

BIEG DLA TYMKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Komitet Społeczny Czyńmy Cuda
Data: 2017-04-02
Miejsce: Myślęcinek
Dystans: 5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MAŁECKI Jakub	420		M30	1	00:00:01	00:17:11.80	00:17:13.30		3:26	17.4 (100%)
2	TUCZYŃSKI Sylwester Leon	191	BYDGOSKIE OKONIE	M20	1	00:00:01	00:17:29.35	00:17:30.60	+00:00:17 (1.7%)	3:29	17.2 (98.9%)
3	MRUK Tomasz	100	CZARNE STOPY.SM	M40	1	00:00:01	00:17:35.30	00:17:36.90	+00:00:23 (2.2%)	3:31	17.1 (98.3%)
4	KOLMAJER Rafał	264	RUN BYDGOSZCZ	M30	2	00:00:01	00:17:57.80	00:17:59.30	+00:00:46 (4.3%)	3:35	16.7 (96.0%)
5	KWIATKOWSKI Damian	1	RUN BYDGOSZCZ	M20	2	00:00:01	00:18:37.30	00:18:39.10	+00:01:25 (7.7%)	3:43	16.1 (92.5%)
6	HOC Marek	522		M30	3	00:00:03	00:18:40.75	00:18:43.95	+00:01:28 (7.9%)	3:44	16.1 (92.5%)
7	MUĆKO Bartosz	71		M16	1	00:00:01	00:19:04.05	00:19:05.05	+00:01:52 (9.8%)	3:48	15.7 (90.2%)
7	BISKUP Mateusz	571		M20	3	00:00:07	00:18:58.05	00:19:05.05	+00:01:46 (9.3%)	3:47	15.8 (90.8%)
9	TUCHOLSKI Bartłomiej	433	BYDGOSKIE OKONIE	M20	4	00:00:03	00:19:07.85	00:19:11.15	+00:01:56 (10.1%)	3:49	15.7 (90.2%)
10	SZOSTEK Marek	542		M20	5	00:00:04	00:19:14.30	00:19:18.90	+00:02:02 (10.6%)	3:50	15.6 (89.7%)
11	BRZUCHALSKI Mati	145		M30	4	00:00:03	00:19:16.05	00:19:19.15	+00:02:04 (10.7%)	3:51	15.6 (89.7%)
12	POTRZEBOWSKI Marek	132		M30	5	00:00:03	00:19:20.55	00:19:23.55	+00:02:08 (11.1%)	3:52	15.5 (89.1%)
13	ROMPAŁSKI Jakub	366	TUCHOLANKA TUCHOLA	M16	2	00:00:06	00:19:31.30	00:19:37.45	+00:02:19 (11.9%)	3:54	15.4 (88.5%)
14	KOWALSKI Jacek	382		M40	2	00:00:04	00:19:38.65	00:19:42.95	+00:02:26 (12.5%)	3:55	15.3 (87.9%)
15	BANACH Tomasz	178		M30	6	00:00:02	00:19:44.00	00:19:46.50	+00:02:32 (12.9%)	3:56	15.2 (87.4%)
16	KOWALSKA Michalina	596		K20	1	00:00:03	00:19:45.60	00:19:49.05	+00:02:33 (13.0%)	3:57	15.2 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	ZIĘTARSKI Mirek	570		M20	6	00:00:08	00:19:41.45	00:19:49.80	+00:02:29 (12.7%)	3:56	15.2 (87.4%)
18	RYBARCZYK Wojciech	153		M40	3	00:00:04	00:19:50.25	00:19:54.25	+00:02:38 (13.3%)	3:58	15.1 (86.8%)
19	GRALIK Jędrzej	580	BYDGOSKIE OKONIE	M20	7	00:00:04	00:19:52.00	00:19:56.40	+00:02:40 (13.4%)	3:58	15.1 (86.8%)
20	MOGILNICKI Dominik	208		M20	8	00:00:09	00:19:59.55	00:20:09.00	+00:02:47 (14.0%)	4:00	15 (86.2%)
21	SZOSTEK Leszek	520		M20	9	00:00:04	00:20:07.75	00:20:12.35	+00:02:55 (14.6%)	4:01	14.9 (85.6%)
22	KOZICA Aleksandra	598	TEAMOCHAL	K20	2	00:00:02	00:20:13.30	00:20:16.00	+00:03:01 (15.0%)	4:02	14.8 (85.1%)
23	BZDZION Marcin	55		M20	11	00:00:02	00:20:22.55	00:20:24.65	+00:03:10 (15.6%)	4:04	14.7 (84.5%)
24	SZATTEN Dawid	544		M30	7	00:00:02	00:20:23.20	00:20:25.90	+00:03:11 (15.6%)	4:04	14.7 (84.5%)
25	DOMERACKI Cyprian	301		M20	10	00:00:12	00:20:14.55	00:20:26.85	+00:03:02 (15.0%)	4:02	14.8 (85.1%)
26	PAWŁOWSKI Radosław	229	JFTC SU	M50	1	00:00:02	00:20:25.25	00:20:27.55	+00:03:13 (15.8%)	4:05	14.7 (84.5%)
27	ZBORAŁA Dawid	262	SZKOŁA JAZDY TOMAS	M20	13	00:00:02	00:20:27.20	00:20:29.70	+00:03:15 (15.9%)	4:05	14.7 (84.5%)
28	DURCZAK Jerzy	256		M30	8	00:00:04	00:20:29.45	00:20:33.75	+00:03:17 (16.1%)	4:05	14.6 (83.9%)
29	BODNAR Damian	428		M20	12	00:00:10	00:20:25.15	00:20:36.10	+00:03:13 (15.8%)	4:05	14.7 (84.5%)
30	ZIELIŃSKI Łukasz	385	3GRAVITY	M30	9	00:00:03	00:20:38.25	00:20:41.75	+00:03:26 (16.7%)	4:07	14.5 (83.3%)
31	SIEMIENIEC Olaf	418		M10	1	00:00:05	00:20:38.90	00:20:44.80	+00:03:27 (16.7%)	4:07	14.5 (83.3%)
32	WIERZYŃSKI Damian	527	TWINS POWER	M20	14	00:00:04	00:20:43.70	00:20:47.75	+00:03:31 (17.0%)	4:08	14.5 (83.3%)
33	DERING Tomasz	97	BYDGOSKIE ŻÓŁWIE	M30	10	00:00:08	00:21:00.20	00:21:09.15	+00:03:48 (18.1%)	4:12	14.3 (82.2%)
34	PAWLACZYK Szymon	24	TRISPACE	M30	11	00:00:03	00:21:06.15	00:21:09.80	+00:03:54 (18.5%)	4:13	14.2 (81.6%)
35	GWITT Bartosz	177		M30	12	00:00:03	00:21:08.10	00:21:11.85	+00:03:56 (18.6%)	4:13	14.2 (81.6%)
36	DĄBROWSKI Jarosław	330	CB163	M20	15	00:00:28	00:20:44.40	00:21:12.80	+00:03:32 (17.1%)	4:08	14.5 (83.3%)
37	GMYS Tomasz	545		M30	13	00:00:03	00:21:16.20	00:21:19.65	+00:04:04 (19.2%)	4:15	14.1 (81.0%)
38	SZAJBE Michał	64		M30	14	00:00:03	00:21:20.50	00:21:24.25	+00:04:08 (19.4%)	4:16	14.1 (81.0%)
39	ZBORAŁA Mateusz	521	SZKOŁA JAZDY TOMAS	M20	16	00:00:03	00:21:24.40	00:21:27.55	+00:04:12 (19.7%)	4:16	14 (80.5%)
40	JANYSKA Krzysztof	144		M30	15	00:00:03	00:21:29.10	00:21:32.10	+00:04:17 (20.0%)	4:17	14 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
41	SKRZYPCZYK Andrzej	168	GOCHA68	M40	4	00:00:18	00:21:17.25	00:21:35.75	+00:04:05 (19.2%)	4:15	14.1 (81.0%)
42	WŁODARCZYK Wojciech	304		M50	2	00:00:05	00:21:37.40	00:21:42.60	+00:04:25 (20.5%)	4:19	13.9 (79.9%)
43	WĘGIELEWSKI Szymon	261		M30	16	00:00:12	00:21:34.55	00:21:46.80	+00:04:22 (20.3%)	4:18	13.9 (79.9%)
44	GACKOWSKI Szymon	251	BYDGOSZCZ NA START	M30	17	00:00:06	00:21:44.80	00:21:51.00	+00:04:33 (20.9%)	4:21	13.8 (79.3%)
45	LEWICKI Artur	112	GOCHA68	M40	5	00:00:10	00:21:49.30	00:21:59.95	+00:04:37 (21.2%)	4:21	13.8 (79.3%)
46	PALACZ Wioletta	408		K30	1	00:00:03	00:22:02.40	00:22:05.55	+00:04:50 (22.0%)	4:24	13.6 (78.2%)
47	SIUDA Mariusz	389		M30	19	00:00:04	00:22:10.20	00:22:14.55	+00:04:58 (22.4%)	4:26	13.5 (77.6%)
48	NIEDBALSKI Grzegorz	388	RUN BYDGOSZCZ	M50	3	00:00:05	00:22:09.55	00:22:14.85	+00:04:57 (22.4%)	4:25	13.5 (77.6%)
49	FILIPEK Piotr	477		M40	6	00:00:05	00:22:10.30	00:22:15.95	+00:04:58 (22.4%)	4:26	13.5 (77.6%)
50	CZAJKOWSKA Sylwia	74	FOTOJOKER	K40	1	00:00:15	00:22:00.80	00:22:16.10	+00:04:49 (21.9%)	4:24	13.6 (78.2%)
51	BOŁZAN Michał	533		M30	18	00:00:18	00:21:58.40	00:22:16.80	+00:04:46 (21.7%)	4:23	13.7 (78.7%)
52	SINACKI Piotr	268	LOTTO BYDGOSTIA, GIMNAZJUM NR 6 MISTRZOSTWA SPORTOWEGO W BYDGOSZCZY	M10	2	00:00:20	00:22:00.40	00:22:21.35	+00:04:48 (21.9%)	4:24	13.6 (78.2%)
53	ŻEGLICZ Marek	473	SPÓJNIA BIAŁE BŁOTA	M20	17	00:00:10	00:22:09.45	00:22:20.10	+00:04:57 (22.4%)	4:26	13.5 (77.6%)
54	SZWARC Mariusz	80		M40	7	00:00:07	00:22:15.15	00:22:22.80	+00:05:03 (22.7%)	4:27	13.5 (77.6%)
55	PAWŁOWSKI Tomasz	564	JFTC SU	M20	18	00:00:06	00:22:18.75	00:22:25.30	+00:05:06 (22.9%)	4:27	13.4 (77.0%)
56	TOMKOWIAK Tomasz	307	SZKOŁA JAZDY TOMAS	M20	19	00:00:05	00:22:22.00	00:22:27.75	+00:05:10 (23.1%)	4:28	13.4 (77.0%)
57	GRYTA Karol	597		M20	20	00:00:08	00:22:25.90	00:22:34.50	+00:05:14 (23.3%)	4:29	13.4 (77.0%)
58	FULARCZYK-KOZŁOWSKA Magdalena	558	LOTTO-BYDGOSTIA BYDGOSZCZ	K30	2	00:00:06	00:22:26.30	00:22:32.40	+00:05:14 (23.4%)	4:29	13.4 (77.0%)
59	WĘGRZYNOWSKI Sławomir	397	KABEL TEAM BYDGOSZCZ	M40	8	00:00:05	00:22:26.90	00:22:32.35	+00:05:15 (23.4%)	4:29	13.4 (77.0%)
60	DZIEKAN Wojtek	560	KABEL TEAM BYDGOSZCZ	M30	20	00:00:05	00:22:27.55	00:22:33.00	+00:05:15 (23.4%)	4:29	13.4 (77.0%)
61	KRZYSIAK Michał	141		M30	21	00:00:09	00:22:29.95	00:22:39.80	+00:05:18 (23.6%)	4:30	13.3 (76.4%)
62	SZUBERT Maciej	401		M40	9	00:00:28	00:22:30.20	00:22:58.75	+00:05:18 (23.6%)	4:30	13.3 (76.4%)
63	STASZKIEWICZ Lucyna	150	CZARNE STOPY.SM	K50	1	00:00:07	00:22:30.80	00:22:38.30	+00:05:19 (23.6%)	4:30	13.3 (76.4%)

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64	NAWROCKI Sławomir	484	BRAK	M30	22	00:00:09	00:22:30.90	00:22:40.65	+00:05:19 (23.6%)	4:30	13.3 (76.4%)
65	RENC Patryk	524	SERCE TYBETU	M20	21	00:00:04	00:22:31.10	00:22:35.95	+00:05:19 (23.6%)	4:30	13.3 (76.4%)
66	ROSZCZYN Dawid	337		M30	23	00:00:25	00:22:33.85	00:22:59.20	+00:05:22 (23.8%)	4:30	13.3 (76.4%)
