



XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2015-05-24
Place: Koszalin
Distance: 10 km



Classification: M-3

Place	Participant	Number	Club	Category	MCat	0.07km	2.535km	5km	7.465km	9.93km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	GONCHAR Oleksii	412		M-3	1	00:00:14	00:07:56	00:16:04	00:24:16	00:32:18	00:32:34	00:32:34		3:15	18.4 (100%)
2	LABZIUK Aleksander	366	ACHILLES LESZNO	M-3	2	00:00:14	00:08:13	00:16:24	00:24:33	00:32:36	00:32:53	00:32:53	+00:00:19 (1.0%)	3:17	18.2 (98.9%)
3	DZIUBA Piotr	46	MARATOŃCZYK OKONEK	M-3	3	00:00:15	00:08:12	00:16:24	00:24:33	00:32:53	00:33:05	00:33:05	+00:00:31 (1.6%)	3:18	18.1 (98.4%)
4	BORZĘCKI Norbert	15		M-3	4	00:00:15	00:08:17	00:16:49	00:25:21	00:33:44	00:33:59	00:33:59	+00:01:25 (4.2%)	3:23	17.7 (96.2%)
5	WOJCIECHOWSKI Jarosław	321	IKS BRAK FORMY	M-3	5	00:00:15	00:08:51	00:17:31	00:26:09	00:34:38	00:34:54	00:34:54	+00:02:20 (6.7%)	3:29	17.2 (93.5%)
6	KAMIŃSKI Daniel	364		M-3	6	00:00:16	00:08:51	00:17:37	00:26:38	00:35:40	00:35:58	00:35:58	+00:03:24 (9.5%)	3:35	16.7 (90.8%)
7	GOLECKI Mirosław	348	FORMA ROSNOWO CSSPTKKF KOSZALIN	M-3	7	00:00:19	00:09:38	00:18:59	00:28:11	00:37:20	00:37:36	00:37:36	+00:05:02 (13.4%)	3:45	16 (87.0%)
8	SZYMAJDA Grzegorz	286	4RUN TKKF KOSZALIN	M-3	8	00:00:15	00:09:07	00:18:41	00:28:24	00:37:54	00:38:09	00:38:09	+00:05:35 (14.6%)	3:48	15.7 (85.3%)
9	KĘDZIERSKI Andrzej	104		M-3	9	00:00:15	00:09:11	00:18:42	00:28:25	00:37:55	00:38:14	00:38:14	+00:05:40 (14.8%)	3:49	15.7 (85.3%)
10	ANTOSIK Grzegorz	405		M-3	10	00:00:18	00:09:25	00:18:56	00:28:31	00:38:11	00:38:30	00:38:30	+00:05:56 (15.4%)	3:51	15.6 (84.8%)
11	KALETA Sebastian	95		M-3	11	00:00:18	00:09:39	00:19:01	00:28:36	00:38:15	00:38:33	00:38:33	+00:05:59 (15.5%)	3:51	15.6 (84.8%)
12	RYBACZEK Sebastian	249	FORMA ROSNOWO JW 1223 - 3DPLLOT	M-3	12	00:00:19	00:09:38	00:19:01	00:28:38	00:38:23	00:38:40	00:38:40	+00:06:06 (15.8%)	3:52	15.5 (84.2%)

Place	Participant	Number	Club	Category	MCat	0.07km	2.535km	5km	7.465km	9.93km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
13	GOLIŃSKI Łukasz	60	K.B. SPRINT ŚWIDWIN	M-3	13	00:00:20	00:09:48	00:19:36	00:29:28	00:39:08	00:39:26	00:39:26	+00:06:52 (17.4%)	3:56	15.2 (82.6%)
