BYDGOSKI BIEG NIEPODLEGŁOŚCI 2016

Organizator: Aktywna Bydgoszcz
Data: 2016-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**KOŚMIEJA Marcin**	**38**	TKKF KOLEJARZ	M-30	1	00:00:02	**00:17:03.05**	**00:17:05.45**		3:24	17.6 (100%)
2	**GUZMANN Mateusz**	**1380**		M-10	1	00:00:01	**00:17:13.50**	**00:17:15.25**	+00:00:10 (1.0%)	3:26	17.4 (98.9%)
3	**BONKOWSKI Piotr**	**8**	HARDCORE NAKŁO NAD NOTECIĄ	M-20	1	00:00:01	**00:17:24.05**	**00:17:26.00**	+00:00:21 (2.0%)	3:29	17.2 (97.7%)
4	**LUTOWSKI Wojciech**	**530**	TKKF KOLEJARZ BYDGOSZCZ	M-30	2	00:00:01	**00:17:42.05**	**00:17:43.80**	+00:00:39 (3.7%)	3:32	16.9 (96.0%)
5	**MYSZKIEWICZ Maciej**	**1040**		M-20	2	00:00:01	**00:17:44.45**	**00:17:45.95**	+00:00:41 (3.9%)	3:32	16.9 (96.0%)
6	**DEPTUŁA Grzegorz**	**1015**	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M-30	3	00:00:03	**00:18:09.20**	**00:18:12.20**	+00:01:06 (6.1%)	3:37	16.5 (93.8%)
7	**SOSNOWSKI Krzysztof**	**928**	B4SPORT	M-30	4	00:00:02	**00:18:19.90**	**00:18:22.25**	+00:01:16 (7.0%)	3:40	16.4 (93.2%)
8	**KLÓSKA Fabian**	**389**	SPÓJNIA BIAŁE BŁOTA	M-20	3	00:00:02	**00:18:28.70**	**00:18:31.35**	+00:01:25 (7.7%)	3:41	16.2 (92.0%)
9	**MRUK Tomasz**	**480**	CZARNE STOPY.SM	M-40	1	00:00:02	**00:18:37.85**	**00:18:40.50**	+00:01:34 (8.5%)	3:43	16.1 (91.5%)
10	**CZYŻNIKIEWICZ Paweł**	**677**	WOOLFIK.PL	M-20	4	00:00:00	**00:18:38.65**	**00:18:38.65**	+00:01:35 (8.5%)	3:43	16.1 (91.5%)
11	**TACZKOWSKI Jarosław**	**931**	B4SPORT	M-40	2	00:00:02	**00:18:40.20**	**00:18:42.55**	+00:01:37 (8.7%)	3:44	16.1 (91.5%)
12	**STRYCHALSKI Tomasz**	**403**	BYDGOSZCZ RUN PROJECT	M-30	5	00:00:03	**00:18:45.95**	**00:18:49.05**	+00:01:42 (9.1%)	3:45	16 (90.9%)
13	**SKIBA Łukasz**	**974**	OSF TEAM 1 BRYGADA LOGISTYCZNA	M-20	5	00:00:01	**00:18:47.35**	**00:18:49.10**	+00:01:44 (9.3%)	3:45	16 (90.9%)
14	**EJSMONT Krzysztof**	**407**		M-30	6	00:00:02	**00:19:04.60**	**00:19:06.70**	+00:02:01 (10.6%)	3:48	15.7 (89.2%)
15	**KOLMAJER Rafał**	**402**	RUN BYDGOSZCZ	M-30	7	00:00:03	**00:19:09.80**	**00:19:13.65**	+00:02:06 (11.0%)	3:50	15.7 (89.2%)
16	**KWIATKOWSKI Damian**	**565**	RUN BYDGOSZCZ	M-20	6	00:00:03	**00:19:09.95**	**00:19:13.80**	+00:02:06 (11.0%)	3:50	15.7 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	**ABDOUL Romaric**	**1362**	PRO-PRAWO DO ŻYCIA	M-30	8	00:00:10	**00:19:11.05**	**00:19:22.00**	+00:02:08 (11.1%)	3:50	15.6 (88.6%)
18	**BORCZYKOWSKI Rafał**	**926**	BRAK	M-30	9	00:00:03	**00:19:16.15**	**00:19:19.45**	+00:02:13 (11.5%)	3:51	15.6 (88.6%)
18	**FUZ Marek**	**270**	KABEL TEAM BYDGOSZCZ	M-40	3	00:00:03	**00:19:16.15**	**00:19:19.45**	+00:02:13 (11.5%)	3:51	15.6 (88.6%)
20	**WOLLANDT Paweł**	**1103**		M-30	10	00:00:05	**00:19:18.60**	**00:19:23.80**	+00:02:15 (11.7%)	3:51	15.5 (88.1%)
21	**TOMCZYŃSKI Bartosz**	**840**		M-30	11	00:00:03	**00:19:21.15**	**00:19:24.75**	+00:02:18 (11.9%)	3:52	15.5 (88.1%)
22	**TUCHOLSKI Bartłomiej**	**635**	BYDGOSKIE OKONIE	M-20	7	00:00:04	**00:19:22.45**	**00:19:26.45**	+00:02:19 (12.0%)	3:52	15.5 (88.1%)
23	**KOZŁOWSKI Rafał**	**394**	RUN PASJA	M-40	4	00:00:02	**00:19:23.25**	**00:19:25.90**	+00:02:20 (12.1%)	3:52	15.5 (88.1%)
24	**ŚLEFARSKI Jacek**	**48**		M-30	12	00:00:04	**00:19:25.40**	**00:19:29.90**	+00:02:22 (12.2%)	3:53	15.5 (88.1%)
25	**FRĄCZ-ZAKRZEWSKI Dawid**	**1426**	LOTTO BYDGOSTIA	M-10	2	00:00:01	**00:19:26.10**	**00:19:27.60**	+00:02:23 (12.3%)	3:53	15.4 (87.5%)
26	**SZYMCZAK Nicolas**	**881**	LOTTO BYDGOSTIA	M-10	3	00:00:01	**00:19:27.20**	**00:19:28.75**	+00:02:24 (12.4%)	3:53	15.4 (87.5%)
27	**PIEKARSKI Marek**	**337**	RESTAURACJA KING FU BYDGOSZCZ	M-40	5	00:00:01	**00:19:30.55**	**00:19:32.30**	+00:02:27 (12.6%)	3:54	15.4 (87.5%)
28	**KUROWSKI Kamil**	**29**	HTB	M-30	13	00:00:04	**00:19:36.10**	**00:19:40.40**	+00:02:33 (13.0%)	3:55	15.3 (86.9%)
29	**FLOREK Paweł**	**47**	RE MEDIA BYDGOSZCZ	M-30	14	00:00:03	**00:19:43.85**	**00:19:47.70**	+00:02:40 (13.6%)	3:56	15.2 (86.4%)
30	**MACKOWSKI Maciej**	**194**	MYSLECINEKBDG	M-30	15	00:00:03	**00:19:44.55**	**00:19:47.95**	+00:02:41 (13.6%)	3:56	15.2 (86.4%)
31	**PILCH Artur**	**32**	KLINIKA TRIATHLONU TEAM	M-30	16	00:00:03	**00:19:45.45**	**00:19:48.50**	+00:02:42 (13.7%)	3:57	15.2 (86.4%)
32	**GRALIK Jedrzej**	**1396**	BYDGOSKIE OKONIE	M-20	8	00:00:04	**00:19:47.20**	**00:19:51.50**	+00:02:44 (13.8%)	3:57	15.2 (86.4%)
33	**KUŁAKOWSKI Krzysztof**	**385**	RUN PASJA BYDGOSZCZ	M-30	17	00:00:04	**00:19:54.35**	**00:19:58.45**	+00:02:51 (14.3%)	3:58	15.1 (85.8%)
34	**BUKOWIŃSKI Michał**	**751**	KLUB HANI & ANTKA	M-30	18	00:00:06	**00:19:55.00**	**00:20:01.15**	+00:02:51 (14.4%)	3:59	15.1 (85.8%)
35	**HAIZE Tomek**	**179**		M-30	19	00:00:04	**00:20:01.05**	**00:20:05.25**	+00:02:58 (14.8%)	4:00	15 (85.2%)
36	**BEDRA Robert**	**249**		M-30	20	00:00:03	**00:20:01.45**	**00:20:04.85**	+00:02:58 (14.8%)	4:00	15 (85.2%)
37	**BAŁDYGA Daniel**	**1329**	1BLOG	M-30	21	00:00:09	**00:20:06.65**	**00:20:16.15**	+00:03:03 (15.2%)	4:01	14.9 (84.7%)
38	**KŁOSOWSKI Marcin**	**729**	WWW.JABEX.COM.PL	M-40	6	00:00:02	**00:20:11.20**	**00:20:13.25**	+00:03:08 (15.5%)	4:02	14.9 (84.7%)
39	**GRACZYKOWSKI Jakub**	**786**	BYDGOSZCZ TRIATHLON TEAM	M-20	9	00:00:02	**00:20:11.35**	**00:20:14.00**	+00:03:08 (15.5%)	4:02	14.9 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	**CIECHANOWSKI Bartłomiej**	**1484**	SEROCK	M-10	4	00:00:04	**00:20:13.65**	**00:20:18.35**	+00:03:10 (15.7%)	4:02	14.8 (84.1%)
41	**ŚLUSARSKI Przemysław**	**335**	BRZOZOWA TEAM	M-30	22	00:00:03	**00:20:16.55**	**00:20:20.00**	+00:03:13 (15.9%)	4:03	14.8 (84.1%)
42	**BIAŁY Dawid**	**1046**	SPÓJNIA BIAŁE BŁOTA	M-20	10	00:00:05	**00:20:18.25**	**00:20:23.95**	+00:03:15 (16.0%)	4:03	14.8 (84.1%)
43	**KURDELSKI Kamil**	**329**		M-20	11	00:00:03	**00:20:20.05**	**00:20:23.20**	+00:03:17 (16.1%)	4:04	14.8 (84.1%)
44	**PRZYBYLSKI Maciej**	**1471**		M-40	7	00:00:00	**00:20:20.35**	**00:20:20.35**	+00:03:17 (16.2%)	4:04	14.8 (84.1%)
45	**SZLINGER Jakub**	**190**		M-30	23	00:00:08	**00:20:21.25**	**00:20:29.40**	+00:03:18 (16.2%)	4:04	14.7 (83.5%)
46	**RYDLEWSKI Marek**	**862**	RUN BYDGOSZCZ	M-40	8	00:00:05	**00:20:22.75**	**00:20:28.00**	+00:03:19 (16.3%)	4:04	14.7 (83.5%)
47	**SKUBISZEWSKI Damian**	**605**	ARMIA CHRYSTUSA	M-20	12	00:00:06	**00:20:25.25**	**00:20:31.30**	+00:03:22 (16.5%)	4:05	14.7 (83.5%)
48	**PILEWSKI Mikołaj**	**599**	BYDGOSZCZ TRIATHLON TEAM	M-20	13	00:00:05	**00:20:26.75**	**00:20:32.15**	+00:03:23 (16.6%)	4:05	14.7 (83.5%)
49	**SZYMAŃSKI Krystian**	**1441**		M-30	24	00:00:07	**00:20:28.80**	**00:20:36.55**	+00:03:25 (16.7%)	4:05	14.6 (83.0%)
50	**RZEPKA Andrzej**	**1344**	BRODNICA BIEGA	M-40	9	00:00:06	**00:20:29.50**	**00:20:35.55**	+00:03:26 (16.8%)	4:05	14.6 (83.0%)
51	**DZIAŁOSZYŃSKI Łukasz**	**541**		M-20	14	00:00:00	**00:20:30.25**	**00:20:30.25**	+00:03:27 (16.8%)	4:06	14.6 (83.0%)
52	**KOWALSKI Jacek**	**922**		M-30	25	00:00:03	**00:20:30.85**	**00:20:34.25**	+00:03:27 (16.9%)	4:06	14.6 (83.0%)
53	**MUCHA Marcin**	**219**	BATRUN	M-30	26	00:00:08	**00:20:33.80**	**00:20:41.95**	+00:03:30 (17.1%)	4:06	14.6 (83.0%)
54	**LEPRINCE Ludovic**	**932**		M-40	10	00:00:05	**00:20:33.90**	**00:20:39.40**	+00:03:30 (17.1%)	4:06	14.6 (83.0%)
55	**BOINSKI Rafal**	**223**		M-30	27	00:00:08	**00:20:34.15**	**00:20:42.95**	+00:03:31 (17.1%)	4:06	14.6 (83.0%)
56	**KUBIŃSKI Jakub**	**1045**	BYDGOSZCZ TRIATHLON TEAM	M-20	15	00:00:04	**00:20:34.85**	**00:20:39.25**	+00:03:31 (17.2%)	4:07	14.6 (83.0%)
57	**KOZIŃSKI Marek**	**1365**	RUN BYDGOSZCZ	M-30	28	00:00:05	**00:20:36.05**	**00:20:41.05**	+00:03:33 (17.2%)	4:07	14.6 (83.0%)
58	**OLSZEWSKI Arkadiusz**	**673**	INOWROCŁAW BIEGA	M-20	16	00:00:04	**00:20:36.40**	**00:20:41.00**	+00:03:33 (17.3%)	4:07	14.6 (83.0%)
59	**KUJAWA Piotr**	**1132**	RUN BYDGOSZCZ	M-40	11	00:00:04	**00:20:38.55**	**00:20:43.50**	+00:03:35 (17.4%)	4:07	14.5 (82.4%)
60	**DĄBROWSKI Paweł**	**154**		M-20	17	00:00:05	**00:20:39.10**	**00:20:44.50**	+00:03:36 (17.4%)	4:07	14.5 (82.4%)
61	**FELKNER Kamil**	**1342**		M-10	5	00:00:48	**00:20:40.15**	**00:21:28.55**	+00:03:37 (17.5%)	4:08	14.5 (82.4%)
62	**WARSZAWSKI Przemysław**	**448**		M-20	18	00:00:05	**00:20:42.65**	**00:20:48.35**	+00:03:39 (17.7%)	4:08	14.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
63	**BRZUCHALSKI Mati**	**566**		M-20	19	00:00:20	**00:20:44.60**	**00:21:04.85**	+00:03:41 (17.8%)	4:08	14.5 (82.4%)
64	**MILOSIERNY Oskar**	**803**	BBL SZUBIN	M-10	6	00:00:10	**00:20:44.90**	**00:20:55.30**	+00:03:41 (17.8%)	4:09	14.5 (82.4%)
65	**SZULC Jarosław**	**1472**	SZULC TEAM	M-30	29	00:00:10	**00:20:47.20**	**00:20:57.95**	+00:03:44 (18.0%)	4:09	14.4 (81.8%)
66	**HAMERSKI Dawid**	**198**	GORDON RUN	M-20	20	00:00:07	**00:20:47.45**	**00:20:55.30**	+00:03:44 (18.0%)	4:09	14.4 (81.8%)
67	**SZATTEN Dawid**	**573**		M-30	30	00:00:10	**00:20:51.40**	**00:21:02.35**	+00:03:48 (18.2%)	4:10	14.4 (81.8%)
68	**ZWIEWKA Sebastian**	**636**	SPÓJNIA BIAŁE BŁOTA	M-40	12	00:00:06	**00:20:51.80**	**00:20:58.30**	+00:03:48 (18.3%)	4:10	14.4 (81.8%)
69	**RUDNICKI Michał**	**139**	TASAK TEAM	M-30	31	00:00:09	**00:20:57.40**	**00:21:07.10**	+00:03:54 (18.6%)	4:11	14.3 (81.3%)
70	**GURDAK Leszek**	**254**		M-40	13	00:00:10	**00:20:58.70**	**00:21:09.45**	+00:03:55 (18.7%)	4:11	14.3 (81.3%)
71	**WILK Łukasz**	**62**		M-30	32	00:00:06	**00:20:59.50**	**00:21:06.30**	+00:03:56 (18.8%)	4:12	14.3 (81.3%)
72	**KUBIS Roman**	**859**	RUN PASJA	M-40	14	00:00:04	**00:21:02.25**	**00:21:06.80**	+00:03:59 (19.0%)	4:12	14.3 (81.3%)
73	**KISIEL Tomasz**	**452**	RUN BYDGOSZCZ	M-40	15	00:00:05	**00:21:07.75**	**00:21:13.65**	+00:04:04 (19.3%)	4:13	14.2 (80.7%)
74	**GRZYWIŃSKI Grzegorz**	**594**		M-30	33	00:00:21	**00:21:09.85**	**00:21:31.20**	+00:04:06 (19.4%)	4:14	14.2 (80.7%)
75	**GZYL Mikolaj**	**1073**	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	34	00:00:09	**00:21:11.70**	**00:21:20.80**	+00:04:08 (19.6%)	4:14	14.2 (80.7%)
76	**DURCZAK Jerzy**	**1063**		M-30	35	00:00:06	**00:21:12.70**	**00:21:18.75**	+00:04:09 (19.6%)	4:14	14.2 (80.7%)
77	**WIŚNIEWSKI Piotr**	**706**		M-30	36	00:00:16	**00:21:13.50**	**00:21:30.00**	+00:04:10 (19.7%)	4:14	14.1 (80.1%)
78	**SZCZEBLEWSKI Pawel**	**1288**		M-20	21	00:00:05	**00:21:14.50**	**00:21:20.05**	+00:04:11 (19.7%)	4:15	14.1 (80.1%)
79	**SZWARC Paweł**	**817**	RUN BYDGOSZCZ	M-30	37	00:00:06	**00:21:14.80**	**00:21:21.00**	+00:04:11 (19.7%)	4:15	14.1 (80.1%)
80	**MARTIN Paweł**	**26**		M-30	38	00:00:12	**00:21:18.45**	**00:21:30.65**	+00:04:15 (20.0%)	4:15	14.1 (80.1%)
81	**LEWICKI Artur**	**979**	LEGE ARTIS	M-40	16	00:00:12	**00:21:18.70**	**00:21:31.50**	+00:04:15 (20.0%)	4:15	14.1 (80.1%)
82	**BRZOZOWSKI Mariusz**	**703**		M-50	1	00:00:09	**00:21:18.75**	**00:21:27.95**	+00:04:15 (20.0%)	4:15	14.1 (80.1%)
83	**PALIGA Mateusz**	**1151**		M-20	22	00:00:03	**00:21:21.00**	**00:21:24.45**	+00:04:17 (20.1%)	4:16	14.1 (80.1%)
84	**KRUCZKOWSKI Jakub**	**797**	MKS EMDEK BYDGOSZCZ	M-10	7	00:00:04	**00:21:23.35**	**00:21:27.85**	+00:04:20 (20.3%)	4:16	14 (79.5%)
85	**WENDA Dawid**	**563**	SZKOŁA JAZDY TOMAS	M-20	23	00:00:09	**00:21:23.75**	**00:21:32.95**	+00:04:20 (20.3%)	4:16	14 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	**DOMALEWSKI Łukasz**	**87**		M-20	24	00:00:10	**00:21:24.05**	**00:21:34.45**	+00:04:21 (20.3%)	4:16	14 (79.5%)
