

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2017

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organiser: Aktywna Bydgoszcz
Date: 2017-11-11
Place: Bydgoszcz
Distance: 5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	JANIAK Marcin	867		M-30	1	00:00:01	00:16:38.45	00:16:40.10		3:19	18 (100%)
2	KRYSKE Bartosz	1047		M-30	2	00:00:02	00:16:47.55	00:16:49.70	+00:00:09 (0.9%)	3:21	17.9 (99.4%)
3	GOŁDYN Sebastian	483		M-20	1	00:00:02	00:16:51.80	00:16:53.90	+00:00:13 (1.3%)	3:22	17.8 (98.9%)
4	GOŚCINIAK Michał	1110	3GRAVITY	M-30	3	00:00:01	00:17:03.15	00:17:05.10	+00:00:24 (2.4%)	3:24	17.6 (97.8%)
5	TUCZYŃSKI Sylwester	211	BYDGOSKIE OKONIE	M-20	2	00:00:01	00:17:09.80	00:17:10.80	+00:00:31 (3.0%)	3:25	17.5 (97.2%)
6	SKIBA Łukasz	185	1 BRYGADA LOGISTYCZNA	M-20	3	00:00:01	00:17:11.80	00:17:13.30	+00:00:33 (3.2%)	3:26	17.4 (96.7%)
7	MRUK Tomasz	365	CZARNE STOPY.SM	M-40	1	00:00:01	00:17:19.25	00:17:21.20	+00:00:40 (3.9%)	3:28	17.3 (96.1%)
8	KONIAIEV Volodymyr	900	RUN BYDGOSZCZ	M-30	4	00:00:02	00:17:21.75	00:17:23.85	+00:00:43 (4.2%)	3:28	17.3 (96.1%)
9	KOŁAKOWSKI Tomasz	1122	TO TYLKO TRIATHLON	M-20	4	00:00:01	00:17:27.05	00:17:29.00	+00:00:48 (4.6%)	3:29	17.2 (95.6%)
10	BEDRA Robert	145		M-30	5	00:00:02	00:17:35.10	00:17:37.10	+00:00:56 (5.4%)	3:31	17.1 (95.0%)
11	SOSNOWSKI Krzysztof	1297	SZKOŁA PODSTAWOWA NR 17 BYDGOSZCZ	M-30	6	00:00:02	00:17:54.25	00:17:56.40	+00:01:15 (7.1%)	3:34	16.8 (93.3%)
12	BORCZYKOWSKI Rafał	449		M-30	7	00:00:02	00:18:02.75	00:18:05.30	+00:01:24 (7.8%)	3:36	16.6 (92.2%)
13	MAĆKOWSKI Maciej	447	MYŚLECINEK BDG	M-30	8	00:00:01	00:18:04.55	00:18:05.95	+00:01:26 (7.9%)	3:36	16.6 (92.2%)
14	PELC Marcin	1036	TKKF KOLEJARZ BYDGOSZCZ	M-30	9	00:00:02	00:18:10.40	00:18:13.15	+00:01:31 (8.4%)	3:38	16.5 (91.7%)
15	DĄBROWSKI Paweł	4		M-20	5	00:00:02	00:18:12.55	00:18:15.40	+00:01:34 (8.6%)	3:38	16.5 (91.7%)
16	FLOREK Paweł	9	RUNADDICTS	M-30	10	00:00:02	00:18:20.85	00:18:23.10	+00:01:42 (9.3%)	3:40	16.3 (90.6%)
17	TUCHOLSKI Bartłomiej	385	BYDGOSKIE OKONIE	M-20	6	00:00:02	00:18:26.80	00:18:29.50	+00:01:48 (9.8%)	3:41	16.3 (90.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
18	FUZ Marek	720	KABEL TEAM BYDGOSZCZ	M-40	2	00:00:06	00:18:24.55	00:18:30.70	+00:01:46 (9.6%)	3:40	16.3 (90.6%)
19	KOZŁOWSKI Rafał	33	RUN PASJA	M-40	3	00:00:02	00:18:30.65	00:18:32.75	+00:01:52 (10.1%)	3:42	16.2 (90.0%)
20	HOC Marek	679	LEGE ARTIS	M-30	12	00:00:02	00:18:33.20	00:18:36.00	+00:01:54 (10.3%)	3:42	16.2 (90.0%)
21	MYSZKA Łukasz	963		M-30	14	00:00:01	00:18:37.70	00:18:39.20	+00:01:59 (10.7%)	3:43	16.1 (89.4%)
22	ŚLUSARSKI Przemysław	1488		M-30	13	00:00:04	00:18:34.70	00:18:39.25	+00:01:56 (10.4%)	3:43	16.1 (89.4%)
23	STRYCHALSKI Tomasz	421	RUN LOTTO-BYDGOSTIA	M-30	11	00:00:10	00:18:32.10	00:18:42.30	+00:01:53 (10.2%)	3:42	16.2 (90.0%)
24	BOROS Patryk	1068		M-20	7	00:00:03	00:18:42.15	00:18:45.40	+00:02:03 (11.0%)	3:44	16 (88.9%)
25	DAHMS Adam	579	MEDI TEAM	M-30	15	00:00:03	00:18:45.75	00:18:48.85	+00:02:07 (11.3%)	3:45	16 (88.9%)
26	WESOŁOWSKI Sebastian	688	1BLOG	M-20	8	00:00:01	00:18:48.55	00:18:50.50	+00:02:10 (11.5%)	3:45	15.9 (88.3%)
27	CHOLEWIŃSKI Dariusz	938	HURAGAN MIEDZYŃ	M-40	4	00:00:05	00:18:46.85	00:18:51.90	+00:02:08 (11.4%)	3:45	16 (88.9%)
28	SOBIERALSKI Rafał	1417		M-40	5	00:00:03	00:18:50.10	00:18:53.20	+00:02:11 (11.6%)	3:46	15.9 (88.3%)
29	SZLINGER Jakub	450	#TEAMWUJEKPORADA	M-30	16	00:00:02	00:18:56.20	00:18:58.75	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
30	ROMANOWSKI Michał	262		M-30	17	00:00:04	00:19:00.65	00:19:04.65	+00:02:22 (12.5%)	3:48	15.8 (87.8%)
31	KLONOWSKI Mariusz	1187		M-30	18	00:00:01	00:19:05.30	00:19:06.35	+00:02:26 (12.8%)	3:49	15.7 (87.2%)
32	ZIELIŃSKI Nicolas	1346	OLIMPIASPORT.PL	M-20	9	00:00:04	00:19:01.75	00:19:06.40	+00:02:23 (12.6%)	3:48	15.8 (87.8%)
33	SIWKOWSKI Roman	631	BIEGAM BIEGAM	M-50	1	00:00:01	00:19:05.85	00:19:07.20	+00:02:27 (12.9%)	3:49	15.7 (87.2%)
34	DURCZAK Jerzy	225	BYDGOSKIE OKONIE	M-30	19	00:00:03	00:19:07.90	00:19:11.10	+00:02:29 (13.0%)	3:49	15.7 (87.2%)
35	NAGORZYSKI Arek	38	BIEGAMWSPIERAMMOTYWUJĘ	M-30	20	00:00:04	00:19:08.75	00:19:13.55	+00:02:30 (13.1%)	3:49	15.7 (87.2%)
36	SZOPIŃSKI Rafał	441		M-30	21	00:00:09	00:19:13.55	00:19:23.30	+00:02:35 (13.4%)	3:50	15.6 (86.7%)
37	KRUPA Piotr	1256		M-30	22	00:00:04	00:19:20.75	00:19:24.85	+00:02:42 (14.0%)	3:52	15.5 (86.1%)
38	PIEKARSKI Marek	1221	RESTAURACJA KING FU BYDGOSZCZ	M-40	6	00:00:01	00:19:24.00	00:19:25.15	+00:02:45 (14.2%)	3:52	15.5 (86.1%)
39	KUROWSKI Kamil	26	HTB	M-30	23	00:00:03	00:19:24.30	00:19:27.65	+00:02:45 (14.2%)	3:52	15.5 (86.1%)
40	CHMURZYŃSKI Tomasz	1307		M-40	7	00:00:02	00:19:26.00	00:19:28.70	+00:02:47 (14.4%)	3:53	15.4 (85.6%)
41	LEWANDOWSKI Rafał	860	B4SPORT	M-30	24	00:00:03	00:19:26.05	00:19:29.95	+00:02:47 (14.4%)	3:53	15.4 (85.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
42	MAŁAS Marcin	824		M-10	1	00:00:05	00:19:27.70	00:19:33.00	+00:02:49 (14.5%)	3:53	15.4 (85.6%)
43	GRALIK Jędrzej	1292	BYDGOSKIE OKONIE	M-20	10	00:00:05	00:19:30.95	00:19:35.95	+00:02:52 (14.7%)	3:54	15.4 (85.6%)
44	RYDLEWSKI Marek	350	RUN BYDGOSZCZ	M-40	8	00:00:03	00:19:33.40	00:19:36.45	+00:02:54 (14.9%)	3:54	15.3 (85.0%)
45	PILEWSKI Mikołaj	831	TEAM SPORT FACTORY	M-20	11	00:00:08	00:19:31.25	00:19:39.30	+00:02:52 (14.8%)	3:54	15.4 (85.6%)
46	ZWIEWKA Sebastian	344	BUSHIDO BYDGOSZCZ	M-40	9	00:00:04	00:19:35.40	00:19:39.70	+00:02:56 (15.1%)	3:55	15.3 (85.0%)
47	GŻYL Mikołaj	514	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	27	00:00:06	00:19:34.80	00:19:40.95	+00:02:56 (15.0%)	3:54	15.3 (85.0%)
48	BAK Paweł	1073		M-20	13	00:00:03	00:19:37.75	00:19:41.05	+00:02:59 (15.2%)	3:55	15.3 (85.0%)
49	MAGDZIARZ Jakub	592	KANCELARIA - HMM	M-30	26	00:00:06	00:19:34.80	00:19:41.25	+00:02:56 (15.0%)	3:55	15.3 (85.0%)
50	STARZYŃSKI Piotr	1419	HOMO LUDENS TEAM	M-30	30	00:00:00	00:19:43.40	00:19:43.40	+00:03:04 (15.6%)	3:56	15.2 (84.4%)
51	HAIZE Tomek	658	ARRK	M-30	29	00:00:01	00:19:42.40	00:19:43.85	+00:03:03 (15.6%)	3:56	15.2 (84.4%)
52	KOWALSKI Jacek	476		M-40	10	00:00:05	00:19:39.10	00:19:44.35	+00:03:00 (15.3%)	3:55	15.3 (85.0%)
53	RZESZOTARSKI Daniel	1079	BRAK	M-30	25	00:00:12	00:19:33.00	00:19:45.25	+00:02:54 (14.9%)	3:54	15.3 (85.0%)
54	KAŁAMAJA Jakub	744		M-20	12	00:00:10	00:19:35.30	00:19:46.15	+00:02:56 (15.0%)	3:55	15.3 (85.0%)
55	WILK Łukasz	25	RUNADDICTS	M-30	28	00:00:04	00:19:42.10	00:19:46.75	+00:03:03 (15.5%)	3:56	15.2 (84.4%)
56	NIEMIR Tomasz	656		M-20	14	00:00:03	00:19:45.45	00:19:49.00	+00:03:07 (15.8%)	3:57	15.2 (84.4%)
57	NOWICKI Tomasz	195	BDG TRI	M-20	15	00:00:04	00:19:46.20	00:19:50.85	+00:03:07 (15.8%)	3:57	15.2 (84.4%)
58	IGNACZAK Jarosław	148		M-30	31	00:00:03	00:19:51.40	00:19:55.25	+00:03:12 (16.2%)	3:58	15.1 (83.9%)
59	KRAUZE Maciej	1039		M-20	16	00:00:04	00:19:52.00	00:19:56.75	+00:03:13 (16.2%)	3:58	15.1 (83.9%)
60	KRUSZKA Łukasz	1450		M-40	11	00:00:06	00:19:50.50	00:19:56.95	+00:03:12 (16.1%)	3:58	15.1 (83.9%)
61	JOPPEK Łukasz	569		M-20	17	00:00:04	00:19:52.80	00:19:57.05	+00:03:14 (16.3%)	3:58	15.1 (83.9%)
62	BAŁDYGA Daniel	1386	1BLOG BYDGOSZCZ	M-30	32	00:00:05	00:19:53.25	00:19:58.25	+00:03:14 (16.3%)	3:58	15.1 (83.9%)
63	WARSZAWSKI Przemysław	317		M-20	18	00:00:05	00:19:53.70	00:19:58.75	+00:03:15 (16.4%)	3:58	15.1 (83.9%)
64	KUBIŃSKI Jakub	534	BYDGOSZCZ TRIATHLON TEAM	M-30	34	00:00:02	00:19:57.00	00:19:59.25	+00:03:18 (16.6%)	3:59	15 (83.3%)
65	BOŁZAN Michał	1082		M-30	36	00:00:07	00:19:58.70	00:20:05.95	+00:03:20 (16.7%)	3:59	15 (83.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
66	KUŁAKOWSKI Krzysztof	480	RUN PASJA	M-30	33	00:00:11	00:19:54.80	00:20:06.60	+00:03:16 (16.4%)	3:59	15.1 (83.9%)
67	GALIŃSKI Bartosz	3	BYDGOSKIE OKONIE	M-20	19	00:00:05	00:20:04.00	00:20:09.00	+00:03:25 (17.1%)	4:00	15 (83.3%)
68	MUCHA Marcin	57	BATRUNNERS	M-30	35	00:00:11	00:19:58.40	00:20:09.45	+00:03:19 (16.7%)	3:59	15 (83.3%)
69	KOZIŃSKI Marek	331	RUN BYDGOSZCZ	M-30	37	00:00:05	00:20:05.65	00:20:11.20	+00:03:27 (17.2%)	4:01	14.9 (82.8%)
70	WENDA Dawid	22	SZKOŁA JAZDY TOMAS	M-20	20	00:00:08	00:20:04.85	00:20:12.95	+00:03:26 (17.1%)	4:00	15 (83.3%)
71	BERNATAJTYS Daniel	495		M-40	12	00:00:11	00:20:05.10	00:20:16.15	+00:03:26 (17.1%)	4:01	14.9 (82.8%)
72	BONKOWSKI Piotr	893		M-20	22	00:00:03	00:20:14.00	00:20:17.30	+00:03:35 (17.8%)	4:02	14.8 (82.2%)
73	SOKOŁOWSKI Tomasz	523		M-30	39	00:00:04	00:20:16.45	00:20:20.55	+00:03:38 (17.9%)	4:03	14.8 (82.2%)
74	WALDA Łukasz	406		M-30	38	00:00:07	00:20:14.60	00:20:22.40	+00:03:36 (17.8%)	4:03	14.8 (82.2%)
75	CHRUSTOWSKI Mikołaj	1222	TO TYLKO TRIATHLON/TRISPACE	M-20	23	00:00:06	00:20:17.05	00:20:24.00	+00:03:38 (18.0%)	4:03	14.8 (82.2%)
76	KURDELSKI Kamil	774		M-20	25	00:00:03	00:20:20.20	00:20:24.05	+00:03:41 (18.2%)	4:04	14.7 (81.7%)
77	GUZOWSKI Rafał	326	PESA TCMS	M-20	26	00:00:03	00:20:23.50	00:20:27.20	+00:03:45 (18.4%)	4:04	14.7 (81.7%)
78	RZEKANOWSKI Paweł	249	RUN BYDGOSZCZ	M-20	24	00:00:11	00:20:18.20	00:20:30.15	+00:03:39 (18.0%)	4:03	14.8 (82.2%)
79	WINIARSKI Grzegorz	503	THE RUNNERS ŚWIECIE	M-30	41	00:00:05	00:20:26.40	00:20:31.65	+00:03:47 (18.6%)	4:05	14.7 (81.7%)
80	KOWALSKI Krzysztof	174	OCELOTY KRUSZYN KRAJENSKI	M-30	45	00:00:02	00:20:30.25	00:20:33.15	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
81	KWIATKOWSKI Damian	927	RUN BYDGOSZCZ	M-20	21	00:00:24	00:20:12.15	00:20:36.80	+00:03:33 (17.6%)	4:02	14.9 (82.8%)
81	DZIEKAN Wojtek	1118	KABEL TEAM BYDGOSZCZ	M-30	44	00:00:06	00:20:29.95	00:20:36.80	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
83	WIŚNIEWSKI Piotr	769		M-30	46	00:00:07	00:20:30.60	00:20:37.85	+00:03:52 (18.9%)	4:06	14.6 (81.1%)
84	SZCZEBLEWSKI Paweł	918	ARMIA CHRYSSTUSA	M-20	28	00:00:07	00:20:32.10	00:20:39.50	+00:03:53 (19.0%)	4:06	14.6 (81.1%)
85	KLINOWSKI Radosław	362		M-30	40	00:00:15	00:20:24.10	00:20:39.65	+00:03:45 (18.4%)	4:04	14.7 (81.7%)
86	SZCZEBLEWSKI Witold	282	MOTOTURYSTYKA.COM	M-50	2	00:00:00	00:20:39.75	00:20:39.75	+00:04:01 (19.5%)	4:07	14.5 (80.6%)
87	KABACIŃSKI Marcin	1483		M-20	29	00:00:03	00:20:36.80	00:20:40.15	+00:03:58 (19.3%)	4:07	14.6 (81.1%)
88	BOINSKI Rafał	309		M-30	42	00:00:11	00:20:29.65	00:20:41.10	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
89	MALICKI Łukasz	5	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	43	00:00:11	00:20:29.80	00:20:41.65	+00:03:51 (18.8%)	4:06	14.6 (81.1%)

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89	OCHENDAL Maciej	412	TRISPACE	M-30	47	00:00:05	00:20:35.85	00:20:41.65	+00:03:57 (19.2%)	4:07	14.6 (81.1%)
91	PRZYBYTKOWSKI Marek	1475		M-20	30	00:00:04	00:20:39.00	00:20:43.00	+00:04:00 (19.4%)	4:07	14.5 (80.6%)
92	PAWLAK Jakub	595	JFTC SU	M-30	48	00:00:03	00:20:42.80	00:20:45.85	+00:04:04 (19.7%)	4:08	14.5 (80.6%)
93	RADZIMIŃSKI Mikołaj	1436		M-20	27	00:00:24	00:20:26.05	00:20:50.50	+00:03:47 (18.6%)	4:05	14.7 (81.7%)
94	WANKIEWICZ Łukasz	42	Z	M-20	32	00:00:10	00:20:40.70	00:20:51.15	+00:04:02 (19.5%)	4:08	14.5 (80.6%)