67	NAGOW Michał	288		M40	10	00:00:07	00:22:34.90	00:22:42.25	+00:05:23 (23.8%)	4:31	13.3 (76.4%)
68	RÓŻYCKA Magda	127		K16	1	00:00:05	00:22:41.75	00:22:47.55	+00:05:29 (24.2%)	4:32	13.2 (75.9%)
69	KOWALCZYK Rafał	335	RUN BYDGOSZCZ	M40	11	00:00:08	00:22:42.70	00:22:50.90	+00:05:30 (24.3%)	4:32	13.2 (75.9%)
70	KANIEWSKI Maciej	117		M40	12	00:00:07	00:22:43.30	00:22:50.30	+00:05:31 (24.3%)	4:32	13.2 (75.9%)
71	STĘPSKI Marek	381		M40	13	00:00:05	00:22:44.65	00:22:49.70	+00:05:32 (24.4%)	4:32	13.2 (75.9%)
72	TATULIŃSKA Aleksandra	562	RUN BYDGOSZCZ	K30	3	00:00:05	00:22:44.85	00:22:50.20	+00:05:33 (24.4%)	4:33	13.2 (75.9%)
73	LUZAK Mirosław	306	MWIK BYDGOSZCZ	M50	4	00:00:06	00:22:49.55	00:22:56.20	+00:05:37 (24.7%)	4:34	13.1 (75.3%)
74	STARSZAK Paweł	343		M30	24	00:00:03	00:22:51.00	00:22:54.95	+00:05:39 (24.7%)	4:34	13.1 (75.3%)
75	TUBAJA Albert	456	KABEL TEAM BYDGOSZCZ	M40	14	00:00:05	00:22:55.05	00:23:01.00	+00:05:43 (25.0%)	4:35	13.1 (75.3%)
75	KOCISZEWSKI Marek	436		M50	5	00:00:23	00:22:55.05	00:23:18.15	+00:05:43 (25.0%)	4:35	13.1 (75.3%)
77	KARASZEWSKI Marcin	415		M30	25	00:00:30	00:22:58.25	00:23:28.35	+00:05:46 (25.1%)	4:35	13.1 (75.3%)
78	KUCHCZYŃSKI Adam	471	BÓL TO ŚCIEMA	M50	6	00:00:09	00:23:00.65	00:23:10.15	+00:05:48 (25.3%)	4:36	13 (74.7%)
79	KUCHCZYŃSKI Jakub	472	BKS BYDGOSZCZ	M10	3	00:00:08	00:23:00.85	00:23:09.65	+00:05:49 (25.3%)	4:36	13 (74.7%)
80	KOPACZ Anka	365	DZIEWCZYNY Z MEDYCYNY	K09	1	00:00:21	00:23:05.95	00:23:27.00	+00:05:54 (25.6%)	4:37	13 (74.7%)
81	KOSZAREK Artur	287		M40	15	00:00:15	00:23:06.30	00:23:21.55	+00:05:54 (25.6%)	4:37	13 (74.7%)
82	ZIEMIAŃSKI Paweł	566		M30	26	00:00:15	00:23:06.50	00:23:21.80	+00:05:54 (25.6%)	4:37	13 (74.7%)
83	SCHNEIDER Krystian	303		M20	22	00:00:03	00:23:06.65	00:23:10.60	+00:05:54 (25.6%)	4:37	13 (74.7%)
83	SZEWczykowski Grzegorz	96	BYDGOSKIE ŻÓŁWIE	M30	27	00:00:08	00:23:06.65	00:23:15.45	+00:05:54 (25.6%)	4:37	13 (74.7%)
85	BOLLIN Łukasz	540		M30	28	00:00:13	00:23:24.90	00:23:38.60	+00:06:13 (26.6%)	4:41	12.8 (73.6%)
86	MURAWSKI Michał	443	GMINA GARDEJA BIEGA	M30	29	00:00:04	00:23:25.90	00:23:29.95	+00:06:14 (26.6%)	4:41	12.8 (73.6%)
87	WŁODARCZYK Olga	463	#BANANATEAM	K20	3	00:00:07	00:23:26.55	00:23:34.15	+00:06:14 (26.6%)	4:41	12.8 (73.6%)

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88	WALCZAK Łukasz	595		M30	30	00:00:06	00:23:27.65	00:23:33.90	+00:06:15 (26.7%)	4:41	12.8 (73.6%)
89	WOJCIUK Arkadiusz	260	BRAK	M30	31	00:00:06	00:23:27.70	00:23:34.50	+00:06:15 (26.7%)	4:41	12.8 (73.6%)
90	ŻAK Mariusz	426	GORTAT BYDGOSZCZ	M30	32	00:00:48	00:23:29.75	00:24:18.55	+00:06:17 (26.8%)	4:42	12.8 (73.6%)
91	SMAŻYK Ewelina	334	RUN BYDGOSZCZ	K40	2	00:00:06	00:23:32.80	00:23:39.55	+00:06:21 (27.0%)	4:42	12.7 (73.0%)
92	LEWANDOWSKI Mateusz	319	GOCHA68	M20	23	00:00:19	00:23:33.70	00:23:52.80	+00:06:21 (27.0%)	4:42	12.7 (73.0%)
93	KONKEL Bartosz	553		M30	33	00:00:05	00:23:36.05	00:23:41.80	+00:06:24 (27.1%)	4:43	12.7 (73.0%)
94	JEDYNAK Klaudia	349	GOCHA68	K20	4	00:00:19	00:23:36.15	00:23:55.25	+00:06:24 (27.1%)	4:43	12.7 (73.0%)
95	LEWICKI Maciej	188	BYDGOSZCZ NA START !	M40	16	00:00:05	00:23:39.55	00:23:45.15	+00:06:27 (27.3%)	4:44	12.7 (73.0%)
96	STRYCHALSKI Mateusz	387		M16	3	00:00:08	00:23:40.65	00:23:49.60	+00:06:28 (27.4%)	4:44	12.7 (73.0%)
97	WAJCHERT Łukasz	160		M30	34	00:00:04	00:23:42.45	00:23:47.35	+00:06:30 (27.5%)	4:44	12.6 (72.4%)
98	RABCZYŃSKI Grzegorz	529		M30	35	00:00:08	00:23:43.85	00:23:52.05	+00:06:32 (27.5%)	4:44	12.6 (72.4%)
99	ŁOBOCKI Krzysztof	159		M30	36	00:00:11	00:23:44.65	00:23:56.10	+00:06:32 (27.6%)	4:45	12.6 (72.4%)
100	BRUSKA Joanna	174		K20	5	00:00:06	00:23:45.55	00:23:51.60	+00:06:33 (27.6%)	4:45	12.6 (72.4%)
101	BŁAWAT Damian	534		M30	37	00:00:06	00:23:45.85	00:23:52.40	+00:06:34 (27.6%)	4:45	12.6 (72.4%)
102	MROTEK Katarzyna	180	QUAPRO TEAM	K30	4	00:00:10	00:23:48.35	00:23:58.90	+00:06:36 (27.8%)	4:45	12.6 (72.4%)
103	KĘDZIA Sebastian	429	BRAK	M30	38	00:00:10	00:23:48.75	00:23:59.45	+00:06:36 (27.8%)	4:45	12.6 (72.4%)
104	CECHOWSKI Marcin	18		M30	39	00:00:11	00:23:57.95	00:24:09.55	+00:06:46 (28.2%)	4:47	12.5 (71.8%)
105	WĘCŁAWEK Wiktoria	133	RTW LOTTO BYDGOSTIA	K10	1	00:00:06	00:24:00.80	00:24:07.20	+00:06:49 (28.4%)	4:48	12.5 (71.8%)
106	NIEWIADOWSKI Przemysław	171		M30	40	00:00:16	00:24:05.25	00:24:22.10	+00:06:53 (28.6%)	4:49	12.4 (71.3%)
107	KOZŁOWSKI Rafał	275		M30	41	00:00:18	00:24:13.15	00:24:31.25	+00:07:01 (29.0%)	4:50	12.4 (71.3%)
108	BŁĄŻEJEWSKI Kacper	380	CB163	M20	24	00:00:27	00:24:13.95	00:24:41.55	+00:07:02 (29.0%)	4:50	12.4 (71.3%)
109	MIELCZAREK Filip	481	FIGHT-LOUNGE POLSKA	M16	4	00:00:05	00:24:16.05	00:24:21.85	+00:07:04 (29.1%)	4:51	12.4 (71.3%)
110	KARSKI Marcin	356		M40	17	00:00:31	00:24:18.40	00:24:49.55	+00:07:06 (29.3%)	4:51	12.3 (70.7%)
111	HUZARSKI Kamil	21		M20	25	00:00:12	00:24:23.35	00:24:35.95	+00:07:11 (29.5%)	4:52	12.3 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
112	WIŚNIEWSKI Rafał	173		M30	42	00:00:14	00:24:24.20	00:24:38.65	+00:07:12 (29.5%)	4:52	12.3 (70.7%)
113	NOWICKI Sławomir	447	CZARNE STOPY.SM	M30	43	00:00:13	00:24:25.10	00:24:38.60	+00:07:13 (29.6%)	4:53	12.3 (70.7%)
114	WALENCIAK Jarosław	185	CZARNE STOPY.SM	M40	18	00:00:13	00:24:25.35	00:24:39.15	+00:07:13 (29.6%)	4:53	12.3 (70.7%)
115	STAWCZYK Dariusz	305		M40	19	00:00:11	00:24:26.65	00:24:38.60	+00:07:14 (29.6%)	4:53	12.3 (70.7%)
116	FALKOWSKI Wojciech	358	RUN BYDGOSZCZ	M50	7	00:00:22	00:24:27.55	00:24:50.15	+00:07:15 (29.7%)	4:53	12.3 (70.7%)
117	HEIDAK Piotr	402		M40	20	00:00:12	00:24:29.10	00:24:41.30	+00:07:17 (29.8%)	4:53	12.3 (70.7%)
118	DĄBROWSKI Adam	323		M30	44	00:00:11	00:24:29.15	00:24:40.40	+00:07:17 (29.8%)	4:53	12.3 (70.7%)
119	LEWANDOWSKI Sebastian	190		M30	45	00:00:17	00:24:29.30	00:24:46.80	+00:07:17 (29.8%)	4:53	12.3 (70.7%)
120	WOLFF Adam	253		M20	26	00:00:36	00:24:29.80	00:25:06.05	+00:07:18 (29.8%)	4:54	12.2 (70.1%)
121	DOLATA Grzegorz	11		M40	21	00:00:10	00:24:31.00	00:24:41.35	+00:07:19 (29.9%)	4:54	12.2 (70.1%)
122	WYSOCKI Jerzy	410	CZARNE STOPY.SM	M50	8	00:00:07	00:24:31.25	00:24:39.15	+00:07:19 (29.9%)	4:54	12.2 (70.1%)
123	WOJCIECHOWSKI Jarosław	129		M40	22	00:00:08	00:24:35.55	00:24:43.90	+00:07:23 (30.1%)	4:55	12.2 (70.1%)
124	WOJCIECHOWSKA Emilia	83		K40	3	00:00:07	00:24:36.30	00:24:44.10	+00:07:24 (30.1%)	4:55	12.2 (70.1%)
125	ŚMIGIELSKI Łukasz	455	HAPI PRODUKCJA / GD147	M20	27	00:00:50	00:24:38.05	00:25:28.35	+00:07:26 (30.2%)	4:55	12.2 (70.1%)
126	SIERANT Marian	39		M50	9	00:00:10	00:24:40.20	00:24:51.05	+00:07:28 (30.3%)	4:56	12.2 (70.1%)
127	KARLIŃSKI Oskar	278	BYDGOSZCZ	M10	4	00:00:12	00:24:43.05	00:24:55.05	+00:07:31 (30.4%)	4:56	12.1 (69.5%)
128	WASIELEWSKI Sławomir	482		M20	28	00:00:16	00:24:45.40	00:25:01.45	+00:07:33 (30.5%)	4:57	12.1 (69.5%)
129	KOWALSKI Igor	557		M16	5	00:00:02	00:24:48.60	00:24:51.20	+00:07:36 (30.7%)	4:57	12.1 (69.5%)
130	NOWACKI Adam	250		M10	5	00:00:07	00:24:52.25	00:24:59.30	+00:07:40 (30.9%)	4:58	12.1 (69.5%)
131	BARANOWSKA Julia	103	KLUB ZDROWEGO STYLU ŻYCIA	K16	2	00:00:05	00:24:54.60	00:24:59.60	+00:07:42 (31.0%)	4:58	12 (69.0%)
132	BURAS Aleksander	130	IDĄ JAK BURZA	M10	6	00:00:08	00:25:01.25	00:25:09.45	+00:07:49 (31.3%)	5:00	12 (69.0%)
133	WONIAKOWSKI Czesław	552	PARKRUN BYDGOSZCZ	M50	10	00:00:13	00:25:02.30	00:25:16.00	+00:07:50 (31.3%)	5:00	12 (69.0%)