87	**SIUDA Sebastian**	**16**		M-40	17	00:00:11	**00:21:24.80**	**00:21:36.05**	+00:04:21 (20.4%)	4:17	14 (79.5%)
88	**GRZECHOWIAK Krzysztof**	**71**		M-30	39	00:00:11	**00:21:25.70**	**00:21:37.05**	+00:04:22 (20.4%)	4:17	14 (79.5%)
89	**TRZCIŃSKI Tomasz**	**1436**		M-20	25	00:00:06	**00:21:26.60**	**00:21:33.25**	+00:04:23 (20.5%)	4:17	14 (79.5%)
90	**TRZCIŃSKI Franciszek**	**224**	SIR START	M-50	2	00:00:06	**00:21:26.80**	**00:21:33.45**	+00:04:23 (20.5%)	4:17	14 (79.5%)
91	**ŁUKOMSKI Marcin**	**1001**	BENEFITKSO	M-30	40	00:00:35	**00:21:27.00**	**00:22:02.10**	+00:04:23 (20.5%)	4:17	14 (79.5%)
92	**PAWLACZYK Szymon**	**627**	TRISPACE	M-30	41	00:00:06	**00:21:28.70**	**00:21:34.75**	+00:04:25 (20.6%)	4:17	14 (79.5%)
93	**ROSZAK Zbigniew**	**942**		M-20	26	00:00:02	**00:21:29.95**	**00:21:32.00**	+00:04:26 (20.7%)	4:18	14 (79.5%)
94	**GUZOWSKI Rafał**	**542**	TCMS PESA	M-20	27	00:00:47	**00:21:30.60**	**00:22:17.75**	+00:04:27 (20.7%)	4:18	14 (79.5%)
95	**LEWANDOWSKI Rafał**	**1061**	B4SPORT.PL	M-30	42	00:00:08	**00:21:31.45**	**00:21:40.30**	+00:04:28 (20.8%)	4:18	13.9 (79.0%)
95	**KOŁACKI Jarosław**	**524**		M-20	28	00:00:24	**00:21:31.45**	**00:21:55.85**	+00:04:28 (20.8%)	4:18	13.9 (79.0%)
97	**SKUZA Sebastian**	**616**		M-20	29	00:00:14	**00:21:31.90**	**00:21:46.55**	+00:04:28 (20.8%)	4:18	13.9 (79.0%)
98	**RUDOL Sebastian**	**152**		M-40	18	00:00:16	**00:21:32.25**	**00:21:48.70**	+00:04:29 (20.8%)	4:18	13.9 (79.0%)
99	**GRZELCZAK Jakub**	**1247**		M-30	43	00:00:18	**00:21:34.00**	**00:21:52.55**	+00:04:30 (20.9%)	4:18	13.9 (79.0%)
100	**PRZYBYLSKI Bartek**	**1022**	RUN BDG	M-20	30	00:00:36	**00:21:34.40**	**00:22:11.05**	+00:04:31 (21.0%)	4:19	13.9 (79.0%)
101	**NIEWIAROWSKI Paweł**	**474**		M-20	31	00:00:24	**00:21:36.20**	**00:22:00.90**	+00:04:33 (21.1%)	4:19	13.9 (79.0%)
102	**WARCZAK Kuba**	**195**	TEAMOCHAL	M-30	44	00:00:16	**00:21:38.05**	**00:21:54.30**	+00:04:35 (21.2%)	4:19	13.9 (79.0%)
103	**KALACZYŃSKI Miłosz**	**732**		M-10	8	00:00:11	**00:21:39.35**	**00:21:50.95**	+00:04:36 (21.3%)	4:19	13.9 (79.0%)
104	**DĘBSKI Adrian**	**900**		M-30	45	00:00:11	**00:21:42.30**	**00:21:53.85**	+00:04:39 (21.4%)	4:20	13.8 (78.4%)
105	**GRALIK Kacper**	**860**	BYDGOSKIE OKONIE	M-20	32	00:00:07	**00:21:45.90**	**00:21:53.15**	+00:04:42 (21.7%)	4:21	13.8 (78.4%)
105	**MALICKI Łukasz**	**236**	KLINIKA TRIATHLONU TEAM	M-30	46	00:00:13	**00:21:45.90**	**00:21:59.80**	+00:04:42 (21.7%)	4:21	13.8 (78.4%)
107	**HOŁTYN Patryk**	**1092**		M-20	33	00:01:03	**00:21:47.10**	**00:22:50.85**	+00:04:44 (21.7%)	4:21	13.8 (78.4%)
108	**IGNACZAK Jarosław**	**491**		M-30	47	00:00:15	**00:21:47.90**	**00:22:03.60**	+00:04:44 (21.8%)	4:21	13.8 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	**RETLEWSKI Adam**	**533**		M-20	34	00:00:22	**00:21:49.15**	**00:22:11.55**	+00:04:46 (21.9%)	4:21	13.8 (78.4%)
110	**FILIPEK Patryk**	**903**		M-20	35	00:00:26	**00:21:49.20**	**00:22:15.75**	+00:04:46 (21.9%)	4:21	13.8 (78.4%)
111	**TUBAJA Albert**	**20**	KABEL TEAM BYDGOSZCZ	M-40	19	00:00:08	**00:21:50.05**	**00:21:58.05**	+00:04:47 (21.9%)	4:22	13.7 (77.8%)
112	**CIEPŁOWSKI Robert**	**837**	IPA BYDGOSZCZ	M-30	48	00:00:16	**00:21:50.90**	**00:22:07.40**	+00:04:47 (22.0%)	4:22	13.7 (77.8%)
113	**TOMASZEWSKI Jordan**	**115**	AFLOFARM RUNNING TEAM	M-30	49	00:00:05	**00:21:51.70**	**00:21:57.10**	+00:04:48 (22.0%)	4:22	13.7 (77.8%)
114	**TOKARSKI Paweł**	**675**		M-10	9	00:00:07	**00:21:52.00**	**00:21:59.30**	+00:04:48 (22.0%)	4:22	13.7 (77.8%)
115	**WITKOWSKI Piotr**	**1200**	VIVA LA VIDA	M-20	36	00:00:06	**00:21:53.85**	**00:21:59.95**	+00:04:50 (22.1%)	4:22	13.7 (77.8%)
116	**DOBROGOWSKI Piotr**	**962**		M-10	10	00:00:10	**00:21:54.05**	**00:22:04.15**	+00:04:51 (22.1%)	4:22	13.7 (77.8%)
117	**SZELA Leszek**	**458**		M-40	20	00:00:19	**00:21:56.95**	**00:22:15.95**	+00:04:53 (22.3%)	4:23	13.7 (77.8%)
118	**ŁAZ Kamil**	**184**	RUN BYDGOSZCZ	M-30	50	00:00:04	**00:21:57.05**	**00:22:01.35**	+00:04:54 (22.3%)	4:23	13.7 (77.8%)
119	**RENC Patryk**	**905**		M-20	37	00:00:11	**00:21:57.50**	**00:22:08.85**	+00:04:54 (22.3%)	4:23	13.7 (77.8%)
120	**NOWAK Rafał**	**1457**		M-20	38	00:00:03	**00:21:58.05**	**00:22:01.20**	+00:04:55 (22.4%)	4:23	13.7 (77.8%)
120	**TORCHALSKI Krzysztof**	**131**	RUN PASJA	M-50	3	00:00:11	**00:21:58.05**	**00:22:09.60**	+00:04:55 (22.4%)	4:23	13.7 (77.8%)
122	**WIŚNIEWSKI Paweł**	**612**		M-20	39	00:00:16	**00:21:58.35**	**00:22:14.90**	+00:04:55 (22.4%)	4:23	13.7 (77.8%)
123	**TEKLIŃSKI Dawid**	**1347**	WTORKOWY TRENING	M-30	51	00:01:07	**00:21:58.60**	**00:23:06.15**	+00:04:55 (22.4%)	4:23	13.6 (77.3%)
124	**GROSKOP Grzegorz**	**1145**	GREGORIAN RUN TEAM	M-20	40	00:00:02	**00:21:59.75**	**00:22:02.55**	+00:04:56 (22.5%)	4:24	13.6 (77.3%)
125	**WŁODARCZYK Wojciech**	**1240**		M-50	4	00:00:14	**00:21:59.85**	**00:22:14.45**	+00:04:56 (22.5%)	4:24	13.6 (77.3%)
126	**WENDA Mateusz**	**562**	SZKOŁA JAZDY TOMAS	M-20	41	00:00:09	**00:22:00.00**	**00:22:09.90**	+00:04:56 (22.5%)	4:24	13.6 (77.3%)
127	**ZBORAŁA Dawid**	**527**	D&M	M-20	42	00:00:09	**00:22:00.15**	**00:22:09.55**	+00:04:57 (22.5%)	4:24	13.6 (77.3%)
128	**ZBORAŁA Mateusz**	**548**	D&M	M-20	43	00:00:08	**00:22:02.00**	**00:22:10.25**	+00:04:58 (22.6%)	4:24	13.6 (77.3%)
129	**DOBROGOWSKI Łukasz**	**994**	CROSS TEAM BYDGOSZCZ	M-20	44	00:00:00	**00:22:04.25**	**00:22:04.25**	+00:05:01 (22.7%)	4:24	13.6 (77.3%)
130	**ANDRYSIAK Tomasz**	**107**		M-40	21	00:00:09	**00:22:05.50**	**00:22:14.80**	+00:05:02 (22.8%)	4:25	13.6 (77.3%)
131	**JACIUBEK Andrzej**	**1123**	NIEZRZESZONY	M-50	5	00:00:14	**00:22:09.35**	**00:22:23.40**	+00:05:06 (23.0%)	4:25	13.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	**NADRATOWSKI Maciej**	**261**	KABEL TEAM BYDGOSZCZ	M-40	22	00:00:08	**00:22:10.30**	**00:22:18.95**	+00:05:07 (23.1%)	4:26	13.5 (76.7%)
133	**RUTKOWSKI Tomasz**	**490**		M-40	23	00:00:12	**00:22:11.55**	**00:22:24.50**	+00:05:08 (23.2%)	4:26	13.5 (76.7%)
134	**PAUKA Łukasz**	**1419**		M-30	52	00:00:07	**00:22:11.95**	**00:22:19.20**	+00:05:08 (23.2%)	4:26	13.5 (76.7%)
135	**BAGROWSKI Marek**	**690**	UMK COLLEGIUM MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M-50	6	00:00:10	**00:22:12.10**	**00:22:22.55**	+00:05:09 (23.2%)	4:26	13.5 (76.7%)
136	**MAKOWSKI Sławomir**	**398**	RUN BYDGOSZCZ	M-40	24	00:01:05	**00:22:13.20**	**00:23:18.25**	+00:05:10 (23.3%)	4:26	13.5 (76.7%)
137	**MAGDZIARZ Jakub**	**110**		M-30	53	00:00:17	**00:22:14.35**	**00:22:31.85**	+00:05:11 (23.3%)	4:26	13.5 (76.7%)
138	**ŚWITAJ Mateusz**	**582**		M-10	11	00:00:02	**00:22:15.85**	**00:22:18.20**	+00:05:12 (23.4%)	4:27	13.5 (76.7%)
139	**ROSIAK Dariusz**	**164**	#ZAWSZEPOZLOTO	M-20	45	00:00:22	**00:22:16.40**	**00:22:39.15**	+00:05:13 (23.4%)	4:27	13.5 (76.7%)
140	**ŁYSZCZARZ Błażej**	**561**		M-30	54	00:00:14	**00:22:16.75**	**00:22:31.40**	+00:05:13 (23.5%)	4:27	13.5 (76.7%)
141	**KUTOWSKI Przemysław**	**30**		M-30	55	00:00:07	**00:22:16.95**	**00:22:24.20**	+00:05:13 (23.5%)	4:27	13.5 (76.7%)
142	**PIKOR Patryk**	**696**		M-10	12	00:01:32	**00:22:20.85**	**00:23:53.35**	+00:05:17 (23.7%)	4:28	13.4 (76.1%)
143	**WĘGRZYNOWSKI Sławomir**	**46**	KABEL TEAM BYDGOSZCZ	M-40	25	00:00:08	**00:22:22.20**	**00:22:30.75**	+00:05:19 (23.8%)	4:28	13.4 (76.1%)
144	**BILSKI Marcin**	**166**	OPONEO.PL	M-30	56	00:00:37	**00:22:22.65**	**00:22:59.75**	+00:05:19 (23.8%)	4:28	13.4 (76.1%)
145	**PALIGA Antoni**	**1152**		M-40	26	00:00:02	**00:22:23.75**	**00:22:26.70**	+00:05:20 (23.9%)	4:28	13.4 (76.1%)
146	**KOTLAREK Dawid**	**420**	PLAYBALLE	M-20	46	00:00:18	**00:22:24.85**	**00:22:43.15**	+00:05:21 (23.9%)	4:29	13.4 (76.1%)
147	**STRABEL Bartosz**	**1066**		M-20	47	00:00:06	**00:22:26.05**	**00:22:32.75**	+00:05:23 (24.0%)	4:29	13.4 (76.1%)
148	**WEISBROT Paweł**	**678**	OSP RATOWNIK	M-20	48	00:00:21	**00:22:26.25**	**00:22:47.75**	+00:05:23 (24.0%)	4:29	13.4 (76.1%)
149	**KULKA Marek**	**1226**		M-50	7	00:00:15	**00:22:28.15**	**00:22:44.05**	+00:05:25 (24.1%)	4:29	13.3 (75.6%)
150	**OWCZARSKI Krzysztof**	**966**		M-30	57	00:00:07	**00:22:38.25**	**00:22:45.65**	+00:05:35 (24.7%)	4:31	13.3 (75.6%)
151	**HASS Adam**	**418**		M-30	58	00:00:10	**00:22:41.55**	**00:22:51.95**	+00:05:38 (24.9%)	4:32	13.2 (75.0%)
152	**STĘPSKI Marek**	**973**		M-40	27	00:00:06	**00:22:41.95**	**00:22:48.90**	+00:05:38 (24.9%)	4:32	13.2 (75.0%)
153	**KARPACZ Jarek**	**61**		M-20	49	00:00:29	**00:22:42.65**	**00:23:11.95**	+00:05:39 (24.9%)	4:32	13.2 (75.0%)
154	**SIUDA Mariusz**	**256**		M-30	59	00:00:05	**00:22:43.35**	**00:22:48.60**	+00:05:40 (25.0%)	4:32	13.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	**DERING Tomasz**	**471**	BYDGOSKIE ŻÓŁWIE	M-30	60	00:00:42	**00:22:43.85**	**00:23:26.35**	+00:05:40 (25.0%)	4:32	13.2 (75.0%)
156	**APANASIEWICZ Bartosz**	**638**	RUN PASJA	M-30	61	00:00:21	**00:22:44.15**	**00:23:06.00**	+00:05:41 (25.0%)	4:33	13.2 (75.0%)
157	**ORNOWSKI Zbigniew**	**1385**	WTORKOWY TRENING	M-40	28	00:00:14	**00:22:44.90**	**00:22:59.10**	+00:05:41 (25.0%)	4:33	13.2 (75.0%)
158	**LIPSKI Krzysztof**	**808**	RUN BYDGOSZCZ	M-40	29	00:01:15	**00:22:45.00**	**00:24:00.25**	+00:05:41 (25.1%)	4:33	13.2 (75.0%)
159	**FOLERZYŃSKI Dawid**	**726**	SPÓJNIA BIAŁE BŁOTA	M-10	13	00:00:07	**00:22:45.10**	**00:22:52.10**	+00:05:42 (25.1%)	4:33	13.2 (75.0%)
160	**WRÓBEL Mateusz**	**1364**	1990	M-20	50	00:00:04	**00:22:45.20**	**00:22:50.00**	+00:05:42 (25.1%)	4:33	13.2 (75.0%)
160	**KUCHCZYŃSKI Jakub**	**1389**	BKS BYDGOSZCZ	M-10	14	00:00:19	**00:22:45.20**	**00:23:05.10**	+00:05:42 (25.1%)	4:33	13.2 (75.0%)
162	**SOKOLOWSKI Tomasz**	**1006**		M-30	62	00:00:19	**00:22:45.65**	**00:23:05.15**	+00:05:42 (25.1%)	4:33	13.2 (75.0%)
163	**WIDŹGOWSKI Przemysław**	**153**		M-30	63	00:00:08	**00:22:46.95**	**00:22:55.55**	+00:05:43 (25.2%)	4:33	13.2 (75.0%)
164	**DACH Łukasz**	**1374**		M-30	64	00:00:06	**00:22:48.00**	**00:22:54.50**	+00:05:44 (25.2%)	4:33	13.2 (75.0%)
165	**TYMOSIAK Mateusz**	**505**	SPÓJNIA BIAŁE BŁOTA	M-20	51	00:00:17	**00:22:49.35**	**00:23:06.70**	+00:05:46 (25.3%)	4:33	13.1 (74.4%)
166	**DĘBSKI Rafał**	**901**		M-20	52	00:00:35	**00:22:49.85**	**00:23:24.85**	+00:05:46 (25.3%)	4:33	13.1 (74.4%)
167	**KARASZEWSKI Marcin**	**1074**		M-30	65	00:00:29	**00:22:49.90**	**00:23:19.70**	+00:05:46 (25.3%)	4:34	13.1 (74.4%)
168	**NISZCZOTA Karol**	**504**		M-40	30	00:00:48	**00:22:51.10**	**00:23:39.85**	+00:05:48 (25.4%)	4:34	13.1 (74.4%)
169	**CYL Dawid**	**1116**	RUN BYDGOSZCZ	M-30	66	00:00:28	**00:22:52.50**	**00:23:21.00**	+00:05:49 (25.5%)	4:34	13.1 (74.4%)
170	**GRECHUTA Tomas**	**439**		M-30	67	00:00:15	**00:22:54.75**	**00:23:09.80**	+00:05:51 (25.6%)	4:34	13.1 (74.4%)
170	**PRZYBYTKOWSKI Marek**	**44**		M-20	53	00:00:30	**00:22:54.75**	**00:23:25.25**	+00:05:51 (25.6%)	4:35	13.1 (74.4%)
172	**SOBCZAK Marcin**	**260**	CZARNE STOPY.SM	M-30	68	00:00:36	**00:22:54.90**	**00:23:30.90**	+00:05:51 (25.6%)	4:34	13.1 (74.4%)
173	**BASIŃSKI Łukasz**	**43**		M-20	54	00:00:30	**00:22:55.20**	**00:23:25.50**	+00:05:52 (25.6%)	4:35	13.1 (74.4%)
174	**WRZYSZCZ Mateusz**	**953**		M-10	15	00:00:10	**00:22:56.40**	**00:23:06.55**	+00:05:53 (25.7%)	4:35	13.1 (74.4%)
175	**GACKOWSKI Krzysztof**	**1445**		M-40	31	00:00:06	**00:22:56.70**	**00:23:03.15**	+00:05:53 (25.7%)	4:35	13.1 (74.4%)
