

BIEG INSTALATORA EKO-INSTAL

B4SPORT

Organizator: HVACR.pl Aldona Rybka
Data: 2019-05-19
Miejsce: Bydgoszcz
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KRAMARZ Aleksander	188		M20-29	1	00:36:27.80		3:38	16.5 (100%)
2	BABULA Przemysław	5	GKS PIAST GLIWICE	M20-29	2	00:36:31.15	+00:00:03 (0.2%)	3:39	16.4 (99.4%)
3	MRUK Tomasz	254	CZARNE STOPY	M40-49	1	00:37:27.75	+00:00:59 (2.7%)	3:44	16 (97.0%)
4	LIDZBARSKI Janusz	220		M30-39	1	00:37:39.40	+00:01:11 (3.2%)	3:46	15.9 (96.4%)
5	ABU NAHIA Karim	1	NADAKTYWNI TORUŃ	M20-29	3	00:37:42.10	+00:01:14 (3.3%)	3:46	15.9 (96.4%)
6	KUŹMICZ Dominik	210		M20-29	4	00:37:51.60	+00:01:23 (3.7%)	3:47	15.8 (95.8%)
7	MAĆKOWSKI Maciej	232	UPS BYDGOSZCZ	M30-39	2	00:37:57.20	+00:01:29 (3.9%)	3:47	15.8 (95.8%)
8	JANKOWSKI Karol	401	UKS CZAPLA BIAŁE BŁOTA	M16-19	1	00:38:24.35	+00:01:56 (5.1%)	3:50	15.6 (94.5%)
9	KWIATKOWSKI Sebastian	214	THERMAGEN	M40-49	2	00:38:27.40	+00:01:59 (5.2%)	3:50	15.6 (94.5%)
10	KOŁAKOWSKI Tomasz	159		M30-39	3	00:38:38.60	+00:02:10 (5.6%)	3:51	15.5 (93.9%)
11	MAĆKOWSKI Maciej	231		M30-39	4	00:38:44.75	+00:02:16 (5.9%)	3:52	15.5 (93.9%)
12	DĄBROWSKI Paweł	52		M20-29	5	00:39:03.85	+00:02:36 (6.7%)	3:54	15.4 (93.3%)
13	PAJĄK Bartłomiej	270	SMSKLIMA	M30-39	5	00:39:04.15	+00:02:36 (6.7%)	3:54	15.4 (93.3%)
14	FUZ Marek	74	KABEL TEAM BYDGOSZCZ	M40-49	3	00:39:42.35	+00:03:14 (8.2%)	3:58	15.1 (91.5%)
15	SZENK Marta	347		K30-39	1	00:39:52.00	+00:03:24 (8.5%)	3:59	15.1 (91.5%)
16	WRÓBLEWSKI Tomasz	384	RYCERZE NIEPOKALANEJ	M40-49	4	00:39:57.95	+00:03:30 (8.8%)	3:59	15 (90.9%)
17	RUMIŃSKI Arkadiusz	77	NADAKTYWNI TORUŃ	M20-29	6	00:40:04.25	+00:03:36 (9.0%)	4:00	15 (90.9%)
18	KMITTA Leszek	155	PWIK SP. Z O.O. INOWROCLAW	M30-39	6	00:40:11.95	+00:03:44 (9.3%)	4:01	14.9 (90.3%)
19	LUTOWSKI Wojciech	223	TKKF KOLEJARZ BYDGOSZCZ	M30-39	7	00:40:23.35	+00:03:55 (9.7%)	4:02	14.9 (90.3%)
20	KRAJEWSKI Tomasz	187		M30-39	8	00:40:30.80	+00:04:03 (10.0%)	4:03	14.8 (89.7%)
21	HORODYSKI Piotr	107	TKKF KOLEJARZ BYDGOSZCZ	M30-39	9	00:40:41.60	+00:04:13 (10.4%)	4:04	14.7 (89.1%)
22	RĘBISZ Judyta	305	TL 'POGOŃ' RUDA ŚLĄSKA	K20-29	1	00:40:51.20	+00:04:23 (10.7%)	4:05	14.7 (89.1%)
23	KLIMEK Łukasz	152	H2O TEAM	M30-39	10	00:41:01.70	+00:04:33 (11.1%)	4:06	14.6 (88.5%)
24	KUCHTA Piotr	202	KB PIONIER SZCZECIN	M30-39	11	00:41:13.40	+00:04:45 (11.5%)	4:07	14.6 (88.5%)
25	WESIORA Mariusz	370	BIEGAM BO CHCĘ	M50-59	1	00:41:21.55	+00:04:53 (11.8%)	4:08	14.5 (87.9%)
26	PIEKARSKI Marek	63	BELLA LINE BDG	M40-49	5	00:41:33.30	+00:05:05 (12.3%)	4:09	14.4 (87.3%)
27	GROSKOP Grzegorz	94	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20-29	7	00:41:41.95	+00:05:14 (12.6%)	4:10	14.4 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	STACHOWICZ Wiesław	408	BRZOZA BIEGA	M40-49	6	00:41:42.45	+00:05:14 (12.6%)	4:10	14.4 (87.3%)
29	SZCZĘSNY Piotr	344	NADAKTYWNI TORUŃ	M20-29	8	00:41:54.70	+00:05:26 (13.0%)	4:11	14.3 (86.7%)
30	GOŁATA Wojciech	84	WILCZA WATAHA	M30-39	12	00:41:57.85	+00:05:30 (13.1%)	4:11	14.3 (86.7%)
31	NAGORZYSKI Arkadiusz	260	BIEGAM WSPIERAM MOTYWUJĘ	M30-39	13	00:41:58.90	+00:05:31 (13.1%)	4:11	14.3 (86.7%)
32	LEWANDOWSKI Filip	218		M30-39	14	00:42:00.15	+00:05:32 (13.2%)	4:12	14.3 (86.7%)
33	SARNECKI Michał	316	ATI SYSTEMY ELEKTRONICZNE	M30-39	15	00:42:22.55	+00:05:54 (14.0%)	4:14	14.2 (86.1%)
34	PAWLIK Stanisław	276		M50-59	2	00:42:23.35	+00:05:55 (14.0%)	4:14	14.2 (86.1%)
35	KANNNEBERG Maciej	142	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20-29	9	00:42:44.65	+00:06:16 (14.7%)	4:16	14 (84.8%)
36	PIECHOTA Mariusz	280	WATAHA WAŁCZ	M50-59	3	00:42:45.45	+00:06:17 (14.7%)	4:16	14 (84.8%)
37	GIERSEWSKI Jarosław	78	ZAŁOGA G	M40-49	7	00:43:08.65	+00:06:40 (15.5%)	4:18	13.9 (84.2%)
38	SKORNIA Eliza	326	SBRT RUNNING TEAM	K20-29	2	00:43:14.50	+00:06:46 (15.7%)	4:19	13.9 (84.2%)
39	WŁODARCZYK Wojciech	377	CZARNE STOPY	M50-59	4	00:43:15.75	+00:06:47 (15.7%)	4:19	13.9 (84.2%)
40	MAKOWSKI Sławomir	234	RUN BYDGOSZCZ	M50-59	5	00:43:27.20	+00:06:59 (16.1%)	4:20	13.8 (83.6%)
41	RACZYŃSKI Krzysztof	297	BIEGAJĄCY FILOZOF TEAM	M50-59	6	00:43:54.05	+00:07:26 (16.9%)	4:23	13.7 (83.0%)
42	SZATTEN Dawid	342		M30-39	16	00:44:05.70	+00:07:37 (17.3%)	4:24	13.6 (82.4%)
43	BOŁKA Szymon	19		M30-39	17	00:44:32.35	+00:08:04 (18.1%)	4:27	13.5 (81.8%)
44	SADECKI Karol	315	CB163	M30-39	18	00:44:37.00	+00:08:09 (18.3%)	4:27	13.4 (81.2%)
45	PALIGA Antoni	273	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M50-59	7	00:44:50.20	+00:08:22 (18.7%)	4:29	13.4 (81.2%)
