



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

## XVII BIEG SYLWESTROWY

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

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	<b>WIĄCEK Aleksander</b>	<b>413</b>	TEAM WANDA	M-20	1	TEAM WANDA	00:00:01	00:07:27	00:14:30	00:21:32	00:28:27	<b>00:29:46.05</b>	<b>00:29:47.95</b>		2:58	20.2 (100%)
2	<b>MEGER Maciej</b>	<b>497</b>	AZS AWF GDAŃSK	M-1	1	AZS AWF GDAŃSK	00:00:01	00:07:28	00:14:30	00:21:33	00:28:46	<b>00:30:09.05</b>	<b>00:30:10.65</b>	+00:00:23 (1.3%)	3:00	19.9 (98.5%)
3	<b>KRYZEL Daniel</b>	<b>444</b>	TALEX BORZYTUCHOM	M-20	2	Talex Borzytuchom	00:00:01	00:07:29	00:14:50	00:22:06	00:29:24	<b>00:30:44.95</b>	<b>00:30:46.60</b>	+00:00:58 (3.2%)	3:04	19.5 (96.5%)
4	<b>TULEJA Jakub</b>	<b>445</b>	CWZS ZAWISZA BYDGOSZCZ	M-20	3	CWZS Zawisza Bydgoszcz	00:00:01	00:07:29	00:14:43	00:22:11	00:29:46	<b>00:31:06.10</b>	<b>00:31:07.75</b>	+00:01:20 (4.3%)	3:06	19.3 (95.5%)
5	<b>SKALSKI Szymon</b>	<b>511</b>		M-20	4	AZS AWF GDAŃSK	00:00:01	00:07:46	00:15:06	00:22:36	00:30:04	<b>00:31:31.15</b>	<b>00:31:32.95</b>	+00:01:45 (5.6%)	3:09	19 (94.1%)
6	<b>POCZWARDOWSKI Jędrzej</b>	<b>442</b>		M-20	5		00:00:01	00:08:02	00:15:35	00:23:06	00:30:32	<b>00:31:56.70</b>	<b>00:31:58.35</b>	+00:02:10 (6.8%)	3:11	18.8 (93.1%)
7	<b>MIERECZKO Maciej</b>	<b>508</b>	VECTRA WLOCLAWEK	M-40	1	Vectra Wloclawek	00:00:02	00:08:03	00:15:34	00:23:06	00:30:45	<b>00:32:09.95</b>	<b>00:32:12.05</b>	+00:02:23 (7.5%)	3:12	18.7 (92.6%)
8	<b>RUDNIK Damian</b>	<b>79</b>	TEAM RUDNIK	M-20	6	TEAM RUDNIK	00:00:02	00:08:03	00:15:42	00:23:27	00:31:07	<b>00:32:30.05</b>	<b>00:32:32.25</b>	+00:02:44 (8.4%)	3:15	18.5 (91.6%)
9	<b>PAWŁOWSKI Patryk</b>	<b>512</b>		M-30	1		00:00:02	00:08:02	00:15:36	00:23:25	00:31:12	<b>00:32:39.90</b>	<b>00:32:42.25</b>	+00:02:53 (8.9%)	3:15	18.4 (91.1%)
10	<b>TOMASZEWSKI Miłosz</b>	<b>262</b>		M-30	2		00:00:02	00:08:02	00:15:32	00:23:27	00:31:51	<b>00:33:28.35</b>	<b>00:33:30.40</b>	+00:03:42 (11.1%)	3:20	17.9 (88.6%)
11	<b>SITARZ Damian</b>	<b>407</b>		M-20	7		00:00:02	00:08:44	00:16:49	00:24:53	00:33:00	<b>00:34:30.95</b>	<b>00:34:33.35</b>	+00:04:44 (13.8%)	3:27	17.4 (86.1%)
12	<b>TUCZYŃSKI Sylwester Leon</b>	<b>83</b>	BYDGOSKIE OKONIE	M-30	3	Bydgoskie Okonie	00:00:02	00:08:44	00:16:45	00:24:57	00:33:21	<b>00:34:54.95</b>	<b>00:34:57.75</b>	+00:05:08 (14.7%)	3:29	17.2 (85.1%)
13	<b>OCHAL Pawel</b>	<b>453</b>	TEAMOCHAL	M-40	2	TEAMOCHAL	00:00:02	00:08:58	00:17:12	00:25:24	00:33:31	<b>00:35:04.90</b>	<b>00:35:07.50</b>	+00:05:18 (15.1%)	3:30	17.1 (84.7%)
14	<b>SAWIEŁAJC Jakub</b>	<b>255</b>	TM IRON TEAM	M-20	8	TM Iron Team	00:00:03	00:08:43	00:16:53	00:25:13	00:33:44	<b>00:35:18.10</b>	<b>00:35:21.45</b>	+00:05:32 (15.7%)	3:31	17 (84.2%)
15	<b>ŚLUSARSKI Przemysław</b>	<b>192</b>		M-30	4		00:00:03	00:08:57	00:17:11	00:25:24	00:33:43	<b>00:35:20.15</b>	<b>00:35:23.30</b>	+00:05:34 (15.8%)	3:32	17 (84.2%)
16	<b>SULKOWSKI Zdzisław</b>	<b>513</b>		M-50	1	TKKF Kolejarz Bydgoszcz	00:00:03	00:09:01	00:17:18	00:25:33	00:33:52	<b>00:35:24.95</b>	<b>00:35:28.05</b>	+00:05:38 (15.9%)	3:32	16.9 (83.7%)
17	<b>JANUSZEWSKI Radosław</b>	<b>211</b>	TEAM RUDNIK	M-20	9	TEAM RUDNIK	00:00:03	00:09:00	00:17:19	00:25:43	00:34:13	<b>00:35:46.40</b>	<b>00:35:49.50</b>	+00:06:00 (16.8%)	3:34	16.8 (83.2%)
18	<b>KUŁAKOWSKI Krzysztof</b>	<b>321</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	5	TKKF Kolejarz Bydgoszcz	00:00:04	00:09:08	00:17:27	00:25:52	00:34:28	<b>00:36:01.35</b>	<b>00:36:05.70</b>	+00:06:15 (17.4%)	3:36	16.7 (82.7%)
19	<b>ROGOZIŃSKI Dawid</b>	<b>479</b>	TEAMOCHAL	M-30	6	TEAMOCHAL	00:00:04	00:09:02	00:17:32	00:26:10	00:34:32	<b>00:36:04.30</b>	<b>00:36:08.30</b>	+00:06:18 (17.5%)	3:36	16.6 (82.2%)

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
20	<b>KRAWCZAK Adrian</b>	<b>460</b>	TEAMOCHAL	M-20	10	TEAMOCHAL	00:00:02	00:09:04	00:17:32	00:26:06	00:34:47	<b>00:36:23.35</b>	<b>00:36:26.25</b>	+00:06:37 (18.2%)	3:38	16.5 (81.7%)
21	<b>GONDEK Rafał</b>	<b>6</b>		M-30	7		00:00:05	00:09:20	00:17:46	00:26:14	00:34:49	<b>00:36:26.25</b>	<b>00:36:31.60</b>	+00:06:40 (18.3%)	3:38	16.5 (81.7%)
22	<b>SZLINGER Jakub</b>	<b>118</b>	BYDGOSKIE OKONIE	M-30	8	Bydgoskie Okonie	00:00:02	00:09:02	00:17:32	00:26:16	00:35:04	<b>00:36:41.00</b>	<b>00:36:43.90</b>	+00:06:54 (18.9%)	3:40	16.4 (81.2%)
23	<b>MARCHEL Tomasz</b>	<b>155</b>		M-30	9		00:00:05	00:08:59	00:17:34	00:26:18	00:35:05	<b>00:36:41.10</b>	<b>00:36:46.60</b>	+00:06:55 (18.9%)	3:40	16.4 (81.2%)
24	<b>POLAŃSKI Tomasz</b>	<b>516</b>		M-40	3	The Rychters	00:00:02	00:09:05	00:17:38	00:26:27	00:35:16	<b>00:36:51.10</b>	<b>00:36:53.40</b>	+00:07:05 (19.2%)	3:41	16.3 (80.7%)
25	<b>MAJEWSKI Robert</b>	<b>130</b>	TEAMOCHAL	M-40	4	TEAMOCHAL	00:00:04	00:09:01	00:17:37	00:26:24	00:35:14	<b>00:36:53.45</b>	<b>00:36:58.35</b>	+00:07:07 (19.3%)	3:41	16.3 (80.7%)
26	<b>JAGODZIŃSKI Krzysztof</b>	<b>239</b>		M-20	11		00:00:02	00:09:20	00:17:56	00:26:35	00:35:18	<b>00:36:58.40</b>	<b>00:37:01.30</b>	+00:07:12 (19.5%)	3:41	16.2 (80.2%)
27	<b>MAĆKOWSKI Maciej</b>	<b>97</b>	UPSBYDGOSZCZ/BYDGOSKIEOKONIE	M-30	10	UpsBydgoszcz/BydgoskieOkonie	00:00:03	00:09:02	00:17:44	00:26:45	00:35:45	<b>00:37:22.00</b>	<b>00:37:25.65</b>	+00:07:35 (20.3%)	3:44	16.1 (79.7%)
28	<b>SUDZIŃSKI Hubert</b>	<b>480</b>	TEAMOCHAL	M-1	2	TEAMOCHAL	00:00:02	00:09:28	00:18:25	00:27:12	00:35:53	<b>00:37:22.75</b>	<b>00:37:25.25</b>	+00:07:36 (20.4%)	3:44	16.1 (79.7%)
29	<b>KOLMAJER Rafał</b>	<b>477</b>	TEAMOCHAL	M-40	5	TEAMOCHAL	00:00:02	00:09:07	00:17:52	00:26:50	00:35:53	<b>00:37:31.45</b>	<b>00:37:34.10</b>	+00:07:45 (20.7%)	3:45	16 (79.2%)
30	<b>SENGER Michał</b>	<b>144</b>		M-40	6		00:00:05	00:09:26	00:18:10	00:27:03	00:36:01	<b>00:37:39.25</b>	<b>00:37:45.20</b>	+00:07:53 (20.9%)	3:45	15.9 (78.7%)
31	<b>WIWATOWSKI Michał</b>	<b>348</b>		M-40	7		00:00:03	00:09:14	00:17:57	00:26:54	00:36:00	<b>00:37:40.50</b>	<b>00:37:43.55</b>	+00:07:54 (21.0%)	3:46	15.9 (78.7%)
32	<b>ABRAMOWSKI Damian</b>	<b>165</b>	TT SODA	M-30	11	TT SODA	00:00:02	00:09:23	00:18:14	00:27:17	00:36:07	<b>00:37:40.80</b>	<b>00:37:43.00</b>	+00:07:54 (21.0%)	3:46	15.9 (78.7%)
33	<b>PRZYBYTKOWSKI Marek</b>	<b>458</b>	TEAMOCHAL	M-30	12	TEAMOCHAL	00:00:03	00:09:28	00:18:26	00:27:24	00:36:18	<b>00:37:57.10</b>	<b>00:38:00.30</b>	+00:08:11 (21.6%)	3:47	15.8 (78.2%)
34	<b>ZIĘTAK Andrzej</b>	<b>420</b>		M-50	2		00:00:04	00:09:08	00:18:04	00:27:08	00:36:19	<b>00:37:58.80</b>	<b>00:38:03.20</b>	+00:08:12 (21.6%)	3:47	15.8 (78.2%)
35	<b>KALACZYŃSKI Miłosz</b>	<b>51</b>	POLONIA BYDGOSZCZ SLA	M-20	12	Polonia Bydgoszcz SLA	00:00:08	00:09:44	00:18:45	00:27:42	00:36:38	<b>00:38:06.60</b>	<b>00:38:14.90</b>	+00:08:20 (21.9%)	3:48	15.7 (77.7%)
36	<b>ŁOPUSZYŃSKI Krzysztof</b>	<b>241</b>	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	<b>00:38:16.70</b>	<b>00:38:22.00</b>	+00:08:30 (22.2%)	3:49	15.7 (77.7%)
37	<b>KWAPIŃSKI Damian</b>	<b>510</b>		M-40	9	Łapa_TRI_Run_Crew	00:00:05	00:09:43	00:18:44	00:27:45	00:36:41	<b>00:38:19.20</b>	<b>00:38:24.40</b>	+00:08:33 (22.3%)	3:49	15.7 (77.7%)
38	<b>SAWICKI Marcin</b>	<b>123</b>		M-40	10		00:00:04	00:09:43	00:18:43	00:27:43	00:36:42	<b>00:38:19.40</b>	<b>00:38:24.30</b>	+00:08:33 (22.3%)	3:49	15.7 (77.7%)
39	<b>ŚWIERCZYŃSKI Julian</b>	<b>98</b>	KS ZRYW RADZIEJÓW	M-20	13	KS Zryw Radziejów	00:00:06	00:09:43	00:18:42	00:27:40	00:36:44	<b>00:38:19.55</b>	<b>00:38:25.80</b>	+00:08:33 (22.3%)	3:49	15.7 (77.7%)
40	<b>PAWLACZYK Szymon</b>	<b>86</b>		M-30	13		00:00:05	00:09:40	00:18:43	00:27:44	00:36:51	<b>00:38:31.65</b>	<b>00:38:37.15</b>	+00:08:45 (22.7%)	3:51	15.6 (77.2%)
41	<b>KANNENBERG Maciej</b>	<b>340</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	14	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:07	00:09:49	00:18:46	00:27:51	00:37:00	<b>00:38:42.15</b>	<b>00:38:49.65</b>	+00:08:56 (23.1%)	3:52	15.5 (76.7%)
42	<b>CHRZĄSZCZ Bartosz</b>	<b>121</b>		M-20	15		00:00:03	00:09:26	00:18:27	00:27:46	00:37:12	<b>00:38:53.05</b>	<b>00:38:56.50</b>	+00:09:07 (23.4%)	3:53	15.4 (76.2%)
42	<b>DONARSKI Franciszek</b>	<b>361</b>		M-1	3		00:00:05	00:09:43	00:18:55	00:28:09	00:37:21	<b>00:38:53.05</b>	<b>00:38:58.55</b>	+00:09:07 (23.4%)	3:53	15.4 (76.2%)
44	<b>KUBANEK Łukasz</b>	<b>122</b>	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	<b>00:38:56.30</b>	<b>00:39:00.65</b>	+00:09:10 (23.6%)	3:53	15.4 (76.2%)
45	<b>KARCZMARCZYK Mateusz</b>	<b>424</b>		M-30	14		00:00:04	00:09:43	00:18:51	00:28:04	00:37:16	<b>00:38:57.95</b>	<b>00:39:02.30</b>	+00:09:11 (23.6%)	3:53	15.4 (76.2%)
46	<b>KARWECKI Patryk</b>	<b>430</b>	BRZEZIŃSKI RUN CLUB	M-30	15	BRZEZIŃSKI RUN CLUB	00:00:03	00:09:45	00:18:52	00:28:03	00:37:18	<b>00:39:02.50</b>	<b>00:39:06.35</b>	+00:09:16 (23.8%)	3:54	15.4 (76.2%)

