



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

XVII BIEG SYLWESTROWY
Stowarzyszenie Rowerowa Brzoza
2023-12-31
Brzoza
10 km

XVII BIEG SYLWESTROWY

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MIERECZKO Maciej	508	VECTRA WLOCLAWEK	M-40	1	Vectra Wloclawek	00:00:02	00:08:03	00:15:34	00:23:06	00:30:45	00:32:09.95	00:32:12.05		3:12	18.7 (100%)
2	OCHAL Pawel	453	TEAMOCHAL	M-40	2	TEAMOCHAL	00:00:02	00:08:58	00:17:12	00:25:24	00:33:31	00:35:04.90	00:35:07.50	+00:02:54 (8.3%)	3:30	17.1 (91.4%)
3	POLAŃSKI Tomasz	516		M-40	3	The Rychters	00:00:02	00:09:05	00:17:38	00:26:27	00:35:16	00:36:51.10	00:36:53.40	+00:04:41 (12.7%)	3:41	16.3 (87.2%)
4	MAJEWSKI Robert	130	TEAMOCHAL	M-40	4	TEAMOCHAL	00:00:04	00:09:01	00:17:37	00:26:24	00:35:14	00:36:53.45	00:36:58.35	+00:04:43 (12.8%)	3:41	16.3 (87.2%)
5	KOLMAJER Rafał	477	TEAMOCHAL	M-40	5	TEAMOCHAL	00:00:02	00:09:07	00:17:52	00:26:50	00:35:53	00:37:31.45	00:37:34.10	+00:05:21 (14.3%)	3:45	16 (85.6%)
6	SENGER Michał	144		M-40	6		00:00:05	00:09:26	00:18:10	00:27:03	00:36:01	00:37:39.25	00:37:45.20	+00:05:29 (14.6%)	3:45	15.9 (85.0%)
7	WIWATOWSKI Michał	348		M-40	7		00:00:03	00:09:14	00:17:57	00:26:54	00:36:00	00:37:40.50	00:37:43.55	+00:05:30 (14.6%)	3:46	15.9 (85.0%)
8	ŁOPUSZYŃSKI Krzysztof	241	ŁAPA_TRI_RUN_CREW	M-40	8	Łapa_TRI_Run_Crew	00:00:05	00:09:43	00:18:43	00:27:41	00:36:41	00:38:16.70	00:38:22.00	+00:06:06 (16.0%)	3:49	15.7 (84.0%)
9	KWAPIŃSKI Damian	510		M-40	9	Łapa_TRI_Run_Crew	00:00:05	00:09:43	00:18:44	00:27:45	00:36:41	00:38:19.20	00:38:24.40	+00:06:09 (16.1%)	3:49	15.7 (84.0%)
10	SAWICKI Marcin	123		M-40	10		00:00:04	00:09:43	00:18:43	00:27:43	00:36:42	00:38:19.40	00:38:24.30	+00:06:09 (16.1%)	3:49	15.7 (84.0%)
11	KUBANEK Łukasz	122	ŁAPA_TRI_RUN_CREW	M-40	11	Łapa_TRI_Run_Crew	00:00:04	00:09:44	00:18:45	00:27:54	00:37:16	00:38:56.30	00:39:00.65	+00:06:46 (17.4%)	3:53	15.4 (82.4%)
12	RYCHTER Karol	518		M-40	12	The Rychters	00:00:05	00:09:36	00:18:45	00:28:04	00:37:25	00:39:08.95	00:39:14.45	+00:06:59 (17.8%)	3:54	15.3 (81.8%)
13	SOBIERAŁSKI Rafał	187	TRISPACE/TREK	M-40	13	TRISPACE/TREK	00:00:04	00:09:47	00:18:55	00:28:11	00:37:33	00:39:15.05	00:39:19.95	+00:07:05 (18.1%)	3:55	15.3 (81.8%)
14	MAGDZIARZ Jakub	347		M-40	14		00:00:04	00:09:45	00:19:00	00:28:27	00:37:49	00:39:34.80	00:39:38.80	+00:07:24 (18.7%)	3:57	15.2 (81.3%)