134	JARZYŃSKI Maciej	125	BYDGOSKI DZIK BIEGOWY	M20	29	00:00:25	00:25:03.35	00:25:28.70	+00:07:51 (31.4%)	5:00	12 (69.0%)
135	PIEKARSKI Arek	468	TMS	M30	46	00:00:39	00:25:05.70	00:25:45.55	+00:07:53 (31.5%)	5:01	12 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
136	MAREK Sławomir	399		M30	47	00:00:34	00:25:08.50	00:25:43.40	+00:07:56 (31.6%)	5:01	11.9 (68.4%)
137	BEDNAREK Marta	419	CZARNE STOPY.SM	K30	5	00:00:16	00:25:08.90	00:25:24.95	+00:07:57 (31.6%)	5:01	11.9 (68.4%)
138	KAMIŃSKA Anna	392		K10	2	00:00:09	00:25:10.75	00:25:19.90	+00:07:58 (31.7%)	5:02	11.9 (68.4%)
139	PIEKARSKI Wojtek	467	TMS	M30	48	00:00:40	00:25:13.05	00:25:53.55	+00:08:01 (31.8%)	5:02	11.9 (68.4%)
140	PNIEWSKI Maciej	405	AGROLOK SPORT TEAM	M40	23	00:00:13	00:25:14.25	00:25:27.45	+00:08:02 (31.9%)	5:02	11.9 (68.4%)
141	POTRZEBOWSKA Agata	131		K30	6	00:00:10	00:25:15.65	00:25:26.00	+00:08:03 (31.9%)	5:03	11.9 (68.4%)
142	MUSS Karolina	247		K40	4	00:00:27	00:25:15.95	00:25:43.00	+00:08:04 (31.9%)	5:03	11.9 (68.4%)
143	KOLASIŃSKI Artur	243		M40	24	00:00:16	00:25:21.95	00:25:38.75	+00:08:10 (32.2%)	5:04	11.8 (67.8%)
144	KLEPACZEWSKI Arkadiusz	194		M30	49	00:00:18	00:25:27.35	00:25:46.25	+00:08:15 (32.4%)	5:05	11.8 (67.8%)
145	PRZYBYLSKI Mariusz	195		M50	11	00:00:07	00:25:28.75	00:25:35.75	+00:08:16 (32.5%)	5:05	11.8 (67.8%)
146	HEISE Wojciech	179		M30	50	00:00:36	00:25:34.50	00:26:10.60	+00:08:22 (32.8%)	5:06	11.7 (67.2%)
147	STASZKIEWICZ Jakub	409	STASHKY TEAM	M16	6	00:00:19	00:25:39.80	00:25:59.20	+00:08:28 (33.0%)	5:08	11.7 (67.2%)
148	GAŚIEWSKA Weronika	31		K20	6	00:00:13	00:25:39.95	00:25:53.85	+00:08:28 (33.0%)	5:08	11.7 (67.2%)
149	STYCZYŃSKI Olaf	318		M10	7	00:00:07	00:25:42.65	00:25:50.05	+00:08:30 (33.1%)	5:08	11.7 (67.2%)
150	MARKOWSKI Sebastian	175	ASSECO ACTIVE TEAM	M40	25	00:00:26	00:25:43.55	00:26:09.80	+00:08:31 (33.2%)	5:08	11.7 (67.2%)
151	ADAMCZYK Sonia	98	KLUB ZDROWEGO STYLU ŻYCIA	K20	7	00:00:05	00:25:46.20	00:25:51.40	+00:08:34 (33.3%)	5:09	11.6 (66.7%)
152	SZCZĘSNY Arkadiusz	390	DYNAMO SKARPA	M30	51	00:00:33	00:25:46.55	00:26:20.15	+00:08:34 (33.3%)	5:09	11.6 (66.7%)
152	PRIEWE Paweł	490	DYNAMO SKARPA	M30	52	00:00:33	00:25:46.55	00:26:20.15	+00:08:34 (33.3%)	5:09	11.6 (66.7%)
154	GWIZDAŁA Łukasz	495		M30	53	00:00:32	00:25:50.70	00:26:23.50	+00:08:38 (33.5%)	5:10	11.6 (66.7%)
155	GOŁCZYŃSKI Tomasz	351		M40	26	00:00:24	00:25:52.80	00:26:17.55	+00:08:41 (33.6%)	5:10	11.6 (66.7%)
156	SMAGAGOWSKA Anna	441		K20	8	00:00:17	00:25:53.30	00:26:10.30	+00:08:41 (33.6%)	5:10	11.6 (66.7%)
157	KIJEWSKI Maciej	412	KABEL TEAM BYDGOSZCZ	M30	54	00:00:16	00:25:53.90	00:26:10.65	+00:08:42 (33.6%)	5:10	11.6 (66.7%)
158	GALIŃSKI Łukasz	236		M30	55	00:00:27	00:26:00.60	00:26:27.80	+00:08:48 (33.9%)	5:12	11.5 (66.1%)
159	MICHALIK Maciej	206		M30	56	00:00:15	00:26:00.80	00:26:16.40	+00:08:49 (33.9%)	5:12	11.5 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	SZAFKOWSKI Arkadiusz	157	SOLECCY BIEGACZE	M40	27	00:00:34	00:26:01.10	00:26:35.60	+00:08:49 (33.9%)	5:12	11.5 (66.1%)
161	KORNACKI Artur	396		M40	28	00:00:29	00:26:02.00	00:26:31.70	+00:08:50 (33.9%)	5:12	11.5 (66.1%)
162	BICZKOWSKA Magdalena	302	RUN BYDGOSZCZ	K30	7	00:00:21	00:26:07.80	00:26:29.35	+00:08:56 (34.2%)	5:13	11.5 (66.1%)
163	MICHNIACKA Marcelina	257	RUN LOTTO BYDGOSTIA	K10	3	00:00:19	00:26:09.30	00:26:28.85	+00:08:57 (34.3%)	5:13	11.5 (66.1%)
164	PASTWA Donata	295	SPORT FACTORY TEAM	K40	5	00:00:18	00:26:11.55	00:26:29.55	+00:08:59 (34.3%)	5:14	11.5 (66.1%)
165	CZARNECKA - PIJAROWSKA Dominika	34		K30	8	00:00:13	00:26:13.00	00:26:26.50	+00:09:01 (34.4%)	5:14	11.4 (65.5%)
166	KONONOWICZ Zuzia	200		K10	4	00:00:20	00:26:14.60	00:26:34.75	+00:09:02 (34.5%)	5:14	11.4 (65.5%)
167	DOLNY Marcin	584		M40	29	00:00:35	00:26:19.30	00:26:54.45	+00:09:07 (34.7%)	5:15	11.4 (65.5%)
168	WOJTYSIAK Szymon	357	BYDGOSKIE OKONIE	M20	30	00:00:21	00:26:20.45	00:26:42.10	+00:09:08 (34.7%)	5:16	11.4 (65.5%)
169	JUREK Karolina	294		K30	9	00:00:24	00:26:21.50	00:26:46.30	+00:09:09 (34.8%)	5:16	11.4 (65.5%)
170	ZAMIATOWSKA Kinga	147	RUN BYDGOSZCZ / ROLL&RUN	K40	6	00:00:17	00:26:21.90	00:26:39.70	+00:09:10 (34.8%)	5:16	11.4 (65.5%)
171	ZAPARUCHA Mikolaj	354		M40	30	00:00:43	00:26:27.70	00:27:10.80	+00:09:15 (35.0%)	5:17	11.3 (64.9%)
172	ZGÓRSKI Maciej	52	LEVEL 10 TUCHOLA	M30	57	00:00:11	00:26:28.30	00:26:39.40	+00:09:16 (35.0%)	5:17	11.3 (64.9%)
173	JAROCH Rafał	26		M30	58	00:00:20	00:26:30.25	00:26:50.60	+00:09:18 (35.1%)	5:18	11.3 (64.9%)
174	MIKOŁAJEWSKI Piotr	360		M40	31	00:00:10	00:26:33.35	00:26:44.20	+00:09:21 (35.2%)	5:18	11.3 (64.9%)
175	JANIKOWSKA Awa	578	CZARNE STOPY.SM	K20	9	00:00:38	00:26:35.75	00:27:14.55	+00:09:23 (35.3%)	5:19	11.3 (64.9%)
176	GURSKI Roland	32		M20	31	00:00:22	00:26:38.30	00:27:00.70	+00:09:26 (35.4%)	5:19	11.3 (64.9%)
177	PORAZINSKA Viktoria	336		K40	7	00:00:10	00:26:41.85	00:26:52.10	+00:09:30 (35.6%)	5:20	11.2 (64.4%)
178	PYTLIŃSKI Paweł	197	BYDGOSKIE ŻÓŁWIE	M30	59	00:00:19	00:26:44.15	00:27:03.70	+00:09:32 (35.7%)	5:20	11.2 (64.4%)
179	SYKULA Marcin	228	WIATRAKOWE HARTY	M30	60	00:00:35	00:26:46.95	00:27:22.85	+00:09:35 (35.8%)	5:21	11.2 (64.4%)
180	JANCZUKOWICZ Ryszard	386	ŻYJ-ZDROWO.COM	M40	32	00:00:32	00:26:48.05	00:27:20.10	+00:09:36 (35.8%)	5:21	11.2 (64.4%)
181	MARAŚKIEWICZ Agnieszka	156		K20	10	00:00:06	00:26:48.30	00:26:54.75	+00:09:36 (35.8%)	5:21	11.2 (64.4%)
182	RAKOWSKA Ewa	583		K30	10	00:00:18	00:26:48.85	00:27:07.35	+00:09:37 (35.9%)	5:21	11.2 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
183	BARANOWICZ Bartosz	510	GLOBART MEBLE	M30	61	00:00:40	00:26:51.80	00:27:32.00	+00:09:40 (36.0%)	5:22	11.2 (64.4%)
184	KWARCZEWSKI Mirosław	459	KWARCZUSIE TEAM	M30	62	00:00:19	00:26:52.00	00:27:11.40	+00:09:40 (36.0%)	5:22	11.2 (64.4%)
185	KISIEL Krystian	532	EKIPA BSW	M30	63	00:00:42	00:26:52.45	00:27:35.25	+00:09:40 (36.0%)	5:22	11.2 (64.4%)
186	GRZECHNIK Mateusz	254		M20	32	00:00:18	00:26:56.65	00:27:14.85	+00:09:44 (36.2%)	5:23	11.1 (63.8%)
187	KROLIK Anna	51	DZIEWCZYNY Z MEDYCYNY	K20	11	00:00:33	00:26:57.00	00:27:30.70	+00:09:45 (36.2%)	5:23	11.1 (63.8%)
188	KALINOWSKI Dariusz	525		M30	64	00:00:35	00:26:57.95	00:27:33.55	+00:09:46 (36.2%)	5:23	11.1 (63.8%)
189	PAWLAK Franciszek	464		M20	33	00:00:16	00:27:00.90	00:27:17.20	+00:09:49 (36.3%)	5:24	11.1 (63.8%)
190	STRYCZYŃSKI Marek	56	KLINIKA TRIATHLONU BYDGOSZCZ	M30	65	00:00:11	00:27:01.70	00:27:12.95	+00:09:49 (36.4%)	5:24	11.1 (63.8%)
191	KROPIŃSKA Monika	104		K30	11	00:00:21	00:27:05.70	00:27:27.45	+00:09:53 (36.5%)	5:25	11.1 (63.8%)
192	STANKIEWICZ Dariusz	394	BÓL TO ŚCIEMA	M50	12	00:00:19	00:27:05.80	00:27:25.50	+00:09:54 (36.5%)	5:25	11.1 (63.8%)
193	CIACHERA Ireneusz	169		M50	13	00:00:25	00:27:06.50	00:27:31.55	+00:09:54 (36.6%)	5:25	11.1 (63.8%)
194	BYCZKOWSKI Zenon	87	INDYWIDUALNIE	M50	14	00:00:20	00:27:07.25	00:27:27.70	+00:09:55 (36.6%)	5:25	11.1 (63.8%)
195	MALATYŃSKA Barbara	491		K40	8	00:00:31	00:27:07.40	00:27:39.35	+00:09:55 (36.6%)	5:25	11.1 (63.8%)
196	WOŁOSZYN Kazimierz	120	ROEROWA BRZOZA /BRZOZA BIEGA	M60	1	00:00:31	00:27:07.45	00:27:39.25	+00:09:55 (36.6%)	5:25	11.1 (63.8%)
197	BRZOZOWSKI Mariusz	367		M50	15	00:00:20	00:27:07.70	00:27:28.15	+00:09:55 (36.6%)	5:25	11.1 (63.8%)
198	PŁACZKOWSKA Magdalena	582		K30	12	00:00:14	00:27:09.15	00:27:23.90	+00:09:57 (36.7%)	5:25	11 (63.2%)
198	OJDAS Tomasz	579	EKIPA BSW	M16	7	00:00:24	00:27:09.15	00:27:33.75	+00:09:57 (36.7%)	5:25	11 (63.2%)
