



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2021

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2021-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BRZEZIŃSKI Błażej</b>	<b>863</b>	BRZEZIŃSKI RUN CLUB	M-30	1	00:00:02	<b>00:15:11.60</b>	<b>00:15:14.55</b>		3:02	19.8 (100%)
2	<b>BISKUP Marcin</b>	<b>477</b>	CWZS ZAWISZA BYDGOSZCZ	M-20	1	00:00:03	<b>00:16:20.80</b>	<b>00:16:24.25</b>	+00:01:09 (7.1%)	3:16	18.4 (92.9%)
3	<b>DZIERLIŃSKI Paweł</b>	<b>1024</b>	THE RUNNERS ŚWIEICE	M-30	2	00:00:04	<b>00:17:10.10</b>	<b>00:17:14.40</b>	+00:01:58 (11.5%)	3:26	17.5 (88.4%)
4	<b>FELCZAK Jakub</b>	<b>283</b>		M-20	2	00:00:03	<b>00:17:14.95</b>	<b>00:17:18.65</b>	+00:02:03 (11.9%)	3:26	17.4 (87.9%)
5	<b>JURAK Krzysztof</b>	<b>1098</b>	KUJAWSCY RUNNERS	M-30	3	00:00:03	<b>00:17:46.20</b>	<b>00:17:50.05</b>	+00:02:34 (14.5%)	3:33	16.9 (85.4%)
6	<b>WIWATOWSKI Michał</b>	<b>262</b>		M-40	1	00:00:04	<b>00:17:48.85</b>	<b>00:17:52.85</b>	+00:02:37 (14.7%)	3:33	16.9 (85.4%)
7	<b>KUŁAKOWSKI Krzysztof</b>	<b>1097</b>	CZARNE STOPY	M-30	4	00:00:04	<b>00:17:52.10</b>	<b>00:17:56.10</b>	+00:02:40 (15.0%)	3:34	16.8 (84.8%)
8	<b>FLOREK Paweł</b>	<b>792</b>	RUNADDICTS	M-30	5	00:00:04	<b>00:17:54.50</b>	<b>00:17:59.30</b>	+00:02:42 (15.2%)	3:34	16.8 (84.8%)
9	<b>ŁAZ Kamil</b>	<b>906</b>	WTLENIE.PL	M-30	6	00:00:03	<b>00:18:09.25</b>	<b>00:18:12.70</b>	+00:02:57 (16.3%)	3:37	16.5 (83.3%)
10	<b>RYMER Jakub</b>	<b>681</b>	KOTŁOWSKI RUN TEAM	M-30	7	00:00:04	<b>00:18:19.35</b>	<b>00:18:23.70</b>	+00:03:07 (17.1%)	3:39	16.4 (82.8%)
11	<b>MAĆKOWSKI Maciej</b>	<b>221</b>	UPSBYDOSZCZ/TEAMOCHAL	M-30	8	00:00:03	<b>00:18:41.50</b>	<b>00:18:44.70</b>	+00:03:29 (18.7%)	3:44	16.1 (81.3%)
12	<b>OLEJNIK Krzysztof</b>	<b>738</b>		M-30	9	00:00:06	<b>00:18:42.65</b>	<b>00:18:49.40</b>	+00:03:31 (18.8%)	3:44	16 (80.8%)
13	<b>SOBIERAŁSKI Rafał</b>	<b>166</b>		M-40	2	00:00:05	<b>00:18:44.20</b>	<b>00:18:49.65</b>	+00:03:32 (18.9%)	3:44	16 (80.8%)
14	<b>BEDRA Robert</b>	<b>193</b>		M-10	1	00:00:03	<b>00:18:44.80</b>	<b>00:18:48.25</b>	+00:03:33 (19.0%)	3:44	16 (80.8%)
15	<b>WENZELEWSKI Daniel</b>	<b>1099</b>	LOTTO-BYDGOSTIA	M-10	2	00:00:28	<b>00:18:47.20</b>	<b>00:19:15.45</b>	+00:03:35 (19.1%)	3:45	16 (80.8%)
16	<b>TUCHOLSKI Bartłomiej</b>	<b>1028</b>		M-20	3	00:00:04	<b>00:18:48.35</b>	<b>00:18:52.70</b>	+00:03:36 (19.2%)	3:45	16 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>KOLMAJER Rafał</b>	<b>34</b>	ROWERTOUR	M-40	3	00:00:03	<b>00:18:49.60</b>	<b>00:18:53.50</b>	+00:03:38 (19.3%)	3:45	15.9 (80.3%)
18	<b>BAK Oskar</b>	<b>767</b>		M-30	10	00:00:04	<b>00:18:49.90</b>	<b>00:18:54.35</b>	+00:03:38 (19.3%)	3:45	15.9 (80.3%)
19	<b>OSSOWSKI Jakub</b>	<b>553</b>		M-10	3	00:00:14	<b>00:18:59.30</b>	<b>00:19:13.90</b>	+00:03:47 (20.0%)	3:47	15.8 (79.8%)
20	<b>TYMEK Kamil</b>	<b>1085</b>	ZAWISZA	M-10	4	00:00:04	<b>00:19:06.55</b>	<b>00:19:10.55</b>	+00:03:54 (20.5%)	3:49	15.7 (79.3%)
21	<b>KALACZYŃSKI Miłosz</b>	<b>101</b>	KS POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA IM. KLEMENSA BINIAKOWSKIEGO	M-20	4	00:00:04	<b>00:19:09.65</b>	<b>00:19:14.55</b>	+00:03:58 (20.7%)	3:49	15.7 (79.3%)
22	<b>TELEJKO Łukasz</b>	<b>1089</b>	RUN BYDGOSZCZ	M-20	5	00:00:09	<b>00:19:10.70</b>	<b>00:19:20.60</b>	+00:03:59 (20.8%)	3:50	15.7 (79.3%)
23	<b>STANIEC Tomasz</b>	<b>1070</b>		M-40	4	00:00:05	<b>00:19:12.35</b>	<b>00:19:18.25</b>	+00:04:00 (20.9%)	3:50	15.6 (78.8%)
24	<b>SZYMAŃSKI Adam</b>	<b>559</b>	BIEGAJ Z DYMKIEM	M-30	11	00:00:05	<b>00:19:20.45</b>	<b>00:19:26.25</b>	+00:04:08 (21.4%)	3:52	15.5 (78.3%)
25	<b>SZENK Marta</b>	<b>138</b>		K-40	1	00:00:04	<b>00:19:21.30</b>	<b>00:19:25.60</b>	+00:04:09 (21.5%)	3:52	15.5 (78.3%)
26	<b>MENDEL Patryk</b>	<b>24</b>	TM IRON TRI-TEAM/SLA POLONIA BYDGOSZCZ	M-20	6	00:00:03	<b>00:19:28.65</b>	<b>00:19:32.00</b>	+00:04:17 (22.0%)	3:53	15.4 (77.8%)
27	<b>SZCZEPANIAK Cezary</b>	<b>484</b>		M-40	5	00:00:05	<b>00:19:47.35</b>	<b>00:19:52.55</b>	+00:04:35 (23.2%)	3:57	15.2 (76.8%)
28	<b>KOZŁOWSKI Rafał</b>	<b>13</b>		M-40	6	00:00:04	<b>00:19:48.10</b>	<b>00:19:52.40</b>	+00:04:36 (23.3%)	3:57	15.2 (76.8%)
29	<b>TOMCZYK Agata</b>	<b>521</b>	SLA POLONIA BYDGOSZCZ	K-30	1	00:00:05	<b>00:19:48.35</b>	<b>00:19:53.75</b>	+00:04:36 (23.3%)	3:57	15.2 (76.8%)
30	<b>FUZ Marek</b>	<b>700</b>	KABEL TEAM BYDGOSZCZ	M-50	1	00:00:05	<b>00:19:54.45</b>	<b>00:20:00.30</b>	+00:04:42 (23.7%)	3:58	15.1 (76.3%)
31	<b>PISARSKI Igor</b>	<b>673</b>		M-20	7	00:00:08	<b>00:19:57.00</b>	<b>00:20:05.05</b>	+00:04:45 (23.8%)	3:59	15 (75.8%)
32	<b>WALDA Łukasz</b>	<b>611</b>		M-30	12	00:00:06	<b>00:19:57.30</b>	<b>00:20:03.80</b>	+00:04:45 (23.9%)	3:59	15 (75.8%)
33	<b>DROBINSKI Daniel</b>	<b>209</b>		M-30	13	00:00:06	<b>00:19:58.15</b>	<b>00:20:04.30</b>	+00:04:46 (23.9%)	3:59	15 (75.8%)
34	<b>PĘDZIOCH Przemysław</b>	<b>662</b>		M-30	14	00:00:06	<b>00:19:59.00</b>	<b>00:20:05.35</b>	+00:04:47 (24.0%)	3:59	15 (75.8%)
35	<b>MACIOSZEK Piotr</b>	<b>884</b>		M-20	8	00:00:06	<b>00:20:00.95</b>	<b>00:20:07.05</b>	+00:04:49 (24.1%)	4:00	15 (75.8%)
36	<b>SZLINGER Jakub</b>	<b>908</b>	BRAK	M-30	15	00:00:00	<b>00:20:04.70</b>	<b>00:20:04.70</b>	+00:04:53 (24.3%)	4:00	15 (75.8%)
37	<b>MALICKI Łukasz</b>	<b>231</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	16	00:00:04	<b>00:20:10.85</b>	<b>00:20:15.65</b>	+00:04:59 (24.7%)	4:02	14.9 (75.3%)
38	<b>KRUSZKA Łukasz</b>	<b>189</b>	K. S. TRI BE.R	M-40	7	00:00:05	<b>00:20:20.25</b>	<b>00:20:25.50</b>	+00:05:08 (25.3%)	4:04	14.8 (74.7%)
39	<b>CHODKIEWICZ Tomek</b>	<b>1117</b>		M-20	9	00:00:06	<b>00:20:20.95</b>	<b>00:20:27.10</b>	+00:05:09 (25.3%)	4:04	14.8 (74.7%)
40	<b>BALCEREK Mateusz</b>	<b>1000</b>	GASTRO SZEf	M-30	17	00:00:06	<b>00:20:28.60</b>	<b>00:20:35.35</b>	+00:05:17 (25.8%)	4:05	14.7 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	<b>WIECZOREK Michał</b>	<b>533</b>	MAJKTEAM	M-30	17	00:00:07	<b>00:20:28.60</b>	<b>00:20:36.40</b>	+00:05:17 (25.8%)	4:05	14.7 (74.2%)
42	<b>GURDAK Leszek</b>	<b>169</b>	BYDGOSZCZ NA START	M-40	8	00:00:06	<b>00:20:33.35</b>	<b>00:20:39.45</b>	+00:05:21 (26.1%)	4:06	14.6 (73.7%)
43	<b>STARZYŃSKI Piotr</b>	<b>855</b>		M-40	9	00:00:08	<b>00:20:37.05</b>	<b>00:20:45.95</b>	+00:05:25 (26.3%)	4:07	14.6 (73.7%)
44	<b>WOŹNIAKOWSKA Agata</b>	<b>916</b>	WTLENIE.PL	K-30	2	00:00:00	<b>00:20:40.50</b>	<b>00:20:40.50</b>	+00:05:28 (26.5%)	4:08	14.5 (73.2%)
45	<b>DROCIAK Michał</b>	<b>886</b>	OGR OSOWA GÓRA RUNNER	M-40	10	00:00:06	<b>00:20:41.55</b>	<b>00:20:47.75</b>	+00:05:29 (26.6%)	4:08	14.5 (73.2%)
46	<b>SZYMCZAK Maciej</b>	<b>222</b>	AKTYWNA BYDGOSZCZ	M-50	2	00:00:05	<b>00:20:42.40</b>	<b>00:20:47.90</b>	+00:05:30 (26.6%)	4:08	14.5 (73.2%)
47	<b>KHADDOUR Alex</b>	<b>203</b>	BBL BYDGOSZCZ	M-30	19	00:00:06	<b>00:20:44.30</b>	<b>00:20:50.65</b>	+00:05:32 (26.7%)	4:08	14.5 (73.2%)
48	<b>GŻYL Mikołaj</b>	<b>317</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	20	00:00:07	<b>00:20:47.05</b>	<b>00:20:54.80</b>	+00:05:35 (26.9%)	4:09	14.4 (72.7%)
49	<b>MIRKIEWICZ Filip</b>	<b>453</b>		M-10	5	00:00:22	<b>00:20:51.00</b>	<b>00:21:13.85</b>	+00:05:39 (27.1%)	4:10	14.4 (72.7%)
50	<b>PAWLIK Stanisław</b>	<b>146</b>		M-50	3	00:00:06	<b>00:20:51.40</b>	<b>00:20:57.55</b>	+00:05:39 (27.2%)	4:10	14.4 (72.7%)
51	<b>LEWANDOWSKI Bartłomiej</b>	<b>899</b>		M-20	10	00:00:08	<b>00:20:57.90</b>	<b>00:21:06.25</b>	+00:05:46 (27.5%)	4:11	14.3 (72.2%)
52	<b>BETHKE Jakub</b>	<b>882</b>		M-30	21	00:00:07	<b>00:21:04.65</b>	<b>00:21:12.30</b>	+00:05:53 (27.9%)	4:12	14.2 (71.7%)
53	<b>BUZALSKI Robert</b>	<b>103</b>	ORANGE POLSKA	M-40	11	00:00:06	<b>00:21:07.70</b>	<b>00:21:14.65</b>	+00:05:56 (28.1%)	4:13	14.2 (71.7%)
54	<b>FRANKOWSKI Szymon</b>	<b>538</b>		M-10	6	00:00:05	<b>00:21:11.35</b>	<b>00:21:17.10</b>	+00:05:59 (28.3%)	4:14	14.2 (71.7%)
55	<b>GWIAZDOWSKI Dominik</b>	<b>140</b>		M-10	7	00:00:04	<b>00:21:12.00</b>	<b>00:21:16.30</b>	+00:06:00 (28.3%)	4:14	14.2 (71.7%)
56	<b>MEYER Marek</b>	<b>710</b>		M-50	4	00:00:26	<b>00:21:12.95</b>	<b>00:21:39.60</b>	+00:06:01 (28.4%)	4:14	14.2 (71.7%)
57	<b>JARMUŻ Adam</b>	<b>2</b>	AJ TEAM	M-30	22	00:00:05	<b>00:21:13.05</b>	<b>00:21:18.10</b>	+00:06:01 (28.4%)	4:14	14.1 (71.2%)
58	<b>ZIÓŁKOWSKI Włodek</b>	<b>534</b>	FORDON BIEGA	M-30	23	00:00:04	<b>00:21:14.05</b>	<b>00:21:18.90</b>	+00:06:02 (28.4%)	4:14	14.1 (71.2%)
59	<b>SUDOŁ Jacek</b>	<b>837</b>	PARKRUN BYDGOSZCZ	M-40	12	00:00:07	<b>00:21:14.70</b>	<b>00:21:21.95</b>	+00:06:03 (28.5%)	4:14	14.1 (71.2%)
60	<b>KŁOSOWSKI Marcin</b>	<b>542</b>	CSM POLSKA	M-40	13	00:00:04	<b>00:21:15.15</b>	<b>00:21:20.10</b>	+00:06:03 (28.5%)	4:15	14.1 (71.2%)
61	<b>SZYSZKA Radosław</b>	<b>915</b>		M-30	24	00:00:06	<b>00:21:16.20</b>	<b>00:21:22.95</b>	+00:06:04 (28.6%)	4:15	14.1 (71.2%)
62	<b>DUDKOWIAK Michał</b>	<b>1086</b>	CHMIELARZ TEAM	M-30	25	00:00:07	<b>00:21:18.25</b>	<b>00:21:25.55</b>	+00:06:06 (28.7%)	4:15	14.1 (71.2%)
63	<b>IGNACZAK Jarosław</b>	<b>598</b>	3GRAVITY	M-40	14	00:00:07	<b>00:21:22.25</b>	<b>00:21:30.05</b>	+00:06:10 (28.9%)	4:16	14 (70.7%)
64	<b>ZAJĄKAŁA Wojciech</b>	<b>1105</b>		M-20	11	00:00:09	<b>00:21:27.80</b>	<b>00:21:37.75</b>	+00:06:16 (29.2%)	4:17	14 (70.7%)

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65	<b>ŻUCHELKOWSKI Rafał</b>	<b>524</b>		M-30	26	00:00:28	<b>00:21:28.95</b>	<b>00:21:57.75</b>	+00:06:17 (29.3%)	4:17	14 (70.7%)
66	<b>WIECZOREK Waldemar</b>	<b>780</b>		M-30	27	00:01:09	<b>00:21:30.65</b>	<b>00:22:39.65</b>	+00:06:19 (29.4%)	4:18	14 (70.7%)
67	<b>MIZIKOWSKI Tomasz</b>	<b>608</b>	MIZIK-TEAM	M-10	8	00:00:08	<b>00:21:32.20</b>	<b>00:21:41.15</b>	+00:06:20 (29.5%)	4:18	13.9 (70.2%)
68	<b>MIZIKOWSKI Wojciech</b>	<b>530</b>	MIZIK TEAM	M-40	15	00:00:09	<b>00:21:33.10</b>	<b>00:21:42.55</b>	+00:06:21 (29.5%)	4:18	13.9 (70.2%)
69	<b>ZBORAŁA Dawid</b>	<b>1060</b>		M-30	28	00:00:05	<b>00:21:33.50</b>	<b>00:21:38.95</b>	+00:06:21 (29.5%)	4:18	13.9 (70.2%)
70	<b>WADZIŃSKA Paulina</b>	<b>57</b>	TEAMOCHAL	K-30	3	00:00:06	<b>00:21:34.10</b>	<b>00:21:41.05</b>	+00:06:22 (29.6%)	4:18	13.9 (70.2%)
71	<b>GRZECHULSKI Dariusz</b>	<b>571</b>		M-40	16	00:00:07	<b>00:21:34.55</b>	<b>00:21:41.70</b>	+00:06:22 (29.6%)	4:18	13.9 (70.2%)
72	<b>DAŃCZUK Jerzy</b>	<b>277</b>		M-50	5	00:00:09	<b>00:21:37.10</b>	<b>00:21:46.95</b>	+00:06:25 (29.7%)	4:19	13.9 (70.2%)
73	<b>KLINOWSKI Radosław</b>	<b>1076</b>		M-30	29	00:00:31	<b>00:21:37.95</b>	<b>00:22:08.95</b>	+00:06:26 (29.8%)	4:19	13.9 (70.2%)
74	<b>LEWANDOWSKI Piotr</b>	<b>684</b>		M-20	12	00:00:06	<b>00:21:38.75</b>	<b>00:21:45.10</b>	+00:06:27 (29.8%)	4:19	13.9 (70.2%)
75	<b>STRUGAŁA Maciej</b>	<b>178</b>		M-20	13	00:00:13	<b>00:21:39.55</b>	<b>00:21:52.90</b>	+00:06:27 (29.9%)	4:19	13.9 (70.2%)
76	<b>BZDZION Marcin</b>	<b>751</b>		M-20	14	00:00:10	<b>00:21:41.90</b>	<b>00:21:52.45</b>	+00:06:30 (30.0%)	4:20	13.8 (69.7%)
77	<b>KOLASSA Robert</b>	<b>939</b>		M-20	15	00:00:07	<b>00:21:42.30</b>	<b>00:21:49.60</b>	+00:06:30 (30.0%)	4:20	13.8 (69.7%)
78	<b>MAZUREK Damian</b>	<b>447</b>		M-20	16	00:00:45	<b>00:21:47.65</b>	<b>00:22:33.35</b>	+00:06:36 (30.3%)	4:21	13.8 (69.7%)
79	<b>ZBIRANEK Remigiusz</b>	<b>720</b>	1 BRYGADA LOGISTYCZNA	M-40	17	00:00:11	<b>00:21:48.90</b>	<b>00:22:00.55</b>	+00:06:37 (30.4%)	4:21	13.8 (69.7%)
80	<b>DZIKOWSKI Jakub</b>	<b>1018</b>		M-20	17	00:00:06	<b>00:21:49.95</b>	<b>00:21:56.00</b>	+00:06:38 (30.4%)	4:21	13.8 (69.7%)
81	<b>MARCINIAK Przemysław</b>	<b>176</b>		M-30	30	00:00:45	<b>00:21:54.75</b>	<b>00:22:40.15</b>	+00:06:43 (30.7%)	4:22	13.7 (69.2%)
82	<b>KILAN Kacper</b>	<b>606</b>	SPOGLO	M-20	18	00:00:35	<b>00:21:56.65</b>	<b>00:22:32.20</b>	+00:06:45 (30.8%)	4:23	13.7 (69.2%)
83	<b>SADECKI Karol</b>	<b>205</b>		M-30	31	00:00:06	<b>00:21:57.60</b>	<b>00:22:04.55</b>	+00:06:46 (30.8%)	4:23	13.7 (69.2%)
84	<b>RYBCZYŃSKI Łukasz</b>	<b>936</b>		M-30	32	00:00:17	<b>00:22:00.30</b>	<b>00:22:17.75</b>	+00:06:48 (31.0%)	4:24	13.6 (68.7%)
85	<b>NOWAKOWSKI Radosław</b>	<b>210</b>		M-20	19	00:00:35	<b>00:22:00.55</b>	<b>00:22:36.20</b>	+00:06:48 (31.0%)	4:24	13.6 (68.7%)
86	<b>MACIOSZEK Marcin</b>	<b>408</b>	M.A.D.M.E.P.	M-40	18	00:00:09	<b>00:22:03.05</b>	<b>00:22:12.10</b>	+00:06:51 (31.1%)	4:24	13.6 (68.7%)
87	<b>SIKORSKI Arkadiusz</b>	<b>3</b>	MATEMATYKA Z PLUSEM	M-10	9	00:00:12	<b>00:22:05.30</b>	<b>00:22:18.05</b>	+00:06:53 (31.2%)	4:25	13.6 (68.7%)
88	<b>BARCZAK Tomasz</b>	<b>329</b>		M-50	6	00:00:07	<b>00:22:07.00</b>	<b>00:22:14.85</b>	+00:06:55 (31.3%)	4:25	13.6 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
89	WASILUK Tomasz	175		M-30	33	00:00:06	00:22:07.75	00:22:14.60	+00:06:56 (31.3%)	4:25	13.6 (68.7%)
90	PIEKARSKI Paweł	665		M-30	34	00:00:26	00:22:08.00	00:22:34.30	+00:06:56 (31.4%)	4:25	13.6 (68.7%)
91	RENC Patryk	543	SERCE TYBETU	M-30	35	00:00:08	00:22:09.05	00:22:17.30	+00:06:57 (31.4%)	4:25	13.5 (68.2%)
92	PINIARSKI Michał	1049	MOGILNO TEAM	M-40	19	00:00:21	00:22:09.60	00:22:30.75	+00:06:58 (31.4%)	4:25	13.5 (68.2%)
93	WÓJCIK Jacek	197	@RUN_JACEK	M-30	36	00:00:07	00:22:10.90	00:22:18.45	+00:06:59 (31.5%)	4:26	13.5 (68.2%)
94	MIĘKCZYŃSKI Miłosz	256	LUPUS TEAM	M-30	37	00:00:27	00:22:11.20	00:22:38.75	+00:06:59 (31.5%)	4:26	13.5 (68.2%)
95	SKUPSZ Jędrzej Kazmierz	782	FORDON	M-30	38	00:00:45	00:22:12.20	00:22:57.60	+00:07:00 (31.6%)	4:26	13.5 (68.2%)
96	SKORNIA Eliza	191	PARKA BIEGA	K-20	1	00:00:10	00:22:12.30	00:22:23.15	+00:07:00 (31.6%)	4:26	13.5 (68.2%)
97	DOMALEWSKI Łukasz	55		M-30	39	00:00:30	00:22:12.50	00:22:42.85	+00:07:00 (31.6%)	4:26	13.5 (68.2%)
98	WNUCZYŃSKI Kamil	85		M-10	10	00:00:35	00:22:14.00	00:22:49.55	+00:07:02 (31.7%)	4:26	13.5 (68.2%)
99	WESOŁOWSKI Mateusz	955	KOLEGIUM KUJAWSKIE	M-10	11	00:00:47	00:22:16.00	00:23:03.80	+00:07:04 (31.8%)	4:27	13.5 (68.2%)
100	PAPROCKI Rafał	581	SLK POLONIA BYDGOSZCZ	M-40	20	00:00:32	00:22:16.35	00:22:48.45	+00:07:04 (31.8%)	4:27	13.5 (68.2%)
101	BASA Mikołaj	1103		M-20	20	00:00:28	00:22:16.45	00:22:45.30	+00:07:04 (31.8%)	4:27	13.5 (68.2%)
102	GOSPODARCZYK Marek	973		M-40	21	00:00:08	00:22:18.05	00:22:26.95	+00:07:06 (31.9%)	4:27	13.5 (68.2%)
103	BŁAŻEJAK Krzysztofa	907	WTLENIE.PL	K-40	2	00:00:05	00:22:18.70	00:22:24.40	+00:07:07 (31.9%)	4:27	13.5 (68.2%)
104	RASZKA Konrad	1077	RUN LOTTO-BYDGOSTIA	M-10	12	00:00:34	00:22:18.80	00:22:53.10	+00:07:07 (31.9%)	4:27	13.5 (68.2%)
105	STĘPNIEWSKA Marta	136		K-30	4	00:00:04	00:22:19.05	00:22:23.20	+00:07:07 (31.9%)	4:27	13.4 (67.7%)
106	WIKA Arkadiusz	518		M-20	21	00:00:08	00:22:19.35	00:22:28.10	+00:07:07 (31.9%)	4:27	13.4 (67.7%)
107	MIZERAKOWSKI Szymon	510		M-20	22	00:00:18	00:22:19.70	00:22:38.40	+00:07:08 (32.0%)	4:27	13.4 (67.7%)
108	ŁASSA Rafał	190	PARKA BIEGA	M-20	23	00:00:10	00:22:22.65	00:22:33.50	+00:07:11 (32.1%)	4:28	13.4 (67.7%)
109	SZARKOWSKI Fabian	32	BĄDŹ DOBRYM CZŁOWIEKIEM	M-20	24	00:00:31	00:22:22.75	00:22:54.45	+00:07:11 (32.1%)	4:28	13.4 (67.7%)
110	DOBRZYŃSKA Ewa	1042		K-30	5	00:00:05	00:22:22.85	00:22:28.45	+00:07:11 (32.1%)	4:28	13.4 (67.7%)
111	CENTKOWSKI Oliwier	909	KOLEGIUM KUJAWSKIE	M-10	13	00:00:47	00:22:24.00	00:23:11.40	+00:07:12 (32.2%)	4:28	13.4 (67.7%)
112	NOWAK Damian	729	-	M-10	14	00:00:04	00:22:24.65	00:22:28.65	+00:07:13 (32.2%)	4:28	13.4 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
113	<b>ŁUKASZEWSKA Ewelina</b>	<b>1082</b>		K-30	6	00:00:18	<b>00:22:25.00</b>	<b>00:22:43.10</b>	+00:07:13 (32.2%)	4:29	13.4 (67.7%)
114	<b>KRETOWICZ Piotr</b>	<b>73</b>		M-20	25	00:00:31	<b>00:22:27.30</b>	<b>00:22:58.30</b>	+00:07:15 (32.3%)	4:29	13.4 (67.7%)
115	<b>SZYMAŃSKI Łukasz</b>	<b>584</b>		M-30	40	00:00:07	<b>00:22:27.50</b>	<b>00:22:35.45</b>	+00:07:15 (32.3%)	4:29	13.4 (67.7%)
116	<b>WĘGRZYNOWSKI Sławomir</b>	<b>569</b>	KABEL TEAM BYDGOSZCZ	M-50	7	00:00:50	<b>00:22:27.75</b>	<b>00:23:18.40</b>	+00:07:16 (32.4%)	4:29	13.4 (67.7%)
117	<b>CIEMNY Tomasz</b>	<b>591</b>		M-40	22	00:00:11	<b>00:22:28.80</b>	<b>00:22:39.95</b>	+00:07:17 (32.4%)	4:29	13.4 (67.7%)
118	<b>DOMŻALSKI Marek</b>	<b>841</b>		M-50	8	00:00:13	<b>00:22:29.15</b>	<b>00:22:43.10</b>	+00:07:17 (32.4%)	4:29	13.3 (67.2%)
119	<b>CENDROWSKA Weronika</b>	<b>787</b>		K-20	2	00:00:30	<b>00:22:31.55</b>	<b>00:23:01.75</b>	+00:07:19 (32.6%)	4:30	13.3 (67.2%)
120	<b>GROBLENY Szymon</b>	<b>301</b>		M-30	41	00:00:24	<b>00:22:32.10</b>	<b>00:22:56.75</b>	+00:07:20 (32.6%)	4:30	13.3 (67.2%)
121	<b>SZARLEJ Marcin</b>	<b>396</b>	PKO BANK POLSKI SA	M-30	42	00:00:39	<b>00:22:32.35</b>	<b>00:23:11.75</b>	+00:07:20 (32.6%)	4:30	13.3 (67.2%)
