



**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	<b>AUGUSTYNOWICZ Andrzej</b>	<b>320</b>	RCI BYDGOSZCZ	M-Open	26	00:00:08	<b>00:22:41.05</b>	<b>00:22:49.15</b>	+00:05:08 (22.7%)	4:32	13.2 (77.2%)
30	<b>MAZUR Dawid</b>	<b>301</b>	HEROBOX ŚWIECIE	M-Open	27	00:00:14	<b>00:22:56.15</b>	<b>00:23:10.40</b>	+00:05:23 (23.5%)	4:35	13.1 (76.6%)
31	<b>CHOLEWIŃSKI Mateusz</b>	<b>369</b>		M-Open	28	00:00:18	<b>00:23:03.20</b>	<b>00:23:22.05</b>	+00:05:30 (23.9%)	4:36	13 (76.0%)
32	<b>NAPIERAJ Sonia</b>	<b>196</b>	ALBANNERS	K-Open	4	00:00:12	<b>00:23:05.20</b>	<b>00:23:18.15</b>	+00:05:32 (24.0%)	4:37	13 (76.0%)
33	<b>ŚWIATLAK Piotr</b>	<b>264</b>	SOWA BYDGOSZCZ	M-Open	29	00:00:06	<b>00:23:12.40</b>	<b>00:23:19.00</b>	+00:05:39 (24.4%)	4:38	12.9 (75.4%)
34	<b>SOBCZAK Rafał</b>	<b>456</b>		M-Open	30	00:00:06	<b>00:23:13.90</b>	<b>00:23:20.50</b>	+00:05:41 (24.5%)	4:38	12.9 (75.4%)
35	<b>MICHALSKA Daria</b>	<b>211</b>		K-Open	5	00:00:09	<b>00:23:19.15</b>	<b>00:23:28.95</b>	+00:05:46 (24.8%)	4:39	12.9 (75.4%)
36	<b>FIECEK Łukasz</b>	<b>243</b>		M-Open	31	00:00:10	<b>00:23:21.30</b>	<b>00:23:31.50</b>	+00:05:48 (24.9%)	4:40	12.8 (74.9%)
37	<b>AFELT Jarosław</b>	<b>39</b>		M-Open	32	00:00:27	<b>00:23:35.85</b>	<b>00:24:03.80</b>	+00:06:03 (25.7%)	4:43	12.7 (74.3%)
38	<b>CIEŚLEWICZ Karol</b>	<b>125</b>	FABER EST QUISQUE SUAE FORTUNAE	M-Open	33	00:00:19	<b>00:23:42.25</b>	<b>00:24:01.35</b>	+00:06:09 (26.0%)	4:44	12.7 (74.3%)
39	<b>NIZIOŁ Marcin</b>	<b>405</b>		M-Open	34	00:00:10	<b>00:23:43.10</b>	<b>00:23:53.75</b>	+00:06:10 (26.0%)	4:44	12.6 (73.7%)
40	<b>BOROWSKI Radosław</b>	<b>262</b>	MLKS KRAJNA SĘPÓLNO	M-Open	35	00:00:16	<b>00:23:43.85</b>	<b>00:24:00.05</b>	+00:06:11 (26.1%)	4:44	12.6 (73.7%)
41	<b>WIŚNIEWSKI Leszek</b>	<b>370</b>		M-Open	36	00:00:26	<b>00:23:46.85</b>	<b>00:24:13.05</b>	+00:06:14 (26.2%)	4:45	12.6 (73.7%)
42	<b>SAWIŃSKI Łukasz</b>	<b>202</b>		M-Open	37	00:00:08	<b>00:23:47.55</b>	<b>00:23:55.75</b>	+00:06:15 (26.3%)	4:45	12.6 (73.7%)
43	<b>BIERNACKA Magdalena</b>	<b>188</b>		K-Open	6	00:00:05	<b>00:23:47.75</b>	<b>00:23:53.70</b>	+00:06:15 (26.3%)	4:45	12.6 (73.7%)
44	<b>OLECHNOWICZ Tomasz</b>	<b>428</b>	SMUKAŁA	M-Open	38	00:00:09	<b>00:23:50.35</b>	<b>00:23:59.80</b>	+00:06:17 (26.4%)	4:46	12.6 (73.7%)
45	<b>KRUPA Tomasz</b>	<b>134</b>		M-Open	39	00:00:11	<b>00:23:51.60</b>	<b>00:24:02.95</b>	+00:06:19 (26.5%)	4:46	12.6 (73.7%)
46	<b>MINZYANOV Anton</b>	<b>361</b>		M-Open	40	00:00:06	<b>00:23:54.80</b>	<b>00:24:01.70</b>	+00:06:22 (26.6%)	4:47	12.5 (73.1%)
47	<b>OLEJNICZAK Marcin</b>	<b>60</b>		M-Open	41	00:01:11	<b>00:23:56.40</b>	<b>00:25:07.60</b>	+00:06:23 (26.7%)	4:47	12.5 (73.1%)
48	<b>SAK Joanna</b>	<b>307</b>	DECATHLON TEAM INOWROCŁAW	K-Open	7	00:00:09	<b>00:23:56.80</b>	<b>00:24:06.25</b>	+00:06:24 (26.7%)	4:47	12.5 (73.1%)
49	<b>TATERA Michał</b>	<b>57</b>		M-Open	42	00:00:12	<b>00:23:59.65</b>	<b>00:24:11.70</b>	+00:06:27 (26.9%)	4:47	12.5 (73.1%)
50	<b>POPIELARZ Robert</b>	<b>450</b>		M-Open	43	00:00:07	<b>00:24:03.10</b>	<b>00:24:11.05</b>	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
51	<b>TYMIŃSKI Przemysław</b>	<b>362</b>	LA RIVE TEAM	M-Open	44	00:00:05	<b>00:24:03.15</b>	<b>00:24:08.15</b>	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
52	<b>REGLIŃSKI Krzysiek</b>	<b>133</b>		M-Open	45	00:00:16	<b>00:24:05.40</b>	<b>00:24:22.05</b>	+00:06:32 (27.2%)	4:49	12.4 (72.5%)
53	<b>PODSIEDLIK Zuzanna</b>	<b>136</b>		K-Open	8	00:00:12	<b>00:24:16.15</b>	<b>00:24:28.40</b>	+00:06:43 (27.7%)	4:51	12.4 (72.5%)
54	<b>GONDEK Krzysztof</b>	<b>363</b>		M-Open	46	00:00:06	<b>00:24:17.45</b>	<b>00:24:24.30</b>	+00:06:44 (27.8%)	4:51	12.3 (71.9%)
