

# BIEG DLA TYMKA

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MAŁECKI Jakub</b>	<b>420</b>		M30	1	00:00:01	<b>00:17:11.80</b>	<b>00:17:13.30</b>		3:26	17.4 (100%)
2	<b>TUCZYŃSKI Sylwester Leon</b>	<b>191</b>	BYDGOSKIE OKONIE	M20	1	00:00:01	<b>00:17:29.35</b>	<b>00:17:30.60</b>	+00:00:17 (1.7%)	3:29	17.2 (98.9%)
3	<b>MRUK Tomasz</b>	<b>100</b>	CZARNE STOPY.SM	M40	1	00:00:01	<b>00:17:35.30</b>	<b>00:17:36.90</b>	+00:00:23 (2.2%)	3:31	17.1 (98.3%)
4	<b>KOLMAJER Rafał</b>	<b>264</b>	RUN BYDGOSZCZ	M30	2	00:00:01	<b>00:17:57.80</b>	<b>00:17:59.30</b>	+00:00:46 (4.3%)	3:35	16.7 (96.0%)
5	<b>KWIATKOWSKI Damian</b>	<b>1</b>	RUN BYDGOSZCZ	M20	2	00:00:01	<b>00:18:37.30</b>	<b>00:18:39.10</b>	+00:01:25 (7.7%)	3:43	16.1 (92.5%)
6	<b>HOC Marek</b>	<b>522</b>		M30	3	00:00:03	<b>00:18:40.75</b>	<b>00:18:43.95</b>	+00:01:28 (7.9%)	3:44	16.1 (92.5%)
7	<b>MUĆKO Bartosz</b>	<b>71</b>		M16	1	00:00:01	<b>00:19:04.05</b>	<b>00:19:05.05</b>	+00:01:52 (9.8%)	3:48	15.7 (90.2%)
7	<b>BISKUP Mateusz</b>	<b>571</b>		M20	3	00:00:07	<b>00:18:58.05</b>	<b>00:19:05.05</b>	+00:01:46 (9.3%)	3:47	15.8 (90.8%)
9	<b>TUCHOLSKI Bartłomiej</b>	<b>433</b>	BYDGOSKIE OKONIE	M20	4	00:00:03	<b>00:19:07.85</b>	<b>00:19:11.15</b>	+00:01:56 (10.1%)	3:49	15.7 (90.2%)
10	<b>SZOSTEK Marek</b>	<b>542</b>		M20	5	00:00:04	<b>00:19:14.30</b>	<b>00:19:18.90</b>	+00:02:02 (10.6%)	3:50	15.6 (89.7%)
11	<b>BRZUCHALSKI Mati</b>	<b>145</b>		M30	4	00:00:03	<b>00:19:16.05</b>	<b>00:19:19.15</b>	+00:02:04 (10.7%)	3:51	15.6 (89.7%)
12	<b>POTRZEBOWSKI Marek</b>	<b>132</b>		M30	5	00:00:03	<b>00:19:20.55</b>	<b>00:19:23.55</b>	+00:02:08 (11.1%)	3:52	15.5 (89.1%)
13	<b>ROMPAŁSKI Jakub</b>	<b>366</b>	TUCHOLANKA TUCHOLA	M16	2	00:00:06	<b>00:19:31.30</b>	<b>00:19:37.45</b>	+00:02:19 (11.9%)	3:54	15.4 (88.5%)
14	<b>KOWALSKI Jacek</b>	<b>382</b>		M40	2	00:00:04	<b>00:19:38.65</b>	<b>00:19:42.95</b>	+00:02:26 (12.5%)	3:55	15.3 (87.9%)
15	<b>BANACH Tomasz</b>	<b>178</b>		M30	6	00:00:02	<b>00:19:44.00</b>	<b>00:19:46.50</b>	+00:02:32 (12.9%)	3:56	15.2 (87.4%)
16	<b>ZIĘTARSKI Mirek</b>	<b>570</b>		M20	6	00:00:08	<b>00:19:41.45</b>	<b>00:19:49.80</b>	+00:02:29 (12.7%)	3:56	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	<b>RYBARCZYK Wojciech</b>	<b>153</b>		M40	3	00:00:04	<b>00:19:50.25</b>	<b>00:19:54.25</b>	+00:02:38 (13.3%)	3:58	15.1 (86.8%)
18	<b>GRALIK Jędrzej</b>	<b>580</b>	BYDGOSKIE OKONIE	M20	7	00:00:04	<b>00:19:52.00</b>	<b>00:19:56.40</b>	+00:02:40 (13.4%)	3:58	15.1 (86.8%)
19	<b>MOGILNICKI Dominik</b>	<b>208</b>		M20	8	00:00:09	<b>00:19:59.55</b>	<b>00:20:09.00</b>	+00:02:47 (14.0%)	4:00	15 (86.2%)
20	<b>SZOSTEK Leszek</b>	<b>520</b>		M20	9	00:00:04	<b>00:20:07.75</b>	<b>00:20:12.35</b>	+00:02:55 (14.6%)	4:01	14.9 (85.6%)
21	<b>BZDZION Marcin</b>	<b>55</b>		M20	11	00:00:02	<b>00:20:22.55</b>	<b>00:20:24.65</b>	+00:03:10 (15.6%)	4:04	14.7 (84.5%)
22	<b>SZATTEN Dawid</b>	<b>544</b>		M30	7	00:00:02	<b>00:20:23.20</b>	<b>00:20:25.90</b>	+00:03:11 (15.6%)	4:04	14.7 (84.5%)
23	<b>DOMERACKI Cyprian</b>	<b>301</b>		M20	10	00:00:12	<b>00:20:14.55</b>	<b>00:20:26.85</b>	+00:03:02 (15.0%)	4:02	14.8 (85.1%)
24	<b>PAWŁOWSKI Radosław</b>	<b>229</b>	JFTC SU	M50	1	00:00:02	<b>00:20:25.25</b>	<b>00:20:27.55</b>	+00:03:13 (15.8%)	4:05	14.7 (84.5%)
25	<b>ZBORAŁA Dawid</b>	<b>262</b>	SZKOŁA JAZDY TOMAS	M20	13	00:00:02	<b>00:20:27.20</b>	<b>00:20:29.70</b>	+00:03:15 (15.9%)	4:05	14.7 (84.5%)
26	<b>DURCZAK Jerzy</b>	<b>256</b>		M30	8	00:00:04	<b>00:20:29.45</b>	<b>00:20:33.75</b>	+00:03:17 (16.1%)	4:05	14.6 (83.9%)
27	<b>BODNAR Damian</b>	<b>428</b>		M20	12	00:00:10	<b>00:20:25.15</b>	<b>00:20:36.10</b>	+00:03:13 (15.8%)	4:05	14.7 (84.5%)