95	PACKI Łukasz	1127	WIELUŃ BIEGA	M-20	35	00:00:03	00:20:48.60	00:20:52.30	+00:04:10 (20.0%)	4:09	14.4 (80.0%)
96	SZATTEN Dawid	442		M-30	50	00:00:05	00:20:46.80	00:20:52.45	+00:04:08 (19.9%)	4:09	14.4 (80.0%)
97	GWÓŹDŹ Kamil	917	TKKF WODNIK WIĘCBORK - BIEGAJĄCA RODZINKA	M-20	33	00:00:08	00:20:44.55	00:20:53.20	+00:04:06 (19.8%)	4:09	14.5 (80.6%)
98	TUROWSKI Jakub	1142		M-20	34	00:00:06	00:20:47.25	00:20:53.80	+00:04:08 (19.9%)	4:09	14.4 (80.0%)
99	GRZYWIŃSKI Grzegorz	770	RUN BYDGOSZCZ	M-40	13	00:00:17	00:20:36.30	00:20:53.85	+00:03:57 (19.2%)	4:07	14.6 (81.1%)
100	ŁOBODA Maciej	816		M-30	49	00:00:10	00:20:45.35	00:20:56.10	+00:04:06 (19.8%)	4:09	14.4 (80.0%)
101	FELKNER Kamil	1244		M-10	2	00:00:27	00:20:30.05	00:20:57.55	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
102	DOMALEWSKI Łukasz	54		M-20	31	00:00:18	00:20:40.30	00:20:59.25	+00:04:01 (19.5%)	4:08	14.5 (80.6%)
103	GOŁATA Wojciech	1474		M-30	52	00:00:10	00:20:54.80	00:21:05.00	+00:04:16 (20.4%)	4:11	14.3 (79.4%)
104	FRYDRYSZEK Michał	1377	#WITKOWSKITEAM	M-20	37	00:00:04	00:21:01.25	00:21:05.55	+00:04:22 (20.8%)	4:12	14.3 (79.4%)
105	MUSZYŃSKI Krzysztof	280	OJ TAM OJ TAM RUN	M-40	15	00:00:04	00:21:03.90	00:21:08.70	+00:04:25 (21.0%)	4:12	14.2 (78.9%)
106	TOMASZEWSKI Paweł	1472		M-20	38	00:00:07	00:21:01.85	00:21:09.65	+00:04:23 (20.9%)	4:12	14.3 (79.4%)
107	GRZECHOWIAK Krzysztof	6	ZIELONY PELIKAN	M-30	54	00:00:08	00:21:03.45	00:21:11.50	+00:04:25 (21.0%)	4:12	14.3 (79.4%)
108	MAKOWSKI Sławomir	90	RUN BYDGOSZCZ	M-40	14	00:00:18	00:20:54.55	00:21:13.20	+00:04:16 (20.4%)	4:11	14.3 (79.4%)
109	TORCHALSKI Krzysztof	955	RUN PASJA	M-60+	1	00:00:06	00:21:07.05	00:21:13.50	+00:04:28 (21.2%)	4:13	14.2 (78.9%)
110	WNUK Piotr	848		M-10	5	00:00:03	00:21:11.30	00:21:14.65	+00:04:32 (21.5%)	4:14	14.2 (78.9%)
111	SOBCZAK Marcin	621	CZARNE STOPY.SM	M-30	51	00:00:20	00:20:54.45	00:21:14.85	+00:04:16 (20.4%)	4:10	14.4 (80.0%)
112	SZTEJKA Damian	645	BENEFITKSO	M-40	16	00:00:05	00:21:09.70	00:21:14.95	+00:04:31 (21.4%)	4:13	14.2 (78.9%)
113	KOŁACKI Jarosław	829	DYNAMO SKARPA	M-20	36	00:00:21	00:20:53.35	00:21:15.10	+00:04:14 (20.3%)	4:10	14.4 (80.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
113	WNUK Sławomir	846		M-40	17	00:00:03	00:21:12.05	00:21:15.10	+00:04:33 (21.5%)	4:14	14.2 (78.9%)
115	CYL Dawid	252	FORDONRUNNERS	M-30	55	00:00:13	00:21:04.65	00:21:18.20	+00:04:26 (21.0%)	4:13	14.2 (78.9%)
116	SKUBISZEWSKI Damian	279	ARMIA CHRYSTUSA	M-20	42	00:00:06	00:21:11.40	00:21:18.25	+00:04:32 (21.5%)	4:14	14.2 (78.9%)
117	WAŁĘZA Hubert	454	KANAŁOWA TEAM	M-20	40	00:00:13	00:21:05.40	00:21:19.35	+00:04:26 (21.1%)	4:13	14.2 (78.9%)
118	LEMAŃSKI Jacek	823		M-20	45	00:00:03	00:21:15.85	00:21:19.80	+00:04:37 (21.7%)	4:15	14.1 (78.3%)
119	NAGOW Michał	31	RUN BYDGOSZCZ	M-40	18	00:00:05	00:21:14.35	00:21:19.90	+00:04:35 (21.7%)	4:14	14.1 (78.3%)
120	MOROSZCZAK Bogumił	1468	SPÓJNIA BIAŁE BŁOTA	M-40	20	00:00:04	00:21:17.50	00:21:22.00	+00:04:39 (21.8%)	4:15	14.1 (78.3%)
121	TUBAJA Albert	138	KABEL TEAM BYDGOSZCZ	M-40	19	00:00:07	00:21:15.75	00:21:23.00	+00:04:37 (21.7%)	4:15	14.1 (78.3%)
122	JÓZWIAK Daniel	1421	CALISTHENICS ACADEMY	M-20	44	00:00:09	00:21:13.55	00:21:23.15	+00:04:35 (21.6%)	4:14	14.1 (78.3%)
123	JUREK Piotr	1399	BBL SZUBIN	M-50	3	00:00:07	00:21:18.00	00:21:25.85	+00:04:39 (21.9%)	4:15	14.1 (78.3%)
124	ZBORAŁA Dawid	50	SZKOŁA JAZDY TOMAS	M-20	41	00:00:17	00:21:08.15	00:21:26.00	+00:04:29 (21.3%)	4:13	14.2 (78.9%)
125	APANASIEWICZ Bartosz	1173	RUN PASJA	M-30	53	00:00:30	00:20:57.35	00:21:27.45	+00:04:18 (20.6%)	4:11	14.3 (79.4%)
126	WACHOWSKI Piotr	795		M-30	60	00:00:02	00:21:25.55	00:21:27.65	+00:04:47 (22.3%)	4:17	14 (77.8%)
127	NIEDBALSKI Grzegorz	854	RUN BYDGOSZCZ	M-50	4	00:00:05	00:21:21.90	00:21:27.70	+00:04:43 (22.1%)	4:16	14 (77.8%)
128	GORDON Roman	386	RUN BYDGOSZCZ	M-60+	3	00:00:06	00:21:24.35	00:21:30.50	+00:04:45 (22.3%)	4:16	14 (77.8%)
129	NADRATOWSKI Maciej	167	KABEL TEAM BYDGOSZCZ	M-40	22	00:00:07	00:21:22.90	00:21:30.55	+00:04:44 (22.2%)	4:16	14 (77.8%)
130	BAGROWSKI Marek	665	UMK COLLEGIUM MEDICUM RATOWNICTWO MEDYCZNE BIEGA	M-50	5	00:00:05	00:21:24.95	00:21:30.80	+00:04:46 (22.3%)	4:17	14 (77.8%)
131	KUTOWSKI Przemysław	236		M-40	23	00:00:06	00:21:26.15	00:21:32.35	+00:04:47 (22.4%)	4:17	14 (77.8%)
132	BOŁKA Szymon	1175		M-30	58	00:00:07	00:21:24.95	00:21:32.65	+00:04:46 (22.3%)	4:17	14 (77.8%)
133	DURAŁEK Oskar	958		M-10	4	00:00:23	00:21:10.75	00:21:33.80	+00:04:32 (21.4%)	4:14	14.2 (78.9%)
134	JANYSKA Krzysztof	16		M-30	59	00:00:12	00:21:25.25	00:21:38.20	+00:04:46 (22.3%)	4:17	14 (77.8%)
135	RESZKA Jarosław	1373		M-30	64	00:00:07	00:21:33.20	00:21:40.65	+00:04:54 (22.8%)	4:18	13.9 (77.2%)
136	OLENDRZYŃSKI Mateusz	1340		M-10	3	00:00:58	00:20:43.25	00:21:41.45	+00:04:04 (19.7%)	4:08	14.5 (80.6%)
137	WRÓBLEWSKI Lech	1080		M-30	63	00:00:10	00:21:31.85	00:21:42.05	+00:04:53 (22.7%)	4:18	13.9 (77.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
138	MAZURKIEWICZ Piotr	433		M-30	57	00:00:22	00:21:20.60	00:21:42.65	+00:04:42 (22.0%)	4:16	14.1 (78.3%)
139	SZYSZKA Radosław	640		M-30	66	00:00:06	00:21:36.55	00:21:43.50	+00:04:58 (23.0%)	4:19	13.9 (77.2%)
140	WALKOWIAK Paweł	633		M-20	51	00:00:09	00:21:36.80	00:21:46.55	+00:04:58 (23.0%)	4:19	13.9 (77.2%)
141	PAKULSKI Rafał	160		M-40	24	00:00:11	00:21:35.55	00:21:46.70	+00:04:57 (22.9%)	4:19	13.9 (77.2%)
142	ROSÓŁ Jacek	1272		M-30	65	00:00:11	00:21:35.90	00:21:46.90	+00:04:57 (23.0%)	4:19	13.9 (77.2%)
143	RUTKOWSKI Tomasz	83		M-40	26	00:00:07	00:21:41.15	00:21:48.15	+00:05:02 (23.3%)	4:20	13.8 (76.7%)
144	GRALIK Kacper	337	BYDGOSKIE OKONIE	M-20	52	00:00:08	00:21:39.40	00:21:48.20	+00:05:00 (23.2%)	4:20	13.8 (76.7%)
145	KATAFIASZ Bartosz	1343		M-20	39	00:00:45	00:21:02.55	00:21:48.50	+00:04:24 (20.9%)	4:12	14.3 (79.4%)
146	SENDROWICZ Mariusz	479		M-30	67	00:00:08	00:21:41.25	00:21:50.00	+00:05:02 (23.3%)	4:20	13.8 (76.7%)
147	GACKOWSKI Krzysztof	1174		M-40	25	00:00:10	00:21:40.95	00:21:51.80	+00:05:02 (23.3%)	4:20	13.8 (76.7%)
148	ZBORAŁA Mateusz	437	SZKOŁA JAZDY TOMAS	M-20	48	00:00:17	00:21:34.80	00:21:52.75	+00:04:56 (22.9%)	4:19	13.9 (77.2%)
149	KARWECKI Patryk	990		M-20	46	00:00:33	00:21:19.55	00:21:52.90	+00:04:41 (22.0%)	4:15	14.1 (78.3%)
150	WENDA Mateusz	372	SZKOŁA JAZDY TOMAS	M-20	49	00:00:18	00:21:34.85	00:21:53.00	+00:04:56 (22.9%)	4:19	13.9 (77.2%)
151	HASS Adam	1212	KOŁO NR 114	M-30	69	00:00:09	00:21:44.15	00:21:53.30	+00:05:05 (23.4%)	4:20	13.8 (76.7%)
152	WIDŹGOWSKI Przemysław	290		M-30	68	00:00:11	00:21:42.25	00:21:54.15	+00:05:03 (23.3%)	4:20	13.8 (76.7%)
153	NALEŻYTY Piotr	67	KLINIKA TRIATHLONU	M-30	70	00:00:08	00:21:47.40	00:21:55.95	+00:05:08 (23.6%)	4:21	13.8 (76.7%)
154	PIECHOWIAK Jacek	471		M-40	28	00:00:09	00:21:47.90	00:21:57.85	+00:05:09 (23.7%)	4:21	13.8 (76.7%)
155	MONDRY Waldemar	1456		M-50	6	00:00:24	00:21:34.75	00:21:58.85	+00:04:56 (22.9%)	4:18	13.9 (77.2%)
156	BUŚKIEWICZ Kazimierz	1306		M-60+	2	00:00:37	00:21:22.25	00:21:59.45	+00:04:43 (22.1%)	4:16	14 (77.8%)
157	KACZMAREK Sebastian	733	TEAM WUJEK PORADA	M-30	71	00:00:11	00:21:49.35	00:22:00.80	+00:05:10 (23.7%)	4:21	13.8 (76.7%)
157	GAŁCZYŃSKI Robert	1311		M-40	29	00:00:09	00:21:51.20	00:22:00.80	+00:05:12 (23.9%)	4:22	13.7 (76.1%)
157	NOWAKOWSKI Oskar	464		M-10	6	00:00:06	00:21:54.65	00:22:00.80	+00:05:16 (24.1%)	4:22	13.7 (76.1%)
160	WĘGRZYNOWSKI Sławomir	931	KABEL TEAM BYDGOSZCZ	M-40	31	00:00:07	00:21:54.85	00:22:02.30	+00:05:16 (24.1%)	4:23	13.7 (76.1%)
161	KOBZIAKOWSKI Klaudiusz	1108	TRISPACE	M-20	57	00:00:06	00:21:57.80	00:22:03.90	+00:05:19 (24.2%)	4:23	13.7 (76.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
162	SZCZĘSNY Arkadiusz	572	DYNAMO SKARPA	M-30	73	00:00:07	00:21:56.90	00:22:04.15	+00:05:18 (24.2%)	4:23	13.7 (76.1%)
163	LUZAK Mirosław	1418	MWIK BYDGOSZCZ	M-50	7	00:00:10	00:21:53.85	00:22:04.20	+00:05:15 (24.0%)	4:22	13.7 (76.1%)
164	DURAJEWSKI Mateusz	140	DIRTY BOYS	M-20	53	00:00:19	00:21:45.45	00:22:04.45	+00:05:07 (23.5%)	4:21	13.8 (76.7%)
165	SIUPKA Paweł	901		M-20	47	00:00:42	00:21:22.65	00:22:05.60	+00:04:44 (22.2%)	4:16	14 (77.8%)
166	JENCZEWSKI Szymon	1390	ALBATROSY	M-20	60	00:00:03	00:22:02.00	00:22:05.65	+00:05:23 (24.5%)	4:24	13.6 (75.6%)
167	BARCZAK Tomasz	845		M-40	27	00:00:21	00:21:45.10	00:22:07.05	+00:05:06 (23.5%)	4:21	13.8 (76.7%)
168	SZUBERGA Damian	1065		M-20	62	00:00:05	00:22:03.40	00:22:09.15	+00:05:24 (24.6%)	4:24	13.6 (75.6%)
169	WIŚNIEWSKI Paweł	764		M-20	63	00:00:07	00:22:03.75	00:22:10.75	+00:05:25 (24.6%)	4:24	13.6 (75.6%)
170	KALACZYŃSKI Miłosz	278	POLONIA BYDGOSZCZ SLA	M-20	61	00:00:10	00:22:03.15	00:22:13.75	+00:05:24 (24.5%)	4:24	13.6 (75.6%)
171	WIECZOREK Waldek	102		M-30	61	00:00:47	00:21:27.00	00:22:14.75	+00:04:48 (22.4%)	4:17	14 (77.8%)
172	BIAŁY Dawid	814	SPÓJNIA BIAŁE BŁOTA	M-20	50	00:00:38	00:21:36.40	00:22:15.00	+00:04:57 (23.0%)	4:19	13.9 (77.2%)
173	DĄBROWSKI Jarosław	1451	CB163	M-20	43	00:01:02	00:21:13.10	00:22:15.50	+00:04:34 (21.6%)	4:14	14.1 (78.3%)
174	RUDOL Sebastian	734		M-40	34	00:00:10	00:22:06.40	00:22:16.85	+00:05:27 (24.7%)	4:25	13.6 (75.6%)
175	BRUSKI Tomasz	1299		M-20	58	00:00:18	00:21:58.80	00:22:17.20	+00:05:20 (24.3%)	4:23	13.6 (75.6%)
176	STĘPSKI Marek	165		M-40	35	00:00:09	00:22:08.85	00:22:18.45	+00:05:30 (24.9%)	4:25	13.5 (75.0%)
177	BRZEZINSKI Łukasz	1350	AMS	M-20	55	00:00:30	00:21:47.80	00:22:18.55	+00:05:09 (23.7%)	4:21	13.8 (76.7%)
178	CHERNII Mykoła	784		M-20	59	00:00:19	00:22:00.55	00:22:19.95	+00:05:22 (24.4%)	4:24	13.6 (75.6%)
178	BABIŃSKI Michał	849		M-30	74	00:00:12	00:22:07.90	00:22:19.95	+00:05:29 (24.8%)	4:25	13.6 (75.6%)
180	RAUNEST Adam	1025		M-50	8	00:00:18	00:22:01.05	00:22:20.00	+00:05:22 (24.4%)	4:24	13.6 (75.6%)
181	DROŻYŃSKI Maciej	1266	CB163	M-20	65	00:00:12	00:22:09.00	00:22:21.45	+00:05:30 (24.9%)	4:25	13.5 (75.0%)
182	KARCZEWSKI Sławomir	284		M-20	66	00:00:12	00:22:09.25	00:22:21.85	+00:05:30 (24.9%)	4:25	13.5 (75.0%)
183	CHODKIEWICZ Tomasz	253		M-40	21	00:01:01	00:21:21.30	00:22:22.75	+00:04:42 (22.1%)	4:16	14.1 (78.3%)
184	KLEPACZEWSKI Arkadiusz	452		M-30	76	00:00:09	00:22:13.90	00:22:23.25	+00:05:35 (25.1%)	4:26	13.5 (75.0%)
185	IKS Patryk	1314		M-20	64	00:00:19	00:22:06.85	00:22:26.50	+00:05:28 (24.8%)	4:25	13.6 (75.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
186	ROGALSKI Maciej	1109		M-30	56	00:01:11	00:21:15.35	00:22:26.65	+00:04:36 (21.7%)	4:15	14.1 (78.3%)
187	LIPIŃSKI Sebastian	59	GRUPAEVER	M-40	37	00:00:11	00:22:15.40	00:22:26.70	+00:05:36 (25.2%)	4:27	13.5 (75.0%)
188	JANKOWSKI Piotr	1315		M-60+	4	00:00:19	00:22:07.40	00:22:26.75	+00:05:28 (24.8%)	4:25	13.6 (75.6%)
189	ŁABENDA Robert	55		M-30	78	00:00:08	00:22:18.85	00:22:27.80	+00:05:40 (25.4%)	4:27	13.4 (74.4%)
190	CIEPŁOWSKI Robert	318	IPA BYDGOSZCZ	M-40	32	00:00:26	00:22:01.25	00:22:28.10	+00:05:22 (24.4%)	4:24	13.6 (75.6%)