55	<b>BIRSKI Marcin</b>	<b>199</b>		M-Open	47	00:00:10	<b>00:24:22.90</b>	<b>00:24:33.10</b>	+00:06:50 (28.1%)	4:52	12.3 (71.9%)
56	<b>MORZYK Michał</b>	<b>33</b>	1979	M-Open	48	00:00:27	<b>00:24:25.75</b>	<b>00:24:53.15</b>	+00:06:53 (28.2%)	4:53	12.3 (71.9%)
57	<b>TWARDOWSKI Bartosz</b>	<b>173</b>		M-Open	49	00:00:33	<b>00:24:28.20</b>	<b>00:25:01.95</b>	+00:06:55 (28.3%)	4:53	12.3 (71.9%)
58	<b>MUĆKO Bartosz</b>	<b>145</b>		M-Open	50	00:00:05	<b>00:24:30.25</b>	<b>00:24:35.40</b>	+00:06:57 (28.4%)	4:54	12.2 (71.3%)
59	<b>KOCISZEWSKI Marek</b>	<b>292</b>		M-Open	51	00:00:42	<b>00:24:33.55</b>	<b>00:25:16.50</b>	+00:07:01 (28.6%)	4:54	12.2 (71.3%)
60	<b>OZDOBA Agnieszka</b>	<b>403</b>		K-Open	9	00:00:12	<b>00:24:35.45</b>	<b>00:24:47.90</b>	+00:07:02 (28.7%)	4:55	12.2 (71.3%)
61	<b>GRACZYK Przemysław</b>	<b>203</b>		M-Open	52	00:00:27	<b>00:24:37.00</b>	<b>00:25:04.40</b>	+00:07:04 (28.7%)	4:55	12.2 (71.3%)
62	<b>KIJEWSKI Maciej</b>	<b>198</b>	KABEL TEAM BYDGOSZCZ	M-Open	53	00:00:30	<b>00:24:37.30</b>	<b>00:25:08.00</b>	+00:07:04 (28.8%)	4:55	12.2 (71.3%)
63	<b>KLIMKIEWICZ Tomasz</b>	<b>383</b>		M-Open	54	00:00:11	<b>00:24:38.70</b>	<b>00:24:50.20</b>	+00:07:06 (28.8%)	4:55	12.2 (71.3%)
64	<b>WELSBURG Bartosz</b>	<b>287</b>		M-Open	55	00:00:30	<b>00:24:45.85</b>	<b>00:25:16.55</b>	+00:07:13 (29.2%)	4:57	12.1 (70.8%)
65	<b>FERENS Paweł</b>	<b>260</b>	BBLINOWROCŁAW	M-Open	56	00:00:09	<b>00:24:47.65</b>	<b>00:24:57.55</b>	+00:07:15 (29.2%)	4:57	12.1 (70.8%)
66	<b>CICHOŃSKA - BAZAK Marzena</b>	<b>374</b>		K-Open	10	00:00:08	<b>00:24:53.20</b>	<b>00:25:01.50</b>	+00:07:20 (29.5%)	4:58	12.1 (70.8%)
67	<b>MARCINKOWSKI Artur</b>	<b>53</b>		M-Open	57	00:00:12	<b>00:24:53.40</b>	<b>00:25:05.50</b>	+00:07:20 (29.5%)	4:58	12.1 (70.8%)
68	<b>RUDEWICZ Monika</b>	<b>90</b>		K-Open	11	00:00:08	<b>00:24:54.70</b>	<b>00:25:03.20</b>	+00:07:22 (29.6%)	4:59	12 (70.2%)
69	<b>POWIERŻA Maciej</b>	<b>187</b>		M-Open	58	00:00:15	<b>00:24:55.90</b>	<b>00:25:11.35</b>	+00:07:23 (29.6%)	4:59	12 (70.2%)
70	<b>JANKOWSKA Agnieszka</b>	<b>208</b>		K-Open	12	00:00:17	<b>00:24:56.40</b>	<b>00:25:13.80</b>	+00:07:23 (29.7%)	4:59	12 (70.2%)
71	<b>RATAJCZAK Jakub</b>	<b>372</b>		M-Open	59	00:00:13	<b>00:24:56.80</b>	<b>00:25:09.80</b>	+00:07:24 (29.7%)	4:59	12 (70.2%)
72	<b>KOLSKI Michał</b>	<b>236</b>		M-Open	60	00:00:10	<b>00:24:57.00</b>	<b>00:25:07.20</b>	+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	<b>PACZKOWSKI Mirosław</b>	<b>251</b>	CB163	M-Open	61	00:00:42	<b>00:25:00.25</b>	<b>00:25:42.45</b>	+00:07:27 (29.8%)	5:00	12 (70.2%)
74	<b>KALINOWSKA Anna</b>	<b>68</b>	UKS OMEGA GRUTA	K-Open	13	00:00:05	<b>00:25:04.80</b>	<b>00:25:10.45</b>	+00:07:32 (30.1%)	5:01	12 (70.2%)
75	<b>PALUCH Karol</b>	<b>445</b>		M-Open	62	00:00:00	<b>00:25:06.60</b>	<b>00:25:06.60</b>	+00:07:34 (30.1%)	5:01	12 (70.2%)
76	<b>NOWICKI Olgierd</b>	<b>326</b>		M-Open	63	00:00:31	<b>00:25:07.65</b>	<b>00:25:39.10</b>	+00:07:35 (30.2%)	5:01	11.9 (69.6%)
77	<b>MUSIELEWSKA Daria</b>	<b>373</b>		K-Open	14	00:00:07	<b>00:25:08.30</b>	<b>00:25:15.30</b>	+00:07:35 (30.2%)	5:01	11.9 (69.6%)
78	<b>SAWICZ-ŁUŃSKA Emilia</b>	<b>231</b>		K-Open	15	00:00:06	<b>00:25:09.25</b>	<b>00:25:15.85</b>	+00:07:36 (30.3%)	5:01	11.9 (69.6%)
79	<b>GROBELNA Angelika</b>	<b>234</b>	BYDGOSZCZ NA START	K-Open	16	00:00:37	<b>00:25:10.80</b>	<b>00:25:48.45</b>	+00:07:38 (30.3%)	5:02	11.9 (69.6%)
80	<b>MAZUREK Tyberiusz</b>	<b>327</b>	HEROBOX ŚWIECIE	M-Open	64	00:00:13	<b>00:25:13.90</b>	<b>00:25:27.60</b>	+00:07:41 (30.5%)	5:02	11.9 (69.6%)
81	<b>PŁACZKIEWICZ Robert</b>	<b>298</b>	SOL3	M-Open	65	00:00:21	<b>00:25:20.10</b>	<b>00:25:41.40</b>	+00:07:47 (30.8%)	5:04	11.8 (69.0%)
82	<b>FRĄCKOWIAK Waldemar</b>	<b>118</b>		M-Open	66	00:00:18	<b>00:25:22.60</b>	<b>00:25:41.10</b>	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
