	00:19:53	00:29:25	00:38:54	<b>00:40:25.75</b>	<b>00:40:29.70</b>	+00:10:54 (27.0%)	4:02	14.8 (72.9%)
42	<b>RACZYŃSKI Krzysztof</b>	<b>19</b>	BIEGAJĄCY FILOZOF TEAM	M-50	6	00:00:03	00:10:22	00:19:55	00:29:20	00:38:43	<b>00:40:27.00</b>	<b>00:40:30.25</b>	+00:10:56 (27.0%)	4:02	14.8 (72.9%)
43	<b>WIĘCKOWSKI Dariusz</b>	<b>36</b>	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	M-30	15	00:00:03	00:09:46	00:19:37	00:29:58	00:38:55	<b>00:40:33.20</b>	<b>00:40:36.65</b>	+00:11:02 (27.2%)	4:03	14.8 (72.9%)
44	<b>KŁOSOWSKI Marcin</b>	<b>130</b>	GRUPA BANKIETOWA SPECJAL	M-40	12	00:00:06	00:10:49	00:20:30	00:29:50	00:39:08	<b>00:40:54.10</b>	<b>00:41:00.20</b>	+00:11:23 (27.8%)	4:05	14.7 (72.4%)

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
45	<b>MARCHEL Tomasz</b>	<b>20</b>		M-20	9	00:00:03	00:09:51	00:19:34	00:29:32	00:39:17	<b>00:41:04.55</b>	<b>00:41:08.35</b>	+00:11:33 (28.1%)	4:06	14.6 (71.9%)
46	<b>OLKOWSKI Jurek</b>	<b>131</b>	THE RUNNERS ŚWIECIE	M-60	2	00:00:03	00:09:49	00:19:35	00:29:28	00:39:18	<b>00:41:05.15</b>	<b>00:41:08.55</b>	+00:11:34 (28.2%)	4:06	14.6 (71.9%)
47	<b>BARTOSZ Marek</b>	<b>45</b>		M-30	16	00:00:03	00:09:55	00:19:47	00:29:46	00:39:42	<b>00:41:29.70</b>	<b>00:41:33.55</b>	+00:11:58 (28.9%)	4:09	14.5 (71.4%)
48	<b>SAWIEŁAJC Jakub</b>	<b>215</b>	KRYSO SPORT TEAM	M-1	3	00:00:11	00:10:24	00:19:52	00:29:48	00:39:53	<b>00:41:33.60</b>	<b>00:41:45.20</b>	+00:12:02 (29.0%)	4:09	14.4 (70.9%)
49	<b>KALACZYŃSKI Miłosz</b>	<b>158</b>	POLONIA BYDGOSZCZ SLA	M-20	10	00:00:04	00:10:18	00:20:06	00:30:05	00:40:07	<b>00:41:40.50</b>	<b>00:41:45.20</b>	+00:12:09 (29.2%)	4:10	14.4 (70.9%)
50	<b>GOŁATA Wojciech</b>	<b>27</b>	WILCZA WATAHA	M-30	17	00:00:05	00:10:17	00:20:05	00:30:04	00:40:06	<b>00:41:41.40</b>	<b>00:41:46.40</b>	+00:12:10 (29.2%)	4:10	14.4 (70.9%)
51	<b>WIŚNIEWSKI Leszek</b>	<b>77</b>	BRZOZA BRZOZA	M-40	13	00:00:06	00:10:19	00:20:10	00:30:13	00:40:10	<b>00:41:51.75</b>	<b>00:41:58.05</b>	+00:12:20 (29.5%)	4:11	14.3 (70.4%)
52	<b>HENDRZAK Sylwester</b>	<b>419</b>		M-30	18	00:00:03	00:10:29	00:20:33	00:30:38	00:40:19	<b>00:41:52.45</b>	<b>00:41:56.20</b>	+00:12:21 (29.5%)	4:11	14.3 (70.4%)
53	<b>CZARNECKI Piotr</b>	<b>343</b>	BRZOZA BIEGA	M-30	19	00:00:05	00:10:33	00:20:34	00:30:31	00:40:17	<b>00:41:53.15</b>	<b>00:41:58.75</b>	+00:12:22 (29.5%)	4:11	14.3 (70.4%)
54	<b>PRĄDZYŃSKI Marcin</b>	<b>301</b>	TRISPACE	M-40	14	00:00:05	00:10:59	00:20:53	00:30:39	00:40:15	<b>00:41:56.40</b>	<b>00:42:02.05</b>	+00:12:25 (29.6%)	4:11	14.3 (70.4%)
55	<b>POWALISZ Dariusz</b>	<b>296</b>		M-40	15	00:00:06	00:10:36	00:20:30	00:30:31	00:40:21	<b>00:41:57.45</b>	<b>00:42:03.75</b>	+00:12:26 (29.7%)	4:11	14.3 (70.4%)
56	<b>DUCHIŃSKI Wojciech</b>	<b>290</b>	BRZOZA BIEGA	M-40	16	00:00:05	00:10:32	00:20:27	00:30:43	00:40:14	<b>00:41:59.30</b>	<b>00:42:04.30</b>	+00:12:28 (29.7%)	4:11	14.3 (70.4%)
57	<b>PAWŁOWSKI Radosław</b>	<b>15</b>		M-50	7	00:00:03	00:10:41	00:20:26	00:30:18	00:40:12	<b>00:42:00.80</b>	<b>00:42:04.45</b>	+00:12:29 (29.7%)	4:12	14.3 (70.4%)
58	<b>GAŚIOROWSKI Grzegorz</b>	<b>330</b>		M-40	17	00:00:09	00:10:27	00:20:21	00:30:22	00:40:18	<b>00:42:09.10</b>	<b>00:42:18.40</b>	+00:12:38 (30.0%)	4:12	14.2 (70.0%)
59	<b>JANKOWSKI Tomasz</b>	<b>421</b>	TRISPACE	M-40	18	00:00:07	00:10:58	00:20:51	00:30:37	00:40:32	<b>00:42:14.65</b>	<b>00:42:22.10</b>	+00:12:43 (30.1%)	4:13	14.2 (70.0%)
60	<b>FURTAK Tomasz</b>	<b>99</b>	56. BAZA LOTNICZA	M-40	19	00:00:09	00:10:51	00:20:45	00:30:42	00:40:30	<b>00:42:14.70</b>	<b>00:42:24.05</b>	+00:12:43 (30.1%)	4:13	14.2 (70.0%)
61	<b>NAGOW Michał</b>	<b>233</b>		M-40	20	00:00:08	00:10:36	00:20:31	00:30:29	00:40:27	<b>00:42:17.10</b>	<b>00:42:25.60</b>	+00:12:46 (30.2%)	4:13	14.2 (70.0%)
62	<b>WINIARSKI Grzegorz</b>	<b>319</b>	THE RUNNERS ŚWIECIE	M-30	20	00:00:06	00:10:36	00:20:29	00:30:27	00:40:29	<b>00:42:17.25</b>	<b>00:42:23.55</b>	+00:12:46 (30.2%)	4:13	14.2 (70.0%)
63	<b>ZAKURZEWSKI Tomasz</b>	<b>176</b>	BRZOZA BIEGA	M-40	21	00:00:04	00:10:22	00:20:23	00:30:34	00:40:42	<b>00:42:35.45</b>	<b>00:42:40.15</b>	+00:13:04 (30.7%)	4:15	14.1 (69.5%)
64	<b>BANAS Robert</b>	<b>144</b>		M-30	21	00:00:04	00:10:30	00:20:38	00:30:51	00:40:59	<b>00:42:44.30</b>	<b>00:42:49.25</b>	+00:13:13 (30.9%)	4:16	14 (69.0%)
65	<b>ZIENIEWICZ Wojciech</b>	<b>393</b>	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	M-40	22	00:00:05	00:10:52	00:20:52	00:30:55	00:41:00	<b>00:42:45.80</b>	<b>00:42:51.15</b>	+00:13:14 (31.0%)	4:16	14 (69.0%)
66	<b>KOSOWSKI Janusz</b>	<b>112</b>	AKM OLSZTYN SKLEPBIEGACZA.PL	M-60	3	00:00:01	00:10:36	00:20:43	00:30:52	00:41:03	<b>00:42:52.30</b>	<b>00:42:53.75</b>	+00:13:21 (31.2%)	4:17	14 (69.0%)
67	<b>PRŪFER Paweł</b>	<b>56</b>		M-40	23	00:00:05	00:10:07	00:20:08	00:30:27	00:41:07	<b>00:43:05.60</b>	<b>00:43:11.55</b>	+00:13:34 (31.5%)	4:18	13.9 (68.5%)
68	<b>GIOLDA Paweł</b>	<b>63</b>		M-30	22	00:00:06	00:10:30	00:20:46	00:31:08	00:41:27	<b>00:43:15.80</b>	<b>00:43:21.90</b>	+00:13:44 (31.8%)	4:19	13.9 (68.5%)
69	<b>KOWAL Adam</b>	<b>409</b>		M-50	8	00:00:09	00:11:00	00:21:11	00:31:19	00:41:31	<b>00:43:22.35</b>	<b>00:43:32.25</b>	+00:13:51 (31.9%)	4:20	13.8 (68.0%)

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