46	GRUSZECZKA Jacek	100	PARKRUN GRUDZIĄDZ	M30-39	19	00:44:55.35	+00:08:27 (18.8%)	4:29	13.4 (81.2%)
47	PALLACH Lech	274	BIEGAMYRAZEM.PL	M30-39	20	00:45:06.80	+00:08:39 (19.2%)	4:30	13.3 (80.6%)
48	RÓŻYCKI Sławomir	312	TKKF KOLEJARZ BYDGOSZCZ	M50-59	8	00:45:21.05	+00:08:53 (19.6%)	4:32	13.2 (80.0%)
49	BARTKOWIAK Rafał	9	ORTIMEDRUNNERSTEAM	M40-49	8	00:45:22.05	+00:08:54 (19.6%)	4:32	13.2 (80.0%)
50	TARCZYŃSKI Łukasz	166	FREAŁY FIT	M30-39	21	00:45:27.60	+00:08:59 (19.8%)	4:32	13.2 (80.0%)
51	GRUBICH Damian	97		M40-49	9	00:45:32.65	+00:09:04 (19.9%)	4:33	13.2 (80.0%)
52	ŁASSA Rafał	227	SBRT RUNNING TEAM BYDGOSZCZ	M20-29	10	00:45:34.85	+00:09:07 (20.0%)	4:33	13.2 (80.0%)
53	JUREK Piotr	130	BBL SZUBIN	M50-59	9	00:45:40.05	+00:09:12 (20.2%)	4:34	13.1 (79.4%)
54	DZIUBANY Sebastian	68	DEATHBYRUN	M30-39	22	00:45:45.35	+00:09:17 (20.3%)	4:34	13.1 (79.4%)
55	ROSÓŁ Jacek	310		M30-39	23	00:45:49.15	+00:09:21 (20.4%)	4:34	13.1 (79.4%)
56	MICHALIK Joanna	248	ARUN	K30-39	2	00:45:56.35	+00:09:28 (20.6%)	4:35	13.1 (79.4%)
57	KLIMCZAK Zbigniew	151	KLIMA-THERM TEAM	M40-49	10	00:45:57.85	+00:09:30 (20.7%)	4:35	13.1 (79.4%)
58	WUJEK Magdalena	385		K30-39	3	00:46:04.20	+00:09:36 (20.9%)	4:36	13 (78.8%)
59	ŚLEFARSKI Marcin	356		M30-39	24	00:46:10.80	+00:09:43 (21.0%)	4:37	13 (78.8%)
60	CHOJNACKI Andrzej	34	ATI SYSTEMY ELEKTRONICZNE	M40-49	11	00:46:16.10	+00:09:48 (21.2%)	4:37	13 (78.8%)
61	TRZCIŃSKI Artur	361	DRUŻYNA SZPIKU	M40-49	12	00:46:17.60	+00:09:49 (21.2%)	4:37	13 (78.8%)
62	KUTOWSKI Przemysław	209		M40-49	13	00:46:19.20	+00:09:51 (21.3%)	4:38	12.9 (78.2%)
63	WOŹNIAKOWSKA Agata	407	BYDGOSKIE OKONIE	K30-39	4	00:46:21.85	+00:09:54 (21.4%)	4:38	12.9 (78.2%)
64	PALACZ Wioletta	271		K40-49	1	00:46:25.05	+00:09:57 (21.4%)	4:38	12.9 (78.2%)
65	WOŹNIAK Adam	381	SBRT BYDGOSZCZ	M40-49	14	00:46:31.85	+00:10:04 (21.6%)	4:39	12.9 (78.2%)
66	GOŁĘBIEWSKI Piotr	85		M40-49	15	00:46:36.30	+00:10:08 (21.8%)	4:39	12.9 (78.2%)
67	KACZOROWSKI Rafał	404		M20-29	11	00:46:42.25	+00:10:14 (21.9%)	4:40	12.8 (77.6%)
68	JELEŃIEWSKI Wojciech	124	HAWO SYSTEM	M30-39	25	00:46:45.20	+00:10:17 (22.0%)	4:40	12.8 (77.6%)
69	KWARTA Przemysław	212	SYSTHERM SPORT TEAM	M50-59	10	00:46:46.40	+00:10:18 (22.0%)	4:40	12.8 (77.6%)
70	SŁOMKA Maciej	328	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30-39	26	00:46:48.05	+00:10:20 (22.1%)	4:40	12.8 (77.6%)
71	JASIŃSKI Daniel	119	NIGHT RUNERS WRZEŚNIA	M30-39	27	00:46:53.10	+00:10:25 (22.2%)	4:41	12.8 (77.6%)

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72	KAMIŃSKI Łukasz	167	WATAHA BYDGOSZCZ	M30-39	28	00:46:55.70	+00:10:27 (22.3%)	4:41	12.8 (77.6%)
73	CZAJKOWSKA Sylwia	39	ŻÓŁTOKRÓLEWSCY	K40-49	2	00:46:57.65	+00:10:29 (22.4%)	4:41	12.8 (77.6%)
74	DESSELBERGER Andrzej	56	ENERGY TRI WŁOCLAWEK	M50-59	11	00:46:59.55	+00:10:31 (22.4%)	4:42	12.8 (77.6%)
75	STAŃCZYK Martyna	334		K20-29	3	00:47:09.55	+00:10:41 (22.7%)	4:42	12.7 (77.0%)
76	MARKOWICZ Robert	241		M40-49	16	00:47:15.90	+00:10:48 (22.9%)	4:43	12.7 (77.0%)
77	DĄBROWSKI Mariusz	53	THERMAGEN	M40-49	17	00:47:16.05	+00:10:48 (22.9%)	4:43	12.7 (77.0%)
78	WNUCZYŃSKI Andrzej	379	ORANGE POLSKA	M40-49	18	00:47:17.60	+00:10:49 (22.9%)	4:43	12.7 (77.0%)
79	BUZALSKI Robert	30	ORANGE POLSKA	M40-49	19	00:47:18.35	+00:10:50 (22.9%)	4:43	12.7 (77.0%)
80	JASIŃSKI Artur	118	BBL SZUBIN	M40-49	20	00:47:21.15	+00:10:53 (23.0%)	4:44	12.7 (77.0%)
81	KADOW Ryszard	135	TRISPACE / #B3K / ŻÓŁTOKRÓLEWSCY	M40-49	21	00:47:26.40	+00:10:58 (23.1%)	4:44	12.6 (76.4%)
82	WŁOCH Sylwester	376	1963	M50-59	12	00:47:41.50	+00:11:13 (23.5%)	4:46	12.6 (76.4%)
83	JAROCH-LIDZBARSKA Magdalena	116	AMBITIOUS RUNNERS TEAM/MOTYWATORNIA TEAM	K30-39	5	00:47:44.05	+00:11:16 (23.6%)	4:46	12.6 (76.4%)
84	NIEDBALSKI Grzegorz	263	RUN BYDGOSZCZ	M60+	1	00:47:50.55	+00:11:22 (23.8%)	4:47	12.5 (75.8%)
85	GMAJ Daniel	80	ALNOR	M30-39	29	00:48:14.85	+00:11:47 (24.4%)	4:49	12.4 (75.2%)
86	ROMEL Michał	308		M30-39	30	00:48:19.95	+00:11:52 (24.6%)	4:50	12.4 (75.2%)
87	SZATKOWSKI Józef	341	MORSY Z GRUDZIĄDZA	M60+	2	00:48:24.10	+00:11:56 (24.7%)	4:50	12.4 (75.2%)
88	MAZUR Michał	246		M20-29	12	00:48:25.40	+00:11:57 (24.7%)	4:50	12.4 (75.2%)
89	PEPLIŃSKI Grzegorz	277	LKS ZANTYR SZTUM	M40-49	22	00:48:27.20	+00:11:59 (24.7%)	4:50	12.4 (75.2%)
90	REPCZYŃSKI Tomek	304	TRISPACE	M20-29	13	00:48:35.90	+00:12:08 (25.0%)	4:51	12.3 (74.5%)
91	SIUDAK Daniel	171	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M30-39	31	00:48:37.30	+00:12:09 (25.0%)	4:51	12.3 (74.5%)