28	<b>ZIELIŃSKI Łukasz</b>	<b>385</b>	3GRAVITY	M30	9	00:00:03	<b>00:20:38.25</b>	<b>00:20:41.75</b>	+00:03:26 (16.7%)	4:07	14.5 (83.3%)
29	<b>SIEMIENIEC Olaf</b>	<b>418</b>		M10	1	00:00:05	<b>00:20:38.90</b>	<b>00:20:44.80</b>	+00:03:27 (16.7%)	4:07	14.5 (83.3%)
30	<b>WIERZYŃSKI Damian</b>	<b>527</b>	TWINS POWER	M20	14	00:00:04	<b>00:20:43.70</b>	<b>00:20:47.75</b>	+00:03:31 (17.0%)	4:08	14.5 (83.3%)
31	<b>DERING Tomasz</b>	<b>97</b>	BYDGOSKIE ŻÓŁWIE	M30	10	00:00:08	<b>00:21:00.20</b>	<b>00:21:09.15</b>	+00:03:48 (18.1%)	4:12	14.3 (82.2%)
32	<b>PAWLACZYK Szymon</b>	<b>24</b>	TRISPACE	M30	11	00:00:03	<b>00:21:06.15</b>	<b>00:21:09.80</b>	+00:03:54 (18.5%)	4:13	14.2 (81.6%)
33	<b>GWITT Bartosz</b>	<b>177</b>		M30	12	00:00:03	<b>00:21:08.10</b>	<b>00:21:11.85</b>	+00:03:56 (18.6%)	4:13	14.2 (81.6%)
34	<b>DĄBROWSKI Jarosław</b>	<b>330</b>	CB163	M20	15	00:00:28	<b>00:20:44.40</b>	<b>00:21:12.80</b>	+00:03:32 (17.1%)	4:08	14.5 (83.3%)
35	<b>GMYS Tomasz</b>	<b>545</b>		M30	13	00:00:03	<b>00:21:16.20</b>	<b>00:21:19.65</b>	+00:04:04 (19.2%)	4:15	14.1 (81.0%)
36	<b>SZAJBE Michał</b>	<b>64</b>		M30	14	00:00:03	<b>00:21:20.50</b>	<b>00:21:24.25</b>	+00:04:08 (19.4%)	4:16	14.1 (81.0%)
37	<b>ZBORAŁA Mateusz</b>	<b>521</b>	SZKOŁA JAZDY TOMAS	M20	16	00:00:03	<b>00:21:24.40</b>	<b>00:21:27.55</b>	+00:04:12 (19.7%)	4:16	14 (80.5%)
38	<b>JANYSKA Krzysztof</b>	<b>144</b>		M30	15	00:00:03	<b>00:21:29.10</b>	<b>00:21:32.10</b>	+00:04:17 (20.0%)	4:17	14 (80.5%)
39	<b>SKRZYPCZYK Andrzej</b>	<b>168</b>	GOCHA68	M40	4	00:00:18	<b>00:21:17.25</b>	<b>00:21:35.75</b>	+00:04:05 (19.2%)	4:15	14.1 (81.0%)
40	<b>WŁODARCZYK Wojciech</b>	<b>304</b>		M50	2	00:00:05	<b>00:21:37.40</b>	<b>00:21:42.60</b>	+00:04:25 (20.5%)	4:19	13.9 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
41	<b>WĘGIELEWSKI Szymon</b>	<b>261</b>		M30	16	00:00:12	<b>00:21:34.55</b>	<b>00:21:46.80</b>	+00:04:22 (20.3%)	4:18	13.9 (79.9%)
42	<b>GACKOWSKI Szymon</b>	<b>251</b>	BYDGOSZCZ NA START	M30	17	00:00:06	<b>00:21:44.80</b>	<b>00:21:51.00</b>	+00:04:33 (20.9%)	4:21	13.8 (79.3%)
43	<b>LEWICKI Artur</b>	<b>112</b>	GOCHA68	M40	5	00:00:10	<b>00:21:49.30</b>	<b>00:21:59.95</b>	+00:04:37 (21.2%)	4:21	13.8 (79.3%)
44	<b>SIUDA Mariusz</b>	<b>389</b>		M30	19	00:00:04	<b>00:22:10.20</b>	<b>00:22:14.55</b>	+00:04:58 (22.4%)	4:26	13.5 (77.6%)
45	<b>NIEDBALSKI Grzegorz</b>	<b>388</b>	RUN BYDGOSZCZ	M50	3	00:00:05	<b>00:22:09.55</b>	<b>00:22:14.85</b>	+00:04:57 (22.4%)	4:25	13.5 (77.6%)
46	<b>FILIPEK Piotr</b>	<b>477</b>		M40	6	00:00:05	<b>00:22:10.30</b>	<b>00:22:15.95</b>	+00:04:58 (22.4%)	4:26	13.5 (77.6%)
47	<b>BOŁZAN Michał</b>	<b>533</b>		M30	18	00:00:18	<b>00:21:58.40</b>	<b>00:22:16.80</b>	+00:04:46 (21.7%)	4:23	13.7 (78.7%)
48	<b>SINACKI Piotr</b>	<b>268</b>	LOTTO BYDGOSTIA, GIMNAZJUM NR 6 MISTRZOSTWA SPORTOWEGO W BYDGOSZCZY	M10	2	00:00:20	<b>00:22:00.40</b>	<b>00:22:21.35</b>	+00:04:48 (21.9%)	4:24	13.6 (78.2%)
49	<b>ŻEGLICZ Marek</b>	<b>473</b>	SPÓJNIA BIAŁE BŁOTA	M20	17	00:00:10	<b>00:22:09.45</b>	<b>00:22:20.10</b>	+00:04:57 (22.4%)	4:26	13.5 (77.6%)
50	<b>SZWARC Mariusz</b>	<b>80</b>		M40	7	00:00:07	<b>00:22:15.15</b>	<b>00:22:22.80</b>	+00:05:03 (22.7%)	4:27	13.5 (77.6%)
51	<b>PAWŁOWSKI Tomasz</b>	<b>564</b>	JFTC SU	M20	18	00:00:06	<b>00:22:18.75</b>	<b>00:22:25.30</b>	+00:05:06 (22.9%)	4:27	13.4 (77.0%)
52	<b>TOMKOWIAK Tomasz</b>	<b>307</b>	SZKOŁA JAZDY TOMAS	M20	19	00:00:05	<b>00:22:22.00</b>	<b>00:22:27.75</b>	+00:05:10 (23.1%)	4:28	13.4 (77.0%)
53	<b>GRYTA Karol</b>	<b>597</b>		M20	20	00:00:08	<b>00:22:25.90</b>	<b>00:22:34.50</b>	+00:05:14 (23.3%)	4:29	13.4 (77.0%)