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
47	DEKA Przemysław	405		M-30	16		00:00:04	00:09:53	00:19:00	00:28:09	00:37:22	00:39:04.20	00:39:08.75	+00:09:18 (23.8%)	3:54	15.4 (76.2%)
48	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	+00:09:22 (24.0%)	3:54	15.3 (75.7%)
49	SOBIERALSKI 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	+00:09:29 (24.2%)	3:55	15.3 (75.7%)
50	PIC Dawid	1		M-30	17		00:00:05	00:09:56	00:19:09	00:28:20	00:37:37	00:39:21.45	00:39:27.05	+00:09:35 (24.4%)	3:56	15.2 (75.2%)
51	POPA Mariusz	257		M-30	18		00:00:05	00:09:29	00:18:43	00:28:11	00:37:43	00:39:29.30	00:39:35.10	+00:09:43 (24.6%)	3:56	15.2 (75.2%)
52	LEŚNY Mateusz	431	SLA POLONIA BYDGOSZCZ	M-20	16	SLA POLONIA BYDGOSZCZ	00:00:03	00:09:43	00:19:01	00:28:25	00:37:49	00:39:31.80	00:39:35.55	+00:09:45 (24.7%)	3:57	15.2 (75.2%)
53	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	+00:09:48 (24.8%)	3:57	15.2 (75.2%)
54	PŁOCHARSKI Sebastian	133	ZABIEGANI ŁUBIANKA	M-30	19	Zabiegani Łubianka	00:00:04	00:10:11	00:19:34	00:28:54	00:38:02	00:39:43.85	00:39:48.75	+00:09:57 (25.1%)	3:58	15.1 (74.8%)
55	POLIWODZIŃSKI Mateusz	274	TEAMOCHAL	M-1	4	TEAMOCHAL	00:00:09	00:10:13	00:19:33	00:29:02	00:38:10	00:39:45.70	00:39:54.95	+00:09:59 (25.1%)	3:58	15.1 (74.8%)
56	RUCIŃSKI Tymon	466	TEAMOCHAL	M-30	20	TEAMOCHAL	00:00:08	00:10:13	00:19:33	00:29:04	00:38:18	00:39:59.55	00:40:07.65	+00:10:13 (25.6%)	3:59	15 (74.3%)
57	MATYSZEWSKI Amadeusz	225	TEAM RUDNIK	M-30	21	TEAM RUDNIK	00:00:05	00:09:50	00:19:10	00:28:49	00:38:27	00:40:05.00	00:40:10.30	+00:10:18 (25.7%)	4:00	15 (74.3%)
58	ZIENKIEWICZ Janusz	483	TRISPACE/TREK	M-50	3	TRISPACE/TREK	00:00:06	00:10:16	00:19:47	00:29:16	00:38:44	00:40:18.50	00:40:24.70	+00:10:32 (26.2%)	4:01	14.9 (73.8%)
59	WARSZAWSKI Przemysław	491		M-30	22		00:00:06	00:10:16	00:19:37	00:29:08	00:38:38	00:40:23.25	00:40:29.70	+00:10:37 (26.3%)	4:02	14.9 (73.8%)
60	RYCHTER Marcin	519		M-50	4	The Rychters	00:00:09	00:10:14	00:19:42	00:29:13	00:38:38	00:40:23.60	00:40:33.30	+00:10:37 (26.3%)	4:02	14.9 (73.8%)
61	CHMURZYŃSKI Tomasz	421		M-50	5		00:00:03	00:09:52	00:19:24	00:29:06	00:38:46	00:40:26.75	00:40:30.00	+00:10:40 (26.4%)	4:02	14.8 (73.3%)
62	ZIELINSKI Nicolas	472		M-30	23		00:00:06	00:10:18	00:19:47	00:29:16	00:38:43	00:40:26.80	00:40:33.60	+00:10:40 (26.4%)	4:02	14.8 (73.3%)
63	PIEKARSKI Marek	461	TEAMOCHAL	M-50	6	TEAMOCHAL	00:00:03	00:09:57	00:19:34	00:29:10	00:38:44	00:40:28.30	00:40:31.40	+00:10:42 (26.4%)	4:02	14.8 (73.3%)
64	LUTY Tomasz	419	FUNDACJA CZAS NA BYDGOSZCZ	M-1	5	fundacja czas na bydgoszcz	00:00:08	00:10:14	00:19:34	00:29:06	00:38:51	00:40:31.45	00:40:39.55	+00:10:45 (26.5%)	4:03	14.8 (73.3%)
65	MENDEL Patryk	373	SLA POLONIA BYDGOSZCZ	M-20	17	SLA POLONIA BYDGOSZCZ	00:00:05	00:10:16	00:19:48	00:29:17	00:38:45	00:40:32.85	00:40:37.90	+00:10:46 (26.6%)	4:03	14.8 (73.3%)
66	KONIECZNY Zenon	221	T.S. OPATRUNKI TORUŃ	M-50	7	T.S. Opatrunki Toruń	00:00:18	00:10:19	00:19:49	00:29:22	00:38:55	00:40:41.40	00:40:59.45	+00:10:55 (26.8%)	4:04	14.7 (72.8%)
67	RACZYŃSKI Krzysztof	173	PASSION FIRST	M-60	1	Passion First	00:00:05	00:10:17	00:19:45	00:29:16	00:38:57	00:40:46.00	00:40:51.80	+00:10:59 (27.0%)	4:04	14.7 (72.8%)
68	CZAJKOWSKI Bartosz	415	TM IRON TEAM	M-30	24	TM Iron Team	00:00:05	00:10:04	00:19:43	00:29:24	00:39:10	00:40:54.30	00:40:59.80	+00:11:08 (27.2%)	4:05	14.7 (72.8%)
69	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	+00:11:12 (27.4%)	4:05	14.6 (72.3%)
70	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	+00:11:15 (27.4%)	4:06	14.6 (72.3%)
71	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	+00:11:15 (27.4%)	4:06	14.6 (72.3%)
72	GREJCZYK Alan	507	CORTEZ TRIATHLON TEAM	M-20	18	Cortez Triathlon Team	00:00:05	00:10:18	00:20:00	00:29:47	00:39:29	00:41:15.60	00:41:21.40	+00:11:29 (27.9%)	4:07	14.5 (71.8%)
73	FOJUTOWSKI Jan	381	MKS 63 BYDGOSZCZ	M-1	6	MKS 63 BYDGOSZCZ	00:00:06	00:10:20	00:19:58	00:29:43	00:39:31	00:41:15.75	00:41:21.90	+00:11:29 (27.9%)	4:07	14.5 (71.8%)

