

BYDGOSKI BIEG URODZINOWY

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Miasto Bydgoszcz
Data: 2017-04-23
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**ŻAL Robert**	**1008**	JFTC	M30	1	00:00:03	**00:17:22.40**	**00:17:26.05**		3:28	17.3 (100%)
2	**DEROŃ Waldemar**	**337**	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M30	2	00:00:03	**00:17:37.40**	**00:17:40.90**	+00:00:15 (1.4%)	3:31	17 (98.3%)
3	**BEDRA Robert**	**39**		M30	3	00:00:02	**00:18:10.35**	**00:18:12.95**	+00:00:47 (4.4%)	3:38	16.5 (95.4%)
4	**KARASZEWSKI Norbert**	**373**	56 BAZA LOTNICZA	M30	4	00:00:05	**00:18:17.05**	**00:18:22.90**	+00:00:54 (5.0%)	3:39	16.4 (94.8%)
5	**MACKOWSKI Maciej**	**131**	MYSLECINEK BDG	M30	5	00:00:01	**00:18:25.00**	**00:18:26.30**	+00:01:02 (5.7%)	3:41	16.3 (94.2%)
6	**ŚLEFARSKI Jacek**	**1025**	TRIFRIENDS	M30	6	00:00:04	**00:18:38.20**	**00:18:42.40**	+00:01:15 (6.8%)	3:43	16.1 (93.1%)
7	**FLOREK Paweł**	**16**	RE MEDIA BYDGOSZCZ	M30	7	00:00:02	**00:18:39.65**	**00:18:41.65**	+00:01:17 (6.9%)	3:43	16.1 (93.1%)
8	**PRZYBYLSKI Bartek**	**830**	RUN BYDGOSZCZ	M30	8	00:00:30	**00:18:45.25**	**00:19:16.10**	+00:01:22 (7.4%)	3:45	16 (92.5%)
9	**KUROWSKI Kamil**	**287**	ROWEROWA BRZOZA	M30	9	00:00:06	**00:19:07.15**	**00:19:13.70**	+00:01:44 (9.1%)	3:49	15.7 (90.8%)
10	**SZOPINSKI Rafał**	**665**		M30	10	00:00:09	**00:19:29.95**	**00:19:39.85**	+00:02:07 (10.9%)	3:54	15.4 (89.0%)
11	**BANACH Tomasz**	**1347**		M30	11	00:00:12	**00:19:42.55**	**00:19:55.00**	+00:02:20 (11.9%)	3:56	15.2 (87.9%)
12	**ROMANOWSKI Michal**	**369**		M30	12	00:00:08	**00:19:48.00**	**00:19:56.55**	+00:02:25 (12.3%)	3:57	15.2 (87.9%)
13	**MUCHA Marcin**	**150**	BATRUNNERS	M30	13	00:00:09	**00:19:48.95**	**00:19:57.95**	+00:02:26 (12.3%)	3:57	15.2 (87.9%)
14	**KLUSKA Adam**	**1104**	IWSP SZ BYDGOSZCZ	M30	14	00:00:02	**00:19:51.75**	**00:19:54.50**	+00:02:29 (12.5%)	3:58	15.1 (87.3%)
15	**KOZIŃSKI Marek**	**736**	RUN BYDGOSZCZ	M30	15	00:00:15	**00:19:53.20**	**00:20:08.20**	+00:02:30 (12.6%)	3:58	15.1 (87.3%)
16	**SPRYSZYŃSKI Wojciech**	**1273**		M30	16	00:02:02	**00:20:03.15**	**00:22:05.20**	+00:02:40 (13.4%)	4:00	15 (86.7%)
17	**BORCZYKOWSKI Rafał**	**318**		M30	17	00:00:03	**00:20:07.70**	**00:20:11.35**	+00:02:45 (13.7%)	4:01	14.9 (86.1%)
18	**DĘBSKI Adrian**	**409**		M30	18	00:00:15	**00:20:08.40**	**00:20:23.90**	+00:02:46 (13.7%)	4:01	14.9 (86.1%)
19	**MARTIN Paweł**	**606**		M30	19	00:00:29	**00:20:14.90**	**00:20:44.20**	+00:02:52 (14.2%)	4:03	14.8 (85.5%)
20	**KUJAWA Kamil**	**96**	ZESPÓŁ SZKÓL BUDOWLANYCH W BYDGOSZCZY	M30	20	00:00:13	**00:20:17.90**	**00:20:31.55**	+00:02:55 (14.4%)	4:03	14.8 (85.5%)
21	**GWITT Bartosz**	**1420**		M30	21	00:00:35	**00:20:21.90**	**00:20:57.10**	+00:02:59 (14.7%)	4:04	14.7 (85.0%)
22	**WALDA Łukasz**	**631**		M30	22	00:00:17	**00:20:24.65**	**00:20:41.85**	+00:03:02 (14.9%)	4:04	14.7 (85.0%)
23	**ŁYSZCZARZ Błażej**	**871**		M30	23	00:00:13	**00:20:26.20**	**00:20:40.15**	+00:03:03 (15.0%)	4:05	14.7 (85.0%)
24	**ANDRZEJEWSKI Paweł**	**1039**		M30	24	00:00:09	**00:20:34.45**	**00:20:44.05**	+00:03:12 (15.6%)	4:07	14.6 (84.4%)
24	**KRUPA Piotr**	**751**		M30	25	00:00:19	**00:20:34.45**	**00:20:53.65**	+00:03:12 (15.6%)	4:06	14.6 (84.4%)
26	**PAWLAK Jakub**	**446**	JFTC SU	M30	26	00:00:28	**00:20:35.00**	**00:21:03.30**	+00:03:12 (15.6%)	4:07	14.6 (84.4%)
27	**JUCHACZ Michał**	**336**	DZIKI /TRI TEAM INO	M30	27	00:00:06	**00:20:35.25**	**00:20:41.85**	+00:03:12 (15.6%)	4:07	14.6 (84.4%)
