XII BIEG SYLWESTROWY

Organizator: Hotel Brzoza
Data: 2018-12-31
Miejsce: Brzoza
Dystans: 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**ZALEWSKI Krystian**	**400**	UKS BARNIM GOLENIÓW	M-20	1	00:00:02	00:07:19	00:14:15	00:21:13	00:28:14		**00:29:30.90**	**00:29:32.95**		2:57	20.3 (100%)
2	**BRZEZIŃSKI Błażej**	**1**	BRZEZIŃSKIRUNCLUB	M-30	1	00:00:02	00:07:21	00:14:38	00:21:50	00:29:01		**00:30:22.20**	**00:30:24.25**	+00:00:51 (2.8%)	3:02	19.8 (97.5%)
3	**PAWLAK Bartosz**	**3**	WKS GRUNWALD POZNAŃ	M-20	2	00:00:02	00:07:58	00:15:33	00:23:15	00:30:55		**00:32:18.65**	**00:32:20.70**	+00:02:47 (8.7%)	3:13	18.6 (91.6%)
4	**BRZEZIŃSKA Aleksandra**	**4**	BRZEZIŃSKIRUNCLUB	K-20	1	00:00:01	00:08:38	00:16:38	00:24:40	00:32:55		**00:34:26.85**	**00:34:28.55**	+00:04:55 (14.3%)	3:26	17.4 (85.7%)
5	**KALATA Łukasz**	**240**	KM TRUCHCIK ŁUBIANKA	M-30	2	00:00:03	00:08:42	00:17:02	00:25:27	00:33:45		**00:35:15.30**	**00:35:18.80**	+00:05:44 (16.3%)	3:31	17 (83.7%)
6	**OCHAL Olga**	**399**	PREFBET ŚNIADOWO ŁOMŻA	K-30	1	00:00:01	00:08:49	00:17:13	00:25:34	00:33:47		**00:35:16.00**	**00:35:17.85**	+00:05:45 (16.3%)	3:31	17 (83.7%)
7	**KŁOPOTEK Patryk**	**150**	WRB / UMB	M-20	3	00:00:01	00:08:39	00:17:04	00:25:29	00:34:02		**00:35:36.45**	**00:35:37.90**	+00:06:05 (17.1%)	3:33	16.9 (83.3%)
8	**POLAŃSKI Tomasz**	**423**	B4SPORT	M-40	1	00:00:01	00:08:58	00:17:19	00:25:47	00:34:18		**00:35:49.25**	**00:35:50.95**	+00:06:18 (17.6%)	3:34	16.8 (82.8%)
9	**KUCZEK Piotr**	**310**	KS ZRYW RADZIEJÓW	M-40	2	00:00:02	00:08:56	00:17:22	00:26:01	00:34:38		**00:36:12.65**	**00:36:14.95**	+00:06:41 (18.5%)	3:37	16.6 (81.8%)
10	**ŚWIĄTKOWSKI Paweł**	**354**		M-30	3	00:00:03	00:08:55	00:17:29	00:26:07	00:34:47		**00:36:19.25**	**00:36:22.60**	+00:06:48 (18.7%)	3:37	16.5 (81.3%)
11	**KOWALCZYK Marek**	**5**		M-40	3	00:00:03	00:09:06	00:17:42	00:26:24	00:34:51		**00:36:20.85**	**00:36:24.50**	+00:06:49 (18.8%)	3:38	16.5 (81.3%)
12	**JARZĄB Piotr**	**103**		M-30	4	00:00:03	00:09:07	00:17:43	00:26:23	00:34:53		**00:36:23.05**	**00:36:26.85**	+00:06:52 (18.9%)	3:38	16.5 (81.3%)
13	**MRUK Tomasz**	**39**	CZARNE STOPY.SM	M-40	4	00:00:02	00:09:11	00:17:50	00:26:25	00:35:01		**00:36:32.45**	**00:36:34.60**	+00:07:01 (19.2%)	3:39	16.4 (80.8%)
14	**DĄBROWSKI Paweł**	**14**		M-20	4	00:00:02	00:09:11	00:17:43	00:26:25	00:35:06		**00:36:45.05**	**00:36:47.05**	+00:07:14 (19.7%)	3:40	16.3 (80.3%)
15	**PAWŁOWSKI Tomasz**	**16**		M-20	5	00:00:01	00:09:13	00:17:49	00:26:32	00:35:16		**00:36:49.90**	**00:36:51.65**	+00:07:19 (19.9%)	3:41	16.3 (80.3%)
16	**KOWALSKI Dariusz**	**383**	TEAM KOWALSKI	M-50	1	00:00:01	00:09:08	00:17:45	00:26:27	00:35:18		**00:36:51.70**	**00:36:53.55**	+00:07:20 (19.9%)	3:41	16.3 (80.3%)
17	**KARPIŃSKI Wiesław**	**188**	DUDYCZ TEAM GDAŃSK	M-50	2	00:00:02	00:09:22	00:18:01	00:26:51	00:35:35		**00:37:11.65**	**00:37:13.65**	+00:07:40 (20.6%)	3:43	16.1 (79.3%)
18	**MUDZIEJEWSKI Jarosław**	**193**	TKKF KOLEJARZ BYDGOSZCZ	M-40	5	00:00:02	00:09:24	00:18:10	00:26:56	00:35:43		**00:37:15.75**	**00:37:17.75**	+00:07:44 (20.8%)	3:43	16.1 (79.3%)
19	**FOREMSKI Sławomir**	**83**		M-50	3	00:00:02	00:09:08	00:17:47	00:26:46	00:35:39		**00:37:18.90**	**00:37:21.05**	+00:07:48 (20.9%)	3:43	16.1 (79.3%)
20	**STACHOWICZ Wiesław**	**376**	BRZOZA BIEGA	M-40	6	00:00:02	00:09:34	00:18:25	00:27:19	00:35:51		**00:37:22.30**	**00:37:24.55**	+00:07:51 (21.0%)	3:44	16.1 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
21	**MAŁOLEPSZY Radosław**	**152**	KS ZRYW RADZIEJÓW	M-30	5	00:00:03	00:09:26	00:18:20	00:27:18	00:36:10		**00:37:47.35**	**00:37:51.00**	+00:08:16 (21.9%)	3:46	15.9 (78.3%)
22	**MAĆKOWSKI Maciej**	**82**	UPS BYDGOSZCZ	M-30	6	00:00:02	00:09:08	00:17:51	00:27:02	00:36:15		**00:37:50.75**	**00:37:52.75**	+00:08:19 (22.0%)	3:47	15.9 (78.3%)
23	**ŁAZ Kamil**	**218**	RUN BYDGOSZCZ	M-30	7	00:00:03	00:09:44	00:18:42	00:27:41	00:36:31		**00:38:05.90**	**00:38:09.75**	+00:08:35 (22.5%)	3:48	15.7 (77.3%)
24	**WOLNY Piotr**	**8**	BRZOZA BIEGA	M-50	4	00:00:02	00:09:27	00:18:31	00:27:40	00:36:41		**00:38:25.40**	**00:38:27.55**	+00:08:54 (23.2%)	3:50	15.6 (76.8%)
25	**CZAPLICKI Piotr**	**411**	TEAM KOPEĆ	M-40	7	00:00:03	00:09:39	00:18:46	00:27:55	00:36:59		**00:38:33.70**	**00:38:37.55**	+00:09:02 (23.5%)	3:51	15.6 (76.8%)
26	**ZIELIŃSKI Nicolas**	**223**	WWW.OLIMPIASPORT.PL	M-20	6	00:00:01	00:09:42	00:18:53	00:28:12	00:37:22		**00:38:58.65**	**00:39:00.40**	+00:09:27 (24.3%)	3:53	15.4 (75.9%)
27	**SZENK Marta**	**2**		K-30	2	00:00:01	00:09:42	00:18:55	00:28:12	00:37:24		**00:39:03.20**	**00:39:04.65**	+00:09:32 (24.4%)	3:54	15.4 (75.9%)
28	**OSIŃSKI Ryszard**	**416**	BIEGOWA RODZINKA	M-50	5	00:00:03	00:09:32	00:18:43	00:28:02	00:37:22		**00:39:04.85**	**00:39:08.75**	+00:09:33 (24.5%)	3:54	15.4 (75.9%)
29	**SOBIERALSKI Rafał**	**30**		M-40	8	00:00:04	00:09:44	00:18:55	00:28:11	00:37:26		**00:39:05.05**	**00:39:09.05**	+00:09:34 (24.5%)	3:54	15.4 (75.9%)
30	**PAWLACZYK Szymon**	**11**	TRISPACE	M-30	8	00:00:04	00:09:48	00:19:09	00:28:27	00:37:32		**00:39:05.45**	**00:39:09.80**	+00:09:34 (24.5%)	3:54	15.4 (75.9%)
31	**SAWICKI Marcin**	**81**	TEAMOCHAL	M-30	9	00:00:03	00:09:56	00:19:07	00:28:19	00:37:31		**00:39:07.15**	**00:39:11.05**	+00:09:36 (24.6%)	3:54	15.3 (75.4%)
32	**KRUPA Piotr**	**60**		M-30	10	00:00:05	00:09:45	00:19:02	00:28:18	00:37:34		**00:39:08.75**	**00:39:14.70**	+00:09:37 (24.6%)	3:54	15.3 (75.4%)
33	**SZCZEPANIAK Cezary**	**292**		M-40	9	00:00:02	00:09:42	00:18:54	00:28:12	00:37:34		**00:39:11.00**	**00:39:13.25**	+00:09:40 (24.7%)	3:55	15.3 (75.4%)
34	**WARSZAWSKI Przemysław**	**228**		M-20	7	00:00:03	00:09:42	00:19:01	00:28:20	00:37:36		**00:39:15.00**	**00:39:18.65**	+00:09:44 (24.8%)	3:55	15.3 (75.4%)
35	**CZUK Marek**	**29**		M-60	1	00:00:02	00:09:47	00:19:06	00:28:20	00:37:33		**00:39:16.35**	**00:39:18.40**	+00:09:45 (24.8%)	3:55	15.3 (75.4%)
36	**MAGDZIARZ Jakub**	**317**	KANCELARIA - HMM	M-30	11	00:00:04	00:09:43	00:19:03	00:28:18	00:37:36		**00:39:21.55**	**00:39:25.55**	+00:09:50 (25.0%)	3:56	15.2 (74.9%)
37	**KUŁAKOWSKI Krzysztof**	**300**	RUN PASJA	M-30	12	00:00:04	00:09:42	00:18:51	00:28:09	00:37:49		**00:39:32.70**	**00:39:36.75**	+00:10:01 (25.4%)	3:57	15.2 (74.9%)
38	**WESIORA Mariusz**	**211**		M-40	10	00:00:00	00:09:49	00:19:15	00:28:48	00:38:01		**00:39:40.00**	**00:39:40.00**	+00:10:09 (25.6%)	3:58	15.1 (74.4%)
39	**KRZYWDZIŃSKI Dominik**	**402**		M-1	1	00:00:03	00:09:49	00:19:13	00:28:45	00:38:01		**00:39:41.55**	**00:39:45.30**	+00:10:10 (25.6%)	3:58	15.1 (74.4%)
40	**KUBANEK Łukasz**	**340**	TEAMOCHAL	M-30	13	00:00:03	00:09:56	00:19:11	00:28:37	00:38:04		**00:39:47.55**	**00:39:51.00**	+00:10:16 (25.8%)	3:58	15.1 (74.4%)
41	**BALCEREK Mateusz**	**251**		M-30	14	00:00:03	00:09:35	00:19:01	00:28:47	00:38:18		**00:40:02.90**	**00:40:06.35**	+00:10:32 (26.3%)	4:00	15 (73.9%)
42	**BETHKE Sławek**	**133**	TRISPACE	M-20	8	00:00:05	00:10:06	00:19:52	00:29:19	00:38:40		**00:40:21.50**	**00:40:26.50**	+00:10:50 (26.9%)	4:02	14.9 (73.4%)
43	**SPYCHALSKI Waldemar**	**250**		M-40	11	00:00:05	00:09:49	00:19:17	00:28:59	00:38:44		**00:40:24.80**	**00:40:30.55**	+00:10:53 (27.0%)	4:02	14.8 (72.9%)
44	**ŚWIERCZYŃSKI Julian**	**199**	KS ZRYW RADZIEJÓW	M-1	2	00:00:03	00:10:13	00:19:53	00:29:25	00:38:54		**00:40:25.75**	**00:40:29.70**	+00:10:54 (27.0%)	4:02	14.8 (72.9%)
45	**RACZYŃSKI Krzysztof**	**19**	BIEGAJĄCY FILOZOF TEAM	M-50	6	00:00:03	00:10:22	00:19:55	00:29:20	00:38:43		**00:40:27.00**	**00:40:30.25**	+00:10:56 (27.0%)	4:02	14.8 (72.9%)
46	**WIĘCKOWSKI Dariusz**	**36**	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	M-30	15	00:00:03	00:09:46	00:19:37	00:29:58	00:38:55		**00:40:33.20**	**00:40:36.65**	+00:11:02 (27.2%)	4:03	14.8 (72.9%)
47	**KŁOSOWSKI Marcin**	**130**	GRUPA BANKIETOWA SPECJAL	M-40	12	00:00:06	00:10:49	00:20:30	00:29:50	00:39:08		**00:40:54.10**	**00:41:00.20**	+00:11:23 (27.8%)	4:05	14.7 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
