



Oficjalna strona Miasta Bydgoszczy

# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2019

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

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**Organizator:** Aktywna Bydgoszcz  
**Data:** 2019-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Grzegorz</b>	<b>1143</b>	ŚWIAT BIEGACZA FEHLAU RUN TEAM	M-20	1	00:00:01	<b>00:15:50.50</b>	<b>00:15:52.45</b>		3:10	18.9 (100%)
2	<b>FELCZAK Jakub</b>	<b>357</b>		M-20	2	00:00:01	<b>00:16:27.70</b>	<b>00:16:29.65</b>	+00:00:37 (3.8%)	3:17	18.2 (96.3%)
3	<b>SKIBA Łukasz</b>	<b>789</b>	SZYMI TEAM	M-30	1	00:00:02	<b>00:16:38.50</b>	<b>00:16:40.70</b>	+00:00:48 (4.8%)	3:19	18 (95.2%)
4	<b>PAWŁOWSKI Tomasz</b>	<b>1181</b>		M-20	3	00:00:02	<b>00:17:11.80</b>	<b>00:17:14.00</b>	+00:01:21 (7.9%)	3:26	17.4 (92.1%)
5	<b>GOŚCINIAK Michał</b>	<b>802</b>	3GRAVITY	M-30	2	00:00:02	<b>00:17:24.05</b>	<b>00:17:26.25</b>	+00:01:33 (9.0%)	3:28	17.2 (91.0%)
6	<b>MAĆKOWSKI Maciej</b>	<b>9</b>	UPS BYDGOSZCZ/TEAMOCHAL	M-30	3	00:00:02	<b>00:17:26.95</b>	<b>00:17:29.15</b>	+00:01:36 (9.2%)	3:29	17.2 (91.0%)
7	<b>TUCZYŃSKI Sylwester Leon</b>	<b>116</b>	BYDGOSKIE OKONIE	M-20	4	00:00:01	<b>00:17:36.25</b>	<b>00:17:37.40</b>	+00:01:45 (10.0%)	3:31	17 (89.9%)
8	<b>TUCHOLSKI Bartłomiej</b>	<b>267</b>	BYDGOSKIE OKONIE	M-20	5	00:00:02	<b>00:17:40.95</b>	<b>00:17:43.65</b>	+00:01:50 (10.4%)	3:32	17 (89.9%)
9	<b>WIWATOWSKI Michał</b>	<b>115</b>		M-40	1	00:00:02	<b>00:17:41.20</b>	<b>00:17:43.60</b>	+00:01:50 (10.4%)	3:32	17 (89.9%)
10	<b>ŚLUSARSKI Przemysław</b>	<b>373</b>	RUN PASJA	M-30	4	00:00:04	<b>00:18:03.90</b>	<b>00:18:07.90</b>	+00:02:13 (12.3%)	3:36	16.6 (87.8%)
11	<b>KUŁAKOWSKI Krzysztof</b>	<b>920</b>	RUN PASJA	M-30	5	00:00:03	<b>00:18:04.45</b>	<b>00:18:07.65</b>	+00:02:13 (12.4%)	3:36	16.6 (87.8%)
12	<b>BORUCH Łukasz</b>	<b>1069</b>		M-30	6	00:00:02	<b>00:18:17.90</b>	<b>00:18:20.35</b>	+00:02:27 (13.4%)	3:39	16.4 (86.8%)
13	<b>GRUSZKA Gracjan</b>	<b>846</b>	CWZS ZAWISZA BYDGOSZCZ SL	M-20	6	00:00:01	<b>00:18:26.70</b>	<b>00:18:28.65</b>	+00:02:36 (14.1%)	3:41	16.3 (86.2%)
14	<b>BAK Oskar</b>	<b>1089</b>		M-30	7	00:00:09	<b>00:18:38.85</b>	<b>00:18:48.15</b>	+00:02:48 (15.0%)	3:43	16.1 (85.2%)
15	<b>DURCZAK Jerzy</b>	<b>295</b>	BYDGOSKIE OKONIE	M-30	8	00:00:06	<b>00:18:40.15</b>	<b>00:18:46.65</b>	+00:02:49 (15.1%)	3:44	16.1 (85.2%)
16	<b>ZIELIŃSKI Nicolas</b>	<b>663</b>	WWW,OLIMPIASPORT.PL	M-20	7	00:00:03	<b>00:18:51.95</b>	<b>00:18:55.80</b>	+00:03:01 (16.0%)	3:46	15.9 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>SZENK Marta</b>	<b>754</b>		K-30	1	00:00:02	<b>00:18:57.00</b>	<b>00:18:59.55</b>	+00:03:06 (16.4%)	3:47	15.8 (83.6%)
18	<b>WILK Łukasz</b>	<b>43</b>	RUNADDICTS	M-30	9	00:00:04	<b>00:18:57.65</b>	<b>00:19:02.20</b>	+00:03:07 (16.5%)	3:47	15.8 (83.6%)
19	<b>JAŹDŹYK Konrad</b>	<b>1351</b>	TKKF KUBUŚ SIERPC	M-20	8	00:00:04	<b>00:19:05.10</b>	<b>00:19:09.15</b>	+00:03:14 (17.0%)	3:49	15.7 (83.1%)
20	<b>STANKIEWICZ Jacek</b>	<b>322</b>		M-20	9	00:00:02	<b>00:19:05.95</b>	<b>00:19:08.40</b>	+00:03:15 (17.1%)	3:49	15.7 (83.1%)
21	<b>KUROWSKI Kamil</b>	<b>105</b>	3GRAVITY	M-30	10	00:00:03	<b>00:19:07.00</b>	<b>00:19:10.75</b>	+00:03:16 (17.1%)	3:49	15.7 (83.1%)
22	<b>FLOREK Paweł</b>	<b>185</b>	RUNADDICTS	M-30	11	00:00:04	<b>00:19:09.25</b>	<b>00:19:13.70</b>	+00:03:18 (17.3%)	3:49	15.7 (83.1%)
23	<b>OKOŃSKI Jarosław</b>	<b>6</b>	BIEGOWEZAPARCIE.PL	M-30	12	00:00:04	<b>00:19:10.60</b>	<b>00:19:15.25</b>	+00:03:20 (17.4%)	3:50	15.6 (82.5%)
24	<b>KIEŁPIKOWSKI Patryk</b>	<b>613</b>		M-30	13	00:00:09	<b>00:19:12.45</b>	<b>00:19:21.75</b>	+00:03:21 (17.5%)	3:50	15.6 (82.5%)
25	<b>WARSZAWSKI Przemysław</b>	<b>1020</b>	81BLP	M-30	14	00:00:03	<b>00:19:15.35</b>	<b>00:19:19.05</b>	+00:03:24 (17.7%)	3:51	15.6 (82.5%)
26	<b>KILJAŃCZYK Piotr</b>	<b>1435</b>		M-30	15	00:00:11	<b>00:19:18.75</b>	<b>00:19:30.00</b>	+00:03:28 (18.0%)	3:51	15.5 (82.0%)
27	<b>KRUPA Piotr</b>	<b>785</b>	WOODRUNNERS	M-30	16	00:00:02	<b>00:19:23.35</b>	<b>00:19:26.10</b>	+00:03:32 (18.3%)	3:52	15.5 (82.0%)
28	<b>KOZŁOWSKI Rafał</b>	<b>52</b>	RUN PASJA	M-40	2	00:00:03	<b>00:19:25.25</b>	<b>00:19:28.50</b>	+00:03:34 (18.4%)	3:53	15.5 (82.0%)
29	<b>STARZYŃSKI Piotr</b>	<b>1085</b>		M-40	3	00:00:06	<b>00:19:26.50</b>	<b>00:19:33.20</b>	+00:03:36 (18.5%)	3:53	15.4 (81.5%)
30	<b>RZESZOTARSKI Daniel</b>	<b>801</b>		M-30	17	00:00:04	<b>00:19:27.00</b>	<b>00:19:31.25</b>	+00:03:36 (18.6%)	3:53	15.4 (81.5%)
31	<b>PIASECKI Radosław</b>	<b>230</b>		M-20	10	00:00:08	<b>00:19:28.50</b>	<b>00:19:36.85</b>	+00:03:38 (18.7%)	3:53	15.4 (81.5%)
32	<b>BASIŃSKI Łukasz</b>	<b>470</b>	OLIMPIASPORT.PL	M-20	11	00:00:04	<b>00:19:30.90</b>	<b>00:19:35.10</b>	+00:03:40 (18.8%)	3:54	15.4 (81.5%)
33	<b>SZCZEPANIAK Cezary</b>	<b>678</b>		M-40	4	00:00:04	<b>00:19:32.20</b>	<b>00:19:36.80</b>	+00:03:41 (18.9%)	3:54	15.4 (81.5%)
34	<b>ZUŻYDŁO Radosław</b>	<b>193</b>		M-30	18	00:00:05	<b>00:19:40.45</b>	<b>00:19:45.90</b>	+00:03:49 (19.5%)	3:56	15.3 (81.0%)
35	<b>DUDZIŃSKI Paweł</b>	<b>459</b>	TEAM RUN GOŁAŃCZ	M-30	19	00:00:05	<b>00:19:41.95</b>	<b>00:19:47.15</b>	+00:03:51 (19.6%)	3:56	15.2 (80.4%)
36	<b>KAWIECKI Paweł</b>	<b>39</b>	AKADEMIAMUZYCZNABIEGA	M-20	12	00:00:03	<b>00:19:43.45</b>	<b>00:19:46.95</b>	+00:03:52 (19.7%)	3:56	15.2 (80.4%)
37	<b>OCCHIUZZO Ryan</b>	<b>531</b>	NONE	M-30	20	00:00:05	<b>00:19:45.40</b>	<b>00:19:50.80</b>	+00:03:54 (19.8%)	3:57	15.2 (80.4%)
38	<b>SIKORSKI Piotr</b>	<b>933</b>	LOTTO BYDGOSTIA	M-10	1	00:00:06	<b>00:19:46.25</b>	<b>00:19:53.05</b>	+00:03:55 (19.9%)	3:57	15.2 (80.4%)
39	<b>ADACH Paweł</b>	<b>1498</b>	WEEKENDOWI BIEGACZE	M-30	21	00:00:03	<b>00:19:48.35</b>	<b>00:19:51.40</b>	+00:03:57 (20.0%)	3:57	15.2 (80.4%)
40	<b>CHODKIEWICZ Tomasz</b>	<b>1079</b>	GARDENFLORA MTB TEAM	M-40	5	00:00:03	<b>00:19:50.40</b>	<b>00:19:53.90</b>	+00:03:59 (20.2%)	3:58	15.1 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
41	KOTULA Sławomir	334		M-30	22	00:00:03	00:19:50.85	00:19:54.55	+00:04:00 (20.2%)	3:58	15.1 (79.9%)
42	KRUSZKA Łukasz	386		M-40	6	00:00:04	00:19:50.90	00:19:55.10	+00:04:00 (20.2%)	3:58	15.1 (79.9%)
43	KOWALSKI Jacek	304		M-40	7	00:00:06	00:19:51.70	00:19:57.90	+00:04:01 (20.2%)	3:58	15.1 (79.9%)
44	GUTKOWSKI Jakub	1167		M-30	23	00:00:03	00:19:54.90	00:19:58.60	+00:04:04 (20.5%)	3:59	15.1 (79.9%)
45	IGNACZAK Jarosław	32		M-30	24	00:00:08	00:19:56.05	00:20:04.90	+00:04:05 (20.5%)	3:59	15.1 (79.9%)
46	PIC Dawid	124	KLINIKA TRIATHLONU	M-20	13	00:00:05	00:19:56.10	00:20:01.20	+00:04:05 (20.5%)	3:59	15.1 (79.9%)
47	SORGER Patryk	1157	ISKRA DULSK	M-20	14	00:00:08	00:19:57.40	00:20:05.80	+00:04:06 (20.6%)	3:59	15 (79.4%)
48	BURDANOWSKI Adam	1163		M-30	25	00:00:03	00:19:58.85	00:20:01.90	+00:04:08 (20.7%)	3:59	15 (79.4%)
49	NIEMIR Tomasz	528		M-20	15	00:00:02	00:19:59.30	00:20:01.85	+00:04:08 (20.7%)	3:59	15 (79.4%)
50	MAŁAS Marcin	1466	AZS POLITECHNIKA GDAŃSKA	M-20	16	00:00:04	00:20:01.80	00:20:06.00	+00:04:11 (20.9%)	4:00	15 (79.4%)
51	HAIZE Tomek	221	ARRK	M-40	8	00:00:04	00:20:03.40	00:20:08.35	+00:04:12 (21.0%)	4:00	15 (79.4%)
52	SIWKOWSKI Roman	473	BIEGAM, BAIEGAM	M-50	1	00:00:01	00:20:07.95	00:20:09.75	+00:04:17 (21.3%)	4:01	14.9 (78.8%)
53	WENDA Dawid	903	SZKOŁA JAZDY TOMAS	M-20	17	00:00:10	00:20:09.55	00:20:20.35	+00:04:19 (21.4%)	4:02	14.9 (78.8%)
54	BŁAŻEJCZYK Dawid	921		M-30	26	00:00:11	00:20:10.20	00:20:21.70	+00:04:19 (21.5%)	4:02	14.9 (78.8%)
55	CIĘSZKI Bartosz	879		M-10	2	00:00:06	00:20:11.25	00:20:17.75	+00:04:20 (21.5%)	4:02	14.9 (78.8%)
56	ADAMCZAK Filip	897		M-10	3	00:00:08	00:20:12.50	00:20:21.25	+00:04:22 (21.6%)	4:02	14.8 (78.3%)
57	WŁODARSKI Paweł	597		M-30	27	00:00:29	00:20:16.05	00:20:45.20	+00:04:25 (21.8%)	4:03	14.8 (78.3%)
58	RYDLEWSKI Marek	421	RUN BYDGOSZCZ	M-40	9	00:00:05	00:20:16.60	00:20:22.30	+00:04:26 (21.9%)	4:03	14.8 (78.3%)
59	KHADDOUR Alex	448	ZIELONY PELIKAN	M-30	28	00:00:05	00:20:20.55	00:20:25.65	+00:04:30 (22.1%)	4:04	14.8 (78.3%)
60	GRUBICH Kacper	714		M-10	4	00:00:05	00:20:21.35	00:20:27.25	+00:04:30 (22.2%)	4:04	14.7 (77.8%)
61	MAKOWSKI Sławomir	50		M-50	2	00:00:22	00:20:21.55	00:20:44.20	+00:04:31 (22.2%)	4:04	14.7 (77.8%)
62	SIUPKA Paweł	390	ZDAŻYC Z POMOCĄ DLA MARCINA	M-20	18	00:00:15	00:20:22.70	00:20:38.40	+00:04:32 (22.3%)	4:04	14.7 (77.8%)
63	MARCHEL Tomasz	1040		M-30	29	00:00:07	00:20:26.65	00:20:34.40	+00:04:36 (22.5%)	4:05	14.7 (77.8%)
64	JELIŃSKI Łukasz	1400		M-20	19	00:00:40	00:20:27.40	00:21:08.15	+00:04:36 (22.6%)	4:05	14.7 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
65	<b>GŁOGOWSKI Krzysztof</b>	<b>681</b>	KORONOWO NA BIEGOWO	M-40	10	00:00:04	<b>00:20:28.35</b>	<b>00:20:32.70</b>	+00:04:37 (22.6%)	4:05	14.7 (77.8%)
66	<b>ROMANOWSKI Michał</b>	<b>781</b>		M-30	30	00:00:08	<b>00:20:32.90</b>	<b>00:20:41.85</b>	+00:04:42 (22.9%)	4:06	14.6 (77.2%)
67	<b>WIECZOREK Waldemar</b>	<b>351</b>		M-30	31	00:01:21	<b>00:20:33.60</b>	<b>00:21:55.15</b>	+00:04:43 (22.9%)	4:06	14.6 (77.2%)
68	<b>KŁOSOWSKI Marcin</b>	<b>689</b>	GRUPA BANKIETOWA SPECJAL	M-40	11	00:00:04	<b>00:20:36.05</b>	<b>00:20:40.15</b>	+00:04:45 (23.1%)	4:07	14.6 (77.2%)
69	<b>STASZKIEWICZ Jakub</b>	<b>1056</b>	STASHKY TEAM	M-10	5	00:00:10	<b>00:20:36.35</b>	<b>00:20:46.90</b>	+00:04:45 (23.1%)	4:07	14.6 (77.2%)
70	<b>BOINSKI Rafał</b>	<b>887</b>		M-30	32	00:00:13	<b>00:20:38.05</b>	<b>00:20:51.55</b>	+00:04:47 (23.2%)	4:07	14.5 (76.7%)
71	<b>KOŁACKI Jarosław</b>	<b>822</b>		M-30	33	00:00:16	<b>00:20:38.20</b>	<b>00:20:54.55</b>	+00:04:47 (23.2%)	4:07	14.5 (76.7%)
72	<b>KLINOWSKI Radosław</b>	<b>237</b>		M-30	34	00:00:35	<b>00:20:42.85</b>	<b>00:21:18.25</b>	+00:04:52 (23.5%)	4:08	14.5 (76.7%)
73	<b>LORENC Michał</b>	<b>729</b>		M-20	20	00:00:10	<b>00:20:43.50</b>	<b>00:20:53.50</b>	+00:04:53 (23.6%)	4:08	14.5 (76.7%)
74	<b>PIEKARSKI Marek</b>	<b>1402</b>	RESTAURACJA KING FU BYDGOSZCZ	M-40	12	00:00:03	<b>00:20:46.90</b>	<b>00:20:49.95</b>	+00:04:56 (23.8%)	4:09	14.4 (76.2%)
75	<b>SENGER Robert</b>	<b>471</b>	TRIZARZ	M-30	35	00:00:05	<b>00:20:48.55</b>	<b>00:20:54.00</b>	+00:04:58 (23.9%)	4:09	14.4 (76.2%)
76	<b>WANKIEWICZ Łukasz</b>	<b>81</b>	SZURUSIE TEAM	M-20	21	00:00:05	<b>00:20:49.95</b>	<b>00:20:55.65</b>	+00:04:59 (24.0%)	4:10	14.4 (76.2%)
76	<b>PIECHOWIAK Jacek</b>	<b>345</b>		M-40	13	00:00:08	<b>00:20:49.95</b>	<b>00:20:58.15</b>	+00:04:59 (24.0%)	4:10	14.4 (76.2%)
78	<b>HERMELIN Wojciech</b>	<b>154</b>		M-40	14	00:00:04	<b>00:20:53.00</b>	<b>00:20:57.45</b>	+00:05:02 (24.1%)	4:10	14.4 (76.2%)
79	<b>MENDEL Patryk</b>	<b>89</b>	SLKB	M-20	22	00:00:05	<b>00:20:53.90</b>	<b>00:20:59.35</b>	+00:05:03 (24.2%)	4:10	14.4 (76.2%)
80	<b>WARLIKOWSKI Łukasz</b>	<b>961</b>		M-30	36	00:00:07	<b>00:20:55.95</b>	<b>00:21:03.25</b>	+00:05:05 (24.3%)	4:11	14.3 (75.7%)
81	<b>MOMOT Mieczysław</b>	<b>1047</b>		M-40	15	00:00:05	<b>00:20:57.20</b>	<b>00:21:02.35</b>	+00:05:06 (24.4%)	4:11	14.3 (75.7%)
82	<b>DROCIAK Michał</b>	<b>997</b>	OSOWA GÓRA TEAM	M-30	37	00:00:02	<b>00:20:57.45</b>	<b>00:21:00.40</b>	+00:05:06 (24.4%)	4:11	14.3 (75.7%)
83	<b>SKORNIA Eliza</b>	<b>751</b>	SBRT RUNNING TEAM BYDGOSZCZ	K-20	1	00:00:17	<b>00:21:06.05</b>	<b>00:21:23.20</b>	+00:05:15 (24.9%)	4:13	14.2 (75.1%)
84	<b>JAGODZIŃSKA Magdalena</b>	<b>258</b>	BYDGOSKIE OKONIE	K-20	2	00:00:09	<b>00:21:07.15</b>	<b>00:21:16.30</b>	+00:05:16 (25.0%)	4:13	14.2 (75.1%)
85	<b>KRYGIER Tomasz</b>	<b>438</b>		M-30	38	00:00:26	<b>00:21:07.90</b>	<b>00:21:34.65</b>	+00:05:17 (25.0%)	4:13	14.2 (75.1%)
86	<b>JOPPEK Łukasz</b>	<b>259</b>		M-30	39	00:00:07	<b>00:21:08.35</b>	<b>00:21:15.50</b>	+00:05:17 (25.1%)	4:13	14.2 (75.1%)
87	<b>WUJEK Magdalena</b>	<b>575</b>		K-30	2	00:00:09	<b>00:21:08.60</b>	<b>00:21:18.55</b>	+00:05:18 (25.1%)	4:13	14.2 (75.1%)
88	<b>PAPROCKA Małgosia</b>	<b>164</b>		K-50	1	00:00:06	<b>00:21:09.60</b>	<b>00:21:15.80</b>	+00:05:19 (25.1%)	4:13	14.2 (75.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
89	<b>KOWALSKI Krzysztof</b>	<b>354</b>	OCELOTY KRUSZYN KRAJEŃSKI	M-30	40	00:00:11	<b>00:21:10.20</b>	<b>00:21:21.35</b>	+00:05:19 (25.2%)	4:14	14.2 (75.1%)
90	<b>MICHALAK Wojtek</b>	<b>893</b>		M-50	3	00:00:34	<b>00:21:15.80</b>	<b>00:21:50.40</b>	+00:05:25 (25.5%)	4:15	14.1 (74.6%)
91	<b>MEYER Marek</b>	<b>1036</b>		M-50	4	00:00:13	<b>00:21:18.15</b>	<b>00:21:31.75</b>	+00:05:27 (25.6%)	4:15	14.1 (74.6%)
92	<b>RENC Patryk</b>	<b>49</b>	SERCE TYBETU	M-30	41	00:00:09	<b>00:21:20.45</b>	<b>00:21:30.00</b>	+00:05:29 (25.8%)	4:16	14.1 (74.6%)
93	<b>WYSOCKI Patryk</b>	<b>1224</b>		M-20	23	00:00:23	<b>00:21:24.85</b>	<b>00:21:48.70</b>	+00:05:34 (26.0%)	4:17	14 (74.1%)
94	<b>SZYSZKA Radosław</b>	<b>79</b>		M-30	42	00:00:04	<b>00:21:25.50</b>	<b>00:21:30.35</b>	+00:05:35 (26.1%)	4:17	14 (74.1%)
95	<b>BANACH Marcin</b>	<b>207</b>	3GRAVITY	M-30	43	00:00:20	<b>00:21:25.60</b>	<b>00:21:46.15</b>	+00:05:35 (26.1%)	4:17	14 (74.1%)
96	<b>MUSIELAK Michał</b>	<b>191</b>		M-30	44	00:00:15	<b>00:21:31.85</b>	<b>00:21:47.30</b>	+00:05:41 (26.4%)	4:18	13.9 (73.5%)
97	<b>WŁODARCZYK Wojciech</b>	<b>1107</b>	CZARNE STOPY	M-50	5	00:00:15	<b>00:21:33.00</b>	<b>00:21:48.70</b>	+00:05:42 (26.5%)	4:18	13.9 (73.5%)
98	<b>WARCZAK Kuba</b>	<b>324</b>	TEAMOCHAL	M-30	45	00:00:08	<b>00:21:33.20</b>	<b>00:21:41.30</b>	+00:05:42 (26.5%)	4:18	13.9 (73.5%)
99	<b>FRONTCZAK Mikołaj</b>	<b>1319</b>	LOTTO BYDGOSTIA	M-10	6	00:00:06	<b>00:21:33.50</b>	<b>00:21:39.55</b>	+00:05:43 (26.5%)	4:18	13.9 (73.5%)
100	<b>KRAJNIAK Jarosław</b>	<b>82</b>	RMF4RT GLADIATORS	M-20	24	00:00:04	<b>00:21:34.00</b>	<b>00:21:38.95</b>	+00:05:43 (26.5%)	4:18	13.9 (73.5%)
101	<b>DEBNER Wojciech</b>	<b>1337</b>		M-30	46	00:00:15	<b>00:21:35.15</b>	<b>00:21:50.95</b>	+00:05:44 (26.6%)	4:19	13.9 (73.5%)
102	<b>LATOS Paweł</b>	<b>633</b>		M-30	47	00:00:15	<b>00:21:35.20</b>	<b>00:21:50.25</b>	+00:05:44 (26.6%)	4:19	13.9 (73.5%)
103	<b>PRZYBYLSKI Remigiusz</b>	<b>1445</b>	RUN BYDGOSZCZ	M-40	16	00:00:05	<b>00:21:37.50</b>	<b>00:21:42.90</b>	+00:05:47 (26.7%)	4:19	13.9 (73.5%)
104	<b>ŁYSZCZARZ Błażej</b>	<b>794</b>		M-40	17	00:00:15	<b>00:21:37.65</b>	<b>00:21:53.10</b>	+00:05:47 (26.8%)	4:19	13.9 (73.5%)
105	<b>MUSZYŃSKI Łukasz</b>	<b>1197</b>	AMATOR OSOWA GÓRA	M-30	48	00:00:16	<b>00:21:39.80</b>	<b>00:21:56.25</b>	+00:05:49 (26.9%)	4:20	13.8 (73.0%)
106	<b>JAŹDŹEWSKI Kacper</b>	<b>1371</b>		M-20	25	00:00:12	<b>00:21:41.95</b>	<b>00:21:54.20</b>	+00:05:51 (27.0%)	4:20	13.8 (73.0%)
107	<b>PUCHACZ Marcin</b>	<b>14</b>		M-30	49	00:00:05	<b>00:21:43.90</b>	<b>00:21:49.30</b>	+00:05:53 (27.1%)	4:20	13.8 (73.0%)
108	<b>KASPRZYK Adrianna</b>	<b>1123</b>		K-20	3	00:00:10	<b>00:21:44.50</b>	<b>00:21:55.35</b>	+00:05:54 (27.1%)	4:21	13.8 (73.0%)
109	<b>ŁABENDA Robert</b>	<b>45</b>	SZURUSIE TEAM	M-30	50	00:00:06	<b>00:21:47.65</b>	<b>00:21:53.70</b>	+00:05:57 (27.3%)	4:21	13.8 (73.0%)
110	<b>SKUBISZAK Mateusz</b>	<b>1229</b>		M-10	7	00:00:08	<b>00:21:48.00</b>	<b>00:21:56.95</b>	+00:05:57 (27.3%)	4:21	13.8 (73.0%)
111	<b>MACIŃSKI Waldemar</b>	<b>33</b>		M-30	51	00:00:24	<b>00:21:49.75</b>	<b>00:22:14.20</b>	+00:05:59 (27.4%)	4:22	13.7 (72.5%)
112	<b>SOŁTYSIUK Bartosz</b>	<b>1161</b>		M-30	52	00:00:28	<b>00:21:51.10</b>	<b>00:22:19.85</b>	+00:06:00 (27.5%)	4:22	13.7 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
113	<b>BRAŹKIEWICZ Rafał</b>	<b>151</b>		M-40	18	00:00:24	<b>00:21:51.70</b>	<b>00:22:15.80</b>	+00:06:01 (27.5%)	4:22	13.7 (72.5%)
114	<b>BATKA Patryk</b>	<b>1142</b>		M-20	26	00:00:43	<b>00:21:52.65</b>	<b>00:22:35.75</b>	+00:06:02 (27.6%)	4:22	13.7 (72.5%)
115	<b>SKARWECKI Remigiusz</b>	<b>53</b>	ŁABISZYN RUNNERS	M-30	53	00:00:28	<b>00:21:52.95</b>	<b>00:22:21.60</b>	+00:06:02 (27.6%)	4:22	13.7 (72.5%)
116	<b>RATAJ Zuzanna</b>	<b>110</b>	KS POLONIA BYDGOSZCZ SEKCJA LA	K-30	3	00:00:05	<b>00:21:53.95</b>	<b>00:21:59.35</b>	+00:06:03 (27.7%)	4:22	13.7 (72.5%)
117	<b>MENDEL Mgdalena</b>	<b>91</b>	TRIZARZA	K-20	4	00:00:05	<b>00:21:54.10</b>	<b>00:21:59.95</b>	+00:06:03 (27.7%)	4:22	13.7 (72.5%)
118	<b>CIEMNY Tomasz</b>	<b>319</b>		M-40	19	00:00:07	<b>00:21:54.35</b>	<b>00:22:01.95</b>	+00:06:03 (27.7%)	4:22	13.7 (72.5%)
119	<b>WNUCZYŃSKI Jakub</b>	<b>389</b>	GWIAZDA BYDGOSZCZ	M-10	8	00:00:17	<b>00:21:58.25</b>	<b>00:22:15.30</b>	+00:06:07 (27.9%)	4:23	13.7 (72.5%)
120	<b>WNUCZYŃSKI Andrzej</b>	<b>385</b>	ORANGE POLSKA	M-40	20	00:00:16	<b>00:21:59.45</b>	<b>00:22:16.35</b>	+00:06:08 (28.0%)	4:24	13.6 (72.0%)
121	<b>MUCHA Marcin</b>	<b>2</b>		M-40	21	00:00:29	<b>00:22:00.25</b>	<b>00:22:29.50</b>	+00:06:09 (28.0%)	4:24	13.6 (72.0%)
122	<b>GĘDEK Krzysztof</b>	<b>1204</b>		M-30	54	00:00:10	<b>00:22:01.50</b>	<b>00:22:11.55</b>	+00:06:11 (28.1%)	4:24	13.6 (72.0%)
123	<b>ROSIAK Jarosław</b>	<b>1054</b>	3KR	M-40	22	00:00:15	<b>00:22:02.15</b>	<b>00:22:17.65</b>	+00:06:11 (28.1%)	4:24	13.6 (72.0%)
124	<b>PUZIAK Rafał</b>	<b>1250</b>		M-30	55	00:00:09	<b>00:22:02.20</b>	<b>00:22:11.65</b>	+00:06:11 (28.1%)	4:24	13.6 (72.0%)
125	<b>WŁOCH Sylwester</b>	<b>240</b>		M-50	6	00:00:07	<b>00:22:02.75</b>	<b>00:22:10.05</b>	+00:06:12 (28.1%)	4:24	13.6 (72.0%)
125	<b>PAPROCKI Rafał</b>	<b>1201</b>	SLK PB	M-30	56	00:00:10	<b>00:22:02.75</b>	<b>00:22:13.30</b>	+00:06:12 (28.1%)	4:24	13.6 (72.0%)
127	<b>KUTOWSKI Przemysław</b>	<b>824</b>	NIKI LAUDA	M-40	23	00:00:11	<b>00:22:03.30</b>	<b>00:22:14.80</b>	+00:06:12 (28.2%)	4:24	13.6 (72.0%)
128	<b>ZBORAŁA Dawid</b>	<b>991</b>		M-20	27	00:00:10	<b>00:22:04.10</b>	<b>00:22:14.95</b>	+00:06:13 (28.2%)	4:24	13.6 (72.0%)
129	<b>JURKOWSKI Paweł</b>	<b>1474</b>	PJKANCELARIA.PL	M-30	57	00:00:28	<b>00:22:04.40</b>	<b>00:22:32.55</b>	+00:06:13 (28.2%)	4:24	13.6 (72.0%)
130	<b>SKONIECZNY Marcin</b>	<b>166</b>	PUSZCZALSCY-BIEGACZE-NESSI KOLOROWA DRUŻYNA -FORDON RUNNERS	M-40	24	00:00:18	<b>00:22:05.25</b>	<b>00:22:23.65</b>	+00:06:14 (28.3%)	4:25	13.6 (72.0%)
131	<b>SKRZYNIARZ Hubert</b>	<b>912</b>	#CIAĞŁA_WALKA_Z_BMI	M-30	58	00:00:02	<b>00:22:05.50</b>	<b>00:22:08.10</b>	+00:06:15 (28.3%)	4:25	13.6 (72.0%)
132	<b>BIEL Marek</b>	<b>939</b>	1% DLA DARII BIEL	M-40	25	00:00:08	<b>00:22:05.70</b>	<b>00:22:14.50</b>	+00:06:15 (28.3%)	4:25	13.6 (72.0%)
133	<b>SZYMCZAK Maciej</b>	<b>572</b>		M-40	26	00:00:06	<b>00:22:05.85</b>	<b>00:22:12.55</b>	+00:06:15 (28.3%)	4:25	13.6 (72.0%)
134	<b>GWIAZDOWSKI Krzysztof</b>	<b>75</b>		M-40	27	00:00:10	<b>00:22:07.80</b>	<b>00:22:18.35</b>	+00:06:17 (28.4%)	4:25	13.6 (72.0%)
135	<b>SZEWCZYKOWSKI Grzegorz</b>	<b>1174</b>	BYDGOSKIE ŻÓŁWIE	M-30	59	00:00:04	<b>00:22:08.30</b>	<b>00:22:12.75</b>	+00:06:17 (28.4%)	4:25	13.6 (72.0%)
136	<b>SZARLEJ Marcin</b>	<b>215</b>	PKO BANK POLSKI SA	M-30	60	00:00:07	<b>00:22:10.45</b>	<b>00:22:18.15</b>	+00:06:19 (28.6%)	4:26	13.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	<b>JAKUBCZAK Michał</b>	<b>1325</b>		M-30	61	00:00:13	<b>00:22:10.75</b>	<b>00:22:23.80</b>	+00:06:20 (28.6%)	4:26	13.5 (71.4%)
138	<b>GRZYWIŃSKI Grzegorz</b>	<b>190</b>	RUN BYDGOSZCZ	M-40	28	00:00:18	<b>00:22:11.10</b>	<b>00:22:29.60</b>	+00:06:20 (28.6%)	4:26	13.5 (71.4%)
139	<b>ORZECZOWSKI Zbigniew</b>	<b>605</b>	ORZECZ BIEGA	M-40	29	00:00:35	<b>00:22:12.50</b>	<b>00:22:48.10</b>	+00:06:22 (28.7%)	4:26	13.5 (71.4%)
140	<b>WOLSKI Tomasz</b>	<b>708</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	28	00:00:07	<b>00:22:12.60</b>	<b>00:22:20.00</b>	+00:06:22 (28.7%)	4:26	13.5 (71.4%)
141	<b>SOBAŃSKI Mariusz</b>	<b>784</b>		M-40	30	00:00:14	<b>00:22:13.15</b>	<b>00:22:28.05</b>	+00:06:22 (28.7%)	4:26	13.5 (71.4%)
142	<b>DYBOWSKI Dominik</b>	<b>1070</b>		M-20	29	00:00:09	<b>00:22:13.50</b>	<b>00:22:22.95</b>	+00:06:23 (28.7%)	4:26	13.5 (71.4%)
143	<b>TORCHALSKI Krzysztof</b>	<b>308</b>	RUN PASJA	M-60+	1	00:00:11	<b>00:22:14.35</b>	<b>00:22:25.70</b>	+00:06:23 (28.8%)	4:26	13.5 (71.4%)
144	<b>BERNACKI Andrzej</b>	<b>759</b>		M-40	31	00:00:05	<b>00:22:14.85</b>	<b>00:22:20.30</b>	+00:06:24 (28.8%)	4:27	13.5 (71.4%)
145	<b>SZULC Patryk</b>	<b>1139</b>		M-20	30	00:00:02	<b>00:22:15.50</b>	<b>00:22:17.75</b>	+00:06:25 (28.8%)	4:27	13.5 (71.4%)
146	<b>KABACIŃSKI Marcin</b>	<b>158</b>		M-20	31	00:00:05	<b>00:22:15.60</b>	<b>00:22:20.80</b>	+00:06:25 (28.8%)	4:27	13.5 (71.4%)
147	<b>BERNATAJTYS Daniel</b>	<b>186</b>	RUN LOTTO-BYDGOSTIA	M-40	32	00:01:36	<b>00:22:15.70</b>	<b>00:23:51.70</b>	+00:06:25 (28.8%)	4:27	13.5 (71.4%)
148	<b>GRUBICH Arkadiusz</b>	<b>715</b>		M-40	33	00:00:06	<b>00:22:19.15</b>	<b>00:22:25.95</b>	+00:06:28 (29.0%)	4:27	13.4 (70.9%)
149	<b>BARTOS Arkadiusz</b>	<b>1006</b>	WTORKOWY TRENING	M-50	7	00:00:12	<b>00:22:19.75</b>	<b>00:22:32.30</b>	+00:06:29 (29.1%)	4:28	13.4 (70.9%)
150	<b>WIDŹGOWSKI Przemysław</b>	<b>44</b>		M-40	34	00:00:29	<b>00:22:19.80</b>	<b>00:22:49.05</b>	+00:06:29 (29.1%)	4:28	13.4 (70.9%)
151	<b>ZIELIŃSKI Krystian</b>	<b>674</b>		M-30	62	00:00:16	<b>00:22:20.55</b>	<b>00:22:37.45</b>	+00:06:30 (29.1%)	4:28	13.4 (70.9%)
152	<b>BARSZCZ Tomasz</b>	<b>261</b>		M-30	63	00:00:06	<b>00:22:22.15</b>	<b>00:22:29.00</b>	+00:06:31 (29.2%)	4:28	13.4 (70.9%)
153	<b>STROKOWSKA Paulina</b>	<b>96</b>		K-20	5	00:00:10	<b>00:22:23.45</b>	<b>00:22:33.75</b>	+00:06:32 (29.2%)	4:28	13.4 (70.9%)