176	**BUSSE Piotr**	**265**		M-30	69	00:00:16	**00:22:57.75**	**00:23:14.50**	+00:05:54 (25.7%)	4:35	13.1 (74.4%)
177	**NAGORZYSKI Arkadiusz**	**352**		M-30	70	00:00:00	**00:22:58.20**	**00:22:58.20**	+00:05:55 (25.8%)	4:35	13.1 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	**BUTRYM Piotr**	**141**		M-30	71	00:00:28	**00:23:01.20**	**00:23:29.75**	+00:05:58 (25.9%)	4:36	13 (73.9%)
179	**HOŁOWNIA Wojciech**	**266**		M-50	8	00:00:14	**00:23:03.15**	**00:23:17.20**	+00:06:00 (26.0%)	4:36	13 (73.9%)
180	**WNUK Sławomir**	**806**		M-40	32	00:00:30	**00:23:04.20**	**00:23:35.15**	+00:06:01 (26.1%)	4:37	13 (73.9%)
181	**KILAN Kacper**	**1227**		M-10	16	00:00:44	**00:23:04.60**	**00:23:48.75**	+00:06:01 (26.1%)	4:36	13 (73.9%)
182	**CHOLEWIŃSKI Andrzej**	**1341**	HURAGAN MIEDZYŃ	M-10	17	00:00:05	**00:23:06.95**	**00:23:12.45**	+00:06:03 (26.2%)	4:37	13 (73.9%)
183	**KUCHCZYŃSKI Adam**	**1386**	BÓL TO ŚCIEMA	M-40	33	00:00:00	**00:23:08.10**	**00:23:08.10**	+00:06:05 (26.3%)	4:37	13 (73.9%)
184	**GACKOWSKI Michał**	**461**		M-30	72	00:00:27	**00:23:08.75**	**00:23:36.70**	+00:06:05 (26.3%)	4:37	13 (73.9%)
185	**GÓRECKI Łukasz**	**710**	BYDGOSKIE OKONIE	M-30	73	00:01:19	**00:23:09.20**	**00:24:28.35**	+00:06:06 (26.4%)	4:37	13 (73.9%)
186	**ZAGRODNIK Miłosz**	**1156**	ZAGIO TEAM	M-30	74	00:00:17	**00:23:09.40**	**00:23:26.60**	+00:06:06 (26.4%)	4:37	13 (73.9%)
187	**KULBAKA Dawid**	**232**		M-30	75	00:00:32	**00:23:13.30**	**00:23:45.95**	+00:06:10 (26.6%)	4:38	12.9 (73.3%)
188	**KOWALIKOWSKI Daniel**	**363**		M-20	55	00:00:15	**00:23:14.25**	**00:23:30.20**	+00:06:11 (26.6%)	4:39	12.9 (73.3%)
189	**NOWAK Paweł**	**1207**	HUNTER GYM	M-20	56	00:01:45	**00:23:14.80**	**00:25:00.70**	+00:06:11 (26.7%)	4:39	12.9 (73.3%)
190	**KULIKOWSKI Tomasz**	**854**		M-20	57	00:01:04	**00:23:16.25**	**00:24:21.15**	+00:06:13 (26.7%)	4:39	12.9 (73.3%)
191	**SZARLEJ Marcin**	**31**		M-30	76	00:00:31	**00:23:16.30**	**00:23:48.15**	+00:06:13 (26.7%)	4:39	12.9 (73.3%)
192	**ŚWIĘCICKI Andrzej**	**917**		M-40	34	00:00:48	**00:23:16.65**	**00:24:05.25**	+00:06:13 (26.7%)	4:39	12.9 (73.3%)
193	**SENDROWICZ Mariusz**	**1043**		M-30	77	00:00:21	**00:23:16.70**	**00:23:38.05**	+00:06:13 (26.8%)	4:39	12.9 (73.3%)
194	**SIKORSKI Jarek**	**899**	RUN BYDGOSZCZ	M-30	78	00:00:18	**00:23:17.60**	**00:23:36.35**	+00:06:14 (26.8%)	4:39	12.9 (73.3%)
195	**WYSOCKI Jerzy**	**569**	CZARNE STOPY.SM	M-50	9	00:00:32	**00:23:17.75**	**00:23:50.10**	+00:06:14 (26.8%)	4:39	12.9 (73.3%)
196	**SOWIŃSKI Jakub**	**870**		M-20	58	00:00:22	**00:23:19.20**	**00:23:41.60**	+00:06:16 (26.9%)	4:39	12.9 (73.3%)
197	**KRUCZKOWSKI Adam**	**802**		M-40	35	00:00:13	**00:23:21.90**	**00:23:34.95**	+00:06:18 (27.0%)	4:40	12.8 (72.7%)
198	**SUŚ Cyprian**	**689**	N-BIKE ACADEMY	M-10	18	00:00:12	**00:23:22.45**	**00:23:35.10**	+00:06:19 (27.1%)	4:40	12.8 (72.7%)
199	**JOACHIMIAK Dariusz**	**206**	KLINIKA TRIATHLONU TEAM	M-20	59	00:00:22	**00:23:24.15**	**00:23:46.25**	+00:06:21 (27.1%)	4:40	12.8 (72.7%)
200	**BIAŁOUS Krzysztof**	**658**		M-50	10	00:00:11	**00:23:24.20**	**00:23:35.45**	+00:06:21 (27.1%)	4:40	12.8 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	**CHOJNACKI Kacper**	**619**		M-10	19	00:00:34	**00:23:25.25**	**00:23:59.30**	+00:06:22 (27.2%)	4:41	12.8 (72.7%)
202	**HERMELIN Wojciech**	**137**	KANCELARIA HMM	M-30	79	00:00:14	**00:23:25.40**	**00:23:40.30**	+00:06:22 (27.2%)	4:41	12.8 (72.7%)
202	**KANCLERZEWSKI Stanisław**	**671**		M-40	36	00:00:18	**00:23:25.40**	**00:23:43.80**	+00:06:22 (27.2%)	4:41	12.8 (72.7%)
204	**KOFI KUFEL Mateusz**	**1**		M-20	60	00:01:35	**00:23:25.45**	**00:25:01.30**	+00:06:22 (27.2%)	4:41	12.8 (72.7%)
205	**JANYSKA Adam**	**167**	UKS KOPERNIK BYDGOSZCZ	M-10	20	00:00:13	**00:23:25.95**	**00:23:39.00**	+00:06:22 (27.2%)	4:41	12.8 (72.7%)
206	**PASTOR Andrzej**	**451**	THE PASTORS	M-40	37	00:00:25	**00:23:28.20**	**00:23:53.20**	+00:06:25 (27.4%)	4:41	12.8 (72.7%)
207	**ROSINSKI Przemysław**	**1033**		M-30	80	00:00:32	**00:23:29.05**	**00:24:01.15**	+00:06:26 (27.4%)	4:41	12.8 (72.7%)
208	**GROCHOWSKI Jakub**	**170**	JW1515	M-30	81	00:00:30	**00:23:30.05**	**00:24:00.55**	+00:06:27 (27.4%)	4:42	12.8 (72.7%)
209	**WALENCIAK Jarosław**	**73**	CZARNE STOPY.SM	M-40	38	00:00:39	**00:23:31.70**	**00:24:11.15**	+00:06:28 (27.5%)	4:42	12.7 (72.2%)
210	**KREŃSKI Tomasz**	**883**		M-30	82	00:00:14	**00:23:32.65**	**00:23:47.55**	+00:06:29 (27.6%)	4:42	12.7 (72.2%)
211	**LUBIŃSKI Robert**	**225**		M-30	83	00:00:15	**00:23:33.75**	**00:23:49.45**	+00:06:30 (27.6%)	4:42	12.7 (72.2%)
212	**SOCHACKI Jakub**	**664**		M-20	61	00:00:18	**00:23:33.85**	**00:23:52.25**	+00:06:30 (27.6%)	4:42	12.7 (72.2%)
212	**PIOTROWSKI Dariusz**	**116**		M-40	39	00:00:36	**00:23:33.85**	**00:24:10.20**	+00:06:30 (27.6%)	4:42	12.7 (72.2%)
214	**ZIÓŁKOWSKI Mieczysław**	**761**	ZGUBIŁEM SPONSORA	M-50	11	00:00:06	**00:23:34.25**	**00:23:41.10**	+00:06:31 (27.7%)	4:43	12.7 (72.2%)
215	**PAUKA Szymon**	**1411**		M-30	84	00:00:07	**00:23:35.40**	**00:23:42.80**	+00:06:32 (27.7%)	4:43	12.7 (72.2%)
216	**BARTCZAK Patryk**	**58**		M-20	62	00:00:22	**00:23:37.65**	**00:24:00.35**	+00:06:34 (27.8%)	4:43	12.7 (72.2%)
217	**SCHMIDT Marcin**	**951**		M-30	85	00:00:43	**00:23:37.95**	**00:24:21.15**	+00:06:34 (27.9%)	4:43	12.7 (72.2%)
218	**LULIŃSKI Igor**	**9**		M-20	63	00:00:15	**00:23:38.55**	**00:23:53.75**	+00:06:35 (27.9%)	4:43	12.7 (72.2%)
219	**WIERZCHOSŁAWSKI Tomasz**	**1032**		M-20	64	00:00:32	**00:23:39.05**	**00:24:11.85**	+00:06:36 (27.9%)	4:43	12.7 (72.2%)
220	**ŚWIERCZYŃSKI Marcin**	**584**	TO TYLKO TRIATHLON	M-30	86	00:00:26	**00:23:39.30**	**00:24:05.55**	+00:06:36 (27.9%)	4:43	12.7 (72.2%)
221	**BANKERT Radosław**	**697**		M-30	87	00:00:12	**00:23:39.35**	**00:23:51.35**	+00:06:36 (27.9%)	4:43	12.7 (72.2%)
222	**STRYCHALSKI Filip**	**430**		M-10	21	00:00:25	**00:23:39.65**	**00:24:04.65**	+00:06:36 (27.9%)	4:43	12.7 (72.2%)
223	**BAŁYS Krzysztof**	**37**		M-20	65	00:00:23	**00:23:41.50**	**00:24:04.55**	+00:06:38 (28.0%)	4:44	12.7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	**OSSOWSKI Marcin**	**503**		M-30	88	00:00:40	**00:23:42.40**	**00:24:22.60**	+00:06:39 (28.1%)	4:44	12.7 (72.2%)
225	**NIEDBALSKI Dominik**	**1191**		M-20	66	00:00:21	**00:23:42.60**	**00:24:03.70**	+00:06:39 (28.1%)	4:44	12.7 (72.2%)
226	**BEDNAREK Paweł**	**529**	GORDON RUN	M-20	67	00:00:37	**00:23:42.85**	**00:24:20.55**	+00:06:39 (28.1%)	4:44	12.6 (71.6%)
227	**LATOS Piotr**	**1415**		M-30	89	00:00:41	**00:23:43.00**	**00:24:24.30**	+00:06:39 (28.1%)	4:44	12.6 (71.6%)
228	**SZUBERGA Damian**	**176**		M-20	68	00:00:06	**00:23:43.65**	**00:23:50.45**	+00:06:40 (28.1%)	4:44	12.6 (71.6%)
229	**BYCZKOWSKI Michał**	**682**		M-10	22	00:00:19	**00:23:44.60**	**00:24:04.10**	+00:06:41 (28.2%)	4:45	12.6 (71.6%)
230	**PROC Łukasz**	**434**		M-30	90	00:00:18	**00:23:45.35**	**00:24:03.75**	+00:06:42 (28.2%)	4:45	12.6 (71.6%)
231	**ŚWIERCZYŃSKI Michał**	**600**		M-10	23	00:00:26	**00:23:46.05**	**00:24:12.90**	+00:06:43 (28.3%)	4:45	12.6 (71.6%)
232	**ŁABENDA Robert**	**850**		M-30	91	00:01:08	**00:23:46.95**	**00:24:55.40**	+00:06:43 (28.3%)	4:45	12.6 (71.6%)
233	**ZYZIK Michał**	**1427**		M-20	69	00:00:08	**00:23:47.30**	**00:23:55.55**	+00:06:44 (28.3%)	4:45	12.6 (71.6%)
234	**NIEDBALSKI Paweł**	**1186**	EURO TIM SQAD	M-30	92	00:00:22	**00:23:47.45**	**00:24:09.60**	+00:06:44 (28.3%)	4:45	12.6 (71.6%)
235	**JURSKI Robert**	**643**		M-40	40	00:00:20	**00:23:48.30**	**00:24:08.90**	+00:06:45 (28.4%)	4:45	12.6 (71.6%)
236	**TRZCIŃSKI Eugeniusz**	**250**	SZWEDEROWO	M-50	12	00:00:11	**00:23:48.95**	**00:24:00.70**	+00:06:45 (28.4%)	4:45	12.6 (71.6%)
237	**BIAŁOWĄS Dariusz**	**151**		M-40	41	00:00:35	**00:23:49.25**	**00:24:25.15**	+00:06:46 (28.4%)	4:46	12.6 (71.6%)
238	**RUDOL Dominik**	**91**		M-10	24	00:00:31	**00:23:49.40**	**00:24:21.15**	+00:06:46 (28.4%)	4:46	12.6 (71.6%)
239	**ROTHE Dawid**	**140**		M-30	93	00:00:07	**00:23:50.80**	**00:23:58.65**	+00:06:47 (28.5%)	4:46	12.6 (71.6%)
240	**PROBANT Mirosław**	**577**		M-40	42	00:00:25	**00:23:53.40**	**00:24:18.90**	+00:06:50 (28.6%)	4:46	12.6 (71.6%)
241	**KARPIŃSKI Daniel**	**623**	BIEG DOŻYNKOWY NOWA WIEŚ WIELKA	M-30	94	00:00:19	**00:24:06.25**	**00:24:25.95**	+00:07:03 (29.3%)	4:49	12.4 (70.5%)
242	**GEHRKE Szymon**	**162**		M-30	95	00:00:19	**00:24:06.85**	**00:24:25.85**	+00:07:03 (29.3%)	4:49	12.4 (70.5%)
243	**BRYCKI Łukasz**	**670**		M-30	96	00:00:20	**00:24:07.25**	**00:24:27.95**	+00:07:04 (29.3%)	4:49	12.4 (70.5%)
244	**SKWARCZYŃSKI Radek**	**1293**	DELHAN	M-20	70	00:01:07	**00:24:08.05**	**00:25:15.75**	+00:07:05 (29.3%)	4:49	12.4 (70.5%)
245	**GRYGIEL Mateusz**	**1052**		M-30	97	00:01:22	**00:24:08.80**	**00:25:31.00**	+00:07:05 (29.4%)	4:49	12.4 (70.5%)
246	**DEMBEK Dawid**	**1422**		M-20	71	00:01:07	**00:24:08.85**	**00:25:16.70**	+00:07:05 (29.4%)	4:49	12.4 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	**KOZICKI Marcin**	**570**	BYDGOSKIE ŻÓŁWIE	M-30	98	00:00:41	**00:24:09.90**	**00:24:51.10**	+00:07:06 (29.4%)	4:50	12.4 (70.5%)
248	**LADA Przemysław**	**1478**	STALE BIEGAM - NOVA TRADING	M-30	99	00:00:48	**00:24:10.30**	**00:24:58.30**	+00:07:07 (29.5%)	4:50	12.4 (70.5%)
249	**QUAAS Łukasz**	**290**	RUN PASJA	M-30	100	00:00:46	**00:24:10.90**	**00:24:57.10**	+00:07:07 (29.5%)	4:50	12.4 (70.5%)
250	**MALINOWSKI Igor**	**1088**	BTW	M-10	25	00:00:24	**00:24:11.35**	**00:24:35.50**	+00:07:08 (29.5%)	4:50	12.4 (70.5%)
251	**KAMPER Jarosław**	**1108**		M-30	101	00:00:20	**00:24:11.50**	**00:24:32.10**	+00:07:08 (29.5%)	4:50	12.4 (70.5%)
252	**RZEPCZYŃSKI Łukasz**	**108**		M-30	102	00:00:56	**00:24:14.65**	**00:25:11.55**	+00:07:11 (29.7%)	4:51	12.4 (70.5%)
253	**KUŹMA Wojciech**	**1095**		M-50	13	00:00:10	**00:24:14.90**	**00:24:25.00**	+00:07:11 (29.7%)	4:51	12.4 (70.5%)
254	**GOZIMIRSKI Andrzej**	**1287**	SQUASH POINT BYDGOSZCZ	M-60+	1	00:00:03	**00:24:16.95**	**00:24:20.70**	+00:07:13 (29.8%)	4:51	12.4 (70.5%)
255	**DOBUSZYNSKI Pawel**	**780**		M-30	103	00:00:25	**00:24:17.85**	**00:24:43.45**	+00:07:14 (29.8%)	4:51	12.3 (69.9%)
256	**DOLATA Grzegorz**	**595**		M-40	43	00:00:38	**00:24:18.60**	**00:24:57.25**	+00:07:15 (29.9%)	4:51	12.3 (69.9%)
257	**GŁOWSKI Dariusz**	**18**		M-40	44	00:00:15	**00:24:19.90**	**00:24:35.80**	+00:07:16 (29.9%)	4:52	12.3 (69.9%)
258	**DĄBROWSKI Adam**	**1168**		M-30	104	00:00:29	**00:24:20.60**	**00:24:49.70**	+00:07:17 (30.0%)	4:52	12.3 (69.9%)
259	**MOLENDA Piotr**	**192**		M-20	72	00:00:31	**00:24:21.30**	**00:24:52.75**	+00:07:18 (30.0%)	4:52	12.3 (69.9%)
260	**NAWROCKI Dariusz**	**1133**	VAUPE TEAM	M-50	14	00:01:14	**00:24:23.00**	**00:25:37.95**	+00:07:19 (30.1%)	4:52	12.3 (69.9%)
261	**BINDEK Łukasz**	**100**		M-30	105	00:00:20	**00:24:23.45**	**00:24:44.05**	+00:07:20 (30.1%)	4:52	12.3 (69.9%)
262	**LECH Marek**	**1320**		M-30	106	00:00:21	**00:24:25.50**	**00:24:46.55**	+00:07:22 (30.2%)	4:53	12.3 (69.9%)
263	**GAWRYCH Adam**	**324**		M-20	73	00:00:50	**00:24:26.20**	**00:25:16.90**	+00:07:23 (30.2%)	4:53	12.3 (69.9%)
264	**KUJAWA Sebastian**	**511**	BBL INOWROCŁAW	M-40	45	00:00:26	**00:24:28.15**	**00:24:54.40**	+00:07:25 (30.3%)	4:53	12.3 (69.9%)
265	**STANGRECKI Dariusz**	**289**		M-30	107	00:00:26	**00:24:29.25**	**00:24:55.80**	+00:07:26 (30.4%)	4:53	12.3 (69.9%)