70	KADOW Ryszard	236	TRISPACE	M-40	24	00:00:05	00:10:59	00:20:55	00:31:15	00:41:36	<b>00:43:28.80</b>	<b>00:43:34.75</b>	+00:13:57 (32.1%)	4:20	13.8 (68.0%)
71	CZEPEK Aleksander	413	BRZOZA BIEGA	M-60	4	00:00:03	00:10:59	00:21:17	00:31:24	00:41:38	<b>00:43:29.00</b>	<b>00:43:32.70</b>	+00:13:58 (32.1%)	4:20	13.8 (68.0%)
72	GOLAK Lukasz	271	GOGGLE PRO ACTIVE EYEWEAR	M-30	23	00:00:01	00:10:31	00:20:50	00:31:18	00:41:38	<b>00:43:30.45</b>	<b>00:43:31.90</b>	+00:13:59 (32.2%)	4:21	13.8 (68.0%)
73	WIERZBOWSKI Piotr	339	TEAM KOPEĆ	M-40	25	00:00:05	00:10:24	00:20:34	00:31:04	00:41:43	<b>00:43:36.00</b>	<b>00:43:41.95</b>	+00:14:05 (32.3%)	4:21	13.8 (68.0%)
74	WIŚNIEWSKI Maciej	247		M-40	26	00:00:07	00:10:37	00:20:53	00:31:19	00:41:48	<b>00:43:37.65</b>	<b>00:43:45.15</b>	+00:14:06 (32.3%)	4:21	13.8 (68.0%)
75	CYROK Maciej	94		M-20	11	00:00:10	00:11:07	00:21:23	00:31:49	00:42:02	<b>00:43:40.90</b>	<b>00:43:51.55</b>	+00:14:10 (32.4%)	4:22	13.7 (67.5%)
76	KACZYŃSKI Rafał	229		M-30	24	00:00:17	00:11:07	00:21:27	00:31:35	00:41:56	<b>00:43:43.10</b>	<b>00:44:00.90</b>	+00:14:12 (32.5%)	4:22	13.7 (67.5%)
77	LEWANDOWSKI Rafał	263	VENI, CUCURRI, VICI	M-30	25	00:00:03	00:10:28	00:20:45	00:31:11	00:41:48	<b>00:43:43.30</b>	<b>00:43:46.65</b>	+00:14:12 (32.5%)	4:22	13.7 (67.5%)
78	KOWALSKI Krzysztof	154	OCELOTY KRUSZYN KRAJENSKI	M-30	26	00:00:05	00:10:46	00:21:08	00:31:42	00:42:10	<b>00:43:57.65</b>	<b>00:44:03.25</b>	+00:14:26 (32.9%)	4:23	13.6 (67.0%)
79	BRZĄKAŁA Hubert	126	PROJEKT PANDORA	M-20	12	00:00:29	00:11:01	00:21:34	00:32:07	00:42:18	<b>00:44:04.00</b>	<b>00:44:33.65</b>	+00:14:33 (33.0%)	4:24	13.6 (67.0%)
80	CICHOŃCZUK Antoni	9		M-60	5	00:00:04	00:10:52	00:21:16	00:31:48	00:42:15	<b>00:44:11.15</b>	<b>00:44:15.30</b>	+00:14:40 (33.2%)	4:25	13.6 (67.0%)
81	DRWĘCKI Daniel	309	BIEGNIJ Z PROSERVICE	M-30	27	00:00:07	00:11:01	00:21:31	00:32:03	00:42:29	<b>00:44:20.50</b>	<b>00:44:28.30</b>	+00:14:49 (33.4%)	4:26	13.5 (66.5%)
82	NAMIEŚNIK Krzysztof	21	KRZYSIEKN	M-40	27	00:00:10	00:11:00	00:21:20	00:31:50	00:42:26	<b>00:44:22.80</b>	<b>00:44:33.30</b>	+00:14:51 (33.5%)	4:26	13.5 (66.5%)
83	RYDLEWSKI Kamil	403	TRISPACE	M-40	28	00:00:08	00:11:12	00:21:33	00:32:11	00:42:33	<b>00:44:23.60</b>	<b>00:44:32.05</b>	+00:14:52 (33.5%)	4:26	13.5 (66.5%)
84	OLENDER Tomasz	148		M-30	28	00:00:06	00:11:40	00:22:21	00:32:42	00:42:44	<b>00:44:31.55</b>	<b>00:44:37.70</b>	+00:15:00 (33.7%)	4:27	13.5 (66.5%)
85	KAZUBOWSKI Jacek	195	TRIDARKO	M-50	9	00:00:05	00:11:17	00:21:48	00:32:25	00:42:47	<b>00:44:40.40</b>	<b>00:44:45.40</b>	+00:15:09 (33.9%)	4:28	13.4 (66.0%)
86	STASZEWSKI Adam	256		M-30	29	00:00:10	00:11:22	00:22:12	00:32:46	00:43:03	<b>00:44:49.95</b>	<b>00:45:00.45</b>	+00:15:19 (34.2%)	4:29	13.4 (66.0%)
87	GRZEGORZEWSKI Rafał	349	BRZOZA BIEGA	M-40	29	00:00:08	00:11:14	00:21:48	00:32:35	00:43:21	<b>00:45:17.45</b>	<b>00:45:25.65</b>	+00:15:46 (34.8%)	4:31	13.2 (65.0%)
88	ANDRZEJEWSKI Paweł	227		M-40	30	00:00:07	00:11:08	00:21:59	00:33:02	00:43:31	<b>00:45:20.20</b>	<b>00:45:27.70</b>	+00:15:49 (34.9%)	4:32	13.2 (65.0%)
89	KANARKOWSKI Stanisław	172	AMATOR - NIEZRZESZONY	M-50	10	00:00:05	00:11:41	00:22:19	00:33:03	00:43:35	<b>00:45:27.30</b>	<b>00:45:33.05</b>	+00:15:56 (35.1%)	4:32	13.2 (65.0%)
90	GLIWKA Artur	79	GLIWEK	M-30	30	00:00:10	00:11:12	00:21:49	00:32:43	00:43:34	<b>00:45:27.60</b>	<b>00:45:38.15</b>	+00:15:56 (35.1%)	4:32	13.2 (65.0%)
91	JUREK Piotr	135		M-50	11	00:00:08	00:11:13	00:21:59	00:32:44	00:43:30	<b>00:45:31.00</b>	<b>00:45:39.25</b>	+00:16:00 (35.2%)	4:33	13.2 (65.0%)
92	MONDRY Waldemar	128		M-50	12	00:00:09	00:11:38	00:22:28	00:33:17	00:43:52	<b>00:45:36.95</b>	<b>00:45:46.40</b>	+00:16:06 (35.3%)	4:33	13.2 (65.0%)
93	LIBAN Zygfryd	10		M-70	1	00:00:03	00:11:15	00:21:59	00:32:52	00:43:49	<b>00:45:46.60</b>	<b>00:45:50.35</b>	+00:16:15 (35.5%)	4:34	13.1 (64.5%)
94	TOMTAS Konrad	289	56. BAZA LOTNICZA	M-40	31	00:00:08	00:10:56	00:21:20	00:32:28	00:43:54	<b>00:45:51.65</b>	<b>00:46:00.45</b>	+00:16:20 (35.6%)	4:35	13.1 (64.5%)

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
95	<b>BARCZAK Piotr</b>	<b>280</b>	BRZOZA BRZOZA	M-50	13	00:00:05	00:10:32	00:20:27	00:31:31	00:43:38	<b>00:45:55.85</b>	<b>00:46:01.65</b>	+00:16:24 (35.7%)	4:35	13.1 (64.5%)
96	<b>KRZYŻANOWSKI Robert</b>	<b>78</b>	RUN PASJA	M-50	14	00:00:18	00:11:29	00:22:10	00:33:04	00:44:01	<b>00:45:58.85</b>	<b>00:46:17.45</b>	+00:16:27 (35.8%)	4:35	13 (64.0%)
97	<b>KOSAKOWSKI Marian</b>	<b>6</b>		M-60	6	00:00:00	00:11:19	00:22:10	00:33:12	00:44:09	<b>00:46:03.95</b>	<b>00:46:03.95</b>	+00:16:33 (35.9%)	4:36	13 (64.0%)
98	<b>BIELECKI Norbert</b>	<b>392</b>	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	M-40	32	00:00:12	00:11:59	00:23:06	00:33:58	00:44:37	<b>00:46:18.95</b>	<b>00:46:31.00</b>	+00:16:48 (36.3%)	4:37	13 (64.0%)
99	<b>GROTA Artur</b>	<b>183</b>		M-40	33	00:00:09	00:11:11	00:22:12	00:33:18	00:44:26	<b>00:46:20.55</b>	<b>00:46:29.85</b>	+00:16:49 (36.3%)	4:38	12.9 (63.5%)
100	<b>SŁOMA Maciej</b>	<b>248</b>		M-40	34	00:00:09	00:11:12	00:22:07	00:33:26	00:44:27	<b>00:46:24.30</b>	<b>00:46:33.35</b>	+00:16:53 (36.4%)	4:38	12.9 (63.5%)