122	<b>WNUCZYŃSKI Jakub</b>	<b>201</b>		M-10	15	00:00:34	<b>00:22:32.50</b>	<b>00:23:07.25</b>	+00:07:20 (32.6%)	4:30	13.3 (67.2%)
123	<b>MICHALAK Wojciech</b>	<b>386</b>		M-50	9	00:00:27	<b>00:22:32.70</b>	<b>00:22:59.80</b>	+00:07:21 (32.6%)	4:30	13.3 (67.2%)
124	<b>POPIELARZ Robert</b>	<b>212</b>		M-50	10	00:00:09	<b>00:22:32.75</b>	<b>00:22:42.60</b>	+00:07:21 (32.6%)	4:30	13.3 (67.2%)
125	<b>JURKOWSKI Paweł</b>	<b>406</b>	PJKANCELARIA.PL	M-30	43	00:00:37	<b>00:22:32.85</b>	<b>00:23:09.85</b>	+00:07:21 (32.6%)	4:30	13.3 (67.2%)
126	<b>SZULC Jacek</b>	<b>848</b>	WAKE UP	M-20	26	00:00:08	<b>00:22:33.10</b>	<b>00:22:41.20</b>	+00:07:21 (32.6%)	4:30	13.3 (67.2%)
127	<b>GRZYWACZEWSKI Marcin</b>	<b>1075</b>		M-20	27	00:00:44	<b>00:22:34.40</b>	<b>00:23:18.75</b>	+00:07:22 (32.7%)	4:30	13.3 (67.2%)
128	<b>MOMOT Mieczysław</b>	<b>332</b>		M-40	23	00:00:13	<b>00:22:35.40</b>	<b>00:22:48.60</b>	+00:07:23 (32.7%)	4:31	13.3 (67.2%)
129	<b>WITEK Magdalena</b>	<b>251</b>		K-20	3	00:00:13	<b>00:22:35.60</b>	<b>00:22:49.55</b>	+00:07:24 (32.8%)	4:31	13.3 (67.2%)
130	<b>SZCZEPANIK Bartosz</b>	<b>218</b>		M-10	16	00:00:38	<b>00:22:38.65</b>	<b>00:23:17.25</b>	+00:07:27 (32.9%)	4:31	13.3 (67.2%)
131	<b>DZIEKAN Wojciech</b>	<b>387</b>	KABEL TEAM BYDGOSZCZ	M-40	24	00:00:49	<b>00:22:39.00</b>	<b>00:23:28.75</b>	+00:07:27 (32.9%)	4:31	13.2 (66.7%)
132	<b>MENDEL Magdalena</b>	<b>1090</b>	TM IRON TEAM	K-30	7	00:00:04	<b>00:22:39.15</b>	<b>00:22:43.45</b>	+00:07:27 (32.9%)	4:31	13.2 (66.7%)
133	<b>NOWACZYK Bartosz</b>	<b>1023</b>		M-30	44	00:00:08	<b>00:22:41.45</b>	<b>00:22:49.85</b>	+00:07:29 (33.0%)	4:32	13.2 (66.7%)
134	<b>NEUMANN Paweł</b>	<b>1093</b>	LOTTO-BYDGOSTIA	M-10	17	00:00:33	<b>00:22:42.75</b>	<b>00:23:15.95</b>	+00:07:31 (33.1%)	4:32	13.2 (66.7%)
135	<b>KUJAWA Kamil</b>	<b>956</b>		M-30	45	00:00:05	<b>00:22:44.60</b>	<b>00:22:50.00</b>	+00:07:33 (33.2%)	4:32	13.2 (66.7%)
136	<b>URBAŃSKA Ewa</b>	<b>179</b>	TM IRON TEAM	K-40	3	00:00:07	<b>00:22:45.95</b>	<b>00:22:53.70</b>	+00:07:34 (33.3%)	4:33	13.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	<b>PRZEKWAS Paweł</b>	<b>791</b>		M-30	46	00:00:08	<b>00:22:46.80</b>	<b>00:22:55.05</b>	+00:07:35 (33.3%)	4:33	13.2 (66.7%)
138	<b>KAŻMIRSKI Dariusz</b>	<b>252</b>		M-50	11	00:00:03	<b>00:22:46.95</b>	<b>00:22:50.50</b>	+00:07:35 (33.3%)	4:33	13.2 (66.7%)
139	<b>KRAWCZYSZYN Tomasz</b>	<b>412</b>		M-30	47	00:00:14	<b>00:22:47.45</b>	<b>00:23:01.70</b>	+00:07:35 (33.3%)	4:33	13.2 (66.7%)
140	<b>WRZESINSKI Artur</b>	<b>46</b>		M-30	48	00:00:42	<b>00:22:48.35</b>	<b>00:23:30.55</b>	+00:07:36 (33.4%)	4:33	13.2 (66.7%)
141	<b>WRZESIŃSKI Krzysztof</b>	<b>82</b>		M-30	49	00:00:41	<b>00:22:51.15</b>	<b>00:23:32.60</b>	+00:07:39 (33.5%)	4:34	13.1 (66.2%)
142	<b>WNUCZYŃSKI Andrzej</b>	<b>81</b>	ORANGE POLSKA	M-40	25	00:00:34	<b>00:22:53.95</b>	<b>00:23:28.75</b>	+00:07:42 (33.7%)	4:34	13.1 (66.2%)
143	<b>MROTEK Michał</b>	<b>667</b>	AKADEMIA MISTRZOW SPORTU	M-40	26	00:00:15	<b>00:22:54.25</b>	<b>00:23:09.30</b>	+00:07:42 (33.7%)	4:34	13.1 (66.2%)
144	<b>CIEŚLEWICZ Karol</b>	<b>809</b>	OLAF CREW	M-40	27	00:00:10	<b>00:22:55.05</b>	<b>00:23:05.85</b>	+00:07:43 (33.7%)	4:35	13.1 (66.2%)
145	<b>FUŁAT Karol</b>	<b>704</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	12	00:00:13	<b>00:22:55.45</b>	<b>00:23:09.00</b>	+00:07:43 (33.7%)	4:35	13.1 (66.2%)
146	<b>GRUBICH Arkadiusz</b>	<b>121</b>		M-40	28	00:00:14	<b>00:22:58.65</b>	<b>00:23:13.60</b>	+00:07:47 (33.9%)	4:35	13.1 (66.2%)
147	<b>RACZKO Agata</b>	<b>953</b>		K-30	8	00:00:37	<b>00:22:59.20</b>	<b>00:23:36.20</b>	+00:07:47 (33.9%)	4:35	13.1 (66.2%)
148	<b>RÓLKA Robert</b>	<b>997</b>		M-30	50	00:00:34	<b>00:22:59.60</b>	<b>00:23:34.00</b>	+00:07:48 (33.9%)	4:35	13.1 (66.2%)
149	<b>DROŻYŃSKI Maciej</b>	<b>230</b>		M-30	51	00:00:27	<b>00:23:01.90</b>	<b>00:23:29.65</b>	+00:07:50 (34.0%)	4:36	13 (65.7%)
150	<b>GACKOWSKI Krzysztof</b>	<b>49</b>		M-40	29	00:00:08	<b>00:23:02.05</b>	<b>00:23:10.85</b>	+00:07:50 (34.0%)	4:36	13 (65.7%)
151	<b>JAKUBCZAK Michał</b>	<b>685</b>		M-30	52	00:00:15	<b>00:23:03.40</b>	<b>00:23:18.60</b>	+00:07:51 (34.1%)	4:36	13 (65.7%)
152	<b>SOWIŃSKI Marcin</b>	<b>871</b>		M-30	53	00:00:32	<b>00:23:05.30</b>	<b>00:23:37.45</b>	+00:07:53 (34.2%)	4:37	13 (65.7%)
153	<b>BARTOS Arkadiusz</b>	<b>1118</b>		M-20	28	00:00:08	<b>00:23:06.40</b>	<b>00:23:14.95</b>	+00:07:54 (34.2%)	4:37	13 (65.7%)
154	<b>KAZUBOWSKI Jacek</b>	<b>247</b>	TRIDARKO/KAZUBKI TEAM	M-50	13	00:00:09	<b>00:23:07.30</b>	<b>00:23:17.05</b>	+00:07:55 (34.3%)	4:37	13 (65.7%)
155	<b>MICHALIK Joanna</b>	<b>106</b>		K-40	4	00:00:38	<b>00:23:08.05</b>	<b>00:23:46.50</b>	+00:07:56 (34.3%)	4:37	13 (65.7%)
156	<b>ZARECKI Piotr</b>	<b>1035</b>	PAŁUKI RUNNING TEAM	M-30	54	00:00:32	<b>00:23:09.00</b>	<b>00:23:41.65</b>	+00:07:57 (34.4%)	4:37	13 (65.7%)
157	<b>GRACZYK Przemysław</b>	<b>1001</b>		M-30	55	00:00:09	<b>00:23:10.25</b>	<b>00:23:19.60</b>	+00:07:58 (34.4%)	4:38	12.9 (65.2%)
158	<b>GRUŻEWSKI Michał</b>	<b>384</b>		M-10	18	00:00:26	<b>00:23:10.35</b>	<b>00:23:37.25</b>	+00:07:58 (34.4%)	4:38	12.9 (65.2%)
159	<b>STEFAŃSKI Marcin</b>	<b>327</b>	KOJOTY	M-40	30	00:00:12	<b>00:23:13.75</b>	<b>00:23:26.50</b>	+00:08:02 (34.6%)	4:38	12.9 (65.2%)
160	<b>LACHOWICZ Robert</b>	<b>237</b>		M-50	14	00:00:12	<b>00:23:14.95</b>	<b>00:23:27.70</b>	+00:08:03 (34.6%)	4:38	12.9 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
161	<b>PIEŁOWSKA Roma</b>	<b>821</b>		K-20	4	00:00:11	<b>00:23:15.35</b>	<b>00:23:27.15</b>	+00:08:03 (34.7%)	4:39	12.9 (65.2%)
162	<b>BILSKI Marcin</b>	<b>690</b>		M-40	31	00:00:31	<b>00:23:16.20</b>	<b>00:23:47.60</b>	+00:08:04 (34.7%)	4:39	12.9 (65.2%)
163	<b>POLIWODZIŃSKI Mateusz</b>	<b>514</b>	WISŁA FORDON	M-10	19	00:00:13	<b>00:23:16.80</b>	<b>00:23:30.75</b>	+00:08:05 (34.7%)	4:39	12.9 (65.2%)
164	<b>KRASIŃSKI Piotr</b>	<b>784</b>		M-40	32	00:00:16	<b>00:23:17.20</b>	<b>00:23:33.60</b>	+00:08:05 (34.8%)	4:39	12.9 (65.2%)
165	<b>HRYCZ Paweł</b>	<b>948</b>	PAWEŁ BIEGA I KIBICUJE	M-40	33	00:00:29	<b>00:23:18.55</b>	<b>00:23:47.65</b>	+00:08:06 (34.8%)	4:39	12.9 (65.2%)
166	<b>NEUMANN Andrzej</b>	<b>845</b>		M-50	15	00:00:15	<b>00:23:20.50</b>	<b>00:23:36.40</b>	+00:08:08 (34.9%)	4:40	12.9 (65.2%)
167	<b>WIECZOREK Jakub</b>	<b>372</b>		M-20	29	00:00:14	<b>00:23:20.60</b>	<b>00:23:35.50</b>	+00:08:09 (34.9%)	4:40	12.9 (65.2%)
168	<b>ROBACZEWSKI Artur</b>	<b>370</b>		M-40	34	00:00:14	<b>00:23:20.70</b>	<b>00:23:35.65</b>	+00:08:09 (34.9%)	4:40	12.9 (65.2%)
169	<b>STRAMEK Marta</b>	<b>638</b>		K-20	5	00:00:27	<b>00:23:22.80</b>	<b>00:23:50.50</b>	+00:08:11 (35.0%)	4:40	12.8 (64.6%)
170	<b>SĘK Tobiasz</b>	<b>546</b>		M-10	20	00:00:39	<b>00:23:22.85</b>	<b>00:24:01.85</b>	+00:08:11 (35.0%)	4:40	12.8 (64.6%)
171	<b>GÓRKA Adrian</b>	<b>324</b>	-	M-10	21	00:00:12	<b>00:23:23.60</b>	<b>00:23:36.20</b>	+00:08:12 (35.1%)	4:40	12.8 (64.6%)
172	<b>SOŁTYSIUK Bartosz</b>	<b>489</b>		M-30	56	00:00:36	<b>00:23:23.95</b>	<b>00:24:00.15</b>	+00:08:12 (35.1%)	4:40	12.8 (64.6%)
173	<b>ANDRZEJEWSKA Sylwia</b>	<b>992</b>		K-30	9	00:00:05	<b>00:23:25.30</b>	<b>00:23:31.15</b>	+00:08:13 (35.1%)	4:41	12.8 (64.6%)
174	<b>KOPIEC Mateusz</b>	<b>432</b>		M-20	30	00:01:18	<b>00:23:26.50</b>	<b>00:24:45.45</b>	+00:08:14 (35.2%)	4:41	12.8 (64.6%)
175	<b>RÓŻAŃSKI Kamil</b>	<b>401</b>	3GRAVITY	M-30	57	00:00:29	<b>00:23:27.80</b>	<b>00:23:57.30</b>	+00:08:16 (35.2%)	4:41	12.8 (64.6%)
176	<b>KRZYŻANOWSKI Robert</b>	<b>1071</b>		M-50	16	00:00:12	<b>00:23:28.85</b>	<b>00:23:41.10</b>	+00:08:17 (35.3%)	4:41	12.8 (64.6%)
177	<b>WENDA Dawid</b>	<b>1092</b>		M-30	58	00:00:05	<b>00:23:29.55</b>	<b>00:23:35.10</b>	+00:08:17 (35.3%)	4:41	12.8 (64.6%)
178	<b>CHROMIŃSKI Fabian</b>	<b>143</b>		M-20	31	00:00:15	<b>00:23:29.80</b>	<b>00:23:45.40</b>	+00:08:18 (35.3%)	4:41	12.8 (64.6%)
179	<b>SZATKOWSKI Oskar</b>	<b>724</b>		M-20	32	00:00:19	<b>00:23:31.10</b>	<b>00:23:50.85</b>	+00:08:19 (35.4%)	4:42	12.8 (64.6%)
180	<b>STĘPSKI Marek</b>	<b>265</b>	BBL	M-40	35	00:00:07	<b>00:23:31.15</b>	<b>00:23:38.15</b>	+00:08:19 (35.4%)	4:42	12.8 (64.6%)
181	<b>FELINIAK Daniel</b>	<b>123</b>		M-30	59	00:00:29	<b>00:23:31.50</b>	<b>00:24:01.30</b>	+00:08:19 (35.4%)	4:42	12.8 (64.6%)
182	<b>WARLIKOWSKI Łukasz</b>	<b>161</b>		M-30	60	00:00:29	<b>00:23:32.00</b>	<b>00:24:01.40</b>	+00:08:20 (35.4%)	4:42	12.7 (64.1%)
183	<b>DERC Krzysztof</b>	<b>452</b>	KPBPPR W BYDGOSZCZY	M-20	33	00:00:52	<b>00:23:33.45</b>	<b>00:24:26.40</b>	+00:08:21 (35.5%)	4:42	12.7 (64.1%)
184	<b>KAMIŃSKI Marek</b>	<b>261</b>	TYPYGRUBE	M-20	34	00:01:06	<b>00:23:33.90</b>	<b>00:24:40.30</b>	+00:08:22 (35.5%)	4:42	12.7 (64.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
185	<b>WŁODARCZYK Wojciech</b>	<b>604</b>	CZARNE STOPY	M-50	17	00:00:17	<b>00:23:34.10</b>	<b>00:23:51.10</b>	+00:08:22 (35.5%)	4:42	12.7 (64.1%)
186	<b>CIEPŁOWSKI Robert</b>	<b>731</b>		M-40	36	00:00:48	<b>00:23:34.70</b>	<b>00:24:23.05</b>	+00:08:23 (35.6%)	4:42	12.7 (64.1%)
187	<b>MODRAKOWSKI Roland</b>	<b>1010</b>	DYSTRYBUCJA-REKLAM.PL	M-30	61	00:00:09	<b>00:23:36.25</b>	<b>00:23:46.00</b>	+00:08:24 (35.6%)	4:43	12.7 (64.1%)
188	<b>WOLSKI Marcin</b>	<b>392</b>		M-40	37	00:00:45	<b>00:23:36.60</b>	<b>00:24:21.70</b>	+00:08:25 (35.6%)	4:43	12.7 (64.1%)
189	<b>WIDŹGOWSKI Przemysław</b>	<b>253</b>		M-40	38	00:00:30	<b>00:23:39.75</b>	<b>00:24:09.95</b>	+00:08:28 (35.8%)	4:43	12.7 (64.1%)
190	<b>ŚWIERCZYŃSKI Marcin</b>	<b>585</b>	ATHLETICOMED.PL BYDGOSZCZ	M-30	62	00:00:38	<b>00:23:40.15</b>	<b>00:24:18.75</b>	+00:08:28 (35.8%)	4:44	12.7 (64.1%)
191	<b>KOZIOŁ Łukasz</b>	<b>786</b>		M-30	63	00:00:23	<b>00:23:40.75</b>	<b>00:24:04.00</b>	+00:08:29 (35.8%)	4:44	12.7 (64.1%)
192	<b>PSZCZOLIŃSKI Adam</b>	<b>239</b>	ŚWISZCZĄCE SZPRYCHY	M-40	39	00:01:22	<b>00:23:40.80</b>	<b>00:25:02.80</b>	+00:08:29 (35.8%)	4:44	12.7 (64.1%)
193	<b>ZIMOSZ Wiktoria</b>	<b>337</b>		K-20	6	00:00:44	<b>00:23:41.50</b>	<b>00:24:25.75</b>	+00:08:29 (35.9%)	4:44	12.7 (64.1%)
194	<b>SKRZYNIARZ Hubert</b>	<b>691</b>		M-30	64	00:00:05	<b>00:23:42.60</b>	<b>00:23:48.45</b>	+00:08:31 (35.9%)	4:44	12.7 (64.1%)
195	<b>CHOJECKI Jan</b>	<b>580</b>		M-10	22	00:00:50	<b>00:23:42.65</b>	<b>00:24:32.75</b>	+00:08:31 (35.9%)	4:44	12.7 (64.1%)
196	<b>ROZKWITALSKI Bartosz</b>	<b>38</b>		M-30	65	00:00:32	<b>00:23:42.70</b>	<b>00:24:15.35</b>	+00:08:31 (35.9%)	4:44	12.7 (64.1%)
197	<b>RZENTKOWSKI Grzegorz</b>	<b>754</b>		M-40	40	00:00:11	<b>00:23:43.30</b>	<b>00:23:55.25</b>	+00:08:31 (36.0%)	4:44	12.6 (63.6%)
198	<b>MROTEK Katarzyna</b>	<b>663</b>	AKADEMIA MISTRZÓW SPORTU	K-40	5	00:00:15	<b>00:23:43.90</b>	<b>00:23:59.45</b>	+00:08:32 (36.0%)	4:44	12.6 (63.6%)
199	<b>KRYSZTOFORSKI Wojciech</b>	<b>122</b>	TEAMOCHAL (ZOSIA TEAM)	M-30	66	00:00:54	<b>00:23:44.25</b>	<b>00:24:38.35</b>	+00:08:32 (36.0%)	4:44	12.6 (63.6%)
200	<b>DZIENNIK Maciej</b>	<b>349</b>	THE RUNNERS ŚWIECIE	M-40	41	00:00:10	<b>00:23:45.60</b>	<b>00:23:56.55</b>	+00:08:34 (36.1%)	4:45	12.6 (63.6%)
201	<b>JASIŃSKI Tymon</b>	<b>1013</b>		M-10	23	00:01:12	<b>00:23:46.90</b>	<b>00:24:59.40</b>	+00:08:35 (36.1%)	4:45	12.6 (63.6%)
202	<b>GUTKOWSKI Michał</b>	<b>1058</b>	RUN LOTTO-BYDGOSTIA	M-10	24	00:00:33	<b>00:23:46.95</b>	<b>00:24:20.75</b>	+00:08:35 (36.1%)	4:45	12.6 (63.6%)
203	<b>DOLNY Marcin</b>	<b>1026</b>	FOREST GANG	M-40	42	00:01:17	<b>00:23:50.20</b>	<b>00:25:08.05</b>	+00:08:38 (36.3%)	4:46	12.6 (63.6%)
204	<b>SIERADZKI Bartosz</b>	<b>874</b>		M-40	43	00:01:24	<b>00:23:51.40</b>	<b>00:25:15.55</b>	+00:08:39 (36.3%)	4:46	12.6 (63.6%)
205	<b>HIPNAROWICZ Grzegorz</b>	<b>1069</b>	SPORTTREND.PL	M-40	44	00:00:44	<b>00:23:53.35</b>	<b>00:24:38.20</b>	+00:08:41 (36.4%)	4:46	12.6 (63.6%)
206	<b>QUAAS Łukasz</b>	<b>93</b>		M-40	45	00:00:29	<b>00:23:55.90</b>	<b>00:24:25.00</b>	+00:08:44 (36.5%)	4:47	12.5 (63.1%)
207	<b>NOWOTNIK Mariusz</b>	<b>86</b>		M-40	46	00:00:31	<b>00:23:57.85</b>	<b>00:24:29.40</b>	+00:08:46 (36.6%)	4:47	12.5 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
208	<b>REDIS Szkółka</b> Języka Angielskiego	<b>468</b>	SZKÓŁKA JĘZYKA ANGIELSKIEGO AGATA REDIS	K-30	10	00:00:08	<b>00:23:59.00</b>	<b>00:24:07.05</b>	+00:08:47 (36.7%)	4:47	12.5 (63.1%)
209	<b>BARSZCZ Tomasz</b>	<b>735</b>		M-30	67	00:00:12	<b>00:23:59.05</b>	<b>00:24:11.25</b>	+00:08:47 (36.7%)	4:47	12.5 (63.1%)
210	<b>DROZOWSKI Daniel</b>	<b>411</b>	M.A.D.M.E.P.	M-40	47	00:00:09	<b>00:24:01.75</b>	<b>00:24:10.85</b>	+00:08:50 (36.8%)	4:48	12.5 (63.1%)
211	<b>LIPIŃSKI Sebastian</b>	<b>316</b>	EPROSUMENT/KOJOTY RUNNING TEAM	M-40	48	00:00:12	<b>00:24:03.00</b>	<b>00:24:15.55</b>	+00:08:51 (36.8%)	4:48	12.5 (63.1%)
212	<b>RYDLEWSKI Marek</b>	<b>273</b>	RUN BYDGOSZCZ	M-50	18	00:00:42	<b>00:24:03.25</b>	<b>00:24:45.45</b>	+00:08:51 (36.8%)	4:48	12.5 (63.1%)
213	<b>KLAWIKOWSKI Dawid</b>	<b>108</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	68	00:00:06	<b>00:24:04.20</b>	<b>00:24:10.80</b>	+00:08:52 (36.9%)	4:48	12.5 (63.1%)
214	<b>KAŻMIRSKI Krzysztof</b>	<b>315</b>		M-10	25	00:00:03	<b>00:24:04.45</b>	<b>00:24:08.20</b>	+00:08:52 (36.9%)	4:48	12.5 (63.1%)
215	<b>SZYMCZAK Elwira</b>	<b>777</b>		K-20	7	00:00:38	<b>00:24:04.50</b>	<b>00:24:42.60</b>	+00:08:52 (36.9%)	4:48	12.5 (63.1%)
216	<b>PINIARSKI Paweł</b>	<b>1106</b>	MOGILNO TEAM	M-30	69	00:00:21	<b>00:24:07.10</b>	<b>00:24:28.50</b>	+00:08:55 (37.0%)	4:49	12.4 (62.6%)
217	<b>JANCOWSKI Wojciech</b>	<b>928</b>	LEŚNE DZIADKI TEAM	M-50	19	00:00:42	<b>00:24:07.20</b>	<b>00:24:49.70</b>	+00:08:55 (37.0%)	4:49	12.4 (62.6%)
218	<b>RUNNER Andrzej</b>	<b>310</b>		M-50	20	00:00:09	<b>00:24:09.05</b>	<b>00:24:18.25</b>	+00:08:57 (37.1%)	4:49	12.4 (62.6%)
219	<b>KAPANOWSKI Sylwester</b>	<b>23</b>		M-40	49	00:00:32	<b>00:24:11.60</b>	<b>00:24:43.90</b>	+00:09:00 (37.2%)	4:50	12.4 (62.6%)
220	<b>BAUMGART Jacek</b>	<b>595</b>	BIEGAJ Z DĘBAMI	M-50	21	00:01:20	<b>00:24:12.05</b>	<b>00:25:32.45</b>	+00:09:00 (37.2%)	4:50	12.4 (62.6%)
221	<b>SZULC Jarosław</b>	<b>677</b>	SZULC TEAM	M-40	50	00:00:08	<b>00:24:12.70</b>	<b>00:24:21.15</b>	+00:09:01 (37.2%)	4:50	12.4 (62.6%)
222	<b>LESZCZYŃSKI Tomasz</b>	<b>407</b>		M-40	51	00:00:39	<b>00:24:13.75</b>	<b>00:24:52.95</b>	+00:09:02 (37.3%)	4:50	12.4 (62.6%)
223	<b>GŁOGOWSKI Mateusz</b>	<b>583</b>	SELEKCJA NATURALNA	M-30	70	00:00:31	<b>00:24:14.60</b>	<b>00:24:46.55</b>	+00:09:03 (37.3%)	4:50	12.4 (62.6%)
224	<b>STROKOWSKA Paulina</b>	<b>1021</b>		K-20	8	00:00:09	<b>00:24:14.85</b>	<b>00:24:23.95</b>	+00:09:03 (37.3%)	4:50	12.4 (62.6%)
225	<b>DANIELEK Piotr</b>	<b>17</b>	BYDGOSZCZ@BIEGA	M-40	52	00:00:17	<b>00:24:15.35</b>	<b>00:24:32.95</b>	+00:09:03 (37.4%)	4:51	12.4 (62.6%)
226	<b>KASZUBA Marek</b>	<b>403</b>		M-30	71	00:00:29	<b>00:24:18.20</b>	<b>00:24:47.80</b>	+00:09:06 (37.5%)	4:51	12.3 (62.1%)
227	<b>POCZTÓŁ Paulina</b>	<b>1078</b>		K-30	11	00:00:26	<b>00:24:18.85</b>	<b>00:24:45.70</b>	+00:09:07 (37.5%)	4:51	12.3 (62.1%)
228	<b>JASIENIECKI Piotr</b>	<b>879</b>		M-50	22	00:00:09	<b>00:24:19.40</b>	<b>00:24:29.00</b>	+00:09:07 (37.5%)	4:51	12.3 (62.1%)
229	<b>ZĄBKOWSKI Krzysztof</b>	<b>683</b>		M-30	72	00:00:22	<b>00:24:20.70</b>	<b>00:24:43.25</b>	+00:09:09 (37.6%)	4:52	12.3 (62.1%)
230	<b>KARCZ Jan</b>	<b>927</b>	R.K.S. HUWDU	M-10	26	00:00:59	<b>00:24:23.55</b>	<b>00:25:22.95</b>	+00:09:11 (37.7%)	4:52	12.3 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
231	<b>DĄBROWSKI Michał</b>	<b>110</b>	MYLEASE.PL	M-30	73	00:00:34	<b>00:24:24.35</b>	<b>00:24:58.35</b>	+00:09:12 (37.7%)	4:52	12.3 (62.1%)
232	<b>JAŹDŹEWSKI Dawid</b>	<b>424</b>		M-40	53	00:01:29	<b>00:24:24.70</b>	<b>00:25:54.55</b>	+00:09:13 (37.8%)	4:52	12.3 (62.1%)
233	<b>JAWORSKI Krzysztof</b>	<b>815</b>		M-40	54	00:00:40	<b>00:24:26.05</b>	<b>00:25:06.05</b>	+00:09:14 (37.8%)	4:53	12.3 (62.1%)
234	<b>SZCZĘSNY Arkadiusz</b>	<b>1036</b>	DYNAMO SKARPA	M-40	55	00:01:09	<b>00:24:26.60</b>	<b>00:25:35.75</b>	+00:09:15 (37.8%)	4:53	12.3 (62.1%)
234	<b>BOHDANOWICZ Patrycja</b>	<b>26</b>		K-30	12	00:00:22	<b>00:24:26.60</b>	<b>00:24:49.00</b>	+00:09:15 (37.8%)	4:53	12.3 (62.1%)
236	<b>NALEWALSKA Justyna</b>	<b>79</b>	SERCE TYBETU	K-30	13	00:00:21	<b>00:24:27.85</b>	<b>00:24:49.15</b>	+00:09:16 (37.9%)	4:53	12.3 (62.1%)
237	<b>GŁOWACKI Robert</b>	<b>72</b>		M-40	56	00:00:04	<b>00:24:30.05</b>	<b>00:24:34.80</b>	+00:09:18 (38.0%)	4:54	12.2 (61.6%)
238	<b>GURZYŃSKI Marcin</b>	<b>762</b>		M-20	35	00:00:21	<b>00:24:30.15</b>	<b>00:24:52.05</b>	+00:09:18 (38.0%)	4:54	12.2 (61.6%)