191	KULBAKA Dawid	233		M-30	79	00:00:09	00:22:19.75	00:22:29.70	+00:05:41 (25.5%)	4:28	13.4 (74.4%)
192	PRIEWE Paweł	552	DYNAMO SKARPA	M-30	82	00:00:08	00:22:22.70	00:22:30.85	+00:05:44 (25.6%)	4:28	13.4 (74.4%)
193	PIOTROWSKI Dariusz	343		M-40	30	00:00:40	00:21:52.00	00:22:32.20	+00:05:13 (23.9%)	4:22	13.7 (76.1%)
194	GŁOWSKI Dariusz	81		M-40	36	00:00:22	00:22:10.20	00:22:32.25	+00:05:31 (24.9%)	4:26	13.5 (75.0%)
195	BEDNAREK Paweł	482	GORDON RUN	M-20	70	00:00:07	00:22:25.60	00:22:32.85	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
196	ŚWIĘCICKI Andrzej	460		M-40	33	00:00:27	00:22:06.25	00:22:33.85	+00:05:27 (24.7%)	4:25	13.6 (75.6%)
197	PACZKOWSKI Mirosław	519	CB 163	M-40	38	00:00:09	00:22:24.80	00:22:34.10	+00:05:46 (25.8%)	4:29	13.4 (74.4%)
198	KITOWSKI Przemek	43		M-30	84	00:00:08	00:22:25.95	00:22:34.60	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
199	SKUPSZ Jędrzej Kazmierz	574	FORDONTEAM	M-20	54	00:00:49	00:21:46.05	00:22:36.00	+00:05:07 (23.6%)	4:21	13.8 (76.7%)
199	DĄBROWSKI Maciej	1309		M-30	86	00:00:09	00:22:26.85	00:22:36.00	+00:05:48 (25.9%)	4:29	13.4 (74.4%)
201	SZATKOWSKI Marcin	391	RUN LOTTO BYDGOSTIA	M-20	56	00:00:42	00:21:54.85	00:22:37.50	+00:05:16 (24.1%)	4:23	13.7 (76.1%)
202	WOŹNIAK Adam	168		M-30	62	00:01:08	00:21:28.80	00:22:37.70	+00:04:50 (22.5%)	4:17	14 (77.8%)
203	JAGODZIŃSKI Mateusz	30	BYDGOSKIE OKONIE	M-20	72	00:00:08	00:22:30.05	00:22:38.80	+00:05:51 (26.0%)	4:30	13.3 (73.9%)
204	TOMKOWIAK Tomasz	122	SZKOŁA JAZDY TOMAS	M-20	69	00:00:15	00:22:23.45	00:22:39.10	+00:05:45 (25.7%)	4:28	13.4 (74.4%)
205	DUSZKA Łukasz	1235		M-30	85	00:00:13	00:22:26.30	00:22:39.30	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
206	RYDLEWSKI Andrzej	803	RUN BYDGOSZCZ	M-30	87	00:00:11	00:22:29.05	00:22:40.95	+00:05:50 (26.0%)	4:29	13.3 (73.9%)
207	DOMŻAŁSKI Kamil	1438		M-30	75	00:00:29	00:22:13.25	00:22:42.40	+00:05:34 (25.1%)	4:26	13.5 (75.0%)
208	DOROZ Patryk	674		M-20	71	00:00:17	00:22:28.35	00:22:45.45	+00:05:49 (26.0%)	4:29	13.4 (74.4%)
209	DACH Łukasz	1157		M-30	92	00:00:06	00:22:38.95	00:22:45.70	+00:06:00 (26.5%)	4:31	13.2 (73.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
210	GRĄDZKI Mateusz	928	WTS ASTORIA	M-10	9	00:00:02	00:22:43.30	00:22:45.75	+00:06:04 (26.8%)	4:32	13.2 (73.3%)
211	LESZCZYŃSKI Łukasz	779		M-30	83	00:00:25	00:22:24.00	00:22:49.95	+00:05:45 (25.7%)	4:28	13.4 (74.4%)
212	MROTEK Michał	1177		M-30	80	00:00:30	00:22:19.85	00:22:50.45	+00:05:41 (25.5%)	4:28	13.4 (74.4%)
213	PACEK Mirosław	1104		M-50	9	00:00:13	00:22:38.60	00:22:51.65	+00:06:00 (26.5%)	4:31	13.3 (73.9%)
214	TADROWSKI Rafał	742		M-30	81	00:00:31	00:22:20.45	00:22:52.15	+00:05:42 (25.5%)	4:28	13.4 (74.4%)
215	MIKOŁAJCZAK Sławomir	539		M-40	39	00:00:19	00:22:34.00	00:22:53.80	+00:05:55 (26.3%)	4:30	13.3 (73.9%)
216	LEŚNY Mateusz	798		M-20	68	00:00:36	00:22:17.30	00:22:54.15	+00:05:38 (25.3%)	4:27	13.5 (75.0%)
217	CHOLEWIŃSKI Andrzej	941	HURAGAN MIEDZYŃ	M-10	7	00:00:43	00:22:11.80	00:22:54.80	+00:05:33 (25.0%)	4:26	13.5 (75.0%)
218	ŁOBOCKI Krzysztof	912		M-30	88	00:00:25	00:22:29.25	00:22:55.00	+00:05:50 (26.0%)	4:30	13.3 (73.9%)
219	KONDEL Damian	1224		M-10	8	00:00:34	00:22:22.45	00:22:56.75	+00:05:44 (25.6%)	4:28	13.4 (74.4%)
220	BUSSE Piotr	573		M-30	90	00:00:22	00:22:34.50	00:22:56.85	+00:05:56 (26.3%)	4:30	13.3 (73.9%)
221	PRZEWŁOCKI Jakub	655		M-30	95	00:00:11	00:22:46.80	00:22:58.55	+00:06:08 (26.9%)	4:33	13.2 (73.3%)
222	KULKA Marek	1059		M-50	10	00:00:10	00:22:50.80	00:23:00.85	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
223	ŁAWSKI Kamil	1251		M-30	94	00:00:19	00:22:42.15	00:23:01.80	+00:06:03 (26.7%)	4:32	13.2 (73.3%)
224	BAJNO Waldemar	944		M-30	72	00:01:08	00:21:55.85	00:23:04.45	+00:05:17 (24.1%)	4:23	13.7 (76.1%)
224	BIELICKI Waldemar	490		M-30	100	00:00:05	00:22:58.60	00:23:04.45	+00:06:20 (27.6%)	4:35	13.1 (72.8%)
226	SKĄPSKI Łukasz	1345		M-30	77	00:00:49	00:22:15.50	00:23:04.85	+00:05:37 (25.2%)	4:27	13.5 (75.0%)
227	CHMURZYŃSKI Jakub	1308		M-20	67	00:00:49	00:22:16.65	00:23:05.70	+00:05:38 (25.3%)	4:27	13.5 (75.0%)
228	CODREAM Rafal	873		M-40	40	00:00:28	00:22:37.60	00:23:06.00	+00:05:59 (26.5%)	4:31	13.3 (73.9%)
229	KLISZEWSKI Damian	673		M-40	44	00:00:13	00:22:53.15	00:23:06.30	+00:06:14 (27.3%)	4:34	13.1 (72.8%)
230	BOSEK Grzegorz	1305		M-30	89	00:00:37	00:22:30.65	00:23:07.95	+00:05:52 (26.1%)	4:30	13.3 (73.9%)
231	FELINIAK Daniel	1238		M-30	96	00:00:25	00:22:48.05	00:23:13.90	+00:06:09 (27.0%)	4:33	13.2 (73.3%)
232	BYRTEK Grzegorz	130	CAŁY CZAS DO PRZODU	M-40	43	00:00:23	00:22:50.90	00:23:14.20	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
233	SIUDA Sebastian	203		M-40	41	00:00:30	00:22:44.05	00:23:14.30	+00:06:05 (26.8%)	4:32	13.2 (73.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
234	BRYJA Robert	1018		M-50	11	00:00:17	00:22:58.65	00:23:15.75	+00:06:20 (27.6%)	4:35	13.1 (72.8%)
235	DULIŃSKI Jacek	760		M-40	46	00:00:07	00:23:09.25	00:23:16.95	+00:06:30 (28.1%)	4:37	13 (72.2%)
236	NAWROCKI Dariusz	166	VAUPE TEAM	M-50	13	00:00:08	00:23:09.00	00:23:17.25	+00:06:30 (28.1%)	4:37	13 (72.2%)
237	SZULC Rafał	494	RUN BYDGOSZCZ	M-30	97	00:00:26	00:22:51.15	00:23:17.50	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
238	LOFERSKI Marcin	491		M-40	42	00:00:30	00:22:47.90	00:23:18.65	+00:06:09 (27.0%)	4:33	13.2 (73.3%)
239	DULIŃSKI Bartosz	762	GLKS OSIELSKO	M-10	10	00:00:07	00:23:14.55	00:23:21.60	+00:06:36 (28.4%)	4:38	12.9 (71.7%)
240	FALIŃSKI Michał	1010		M-20	75	00:00:19	00:23:01.95	00:23:21.75	+00:06:23 (27.8%)	4:36	13 (72.2%)
241	TWARDOWSKI Bartosz	40		M-20	77	00:00:13	00:23:08.75	00:23:21.80	+00:06:30 (28.1%)	4:37	13 (72.2%)
242	RADULSKI Tomasz	1020	ROZBIEGANA KRUSZWICA	M-50	12	00:00:19	00:23:02.75	00:23:21.95	+00:06:24 (27.8%)	4:36	13 (72.2%)
243	BEJGER Łukasz	68	TCMS PESA BYDGOSZCZ	M-20	78	00:00:12	00:23:09.30	00:23:22.25	+00:06:30 (28.1%)	4:38	12.9 (71.7%)
244	PAWLACZYK Paweł	1288	SPÓJNIA BIAŁE BŁOTA	M-20	73	00:00:38	00:22:45.45	00:23:23.60	+00:06:07 (26.9%)	4:33	13.2 (73.3%)
245	NOWICKI Aleksander	922		M-40	45	00:00:29	00:22:55.20	00:23:25.00	+00:06:16 (27.4%)	4:35	13.1 (72.8%)
246	ANISZEWSKI Dariusz	1164		M-40	49	00:00:08	00:23:16.10	00:23:25.05	+00:06:37 (28.5%)	4:39	12.9 (71.7%)
247	KODRANC Michał	307		M-30	91	00:00:48	00:22:38.85	00:23:26.95	+00:06:00 (26.5%)	4:31	13.3 (73.9%)
247	MACIEJCZAK Marcin	1112	3GRAVITY	M-40	47	00:00:17	00:23:09.85	00:23:26.95	+00:06:31 (28.2%)	4:37	13 (72.2%)
249	PALIGA Maciej	311		M-30	99	00:00:28	00:22:58.55	00:23:27.10	+00:06:20 (27.6%)	4:35	13.1 (72.8%)
250	JANCOWSKI Wojciech	390		M-40	50	00:00:05	00:23:22.40	00:23:27.65	+00:06:43 (28.8%)	4:40	12.8 (71.1%)
251	GABRYCH Maciej	149	CZARNE STOPY	M-30	103	00:00:20	00:23:07.10	00:23:28.00	+00:06:28 (28.0%)	4:37	13 (72.2%)
252	ANTKOWIAK Bartosz	62	TCMS PESA BYDGOSZCZ	M-20	79	00:00:13	00:23:14.65	00:23:28.30	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
253	FOJUTOWSKI Jan	606		M-10	12	00:00:06	00:23:24.65	00:23:31.55	+00:06:46 (28.9%)	4:41	12.8 (71.1%)
254	SZARKOWSKI Fabian	856		M-20	74	00:00:30	00:23:01.45	00:23:31.80	+00:06:23 (27.7%)	4:36	13 (72.2%)
255	RUMIŃSKI Adam	843		M-30	108	00:00:19	00:23:13.75	00:23:32.95	+00:06:35 (28.4%)	4:38	12.9 (71.7%)
256	NAPORA Mateusz	1024		M-20	76	00:00:28	00:23:04.80	00:23:33.20	+00:06:26 (27.9%)	4:37	13 (72.2%)
257	DĘBSKI Adrian	561		M-30	101	00:00:37	00:23:00.85	00:23:38.30	+00:06:22 (27.7%)	4:36	13 (72.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
258	CIEMNY Tomasz	916		M-40	48	00:00:28	00:23:10.70	00:23:39.05	+00:06:32 (28.2%)	4:38	12.9 (71.7%)
259	WESOŁOWSKI Dariusz	827	ICH DWOJE BYDGOSZCZ	M-40	54	00:00:07	00:23:33.20	00:23:40.65	+00:06:54 (29.3%)	4:42	12.7 (70.6%)
260	RENC Patryk	70	SERCE TYBETU	M-20	83	00:00:14	00:23:26.55	00:23:40.80	+00:06:48 (29.0%)	4:41	12.8 (71.1%)
261	PAWLAK Waldemar	964	VEGERUNNERS	M-30	115	00:00:15	00:23:27.65	00:23:42.75	+00:06:49 (29.1%)	4:41	12.8 (71.1%)
262	KARPIŃSKI Daniel	799		M-30	113	00:00:16	00:23:26.30	00:23:42.80	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
263	BINDEK Łukasz	197		M-30	102	00:00:43	00:23:03.45	00:23:46.75	+00:06:25 (27.8%)	4:36	13 (72.2%)
264	SCHMIDT Marcin	1191		M-30	109	00:00:32	00:23:15.85	00:23:47.85	+00:06:37 (28.5%)	4:39	12.9 (71.7%)
265	ROZKWITALSKI Bartosz	819		M-20	80	00:00:31	00:23:19.15	00:23:50.15	+00:06:40 (28.6%)	4:39	12.9 (71.7%)
266	WERNER Michał	1006	SZARŻA	M-20	82	00:00:25	00:23:24.75	00:23:50.40	+00:06:46 (28.9%)	4:41	12.8 (71.1%)
267	WAWRZYŃIAK Tomasz	1263		M-20	84	00:00:21	00:23:28.85	00:23:50.50	+00:06:50 (29.1%)	4:41	12.8 (71.1%)
268	STAWCZYK Dariusz	723		M-40	55	00:00:17	00:23:34.40	00:23:51.75	+00:06:55 (29.4%)	4:42	12.7 (70.6%)
269	URBAŃSKI Dawid	629		M-30	111	00:00:34	00:23:17.55	00:23:52.35	+00:06:39 (28.6%)	4:39	12.9 (71.7%)
270	MACKIEWICZ Piotr	462		M-30	107	00:00:41	00:23:13.30	00:23:54.95	+00:06:34 (28.3%)	4:38	12.9 (71.7%)
271	DANKOWSKI Rafał	732		M-40	56	00:00:11	00:23:44.45	00:23:55.45	+00:07:06 (29.9%)	4:44	12.6 (70.0%)
272	TRZCIŃSKI Eugeniusz	208	SZWEDEROWO	M-60+	5	00:00:21	00:23:35.35	00:23:57.00	+00:06:56 (29.5%)	4:43	12.7 (70.6%)
273	RZĘTKOWSKI Artur	1495		M-20	89	00:00:13	00:23:44.30	00:23:57.60	+00:07:05 (29.9%)	4:44	12.6 (70.0%)
274	STRYKOWSKI Paweł	861	KP PSP MIĘDZYRZECZ	M-20	81	00:00:36	00:23:21.95	00:23:58.15	+00:06:43 (28.8%)	4:40	12.8 (71.1%)
275	JANKOWSKI Jakub	1287		M-20	86	00:00:26	00:23:31.95	00:23:58.25	+00:06:53 (29.3%)	4:42	12.7 (70.6%)
276	RYMER Adam	352		M-30	117	00:00:24	00:23:35.70	00:24:00.10	+00:06:57 (29.5%)	4:43	12.7 (70.6%)
277	DĄBROWSKI Bartosz	19	SPORTOWA PASJA	M-30	121	00:00:15	00:23:45.05	00:24:00.15	+00:07:06 (29.9%)	4:45	12.6 (70.0%)
278	KUCHCZYŃSKI Jakub	739	BKS BYDGOSZCZ	M-10	11	00:00:45	00:23:14.80	00:24:00.40	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
279	NOWAK Tomasz	1478	GORDON RUN	M-40	62	00:00:06	00:23:55.40	00:24:01.50	+00:07:16 (30.4%)	4:47	12.5 (69.4%)
280	CHRUŚCICKI Waldemar	263		M-40	53	00:00:33	00:23:28.30	00:24:01.55	+00:06:49 (29.1%)	4:41	12.8 (71.1%)
280	PUFAL Adrian	859		M-20	93	00:00:10	00:23:51.05	00:24:01.55	+00:07:12 (30.2%)	4:46	12.6 (70.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
282	WARAKOMSKI Rafał	1290		M-30	114	00:00:35	00:23:26.40	00:24:02.10	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
283	KRAWIEC Kuba	1044		M-10	14	00:00:15	00:23:48.05	00:24:03.45	+00:07:09 (30.1%)	4:45	12.6 (70.0%)
284	DUCZKOWSKI Damian	1011	GAZDÓWKA	M-30	93	00:01:24	00:22:41.95	00:24:06.70	+00:06:03 (26.7%)	4:32	13.2 (73.3%)
285	GRABOWSKI Łukasz	1273		M-30	118	00:00:26	00:23:40.50	00:24:06.85	+00:07:02 (29.7%)	4:44	12.7 (70.6%)
286	GRAJEWSKI Marcin	1041		M-30	126	00:00:18	00:23:49.20	00:24:07.55	+00:07:10 (30.1%)	4:45	12.6 (70.0%)
287	KRAWIEC Mariusz	1042		M-40	61	00:00:15	00:23:53.80	00:24:09.60	+00:07:15 (30.4%)	4:46	12.6 (70.0%)
288	SZMELTER Michał	618		M-40	60	00:00:16	00:23:53.45	00:24:09.65	+00:07:15 (30.3%)	4:46	12.6 (70.0%)