266	**PIASECKI Wlodzimierz**	**421**		M-40	46	00:00:04	**00:24:29.45**	**00:24:34.35**	+00:07:26 (30.4%)	4:54	12.2 (69.3%)
267	**SZULC Rafał**	**382**	RUN BYDGOSZCZ	M-30	108	00:01:07	**00:24:31.30**	**00:25:38.30**	+00:07:28 (30.5%)	4:54	12.2 (69.3%)
268	**JAŚKIEWICZ Rafał**	**1044**	RÓŻOWE NIEDŹWIADKI TEAM WŁOCŁAWEK	M-30	109	00:00:58	**00:24:32.30**	**00:25:30.40**	+00:07:29 (30.5%)	4:54	12.2 (69.3%)
269	**RUTKOWSKI Michał**	**317**		M-10	26	00:01:08	**00:24:34.20**	**00:25:42.35**	+00:07:31 (30.6%)	4:54	12.2 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	**ADAMSKI Maciej**	**1180**		M-40	47	00:00:00	**00:24:34.70**	**00:24:34.70**	+00:07:31 (30.6%)	4:54	12.2 (69.3%)
271	**KLAFETKA Michał**	**92**	KLINIKA TRIATHLONU TEAM	M-20	74	00:00:13	**00:24:37.90**	**00:24:51.15**	+00:07:34 (30.8%)	4:55	12.2 (69.3%)
272	**WOJCIECHOWSKI Jarosław**	**1085**		M-40	48	00:00:23	**00:24:37.95**	**00:25:01.25**	+00:07:34 (30.8%)	4:55	12.2 (69.3%)
273	**MYK Rafał**	**603**	TRIFORFUN	M-20	75	00:00:15	**00:24:38.85**	**00:24:54.50**	+00:07:35 (30.8%)	4:55	12.2 (69.3%)
274	**KNIOŁA Przemysław**	**1253**		M-20	76	00:00:23	**00:24:42.25**	**00:25:05.85**	+00:07:39 (31.0%)	4:56	12.1 (68.8%)
275	**WOJCIECHOWSKI Grzegorz**	**1170**		M-20	77	00:00:24	**00:24:43.80**	**00:25:08.10**	+00:07:40 (31.1%)	4:56	12.1 (68.8%)
275	**MYLER Łukasz**	**801**		M-20	78	00:00:57	**00:24:43.80**	**00:25:41.10**	+00:07:40 (31.1%)	4:56	12.1 (68.8%)
277	**RABCZYŃSKI Grzegorz**	**626**		M-30	110	00:00:39	**00:24:44.30**	**00:25:23.65**	+00:07:41 (31.1%)	4:56	12.1 (68.8%)
278	**NIEDBALSKI Karol**	**1187**	EURO TIM SQAD	M-30	111	00:00:21	**00:24:44.90**	**00:25:06.65**	+00:07:41 (31.1%)	4:57	12.1 (68.8%)
279	**KOLSKI Radek**	**1131**	VAUPE TEAM	M-40	49	00:01:14	**00:24:45.80**	**00:26:00.45**	+00:07:42 (31.1%)	4:57	12.1 (68.8%)
280	**MRUGAŁA Bartosz**	**955**		M-20	79	00:00:47	**00:24:45.95**	**00:25:33.45**	+00:07:42 (31.2%)	4:57	12.1 (68.8%)
281	**KOLANOWSKI Wojciech**	**990**		M-50	15	00:00:17	**00:24:46.10**	**00:25:03.35**	+00:07:43 (31.2%)	4:57	12.1 (68.8%)
282	**KARLIŃSKI Oskar**	**1255**		M-10	27	00:00:34	**00:24:47.20**	**00:25:21.75**	+00:07:44 (31.2%)	4:57	12.1 (68.8%)
283	**KWIATKOWSKI Karol**	**987**		M-30	112	00:01:21	**00:24:49.15**	**00:26:10.65**	+00:07:46 (31.3%)	4:57	12.1 (68.8%)
284	**BARCZEWSKI Marek**	**411**		M-20	80	00:00:19	**00:24:51.65**	**00:25:11.15**	+00:07:48 (31.4%)	4:58	12.1 (68.8%)
285	**WOŹNY Łukasz**	**1027**		M-30	113	00:00:53	**00:24:51.85**	**00:25:45.30**	+00:07:48 (31.4%)	4:58	12.1 (68.8%)
286	**KUNDE Tomasz**	**610**	BYDGOSZCZ TRIATHLON TEAM	M-20	81	00:00:18	**00:24:52.70**	**00:25:11.55**	+00:07:49 (31.5%)	4:58	12.1 (68.8%)
287	**MICHALAK Robert**	**226**	GORDON RUN	M-20	82	00:00:34	**00:24:53.90**	**00:25:28.70**	+00:07:50 (31.5%)	4:58	12 (68.2%)
288	**ŁAWNICZAK Paweł**	**819**		M-30	114	00:00:44	**00:24:54.55**	**00:25:39.45**	+00:07:51 (31.5%)	4:59	12 (68.2%)
289	**SZATKOWSKI Marcin**	**322**	RUN LOTTO BYDGOSTIA	M-20	83	00:00:33	**00:24:54.70**	**00:25:28.25**	+00:07:51 (31.6%)	4:59	12 (68.2%)
290	**WOLSKI Adam**	**663**	BW SQUAD	M-30	115	00:00:40	**00:24:54.80**	**00:25:35.40**	+00:07:51 (31.6%)	4:59	12 (68.2%)
291	**TRUDNOWSKI Janusz**	**543**	DRUŻYNA SZPIKU	M-60+	2	00:00:00	**00:24:55.20**	**00:24:55.20**	+00:07:52 (31.6%)	4:59	12 (68.2%)
292	**ROSÓŁ Jacek**	**122**		M-30	116	00:00:43	**00:24:55.35**	**00:25:39.15**	+00:07:52 (31.6%)	4:59	12 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	**RATAJ Krzysztof**	**113**	POLONIA BYDGOSZCZ SLA	M-30	117	00:00:13	**00:24:56.75**	**00:25:09.95**	+00:07:53 (31.6%)	4:59	12 (68.2%)
294	**GUMMER Andrzej**	**1417**		M-30	118	00:00:47	**00:24:59.60**	**00:25:46.95**	+00:07:56 (31.8%)	4:59	12 (68.2%)
295	**BŁAŻEJEWSKI Dariusz**	**719**		M-40	50	00:01:03	**00:25:00.05**	**00:26:03.90**	+00:07:57 (31.8%)	5:00	12 (68.2%)
296	**ŚWIETLIK Grzegorz**	**204**	ATLAS RUNNING TEAM	M-30	119	00:00:38	**00:25:00.10**	**00:25:38.40**	+00:07:57 (31.8%)	5:00	12 (68.2%)
297	**JAWORSKI Janusz**	**1093**		M-50	16	00:00:09	**00:25:01.20**	**00:25:10.65**	+00:07:58 (31.9%)	5:00	12 (68.2%)
298	**ŚWIETLIK Piotr**	**315**		M-50	17	00:00:03	**00:25:01.65**	**00:25:04.95**	+00:07:58 (31.9%)	5:00	12 (68.2%)
299	**SKUPSZ Jędrzej Kazmierz**	**361**		M-20	84	00:00:58	**00:25:01.75**	**00:26:00.00**	+00:07:58 (31.9%)	5:00	12 (68.2%)
300	**RAUT Wiesław**	**796**	RUN PASJA	M-60+	3	00:00:28	**00:25:01.95**	**00:25:30.00**	+00:07:58 (31.9%)	5:00	12 (68.2%)
301	**WIECZOREK Waldrmar**	**125**		M-30	120	00:01:48	**00:25:02.60**	**00:26:50.95**	+00:07:59 (31.9%)	5:00	12 (68.2%)
302	**PIASECKI Radosław**	**1201**		M-20	85	00:01:46	**00:25:03.45**	**00:26:49.55**	+00:08:00 (32.0%)	5:00	12 (68.2%)
303	**LASKA Artur**	**867**		M-30	121	00:00:40	**00:25:04.00**	**00:25:44.05**	+00:08:00 (32.0%)	5:00	12 (68.2%)
304	**MIERZWA Damian**	**1348**		M-20	86	00:00:02	**00:25:04.50**	**00:25:07.15**	+00:08:01 (32.0%)	5:01	12 (68.2%)
305	**WAWRZYNIAK Andrzej**	**1298**	22.ODN	M-50	18	00:00:44	**00:25:05.00**	**00:25:49.15**	+00:08:01 (32.0%)	5:01	12 (68.2%)
306	**ROEDING Robert**	**498**		M-40	51	00:00:55	**00:25:05.40**	**00:26:00.60**	+00:08:02 (32.0%)	5:01	12 (68.2%)
307	**RUDNIK Filip**	**575**	T4F CHOJNICE	M-20	87	00:00:15	**00:25:07.45**	**00:25:22.45**	+00:08:04 (32.1%)	5:01	11.9 (67.6%)
308	**PALIGA Maciej**	**698**		M-20	88	00:00:36	**00:25:10.10**	**00:25:46.50**	+00:08:07 (32.3%)	5:02	11.9 (67.6%)
309	**BRZEZIŃSKI Artur**	**1465**	DYNAMO SKARPA	M-20	89	00:00:55	**00:25:10.50**	**00:26:05.70**	+00:08:07 (32.3%)	5:02	11.9 (67.6%)
310	**BAUMAN Krystian**	**221**	DRUŻYNA SZPIKU	M-30	122	00:00:37	**00:25:12.35**	**00:25:49.75**	+00:08:09 (32.4%)	5:02	11.9 (67.6%)
311	**CZYŻEWSKI Mateusz**	**1393**		M-20	90	00:00:17	**00:25:12.45**	**00:25:29.50**	+00:08:09 (32.4%)	5:02	11.9 (67.6%)
312	**STAWCZYK Dariusz**	**196**		M-30	123	00:01:05	**00:25:14.70**	**00:26:19.85**	+00:08:11 (32.5%)	5:02	11.9 (67.6%)
313	**NOWAK Tomasz**	**1091**	GORDON RUN	M-40	52	00:00:33	**00:25:15.50**	**00:25:48.75**	+00:08:12 (32.5%)	5:03	11.9 (67.6%)
314	**STUSIK Arkadiusz**	**800**		M-30	124	00:00:18	**00:25:16.50**	**00:25:34.80**	+00:08:13 (32.5%)	5:03	11.9 (67.6%)
315	**WÓJTOWICZ Ryszard**	**1449**	WÓJTOWICZ TEAM	M-20	91	00:00:51	**00:25:16.55**	**00:26:08.25**	+00:08:13 (32.5%)	5:03	11.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	**WOŹNIAK Adam**	**807**		M-30	125	00:01:04	**00:25:17.00**	**00:26:21.25**	+00:08:13 (32.6%)	5:03	11.9 (67.6%)
317	**ŁYSZCZARZ Radosław**	**564**		M-30	126	00:01:02	**00:25:18.50**	**00:26:20.90**	+00:08:15 (32.6%)	5:03	11.9 (67.6%)
318	**MOLENDA Tomasz**	**1036**		M-30	127	00:00:31	**00:25:19.65**	**00:25:50.90**	+00:08:16 (32.7%)	5:03	11.8 (67.0%)
319	**MIKOŁAJCZAK Sławomir**	**367**		M-40	53	00:00:38	**00:25:21.20**	**00:26:00.10**	+00:08:18 (32.7%)	5:04	11.8 (67.0%)
320	**FILOSEK Paweł**	**863**		M-20	92	00:01:09	**00:25:21.70**	**00:26:31.45**	+00:08:18 (32.8%)	5:04	11.8 (67.0%)
321	**CHUDZIŃSKI Rafał**	**1402**		M-40	54	00:00:58	**00:25:21.85**	**00:26:19.90**	+00:08:18 (32.8%)	5:04	11.8 (67.0%)
322	**JASINIECKI Wojciech**	**205**	RUN BYDGOSZCZ	M-30	128	00:01:17	**00:25:22.85**	**00:26:40.45**	+00:08:19 (32.8%)	5:04	11.8 (67.0%)
323	**BRYLEW Tomasz**	**742**		M-40	55	00:00:44	**00:25:23.20**	**00:26:07.75**	+00:08:20 (32.8%)	5:04	11.8 (67.0%)
324	**BLEJA Krystian**	**649**	PGB SPORTOWA PACZKA	M-30	129	00:00:42	**00:25:23.25**	**00:26:06.00**	+00:08:20 (32.8%)	5:04	11.8 (67.0%)
325	**OSTROWSKI Mikołaj**	**892**	BYDGOSZCZ	M-10	28	00:00:39	**00:25:26.85**	**00:26:06.30**	+00:08:23 (33.0%)	5:05	11.8 (67.0%)
325	**LIWOCH Grzegorz**	**436**		M-40	56	00:00:54	**00:25:26.85**	**00:26:21.40**	+00:08:23 (33.0%)	5:05	11.8 (67.0%)
327	**KLISZEWSKI Piotr**	**437**	GWIAZDA BYDGOSZCZ	M-10	29	00:00:37	**00:25:27.20**	**00:26:04.50**	+00:08:24 (33.0%)	5:05	11.8 (67.0%)
328	**SZEWCZUK Sebastian**	**189**		M-30	130	00:00:35	**00:25:27.25**	**00:26:03.10**	+00:08:24 (33.0%)	5:05	11.8 (67.0%)
329	**KLISZEWSKI Adam**	**433**	GWIAZDA BYDGOSZCZ	M-10	30	00:00:37	**00:25:27.60**	**00:26:04.65**	+00:08:24 (33.0%)	5:05	11.8 (67.0%)
330	**ANISZEWSKI Dariusz**	**349**		M-40	57	00:00:00	**00:25:30.65**	**00:25:30.65**	+00:08:27 (33.2%)	5:06	11.8 (67.0%)
331	**KUREK Piotr**	**1497**		M-40	58	00:00:43	**00:25:32.35**	**00:26:15.70**	+00:08:29 (33.2%)	5:06	11.7 (66.5%)
332	**SZEFKA Jakub**	**55**		M-20	93	00:00:27	**00:25:32.45**	**00:25:59.45**	+00:08:29 (33.2%)	5:06	11.7 (66.5%)
333	**SZCZĘSNY Arkadiusz**	**455**	DYNAMO SKARPA	M-30	131	00:00:55	**00:25:33.15**	**00:26:28.45**	+00:08:30 (33.3%)	5:06	11.7 (66.5%)
334	**KRESIŃSKI Andrzej**	**1167**		M-30	132	00:00:34	**00:25:33.20**	**00:26:07.25**	+00:08:30 (33.3%)	5:06	11.7 (66.5%)
335	**FRYC Łukasz**	**59**		M-20	94	00:00:26	**00:25:33.45**	**00:25:59.75**	+00:08:30 (33.3%)	5:06	11.7 (66.5%)
336	**SZCZEBLEWSKI Witold**	**1019**	MOTOTURYSTYKA.COM	M-50	19	00:00:33	**00:25:33.50**	**00:26:06.60**	+00:08:30 (33.3%)	5:06	11.7 (66.5%)
336	**ANGLART Roman**	**1162**	BYDGOSZCZ	M-50	20	00:00:52	**00:25:33.50**	**00:26:26.20**	+00:08:30 (33.3%)	5:06	11.7 (66.5%)
338	**SAWICKI Mikołaj**	**1349**	ELEKTRONIK BYDGOSZCZ	M-10	31	00:00:19	**00:25:35.40**	**00:25:55.20**	+00:08:32 (33.4%)	5:07	11.7 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	**GORCZYCA Rafał**	**1096**		M-30	133	00:01:52	**00:25:36.15**	**00:27:28.70**	+00:08:33 (33.4%)	5:07	11.7 (66.5%)
340	**MALINOWSKI Waldemar**	**199**	RUN LOTTO BYDGOSTIA	M-40	59	00:01:32	**00:25:36.45**	**00:27:08.65**	+00:08:33 (33.4%)	5:07	11.7 (66.5%)
341	**KELMAN Marcin**	**856**		M-30	134	00:00:37	**00:25:37.70**	**00:26:14.80**	+00:08:34 (33.5%)	5:07	11.7 (66.5%)
342	**FABROWSKI Dawid**	**5**		M-30	135	00:01:36	**00:25:39.25**	**00:27:16.20**	+00:08:36 (33.5%)	5:08	11.7 (66.5%)
343	**SOBOTA Piotr**	**950**		M-40	60	00:00:34	**00:25:41.35**	**00:26:16.15**	+00:08:38 (33.6%)	5:08	11.7 (66.5%)
344	**KIJEWSKI Maciej**	**843**	KABEL TEAM BYDGOSZCZ	M-30	136	00:00:29	**00:25:42.40**	**00:26:11.60**	+00:08:39 (33.7%)	5:08	11.7 (66.5%)
345	**TUREK Mateusz**	**967**		M-20	95	00:00:48	**00:25:44.80**	**00:26:33.75**	+00:08:41 (33.8%)	5:09	11.7 (66.5%)
346	**GRUBICH Arkadiusz**	**273**	BRACIA DALTON	M-30	137	00:00:07	**00:25:45.30**	**00:25:52.55**	+00:08:42 (33.8%)	5:09	11.7 (66.5%)
347	**GRUBICH Kacper**	**753**		M-10	32	00:00:05	**00:25:46.35**	**00:25:52.15**	+00:08:43 (33.8%)	5:09	11.6 (65.9%)
348	**DĄBROWSKI Jarosław**	**525**	HORNET DESIGN STUDIO	M-20	96	00:01:21	**00:25:46.40**	**00:27:07.40**	+00:08:43 (33.8%)	5:09	11.6 (65.9%)
349	**ILNICKI Artur**	**336**		M-30	138	00:00:42	**00:25:47.30**	**00:26:30.20**	+00:08:44 (33.9%)	5:09	11.6 (65.9%)
350	**ŚWIATLAK Marek**	**277**	SOWA BYDGOSZCZ	M-40	61	00:01:17	**00:25:47.40**	**00:27:05.20**	+00:08:44 (33.9%)	5:09	11.6 (65.9%)
351	**KISZKA Marcin**	**482**	RUN PASJA	M-30	139	00:00:46	**00:25:47.95**	**00:26:34.35**	+00:08:44 (33.9%)	5:09	11.6 (65.9%)
352	**GILL Daniel**	**764**		M-30	140	00:00:06	**00:25:49.00**	**00:25:55.70**	+00:08:45 (34.0%)	5:09	11.6 (65.9%)
353	**KOZIŃSKI Tomasz**	**585**	BYDGOSKIE ŻÓŁWIE	M-40	62	00:00:42	**00:25:49.20**	**00:26:31.65**	+00:08:46 (34.0%)	5:09	11.6 (65.9%)
