



Organizator:
Data:
Miejsce:
Dystans:

Fundacja „W Stronę Życia”
2018-09-08
Bydgoszcz
5 km

BIEG W STRONĘ ŻYCIA

B4SPORT

B4SPORT
INTELEGNTE 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	KULPA Michał	366	GMD ZYKAN	M-Open	1	00:00:03	00:17:32.55	00:17:36.15		3:30	17.1 (100%)
2	GIL Waldemar	322		M-Open	2	00:00:03	00:19:08.65	00:19:12.60	+00:01:36 (8.4%)	3:49	15.7 (91.8%)
3	LIPIŃSKI Mariusz	270		M-Open	3	00:00:04	00:19:14.25	00:19:18.50	+00:01:41 (8.8%)	3:50	15.6 (91.2%)
4	OLEJNIK Krzysztof	181		M-Open	4	00:00:03	00:19:36.50	00:19:40.30	+00:02:03 (10.5%)	3:55	15.3 (89.5%)
5	TACIAK Dawid	189		M-Open	5	00:00:09	00:19:39.45	00:19:48.55	+00:02:06 (10.8%)	3:55	15.3 (89.5%)
6	PORZYCH Rafał	352	RAFSON.TV	M-Open	6	00:00:03	00:19:42.05	00:19:45.25	+00:02:09 (11.0%)	3:56	15.2 (88.9%)
7	KAWIECKI Paweł	235	AKADEMIAMUZYCZNABIEGA	M-Open	7	00:00:04	00:19:58.35	00:20:02.55	+00:02:25 (12.2%)	3:59	15 (87.7%)
8	KNOTHE Adam	401	BUDSTOL INVEST	M-Open	8	00:00:04	00:20:00.75	00:20:05.15	+00:02:28 (12.3%)	4:00	15 (87.7%)
9	PAWĘTA Marcin	330		M-Open	9	00:00:05	00:20:01.95	00:20:07.10	+00:02:29 (12.4%)	4:00	15 (87.7%)
10	NAGORZYSKI Arkadiusz	7	BIEGAM WSPIERAM MOTYWUJĘ	M-Open	10	00:00:04	00:20:04.15	00:20:08.95	+00:02:31 (12.6%)	4:00	15 (87.7%)
11	LEŚ Krzysztof	297		M-Open	11	00:00:04	00:20:25.35	00:20:29.75	+00:02:52 (14.1%)	4:05	14.7 (86.0%)
12	GRUSZECZKA Jacek	219	POLSKA GRUPA BIEGOWA	M-Open	12	00:00:08	00:20:44.50	00:20:52.65	+00:03:11 (15.4%)	4:08	14.5 (84.8%)
13	STANIEC Tomasz	333		M-Open	13	00:00:04	00:20:46.90	00:20:51.20	+00:03:14 (15.6%)	4:09	14.4 (84.2%)
14	SZENK Marta	338		K-Open	1	00:00:03	00:20:54.60	00:20:58.15	+00:03:22 (16.1%)	4:11	14.3 (83.6%)
15	KOWALSKI Jacek	143		M-Open	14	00:00:13	00:21:06.25	00:21:19.65	+00:03:33 (16.9%)	4:13	14.2 (83.0%)
16	KOZIŃSKI Marek	413	RUN BYDGOSZCZ	M-Open	15	00:00:05	00:21:20.70	00:21:26.35	+00:03:48 (17.8%)	4:16	14.1 (82.5%)
17	ZWIEWKA Adam	237		M-Open	16	00:00:05	00:21:33.50	00:21:39.00	+00:04:00 (18.6%)	4:18	13.9 (81.3%)
18	GIERACH Marcin	437	G-TEAM	M-Open	17	00:00:04	00:21:33.65	00:21:37.75	+00:04:01 (18.6%)	4:18	13.9 (81.3%)
19	RÓŻOWICZ Aleksandra	112		K-Open	2	00:00:07	00:21:35.65	00:21:43.10	+00:04:03 (18.8%)	4:19	13.9 (81.3%)
20	STANISZEWSKI Krzysztof	421		M-Open	18	00:00:07	00:21:39.30	00:21:46.80	+00:04:06 (19.0%)	4:19	13.9 (81.3%)
21	OLSZEWSKA Adrianna	291		K-Open	3	00:00:06	00:21:44.55	00:21:50.95	+00:04:12 (19.3%)	4:20	13.8 (80.7%)
22	SMARZYŃSKI Sebastian	337		M-Open	19	00:00:20	00:21:48.40	00:22:08.90	+00:04:15 (19.6%)	4:21	13.8 (80.7%)
23	SZYSZKA Radosław	167	KEEPPER	M-Open	20	00:00:03	00:21:53.45	00:21:56.75	+00:04:20 (19.9%)	4:22	13.7 (80.1%)
24	BARCZAK Tomasz	71		M-Open	21	00:00:05	00:22:05.15	00:22:10.30	+00:04:32 (20.6%)	4:25	13.6 (79.5%)
25	JANKOWSKI Marcin	449		M-Open	22	00:00:08	00:22:10.30	00:22:18.70	+00:04:37 (20.9%)	4:26	13.5 (78.9%)
26	FOKSIŃSKI Filip	313	STAFF ENEA BYDGOSZCZ TRIATHLON	M-Open	23	00:00:05	00:22:14.75	00:22:20.70	+00:04:42 (21.1%)	4:27	13.5 (78.9%)
27	GATTNER Robert	103		M-Open	24	00:00:19	00:22:23.70	00:22:43.40	+00:04:51 (21.7%)	4:28	13.4 (78.4%)
28	KUJAWA Daniel	159	56. BAZA LOTNICZA	M-Open	25	00:00:11	00:22:37.10	00:22:48.55	+00:05:04 (22.4%)	4:31	13.3 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
29	AUGUSTYNOWICZ Andrzej	320	RCI BYDGOSZCZ	M-Open	26	00:00:08	00:22:41.05	00:22:49.15	+00:05:08 (22.7%)	4:32	13.2 (77.2%)
30	MAZUR Dawid	301	HEROBOX ŚWIECIE	M-Open	27	00:00:14	00:22:56.15	00:23:10.40	+00:05:23 (23.5%)	4:35	13.1 (76.6%)
31	CHOLEWIŃSKI Mateusz	369		M-Open	28	00:00:18	00:23:03.20	00:23:22.05	+00:05:30 (23.9%)	4:36	13 (76.0%)
32	NAPIERAJ Sonia	196	ALBANNERS	K-Open	4	00:00:12	00:23:05.20	00:23:18.15	+00:05:32 (24.0%)	4:37	13 (76.0%)
33	ŚWIATLAK Piotr	264	SOWA BYDGOSZCZ	M-Open	29	00:00:06	00:23:12.40	00:23:19.00	+00:05:39 (24.4%)	4:38	12.9 (75.4%)
34	SOBCZAK Rafał	456		M-Open	30	00:00:06	00:23:13.90	00:23:20.50	+00:05:41 (24.5%)	4:38	12.9 (75.4%)
35	MICHALSKA Daria	211		K-Open	5	00:00:09	00:23:19.15	00:23:28.95	+00:05:46 (24.8%)	4:39	12.9 (75.4%)
36	FIECEK Łukasz	243		M-Open	31	00:00:10	00:23:21.30	00:23:31.50	+00:05:48 (24.9%)	4:40	12.8 (74.9%)
37	AFELT Jarosław	39		M-Open	32	00:00:27	00:23:35.85	00:24:03.80	+00:06:03 (25.7%)	4:43	12.7 (74.3%)
38	CIEŚLEWICZ Karol	125	FABER EST QUISQUE SUAE FORTUNAE	M-Open	33	00:00:19	00:23:42.25	00:24:01.35	+00:06:09 (26.0%)	4:44	12.7 (74.3%)
39	NIZIOŁ Marcin	405		M-Open	34	00:00:10	00:23:43.10	00:23:53.75	+00:06:10 (26.0%)	4:44	12.6 (73.7%)
40	BOROWSKI Radosław	262	MLKS KRAJNA SĘPÓLNO	M-Open	35	00:00:16	00:23:43.85	00:24:00.05	+00:06:11 (26.1%)	4:44	12.6 (73.7%)
41	WIŚNIEWSKI Leszek	370		M-Open	36	00:00:26	00:23:46.85	00:24:13.05	+00:06:14 (26.2%)	4:45	12.6 (73.7%)
42	SAWIŃSKI Łukasz	202		M-Open	37	00:00:08	00:23:47.55	00:23:55.75	+00:06:15 (26.3%)	4:45	12.6 (73.7%)
43	BIERNACKA Magdalena	188		K-Open	6	00:00:05	00:23:47.75	00:23:53.70	+00:06:15 (26.3%)	4:45	12.6 (73.7%)
44	OLECHNOWICZ Tomasz	428	SMUKAŁA	M-Open	38	00:00:09	00:23:50.35	00:23:59.80	+00:06:17 (26.4%)	4:46	12.6 (73.7%)
45	KRUPA Tomasz	134		M-Open	39	00:00:11	00:23:51.60	00:24:02.95	+00:06:19 (26.5%)	4:46	12.6 (73.7%)