15	KOWALCZYK Maciej	259	BUDZYŃSKIE DZIKI	M-40	15	Budzyńskie Dziki	00:00:05	00:10:22	00:19:53	00:29:29	00:39:06	00:40:58.45	00:41:03.50	+00:08:48 (21.5%)	4:05	14.6 (78.1%)
16	KOTUŁA Sebastian	374		M-40	16		00:00:06	00:10:23	00:20:02	00:29:39	00:39:18	00:41:01.45	00:41:08.40	+00:08:51 (21.6%)	4:06	14.6 (78.1%)
17	KAPSA Dawid	501	TEAMOCHAL	M-40	17	TEAMOCHAL	00:00:11	00:10:25	00:20:01	00:29:44	00:39:16	00:41:01.60	00:41:12.75	+00:08:51 (21.6%)	4:06	14.6 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	RYBAK Remigiusz	205	TRISPACE/TREK	M-40	18	TRISPACE/TREK	00:00:07	00:10:19	00:19:57	00:29:42	00:39:29	00:41:16.15	00:41:23.80	+00:09:06 (22.1%)	4:07	14.5 (77.5%)
19	PRĄDZYŃSKI Marcin	103	TM IRON TEAM	M-40	19	TM Iron Team	00:00:04	00:10:04	00:19:51	00:29:48	00:39:39	00:41:30.70	00:41:35.60	+00:09:20 (22.5%)	4:09	14.5 (77.5%)
20	LEWANDOWSKI Kamil	208		M-40	20		00:00:10	00:10:42	00:20:35	00:30:33	00:40:36	00:42:24.20	00:42:34.80	+00:10:14 (24.1%)	4:14	14.2 (75.9%)
21	ŚWITAL Leszek	132		M-40	21		00:00:08	00:10:41	00:20:36	00:30:38	00:40:41	00:42:30.05	00:42:38.90	+00:10:20 (24.3%)	4:15	14.1 (75.4%)
22	JANUSZKIEWICZ Piotr	117		M-40	22		00:00:06	00:10:45	00:20:39	00:30:45	00:40:57	00:42:46.40	00:42:53.10	+00:10:36 (24.8%)	4:16	14 (74.9%)
23	KŁOSOWSKI Marcin	302	CSM TEAM	M-40	23	CSM Team	00:00:13	00:11:02	00:21:17	00:31:19	00:41:22	00:43:15.75	00:43:29.05	+00:11:05 (25.6%)	4:19	13.9 (74.3%)
24	KALEK Artur	416	TM IRON TEAM	M-40	24	TM Iron Team	00:00:11	00:10:56	00:21:04	00:31:29	00:41:44	00:43:26.55	00:43:38.15	+00:11:16 (26.0%)	4:20	13.8 (73.8%)
25	WIĘCKOWSKI Dariusz	74	AKADEMIA MISTRZÓW SPORTU	M-40	25	Akademia Mistrzów Sportu	00:00:14	00:11:19	00:21:29	00:31:44	00:41:40	00:43:27.45	00:43:41.95	+00:11:17 (26.0%)	4:20	13.8 (73.8%)
26	WIŚNIEWSKI Maciej	311		M-40	26		00:00:13	00:10:54	00:21:07	00:31:27	00:41:45	00:43:36.70	00:43:49.90	+00:11:26 (26.2%)	4:21	13.8 (73.8%)
27	BORCZYŃSKI Grzegorz	375		M-40	27		00:00:10	00:11:08	00:21:20	00:31:37	00:41:47	00:43:43.05	00:43:53.95	+00:11:33 (26.4%)	4:22	13.7 (73.3%)
28	BYRTEK Marcin	63		M-40	28		00:00:03	00:10:21	00:20:44	00:31:13	00:41:54	00:43:44.90	00:43:48.40	+00:11:34 (26.5%)	4:22	13.7 (73.3%)