54	<b>WĘGRZYNOWSKI Sławomir</b>	<b>397</b>	KABEL TEAM BYDGOSZCZ	M40	8	00:00:05	<b>00:22:26.90</b>	<b>00:22:32.35</b>	+00:05:15 (23.4%)	4:29	13.4 (77.0%)
55	<b>DZIEKAN Wojtek</b>	<b>560</b>	KABEL TEAM BYDGOSZCZ	M30	20	00:00:05	<b>00:22:27.55</b>	<b>00:22:33.00</b>	+00:05:15 (23.4%)	4:29	13.4 (77.0%)
56	<b>KRZYSIAK Michał</b>	<b>141</b>		M30	21	00:00:09	<b>00:22:29.95</b>	<b>00:22:39.80</b>	+00:05:18 (23.6%)	4:30	13.3 (76.4%)
57	<b>SZUBERT Maciej</b>	<b>401</b>		M40	9	00:00:28	<b>00:22:30.20</b>	<b>00:22:58.75</b>	+00:05:18 (23.6%)	4:30	13.3 (76.4%)
58	<b>NAWROCKI Sławomir</b>	<b>484</b>	BRAK	M30	22	00:00:09	<b>00:22:30.90</b>	<b>00:22:40.65</b>	+00:05:19 (23.6%)	4:30	13.3 (76.4%)
59	<b>RENC Patryk</b>	<b>524</b>	SERCE TYBETU	M20	21	00:00:04	<b>00:22:31.10</b>	<b>00:22:35.95</b>	+00:05:19 (23.6%)	4:30	13.3 (76.4%)
60	<b>ROSZCZYN Dawid</b>	<b>337</b>		M30	23	00:00:25	<b>00:22:33.85</b>	<b>00:22:59.20</b>	+00:05:22 (23.8%)	4:30	13.3 (76.4%)
61	<b>NAGOW Michał</b>	<b>288</b>		M40	10	00:00:07	<b>00:22:34.90</b>	<b>00:22:42.25</b>	+00:05:23 (23.8%)	4:31	13.3 (76.4%)
62	<b>KOWALCZYK Rafał</b>	<b>335</b>	RUN BYDGOSZCZ	M40	11	00:00:08	<b>00:22:42.70</b>	<b>00:22:50.90</b>	+00:05:30 (24.3%)	4:32	13.2 (75.9%)
63	<b>KANIEWSKI Maciej</b>	<b>117</b>		M40	12	00:00:07	<b>00:22:43.30</b>	<b>00:22:50.30</b>	+00:05:31 (24.3%)	4:32	13.2 (75.9%)
64	<b>STĘPSKI Marek</b>	<b>381</b>		M40	13	00:00:05	<b>00:22:44.65</b>	<b>00:22:49.70</b>	+00:05:32 (24.4%)	4:32	13.2 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
65	<b>LUZAK Mirośław</b>	<b>306</b>	MWIK BYDGOSZCZ	M50	4	00:00:06	<b>00:22:49.55</b>	<b>00:22:56.20</b>	+00:05:37 (24.7%)	4:34	13.1 (75.3%)
66	<b>STARSAK Paweł</b>	<b>343</b>		M30	24	00:00:03	<b>00:22:51.00</b>	<b>00:22:54.95</b>	+00:05:39 (24.7%)	4:34	13.1 (75.3%)
67	<b>TUBAJA Albert</b>	<b>456</b>	KABEL TEAM BYDGOSZCZ	M40	14	00:00:05	<b>00:22:55.05</b>	<b>00:23:01.00</b>	+00:05:43 (25.0%)	4:35	13.1 (75.3%)
67	<b>KOCISZEWSKI Marek</b>	<b>436</b>		M50	5	00:00:23	<b>00:22:55.05</b>	<b>00:23:18.15</b>	+00:05:43 (25.0%)	4:35	13.1 (75.3%)
69	<b>KARASZEWSKI Marcin</b>	<b>415</b>		M30	25	00:00:30	<b>00:22:58.25</b>	<b>00:23:28.35</b>	+00:05:46 (25.1%)	4:35	13.1 (75.3%)
70	<b>KUCHCZYŃSKI Adam</b>	<b>471</b>	BÓL TO ŚCIEMA	M50	6	00:00:09	<b>00:23:00.65</b>	<b>00:23:10.15</b>	+00:05:48 (25.3%)	4:36	13 (74.7%)
71	<b>KUCHCZYŃSKI Jakub</b>	<b>472</b>	BKS BYDGOSZCZ	M10	3	00:00:08	<b>00:23:00.85</b>	<b>00:23:09.65</b>	+00:05:49 (25.3%)	4:36	13 (74.7%)
72	<b>KOSZAREK Artur</b>	<b>287</b>		M40	15	00:00:15	<b>00:23:06.30</b>	<b>00:23:21.55</b>	+00:05:54 (25.6%)	4:37	13 (74.7%)
73	<b>ZIEMIAŃSKI Paweł</b>	<b>566</b>		M30	26	00:00:15	<b>00:23:06.50</b>	<b>00:23:21.80</b>	+00:05:54 (25.6%)	4:37	13 (74.7%)
74	<b>SCHNEIDER Krystian</b>	<b>303</b>		M20	22	00:00:03	<b>00:23:06.65</b>	<b>00:23:10.60</b>	+00:05:54 (25.6%)	4:37	13 (74.7%)
74	<b>SZEWCKOWSKI Grzegorz</b>	<b>96</b>	BYDGOSKIE ŻÓŁWIE	M30	27	00:00:08	<b>00:23:06.65</b>	<b>00:23:15.45</b>	+00:05:54 (25.6%)	4:37	13 (74.7%)
76	<b>BOLLIN Łukasz</b>	<b>540</b>		M30	28	00:00:13	<b>00:23:24.90</b>	<b>00:23:38.60</b>	+00:06:13 (26.6%)	4:41	12.8 (73.6%)
77	<b>MURAWSKI Michał</b>	<b>443</b>	GMINA GARDEJA BIEGA	M30	29	00:00:04	<b>00:23:25.90</b>	<b>00:23:29.95</b>	+00:06:14 (26.6%)	4:41	12.8 (73.6%)
78	<b>WALCZAK Łukasz</b>	<b>595</b>		M30	30	00:00:06	<b>00:23:27.65</b>	<b>00:23:33.90</b>	+00:06:15 (26.7%)	4:41	12.8 (73.6%)
79	<b>WOJCIUK Arkadiusz</b>	<b>260</b>	BRAK	M30	31	00:00:06	<b>00:23:27.70</b>	<b>00:23:34.50</b>	+00:06:15 (26.7%)	4:41	12.8 (73.6%)
80	<b>ŻAK Mariusz</b>	<b>426</b>	GORTAT BYDGOSZCZ	M30	32	00:00:48	<b>00:23:29.75</b>	<b>00:24:18.55</b>	+00:06:17 (26.8%)	4:42	12.8 (73.6%)