48	**MARCHEL Tomasz**	**20**		M-20	9	00:00:03	00:09:51	00:19:34	00:29:32	00:39:17		**00:41:04.55**	**00:41:08.35**	+00:11:33 (28.1%)	4:06	14.6 (71.9%)
49	**OLKOWSKI Jurek**	**131**	THE RUNNERS ŚWIECIE	M-60	2	00:00:03	00:09:49	00:19:35	00:29:28	00:39:18		**00:41:05.15**	**00:41:08.55**	+00:11:34 (28.2%)	4:06	14.6 (71.9%)
50	**BARTOSZ Marek**	**45**		M-30	16	00:00:03	00:09:55	00:19:47	00:29:46	00:39:42		**00:41:29.70**	**00:41:33.55**	+00:11:58 (28.9%)	4:09	14.5 (71.4%)
51	**SAWIEŁAJC Jakub**	**215**	KRYSPORT TEAM	M-1	3	00:00:11	00:10:24	00:19:52	00:29:48	00:39:53		**00:41:33.60**	**00:41:45.20**	+00:12:02 (29.0%)	4:09	14.4 (70.9%)
52	**KALACZYŃSKI Miłosz**	**158**	POLONIA BYDGOSZCZ SLA	M-20	10	00:00:04	00:10:18	00:20:06	00:30:05	00:40:07		**00:41:40.50**	**00:41:45.20**	+00:12:09 (29.2%)	4:10	14.4 (70.9%)
53	**GOŁATA Wojciech**	**27**	WILCZA WATAHA	M-30	17	00:00:05	00:10:17	00:20:05	00:30:04	00:40:06		**00:41:41.40**	**00:41:46.40**	+00:12:10 (29.2%)	4:10	14.4 (70.9%)
54	**WIŚNIEWSKI Leszek**	**77**	BRZOZA BRZOZA	M-40	13	00:00:06	00:10:19	00:20:10	00:30:13	00:40:10		**00:41:51.75**	**00:41:58.05**	+00:12:20 (29.5%)	4:11	14.3 (70.4%)
55	**HENDRZAK Sylwester**	**419**		M-30	18	00:00:03	00:10:29	00:20:33	00:30:38	00:40:19		**00:41:52.45**	**00:41:56.20**	+00:12:21 (29.5%)	4:11	14.3 (70.4%)
56	**CZARNECKI Piotr**	**343**	BRZOZA BIEGA	M-30	19	00:00:05	00:10:33	00:20:34	00:30:31	00:40:17		**00:41:53.15**	**00:41:58.75**	+00:12:22 (29.5%)	4:11	14.3 (70.4%)
57	**PRĄDZYŃSKI Marcin**	**301**	TRISPACE	M-40	14	00:00:05	00:10:59	00:20:53	00:30:39	00:40:15		**00:41:56.40**	**00:42:02.05**	+00:12:25 (29.6%)	4:11	14.3 (70.4%)
58	**POWALISZ Dariusz**	**296**		M-40	15	00:00:06	00:10:36	00:20:30	00:30:31	00:40:21		**00:41:57.45**	**00:42:03.75**	+00:12:26 (29.7%)	4:11	14.3 (70.4%)
59	**DUCHIŃSKI Wojciech**	**290**	BRZOZA BIEGA	M-40	16	00:00:05	00:10:32	00:20:27	00:30:43	00:40:14		**00:41:59.30**	**00:42:04.30**	+00:12:28 (29.7%)	4:11	14.3 (70.4%)
60	**PAWŁOWSKI Radosław**	**15**		M-50	7	00:00:03	00:10:41	00:20:26	00:30:18	00:40:12		**00:42:00.80**	**00:42:04.45**	+00:12:29 (29.7%)	4:12	14.3 (70.4%)
61	**BARTKOWSKA Joanna**	**42**	KM UMK TORUŃ	K-30	3	00:00:05	00:10:31	00:20:28	00:30:26	00:40:22		**00:42:07.75**	**00:42:13.20**	+00:12:36 (29.9%)	4:12	14.2 (70.0%)
62	**GĄSIOROWSKI Grzegorz**	**330**		M-40	17	00:00:09	00:10:27	00:20:21	00:30:22	00:40:18		**00:42:09.10**	**00:42:18.40**	+00:12:38 (30.0%)	4:12	14.2 (70.0%)
63	**JANKOWSKI Tomasz**	**421**	TRISPACE	M-40	18	00:00:07	00:10:58	00:20:51	00:30:37	00:40:32		**00:42:14.65**	**00:42:22.10**	+00:12:43 (30.1%)	4:13	14.2 (70.0%)
64	**FURTAK Tomasz**	**99**	56. BAZA LOTNICZA	M-40	19	00:00:09	00:10:51	00:20:45	00:30:42	00:40:30		**00:42:14.70**	**00:42:24.05**	+00:12:43 (30.1%)	4:13	14.2 (70.0%)
65	**NAGOW Michał**	**233**		M-40	20	00:00:08	00:10:36	00:20:31	00:30:29	00:40:27		**00:42:17.10**	**00:42:25.60**	+00:12:46 (30.2%)	4:13	14.2 (70.0%)
66	**WINIARSKI Grzegorz**	**319**	THE RUNNERS ŚWIECIE	M-30	20	00:00:06	00:10:36	00:20:29	00:30:27	00:40:29		**00:42:17.25**	**00:42:23.55**	+00:12:46 (30.2%)	4:13	14.2 (70.0%)
67	**ZAKURZEWSKI Tomasz**	**176**	BRZOZA BIEGA	M-40	21	00:00:04	00:10:22	00:20:23	00:30:34	00:40:42		**00:42:35.45**	**00:42:40.15**	+00:13:04 (30.7%)	4:15	14.1 (69.5%)
68	**TECŁAW Aleksandra**	**270**		K-30	4	00:00:01	00:10:10	00:20:32	00:30:37	00:40:50		**00:42:41.50**	**00:42:43.20**	+00:13:10 (30.9%)	4:16	14.1 (69.5%)
69	**BANAS Robert**	**144**		M-30	21	00:00:04	00:10:30	00:20:38	00:30:51	00:40:59		**00:42:44.30**	**00:42:49.25**	+00:13:13 (30.9%)	4:16	14 (69.0%)
70	**ZIENIEWICZ Wojciech**	**393**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	M-40	22	00:00:05	00:10:52	00:20:52	00:30:55	00:41:00		**00:42:45.80**	**00:42:51.15**	+00:13:14 (31.0%)	4:16	14 (69.0%)
71	**CZAJKOWSKA Sylwia**	**283**	ŻÓŁTOKRÓLEWSCY	K-40	1	00:00:03	00:10:40	00:20:49	00:30:53	00:41:03		**00:42:50.70**	**00:42:54.15**	+00:13:19 (31.1%)	4:17	14 (69.0%)
72	**WADZIŃSKA Paulina**	**104**	TRISPACE	K-30	5	00:00:04	00:10:21	00:20:22	00:30:41	00:41:04		**00:42:51.25**	**00:42:55.65**	+00:13:20 (31.1%)	4:17	14 (69.0%)
73	**KOSOWSKI Janusz**	**112**	AKM OLSZTYN SKLEPBIEGACZA.PL	M-60	3	00:00:01	00:10:36	00:20:43	00:30:52	00:41:03		**00:42:52.30**	**00:42:53.75**	+00:13:21 (31.2%)	4:17	14 (69.0%)
74	**PRÜFER Paweł**	**56**		M-40	23	00:00:05	00:10:07	00:20:08	00:30:27	00:41:07		**00:43:05.60**	**00:43:11.55**	+00:13:34 (31.5%)	4:18	13.9 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	**GIOLDA Paweł**	**63**		M-30	22	00:00:06	00:10:30	00:20:46	00:31:08	00:41:27		**00:43:15.80**	**00:43:21.90**	+00:13:44 (31.8%)	4:19	13.9 (68.5%)
76	**KOWAL Adam**	**409**		M-50	8	00:00:09	00:11:00	00:21:11	00:31:19	00:41:31		**00:43:22.35**	**00:43:32.25**	+00:13:51 (31.9%)	4:20	13.8 (68.0%)
77	**KADOW Ryszard**	**236**	TRISPACE	M-40	24	00:00:05	00:10:59	00:20:55	00:31:15	00:41:36		**00:43:28.80**	**00:43:34.75**	+00:13:57 (32.1%)	4:20	13.8 (68.0%)
78	**CZEPEK Aleksander**	**413**	BRZOZA BIEGA	M-60	4	00:00:03	00:10:59	00:21:17	00:31:24	00:41:38		**00:43:29.00**	**00:43:32.70**	+00:13:58 (32.1%)	4:20	13.8 (68.0%)
79	**GOLAK Lukasz**	**271**	GOGGLE PRO ACTIVE EYEWEAR	M-30	23	00:00:01	00:10:31	00:20:50	00:31:18	00:41:38		**00:43:30.45**	**00:43:31.90**	+00:13:59 (32.2%)	4:21	13.8 (68.0%)
80	**GOLAK Asia**	**272**	GOGGLE PRO ACTIVE EYEWEAR	K-30	6	00:00:01	00:10:31	00:20:49	00:31:18	00:41:39		**00:43:31.25**	**00:43:33.00**	+00:14:00 (32.2%)	4:21	13.8 (68.0%)
81	**WIERZBOWSKI Piotr**	**339**	TEAM KOPEĆ	M-40	25	00:00:05	00:10:24	00:20:34	00:31:04	00:41:43		**00:43:36.00**	**00:43:41.95**	+00:14:05 (32.3%)	4:21	13.8 (68.0%)
82	**WIŚNIEWSKI Maciej**	**247**		M-40	26	00:00:07	00:10:37	00:20:53	00:31:19	00:41:48		**00:43:37.65**	**00:43:45.15**	+00:14:06 (32.3%)	4:21	13.8 (68.0%)
83	**MACIEJEWSKA Kamila**	**346**	ŚLIMAKI BARCIN	K-30	7	00:00:11	00:11:06	00:21:22	00:31:48	00:42:02		**00:43:39.85**	**00:43:51.15**	+00:14:08 (32.4%)	4:22	13.7 (67.5%)
84	**CYROK Maciej**	**94**		M-20	11	00:00:10	00:11:07	00:21:23	00:31:49	00:42:02		**00:43:40.90**	**00:43:51.55**	+00:14:10 (32.4%)	4:22	13.7 (67.5%)
85	**KACZYŃSKI Rafał**	**229**		M-30	24	00:00:17	00:11:07	00:21:27	00:31:35	00:41:56		**00:43:43.10**	**00:44:00.90**	+00:14:12 (32.5%)	4:22	13.7 (67.5%)
86	**LEWANDOWSKI Rafał**	**263**	VENI, CUCURRI, VICI	M-30	25	00:00:03	00:10:28	00:20:45	00:31:11	00:41:48		**00:43:43.30**	**00:43:46.65**	+00:14:12 (32.5%)	4:22	13.7 (67.5%)
87	**JAKUBOWSKA Anna**	**156**	KS ZRYW RADZIEJÓW	K-30	8	00:00:04	00:10:39	00:20:53	00:31:20	00:42:00		**00:43:49.05**	**00:43:53.85**	+00:14:18 (32.6%)	4:22	13.7 (67.5%)
88	**KOWALSKI Krzysztof**	**154**	OCELOTY KRUSZYN KRAJENSKI	M-30	26	00:00:05	00:10:46	00:21:08	00:31:42	00:42:10		**00:43:57.65**	**00:44:03.25**	+00:14:26 (32.9%)	4:23	13.6 (67.0%)
89	**BRZĄKAŁA Hubert**	**126**	PROJEKT PANDORA	M-20	12	00:00:29	00:11:01	00:21:34	00:32:07	00:42:18		**00:44:04.00**	**00:44:33.65**	+00:14:33 (33.0%)	4:24	13.6 (67.0%)
90	**CICHOŃCZUK Antoni**	**9**		M-60	5	00:00:04	00:10:52	00:21:16	00:31:48	00:42:15		**00:44:11.15**	**00:44:15.30**	+00:14:40 (33.2%)	4:25	13.6 (67.0%)
91	**DRWĘCKI Daniel**	**309**	BIEGNIJ Z PROSERVICE	M-30	27	00:00:07	00:11:01	00:21:31	00:32:03	00:42:29		**00:44:20.50**	**00:44:28.30**	+00:14:49 (33.4%)	4:26	13.5 (66.5%)
92	**NAMIEŚNIK Krzysztof**	**21**	KRZYSIEKN	M-40	27	00:00:10	00:11:00	00:21:20	00:31:50	00:42:26		**00:44:22.80**	**00:44:33.30**	+00:14:51 (33.5%)	4:26	13.5 (66.5%)
93	**RYDLEWSKI Kamil**	**403**	TRISPACE	M-40	28	00:00:08	00:11:12	00:21:33	00:32:11	00:42:33		**00:44:23.60**	**00:44:32.05**	+00:14:52 (33.5%)	4:26	13.5 (66.5%)
94	**OLENDER Tomasz**	**148**		M-30	28	00:00:06	00:11:40	00:22:21	00:32:42	00:42:44		**00:44:31.55**	**00:44:37.70**	+00:15:00 (33.7%)	4:27	13.5 (66.5%)
95	**RATAJ Zuzanna**	**277**	POLONIA BYDGOSZCZ SLA	K-30	9	00:00:05	00:11:05	00:21:29	00:32:04	00:42:41		**00:44:37.05**	**00:44:42.10**	+00:15:06 (33.8%)	4:27	13.4 (66.0%)
96	**KAZUBOWSKI Jacek**	**195**	TRIDARKO	M-50	9	00:00:05	00:11:17	00:21:48	00:32:25	00:42:47		**00:44:40.40**	**00:44:45.40**	+00:15:09 (33.9%)	4:28	13.4 (66.0%)