29	DRZEWIECKI Rafał	276	AKADEMIA MISTRZÓW SPORTU	M-40	29	Akademia Mistrzów Sportu	00:00:06	00:10:59	00:21:36	00:32:01	00:42:17	00:44:06.25	00:44:12.70	+00:11:56 (27.1%)	4:24	13.6 (72.7%)
30	ZAKURZEWSKI Tomasz	293	TRISPACE/TREK	M-40	30	TRISPACE/TREK	00:00:08	00:11:16	00:21:41	00:31:59	00:42:15	00:44:08.00	00:44:16.95	+00:11:58 (27.1%)	4:24	13.6 (72.7%)
31	WŁODARSKI Przemysław	33	POLONIA BYDGOSZCZ SLA	M-40	31	Polonia Bydgoszcz SLA	00:00:08	00:11:08	00:21:38	00:31:57	00:42:23	00:44:14.60	00:44:23.45	+00:12:04 (27.3%)	4:25	13.6 (72.7%)
32	LEWANDOWSKI Tomasz	216		M-40	32		00:00:03	00:10:17	00:20:40	00:31:25	00:42:27	00:44:36.20	00:44:39.90	+00:12:26 (27.9%)	4:27	13.5 (72.2%)
33	MOROSZCZAK Bogumił	502	BYDGOSKIE OKONIE	M-40	33	Bydgoskie Okonie	00:00:06	00:10:52	00:21:17	00:32:02	00:42:48	00:44:45.15	00:44:51.60	+00:12:35 (28.1%)	4:28	13.4 (71.7%)
34	KOWALSKI Jacek	204	BYDGOSKIE OKONIE	M-40	34	Bydgoskie Okonie	00:00:11	00:11:12	00:21:36	00:32:10	00:42:51	00:44:46.70	00:44:57.70	+00:12:36 (28.2%)	4:28	13.4 (71.7%)
35	CZARNECKI Piotr	245	BRZOZA BIEGA	M-40	35	Brzoza Biega	00:00:12	00:11:12	00:21:36	00:32:15	00:42:58	00:44:49.85	00:45:01.85	+00:12:39 (28.3%)	4:28	13.4 (71.7%)
36	KOTUŁA Paweł	379		M-40	36		00:00:18	00:11:27	00:21:53	00:32:28	00:42:58	00:44:53.35	00:45:12.30	+00:12:43 (28.3%)	4:29	13.4 (71.7%)
37	BARTOSZ Marek	84		M-40	37		00:00:08	00:10:53	00:21:25	00:32:19	00:43:09	00:45:02.20	00:45:10.20	+00:12:52 (28.6%)	4:30	13.3 (71.1%)
38	LASKOWSKI Daniel	465	TEAMOCHAL	M-40	38	TEAMOCHAL	00:00:19	00:11:25	00:22:02	00:32:43	00:43:19	00:45:08.95	00:45:28.75	+00:12:59 (28.8%)	4:30	13.3 (71.1%)
39	SENGER Robert	232	TRIZARZA	M-40	39	Trizarza	00:00:06	00:11:04	00:21:41	00:32:31	00:43:12	00:45:11.70	00:45:18.50	+00:13:01 (28.8%)	4:31	13.3 (71.1%)
40	BARSZCZEWSKI Sebastian	288		M-40	40		00:00:05	00:11:23	00:22:02	00:32:52	00:43:34	00:45:14.75	00:45:20.25	+00:13:04 (28.9%)	4:31	13.3 (71.1%)
41	GLIWKA Artur	299	1. BLWL	M-40	41	1. BLWL	00:00:18	00:11:16	00:21:46	00:32:33	00:43:27	00:45:19.80	00:45:38.55	+00:13:09 (29.0%)	4:31	13.2 (70.6%)
42	GACKA Rafał	428	LUPUS TEAM	M-40	42	Lupus Team	00:00:19	00:11:35	00:22:07	00:32:42	00:43:22	00:45:26.40	00:45:46.05	+00:13:16 (29.2%)	4:32	13.2 (70.6%)