200	KARSKI Hubert	519		M60	2	00:00:31	00:27:12.85	00:27:44.15	+00:10:01 (36.8%)	5:26	11 (63.2%)
201	GADOMSKA Maria	30	RUN BYDGOSZCZ	K60	1	00:00:11	00:27:14.55	00:27:26.50	+00:10:02 (36.9%)	5:27	11 (63.2%)
202	SZYMAŃSKI Tomasz	291		M40	33	00:00:12	00:27:15.45	00:27:28.25	+00:10:03 (36.9%)	5:27	11 (63.2%)
203	JURKOWSKI Michał	492		M20	34	00:00:17	00:27:17.45	00:27:35.20	+00:10:05 (37.0%)	5:27	11 (63.2%)
204	PETNER Anna	59		K40	9	00:00:11	00:27:18.00	00:27:29.45	+00:10:06 (37.0%)	5:27	11 (63.2%)
205	SKWAREK Oliwia	166		K20	12	00:00:30	00:27:18.40	00:27:49.25	+00:10:06 (37.0%)	5:27	11 (63.2%)
206	GRODZKA Ewelina	316		K20	13	00:00:17	00:27:18.95	00:27:36.25	+00:10:07 (37.0%)	5:27	11 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	GOLIMOWSKA Anna	425	BYDGOSZCZ	K30	13	00:00:43	00:27:19.30	00:28:02.80	+00:10:07 (37.1%)	5:27	11 (63.2%)
208	KUBOWICZ Piotr	417	MAŁGOS.. TEAM	M50	16	00:00:13	00:27:21.15	00:27:34.25	+00:10:09 (37.1%)	5:28	11 (63.2%)
209	GAWRYCH Adam	479		M20	35	00:00:19	00:27:25.10	00:27:44.50	+00:10:13 (37.3%)	5:29	10.9 (62.6%)
210	CZECH Dominika	480		K20	14	00:00:18	00:27:26.05	00:27:44.95	+00:10:14 (37.3%)	5:29	10.9 (62.6%)
211	JÓZEPIAK Magdalena	444	BIEGAJ Z DĘBAMI	K50	2	00:00:25	00:27:27.15	00:27:52.70	+00:10:15 (37.4%)	5:29	10.9 (62.6%)
212	TOMCZAK Sylwester	518		M20	36	00:00:14	00:27:27.90	00:27:42.85	+00:10:16 (37.4%)	5:29	10.9 (62.6%)
213	SKALISZ Ryszard	572		M60	3	00:00:32	00:27:28.20	00:28:00.95	+00:10:16 (37.4%)	5:29	10.9 (62.6%)
214	SKWAREK Bogumiła	164		K50	3	00:00:30	00:27:28.95	00:27:59.70	+00:10:17 (37.4%)	5:29	10.9 (62.6%)
215	TRZCIŃSKI Dawid	437		M10	8	00:00:22	00:27:30.00	00:27:52.60	+00:10:18 (37.5%)	5:30	10.9 (62.6%)
216	TWARDOWSKI Bartosz	450		M20	37	00:00:35	00:27:31.65	00:28:07.10	+00:10:19 (37.5%)	5:30	10.9 (62.6%)
217	GERKE Lucyna	151		K30	14	00:00:35	00:27:32.35	00:28:07.60	+00:10:20 (37.6%)	5:30	10.9 (62.6%)
218	PLASKOTA Artur	466	BANANA TEAM	M20	38	00:00:08	00:27:33.25	00:27:41.45	+00:10:21 (37.6%)	5:30	10.9 (62.6%)
219	OSTROWSKA Karolina	535		K30	15	00:00:26	00:27:37.40	00:28:04.25	+00:10:25 (37.7%)	5:31	10.9 (62.6%)
220	ANASZEWICZ Marzena	502		K40	10	00:00:31	00:27:37.65	00:28:09.60	+00:10:25 (37.8%)	5:31	10.9 (62.6%)
221	CISZEWSKA Emilia	69		K30	16	00:00:34	00:27:38.05	00:28:12.90	+00:10:26 (37.8%)	5:31	10.9 (62.6%)
222	SZTURO Lidia	50		K30	17	00:00:29	00:27:38.30	00:28:08.10	+00:10:26 (37.8%)	5:31	10.8 (62.1%)
223	CABAŃSKA Katarzyna	3	VITAPOL	K30	18	00:00:28	00:27:39.70	00:28:08.40	+00:10:27 (37.8%)	5:32	10.8 (62.1%)
224	ĆWIKLIŃSKI Marian	62	KLONIKTEAM	M40	34	00:00:29	00:27:40.10	00:28:09.50	+00:10:28 (37.8%)	5:32	10.8 (62.1%)
225	KRAŚNY Arkadiusz	14		M30	66	00:00:28	00:27:40.55	00:28:08.70	+00:10:28 (37.9%)	5:32	10.8 (62.1%)
226	ĆWIKLIŃSKA Anna	61	KLONIKTEAM	K30	19	00:00:28	00:27:41.75	00:28:09.90	+00:10:29 (37.9%)	5:32	10.8 (62.1%)
227	MATUSZAK Radosław	565	JFTC SU	M40	35	00:00:10	00:27:43.80	00:27:53.85	+00:10:32 (38.0%)	5:32	10.8 (62.1%)
228	PAWLACZYK-MATELA Emilia	10	BYDGOSKA GAZELA	K30	20	00:00:11	00:27:44.70	00:27:56.00	+00:10:32 (38.0%)	5:33	10.8 (62.1%)
229	NADOBNY Przemysław	322		M30	67	00:00:13	00:27:44.95	00:27:58.85	+00:10:33 (38.0%)	5:33	10.8 (62.1%)
230	KURTYSIAK Roman	309		M50	17	00:00:27	00:27:45.40	00:28:13.10	+00:10:33 (38.0%)	5:33	10.8 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
231	RACIBORSKI Grzegorz	594	TASAK TEAM	M30	68	00:00:29	00:27:47.25	00:28:16.65	+00:10:35 (38.1%)	5:33	10.8 (62.1%)
232	BRZESKI Wojciech	449		M30	69	00:00:19	00:27:51.00	00:28:10.05	+00:10:39 (38.3%)	5:34	10.8 (62.1%)
233	NALEWALSKA Justyna	523	SERCE TYBETU	K20	15	00:00:15	00:27:52.30	00:28:08.20	+00:10:40 (38.3%)	5:34	10.8 (62.1%)
234	KALINOWSKA Patrycja	279	SOLECCY BIEGACZE	K20	16	00:00:36	00:27:56.50	00:28:32.55	+00:10:44 (38.5%)	5:35	10.7 (61.5%)
235	SZCZEPANIAK Tomasz	573		M30	70	00:00:54	00:27:57.70	00:28:52.55	+00:10:45 (38.5%)	5:35	10.7 (61.5%)
236	SZULC Kamil	592		M30	71	00:00:53	00:27:58.25	00:28:51.75	+00:10:46 (38.5%)	5:35	10.7 (61.5%)
237	RZEPECKA Katarzyna	72		K40	11	00:00:26	00:28:00.65	00:28:26.90	+00:10:48 (38.6%)	5:36	10.7 (61.5%)
238	ZANDER Krystian	465		M20	39	00:00:36	00:28:06.70	00:28:43.35	+00:10:54 (38.8%)	5:37	10.7 (61.5%)
239	GRZESIAK - KNUT Lucyna	486		K30	21	00:00:39	00:28:07.55	00:28:47.40	+00:10:55 (38.9%)	5:37	10.7 (61.5%)
240	LANGE Marta	556	BKS BYDGOSZCZ	K09	2	00:00:39	00:28:07.95	00:28:47.35	+00:10:56 (38.9%)	5:37	10.7 (61.5%)
241	LANGE Monika	487		K40	12	00:00:39	00:28:08.25	00:28:47.45	+00:10:56 (38.9%)	5:37	10.7 (61.5%)
242	KEILING Tomasz	274		M30	72	00:00:23	00:28:09.05	00:28:32.65	+00:10:57 (38.9%)	5:37	10.7 (61.5%)
243	LASKOWSKI Maciej	282		M30	73	00:00:33	00:28:10.90	00:28:44.00	+00:10:59 (39.0%)	5:38	10.6 (60.9%)
244	GOŁATTA Magda	488		K30	22	00:00:39	00:28:11.60	00:28:51.30	+00:10:59 (39.0%)	5:38	10.6 (60.9%)
245	HANCZEWSKA Sonia	528		K20	17	00:00:16	00:28:12.55	00:28:29.30	+00:11:00 (39.0%)	5:38	10.6 (60.9%)
246	STASZKIEWICZ Radosław	152	CZARNE STOPY SM	M40	36	00:00:21	00:28:13.20	00:28:34.90	+00:11:01 (39.1%)	5:38	10.6 (60.9%)
247	AUKUNAS Marcin	498	CROSS TEAM BYDGOSZCZ	M20	40	00:00:58	00:28:16.75	00:29:15.45	+00:11:04 (39.2%)	5:39	10.6 (60.9%)
248	GUMOWSKI Kamil	315	SZKOŁA JAZDY TOMAS	M20	41	00:00:18	00:28:17.60	00:28:36.40	+00:11:05 (39.2%)	5:39	10.6 (60.9%)
249	PAWELEC Witold	187		M10	9	00:00:06	00:28:17.90	00:28:24.40	+00:11:06 (39.2%)	5:39	10.6 (60.9%)
250	SROCZYŃSKA Marta	79		K20	18	00:00:17	00:28:18.10	00:28:35.70	+00:11:06 (39.2%)	5:39	10.6 (60.9%)
251	NUNZEK Agnieszka	81		K40	13	00:00:46	00:28:21.90	00:29:08.85	+00:11:10 (39.4%)	5:40	10.6 (60.9%)
252	ZGIERSKA Adrianna	499	CROSSTEAMBYDGOSZCZ	K20	19	00:00:57	00:28:22.40	00:29:19.90	+00:11:10 (39.4%)	5:40	10.6 (60.9%)
253	MAŁKOWSKA Ewa	207	CROSSTEAMBYDGOSZCZ	K20	20	00:00:58	00:28:24.65	00:29:23.50	+00:11:12 (39.5%)	5:41	10.6 (60.9%)
254	NAPIERAŁA Anna	446	CZARNE STOPY.SM	K30	23	00:00:12	00:28:26.25	00:28:39.05	+00:11:14 (39.5%)	5:41	10.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
255	SŁABOSZEWSKI Krystian	377	CROSS TEAM BYDGOSZCZ	M16	8	00:00:58	00:28:29.50	00:29:27.70	+00:11:17 (39.6%)	5:41	10.5 (60.3%)
256	KEMPA Małgorzata	284		K40	14	00:00:38	00:28:31.45	00:29:09.95	+00:11:19 (39.7%)	5:42	10.5 (60.3%)
257	KOTOWSKA Joanna	142		K40	15	00:00:27	00:28:33.25	00:29:00.80	+00:11:21 (39.8%)	5:42	10.5 (60.3%)
258	PIECZEK Małgorzata	67	GOCHA68	K40	16	00:00:24	00:28:33.90	00:28:58.20	+00:11:22 (39.8%)	5:42	10.5 (60.3%)
259	SKOPOWSKA Kornelia	246	RTW LOTTO BYDGOSTIA	K10	5	00:00:19	00:28:37.40	00:28:57.00	+00:11:25 (39.9%)	5:43	10.5 (60.3%)
260	PŁOMIŃSKI Norbert	12		M30	74	00:01:06	00:28:37.85	00:29:44.80	+00:11:26 (39.9%)	5:43	10.5 (60.3%)
261	WIŚNIEWSKI Ryszard	308		M30	75	00:00:37	00:28:39.85	00:29:17.60	+00:11:28 (40.0%)	5:44	10.5 (60.3%)
262	IWANEK Dominika	293	RUN BYDGOSZCZ	K30	24	00:00:57	00:28:40.70	00:29:38.15	+00:11:28 (40.0%)	5:44	10.5 (60.3%)
263	RUMIŃSKI Mariusz	587		M20	42	00:00:16	00:28:42.05	00:28:58.50	+00:11:30 (40.1%)	5:44	10.5 (60.3%)
264	PRZYBYLSKA Grażyna	182	BRAK	K50	4	00:00:18	00:28:43.50	00:29:01.70	+00:11:31 (40.1%)	5:44	10.4 (59.8%)
265	DUDEK Zofia	313		K50	5	00:00:19	00:28:46.10	00:29:06.00	+00:11:34 (40.2%)	5:45	10.4 (59.8%)
266	PAJĄK Michał	368		M30	76	00:00:49	00:28:50.80	00:29:40.40	+00:11:39 (40.4%)	5:46	10.4 (59.8%)
267	ŁAŃCUCKA Agnieszka	414		K40	17	00:00:30	00:28:51.00	00:29:21.70	+00:11:39 (40.4%)	5:46	10.4 (59.8%)