46	MINZYANOV Anton	361		M-Open	40	00:00:06	00:23:54.80	00:24:01.70	+00:06:22 (26.6%)	4:47	12.5 (73.1%)
47	OLEJNICZAK Marcin	60		M-Open	41	00:01:11	00:23:56.40	00:25:07.60	+00:06:23 (26.7%)	4:47	12.5 (73.1%)
48	SAK Joanna	307	DECATHLON TEAM INOWROCŁAW	K-Open	7	00:00:09	00:23:56.80	00:24:06.25	+00:06:24 (26.7%)	4:47	12.5 (73.1%)
49	TATERA Michał	57		M-Open	42	00:00:12	00:23:59.65	00:24:11.70	+00:06:27 (26.9%)	4:47	12.5 (73.1%)
50	POPIELARZ Robert	450		M-Open	43	00:00:07	00:24:03.10	00:24:11.05	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
51	TYMIŃSKI Przemysław	362	LA RIVE TEAM	M-Open	44	00:00:05	00:24:03.15	00:24:08.15	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
52	REGLIŃSKI Krzysiek	133		M-Open	45	00:00:16	00:24:05.40	00:24:22.05	+00:06:32 (27.2%)	4:49	12.4 (72.5%)
53	PODSIEDLIK Zuzanna	136		K-Open	8	00:00:12	00:24:16.15	00:24:28.40	+00:06:43 (27.7%)	4:51	12.4 (72.5%)
54	GONDEK Krzysztof	363		M-Open	46	00:00:06	00:24:17.45	00:24:24.30	+00:06:44 (27.8%)	4:51	12.3 (71.9%)
55	BIRSKI Marcin	199		M-Open	47	00:00:10	00:24:22.90	00:24:33.10	+00:06:50 (28.1%)	4:52	12.3 (71.9%)
56	MORZYK Michał	33	1979	M-Open	48	00:00:27	00:24:25.75	00:24:53.15	+00:06:53 (28.2%)	4:53	12.3 (71.9%)
57	TWARDOWSKI Bartosz	173		M-Open	49	00:00:33	00:24:28.20	00:25:01.95	+00:06:55 (28.3%)	4:53	12.3 (71.9%)
58	MUĆKO Bartosz	145		M-Open	50	00:00:05	00:24:30.25	00:24:35.40	+00:06:57 (28.4%)	4:54	12.2 (71.3%)
59	KOCISZEWSKI Marek	292		M-Open	51	00:00:42	00:24:33.55	00:25:16.50	+00:07:01 (28.6%)	4:54	12.2 (71.3%)
60	OZDOBA Agnieszka	403		K-Open	9	00:00:12	00:24:35.45	00:24:47.90	+00:07:02 (28.7%)	4:55	12.2 (71.3%)
61	GRACZYK Przemysław	203		M-Open	52	00:00:27	00:24:37.00	00:25:04.40	+00:07:04 (28.7%)	4:55	12.2 (71.3%)
62	KIJEWSKI Maciej	198	KABEL TEAM BYDGOSZCZ	M-Open	53	00:00:30	00:24:37.30	00:25:08.00	+00:07:04 (28.8%)	4:55	12.2 (71.3%)
63	KLIMKIEWICZ Tomasz	383		M-Open	54	00:00:11	00:24:38.70	00:24:50.20	+00:07:06 (28.8%)	4:55	12.2 (71.3%)
64	WELSBURG Bartosz	287		M-Open	55	00:00:30	00:24:45.85	00:25:16.55	+00:07:13 (29.2%)	4:57	12.1 (70.8%)
65	FERENS Paweł	260	BBLINOWROCŁAW	M-Open	56	00:00:09	00:24:47.65	00:24:57.55	+00:07:15 (29.2%)	4:57	12.1 (70.8%)
66	CICHOŃSKA - BAZAK Marzena	374		K-Open	10	00:00:08	00:24:53.20	00:25:01.50	+00:07:20 (29.5%)	4:58	12.1 (70.8%)
67	MARCINKOWSKI Artur	53		M-Open	57	00:00:12	00:24:53.40	00:25:05.50	+00:07:20 (29.5%)	4:58	12.1 (70.8%)
68	RUDEWICZ Monika	90		K-Open	11	00:00:08	00:24:54.70	00:25:03.20	+00:07:22 (29.6%)	4:59	12 (70.2%)
69	POWIERŻA Maciej	187		M-Open	58	00:00:15	00:24:55.90	00:25:11.35	+00:07:23 (29.6%)	4:59	12 (70.2%)
70	JANKOWSKA Agnieszka	208		K-Open	12	00:00:17	00:24:56.40	00:25:13.80	+00:07:23 (29.7%)	4:59	12 (70.2%)
71	RATAJCZAK Jakub	372		M-Open	59	00:00:13	00:24:56.80	00:25:09.80	+00:07:24 (29.7%)	4:59	12 (70.2%)
72	KOLSKI Michał	236		M-Open	60	00:00:10	00:24:57.00	00:25:07.20	+00:07:24 (29.7%)	4:59	12 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
73	PACZKOWSKI Mirosław	251	CB163	M-Open	61	00:00:42	00:25:00.25	00:25:42.45	+00:07:27 (29.8%)	5:00	12 (70.2%)
74	KALINOWSKA Anna	68	UKS OMEGA GRUTA	K-Open	13	00:00:05	00:25:04.80	00:25:10.45	+00:07:32 (30.1%)	5:01	12 (70.2%)
75	PALUCH Karol	445		M-Open	62	00:00:00	00:25:06.60	00:25:06.60	+00:07:34 (30.1%)	5:01	12 (70.2%)
76	NOWICKI Olgierd	326		M-Open	63	00:00:31	00:25:07.65	00:25:39.10	+00:07:35 (30.2%)	5:01	11.9 (69.6%)
77	MUSIELEWSKA Daria	373		K-Open	14	00:00:07	00:25:08.30	00:25:15.30	+00:07:35 (30.2%)	5:01	11.9 (69.6%)
78	SAWICZ-ŁUŃSKA Emilia	231		K-Open	15	00:00:06	00:25:09.25	00:25:15.85	+00:07:36 (30.3%)	5:01	11.9 (69.6%)
79	GROBELNA Angelika	234	BYDGOSZCZ NA START	K-Open	16	00:00:37	00:25:10.80	00:25:48.45	+00:07:38 (30.3%)	5:02	11.9 (69.6%)
80	MAZUREK Tyberiusz	327	HEROBOX ŚWIECIE	M-Open	64	00:00:13	00:25:13.90	00:25:27.60	+00:07:41 (30.5%)	5:02	11.9 (69.6%)
81	PŁACZKIEWICZ Robert	298	SOL3	M-Open	65	00:00:21	00:25:20.10	00:25:41.40	+00:07:47 (30.8%)	5:04	11.8 (69.0%)
82	FRĄCKOWIAK Waldemar	118		M-Open	66	00:00:18	00:25:22.60	00:25:41.10	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
83	PĄCZEK Agata	123		K-Open	17	00:00:09	00:25:24.10	00:25:33.30	+00:07:51 (30.9%)	5:04	11.8 (69.0%)
84	BUCZKOWSKI Krzysztof	2	RUN PASJA	M-Open	67	00:00:20	00:25:24.20	00:25:44.20	+00:07:51 (30.9%)	5:04	11.8 (69.0%)
85	RODTKO Paweł	447		M-Open	68	00:00:40	00:25:25.05	00:26:05.85	+00:07:52 (31.0%)	5:05	11.8 (69.0%)
86	KRAWCZYK Przemysław	263	CROSSFIT TORUŃ	M-Open	69	00:00:56	00:25:28.35	00:26:25.05	+00:07:55 (31.1%)	5:05	11.8 (69.0%)
87	ŚWIATLAK Marek	356		M-Open	70	00:00:37	00:25:30.35	00:26:08.15	+00:07:57 (31.2%)	5:06	11.8 (69.0%)
88	MAZUREK Anna	347	HEROBOX	K-Open	18	00:00:14	00:25:34.50	00:25:49.00	+00:08:01 (31.4%)	5:07	11.7 (68.4%)
89	BUTOWSKI Michał	154	SEN O VICTORII	M-Open	71	00:00:21	00:25:35.00	00:25:56.70	+00:08:02 (31.4%)	5:07	11.7 (68.4%)
90	DOBOSZ Maciej	399	LEPIEJJUŻBYŁO	M-Open	72	00:00:31	00:25:40.55	00:26:12.50	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
91	MOCHOL Arkadiusz	192		M-Open	73	00:00:20	00:25:40.95	00:26:01.90	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
92	PAWLEWSKA Klaudia	122	SPORTWAY	K-Open	19	00:00:12	00:25:41.20	00:25:53.85	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