83	<b>PĄCZEK Agata</b>	<b>123</b>		K-Open	17	00:00:09	<b>00:25:24.10</b>	<b>00:25:33.30</b>	+00:07:51 (30.9%)	5:04	11.8 (69.0%)
84	<b>BUCZKOWSKI Krzysztof</b>	<b>2</b>	RUN PASJA	M-Open	67	00:00:20	<b>00:25:24.20</b>	<b>00:25:44.20</b>	+00:07:51 (30.9%)	5:04	11.8 (69.0%)
85	<b>RODTKO Paweł</b>	<b>447</b>		M-Open	68	00:00:40	<b>00:25:25.05</b>	<b>00:26:05.85</b>	+00:07:52 (31.0%)	5:05	11.8 (69.0%)
86	<b>KRAWCZYK Przemysław</b>	<b>263</b>	CROSSFIT TORUŃ	M-Open	69	00:00:56	<b>00:25:28.35</b>	<b>00:26:25.05</b>	+00:07:55 (31.1%)	5:05	11.8 (69.0%)
87	<b>ŚWIATLAK Marek</b>	<b>356</b>		M-Open	70	00:00:37	<b>00:25:30.35</b>	<b>00:26:08.15</b>	+00:07:57 (31.2%)	5:06	11.8 (69.0%)
88	<b>MAZUREK Anna</b>	<b>347</b>	HEROBOX	K-Open	18	00:00:14	<b>00:25:34.50</b>	<b>00:25:49.00</b>	+00:08:01 (31.4%)	5:07	11.7 (68.4%)
89	<b>BUTOWSKI Michał</b>	<b>154</b>	SEN O VICTORII	M-Open	71	00:00:21	<b>00:25:35.00</b>	<b>00:25:56.70</b>	+00:08:02 (31.4%)	5:07	11.7 (68.4%)
90	<b>DOBOSZ Maciej</b>	<b>399</b>	LEPIEJJUŻBYŁO	M-Open	72	00:00:31	<b>00:25:40.55</b>	<b>00:26:12.50</b>	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
91	<b>MOCHOL Arkadiusz</b>	<b>192</b>		M-Open	73	00:00:20	<b>00:25:40.95</b>	<b>00:26:01.90</b>	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
92	<b>PAWLEWSKA Klaudia</b>	<b>122</b>	SPORTWAY	K-Open	19	00:00:12	<b>00:25:41.20</b>	<b>00:25:53.85</b>	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
92	<b>SMOCZYŃSKI Marek</b>	<b>358</b>	MBC TEAM	M-Open	74	00:00:18	<b>00:25:41.20</b>	<b>00:26:00.10</b>	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
92	<b>KABACIŃSKI Jarosław</b>	<b>355</b>		M-Open	75	00:00:20	<b>00:25:41.20</b>	<b>00:26:01.50</b>	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
95	<b>POTRZEBOWSKA Agata</b>	<b>26</b>	DEAF	K-Open	20	00:00:08	<b>00:25:42.90</b>	<b>00:25:51.70</b>	+00:08:10 (31.8%)	5:08	11.7 (68.4%)
96	<b>KUBALEWSKI Paweł</b>	<b>247</b>		M-Open	76	00:00:14	<b>00:25:48.35</b>	<b>00:26:03.25</b>	+00:08:15 (32.0%)	5:09	11.6 (67.8%)
97	<b>KWIATKOWSKI Jakub</b>	<b>412</b>		M-Open	77	00:00:11	<b>00:25:48.55</b>	<b>00:26:00.00</b>	+00:08:16 (32.0%)	5:09	11.6 (67.8%)
98	<b>KAMASZ Dawid</b>	<b>153</b>		M-Open	78	00:00:14	<b>00:25:49.40</b>	<b>00:26:04.30</b>	+00:08:16 (32.1%)	5:10	11.6 (67.8%)
99	<b>HERMANOWSKI Łukasz</b>	<b>350</b>		M-Open	79	00:00:51	<b>00:25:50.55</b>	<b>00:26:41.95</b>	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
100	<b>GRUNDKOWSKI Oskar</b>	<b>335</b>		M-Open	80	00:00:07	<b>00:25:53.65</b>	<b>00:26:00.95</b>	+00:08:21 (32.3%)	5:10	11.6 (67.8%)
101	<b>JASINIECKI Wojciech</b>	<b>357</b>		M-Open	81	00:00:16	<b>00:25:58.50</b>	<b>00:26:14.65</b>	+00:08:25 (32.5%)	5:11	11.6 (67.8%)
102	<b>SOBOLEWSKA Aleksandra</b>	<b>300</b>		K-Open	21	00:00:06	<b>00:25:59.70</b>	<b>00:26:05.85</b>	+00:08:27 (32.5%)	5:11	11.5 (67.3%)
103	<b>SOBOL Magdalena</b>	<b>124</b>		K-Open	22	00:00:05	<b>00:26:01.00</b>	<b>00:26:06.10</b>	+00:08:28 (32.6%)	5:12	11.5 (67.3%)
104	<b>GRZECA Jakub</b>	<b>174</b>		M-Open	82	00:00:31	<b>00:26:02.10</b>	<b>00:26:33.90</b>	+00:08:29 (32.6%)	5:12	11.5 (67.3%)
105	<b>KIEŁPIKOWSKI Marcin</b>	<b>312</b>		M-Open	83	00:00:24	<b>00:26:05.80</b>	<b>00:26:29.85</b>	+00:08:33 (32.8%)	5:13	11.5 (67.3%)
106	<b>GABRICH Żanetta</b>	<b>384</b>		K-Open	23	00:00:16	<b>00:26:06.30</b>	<b>00:26:22.65</b>	+00:08:33 (32.8%)	5:13	11.5 (67.3%)
107	<b>MIĄSKO Paweł</b>	<b>360</b>		M-Open	84	00:00:20	<b>00:26:10.20</b>	<b>00:26:30.60</b>	+00:08:37 (33.0%)	5:14	11.5 (67.3%)
108	<b>MATEJA Piotr</b>	<b>296</b>		M-Open	85	00:00:26	<b>00:26:12.15</b>	<b>00:26:39.05</b>	+00:08:39 (33.1%)	5:14	11.4 (66.7%)