239	<b>ŻYŁKOWSKI Jarosław</b>	<b>989</b>		M-30	74	00:00:09	<b>00:24:30.80</b>	<b>00:24:40.35</b>	+00:09:19 (38.0%)	4:54	12.2 (61.6%)
240	<b>IWANIUK Mateusz</b>	<b>135</b>		M-10	27	00:00:50	<b>00:24:30.90</b>	<b>00:25:21.25</b>	+00:09:19 (38.0%)	4:54	12.2 (61.6%)
241	<b>GURZYŃSKA Beata</b>	<b>823</b>		K-30	14	00:00:21	<b>00:24:31.25</b>	<b>00:24:53.20</b>	+00:09:19 (38.0%)	4:54	12.2 (61.6%)
242	<b>MUCHA Marcin</b>	<b>257</b>	BATRUN	M-40	57	00:00:30	<b>00:24:31.65</b>	<b>00:25:02.55</b>	+00:09:20 (38.1%)	4:54	12.2 (61.6%)
243	<b>KUCZEWSKI Łukasz</b>	<b>435</b>		M-40	58	00:00:22	<b>00:24:31.85</b>	<b>00:24:54.10</b>	+00:09:20 (38.1%)	4:54	12.2 (61.6%)
244	<b>KAŹMIERCZAK Jakub</b>	<b>338</b>		M-10	28	00:00:06	<b>00:24:32.10</b>	<b>00:24:39.05</b>	+00:09:20 (38.1%)	4:54	12.2 (61.6%)
245	<b>KASZUBA Konrad</b>	<b>376</b>		M-30	75	00:00:49	<b>00:24:32.55</b>	<b>00:25:21.80</b>	+00:09:20 (38.1%)	4:54	12.2 (61.6%)
246	<b>JASIŃSKA Małgorzata</b>	<b>1012</b>		K-40	6	00:01:12	<b>00:24:33.35</b>	<b>00:25:45.90</b>	+00:09:21 (38.1%)	4:54	12.2 (61.6%)
247	<b>CZYŻEWSKA Justyna</b>	<b>137</b>		K-30	15	00:00:15	<b>00:24:35.05</b>	<b>00:24:50.95</b>	+00:09:23 (38.2%)	4:55	12.2 (61.6%)
248	<b>BEDNAREK Waldemar</b>	<b>68</b>		M-40	59	00:00:35	<b>00:24:35.60</b>	<b>00:25:11.35</b>	+00:09:24 (38.2%)	4:55	12.2 (61.6%)
249	<b>MAJCHRZAK Kasia</b>	<b>355</b>		K-30	16	00:00:04	<b>00:24:36.50</b>	<b>00:24:40.65</b>	+00:09:24 (38.3%)	4:55	12.2 (61.6%)
250	<b>PSZCZOLIŃSKI Maciej</b>	<b>245</b>	ŚWISZCZĄCE SZPRYCHY	M-40	60	00:01:22	<b>00:24:37.05</b>	<b>00:25:59.70</b>	+00:09:25 (38.3%)	4:55	12.2 (61.6%)
251	<b>BARSZCZ Krzysztof</b>	<b>752</b>		M-30	76	00:00:12	<b>00:24:38.65</b>	<b>00:24:50.85</b>	+00:09:27 (38.3%)	4:55	12.2 (61.6%)
252	<b>POLAŃCZYK Paulina</b>	<b>58</b>		K-30	17	00:01:02	<b>00:24:39.25</b>	<b>00:25:41.85</b>	+00:09:27 (38.4%)	4:55	12.2 (61.6%)
253	<b>KLAJBOR Mariusz</b>	<b>566</b>	78112416374	M-40	61	00:00:15	<b>00:24:40.10</b>	<b>00:24:56.05</b>	+00:09:28 (38.4%)	4:56	12.2 (61.6%)
254	<b>LUZAK Mirosław</b>	<b>490</b>	TKKF KOLEJARZ	M-60+	1	00:00:09	<b>00:24:40.20</b>	<b>00:24:50.10</b>	+00:09:28 (38.4%)	4:56	12.2 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
255	<b>GOŁEMBIEWSKI Marcin</b>	<b>993</b>	MEGAGOLOMB	M-40	62	00:00:11	<b>00:24:40.35</b>	<b>00:24:51.85</b>	+00:09:28 (38.4%)	4:56	12.2 (61.6%)
256	<b>RADECKI Maciej</b>	<b>385</b>		M-40	63	00:00:15	<b>00:24:40.40</b>	<b>00:24:55.60</b>	+00:09:28 (38.4%)	4:56	12.2 (61.6%)
257	<b>WINKLEWSKI Tomasz</b>	<b>1123</b>	PGB SPORTOWA PACZKA	M-30	77	00:00:59	<b>00:24:40.65</b>	<b>00:25:40.60</b>	+00:09:29 (38.4%)	4:56	12.2 (61.6%)
258	<b>FIRST Anna</b>	<b>342</b>		K-20	9	00:00:12	<b>00:24:41.40</b>	<b>00:24:53.65</b>	+00:09:29 (38.5%)	4:56	12.2 (61.6%)
259	<b>JABŁOŃSKI Jakub</b>	<b>695</b>	MELLO TEAM	M-10	29	00:01:19	<b>00:24:41.50</b>	<b>00:26:01.05</b>	+00:09:29 (38.5%)	4:56	12.2 (61.6%)
260	<b>WOLAN Magdalena</b>	<b>62</b>	AMOREK	K-40	7	00:00:18	<b>00:24:42.40</b>	<b>00:25:01.25</b>	+00:09:30 (38.5%)	4:56	12.1 (61.1%)
261	<b>GROCHOWSKI Piotr</b>	<b>444</b>		M-40	64	00:00:07	<b>00:24:42.60</b>	<b>00:24:50.05</b>	+00:09:31 (38.5%)	4:56	12.1 (61.1%)
262	<b>ZAPARUCHA Mikołaj</b>	<b>287</b>		M-40	65	00:00:22	<b>00:24:42.70</b>	<b>00:25:05.20</b>	+00:09:31 (38.5%)	4:56	12.1 (61.1%)
263	<b>KRUPIŃSKI Artur</b>	<b>1044</b>		M-10	30	00:00:38	<b>00:24:44.45</b>	<b>00:25:23.25</b>	+00:09:32 (38.6%)	4:56	12.1 (61.1%)
264	<b>SZEIB Robert</b>	<b>1031</b>		M-40	66	00:00:09	<b>00:24:45.50</b>	<b>00:24:55.35</b>	+00:09:33 (38.6%)	4:57	12.1 (61.1%)
265	<b>URBAŃSKI Dawid</b>	<b>16</b>		M-40	67	00:00:36	<b>00:24:46.70</b>	<b>00:25:22.75</b>	+00:09:35 (38.7%)	4:57	12.1 (61.1%)
266	<b>BRYLIŃSKI Jakub</b>	<b>326</b>		M-30	78	00:01:30	<b>00:24:48.85</b>	<b>00:26:19.70</b>	+00:09:37 (38.8%)	4:57	12.1 (61.1%)
267	<b>STAWCZYK Dariusz</b>	<b>109</b>		M-40	68	00:00:28	<b>00:24:50.60</b>	<b>00:25:19.55</b>	+00:09:39 (38.8%)	4:58	12.1 (61.1%)
268	<b>WOJCIECHOWSKI Grzegorz</b>	<b>423</b>		M-20	36	00:00:20	<b>00:24:51.85</b>	<b>00:25:11.95</b>	+00:09:40 (38.9%)	4:58	12.1 (61.1%)
269	<b>MACIEJCZAK Marcin</b>	<b>402</b>	3GRAVITY	M-40	69	00:00:29	<b>00:24:52.85</b>	<b>00:25:22.45</b>	+00:09:41 (38.9%)	4:58	12.1 (61.1%)
270	<b>KRUPINSKI Tomasz</b>	<b>1043</b>		M-50	23	00:00:18	<b>00:24:53.45</b>	<b>00:25:11.85</b>	+00:09:41 (39.0%)	4:58	12.1 (61.1%)
271	<b>MOCZYNSKI Leszek</b>	<b>772</b>	BYDGOSZCZ BIEGA	M-60+	2	00:00:08	<b>00:24:54.90</b>	<b>00:25:03.85</b>	+00:09:43 (39.0%)	4:58	12 (60.6%)
272	<b>KUFLEWICZ Mirko</b>	<b>27</b>		M-30	79	00:00:23	<b>00:24:55.00</b>	<b>00:25:18.15</b>	+00:09:43 (39.0%)	4:59	12 (60.6%)
273	<b>MARACH Kinga</b>	<b>1122</b>		K-50	1	00:00:37	<b>00:24:56.15</b>	<b>00:25:33.50</b>	+00:09:44 (39.1%)	4:59	12 (60.6%)
274	<b>BEDNAREK Marta</b>	<b>67</b>	CZARNE STOPY	K-40	8	00:00:32	<b>00:24:56.20</b>	<b>00:25:29.10</b>	+00:09:44 (39.1%)	4:59	12 (60.6%)
275	<b>JABŁOŃSKI Tomasz</b>	<b>254</b>	MELLO TEAM	M-30	80	00:01:19	<b>00:24:56.65</b>	<b>00:26:15.90</b>	+00:09:45 (39.1%)	4:59	12 (60.6%)
276	<b>PUDO Wojciech</b>	<b>255</b>		M-20	37	00:00:11	<b>00:24:56.95</b>	<b>00:25:08.90</b>	+00:09:45 (39.1%)	4:59	12 (60.6%)
276	<b>TUROWSKA Patrycja</b>	<b>771</b>	TEAMOCHAL	K-30	18	00:00:14	<b>00:24:56.95</b>	<b>00:25:10.95</b>	+00:09:45 (39.1%)	4:59	12 (60.6%)
278	<b>PUDO Mateusz</b>	<b>259</b>		M-20	38	00:00:11	<b>00:24:57.30</b>	<b>00:25:08.85</b>	+00:09:45 (39.1%)	4:59	12 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
279	<b>GRUDA Mirosław</b>	<b>96</b>		M-60+	3	00:00:11	<b>00:24:57.80</b>	<b>00:25:09.70</b>	+00:09:46 (39.1%)	4:59	12 (60.6%)
280	<b>GRUŻEWSKI Jarosław</b>	<b>383</b>		M-40	70	00:00:27	<b>00:25:02.70</b>	<b>00:25:29.70</b>	+00:09:51 (39.3%)	5:00	12 (60.6%)
281	<b>BIZON Bartosz</b>	<b>763</b>		M-30	81	00:00:40	<b>00:25:02.85</b>	<b>00:25:43.40</b>	+00:09:51 (39.3%)	5:00	12 (60.6%)
282	<b>ŚWIETLIK Michalina</b>	<b>517</b>	#SWIETLIKIFAMILJA	K-30	19	00:00:17	<b>00:25:03.50</b>	<b>00:25:20.60</b>	+00:09:51 (39.4%)	5:00	12 (60.6%)
283	<b>WAJER Marita</b>	<b>451</b>		K-20	10	00:00:40	<b>00:25:04.25</b>	<b>00:25:44.50</b>	+00:09:52 (39.4%)	5:00	12 (60.6%)
284	<b>CICHOWICZ Marcin</b>	<b>269</b>		M-40	71	00:00:08	<b>00:25:06.65</b>	<b>00:25:14.70</b>	+00:09:55 (39.5%)	5:01	12 (60.6%)
285	<b>WOLNY Ryszard</b>	<b>64</b>		M-40	72	00:01:17	<b>00:25:07.55</b>	<b>00:26:24.75</b>	+00:09:55 (39.5%)	5:01	11.9 (60.1%)
286	<b>KORPALSKI Andrzej</b>	<b>961</b>		M-40	73	00:01:15	<b>00:25:08.65</b>	<b>00:26:23.85</b>	+00:09:57 (39.6%)	5:01	11.9 (60.1%)
287	<b>MRUGAŁA Bartosz</b>	<b>113</b>		M-30	82	00:00:44	<b>00:25:09.60</b>	<b>00:25:54.55</b>	+00:09:58 (39.6%)	5:01	11.9 (60.1%)
288	<b>KUBIS Sylwia</b>	<b>872</b>		K-40	9	00:01:15	<b>00:25:09.80</b>	<b>00:26:25.65</b>	+00:09:58 (39.6%)	5:01	11.9 (60.1%)
289	<b>PŁACHECKA Angelika</b>	<b>878</b>		K-20	11	00:00:38	<b>00:25:10.30</b>	<b>00:25:49.05</b>	+00:09:58 (39.6%)	5:02	11.9 (60.1%)
290	<b>BRZEZINSKI Łukasz</b>	<b>877</b>		M-20	39	00:00:39	<b>00:25:10.75</b>	<b>00:25:50.00</b>	+00:09:59 (39.7%)	5:02	11.9 (60.1%)
291	<b>GALICKI Jakub</b>	<b>829</b>	AKADEMIA MISTRZÓW SPORTU	M-40	74	00:00:51	<b>00:25:11.70</b>	<b>00:26:03.15</b>	+00:10:00 (39.7%)	5:02	11.9 (60.1%)
292	<b>HASS Adam</b>	<b>911</b>		M-40	75	00:00:23	<b>00:25:12.65</b>	<b>00:25:36.40</b>	+00:10:01 (39.7%)	5:02	11.9 (60.1%)
293	<b>GŁOWACKI Tomek</b>	<b>759</b>		M-40	76	00:00:07	<b>00:25:13.45</b>	<b>00:25:20.90</b>	+00:10:01 (39.8%)	5:02	11.9 (60.1%)
294	<b>BIELICKI Waldemar</b>	<b>141</b>		M-40	77	00:00:35	<b>00:25:13.55</b>	<b>00:25:48.55</b>	+00:10:01 (39.8%)	5:02	11.9 (60.1%)
295	<b>LEWANDOWSKA Marlena</b>	<b>689</b>		K-20	12	00:00:34	<b>00:25:13.60</b>	<b>00:25:48.55</b>	+00:10:02 (39.8%)	5:02	11.9 (60.1%)
296	<b>GUDELL Radosław</b>	<b>733</b>	GRUPA MODERATOR	M-40	78	00:00:58	<b>00:25:16.65</b>	<b>00:26:14.85</b>	+00:10:05 (39.9%)	5:03	11.9 (60.1%)
297	<b>NURKIEWICZ Jarosław</b>	<b>1008</b>	KUNG FU PANDY 3	M-50	24	00:00:49	<b>00:25:16.70</b>	<b>00:26:06.20</b>	+00:10:05 (39.9%)	5:03	11.9 (60.1%)
298	<b>CHACIŃSKI Maciej</b>	<b>929</b>	KOLEGIUM KUJAWSKIE	M-10	31	00:00:48	<b>00:25:17.25</b>	<b>00:26:05.60</b>	+00:10:05 (39.9%)	5:03	11.9 (60.1%)
299	<b>KALACZYŃSKI Grzegorz</b>	<b>214</b>		M-50	25	00:01:20	<b>00:25:17.85</b>	<b>00:26:38.55</b>	+00:10:06 (39.9%)	5:03	11.9 (60.1%)
300	<b>MAŁKOWSKA Joanna</b>	<b>398</b>		K-30	20	00:00:00	<b>00:25:18.65</b>	<b>00:25:18.65</b>	+00:10:07 (40.0%)	5:03	11.9 (60.1%)
301	<b>LEWICKI Piotr</b>	<b>181</b>		M-40	79	00:01:00	<b>00:25:18.95</b>	<b>00:26:19.85</b>	+00:10:07 (40.0%)	5:03	11.9 (60.1%)
302	<b>WIECZOREK Sonita</b>	<b>371</b>		K-20	13	00:00:26	<b>00:25:21.50</b>	<b>00:25:48.25</b>	+00:10:09 (40.1%)	5:04	11.8 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
303	<b>MIŁKOŚ Filip</b>	<b>599</b>		M-10	32	00:00:37	<b>00:25:21.90</b>	<b>00:25:59.30</b>	+00:10:10 (40.1%)	5:04	11.8 (59.6%)
304	<b>DROZDOWSKA Paulina</b>	<b>410</b>	M.A.D.M.E.P.	K-30	21	00:00:08	<b>00:25:22.05</b>	<b>00:25:30.45</b>	+00:10:10 (40.1%)	5:04	11.8 (59.6%)
305	<b>KARASZEWSKI Aleksander</b>	<b>827</b>		M-30	83	00:00:08	<b>00:25:23.50</b>	<b>00:25:32.35</b>	+00:10:11 (40.2%)	5:04	11.8 (59.6%)
306	<b>BAGNIEWSKA Małgorzata</b>	<b>1011</b>		K-30	22	00:01:13	<b>00:25:25.30</b>	<b>00:26:38.95</b>	+00:10:13 (40.2%)	5:05	11.8 (59.6%)
307	<b>BUTOWSKI Michał</b>	<b>157</b>		M-40	80	00:01:13	<b>00:25:25.40</b>	<b>00:26:39.15</b>	+00:10:13 (40.2%)	5:05	11.8 (59.6%)
308	<b>MACKIEWICZ Mariusz</b>	<b>223</b>		M-40	81	00:00:26	<b>00:25:26.00</b>	<b>00:25:52.15</b>	+00:10:14 (40.3%)	5:05	11.8 (59.6%)
308	<b>CZAJA Jarosław</b>	<b>37</b>		M-40	81	00:00:20	<b>00:25:26.00</b>	<b>00:25:46.50</b>	+00:10:14 (40.3%)	5:05	11.8 (59.6%)
310	<b>CHYLIŃSKA Monika</b>	<b>70</b>	-	K-30	23	00:00:29	<b>00:25:26.25</b>	<b>00:25:55.35</b>	+00:10:14 (40.3%)	5:05	11.8 (59.6%)
311	<b>CHOJNACKI Patryk</b>	<b>934</b>		M-20	40	00:00:33	<b>00:25:26.80</b>	<b>00:25:59.90</b>	+00:10:15 (40.3%)	5:05	11.8 (59.6%)
312	<b>KUJDA Dorota</b>	<b>924</b>		K-40	10	00:00:10	<b>00:25:26.85</b>	<b>00:25:37.75</b>	+00:10:15 (40.3%)	5:05	11.8 (59.6%)
313	<b>ŚWIĄTKOWSKI Marcin</b>	<b>975</b>	KOLEGIUM KUJAWSKIE	M-40	83	00:00:40	<b>00:25:27.10</b>	<b>00:26:07.10</b>	+00:10:15 (40.3%)	5:05	11.8 (59.6%)
314	<b>KOWALEWSKI Mariusz</b>	<b>672</b>		M-30	84	00:00:55	<b>00:25:28.10</b>	<b>00:26:23.95</b>	+00:10:16 (40.3%)	5:05	11.8 (59.6%)
315	<b>CZECHOWSKI Paweł</b>	<b>854</b>	81 BLP	M-30	85	00:00:38	<b>00:25:30.00</b>	<b>00:26:08.50</b>	+00:10:18 (40.4%)	5:06	11.8 (59.6%)
316	<b>CZERNY Szymon</b>	<b>890</b>	KOLEGIUM KUJAWSKI	M-10	33	00:00:47	<b>00:25:30.25</b>	<b>00:26:17.25</b>	+00:10:18 (40.4%)	5:06	11.8 (59.6%)
317	<b>MACIOSZEK Ewa</b>	<b>409</b>	M.A.D.M.E.P.	K-40	11	00:00:08	<b>00:25:31.60</b>	<b>00:25:40.40</b>	+00:10:20 (40.5%)	5:06	11.8 (59.6%)
318	<b>PIĄTEK Justyna</b>	<b>120</b>		K-30	24	00:00:17	<b>00:25:32.55</b>	<b>00:25:49.55</b>	+00:10:20 (40.5%)	5:06	11.7 (59.1%)
319	<b>BARTOS Ligia</b>	<b>963</b>	WTORKOWY TRENING	K-40	12	00:00:12	<b>00:25:35.15</b>	<b>00:25:47.60</b>	+00:10:23 (40.6%)	5:07	11.7 (59.1%)
320	<b>KRÓL Karol</b>	<b>153</b>	TKKF KOLEJARZ BYDGOSZCZ	M-40	84	00:00:04	<b>00:25:35.20</b>	<b>00:25:39.95</b>	+00:10:23 (40.6%)	5:07	11.7 (59.1%)
321	<b>MASŁOWSKA Angelika</b>	<b>597</b>		K-30	25	00:00:39	<b>00:25:35.35</b>	<b>00:26:15.05</b>	+00:10:23 (40.6%)	5:07	11.7 (59.1%)
322	<b>BANASIAK Paweł</b>	<b>712</b>	8 KUJAWSKO-POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	86	00:00:35	<b>00:25:35.50</b>	<b>00:26:11.05</b>	+00:10:23 (40.6%)	5:07	11.7 (59.1%)
323	<b>SŁOWIŃSKI Paweł</b>	<b>348</b>	KPCP SMUKAŁA	M-40	85	00:00:56	<b>00:25:35.95</b>	<b>00:26:32.60</b>	+00:10:24 (40.6%)	5:07	11.7 (59.1%)
324	<b>DRÓZDŹ Małgorzata</b>	<b>84</b>		K-30	26	00:00:44	<b>00:25:36.90</b>	<b>00:26:21.40</b>	+00:10:25 (40.7%)	5:07	11.7 (59.1%)
325	<b>KULKA Marek</b>	<b>394</b>		M-60+	4	00:00:46	<b>00:25:37.60</b>	<b>00:26:23.60</b>	+00:10:26 (40.7%)	5:07	11.7 (59.1%)
326	<b>SCHMIDT Marcin</b>	<b>300</b>		M-40	86	00:00:23	<b>00:25:37.65</b>	<b>00:26:01.20</b>	+00:10:26 (40.7%)	5:07	11.7 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
327	<b>JĘDRZEJCZYK Iwona</b>	<b>818</b>		K-40	13	00:00:00	<b>00:25:40.70</b>	<b>00:25:40.70</b>	+00:10:29 (40.8%)	5:08	11.7 (59.1%)
328	<b>ZŁOTOWSKI Piotr</b>	<b>94</b>	RUN BYDGOSZCZ	M-40	87	00:00:31	<b>00:25:42.75</b>	<b>00:26:14.25</b>	+00:10:31 (40.9%)	5:08	11.7 (59.1%)
329	<b>KOZAK Krzysztof</b>	<b>304</b>		M-30	87	00:00:24	<b>00:25:43.35</b>	<b>00:26:08.10</b>	+00:10:31 (40.9%)	5:08	11.7 (59.1%)
330	<b>KIEŁCZYŃSKI Andrzej</b>	<b>640</b>		M-30	88	00:00:16	<b>00:25:43.45</b>	<b>00:25:59.95</b>	+00:10:31 (40.9%)	5:08	11.7 (59.1%)
331	<b>GREŃ Sebastian</b>	<b>639</b>		M-20	41	00:00:16	<b>00:25:43.85</b>	<b>00:26:00.05</b>	+00:10:32 (41.0%)	5:08	11.7 (59.1%)
332	<b>WOŹNICKI Michał</b>	<b>448</b>		M-20	42	00:01:03	<b>00:25:43.90</b>	<b>00:26:47.05</b>	+00:10:32 (41.0%)	5:08	11.7 (59.1%)
333	<b>SAJDAK Marcin</b>	<b>739</b>		M-30	89	00:00:31	<b>00:25:44.05</b>	<b>00:26:15.60</b>	+00:10:32 (41.0%)	5:08	11.7 (59.1%)
334	<b>MELWIŃSKA Paulina</b>	<b>33</b>	RUN BYDGOSZCZ	K-40	14	00:00:24	<b>00:25:45.40</b>	<b>00:26:09.45</b>	+00:10:33 (41.0%)	5:09	11.7 (59.1%)
335	<b>DZIEŻA Roma</b>	<b>47</b>	RUN BYDGOSZCZ	K-50	2	00:00:24	<b>00:25:45.45</b>	<b>00:26:09.50</b>	+00:10:33 (41.0%)	5:09	11.7 (59.1%)
336	<b>SKRZĄTEK Anna</b>	<b>558</b>		K-40	15	00:00:26	<b>00:25:45.70</b>	<b>00:26:12.35</b>	+00:10:34 (41.0%)	5:09	11.7 (59.1%)
337	<b>SZUMSKI Kamil</b>	<b>833</b>		M-30	90	00:00:59	<b>00:25:45.90</b>	<b>00:26:45.00</b>	+00:10:34 (41.0%)	5:09	11.7 (59.1%)
338	<b>FELIŃCZAK Marcin</b>	<b>987</b>		M-40	88	00:00:58	<b>00:25:45.95</b>	<b>00:26:44.25</b>	+00:10:34 (41.0%)	5:09	11.7 (59.1%)
339	<b>WENDA Mateusz</b>	<b>258</b>		M-30	91	00:00:52	<b>00:25:46.75</b>	<b>00:26:38.80</b>	+00:10:35 (41.1%)	5:09	11.6 (58.6%)
340	<b>KOPACZ Radosław</b>	<b>1102</b>		M-40	89	00:01:02	<b>00:25:47.10</b>	<b>00:26:49.45</b>	+00:10:35 (41.1%)	5:09	11.6 (58.6%)
341	<b>NAWROCKI Dariusz</b>	<b>263</b>	OPEN PL	M-50	26	00:01:39	<b>00:25:47.30</b>	<b>00:27:26.45</b>	+00:10:35 (41.1%)	5:09	11.6 (58.6%)
342	<b>STASIEWSKI Mariusz</b>	<b>294</b>	TRISPACE	M-40	90	00:00:39	<b>00:25:47.95</b>	<b>00:26:27.65</b>	+00:10:36 (41.1%)	5:09	11.6 (58.6%)
343	<b>STAWICKI Paweł</b>	<b>379</b>		M-40	91	00:00:55	<b>00:25:49.45</b>	<b>00:26:44.70</b>	+00:10:37 (41.2%)	5:09	11.6 (58.6%)
344	<b>DEMSKI Krzysztof</b>	<b>737</b>		M-20	43	00:00:34	<b>00:25:49.50</b>	<b>00:26:23.65</b>	+00:10:37 (41.2%)	5:09	11.6 (58.6%)
345	<b>JESKE Marek</b>	<b>268</b>	RUN BYDGOSZCZ	M-50	27	00:00:31	<b>00:25:49.95</b>	<b>00:26:21.30</b>	+00:10:38 (41.2%)	5:09	11.6 (58.6%)
346	<b>KWASEK Wojciech</b>	<b>846</b>	KABEL TEAM BYDGOSZCZ	M-50	28	00:00:51	<b>00:25:50.00</b>	<b>00:26:41.15</b>	+00:10:38 (41.2%)	5:10	11.6 (58.6%)
347	<b>SZOPINSKA Wiktoria</b>	<b>931</b>		K-10	1	00:00:47	<b>00:25:50.15</b>	<b>00:26:38.05</b>	+00:10:38 (41.2%)	5:10	11.6 (58.6%)
348	<b>JANECZKO Emilia</b>	<b>900</b>	SKRA PATEREK	K-30	27	00:00:09	<b>00:25:50.45</b>	<b>00:26:00.40</b>	+00:10:38 (41.2%)	5:10	11.6 (58.6%)
349	<b>GROBELNA Monika</b>	<b>95</b>		K-30	28	00:00:13	<b>00:25:50.75</b>	<b>00:26:04.10</b>	+00:10:39 (41.2%)	5:10	11.6 (58.6%)
350	<b>ŻMICH Tomasz</b>	<b>92</b>	MEMO AT HOME BY RAFAŁ GODZIEMSKI	M-40	92	00:00:29	<b>00:25:52.95</b>	<b>00:26:22.35</b>	+00:10:41 (41.3%)	5:10	11.6 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
351	<b>PAWLAK Robert</b>	<b>291</b>		M-50	29	00:01:05	<b>00:25:53.10</b>	<b>00:26:58.65</b>	+00:10:41 (41.3%)	5:10	11.6 (58.6%)
352	<b>FROELICH Łukasz</b>	<b>967</b>		M-30	92	00:00:49	<b>00:25:54.10</b>	<b>00:26:43.85</b>	+00:10:42 (41.3%)	5:10	11.6 (58.6%)
353	<b>KLIN Paulina</b>	<b>554</b>		K-30	29	00:00:46	<b>00:25:54.35</b>	<b>00:26:41.00</b>	+00:10:42 (41.4%)	5:10	11.6 (58.6%)
354	<b>KRYSPIŃ Marta</b>	<b>986</b>	RUNPROGRESSTEAM	K-30	30	00:00:54	<b>00:25:54.60</b>	<b>00:26:49.55</b>	+00:10:43 (41.4%)	5:10	11.6 (58.6%)
355	<b>PAPROCKI Jakub</b>	<b>616</b>	SPOGLO	M-20	44	00:00:18	<b>00:25:54.70</b>	<b>00:26:13.30</b>	+00:10:43 (41.4%)	5:10	11.6 (58.6%)
356	<b>OWCZARZAK Michał</b>	<b>180</b>		M-40	93	00:01:01	<b>00:25:54.90</b>	<b>00:26:56.80</b>	+00:10:43 (41.4%)	5:10	11.6 (58.6%)
357	<b>ZDUNKIEWICZ Marcin</b>	<b>99</b>		M-40	94	00:00:54	<b>00:25:55.50</b>	<b>00:26:49.95</b>	+00:10:43 (41.4%)	5:11	11.6 (58.6%)
358	<b>PIOTROWICZ Wojciech</b>	<b>952</b>	URBEXONIKA	M-30	93	00:00:58	<b>00:25:55.55</b>	<b>00:26:54.25</b>	+00:10:43 (41.4%)	5:11	11.6 (58.6%)