28	**DZIEKAN Wojtek**	**826**	KABEL TEAM BYDGOSZCZ	M30	28	00:00:17	**00:20:38.35**	**00:20:56.05**	+00:03:15 (15.8%)	4:07	14.5 (83.8%)
29	**JANYSKA Krzysztof**	**104**		M30	29	00:00:10	**00:20:43.55**	**00:20:54.40**	+00:03:21 (16.2%)	4:08	14.5 (83.8%)
30	**MAGDZIARZ Jakub**	**931**	KANCELARIA - HMM	M30	30	00:00:18	**00:20:45.65**	**00:21:04.10**	+00:03:23 (16.3%)	4:09	14.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	**TOMASZEWSKI Jordan**	**119**	TRIFRIENDS	M30	31	00:00:11	**00:20:46.55**	**00:20:58.45**	+00:03:24 (16.4%)	4:09	14.4 (83.2%)
32	**TRYT Maciej**	**1003**	RUN BYDGOSZCZ	M30	32	00:00:11	**00:20:46.90**	**00:20:58.50**	+00:03:24 (16.4%)	4:09	14.4 (83.2%)
33	**SUDOŁ Jacek**	**911**	IPA BYDGOSZCZ	M30	33	00:00:08	**00:20:51.05**	**00:20:59.80**	+00:03:28 (16.7%)	4:10	14.4 (83.2%)
34	**NAGORZYSKI Arkadiusz**	**384**		M30	34	00:00:18	**00:20:54.50**	**00:21:12.95**	+00:03:32 (16.9%)	4:10	14.4 (83.2%)
35	**SZWARC Paweł**	**191**	RUN BYDGOSZCZ	M30	35	00:00:36	**00:21:01.90**	**00:21:38.70**	+00:03:39 (17.4%)	4:12	14.3 (82.7%)
36	**ZIOMEK Piotr**	**1381**	STRAŻ MIEJSKA TORUŃ	M30	36	00:00:03	**00:21:04.75**	**00:21:08.70**	+00:03:42 (17.6%)	4:13	14.2 (82.1%)
37	**BANASZAK Dawid**	**1176**		M30	37	00:00:17	**00:21:06.15**	**00:21:23.60**	+00:03:43 (17.7%)	4:13	14.2 (82.1%)
38	**GLIWKA Artur**	**1398**	1. BLWL	M30	38	00:00:48	**00:21:11.85**	**00:21:59.95**	+00:03:49 (18.0%)	4:14	14.2 (82.1%)
39	**GRECHUTA Tomasz**	**256**		M30	39	00:00:05	**00:21:12.50**	**00:21:17.60**	+00:03:50 (18.1%)	4:14	14.2 (82.1%)
40	**DACH Łukasz**	**676**	MATATA	M30	40	00:00:08	**00:21:17.75**	**00:21:26.00**	+00:03:55 (18.4%)	4:15	14.1 (81.5%)
41	**SOBCZAK Marcin**	**179**	CZARNE STOPY.SM	M30	41	00:00:10	**00:21:20.55**	**00:21:31.20**	+00:03:58 (18.6%)	4:16	14.1 (81.5%)
42	**HASS Adam**	**701**		M30	42	00:00:10	**00:21:23.25**	**00:21:33.55**	+00:04:00 (18.8%)	4:16	14 (80.9%)
43	**GACKOWSKI Szymon**	**1132**	SŁUŻBA WIĘZIENNA	M30	43	00:00:11	**00:21:27.10**	**00:21:39.00**	+00:04:04 (19.0%)	4:17	14 (80.9%)
44	**SZCZĘSNY Arkadiusz**	**401**	DYNAMO SKARPA	M30	44	00:00:23	**00:21:32.20**	**00:21:56.05**	+00:04:09 (19.3%)	4:18	13.9 (80.3%)
45	**BONKOWSKI Wojciech**	**177**		M30	45	00:00:02	**00:21:37.85**	**00:21:40.10**	+00:04:15 (19.7%)	4:19	13.9 (80.3%)
46	**SALAMON Wojtek**	**1296**		M30	46	00:00:09	**00:21:39.45**	**00:21:49.20**	+00:04:17 (19.8%)	4:20	13.8 (79.8%)
47	**WIDŹGOWSKI Przemysław**	**250**		M30	47	00:00:09	**00:21:39.55**	**00:21:48.65**	+00:04:17 (19.8%)	4:19	13.9 (80.3%)
48	**SOKOŁOWSKI Piotr**	**28**	GORDON RUN	M30	48	00:00:19	**00:21:48.00**	**00:22:07.30**	+00:04:25 (20.3%)	4:21	13.8 (79.8%)
49	**SKRZYPIŃSKI Marek**	**1195**		M30	49	00:00:16	**00:21:57.70**	**00:22:14.05**	+00:04:35 (20.9%)	4:23	13.7 (79.2%)
50	**STARSZAK Paweł**	**1113**		M30	50	00:00:09	**00:21:59.40**	**00:22:08.50**	+00:04:37 (21.0%)	4:23	13.6 (78.6%)
51	**CHORZĘPA Bogusław**	**1061**	BYDGOSZCZ	M30	51	00:00:27	**00:22:06.45**	**00:22:34.40**	+00:04:44 (21.4%)	4:25	13.6 (78.6%)
52	**SZARLEJ Marcin**	**316**		M30	52	00:00:14	**00:22:09.10**	**00:22:23.65**	+00:04:46 (21.6%)	4:25	13.5 (78.0%)
53	**ROGALSKI Maciej**	**928**		M30	53	00:02:08	**00:22:10.40**	**00:24:19.20**	+00:04:48 (21.6%)	4:26	13.5 (78.0%)
54	**KOPACZEWSKI Marcin**	**453**		M30	54	00:00:15	**00:22:14.40**	**00:22:29.60**	+00:04:52 (21.9%)	4:26	13.5 (78.0%)
55	**GRZONKA Michał**	**1232**	TCMS PESA BYDGOSZCZ	M30	55	00:01:30	**00:22:16.90**	**00:23:47.05**	+00:04:54 (22.0%)	4:27	13.5 (78.0%)