354	**WIŚNIEWSKI Włodzimierz**	**714**		M-50	21	00:01:21	**00:25:50.55**	**00:27:12.25**	+00:08:47 (34.0%)	5:10	11.6 (65.9%)
355	**JANKOWSKI Maciej**	**889**		M-10	33	00:00:26	**00:25:51.95**	**00:26:18.20**	+00:08:48 (34.1%)	5:10	11.6 (65.9%)
356	**NOWAK Adam**	**285**	WUJEK PORADA	M-40	63	00:01:13	**00:25:53.10**	**00:27:06.45**	+00:08:50 (34.1%)	5:10	11.6 (65.9%)
357	**ŚCIBAK Wojciech**	**446**		M-30	141	00:00:55	**00:25:53.35**	**00:26:48.35**	+00:08:50 (34.1%)	5:10	11.6 (65.9%)
358	**RACZYCKI Tomasz**	**1206**		M-30	142	00:01:28	**00:25:57.90**	**00:27:26.55**	+00:08:54 (34.3%)	5:11	11.6 (65.9%)
359	**NOWAKOWSKI Tomasz**	**1057**		M-30	143	00:00:51	**00:25:58.20**	**00:26:49.20**	+00:08:55 (34.3%)	5:11	11.6 (65.9%)
360	**WIŚNIEWSKI Przemysław**	**776**		M-30	144	00:01:18	**00:25:58.30**	**00:27:16.65**	+00:08:55 (34.3%)	5:11	11.6 (65.9%)
361	**SKONIECZNY Daniel**	**494**	TCMS PESA	M-20	97	00:01:15	**00:26:00.65**	**00:27:16.35**	+00:08:57 (34.4%)	5:12	11.5 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
362	**CIEMNY Tomasz**	**1113**		M-40	64	00:00:56	**00:26:01.45**	**00:26:58.25**	+00:08:58 (34.5%)	5:12	11.5 (65.3%)
363	**SZULAKOWSKI Tomasz**	**1292**	KURCZE JAK DALEKO	M-40	65	00:01:20	**00:26:01.70**	**00:27:22.40**	+00:08:58 (34.5%)	5:12	11.5 (65.3%)
364	**KOZAKIEWICZ Marcin**	**875**		M-40	66	00:00:35	**00:26:02.90**	**00:26:38.45**	+00:08:59 (34.5%)	5:12	11.5 (65.3%)
365	**RYDLEWSKI Andrzej**	**299**	RUN BYDGOSZCZ	M-30	145	00:01:10	**00:26:03.50**	**00:27:14.40**	+00:09:00 (34.6%)	5:12	11.5 (65.3%)
366	**PLASKOTA Artur**	**1222**		M-20	98	00:01:09	**00:26:04.35**	**00:27:13.45**	+00:09:01 (34.6%)	5:12	11.5 (65.3%)
367	**ROSZCZYN Dawid**	**538**	AS CROSSFIT	M-20	99	00:01:23	**00:26:04.60**	**00:27:27.75**	+00:09:01 (34.6%)	5:12	11.5 (65.3%)
368	**NIEDBALSKI Piotr**	**1189**	EURO TIM SQAD	M-20	100	00:00:22	**00:26:05.35**	**00:26:27.35**	+00:09:02 (34.6%)	5:13	11.5 (65.3%)
369	**BRZEZIŃSKI Sławomir**	**681**	CZARNE STOPY.SM	M-30	146	00:01:54	**00:26:07.20**	**00:28:01.85**	+00:09:04 (34.7%)	5:13	11.5 (65.3%)
370	**ŚLADEWSKI Rafał**	**935**		M-30	147	00:00:14	**00:26:08.25**	**00:26:22.95**	+00:09:05 (34.8%)	5:13	11.5 (65.3%)
370	**PASIEKA Tomasz**	**958**		M-40	67	00:01:16	**00:26:08.25**	**00:27:24.25**	+00:09:05 (34.8%)	5:13	11.5 (65.3%)
372	**SZUBERT Maciej**	**554**	HORNET DESIGN STUDIO	M-40	68	00:01:20	**00:26:10.30**	**00:27:30.55**	+00:09:07 (34.9%)	5:14	11.5 (65.3%)
373	**BŁAŻEJEWSKI Kacper**	**512**	CB163	M-20	101	00:01:20	**00:26:10.95**	**00:27:31.70**	+00:09:07 (34.9%)	5:14	11.5 (65.3%)
374	**KADOW Rafał**	**583**		M-30	148	00:00:45	**00:26:11.50**	**00:26:56.70**	+00:09:08 (34.9%)	5:14	11.5 (65.3%)
375	**WIŚNIEWSKI Piotr**	**1042**	LEGE ARTIS	M-30	149	00:00:40	**00:26:11.95**	**00:26:52.55**	+00:09:08 (34.9%)	5:14	11.5 (65.3%)
376	**SKÓRCZ Tomasz**	**1252**		M-40	69	00:00:27	**00:26:12.20**	**00:26:39.80**	+00:09:09 (34.9%)	5:14	11.5 (65.3%)
377	**DOMAŃSKI Marcin**	**1432**		M-20	102	00:01:04	**00:26:13.15**	**00:27:17.30**	+00:09:10 (35.0%)	5:14	11.4 (64.8%)
378	**MIKOŁAJCZAK Jan**	**774**	GWIAZDA BYDGOSZCZ	M-10	34	00:00:38	**00:26:13.40**	**00:26:52.20**	+00:09:10 (35.0%)	5:14	11.4 (64.8%)
379	**TARASZKA Ireneusz**	**1241**	JRG 1 INOWROCŁAW	M-50	22	00:00:34	**00:26:13.85**	**00:26:48.10**	+00:09:10 (35.0%)	5:14	11.4 (64.8%)
380	**CECHOWSKI Marcin**	**119**		M-30	150	00:00:47	**00:26:14.00**	**00:27:01.95**	+00:09:10 (35.0%)	5:14	11.4 (64.8%)
381	**BORZYSZKOWSKI Grzegorz**	**683**	STARY FORDON	M-30	151	00:00:35	**00:26:16.90**	**00:26:52.40**	+00:09:13 (35.1%)	5:15	11.4 (64.8%)
382	**KARWOWSKI Waldemar**	**360**	BRACIA DALTON	M-40	70	00:00:06	**00:26:18.30**	**00:26:24.35**	+00:09:15 (35.2%)	5:15	11.4 (64.8%)
383	**KUFEL Łukasz**	**954**		M-20	103	00:00:59	**00:26:18.40**	**00:27:18.05**	+00:09:15 (35.2%)	5:15	11.4 (64.8%)
384	**KORDAS Jacek**	**606**		M-20	104	00:00:32	**00:26:18.60**	**00:26:51.40**	+00:09:15 (35.2%)	5:15	11.4 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	**BUDKIEWICZ Radosław**	**187**		M-20	105	00:01:08	**00:26:18.60**	**00:27:27.35**	+00:09:15 (35.2%)	5:15	11.4 (64.8%)
386	**STASZKIEWICZ Jakub**	**441**	STASHKY TEAM	M-10	35	00:00:39	**00:26:18.70**	**00:26:58.50**	+00:09:15 (35.2%)	5:15	11.4 (64.8%)
387	**MASŁOWSKI Mateusz**	**1459**		M-20	106	00:00:03	**00:26:19.15**	**00:26:22.30**	+00:09:16 (35.2%)	5:15	11.4 (64.8%)
388	**PAWLAK Waldemar**	**1182**	VEGE RUNNERS	M-30	152	00:00:52	**00:26:20.10**	**00:27:12.35**	+00:09:17 (35.3%)	5:16	11.4 (64.8%)
389	**SZMELTER Michał**	**1106**		M-40	71	00:01:07	**00:26:21.70**	**00:27:29.55**	+00:09:18 (35.3%)	5:16	11.4 (64.8%)
390	**KROPIDŁOWSKI Bartosz**	**785**		M-30	153	00:01:36	**00:26:24.70**	**00:28:01.40**	+00:09:21 (35.4%)	5:17	11.4 (64.8%)
391	**MAREK Sławomir**	**1249**	STALE BIEGAM NOVA TRADING	M-30	154	00:00:59	**00:26:27.65**	**00:27:27.25**	+00:09:24 (35.6%)	5:17	11.3 (64.2%)
392	**BUDZIAK Bartosz**	**201**		M-40	72	00:01:53	**00:26:30.80**	**00:28:24.30**	+00:09:27 (35.7%)	5:18	11.3 (64.2%)
393	**MIŚ Michał**	**1080**	LUKS START NAKŁO	M-20	107	00:00:51	**00:26:31.30**	**00:27:22.50**	+00:09:28 (35.7%)	5:18	11.3 (64.2%)
394	**HARACEWIAT Michał**	**826**		M-20	108	00:00:42	**00:26:31.85**	**00:27:14.30**	+00:09:28 (35.7%)	5:18	11.3 (64.2%)
395	**HILLER Andrzej**	**1169**		M-10	36	00:01:28	**00:26:33.70**	**00:28:02.65**	+00:09:30 (35.8%)	5:18	11.3 (64.2%)
396	**BYSTRZYŃSKI Jan**	**1173**		M-30	155	00:00:22	**00:26:34.00**	**00:26:56.55**	+00:09:30 (35.8%)	5:18	11.3 (64.2%)
397	**ŁOBOCKI Krzysztof**	**1338**		M-30	156	00:01:27	**00:26:35.30**	**00:28:02.45**	+00:09:32 (35.9%)	5:19	11.3 (64.2%)
398	**MADEJ Adam**	**871**		M-20	109	00:01:01	**00:26:35.95**	**00:27:37.15**	+00:09:32 (35.9%)	5:19	11.3 (64.2%)
399	**BRZUSKIEWICZ Sławomir**	**1454**		M-40	73	00:00:43	**00:26:37.00**	**00:27:20.35**	+00:09:33 (35.9%)	5:19	11.3 (64.2%)
400	**TWARDOWSKI Bartosz**	**775**		M-20	110	00:00:29	**00:26:37.05**	**00:27:06.05**	+00:09:34 (35.9%)	5:19	11.3 (64.2%)
401	**POTRZEBOWSKI Marek**	**304**		M-30	157	00:00:48	**00:26:37.20**	**00:27:25.35**	+00:09:34 (35.9%)	5:19	11.3 (64.2%)
402	**WALKOWIAK Rafał**	**707**		M-20	111	00:00:24	**00:26:37.35**	**00:27:01.80**	+00:09:34 (36.0%)	5:19	11.3 (64.2%)
403	**KAROLEWSKI Krzysztof**	**1328**		M-20	112	00:00:46	**00:26:39.05**	**00:27:25.15**	+00:09:36 (36.0%)	5:19	11.3 (64.2%)
404	**SZAFKOWSKI Arkadiusz**	**144**	SOLECCY BIEGACZE	M-40	74	00:00:35	**00:26:39.50**	**00:27:14.90**	+00:09:36 (36.0%)	5:19	11.3 (64.2%)
405	**WARCHOŁ Marcin**	**1225**	CAŁY TWÓJ	M-10	37	00:00:10	**00:26:39.60**	**00:26:50.05**	+00:09:36 (36.0%)	5:20	11.3 (64.2%)
406	**WARCHOŁ Ryszard**	**1224**	CAŁY TWÓJ	M-40	75	00:00:10	**00:26:39.75**	**00:26:50.35**	+00:09:36 (36.0%)	5:20	11.3 (64.2%)
407	**KONDEL Kamil**	**733**		M-30	158	00:00:43	**00:26:40.10**	**00:27:23.30**	+00:09:37 (36.1%)	5:20	11.3 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
408	**SZOSTAK Tomasz**	**988**	MBANK	M-40	76	00:01:00	**00:26:40.20**	**00:27:40.80**	+00:09:37 (36.1%)	5:20	11.3 (64.2%)
409	**GRUCHAŁA Wojciech**	**632**		M-50	23	00:00:34	**00:26:40.65**	**00:27:14.65**	+00:09:37 (36.1%)	5:20	11.3 (64.2%)
410	**WOJCIESZAK Dariusz**	**1229**		M-50	24	00:00:53	**00:26:41.45**	**00:27:35.40**	+00:09:38 (36.1%)	5:20	11.2 (63.6%)
411	**MOKOS Tomasz**	**510**	BBL INOWROCŁAW	M-30	159	00:01:04	**00:26:42.75**	**00:27:47.65**	+00:09:39 (36.2%)	5:20	11.2 (63.6%)
412	**GOLEC Wojciech**	**1302**		M-30	160	00:00:52	**00:26:43.55**	**00:27:36.40**	+00:09:40 (36.2%)	5:20	11.2 (63.6%)
413	**WEGNER Roman**	**1398**		M-50	25	00:00:52	**00:26:43.65**	**00:27:35.65**	+00:09:40 (36.2%)	5:20	11.2 (63.6%)
414	**CHMIELEWSKI Ireneusz**	**651**	CZARNE STOPY.SM	M-50	26	00:00:38	**00:26:48.60**	**00:27:27.05**	+00:09:45 (36.4%)	5:21	11.2 (63.6%)
415	**MAŁECKI Tomasz**	**674**		M-30	161	00:00:58	**00:26:49.10**	**00:27:47.65**	+00:09:46 (36.4%)	5:21	11.2 (63.6%)
416	**GÓŹDŹ Tomasz**	**999**	JAŚ BIEGA	M-30	162	00:00:57	**00:26:50.45**	**00:27:48.20**	+00:09:47 (36.5%)	5:22	11.2 (63.6%)
417	**MAJCHERCZAK Dawid**	**772**		M-20	113	00:01:25	**00:26:50.60**	**00:28:16.45**	+00:09:47 (36.5%)	5:22	11.2 (63.6%)
418	**ŻERDZIŃSKI Marcin**	**993**		M-Open	1	00:01:25	**00:26:50.70**	**00:28:16.45**	+00:09:47 (36.5%)	5:22	11.2 (63.6%)
419	**JAWORSKI Krzysztof**	**773**		M-40	77	00:01:25	**00:26:51.20**	**00:28:16.75**	+00:09:48 (36.5%)	5:22	11.2 (63.6%)
420	**PŁACZKOWSKI Rafał**	**1143**	ŚLIMAKI BARCIN	M-30	163	00:00:24	**00:26:51.50**	**00:27:16.20**	+00:09:48 (36.5%)	5:22	11.2 (63.6%)
421	**BYCZKOWSKI Zenon**	**479**		M-50	27	00:00:49	**00:26:53.90**	**00:27:43.60**	+00:09:50 (36.6%)	5:22	11.2 (63.6%)
422	**ORNATOWSKI Marcin**	**24**	GORDON RUN	M-30	164	00:00:36	**00:26:55.80**	**00:27:31.80**	+00:09:52 (36.7%)	5:23	11.1 (63.1%)
423	**KWIATKOWSKI Daniel**	**193**	KLINIKA TRIATHLONU TEAM	M-20	114	00:00:16	**00:26:56.10**	**00:27:12.85**	+00:09:53 (36.7%)	5:23	11.1 (63.1%)
424	**GRAMOWSKI Jakub**	**1174**		M-20	115	00:00:57	**00:26:57.25**	**00:27:54.50**	+00:09:54 (36.7%)	5:23	11.1 (63.1%)
425	**PERA Marek**	**495**		M-30	165	00:01:05	**00:26:59.70**	**00:28:04.90**	+00:09:56 (36.8%)	5:23	11.1 (63.1%)
426	**ROŚ Sławek**	**283**	ARMIA CHRYSTUSA	M-20	116	00:00:51	**00:27:01.40**	**00:27:52.60**	+00:09:58 (36.9%)	5:24	11.1 (63.1%)
427	**KOBYLARZ Mariusz**	**916**	BYDGOSZCZ	M-30	166	00:00:51	**00:27:02.05**	**00:27:53.05**	+00:09:59 (36.9%)	5:24	11.1 (63.1%)
428	**TWARDOWSKI Wojciech**	**408**	RUN BYDGOSZCZ	M-40	78	00:01:10	**00:27:03.55**	**00:28:14.15**	+00:10:00 (37.0%)	5:24	11.1 (63.1%)
429	**WARACZEWSKI Paweł**	**368**		M-30	167	00:01:03	**00:27:04.45**	**00:28:08.30**	+00:10:01 (37.0%)	5:25	11.1 (63.1%)
430	**SZUBARTOWSKI Robert**	**1282**		M-40	79	00:00:34	**00:27:10.10**	**00:27:44.90**	+00:10:07 (37.2%)	5:26	11 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
431	**JARZYŃSKI Maciej**	**453**		M-20	117	00:01:41	**00:27:12.85**	**00:28:54.45**	+00:10:09 (37.3%)	5:26	11 (62.5%)
432	**KAROLEWSKI Marek**	**237**		M-60+	4	00:00:45	**00:27:13.50**	**00:27:58.90**	+00:10:10 (37.4%)	5:26	11 (62.5%)
433	**CZAJA Jarosław**	**1273**		M-30	168	00:01:07	**00:27:14.15**	**00:28:21.50**	+00:10:11 (37.4%)	5:26	11 (62.5%)
434	**GRALAK Mikołaj**	**1195**		M-10	38	00:00:13	**00:27:15.05**	**00:27:28.80**	+00:10:12 (37.4%)	5:27	11 (62.5%)
435	**SIEKIERSKI Tomasz**	**104**		M-40	80	00:01:44	**00:27:19.75**	**00:29:04.35**	+00:10:16 (37.6%)	5:28	11 (62.5%)
436	**ŻARKOWSKI Krzysztof**	**27**	KABEL TEAM BYDGOSZCZ	M-40	81	00:00:44	**00:27:19.95**	**00:28:04.55**	+00:10:16 (37.6%)	5:28	11 (62.5%)
436	**LEWANDOWSKI Michał**	**873**		M-30	169	00:01:02	**00:27:19.95**	**00:28:22.00**	+00:10:16 (37.6%)	5:28	11 (62.5%)
438	**ADACH Paweł**	**877**	POLSKA	M-30	170	00:01:01	**00:27:20.00**	**00:28:21.70**	+00:10:16 (37.6%)	5:28	11 (62.5%)
439	**NOWAK Damian**	**1460**		M-10	39	00:00:09	**00:27:22.25**	**00:27:32.10**	+00:10:19 (37.7%)	5:28	11 (62.5%)
440	**MASŁOWSKI Kamil**	**1456**		M-20	118	00:00:10	**00:27:23.55**	**00:27:34.35**	+00:10:20 (37.8%)	5:28	10.9 (61.9%)
441	**WIERZCHOSŁAWSKI Mateusz**	**1387**		M-20	119	00:00:38	**00:27:24.15**	**00:28:03.00**	+00:10:21 (37.8%)	5:29	10.9 (61.9%)
442	**MLICKI Marcin**	**136**		M-40	82	00:01:08	**00:27:24.95**	**00:28:33.40**	+00:10:21 (37.8%)	5:29	10.9 (61.9%)