359	<b>LASKOWSKI Wojciech</b>	<b>577</b>	WOJCIECH LASKOWSKI FIRMA DORADCZA	M-40	95	00:00:25	<b>00:25:56.30</b>	<b>00:26:21.70</b>	+00:10:44 (41.4%)	5:11	11.6 (58.6%)
360	<b>DOMAN Janusz</b>	<b>730</b>	UKS SZABLA BRZOZA	M-60+	5	00:00:22	<b>00:25:56.50</b>	<b>00:26:19.45</b>	+00:10:44 (41.4%)	5:11	11.6 (58.6%)
361	<b>WALKOWIAK Paweł</b>	<b>393</b>		M-20	45	00:00:24	<b>00:25:57.95</b>	<b>00:26:22.70</b>	+00:10:46 (41.5%)	5:11	11.6 (58.6%)
362	<b>KRZESZEWSKA Agnieszka</b>	<b>357</b>		K-40	16	00:00:19	<b>00:25:58.10</b>	<b>00:26:17.70</b>	+00:10:46 (41.5%)	5:11	11.6 (58.6%)
363	<b>SIUDA Marek</b>	<b>360</b>	KLINIKA TRIATHLONU	M-40	96	00:01:06	<b>00:25:59.20</b>	<b>00:27:05.95</b>	+00:10:47 (41.5%)	5:11	11.5 (58.1%)
364	<b>SZUMIŃSKI Jan</b>	<b>497</b>		M-60+	6	00:00:13	<b>00:26:00.60</b>	<b>00:26:14.40</b>	+00:10:49 (41.6%)	5:12	11.5 (58.1%)
365	<b>POTRZEBOWSKI Marek</b>	<b>950</b>	DEAF	M-30	94	00:00:58	<b>00:26:01.65</b>	<b>00:26:59.85</b>	+00:10:50 (41.6%)	5:12	11.5 (58.1%)
366	<b>KOSIŃSKI Jerzy</b>	<b>796</b>		M-50	30	00:00:11	<b>00:26:01.75</b>	<b>00:26:13.55</b>	+00:10:50 (41.6%)	5:12	11.5 (58.1%)
367	<b>MICHALAK Mariusz</b>	<b>788</b>		M-40	97	00:00:16	<b>00:26:02.45</b>	<b>00:26:18.85</b>	+00:10:50 (41.7%)	5:12	11.5 (58.1%)
368	<b>SOSNA Mikołaj</b>	<b>186</b>		M-40	98	00:00:13	<b>00:26:02.95</b>	<b>00:26:16.65</b>	+00:10:51 (41.7%)	5:12	11.5 (58.1%)
369	<b>SZOPINSKA Agnieszka</b>	<b>930</b>		K-40	17	00:00:59	<b>00:26:03.60</b>	<b>00:27:02.75</b>	+00:10:52 (41.7%)	5:12	11.5 (58.1%)
370	<b>KALEMBA Daria</b>	<b>395</b>		K-20	14	00:00:20	<b>00:26:06.40</b>	<b>00:26:26.85</b>	+00:10:54 (41.8%)	5:13	11.5 (58.1%)
371	<b>RASSALSKA-KAUSA Jola</b>	<b>903</b>		K-40	18	00:00:20	<b>00:26:06.60</b>	<b>00:26:26.85</b>	+00:10:55 (41.8%)	5:13	11.5 (58.1%)
372	<b>LEWANDOWSKI Michał</b>	<b>267</b>		M-40	99	00:00:10	<b>00:26:06.70</b>	<b>00:26:17.05</b>	+00:10:55 (41.8%)	5:13	11.5 (58.1%)
373	<b>GREGO Mateusz</b>	<b>472</b>		M-20	46	00:00:37	<b>00:26:07.35</b>	<b>00:26:44.85</b>	+00:10:55 (41.8%)	5:13	11.5 (58.1%)
374	<b>WÓJCIK Piotr</b>	<b>8</b>		M-10	34	00:00:45	<b>00:26:10.35</b>	<b>00:26:56.25</b>	+00:10:58 (41.9%)	5:14	11.5 (58.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
375	<b>ROBACZEWSKA Lidia</b>	<b>368</b>		K-40	19	00:00:27	<b>00:26:10.90</b>	<b>00:26:38.05</b>	+00:10:59 (42.0%)	5:14	11.5 (58.1%)
376	<b>PSZCZOLIŃSKI Michał</b>	<b>241</b>		M-20	47	00:01:22	<b>00:26:12.70</b>	<b>00:27:35.55</b>	+00:11:01 (42.0%)	5:14	11.5 (58.1%)
377	<b>JELEŃ-KOTLAREK Agnieszka</b>	<b>119</b>	VEGE RUNNERS	K-30	31	00:00:21	<b>00:26:13.50</b>	<b>00:26:34.70</b>	+00:11:01 (42.1%)	5:14	11.4 (57.6%)
378	<b>MAJEWSKA Ryszarda</b>	<b>128</b>		K-60+	1	00:01:08	<b>00:26:14.20</b>	<b>00:27:22.35</b>	+00:11:02 (42.1%)	5:14	11.4 (57.6%)
379	<b>DERECKI Piotr</b>	<b>753</b>	KABEL TEAM BYDGOSZCZ	M-50	31	00:01:03	<b>00:26:16.80</b>	<b>00:27:20.20</b>	+00:11:05 (42.2%)	5:15	11.4 (57.6%)
380	<b>LWOWSKI Zbigniew</b>	<b>487</b>		M-40	100	00:01:16	<b>00:26:18.30</b>	<b>00:27:34.65</b>	+00:11:06 (42.2%)	5:15	11.4 (57.6%)
381	<b>PIECZYŃSKA Joanna</b>	<b>71</b>		K-30	32	00:00:11	<b>00:26:19.35</b>	<b>00:26:31.25</b>	+00:11:07 (42.3%)	5:15	11.4 (57.6%)
382	<b>KUFLEWICZ Justyna</b>	<b>31</b>	MATKA TYMKA	K-30	33	00:00:22	<b>00:26:19.85</b>	<b>00:26:42.65</b>	+00:11:08 (42.3%)	5:15	11.4 (57.6%)
383	<b>CHOJNACKI Tomasz</b>	<b>390</b>		M-40	101	00:01:26	<b>00:26:20.10</b>	<b>00:27:46.80</b>	+00:11:08 (42.3%)	5:16	11.4 (57.6%)
384	<b>KOSZAREK Artur</b>	<b>1029</b>		M-40	102	00:01:26	<b>00:26:20.55</b>	<b>00:27:47.05</b>	+00:11:08 (42.3%)	5:16	11.4 (57.6%)
385	<b>RÓŻYCZKA Joanna</b>	<b>142</b>		K-30	34	00:00:34	<b>00:26:21.00</b>	<b>00:26:55.65</b>	+00:11:09 (42.3%)	5:16	11.4 (57.6%)
386	<b>PASZKIET Witold</b>	<b>159</b>	TKKF KOLEJARZ	M-60+	7	00:00:14	<b>00:26:21.30</b>	<b>00:26:35.40</b>	+00:11:09 (42.4%)	5:16	11.4 (57.6%)
387	<b>SKÓRCZEWSKI Jacek</b>	<b>1047</b>		M-50	32	00:00:34	<b>00:26:21.95</b>	<b>00:26:55.95</b>	+00:11:10 (42.4%)	5:16	11.4 (57.6%)
388	<b>MUSS Karolina</b>	<b>959</b>		K-40	20	00:01:18	<b>00:26:22.25</b>	<b>00:27:41.00</b>	+00:11:10 (42.4%)	5:16	11.4 (57.6%)
389	<b>BYLICA Robert</b>	<b>982</b>		M-40	103	00:00:52	<b>00:26:25.00</b>	<b>00:27:17.05</b>	+00:11:13 (42.5%)	5:17	11.4 (57.6%)
390	<b>ZIELIŃSKI Jakub</b>	<b>893</b>	KOLEGIUM KUJAWSKIE	M-10	35	00:00:46	<b>00:26:25.70</b>	<b>00:27:12.55</b>	+00:11:14 (42.5%)	5:17	11.4 (57.6%)
391	<b>BERNADY Dawid</b>	<b>505</b>		M-30	95	00:00:23	<b>00:26:27.75</b>	<b>00:26:51.00</b>	+00:11:16 (42.6%)	5:17	11.3 (57.1%)
392	<b>KUĆMIERZ Mirosław</b>	<b>658</b>		M-50	33	00:00:43	<b>00:26:28.40</b>	<b>00:27:12.35</b>	+00:11:16 (42.6%)	5:17	11.3 (57.1%)
393	<b>RYBAK Marcin</b>	<b>1039</b>	8 KUJAWSKO-POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-40	104	00:00:34	<b>00:26:28.50</b>	<b>00:27:03.30</b>	+00:11:16 (42.6%)	5:17	11.3 (57.1%)
394	<b>KOPCZYŃSKI Marcin</b>	<b>187</b>		M-40	105	00:00:10	<b>00:26:28.70</b>	<b>00:26:39.40</b>	+00:11:17 (42.6%)	5:17	11.3 (57.1%)
395	<b>GROCHOWSKA Zuzanna</b>	<b>69</b>		K-10	2	00:00:49	<b>00:26:29.40</b>	<b>00:27:19.05</b>	+00:11:17 (42.6%)	5:17	11.3 (57.1%)
396	<b>PRIETZ Monika</b>	<b>556</b>		K-30	35	00:01:10	<b>00:26:29.55</b>	<b>00:27:40.50</b>	+00:11:17 (42.7%)	5:17	11.3 (57.1%)
397	<b>KARCZEWSKA Arletta</b>	<b>117</b>	WHM POLSKA	K-40	21	00:00:33	<b>00:26:29.70</b>	<b>00:27:02.80</b>	+00:11:18 (42.7%)	5:17	11.3 (57.1%)
398	<b>PRIETZ Bartosz</b>	<b>555</b>		M-40	106	00:01:10	<b>00:26:29.85</b>	<b>00:27:40.35</b>	+00:11:18 (42.7%)	5:17	11.3 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
399	<b>CHOJNACKI Damian</b>	<b>399</b>		M-20	48	00:01:27	<b>00:26:30.35</b>	<b>00:27:57.70</b>	+00:11:18 (42.7%)	5:18	11.3 (57.1%)
399	<b>PUZIO Justyna</b>	<b>814</b>		K-10	3	00:00:41	<b>00:26:30.35</b>	<b>00:27:11.90</b>	+00:11:18 (42.7%)	5:18	11.3 (57.1%)
401	<b>LECH Marek</b>	<b>116</b>	WHM POLSKA	M-40	107	00:00:32	<b>00:26:30.65</b>	<b>00:27:03.25</b>	+00:11:19 (42.7%)	5:18	11.3 (57.1%)
402	<b>LEWANDOWSKI Patryk</b>	<b>810</b>		M-10	36	00:00:18	<b>00:26:32.00</b>	<b>00:26:50.40</b>	+00:11:20 (42.7%)	5:18	11.3 (57.1%)
403	<b>ZAGÓRSKI Artur</b>	<b>949</b>	URBEXONIKA	M-20	49	00:00:58	<b>00:26:33.65</b>	<b>00:27:31.70</b>	+00:11:22 (42.8%)	5:18	11.3 (57.1%)
404	<b>KLAWIKOWSKA Julita</b>	<b>107</b>	TKKF KOLEJARZ BYDGOSZCZ	K-30	36	00:00:06	<b>00:26:33.95</b>	<b>00:26:40.55</b>	+00:11:22 (42.8%)	5:18	11.3 (57.1%)
405	<b>SZMELTER Michał</b>	<b>160</b>		M-40	108	00:01:02	<b>00:26:34.00</b>	<b>00:27:36.40</b>	+00:11:22 (42.8%)	5:18	11.3 (57.1%)
406	<b>KOLASSA Michał</b>	<b>938</b>		M-20	50	00:00:07	<b>00:26:34.95</b>	<b>00:26:42.35</b>	+00:11:23 (42.8%)	5:18	11.3 (57.1%)
407	<b>KOSTRZAK Dominik</b>	<b>305</b>	SKLEPSAKRALNY.PL	M-30	96	00:00:20	<b>00:26:36.55</b>	<b>00:26:56.55</b>	+00:11:24 (42.9%)	5:19	11.3 (57.1%)
408	<b>KAJA Dominika</b>	<b>367</b>	KPCP SMUKAŁA	K-30	37	00:00:56	<b>00:26:38.60</b>	<b>00:27:34.75</b>	+00:11:27 (43.0%)	5:19	11.3 (57.1%)
409	<b>ŁEMPICKI Marek</b>	<b>977</b>		M-30	97	00:00:17	<b>00:26:41.65</b>	<b>00:26:58.65</b>	+00:11:30 (43.1%)	5:20	11.2 (56.6%)
410	<b>GRUDOWSKI Jarek</b>	<b>547</b>		M-40	109	00:00:13	<b>00:26:42.25</b>	<b>00:26:55.90</b>	+00:11:30 (43.1%)	5:20	11.2 (56.6%)
411	<b>KĘSIK Roman</b>	<b>803</b>	13 WOG GRUDZIĄDZ	M-50	34	00:00:47	<b>00:26:43.75</b>	<b>00:27:31.55</b>	+00:11:32 (43.2%)	5:20	11.2 (56.6%)
412	<b>SIWAK Anna</b>	<b>526</b>		K-40	22	00:01:07	<b>00:26:43.85</b>	<b>00:27:51.70</b>	+00:11:32 (43.2%)	5:20	11.2 (56.6%)
413	<b>BOROWCZAK Paweł</b>	<b>185</b>		M-20	51	00:00:11	<b>00:26:44.15</b>	<b>00:26:55.15</b>	+00:11:32 (43.2%)	5:20	11.2 (56.6%)
414	<b>BOROWCZAK Julita</b>	<b>184</b>		K-30	38	00:00:10	<b>00:26:44.40</b>	<b>00:26:55.10</b>	+00:11:32 (43.2%)	5:20	11.2 (56.6%)
415	<b>GOŁĘBIEWSKI Piotr</b>	<b>491</b>		M-40	110	00:01:05	<b>00:26:44.65</b>	<b>00:27:50.25</b>	+00:11:33 (43.2%)	5:20	11.2 (56.6%)
416	<b>PRACA Szymon</b>	<b>495</b>		M-10	37	00:00:21	<b>00:26:45.80</b>	<b>00:27:07.75</b>	+00:11:34 (43.2%)	5:21	11.2 (56.6%)
417	<b>POTRZEBOWSKA Agata</b>	<b>951</b>	DEAF	K-30	39	00:00:55	<b>00:26:46.50</b>	<b>00:27:41.50</b>	+00:11:34 (43.3%)	5:21	11.2 (56.6%)
418	<b>PROKOPOWICZ Paweł</b>	<b>868</b>		M-40	111	00:01:24	<b>00:26:46.55</b>	<b>00:28:10.85</b>	+00:11:34 (43.3%)	5:21	11.2 (56.6%)
419	<b>RATAJ Maciej</b>	<b>1009</b>		M-40	112	00:00:22	<b>00:26:46.60</b>	<b>00:27:08.80</b>	+00:11:35 (43.3%)	5:21	11.2 (56.6%)
419	<b>LASKOWSKA Aleksandra</b>	<b>576</b>		K-30	40	00:00:26	<b>00:26:46.60</b>	<b>00:27:12.65</b>	+00:11:35 (43.3%)	5:21	11.2 (56.6%)
421	<b>ŁUKASIEWICZ Krzysztof</b>	<b>52</b>	MAJA	M-40	113	00:00:27	<b>00:26:46.70</b>	<b>00:27:14.40</b>	+00:11:35 (43.3%)	5:21	11.2 (56.6%)
422	<b>ZDANOWICZ Joanna</b>	<b>552</b>		K-10	4	00:00:43	<b>00:26:49.45</b>	<b>00:27:33.20</b>	+00:11:37 (43.4%)	5:21	11.2 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
423	<b>WITKOWSKA Mariola</b>	<b>1038</b>		K-40	23	00:00:25	<b>00:26:49.75</b>	<b>00:27:15.10</b>	+00:11:38 (43.4%)	5:21	11.2 (56.6%)
424	<b>WOLNY Tomasz</b>	<b>653</b>		M-30	98	00:00:10	<b>00:26:50.15</b>	<b>00:27:00.65</b>	+00:11:38 (43.4%)	5:22	11.2 (56.6%)
425	<b>KASPRZAK Wojciech</b>	<b>462</b>		M-40	114	00:00:40	<b>00:26:50.25</b>	<b>00:27:30.60</b>	+00:11:38 (43.4%)	5:22	11.2 (56.6%)
426	<b>LIS Janusz</b>	<b>605</b>	TKKF CHEŁMNO	M-50	35	00:00:18	<b>00:26:51.00</b>	<b>00:27:09.55</b>	+00:11:39 (43.4%)	5:22	11.2 (56.6%)
427	<b>DOMAGAŁA Mikołaj</b>	<b>945</b>	KOLEGIUM KUJAWSKI	M-10	38	00:00:48	<b>00:26:52.05</b>	<b>00:27:40.15</b>	+00:11:40 (43.5%)	5:22	11.2 (56.6%)
428	<b>LEWICKI Aleksander</b>	<b>182</b>		M-10	39	00:01:00	<b>00:26:52.20</b>	<b>00:27:52.65</b>	+00:11:40 (43.5%)	5:22	11.2 (56.6%)
429	<b>JACUK Julia</b>	<b>1007</b>	MKS ASTORIA	K-10	5	00:01:10	<b>00:26:52.50</b>	<b>00:28:02.70</b>	+00:11:40 (43.5%)	5:22	11.2 (56.6%)
430	<b>WOŹNIAK Anna</b>	<b>405</b>		K-50	3	00:00:20	<b>00:26:52.90</b>	<b>00:27:13.40</b>	+00:11:41 (43.5%)	5:22	11.2 (56.6%)
431	<b>JANOWSKI Piotr</b>	<b>656</b>	TKKF CHEŁMNO	M-50	36	00:00:18	<b>00:26:53.05</b>	<b>00:27:11.50</b>	+00:11:41 (43.5%)	5:22	11.2 (56.6%)
432	<b>ŁATKA Marcin</b>	<b>902</b>		M-40	115	00:00:19	<b>00:26:54.15</b>	<b>00:27:13.65</b>	+00:11:42 (43.5%)	5:22	11.2 (56.6%)
433	<b>PIOTROWSKI Dariusz</b>	<b>74</b>		M-40	116	00:01:05	<b>00:26:55.15</b>	<b>00:28:00.15</b>	+00:11:43 (43.6%)	5:23	11.1 (56.1%)
434	<b>KUCZEWSKI Damian</b>	<b>436</b>		M-10	40	00:00:21	<b>00:26:55.80</b>	<b>00:27:17.40</b>	+00:11:44 (43.6%)	5:23	11.1 (56.1%)
435	<b>WAWRZYNIAK Andrzej</b>	<b>118</b>	22.ODN	M-60+	8	00:00:31	<b>00:26:57.25</b>	<b>00:27:29.10</b>	+00:11:45 (43.6%)	5:23	11.1 (56.1%)
436	<b>MAJEWSKA Monika</b>	<b>446</b>		K-30	41	00:00:22	<b>00:26:57.35</b>	<b>00:27:20.05</b>	+00:11:45 (43.6%)	5:23	11.1 (56.1%)
437	<b>ŻYDOWICZ Piotr</b>	<b>75</b>		M-30	99	00:00:34	<b>00:26:59.15</b>	<b>00:27:33.55</b>	+00:11:47 (43.7%)	5:23	11.1 (56.1%)
438	<b>MROZIK Andrzej</b>	<b>741</b>		M-40	117	00:01:03	<b>00:26:59.60</b>	<b>00:28:03.00</b>	+00:11:48 (43.7%)	5:23	11.1 (56.1%)
439	<b>ZUZA-WITKOWSKA Anna</b>	<b>1</b>		K-50	4	00:01:02	<b>00:26:59.90</b>	<b>00:28:02.00</b>	+00:11:48 (43.7%)	5:23	11.1 (56.1%)
440	<b>WILCZYŃSKI Arkadiusz</b>	<b>156</b>		M-30	100	00:01:00	<b>00:27:01.15</b>	<b>00:28:01.85</b>	+00:11:49 (43.8%)	5:24	11.1 (56.1%)
441	<b>GOŁĘBIEWSKI Paweł</b>	<b>145</b>		M-40	118	00:01:00	<b>00:27:01.45</b>	<b>00:28:01.90</b>	+00:11:49 (43.8%)	5:24	11.1 (56.1%)
442	<b>SZERWIŃSKI Mateusz</b>	<b>345</b>		M-20	52	00:01:18	<b>00:27:02.05</b>	<b>00:28:20.25</b>	+00:11:50 (43.8%)	5:24	11.1 (56.1%)
443	<b>WINIARSKI Kacper</b>	<b>1110</b>		M-10	41	00:00:48	<b>00:27:03.05</b>	<b>00:27:51.45</b>	+00:11:51 (43.8%)	5:24	11.1 (56.1%)
444	<b>LUDWINIAK Paweł</b>	<b>325</b>		M-20	53	00:00:19	<b>00:27:03.35</b>	<b>00:27:22.65</b>	+00:11:51 (43.8%)	5:24	11.1 (56.1%)
445	<b>KRAJDA Piotr</b>	<b>574</b>	BBL BYDGOSZCZ	M-40	119	00:00:20	<b>00:27:04.40</b>	<b>00:27:25.25</b>	+00:11:52 (43.9%)	5:24	11.1 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
446	<b>KULCZYŃSKI Przemysław</b>	<b>219</b>		M-30	101	00:01:02	<b>00:27:04.50</b>	<b>00:28:07.35</b>	+00:11:52 (43.9%)	5:24	11.1 (56.1%)
447	<b>KALINOWSKA Patrycja</b>	<b>1088</b>		K-30	42	00:01:10	<b>00:27:06.55</b>	<b>00:28:16.75</b>	+00:11:54 (44.0%)	5:25	11.1 (56.1%)
448	<b>ŚWIETLIK Grzegorz</b>	<b>516</b>	#SWIETLIKIFAMILJA	M-30	102	00:00:17	<b>00:27:07.45</b>	<b>00:27:24.95</b>	+00:11:55 (44.0%)	5:25	11.1 (56.1%)
449	<b>HERMAN Olga</b>	<b>910</b>		K-20	15	00:00:24	<b>00:27:07.85</b>	<b>00:27:32.20</b>	+00:11:56 (44.0%)	5:25	11.1 (56.1%)
450	<b>GESING Joanna</b>	<b>734</b>		K-30	43	00:00:30	<b>00:27:08.00</b>	<b>00:27:38.05</b>	+00:11:56 (44.0%)	5:25	11.1 (56.1%)
451	<b>BRAĞIEL Jakub</b>	<b>298</b>	MUD FOXES	M-30	103	00:01:06	<b>00:27:08.05</b>	<b>00:28:14.50</b>	+00:11:56 (44.0%)	5:25	11.1 (56.1%)
452	<b>GŁOWACKI Bartosz</b>	<b>311</b>		M-20	54	00:00:49	<b>00:27:09.70</b>	<b>00:27:59.65</b>	+00:11:58 (44.1%)	5:25	11 (55.6%)
453	<b>BOROWIEC Michał</b>	<b>341</b>	VENEZUELATEAM	M-30	104	00:01:22	<b>00:27:11.75</b>	<b>00:28:34.55</b>	+00:12:00 (44.1%)	5:26	11 (55.6%)
453	<b>ILNITSKYI Ivan</b>	<b>36</b>		M-20	55	00:00:18	<b>00:27:11.75</b>	<b>00:27:29.85</b>	+00:12:00 (44.1%)	5:26	11 (55.6%)
455	<b>KRUSZYŃSKA Anna</b>	<b>457</b>		K-30	44	00:00:49	<b>00:27:15.55</b>	<b>00:28:04.55</b>	+00:12:03 (44.3%)	5:27	11 (55.6%)
456	<b>RUMIANOWSKA Anna</b>	<b>364</b>		K-30	45	00:00:04	<b>00:27:16.20</b>	<b>00:27:20.80</b>	+00:12:04 (44.3%)	5:27	11 (55.6%)
457	<b>ZNANIECKI Wojciech</b>	<b>282</b>		M-30	105	00:00:54	<b>00:27:17.00</b>	<b>00:28:11.55</b>	+00:12:05 (44.3%)	5:27	11 (55.6%)
458	<b>MAŁKIŃSKI Józef</b>	<b>766</b>		M-60+	9	00:00:56	<b>00:27:22.05</b>	<b>00:28:18.80</b>	+00:12:10 (44.5%)	5:28	11 (55.6%)
459	<b>OSZUBSKI Kazimierz</b>	<b>1121</b>	PGB	M-40	120	00:00:30	<b>00:27:23.10</b>	<b>00:27:53.80</b>	+00:12:11 (44.5%)	5:28	11 (55.6%)
460	<b>GRALAK Martyna</b>	<b>562</b>		K-10	6	00:00:24	<b>00:27:23.55</b>	<b>00:27:47.80</b>	+00:12:11 (44.5%)	5:28	11 (55.6%)
461	<b>MICHAŁOWSKI Bartosz</b>	<b>1052</b>		M-20	56	00:00:33	<b>00:27:23.75</b>	<b>00:27:57.30</b>	+00:12:12 (44.5%)	5:28	11 (55.6%)
462	<b>GOTOWICZ Mariusz</b>	<b>243</b>		M-50	37	00:00:45	<b>00:27:23.85</b>	<b>00:28:09.70</b>	+00:12:12 (44.5%)	5:28	11 (55.6%)
463	<b>SOBOLEWSKA Aleksandra</b>	<b>1046</b>		K-20	16	00:00:10	<b>00:27:23.90</b>	<b>00:27:34.25</b>	+00:12:12 (44.5%)	5:28	11 (55.6%)
464	<b>WOJTYSIAK Dorota</b>	<b>104</b>		K-40	24	00:00:23	<b>00:27:27.10</b>	<b>00:27:50.60</b>	+00:12:15 (44.7%)	5:29	10.9 (55.1%)
465	<b>GĘSICKA Marta</b>	<b>441</b>		K-30	46	00:01:02	<b>00:27:28.00</b>	<b>00:28:30.95</b>	+00:12:16 (44.7%)	5:29	10.9 (55.1%)
466	<b>BANDOCH Arkadiusz</b>	<b>565</b>		M-40	121	00:00:26	<b>00:27:30.15</b>	<b>00:27:57.00</b>	+00:12:18 (44.8%)	5:30	10.9 (55.1%)
467	<b>CZYNSZ Łukasz</b>	<b>125</b>		M-30	106	00:01:03	<b>00:27:30.35</b>	<b>00:28:33.70</b>	+00:12:18 (44.8%)	5:30	10.9 (55.1%)
468	<b>ZAMIATOWSKA Kinga</b>	<b>531</b>	BELLA LINE, NARTOROLKI BDG	K-40	25	00:00:26	<b>00:27:30.45</b>	<b>00:27:56.90</b>	+00:12:18 (44.8%)	5:30	10.9 (55.1%)
469	<b>WOJCIESZAK Dariusz</b>	<b>728</b>		M-50	38	00:00:51	<b>00:27:30.85</b>	<b>00:28:22.05</b>	+00:12:19 (44.8%)	5:30	10.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
470	<b>OKRĘGLICKI Antoni</b>	<b>1040</b>		M-60+	10	00:00:51	<b>00:27:30.95</b>	<b>00:28:22.85</b>	+00:12:19 (44.8%)	5:30	10.9 (55.1%)
471	<b>KARAKIEWICZ Marzena</b>	<b>876</b>	BIEGACZE KCYNIA TEAM	K-50	5	00:00:28	<b>00:27:32.00</b>	<b>00:28:00.15</b>	+00:12:20 (44.8%)	5:30	10.9 (55.1%)
472	<b>LAPKE Róża</b>	<b>147</b>		K-30	47	00:00:30	<b>00:27:33.20</b>	<b>00:28:04.10</b>	+00:12:21 (44.9%)	5:30	10.9 (55.1%)
472	<b>MAKUSZEWSKI Mateusz</b>	<b>40</b>		M-30	107	00:00:30	<b>00:27:33.20</b>	<b>00:28:03.85</b>	+00:12:21 (44.9%)	5:30	10.9 (55.1%)
474	<b>SYBILA Michał</b>	<b>346</b>	VENEZUELATEAM	M-30	108	00:01:22	<b>00:27:35.00</b>	<b>00:28:57.35</b>	+00:12:23 (44.9%)	5:31	10.9 (55.1%)
475	<b>ŚWIETLIK Piotr</b>	<b>313</b>		M-50	39	00:00:33	<b>00:27:35.35</b>	<b>00:28:08.60</b>	+00:12:23 (44.9%)	5:31	10.9 (55.1%)
476	<b>MIELCARSKI Michał</b>	<b>302</b>	MIELCAR TEAM	M-40	122	00:01:10	<b>00:27:35.80</b>	<b>00:28:46.25</b>	+00:12:24 (44.9%)	5:31	10.9 (55.1%)
477	<b>CIACHERA Ireneusz</b>	<b>44</b>	INDYWIDUALNIE	M-50	40	00:00:52	<b>00:27:37.45</b>	<b>00:28:29.80</b>	+00:12:25 (45.0%)	5:31	10.9 (55.1%)
