



Organizator:
Data:
Miejsce:
Dystans:

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"
2017-03-12
Kołobrzeg
15 km

B4SPORT



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	WASILEWSKI Marek	804	LOKATOR NIERUCHOMOŚCI PIŁA	M40	1	00:00:03	00:20:59	00:35:56	00:53:47.20	00:53:50.55		3:35	16.7 (100%)
2	POLAK Szymon	585	ROZBIEGANY KOSZALIN	M40	2	00:00:04	00:21:40	00:37:14	00:55:42.30	00:55:47.10	+00:01:55 (3.4%)	3:42	16.2 (97.0%)
3	BŁASZCZYK Zbigniew	896		M40	3	00:00:09	00:21:23	00:37:16	00:56:19.20	00:56:28.20	+00:02:32 (4.5%)	3:45	16 (95.8%)
4	PANASIUK Siergiei	930	SK KOVEL LKB RUDNIK	M40	4	00:00:03	00:22:17	00:38:25	00:56:38.75	00:56:42.30	+00:02:51 (5.0%)	3:46	15.9 (95.2%)
5	GESS Mariusz	197	GWIK SP. Z O.O.	M40	5	00:00:05	00:22:14	00:38:05	00:56:55.35	00:57:00.35	+00:03:08 (5.5%)	3:47	15.8 (94.6%)
6	RUTKOWSKI Jan	647	GKS KASZUBI LUZINO	M40	6	00:00:09	00:22:25	00:38:19	00:56:57.95	00:57:07.05	+00:03:10 (5.6%)	3:47	15.8 (94.6%)
7	ŻMUDA Tomasz	887	CW FANZA KOŁOBRZEG	M40	7	00:00:04	00:22:15	00:38:16	00:57:17.25	00:57:22.15	+00:03:30 (6.1%)	3:49	15.7 (94.0%)
8	PIECYK Robert	915	BT KOŁOBRZEG	M40	8	00:00:05	00:22:28	00:39:20	00:59:04.20	00:59:09.30	+00:05:17 (8.9%)	3:56	15.2 (91.0%)
9	GARSKI Kryspin	188	ŚWIAT PŁYTEK/SEXYRUNNERS	M40	9	00:00:07	00:23:04	00:39:40	00:59:07.55	00:59:14.85	+00:05:20 (9.0%)	3:56	15.2 (91.0%)
10	BURDA Robert	85	KOSPEL	M40	10	00:00:09	00:23:06	00:39:59	00:59:11.60	00:59:20.60	+00:05:24 (9.1%)	3:56	15.2 (91.0%)
11	WITKIEWICZ Eryk	828		M40	11	00:00:04	00:22:14	00:38:25	00:59:25.15	00:59:30.10	+00:05:37 (9.5%)	3:57	15.1 (90.4%)
12	GŁUSZCZAK Kazimierz	204	TEAM KOPEĆ	M40	12	00:00:04	00:22:20	00:39:30	00:59:42.75	00:59:47.40	+00:05:55 (9.9%)	3:58	15.1 (90.4%)
13	RUDNIKOWSKI Maciej	639	BIEGUZDROWISKOWY.PL	M40	13	00:00:12	00:22:51	00:40:15	01:00:03.25	01:00:15.65	+00:06:16 (10.4%)	4:00	15 (89.8%)
14	KALETA Sebastian	305	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40	14	00:00:08	00:23:28	00:40:34	01:00:22.10	01:00:30.35	+00:06:34 (10.9%)	4:01	14.9 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	KISZ Przemysław	332		M40	15	00:00:08	00:23:26	00:40:43	01:00:29.90	01:00:37.95	+00:06:42 (11.1%)	4:01	14.9 (89.2%)
16	PAJDOSZ Rafał	542	KB BIAŁA BIEGA	M40	16	00:00:08	00:23:33	00:40:39	01:00:37.05	01:00:46.00	+00:06:49 (11.3%)	4:02	14.8 (88.6%)
17	TOMASZEWSKI Dawid	773	SZWLA STARGARD	M40	17	00:00:08	00:23:27	00:40:37	01:00:45.00	01:00:53.90	+00:06:57 (11.5%)	4:03	14.8 (88.6%)