101	<b>SZATKOWSKI Józef</b>	<b>147</b>	MORSY Z GRUDZIĄDZA	M-60	7	00:00:06	00:11:40	00:22:21	00:33:16	00:44:27	<b>00:46:28.05</b>	<b>00:46:34.40</b>	+00:16:57 (36.5%)	4:38	12.9 (63.5%)
102	<b>BUZALSKI Robert</b>	<b>276</b>	ORANGE POLSKA	M-40	35	00:00:10	00:11:24	00:22:19	00:33:24	00:44:30	<b>00:46:29.10</b>	<b>00:46:39.35</b>	+00:16:58 (36.5%)	4:38	12.9 (63.5%)
103	<b>SZŁYK Maciej</b>	<b>341</b>	SPORT4LIFE	M-40	36	00:00:04	00:11:41	00:22:34	00:33:34	00:44:36	<b>00:46:31.60</b>	<b>00:46:35.80</b>	+00:17:00 (36.6%)	4:39	12.9 (63.5%)
104	<b>ROSZAK Zbigniew</b>	<b>86</b>		M-30	31	00:00:08	00:11:07	00:21:56	00:33:04	00:44:38	<b>00:46:40.30</b>	<b>00:46:48.85</b>	+00:17:09 (36.8%)	4:40	12.9 (63.5%)
105	<b>ŁUGOWSKI Tomasz</b>	<b>46</b>		M-30	32	00:00:11	00:11:39	00:22:45	00:33:57	00:44:58	<b>00:46:48.10</b>	<b>00:46:59.65</b>	+00:17:17 (36.9%)	4:40	12.8 (63.1%)
106	<b>KUJAWA Daniel</b>	<b>49</b>	56. BAZA LOTNICZA	M-30	33	00:00:21	00:11:33	00:22:33	00:33:40	00:44:51	<b>00:46:52.85</b>	<b>00:47:14.55</b>	+00:17:21 (37.0%)	4:41	12.8 (63.1%)
107	<b>KARWACKI Paweł</b>	<b>404</b>	TRISPACE	M-30	34	00:00:07	00:11:45	00:22:30	00:33:19	00:45:02	<b>00:46:56.00</b>	<b>00:47:03.65</b>	+00:17:25 (37.1%)	4:41	12.8 (63.1%)
108	<b>KOCHANOWSKI Maciej</b>	<b>331</b>		M-20	13	00:00:32	00:11:56	00:23:13	00:34:20	00:45:12	<b>00:46:56.80</b>	<b>00:47:29.75</b>	+00:17:25 (37.1%)	4:41	12.8 (63.1%)
109	<b>MUSZYŃSKI Robert</b>	<b>336</b>	TRIBA BOSIR BARCIN	M-30	35	00:00:30	00:12:48	00:23:43	00:34:41	00:45:12	<b>00:47:04.70</b>	<b>00:47:34.85</b>	+00:17:33 (37.3%)	4:42	12.7 (62.6%)
110	<b>RUCIŃSKI Marcin</b>	<b>351</b>	TRIBA BOSIR BARCIN	M-40	37	00:00:30	00:12:48	00:23:43	00:34:41	00:45:12	<b>00:47:06.05</b>	<b>00:47:36.25</b>	+00:17:35 (37.3%)	4:42	12.7 (62.6%)
111	<b>SZARMACH Stanisław</b>	<b>72</b>		M-60	8	00:00:08	00:11:25	00:22:24	00:33:40	00:45:10	<b>00:47:13.40</b>	<b>00:47:22.25</b>	+00:17:42 (37.5%)	4:43	12.7 (62.6%)
112	<b>KWIATKOWSKI Piotr</b>	<b>107</b>		M-30	36	00:00:11	00:12:17	00:23:31	00:34:33	00:45:24	<b>00:47:15.10</b>	<b>00:47:27.05</b>	+00:17:44 (37.5%)	4:43	12.7 (62.6%)
113	<b>SOBAŃSKI Michał</b>	<b>173</b>		M-30	37	00:00:23	00:12:03	00:23:08	00:34:23	00:45:23	<b>00:47:15.90</b>	<b>00:47:39.00</b>	+00:17:45 (37.6%)	4:43	12.7 (62.6%)
114	<b>REPCZYŃSKI Tomasz</b>	<b>53</b>		M-20	14	00:00:20	00:11:36	00:22:40	00:33:56	00:45:21	<b>00:47:16.75</b>	<b>00:47:37.40</b>	+00:17:45 (37.6%)	4:43	12.7 (62.6%)
115	<b>STĘPIEŃ Tomasz</b>	<b>186</b>		M-40	38	00:00:12	00:11:30	00:22:39	00:33:56	00:45:15	<b>00:47:20.00</b>	<b>00:47:32.10</b>	+00:17:49 (37.6%)	4:44	12.7 (62.6%)
116	<b>DĄBKOWSKI Wojciech</b>	<b>34</b>		M-30	38	00:00:27	00:12:19	00:23:30	00:34:34	00:45:30	<b>00:47:26.30</b>	<b>00:47:53.45</b>	+00:17:55 (37.8%)	4:44	12.6 (62.1%)
117	<b>DĄBKOWSKI Maciej</b>	<b>13</b>		M-40	39	00:00:26	00:12:20	00:23:31	00:34:34	00:45:31	<b>00:47:26.50</b>	<b>00:47:53.45</b>	+00:17:55 (37.8%)	4:44	12.6 (62.1%)
118	<b>GACKOWSKI Krzysztof</b>	<b>260</b>		M-40	40	00:00:09	00:11:26	00:22:35	00:34:07	00:45:30	<b>00:47:31.35</b>	<b>00:47:41.10</b>	+00:18:00 (37.9%)	4:45	12.6 (62.1%)
119	<b>DOMAN Janusz</b>	<b>28</b>	UKS SZABLA BRZOZA	M-60	9	00:00:03	00:11:23	00:22:38	00:34:00	00:45:28	<b>00:47:31.60</b>	<b>00:47:35.35</b>	+00:18:00 (37.9%)	4:45	12.6 (62.1%)

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
120	<b>DAWIDOWICZ Maciej</b>	<b>162</b>		M-40	41	00:00:13	00:12:06	00:23:16	00:34:30	00:45:32	<b>00:47:32.20</b>	<b>00:47:45.90</b>	+00:18:01 (37.9%)	4:45	12.6 (62.1%)
121	<b>UKLEZEWSKI Tomasz</b>	<b>406</b>		M-40	42	00:00:16	00:12:04	00:23:19	00:34:35	00:45:40	<b>00:47:35.55</b>	<b>00:47:51.95</b>	+00:18:04 (38.0%)	4:45	12.6 (62.1%)
122	<b>ŚWIĘCICKI Andrzej</b>	<b>206</b>		M-40	43	00:00:06	00:11:45	00:22:59	00:34:21	00:45:41	<b>00:47:39.65</b>	<b>00:47:45.80</b>	+00:18:08 (38.1%)	4:45	12.6 (62.1%)
123	<b>STEMPNIAK Krzysztof</b>	<b>44</b>		M-40	44	00:00:12	00:12:07	00:23:15	00:34:26	00:45:42	<b>00:47:43.60</b>	<b>00:47:56.05</b>	+00:18:12 (38.2%)	4:46	12.6 (62.1%)
124	<b>KANIA Krzysztof</b>	<b>102</b>	56. BAZA LOTNICZA	M-20	15	00:00:25	00:12:20	00:23:47	00:35:24	00:46:11	<b>00:47:46.20</b>	<b>00:48:11.40</b>	+00:18:15 (38.2%)	4:46	12.6 (62.1%)
125	<b>SŁOTAŁA Dariusz</b>	<b>33</b>	KLUB 366 WITUNIA	M-50	15	00:00:10	00:12:25	00:23:46	00:34:52	00:45:50	<b>00:47:47.90</b>	<b>00:47:58.70</b>	+00:18:17 (38.3%)	4:46	12.6 (62.1%)
126	<b>WIŚNIEWSKI Jakub</b>	<b>364</b>		M-20	16	00:00:06	00:11:58	00:23:22	00:34:43	00:46:00	<b>00:47:59.30</b>	<b>00:48:05.65</b>	+00:18:28 (38.5%)	4:47	12.5 (61.6%)
127	<b>STĘPSKI Marek</b>	<b>178</b>		M-40	45	00:00:13	00:12:14	00:23:21	00:34:34	00:45:58	<b>00:48:02.30</b>	<b>00:48:15.35</b>	+00:18:31 (38.6%)	4:48	12.5 (61.6%)
128	<b>MROZEK Mariusz</b>	<b>356</b>		M-40	46	00:00:28	00:12:14	00:23:35	00:34:57	00:46:08	<b>00:48:03.00</b>	<b>00:48:31.70</b>	+00:18:32 (38.6%)	4:48	12.5 (61.6%)
129	<b>MARCINKOWSKI Paweł</b>	<b>192</b>	VIVA-TORUŃ	M-50	16	00:00:10	00:12:01	00:23:16	00:34:32	00:45:57	<b>00:48:03.20</b>	<b>00:48:13.45</b>	+00:18:32 (38.6%)	4:48	12.5 (61.6%)
130	<b>FRĄSZCZAK Tadeusz</b>	<b>189</b>	REMBIS JANIKOWO	M-60	10	00:00:02	00:14:57	00:29:48	00:45:20		<b>00:48:06.45</b>	<b>00:48:08.70</b>	+00:18:35 (38.6%)	4:48	12.5 (61.6%)