97	**STASZEWSKI Adam**	**256**		M-30	29	00:00:10	00:11:22	00:22:12	00:32:46	00:43:03		**00:44:49.95**	**00:45:00.45**	+00:15:19 (34.2%)	4:29	13.4 (66.0%)
98	**PALACZ Wioletta**	**299**		K-40	2	00:00:04	00:11:08	00:21:37	00:32:16	00:43:06		**00:45:02.15**	**00:45:06.20**	+00:15:31 (34.5%)	4:30	13.3 (65.5%)
99	**GRZEGORZEWSKI Rafał**	**349**	BRZOZA BIEGA	M-40	29	00:00:08	00:11:14	00:21:48	00:32:35	00:43:21		**00:45:17.45**	**00:45:25.65**	+00:15:46 (34.8%)	4:31	13.2 (65.0%)
100	**ANDRZEJEWSKI Paweł**	**227**		M-40	30	00:00:07	00:11:08	00:21:59	00:33:02	00:43:31		**00:45:20.20**	**00:45:27.70**	+00:15:49 (34.9%)	4:32	13.2 (65.0%)
101	**KANARKOWSKI Stanisław**	**172**	AMATOR - NIEZRZESZONY	M-50	10	00:00:05	00:11:41	00:22:19	00:33:03	00:43:35		**00:45:27.30**	**00:45:33.05**	+00:15:56 (35.1%)	4:32	13.2 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
102	**GLIWKA Artur**	**79**	GLIWEK	M-30	30	00:00:10	00:11:12	00:21:49	00:32:43	00:43:34		**00:45:27.60**	**00:45:38.15**	+00:15:56 (35.1%)	4:32	13.2 (65.0%)
103	**JUREK Piotr**	**135**		M-50	11	00:00:08	00:11:13	00:21:59	00:32:44	00:43:30		**00:45:31.00**	**00:45:39.25**	+00:16:00 (35.2%)	4:33	13.2 (65.0%)
104	**MONDRY Waldemar**	**128**		M-50	12	00:00:09	00:11:38	00:22:28	00:33:17	00:43:52		**00:45:36.95**	**00:45:46.40**	+00:16:06 (35.3%)	4:33	13.2 (65.0%)
105	**LIBAN Zygfryd**	**10**		M-70	1	00:00:03	00:11:15	00:21:59	00:32:52	00:43:49		**00:45:46.60**	**00:45:50.35**	+00:16:15 (35.5%)	4:34	13.1 (64.5%)
106	**TOMTAS Konrad**	**289**	56. BAZA LOTNICZA	M-40	31	00:00:08	00:10:56	00:21:20	00:32:28	00:43:54		**00:45:51.65**	**00:46:00.45**	+00:16:20 (35.6%)	4:35	13.1 (64.5%)
107	**BARCZAK Piotr**	**280**	BRZOZA BRZOZA	M-50	13	00:00:05	00:10:32	00:20:27	00:31:31	00:43:38		**00:45:55.85**	**00:46:01.65**	+00:16:24 (35.7%)	4:35	13.1 (64.5%)
108	**KRZYŻANOWSKI Robert**	**78**	RUN PASJA	M-50	14	00:00:18	00:11:29	00:22:10	00:33:04	00:44:01		**00:45:58.85**	**00:46:17.45**	+00:16:27 (35.8%)	4:35	13 (64.0%)
109	**KOSAKOWSKI Marian**	**6**		M-60	6	00:00:00	00:11:19	00:22:10	00:33:12	00:44:09		**00:46:03.95**	**00:46:03.95**	+00:16:33 (35.9%)	4:36	13 (64.0%)
110	**BIELECKI Norbert**	**392**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	M-40	32	00:00:12	00:11:59	00:23:06	00:33:58	00:44:37		**00:46:18.95**	**00:46:31.00**	+00:16:48 (36.3%)	4:37	13 (64.0%)
111	**GROTA Artur**	**183**		M-40	33	00:00:09	00:11:11	00:22:12	00:33:18	00:44:26		**00:46:20.55**	**00:46:29.85**	+00:16:49 (36.3%)	4:38	12.9 (63.5%)
112	**SŁOMA Maciej**	**248**		M-40	34	00:00:09	00:11:12	00:22:07	00:33:26	00:44:27		**00:46:24.30**	**00:46:33.35**	+00:16:53 (36.4%)	4:38	12.9 (63.5%)
113	**SZATKOWSKI Józef**	**147**	MORSY Z GRUDZIĄDZA	M-60	7	00:00:06	00:11:40	00:22:21	00:33:16	00:44:27		**00:46:28.05**	**00:46:34.40**	+00:16:57 (36.5%)	4:38	12.9 (63.5%)
114	**BUZALSKI Robert**	**276**	ORANGE POLSKA	M-40	35	00:00:10	00:11:24	00:22:19	00:33:24	00:44:30		**00:46:29.10**	**00:46:39.35**	+00:16:58 (36.5%)	4:38	12.9 (63.5%)
115	**SZŁYK Maciej**	**341**	SPORT4LIFE	M-40	36	00:00:04	00:11:41	00:22:34	00:33:34	00:44:36		**00:46:31.60**	**00:46:35.80**	+00:17:00 (36.6%)	4:39	12.9 (63.5%)
116	**RYMARKIEWICZ Małgorzata**	**209**	KLINIKA TRIATHLONU BYDGOSZCZ	K-30	10	00:00:05	00:11:28	00:22:24	00:33:25	00:44:34		**00:46:33.60**	**00:46:39.10**	+00:17:02 (36.6%)	4:39	12.9 (63.5%)
117	**ROSZAK Zbigniew**	**86**		M-30	31	00:00:08	00:11:07	00:21:56	00:33:04	00:44:38		**00:46:40.30**	**00:46:48.85**	+00:17:09 (36.8%)	4:40	12.9 (63.5%)
118	**ŁUGOWSKI Tomasz**	**46**		M-30	32	00:00:11	00:11:39	00:22:45	00:33:57	00:44:58		**00:46:48.10**	**00:46:59.65**	+00:17:17 (36.9%)	4:40	12.8 (63.1%)
119	**KUJAWA Daniel**	**49**	56. BAZA LOTNICZA	M-30	33	00:00:21	00:11:33	00:22:33	00:33:40	00:44:51		**00:46:52.85**	**00:47:14.55**	+00:17:21 (37.0%)	4:41	12.8 (63.1%)
120	**KARWACKI Paweł**	**404**	TRISPACE	M-30	34	00:00:07	00:11:45	00:22:30	00:33:19	00:45:02		**00:46:56.00**	**00:47:03.65**	+00:17:25 (37.1%)	4:41	12.8 (63.1%)
121	**KOCHANOWSKI Maciej**	**331**		M-20	13	00:00:32	00:11:56	00:23:13	00:34:20	00:45:12		**00:46:56.80**	**00:47:29.75**	+00:17:25 (37.1%)	4:41	12.8 (63.1%)
122	**MUSZYŃSKI Robert**	**336**	TRIBA BOSIR BARCIN	M-30	35	00:00:30	00:12:48	00:23:43	00:34:41	00:45:12		**00:47:04.70**	**00:47:34.85**	+00:17:33 (37.3%)	4:42	12.7 (62.6%)
123	**RUCIŃSKI Marcin**	**351**	TRIBA BOSIR BARCIN	M-40	37	00:00:30	00:12:48	00:23:43	00:34:41	00:45:12		**00:47:06.05**	**00:47:36.25**	+00:17:35 (37.3%)	4:42	12.7 (62.6%)
124	**KUŹMIŃSKA Maryla**	**412**	BRZOZA BIEGA	K-30	11	00:00:04	00:11:48	00:22:54	00:34:05	00:45:07		**00:47:07.35**	**00:47:11.45**	+00:17:36 (37.4%)	4:42	12.7 (62.6%)
125	**PASTWA Donata**	**308**	TRISPACE	K-40	3	00:00:04	00:11:54	00:22:56	00:34:05	00:45:09		**00:47:10.50**	**00:47:14.75**	+00:17:39 (37.4%)	4:43	12.7 (62.6%)
126	**SZARMACH Stanisław**	**72**		M-60	8	00:00:08	00:11:25	00:22:24	00:33:40	00:45:10		**00:47:13.40**	**00:47:22.25**	+00:17:42 (37.5%)	4:43	12.7 (62.6%)
127	**KWIATKOWSKI Piotr**	**107**		M-30	36	00:00:11	00:12:17	00:23:31	00:34:33	00:45:24		**00:47:15.10**	**00:47:27.05**	+00:17:44 (37.5%)	4:43	12.7 (62.6%)
128	**SOBAŃSKI Michał**	**173**		M-30	37	00:00:23	00:12:03	00:23:08	00:34:23	00:45:23		**00:47:15.90**	**00:47:39.00**	+00:17:45 (37.6%)	4:43	12.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
129	**REPCZYŃSKI Tomasz**	**53**		M-20	14	00:00:20	00:11:36	00:22:40	00:33:56	00:45:21		**00:47:16.75**	**00:47:37.40**	+00:17:45 (37.6%)	4:43	12.7 (62.6%)
130	**STĘPIEŃ Tomasz**	**186**		M-40	38	00:00:12	00:11:30	00:22:39	00:33:56	00:45:15		**00:47:20.00**	**00:47:32.10**	+00:17:49 (37.6%)	4:44	12.7 (62.6%)
131	**DĄBKOWSKI Wojciech**	**34**		M-30	38	00:00:27	00:12:19	00:23:30	00:34:34	00:45:30		**00:47:26.30**	**00:47:53.45**	+00:17:55 (37.8%)	4:44	12.6 (62.1%)
132	**DĄBKOWSKI Maciej**	**13**		M-40	39	00:00:26	00:12:20	00:23:31	00:34:34	00:45:31		**00:47:26.50**	**00:47:53.45**	+00:17:55 (37.8%)	4:44	12.6 (62.1%)
133	**SAK Joanna**	**278**	DECATHLON TEAM INOWROCŁAW	K-20	2	00:00:07	00:11:40	00:22:46	00:34:08	00:45:32		**00:47:27.65**	**00:47:35.05**	+00:17:56 (37.8%)	4:44	12.6 (62.1%)
134	**GACKOWSKI Krzysztof**	**260**		M-40	40	00:00:09	00:11:26	00:22:35	00:34:07	00:45:30		**00:47:31.35**	**00:47:41.10**	+00:18:00 (37.9%)	4:45	12.6 (62.1%)
135	**DOMAN Janusz**	**28**	UKS SZABLA BRZOZA	M-60	9	00:00:03	00:11:23	00:22:38	00:34:00	00:45:28		**00:47:31.60**	**00:47:35.35**	+00:18:00 (37.9%)	4:45	12.6 (62.1%)
136	**DAWIDOWICZ Maciej**	**162**		M-40	41	00:00:13	00:12:06	00:23:16	00:34:30	00:45:32		**00:47:32.20**	**00:47:45.90**	+00:18:01 (37.9%)	4:45	12.6 (62.1%)
137	**UKLEZEWSKI Tomasz**	**406**		M-40	42	00:00:16	00:12:04	00:23:19	00:34:35	00:45:40		**00:47:35.55**	**00:47:51.95**	+00:18:04 (38.0%)	4:45	12.6 (62.1%)
138	**ŚWIĘCICKI Andrzej**	**206**		M-40	43	00:00:06	00:11:45	00:22:59	00:34:21	00:45:41		**00:47:39.65**	**00:47:45.80**	+00:18:08 (38.1%)	4:45	12.6 (62.1%)
139	**STEMPNIAK Krzysztof**	**44**		M-40	44	00:00:12	00:12:07	00:23:15	00:34:26	00:45:42		**00:47:43.60**	**00:47:56.05**	+00:18:12 (38.2%)	4:46	12.6 (62.1%)
140	**KANIA Krzysztof**	**102**	56. BAZA LOTNICZA	M-20	15	00:00:25	00:12:20	00:23:47	00:35:24	00:46:11		**00:47:46.20**	**00:48:11.40**	+00:18:15 (38.2%)	4:46	12.6 (62.1%)
141	**SLOTAŁA Dariusz**	**33**	KLUB 366 WITUNIA	M-50	15	00:00:10	00:12:25	00:23:46	00:34:52	00:45:50		**00:47:47.90**	**00:47:58.70**	+00:18:17 (38.3%)	4:46	12.6 (62.1%)
142	**WIŚNIEWSKA Żaneta**	**204**	MKS TRZEMESZNO	K-20	3	00:00:09	00:11:46	00:23:11	00:34:41	00:45:59		**00:47:58.25**	**00:48:07.60**	+00:18:27 (38.5%)	4:47	12.5 (61.6%)
143	**WIŚNIEWSKI Jakub**	**364**		M-20	16	00:00:06	00:11:58	00:23:22	00:34:43	00:46:00		**00:47:59.30**	**00:48:05.65**	+00:18:28 (38.5%)	4:47	12.5 (61.6%)
144	**STĘPSKI Marek**	**178**		M-40	45	00:00:13	00:12:14	00:23:21	00:34:34	00:45:58		**00:48:02.30**	**00:48:15.35**	+00:18:31 (38.6%)	4:48	12.5 (61.6%)