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
74	<b>SIELECKI Arkadiusz</b>	<b>270</b>		M-30	25		00:00:06	00:10:22	00:20:01	00:29:41	00:39:24	<b>00:41:15.90</b>	<b>00:41:22.35</b>	+00:11:29 (27.9%)	4:07	14.5 (71.8%)
75	<b>RYBAK Remigiusz</b>	<b>205</b>	TRISPACE/TREK	M-40	18	TRISPACE/TREK	00:00:07	00:10:19	00:19:57	00:29:42	00:39:29	<b>00:41:16.15</b>	<b>00:41:23.80</b>	+00:11:30 (27.9%)	4:07	14.5 (71.8%)
76	<b>BEJGER Edek</b>	<b>494</b>	DĘBY OSIELSKO	M-50	8	Dęby Osielsko	00:00:04	00:09:46	00:19:46	00:29:35	00:39:31	<b>00:41:20.25</b>	<b>00:41:24.30</b>	+00:11:34 (28.0%)	4:08	14.5 (71.8%)
77	<b>DAŃCZUK Jerzy</b>	<b>308</b>		M-60	2		00:00:06	00:10:17	00:19:45	00:29:21	00:39:27	<b>00:41:23.15</b>	<b>00:41:30.10</b>	+00:11:37 (28.1%)	4:08	14.5 (71.8%)
78	<b>PRADZYŃSKI Marcin</b>	<b>103</b>	TM IRON TEAM	M-40	19	TM Iron Team	00:00:04	00:10:04	00:19:51	00:29:48	00:39:39	<b>00:41:30.70</b>	<b>00:41:35.60</b>	+00:11:44 (28.3%)	4:09	14.5 (71.8%)
79	<b>LUTOWSKI Wojciech</b>	<b>176</b>		M-30	26		00:00:08	00:11:02	00:20:12	00:29:52	00:39:39	<b>00:41:33.95</b>	<b>00:41:42.55</b>	+00:11:47 (28.4%)	4:09	14.4 (71.3%)
80	<b>KRZYWDZIŃSKI Dominik</b>	<b>315</b>		M-1	7		00:00:07	00:10:15	00:19:55	00:29:54	00:39:50	<b>00:41:38.55</b>	<b>00:41:46.50</b>	+00:11:52 (28.5%)	4:09	14.4 (71.3%)
81	<b>DEJA Michał</b>	<b>146</b>		M-30	27		00:00:05	00:10:32	00:20:20	00:30:07	00:39:55	<b>00:41:41.85</b>	<b>00:41:47.80</b>	+00:11:55 (28.6%)	4:10	14.4 (71.3%)
82	<b>HENDRZAK Sylwester</b>	<b>212</b>	ZABIEGANI ŁUBIANKA	M-30	28	Zabiegani Łubianka	00:00:04	00:10:35	00:20:18	00:30:13	00:40:07	<b>00:41:53.10</b>	<b>00:41:57.20</b>	+00:12:07 (28.9%)	4:11	14.3 (70.8%)
83	<b>TOCZKIEWICZ Fabian</b>	<b>93</b>		M-1	8		00:00:10	00:10:29	00:20:16	00:30:16	00:40:15	<b>00:41:58.00</b>	<b>00:42:08.00</b>	+00:12:11 (29.1%)	4:11	14.3 (70.8%)
84	<b>BALCEREK Mateusz</b>	<b>222</b>		M-30	29		00:00:05	00:10:03	00:19:59	00:30:20	00:40:22	<b>00:42:01.70</b>	<b>00:42:06.70</b>	+00:12:15 (29.2%)	4:12	14.3 (70.8%)
85	<b>RADKIEWICZ Oskar</b>	<b>447</b>	TEAMOCHAL	M-1	9	TEAMOCHAL	00:00:08	00:10:42	00:20:38	00:30:34	00:40:19	<b>00:42:02.70</b>	<b>00:42:11.30</b>	+00:12:16 (29.2%)	4:12	14.3 (70.8%)
86	<b>DARON Mateusz</b>	<b>500</b>		M-20	19		00:00:09	00:10:42	00:20:40	00:30:38	00:40:26	<b>00:42:05.80</b>	<b>00:42:15.05</b>	+00:12:19 (29.3%)	4:12	14.3 (70.8%)
87	<b>LEWANDOWSKI Kamil</b>	<b>208</b>		M-40	20		00:00:10	00:10:42	00:20:35	00:30:33	00:40:36	<b>00:42:24.20</b>	<b>00:42:34.80</b>	+00:12:38 (29.8%)	4:14	14.2 (70.3%)
88	<b>PAWLAK Wojciech</b>	<b>13</b>		M-50	9		00:00:17	00:11:04	00:20:55	00:30:46	00:40:36	<b>00:42:24.85</b>	<b>00:42:42.60</b>	+00:12:38 (29.8%)	4:14	14.2 (70.3%)
89	<b>BAGIŃSKI Marcin</b>	<b>127</b>		M-30	30		00:00:03	00:11:03	00:20:57	00:30:49	00:40:40	<b>00:42:29.00</b>	<b>00:42:32.25</b>	+00:12:42 (29.9%)	4:14	14.1 (69.8%)
90	<b>ŚWITAL Leszek</b>	<b>132</b>		M-40	21		00:00:08	00:10:41	00:20:36	00:30:38	00:40:41	<b>00:42:30.05</b>	<b>00:42:38.90</b>	+00:12:44 (30.0%)	4:15	14.1 (69.8%)
91	<b>STACHOWICZ Wiesław</b>	<b>393</b>		M-50	10		00:00:06	00:10:57	00:21:00	00:30:57	00:40:54	<b>00:42:37.20</b>	<b>00:42:43.35</b>	+00:12:51 (30.2%)	4:15	14.1 (69.8%)
92	<b>JANUSZKIEWICZ Piotr</b>	<b>117</b>		M-40	22		00:00:06	00:10:45	00:20:39	00:30:45	00:40:57	<b>00:42:46.40</b>	<b>00:42:53.10</b>	+00:13:00 (30.4%)	4:16	14 (69.3%)
93	<b>STASIEWICZ Filip</b>	<b>181</b>	SPÓJNIA BIAŁE BŁOTA	M-30	31	Spójnia Białe Błota	00:00:09	00:10:20	00:20:18	00:30:38	00:40:56	<b>00:42:46.70</b>	<b>00:42:55.70</b>	+00:13:00 (30.4%)	4:16	14 (69.3%)
94	<b>GROBELNY Szymon</b>	<b>38</b>		M-30	32		00:00:11	00:10:39	00:20:35	00:30:38	00:40:56	<b>00:42:48.00</b>	<b>00:42:59.30</b>	+00:13:01 (30.4%)	4:16	14 (69.3%)
95	<b>KOSZOWSKI Rafał</b>	<b>236</b>	TRITRYSZCZYNTTEAM	M-50	11	TriTryszczynTeam	00:00:05	00:10:37	00:20:34	00:30:38	00:40:55	<b>00:42:48.55</b>	<b>00:42:54.45</b>	+00:13:02 (30.5%)	4:16	14 (69.3%)
96	<b>GRALIK Jędrzej</b>	<b>89</b>	BYDGOSKIE OKONIE	M-30	33	Bydgoskie Okonie	00:00:07	00:10:35	00:20:42	00:30:59	00:41:13	<b>00:42:57.00</b>	<b>00:43:04.35</b>	+00:13:10 (30.7%)	4:17	14 (69.3%)
97	<b>JÓZEFOWICZ Michał</b>	<b>363</b>		M-30	34		00:00:12	00:10:53	00:20:54	00:30:59	00:41:05	<b>00:43:00.35</b>	<b>00:43:12.80</b>	+00:13:14 (30.8%)	4:18	14 (69.3%)
98	<b>KRYGOWSKI Tomasz</b>	<b>107</b>		M-50	12		00:00:06	00:10:34	00:20:33	00:30:52	00:41:12	<b>00:43:01.05</b>	<b>00:43:07.20</b>	+00:13:15 (30.8%)	4:18	13.9 (68.8%)
99	<b>TOMASZEWSKI Wojciech</b>	<b>327</b>		M-50	13		00:00:07	00:10:10	00:20:06	00:30:30	00:41:04	<b>00:43:03.65</b>	<b>00:43:10.70</b>	+00:13:17 (30.9%)	4:18	13.9 (68.8%)
100	<b>KĄTNIK Jacek</b>	<b>226</b>		M-50	14		00:00:07	00:10:59	00:21:07	00:31:19	00:41:29	<b>00:43:03.95</b>	<b>00:43:11.30</b>	+00:13:17 (30.9%)	4:18	13.9 (68.8%)