81	<b>LEWANDOWSKI Mateusz</b>	<b>319</b>	GOCHA68	M20	23	00:00:19	<b>00:23:33.70</b>	<b>00:23:52.80</b>	+00:06:21 (27.0%)	4:42	12.7 (73.0%)
82	<b>KONKEL Bartosz</b>	<b>553</b>		M30	33	00:00:05	<b>00:23:36.05</b>	<b>00:23:41.80</b>	+00:06:24 (27.1%)	4:43	12.7 (73.0%)
83	<b>LEWICKI Maciej</b>	<b>188</b>	BYDGOSZCZ NA START !	M40	16	00:00:05	<b>00:23:39.55</b>	<b>00:23:45.15</b>	+00:06:27 (27.3%)	4:44	12.7 (73.0%)
84	<b>STRYCHAŁSKI Mateusz</b>	<b>387</b>		M16	3	00:00:08	<b>00:23:40.65</b>	<b>00:23:49.60</b>	+00:06:28 (27.4%)	4:44	12.7 (73.0%)
85	<b>WAJCHERT Łukasz</b>	<b>160</b>		M30	34	00:00:04	<b>00:23:42.45</b>	<b>00:23:47.35</b>	+00:06:30 (27.5%)	4:44	12.6 (72.4%)
86	<b>RABCZYŃSKI Grzegorz</b>	<b>529</b>		M30	35	00:00:08	<b>00:23:43.85</b>	<b>00:23:52.05</b>	+00:06:32 (27.5%)	4:44	12.6 (72.4%)
87	<b>ŁOBOCKI Krzysztof</b>	<b>159</b>		M30	36	00:00:11	<b>00:23:44.65</b>	<b>00:23:56.10</b>	+00:06:32 (27.6%)	4:45	12.6 (72.4%)
88	<b>BŁAWAT Damian</b>	<b>534</b>		M30	37	00:00:06	<b>00:23:45.85</b>	<b>00:23:52.40</b>	+00:06:34 (27.6%)	4:45	12.6 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
89	<b>KĘDZIA Sebastian</b>	<b>429</b>	BRAK	M30	38	00:00:10	<b>00:23:48.75</b>	<b>00:23:59.45</b>	+00:06:36 (27.8%)	4:45	12.6 (72.4%)
90	<b>CECHOWSKI Marcin</b>	<b>18</b>		M30	39	00:00:11	<b>00:23:57.95</b>	<b>00:24:09.55</b>	+00:06:46 (28.2%)	4:47	12.5 (71.8%)
91	<b>NIEWIADOWSKI Przemysław</b>	<b>171</b>		M30	40	00:00:16	<b>00:24:05.25</b>	<b>00:24:22.10</b>	+00:06:53 (28.6%)	4:49	12.4 (71.3%)
92	<b>KOZŁOWSKI Rafał</b>	<b>275</b>		M30	41	00:00:18	<b>00:24:13.15</b>	<b>00:24:31.25</b>	+00:07:01 (29.0%)	4:50	12.4 (71.3%)
93	<b>BŁĄŻEJEWSKI Kacper</b>	<b>380</b>	CB163	M20	24	00:00:27	<b>00:24:13.95</b>	<b>00:24:41.55</b>	+00:07:02 (29.0%)	4:50	12.4 (71.3%)
94	<b>MIELCZAREK Filip</b>	<b>481</b>	FIGHT-LOUNGE POLSKA	M16	4	00:00:05	<b>00:24:16.05</b>	<b>00:24:21.85</b>	+00:07:04 (29.1%)	4:51	12.4 (71.3%)
95	<b>KARSKI Marcin</b>	<b>356</b>		M40	17	00:00:31	<b>00:24:18.40</b>	<b>00:24:49.55</b>	+00:07:06 (29.3%)	4:51	12.3 (70.7%)
96	<b>HUZARSKI Kamil</b>	<b>21</b>		M20	25	00:00:12	<b>00:24:23.35</b>	<b>00:24:35.95</b>	+00:07:11 (29.5%)	4:52	12.3 (70.7%)
97	<b>WIŚNIEWSKI Rafał</b>	<b>173</b>		M30	42	00:00:14	<b>00:24:24.20</b>	<b>00:24:38.65</b>	+00:07:12 (29.5%)	4:52	12.3 (70.7%)
98	<b>NOWICKI Sławomir</b>	<b>447</b>	CZARNE STOPY.SM	M30	43	00:00:13	<b>00:24:25.10</b>	<b>00:24:38.60</b>	+00:07:13 (29.6%)	4:53	12.3 (70.7%)
99	<b>WALENCIAK Jarosław</b>	<b>185</b>	CZARNE STOPY.SM	M40	18	00:00:13	<b>00:24:25.35</b>	<b>00:24:39.15</b>	+00:07:13 (29.6%)	4:53	12.3 (70.7%)
100	<b>STAWCZYK Dariusz</b>	<b>305</b>		M40	19	00:00:11	<b>00:24:26.65</b>	<b>00:24:38.60</b>	+00:07:14 (29.6%)	4:53	12.3 (70.7%)
101	<b>FALKOWSKI Wojciech</b>	<b>358</b>	RUN BYDGOSZCZ	M50	7	00:00:22	<b>00:24:27.55</b>	<b>00:24:50.15</b>	+00:07:15 (29.7%)	4:53	12.3 (70.7%)
102	<b>HEIDAK Piotr</b>	<b>402</b>		M40	20	00:00:12	<b>00:24:29.10</b>	<b>00:24:41.30</b>	+00:07:17 (29.8%)	4:53	12.3 (70.7%)
103	<b>DĄBROWSKI Adam</b>	<b>323</b>		M30	44	00:00:11	<b>00:24:29.15</b>	<b>00:24:40.40</b>	+00:07:17 (29.8%)	4:53	12.3 (70.7%)
104	<b>LEWANDOWSKI Sebastian</b>	<b>190</b>		M30	45	00:00:17	<b>00:24:29.30</b>	<b>00:24:46.80</b>	+00:07:17 (29.8%)	4:53	12.3 (70.7%)
105	<b>WOLFF Adam</b>	<b>253</b>		M20	26	00:00:36	<b>00:24:29.80</b>	<b>00:25:06.05</b>	+00:07:18 (29.8%)	4:54	12.2 (70.1%)
106	<b>DOLATA Grzegorz</b>	<b>11</b>		M40	21	00:00:10	<b>00:24:31.00</b>	<b>00:24:41.35</b>	+00:07:19 (29.9%)	4:54	12.2 (70.1%)
107	<b>WYSOCKI Jerzy</b>	<b>410</b>	CZARNE STOPY.SM	M50	8	00:00:07	<b>00:24:31.25</b>	<b>00:24:39.15</b>	+00:07:19 (29.9%)	4:54	12.2 (70.1%)