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43	TRZASKOWSKI Tomasz	157	ŁAPA_TRI_RUN_CREW	M-40	43	Łapa_TRI_Run_Crew	00:00:11	00:11:06	00:21:47	00:32:46	00:43:34	00:45:32.40	00:45:44.00	+00:13:22 (29.4%)	4:33	13.2 (70.6%)
44	NAMIEŚNIK Krzysztof	116	QSZYSHTOFF	M-40	44	QszyshtOff	00:00:19	00:11:41	00:22:26	00:33:09	00:43:40	00:45:34.50	00:45:53.90	+00:13:24 (29.4%)	4:33	13.2 (70.6%)
45	WITUCKI Tomasz	357		M-40	45		00:00:07	00:11:11	00:21:36	00:32:16	00:43:32	00:45:38.50	00:45:46.30	+00:13:28 (29.5%)	4:33	13.1 (70.1%)
46	SZYSZKA Radosław	314	TKKF KOLEJARZ BYDGOSZCZ	M-40	46	TKKF Kolejarz Bydgoszcz	00:00:06	00:11:00	00:21:34	00:32:37	00:43:41	00:45:38.75	00:45:45.55	+00:13:28 (29.5%)	4:33	13.1 (70.1%)
47	SZOPIŃSKI Wojtek	376		M-40	47		00:00:41	00:11:17	00:22:04	00:33:05	00:43:52	00:45:51.85	00:46:32.95	+00:13:41 (29.9%)	4:35	13.1 (70.1%)
48	TOMASZEWSKI Marcin	120		M-40	48		00:00:06	00:11:08	00:21:50	00:32:47	00:43:52	00:45:53.70	00:46:00.40	+00:13:43 (29.9%)	4:35	13.1 (70.1%)
49	NIEMCZYK Robert	147	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-40	49	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:11	00:11:09	00:22:00	00:33:16	00:44:24	00:46:29.90	00:46:41.60	+00:14:19 (30.8%)	4:38	12.9 (69.0%)
50	ZAJDLEWICZ Daniel	15		M-40	50		00:00:10	00:11:21	00:22:19	00:33:25	00:44:32	00:46:34.40	00:46:44.75	+00:14:24 (30.9%)	4:39	12.9 (69.0%)
51	WIŚNIEWSKI Rafał	289	AKADEMIA MISTRZÓW SPORTU	M-40	51	Akademia Mistrzów Sportu	00:00:23	00:11:33	00:22:35	00:33:47	00:44:55	00:46:54.70	00:47:18.00	+00:14:44 (31.4%)	4:41	12.8 (68.4%)
52	MICHALEWSKI Bartosz	432		M-40	52		00:00:17	00:11:55	00:22:56	00:34:02	00:45:08	00:47:01.85	00:47:18.85	+00:14:51 (31.6%)	4:42	12.8 (68.4%)
53	DĄBKOWSKI Maciej	42		M-40	53		00:00:28	00:12:25	00:23:30	00:34:35	00:45:31	00:47:25.70	00:47:53.90	+00:15:15 (32.2%)	4:44	12.7 (67.9%)
54	LEWANDOWSKI Rafał	28	SPC	M-40	54	SPC	00:00:15	00:11:39	00:22:46	00:33:59	00:45:25	00:47:26.35	00:47:42.30	+00:15:16 (32.2%)	4:44	12.6 (67.4%)
55	TOMASZEWSKI Marcin	100		M-40	55		00:00:13	00:12:05	00:23:27	00:34:40	00:45:26	00:47:28.45	00:47:42.35	+00:15:18 (32.2%)	4:44	12.6 (67.4%)
56	JABŁOŃSKI Tomasz	11	TEAMOCHAL	M-40	56	TEAMOCHAL	00:00:30	00:12:07	00:23:12	00:34:24	00:45:32	00:47:31.15	00:48:01.90	+00:15:21 (32.3%)	4:45	12.6 (67.4%)
57	DĄBKOWSKI Wojciech	59		M-40	57		00:00:28	00:12:25	00:23:31	00:34:35	00:45:32	00:47:32.45	00:48:00.55	+00:15:22 (32.3%)	4:45	12.6 (67.4%)