131	<b>SZUBARTOWSKI Robert</b>	<b>43</b>		M-40	47	00:00:12	00:12:31	00:23:37	00:34:47	00:46:10	<b>00:48:13.80</b>	<b>00:48:25.85</b>	+00:18:42 (38.8%)	4:49	12.4 (61.1%)
132	<b>BIESIADA Tomasz</b>	<b>279</b>	TRISPACE	M-40	48	00:00:09	00:12:22	00:23:44	00:34:58	00:46:05	<b>00:48:23.05</b>	<b>00:48:32.15</b>	+00:18:52 (39.0%)	4:50	12.4 (61.1%)
133	<b>SZULC Edmund</b>	<b>38</b>		M-50	17	00:00:12	00:11:47	00:23:14	00:34:58	00:46:27	<b>00:48:30.45</b>	<b>00:48:42.55</b>	+00:18:59 (39.2%)	4:51	12.4 (61.1%)
134	<b>GÓRSKI Marian</b>	<b>181</b>	SOLECCY BIEGACZE	M-60	11	00:00:03	00:12:11	00:23:34	00:34:57	00:46:32	<b>00:48:33.70</b>	<b>00:48:37.15</b>	+00:19:02 (39.2%)	4:51	12.4 (61.1%)
135	<b>MROZIK Andrzej</b>	<b>84</b>		M-40	49	00:00:12	00:12:23	00:23:59	00:35:30	00:46:40	<b>00:48:39.10</b>	<b>00:48:51.80</b>	+00:19:08 (39.3%)	4:51	12.3 (60.6%)
136	<b>JUSZCZYK Mirosław</b>	<b>205</b>		M-20	17	00:00:22	00:12:38	00:24:12	00:35:30	00:46:36	<b>00:48:39.75</b>	<b>00:49:02.25</b>	+00:19:08 (39.3%)	4:52	12.3 (60.6%)
137	<b>TOMCZAK Zbigniew</b>	<b>66</b>	ALTOM GNIEZNO	M-60	12	00:00:06	00:12:08	00:23:33	00:35:04	00:46:46	<b>00:48:51.75</b>	<b>00:48:58.60</b>	+00:19:20 (39.6%)	4:53	12.3 (60.6%)
138	<b>DROŹDŹ Andrzej</b>	<b>307</b>	56. BAZA LOTNICZA	M-40	50	00:00:31	00:12:09	00:23:24	00:35:05	00:46:54	<b>00:48:56.05</b>	<b>00:49:27.10</b>	+00:19:25 (39.7%)	4:53	12.3 (60.6%)
139	<b>LEWANDOWSKI Rafał</b>	<b>422</b>	B4SPORT	M-30	39	00:00:13	00:12:04	00:23:35	00:35:19	00:47:03	<b>00:48:58.25</b>	<b>00:49:11.75</b>	+00:19:27 (39.7%)	4:53	12.3 (60.6%)
140	<b>KANTORSKI Zbysław</b>	<b>69</b>	COCA-COLA RUNNERS	M-50	18	00:00:11	00:12:03	00:23:27	00:35:11	00:47:04	<b>00:49:10.95</b>	<b>00:49:22.65</b>	+00:19:40 (40.0%)	4:55	12.2 (60.1%)
141	<b>STAWCZYK Dariusz</b>	<b>146</b>		M-40	51	00:00:16	00:12:21	00:23:48	00:35:21	00:47:10	<b>00:49:11.70</b>	<b>00:49:27.85</b>	+00:19:40 (40.0%)	4:55	12.2 (60.1%)
142	<b>TOCZKIEWICZ Piotr</b>	<b>165</b>		M-40	52	00:00:07	00:12:19	00:23:54	00:35:37	00:47:20	<b>00:49:25.10</b>	<b>00:49:32.15</b>	+00:19:54 (40.3%)	4:56	12.1 (59.6%)
143	<b>LUZAK Mirosław</b>	<b>168</b>	MWIK BYDGOSZCZ	M-50	19	00:00:07	00:12:23	00:23:58	00:35:40	00:47:21	<b>00:49:26.60</b>	<b>00:49:33.65</b>	+00:19:55 (40.3%)	4:56	12.1 (59.6%)
144	<b>KATULSKI Radosław</b>	<b>306</b>	56. BAZA LOTNICZA	M-40	53	00:00:13	00:12:16	00:23:37	00:35:32	00:47:19	<b>00:49:28.35</b>	<b>00:49:42.05</b>	+00:19:57 (40.3%)	4:56	12.1 (59.6%)

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
145	<b>SIKORA Antoni</b>	<b>190</b>	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	13	00:00:13	00:12:21	00:23:59	00:35:41	00:47:22	<b>00:49:29.90</b>	<b>00:49:42.90</b>	+00:19:59 (40.4%)	4:56	12.1 (59.6%)
146	<b>OSTROMECKI Waldemar</b>	<b>395</b>	ROWEROWA BRZOZA	M-40	54	00:00:13	00:12:32	00:24:11	00:35:51	00:47:29	<b>00:49:32.25</b>	<b>00:49:46.20</b>	+00:20:01 (40.4%)	4:57	12.1 (59.6%)
147	<b>MAŚLIŃSKI Mirosław</b>	<b>67</b>		M-50	20	00:00:06	00:12:13	00:23:28	00:35:23	00:47:24	<b>00:49:34.60</b>	<b>00:49:41.45</b>	+00:20:03 (40.5%)	4:57	12.1 (59.6%)
148	<b>MATYSZCZAK Damian</b>	<b>55</b>		M-40	55	00:00:29	00:12:25	00:23:57	00:35:51	00:47:35	<b>00:49:39.75</b>	<b>00:50:09.40</b>	+00:20:08 (40.6%)	4:58	12.1 (59.6%)
149	<b>WAJDA Mariusz</b>	<b>210</b>		M-40	56	00:00:14	00:12:18	00:23:47	00:35:43	00:47:37	<b>00:49:41.40</b>	<b>00:49:56.20</b>	+00:20:10 (40.6%)	4:58	12.1 (59.6%)
150	<b>DYLEWSKI Artur</b>	<b>93</b>	KS ZRYW RADZIEJÓW	M-30	40	00:00:15	00:12:11	00:23:54	00:35:47	00:47:45	<b>00:49:42.60</b>	<b>00:49:58.20</b>	+00:20:11 (40.6%)	4:58	12.1 (59.6%)
151	<b>WOJTYNOWSKI Artur</b>	<b>325</b>		M-40	57	00:00:20	00:12:59	00:24:46	00:36:25	00:47:51	<b>00:49:44.50</b>	<b>00:50:04.80</b>	+00:20:13 (40.7%)	4:58	12.1 (59.6%)
152	<b>BŁĄZEJEWSKI Robert</b>	<b>111</b>	56. BAZA LOTNICZA	M-40	58	00:00:09	00:12:49	00:24:48	00:36:27	00:47:49	<b>00:49:45.85</b>	<b>00:49:55.55</b>	+00:20:14 (40.7%)	4:58	12.1 (59.6%)
153	<b>ARACH Przemysław</b>	<b>257</b>		M-30	41	00:00:19	00:12:23	00:23:51	00:35:32	00:47:50	<b>00:50:00.90</b>	<b>00:50:20.10</b>	+00:20:30 (41.0%)	5:00	12 (59.1%)
154	<b>ŻYWICA Adam</b>	<b>366</b>	BRZOZA BIEGA	M-40	59	00:00:08	00:12:46	00:24:46	00:36:54	00:48:59	<b>00:50:04.00</b>	<b>00:50:12.20</b>	+00:20:33 (41.0%)	5:00	12 (59.1%)
155	<b>GAŚIOREK Tomasz</b>	<b>378</b>	BRZOZA BIEGA	M-50	21	00:00:05	00:12:49	00:24:50	00:36:58	00:49:03	<b>00:50:07.15</b>	<b>00:50:12.70</b>	+00:20:36 (41.1%)	5:00	12 (59.1%)
156	<b>KOWAL Michał</b>	<b>167</b>		M-40	60	00:00:07	00:11:39	00:23:11	00:35:40	00:48:02	<b>00:50:12.80</b>	<b>00:50:20.25</b>	+00:20:41 (41.2%)	5:01	11.9 (58.6%)
157	<b>ŚWIETLKI Paweł</b>	<b>380</b>		M-40	61	00:00:03	00:11:04	00:22:50	00:35:15	00:47:59	<b>00:50:13.20</b>	<b>00:50:16.55</b>	+00:20:42 (41.2%)	5:01	11.9 (58.6%)
158	<b>KOLMAJER Rafał</b>	<b>214</b>		M-30	42	00:00:05	00:12:32	00:24:09	00:36:04	00:48:04	<b>00:50:13.95</b>	<b>00:50:19.70</b>	+00:20:43 (41.2%)	5:01	11.9 (58.6%)
159	<b>SMYK Piotr</b>	<b>118</b>		M-30	43	00:00:30	00:12:49	00:24:26	00:36:29	00:48:16	<b>00:50:15.10</b>	<b>00:50:45.95</b>	+00:20:44 (41.3%)	5:01	11.9 (58.6%)
160	<b>GROCHOWIAK Piotr</b>	<b>117</b>		M-30	44	00:00:30	00:12:49	00:24:26	00:36:29	00:48:16	<b>00:50:15.55</b>	<b>00:50:46.20</b>	+00:20:44 (41.3%)	5:01	11.9 (58.6%)