145	**MROZEK Mariusz**	**356**		M-40	46	00:00:28	00:12:14	00:23:35	00:34:57	00:46:08		**00:48:03.00**	**00:48:31.70**	+00:18:32 (38.6%)	4:48	12.5 (61.6%)
146	**MARCINKOWSKI Paweł**	**192**	VIVA-TORUŃ	M-50	16	00:00:10	00:12:01	00:23:16	00:34:32	00:45:57		**00:48:03.20**	**00:48:13.45**	+00:18:32 (38.6%)	4:48	12.5 (61.6%)
147	**FRĄSZCZAK Tadeusz**	**189**	REMBIS JANIKOWO	M-60	10	00:00:02	00:14:57	00:29:48	00:45:20			**00:48:06.45**	**00:48:08.70**	+00:18:35 (38.6%)	4:48	12.5 (61.6%)
148	**SZUBARTOWSKI Robert**	**43**		M-40	47	00:00:12	00:12:31	00:23:37	00:34:47	00:46:10		**00:48:13.80**	**00:48:25.85**	+00:18:42 (38.8%)	4:49	12.4 (61.1%)
149	**BIESIADA Tomasz**	**279**	TRISPACE	M-40	48	00:00:09	00:12:22	00:23:44	00:34:58	00:46:05		**00:48:23.05**	**00:48:32.15**	+00:18:52 (39.0%)	4:50	12.4 (61.1%)
150	**SZULC Edmund**	**38**		M-50	17	00:00:12	00:11:47	00:23:14	00:34:58	00:46:27		**00:48:30.45**	**00:48:42.55**	+00:18:59 (39.2%)	4:51	12.4 (61.1%)
151	**WALIGÓRA Karolina**	**381**	BRZOZA BIEGA	K-40	4	00:00:06	00:11:36	00:23:03	00:34:49	00:46:32		**00:48:30.70**	**00:48:37.55**	+00:18:59 (39.2%)	4:51	12.4 (61.1%)
152	**GÓRSKI Marian**	**181**	SOLECCY BIEGACZE	M-60	11	00:00:03	00:12:11	00:23:34	00:34:57	00:46:32		**00:48:33.70**	**00:48:37.15**	+00:19:02 (39.2%)	4:51	12.4 (61.1%)
153	**MROZIK Andrzej**	**84**		M-40	49	00:00:12	00:12:23	00:23:59	00:35:30	00:46:40		**00:48:39.10**	**00:48:51.80**	+00:19:08 (39.3%)	4:51	12.3 (60.6%)
154	**JUSZCZYK Mirosław**	**205**		M-20	17	00:00:22	00:12:38	00:24:12	00:35:30	00:46:36		**00:48:39.75**	**00:49:02.25**	+00:19:08 (39.3%)	4:52	12.3 (60.6%)
155	**TOMCZAK Zbigniew**	**66**	ALTOM GNIEZNO	M-60	12	00:00:06	00:12:08	00:23:33	00:35:04	00:46:46		**00:48:51.75**	**00:48:58.60**	+00:19:20 (39.6%)	4:53	12.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
156	**DROŻDŻ Andrzej**	**307**	56. BAZA LOTNICZA	M-40	50	00:00:31	00:12:09	00:23:24	00:35:05	00:46:54		**00:48:56.05**	**00:49:27.10**	+00:19:25 (39.7%)	4:53	12.3 (60.6%)
157	**LUZAK Magdalena**	**164**		K-20	4	00:00:09	00:12:04	00:23:25	00:35:03	00:46:51		**00:48:56.25**	**00:49:06.00**	+00:19:25 (39.7%)	4:53	12.3 (60.6%)
158	**DRĄG Amelia**	**384**		K-1	1	00:00:06	00:12:10	00:23:23	00:35:06	00:46:55		**00:48:56.50**	**00:49:02.55**	+00:19:25 (39.7%)	4:53	12.3 (60.6%)
159	**LEWANDOWSKI Rafał**	**422**	B4SPORT	M-30	39	00:00:13	00:12:04	00:23:35	00:35:19	00:47:03		**00:48:58.25**	**00:49:11.75**	+00:19:27 (39.7%)	4:53	12.3 (60.6%)
160	**NASIENIAK-CZECH Anna**	**386**	GRAZIA RUNNING	K-40	5	00:00:11	00:12:23	00:24:01	00:35:37	00:47:05		**00:49:06.00**	**00:49:17.00**	+00:19:35 (39.9%)	4:54	12.2 (60.1%)
161	**STANKOWSKA Justyna**	**314**	MKS TRZEMESZNO	K-40	6	00:00:07	00:12:28	00:24:05	00:35:44	00:47:13		**00:49:09.30**	**00:49:17.10**	+00:19:38 (40.0%)	4:55	12.2 (60.1%)
162	**KANTORSKI Zbysław**	**69**	COCA-COLA RUNNERS	M-50	18	00:00:11	00:12:03	00:23:27	00:35:11	00:47:04		**00:49:10.95**	**00:49:22.65**	+00:19:40 (40.0%)	4:55	12.2 (60.1%)
163	**STAWCZYK Dariusz**	**146**		M-40	51	00:00:16	00:12:21	00:23:48	00:35:21	00:47:10		**00:49:11.70**	**00:49:27.85**	+00:19:40 (40.0%)	4:55	12.2 (60.1%)
164	**TOCZKIEWICZ Piotr**	**165**		M-40	52	00:00:07	00:12:19	00:23:54	00:35:37	00:47:20		**00:49:25.10**	**00:49:32.15**	+00:19:54 (40.3%)	4:56	12.1 (59.6%)
165	**LUZAK Mirosław**	**168**	MWIK BYDGOSZCZ	M-50	19	00:00:07	00:12:23	00:23:58	00:35:40	00:47:21		**00:49:26.60**	**00:49:33.65**	+00:19:55 (40.3%)	4:56	12.1 (59.6%)
166	**DOBRZAŃSKA Marta**	**187**		K-30	12	00:00:14	00:12:15	00:23:37	00:35:31	00:47:18		**00:49:27.75**	**00:49:41.75**	+00:19:56 (40.3%)	4:56	12.1 (59.6%)
167	**KATULSKI Radosław**	**306**	56. BAZA LOTNICZA	M-40	53	00:00:13	00:12:16	00:23:37	00:35:32	00:47:19		**00:49:28.35**	**00:49:42.05**	+00:19:57 (40.3%)	4:56	12.1 (59.6%)
168	**SIKORA Antoni**	**190**	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	13	00:00:13	00:12:21	00:23:59	00:35:41	00:47:22		**00:49:29.90**	**00:49:42.90**	+00:19:59 (40.4%)	4:56	12.1 (59.6%)
169	**OSTROMECKI Waldemar**	**395**	ROWEROWA BRZOZA	M-40	54	00:00:13	00:12:32	00:24:11	00:35:51	00:47:29		**00:49:32.25**	**00:49:46.20**	+00:20:01 (40.4%)	4:57	12.1 (59.6%)
170	**MAŚLIŃSKI Mirosław**	**67**		M-50	20	00:00:06	00:12:13	00:23:28	00:35:23	00:47:24		**00:49:34.60**	**00:49:41.45**	+00:20:03 (40.5%)	4:57	12.1 (59.6%)
171	**MATYSZCZAK Damian**	**55**		M-40	55	00:00:29	00:12:25	00:23:57	00:35:51	00:47:35		**00:49:39.75**	**00:50:09.40**	+00:20:08 (40.6%)	4:58	12.1 (59.6%)
172	**WAJDA Mariusz**	**210**		M-40	56	00:00:14	00:12:18	00:23:47	00:35:43	00:47:37		**00:49:41.40**	**00:49:56.20**	+00:20:10 (40.6%)	4:58	12.1 (59.6%)
173	**DYLEWSKI Artur**	**93**	KS ZRYW RADZIEJÓW	M-30	40	00:00:15	00:12:11	00:23:54	00:35:47	00:47:45		**00:49:42.60**	**00:49:58.20**	+00:20:11 (40.6%)	4:58	12.1 (59.6%)
174	**WOJTYNOWSKI Artur**	**325**		M-40	57	00:00:20	00:12:59	00:24:46	00:36:25	00:47:51		**00:49:44.50**	**00:50:04.80**	+00:20:13 (40.7%)	4:58	12.1 (59.6%)
175	**ZABOROWSKA Beata**	**212**		K-40	7	00:00:11	00:12:12	00:23:56	00:35:51	00:47:40		**00:49:44.80**	**00:49:55.95**	+00:20:13 (40.7%)	4:58	12.1 (59.6%)
176	**BŁAZEJEWSKI Robert**	**111**	56. BAZA LOTNICZA	M-40	58	00:00:09	00:12:49	00:24:48	00:36:27	00:47:49		**00:49:45.85**	**00:49:55.55**	+00:20:14 (40.7%)	4:58	12.1 (59.6%)
177	**MAZIARZ Joanna**	**420**		K-30	13	00:00:00	00:12:15	00:23:56	00:35:44	00:47:34		**00:49:47.60**	**00:49:47.60**	+00:20:16 (40.7%)	4:58	12.1 (59.6%)
178	**KOLANOWSKA Grażyna**	**22**		K-50	1	00:00:12	00:12:31	00:23:59	00:35:42	00:47:42		**00:49:50.75**	**00:50:03.20**	+00:20:19 (40.8%)	4:59	12 (59.1%)
179	**MELER-LEWANDOWSKA Katarzyna**	**100**	KS ZRYW RADZIEJÓW	K-30	14	00:00:14	00:12:14	00:23:58	00:35:50	00:47:49		**00:49:56.90**	**00:50:11.35**	+00:20:26 (40.9%)	4:59	12 (59.1%)
180	**ARACH Przemysław**	**257**		M-30	41	00:00:19	00:12:23	00:23:51	00:35:32	00:47:50		**00:50:00.90**	**00:50:20.10**	+00:20:30 (41.0%)	5:00	12 (59.1%)
181	**ŻYWICA Adam**	**366**	BRZOZA BIEGA	M-40	59	00:00:08	00:12:46	00:24:46	00:36:54	00:48:59		**00:50:04.00**	**00:50:12.20**	+00:20:33 (41.0%)	5:00	12 (59.1%)
182	**GĄSIOREK Tomasz**	**378**	BRZOZA BIEGA	M-50	21	00:00:05	00:12:49	00:24:50	00:36:58	00:49:03		**00:50:07.15**	**00:50:12.70**	+00:20:36 (41.1%)	5:00	12 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
183	**KOWAL Michał**	**167**		M-40	60	00:00:07	00:11:39	00:23:11	00:35:40	00:48:02		**00:50:12.80**	**00:50:20.25**	+00:20:41 (41.2%)	5:01	11.9 (58.6%)
184	**BICZKOWSKA Magdalena**	**213**		K-30	15	00:00:06	00:12:31	00:24:09	00:36:04	00:48:04		**00:50:12.95**	**00:50:19.25**	+00:20:42 (41.2%)	5:01	11.9 (58.6%)
185	**ŚWIETLKI Paweł**	**380**		M-40	61	00:00:03	00:11:04	00:22:50	00:35:15	00:47:59		**00:50:13.20**	**00:50:16.55**	+00:20:42 (41.2%)	5:01	11.9 (58.6%)
186	**KOLMAJER Rafał**	**214**		M-30	42	00:00:05	00:12:32	00:24:09	00:36:04	00:48:04		**00:50:13.95**	**00:50:19.70**	+00:20:43 (41.2%)	5:01	11.9 (58.6%)
187	**SMYK Piotr**	**118**		M-30	43	00:00:30	00:12:49	00:24:26	00:36:29	00:48:16		**00:50:15.10**	**00:50:45.95**	+00:20:44 (41.3%)	5:01	11.9 (58.6%)
188	**GROCHOWIAK Piotr**	**117**		M-30	44	00:00:30	00:12:49	00:24:26	00:36:29	00:48:16		**00:50:15.55**	**00:50:46.20**	+00:20:44 (41.3%)	5:01	11.9 (58.6%)
189	**WASILEWSKA Agata**	**322**	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	16	00:00:21	00:13:10	00:25:08	00:37:07	00:48:20		**00:50:15.75**	**00:50:37.50**	+00:20:44 (41.3%)	5:01	11.9 (58.6%)
190	**ZUPA Wojciech**	**134**	SISU-OWB TEAM	M-50	22	00:00:04	00:11:59	00:24:02	00:35:59	00:48:11		**00:50:18.45**	**00:50:23.25**	+00:20:47 (41.3%)	5:01	11.9 (58.6%)
191	**MAŁKIŃSKI Józef**	**155**		M-60	14	00:00:20	00:12:33	00:24:12	00:36:05	00:48:07		**00:50:21.30**	**00:50:42.25**	+00:20:50 (41.4%)	5:02	11.9 (58.6%)
192	**WASILEWSKA Martyna**	**329**	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	17	00:00:20	00:13:11	00:25:09	00:37:08	00:48:21		**00:50:23.45**	**00:50:44.40**	+00:20:52 (41.4%)	5:02	11.9 (58.6%)