268	ŻAK Piotr	327		M30	77	00:00:49	00:28:51.10	00:29:40.50	+00:11:39 (40.4%)	5:46	10.4 (59.8%)
269	KEMPA Julia	285	BŁĘKITNY DELFIN	K10	6	00:00:32	00:28:51.90	00:29:24.10	+00:11:40 (40.4%)	5:46	10.4 (59.8%)
270	SAJDAK Marcin	422		M30	78	00:00:10	00:28:55.00	00:29:05.05	+00:11:43 (40.5%)	5:47	10.4 (59.8%)
271	PIETRASZAK Tomasz	92	RUN BYDGOSZCZ	M40	37	00:00:22	00:28:56.65	00:29:19.30	+00:11:44 (40.6%)	5:47	10.4 (59.8%)
272	PASTWA Paulina	378	CROSS TEAM BYDGOSZCZ	K20	21	00:00:53	00:29:06.90	00:29:59.95	+00:11:55 (40.9%)	5:49	10.3 (59.2%)
273	KARBOWSKI Radosław	94		M30	79	00:00:55	00:29:08.75	00:30:03.75	+00:11:56 (41.0%)	5:49	10.3 (59.2%)
274	GRACZYK Przemysław	44		M20	43	00:00:43	00:29:09.30	00:29:52.80	+00:11:57 (41.0%)	5:49	10.3 (59.2%)
275	RUMIŃSKA Ewelina	588		K30	25	00:00:15	00:29:10.30	00:29:25.60	+00:11:58 (41.1%)	5:50	10.3 (59.2%)
276	KUFEL Magdalena	546		K30	26	00:00:16	00:29:11.50	00:29:27.65	+00:11:59 (41.1%)	5:50	10.3 (59.2%)
277	KALINOWSKA Anna	149		K30	27	00:00:34	00:29:14.10	00:29:48.60	+00:12:02 (41.2%)	5:50	10.3 (59.2%)
278	SPYCHAŁSKA Marlena	138		K30	28	00:00:39	00:29:15.35	00:29:54.90	+00:12:03 (41.2%)	5:51	10.3 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
279	KOZICKI Marcin	124	BYDGOSKIE ŻÓŁWIE	M30	80	00:00:17	00:29:18.80	00:29:36.25	+00:12:07 (41.3%)	5:51	10.2 (58.6%)
280	SZATKOWSKA Beata	233		K50	6	00:01:04	00:29:22.40	00:30:27.20	+00:12:10 (41.5%)	5:52	10.2 (58.6%)
281	ADAMOWICZ Marek	126		M50	18	00:00:26	00:29:23.90	00:29:50.60	+00:12:12 (41.5%)	5:52	10.2 (58.6%)
282	DURDA Dominika	136		K20	22	00:00:27	00:29:24.50	00:29:51.55	+00:12:12 (41.5%)	5:52	10.2 (58.6%)
283	SOSNOWSKI Tomasz	517		M40	38	00:00:25	00:29:26.05	00:29:51.85	+00:12:14 (41.6%)	5:53	10.2 (58.6%)
284	JÓZEFIAK Alicja	445	VEGE RUNNERS	K20	23	00:00:26	00:29:26.25	00:29:52.25	+00:12:14 (41.6%)	5:53	10.2 (58.6%)
285	PORĘBSKA Magdalena	376		K30	29	00:00:00	00:29:30.45	00:29:30.45	+00:12:18 (41.7%)	5:54	10.2 (58.6%)
286	ŚCIESIŃSKA Justyna	549		K40	18	00:00:41	00:29:36.15	00:30:17.25	+00:12:24 (41.9%)	5:55	10.1 (58.0%)
287	KWIATKOWSKA Beata	29		K20	24	00:00:14	00:29:37.50	00:29:51.60	+00:12:25 (42.0%)	5:55	10.1 (58.0%)
288	NIKOŁAJEW Monika	148		K30	30	00:00:20	00:29:38.05	00:29:58.70	+00:12:26 (42.0%)	5:55	10.1 (58.0%)
289	WEGNER-KEILING Patrycja	273		K30	31	00:00:21	00:29:47.75	00:30:09.55	+00:12:35 (42.3%)	5:57	10.1 (58.0%)
290	RECLAF Julia	225		K20	25	00:00:17	00:29:50.40	00:30:07.60	+00:12:38 (42.4%)	5:58	10.1 (58.0%)
291	HERMANOWSKI Łukasz	355	RUNBUSTERS	M30	81	00:00:23	00:29:56.85	00:30:20.15	+00:12:45 (42.6%)	5:59	10 (57.5%)
292	KANIEWSKA Arleta	116		K30	32	00:00:15	00:29:58.35	00:30:13.60	+00:12:46 (42.6%)	5:59	10 (57.5%)
293	BRZECZEK Monika	494	RUNBUSTERS	K20	26	00:00:20	00:30:00.55	00:30:21.30	+00:12:48 (42.7%)	6:00	10 (57.5%)
294	DRZEWIECKA Ewelina	475	CROSS TEAM BYDGOSZCZ	K30	33	00:00:56	00:30:03.55	00:30:59.60	+00:12:51 (42.8%)	6:00	10 (57.5%)
295	NADOLNA Patrycja	226	CROSSTEAM BYDGOSZCZ	K30	34	00:00:55	00:30:03.70	00:30:58.90	+00:12:51 (42.8%)	6:00	10 (57.5%)
296	BOJAKOWSKA Małgorzata	258	BYDGOSKIE ŻÓŁWIE	K40	19	00:00:17	00:30:04.60	00:30:22.10	+00:12:52 (42.8%)	6:01	10 (57.5%)
297	OŻGA Agnieszka	23		K20	27	00:00:35	00:30:06.80	00:30:42.10	+00:12:55 (42.9%)	6:01	10 (57.5%)
298	MILER Sebastian	235	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	10	00:00:59	00:30:11.15	00:31:10.15	+00:12:59 (43.0%)	6:02	9.9 (56.9%)
299	MATCZAK Bartosz	88		M30	82	00:00:21	00:30:11.45	00:30:32.60	+00:12:59 (43.0%)	6:02	9.9 (56.9%)
300	KOZIŃSKI Tomasz	196	BYDGOSKIE ŻÓŁWIE	M40	39	00:00:47	00:30:17.20	00:31:05.00	+00:13:05 (43.2%)	6:03	9.9 (56.9%)
301	GACKOWSKI Edward	252	BYDGOSZCZ NA START	M60	4	00:00:31	00:30:21.55	00:30:53.30	+00:13:09 (43.4%)	6:04	9.9 (56.9%)
302	GADASZEWSKI Damian	221	STEP	M20	44	00:00:41	00:30:25.50	00:31:07.45	+00:13:13 (43.5%)	6:05	9.9 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
303	STYCZYŃSKA Anna	317		K40	20	00:00:10	00:30:25.90	00:30:36.30	+00:13:14 (43.5%)	6:05	9.9 (56.9%)
304	KARBOWSKA Alina	93		K30	35	00:00:23	00:30:28.50	00:30:52.20	+00:13:16 (43.6%)	6:05	9.8 (56.3%)
305	KOWAL Michał	65		M30	83	00:00:24	00:30:28.65	00:30:52.95	+00:13:16 (43.6%)	6:05	9.8 (56.3%)
306	CISZEWSKI Paweł	485		M20	45	00:00:40	00:30:30.05	00:31:10.10	+00:13:18 (43.6%)	6:06	9.8 (56.3%)
307	FARBOTKO Anna	453	GALACTICA.PL	K40	21	00:00:38	00:30:30.35	00:31:09.05	+00:13:18 (43.6%)	6:06	9.8 (56.3%)
308	WIJATA Agnieszka	45		K30	36	00:00:43	00:30:33.30	00:31:16.60	+00:13:21 (43.7%)	6:06	9.8 (56.3%)
309	SZCZEPAŃSKA-DOLNA Edyta	585		K40	22	00:00:30	00:30:34.45	00:31:05.30	+00:13:22 (43.8%)	6:07	9.8 (56.3%)
310	CHODENIONEK Robert	500		M30	84	00:00:58	00:30:36.40	00:31:34.55	+00:13:24 (43.8%)	6:07	9.8 (56.3%)
311	ZDUNKIEWICZ Marcin	276		M30	85	00:01:07	00:30:38.30	00:31:45.35	+00:13:26 (43.9%)	6:07	9.8 (56.3%)
312	WORONIECKA Anna	212		K30	37	00:00:42	00:30:39.55	00:31:21.70	+00:13:27 (43.9%)	6:07	9.8 (56.3%)
313	RYDLEWSKA Kinga	203	RUN BYDGOSZCZ	K30	38	00:00:38	00:30:40.65	00:31:18.85	+00:13:28 (43.9%)	6:08	9.8 (56.3%)
314	NADOBNA Agnieszka	321		K30	39	00:00:00	00:30:41.20	00:30:41.20	+00:13:29 (44.0%)	6:08	9.8 (56.3%)
315	PLISZCZYŃSKA Joanna	312		K40	23	00:00:20	00:30:43.20	00:31:03.50	+00:13:31 (44.0%)	6:08	9.8 (56.3%)
316	BĄCZKOWSKI Andrzej	440	ABREN	M60	5	00:00:15	00:30:44.85	00:31:00.00	+00:13:33 (44.1%)	6:09	9.8 (56.3%)
317	IGNATOWICZ Michał	476		M30	86	00:00:42	00:30:47.55	00:31:30.00	+00:13:35 (44.2%)	6:09	9.7 (55.7%)
318	KIN Weronika	109		K16	3	00:00:09	00:30:48.55	00:30:58.00	+00:13:36 (44.2%)	6:09	9.7 (55.7%)
319	SZTEJKA Jolanta	198	BENEFITKSO	K30	40	00:00:37	00:30:49.15	00:31:26.60	+00:13:37 (44.2%)	6:09	9.7 (55.7%)
320	TOMASZEWSKA Dorota	547		K20	28	00:00:46	00:30:49.50	00:31:35.95	+00:13:37 (44.2%)	6:09	9.7 (55.7%)
321	KLARKOWSKI Rafał	210		M30	87	00:00:55	00:30:51.05	00:31:46.65	+00:13:39 (44.3%)	6:10	9.7 (55.7%)
322	MIKULSKI Krzysztof	245		M20	46	00:00:47	00:30:52.55	00:31:40.40	+00:13:40 (44.3%)	6:10	9.7 (55.7%)
323	BOINSKA Anna	280	DZIBOLONGI	K30	41	00:00:22	00:30:52.60	00:31:14.95	+00:13:40 (44.3%)	6:10	9.7 (55.7%)
324	GRZĘBOWSKI Andreo	266	BIURO PODRÓŻNIKÓW FLUGO	M40	40	00:00:23	00:30:54.10	00:31:17.90	+00:13:42 (44.4%)	6:10	9.7 (55.7%)
325	NĘCKA Gosia	17	GOCHA68	K40	24	00:00:25	00:30:54.55	00:31:20.20	+00:13:42 (44.4%)	6:11	9.7 (55.7%)
326	BUKOWSKI Rafał	406		M40	41	00:00:28	00:30:54.60	00:31:23.30	+00:13:42 (44.4%)	6:11	9.7 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
327	KAWALERSKI Krzysztof	215	N BIKE ACADEMY	M40	42	00:00:26	00:30:57.55	00:31:23.55	+00:13:45 (44.5%)	6:11	9.7 (55.7%)
328	KULA Karol	344		M30	88	00:00:24	00:30:57.75	00:31:22.50	+00:13:45 (44.5%)	6:11	9.7 (55.7%)
329	WYPYCH-KLUNDER Katarzyna	101		K30	42	00:00:23	00:30:58.50	00:31:22.00	+00:13:46 (44.5%)	6:11	9.7 (55.7%)
330	WYPYCH Witold	574		M50	19	00:00:23	00:30:58.80	00:31:22.00	+00:13:47 (44.5%)	6:11	9.7 (55.7%)
331	FRELICHOWSKA Karolina	329		K30	43	00:00:25	00:30:59.65	00:31:25.35	+00:13:47 (44.5%)	6:12	9.7 (55.7%)
332	JĘDRZEJEWSKI Karol	512		M20	47	00:00:50	00:31:03.45	00:31:53.85	+00:13:51 (44.6%)	6:12	9.7 (55.7%)
333	NAPIÓRKOWSKA Ewa	442		K60	2	00:00:28	00:31:05.15	00:31:34.00	+00:13:53 (44.7%)	6:13	9.6 (55.2%)
334	RUTKOWSKA Virginia	41		K30	44	00:00:23	00:31:17.80	00:31:41.00	+00:14:06 (45.1%)	6:15	9.6 (55.2%)