56	**BINIENDA Mateusz**	**340**	BIMAT	M30	56	00:00:18	**00:22:17.20**	**00:22:36.00**	+00:04:54 (22.0%)	4:27	13.5 (78.0%)
57	**WYSOCKI Piotr**	**568**	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	57	00:01:53	**00:22:17.60**	**00:24:11.10**	+00:04:55 (22.1%)	4:27	13.5 (78.0%)
58	**WAJCHERT Łukasz**	**472**		M30	58	00:00:05	**00:22:18.55**	**00:22:23.55**	+00:04:56 (22.1%)	4:27	13.5 (78.0%)
59	**CYL Dawid**	**351**	RUN BYDGOSZCZ	M30	59	00:00:22	**00:22:27.75**	**00:22:50.25**	+00:05:05 (22.7%)	4:29	13.4 (77.5%)
60	**SZULC Rafał**	**208**	RUN BYDGOSZCZ	M30	60	00:00:37	**00:22:35.50**	**00:23:12.60**	+00:05:13 (23.1%)	4:31	13.3 (76.9%)
61	**GRZECHOWIAK Krzysztof**	**581**		M30	61	00:01:45	**00:22:36.95**	**00:24:22.00**	+00:05:14 (23.2%)	4:31	13.3 (76.9%)
62	**BRYWCZYŃSKI Krystian**	**75**	RODOS TEAM	M30	62	00:00:49	**00:22:37.25**	**00:23:26.70**	+00:05:14 (23.2%)	4:31	13.3 (76.9%)
63	**LEWANDOWSKI Sławomir**	**1043**	KLUBZDROWIA24H	M30	63	00:00:56	**00:22:43.65**	**00:23:40.40**	+00:05:21 (23.6%)	4:32	13.2 (76.3%)
64	**KARPIŃSKI Daniel**	**305**	FC KOBYLARNIA	M30	64	00:00:17	**00:22:47.00**	**00:23:04.90**	+00:05:24 (23.7%)	4:33	13.2 (76.3%)
65	**ZIELINSKI Marcin**	**745**		M30	65	00:00:07	**00:22:52.55**	**00:22:59.85**	+00:05:30 (24.1%)	4:34	13.1 (75.7%)
66	**OWCZARSKI Krzysztof**	**1036**		M30	66	00:00:45	**00:22:54.45**	**00:23:40.40**	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
67	**SIEMASZKO Michał**	**1225**	SZYSZKI	M30	67	00:00:11	**00:22:54.90**	**00:23:06.80**	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
68	**BISKUPSKI Marcin**	**375**		M30	68	00:01:33	**00:22:55.00**	**00:24:28.85**	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
69	**SZEWCZYKOWSKI Grzegorz**	**1197**	BYDGOSKIE ŻÓŁWIE	M30	69	00:01:00	**00:22:55.20**	**00:23:55.85**	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
70	**CZAPLEWSKI Krzysztof**	**1365**		M30	70	00:01:18	**00:22:58.80**	**00:24:16.80**	+00:05:36 (24.4%)	4:35	13.1 (75.7%)
71	**ROSÓŁ Jacek**	**26**		M30	71	00:00:28	**00:23:01.20**	**00:23:29.70**	+00:05:38 (24.5%)	4:36	13 (75.1%)
72	**KARASZEWSKI Marcin**	**510**		M30	72	00:00:42	**00:23:05.70**	**00:23:47.95**	+00:05:43 (24.8%)	4:37	13 (75.1%)
73	**BUTRYM Piotr**	**700**		M30	73	00:01:06	**00:23:06.10**	**00:24:12.15**	+00:05:43 (24.8%)	4:37	13 (75.1%)
74	**KOŚCIELAK Maciej**	**1030**	ŻANDARMI Z BYDGOSZCZY	M30	74	00:00:35	**00:23:08.00**	**00:23:43.10**	+00:05:45 (24.9%)	4:37	13 (75.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	**KANIEWSKI Łukasz**	**67**		M30	75	00:00:30	**00:23:09.50**	**00:23:39.65**	+00:05:47 (25.0%)	4:37	13 (75.1%)
76	**CECHOWSKI Marcin**	**27**		M30	76	00:00:32	**00:23:10.90**	**00:23:43.30**	+00:05:48 (25.1%)	4:38	12.9 (74.6%)
77	**PAWLAK Waldemar**	**11**	VEGERUNNERS	M30	77	00:00:06	**00:23:15.45**	**00:23:21.55**	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
78	**DERENDA Miroslaw**	**714**		M30	78	00:00:47	**00:23:15.65**	**00:24:02.95**	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
79	**JANUSZKIEWICZ Piotr**	**424**		M30	79	00:00:11	**00:23:15.75**	**00:23:27.25**	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
80	**MINTA Adam**	**579**		M30	80	00:00:31	**00:23:16.35**	**00:23:47.50**	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
81	**CADER Ryszard**	**185**	SPÓJNIA BIAŁE BŁOTA	M30	81	00:00:17	**00:23:22.75**	**00:23:40.45**	+00:06:00 (25.7%)	4:40	12.8 (74.0%)