109	<b>RADECKI Maciej</b>	<b>161</b>	CYBORG1	M-Open	86	00:00:26	<b>00:26:12.60</b>	<b>00:26:38.80</b>	+00:08:40 (33.1%)	5:14	11.5 (67.3%)
110	<b>GLINKOWSKI Dariusz</b>	<b>105</b>		M-Open	87	00:00:25	<b>00:26:14.80</b>	<b>00:26:40.30</b>	+00:08:42 (33.2%)	5:15	11.4 (66.7%)
111	<b>GŁOWIŃSKI Piotr</b>	<b>465</b>		M-Open	88	00:00:51	<b>00:26:15.10</b>	<b>00:27:06.10</b>	+00:08:42 (33.2%)	5:15	11.4 (66.7%)
112	<b>TOMASZEK Sebastian</b>	<b>376</b>		M-Open	89	00:00:09	<b>00:26:15.55</b>	<b>00:26:24.85</b>	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
113	<b>CHRUPAŁA Rafał</b>	<b>267</b>		M-Open	90	00:00:37	<b>00:26:16.25</b>	<b>00:26:53.70</b>	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
114	<b>SIMIŃSKI Mariusz</b>	<b>150</b>	MORSY Z GRUDZIĄDZA	M-Open	91	00:00:07	<b>00:26:20.45</b>	<b>00:26:27.70</b>	+00:08:47 (33.4%)	5:16	11.4 (66.7%)
115	<b>ZGÓRSKI Maciej</b>	<b>138</b>	WQURW_TEAM	M-Open	92	00:00:12	<b>00:26:30.50</b>	<b>00:26:43.00</b>	+00:08:57 (33.8%)	5:18	11.3 (66.1%)
116	<b>BARTKOWSKA Ewelina</b>	<b>414</b>		K-Open	24	00:00:18	<b>00:26:35.20</b>	<b>00:26:54.00</b>	+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	<b>FOLARZYŃSKI Łukasz</b>	<b>259</b>		M-Open	119	00:00:12	<b>00:28:14.60</b>	<b>00:28:26.80</b>	+00:10:42 (37.9%)	5:38	10.6 (62.0%)
162	<b>DOBOSIEWICZ Anna Maria</b>	<b>74</b>		K-Open	43	00:00:19	<b>00:28:14.85</b>	<b>00:28:34.45</b>	+00:10:42 (37.9%)	5:39	10.6 (62.0%)
163	<b>PAWLEWSKA Joanna</b>	<b>121</b>	SPORTWAY	K-Open	44	00:00:17	<b>00:28:16.05</b>	<b>00:28:34.00</b>	+00:10:43 (37.9%)	5:39	10.6 (62.0%)
164	<b>TREPANOWSKI Tomasz</b>	<b>157</b>		M-Open	120	00:00:35	<b>00:28:16.80</b>	<b>00:28:52.60</b>	+00:10:44 (38.0%)	5:39	10.6 (62.0%)
165	<b>WERKOWSKA Justyna</b>	<b>163</b>		K-Open	45	00:00:18	<b>00:28:18.45</b>	<b>00:28:36.70</b>	+00:10:45 (38.0%)	5:39	10.6 (62.0%)
166	<b>JELEŃ Agnieszka</b>	<b>415</b>	VEGE RUNNERS	K-Open	46	00:00:36	<b>00:28:20.75</b>	<b>00:28:57.65</b>	+00:10:48 (38.1%)	5:40	10.6 (62.0%)
167	<b>KOCHAŃSKA Wioletta</b>	<b>89</b>		K-Open	47	00:00:10	<b>00:28:23.80</b>	<b>00:28:34.00</b>	+00:10:51 (38.2%)	5:40	10.6 (62.0%)
168	<b>KONICZYŃSKA Zuzanna</b>	<b>451</b>		K-Open	48	00:00:07	<b>00:28:25.55</b>	<b>00:28:33.05</b>	+00:10:53 (38.3%)	5:41	10.6 (62.0%)
169	<b>SZATKOWSKA Beata</b>	<b>132</b>		K-Open	49	00:00:50	<b>00:28:26.00</b>	<b>00:29:16.60</b>	+00:10:53 (38.3%)	5:41	10.6 (62.0%)
170	<b>WACHULEC Bartosz</b>	<b>246</b>		M-Open	121	00:00:15	<b>00:28:28.25</b>	<b>00:28:43.50</b>	+00:10:55 (38.4%)	5:41	10.5 (61.4%)
171	<b>TYLKOWSKA Marta</b>	<b>137</b>		K-Open	50	00:00:34	<b>00:28:28.70</b>	<b>00:29:03.30</b>	+00:10:56 (38.4%)	5:41	10.5 (61.4%)
172	<b>STAROŃ Monika</b>	<b>225</b>	BYDGOSKIE ŻÓŁWIE	K-Open	51	00:00:10	<b>00:28:29.85</b>	<b>00:28:40.05</b>	+00:10:57 (38.4%)	5:42	10.5 (61.4%)
173		<b>459</b>				00:00:39	<b>00:28:31.35</b>	<b>00:29:10.35</b>	+00:10:58 (38.5%)	5:42	10.5 (61.4%)
174	<b>CISZEWSKA Emilia</b>	<b>266</b>		K-Open	52	00:00:13	<b>00:28:34.25</b>	<b>00:28:47.60</b>	+00:11:01 (38.6%)	5:42	10.5 (61.4%)
175	<b>OLEJNICZAK Patrycja</b>	<b>250</b>		K-Open	53	00:00:28	<b>00:28:47.20</b>	<b>00:29:15.35</b>	+00:11:14 (39.1%)	5:45	10.4 (60.8%)
176	<b>DYWICKA Karolina</b>	<b>70</b>		K-Open	54	00:00:16	<b>00:28:47.25</b>	<b>00:29:04.10</b>	+00:11:14 (39.1%)	5:45	10.4 (60.8%)
177	<b>KRYŚ Jacek</b>	<b>1</b>		M-Open	122	00:00:22	<b>00:28:47.85</b>	<b>00:29:10.65</b>	+00:11:15 (39.1%)	5:45	10.4 (60.8%)
178	<b>KORDZIELEWSKA Sandra</b>	<b>378</b>		K-Open	55	00:00:55	<b>00:28:50.10</b>	<b>00:29:45.25</b>	+00:11:17 (39.2%)	5:46	10.4 (60.8%)
179	<b>MRELA Adrian</b>	<b>334</b>		M-Open	123	00:00:31	<b>00:28:50.15</b>	<b>00:29:21.55</b>	+00:11:17 (39.2%)	5:46	10.4 (60.8%)