92	MIERZWA Damian	252	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30-39	32	00:48:41.85	+00:12:14 (25.1%)	4:52	12.3 (74.5%)
93	GŁOGOWSKI Mateusz	79		M30-39	33	00:48:52.50	+00:12:24 (25.4%)	4:53	12.3 (74.5%)
94	KŁACZYŃSKI Mariusz	154	#BIEGACZE	M40-49	23	00:48:55.30	+00:12:27 (25.5%)	4:53	12.3 (74.5%)
95	LUZAK Magdalena	224	REEBOKRUNCREW BYDGOSZCZ	K20-29	4	00:49:11.70	+00:12:43 (25.9%)	4:55	12.2 (73.9%)
95	PIOTROWSKI Szymon	283	ALNOR	M20-29	14	00:49:11.70	+00:12:43 (25.9%)	4:55	12.2 (73.9%)
97	PIOTROWSKA Katarzyna	282		K20-29	5	00:49:12.85	+00:12:45 (25.9%)	4:55	12.2 (73.9%)
98	KWIATKOWSKI Michał	213		M30-39	34	00:49:14.95	+00:12:47 (26.0%)	4:55	12.2 (73.9%)
99	GZYL Mikołaj	104	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30-39	35	00:49:15.45	+00:12:47 (26.0%)	4:55	12.2 (73.9%)
100	BIEL Marek	14	1% DLA DARIII BIEL / ŻÓŁTOKRÓLEWSCY	M40-49	24	00:49:27.00	+00:12:59 (26.3%)	4:56	12.1 (73.3%)
101	ANDRZEJEWSKA Sylwia	2		K30-39	6	00:49:28.80	+00:13:01 (26.3%)	4:56	12.1 (73.3%)
102	GRZELCZAK Marta	102	PERSON MARTA GRZELCZAK	K30-39	7	00:49:33.45	+00:13:05 (26.4%)	4:57	12.1 (73.3%)
103	MICKIEWICZ Jan	250	GRUDZIĄDZ BIEGA	M60+	3	00:49:37.85	+00:13:10 (26.5%)	4:57	12.1 (73.3%)
104	WRÓŃSKI Jakub	383	KOTŁOSPRAW	M20-29	15	00:49:38.95	+00:13:11 (26.6%)	4:57	12.1 (73.3%)
105	WOJCIECHOWSKI Grzegorz	380	ATOS BYDGOSZCZ	M20-29	16	00:49:41.55	+00:13:13 (26.6%)	4:58	12.1 (73.3%)
106	DOMAN Janusz	60	UKS SZABLA BRZOZA	M60+	4	00:49:46.10	+00:13:18 (26.7%)	4:58	12.1 (73.3%)
107	DYBOWSKI Dominik	67	PUA	M20-29	17	00:49:47.00	+00:13:19 (26.8%)	4:58	12.1 (73.3%)
108	DRÓŹDŹ Andrzej	64	KLIMA-THERM TEAM	M20-29	18	00:49:48.85	+00:13:21 (26.8%)	4:58	12 (72.7%)
109	RADKA Michał	298	KLIMOR TEAM	M30-39	36	00:49:51.45	+00:13:23 (26.9%)	4:59	12 (72.7%)
110	ROZWADOWSKI Oskar	311	KLIMAT SOLEC	M20-29	19	00:49:52.15	+00:13:24 (26.9%)	4:59	12 (72.7%)
111	DRÓBKA Sylwester	62		M40-49	25	00:49:53.75	+00:13:25 (26.9%)	4:59	12 (72.7%)
112	ŻUBEREK Piotr	400		M40-49	26	00:49:54.50	+00:13:26 (26.9%)	4:59	12 (72.7%)
113	PŁACZKIEWICZ Robert	286	SOL3 SQUADRUN / PB SLA	M30-39	37	00:49:54.70	+00:13:26 (26.9%)	4:59	12 (72.7%)
114	ZIELIŃSKA Marta	395		K30-39	8	00:50:04.00	+00:13:36 (27.2%)	5:00	12 (72.7%)
115	WŁADYKA Paweł	375	KLIMOR TEAM	M30-39	38	00:50:09.60	+00:13:41 (27.3%)	5:01	12 (72.7%)

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116	KUCHCZYŃSKI Adam	201	BÓL TO ŚCIEMA	M50-59	13	00:50:16.25	+00:13:48 (27.5%)	5:01	11.9 (72.1%)
117	ZARECKI Piotr	391	PAŁUKI RUNNING TEAM	M30-39	39	00:50:25.35	+00:13:57 (27.7%)	5:02	11.9 (72.1%)
118	HERNET Kuba	106		M20-29	20	00:50:28.25	+00:14:00 (27.8%)	5:02	11.9 (72.1%)
119	PAWEŁ MARCZYŃSKI Marshall	275		M30-39	40	00:50:28.90	+00:14:01 (27.8%)	5:02	11.9 (72.1%)
120	SZULC Edmund	352		M50-59	14	00:50:35.80	+00:14:08 (27.9%)	5:03	11.9 (72.1%)
121	ŁOBOCKI Krzysztof	228	TKKF KOLEJARZ BYDGOSZCZ	M30-39	41	00:50:37.50	+00:14:09 (28.0%)	5:03	11.8 (71.5%)
122	DUDKOWIAK Michał	65	RANDOM DRINKERS TEAM	M30-39	42	00:50:37.65	+00:14:09 (28.0%)	5:03	11.8 (71.5%)
123	SMEJA Ewa	173	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	K20-29	6	00:50:44.40	+00:14:16 (28.1%)	5:04	11.8 (71.5%)
124	KOWALIK Waldemar	165		M40-49	27	00:50:46.70	+00:14:18 (28.2%)	5:04	11.8 (71.5%)
125	ROGALSKI Maciej	307		M30-39	43	00:50:56.95	+00:14:29 (28.4%)	5:05	11.8 (71.5%)
126	KOŁACZ Artur	158	ALNOR	M30-39	44	00:50:57.95	+00:14:30 (28.5%)	5:05	11.8 (71.5%)
127	WIECZOREK Kamila	373	ALNOR	K20-29	7	00:50:58.25	+00:14:30 (28.5%)	5:05	11.8 (71.5%)
128	RAK Waldemar	299		M40-49	28	00:51:05.70	+00:14:37 (28.6%)	5:06	11.7 (70.9%)
129	CHMARA Rafał	32		M40-49	29	00:51:08.85	+00:14:41 (28.7%)	5:06	11.7 (70.9%)
130	MATUSZEWSKI Jarosław	244	ZWIK CHEŁMNO	M50-59	15	00:51:10.30	+00:14:42 (28.7%)	5:07	11.7 (70.9%)
131	GOŁĘBIEWSKI Krzysztof	86	JUST 5	M30-39	45	00:51:12.35	+00:14:44 (28.8%)	5:07	11.7 (70.9%)
132	BISKUPSKI Cezary	406	TRISPACE	M30-39	46	00:51:16.90	+00:14:49 (28.9%)	5:07	11.7 (70.9%)
133	STASZKIEWICZ Lucyna	335	STASHKYTEAM	K50-59	1	00:51:19.55	+00:14:51 (29.0%)	5:08	11.7 (70.9%)
134	BRUDEREK Damian	24		M30-39	47	00:51:20.70	+00:14:52 (29.0%)	5:08	11.7 (70.9%)
135	PIOTROWSKI Przemysław	284		M40-49	30	00:51:20.80	+00:14:53 (29.0%)	5:08	11.7 (70.9%)
136	PRZYBYSZ Kamil	294		M20-29	21	00:51:24.60	+00:14:56 (29.1%)	5:08	11.7 (70.9%)
137	CIESIELSKI Damian	35	SBRT	M40-49	31	00:51:26.75	+00:14:58 (29.1%)	5:08	11.7 (70.9%)