14	RYŚKIEWICZ Rafał	251	TNT	M-3	14	00:00:17	00:09:36	00:19:18	00:29:22	00:39:03	00:39:39	00:39:39	+00:07:05 (17.9%)	3:57	15.1 (82.1%)
15	KUNCEWICZ Robert	147		M-3	15	00:00:19	00:09:49	00:19:35	00:29:36	00:39:29	00:39:46	00:39:46	+00:07:12 (18.1%)	3:58	15.1 (82.1%)
16	MICHALSKI Artur	180	BBL GDYNIA KPW GDYNIA	M-3	16	00:00:19	00:09:36	00:19:31	00:29:37	00:39:39	00:39:57	00:39:57	+00:07:23 (18.5%)	3:59	15 (81.5%)
17	SKIERKA Grzegorz	261	MKS ŚWIĘC SŁAWNO	M-3	17	00:00:17	00:09:53	00:20:03	00:30:25	00:40:41	00:40:50	00:40:50	+00:08:16 (20.2%)	4:05	14.7 (79.9%)
18	WIŚNIK Marcin	318	AMADEUS CROSSGYM	M-3	18	00:00:19	00:10:21	00:20:40	00:30:50	00:40:52	00:41:08	00:41:08	+00:08:34 (20.8%)	4:06	14.6 (79.3%)
19	KASZTELAN Władysław	102	TKKF TRIATHLON KOSZALIN	M-3	19	00:00:22	00:10:17	00:20:35	00:31:02	00:41:15	00:41:32	00:41:32	+00:08:58 (21.6%)	4:09	14.4 (78.3%)
20	STĘPNIAK Tomasz	269	I LO KOSZALIN	M-3	20	00:00:22	00:10:10	00:20:29	00:31:03	00:41:21	00:41:39	00:41:39	+00:09:05 (21.8%)	4:09	14.4 (78.3%)
21	OKOŁOTOWICZ Sebastian	418		M-3	21	00:00:20	00:19:59	00:30:53	00:41:22		00:41:44	00:41:44	+00:09:10 (22.0%)	4:10	14.4 (78.3%)
22	MROCZKOWSKI Marek	185	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-3	22	00:00:41	00:10:53	00:21:04	00:31:22	00:41:43	00:41:58	00:41:58	+00:09:24 (22.4%)	4:11	14.3 (77.7%)
23	HARASYM Zbigniew	73		M-3	23	00:00:21	00:10:08	00:20:31	00:31:26	00:42:26	00:42:46	00:42:46	+00:10:12 (23.9%)	4:16	14 (76.1%)
24	PANCEWICZ Piotr	440	RANNERSWALDE	M-3	24	00:00:19	00:10:32	00:21:13	00:32:10	00:42:36	00:43:00	00:43:00	+00:10:26 (24.3%)	4:18	14 (76.1%)
25	RAJNER Krzysztof	346		M-3	25	00:00:33	00:10:56	00:21:30	00:32:26	00:43:16	00:43:35	00:43:35	+00:11:01 (25.3%)	4:21	13.8 (75.0%)
26	PAWŁOWSKI Łukasz	490		M-3	26	00:00:35	00:11:03	00:21:45	00:32:34	00:43:19	00:43:38	00:43:38	+00:11:04 (25.4%)	4:21	13.8 (75.0%)
27	MALINOWSKI Mariusz	170		M-3	27	00:00:24	00:10:57	00:21:47	00:32:39	00:43:29	00:43:49	00:43:49	+00:11:15 (25.7%)	4:22	13.7 (74.5%)
28	KUKIEŁA Tomasz	146		M-3	28	00:00:32	00:11:33	00:22:33	00:33:21	00:43:36	00:43:53	00:43:53	+00:11:19 (25.8%)	4:23	13.7 (74.5%)
29	SIKORSKI Adam	360	SIKORROWO	M-3	29	00:00:25	00:10:42	00:21:38	00:32:45	00:43:45	00:44:05	00:44:05	+00:11:31 (26.1%)	4:24	13.6 (73.9%)