193	**KUKAWKA Damian**	**267**		M-40	62	00:00:09	00:12:30	00:24:10	00:36:19	00:48:20		**00:50:26.50**	**00:50:35.90**	+00:20:55 (41.5%)	5:02	11.9 (58.6%)
194	**RYBAK Mariusz**	**145**	SISU-OWB TEAM	M-40	63	00:00:04	00:12:00	00:23:50	00:36:17	00:48:23		**00:50:27.20**	**00:50:31.75**	+00:20:56 (41.5%)	5:02	11.9 (58.6%)
195	**DZIDO-MIELCAREK Ilona**	**397**	KS ZRYW RADZIEJÓW	K-30	18	00:00:14	00:12:53	00:24:56	00:36:50	00:48:19		**00:50:28.60**	**00:50:43.05**	+00:20:57 (41.5%)	5:02	11.9 (58.6%)
196	**BYRTEK Grzegorz**	**284**		M-40	64	00:00:07	00:11:44	00:23:13	00:35:34	00:48:12		**00:50:30.05**	**00:50:37.40**	+00:20:59 (41.6%)	5:03	11.9 (58.6%)
197	**PŁACZKIEWICZ Robert**	**316**	SOL3|SQUADRUN	M-30	45	00:00:08	00:12:08	00:24:03	00:36:03	00:48:24		**00:50:31.90**	**00:50:40.40**	+00:21:01 (41.6%)	5:03	11.9 (58.6%)
198	**ZALASZEWSKI Dawid**	**287**	HAZEL TEAM	M-20	18	00:00:04	00:11:46	00:23:51	00:36:07	00:48:35		**00:50:35.20**	**00:50:39.40**	+00:21:04 (41.7%)	5:03	11.9 (58.6%)
198	**SOWIŃSKA Justyna**	**194**	SPÓJNIA BIAŁE BŁOTA	K-40	8	00:00:08	00:12:37	00:24:29	00:36:32	00:48:33		**00:50:35.20**	**00:50:43.85**	+00:21:04 (41.7%)	5:03	11.9 (58.6%)
200	**MISUN-NOWAK Katarzyna**	**320**	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	19	00:00:21	00:13:10	00:25:09	00:37:08	00:48:44		**00:50:47.35**	**00:51:09.25**	+00:21:16 (41.9%)	5:04	11.8 (58.1%)
201	**NOWACKA Małgorzata**	**348**	BRZOZA BIEGA	K-30	20	00:00:07	00:12:11	00:24:19	00:36:37	00:48:45		**00:50:50.30**	**00:50:58.10**	+00:21:19 (41.9%)	5:05	11.8 (58.1%)
202	**MAŁKOWSKI Sebastian**	**163**		M-30	46	00:00:16	00:13:08	00:25:22	00:37:22	00:48:48		**00:50:51.60**	**00:51:08.25**	+00:21:20 (42.0%)	5:05	11.8 (58.1%)
203	**KRAWCZUK Andrzej**	**312**	TEAMKARAŚ-ELBLĄG	M-60	15	00:00:02	00:12:39	00:24:32	00:36:37	00:48:47		**00:50:53.60**	**00:50:55.90**	+00:21:22 (42.0%)	5:05	11.8 (58.1%)
204	**KOPROWICZ Katarzyna**	**342**		K-40	9	00:00:07	00:12:37	00:24:33	00:36:45	00:48:56		**00:51:07.70**	**00:51:14.90**	+00:21:36 (42.3%)	5:06	11.7 (57.6%)
205	**MRÓWCZYŃSKI Tomasz**	**41**		M-30	47	00:00:26	00:13:15	00:25:35	00:37:35	00:49:08		**00:51:09.50**	**00:51:36.15**	+00:21:38 (42.3%)	5:07	11.7 (57.6%)
206	**KWIATKOWSKI Karol**	**48**		M-30	48	00:00:24	00:12:47	00:24:44	00:36:54	00:49:00		**00:51:10.90**	**00:51:35.15**	+00:21:40 (42.3%)	5:07	11.7 (57.6%)
207	**GRABOWSKA-LESISZ Aneta**	**345**		K-40	10	00:00:09	00:12:21	00:24:35	00:36:56	00:49:03		**00:51:15.85**	**00:51:25.30**	+00:21:44 (42.4%)	5:07	11.7 (57.6%)
208	**SPARZYŃSKI Adam**	**143**	1 BLWL	M-30	49	00:00:14	00:12:44	00:24:53	00:37:04	00:49:13		**00:51:26.15**	**00:51:40.45**	+00:21:55 (42.6%)	5:08	11.7 (57.6%)
209	**ZIĘTARA Rajmund**	**315**	2 RBLOG SKŁAD ZEGRZE	M-50	23	00:00:30	00:12:42	00:24:36	00:36:47	00:49:11		**00:51:30.85**	**00:52:01.00**	+00:21:59 (42.7%)	5:09	11.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
210	**KURS Jarosław**	**59**	TKKF KOLEJARZ BYDGOSZCZ	M-50	24	00:00:14	00:12:42	00:24:44	00:36:58	00:49:29		**00:51:34.75**	**00:51:48.90**	+00:22:03 (42.8%)	5:09	11.6 (57.1%)
211	**KONIEC Krzysztof**	**120**	TKKF WODNIK WIĘCBORK	M-40	65	00:00:14	00:13:14	00:25:25	00:37:32	00:49:39		**00:51:42.60**	**00:51:56.85**	+00:22:11 (42.9%)	5:10	11.6 (57.1%)
212	**KLINIKOWSKI Jacek**	**149**	KOCHAM ŻYCIE I...	M-40	66	00:00:14	00:13:26	00:25:46	00:37:57	00:49:56		**00:51:42.80**	**00:51:57.60**	+00:22:11 (42.9%)	5:10	11.6 (57.1%)
213	**NOWACZYK Zygmunt**	**371**	BOLT TRZEMESZNO	M-50	25	00:00:37	00:13:27	00:25:45	00:37:47	00:49:37		**00:51:43.70**	**00:52:20.75**	+00:22:12 (42.9%)	5:10	11.6 (57.1%)
214	**BONALSKA Magdalena**	**87**		K-30	21	00:00:15	00:13:13	00:25:23	00:37:30	00:49:39		**00:51:48.85**	**00:52:04.50**	+00:22:17 (43.0%)	5:10	11.6 (57.1%)
215	**KLATECKI Adam**	**116**	JEZUS ŻYJE	M-30	50	00:00:34	00:13:13	00:25:04	00:37:10	00:49:47		**00:52:01.70**	**00:52:36.05**	+00:22:30 (43.3%)	5:12	11.5 (56.7%)
216	**BEDNAREK Marta**	**170**	CZARNE STOPY.SM	K-40	11	00:00:13	00:12:39	00:24:54	00:37:24	00:49:57		**00:52:12.00**	**00:52:25.15**	+00:22:41 (43.5%)	5:13	11.5 (56.7%)
217	**DRĄG Hubert**	**334**		M-40	67	00:00:06	00:12:12	00:23:59	00:36:45	00:49:59		**00:52:26.80**	**00:52:33.15**	+00:22:55 (43.7%)	5:14	11.4 (56.2%)
218	**ŁABENDA Piotr**	**232**		M-40	68	00:00:23	00:13:06	00:25:23	00:37:43	00:50:08		**00:52:26.85**	**00:52:50.40**	+00:22:55 (43.7%)	5:14	11.4 (56.2%)
219	**CZYŻEWSKA Justyna**	**47**		K-30	22	00:00:10	00:12:39	00:24:58	00:37:34	00:50:15		**00:52:35.20**	**00:52:46.05**	+00:23:04 (43.9%)	5:15	11.4 (56.2%)
220	**GOŁĘBIEWSKI Krzysztof**	**303**	JUST 5	M-20	19	00:00:16	00:12:43	00:25:22	00:38:07	00:50:45		**00:52:43.95**	**00:53:00.50**	+00:23:13 (44.0%)	5:16	11.4 (56.2%)
221	**BRZUSKIEWICZ Sławomir**	**259**	ARTCOP	M-50	26	00:00:18	00:13:14	00:25:33	00:38:05	00:50:40		**00:52:44.60**	**00:53:02.90**	+00:23:13 (44.0%)	5:16	11.4 (56.2%)
222	**MORITZ Rafał**	**37**	# ŚLIMAKI BARCIN	M-40	69	00:00:29	00:13:33	00:25:58	00:38:07	00:50:49		**00:52:49.95**	**00:53:19.55**	+00:23:19 (44.1%)	5:17	11.4 (56.2%)
223	**ŻMUDZIEJEWSKI Krzysztof**	**324**		M-20	20	00:00:30	00:14:06	00:25:45	00:37:55	00:50:36		**00:52:50.50**	**00:53:20.55**	+00:23:19 (44.1%)	5:17	11.4 (56.2%)
224	**ZIÓŁKOWSKI Mieczysław**	**62**	DECATHLON TEAM INOWROCŁAW	M-50	27	00:00:14	00:12:29	00:25:19	00:38:16	00:50:47		**00:52:50.75**	**00:53:05.35**	+00:23:19 (44.1%)	5:17	11.4 (56.2%)
225	**KUJAWA Roger**	**415**	ŚLIMAKI BARCIN	M-40	70	00:00:27	00:13:34	00:26:00	00:38:09	00:50:51		**00:52:51.90**	**00:53:19.55**	+00:23:21 (44.2%)	5:17	11.3 (55.7%)
226	**BRYWCZYŃSKA Justyna**	**246**	#SLIMAKIBARCIN / RODOS TEAM	K-40	12	00:00:26	00:13:36	00:26:01	00:38:10	00:50:52		**00:52:53.55**	**00:53:19.65**	+00:23:22 (44.2%)	5:17	11.3 (55.7%)
227	**ANDRZEJEWSKI Ryszard**	**50**		M-70	2	00:00:09	00:12:24	00:24:46	00:37:34	00:50:37		**00:52:55.10**	**00:53:04.70**	+00:23:24 (44.2%)	5:17	11.3 (55.7%)
228	**KORBEL Ewa**	**390**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-50	2	00:00:25	00:13:14	00:25:41	00:38:12	00:50:46		**00:53:00.65**	**00:53:25.85**	+00:23:29 (44.3%)	5:18	11.3 (55.7%)
229	**GIOLDA Piotr**	**64**		M-20	21	00:00:17	00:13:25	00:25:41	00:38:02	00:50:51		**00:53:04.80**	**00:53:22.25**	+00:23:33 (44.4%)	5:18	11.3 (55.7%)
230	**BRACICHOWICZ Bogumiła**	**115**		K-50	3	00:00:26	00:13:33	00:26:05	00:38:38	00:50:58		**00:53:08.15**	**00:53:34.25**	+00:23:37 (44.5%)	5:18	11.3 (55.7%)
231	**SADOWSKI Michał**	**252**	BARTOLEK PL	M-30	51	00:00:10	00:12:48	00:24:53	00:37:28	00:50:49		**00:53:08.55**	**00:53:19.35**	+00:23:37 (44.5%)	5:18	11.3 (55.7%)
232	**FABROWSKI Dawid**	**255**		M-30	52	00:00:22	00:13:04	00:25:22	00:38:04	00:51:00		**00:53:09.65**	**00:53:32.30**	+00:23:38 (44.5%)	5:19	11.3 (55.7%)
233	**KAZUBOWSKI Jeremiasz**	**196**		M-20	22	00:00:18	00:13:09	00:25:50	00:38:22	00:50:49		**00:53:10.10**	**00:53:28.65**	+00:23:39 (44.5%)	5:19	11.3 (55.7%)
234	**STEFANOWICZ Marcin**	**396**		M-30	53	00:00:07	00:12:26	00:24:58	00:37:54	00:50:57		**00:53:15.30**	**00:53:22.50**	+00:23:44 (44.6%)	5:19	11.3 (55.7%)
235	**NOWAK Krzysztof**	**347**	TRIBA BOSIR BARCIN	M-30	54	00:00:28	00:13:10	00:25:40	00:38:18	00:51:02		**00:53:20.70**	**00:53:49.40**	+00:23:49 (44.7%)	5:20	11.2 (55.2%)
236	**JURSKI Robert**	**265**		M-40	71	00:00:23	00:13:44	00:26:17	00:39:00	00:51:18		**00:53:20.85**	**00:53:44.40**	+00:23:49 (44.7%)	5:20	11.2 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
237	**URBAŃSKI Wojciech**	**101**	56. BAZA LOTNICZA	M-40	72	00:00:29	00:13:41	00:26:23	00:39:06	00:51:24		**00:53:20.90**	**00:53:49.90**	+00:23:50 (44.7%)	5:20	11.3 (55.7%)
238	**MAGDZIARZ Kasia**	**318**	KANCELARIA - HMM	K-30	23	00:00:26	00:13:09	00:25:13	00:38:13	00:51:09		**00:53:21.30**	**00:53:47.50**	+00:23:50 (44.7%)	5:20	11.2 (55.2%)
239	**KRYSKE Mariusz**	**191**	SPÓJNIA BIAŁE BŁOTA	M-30	55	00:00:35	00:14:17	00:26:58	00:39:19	00:51:13		**00:53:22.85**	**00:53:57.95**	+00:23:51 (44.7%)	5:20	11.2 (55.2%)
240	**PAŚ Michał**	**142**	CHARTY SZELEJEWO	M-40	73	00:00:18	00:13:51	00:26:24	00:39:04	00:51:23		**00:53:23.95**	**00:53:42.30**	+00:23:53 (44.7%)	5:20	11.2 (55.2%)