138	GORGOL Tomasz	89	LP500	M40-49	32	00:51:37.90	+00:15:10 (29.4%)	5:09	11.6 (70.3%)
139	LANGE Monika	215		K40-49	3	00:51:44.90	+00:15:17 (29.5%)	5:10	11.6 (70.3%)
140	LUZAK Mirosław	225	MWIK BYDGOSZCZ	M50-59	16	00:51:46.15	+00:15:18 (29.6%)	5:10	11.6 (70.3%)
141	GRZONKA Krzysztof	103	KLIMA-THERM TEAM	M40-49	33	00:51:49.60	+00:15:21 (29.6%)	5:11	11.6 (70.3%)
142	TYMCZEWSKA Alicja	362	TYMGAZ	K20-29	8	00:52:02.05	+00:15:34 (29.9%)	5:12	11.5 (69.7%)
143	TYMCZEWSKI Maciej	363	TYMGAZ	M40-49	34	00:52:02.20	+00:15:34 (29.9%)	5:12	11.5 (69.7%)
144	SZMELTER Michał	349		M40-49	35	00:52:07.00	+00:15:39 (30.0%)	5:12	11.5 (69.7%)
145	ZYGMUNT Robert	399		M40-49	36	00:52:14.90	+00:15:47 (30.2%)	5:13	11.5 (69.7%)
146	ZABOROWSKA Beata	389	BIEGAM BO LUBIĘ	K40-49	4	00:52:17.20	+00:15:49 (30.3%)	5:13	11.5 (69.7%)
147	KUJAWA Przemysław	203		M30-39	48	00:52:20.15	+00:15:52 (30.3%)	5:14	11.5 (69.7%)
148	KOWALCZYK Tomasz	164	ZP SERWIS	M40-49	37	00:52:20.30	+00:15:52 (30.3%)	5:14	11.5 (69.7%)
149	URBAŃSKI Tomek	365		M40-49	38	00:52:25.90	+00:15:58 (30.5%)	5:14	11.4 (69.1%)
150	WĄSIK Łukasz	369	ATI SYSTEMY ELEKTRONICZNE	M20-29	22	00:52:26.85	+00:15:59 (30.5%)	5:14	11.4 (69.1%)
151	BUTRYM Piotr	29		M30-39	49	00:52:31.85	+00:16:04 (30.6%)	5:15	11.4 (69.1%)
152	KAMIŃSKI Ryszard	138	HYDRO-MET ROGOWO	M30-39	50	00:52:35.10	+00:16:07 (30.7%)	5:15	11.4 (69.1%)
153	SZEWCZYK Małgorzata	348	KLIMOR TEAM	K30-39	9	00:52:41.05	+00:16:13 (30.8%)	5:16	11.4 (69.1%)
154	LWOWSKI Zbigniew	226		M40-49	39	00:52:44.05	+00:16:16 (30.9%)	5:16	11.4 (69.1%)
155	CZOŁGOSZEWSKI Krzysztof	44	PWIK SP. Z O.O. INOWROCLAW	M40-49	40	00:52:44.45	+00:16:16 (30.9%)	5:16	11.4 (69.1%)
156	JENERALSKI Maciej	125	VSTEAM	M40-49	41	00:52:52.45	+00:16:24 (31.0%)	5:17	11.3 (68.5%)
157	GODZIUK Roman	81		M50-59	17	00:52:53.50	+00:16:25 (31.1%)	5:17	11.3 (68.5%)
158	STARCZEWSKI Szymon	177	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M30-39	51	00:53:00.55	+00:16:32 (31.2%)	5:18	11.3 (68.5%)
159	LIBERACKA Agnieszka	219		K20-29	9	00:53:01.75	+00:16:33 (31.2%)	5:18	11.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
160	KARÓLEWSKI Krzysztof	143	PWIK SP. Z O.O. INOWROCLAW	M30-39	52	00:53:05.90	+00:16:38 (31.3%)	5:18	11.3 (68.5%)
161	GORBASZEWICZ Lukasz	88		M30-39	53	00:53:10.70	+00:16:42 (31.4%)	5:19	11.3 (68.5%)
162	CZAJA Jarosław	38		M40-49	42	00:53:15.70	+00:16:47 (31.5%)	5:19	11.3 (68.5%)
163	JANIK Roman	113	KWIDZYN BIEGA	M60+	5	00:53:16.35	+00:16:48 (31.6%)	5:19	11.3 (68.5%)
164	KAMPER Jarosław	139	BÓL TO ŚCIEMA	M40-49	43	00:53:23.70	+00:16:55 (31.7%)	5:20	11.2 (67.9%)
165	KRUPIŃSKA Izabela	192	H2O TEAM	K30-39	10	00:53:24.90	+00:16:57 (31.7%)	5:20	11.2 (67.9%)
166	KRAŚNY Arkadiusz	189	PAKOŚĆ BIEGA	M40-49	44	00:53:25.50	+00:16:57 (31.7%)	5:20	11.2 (67.9%)
167	SIUDA Marek	324	KLINIKA TRIATHLONU	M40-49	45	00:53:26.95	+00:16:59 (31.8%)	5:20	11.2 (67.9%)
168	MATYSIAK Damian	245	VELUX	M30-39	54	00:53:33.75	+00:17:05 (31.9%)	5:21	11.2 (67.9%)
169	LEWANDOWSKA Marlena	174	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	K30-39	11	00:53:36.50	+00:17:08 (32.0%)	5:21	11.2 (67.9%)
170	NAWROCKI Dariusz	262	VAUPE TEAM	M50-59	18	00:53:41.70	+00:17:13 (32.1%)	5:22	11.2 (67.9%)
171	GAŚIOREK Tomasz	409	BRZOZA BIEGA	M50-59	19	00:53:47.00	+00:17:19 (32.2%)	5:22	11.2 (67.9%)
172	BIAŁOBLÓCKI Marek	12	KB LECH RYPIN	M30-39	55	00:53:52.85	+00:17:25 (32.3%)	5:23	11.1 (67.3%)
173	PACEK Mirosław	268		M50-59	20	00:53:57.10	+00:17:29 (32.4%)	5:23	11.1 (67.3%)
174	KOLANOWSKA Grażyna	157		K50-59	2	00:53:57.15	+00:17:29 (32.4%)	5:23	11.1 (67.3%)
175	POTRZEBOWSKA Agata	290	DEAF I #B3K	K30-39	12	00:53:58.05	+00:17:30 (32.4%)	5:23	11.1 (67.3%)
176	ARDASIŃSKI Łukasz	179	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M30-39	56	00:53:58.85	+00:17:31 (32.5%)	5:23	11.1 (67.3%)
177	KOPACZ Hanka	160	BIEGAM. PO SWOJEMU.	K40-49	5	00:54:07.50	+00:17:39 (32.6%)	5:24	11.1 (67.3%)
178	SOKOŁOWSKI Karol	331	SBRT	M30-39	57	00:54:08.90	+00:17:41 (32.7%)	5:24	11.1 (67.3%)
179	ZIELIŃSKI Krzysztof	396		M40-49	46	00:54:09.35	+00:17:41 (32.7%)	5:25	11.1 (67.3%)
180	WALENTYNOWICZ Aneta	366	LOTOS RUNNING TEAM/ PRUSZCZ BIEGA	K40-49	6	00:54:22.80	+00:17:55 (32.9%)	5:26	11 (66.7%)
181	JESKE Marek	126	RUN BYDGOSZCZ	M40-49	47	00:54:29.30	+00:18:01 (33.1%)	5:26	11 (66.7%)
182	CZELEŃ Łukasz	43		M30-39	58	00:54:30.00	+00:18:02 (33.1%)	5:27	11 (66.7%)
183	GRUDA Mirosław	98		M60+	6	00:54:30.65	+00:18:02 (33.1%)	5:27	11 (66.7%)
184	ANDRZEJEWSKI Ryszard	3	ŻÓŁTOKRÓLEWSCY	M60+	7	00:54:32.40	+00:18:04 (33.1%)	5:27	11 (66.7%)