29	MARCINIAK Maciej	171		M-3	30	00:00:26	00:10:35	00:21:22	00:32:25	00:43:47	00:44:05	00:44:05	+00:11:31 (26.1%)	4:24	13.6 (73.9%)
31	WALCZAK Marcin	301		M-3	31	00:00:23	00:10:53	00:21:50	00:32:49	00:43:53	00:44:09	00:44:09	+00:11:35 (26.2%)	4:24	13.6 (73.9%)
32	NAWODZIŃSKI Grzegorz	454		M-3	32	00:00:18	00:10:42	00:21:45	00:33:00	00:43:55	00:44:12	00:44:12	+00:11:38 (26.3%)	4:25	13.6 (73.9%)
33	TOMALIK Karol	291		M-3	33	00:00:21	00:10:31	00:21:30	00:32:44	00:43:52	00:44:13	00:44:13	+00:11:39 (26.3%)	4:25	13.6 (73.9%)
34	BARANOWSKI Piotr	393		M-3	34	00:00:24	00:11:20	00:22:10	00:33:05	00:43:59	00:44:19	00:44:19	+00:11:45 (26.5%)	4:25	13.5 (73.4%)
35	RYTTEL Marcin	488		M-3	35	00:00:22	00:10:45	00:21:48	00:33:01	00:44:04	00:44:22	00:44:22	+00:11:48 (26.6%)	4:26	13.5 (73.4%)

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36	JAMROZIAK Grzegorz	84		M-3	36	00:00:24	00:10:52	00:22:01	00:33:18	00:44:18	00:44:38	00:44:38	+00:12:04 (27.0%)	4:27	13.4 (72.8%)
37	KACHLICKI Kamil	92		M-3	37	00:00:21	00:10:58	00:22:11	00:33:27	00:44:26	00:44:44	00:44:44	+00:12:10 (27.2%)	4:28	13.4 (72.8%)
38	JAROSZEWSKI Daniel	396		M-3	38	00:00:17	00:10:39	00:21:44	00:33:23	00:44:46	00:45:02	00:45:02	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
39	PARYSIAK Eryk	207		M-3	39	00:00:23	00:11:42	00:23:02	00:34:08	00:44:55	00:45:12	00:45:12	+00:12:38 (27.9%)	4:31	13.3 (72.3%)
40	ŻMIJOWSKI Piotr	340		M-3	40	00:00:25	00:11:28	00:22:38	00:33:51	00:45:00	00:45:17	00:45:17	+00:12:43 (28.1%)	4:31	13.2 (71.7%)
41	WEBER Paweł	306	AMADEUS CROSSTRaining GYM	M-3	41	00:00:19	00:10:39	00:21:50	00:33:27	00:45:00	00:45:20	00:45:20	+00:12:46 (28.2%)	4:32	13.2 (71.7%)
42	SKAZA Dawid	260		M-3	42	00:00:28	00:11:35	00:22:40	00:33:58	00:45:09	00:45:28	00:45:28	+00:12:54 (28.4%)	4:32	13.2 (71.7%)
43	KRZANOWSKI Marcin	140	KB DZIESIĄTKA BIAŁOGARD	M-3	43	00:00:25	00:10:56	00:22:32	00:34:06	00:45:18	00:45:38	00:45:38	+00:13:04 (28.6%)	4:33	13.1 (71.2%)
44	JASICZEK Dariusz	87	CSSP KOSZALIN	M-3	44	00:00:40	00:11:06	00:21:57	00:33:24	00:45:20	00:45:39	00:45:39	+00:13:05 (28.7%)	4:33	13.1 (71.2%)
45	OLEKSY Piotr	201		M-3	45	00:00:37	00:11:22	00:22:24	00:34:02	00:45:22	00:45:40	00:45:40	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