289	KOLSKI Radek	188	VAUPE TEAM	M-40	65	00:00:07	00:24:03.75	00:24:11.45	+00:07:25 (30.8%)	4:48	12.5 (69.4%)
290	RÓŻYCKI Marcin	706		M-20	99	00:00:02	00:24:10.05	00:24:12.60	+00:07:31 (31.1%)	4:50	12.4 (68.9%)
291	SOLARSKI Łukasz	1158	WITKOWSKITEAM	M-20	92	00:00:22	00:23:50.40	00:24:12.70	+00:07:11 (30.2%)	4:46	12.6 (70.0%)
292	KUCHCZYŃSKI Adam	737	BÓL TO ŚCIEMA	M-50	14	00:00:44	00:23:29.85	00:24:14.45	+00:06:51 (29.2%)	4:42	12.8 (71.1%)
292	MUSIAŁ Przemysław	1323		M-30	116	00:00:42	00:23:32.25	00:24:14.45	+00:06:53 (29.3%)	4:42	12.7 (70.6%)
294	GOŁĄBEK Mariusz	1312		M-50	15	00:00:42	00:23:32.70	00:24:14.80	+00:06:54 (29.3%)	4:42	12.7 (70.6%)
295	ROSZCZYN Dawid	559	CB163	M-30	110	00:00:58	00:23:16.65	00:24:14.85	+00:06:38 (28.5%)	4:39	12.9 (71.7%)
296	WOJTYSIAK Kamil	1095		M-30	120	00:00:31	00:23:44.25	00:24:15.75	+00:07:05 (29.9%)	4:44	12.6 (70.0%)
296	SKONIECZNY Daniel	200	TCMS PESA BYDGOSZCZ	M-20	98	00:00:13	00:24:02.10	00:24:15.75	+00:07:23 (30.8%)	4:48	12.5 (69.4%)
298	ŁAWRYNOWICZ Tomasz	1218	SZKOŁA JAZDY TOMAS	M-20	96	00:00:15	00:24:00.40	00:24:15.85	+00:07:21 (30.7%)	4:48	12.5 (69.4%)
299	BUDKIEWICZ Radosław	676	ASSECO ACTIVE TEAM	M-20	88	00:00:39	00:23:36.20	00:24:16.05	+00:06:57 (29.5%)	4:43	12.7 (70.6%)
299	MINTA Adam	1357		M-30	125	00:00:26	00:23:49.10	00:24:16.05	+00:07:10 (30.1%)	4:46	12.6 (70.0%)
301	GUŹDZIOŁ Jarek	20		M-30	122	00:00:28	00:23:47.40	00:24:16.15	+00:07:08 (30.1%)	4:45	12.6 (70.0%)
302	SADECKI Karol	897	CROSSFIT - CB 163 BYDGOSZCZ	M-20	87	00:00:40	00:23:35.55	00:24:16.25	+00:06:57 (29.5%)	4:43	12.7 (70.6%)
303	SZARLEJ Marcin	116		M-30	124	00:00:28	00:23:48.70	00:24:17.40	+00:07:10 (30.1%)	4:45	12.6 (70.0%)
304	POZNAŃ Łukasz	373	SCANDAGRA	M-30	104	00:01:09	00:23:07.95	00:24:17.65	+00:06:29 (28.1%)	4:37	13 (72.2%)
305	DRWĘCKI Daniel	100	BIEGNIJ Z PROSERVICE	M-30	98	00:01:22	00:22:55.60	00:24:17.75	+00:06:17 (27.4%)	4:35	13.1 (72.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
306	MISIAK Maciej	1486		M-40	57	00:00:33	00:23:44.65	00:24:18.15	+00:07:06 (29.9%)	4:45	12.6 (70.0%)
307	MRUGAŁA Bartosz	562		M-20	90	00:00:31	00:23:48.00	00:24:19.80	+00:07:09 (30.1%)	4:45	12.6 (70.0%)
308	HETEL Adam	36	KLUB BIEGACZA RTV EURO AGD	M-30	119	00:00:38	00:23:41.55	00:24:19.90	+00:07:03 (29.8%)	4:44	12.7 (70.6%)
309	WALENCIAK Jarosław	383	CZARNE STOPY.SM	M-40	64	00:00:19	00:24:01.80	00:24:20.95	+00:07:23 (30.7%)	4:48	12.5 (69.4%)
310	KARLIŃSKI Oskar	498	BYDGOSZCZ	M-10	15	00:00:18	00:24:02.85	00:24:21.40	+00:07:24 (30.8%)	4:48	12.5 (69.4%)
311	WOJCIESZAK Dariusz	430		M-50	17	00:00:05	00:24:17.25	00:24:22.60	+00:07:38 (31.5%)	4:51	12.4 (68.9%)
312	KAMIŃSKI Marek	1076	TYPYGRUBE	M-20	85	00:00:50	00:23:31.95	00:24:22.90	+00:06:53 (29.3%)	4:42	12.7 (70.6%)
312	RYBCZYŃSKI Grzegorz	323		M-20	95	00:00:31	00:23:51.90	00:24:22.90	+00:07:13 (30.3%)	4:46	12.6 (70.0%)
314	BURY Tomasz	183		M-30	112	00:01:04	00:23:20.00	00:24:24.50	+00:06:41 (28.7%)	4:40	12.9 (71.7%)
315	KLAPKA Marcin	1208	BŁĘKITNY DELFIN	M-10	13	00:00:45	00:23:39.15	00:24:24.65	+00:07:00 (29.6%)	4:43	12.7 (70.6%)
316	CZAJA Jarosław	141		M-30	123	00:00:38	00:23:47.60	00:24:26.25	+00:07:09 (30.1%)	4:45	12.6 (70.0%)
317	PRZYBYLSKI Mariusz	586		M-50	16	00:00:21	00:24:05.00	00:24:26.95	+00:07:26 (30.9%)	4:49	12.5 (69.4%)
318	OSZUBSKI Kazimierz	863		M-40	71	00:00:05	00:24:22.20	00:24:27.45	+00:07:43 (31.7%)	4:52	12.3 (68.3%)
319	GAC Wojciech	1428		M-10	16	00:00:22	00:24:04.90	00:24:27.55	+00:07:26 (30.9%)	4:49	12.5 (69.4%)
320	SZUKAJ Karol	413	KANAŁOWA TEAM	M-30	131	00:00:17	00:24:13.30	00:24:30.55	+00:07:34 (31.3%)	4:50	12.4 (68.9%)
321	SZUBERT Maciej	905		M-40	52	00:01:03	00:23:27.55	00:24:31.00	+00:06:49 (29.1%)	4:41	12.8 (71.1%)
322	TUPTANOWSKI Przemysław	830	WELD-LINE TEAM	M-30	128	00:00:36	00:23:55.45	00:24:32.20	+00:07:17 (30.4%)	4:47	12.5 (69.4%)
323	KISZKA Marcin	264	RUN PASJA	M-30	127	00:00:43	00:23:49.90	00:24:33.45	+00:07:11 (30.2%)	4:46	12.6 (70.0%)
324	BRYCKI Łukasz	425		M-30	132	00:00:20	00:24:14.55	00:24:35.15	+00:07:36 (31.4%)	4:51	12.4 (68.9%)
325	JAROCH Krzysztof	58		M-20	94	00:00:44	00:23:51.40	00:24:35.40	+00:07:12 (30.2%)	4:46	12.6 (70.0%)
326	KALINOWSKI Zbigniew	745		M-40	69	00:00:15	00:24:19.95	00:24:35.50	+00:07:41 (31.6%)	4:52	12.3 (68.3%)
327	JEGIERSKI Dariusz	930		M-40	68	00:00:20	00:24:15.65	00:24:36.00	+00:07:37 (31.4%)	4:51	12.4 (68.9%)
328	WIŚNIEWSKI Piotr	419		M-20	97	00:00:35	00:24:01.65	00:24:36.65	+00:07:23 (30.7%)	4:48	12.5 (69.4%)
329	ROTHE Dawid	152		M-30	129	00:00:37	00:24:01.75	00:24:39.00	+00:07:23 (30.7%)	4:48	12.5 (69.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
330	BANACH Marcin	1069	3GRAVITY	M-30	105	00:01:31	00:23:08.80	00:24:40.40	+00:06:30 (28.1%)	4:37	13 (72.2%)
330	RÓŻAŃSKI Kamil	866	3GRAVITY	M-30	106	00:01:31	00:23:09.10	00:24:40.40	+00:06:30 (28.1%)	4:37	13 (72.2%)
332	WOJCIECHOWSKI Jarosław	289		M-40	70	00:00:21	00:24:20.50	00:24:42.15	+00:07:42 (31.6%)	4:52	12.3 (68.3%)
332	BRZUSKIEWICZ Sławomir	993		M-50	20	00:00:14	00:24:27.55	00:24:42.15	+00:07:49 (32.0%)	4:53	12.3 (68.3%)
334	JANYSKA Adam	1151	UKS KOPERNIK BYDGOSZCZ	M-10	19	00:00:06	00:24:38.30	00:24:44.65	+00:07:59 (32.5%)	4:55	12.2 (67.8%)
335	WŁODARCZYK Wojciech	826		M-50	18	00:00:21	00:24:23.75	00:24:45.00	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
336	SKOPOWSKI Krzysztof	583		M-40	67	00:00:33	00:24:12.45	00:24:46.35	+00:07:34 (31.3%)	4:50	12.4 (68.9%)
337	RZEPECKI Michał	1268	ATOS GDC	M-20	91	00:00:58	00:23:49.85	00:24:48.10	+00:07:11 (30.2%)	4:46	12.6 (70.0%)
338	DESSELBERGER Andrzej	305	TRI WŁOCŁAWEK	M-40	51	00:01:26	00:23:22.75	00:24:49.40	+00:06:44 (28.8%)	4:40	12.8 (71.1%)
339	MATTHEWS Karol	939	BIEG PO ZDROWIE	M-30	130	00:00:46	00:24:05.85	00:24:52.65	+00:07:27 (30.9%)	4:49	12.4 (68.9%)
340	SPIRYDOWICZ Piotr	820		M-30	133	00:00:34	00:24:18.85	00:24:53.15	+00:07:40 (31.6%)	4:51	12.3 (68.3%)
340	WOJCIECHOWSKI Grzegorz	191	ATOS BYDGOSZCZ	M-20	100	00:00:27	00:24:25.55	00:24:53.15	+00:07:47 (31.9%)	4:53	12.3 (68.3%)
342	GÓRECKI Łukasz	1117	BYDGOSKIE OKONIE	M-30	142	00:00:14	00:24:42.00	00:24:56.50	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
343	CHMIELEWSKI Ireneusz	590	CZARNE STOPY.SM	M-50	19	00:00:31	00:24:26.20	00:24:57.30	+00:07:47 (31.9%)	4:53	12.3 (68.3%)
344	KUNDE Tomasz	35		M-20	104	00:00:17	00:24:44.80	00:25:01.85	+00:08:06 (32.8%)	4:56	12.1 (67.2%)
345	STEFAŃSKI Marcin	2		M-40	63	00:01:04	00:23:57.50	00:25:02.25	+00:07:19 (30.5%)	4:47	12.5 (69.4%)
345	KNIOŁA Przemysław	646		M-10	18	00:00:25	00:24:37.15	00:25:02.25	+00:07:58 (32.4%)	4:55	12.2 (67.8%)
347	KOLANOWSKI Wojciech	694		M-50	21	00:00:34	00:24:29.20	00:25:03.85	+00:07:50 (32.0%)	4:53	12.3 (68.3%)
348	SZYDŁOWSKI Rafał	184		M-30	135	00:00:40	00:24:23.85	00:25:04.80	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
349	KLINIKOWSKI Jacek	342	KOCHAM ŻYCIE I...	M-40	58	00:01:15	00:23:50.05	00:25:05.40	+00:07:11 (30.2%)	4:46	12.6 (70.0%)
350	SZAFKOWSKI Arek	147	SOLECCY BIEGACZE	M-40	75	00:00:33	00:24:32.40	00:25:05.45	+00:07:53 (32.2%)	4:54	12.2 (67.8%)
351	PASIEKA Tomasz	547	BIEGIEMPRZEZPOLA.PL	M-40	59	00:01:15	00:23:50.40	00:25:05.90	+00:07:11 (30.2%)	4:46	12.6 (70.0%)
352	ŚWIETLIK Piotr	714		M-50	22	00:00:10	00:24:58.05	00:25:09.00	+00:08:19 (33.4%)	4:59	12 (66.7%)
353	BIECHOWSKI Andrzej	189		M-40	76	00:00:31	00:24:37.40	00:25:09.15	+00:07:58 (32.4%)	4:55	12.2 (67.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
354	KISIEL Krystian	114	EKIPA BSW	M-30	144	00:00:18	00:24:51.65	00:25:10.20	+00:08:13 (33.1%)	4:58	12.1 (67.2%)
355	BELIŃSKI Maciej	79	TYPYGRUBE	M-30	136	00:00:47	00:24:24.05	00:25:11.60	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
356	SMUCZYŃSKI Wojciech	880		M-20	102	00:00:33	00:24:38.30	00:25:12.05	+00:07:59 (32.5%)	4:55	12.2 (67.8%)
357	OLKOWSKI Eugeniusz	1393	-	M-60+	6	00:00:35	00:24:37.60	00:25:13.35	+00:07:59 (32.4%)	4:55	12.2 (67.8%)
358	RUBASZEWSKI Marcin	1356		M-30	143	00:00:28	00:24:46.65	00:25:14.90	+00:08:08 (32.8%)	4:57	12.1 (67.2%)
359	FOJUTOWSKI Filip	608		M-10	20	00:00:09	00:25:05.45	00:25:15.15	+00:08:27 (33.7%)	5:01	12 (66.7%)
360	ADAMKIEWICZ Dawid	1367		M-20	109	00:00:19	00:25:00.45	00:25:19.50	+00:08:22 (33.5%)	5:00	12 (66.7%)
361	BOROWICZ Ireneusz	1230		M-30	138	00:00:49	00:24:30.30	00:25:19.75	+00:07:51 (32.1%)	4:54	12.2 (67.8%)
362	MADEJ Kamil	614		M-30	154	00:00:04	00:25:15.75	00:25:19.95	+00:08:37 (34.1%)	5:03	11.9 (66.1%)
363	GOŁCZYŃSKI Tomasz	996		M-40	88	00:00:15	00:25:05.10	00:25:20.20	+00:08:26 (33.7%)	5:01	12 (66.7%)
364	ŻMICH Tomasz	1067		M-30	140	00:00:45	00:24:35.15	00:25:20.35	+00:07:56 (32.3%)	4:55	12.2 (67.8%)
365	ROBAKIEWICZ Sławomir	1243		M-40	82	00:00:28	00:24:52.45	00:25:21.30	+00:08:14 (33.1%)	4:58	12.1 (67.2%)
366	SOSNA Mikołaj	664		M-30	147	00:00:20	00:25:00.40	00:25:21.35	+00:08:21 (33.5%)	5:00	12 (66.7%)
367	KOZIŃSKI Tomasz	1366	BYDGOSKIE ŻÓŁWIE	M-40	85	00:00:26	00:24:54.90	00:25:21.50	+00:08:16 (33.2%)	4:59	12 (66.7%)
368	SYNAKIEWICZ Adam	661		M-40	81	00:00:32	00:24:48.80	00:25:21.60	+00:08:10 (32.9%)	4:57	12.1 (67.2%)
369	SZYMCZAK Maciej	1106		M-40	80	00:00:44	00:24:45.45	00:25:29.55	+00:08:07 (32.8%)	4:57	12.1 (67.2%)
369	ROSINSKI Przemysław	12		M-30	149	00:00:26	00:25:03.55	00:25:29.55	+00:08:25 (33.6%)	5:00	12 (66.7%)
371	WINKLEWSKI Krzysztof	151	SOLBET	M-40	72	00:01:06	00:24:24.25	00:25:31.10	+00:07:45 (31.8%)	4:53	12.3 (68.3%)
371	MIELCARSKI Michał	585	MIELCAR TEAM	M-30	137	00:01:06	00:24:24.15	00:25:31.10	+00:07:45 (31.8%)	4:53	12.3 (68.3%)
373	POLIWODZIŃSKI Michał	1258	WISEŁKA BYDGOSZCZ	M-30	145	00:00:32	00:24:58.40	00:25:31.20	+00:08:19 (33.4%)	4:59	12 (66.7%)
374	KUNDE Adam	1159	BYDGOSZCZ TRIATHLON	M-50	24	00:00:18	00:25:13.15	00:25:31.45	+00:08:34 (34.0%)	5:02	11.9 (66.1%)
375	FABROWSKI Dawid	508	ROMET PRACOWNIAFIZJOTERAPII	M-30	134	00:01:08	00:24:23.65	00:25:32.50	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
376	WÓJTOWICZ Ryszard	967		M-20	107	00:00:42	00:24:51.20	00:25:33.95	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
377	SZYMAŃSKI Sebastian	1000		M-20	113	00:00:14	00:25:21.55	00:25:35.75	+00:08:43 (34.4%)	5:04	11.8 (65.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
378	KONDEL Kamil	1223	CREDITEO.PL - PORTAL FINANSOWY	M-30	148	00:00:35	00:25:00.80	00:25:35.95	+00:08:22 (33.5%)	5:00	12 (66.7%)
379	CZYŻNIKIEWICZ Paweł	401	WOOLFIK.PL	M-20	116	00:00:13	00:25:23.15	00:25:37.10	+00:08:44 (34.4%)	5:04	11.8 (65.6%)
380	DROB Julian	794		M-20	111	00:00:27	00:25:11.30	00:25:38.35	+00:08:32 (33.9%)	5:02	11.9 (66.1%)
381	ŁABENDA Piotr	1060		M-40	84	00:00:44	00:24:54.25	00:25:39.05	+00:08:15 (33.2%)	4:59	12 (66.7%)
382	BĄBOLEWSKI Łukasz	380		M-30	139	00:01:07	00:24:32.85	00:25:40.10	+00:07:54 (32.2%)	4:54	12.2 (67.8%)
383	KOWALSKI Paweł	1364		M-40	66	00:01:38	00:24:04.35	00:25:42.55	+00:07:25 (30.9%)	4:48	12.5 (69.4%)
384	KUKLIŃSKI Rafał	416		M-30	152	00:00:27	00:25:15.50	00:25:42.75	+00:08:37 (34.1%)	5:03	11.9 (66.1%)