161	<b>ZUPA Wojciech</b>	<b>134</b>	SISU-OWB TEAM	M-50	22	00:00:04	00:11:59	00:24:02	00:35:59	00:48:11	<b>00:50:18.45</b>	<b>00:50:23.25</b>	+00:20:47 (41.3%)	5:01	11.9 (58.6%)
162	<b>MAŁKIŃSKI Józef</b>	<b>155</b>		M-60	14	00:00:20	00:12:33	00:24:12	00:36:05	00:48:07	<b>00:50:21.30</b>	<b>00:50:42.25</b>	+00:20:50 (41.4%)	5:02	11.9 (58.6%)
163	<b>KUKAWKA Damian</b>	<b>267</b>		M-40	62	00:00:09	00:12:30	00:24:10	00:36:19	00:48:20	<b>00:50:26.50</b>	<b>00:50:35.90</b>	+00:20:55 (41.5%)	5:02	11.9 (58.6%)
164	<b>RYBAK Mariusz</b>	<b>145</b>	SISU-OWB TEAM	M-40	63	00:00:04	00:12:00	00:23:50	00:36:17	00:48:23	<b>00:50:27.20</b>	<b>00:50:31.75</b>	+00:20:56 (41.5%)	5:02	11.9 (58.6%)
165	<b>BYRTEK Grzegorz</b>	<b>284</b>		M-40	64	00:00:07	00:11:44	00:23:13	00:35:34	00:48:12	<b>00:50:30.05</b>	<b>00:50:37.40</b>	+00:20:59 (41.6%)	5:03	11.9 (58.6%)
166	<b>PŁACZKIEWICZ Robert</b>	<b>316</b>	SOL3 SQUADRUN	M-30	45	00:00:08	00:12:08	00:24:03	00:36:03	00:48:24	<b>00:50:31.90</b>	<b>00:50:40.40</b>	+00:21:01 (41.6%)	5:03	11.9 (58.6%)
167	<b>ZALASZEWSKI Dawid</b>	<b>287</b>	HAZEL TEAM	M-20	18	00:00:04	00:11:46	00:23:51	00:36:07	00:48:35	<b>00:50:35.20</b>	<b>00:50:39.40</b>	+00:21:04 (41.7%)	5:03	11.9 (58.6%)
168	<b>MAŁKOWSKI Sebastian</b>	<b>163</b>		M-30	46	00:00:16	00:13:08	00:25:22	00:37:22	00:48:48	<b>00:50:51.60</b>	<b>00:51:08.25</b>	+00:21:20 (42.0%)	5:05	11.8 (58.1%)
169	<b>KRAWCZUK Andrzej</b>	<b>312</b>	TEAMKARAŚ-ELBLĄG	M-60	15	00:00:02	00:12:39	00:24:32	00:36:37	00:48:47	<b>00:50:53.60</b>	<b>00:50:55.90</b>	+00:21:22 (42.0%)	5:05	11.8 (58.1%)

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
170	<b>MRÓWCZYŃSKI Tomasz</b>	<b>41</b>		M-30	47	00:00:26	00:13:15	00:25:35	00:37:35	00:49:08	<b>00:51:09.50</b>	<b>00:51:36.15</b>	+00:21:38 (42.3%)	5:07	11.7 (57.6%)
171	<b>KWIATKOWSKI Karol</b>	<b>48</b>		M-30	48	00:00:24	00:12:47	00:24:44	00:36:54	00:49:00	<b>00:51:10.90</b>	<b>00:51:35.15</b>	+00:21:40 (42.3%)	5:07	11.7 (57.6%)
172	<b>SPARZYŃSKI Adam</b>	<b>143</b>	1 BLWL	M-30	49	00:00:14	00:12:44	00:24:53	00:37:04	00:49:13	<b>00:51:26.15</b>	<b>00:51:40.45</b>	+00:21:55 (42.6%)	5:08	11.7 (57.6%)
173	<b>ZIĘTARA Rajmund</b>	<b>315</b>	2 RBLOG SKŁAD ZEGRZE	M-50	23	00:00:30	00:12:42	00:24:36	00:36:47	00:49:11	<b>00:51:30.85</b>	<b>00:52:01.00</b>	+00:21:59 (42.7%)	5:09	11.6 (57.1%)
174	<b>KURS Jarosław</b>	<b>59</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	24	00:00:14	00:12:42	00:24:44	00:36:58	00:49:29	<b>00:51:34.75</b>	<b>00:51:48.90</b>	+00:22:03 (42.8%)	5:09	11.6 (57.1%)
175	<b>KONIEC Krzysztof</b>	<b>120</b>	TKKF WODNIK WIĘCBORK	M-40	65	00:00:14	00:13:14	00:25:25	00:37:32	00:49:39	<b>00:51:42.60</b>	<b>00:51:56.85</b>	+00:22:11 (42.9%)	5:10	11.6 (57.1%)
176	<b>KLINIKOWSKI Jacek</b>	<b>149</b>	KOCHAM ŻYCIE I...	M-40	66	00:00:14	00:13:26	00:25:46	00:37:57	00:49:56	<b>00:51:42.80</b>	<b>00:51:57.60</b>	+00:22:11 (42.9%)	5:10	11.6 (57.1%)
177	<b>NOWACZYK Zygmunt</b>	<b>371</b>	BOLT TRZEMESZNO	M-50	25	00:00:37	00:13:27	00:25:45	00:37:47	00:49:37	<b>00:51:43.70</b>	<b>00:52:20.75</b>	+00:22:12 (42.9%)	5:10	11.6 (57.1%)
178	<b>KLATECKI Adam</b>	<b>116</b>	JEZUS ŻYJE	M-30	50	00:00:34	00:13:13	00:25:04	00:37:10	00:49:47	<b>00:52:01.70</b>	<b>00:52:36.05</b>	+00:22:30 (43.3%)	5:12	11.5 (56.7%)
179	<b>DRĄG Hubert</b>	<b>334</b>		M-40	67	00:00:06	00:12:12	00:23:59	00:36:45	00:49:59	<b>00:52:26.80</b>	<b>00:52:33.15</b>	+00:22:55 (43.7%)	5:14	11.4 (56.2%)
180	<b>ŁABENDA Piotr</b>	<b>232</b>		M-40	68	00:00:23	00:13:06	00:25:23	00:37:43	00:50:08	<b>00:52:26.85</b>	<b>00:52:50.40</b>	+00:22:55 (43.7%)	5:14	11.4 (56.2%)
181	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>303</b>	JUST 5	M-20	19	00:00:16	00:12:43	00:25:22	00:38:07	00:50:45	<b>00:52:43.95</b>	<b>00:53:00.50</b>	+00:23:13 (44.0%)	5:16	11.4 (56.2%)
182	<b>BRZUSKIEWICZ Sławomir</b>	<b>259</b>	ARTCOP	M-50	26	00:00:18	00:13:14	00:25:33	00:38:05	00:50:40	<b>00:52:44.60</b>	<b>00:53:02.90</b>	+00:23:13 (44.0%)	5:16	11.4 (56.2%)
183	<b>MORITZ Rafał</b>	<b>37</b>	# ŚLIMAKI BARCIN	M-40	69	00:00:29	00:13:33	00:25:58	00:38:07	00:50:49	<b>00:52:49.95</b>	<b>00:53:19.55</b>	+00:23:19 (44.1%)	5:17	11.4 (56.2%)
184	<b>ŻMUDZIEJEWSKI Krzysztof</b>	<b>324</b>		M-20	20	00:00:30	00:14:06	00:25:45	00:37:55	00:50:36	<b>00:52:50.50</b>	<b>00:53:20.55</b>	+00:23:19 (44.1%)	5:17	11.4 (56.2%)
185	<b>ZIÓŁKOWSKI Mieczysław</b>	<b>62</b>	DECATHLON TEAM INOWROCŁAW	M-50	27	00:00:14	00:12:29	00:25:19	00:38:16	00:50:47	<b>00:52:50.75</b>	<b>00:53:05.35</b>	+00:23:19 (44.1%)	5:17	11.4 (56.2%)
186	<b>KUJAWA Roger</b>	<b>415</b>	ŚLIMAKI BARCIN	M-40	70	00:00:27	00:13:34	00:26:00	00:38:09	00:50:51	<b>00:52:51.90</b>	<b>00:53:19.55</b>	+00:23:21 (44.2%)	5:17	11.3 (55.7%)
187	<b>ANDRZEJEWSKI Ryszard</b>	<b>50</b>		M-70	2	00:00:09	00:12:24	00:24:46	00:37:34	00:50:37	<b>00:52:55.10</b>	<b>00:53:04.70</b>	+00:23:24 (44.2%)	5:17	11.3 (55.7%)
188	<b>GIOLDA Piotr</b>	<b>64</b>		M-20	21	00:00:17	00:13:25	00:25:41	00:38:02	00:50:51	<b>00:53:04.80</b>	<b>00:53:22.25</b>	+00:23:33 (44.4%)	5:18	11.3 (55.7%)
189	<b>SADOWSKI Michał</b>	<b>252</b>	BARTOLEK PL	M-30	51	00:00:10	00:12:48	00:24:53	00:37:28	00:50:49	<b>00:53:08.55</b>	<b>00:53:19.35</b>	+00:23:37 (44.5%)	5:18	11.3 (55.7%)