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
101	<b>MARTYNOWICZ Michał</b>	<b>189</b>	TRISPACE/TREK	M-50	15	TRISPACE/TREK	00:00:07	00:10:33	00:20:41	00:31:01	00:41:21	<b>00:43:10.35</b>	<b>00:43:17.45</b>	+00:13:24 (31.0%)	4:19	13.9 (68.8%)
102	<b>KUPRACZ Andrzej</b>	<b>188</b>	TRISPACE/TREK	M-50	16	TRISPACE/TREK	00:00:08	00:10:40	00:20:41	00:31:10	00:41:25	<b>00:43:12.80</b>	<b>00:43:20.85</b>	+00:13:26 (31.1%)	4:19	13.9 (68.8%)
103	<b>KŁOSOWSKI Marcin</b>	<b>302</b>	CSM TEAM	M-40	23	CSM Team	00:00:13	00:11:02	00:21:17	00:31:19	00:41:22	<b>00:43:15.75</b>	<b>00:43:29.05</b>	+00:13:29 (31.2%)	4:19	13.9 (68.8%)
104	<b>KAŁEK Artur</b>	<b>416</b>	TM IRON TEAM	M-40	24	TM Iron Team	00:00:11	00:10:56	00:21:04	00:31:29	00:41:44	<b>00:43:26.55</b>	<b>00:43:38.15</b>	+00:13:40 (31.5%)	4:20	13.8 (68.3%)
105	<b>WIĘCKOWSKI Dariusz</b>	<b>74</b>	AKADEMIA MISTRZÓW SPORTU	M-40	25	Akademia Mistrzów Sportu	00:00:14	00:11:19	00:21:29	00:31:44	00:41:40	<b>00:43:27.45</b>	<b>00:43:41.95</b>	+00:13:41 (31.5%)	4:20	13.8 (68.3%)
106	<b>PAWŁOWSKI Radosław</b>	<b>35</b>	HABUBI SZMEH	M-50	17	Habubi Szmeh	00:00:11	00:11:01	00:21:09	00:31:22	00:41:40	<b>00:43:34.35</b>	<b>00:43:45.45</b>	+00:13:48 (31.7%)	4:21	13.8 (68.3%)
107	<b>WIŚNIEWSKI Maciej</b>	<b>311</b>		M-40	26		00:00:13	00:10:54	00:21:07	00:31:27	00:41:45	<b>00:43:36.70</b>	<b>00:43:49.90</b>	+00:13:50 (31.7%)	4:21	13.8 (68.3%)
108	<b>NAPIERAŁA Mikołaj</b>	<b>231</b>	TEAMOCHAL	M-30	35	TEAMOCHAL	00:00:12	00:11:16	00:21:40	00:31:53	00:41:57	<b>00:43:39.95</b>	<b>00:43:51.95</b>	+00:13:53 (31.8%)	4:21	13.7 (67.8%)
109	<b>BORCZYŃSKI Grzegorz</b>	<b>375</b>		M-40	27		00:00:10	00:11:08	00:21:20	00:31:37	00:41:47	<b>00:43:43.05</b>	<b>00:43:53.95</b>	+00:13:57 (31.9%)	4:22	13.7 (67.8%)
110	<b>ZIENTARA Marcin</b>	<b>408</b>	BSPK TEAM	M-30	36	BSPK TEAM	00:00:10	00:11:09	00:21:21	00:31:37	00:41:47	<b>00:43:44.70</b>	<b>00:43:55.00</b>	+00:13:58 (32.0%)	4:22	13.7 (67.8%)
111	<b>BYRTEK Marcin</b>	<b>63</b>		M-40	28		00:00:03	00:10:21	00:20:44	00:31:13	00:41:54	<b>00:43:44.90</b>	<b>00:43:48.40</b>	+00:13:58 (32.0%)	4:22	13.7 (67.8%)
112	<b>PISARSKI Igor</b>	<b>417</b>		M-30	37		00:00:17	00:11:13	00:21:42	00:32:03	00:41:58	<b>00:43:46.60</b>	<b>00:44:03.90</b>	+00:14:00 (32.0%)	4:22	13.7 (67.8%)
113	<b>DRZEWIECKI Rafał</b>	<b>276</b>	AKADEMIA MISTRZÓW SPORTU	M-40	29	Akademia Mistrzów Sportu	00:00:06	00:10:59	00:21:36	00:32:01	00:42:17	<b>00:44:06.25</b>	<b>00:44:12.70</b>	+00:14:20 (32.5%)	4:24	13.6 (67.3%)
114	<b>ZAKURZEWSKI Tomasz</b>	<b>293</b>	TRISPACE/TREK	M-40	30	TRISPACE/TREK	00:00:08	00:11:16	00:21:41	00:31:59	00:42:15	<b>00:44:08.00</b>	<b>00:44:16.95</b>	+00:14:21 (32.6%)	4:24	13.6 (67.3%)
115	<b>WŁODARSKI Przemysław</b>	<b>33</b>	POLONIA BYDGOSZCZ SLA	M-40	31	Polonia Bydgoszcz SLA	00:00:08	00:11:08	00:21:38	00:31:57	00:42:23	<b>00:44:14.60</b>	<b>00:44:23.45</b>	+00:14:28 (32.7%)	4:25	13.6 (67.3%)
116	<b>TYMA Krzysztof</b>	<b>495</b>		M-30	38		00:00:18	00:11:23	00:21:48	00:32:03	00:42:26	<b>00:44:23.30</b>	<b>00:44:41.55</b>	+00:14:37 (32.9%)	4:26	13.5 (66.8%)
117	<b>SZULC Jacek</b>	<b>385</b>		M-50	18		00:00:07	00:11:03	00:21:24	00:31:46	00:42:26	<b>00:44:24.75</b>	<b>00:44:32.10</b>	+00:14:38 (33.0%)	4:26	13.5 (66.8%)
118	<b>LEWANDOWSKI Tomasz</b>	<b>216</b>		M-40	32		00:00:03	00:10:17	00:20:40	00:31:25	00:42:27	<b>00:44:36.20</b>	<b>00:44:39.90</b>	+00:14:50 (33.3%)	4:27	13.5 (66.8%)
119	<b>MOROSZCZAK Bogumił</b>	<b>502</b>	BYDGOSKIE OKONIE	M-40	33	Bydgoskie Okonie	00:00:06	00:10:52	00:21:17	00:32:02	00:42:48	<b>00:44:45.15</b>	<b>00:44:51.60</b>	+00:14:59 (33.5%)	4:28	13.4 (66.3%)
120	<b>KOWALSKI Jacek</b>	<b>204</b>	BYDGOSKIE OKONIE	M-40	34	Bydgoskie Okonie	00:00:11	00:11:12	00:21:36	00:32:10	00:42:51	<b>00:44:46.70</b>	<b>00:44:57.70</b>	+00:15:00 (33.5%)	4:28	13.4 (66.3%)
121	<b>ZIELIŃSKI Marek</b>	<b>162</b>	ZABIEGANI ŁUBIANKA	M-30	39	Zabiegani Łubianka	00:00:19	00:10:54	00:21:13	00:31:59	00:42:59	<b>00:44:49.20</b>	<b>00:45:09.05</b>	+00:15:03 (33.6%)	4:28	13.4 (66.3%)
122	<b>CZARNECKI Piotr</b>	<b>245</b>	BRZOZA BIEGA	M-40	35	Brzoza Biega	00:00:12	00:11:12	00:21:36	00:32:15	00:42:58	<b>00:44:49.85</b>	<b>00:45:01.85</b>	+00:15:03 (33.6%)	4:28	13.4 (66.3%)
123	<b>KOTUŁA Paweł</b>	<b>379</b>		M-40	36		00:00:18	00:11:27	00:21:53	00:32:28	00:42:58	<b>00:44:53.35</b>	<b>00:45:12.30</b>	+00:15:07 (33.7%)	4:29	13.4 (66.3%)
124	<b>RYDLEWSKI Marek</b>	<b>167</b>	TEAM RUDNIK	M-50	19	TEAM RUDNIK	00:00:12	00:11:25	00:21:59	00:32:31	00:43:03	<b>00:44:54.15</b>	<b>00:45:07.05</b>	+00:15:08 (33.7%)	4:29	13.4 (66.3%)
125	<b>WINOWIECKI Paweł</b>	<b>136</b>		M-30	40		00:00:16	00:11:30	00:21:58	00:32:32	00:43:03	<b>00:44:54.30</b>	<b>00:45:10.85</b>	+00:15:08 (33.7%)	4:29	13.4 (66.3%)
126	<b>WIŚNIEWSKI Grzegorz</b>	<b>150</b>		M-20	20		00:00:07	00:10:59	00:21:36	00:32:16	00:42:59	<b>00:44:58.65</b>	<b>00:45:06.50</b>	+00:15:12 (33.8%)	4:29	13.3 (65.8%)
127	<b>BARTOSZ Marek</b>	<b>84</b>		M-40	37		00:00:08	00:10:53	00:21:25	00:32:19	00:43:09	<b>00:45:02.20</b>	<b>00:45:10.20</b>	+00:15:16 (33.9%)	4:30	13.3 (65.8%)

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
128	<b>WIŚNIEWSKI Leszek</b>	<b>331</b>	SĄSIEDZI BRZOZA TEAM	M-50	20	Sąsiedzi Brzoza Team	00:00:08	00:11:16	00:21:41	00:32:16	00:43:11	<b>00:45:05.80</b>	<b>00:45:14.45</b>	+00:15:19 (34.0%)	4:30	13.3 (65.8%)
129	<b>LASKOWSKI Daniel</b>	<b>465</b>	TEAMOCHAL	M-40	38	TEAMOCHAL	00:00:19	00:11:25	00:22:02	00:32:43	00:43:19	<b>00:45:08.95</b>	<b>00:45:28.75</b>	+00:15:22 (34.1%)	4:30	13.3 (65.8%)
130	<b>SENGER Robert</b>	<b>232</b>	TRIZARZA	M-40	39	Trizarza	00:00:06	00:11:04	00:21:41	00:32:31	00:43:12	<b>00:45:11.70</b>	<b>00:45:18.50</b>	+00:15:25 (34.1%)	4:31	13.3 (65.8%)
131	<b>BARSZCZEWSKI Sebastian</b>	<b>288</b>		M-40	40		00:00:05	00:11:23	00:22:02	00:32:52	00:43:34	<b>00:45:14.75</b>	<b>00:45:20.25</b>	+00:15:28 (34.2%)	4:31	13.3 (65.8%)
132	<b>BARCZAK Piotr</b>	<b>344</b>	BRZOZA BIEGA	M-50	21	Brzoza Biega	00:00:13	00:11:23	00:21:53	00:32:30	00:43:16	<b>00:45:15.80</b>	<b>00:45:28.90</b>	+00:15:29 (34.2%)	4:31	13.3 (65.8%)
133	<b>LECH Mikołaj</b>	<b>463</b>	TEAMOCHAL	M-30	41	TEAMOCHAL	00:00:18	00:11:20	00:21:53	00:32:31	00:43:17	<b>00:45:18.05</b>	<b>00:45:36.75</b>	+00:15:32 (34.3%)	4:31	13.2 (65.3%)
134	<b>TORGOWSKI Krzysztof</b>	<b>179</b>		M-30	42		00:00:05	00:11:28	00:22:06	00:32:46	00:43:27	<b>00:45:18.20</b>	<b>00:45:23.30</b>	+00:15:32 (34.3%)	4:31	13.2 (65.3%)
135	<b>GLIWKA Artur</b>	<b>299</b>	1. BLWL	M-40	41	1. BLWL	00:00:18	00:11:16	00:21:46	00:32:33	00:43:27	<b>00:45:19.80</b>	<b>00:45:38.55</b>	+00:15:33 (34.3%)	4:31	13.2 (65.3%)
136	<b>CHOLEWCZYŃSKI Damian</b>	<b>170</b>		M-30	43		00:00:09	00:11:14	00:21:57	00:32:49	00:43:27	<b>00:45:22.20</b>	<b>00:45:31.75</b>	+00:15:36 (34.4%)	4:32	13.2 (65.3%)
137	<b>GACKA Rafał</b>	<b>428</b>	LUPUS TEAM	M-40	42	Lupus Team	00:00:19	00:11:35	00:22:07	00:32:42	00:43:22	<b>00:45:26.40</b>	<b>00:45:46.05</b>	+00:15:40 (34.5%)	4:32	13.2 (65.3%)
138	<b>TRZASKOWSKI Tomasz</b>	<b>157</b>	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	<b>00:45:32.40</b>	<b>00:45:44.00</b>	+00:15:46 (34.6%)	4:33	13.2 (65.3%)
139	<b>NAMIEŚNIK Krzysztof</b>	<b>116</b>	QSZYSHTOFF	M-40	44	QszyshtOff	00:00:19	00:11:41	00:22:26	00:33:09	00:43:40	<b>00:45:34.50</b>	<b>00:45:53.90</b>	+00:15:48 (34.7%)	4:33	13.2 (65.3%)
140	<b>WITUCKI Tomasz</b>	<b>357</b>		M-40	45		00:00:07	00:11:11	00:21:36	00:32:16	00:43:32	<b>00:45:38.50</b>	<b>00:45:46.30</b>	+00:15:52 (34.8%)	4:33	13.1 (64.9%)
141	<b>SZYSZKA Radosław</b>	<b>314</b>	TKKF KOLEJARZ BYDGOSZCZ	M-40	46	TKKF Kolejarz Bydgoszcz	00:00:06	00:11:00	00:21:34	00:32:37	00:43:41	<b>00:45:38.75</b>	<b>00:45:45.55</b>	+00:15:52 (34.8%)	4:33	13.1 (64.9%)
142	<b>SZOPIŃSKI Wojtek</b>	<b>376</b>		M-40	47		00:00:41	00:11:17	00:22:04	00:33:05	00:43:52	<b>00:45:51.85</b>	<b>00:46:32.95</b>	+00:16:05 (35.1%)	4:35	13.1 (64.9%)
143	<b>TOMASZEWSKI Marcin</b>	<b>120</b>		M-40	48		00:00:06	00:11:08	00:21:50	00:32:47	00:43:52	<b>00:45:53.70</b>	<b>00:46:00.40</b>	+00:16:07 (35.1%)	4:35	13.1 (64.9%)
144	<b>SZYCHOWSKI Jarosław</b>	<b>290</b>		M-30	44		00:00:16	00:11:27	00:22:18	00:33:24	00:44:13	<b>00:46:07.20</b>	<b>00:46:23.70</b>	+00:16:21 (35.5%)	4:36	13 (64.4%)
145	<b>WĘSIERSKI Jarosław</b>	<b>119</b>		M-50	22		00:00:17	00:11:32	00:22:09	00:33:11	00:44:10	<b>00:46:09.05</b>	<b>00:46:26.05</b>	+00:16:23 (35.5%)	4:36	13 (64.4%)
146	<b>KRUSZYNA Adam</b>	<b>334</b>		M-50	23		00:00:05	00:11:11	00:22:01	00:33:02	00:44:11	<b>00:46:11.30</b>	<b>00:46:16.50</b>	+00:16:25 (35.6%)	4:37	13 (64.4%)
147	<b>IGNACZAK Piotr</b>	<b>451</b>	TRISPACE/TREK	M-50	24	TRISPACE/TREK	00:00:08	00:11:16	00:22:14	00:33:30	00:44:27	<b>00:46:13.80</b>	<b>00:46:22.05</b>	+00:16:27 (35.6%)	4:37	13 (64.4%)
148	<b>KAWKA Sławomir</b>	<b>409</b>		M-50	25		00:00:08	00:11:07	00:22:01	00:33:05	00:44:14	<b>00:46:17.20</b>	<b>00:46:25.50</b>	+00:16:31 (35.7%)	4:37	13 (64.4%)
149	<b>STEMPNIAK Krzysztof</b>	<b>82</b>		M-50	26		00:00:08	00:11:32	00:22:20	00:33:18	00:44:18	<b>00:46:18.75</b>	<b>00:46:27.70</b>	+00:16:32 (35.7%)	4:37	13 (64.4%)
150	<b>NIEMCZYK Robert</b>	<b>147</b>	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	<b>00:46:29.90</b>	<b>00:46:41.60</b>	+00:16:43 (36.0%)	4:38	12.9 (63.9%)
151	<b>ZAJDLEWICZ Daniel</b>	<b>15</b>		M-40	50		00:00:10	00:11:21	00:22:19	00:33:25	00:44:32	<b>00:46:34.40</b>	<b>00:46:44.75</b>	+00:16:48 (36.1%)	4:39	12.9 (63.9%)
152	<b>DOBRYCHŁOP Łukasz</b>	<b>230</b>	PCH_RUN	M-30	45	PCH_RUN	00:00:27	00:11:26	00:22:22	00:33:30	00:44:40	<b>00:46:44.20</b>	<b>00:47:12.00</b>	+00:16:58 (36.3%)	4:40	12.8 (63.4%)
153	<b>WIŚNIEWSKI Rafał</b>	<b>289</b>	AKADEMIA MISTRZÓW SPORTU	M-40	51	Akademia Mistrzów Sportu	00:00:23	00:11:33	00:22:35	00:33:47	00:44:55	<b>00:46:54.70</b>	<b>00:47:18.00</b>	+00:17:08 (36.5%)	4:41	12.8 (63.4%)
154	<b>MICHALEWSKI Bartosz</b>	<b>432</b>		M-40	52		00:00:17	00:11:55	00:22:56	00:34:02	00:45:08	<b>00:47:01.85</b>	<b>00:47:18.85</b>	+00:17:15 (36.7%)	4:42	12.8 (63.4%)