58	MICHAŁ Mandosik	482	TEAMOCHAL	M-40	58	TEAMOCHAL	00:00:22	00:12:10	00:23:21	00:34:33	00:45:41	00:47:44.00	00:48:06.00	+00:15:34 (32.6%)	4:46	12.6 (67.4%)
59	KRUSZYNA Robert	404		M-40	59		00:00:09	00:11:42	00:22:50	00:34:14	00:45:49	00:47:48.50	00:47:58.10	+00:15:38 (32.7%)	4:46	12.6 (67.4%)
60	DAWIDOWICZ Maciej	197	TRISPACE/TREK	M-40	60	TRISPACE/TREK	00:00:10	00:11:41	00:22:56	00:34:31	00:45:48	00:47:50.95	00:48:01.00	+00:15:41 (32.8%)	4:47	12.5 (66.8%)
61	BOGACZ Mariusz	273	TRISPACE/TREK	M-40	61	TRISPACE/TREK	00:00:25	00:12:43	00:24:11	00:35:28	00:46:15	00:48:09.85	00:48:35.70	+00:15:59 (33.2%)	4:48	12.5 (66.8%)
62	SZUKALSKI Michał	223	TEAM RUDNIK	M-40	62	TEAM RUDNIK	00:00:13	00:11:55	00:23:14	00:34:48	00:46:24	00:48:33.95	00:48:47.65	+00:16:24 (33.8%)	4:51	12.4 (66.3%)
63	BĄK Oskar	269	TEAMOCHAL	M-40	63	TEAMOCHAL	00:00:13	00:12:09	00:23:37	00:35:16	00:46:44	00:48:48.25	00:49:01.30	+00:16:38 (34.1%)	4:52	12.3 (65.8%)
64	POLIWODZIŃSKI Michał	141	TEAMOCHAL	M-40	64	TEAMOCHAL	00:00:12	00:12:10	00:23:38	00:35:18	00:46:46	00:48:50.35	00:49:02.80	+00:16:40 (34.1%)	4:53	12.3 (65.8%)
65	KOPACZEWSKI Marcin	515		M-40	65		00:00:09	00:11:44	00:23:14	00:34:56	00:46:42	00:48:51.05	00:49:00.15	+00:16:41 (34.2%)	4:53	12.3 (65.8%)
66	BUZALSKI Robert	37		M-40	66		00:00:07	00:11:51	00:23:07	00:34:44	00:46:45	00:49:01.20	00:49:08.55	+00:16:51 (34.4%)	4:54	12.2 (65.2%)

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67	BRYMORA Andrzej	503		M-40	67		00:00:11	00:12:12	00:23:44	00:35:28	00:47:14	00:49:21.05	00:49:32.95	+00:17:11 (34.8%)	4:56	12.2 (65.2%)
68	LEWANDOWSKI Jacek	295	AKADEMIA MISTRZÓW SPORTU	M-40	68	Akademia Mistrzów Sportu	00:00:52	00:12:38	00:24:30	00:35:56	00:47:20	00:49:22.75	00:50:15.55	+00:17:12 (34.9%)	4:56	12.2 (65.2%)
69	KRYSKE Mariusz	174	TKKF KOLEJARZ BYDGOSZCZ	M-40	69	TKKF Kolejarz Bydgoszcz	00:00:34	00:12:11	00:23:47	00:36:16	00:47:50	00:49:53.00	00:50:27.25	+00:17:43 (35.5%)	4:59	12 (64.2%)
70	CZERWIAKOWSKI Sebastian	180		M-40	70		00:00:11	00:12:42	00:24:31	00:36:27	00:48:20	00:50:24.25	00:50:35.75	+00:18:14 (36.2%)	5:02	11.9 (63.6%)
71	PILARSKI Radosław	342		M-40	71		00:00:10	00:11:40	00:23:21	00:35:38	00:48:10	00:50:25.80	00:50:36.40	+00:18:15 (36.2%)	5:02	11.9 (63.6%)