18	OSTASZEWSKI Paweł	535		M40	18	00:00:17	00:23:46	00:41:16	01:01:15.00	01:01:32.40	+00:07:27 (12.2%)	4:05	14.7 (88.0%)
19	LUBIŃSKI Paweł	440	KORALEN TEAM	M40	19	00:00:03	00:22:51	00:40:34	01:01:25.45	01:01:29.35	+00:07:38 (12.4%)	4:05	14.7 (88.0%)
20	BIŃCZAK Tomasz	49	OWSB.PL	M40	20	00:00:06	00:23:53	00:41:27	01:01:30.90	01:01:37.85	+00:07:43 (12.6%)	4:06	14.6 (87.4%)
21	FIAŁKA Maciej	176	LOKATOR NIERUCHOMOŚCI PIŁA	M40	21	00:00:06	00:23:36	00:41:16	01:01:33.65	01:01:40.30	+00:07:46 (12.6%)	4:06	14.6 (87.4%)
22	ANTOSIK Grzegorz	16	KB BRYZA POSTOMINO/JW 1223	M40	22	00:00:06	00:23:45	00:41:33	01:02:06.00	01:02:12.85	+00:08:18 (13.4%)	4:08	14.5 (86.8%)
23	BARCZAK Rafał	26	KPP ZŁOTÓW	M40	23	00:00:16	00:23:54	00:41:46	01:02:08.50	01:02:25.25	+00:08:21 (13.4%)	4:08	14.5 (86.8%)
24	PAKULSKI Marcin	543		M40	24	00:00:49	00:24:27	00:42:01	01:02:22.70	01:03:12.30	+00:08:35 (13.8%)	4:09	14.4 (86.2%)
25	RYŚKIEWICZ Rafał	651	AZS PWSZ KOSZALIN	M40	25	00:00:07	00:23:04	00:41:09	01:02:43.30	01:02:50.30	+00:08:56 (14.2%)	4:10	14.4 (86.2%)
26	KONARSKI Bartosz	346	ERAKAWY RUNNERS	M40	26	00:00:27	00:24:23	00:42:32	01:03:06.10	01:03:33.45	+00:09:18 (14.8%)	4:12	14.3 (85.6%)
27	GRABSZTUNOWICZ Robert	214	TT SZCZECIN	M40	27	00:00:14	00:25:36	00:43:54	01:03:22.90	01:03:37.15	+00:09:35 (15.1%)	4:13	14.2 (85.0%)
28	JAROSZEWICZ Grzegorz	280	PARKRUN SZCZECIN	M40	28	00:00:09	00:24:10	00:42:18	01:03:40.70	01:03:49.90	+00:09:53 (15.5%)	4:14	14.1 (84.4%)
29	STEFANOWICZ Paweł	714	ORLEN RUNNING TEAM	M40	29	00:00:29	00:24:27	00:43:07	01:03:47.05	01:04:17.00	+00:09:59 (15.7%)	4:15	14.1 (84.4%)
30	SZLEGIER Dariusz	745	BIEGAMYRAZEM.PL	M40	30	00:00:06	00:24:21	00:43:02	01:04:07.95	01:04:14.65	+00:10:20 (16.1%)	4:16	14 (83.8%)
31	SURDAKCI Piotr	727	MONIA TEAM	M40	31	00:00:20	00:24:40	00:43:19	01:04:33.70	01:04:54.25	+00:10:46 (16.7%)	4:18	13.9 (83.2%)
32	SOBCZYK Łukasz	686	KOŁOBRZEG BIEGA	M40	32	00:00:06	00:23:55	00:42:35	01:04:39.95	01:04:45.95	+00:10:52 (16.8%)	4:18	13.9 (83.2%)
33	PRYK Rafał	596	ROZBIEGANY GOLENIÓW	M40	33	00:00:18	00:25:00	00:43:46	01:04:52.65	01:05:11.35	+00:11:05 (17.1%)	4:19	13.9 (83.2%)
34	RACZYŃSKI Kazimierz	604	LINUX MAGAZINE TEAM	M40	34	00:00:16	00:24:35	00:43:17	01:05:06.00	01:05:22.30	+00:11:18 (17.4%)	4:20	13.8 (82.6%)
35	KASPEROWICZ Dariusz	316		M40	35	00:00:16	00:23:50	00:42:32	01:05:15.05	01:05:32.00	+00:11:27 (17.6%)	4:21	13.8 (82.6%)
36	LASEK Bartosz	417	RAZ SZCZECIN	M40	36	00:00:26	00:25:05	00:43:46	01:05:30.10	01:05:56.35	+00:11:42 (17.9%)	4:22	13.7 (82.0%)