385	ŚWIATLAK Marek	899		M-40	73	00:01:12	00:24:30.75	00:25:43.40	+00:07:52 (32.1%)	4:54	12.2 (67.8%)
386	DZIERŻAWSKI Łukasz	325		M-30	151	00:00:36	00:25:07.05	00:25:43.70	+00:08:28 (33.7%)	5:01	11.9 (66.1%)
387	LICA Paweł	728		M-20	103	00:01:01	00:24:42.55	00:25:44.05	+00:08:04 (32.7%)	4:56	12.1 (67.2%)
388	BŁAŻEJEWSKI Kacper	593	CB163	M-20	105	00:00:56	00:24:47.40	00:25:44.10	+00:08:08 (32.9%)	4:57	12.1 (67.2%)
389	WYSOCKI Jerzy	752	CZARNE STOPY. SM	M-50	25	00:00:25	00:25:20.10	00:25:45.25	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
390	STASZKIEWICZ Jakub	890	STASHKY TEAM	M-10	22	00:00:13	00:25:31.60	00:25:45.55	+00:08:53 (34.8%)	5:06	11.7 (65.0%)
391	ROŚ Sławek	269	ARMIA CHRYSSTUSA	M-20	101	00:01:14	00:24:30.85	00:25:45.60	+00:07:52 (32.1%)	4:54	12.2 (67.8%)
392	WOS Waldemar	250		M-40	90	00:00:33	00:25:12.20	00:25:45.90	+00:08:33 (34.0%)	5:02	11.9 (66.1%)
393	WOJTYSIAK Szymon	520	BYDGOSKIE OKONIE	M-20	114	00:00:24	00:25:21.85	00:25:46.80	+00:08:43 (34.4%)	5:04	11.8 (65.6%)
394	IWANUSEK Paweł	776		M-40	86	00:00:53	00:24:55.45	00:25:48.70	+00:08:17 (33.2%)	4:59	12 (66.7%)
395	KŁOSOWSKI Marcin	685	GRUPA BANKIETOWA SPECJAL	M-40	87	00:00:52	00:24:56.00	00:25:48.80	+00:08:17 (33.3%)	4:59	12 (66.7%)
396	KOZŁOWSKI Maciej	1168		M-10	17	00:01:12	00:24:37.00	00:25:49.15	+00:07:58 (32.4%)	4:55	12.2 (67.8%)
397	JASIŃSKI Artur	1154		M-40	92	00:00:27	00:25:22.95	00:25:50.15	+00:08:44 (34.4%)	5:04	11.8 (65.6%)
398	REPCZYŃSKI Tomek	356		M-20	106	00:00:59	00:24:51.20	00:25:50.45	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
399	LECH Cezary	842		M-20	124	00:00:03	00:25:46.75	00:25:50.65	+00:09:08 (35.4%)	5:09	11.6 (64.4%)
400	KUBIAK Tomasz	353		M-30	146	00:00:51	00:24:59.45	00:25:50.85	+00:08:21 (33.4%)	4:59	12 (66.7%)
401	PAPIS Piotr	756	BACK_ON	M-30	159	00:00:25	00:25:26.50	00:25:51.70	+00:08:48 (34.6%)	5:05	11.8 (65.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
402	RUTKOWSKI Damian	858		M-20	110	00:00:50	00:25:01.65	00:25:51.75	+00:08:23 (33.5%)	5:00	12 (66.7%)
403	JAWORSKI Janusz	667		M-50	26	00:00:18	00:25:33.65	00:25:52.35	+00:08:55 (34.9%)	5:06	11.7 (65.0%)
404	RAKOWSKI Piotr	692	BYDGOSKIE KOŁO REGIONALNE STOWARZYSZENIA ŻANDARMERII WOJSKOWEJ 'ŻANDARM'	M-60+	8	00:00:35	00:25:18.25	00:25:54.00	+00:08:39 (34.2%)	5:03	11.8 (65.6%)
404	DACIO Darek	1400		M-20	119	00:00:21	00:25:32.90	00:25:54.00	+00:08:54 (34.9%)	5:06	11.7 (65.0%)
406	ZYGMUNT Robert	708	RUN PASJA	M-40	89	00:00:46	00:25:07.40	00:25:54.10	+00:08:28 (33.8%)	5:01	11.9 (66.1%)
407	PACEK Mateusz	1119		M-20	122	00:00:13	00:25:41.00	00:25:54.20	+00:09:02 (35.2%)	5:08	11.7 (65.0%)
408	MIŚ Michał	41	LUKS START NAKŁO	M-20	112	00:00:35	00:25:20.05	00:25:55.55	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
409	TRUDNOWSKI Janusz	455	DRUŻYNA SZPIKU	M-60+	7	00:01:12	00:24:44.90	00:25:57.35	+00:08:06 (32.8%)	4:57	12.1 (67.2%)
410	ZAMROWSKI Tomasz	394		M-40	93	00:00:31	00:25:27.15	00:25:58.35	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
411	KUBOWICZ Piotr	234	QUBOWICZ... RODZINNA MAFIA BIEGOWA	M-50	27	00:00:23	00:25:36.20	00:26:00.00	+00:08:57 (35.0%)	5:07	11.7 (65.0%)
412	NAWROCKI Radek	957	ŁOKIETEK WIERZCHUCIN KRÓLEWSKI	M-30	165	00:00:29	00:25:31.05	00:26:00.70	+00:08:52 (34.8%)	5:06	11.8 (65.6%)
413	JARZEMBSKI Arkadiusz	1262		M-30	150	00:00:56	00:25:05.40	00:26:01.45	+00:08:26 (33.7%)	5:01	12 (66.7%)
414	KORTAS Marcin	684		M-40	79	00:01:17	00:24:43.70	00:26:01.65	+00:08:05 (32.7%)	4:56	12.1 (67.2%)
415	KORCZAK Artur	1102		M-30	141	00:01:26	00:24:36.65	00:26:03.30	+00:07:58 (32.4%)	4:55	12.2 (67.8%)
416	WALCZAK Tomasz	1045	BIEGAJĄCE CIACHA	M-40	78	00:01:21	00:24:41.75	00:26:03.35	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
417	KABATEK Janusz	1001		M-30	155	00:00:46	00:25:16.95	00:26:03.75	+00:08:38 (34.2%)	5:03	11.9 (66.1%)
417	CHMIELEWSKI Mateusz	786		M-20	128	00:00:06	00:25:57.00	00:26:03.75	+00:09:18 (35.9%)	5:11	11.6 (64.4%)
419	OSAK Paweł	283		M-30	170	00:00:16	00:25:46.85	00:26:03.80	+00:09:08 (35.5%)	5:09	11.6 (64.4%)
420	WIŚNIEWSKI Miłosz	1217		M-20	120	00:00:26	00:25:37.90	00:26:03.95	+00:08:59 (35.1%)	5:07	11.7 (65.0%)
421	BONKOWSKI Wojciech	894		M-30	173	00:00:06	00:26:00.65	00:26:07.10	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
422	ŁYSZCZARZ Radosław	531		M-40	83	00:01:14	00:24:53.60	00:26:08.05	+00:08:15 (33.2%)	4:58	12 (66.7%)
423	SKRZYNIARZ Hubert	709		M-30	160	00:00:41	00:25:27.00	00:26:08.25	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
424	WAWRZY尼亚K Andrzej	984	22.ODN	M-50	29	00:00:29	00:25:38.45	00:26:08.40	+00:09:00 (35.1%)	5:07	11.7 (65.0%)
425	MODRZEJEWSKI Grzegorz	1412	RUN FOREST RUN!	M-40	96	00:00:16	00:25:52.95	00:26:09.90	+00:09:14 (35.7%)	5:10	11.6 (64.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
426	HARACEWIAT Michał	301		M-20	108	00:01:13	00:24:56.85	00:26:10.10	+00:08:18 (33.3%)	4:59	12 (66.7%)
427	KRESIŃSKI Andrzej	388		M-30	166	00:00:27	00:25:43.05	00:26:10.30	+00:09:04 (35.3%)	5:08	11.7 (65.0%)
428	PIASECKI Radosław	369		M-20	127	00:00:14	00:25:57.00	00:26:11.20	+00:09:18 (35.9%)	5:11	11.6 (64.4%)
429	SOBOTA Piotr	977		M-40	98	00:00:12	00:26:00.95	00:26:13.40	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
430	MIKOŁAJCZAK Jan	555		M-10	24	00:00:19	00:25:55.80	00:26:15.30	+00:09:17 (35.8%)	5:11	11.6 (64.4%)
431	MYCZKO Dariusz	974	CPR BYDGOSZCZ	M-30	156	00:00:58	00:25:18.55	00:26:16.95	+00:08:40 (34.2%)	5:03	11.9 (66.1%)
432	GOSIENIECKI Konrad	1270		M-20	115	00:00:56	00:25:22.15	00:26:18.25	+00:08:43 (34.4%)	5:04	11.8 (65.6%)
432	MAICHSZAK Michał	1320		M-30	162	00:00:50	00:25:27.40	00:26:18.25	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
434	ŚNIECHOTA Konrad	315	TYPYGRUBE	M-30	164	00:00:49	00:25:28.50	00:26:18.45	+00:08:50 (34.7%)	5:05	11.8 (65.6%)
435	LEWANDOWSKI Michał	1199		M-30	161	00:00:51	00:25:27.35	00:26:18.70	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
436	GORCZYCA Rafał	375		M-40	74	00:01:47	00:24:32.20	00:26:19.50	+00:07:53 (32.2%)	4:54	12.2 (67.8%)
436	GAWRYCH Adam	1136		M-20	129	00:00:16	00:26:03.15	00:26:19.50	+00:09:24 (36.1%)	5:12	11.5 (63.9%)
438	ADACH Pawel	1205		M-30	163	00:00:52	00:25:28.15	00:26:20.20	+00:08:49 (34.7%)	5:05	11.8 (65.6%)
438	WIELIŃSKI Wojciech	1354		M-30	175	00:00:16	00:26:03.45	00:26:20.20	+00:09:25 (36.1%)	5:12	11.5 (63.9%)
440	NURKIEWICZ Jarosław	329	KUNG FU PANDY 3	M-40	77	00:01:39	00:24:41.55	00:26:21.35	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
441	JABŁOŃSKI Adrian	855		M-30	176	00:00:16	00:26:04.95	00:26:21.75	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
442	MORITZ Karol	1062	BIEGIEM DLA MAGDY	M-40	95	00:00:29	00:25:52.75	00:26:21.90	+00:09:14 (35.7%)	5:10	11.6 (64.4%)
443	DEMSKI Patryk	715		M-10	26	00:00:24	00:25:58.35	00:26:22.95	+00:09:19 (35.9%)	5:11	11.6 (64.4%)
444	KIEŁPIŃSKI Michał	1197		M-30	157	00:01:04	00:25:18.95	00:26:23.15	+00:08:40 (34.3%)	5:03	11.8 (65.6%)
445	DEMSKI Marek	726		M-40	97	00:00:24	00:25:59.10	00:26:23.50	+00:09:20 (36.0%)	5:11	11.5 (63.9%)
446	KONOPIŃSKI Tomasz	1196	RUN BYDGOSZCZ	M-40	91	00:01:04	00:25:20.70	00:26:25.00	+00:08:42 (34.3%)	5:04	11.8 (65.6%)
447	CADER Ryszard	254	SPÓJNIA BIAŁE BŁOTA	M-30	158	00:01:01	00:25:24.80	00:26:26.30	+00:08:46 (34.5%)	5:05	11.8 (65.6%)
448	SZEWCUK Sebastian	403	TASAK TEAM	M-30	168	00:00:40	00:25:46.55	00:26:26.60	+00:09:08 (35.4%)	5:09	11.6 (64.4%)
448	POTRZEBOWSKI Marek	219	DEAF	M-30	172	00:00:31	00:25:55.40	00:26:26.60	+00:09:16 (35.8%)	5:11	11.6 (64.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
450	BIERNACKI Sławomir	1139		M-30	167	00:00:43	00:25:44.65	00:26:28.20	+00:09:06 (35.4%)	5:09	11.7 (65.0%)
451	KOWALSKI Dawid	1499		M-10	25	00:00:31	00:25:56.70	00:26:28.45	+00:09:18 (35.9%)	5:11	11.6 (64.4%)
452	STĘPSKI Sławomir	378		M-10	23	00:00:48	00:25:42.85	00:26:31.50	+00:09:04 (35.3%)	5:08	11.7 (65.0%)
453	STĘPIEŃ Michał	1113	GALACTICA	M-30	171	00:00:43	00:25:49.20	00:26:33.00	+00:09:10 (35.6%)	5:10	11.6 (64.4%)
454	WEGNER Roman	1075		M-50	30	00:00:49	00:25:43.40	00:26:33.25	+00:09:04 (35.3%)	5:08	11.7 (65.0%)
455	KULCZYCKI Andrzej	1023		M-50	32	00:00:10	00:26:23.75	00:26:34.10	+00:09:45 (37.0%)	5:16	11.4 (63.3%)
456	GNIOT Henryk	783		M-40	100	00:00:25	00:26:08.95	00:26:34.40	+00:09:30 (36.4%)	5:13	11.5 (63.9%)
457	PORCZEK Bartłomiej	120	WSPR BYDGOSZCZ	M-20	117	00:01:10	00:25:24.00	00:26:34.70	+00:08:45 (34.5%)	5:04	11.8 (65.6%)
458	ŁUDZIŃSKI Jakub	202	CALISTHENICS ACADEMY	M-30	153	00:01:19	00:25:15.70	00:26:34.75	+00:08:37 (34.1%)	5:03	11.9 (66.1%)
459	WILCZYŃSKI Łukasz	1061	1 POMORSKA BRYGADA LOGISTYCZNA	M-20	125	00:00:46	00:25:49.00	00:26:35.30	+00:09:10 (35.5%)	5:09	11.6 (64.4%)
460	POTURALSKI Dariusz	82	INPOST	M-20	126	00:00:40	00:25:54.75	00:26:35.60	+00:09:16 (35.8%)	5:11	11.6 (64.4%)
461	KWIATKOWSKI Paweł	895		M-30	180	00:00:06	00:26:29.80	00:26:36.45	+00:09:51 (37.2%)	5:18	11.3 (62.8%)
462	CHEBANENKO Yevhen	570	MI-MI	M-20	132	00:00:20	00:26:21.40	00:26:41.40	+00:09:42 (36.9%)	5:16	11.4 (63.3%)
463	GWIAZDOWSKI Dominik	1141		M-10	21	00:01:25	00:25:19.40	00:26:44.40	+00:08:40 (34.3%)	5:03	11.8 (65.6%)
464	MALINOWSKI Waldemar	563	RUN LOTTO BYDGOSTIA	M-40	94	00:01:16	00:25:28.40	00:26:44.45	+00:08:49 (34.7%)	5:05	11.8 (65.6%)
465	KARASZEWSKI Norbert	851	1 WSZP BYDGOSZCZ	M-30	178	00:00:20	00:26:24.55	00:26:44.55	+00:09:46 (37.0%)	5:16	11.4 (63.3%)
466	GÓRECKI Patryk	29		M-30	181	00:00:14	00:26:32.80	00:26:47.40	+00:09:54 (37.3%)	5:18	11.3 (62.8%)
467	PARUCKI Zbigniew	1086		M-50	23	00:01:36	00:25:11.90	00:26:47.95	+00:08:33 (34.0%)	5:02	11.9 (66.1%)
468	KILAN Kacper	1184		M-20	130	00:00:35	00:26:12.90	00:26:48.25	+00:09:34 (36.5%)	5:14	11.4 (63.3%)
469	GLINKOWSKI Dariusz	1261		M-20	121	00:01:11	00:25:38.40	00:26:49.40	+00:08:59 (35.1%)	5:07	11.7 (65.0%)
470	PYTLIŃSKI Paweł	1295	BYDGOSKIE ŻÓŁWIE	M-30	169	00:01:02	00:25:46.80	00:26:49.60	+00:09:08 (35.5%)	5:09	11.6 (64.4%)
471	WILMA Paweł	596		M-30	177	00:00:46	00:26:04.95	00:26:51.15	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
472	HASEK Patryk	310		M-20	118	00:01:19	00:25:31.85	00:26:51.30	+00:08:53 (34.8%)	5:06	11.7 (65.0%)
472	GRUCHAŁA Wojciech	204		M-50	28	00:01:12	00:25:38.40	00:26:51.30	+00:08:59 (35.1%)	5:07	11.7 (65.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
474	SIELSKI Kamil	1260		M-20	131	00:00:33	00:26:19.05	00:26:52.55	+00:09:40 (36.8%)	5:15	11.4 (63.3%)
475	PACEWICZ Wojciech	1267		M-30	174	00:00:59	00:26:01.20	00:27:00.80	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
475	KURTYSIAK Roman	1361		M-50	35	00:00:26	00:26:34.25	00:27:00.80	+00:09:55 (37.4%)	5:18	11.3 (62.8%)
477	SAWIŃSKI Łukasz	1084		M-20	135	00:00:27	00:26:33.70	00:27:01.10	+00:09:55 (37.4%)	5:18	11.3 (62.8%)
478	JURCZYK Piotr	962		M-40	107	00:00:20	00:26:41.00	00:27:01.95	+00:10:02 (37.6%)	5:20	11.2 (62.2%)
479	KRUTUL Maciej	933	AMATOR	M-50	31	00:01:17	00:25:44.75	00:27:02.35	+00:09:06 (35.4%)	5:09	11.7 (65.0%)