443	**STRZAŁKOWSKI Sergiusz**	**907**		M-10	40	00:01:11	**00:27:25.50**	**00:28:36.80**	+00:10:22 (37.8%)	5:29	10.9 (61.9%)
444	**CHYLIŃSKI Michał**	**874**		M-30	171	00:01:01	**00:27:26.00**	**00:28:27.00**	+00:10:22 (37.8%)	5:29	10.9 (61.9%)
445	**SIUDA Marek**	**746**		M-40	83	00:01:01	**00:27:27.90**	**00:28:29.60**	+00:10:24 (37.9%)	5:29	10.9 (61.9%)
446	**KAPELIŃSKI Adrian**	**216**		M-20	120	00:00:00	**00:27:31.20**	**00:27:31.20**	+00:10:28 (38.0%)	5:30	10.9 (61.9%)
447	**DUDZIAK Tomasz**	**588**		M-30	172	00:00:26	**00:27:32.40**	**00:27:58.40**	+00:10:29 (38.1%)	5:30	10.9 (61.9%)
448	**KAPELIŃSKI Sebastian**	**213**		M-20	121	00:00:47	**00:27:35.55**	**00:28:22.60**	+00:10:32 (38.2%)	5:31	10.9 (61.9%)
449	**STASZKIEWICZ Radosław**	**443**	CZARNE STOPY SM	M-40	84	00:01:04	**00:27:36.85**	**00:28:41.05**	+00:10:33 (38.3%)	5:31	10.9 (61.9%)
450	**ZALEWSKI Sebastian**	**665**		M-20	122	00:00:35	**00:27:40.40**	**00:28:15.60**	+00:10:37 (38.4%)	5:32	10.8 (61.4%)
451	**STANKIEWICZ Dariusz**	**1390**	BÓL TO ŚCIEMA	M-40	85	00:00:58	**00:27:40.70**	**00:28:39.65**	+00:10:37 (38.4%)	5:32	10.8 (61.4%)
452	**JESZKA Patryk**	**894**	BBL SZUBIN	M-20	123	00:00:29	**00:27:41.95**	**00:28:11.55**	+00:10:38 (38.4%)	5:32	10.8 (61.4%)
453	**JANKOWSKI Tomasz Michał**	**886**		M-50	28	00:00:00	**00:27:42.35**	**00:27:42.35**	+00:10:39 (38.5%)	5:32	10.8 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
454	**GUDELL Radosław**	**10**		M-40	86	00:01:29	**00:27:43.75**	**00:29:13.30**	+00:10:40 (38.5%)	5:32	10.8 (61.4%)
455	**STĘPSKI Sławomir**	**981**		M-10	41	00:01:12	**00:27:44.25**	**00:28:57.05**	+00:10:41 (38.5%)	5:33	10.8 (61.4%)
456	**OSSOWSKI Tomek**	**1482**		M-20	124	00:00:10	**00:27:44.40**	**00:27:54.50**	+00:10:41 (38.5%)	5:32	10.8 (61.4%)
457	**ZABOROWSKI Robert**	**827**	PGB SPORTOWA PACZKA	M-30	173	00:00:51	**00:27:45.35**	**00:28:36.75**	+00:10:42 (38.6%)	5:33	10.8 (61.4%)
458	**ROSZCZYN Michał**	**517**		M-20	125	00:01:23	**00:27:48.25**	**00:29:12.00**	+00:10:45 (38.7%)	5:33	10.8 (61.4%)
459	**HASEK Patryk**	**936**		M-20	126	00:01:22	**00:27:48.55**	**00:29:11.35**	+00:10:45 (38.7%)	5:33	10.8 (61.4%)
460	**RYBARCZYK Michał**	**1257**		M-30	174	00:00:57	**00:27:49.05**	**00:28:46.65**	+00:10:46 (38.7%)	5:33	10.8 (61.4%)
461	**MALIŃSKI Wojciech**	**175**		M-30	175	00:00:57	**00:27:49.50**	**00:28:46.65**	+00:10:46 (38.7%)	5:33	10.8 (61.4%)
462	**KISIEL Krystian**	**53**		M-20	127	00:01:04	**00:27:50.35**	**00:28:54.80**	+00:10:47 (38.8%)	5:34	10.8 (61.4%)
463	**KLINIKOWSKI Jacek**	**326**	KOCHAM ŻYCIE I...	M-40	87	00:01:19	**00:27:50.90**	**00:29:10.55**	+00:10:47 (38.8%)	5:34	10.8 (61.4%)
464	**ZYGMUNT Robert**	**908**		M-40	88	00:00:47	**00:27:52.15**	**00:28:39.30**	+00:10:49 (38.8%)	5:34	10.8 (61.4%)
465	**KUBOWICZ Piotr**	**291**	MAŁGOŚ TEAM	M-40	89	00:01:19	**00:27:52.45**	**00:29:11.90**	+00:10:49 (38.8%)	5:34	10.8 (61.4%)
466	**DROŻ Marcin**	**84**		M-10	42	00:01:38	**00:27:53.25**	**00:29:32.15**	+00:10:50 (38.9%)	5:34	10.8 (61.4%)
467	**KRYSZTOFIAK Robert**	**301**		M-40	90	00:00:52	**00:27:53.35**	**00:28:45.45**	+00:10:50 (38.9%)	5:34	10.8 (61.4%)
468	**NIEDBALSKI Grzegorz**	**872**	RUN BYDGOSZCZ	M-50	29	00:01:16	**00:27:53.85**	**00:29:10.55**	+00:10:50 (38.9%)	5:34	10.8 (61.4%)
469	**ZDZIAREK Artur**	**770**		M-30	176	00:00:46	**00:27:56.85**	**00:28:43.45**	+00:10:53 (39.0%)	5:35	10.7 (60.8%)
470	**STĘPIEŃ Michał**	**310**	GALACTICA	M-30	177	00:01:26	**00:27:57.05**	**00:29:23.30**	+00:10:54 (39.0%)	5:35	10.7 (60.8%)
471	**WOJTYSIAK Szymon**	**1076**	BYDGOSKIE OKONIE	M-20	128	00:00:53	**00:27:58.00**	**00:28:51.15**	+00:10:54 (39.0%)	5:35	10.7 (60.8%)
472	**LEMAŃCZYK Zygmunt**	**300**	RUN BYDGOSZCZ	M-40	91	00:01:12	**00:27:58.20**	**00:29:11.05**	+00:10:55 (39.0%)	5:35	10.7 (60.8%)
473	**KURTYSIAK Roman**	**534**		M-50	30	00:00:42	**00:27:58.25**	**00:28:40.45**	+00:10:55 (39.0%)	5:35	10.7 (60.8%)
474	**DURAJEWSKI Mateusz**	**500**		M-20	129	00:01:29	**00:27:59.85**	**00:29:28.85**	+00:10:56 (39.1%)	5:35	10.7 (60.8%)
475	**GORDON Roman**	**721**	RUN BYDGOSZCZ	M-60+	5	00:01:18	**00:28:07.20**	**00:29:25.90**	+00:11:04 (39.4%)	5:37	10.7 (60.8%)
476	**HARACEWIAT Cezary**	**650**		M-50	31	00:00:38	**00:28:08.30**	**00:28:47.25**	+00:11:05 (39.4%)	5:37	10.7 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
477	**SEROCKI Kornel**	**593**		M-20	130	00:00:38	**00:28:08.50**	**00:28:47.30**	+00:11:05 (39.4%)	5:37	10.7 (60.8%)
478	**SEROCKI Bartosz**	**590**	FRANEK I RÓŻA	M-30	178	00:00:38	**00:28:08.70**	**00:28:47.05**	+00:11:05 (39.4%)	5:37	10.7 (60.8%)
479	**IWAN Remigiusz**	**209**		M-30	179	00:01:01	**00:28:08.90**	**00:29:10.10**	+00:11:05 (39.4%)	5:37	10.7 (60.8%)
480	**SIEŃSKI Jacek**	**1079**	RUN BYDGOSZCZ	M-50	32	00:01:14	**00:28:10.70**	**00:29:25.10**	+00:11:07 (39.5%)	5:38	10.6 (60.2%)
481	**LEMIEŻ Andrzej**	**680**		M-30	180	00:00:14	**00:28:11.05**	**00:28:25.55**	+00:11:08 (39.5%)	5:38	10.6 (60.2%)
482	**WYPORKIEWICZ Jerzy**	**1031**		M-40	92	00:00:49	**00:28:13.35**	**00:29:02.90**	+00:11:10 (39.6%)	5:38	10.6 (60.2%)
483	**BANACH Jan**	**182**	KLINIKA TRIATHLONU TEAM	M-20	131	00:00:45	**00:28:17.10**	**00:29:02.60**	+00:11:14 (39.7%)	5:39	10.6 (60.2%)
484	**PIECZARA Michał**	**567**	KLINIKA TRIATHLONU TEAM	M-20	132	00:00:46	**00:28:18.10**	**00:29:04.30**	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
485	**PAPIS Piotr**	**1128**	BACKONIK	M-30	181	00:01:19	**00:28:18.80**	**00:29:38.15**	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
486	**BRYŚ Bartłomiej**	**117**		M-20	133	00:00:40	**00:28:18.85**	**00:28:59.75**	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
487	**FILOSEK Marcin**	**914**		M-30	182	00:01:09	**00:28:19.00**	**00:29:28.35**	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
488	**KRZYŻANOWSKI Wojciech**	**321**		M-40	93	00:01:21	**00:28:20.10**	**00:29:41.10**	+00:11:17 (39.8%)	5:40	10.6 (60.2%)
489	**RZEPCZYNSKI Tomasz**	**499**	BR DYNAMO SKARPA	M-40	94	00:00:56	**00:28:20.60**	**00:29:17.20**	+00:11:17 (39.8%)	5:40	10.6 (60.2%)
490	**MYCZKO Dariusz**	**645**	CPR BYDGOSZCZ	M-30	183	00:00:36	**00:28:23.85**	**00:29:00.05**	+00:11:20 (40.0%)	5:40	10.6 (60.2%)
491	**KILANOWSKI Dariusz**	**829**		M-30	184	00:01:11	**00:28:24.55**	**00:29:35.75**	+00:11:21 (40.0%)	5:40	10.6 (60.2%)
492	**TOMCZAK Krzysztof**	**1205**		M-20	134	00:00:08	**00:28:27.40**	**00:28:36.05**	+00:11:24 (40.1%)	5:41	10.5 (59.7%)
493	**WITKOWSKI Tomasz**	**1198**	VIVA LA VIDA	M-30	185	00:00:20	**00:28:27.45**	**00:28:47.55**	+00:11:24 (40.1%)	5:41	10.5 (59.7%)
494	**BRZOZOWSKI Krzysztof**	**126**		M-20	135	00:01:41	**00:28:27.75**	**00:30:08.80**	+00:11:24 (40.1%)	5:41	10.5 (59.7%)
495	**SZCZYGIEŁ Michał**	**992**		M-30	186	00:01:10	**00:28:28.75**	**00:29:38.80**	+00:11:25 (40.1%)	5:41	10.5 (59.7%)
496	**BIERNACKI Piotr**	**1271**		M-30	187	00:01:09	**00:28:28.90**	**00:29:38.45**	+00:11:25 (40.1%)	5:41	10.5 (59.7%)
497	**WRZYSZCZ Damian**	**919**		M-10	43	00:00:39	**00:28:29.30**	**00:29:08.65**	+00:11:26 (40.1%)	5:41	10.5 (59.7%)
498	**NOWAK Łukasz**	**146**	VIRTUAL RUNNER CLUB	M-30	188	00:01:21	**00:28:30.40**	**00:29:52.05**	+00:11:27 (40.2%)	5:42	10.5 (59.7%)
499	**CYGAN Marcin**	**1149**		M-40	95	00:00:50	**00:28:32.60**	**00:29:23.30**	+00:11:29 (40.3%)	5:42	10.5 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
500	**BANASZAK Krzysztof**	**1060**		M-30	189	00:00:49	**00:28:32.75**	**00:29:22.55**	+00:11:29 (40.3%)	5:42	10.5 (59.7%)
501	**BRODA Piotr**	**298**		M-40	96	00:00:50	**00:28:33.20**	**00:29:23.20**	+00:11:30 (40.3%)	5:42	10.5 (59.7%)
502	**GNIOT Henryk**	**618**		M-40	97	00:01:25	**00:28:34.15**	**00:30:00.00**	+00:11:31 (40.3%)	5:43	10.5 (59.7%)
503	**BUŁAT Adam**	**760**		M-20	136	00:01:07	**00:28:35.25**	**00:29:42.60**	+00:11:32 (40.4%)	5:43	10.5 (59.7%)
504	**SPIRYDOWICZ Piotr**	**1297**		M-30	190	00:01:09	**00:28:35.30**	**00:29:44.65**	+00:11:32 (40.4%)	5:43	10.5 (59.7%)
505	**FLEJTER Artur**	**1401**		M-50	33	00:01:34	**00:28:35.80**	**00:30:09.80**	+00:11:32 (40.4%)	5:43	10.5 (59.7%)
506	**GIŻA Damian**	**244**	POLONIA	M-30	191	00:00:30	**00:28:37.70**	**00:29:08.65**	+00:11:34 (40.4%)	5:43	10.5 (59.7%)
507	**BASZANOWSKI Tomasz**	**852**		M-30	192	00:00:29	**00:28:41.75**	**00:29:11.10**	+00:11:38 (40.6%)	5:44	10.5 (59.7%)
508	**MIKUŁA Tomasz**	**241**	GORDON RUN	M-30	193	00:01:31	**00:28:42.30**	**00:30:14.00**	+00:11:39 (40.6%)	5:44	10.4 (59.1%)
509	**SKARBEK Marek**	**1082**		M-40	98	00:00:22	**00:28:42.45**	**00:29:04.45**	+00:11:39 (40.6%)	5:44	10.5 (59.7%)
510	**ŁUKASIEWICZ Krzysztof**	**532**		M-30	194	00:01:34	**00:28:43.65**	**00:30:17.90**	+00:11:40 (40.6%)	5:44	10.4 (59.1%)
511	**DZIAMSKI Wojciech**	**1208**		M-30	195	00:01:33	**00:28:44.55**	**00:30:17.85**	+00:11:41 (40.7%)	5:44	10.4 (59.1%)
512	**IWAN Przemysław**	**212**		M-10	44	00:01:00	**00:28:44.75**	**00:29:45.25**	+00:11:41 (40.7%)	5:45	10.4 (59.1%)
513	**WIŚNIEWSKI Szymon**	**722**		M-10	45	00:01:22	**00:28:46.00**	**00:30:08.20**	+00:11:42 (40.7%)	5:45	10.4 (59.1%)
514	**RUDOL Damian**	**78**		M-30	196	00:01:44	**00:28:46.10**	**00:30:30.80**	+00:11:43 (40.7%)	5:45	10.4 (59.1%)
515	**PROCZEK Jakub**	**668**		M-20	137	00:00:23	**00:28:49.25**	**00:29:12.85**	+00:11:46 (40.8%)	5:45	10.4 (59.1%)
516	**NITKA Adam**	**1351**		M-40	99	00:01:15	**00:28:51.90**	**00:30:07.60**	+00:11:48 (40.9%)	5:46	10.4 (59.1%)
516	**SMERLIŃSKI Robert**	**508**	BRAK	M-30	197	00:01:21	**00:28:51.90**	**00:30:13.40**	+00:11:48 (40.9%)	5:46	10.4 (59.1%)
518	**WIŚNIEWSKI Maksymilian**	**717**		M-10	46	00:01:21	**00:28:52.50**	**00:30:13.80**	+00:11:49 (40.9%)	5:46	10.4 (59.1%)
519	**KOŁODZIEJSKI Daniel**	**1021**		M-30	198	00:00:35	**00:28:52.65**	**00:29:28.50**	+00:11:49 (41.0%)	5:46	10.4 (59.1%)
520	**JASTRZEMBSKI Tomasz**	**556**	DYNAMO SKARPA	M-30	199	00:01:52	**00:28:53.85**	**00:30:46.45**	+00:11:50 (41.0%)	5:46	10.4 (59.1%)
521	**KLÓSKA Roman**	**401**		M-40	100	00:01:36	**00:28:57.90**	**00:30:34.85**	+00:11:54 (41.1%)	5:47	10.4 (59.1%)
522	**MUSIAŁA Adam**	**1423**		M-30	200	00:00:30	**00:28:59.45**	**00:29:29.95**	+00:11:56 (41.2%)	5:47	10.4 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
523	**PATRZAŁEK Oskar**	**464**		M-10	47	00:01:46	**00:29:00.85**	**00:30:47.55**	+00:11:57 (41.2%)	5:48	10.3 (58.5%)
524	**STEFANOWICZ Wojciech**	**986**	RUN BYDGOSZCZ	M-30	201	00:01:17	**00:29:01.10**	**00:30:18.40**	+00:11:58 (41.2%)	5:48	10.3 (58.5%)
525	**NALEŻYTY Piotr**	**1319**		M-30	202	00:01:45	**00:29:01.35**	**00:30:46.85**	+00:11:58 (41.2%)	5:48	10.3 (58.5%)
526	**GÓRSKI Marian**	**571**	SOLECCYBIEGACZE	M-50	34	00:00:08	**00:29:01.65**	**00:29:10.15**	+00:11:58 (41.3%)	5:48	10.3 (58.5%)
527	**KAPELIŃSKI Stanisław**	**207**		M-40	101	00:00:46	**00:29:02.15**	**00:29:48.45**	+00:11:59 (41.3%)	5:48	10.3 (58.5%)
528	**POLAKIEWICZ Dariusz**	**754**	KLUB ZDROWIA BYDGOSZCZ	M-50	35	00:00:07	**00:29:02.20**	**00:29:09.80**	+00:11:59 (41.3%)	5:48	10.3 (58.5%)
529	**GORGOL Tomasz**	**640**	RUN BYDGOSZCZ	M-30	203	00:01:12	**00:29:05.10**	**00:30:17.65**	+00:12:02 (41.4%)	5:49	10.3 (58.5%)
530	**GRUCHAŁA Paweł**	**621**		M-20	138	00:00:32	**00:29:05.65**	**00:29:38.60**	+00:12:02 (41.4%)	5:49	10.3 (58.5%)