82	**SKÓRA Damian**	**1222**		M30	82	00:00:25	**00:23:23.00**	**00:23:48.50**	+00:06:00 (25.7%)	4:40	12.8 (74.0%)
83	**LASKA Artur**	**1110**		M30	83	00:00:20	**00:23:23.25**	**00:23:44.15**	+00:06:00 (25.7%)	4:40	12.8 (74.0%)
84	**JURKOWSKI Paweł**	**1252**	KANCELARIA HMM	M30	84	00:00:23	**00:23:23.40**	**00:23:46.60**	+00:06:01 (25.7%)	4:40	12.8 (74.0%)
85	**ROSZCZYN Dawid**	**229**	AS BOX	M30	85	00:00:25	**00:23:24.65**	**00:23:50.60**	+00:06:02 (25.8%)	4:41	12.8 (74.0%)
86	**PORAJ Artur**	**967**		M30	86	00:00:35	**00:23:28.85**	**00:24:04.65**	+00:06:06 (26.0%)	4:41	12.8 (74.0%)
87	**KORZENECKI Piotr**	**1102**	4RUN	M30	87	00:00:21	**00:23:36.30**	**00:23:57.30**	+00:06:13 (26.4%)	4:43	12.7 (73.4%)
88	**SZEWCZUK Sebastian**	**176**	ASSECO ACTIVE TEAM	M30	88	00:00:35	**00:23:36.70**	**00:24:11.75**	+00:06:14 (26.4%)	4:43	12.7 (73.4%)
89	**GEHRKE Szymon**	**435**	VISATON POLSKA	M30	89	00:00:47	**00:23:39.20**	**00:24:27.10**	+00:06:16 (26.6%)	4:44	12.7 (73.4%)
90	**KOSIŁO Marcin**	**898**	RUNBUSTERS	M30	90	00:00:49	**00:23:39.50**	**00:24:29.35**	+00:06:17 (26.6%)	4:44	12.7 (73.4%)
91	**RYMER Adam**	**398**		M30	91	00:00:18	**00:23:43.55**	**00:24:02.15**	+00:06:21 (26.8%)	4:44	12.6 (72.8%)
92	**GROCHOWSKI Jakub**	**312**	JW 1515 BYDGOSZCZ	M30	92	00:00:16	**00:23:50.40**	**00:24:06.75**	+00:06:28 (27.1%)	4:46	12.6 (72.8%)
93	**BRZUCHALSKI Krzysztof**	**1150**		M30	93	00:01:16	**00:23:50.50**	**00:25:07.40**	+00:06:28 (27.1%)	4:46	12.6 (72.8%)
94	**WALUSIAK Miłosz**	**744**		M30	94	00:00:29	**00:23:52.75**	**00:24:22.50**	+00:06:30 (27.2%)	4:46	12.6 (72.8%)
95	**LACH Paweł**	**1260**		M30	95	00:00:38	**00:23:54.30**	**00:24:33.00**	+00:06:31 (27.3%)	4:47	12.5 (72.3%)
96	**STRYCZYŃSKI Marek**	**203**	KLINIKA TRIATHLONU BYDGOSZCZ	M30	96	00:00:08	**00:23:56.20**	**00:24:04.40**	+00:06:33 (27.4%)	4:47	12.5 (72.3%)
97	**GUMMER Andrzej**	**282**		M30	97	00:00:22	**00:23:59.10**	**00:24:21.50**	+00:06:36 (27.6%)	4:47	12.5 (72.3%)
98	**MATEUSZCZYK Dawid**	**1215**		M30	98	00:00:04	**00:24:00.15**	**00:24:04.60**	+00:06:37 (27.6%)	4:48	12.5 (72.3%)
99	**ŁABENDA Robert**	**1361**		M30	99	00:01:04	**00:24:02.65**	**00:25:07.15**	+00:06:40 (27.7%)	4:48	12.5 (72.3%)
100	**WOJTYSIAK Kamil**	**657**		M30	100	00:00:38	**00:24:05.75**	**00:24:44.35**	+00:06:43 (27.9%)	4:49	12.4 (71.7%)
101	**WIECZOREK Waldek**	**86**		M30	101	00:01:54	**00:24:06.30**	**00:26:00.75**	+00:06:43 (27.9%)	4:49	12.4 (71.7%)
102	**BŁAWAT Damian**	**1267**		M30	102	00:00:34	**00:24:11.10**	**00:24:45.50**	+00:06:48 (28.2%)	4:50	12.4 (71.7%)
103	**SZYMAŃSKI Andrzej**	**948**		M30	103	00:01:02	**00:24:13.25**	**00:25:16.00**	+00:06:50 (28.3%)	4:50	12.4 (71.7%)
104	**CZUBKOWSKI Sebastian**	**841**	FIT CLUB	M30	104	00:00:15	**00:24:14.45**	**00:24:29.95**	+00:06:52 (28.3%)	4:50	12.4 (71.7%)
105	**MAZURKIEWICZ Piotr**	**1295**		M30	105	00:00:16	**00:24:15.00**	**00:24:31.85**	+00:06:52 (28.4%)	4:51	12.4 (71.7%)
106	**ŚLEFARSKI Marcin**	**394**		M30	106	00:00:41	**00:24:15.40**	**00:24:56.60**	+00:06:53 (28.4%)	4:51	12.4 (71.7%)
107	**GŁYSZ Dawid**	**266**		M30	107	00:00:18	**00:24:16.55**	**00:24:35.25**	+00:06:54 (28.4%)	4:51	12.4 (71.7%)
108	**DĄBROWSKI Bartosz**	**834**	SPORTOWA PASJA	M30	108	00:00:19	**00:24:18.45**	**00:24:38.05**	+00:06:56 (28.5%)	4:51	12.3 (71.1%)
109	**GRYGIEL Mateusz**	**816**		M30	109	00:00:37	**00:24:20.65**	**00:24:58.30**	+00:06:58 (28.6%)	4:52	12.3 (71.1%)
110	**DWOJACZNY Jakub**	**762**		M30	110	00:00:26	**00:24:25.50**	**00:24:52.30**	+00:07:03 (28.9%)	4:53	12.3 (71.1%)