72	RATAJ Maciej	169		M-40	72		00:00:27	00:11:20	00:22:49	00:35:16	00:48:12	00:50:27.80	00:50:55.30	+00:18:17 (36.3%)	5:02	11.9 (63.6%)
73	RUSZKIEWICZ Łukasz	87		M-40	73		00:00:18	00:12:35	00:24:26	00:36:33	00:48:46	00:50:50.25	00:51:08.70	+00:18:40 (36.7%)	5:05	11.8 (63.1%)
74	BYRTEK Grzegorz	235	TRIDROPSY	M-40	74	TRIDROPSY	00:00:14	00:12:49	00:24:51	00:36:39	00:48:52	00:50:58.70	00:51:13.20	+00:18:48 (36.9%)	5:05	11.8 (63.1%)
75	MALEC Karol	253		M-40	75		00:00:24	00:12:53	00:24:41	00:36:53	00:48:53	00:51:02.00	00:51:26.75	+00:18:52 (37.0%)	5:06	11.8 (63.1%)
76	STĘPIEŃ Tomek	183		M-40	76		00:00:34	00:12:30	00:24:20	00:36:28	00:48:56	00:51:14.65	00:51:49.45	+00:19:04 (37.2%)	5:07	11.7 (62.6%)
77	ŁATKA Marcin	252		M-40	77		00:00:23	00:13:02	00:25:30	00:38:18	00:50:43	00:53:06.25	00:53:30.20	+00:20:56 (39.4%)	5:18	11.3 (60.4%)
78	RYDLEWSKI Andrzej	261	TEAM RUDNIK	M-40	78	TEAM RUDNIK	00:00:13	00:13:24	00:26:13	00:39:07	00:51:11	00:53:25.80	00:53:39.40	+00:21:15 (39.8%)	5:20	11.2 (59.9%)
79	SZCZĘSNY Arkadiusz	154	DYNAMO SKARPA	M-40	79	Dynamo Skarpa	00:00:22	00:13:01	00:25:18	00:37:54	00:51:12	00:53:43.05	00:54:05.95	+00:21:33 (40.1%)	5:22	11.2 (59.9%)
80	BASIŃSKI Paweł	68		M-40	80		00:00:24	00:13:26	00:25:49	00:38:47	00:51:38	00:53:54.55	00:54:18.80	+00:21:44 (40.3%)	5:23	11.1 (59.4%)
81	RUDOL Sebastian	391		M-40	81		00:00:20	00:13:43	00:26:24	00:39:16	00:52:23	00:54:33.85	00:54:54.70	+00:22:23 (41.0%)	5:27	11 (58.8%)
82	SZATTEN Dawid	353		M-40	82		00:00:31	00:13:23	00:26:00	00:38:54	00:52:11	00:54:42.10	00:55:13.50	+00:22:32 (41.2%)	5:28	11 (58.8%)
83	SZUBERT Dawid	520		M-40	83		00:00:29	00:14:12	00:27:30	00:40:42	00:53:28	00:55:41.90	00:56:11.25	+00:23:31 (42.2%)	5:34	10.8 (57.8%)
84	FABROWSKI Dawid	282	TRITATA TEAMOCHAL	M-40	84	TriTata TEAMOCHAL	00:00:25	00:13:22	00:26:35	00:39:58	00:53:28	00:55:42.35	00:56:07.90	+00:23:32 (42.3%)	5:34	10.8 (57.8%)
85	SZTEJKA Damian	5	KULAWA RODZINA	M-40	85	KULAWA RODZINA	00:00:34	00:14:12	00:27:19	00:40:33	00:53:36	00:55:44.65	00:56:18.80	+00:23:34 (42.3%)	5:34	10.8 (57.8%)
86	ŻYWICA Adam	171	BRZOZA BIEGA	M-40	86	Brzoza Biega	00:00:15	00:13:56	00:26:58	00:39:49	00:53:15	00:55:50.40	00:56:06.10	+00:23:40 (42.4%)	5:35	10.7 (57.2%)
87	TOCZKIEWICZ Piotr	94		M-40	87		00:00:12	00:13:54	00:27:06	00:40:29	00:54:00	00:56:26.30	00:56:38.30	+00:24:16 (43.0%)	5:38	10.6 (56.7%)