46	JODDA Sławomir	407	ZAMOŚCIE PIŁA	M-3	46	00:00:23	00:10:23	00:21:16	00:33:16	00:45:28	00:45:50	00:45:50	+00:13:16 (28.9%)	4:35	13.1 (71.2%)
47	SZNAJDER Wiktor	465		M-3	47	00:00:41	00:12:04	00:23:43	00:35:12	00:45:50	00:46:09	00:46:09	+00:13:35 (29.4%)	4:36	13 (70.7%)
48	DONDAJEWSKI Michał	41		M-3	48	00:00:37	00:11:48	00:23:12	00:34:40	00:46:03	00:46:19	00:46:19	+00:13:45 (29.7%)	4:37	13 (70.7%)
49	SZAŁKOWSKI Wojtek	280		M-3	49	00:00:37	00:12:10	00:23:45	00:35:18	00:46:36	00:46:56	00:46:56	+00:14:22 (30.6%)	4:41	12.8 (69.6%)
50	LEWANDOWSKI Marek	157		M-3	50	00:00:32	00:11:49	00:23:30	00:35:19	00:46:51	00:47:08	00:47:08	+00:14:34 (30.9%)	4:42	12.7 (69.0%)
51	KRUK Marcin	136		M-3	51	00:00:27	00:11:08	00:22:45	00:34:45	00:46:52	00:47:12	00:47:12	+00:14:38 (31.0%)	4:43	12.7 (69.0%)
52	ROGALSKI Roberto	239	ZSW ZAWSZE SIĘGAJ WYŻEJ	M-3	52	00:00:18	00:10:52	00:23:15	00:35:31	00:46:53	00:47:13	00:47:13	+00:14:39 (31.0%)	4:43	12.7 (69.0%)
52	STRUMIŃSKI Rafał	274	ŻYTANIA TEAM	M-3	53	00:00:42	00:11:59	00:23:36	00:35:20	00:46:55	00:47:13	00:47:13	+00:14:39 (31.0%)	4:43	12.7 (69.0%)
54	NOWAKOWSKI Rafał	194		M-3	54	00:00:33	00:11:28	00:22:34	00:34:42	00:47:13	00:47:35	00:47:35	+00:15:01 (31.6%)	4:45	12.6 (68.5%)
55	MACIEJEWSKI Piotr	165		M-3	55	00:00:44	00:12:34	00:24:16	00:36:02	00:47:19	00:47:39	00:47:39	+00:15:05 (31.7%)	4:45	12.6 (68.5%)
56	WILKOWSKI Krzysztof	314		M-3	56	00:00:32	00:11:41	00:23:27	00:35:38	00:47:29	00:47:49	00:47:49	+00:15:15 (31.9%)	4:46	12.5 (67.9%)
57	BIL Adrian	8		M-3	57	00:00:25	00:11:48	00:23:42	00:35:43	00:47:30	00:47:50	00:47:50	+00:15:16 (31.9%)	4:47	12.5 (67.9%)
58	ŁOPIŃSKI Piotr	162		M-3	58	00:00:20	00:11:17	00:22:57	00:35:18	00:47:33	00:47:52	00:47:52	+00:15:18 (32.0%)	4:47	12.5 (67.9%)

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59	POLIKOWSKI Patryk	398		M-3	59	00:00:27	00:11:44	00:23:41	00:35:51	00:47:36	00:47:55	00:47:55	+00:15:21 (32.0%)	4:47	12.5 (67.9%)
59	CZAPLICKI Paweł	31	4RUN TKKF KOSZALIN	M-3	60	00:00:24	00:11:37	00:23:12	00:35:27	00:47:39	00:47:55	00:47:55	+00:15:21 (32.0%)	4:47	12.5 (67.9%)
61	WIERZBICKI Jakub	313		M-3	61	00:00:38	00:12:26	00:24:10	00:35:55	00:47:41	00:48:00	00:48:00	+00:15:26 (32.2%)	4:48	12.5 (67.9%)
62	CHOŁUJ Karol	27		M-3	62	00:00:27	00:11:30	00:23:24	00:35:36	00:47:51	00:48:05	00:48:05	+00:15:31 (32.3%)	4:48	12.5 (67.9%)