108	<b>WOJCIECHOWSKI Jarosław</b>	<b>129</b>		M40	22	00:00:08	<b>00:24:35.55</b>	<b>00:24:43.90</b>	+00:07:23 (30.1%)	4:55	12.2 (70.1%)
109	<b>ŚMIGIELSKI Łukasz</b>	<b>455</b>	HAPI PRODUKCJA / GD147	M20	27	00:00:50	<b>00:24:38.05</b>	<b>00:25:28.35</b>	+00:07:26 (30.2%)	4:55	12.2 (70.1%)
110	<b>SIERANT Marian</b>	<b>39</b>		M50	9	00:00:10	<b>00:24:40.20</b>	<b>00:24:51.05</b>	+00:07:28 (30.3%)	4:56	12.2 (70.1%)
111	<b>KARLIŃSKI Oskar</b>	<b>278</b>	BYDGOSZCZ	M10	4	00:00:12	<b>00:24:43.05</b>	<b>00:24:55.05</b>	+00:07:31 (30.4%)	4:56	12.1 (69.5%)
112	<b>WASIELEWSKI Sławomir</b>	<b>482</b>		M20	28	00:00:16	<b>00:24:45.40</b>	<b>00:25:01.45</b>	+00:07:33 (30.5%)	4:57	12.1 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
113	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%)
114	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%)
115	BURAS Aleksander	130	IDA 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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
129	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
161	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%)
162	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%)
163	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%)
164	KUBOWICZ Piotr	417	MAŁGOŚ.. TEAM	M50	16	00:00:13	00:27:21.15	00:27:34.25	+00:10:09 (37.1%)	5:28	11 (63.2%)
165	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%)
166	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%)
167	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%)
168	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%)
169	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%)
170	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%)
171	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%)
172	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%)
173	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%)
174	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%)
175	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%)
176	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
185	<b>GUMOWSKI Kamil</b>	<b>315</b>	SZKOŁA JAZDY TOMAS	M20	41	00:00:18	<b>00:28:17.60</b>	<b>00:28:36.40</b>	+00:11:05 (39.2%)	5:39	10.6 (60.9%)
186	<b>PAWELEC Witold</b>	<b>187</b>		M10	9	00:00:06	<b>00:28:17.90</b>	<b>00:28:24.40</b>	+00:11:06 (39.2%)	5:39	10.6 (60.9%)
187	<b>SŁABOSZEWSKI Krystian</b>	<b>377</b>	CROSS TEAM BYDGOSZCZ	M16	8	00:00:58	<b>00:28:29.50</b>	<b>00:29:27.70</b>	+00:11:17 (39.6%)	5:41	10.5 (60.3%)
188	<b>PŁOMIŃSKI Norbert</b>	<b>12</b>		M30	74	00:01:06	<b>00:28:37.85</b>	<b>00:29:44.80</b>	+00:11:26 (39.9%)	5:43	10.5 (60.3%)
189	<b>WIŚNIEWSKI Ryszard</b>	<b>308</b>		M30	75	00:00:37	<b>00:28:39.85</b>	<b>00:29:17.60</b>	+00:11:28 (40.0%)	5:44	10.5 (60.3%)
190	<b>RUMIŃSKI Mariusz</b>	<b>587</b>		M20	42	00:00:16	<b>00:28:42.05</b>	<b>00:28:58.50</b>	+00:11:30 (40.1%)	5:44	10.5 (60.3%)
191	<b>PAJĄK Michał</b>	<b>368</b>		M30	76	00:00:49	<b>00:28:50.80</b>	<b>00:29:40.40</b>	+00:11:39 (40.4%)	5:46	10.4 (59.8%)
192	<b>ŻAK Piotr</b>	<b>327</b>		M30	77	00:00:49	<b>00:28:51.10</b>	<b>00:29:40.50</b>	+00:11:39 (40.4%)	5:46	10.4 (59.8%)
193	<b>SAJDAK Marcin</b>	<b>422</b>		M30	78	00:00:10	<b>00:28:55.00</b>	<b>00:29:05.05</b>	+00:11:43 (40.5%)	5:47	10.4 (59.8%)
194	<b>PIETRASZAK Tomasz</b>	<b>92</b>	RUN BYDGOSZCZ	M40	37	00:00:22	<b>00:28:56.65</b>	<b>00:29:19.30</b>	+00:11:44 (40.6%)	5:47	10.4 (59.8%)
195	<b>KARBOWSKI Radosław</b>	<b>94</b>		M30	79	00:00:55	<b>00:29:08.75</b>	<b>00:30:03.75</b>	+00:11:56 (41.0%)	5:49	10.3 (59.2%)
196	<b>GRACZYK Przemysław</b>	<b>44</b>		M20	43	00:00:43	<b>00:29:09.30</b>	<b>00:29:52.80</b>	+00:11:57 (41.0%)	5:49	10.3 (59.2%)