531	**KLONOWSKI Sławomir**	**14**		M-40	102	00:01:27	**00:29:06.35**	**00:30:33.75**	+00:12:03 (41.4%)	5:49	10.3 (58.5%)
532	**DARNOWSKI Bartosz**	**704**		M-30	204	00:01:44	**00:29:06.75**	**00:30:51.40**	+00:12:03 (41.4%)	5:49	10.3 (58.5%)
533	**DĘBSKI Arkadiusz**	**902**		M-50	36	00:00:36	**00:29:07.70**	**00:29:44.05**	+00:12:04 (41.5%)	5:49	10.3 (58.5%)
534	**BURY Tomasz**	**580**		M-30	205	00:00:10	**00:29:08.20**	**00:29:19.00**	+00:12:05 (41.5%)	5:49	10.3 (58.5%)
535	**ANTKOWIAK Bartek**	**493**	TCMS PESA	M-20	139	00:01:16	**00:29:08.60**	**00:30:25.00**	+00:12:05 (41.5%)	5:49	10.3 (58.5%)
536	**KLISZEWSKI Maciej**	**435**	GWIAZDA BYDGOSZCZ	M-10	48	00:01:30	**00:29:08.70**	**00:30:39.45**	+00:12:05 (41.5%)	5:49	10.3 (58.5%)
537	**KLISZEWSKI Damian**	**428**		M-40	103	00:01:30	**00:29:09.40**	**00:30:39.60**	+00:12:06 (41.5%)	5:49	10.3 (58.5%)
538	**MARĆ Robert**	**531**		M-40	104	00:01:12	**00:29:10.75**	**00:30:22.85**	+00:12:07 (41.6%)	5:50	10.3 (58.5%)
539	**KRZYŻAŃSKI Kacper**	**86**	BYDGOSZCZ TRIATHLON TEAM	M-10	49	00:01:37	**00:29:12.25**	**00:30:49.55**	+00:12:09 (41.6%)	5:50	10.3 (58.5%)
540	**STĘPIEŃ Bogdan**	**350**		M-20	140	00:01:02	**00:29:13.85**	**00:30:16.65**	+00:12:10 (41.7%)	5:50	10.3 (58.5%)
540	**STOKŁOSA Maciej**	**330**		M-20	141	00:01:31	**00:29:13.85**	**00:30:45.05**	+00:12:10 (41.7%)	5:50	10.3 (58.5%)
542	**DZIERŻAWSKI Łukasz**	**1090**		M-30	206	00:01:12	**00:29:14.60**	**00:30:26.70**	+00:12:11 (41.7%)	5:50	10.3 (58.5%)
543	**BONKOWSKI Wojciech**	**798**		M-30	207	00:01:00	**00:29:15.25**	**00:30:15.45**	+00:12:12 (41.7%)	5:51	10.3 (58.5%)
544	**KOLASA Robert**	**1018**		M-30	208	00:01:09	**00:29:15.35**	**00:30:25.00**	+00:12:12 (41.7%)	5:51	10.3 (58.5%)
545	**SZALA Paweł**	**69**		M-20	142	00:01:36	**00:29:16.85**	**00:30:52.85**	+00:12:13 (41.8%)	5:51	10.3 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
546	**KWIATKOWSKI Paweł**	**56**		M-30	209	00:01:01	**00:29:17.10**	**00:30:18.40**	+00:12:14 (41.8%)	5:51	10.2 (58.0%)
547	**KOCZOROWSKI Maciej**	**391**		M-10	50	00:00:25	**00:29:19.25**	**00:29:44.25**	+00:12:16 (41.8%)	5:51	10.2 (58.0%)
548	**PARUCKI Zbigniew**	**378**		M-50	37	00:00:25	**00:29:19.60**	**00:29:45.10**	+00:12:16 (41.9%)	5:52	10.2 (58.0%)
549	**KAPUSTA Maciej**	**718**		M-30	210	00:01:37	**00:29:21.55**	**00:30:59.05**	+00:12:18 (41.9%)	5:52	10.2 (58.0%)
550	**KRZYŻAŃSKI Przemysław**	**70**	BYDGOSZCZ TRIATHLON TEAM	M-40	105	00:01:35	**00:29:22.70**	**00:30:58.50**	+00:12:19 (42.0%)	5:52	10.2 (58.0%)
551	**URBANSKI Piotr**	**320**	RUN TEAM PRUSZCZ	M-40	106	00:01:24	**00:29:23.20**	**00:30:47.55**	+00:12:20 (42.0%)	5:52	10.2 (58.0%)
552	**URBANSKI Hubert**	**339**	RUN TEAM PRUSZCZ	M-10	51	00:01:24	**00:29:23.35**	**00:30:48.00**	+00:12:20 (42.0%)	5:52	10.2 (58.0%)
553	**ANDRYSZAK Piotr**	**1312**		M-40	107	00:00:42	**00:29:23.80**	**00:30:05.95**	+00:12:20 (42.0%)	5:52	10.2 (58.0%)
554	**KOZŁOWSKI Mirosław**	**1266**		M-50	38	00:01:09	**00:29:23.85**	**00:30:33.20**	+00:12:20 (42.0%)	5:52	10.2 (58.0%)
555	**WRÓBLEWSKI Kewin**	**846**		M-10	52	00:00:07	**00:29:25.65**	**00:29:33.35**	+00:12:22 (42.1%)	5:53	10.2 (58.0%)
556	**WASZAK Konrad**	**1410**	FORDON NA CO DZIEŃ	M-20	143	00:00:44	**00:29:31.15**	**00:30:15.15**	+00:12:28 (42.2%)	5:54	10.2 (58.0%)
557	**BANASIEWICZ Arek**	**1050**	OLIMPIASPORT.PL	M-30	211	00:01:44	**00:29:34.90**	**00:31:19.45**	+00:12:31 (42.4%)	5:55	10.1 (57.4%)
558	**SKORECKI Aleksander**	**644**	BYDGOSZCZ TRIATHLON TEAM	M-20	144	00:01:36	**00:29:35.30**	**00:31:12.20**	+00:12:32 (42.4%)	5:55	10.1 (57.4%)
559	**JARZEMSKI Marcin**	**95**	BYDGOSZCZ TRIATHLON TEAM	M-20	145	00:01:37	**00:29:35.55**	**00:31:12.75**	+00:12:32 (42.4%)	5:55	10.1 (57.4%)
560	**NIEDBAŁA Mariusz**	**259**	ASW BLACK PANTHER	M-20	146	00:01:06	**00:29:35.85**	**00:30:42.25**	+00:12:32 (42.4%)	5:55	10.1 (57.4%)
561	**PIETKUN Ryszard**	**654**		M-50	39	00:01:10	**00:29:35.95**	**00:30:46.55**	+00:12:32 (42.4%)	5:55	10.1 (57.4%)
562	**ZWOLAK Mateusz**	**890**		M-Open	2	00:00:18	**00:29:36.55**	**00:29:55.10**	+00:12:33 (42.4%)	5:55	10.1 (57.4%)
563	**WIŚNIEWSKI Wojciech**	**357**		M-40	108	00:00:58	**00:29:37.20**	**00:30:35.85**	+00:12:34 (42.4%)	5:55	10.1 (57.4%)
564	**NIEDBALSKI Edward**	**1190**		M-60+	6	00:00:22	**00:29:37.25**	**00:29:59.35**	+00:12:34 (42.4%)	5:55	10.1 (57.4%)
565	**CZYŻEWSKI Wojciech**	**1264**		M-40	109	00:00:41	**00:29:37.85**	**00:30:19.70**	+00:12:34 (42.5%)	5:55	10.1 (57.4%)
566	**JÓŹWIK Sebastian**	**1005**		M-20	147	00:00:40	**00:29:38.75**	**00:30:18.95**	+00:12:35 (42.5%)	5:55	10.1 (57.4%)
567	**CHODOR Tomasz**	**687**		M-40	110	00:01:19	**00:29:39.60**	**00:30:59.55**	+00:12:36 (42.5%)	5:56	10.1 (57.4%)
568	**RACIBORSKI Grzegorz**	**308**	TASAK TEAM	M-30	212	00:01:24	**00:29:39.80**	**00:31:03.85**	+00:12:36 (42.5%)	5:55	10.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
569	**GODZIK Kamil**	**472**	BR DYNAMO SKARPA	M-40	111	00:00:55	**00:29:39.85**	**00:30:34.85**	+00:12:36 (42.5%)	5:55	10.1 (57.4%)
570	**JAŻDŻEWSKI Jarosław**	**262**		M-30	213	00:01:32	**00:29:40.70**	**00:31:13.60**	+00:12:37 (42.5%)	5:56	10.1 (57.4%)
571	**WILCZYŃSKI Jacek**	**467**		M-40	112	00:01:11	**00:29:42.30**	**00:30:53.95**	+00:12:39 (42.6%)	5:56	10.1 (57.4%)
572	**SOBOWIEC Szymon**	**757**	SOBOWIEC TEAM	M-40	113	00:01:10	**00:29:43.00**	**00:30:53.60**	+00:12:39 (42.6%)	5:56	10.1 (57.4%)
573	**BUSZTA Artur**	**1104**	KLUB ZDROWEGO STYLU ŻYCIA	M-30	214	00:01:11	**00:29:43.25**	**00:30:54.55**	+00:12:40 (42.6%)	5:56	10.1 (57.4%)
574	**KRUK Łukasz**	**319**		M-10	53	00:01:17	**00:29:45.05**	**00:31:02.05**	+00:12:42 (42.7%)	5:57	10.1 (57.4%)
575	**KRUK Szymon**	**316**		M-10	54	00:01:16	**00:29:45.65**	**00:31:02.25**	+00:12:42 (42.7%)	5:57	10.1 (57.4%)
576	**STOKŁOSA Kamil**	**790**		M-30	215	00:01:45	**00:29:46.40**	**00:31:32.35**	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
577	**DŹOBIŃSKI Dawid**	**965**		M-30	216	00:00:52	**00:29:46.45**	**00:30:39.20**	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
578	**KRUK Krzysztof**	**311**		M-40	114	00:01:17	**00:29:46.75**	**00:31:04.45**	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
579	**KASPRZAK Wojciech**	**1188**		M-30	217	00:00:42	**00:29:51.10**	**00:30:33.55**	+00:12:48 (42.9%)	5:58	10.1 (57.4%)
580	**OSZUBSKI Kazimierz**	**944**		M-40	115	00:00:43	**00:29:52.10**	**00:30:35.90**	+00:12:49 (42.9%)	5:58	10 (56.8%)
581	**RONKIEWICZ Bartosz**	**913**	SPORT FACTORY	M-30	218	00:01:01	**00:29:53.45**	**00:30:55.15**	+00:12:50 (43.0%)	5:58	10 (56.8%)
582	**KALACZYŃSKI Grzegorz**	**724**		M-40	116	00:01:18	**00:29:53.60**	**00:31:11.95**	+00:12:50 (43.0%)	5:58	10 (56.8%)
583	**WRZYSZCZ Adam**	**910**	BYDGOSZCZ	M-40	117	00:00:41	**00:29:53.70**	**00:30:35.55**	+00:12:50 (43.0%)	5:58	10 (56.8%)
584	**WOJTOWICZ Dawid**	**1314**		M-30	219	00:01:19	**00:29:55.00**	**00:31:14.15**	+00:12:51 (43.0%)	5:59	10 (56.8%)
585	**PRZERACKI Mirosław**	**879**	BYDGOSZCZ	M-40	118	00:00:41	**00:29:55.85**	**00:30:36.95**	+00:12:52 (43.0%)	5:59	10 (56.8%)
586	**ROGALA Damian**	**1488**	BKS POLONIA JUDO BYDGOSZCZ	M-30	220	00:00:14	**00:29:57.15**	**00:30:11.45**	+00:12:54 (43.1%)	5:59	10 (56.8%)
587	**MIKOŁAJCZAK Jędrzej**	**778**	GWIAZDA BYDGOSZCZ	M-10	55	00:00:52	**00:29:59.00**	**00:30:51.05**	+00:12:55 (43.1%)	5:59	10 (56.8%)
588	**DROŻ Krzysztof**	**3**		M-50	40	00:01:39	**00:30:01.60**	**00:31:41.10**	+00:12:58 (43.2%)	6:00	10 (56.8%)
589	**BUKOWSKI Rafał**	**1194**		M-40	119	00:01:32	**00:30:03.25**	**00:31:35.95**	+00:13:00 (43.3%)	6:00	10 (56.8%)
590	**WALCZYNA Leszek**	**904**	BYDGOSZCZ	M-50	41	00:00:45	**00:30:04.75**	**00:30:50.25**	+00:13:01 (43.3%)	6:01	10 (56.8%)
591	**CHOLEWIŃSKI Dariusz**	**1340**	HURAGAN MIEDZYŃ	M-40	120	00:00:04	**00:30:05.35**	**00:30:10.15**	+00:13:02 (43.3%)	6:01	10 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
592	**MIKOŁAJEWSKI Jacek**	**203**		M-30	221	00:01:01	**00:30:07.10**	**00:31:08.95**	+00:13:04 (43.4%)	6:01	10 (56.8%)
593	**MOROSZCZAK Bogumił**	**738**	SPÓJNIA BIAŁE BŁOTA	M-40	121	00:01:14	**00:30:10.15**	**00:31:25.00**	+00:13:07 (43.5%)	6:02	9.9 (56.3%)
593	**BEJGER Łukasz**	**545**	TCMS PESA	M-10	56	00:01:16	**00:30:10.15**	**00:31:27.00**	+00:13:07 (43.5%)	6:02	9.9 (56.3%)
595	**KITOWSKI Przemysław**	**845**		M-30	222	00:01:07	**00:30:10.60**	**00:31:18.55**	+00:13:07 (43.5%)	6:02	9.9 (56.3%)
596	**PATRZAŁEK Tomasz**	**457**		M-40	122	00:01:46	**00:30:11.35**	**00:31:58.00**	+00:13:08 (43.5%)	6:02	9.9 (56.3%)
597	**KI Bartłomiej**	**1041**		M-20	148	00:00:31	**00:30:12.95**	**00:30:44.70**	+00:13:09 (43.6%)	6:02	9.9 (56.3%)
598	**MALINOWSKI Mateusz**	**1117**		M-20	149	00:01:22	**00:30:16.15**	**00:31:38.25**	+00:13:13 (43.7%)	6:03	9.9 (56.3%)
599	**OSSOWSKI Łukasz**	**1094**		M-30	223	00:01:53	**00:30:17.00**	**00:32:10.15**	+00:13:13 (43.7%)	6:03	9.9 (56.3%)
600	**SZNAJDROWSKI Jerzy**	**980**		M-20	150	00:01:43	**00:30:18.90**	**00:32:02.00**	+00:13:15 (43.8%)	6:03	9.9 (56.3%)
601	**KAWALERSKI Krzysztof**	**1114**		M-40	123	00:01:32	**00:30:20.00**	**00:31:52.90**	+00:13:16 (43.8%)	6:04	9.9 (56.3%)
602	**MODRZEWSKI Łukasz**	**210**		M-40	124	00:00:15	**00:30:30.40**	**00:30:46.05**	+00:13:27 (44.1%)	6:06	9.8 (55.7%)
603	**DOBRZAŃSKI Dariusz**	**1296**		M-20	151	00:01:09	**00:30:31.10**	**00:31:41.05**	+00:13:28 (44.1%)	6:06	9.8 (55.7%)
604	**KORALEWSKI Jakub**	**1165**		M-20	152	00:01:00	**00:30:31.45**	**00:31:31.65**	+00:13:28 (44.1%)	6:06	9.8 (55.7%)
605	**JACOBI Maciej**	**520**		M-20	153	00:01:07	**00:30:33.30**	**00:31:40.40**	+00:13:30 (44.2%)	6:06	9.8 (55.7%)
606	**NIEWIADOMSKI Filip**	**617**	BBL INOWROCŁAW	M-10	57	00:00:49	**00:30:34.05**	**00:31:23.85**	+00:13:31 (44.2%)	6:06	9.8 (55.7%)
607	**NIEWIADOMSKI Waldemar**	**625**	BBL INOWROCŁAW	M-40	125	00:00:50	**00:30:34.35**	**00:31:24.45**	+00:13:31 (44.2%)	6:06	9.8 (55.7%)
608	**SOSNA Mikolaj**	**1020**		M-30	224	00:00:45	**00:30:34.95**	**00:31:20.05**	+00:13:31 (44.2%)	6:07	9.8 (55.7%)
609	**PAWELEC Witold**	**1430**		M-10	58	00:01:02	**00:30:38.05**	**00:31:40.50**	+00:13:35 (44.3%)	6:07	9.8 (55.7%)
610	**KMIEĆ Norbert**	**540**		M-40	126	00:00:49	**00:30:39.70**	**00:31:28.75**	+00:13:36 (44.4%)	6:07	9.8 (55.7%)
611	**BYRTEK Grzegorz**	**173**		M-40	127	00:00:48	**00:30:40.20**	**00:31:28.95**	+00:13:37 (44.4%)	6:08	9.8 (55.7%)
612	**JAWORSKI Paweł**	**1260**		M-30	225	00:01:02	**00:30:41.10**	**00:31:43.75**	+00:13:38 (44.4%)	6:08	9.8 (55.7%)
613	**BRZOZOWSKI Krzysztof**	**1086**		M-30	226	00:01:43	**00:30:43.70**	**00:32:26.85**	+00:13:40 (44.5%)	6:08	9.8 (55.7%)
614	**ŻURAWSKI Michał**	**972**	RUN LOTTO-BYDGOSTIA	M-40	128	00:01:31	**00:30:44.55**	**00:32:15.95**	+00:13:41 (44.5%)	6:08	9.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
615	**PODGÓRSKI Jakub**	**127**		M-20	154	00:01:22	**00:30:46.20**	**00:32:08.85**	+00:13:43 (44.6%)	6:09	9.8 (55.7%)
616	**ANTCZAK Filip**	**976**		M-30	227	00:00:34	**00:30:46.30**	**00:31:20.45**	+00:13:43 (44.6%)	6:09	9.8 (55.7%)
617	**PANKOWSKI Bogusław**	**25**		M-50	42	00:01:20	**00:30:52.60**	**00:32:12.95**	+00:13:49 (44.8%)	6:10	9.7 (55.1%)
618	**PRZEWOŹNIAK Rafał**	**758**		M-20	155	00:01:40	**00:30:57.15**	**00:32:37.40**	+00:13:54 (44.9%)	6:11	9.7 (55.1%)