241	**WĘGRZYN Wiktoria**	**385**		K-1	2	00:00:05	00:13:04	00:25:53	00:38:34	00:51:03		**00:53:24.05**	**00:53:29.40**	+00:23:53 (44.7%)	5:20	11.2 (55.2%)
242	**BRATEK Andrzej**	**328**	TKKF KOLEJARZ BYDGOSZCZ	M-50	28	00:00:15	00:12:47	00:25:29	00:38:10	00:51:10		**00:53:28.70**	**00:53:43.70**	+00:23:57 (44.8%)	5:20	11.2 (55.2%)
243	**KOLANOWSKI Wojciech**	**23**		M-50	29	00:00:12	00:13:10	00:25:56	00:38:41	00:51:23		**00:53:29.15**	**00:53:41.60**	+00:23:58 (44.8%)	5:20	11.2 (55.2%)
244	**JUSZCZAK Jakub**	**241**		M-30	56	00:00:29	00:13:34	00:26:19	00:39:10	00:51:26		**00:53:29.45**	**00:53:59.30**	+00:23:58 (44.8%)	5:21	11.2 (55.2%)
245	**BRYCKI Łukasz**	**266**		M-30	57	00:00:23	00:13:44	00:26:17	00:39:01	00:51:19		**00:53:33.20**	**00:53:56.45**	+00:24:02 (44.9%)	5:21	11.2 (55.2%)
246	**BORKOWSKI Adam**	**273**	BRZOZA BIEGA	M-40	74	00:00:19	00:13:08	00:25:39	00:38:22	00:51:14		**00:53:33.40**	**00:53:53.05**	+00:24:02 (44.9%)	5:21	11.2 (55.2%)
247	**NURKIEWICZ Jarosław**	**129**	KUNG FU PANDY 3	M-40	75	00:00:17	00:13:17	00:25:47	00:38:36	00:51:28		**00:53:35.10**	**00:53:52.20**	+00:24:04 (44.9%)	5:21	11.2 (55.2%)
248	**RYBAK Krzysztof**	**357**		M-60	16	00:00:11	00:12:48	00:25:10	00:38:01	00:51:12		**00:53:37.35**	**00:53:48.65**	+00:24:06 (45.0%)	5:21	11.2 (55.2%)
249	**JĘDRZEJCZYK Mirosław**	**231**		M-50	30	00:00:20	00:14:05	00:26:21	00:39:00	00:51:26		**00:53:47.30**	**00:54:07.80**	+00:24:16 (45.1%)	5:22	11.2 (55.2%)
250	**MICHNA Justyna**	**302**		K-40	13	00:00:22	00:13:17	00:25:56	00:38:37	00:51:30		**00:53:47.95**	**00:54:10.25**	+00:24:17 (45.1%)	5:22	11.2 (55.2%)
251	**STYKAŁA Adrianna**	**110**		K-1	3	00:00:21	00:13:18	00:25:57	00:38:38	00:51:31		**00:53:48.25**	**00:54:10.20**	+00:24:17 (45.1%)	5:22	11.1 (54.7%)
252	**STYKAŁA Magdalena**	**109**		K-40	14	00:00:21	00:13:18	00:25:57	00:38:38	00:51:31		**00:53:49.10**	**00:54:10.25**	+00:24:18 (45.2%)	5:22	11.1 (54.7%)
253	**STRABEL Piotr**	**68**		M-60	17	00:00:18	00:13:53	00:26:44	00:39:30	00:51:49		**00:53:55.70**	**00:54:14.30**	+00:24:24 (45.3%)	5:23	11.1 (54.7%)
254	**DRÓŻDŻ Małgorzata**	**258**		K-30	24	00:00:31	00:13:55	00:26:31	00:39:21	00:51:52		**00:53:58.70**	**00:54:30.55**	+00:24:27 (45.3%)	5:23	11.1 (54.7%)
255	**ZAKOŚCIELNY Krzysztof**	**207**		M-50	31	00:00:16	00:13:32	00:26:13	00:38:58	00:51:40		**00:53:59.50**	**00:54:15.75**	+00:24:28 (45.3%)	5:23	11.1 (54.7%)
256	**GRONOWSKI Marcin**	**98**		M-20	23	00:00:19	00:13:17	00:25:57	00:38:42	00:51:45		**00:54:02.55**	**00:54:21.55**	+00:24:31 (45.4%)	5:24	11.1 (54.7%)
257	**TYLUTKI Radosław**	**253**	# ŚLIMAKI BARCIN	M-30	58	00:00:27	00:13:34	00:26:18	00:39:11	00:51:59		**00:54:08.00**	**00:54:35.60**	+00:24:37 (45.5%)	5:24	11.1 (54.7%)
258	**JAMNY Miłosz**	**359**		M-60	18	00:00:16	00:12:44	00:25:09	00:38:17	00:51:44		**00:54:08.70**	**00:54:25.35**	+00:24:37 (45.5%)	5:24	11.1 (54.7%)
259	**KUCHARSKI Jarosław**	**254**	# ŚLIMAKI BARCIN	M-40	76	00:00:26	00:13:36	00:26:19	00:39:12	00:52:01		**00:54:09.75**	**00:54:36.40**	+00:24:38 (45.5%)	5:25	11.1 (54.7%)
260	**MILO Adam**	**360**		M-40	77	00:00:22	00:13:26	00:26:01	00:39:00	00:51:56		**00:54:11.00**	**00:54:33.15**	+00:24:40 (45.5%)	5:25	11.1 (54.7%)
261	**DERENDA Mirosław**	**70**	1 BLWL	M-40	78	00:00:15	00:13:06	00:25:37	00:38:30	00:51:47		**00:54:11.40**	**00:54:27.30**	+00:24:40 (45.5%)	5:25	11.1 (54.7%)
262	**BRZOZOWSKI Jarosław**	**65**	BRZOZA TRI TEAM	M-50	32	00:00:22	00:13:41	00:26:25	00:39:17	00:51:55		**00:54:12.50**	**00:54:35.20**	+00:24:41 (45.6%)	5:25	11.1 (54.7%)
263	**PORAZINSKA Viktoria**	**275**	BYDGOSZCZ NA START.	K-40	15	00:00:10	00:13:15	00:26:11	00:39:00	00:51:55		**00:54:12.55**	**00:54:23.05**	+00:24:41 (45.6%)	5:25	11.1 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
264	**MAKUCH Mikołaj**	**71**		M-20	24	00:00:30	00:14:06	00:27:00	00:39:58	00:52:13		**00:54:13.05**	**00:54:43.30**	+00:24:42 (45.6%)	5:25	11.1 (54.7%)
265	**KULINSKI Zbigniew**	**121**		M-30	59	00:00:24	00:12:47	00:24:57	00:38:08	00:51:42		**00:54:20.75**	**00:54:45.65**	+00:24:49 (45.7%)	5:26	11 (54.2%)
266	**KOSIARSKI Tomasz**	**239**		M-40	79	00:00:23	00:14:14	00:27:15	00:40:01	00:52:20		**00:54:23.00**	**00:54:46.25**	+00:24:52 (45.7%)	5:26	11 (54.2%)
267	**BOROWIEC Wioleta**	**127**	BBL SZUBIN	K-30	25	00:00:08	00:13:10	00:26:02	00:39:03	00:52:09		**00:54:29.45**	**00:54:37.80**	+00:24:58 (45.8%)	5:26	11 (54.2%)
268	**LEWANDOWSKA Dorota**	**235**		K-40	16	00:00:16	00:13:00	00:25:54	00:38:48	00:52:13		**00:54:34.20**	**00:54:50.35**	+00:25:03 (45.9%)	5:27	11 (54.2%)
269	**MALAK Robert**	**285**		M-40	80	00:00:32	00:13:40	00:26:37	00:39:39	00:52:22		**00:54:41.90**	**00:55:14.60**	+00:25:11 (46.0%)	5:28	11 (54.2%)
270	**KUCZEK Monika**	**311**	KS ZRYW RADZIEJÓW	K-30	26	00:00:13	00:14:10	00:26:59	00:39:37	00:52:24		**00:54:42.05**	**00:54:55.35**	+00:25:11 (46.0%)	5:28	11 (54.2%)
271	**TURZYŃSKI Jacek**	**288**		M-40	81	00:00:31	00:13:41	00:26:38	00:39:39	00:52:22		**00:54:42.75**	**00:55:14.60**	+00:25:11 (46.1%)	5:28	11 (54.2%)
272	**MICHALIK Łukasz**	**337**	BRZOZA BIEGA	M-30	60	00:00:31	00:14:24	00:27:26	00:40:16	00:52:50		**00:54:46.40**	**00:55:17.55**	+00:25:15 (46.1%)	5:28	11 (54.2%)
273	**KRYSZTOFIAK Robert**	**61**		M-40	82	00:00:17	00:13:16	00:26:09	00:39:16	00:52:27		**00:54:47.35**	**00:55:05.25**	+00:25:16 (46.1%)	5:28	10.9 (53.7%)
274	**STĘPIEŃ Monika**	**75**	CZARNE STOPY.SM	K-40	17	00:00:13	00:13:27	00:26:08	00:39:08	00:52:24		**00:54:48.05**	**00:55:01.95**	+00:25:17 (46.1%)	5:28	10.9 (53.7%)
275	**GÓRSKA Joanna**	**201**	TASAK TEAM	K-30	27	00:00:17	00:14:01	00:27:02	00:40:03	00:52:47		**00:54:54.80**	**00:55:12.05**	+00:25:23 (46.3%)	5:29	10.9 (53.7%)
276	**RENC Patryk**	**369**	SERCE TYBETU	M-20	25	00:00:26	00:13:52	00:26:55	00:39:53	00:52:53		**00:54:55.70**	**00:55:22.15**	+00:25:24 (46.3%)	5:29	10.9 (53.7%)
277	**KONONOWICZ Zuzanna**	**40**		K-1	4	00:00:15	00:13:57	00:26:54	00:39:55	00:52:38		**00:54:57.05**	**00:55:12.65**	+00:25:26 (46.3%)	5:29	10.9 (53.7%)
278	**CZECH Jacek**	**387**	GRAZIA RUNNING	M-40	83	00:00:27	00:13:37	00:26:43	00:39:54	00:52:59		**00:55:04.20**	**00:55:31.65**	+00:25:33 (46.4%)	5:30	10.9 (53.7%)
279	**ANASZEWICZ Marzena**	**405**		K-40	18	00:00:06	00:13:23	00:26:19	00:39:32	00:52:49		**00:55:04.85**	**00:55:11.80**	+00:25:33 (46.4%)	5:30	10.9 (53.7%)
280	**STASZEWSKA Marzena**	**394**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-30	28	00:00:22	00:13:32	00:26:35	00:39:52	00:52:59		**00:55:07.20**	**00:55:29.95**	+00:25:36 (46.5%)	5:30	10.9 (53.7%)
281	**BUDZIK Kazimierz**	**171**		M-60	19	00:00:15	00:14:00	00:26:56	00:39:52	00:52:49		**00:55:10.60**	**00:55:26.25**	+00:25:39 (46.5%)	5:31	10.9 (53.7%)
282	**WEGNER Roman**	**219**		M-50	33	00:00:14	00:13:14	00:26:07	00:39:23	00:52:49		**00:55:12.50**	**00:55:27.25**	+00:25:41 (46.5%)	5:31	10.9 (53.7%)
283	**TREPANOWSKI Tomasz**	**264**		M-50	34	00:00:21	00:14:13	00:27:05	00:39:58	00:52:57		**00:55:18.05**	**00:55:39.65**	+00:25:47 (46.6%)	5:31	10.8 (53.2%)
284	**JAŻDŻEWSKA Grażyna**	**58**		K-40	19	00:00:03	00:13:58	00:26:55	00:39:59	00:53:01		**00:55:22.65**	**00:55:26.60**	+00:25:51 (46.7%)	5:32	10.8 (53.2%)
285	**CENTKOWSKA Iwona**	**175**	KS ZRYW RADZIEJÓW	K-40	20	00:00:12	00:13:35	00:26:30	00:39:41	00:53:01		**00:55:22.90**	**00:55:35.20**	+00:25:52 (46.7%)	5:32	10.8 (53.2%)
286	**PITUŁA Monika**	**113**		K-30	29	00:00:31	00:14:13	00:27:11	00:40:08	00:53:12		**00:55:23.65**	**00:55:55.40**	+00:25:52 (46.7%)	5:32	10.8 (53.2%)
287	**KUBIAK Małgorzata**	**418**		K-50	4	00:00:30	00:13:50	00:26:49	00:39:56	00:53:09		**00:55:26.85**	**00:55:57.60**	+00:25:55 (46.8%)	5:32	10.8 (53.2%)
288	**KALACZYŃSKI Grzegorz**	**159**		M-40	84	00:00:19	00:13:49	00:26:44	00:39:57	00:53:11		**00:55:32.15**	**00:55:51.55**	+00:26:01 (46.9%)	5:33	10.8 (53.2%)
289	**KOWALSKI Grzegorz**	**26**		M-50	35	00:00:09	00:13:15	00:26:20	00:39:48	00:53:17		**00:55:37.40**	**00:55:47.05**	+00:26:06 (46.9%)	5:33	10.8 (53.2%)