63	SUGIER Michał	277		M-3	63	00:00:34	00:12:09	00:24:06	00:36:13	00:47:53	00:48:14	00:48:14	+00:15:40 (32.5%)	4:49	12.4 (67.4%)
64	KACZMAREK Łukasz	93		M-3	64	00:00:34	00:11:52	00:23:56	00:36:18	00:48:18	00:48:38	00:48:38	+00:16:04 (33.0%)	4:51	12.3 (66.8%)
65	OSENKOWSKI Artur	203		M-3	65	00:00:38	00:11:11	00:23:11	00:35:30	00:48:15	00:48:40	00:48:40	+00:16:06 (33.1%)	4:52	12.3 (66.8%)
66	MRUGALSKI Damian	186		M-3	66	00:00:40	00:12:54	00:25:07	00:37:01	00:48:21	00:48:41	00:48:41	+00:16:07 (33.1%)	4:52	12.3 (66.8%)
67	WIELGUS Paweł	448		M-3	67	00:00:25	00:11:57	00:23:59	00:36:21	00:48:21	00:48:43	00:48:43	+00:16:09 (33.2%)	4:52	12.3 (66.8%)
68	WESOŁOWSKI Arkadiusz	451		M-3	68	00:00:29	00:11:32	00:23:27	00:36:04	00:48:40	00:49:03	00:49:03	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
69	MACHNIEWSKI Artur	386		M-3	69	00:00:33	00:12:02	00:24:06	00:36:33	00:48:57	00:49:20	00:49:20	+00:16:46 (34.0%)	4:56	12.2 (66.3%)
70	STAWISZYŃSKI Jarosław	266		M-3	70	00:00:43	00:13:11	00:25:34	00:37:56	00:49:41	00:49:57	00:49:57	+00:17:23 (34.8%)	4:59	12 (65.2%)
71	PIETRZYCKI Adrian	215		M-3	71	00:00:34	00:12:36	00:24:49	00:37:25	00:49:38	00:49:58	00:49:58	+00:17:24 (34.8%)	4:59	12 (65.2%)
72	CZERWIŃSKI Daniel	32		M-3	72	00:00:35	00:12:22	00:37:30			00:50:00	00:50:00	+00:17:26 (34.9%)	5:00	12 (65.2%)
73	DASZKO Tomasz	478		M-3	73	00:00:29	00:12:28	00:25:08	00:37:55	00:49:53	00:50:13	00:50:13	+00:17:39 (35.1%)	5:01	11.9 (64.7%)
74	SUBALSKI Michał	276		M-3	74	00:00:32	00:12:32	00:25:03	00:37:56	00:50:05	00:50:29	00:50:29	+00:17:55 (35.5%)	5:02	11.9 (64.7%)
75	KOKOT Edward	113	2 BRYGADA ZMECHANIZOWANA	M-3	75	00:00:20	00:11:41	00:24:04	00:37:05	00:50:29	00:50:50	00:50:50	+00:18:16 (35.9%)	5:05	11.8 (64.1%)
76	HERBA Krzysztof	75		M-3	76	00:00:27	00:12:14	00:24:14	00:37:14	00:50:36	00:50:54	00:50:54	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
77	NOWAK Marcin	195		M-3	77	00:00:22	00:12:16	00:24:41	00:37:58	00:50:55	00:51:18	00:51:18	+00:18:44 (36.5%)	5:07	11.7 (63.6%)
78	BEDNAREK Krzysztof	350		M-3	78	00:00:26	00:12:58	00:25:48	00:38:41	00:50:59	00:51:19	00:51:19	+00:18:45 (36.5%)	5:07	11.7 (63.6%)