154	<b>NADOLNY Sebastian</b>	<b>1154</b>		M-40	35	00:00:19	<b>00:22:25.55</b>	<b>00:22:44.85</b>	+00:06:35 (29.4%)	4:29	13.4 (70.9%)
155	<b>CICHOWICZ Marcin</b>	<b>404</b>		M-40	36	00:00:08	<b>00:22:27.15</b>	<b>00:22:36.05</b>	+00:06:36 (29.4%)	4:29	13.4 (70.9%)
156	<b>KOLCZYŃSKI Paweł</b>	<b>1471</b>		M-20	32	00:00:14	<b>00:22:28.05</b>	<b>00:22:42.40</b>	+00:06:37 (29.5%)	4:29	13.4 (70.9%)
157	<b>CHMIELARZ Karina</b>	<b>47</b>		K-20	6	00:00:09	<b>00:22:28.20</b>	<b>00:22:37.80</b>	+00:06:37 (29.5%)	4:29	13.4 (70.9%)
158	<b>WŁOCH Mateusz</b>	<b>228</b>		M-10	9	00:00:08	<b>00:22:28.40</b>	<b>00:22:36.60</b>	+00:06:37 (29.5%)	4:29	13.4 (70.9%)
159	<b>MACHNIKOWSKI Rafał</b>	<b>1368</b>		M-40	37	00:00:43	<b>00:22:30.25</b>	<b>00:23:13.95</b>	+00:06:39 (29.6%)	4:30	13.3 (70.4%)
160	<b>STĘPSKI Marek</b>	<b>146</b>		M-40	38	00:00:08	<b>00:22:30.95</b>	<b>00:22:39.90</b>	+00:06:40 (29.6%)	4:30	13.3 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
161	<b>CYL Dawid</b>	<b>340</b>	FORDONRUNNERS / ZIELONY PELIKAN	M-30	64	00:00:15	<b>00:22:31.00</b>	<b>00:22:46.20</b>	+00:06:40 (29.6%)	4:30	13.3 (70.4%)
162	<b>LIPIŃSKI Sebastian</b>	<b>450</b>	ENEA BYDGOSZCZ TRIATHLON	M-40	39	00:00:04	<b>00:22:31.85</b>	<b>00:22:36.70</b>	+00:06:41 (29.7%)	4:30	13.3 (70.4%)
163	<b>DĘBIEC Andrzej</b>	<b>752</b>		M-30	65	00:00:07	<b>00:22:32.25</b>	<b>00:22:39.25</b>	+00:06:41 (29.7%)	4:30	13.3 (70.4%)
164	<b>GRALAK Jacek</b>	<b>705</b>	TERYTORIALSI	M-40	40	00:00:24	<b>00:22:32.60</b>	<b>00:22:57.00</b>	+00:06:42 (29.7%)	4:30	13.3 (70.4%)
165	<b>GODEK Mateusz</b>	<b>1496</b>		M-20	33	00:00:06	<b>00:22:33.95</b>	<b>00:22:40.60</b>	+00:06:43 (29.8%)	4:30	13.3 (70.4%)
166	<b>REPCZYŃSKI Tomasz</b>	<b>1022</b>	TRISPACE/TREK	M-20	34	00:01:04	<b>00:22:34.70</b>	<b>00:23:39.50</b>	+00:06:44 (29.8%)	4:31	13.3 (70.4%)
167	<b>NADRATOWSKI Maciej</b>	<b>1116</b>	KABEL TEAM BYDGOSZCZ	M-40	41	00:00:07	<b>00:22:35.00</b>	<b>00:22:42.95</b>	+00:06:44 (29.9%)	4:31	13.3 (70.4%)
168	<b>SCHULZ Milena</b>	<b>302</b>		K-30	4	00:00:09	<b>00:22:35.45</b>	<b>00:22:44.55</b>	+00:06:44 (29.9%)	4:31	13.3 (70.4%)
168	<b>CIEPŁOWSKI Robert</b>	<b>1135</b>		M-40	42	00:00:13	<b>00:22:35.45</b>	<b>00:22:48.85</b>	+00:06:44 (29.9%)	4:31	13.3 (70.4%)
170	<b>JAKUBCZAK Łukasz</b>	<b>1230</b>		M-30	66	00:00:13	<b>00:22:35.85</b>	<b>00:22:49.05</b>	+00:06:45 (29.9%)	4:31	13.3 (70.4%)
171	<b>ROSÓŁ Jacek</b>	<b>145</b>		M-30	67	00:00:05	<b>00:22:37.90</b>	<b>00:22:43.60</b>	+00:06:47 (30.0%)	4:31	13.3 (70.4%)
172	<b>ZIELIŃSKI Marcin</b>	<b>667</b>		M-40	43	00:00:06	<b>00:22:38.95</b>	<b>00:22:45.80</b>	+00:06:48 (30.1%)	4:31	13.2 (69.8%)
173	<b>PERLINSKI Damian</b>	<b>880</b>	MOŻE I POWOLI ALE ZA TO BYLE JAK	M-30	68	00:00:12	<b>00:22:39.10</b>	<b>00:22:51.30</b>	+00:06:48 (30.1%)	4:31	13.2 (69.8%)
174	<b>CHEŁMINIAK Monika</b>	<b>196</b>		K-30	5	00:00:09	<b>00:22:40.30</b>	<b>00:22:49.85</b>	+00:06:49 (30.1%)	4:32	13.2 (69.8%)
175	<b>HŁAWNIAK Zbigniew</b>	<b>375</b>		M-50	8	00:00:14	<b>00:22:40.70</b>	<b>00:22:55.45</b>	+00:06:50 (30.1%)	4:32	13.2 (69.8%)
176	<b>GACKOWSKI Krzysztof</b>	<b>222</b>	IRON & ONE TEAM	M-40	44	00:00:08	<b>00:22:42.35</b>	<b>00:22:50.40</b>	+00:06:51 (30.2%)	4:32	13.2 (69.8%)
177	<b>ZAKRZEWSKI Krystian</b>	<b>337</b>		M-20	35	00:00:14	<b>00:22:44.50</b>	<b>00:22:59.20</b>	+00:06:54 (30.3%)	4:33	13.2 (69.8%)
178	<b>KITOWSKI Przemysław</b>	<b>51</b>	SZURUSIE TEAM	M-30	69	00:00:06	<b>00:22:45.85</b>	<b>00:22:52.10</b>	+00:06:55 (30.4%)	4:33	13.2 (69.8%)
179	<b>OLENDRZYŃSKI Mateusz</b>	<b>1375</b>		M-20	36	00:00:34	<b>00:22:45.95</b>	<b>00:23:20.75</b>	+00:06:55 (30.4%)	4:33	13.2 (69.8%)
180	<b>RAK Waldemar</b>	<b>1398</b>		M-40	45	00:00:28	<b>00:22:46.45</b>	<b>00:23:14.60</b>	+00:06:55 (30.4%)	4:33	13.2 (69.8%)
181	<b>SKORECKI Aleksander</b>	<b>707</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	37	00:00:07	<b>00:22:47.00</b>	<b>00:22:54.45</b>	+00:06:56 (30.5%)	4:33	13.2 (69.8%)
182	<b>BIAŁY Dawid</b>	<b>730</b>		M-20	38	00:00:41	<b>00:22:47.15</b>	<b>00:23:28.30</b>	+00:06:56 (30.5%)	4:33	13.2 (69.8%)
183	<b>PACEK Mirosław</b>	<b>600</b>		M-50	9	00:00:11	<b>00:22:48.00</b>	<b>00:22:59.15</b>	+00:06:57 (30.5%)	4:33	13.2 (69.8%)
184	<b>RUTKOWSKI Tomasz</b>	<b>318</b>		M-40	46	00:00:11	<b>00:22:50.05</b>	<b>00:23:01.75</b>	+00:06:59 (30.6%)	4:34	13.1 (69.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
185	ŚLEFARSKI Marcin	580		M-30	70	00:00:30	00:22:50.65	00:23:21.15	+00:07:00 (30.7%)	4:34	13.1 (69.3%)
186	KLATECKI Adam	902		M-30	71	00:01:29	00:22:50.95	00:24:20.15	+00:07:00 (30.7%)	4:34	13.1 (69.3%)
187	WIKA Arkadiusz	1469		M-20	39	00:00:45	00:22:51.00	00:23:36.15	+00:07:00 (30.7%)	4:34	13.1 (69.3%)
188	LEWICKI Maciej	680		M-40	47	00:00:39	00:22:51.15	00:23:30.50	+00:07:00 (30.7%)	4:34	13.1 (69.3%)
189	JANCOWSKI Wojciech	262		M-40	48	00:00:09	00:22:51.50	00:23:01.10	+00:07:01 (30.7%)	4:34	13.1 (69.3%)
190	PALIGA Maciej	614		M-30	72	00:00:22	00:22:52.40	00:23:15.35	+00:07:01 (30.7%)	4:34	13.1 (69.3%)
191	ŁOBODA Maciej	195		M-30	73	00:00:22	00:22:53.30	00:23:15.95	+00:07:02 (30.8%)	4:34	13.1 (69.3%)
192	MIKLER Aleksandra	1472	FOREST GANG	K-20	7	00:01:31	00:22:54.95	00:24:26.60	+00:07:04 (30.9%)	4:35	13.1 (69.3%)
193	KLIMEK Paweł	1499		M-20	40	00:00:18	00:22:58.05	00:23:16.45	+00:07:07 (31.0%)	4:35	13.1 (69.3%)
194	LIPSKI Henryk	1346		M-60+	2	00:00:10	00:22:58.45	00:23:09.20	+00:07:07 (31.0%)	4:35	13.1 (69.3%)
194	DOMAN Patrycja	1377		K-10	1	00:00:10	00:22:58.45	00:23:09.30	+00:07:07 (31.0%)	4:35	13.1 (69.3%)
196	KORBEL Oskar	305	KORBELKI	M-20	41	00:00:20	00:22:59.55	00:23:20.10	+00:07:09 (31.1%)	4:36	13 (68.8%)
197	URBAŃSKI Dawid	88		M-30	74	00:00:13	00:22:59.65	00:23:12.65	+00:07:09 (31.1%)	4:35	13.1 (69.3%)
198	NOWOTNIK Mariusz	246		M-30	75	00:00:13	00:22:59.90	00:23:13.05	+00:07:09 (31.1%)	4:36	13 (68.8%)
199	CIEŚLEWICZ Karol	220	OLAFCREW	M-40	49	00:00:27	00:23:00.70	00:23:28.50	+00:07:10 (31.2%)	4:36	13 (68.8%)
200	BEDNAREK Waldemar	1211		M-40	50	00:00:17	00:23:01.00	00:23:18.10	+00:07:10 (31.2%)	4:36	13 (68.8%)
201	DROŻYŃSKI Maciej	338	CB163	M-30	76	00:00:20	00:23:01.10	00:23:22.05	+00:07:10 (31.2%)	4:36	13 (68.8%)
201	TUBAJA Albert	1121	KABEL TEAM BYDGOSZCZ	M-40	51	00:00:00	00:23:01.10	00:23:01.10	+00:07:10 (31.2%)	4:36	13 (68.8%)
203	BAK Lukasz	482		M-30	77	00:00:06	00:23:01.80	00:23:08.15	+00:07:11 (31.2%)	4:36	13 (68.8%)
204	WONS Rafał	865		M-30	78	00:00:16	00:23:03.70	00:23:20.30	+00:07:13 (31.3%)	4:36	13 (68.8%)
205	OSZUŚCIK Bartosz	413		M-20	42	00:00:34	00:23:04.20	00:23:38.30	+00:07:13 (31.3%)	4:36	13 (68.8%)
205	JARCZASZEK Krzysztof	945		M-30	79	00:00:03	00:23:04.20	00:23:08.00	+00:07:13 (31.3%)	4:37	13 (68.8%)
207	BRZEZIŃSKI Łukasz	1432		M-20	43	00:00:25	00:23:04.25	00:23:29.45	+00:07:13 (31.3%)	4:36	13 (68.8%)
208	BUTRYM Piotr	1095	MZK	M-30	80	00:00:55	00:23:06.00	00:24:01.90	+00:07:15 (31.4%)	4:37	13 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
209	LEWANDOWSKI Bartosz	1403		M-10	10	00:00:29	00:23:07.75	00:23:37.35	+00:07:17 (31.5%)	4:37	13 (68.8%)
210	KOWALCZYK Tomasz	720		M-40	52	00:00:30	00:23:08.40	00:23:38.60	+00:07:17 (31.5%)	4:37	13 (68.8%)
211	GŁOWACKI Robert	42		M-40	53	00:00:09	00:23:09.10	00:23:18.90	+00:07:18 (31.6%)	4:37	13 (68.8%)
212	DOBRZYŃSKA Ewa	376		K-30	6	00:00:07	00:23:12.95	00:23:20.90	+00:07:22 (31.8%)	4:38	12.9 (68.3%)
213	PIEKARSKI Paweł	638		M-20	44	00:00:21	00:23:14.10	00:23:35.30	+00:07:23 (31.8%)	4:38	12.9 (68.3%)
214	MUSZYŃSKI Wojtek	1218		M-30	81	00:00:06	00:23:14.30	00:23:20.45	+00:07:23 (31.8%)	4:38	12.9 (68.3%)
215	DOROSZ Grzegorz	734	TKKF WODNIK WIĘCBORK	M-30	82	00:00:35	00:23:15.85	00:23:51.10	+00:07:25 (31.9%)	4:39	12.9 (68.3%)
216	POLIWODZIŃSKI Mateusz	1343	KS WISŁKA BYDGOSZCZ-FORDON	M-10	11	00:00:25	00:23:17.10	00:23:42.45	+00:07:26 (32.0%)	4:39	12.9 (68.3%)
217	WITEK Magdalena	642		K-20	8	00:00:17	00:23:17.55	00:23:35.25	+00:07:27 (32.0%)	4:39	12.9 (68.3%)
218	KAMIŃSKI Łukasz	95	QBOWICZ RODZINNA MAFIA BIEGOWA	M-30	83	00:00:12	00:23:19.10	00:23:31.85	+00:07:28 (32.1%)	4:39	12.9 (68.3%)
218	JANIC Dagmara	875		K-10	2	00:00:40	00:23:19.10	00:23:59.55	+00:07:28 (32.1%)	4:39	12.9 (68.3%)
220	SKUPSZ Jędrzej Kazmierz	977	BYDGOSZCZ FORDON TEAM	M-30	84	00:00:17	00:23:19.40	00:23:36.85	+00:07:28 (32.1%)	4:39	12.9 (68.3%)
221	WAŻYŃSKI Łukasz	1299		M-30	85	00:00:25	00:23:20.15	00:23:45.80	+00:07:29 (32.1%)	4:40	12.9 (68.3%)
222	KRETOWICZ Piotr	113		M-20	45	00:00:16	00:23:20.60	00:23:36.65	+00:07:30 (32.1%)	4:40	12.9 (68.3%)
223	DANIELEWICZ Bartosz	936		M-30	86	00:00:10	00:23:20.95	00:23:31.55	+00:07:30 (32.2%)	4:40	12.8 (67.7%)
224	KUCHCZYŃSKI Jakub	358	BKS BYDGOSZCZ	M-10	12	00:00:47	00:23:21.05	00:24:08.75	+00:07:30 (32.2%)	4:40	12.8 (67.7%)
225	BRZEZIŃSKI Sławomir	1165	CZARNE STOPY.SM	M-40	54	00:00:23	00:23:21.30	00:23:44.90	+00:07:30 (32.2%)	4:40	12.8 (67.7%)
226	PIOTROWSKA Katarzyna	405		K-20	9	00:00:15	00:23:21.75	00:23:37.65	+00:07:31 (32.2%)	4:40	12.8 (67.7%)
227	ZIELIŃSKI Maciej	1191		M-30	87	00:00:08	00:23:22.75	00:23:31.25	+00:07:32 (32.2%)	4:40	12.8 (67.7%)
228	KLAWIKOWSKA Julita	866	TKKF KOLEJARZ BYDGOSZCZ	K-30	7	00:00:08	00:23:23.05	00:23:31.45	+00:07:32 (32.3%)	4:40	12.8 (67.7%)
229	JASINIECKI Wojciech	128	#LUBIEWPUSZCZY	M-40	55	00:00:15	00:23:24.40	00:23:40.00	+00:07:33 (32.3%)	4:41	12.8 (67.7%)
230	MAZURKIEWICZ Piotr	25		M-40	56	00:00:12	00:23:25.25	00:23:37.25	+00:07:34 (32.4%)	4:41	12.8 (67.7%)
231	GRECHUTA Tomasz	1308		M-30	88	00:00:07	00:23:26.35	00:23:33.45	+00:07:35 (32.4%)	4:41	12.8 (67.7%)
232	WENDA Mateusz	906	SZKOŁA JAZDY TOMAS	M-20	46	00:00:44	00:23:29.05	00:24:13.65	+00:07:38 (32.5%)	4:41	12.8 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
233	<b>KIEŁCZYŃSKI Marek</b>	<b>181</b>		M-40	57	00:00:05	<b>00:23:29.20</b>	<b>00:23:34.60</b>	+00:07:38 (32.6%)	4:41	12.8 (67.7%)
234	<b>ANDRZEJEWSKA Sylwia</b>	<b>130</b>		K-30	8	00:00:00	<b>00:23:29.60</b>	<b>00:23:29.60</b>	+00:07:39 (32.6%)	4:41	12.8 (67.7%)
235	<b>JARMUŻ Adam</b>	<b>1018</b>		M-30	89	00:00:30	<b>00:23:30.05</b>	<b>00:24:00.30</b>	+00:07:39 (32.6%)	4:42	12.8 (67.7%)
236	<b>BORAKIEWICZ Agnieszka</b>	<b>68</b>	TEAM RUN GOŁAŃCZ	K-30	9	00:00:14	<b>00:23:31.00</b>	<b>00:23:45.65</b>	+00:07:40 (32.6%)	4:42	12.8 (67.7%)
237	<b>LUZAK Mirosław</b>	<b>727</b>	MWIK BYDGOSZCZ	M-50	10	00:00:14	<b>00:23:31.80</b>	<b>00:23:46.75</b>	+00:07:41 (32.7%)	4:42	12.7 (67.2%)
238	<b>KUCHCZYŃSKI Adam</b>	<b>352</b>	BÓL TO ŚCIEMA	M-50	11	00:00:48	<b>00:23:32.95</b>	<b>00:24:21.10</b>	+00:07:42 (32.7%)	4:42	12.7 (67.2%)
239	<b>RÓŻAŃSKI Kamil</b>	<b>608</b>	3GRAVITY	M-30	90	00:00:31	<b>00:23:33.40</b>	<b>00:24:05.20</b>	+00:07:42 (32.8%)	4:42	12.7 (67.2%)
239	<b>RAUNEST Adam</b>	<b>835</b>		M-50	12	00:00:21	<b>00:23:33.40</b>	<b>00:23:54.80</b>	+00:07:42 (32.8%)	4:42	12.7 (67.2%)
241	<b>KĘDZIERSKI Wojtek</b>	<b>1312</b>		M-40	58	00:00:17	<b>00:23:36.00</b>	<b>00:23:53.55</b>	+00:07:45 (32.9%)	4:43	12.7 (67.2%)
242	<b>WIŚNIEWSKI Karol</b>	<b>1491</b>		M-20	47	00:00:43	<b>00:23:37.20</b>	<b>00:24:20.65</b>	+00:07:46 (32.9%)	4:43	12.7 (67.2%)
243	<b>ZYGADŁO Artur</b>	<b>387</b>		M-20	48	00:00:22	<b>00:23:37.50</b>	<b>00:24:00.10</b>	+00:07:47 (32.9%)	4:43	12.7 (67.2%)
244	<b>ZECH Izabela</b>	<b>1480</b>	FOREST GANG	K-40	1	00:01:33	<b>00:23:37.90</b>	<b>00:25:10.95</b>	+00:07:47 (33.0%)	4:43	12.7 (67.2%)
245	<b>JASIECKI Sebastian</b>	<b>731</b>	ARRK	M-20	49	00:00:10	<b>00:23:38.25</b>	<b>00:23:49.00</b>	+00:07:47 (33.0%)	4:43	12.7 (67.2%)
246	<b>MADEJ Adam</b>	<b>1200</b>		M-20	50	00:00:19	<b>00:23:41.35</b>	<b>00:24:00.45</b>	+00:07:50 (33.1%)	4:44	12.7 (67.2%)
247	<b>RZENTKOWSKI Grzegorz</b>	<b>1233</b>		M-40	59	00:00:32	<b>00:23:41.90</b>	<b>00:24:14.15</b>	+00:07:51 (33.2%)	4:44	12.7 (67.2%)
248	<b>ROSZCZYN Dawid</b>	<b>1415</b>	CB163	M-30	91	00:01:24	<b>00:23:43.00</b>	<b>00:25:07.45</b>	+00:07:52 (33.2%)	4:44	12.6 (66.7%)
249	<b>MATOWSKA - GULCZYŃSKA Monika</b>	<b>241</b>		K-30	10	00:00:22	<b>00:23:43.25</b>	<b>00:24:05.30</b>	+00:07:52 (33.2%)	4:44	12.6 (66.7%)
250	<b>KOLSKI Radek</b>	<b>219</b>	VAUPE TEAM	M-40	60	00:00:07	<b>00:23:44.95</b>	<b>00:23:52.35</b>	+00:07:54 (33.3%)	4:45	12.6 (66.7%)
251	<b>ŻYŁA Magdalena</b>	<b>309</b>		K-30	11	00:00:12	<b>00:23:47.00</b>	<b>00:23:59.35</b>	+00:07:56 (33.4%)	4:45	12.6 (66.7%)
252	<b>BEDNAREK Marta</b>	<b>1187</b>	CZARNE STOPY	K-40	2	00:00:16	<b>00:23:47.25</b>	<b>00:24:03.35</b>	+00:07:56 (33.4%)	4:45	12.6 (66.7%)
253	<b>KAMIŃSKI Marek</b>	<b>660</b>		M-20	51	00:01:06	<b>00:23:48.00</b>	<b>00:24:54.25</b>	+00:07:57 (33.4%)	4:45	12.6 (66.7%)
254	<b>PIERZGALSKI Damian</b>	<b>61</b>		M-10	13	00:00:29	<b>00:23:48.30</b>	<b>00:24:18.05</b>	+00:07:57 (33.5%)	4:45	12.6 (66.7%)
255	<b>GULCZYŃSKI Dawid</b>	<b>236</b>		M-30	92	00:00:22	<b>00:23:50.95</b>	<b>00:24:13.55</b>	+00:08:00 (33.6%)	4:46	12.6 (66.7%)
256	<b>KOSIARSKI Tomasz</b>	<b>837</b>		M-40	61	00:00:32	<b>00:23:51.15</b>	<b>00:24:23.55</b>	+00:08:00 (33.6%)	4:46	12.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
257	<b>SIUDA Sebastian</b>	<b>109</b>		M-40	62	00:00:36	<b>00:23:51.35</b>	<b>00:24:27.85</b>	+00:08:00 (33.6%)	4:46	12.6 (66.7%)
257	<b>MACIEJCZAK Marcin</b>	<b>644</b>	3GRAVITY	M-40	62	00:00:30	<b>00:23:51.35</b>	<b>00:24:21.85</b>	+00:08:00 (33.6%)	4:46	12.6 (66.7%)
259	<b>KIJEWSKI Maciej</b>	<b>594</b>	KABEL TEAM BYDGOSZCZ	M-30	93	00:00:27	<b>00:23:51.50</b>	<b>00:24:19.45</b>	+00:08:01 (33.6%)	4:46	12.6 (66.7%)
260	<b>MROZIK Andrzej</b>	<b>1179</b>		M-40	64	00:01:10	<b>00:23:52.60</b>	<b>00:25:03.15</b>	+00:08:02 (33.7%)	4:46	12.6 (66.7%)
261	<b>RONALDOWSKI Kacper</b>	<b>153</b>		M-20	52	00:00:17	<b>00:23:53.55</b>	<b>00:24:10.70</b>	+00:08:03 (33.7%)	4:46	12.6 (66.7%)
262	<b>STAWCZYK Dariusz</b>	<b>296</b>		M-40	65	00:00:30	<b>00:23:54.50</b>	<b>00:24:24.55</b>	+00:08:04 (33.7%)	4:46	12.6 (66.7%)
263	<b>LUBERDA Łukasz</b>	<b>1270</b>		M-30	94	00:00:24	<b>00:23:54.75</b>	<b>00:24:18.85</b>	+00:08:04 (33.8%)	4:46	12.6 (66.7%)
264	<b>BIELICKI Waldemar</b>	<b>871</b>	TERTORIALSI	M-30	95	00:01:20	<b>00:23:57.90</b>	<b>00:25:18.85</b>	+00:08:07 (33.9%)	4:47	12.5 (66.1%)
265	<b>KRÓL Karol</b>	<b>869</b>	TKKF KOLEJARZ BYDGOSZCZ	M-40	66	00:00:09	<b>00:23:58.20</b>	<b>00:24:07.50</b>	+00:08:07 (33.9%)	4:47	12.5 (66.1%)
266	<b>KLAWIKOWSKI Dawid</b>	<b>867</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	96	00:00:08	<b>00:23:58.50</b>	<b>00:24:07.45</b>	+00:08:08 (33.9%)	4:47	12.5 (66.1%)
267	<b>SKONIECZNA Marlena</b>	<b>167</b>	BIEGACZE-NESSI KOLOROWA DRUŻYNA -FORDON RUNNER	K-40	3	00:00:17	<b>00:23:59.35</b>	<b>00:24:17.10</b>	+00:08:08 (34.0%)	4:48	12.5 (66.1%)
268	<b>ZDEB Bogumił</b>	<b>847</b>		M-50	13	00:01:06	<b>00:24:00.20</b>	<b>00:25:06.55</b>	+00:08:09 (34.0%)	4:48	12.5 (66.1%)
269	<b>ŁUDZIŃSKI Jakub</b>	<b>493</b>	CB163	M-30	97	00:01:15	<b>00:24:00.35</b>	<b>00:25:16.30</b>	+00:08:09 (34.0%)	4:48	12.5 (66.1%)
270	<b>LESZCZYŃSKI Tomasz</b>	<b>688</b>		M-40	67	00:00:31	<b>00:24:00.45</b>	<b>00:24:31.50</b>	+00:08:09 (34.0%)	4:48	12.5 (66.1%)
271	<b>DACH Łukasz</b>	<b>563</b>		M-30	98	00:00:11	<b>00:24:00.95</b>	<b>00:24:12.55</b>	+00:08:10 (34.0%)	4:48	12.5 (66.1%)
272	<b>STOKŁOSA Maciej</b>	<b>479</b>		M-30	99	00:00:09	<b>00:24:01.60</b>	<b>00:24:11.15</b>	+00:08:11 (34.1%)	4:48	12.5 (66.1%)
273	<b>KASPRZYK Miłosz</b>	<b>1124</b>		M-20	53	00:00:18	<b>00:24:02.05</b>	<b>00:24:20.45</b>	+00:08:11 (34.1%)	4:48	12.5 (66.1%)
274	<b>NITZ Miłosz</b>	<b>1212</b>		M-20	54	00:00:06	<b>00:24:03.10</b>	<b>00:24:09.65</b>	+00:08:12 (34.1%)	4:48	12.5 (66.1%)
275	<b>SZMELTER Michał</b>	<b>578</b>		M-40	68	00:00:25	<b>00:24:04.00</b>	<b>00:24:29.95</b>	+00:08:13 (34.2%)	4:48	12.5 (66.1%)
275	<b>ZAJĄKAŁA Wojciech</b>	<b>1048</b>		M-20	55	00:01:11	<b>00:24:04.00</b>	<b>00:25:15.10</b>	+00:08:13 (34.2%)	4:48	12.5 (66.1%)
277	<b>KULIKOWSKI Tomasz</b>	<b>1172</b>		M-20	56	00:00:06	<b>00:24:05.10</b>	<b>00:24:11.90</b>	+00:08:14 (34.2%)	4:49	12.5 (66.1%)
278	<b>KUCHCZYŃSKI Marcin</b>	<b>631</b>	OSP LIPINKI	M-20	57	00:00:09	<b>00:24:06.05</b>	<b>00:24:15.25</b>	+00:08:15 (34.3%)	4:49	12.4 (65.6%)
279	<b>DURAJEWSKI Mateusz</b>	<b>288</b>	SOFTMAKS.PL	M-30	100	00:00:45	<b>00:24:08.95</b>	<b>00:24:54.15</b>	+00:08:18 (34.4%)	4:49	12.4 (65.6%)
280	<b>GDANIEC Grzegorz</b>	<b>1267</b>	B28	M-20	58	00:00:33	<b>00:24:09.60</b>	<b>00:24:43.45</b>	+00:08:19 (34.4%)	4:50	12.4 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
281	<b>GOŁĘBIEWSKI Paweł</b>	<b>445</b>		M-40	69	00:00:45	<b>00:24:09.80</b>	<b>00:24:55.30</b>	+00:08:19 (34.4%)	4:50	12.4 (65.6%)
282	<b>LICA Krzysztof</b>	<b>1280</b>	SISU OWB	M-50	14	00:00:37	<b>00:24:10.40</b>	<b>00:24:47.75</b>	+00:08:19 (34.5%)	4:50	12.4 (65.6%)
283	<b>WOLAN Magdalena</b>	<b>332</b>	AMOREK	K-40	4	00:00:18	<b>00:24:13.20</b>	<b>00:24:31.85</b>	+00:08:22 (34.6%)	4:50	12.4 (65.6%)
284	<b>ŻUCHELKOWSKI Rafał</b>	<b>440</b>	ŻUCHELKI	M-30	101	00:00:09	<b>00:24:13.30</b>	<b>00:24:22.60</b>	+00:08:22 (34.6%)	4:50	12.4 (65.6%)
285	<b>STRÓŻYK Grażyna</b>	<b>791</b>		K-20	10	00:00:08	<b>00:24:13.65</b>	<b>00:24:22.30</b>	+00:08:23 (34.6%)	4:50	12.4 (65.6%)
286	<b>ZABOROWSKA Beata</b>	<b>1117</b>	DIABELSKIE PIORUNY	K-40	5	00:00:18	<b>00:24:14.35</b>	<b>00:24:32.40</b>	+00:08:23 (34.6%)	4:50	12.4 (65.6%)
287	<b>KITOWSKA Agnieszka</b>	<b>1258</b>		K-30	12	00:00:21	<b>00:24:14.85</b>	<b>00:24:36.70</b>	+00:08:24 (34.7%)	4:51	12.4 (65.6%)
288	<b>GRZYWIŃSKI Łukasz</b>	<b>724</b>		M-30	102	00:00:11	<b>00:24:15.80</b>	<b>00:24:27.00</b>	+00:08:25 (34.7%)	4:51	12.4 (65.6%)
289	<b>SZAFRAŃSKI Maciej</b>	<b>223</b>		M-20	59	00:00:39	<b>00:24:16.95</b>	<b>00:24:56.85</b>	+00:08:26 (34.8%)	4:51	12.4 (65.6%)
290	<b>GAJDZIŃSKI Maciej</b>	<b>1314</b>		M-20	60	00:00:20	<b>00:24:17.05</b>	<b>00:24:37.60</b>	+00:08:26 (34.8%)	4:51	12.4 (65.6%)
291	<b>TUROWSKA Patrycja</b>	<b>1126</b>		K-30	13	00:00:40	<b>00:24:17.25</b>	<b>00:24:57.35</b>	+00:08:26 (34.8%)	4:51	12.4 (65.6%)
292	<b>GUŹDZIÓŁ Jarek</b>	<b>11</b>	TBKM WILK SOLEC KUJAWSKI	M-40	70	00:00:36	<b>00:24:18.15</b>	<b>00:24:54.40</b>	+00:08:27 (34.8%)	4:51	12.3 (65.1%)
292	<b>LEWANDOWSKI Michał</b>	<b>790</b>		M-40	70	00:01:13	<b>00:24:18.15</b>	<b>00:25:31.60</b>	+00:08:27 (34.8%)	4:51	12.3 (65.1%)
294	<b>WIECZOREK Izabela</b>	<b>1326</b>		K-30	14	00:00:10	<b>00:24:18.45</b>	<b>00:24:29.10</b>	+00:08:27 (34.8%)	4:51	12.3 (65.1%)
294	<b>SIKORSKI Arkadiusz</b>	<b>717</b>	SP 57 BYDGOSZCZ	M-10	14	00:00:30	<b>00:24:18.45</b>	<b>00:24:48.65</b>	+00:08:27 (34.8%)	4:51	12.3 (65.1%)
296	<b>SURMACZ Marcin</b>	<b>951</b>		M-30	103	00:00:21	<b>00:24:18.60</b>	<b>00:24:40.35</b>	+00:08:28 (34.8%)	4:51	12.3 (65.1%)
297	<b>WIECZOREK Mateusz</b>	<b>1336</b>		M-30	104	00:00:10	<b>00:24:19.40</b>	<b>00:24:29.65</b>	+00:08:28 (34.9%)	4:51	12.3 (65.1%)
298	<b>ŻUCHOWSKI Dariusz</b>	<b>743</b>		M-50	15	00:00:31	<b>00:24:19.45</b>	<b>00:24:51.05</b>	+00:08:28 (34.9%)	4:52	12.3 (65.1%)
299	<b>MARTUNÓW Dominik</b>	<b>1243</b>		M-10	15	00:00:27	<b>00:24:19.85</b>	<b>00:24:46.85</b>	+00:08:29 (34.9%)	4:51	12.3 (65.1%)
300	<b>MIZIKOWSKI Tomasz</b>	<b>1441</b>	SP-65	M-10	16	00:00:19	<b>00:24:20.00</b>	<b>00:24:39.25</b>	+00:08:29 (34.9%)	4:52	12.3 (65.1%)
301	<b>SZUBERT Maciej</b>	<b>1414</b>		M-40	72	00:01:02	<b>00:24:20.30</b>	<b>00:25:23.05</b>	+00:08:29 (34.9%)	4:52	12.3 (65.1%)
302	<b>WAWRZYŃCZAK Grzegorz</b>	<b>265</b>		M-30	105	00:00:17	<b>00:24:20.65</b>	<b>00:24:38.50</b>	+00:08:30 (34.9%)	4:52	12.3 (65.1%)
303	<b>MIZIKOWSKI Wojciech</b>	<b>1440</b>	MIZIK-TEAM	M-40	73	00:00:18	<b>00:24:20.75</b>	<b>00:24:39.45</b>	+00:08:30 (34.9%)	4:52	12.3 (65.1%)
304	<b>WIŚNIEWSKA Aleksandra</b>	<b>293</b>		K-10	3	00:00:11	<b>00:24:21.85</b>	<b>00:24:33.70</b>	+00:08:31 (35.0%)	4:52	12.3 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
305	<b>TARCZYŃSKA Marta</b>	<b>1193</b>	COOKIETEAMRUNNERS	K-30	15	00:01:01	<b>00:24:21.90</b>	<b>00:25:23.55</b>	+00:08:31 (35.0%)	4:52	12.3 (65.1%)
306	<b>BON Oliwier</b>	<b>464</b>	BYDGOSKA SEKCJA WKKK	M-10	17	00:00:03	<b>00:24:21.95</b>	<b>00:24:25.65</b>	+00:08:31 (35.0%)	4:52	12.3 (65.1%)
307	<b>ZDUNKIEWICZ Marcin</b>	<b>76</b>		M-30	106	00:00:25	<b>00:24:22.45</b>	<b>00:24:48.00</b>	+00:08:31 (35.0%)	4:52	12.3 (65.1%)
308	<b>WOJCIECHOWSKI Grzegorz</b>	<b>414</b>	ATOS BYDGOSZCZ	M-20	61	00:00:30	<b>00:24:23.45</b>	<b>00:24:54.00</b>	+00:08:32 (35.1%)	4:52	12.3 (65.1%)
309	<b>ARENT Dawid</b>	<b>1141</b>		M-20	62	00:00:16	<b>00:24:24.70</b>	<b>00:24:41.65</b>	+00:08:34 (35.1%)	4:53	12.3 (65.1%)
310	<b>RYBACKA Kamila</b>	<b>1144</b>		K-20	11	00:00:16	<b>00:24:25.15</b>	<b>00:24:41.90</b>	+00:08:34 (35.1%)	4:53	12.3 (65.1%)
311	<b>MALICKA Natasha</b>	<b>842</b>	LOTTO BYDGOSTIA	K-10	4	00:00:11	<b>00:24:25.70</b>	<b>00:24:36.80</b>	+00:08:35 (35.2%)	4:53	12.3 (65.1%)
312	<b>KRZESZEWSKA Agnieszka</b>	<b>1155</b>		K-40	6	00:00:14	<b>00:24:26.65</b>	<b>00:24:41.55</b>	+00:08:36 (35.2%)	4:53	12.3 (65.1%)
312	<b>WOLNY Ryszard</b>	<b>1175</b>		M-40	74	00:00:38	<b>00:24:26.65</b>	<b>00:25:05.10</b>	+00:08:36 (35.2%)	4:53	12.3 (65.1%)