290	**NAWROCKI Marcin**	**73**	DELIKATESY RYBNE FISHKA.PL	M-30	61	00:00:33	00:14:04	00:26:56	00:39:55	00:53:25		**00:55:45.70**	**00:56:19.35**	+00:26:14 (47.1%)	5:34	10.8 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	**STAWOWSKA-WATRAS Marta**	**74**	DELIKATESY RYBNE FISHKA.PL	K-30	30	00:00:33	00:14:04	00:26:56	00:39:55	00:53:25		**00:55:46.25**	**00:56:19.65**	+00:26:15 (47.1%)	5:34	10.8 (53.2%)
292	**TOCZKIEWICZ Kaja**	**166**		K-1	5	00:00:07	00:14:06	00:27:35	00:40:33	00:53:36		**00:55:46.70**	**00:55:54.45**	+00:26:15 (47.1%)	5:34	10.8 (53.2%)
293	**KRUSZYNA Renata**	**92**		K-30	31	00:00:08	00:13:33	00:26:43	00:40:09	00:53:30		**00:55:53.20**	**00:56:01.45**	+00:26:22 (47.2%)	5:35	10.7 (52.7%)
294	**DUTKIEWICZ Gracjan**	**417**		M-40	85	00:00:19	00:13:11	00:25:59	00:39:53	00:53:29		**00:55:58.10**	**00:56:17.10**	+00:26:27 (47.3%)	5:35	10.7 (52.7%)
295	**FARBICKA-ŻYWICA Paulina**	**367**	BRZOZA BIEGA	K-40	21	00:00:05	00:13:49	00:27:04	00:40:26	00:53:56		**00:56:17.45**	**00:56:23.25**	+00:26:46 (47.6%)	5:37	10.7 (52.7%)
296	**SŁOMA Maria**	**249**		K-1	6	00:00:19	00:15:08	00:29:00	00:42:27	00:54:22		**00:56:24.40**	**00:56:44.10**	+00:26:53 (47.7%)	5:38	10.6 (52.2%)
297	**GROTT Bartłomiej**	**261**		M-40	86	00:00:25	00:13:43	00:26:59	00:40:34	00:54:12		**00:56:38.75**	**00:57:04.25**	+00:27:07 (47.9%)	5:39	10.6 (52.2%)
298	**MOYS Tomasz**	**200**		M-50	36	00:00:19	00:14:09	00:27:28	00:40:51	00:54:19		**00:56:41.05**	**00:57:01.00**	+00:27:10 (47.9%)	5:40	10.6 (52.2%)
299	**ANDRYSZAK Vanessa**	**350**	ROWEROWA BRZOZA	K-1	7	00:00:08	00:13:51	00:27:17	00:40:54	00:54:28		**00:56:48.90**	**00:56:57.15**	+00:27:18 (48.1%)	5:40	10.6 (52.2%)
300	**ROŚ Adam**	**184**		M-40	87	00:00:32	00:14:40	00:28:21	00:42:00	00:54:48		**00:56:49.15**	**00:57:21.90**	+00:27:18 (48.1%)	5:40	10.6 (52.2%)
301	**ROŚ Maciej**	**185**		M-1	4	00:00:31	00:14:41	00:28:23	00:42:01	00:54:49		**00:56:50.35**	**00:57:21.55**	+00:27:19 (48.1%)	5:41	10.6 (52.2%)
302	**GRZYWACZ Marcin**	**203**		M-30	62	00:00:12	00:12:48	00:25:54	00:40:49	00:54:30		**00:56:55.65**	**00:57:07.95**	+00:27:24 (48.2%)	5:41	10.5 (51.7%)
303	**KASPROWICZ Piotr**	**97**	JW1515 BYDGOSZCZ	M-30	63	00:00:15	00:14:10	00:27:38	00:41:26	00:54:39		**00:56:55.70**	**00:57:10.75**	+00:27:24 (48.2%)	5:41	10.5 (51.7%)
304	**WEŁNICKI Waldemar**	**217**	GOSIR OSIELSKO	M-40	88	00:00:18	00:14:22	00:27:43	00:41:03	00:54:42		**00:57:00.70**	**00:57:19.25**	+00:27:29 (48.2%)	5:42	10.5 (51.7%)
305	**KOMAJDA Jarosław**	**180**	SOLECCY BIEGACZE	M-50	37	00:00:18	00:14:24	00:27:43	00:41:04	00:54:42		**00:57:01.10**	**00:57:19.20**	+00:27:30 (48.2%)	5:42	10.5 (51.7%)
306	**DĄBROWSKI Jarek**	**125**	URSA	M-40	89	00:00:32	00:14:26	00:27:42	00:41:13	00:54:44		**00:57:02.25**	**00:57:35.00**	+00:27:31 (48.3%)	5:42	10.5 (51.7%)
307	**MAKUCH-DOBOSZ Urszula**	**373**		K-40	22	00:00:31	00:14:05	00:27:34	00:41:18	00:54:43		**00:57:07.30**	**00:57:38.45**	+00:27:36 (48.3%)	5:42	10.5 (51.7%)
307	**DOBOSZ Kamil**	**372**		M-30	64	00:00:31	00:14:05	00:27:34	00:41:17	00:54:42		**00:57:07.30**	**00:57:38.55**	+00:27:36 (48.3%)	5:42	10.5 (51.7%)
309	**CENTKOWSKA Ewelina**	**327**	SPC	K-30	32	00:00:29	00:14:02	00:27:21	00:40:57	00:54:43		**00:57:10.80**	**00:57:40.25**	+00:27:39 (48.4%)	5:43	10.5 (51.7%)
310	**WIŚNIEWSKI Włodzimierz**	**179**		M-50	38	00:00:28	00:14:01	00:27:17	00:40:55	00:54:43		**00:57:11.40**	**00:57:39.95**	+00:27:40 (48.4%)	5:43	10.5 (51.7%)
311	**JASKULSKI Bartosz**	**197**		M-40	90	00:00:15	00:14:47	00:28:12	00:41:48	00:54:59		**00:57:11.50**	**00:57:26.90**	+00:27:40 (48.4%)	5:43	10.5 (51.7%)
312	**SZTEJKA Damian**	**245**		M-40	91	00:00:34	00:14:46	00:28:27	00:41:50	00:55:04		**00:57:14.20**	**00:57:48.95**	+00:27:43 (48.4%)	5:43	10.5 (51.7%)
313	**SZTEJKA Jolanta**	**244**		K-40	23	00:00:32	00:14:48	00:28:29	00:41:53	00:55:07		**00:57:16.60**	**00:57:49.35**	+00:27:45 (48.5%)	5:43	10.5 (51.7%)
314	**KRYSZTOFIAK Michał**	**377**		M-40	92	00:00:26	00:14:24	00:28:00	00:41:46	00:55:03		**00:57:27.25**	**00:57:54.00**	+00:27:56 (48.6%)	5:44	10.4 (51.2%)
315	**SALITA Lech**	**32**	ALTOM GNIEZNO	M-50	39	00:00:22	00:14:35	00:28:07	00:41:38	00:55:05		**00:57:30.90**	**00:57:53.30**	+00:28:00 (48.7%)	5:45	10.4 (51.2%)
316	**NIKOŁAJEW Monika**	**96**		K-30	33	00:00:17	00:14:07	00:27:34	00:41:16	00:55:10		**00:57:34.20**	**00:57:51.80**	+00:28:03 (48.7%)	5:45	10.4 (51.2%)
317	**RYDLEWSKI Marek**	**237**	RUN BYDGOSZCZ	M-40	93	00:00:33	00:14:51	00:28:44	00:42:19	00:55:50		**00:57:44.95**	**00:58:18.15**	+00:28:14 (48.9%)	5:46	10.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
318	**HEBDA Damian**	**242**	56. BAZA LOTNICZA	M-30	65	00:00:28	00:14:07	00:28:01	00:41:48	00:55:24		**00:57:45.95**	**00:58:14.90**	+00:28:15 (48.9%)	5:46	10.4 (51.2%)
319	**RYDLEWSKI Andrzej**	**220**	RUN BYDGOSZCZ	M-30	66	00:00:33	00:14:51	00:28:44	00:42:19	00:55:50		**00:57:49.20**	**00:58:22.30**	+00:28:18 (49.0%)	5:46	10.4 (51.2%)
320	**JENDRZEJCZAK Dawid**	**269**		M-20	26	00:00:34	00:14:32	00:27:52	00:41:37	00:55:33		**00:57:49.50**	**00:58:24.35**	+00:28:18 (49.0%)	5:47	10.4 (51.2%)
321	**PAWLACZYK-MATELA Emilia**	**338**		K-30	34	00:00:25	00:14:48	00:28:09	00:41:31	00:55:36		**00:57:55.85**	**00:58:21.80**	+00:28:24 (49.1%)	5:47	10.4 (51.2%)
322	**JĘDRZEJCZYK Marzenna**	**230**		K-50	5	00:00:20	00:14:31	00:28:08	00:41:54	00:55:36		**00:58:05.55**	**00:58:26.00**	+00:28:34 (49.2%)	5:48	10.3 (50.7%)
323	**GADOMSKA Maria**	**221**	RUN BYDGOSZCZ	K-60	1	00:00:13	00:14:01	00:27:13	00:42:13	00:55:49		**00:58:07.50**	**00:58:20.50**	+00:28:36 (49.2%)	5:48	10.3 (50.7%)
324	**ZIELIŃSKI Radosław**	**122**		M-30	67	00:00:23	00:14:24	00:28:15	00:42:19	00:56:14		**00:58:24.85**	**00:58:48.70**	+00:28:53 (49.5%)	5:50	10.3 (50.7%)
325	**SCHEFFS Miroslaw**	**281**		M-50	40	00:00:11	00:14:06	00:27:38	00:41:50	00:56:12		**00:58:34.35**	**00:58:45.95**	+00:29:03 (49.6%)	5:51	10.2 (50.2%)
326	**KOSAKOWSKA Barbara**	**7**	OBÓZ BIEGOWY	K-50	6	00:00:24	00:14:17	00:28:33	00:42:10	00:56:05		**00:58:36.00**	**00:59:00.15**	+00:29:05 (49.6%)	5:51	10.2 (50.2%)
327	**KOLSKI Michał**	**119**		M-30	68	00:00:11	00:14:20	00:28:18	00:42:06	00:56:11		**00:58:46.20**	**00:58:57.30**	+00:29:15 (49.8%)	5:52	10.2 (50.2%)
328	**KUDŁA Krzysztof**	**177**		M-60	20	00:00:07	00:13:47	00:27:40	00:41:52	00:56:14		**00:58:47.50**	**00:58:55.00**	+00:29:16 (49.8%)	5:52	10.2 (50.2%)
329	**SZELĄG Wojciech**	**95**		M-50	41	00:00:24	00:14:11	00:27:49	00:41:46	00:56:14		**00:58:54.80**	**00:59:18.90**	+00:29:23 (49.9%)	5:53	10.2 (50.2%)
330	**SKORUPKA Radek**	**370**		M-30	69	00:00:26	00:14:25	00:27:59	00:41:46	00:56:15		**00:58:56.35**	**00:59:22.40**	+00:29:25 (49.9%)	5:53	10.2 (50.2%)
331	**MAZUR Justyna**	**332**		K-20	5	00:00:16	00:14:16	00:28:42	00:42:53	00:56:37		**00:59:00.40**	**00:59:16.55**	+00:29:29 (50.0%)	5:54	10.2 (50.2%)
332	**SKRZĄTEK Anna**	**286**		K-40	24	00:00:21	00:14:15	00:28:09	00:42:20	00:56:54		**00:59:21.15**	**00:59:43.05**	+00:29:50 (50.3%)	5:56	10.1 (49.8%)
333	**CYBUL Anna**	**361**		K-40	25	00:00:23	00:14:26	00:28:09	00:42:22	00:56:52		**00:59:22.95**	**00:59:46.30**	+00:29:52 (50.3%)	5:56	10.1 (49.8%)
334	**KWIATKOWSKI Pawel**	**333**		M-20	27	00:00:16	00:14:16	00:28:42	00:42:53	00:57:42		**00:59:50.45**	**01:00:06.50**	+00:30:19 (50.7%)	5:59	10 (49.3%)
335	**TROJAK Jakub**	**353**		M-1	5	00:00:34	00:16:26	00:31:31	00:45:09	00:57:48		**00:59:52.95**	**01:00:26.95**	+00:30:22 (50.7%)	5:59	10 (49.3%)
336	**KUKAWKA Aleksandra**	**268**		K-40	26	00:00:19	00:15:19	00:29:42	00:43:57	00:57:39		**00:59:56.10**	**01:00:15.55**	+00:30:25 (50.8%)	5:59	10 (49.3%)
337	**GAJZLER Jerzy**	**51**		M-60	21	00:00:13	00:13:57	00:28:07	00:42:55	00:57:30		**01:00:01.10**	**01:00:14.80**	+00:30:30 (50.8%)	6:00	10 (49.3%)
338	**RAMBOWICZ Andrzej**	**344**		M-40	94	00:00:35	00:14:46	00:28:43	00:43:06	00:57:36		**01:00:11.90**	**01:00:47.25**	+00:30:41 (51.0%)	6:01	10 (49.3%)