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
155	<b>KRZYŻANOWSKI Rober</b>	<b>298</b>		M-50	27		00:00:13	00:11:42	00:22:45	00:33:55	00:45:12	<b>00:47:09.90</b>	<b>00:47:23.55</b>	+00:17:23 (36.9%)	4:42	12.7 (62.9%)
156	<b>WIŚNIEWSKI Mikołaj</b>	<b>402</b>	BRZOZA BIEGA	M-20	21	Brzoza Biega	00:00:09	00:11:07	00:22:05	00:33:45	00:45:22	<b>00:47:17.15</b>	<b>00:47:26.45</b>	+00:17:31 (37.0%)	4:43	12.7 (62.9%)
157	<b>DĄBKOWSKI Maciej</b>	<b>42</b>		M-40	53		00:00:28	00:12:25	00:23:30	00:34:35	00:45:31	<b>00:47:25.70</b>	<b>00:47:53.90</b>	+00:17:39 (37.2%)	4:44	12.7 (62.9%)
158	<b>LEWANDOWSKI Rafał</b>	<b>28</b>	SPC	M-40	54	SPC	00:00:15	00:11:39	00:22:46	00:33:59	00:45:25	<b>00:47:26.35</b>	<b>00:47:42.30</b>	+00:17:40 (37.3%)	4:44	12.6 (62.4%)
159	<b>TOMASZEWSKI Marcin</b>	<b>100</b>		M-40	55		00:00:13	00:12:05	00:23:27	00:34:40	00:45:26	<b>00:47:28.45</b>	<b>00:47:42.35</b>	+00:17:42 (37.3%)	4:44	12.6 (62.4%)
160	<b>JABŁOŃSKI Tomasz</b>	<b>11</b>	TEAMOCHAL	M-40	56	TEAMOCHAL	00:00:30	00:12:07	00:23:12	00:34:24	00:45:32	<b>00:47:31.15</b>	<b>00:48:01.90</b>	+00:17:45 (37.4%)	4:45	12.6 (62.4%)
161	<b>DĄBKOWSKI Wojciech</b>	<b>59</b>		M-40	57		00:00:28	00:12:25	00:23:31	00:34:35	00:45:32	<b>00:47:32.45</b>	<b>00:48:00.55</b>	+00:17:46 (37.4%)	4:45	12.6 (62.4%)
162	<b>MIKULSKI Wojciech</b>	<b>422</b>		M-30	46		00:00:21	00:11:42	00:22:57	00:34:12	00:45:39	<b>00:47:38.15</b>	<b>00:47:59.70</b>	+00:17:52 (37.5%)	4:45	12.6 (62.4%)
163	<b>LISEWICZ Kacper</b>	<b>99</b>		M-20	22		00:00:36	00:12:46	00:23:49	00:35:00	00:46:01	<b>00:47:41.65</b>	<b>00:48:18.50</b>	+00:17:55 (37.6%)	4:46	12.6 (62.4%)
164	<b>MICHAŁ Mandosik</b>	<b>482</b>	TEAMOCHAL	M-40	58	TEAMOCHAL	00:00:22	00:12:10	00:23:21	00:34:33	00:45:41	<b>00:47:44.00</b>	<b>00:48:06.00</b>	+00:17:57 (37.6%)	4:46	12.6 (62.4%)
165	<b>KRUSZYNA Robert</b>	<b>404</b>		M-40	59		00:00:09	00:11:42	00:22:50	00:34:14	00:45:49	<b>00:47:48.50</b>	<b>00:47:58.10</b>	+00:18:02 (37.7%)	4:46	12.6 (62.4%)
166	<b>DAWIDOWICZ Maciej</b>	<b>197</b>	TRISPACE/TREK	M-40	60	TRISPACE/TREK	00:00:10	00:11:41	00:22:56	00:34:31	00:45:48	<b>00:47:50.95</b>	<b>00:48:01.00</b>	+00:18:04 (37.8%)	4:47	12.5 (61.9%)
167	<b>BOGACZ Mariusz</b>	<b>273</b>	TRISPACE/TREK	M-40	61	TRISPACE/TREK	00:00:25	00:12:43	00:24:11	00:35:28	00:46:15	<b>00:48:09.85</b>	<b>00:48:35.70</b>	+00:18:23 (38.2%)	4:48	12.5 (61.9%)
168	<b>KOSSMANN Franciszek</b>	<b>476</b>		M-20	23		00:00:39	00:12:48	00:24:09	00:35:23	00:46:26	<b>00:48:14.65</b>	<b>00:48:53.75</b>	+00:18:28 (38.3%)	4:49	12.4 (61.4%)
169	<b>KOSOWSKI Janusz</b>	<b>343</b>		M-70	1		00:00:01	00:11:56	00:23:19	00:34:47	00:46:21	<b>00:48:30.25</b>	<b>00:48:31.85</b>	+00:18:44 (38.6%)	4:51	12.4 (61.4%)
170	<b>MONDRY Waldemar</b>	<b>439</b>		M-50	28		00:00:03	00:11:40	00:22:59	00:34:41	00:46:25	<b>00:48:30.40</b>	<b>00:48:34.10</b>	+00:18:44 (38.6%)	4:51	12.4 (61.4%)
171	<b>RADKIEWICZ Eugeniusz</b>	<b>449</b>	TEAMOCHAL	M-50	29	TEAMOCHAL	00:00:18	00:12:05	00:23:36	00:35:14	00:46:42	<b>00:48:32.85</b>	<b>00:48:50.90</b>	+00:18:46 (38.7%)	4:51	12.4 (61.4%)
172	<b>SZUKALSKI Michał</b>	<b>223</b>	TEAM RUDNIK	M-40	62	TEAM RUDNIK	00:00:13	00:11:55	00:23:14	00:34:48	00:46:24	<b>00:48:33.95</b>	<b>00:48:47.65</b>	+00:18:47 (38.7%)	4:51	12.4 (61.4%)
173	<b>BĄK Oskar</b>	<b>269</b>	TEAMOCHAL	M-40	63	TEAMOCHAL	00:00:13	00:12:09	00:23:37	00:35:16	00:46:44	<b>00:48:48.25</b>	<b>00:49:01.30</b>	+00:19:02 (39.0%)	4:52	12.3 (60.9%)
173	<b>JAWORSKI Krzysztof</b>	<b>418</b>		M-50	30		00:00:17	00:12:15	00:23:38	00:35:12	00:46:44	<b>00:48:48.25</b>	<b>00:49:05.70</b>	+00:19:02 (39.0%)	4:52	12.3 (60.9%)
175	<b>GAWRYSIAK Mariusz</b>	<b>217</b>		M-50	31		00:00:20	00:11:53	00:23:31	00:35:09	00:46:45	<b>00:48:49.30</b>	<b>00:49:09.65</b>	+00:19:03 (39.0%)	4:52	12.3 (60.9%)
176	<b>POLIWODZIŃSKI Michał</b>	<b>141</b>	TEAMOCHAL	M-40	64	TEAMOCHAL	00:00:12	00:12:10	00:23:38	00:35:18	00:46:46	<b>00:48:50.35</b>	<b>00:49:02.80</b>	+00:19:04 (39.0%)	4:53	12.3 (60.9%)
177	<b>KOPACZEWSKI Marcin</b>	<b>515</b>		M-40	65		00:00:09	00:11:44	00:23:14	00:34:56	00:46:42	<b>00:48:51.05</b>	<b>00:49:00.15</b>	+00:19:05 (39.1%)	4:53	12.3 (60.9%)
178	<b>ROHDE Łukasz</b>	<b>279</b>	TM IRON TEAM	M-1	10	TM Iron Team	00:00:12	00:12:33	00:23:46	00:35:19	00:46:57	<b>00:48:57.55</b>	<b>00:49:09.95</b>	+00:19:11 (39.2%)	4:53	12.3 (60.9%)
179	<b>BUZALSKI Robert</b>	<b>37</b>		M-40	66		00:00:07	00:11:51	00:23:07	00:34:44	00:46:45	<b>00:49:01.20</b>	<b>00:49:08.55</b>	+00:19:15 (39.3%)	4:54	12.2 (60.4%)
180	<b>STAFIEJ Wojciech</b>	<b>112</b>		M-50	32		00:00:12	00:12:05	00:23:28	00:35:08	00:46:54	<b>00:49:03.90</b>	<b>00:49:16.05</b>	+00:19:17 (39.3%)	4:54	12.2 (60.4%)
181	<b>AUGUSTYNOWICZ Andrzej</b>	<b>237</b>		M-50	33		00:00:10	00:12:21	00:23:57	00:35:40	00:47:09	<b>00:49:09.65</b>	<b>00:49:20.45</b>	+00:19:23 (39.4%)	4:54	12.2 (60.4%)