185	SZRAJDA Monika	350	WATAHA	K40-49	7	00:54:35.15	+00:18:07 (33.2%)	5:27	11 (66.7%)
186	KOZIOŁ Łukasz	185		M20-29	23	00:54:35.45	+00:18:07 (33.2%)	5:27	11 (66.7%)
187	BIENKOWSKI Tomasz	15	THERMAGEN	M30-39	59	00:54:38.40	+00:18:10 (33.3%)	5:27	11 (66.7%)
188	SIWIŃSKA Elżbieta	325	BBL INOWROCLAW	K60+	1	00:54:40.30	+00:18:12 (33.3%)	5:28	11 (66.7%)
189	MADEJ Adam	233		M20-29	24	00:54:45.50	+00:18:17 (33.4%)	5:28	11 (66.7%)
190	BUCZKOWSKI Wojciech	26	RUN PASJA	M50-59	21	00:54:46.70	+00:18:18 (33.4%)	5:28	11 (66.7%)
191	WINIECKA Dorota	374	SARENKA ROJEWO	K40-49	8	00:54:47.70	+00:18:19 (33.5%)	5:28	10.9 (66.1%)
191	STOŻEK Szymon	337	ZWIK CHEŁMNO	M20-29	25	00:54:47.70	+00:18:19 (33.5%)	5:28	10.9 (66.1%)
193	WASTOWSKI Dawid	367		M20-29	26	00:54:54.00	+00:18:26 (33.6%)	5:29	10.9 (66.1%)
194	JAMRÓZ Krystian	111		M30-39	60	00:55:02.75	+00:18:34 (33.8%)	5:30	10.9 (66.1%)
195	KLAWIKOWSKI Dawid	149	TKKF KOLEJARZ BYDGOSZCZ	M30-39	61	00:55:18.10	+00:18:50 (34.1%)	5:31	10.8 (65.5%)
196	KLAWIKOWSKA Julita	148	TKKF KOLEJARZ BYDGOSZCZ	K30-39	13	00:55:18.75	+00:18:50 (34.1%)	5:31	10.8 (65.5%)
197	KURZAWIŃSKA-JABŁOŃSKA Kasia	208	CZARNE BIEGA	K40-49	9	00:55:20.70	+00:18:52 (34.1%)	5:32	10.8 (65.5%)
198	GROCHOWSKI Jakub	93	JW1515	M30-39	62	00:55:32.45	+00:19:04 (34.3%)	5:33	10.8 (65.5%)
199	SZCZUKOCKI Marcin	345		M20-29	27	00:55:34.20	+00:19:06 (34.4%)	5:33	10.8 (65.5%)
200	KREMEZ Oleh	190	KLIMOR TEAM	M20-29	28	00:55:39.10	+00:19:11 (34.5%)	5:33	10.8 (65.5%)
201	MUĆKO Bartek	256	ZSH BYDGOSZCZ	M16-19	2	00:55:41.50	+00:19:13 (34.5%)	5:34	10.8 (65.5%)
202	GONCERZ Katarzyna	87	ANANASY	K30-39	14	00:55:41.75	+00:19:13 (34.5%)	5:34	10.8 (65.5%)
203	KRUPIŃSKI Rafał	193	KLIMOR TEAM	M20-29	29	00:55:43.55	+00:19:15 (34.6%)	5:34	10.8 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
204	OKUŁA Zbigniew	266	SYSTHERM SPORT TEAM	M40-49	48	00:55:44.90	+00:19:17 (34.6%)	5:34	10.8 (65.5%)
205	BORUCKI Rafał	23	ALFACO RUNNING TEAM	M40-49	49	00:55:48.90	+00:19:21 (34.7%)	5:34	10.7 (64.8%)
206	POLC Jan	289	ALFACO RUNNING TEAM	M30-39	63	00:55:49.65	+00:19:21 (34.7%)	5:35	10.7 (64.8%)
207	KAZIMIERUK Mateusz	144	ALNOR	M20-29	30	00:55:51.85	+00:19:24 (34.7%)	5:35	10.7 (64.8%)
208	KLINIKOWSKI Jacek	153	KOCHAM ŻYCIE I...	M50-59	22	00:55:55.35	+00:19:27 (34.8%)	5:35	10.7 (64.8%)
209	MARSZAŁEK Przemysław	242	ALFACO RUNNING TEAM	M30-39	64	00:55:58.20	+00:19:30 (34.9%)	5:35	10.7 (64.8%)
210	RUDOL Magdalena	169		K40-49	10	00:56:01.55	+00:19:33 (34.9%)	5:36	10.7 (64.8%)
211	ZAMIATOWSKA Kinga	390	BELLA LINE BDG	K40-49	11	00:56:01.65	+00:19:33 (34.9%)	5:36	10.7 (64.8%)
212	SIEWERT Hanna	323		K30-39	15	00:56:03.65	+00:19:35 (35.0%)	5:36	10.7 (64.8%)
213	FABIAŃSKI Rafał	69	ULUNG TEAM	M20-29	31	00:56:10.90	+00:19:43 (35.1%)	5:37	10.7 (64.8%)
214	BOROŃ Krzysztof	20	ALNOR	M30-39	65	00:56:11.85	+00:19:44 (35.1%)	5:37	10.7 (64.8%)
215	WOJCIECHOWSKA Emilia	402		K40-49	12	00:56:13.40	+00:19:45 (35.1%)	5:37	10.7 (64.8%)
216	WOJCIECHOWSKI Jarosław	368		M40-49	50	00:56:13.45	+00:19:45 (35.1%)	5:37	10.7 (64.8%)
217	SZEIB Robert	346		M40-49	51	00:56:13.90	+00:19:46 (35.2%)	5:37	10.7 (64.8%)
218	RYJNIK Dariusz	172	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M40-49	52	00:56:13.95	+00:19:46 (35.2%)	5:37	10.7 (64.8%)
219	BRZOZOWSKI Jarosław	25	BRZOZA TRI TEAM	M50-59	23	00:56:19.70	+00:19:51 (35.3%)	5:38	10.7 (64.8%)
220	SKUPSZ Jędrzej Kazimierz	327		M30-39	66	00:56:23.95	+00:19:56 (35.3%)	5:38	10.6 (64.2%)
221	BUCZKOWSKI Krzysztof	27	RUN PASJA	M50-59	24	00:56:25.05	+00:19:57 (35.4%)	5:38	10.6 (64.2%)
222	MATUSZAK Dariusz	243	1 BATALION LOGISTYCZNY / POLONIA BYDGOSZCZ SEKCJA LA	M40-49	53	00:56:26.45	+00:19:58 (35.4%)	5:38	10.6 (64.2%)
223	GMAJ Karolina	181	ALNOR	K30-39	16	00:56:26.85	+00:19:59 (35.4%)	5:38	10.6 (64.2%)
224	TAMAS Krzysztof	358		M50-59	25	00:56:31.65	+00:20:03 (35.5%)	5:39	10.6 (64.2%)
225	MALINOWSKI Tomasz	236		M40-49	54	00:56:32.40	+00:20:04 (35.5%)	5:39	10.6 (64.2%)
226	GRUBA Jacek	96		M50-59	26	00:56:32.60	+00:20:04 (35.5%)	5:39	10.6 (64.2%)
227	GOLCZYT Wiktor	403	HYDRO-MET ROGOWO	M20-29	32	00:56:34.55	+00:20:06 (35.5%)	5:39	10.6 (64.2%)
228	PALIGA Mateusz	272	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20-29	33	00:56:41.15	+00:20:13 (35.7%)	5:40	10.6 (64.2%)
229	ZDROJEWSKI Mirosław	393		M50-59	27	00:56:41.60	+00:20:13 (35.7%)	5:40	10.6 (64.2%)
230	KUKLIŃSKI Rafał	204		M40-49	55	00:56:44.05	+00:20:16 (35.7%)	5:40	10.6 (64.2%)