37	PASZKIEWICZ Grzegorz	551		M40	37	00:00:11	00:25:21	00:44:25	01:05:31.25	01:05:42.25	+00:11:44 (17.9%)	4:22	13.7 (82.0%)

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38	KRÓL Zbigniew	381	KB POŁCZYŃ-ZDRÓJ	M40	38	00:00:25	00:25:31	00:44:27	01:05:40.80	01:06:06.75	+00:11:53 (18.1%)	4:22	13.7 (82.0%)
39	MARCINIAK Robert	467		M40	39	00:00:06	00:24:52	00:43:55	01:05:42.70	01:05:48.90	+00:11:55 (18.1%)	4:22	13.7 (82.0%)
40	BIAŁKOWSKI Marcin	41	HOSSA TEAM	M40	40	00:00:31	00:25:18	00:44:14	01:05:43.85	01:06:15.50	+00:11:56 (18.2%)	4:22	13.7 (82.0%)
41	OLESZCZAK Robert	521	KP PSP GRZYFICE	M40	41	00:00:06	00:24:04	00:43:15	01:05:50.60	01:05:57.55	+00:12:03 (18.3%)	4:23	13.7 (82.0%)
42	WYSZKOWSKI Marcin	859	KB WYGAN	M40	42	00:00:19	00:24:47	00:44:02	01:06:04.60	01:06:24.45	+00:12:17 (18.6%)	4:24	13.6 (81.4%)
43	ŚLIWA Marek	933	NUTRILITE TEAM	M40	43	00:00:09	00:25:24	00:44:27	01:06:20.10	01:06:29.80	+00:12:32 (18.9%)	4:25	13.6 (81.4%)
44	HODERNY Adam	253	AT-AKTYWNY TRZEBIATÓW	M40	44	00:00:31	00:24:29	00:43:35	01:06:41.10	01:07:12.25	+00:12:53 (19.3%)	4:26	13.5 (80.8%)
45	BARTOSZUK Adam	30	BT KOŁOBRZEG	M40	45	00:00:05	00:25:10	00:45:05	01:07:14.05	01:07:19.95	+00:13:26 (20.0%)	4:28	13.4 (80.2%)
46	MAZUR Emiliusz	474	ŻYJ Z ENERGIA	M40	46	00:00:06	00:24:02	00:43:07	01:07:19.95	01:07:26.25	+00:13:32 (20.1%)	4:29	13.4 (80.2%)
47	KSZCZANOWICZ Jacek	389		M40	47	00:00:43	00:26:04	00:45:24	01:07:33.20	01:08:16.60	+00:13:46 (20.4%)	4:30	13.3 (79.6%)
48	KRAKOWIAK Sławomir	374		M40	48	00:00:16	00:25:44	00:45:31	01:07:47.80	01:08:04.55	+00:14:00 (20.7%)	4:31	13.3 (79.6%)
49	AUGUSTYNIAK Grzegorz	18	KB WYGAN	M40	49	00:00:27	00:25:55	00:45:43	01:07:48.15	01:08:15.25	+00:14:00 (20.7%)	4:31	13.3 (79.6%)
50	CHOŁUJ Jarek	96	ROZBIEGANY KOSZALIN	M40	50	00:00:23	00:26:27	00:45:55	01:08:00.30	01:08:23.55	+00:14:13 (20.9%)	4:32	13.2 (79.0%)
51	PIECHOWSKI Krzysztof	565	LOKATOR NIERUCHOMOŚCI PIŁA	M40	51	00:00:07	00:25:22	00:45:05	01:08:01.10	01:08:08.70	+00:14:13 (20.9%)	4:32	13.2 (79.0%)
52	KURAS Mariusz	407		M40	52	00:00:13	00:25:21	00:45:08	01:08:26.45	01:08:39.70	+00:14:39 (21.4%)	4:33	13.2 (79.0%)
53	KUSZ Radosław	412	KRÓLICZKI W PLECAKU	M40	53	00:00:12	00:25:48	00:45:54	01:08:29.15	01:08:41.15	+00:14:41 (21.5%)	4:33	13.1 (78.4%)
54	TWARÓG Eugeniusz	785	TEAM COLBERG	M40	54	00:00:52	00:26:51	00:46:41	01:08:39.25	01:09:31.55	+00:14:52 (21.7%)	4:34	13.1 (78.4%)
55	HARŁUKOWICZ Krzysztof	242		M40	55	00:00:08	00:26:46	00:47:43	01:09:07.00	01:09:15.55	+00:15:19 (22.2%)	4:36	13 (77.8%)