92	SMOCZYŃSKI Marek	358	MBC TEAM	M-Open	74	00:00:18	00:25:41.20	00:26:00.10	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
92	KABACIŃSKI Jarosław	355		M-Open	75	00:00:20	00:25:41.20	00:26:01.50	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
95	POTRZEBOWSKA Agata	26	DEAF	K-Open	20	00:00:08	00:25:42.90	00:25:51.70	+00:08:10 (31.8%)	5:08	11.7 (68.4%)
96	KUBALEWSKI Paweł	247		M-Open	76	00:00:14	00:25:48.35	00:26:03.25	+00:08:15 (32.0%)	5:09	11.6 (67.8%)
97	KWIATKOWSKI Jakub	412		M-Open	77	00:00:11	00:25:48.55	00:26:00.00	+00:08:16 (32.0%)	5:09	11.6 (67.8%)
98	KAMASZ Dawid	153		M-Open	78	00:00:14	00:25:49.40	00:26:04.30	+00:08:16 (32.1%)	5:10	11.6 (67.8%)
99	HERMANOWSKI Łukasz	350		M-Open	79	00:00:51	00:25:50.55	00:26:41.95	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
100	GRUNDKOWSKI Oskar	335		M-Open	80	00:00:07	00:25:53.65	00:26:00.95	+00:08:21 (32.3%)	5:10	11.6 (67.8%)
101	JASINIECKI Wojciech	357		M-Open	81	00:00:16	00:25:58.50	00:26:14.65	+00:08:25 (32.5%)	5:11	11.6 (67.8%)
102	SOBOLEWSKA Aleksandra	300		K-Open	21	00:00:06	00:25:59.70	00:26:05.85	+00:08:27 (32.5%)	5:11	11.5 (67.3%)
103	SOBOL Magdalena	124		K-Open	22	00:00:05	00:26:01.00	00:26:06.10	+00:08:28 (32.6%)	5:12	11.5 (67.3%)
104	GRZECA Jakub	174		M-Open	82	00:00:31	00:26:02.10	00:26:33.90	+00:08:29 (32.6%)	5:12	11.5 (67.3%)
105	KIEŁPIKOWSKI Marcin	312		M-Open	83	00:00:24	00:26:05.80	00:26:29.85	+00:08:33 (32.8%)	5:13	11.5 (67.3%)
106	GABRICH Żanetta	384		K-Open	23	00:00:16	00:26:06.30	00:26:22.65	+00:08:33 (32.8%)	5:13	11.5 (67.3%)
107	MIĄSKO Paweł	360		M-Open	84	00:00:20	00:26:10.20	00:26:30.60	+00:08:37 (33.0%)	5:14	11.5 (67.3%)
108	MATEJA Piotr	296		M-Open	85	00:00:26	00:26:12.15	00:26:39.05	+00:08:39 (33.1%)	5:14	11.4 (66.7%)
109	RADECKI Maciej	161	CYBORG1	M-Open	86	00:00:26	00:26:12.60	00:26:38.80	+00:08:40 (33.1%)	5:14	11.5 (67.3%)
110	GLINKOWSKI Dariusz	105		M-Open	87	00:00:25	00:26:14.80	00:26:40.30	+00:08:42 (33.2%)	5:15	11.4 (66.7%)
111	GŁOWIŃSKI Piotr	465		M-Open	88	00:00:51	00:26:15.10	00:27:06.10	+00:08:42 (33.2%)	5:15	11.4 (66.7%)
112	TOMASZEK Sebastian	376		M-Open	89	00:00:09	00:26:15.55	00:26:24.85	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
113	CHRUPAŁA Rafał	267		M-Open	90	00:00:37	00:26:16.25	00:26:53.70	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
114	SIMIŃSKI Mariusz	150	MORSY Z GRUDZIĄDZA	M-Open	91	00:00:07	00:26:20.45	00:26:27.70	+00:08:47 (33.4%)	5:16	11.4 (66.7%)
115	ZGÓRSKI Maciej	138	WQURW_TEAM	M-Open	92	00:00:12	00:26:30.50	00:26:43.00	+00:08:57 (33.8%)	5:18	11.3 (66.1%)
116	BARTKOWSKA Ewelina	414		K-Open	24	00:00:18	00:26:35.20	00:26:54.00	+00:09:02 (34.0%)	5:19	11.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
117	GACKOWSKI Adam	466		M-Open	93	00:00:17	00:26:35.40	00:26:53.15	+00:09:02 (34.0%)	5:19	11.3 (66.1%)
118	POLACZYK Tomasz	274		M-Open	94	00:00:18	00:26:36.80	00:26:54.80	+00:09:04 (34.1%)	5:19	11.3 (66.1%)
119	KUJAWA Przemysław	10		M-Open	95	00:00:43	00:26:41.95	00:27:25.85	+00:09:09 (34.3%)	5:20	11.2 (65.5%)
120	SZAKALSKI Michał	386		M-Open	96	00:00:21	00:26:44.25	00:27:05.30	+00:09:11 (34.4%)	5:20	11.2 (65.5%)
121	LEWANDOWSKI Damian	256		M-Open	97	00:00:32	00:26:46.75	00:27:18.80	+00:09:14 (34.5%)	5:21	11.2 (65.5%)
122	DZIATKOWICZ Radosław	180		M-Open	98	00:00:12	00:26:49.10	00:27:01.20	+00:09:16 (34.6%)	5:21	11.2 (65.5%)
123	CZERWIŃSKA Joanna	185		K-Open	25	00:00:21	00:26:49.55	00:27:10.80	+00:09:17 (34.6%)	5:21	11.2 (65.5%)
124	BRZEZIŃSKA Marta	353		K-Open	26	00:00:17	00:26:52.25	00:27:09.70	+00:09:19 (34.7%)	5:22	11.2 (65.5%)
125	CIEŚLAK Hanna	385		K-Open	27	00:00:21	00:27:03.75	00:27:24.75	+00:09:31 (35.2%)	5:24	11.1 (64.9%)
126	BORZYSZKOWSKI Grzegorz	205	STARY FORDON	M-Open	99	00:00:11	00:27:04.70	00:27:15.90	+00:09:32 (35.2%)	5:24	11.1 (64.9%)
127	AFELT Luiza	38		K-Open	28	00:00:10	00:27:12.35	00:27:23.25	+00:09:39 (35.5%)	5:26	11 (64.3%)
128	GŁOGOWSKI Mateusz	37		M-Open	100	00:00:20	00:27:14.90	00:27:35.10	+00:09:42 (35.6%)	5:27	11 (64.3%)
129	SZPOJDA Filip	380		M-Open	101	00:00:18	00:27:15.35	00:27:34.20	+00:09:42 (35.6%)	5:27	11 (64.3%)
130	BURNICKI Mariusz	108	BYDGOSKI KLUB MORSÓW	M-Open	102	00:00:09	00:27:16.45	00:27:26.15	+00:09:43 (35.7%)	5:27	11 (64.3%)
130	URBANIAK Karol	131		M-Open	103	00:00:11	00:27:16.45	00:27:27.80	+00:09:43 (35.7%)	5:27	11 (64.3%)
132	KOZAKIEWICZ Marcin	128		M-Open	104	00:00:16	00:27:16.90	00:27:32.95	+00:09:44 (35.7%)	5:27	11 (64.3%)
133	KUJDA Dorota	115		K-Open	29	00:00:20	00:27:17.20	00:27:37.20	+00:09:44 (35.7%)	5:27	11 (64.3%)
134	ORLICKA Donata	381		K-Open	30	00:00:18	00:27:21.40	00:27:39.75	+00:09:48 (35.9%)	5:28	11 (64.3%)
135	PALUSZAK Łukasz	84		M-Open	105	00:00:36	00:27:23.70	00:27:59.80	+00:09:51 (36.0%)	5:28	11 (64.3%)
136	SZKARPIETINA Anna	135		K-Open	31	00:00:17	00:27:27.20	00:27:45.05	+00:09:54 (36.1%)	5:29	10.9 (63.7%)
137	ZIÓŁKOWSKI Łukasz	261		M-Open	106	00:00:17	00:27:28.45	00:27:45.85	+00:09:55 (36.1%)	5:29	10.9 (63.7%)
138	SZYNWELSKA Marlena	155		K-Open	32	00:00:25	00:27:30.85	00:27:56.50	+00:09:58 (36.2%)	5:30	10.9 (63.7%)
139	MICHALAK Adam	311		M-Open	107	00:00:22	00:27:31.05	00:27:53.70	+00:09:58 (36.2%)	5:30	10.9 (63.7%)