314	<b>LEWANDOWSKI Arkadiusz</b>	<b>926</b>		M-30	107	00:00:23	<b>00:24:26.85</b>	<b>00:24:50.15</b>	+00:08:36 (35.2%)	4:53	12.3 (65.1%)
315	<b>MUSS Karolina</b>	<b>306</b>		K-40	7	00:00:20	<b>00:24:28.40</b>	<b>00:24:48.60</b>	+00:08:37 (35.3%)	4:53	12.3 (65.1%)
316	<b>GAWRYCH Adam</b>	<b>430</b>		M-20	63	00:00:23	<b>00:24:29.25</b>	<b>00:24:53.20</b>	+00:08:38 (35.3%)	4:54	12.2 (64.6%)
317	<b>WOJCIECHOWSKA Martyna</b>	<b>873</b>	LOTTO BYDGOSTIA	K-10	5	00:00:22	<b>00:24:29.45</b>	<b>00:24:52.05</b>	+00:08:38 (35.3%)	4:54	12.2 (64.6%)
318	<b>GRZEBYTA Daniel</b>	<b>850</b>		M-40	75	00:00:19	<b>00:24:29.70</b>	<b>00:24:48.95</b>	+00:08:39 (35.3%)	4:53	12.3 (65.1%)
319	<b>SZCZUKOWSKA Nicol</b>	<b>928</b>		K-10	6	00:00:24	<b>00:24:31.55</b>	<b>00:24:56.05</b>	+00:08:41 (35.4%)	4:54	12.2 (64.6%)
320	<b>NAGORZYSKI Arkadiusz</b>	<b>1205</b>		M-30	108	00:00:08	<b>00:24:32.35</b>	<b>00:24:41.05</b>	+00:08:41 (35.4%)	4:54	12.2 (64.6%)
321	<b>NAGORZYSKA Sylwia</b>	<b>1206</b>		K-30	16	00:00:08	<b>00:24:32.50</b>	<b>00:24:40.70</b>	+00:08:42 (35.4%)	4:54	12.2 (64.6%)
322	<b>ZUPA Wojciech</b>	<b>1394</b>	SISU-OWB TEAM	M-50	16	00:00:37	<b>00:24:32.85</b>	<b>00:25:10.00</b>	+00:08:42 (35.5%)	4:54	12.2 (64.6%)
323	<b>GANDZIAROWSKA Anna</b>	<b>156</b>		K-20	12	00:00:14	<b>00:24:34.00</b>	<b>00:24:48.10</b>	+00:08:43 (35.5%)	4:54	12.2 (64.6%)
324	<b>RASZEWSKI Sebastian</b>	<b>942</b>		M-30	109	00:00:22	<b>00:24:35.90</b>	<b>00:24:58.80</b>	+00:08:45 (35.6%)	4:55	12.2 (64.6%)
325	<b>UMIŃSKI Robert</b>	<b>20</b>		M-30	110	00:00:14	<b>00:24:36.45</b>	<b>00:24:50.75</b>	+00:08:45 (35.6%)	4:55	12.2 (64.6%)
326	<b>KIEDROWSKI Cezary</b>	<b>457</b>		M-10	18	00:00:25	<b>00:24:37.20</b>	<b>00:25:02.95</b>	+00:08:46 (35.7%)	4:55	12.2 (64.6%)
327	<b>PSZCZOLIŃSKI Adam</b>	<b>904</b>	ŚWISZCZĄCE SZPRYCHY	M-40	76	00:01:30	<b>00:24:37.75</b>	<b>00:26:08.40</b>	+00:08:47 (35.7%)	4:55	12.2 (64.6%)
328	<b>STEJUK Jan</b>	<b>1011</b>	AMS TRIATHLON	M-10	19	00:00:16	<b>00:24:38.10</b>	<b>00:24:54.10</b>	+00:08:47 (35.7%)	4:55	12.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
329	<b>BĄBOLEWSKI Łukasz</b>	<b>106</b>	WIĘCEJSPRZĘTUNIŻTALENTU	M-30	111	00:00:25	<b>00:24:38.75</b>	<b>00:25:04.20</b>	+00:08:48 (35.7%)	4:55	12.2 (64.6%)
330	<b>WILCZYŃSKI Jacek</b>	<b>766</b>		M-40	77	00:00:13	<b>00:24:38.95</b>	<b>00:24:52.90</b>	+00:08:48 (35.7%)	4:55	12.2 (64.6%)
331	<b>POLIWODZIŃSKI Michał</b>	<b>1342</b>	KS WISŁKA BYDGOSZCZ-FORDON	M-40	78	00:00:26	<b>00:24:39.65</b>	<b>00:25:05.85</b>	+00:08:49 (35.8%)	4:55	12.2 (64.6%)
332	<b>HAJNCE Michalina</b>	<b>429</b>		K-20	13	00:00:14	<b>00:24:40.60</b>	<b>00:24:55.05</b>	+00:08:50 (35.8%)	4:56	12.2 (64.6%)
333	<b>STASIEWSKI Mariusz</b>	<b>433</b>	TRISPACE / TRECK	M-40	79	00:00:33	<b>00:24:41.00</b>	<b>00:25:14.15</b>	+00:08:50 (35.8%)	4:56	12.2 (64.6%)
334	<b>BURCHARDT Remigiusz</b>	<b>612</b>	NIEZNISZCZALNI	M-30	112	00:00:55	<b>00:24:41.90</b>	<b>00:25:37.20</b>	+00:08:51 (35.9%)	4:56	12.1 (64.0%)
335	<b>SZYMCZAK Sandra</b>	<b>611</b>	NIEZNISZCZALNI	K-20	14	00:00:54	<b>00:24:42.40</b>	<b>00:25:37.20</b>	+00:08:51 (35.9%)	4:56	12.1 (64.0%)
336	<b>SIKORSKI Norbert</b>	<b>716</b>		M-40	80	00:00:29	<b>00:24:42.45</b>	<b>00:25:11.90</b>	+00:08:51 (35.9%)	4:56	12.1 (64.0%)
337	<b>ZABORNIAK Zbigniew</b>	<b>927</b>		M-30	113	00:01:09	<b>00:24:43.30</b>	<b>00:25:52.35</b>	+00:08:52 (35.9%)	4:56	12.1 (64.0%)
338	<b>KONDEK Jakub</b>	<b>10</b>		M-40	81	00:00:22	<b>00:24:44.25</b>	<b>00:25:06.65</b>	+00:08:53 (36.0%)	4:56	12.1 (64.0%)
339	<b>WAJER Marita</b>	<b>171</b>		K-20	15	00:00:18	<b>00:24:44.70</b>	<b>00:25:03.40</b>	+00:08:54 (36.0%)	4:57	12.1 (64.0%)
340	<b>ŁOBOCKI Krzysztof</b>	<b>428</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	114	00:00:31	<b>00:24:45.85</b>	<b>00:25:17.35</b>	+00:08:55 (36.0%)	4:57	12.1 (64.0%)
341	<b>HORYD Justyna</b>	<b>60</b>		K-40	8	00:00:11	<b>00:24:46.00</b>	<b>00:24:57.35</b>	+00:08:55 (36.0%)	4:57	12.1 (64.0%)
342	<b>POPIELARZ Robert</b>	<b>13</b>	WKURW_TEAM	M-50	17	00:00:09	<b>00:24:46.10</b>	<b>00:24:55.70</b>	+00:08:55 (36.0%)	4:57	12.1 (64.0%)
343	<b>AUGUSTYNIAK Adrian</b>	<b>1023</b>		M-20	64	00:00:28	<b>00:24:46.55</b>	<b>00:25:15.50</b>	+00:08:56 (36.1%)	4:57	12.1 (64.0%)
344	<b>KOPACZ Arkadiusz</b>	<b>962</b>		M-20	65	00:00:41	<b>00:24:47.15</b>	<b>00:25:28.40</b>	+00:08:56 (36.1%)	4:57	12.1 (64.0%)
345	<b>MAZIARCZYK Kasia</b>	<b>1021</b>		K-20	16	00:00:27	<b>00:24:47.50</b>	<b>00:25:15.20</b>	+00:08:57 (36.1%)	4:57	12.1 (64.0%)
346	<b>DAMBECKI Piotr</b>	<b>1084</b>		M-40	82	00:00:13	<b>00:24:48.10</b>	<b>00:25:01.95</b>	+00:08:57 (36.1%)	4:57	12.1 (64.0%)
347	<b>DUDEK Dawid</b>	<b>133</b>	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M-30	115	00:00:12	<b>00:24:48.25</b>	<b>00:25:00.40</b>	+00:08:57 (36.1%)	4:57	12.1 (64.0%)
347	<b>SZUBERSKI Michał</b>	<b>1046</b>		M-40	83	00:00:57	<b>00:24:48.25</b>	<b>00:25:45.75</b>	+00:08:57 (36.1%)	4:57	12.1 (64.0%)
349	<b>LEBIECKI Paweł</b>	<b>1393</b>		M-30	116	00:00:41	<b>00:24:48.70</b>	<b>00:25:29.85</b>	+00:08:58 (36.2%)	4:57	12.1 (64.0%)
350	<b>GLINKOWSKI Dariusz</b>	<b>535</b>		M-30	117	00:00:34	<b>00:24:49.15</b>	<b>00:25:23.45</b>	+00:08:58 (36.2%)	4:57	12.1 (64.0%)
351	<b>ANGLART Roman</b>	<b>292</b>	RUN PASJA	M-50	18	00:00:32	<b>00:24:49.40</b>	<b>00:25:21.95</b>	+00:08:58 (36.2%)	4:57	12.1 (64.0%)
352	<b>CHONCHERA Tomasz</b>	<b>416</b>		M-30	118	00:00:32	<b>00:24:49.50</b>	<b>00:25:21.70</b>	+00:08:59 (36.2%)	4:57	12.1 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
353	<b>DEKOWSKA Anna</b>	<b>584</b>		K-30	17	00:00:13	<b>00:24:49.55</b>	<b>00:25:02.80</b>	+00:08:59 (36.2%)	4:57	12.1 (64.0%)
354	<b>ZBORAŁA Mateusz</b>	<b>388</b>	SZKOŁA JAZDY TOMAS	M-20	66	00:00:11	<b>00:24:50.30</b>	<b>00:25:01.65</b>	+00:08:59 (36.2%)	4:58	12.1 (64.0%)
355	<b>ZIMOSZ Wiktoria</b>	<b>1427</b>		K-20	17	00:00:33	<b>00:24:50.40</b>	<b>00:25:24.20</b>	+00:08:59 (36.2%)	4:58	12.1 (64.0%)
356	<b>KUJAWA Piotr</b>	<b>1310</b>		M-10	20	00:01:27	<b>00:24:50.55</b>	<b>00:26:18.45</b>	+00:09:00 (36.2%)	4:58	12.1 (64.0%)
357	<b>KUJAWA Piotr</b>	<b>1305</b>		M-40	84	00:01:27	<b>00:24:51.05</b>	<b>00:26:18.45</b>	+00:09:00 (36.3%)	4:58	12.1 (64.0%)
358	<b>ZNANIECKI Wojciech</b>	<b>300</b>	BYDGOSZCZ NA START	M-30	119	00:00:28	<b>00:24:51.45</b>	<b>00:25:20.20</b>	+00:09:00 (36.3%)	4:58	12.1 (64.0%)
359	<b>RATAJ Krzysztof</b>	<b>119</b>	KS POLONIA BYDGOSZCZ SEKCJA LA	M-30	120	00:00:15	<b>00:24:51.95</b>	<b>00:25:07.00</b>	+00:09:01 (36.3%)	4:58	12.1 (64.0%)
360	<b>BIAŁOUS Krzysztof</b>	<b>1024</b>	NIEZRZESZONY	M-50	19	00:00:18	<b>00:24:52.00</b>	<b>00:25:10.95</b>	+00:09:01 (36.3%)	4:58	12.1 (64.0%)
361	<b>KUNDE Tomasz</b>	<b>1465</b>		M-20	67	00:00:11	<b>00:24:52.35</b>	<b>00:25:04.20</b>	+00:09:01 (36.3%)	4:58	12.1 (64.0%)
362	<b>ŁUKASZEK Marek</b>	<b>73</b>	WATAHA BYDGOSZCZ	M-30	121	00:01:46	<b>00:24:52.70</b>	<b>00:26:38.75</b>	+00:09:02 (36.3%)	4:58	12.1 (64.0%)
362	<b>ZGÓRECKI Marcel</b>	<b>1035</b>		M-10	21	00:00:21	<b>00:24:52.70</b>	<b>00:25:14.35</b>	+00:09:02 (36.3%)	4:58	12.1 (64.0%)
364	<b>ŚWIETLIK Michalina</b>	<b>326</b>		K-30	18	00:00:21	<b>00:24:52.95</b>	<b>00:25:14.15</b>	+00:09:02 (36.3%)	4:58	12.1 (64.0%)
365	<b>STĘŻEWSKA Emilia</b>	<b>1322</b>		K-20	18	00:00:25	<b>00:24:53.70</b>	<b>00:25:19.25</b>	+00:09:03 (36.4%)	4:58	12 (63.5%)
366	<b>LEWANDOWSKI Adam</b>	<b>378</b>	COOKIETEAMRUNNERS	M-50	20	00:01:08	<b>00:24:53.75</b>	<b>00:26:01.95</b>	+00:09:03 (36.4%)	4:58	12.1 (64.0%)
367	<b>ŁUKASZEWICZ Dawid</b>	<b>1220</b>		M-30	122	00:01:17	<b>00:24:53.95</b>	<b>00:26:11.35</b>	+00:09:03 (36.4%)	4:58	12 (63.5%)
368	<b>WIELGOSZ Krzysztof</b>	<b>1321</b>		M-20	68	00:00:25	<b>00:24:54.40</b>	<b>00:25:19.85</b>	+00:09:03 (36.4%)	4:58	12 (63.5%)
369	<b>TWARDOWSKI Bartosz</b>	<b>665</b>		M-30	123	00:00:33	<b>00:24:54.55</b>	<b>00:25:28.35</b>	+00:09:04 (36.4%)	4:59	12 (63.5%)
370	<b>BAKOWSKI Dawid</b>	<b>833</b>		M-30	124	00:00:20	<b>00:24:56.05</b>	<b>00:25:16.15</b>	+00:09:05 (36.5%)	4:59	12 (63.5%)
371	<b>MAŁKIŃSKA-BIĘGA Dorota</b>	<b>834</b>		K-30	19	00:00:19	<b>00:24:56.20</b>	<b>00:25:15.70</b>	+00:09:05 (36.5%)	4:59	12 (63.5%)
372	<b>AFELT Jarosław</b>	<b>839</b>		M-30	125	00:01:07	<b>00:24:57.60</b>	<b>00:26:05.35</b>	+00:09:07 (36.5%)	4:59	12 (63.5%)
373	<b>GNIOT Henryk</b>	<b>954</b>		M-40	85	00:00:26	<b>00:24:58.35</b>	<b>00:25:25.00</b>	+00:09:07 (36.6%)	4:59	12 (63.5%)
374	<b>STEJUK Antoni</b>	<b>1012</b>	AMS TRIATHLON	M-10	22	00:00:16	<b>00:24:58.65</b>	<b>00:25:14.75</b>	+00:09:08 (36.6%)	4:59	12 (63.5%)
375	<b>MAJCHRZAK Michał</b>	<b>1369</b>		M-30	126	00:00:07	<b>00:24:58.75</b>	<b>00:25:06.15</b>	+00:09:08 (36.6%)	4:59	12 (63.5%)
376	<b>SOBCZYŃSKI Michał</b>	<b>851</b>		M-30	127	00:00:38	<b>00:24:59.00</b>	<b>00:25:37.70</b>	+00:09:08 (36.6%)	4:59	12 (63.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
377	<b>KRUCZKOWSKI Adam</b>	<b>1362</b>		M-40	86	00:00:07	<b>00:24:59.15</b>	<b>00:25:06.40</b>	+00:09:08 (36.6%)	4:59	12 (63.5%)
378	<b>GROBELNA Angelika</b>	<b>152</b>	BYDGOSZCZ NA START	K-40	9	00:01:07	<b>00:24:59.30</b>	<b>00:26:07.25</b>	+00:09:08 (36.6%)	5:00	12 (63.5%)
378	<b>CHOJNACKI Arkadiusz</b>	<b>1137</b>	NIGHT RUNNERS	M-20	69	00:00:43	<b>00:24:59.30</b>	<b>00:25:42.40</b>	+00:09:08 (36.6%)	4:59	12 (63.5%)
380	<b>GOŚCIŃSKI Cezary</b>	<b>1160</b>	FIZJOGO	M-20	70	00:01:07	<b>00:24:59.85</b>	<b>00:26:07.30</b>	+00:09:09 (36.6%)	5:00	12 (63.5%)
381	<b>ORZAŁKIEWICZ Agata</b>	<b>380</b>	ZIELONY PELIKAN	K-20	19	00:00:32	<b>00:25:00.60</b>	<b>00:25:33.05</b>	+00:09:10 (36.7%)	5:00	12 (63.5%)
382	<b>NALEWALSKA Justyna</b>	<b>3</b>	SERCE TYBETU/ WKURW_TEAM	K-30	20	00:00:21	<b>00:25:01.70</b>	<b>00:25:22.75</b>	+00:09:11 (36.7%)	5:00	12 (63.5%)
383	<b>KONWIŃSKI Daniel</b>	<b>349</b>	SELEKCJA NATURALNA	M-30	128	00:01:40	<b>00:25:01.80</b>	<b>00:26:42.20</b>	+00:09:11 (36.7%)	5:00	12 (63.5%)
384	<b>GRAJEWSKI Tomasz</b>	<b>1418</b>		M-30	129	00:01:45	<b>00:25:03.05</b>	<b>00:26:48.95</b>	+00:09:12 (36.8%)	5:00	12 (63.5%)
385	<b>ULATOWSKA Sylwia</b>	<b>1166</b>		K-30	21	00:00:34	<b>00:25:03.75</b>	<b>00:25:38.30</b>	+00:09:13 (36.8%)	5:00	12 (63.5%)
386	<b>JAŻWIŃSKI Janusz</b>	<b>682</b>		M-20	71	00:00:09	<b>00:25:04.70</b>	<b>00:25:14.00</b>	+00:09:14 (36.8%)	5:01	12 (63.5%)
387	<b>GŁOWIŃSKI Piotr</b>	<b>1037</b>		M-40	87	00:01:41	<b>00:25:06.55</b>	<b>00:26:48.10</b>	+00:09:16 (36.9%)	5:01	11.9 (63.0%)
388	<b>ŚWIETLIK Piotr</b>	<b>260</b>		M-50	21	00:00:36	<b>00:25:07.15</b>	<b>00:25:43.65</b>	+00:09:16 (36.9%)	5:01	11.9 (63.0%)
389	<b>JELEŃ-KOTLAREK Agnieszka</b>	<b>40</b>	VEGE RUNNERS	K-30	22	00:00:20	<b>00:25:08.40</b>	<b>00:25:28.85</b>	+00:09:17 (37.0%)	5:01	11.9 (63.0%)
390	<b>DANIELEK Piotr</b>	<b>27</b>	RUNŻÓŁWIK	M-40	88	00:00:18	<b>00:25:08.75</b>	<b>00:25:27.70</b>	+00:09:18 (37.0%)	5:01	11.9 (63.0%)
390	<b>TADRZAK Michał</b>	<b>779</b>		M-30	130	00:01:11	<b>00:25:08.75</b>	<b>00:26:20.60</b>	+00:09:18 (37.0%)	5:01	11.9 (63.0%)
392	<b>BEBYN Aneta</b>	<b>1004</b>		K-40	10	00:00:40	<b>00:25:09.75</b>	<b>00:25:50.35</b>	+00:09:19 (37.0%)	5:02	11.9 (63.0%)
393	<b>RYDLICHOWSKI Hubert</b>	<b>763</b>		M-20	72	00:00:42	<b>00:25:10.30</b>	<b>00:25:52.85</b>	+00:09:19 (37.1%)	5:02	11.9 (63.0%)
394	<b>KALA Michał</b>	<b>1421</b>		M-30	131	00:00:58	<b>00:25:11.50</b>	<b>00:26:10.35</b>	+00:09:21 (37.1%)	5:02	11.9 (63.0%)
395	<b>BURNICKI Mariusz</b>	<b>1296</b>	BYDGOSKI KLUB MORSÓW	M-50	22	00:00:07	<b>00:25:11.95</b>	<b>00:25:19.50</b>	+00:09:21 (37.1%)	5:02	11.9 (63.0%)
396	<b>SUCHOMSKA Beata</b>	<b>1226</b>		K-40	11	00:00:41	<b>00:25:12.35</b>	<b>00:25:53.45</b>	+00:09:21 (37.2%)	5:02	11.9 (63.0%)
397	<b>WEYNA Piotr</b>	<b>1500</b>		M-30	132	00:01:12	<b>00:25:12.40</b>	<b>00:26:24.40</b>	+00:09:21 (37.2%)	5:02	11.9 (63.0%)
398	<b>KOZIŃSKA Agata</b>	<b>1492</b>	RUN PASJA	K-30	23	00:00:18	<b>00:25:12.45</b>	<b>00:25:30.50</b>	+00:09:21 (37.2%)	5:02	11.9 (63.0%)
399	<b>ANTONCZYK Piotr</b>	<b>629</b>	NFIU POL	M-30	133	00:00:28	<b>00:25:14.20</b>	<b>00:25:42.25</b>	+00:09:23 (37.2%)	5:02	11.9 (63.0%)
400	<b>SAWECKI Adrian</b>	<b>601</b>		M-40	89	00:00:27	<b>00:25:14.75</b>	<b>00:25:42.70</b>	+00:09:24 (37.3%)	5:03	11.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
401	<b>GŁOWACKI Tomek</b>	<b>652</b>		M-40	90	00:00:10	<b>00:25:15.95</b>	<b>00:25:26.35</b>	+00:09:25 (37.3%)	5:03	11.9 (63.0%)
402	<b>BEJFUS Łukasz</b>	<b>944</b>	SKURCZ	M-20	73	00:00:48	<b>00:25:16.45</b>	<b>00:26:04.60</b>	+00:09:25 (37.3%)	5:03	11.9 (63.0%)
403	<b>FRANCIS Khalil</b>	<b>460</b>	ZIELONY PELIKAN	M-30	134	00:01:05	<b>00:25:16.65</b>	<b>00:26:22.45</b>	+00:09:26 (37.3%)	5:03	11.9 (63.0%)
404	<b>BEŁKA-SIEMION Aneta</b>	<b>1073</b>		K-40	12	00:00:22	<b>00:25:17.50</b>	<b>00:25:40.25</b>	+00:09:27 (37.4%)	5:03	11.9 (63.0%)
405	<b>KRAJNIK Wojciech</b>	<b>797</b>	PARKRUN GRUDZIĄDZ	M-30	135	00:01:17	<b>00:25:17.55</b>	<b>00:26:35.00</b>	+00:09:27 (37.4%)	5:03	11.9 (63.0%)
406	<b>POTRZEBOWSKA Agata</b>	<b>607</b>	#B3K I DEAF	K-30	24	00:00:29	<b>00:25:18.25</b>	<b>00:25:47.50</b>	+00:09:27 (37.4%)	5:03	11.9 (63.0%)
407	<b>GŁOWACKI Damian</b>	<b>986</b>	PETARDA TEAM	M-20	74	00:01:26	<b>00:25:18.80</b>	<b>00:26:44.85</b>	+00:09:28 (37.4%)	5:03	11.9 (63.0%)
408	<b>KONARSKA Svetlana</b>	<b>1439</b>		K-40	13	00:00:40	<b>00:25:20.70</b>	<b>00:26:01.25</b>	+00:09:30 (37.5%)	5:04	11.8 (62.4%)
409	<b>BIAŁOWĄS Dariusz</b>	<b>1493</b>		M-40	91	00:01:03	<b>00:25:22.00</b>	<b>00:26:25.20</b>	+00:09:31 (37.5%)	5:04	11.8 (62.4%)
410	<b>CZAJA Jarosław</b>	<b>287</b>		M-40	92	00:00:46	<b>00:25:24.55</b>	<b>00:26:10.95</b>	+00:09:34 (37.7%)	5:04	11.8 (62.4%)
411	<b>MARCHEL Leszek</b>	<b>1041</b>	KMW	M-50	23	00:00:39	<b>00:25:24.70</b>	<b>00:26:04.40</b>	+00:09:34 (37.7%)	5:05	11.8 (62.4%)
412	<b>JAŻWIŃSKA Michalina</b>	<b>225</b>		K-20	20	00:00:16	<b>00:25:26.90</b>	<b>00:25:43.80</b>	+00:09:36 (37.7%)	5:05	11.8 (62.4%)
413	<b>LEWANDOWSKA Anna</b>	<b>937</b>		K-40	14	00:01:30	<b>00:25:28.05</b>	<b>00:26:59.00</b>	+00:09:37 (37.8%)	5:05	11.8 (62.4%)
414	<b>SZUMIŃSKI Jan</b>	<b>1291</b>		M-60+	3	00:00:06	<b>00:25:29.25</b>	<b>00:25:36.10</b>	+00:09:38 (37.8%)	5:06	11.8 (62.4%)
414	<b>JANKOWSKI Łukasz</b>	<b>1347</b>		M-20	75	00:00:53	<b>00:25:29.25</b>	<b>00:26:22.45</b>	+00:09:38 (37.8%)	5:05	11.8 (62.4%)
416	<b>SZYMCZAK Piotr</b>	<b>1380</b>		M-40	93	00:00:26	<b>00:25:30.75</b>	<b>00:25:57.20</b>	+00:09:40 (37.9%)	5:06	11.8 (62.4%)
417	<b>CHLEBOROWICZ Marcin</b>	<b>677</b>	3GRAVITY	M-30	136	00:00:30	<b>00:25:31.40</b>	<b>00:26:01.65</b>	+00:09:40 (37.9%)	5:06	11.8 (62.4%)
418	<b>KARPIŃSKI Łukasz</b>	<b>184</b>		M-40	94	00:00:25	<b>00:25:31.45</b>	<b>00:25:56.90</b>	+00:09:40 (37.9%)	5:06	11.8 (62.4%)
419	<b>ZDROJEWSKI Mirosław</b>	<b>362</b>		M-50	24	00:01:32	<b>00:25:32.00</b>	<b>00:27:04.30</b>	+00:09:41 (38.0%)	5:06	11.7 (61.9%)
420	<b>PACZKOWSKI Mirosław</b>	<b>1399</b>	CB163	M-40	95	00:01:13	<b>00:25:32.35</b>	<b>00:26:45.45</b>	+00:09:41 (38.0%)	5:06	11.7 (61.9%)
421	<b>WOJCIESZAK Dariusz</b>	<b>987</b>		M-50	25	00:00:30	<b>00:25:34.10</b>	<b>00:26:04.60</b>	+00:09:43 (38.0%)	5:06	11.7 (61.9%)
422	<b>KRYSZTOFIŃSKA Aneta</b>	<b>441</b>		K-20	21	00:01:23	<b>00:25:35.10</b>	<b>00:26:58.55</b>	+00:09:44 (38.1%)	5:07	11.7 (61.9%)
423	<b>KARSKI Krzysztof</b>	<b>907</b>		M-10	23	00:00:41	<b>00:25:36.60</b>	<b>00:26:18.45</b>	+00:09:46 (38.1%)	5:07	11.7 (61.9%)
424	<b>WALCZAK Marcin</b>	<b>1061</b>		M-30	137	00:00:42	<b>00:25:37.15</b>	<b>00:26:19.20</b>	+00:09:46 (38.2%)	5:07	11.7 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
425	<b>GRACZYK Przemysław</b>	<b>573</b>		M-30	138	00:00:30	<b>00:25:37.25</b>	<b>00:26:07.45</b>	+00:09:46 (38.2%)	5:07	11.7 (61.9%)
426	<b>PIECZYŃSKA Joanna</b>	<b>1196</b>		K-30	25	00:01:06	<b>00:25:37.45</b>	<b>00:26:43.65</b>	+00:09:46 (38.2%)	5:07	11.7 (61.9%)
427	<b>TRUDNOWSKI Janusz</b>	<b>424</b>	RUN PASJA	M-60+	4	00:00:11	<b>00:25:38.00</b>	<b>00:25:49.65</b>	+00:09:47 (38.2%)	5:07	11.7 (61.9%)
428	<b>BORAKIEWICZ Natalia</b>	<b>659</b>		K-20	22	00:00:39	<b>00:25:38.30</b>	<b>00:26:17.35</b>	+00:09:47 (38.2%)	5:07	11.7 (61.9%)
429	<b>KOLIŃSKA Sylwia</b>	<b>676</b>		K-40	15	00:00:39	<b>00:25:38.50</b>	<b>00:26:17.65</b>	+00:09:48 (38.2%)	5:07	11.7 (61.9%)
430	<b>ZALEWSKA Paulina</b>	<b>761</b>		K-10	7	00:00:23	<b>00:25:38.70</b>	<b>00:26:02.45</b>	+00:09:48 (38.2%)	5:07	11.7 (61.9%)
431	<b>CHODUR Agnieszka</b>	<b>211</b>	BYDGOSZCZ NA START	K-40	16	00:01:11	<b>00:25:40.45</b>	<b>00:26:51.85</b>	+00:09:49 (38.3%)	5:08	11.7 (61.9%)
432	<b>POTRZEBOWSKI Marek</b>	<b>477</b>	#B3K I DEAF	M-30	139	00:00:29	<b>00:25:40.60</b>	<b>00:26:10.50</b>	+00:09:50 (38.3%)	5:08	11.7 (61.9%)
433	<b>PRZYBYŁA Agnieszka</b>	<b>1271</b>		K-30	26	00:01:13	<b>00:25:41.30</b>	<b>00:26:54.60</b>	+00:09:50 (38.3%)	5:08	11.7 (61.9%)
434	<b>KALKA Michalina</b>	<b>990</b>	BIEGAJ Z DĘBAMI	K-10	8	00:00:32	<b>00:25:43.85</b>	<b>00:26:16.55</b>	+00:09:53 (38.4%)	5:08	11.7 (61.9%)
435	<b>WOLAK Piotr</b>	<b>1470</b>		M-30	140	00:00:28	<b>00:25:44.90</b>	<b>00:26:13.75</b>	+00:09:54 (38.5%)	5:09	11.7 (61.9%)
436	<b>BARANOWICZ Bartosz</b>	<b>1001</b>	GLOBART MEBLE	M-40	96	00:00:31	<b>00:25:45.00</b>	<b>00:26:16.65</b>	+00:09:54 (38.5%)	5:09	11.7 (61.9%)
437	<b>PYJOS Rafał</b>	<b>1304</b>	TEAM GARDONIX	M-30	141	00:00:52	<b>00:25:45.25</b>	<b>00:26:37.50</b>	+00:09:54 (38.5%)	5:09	11.7 (61.9%)
438	<b>ŚWIETLIK Grzegorz</b>	<b>323</b>		M-30	142	00:00:21	<b>00:25:45.80</b>	<b>00:26:07.00</b>	+00:09:55 (38.5%)	5:09	11.6 (61.4%)
439	<b>JESKE Marek</b>	<b>1446</b>	RUN BYDGOSZCZ	M-40	97	00:00:38	<b>00:25:46.45</b>	<b>00:26:25.10</b>	+00:09:55 (38.5%)	5:09	11.6 (61.4%)
440	<b>KWASEK Wojciech</b>	<b>898</b>	KABEL TEAM BYDGOSZCZ	M-50	26	00:00:32	<b>00:25:47.05</b>	<b>00:26:19.10</b>	+00:09:56 (38.6%)	5:09	11.6 (61.4%)
441	<b>CZAJKA Beniamin</b>	<b>692</b>	ŁABISZYRUNNERS	M-10	24	00:01:10	<b>00:25:47.15</b>	<b>00:26:57.30</b>	+00:09:56 (38.6%)	5:09	11.6 (61.4%)
442	<b>PAWLEWSKA Joanna</b>	<b>950</b>	SPORTWAY	K-40	17	00:00:23	<b>00:25:47.40</b>	<b>00:26:10.80</b>	+00:09:56 (38.6%)	5:09	11.6 (61.4%)
443	<b>NURKIEWICZ Jarosław</b>	<b>384</b>	KUNG FU PANDY 3	M-40	98	00:00:38	<b>00:25:47.75</b>	<b>00:26:25.85</b>	+00:09:57 (38.6%)	5:09	11.6 (61.4%)
444	<b>KRAJDA Piotr</b>	<b>1495</b>	BBL BYDGOSZCZ	M-40	99	00:00:30	<b>00:25:49.05</b>	<b>00:26:19.10</b>	+00:09:58 (38.6%)	5:09	11.6 (61.4%)
445	<b>DĄBROWSKI Michał</b>	<b>555</b>		M-30	143	00:01:16	<b>00:25:49.30</b>	<b>00:27:05.45</b>	+00:09:58 (38.6%)	5:09	11.6 (61.4%)
446	<b>WOŹNIAK Anna</b>	<b>120</b>		K-40	18	00:00:18	<b>00:25:49.65</b>	<b>00:26:08.15</b>	+00:09:59 (38.7%)	5:10	11.6 (61.4%)
447	<b>NAWROCKI Dariusz</b>	<b>194</b>	VAUPE TEAM	M-50	27	00:01:52	<b>00:25:49.95</b>	<b>00:27:42.00</b>	+00:09:59 (38.7%)	5:10	11.6 (61.4%)
448	<b>ZIELIŃSKI Radosław</b>	<b>198</b>		M-30	144	00:01:27	<b>00:25:50.10</b>	<b>00:27:17.35</b>	+00:09:59 (38.7%)	5:10	11.6 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
449	WOSZCZYK Agnieszka	666		K-20	23	00:00:18	00:25:51.15	00:26:10.00	+00:10:00 (38.7%)	5:10	11.6 (61.4%)
450	WARMBIER Andrzej	1385		M-50	28	00:00:17	00:25:51.80	00:26:09.05	+00:10:01 (38.7%)	5:10	11.6 (61.4%)
451	GNIOT Bożena	953		K-30	27	00:00:26	00:25:52.45	00:26:18.90	+00:10:01 (38.8%)	5:10	11.6 (61.4%)
452	MICHNIEWICZ Marta	1045	SUCHAREM ZASIAŁ	K-30	28	00:00:42	00:25:53.00	00:26:35.40	+00:10:02 (38.8%)	5:10	11.6 (61.4%)
453	BAGNIEWSKA Małgorzata	972		K-20	24	00:00:49	00:25:53.05	00:26:42.30	+00:10:02 (38.8%)	5:10	11.6 (61.4%)
454	BRZOZOWSKI Marek	868		M-50	29	00:00:31	00:25:53.35	00:26:25.20	+00:10:02 (38.8%)	5:10	11.6 (61.4%)
455	GUTKOWSKA Agnieszka	104		K-30	29	00:00:18	00:25:54.70	00:26:12.75	+00:10:04 (38.9%)	5:10	11.6 (61.4%)
456	BYSTREK Jarosław	553		M-40	100	00:01:26	00:25:54.85	00:27:20.90	+00:10:04 (38.9%)	5:10	11.6 (61.4%)
457	ŁABENDA Piotr	970	TERENOWA MASAKRA TEAM	M-40	101	00:00:40	00:25:55.10	00:26:35.75	+00:10:04 (38.9%)	5:11	11.6 (61.4%)
458	KUNDE Adam	1462		M-50	30	00:00:38	00:25:55.30	00:26:33.90	+00:10:04 (38.9%)	5:11	11.6 (61.4%)
459	GORCZYCA Rafał	992		M-40	102	00:01:46	00:25:55.55	00:27:42.05	+00:10:05 (38.9%)	5:11	11.6 (61.4%)
460	PRZYBYLSKI Mariusz	98	BYDGOSZCZ NA STRART	M-50	31	00:01:09	00:25:55.75	00:27:05.60	+00:10:05 (38.9%)	5:11	11.6 (61.4%)
461	RUCIŃSKI Rafał	269	SELEKCJA NATURALNA	M-30	145	00:01:37	00:25:56.35	00:27:33.50	+00:10:05 (38.9%)	5:11	11.6 (61.4%)
462	PALACZ Wioletta	344	POLONIA BYDGOSZCZ SLA	K-40	19	00:00:52	00:25:57.35	00:26:49.65	+00:10:06 (39.0%)	5:11	11.6 (61.4%)
463	SZYPERSKA Martyna	844	LOTTO BYDGOSTIA	K-10	9	00:00:11	00:25:57.70	00:26:09.15	+00:10:07 (39.0%)	5:11	11.6 (61.4%)
464	KODRANC Michał	913	TYPYGRUBE	M-30	146	00:01:05	00:25:57.95	00:27:03.40	+00:10:07 (39.0%)	5:11	11.6 (61.4%)
465	ŻEBRACKI Artur	1307	AUTO GAZ FORDON	M-30	147	00:00:27	00:25:58.50	00:26:26.40	+00:10:08 (39.0%)	5:11	11.5 (60.8%)
466	BADZIĄG Paweł	626	MUMINKI TEAM	M-20	76	00:00:53	00:25:59.90	00:26:53.10	+00:10:09 (39.1%)	5:12	11.5 (60.8%)