111	**BUSSE Piotr**	**969**		M30	111	00:00:13	**00:24:26.95**	**00:24:40.35**	+00:07:04 (28.9%)	4:53	12.3 (71.1%)
112	**SPIRYDOWICZ Piotr**	**695**		M30	112	00:00:21	**00:24:30.35**	**00:24:51.55**	+00:07:07 (29.1%)	4:54	12.2 (70.5%)
113	**NOWAKOWSKI Tomasz**	**615**		M30	113	00:00:24	**00:24:30.40**	**00:24:54.55**	+00:07:08 (29.1%)	4:54	12.2 (70.5%)
114	**PRIEWE Paweł**	**71**	DYNAMO SKARPA	M30	114	00:00:24	**00:24:34.80**	**00:24:58.95**	+00:07:12 (29.3%)	4:54	12.2 (70.5%)
115	**KITOWSKI Przemysław**	**1360**		M30	115	00:01:03	**00:24:35.00**	**00:25:38.55**	+00:07:12 (29.3%)	4:55	12.2 (70.5%)
116	**ILNICKI Artur**	**899**		M30	116	00:00:27	**00:24:38.30**	**00:25:06.15**	+00:07:15 (29.5%)	4:55	12.2 (70.5%)
117	**ZASKURSKI Tomasz**	**947**	BYDGOSKIE ŻÓŁWIE	M30	117	00:01:02	**00:24:40.20**	**00:25:42.75**	+00:07:17 (29.6%)	4:56	12.2 (70.5%)
118	**BELIŃSKI Maciej**	**255**	TEAM MAKO	M30	118	00:00:54	**00:24:41.90**	**00:25:36.55**	+00:07:19 (29.7%)	4:56	12.1 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	**KOZICKI Marcin**	**734**	BYDGOSKIE ŻÓŁWIE	M30	119	00:01:02	**00:24:44.00**	**00:25:46.75**	+00:07:21 (29.8%)	4:56	12.1 (69.9%)
120	**KLEPACZEWSKI Arkadiusz**	**1338**		M30	120	00:00:33	**00:24:47.50**	**00:25:21.15**	+00:07:25 (29.9%)	4:57	12.1 (69.9%)
121	**FELINIAK Daniel**	**1279**		M30	121	00:01:10	**00:24:47.75**	**00:25:58.45**	+00:07:25 (29.9%)	4:57	12.1 (69.9%)
122	**KONDEL Kamil**	**740**		M30	122	00:00:28	**00:24:48.50**	**00:25:16.65**	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
123	**MICHAŁEK Daniel**	**818**	BIEGAM PO PIWO	M30	123	00:00:32	**00:24:49.70**	**00:25:22.25**	+00:07:27 (30.0%)	4:58	12.1 (69.9%)
124	**SZYMAŃSKI Tomasz**	**962**		M30	124	00:01:00	**00:24:51.45**	**00:25:52.10**	+00:07:29 (30.1%)	4:58	12.1 (69.9%)
125	**WŁODARSKI Paweł**	**352**		M30	125	00:01:24	**00:24:55.70**	**00:26:20.55**	+00:07:33 (30.3%)	4:59	12 (69.4%)
126	**NOWAKOWSKI Grzegorz**	**333**		M30	126	00:00:38	**00:24:57.35**	**00:25:35.95**	+00:07:34 (30.4%)	4:59	12 (69.4%)
127	**PALIGA Maciej**	**277**		M30	127	00:01:34	**00:24:57.95**	**00:26:31.95**	+00:07:35 (30.4%)	4:59	12 (69.4%)
128	**SOSNA Mikolaj**	**1096**		M30	128	00:00:38	**00:24:58.25**	**00:25:36.85**	+00:07:35 (30.4%)	4:59	12 (69.4%)
129	**MOCNY Piotr**	**1138**	DYNAMO SKARPA	M30	129	00:00:24	**00:24:59.10**	**00:25:23.15**	+00:07:36 (30.5%)	4:59	12 (69.4%)
130	**GRUBICH Arkadiusz**	**232**	BRACIA DALTON	M30	130	00:00:49	**00:25:00.85**	**00:25:50.40**	+00:07:38 (30.5%)	5:00	12 (69.4%)
131	**TADROWSKI Rafał**	**785**		M30	131	00:01:36	**00:25:06.75**	**00:26:43.40**	+00:07:44 (30.8%)	5:01	11.9 (68.8%)
132	**MAŁECKI Tomasz**	**327**		M30	132	00:00:09	**00:25:11.20**	**00:25:20.30**	+00:07:48 (31.0%)	5:02	11.9 (68.8%)
133	**ŁOBOCKI Krzysztof**	**7**		M30	133	00:01:36	**00:25:11.85**	**00:26:48.35**	+00:07:49 (31.1%)	5:02	11.9 (68.8%)
134	**PIASECZNY Dawid**	**593**		M30	134	00:00:28	**00:25:12.65**	**00:25:41.00**	+00:07:50 (31.1%)	5:02	11.9 (68.8%)
135	**QUAAS Łukasz**	**117**	RUN PASJA	M30	135	00:00:05	**00:25:12.85**	**00:25:18.10**	+00:07:50 (31.1%)	5:02	11.9 (68.8%)
136	**JARYSZ Adrian**	**558**		M30	136	00:01:04	**00:25:13.10**	**00:26:17.90**	+00:07:50 (31.1%)	5:02	11.9 (68.8%)
137	**MACKIEWICZ Piotr**	**1206**		M30	137	00:01:19	**00:25:14.60**	**00:26:33.80**	+00:07:52 (31.2%)	5:02	11.9 (68.8%)
138	**KOTECKI Marcin**	**1281**		M30	138	00:00:24	**00:25:14.95**	**00:25:39.45**	+00:07:52 (31.2%)	5:03	11.9 (68.8%)