480	STREHLKE Mateusz	925		M-10	28	00:00:36	00:26:29.25	00:27:05.45	+00:09:50 (37.2%)	5:17	11.3 (62.8%)
481	OLSZEWSKI Mikołaj	53		M-20	136	00:00:20	00:26:49.15	00:27:09.90	+00:10:10 (38.0%)	5:21	11.2 (62.2%)
482	WOJCIECHOWSKI Dawid	662		M-20	137	00:00:19	00:26:51.90	00:27:11.35	+00:10:13 (38.1%)	5:22	11.2 (62.2%)
483	GRACZYK Przemysław	298		M-20	123	00:01:27	00:25:44.10	00:27:11.85	+00:09:05 (35.3%)	5:08	11.7 (65.0%)
484	GRZELAK Tadeusz	272		M-60+	10	00:00:18	00:26:56.50	00:27:14.80	+00:10:18 (38.2%)	5:23	11.1 (61.7%)
485	BŁĄŻEJEWSKI Dariusz	1214		M-40	101	00:01:06	00:26:10.85	00:27:16.85	+00:09:32 (36.4%)	5:14	11.5 (63.9%)
486	DOBROWOLSKI Krzysztof	768		M-40	111	00:00:25	00:26:52.25	00:27:17.70	+00:10:13 (38.1%)	5:22	11.2 (62.2%)
487	PIETRASZAK Tomasz	75	RUN BYDGOSZCZ	M-40	99	00:01:14	00:26:03.90	00:27:18.50	+00:09:25 (36.2%)	5:12	11.5 (63.9%)
488	STREHLKE Łukasz	924		M-30	184	00:00:35	00:26:43.95	00:27:19.90	+00:10:05 (37.8%)	5:20	11.2 (62.2%)
489	TOMCZAK Sylwester	911	N	M-20	134	00:00:49	00:26:32.25	00:27:21.80	+00:09:53 (37.3%)	5:18	11.3 (62.8%)
490	TWARDOWSKI Wojciech	110	RUN BYDGOSZCZ	M-40	102	00:01:09	00:26:13.80	00:27:22.85	+00:09:35 (36.6%)	5:14	11.4 (63.3%)
491	GIERACH Krzysztof	1401		M-60+	11	00:00:23	00:26:59.55	00:27:23.05	+00:10:21 (38.4%)	5:24	11.1 (61.7%)
492	KUŚ Michał	360		M-30	183	00:00:42	00:26:42.35	00:27:24.75	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
493	ANDRZEJEWSKI Paweł	727		M-30	194	00:00:13	00:27:11.20	00:27:24.90	+00:10:32 (38.8%)	5:26	11 (61.1%)
494	WYPORKIEWICZ Jerzy	1467		M-50	33	00:01:03	00:26:26.30	00:27:29.70	+00:09:47 (37.1%)	5:17	11.3 (62.8%)
495	RATAJCZAK Marcel	245		M-10	27	00:01:14	00:26:16.45	00:27:30.90	+00:09:38 (36.7%)	5:15	11.4 (63.3%)
496	KARSKI Hubert	1242		M-60+	9	00:00:51	00:26:41.50	00:27:32.55	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
497	IWAN Remigiusz	105		M-40	110	00:00:41	00:26:51.25	00:27:32.75	+00:10:12 (38.0%)	5:22	11.2 (62.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
498	LEWICKI Aleksander	1493		M-10	30	00:00:59	00:26:34.40	00:27:34.05	+00:09:55 (37.4%)	5:19	11.3 (62.8%)
499	RATAJCZAK Arkadiusz	230	BYDGOSZCZ	M-40	104	00:01:14	00:26:20.10	00:27:34.25	+00:09:41 (36.8%)	5:16	11.4 (63.3%)
500	BRYLEW Tomasz	604	AGENCJA INTERAKTYWNA SITAB	M-40	105	00:01:08	00:26:25.95	00:27:34.55	+00:09:47 (37.0%)	5:17	11.3 (62.8%)
501	LEWICKI Piotr	1491		M-40	106	00:00:59	00:26:36.15	00:27:35.40	+00:09:57 (37.4%)	5:19	11.3 (62.8%)
502	KARSKI Marcin	1233		M-40	108	00:00:50	00:26:45.25	00:27:35.80	+00:10:06 (37.8%)	5:21	11.2 (62.2%)
503	KARSKI Krzysztof	1406	SZKOŁA PODSTAWOWA NR 66	M-10	31	00:00:50	00:26:46.80	00:27:36.95	+00:10:08 (37.9%)	5:21	11.2 (62.2%)
504	PAWLAK Franciszek	426	POLONIA BYDGOSZCZ SLA	M-20	138	00:00:43	00:26:53.55	00:27:37.40	+00:10:15 (38.1%)	5:22	11.2 (62.2%)
505	PIETRASZAK Miłosz	1500		M-20	133	00:01:11	00:26:25.90	00:27:37.70	+00:09:47 (37.0%)	5:17	11.3 (62.8%)
506	WARACZEWSKI Paweł	675		M-30	195	00:00:20	00:27:18.35	00:27:38.45	+00:10:39 (39.1%)	5:27	11 (61.1%)
507	ZIMNY Marek	615	BKTR GRYF	M-50	36	00:00:57	00:26:43.15	00:27:40.20	+00:10:04 (37.7%)	5:20	11.2 (62.2%)
508	KLONOWSKI Sławomir	133		M-40	109	00:00:56	00:26:47.10	00:27:43.95	+00:10:08 (37.9%)	5:21	11.2 (62.2%)
509	GWIAZDOWSKI Krzysztof	1077		M-40	103	00:01:25	00:26:18.75	00:27:44.30	+00:09:40 (36.8%)	5:15	11.4 (63.3%)
510	BURNICKI Mariusz	530		M-50	34	00:01:20	00:26:28.05	00:27:48.30	+00:09:49 (37.1%)	5:17	11.3 (62.8%)
511	JAROCH Rafał	129		M-30	190	00:00:43	00:27:04.90	00:27:48.75	+00:10:26 (38.6%)	5:25	11.1 (61.7%)
512	STEFAŃSKI Bartosz	1188		M-10	32	00:01:04	00:26:48.65	00:27:53.30	+00:10:10 (37.9%)	5:21	11.2 (62.2%)
512	BYSTRZYŃSKI Jan	1		M-40	115	00:00:41	00:27:12.20	00:27:53.30	+00:10:33 (38.8%)	5:26	11 (61.1%)
514	PANTKOWSKI Jakub	1360	ŚMIERDZĄCE LUNTY	M-20	141	00:00:45	00:27:08.75	00:27:54.30	+00:10:30 (38.7%)	5:25	11 (61.1%)
515	BISKUPSKI Rafał	1252		M-30	185	00:01:07	00:26:47.50	00:27:55.00	+00:10:09 (37.9%)	5:21	11.2 (62.2%)
516	ZBORALSKI Piotr	193		M-40	112	00:01:03	00:26:53.65	00:27:56.70	+00:10:15 (38.1%)	5:22	11.2 (62.2%)
517	DĄBROWSKI Jarosław	66		M-40	121	00:00:28	00:27:29.35	00:27:58.05	+00:10:50 (39.5%)	5:30	10.9 (60.6%)
518	JASINIECKI Wojciech	85		M-30	182	00:01:24	00:26:35.05	00:27:59.60	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
519	DZIEDZIC Maciej	902		M-20	144	00:00:34	00:27:25.75	00:28:00.65	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
520	DOLNY Kajetan	879		M-10	34	00:00:32	00:27:28.45	00:28:00.95	+00:10:50 (39.4%)	5:29	10.9 (60.6%)
521	LIWOCH Grzegorz	481		M-50	38	00:00:45	00:27:16.35	00:28:01.55	+00:10:37 (39.0%)	5:27	11 (61.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
522	ZIELIŃSKI Radosław	402		M-30	189	00:00:58	00:27:04.75	00:28:02.90	+00:10:26 (38.5%)	5:24	11.1 (61.7%)
523	CENTAŁA Jarosław	52	TEAM WUJEK PORADA	M-30	211	00:00:20	00:27:43.80	00:28:03.85	+00:11:05 (40.0%)	5:32	10.8 (60.0%)
524	RATAJ Krzysztof	32	POLONIA BYDGOSZCZ SLA	M-30	198	00:00:43	00:27:20.35	00:28:04.10	+00:10:41 (39.1%)	5:28	11 (61.1%)
525	KOTECKI Marcin	680		M-30	192	00:00:54	00:27:09.45	00:28:04.35	+00:10:31 (38.7%)	5:26	11 (61.1%)
526	JANUSZEWSKI Marcin	666		M-30	193	00:00:54	00:27:09.75	00:28:04.45	+00:10:31 (38.7%)	5:26	11 (61.1%)
527	RATAJ Maciej	93		M-40	116	00:00:43	00:27:21.05	00:28:04.75	+00:10:42 (39.2%)	5:28	11 (61.1%)
527	KROPIDŁOWSKI Bartosz	1226		M-30	179	00:01:35	00:26:29.35	00:28:04.75	+00:09:50 (37.2%)	5:17	11.3 (62.8%)
529	DOBROGOWSKI Rafał	1014		M-10	29	00:01:35	00:26:29.65	00:28:04.85	+00:09:51 (37.2%)	5:17	11.3 (62.8%)
530	ZALEWSKI Sebastian	581		M-20	139	00:01:07	00:26:58.60	00:28:05.95	+00:10:20 (38.3%)	5:23	11.1 (61.7%)
531	ROSZCZYN Michał	793		M-20	142	00:00:56	00:27:09.60	00:28:06.35	+00:10:31 (38.7%)	5:26	11 (61.1%)
532	KRUK Szymon	1125		M-10	40	00:00:11	00:27:57.50	00:28:09.15	+00:11:19 (40.5%)	5:35	10.7 (59.4%)
533	PRZEWŁOCKI Sławomir	657		M-50	44	00:00:16	00:27:52.75	00:28:09.25	+00:11:14 (40.3%)	5:34	10.8 (60.0%)
534	KRUK Łukasz	1124		M-10	41	00:00:11	00:27:58.15	00:28:09.45	+00:11:19 (40.5%)	5:35	10.7 (59.4%)
535	KOZŁOWSKI Mirosław	1058		M-50	37	00:01:11	00:26:59.10	00:28:10.35	+00:10:20 (38.3%)	5:23	11.1 (61.7%)
536	CZUBKOWSKI Sebastian	525	FIT KLUB	M-30	205	00:00:40	00:27:29.90	00:28:10.75	+00:10:51 (39.5%)	5:30	10.9 (60.6%)
537	SOBOWIEC Mateusz	578	SOBOWIEC TEAM	M-10	35	00:00:42	00:27:28.50	00:28:10.80	+00:10:50 (39.4%)	5:29	10.9 (60.6%)
537	POCHOWSKI Mariusz	1434	MOGĘ SZYBCIEJ ALE NIE CHCĘ	M-30	208	00:00:34	00:27:36.05	00:28:10.80	+00:10:57 (39.7%)	5:31	10.9 (60.6%)
539	KRUK Krzysztof	1123		M-40	132	00:00:11	00:27:59.35	00:28:11.10	+00:11:20 (40.5%)	5:36	10.7 (59.4%)
540	WITOSŁAWSKI Tomasz	632	DYNAMO SKARPA	M-30	215	00:00:08	00:28:02.95	00:28:11.30	+00:11:24 (40.7%)	5:36	10.7 (59.4%)
541	MIKOŁAJCZAK Jędrzej	545		M-10	36	00:00:41	00:27:31.20	00:28:12.45	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
542	KOZAKIEWICZ Marcin	428		M-40	126	00:00:29	00:27:43.90	00:28:12.95	+00:11:05 (40.0%)	5:32	10.8 (60.0%)
543	SZMYRGAŁA Zdzisław	358	BRACIA DALTON	M-50	39	00:00:47	00:27:25.85	00:28:13.50	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
544	BACZYŃSKI Łukasz	1132		M-30	203	00:00:46	00:27:27.55	00:28:14.15	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
545	ANDRYSZAK Piotr	1255		M-40	120	00:00:48	00:27:26.05	00:28:14.40	+00:10:47 (39.3%)	5:29	10.9 (60.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
546	PORA Dariusz	361	BRACIA DALTON	M-50	40	00:00:49	00:27:26.70	00:28:15.75	+00:10:48 (39.4%)	5:29	10.9 (60.6%)
546	GRUBICH Arkadiusz	340	BRACIA DALTON	M-30	204	00:00:48	00:27:27.60	00:28:15.75	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
548	JANCZEWSKI Sebastian	94		M-20	151	00:00:37	00:27:38.60	00:28:16.25	+00:11:00 (39.8%)	5:31	10.8 (60.0%)
549	MAZIARCZYK Marcin	1204		M-30	187	00:01:17	00:26:59.80	00:28:16.90	+00:10:21 (38.4%)	5:23	11.1 (61.7%)
550	WOLSKI Marek	1200		M-30	186	00:01:25	00:26:51.60	00:28:16.95	+00:10:13 (38.0%)	5:22	11.2 (62.2%)
551	SZWAJCA Grzegorz	139		M-30	210	00:00:36	00:27:40.70	00:28:17.50	+00:11:02 (39.9%)	5:32	10.8 (60.0%)
552	JASKÓLSKI Andrzej	1148		M-40	122	00:00:48	00:27:29.65	00:28:18.60	+00:10:51 (39.5%)	5:30	10.9 (60.6%)
553	GOTOWICZ Mariusz	1424	KDP GOTOWICZ	M-50	43	00:00:33	00:27:45.65	00:28:18.90	+00:11:07 (40.1%)	5:33	10.8 (60.0%)
554	POWAŁKA Grzegorz	1326		M-50	41	00:00:46	00:27:32.70	00:28:19.00	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
554	MADEJ Adam	327		M-20	150	00:00:40	00:27:38.45	00:28:19.00	+00:11:00 (39.8%)	5:31	10.8 (60.0%)
556	ŚLIWIŃSKI Piotr	1328		M-40	119	00:00:53	00:27:25.80	00:28:19.10	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
557	PIKULSKI Michał	1344		M-20	145	00:00:53	00:27:26.00	00:28:19.30	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
558	MIKUŁA Tomasz	468	GORDON RUN	M-30	201	00:00:55	00:27:24.80	00:28:20.00	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
559	BIEL Marek	956	1% DLA DARII BIEL	M-40	117	00:00:55	00:27:24.65	00:28:20.20	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
560	PROSEK Krzysztof	1453		M-40	113	00:01:09	00:27:10.95	00:28:20.50	+00:10:32 (38.8%)	5:26	11 (61.1%)
561	STOKŁOSA Maciej	435		M-20	143	00:01:02	00:27:17.70	00:28:20.60	+00:10:39 (39.0%)	5:27	11 (61.1%)
562	KASZUBA Dominik	1336		M-10	33	00:00:59	00:27:22.15	00:28:21.75	+00:10:43 (39.2%)	5:28	11 (61.1%)
563	PISARSKI Igor	1027		M-20	155	00:00:27	00:27:54.40	00:28:22.35	+00:11:15 (40.4%)	5:35	10.7 (59.4%)
564	DUDZIAK Michał	56	CPR BYDGOSZCZ	M-30	206	00:00:51	00:27:30.60	00:28:22.45	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
565	PUZYREWSKI Michał	377	CB 163	M-30	188	00:01:19	00:27:03.75	00:28:22.75	+00:10:25 (38.5%)	5:24	11.1 (61.7%)
566	SZUBARTOWSKI Robert	1051	ATOS	M-40	123	00:00:54	00:27:30.15	00:28:24.55	+00:10:51 (39.5%)	5:30	10.9 (60.6%)
567	BRZOZOWSKI Krzysztof	276		M-30	199	00:01:04	00:27:23.65	00:28:27.85	+00:10:45 (39.3%)	5:28	11 (61.1%)
568	PIJAROWSKI Milan	565		M-10	44	00:00:17	00:28:10.35	00:28:27.95	+00:11:31 (40.9%)	5:38	10.7 (59.4%)
569	RĘDZINA Michał	1422		M-30	214	00:00:37	00:27:50.25	00:28:28.05	+00:11:11 (40.2%)	5:34	10.8 (60.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
570	KORNACKI Artur	1322		M-40	114	00:01:16	00:27:11.60	00:28:28.35	+00:10:33 (38.8%)	5:26	11 (61.1%)
571	KIELMANN Marcin	51		M-30	212	00:00:46	00:27:44.40	00:28:30.60	+00:11:05 (40.0%)	5:32	10.8 (60.0%)
572	SKRZYPIŃSKI Marek	1376		M-30	200	00:01:06	00:27:24.70	00:28:31.15	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
573	KAŹMIERCZAK Paweł	213		M-40	118	00:01:06	00:27:25.55	00:28:31.75	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
574	TALAR Cezary	1385		M-10	43	00:00:29	00:28:03.50	00:28:32.85	+00:11:25 (40.7%)	5:36	10.7 (59.4%)
575	ORNATOWSKI Marcin	359	GORDON RUN	M-30	209	00:00:53	00:27:40.15	00:28:33.15	+00:11:01 (39.9%)	5:32	10.8 (60.0%)