88	GALICKI Jakub	406	AKADEMIA MISTRZÓW SPORTU	M-40	88	Akademia Mistrzów Sportu	00:00:23	00:13:11	00:25:49	00:40:34	00:54:19	00:56:54.85	00:57:18.55	+00:24:44 (43.5%)	5:41	10.5 (56.1%)
89	JURSKI Robert	27		M-40	89		00:00:23	00:14:13	00:27:33	00:41:05	00:55:02	00:57:34.45	00:57:57.55	+00:25:24 (44.1%)	5:45	10.4 (55.6%)
90	KSPROWICZ Piotr	9	JW1515 BYDGOSZCZ	M-40	90	JW1515 Bydgoszcz	00:00:16	00:14:15	00:27:47	00:41:47	00:55:59	00:58:21.95	00:58:38.85	+00:26:12 (44.9%)	5:50	10.3 (55.1%)
91	SCHMIDT Marcin	213	BBACTIVE TEAM	M-40	91	BBACTIVE TEAM	00:00:31	00:13:49	00:26:59	00:41:43	00:55:49	00:58:27.65	00:58:59.30	+00:26:17 (45.0%)	5:50	10.3 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
92	WANCZURA Jacek	199		M-40	92		00:00:22	00:15:08	00:29:03	00:42:46	00:56:06	00:58:28.45	00:58:50.75	+00:26:18 (45.0%)	5:50	10.3 (55.1%)
93	LUTKOWSKI Dariusz	201		M-40	93		00:00:17	00:15:12	00:29:08	00:42:43	00:56:10	00:58:33.05	00:58:50.50	+00:26:23 (45.1%)	5:51	10.2 (54.5%)
94	SOSINSKI Marcin	219	SŁODZIAKI	M-40	94	Slodziaki	00:00:09	00:14:26	00:28:24	00:42:53	00:57:04	00:59:24.80	00:59:33.95	+00:27:14 (45.9%)	5:56	10.1 (54.0%)
95	BALCEREK Marcin	481	TEAMOCHAL	M-40	95	TEAMOCHAL	00:00:36	00:14:04	00:27:46	00:42:28	00:56:49	00:59:25.60	01:00:01.70	+00:27:15 (45.9%)	5:56	10.1 (54.0%)
96	JULLY Arkadiusz	43		M-40	96		00:00:34	00:14:53	00:28:59	00:43:11	00:57:31	01:00:07.55	01:00:42.40	+00:27:57 (46.5%)	6:00	10 (53.5%)
97	NIEMCZEWSKI Mirosław	220	ŁABISZYN RUNNERS	M-40	97	Łabiszyn runners	00:00:36	00:16:09	00:29:56	00:43:54	00:57:43	01:00:19.55	01:00:55.90	+00:28:09 (46.7%)	6:01	9.9 (52.9%)
98	KOSIŃSKI Michał	163		M-40	98		00:00:29	00:14:29	00:28:46	00:43:28	00:57:59	01:00:32.15	01:01:01.75	+00:28:22 (46.9%)	6:03	9.9 (52.9%)
99	CZYŻEWSKI Piotr	210		M-40	99		00:00:42	00:16:27	00:32:22	00:48:30	01:03:30	01:05:58.45	01:06:41.10	+00:33:48 (51.2%)	6:35	9.1 (48.7%)
100	RADKOWSKI Tomasz	474	AZS UMK TORUŃ	M-40	100	AZS UMK Toruń	00:00:30	00:15:58	00:31:25	00:48:05	01:06:43	01:09:54.60	01:10:25.35	+00:37:44 (54.0%)	6:59	8.6 (46.0%)
101	FUDAŁA Marek Krzysztof	40		M-40	101		00:00:35	00:19:46	00:39:08	00:58:23	01:17:11	01:20:30.75	01:21:05.95	+00:48:20 (60.0%)	8:03	7.5 (40.1%)

Znaleziono 101 wynik(ów)