180	<b>KUBIAK-KUJAWA Joanna</b>	<b>184</b>		K-Open	56	00:00:26	<b>00:28:52.05</b>	<b>00:29:18.20</b>	+00:11:19 (39.2%)	5:46	10.4 (60.8%)
181	<b>NELKE Monika</b>	<b>34</b>		K-Open	57	00:00:45	<b>00:28:53.00</b>	<b>00:29:38.15</b>	+00:11:20 (39.3%)	5:46	10.4 (60.8%)
182	<b>BORAKIEWICZ Przemysław</b>	<b>416</b>		M-Open	124	00:00:29	<b>00:28:53.25</b>	<b>00:29:22.95</b>	+00:11:20 (39.3%)	5:46	10.4 (60.8%)
183	<b>WAJER Marita</b>	<b>42</b>		K-Open	58	00:00:22	<b>00:29:00.10</b>	<b>00:29:22.15</b>	+00:11:27 (39.5%)	5:48	10.3 (60.2%)
184	<b>TUSZYŃSKA Anna</b>	<b>318</b>		K-Open	59	00:00:10	<b>00:29:01.90</b>	<b>00:29:12.60</b>	+00:11:29 (39.6%)	5:48	10.3 (60.2%)
185	<b>FRYDRYCHOWICZ Lilianna</b>	<b>75</b>		K-Open	60	00:00:21	<b>00:29:03.40</b>	<b>00:29:25.10</b>	+00:11:30 (39.6%)	5:48	10.3 (60.2%)
186	<b>BUKOWINSKA Grażyna</b>	<b>402</b>		K-Open	61	00:00:21	<b>00:29:07.80</b>	<b>00:29:29.05</b>	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
187	<b>MENDLIK Bernard</b>	<b>268</b>	KU AZS UKW BYDGOSZCZ	M-Open	125	00:00:26	<b>00:29:08.05</b>	<b>00:29:34.80</b>	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
188	<b>PIOTROWSKA Małgorzata</b>	<b>110</b>	ACHI&GOCHI	K-Open	62	00:00:19	<b>00:29:08.10</b>	<b>00:29:27.80</b>	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
189	<b>POTRZEBOWSKI Marek</b>	<b>76</b>	DEAF	M-Open	126	00:00:09	<b>00:29:10.70</b>	<b>00:29:20.60</b>	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
190	<b>CHYLIŃSKA Dorota</b>	<b>442</b>		K-Open	63	00:00:24	<b>00:29:10.80</b>	<b>00:29:35.40</b>	+00:11:38 (39.9%)	5:50	10.3 (60.2%)
191	<b>SZEFLIŃSKI Waldemar</b>	<b>114</b>		M-Open	127	00:00:18	<b>00:29:13.00</b>	<b>00:29:31.00</b>	+00:11:40 (40.0%)	5:50	10.3 (60.2%)
192	<b>KUFLEWICZ Justyna</b>	<b>194</b>		K-Open	64	00:00:38	<b>00:29:19.90</b>	<b>00:29:58.40</b>	+00:11:47 (40.2%)	5:52	10.2 (59.6%)
193	<b>KUBICKA Olga</b>	<b>407</b>		K-Open	65	00:00:24	<b>00:29:25.95</b>	<b>00:29:50.45</b>	+00:11:53 (40.4%)	5:53	10.2 (59.6%)
194	<b>KRETOWICZ Piotr</b>	<b>302</b>		M-Open	128	00:00:47	<b>00:29:28.95</b>	<b>00:30:15.95</b>	+00:11:56 (40.5%)	5:53	10.2 (59.6%)
195	<b>WIOSNA Tomasz</b>	<b>209</b>		M-Open	129	00:00:48	<b>00:29:31.85</b>	<b>00:30:20.05</b>	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
196	<b>KAŻMIERCZAK Gosia</b>	<b>227</b>		K-Open	66	00:00:48	<b>00:29:32.05</b>	<b>00:30:20.80</b>	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
197	<b>KILIŃSKA Magdalena</b>	<b>106</b>	HELIX POMATIA	K-Open	67	00:00:12	<b>00:29:32.15</b>	<b>00:29:44.70</b>	+00:11:59 (40.6%)	5:54	10.2 (59.6%)
198	<b>ALEKSANDER Alicja</b>	<b>214</b>		K-Open	68	00:00:47	<b>00:29:32.65</b>	<b>00:30:20.50</b>	+00:12:00 (40.6%)	5:54	10.2 (59.6%)
199	<b>STRZAŁKOWSKA-WARMUZ Iwona</b>	<b>9</b>		K-Open	69	00:00:17	<b>00:29:34.50</b>	<b>00:29:52.05</b>	+00:12:01 (40.7%)	5:55	10.1 (59.1%)
200	<b>GIPP Małgorzata</b>	<b>305</b>		K-Open	70	00:00:42	<b>00:29:35.45</b>	<b>00:30:17.90</b>	+00:12:02 (40.7%)	5:55	10.1 (59.1%)
201	<b>KORBEL Ewa</b>	<b>119</b>		K-Open	71	00:00:36	<b>00:29:41.45</b>	<b>00:30:17.65</b>	+00:12:08 (40.9%)	5:56	10.1 (59.1%)
202	<b>NOWAK Mariola</b>	<b>92</b>		K-Open	72	00:00:23	<b>00:29:44.05</b>	<b>00:30:07.50</b>	+00:12:11 (41.0%)	5:56	10.1 (59.1%)
203	<b>BORAKIEWICZ Agnieszka</b>	<b>417</b>		K-Open	73	00:00:29	<b>00:29:45.60</b>	<b>00:30:15.15</b>	+00:12:13 (41.1%)	5:57	10.1 (59.1%)
204	<b>GÓRSKA Agnieszka</b>	<b>269</b>		K-Open	74	00:00:28	<b>00:29:47.00</b>	<b>00:30:15.90</b>	+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	<b>RUDOWICZ Marcin</b>	<b>191</b>		M-Open	130	00:00:24	<b>00:29:50.70</b>	<b>00:30:15.45</b>	+00:12:18 (41.2%)	5:58	10.1 (59.1%)