56	CIUPA Marcin	114	H2DESIGN	M40	56	00:00:16	00:25:17	00:45:38	01:09:12.00	01:09:28.75	+00:15:24 (22.3%)	4:36	13 (77.8%)
57	MIEDZIANOWSKI Mariusz	486	MARIUSZ MIEDZIANOWSKI	M40	57	00:00:22	00:27:16	00:47:12	01:09:17.20	01:09:39.80	+00:15:30 (22.4%)	4:37	13 (77.8%)
58	BUCZKOWSKI Jacek	76	8BREM	M40	58	00:00:09	00:26:01	00:46:43	01:09:24.30	01:09:33.80	+00:15:37 (22.5%)	4:37	13 (77.8%)
59	DUCHOWSKI Robert	156	100% EKIPA GRZYFINO	M40	59	00:00:49	00:26:37	00:46:39	01:09:28.90	01:10:18.05	+00:15:41 (22.6%)	4:37	13 (77.8%)
60	TROCKI Robert	777		M40	60	00:00:31	00:26:37	00:46:37	01:09:29.05	01:10:01.00	+00:15:41 (22.6%)	4:38	12.9 (77.2%)

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61	SKRZOS Tomasz	679		M40	61	00:00:20	00:25:21	00:45:35	01:09:33.65	01:09:54.15	+00:15:46 (22.7%)	4:38	12.9 (77.2%)
62	RUMISTRZEWICZ Artur	642		M40	62	00:00:20	00:27:01	00:47:30	01:10:09.15	01:10:29.15	+00:16:21 (23.3%)	4:40	12.8 (76.6%)
63	PITUŁA Waldemar	575		M40	63	00:00:11	00:25:29	00:45:41	01:10:09.75	01:10:21.20	+00:16:22 (23.3%)	4:40	12.8 (76.6%)
64	SZYMAŃSKI Piotr	758		M40	64	00:00:47	00:27:12	00:47:37	01:10:12.45	01:10:59.85	+00:16:25 (23.4%)	4:40	12.8 (76.6%)
65	WYSZCZELSKI Paweł	858	HQ MNCNE	M40	65	00:00:24	00:26:49	00:47:36	01:10:39.65	01:11:04.35	+00:16:52 (23.9%)	4:42	12.7 (76.0%)
66	STĘPIŃSKI Mirosław	715	RUNGRYF GRYFICE	M40	66	00:00:40	00:26:32	00:47:13	01:10:45.45	01:11:25.85	+00:16:58 (24.0%)	4:43	12.7 (76.0%)
67	PLEWA Piotr	577	4RUN TEAM PIŁA	M40	67	00:00:13	00:26:25	00:47:18	01:10:47.10	01:11:00.15	+00:16:59 (24.0%)	4:43	12.7 (76.0%)
68	BRZEZICKI Marcin	70		M40	68	00:00:12	00:27:22	00:48:33	01:11:04.85	01:11:17.15	+00:17:17 (24.3%)	4:44	12.7 (76.0%)
69	TALAREK Robert	769		M40	69	00:00:35	00:27:19	00:48:08	01:11:17.70	01:11:52.95	+00:17:30 (24.6%)	4:45	12.6 (75.4%)
70	WEREMIJ Sławek	809		M40	70	00:00:18	00:26:54	00:47:41	01:11:22.85	01:11:41.05	+00:17:35 (24.6%)	4:45	12.6 (75.4%)
71	RAMA Janusz	609		M40	71	00:00:36	00:26:31	00:47:13	01:11:38.35	01:12:14.90	+00:17:51 (24.9%)	4:46	12.6 (75.4%)
72	BOJKOWSKI Janusz	56	KB BRYZA POSTOMINO	M40	72	00:00:43	00:27:50	00:48:40	01:11:40.80	01:12:23.90	+00:17:53 (25.0%)	4:46	12.6 (75.4%)
73	SROKA Robert	706		M40	73	00:00:32	00:27:35	00:48:48	01:12:07.25	01:12:40.20	+00:18:20 (25.4%)	4:48	12.5 (74.9%)
74	HOC Dariusz	252		M40	74	00:00:12	00:26:51	00:48:21	01:12:24.30	01:12:36.95	+00:18:37 (25.7%)	4:49	12.4 (74.3%)