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
182	<b>NURKIEWICZ Jarosław</b>	<b>91</b>	KUNG FU PANDY 3	M-50	34	Kung fu Pandy 3	00:00:10	00:11:46	00:23:22	00:35:17	00:47:07	<b>00:49:11.75</b>	<b>00:49:22.35</b>	+00:19:25 (39.5%)	4:55	12.2 (60.4%)
183	<b>ŻEGLICZ Marek</b>	<b>14</b>	SPÓJNIA BIAŁE BŁOTA	M-20	24	Spójnia Białe Błota	00:00:14	00:12:06	00:23:31	00:35:12	00:47:01	<b>00:49:13.85</b>	<b>00:49:28.50</b>	+00:19:27 (39.5%)	4:55	12.2 (60.4%)
184	<b>BRYMORA Andrzej</b>	<b>503</b>		M-40	67		00:00:11	00:12:12	00:23:44	00:35:28	00:47:14	<b>00:49:21.05</b>	<b>00:49:32.95</b>	+00:19:35 (39.7%)	4:56	12.2 (60.4%)
185	<b>LEWANDOWSKI Jacek</b>	<b>295</b>	AKADEMIA MISTRZÓW SPORTU	M-40	68	Akademia Mistrzów Sportu	00:00:52	00:12:38	00:24:30	00:35:56	00:47:20	<b>00:49:22.75</b>	<b>00:50:15.55</b>	+00:19:36 (39.7%)	4:56	12.2 (60.4%)
186	<b>GACKOWSKI Krzysztof</b>	<b>177</b>		M-50	35		00:00:16	00:11:52	00:23:31	00:35:30	00:47:35	<b>00:49:42.25</b>	<b>00:49:58.75</b>	+00:19:56 (40.1%)	4:58	12.1 (59.9%)
187	<b>KRYSKE Mariusz</b>	<b>174</b>	TKKF KOLEJARZ BYDGOSZCZ	M-40	69	TKKF Kolejarz Bydgoszcz	00:00:34	00:12:11	00:23:47	00:36:16	00:47:50	<b>00:49:53.00</b>	<b>00:50:27.25</b>	+00:20:06 (40.3%)	4:59	12 (59.4%)
188	<b>KAZUBOWSKI Jacek</b>	<b>41</b>	KAZUBKI TEAM/TRIDARKO	M-50	36	Kazubki Team/TriDarko	00:00:12	00:12:05	00:23:46	00:35:47	00:47:45	<b>00:49:54.20</b>	<b>00:50:07.00</b>	+00:20:08 (40.3%)	4:59	12 (59.4%)
189	<b>LEWANDOWSKI Paweł</b>	<b>292</b>		M-30	47		00:00:17	00:12:44	00:24:37	00:36:26	00:47:55	<b>00:49:54.85</b>	<b>00:50:12.70</b>	+00:20:08 (40.4%)	4:59	12 (59.4%)
190	<b>SZULC Andrzej</b>	<b>434</b>		M-50	37		00:00:20	00:13:05	00:24:48	00:36:26	00:47:58	<b>00:50:06.30</b>	<b>00:50:27.00</b>	+00:20:20 (40.6%)	5:00	12 (59.4%)
191	<b>WNUCZYŃSKI Andrzej</b>	<b>242</b>	ORANGE POLSKA	M-50	38	Orange Polska	00:00:07	00:11:52	00:23:22	00:35:13	00:47:45	<b>00:50:07.95</b>	<b>00:50:15.15</b>	+00:20:21 (40.6%)	5:00	12 (59.4%)
192	<b>MANDOSIK Jerzy</b>	<b>469</b>	TEAMOCHAL	M-70	2	TEAMOCHAL	00:00:23	00:12:32	00:24:21	00:36:07	00:47:56	<b>00:50:10.95</b>	<b>00:50:34.30</b>	+00:20:24 (40.7%)	5:01	12 (59.4%)
192	<b>KOZAK Krzysztof</b>	<b>215</b>	BBACTIVE TEAM	M-30	48	BBACTIVE TEAM	00:00:31	00:12:17	00:23:53	00:35:48	00:47:57	<b>00:50:10.95</b>	<b>00:50:42.00</b>	+00:20:24 (40.7%)	5:01	12 (59.4%)
194	<b>PODKÓWKA Zbigniew</b>	<b>101</b>	PODGÓRZ TORUŃ	M-60	3	Podgórz Toruń	00:00:10	00:11:54	00:23:03	00:35:09	00:48:13	<b>00:50:21.55</b>	<b>00:50:32.10</b>	+00:20:35 (40.9%)	5:02	11.9 (58.9%)
195	<b>CZERWIAKOWSKI Sebastian</b>	<b>180</b>		M-40	70		00:00:11	00:12:42	00:24:31	00:36:27	00:48:20	<b>00:50:24.25</b>	<b>00:50:35.75</b>	+00:20:38 (40.9%)	5:02	11.9 (58.9%)
196	<b>PILARSKI Radosław</b>	<b>342</b>		M-40	71		00:00:10	00:11:40	00:23:21	00:35:38	00:48:10	<b>00:50:25.80</b>	<b>00:50:36.40</b>	+00:20:39 (41.0%)	5:02	11.9 (58.9%)
197	<b>RATAJ Maciej</b>	<b>169</b>		M-40	72		00:00:27	00:11:20	00:22:49	00:35:16	00:48:12	<b>00:50:27.80</b>	<b>00:50:55.30</b>	+00:20:41 (41.0%)	5:02	11.9 (58.9%)
198	<b>APPEL Oskar</b>	<b>378</b>		M-20	25		00:00:39	00:12:53	00:24:36	00:36:33	00:48:28	<b>00:50:28.55</b>	<b>00:51:08.30</b>	+00:20:42 (41.0%)	5:02	11.9 (58.9%)
199	<b>TOMCZAK Zbigniew</b>	<b>53</b>	AL TOM GNIEZNO	M-60	4	Altom Gniezno	00:00:12	00:12:35	00:24:21	00:36:22	00:48:22	<b>00:50:33.70</b>	<b>00:50:45.70</b>	+00:20:47 (41.1%)	5:03	11.9 (58.9%)
200	<b>RUSZKIEWICZ Łukasz</b>	<b>87</b>		M-40	73		00:00:18	00:12:35	00:24:26	00:36:33	00:48:46	<b>00:50:50.25</b>	<b>00:51:08.70</b>	+00:21:04 (41.4%)	5:05	11.8 (58.4%)
201	<b>BYRTEK Grzegorz</b>	<b>235</b>	TRIDROPSY	M-40	74	TRIDROPSY	00:00:14	00:12:49	00:24:51	00:36:39	00:48:52	<b>00:50:58.70</b>	<b>00:51:13.20</b>	+00:21:12 (41.6%)	5:05	11.8 (58.4%)
202	<b>GRABOWSKI Grzegorz</b>	<b>139</b>	FUNDACJA AKTYWNE TRZEMESZNO	M-50	39	Fundacja Aktywne Trzemeszno	00:00:16	00:12:35	00:24:29	00:36:35	00:48:44	<b>00:51:00.75</b>	<b>00:51:17.15</b>	+00:21:14 (41.6%)	5:06	11.8 (58.4%)
203	<b>MALEC Karol</b>	<b>253</b>		M-40	75		00:00:24	00:12:53	00:24:41	00:36:53	00:48:53	<b>00:51:02.00</b>	<b>00:51:26.75</b>	+00:21:15 (41.7%)	5:06	11.8 (58.4%)
204	<b>RÓŻYCKI Waldemar</b>	<b>166</b>		M-50	40		00:00:16	00:13:03	00:25:22	00:37:31	00:49:04	<b>00:51:07.45</b>	<b>00:51:23.85</b>	+00:21:21 (41.8%)	5:06	11.7 (57.9%)
205	<b>STĘPIEŃ Tomek</b>	<b>183</b>		M-40	76		00:00:34	00:12:30	00:24:20	00:36:28	00:48:56	<b>00:51:14.65</b>	<b>00:51:49.45</b>	+00:21:28 (41.9%)	5:07	11.7 (57.9%)
206	<b>KONIEC Krzysztof</b>	<b>22</b>		M-50	41		00:00:13	00:12:35	00:24:33	00:36:45	00:49:17	<b>00:51:22.60</b>	<b>00:51:35.70</b>	+00:21:36 (42.1%)	5:08	11.7 (57.9%)
207	<b>WISNIEWSKI Jakub</b>	<b>440</b>		M-20	26		00:00:10	00:12:52	00:24:59	00:37:11	00:49:17	<b>00:51:23.35</b>	<b>00:51:33.60</b>	+00:21:37 (42.1%)	5:08	11.7 (57.9%)
208	<b>KOŁUDKIEWICZ Jakub</b>	<b>436</b>		M-20	27		00:00:09	00:12:52	00:24:59	00:37:11	00:49:18	<b>00:51:24.05</b>	<b>00:51:33.80</b>	+00:21:38 (42.1%)	5:08	11.7 (57.9%)