335	ŚWIERCZYŃSKI Michał	478	CROSS TEAM BYDGOSZCZ	M30	89	00:00:56	00:31:23.80	00:32:20.05	+00:14:12 (45.2%)	6:16	9.6 (55.2%)
336	PULKOWSKA Aleksandra	66		K30	45	00:00:14	00:31:26.30	00:31:40.80	+00:14:14 (45.3%)	6:17	9.5 (54.6%)
337	KONKEL Agata	554		K30	46	00:00:46	00:31:28.55	00:32:14.55	+00:14:16 (45.4%)	6:17	9.5 (54.6%)
338	CHMARA Kamila	342		K20	29	00:00:15	00:31:37.65	00:31:52.90	+00:14:25 (45.6%)	6:19	9.5 (54.6%)
339	SOBIESZCZYK Paulina	460		K09	3	00:00:33	00:31:40.20	00:32:13.80	+00:14:28 (45.7%)	6:20	9.5 (54.6%)
340	ROMPAŁSKI Karol	353		M20	48	00:00:36	00:31:40.35	00:32:16.40	+00:14:28 (45.7%)	6:20	9.5 (54.6%)
341	PLUCIŃSKA-HUK Aleksandra	54		K40	25	00:00:43	00:31:43.70	00:32:27.30	+00:14:31 (45.8%)	6:20	9.5 (54.6%)
342	MARKOWSKA Magdalena	393		K40	26	00:00:49	00:31:52.05	00:32:41.05	+00:14:40 (46.0%)	6:22	9.4 (54.0%)
343	NAGÓREK Arnold	457		M20	49	00:00:16	00:31:59.30	00:32:15.30	+00:14:47 (46.2%)	6:23	9.4 (54.0%)
344	SZCZEPANEK-KOZIŃSKA Justyna	375		K30	47	00:00:47	00:32:01.95	00:32:49.20	+00:14:50 (46.3%)	6:24	9.4 (54.0%)
345	PODOSEK Magdalena	277	BYDGOSZCZ	K30	48	00:00:13	00:32:06.40	00:32:19.80	+00:14:54 (46.4%)	6:25	9.3 (53.4%)
346	OSZUŚCIK Agata	76		K30	49	00:00:12	00:32:06.60	00:32:19.55	+00:14:54 (46.4%)	6:25	9.3 (53.4%)
347	RYDELSKA Kinga	15		K40	27	00:00:28	00:32:09.80	00:32:38.50	+00:14:58 (46.5%)	6:26	9.3 (53.4%)
348	KEMPA Arkadiusz	283	RUN BYDGOSZCZ	M40	43	00:00:32	00:32:09.85	00:32:42.20	+00:14:58 (46.5%)	6:26	9.3 (53.4%)
349	KONIEC Piotr	507	BLACKSTARMTB	M40	44	00:01:09	00:32:10.15	00:33:19.60	+00:14:58 (46.5%)	6:26	9.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
350	CZERENKIEWICZ Magdalena	508		K20	30	00:01:09	00:32:10.30	00:33:19.50	+00:14:58 (46.5%)	6:26	9.3 (53.4%)
351	KORNACKA Sylwia	395		K40	28	00:00:30	00:32:14.85	00:32:44.85	+00:15:03 (46.7%)	6:26	9.3 (53.4%)
352	RATAJCZAK Aurelia	289	RUN BYDGOSZCZ	K30	50	00:00:20	00:32:21.65	00:32:42.40	+00:15:09 (46.9%)	6:28	9.3 (53.4%)
353	MYSZKOWSKA Barbara	541		K16	4	00:00:26	00:32:30.50	00:32:57.45	+00:15:18 (47.1%)	6:30	9.2 (52.9%)
354	WOŹNIACKA Beata	86	POLONIA BYDGOSZCZ/POMÓŻMY JEŻOM	K50	7	00:00:21	00:32:32.05	00:32:53.40	+00:15:20 (47.1%)	6:30	9.2 (52.9%)
355	ŻAKOWSKA Aleksandra	6	IDAŃ JAK BURZA	K30	51	00:00:08	00:32:32.40	00:32:40.90	+00:15:20 (47.2%)	6:30	9.2 (52.9%)
356	BAK Magdalena	2	IDAŃ JAK BURZA	K30	52	00:00:08	00:32:32.85	00:32:41.20	+00:15:21 (47.2%)	6:30	9.2 (52.9%)
357	KĄTNY Przemysław	202		M30	90	00:01:02	00:32:37.50	00:33:40.05	+00:15:25 (47.3%)	6:31	9.2 (52.9%)
358	KARWOWSKA Angelika	165		K30	53	00:00:21	00:32:37.55	00:32:58.60	+00:15:25 (47.3%)	6:31	9.2 (52.9%)
359	CIŻMOWSKA Dagmara	7	IDAŃ JAK BURZA	K30	54	00:00:08	00:32:42.90	00:32:51.75	+00:15:31 (47.4%)	6:32	9.2 (52.9%)
360	URBAŃSKA Kamila	46	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA W BYDGOSZCZY	K30	55	00:00:44	00:32:44.55	00:33:28.85	+00:15:32 (47.5%)	6:32	9.2 (52.9%)
361	MIKOŁAJCZYK Jan	238	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	11	00:01:06	00:32:45.65	00:33:52.40	+00:15:33 (47.5%)	6:33	9.2 (52.9%)
362	BANAT Jędrzej	162		M09	1	00:01:01	00:32:46.05	00:33:47.65	+00:15:34 (47.5%)	6:33	9.2 (52.9%)
363	KRAUSE Igor	326	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	12	00:01:06	00:32:46.35	00:33:53.30	+00:15:34 (47.5%)	6:33	9.2 (52.9%)
364	GÓRSKA Danuta	53		K40	29	00:00:16	00:32:46.40	00:33:03.00	+00:15:34 (47.5%)	6:33	9.2 (52.9%)
365	MIKOŁAJCZYK Arkadiusz	239	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	45	00:01:08	00:32:47.30	00:33:55.30	+00:15:35 (47.6%)	6:33	9.2 (52.9%)
366	KŁODA Karolina	537		K30	56	00:00:24	00:32:47.60	00:33:11.60	+00:15:35 (47.6%)	6:33	9.2 (52.9%)
367	BRZOZOWSKI Krzysztof	199		M30	91	00:00:59	00:32:48.90	00:33:48.60	+00:15:37 (47.6%)	6:33	9.1 (52.3%)
368	BŁASZKIEWICZ Marzena	201		K30	57	00:00:36	00:32:49.85	00:33:26.40	+00:15:38 (47.6%)	6:34	9.1 (52.3%)
369	DĄBROWSKI Kamil	384		M30	92	00:01:02	00:32:51.95	00:33:54.60	+00:15:40 (47.7%)	6:34	9.1 (52.3%)
370	SIEMIENIEC Violetta	416		K40	30	00:00:11	00:32:54.55	00:33:06.30	+00:15:42 (47.7%)	6:35	9.1 (52.3%)
371	NITZ Łukasz	36		M30	93	00:00:59	00:32:55.15	00:33:54.55	+00:15:43 (47.8%)	6:35	9.1 (52.3%)
372	ZYBAŁA Marcin	172		M30	94	00:00:37	00:32:56.05	00:33:33.45	+00:15:44 (47.8%)	6:35	9.1 (52.3%)
373	MIAZGA Katarzyna	430		K20	31	00:00:42	00:32:59.35	00:33:42.30	+00:15:47 (47.9%)	6:36	9.1 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
374	PACHOLSKI Tomasz	550		M40	46	00:00:04	00:32:59.50	00:33:04.20	+00:15:47 (47.9%)	6:36	9.1 (52.3%)
375	MIAZGA Patrycja	431		K20	32	00:00:42	00:32:59.80	00:33:42.40	+00:15:48 (47.9%)	6:36	9.1 (52.3%)
376	WYPYCH Iwona	575		K50	8	00:00:23	00:33:03.25	00:33:27.05	+00:15:51 (48.0%)	6:36	9.1 (52.3%)
377	SKWERES Natalia	137		K30	58	00:00:31	00:33:07.55	00:33:39.45	+00:15:55 (48.1%)	6:37	9.1 (52.3%)
378	FLAKOWSKI Piotr	577		M30	95	00:00:44	00:33:13.00	00:33:57.80	+00:16:01 (48.2%)	6:38	9 (51.7%)
379	SADOWSKA Katarzyna	391		K30	59	00:00:48	00:33:17.75	00:34:06.35	+00:16:05 (48.4%)	6:39	9 (51.7%)
380	JAŚNIAK Hania	362		K16	5	00:00:27	00:33:20.85	00:33:48.40	+00:16:09 (48.4%)	6:40	9 (51.7%)
381	GRZYB Aleksandra	40		K30	60	00:00:31	00:33:21.05	00:33:53.00	+00:16:09 (48.4%)	6:40	9 (51.7%)
382	LEMKA Karolina	506		K30	61	00:01:08	00:33:23.95	00:34:32.55	+00:16:12 (48.5%)	6:40	9 (51.7%)
383	ŚMIGIELSKA Alicja	244		K30	62	00:00:54	00:33:24.25	00:34:18.70	+00:16:12 (48.5%)	6:40	9 (51.7%)
384	JESZKE Marek	370		M10	13	00:00:29	00:33:25.10	00:33:54.60	+00:16:13 (48.5%)	6:41	9 (51.7%)
385	RULEWSKA Natalia	363		K16	6	00:00:26	00:33:26.85	00:33:53.75	+00:16:15 (48.6%)	6:41	9 (51.7%)
386	MICHALSKI Piotr	333	SZAFIRKI	M20	50	00:00:33	00:33:32.55	00:34:06.35	+00:16:20 (48.7%)	6:42	8.9 (51.1%)
386	MICHALSKA Daria	265	SZAFIRKI	K20	33	00:00:33	00:33:32.55	00:34:06.05	+00:16:20 (48.7%)	6:42	8.9 (51.1%)
388	OGRAWEK Hubert	339	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	14	00:00:59	00:33:33.15	00:34:32.15	+00:16:21 (48.7%)	6:42	8.9 (51.1%)
389	OGRAWEK Kamil	340	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M30	96	00:00:59	00:33:33.35	00:34:32.45	+00:16:21 (48.8%)	6:42	8.9 (51.1%)
390	SIEWIERSKI Łukasz	183	...	M30	97	00:00:45	00:33:33.80	00:34:19.50	+00:16:22 (48.8%)	6:42	8.9 (51.1%)
391	SADOWSKI Bogusław	232	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	47	00:00:55	00:33:36.15	00:34:31.85	+00:16:24 (48.8%)	6:43	8.9 (51.1%)
392	ŻEBROWSKI Michał	143		M30	98	00:00:46	00:33:37.70	00:34:23.90	+00:16:25 (48.9%)	6:43	8.9 (51.1%)
393	MINISZEWSKA Irena	259		K30	63	00:00:09	00:33:40.60	00:33:49.80	+00:16:28 (48.9%)	6:44	8.9 (51.1%)
394	KLICZKOWSKA Agnieszka	105		K30	64	00:00:32	00:33:44.10	00:34:16.85	+00:16:32 (49.0%)	6:44	8.9 (51.1%)
395	ŚMIGIELSKA Wioleta	470		K20	34	00:00:54	00:33:44.55	00:34:38.75	+00:16:32 (49.0%)	6:44	8.9 (51.1%)
396	KOCHANOWSKI Rafał	314		M30	99	00:00:57	00:33:45.70	00:34:42.85	+00:16:33 (49.1%)	6:45	8.9 (51.1%)
397	BODNAR Łukasz	454	GD147	M20	51	00:00:52	00:33:46.45	00:34:38.55	+00:16:34 (49.1%)	6:45	8.9 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
398	MIROWSKI Mariusz	530		M40	48	00:00:35	00:33:49.35	00:34:24.55	+00:16:37 (49.2%)	6:45	8.9 (51.1%)
399	MIROWSKA Anna	531		K40	31	00:00:34	00:33:50.20	00:34:24.30	+00:16:38 (49.2%)	6:46	8.9 (51.1%)
400	NOWAKOWSKA Sylwia	298		K30	65	00:00:38	00:33:55.95	00:34:34.65	+00:16:44 (49.3%)	6:47	8.8 (50.6%)
401	CZAJKOWSKI Kamil	489	RUN BYDGOSZCZ	M20	52	00:00:43	00:34:02.25	00:34:45.95	+00:16:50 (49.5%)	6:48	8.8 (50.6%)