75	CIBORSKI Sławomir	916		M40	75	00:00:21	00:27:22	00:48:39	01:12:43.30	01:13:04.45	+00:18:56 (26.0%)	4:50	12.4 (74.3%)
76	BARCZYKOWSKI Grzegorz	27		M40	76	00:00:32	00:27:53	00:49:16	01:12:54.15	01:13:26.15	+00:19:06 (26.2%)	4:51	12.3 (73.7%)
77	TADROWSKI Tomasz	767		M40	77	00:00:30	00:27:35	00:49:16	01:12:59.60	01:13:30.35	+00:19:12 (26.3%)	4:52	12.3 (73.7%)
78	SPYCHAŁA Maciej	705	WRONIECKI KLUB BIEGACZA	M40	78	00:00:46	00:27:41	00:49:08	01:13:14.85	01:14:01.70	+00:19:27 (26.6%)	4:53	12.3 (73.7%)
79	GRZESIUK Rafał	229		M40	79	00:00:49	00:28:31	00:50:25	01:13:15.65	01:14:05.10	+00:19:28 (26.6%)	4:53	12.3 (73.7%)
80	IWANIEC Dariusz	261	TKKF KOSZALIN	M40	80	00:00:37	00:27:51	00:49:26	01:13:18.20	01:13:56.10	+00:19:31 (26.6%)	4:53	12.3 (73.7%)
81	KLOSKOWSKI Dariusz	338	NIGHT RUNNERS	M40	81	00:00:17	00:27:15	00:49:05	01:13:23.10	01:13:40.65	+00:19:35 (26.7%)	4:53	12.3 (73.7%)
82	SIENICKI Piotr	668	OPIUM	M40	82	00:00:36	00:27:30	00:48:35	01:13:38.75	01:14:15.55	+00:19:51 (27.0%)	4:54	12.2 (73.1%)
83	KARTOSZ Mariusz	315	RUNGRYF GRYFICE	M40	83	00:00:40	00:26:53	00:48:32	01:13:41.10	01:14:21.20	+00:19:53 (27.0%)	4:54	12.2 (73.1%)

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84	MĘDEL Cezary	479		M40	84	00:00:17	00:27:49	00:49:34	01:13:46.55	01:14:03.65	+00:19:59 (27.1%)	4:55	12.2 (73.1%)
85	CIESZYŃSKI Mariusz	113	BEAUTY-STUDIO LĘBORK	M40	85	00:00:29	00:27:57	00:49:37	01:13:53.35	01:14:22.60	+00:20:06 (27.2%)	4:55	12.2 (73.1%)
86	JAKUBOWSKI Mieczysław	270	KOŁOBRZEG BIEGA	M40	86	00:00:32	00:28:40	00:50:43	01:14:04.25	01:14:36.90	+00:20:17 (27.4%)	4:56	12.2 (73.1%)
87	PUŚCIAN Krzysztof	601	GIMNAZJUM W MANOWIE	M40	87	00:00:45	00:27:51	00:49:40	01:14:05.55	01:14:51.45	+00:20:18 (27.4%)	4:56	12.1 (72.5%)
88	JABŁOŃSKI Arkadiusz	267		M40	88	00:00:40	00:27:45	00:49:24	01:14:30.10	01:15:10.40	+00:20:42 (27.8%)	4:58	12.1 (72.5%)
89	CZAPLICKI Paweł	119	TKKF KOSZALIN	M40	89	00:00:06	00:27:47	00:50:00	01:14:38.75	01:14:45.05	+00:20:51 (27.9%)	4:58	12.1 (72.5%)
90	MICERSKI Tomasz	481	TKKF KOSZALIN	M40	90	00:00:38	00:27:55	00:50:01	01:14:50.50	01:15:28.50	+00:21:03 (28.1%)	4:59	12 (71.9%)
91	KUŁAKOWSKI Dawid	404	TKKF KOSZALIN	M40	91	00:00:37	00:27:56	00:50:01	01:15:00.55	01:15:37.75	+00:21:13 (28.3%)	5:00	12 (71.9%)
92	ŚLUBOWSKI Dariusz	763		M40	92	00:00:47	00:28:59	00:50:48	01:15:07.20	01:15:54.75	+00:21:20 (28.4%)	5:00	12 (71.9%)
93	MAJCHRZAK Paweł	936	KB POŁCZYN-ZDRÓJ	M40	93	00:01:02	00:28:59	00:51:10	01:15:11.60	01:16:13.85	+00:21:24 (28.5%)	5:00	12 (71.9%)