197	<b>KOZICKI Marcin</b>	<b>124</b>	BYDGOSKIE ŻÓŁWIE	M30	80	00:00:17	<b>00:29:18.80</b>	<b>00:29:36.25</b>	+00:12:07 (41.3%)	5:51	10.2 (58.6%)
198	<b>ADAMOWICZ Marek</b>	<b>126</b>		M50	18	00:00:26	<b>00:29:23.90</b>	<b>00:29:50.60</b>	+00:12:12 (41.5%)	5:52	10.2 (58.6%)
199	<b>SOSNOWSKI Tomasz</b>	<b>517</b>		M40	38	00:00:25	<b>00:29:26.05</b>	<b>00:29:51.85</b>	+00:12:14 (41.6%)	5:53	10.2 (58.6%)
200	<b>HERMANOWSKI Łukasz</b>	<b>355</b>	RUNBUSTERS	M30	81	00:00:23	<b>00:29:56.85</b>	<b>00:30:20.15</b>	+00:12:45 (42.6%)	5:59	10 (57.5%)
201	<b>MILER Sebastian</b>	<b>235</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	10	00:00:59	<b>00:30:11.15</b>	<b>00:31:10.15</b>	+00:12:59 (43.0%)	6:02	9.9 (56.9%)
202	<b>MATCZAK Bartosz</b>	<b>88</b>		M30	82	00:00:21	<b>00:30:11.45</b>	<b>00:30:32.60</b>	+00:12:59 (43.0%)	6:02	9.9 (56.9%)
203	<b>KOZIŃSKI Tomasz</b>	<b>196</b>	BYDGOSKIE ŻÓŁWIE	M40	39	00:00:47	<b>00:30:17.20</b>	<b>00:31:05.00</b>	+00:13:05 (43.2%)	6:03	9.9 (56.9%)
204	<b>GACKOWSKI Edward</b>	<b>252</b>	BYDGOSZCZ NA START	M60	4	00:00:31	<b>00:30:21.55</b>	<b>00:30:53.30</b>	+00:13:09 (43.4%)	6:04	9.9 (56.9%)
205	<b>GADASZEWSKI Damian</b>	<b>221</b>	STEP	M20	44	00:00:41	<b>00:30:25.50</b>	<b>00:31:07.45</b>	+00:13:13 (43.5%)	6:05	9.9 (56.9%)
206	<b>KOWAL Michał</b>	<b>65</b>		M30	83	00:00:24	<b>00:30:28.65</b>	<b>00:30:52.95</b>	+00:13:16 (43.6%)	6:05	9.8 (56.3%)
207	<b>CISZEWSKI Paweł</b>	<b>485</b>		M20	45	00:00:40	<b>00:30:30.05</b>	<b>00:31:10.10</b>	+00:13:18 (43.6%)	6:06	9.8 (56.3%)
208	<b>CHODENIONEK Robert</b>	<b>500</b>		M30	84	00:00:58	<b>00:30:36.40</b>	<b>00:31:34.55</b>	+00:13:24 (43.8%)	6:07	9.8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
209	<b>ZDUNKIEWICZ Marcin</b>	<b>276</b>		M30	85	00:01:07	<b>00:30:38.30</b>	<b>00:31:45.35</b>	+00:13:26 (43.9%)	6:07	9.8 (56.3%)
210	<b>BĄCZKOWSKI Andrzej</b>	<b>440</b>	ABREN	M60	5	00:00:15	<b>00:30:44.85</b>	<b>00:31:00.00</b>	+00:13:33 (44.1%)	6:09	9.8 (56.3%)
211	<b>IGNATOWICZ Michał</b>	<b>476</b>		M30	86	00:00:42	<b>00:30:47.55</b>	<b>00:31:30.00</b>	+00:13:35 (44.2%)	6:09	9.7 (55.7%)
212	<b>KLARKOWSKI Rafał</b>	<b>210</b>		M30	87	00:00:55	<b>00:30:51.05</b>	<b>00:31:46.65</b>	+00:13:39 (44.3%)	6:10	9.7 (55.7%)
213	<b>MIKULSKI Krzysztof</b>	<b>245</b>		M20	46	00:00:47	<b>00:30:52.55</b>	<b>00:31:40.40</b>	+00:13:40 (44.3%)	6:10	9.7 (55.7%)
214	<b>GRZĘBOWSKI Andreo</b>	<b>266</b>	BIURO PODRÓŻNIKÓW FLUGO	M40	40	00:00:23	<b>00:30:54.10</b>	<b>00:31:17.90</b>	+00:13:42 (44.4%)	6:10	9.7 (55.7%)
215	<b>BUKOWSKI Rafał</b>	<b>406</b>		M40	41	00:00:28	<b>00:30:54.60</b>	<b>00:31:23.30</b>	+00:13:42 (44.4%)	6:11	9.7 (55.7%)
216	<b>KAWALERSKI Krzysztof</b>	<b>215</b>	N BIKE ACADEMY	M40	42	00:00:26	<b>00:30:57.55</b>	<b>00:31:23.55</b>	+00:13:45 (44.5%)	6:11	9.7 (55.7%)
217	<b>KULA Karol</b>	<b>344</b>		M30	88	00:00:24	<b>00:30:57.75</b>	<b>00:31:22.50</b>	+00:13:45 (44.5%)	6:11	9.7 (55.7%)
218	<b>WYPYCH Witold</b>	<b>574</b>		M50	19	00:00:23	<b>00:30:58.80</b>	<b>00:31:22.00</b>	+00:13:47 (44.5%)	6:11	9.7 (55.7%)
219	<b>JĘDRZEJEWSKI Karol</b>	<b>512</b>		M20	47	00:00:50	<b>00:31:03.45</b>	<b>00:31:53.85</b>	+00:13:51 (44.6%)	6:12	9.7 (55.7%)
220	<b>ŚWIERCZYŃSKI Michał</b>	<b>478</b>	CROSS TEAM BYDGOSZCZ	M30	89	00:00:56	<b>00:31:23.80</b>	<b>00:32:20.05</b>	+00:14:12 (45.2%)	6:16	9.6 (55.2%)
221	<b>ROMPAŁSKI Karol</b>	<b>353</b>		M20	48	00:00:36	<b>00:31:40.35</b>	<b>00:32:16.40</b>	+00:14:28 (45.7%)	6:20	9.5 (54.6%)
222	<b>NAGÓREK Arnold</b>	<b>457</b>		M20	49	00:00:16	<b>00:31:59.30</b>	<b>00:32:15.30</b>	+00:14:47 (46.2%)	6:23	9.4 (54.0%)