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
209	<b>GEHRKE Robert</b>	<b>240</b>		M-30	49		00:00:27	00:12:56	00:24:52	00:37:04	00:49:09	<b>00:51:28.20</b>	<b>00:51:55.70</b>	+00:21:42 (42.2%)	5:08	11.7 (57.9%)
210	<b>ŚWIĘCICKI Andrzej</b>	<b>143</b>	BYDGOSKIE ŻÓŁWIE	M-50	42	Bydgoskie Żółwie	00:00:14	00:12:49	00:24:50	00:37:03	00:49:30	<b>00:51:48.30</b>	<b>00:52:03.20</b>	+00:22:02 (42.5%)	5:10	11.6 (57.4%)
211	<b>WIDEROWSKI Kamil</b>	<b>356</b>		M-20	28		00:00:34	00:13:56	00:26:20	00:38:43	00:50:11	<b>00:52:15.80</b>	<b>00:52:50.20</b>	+00:22:29 (43.0%)	5:13	11.5 (56.9%)
212	<b>WŁÓDARCZAK Witold</b>	<b>227</b>		M-60	5		00:00:00					<b>00:52:20.00</b>	<b>00:52:20.00</b>	+00:22:33 (43.1%)	5:14	11.5 (56.9%)
213	<b>KOZŁOWSKI Krzysztof</b>	<b>397</b>	RUNCROSS ROZGARTY	M-30	50	RunCross Rozgarty	00:00:24	00:13:35	00:26:01	00:38:16	00:50:31	<b>00:52:49.10</b>	<b>00:53:13.70</b>	+00:23:03 (43.6%)	5:16	11.4 (56.4%)
214	<b>KOZIOŁ Łukasz</b>	<b>403</b>		M-30	51		00:00:16	00:12:28	00:24:48	00:37:36	00:50:35	<b>00:52:52.05</b>	<b>00:53:08.15</b>	+00:23:06 (43.7%)	5:17	11.3 (55.9%)
215	<b>ŁATKA Marcin</b>	<b>252</b>		M-40	77		00:00:23	00:13:02	00:25:30	00:38:18	00:50:43	<b>00:53:06.25</b>	<b>00:53:30.20</b>	+00:23:20 (43.9%)	5:18	11.3 (55.9%)
216	<b>KOSEK Mariusz</b>	<b>203</b>	RCI	M-50	43	RCI	00:00:10	00:12:37	00:24:54	00:37:41	00:50:48	<b>00:53:14.00</b>	<b>00:53:24.30</b>	+00:23:27 (44.1%)	5:19	11.3 (55.9%)
217	<b>JANYSKA Adam</b>	<b>47</b>	UKS KOPERNIK BYDGOSZCZ	M-20	29	Uks Kopernik Bydgoszcz	00:00:16	00:12:05	00:24:16	00:37:29	00:51:05	<b>00:53:14.90</b>	<b>00:53:31.75</b>	+00:23:28 (44.1%)	5:19	11.3 (55.9%)
218	<b>RYDLEWSKI Andrzej</b>	<b>261</b>	TEAM RUDNIK	M-40	78	TEAM RUDNIK	00:00:13	00:13:24	00:26:13	00:39:07	00:51:11	<b>00:53:25.80</b>	<b>00:53:39.40</b>	+00:23:39 (44.3%)	5:20	11.2 (55.4%)
219	<b>SOBAŃSKI Michał</b>	<b>247</b>	SISU TEAM	M-30	52	SISU Team	00:00:38	00:13:32	00:26:01	00:38:54	00:51:18	<b>00:53:26.65</b>	<b>00:54:05.30</b>	+00:23:40 (44.3%)	5:20	11.2 (55.4%)
220	<b>OELRICH Henryk</b>	<b>85</b>		M-50	44		00:00:24	00:13:05	00:25:38	00:38:27	00:51:15	<b>00:53:38.40</b>	<b>00:54:02.40</b>	+00:23:52 (44.5%)	5:21	11.2 (55.4%)
221	<b>MAŚLIŃSKI Mirosław</b>	<b>251</b>		M-50	45		00:00:14	00:12:54	00:25:24	00:38:21	00:51:11	<b>00:53:40.15</b>	<b>00:53:54.35</b>	+00:23:54 (44.5%)	5:22	11.2 (55.4%)
222	<b>SZCZĘSNY Arkadiusz</b>	<b>154</b>	DYNAMO SKARPA	M-40	79	Dynamo Skarpa	00:00:22	00:13:01	00:25:18	00:37:54	00:51:12	<b>00:53:43.05</b>	<b>00:54:05.95</b>	+00:23:57 (44.6%)	5:22	11.2 (55.4%)
223	<b>BASIŃSKI Paweł</b>	<b>68</b>		M-40	80		00:00:24	00:13:26	00:25:49	00:38:47	00:51:38	<b>00:53:54.55</b>	<b>00:54:18.80</b>	+00:24:08 (44.8%)	5:23	11.1 (55.0%)
224	<b>BOROWIEC Michał</b>	<b>182</b>		M-30	53		00:00:33	00:13:49	00:26:30	00:39:30	00:51:49	<b>00:54:00.25</b>	<b>00:54:33.50</b>	+00:24:14 (44.9%)	5:24	11.1 (55.0%)
225	<b>KANARKOWSKI Stanisław</b>	<b>131</b>		M-60	6		00:00:25	00:13:48	00:26:28	00:39:10	00:51:45	<b>00:54:03.15</b>	<b>00:54:28.50</b>	+00:24:17 (44.9%)	5:24	11.1 (55.0%)
226	<b>SZYMAŃSKI Bartosz</b>	<b>20</b>		M-30	54		00:00:31	00:14:02	00:26:51	00:39:40	00:52:03	<b>00:54:14.55</b>	<b>00:54:46.10</b>	+00:24:28 (45.1%)	5:25	11.1 (55.0%)
227	<b>GÓRSKI Marian</b>	<b>159</b>		M-60	7		00:00:04	00:13:44	00:26:31	00:39:16	00:52:00	<b>00:54:16.20</b>	<b>00:54:20.40</b>	+00:24:30 (45.1%)	5:25	11.1 (55.0%)
228	<b>OSZUBSKI Kazimierz</b>	<b>244</b>		M-50	46		00:00:10	00:14:00	00:27:06	00:39:57	00:52:24	<b>00:54:30.55</b>	<b>00:54:40.75</b>	+00:24:44 (45.4%)	5:27	11 (54.5%)
229	<b>GRUBA Jacek</b>	<b>506</b>	TRISPACE/TREK	M-60	8	TRISPACE/TREK	00:00:19	00:13:05	00:25:42	00:38:52	00:52:12	<b>00:54:31.75</b>	<b>00:54:51.10</b>	+00:24:45 (45.4%)	5:27	11 (54.5%)
230	<b>RUDOL Sebastian</b>	<b>391</b>		M-40	81		00:00:20	00:13:43	00:26:24	00:39:16	00:52:23	<b>00:54:33.85</b>	<b>00:54:54.70</b>	+00:24:47 (45.4%)	5:27	11 (54.5%)
231	<b>MAZUR Jarosław</b>	<b>490</b>	CYKLON SWIMING TEAM	M-30	55	Cyklon Swiming Team	00:00:17	00:12:46	00:25:20	00:38:37	00:52:02	<b>00:54:34.00</b>	<b>00:54:51.15</b>	+00:24:47 (45.4%)	5:27	11 (54.5%)
232	<b>LUZAK Mirosław</b>	<b>234</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60	9	TKKF Kolejarz Bydgoszcz	00:00:18	00:13:43	00:26:22	00:39:15	00:52:17	<b>00:54:38.85</b>	<b>00:54:57.10</b>	+00:24:52 (45.5%)	5:27	11 (54.5%)
233	<b>SZATTEN Dawid</b>	<b>353</b>		M-40	82		00:00:31	00:13:23	00:26:00	00:38:54	00:52:11	<b>00:54:42.10</b>	<b>00:55:13.50</b>	+00:24:56 (45.6%)	5:28	11 (54.5%)
234	<b>GARBARCZYK Adam</b>	<b>287</b>		M-30	56		00:00:22	00:14:49	00:27:58	00:40:50	00:53:15	<b>00:55:25.75</b>	<b>00:55:48.15</b>	+00:25:39 (46.3%)	5:32	10.8 (53.5%)
235	<b>LUDWINIAK Bogdan</b>	<b>17</b>		M-50	47		00:00:15	00:14:01	00:27:04	00:40:10	00:53:16	<b>00:55:34.05</b>	<b>00:55:49.05</b>	+00:25:48 (46.4%)	5:33	10.8 (53.5%)

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
236	ZIELIŃSKI Radosław	3		M-30	57		00:00:29	00:13:59	00:27:03	00:40:21	00:53:24	<b>00:55:37.15</b>	<b>00:56:06.95</b>	+00:25:51 (46.5%)	5:33	10.8 (53.5%)
237	SZUBERT Dawid	520		M-40	83		00:00:29	00:14:12	00:27:30	00:40:42	00:53:28	<b>00:55:41.90</b>	<b>00:56:11.25</b>	+00:25:55 (46.6%)	5:34	10.8 (53.5%)
238	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	<b>00:55:42.35</b>	<b>00:56:07.90</b>	+00:25:56 (46.6%)	5:34	10.8 (53.5%)
239	RADKIEWICZ Wiktor	462	TEAMOCHAL	M-20	30	TEAMOCHAL	00:00:35	00:13:15	00:25:43	00:39:36	00:53:28	<b>00:55:43.55</b>	<b>00:56:19.00</b>	+00:25:57 (46.6%)	5:34	10.8 (53.5%)
240	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	<b>00:55:44.65</b>	<b>00:56:18.80</b>	+00:25:58 (46.6%)	5:34	10.8 (53.5%)
241	ŁUKOMSKI Marcin	160		M-30	58		00:00:34	00:14:13	00:27:20	00:40:34	00:53:38	<b>00:55:45.00</b>	<b>00:56:19.60</b>	+00:25:58 (46.6%)	5:34	10.8 (53.5%)
242	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	<b>00:55:50.40</b>	<b>00:56:06.10</b>	+00:26:04 (46.7%)	5:35	10.7 (53.0%)
243	GAŚIOREK Tomasz	400	BRZOZA BIEGA	M-60	10	Brzoza Biega	00:00:15	00:13:57	00:26:59	00:39:52	00:53:17	<b>00:55:51.95</b>	<b>00:56:06.95</b>	+00:26:05 (46.7%)	5:35	10.7 (53.0%)
244	BADOWSKI Krzysztof	412		M-60	11		00:00:33	00:14:45	00:27:54	00:40:53	00:53:32	<b>00:55:52.10</b>	<b>00:56:25.60</b>	+00:26:06 (46.7%)	5:35	10.7 (53.0%)
245	KLESSA Krystian	352	TEAMOCHAL	M-30	59	TEAMOCHAL	00:00:33	00:14:26	00:27:50	00:40:59	00:53:48	<b>00:55:55.95</b>	<b>00:56:29.50</b>	+00:26:09 (46.8%)	5:35	10.7 (53.0%)
246	KLAFETKA Mateusz	286		M-30	60		00:00:45	00:14:00	00:27:03	00:40:17	00:53:34	<b>00:55:58.50</b>	<b>00:56:43.60</b>	+00:26:12 (46.8%)	5:35	10.7 (53.0%)
247	PIETRASZAK Tomasz	285	RUN BYDGOSZCZ	M-50	48	RUN BYDGOSZCZ	00:00:25	00:13:59	00:26:48	00:39:54	00:53:26	<b>00:55:58.60</b>	<b>00:56:24.30</b>	+00:26:12 (46.8%)	5:35	10.7 (53.0%)
248	PIECZKA Maciej	398		M-30	61		00:00:19	00:13:39	00:27:00	00:40:43	00:53:41	<b>00:56:03.30</b>	<b>00:56:22.85</b>	+00:26:17 (46.9%)	5:36	10.7 (53.0%)
249	PASZKIET Witold	433		M-60	12	TKKF Kolejarz Bydgoszcz	00:00:27	00:13:46	00:26:40	00:39:56	00:53:29	<b>00:56:03.80</b>	<b>00:56:31.30</b>	+00:26:17 (46.9%)	5:36	10.7 (53.0%)
250	WILLMA Jarosław	309	BRZOZA BIEGA	M-50	49	Brzoza Biega	00:00:00	00:14:12	00:27:14	00:40:05	00:53:32	<b>00:56:06.35</b>	<b>00:56:06.35</b>	+00:26:20 (46.9%)	5:36	10.7 (53.0%)
251	DĘBSKI Jan	316		M-70	3		00:00:14	00:13:17	00:26:17	00:39:43	00:53:41	<b>00:56:12.20</b>	<b>00:56:26.20</b>	+00:26:26 (47.0%)	5:37	10.7 (53.0%)
252	DYWICKI Szymon	264		M-30	62		00:00:04	00:13:06	00:26:20	00:40:14	00:53:43	<b>00:56:12.40</b>	<b>00:56:16.80</b>	+00:26:26 (47.0%)	5:37	10.7 (53.0%)
253	BARANOWSKI Bartosz	301		M-30	63		00:00:44	00:14:00	00:27:09	00:40:46	00:53:59	<b>00:56:16.95</b>	<b>00:57:01.45</b>	+00:26:30 (47.1%)	5:37	10.7 (53.0%)
254	LICA Krzysztof	310		M-60	13		00:00:19	00:13:58	00:26:44	00:40:01	00:53:46	<b>00:56:25.00</b>	<b>00:56:44.70</b>	+00:26:38 (47.2%)	5:38	10.6 (52.5%)
255	TOCZKIEWICZ Piotr	94		M-40	87		00:00:12	00:13:54	00:27:06	00:40:29	00:54:00	<b>00:56:26.30</b>	<b>00:56:38.30</b>	+00:26:40 (47.3%)	5:38	10.6 (52.5%)
256	MAŁKIŃSKI Józef	66		M-60	14		00:00:20	00:14:08	00:27:21	00:40:42	00:54:12	<b>00:56:48.45</b>	<b>00:57:08.80</b>	+00:27:02 (47.6%)	5:40	10.6 (52.5%)
257	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	<b>00:56:54.85</b>	<b>00:57:18.55</b>	+00:27:08 (47.7%)	5:41	10.5 (52.0%)
258	KALACZYŃSKI Grzegorz	354		M-50	50		00:00:18	00:14:35	00:27:56	00:41:32	00:54:58	<b>00:57:11.10</b>	<b>00:57:29.25</b>	+00:27:25 (47.9%)	5:43	10.5 (52.0%)
259	WALCZAK Maciej	271	TEAM RUDNIK	M-50	51	TEAM RUDNIK	00:00:20	00:13:23	00:26:40	00:40:41	00:54:51	<b>00:57:22.65</b>	<b>00:57:42.95</b>	+00:27:36 (48.1%)	5:44	10.5 (52.0%)
260	MIROWSKI Mariusz	48		M-50	52		00:00:22	00:14:47	00:28:23	00:42:06	00:55:19	<b>00:57:29.90</b>	<b>00:57:52.25</b>	+00:27:43 (48.2%)	5:44	10.4 (51.5%)
261	JURSKI Robert	27		M-40	89		00:00:23	00:14:13	00:27:33	00:41:05	00:55:02	<b>00:57:34.45</b>	<b>00:57:57.55</b>	+00:27:48 (48.3%)	5:45	10.4 (51.5%)
262	SYBILA Michał	184		M-30	64		00:00:33	00:13:51	00:27:17	00:41:21	00:55:22	<b>00:57:49.55</b>	<b>00:58:23.30</b>	+00:28:03 (48.5%)	5:46	10.4 (51.5%)