139	**ROSINSKI Przemysław**	**1012**		M30	139	00:00:12	**00:25:21.25**	**00:25:33.45**	+00:07:58 (31.5%)	5:04	11.8 (68.2%)
140	**KRESIŃSKI Andrzej**	**403**	BYDGOSZCZ	M30	140	00:01:03	**00:25:21.80**	**00:26:25.65**	+00:07:59 (31.5%)	5:04	11.8 (68.2%)
141	**KORZEŃSKI Przemysław**	**858**		M30	141	00:00:32	**00:25:25.90**	**00:25:58.75**	+00:08:03 (31.7%)	5:05	11.8 (68.2%)
142	**ZGÓRSKI Maciej**	**144**	LEVEL 10 TUCHOLA	M30	142	00:00:26	**00:25:33.85**	**00:26:00.20**	+00:08:11 (32.0%)	5:06	11.7 (67.6%)
143	**KARSKI Przemysław**	**707**		M30	143	00:01:26	**00:25:34.80**	**00:27:00.80**	+00:08:12 (32.1%)	5:06	11.7 (67.6%)
144	**LATOS Piotr**	**1092**		M30	144	00:01:29	**00:25:35.15**	**00:27:05.10**	+00:08:12 (32.1%)	5:07	11.7 (67.6%)
145	**SZLINGER Jakub**	**823**	BWM	M30	145	00:01:13	**00:25:36.80**	**00:26:50.35**	+00:08:14 (32.2%)	5:07	11.7 (67.6%)
146	**RUBASZEWSKI Marcin**	**1099**		M30	146	00:00:10	**00:25:37.35**	**00:25:48.20**	+00:08:14 (32.2%)	5:07	11.7 (67.6%)
147	**KUBIAK Jarosław**	**50**		M30	147	00:01:15	**00:25:37.45**	**00:26:52.95**	+00:08:15 (32.2%)	5:07	11.7 (67.6%)
148	**DEREZIŃSKI Tomasz**	**341**		M30	148	00:00:47	**00:25:39.50**	**00:26:27.30**	+00:08:17 (32.3%)	5:08	11.7 (67.6%)
149	**MATTHEWS Karol**	**1249**	DLA ZDROWIA	M30	149	00:00:27	**00:25:48.15**	**00:26:15.70**	+00:08:25 (32.7%)	5:09	11.6 (67.1%)
150	**DORAWA Mirosław**	**677**		M30	150	00:01:21	**00:25:53.85**	**00:27:15.80**	+00:08:31 (32.9%)	5:10	11.6 (67.1%)
151	**PYTLIŃSKI Paweł**	**719**	BYDGOSKIE ŻÓŁWIE	M30	151	00:01:03	**00:25:58.05**	**00:27:01.10**	+00:08:35 (33.1%)	5:11	11.6 (67.1%)
152	**KARWASZ Adam**	**685**		M30	152	00:00:26	**00:26:00.50**	**00:26:27.10**	+00:08:38 (33.2%)	5:12	11.5 (66.5%)
153	**KŁOSIŃSKI Marian**	**1421**		M30	153	00:01:28	**00:26:03.55**	**00:27:32.45**	+00:08:41 (33.3%)	5:12	11.5 (66.5%)
154	**POTRZEBOWSKI Marek**	**156**		M30	154	00:00:39	**00:26:06.90**	**00:26:46.05**	+00:08:44 (33.5%)	5:13	11.5 (66.5%)
155	**CZAJA Jarosław**	**230**		M30	155	00:00:45	**00:26:06.95**	**00:26:52.20**	+00:08:44 (33.5%)	5:13	11.5 (66.5%)
156	**MILNER Szymon**	**1052**		M30	156	00:01:40	**00:26:07.80**	**00:27:48.55**	+00:08:45 (33.5%)	5:13	11.5 (66.5%)
157	**KIJEWSKI Maciej**	**323**	KABEL TEAM BYDGOSZCZ	M30	157	00:01:08	**00:26:08.60**	**00:27:17.05**	+00:08:46 (33.5%)	5:13	11.5 (66.5%)
158	**URBAŃSKI Dawid**	**675**		M30	158	00:00:51	**00:26:10.10**	**00:27:01.40**	+00:08:47 (33.6%)	5:14	11.5 (66.5%)
159	**JURCZAK Robert**	**986**		M30	159	00:01:27	**00:26:11.30**	**00:27:38.60**	+00:08:48 (33.7%)	5:14	11.5 (66.5%)
160	**KISIEL Krystian**	**40**	EKIPABSW	M30	160	00:01:10	**00:26:15.00**	**00:27:25.55**	+00:08:52 (33.8%)	5:15	11.4 (65.9%)
161	**TUCZYNSKI Maciej**	**322**		M30	161	00:00:33	**00:26:21.90**	**00:26:55.35**	+00:08:59 (34.1%)	5:16	11.4 (65.9%)
162	**POPŁAWSKI Tomasz**	**1141**	DYNAMO SKARPA	M30	162	00:00:23	**00:26:24.10**	**00:26:47.50**	+00:09:01 (34.2%)	5:16	11.4 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	**ZDZIAREK Artur**	**1053**		M30	163	00:01:16	**00:26:39.85**	**00:27:56.20**	+00:09:17 (34.8%)	5:20	11.3 (65.3%)
164	**GIEŁDON Paweł**	**1158**		M30	164	00:00:29	**00:26:50.75**	**00:27:20.50**	+00:09:28 (35.3%)	5:22	11.2 (64.7%)
165	**RACIBORSKI Grzegorz**	**1389**	TASAK TEAM	M30	165	00:00:38	**00:26:52.65**	**00:27:31.25**	+00:09:30 (35.4%)	5:22	11.2 (64.7%)
166	**KALINOWSKI Dariusz**	**965**		M30	166	00:00:45	**00:26:57.40**	**00:27:42.60**	+00:09:35 (35.6%)	5:23	11.1 (64.2%)