467	KALACZYŃSKI Grzegorz	419		M-40	103	00:01:11	00:25:59.95	00:27:11.65	+00:10:09 (39.1%)	5:12	11.5 (60.8%)
468	GUMMER Andrzej	664	3GRAVITY	M-30	148	00:00:29	00:26:00.65	00:26:30.40	+00:10:10 (39.1%)	5:12	11.5 (60.8%)
469	DOMEK Aleksander	1463		M-30	149	00:00:45	00:26:01.80	00:26:46.90	+00:10:11 (39.1%)	5:12	11.5 (60.8%)
470	BRZOZOWSKI Krzysztof	38		M-30	150	00:00:57	00:26:02.55	00:27:00.05	+00:10:12 (39.2%)	5:12	11.5 (60.8%)
471	KRAJEWSKI Tomek	1169	DOSTAWCY PRĄDU AKUMAR	M-30	151	00:01:15	00:26:04.70	00:27:20.55	+00:10:14 (39.3%)	5:13	11.5 (60.8%)
472	MYŚLIŃSKI Kamil	1452		M-10	25	00:00:11	00:26:05.20	00:26:16.95	+00:10:14 (39.3%)	5:13	11.5 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
473	<b>KLIMKOWSKI Mateusz</b>	<b>1467</b>	DECATHLON TRIATHLON TEAM	M-20	77	00:00:31	<b>00:26:05.85</b>	<b>00:26:37.45</b>	+00:10:15 (39.3%)	5:13	11.5 (60.8%)
474	<b>BEBYN Marek</b>	<b>949</b>		M-20	78	00:00:51	<b>00:26:06.55</b>	<b>00:26:57.75</b>	+00:10:16 (39.3%)	5:13	11.5 (60.8%)
475	<b>ŚLEDZIŃSKA Paulina</b>	<b>948</b>		K-20	25	00:00:51	<b>00:26:06.70</b>	<b>00:26:58.05</b>	+00:10:16 (39.3%)	5:13	11.5 (60.8%)
476	<b>ZAMIATOWSKA Kinga</b>	<b>1031</b>	BELLA LINE BDG	K-40	20	00:00:26	<b>00:26:06.75</b>	<b>00:26:33.35</b>	+00:10:16 (39.3%)	5:13	11.5 (60.8%)
477	<b>SZULC Radek</b>	<b>1202</b>		M-30	152	00:00:41	<b>00:26:07.60</b>	<b>00:26:49.05</b>	+00:10:17 (39.4%)	5:13	11.5 (60.8%)
478	<b>PIERZGALSKI Jarek</b>	<b>78</b>		M-40	104	00:00:35	<b>00:26:08.25</b>	<b>00:26:44.15</b>	+00:10:17 (39.4%)	5:13	11.5 (60.8%)
479	<b>FURMAN Paweł</b>	<b>654</b>		M-30	153	00:01:28	<b>00:26:09.00</b>	<b>00:27:37.65</b>	+00:10:18 (39.4%)	5:13	11.5 (60.8%)
480	<b>PYTLIŃSKI Paweł</b>	<b>935</b>	BYDGOSKIE ŻÓŁWIE	M-40	105	00:01:26	<b>00:26:09.45</b>	<b>00:27:36.40</b>	+00:10:18 (39.4%)	5:14	11.5 (60.8%)
481	<b>PAŁCZYŃSKI Piotr</b>	<b>831</b>		M-30	154	00:01:08	<b>00:26:10.05</b>	<b>00:27:18.40</b>	+00:10:19 (39.5%)	5:14	11.5 (60.8%)
482	<b>SIELSKI Kamil</b>	<b>1341</b>	KS WISEŁKA BYDGOSZCZ - FORDON	M-30	155	00:00:28	<b>00:26:11.75</b>	<b>00:26:40.30</b>	+00:10:21 (39.5%)	5:14	11.5 (60.8%)
483	<b>BOULGE Beata</b>	<b>915</b>		K-40	21	00:00:32	<b>00:26:11.90</b>	<b>00:26:44.75</b>	+00:10:21 (39.5%)	5:14	11.5 (60.8%)
483	<b>LUDKOWSKI Filip</b>	<b>931</b>		M-10	26	00:00:10	<b>00:26:11.90</b>	<b>00:26:22.05</b>	+00:10:21 (39.5%)	5:14	11.5 (60.8%)
485	<b>STANISŁAWSKI Zdzisław</b>	<b>917</b>		M-60+	5	00:00:32	<b>00:26:12.40</b>	<b>00:26:44.85</b>	+00:10:21 (39.6%)	5:14	11.5 (60.8%)
486	<b>JĘDRZEJEWSKI Adrian</b>	<b>1269</b>		M-30	156	00:00:33	<b>00:26:12.60</b>	<b>00:26:46.00</b>	+00:10:22 (39.6%)	5:14	11.4 (60.3%)
487	<b>RUTKOWSKI Kamil</b>	<b>1454</b>		M-10	27	00:00:11	<b>00:26:14.90</b>	<b>00:26:26.85</b>	+00:10:24 (39.6%)	5:15	11.4 (60.3%)
488	<b>GÓRSKI Łukasz</b>	<b>526</b>	HARPAGAN TEAM BYDGOSZCZ	M-30	157	00:00:49	<b>00:26:15.35</b>	<b>00:27:04.60</b>	+00:10:24 (39.7%)	5:15	11.4 (60.3%)
489	<b>GOŚCINNY Michał</b>	<b>456</b>		M-30	158	00:00:25	<b>00:26:15.60</b>	<b>00:26:40.60</b>	+00:10:25 (39.7%)	5:15	11.4 (60.3%)
490	<b>KULPA Szymon</b>	<b>502</b>		M-30	159	00:01:22	<b>00:26:17.80</b>	<b>00:27:40.40</b>	+00:10:27 (39.8%)	5:15	11.4 (60.3%)
491	<b>ZMUDZIŃSKI Łukasz</b>	<b>806</b>	BRAK	M-30	160	00:00:45	<b>00:26:18.05</b>	<b>00:27:03.40</b>	+00:10:27 (39.8%)	5:15	11.4 (60.3%)
492	<b>SOŃNICKI Bartosz</b>	<b>1232</b>		M-30	161	00:00:40	<b>00:26:18.10</b>	<b>00:26:58.65</b>	+00:10:27 (39.8%)	5:15	11.4 (60.3%)
493	<b>BARTCZAK Radosław</b>	<b>499</b>	CB163	M-30	162	00:01:23	<b>00:26:18.55</b>	<b>00:27:42.15</b>	+00:10:28 (39.8%)	5:15	11.4 (60.3%)
494	<b>TOMYS Julia</b>	<b>793</b>		K-20	26	00:00:37	<b>00:26:20.50</b>	<b>00:26:57.80</b>	+00:10:30 (39.9%)	5:16	11.4 (60.3%)
495	<b>SKŁADOWSKI Przemysław</b>	<b>792</b>		M-20	79	00:00:37	<b>00:26:20.75</b>	<b>00:26:57.90</b>	+00:10:30 (39.9%)	5:16	11.4 (60.3%)
496	<b>MISIAK Agata</b>	<b>1060</b>	WATAHA BYDGOSZCZ	K-20	27	00:01:42	<b>00:26:21.10</b>	<b>00:28:03.50</b>	+00:10:30 (39.9%)	5:16	11.4 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
497	<b>SZALATY Michał</b>	<b>908</b>	CASTORAMA2	M-20	80	00:00:50	<b>00:26:21.25</b>	<b>00:27:11.45</b>	+00:10:30 (39.9%)	5:16	11.4 (60.3%)
498	<b>KOWALEWSKI Marcin</b>	<b>815</b>	CASTORAMA2	M-40	106	00:00:50	<b>00:26:21.80</b>	<b>00:27:12.70</b>	+00:10:31 (39.9%)	5:16	11.4 (60.3%)
499	<b>GRZELAK Łukasz</b>	<b>229</b>	BYDGOSZCZ NA START	M-40	107	00:01:12	<b>00:26:22.05</b>	<b>00:27:34.35</b>	+00:10:31 (39.9%)	5:16	11.4 (60.3%)
500	<b>PIETRZYKOWSKA Agnieszka</b>	<b>497</b>	ZIELONY PELIKAN	K-20	28	00:00:24	<b>00:26:22.85</b>	<b>00:26:47.60</b>	+00:10:32 (40.0%)	5:16	11.4 (60.3%)
501	<b>WSPÓLNIK Stanisław</b>	<b>1382</b>		M-60+	6	00:00:34	<b>00:26:23.40</b>	<b>00:26:58.25</b>	+00:10:32 (40.0%)	5:16	11.4 (60.3%)
502	<b>KARSKI Hubert</b>	<b>827</b>		M-60+	7	00:00:42	<b>00:26:23.80</b>	<b>00:27:05.85</b>	+00:10:33 (40.0%)	5:16	11.4 (60.3%)
503	<b>RECLAF Joanna</b>	<b>872</b>		K-10	10	00:00:48	<b>00:26:24.15</b>	<b>00:27:12.15</b>	+00:10:33 (40.0%)	5:16	11.4 (60.3%)
504	<b>ZIELIŃSKA Maria</b>	<b>630</b>		K-20	29	00:00:05	<b>00:26:24.25</b>	<b>00:26:29.35</b>	+00:10:33 (40.0%)	5:16	11.4 (60.3%)
505	<b>SIEKIERKA Jarosław</b>	<b>103</b>		M-30	163	00:00:22	<b>00:26:25.40</b>	<b>00:26:48.00</b>	+00:10:34 (40.0%)	5:17	11.3 (59.8%)
506	<b>KORNACKI Artur</b>	<b>523</b>	BEJBUSIE	M-40	108	00:00:09	<b>00:26:26.75</b>	<b>00:26:36.05</b>	+00:10:36 (40.1%)	5:17	11.3 (59.8%)
507	<b>KALEMBA Daria</b>	<b>1043</b>	LAUREOLA FITNESS	K-20	30	00:00:04	<b>00:26:28.05</b>	<b>00:26:32.30</b>	+00:10:37 (40.1%)	5:17	11.3 (59.8%)
508	<b>GĘSICKA Julia</b>	<b>1075</b>		K-10	11	00:00:23	<b>00:26:28.25</b>	<b>00:26:51.50</b>	+00:10:37 (40.2%)	5:17	11.3 (59.8%)
509	<b>PSZCZOLINSKI Maciej</b>	<b>909</b>		M-30	164	00:01:29	<b>00:26:29.30</b>	<b>00:27:58.85</b>	+00:10:38 (40.2%)	5:17	11.3 (59.8%)
510	<b>WIŚNIEWSKA Lucyna</b>	<b>203</b>	TRISPACE/TREK	K-50	2	00:00:30	<b>00:26:30.60</b>	<b>00:27:00.65</b>	+00:10:40 (40.2%)	5:18	11.3 (59.8%)
511	<b>WÓJCIK Piotr</b>	<b>283</b>		M-10	28	00:01:12	<b>00:26:31.05</b>	<b>00:27:43.95</b>	+00:10:40 (40.3%)	5:18	11.3 (59.8%)
512	<b>WIŚNIEWSKI Marek</b>	<b>381</b>		M-50	32	00:00:36	<b>00:26:31.10</b>	<b>00:27:07.45</b>	+00:10:40 (40.3%)	5:18	11.3 (59.8%)
513	<b>MAJEWSKA Monika</b>	<b>29</b>		K-30	30	00:00:12	<b>00:26:31.50</b>	<b>00:26:44.05</b>	+00:10:41 (40.3%)	5:18	11.3 (59.8%)
514	<b>KORZENIEWSKI Jacek</b>	<b>941</b>		M-30	165	00:00:38	<b>00:26:31.75</b>	<b>00:27:10.20</b>	+00:10:41 (40.3%)	5:18	11.3 (59.8%)
515	<b>LEWICKI Artur</b>	<b>750</b>	LEGE ARTIS	M-40	109	00:01:12	<b>00:26:31.85</b>	<b>00:27:44.40</b>	+00:10:41 (40.3%)	5:18	11.3 (59.8%)
516	<b>CIESIELSKI Adrian</b>	<b>596</b>		M-10	29	00:01:16	<b>00:26:33.00</b>	<b>00:27:49.40</b>	+00:10:42 (40.3%)	5:18	11.3 (59.8%)
517	<b>ORLIŃSKA Wiktoria</b>	<b>1072</b>		K-10	12	00:00:23	<b>00:26:33.50</b>	<b>00:26:57.00</b>	+00:10:43 (40.4%)	5:18	11.3 (59.8%)
518	<b>WANKIEWICZ Roksana</b>	<b>1192</b>	SZURUSIE TEAM	K-20	31	00:00:26	<b>00:26:36.20</b>	<b>00:27:02.50</b>	+00:10:45 (40.5%)	5:19	11.3 (59.8%)
519	<b>PACZKOWSKA Joanna</b>	<b>316</b>	TRISPACE TREK	K-30	31	00:00:33	<b>00:26:37.60</b>	<b>00:27:11.25</b>	+00:10:47 (40.5%)	5:19	11.3 (59.8%)
520	<b>KISIEL Krystian</b>	<b>311</b>	#KISIELKI	M-30	166	00:00:22	<b>00:26:37.65</b>	<b>00:27:00.45</b>	+00:10:47 (40.5%)	5:19	11.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
521	<b>ROSZCZYŃIALA Marlena</b>	<b>1244</b>		K-40	22	00:00:26	<b>00:26:38.20</b>	<b>00:27:04.85</b>	+00:10:47 (40.5%)	5:19	11.3 (59.8%)
522	<b>PASZKIET Witold</b>	<b>138</b>		M-60+	8	00:01:19	<b>00:26:38.30</b>	<b>00:27:57.90</b>	+00:10:47 (40.5%)	5:19	11.3 (59.8%)
523	<b>BINDEK Łukasz</b>	<b>1118</b>		M-30	167	00:00:46	<b>00:26:38.65</b>	<b>00:27:24.70</b>	+00:10:48 (40.5%)	5:19	11.3 (59.8%)
524	<b>JAGODZIŃSKI Karol</b>	<b>1313</b>		M-50	33	00:01:18	<b>00:26:39.20</b>	<b>00:27:57.55</b>	+00:10:48 (40.6%)	5:19	11.3 (59.8%)
525	<b>BRYLIŃSKI Jakub</b>	<b>1033</b>		M-30	168	00:01:33	<b>00:26:39.30</b>	<b>00:28:12.70</b>	+00:10:48 (40.6%)	5:19	11.3 (59.8%)
526	<b>CZYNSZ Łukasz</b>	<b>1029</b>		M-30	169	00:01:16	<b>00:26:39.45</b>	<b>00:27:55.75</b>	+00:10:48 (40.6%)	5:19	11.3 (59.8%)
527	<b>MICHNIEWICZ Piotr</b>	<b>1044</b>	SUCHAREM ZASIAŁ	M-30	170	00:01:03	<b>00:26:40.55</b>	<b>00:27:44.05</b>	+00:10:50 (40.6%)	5:20	11.2 (59.3%)
528	<b>KROPIDŁOWSKI Bartek</b>	<b>1098</b>		M-30	171	00:00:10	<b>00:26:40.95</b>	<b>00:26:51.50</b>	+00:10:50 (40.6%)	5:20	11.2 (59.3%)
529	<b>WOJTCZAK Adam</b>	<b>320</b>		M-30	172	00:01:03	<b>00:26:41.60</b>	<b>00:27:44.80</b>	+00:10:51 (40.7%)	5:20	11.2 (59.3%)
530	<b>DOMAŃSKI Marcin</b>	<b>511</b>		M-30	173	00:01:17	<b>00:26:41.90</b>	<b>00:27:59.85</b>	+00:10:51 (40.7%)	5:20	11.2 (59.3%)
531	<b>FABER Dawid</b>	<b>272</b>	TRITATA	M-30	174	00:01:31	<b>00:26:42.55</b>	<b>00:28:14.10</b>	+00:10:52 (40.7%)	5:20	11.2 (59.3%)
532	<b>KARSKI Marcin</b>	<b>896</b>		M-40	110	00:00:41	<b>00:26:43.25</b>	<b>00:27:24.90</b>	+00:10:52 (40.7%)	5:20	11.2 (59.3%)
533	<b>GRALAK Martyna</b>	<b>706</b>	KYOKUSHIN BYDGOSZCZ	K-10	13	00:00:18	<b>00:26:43.40</b>	<b>00:27:01.45</b>	+00:10:52 (40.7%)	5:20	11.2 (59.3%)
534	<b>SKUBISZEWSKI Damian</b>	<b>255</b>	SELEKCJA NATURALNA	M-30	175	00:01:37	<b>00:26:44.35</b>	<b>00:28:21.50</b>	+00:10:53 (40.8%)	5:20	11.2 (59.3%)
535	<b>SZCZĘSNY Arkadiusz</b>	<b>1057</b>	DYNAMO SKARPA	M-40	111	00:00:43	<b>00:26:45.00</b>	<b>00:27:28.80</b>	+00:10:54 (40.8%)	5:21	11.2 (59.3%)
536	<b>CZYŻEWSKA Justyna</b>	<b>467</b>		K-30	32	00:00:38	<b>00:26:45.15</b>	<b>00:27:23.70</b>	+00:10:54 (40.8%)	5:21	11.2 (59.3%)
537	<b>ROŚ Sławek</b>	<b>227</b>	SELEKCJA NATURALNA	M-30	176	00:01:37	<b>00:26:45.40</b>	<b>00:28:22.45</b>	+00:10:54 (40.8%)	5:21	11.2 (59.3%)
538	<b>WALCZAK Marcin</b>	<b>372</b>		M-40	112	00:00:39	<b>00:26:46.20</b>	<b>00:27:25.70</b>	+00:10:55 (40.8%)	5:21	11.2 (59.3%)
539	<b>STERING Kamila</b>	<b>93</b>		K-20	32	00:00:48	<b>00:26:46.35</b>	<b>00:27:35.05</b>	+00:10:55 (40.8%)	5:21	11.2 (59.3%)
540	<b>CIEŚLIK Tomasz</b>	<b>224</b>		M-30	177	00:01:24	<b>00:26:46.50</b>	<b>00:28:10.80</b>	+00:10:56 (40.8%)	5:21	11.2 (59.3%)
541	<b>GANCAREK Patryk</b>	<b>901</b>	NIEMCZ	M-40	113	00:01:20	<b>00:26:47.10</b>	<b>00:28:08.05</b>	+00:10:56 (40.9%)	5:21	11.2 (59.3%)
542	<b>SUSZEK Asia</b>	<b>127</b>		K-30	33	00:00:56	<b>00:26:48.90</b>	<b>00:27:45.65</b>	+00:10:58 (40.9%)	5:21	11.2 (59.3%)
542	<b>KULIKOWSKI Krystian</b>	<b>816</b>	CASTORAMA2	M-30	178	00:00:50	<b>00:26:48.90</b>	<b>00:27:39.30</b>	+00:10:58 (40.9%)	5:21	11.2 (59.3%)
544	<b>JENDRYKA Marcin</b>	<b>830</b>	CASTORAMA2	M-40	114	00:00:50	<b>00:26:49.15</b>	<b>00:27:39.35</b>	+00:10:58 (40.9%)	5:21	11.2 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
545	<b>KLASIŃSKA Wiktoria</b>	<b>1184</b>		K-10	14	00:00:23	<b>00:26:49.35</b>	<b>00:27:12.60</b>	+00:10:58 (40.9%)	5:21	11.2 (59.3%)
546	<b>KUFLEWICZ Justyna</b>	<b>226</b>		K-30	34	00:00:35	<b>00:26:50.50</b>	<b>00:27:26.25</b>	+00:11:00 (41.0%)	5:22	11.2 (59.3%)
547	<b>ANDRZEJEWSKI Adam</b>	<b>1002</b>		M-40	115	00:00:39	<b>00:26:50.65</b>	<b>00:27:30.50</b>	+00:11:00 (41.0%)	5:22	11.2 (59.3%)
548	<b>WAWRZYŃIAK Andrzej</b>	<b>765</b>	22.ODN	M-50	34	00:00:40	<b>00:26:50.80</b>	<b>00:27:31.20</b>	+00:11:00 (41.0%)	5:22	11.2 (59.3%)
549	<b>RUDEWICZ Monika</b>	<b>1287</b>		K-20	33	00:00:20	<b>00:26:50.95</b>	<b>00:27:11.05</b>	+00:11:00 (41.0%)	5:22	11.2 (59.3%)
550	<b>KLIMCZYK Marcin</b>	<b>788</b>		M-40	116	00:01:15	<b>00:26:52.60</b>	<b>00:28:07.95</b>	+00:11:02 (41.1%)	5:22	11.2 (59.3%)
551	<b>DOBZAŃSKI Dariusz</b>	<b>402</b>	3GRAVITY	M-20	81	00:01:22	<b>00:26:52.85</b>	<b>00:28:15.55</b>	+00:11:02 (41.1%)	5:22	11.2 (59.3%)
552	<b>STĘPIEŃ Monika</b>	<b>86</b>		K-40	23	00:00:37	<b>00:26:53.85</b>	<b>00:27:31.65</b>	+00:11:03 (41.1%)	5:22	11.2 (59.3%)
553	<b>TYCZKOWSKI Gracjan</b>	<b>599</b>	VEGE RUNNERS	M-30	179	00:01:05	<b>00:26:55.00</b>	<b>00:28:00.65</b>	+00:11:04 (41.1%)	5:23	11.1 (58.7%)
554	<b>BRZOZOWSKA Jolanta</b>	<b>658</b>		K-50	3	00:00:30	<b>00:26:55.65</b>	<b>00:27:26.35</b>	+00:11:05 (41.2%)	5:23	11.1 (58.7%)
555	<b>BRZÓSKA Kacper</b>	<b>1225</b>		M-30	180	00:00:30	<b>00:26:56.25</b>	<b>00:27:26.95</b>	+00:11:05 (41.2%)	5:23	11.1 (58.7%)
556	<b>LUTKOWSKI Dawid</b>	<b>930</b>		M-40	117	00:00:10	<b>00:26:57.50</b>	<b>00:27:08.05</b>	+00:11:07 (41.2%)	5:23	11.1 (58.7%)
556	<b>CHĘSY Jacek</b>	<b>1289</b>		M-40	117	00:00:12	<b>00:26:57.50</b>	<b>00:27:09.85</b>	+00:11:07 (41.2%)	5:23	11.1 (58.7%)
558	<b>DONIECKA Edyta</b>	<b>812</b>	CASTORAMA2	K-30	35	00:00:49	<b>00:27:01.05</b>	<b>00:27:50.20</b>	+00:11:10 (41.4%)	5:24	11.1 (58.7%)
559	<b>RASZEWSKI Szymon</b>	<b>943</b>		M-20	82	00:00:23	<b>00:27:01.35</b>	<b>00:27:25.00</b>	+00:11:10 (41.4%)	5:24	11.1 (58.7%)
560	<b>SOBALLA Adam</b>	<b>635</b>	TYPYGRUBE	M-20	83	00:01:07	<b>00:27:01.50</b>	<b>00:28:09.35</b>	+00:11:11 (41.4%)	5:24	11.1 (58.7%)
561	<b>WILCZYŃSKI Arkadiusz</b>	<b>757</b>		M-30	181	00:00:18	<b>00:27:02.65</b>	<b>00:27:21.15</b>	+00:11:12 (41.4%)	5:24	11.1 (58.7%)
562	<b>JACKOWIAK-ZALEWSKA Agnieszka</b>	<b>760</b>		K-40	24	00:00:23	<b>00:27:02.85</b>	<b>00:27:26.40</b>	+00:11:12 (41.4%)	5:24	11.1 (58.7%)
563	<b>PIETRASZAK Tomasz</b>	<b>19</b>	RUN BYDGOSZCZ	M-40	119	00:00:45	<b>00:27:03.00</b>	<b>00:27:48.80</b>	+00:11:12 (41.4%)	5:24	11.1 (58.7%)
564	<b>GARNIK Michalina</b>	<b>764</b>		K-20	34	00:00:42	<b>00:27:03.05</b>	<b>00:27:45.90</b>	+00:11:12 (41.4%)	5:24	11.1 (58.7%)
565	<b>GIŻA Wioletta</b>	<b>99</b>	POLONIA BYDGOSZCZ SLA	K-30	36	00:00:13	<b>00:27:03.70</b>	<b>00:27:16.70</b>	+00:11:13 (41.5%)	5:24	11.1 (58.7%)
566	<b>MIEKCYŃSKI Artur</b>	<b>1151</b>	POLONIA BYDGOSZCZ	M-30	182	00:01:30	<b>00:27:03.85</b>	<b>00:28:34.20</b>	+00:11:13 (41.5%)	5:24	11.1 (58.7%)
567	<b>ŁUKASIEWICZ Krzysztof</b>	<b>165</b>		M-40	120	00:01:17	<b>00:27:04.70</b>	<b>00:28:21.85</b>	+00:11:14 (41.5%)	5:24	11.1 (58.7%)
568	<b>WIELIŃSKI Rafał</b>	<b>1487</b>		M-30	183	00:00:56	<b>00:27:05.25</b>	<b>00:28:01.30</b>	+00:11:14 (41.5%)	5:25	11.1 (58.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
569	KUŻAJ Sławomir	965	PIŁA	M-50	35	00:00:09	00:27:05.45	00:27:15.25	+00:11:14 (41.5%)	5:25	11.1 (58.7%)
570	KASZEWSKI Konrad	1286		M-10	30	00:00:41	00:27:06.10	00:27:48.05	+00:11:15 (41.5%)	5:25	11.1 (58.7%)
571	SYBILA Michał	1331	VENEZUELA TEAM	M-30	184	00:00:45	00:27:07.15	00:27:52.95	+00:11:16 (41.6%)	5:25	11.1 (58.7%)
572	DZIUBARCZYK Robert	999		M-30	185	00:00:14	00:27:08.15	00:27:22.45	+00:11:17 (41.6%)	5:25	11.1 (58.7%)
573	OZDZYNSKA Patrycja	938		K-20	35	00:00:37	00:27:08.30	00:27:45.30	+00:11:17 (41.6%)	5:25	11.1 (58.7%)
574	GRAMOWSKI Jakub	777		M-30	186	00:00:13	00:27:08.60	00:27:22.55	+00:11:18 (41.6%)	5:25	11 (58.2%)
575	BOROWIEC Michał	704	VENEZUELA TEAM	M-30	187	00:00:44	00:27:08.70	00:27:53.30	+00:11:18 (41.6%)	5:25	11 (58.2%)
576	KRUPIŃSKA Justyna	216		K-30	37	00:01:08	00:27:11.25	00:28:19.35	+00:11:20 (41.7%)	5:26	11 (58.2%)
577	JANUSZEWSKI Marcin	366		M-40	121	00:01:21	00:27:12.10	00:28:33.45	+00:11:21 (41.8%)	5:26	11 (58.2%)
578	KOŚCIAŃSKA Bogusława	140		K-30	38	00:00:20	00:27:13.05	00:27:33.70	+00:11:22 (41.8%)	5:26	11 (58.2%)
579	RÓŻYCZKA Joanna	102		K-30	39	00:00:57	00:27:13.10	00:28:10.15	+00:11:22 (41.8%)	5:26	11 (58.2%)
580	SOSNA Mikołaj	132		M-30	188	00:00:19	00:27:14.05	00:27:33.85	+00:11:23 (41.8%)	5:26	11 (58.2%)
581	PALIGA Antoni	370	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-50	36	00:01:34	00:27:14.40	00:28:48.60	+00:11:23 (41.8%)	5:26	11 (58.2%)
582	ROBACZEWSKA Kinga	1078		K-30	40	00:00:51	00:27:14.70	00:28:05.90	+00:11:24 (41.9%)	5:26	11 (58.2%)
583	RADZIKOWSKI Łukasz	567		M-40	122	00:00:50	00:27:15.30	00:28:05.65	+00:11:24 (41.9%)	5:27	11 (58.2%)
584	SCHUMACHER-RATAJ Marta	325		K-30	41	00:00:58	00:27:16.10	00:28:14.40	+00:11:25 (41.9%)	5:27	11 (58.2%)
585	TOPOL Agnieszka	21		K-30	42	00:00:37	00:27:16.50	00:27:53.60	+00:11:26 (41.9%)	5:27	11 (58.2%)
586	FILIPEK Mirosława	355		K-40	25	00:00:12	00:27:16.65	00:27:28.90	+00:11:26 (41.9%)	5:27	11 (58.2%)
587	JANIC Arek	876		M-10	31	00:00:40	00:27:16.80	00:27:57.70	+00:11:26 (41.9%)	5:27	11 (58.2%)
588	OLSZEWSKI Michał	313		M-20	84	00:00:53	00:27:17.20	00:28:10.65	+00:11:26 (41.9%)	5:27	11 (58.2%)
589	WĘGRZYŃSKI Piotr	1158	CASTORAMA2	M-40	123	00:00:48	00:27:18.70	00:28:07.05	+00:11:28 (42.0%)	5:27	11 (58.2%)
590	ŚWIECICKI Andrzej	446	BYDGOSZCZ	M-40	124	00:01:24	00:27:19.35	00:28:44.00	+00:11:28 (42.0%)	5:28	11 (58.2%)
591	CZAPLICKI Bartłomiej	529		M-30	189	00:00:52	00:27:20.70	00:28:13.60	+00:11:30 (42.1%)	5:28	11 (58.2%)
592	BYRTEK Grzegorz	472	CAŁY CZAS DO PRZODU	M-40	125	00:01:23	00:27:20.90	00:28:44.00	+00:11:30 (42.1%)	5:28	11 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
593	<b>LORENC Michał</b>	<b>538</b>		M-20	85	00:00:47	<b>00:27:20.95</b>	<b>00:28:08.10</b>	+00:11:30 (42.1%)	5:28	11 (58.2%)
594	<b>MIERZWA Damian</b>	<b>48</b>		M-30	190	00:00:33	<b>00:27:21.30</b>	<b>00:27:55.10</b>	+00:11:30 (42.1%)	5:28	11 (58.2%)
595	<b>NITKA Dominika</b>	<b>112</b>		K-20	36	00:00:33	<b>00:27:21.75</b>	<b>00:27:54.95</b>	+00:11:31 (42.1%)	5:28	11 (58.2%)
596	<b>WĘGRZYŃSKA Oliwia</b>	<b>1129</b>		K-10	15	00:00:40	<b>00:27:22.75</b>	<b>00:28:02.80</b>	+00:11:32 (42.1%)	5:28	11 (58.2%)
597	<b>WŁODARCZYK Olga</b>	<b>121</b>	#ZBUTAWŚWIAT	K-20	37	00:01:36	<b>00:27:23.10</b>	<b>00:28:59.15</b>	+00:11:32 (42.2%)	5:28	11 (58.2%)
598	<b>JANKE Damian</b>	<b>161</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	191	00:01:34	<b>00:27:23.50</b>	<b>00:28:58.45</b>	+00:11:33 (42.2%)	5:28	10.9 (57.7%)
599	<b>GRZESIAK KNUT Lucyna</b>	<b>69</b>		K-30	43	00:00:27	<b>00:27:23.90</b>	<b>00:27:51.55</b>	+00:11:33 (42.2%)	5:28	10.9 (57.7%)
600	<b>LANGE Monika</b>	<b>63</b>		K-40	26	00:00:27	<b>00:27:24.05</b>	<b>00:27:51.30</b>	+00:11:33 (42.2%)	5:28	10.9 (57.7%)
600	<b>KWIECIŃSKI Łukasz</b>	<b>367</b>		M-30	192	00:01:21	<b>00:27:24.05</b>	<b>00:28:45.35</b>	+00:11:33 (42.2%)	5:28	10.9 (57.7%)
602	<b>DRZEWUCKA Anna</b>	<b>398</b>		K-50	4	00:01:00	<b>00:27:24.15</b>	<b>00:28:24.60</b>	+00:11:33 (42.2%)	5:28	10.9 (57.7%)
603	<b>GOŁATTA Magdalena</b>	<b>34</b>		K-30	44	00:00:27	<b>00:27:24.20</b>	<b>00:27:51.45</b>	+00:11:33 (42.2%)	5:28	10.9 (57.7%)
604	<b>WRÓBEL Marta</b>	<b>46</b>	BYLE DO METY	K-20	38	00:00:31	<b>00:27:24.75</b>	<b>00:27:56.50</b>	+00:11:34 (42.2%)	5:29	10.9 (57.7%)
605	<b>RADECKI Maciej</b>	<b>755</b>	CYBORGI	M-40	126	00:01:47	<b>00:27:25.00</b>	<b>00:29:12.90</b>	+00:11:34 (42.2%)	5:29	10.9 (57.7%)
606	<b>WRÓBEL Grzegorz</b>	<b>92</b>	BYLE DO METY	M-30	193	00:00:31	<b>00:27:25.30</b>	<b>00:27:56.65</b>	+00:11:34 (42.2%)	5:29	10.9 (57.7%)
606	<b>CIESIELSKI Hubert</b>	<b>604</b>		M-20	86	00:01:03	<b>00:27:25.30</b>	<b>00:28:28.45</b>	+00:11:34 (42.2%)	5:29	10.9 (57.7%)
608	<b>BYCZKOWSKI Michał</b>	<b>1272</b>	INDYWIDUALNIE	M-20	87	00:01:17	<b>00:27:25.40</b>	<b>00:28:42.45</b>	+00:11:34 (42.2%)	5:29	10.9 (57.7%)
609	<b>RZEPECKA Katarzyna</b>	<b>275</b>	AS BOX	K-40	27	00:01:06	<b>00:27:25.80</b>	<b>00:28:32.40</b>	+00:11:35 (42.2%)	5:29	10.9 (57.7%)
610	<b>SIEŃSKI Jacek</b>	<b>606</b>	RUN BYDGOSZCZ	M-50	37	00:00:57	<b>00:27:26.35</b>	<b>00:28:23.50</b>	+00:11:35 (42.3%)	5:29	10.9 (57.7%)
611	<b>KULCZYŃSKI Przemysław</b>	<b>918</b>	TYPYGRUBE	M-30	194	00:01:05	<b>00:27:28.10</b>	<b>00:28:33.35</b>	+00:11:37 (42.3%)	5:29	10.9 (57.7%)
612	<b>RAKAŁOWICZ Justyna</b>	<b>1198</b>		K-40	28	00:00:39	<b>00:27:28.60</b>	<b>00:28:08.40</b>	+00:11:38 (42.3%)	5:29	10.9 (57.7%)
613	<b>CIESIELSKI Arkadiusz</b>	<b>1038</b>		M-40	127	00:01:02	<b>00:27:29.50</b>	<b>00:28:32.35</b>	+00:11:39 (42.4%)	5:30	10.9 (57.7%)
614	<b>KOSIŃSKI Jerzy</b>	<b>1262</b>		M-50	38	00:00:45	<b>00:27:29.55</b>	<b>00:28:15.25</b>	+00:11:39 (42.4%)	5:30	10.9 (57.7%)
615	<b>HILLER Fabian</b>	<b>1300</b>		M-20	88	00:00:10	<b>00:27:30.20</b>	<b>00:27:40.40</b>	+00:11:39 (42.4%)	5:30	10.9 (57.7%)
616	<b>STOSIK Krzysztof</b>	<b>1317</b>		M-20	89	00:00:10	<b>00:27:30.80</b>	<b>00:27:40.85</b>	+00:11:40 (42.4%)	5:30	10.9 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
617	WITKOWSKI Piotr	693	VIVA LA VIDA	M-20	90	00:00:50	00:27:31.00	00:28:21.65	+00:11:40 (42.4%)	5:30	10.9 (57.7%)
618	GRZANKA Sebastian	1221		M-30	195	00:01:15	00:27:31.40	00:28:46.45	+00:11:40 (42.4%)	5:30	10.9 (57.7%)
619	WITKOWSKI Tomasz	143	VIVA LA VIDA	M-30	196	00:00:49	00:27:31.95	00:28:21.75	+00:11:41 (42.5%)	5:30	10.9 (57.7%)
620	STEGNERSKA Agnieszka	1183		K-40	29	00:00:16	00:27:33.60	00:27:49.70	+00:11:43 (42.5%)	5:30	10.9 (57.7%)
621	BISKUP Rafal	1096		M-40	128	00:00:28	00:27:34.10	00:28:02.90	+00:11:43 (42.5%)	5:30	10.9 (57.7%)
622	HAŁAS Aleksander	1290		M-30	197	00:00:07	00:27:34.25	00:27:41.35	+00:11:43 (42.5%)	5:30	10.9 (57.7%)
623	PALIGA Arkadiusz	778		M-40	129	00:01:28	00:27:35.25	00:29:03.30	+00:11:44 (42.6%)	5:31	10.9 (57.7%)
624	KOSTECKI Dawid	1266		M-30	198	00:01:15	00:27:35.50	00:28:50.75	+00:11:45 (42.6%)	5:31	10.9 (57.7%)
625	PALIGA Maria	780	MUKS BYDGOSZCZ	K-10	16	00:01:28	00:27:35.75	00:29:03.75	+00:11:45 (42.6%)	5:31	10.9 (57.7%)