140	WALCZAK Tomasz	371		M-Open	108	00:00:37	00:27:33.50	00:28:10.75	+00:10:00 (36.3%)	5:30	10.9 (63.7%)
141	NIKOŁAJCZYK Agnieszka	280		K-Open	33	00:00:36	00:27:34.25	00:28:10.45	+00:10:01 (36.4%)	5:30	10.9 (63.7%)
142	BŁASZKIEWICZ Zbigniew	467		M-Open	109	00:00:31	00:27:34.60	00:28:06.35	+00:10:02 (36.4%)	5:31	10.9 (63.7%)
143	GADZIŃSKA Aleksandra	279		K-Open	34	00:00:16	00:27:38.45	00:27:54.85	+00:10:05 (36.5%)	5:31	10.9 (63.7%)
144	KLIMCZAK Justyna	342	RUN PASJA	K-Open	35	00:00:34	00:27:39.30	00:28:13.80	+00:10:06 (36.6%)	5:31	10.8 (63.2%)
145	BELTER Andrzej	375		M-Open	110	00:00:26	00:27:39.65	00:28:06.60	+00:10:07 (36.6%)	5:32	10.8 (63.2%)
146	DŁUGOŃSKA Beata	69		K-Open	36	00:00:07	00:27:41.55	00:27:48.70	+00:10:09 (36.7%)	5:32	10.8 (63.2%)
147	WIŚNIEWSKI Jacek	116		M-Open	111	00:00:46	00:27:41.85	00:28:27.85	+00:10:09 (36.7%)	5:32	10.8 (63.2%)
148	TUBISZ Szymon	19		M-Open	112	00:00:28	00:27:47.00	00:28:15.30	+00:10:14 (36.9%)	5:33	10.8 (63.2%)
149	BOROWICZ Małgorzata	222		K-Open	37	00:00:19	00:27:49.90	00:28:09.30	+00:10:17 (37.0%)	5:34	10.8 (63.2%)
150	JANCZUKOWICZ Ryszard	319		M-Open	113	00:00:32	00:27:51.35	00:28:24.20	+00:10:18 (37.0%)	5:34	10.8 (63.2%)
151	ROJEWSKI Jarosław	252	KS BEMAROWKI	M-Open	114	00:00:38	00:27:56.65	00:28:35.30	+00:10:24 (37.2%)	5:35	10.7 (62.6%)
152	LENKIEWICZ Andrzej	217	PIĘKNY	M-Open	115	00:00:14	00:27:57.95	00:28:12.65	+00:10:25 (37.3%)	5:35	10.7 (62.6%)
153	PRZYBYLSKA Grażyna	294	SLKB, BYDGOSZCZ NA START	K-Open	38	00:00:38	00:27:58.80	00:28:37.00	+00:10:26 (37.3%)	5:35	10.7 (62.6%)
154	WITKOWSKA Katarzyna	207		K-Open	39	00:00:38	00:27:59.65	00:28:38.30	+00:10:27 (37.3%)	5:36	10.7 (62.6%)
155	WITKOWSKI Błażej	23		M-Open	116	00:00:42	00:28:04.95	00:28:47.60	+00:10:32 (37.5%)	5:37	10.7 (62.6%)
156	PEJPA Piotr	315		M-Open	117	00:00:31	00:28:06.90	00:28:38.55	+00:10:34 (37.6%)	5:37	10.7 (62.6%)
157	LEWANDOWSKA Monika	393		K-Open	40	00:00:25	00:28:07.75	00:28:32.80	+00:10:35 (37.6%)	5:37	10.7 (62.6%)
158	JACKOWIAK-ZALEWSKA Agnieszka	427		K-Open	41	00:00:13	00:28:07.80	00:28:21.75	+00:10:35 (37.6%)	5:37	10.7 (62.6%)
159	ŁUKASZEWSKA Grażyna	218		K-Open	42	00:00:23	00:28:12.35	00:28:35.80	+00:10:39 (37.8%)	5:38	10.6 (62.0%)
160	ROSZAK Tomasz	368	DECATLON TEAM INOWROCŁAW	M-Open	118	00:00:10	00:28:14.00	00:28:24.30	+00:10:41 (37.9%)	5:38	10.6 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
161	FOLARZYŃSKI Łukasz	259		M-Open	119	00:00:12	00:28:14.60	00:28:26.80	+00:10:42 (37.9%)	5:38	10.6 (62.0%)
162	DOBOSIEWICZ Anna Maria	74		K-Open	43	00:00:19	00:28:14.85	00:28:34.45	+00:10:42 (37.9%)	5:39	10.6 (62.0%)
163	PAWLEWSKA Joanna	121	SPORTWAY	K-Open	44	00:00:17	00:28:16.05	00:28:34.00	+00:10:43 (37.9%)	5:39	10.6 (62.0%)
164	TREPANOWSKI Tomasz	157		M-Open	120	00:00:35	00:28:16.80	00:28:52.60	+00:10:44 (38.0%)	5:39	10.6 (62.0%)
165	WERKOWSKA Justyna	163		K-Open	45	00:00:18	00:28:18.45	00:28:36.70	+00:10:45 (38.0%)	5:39	10.6 (62.0%)
166	JELEŃ Agnieszka	415	VEGE RUNNERS	K-Open	46	00:00:36	00:28:20.75	00:28:57.65	+00:10:48 (38.1%)	5:40	10.6 (62.0%)
167	KOCHAŃSKA Wioletta	89		K-Open	47	00:00:10	00:28:23.80	00:28:34.00	+00:10:51 (38.2%)	5:40	10.6 (62.0%)
168	KONICZYŃSKA Zuzanna	451		K-Open	48	00:00:07	00:28:25.55	00:28:33.05	+00:10:53 (38.3%)	5:41	10.6 (62.0%)
169	SZATKOWSKA Beata	132		K-Open	49	00:00:50	00:28:26.00	00:29:16.60	+00:10:53 (38.3%)	5:41	10.6 (62.0%)
170	WACHULEC Bartosz	246		M-Open	121	00:00:15	00:28:28.25	00:28:43.50	+00:10:55 (38.4%)	5:41	10.5 (61.4%)
171	TYLKOWSKA Marta	137		K-Open	50	00:00:34	00:28:28.70	00:29:03.30	+00:10:56 (38.4%)	5:41	10.5 (61.4%)
172	STAROŃ Monika	225	BYDGOSKIE ŻÓŁWIE	K-Open	51	00:00:10	00:28:29.85	00:28:40.05	+00:10:57 (38.4%)	5:42	10.5 (61.4%)
173		459				00:00:39	00:28:31.35	00:29:10.35	+00:10:58 (38.5%)	5:42	10.5 (61.4%)
174	CISZEWSKA Emilia	266		K-Open	52	00:00:13	00:28:34.25	00:28:47.60	+00:11:01 (38.6%)	5:42	10.5 (61.4%)
175	OLEJNICZAK Patrycja	250		K-Open	53	00:00:28	00:28:47.20	00:29:15.35	+00:11:14 (39.1%)	5:45	10.4 (60.8%)
176	DYWICKA Karolina	70		K-Open	54	00:00:16	00:28:47.25	00:29:04.10	+00:11:14 (39.1%)	5:45	10.4 (60.8%)
177	KRYŚ Jacek	1		M-Open	122	00:00:22	00:28:47.85	00:29:10.65	+00:11:15 (39.1%)	5:45	10.4 (60.8%)
178	KORDZIELEWSKA Sandra	378		K-Open	55	00:00:55	00:28:50.10	00:29:45.25	+00:11:17 (39.2%)	5:46	10.4 (60.8%)
179	MRELA Adrian	334		M-Open	123	00:00:31	00:28:50.15	00:29:21.55	+00:11:17 (39.2%)	5:46	10.4 (60.8%)
180	KUBIAK-KUJAWA Joanna	184		K-Open	56	00:00:26	00:28:52.05	00:29:18.20	+00:11:19 (39.2%)	5:46	10.4 (60.8%)
181	NELKE Monika	34		K-Open	57	00:00:45	00:28:53.00	00:29:38.15	+00:11:20 (39.3%)	5:46	10.4 (60.8%)
182	BORAKIEWICZ Przemysław	416		M-Open	124	00:00:29	00:28:53.25	00:29:22.95	+00:11:20 (39.3%)	5:46	10.4 (60.8%)
183	WAJER Marita	42		K-Open	58	00:00:22	00:29:00.10	00:29:22.15	+00:11:27 (39.5%)	5:48	10.3 (60.2%)
184	TUSZYŃSKA Anna	318		K-Open	59	00:00:10	00:29:01.90	00:29:12.60	+00:11:29 (39.6%)	5:48	10.3 (60.2%)
185	FRYDRYCHOWICZ Lilianna	75		K-Open	60	00:00:21	00:29:03.40	00:29:25.10	+00:11:30 (39.6%)	5:48	10.3 (60.2%)
186	BUKOWINSKA Grażyna	402		K-Open	61	00:00:21	00:29:07.80	00:29:29.05	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