167	**MADEJ Kamil**	**715**		M30	167	00:01:02	**00:26:58.95**	**00:28:00.95**	+00:09:36 (35.6%)	5:23	11.1 (64.2%)
168	**CYBUL Krzysztof**	**879**		M30	168	00:01:40	**00:27:04.10**	**00:28:45.00**	+00:09:41 (35.8%)	5:25	11.1 (64.2%)
169	**SZULC Radek**	**1112**		M30	169	00:01:29	**00:27:18.85**	**00:28:48.30**	+00:09:56 (36.4%)	5:27	11 (63.6%)
170	**KULINSKI Zbigniew**	**239**		M30	170	00:01:37	**00:27:22.90**	**00:29:00.30**	+00:10:00 (36.6%)	5:28	11 (63.6%)
171	**ŚLADEWSKI Rafał**	**264**		M30	171	00:00:03	**00:27:23.95**	**00:27:27.75**	+00:10:01 (36.6%)	5:28	10.9 (63.0%)
172	**ŚCIBAK Wojciech**	**1344**	JFTC SU	M30	172	00:00:55	**00:27:27.25**	**00:28:23.20**	+00:10:04 (36.7%)	5:29	10.9 (63.0%)
173	**JAGIEŁO Radosław**	**897**		M30	173	00:00:51	**00:27:31.20**	**00:28:23.15**	+00:10:08 (36.9%)	5:30	10.9 (63.0%)
174	**NOWICKI Sławomir**	**485**	CZARNE STOPY.SM	M30	174	00:00:51	**00:27:33.10**	**00:28:24.35**	+00:10:10 (36.9%)	5:30	10.9 (63.0%)
175	**AFELT Jarosław**	**908**		M30	175	00:01:41	**00:27:35.55**	**00:29:16.55**	+00:10:13 (37.0%)	5:31	10.9 (63.0%)
176	**TUPTANOWSKI Przemek**	**1388**	WELD-LINE SPORTTEAM	M30	176	00:01:02	**00:27:46.45**	**00:28:48.70**	+00:10:24 (37.4%)	5:33	10.8 (62.4%)
177	**ORNATOWSKI Marcin**	**59**	GORDON RUN	M30	177	00:01:25	**00:27:48.85**	**00:29:14.15**	+00:10:26 (37.5%)	5:33	10.8 (62.4%)
178	**ZNANIECKI Wojciech**	**317**		M30	178	00:00:52	**00:27:56.00**	**00:28:48.55**	+00:10:33 (37.8%)	5:35	10.7 (61.8%)
179	**NIEDBALSKI Paweł**	**498**		M30	179	00:01:31	**00:28:03.25**	**00:29:35.05**	+00:10:40 (38.1%)	5:36	10.7 (61.8%)
180	**SZCZYGIEŁ Michał**	**419**		M30	180	00:00:55	**00:28:05.65**	**00:29:01.30**	+00:10:43 (38.2%)	5:37	10.7 (61.8%)
181	**MUSIAŁA Adam**	**945**		M30	181	00:00:51	**00:28:23.35**	**00:29:15.10**	+00:11:00 (38.8%)	5:40	10.6 (61.3%)
182	**JASTRZEMBSKI Tomasz**	**1278**	DYNAMO SKARPA	M30	182	00:01:39	**00:28:26.95**	**00:30:06.65**	+00:11:04 (38.9%)	5:41	10.5 (60.7%)
183	**BASZANOWSKI Tomasz**	**960**		M30	183	00:00:59	**00:28:27.30**	**00:29:26.40**	+00:11:04 (38.9%)	5:41	10.5 (60.7%)
184	**ZABOROWSKI Robert**	**82**	PGB SPORTOWA PACZKA	M30	184	00:00:33	**00:28:30.95**	**00:29:04.80**	+00:11:08 (39.1%)	5:42	10.5 (60.7%)
185	**SKUCIŃSKI Rafał**	**491**	KABEL TEAM BYDGOSZCZ	M30	185	00:01:13	**00:28:37.40**	**00:29:50.45**	+00:11:15 (39.3%)	5:43	10.5 (60.7%)
186	**ŚNIECHOTA Konrad**	**519**	TYPYGRUBE	M30	186	00:00:58	**00:28:40.50**	**00:29:39.20**	+00:11:18 (39.4%)	5:44	10.5 (60.7%)
186	**DUDZIAK Tomasz**	**597**	TATA FRANKA	M30	187	00:00:54	**00:28:40.50**	**00:29:34.65**	+00:11:18 (39.4%)	5:44	10.5 (60.7%)
188	**PAPIS Piotr**	**1390**	BACK_ON	M30	188	00:00:53	**00:28:56.60**	**00:29:50.15**	+00:11:34 (40.0%)	5:47	10.4 (60.1%)
189	**LUTOWSKI Wojciech**	**1068**	TKKF KOLEJARZ BYDGOSZCZ	M30	189	00:01:13	**00:29:08.65**	**00:30:22.35**	+00:11:46 (40.4%)	5:49	10.3 (59.5%)
190	**STOKŁOSA Kamil**	**427**		M30	190	00:01:21	**00:29:09.05**	**00:30:30.05**	+00:11:46 (40.4%)	5:49	10.3 (59.5%)
191	**KONKEL Bartosz**	**405**		M30	191	00:01:13	**00:29:31.65**	**00:30:45.60**	+00:12:09 (41.2%)	5:54	10.2 (59.0%)
192	**RONKIEWICZ Bartosz**	**1084**	SPORT FACTORY	M30	192	00:01:09	**00:29:36.80**	**00:30:46.30**	+00:12:14 (41.3%)	5:55	10.1 (58.4%)
193	**KUKLIŃSKI Rafał**	**331**		M30	193	00:01:15	**00:29:39.05**	**00:30:54.05**	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
194	**POLEWSKI Damian**	**1024**		M30	194	00:00:44	**00:29:39.25**	**00:30:23.45**	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