626	KAMIŃSKA Magdalena	774		K-20	39	00:01:04	00:27:35.90	00:28:40.60	+00:11:45 (42.6%)	5:31	10.9 (57.7%)
627	PŁACZKOWSKA Magdalena	178		K-30	45	00:00:18	00:27:36.10	00:27:54.55	+00:11:45 (42.6%)	5:31	10.9 (57.7%)
628	SKIBA Kaja	1253		K-10	17	00:00:13	00:27:36.75	00:27:50.70	+00:11:46 (42.6%)	5:31	10.9 (57.7%)
629	KONONOWICZ Zuzanna	1252		K-10	18	00:00:13	00:27:36.85	00:27:50.50	+00:11:46 (42.6%)	5:31	10.9 (57.7%)
630	WILCZYŃSKA Anita	1077		K-30	46	00:00:24	00:27:37.45	00:28:02.10	+00:11:46 (42.7%)	5:31	10.9 (57.7%)
631	WILCZYŃSKI Marek	1083		M-30	199	00:00:24	00:27:37.50	00:28:02.40	+00:11:47 (42.7%)	5:31	10.9 (57.7%)
632	JABŁONKA Marta	770		K-20	40	00:00:21	00:27:38.00	00:27:59.80	+00:11:47 (42.7%)	5:31	10.9 (57.7%)
633	BESS Ania	510		K-30	47	00:00:21	00:27:38.50	00:27:59.75	+00:11:48 (42.7%)	5:31	10.9 (57.7%)
634	WONS Monika	1065		K-20	41	00:00:19	00:27:39.45	00:27:58.45	+00:11:48 (42.7%)	5:31	10.8 (57.1%)
635	GAIDA Milena	1405		K-30	48	00:01:04	00:27:39.50	00:28:43.50	+00:11:49 (42.7%)	5:31	10.8 (57.1%)
636	TALAR Cezary	1068		M-10	32	00:00:34	00:27:40.55	00:28:14.70	+00:11:50 (42.8%)	5:32	10.8 (57.1%)
637	WIŚNIEWSKI Krzysztof	111	TRISPACE/TREK	M-50	39	00:00:33	00:27:41.15	00:28:14.15	+00:11:50 (42.8%)	5:32	10.8 (57.1%)
638	PALIGA Radosław	371	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-10	33	00:01:34	00:27:41.30	00:29:15.80	+00:11:50 (42.8%)	5:32	10.8 (57.1%)
639	KOTECKI Marcin	58	GANG KOCURA	M-40	130	00:01:21	00:27:41.50	00:29:03.35	+00:11:51 (42.8%)	5:32	10.8 (57.1%)
640	WAWRZYŃIAK Karolina	197		K-30	49	00:00:18	00:27:42.00	00:28:00.05	+00:11:51 (42.8%)	5:32	10.8 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
641	MICHALAK Anita	134		K-40	30	00:00:21	00:27:42.15	00:28:03.15	+00:11:51 (42.8%)	5:32	10.8 (57.1%)
642	PILEWSKI Mikołaj	890		M-30	200	00:00:47	00:27:42.75	00:28:29.95	+00:11:52 (42.8%)	5:32	10.8 (57.1%)
643	WIELIŃSKI Wojciech	1486		M-30	201	00:00:55	00:27:44.40	00:28:40.30	+00:11:53 (42.9%)	5:33	10.8 (57.1%)
644	WYPORKIEWICZ Jerzy	485	KLINIKA TRIATHLONU	M-50	40	00:00:55	00:27:44.45	00:28:39.45	+00:11:53 (42.9%)	5:32	10.8 (57.1%)
645	WOLAN Krzysztof	335	BYLE DO METY JAKOŚ	M-40	131	00:00:20	00:27:45.75	00:28:06.25	+00:11:55 (42.9%)	5:33	10.8 (57.1%)
646	POLAWSKI Marcin	129	BBL SZUBIN	M-40	132	00:00:53	00:27:45.90	00:28:39.60	+00:11:55 (42.9%)	5:33	10.8 (57.1%)
647	ROZBICKI Grzegorz	639		M-50	41	00:01:11	00:27:46.40	00:28:58.10	+00:11:55 (43.0%)	5:33	10.8 (57.1%)
648	TYKWIŃSKA Agnieszka	213	COOKIETEAMRUNNERS	K-30	50	00:00:28	00:27:47.20	00:28:15.85	+00:11:56 (43.0%)	5:33	10.8 (57.1%)
649	KUBOWICZ-KAMIŃSKA Hania	85	QBOWICZ RODZINNA MAFIA BIEGOWA	K-30	51	00:01:38	00:27:47.85	00:29:26.00	+00:11:57 (43.0%)	5:33	10.8 (57.1%)
650	MARKOWSKI Patryk	925		M-20	91	00:00:48	00:27:47.95	00:28:35.95	+00:11:57 (43.0%)	5:33	10.8 (57.1%)
651	SIUDOWSKA Marta	23		K-30	52	00:00:13	00:27:48.55	00:28:02.50	+00:11:58 (43.0%)	5:33	10.8 (57.1%)
652	KLIMEK Zbigniew	1283		M-30	202	00:00:18	00:27:48.65	00:28:07.60	+00:11:58 (43.0%)	5:33	10.8 (57.1%)
653	DOBRZAŃSKA Anna	403		K-20	42	00:01:23	00:27:50.15	00:29:13.15	+00:11:59 (43.1%)	5:34	10.8 (57.1%)
654	AWIZEN Antoni	307		M-60+	9	00:00:08	00:27:50.95	00:27:59.05	+00:12:00 (43.1%)	5:34	10.8 (57.1%)
655	GRYGORCZUK Elżbieta	66	TRISPACE TREK	K-60+	1	00:00:29	00:27:53.95	00:28:23.55	+00:12:03 (43.2%)	5:34	10.8 (57.1%)
656	ZDUNKIEWICZ Filip	65		M-10	34	00:00:21	00:27:54.45	00:28:16.30	+00:12:03 (43.2%)	5:35	10.7 (56.6%)
657	NOWICKI Adam	238	PENTEL	M-40	133	00:00:00	00:27:55.55	00:27:55.55	+00:12:05 (43.3%)	5:35	10.7 (56.6%)
658	OSSOWSKI Łukasz	328		M-30	203	00:01:44	00:27:56.10	00:29:40.35	+00:12:05 (43.3%)	5:35	10.7 (56.6%)
659	ZACHAJ Patrycja	1145	DRUŻYNA SZPIKU	K-20	43	00:00:19	00:27:56.75	00:28:16.60	+00:12:06 (43.3%)	5:35	10.7 (56.6%)
660	KULINSKI Zbigniew	1281		M-30	204	00:01:28	00:27:57.10	00:29:25.25	+00:12:06 (43.3%)	5:35	10.7 (56.6%)
661	KLONOWSKI Krzysztof	1442		M-50	42	00:00:06	00:27:58.35	00:28:05.15	+00:12:07 (43.4%)	5:35	10.7 (56.6%)
662	KUKLIŃSKI Rafał	762		M-40	134	00:00:36	00:27:58.65	00:28:35.10	+00:12:08 (43.4%)	5:35	10.7 (56.6%)
663	DOMŻALSKI Kamil	117		M-30	205	00:01:14	00:27:58.80	00:29:13.35	+00:12:08 (43.4%)	5:35	10.7 (56.6%)
663	GOŁCZYŃSKI Tomasz	701		M-40	135	00:01:03	00:27:58.80	00:29:02.45	+00:12:08 (43.4%)	5:35	10.7 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
665	KIELMANN Marcin	71		M-30	206	00:01:10	00:27:59.05	00:29:09.65	+00:12:08 (43.4%)	5:35	10.7 (56.6%)
666	DOMINIAK Joanna	348		K-30	53	00:00:43	00:27:59.65	00:28:43.50	+00:12:09 (43.4%)	5:36	10.7 (56.6%)
667	ZDUNKIEWICZ Hania	62		K-30	54	00:00:21	00:27:59.70	00:28:21.20	+00:12:09 (43.4%)	5:36	10.7 (56.6%)
668	FRYDRYCHOWICZ Lilianna	975		K-50	5	00:00:25	00:28:00.05	00:28:25.95	+00:12:09 (43.4%)	5:36	10.7 (56.6%)
669	JASKÓLSKI Andrzej	36		M-40	136	00:00:14	00:28:00.45	00:28:15.40	+00:12:09 (43.4%)	5:36	10.7 (56.6%)
670	ŚWIETLIK Tomasz	1030		M-50	43	00:00:36	00:28:00.50	00:28:36.65	+00:12:10 (43.4%)	5:36	10.7 (56.6%)
671	LEWANDOWSKI Kamil	1288		M-30	207	00:01:44	00:28:01.35	00:29:46.25	+00:12:10 (43.5%)	5:36	10.7 (56.6%)
672	PUFAL Adrian	691		M-20	92	00:01:16	00:28:01.75	00:29:18.20	+00:12:11 (43.5%)	5:36	10.7 (56.6%)
673	MILEWSKI Zbigniew	1150	TKKF KOLEJARZ BYDGOSZCZ	M-40	137	00:00:42	00:28:01.95	00:28:44.45	+00:12:11 (43.5%)	5:36	10.7 (56.6%)
674	MĘTEL Laura	1134	ŁABISZYN RUNNERS/DOBRY DIETETYK	K-20	44	00:00:42	00:28:02.45	00:28:44.65	+00:12:11 (43.5%)	5:36	10.7 (56.6%)
675	ZUZA-WITKOWSKA Anna	333		K-40	31	00:00:16	00:28:02.50	00:28:18.95	+00:12:12 (43.5%)	5:36	10.7 (56.6%)
676	WŁOCH Michał	1131		M-30	208	00:00:40	00:28:02.65	00:28:42.75	+00:12:12 (43.5%)	5:36	10.7 (56.6%)
677	ZARNOWSKA Katarzyna	1411		K-20	45	00:01:20	00:28:03.00	00:29:23.60	+00:12:12 (43.5%)	5:36	10.7 (56.6%)
678	ZIELIŃSKA Agnieszka	289		K-20	46	00:00:43	00:28:03.55	00:28:46.65	+00:12:13 (43.5%)	5:36	10.7 (56.6%)
679	BUGARA Piotr	1497		M-20	93	00:01:08	00:28:03.70	00:29:12.55	+00:12:13 (43.5%)	5:36	10.7 (56.6%)
680	PIECHOCIŃSKA Dorota	1406	RINO	K-30	55	00:00:58	00:28:03.80	00:29:02.10	+00:12:13 (43.6%)	5:36	10.7 (56.6%)
681	SZYMCZUK Filip	895		M-20	94	00:00:43	00:28:04.50	00:28:47.80	+00:12:14 (43.6%)	5:36	10.7 (56.6%)
682	JAWORSKI Marek	562	STOWARZYSZENIE 'DZIĘKI WAM'	M-10	35	00:00:36	00:28:04.75	00:28:41.00	+00:12:14 (43.6%)	5:37	10.7 (56.6%)
683	KROL Izabela	1194		K-30	56	00:01:02	00:28:06.15	00:29:08.90	+00:12:15 (43.6%)	5:37	10.7 (56.6%)
684	OPALA Marcin	721		M-40	138	00:01:28	00:28:07.45	00:29:35.65	+00:12:16 (43.7%)	5:37	10.7 (56.6%)
685	BUBLIK Aleksandra	744		K-20	47	00:00:43	00:28:08.80	00:28:52.55	+00:12:18 (43.7%)	5:37	10.7 (56.6%)
686	WOJNOWSKA Ewa	1429		K-20	48	00:00:49	00:28:09.30	00:28:58.85	+00:12:18 (43.7%)	5:37	10.7 (56.6%)
687	WOLSKI Marek	455		M-30	209	00:01:36	00:28:10.20	00:29:46.35	+00:12:19 (43.8%)	5:38	10.7 (56.6%)
688	KUSZYŃSKI Robert	169	ATACOWUJ NAPADYWUJ	M-40	139	00:01:35	00:28:11.00	00:29:46.20	+00:12:20 (43.8%)	5:38	10.6 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
689	<b>BOROWIAK Monika</b>	<b>1049</b>		K-20	49	00:01:17	<b>00:28:12.45</b>	<b>00:29:29.90</b>	+00:12:21 (43.8%)	5:38	10.6 (56.1%)
690	<b>DĄBROWSKI Paweł</b>	<b>1425</b>		M-20	95	00:01:27	<b>00:28:12.95</b>	<b>00:29:40.85</b>	+00:12:22 (43.9%)	5:38	10.6 (56.1%)
691	<b>GORSKA Joanna</b>	<b>434</b>		K-30	57	00:00:23	<b>00:28:13.00</b>	<b>00:28:36.65</b>	+00:12:22 (43.9%)	5:38	10.6 (56.1%)
692	<b>KRUSZYŃSKA Anna</b>	<b>513</b>		K-30	58	00:00:31	<b>00:28:13.65</b>	<b>00:28:44.80</b>	+00:12:23 (43.9%)	5:38	10.6 (56.1%)
692	<b>ŁUKASZEWSKA Grażyna</b>	<b>1159</b>		K-30	58	00:00:26	<b>00:28:13.65</b>	<b>00:28:40.00</b>	+00:12:23 (43.9%)	5:38	10.6 (56.1%)
694	<b>SMUCZYŃSKI Wojciech</b>	<b>577</b>		M-30	210	00:01:02	<b>00:28:14.50</b>	<b>00:29:17.30</b>	+00:12:24 (43.9%)	5:39	10.6 (56.1%)
695	<b>GADOMSKA Maria</b>	<b>175</b>	RUN BYDGOSZCZ	K-60+	2	00:00:27	<b>00:28:14.60</b>	<b>00:28:41.60</b>	+00:12:24 (43.9%)	5:38	10.6 (56.1%)
696	<b>PANFIL Michał</b>	<b>273</b>		M-30	211	00:01:31	<b>00:28:15.70</b>	<b>00:29:47.15</b>	+00:12:25 (43.9%)	5:39	10.6 (56.1%)
697	<b>KUNKEL Jodie</b>	<b>610</b>		K-30	60	00:01:07	<b>00:28:16.90</b>	<b>00:29:24.85</b>	+00:12:26 (44.0%)	5:39	10.6 (56.1%)
698	<b>ROMIANOWSKA Agnieszka</b>	<b>411</b>		K-40	32	00:00:53	<b>00:28:18.00</b>	<b>00:29:11.20</b>	+00:12:27 (44.0%)	5:39	10.6 (56.1%)
699	<b>GRYNIENKO Alicja</b>	<b>603</b>		K-10	19	00:00:39	<b>00:28:18.15</b>	<b>00:28:58.10</b>	+00:12:27 (44.0%)	5:39	10.6 (56.1%)
700	<b>KAMIŃSKA Hanna</b>	<b>998</b>		K-40	33	00:00:39	<b>00:28:18.20</b>	<b>00:28:57.65</b>	+00:12:27 (44.0%)	5:39	10.6 (56.1%)
701	<b>ZUBRYCKI Łukasz</b>	<b>242</b>	GALACTICA	M-30	212	00:00:50	<b>00:28:18.45</b>	<b>00:29:09.15</b>	+00:12:27 (44.0%)	5:39	10.6 (56.1%)
702	<b>ŁOBODA Sylwia</b>	<b>200</b>		K-30	61	00:00:22	<b>00:28:18.80</b>	<b>00:28:41.25</b>	+00:12:28 (44.0%)	5:39	10.6 (56.1%)
703	<b>HETZIG Monika</b>	<b>623</b>	MUMINKI TEAM	K-30	62	00:00:52	<b>00:28:20.10</b>	<b>00:29:12.25</b>	+00:12:29 (44.1%)	5:40	10.6 (56.1%)
704	<b>JANIC Joanna</b>	<b>878</b>		K-40	34	00:00:41	<b>00:28:22.10</b>	<b>00:29:03.45</b>	+00:12:31 (44.2%)	5:40	10.6 (56.1%)
705	<b>SUSZEK Kasia</b>	<b>123</b>		K-30	63	00:00:57	<b>00:28:22.45</b>	<b>00:29:19.45</b>	+00:12:31 (44.2%)	5:40	10.6 (56.1%)
706	<b>ANDRUSZKIEWICZ Stanisław</b>	<b>978</b>	BYDGOSZCZ FORDON TEAM	M-50	44	00:00:14	<b>00:28:23.45</b>	<b>00:28:37.90</b>	+00:12:32 (44.2%)	5:40	10.6 (56.1%)
707	<b>KOBYLARZ Paulina Róża</b>	<b>1093</b>		K-20	50	00:00:54	<b>00:28:23.95</b>	<b>00:29:18.65</b>	+00:12:33 (44.2%)	5:40	10.6 (56.1%)
708	<b>DĄBROWSKI Michał</b>	<b>1424</b>		M-20	96	00:01:27	<b>00:28:25.45</b>	<b>00:29:52.60</b>	+00:12:34 (44.3%)	5:41	10.6 (56.1%)
709	<b>ŚWIETLIK Dawid</b>	<b>747</b>		M-30	213	00:00:36	<b>00:28:25.95</b>	<b>00:29:02.70</b>	+00:12:35 (44.3%)	5:41	10.6 (56.1%)
710	<b>PESTKA Anna</b>	<b>588</b>		K-30	64	00:00:47	<b>00:28:26.60</b>	<b>00:29:14.05</b>	+00:12:36 (44.3%)	5:41	10.5 (55.6%)
711	<b>KRANC Justyna</b>	<b>514</b>		K-40	35	00:01:07	<b>00:28:26.65</b>	<b>00:29:34.55</b>	+00:12:36 (44.3%)	5:41	10.5 (55.6%)
712	<b>PIEKARZ Sławek</b>	<b>1456</b>		M-20	97	00:01:09	<b>00:28:26.80</b>	<b>00:29:36.35</b>	+00:12:36 (44.3%)	5:41	10.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
713	<b>KOWALSKI Piotr</b>	<b>738</b>	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M-30	214	00:01:18	<b>00:28:27.25</b>	<b>00:29:45.45</b>	+00:12:36 (44.3%)	5:41	10.5 (55.6%)
714	<b>CHMIELEWSKI Ireneusz</b>	<b>465</b>	CZARNE STOPY SM	M-50	45	00:00:45	<b>00:28:27.75</b>	<b>00:29:12.75</b>	+00:12:37 (44.3%)	5:41	10.5 (55.6%)
715	<b>SOBOLEWSKA Aleksandra</b>	<b>234</b>	REEBOKRUNCREW BYDGOSZCZ	K-20	51	00:00:44	<b>00:28:27.85</b>	<b>00:29:12.40</b>	+00:12:37 (44.3%)	5:41	10.5 (55.6%)
716	<b>LASOTA Igor</b>	<b>723</b>	EL GATO BOYZ	M-10	36	00:01:18	<b>00:28:29.15</b>	<b>00:29:47.75</b>	+00:12:38 (44.4%)	5:41	10.5 (55.6%)
717	<b>WARSZAWSKA Martyna</b>	<b>861</b>		K-10	20	00:00:22	<b>00:28:29.50</b>	<b>00:28:51.60</b>	+00:12:39 (44.4%)	5:41	10.5 (55.6%)
718	<b>JANKOWSKI Szymon</b>	<b>1294</b>		M-10	37	00:00:21	<b>00:28:30.05</b>	<b>00:28:51.85</b>	+00:12:39 (44.4%)	5:42	10.5 (55.6%)
719	<b>FRĄTCZAK Beata</b>	<b>653</b>		K-30	65	00:00:43	<b>00:28:31.75</b>	<b>00:29:15.15</b>	+00:12:41 (44.5%)	5:42	10.5 (55.6%)
720	<b>PRZYBULSKA Małgorzata</b>	<b>1195</b>		K-30	66	00:01:02	<b>00:28:32.40</b>	<b>00:29:35.35</b>	+00:12:41 (44.5%)	5:42	10.5 (55.6%)
721	<b>DOBUCKA Katarzyna</b>	<b>787</b>	CHONAROWER.PL	K-30	67	00:01:07	<b>00:28:32.60</b>	<b>00:29:39.85</b>	+00:12:42 (44.5%)	5:42	10.5 (55.6%)
722	<b>SIERADZKA Małgorzata</b>	<b>808</b>		K-40	36	00:00:52	<b>00:28:32.70</b>	<b>00:29:25.10</b>	+00:12:42 (44.5%)	5:42	10.5 (55.6%)
723	<b>STEGNERSKI Maciej</b>	<b>1185</b>		M-40	140	00:00:17	<b>00:28:33.85</b>	<b>00:28:51.50</b>	+00:12:43 (44.5%)	5:42	10.5 (55.6%)
724	<b>WYDRZYŃSKA Katarzyna</b>	<b>519</b>	SOLECCYBIEGACZE	K-50	6	00:00:35	<b>00:28:34.40</b>	<b>00:29:09.85</b>	+00:12:43 (44.6%)	5:42	10.5 (55.6%)
725	<b>ŚNIECHOTA Konrad</b>	<b>628</b>	TYPYGRUBE	M-30	215	00:01:05	<b>00:28:34.50</b>	<b>00:29:39.65</b>	+00:12:44 (44.6%)	5:42	10.5 (55.6%)
726	<b>PRZYBYSZEWSKI Marcin</b>	<b>952</b>		M-40	141	00:00:33	<b>00:28:34.95</b>	<b>00:29:08.15</b>	+00:12:44 (44.6%)	5:43	10.5 (55.6%)
727	<b>KONIEC Piotr</b>	<b>551</b>	IRONTATA	M-40	142	00:01:39	<b>00:28:35.20</b>	<b>00:30:14.55</b>	+00:12:44 (44.6%)	5:43	10.5 (55.6%)
728	<b>WOLNY Tomasz</b>	<b>498</b>		M-30	216	00:00:16	<b>00:28:35.75</b>	<b>00:28:51.75</b>	+00:12:45 (44.6%)	5:43	10.5 (55.6%)
729	<b>SZCZYGIELSKA - GRZYBOWSKA Violetta</b>	<b>732</b>		K-40	37	00:00:12	<b>00:28:37.40</b>	<b>00:28:50.15</b>	+00:12:46 (44.7%)	5:43	10.5 (55.6%)
730	<b>SARNECKA Angelika</b>	<b>728</b>		K-30	68	00:00:12	<b>00:28:37.85</b>	<b>00:28:50.40</b>	+00:12:47 (44.7%)	5:43	10.5 (55.6%)
731	<b>KARPIŃSKA-CHROBAK Lucyna</b>	<b>718</b>		K-30	69	00:00:24	<b>00:28:38.00</b>	<b>00:29:02.45</b>	+00:12:47 (44.7%)	5:43	10.5 (55.6%)
732	<b>WESOŁOWSKA Klaudia</b>	<b>624</b>		K-20	52	00:01:29	<b>00:28:38.10</b>	<b>00:30:07.95</b>	+00:12:47 (44.7%)	5:43	10.5 (55.6%)
733	<b>WIŚNIEWSKA Izabela</b>	<b>1353</b>		K-30	70	00:00:51	<b>00:28:38.20</b>	<b>00:29:29.45</b>	+00:12:47 (44.7%)	5:43	10.5 (55.6%)
734	<b>RĘDZINA Michał</b>	<b>932</b>		M-30	217	00:01:22	<b>00:28:38.85</b>	<b>00:30:01.00</b>	+00:12:48 (44.7%)	5:43	10.5 (55.6%)
735	<b>ŁUKOMSKI Marcin</b>	<b>1360</b>	NIE KUPUJ -ADOPTUJ	M-30	218	00:01:21	<b>00:28:39.10</b>	<b>00:30:00.40</b>	+00:12:48 (44.7%)	5:43	10.5 (55.6%)
736	<b>RATAJCZAK Arkadiusz</b>	<b>820</b>		M-50	46	00:00:51	<b>00:28:40.35</b>	<b>00:29:32.05</b>	+00:12:49 (44.7%)	5:44	10.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
737	<b>SZTEJKA Jolanta</b>	<b>591</b>		K-40	38	00:01:20	<b>00:28:40.55</b>	<b>00:30:00.60</b>	+00:12:50 (44.8%)	5:44	10.5 (55.6%)
738	<b>BUDZIK Ireneusz</b>	<b>1459</b>	BOZITA POLSKA	M-40	143	00:01:12	<b>00:28:41.30</b>	<b>00:29:53.55</b>	+00:12:50 (44.8%)	5:44	10.5 (55.6%)
739	<b>BUDZIK Justyna</b>	<b>1461</b>		K-40	39	00:01:12	<b>00:28:41.35</b>	<b>00:29:53.40</b>	+00:12:50 (44.8%)	5:44	10.5 (55.6%)
740	<b>ŻAK Konrad</b>	<b>662</b>		M-20	98	00:01:11	<b>00:28:42.00</b>	<b>00:29:53.90</b>	+00:12:51 (44.8%)	5:44	10.5 (55.6%)
741	<b>RATAJCZAK Marcel</b>	<b>911</b>		M-10	38	00:00:49	<b>00:28:42.50</b>	<b>00:29:31.55</b>	+00:12:52 (44.8%)	5:44	10.5 (55.6%)
742	<b>JANUSZEWSKA Aneta</b>	<b>586</b>		K-20	53	00:01:11	<b>00:28:42.55</b>	<b>00:29:54.15</b>	+00:12:52 (44.8%)	5:44	10.4 (55.0%)
743	<b>TRZYMKOWSKI Adrian</b>	<b>1448</b>		M-20	99	00:00:38	<b>00:28:43.05</b>	<b>00:29:21.90</b>	+00:12:52 (44.8%)	5:44	10.4 (55.0%)
744	<b>KOLANOWSKA Grażyna</b>	<b>394</b>		K-50	7	00:01:01	<b>00:28:43.50</b>	<b>00:29:44.65</b>	+00:12:53 (44.9%)	5:44	10.4 (55.0%)
745	<b>GIPP Małgorzata</b>	<b>685</b>		K-30	71	00:00:52	<b>00:28:43.70</b>	<b>00:29:36.65</b>	+00:12:53 (44.9%)	5:44	10.4 (55.0%)
746	<b>KOLANOWSKI Wojciech</b>	<b>397</b>		M-50	47	00:01:00	<b>00:28:43.95</b>	<b>00:29:44.80</b>	+00:12:53 (44.9%)	5:44	10.4 (55.0%)
747	<b>KOSIOROWSKI Przemysław</b>	<b>1171</b>	KS URZĘDASY	M-40	144	00:01:07	<b>00:28:46.30</b>	<b>00:29:54.05</b>	+00:12:55 (44.9%)	5:45	10.4 (55.0%)
748	<b>MAN Beata</b>	<b>18</b>		K-30	72	00:00:39	<b>00:28:47.35</b>	<b>00:29:26.65</b>	+00:12:56 (45.0%)	5:45	10.4 (55.0%)
749	<b>STEFAŃSKA Wiesia</b>	<b>100</b>		K-30	73	00:00:22	<b>00:28:48.70</b>	<b>00:29:10.70</b>	+00:12:58 (45.0%)	5:45	10.4 (55.0%)
750	<b>PIONTEK Elżbieta</b>	<b>254</b>		K-60+	3	00:01:13	<b>00:28:50.20</b>	<b>00:30:03.30</b>	+00:12:59 (45.1%)	5:46	10.4 (55.0%)
751	<b>GAPINSKA Bogna</b>	<b>252</b>		K-30	74	00:01:13	<b>00:28:50.40</b>	<b>00:30:03.65</b>	+00:12:59 (45.1%)	5:46	10.4 (55.0%)
752	<b>MIKOŁAJCZAK Tomasz</b>	<b>290</b>	DZIK SQUAD	M-30	219	00:01:34	<b>00:28:51.75</b>	<b>00:30:26.70</b>	+00:13:01 (45.1%)	5:46	10.4 (55.0%)
753	<b>HOLEC Witek</b>	<b>312</b>		M-30	220	00:01:34	<b>00:28:51.85</b>	<b>00:30:26.55</b>	+00:13:01 (45.1%)	5:46	10.4 (55.0%)
754	<b>MIKOŁAJCZAK Paulina</b>	<b>294</b>	DZIK SQUAD	K-30	75	00:01:35	<b>00:28:51.90</b>	<b>00:30:26.90</b>	+00:13:01 (45.1%)	5:46	10.4 (55.0%)
755	<b>PSZCZOLIŃSKI Michał</b>	<b>905</b>		M-20	100	00:01:30	<b>00:28:51.95</b>	<b>00:30:22.35</b>	+00:13:01 (45.1%)	5:46	10.4 (55.0%)
756	<b>CZECH Dominika</b>	<b>431</b>		K-20	54	00:00:25	<b>00:28:53.40</b>	<b>00:29:19.25</b>	+00:13:02 (45.2%)	5:46	10.4 (55.0%)
757	<b>BANDOCH Jacek</b>	<b>461</b>		M-20	101	00:00:55	<b>00:28:53.65</b>	<b>00:29:48.65</b>	+00:13:03 (45.2%)	5:46	10.4 (55.0%)
758	<b>JASIENIECKI Piotr</b>	<b>1434</b>	KP ZEFIR WYSZEWO	M-40	145	00:01:07	<b>00:28:54.15</b>	<b>00:30:01.70</b>	+00:13:03 (45.2%)	5:46	10.4 (55.0%)
759	<b>MIKA Monika</b>	<b>170</b>	KRAJNA SĘPÓLNO	K-20	55	00:01:00	<b>00:28:54.20</b>	<b>00:29:54.45</b>	+00:13:03 (45.2%)	5:46	10.4 (55.0%)
760	<b>PIETRZAK Piotr</b>	<b>1016</b>		M-20	102	00:01:26	<b>00:28:54.45</b>	<b>00:30:20.60</b>	+00:13:03 (45.2%)	5:46	10.4 (55.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
761	<b>RATAJ Szymon</b>	<b>244</b>		M-10	39	00:00:59	<b>00:28:55.00</b>	<b>00:29:54.60</b>	+00:13:04 (45.2%)	5:47	10.4 (55.0%)
762	<b>LEPPERT Kamila</b>	<b>1017</b>		K-20	56	00:01:25	<b>00:28:55.30</b>	<b>00:30:20.75</b>	+00:13:04 (45.2%)	5:47	10.4 (55.0%)
763	<b>BRAĞIEL Jakub</b>	<b>1148</b>	VEGE RUNNERS	M-30	221	00:01:38	<b>00:28:55.50</b>	<b>00:30:33.95</b>	+00:13:05 (45.2%)	5:47	10.4 (55.0%)
764	<b>KAŻMIERCZAK Paweł</b>	<b>983</b>		M-40	146	00:00:47	<b>00:28:56.70</b>	<b>00:29:44.25</b>	+00:13:06 (45.3%)	5:47	10.4 (55.0%)
765	<b>CHMIELEWSKA Agnieszka</b>	<b>201</b>		K-30	76	00:00:47	<b>00:28:56.95</b>	<b>00:29:44.10</b>	+00:13:06 (45.3%)	5:47	10.4 (55.0%)
766	<b>WÓJCIK Tomasz</b>	<b>285</b>		M-40	147	00:01:14	<b>00:28:57.25</b>	<b>00:30:11.75</b>	+00:13:06 (45.3%)	5:47	10.4 (55.0%)
767	<b>DEMBOWSKI Łukasz</b>	<b>1436</b>		M-20	103	00:01:41	<b>00:28:57.65</b>	<b>00:30:39.55</b>	+00:13:07 (45.3%)	5:47	10.4 (55.0%)
768	<b>KANCLERZEWSKI Stanisław</b>	<b>1080</b>	VEGAN SOCIETY	M-40	148	00:01:36	<b>00:28:57.95</b>	<b>00:30:34.65</b>	+00:13:07 (45.3%)	5:47	10.4 (55.0%)
769	<b>HAWRYŁO Mariusz</b>	<b>767</b>		M-30	222	00:00:39	<b>00:28:59.90</b>	<b>00:29:39.05</b>	+00:13:09 (45.4%)	5:48	10.3 (54.5%)
770	<b>BŁAŻEK Katarzyna</b>	<b>64</b>		K-30	77	00:00:56	<b>00:29:00.80</b>	<b>00:29:57.50</b>	+00:13:10 (45.4%)	5:48	10.3 (54.5%)
771	<b>SMOLIŃSKA Beata</b>	<b>422</b>	ZIELONY PELIKAN	K-40	40	00:00:24	<b>00:29:01.45</b>	<b>00:29:25.45</b>	+00:13:10 (45.4%)	5:48	10.3 (54.5%)
771	<b>DZIERŻAWSKI Łukasz</b>	<b>1199</b>	WKB MARATOŃCZYK WŁOCŁAWEK	M-30	223	00:00:32	<b>00:29:01.45</b>	<b>00:29:33.55</b>	+00:13:10 (45.4%)	5:48	10.3 (54.5%)
773	<b>DZIERŻAWSKA Aneta</b>	<b>1433</b>		K-30	78	00:00:31	<b>00:29:02.05</b>	<b>00:29:33.60</b>	+00:13:11 (45.4%)	5:48	10.3 (54.5%)
774	<b>GRĄBCZEWSKI Grzegorz</b>	<b>1276</b>	WKB MARATOŃCZYK	M-40	149	00:00:31	<b>00:29:02.25</b>	<b>00:29:33.40</b>	+00:13:11 (45.4%)	5:48	10.3 (54.5%)
775	<b>KROPIŃSKA Monika</b>	<b>1026</b>		K-30	79	00:01:03	<b>00:29:02.30</b>	<b>00:30:05.65</b>	+00:13:11 (45.4%)	5:48	10.3 (54.5%)
776	<b>JENCZEWSKI Szymon</b>	<b>539</b>	ALBATROSY	M-20	104	00:00:24	<b>00:29:03.15</b>	<b>00:29:28.05</b>	+00:13:12 (45.5%)	5:48	10.3 (54.5%)
777	<b>KRUSIK Aleksandra</b>	<b>541</b>	ALBATROSY	K-20	57	00:00:24	<b>00:29:03.20</b>	<b>00:29:28.00</b>	+00:13:12 (45.5%)	5:48	10.3 (54.5%)
778	<b>BATKA Marta</b>	<b>1140</b>		K-20	58	00:00:54	<b>00:29:03.40</b>	<b>00:29:57.65</b>	+00:13:12 (45.5%)	5:48	10.3 (54.5%)
779	<b>MAKUSZEWSKI Łukasz</b>	<b>1295</b>		M-40	150	00:00:37	<b>00:29:03.60</b>	<b>00:29:41.55</b>	+00:13:13 (45.5%)	5:48	10.3 (54.5%)
780	<b>WAŁĘZA Hubert</b>	<b>407</b>	KANAŁOWA TRI TEAM	M-30	224	00:01:38	<b>00:29:04.10</b>	<b>00:30:42.30</b>	+00:13:13 (45.5%)	5:48	10.3 (54.5%)
781	<b>SIERSZULSKA-WAŁĘZA Anna</b>	<b>940</b>		K-30	80	00:01:38	<b>00:29:04.30</b>	<b>00:30:42.50</b>	+00:13:13 (45.5%)	5:48	10.3 (54.5%)
782	<b>KASTNER Beata</b>	<b>651</b>		K-30	81	00:01:03	<b>00:29:06.45</b>	<b>00:30:09.60</b>	+00:13:15 (45.6%)	5:49	10.3 (54.5%)
783	<b>MICHNIEWICZ Małgorzata</b>	<b>447</b>		K-40	41	00:00:44	<b>00:29:06.95</b>	<b>00:29:51.35</b>	+00:13:16 (45.6%)	5:49	10.3 (54.5%)
784	<b>RACIBORSKI Grzegorz</b>	<b>632</b>	TASAK TEAM	M-40	151	00:01:30	<b>00:29:07.10</b>	<b>00:30:37.55</b>	+00:13:16 (45.6%)	5:49	10.3 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
785	ZIELINSKI Mikołaj	826		M-10	40	00:01:15	00:29:07.45	00:30:23.25	+00:13:16 (45.6%)	5:49	10.3 (54.5%)
786	BŁAŻEJEWICZ Monika	690		K-20	59	00:01:16	00:29:08.40	00:30:24.70	+00:13:17 (45.6%)	5:49	10.3 (54.5%)
787	TOPOLSKA Emilia	1235		K-30	82	00:00:45	00:29:08.90	00:29:54.30	+00:13:18 (45.7%)	5:49	10.3 (54.5%)
788	OLEJNICZAK Patrycja	1094	BAŻANT TEAM	K-20	60	00:00:47	00:29:09.35	00:29:56.50	+00:13:18 (45.7%)	5:49	10.3 (54.5%)
789	SZUMIŃSKA Marcelina	996		K-20	61	00:00:54	00:29:09.65	00:30:04.10	+00:13:19 (45.7%)	5:50	10.3 (54.5%)