187	MENDLIK Bernard	268	KU AZS UKW BYDGOSZCZ	M-Open	125	00:00:26	00:29:08.05	00:29:34.80	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
188	PIOTROWSKA Małgorzata	110	ACHI&GOCHI	K-Open	62	00:00:19	00:29:08.10	00:29:27.80	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
189	POTRZEBOWSKI Marek	76	DEAF	M-Open	126	00:00:09	00:29:10.70	00:29:20.60	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
190	CHYLIŃSKA Dorota	442		K-Open	63	00:00:24	00:29:10.80	00:29:35.40	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
191	SZEFLIŃSKI Waldemar	114		M-Open	127	00:00:18	00:29:13.00	00:29:31.00	+00:11:40 (40.0%)	5:50	10.3 (60.2%)
192	KUFLEWICZ Justyna	194		K-Open	64	00:00:38	00:29:19.90	00:29:58.40	+00:11:47 (40.2%)	5:52	10.2 (59.6%)
193	KUBICKA Olga	407		K-Open	65	00:00:24	00:29:25.95	00:29:50.45	+00:11:53 (40.4%)	5:53	10.2 (59.6%)
194	KRETOWICZ Piotr	302		M-Open	128	00:00:47	00:29:28.95	00:30:15.95	+00:11:56 (40.5%)	5:53	10.2 (59.6%)
195	WIOSNA Tomasz	209		M-Open	129	00:00:48	00:29:31.85	00:30:20.05	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
196	KAŻMIERCZAK Gosia	227		K-Open	66	00:00:48	00:29:32.05	00:30:20.80	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
197	KILIŃSKA Magdalena	106	HELIX POMATIA	K-Open	67	00:00:12	00:29:32.15	00:29:44.70	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
198	ALEKSANDER Alicja	214		K-Open	68	00:00:47	00:29:32.65	00:30:20.50	+00:12:00 (40.6%)	5:54	10.2 (59.6%)
199	STRZAŁKOWSKA-WARMUZ Iwona	9		K-Open	69	00:00:17	00:29:34.50	00:29:52.05	+00:12:01 (40.7%)	5:55	10.1 (59.1%)
200	GIPP Małgorzata	305		K-Open	70	00:00:42	00:29:35.45	00:30:17.90	+00:12:02 (40.7%)	5:55	10.1 (59.1%)
201	KORBEL Ewa	119		K-Open	71	00:00:36	00:29:41.45	00:30:17.65	+00:12:08 (40.9%)	5:56	10.1 (59.1%)
202	NOWAK Mariola	92		K-Open	72	00:00:23	00:29:44.05	00:30:07.50	+00:12:11 (41.0%)	5:56	10.1 (59.1%)
203	BORAKIEWICZ Agnieszka	417		K-Open	73	00:00:29	00:29:45.60	00:30:15.15	+00:12:13 (41.1%)	5:57	10.1 (59.1%)
204	GÓRSKA Agnieszka	269		K-Open	74	00:00:28	00:29:47.00	00:30:15.90	+00:12:14 (41.1%)	5:57	10.1 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
205	RUDOWICZ Marcin	191		M-Open	130	00:00:24	00:29:50.70	00:30:15.45	+00:12:18 (41.2%)	5:58	10.1 (59.1%)
206	SMOczyńska Agnieszka	171		K-Open	75	00:00:33	00:29:51.15	00:30:24.30	+00:12:18 (41.2%)	5:58	10.1 (59.1%)
207	NALEWALSKA Justyna	422	SERCE TYBETU	K-Open	76	00:00:39	00:29:51.80	00:30:31.40	+00:12:19 (41.3%)	5:58	10 (58.5%)
208	AUGUSTYNOWICZ Aurelia	321	RCI BYDGOSZCZ	K-Open	77	00:00:10	00:29:51.85	00:30:02.75	+00:12:19 (41.3%)	5:58	10 (58.5%)
209	WALCZAK Joanna	299		K-Open	78	00:00:37	00:29:56.55	00:30:34.00	+00:12:24 (41.4%)	5:59	10 (58.5%)
210	NIKOŁAJCZYK Lukasz	281		M-Open	131	00:00:36	00:29:57.80	00:30:34.40	+00:12:25 (41.5%)	5:59	10 (58.5%)
211	BRZOZOWSKI Marek	365		M-Open	132	00:00:26	00:30:00.05	00:30:26.50	+00:12:27 (41.5%)	6:00	10 (58.5%)
212	TYKWIŃSKA Agnieszka	107		K-Open	79	00:00:21	00:30:00.55	00:30:22.30	+00:12:28 (41.5%)	6:00	10 (58.5%)
213	BRZOZOWSKA Jolanta	364		K-Open	80	00:00:24	00:30:01.70	00:30:26.50	+00:12:29 (41.6%)	6:00	10 (58.5%)
214	BORKOWSKI Paweł	272		M-Open	133	00:00:29	00:30:02.00	00:30:31.20	+00:12:29 (41.6%)	6:00	10 (58.5%)
215	KURZAWA Iwona	254		K-Open	81	00:00:28	00:30:02.35	00:30:30.90	+00:12:29 (41.6%)	6:00	10 (58.5%)
216	BUCHOLC Martyna	389		K-Open	82	00:00:14	00:30:04.00	00:30:18.30	+00:12:31 (41.7%)	6:00	10 (58.5%)
217	FRELICHOWSKA Karolina	36	CB163	K-Open	83	00:00:41	00:30:08.35	00:30:50.20	+00:12:35 (41.8%)	6:01	10 (58.5%)
218	KUTKA Czesia	241		K-Open	84	00:00:28	00:30:09.05	00:30:37.95	+00:12:36 (41.8%)	6:01	10 (58.5%)
219	SOBOTA Beata	16		K-Open	85	00:00:34	00:30:14.35	00:30:49.05	+00:12:41 (42.0%)	6:03	9.9 (57.9%)
220	GWORYS Marcin	411		M-Open	134	00:00:22	00:30:15.90	00:30:38.35	+00:12:43 (42.0%)	6:03	9.9 (57.9%)
221	KOWALSKA Justyna	216		K-Open	86	00:00:26	00:30:17.60	00:30:44.50	+00:12:45 (42.1%)	6:03	9.9 (57.9%)
222	JARMOŁOWICZ Aleksandra	351		K-Open	87	00:00:51	00:30:18.05	00:31:09.55	+00:12:45 (42.1%)	6:03	9.9 (57.9%)
223	KOWALSKI Konrad	367		M-Open	135	00:00:40	00:30:19.65	00:31:00.05	+00:12:47 (42.2%)	6:04	9.9 (57.9%)
224	KUŻNIAR Patryk	104		M-Open	136	00:00:14	00:30:21.90	00:30:36.70	+00:12:49 (42.2%)	6:04	9.9 (57.9%)
225	PIOTROWICZ Ewa	454		K-Open	88	00:00:25	00:30:22.55	00:30:48.05	+00:12:50 (42.2%)	6:04	9.9 (57.9%)
226	KOTŁOWSKA Marlena	285		K-Open	89	00:00:22	00:30:22.80	00:30:45.40	+00:12:50 (42.3%)	6:04	9.9 (57.9%)
227	FRISCHKE Agnieszka	29		K-Open	90	00:00:43	00:30:23.60	00:31:07.20	+00:12:51 (42.3%)	6:04	9.9 (57.9%)
228	KOSZOWSKA Ania	32		K-Open	91	00:00:43	00:30:26.25	00:31:10.00	+00:12:53 (42.4%)	6:05	9.9 (57.9%)
229	ANDRZEJEWSKI Jakub	388		M-Open	137	00:00:13	00:30:27.30	00:30:40.30	+00:12:54 (42.4%)	6:05	9.9 (57.9%)
230	WAŁCZYK Iwona	436		K-Open	92	00:00:36	00:30:31.25	00:31:08.20	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
231	WEGNER Karolina	435		K-Open	93	00:00:36	00:30:31.40	00:31:08.05	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
232	DRZEWIECKA Magdalena	443		K-Open	94	00:00:25	00:30:32.95	00:30:58.60	+00:13:00 (42.6%)	6:06	9.8 (57.3%)