231	GRYLEWICZ Tomasz	101		M30-39	67	00:56:44.45	+00:20:16 (35.7%)	5:40	10.6 (64.2%)
232	PERLINSKI Damian	279	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30-39	68	00:56:45.85	+00:20:18 (35.8%)	5:40	10.6 (64.2%)
233	FURYK Karol	73	PAKOŚĆ BIEGA	M30-39	69	00:56:46.65	+00:20:18 (35.8%)	5:40	10.6 (64.2%)
234	MURAWSKI Piotr	257		M30-39	70	00:56:47.45	+00:20:19 (35.8%)	5:40	10.6 (64.2%)
235	RYCHŁOWSKI Artur	314	SYSTHERM SPORT TEAM	M30-39	71	00:56:51.80	+00:20:24 (35.9%)	5:41	10.6 (64.2%)
236	JÓSKOWSKI Marcin	128		M40-49	56	00:56:52.00	+00:20:24 (35.9%)	5:41	10.6 (64.2%)
237	GOŁATA Agnieszka	83	WILCZA WATAHA	K30-39	17	00:56:57.50	+00:20:29 (36.0%)	5:41	10.5 (63.6%)
238	KANDER Michał	140		M30-39	72	00:57:03.15	+00:20:35 (36.1%)	5:42	10.5 (63.6%)
239	KOPERSKI Adam	162	HYDRO-MET ROGOWO	M20-29	34	00:57:03.25	+00:20:35 (36.1%)	5:42	10.5 (63.6%)
240	KUROWSKI Wojciech	207	WATAHA	M40-49	57	00:57:08.45	+00:20:40 (36.2%)	5:42	10.5 (63.6%)
241	RUTKOWSKI Rafał	313	KLIMOR TEAM	M40-49	58	00:57:15.90	+00:20:48 (36.3%)	5:43	10.5 (63.6%)
242	SZYMAŃSKI Tomek	354	ZP SERWIS	M30-39	73	00:57:21.60	+00:20:53 (36.4%)	5:44	10.5 (63.6%)
243	GRAJEWSKI Patryk	91	THE RUNNERS ŚWIECIE	M30-39	74	00:57:26.90	+00:20:59 (36.5%)	5:44	10.4 (63.0%)
244	CZYŻEWSKA Justyna	48		K30-39	18	00:57:32.65	+00:21:04 (36.6%)	5:45	10.4 (63.0%)
245	ROMIANOWSKA Agnieszka	309		K40-49	13	00:57:35.00	+00:21:07 (36.7%)	5:45	10.4 (63.0%)
246	STACHOWIAK Andrzej	332		M50-59	28	00:57:40.15	+00:21:12 (36.8%)	5:46	10.4 (63.0%)
247	LEWANDOWSKA Izabela	217		K30-39	19	00:57:44.00	+00:21:16 (36.8%)	5:46	10.4 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
248	KRÓL Karol	191		M40-49	59	00:57:49.65	+00:21:21 (36.9%)	5:46	10.4 (63.0%)
249	BOROWIEC Wioleta	21	BBL SZUBIN	K30-39	20	00:57:51.30	+00:21:23 (37.0%)	5:47	10.4 (63.0%)
250	MARKIEWICZ Mirek	240	INTERACTIVE ENGLISH SCHOOL	M40-49	60	00:57:56.65	+00:21:28 (37.1%)	5:47	10.4 (63.0%)
251	SZYGOWSKI Mariusz	353	H2O TEAM	M50-59	29	00:58:04.10	+00:21:36 (37.2%)	5:48	10.3 (62.4%)
252	SCHULZ Maciej	317	SQUADRA DI AMICI	M40-49	61	00:58:06.40	+00:21:38 (37.2%)	5:48	10.3 (62.4%)
253	GROBELNA Monika	92		K30-39	21	00:58:06.90	+00:21:39 (37.3%)	5:48	10.3 (62.4%)
254	PISANKO Marcin	285	ZP SERWIS	M30-39	75	00:58:08.00	+00:21:40 (37.3%)	5:48	10.3 (62.4%)
255	ZIELIŃSKI Maciej	397		M16-19	3	00:58:24.75	+00:21:56 (37.6%)	5:50	10.3 (62.4%)
256	KWARTA Ilona	211	SYSTHERM SPORT TEAM	K40-49	14	00:58:32.65	+00:22:04 (37.7%)	5:51	10.3 (62.4%)
257	BUTOWSKI Michał	28	SEN O VICTORII	M40-49	62	00:58:38.80	+00:22:11 (37.8%)	5:51	10.2 (61.8%)
258	FRYDRYCH Bartłomiej	72	RODZINAPL	M30-39	76	00:58:40.05	+00:22:12 (37.8%)	5:52	10.2 (61.8%)
259	BOHDZIEWICZ Paweł	18		M40-49	63	00:58:42.35	+00:22:14 (37.9%)	5:52	10.2 (61.8%)
260	CZAJKOWSKI Maciej	40	ATI SYSTEMY ELEKTRONICZNE	M40-49	64	00:58:44.95	+00:22:17 (37.9%)	5:52	10.2 (61.8%)
261	BIEGAŁA Agnieszka	13	TEAM RENEGAT	K30-39	22	00:58:51.55	+00:22:23 (38.0%)	5:53	10.2 (61.8%)
262	KOZACZYK Joanna	182	BBL INOWROCŁAW	K40-49	15	00:58:52.15	+00:22:24 (38.1%)	5:53	10.2 (61.8%)
263	WYPORKIEWICZ Jerzy	387	KLINIKA TRIATHLONU	M50-59	30	00:58:52.40	+00:22:24 (38.1%)	5:53	10.2 (61.8%)
264	SULIŃSKI Michał	175	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M30-39	77	00:58:52.65	+00:22:24 (38.1%)	5:53	10.2 (61.8%)
265	ŁUKASIEWICZ Krzysztof	230		M40-49	65	00:59:05.65	+00:22:37 (38.3%)	5:54	10.2 (61.8%)
266	PYDYN Regina	296		K50-59	3	00:59:08.15	+00:22:40 (38.3%)	5:54	10.1 (61.2%)
267	MIECZKOWSKI Artur	251		M30-39	78	00:59:16.00	+00:22:48 (38.5%)	5:55	10.1 (61.2%)
268	KOPERSKI Piotr	161	HYDRO-MET ROGOWO	M20-29	35	00:59:17.10	+00:22:49 (38.5%)	5:55	10.1 (61.2%)
269	KOZAK Angelika	183	HYDRO-MET ROGOWO	K20-29	10	00:59:18.00	+00:22:50 (38.5%)	5:55	10.1 (61.2%)
270	ZGÓRSKI Maciej	394	WKURW TEAM BYDGOSZCZ	M40-49	66	00:59:28.90	+00:23:01 (38.7%)	5:56	10.1 (61.2%)
271	ŁUCZAK Anna	229	PAKOŚĆ BIEGA	K30-39	23	00:59:33.50	+00:23:05 (38.8%)	5:57	10.1 (61.2%)
272	MAŁANIN Dorota	237		K40-49	16	00:59:35.00	+00:23:07 (38.8%)	5:57	10.1 (61.2%)
273	PIECHOTA Elżbieta	281	WATAHA WAŁCZ	K50-59	4	00:59:39.30	+00:23:11 (38.9%)	5:57	10.1 (61.2%)
274	GOLATTA Magdalena	82		K30-39	24	00:59:40.35	+00:23:12 (38.9%)	5:58	10.1 (61.2%)
275	FERENS Paweł	70		M40-49	67	00:59:48.60	+00:23:20 (39.0%)	5:58	10 (60.6%)
276	BARTCZAK Tomasz	8		M50-59	31	00:59:52.85	+00:23:25 (39.1%)	5:59	10 (60.6%)
277	JULLY Arkadiusz	129		M40-49	68	01:00:05.60	+00:23:37 (39.3%)	6:00	10 (60.6%)