790	NAWROCKA Joanna	205	VAUPE TEAM	K-30	83	00:00:04	00:29:10.55	00:29:14.85	+00:13:20 (45.7%)	5:50	10.3 (54.5%)
791	BŁAŻEJEWSKA Anna	1170		K-50	8	00:00:12	00:29:10.60	00:29:23.15	+00:13:20 (45.7%)	5:50	10.3 (54.5%)
792	KLASIŃSKA Weronika	1164		K-10	21	00:00:23	00:29:11.05	00:29:34.85	+00:13:20 (45.7%)	5:50	10.3 (54.5%)
793	BRAŹKIEWCZ Izabela	162		K-40	42	00:00:23	00:29:11.25	00:29:34.45	+00:13:20 (45.7%)	5:50	10.3 (54.5%)
793	CHEŁMINIAK Mariusz	1190		M-20	105	00:00:53	00:29:11.25	00:30:04.75	+00:13:20 (45.7%)	5:50	10.3 (54.5%)
795	BUŁAWA Brajan	1292	PERŁA TEAM	M-20	106	00:00:44	00:29:11.55	00:29:56.15	+00:13:21 (45.7%)	5:50	10.3 (54.5%)
796	KOSIŃSKA Patrycja	1237		K-20	62	00:00:44	00:29:11.70	00:29:56.50	+00:13:21 (45.7%)	5:50	10.3 (54.5%)
797	KOCHOWICZ Anna	451	WATAHA BYDGOSZCZ	K-40	43	00:01:43	00:29:12.00	00:30:55.15	+00:13:21 (45.7%)	5:50	10.3 (54.5%)
798	JANUSZKIEWICZ Kornelia	157	WATAHA BYDGOSZCZ	K-30	84	00:01:42	00:29:12.10	00:30:54.55	+00:13:21 (45.8%)	5:50	10.3 (54.5%)
799	MATUSZEWSKA Monika	565	VISITE.PL	K-30	85	00:01:18	00:29:13.25	00:30:32.10	+00:13:22 (45.8%)	5:50	10.3 (54.5%)
799	SARNECKI Bartosz	671		M-30	225	00:01:19	00:29:13.25	00:30:32.40	+00:13:22 (45.8%)	5:50	10.3 (54.5%)
801	BIEDROŃ Aleksandra	536		K-20	63	00:01:12	00:29:13.30	00:30:25.95	+00:13:22 (45.8%)	5:50	10.3 (54.5%)
802	ŚWIGOŃ Aneta	668		K-30	86	00:01:18	00:29:13.80	00:30:32.35	+00:13:23 (45.8%)	5:50	10.3 (54.5%)
803	ZUŻYDŁO Zuzanna	179		K-30	87	00:00:16	00:29:14.65	00:29:31.40	+00:13:24 (45.8%)	5:51	10.3 (54.5%)
804	SPIRYDOWICZ Piotr	973		M-30	226	00:01:04	00:29:14.75	00:30:18.75	+00:13:24 (45.8%)	5:50	10.3 (54.5%)
805	TOMKIEWICZ Natalia	672		K-30	88	00:01:19	00:29:15.05	00:30:34.35	+00:13:24 (45.8%)	5:51	10.3 (54.5%)
806	SZYMAŃSKA Magdalena	231		K-20	64	00:00:56	00:29:15.30	00:30:11.75	+00:13:24 (45.8%)	5:51	10.3 (54.5%)
807	ROGOZIŃSKI Aleksander	805		M-30	227	00:01:00	00:29:15.55	00:30:15.85	+00:13:25 (45.9%)	5:51	10.3 (54.5%)
808	ROGOZIŃSKA Karolina	468		K-30	89	00:00:59	00:29:16.20	00:30:15.90	+00:13:25 (45.9%)	5:51	10.3 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
809	<b>ŁADNIAK Dariusz</b>	<b>1396</b>		M-40	152	00:00:59	<b>00:29:16.30</b>	<b>00:30:15.70</b>	+00:13:25 (45.9%)	5:51	10.3 (54.5%)
810	<b>KLETT Patrycja</b>	<b>443</b>		K-10	22	00:00:51	<b>00:29:16.80</b>	<b>00:30:08.35</b>	+00:13:26 (45.9%)	5:51	10.2 (54.0%)
811	<b>ŁADNIAK Bernadeta</b>	<b>1397</b>		K-30	90	00:00:59	<b>00:29:16.85</b>	<b>00:30:16.05</b>	+00:13:26 (45.9%)	5:51	10.2 (54.0%)
812	<b>BANNACH Aleksander</b>	<b>233</b>		M-20	107	00:00:55	<b>00:29:17.15</b>	<b>00:30:12.45</b>	+00:13:26 (45.9%)	5:51	10.2 (54.0%)
813	<b>WYRĄBKIEWICZ Hanna</b>	<b>107</b>		K-30	91	00:00:21	<b>00:29:17.40</b>	<b>00:29:39.35</b>	+00:13:26 (45.9%)	5:51	10.2 (54.0%)
814	<b>JAKUBOWSKI Mirosław</b>	<b>587</b>	URZĄD MIASTA BYDGOSZCZY	M-50	48	00:01:37	<b>00:29:18.90</b>	<b>00:30:56.35</b>	+00:13:28 (46.0%)	5:51	10.2 (54.0%)
815	<b>NOWACKA Roksana</b>	<b>56</b>		K-20	65	00:01:33	<b>00:29:19.30</b>	<b>00:30:53.00</b>	+00:13:28 (46.0%)	5:52	10.2 (54.0%)
816	<b>MUCHOWSKA Monika</b>	<b>1453</b>		K-20	66	00:01:09	<b>00:29:21.60</b>	<b>00:30:30.85</b>	+00:13:31 (46.0%)	5:52	10.2 (54.0%)
817	<b>GOLIK Krzysztof</b>	<b>16</b>	FORDONRUNNERS	M-40	153	00:01:00	<b>00:29:21.85</b>	<b>00:30:21.85</b>	+00:13:31 (46.1%)	5:52	10.2 (54.0%)
818	<b>KURTYSIAK Roman</b>	<b>291</b>		M-50	49	00:00:50	<b>00:29:22.25</b>	<b>00:30:12.45</b>	+00:13:31 (46.1%)	5:52	10.2 (54.0%)
819	<b>RYDELSKA Kinga</b>	<b>188</b>		K-40	44	00:00:26	<b>00:29:22.50</b>	<b>00:29:49.25</b>	+00:13:32 (46.1%)	5:52	10.2 (54.0%)
820	<b>GÓRSKA Monika</b>	<b>435</b>	TASAK TEAM	K-10	23	00:01:30	<b>00:29:22.65</b>	<b>00:30:53.00</b>	+00:13:32 (46.1%)	5:52	10.2 (54.0%)
821	<b>RACZYCKI Tomasz</b>	<b>155</b>		M-40	154	00:00:00	<b>00:29:22.95</b>	<b>00:29:22.95</b>	+00:13:32 (46.1%)	5:52	10.2 (54.0%)
821	<b>KOCZOROWSKA Kamila</b>	<b>317</b>		K-30	92	00:01:05	<b>00:29:22.95</b>	<b>00:30:28.00</b>	+00:13:32 (46.1%)	5:52	10.2 (54.0%)
823	<b>GÓRSKA Joanna</b>	<b>697</b>	TASAK TEAM	K-30	93	00:01:30	<b>00:29:24.10</b>	<b>00:30:54.20</b>	+00:13:33 (46.1%)	5:52	10.2 (54.0%)
824	<b>DURAŁEK Oskar</b>	<b>1088</b>		M-10	41	00:01:17	<b>00:29:25.60</b>	<b>00:30:43.40</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
824	<b>DURAŁEK Andrzej</b>	<b>1090</b>		M-40	155	00:01:17	<b>00:29:25.60</b>	<b>00:30:43.30</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
826	<b>BULIŃSKI Mateusz</b>	<b>1097</b>	WP	M-20	108	00:00:34	<b>00:29:25.75</b>	<b>00:30:00.60</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
827	<b>FIUT Kazimierz</b>	<b>860</b>		M-60+	10	00:00:54	<b>00:29:25.90</b>	<b>00:30:20.00</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
827	<b>DURAŁEK Anna</b>	<b>1086</b>		K-40	45	00:01:17	<b>00:29:25.90</b>	<b>00:30:43.05</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
829	<b>BORZYSZKOWSKI Grzegorz</b>	<b>159</b>	STARY FORDON	M-30	228	00:00:14	<b>00:29:26.20</b>	<b>00:29:40.95</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
830	<b>RADOWSKA Helena</b>	<b>1254</b>		K-50	9	00:00:52	<b>00:29:26.40</b>	<b>00:30:19.25</b>	+00:13:35 (46.2%)	5:53	10.2 (54.0%)
831	<b>WOŹNIAK Piotr</b>	<b>54</b>		M-40	156	00:01:03	<b>00:29:26.55</b>	<b>00:30:30.20</b>	+00:13:36 (46.2%)	5:53	10.2 (54.0%)
832	<b>NIKOŁAJEW Monika</b>	<b>35</b>		K-30	94	00:01:13	<b>00:29:26.60</b>	<b>00:30:40.30</b>	+00:13:36 (46.2%)	5:53	10.2 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
833	<b>GRZELAK Tadeusz</b>	<b>437</b>	BYDGOSZCZNASTART	M-60+	11	00:00:47	<b>00:29:26.75</b>	<b>00:30:14.20</b>	+00:13:36 (46.2%)	5:53	10.2 (54.0%)
834	<b>DERESZYŃSKI Piotr</b>	<b>1114</b>		M-40	157	00:01:18	<b>00:29:27.20</b>	<b>00:30:45.85</b>	+00:13:36 (46.2%)	5:53	10.2 (54.0%)
834	<b>DERESZYŃSKA Katarzyna</b>	<b>1115</b>		K-40	46	00:01:18	<b>00:29:27.20</b>	<b>00:30:45.50</b>	+00:13:36 (46.2%)	5:53	10.2 (54.0%)
836	<b>WEGNER Roman</b>	<b>135</b>		M-50	50	00:00:49	<b>00:29:27.70</b>	<b>00:30:17.00</b>	+00:13:37 (46.2%)	5:53	10.2 (54.0%)
836	<b>WIATROWSKA Katarzyna</b>	<b>80</b>		K-30	95	00:00:13	<b>00:29:27.70</b>	<b>00:29:40.85</b>	+00:13:37 (46.2%)	5:53	10.2 (54.0%)
838	<b>CHOLEWCZYŃSKI Dariusz</b>	<b>1344</b>		M-40	158	00:00:52	<b>00:29:29.85</b>	<b>00:30:22.50</b>	+00:13:39 (46.3%)	5:54	10.2 (54.0%)
839	<b>SOBOTA Piotr</b>	<b>174</b>		M-40	159	00:01:05	<b>00:29:30.05</b>	<b>00:30:36.00</b>	+00:13:39 (46.3%)	5:54	10.2 (54.0%)
840	<b>CISZEWSKA Emilia</b>	<b>1265</b>		K-30	96	00:01:05	<b>00:29:30.30</b>	<b>00:30:36.25</b>	+00:13:39 (46.3%)	5:54	10.2 (54.0%)
840	<b>MAŁOWIECKI Grzegorz</b>	<b>1370</b>		M-40	160	00:00:52	<b>00:29:30.30</b>	<b>00:30:22.75</b>	+00:13:39 (46.3%)	5:54	10.2 (54.0%)
840	<b>BALCERZAK Agnieszka</b>	<b>1391</b>		K-30	96	00:01:06	<b>00:29:30.30</b>	<b>00:30:36.50</b>	+00:13:39 (46.3%)	5:54	10.2 (54.0%)
840	<b>FURMANIAK Tomasz</b>	<b>1423</b>		M-30	229	00:01:26	<b>00:29:30.30</b>	<b>00:30:57.10</b>	+00:13:39 (46.3%)	5:54	10.2 (54.0%)
844	<b>BŁAŻEJEWSKI Kacper</b>	<b>1231</b>	CB163	M-30	230	00:01:23	<b>00:29:31.20</b>	<b>00:30:55.15</b>	+00:13:40 (46.3%)	5:54	10.2 (54.0%)
845	<b>GOŁATA Kamil</b>	<b>549</b>	WILCZA WATACHA	M-10	42	00:01:04	<b>00:29:31.60</b>	<b>00:30:35.65</b>	+00:13:41 (46.3%)	5:54	10.2 (54.0%)
846	<b>LUZAK Jadwiga</b>	<b>557</b>		K-50	10	00:00:39	<b>00:29:33.40</b>	<b>00:30:13.15</b>	+00:13:42 (46.4%)	5:54	10.1 (53.4%)
847	<b>PŁOSZAJ Magdalena</b>	<b>131</b>		K-30	98	00:01:08	<b>00:29:33.65</b>	<b>00:30:42.45</b>	+00:13:43 (46.4%)	5:54	10.1 (53.4%)
848	<b>GOŁATA Wojciech</b>	<b>543</b>	WILCZA WATACHA	M-30	231	00:01:04	<b>00:29:34.00</b>	<b>00:30:38.70</b>	+00:13:43 (46.4%)	5:54	10.1 (53.4%)
849	<b>GOŁATA Julia</b>	<b>546</b>	WILCZA WATACHA	K-10	24	00:01:04	<b>00:29:34.25</b>	<b>00:30:38.85</b>	+00:13:43 (46.4%)	5:54	10.1 (53.4%)
850	<b>KAŹMIERCZAK Aleksandra</b>	<b>182</b>	BIEGAJ Z DĘBAMI	K-40	47	00:00:25	<b>00:29:34.70</b>	<b>00:30:00.00</b>	+00:13:44 (46.4%)	5:55	10.1 (53.4%)
851	<b>CEMKE Magdalena</b>	<b>249</b>		K-20	67	00:01:01	<b>00:29:34.80</b>	<b>00:30:36.65</b>	+00:13:44 (46.4%)	5:55	10.1 (53.4%)
852	<b>POWAŁKA Grzegorz</b>	<b>1378</b>		M-50	51	00:00:43	<b>00:29:34.95</b>	<b>00:30:18.75</b>	+00:13:44 (46.4%)	5:55	10.1 (53.4%)
853	<b>GOŁATA Agnieszka</b>	<b>542</b>	WILCZA WATACHA	K-30	99	00:01:04	<b>00:29:35.05</b>	<b>00:30:39.15</b>	+00:13:44 (46.5%)	5:55	10.1 (53.4%)
854	<b>SZCZEPKOWSKI Andrzej</b>	<b>491</b>		M-60+	12	00:01:20	<b>00:29:35.30</b>	<b>00:30:56.20</b>	+00:13:44 (46.5%)	5:55	10.1 (53.4%)
854	<b>TRAWCZYŃSKA Katarzyna</b>	<b>859</b>		K-30	100	00:00:43	<b>00:29:35.30</b>	<b>00:30:18.60</b>	+00:13:44 (46.5%)	5:55	10.1 (53.4%)
856	<b>NIEDBALSKI Karol</b>	<b>512</b>		M-30	232	00:00:48	<b>00:29:36.80</b>	<b>00:30:25.50</b>	+00:13:46 (46.5%)	5:55	10.1 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
857	<b>BERNADY Paulina</b>	<b>503</b>		K-30	101	00:01:35	<b>00:29:37.10</b>	<b>00:31:12.25</b>	+00:13:46 (46.5%)	5:55	10.1 (53.4%)
858	<b>SKUBISZAK Jacek</b>	<b>1228</b>		M-40	161	00:01:10	<b>00:29:37.15</b>	<b>00:30:47.70</b>	+00:13:46 (46.5%)	5:55	10.1 (53.4%)
859	<b>NIEDBALSKI Edward</b>	<b>849</b>		M-60+	13	00:00:48	<b>00:29:37.25</b>	<b>00:30:25.50</b>	+00:13:46 (46.5%)	5:55	10.1 (53.4%)
860	<b>MLICKI Marcin</b>	<b>476</b>		M-40	162	00:01:19	<b>00:29:37.30</b>	<b>00:30:57.05</b>	+00:13:46 (46.5%)	5:55	10.1 (53.4%)
861	<b>FLOREK Milena</b>	<b>192</b>	RUNADDICTS	K-30	102	00:01:16	<b>00:29:41.05</b>	<b>00:30:57.90</b>	+00:13:50 (46.6%)	5:56	10.1 (53.4%)
862	<b>GRABOWSKA_KUTOWIŃSKA Ewa</b>	<b>263</b>		K-30	103	00:00:08	<b>00:29:42.65</b>	<b>00:29:51.25</b>	+00:13:52 (46.7%)	5:56	10.1 (53.4%)
863	<b>OLSZEWSKI Rafal</b>	<b>670</b>		M-30	233	00:01:27	<b>00:29:42.95</b>	<b>00:31:10.55</b>	+00:13:52 (46.7%)	5:56	10.1 (53.4%)
864	<b>BAJCZYK Adrian</b>	<b>1447</b>		M-20	109	00:00:56	<b>00:29:43.35</b>	<b>00:30:39.55</b>	+00:13:52 (46.7%)	5:56	10.1 (53.4%)
865	<b>DYMARKOWSKA Weronika</b>	<b>1297</b>		K-10	25	00:00:32	<b>00:29:43.60</b>	<b>00:30:16.15</b>	+00:13:53 (46.7%)	5:56	10.1 (53.4%)
866	<b>PIÓRKOWSKI Rafał</b>	<b>1477</b>		M-40	163	00:01:34	<b>00:29:44.05</b>	<b>00:31:18.70</b>	+00:13:53 (46.7%)	5:56	10.1 (53.4%)
867	<b>PIÓRKOWSKA Aga</b>	<b>5</b>	BRB BYDGOSZCZ	K-40	48	00:00:37	<b>00:29:44.30</b>	<b>00:30:21.30</b>	+00:13:53 (46.7%)	5:56	10.1 (53.4%)
868	<b>SKORNIA Paweł</b>	<b>979</b>		M-20	110	00:01:04	<b>00:29:44.65</b>	<b>00:30:49.25</b>	+00:13:54 (46.7%)	5:57	10.1 (53.4%)
869	<b>SKORNIA Marika</b>	<b>746</b>		K-20	68	00:01:04	<b>00:29:44.70</b>	<b>00:30:49.15</b>	+00:13:54 (46.7%)	5:57	10.1 (53.4%)
870	<b>SKURCZYŃSKA Magdalena</b>	<b>12</b>		K-20	69	00:00:11	<b>00:29:45.10</b>	<b>00:29:57.05</b>	+00:13:54 (46.8%)	5:57	10.1 (53.4%)
871	<b>SMOCZYŃSKA Agnieszka</b>	<b>643</b>		K-20	70	00:00:34	<b>00:29:45.55</b>	<b>00:30:20.05</b>	+00:13:55 (46.8%)	5:57	10.1 (53.4%)
872	<b>ŁASSA Rafał</b>	<b>753</b>	SBRT RUNNING TEAM BYDGOSZCZ	M-20	111	00:01:04	<b>00:29:45.65</b>	<b>00:30:50.05</b>	+00:13:55 (46.8%)	5:57	10.1 (53.4%)
873	<b>SPYCHAJ Piotr</b>	<b>206</b>	TASAK TEAM	M-30	234	00:01:29	<b>00:29:46.50</b>	<b>00:31:16.00</b>	+00:13:56 (46.8%)	5:57	10.1 (53.4%)
874	<b>SPYCHAJ Anna</b>	<b>209</b>	TASAK TEAM	K-20	71	00:01:29	<b>00:29:46.80</b>	<b>00:31:16.00</b>	+00:13:56 (46.8%)	5:57	10.1 (53.4%)
875	<b>ZIELIŃSKA Aleksandra</b>	<b>1426</b>		K-20	72	00:00:55	<b>00:29:47.95</b>	<b>00:30:43.60</b>	+00:13:57 (46.8%)	5:57	10.1 (53.4%)
876	<b>KRYGIER Maciej</b>	<b>883</b>	VOIP24SKLEP.PL SPORT	M-30	235	00:01:25	<b>00:29:48.00</b>	<b>00:31:13.95</b>	+00:13:57 (46.8%)	5:57	10.1 (53.4%)
877	<b>WITUCKA-KRYGIER Malwina</b>	<b>709</b>	VOIP24SKLEP.PL SPORT	K-30	104	00:01:25	<b>00:29:48.50</b>	<b>00:31:14.45</b>	+00:13:58 (46.9%)	5:57	10.1 (53.4%)
878	<b>RADZIEJEWSKI Tomasz</b>	<b>1334</b>		M-30	236	00:01:20	<b>00:29:50.35</b>	<b>00:31:10.95</b>	+00:13:59 (46.9%)	5:58	10.1 (53.4%)
879	<b>CIESIELSKA Agnieszka</b>	<b>595</b>		K-30	105	00:01:26	<b>00:29:51.20</b>	<b>00:31:18.05</b>	+00:14:00 (46.9%)	5:58	10 (52.9%)
880	<b>KOPACZ Adrian</b>	<b>959</b>		M-30	237	00:00:54	<b>00:29:51.50</b>	<b>00:30:46.00</b>	+00:14:01 (46.9%)	5:58	10 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
881	KOPACZ Elżbieta	960		K-50	11	00:00:54	00:29:52.05	00:30:46.40	+00:14:01 (47.0%)	5:58	10 (52.9%)
882	GRZEGOREK Jakub	142		M-20	112	00:01:36	00:29:52.60	00:31:29.50	+00:14:02 (47.0%)	5:58	10 (52.9%)
883	SZARGAN Magda	615		K-20	73	00:00:36	00:29:52.80	00:30:29.45	+00:14:02 (47.0%)	5:58	10 (52.9%)
884	ŁOBODA Mikołaj	899		M-10	43	00:00:23	00:29:54.95	00:30:18.05	+00:14:04 (47.0%)	5:59	10 (52.9%)
885	KOWALSKA Irena	919		K-60+	4	00:00:19	00:29:55.45	00:30:15.00	+00:14:04 (47.1%)	5:59	10 (52.9%)
886	WARCZAK Piotr	1327	TEAMOCHAL	M-40	164	00:01:20	00:29:55.85	00:31:16.15	+00:14:05 (47.1%)	5:59	10 (52.9%)
887	PIOTROWSKA Marzena	1340		K-30	106	00:01:20	00:29:55.90	00:31:16.30	+00:14:05 (47.1%)	5:59	10 (52.9%)
888	SŁOWIŃSKA Marta	616		K-30	107	00:01:13	00:29:56.95	00:31:10.40	+00:14:06 (47.1%)	5:59	10 (52.9%)
889	MAREK Lucjan	923		M-30	238	00:00:55	00:29:57.70	00:30:53.15	+00:14:07 (47.1%)	5:59	10 (52.9%)
890	MACHNIK Adam	627		M-40	165	00:01:13	00:29:57.80	00:31:10.80	+00:14:07 (47.1%)	5:59	10 (52.9%)
891	MARCINIAK Oskar	1034		M-30	239	00:00:54	00:29:58.40	00:30:52.40	+00:14:07 (47.1%)	5:59	10 (52.9%)
892	MALICKI Łukasz	484	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	240	00:00:53	00:29:58.45	00:30:52.15	+00:14:07 (47.1%)	5:59	10 (52.9%)
893	MAREK Anna	924		K-30	108	00:00:54	00:29:59.00	00:30:53.45	+00:14:08 (47.2%)	5:59	10 (52.9%)
894	WÓJCIK Monika	1364	MW AQUA	K-30	109	00:01:19	00:29:59.60	00:31:19.45	+00:14:09 (47.2%)	6:00	10 (52.9%)
895	MALICKA Beata	475		K-50	12	00:00:52	00:29:59.70	00:30:51.95	+00:14:09 (47.2%)	5:59	10 (52.9%)
896	JURUŚ Jolanta	776	HERBALIFE	K-50	13	00:00:38	00:30:02.15	00:30:40.35	+00:14:11 (47.3%)	6:00	10 (52.9%)
897	GUL Marcin	854		M-30	241	00:01:31	00:30:02.30	00:31:33.65	+00:14:11 (47.3%)	6:00	10 (52.9%)
898	MATELSKA Barbara	618		K-40	49	00:01:27	00:30:04.75	00:31:31.85	+00:14:14 (47.3%)	6:00	10 (52.9%)
899	KOWALCZYK Magdalena	569		K-30	110	00:00:49	00:30:05.30	00:30:54.40	+00:14:14 (47.3%)	6:01	10 (52.9%)
900	GROCHAŁA Michał	568		M-30	242	00:00:49	00:30:05.80	00:30:54.85	+00:14:15 (47.4%)	6:01	10 (52.9%)
901	GROBELNY Michał	1100		M-20	113	00:00:40	00:30:06.25	00:30:46.70	+00:14:15 (47.4%)	6:01	10 (52.9%)
902	WITKOWSKA Lucyna	821		K-40	50	00:01:12	00:30:07.40	00:31:20.20	+00:14:16 (47.4%)	6:01	10 (52.9%)
903	KUJAWA Magdalena	819		K-30	111	00:01:12	00:30:07.60	00:31:19.80	+00:14:17 (47.4%)	6:01	10 (52.9%)
904	BEBYN Grzegorz	1003		M-40	166	00:00:41	00:30:08.55	00:30:50.25	+00:14:18 (47.4%)	6:01	10 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
905	<b>ŻUCHELKOWSKA Agata</b>	<b>532</b>		K-30	112	00:00:50	<b>00:30:09.05</b>	<b>00:30:59.20</b>	+00:14:18 (47.5%)	6:01	10 (52.9%)
906	<b>WRONKA Joanna</b>	<b>245</b>		K-30	113	00:01:27	<b>00:30:10.25</b>	<b>00:31:37.65</b>	+00:14:19 (47.5%)	6:02	9.9 (52.4%)
907	<b>PRZEWOŹNIAK Rafał</b>	<b>649</b>	TRI FAMILY	M-20	114	00:01:07	<b>00:30:11.35</b>	<b>00:31:18.50</b>	+00:14:20 (47.5%)	6:02	9.9 (52.4%)
908	<b>PRZEWOŹNIAK Marta</b>	<b>650</b>	TRI FAMILY	K-20	74	00:01:06	<b>00:30:11.85</b>	<b>00:31:18.80</b>	+00:14:21 (47.5%)	6:02	9.9 (52.4%)
909	<b>KRZYŻANOWSKA Patrycja</b>	<b>1120</b>		K-20	75	00:01:04	<b>00:30:12.00</b>	<b>00:31:16.95</b>	+00:14:21 (47.5%)	6:02	9.9 (52.4%)
910	<b>CISEWSKI Mateusz</b>	<b>271</b>		M-20	115	00:00:54	<b>00:30:12.05</b>	<b>00:31:06.75</b>	+00:14:21 (47.5%)	6:02	9.9 (52.4%)
911	<b>SPLITT Anna</b>	<b>946</b>	ENERGYJUMP	K-30	114	00:01:36	<b>00:30:13.35</b>	<b>00:31:49.95</b>	+00:14:22 (47.6%)	6:02	9.9 (52.4%)
912	<b>KWISSA Anna</b>	<b>1416</b>	ENERGY JUMP	K-30	115	00:01:36	<b>00:30:13.85</b>	<b>00:31:50.15</b>	+00:14:23 (47.6%)	6:02	9.9 (52.4%)
913	<b>TOKARSKA Alicja</b>	<b>212</b>	VEGE RUNNERS	K-30	116	00:00:56	<b>00:30:14.80</b>	<b>00:31:11.15</b>	+00:14:24 (47.6%)	6:03	9.9 (52.4%)
914	<b>ZIELIŃSKA Justyna</b>	<b>55</b>	KAPITEM	K-30	117	00:00:37	<b>00:30:16.25</b>	<b>00:30:53.30</b>	+00:14:25 (47.7%)	6:03	9.9 (52.4%)
914	<b>BUTOWSKI Michał</b>	<b>346</b>	SEN O VICTORII	M-40	167	00:00:32	<b>00:30:16.25</b>	<b>00:30:49.00</b>	+00:14:25 (47.7%)	6:03	9.9 (52.4%)
916	<b>WAWRZY尼亚K Sandra</b>	<b>1316</b>	BYDGOSZCZ NA START	K-20	76	00:00:32	<b>00:30:16.75</b>	<b>00:30:49.15</b>	+00:14:26 (47.7%)	6:03	9.9 (52.4%)
917	<b>PISARSKI Igor</b>	<b>1437</b>		M-20	116	00:00:00	<b>00:30:16.90</b>	<b>00:30:16.90</b>	+00:14:26 (47.7%)	6:03	9.9 (52.4%)
918	<b>DYNIEWSKA Agnieszka</b>	<b>1051</b>	BTŻ	K-40	51	00:01:07	<b>00:30:17.05</b>	<b>00:31:24.50</b>	+00:14:26 (47.7%)	6:03	9.9 (52.4%)
919	<b>ZAGOŹDŹON Wioleta</b>	<b>67</b>	SOLECCY BIEGACZE	K-30	118	00:00:35	<b>00:30:17.30</b>	<b>00:30:53.00</b>	+00:14:26 (47.7%)	6:03	9.9 (52.4%)
920	<b>BYCZKOWSKI Miłosz</b>	<b>1227</b>	INDYWIDUALNI	M-10	44	00:01:24	<b>00:30:17.65</b>	<b>00:31:41.80</b>	+00:14:27 (47.7%)	6:03	9.9 (52.4%)
921	<b>KOTOWSKA Joanna</b>	<b>1479</b>		K-40	52	00:01:32	<b>00:30:18.15</b>	<b>00:31:51.10</b>	+00:14:27 (47.7%)	6:03	9.9 (52.4%)
922	<b>GRUSZKA Marek</b>	<b>506</b>	NIEZRZESZONY	M-50	52	00:00:19	<b>00:30:19.20</b>	<b>00:30:38.30</b>	+00:14:28 (47.8%)	6:03	9.9 (52.4%)
923	<b>KOPROWICZ Adam</b>	<b>798</b>	THE RUNNERS ŚWIECIE	M-50	53	00:01:08	<b>00:30:19.45</b>	<b>00:31:27.55</b>	+00:14:28 (47.8%)	6:03	9.9 (52.4%)
924	<b>KOZAKIEWICZ Marcin</b>	<b>101</b>		M-40	168	00:01:12	<b>00:30:19.85</b>	<b>00:31:32.65</b>	+00:14:29 (47.8%)	6:04	9.9 (52.4%)
925	<b>JANKOWIAK Radosław</b>	<b>418</b>		M-30	243	00:00:43	<b>00:30:20.30</b>	<b>00:31:03.55</b>	+00:14:29 (47.8%)	6:04	9.9 (52.4%)
926	<b>KOPROWICZ Katarzyna</b>	<b>554</b>	THE RUNERS ŚWIECIE	K-40	53	00:01:06	<b>00:30:20.40</b>	<b>00:31:27.05</b>	+00:14:29 (47.8%)	6:04	9.9 (52.4%)
927	<b>POĆWIARDOWSKA Sylwia</b>	<b>1444</b>		K-40	54	00:01:38	<b>00:30:20.65</b>	<b>00:31:59.55</b>	+00:14:30 (47.8%)	6:04	9.9 (52.4%)
928	<b>MALATYŃSKA Barbara</b>	<b>856</b>		K-40	55	00:00:59	<b>00:30:21.05</b>	<b>00:31:20.80</b>	+00:14:30 (47.8%)	6:04	9.9 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
929	<b>KRAKOWIAK Marta</b>	<b>894</b>		K-20	77	00:00:43	<b>00:30:21.30</b>	<b>00:31:04.70</b>	+00:14:30 (47.8%)	6:04	9.9 (52.4%)
930	<b>LEWANDOWSKA Sylwia</b>	<b>125</b>		K-40	56	00:00:58	<b>00:30:22.15</b>	<b>00:31:20.20</b>	+00:14:31 (47.8%)	6:04	9.9 (52.4%)
931	<b>KLINIKOWSKI Jacek</b>	<b>392</b>	KOCHAM ŻYCIE I...	M-50	54	00:00:38	<b>00:30:22.60</b>	<b>00:31:00.65</b>	+00:14:32 (47.8%)	6:04	9.9 (52.4%)
932	<b>POGORZELSKA Bogusia</b>	<b>393</b>		K-40	57	00:00:37	<b>00:30:22.75</b>	<b>00:31:00.35</b>	+00:14:32 (47.9%)	6:04	9.9 (52.4%)
932	<b>JAWORSKA Sylwia</b>	<b>1214</b>		K-20	78	00:01:04	<b>00:30:22.75</b>	<b>00:31:26.95</b>	+00:14:32 (47.9%)	6:04	9.9 (52.4%)
934	<b>GŁĘBOCKA Agnieszka</b>	<b>1277</b>		K-30	119	00:01:19	<b>00:30:22.95</b>	<b>00:31:42.30</b>	+00:14:32 (47.9%)	6:04	9.9 (52.4%)
935	<b>KNIOŁA Lucyna</b>	<b>463</b>		K-50	14	00:01:27	<b>00:30:23.45</b>	<b>00:31:50.60</b>	+00:14:32 (47.9%)	6:04	9.9 (52.4%)
935	<b>PERA Marek</b>	<b>609</b>		M-30	244	00:01:02	<b>00:30:23.45</b>	<b>00:31:26.15</b>	+00:14:32 (47.9%)	6:04	9.9 (52.4%)
937	<b>MAZUREK Dorota</b>	<b>1216</b>		K-20	79	00:01:04	<b>00:30:23.50</b>	<b>00:31:27.85</b>	+00:14:33 (47.9%)	6:04	9.9 (52.4%)
938	<b>REKOWSKI Mateusz</b>	<b>699</b>		M-30	245	00:00:34	<b>00:30:24.00</b>	<b>00:30:58.50</b>	+00:14:33 (47.9%)	6:04	9.9 (52.4%)
939	<b>STIMMA Anna</b>	<b>1367</b>	LUBIĘ SOBIE POBIEGAĆ	K-40	58	00:00:42	<b>00:30:25.45</b>	<b>00:31:08.10</b>	+00:14:34 (47.9%)	6:05	9.9 (52.4%)
940	<b>PIECHOCIŃSKI Jarosław</b>	<b>1365</b>	RINO	M-60+	14	00:00:57	<b>00:30:26.70</b>	<b>00:31:24.55</b>	+00:14:36 (48.0%)	6:05	9.9 (52.4%)
941	<b>OSTROWSKA Justyna</b>	<b>1389</b>		K-30	120	00:01:08	<b>00:30:27.10</b>	<b>00:31:35.50</b>	+00:14:36 (48.0%)	6:05	9.9 (52.4%)
942	<b>RATAJ Maciej</b>	<b>247</b>		M-40	169	00:01:00	<b>00:30:27.95</b>	<b>00:31:28.00</b>	+00:14:37 (48.0%)	6:05	9.8 (51.9%)
943	<b>WINIARSKI Kacper</b>	<b>8</b>		M-10	45	00:00:59	<b>00:30:28.15</b>	<b>00:31:27.90</b>	+00:14:37 (48.0%)	6:05	9.8 (51.9%)
944	<b>ZIELIŃSKA Marta</b>	<b>1356</b>	MAMA&SYN	K-30	121	00:00:34	<b>00:30:29.70</b>	<b>00:31:04.35</b>	+00:14:39 (48.1%)	6:06	9.8 (51.9%)
945	<b>BOLLIN Łukasz</b>	<b>836</b>	GĆJ	M-30	246	00:00:24	<b>00:30:29.80</b>	<b>00:30:54.00</b>	+00:14:39 (48.1%)	6:06	9.8 (51.9%)
946	<b>GROCHOWSKI Rafał</b>	<b>756</b>		M-30	247	00:00:50	<b>00:30:29.90</b>	<b>00:31:20.80</b>	+00:14:39 (48.1%)	6:06	9.8 (51.9%)
947	<b>TOBOLSKA Małgorzata</b>	<b>589</b>		K-30	122	00:00:54	<b>00:30:30.30</b>	<b>00:31:25.00</b>	+00:14:39 (48.1%)	6:06	9.8 (51.9%)
948	<b>REKOWSKA Paulina</b>	<b>700</b>		K-20	80	00:00:34	<b>00:30:30.45</b>	<b>00:31:05.35</b>	+00:14:39 (48.1%)	6:06	9.8 (51.9%)
949	<b>BRZOZOWSKI Krzysztof</b>	<b>504</b>		M-30	248	00:01:05	<b>00:30:31.00</b>	<b>00:31:36.55</b>	+00:14:40 (48.1%)	6:06	9.8 (51.9%)
950	<b>CICHOSZ Jerzy</b>	<b>172</b>	KOSZALIM	M-60+	15	00:01:06	<b>00:30:31.10</b>	<b>00:31:37.85</b>	+00:14:40 (48.1%)	6:06	9.8 (51.9%)