232	JAROSZEWSKI Wojciech	228	DEEP FOREST	M-Open	138	00:00:46	00:30:32.95	00:31:19.65	+00:13:00 (42.6%)	6:06	9.8 (57.3%)
234	GRUSZKA Marek	317		M-Open	139	00:00:23	00:30:34.45	00:30:57.70	+00:13:01 (42.6%)	6:06	9.8 (57.3%)
235	PRZYBYLSKA Paulina	48		K-Open	95	00:00:39	00:30:36.55	00:31:16.15	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
236	IWICKI Andrzej	239		M-Open	140	00:00:19	00:30:36.70	00:30:56.10	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
237	GRUŻEWSKA Justyna	117		K-Open	96	00:00:14	00:30:37.85	00:30:51.85	+00:13:05 (42.7%)	6:07	9.8 (57.3%)
238	KUŻNIAR Melisa	249		K-Open	97	00:00:14	00:30:37.95	00:30:52.45	+00:13:05 (42.7%)	6:07	9.8 (57.3%)
239	ŁABUŚ Maciej	4		M-Open	141	00:00:13	00:30:39.60	00:30:53.55	+00:13:07 (42.8%)	6:08	9.8 (57.3%)
240	GURZYŃSKA Anna	240		K-Open	98	00:00:15	00:30:40.30	00:30:55.85	+00:13:07 (42.8%)	6:08	9.8 (57.3%)
241	KONDEK Igor	464		M-Open	142	00:00:42	00:30:45.85	00:31:28.80	+00:13:13 (43.0%)	6:09	9.8 (57.3%)
242	ŚWIDERSKA Aleksandra	304		K-Open	99	00:00:34	00:30:46.90	00:31:21.20	+00:13:14 (43.0%)	6:09	9.7 (56.7%)
243	KIELIK Monika	47	MONIKA KIELIK	K-Open	100	00:00:24	00:30:48.30	00:31:13.00	+00:13:15 (43.1%)	6:09	9.7 (56.7%)
244	PRZYBYSZEWSKI Marcin	344		M-Open	143	00:00:14	00:30:49.15	00:31:03.65	+00:13:16 (43.1%)	6:09	9.7 (56.7%)
245	NAPIÓRKOWSKA Ewa	146		K-Open	101	00:00:21	00:30:54.45	00:31:16.35	+00:13:21 (43.2%)	6:11	9.7 (56.7%)
246	JAGIELSKA Patrycja	397		K-Open	102	00:00:13	00:30:55.60	00:31:08.95	+00:13:23 (43.3%)	6:11	9.7 (56.7%)
247	GIEŁDON Adrian	343		M-Open	144	00:00:16	00:30:56.10	00:31:12.15	+00:13:23 (43.3%)	6:11	9.7 (56.7%)
248	HELSTAJN Anna	340		K-Open	103	00:00:16	00:30:56.25	00:31:12.75	+00:13:23 (43.3%)	6:11	9.7 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
249	WAWRZYNIAK Anna	341		K-Open	104	00:00:16	00:30:56.75	00:31:13.55	+00:13:24 (43.3%)	6:11	9.7 (56.7%)
250	MAŃKOWSKA Kamila	339		K-Open	105	00:00:15	00:30:57.00	00:31:12.80	+00:13:24 (43.3%)	6:11	9.7 (56.7%)
251	KIWIOR Michał	109	MŁODE DZIKI	M-Open	145	00:00:41	00:30:58.20	00:31:39.40	+00:13:25 (43.4%)	6:11	9.7 (56.7%)
252	SZEWCZYK Ola	206		K-Open	106	00:00:41	00:30:58.50	00:31:39.60	+00:13:25 (43.4%)	6:11	9.7 (56.7%)
253	CYBUL Anna	390		K-Open	107	00:00:16	00:31:07.70	00:31:24.25	+00:13:35 (43.6%)	6:13	9.6 (56.1%)
254	ŁABUŚ Magda	410		K-Open	108	00:00:21	00:31:07.80	00:31:29.10	+00:13:35 (43.6%)	6:13	9.6 (56.1%)
255	LEWANDOWSKI Marek	85		M-Open	146	00:00:36	00:31:08.15	00:31:45.00	+00:13:35 (43.7%)	6:13	9.6 (56.1%)
256	SAK Anna	336	DECATHLON TEAM INOWROCŁAW	K-Open	109	00:00:30	00:31:08.50	00:31:39.20	+00:13:35 (43.7%)	6:13	9.6 (56.1%)
257	GRALAK Jacek	165	8 KPBWOT/JS 1386	M-Open	147	00:00:43	00:31:09.50	00:31:52.65	+00:13:36 (43.7%)	6:13	9.6 (56.1%)
257	KONDEK Jakub	463		M-Open	148	00:00:46	00:31:09.50	00:31:55.70	+00:13:36 (43.7%)	6:13	9.6 (56.1%)
259	WRÓBLEWSKA Maja	253		K-Open	110	00:00:27	00:31:10.25	00:31:38.05	+00:13:37 (43.7%)	6:14	9.6 (56.1%)
260	JASIULEWICZ Marta	306		K-Open	111	00:00:25	00:31:14.45	00:31:39.50	+00:13:41 (43.8%)	6:14	9.6 (56.1%)
261	KUBIAK Agnieszka	160		K-Open	112	00:00:17	00:31:17.60	00:31:35.55	+00:13:45 (43.9%)	6:15	9.6 (56.1%)
262	CZERNIEJEWSKA Monika	126		K-Open	113	00:00:11	00:31:22.70	00:31:34.30	+00:13:50 (44.1%)	6:16	9.6 (56.1%)
263	JANKOWSKI Dariusz	127		M-Open	149	00:00:11	00:31:22.80	00:31:34.75	+00:13:50 (44.1%)	6:16	9.6 (56.1%)
264	NOWACKA Aleksandra	420		K-Open	114	00:00:45	00:31:25.25	00:32:11.15	+00:13:52 (44.2%)	6:17	9.5 (55.6%)
265	GIERCZAK Dorota	82		K-Open	115	00:00:39	00:31:27.55	00:32:06.60	+00:13:55 (44.2%)	6:17	9.5 (55.6%)
266	KRAJEWSKA Izabela	166		K-Open	116	00:00:39	00:31:30.75	00:32:09.85	+00:13:58 (44.3%)	6:18	9.5 (55.6%)
267	KRUKOWSKI Rafał	186		M-Open	150	00:00:15	00:31:30.80	00:31:46.10	+00:13:58 (44.3%)	6:18	9.5 (55.6%)
268	ZATOŃ Bożena	354	RUN PASJA	K-Open	117	00:00:41	00:31:33.75	00:32:14.85	+00:14:01 (44.4%)	6:18	9.5 (55.6%)
269	PESTKA Anna	387		K-Open	118	00:00:33	00:31:36.05	00:32:09.55	+00:14:03 (44.5%)	6:19	9.5 (55.6%)
270	PIÓRKOWSKA Aga	49		K-Open	119	00:00:47	00:31:37.20	00:32:24.45	+00:14:04 (44.5%)	6:19	9.5 (55.6%)
271	JAROSZEWSKA Anna	229	DEEP FOREST	K-Open	120	00:00:46	00:31:37.60	00:32:24.35	+00:14:05 (44.5%)	6:19	9.5 (55.6%)
272	ROSIAK Aleksandra	433		K-Open	121	00:00:35	00:31:39.80	00:32:15.50	+00:14:07 (44.6%)	6:20	9.5 (55.6%)
273	PAPROCKA Małgorzata	15		K-Open	122	00:00:28	00:31:44.95	00:32:13.60	+00:14:12 (44.7%)	6:21	9.4 (55.0%)
274	NOVAKOVIĆ Maja	434		K-Open	123	00:00:22	00:31:47.90	00:32:09.95	+00:14:15 (44.8%)	6:21	9.4 (55.0%)
275	OŻGA Agnieszka	24		K-Open	124	00:00:39	00:31:48.75	00:32:28.10	+00:14:16 (44.9%)	6:21	9.4 (55.0%)
276	ŚLEDZIŃSKA Paulina	248		K-Open	125	00:00:33	00:31:50.40	00:32:23.40	+00:14:17 (44.9%)	6:22	9.4 (55.0%)
277	KOWALIK Anna	308		K-Open	126	00:00:15	00:31:53.80	00:32:08.90	+00:14:21 (45.0%)	6:22	9.4 (55.0%)
278	DUDZIAK Michał	12	CPR BYDGOSZCZ	M-Open	151	00:00:39	00:31:55.70	00:32:35.05	+00:14:23 (45.1%)	6:23	9.4 (55.0%)
279	SZERWIŃSKI Mateusz	195		M-Open	152	00:00:51	00:31:58.25	00:32:49.90	+00:14:25 (45.1%)	6:23	9.4 (55.0%)
280	TATERA Daria	55		K-Open	127	00:00:18	00:31:59.45	00:32:18.35	+00:14:26 (45.2%)	6:24	9.4 (55.0%)