190	<b>FABROWSKI Dawid</b>	<b>255</b>		M-30	52	00:00:22	00:13:04	00:25:22	00:38:04	00:51:00	<b>00:53:09.65</b>	<b>00:53:32.30</b>	+00:23:38 (44.5%)	5:19	11.3 (55.7%)
191	<b>KAZUBOWSKI Jeremiasz</b>	<b>196</b>		M-20	22	00:00:18	00:13:09	00:25:50	00:38:22	00:50:49	<b>00:53:10.10</b>	<b>00:53:28.65</b>	+00:23:39 (44.5%)	5:19	11.3 (55.7%)
192	<b>STEFANOWICZ Marcin</b>	<b>396</b>		M-30	53	00:00:07	00:12:26	00:24:58	00:37:54	00:50:57	<b>00:53:15.30</b>	<b>00:53:22.50</b>	+00:23:44 (44.6%)	5:19	11.3 (55.7%)
193	<b>NOWAK Krzysztof</b>	<b>347</b>	TRIBA BOSIR BARCIN	M-30	54	00:00:28	00:13:10	00:25:40	00:38:18	00:51:02	<b>00:53:20.70</b>	<b>00:53:49.40</b>	+00:23:49 (44.7%)	5:20	11.2 (55.2%)
194	<b>JURSKI Robert</b>	<b>265</b>		M-40	71	00:00:23	00:13:44	00:26:17	00:39:00	00:51:18	<b>00:53:20.85</b>	<b>00:53:44.40</b>	+00:23:49 (44.7%)	5:20	11.2 (55.2%)



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
195	<b>URBAŃSKI Wojciech</b>	<b>101</b>	56. BAZA LOTNICZA	M-40	72	00:00:29	00:13:41	00:26:23	00:39:06	00:51:24	<b>00:53:20.90</b>	<b>00:53:49.90</b>	+00:23:50 (44.7%)	5:20	11.3 (55.7%)
196	<b>KRYSKE Mariusz</b>	<b>191</b>	SPÓJNIA BIAŁE BŁOTA	M-30	55	00:00:35	00:14:17	00:26:58	00:39:19	00:51:13	<b>00:53:22.85</b>	<b>00:53:57.95</b>	+00:23:51 (44.7%)	5:20	11.2 (55.2%)
197	<b>PAŚ Michał</b>	<b>142</b>	CHARTY SZELEJEWO	M-40	73	00:00:18	00:13:51	00:26:24	00:39:04	00:51:23	<b>00:53:23.95</b>	<b>00:53:42.30</b>	+00:23:53 (44.7%)	5:20	11.2 (55.2%)
198	<b>BRATEK Andrzej</b>	<b>328</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	28	00:00:15	00:12:47	00:25:29	00:38:10	00:51:10	<b>00:53:28.70</b>	<b>00:53:43.70</b>	+00:23:57 (44.8%)	5:20	11.2 (55.2%)
199	<b>KOLANOWSKI Wojciech</b>	<b>23</b>		M-50	29	00:00:12	00:13:10	00:25:56	00:38:41	00:51:23	<b>00:53:29.15</b>	<b>00:53:41.60</b>	+00:23:58 (44.8%)	5:20	11.2 (55.2%)
200	<b>JUSZCZAK Jakub</b>	<b>241</b>		M-30	56	00:00:29	00:13:34	00:26:19	00:39:10	00:51:26	<b>00:53:29.45</b>	<b>00:53:59.30</b>	+00:23:58 (44.8%)	5:21	11.2 (55.2%)
201	<b>BRYCKI Łukasz</b>	<b>266</b>		M-30	57	00:00:23	00:13:44	00:26:17	00:39:01	00:51:19	<b>00:53:33.20</b>	<b>00:53:56.45</b>	+00:24:02 (44.9%)	5:21	11.2 (55.2%)
202	<b>BORKOWSKI Adam</b>	<b>273</b>	BRZOZA BIEGA	M-40	74	00:00:19	00:13:08	00:25:39	00:38:22	00:51:14	<b>00:53:33.40</b>	<b>00:53:53.05</b>	+00:24:02 (44.9%)	5:21	11.2 (55.2%)
203	<b>NURKIEWICZ Jarosław</b>	<b>129</b>	KUNG FU PANDY 3	M-40	75	00:00:17	00:13:17	00:25:47	00:38:36	00:51:28	<b>00:53:35.10</b>	<b>00:53:52.20</b>	+00:24:04 (44.9%)	5:21	11.2 (55.2%)
204	<b>RYBAK Krzysztof</b>	<b>357</b>		M-60	16	00:00:11	00:12:48	00:25:10	00:38:01	00:51:12	<b>00:53:37.35</b>	<b>00:53:48.65</b>	+00:24:06 (45.0%)	5:21	11.2 (55.2%)
205	<b>JĘDRZEJCZYK Mirosław</b>	<b>231</b>		M-50	30	00:00:20	00:14:05	00:26:21	00:39:00	00:51:26	<b>00:53:47.30</b>	<b>00:54:07.80</b>	+00:24:16 (45.1%)	5:22	11.2 (55.2%)
206	<b>STRABEL Piotr</b>	<b>68</b>		M-60	17	00:00:18	00:13:53	00:26:44	00:39:30	00:51:49	<b>00:53:55.70</b>	<b>00:54:14.30</b>	+00:24:24 (45.3%)	5:23	11.1 (54.7%)
207	<b>ZAKOŚCIELNY Krzysztof</b>	<b>207</b>		M-50	31	00:00:16	00:13:32	00:26:13	00:38:58	00:51:40	<b>00:53:59.50</b>	<b>00:54:15.75</b>	+00:24:28 (45.3%)	5:23	11.1 (54.7%)
208	<b>GRONOWSKI Marcin</b>	<b>98</b>		M-20	23	00:00:19	00:13:17	00:25:57	00:38:42	00:51:45	<b>00:54:02.55</b>	<b>00:54:21.55</b>	+00:24:31 (45.4%)	5:24	11.1 (54.7%)
209	<b>TYLUTKI Radosław</b>	<b>253</b>	# ŚLIMAKI BARCIN	M-30	58	00:00:27	00:13:34	00:26:18	00:39:11	00:51:59	<b>00:54:08.00</b>	<b>00:54:35.60</b>	+00:24:37 (45.5%)	5:24	11.1 (54.7%)
210	<b>JAMNY Miłosz</b>	<b>359</b>		M-60	18	00:00:16	00:12:44	00:25:09	00:38:17	00:51:44	<b>00:54:08.70</b>	<b>00:54:25.35</b>	+00:24:37 (45.5%)	5:24	11.1 (54.7%)
211	<b>KUCHARSKI Jarosław</b>	<b>254</b>	# ŚLIMAKI BARCIN	M-40	76	00:00:26	00:13:36	00:26:19	00:39:12	00:52:01	<b>00:54:09.75</b>	<b>00:54:36.40</b>	+00:24:38 (45.5%)	5:25	11.1 (54.7%)
212	<b>MIŁO Adam</b>	<b>360</b>		M-40	77	00:00:22	00:13:26	00:26:01	00:39:00	00:51:56	<b>00:54:11.00</b>	<b>00:54:33.15</b>	+00:24:40 (45.5%)	5:25	11.1 (54.7%)
213	<b>DERENDA Mirosław</b>	<b>70</b>	1 BLWL	M-40	78	00:00:15	00:13:06	00:25:37	00:38:30	00:51:47	<b>00:54:11.40</b>	<b>00:54:27.30</b>	+00:24:40 (45.5%)	5:25	11.1 (54.7%)
214	<b>BRZOZOWSKI Jarosław</b>	<b>65</b>	BRZOZA TRI TEAM	M-50	32	00:00:22	00:13:41	00:26:25	00:39:17	00:51:55	<b>00:54:12.50</b>	<b>00:54:35.20</b>	+00:24:41 (45.6%)	5:25	11.1 (54.7%)
215	<b>MAKUCH Mikołaj</b>	<b>71</b>		M-20	24	00:00:30	00:14:06	00:27:00	00:39:58	00:52:13	<b>00:54:13.05</b>	<b>00:54:43.30</b>	+00:24:42 (45.6%)	5:25	11.1 (54.7%)
216	<b>KULINSKI Zbigniew</b>	<b>121</b>		M-30	59	00:00:24	00:12:47	00:24:57	00:38:08	00:51:42	<b>00:54:20.75</b>	<b>00:54:45.65</b>	+00:24:49 (45.7%)	5:26	11 (54.2%)
217	<b>KOSIARSKI Tomasz</b>	<b>239</b>		M-40	79	00:00:23	00:14:14	00:27:15	00:40:01	00:52:20	<b>00:54:23.00</b>	<b>00:54:46.25</b>	+00:24:52 (45.7%)	5:26	11 (54.2%)
218	<b>MALAK Robert</b>	<b>285</b>		M-40	80	00:00:32	00:13:40	00:26:37	00:39:39	00:52:22	<b>00:54:41.90</b>	<b>00:55:14.60</b>	+00:25:11 (46.0%)	5:28	11 (54.2%)