278	GATNER Adam Marek	75	LUKS SEROCK	M60+	8	01:00:18.35	+00:23:50 (39.5%)	6:01	9.9 (60.0%)
279	KRUSZYNA Adam	194		M50-59	32	01:00:24.70	+00:23:56 (39.6%)	6:02	9.9 (60.0%)
280	SOBOLEWSKA Aleksandra	330	REEBOKRUNCREW BYDGOSZCZ	K20-29	11	01:00:27.70	+00:23:59 (39.7%)	6:02	9.9 (60.0%)
281	WŁODARCZYK Olga	378	#ZBUTAWŚWIAT	K20-29	12	01:00:29.10	+00:24:01 (39.7%)	6:02	9.9 (60.0%)
282	SZATKOWSKA Beata	340		K50-59	5	01:00:35.05	+00:24:07 (39.8%)	6:03	9.9 (60.0%)
283	YYYY Xxxx	364				01:00:35.55	+00:24:07 (39.8%)	6:03	9.9 (60.0%)
284	PRACKI Łukasz	291		M20-29	36	01:00:35.65	+00:24:07 (39.8%)	6:03	9.9 (60.0%)
285	STOŻEK Grażyna	336	ZWIK CHEŁMNO	K40-49	17	01:00:41.00	+00:24:13 (39.9%)	6:04	9.9 (60.0%)
286	JAWORSKI Janusz	121		M50-59	33	01:00:45.20	+00:24:17 (40.0%)	6:04	9.9 (60.0%)
287	MANDRA Wojciech	239		M30-39	79	01:00:47.25	+00:24:19 (40.0%)	6:04	9.9 (60.0%)
288	JAKUBOWSKA Lucyna	110	OWOCOWA STREET	K30-39	25	01:00:51.70	+00:24:23 (40.1%)	6:05	9.9 (60.0%)
289	KRZEMIŃSKA Jolanta	196		K30-39	26	01:01:01.85	+00:24:34 (40.3%)	6:06	9.8 (59.4%)
290	KRYMER Agnieszka	195		K40-49	18	01:01:13.30	+00:24:45 (40.4%)	6:07	9.8 (59.4%)
291	NAGRODZKI Dominik	261	ALNOR	M30-39	80	01:01:13.70	+00:24:45 (40.4%)	6:07	9.8 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
292	PRZYBYSZEWSKI Marcin	295		M40-49	69	01:01:17.35	+00:24:49 (40.5%)	6:07	9.8 (59.4%)
293	KOLASIŃSKA Joanna	176	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	K30-39	27	01:01:22.35	+00:24:54 (40.6%)	6:08	9.8 (59.4%)
294	SYLDATK Marcin	338		M30-39	81	01:01:33.10	+00:25:05 (40.8%)	6:09	9.7 (58.8%)
295	ROCHNA Daria	306		K20-29	13	01:01:34.30	+00:25:06 (40.8%)	6:09	9.7 (58.8%)
296	BARANOWSKA Kamila	7		K20-29	14	01:01:34.40	+00:25:06 (40.8%)	6:09	9.7 (58.8%)
297	KANIUK Maja	141		K40-49	19	01:01:34.85	+00:25:07 (40.8%)	6:09	9.7 (58.8%)
298	KUNICKI Michał	205	KLIMAT SOLEC	M20-29	37	01:01:47.25	+00:25:19 (41.0%)	6:10	9.7 (58.8%)
299	GRUSZECZKA Patryk	99	PARKRUN GRUDZIĄDZ	M30-39	82	01:01:53.05	+00:25:25 (41.1%)	6:11	9.7 (58.8%)
300	DEJEWSKI Zbigniew	54	ALFACO RUNNING TEAM	M50-59	34	01:01:53.45	+00:25:25 (41.1%)	6:11	9.7 (58.8%)
301	DĘBSKI Jan	57	SOŁTYS	M60+	9	01:01:58.95	+00:25:31 (41.2%)	6:11	9.7 (58.8%)
302	SIERANT Marian	382	ŻÓŁTOKRÓLEWSCY	M60+	10	01:02:01.25	+00:25:33 (41.2%)	6:12	9.7 (58.8%)
303	PRZEDNÓWEK Mariola	292	CZARNE BIEGA	K30-39	28	01:02:07.65	+00:25:39 (41.3%)	6:12	9.7 (58.8%)
304	BEDNAREK Algvida	10	ALNOR	K40-49	20	01:02:12.65	+00:25:44 (41.4%)	6:13	9.6 (58.2%)
305	NIŚCIGORSKA Joanna	265	ALFACO RUNNING TEAM	K30-39	29	01:02:22.80	+00:25:55 (41.5%)	6:14	9.6 (58.2%)
306	KUBOWICZ KAMIŃSKA Hanna	168	WATAHA BYDGOSZCZ	K30-39	30	01:02:40.15	+00:26:12 (41.8%)	6:16	9.6 (58.2%)
307	JABŁOŃSKI Tomasz	109		M30-39	83	01:02:41.20	+00:26:13 (41.8%)	6:16	9.6 (58.2%)
308	KUROWSKI Michał	206	TAP	M30-39	84	01:02:41.45	+00:26:13 (41.8%)	6:16	9.6 (58.2%)
309	NIEMCZEWSKI Przemysław	264	ZP SERWIS	M20-29	38	01:02:47.50	+00:26:19 (41.9%)	6:16	9.6 (58.2%)
310	KOZAKIEWICZ Marcin	184		M40-49	70	01:02:48.65	+00:26:20 (41.9%)	6:16	9.6 (58.2%)
311	BIERNACKA Anka	16		K40-49	21	01:03:04.40	+00:26:36 (42.2%)	6:18	9.5 (57.6%)
312	DANIELEK Ewa	50	REEBOK RUN CREW	K30-39	31	01:03:18.65	+00:26:50 (42.4%)	6:19	9.5 (57.6%)
313	JASTRZĘBSKI Mirosław	120	MECHVENT TEAM	M60+	11	01:03:27.05	+00:26:59 (42.5%)	6:20	9.5 (57.6%)
314	CZUBKOWSKI Sebastian	46	RUN TEAM	M30-39	85	01:03:30.85	+00:27:03 (42.6%)	6:21	9.4 (57.0%)
315	WESOŁOWSKI Dariusz	371		M40-49	71	01:03:38.20	+00:27:10 (42.7%)	6:21	9.4 (57.0%)
316	BACHERA Aleksandra	6		K40-49	22	01:03:38.75	+00:27:10 (42.7%)	6:21	9.4 (57.0%)
317	GATNER Martyna	76		K30-39	32	01:03:40.80	+00:27:13 (42.7%)	6:22	9.4 (57.0%)
318	JELEŃIEWSKA Zuzanna	123	HAWO SYSTEM	K30-39	33	01:03:44.85	+00:27:17 (42.8%)	6:22	9.4 (57.0%)
319	SEWERYN Rafał	320		M40-49	72	01:04:08.60	+00:27:40 (43.2%)	6:24	9.4 (57.0%)
320	GRUBA Paweł	95		M30-39	86	01:04:23.30	+00:27:55 (43.4%)	6:26	9.3 (56.4%)
321	KACZMAREK-KOPERSKA Karolina	132	HYDRO-MET ROGOWO	K20-29	15	01:04:26.10	+00:27:58 (43.4%)	6:26	9.3 (56.4%)
322	KUBIAK Tomasz	199		M30-39	87	01:04:36.25	+00:28:08 (43.6%)	6:27	9.3 (56.4%)
323	WIĄCEK Piotr	372		M50-59	35	01:04:38.40	+00:28:10 (43.6%)	6:27	9.3 (56.4%)
324	TAMAS Agnieszka	357		K20-29	16	01:04:43.55	+00:28:15 (43.7%)	6:28	9.3 (56.4%)
325	KUBICKI Mateusz	200		M20-29	39	01:04:58.35	+00:28:30 (43.9%)	6:29	9.2 (55.8%)
326	MUCHAJER Paweł	255	KLIMOR TEAM	M30-39	88	01:05:22.85	+00:28:55 (44.2%)	6:32	9.2 (55.8%)