478	<b>DOLNY Kajetan</b>	<b>1030</b>	FOREST GANG	M-10	42	00:01:17	<b>00:27:38.55</b>	<b>00:28:56.40</b>	+00:12:26 (45.0%)	5:31	10.9 (55.1%)
479	<b>MAZUR Wojciech</b>	<b>671</b>		M-50	41	00:00:52	<b>00:27:38.60</b>	<b>00:28:31.20</b>	+00:12:27 (45.0%)	5:31	10.9 (55.1%)
480	<b>SIKORSKI Norbert</b>	<b>4</b>	MATEMATYKA Z PLUSEM	M-40	123	00:00:13	<b>00:27:39.30</b>	<b>00:27:52.50</b>	+00:12:27 (45.1%)	5:31	10.8 (54.5%)
481	<b>BŁAŻEJEWSKI Dariusz</b>	<b>520</b>		M-50	42	00:01:01	<b>00:27:39.70</b>	<b>00:28:40.95</b>	+00:12:28 (45.1%)	5:31	10.8 (54.5%)
482	<b>SZULC Magda</b>	<b>680</b>	SZULC TEAM	K-40	26	00:00:53	<b>00:27:40.05</b>	<b>00:28:33.05</b>	+00:12:28 (45.1%)	5:32	10.8 (54.5%)
483	<b>WOJTECKA Ewelina</b>	<b>445</b>	MUZEUM SOLCA	K-30	48	00:01:09	<b>00:27:41.05</b>	<b>00:28:50.75</b>	+00:12:29 (45.1%)	5:32	10.8 (54.5%)
484	<b>DĄBROWSKI Bartosz</b>	<b>960</b>	SPORTOWA PASJA	M-30	109	00:00:59	<b>00:27:41.55</b>	<b>00:28:41.30</b>	+00:12:29 (45.1%)	5:32	10.8 (54.5%)
485	<b>TADROWSKI Rafał</b>	<b>56</b>		M-40	124	00:00:29	<b>00:27:42.25</b>	<b>00:28:11.45</b>	+00:12:30 (45.2%)	5:32	10.8 (54.5%)
486	<b>GRUBA Grzegorz</b>	<b>844</b>	KOLEGIUM KUJAWSKIE	M-40	125	00:00:36	<b>00:27:42.45</b>	<b>00:28:19.10</b>	+00:12:30 (45.2%)	5:32	10.8 (54.5%)
487	<b>ZIÓLKOWSKI Marek</b>	<b>717</b>		M-30	110	00:01:04	<b>00:27:43.40</b>	<b>00:28:47.70</b>	+00:12:31 (45.2%)	5:32	10.8 (54.5%)
488	<b>DURAJEWSKI Mateusz</b>	<b>144</b>		M-30	111	00:01:00	<b>00:27:43.45</b>	<b>00:28:43.60</b>	+00:12:31 (45.2%)	5:32	10.8 (54.5%)
489	<b>OKRĘGLICKA Barbara</b>	<b>1041</b>		K-50	6	00:00:52	<b>00:27:46.65</b>	<b>00:28:38.95</b>	+00:12:35 (45.3%)	5:33	10.8 (54.5%)
490	<b>BESS Ania</b>	<b>328</b>		K-30	49	00:00:14	<b>00:27:47.65</b>	<b>00:28:02.55</b>	+00:12:36 (45.3%)	5:33	10.8 (54.5%)
491	<b>RATAJCZAK Robert</b>	<b>1114</b>	TG SOKÓŁ I	M-50	43	00:01:12	<b>00:27:48.15</b>	<b>00:29:00.55</b>	+00:12:36 (45.4%)	5:33	10.8 (54.5%)
492	<b>KŁOS Kamila</b>	<b>1055</b>	TG SOKÓŁ I	K-40	27	00:01:12	<b>00:27:48.25</b>	<b>00:29:00.45</b>	+00:12:36 (45.4%)	5:33	10.8 (54.5%)
493	<b>SOBOTA Piotr</b>	<b>513</b>		M-50	44	00:00:53	<b>00:27:48.55</b>	<b>00:28:41.85</b>	+00:12:36 (45.4%)	5:33	10.8 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
494	<b>ŻURYŃ Aldona</b>	<b>999</b>	ORANGE POLSKA	K-40	28	00:00:59	<b>00:27:49.00</b>	<b>00:28:48.55</b>	+00:12:37 (45.4%)	5:33	10.8 (54.5%)
495	<b>BURNICKI Mariusz</b>	<b>428</b>		M-50	45	00:00:34	<b>00:27:50.80</b>	<b>00:28:25.65</b>	+00:12:39 (45.4%)	5:34	10.8 (54.5%)
496	<b>POLIWKA Ula</b>	<b>888</b>	ABRAMCZYK	K-40	29	00:00:43	<b>00:27:50.85</b>	<b>00:28:34.75</b>	+00:12:39 (45.4%)	5:34	10.8 (54.5%)
497	<b>KWASIGROCH Wiktor</b>	<b>549</b>		M-20	57	00:00:41	<b>00:27:50.95</b>	<b>00:28:32.25</b>	+00:12:39 (45.4%)	5:34	10.8 (54.5%)
498	<b>DROSDOWSKA Klara</b>	<b>769</b>		K-20	17	00:01:03	<b>00:27:54.70</b>	<b>00:28:58.35</b>	+00:12:43 (45.6%)	5:34	10.8 (54.5%)
499	<b>GAPINSKA Bogna</b>	<b>29</b>		K-30	50	00:00:09	<b>00:27:54.80</b>	<b>00:28:04.35</b>	+00:12:43 (45.6%)	5:34	10.8 (54.5%)
500	<b>FRANKÓW Łukasz</b>	<b>1005</b>		M-30	112	00:00:19	<b>00:27:55.10</b>	<b>00:28:14.55</b>	+00:12:43 (45.6%)	5:35	10.7 (54.0%)
501	<b>CZECH Dominika</b>	<b>1091</b>		K-20	18	00:00:19	<b>00:27:55.85</b>	<b>00:28:14.85</b>	+00:12:44 (45.6%)	5:35	10.7 (54.0%)
502	<b>FRANCIS Khalil</b>	<b>312</b>		M-40	126	00:00:25	<b>00:27:57.05</b>	<b>00:28:22.45</b>	+00:12:45 (45.6%)	5:35	10.7 (54.0%)
503	<b>DRZEWIECKI Mikołaj</b>	<b>207</b>		M-30	113	00:01:02	<b>00:27:57.15</b>	<b>00:28:59.15</b>	+00:12:45 (45.6%)	5:35	10.7 (54.0%)
504	<b>ŻEREK Magdalena</b>	<b>976</b>	KOLEGIUM KUJAWSKIE	K-40	30	00:00:37	<b>00:27:59.00</b>	<b>00:28:36.15</b>	+00:12:47 (45.7%)	5:35	10.7 (54.0%)
505	<b>JANKOWSKA Anna</b>	<b>932</b>		K-30	51	00:00:24	<b>00:28:00.10</b>	<b>00:28:24.75</b>	+00:12:48 (45.7%)	5:36	10.7 (54.0%)
506	<b>WILMA Paweł</b>	<b>426</b>		M-30	114	00:01:26	<b>00:28:00.30</b>	<b>00:29:26.45</b>	+00:12:48 (45.7%)	5:36	10.7 (54.0%)
507	<b>GOŁCZYŃSKI Tomasz</b>	<b>496</b>		M-40	127	00:00:57	<b>00:28:00.95</b>	<b>00:28:58.35</b>	+00:12:49 (45.8%)	5:36	10.7 (54.0%)
508	<b>BIDAS Wiktor</b>	<b>114</b>	MATEMATYKA Z PLUSEM	M-10	43	00:00:13	<b>00:28:02.50</b>	<b>00:28:16.15</b>	+00:12:50 (45.8%)	5:36	10.7 (54.0%)
509	<b>CHĘSY Jacek</b>	<b>232</b>		M-40	128	00:00:49	<b>00:28:04.40</b>	<b>00:28:53.95</b>	+00:12:52 (45.9%)	5:36	10.7 (54.0%)
510	<b>FELKNER Alicja</b>	<b>502</b>		K-10	7	00:01:24	<b>00:28:04.45</b>	<b>00:29:28.80</b>	+00:12:52 (45.9%)	5:36	10.7 (54.0%)
511	<b>ZIELIŃSKI Radosław</b>	<b>925</b>		M-30	115	00:00:49	<b>00:28:05.85</b>	<b>00:28:55.30</b>	+00:12:54 (45.9%)	5:37	10.7 (54.0%)
512	<b>OPALA Marcin</b>	<b>272</b>		M-40	129	00:00:57	<b>00:28:06.30</b>	<b>00:29:03.35</b>	+00:12:54 (45.9%)	5:37	10.7 (54.0%)
513	<b>GRACZKOWSKA Mirosława</b>	<b>192</b>		K-50	7	00:01:07	<b>00:28:07.80</b>	<b>00:29:15.30</b>	+00:12:56 (46.0%)	5:37	10.7 (54.0%)
514	<b>WILCZYŃSKI Łukasz</b>	<b>200</b>		M-30	116	00:00:57	<b>00:28:09.35</b>	<b>00:29:06.70</b>	+00:12:57 (46.0%)	5:37	10.7 (54.0%)
515	<b>LENSER Ewa</b>	<b>473</b>	MUZEUM SOLCA	K-40	31	00:01:09	<b>00:28:09.50</b>	<b>00:29:19.25</b>	+00:12:57 (46.0%)	5:37	10.7 (54.0%)
516	<b>MAJEWSKA Barbara</b>	<b>450</b>		K-40	32	00:00:13	<b>00:28:10.00</b>	<b>00:28:23.50</b>	+00:12:58 (46.1%)	5:38	10.7 (54.0%)
517	<b>GRALAK Jacek</b>	<b>422</b>		M-40	130	00:00:47	<b>00:28:11.30</b>	<b>00:28:58.40</b>	+00:12:59 (46.1%)	5:38	10.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
518	<b>GACZKOWSKI Paweł</b>	<b>548</b>		M-40	131	00:00:12	<b>00:28:11.50</b>	<b>00:28:24.10</b>	+00:12:59 (46.1%)	5:38	10.6 (53.5%)
519	<b>LEWICKI Arkadiusz</b>	<b>607</b>		M-30	117	00:01:12	<b>00:28:11.55</b>	<b>00:29:24.20</b>	+00:12:59 (46.1%)	5:38	10.6 (53.5%)
520	<b>GŁOWACKI Kamil</b>	<b>761</b>		M-10	44	00:00:08	<b>00:28:13.40</b>	<b>00:28:21.75</b>	+00:13:01 (46.2%)	5:38	10.6 (53.5%)
521	<b>KWIATKOWSKI Michał</b>	<b>880</b>	KOLEGIUM KUJAWSKIE	M-30	118	00:00:39	<b>00:28:13.45</b>	<b>00:28:53.35</b>	+00:13:01 (46.2%)	5:38	10.6 (53.5%)
522	<b>PRZYBYLSKA Karolina</b>	<b>61</b>		K-30	52	00:00:46	<b>00:28:13.65</b>	<b>00:29:00.45</b>	+00:13:02 (46.2%)	5:38	10.6 (53.5%)
523	<b>PRUSZAK Julian</b>	<b>805</b>	LAERDAL MEDICAL POLAND	M-30	119	00:01:14	<b>00:28:13.85</b>	<b>00:29:27.95</b>	+00:13:02 (46.2%)	5:38	10.6 (53.5%)
524	<b>BUDCZAN Oliwier</b>	<b>991</b>	KOLEGIUM KUJAWSKIE	M-10	45	00:00:44	<b>00:28:14.60</b>	<b>00:28:59.15</b>	+00:13:03 (46.2%)	5:38	10.6 (53.5%)
525	<b>NOWICKA Małgorzata</b>	<b>572</b>		K-20	19	00:00:36	<b>00:28:15.00</b>	<b>00:28:51.85</b>	+00:13:03 (46.2%)	5:39	10.6 (53.5%)
526	<b>GLINKOWSKI Dariusz</b>	<b>63</b>	B28	M-30	120	00:00:17	<b>00:28:15.65</b>	<b>00:28:32.95</b>	+00:13:04 (46.2%)	5:39	10.6 (53.5%)
527	<b>KOSIARSKI Tomasz</b>	<b>417</b>		M-40	132	00:00:39	<b>00:28:16.00</b>	<b>00:28:55.65</b>	+00:13:04 (46.3%)	5:39	10.6 (53.5%)
528	<b>JAWORSKA KACZMAREK Sylwia</b>	<b>420</b>	#4FAJTER	K-40	33	00:00:39	<b>00:28:16.45</b>	<b>00:28:55.90</b>	+00:13:04 (46.3%)	5:39	10.6 (53.5%)
529	<b>JANYSKA Adam</b>	<b>594</b>	UKS KOPERNIK BYDGOSZCZ	M-20	58	00:00:07	<b>00:28:17.00</b>	<b>00:28:24.75</b>	+00:13:05 (46.3%)	5:39	10.6 (53.5%)
530	<b>SMUCZYŃSKI Wojciech</b>	<b>278</b>		M-30	121	00:01:02	<b>00:28:18.35</b>	<b>00:29:20.85</b>	+00:13:06 (46.3%)	5:39	10.6 (53.5%)
531	<b>BARAŃSKA Sylwia</b>	<b>958</b>	PARKRUN BYDGOSZCZ	K-40	34	00:00:37	<b>00:28:19.90</b>	<b>00:28:57.25</b>	+00:13:08 (46.4%)	5:39	10.6 (53.5%)
532	<b>KRAJEWSKI Kamil</b>	<b>309</b>		M-20	59	00:01:08	<b>00:28:20.20</b>	<b>00:29:28.65</b>	+00:13:08 (46.4%)	5:40	10.6 (53.5%)
533	<b>KOSEK Mariusz</b>	<b>813</b>		M-40	133	00:00:58	<b>00:28:21.20</b>	<b>00:29:19.75</b>	+00:13:09 (46.4%)	5:40	10.6 (53.5%)
534	<b>MLICKI Marcin</b>	<b>66</b>		M-40	134	00:01:26	<b>00:28:22.05</b>	<b>00:29:48.95</b>	+00:13:10 (46.4%)	5:40	10.6 (53.5%)
535	<b>BRZYKCY Artur</b>	<b>812</b>	BIEGACZE KCYNIA TEAM	M-20	60	00:00:28	<b>00:28:22.55</b>	<b>00:28:51.50</b>	+00:13:10 (46.5%)	5:40	10.6 (53.5%)
536	<b>BĄKOWSKI Dawid</b>	<b>654</b>		M-30	122	00:00:52	<b>00:28:22.80</b>	<b>00:29:15.10</b>	+00:13:11 (46.5%)	5:40	10.6 (53.5%)
537	<b>DAMBECKI Piotr</b>	<b>194</b>	POLISH AIR FORCE FAMILY FAN CLUB	M-40	135	00:00:57	<b>00:28:23.50</b>	<b>00:29:20.75</b>	+00:13:11 (46.5%)	5:40	10.6 (53.5%)
537	<b>KEMNITZ Agnieszka</b>	<b>275</b>	BIEGACZE KCYNIA TEAM	K-30	53	00:00:28	<b>00:28:23.50</b>	<b>00:28:51.50</b>	+00:13:11 (46.5%)	5:40	10.6 (53.5%)
539	<b>GOLIK Krzysztof</b>	<b>19</b>	FORDONRUNNERS	M-40	136	00:01:05	<b>00:28:24.05</b>	<b>00:29:29.30</b>	+00:13:12 (46.5%)	5:40	10.6 (53.5%)
540	<b>MAŁKIŃSKA-BIĘGA Dorota</b>	<b>655</b>		K-30	54	00:00:52	<b>00:28:24.15</b>	<b>00:29:16.35</b>	+00:13:12 (46.5%)	5:40	10.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
541	<b>WOJTCZAK Arkadiusz</b>	<b>757</b>		M-20	61	00:01:22	<b>00:28:25.50</b>	<b>00:29:48.15</b>	+00:13:13 (46.5%)	5:41	10.6 (53.5%)
542	<b>KOZICKA Magdalena</b>	<b>755</b>		K-20	20	00:01:22	<b>00:28:25.75</b>	<b>00:29:48.05</b>	+00:13:14 (46.6%)	5:41	10.6 (53.5%)
543	<b>WESOŁOWSKA Aleksandra</b>	<b>171</b>		K-40	35	00:00:14	<b>00:28:25.85</b>	<b>00:28:40.20</b>	+00:13:14 (46.6%)	5:41	10.6 (53.5%)
544	<b>DOMBROWSKI Łukasz</b>	<b>440</b>		M-30	123	00:01:09	<b>00:28:25.95</b>	<b>00:29:35.05</b>	+00:13:14 (46.6%)	5:41	10.6 (53.5%)
545	<b>WESOŁOWSKI Dariusz</b>	<b>172</b>		M-50	46	00:00:14	<b>00:28:26.15</b>	<b>00:28:40.30</b>	+00:13:14 (46.6%)	5:41	10.6 (53.5%)
546	<b>PIONTEK Elżbieta</b>	<b>30</b>		K-60+	2	00:00:09	<b>00:28:26.50</b>	<b>00:28:35.75</b>	+00:13:14 (46.6%)	5:41	10.6 (53.5%)
547	<b>KASZUBOWSKI Daniel</b>	<b>318</b>		M-30	124	00:01:25	<b>00:28:26.55</b>	<b>00:29:51.80</b>	+00:13:14 (46.6%)	5:41	10.6 (53.5%)
548	<b>JAGIELSKI Łukasz</b>	<b>1116</b>		M-40	137	00:00:27	<b>00:28:27.50</b>	<b>00:28:54.85</b>	+00:13:15 (46.6%)	5:41	10.5 (53.0%)
549	<b>BARWIKOWSKA Bogusia</b>	<b>1048</b>		K-40	36	00:01:09	<b>00:28:29.25</b>	<b>00:29:39.20</b>	+00:13:17 (46.7%)	5:41	10.5 (53.0%)
550	<b>POLACKA Jadwiga</b>	<b>225</b>	BIEGAJ Z DĘBAMI	K-40	37	00:01:20	<b>00:28:30.05</b>	<b>00:29:50.45</b>	+00:13:18 (46.7%)	5:42	10.5 (53.0%)
551	<b>SPYCHALSKA Kinga</b>	<b>39</b>		K-30	55	00:01:12	<b>00:28:30.65</b>	<b>00:29:42.70</b>	+00:13:19 (46.7%)	5:42	10.5 (53.0%)
552	<b>LIPOWSKA Joanna</b>	<b>895</b>		K-10	8	00:00:46	<b>00:28:32.35</b>	<b>00:29:18.85</b>	+00:13:20 (46.8%)	5:42	10.5 (53.0%)
553	<b>JACKOWIEC-JAGIELSKA Małgorzata</b>	<b>331</b>		K-40	38	00:00:27	<b>00:28:32.55</b>	<b>00:28:59.80</b>	+00:13:20 (46.8%)	5:42	10.5 (53.0%)
554	<b>GRECZANIUK Ewa</b>	<b>968</b>	KOLEGIUM KUJAWSKIE	K-10	9	00:00:45	<b>00:28:33.45</b>	<b>00:29:19.05</b>	+00:13:21 (46.8%)	5:42	10.5 (53.0%)
555	<b>OKOŃSKA Emilia</b>	<b>1068</b>		K-40	39	00:01:18	<b>00:28:33.65</b>	<b>00:29:52.10</b>	+00:13:22 (46.8%)	5:42	10.5 (53.0%)
556	<b>KWAŚNIEWSKA Aldona</b>	<b>587</b>		K-40	40	00:01:11	<b>00:28:36.05</b>	<b>00:29:47.60</b>	+00:13:24 (46.9%)	5:43	10.5 (53.0%)
557	<b>KWAŚNIEWSKI Waldemar</b>	<b>588</b>		M-50	47	00:01:11	<b>00:28:36.80</b>	<b>00:29:47.90</b>	+00:13:25 (46.9%)	5:43	10.5 (53.0%)
558	<b>SARNECKI Waldemar</b>	<b>404</b>		M-30	125	00:00:13	<b>00:28:37.20</b>	<b>00:28:50.65</b>	+00:13:25 (46.9%)	5:43	10.5 (53.0%)
559	<b>MAGOŃ Emilia</b>	<b>705</b>	KABEL TEAM BYDGOSZCZ	K-20	21	00:01:11	<b>00:28:37.60</b>	<b>00:29:48.95</b>	+00:13:26 (46.9%)	5:43	10.5 (53.0%)
560	<b>HEINRICH Julia</b>	<b>1111</b>		K-10	10	00:00:33	<b>00:28:38.10</b>	<b>00:29:11.50</b>	+00:13:26 (46.9%)	5:43	10.5 (53.0%)
561	<b>JUNKA Małgorzata</b>	<b>593</b>	KS JASTRZĘBIE BYDGOSZCZ	K-50	8	00:00:33	<b>00:28:38.50</b>	<b>00:29:11.70</b>	+00:13:26 (47.0%)	5:43	10.5 (53.0%)
562	<b>NOWAK Marcin</b>	<b>235</b>		M-40	138	00:00:12	<b>00:28:38.55</b>	<b>00:28:51.50</b>	+00:13:26 (47.0%)	5:43	10.5 (53.0%)
563	<b>KUK Bartłomiej</b>	<b>132</b>		M-10	46	00:00:48	<b>00:28:39.55</b>	<b>00:29:28.15</b>	+00:13:27 (47.0%)	5:43	10.5 (53.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
564	<b>FUZ Gabriela</b>	<b>697</b>	KABEL TEAM BYDGOSZCZ	K-40	41	00:01:11	<b>00:28:40.15</b>	<b>00:29:51.80</b>	+00:13:28 (47.0%)	5:44	10.5 (53.0%)
565	<b>ŁĘGA Mariusz</b>	<b>369</b>		M-20	62	00:00:25	<b>00:28:40.60</b>	<b>00:29:06.00</b>	+00:13:29 (47.0%)	5:44	10.5 (53.0%)
566	<b>SZAMP Krzysztof</b>	<b>560</b>		M-40	139	00:00:32	<b>00:28:41.05</b>	<b>00:29:13.65</b>	+00:13:29 (47.0%)	5:44	10.5 (53.0%)
567	<b>LESZCZYNSKA Kinga</b>	<b>380</b>		K-40	42	00:00:53	<b>00:28:43.30</b>	<b>00:29:36.95</b>	+00:13:31 (47.1%)	5:44	10.4 (52.5%)
568	<b>PRZYBYLSKI Mariusz</b>	<b>206</b>	BYDGOSZCZ NA START	M-50	48	00:00:57	<b>00:28:45.90</b>	<b>00:29:43.25</b>	+00:13:34 (47.2%)	5:45	10.4 (52.5%)
569	<b>PRZYBYLSKA Grażyna</b>	<b>745</b>		K-50	9	00:00:57	<b>00:28:46.00</b>	<b>00:29:43.25</b>	+00:13:34 (47.2%)	5:45	10.4 (52.5%)
570	<b>CIEŚLIICKI Krzysztof</b>	<b>582</b>	SISU TEAM	M-30	126	00:01:13	<b>00:28:49.00</b>	<b>00:30:02.35</b>	+00:13:37 (47.3%)	5:45	10.4 (52.5%)
571		<b>1129</b>				00:00:59	<b>00:28:51.15</b>	<b>00:29:50.20</b>	+00:13:39 (47.3%)	5:46	10.4 (52.5%)
572	<b>SIUDZIŃSKA-BESS Ania</b>	<b>15</b>		K-30	56	00:00:14	<b>00:28:55.60</b>	<b>00:29:10.05</b>	+00:13:44 (47.5%)	5:47	10.4 (52.5%)
573	<b>SZKOPIAK-NOWAKOWSKA Oliwia</b>	<b>795</b>		K-20	22	00:00:50	<b>00:28:58.20</b>	<b>00:29:48.30</b>	+00:13:46 (47.6%)	5:47	10.4 (52.5%)
574	<b>KABACIŃSKA Kinga</b>	<b>196</b>		K-30	57	00:00:25	<b>00:28:59.70</b>	<b>00:29:25.35</b>	+00:13:48 (47.6%)	5:47	10.4 (52.5%)
575	<b>KOPCZYŃSKI Piotr</b>	<b>726</b>		M-20	63	00:00:13	<b>00:28:59.75</b>	<b>00:29:12.95</b>	+00:13:48 (47.6%)	5:47	10.4 (52.5%)
576	<b>JANKOWSKI Marcin</b>	<b>1100</b>		M-20	64	00:01:30	<b>00:28:59.80</b>	<b>00:30:30.60</b>	+00:13:48 (47.6%)	5:47	10.4 (52.5%)
577	<b>JAKUBOWSKA Sabina</b>	<b>1019</b>		K-30	58	00:00:24	<b>00:29:03.35</b>	<b>00:29:28.25</b>	+00:13:51 (47.7%)	5:48	10.3 (52.0%)
578	<b>FABROWSKI Dawid</b>	<b>238</b>	TRITATA TEAMOCHAL	M-40	140	00:01:16	<b>00:29:06.55</b>	<b>00:30:22.85</b>	+00:13:54 (47.8%)	5:49	10.3 (52.0%)
579	<b>CHODOROWSKA Maria</b>	<b>124</b>		K-30	59	00:01:03	<b>00:29:06.75</b>	<b>00:30:10.20</b>	+00:13:55 (47.8%)	5:49	10.3 (52.0%)
580	<b>ŁUDZIŃSKI Jakub</b>	<b>706</b>		M-30	127	00:01:04	<b>00:29:07.45</b>	<b>00:30:11.45</b>	+00:13:55 (47.8%)	5:49	10.3 (52.0%)
581	<b>SZAJDA Magdalena</b>	<b>188</b>		K-40	43	00:01:15	<b>00:29:09.00</b>	<b>00:30:24.85</b>	+00:13:57 (47.9%)	5:49	10.3 (52.0%)
582	<b>PAPIS Piotr</b>	<b>742</b>	BACKONIK	M-40	141	00:00:52	<b>00:29:09.30</b>	<b>00:30:02.20</b>	+00:13:57 (47.9%)	5:49	10.3 (52.0%)
583	<b>SCIGOCKI Waldemar</b>	<b>165</b>		M-50	49	00:00:21	<b>00:29:09.85</b>	<b>00:29:30.95</b>	+00:13:58 (47.9%)	5:49	10.3 (52.0%)
584	<b>BANDOCH Jacek</b>	<b>158</b>		M-30	128	00:01:30	<b>00:29:11.70</b>	<b>00:30:42.00</b>	+00:14:00 (48.0%)	5:50	10.3 (52.0%)
585	<b>DOMINICZAK Robert</b>	<b>499</b>		M-50	50	00:00:48	<b>00:29:12.40</b>	<b>00:30:01.10</b>	+00:14:00 (48.0%)	5:50	10.3 (52.0%)
586	<b>MIKLASZEWSKA Karolina</b>	<b>822</b>		K-20	23	00:00:53	<b>00:29:12.95</b>	<b>00:30:06.60</b>	+00:14:01 (48.0%)	5:50	10.3 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
587	<b>GUŹDZIOŁ Jarek</b>	<b>990</b>	TBKM WILK SOLEC KUJAWSKI	M-40	142	00:01:12	<b>00:29:13.60</b>	<b>00:30:25.80</b>	+00:14:02 (48.0%)	5:50	10.3 (52.0%)
588	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>985</b>		K-40	44	00:01:10	<b>00:29:14.80</b>	<b>00:30:25.65</b>	+00:14:03 (48.1%)	5:50	10.3 (52.0%)
589	<b>MALATYŃSKA Barbara</b>	<b>670</b>		K-40	45	00:00:59	<b>00:29:15.35</b>	<b>00:30:15.20</b>	+00:14:03 (48.1%)	5:51	10.3 (52.0%)
590	<b>LEWANDOWSKA Sylwia</b>	<b>53</b>		K-40	46	00:00:34	<b>00:29:15.50</b>	<b>00:29:50.35</b>	+00:14:03 (48.1%)	5:51	10.3 (52.0%)
591	<b>KURYŁO Julia</b>	<b>296</b>	I LO BYDGOSZCZ	K-10	11	00:00:27	<b>00:29:16.20</b>	<b>00:29:44.15</b>	+00:14:04 (48.1%)	5:51	10.3 (52.0%)
592	<b>CEJKO Sławomir</b>	<b>1004</b>		M-40	143	00:01:25	<b>00:29:16.60</b>	<b>00:30:41.85</b>	+00:14:05 (48.1%)	5:51	10.3 (52.0%)
593	<b>GROBELNA Ida</b>	<b>774</b>		K-20	24	00:00:41	<b>00:29:17.95</b>	<b>00:29:59.40</b>	+00:14:06 (48.1%)	5:51	10.2 (51.5%)
594	<b>KOLANOWSKI Wojciech</b>	<b>820</b>		M-50	51	00:00:24	<b>00:29:18.30</b>	<b>00:29:43.00</b>	+00:14:06 (48.2%)	5:51	10.2 (51.5%)
595	<b>KOLANOWSKA Grażyna</b>	<b>819</b>		K-50	10	00:00:24	<b>00:29:18.70</b>	<b>00:29:42.90</b>	+00:14:07 (48.2%)	5:51	10.2 (51.5%)