94	WRZESZCZ Piotr	855		M40	94	00:00:54	00:27:28	00:49:36	01:15:20.85	01:16:15.80	+00:21:33 (28.6%)	5:01	11.9 (71.3%)
95	GAWRYSIAK Przemysław	193		M40	95	00:00:48	00:28:54	00:51:09	01:15:21.70	01:16:10.60	+00:21:34 (28.6%)	5:01	11.9 (71.3%)
96	BURDA Cezary	84		M40	96	00:00:20	00:28:19	00:50:35	01:15:33.35	01:15:53.55	+00:21:46 (28.8%)	5:02	11.9 (71.3%)
97	SZARYŃSKI Adam	731	IRONMAN	M40	97	00:00:08	00:26:46	00:48:45	01:15:48.90	01:15:56.90	+00:22:01 (29.1%)	5:03	11.9 (71.3%)
98	GAZARKIEWICZ Michał	194	MOTOINTEGRATOR RUNNING TEAM	M40	98	00:00:25	00:29:01	00:51:06	01:16:11.05	01:16:36.15	+00:22:23 (29.4%)	5:04	11.8 (70.7%)
99	DEBERNY Mariusz	138		M40	99	00:00:34	00:27:26	00:50:27	01:16:30.05	01:17:04.45	+00:22:42 (29.7%)	5:06	11.8 (70.7%)
100	KWIATKOWSKI Grzegorz	414	DOWÓDZTWO 12SDZ	M40	100	00:00:35	00:26:29	00:49:38	01:16:46.70	01:17:22.15	+00:22:59 (29.9%)	5:07	11.7 (70.1%)
101	PRYCIŃSKI Krzysztof	595		M40	101	00:00:48	00:29:31	00:52:47	01:17:26.40	01:18:14.75	+00:23:39 (30.5%)	5:09	11.6 (69.5%)
102	DEREŃ Grzegorz	143	KB.SPRINT.ŚWIDWIN	M40	102	00:00:52	00:29:36	00:52:53	01:18:20.05	01:19:12.85	+00:24:32 (31.3%)	5:13	11.5 (68.9%)
103	CYNARSKI Marek	118	GAZOWNIK TEAM	M40	103	00:00:50	00:29:30	00:52:35	01:18:32.80	01:19:22.80	+00:24:45 (31.5%)	5:14	11.5 (68.9%)
104	ŚWIERZKO Artur	765		M40	104	00:00:11	00:28:16	00:52:05	01:19:13.00	01:19:24.10	+00:25:25 (32.1%)	5:16	11.4 (68.3%)
105	CHODYNIECKI Krzysztof	94		M40	105	00:00:47	00:30:06	00:53:42	01:19:33.25	01:20:21.00	+00:25:46 (32.4%)	5:18	11.3 (67.7%)
106	DANOWSKI Maciej	129	FITNESS CLUB FORMA	M40	106	00:00:42	00:30:01	00:53:54	01:19:35.80	01:20:18.15	+00:25:48 (32.4%)	5:18	11.3 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
107	BĄCZYK Adam	34	MONIA TEAM	M40	107	00:00:46	00:29:33	00:52:49	01:19:36.10	01:20:22.65	+00:25:48 (32.4%)	5:18	11.3 (67.7%)
108	HANULA Piotr	239	BŁĘKITNYPATROL WWF	M40	108	00:00:21	00:29:45	00:54:23	01:19:42.60	01:20:04.20	+00:25:55 (32.5%)	5:18	11.3 (67.7%)
109	MAJCHRZAK Paweł	458	SUNDAYBIKERS KARLINO TEAM	M40	109	00:00:42	00:29:49	00:53:53	01:19:43.95	01:20:25.95	+00:25:56 (32.5%)	5:18	11.3 (67.7%)
110	ZASTAWA Adam	866		M40	110	00:00:47	00:29:58	00:53:28	01:19:50.60	01:20:37.80	+00:26:03 (32.6%)	5:19	11.3 (67.7%)
111	SAK Piotr	660		M40	111	00:00:26	00:30:02	00:53:48	01:19:57.20	01:20:24.10	+00:26:10 (32.7%)	5:19	11.3 (67.7%)
112	ZIELNIK Daniel	872		M40	112	00:00:54	00:30:07	00:54:04	01:20:00.55	01:20:55.35	+00:26:13 (32.8%)	5:20	11.2 (67.1%)