327	JAROŃ Magdalena	117		K30-39	34	01:05:45.15	+00:29:17 (44.5%)	6:34	9.1 (55.2%)
328	TEREBUS Paulina	359		K20-29	17	01:05:45.65	+00:29:17 (44.6%)	6:34	9.1 (55.2%)
329	KRZYŻANOWSKA Patrycja	197		K20-29	18	01:06:16.50	+00:29:48 (45.0%)	6:37	9.1 (55.2%)
330	MIOTK Marek	253	KLIMOR TEAM	M30-39	89	01:06:25.35	+00:29:57 (45.1%)	6:38	9 (54.5%)
331	DOBROWOLSKI Stanisław	58		M60+	12	01:06:37.55	+00:30:09 (45.3%)	6:39	9 (54.5%)
332	DANIELAK Radosław	49	HOTEL 'AMAZONKA' TEAM	M40-49	73	01:06:37.65	+00:30:09 (45.3%)	6:39	9 (54.5%)
333	BINKOWSKA Anita	17		K40-49	23	01:06:40.05	+00:30:12 (45.3%)	6:40	9 (54.5%)
334	ŚLADEWSKI Rafał	355		M30-39	90	01:06:48.75	+00:30:20 (45.4%)	6:40	9 (54.5%)
335	LEWANDOWSKA Joanna	216		K30-39	35	01:07:08.55	+00:30:40 (45.7%)	6:42	8.9 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
336	KRZYŻANOWSKI Wojciech	198		M40-49	74	01:07:17.50	+00:30:49 (45.8%)	6:43	8.9 (53.9%)
337	CZAJKOWSKI Maciej	41	ALFACO RUNNING TEAM	M40-49	75	01:07:18.90	+00:30:51 (45.8%)	6:43	8.9 (53.9%)
338	CELANOWICZ Lidia	31		K30-39	36	01:08:09.75	+00:31:41 (46.5%)	6:48	8.8 (53.3%)
339	AWIZEN Antoni	4	MYSLIWIY	M60+	13	01:08:10.70	+00:31:42 (46.5%)	6:49	8.8 (53.3%)
340	KAŁUSKI Jacek	137	MECHVENT TEAM	M50-59	36	01:08:44.55	+00:32:16 (47.0%)	6:52	8.7 (52.7%)
341	POGORZELSKA Bogusia	287	ŻÓŁTOKRÓLEWSCY	K40-49	24	01:09:58.80	+00:33:31 (47.9%)	6:59	8.6 (52.1%)
342	LIDZBARSKI Piotr	221	ALFACO RUNNING TEAM	M40-49	76	01:10:02.90	+00:33:35 (47.9%)	7:00	8.6 (52.1%)
343	WYDRYCH Barbara	386		K30-39	37	01:10:04.80	+00:33:37 (48.0%)	7:00	8.6 (52.1%)
344	WYSTĘPSKI Kacper	388	HYDRO-MET ROGOWO	M16-19	4	01:10:04.85	+00:33:37 (48.0%)	7:00	8.6 (52.1%)
345	JANUSZKIEWICZ Kornelia	115	WATAHA BYDGOSZCZ	K30-39	38	01:10:05.15	+00:33:37 (48.0%)	7:00	8.6 (52.1%)
346	KOCHOWICZ Anna	156	WATAHA BYDGOSZCZ	K40-49	25	01:10:07.20	+00:33:39 (48.0%)	7:00	8.6 (52.1%)
347	RAUCHFLEISZ Andrzej	303	CZOPKI KOLCZASTE	M16-19	5	01:10:23.95	+00:33:56 (48.2%)	7:02	8.5 (51.5%)
348	KRAJEWSKI Adam	186		M50-59	37	01:10:35.75	+00:34:07 (48.3%)	7:03	8.5 (51.5%)
349	DRÓBKA Jakub	61		M20-29	40	01:11:00.90	+00:34:33 (48.7%)	7:06	8.4 (50.9%)
350	JURKIEWICZ Beata	131	INTERACTIVE ENGLISH SCHOOL	K40-49	26	01:11:16.80	+00:34:49 (48.8%)	7:07	8.4 (50.9%)
351	SENDEL Sebastian	319		M30-39	91	01:12:18.50	+00:35:50 (49.6%)	7:13	8.3 (50.3%)
352	SIENIAWSKI Marek	322	ALFACO RUNNING TEAM	M30-39	92	01:12:44.10	+00:36:16 (49.9%)	7:16	8.2 (49.7%)
353	PRZYBYLSKI Wiesław	293	ALFACO RUNNING TEAM	M50-59	38	01:12:44.75	+00:36:16 (49.9%)	7:16	8.2 (49.7%)
354	MAN Beata	238	KLIMAT SOLEC	K30-39	39	01:13:04.70	+00:36:36 (50.1%)	7:18	8.2 (49.7%)
355	CHOJNACKA Katarzyna	33	ATI SYSTEMY ELEKTRONICZNE	K40-49	27	01:13:57.25	+00:37:29 (50.7%)	7:23	8.1 (49.1%)
356	KOSIK Marcin	163	ATI SYSTEMY ELEKTRONICZNE	M40-49	77	01:14:00.50	+00:37:32 (50.7%)	7:24	8.1 (49.1%)
357	PERESIAK Anna	278		K60+	2	01:14:24.30	+00:37:56 (51.0%)	7:26	8.1 (49.1%)
358	ZAREMBA Adam	178	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M30-39	93	01:14:24.55	+00:37:56 (51.0%)	7:26	8.1 (49.1%)
359	KAKOWSKI Przemysław	136		M20-29	41	01:15:12.80	+00:38:45 (51.5%)	7:31	8 (48.5%)
360	STANISZEWSKA Aleksandra	333		K30-39	40	01:15:27.50	+00:38:59 (51.7%)	7:32	8 (48.5%)
361	DANIELEK Adam	51	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40-49	78	01:15:28.20	+00:39:00 (51.7%)	7:32	8 (48.5%)
362	MALCZEWSKA Mirka	235		K60+	3	01:16:00.15	+00:39:32 (52.0%)	7:36	7.9 (47.9%)
363	KIELICH Kamil	146		M40-49	79	01:16:28.35	+00:40:00 (52.3%)	7:38	7.8 (47.3%)
364	CZEKALSKA Beata	42		K30-39	41	01:16:44.35	+00:40:16 (52.5%)	7:40	7.8 (47.3%)
365	CZYŻAK Joanna	47	AMS	K40-49	28	01:16:45.55	+00:40:17 (52.5%)	7:40	7.8 (47.3%)
366	NADRAJKOWSKA Joanna	259	DZIKIE KUNY	K30-39	42	01:17:40.40	+00:41:12 (53.1%)	7:46	7.7 (46.7%)
367	KIELISZAK Kinga	147		K20-29	19	01:17:40.80	+00:41:13 (53.1%)	7:46	7.7 (46.7%)
368	JANKOWSKI Dawid	114		M30-39	94	01:21:03.70	+00:44:35 (55.0%)	8:06	7.4 (44.8%)
369	MYŻYŃSKA Anna	405		K40-49	29	01:23:05.95	+00:46:38 (56.1%)	8:18	7.2 (43.6%)
370	MYŻYŃSKI Maciej	258		M40-49	80	01:23:12.65	+00:46:44 (56.2%)	8:19	7.2 (43.6%)
371	JANIACZYK Zbigniew	112		M40-49	81	01:23:13.60	+00:46:45 (56.2%)	8:19	7.2 (43.6%)
372	RAUCHFLEISZ Agata	302	CZOPKI KOLCZASTE	K40-49	30	01:24:23.25	+00:47:55 (56.8%)	8:26	7.1 (43.0%)
373	RAUCHFLEISZ Andrzej	301	CZOPKI KOLCZASTE	M40-49	82	01:24:23.35	+00:47:55 (56.8%)	8:26	7.1 (43.0%)
374	KENN Agnieszka	145		K30-39	43	01:26:02.10	+00:49:34 (57.6%)	8:36	7 (42.4%)

Znaleziono 374 wynik(ów)