219	<b>TURZYŃSKI Jacek</b>	<b>288</b>		M-40	81	00:00:31	00:13:41	00:26:38	00:39:39	00:52:22	<b>00:54:42.75</b>	<b>00:55:14.60</b>	+00:25:11 (46.1%)	5:28	11 (54.2%)

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
220	MICHALIK Łukasz	337	BRZOZA BIEGA	M-30	60	00:00:31	00:14:24	00:27:26	00:40:16	00:52:50	<b>00:54:46.40</b>	<b>00:55:17.55</b>	+00:25:15 (46.1%)	5:28	11 (54.2%)
221	KRYSZTOFIAK Robert	61		M-40	82	00:00:17	00:13:16	00:26:09	00:39:16	00:52:27	<b>00:54:47.35</b>	<b>00:55:05.25</b>	+00:25:16 (46.1%)	5:28	10.9 (53.7%)
222	RENC Patryk	369	SERCE TYBETU	M-20	25	00:00:26	00:13:52	00:26:55	00:39:53	00:52:53	<b>00:54:55.70</b>	<b>00:55:22.15</b>	+00:25:24 (46.3%)	5:29	10.9 (53.7%)
223	CZECH Jacek	387	GRAZIA RUNNING	M-40	83	00:00:27	00:13:37	00:26:43	00:39:54	00:52:59	<b>00:55:04.20</b>	<b>00:55:31.65</b>	+00:25:33 (46.4%)	5:30	10.9 (53.7%)
224	BUDZIK Kazimierz	171		M-60	19	00:00:15	00:14:00	00:26:56	00:39:52	00:52:49	<b>00:55:10.60</b>	<b>00:55:26.25</b>	+00:25:39 (46.5%)	5:31	10.9 (53.7%)
225	WEGNER Roman	219		M-50	33	00:00:14	00:13:14	00:26:07	00:39:23	00:52:49	<b>00:55:12.50</b>	<b>00:55:27.25</b>	+00:25:41 (46.5%)	5:31	10.9 (53.7%)
226	TREPANOWSKI Tomasz	264		M-50	34	00:00:21	00:14:13	00:27:05	00:39:58	00:52:57	<b>00:55:18.05</b>	<b>00:55:39.65</b>	+00:25:47 (46.6%)	5:31	10.8 (53.2%)
227	KALACZYŃSKI Grzegorz	159		M-40	84	00:00:19	00:13:49	00:26:44	00:39:57	00:53:11	<b>00:55:32.15</b>	<b>00:55:51.55</b>	+00:26:01 (46.9%)	5:33	10.8 (53.2%)
228	KOWALSKI Grzegorz	26		M-50	35	00:00:09	00:13:15	00:26:20	00:39:48	00:53:17	<b>00:55:37.40</b>	<b>00:55:47.05</b>	+00:26:06 (46.9%)	5:33	10.8 (53.2%)
229	NAWROCKI Marcin	73	DELIKATESY RYBNE FISHKA.PL	M-30	61	00:00:33	00:14:04	00:26:56	00:39:55	00:53:25	<b>00:55:45.70</b>	<b>00:56:19.35</b>	+00:26:14 (47.1%)	5:34	10.8 (53.2%)
230	DUTKIEWICZ Gracjan	417		M-40	85	00:00:19	00:13:11	00:25:59	00:39:53	00:53:29	<b>00:55:58.10</b>	<b>00:56:17.10</b>	+00:26:27 (47.3%)	5:35	10.7 (52.7%)
231	GROTT Bartłomiej	261		M-40	86	00:00:25	00:13:43	00:26:59	00:40:34	00:54:12	<b>00:56:38.75</b>	<b>00:57:04.25</b>	+00:27:07 (47.9%)	5:39	10.6 (52.2%)
232	MOYS Tomasz	200		M-50	36	00:00:19	00:14:09	00:27:28	00:40:51	00:54:19	<b>00:56:41.05</b>	<b>00:57:01.00</b>	+00:27:10 (47.9%)	5:40	10.6 (52.2%)
233	ROŚ Adam	184		M-40	87	00:00:32	00:14:40	00:28:21	00:42:00	00:54:48	<b>00:56:49.15</b>	<b>00:57:21.90</b>	+00:27:18 (48.1%)	5:40	10.6 (52.2%)
234	ROŚ Maciej	185		M-1	4	00:00:31	00:14:41	00:28:23	00:42:01	00:54:49	<b>00:56:50.35</b>	<b>00:57:21.55</b>	+00:27:19 (48.1%)	5:41	10.6 (52.2%)
235	GRZYWACZ Marcin	203		M-30	62	00:00:12	00:12:48	00:25:54	00:40:49	00:54:30	<b>00:56:55.65</b>	<b>00:57:07.95</b>	+00:27:24 (48.2%)	5:41	10.5 (51.7%)
236	KASPROWICZ Piotr	97	JW1515 BYDGOSZCZ	M-30	63	00:00:15	00:14:10	00:27:38	00:41:26	00:54:39	<b>00:56:55.70</b>	<b>00:57:10.75</b>	+00:27:24 (48.2%)	5:41	10.5 (51.7%)
237	WEŁNICKI Waldemar	217	GOSIR OSIELSKO	M-40	88	00:00:18	00:14:22	00:27:43	00:41:03	00:54:42	<b>00:57:00.70</b>	<b>00:57:19.25</b>	+00:27:29 (48.2%)	5:42	10.5 (51.7%)
238	KOMAJDA Jarosław	180	SOLECCY BIEGACZE	M-50	37	00:00:18	00:14:24	00:27:43	00:41:04	00:54:42	<b>00:57:01.10</b>	<b>00:57:19.20</b>	+00:27:30 (48.2%)	5:42	10.5 (51.7%)
239	DĄBROWSKI Jarek	125	URSA	M-40	89	00:00:32	00:14:26	00:27:42	00:41:13	00:54:44	<b>00:57:02.25</b>	<b>00:57:35.00</b>	+00:27:31 (48.3%)	5:42	10.5 (51.7%)
240	DOBOSZ Kamil	372		M-30	64	00:00:31	00:14:05	00:27:34	00:41:17	00:54:42	<b>00:57:07.30</b>	<b>00:57:38.55</b>	+00:27:36 (48.3%)	5:42	10.5 (51.7%)
241	WIŚNIEWSKI Włodzimierz	179		M-50	38	00:00:28	00:14:01	00:27:17	00:40:55	00:54:43	<b>00:57:11.40</b>	<b>00:57:39.95</b>	+00:27:40 (48.4%)	5:43	10.5 (51.7%)
242	JASKULSKI Bartosz	197		M-40	90	00:00:15	00:14:47	00:28:12	00:41:48	00:54:59	<b>00:57:11.50</b>	<b>00:57:26.90</b>	+00:27:40 (48.4%)	5:43	10.5 (51.7%)
243	SZTEJKA Damian	245		M-40	91	00:00:34	00:14:46	00:28:27	00:41:50	00:55:04	<b>00:57:14.20</b>	<b>00:57:48.95</b>	+00:27:43 (48.4%)	5:43	10.5 (51.7%)
244	KRYSZTOFIAK Michał	377		M-40	92	00:00:26	00:14:24	00:28:00	00:41:46	00:55:03	<b>00:57:27.25</b>	<b>00:57:54.00</b>	+00:27:56 (48.6%)	5:44	10.4 (51.2%)

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
245	SALITA Lech	32	ALTOM GNIEZNO	M-50	39	00:00:22	00:14:35	00:28:07	00:41:38	00:55:05	<b>00:57:30.90</b>	<b>00:57:53.30</b>	+00:28:00 (48.7%)	5:45	10.4 (51.2%)
246	RYDLEWSKI Marek	237	RUN BYDGOSZCZ	M-40	93	00:00:33	00:14:51	00:28:44	00:42:19	00:55:50	<b>00:57:44.95</b>	<b>00:58:18.15</b>	+00:28:14 (48.9%)	5:46	10.4 (51.2%)
247	HEBDA Damian	242	56. BAZA LOTNICZA	M-30	65	00:00:28	00:14:07	00:28:01	00:41:48	00:55:24	<b>00:57:45.95</b>	<b>00:58:14.90</b>	+00:28:15 (48.9%)	5:46	10.4 (51.2%)
248	RYDLEWSKI Andrzej	220	RUN BYDGOSZCZ	M-30	66	00:00:33	00:14:51	00:28:44	00:42:19	00:55:50	<b>00:57:49.20</b>	<b>00:58:22.30</b>	+00:28:18 (49.0%)	5:46	10.4 (51.2%)
249	JENDRZEJCZAK Dawid	269		M-20	26	00:00:34	00:14:32	00:27:52	00:41:37	00:55:33	<b>00:57:49.50</b>	<b>00:58:24.35</b>	+00:28:18 (49.0%)	5:47	10.4 (51.2%)
250	ZIELIŃSKI Radosław	122		M-30	67	00:00:23	00:14:24	00:28:15	00:42:19	00:56:14	<b>00:58:24.85</b>	<b>00:58:48.70</b>	+00:28:53 (49.5%)	5:50	10.3 (50.7%)