281	THIEDE Ola	130		K-Open	128	00:00:00	00:32:04.00	00:32:04.00	+00:14:31 (45.3%)	6:24	9.4 (55.0%)
282	FOSS Dorota	392	LEGE ARTIS	K-Open	129	00:00:40	00:32:08.00	00:32:48.60	+00:14:35 (45.4%)	6:25	9.3 (54.4%)
283	DALKA Renata	78		K-Open	130	00:00:07	00:32:09.85	00:32:17.10	+00:14:37 (45.5%)	6:26	9.3 (54.4%)
284	GOLIK Krzysztof	168		M-Open	153	00:00:49	00:32:17.75	00:33:07.15	+00:14:45 (45.7%)	6:27	9.3 (54.4%)
285	BEDNAREK Grażyna	446	RUN PASJA	K-Open	131	00:00:41	00:32:19.40	00:33:01.15	+00:14:46 (45.7%)	6:28	9.3 (54.4%)
286	KORBEL Marian	444		M-Open	154	00:00:37	00:32:22.05	00:32:59.20	+00:14:49 (45.8%)	6:28	9.3 (54.4%)
287	WROŃSKI Piotr	349		M-Open	155	00:00:35	00:32:22.75	00:32:57.85	+00:14:50 (45.8%)	6:28	9.3 (54.4%)
288	KWIATKOWSKA Aleksandra	348		K-Open	132	00:00:34	00:32:23.55	00:32:57.95	+00:14:51 (45.8%)	6:28	9.3 (54.4%)
289	TREPANOWSKA Katarzyna	50		K-Open	133	00:00:35	00:32:25.25	00:33:01.15	+00:14:52 (45.9%)	6:29	9.2 (53.8%)
290	DUKAT Olga	400		K-Open	134	00:00:11	00:32:34.05	00:32:45.40	+00:15:01 (46.1%)	6:30	9.2 (53.8%)
291	PALUSZAK Katarzyna	83		K-Open	135	00:00:35	00:32:35.90	00:33:11.20	+00:15:03 (46.2%)	6:31	9.2 (53.8%)
292	FILIPEK Weronika	204		K-Open	136	00:00:32	00:32:41.65	00:33:14.10	+00:15:09 (46.3%)	6:32	9.2 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
293	KUJAWA Magdalena	282		K-Open	137	00:00:43	00:32:44.60	00:33:28.45	+00:15:12 (46.4%)	6:33	9.2 (53.8%)
294	KONOWALSKA Agnieszka	406		K-Open	138	00:00:20	00:32:48.60	00:33:08.90	+00:15:16 (46.5%)	6:33	9.1 (53.2%)
295	WYSOCKA Kamila	17		K-Open	139	00:00:31	00:32:54.45	00:33:25.60	+00:15:21 (46.7%)	6:34	9.1 (53.2%)
296	NEVECHERIA Yanina	310		K-Open	140	00:00:07	00:32:57.15	00:33:04.80	+00:15:24 (46.8%)	6:35	9.1 (53.2%)
297	GENDERKA Krzysztof	6	STUDIO SZARKOWSKA&GENDERKA	M-Open	156	00:00:22	00:32:57.20	00:33:20.10	+00:15:24 (46.8%)	6:35	9.1 (53.2%)
298	SZABLICKA Katarzyna	66	POLSKA GRUPA BIEGOWA	K-Open	141	00:00:13	00:32:57.85	00:33:11.55	+00:15:25 (46.8%)	6:35	9.1 (53.2%)
299	PODCZASKA Katarzyna	25		K-Open	142	00:00:14	00:32:58.25	00:33:12.25	+00:15:25 (46.8%)	6:35	9.1 (53.2%)
300	KROPIŃSKA Monika	329		K-Open	143	00:00:26	00:32:59.95	00:33:26.70	+00:15:27 (46.8%)	6:36	9.1 (53.2%)
301	ZIELIŃSKA Dorota	257		K-Open	144	00:00:24	00:33:02.30	00:33:26.60	+00:15:29 (46.9%)	6:36	9.1 (53.2%)
302	SOBIERAJ Magdalena	101		K-Open	145	00:00:10	00:33:09.45	00:33:20.15	+00:15:36 (47.1%)	6:38	9 (52.6%)
303	JEGIERSKA Anna	62	AMATORKA	K-Open	146	00:00:10	00:33:09.55	00:33:20.40	+00:15:37 (47.1%)	6:38	9 (52.6%)
304	KUBALEWSKA Grażyna	245		K-Open	147	00:00:23	00:33:11.65	00:33:35.15	+00:15:39 (47.2%)	6:38	9 (52.6%)
305	LEWANDOWSKI Piotr	213		M-Open	157	00:00:32	00:33:19.05	00:33:51.75	+00:15:46 (47.3%)	6:39	9 (52.6%)
306	KOWALSKA Karolina	377		K-Open	148	00:00:35	00:33:19.30	00:33:54.80	+00:15:46 (47.4%)	6:39	9 (52.6%)
307	KOWALSKA Irena	193		K-Open	149	00:00:34	00:33:19.65	00:33:54.45	+00:15:47 (47.4%)	6:40	9 (52.6%)
308	LEWANDOWSKA Beata	212		K-Open	150	00:00:31	00:33:21.90	00:33:53.25	+00:15:49 (47.4%)	6:40	9 (52.6%)
309	MIELCAREK Ania	314		K-Open	151	00:00:50	00:33:32.10	00:34:22.60	+00:15:59 (47.7%)	6:42	8.9 (52.0%)
310	PIOTROWICZ Karolina	455		K-Open	152	00:00:25	00:33:38.45	00:34:04.40	+00:16:05 (47.9%)	6:43	8.9 (52.0%)
311	GURYN Wiktor	396	ZIELONY PELIKAN	M-Open	158	00:00:31	00:33:39.55	00:34:10.55	+00:16:07 (47.9%)	6:43	8.9 (52.0%)
312	KALACHURKA Wioletta	277		K-Open	153	00:00:18	00:33:44.75	00:34:03.00	+00:16:12 (48.0%)	6:45	8.9 (52.0%)
313	DAGOW Justyna	276		K-Open	154	00:00:18	00:33:44.90	00:34:03.10	+00:16:12 (48.0%)	6:45	8.9 (52.0%)
314	TROCKA Agnieszka	148		K-Open	155	00:00:30	00:33:50.55	00:34:21.25	+00:16:18 (48.2%)	6:46	8.9 (52.0%)
315	SZCZYPIŃSKA Justyna	271		K-Open	156	00:00:11	00:33:55.35	00:34:07.25	+00:16:22 (48.3%)	6:47	8.8 (51.5%)
316	GLINKOWSKA Joanna	149		K-Open	157	00:00:30	00:34:13.45	00:34:44.00	+00:16:40 (48.7%)	6:50	8.8 (51.5%)
317	BURCZUK Aleksandra	448		K-Open	158	00:00:30	00:34:20.35	00:34:50.45	+00:16:47 (48.9%)	6:52	8.7 (50.9%)
318	TUBISZ Agnieszka	18		K-Open	159	00:00:27	00:34:22.25	00:34:49.65	+00:16:49 (49.0%)	6:52	8.7 (50.9%)
319	MINISZEWSKA Irena	394		K-Open	160	00:00:40	00:34:22.65	00:35:02.85	+00:16:50 (49.0%)	6:52	8.7 (50.9%)
320	IWICKA-KOWALSKA Katarzyna	175		K-Open	161	00:00:17	00:34:30.45	00:34:47.60	+00:16:57 (49.2%)	6:54	8.7 (50.9%)
321	NOWACKA Katarzyna	424		K-Open	162	00:00:46	00:34:30.85	00:35:17.60	+00:16:58 (49.2%)	6:54	8.7 (50.9%)
322	NOGALSKA Aleksandra	303		K-Open	163	00:00:35	00:34:35.90	00:35:11.20	+00:17:03 (49.3%)	6:55	8.7 (50.9%)
323	OLSZEWSKA Karolina	20		K-Open	164	00:00:31	00:34:36.25	00:35:07.45	+00:17:03 (49.3%)	6:55	8.7 (50.9%)
324	JAWORSKA Sylwia	332		K-Open	165	00:00:24	00:34:39.35	00:35:03.70	+00:17:06 (49.4%)	6:55	8.7 (50.9%)
325	KAMIŃSKA Marta	290		K-Open	166	00:00:43	00:34:43.65	00:35:27.55	+00:17:11 (49.5%)	6:56	8.6 (50.3%)
326	MISUN Mariola	258	BBKTS	K-Open	167	00:00:44	00:34:47.55	00:35:32.45	+00:17:15 (49.6%)	6:57	8.6 (50.3%)
327	REKOWSKA Barbara	141		K-Open	168	00:00:40	00:34:49.15	00:35:29.40	+00:17:16 (49.6%)	6:57	8.6 (50.3%)