79	KIRKO Mariusz	107		M-3	79	00:00:30	00:12:29	00:24:59	00:38:01	00:51:05	00:51:25	00:51:25	+00:18:51 (36.7%)	5:08	11.7 (63.6%)
80	KISIEL Michał	109	PARKRUN SZCZECINEK	M-3	80	00:00:30	00:13:08	00:25:36	00:38:12	00:51:02	00:51:26	00:51:26	+00:18:52 (36.7%)	5:08	11.7 (63.6%)
81	KUPREWICZ Grzegorz	148		M-3	81	00:00:35	00:12:43	00:25:48	00:38:37	00:51:26	00:51:48	00:51:48	+00:19:14 (37.1%)	5:10	11.6 (63.0%)

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82	ZATORSKI Zbigniew	329		M-3	82	00:00:35	00:13:06	00:25:53	00:38:54	00:51:27	00:51:49	00:51:49	+00:19:15 (37.2%)	5:10	11.6 (63.0%)
83	SALAMON Piotr	399		M-3	83	00:00:44	00:12:27	00:24:23	00:36:37	00:51:35	00:51:53	00:51:53	+00:19:19 (37.2%)	5:11	11.6 (63.0%)
84	GAJEK Artur	54		M-3	84	00:00:40	00:13:02	00:25:47	00:38:50	00:51:50	00:52:14	00:52:14	+00:19:40 (37.7%)	5:13	11.5 (62.5%)
85	HOŁUBASZ Paweł	79	UNIA RACING TEAM LĘBORK	M-3	85	00:00:35	00:11:55	00:24:57	00:38:58	00:52:30	00:52:53	00:52:53	+00:20:19 (38.4%)	5:17	11.3 (61.4%)
86	SIEPRACKI Adam	257		M-3	86	00:00:43	00:13:31	00:26:43	00:40:08	00:52:56	00:53:18	00:53:18	+00:20:44 (38.9%)	5:19	11.3 (61.4%)
87	FELKOWSKI Tomasz	49		M-3	87	00:00:32	00:13:29	00:26:38	00:39:50	00:53:02	00:53:26	00:53:26	+00:20:52 (39.1%)	5:20	11.2 (60.9%)
88	MADEJSZA Marcin	411		M-3	88	00:00:30	00:13:29	00:26:33	00:39:51	00:53:08	00:53:33	00:53:33	+00:20:59 (39.2%)	5:21	11.2 (60.9%)
89	DEREŃ Grzegorz	38	K. B. SPRINT ŚWIDWIN	M-3	89	00:00:20	00:12:09	00:25:14	00:39:57	00:54:02	00:54:19	00:54:19	+00:21:45 (40.0%)	5:25	11 (59.8%)
90	SZARY Szymon	281		M-3	90	00:00:41	00:13:48	00:27:05	00:40:34	00:54:03	00:54:27	00:54:27	+00:21:53 (40.2%)	5:26	11 (59.8%)
91	HAMROL Dawid	72	KATEDRA KOSZALIN	M-3	91	00:00:44	00:13:31	00:27:19	00:41:04	00:54:15	00:54:34	00:54:34	+00:22:00 (40.3%)	5:27	11 (59.8%)
92	JARUGA Artur	421		M-3	92	00:00:30	00:14:06	00:27:47	00:41:27	00:54:15	00:54:38	00:54:38	+00:22:04 (40.4%)	5:27	11 (59.8%)
93	CINCIO Robert	30	TKKF TRIATHLON KOSZALIN	M-3	93	00:00:27	00:12:04	00:25:51	00:40:25	00:54:22	00:54:41	00:54:41	+00:22:07 (40.4%)	5:28	11 (59.8%)
94	TOMCZYK Leszek	293	JW 1223 3DPLOT	M-3	94	00:00:41	00:14:31	00:28:01	00:41:36	00:54:35	00:54:54	00:54:54	+00:22:20 (40.7%)	5:29	10.9 (59.2%)
95	BĄK Zbigniew	7	RANNERSWALDE	M-3	95	00:00:25	00:13:28	00:27:10	00:41:09	00:55:03	00:55:24	00:55:24	+00:22:50 (41.2%)	5:32	10.8 (58.7%)