596	<b>WYPORKIEWICZ Jerzy</b>	<b>719</b>	KLINIKA TRIATHLONU	M-50	52	00:01:00	<b>00:29:19.65</b>	<b>00:30:19.85</b>	+00:14:08 (48.2%)	5:51	10.2 (51.5%)
597	<b>SIERADZKA Małgorzata</b>	<b>610</b>		K-40	47	00:01:20	<b>00:29:20.05</b>	<b>00:30:40.45</b>	+00:14:08 (48.2%)	5:52	10.2 (51.5%)
598	<b>ZIELIŃSKA Justyna</b>	<b>51</b>	KAPITEAM	K-40	48	00:01:11	<b>00:29:20.70</b>	<b>00:30:31.85</b>	+00:14:09 (48.2%)	5:52	10.2 (51.5%)
599	<b>MYSYK Igor</b>	<b>1033</b>		M-20	65	00:00:25	<b>00:29:21.20</b>	<b>00:29:46.95</b>	+00:14:09 (48.2%)	5:52	10.2 (51.5%)
600	<b>ZDUNKIEWICZ Filip</b>	<b>100</b>	#WIĘCEJSPRZĘTUNIŻTALENTU	M-10	47	00:00:57	<b>00:29:21.45</b>	<b>00:30:18.85</b>	+00:14:09 (48.2%)	5:52	10.2 (51.5%)
601	<b>ROK Agnieszka</b>	<b>971</b>		K-20	25	00:01:01	<b>00:29:22.05</b>	<b>00:30:23.90</b>	+00:14:10 (48.3%)	5:52	10.2 (51.5%)
602	<b>BURCHARD Remigiusz</b>	<b>504</b>		M-40	144	00:00:56	<b>00:29:22.55</b>	<b>00:30:19.00</b>	+00:14:10 (48.3%)	5:52	10.2 (51.5%)
603	<b>BĄBOLEWSKI Łukasz</b>	<b>97</b>	#WIĘCEJSPRZĘTUNIŻTALENTU	M-30	129	00:00:56	<b>00:29:23.15</b>	<b>00:30:19.55</b>	+00:14:11 (48.3%)	5:52	10.2 (51.5%)
604	<b>BŁAŻEK-KOJRO Kasia</b>	<b>54</b>		K-30	60	00:00:34	<b>00:29:23.80</b>	<b>00:29:58.70</b>	+00:14:12 (48.3%)	5:52	10.2 (51.5%)
605	<b>HAWRYŁO Mariusz</b>	<b>389</b>		M-30	130	00:00:17	<b>00:29:24.35</b>	<b>00:29:42.15</b>	+00:14:12 (48.3%)	5:52	10.2 (51.5%)
606	<b>HAWRYŁO Marta</b>	<b>374</b>		K-20	26	00:00:17	<b>00:29:24.75</b>	<b>00:29:42.35</b>	+00:14:13 (48.3%)	5:52	10.2 (51.5%)
606	<b>TYKWIŃSKA Agnieszka</b>	<b>826</b>		K-30	61	00:00:11	<b>00:29:24.75</b>	<b>00:29:35.90</b>	+00:14:13 (48.3%)	5:52	10.2 (51.5%)
608	<b>STRUGAŁA Łukasz</b>	<b>202</b>		M-30	131	00:00:21	<b>00:29:25.25</b>	<b>00:29:46.85</b>	+00:14:13 (48.4%)	5:53	10.2 (51.5%)
609	<b>BANSZAK Ewa</b>	<b>1094</b>		K-20	27	00:00:47	<b>00:29:26.25</b>	<b>00:30:13.95</b>	+00:14:14 (48.4%)	5:53	10.2 (51.5%)
610	<b>KAMYSZEK Ewa</b>	<b>901</b>	SPC	K-50	11	00:01:21	<b>00:29:28.45</b>	<b>00:30:49.80</b>	+00:14:16 (48.5%)	5:53	10.2 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
611	<b>PRĄDZYŃSKI Marcin</b>	<b>229</b>	AKADEMIAMISTRZOWSPORTU	M-40	145	00:01:13	<b>00:29:31.90</b>	<b>00:30:45.70</b>	+00:14:20 (48.6%)	5:54	10.2 (51.5%)
612	<b>STEJUK Aleksandra</b>	<b>279</b>	AKADEMIA MISTRZÓW SPORTU	K-40	49	00:01:14	<b>00:29:34.25</b>	<b>00:30:48.95</b>	+00:14:22 (48.6%)	5:54	10.1 (51.0%)
613	<b>WASILEWSKA Agata</b>	<b>285</b>		K-40	50	00:01:14	<b>00:29:34.30</b>	<b>00:30:48.95</b>	+00:14:22 (48.6%)	5:54	10.1 (51.0%)
614	<b>WASILEWSKA Martyna</b>	<b>711</b>	AMS BYDGOSZCZ	K-30	62	00:01:14	<b>00:29:34.40</b>	<b>00:30:49.00</b>	+00:14:22 (48.6%)	5:54	10.1 (51.0%)
615	<b>MISUN-NOWAK Katarzyna</b>	<b>281</b>	AKADEMIA MISTRZÓW SPORTU	K-40	51	00:01:14	<b>00:29:34.80</b>	<b>00:30:49.20</b>	+00:14:23 (48.6%)	5:54	10.1 (51.0%)
615	<b>KUSA Piotr</b>	<b>944</b>		M-40	146	00:01:13	<b>00:29:34.80</b>	<b>00:30:48.10</b>	+00:14:23 (48.6%)	5:54	10.1 (51.0%)
617	<b>ROGOZIŃSKA Karolina</b>	<b>217</b>	RUNMORS	K-30	63	00:00:30	<b>00:29:34.85</b>	<b>00:30:05.45</b>	+00:14:23 (48.6%)	5:54	10.1 (51.0%)
618	<b>BEAUVALE Monika</b>	<b>1064</b>		K-40	52	00:00:26	<b>00:29:36.25</b>	<b>00:30:02.85</b>	+00:14:24 (48.7%)	5:55	10.1 (51.0%)
619	<b>DEPTUŁA Stanisław</b>	<b>154</b>	NIEZRZESZONY	M-10	48	00:00:27	<b>00:29:37.40</b>	<b>00:30:05.35</b>	+00:14:25 (48.7%)	5:55	10.1 (51.0%)
620	<b>KOWALSKA Jolanta</b>	<b>1066</b>		K-40	53	00:00:19	<b>00:29:38.05</b>	<b>00:29:57.75</b>	+00:14:26 (48.7%)	5:55	10.1 (51.0%)
620	<b>DALKIEWICZ Igor</b>	<b>573</b>		M-20	66	00:00:36	<b>00:29:38.05</b>	<b>00:30:14.15</b>	+00:14:26 (48.7%)	5:55	10.1 (51.0%)
622	<b>ZDUNKIEWICZ Hania</b>	<b>98</b>	#WIĘCEJSPRZĘTUNIŻTALENTU	K-40	54	00:00:57	<b>00:29:39.00</b>	<b>00:30:36.55</b>	+00:14:27 (48.8%)	5:55	10.1 (51.0%)
623	<b>SZCZERBA Dariusz</b>	<b>83</b>		M-40	147	00:01:00	<b>00:29:40.15</b>	<b>00:30:41.00</b>	+00:14:28 (48.8%)	5:56	10.1 (51.0%)
624	<b>WÓJCIK Magda</b>	<b>80</b>		K-20	28	00:01:00	<b>00:29:40.20</b>	<b>00:30:40.65</b>	+00:14:28 (48.8%)	5:56	10.1 (51.0%)
625	<b>KOZŁOWSKI Przemysław</b>	<b>359</b>		M-20	67	00:01:00	<b>00:29:40.80</b>	<b>00:30:40.95</b>	+00:14:29 (48.8%)	5:56	10.1 (51.0%)
626	<b>WRZESIŃSKI Maciej</b>	<b>914</b>	KOLEGIUM KUJAWSKIE	M-10	49	00:00:47	<b>00:29:42.90</b>	<b>00:30:30.65</b>	+00:14:31 (48.9%)	5:56	10.1 (51.0%)
627	<b>ŚWIĄTKOWSKA Weronika</b>	<b>974</b>	KOLEGIUM KUJAWSKIE	K-10	12	00:00:48	<b>00:29:43.00</b>	<b>00:30:31.25</b>	+00:14:31 (48.9%)	5:56	10.1 (51.0%)
628	<b>SKORNIA Marika</b>	<b>198</b>		K-20	29	00:01:06	<b>00:29:43.40</b>	<b>00:30:49.45</b>	+00:14:31 (48.9%)	5:56	10.1 (51.0%)
629	<b>SKORNIA Paweł</b>	<b>199</b>		M-30	132	00:01:05	<b>00:29:46.35</b>	<b>00:30:52.05</b>	+00:14:34 (49.0%)	5:57	10.1 (51.0%)
630	<b>KOTARSKA-SKONIECZKA Anna</b>	<b>905</b>	PND RUNNING TEAM	K-40	55	00:00:42	<b>00:29:46.85</b>	<b>00:30:29.55</b>	+00:14:35 (49.0%)	5:57	10.1 (51.0%)
631	<b>WYRĄBKIEWICZ Hanna</b>	<b>723</b>		K-30	64	00:00:18	<b>00:29:46.95</b>	<b>00:30:05.05</b>	+00:14:35 (49.0%)	5:57	10.1 (51.0%)
632	<b>KRASIŃSKA Katarzyna</b>	<b>783</b>		K-40	56	00:00:16	<b>00:29:47.70</b>	<b>00:30:04.10</b>	+00:14:36 (49.0%)	5:57	10.1 (51.0%)
633	<b>REINKE Kajetan</b>	<b>129</b>		M-10	50	00:00:05	<b>00:29:47.75</b>	<b>00:29:52.95</b>	+00:14:36 (49.0%)	5:57	10.1 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
634	<b>KWIATKOWSKI Konrad</b>	<b>892</b>	KOLEGIUM KUJAWSKIE	M-10	51	00:00:45	<b>00:29:48.80</b>	<b>00:30:33.85</b>	+00:14:37 (49.0%)	5:57	10.1 (51.0%)
635	<b>ŚWIATLAK Marek</b>	<b>527</b>	TEAM BYDGOSZCZ	M-50	53	00:00:54	<b>00:29:48.95</b>	<b>00:30:43.65</b>	+00:14:37 (49.0%)	5:57	10.1 (51.0%)
636	<b>WOŁOWIEC Dawid</b>	<b>964</b>		M-10	52	00:00:40	<b>00:29:49.50</b>	<b>00:30:30.05</b>	+00:14:37 (49.1%)	5:57	10.1 (51.0%)
637	<b>BURY Tomasz</b>	<b>240</b>		M-30	133	00:00:18	<b>00:29:50.00</b>	<b>00:30:08.05</b>	+00:14:38 (49.1%)	5:58	10.1 (51.0%)
638	<b>KOSIOROWSKI Przemysław</b>	<b>965</b>		M-40	148	00:00:50	<b>00:29:52.05</b>	<b>00:30:42.60</b>	+00:14:40 (49.1%)	5:58	10 (50.5%)
639	<b>FURMAN Paweł</b>	<b>668</b>	SFORA BMK	M-30	134	00:01:22	<b>00:29:54.05</b>	<b>00:31:16.85</b>	+00:14:42 (49.2%)	5:58	10 (50.5%)
640	<b>WOJCIECHOWSKA Dagmara</b>	<b>570</b>		K-40	57	00:00:10	<b>00:29:54.10</b>	<b>00:30:04.85</b>	+00:14:42 (49.2%)	5:58	10 (50.5%)
641	<b>FURMAN Małgorzata</b>	<b>669</b>		K-40	58	00:01:21	<b>00:29:54.95</b>	<b>00:31:16.55</b>	+00:14:43 (49.2%)	5:58	10 (50.5%)
642	<b>SZATKOWSKA Beata</b>	<b>220</b>		K-50	12	00:00:53	<b>00:29:55.35</b>	<b>00:30:48.40</b>	+00:14:43 (49.2%)	5:59	10 (50.5%)
643	<b>GREILICH Paulina</b>	<b>507</b>	Z ŁĄCZNIKA	K-30	65	00:00:47	<b>00:29:55.50</b>	<b>00:30:42.60</b>	+00:14:43 (49.2%)	5:59	10 (50.5%)
644	<b>WOŹNIAK-KRÓLIKOWSKA Milena</b>	<b>508</b>	Z ŁĄCZNIKA	K-30	66	00:00:47	<b>00:29:55.70</b>	<b>00:30:42.70</b>	+00:14:44 (49.2%)	5:59	10 (50.5%)
645	<b>KOBYLARZ Małgorzata</b>	<b>736</b>		K-20	30	00:00:36	<b>00:29:56.60</b>	<b>00:30:32.70</b>	+00:14:45 (49.3%)	5:59	10 (50.5%)
646	<b>WOLAN Krzysztof</b>	<b>59</b>	PRZEŻYĆ !	M-40	149	00:00:19	<b>00:29:57.45</b>	<b>00:30:16.50</b>	+00:14:45 (49.3%)	5:59	10 (50.5%)
647	<b>KOWALCZYK Magdalena</b>	<b>12</b>		K-30	67	00:00:58	<b>00:30:00.65</b>	<b>00:30:59.10</b>	+00:14:49 (49.4%)	6:00	10 (50.5%)
648	<b>GROCHALA Michał</b>	<b>11</b>		M-30	135	00:00:58	<b>00:30:00.80</b>	<b>00:30:59.55</b>	+00:14:49 (49.4%)	6:00	10 (50.5%)
649	<b>DOMARADZKA Małgorzata</b>	<b>894</b>		K-20	31	00:00:46	<b>00:30:02.00</b>	<b>00:30:48.50</b>	+00:14:50 (49.4%)	6:00	10 (50.5%)
650	<b>KORNACKI Tobiasz</b>	<b>922</b>	KOLEGIUM KUJAWSKIE	M-10	53	00:00:47	<b>00:30:02.25</b>	<b>00:30:49.50</b>	+00:14:50 (49.4%)	6:00	10 (50.5%)
651	<b>LEMAŃSKA Agnieszka</b>	<b>295</b>		K-20	32	00:00:29	<b>00:30:02.60</b>	<b>00:30:32.50</b>	+00:14:51 (49.4%)	6:00	10 (50.5%)
652	<b>LEWANDOWSKI Marek</b>	<b>980</b>		M-40	150	00:01:13	<b>00:30:03.30</b>	<b>00:31:16.45</b>	+00:14:51 (49.4%)	6:00	10 (50.5%)
653	<b>CZARNECKA - PIJAROWSKA Dominika</b>	<b>488</b>		K-40	59	00:00:43	<b>00:30:04.05</b>	<b>00:30:47.35</b>	+00:14:52 (49.5%)	6:00	10 (50.5%)
654	<b>PESZYŃSKA Joanna</b>	<b>692</b>		K-40	60	00:00:54	<b>00:30:08.95</b>	<b>00:31:03.65</b>	+00:14:57 (49.6%)	6:01	10 (50.5%)
655	<b>KULPA Szymon</b>	<b>164</b>		M-30	136	00:01:02	<b>00:30:11.10</b>	<b>00:31:13.30</b>	+00:14:59 (49.7%)	6:02	9.9 (50.0%)
656	<b>OKULICZ Anita</b>	<b>297</b>	MUD FOXES	K-30	68	00:01:06	<b>00:30:11.20</b>	<b>00:31:17.20</b>	+00:14:59 (49.7%)	6:02	9.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
657	<b>OLEKSIUK Monika</b>	<b>804</b>		K-20	33	00:01:06	<b>00:30:11.30</b>	<b>00:31:17.45</b>	+00:14:59 (49.7%)	6:02	9.9 (50.0%)
658	<b>KASZTELAN Agnieszka</b>	<b>984</b>		K-40	61	00:00:37	<b>00:30:12.45</b>	<b>00:30:50.30</b>	+00:15:00 (49.7%)	6:02	9.9 (50.0%)
659	<b>POZNAŃSKI Szymon</b>	<b>978</b>		M-30	137	00:00:24	<b>00:30:14.55</b>	<b>00:30:38.65</b>	+00:15:02 (49.8%)	6:02	9.9 (50.0%)
659	<b>WYPYCH Zuzanna</b>	<b>979</b>		K-20	34	00:00:23	<b>00:30:14.55</b>	<b>00:30:38.45</b>	+00:15:02 (49.8%)	6:02	9.9 (50.0%)
661	<b>WŁAŚNIAK Sylwia</b>	<b>586</b>		K-40	62	00:00:17	<b>00:30:15.05</b>	<b>00:30:32.20</b>	+00:15:03 (49.8%)	6:03	9.9 (50.0%)
662	<b>PANASENKO Olexandr</b>	<b>764</b>		M-20	68	00:01:06	<b>00:30:16.40</b>	<b>00:31:22.65</b>	+00:15:04 (49.8%)	6:03	9.9 (50.0%)
663	<b>FILIPEK Mirosława</b>	<b>168</b>		K-40	63	00:00:27	<b>00:30:16.55</b>	<b>00:30:44.00</b>	+00:15:04 (49.8%)	6:03	9.9 (50.0%)
664	<b>RUTKOWSKI Tomasz</b>	<b>167</b>		M-50	54	00:00:27	<b>00:30:16.85</b>	<b>00:30:44.00</b>	+00:15:05 (49.8%)	6:03	9.9 (50.0%)
665	<b>KRANC Justyna</b>	<b>904</b>		K-50	13	00:00:46	<b>00:30:16.90</b>	<b>00:31:03.25</b>	+00:15:05 (49.8%)	6:03	9.9 (50.0%)
666	<b>ZMUDA Aleksandra</b>	<b>414</b>		K-40	64	00:00:37	<b>00:30:20.90</b>	<b>00:30:57.90</b>	+00:15:09 (49.9%)	6:04	9.9 (50.0%)
667	<b>KASPRZAK Ewa</b>	<b>701</b>		K-40	65	00:00:37	<b>00:30:21.60</b>	<b>00:30:58.95</b>	+00:15:10 (50.0%)	6:04	9.9 (50.0%)
668	<b>MAĆKOWSKA Madzia</b>	<b>76</b>	FIT_MADZIA_85	K-30	69	00:01:15	<b>00:30:22.65</b>	<b>00:31:38.60</b>	+00:15:11 (50.0%)	6:04	9.9 (50.0%)
669	<b>PAWLEWSKA Joanna</b>	<b>811</b>	SPORTWAY	K-40	66	00:00:23	<b>00:30:23.00</b>	<b>00:30:46.75</b>	+00:15:11 (50.0%)	6:04	9.9 (50.0%)
670	<b>CZERNIAK Marcin</b>	<b>609</b>		M-30	138	00:01:01	<b>00:30:24.25</b>	<b>00:31:25.90</b>	+00:15:12 (50.0%)	6:04	9.9 (50.0%)
671	<b>FYDRYCH Dagmara</b>	<b>461</b>		K-20	35	00:01:04	<b>00:30:24.35</b>	<b>00:31:29.20</b>	+00:15:12 (50.0%)	6:04	9.9 (50.0%)
672	<b>GAWŁOWSKA Kinga</b>	<b>463</b>		K-20	36	00:01:04	<b>00:30:24.40</b>	<b>00:31:29.25</b>	+00:15:12 (50.0%)	6:04	9.9 (50.0%)
672	<b>RĘDZINA Michał</b>	<b>87</b>	ŚLIMAKI RĘDZINIAKI	M-30	139	00:01:01	<b>00:30:24.40</b>	<b>00:31:25.75</b>	+00:15:12 (50.0%)	6:04	9.9 (50.0%)
674	<b>GRUZDOWSKI Jakub</b>	<b>460</b>		M-20	69	00:01:04	<b>00:30:24.70</b>	<b>00:31:29.25</b>	+00:15:13 (50.0%)	6:04	9.9 (50.0%)
675	<b>MAŁAS Marcin</b>	<b>250</b>		M-30	140	00:00:17	<b>00:30:26.40</b>	<b>00:30:44.30</b>	+00:15:14 (50.1%)	6:05	9.9 (50.0%)
676	<b>JAROCHA Michał</b>	<b>474</b>		M-30	141	00:00:50	<b>00:30:27.35</b>	<b>00:31:17.70</b>	+00:15:15 (50.1%)	6:05	9.9 (50.0%)
677	<b>KRUSZYŃSKA Magdalena</b>	<b>1020</b>		K-40	67	00:00:24	<b>00:30:29.25</b>	<b>00:30:54.20</b>	+00:15:17 (50.2%)	6:05	9.8 (49.5%)
678	<b>ŁUCZAK Monika</b>	<b>1084</b>	MORSIAKI	K-30	70	00:00:24	<b>00:30:29.30</b>	<b>00:30:54.20</b>	+00:15:17 (50.2%)	6:05	9.8 (49.5%)
679	<b>NAWROCKA Joanna</b>	<b>264</b>	OPEN PL	K-40	68	00:00:24	<b>00:30:33.00</b>	<b>00:30:57.30</b>	+00:15:21 (50.3%)	6:06	9.8 (49.5%)
680	<b>MARACH Kinga</b>	<b>1115</b>		K-30	71	00:01:05	<b>00:30:33.20</b>	<b>00:31:38.30</b>	+00:15:21 (50.3%)	6:06	9.8 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
681	<b>GULKA Wojciech</b>	<b>718</b>		M-20	70	00:00:48	<b>00:30:33.35</b>	<b>00:31:21.80</b>	+00:15:21 (50.3%)	6:06	9.8 (49.5%)
682	<b>FRYDRYCHOWICZ Lilianna</b>	<b>149</b>		K-60+	3	00:01:05	<b>00:30:33.40</b>	<b>00:31:38.40</b>	+00:15:21 (50.3%)	6:06	9.8 (49.5%)
683	<b>KRZEMIŃSKA Jolanta</b>	<b>482</b>	8K-PBOT	K-30	72	00:00:22	<b>00:30:34.25</b>	<b>00:30:57.10</b>	+00:15:22 (50.3%)	6:06	9.8 (49.5%)
684	<b>JAKUBIK LORENC Aneta</b>	<b>391</b>	NIE MAM	K-40	69	00:00:28	<b>00:30:34.90</b>	<b>00:31:03.35</b>	+00:15:23 (50.3%)	6:06	9.8 (49.5%)
685	<b>DOMŻALSKA Sławomira</b>	<b>842</b>		K-50	14	00:00:34	<b>00:30:35.95</b>	<b>00:31:10.05</b>	+00:15:24 (50.3%)	6:07	9.8 (49.5%)
686	<b>ŻUKOWSKI Jakub</b>	<b>646</b>		M-20	71	00:01:13	<b>00:30:36.30</b>	<b>00:31:49.45</b>	+00:15:24 (50.4%)	6:07	9.8 (49.5%)
687	<b>KASZTELAN Marek</b>	<b>981</b>		M-40	151	00:00:38	<b>00:30:36.95</b>	<b>00:31:15.30</b>	+00:15:25 (50.4%)	6:07	9.8 (49.5%)
688	<b>GRUŻEWSKA Justyna</b>	<b>382</b>	46	K-40	70	00:00:27	<b>00:30:37.85</b>	<b>00:31:05.70</b>	+00:15:26 (50.4%)	6:07	9.8 (49.5%)
689	<b>GABRICH Zaneta</b>	<b>500</b>		K-40	71	00:00:25	<b>00:30:38.00</b>	<b>00:31:03.70</b>	+00:15:26 (50.4%)	6:07	9.8 (49.5%)
690	<b>ERDMANN Agnieszka</b>	<b>940</b>		K-40	72	00:00:53	<b>00:30:38.50</b>	<b>00:31:31.95</b>	+00:15:26 (50.4%)	6:07	9.8 (49.5%)
691	<b>TOMCZAK Marzena</b>	<b>891</b>		K-30	73	00:00:20	<b>00:30:40.35</b>	<b>00:31:00.85</b>	+00:15:28 (50.5%)	6:08	9.8 (49.5%)
692	<b>GŁĘBOCKA Agnieszka</b>	<b>523</b>		K-40	73	00:01:16	<b>00:30:42.20</b>	<b>00:31:58.65</b>	+00:15:30 (50.5%)	6:08	9.8 (49.5%)
693	<b>WEGLARZ Łukasz</b>	<b>493</b>		M-30	142	00:01:16	<b>00:30:42.30</b>	<b>00:31:58.85</b>	+00:15:30 (50.5%)	6:08	9.8 (49.5%)
694	<b>KORNACKI Mateusz</b>	<b>539</b>		M-10	54	00:00:26	<b>00:30:43.10</b>	<b>00:31:09.45</b>	+00:15:31 (50.5%)	6:08	9.8 (49.5%)
695	<b>KAPELA Sebastian</b>	<b>1101</b>		M-10	55	00:00:00	<b>00:30:43.80</b>	<b>00:30:43.80</b>	+00:15:32 (50.6%)	6:08	9.8 (49.5%)
696	<b>ZIÓŁKOWSKA Gosia</b>	<b>535</b>	FORDON BIEGA	K-30	74	00:00:11	<b>00:30:45.20</b>	<b>00:30:56.55</b>	+00:15:33 (50.6%)	6:09	9.8 (49.5%)
697	<b>WISNIEWSKA Małgorzata</b>	<b>887</b>		K-40	74	00:01:11	<b>00:30:46.35</b>	<b>00:31:58.00</b>	+00:15:34 (50.6%)	6:09	9.8 (49.5%)
698	<b>BŁASZKIEWICZ Marzena</b>	<b>850</b>		K-40	75	00:01:11	<b>00:30:46.45</b>	<b>00:31:58.40</b>	+00:15:34 (50.6%)	6:09	9.8 (49.5%)
699	<b>SYGNECKA Kasia</b>	<b>869</b>		K-30	75	00:01:28	<b>00:30:47.70</b>	<b>00:32:16.35</b>	+00:15:36 (50.7%)	6:09	9.7 (49.0%)
700	<b>FIUT Kazimierz</b>	<b>626</b>		M-60+	11	00:01:15	<b>00:30:48.10</b>	<b>00:32:03.90</b>	+00:15:36 (50.7%)	6:09	9.7 (49.0%)
701	<b>RZEPA Karolina</b>	<b>627</b>		K-20	37	00:01:15	<b>00:30:48.30</b>	<b>00:32:03.80</b>	+00:15:36 (50.7%)	6:09	9.7 (49.0%)
702	<b>SYGNECKI Marcin</b>	<b>937</b>		M-30	143	00:01:28	<b>00:30:48.45</b>	<b>00:32:16.90</b>	+00:15:36 (50.7%)	6:09	9.7 (49.0%)
703	<b>OPRAWA Jerzy</b>	<b>1067</b>		M-50	55	00:00:41	<b>00:30:49.00</b>	<b>00:31:30.90</b>	+00:15:37 (50.7%)	6:09	9.7 (49.0%)
704	<b>DORNIAK Krzysztof</b>	<b>50</b>		M-40	152	00:00:52	<b>00:30:50.80</b>	<b>00:31:43.60</b>	+00:15:39 (50.7%)	6:10	9.7 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
705	OPRAWA Michał	707		M-30	144	00:00:43	00:30:51.40	00:31:34.70	+00:15:39 (50.8%)	6:10	9.7 (49.0%)
706	OSTROWSKI Łukasz	388		M-30	145	00:01:14	00:30:51.45	00:32:06.05	+00:15:39 (50.8%)	6:10	9.7 (49.0%)
707	PREUSS Daniel	415		M-40	153	00:01:06	00:30:53.10	00:31:59.20	+00:15:41 (50.8%)	6:10	9.7 (49.0%)
708	NOWICKI Marek	416		M-40	154	00:01:06	00:30:54.55	00:32:00.90	+00:15:42 (50.8%)	6:10	9.7 (49.0%)
709	MALICKA Beata	486		K-50	15	00:00:15	00:30:56.05	00:31:11.85	+00:15:44 (50.9%)	6:11	9.7 (49.0%)
710	DROB Julian	770		M-30	146	00:01:03	00:30:57.50	00:32:00.95	+00:15:45 (50.9%)	6:11	9.7 (49.0%)
711	PRIETZ Agata	289		K-40	76	00:01:07	00:30:57.95	00:32:04.95	+00:15:46 (50.9%)	6:11	9.7 (49.0%)
712	AUGUSTYNOWICZ Katarzyna	249	TKKF KOLEJARZ	K-40	77	00:00:24	00:30:58.00	00:31:22.95	+00:15:46 (50.9%)	6:11	9.7 (49.0%)
713	SZYCHOWSKI Jarosław	292	TKKF KOLEJARZ BYDGOSZCZ	M-30	147	00:00:24	00:30:58.20	00:31:23.05	+00:15:46 (50.9%)	6:11	9.7 (49.0%)
714	TROJAŃCZYK Krzysztof	248		M-40	155	00:01:12	00:30:58.45	00:32:11.40	+00:15:46 (50.9%)	6:11	9.7 (49.0%)
715	SIEDLECKI Rafał	693		M-20	72	00:01:19	00:31:00.00	00:32:19.70	+00:15:48 (51.0%)	6:12	9.7 (49.0%)
716	GIERACH Marcin	798		M-40	156	00:00:42	00:31:02.35	00:31:45.30	+00:15:50 (51.1%)	6:12	9.7 (49.0%)
717	GIERACH Krzysztof	797		M-60+	12	00:00:42	00:31:02.70	00:31:45.15	+00:15:51 (51.1%)	6:12	9.7 (49.0%)