402	MIKOŁAJCZAK Aleksandra	509	SOLECCY BIEGACZE	K30	66	00:00:27	00:34:09.25	00:34:37.05	+00:16:57 (49.6%)	6:50	8.8 (50.6%)
403	SZCZEŚNIAK Marlena	211	INDYWIDUALNIE	K30	67	00:00:42	00:34:13.70	00:34:56.50	+00:17:01 (49.8%)	6:50	8.8 (50.6%)
404	SZCZEŚNIAK Mariola	281	INDYWIDUALNIE	K30	68	00:00:42	00:34:22.25	00:35:04.85	+00:17:10 (50.0%)	6:52	8.7 (50.0%)
405	WIŚNIEWSKA Dorota	581		K30	69	00:00:43	00:34:23.05	00:35:06.75	+00:17:11 (50.0%)	6:52	8.7 (50.0%)
406	RÓŻYCKA Marta	135		K10	7	00:00:49	00:34:27.15	00:35:16.15	+00:17:15 (50.1%)	6:53	8.7 (50.0%)
407	RÓŻYCKI Dariusz	352		M40	49	00:00:49	00:34:27.90	00:35:17.10	+00:17:16 (50.1%)	6:53	8.7 (50.0%)
408	OŻÓG Justyna	536	EKIPA BSW	K30	70	00:00:41	00:34:29.95	00:35:11.25	+00:17:18 (50.2%)	6:54	8.7 (50.0%)
409	KANIEWSKI Tomasz	119		M10	15	00:00:23	00:34:32.00	00:34:55.35	+00:17:20 (50.2%)	6:54	8.7 (50.0%)
410	SKRZYPCZYK Agnieszka	163	GOCHA68	K40	32	00:00:22	00:34:44.85	00:35:07.80	+00:17:33 (50.5%)	6:57	8.6 (49.4%)
411	WOŁOSIŃSKA Małgorzata	167		K20	35	00:00:30	00:34:46.50	00:35:17.10	+00:17:34 (50.5%)	6:57	8.6 (49.4%)
412	ŚRUBKA Patryk	462	SPARTA BYDGOSZCZ	M30	100	00:00:20	00:34:48.85	00:35:09.30	+00:17:37 (50.6%)	6:57	8.6 (49.4%)
413	KOSIŁO Marcin	493	RUNBUSTERS	M30	101	00:00:19	00:34:49.10	00:35:08.65	+00:17:37 (50.6%)	6:57	8.6 (49.4%)
413	GERLACH Waldemar	328		M40	50	00:00:41	00:34:49.10	00:35:30.50	+00:17:37 (50.6%)	6:57	8.6 (49.4%)
415	GONCERZEWICZ Iwona	128		K40	33	00:00:39	00:34:49.60	00:35:29.00	+00:17:37 (50.6%)	6:58	8.6 (49.4%)
416	PIÓRKOWSKA Aga	27		K30	71	00:00:27	00:34:52.30	00:35:19.50	+00:17:40 (50.7%)	6:58	8.6 (49.4%)
417	NYBAK Beata	68		K30	72	00:00:38	00:34:55.05	00:35:33.05	+00:17:43 (50.8%)	6:59	8.6 (49.4%)
418	DOBICKA Katarzyna	297		K30	73	00:00:37	00:34:55.45	00:35:33.05	+00:17:43 (50.8%)	6:59	8.6 (49.4%)
419	KOPACZ Konrad	364	DZIEWCZYNY Z MEDYCYNY	M30	102	00:00:51	00:34:57.65	00:35:49.60	+00:17:45 (50.8%)	6:59	8.6 (49.4%)
420	KULIŃSKA Agata	551		K30	74	00:00:14	00:34:58.45	00:35:13.10	+00:17:46 (50.8%)	6:59	8.6 (49.4%)
421	KOPACZ Hanka	4	DZIEWCZYNY Z MEDYCYNY	K30	75	00:00:51	00:35:00.30	00:35:51.70	+00:17:48 (50.9%)	7:00	8.6 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
422	MARKOWSKA-BAUMGART Aneta	140	DĘBY OSIELSKO	K50	9	00:00:49	00:35:01.40	00:35:51.20	+00:17:49 (50.9%)	7:00	8.6 (49.4%)
423	ŁUKOWSKI Jakub	241	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M20	53	00:01:05	00:35:02.10	00:36:07.80	+00:17:50 (50.9%)	7:00	8.6 (49.4%)
424	ŁUKOWSKA Marta	240	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K16	7	00:01:05	00:35:02.30	00:36:07.70	+00:17:50 (50.9%)	7:00	8.6 (49.4%)
425	BAUMGART Jacek	78	BIEGAJ Z DĘBAMI	M50	20	00:00:48	00:35:03.50	00:35:51.75	+00:17:51 (50.9%)	7:00	8.6 (49.4%)
426	BODNAR Anna	427		K40	34	00:00:25	00:35:06.05	00:35:31.45	+00:17:54 (51.0%)	7:01	8.5 (48.9%)
427	WIATROWA Katarzyna	348		K30	76	00:00:37	00:35:08.10	00:35:45.50	+00:17:56 (51.1%)	7:01	8.5 (48.9%)
428	ROSA- CZUBAK Katarzyna	158		K30	77	00:00:38	00:35:14.10	00:35:52.60	+00:18:02 (51.2%)	7:02	8.5 (48.9%)
429	BRUDNOCH Aleksandra	227		K20	36	00:00:37	00:35:14.60	00:35:52.55	+00:18:02 (51.2%)	7:03	8.5 (48.9%)
430	WISNIEWSKA Małgorzata	13		K30	78	00:00:41	00:35:16.70	00:35:58.15	+00:18:04 (51.3%)	7:03	8.5 (48.9%)
431	POLEK Krystyna	77		K30	79	00:00:36	00:35:21.40	00:35:58.35	+00:18:09 (51.4%)	7:04	8.5 (48.9%)
432	KONARZEWSKA Jolanta	122		K40	35	00:00:42	00:35:24.15	00:36:06.95	+00:18:12 (51.4%)	7:04	8.5 (48.9%)
433	KONOPIŃSKA Agnieszka	8	RUN BYDGOSZCZ	K30	80	00:00:40	00:35:26.25	00:36:06.90	+00:18:14 (51.5%)	7:05	8.5 (48.9%)
434	GADASZEWSKA Marta	220	STEP	K20	37	00:00:40	00:35:52.50	00:36:32.85	+00:18:40 (52.1%)	7:10	8.4 (48.3%)
435	SZYSLER Julia	75		K30	81	00:00:43	00:35:54.65	00:36:38.25	+00:18:42 (52.1%)	7:11	8.4 (48.3%)
436	STASIAK Renata	73	BIEGAJ Z DĘBAMI	K50	10	00:00:50	00:35:55.10	00:36:45.10	+00:18:43 (52.1%)	7:11	8.4 (48.3%)
437	KARCZEWSKA Kinga	483	APTEKA IM. L. PASTEURA	K30	82	00:00:45	00:35:56.40	00:36:41.75	+00:18:44 (52.2%)	7:11	8.3 (47.7%)
438	KARCZEWSKI Łukasz	501		M20	54	00:00:45	00:35:56.95	00:36:42.65	+00:18:45 (52.2%)	7:11	8.3 (47.7%)
439	PARUCKI Zbigniew	411	PARKRUN BYDGOSZCZ	M50	21	00:00:53	00:36:03.65	00:36:57.10	+00:18:51 (52.3%)	7:12	8.3 (47.7%)
440	SADOWSKA Magda	526		K20	38	00:00:30	00:36:04.65	00:36:34.70	+00:18:52 (52.3%)	7:12	8.3 (47.7%)
441	MARĆ Natalia	9	IDA JAK BURZA	K30	83	00:00:09	00:36:08.70	00:36:18.20	+00:18:56 (52.4%)	7:13	8.3 (47.7%)
442	KUFEL Maria	548		K20	39	00:00:16	00:36:12.10	00:36:28.10	+00:19:00 (52.5%)	7:14	8.3 (47.7%)
443	KUZIAK Ola	16	BIEGAJ Z DĘBAMI	K50	11	00:00:49	00:36:12.90	00:37:02.70	+00:19:01 (52.5%)	7:14	8.3 (47.7%)
444	CHYŻEWSKA Justyna	139		K30	84	00:00:27	00:36:16.50	00:36:43.75	+00:19:04 (52.6%)	7:15	8.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
445	GÓRECKA Edyta	403		K40	36	00:00:29	00:36:38.75	00:37:08.05	+00:19:26 (53.1%)	7:19	8.2 (47.1%)
446	GRZEBIEŃ Bartek	439	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M09	2	00:01:07	00:36:44.65	00:37:52.05	+00:19:32 (53.2%)	7:21	8.2 (47.1%)
447	PTASZNIK Jakub	121	GOCHA68	M16	9	00:00:46	00:36:56.45	00:37:43.40	+00:19:44 (53.4%)	7:23	8.1 (46.6%)
448	LEWICKA Julia	115	GOCHA68	K16	8	00:00:46	00:36:57.25	00:37:44.00	+00:19:45 (53.5%)	7:23	8.1 (46.6%)
449	WIWATOWSKA Monika	224		K20	40	00:00:30	00:37:05.05	00:37:35.05	+00:19:53 (53.6%)	7:25	8.1 (46.6%)
450	TULIŃSKI Sławomir	513		M40	51	00:00:47	00:37:10.65	00:37:58.45	+00:19:58 (53.7%)	7:26	8.1 (46.6%)
451	LEWICKA Antonina	114	GOCHA68	K16	9	00:00:47	00:37:13.45	00:38:00.70	+00:20:01 (53.8%)	7:26	8.1 (46.6%)
452	RESZELA Aleksandra	324		K20	41	00:00:41	00:37:16.75	00:37:57.75	+00:20:04 (53.9%)	7:27	8.1 (46.6%)
453	RESZELA Marta	320		K30	85	00:00:41	00:37:17.60	00:37:59.15	+00:20:05 (53.9%)	7:27	8 (46.0%)
454	FLAKOWSKA Marietta	576		K20	42	00:00:43	00:37:24.85	00:38:08.55	+00:20:13 (54.0%)	7:29	8 (46.0%)
455	GAWLIK Karolina	99		K30	86	00:00:38	00:37:27.35	00:38:05.85	+00:20:15 (54.1%)	7:29	8 (46.0%)
456	LICHTNEROWICZ Adrian	230		M30	103	00:00:28	00:37:38.60	00:38:06.80	+00:20:26 (54.3%)	7:31	8 (46.0%)
457	JAROCH Magdalena	25	ZESPÓŁ SZKÓŁ NR 19	K30	87	00:00:23	00:37:44.60	00:38:08.30	+00:20:32 (54.4%)	7:33	7.9 (45.4%)
458	KIN Joanna	108		K40	37	00:00:10	00:38:12.60	00:38:22.70	+00:21:00 (55.0%)	7:38	7.9 (45.4%)
459	GAJEWSKI Piotr	505		M20	55	00:00:36	00:38:15.30	00:38:51.95	+00:21:03 (55.0%)	7:39	7.8 (44.8%)
460	DANELSKA Anna	555		K20	43	00:00:41	00:38:21.75	00:39:03.70	+00:21:09 (55.2%)	7:40	7.8 (44.8%)
461	KOCZWARA Katarzyna	421		K30	88	00:00:40	00:38:23.10	00:39:03.75	+00:21:11 (55.2%)	7:40	7.8 (44.8%)
462	WÓJCIK Anna	213		K30	89	00:00:33	00:38:27.05	00:39:00.05	+00:21:15 (55.3%)	7:41	7.8 (44.8%)
463	MODRAKOWSKA Ewelina	255		K30	90	00:00:32	00:38:27.30	00:39:00.10	+00:21:15 (55.3%)	7:41	7.8 (44.8%)
464	SINACKA-GRZĘBOWSKI Beata	267	STUDIO FOTOGRAFII ALLADIN	K30	91	00:00:24	00:38:27.55	00:38:51.55	+00:21:15 (55.3%)	7:41	7.8 (44.8%)
465	BRZOZOWSKA Anna	516		K30	92	00:01:04	00:38:38.10	00:39:42.70	+00:21:26 (55.5%)	7:43	7.8 (44.8%)
466	ODJAS Beata	204		K30	93	00:00:24	00:38:41.60	00:39:06.35	+00:21:29 (55.6%)	7:44	7.8 (44.8%)
467	GRZEBIEŃ Marcin	438	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M30	104	00:01:05	00:38:47.50	00:39:53.10	+00:21:35 (55.7%)	7:45	7.7 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