113	AKIER Tomasz	10	NIEZRZESZONY	M40	113	00:00:29	00:28:06	00:52:09	01:20:09.95	01:20:39.65	+00:26:22 (32.9%)	5:20	11.2 (67.1%)
114	ŻYWOT Norbert	890		M40	114	00:00:57	00:29:36	00:53:14	01:20:26.70	01:21:23.80	+00:26:39 (33.1%)	5:21	11.2 (67.1%)
115	DRABARZ Michał	151	ZAWADZKIEGO SZCZECIN	M40	115	00:00:33	00:30:29	00:55:13	01:20:49.45	01:21:23.05	+00:27:02 (33.5%)	5:23	11.1 (66.5%)
116	KOZŁOWSKI Maciej	369	AT-AKTYWNY TRZEBIATÓW	M40	116	00:00:17	00:30:37	00:54:40	01:20:57.80	01:21:15.25	+00:27:10 (33.6%)	5:23	11.1 (66.5%)
117	GRABOWSKI Grzegorz	213		M40	117	00:00:40	00:29:38	00:53:42	01:21:21.90	01:22:02.50	+00:27:34 (33.9%)	5:25	11.1 (66.5%)
118	JASIŃSKI Jarosław	285		M40	118	00:00:59	00:30:14	00:54:16	01:21:36.30	01:22:36.00	+00:27:49 (34.1%)	5:26	11 (65.9%)
119	ADAMCZYK Piotr	5		M40	119	00:00:38	00:30:09	00:54:31	01:21:36.80	01:22:15.35	+00:27:49 (34.1%)	5:26	11 (65.9%)
120	POTERAŁSKI Radosław	590	JOGGING ŚWINOUJŚCIE	M40	120	00:00:42	00:30:00	00:54:22	01:22:40.70	01:23:23.30	+00:28:53 (34.9%)	5:30	10.9 (65.3%)
121	KRÓL Marcin	380		M40	121	00:00:42	00:29:30	00:54:21	01:23:18.05	01:24:00.65	+00:29:30 (35.4%)	5:33	10.8 (64.7%)
122	CHOŚCIŃSKI Piotr	100	HAIRBOX	M40	122	00:00:34	00:31:57	00:56:17	01:23:23.85	01:23:58.35	+00:29:36 (35.5%)	5:33	10.8 (64.7%)
123	MIĄSEK Ryszard	480		M40	123	00:00:56	00:31:06	00:55:43	01:23:46.35	01:24:43.20	+00:29:59 (35.8%)	5:35	10.7 (64.1%)
124	DUDZIAK Piotr	160	KOSZALIN	M40	124	00:00:24	00:29:35	00:54:20	01:24:00.95	01:24:25.15	+00:30:13 (36.0%)	5:36	10.7 (64.1%)
125	KACPRZAK Seweryn	296		M40	125	00:00:54	00:31:40	00:56:51	01:24:06.85	01:25:01.70	+00:30:19 (36.1%)	5:36	10.7 (64.1%)
126	DIDŁUCH Jacek	144	KOŁOBRZEG BIEGA MARATON TEAM	M40	126	00:00:54	00:28:53	00:54:34	01:24:08.65	01:25:03.05	+00:30:21 (36.1%)	5:36	10.7 (64.1%)
127	NIERYCHLEWSKI Maciej	932		M40	127	00:00:10	00:30:55	00:56:50	01:24:36.75	01:24:47.05	+00:30:49 (36.4%)	5:38	10.6 (63.5%)
128	DOMAŃSKI Adam	150		M40	128	00:00:55	00:32:01	00:57:36	01:24:47.90	01:25:43.30	+00:31:00 (36.6%)	5:39	10.6 (63.5%)
129	BARSZCZEWSKI Sabastian	961	BP WWF	M40	129	00:00:19	00:29:46	00:54:43	01:25:15.80	01:25:35.45	+00:31:28 (36.9%)	5:41	10.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
130	MŁYNAREK Piotr	490		M40	130	00:00:59	00:31:45	00:57:27	01:25:27.55	01:26:27.25	+00:31:40 (37.1%)	5:41	10.5 (62.9%)
131	RUCZKO Sławomir	637	USAA RUCZKO	M40	131	00:00:16	00:30:20	00:55:51	01:25:38.30	01:25:54.95	+00:31:51 (37.2%)	5:42	10.5 (62.9%)