718	ORZECHOWSKA Gabriela	679	ORZECH BIEGA	K-10	13	00:00:29	00:31:03.15	00:31:32.90	+00:15:51 (51.1%)	6:12	9.7 (49.0%)
718	RÓŻYCKI Maciej	778		M-30	148	00:00:23	00:31:03.15	00:31:26.75	+00:15:51 (51.1%)	6:12	9.7 (49.0%)
720	ORZECHOWSKI Zbigniew	280	ORZECH BIEGA	M-40	157	00:00:29	00:31:03.25	00:31:33.10	+00:15:51 (51.1%)	6:12	9.7 (49.0%)
721	KORNACKA Katarzyna	537		K-40	78	00:00:26	00:31:05.40	00:31:31.45	+00:15:53 (51.1%)	6:13	9.7 (49.0%)
722	IDZIŃSKA Natalia	260	BRAK- OS.PRYWATNA	K-30	76	00:01:18	00:31:07.45	00:32:26.15	+00:15:55 (51.2%)	6:13	9.6 (48.5%)
723	ŻUCHELKOWSKA Agata	525		K-30	77	00:00:52	00:31:09.45	00:32:02.35	+00:15:57 (51.2%)	6:13	9.6 (48.5%)
724	LESZCZYŃSKA Iza	528		K-30	78	00:00:59	00:31:12.25	00:32:11.40	+00:16:00 (51.3%)	6:14	9.6 (48.5%)
725	MICHALAK Krzysztof	458		M-20	73	00:00:31	00:31:12.65	00:31:44.40	+00:16:01 (51.3%)	6:14	9.6 (48.5%)
726	BIEDROŃ Aleksandra	65	B28	K-20	38	00:00:16	00:31:13.45	00:31:30.15	+00:16:01 (51.3%)	6:14	9.6 (48.5%)
727	PIERZCHAŁSKA Kasia	459		K-40	79	00:00:40	00:31:14.15	00:31:55.10	+00:16:02 (51.4%)	6:14	9.6 (48.5%)
728	ZYGIEL Marcin	351	WITKOWO BIEGA	M-30	149	00:01:00	00:31:15.20	00:32:15.40	+00:16:03 (51.4%)	6:15	9.6 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
729	<b>SIELSKI Kamil</b>	<b>361</b>	WISEŁKA FORDON	M-30	150	00:01:18	<b>00:31:15.50</b>	<b>00:32:33.55</b>	+00:16:03 (51.4%)	6:15	9.6 (48.5%)
730	<b>RADATZ Magdalena</b>	<b>306</b>		K-30	79	00:01:08	<b>00:31:15.60</b>	<b>00:32:24.55</b>	+00:16:04 (51.4%)	6:15	9.6 (48.5%)
731	<b>OKUPNIAK Monika</b>	<b>211</b>		K-30	80	00:01:08	<b>00:31:15.70</b>	<b>00:32:24.55</b>	+00:16:04 (51.4%)	6:15	9.6 (48.5%)
732	<b>WOŹNIACKA Beata</b>	<b>503</b>		K-50	16	00:01:10	<b>00:31:15.85</b>	<b>00:32:26.60</b>	+00:16:04 (51.4%)	6:15	9.6 (48.5%)
733	<b>WIOTROWSKA Ewa</b>	<b>431</b>		K-30	81	00:00:22	<b>00:31:16.15</b>	<b>00:31:38.65</b>	+00:16:04 (51.4%)	6:15	9.6 (48.5%)
734	<b>KAZUBOWSKI Jeremiasz</b>	<b>266</b>	KAZUBKI TEAM	M-20	74	00:00:15	<b>00:31:16.60</b>	<b>00:31:32.05</b>	+00:16:05 (51.4%)	6:15	9.6 (48.5%)
735		<b>1124</b>				00:00:55	<b>00:31:17.40</b>	<b>00:32:13.20</b>	+00:16:05 (51.4%)	6:15	9.6 (48.5%)
736	<b>KOWALSKI Jacek</b>	<b>246</b>		M-40	158	00:00:54	<b>00:31:18.25</b>	<b>00:32:12.80</b>	+00:16:06 (51.5%)	6:15	9.6 (48.5%)
737	<b>HAŁAS Ewa</b>	<b>276</b>	BIEGACZE KCYNIA TEAM	K-40	80	00:00:28	<b>00:31:18.55</b>	<b>00:31:47.35</b>	+00:16:06 (51.5%)	6:15	9.6 (48.5%)
738		<b>1128</b>				00:00:54	<b>00:31:18.65</b>	<b>00:32:12.90</b>	+00:16:07 (51.5%)	6:15	9.6 (48.5%)
739	<b>CIACIUCH Agnieszka</b>	<b>274</b>	BIEGACZE KCYNIA TEAM	K-20	39	00:00:28	<b>00:31:19.15</b>	<b>00:31:47.40</b>	+00:16:07 (51.5%)	6:15	9.6 (48.5%)
740	<b>WIATROWSKA Katarzyna</b>	<b>430</b>		K-30	82	00:00:22	<b>00:31:19.70</b>	<b>00:31:41.95</b>	+00:16:08 (51.5%)	6:15	9.6 (48.5%)
741	<b>LEWANDOWSKA Renata</b>	<b>983</b>		K-40	81	00:01:12	<b>00:31:21.45</b>	<b>00:32:34.40</b>	+00:16:09 (51.5%)	6:16	9.6 (48.5%)
742	<b>JOŃCA Grzegorz</b>	<b>1003</b>		M-20	75	00:00:46	<b>00:31:22.30</b>	<b>00:32:08.80</b>	+00:16:10 (51.6%)	6:16	9.6 (48.5%)
743	<b>MURAL Natalia</b>	<b>1002</b>		K-Open	1	00:00:46	<b>00:31:22.45</b>	<b>00:32:08.80</b>	+00:16:10 (51.6%)	6:16	9.6 (48.5%)
744	<b>KURTYSIAK Roman</b>	<b>333</b>	BYDGOSZCZ NA START	M-50	56	00:00:51	<b>00:31:25.40</b>	<b>00:32:16.75</b>	+00:16:13 (51.6%)	6:17	9.5 (48.0%)
745	<b>DEPTUŁA Wojciech</b>	<b>152</b>	NIEZRZESZONY	M-60+	13	00:00:28	<b>00:31:26.50</b>	<b>00:31:54.50</b>	+00:16:14 (51.7%)	6:17	9.5 (48.0%)
746	<b>OLSZEWSKI Mikołaj</b>	<b>995</b>	SUP POINT [♂]	M-30	151	00:01:07	<b>00:31:26.75</b>	<b>00:32:34.10</b>	+00:16:15 (51.7%)	6:17	9.5 (48.0%)
747	<b>GRZELAK Robert</b>	<b>541</b>	GMINA GARDEJA BIEGA	M-50	57	00:01:12	<b>00:31:28.25</b>	<b>00:32:40.30</b>	+00:16:16 (51.7%)	6:17	9.5 (48.0%)
748	<b>GRZELAK Sylwia</b>	<b>744</b>		K-50	17	00:01:10	<b>00:31:29.25</b>	<b>00:32:39.75</b>	+00:16:17 (51.7%)	6:17	9.5 (48.0%)
749	<b>WIŚNIEWSKI Konrad</b>	<b>857</b>		M-10	56	00:00:42	<b>00:31:29.40</b>	<b>00:32:11.65</b>	+00:16:17 (51.8%)	6:17	9.5 (48.0%)
750	<b>SZULAKOWSKI Rafał</b>	<b>377</b>	TERENOWA MASAKRA TEAM	M-40	159	00:01:21	<b>00:31:29.55</b>	<b>00:32:50.90</b>	+00:16:17 (51.8%)	6:17	9.5 (48.0%)
751	<b>ŁABENDA Piotr</b>	<b>330</b>	TERENOWA MASAKRA TEAM	M-50	58	00:01:21	<b>00:31:29.95</b>	<b>00:32:50.95</b>	+00:16:18 (51.8%)	6:17	9.5 (48.0%)
752	<b>SZULAKOWSKA Patrycja</b>	<b>378</b>	TERENOWA MASAKRA TEAM	K-40	82	00:01:20	<b>00:31:30.50</b>	<b>00:32:51.20</b>	+00:16:18 (51.8%)	6:18	9.5 (48.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
753	<b>POBIEDZIŃSKA Marta</b>	<b>897</b>	KS POLONIA BYDGOSZCZ	K-20	40	00:00:55	<b>00:31:31.30</b>	<b>00:32:26.80</b>	+00:16:19 (51.8%)	6:18	9.5 (48.0%)
754	<b>JANIC Joanna</b>	<b>228</b>		K-40	83	00:00:56	<b>00:31:34.20</b>	<b>00:32:30.65</b>	+00:16:22 (51.9%)	6:18	9.5 (48.0%)
755	<b>KARSKI Marcin</b>	<b>339</b>		M-40	160	00:00:56	<b>00:31:34.25</b>	<b>00:32:30.25</b>	+00:16:22 (51.9%)	6:18	9.5 (48.0%)
755	<b>MURAWSKA Marta</b>	<b>575</b>		K-40	84	00:00:21	<b>00:31:34.25</b>	<b>00:31:55.30</b>	+00:16:22 (51.9%)	6:18	9.5 (48.0%)
757	<b>KARSKI Hubert</b>	<b>215</b>		M-60+	14	00:00:56	<b>00:31:34.30</b>	<b>00:32:30.55</b>	+00:16:22 (51.9%)	6:18	9.5 (48.0%)
758	<b>LEWANDOWSKA Agnieszka</b>	<b>861</b>	FREAKY_FIT	K-30	83	00:01:11	<b>00:31:35.15</b>	<b>00:32:46.80</b>	+00:16:23 (51.9%)	6:19	9.5 (48.0%)
759	<b>SZECÓWKA Marcin</b>	<b>862</b>	FREAKY_FIT	M-30	152	00:01:11	<b>00:31:35.50</b>	<b>00:32:47.20</b>	+00:16:23 (51.9%)	6:19	9.5 (48.0%)
760	<b>GINTER Kacper</b>	<b>568</b>		M-20	76	00:01:19	<b>00:31:37.15</b>	<b>00:32:56.70</b>	+00:16:25 (51.9%)	6:19	9.5 (48.0%)
761	<b>CHEŁMIŃSKI Dawid</b>	<b>865</b>	R.K.S. HUWDU	M-20	77	00:01:09	<b>00:31:41.20</b>	<b>00:32:50.75</b>	+00:16:29 (52.1%)	6:20	9.5 (48.0%)
762	<b>WIŚNIEWSKI Jacek</b>	<b>475</b>		M-30	153	00:00:54	<b>00:31:41.25</b>	<b>00:32:35.35</b>	+00:16:29 (52.1%)	6:20	9.5 (48.0%)
763	<b>KOWALIK Adrian</b>	<b>1062</b>		M-30	154	00:00:59	<b>00:31:42.35</b>	<b>00:32:41.75</b>	+00:16:30 (52.1%)	6:20	9.5 (48.0%)
764	<b>WAWRZYSZKO Kamil</b>	<b>966</b>		M-40	161	00:01:16	<b>00:31:46.35</b>	<b>00:33:03.30</b>	+00:16:34 (52.2%)	6:21	9.4 (47.5%)
765	<b>KALINOWSKA Marta</b>	<b>824</b>		K-10	14	00:01:03	<b>00:31:47.15</b>	<b>00:32:50.20</b>	+00:16:35 (52.2%)	6:21	9.4 (47.5%)
766	<b>SŁOWIŃSKA Lidia</b>	<b>41</b>		K-20	41	00:00:30	<b>00:31:48.15</b>	<b>00:32:18.30</b>	+00:16:36 (52.2%)	6:21	9.4 (47.5%)
767	<b>PROKOPOWICZ Aleksandra</b>	<b>866</b>		K-40	85	00:01:28	<b>00:31:49.10</b>	<b>00:33:17.10</b>	+00:16:37 (52.2%)	6:21	9.4 (47.5%)
768	<b>ZYGIEL Paulina</b>	<b>350</b>		K-20	42	00:01:00	<b>00:31:49.60</b>	<b>00:32:49.70</b>	+00:16:38 (52.3%)	6:21	9.4 (47.5%)
769	<b>GŁOGOWSKI Krzysztof</b>	<b>233</b>		M-40	162	00:00:56	<b>00:31:50.00</b>	<b>00:32:46.30</b>	+00:16:38 (52.3%)	6:22	9.4 (47.5%)
770	<b>MAKUSZEWSKI Łukasz</b>	<b>840</b>	812 BLP	M-40	163	00:00:21	<b>00:31:51.05</b>	<b>00:32:12.65</b>	+00:16:39 (52.3%)	6:22	9.4 (47.5%)
771	<b>MUSIAŁA Adam</b>	<b>847</b>		M-40	164	00:00:48	<b>00:31:51.50</b>	<b>00:32:40.45</b>	+00:16:39 (52.3%)	6:22	9.4 (47.5%)
772	<b>PRZYBYLAK Marta</b>	<b>600</b>		K-30	84	00:00:10	<b>00:31:51.85</b>	<b>00:32:02.10</b>	+00:16:40 (52.3%)	6:22	9.4 (47.5%)
773	<b>PRACA Joanna</b>	<b>173</b>		K-40	86	00:00:17	<b>00:31:52.00</b>	<b>00:32:09.80</b>	+00:16:40 (52.3%)	6:22	9.4 (47.5%)
774	<b>TEWS Marzena</b>	<b>177</b>		K-40	87	00:00:17	<b>00:31:52.85</b>	<b>00:32:10.10</b>	+00:16:41 (52.3%)	6:22	9.4 (47.5%)
775	<b>SPYCHAJ Piotr</b>	<b>698</b>		M-30	155	00:01:19	<b>00:31:52.90</b>	<b>00:33:11.90</b>	+00:16:41 (52.3%)	6:22	9.4 (47.5%)
776	<b>SPYCHAJ Ania</b>	<b>702</b>		K-30	85	00:01:18	<b>00:31:53.35</b>	<b>00:33:11.80</b>	+00:16:41 (52.4%)	6:22	9.4 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
777	<b>FILIPEK Emilia</b>	<b>994</b>	SUP POINT ♀♀	K-20	43	00:01:07	<b>00:31:58.35</b>	<b>00:33:05.90</b>	+00:16:46 (52.5%)	6:23	9.4 (47.5%)
778	<b>JAWORSKI Marek</b>	<b>858</b>	STOWARZYSZENIE "DZIĘKI WAM"	M-10	57	00:00:30	<b>00:31:59.60</b>	<b>00:32:30.40</b>	+00:16:48 (52.5%)	6:23	9.4 (47.5%)
779	<b>MAZELA Aleksandra</b>	<b>816</b>		K-20	44	00:00:21	<b>00:32:00.50</b>	<b>00:32:22.05</b>	+00:16:48 (52.5%)	6:24	9.4 (47.5%)
780	<b>GRUSZKA Marek</b>	<b>42</b>	NIEZRZESZONY	M-60+	15	00:00:15	<b>00:32:02.20</b>	<b>00:32:17.80</b>	+00:16:50 (52.6%)	6:24	9.4 (47.5%)
781	<b>PRUSZAK Monika</b>	<b>806</b>	LAERDAL MEDICAL POLAND	K-30	86	00:01:13	<b>00:32:05.65</b>	<b>00:33:19.60</b>	+00:16:54 (52.7%)	6:25	9.4 (47.5%)
782	<b>SOSNOWSKA Martyna</b>	<b>851</b>		K-20	45	00:00:55	<b>00:32:10.60</b>	<b>00:33:06.10</b>	+00:16:59 (52.8%)	6:26	9.3 (47.0%)
783	<b>WOLSKI Patryk</b>	<b>853</b>		M-20	78	00:00:55	<b>00:32:11.20</b>	<b>00:33:06.40</b>	+00:16:59 (52.8%)	6:26	9.3 (47.0%)
784	<b>WAWRZY尼亚K Sandra</b>	<b>216</b>	BYDGOSZCZ NA START	K-30	87	00:01:13	<b>00:32:12.05</b>	<b>00:33:25.05</b>	+00:17:00 (52.8%)	6:26	9.3 (47.0%)
785	<b>GRZYBOWSKA Julia</b>	<b>456</b>		K-10	15	00:00:50	<b>00:32:15.75</b>	<b>00:33:06.60</b>	+00:17:04 (52.9%)	6:27	9.3 (47.0%)
786	<b>KRZYŻANOWSKA Patrycja</b>	<b>234</b>		K-30	88	00:00:53	<b>00:32:16.25</b>	<b>00:33:09.30</b>	+00:17:04 (52.9%)	6:27	9.3 (47.0%)
787	<b>GRZYBOWSKI Marek</b>	<b>454</b>		M-40	165	00:00:50	<b>00:32:16.30</b>	<b>00:33:06.85</b>	+00:17:04 (52.9%)	6:27	9.3 (47.0%)
788	<b>CISEWSKI Mateusz</b>	<b>519</b>		M-30	156	00:01:25	<b>00:32:17.15</b>	<b>00:33:42.60</b>	+00:17:05 (52.9%)	6:27	9.3 (47.0%)
789	<b>REINKE Olivia</b>	<b>127</b>		K-10	16	00:00:05	<b>00:32:18.70</b>	<b>00:32:23.80</b>	+00:17:07 (53.0%)	6:27	9.3 (47.0%)
790	<b>GÓRSKA Paulina</b>	<b>466</b>		K-30	89	00:00:16	<b>00:32:19.80</b>	<b>00:32:36.20</b>	+00:17:08 (53.0%)	6:27	9.3 (47.0%)
791	<b>GÓRSKI Łukasz</b>	<b>467</b>		M-30	157	00:00:15	<b>00:32:20.60</b>	<b>00:32:36.55</b>	+00:17:09 (53.0%)	6:28	9.3 (47.0%)
791	<b>BUTRYM Dariusz</b>	<b>590</b>	ZABEK	M-40	166	00:01:19	<b>00:32:20.60</b>	<b>00:33:40.45</b>	+00:17:09 (53.0%)	6:28	9.3 (47.0%)
793	<b>BUTRYM Piotr</b>	<b>885</b>		M-40	167	00:01:19	<b>00:32:20.70</b>	<b>00:33:40.55</b>	+00:17:09 (53.0%)	6:28	9.3 (47.0%)
794	<b>DERECKA Katarzyna</b>	<b>756</b>	KABEL TEAM BYDGOSZCZ	K-40	88	00:01:11	<b>00:32:21.45</b>	<b>00:33:33.20</b>	+00:17:09 (53.0%)	6:28	9.3 (47.0%)
795	<b>KUK Sylwia</b>	<b>131</b>		K-40	89	00:01:04	<b>00:32:22.00</b>	<b>00:33:26.90</b>	+00:17:10 (53.1%)	6:28	9.3 (47.0%)
796	<b>WICHTOWSKA Ewa</b>	<b>163</b>		K-30	90	00:01:04	<b>00:32:22.55</b>	<b>00:33:27.15</b>	+00:17:10 (53.1%)	6:28	9.3 (47.0%)
797	<b>WILMA Patrycja</b>	<b>425</b>		K-30	91	00:01:23	<b>00:32:23.60</b>	<b>00:33:46.80</b>	+00:17:12 (53.1%)	6:28	9.3 (47.0%)
798	<b>WIOSNA Tomasz</b>	<b>449</b>		M-30	158	00:01:20	<b>00:32:25.60</b>	<b>00:33:46.35</b>	+00:17:14 (53.1%)	6:29	9.3 (47.0%)
799	<b>MUSZYŃSKI Adam</b>	<b>494</b>		M-30	159	00:01:16	<b>00:32:26.00</b>	<b>00:33:42.75</b>	+00:17:14 (53.2%)	6:29	9.2 (46.5%)
800	<b>DRESLERSKA Agnieszka</b>	<b>353</b>		K-30	92	00:01:16	<b>00:32:26.65</b>	<b>00:33:43.00</b>	+00:17:15 (53.2%)	6:29	9.2 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
801	<b>ASTUKIEWICZ Agnieszka</b>	<b>299</b>	FREAKY FIT	K-50	18	00:00:32	<b>00:32:28.15</b>	<b>00:33:00.45</b>	+00:17:16 (53.2%)	6:29	9.2 (46.5%)
802	<b>ASTUKIEWICZ Tomasz</b>	<b>288</b>		M-50	59	00:00:32	<b>00:32:28.20</b>	<b>00:33:00.65</b>	+00:17:16 (53.2%)	6:29	9.2 (46.5%)
803	<b>UMIŃSKI Robert</b>	<b>614</b>		M-40	168	00:01:15	<b>00:32:31.50</b>	<b>00:33:46.95</b>	+00:17:19 (53.3%)	6:30	9.2 (46.5%)
804	<b>SZULC Piotr</b>	<b>613</b>		M-30	160	00:01:15	<b>00:32:31.70</b>	<b>00:33:47.10</b>	+00:17:20 (53.3%)	6:30	9.2 (46.5%)
805	<b>SZULC Piotr</b>	<b>615</b>		M-10	58	00:01:15	<b>00:32:31.80</b>	<b>00:33:47.50</b>	+00:17:20 (53.3%)	6:30	9.2 (46.5%)
806	<b>UMIŃSKA Marzena</b>	<b>612</b>		K-30	93	00:01:14	<b>00:32:33.10</b>	<b>00:33:48.00</b>	+00:17:21 (53.3%)	6:30	9.2 (46.5%)
807	<b>PIETRZYKOWSKI Adam</b>	<b>790</b>		M-20	79	00:01:17	<b>00:32:33.60</b>	<b>00:33:50.95</b>	+00:17:22 (53.3%)	6:30	9.2 (46.5%)
808	<b>MOSUR-GALICKA Angelina</b>	<b>828</b>	AKADEMIA MISTRZÓW SPORTU	K-50	19	00:00:54	<b>00:32:33.85</b>	<b>00:33:28.00</b>	+00:17:22 (53.3%)	6:30	9.2 (46.5%)
809	<b>TOKARSKA Alicja</b>	<b>271</b>	VEGE RUNNERS	K-40	90	00:00:51	<b>00:32:35.20</b>	<b>00:33:26.40</b>	+00:17:23 (53.4%)	6:31	9.2 (46.5%)
810	<b>WÓJCIK Tomasz</b>	<b>7</b>		M-50	60	00:00:50	<b>00:32:37.25</b>	<b>00:33:27.85</b>	+00:17:25 (53.4%)	6:31	9.2 (46.5%)
811	<b>POLIWODZIŃSKA Agnieszka</b>	<b>515</b>	WISŁA FORDON	K-40	91	00:00:14	<b>00:32:40.20</b>	<b>00:32:54.30</b>	+00:17:28 (53.5%)	6:32	9.2 (46.5%)
812	<b>BŁOCH Katarzyna</b>	<b>758</b>		K-20	46	00:01:22	<b>00:32:42.55</b>	<b>00:34:04.90</b>	+00:17:30 (53.6%)	6:32	9.2 (46.5%)
813	<b>ZADROŻNA Magdalena</b>	<b>666</b>		K-40	92	00:00:17	<b>00:32:44.60</b>	<b>00:33:02.25</b>	+00:17:33 (53.6%)	6:32	9.2 (46.5%)
814	<b>SOLAK Karolina</b>	<b>917</b>	KOLEGIUM KUJAWSKIE	K-10	17	00:00:41	<b>00:32:46.20</b>	<b>00:33:27.70</b>	+00:17:34 (53.6%)	6:33	9.2 (46.5%)
815	<b>MAJEWSKI Mirosław</b>	<b>130</b>		M-60+	16	00:01:07	<b>00:32:50.80</b>	<b>00:33:58.60</b>	+00:17:39 (53.7%)	6:34	9.1 (46.0%)
816	<b>ZAWADZKA Monika</b>	<b>290</b>		K-30	94	00:01:07	<b>00:32:50.95</b>	<b>00:33:58.00</b>	+00:17:39 (53.7%)	6:34	9.1 (46.0%)
817	<b>WRÓBLEWSKA Oliwia</b>	<b>544</b>		K-10	18	00:00:43	<b>00:32:51.30</b>	<b>00:33:34.90</b>	+00:17:39 (53.8%)	6:34	9.1 (46.0%)
818	<b>WOJCIECHOWSKA Maja</b>	<b>545</b>		K-10	19	00:00:43	<b>00:32:51.50</b>	<b>00:33:34.95</b>	+00:17:39 (53.8%)	6:34	9.1 (46.0%)
819	<b>JANUSZEWSKI Marcin</b>	<b>478</b>		M-40	169	00:01:02	<b>00:32:53.40</b>	<b>00:33:55.75</b>	+00:17:41 (53.8%)	6:34	9.1 (46.0%)
820	<b>KOTECKI Marcin</b>	<b>78</b>		M-40	170	00:01:01	<b>00:32:53.95</b>	<b>00:33:55.90</b>	+00:17:42 (53.8%)	6:34	9.1 (46.0%)
821	<b>SZCZEPAŃSKA-DOLNA Edyta</b>	<b>1027</b>	FOREST GANG	K-50	20	00:01:17	<b>00:32:57.10</b>	<b>00:34:14.40</b>	+00:17:45 (53.9%)	6:35	9.1 (46.0%)
822	<b>ZECH Izabela</b>	<b>1025</b>	FOREST GANG	K-40	93	00:01:16	<b>00:32:57.50</b>	<b>00:34:14.40</b>	+00:17:45 (53.9%)	6:35	9.1 (46.0%)
823	<b>SZCZUTOWSKA Olga</b>	<b>352</b>		K-40	94	00:01:09	<b>00:32:58.80</b>	<b>00:34:08.15</b>	+00:17:47 (53.9%)	6:35	9.1 (46.0%)
824	<b>LEWANDOWSKA Malwina</b>	<b>1079</b>		K-30	95	00:00:47	<b>00:33:02.75</b>	<b>00:33:50.05</b>	+00:17:51 (54.0%)	6:36	9.1 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
825	JAGODZINSKI Łukasz	1083		M-20	80	00:00:47	00:33:02.90	00:33:50.15	+00:17:51 (54.0%)	6:36	9.1 (46.0%)
826	JAGODZINSKA Angelika	1081		K-20	47	00:00:47	00:33:03.00	00:33:50.15	+00:17:51 (54.0%)	6:36	9.1 (46.0%)
827	POZORSKA Klaudia	996		K-10	20	00:00:55	00:33:03.85	00:33:59.55	+00:17:52 (54.0%)	6:36	9.1 (46.0%)
828	RYMER Jarosław	676		M-10	59	00:01:22	00:33:06.35	00:34:29.25	+00:17:54 (54.1%)	6:37	9.1 (46.0%)
829	JARZEMSKI Marcin	785		M-30	161	00:00:45	00:33:06.50	00:33:52.25	+00:17:54 (54.1%)	6:37	9.1 (46.0%)
830	JARZEMSKA Alicja	688		K-30	96	00:00:45	00:33:06.70	00:33:52.10	+00:17:55 (54.1%)	6:37	9.1 (46.0%)
831		1125				00:00:45	00:33:06.80	00:33:52.35	+00:17:55 (54.1%)	6:37	9.1 (46.0%)
832	DUDZIAK Adam	768		M-50	61	00:00:44	00:33:08.20	00:33:52.45	+00:17:56 (54.1%)	6:37	9.1 (46.0%)
833	LASKOWSKA Daria	550		K-20	48	00:00:42	00:33:08.75	00:33:50.85	+00:17:57 (54.2%)	6:37	9.1 (46.0%)
834	SOBOTA Beata	512		K-40	95	00:00:53	00:33:09.00	00:34:02.25	+00:17:57 (54.2%)	6:37	9 (45.5%)
835	TYKWIŃSKI Krzysztof	650		M-40	171	00:00:33	00:33:12.20	00:33:46.05	+00:18:00 (54.2%)	6:38	9 (45.5%)
836	SKĄPSKI Łukasz	631		M-Open	1	00:00:33	00:33:12.35	00:33:46.10	+00:18:00 (54.2%)	6:38	9 (45.5%)
837	JEN Andrzej	643		M-50	62	00:00:12	00:33:13.70	00:33:26.55	+00:18:02 (54.3%)	6:38	9 (45.5%)
838	BONIN Karolina	962		K-30	97	00:01:19	00:33:14.30	00:34:33.55	+00:18:02 (54.3%)	6:38	9 (45.5%)
839	RZEPczyński Tomasz	776	GRYF BYDGOSZCZ	M-40	172	00:00:43	00:33:17.10	00:34:00.65	+00:18:05 (54.4%)	6:39	9 (45.5%)
840	PŁOMIŃSKA Monika	919		K-30	98	00:00:16	00:33:18.05	00:33:34.75	+00:18:06 (54.4%)	6:39	9 (45.5%)
841	SERAFIN Paulina	867		K-10	21	00:00:44	00:33:18.70	00:34:03.60	+00:18:07 (54.4%)	6:39	9 (45.5%)
842	URBANEK Magda	1120	SPORTOWA PACZKA POCZTOWA GRUPA BIEGOWA	K-30	99	00:01:10	00:33:18.75	00:34:29.25	+00:18:07 (54.4%)	6:39	9 (45.5%)
843	WŁODARCZYK Olga	1014	Z BUTA W ŚWIAT	K-20	49	00:01:10	00:33:18.80	00:34:29.50	+00:18:07 (54.4%)	6:39	9 (45.5%)
844	DEMBOWSKI Łukasz	601		M-20	81	00:01:24	00:33:19.20	00:34:43.90	+00:18:07 (54.4%)	6:39	9 (45.5%)