339	**PISZCZYGŁOWA Bernadeta**	**57**		K-40	27	00:00:16	00:14:11	00:28:33	00:43:04	00:57:44		**01:00:19.80**	**01:00:36.05**	+00:30:48 (51.1%)	6:02	9.9 (48.8%)
340	**BIELECKA Dorota**	**391**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-40	28	00:00:25	00:16:50	00:32:44	00:45:54	00:58:28		**01:00:35.95**	**01:01:01.15**	+00:31:05 (51.3%)	6:03	9.9 (48.8%)
341	**POBIEDZIŃSKA Marta**	**362**	POLONIA BYDGOSZCZ SLA	K-20	6	00:00:28	00:15:20	00:29:09	00:43:56	00:58:17		**01:00:43.80**	**01:01:12.00**	+00:31:12 (51.4%)	6:04	9.9 (48.8%)
342	**TRZYMKOWSKI Adrian**	**153**		M-20	28	00:00:24	00:14:18	00:28:24	00:43:23	00:58:36		**01:00:58.20**	**01:01:23.10**	+00:31:27 (51.6%)	6:05	9.8 (48.3%)
343	**CIEŚLICKI Krzysztof**	**363**	SISU-OWB TEAM	M-30	70	00:00:29	00:15:19	00:29:09	00:43:56	00:58:17		**01:01:00.75**	**01:01:30.05**	+00:31:29 (51.6%)	6:06	9.8 (48.3%)
344	**CZEŚĆ Radosław**	**80**	INOWROCŁAW BIEGA	M-40	95	00:00:25	00:14:42	00:28:56	00:44:02	00:59:02		**01:01:27.60**	**01:01:53.15**	+00:31:56 (52.0%)	6:08	9.8 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
345	**HĘSIAK Marta**	**375**		K-20	7	00:00:15	00:14:46	00:29:25	00:44:20	00:59:01		**01:01:34.95**	**01:01:50.65**	+00:32:04 (52.1%)	6:09	9.7 (47.8%)
346	**KŁOBUKOWSKA Patrycja**	**323**	LOTOS RUNNING TEAM	K-20	8	00:00:30	00:14:36	00:29:06	00:44:11	00:59:05		**01:01:44.15**	**01:02:14.65**	+00:32:13 (52.2%)	6:10	9.7 (47.8%)
347	**KNIOŁA Lucyna**	**52**		K-50	7	00:00:23	00:14:44	00:28:58	00:44:03	00:59:04		**01:01:45.55**	**01:02:08.90**	+00:32:14 (52.2%)	6:10	9.7 (47.8%)
348	**WYKRZYKOWSKI Andrzej**	**305**		M-60	22	00:00:08	00:14:21	00:29:00	00:44:11	00:59:04		**01:01:50.80**	**01:01:59.45**	+00:32:19 (52.3%)	6:11	9.7 (47.8%)
349	**WINIECKA Dorota**	**76**		K-40	29	00:00:20	00:14:53	00:29:16	00:44:09	00:59:07		**01:01:51.85**	**01:02:11.90**	+00:32:20 (52.3%)	6:11	9.7 (47.8%)
350	**DĘBSKI Jan**	**89**	SOŁTYS	M-60	23	00:00:13	00:14:32	00:28:43	00:43:49	00:59:13		**01:02:06.95**	**01:02:19.95**	+00:32:36 (52.5%)	6:12	9.7 (47.8%)
351	**SAWIEŁAJC Michał**	**216**	BIZON TEAM	M-40	96	00:00:25	00:14:38	00:29:01	00:44:02	00:59:21		**01:02:13.15**	**01:02:38.65**	+00:32:42 (52.6%)	6:13	9.6 (47.3%)
352	**UGOREK Mirosław**	**262**		M-30	71	00:00:08	00:13:47	00:27:56	00:43:28	00:59:43		**01:02:22.80**	**01:02:30.85**	+00:32:51 (52.7%)	6:14	9.6 (47.3%)
353	**ZIELIŃSKI Andrzej**	**90**		M-40	97	00:00:22	00:15:13	00:30:07	00:45:34	01:00:21		**01:02:45.05**	**01:03:07.35**	+00:33:14 (53.0%)	6:16	9.6 (47.3%)
354	**BIELINSKI Karol**	**243**		M-30	72	00:00:31	00:15:37	00:30:10	00:45:26	01:00:13		**01:02:48.40**	**01:03:20.35**	+00:33:17 (53.0%)	6:16	9.6 (47.3%)
355	**KAPELIŃSKI Stanisław**	**298**	RODOS TEAM	M-50	42	00:00:28	00:15:36	00:30:11	00:45:25	01:00:53		**01:03:31.30**	**01:03:59.80**	+00:34:00 (53.5%)	6:21	9.4 (46.3%)
356	**NALEWALSKA Justyna**	**182**	SERCE TYBETU	K-20	9	00:00:27	00:15:18	00:30:09	00:46:06	01:01:22		**01:03:51.65**	**01:04:19.25**	+00:34:20 (53.8%)	6:23	9.4 (46.3%)
357	**LENC Janusz**	**17**	TKKF KOLEJARZ BYDGOSZCZ	M-60	24	00:00:24	00:16:38	00:31:36	00:46:30	01:01:25		**01:03:52.20**	**01:04:17.15**	+00:34:21 (53.8%)	6:23	9.4 (46.3%)
358	**UCIŃSKI Edward**	**157**	TKKF INSTALATOR PELIKAN SZUBIN	M-70	3	00:00:06	00:15:03	00:30:32	00:46:14	01:02:05		**01:04:51.50**	**01:04:57.85**	+00:35:20 (54.5%)	6:29	9.3 (45.8%)
359	**SZYMAŃSKA Adrianna**	**225**	LATAJĄCE BIZONY	K-30	35	00:00:16	00:15:18	00:30:28	00:46:22	01:02:47		**01:05:39.10**	**01:05:56.05**	+00:36:08 (55.0%)	6:34	9.1 (44.8%)
360	**OLSZEWSKA-PAWLACZYK Dorota**	**12**		K-30	36	00:00:37	00:16:30	00:31:55	00:47:25	01:03:25		**01:06:05.00**	**01:06:42.20**	+00:36:34 (55.3%)	6:36	9.1 (44.8%)
361	**MIAZGA Katarzyna**	**388**		K-30	37	00:00:20	00:16:14	00:31:36	00:47:31	01:03:24		**01:06:15.90**	**01:06:36.75**	+00:36:45 (55.5%)	6:37	9.1 (44.8%)
362	**MIAZGA Adam**	**382**		M-30	73	00:00:20	00:16:14	00:31:36	00:47:31	01:03:24		**01:06:15.95**	**01:06:36.70**	+00:36:45 (55.5%)	6:37	9.1 (44.8%)
363	**ROŻYŃSKA Monika**	**368**		K-20	10	00:00:27	00:16:10	00:31:52	00:47:52	01:04:24		**01:07:04.45**	**01:07:31.50**	+00:37:33 (56.0%)	6:42	8.9 (43.8%)
364	**DUDEK Marzena**	**108**		K-50	8	00:00:22	00:16:37	00:32:05	00:48:12	01:04:44		**01:07:34.95**	**01:07:56.95**	+00:38:04 (56.3%)	6:45	8.9 (43.8%)
365	**OKOŃSKA Małgorzata**	**137**		K-50	9	00:00:03	00:15:59	00:32:04	00:48:10	01:04:42		**01:07:35.05**	**01:07:38.10**	+00:38:04 (56.3%)	6:45	8.9 (43.8%)
366	**KWIATKOWSKA Maja**	**106**		K-20	11	00:00:21	00:16:38	00:32:06	00:48:13	01:04:45		**01:07:35.90**	**01:07:57.20**	+00:38:05 (56.3%)	6:45	8.9 (43.8%)
367	**KARASZEWSKI Sławomir**	**161**		M-40	98	00:00:15	00:15:27	00:31:26	00:48:00	01:04:50		**01:07:43.50**	**01:07:59.40**	+00:38:12 (56.4%)	6:46	8.9 (43.8%)
368	**PAŚ Katarzyna**	**141**	CHARTY SZELEJEWO	K-40	30	00:00:17	00:16:25	00:32:09	00:48:32	01:05:29		**01:08:24.80**	**01:08:42.70**	+00:38:53 (56.9%)	6:50	8.8 (43.3%)
369	**NOWICKA Tatiana**	**365**		K-40	31	00:00:08	00:16:08	00:32:26	00:49:08	01:05:52		**01:08:48.85**	**01:08:57.30**	+00:39:17 (57.1%)	6:52	8.7 (42.9%)
370	**WRUK Justyna**	**294**		K-40	32	00:00:08	00:16:08	00:32:26	00:49:08	01:05:52		**01:08:49.10**	**01:08:57.15**	+00:39:18 (57.1%)	6:52	8.7 (42.9%)
371	**GRZYWACZ Karolina**	**202**		K-30	38	00:00:12	00:16:17	00:32:27	00:48:59	01:05:58		**01:08:55.95**	**01:09:07.95**	+00:39:25 (57.2%)	6:53	8.7 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
372	**PÓŁGĘSEK Rafał**	**105**		M-40	99	00:00:34	00:16:38	00:32:50	00:49:35	01:06:15		**01:09:04.75**	**01:09:39.25**	+00:39:33 (57.3%)	6:54	8.7 (42.9%)
373	**FRĄCKOWSKI Łukasz**	**358**		M-20	29	00:00:32	00:15:46	00:32:09	00:49:27	01:06:21		**01:09:16.55**	**01:09:49.45**	+00:39:45 (57.4%)	6:55	8.7 (42.9%)
374	**SŁOMA Natasza**	**238**		K-40	33	00:00:19	00:16:44	00:33:48	00:50:43	01:07:00		**01:09:55.70**	**01:10:14.70**	+00:40:24 (57.8%)	6:59	8.6 (42.4%)
375	**SZYMAŃSKI Szymon**	**35**		M-30	74	00:00:10	00:15:56	00:32:32	00:49:51	01:07:09		**01:09:58.50**	**01:10:09.20**	+00:40:27 (57.8%)	6:59	8.6 (42.4%)
376	**BIEGAŁA Kamil**	**297**		M-20	30	00:00:15	00:16:35	00:32:53	00:49:41	01:07:11		**01:10:19.10**	**01:10:34.70**	+00:40:48 (58.0%)	7:01	8.5 (41.9%)
377	**SZYSZKA Joanna**	**295**		K-30	39	00:00:14	00:16:37	00:32:54	00:49:44	01:07:12		**01:10:20.45**	**01:10:34.85**	+00:40:49 (58.0%)	7:02	8.5 (41.9%)
378	**BŁASZKIEWICZ Marzena**	**291**		K-40	34	00:00:18	00:15:55	00:33:49	00:51:52	01:07:52		**01:10:23.55**	**01:10:42.10**	+00:40:52 (58.1%)	7:02	8.5 (41.9%)
379	**BARWIKOWSKA Bogusia**	**282**		K-40	35	00:00:16	00:15:57	00:33:51	00:51:54	01:07:54		**01:10:25.45**	**01:10:42.25**	+00:40:54 (58.1%)	7:02	8.5 (41.9%)
380	**DRUŻYŃSKI Sebastian**	**114**		M-30	75	00:00:32	00:16:13	00:32:30	00:49:49	01:07:26		**01:10:38.90**	**01:11:11.20**	+00:41:08 (58.2%)	7:03	8.5 (41.9%)
381	**KUCHARSKI Adam**	**124**		M-50	43	00:00:24	00:16:52	00:33:06	00:49:58	01:07:41		**01:10:51.55**	**01:11:16.50**	+00:41:20 (58.3%)	7:05	8.5 (41.9%)
382	**WIŚNIEWSKA Ewa**	**123**		K-50	10	00:00:24	00:16:52	00:33:06	00:49:58	01:07:41		**01:10:52.20**	**01:11:16.80**	+00:41:21 (58.4%)	7:05	8.5 (41.9%)
383	**RATAJ Maciej**	**401**		M-40	100	00:00:27	00:15:41	00:31:52	00:49:25	01:08:24		**01:11:40.15**	**01:12:08.10**	+00:42:09 (58.8%)	7:10	8.4 (41.4%)
384	**SWOBODA Krzysztof**	**139**		M-60	25	00:00:19	00:19:32	00:38:13	00:57:19	01:17:28		**01:21:20.00**	**01:21:39.95**	+00:51:49 (63.7%)	8:08	7.4 (36.5%)
385	**SWOBODA Daniel**	**140**		M-30	76	00:00:20	00:19:31	00:38:12	00:57:18	01:17:27		**01:21:22.80**	**01:21:42.90**	+00:51:51 (63.7%)	8:08	7.4 (36.5%)
386	**ROSIŃSKA Janina**	**414**		K-70	1	00:00:05	00:28:34	00:54:33			00:46:15	**01:45:17.00**	**01:45:22.00**	+01:15:46 (72.0%)	5:54	10.2 (50.2%)
	KUZIEMSKA Anna	**408**		K-30		DNF	00:16:50 DNF	00:32:44 DNF	00:49:12 DNF	DNF		**DNF**	**DNF**		-	- (0.0%)
	SYREK Grażyna	**389**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-40		DNF	00:13:41 DNF	DNF	DNF	DNF		**DNF**	**DNF**		-	- (0.0%)

Znaleziono 388 wynik(ów)