206	<b>SMOczyńska Agnieszka</b>	<b>171</b>		K-Open	75	00:00:33	<b>00:29:51.15</b>	<b>00:30:24.30</b>	+00:12:18 (41.2%)	5:58	10.1 (59.1%)
207	<b>NALEWALSKA Justyna</b>	<b>422</b>	SERCE TYBETU	K-Open	76	00:00:39	<b>00:29:51.80</b>	<b>00:30:31.40</b>	+00:12:19 (41.3%)	5:58	10 (58.5%)
208	<b>AUGUSTYNOWICZ Aurelia</b>	<b>321</b>	RCI BYDGOSZCZ	K-Open	77	00:00:10	<b>00:29:51.85</b>	<b>00:30:02.75</b>	+00:12:19 (41.3%)	5:58	10 (58.5%)
209	<b>WALCZAK Joanna</b>	<b>299</b>		K-Open	78	00:00:37	<b>00:29:56.55</b>	<b>00:30:34.00</b>	+00:12:24 (41.4%)	5:59	10 (58.5%)
210	<b>NIKOŁAJCZYK Lukasz</b>	<b>281</b>		M-Open	131	00:00:36	<b>00:29:57.80</b>	<b>00:30:34.40</b>	+00:12:25 (41.5%)	5:59	10 (58.5%)
211	<b>BRZOZOWSKI Marek</b>	<b>365</b>		M-Open	132	00:00:26	<b>00:30:00.05</b>	<b>00:30:26.50</b>	+00:12:27 (41.5%)	6:00	10 (58.5%)
212	<b>TYKWIŃSKA Agnieszka</b>	<b>107</b>		K-Open	79	00:00:21	<b>00:30:00.55</b>	<b>00:30:22.30</b>	+00:12:28 (41.5%)	6:00	10 (58.5%)
213	<b>BRZOZOWSKA Jolanta</b>	<b>364</b>		K-Open	80	00:00:24	<b>00:30:01.70</b>	<b>00:30:26.50</b>	+00:12:29 (41.6%)	6:00	10 (58.5%)
214	<b>BORKOWSKI Paweł</b>	<b>272</b>		M-Open	133	00:00:29	<b>00:30:02.00</b>	<b>00:30:31.20</b>	+00:12:29 (41.6%)	6:00	10 (58.5%)
215	<b>KURZAWA Iwona</b>	<b>254</b>		K-Open	81	00:00:28	<b>00:30:02.35</b>	<b>00:30:30.90</b>	+00:12:29 (41.6%)	6:00	10 (58.5%)
216	<b>BUCHOLC Martyna</b>	<b>389</b>		K-Open	82	00:00:14	<b>00:30:04.00</b>	<b>00:30:18.30</b>	+00:12:31 (41.7%)	6:00	10 (58.5%)
217	<b>FRELICHOWSKA Karolina</b>	<b>36</b>	CB163	K-Open	83	00:00:41	<b>00:30:08.35</b>	<b>00:30:50.20</b>	+00:12:35 (41.8%)	6:01	10 (58.5%)
218	<b>KUTKA Czesia</b>	<b>241</b>		K-Open	84	00:00:28	<b>00:30:09.05</b>	<b>00:30:37.95</b>	+00:12:36 (41.8%)	6:01	10 (58.5%)
219	<b>SOBOTA Beata</b>	<b>16</b>		K-Open	85	00:00:34	<b>00:30:14.35</b>	<b>00:30:49.05</b>	+00:12:41 (42.0%)	6:03	9.9 (57.9%)
220	<b>GWORYS Marcin</b>	<b>411</b>		M-Open	134	00:00:22	<b>00:30:15.90</b>	<b>00:30:38.35</b>	+00:12:43 (42.0%)	6:03	9.9 (57.9%)
221	<b>KOWALSKA Justyna</b>	<b>216</b>		K-Open	86	00:00:26	<b>00:30:17.60</b>	<b>00:30:44.50</b>	+00:12:45 (42.1%)	6:03	9.9 (57.9%)
222	<b>JARMOŁOWICZ Aleksandra</b>	<b>351</b>		K-Open	87	00:00:51	<b>00:30:18.05</b>	<b>00:31:09.55</b>	+00:12:45 (42.1%)	6:03	9.9 (57.9%)
223	<b>KOWALSKI Konrad</b>	<b>367</b>		M-Open	135	00:00:40	<b>00:30:19.65</b>	<b>00:31:00.05</b>	+00:12:47 (42.2%)	6:04	9.9 (57.9%)
224	<b>KUŻNIAR Patryk</b>	<b>104</b>		M-Open	136	00:00:14	<b>00:30:21.90</b>	<b>00:30:36.70</b>	+00:12:49 (42.2%)	6:04	9.9 (57.9%)
225	<b>PIOTROWICZ Ewa</b>	<b>454</b>		K-Open	88	00:00:25	<b>00:30:22.55</b>	<b>00:30:48.05</b>	+00:12:50 (42.2%)	6:04	9.9 (57.9%)
226	<b>KOTŁOWSKA Marlena</b>	<b>285</b>		K-Open	89	00:00:22	<b>00:30:22.80</b>	<b>00:30:45.40</b>	+00:12:50 (42.3%)	6:04	9.9 (57.9%)
227	<b>FRISCHKE Agnieszka</b>	<b>29</b>		K-Open	90	00:00:43	<b>00:30:23.60</b>	<b>00:31:07.20</b>	+00:12:51 (42.3%)	6:04	9.9 (57.9%)
228	<b>KOSZOWSKA Ania</b>	<b>32</b>		K-Open	91	00:00:43	<b>00:30:26.25</b>	<b>00:31:10.00</b>	+00:12:53 (42.4%)	6:05	9.9 (57.9%)
229	<b>ANDRZEJEWSKI Jakub</b>	<b>388</b>		M-Open	137	00:00:13	<b>00:30:27.30</b>	<b>00:30:40.30</b>	+00:12:54 (42.4%)	6:05	9.9 (57.9%)
230	<b>WAŁCZYK Iwona</b>	<b>436</b>		K-Open	92	00:00:36	<b>00:30:31.25</b>	<b>00:31:08.20</b>	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
231	<b>WEGNER Karolina</b>	<b>435</b>		K-Open	93	00:00:36	<b>00:30:31.40</b>	<b>00:31:08.05</b>	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
232	<b>DRZEWIECKA Magdalena</b>	<b>443</b>		K-Open	94	00:00:25	<b>00:30:32.95</b>	<b>00:30:58.60</b>	+00:13:00 (42.6%)	6:06	9.8 (57.3%)
232	<b>JAROSZEWSKI Wojciech</b>	<b>228</b>	DEEP FOREST	M-Open	138	00:00:46	<b>00:30:32.95</b>	<b>00:31:19.65</b>	+00:13:00 (42.6%)	6:06	9.8 (57.3%)