223	<b>KEMPA Arkadiusz</b>	<b>283</b>	RUN BYDGOSZCZ	M40	43	00:00:32	<b>00:32:09.85</b>	<b>00:32:42.20</b>	+00:14:58 (46.5%)	6:26	9.3 (53.4%)
224	<b>KONIEC Piotr</b>	<b>507</b>	BLACKSTARMTB	M40	44	00:01:09	<b>00:32:10.15</b>	<b>00:33:19.60</b>	+00:14:58 (46.5%)	6:26	9.3 (53.4%)
225	<b>KĄTNY Przemysław</b>	<b>202</b>		M30	90	00:01:02	<b>00:32:37.50</b>	<b>00:33:40.05</b>	+00:15:25 (47.3%)	6:31	9.2 (52.9%)
226	<b>MIKOŁAJCZYK Jan</b>	<b>238</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	11	00:01:06	<b>00:32:45.65</b>	<b>00:33:52.40</b>	+00:15:33 (47.5%)	6:33	9.2 (52.9%)
227	<b>BANAT Jędrzej</b>	<b>162</b>		M09	1	00:01:01	<b>00:32:46.05</b>	<b>00:33:47.65</b>	+00:15:34 (47.5%)	6:33	9.2 (52.9%)
228	<b>KRAUSE Igor</b>	<b>326</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	12	00:01:06	<b>00:32:46.35</b>	<b>00:33:53.30</b>	+00:15:34 (47.5%)	6:33	9.2 (52.9%)
229	<b>MIKOŁAJCZYK Arkadiusz</b>	<b>239</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	45	00:01:08	<b>00:32:47.30</b>	<b>00:33:55.30</b>	+00:15:35 (47.6%)	6:33	9.2 (52.9%)
230	<b>BRZOZOWSKI Krzysztof</b>	<b>199</b>		M30	91	00:00:59	<b>00:32:48.90</b>	<b>00:33:48.60</b>	+00:15:37 (47.6%)	6:33	9.1 (52.3%)
231	<b>DĄBROWSKI Kamil</b>	<b>384</b>		M30	92	00:01:02	<b>00:32:51.95</b>	<b>00:33:54.60</b>	+00:15:40 (47.7%)	6:34	9.1 (52.3%)
232	<b>NITZ Łukasz</b>	<b>36</b>		M30	93	00:00:59	<b>00:32:55.15</b>	<b>00:33:54.55</b>	+00:15:43 (47.8%)	6:35	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
233	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%)
234	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%)
235	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%)
236	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%)
237	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%)
238	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%)
239	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%)
240	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%)
241	SĄDOWSKI 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%)
242	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%)
243	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%)
244	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%)
245	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%)
246	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%)
247	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%)
248	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%)
249	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%)
250	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%)
250	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%)
252	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%)
253	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%)
254	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%)
255	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%)
256	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
257	<b>GRZEBIEŃ Bartek</b>	<b>439</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M09	2	00:01:07	<b>00:36:44.65</b>	<b>00:37:52.05</b>	+00:19:32 (53.2%)	7:21	8.2 (47.1%)
258	<b>PTASZNIK Jakub</b>	<b>121</b>	GOCHA68	M16	9	00:00:46	<b>00:36:56.45</b>	<b>00:37:43.40</b>	+00:19:44 (53.4%)	7:23	8.1 (46.6%)
259	<b>TULIŃSKI Sławomir</b>	<b>513</b>		M40	51	00:00:47	<b>00:37:10.65</b>	<b>00:37:58.45</b>	+00:19:58 (53.7%)	7:26	8.1 (46.6%)
260	<b>LICHTNEROWICZ Adrian</b>	<b>230</b>		M30	103	00:00:28	<b>00:37:38.60</b>	<b>00:38:06.80</b>	+00:20:26 (54.3%)	7:31	8 (46.0%)
261	<b>GAJEWSKI Piotr</b>	<b>505</b>		M20	55	00:00:36	<b>00:38:15.30</b>	<b>00:38:51.95</b>	+00:21:03 (55.0%)	7:39	7.8 (44.8%)