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
263	<b>PALIWODA Wiktor</b>	<b>96</b>		M-20	31		00:00:21	00:14:56	00:28:55	00:43:03	00:55:58	<b>00:57:51.05</b>	<b>00:58:12.65</b>	+00:28:05 (48.5%)	5:47	10.4 (51.5%)
264	<b>GLĄB Igor</b>	<b>410</b>		M-1	11		00:00:20	00:14:12	00:27:22	00:41:17	00:55:36	<b>00:57:52.50</b>	<b>00:58:12.95</b>	+00:28:06 (48.6%)	5:47	10.4 (51.5%)
265	<b>WIŚNIEWSKI Zbigniew</b>	<b>2</b>	BRZOZA BIEGA	M-50	53	Brzoza Biega	00:00:03	00:13:28	00:26:48	00:40:30	00:55:28	<b>00:57:56.65</b>	<b>00:58:00.10</b>	+00:28:10 (48.6%)	5:47	10.4 (51.5%)
266	<b>NOWACZYK Zygmunt</b>	<b>337</b>	BOLT TRZEMESZNO	M-60	15	BOLT Trzemeszno	00:00:15	00:15:01	00:28:46	00:42:18	00:55:47	<b>00:58:12.05</b>	<b>00:58:27.45</b>	+00:28:26 (48.9%)	5:49	10.3 (51.0%)
267	<b>NOWAKOWSKI Dawid</b>	<b>272</b>		M-30	65		00:00:27	00:14:22	00:27:41	00:41:04	00:55:45	<b>00:58:19.70</b>	<b>00:58:46.70</b>	+00:28:33 (49.0%)	5:49	10.3 (51.0%)
268	<b>KSPROWICZ Piotr</b>	<b>9</b>	JW1515 BYDGOSZCZ	M-40	90	JW1515 Bydgoszcz	00:00:16	00:14:15	00:27:47	00:41:47	00:55:59	<b>00:58:21.95</b>	<b>00:58:38.85</b>	+00:28:35 (49.0%)	5:50	10.3 (51.0%)
269	<b>SCHMIDT Artur</b>	<b>214</b>	BBACTIVE TEAM	M-1	12	BBACTIVE TEAM	00:00:31	00:13:49	00:27:11	00:41:42	00:55:49	<b>00:58:26.95</b>	<b>00:58:58.90</b>	+00:28:40 (49.1%)	5:50	10.3 (51.0%)
270	<b>SCHMIDT Marcin</b>	<b>213</b>	BBACTIVE TEAM	M-40	91	BBACTIVE TEAM	00:00:31	00:13:49	00:26:59	00:41:43	00:55:49	<b>00:58:27.65</b>	<b>00:58:59.30</b>	+00:28:41 (49.1%)	5:50	10.3 (51.0%)
271	<b>WANCZURA Jacek</b>	<b>199</b>		M-40	92		00:00:22	00:15:08	00:29:03	00:42:46	00:56:06	<b>00:58:28.45</b>	<b>00:58:50.75</b>	+00:28:42 (49.1%)	5:50	10.3 (51.0%)
272	<b>LUTKOWSKI Dariusz</b>	<b>201</b>		M-40	93		00:00:17	00:15:12	00:29:08	00:42:43	00:56:10	<b>00:58:33.05</b>	<b>00:58:50.50</b>	+00:28:47 (49.2%)	5:51	10.2 (50.5%)
273	<b>OBRZANOWSKI Maciej</b>	<b>88</b>		M-50	54		00:00:17	00:13:51	00:27:17	00:41:16	00:56:05	<b>00:58:51.35</b>	<b>00:59:08.40</b>	+00:29:05 (49.4%)	5:53	10.2 (50.5%)
274	<b>PODLASZEWSKI Jacek</b>	<b>61</b>	SPC	M-50	55	SPC	00:00:15	00:14:53	00:28:34	00:42:32	00:56:18	<b>00:58:54.10</b>	<b>00:59:09.90</b>	+00:29:08 (49.5%)	5:53	10.2 (50.5%)
275	<b>MICHALSKI Maciej</b>	<b>138</b>		M-30	66		00:00:13	00:14:38	00:28:01	00:42:14	00:56:41	<b>00:59:11.10</b>	<b>00:59:24.80</b>	+00:29:25 (49.7%)	5:55	10.1 (50.0%)
276	<b>SOSINSKI Marcin</b>	<b>219</b>	SLODZIAKI	M-40	94	Slodziaki	00:00:09	00:14:26	00:28:24	00:42:53	00:57:04	<b>00:59:24.80</b>	<b>00:59:33.95</b>	+00:29:38 (49.9%)	5:56	10.1 (50.0%)
277	<b>BALCEREK Marcin</b>	<b>481</b>	TEAMOCHAL	M-40	95	TEAMOCHAL	00:00:36	00:14:04	00:27:46	00:42:28	00:56:49	<b>00:59:25.60</b>	<b>01:00:01.70</b>	+00:29:39 (49.9%)	5:56	10.1 (50.0%)
278	<b>JULLY Arkadiusz</b>	<b>43</b>		M-40	96		00:00:34	00:14:53	00:28:59	00:43:11	00:57:31	<b>01:00:07.55</b>	<b>01:00:42.40</b>	+00:30:21 (50.5%)	6:00	10 (49.5%)
279	<b>BUTOWSKI Michał</b>	<b>186</b>		M-50	56		00:00:30	00:15:04	00:29:23	00:43:31	00:57:34	<b>01:00:10.50</b>	<b>01:00:41.35</b>	+00:30:24 (50.5%)	6:01	10 (49.5%)
280	<b>NIEMCZEWSKI Mirosław</b>	<b>220</b>	ŁABISZYN RUNNERS	M-40	97	łabiszyn runners	00:00:36	00:16:09	00:29:56	00:43:54	00:57:43	<b>01:00:19.55</b>	<b>01:00:55.90</b>	+00:30:33 (50.7%)	6:01	9.9 (49.0%)
281	<b>KOSIŃSKI Michał</b>	<b>163</b>		M-40	98		00:00:29	00:14:29	00:28:46	00:43:28	00:57:59	<b>01:00:32.15</b>	<b>01:01:01.75</b>	+00:30:46 (50.8%)	6:03	9.9 (49.0%)
282	<b>PAWŁOWSKI Piotr</b>	<b>384</b>	PAST RUN	M-30	67	PAST RUN	00:00:37	00:14:37	00:29:07	00:44:17	01:00:32	<b>01:03:22.70</b>	<b>01:04:00.10</b>	+00:33:36 (53.0%)	6:20	9.5 (47.0%)
283	<b>DOMAN Janusz</b>	<b>333</b>		M-70	4		00:00:09	00:14:41	00:29:29	00:44:44	01:00:43	<b>01:03:34.40</b>	<b>01:03:44.00</b>	+00:33:48 (53.2%)	6:21	9.4 (46.5%)
284	<b>SZCZERBIAK Łukasz</b>	<b>110</b>		M-20	32		00:00:21	00:14:50	00:29:33	00:45:18	01:00:56	<b>01:03:44.90</b>	<b>01:04:06.75</b>	+00:33:58 (53.3%)	6:22	9.4 (46.5%)
285	<b>CZYŻEWSKI Piotr</b>	<b>210</b>		M-40	99		00:00:42	00:16:27	00:32:22	00:48:30	01:03:30	<b>01:05:58.45</b>	<b>01:06:41.10</b>	+00:36:12 (54.9%)	6:35	9.1 (45.0%)
286	<b>GAJZLER Jerzy</b>	<b>504</b>	BRZOZA BIEGA	M-70	5	Brzoza Biega	00:00:23	00:15:31	00:31:05	00:46:54	01:02:48	<b>01:05:59.75</b>	<b>01:06:23.55</b>	+00:36:13 (54.9%)	6:35	9.1 (45.0%)
287	<b>KAZUBOWSKI Jeremiasz</b>	<b>102</b>		M-20	33		00:00:14	00:15:51	00:31:48	00:47:53	01:03:49	<b>01:06:40.80</b>	<b>01:06:54.80</b>	+00:36:54 (55.4%)	6:40	9 (44.6%)
288	<b>NOWAKOWSKI Czesław</b>	<b>329</b>	DUCLA ACADEMY WARSZAWA	M-70	6	Ducla Academy Warszawa	00:00:23	00:15:51	00:31:27	00:47:39	01:03:59	<b>01:06:53.35</b>	<b>01:07:16.95</b>	+00:37:07 (55.5%)	6:41	9 (44.6%)
289	<b>PÓŁGĘSEK Rafał</b>	<b>44</b>		M-50	57		00:00:40	00:17:27	00:33:12	00:49:11	01:04:55	<b>01:07:48.90</b>	<b>01:08:29.80</b>	+00:38:02 (56.1%)	6:46	8.8 (43.6%)

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
290	<b>SALITA Lech</b>	<b>77</b>		M-60	16		00:00:30	00:16:53	00:32:46	00:48:46	01:05:01	<b>01:08:02.95</b>	<b>01:08:33.20</b>	+00:38:16 (56.3%)	6:48	8.8 (43.6%)
291	<b>RADKOWSKI Tomasz</b>	<b>474</b>	AZS UMK TORUŃ	M-40	100	AZS UMK Toruń	00:00:30	00:15:58	00:31:25	00:48:05	01:06:43	<b>01:09:54.60</b>	<b>01:10:25.35</b>	+00:40:08 (57.4%)	6:59	8.6 (42.6%)
292	<b>WIŚNIEWSKI Krzysztof</b>	<b>50</b>		M-50	58		00:00:32	00:17:21	00:33:38	00:50:33	01:08:14	<b>01:11:38.30</b>	<b>01:12:11.15</b>	+00:41:52 (58.4%)	7:09	8.4 (41.6%)
293	<b>LENC Janusz</b>	<b>45</b>	TKKF KOLEJARZ BYDGOSZCZ	M-70	7	TKKF Kolejarz Bydgoszcz	00:00:28	00:18:15	00:35:00	00:52:58	01:11:35	<b>01:14:57.60</b>	<b>01:15:25.90</b>	+00:45:11 (60.3%)	7:29	8 (39.6%)
294	<b>ANGIEL Władysław</b>	<b>46</b>	TKKF KOLEJARZ BYDGOSZCZ	M-80	1	TKKF Kolejarz Bydgoszcz	00:00:07	00:24:11	00:49:28	01:14:17		<b>01:18:54.65</b>	<b>01:19:02.45</b>	+00:49:08 (62.3%)	7:53	7.6 (37.6%)
295	<b>FUDAŁA Marek</b>	<b>39</b>		M-60	17		00:00:36	00:19:45	00:39:08	00:58:22	01:17:10	<b>01:20:29.50</b>	<b>01:21:06.00</b>	+00:50:43 (63.0%)	8:02	7.5 (37.1%)
296	<b>FUDAŁA Marek Krzysztof</b>	<b>40</b>		M-40	101		00:00:35	00:19:46	00:39:08	00:58:23	01:17:11	<b>01:20:30.75</b>	<b>01:21:05.95</b>	+00:50:44 (63.0%)	8:03	7.5 (37.1%)
	<b>WAWROŃ Wojciech</b>	<b>377</b>		M-20			DNF	00:14:29 DNF	00:29:21 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KURS Jarosław</b>	<b>207</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50		TKKF Kolejarz Bydgoszcz	DNF	00:13:26 DNF	00:37:29 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 298 wynik(ów)