951	<b>WOSICKA Wanda</b>	<b>818</b>	CASTORAMA2	K-40	59	00:00:48	<b>00:30:31.45</b>	<b>00:31:20.25</b>	+00:14:40 (48.1%)	6:06	9.8 (51.9%)
952	<b>ANDRUSEWICZ Hanna</b>	<b>995</b>		K-40	60	00:00:48	<b>00:30:32.00</b>	<b>00:31:20.35</b>	+00:14:41 (48.1%)	6:06	9.8 (51.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
953	MUCHA-BOINSKA Anna	884		K-30	123	00:00:29	00:30:32.75	00:31:02.30	+00:14:42 (48.1%)	6:06	9.8 (51.9%)
954	NIEDBALSKI Paweł	144		M-40	170	00:01:39	00:30:33.45	00:32:13.40	+00:14:42 (48.2%)	6:06	9.8 (51.9%)
955	LEWANDOWSKA Piotr	1251		M-40	171	00:00:47	00:30:33.50	00:31:21.45	+00:14:43 (48.2%)	6:06	9.8 (51.9%)
956	SIEWERT Iwona	829		K-30	124	00:00:12	00:30:33.75	00:30:46.30	+00:14:43 (48.2%)	6:06	9.8 (51.9%)
957	LASKOWSKA Aleksandra	825		K-40	61	00:00:12	00:30:33.85	00:30:46.30	+00:14:43 (48.2%)	6:06	9.8 (51.9%)
958	LEWANDOWSKA Beata	1248	FREAKY FIT TEAM	K-40	62	00:00:47	00:30:34.30	00:31:21.30	+00:14:43 (48.2%)	6:06	9.8 (51.9%)
959	DOLNY Kajetan	1482	FOREST GANG	M-10	46	00:01:32	00:30:34.95	00:32:07.40	+00:14:44 (48.2%)	6:07	9.8 (51.9%)
960	TWARDOWSKA Katarzyna / Maria	1092		K-40	63	00:01:07	00:30:35.30	00:31:43.05	+00:14:44 (48.2%)	6:07	9.8 (51.9%)
961	ŁUKASZCZYK Joanna	775		K-30	125	00:01:06	00:30:36.25	00:31:43.15	+00:14:45 (48.2%)	6:07	9.8 (51.9%)
962	BURNICKA Ewa	1282		K-40	64	00:00:07	00:30:36.75	00:30:44.35	+00:14:46 (48.3%)	6:07	9.8 (51.9%)
963	MURAWKA Łukasz	350		M-30	249	00:00:44	00:30:37.70	00:31:22.15	+00:14:47 (48.3%)	6:07	9.8 (51.9%)
964	SMOLIŃSKI Piotr	204	BBL SZUBIN	M-50	55	00:01:02	00:30:37.75	00:31:40.15	+00:14:47 (48.3%)	6:07	9.8 (51.9%)
964	OLECHNOWICZ Maciej	636	WALECZNE DZIECIAKI	M-10	47	00:01:26	00:30:37.75	00:32:04.00	+00:14:47 (48.3%)	6:07	9.8 (51.9%)
966	GOTOWICZ Maciej	795		M-10	48	00:01:33	00:30:38.20	00:32:11.55	+00:14:47 (48.3%)	6:07	9.8 (51.9%)
967	MICHALAKA Aleksandra	1392		K-40	65	00:00:30	00:30:38.95	00:31:09.50	+00:14:48 (48.3%)	6:07	9.8 (51.9%)
967	OSIŃSKI Dominik	1438		M-20	117	00:00:00	00:30:38.95	00:30:38.95	+00:14:48 (48.3%)	6:07	9.8 (51.9%)
969	SZULC Dawid	1245		M-20	118	00:01:17	00:30:40.20	00:31:57.20	+00:14:49 (48.3%)	6:08	9.8 (51.9%)
970	STACHURSKA-KWELA Joanna	1238		K-30	126	00:01:16	00:30:40.85	00:31:57.10	+00:14:50 (48.4%)	6:08	9.8 (51.9%)
971	DANIELEK Adam	268	BIEGAM, ŻEBY SIĘ NIE SPOCİĆ!	M-40	172	00:00:38	00:30:41.10	00:31:19.35	+00:14:50 (48.4%)	6:08	9.8 (51.9%)
972	KACZOROWSKI Bartosz	976		M-20	119	00:01:04	00:30:41.85	00:31:46.55	+00:14:51 (48.4%)	6:08	9.8 (51.9%)
973	ARENT Jan	1146		M-50	56	00:01:16	00:30:42.45	00:31:59.25	+00:14:51 (48.4%)	6:08	9.8 (51.9%)
974	CHMIEL Justyna	331	CHUSTYNKA.PL	K-30	127	00:01:28	00:30:43.05	00:32:11.55	+00:14:52 (48.4%)	6:08	9.8 (51.9%)
974	PRZYGOCKA Katarzyna	1275		K-30	127	00:00:44	00:30:43.05	00:31:27.85	+00:14:52 (48.4%)	6:08	9.8 (51.9%)
976	MIŚ Michał	782	LUKS START NAKŁO	M-30	250	00:01:16	00:30:46.50	00:32:03.30	+00:14:56 (48.5%)	6:09	9.7 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
977	TUSZYNSKA Anna	771		K-20	81	00:00:26	00:30:46.85	00:31:13.20	+00:14:56 (48.5%)	6:09	9.7 (51.3%)
978	DRESLERSKA Agnieszka	364	COOKIETEAMRUNNERS	K-30	129	00:01:19	00:30:49.10	00:32:08.55	+00:14:58 (48.6%)	6:09	9.7 (51.3%)
979	SZCZYPIŃSKA Justyna	1132		K-30	130	00:00:34	00:30:49.95	00:31:24.05	+00:14:59 (48.6%)	6:10	9.7 (51.3%)
980	RATAJCZAK Arleta	910		K-40	66	00:00:52	00:30:51.50	00:31:43.80	+00:15:01 (48.7%)	6:10	9.7 (51.3%)
980	KARAŚ Anna	1359		K-40	66	00:00:44	00:30:51.50	00:31:35.85	+00:15:01 (48.7%)	6:10	9.7 (51.3%)
982	BURCHARDT Julita	41		K-30	131	00:01:06	00:30:52.15	00:31:58.30	+00:15:01 (48.7%)	6:10	9.7 (51.3%)
983	GOTOWICZ Kacper	796		M-20	120	00:01:33	00:30:54.75	00:32:28.25	+00:15:04 (48.8%)	6:11	9.7 (51.3%)
984	DETLAF Mariusz	1303		M-30	251	00:00:45	00:30:55.70	00:31:41.35	+00:15:05 (48.8%)	6:11	9.7 (51.3%)
985	CHMIELEWSKA Agnieszka	114		K-40	68	00:00:20	00:30:56.85	00:31:17.15	+00:15:06 (48.8%)	6:11	9.7 (51.3%)
986	KITOWSKA Anna	576		K-30	132	00:00:12	00:30:57.15	00:31:09.40	+00:15:06 (48.8%)	6:11	9.7 (51.3%)
987	CZECHOWSKA Katarzyna	947		K-20	82	00:00:55	00:30:58.30	00:31:53.30	+00:15:07 (48.9%)	6:11	9.7 (51.3%)
988	NOWICKA Tatiana	347		K-40	69	00:01:07	00:30:58.70	00:32:06.35	+00:15:08 (48.9%)	6:11	9.7 (51.3%)
989	BYCZKOWSKI Zenon	1222	INDYWIDUALNIE	M-50	57	00:01:24	00:31:01.20	00:32:25.20	+00:15:10 (48.9%)	6:12	9.7 (51.3%)
990	KIPCZAK Monika	1101		K-40	70	00:01:00	00:31:01.25	00:32:01.30	+00:15:10 (48.9%)	6:12	9.7 (51.3%)
991	IDCZAK-BOREK Hanna	286		K-40	71	00:01:10	00:31:02.80	00:32:13.55	+00:15:12 (49.0%)	6:12	9.7 (51.3%)
992	LEBA Monika	1255		K-20	83	00:01:52	00:31:03.25	00:32:55.45	+00:15:12 (49.0%)	6:12	9.7 (51.3%)
993	BOREK Marcin	280		M-40	173	00:01:11	00:31:03.55	00:32:14.65	+00:15:13 (49.0%)	6:12	9.7 (51.3%)
994	RADATZ Magdalena	993		K-20	84	00:01:51	00:31:04.20	00:32:55.75	+00:15:13 (49.0%)	6:12	9.7 (51.3%)
995	MICHALIK Kornelia	800		K-10	26	00:00:51	00:31:04.65	00:31:56.45	+00:15:14 (49.0%)	6:13	9.7 (51.3%)
996	SKOWRON Monika	274		K-40	72	00:01:02	00:31:05.05	00:32:07.10	+00:15:14 (49.0%)	6:13	9.7 (51.3%)
997	TUCZKOWSKA Joanna	315		K-20	85	00:01:01	00:31:05.20	00:32:07.15	+00:15:14 (49.0%)	6:13	9.6 (50.8%)
998	MICHALIK Joanna	208	PB SLA	K-30	133	00:00:52	00:31:05.25	00:31:57.40	+00:15:14 (49.0%)	6:13	9.7 (51.3%)
999	ŚLIWIŃSKI Piotr	1381		M-40	174	00:00:57	00:31:07.20	00:32:04.55	+00:15:16 (49.1%)	6:13	9.6 (50.8%)
1000	LASOTA Anna	556		K-40	73	00:01:19	00:31:08.40	00:32:27.65	+00:15:17 (49.1%)	6:13	9.6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1001	<b>ŁABENDA Daria</b>	<b>956</b>		K-20	86	00:01:36	<b>00:31:08.60</b>	<b>00:32:45.25</b>	+00:15:18 (49.1%)	6:13	9.6 (50.8%)
1002	<b>SZECÓWKA Marcin</b>	<b>276</b>		M-30	252	00:01:02	<b>00:31:09.40</b>	<b>00:32:11.55</b>	+00:15:18 (49.2%)	6:13	9.6 (50.8%)
1003	<b>MACIEJCZAK Karolina</b>	<b>966</b>	PIŁA	K-40	74	00:00:48	<b>00:31:09.50</b>	<b>00:31:57.80</b>	+00:15:19 (49.2%)	6:13	9.6 (50.8%)
1004	<b>LEWANDOWSKA Agnieszka</b>	<b>279</b>		K-30	134	00:01:01	<b>00:31:09.70</b>	<b>00:32:11.55</b>	+00:15:19 (49.2%)	6:14	9.6 (50.8%)
1005	<b>TWARDOWSKI Wojciech</b>	<b>22</b>	RUN BYDGOSZCZ	M-50	58	00:01:01	<b>00:31:09.80</b>	<b>00:32:10.95</b>	+00:15:19 (49.2%)	6:13	9.6 (50.8%)
1006	<b>PALIGA Mateusz</b>	<b>368</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	121	00:01:35	<b>00:31:11.05</b>	<b>00:32:46.70</b>	+00:15:20 (49.2%)	6:14	9.6 (50.8%)
1007	<b>WISNIEWSKA Małgorzata</b>	<b>521</b>		K-30	135	00:00:36	<b>00:31:11.95</b>	<b>00:31:48.70</b>	+00:15:21 (49.2%)	6:14	9.6 (50.8%)
1008	<b>ZDROJEWSKA Marta</b>	<b>360</b>		K-20	87	00:01:35	<b>00:31:12.00</b>	<b>00:32:47.35</b>	+00:15:21 (49.2%)	6:14	9.6 (50.8%)
1009	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>139</b>	CHOŁE KŁÓLIKI	K-40	75	00:00:36	<b>00:31:12.30</b>	<b>00:31:48.95</b>	+00:15:21 (49.2%)	6:14	9.6 (50.8%)
1010	<b>KILIŃSKA Magdalena</b>	<b>1395</b>	HELIX POMATIA	K-30	136	00:01:02	<b>00:31:13.60</b>	<b>00:32:15.85</b>	+00:15:23 (49.3%)	6:14	9.6 (50.8%)
1011	<b>SKORECKI Aleksander</b>	<b>1357</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	122	00:00:46	<b>00:31:14.00</b>	<b>00:32:00.75</b>	+00:15:23 (49.3%)	6:14	9.6 (50.8%)
1012	<b>SZTOLIN Sylwia</b>	<b>1320</b>	BYDGOSKI KLUB MORSÓW	K-30	137	00:00:08	<b>00:31:14.70</b>	<b>00:31:22.80</b>	+00:15:24 (49.3%)	6:14	9.6 (50.8%)
1013	<b>SZYKANOWSKA Agnieszka</b>	<b>363</b>		K-30	138	00:00:22	<b>00:31:14.95</b>	<b>00:31:37.05</b>	+00:15:24 (49.3%)	6:15	9.6 (50.8%)
1014	<b>STARZYŃSKI Paweł</b>	<b>1091</b>		M-10	49	00:00:50	<b>00:31:16.00</b>	<b>00:32:06.15</b>	+00:15:25 (49.3%)	6:15	9.6 (50.8%)
1015	<b>SZYMAŃSKA Adrianna</b>	<b>1162</b>		K-30	139	00:00:25	<b>00:31:17.00</b>	<b>00:31:42.05</b>	+00:15:26 (49.4%)	6:15	9.6 (50.8%)
1016	<b>DZIEWIECZYŃSKA Katarzyna</b>	<b>648</b>		K-30	140	00:00:51	<b>00:31:18.55</b>	<b>00:32:10.05</b>	+00:15:28 (49.4%)	6:15	9.6 (50.8%)
1017	<b>BARTOS Weronika</b>	<b>1008</b>		K-20	88	00:00:59	<b>00:31:19.90</b>	<b>00:32:18.95</b>	+00:15:29 (49.4%)	6:15	9.6 (50.8%)
1018	<b>WEJNA Agnieszka</b>	<b>1217</b>		K-30	141	00:01:01	<b>00:31:20.60</b>	<b>00:32:22.55</b>	+00:15:30 (49.5%)	6:16	9.6 (50.8%)
1019	<b>ŁAZARSKA Joanna</b>	<b>301</b>		K-30	142	00:00:13	<b>00:31:20.80</b>	<b>00:31:34.25</b>	+00:15:30 (49.5%)	6:16	9.6 (50.8%)
1020	<b>PATYK Klaudia</b>	<b>487</b>		K-20	89	00:01:14	<b>00:31:21.60</b>	<b>00:32:35.70</b>	+00:15:31 (49.5%)	6:16	9.6 (50.8%)
1021	<b>WOŹNIACKA Beata</b>	<b>579</b>	AZYL DLA JEŻY	K-50	15	00:00:45	<b>00:31:21.90</b>	<b>00:32:07.60</b>	+00:15:31 (49.5%)	6:16	9.6 (50.8%)
1022	<b>GÓRSKA Paulina</b>	<b>527</b>	HARPAGAN TEAM BYDGOSZCZ	K-30	143	00:00:49	<b>00:31:22.15</b>	<b>00:32:12.05</b>	+00:15:31 (49.5%)	6:16	9.6 (50.8%)
1023	<b>JÓZWIK Jacek</b>	<b>1301</b>	PARKUN	M-60+	16	00:01:03	<b>00:31:22.60</b>	<b>00:32:26.25</b>	+00:15:32 (49.5%)	6:16	9.6 (50.8%)
1024	<b>SZYKANOWSKI Bartosz</b>	<b>383</b>		M-30	253	00:00:22	<b>00:31:22.70</b>	<b>00:31:45.30</b>	+00:15:32 (49.5%)	6:16	9.6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1025	<b>SZCZEPAŃSKA-DOLNA Edyta</b>	<b>1475</b>	FOREST GANG	K-50	16	00:01:33	<b>00:31:22.75</b>	<b>00:32:56.20</b>	+00:15:32 (49.5%)	6:16	9.6 (50.8%)
1026	<b>MIAZGA Emilia</b>	<b>1473</b>	FOREST GANG	K-20	90	00:01:32	<b>00:31:23.40</b>	<b>00:32:56.25</b>	+00:15:32 (49.5%)	6:16	9.6 (50.8%)
1027	<b>UŁANOWSKA Dominika</b>	<b>1099</b>		K-40	76	00:00:49	<b>00:31:24.00</b>	<b>00:32:13.55</b>	+00:15:33 (49.5%)	6:16	9.6 (50.8%)
1028	<b>MIELCAREK Ania</b>	<b>1358</b>		K-40	77	00:01:13	<b>00:31:24.55</b>	<b>00:32:37.70</b>	+00:15:34 (49.6%)	6:16	9.6 (50.8%)
1029	<b>DZIŻA-KONICZYŃSKA Zuzanna</b>	<b>1339</b>	BYDGOSKI KLUB MORSÓW	K-40	78	00:00:05	<b>00:31:24.70</b>	<b>00:31:30.60</b>	+00:15:34 (49.6%)	6:17	9.5 (50.3%)
1030	<b>DOMŻALSKA Katarzyna</b>	<b>122</b>		K-30	144	00:01:14	<b>00:31:24.75</b>	<b>00:32:39.10</b>	+00:15:34 (49.6%)	6:17	9.5 (50.3%)
1031	<b>KORBEL Ewa</b>	<b>160</b>	KORBELKI	K-40	79	00:00:21	<b>00:31:29.65</b>	<b>00:31:51.45</b>	+00:15:39 (49.7%)	6:18	9.5 (50.3%)
1032	<b>RYBCZYŃSKI Ryszard</b>	<b>1455</b>		M-60+	17	00:00:51	<b>00:31:30.45</b>	<b>00:32:21.65</b>	+00:15:39 (49.7%)	6:18	9.5 (50.3%)
1033	<b>KORBEL Julia</b>	<b>176</b>	KORBELKI	K-10	27	00:00:20	<b>00:31:30.50</b>	<b>00:31:51.40</b>	+00:15:40 (49.7%)	6:18	9.5 (50.3%)
1034	<b>KĄKOLEWSKA Monika</b>	<b>1219</b>		K-20	91	00:00:53	<b>00:31:31.35</b>	<b>00:32:25.05</b>	+00:15:40 (49.7%)	6:18	9.5 (50.3%)
1035	<b>LELEWSKA Aleksandra</b>	<b>1189</b>		K-20	92	00:00:53	<b>00:31:31.50</b>	<b>00:32:24.90</b>	+00:15:41 (49.7%)	6:18	9.5 (50.3%)
1036	<b>MAĆKOWSKA Magda</b>	<b>982</b>		K-30	145	00:01:02	<b>00:31:31.85</b>	<b>00:32:34.25</b>	+00:15:41 (49.8%)	6:18	9.5 (50.3%)
1037	<b>PIETRZAK Anna</b>	<b>264</b>		K-20	93	00:01:15	<b>00:31:33.70</b>	<b>00:32:49.35</b>	+00:15:43 (49.8%)	6:18	9.5 (50.3%)
1038	<b>SĘKOWSKI Bartosz</b>	<b>341</b>		M-10	50	00:01:29	<b>00:31:34.50</b>	<b>00:33:04.15</b>	+00:15:44 (49.8%)	6:19	9.5 (50.3%)
1039	<b>KŁOS Katarzyna</b>	<b>232</b>		K-40	80	00:00:19	<b>00:31:34.75</b>	<b>00:31:54.55</b>	+00:15:44 (49.8%)	6:19	9.5 (50.3%)
1040	<b>GRABOWSKA Joanna</b>	<b>483</b>		K-40	81	00:00:15	<b>00:31:36.95</b>	<b>00:31:52.20</b>	+00:15:46 (49.9%)	6:19	9.5 (50.3%)
1041	<b>PŁOMIŃSKA Monika</b>	<b>391</b>		K-30	146	00:00:14	<b>00:31:37.90</b>	<b>00:31:52.65</b>	+00:15:47 (49.9%)	6:19	9.5 (50.3%)
1042	<b>PREDER Bartosz</b>	<b>7</b>		M-40	175	00:00:42	<b>00:31:38.55</b>	<b>00:32:21.05</b>	+00:15:48 (49.9%)	6:19	9.5 (50.3%)
1043	<b>SAGANOWSKA Magdalena</b>	<b>711</b>	BYDGOSZCZ TRIATHLON TEAM	K-20	94	00:00:46	<b>00:31:38.95</b>	<b>00:32:25.70</b>	+00:15:48 (49.9%)	6:19	9.5 (50.3%)
1044	<b>LIWOCH Grzegorz</b>	<b>425</b>		M-50	59	00:01:23	<b>00:31:39.25</b>	<b>00:33:02.80</b>	+00:15:48 (50.0%)	6:19	9.5 (50.3%)
1045	<b>LESZCZYŃSKI Marcin</b>	<b>710</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	123	00:00:46	<b>00:31:39.35</b>	<b>00:32:25.95</b>	+00:15:48 (50.0%)	6:19	9.5 (50.3%)
1046	<b>OLKOWSKI Eugeniusz</b>	<b>406</b>		M-60+	18	00:01:32	<b>00:31:42.25</b>	<b>00:33:14.55</b>	+00:15:51 (50.0%)	6:20	9.5 (50.3%)
1047	<b>ŚLEDZIŃSKA Aleksandra</b>	<b>1027</b>		K-20	95	00:00:51	<b>00:31:43.60</b>	<b>00:32:35.45</b>	+00:15:53 (50.1%)	6:20	9.5 (50.3%)
1048	<b>BELIŃSKI Maciej</b>	<b>828</b>	TYPYGRUBE	M-30	254	00:01:06	<b>00:31:43.70</b>	<b>00:32:50.55</b>	+00:15:53 (50.1%)	6:20	9.5 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1049	<b>BELIŃSKA Aleksandra</b>	<b>817</b>	TYPY GRUBE	K-20	96	00:01:06	<b>00:31:43.95</b>	<b>00:32:50.70</b>	+00:15:53 (50.1%)	6:20	9.5 (50.3%)
1050	<b>STĘPNIAK Paulina</b>	<b>466</b>		K-40	82	00:00:38	<b>00:31:44.55</b>	<b>00:32:22.65</b>	+00:15:54 (50.1%)	6:20	9.5 (50.3%)
1051	<b>KLIMCZAK Piotr</b>	<b>1330</b>		M-10	51	00:01:24	<b>00:31:45.30</b>	<b>00:33:10.10</b>	+00:15:54 (50.1%)	6:21	9.4 (49.7%)
1052	<b>JANKOWSKI Sławomir</b>	<b>1333</b>		M-20	124	00:01:24	<b>00:31:45.40</b>	<b>00:33:09.95</b>	+00:15:54 (50.1%)	6:21	9.4 (49.7%)
1053	<b>JANISZAK Beata</b>	<b>454</b>		K-30	147	00:00:37	<b>00:31:45.50</b>	<b>00:32:22.65</b>	+00:15:55 (50.1%)	6:21	9.4 (49.7%)
1054	<b>OLSZAŃSKI Jakub</b>	<b>187</b>		M-30	255	00:00:44	<b>00:31:45.60</b>	<b>00:32:30.05</b>	+00:15:55 (50.1%)	6:21	9.4 (49.7%)
1055	<b>KOSIŃSKA Monika</b>	<b>1293</b>		K-20	97	00:00:45	<b>00:31:46.75</b>	<b>00:32:32.05</b>	+00:15:56 (50.2%)	6:21	9.4 (49.7%)
1056	<b>SOBOTA Beata</b>	<b>177</b>		K-40	83	00:01:06	<b>00:31:47.25</b>	<b>00:32:53.45</b>	+00:15:56 (50.2%)	6:21	9.4 (49.7%)
1057	<b>GURYN Wiktor</b>	<b>277</b>	ZIELONY PELIKAN	M-30	256	00:00:25	<b>00:31:47.30</b>	<b>00:32:12.55</b>	+00:15:56 (50.2%)	6:21	9.4 (49.7%)
1058	<b>SAWIEŁAJC Michał</b>	<b>602</b>	BIZONY	M-40	176	00:00:42	<b>00:31:49.80</b>	<b>00:32:32.05</b>	+00:15:59 (50.2%)	6:22	9.4 (49.7%)
1059	<b>TOMASIK Sylwia</b>	<b>72</b>		K-30	148	00:00:33	<b>00:31:49.95</b>	<b>00:32:22.95</b>	+00:15:59 (50.2%)	6:21	9.4 (49.7%)
1060	<b>UCIŃSKA Monika</b>	<b>1013</b>		K-20	98	00:01:25	<b>00:31:50.05</b>	<b>00:33:15.45</b>	+00:15:59 (50.2%)	6:22	9.4 (49.7%)
1061	<b>TOMASIK Aleksandra</b>	<b>314</b>		K-30	149	00:00:33	<b>00:31:50.25</b>	<b>00:32:23.50</b>	+00:15:59 (50.2%)	6:22	9.4 (49.7%)
1062	<b>BANASZAK Arleta</b>	<b>547</b>		K-40	84	00:00:03	<b>00:31:50.50</b>	<b>00:31:53.65</b>	+00:16:00 (50.2%)	6:22	9.4 (49.7%)
1063	<b>ŁAKOMSKA - OPALA Iwona</b>	<b>722</b>		K-40	85	00:01:28	<b>00:31:50.95</b>	<b>00:33:19.15</b>	+00:16:00 (50.3%)	6:22	9.4 (49.7%)
1064	<b>SZAŁECKI Maciej</b>	<b>786</b>		M-30	257	00:00:00	<b>00:31:52.00</b>	<b>00:31:52.00</b>	+00:16:01 (50.3%)	6:22	9.4 (49.7%)
1065	<b>PAŁUBICKA Klaudia</b>	<b>832</b>		K-30	150	00:01:03	<b>00:31:54.75</b>	<b>00:32:58.40</b>	+00:16:04 (50.4%)	6:23	9.4 (49.7%)
1066	<b>ZIELIŃSKA Gosia</b>	<b>1188</b>		K-30	151	00:01:13	<b>00:31:55.00</b>	<b>00:33:08.65</b>	+00:16:04 (50.4%)	6:23	9.4 (49.7%)
1067	<b>KULWAS Magdalena</b>	<b>585</b>		K-20	99	00:00:39	<b>00:31:56.15</b>	<b>00:32:35.30</b>	+00:16:05 (50.4%)	6:23	9.4 (49.7%)
1068	<b>WALCZAK Joanna</b>	<b>377</b>		K-40	86	00:00:39	<b>00:31:56.35</b>	<b>00:32:35.40</b>	+00:16:05 (50.4%)	6:23	9.4 (49.7%)
1069	<b>DRUŻKOWSKA Adrianna</b>	<b>864</b>		K-10	28	00:00:54	<b>00:31:56.90</b>	<b>00:32:51.05</b>	+00:16:06 (50.4%)	6:23	9.4 (49.7%)
1070	<b>PIETKUN Ryszard</b>	<b>321</b>		M-60+	19	00:01:10	<b>00:31:57.10</b>	<b>00:33:08.00</b>	+00:16:06 (50.4%)	6:23	9.4 (49.7%)
1071	<b>WARSZAWSKA Natalia</b>	<b>863</b>		K-10	29	00:00:54	<b>00:31:57.35</b>	<b>00:32:51.45</b>	+00:16:06 (50.4%)	6:23	9.4 (49.7%)
1072	<b>DUDEK Tomasz</b>	<b>1323</b>		M-30	258	00:01:13	<b>00:31:58.65</b>	<b>00:33:12.60</b>	+00:16:08 (50.5%)	6:23	9.4 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1073	SZPERA Joanna	888		K-40	87	00:00:28	00:32:00.90	00:32:29.75	+00:16:10 (50.5%)	6:24	9.4 (49.7%)
1074	WOJCIECHOWSKA Maja	298		K-10	30	00:00:46	00:32:03.15	00:32:49.15	+00:16:12 (50.6%)	6:24	9.4 (49.7%)
1075	WRÓBLEWSKA Oliwia	297		K-10	31	00:00:46	00:32:03.35	00:32:49.60	+00:16:12 (50.6%)	6:24	9.4 (49.7%)
1076	TWARDOWSKA Sylwia	1058		K-30	152	00:00:36	00:32:05.35	00:32:41.35	+00:16:14 (50.6%)	6:25	9.4 (49.7%)
1077	TWARDOWSKI Filip	1059		M-10	52	00:00:35	00:32:05.40	00:32:41.35	+00:16:14 (50.6%)	6:25	9.3 (49.2%)
1078	BRAC-WALCZYK Małgorzata	1242	AKADEMIA BIEGANIA GRUDZIĄDZ	K-60+	5	00:00:33	00:32:05.45	00:32:38.80	+00:16:14 (50.6%)	6:25	9.4 (49.7%)
1079	ROZKWITALSKI Bartosz	1247		M-30	259	00:00:27	00:32:07.25	00:32:34.55	+00:16:16 (50.7%)	6:25	9.3 (49.2%)
1080	WŁOCH Sandra	1246		K-20	100	00:00:27	00:32:07.40	00:32:34.55	+00:16:16 (50.7%)	6:25	9.3 (49.2%)
1081	GRALLA Łukasz	486		M-40	177	00:01:31	00:32:08.10	00:33:39.15	+00:16:17 (50.7%)	6:25	9.3 (49.2%)
1082	CZEKALSKA Beata	696		K-30	153	00:00:55	00:32:09.10	00:33:04.90	+00:16:18 (50.7%)	6:25	9.3 (49.2%)
1083	WÓJCIK Anna	281		K-30	154	00:01:15	00:32:09.90	00:33:25.05	+00:16:19 (50.7%)	6:26	9.3 (49.2%)
1084	BUZALSKA Agnieszka	374	OGRODY	K-40	88	00:01:00	00:32:10.10	00:33:10.15	+00:16:19 (50.8%)	6:26	9.3 (49.2%)
1085	ŁĄCZNA Agnieszka	148	KS POLONIA BYDGOSZCZ SLA	K-30	155	00:01:23	00:32:10.40	00:33:34.15	+00:16:19 (50.8%)	6:26	9.3 (49.2%)
1086	FABIANOWSKA Karolina	914		K-30	156	00:01:30	00:32:11.60	00:33:42.25	+00:16:21 (50.8%)	6:26	9.3 (49.2%)
1087	BUZALSKI Robert	369	ORANGE POLSKA	M-40	178	00:00:58	00:32:11.95	00:33:10.75	+00:16:21 (50.8%)	6:26	9.3 (49.2%)
1088	ROSZCZYN Kamil	1430		M-20	125	00:01:25	00:32:16.35	00:33:41.45	+00:16:25 (50.9%)	6:27	9.3 (49.2%)
1089	DREWS Mateusz	1042		M-20	126	00:01:07	00:32:18.25	00:33:25.85	+00:16:27 (51.0%)	6:27	9.3 (49.2%)
1090	GACKOWSKI Edward	1102		M-60+	20	00:01:08	00:32:18.65	00:33:27.10	+00:16:28 (51.0%)	6:27	9.3 (49.2%)
1091	REINKE Kajetan	1176		M-10	53	00:00:04	00:32:20.45	00:32:25.00	+00:16:29 (51.0%)	6:28	9.3 (49.2%)
1092	REINKE Joanna	1173		K-30	157	00:00:04	00:32:22.20	00:32:26.65	+00:16:31 (51.1%)	6:28	9.3 (49.2%)
1093	KALINOWSKI Łukasz	1241		M-10	54	00:01:09	00:32:23.50	00:33:33.25	+00:16:33 (51.1%)	6:28	9.3 (49.2%)
1094	KLAFETKA Marzena	74		K-20	101	00:00:58	00:32:25.85	00:33:24.40	+00:16:35 (51.2%)	6:29	9.2 (48.7%)
1095	KLAFETKA Mateusz	28		M-20	127	00:00:58	00:32:26.20	00:33:24.65	+00:16:35 (51.2%)	6:29	9.2 (48.7%)
1096	TARNOWSKA Anna	452		K-40	89	00:00:19	00:32:29.10	00:32:49.05	+00:16:38 (51.2%)	6:30	9.2 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1097	GRADUSZEWSKI Mateusz	703		M-20	128	00:01:14	00:32:30.30	00:33:44.80	+00:16:39 (51.3%)	6:30	9.2 (48.7%)
1098	WARSZAWSKA Beata	862		K-40	90	00:00:53	00:32:31.60	00:33:25.25	+00:16:41 (51.3%)	6:30	9.2 (48.7%)
1099	ARENT Marzena	1138		K-50	17	00:01:14	00:32:32.05	00:33:46.15	+00:16:41 (51.3%)	6:30	9.2 (48.7%)
1100	RASSALSKA Roma	87		K-40	91	00:00:48	00:32:34.50	00:33:22.50	+00:16:44 (51.4%)	6:30	9.2 (48.7%)
1101	PIJAROWSKA Ilona	250		K-10	32	00:00:18	00:32:34.60	00:32:53.15	+00:16:44 (51.4%)	6:31	9.2 (48.7%)
1102	CZARNECKA -PIJAROWSKA Dominika	243		K-30	158	00:00:18	00:32:34.65	00:32:53.45	+00:16:44 (51.4%)	6:31	9.2 (48.7%)
1103	RASSALSKA-KAUSA Jola	474		K-40	92	00:00:47	00:32:34.80	00:33:22.50	+00:16:44 (51.4%)	6:31	9.2 (48.7%)
1103	LISOWIEC Zuzanna	1207		K-30	159	00:00:47	00:32:34.80	00:33:22.35	+00:16:44 (51.4%)	6:31	9.2 (48.7%)
1105	PIJAROWSKI Milan	248		M-10	55	00:00:19	00:32:34.85	00:32:54.05	+00:16:44 (51.4%)	6:31	9.2 (48.7%)
1106	KLEWICZ Jolanta	852		K-50	18	00:00:42	00:32:36.50	00:33:18.50	+00:16:46 (51.4%)	6:31	9.2 (48.7%)
1107	KALINOWSKI Zbigniew	1239		M-40	179	00:01:10	00:32:36.55	00:33:46.55	+00:16:46 (51.4%)	6:31	9.2 (48.7%)
1108	KALINOWSKA Joanna	1240		K-30	160	00:01:09	00:32:36.70	00:33:46.45	+00:16:46 (51.4%)	6:31	9.2 (48.7%)
1109	MŁYNARCZYK Monika	266		K-20	102	00:01:16	00:32:43.05	00:33:59.50	+00:16:52 (51.6%)	6:32	9.2 (48.7%)
1110	CHWIAŁKOWSKA Joanna	423		K-40	93	00:01:17	00:32:43.50	00:34:01.00	+00:16:53 (51.6%)	6:32	9.2 (48.7%)
1111	MALCZEWSKA Mirka	310		K-60+	6	00:00:38	00:32:43.95	00:33:22.65	+00:16:53 (51.6%)	6:32	9.2 (48.7%)
1112	KANJERSKI Jerzy	359	RUN BYDGOSZCZ	M-60+	21	00:01:20	00:32:44.90	00:34:05.40	+00:16:54 (51.6%)	6:33	9.2 (48.7%)
1113	HARACEWIAT Cezary	702	CHUPACABRAS	M-50	60	00:01:19	00:32:48.80	00:34:08.45	+00:16:58 (51.7%)	6:33	9.1 (48.1%)
1114	SZATKOWSKA Beata	509		K-50	19	00:01:33	00:32:52.80	00:34:25.90	+00:17:02 (51.8%)	6:34	9.1 (48.1%)
1115	RECLAF Julia	870		K-20	103	00:00:47	00:32:53.45	00:33:41.15	+00:17:02 (51.8%)	6:34	9.1 (48.1%)
1116	SADECKA Monika	1488		K-20	104	00:00:31	00:32:55.65	00:33:26.95	+00:17:05 (51.9%)	6:35	9.1 (48.1%)
1117	KACZMAREK Dariusz	1215		M-50	61	00:01:26	00:33:00.15	00:34:27.00	+00:17:09 (52.0%)	6:36	9.1 (48.1%)
1118	KACZMAREK Agnieszka	1213		K-40	94	00:01:26	00:33:00.55	00:34:27.15	+00:17:10 (52.0%)	6:36	9.1 (48.1%)
1119	KOWALSKA Anna	1387		K-40	95	00:01:01	00:33:04.10	00:34:05.45	+00:17:13 (52.1%)	6:36	9.1 (48.1%)
1120	MIŁKOWSKA Monika	408	RUN BYDGOSZCZ	K-40	96	00:01:00	00:33:04.55	00:34:05.15	+00:17:14 (52.1%)	6:37	9.1 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1121	<b>SZKOPIAK Marcin</b>	<b>507</b>	OWC	M-40	180	00:01:18	<b>00:33:07.05</b>	<b>00:34:25.15</b>	+00:17:16 (52.2%)	6:37	9.1 (48.1%)