576	BOGUCKI Mariusz	1055		M-40	128	00:00:45	00:27:48.55	00:28:34.10	+00:11:10 (40.2%)	5:33	10.8 (60.0%)
577	KRZYŻAŃSKI Kacper	364	BYDGOSZCZ TRIATHLON TEAM	M-10	42	00:00:34	00:28:00.00	00:28:34.15	+00:11:21 (40.6%)	5:36	10.7 (59.4%)
578	KRZYŻAŃSKI Przemysław	368	BYDGOSZCZ TRIATHLON TEAM	M-40	131	00:00:36	00:27:58.05	00:28:34.25	+00:11:19 (40.5%)	5:35	10.7 (59.4%)
579	PALIŃSKI Grzegorz	952		M-30	202	00:01:12	00:27:26.30	00:28:38.85	+00:10:47 (39.4%)	5:29	10.9 (60.6%)
580	PISZCZ Andrzej	580	KLUB BIEGACZA	M-40	125	00:00:58	00:27:41.70	00:28:40.50	+00:11:03 (39.9%)	5:32	10.8 (60.0%)
581	WILCZYŃSKI Jacek	730		M-40	130	00:00:45	00:27:56.00	00:28:41.65	+00:11:17 (40.4%)	5:35	10.7 (59.4%)
582	BRĄGIEL Jakub	86	VEGE RUNNERS	M-30	191	00:01:36	00:27:05.95	00:28:42.80	+00:10:27 (38.6%)	5:25	11.1 (61.7%)
583	CYBUL Krzysztof	1040		M-30	196	00:01:27	00:27:18.50	00:28:45.75	+00:10:40 (39.1%)	5:27	11 (61.1%)
584	AFELT Jarosław	417		M-30	226	00:00:00	00:28:46.40	00:28:46.40	+00:12:07 (42.2%)	5:45	10.4 (57.8%)
585	JĄŁOSZYŃSKI Bartłomiej	1190		M-30	207	00:01:16	00:27:33.25	00:28:49.60	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
586	RUTKOWSKI Marek	1426	RTV EURO AGD KLUB BIEGACZ	M-20	140	00:01:44	00:27:06.05	00:28:50.05	+00:10:27 (38.6%)	5:25	11.1 (61.7%)
587	MARZEC Michał	883	ZARZĄD	M-20	152	00:01:09	00:27:41.60	00:28:51.00	+00:11:03 (39.9%)	5:32	10.8 (60.0%)
588	DERESZYŃSKI Piotr	1408		M-30	197	00:01:32	00:27:20.15	00:28:52.90	+00:10:41 (39.1%)	5:28	11 (61.1%)
588	MAŁOWIECKI Grzegorz	1335		M-40	133	00:00:52	00:28:00.75	00:28:52.90	+00:11:22 (40.6%)	5:36	10.7 (59.4%)
590	CEJKO Sławomir	1250	DRUŻYNA JEZUSA	M-40	124	00:01:18	00:27:34.90	00:28:53.05	+00:10:56 (39.7%)	5:31	10.9 (60.6%)
591	BADOWSKI Krzysztof	1304		M-50	45	00:00:51	00:28:01.60	00:28:53.25	+00:11:23 (40.6%)	5:36	10.7 (59.4%)
592	KALACZYŃSKI Grzegorz	288		M-40	129	00:00:59	00:27:54.60	00:28:53.70	+00:11:16 (40.4%)	5:34	10.8 (60.0%)
593	KAPELA Jacek	1264	WISEŁKA BYDGOSZCZ	M-40	137	00:00:38	00:28:16.95	00:28:54.95	+00:11:38 (41.2%)	5:39	10.6 (58.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
594	OGRODOWICZ Marcin	988		M-40	127	00:01:10	00:27:45.00	00:28:55.80	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
595	KALINOWSKI Dariusz	892		M-30	218	00:00:37	00:28:19.40	00:28:56.65	+00:11:40 (41.2%)	5:39	10.6 (58.9%)
596	GROT Krzysztof	27		M-30	220	00:00:28	00:28:29.10	00:28:57.15	+00:11:50 (41.6%)	5:41	10.5 (58.3%)
597	DOMEK Aleksander	1372		M-30	213	00:01:10	00:27:47.65	00:28:57.80	+00:11:09 (40.1%)	5:33	10.8 (60.0%)
598	WITKOWSKI Paweł	1276		M-20	153	00:01:11	00:27:46.75	00:28:58.00	+00:11:08 (40.1%)	5:33	10.8 (60.0%)
599	DEPTUŁA Stanisław	170	NIEZRZESZONY	M-10	39	00:01:15	00:27:45.60	00:29:01.00	+00:11:07 (40.1%)	5:33	10.8 (60.0%)
600	DEPTUŁA Wojciech	159	NIEZRZESZONY	M-60+	12	00:01:15	00:27:51.45	00:29:06.95	+00:11:13 (40.3%)	5:34	10.8 (60.0%)
601	ZIELIŃSKI Stanisław	407	GORDON RUN	M-30	217	00:00:55	00:28:11.40	00:29:07.20	+00:11:32 (41.0%)	5:38	10.6 (58.9%)
602	PIETKUN Ryszard	1489		M-50	46	00:01:06	00:28:01.95	00:29:08.70	+00:11:23 (40.6%)	5:36	10.7 (59.4%)
603	CZERWIAKOWSKI Sebastian	1180		M-40	139	00:00:39	00:28:29.20	00:29:08.95	+00:11:50 (41.6%)	5:41	10.5 (58.3%)
604	SKRZYŃSKI Wojciech	277	QBOWICZ RODZINNA MAFIA BIEGOWA	M-30	222	00:00:38	00:28:32.25	00:29:11.05	+00:11:53 (41.7%)	5:42	10.5 (58.3%)
605	ORLIŃSKI Tymoteusz	1096		M-10	38	00:01:33	00:27:39.00	00:29:12.30	+00:11:00 (39.8%)	5:31	10.8 (60.0%)
606	SKUBISZEWSKI Adam	297	ARMIA CHRYSTUSA	M-50	50	00:00:44	00:28:28.60	00:29:12.70	+00:11:50 (41.6%)	5:41	10.5 (58.3%)
607	GRACZYKOWSKI Andrzej	649		M-40	134	00:01:10	00:28:02.95	00:29:13.40	+00:11:24 (40.7%)	5:36	10.7 (59.4%)
608	NOWICKI Adam	690		M-40	136	00:01:00	00:28:13.20	00:29:13.80	+00:11:34 (41.0%)	5:38	10.6 (58.9%)
609	ZABOROWSKI Robert	1286		M-30	219	00:00:54	00:28:19.55	00:29:14.15	+00:11:41 (41.3%)	5:40	10.6 (58.9%)
610	PODGÓRSKI Jakub	11		M-20	154	00:01:21	00:27:52.95	00:29:14.90	+00:11:14 (40.3%)	5:34	10.8 (60.0%)
611	GÓRSKI Jacek	705		M-50	47	00:01:11	00:28:06.95	00:29:18.25	+00:11:28 (40.8%)	5:37	10.7 (59.4%)
612	SIĘŃSKI Jacek	354	RUN BYDGOSZCZ	M-50	42	00:01:43	00:27:37.20	00:29:21.10	+00:10:58 (39.8%)	5:31	10.9 (60.6%)
613	WASZAK Konrad	1033		M-20	157	00:01:04	00:28:16.90	00:29:21.45	+00:11:38 (41.2%)	5:39	10.6 (58.9%)
614	GROSKOP Grzegorz	190	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	146	00:01:48	00:27:33.10	00:29:21.75	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
614	KRZYKANOWSKI Marcin	719		M-30	228	00:00:27	00:28:54.50	00:29:21.75	+00:12:16 (42.4%)	5:46	10.4 (57.8%)
616	MIERZWA Damian	266	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	147	00:01:48	00:27:33.35	00:29:22.00	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
617	PALIGA Radosław	540	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-10	37	00:01:48	00:27:33.85	00:29:22.20	+00:10:55 (39.6%)	5:30	10.9 (60.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
618	PALIGA Mateusz	533	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	148	00:01:48	00:27:33.55	00:29:22.25	+00:10:55 (39.6%)	5:30	10.9 (60.6%)
619	REDELBACH Maciej	210	CALISTHENICS ACADEMY	M-30	216	00:01:19	00:28:03.45	00:29:22.45	+00:11:25 (40.7%)	5:36	10.7 (59.4%)
620	SOBOWIEC Szymon	196	SOBOWIEC TEAM	M-40	142	00:00:42	00:28:40.40	00:29:22.65	+00:12:01 (42.0%)	5:44	10.5 (58.3%)
621	LEWICKI Jarek	601		M-30	230	00:00:20	00:29:02.40	00:29:23.10	+00:12:23 (42.7%)	5:48	10.3 (57.2%)
622	KACZMAREK Wiktor	1265		M-10	45	00:01:06	00:28:17.10	00:29:23.35	+00:11:38 (41.2%)	5:39	10.6 (58.9%)
623	KANNEBERG Maciej	577	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	149	00:01:48	00:27:35.15	00:29:23.55	+00:10:56 (39.7%)	5:31	10.9 (60.6%)
624	WITKOWSKI Patryk	474		M-10	46	00:00:58	00:28:26.60	00:29:25.00	+00:11:48 (41.5%)	5:41	10.5 (58.3%)
625	RADECKI Maciej	1030	CYBORGI	M-40	135	00:01:24	00:28:04.55	00:29:29.25	+00:11:26 (40.7%)	5:37	10.7 (59.4%)
626	ŁOŚ Dariusz	1395		M-50	49	00:01:04	00:28:26.70	00:29:30.75	+00:11:48 (41.5%)	5:41	10.6 (58.9%)
627	ŁUDZIŃSKI Marek	224		M-50	48	00:01:19	00:28:13.65	00:29:33.25	+00:11:35 (41.0%)	5:38	10.6 (58.9%)
628	PÓŁGĘSEK Rafał	287		M-40	146	00:00:34	00:28:59.30	00:29:33.30	+00:12:20 (42.6%)	5:47	10.4 (57.8%)
629	STOKŁOSA Kamil	448		M-30	221	00:01:02	00:28:31.15	00:29:33.75	+00:11:52 (41.7%)	5:42	10.5 (58.3%)
630	CHROMIŃSKI Fabian	370	BRACIA DALTON	M-20	161	00:00:48	00:28:49.95	00:29:38.40	+00:12:11 (42.3%)	5:46	10.4 (57.8%)
631	ZGÓRSKI Łukasz	1404		M-30	227	00:00:47	00:28:51.35	00:29:39.20	+00:12:12 (42.3%)	5:46	10.4 (57.8%)
632	PAWSKI Przemysław	1088	SZAFIRKI	M-20	164	00:00:43	00:29:02.10	00:29:45.60	+00:12:23 (42.7%)	5:48	10.3 (57.2%)
633	MALAK Maciej	1228		M-20	156	00:01:31	00:28:16.30	00:29:47.80	+00:11:37 (41.1%)	5:39	10.6 (58.9%)
634	SOBIERAJSKI Łukasz	975		M-20	159	00:01:13	00:28:38.60	00:29:51.90	+00:12:00 (41.9%)	5:43	10.5 (58.3%)
635	GORZYCKI Dariusz	470	BYDGOSKA SEKCJA KARATE IKO KYOKUSHINKAIKAN	M-40	160	00:00:02	00:29:50.40	00:29:52.65	+00:13:11 (44.2%)	5:58	10.1 (56.1%)
636	JAGIEŁO Radek	948	INOWROCŁAW BIEGA	M-30	223	00:01:18	00:28:35.75	00:29:54.45	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
637	BOCIEK Piotr	638		M-40	138	00:01:28	00:28:27.70	00:29:55.75	+00:11:49 (41.5%)	5:41	10.5 (58.3%)
638	MODRZEWSKI Łukasz	538	GORDON RUN	M-40	149	00:00:49	00:29:08.20	00:29:57.20	+00:12:29 (42.9%)	5:49	10.3 (57.2%)
639	WARAWAN Dawid	659		M-20	158	00:01:26	00:28:31.50	00:29:58.45	+00:11:53 (41.7%)	5:42	10.5 (58.3%)
640	GORGOL Tomasz	161	LP 500	M-30	224	00:01:22	00:28:36.70	00:29:59.25	+00:11:58 (41.8%)	5:43	10.5 (58.3%)
641	LEMAŃCZYK Zygmunt	302	NIEMCZ	M-40	140	00:01:24	00:28:35.10	00:29:59.55	+00:11:56 (41.8%)	5:43	10.5 (58.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
642	BUTRYM Piotr	273		M-30	225	00:01:22	00:28:37.80	00:30:00.45	+00:11:59 (41.9%)	5:43	10.5 (58.3%)
643	BUTRYM Dariusz	410		M-40	141	00:01:22	00:28:38.35	00:30:00.55	+00:11:59 (41.9%)	5:43	10.5 (58.3%)
644	TOMASZEK Sebastian	91		M-30	229	00:01:00	00:29:00.75	00:30:01.50	+00:12:22 (42.6%)	5:48	10.3 (57.2%)
645	SKÓRCZ Tomasz	840		M-50	51	00:01:30	00:28:35.60	00:30:05.80	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
646	SPRAWKA Michał	1198		M-20	166	00:00:53	00:29:13.55	00:30:06.90	+00:12:35 (43.1%)	5:50	10.3 (57.2%)
646	JAWORSKI Mateusz	812	ADAM-POL :)	M-10	48	00:00:21	00:29:45.60	00:30:06.90	+00:13:07 (44.1%)	5:57	10.1 (56.1%)
648	MENKA Adam	1371		M-40	148	00:01:00	00:29:06.35	00:30:07.20	+00:12:27 (42.8%)	5:49	10.3 (57.2%)
649	SZEWIŃSKI Łukasz	319		M-20	160	00:01:27	00:28:43.05	00:30:10.60	+00:12:04 (42.1%)	5:44	10.4 (57.8%)
650	SPADZIŃSKI Janusz	802		M-50	52	00:01:00	00:29:10.80	00:30:11.25	+00:12:32 (43.0%)	5:50	10.3 (57.2%)
651	SPRYSZYŃSKI Michał	238		M-20	165	00:01:05	00:29:13.35	00:30:18.70	+00:12:34 (43.1%)	5:50	10.3 (57.2%)
652	KAŁEK Artur	1444		M-40	144	00:01:30	00:28:48.90	00:30:19.85	+00:12:10 (42.2%)	5:45	10.4 (57.8%)
653	JAWORSKI Krzysztof	1445		M-40	145	00:01:30	00:28:49.80	00:30:20.60	+00:12:11 (42.3%)	5:46	10.4 (57.8%)
653	JANKOWSKI Piotr	443		M-40	151	00:00:58	00:29:21.85	00:30:20.60	+00:12:43 (43.3%)	5:52	10.2 (56.7%)
655	WORZAŁA Michał	300		M-20	163	00:01:27	00:28:53.60	00:30:20.95	+00:12:15 (42.4%)	5:46	10.4 (57.8%)
656	ŁOBODA Robert	1176		M-40	143	00:01:35	00:28:46.05	00:30:21.15	+00:12:07 (42.2%)	5:45	10.4 (57.8%)
657	CZYŻNIKIEWICZ Karol	703		M-20	170	00:00:13	00:30:09.75	00:30:23.35	+00:13:31 (44.8%)	6:02	9.9 (55.0%)
658	DOBRZAŃSKI Dariusz	308	3GRAVITY	M-20	162	00:01:33	00:28:50.55	00:30:23.75	+00:12:12 (42.3%)	5:46	10.4 (57.8%)
659	KARSKI Przemysław	634		M-30	235	00:00:51	00:29:32.80	00:30:24.55	+00:12:54 (43.7%)	5:54	10.2 (56.7%)
660	GEHRKE Jacek	850		M-40	147	00:01:21	00:29:04.40	00:30:25.45	+00:12:25 (42.8%)	5:48	10.3 (57.2%)
661	CHODOR Tomasz	979		M-40	156	00:00:55	00:29:32.05	00:30:27.20	+00:12:53 (43.7%)	5:54	10.2 (56.7%)
662	DOMINICZAK Robert	1485		M-50	54	00:00:38	00:29:49.20	00:30:27.55	+00:13:10 (44.2%)	5:57	10.1 (56.1%)
663	LUKASIEWICZ Krzysztof	1285		M-30	231	00:01:25	00:29:03.40	00:30:28.45	+00:12:24 (42.7%)	5:48	10.3 (57.2%)
664	WYSMOLIŃSKI Piotr	274		M-40	155	00:00:59	00:29:31.90	00:30:31.20	+00:12:53 (43.7%)	5:54	10.2 (56.7%)
665	NOWICKI Andrzej	1090		M-40	150	00:01:22	00:29:11.20	00:30:33.20	+00:12:32 (43.0%)	5:50	10.3 (57.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
666	ZDUNKIEWICZ Marcin	775		M-30	234	00:01:09	00:29:30.55	00:30:40.45	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
667	HARACEWIAT Cezary	296		M-50	53	00:01:11	00:29:28.95	00:30:40.65	+00:12:50 (43.6%)	5:53	10.2 (56.7%)
668	DĘBSKI Arkadiusz	459		M-50	57	00:00:39	00:30:01.65	00:30:41.55	+00:13:23 (44.6%)	6:00	10 (55.6%)
669	KAMIŃSKI Jakub	261	QBOWICZ RODZINNA MAFIA BIEGOWA	M-10	49	00:00:55	00:29:46.20	00:30:42.05	+00:13:07 (44.1%)	5:57	10.1 (56.1%)
670	URBANSKI Piotr	1291	RUNTEAMPRUSZCZ	M-40	153	00:01:17	00:29:24.85	00:30:42.25	+00:12:46 (43.4%)	5:53	10.2 (56.7%)