468	KANTOWICZ Marta	43		K20	44	00:00:58	00:39:11.45	00:40:09.80	+00:21:59 (56.1%)	7:50	7.7 (44.3%)
469	CZYŻYCKA Beata	299		K40	38	00:00:38	00:39:20.95	00:39:59.20	+00:22:09 (56.3%)	7:52	7.6 (43.7%)
470	MIKOŁAJCZAK Mateusz	216		M30	105	00:00:44	00:40:01.45	00:40:46.15	+00:22:49 (57.0%)	8:00	7.5 (43.1%)
471	OKOŃSKI Łukasz	217		M30	106	00:00:44	00:40:02.25	00:40:46.45	+00:22:50 (57.0%)	8:00	7.5 (43.1%)
472	MICHALAK Piotr	413		M40	52	00:00:52	00:40:33.25	00:41:25.90	+00:23:21 (57.6%)	8:06	7.4 (42.5%)
473	ZAWAL Elżbieta	49		K50	12	00:00:50	00:40:35.10	00:41:25.90	+00:23:23 (57.6%)	8:07	7.4 (42.5%)
474	NITZ Natalia	70		K30	94	00:00:59	00:40:39.55	00:41:38.85	+00:23:27 (57.7%)	8:07	7.4 (42.5%)
475	TOMCZYK Matthew	269	KZK	M30	107	00:00:42	00:40:45.20	00:41:27.25	+00:23:33 (57.8%)	8:09	7.4 (42.5%)
476	KRYŚ Paulina	504		K20	45	00:00:34	00:40:46.85	00:41:21.50	+00:23:35 (57.8%)	8:09	7.4 (42.5%)
477	STARZYŃSKI Paweł	503		M20	56	00:00:34	00:40:46.90	00:41:21.75	+00:23:35 (57.8%)	8:09	7.4 (42.5%)
478	BOROWICZ Jarosław	107		M30	108	00:00:54	00:41:01.15	00:41:55.25	+00:23:49 (58.1%)	8:12	7.3 (42.0%)
479	WINIARSKA Paulina	57		K20	46	00:00:52	00:41:13.55	00:42:06.10	+00:24:01 (58.3%)	8:14	7.3 (42.0%)
480	DĄBROWSKA Sylwia	383		K30	95	00:01:02	00:41:24.70	00:42:27.65	+00:24:12 (58.5%)	8:17	7.2 (41.4%)
481	BANAT Aleksandra	161		K30	96	00:01:02	00:41:25.65	00:42:27.75	+00:24:13 (58.5%)	8:17	7.2 (41.4%)
482	RODMAŃSKI Piotr	599		M30	109	00:00:44	00:41:45.25	00:42:29.65	+00:24:33 (58.8%)	8:21	7.2 (41.4%)
483	RODMAŃSKA Pola	600		K10	8	00:00:44	00:41:45.50	00:42:29.90	+00:24:33 (58.8%)	8:21	7.2 (41.4%)
484	NADOLINSKA Justyna	341	GOCHA 68	K30	97	00:00:48	00:42:06.00	00:42:54.10	+00:24:54 (59.2%)	8:25	7.1 (40.8%)
485	KORPAS Mikołaj	223	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	16	00:00:57	00:42:31.55	00:43:28.90	+00:25:19 (59.6%)	8:30	7.1 (40.8%)
486	PABIJAN Piotr	332	GOCHA68	M10	17	00:00:52	00:42:33.15	00:43:25.70	+00:25:21 (59.6%)	8:30	7.1 (40.8%)
487	KARWAT Anna	379	GOCHA68	K40	39	00:00:48	00:42:53.45	00:43:41.45	+00:25:41 (59.9%)	8:34	7 (40.2%)
488	CYBUL Adrian	591		M10	18	00:01:11	00:43:02.65	00:44:13.85	+00:25:50 (60.0%)	8:36	7 (40.2%)
489	CYBUL Wojciech	47		M40	53	00:01:11	00:43:04.65	00:44:16.00	+00:25:52 (60.1%)	8:37	7 (40.2%)
490	CYBUL Anna	5		K40	40	00:01:08	00:43:07.05	00:44:15.05	+00:25:55 (60.1%)	8:37	7 (40.2%)
491	OPAS Karolina	22		K20	47	00:01:10	00:43:31.55	00:44:41.85	+00:26:19 (60.5%)	8:42	6.9 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
492	BILKIEWICZ Anna Maria	184		K40	41	00:00:53	00:43:39.60	00:44:33.40	+00:26:27 (60.6%)	8:44	6.9 (39.7%)
493	PAWELEC Pola	186		K10	9	00:00:06	00:43:58.25	00:44:04.65	+00:26:46 (60.9%)	8:47	6.8 (39.1%)
494	KIRAGA Andrzej	497		M60	6	00:00:31	00:43:58.60	00:44:30.05	+00:26:46 (60.9%)	8:47	6.8 (39.1%)
495	SZYMAŃSKA Magdalena	496		K10	10	00:00:30	00:43:58.65	00:44:29.50	+00:26:46 (60.9%)	8:47	6.8 (39.1%)
496	JESZKE Aneta	369		K40	42	00:00:31	00:44:08.90	00:44:40.10	+00:26:57 (61.0%)	8:49	6.8 (39.1%)
497	CZUCZEJKO Jolanta	593		K40	43	00:01:07	00:44:10.00	00:45:17.55	+00:26:58 (61.1%)	8:50	6.8 (39.1%)
498	PAWŁOWSKA Izabela	95		K20	48	00:00:54	00:44:11.25	00:45:05.55	+00:26:59 (61.1%)	8:50	6.8 (39.1%)
499	SYCZUK Joanna	590		K10	11	00:00:44	00:44:12.05	00:44:56.95	+00:27:00 (61.1%)	8:50	6.8 (39.1%)
500	CIEŚLAK Mirosława	272		K50	13	00:00:52	00:44:13.70	00:45:06.60	+00:27:01 (61.1%)	8:50	6.8 (39.1%)
501	KRAWCZAK Magdalena	234	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K40	44	00:01:00	00:44:15.85	00:45:16.25	+00:27:04 (61.1%)	8:51	6.8 (39.1%)
502	MARKIEWICZ Ewa	90	INDYWIDUALNIE	K50	14	00:00:41	00:44:24.95	00:45:06.40	+00:27:13 (61.3%)	8:53	6.8 (39.1%)
503	SYCZUK Paulina	589		K40	45	00:00:44	00:44:25.15	00:45:09.95	+00:27:13 (61.3%)	8:53	6.8 (39.1%)
504	LEWICKA Agnieszka	113	GOCHA68	K40	46	00:00:47	00:44:28.15	00:45:15.35	+00:27:16 (61.3%)	8:53	6.7 (38.5%)
505	NOWACKI Rafał	249		M40	54	00:00:37	00:44:29.60	00:45:06.85	+00:27:17 (61.4%)	8:53	6.7 (38.5%)
506	MAŁKOWSKI Jarosław	118		M50	22	00:01:05	00:44:31.20	00:45:36.20	+00:27:19 (61.4%)	8:54	6.7 (38.5%)
507	MAŁKOWSKA Anna	300		K40	47	00:01:03	00:44:32.60	00:45:36.05	+00:27:20 (61.4%)	8:54	6.7 (38.5%)
508	NOWACKA Agnieszka	248		K40	48	00:00:37	00:44:51.40	00:45:28.70	+00:27:39 (61.7%)	8:58	6.7 (38.5%)
509	SĄDOWSKA Kasia	231	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K10	12	00:01:01	00:45:01.80	00:46:03.30	+00:27:50 (61.8%)	9:00	6.7 (38.5%)
510	KARDACH Iza	237	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K10	13	00:01:01	00:45:01.95	00:46:02.95	+00:27:50 (61.8%)	9:00	6.7 (38.5%)
511	WŁODKOWSKI Dorian	325	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M09	3	00:00:57	00:45:08.50	00:46:06.00	+00:27:56 (61.9%)	9:01	6.6 (37.9%)
512	GORZYCKI Dariusz	222	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	55	00:01:00	00:45:10.70	00:46:10.90	+00:27:58 (61.9%)	9:02	6.6 (37.9%)
513	SZACHTA Szymon	242	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	19	00:00:57	00:45:11.15	00:46:09.10	+00:27:59 (61.9%)	9:02	6.6 (37.9%)
514	LANGNER Renata	567		K40	49	00:00:33	00:45:12.95	00:45:46.30	+00:28:01 (62.0%)	9:02	6.6 (37.9%)
515	ORZECZOWSKA Sandra	219		K10	14	00:00:51	00:46:14.95	00:47:06.60	+00:29:03 (62.8%)	9:15	6.5 (37.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
516	ORZECHOWSKI Waldemar	218		M30	110	00:00:51	00:46:15.20	00:47:07.15	+00:29:03 (62.8%)	9:15	6.5 (37.4%)
517	NOWAK Katarzyna	458		K30	98	00:00:54	00:46:28.65	00:47:23.35	+00:29:16 (63.0%)	9:17	6.5 (37.4%)
518	DZIANOTT-PABIJAN Dorota	331	GOCHA68	K40	50	00:00:52	00:47:07.60	00:48:00.15	+00:29:55 (63.5%)	9:25	6.4 (36.8%)
519	KENDZIORA PTASZNIK Małgorzata	123	GOCHA68	K40	51	00:00:50	00:47:09.10	00:48:00.00	+00:29:57 (63.5%)	9:26	6.4 (36.8%)
520	MASKIEWICZ Renata	176	GOCHA68	K40	52	00:00:50	00:47:09.25	00:48:00.15	+00:29:57 (63.5%)	9:26	6.4 (36.8%)
521	DYKS Urszula	345		K40	53	00:01:04	00:48:40.35	00:49:44.90	+00:31:28 (64.7%)	9:44	6.2 (35.6%)
522	DYKS Tadeusz	347		M10	20	00:01:03	00:48:41.15	00:49:44.75	+00:31:29 (64.7%)	9:44	6.2 (35.6%)
523	DYKS Wojciech	346		M10	21	00:01:04	00:48:41.50	00:49:45.65	+00:31:29 (64.7%)	9:44	6.2 (35.6%)
524	ANDRYSZAK Karolina	48		K40	54	00:00:52	00:49:18.75	00:50:11.00	+00:32:06 (65.1%)	9:51	6.1 (35.1%)
525	RASSALSKA-KAUSA Jola	63		K30	99	00:00:31	00:49:38.40	00:50:09.40	+00:32:26 (65.4%)	9:55	6 (34.5%)
526	CEGIELSKI Maciej	286	SZKARŁATNI TEAM	M40	56	00:00:31	00:49:40.20	00:50:11.95	+00:32:28 (65.4%)	9:56	6 (34.5%)
527	WYCECH Mirosława	538	GOCHA68	K50	15	00:01:01	00:52:01.15	00:53:02.75	+00:34:49 (66.9%)	10:24	5.8 (33.3%)
528	SZERSZYŃSKA Elżbieta	407	GOCHA68	K50	16	00:01:00	00:52:02.50	00:53:03.30	+00:34:50 (67.0%)	10:24	5.8 (33.3%)
529	KOWALKOWSKI Łukasz	193		M30	111	00:00:22	00:52:39.35	00:53:01.70	+00:35:27 (67.3%)	10:31	5.7 (32.8%)
530	WYCECH Wojciech	539	GOCHA68	M50	23	00:01:00	00:53:30.80	00:54:31.15	+00:36:19 (67.9%)	10:42	5.6 (32.2%)
531	SZERSZYŃSKI Jacek	400	GOCHA68	M50	24	00:00:59	00:53:31.50	00:54:31.40	+00:36:19 (67.9%)	10:42	5.6 (32.2%)
532	MAŁECKA Monika	91	DZIEWCZYNY Z MEDYCYNY	K30	100	00:01:11	01:01:15.70	01:02:27.40	+00:44:03 (71.9%)	12:15	4.9 (28.2%)
533	DOMERACKI Damian	290		M30	112	00:00:14					(0.0%)
534	DOLNY Kajetan	586		M10	22	00:00:29					(0.0%)
535	KARWAT Anna	379	GOCHA68	K40	55	00:00:48					(0.0%)

Znaleziono 535 wynik(ów)