234	<b>GRUSZKA Marek</b>	<b>317</b>		M-Open	139	00:00:23	<b>00:30:34.45</b>	<b>00:30:57.70</b>	+00:13:01 (42.6%)	6:06	9.8 (57.3%)
235	<b>PRZYBYLSKA Paulina</b>	<b>48</b>		K-Open	95	00:00:39	<b>00:30:36.55</b>	<b>00:31:16.15</b>	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
236	<b>IWICKI Andrzej</b>	<b>239</b>		M-Open	140	00:00:19	<b>00:30:36.70</b>	<b>00:30:56.10</b>	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
237	<b>GRUŻEWSKA Justyna</b>	<b>117</b>		K-Open	96	00:00:14	<b>00:30:37.85</b>	<b>00:30:51.85</b>	+00:13:05 (42.7%)	6:07	9.8 (57.3%)
238	<b>KUŻNIAR Melisa</b>	<b>249</b>		K-Open	97	00:00:14	<b>00:30:37.95</b>	<b>00:30:52.45</b>	+00:13:05 (42.7%)	6:07	9.8 (57.3%)
239	<b>ŁABUŚ Maciej</b>	<b>4</b>		M-Open	141	00:00:13	<b>00:30:39.60</b>	<b>00:30:53.55</b>	+00:13:07 (42.8%)	6:08	9.8 (57.3%)
240	<b>GURZYŃSKA Anna</b>	<b>240</b>		K-Open	98	00:00:15	<b>00:30:40.30</b>	<b>00:30:55.85</b>	+00:13:07 (42.8%)	6:08	9.8 (57.3%)
241	<b>KONDEK Igor</b>	<b>464</b>		M-Open	142	00:00:42	<b>00:30:45.85</b>	<b>00:31:28.80</b>	+00:13:13 (43.0%)	6:09	9.8 (57.3%)
242	<b>ŚWIDERSKA Aleksandra</b>	<b>304</b>		K-Open	99	00:00:34	<b>00:30:46.90</b>	<b>00:31:21.20</b>	+00:13:14 (43.0%)	6:09	9.7 (56.7%)
243	<b>KIELIK Monika</b>	<b>47</b>	MONIKA KIELIK	K-Open	100	00:00:24	<b>00:30:48.30</b>	<b>00:31:13.00</b>	+00:13:15 (43.1%)	6:09	9.7 (56.7%)
244	<b>PRZYBYSZEWSKI Marcin</b>	<b>344</b>		M-Open	143	00:00:14	<b>00:30:49.15</b>	<b>00:31:03.65</b>	+00:13:16 (43.1%)	6:09	9.7 (56.7%)
245	<b>NAPIÓRKOWSKA Ewa</b>	<b>146</b>		K-Open	101	00:00:21	<b>00:30:54.45</b>	<b>00:31:16.35</b>	+00:13:21 (43.2%)	6:11	9.7 (56.7%)
246	<b>JAGIELSKA Patrycja</b>	<b>397</b>		K-Open	102	00:00:13	<b>00:30:55.60</b>	<b>00:31:08.95</b>	+00:13:23 (43.3%)	6:11	9.7 (56.7%)
247	<b>GIEŁDON Adrian</b>	<b>343</b>		M-Open	144	00:00:16	<b>00:30:56.10</b>	<b>00:31:12.15</b>	+00:13:23 (43.3%)	6:11	9.7 (56.7%)
248	<b>HELSTAJN Anna</b>	<b>340</b>		K-Open	103	00:00:16	<b>00:30:56.25</b>	<b>00:31:12.75</b>	+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-ARENDRT 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	<b>RAJSKI Józef</b>	<b>432</b>		M-Open	159	00:00:30	<b>00:35:27.60</b>	<b>00:35:57.70</b>	+00:17:55 (50.5%)	7:05	8.5 (49.7%)
338	<b>MAZUREK Anita</b>	<b>8</b>		K-Open	178	00:00:45	<b>00:35:32.10</b>	<b>00:36:17.20</b>	+00:17:59 (50.6%)	7:06	8.4 (49.1%)
339	<b>JUREK Sławomir</b>	<b>95</b>	FUNDACJA HORYZONT	M-Open	160	00:00:38	<b>00:35:32.60</b>	<b>00:36:10.65</b>	+00:18:00 (50.6%)	7:06	8.4 (49.1%)
340	<b>MANOWSKA Arletta</b>	<b>94</b>	FUNDACJA HORYZONT	K-Open	179	00:00:38	<b>00:35:32.85</b>	<b>00:36:11.35</b>	+00:18:00 (50.7%)	7:06	8.4 (49.1%)
341	<b>KUBICKA Violetta</b>	<b>41</b>		K-Open	180	00:00:43	<b>00:35:33.10</b>	<b>00:36:16.95</b>	+00:18:00 (50.7%)	7:06	8.4 (49.1%)
342	<b>KEMPA Arkadiusz</b>	<b>419</b>		M-Open	161	00:00:43	<b>00:35:33.85</b>	<b>00:36:17.10</b>	+00:18:01 (50.7%)	7:06	8.4 (49.1%)
343	<b>KISZKA Justyna</b>	<b>398</b>	RUN PASJA	K-Open	181	00:00:41	<b>00:35:35.35</b>	<b>00:36:17.15</b>	+00:18:02 (50.7%)	7:07	8.4 (49.1%)
344	<b>CIECHOMSKA Magdalena</b>	<b>73</b>		K-Open	182	00:00:09	<b>00:35:38.00</b>	<b>00:35:47.00</b>	+00:18:05 (50.8%)	7:07	8.4 (49.1%)
344	<b>SKROBACKA Izabela</b>	<b>52</b>		K-Open	183	00:00:20	<b>00:35:38.00</b>	<b>00:35:58.20</b>	+00:18:05 (50.8%)	7:07	8.4 (49.1%)
346	<b>KNIOŁA Justyna</b>	<b>162</b>	STUDIO SZARKOWSKA & GENDERKA	K-Open	184	00:00:50	<b>00:35:43.05</b>	<b>00:36:33.10</b>	+00:18:10 (50.9%)	7:08	8.4 (49.1%)
347	<b>KONOWECKA Ewa</b>	<b>429</b>		K-Open	185	00:00:29	<b>00:35:50.20</b>	<b>00:36:19.30</b>	+00:18:17 (51.0%)	7:10	8.4 (49.1%)