328	WELSBERG Magdalena	288		K-Open	169	00:00:29	00:34:52.15	00:35:21.35	+00:17:19 (49.7%)	6:58	8.6 (50.3%)
329	MOCNA Anna	215		K-Open	170	00:00:29	00:34:55.50	00:35:25.30	+00:17:22 (49.8%)	6:59	8.6 (50.3%)
330	SCHLABS Magdalena	93		K-Open	171	00:00:29	00:34:56.05	00:35:25.25	+00:17:23 (49.8%)	6:59	8.6 (50.3%)
331	ANDRZEJCZAK Natalia	201		K-Open	172	00:00:30	00:35:01.20	00:35:31.60	+00:17:28 (49.9%)	7:00	8.6 (50.3%)
332	NOWAKOWSKA-ARENDT Agnieszka	5		K-Open	173	00:00:17	00:35:04.90	00:35:22.20	+00:17:32 (50.0%)	7:01	8.6 (50.3%)
333	BRONK Justyna	457		K-Open	174	00:00:23	00:35:05.90	00:35:29.60	+00:17:33 (50.0%)	7:01	8.5 (49.7%)
334	PIECZARA Iwona	458		K-Open	175	00:00:23	00:35:07.50	00:35:30.95	+00:17:34 (50.1%)	7:01	8.5 (49.7%)
335	WRÓBLEWSKA Anna	72		K-Open	176	00:00:10	00:35:21.85	00:35:32.45	+00:17:49 (50.4%)	7:04	8.5 (49.7%)
336	KĄTNIK Dorota	220	RUN PASJA	K-Open	177	00:00:39	00:35:23.55	00:36:03.45	+00:17:51 (50.4%)	7:04	8.5 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	RAJSKI Józef	432		M-Open	159	00:00:30	00:35:27.60	00:35:57.70	+00:17:55 (50.5%)	7:05	8.5 (49.7%)
338	MAZUREK Anita	8		K-Open	178	00:00:45	00:35:32.10	00:36:17.20	+00:17:59 (50.6%)	7:06	8.4 (49.1%)
339	JUREK Sławomir	95	FUNDACJA HORYZONT	M-Open	160	00:00:38	00:35:32.60	00:36:10.65	+00:18:00 (50.6%)	7:06	8.4 (49.1%)
340	MANOWSKA Arletta	94	FUNDACJA HORYZONT	K-Open	179	00:00:38	00:35:32.85	00:36:11.35	+00:18:00 (50.7%)	7:06	8.4 (49.1%)
341	KUBICKA Violetta	41		K-Open	180	00:00:43	00:35:33.10	00:36:16.95	+00:18:00 (50.7%)	7:06	8.4 (49.1%)
342	KEMPA Arkadiusz	419		M-Open	161	00:00:43	00:35:33.85	00:36:17.10	+00:18:01 (50.7%)	7:06	8.4 (49.1%)
343	KISZKA Justyna	398	RUN PASJA	K-Open	181	00:00:41	00:35:35.35	00:36:17.15	+00:18:02 (50.7%)	7:07	8.4 (49.1%)
344	CIECHOMSKA Magdalena	73		K-Open	182	00:00:09	00:35:38.00	00:35:47.00	+00:18:05 (50.8%)	7:07	8.4 (49.1%)
344	SKROBACKA Izabela	52		K-Open	183	00:00:20	00:35:38.00	00:35:58.20	+00:18:05 (50.8%)	7:07	8.4 (49.1%)
346	KNIOŁA Justyna	162	STUDIO SZARKOWSKA & GENDERKA	K-Open	184	00:00:50	00:35:43.05	00:36:33.10	+00:18:10 (50.9%)	7:08	8.4 (49.1%)
347	KONOWECKA Ewa	429		K-Open	185	00:00:29	00:35:50.20	00:36:19.30	+00:18:17 (51.0%)	7:10	8.4 (49.1%)
348	CHMIELEWSKI Tomasz	238		M-Open	162	00:00:48	00:35:50.50	00:36:39.15	+00:18:17 (51.1%)	7:10	8.4 (49.1%)
349	KANTOWICZ Marta	129		K-Open	186	00:00:48	00:35:50.85	00:36:39.30	+00:18:18 (51.1%)	7:10	8.4 (49.1%)
350	GAWRONEK Maria	183		K-Open	187	00:00:48	00:35:51.00	00:36:39.30	+00:18:18 (51.1%)	7:10	8.4 (49.1%)
351	OPAS Karolina	404		K-Open	188	00:00:24	00:35:53.95	00:36:18.30	+00:18:21 (51.1%)	7:10	8.4 (49.1%)
352	NOWAKOWSKA Patrycja	51		K-Open	189	00:00:40	00:36:13.40	00:36:54.10	+00:18:40 (51.6%)	7:14	8.3 (48.5%)
353	GRZELAKOWSKA Klaudyna	283		K-Open	190	00:00:32	00:36:15.45	00:36:47.70	+00:18:42 (51.6%)	7:15	8.3 (48.5%)
354	POKORSKA Roma	391		K-Open	191	00:00:40	00:36:28.10	00:37:08.30	+00:18:55 (51.9%)	7:17	8.2 (48.0%)
355	POKORSKI Tomasz	379		M-Open	163	00:00:40	00:36:28.25	00:37:08.55	+00:18:55 (51.9%)	7:17	8.2 (48.0%)
356	ASTUKIEWICZ Agnieszka	100		K-Open	192	00:00:44	00:36:36.75	00:37:21.35	+00:19:04 (52.1%)	7:19	8.2 (48.0%)
357	ASTUKIEWICZ Tomasz	99		M-Open	164	00:00:44	00:36:37.75	00:37:21.90	+00:19:05 (52.1%)	7:19	8.2 (48.0%)
358	PIECHOWIAK Oliwia	224		K-Open	193	00:00:17	00:36:43.60	00:37:00.60	+00:19:11 (52.2%)	7:20	8.2 (48.0%)
359	CHMIELEWSKA Agnieszka	325		K-Open	194	00:00:40	00:36:45.40	00:37:26.00	+00:19:12 (52.3%)	7:21	8.2 (48.0%)
360	NAZARUK Natalia	382		K-Open	195	00:00:33	00:37:04.30	00:37:38.10	+00:19:31 (52.7%)	7:25	8.1 (47.4%)
361	OSUCH Małgorzata	152		K-Open	196	00:00:44	00:37:41.50	00:38:26.00	+00:20:08 (53.5%)	7:32	8 (46.8%)
362	BARANOWSKA Weronika	331		K-Open	197	00:00:25	00:37:48.20	00:38:13.40	+00:20:15 (53.6%)	7:33	7.9 (46.2%)
363	WIOSNA Krzysztof	462		M-Open	165	00:00:47	00:37:55.25	00:38:42.90	+00:20:22 (53.7%)	7:35	7.9 (46.2%)
364	PAWLAK Tomasz	461		M-Open	166	00:00:33	00:38:07.45	00:38:40.45	+00:20:34 (54.0%)	7:37	7.9 (46.2%)
365	WITKOWSKA Marta	452		K-Open	198	00:00:32	00:38:07.60	00:38:40.45	+00:20:35 (54.0%)	7:37	7.9 (46.2%)
366	LIPKA Józef	359		M-Open	167	00:01:08	00:38:07.80	00:39:16.25	+00:20:35 (54.0%)	7:37	7.9 (46.2%)
367	ROZWOROWSKA-WOLAŃSKA Julia	226		K-Open	199	00:00:39	00:38:15.10	00:38:54.70	+00:20:42 (54.1%)	7:39	7.8 (45.6%)
368	WENCKA Magdalena	190		K-Open	200	00:00:38	00:38:16.75	00:38:55.00	+00:20:44 (54.2%)	7:39	7.8 (45.6%)
369	NEYDER Marzena	309		K-Open	201	00:00:09	00:38:21.15	00:38:30.20	+00:20:48 (54.3%)	7:40	7.8 (45.6%)
370	SARUL Karolina	151		K-Open	202	00:00:44	00:38:53.30	00:39:37.95	+00:21:20 (54.9%)	7:46	7.7 (45.0%)
371	GOLIK Magdalena	169		K-Open	203	00:00:49	00:39:33.60	00:40:22.75	+00:22:01 (55.7%)	7:54	7.6 (44.4%)
372	URBAŃCZYK Anna	28		K-Open	204	00:00:33	00:40:27.50	00:41:01.40	+00:22:54 (56.6%)	8:05	7.4 (43.3%)
373	RÓŻYCKA Katarzyna	87	TOCULUBIE	K-Open	205	00:00:33	00:40:28.05	00:41:01.40	+00:22:55 (56.7%)	8:05	7.4 (43.3%)
374	TOMCZAK Krzysia	408		K-Open	206	00:00:42	00:41:46.40	00:42:28.80	+00:24:13 (58.0%)	8:21	7.2 (42.1%)
375	KIWIOR Jurek	409		M-Open	168	00:00:42	00:41:48.70	00:42:30.80	+00:24:16 (58.0%)	8:21	7.2 (42.1%)

Znaleziono 375 wynik(ów)