251	SCHEFFS Mirosław	281		M-50	40	00:00:11	00:14:06	00:27:38	00:41:50	00:56:12	<b>00:58:34.35</b>	<b>00:58:45.95</b>	+00:29:03 (49.6%)	5:51	10.2 (50.2%)
252	KOLSKI Michał	119		M-30	68	00:00:11	00:14:20	00:28:18	00:42:06	00:56:11	<b>00:58:46.20</b>	<b>00:58:57.30</b>	+00:29:15 (49.8%)	5:52	10.2 (50.2%)
253	KUDŁA Krzysztof	177		M-60	20	00:00:07	00:13:47	00:27:40	00:41:52	00:56:14	<b>00:58:47.50</b>	<b>00:58:55.00</b>	+00:29:16 (49.8%)	5:52	10.2 (50.2%)
254	SZELAĞ Wojciech	95		M-50	41	00:00:24	00:14:11	00:27:49	00:41:46	00:56:14	<b>00:58:54.80</b>	<b>00:59:18.90</b>	+00:29:23 (49.9%)	5:53	10.2 (50.2%)
255	SKORUPKA Radek	370		M-30	69	00:00:26	00:14:25	00:27:59	00:41:46	00:56:15	<b>00:58:56.35</b>	<b>00:59:22.40</b>	+00:29:25 (49.9%)	5:53	10.2 (50.2%)
256	KWIATKOWSKI Paweł	333		M-20	27	00:00:16	00:14:16	00:28:42	00:42:53	00:57:42	<b>00:59:50.45</b>	<b>01:00:06.50</b>	+00:30:19 (50.7%)	5:59	10 (49.3%)
257	TROJAK Jakub	353		M-1	5	00:00:34	00:16:26	00:31:31	00:45:09	00:57:48	<b>00:59:52.95</b>	<b>01:00:26.95</b>	+00:30:22 (50.7%)	5:59	10 (49.3%)
258	GAJZLER Jerzy	51		M-60	21	00:00:13	00:13:57	00:28:07	00:42:55	00:57:30	<b>01:00:01.10</b>	<b>01:00:14.80</b>	+00:30:30 (50.8%)	6:00	10 (49.3%)
259	RAMBOWICZ Andrzej	344		M-40	94	00:00:35	00:14:46	00:28:43	00:43:06	00:57:36	<b>01:00:11.90</b>	<b>01:00:47.25</b>	+00:30:41 (51.0%)	6:01	10 (49.3%)
260	TRZYMKOWSKI Adrian	153		M-20	28	00:00:24	00:14:18	00:28:24	00:43:23	00:58:36	<b>01:00:58.20</b>	<b>01:01:23.10</b>	+00:31:27 (51.6%)	6:05	9.8 (48.3%)
261	CIEŚLIŃSKI Krzysztof	363	SISU-OWB TEAM	M-30	70	00:00:29	00:15:19	00:29:09	00:43:56	00:58:17	<b>01:01:00.75</b>	<b>01:01:30.05</b>	+00:31:29 (51.6%)	6:06	9.8 (48.3%)
262	CZEŚĆ Radosław	80	INOWROCŁAW BIEGA	M-40	95	00:00:25	00:14:42	00:28:56	00:44:02	00:59:02	<b>01:01:27.60</b>	<b>01:01:53.15</b>	+00:31:56 (52.0%)	6:08	9.8 (48.3%)
263	WYKRZYKOWSKI Andrzej	305		M-60	22	00:00:08	00:14:21	00:29:00	00:44:11	00:59:04	<b>01:01:50.80</b>	<b>01:01:59.45</b>	+00:32:19 (52.3%)	6:11	9.7 (47.8%)
264	DĘBSKI Jan	89	SOŁTYS	M-60	23	00:00:13	00:14:32	00:28:43	00:43:49	00:59:13	<b>01:02:06.95</b>	<b>01:02:19.95</b>	+00:32:36 (52.5%)	6:12	9.7 (47.8%)
265	SAWIEŁAJC Michał	216	BIZON TEAM	M-40	96	00:00:25	00:14:38	00:29:01	00:44:02	00:59:21	<b>01:02:13.15</b>	<b>01:02:38.65</b>	+00:32:42 (52.6%)	6:13	9.6 (47.3%)
266	UGOREK Mirosław	262		M-30	71	00:00:08	00:13:47	00:27:56	00:43:28	00:59:43	<b>01:02:22.80</b>	<b>01:02:30.85</b>	+00:32:51 (52.7%)	6:14	9.6 (47.3%)
267	ZIELIŃSKI Andrzej	90		M-40	97	00:00:22	00:15:13	00:30:07	00:45:34	01:00:21	<b>01:02:45.05</b>	<b>01:03:07.35</b>	+00:33:14 (53.0%)	6:16	9.6 (47.3%)
268	BIELIŃSKI Karol	243		M-30	72	00:00:31	00:15:37	00:30:10	00:45:26	01:00:13	<b>01:02:48.40</b>	<b>01:03:20.35</b>	+00:33:17 (53.0%)	6:16	9.6 (47.3%)
269	KAPELIŃSKI Stanisław	298	RODOS TEAM	M-50	42	00:00:28	00:15:36	00:30:11	00:45:25	01:00:53	<b>01:03:31.30</b>	<b>01:03:59.80</b>	+00:34:00 (53.5%)	6:21	9.4 (46.3%)

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
270	<b>LENC Janusz</b>	<b>17</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60	24	00:00:24	00:16:38	00:31:36	00:46:30	01:01:25	<b>01:03:52.20</b>	<b>01:04:17.15</b>	+00:34:21 (53.8%)	6:23	9.4 (46.3%)
271	<b>UCIŃSKI Edward</b>	<b>157</b>	TKKF INSTALATOR PELIKAN SZUBIN	M-70	3	00:00:06	00:15:03	00:30:32	00:46:14	01:02:05	<b>01:04:51.50</b>	<b>01:04:57.85</b>	+00:35:20 (54.5%)	6:29	9.3 (45.8%)
272	<b>MIAZGA Adam</b>	<b>382</b>		M-30	73	00:00:20	00:16:14	00:31:36	00:47:31	01:03:24	<b>01:06:15.95</b>	<b>01:06:36.70</b>	+00:36:45 (55.5%)	6:37	9.1 (44.8%)
273	<b>KARASZEWSKI Sławomir</b>	<b>161</b>		M-40	98	00:00:15	00:15:27	00:31:26	00:48:00	01:04:50	<b>01:07:43.50</b>	<b>01:07:59.40</b>	+00:38:12 (56.4%)	6:46	8.9 (43.8%)
274	<b>PÓŁGĘSEK Rafał</b>	<b>105</b>		M-40	99	00:00:34	00:16:38	00:32:50	00:49:35	01:06:15	<b>01:09:04.75</b>	<b>01:09:39.25</b>	+00:39:33 (57.3%)	6:54	8.7 (42.9%)
275	<b>FRĄCKOWSKI Łukasz</b>	<b>358</b>		M-20	29	00:00:32	00:15:46	00:32:09	00:49:27	01:06:21	<b>01:09:16.55</b>	<b>01:09:49.45</b>	+00:39:45 (57.4%)	6:55	8.7 (42.9%)
276	<b>SZYMAŃSKI Szymon</b>	<b>35</b>		M-30	74	00:00:10	00:15:56	00:32:32	00:49:51	01:07:09	<b>01:09:58.50</b>	<b>01:10:09.20</b>	+00:40:27 (57.8%)	6:59	8.6 (42.4%)
277	<b>BIEGAŁA Kamil</b>	<b>297</b>		M-20	30	00:00:15	00:16:35	00:32:53	00:49:41	01:07:11	<b>01:10:19.10</b>	<b>01:10:34.70</b>	+00:40:48 (58.0%)	7:01	8.5 (41.9%)
278	<b>DRUŻYŃSKI Sebastian</b>	<b>114</b>		M-30	75	00:00:32	00:16:13	00:32:30	00:49:49	01:07:26	<b>01:10:38.90</b>	<b>01:11:11.20</b>	+00:41:08 (58.2%)	7:03	8.5 (41.9%)
279	<b>KUCHARSKI Adam</b>	<b>124</b>		M-50	43	00:00:24	00:16:52	00:33:06	00:49:58	01:07:41	<b>01:10:51.55</b>	<b>01:11:16.50</b>	+00:41:20 (58.3%)	7:05	8.5 (41.9%)
280	<b>RATAJ Maciej</b>	<b>401</b>		M-40	100	00:00:27	00:15:41	00:31:52	00:49:25	01:08:24	<b>01:11:40.15</b>	<b>01:12:08.10</b>	+00:42:09 (58.8%)	7:10	8.4 (41.4%)
281	<b>SWOBODA Krzysztof</b>	<b>139</b>		M-60	25	00:00:19	00:19:32	00:38:13	00:57:19	01:17:28	<b>01:21:20.00</b>	<b>01:21:39.95</b>	+00:51:49 (63.7%)	8:08	7.4 (36.5%)
282	<b>SWOBODA Daniel</b>	<b>140</b>		M-30	76	00:00:20	00:19:31	00:38:12	00:57:18	01:17:27	<b>01:21:22.80</b>	<b>01:21:42.90</b>	+00:51:51 (63.7%)	8:08	7.4 (36.5%)

Znaleziono 282 wynik(ów)