348	<b>CHMIELEWSKI Tomasz</b>	<b>238</b>		M-Open	162	00:00:48	<b>00:35:50.50</b>	<b>00:36:39.15</b>	+00:18:17 (51.1%)	7:10	8.4 (49.1%)
349	<b>KANTOWICZ Marta</b>	<b>129</b>		K-Open	186	00:00:48	<b>00:35:50.85</b>	<b>00:36:39.30</b>	+00:18:18 (51.1%)	7:10	8.4 (49.1%)
350	<b>GAWRONEK Maria</b>	<b>183</b>		K-Open	187	00:00:48	<b>00:35:51.00</b>	<b>00:36:39.30</b>	+00:18:18 (51.1%)	7:10	8.4 (49.1%)
351	<b>OPAS Karolina</b>	<b>404</b>		K-Open	188	00:00:24	<b>00:35:53.95</b>	<b>00:36:18.30</b>	+00:18:21 (51.1%)	7:10	8.4 (49.1%)
352	<b>NOWAKOWSKA Patrycja</b>	<b>51</b>		K-Open	189	00:00:40	<b>00:36:13.40</b>	<b>00:36:54.10</b>	+00:18:40 (51.6%)	7:14	8.3 (48.5%)
353	<b>GRZELAKOWSKA Klaudyna</b>	<b>283</b>		K-Open	190	00:00:32	<b>00:36:15.45</b>	<b>00:36:47.70</b>	+00:18:42 (51.6%)	7:15	8.3 (48.5%)
354	<b>POKORSKA Roma</b>	<b>391</b>		K-Open	191	00:00:40	<b>00:36:28.10</b>	<b>00:37:08.30</b>	+00:18:55 (51.9%)	7:17	8.2 (48.0%)
355	<b>POKORSKI Tomasz</b>	<b>379</b>		M-Open	163	00:00:40	<b>00:36:28.25</b>	<b>00:37:08.55</b>	+00:18:55 (51.9%)	7:17	8.2 (48.0%)
356	<b>ASTUKIEWICZ Agnieszka</b>	<b>100</b>		K-Open	192	00:00:44	<b>00:36:36.75</b>	<b>00:37:21.35</b>	+00:19:04 (52.1%)	7:19	8.2 (48.0%)
357	<b>ASTUKIEWICZ Tomasz</b>	<b>99</b>		M-Open	164	00:00:44	<b>00:36:37.75</b>	<b>00:37:21.90</b>	+00:19:05 (52.1%)	7:19	8.2 (48.0%)
358	<b>PIECHOWIAK Oliwia</b>	<b>224</b>		K-Open	193	00:00:17	<b>00:36:43.60</b>	<b>00:37:00.60</b>	+00:19:11 (52.2%)	7:20	8.2 (48.0%)
359	<b>CHMIELEWSKA Agnieszka</b>	<b>325</b>		K-Open	194	00:00:40	<b>00:36:45.40</b>	<b>00:37:26.00</b>	+00:19:12 (52.3%)	7:21	8.2 (48.0%)
360	<b>NAZARUK Natalia</b>	<b>382</b>		K-Open	195	00:00:33	<b>00:37:04.30</b>	<b>00:37:38.10</b>	+00:19:31 (52.7%)	7:25	8.1 (47.4%)
361	<b>OSUCH Małgorzata</b>	<b>152</b>		K-Open	196	00:00:44	<b>00:37:41.50</b>	<b>00:38:26.00</b>	+00:20:08 (53.5%)	7:32	8 (46.8%)
362	<b>BARANOWSKA Weronika</b>	<b>331</b>		K-Open	197	00:00:25	<b>00:37:48.20</b>	<b>00:38:13.40</b>	+00:20:15 (53.6%)	7:33	7.9 (46.2%)
363	<b>WIOSNA Krzysztof</b>	<b>462</b>		M-Open	165	00:00:47	<b>00:37:55.25</b>	<b>00:38:42.90</b>	+00:20:22 (53.7%)	7:35	7.9 (46.2%)
364	<b>PAWLAK Tomasz</b>	<b>461</b>		M-Open	166	00:00:33	<b>00:38:07.45</b>	<b>00:38:40.45</b>	+00:20:34 (54.0%)	7:37	7.9 (46.2%)
365	<b>WITKOWSKA Marta</b>	<b>452</b>		K-Open	198	00:00:32	<b>00:38:07.60</b>	<b>00:38:40.45</b>	+00:20:35 (54.0%)	7:37	7.9 (46.2%)
366	<b>LIPKA Józef</b>	<b>359</b>		M-Open	167	00:01:08	<b>00:38:07.80</b>	<b>00:39:16.25</b>	+00:20:35 (54.0%)	7:37	7.9 (46.2%)
367	<b>ROZWOROWSKA-WOLAŃSKA Julia</b>	<b>226</b>		K-Open	199	00:00:39	<b>00:38:15.10</b>	<b>00:38:54.70</b>	+00:20:42 (54.1%)	7:39	7.8 (45.6%)
368	<b>WENCKA Magdalena</b>	<b>190</b>		K-Open	200	00:00:38	<b>00:38:16.75</b>	<b>00:38:55.00</b>	+00:20:44 (54.2%)	7:39	7.8 (45.6%)
369	<b>NEYDER Marzena</b>	<b>309</b>		K-Open	201	00:00:09	<b>00:38:21.15</b>	<b>00:38:30.20</b>	+00:20:48 (54.3%)	7:40	7.8 (45.6%)
370	<b>SARUL Karolina</b>	<b>151</b>		K-Open	202	00:00:44	<b>00:38:53.30</b>	<b>00:39:37.95</b>	+00:21:20 (54.9%)	7:46	7.7 (45.0%)
371	<b>GOLIK Magdalena</b>	<b>169</b>		K-Open	203	00:00:49	<b>00:39:33.60</b>	<b>00:40:22.75</b>	+00:22:01 (55.7%)	7:54	7.6 (44.4%)
372	<b>URBAŃCZYK Anna</b>	<b>28</b>		K-Open	204	00:00:33	<b>00:40:27.50</b>	<b>00:41:01.40</b>	+00:22:54 (56.6%)	8:05	7.4 (43.3%)
373	<b>RÓŻYCKA Katarzyna</b>	<b>87</b>	TOCULUBIE	K-Open	205	00:00:33	<b>00:40:28.05</b>	<b>00:41:01.40</b>	+00:22:55 (56.7%)	8:05	7.4 (43.3%)
374	<b>TOMCZAK Krzysia</b>	<b>408</b>		K-Open	206	00:00:42	<b>00:41:46.40</b>	<b>00:42:28.80</b>	+00:24:13 (58.0%)	8:21	7.2 (42.1%)
375	<b>KIWIOR Jurek</b>	<b>409</b>		M-Open	168	00:00:42	<b>00:41:48.70</b>	<b>00:42:30.80</b>	+00:24:16 (58.0%)	8:21	7.2 (42.1%)

Znaleziono 375 wynik(ów)