262	<b>GRZEBIEŃ Marcin</b>	<b>438</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M30	104	00:01:05	<b>00:38:47.50</b>	<b>00:39:53.10</b>	+00:21:35 (55.7%)	7:45	7.7 (44.3%)
263	<b>MIKOŁAJCZAK Mateusz</b>	<b>216</b>		M30	105	00:00:44	<b>00:40:01.45</b>	<b>00:40:46.15</b>	+00:22:49 (57.0%)	8:00	7.5 (43.1%)
264	<b>OKOŃSKI Łukasz</b>	<b>217</b>		M30	106	00:00:44	<b>00:40:02.25</b>	<b>00:40:46.45</b>	+00:22:50 (57.0%)	8:00	7.5 (43.1%)
265	<b>MICHALAK Piotr</b>	<b>413</b>		M40	52	00:00:52	<b>00:40:33.25</b>	<b>00:41:25.90</b>	+00:23:21 (57.6%)	8:06	7.4 (42.5%)
266	<b>TOMCZYK Matthew</b>	<b>269</b>	KZK	M30	107	00:00:42	<b>00:40:45.20</b>	<b>00:41:27.25</b>	+00:23:33 (57.8%)	8:09	7.4 (42.5%)
267	<b>STARZYŃSKI Paweł</b>	<b>503</b>		M20	56	00:00:34	<b>00:40:46.90</b>	<b>00:41:21.75</b>	+00:23:35 (57.8%)	8:09	7.4 (42.5%)
268	<b>BOROWICZ Jarosław</b>	<b>107</b>		M30	108	00:00:54	<b>00:41:01.15</b>	<b>00:41:55.25</b>	+00:23:49 (58.1%)	8:12	7.3 (42.0%)
269	<b>ROTMAŃSKI Piotr</b>	<b>599</b>		M30	109	00:00:44	<b>00:41:45.25</b>	<b>00:42:29.65</b>	+00:24:33 (58.8%)	8:21	7.2 (41.4%)
270	<b>KORPAS Mikołaj</b>	<b>223</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	16	00:00:57	<b>00:42:31.55</b>	<b>00:43:28.90</b>	+00:25:19 (59.6%)	8:30	7.1 (40.8%)
271	<b>PABIJAN Piotr</b>	<b>332</b>	GOCHA68	M10	17	00:00:52	<b>00:42:33.15</b>	<b>00:43:25.70</b>	+00:25:21 (59.6%)	8:30	7.1 (40.8%)
272	<b>CYBUL Adrian</b>	<b>591</b>		M10	18	00:01:11	<b>00:43:02.65</b>	<b>00:44:13.85</b>	+00:25:50 (60.0%)	8:36	7 (40.2%)
273	<b>CYBUL Wojciech</b>	<b>47</b>		M40	53	00:01:11	<b>00:43:04.65</b>	<b>00:44:16.00</b>	+00:25:52 (60.1%)	8:37	7 (40.2%)
274	<b>KIRAGA Andrzej</b>	<b>497</b>		M60	6	00:00:31	<b>00:43:58.60</b>	<b>00:44:30.05</b>	+00:26:46 (60.9%)	8:47	6.8 (39.1%)
275	<b>NOWACKI Rafał</b>	<b>249</b>		M40	54	00:00:37	<b>00:44:29.60</b>	<b>00:45:06.85</b>	+00:27:17 (61.4%)	8:53	6.7 (38.5%)
276	<b>MAŁKOWSKI Jarosław</b>	<b>118</b>		M50	22	00:01:05	<b>00:44:31.20</b>	<b>00:45:36.20</b>	+00:27:19 (61.4%)	8:54	6.7 (38.5%)
277	<b>WŁODKOWSKI Dorian</b>	<b>325</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M09	3	00:00:57	<b>00:45:08.50</b>	<b>00:46:06.00</b>	+00:27:56 (61.9%)	9:01	6.6 (37.9%)
278	<b>GORZYCKI Dariusz</b>	<b>222</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	55	00:01:00	<b>00:45:10.70</b>	<b>00:46:10.90</b>	+00:27:58 (61.9%)	9:02	6.6 (37.9%)
279	<b>SZACHTA Szymon</b>	<b>242</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	19	00:00:57	<b>00:45:11.15</b>	<b>00:46:09.10</b>	+00:27:59 (61.9%)	9:02	6.6 (37.9%)
280	<b>ORZECHOWSKI Waldemar</b>	<b>218</b>		M30	110	00:00:51	<b>00:46:15.20</b>	<b>00:47:07.15</b>	+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
281	<b>DYKS Tadeusz</b>	<b>347</b>		M10	20	00:01:03	<b>00:48:41.15</b>	<b>00:49:44.75</b>	+00:31:29 (64.7%)	9:44	6.2 (35.6%)
282	<b>DYKS Wojciech</b>	<b>346</b>		M10	21	00:01:04	<b>00:48:41.50</b>	<b>00:49:45.65</b>	+00:31:29 (64.7%)	9:44	6.2 (35.6%)
283	<b>CEGIELSKI Maciej</b>	<b>286</b>	SZKARŁATNI TEAM	M40	56	00:00:31	<b>00:49:40.20</b>	<b>00:50:11.95</b>	+00:32:28 (65.4%)	9:56	6 (34.5%)
284	<b>KOWALKOWSKI Łukasz</b>	<b>193</b>		M30	111	00:00:22	<b>00:52:39.35</b>	<b>00:53:01.70</b>	+00:35:27 (67.3%)	10:31	5.7 (32.8%)
285	<b>WYCECH Wojciech</b>	<b>539</b>	GOCHA68	M50	23	00:01:00	<b>00:53:30.80</b>	<b>00:54:31.15</b>	+00:36:19 (67.9%)	10:42	5.6 (32.2%)
286	<b>SZERSZYŃSKI Jacek</b>	<b>400</b>	GOCHA68	M50	24	00:00:59	<b>00:53:31.50</b>	<b>00:54:31.40</b>	+00:36:19 (67.9%)	10:42	5.6 (32.2%)
287	<b>DOMERACKI Damian</b>	<b>290</b>		M30	112	00:00:14					(0.0%)
288	<b>DOLNY Kajetan</b>	<b>586</b>		M10	22	00:00:29					(0.0%)

Znaleziono 288 wynik(ów)