96	ODRZYWOŁEK Paweł	197		M-3	96	00:00:39	00:14:14	00:28:01	00:41:57	00:55:22	00:55:46	00:55:46	+00:23:12 (41.6%)	5:34	10.8 (58.7%)
97	RADECKI Przemysław	230		M-3	97	00:00:42	00:13:52	00:27:34	00:41:33	00:55:48	00:56:08	00:56:08	+00:23:34 (42.0%)	5:36	10.7 (58.2%)
98	GOŁDYN Marek	61		M-3	98	00:00:26	00:12:27	00:26:10	00:41:20	00:55:59	00:56:24	00:56:24	+00:23:50 (42.3%)	5:38	10.6 (57.6%)
99	MACIĄŻEK Jarosław	402		M-3	99	00:00:36	00:13:01	00:26:50	00:41:19	00:56:12	00:56:37	00:56:37	+00:24:03 (42.5%)	5:39	10.6 (57.6%)
100	BUREK Szymon	21	SQUASH FORMA KOSZALIN	M-3	100	00:00:46	00:14:20	00:28:33	00:42:45	00:56:58	00:57:21	00:57:21	+00:24:47 (43.2%)	5:44	10.5 (57.1%)
101	GRUDZIŃSKI Marcin	69		M-3	101	00:00:39	00:14:16	00:28:10	00:42:41	00:57:06	00:57:27	00:57:27	+00:24:53 (43.3%)	5:44	10.4 (56.5%)
102	ZIEJEWSKI Krzysztof	487	MONOLITH LIFE TEAM	M-3	102	00:00:39	00:14:22	00:28:42	00:42:54	00:57:03	00:57:29	00:57:29	+00:24:55 (43.3%)	5:44	10.4 (56.5%)
103	JANACZYK Marcin	485	JW 1223	M-3	103	00:00:43	00:13:34	00:27:44	00:43:08	00:58:32	00:58:54	00:58:54	+00:26:20 (44.7%)	5:53	10.2 (55.4%)
104	PIOR Tomasz	218		M-3	104	00:00:27	00:13:11	00:27:39	00:42:47	00:58:29	00:58:55	00:58:55	+00:26:21 (44.7%)	5:53	10.2 (55.4%)

Place	Participant	Number	Club	Category	MCat	0.07km	2.535km	5km	7.465km	9.93km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
105	ŁADA Paweł	161		M-3	105	00:00:42	00:14:33	00:29:12	00:44:05	00:58:35	00:58:57	00:58:57	+00:26:23 (44.8%)	5:53	10.2 (55.4%)
106	WÓJCIK Sebastian	325	ŻYTANIA TEAM	M-3	106	00:00:42	00:14:34	00:29:13	00:44:05	00:58:36	00:59:02	00:59:02	+00:26:28 (44.8%)	5:54	10.2 (55.4%)
107	WYGODA Grzegorz	327		M-3	107	00:00:40	00:13:53	00:28:14	00:43:22	00:58:44	00:59:10	00:59:10	+00:26:36 (45.0%)	5:55	10.1 (54.9%)
108	DĄBROWSKI Michał	37	RUN FOREST RUN	M-3	108	00:00:44	00:15:56	00:31:09	00:46:14	01:01:05	01:01:26	01:01:26	+00:28:52 (47.0%)	6:08	9.8 (53.3%)
109	KOSTRZEWA Łukasz	424	RUN FOREST RUN	M-3	109	00:00:44	00:15:57	00:31:09	00:46:16	01:01:07	01:01:32	01:01:32	+00:28:58 (47.1%)	6:09	9.8 (53.3%)
110	WASILEWSKI Jarosław	305		M-3	110	00:00:43	00:13:31	00:26:41					+00:10:37	5:20	11.2 (60.9%)

Total 110 results.