195	**PIASECKI Damian**	**1137**	DYNAMO SKARPA	M30	195	00:00:40	**00:29:39.50**	**00:30:19.90**	+00:12:17 (41.4%)	5:55	10.1 (58.4%)
196	**WARACZEWSKI Paweł**	**88**		M30	196	00:00:23	**00:29:39.60**	**00:30:02.70**	+00:12:17 (41.4%)	5:55	10.1 (58.4%)
197	**PERA Marek**	**951**		M30	197	00:01:28	**00:29:49.35**	**00:31:17.90**	+00:12:26 (41.7%)	5:57	10.1 (58.4%)
198	**PALIŃSKI Grzegorz**	**1129**		M30	198	00:01:32	**00:29:51.80**	**00:31:24.00**	+00:12:29 (41.8%)	5:58	10 (57.8%)
199	**BRZOZOWSKI Krzysztof**	**388**		M30	199	00:01:40	**00:29:52.20**	**00:31:32.20**	+00:12:29 (41.8%)	5:58	10 (57.8%)
200	**MIKUŁA Tomasz**	**41**	GORDON RUN	M30	200	00:01:25	**00:29:54.45**	**00:31:19.95**	+00:12:32 (41.9%)	5:58	10 (57.8%)
201	**BRĄGIEL Jakub**	**51**	VEGE RUNNERS	M30	201	00:01:55	**00:29:57.50**	**00:31:53.35**	+00:12:35 (42.0%)	5:59	10 (57.8%)
202	**KULA Karol**	**1303**		M30	202	00:00:33	**00:30:01.45**	**00:30:34.50**	+00:12:39 (42.1%)	6:00	10 (57.8%)
203	**DUDZIAK Michał**	**207**	CPR BYDGOSZCZ	M30	203	00:01:38	**00:30:08.70**	**00:31:47.30**	+00:12:46 (42.4%)	6:01	10 (57.8%)
203	**ANTCZAK Filip**	**866**		M30	204	00:01:08	**00:30:08.70**	**00:31:16.95**	+00:12:46 (42.4%)	6:01	10 (57.8%)
205	**DANIELEK Adam**	**24**	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M30	205	00:01:02	**00:30:18.55**	**00:31:21.10**	+00:12:56 (42.7%)	6:03	9.9 (57.2%)
206	**KUZIOŁA Marcin**	**972**		M30	206	00:01:27	**00:30:19.50**	**00:31:47.10**	+00:12:57 (42.7%)	6:04	9.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	**KOLASA Robert**	**651**		M30	207	00:00:56	**00:30:34.85**	**00:31:31.45**	+00:13:12 (43.2%)	6:07	9.8 (56.6%)
208	**ORZECHOWSKI Michał**	**5**		M30	208	00:01:21	**00:30:38.00**	**00:31:59.75**	+00:13:15 (43.3%)	6:07	9.8 (56.6%)
209	**GURYN Wiktor**	**749**		M30	209	00:02:06	**00:31:15.60**	**00:33:21.60**	+00:13:53 (44.4%)	6:15	9.6 (55.5%)
210	**JAWORSKI Paweł**	**554**		M30	210	00:00:41	**00:31:20.45**	**00:32:01.50**	+00:13:58 (44.6%)	6:16	9.6 (55.5%)
211	**LUKASIEWICZ Krzysztof**	**1089**		M30	211	00:01:25	**00:31:48.45**	**00:33:14.00**	+00:14:26 (45.4%)	6:21	9.4 (54.3%)
212	**GRODZKI Daniel**	**473**		M30	212	00:00:27	**00:31:55.15**	**00:32:22.85**	+00:14:32 (45.6%)	6:23	9.4 (54.3%)
213	**SMERLIŃSKI Robert**	**2**		M30	213	00:01:23	**00:32:00.90**	**00:33:24.50**	+00:14:38 (45.7%)	6:24	9.4 (54.3%)
214	**TYBURSKI Maciej**	**347**		M30	214	00:01:20	**00:32:04.10**	**00:33:24.25**	+00:14:41 (45.8%)	6:24	9.4 (54.3%)
215	**OSSOWSKI Łukasz**	**408**		M30	215	00:01:39	**00:33:04.05**	**00:34:43.15**	+00:15:41 (47.5%)	6:36	9.1 (52.6%)
216	**KIELMANN Marcin**	**1362**		M30	216	00:01:09	**00:33:13.65**	**00:34:22.90**	+00:15:51 (47.7%)	6:38	9 (52.0%)
217	**ŻEBROWSKI Michał**	**569**		M30	217	00:01:39	**00:33:20.85**	**00:35:00.80**	+00:15:58 (47.9%)	6:40	9 (52.0%)
218	**MRÓWCZYŃSKI Sebastian**	**260**	MRÓWKI	M30	218	00:00:39	**00:33:59.05**	**00:34:38.95**	+00:16:36 (48.9%)	6:47	8.8 (50.9%)
219	**RAKAŁOWICZ Krzysztof**	**576**	MANCHESTER	M30	219	00:00:48	**00:34:46.30**	**00:35:35.20**	+00:17:23 (50.0%)	6:57	8.6 (49.7%)
220	**LISOWSKI Sebastian**	**280**		M30	220	00:01:55	**00:39:59.00**	**00:41:54.15**	+00:22:36 (56.5%)	7:59	7.5 (43.4%)
221	**WIECZOREK Marcin**	**829**		M30	221	00:01:54	**00:41:19.65**	**00:43:13.95**	+00:23:57 (58.0%)	8:15	7.3 (42.2%)
222	**ZGIEP Maciej**	**142**		M30	222	00:01:12	**00:42:33.20**	**00:43:45.80**	+00:25:10 (59.2%)	8:30	7.1 (41.0%)

Znaleziono 222 wynik(ów)