619	**BYCZYŃSKI Michał**	**1447**		M-20	156	00:01:47	**00:30:57.65**	**00:32:45.30**	+00:13:54 (44.9%)	6:11	9.7 (55.1%)
620	**STASIEWSKI Mariusz**	**130**	TRISPACE	M-40	129	00:00:00	**00:30:58.35**	**00:30:58.35**	+00:13:55 (44.9%)	6:11	9.7 (55.1%)
621	**MALAK Maciej**	**302**		M-20	157	00:00:55	**00:31:03.95**	**00:31:59.75**	+00:14:00 (45.1%)	6:12	9.7 (55.1%)
622	**OSAK Paweł**	**496**		M-30	228	00:00:32	**00:31:05.50**	**00:31:37.75**	+00:14:02 (45.2%)	6:13	9.7 (55.1%)
623	**MENDEL Patryk**	**821**		M-20	158	00:01:04	**00:31:07.55**	**00:32:12.05**	+00:14:04 (45.2%)	6:13	9.6 (54.5%)
624	**WOJCIEKIEWICZ Tomasz**	**1442**	EXPRESS BYDGOSKI	M-60+	7	00:01:20	**00:31:10.05**	**00:32:30.55**	+00:14:07 (45.3%)	6:14	9.6 (54.5%)
625	**KORENKIEWICZ Łukasz**	**1097**		M-40	130	00:01:14	**00:31:10.10**	**00:32:24.35**	+00:14:07 (45.3%)	6:14	9.6 (54.5%)
626	**KORENKIEWICZ Leszek**	**1232**		M-60+	8	00:01:13	**00:31:11.25**	**00:32:24.80**	+00:14:08 (45.3%)	6:14	9.6 (54.5%)
627	**NURKIEWICZ Franciszek**	**598**		M-10	59	00:01:47	**00:31:12.70**	**00:33:00.65**	+00:14:09 (45.4%)	6:14	9.6 (54.5%)
628	**GACKOWSKI Jarek**	**715**	TRISTYLE.PL	M-40	131	00:00:00	**00:31:13.10**	**00:31:13.10**	+00:14:10 (45.4%)	6:14	9.6 (54.5%)
629	**NURKIEWICZ Jarosław**	**597**		M-40	132	00:01:47	**00:31:13.30**	**00:33:00.90**	+00:14:10 (45.4%)	6:14	9.6 (54.5%)
630	**BRĄGIEL Jakub**	**105**	VEGE RUNNERS	M-30	229	00:01:48	**00:31:14.70**	**00:33:03.40**	+00:14:11 (45.4%)	6:15	9.6 (54.5%)
631	**PALIŃSKI Grzegorz**	**1444**		M-30	230	00:01:27	**00:31:22.00**	**00:32:49.70**	+00:14:18 (45.6%)	6:16	9.6 (54.5%)
632	**SZYBKA Marcin**	**502**		M-30	231	00:01:15	**00:31:25.65**	**00:32:40.95**	+00:14:22 (45.7%)	6:17	9.5 (54.0%)
633	**GLISZCZYŃSKI Kacper**	**712**		M-10	60	00:00:51	**00:31:29.70**	**00:32:20.85**	+00:14:26 (45.9%)	6:17	9.5 (54.0%)
634	**KWIATKOWSKI Władysław**	**1317**		M-60+	9	00:00:12	**00:31:33.75**	**00:31:46.25**	+00:14:30 (46.0%)	6:18	9.5 (54.0%)
635	**DANIELEK Adam**	**848**		M-30	232	00:01:39	**00:31:34.00**	**00:33:13.50**	+00:14:30 (46.0%)	6:18	9.5 (54.0%)
636	**LISOWSKI Sebastian**	**813**		M-30	233	00:01:41	**00:31:37.70**	**00:33:19.60**	+00:14:34 (46.1%)	6:19	9.5 (54.0%)
637	**JARZĄBEK Michał**	**709**		M-20	159	00:00:51	**00:31:39.25**	**00:32:31.00**	+00:14:36 (46.1%)	6:20	9.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
638	**JENCZEWSKI Szymon**	**736**	ALBATROSY	M-20	160	00:00:32	**00:31:40.30**	**00:32:12.95**	+00:14:37 (46.2%)	6:20	9.5 (54.0%)
639	**KLIMKIEWICZ Maciej**	**1178**		M-40	133	00:01:33	**00:31:42.45**	**00:33:15.75**	+00:14:39 (46.2%)	6:20	9.5 (54.0%)
640	**CYRULEWSKI Mateusz**	**666**		M-20	161	00:01:27	**00:31:42.95**	**00:33:10.65**	+00:14:39 (46.2%)	6:20	9.5 (54.0%)
641	**PIASECKI Damian**	**558**		M-30	234	00:00:56	**00:31:44.35**	**00:32:40.35**	+00:14:41 (46.3%)	6:20	9.5 (54.0%)
642	**OSZUŚCIK Karol**	**1434**		M-30	235	00:01:06	**00:31:49.15**	**00:32:55.15**	+00:14:46 (46.4%)	6:21	9.4 (53.4%)
643	**ZAWISZEWSKI Adam**	**1056**		M-30	236	00:00:54	**00:32:01.15**	**00:32:55.90**	+00:14:58 (46.7%)	6:24	9.4 (53.4%)
644	**ZIELIŃSKI Stanisław**	**68**	GORDON RUN	M-30	237	00:00:36	**00:32:08.60**	**00:32:45.30**	+00:15:05 (47.0%)	6:25	9.3 (52.8%)
645	**PARUCKI Paweł**	**369**	SPÓJNIA BIAŁE BŁOTA	M-20	162	00:00:24	**00:32:08.90**	**00:32:33.40**	+00:15:05 (47.0%)	6:25	9.3 (52.8%)
646	**BRYWCZYŃSKI Krystian**	**314**		M-30	238	00:00:45	**00:32:09.90**	**00:32:55.40**	+00:15:06 (47.0%)	6:26	9.3 (52.8%)
647	**WESOŁOWSKI Michał**	**371**	GORZEŃ RUN	M-30	239	00:01:31	**00:32:10.30**	**00:33:41.45**	+00:15:07 (47.0%)	6:26	9.3 (52.8%)
648	**GACKOWSKI Jarosław**	**1358**		M-50	43	00:01:43	**00:32:12.35**	**00:33:56.25**	+00:15:09 (47.1%)	6:26	9.3 (52.8%)
649	**SZCZĘSNY Bartosz**	**1407**		M-20	163	00:01:39	**00:32:15.10**	**00:33:54.85**	+00:15:12 (47.1%)	6:27	9.3 (52.8%)
650	**GRACZYK Przemysław**	**660**		M-20	164	00:01:46	**00:32:16.95**	**00:34:03.10**	+00:15:13 (47.2%)	6:27	9.3 (52.8%)
651	**WERLING Daniel**	**462**		M-20	165	00:01:34	**00:32:18.90**	**00:33:53.10**	+00:15:15 (47.2%)	6:27	9.3 (52.8%)
652	**DOBROWOLSKI Krzysztof**	**1354**		M-40	134	00:01:19	**00:32:20.65**	**00:33:40.10**	+00:15:17 (47.3%)	6:28	9.3 (52.8%)
653	**PÓŁGĘSEK Rafał**	**1122**	SOLECCY BIEGACZE	M-40	135	00:01:26	**00:32:21.90**	**00:33:48.20**	+00:15:18 (47.3%)	6:28	9.3 (52.8%)
654	**GOLA Grzegorz**	**1120**		M-40	136	00:01:45	**00:32:26.95**	**00:34:11.95**	+00:15:23 (47.5%)	6:29	9.2 (52.3%)
655	**GOTOWICZ Mariusz**	**929**		M-50	44	00:01:02	**00:32:28.55**	**00:33:30.95**	+00:15:25 (47.5%)	6:29	9.2 (52.3%)
656	**ZAGÓRSKI Artur**	**1236**		M-20	166	00:00:12	**00:32:30.05**	**00:32:42.25**	+00:15:27 (47.5%)	6:30	9.2 (52.3%)
657	**WITKOWSKI Artur**	**1250**	WWW.EUROPROGRES.PL	M-40	137	00:01:00	**00:32:30.25**	**00:33:31.10**	+00:15:27 (47.5%)	6:30	9.2 (52.3%)
658	**WITKOWSKI Paweł**	**222**		M-10	61	00:01:48	**00:32:32.40**	**00:34:20.70**	+00:15:29 (47.6%)	6:30	9.2 (52.3%)
659	**KOCZOROWSKI Ireneusz**	**384**		M-40	138	00:00:00	**00:32:33.20**	**00:32:33.20**	+00:15:30 (47.6%)	6:30	9.2 (52.3%)
660	**PANTKOWSKI Jakub**	**460**		M-20	167	00:01:42	**00:32:34.35**	**00:34:16.75**	+00:15:31 (47.7%)	6:30	9.2 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
661	**ROSZCZYN Kamil**	**551**		M-10	62	00:01:24	**00:32:38.00**	**00:34:02.20**	+00:15:34 (47.8%)	6:31	9.2 (52.3%)
662	**BARTOS Arkadiusz**	**1469**		M-40	139	00:01:28	**00:32:47.40**	**00:34:16.20**	+00:15:44 (48.0%)	6:33	9.1 (51.7%)
663	**MARZECKI Ignacy**	**346**	AS CROSSFIT	M-20	168	00:01:43	**00:32:58.35**	**00:34:42.15**	+00:15:55 (48.3%)	6:35	9.1 (51.7%)
664	**BOSIACKI Mateusz**	**997**	RUN BYDGOSZCZ	M-20	169	00:01:23	**00:33:03.10**	**00:34:26.85**	+00:16:00 (48.4%)	6:36	9.1 (51.7%)
665	**DUDZIAK Michał**	**297**	CPR BYDGOSZCZ	M-20	170	00:00:33	**00:33:12.75**	**00:33:46.40**	+00:16:09 (48.7%)	6:38	9 (51.1%)
666	**PIJAROWSKI Milan**	**941**		M-10	63	00:01:14	**00:33:13.00**	**00:34:27.55**	+00:16:09 (48.7%)	6:38	9 (51.1%)
667	**KULCZYK Albert**	**952**	LEGE ARTIS	M-20	171	00:01:47	**00:33:13.30**	**00:35:00.35**	+00:16:10 (48.7%)	6:38	9 (51.1%)
668	**NOWICKI Adam**	**149**		M-40	140	00:01:00	**00:33:14.85**	**00:34:14.85**	+00:16:11 (48.7%)	6:38	9 (51.1%)
669	**NOWAK Karol**	**483**	BIEGNĘ PIERWSZY RAZ W ŻYCIU	M-30	240	00:00:45	**00:33:15.30**	**00:34:00.80**	+00:16:12 (48.7%)	6:39	9 (51.1%)
670	**PAWLAK Maciej**	**1406**		M-30	241	00:01:40	**00:33:16.45**	**00:34:57.05**	+00:16:13 (48.8%)	6:39	9 (51.1%)
671	**SKIERA Krzysztof**	**1475**	RUN BYDOSZCZ	M-40	141	00:01:18	**00:33:17.65**	**00:34:35.65**	+00:16:14 (48.8%)	6:39	9 (51.1%)
672	**DEPTUŁA Stanisław**	**412**		M-10	64	00:01:31	**00:33:21.80**	**00:34:52.90**	+00:16:18 (48.9%)	6:40	9 (51.1%)
673	**ŻABIŃSKI Radosław**	**426**	SELEK TEAM	M-30	242	00:00:58	**00:33:40.30**	**00:34:38.85**	+00:16:37 (49.4%)	6:44	8.9 (50.6%)
674	**PASTERNAK Marcin**	**1029**	SELEK TEAM	M-30	243	00:00:57	**00:33:40.90**	**00:34:38.85**	+00:16:37 (49.4%)	6:44	8.9 (50.6%)
675	**MALICKI Bartosz**	**1007**		M-30	244	00:00:00	**00:33:42.10**	**00:33:42.10**	+00:16:39 (49.4%)	6:44	8.9 (50.6%)
676	**PASTERNAK Kamil**	**1065**	APC	M-30	245	00:00:57	**00:33:42.85**	**00:34:40.00**	+00:16:39 (49.4%)	6:44	8.9 (50.6%)
677	**PAWSKI Przemysław**	**970**		M-20	172	00:01:34	**00:33:57.50**	**00:35:32.05**	+00:16:54 (49.8%)	6:47	8.8 (50.0%)
678	**STYKAŁA Sebastian**	**257**		M-40	142	00:01:24	**00:34:20.45**	**00:35:45.30**	+00:17:17 (50.3%)	6:52	8.7 (49.4%)
679	**PIETRASZAK Tomasz**	**1017**	RUN BYDGOSZCZ	M-40	143	00:01:13	**00:34:23.65**	**00:35:37.35**	+00:17:20 (50.4%)	6:52	8.7 (49.4%)
680	**SOKOŁOWSKI Piotr**	**344**	GORDON RUN	M-30	246	00:00:38	**00:34:32.25**	**00:35:11.10**	+00:17:29 (50.6%)	6:54	8.7 (49.4%)
681	**SZNAJDROWSKI Mateusz**	**977**		M-20	173	00:01:43	**00:34:43.10**	**00:36:26.70**	+00:17:40 (50.9%)	6:56	8.6 (48.9%)
682	**JANKOWSKI Rafał**	**783**		M-40	144	00:01:46	**00:34:43.75**	**00:36:30.45**	+00:17:40 (50.9%)	6:56	8.6 (48.9%)
683	**GRZESZAK Sławomir**	**208**		M-20	174	00:01:44	**00:34:45.50**	**00:36:29.75**	+00:17:42 (50.9%)	6:57	8.6 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
684	**SIEWIERSKI Łukasz**	**1183**		M-30	247	00:01:45	**00:34:54.05**	**00:36:39.70**	+00:17:51 (51.1%)	6:58	8.6 (48.9%)
685	**MUSS Aleksander**	**861**	SKLEP BIEGACZA BYDGOSZCZ	M-40	145	00:00:46	**00:34:57.55**	**00:35:43.75**	+00:17:54 (51.2%)	6:59	8.6 (48.9%)
686	**GRALAK Jacek**	**1261**		M-40	146	00:00:14	**00:35:21.30**	**00:35:35.80**	+00:18:18 (51.8%)	7:04	8.5 (48.3%)
687	**GROCHOWALSKI Arkadiusz**	**318**	GROSZKI	M-40	147	00:01:30	**00:35:27.80**	**00:36:58.15**	+00:18:24 (51.9%)	7:05	8.5 (48.3%)
688	**KUBERSKI Daniel**	**340**		M-30	248	00:00:28	**00:35:39.50**	**00:36:08.25**	+00:18:36 (52.2%)	7:08	8.4 (47.7%)
689	**LISOWSKI Mikołaj**	**823**	SP-14	M-10	65	00:01:43	**00:36:15.60**	**00:37:58.80**	+00:19:12 (53.0%)	7:15	8.3 (47.2%)
690	**KORPAS Mikołaj**	**1161**	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M-10	66	00:00:01	**00:36:35.80**	**00:36:37.40**	+00:19:32 (53.4%)	7:19	8.2 (46.6%)
691	**GORZYCKI Dariusz**	**1158**	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M-40	148	00:00:02	**00:36:36.65**	**00:36:38.75**	+00:19:33 (53.4%)	7:19	8.2 (46.6%)
692	**TUCZYŃSKI Sylwester**	**1078**	BYDGOSKIE OKONIE	M-20	175	00:00:00	**00:36:38.90**	**00:36:38.90**	+00:19:35 (53.5%)	7:19	8.2 (46.6%)
693	**STARZYŃSKI Piotr**	**252**	KANCELARIA ADWOKACKA SAPERE AUDE PIOTR STARZYŃSKI	M-30	249	00:01:06	**00:36:44.65**	**00:37:50.95**	+00:19:41 (53.6%)	7:20	8.2 (46.6%)
694	**ŻAL Robert**	**90**	SPÓJNIA BIAŁE BŁOTA	M-30	250	00:01:39	**00:37:09.30**	**00:38:48.65**	+00:20:06 (54.1%)	7:25	8.1 (46.0%)
695	**ŻAL Marcin**	**705**		M-10	67	00:01:38	**00:37:10.05**	**00:38:48.60**	+00:20:07 (54.1%)	7:26	8.1 (46.0%)
696	**WOJCIESZAK Przemysław**	**1235**		M-20	176	00:00:53	**00:37:13.10**	**00:38:06.55**	+00:20:10 (54.2%)	7:26	8.1 (46.0%)
697	**JASTRZEMBSKI Krzysztof**	**633**	KOCHAM TATĘ!!!	M-10	68	00:01:49	**00:37:17.30**	**00:39:07.05**	+00:20:14 (54.3%)	7:27	8 (45.5%)
698	**JASTRZEMBSKI Edmund**	**272**	SILESIA MARATHON TEAM	M-40	149	00:01:49	**00:37:19.65**	**00:39:08.95**	+00:20:16 (54.3%)	7:27	8 (45.5%)
699	**ZNANIECKI Michał**	**586**	BBL INOWROCŁAW	M-40	150	00:01:34	**00:38:08.55**	**00:39:42.70**	+00:21:05 (55.3%)	7:37	7.9 (44.9%)
700	**ZNANIECKI Wojciech**	**547**	BYDGOSZCZ NA START	M-30	251	00:01:33	**00:38:09.65**	**00:39:43.15**	+00:21:06 (55.3%)	7:38	7.9 (44.9%)
701	**RUTKOWSKI Adam**	**667**		M-40	151	00:01:30	**00:38:33.00**	**00:40:03.65**	+00:21:29 (55.8%)	7:42	7.8 (44.3%)
702	**PILECKI Gustaw**	**1303**	BRZOZA BIEGA	M-60+	10	00:00:27	**00:38:33.75**	**00:39:01.50**	+00:21:30 (55.8%)	7:42	7.8 (44.3%)
703	**REGENT Daniel**	**1176**		M-40	152	00:00:54	**00:40:43.20**	**00:41:37.30**	+00:23:40 (58.1%)	8:08	7.4 (42.0%)
704	**DŁUGOŁĘCKI Dariusz**	**869**	RUN BDG	M-40	153	00:01:50	**00:41:09.10**	**00:43:00.05**	+00:24:06 (58.6%)	8:14	7.3 (41.5%)
705	**WIECZOREK Marcin**	**101**		M-30	252	00:01:48	**00:41:21.90**	**00:43:09.90**	+00:24:18 (58.8%)	8:16	7.3 (41.5%)
706	**BORUCH Łukasz**	**991**		M-30	253	00:00:08					(0.0%)
707	**JASTRZEMBSKI Stanisław**	**628**	BUSHIDO KARATE BYDGOSZCZ	M-10	69	00:01:49					(0.0%)

Znaleziono 707 wynik(ów)