671	URBANSKI Hubert	1471	RUNTEAMPRUSZCZ	M-10	47	00:01:17	00:29:24.90	00:30:42.35	+00:12:46 (43.4%)	5:53	10.2 (56.7%)
672	KAMIŃSKI Łukasz	255	QBOWICZ RODZINNA MAFIA BIEGOWA	M-30	236	00:00:57	00:29:45.25	00:30:42.80	+00:13:06 (44.1%)	5:57	10.1 (56.1%)
673	SULIŃSKI Radek	1460		M-30	232	00:01:23	00:29:20.40	00:30:43.95	+00:12:41 (43.3%)	5:52	10.2 (56.7%)
674	KRETOWICZ Piotr	1155		M-20	167	00:01:13	00:29:32.35	00:30:45.80	+00:12:53 (43.7%)	5:54	10.2 (56.7%)
674	ŚLADEWSKI Rafał	847		M-30	237	00:00:52	00:29:53.10	00:30:45.80	+00:13:14 (44.3%)	5:58	10 (55.6%)
676	CEMKE Tomasz	946		M-40	158	00:01:05	00:29:40.40	00:30:45.90	+00:13:01 (43.9%)	5:56	10.1 (56.1%)
677	KONKEL Bartosz	489		M-30	233	00:01:16	00:29:30.55	00:30:47.00	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
678	GROCHOWALSKI Arkadiusz	1358		M-40	152	00:01:23	00:29:24.30	00:30:48.10	+00:12:45 (43.4%)	5:53	10.2 (56.7%)
679	GRUSZKA Marek	954	NIEZRZESZONY	M-50	58	00:00:15	00:30:33.85	00:30:48.90	+00:13:55 (45.6%)	6:06	9.8 (54.4%)
680	STACHEWICZ Sławomir	504	BRACIA DALTON	M-40	161	00:00:44	00:30:04.55	00:30:49.35	+00:13:26 (44.7%)	6:01	10 (55.6%)
681	DROZDOICZ Leszek	932		M-40	154	00:01:25	00:29:25.85	00:30:51.65	+00:12:47 (43.5%)	5:53	10.2 (56.7%)
682	KANJERSKI Jerzy	747	TKKF KOLEJARZ BYDGOSZCZ	M-60+	13	00:00:39	00:30:14.50	00:30:54.45	+00:13:36 (45.0%)	6:03	9.9 (55.0%)
683	KRETKOWSKI Piotr	15		M-20	168	00:01:20	00:29:36.15	00:30:56.90	+00:12:57 (43.8%)	5:55	10.1 (56.1%)
684	DROŻ Krzysztof	408	KD SERWIS BYDGOSZCZ	M-50	55	00:01:08	00:29:49.80	00:30:57.85	+00:13:11 (44.2%)	5:57	10.1 (56.1%)
685	DRZEWIECKI Radosław	397		M-30	240	00:00:23	00:30:38.30	00:31:01.95	+00:13:59 (45.7%)	6:07	9.8 (54.4%)
686	MLICKI Marcin	1215		M-40	159	00:01:17	00:29:48.05	00:31:06.00	+00:13:09 (44.2%)	5:57	10.1 (56.1%)
687	ZAGÓRSKI Artur	1179		M-20	171	00:00:44	00:30:22.70	00:31:07.45	+00:13:44 (45.2%)	6:04	9.9 (55.0%)
688	WÓJCIK Tomasz	463		M-40	163	00:00:52	00:30:16.80	00:31:09.30	+00:13:38 (45.0%)	6:03	9.9 (55.0%)
689	SUDOŁ Jacek	549	IPA BYDGOSZCZ	M-30	243	00:00:12	00:30:56.90	00:31:09.50	+00:14:18 (46.2%)	6:11	9.7 (53.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
690	ŚLEŻAK Rafał	736		M-40	157	00:01:32	00:29:39.90	00:31:12.80	+00:13:01 (43.9%)	5:56	10.1 (56.1%)
691	SMYŁA Krzysztof	1015		M-30	238	00:01:20	00:29:53.50	00:31:13.80	+00:13:15 (44.3%)	5:58	10 (55.6%)
692	GLIBOWSKI Damian	748		M-20	169	00:01:14	00:30:07.90	00:31:22.15	+00:13:29 (44.8%)	6:01	10 (55.6%)
693	TOMCZAK Krzysztof	513		M-20	173	00:00:20	00:31:08.90	00:31:29.80	+00:14:30 (46.6%)	6:13	9.6 (53.3%)
694	WIŚNIEWSKI Włodzimierz	486	SPC	M-50	56	00:01:37	00:29:55.55	00:31:33.15	+00:13:17 (44.4%)	5:59	10 (55.6%)
695	KUJACZYŃSKI Adrian	1239		M-20	175	00:00:20	00:31:17.00	00:31:37.55	+00:14:38 (46.8%)	6:15	9.6 (53.3%)
696	GURYN Wiktor	169	ZIELONY PELIKAN	M-30	245	00:00:35	00:31:02.40	00:31:37.85	+00:14:23 (46.4%)	6:12	9.7 (53.9%)
697	BURITTA Robert	1128		M-20	174	00:00:35	00:31:09.05	00:31:44.40	+00:14:30 (46.6%)	6:13	9.6 (53.3%)
698	WILCZYŃSKI Wojciech	771		M-40	162	00:01:34	00:30:10.95	00:31:45.50	+00:13:32 (44.9%)	6:02	9.9 (55.0%)
699	JEŻOWSKI Sławomir	1316		M-50	59	00:00:50	00:30:56.10	00:31:46.75	+00:14:17 (46.2%)	6:11	9.7 (53.9%)
700	DANIELEK Adam	348	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-30	241	00:01:08	00:30:41.85	00:31:50.25	+00:14:03 (45.8%)	6:08	9.8 (54.4%)
701	OSSOWSKI Łukasz	790		M-30	239	00:01:47	00:30:08.95	00:31:56.55	+00:13:30 (44.8%)	6:01	10 (55.6%)
702	MRÓWCZYŃSKI Szymi	1459	MRÓWKI	M-10	50	00:00:54	00:31:08.70	00:32:03.15	+00:14:30 (46.6%)	6:13	9.6 (53.3%)
703	BIEGAŃSKI Piotr	1481	FIZJOMED GABINET FIZJOTERAPII	M-20	172	00:01:04	00:30:59.45	00:32:03.65	+00:14:21 (46.3%)	6:11	9.7 (53.9%)
704	PATRZAŁEK Tomasz	598		M-40	164	00:01:02	00:31:04.60	00:32:06.75	+00:14:26 (46.5%)	6:12	9.7 (53.9%)
705	SUDOROWSKI Rafał	568		M-30	244	00:01:09	00:30:58.65	00:32:08.35	+00:14:20 (46.3%)	6:11	9.7 (53.9%)
706	GRUBICH Kacper	335	BRACIA DALTON	M-10	52	00:00:46	00:31:23.70	00:32:10.45	+00:14:45 (47.0%)	6:16	9.6 (53.3%)
707	SZULAKOWSKI Tomasz	493	KURCZE JAK DALEKO	M-40	165	00:00:51	00:31:21.65	00:32:13.60	+00:14:43 (46.9%)	6:16	9.6 (53.3%)
708	KOWALSKI Bartosz	398		M-20	177	00:00:50	00:31:23.30	00:32:14.25	+00:14:44 (47.0%)	6:16	9.6 (53.3%)
709	SOARES CONTES JUNIOR Luiz Carlos	997		M-20	180	00:00:48	00:31:27.90	00:32:16.10	+00:14:49 (47.1%)	6:17	9.5 (52.8%)
710	ROSZCZYN Kamil	551		M-20	179	00:00:58	00:31:25.85	00:32:24.05	+00:14:47 (47.1%)	6:17	9.5 (52.8%)
711	KOZICKI Marcin	117	BYDGOSKIE ŻÓŁWIE	M-30	242	00:01:34	00:30:54.85	00:32:28.95	+00:14:16 (46.2%)	6:10	9.7 (53.9%)
712	STEFAŃSKI Dawid	835		M-10	51	00:01:10	00:31:21.25	00:32:31.85	+00:14:42 (46.9%)	6:16	9.6 (53.3%)
713	WESOŁOWSKI Michał	969	GORZEŃ RUN	M-30	247	00:01:26	00:31:05.70	00:32:32.20	+00:14:27 (46.5%)	6:13	9.6 (53.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
714	WŁODARCZYK Adam	414		M-20	178	00:01:11	00:31:25.55	00:32:36.80	+00:14:47 (47.0%)	6:17	9.5 (52.8%)
715	SZEWCZYKOWSKI Grzegorz	576	BYDGOSKIE ŻÓŁWIE	M-30	246	00:01:33	00:31:05.35	00:32:39.20	+00:14:26 (46.5%)	6:13	9.6 (53.3%)
716	DZEDZEJ Bartłomiej	610	ASTORIA BYDGOSZCZ	M-30	248	00:01:19	00:31:23.20	00:32:42.80	+00:14:44 (47.0%)	6:16	9.6 (53.3%)
717	MORAWSKI Marek	1374		M-30	249	00:01:18	00:31:24.55	00:32:42.95	+00:14:46 (47.0%)	6:16	9.6 (53.3%)
718	KŁOSIŃSKI Damian	389		M-20	182	00:01:05	00:31:42.20	00:32:47.50	+00:15:03 (47.5%)	6:20	9.5 (52.8%)
719	PRUSINOWSKI Jakub	981		M-20	176	00:01:29	00:31:19.75	00:32:49.65	+00:14:41 (46.9%)	6:16	9.6 (53.3%)
720	ZAKRZEWSKI Adam	722		M-20	181	00:01:35	00:31:28.20	00:33:03.45	+00:14:49 (47.1%)	6:17	9.5 (52.8%)
721	NOWAK Karol	1429	MOGĘ SZYBCIEJ ALE NIE CHCĘ	M-30	252	00:00:36	00:32:27.65	00:33:03.65	+00:15:49 (48.7%)	6:29	9.2 (51.1%)
722	LISOWSKI Sebastian	907		M-30	251	00:01:03	00:32:19.75	00:33:22.80	+00:15:41 (48.5%)	6:27	9.3 (51.7%)
723	NAPIERAŁA Krzysztof	1167		M-20	183	00:01:23	00:32:05.95	00:33:29.40	+00:15:27 (48.2%)	6:25	9.3 (51.7%)
724	KMIEĆ Norbert	1277		M-40	169	00:00:23	00:33:10.70	00:33:33.80	+00:16:32 (49.8%)	6:38	9 (50.0%)
725	PRZYBYSZEWSKI Marcin	554		M-40	168	00:00:47	00:32:47.35	00:33:34.55	+00:16:08 (49.2%)	6:33	9.2 (51.1%)
726	GRALLA Łukasz	1274	--	M-30	250	00:01:28	00:32:08.05	00:33:36.30	+00:15:29 (48.2%)	6:25	9.3 (51.7%)
727	PILECKI Gustaw	821	BRZOZA BIEGA	M-60+	14	00:00:28	00:33:21.15	00:33:50.00	+00:16:42 (50.1%)	6:40	9 (50.0%)
728	JAWORSKI Paweł	502		M-10	55	00:00:32	00:33:19.05	00:33:51.45	+00:16:40 (50.1%)	6:39	9 (50.0%)
729	PARUCKI Paweł	1283	SPÓJNIA BIAŁE BŁOTA	M-20	184	00:01:11	00:32:42.45	00:33:54.25	+00:16:04 (49.1%)	6:32	9.2 (51.1%)
730	WIELGOSZ Krzysztof	109	ASSECO ACTIVE TEAM	M-20	185	00:00:39	00:33:18.65	00:33:57.80	+00:16:40 (50.0%)	6:39	9 (50.0%)
731	KUBIAK Jarosław	644		M-30	253	00:01:28	00:32:30.50	00:33:59.05	+00:15:52 (48.8%)	6:30	9.2 (51.1%)
732	OLECHNOWICZ Maciej	1162	SPORT SMUKAŁA OPLAWIEC JANOWO	M-10	53	00:01:34	00:32:26.55	00:34:01.00	+00:15:48 (48.7%)	6:29	9.2 (51.1%)
733	SZYMCZAK Piotr	1327		M-30	255	00:00:47	00:33:13.50	00:34:01.05	+00:16:35 (49.9%)	6:38	9 (50.0%)
734	OLECHNOWICZ Tomasz	1161	SPORT SMUKAŁA OPLAWIEC JANOWO	M-40	166	00:01:35	00:32:26.20	00:34:01.30	+00:15:47 (48.7%)	6:29	9.2 (51.1%)
735	ŻURAWSKI Michał	157		M-40	167	00:01:27	00:32:38.70	00:34:05.95	+00:16:00 (49.0%)	6:31	9.2 (51.1%)
736	WILCZYŃSKI Wiktor	772		M-10	54	00:01:34	00:32:38.95	00:34:13.40	+00:16:00 (49.0%)	6:31	9.2 (51.1%)
737	ŻEBROWSKI Michał	112		M-30	254	00:01:14	00:33:02.40	00:34:16.65	+00:16:23 (49.6%)	6:36	9.1 (50.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
738	SIERAKOWSKI Jarosław	910		M-50	60	00:01:29	00:33:23.30	00:34:52.95	+00:16:44 (50.2%)	6:40	9 (50.0%)
739	MORAWSKI Piotr	1349		M-20	186	00:01:30	00:33:23.65	00:34:53.75	+00:16:45 (50.2%)	6:40	9 (50.0%)
740	GAJEWSKI Maciej	1368		M-30	256	00:01:30	00:33:23.70	00:34:54.30	+00:16:45 (50.2%)	6:40	9 (50.0%)
741	GROSZKOWSKI Henryk	1313		M-60+	15	00:00:52	00:34:02.75	00:34:55.00	+00:17:24 (51.1%)	6:48	8.8 (48.9%)
742	SZTOLCMAN Piotr	966	GKS FABIANKI	M-20	187	00:01:29	00:33:25.20	00:34:55.15	+00:16:46 (50.2%)	6:41	9 (50.0%)
742	LISOWSKI Mikołaj	908	SP 14	M-10	56	00:01:03	00:33:51.60	00:34:55.15	+00:17:13 (50.9%)	6:46	8.9 (49.4%)
744	TOMECKI Teodor	1209		M-30	257	00:01:12	00:33:43.85	00:34:56.60	+00:17:05 (50.7%)	6:44	8.9 (49.4%)
745	HAMES Łukasz	1439		M-30	258	00:00:47	00:34:21.30	00:35:09.05	+00:17:42 (51.6%)	6:52	8.7 (48.3%)
746	CHOROSZYŃSKI Piotr	1437		M-30	259	00:00:47	00:34:24.05	00:35:11.20	+00:17:45 (51.6%)	6:52	8.7 (48.3%)
747	DURALEK Andrzej	961		M-40	170	00:01:31	00:33:55.20	00:35:27.10	+00:17:16 (50.9%)	6:47	8.8 (48.9%)
748	ZALEWSKI Łukasz	517		M-40	172	00:00:41	00:34:47.70	00:35:29.60	+00:18:09 (52.2%)	6:57	8.6 (47.8%)
749	DEROŃ Waldemar	1455		M-30	260	00:00:45	00:34:44.60	00:35:30.20	+00:18:06 (52.1%)	6:57	8.6 (47.8%)
750	ORLIŃSKI Mateusz	839		M-10	57	00:01:32	00:34:07.20	00:35:39.65	+00:17:28 (51.2%)	6:49	8.8 (48.9%)
751	ORLIŃSKI Andrzej	837		M-40	171	00:01:32	00:34:14.20	00:35:46.85	+00:17:35 (51.4%)	6:50	8.8 (48.9%)
752	MOLEND Tomasz	286		M-30	262	00:00:30	00:35:41.55	00:36:12.45	+00:19:03 (53.4%)	7:08	8.4 (46.7%)
753	RUDNICKI Michał	111	TASAK TEAM	M-30	261	00:01:38	00:34:47.30	00:36:25.70	+00:18:08 (52.2%)	6:57	8.6 (47.8%)
754	KONARZEWSKI Arkadiusz	700		M-40	174	00:01:06	00:35:26.60	00:36:33.05	+00:18:48 (53.0%)	7:05	8.5 (47.2%)
755	KEMPA Arkadiusz	1206	RUN BDG	M-40	173	00:01:40	00:35:04.35	00:36:44.95	+00:18:25 (52.6%)	7:00	8.6 (47.8%)
756	SZCZERBINSKI Mariusz	1236		M-40	175	00:00:52	00:36:14.40	00:37:06.75	+00:19:35 (54.1%)	7:14	8.3 (46.1%)
757	WITKOWSKI Paweł	472		M-10	58	00:00:00	00:37:39.85	00:37:39.85	+00:21:01 (55.8%)	7:31	8 (44.4%)
758	BIELENNY Michał	976		M-60+	16	00:01:08	00:36:43.00	00:37:51.80	+00:20:04 (54.7%)	7:20	8.2 (45.6%)
759	SIEWIERSKI Łukasz	384		M-30	263	00:01:19	00:36:53.70	00:38:13.65	+00:20:15 (54.9%)	7:22	8.1 (45.0%)
760	BIERNACKI Łukasz	639		M-40	176	00:00:44	00:37:48.65	00:38:33.15	+00:21:10 (56.0%)	7:33	7.9 (43.9%)
761	MINDIKOWSKI Dawid	201		M-10	59	00:01:36	00:37:47.10	00:39:23.65	+00:21:08 (56.0%)	7:33	7.9 (43.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
762	SKURCZYŃSKI Piotr	1094		M-40	177	00:00:34	00:40:07.00	00:40:41.00	+00:23:28 (58.5%)	8:01	7.5 (41.7%)
763	WIECZOREK Marcin	244		M-30	264	00:01:37	00:44:59.80	00:46:37.65	+00:28:21 (63.0%)	9:00	6.7 (37.2%)
764	MAŁOWIECKI Bartosz	1334		M-10	60	00:00:53	00:45:44.60	00:46:38.50	+00:29:06 (63.6%)	9:09	6.6 (36.7%)
765	GROCHOWSKI Jakub	49	JW1515	M-30	265	00:01:27			+00:10:34	5:30	10.9 (60.6%)
766	KASPROWICZ Piotr	124	JW 1515	M-30	266	00:00:00			+	6:04	9.9 (55.0%)
767	WIŚNIEWSKI Szymon	497		M-10	61	00:00:00			+	6:21	9.4 (52.2%)
768	STASZAK Szymon	1189	OCELOTY KRUSZYN KRAJEŃSKI	M-30	267	00:00:21					(0.0%)
769	WSPÓLNIK Stanisław	1329		M-60+	17	00:00:31					(0.0%)

Total 769 results.