132	HAWRYLAK Piotr	921		M40	132	00:00:45	00:31:35	00:57:47	01:26:20.50	01:27:05.75	+00:32:33 (37.7%)	5:45	10.4 (62.3%)
133	MAŁETKA Piotr	902	TEAM COLBERG	M40	133	00:00:40	00:31:53	00:57:56	01:27:35.80	01:28:16.15	+00:33:48 (38.6%)	5:50	10.3 (61.7%)
134	WOŹNIAK Jacek	127		M40	134	00:00:06	00:32:10	00:59:21	01:29:41.60	01:29:47.80	+00:35:54 (40.0%)	5:58	10 (59.9%)
135	KACZOR Piotr	300	GWIEZDNA FLOTA MASZEWO	M40	135	00:00:29	00:32:56	01:00:38	01:29:56.90	01:30:26.70	+00:36:09 (40.2%)	5:59	10 (59.9%)
136	GARGULIŃSKI Andrzej	186		M40	136	00:00:51	00:32:41	00:59:34	01:30:01.55	01:30:53.20	+00:36:14 (40.3%)	6:00	10 (59.9%)
137	REMLAKOWSKI Krzysztof	622	WE RUN	M40	137	00:00:21	00:32:07	00:59:33	01:30:20.65	01:30:42.55	+00:36:33 (40.5%)	6:01	10 (59.9%)
138	PAVLIUTKIN Aleksandr	553		M40	138	00:00:33	00:32:47	01:00:39	01:30:50.25	01:31:23.95	+00:37:03 (40.8%)	6:03	9.9 (59.3%)
139	BARYLSKI Grzegorz	31		M40	139	00:00:35	00:31:44	00:59:00	01:30:53.05	01:31:28.70	+00:37:05 (40.8%)	6:03	9.9 (59.3%)
140	MALINOWSKI Mariusz	463		M40	140	00:00:59	00:33:04	01:00:10	01:30:57.15	01:31:56.65	+00:37:09 (40.9%)	6:03	9.9 (59.3%)
141	UTRAJCZAK Daniel	792		M40	141	00:00:58	00:33:14	01:01:01	01:31:06.45	01:32:05.25	+00:37:19 (41.0%)	6:04	9.9 (59.3%)
142	KAMIŃSKI Andrzej	308	NAKIELSKI KLUB BIEGACZA	M40	142	00:00:58	00:34:18	01:01:17	01:31:46.50	01:32:45.20	+00:37:59 (41.4%)	6:07	9.8 (58.7%)
143	RZYDUCH Piotr	656	RWT W BYDGOSZCZY	M40	143	00:00:40	00:33:16	01:01:05	01:32:10.70	01:32:51.55	+00:38:23 (41.6%)	6:08	9.8 (58.7%)
144	SKWARK Krzysztof	681		M40	144	00:00:33	00:31:56	00:59:24	01:32:39.45	01:33:13.35	+00:38:52 (42.0%)	6:10	9.7 (58.1%)
145	BRYNDZA Piotr	66		M40	145	00:00:49	00:32:31	01:02:01	01:33:08.70	01:33:58.00	+00:39:21 (42.3%)	6:12	9.7 (58.1%)
146	RZESZOTARSKI Jacek	907		M40	146	00:00:58	00:34:34	01:03:12	01:33:26.50	01:34:24.75	+00:39:39 (42.4%)	6:13	9.6 (57.5%)
147	DEPTA Paweł	141		M40	147	00:00:58	00:34:34	01:03:12	01:33:26.55	01:34:24.75	+00:39:39 (42.4%)	6:13	9.6 (57.5%)
148	ŻABCZAK Jakub	883	POZNANIANKA	M40	148	00:00:51	00:35:13	01:03:56	01:34:43.85	01:35:34.90	+00:40:56 (43.2%)	6:18	9.5 (56.9%)
149	TUDRUJ Andrzej	784		M40	149	00:00:20	00:32:30	01:02:46	01:39:13.35	01:39:33.75	+00:45:26 (45.8%)	6:36	9.1 (54.5%)
150	KULA Szymon	401		M40	150	00:00:43	00:36:16	01:07:26	01:42:05.65	01:42:49.50	+00:48:18 (47.3%)	6:48	8.8 (52.7%)
151	KLESZCZ Adam	336		M40	151	00:00:51	00:36:14	01:08:46	01:44:00.35	01:44:51.95	+00:50:13 (48.3%)	6:56	8.7 (52.1%)