1121	<b>ŁUCZKOWSKI Rafał</b>	<b>737</b>		M-30	260	00:00:33	<b>00:33:07.05</b>	<b>00:33:40.40</b>	+00:17:16 (52.2%)	6:37	9.1 (48.1%)
1123	<b>ŁUCZKOWSKA Sylwia</b>	<b>845</b>		K-30	161	00:00:32	<b>00:33:07.35</b>	<b>00:33:40.25</b>	+00:17:16 (52.2%)	6:37	9.1 (48.1%)
1124	<b>KWASIGROCH Aleksandra</b>	<b>1112</b>		K-40	97	00:00:41	<b>00:33:11.15</b>	<b>00:33:52.15</b>	+00:17:20 (52.3%)	6:38	9 (47.6%)
1125	<b>CILSKA Agnieszka</b>	<b>251</b>		K-30	162	00:01:28	<b>00:33:14.15</b>	<b>00:34:43.05</b>	+00:17:23 (52.3%)	6:39	9 (47.6%)
1126	<b>MRÓZ-KONWIŃSKA Izabella</b>	<b>356</b>	SELEKCJA NATURALNA	K-30	163	00:01:39	<b>00:33:16.45</b>	<b>00:34:55.85</b>	+00:17:25 (52.4%)	6:39	9 (47.6%)
1127	<b>BORAKIEWICZ Arkadiusz</b>	<b>661</b>	TEAM RUN GOŁAŃCZ	M-30	261	00:00:39	<b>00:33:17.85</b>	<b>00:33:57.65</b>	+00:17:27 (52.4%)	6:39	9 (47.6%)
1128	<b>KANDER Michał</b>	<b>449</b>		M-30	262	00:01:05	<b>00:33:21.45</b>	<b>00:34:27.00</b>	+00:17:30 (52.5%)	6:40	9 (47.6%)
1129	<b>DERING Magdalena</b>	<b>877</b>		K-20	105	00:01:25	<b>00:33:27.35</b>	<b>00:34:52.65</b>	+00:17:36 (52.6%)	6:41	9 (47.6%)
1130	<b>KRYGIER Mateusz</b>	<b>874</b>		M-30	263	00:01:25	<b>00:33:27.65</b>	<b>00:34:52.85</b>	+00:17:37 (52.7%)	6:41	9 (47.6%)
1131	<b>DRABIK Karolina</b>	<b>1352</b>		K-40	98	00:00:13	<b>00:33:29.85</b>	<b>00:33:43.70</b>	+00:17:39 (52.7%)	6:42	9 (47.6%)
1132	<b>CIEŚLICKI Krzysztof</b>	<b>694</b>	SISU TEAM	M-30	264	00:01:40	<b>00:33:30.30</b>	<b>00:35:10.45</b>	+00:17:39 (52.7%)	6:42	9 (47.6%)
1133	<b>KOWALSKA Juka</b>	<b>490</b>	BAŻANTTEAM	K-20	106	00:00:46	<b>00:33:31.80</b>	<b>00:34:18.25</b>	+00:17:41 (52.8%)	6:42	8.9 (47.1%)
1134	<b>SĘKOWSKI Andrzej</b>	<b>339</b>		M-40	181	00:01:30	<b>00:33:32.65</b>	<b>00:35:02.75</b>	+00:17:42 (52.8%)	6:42	8.9 (47.1%)
1135	<b>NOWACKA Katarzyna</b>	<b>1485</b>		K-30	164	00:01:40	<b>00:33:33.40</b>	<b>00:35:14.05</b>	+00:17:42 (52.8%)	6:42	8.9 (47.1%)
1136	<b>CZUBEK Teresa</b>	<b>843</b>		K-30	165	00:01:37	<b>00:33:38.45</b>	<b>00:35:15.90</b>	+00:17:47 (52.9%)	6:43	8.9 (47.1%)
1137	<b>MANTYCKI Piotr</b>	<b>481</b>		M-60+	22	00:01:32	<b>00:33:43.10</b>	<b>00:35:15.30</b>	+00:17:52 (53.0%)	6:44	8.9 (47.1%)
1138	<b>GÓRSKA Małgorzata</b>	<b>858</b>	ZIELONY PELIKAN BYDGOSZCZ	K-20	107	00:00:57	<b>00:33:43.30</b>	<b>00:34:40.30</b>	+00:17:52 (53.0%)	6:44	8.9 (47.1%)
1139	<b>NOWAKOWSKA Paulina</b>	<b>620</b>		K-20	108	00:00:13	<b>00:33:44.45</b>	<b>00:33:58.40</b>	+00:17:53 (53.0%)	6:45	8.9 (47.1%)
1139	<b>OLECHNOWICZ Aneta</b>	<b>637</b>	WALECZNE DZIECIAKI	K-10	33	00:01:29	<b>00:33:44.45</b>	<b>00:35:13.65</b>	+00:17:53 (53.0%)	6:44	8.9 (47.1%)
1141	<b>SKORNIA Agata</b>	<b>929</b>		K-40	99	00:01:05	<b>00:33:46.30</b>	<b>00:34:51.75</b>	+00:17:55 (53.1%)	6:45	8.9 (47.1%)
1142	<b>OLECHNOWICZ Tomasz</b>	<b>634</b>	WALECZNE DZIECIAKI	M-50	62	00:01:28	<b>00:33:46.35</b>	<b>00:35:15.00</b>	+00:17:55 (53.1%)	6:45	8.9 (47.1%)
1143	<b>OSTROWSKA Renata</b>	<b>1050</b>		K-40	100	00:01:01	<b>00:33:50.30</b>	<b>00:34:51.45</b>	+00:17:59 (53.2%)	6:46	8.9 (47.1%)
1144	<b>JAWORSKA KACZMAREK Sylwia</b>	<b>963</b>	#4FAJTER	K-40	101	00:00:59	<b>00:33:51.70</b>	<b>00:34:51.10</b>	+00:18:01 (53.2%)	6:46	8.9 (47.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1145	TEWS Marzena	534		K-40	102	00:00:59	00:33:51.80	00:34:51.75	+00:18:01 (53.2%)	6:46	8.9 (47.1%)
1146	CELUSTA Sylwia	900	IMMORTAL	K-40	103	00:01:28	00:33:52.05	00:35:20.90	+00:18:01 (53.2%)	6:46	8.9 (47.1%)
1147	KACZMAREK Adam	964	#4FAJTER	M-30	265	00:00:58	00:33:52.45	00:34:51.35	+00:18:01 (53.2%)	6:46	8.9 (47.1%)
1148	TYMIŃSKI Łukasz	969	#4FAJTER	M-30	266	00:00:58	00:33:53.15	00:34:51.15	+00:18:02 (53.2%)	6:46	8.9 (47.1%)
1149	TYMIŃSKA Beata	968	#4FAJTER	K-30	166	00:00:57	00:33:53.70	00:34:51.15	+00:18:03 (53.3%)	6:46	8.8 (46.6%)
1150	NOWAKOWSKA Monika	625		K-20	109	00:00:00	00:33:55.65	00:33:55.65	+00:18:05 (53.3%)	6:47	8.8 (46.6%)
1151	GÓRSKI Mariusz	1111		M-40	182	00:01:38	00:33:56.10	00:35:34.60	+00:18:05 (53.3%)	6:47	8.8 (46.6%)
1152	PYTLIK Dominika	742		K-10	34	00:00:04	00:33:56.35	00:34:01.20	+00:18:05 (53.3%)	6:47	8.8 (46.6%)
1153	SZKOPIAK-NOWAKOWSKA Oliwia	343		K-20	110	00:01:21	00:33:56.80	00:35:18.55	+00:18:06 (53.3%)	6:47	8.8 (46.6%)
1154	BRĄGIEL Anna	1149	VEGE RUNNERS	K-30	167	00:01:38	00:33:57.30	00:35:35.90	+00:18:06 (53.3%)	6:47	8.8 (46.6%)
1155	PAWELEC Michał	1005		M-20	129	00:01:11	00:34:03.05	00:35:14.50	+00:18:12 (53.5%)	6:48	8.8 (46.6%)
1156	PANTKOWSKA Karolina	379		K-30	168	00:01:23	00:34:06.35	00:35:29.40	+00:18:15 (53.6%)	6:49	8.8 (46.6%)
1157	KASPROWICZ Paweł	853	3MAMY RAZEM	M-30	267	00:01:29	00:34:06.85	00:35:35.85	+00:18:16 (53.6%)	6:49	8.8 (46.6%)
1158	MORDAKA Maciej	84		M-30	268	00:01:29	00:34:13.90	00:35:43.40	+00:18:23 (53.7%)	6:50	8.8 (46.6%)
1159	DRAŹDŹEWSKI Marian	533	DZIK SQUAD	M-60+	23	00:01:38	00:34:15.75	00:35:53.80	+00:18:25 (53.8%)	6:51	8.8 (46.6%)
1160	ŻURAWSKI Michał	210	RUN LOTTO-BYDGOSTIA	M-40	183	00:01:36	00:34:16.90	00:35:53.55	+00:18:26 (53.8%)	6:51	8.8 (46.6%)
1161	FINGAS Natalia	548		K-30	169	00:01:23	00:34:17.00	00:35:40.65	+00:18:26 (53.8%)	6:51	8.8 (46.6%)
1162	SZULC Asia	1203		K-30	170	00:01:02	00:34:18.75	00:35:21.30	+00:18:28 (53.8%)	6:51	8.7 (46.0%)
1163	LEWICKA Dagmara	698		K-30	171	00:00:24	00:34:19.45	00:34:43.50	+00:18:28 (53.8%)	6:51	8.7 (46.0%)
1164	PASTWA Paulina	1081		K-20	111	00:00:48	00:34:19.95	00:35:08.25	+00:18:29 (53.9%)	6:52	8.7 (46.0%)
1165	ASTUKIEWICZ Tomasz	537		M-40	184	00:01:09	00:34:23.25	00:35:32.60	+00:18:32 (53.9%)	6:52	8.7 (46.0%)
1166	ASTUKIEWICZ Agnieszka	540		K-50	20	00:01:08	00:34:23.90	00:35:32.85	+00:18:33 (53.9%)	6:52	8.7 (46.0%)
1167	KUZIĄK Ola	329		K-50	21	00:01:22	00:34:25.45	00:35:48.30	+00:18:34 (54.0%)	6:53	8.7 (46.0%)
1168	WYPYCH-KLUNDER Katarzyna	420		K-30	172	00:00:49	00:34:25.70	00:35:14.75	+00:18:35 (54.0%)	6:53	8.7 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1169	KORNACKA Sylwia	522	BEJBUSIE	K-40	104	00:00:09	00:34:30.35	00:34:40.30	+00:18:39 (54.1%)	6:54	8.7 (46.0%)
1170	WYROBEK Jowita	882		K-20	112	00:00:56	00:34:32.95	00:35:29.35	+00:18:42 (54.1%)	6:54	8.7 (46.0%)
1171	NOWAKOWSKI Ireneusz	619	MUMINKI TEAM	M-40	185	00:00:52	00:34:39.75	00:35:32.15	+00:18:49 (54.3%)	6:56	8.7 (46.0%)
1172	OLSZEWSKA Kamila	683	BYDGOSZCZ	K-30	173	00:01:34	00:34:40.15	00:36:14.65	+00:18:49 (54.3%)	6:56	8.7 (46.0%)
1173	HELWIG Anna	1110		K-40	105	00:01:23	00:34:40.30	00:36:03.30	+00:18:49 (54.3%)	6:56	8.7 (46.0%)
1174	NAWROCKA Karolina	621	MUMINKI TEAM	K-20	113	00:00:52	00:34:41.05	00:35:33.80	+00:18:50 (54.3%)	6:56	8.6 (45.5%)
1175	PASIUT Bogumiła	617	MUMINKI TEAM	K-40	106	00:00:52	00:34:41.90	00:35:33.90	+00:18:51 (54.3%)	6:56	8.6 (45.5%)
1176	GŁOWACKI Jarosław	1105	ADP BYDGOSZCZ	M-20	130	00:00:19	00:34:47.40	00:35:07.10	+00:18:56 (54.5%)	6:57	8.6 (45.5%)
1177	JAROMIRSKA Karolina	1260		K-20	114	00:01:20	00:34:52.80	00:36:13.10	+00:19:02 (54.6%)	6:58	8.6 (45.5%)
1178	CZYŻNIKIEWICZ Karol	1257		M-20	131	00:01:20	00:34:52.90	00:36:12.95	+00:19:02 (54.6%)	6:58	8.6 (45.5%)
1179	CZYŻNIKIEWICZ Paweł	1261		M-20	132	00:01:21	00:34:54.50	00:36:15.60	+00:19:04 (54.6%)	6:58	8.6 (45.5%)
1180	KRZYWAŃSKA Aleksandra	1298		K-30	174	00:00:37	00:34:54.65	00:35:32.10	+00:19:04 (54.6%)	6:59	8.6 (45.5%)
1181	ZBIRANEK Beata	1302		K-40	107	00:00:37	00:34:55.75	00:35:33.35	+00:19:05 (54.6%)	6:59	8.6 (45.5%)
1182	POPIOŁEK Izabela	891		K-20	115	00:00:43	00:34:58.30	00:35:42.20	+00:19:07 (54.7%)	6:59	8.6 (45.5%)
1183	KALISZEWSKI Sławomir	1052	3KR	M-30	269	00:00:16	00:35:00.40	00:35:16.65	+00:19:09 (54.7%)	7:00	8.6 (45.5%)
1184	STRZYŻOWSKA Monika	748	WATAHA BYDGOSZCZ	K-40	108	00:01:42	00:35:06.55	00:36:49.15	+00:19:16 (54.9%)	7:01	8.5 (45.0%)
1185	RÓŻAŃSKI Wojciech	885		M-30	270	00:01:11	00:35:07.25	00:36:18.40	+00:19:16 (54.9%)	7:01	8.5 (45.0%)
1186	SZULC Marlena	749	WATAHA BYDGOSZCZ	K-40	109	00:01:41	00:35:07.45	00:36:49.25	+00:19:16 (54.9%)	7:01	8.5 (45.0%)
1187	RÓŻAŃSKA Katarzyna	886		K-30	175	00:01:10	00:35:07.85	00:36:18.30	+00:19:17 (54.9%)	7:01	8.5 (45.0%)
1188	WYSOCKA Paulina	1315		K-20	116	00:01:02	00:35:10.75	00:36:13.40	+00:19:20 (55.0%)	7:02	8.5 (45.0%)
1189	NOWICKA Anna	719		K-40	110	00:00:33	00:35:12.75	00:35:46.25	+00:19:22 (55.0%)	7:02	8.5 (45.0%)
1190	OBREMSKA Magdalena	1422		K-40	111	00:00:40	00:35:13.85	00:35:54.70	+00:19:23 (55.0%)	7:02	8.5 (45.0%)
1191	PAKUŁA Natalia	1076		K-20	117	00:00:51	00:35:15.65	00:36:07.60	+00:19:25 (55.1%)	7:03	8.5 (45.0%)
1192	CYCHOWSKA Anna	15		K-30	176	00:01:40	00:35:15.90	00:36:56.65	+00:19:25 (55.1%)	7:03	8.5 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1192	<b>JASTRZĘBSKA Maja</b>	<b>1064</b>		K-20	118	00:01:22	<b>00:35:15.90</b>	<b>00:36:38.15</b>	+00:19:25 (55.1%)	7:03	8.5 (45.0%)
1194	<b>SĄDOWSKI Adam</b>	<b>558</b>	BYDGOSKA SEKCJA WKKK	M-10	56	00:00:03	<b>00:35:17.90</b>	<b>00:35:21.10</b>	+00:19:27 (55.1%)	7:03	8.5 (45.0%)
1195	<b>GORZYCKI Dariusz</b>	<b>462</b>	BYDGOSKA SEKCJA WKKK	M-40	186	00:00:03	<b>00:35:18.70</b>	<b>00:35:21.75</b>	+00:19:28 (55.1%)	7:03	8.5 (45.0%)
1196	<b>GÓRSKA Agnieszka</b>	<b>1113</b>		K-10	35	00:01:33	<b>00:35:22.30</b>	<b>00:36:55.35</b>	+00:19:31 (55.2%)	7:04	8.5 (45.0%)
1197	<b>RYMER Jarosław</b>	<b>656</b>		M-10	57	00:01:12	<b>00:35:23.30</b>	<b>00:36:36.05</b>	+00:19:32 (55.2%)	7:04	8.5 (45.0%)
1198	<b>RYMER Adam</b>	<b>655</b>		M-30	271	00:01:12	<b>00:35:24.10</b>	<b>00:36:36.40</b>	+00:19:33 (55.3%)	7:04	8.5 (45.0%)
1199	<b>GÓRSKA Maria</b>	<b>725</b>		K-60+	7	00:00:49	<b>00:35:26.35</b>	<b>00:36:15.95</b>	+00:19:35 (55.3%)	7:05	8.5 (45.0%)
1200	<b>NOWAK Paulina</b>	<b>645</b>		K-20	119	00:01:15	<b>00:35:31.05</b>	<b>00:36:46.10</b>	+00:19:40 (55.4%)	7:06	8.4 (44.4%)
1201	<b>RATUSIŃSKI Robert</b>	<b>1273</b>		M-10	58	00:01:22	<b>00:35:31.30</b>	<b>00:36:53.50</b>	+00:19:40 (55.4%)	7:06	8.4 (44.4%)
1202	<b>RYBCZYŃSKI Grzegorz</b>	<b>646</b>		M-20	133	00:01:15	<b>00:35:32.55</b>	<b>00:36:47.75</b>	+00:19:42 (55.4%)	7:06	8.4 (44.4%)
1203	<b>GÓZDŹ Hanna</b>	<b>516</b>	JĄŚ BIEGA	K-60+	8	00:00:46	<b>00:35:33.25</b>	<b>00:36:20.10</b>	+00:19:42 (55.4%)	7:06	8.4 (44.4%)
1204	<b>KALISZEWSKI Wojciech</b>	<b>1053</b>	3KR	M-30	272	00:00:17	<b>00:35:33.75</b>	<b>00:35:51.05</b>	+00:19:43 (55.5%)	7:06	8.4 (44.4%)
1205	<b>WITOŃSKA Angelika</b>	<b>257</b>		K-30	177	00:01:23	<b>00:35:35.95</b>	<b>00:36:59.65</b>	+00:19:45 (55.5%)	7:07	8.4 (44.4%)
1206	<b>SÓJKA Agnieszka</b>	<b>1062</b>		K-30	178	00:01:22	<b>00:35:36.05</b>	<b>00:36:58.20</b>	+00:19:45 (55.5%)	7:07	8.4 (44.4%)
1207	<b>PROCZEK Joanna</b>	<b>1407</b>		K-30	179	00:01:26	<b>00:35:38.30</b>	<b>00:37:04.90</b>	+00:19:47 (55.5%)	7:07	8.4 (44.4%)
1208	<b>BIERNACKI Wojciech</b>	<b>77</b>		M-10	59	00:01:10	<b>00:35:41.10</b>	<b>00:36:51.45</b>	+00:19:50 (55.6%)	7:08	8.4 (44.4%)
1209	<b>BIERNACKA Anna</b>	<b>59</b>		K-40	112	00:01:10	<b>00:35:41.65</b>	<b>00:36:51.75</b>	+00:19:51 (55.6%)	7:08	8.4 (44.4%)
1210	<b>HOŁYSZ Krysia</b>	<b>97</b>		K-20	120	00:01:09	<b>00:35:42.65</b>	<b>00:36:51.90</b>	+00:19:52 (55.6%)	7:08	8.4 (44.4%)
1211	<b>GRALAK Anna</b>	<b>1388</b>		K-30	180	00:01:01	<b>00:36:05.45</b>	<b>00:37:07.10</b>	+00:20:14 (56.1%)	7:13	8.3 (43.9%)
1212	<b>GÓRSKA Weronika</b>	<b>1108</b>		K-20	121	00:01:33	<b>00:36:12.40</b>	<b>00:37:45.85</b>	+00:20:21 (56.2%)	7:14	8.3 (43.9%)
1213	<b>KUŻBA Kamila</b>	<b>881</b>		K-20	122	00:00:56	<b>00:36:15.55</b>	<b>00:37:12.15</b>	+00:20:25 (56.3%)	7:15	8.3 (43.9%)
1213	<b>ZIĘTARA Wiktoria</b>	<b>957</b>		K-10	36	00:00:13	<b>00:36:15.55</b>	<b>00:36:28.80</b>	+00:20:25 (56.3%)	7:15	8.3 (43.9%)
1215	<b>KROPIDŁOWSKA Magdalena</b>	<b>180</b>	OCELOTY KRUSZYN KRAJEŃSKI	K-30	181	00:01:37	<b>00:36:21.45</b>	<b>00:37:59.30</b>	+00:20:30 (56.4%)	7:16	8.2 (43.4%)
1216	<b>PACYNA Ewa</b>	<b>489</b>		K-20	123	00:01:16	<b>00:36:24.40</b>	<b>00:37:40.55</b>	+00:20:33 (56.5%)	7:16	8.2 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1217	<b>ROMANOWSKA Sylwia</b>	<b>687</b>		K-40	113	00:00:58	<b>00:36:31.40</b>	<b>00:37:29.85</b>	+00:20:40 (56.6%)	7:18	8.2 (43.4%)
1218	<b>LEWANDOWSKI Robert</b>	<b>235</b>	POMAGALSCY	M-40	187	00:01:00	<b>00:36:37.00</b>	<b>00:37:37.60</b>	+00:20:46 (56.7%)	7:19	8.2 (43.4%)
1219	<b>DUBIELEWSKA Anna</b>	<b>564</b>		K-20	124	00:00:53	<b>00:36:44.55</b>	<b>00:37:37.75</b>	+00:20:54 (56.9%)	7:20	8.2 (43.4%)
1220	<b>DOMAGAŁA Monika</b>	<b>1019</b>		K-20	125	00:00:53	<b>00:36:44.95</b>	<b>00:37:38.15</b>	+00:20:54 (56.9%)	7:21	8.2 (43.4%)
1221	<b>KRĘCICKA Ewa</b>	<b>1156</b>		K-30	182	00:01:10	<b>00:36:56.40</b>	<b>00:38:06.80</b>	+00:21:05 (57.1%)	7:23	8.1 (42.9%)
1222	<b>SULKOWSKA Jadwiga</b>	<b>1366</b>	BYDGOSKI KLUB MORSÓW	K-40	114	00:00:07	<b>00:37:11.05</b>	<b>00:37:19.00</b>	+00:21:20 (57.4%)	7:26	8.1 (42.9%)
1223	<b>KUICH Agnieszka</b>	<b>647</b>		K-40	115	00:00:15	<b>00:37:14.75</b>	<b>00:37:30.45</b>	+00:21:24 (57.5%)	7:27	8.1 (42.9%)
1224	<b>GÓRNY Łukasz</b>	<b>1</b>		M-20	134	00:01:12	<b>00:37:26.00</b>	<b>00:38:38.90</b>	+00:21:35 (57.7%)	7:29	8 (42.3%)
1225	<b>MUZOLF Natalia</b>	<b>1268</b>		K-20	126	00:01:12	<b>00:37:28.45</b>	<b>00:38:41.25</b>	+00:21:37 (57.7%)	7:29	8 (42.3%)
1226	<b>KONARZEWSKI Arkadiusz</b>	<b>517</b>		M-40	188	00:00:26	<b>00:37:35.65</b>	<b>00:38:02.60</b>	+00:21:45 (57.9%)	7:31	8 (42.3%)
1226	<b>SKRZĄTEK Anna</b>	<b>1032</b>		K-40	116	00:00:27	<b>00:37:35.65</b>	<b>00:38:02.85</b>	+00:21:45 (57.9%)	7:31	8 (42.3%)
1228	<b>WORONIECKA Anna</b>	<b>426</b>		K-40	117	00:00:26	<b>00:37:35.80</b>	<b>00:38:02.55</b>	+00:21:45 (57.9%)	7:31	8 (42.3%)
1229	<b>SZMELTER Ania</b>	<b>1071</b>	PARKRUN GRUDZIĄDZ	K-20	127	00:01:00	<b>00:37:40.30</b>	<b>00:38:40.55</b>	+00:21:49 (57.9%)	7:32	8 (42.3%)
1230	<b>JEŻOWSKI Sławomir</b>	<b>1350</b>		M-50	63	00:00:44	<b>00:37:49.60</b>	<b>00:38:33.85</b>	+00:21:59 (58.1%)	7:33	7.9 (41.8%)
1231	<b>WOŹNIAK Monika</b>	<b>189</b>		K-40	118	00:00:13	<b>00:37:53.95</b>	<b>00:38:07.80</b>	+00:22:03 (58.2%)	7:34	7.9 (41.8%)
1232	<b>NOWAKOWSKA Katarzyna</b>	<b>622</b>		K-40	119	00:00:15	<b>00:37:59.20</b>	<b>00:38:14.20</b>	+00:22:08 (58.3%)	7:35	7.9 (41.8%)
1233	<b>NETZELMANN Tomasz</b>	<b>1136</b>	MCŚTEAM	M-40	189	00:01:23	<b>00:38:05.55</b>	<b>00:39:28.80</b>	+00:22:15 (58.4%)	7:37	7.9 (41.8%)
1234	<b>HELWIG Sara</b>	<b>1109</b>		K-20	128	00:01:22	<b>00:38:05.85</b>	<b>00:39:28.75</b>	+00:22:15 (58.4%)	7:37	7.9 (41.8%)
1235	<b>BAŁYS Krzysztof</b>	<b>1128</b>		M-20	135	00:00:17	<b>00:38:11.70</b>	<b>00:38:29.00</b>	+00:22:21 (58.5%)	7:38	7.9 (41.8%)
1236	<b>MAJEWSKA Monika</b>	<b>1130</b>		K-20	129	00:00:16	<b>00:38:12.30</b>	<b>00:38:28.90</b>	+00:22:21 (58.5%)	7:38	7.9 (41.8%)
1237	<b>WIECZOREK Jolanta</b>	<b>758</b>		K-30	183	00:01:24	<b>00:38:22.35</b>	<b>00:39:46.35</b>	+00:22:31 (58.7%)	7:40	7.8 (41.3%)
1238	<b>CZAJA Wiktor</b>	<b>284</b>		M-10	60	00:01:14	<b>00:38:33.65</b>	<b>00:39:47.90</b>	+00:22:43 (58.9%)	7:42	7.8 (41.3%)
1239	<b>CZAJA Sonia</b>	<b>282</b>		K-40	120	00:01:14	<b>00:38:34.05</b>	<b>00:39:48.75</b>	+00:22:43 (58.9%)	7:42	7.8 (41.3%)
1240	<b>RUDNICKI Michał</b>	<b>183</b>	TASAK TEAM	M-30	273	00:01:31	<b>00:38:44.45</b>	<b>00:40:15.55</b>	+00:22:53 (59.1%)	7:44	7.7 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1241	<b>RUDNICKA Karolina</b>	<b>217</b>	TASAK TEAM	K-30	184	00:01:31	<b>00:38:44.50</b>	<b>00:40:15.65</b>	+00:22:54 (59.1%)	7:44	7.7 (40.7%)
1242	<b>NOWACKA Jolanta</b>	<b>712</b>		K-40	121	00:00:56	<b>00:38:50.70</b>	<b>00:39:47.10</b>	+00:23:00 (59.2%)	7:46	7.7 (40.7%)
1243	<b>NOWACKI Rafał</b>	<b>971</b>		M-40	190	00:00:55	<b>00:38:51.50</b>	<b>00:39:47.45</b>	+00:23:01 (59.2%)	7:46	7.7 (40.7%)
1244	<b>CHMURZYŃSKA Ewa</b>	<b>1329</b>		K-50	22	00:00:55	<b>00:38:51.55</b>	<b>00:39:47.15</b>	+00:23:01 (59.2%)	7:46	7.7 (40.7%)
1245	<b>KOSOŃ Danuta</b>	<b>1361</b>		K-60+	9	00:00:55	<b>00:38:52.15</b>	<b>00:39:47.50</b>	+00:23:01 (59.2%)	7:46	7.7 (40.7%)
1246	<b>LENC Agnieszka</b>	<b>137</b>	SLA POLONIA BYDGOSZCZ	K-40	122	00:01:26	<b>00:38:59.70</b>	<b>00:40:25.75</b>	+00:23:09 (59.4%)	7:47	7.7 (40.7%)
1247	<b>SROCZYŃSKA Aldona</b>	<b>967</b>	KS POLONIA BYDGOSZCZ SEKCJA LA	K-50	23	00:01:26	<b>00:38:59.85</b>	<b>00:40:26.10</b>	+00:23:09 (59.4%)	7:48	7.7 (40.7%)
1248	<b>POBIEDZIŃSKA Marta</b>	<b>1481</b>	KS POLONIA BYDGOSZCZ SEKCJA LA	K-20	130	00:01:25	<b>00:39:00.05</b>	<b>00:40:25.90</b>	+00:23:09 (59.4%)	7:48	7.7 (40.7%)
1249	<b>BULIŃSKI Arkadiusz</b>	<b>640</b>		M-30	274	00:00:59	<b>00:39:07.40</b>	<b>00:40:06.85</b>	+00:23:16 (59.5%)	7:49	7.7 (40.7%)
1250	<b>SCHUETZMANN Patrycja</b>	<b>432</b>		K-30	185	00:00:57	<b>00:39:09.40</b>	<b>00:40:07.10</b>	+00:23:18 (59.5%)	7:50	7.7 (40.7%)
1251	<b>CHOJNACKA Aleksandra</b>	<b>840</b>		K-20	131	00:01:39	<b>00:39:09.80</b>	<b>00:40:48.95</b>	+00:23:19 (59.5%)	7:49	7.7 (40.7%)
1252	<b>CHOJNACKI Grzegorz</b>	<b>841</b>		M-20	136	00:01:39	<b>00:39:09.90</b>	<b>00:40:49.20</b>	+00:23:19 (59.6%)	7:50	7.7 (40.7%)
1253	<b>WITKIEWICZ-ŁUKASZEK Sandra</b>	<b>17</b>	WATAHA BYDGOSZCZ	K-20	132	00:01:40	<b>00:39:17.95</b>	<b>00:40:58.80</b>	+00:23:27 (59.7%)	7:51	7.6 (40.2%)
1254	<b>CHOLEWCZYŃSKA Wiktoria</b>	<b>256</b>		K-20	133	00:00:56	<b>00:39:50.15</b>	<b>00:40:46.40</b>	+00:23:59 (60.2%)	7:58	7.5 (39.7%)
1255	<b>CHOLEWCZYŃSKA Dorota</b>	<b>1345</b>		K-40	123	00:00:55	<b>00:39:51.15</b>	<b>00:40:46.45</b>	+00:24:00 (60.2%)	7:58	7.5 (39.7%)
1256	<b>ZALEWSKI Łukasz</b>	<b>570</b>		M-40	191	00:00:50	<b>00:39:54.65</b>	<b>00:40:45.35</b>	+00:24:04 (60.3%)	7:59	7.5 (39.7%)
1257	<b>ZALEWSKA Justyna</b>	<b>571</b>		K-40	124	00:00:50	<b>00:39:54.70</b>	<b>00:40:45.60</b>	+00:24:04 (60.3%)	7:59	7.5 (39.7%)
1258	<b>ZALEWSKA Justyna</b>	<b>769</b>		K-40	125	00:00:25	<b>00:40:16.30</b>	<b>00:40:42.10</b>	+00:24:25 (60.7%)	8:03	7.4 (39.2%)
1259	<b>ZACHEJA Mriusz</b>	<b>1383</b>		M-40	192	00:00:00	<b>00:40:46.30</b>	<b>00:40:46.30</b>	+00:24:55 (61.1%)	8:09	7.4 (39.2%)
1260	<b>JAWORSKA Michalina</b>	<b>1133</b>	STOWARZYSZENIE 'DZIĘKI WAM'	K-10	37	00:00:35	<b>00:40:46.40</b>	<b>00:41:21.85</b>	+00:24:55 (61.1%)	8:09	7.4 (39.2%)
1261	<b>JAWORSKI Adam</b>	<b>560</b>	STOWARZYSZENIE 'DZIĘKI WAM'	M-40	193	00:00:35	<b>00:40:46.80</b>	<b>00:41:22.35</b>	+00:24:56 (61.2%)	8:09	7.4 (39.2%)
1262	<b>KUBIAK Beata</b>	<b>136</b>		K-10	38	00:01:44	<b>00:41:33.40</b>	<b>00:43:17.40</b>	+00:25:42 (61.9%)	8:18	7.2 (38.1%)
1263	<b>KUBIAK Rafał</b>	<b>126</b>		M-40	194	00:01:43	<b>00:41:35.35</b>	<b>00:43:18.70</b>	+00:25:44 (61.9%)	8:19	7.2 (38.1%)
1264	<b>KORBEL Marian</b>	<b>278</b>	KORBELKI	M-40	195	00:00:21	<b>00:41:43.20</b>	<b>00:42:04.25</b>	+00:25:52 (62.0%)	8:20	7.2 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1265	<b>SZCZERBINSKI Mariusz</b>	<b>657</b>		M-40	196	00:00:40	<b>00:42:24.80</b>	<b>00:43:05.65</b>	+00:26:34 (62.6%)	8:29	7.1 (37.6%)
1266	<b>GRABOWSKA Ilona</b>	<b>1464</b>		K-30	186	00:01:35	<b>00:42:40.35</b>	<b>00:44:16.10</b>	+00:26:49 (62.9%)	8:32	7 (37.0%)
1267	<b>LEMPEK Joanna</b>	<b>686</b>		K-40	126	00:01:34	<b>00:42:41.45</b>	<b>00:44:15.95</b>	+00:26:50 (62.9%)	8:32	7 (37.0%)
1268	<b>KEMPA Arkadiusz</b>	<b>980</b>	FAMILY TEAM KEMPA	M-40	197	00:01:35	<b>00:42:42.00</b>	<b>00:44:17.45</b>	+00:26:51 (62.9%)	8:32	7 (37.0%)
1269	<b>GŁON Julia</b>	<b>989</b>		K-10	39	00:01:34	<b>00:42:42.20</b>	<b>00:44:16.55</b>	+00:26:51 (62.9%)	8:32	7 (37.0%)
1270	<b>KEMPA Julia</b>	<b>981</b>	SP 37	K-10	40	00:01:34	<b>00:42:42.40</b>	<b>00:44:16.50</b>	+00:26:51 (62.9%)	8:32	7 (37.0%)
1271	<b>LEMPEK Wiktoria</b>	<b>1025</b>	BYDGOSZCZ	K-10	41	00:01:33	<b>00:42:42.50</b>	<b>00:44:16.40</b>	+00:26:52 (62.9%)	8:32	7 (37.0%)
1272	<b>LEMPEK Dominika</b>	<b>684</b>	UKS BŁĘKITNY DELFIN	K-10	42	00:01:34	<b>00:42:42.95</b>	<b>00:44:17.00</b>	+00:26:52 (62.9%)	8:32	7 (37.0%)
1273	<b>FOLHER Jagoda</b>	<b>1384</b>		K-10	43	00:00:44	<b>00:42:47.90</b>	<b>00:43:32.15</b>	+00:26:57 (63.0%)	8:33	7 (37.0%)
1274	<b>BIELENNY Michał</b>	<b>857</b>		M-60+	24	00:00:37	<b>00:43:00.70</b>	<b>00:43:38.50</b>	+00:27:10 (63.2%)	8:36	7 (37.0%)
1275	<b>JANKOWSKI Piotr</b>	<b>1349</b>		M-60+	25	00:01:01	<b>00:43:15.35</b>	<b>00:44:16.75</b>	+00:27:24 (63.4%)	8:39	6.9 (36.5%)
1276	<b>MIECH Wiesław</b>	<b>1372</b>		M-60+	26	00:01:01	<b>00:43:15.65</b>	<b>00:44:17.40</b>	+00:27:25 (63.4%)	8:39	6.9 (36.5%)
1277	<b>BADOWSKI Krzysztof</b>	<b>1328</b>		M-50	64	00:00:00	<b>00:44:16.10</b>	<b>00:44:16.10</b>	+00:28:25 (64.2%)	8:51	6.8 (36.0%)
1278	<b>HEWELT Oliwia</b>	<b>1335</b>		K-10	44	00:00:56	<b>00:49:22.90</b>	<b>00:50:19.75</b>	+00:33:32 (67.9%)	9:52	6.1 (32.3%)
1279	<b>MAKUSZEWSKI Mateusz</b>	<b>1468</b>		M-30	275	00:00:37			+00:08:48	4:58	12.1 (64.0%)
1280	<b>CHMURZYŃSKI Tomasz</b>	<b>1332</b>		M-50	65	00:00:00			+	6:06	9.8 (51.9%)
1281	<b>MYLER Georgina</b>	<b>1374</b>		K-30	187	00:01:01			+00:27:02	8:41	6.9 (36.5%)
1282	<b>SKĄPSKI Łukasz</b>	<b>1379</b>		M-30	276	00:00:00			+	8:53	6.7 (35.4%)
1283	<b>JAGODZIŃSKI Mateusz</b>	<b>253</b>	BYDGOSKIE OKONIE	M-20	137	00:00:02					(0.0%)

Znaleziono 1283 wynik(ów)