845	DEMBOWSKA Marta	602		K-20	50	00:01:24	00:33:19.40	00:34:43.75	+00:18:07 (54.4%)	6:39	9 (45.5%)
846	JAWORSKA Michalina	859	STOWARZYSZENIE "DZIĘKI WAM"	K-10	22	00:00:30	00:33:23.25	00:33:54.10	+00:18:11 (54.5%)	6:40	9 (45.5%)
847	SZCZEPAŃSKA Jarka	1065		K-30	100	00:00:14	00:33:23.50	00:33:37.75	+00:18:11 (54.5%)	6:40	9 (45.5%)
848	IWANIUK Jacek	43		M-40	173	00:00:50	00:33:24.65	00:34:15.20	+00:18:13 (54.5%)	6:40	9 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
849	<b>TEMPSKA Agnieszka</b>	<b>843</b>	FREAKY FIT TEAM	K-40	96	00:00:32	<b>00:33:25.75</b>	<b>00:33:57.90</b>	+00:18:14 (54.6%)	6:41	9 (45.5%)
850	<b>GURYN Wiktor</b>	<b>334</b>	ZIELONY PELIKAN	M-30	162	00:00:36	<b>00:33:31.20</b>	<b>00:34:07.60</b>	+00:18:19 (54.7%)	6:42	9 (45.5%)
851	<b>STOIŃSKI Paweł</b>	<b>801</b>		M-20	82	00:01:26	<b>00:33:31.75</b>	<b>00:34:57.80</b>	+00:18:20 (54.7%)	6:42	9 (45.5%)
852	<b>GÓRNA Michalina</b>	<b>800</b>		K-30	101	00:01:25	<b>00:33:32.00</b>	<b>00:34:57.80</b>	+00:18:20 (54.7%)	6:42	8.9 (44.9%)
853	<b>RADZIEJEWSKA Grażyna</b>	<b>105</b>		K-50	21	00:00:55	<b>00:33:32.50</b>	<b>00:34:27.80</b>	+00:18:20 (54.7%)	6:42	8.9 (44.9%)
853	<b>MARKOWSKA-BAUMGART Aneta</b>	<b>596</b>	BIEGAJ Z DĘBAMI	K-60+	4	00:01:26	<b>00:33:32.50</b>	<b>00:34:58.65</b>	+00:18:20 (54.7%)	6:42	8.9 (44.9%)
855	<b>OWCZARSKI Krzysztof</b>	<b>832</b>		M-30	163	00:00:45	<b>00:33:34.95</b>	<b>00:34:20.40</b>	+00:18:23 (54.8%)	6:42	8.9 (44.9%)
856	<b>JAGODZIŃSKI Karol</b>	<b>365</b>		M-50	63	00:01:16	<b>00:33:35.75</b>	<b>00:34:52.20</b>	+00:18:24 (54.8%)	6:43	8.9 (44.9%)
857	<b>SURMACZ Marcin</b>	<b>479</b>		M-40	174	00:00:50	<b>00:33:36.30</b>	<b>00:34:26.55</b>	+00:18:24 (54.8%)	6:43	8.9 (44.9%)
858	<b>PIÓRKOWSKA Aga</b>	<b>28</b>	BRB BYDGOSZCZ	K-40	97	00:01:12	<b>00:33:46.05</b>	<b>00:34:58.85</b>	+00:18:34 (55.0%)	6:45	8.9 (44.9%)
859	<b>TARKA Agnieszka</b>	<b>322</b>		K-30	102	00:00:10	<b>00:33:46.80</b>	<b>00:33:57.15</b>	+00:18:35 (55.0%)	6:45	8.9 (44.9%)
860	<b>MIKOŁAJEWSKA Dominika</b>	<b>362</b>		K-20	51	00:01:18	<b>00:33:48.15</b>	<b>00:35:06.20</b>	+00:18:36 (55.1%)	6:45	8.9 (44.9%)
861	<b>FRĄCKOWSKI Łukasz</b>	<b>90</b>	THE TRI DOCTOR	M-20	83	00:01:28	<b>00:33:48.20</b>	<b>00:35:16.35</b>	+00:18:36 (55.1%)	6:45	8.9 (44.9%)
862	<b>FRĄCKOWSKA Daria</b>	<b>91</b>	LEKARKA W BIEGU	K-20	52	00:01:27	<b>00:33:48.85</b>	<b>00:35:16.70</b>	+00:18:37 (55.1%)	6:45	8.9 (44.9%)
863	<b>KARCZ Marta</b>	<b>864</b>	R.K.S. HUWDU	K-30	103	00:01:09	<b>00:33:50.20</b>	<b>00:34:59.65</b>	+00:18:38 (55.1%)	6:46	8.9 (44.9%)
864	<b>SIEWERT Nadia</b>	<b>1054</b>		K-10	23	00:00:20	<b>00:33:53.85</b>	<b>00:34:14.65</b>	+00:18:42 (55.2%)	6:46	8.9 (44.9%)
865	<b>JAWORSKA Marcelina</b>	<b>860</b>	STOWARZYSZENIE "DZIĘKI WAM"	K-10	24	00:00:31	<b>00:33:54.45</b>	<b>00:34:25.90</b>	+00:18:42 (55.2%)	6:46	8.8 (44.4%)
866	<b>JAWORSKI Adam</b>	<b>856</b>	STOWARZYSZENIE "DZIĘKI WAM"	M-40	175	00:00:30	<b>00:33:55.05</b>	<b>00:34:26.00</b>	+00:18:43 (55.2%)	6:47	8.8 (44.4%)
867	<b>OLECHNOWICZ Tomasz</b>	<b>1056</b>	WALECZNE DZIECIAKI	M-50	64	00:01:10	<b>00:33:55.10</b>	<b>00:35:05.15</b>	+00:18:43 (55.2%)	6:47	8.8 (44.4%)
868	<b>OLECHNOWICZ Maciej</b>	<b>1057</b>	GWIAZDA BYDGOSZCZ	M-10	60	00:01:09	<b>00:33:55.30</b>	<b>00:35:05.15</b>	+00:18:43 (55.2%)	6:47	8.8 (44.4%)
869	<b>GACKOWSKI Edward</b>	<b>536</b>		M-60+	17	00:01:15	<b>00:33:59.20</b>	<b>00:35:14.25</b>	+00:18:47 (55.3%)	6:47	8.8 (44.4%)
870	<b>RYMER Agnieszka</b>	<b>675</b>		K-40	98	00:01:24	<b>00:34:01.25</b>	<b>00:35:26.20</b>	+00:18:49 (55.3%)	6:48	8.8 (44.4%)
871	<b>RYMER Adam</b>	<b>674</b>		M-40	176	00:01:24	<b>00:34:01.50</b>	<b>00:35:26.35</b>	+00:18:49 (55.3%)	6:48	8.8 (44.4%)
872	<b>BIESEK Oliwia</b>	<b>839</b>		K-10	25	00:00:19	<b>00:34:03.10</b>	<b>00:34:23.05</b>	+00:18:51 (55.4%)	6:48	8.8 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
873	<b>MIELCARSKA Izabela</b>	<b>303</b>	MIELCAR TEAM	K-40	99	00:01:11	<b>00:34:03.40</b>	<b>00:35:15.15</b>	+00:18:51 (55.4%)	6:48	8.8 (44.4%)
874	<b>KŁODA Karolina</b>	<b>838</b>		K-40	100	00:00:20	<b>00:34:03.75</b>	<b>00:34:23.90</b>	+00:18:52 (55.4%)	6:48	8.8 (44.4%)
875	<b>TARKA Roksana</b>	<b>323</b>		K-10	26	00:00:10	<b>00:34:04.55</b>	<b>00:34:14.85</b>	+00:18:52 (55.4%)	6:48	8.8 (44.4%)
876	<b>NOWACKA Katarzyna</b>	<b>354</b>		K-30	104	00:01:09	<b>00:34:05.30</b>	<b>00:35:15.15</b>	+00:18:53 (55.4%)	6:49	8.8 (44.4%)
877	<b>PIETKUN Ryszard</b>	<b>743</b>		M-60+	18	00:01:08	<b>00:34:10.50</b>	<b>00:35:19.05</b>	+00:18:58 (55.5%)	6:50	8.8 (44.4%)
878	<b>WOŹNIAK Anna</b>	<b>21</b>		K-40	101	00:00:16	<b>00:34:11.65</b>	<b>00:34:28.35</b>	+00:19:00 (55.6%)	6:50	8.8 (44.4%)
878	<b>OSTROWSKA Renata</b>	<b>25</b>		K-40	101	00:00:16	<b>00:34:11.65</b>	<b>00:34:28.30</b>	+00:19:00 (55.6%)	6:50	8.8 (44.4%)
880	<b>SOCHACKI Przemysław</b>	<b>699</b>		M-10	61	00:00:27	<b>00:34:11.75</b>	<b>00:34:39.40</b>	+00:19:00 (55.6%)	6:50	8.8 (44.4%)
881	<b>FLORCZAK Krzysztof</b>	<b>722</b>		M-10	62	00:00:27	<b>00:34:12.15</b>	<b>00:34:39.50</b>	+00:19:00 (55.6%)	6:50	8.8 (44.4%)
882	<b>LENC Janusz</b>	<b>343</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60+	19	00:01:02	<b>00:34:14.20</b>	<b>00:35:16.65</b>	+00:19:02 (55.6%)	6:50	8.8 (44.4%)
883	<b>KWASIGROCH Aleksandra</b>	<b>732</b>		K-50	22	00:00:20	<b>00:34:18.05</b>	<b>00:34:38.55</b>	+00:19:06 (55.7%)	6:51	8.7 (43.9%)
884	<b>ŻELAZKO Anna</b>	<b>366</b>		K-30	105	00:01:09	<b>00:34:20.20</b>	<b>00:35:29.85</b>	+00:19:08 (55.8%)	6:52	8.7 (43.9%)
885	<b>KUJAWA Iwona</b>	<b>957</b>		K-30	106	00:00:39	<b>00:34:23.85</b>	<b>00:35:03.80</b>	+00:19:12 (55.8%)	6:52	8.7 (43.9%)
886	<b>ANESZKO Bartłomiej</b>	<b>476</b>		M-30	164	00:00:54	<b>00:34:24.25</b>	<b>00:35:18.75</b>	+00:19:12 (55.8%)	6:52	8.7 (43.9%)
887	<b>WEGNER Roman</b>	<b>1022</b>		M-50	65	00:00:43	<b>00:34:24.60</b>	<b>00:35:07.75</b>	+00:19:13 (55.8%)	6:52	8.7 (43.9%)
888	<b>MALCZEWSKA Mirka</b>	<b>242</b>		K-60+	5	00:00:40	<b>00:34:30.30</b>	<b>00:35:11.00</b>	+00:19:18 (56.0%)	6:54	8.7 (43.9%)
889	<b>MIELCAREK Ania</b>	<b>356</b>		K-40	103	00:01:04	<b>00:34:31.35</b>	<b>00:35:36.10</b>	+00:19:19 (56.0%)	6:54	8.7 (43.9%)
890	<b>ZIELIŃSKA Agnieszka</b>	<b>781</b>		K-40	104	00:00:21	<b>00:34:35.25</b>	<b>00:34:57.00</b>	+00:19:23 (56.1%)	6:55	8.7 (43.9%)
891	<b>KOŹMA Paweł</b>	<b>433</b>		M-30	165	00:00:36	<b>00:34:40.30</b>	<b>00:35:17.25</b>	+00:19:28 (56.2%)	6:56	8.7 (43.9%)
892	<b>POROŻYŃSKA Anna</b>	<b>434</b>		K-30	107	00:00:36	<b>00:34:40.80</b>	<b>00:35:16.90</b>	+00:19:29 (56.2%)	6:56	8.7 (43.9%)
893	<b>BURNICKA Ewa</b>	<b>429</b>		K-50	23	00:00:34	<b>00:34:42.20</b>	<b>00:35:16.35</b>	+00:19:30 (56.2%)	6:56	8.6 (43.4%)
894	<b>ŁAKOMSKA - OPALA Iwona</b>	<b>270</b>		K-40	105	00:00:56	<b>00:34:42.50</b>	<b>00:35:39.45</b>	+00:19:30 (56.2%)	6:56	8.6 (43.4%)
895	<b>OSIŃSKI Dominik</b>	<b>603</b>		M-30	166	00:00:00	<b>00:34:43.45</b>	<b>00:34:43.45</b>	+00:19:31 (56.2%)	6:56	8.6 (43.4%)
896	<b>PIĄTEK Marta</b>	<b>661</b>		K-20	53	00:00:22	<b>00:34:46.00</b>	<b>00:35:08.70</b>	+00:19:34 (56.3%)	6:57	8.6 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
897	<b>SURMACZ Natalia</b>	<b>480</b>		K-10	27	00:00:50	<b>00:34:46.10</b>	<b>00:35:36.70</b>	+00:19:34 (56.3%)	6:57	8.6 (43.4%)
898	<b>KOPYTOWSKA Mariola</b>	<b>721</b>		K-30	108	00:00:22	<b>00:34:46.30</b>	<b>00:35:08.80</b>	+00:19:34 (56.3%)	6:57	8.6 (43.4%)
899	<b>CZAJKOWSKI Kamil</b>	<b>703</b>		M-20	84	00:01:06	<b>00:34:50.15</b>	<b>00:35:56.95</b>	+00:19:38 (56.4%)	6:58	8.6 (43.4%)
900	<b>RATAJCZAK Aurelia</b>	<b>660</b>		K-40	106	00:00:19	<b>00:34:51.45</b>	<b>00:35:10.75</b>	+00:19:39 (56.4%)	6:58	8.6 (43.4%)
901	<b>GORZYNSKI Arkadiusz</b>	<b>659</b>	ŻÓŁTOKRÓLEWSCY	M-40	177	00:00:19	<b>00:34:51.70</b>	<b>00:35:10.90</b>	+00:19:40 (56.4%)	6:58	8.6 (43.4%)
902	<b>RUJNER Klara</b>	<b>111</b>	KTR MASA TURYSTYCZNA	K-50	24	00:01:01	<b>00:34:57.40</b>	<b>00:35:58.90</b>	+00:19:45 (56.5%)	6:59	8.6 (43.4%)
903	<b>WYPYCH-KLUNDER Katarzyna</b>	<b>174</b>		K-30	109	00:00:22	<b>00:34:58.35</b>	<b>00:35:20.55</b>	+00:19:46 (56.6%)	6:59	8.6 (43.4%)
904	<b>MĄDRY Wojciech</b>	<b>1087</b>	POLI-FAX UL. BOCZNA 10	M-30	167	00:00:25	<b>00:35:00.85</b>	<b>00:35:26.60</b>	+00:19:49 (56.6%)	7:00	8.6 (43.4%)
905	<b>JASIŃSKI Kacper</b>	<b>831</b>		M-10	63	00:00:04	<b>00:35:01.90</b>	<b>00:35:06.05</b>	+00:19:50 (56.6%)	7:00	8.6 (43.4%)
906	<b>JASIŃSKI Grzegorz</b>	<b>830</b>		M-30	168	00:00:04	<b>00:35:01.95</b>	<b>00:35:06.30</b>	+00:19:50 (56.6%)	7:00	8.6 (43.4%)
907	<b>PRUS-FABISZAK Beata</b>	<b>935</b>		K-30	110	00:00:44	<b>00:35:06.75</b>	<b>00:35:51.25</b>	+00:19:55 (56.7%)	7:01	8.5 (42.9%)
908	<b>KOPACZYK Maciej</b>	<b>926</b>		M-20	85	00:00:48	<b>00:35:08.65</b>	<b>00:35:57.45</b>	+00:19:57 (56.8%)	7:01	8.5 (42.9%)
908	<b>URBANIAK Martyna</b>	<b>849</b>		K-10	28	00:00:48	<b>00:35:08.65</b>	<b>00:35:57.45</b>	+00:19:57 (56.8%)	7:01	8.5 (42.9%)
910	<b>SMUŁKA Patryk</b>	<b>727</b>		M-30	169	00:01:00	<b>00:35:09.55</b>	<b>00:36:10.50</b>	+00:19:57 (56.8%)	7:01	8.5 (42.9%)
911	<b>RUDNIKOWSKI Andrzej</b>	<b>148</b>		M-50	66	00:00:58	<b>00:35:10.05</b>	<b>00:36:08.80</b>	+00:19:58 (56.8%)	7:02	8.5 (42.9%)
912	<b>ŁUSZCZYNA Karolina</b>	<b>1119</b>		K-40	107	00:00:42	<b>00:35:12.65</b>	<b>00:35:55.30</b>	+00:20:01 (56.9%)	7:02	8.5 (42.9%)
913	<b>GOZDZIK Tomasz</b>	<b>760</b>		M-30	170	00:00:42	<b>00:35:12.90</b>	<b>00:35:55.55</b>	+00:20:01 (56.9%)	7:02	8.5 (42.9%)
914	<b>MIKOŁAJCZAK Martyna</b>	<b>375</b>	KPCP SMUKAŁA	K-20	54	00:00:55	<b>00:35:14.75</b>	<b>00:36:10.25</b>	+00:20:03 (56.9%)	7:02	8.5 (42.9%)
915	<b>GARBACZEWSKA Anna</b>	<b>943</b>		K-30	111	00:00:25	<b>00:35:27.05</b>	<b>00:35:52.75</b>	+00:20:15 (57.1%)	7:05	8.5 (42.9%)
916	<b>WISNIEWSKA Malgorzata</b>	<b>483</b>		K-50	25	00:01:02	<b>00:35:31.70</b>	<b>00:36:34.15</b>	+00:20:20 (57.2%)	7:06	8.4 (42.4%)
917	<b>CHMARA-SZATKOWSKA Paulina</b>	<b>657</b>	BECOME ONE	K-20	55	00:00:20	<b>00:35:36.95</b>	<b>00:35:56.95</b>	+00:20:25 (57.3%)	7:07	8.4 (42.4%)
918	<b>NOWAKOWSKA-SZWAJCA Anna</b>	<b>18</b>		K-50	26	00:00:54	<b>00:35:38.00</b>	<b>00:36:32.10</b>	+00:20:26 (57.4%)	7:07	8.4 (42.4%)
919	<b>KANJERSKI Jerzy</b>	<b>427</b>	RUN BYDGOSZCZ	M-60+	20	00:00:47	<b>00:35:39.00</b>	<b>00:36:26.75</b>	+00:20:27 (57.4%)	7:07	8.4 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
920	<b>CZYŻNIKOWSKA Anna</b>	<b>807</b>		K-30	112	00:01:07	<b>00:35:43.50</b>	<b>00:36:51.00</b>	+00:20:31 (57.5%)	7:08	8.4 (42.4%)
921	<b>PROWADZISZ Justyna</b>	<b>870</b>		K-40	108	00:01:21	<b>00:35:43.85</b>	<b>00:37:05.20</b>	+00:20:32 (57.5%)	7:08	8.4 (42.4%)
922	<b>SKRODZKA Natalia</b>	<b>970</b>		K-10	29	00:00:39	<b>00:35:45.45</b>	<b>00:36:25.35</b>	+00:20:33 (57.5%)	7:09	8.4 (42.4%)
923	<b>SKRODZKA Anna</b>	<b>969</b>		K-40	109	00:00:38	<b>00:35:47.10</b>	<b>00:36:25.25</b>	+00:20:35 (57.5%)	7:09	8.4 (42.4%)
924	<b>WIESE Grzegorz</b>	<b>236</b>		M-60+	21	00:00:55	<b>00:35:49.35</b>	<b>00:36:45.15</b>	+00:20:37 (57.6%)	7:09	8.4 (42.4%)
925	<b>CHOLEWCZYŃSKI Dariusz</b>	<b>641</b>		M-Open	2	00:00:41	<b>00:36:03.55</b>	<b>00:36:44.90</b>	+00:20:51 (57.9%)	7:12	8.3 (41.9%)
926	<b>REINKE Joanna</b>	<b>126</b>		K-30	113	00:00:05	<b>00:36:03.60</b>	<b>00:36:09.10</b>	+00:20:52 (57.9%)	7:12	8.3 (41.9%)
927	<b>CHOLEWCZYŃSKA Dorota</b>	<b>642</b>		K-50	27	00:00:41	<b>00:36:03.65</b>	<b>00:36:44.70</b>	+00:20:52 (57.9%)	7:12	8.3 (41.9%)
928	<b>BRODA Nadia</b>	<b>918</b>	KOLEGIUM KUJAWSKIE	K-10	30	00:00:42	<b>00:36:03.80</b>	<b>00:36:45.85</b>	+00:20:52 (57.9%)	7:12	8.3 (41.9%)
929	<b>SIEWERT Iwona</b>	<b>1053</b>		K-40	110	00:00:21	<b>00:36:04.65</b>	<b>00:36:25.70</b>	+00:20:53 (57.9%)	7:12	8.3 (41.9%)
930	<b>SAWIEŁAJC Michał</b>	<b>320</b>	BIZON	M-40	178	00:00:33	<b>00:36:09.30</b>	<b>00:36:42.50</b>	+00:20:57 (58.0%)	7:13	8.3 (41.9%)
931	<b>RYCIO-SAWIEŁAJC Joanna</b>	<b>321</b>		K-40	111	00:00:32	<b>00:36:09.80</b>	<b>00:36:42.75</b>	+00:20:58 (58.0%)	7:13	8.3 (41.9%)
932	<b>SPRENGEL Agnieszka</b>	<b>682</b>		K-40	112	00:01:19	<b>00:36:10.15</b>	<b>00:37:29.80</b>	+00:20:58 (58.0%)	7:14	8.3 (41.9%)
933	<b>KASPEROWICZ Paweł</b>	<b>694</b>		M-30	171	00:00:29	<b>00:36:11.10</b>	<b>00:36:40.20</b>	+00:20:59 (58.0%)	7:14	8.3 (41.9%)
934	<b>ŻURAWSKI Michał</b>	<b>14</b>	RUN LOTTO-BYDGOSTIA	M-40	179	00:01:25	<b>00:36:11.55</b>	<b>00:37:37.00</b>	+00:20:59 (58.0%)	7:14	8.3 (41.9%)
935	<b>KASPEROWICZ Jakub</b>	<b>696</b>		M-10	64	00:00:28	<b>00:36:11.65</b>	<b>00:36:40.20</b>	+00:21:00 (58.0%)	7:14	8.3 (41.9%)
936	<b>PIĘKNA Monika</b>	<b>204</b>		K-40	113	00:01:04	<b>00:36:16.30</b>	<b>00:37:20.45</b>	+00:21:04 (58.1%)	7:15	8.3 (41.9%)
937	<b>DYNIĘWSKA Agnieszka</b>	<b>208</b>	GRUPABTŻ	K-50	28	00:01:04	<b>00:36:16.40</b>	<b>00:37:20.40</b>	+00:21:04 (58.1%)	7:15	8.3 (41.9%)
938	<b>WILANDT-SOBKO Marta</b>	<b>708</b>		K-20	56	00:00:18	<b>00:36:19.45</b>	<b>00:36:38.20</b>	+00:21:07 (58.2%)	7:15	8.3 (41.9%)
939	<b>WILANDT Natalia</b>	<b>709</b>		K-20	57	00:00:18	<b>00:36:19.65</b>	<b>00:36:38.25</b>	+00:21:08 (58.2%)	7:15	8.3 (41.9%)
940	<b>MAZURKIEWICZ Aniela</b>	<b>972</b>	KOLEGIUM KUJAWSKIE	K-50	29	00:00:38	<b>00:36:31.90</b>	<b>00:37:10.05</b>	+00:21:20 (58.4%)	7:18	8.2 (41.4%)
941	<b>MAJEWSKA Martyna</b>	<b>286</b>		K-10	31	00:00:00	<b>00:36:34.15</b>	<b>00:36:34.15</b>	+00:21:22 (58.5%)	7:18	8.2 (41.4%)
942	<b>KUKUŁA Aleksandra</b>	<b>567</b>		K-20	58	00:01:19	<b>00:36:51.10</b>	<b>00:38:10.95</b>	+00:21:39 (58.8%)	7:22	8.1 (40.9%)
943	<b>PALACZ Wioletta</b>	<b>469</b>	POLONIA BYDGOSZCZ SLA	K-40	114	00:00:58	<b>00:36:54.35</b>	<b>00:37:52.35</b>	+00:21:42 (58.8%)	7:22	8.1 (40.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
944	<b>PALACZ Dawid</b>	<b>470</b>		M-10	65	00:00:57	<b>00:36:54.45</b>	<b>00:37:52.20</b>	+00:21:42 (58.8%)	7:22	8.1 (40.9%)
945	<b>STANISZEWSKA Aleksandra</b>	<b>913</b>		K-30	114	00:00:40	<b>00:36:58.80</b>	<b>00:37:39.25</b>	+00:21:47 (58.9%)	7:23	8.1 (40.9%)
946	<b>RAPCA Krzysztof</b>	<b>1063</b>		M-40	180	00:00:14	<b>00:37:09.50</b>	<b>00:37:24.15</b>	+00:21:57 (59.1%)	7:25	8.1 (40.9%)
947	<b>POLITOWSKA Ewa</b>	<b>1104</b>		K-30	115	00:00:14	<b>00:37:09.60</b>	<b>00:37:24.20</b>	+00:21:58 (59.1%)	7:25	8.1 (40.9%)
948	<b>WIŚNIEWSKA Karina</b>	<b>716</b>		K-20	59	00:00:00	<b>00:37:19.00</b>	<b>00:37:19.00</b>	+00:22:07 (59.3%)	7:27	8 (40.4%)
949	<b>GILEWSKA Julia</b>	<b>740</b>		K-20	60	00:00:00	<b>00:37:22.05</b>	<b>00:37:22.05</b>	+00:22:10 (59.3%)	7:28	8 (40.4%)
950	<b>PILECKI Gustaw</b>	<b>715</b>	BRZOZA BIEGA	M-60+	22	00:00:11	<b>00:37:23.30</b>	<b>00:37:34.90</b>	+00:22:11 (59.4%)	7:28	8 (40.4%)
951	<b>WÓJCIK Mikołaj</b>	<b>9</b>		M-10	66	00:00:45	<b>00:37:28.40</b>	<b>00:38:13.80</b>	+00:22:16 (59.5%)	7:29	8 (40.4%)
952	<b>WÓJCIK Anna</b>	<b>6</b>		K-40	115	00:00:45	<b>00:37:29.55</b>	<b>00:38:14.75</b>	+00:22:17 (59.5%)	7:29	8 (40.4%)
953	<b>LEWANDOWSKA Weronika</b>	<b>921</b>		K-10	32	00:00:46	<b>00:37:29.90</b>	<b>00:38:16.20</b>	+00:22:18 (59.5%)	7:29	8 (40.4%)
954	<b>WIATROWSKA Wiktoria</b>	<b>947</b>		K-10	33	00:00:46	<b>00:37:30.05</b>	<b>00:38:16.40</b>	+00:22:18 (59.5%)	7:30	8 (40.4%)
955	<b>BIERYT Arkadiusz</b>	<b>1074</b>	POLI-FAX UL. BOCZNA 10	M-50	67	00:00:13	<b>00:37:34.25</b>	<b>00:37:47.25</b>	+00:22:22 (59.6%)	7:30	8 (40.4%)
956	<b>MIKOŁAJSKA Agata</b>	<b>896</b>		K-20	61	00:00:04	<b>00:37:35.50</b>	<b>00:37:40.40</b>	+00:22:23 (59.6%)	7:31	8 (40.4%)
957	<b>KARDASIŃSKA Marta</b>	<b>89</b>		K-20	62	00:00:34	<b>00:37:37.80</b>	<b>00:38:11.80</b>	+00:22:26 (59.6%)	7:31	8 (40.4%)
958	<b>KACZMAREK Adam</b>	<b>421</b>	#4FAJTER	M-40	181	00:00:40	<b>00:37:39.00</b>	<b>00:38:19.70</b>	+00:22:27 (59.6%)	7:31	8 (40.4%)
959	<b>TYMIŃSKI Łukasz</b>	<b>419</b>	4FAJTER	M-30	172	00:00:40	<b>00:37:39.50</b>	<b>00:38:20.00</b>	+00:22:27 (59.7%)	7:31	8 (40.4%)
960	<b>TYMIŃSKA Beata</b>	<b>418</b>	4FAJTER	K-30	116	00:00:40	<b>00:37:39.75</b>	<b>00:38:19.75</b>	+00:22:28 (59.7%)	7:31	8 (40.4%)
961	<b>WOŹNIAK Alina</b>	<b>592</b>		K-50	30	00:00:42	<b>00:37:41.60</b>	<b>00:38:23.85</b>	+00:22:30 (59.7%)	7:32	8 (40.4%)
962	<b>SŁOMSKI Jakub</b>	<b>835</b>	BYDGOSKA SEKCJA WKKK	M-10	67	00:00:05	<b>00:38:02.10</b>	<b>00:38:07.45</b>	+00:22:50 (60.1%)	7:36	7.9 (39.9%)
963	<b>GORZYCKI Dariusz</b>	<b>465</b>	BYDGOSKA SEKCJA WKKK	M-50	68	00:00:05	<b>00:38:03.05</b>	<b>00:38:08.55</b>	+00:22:51 (60.1%)	7:36	7.9 (39.9%)
964	<b>KOTECKA Agnieszka</b>	<b>284</b>		K-20	63	00:00:32	<b>00:38:16.75</b>	<b>00:38:48.75</b>	+00:23:05 (60.3%)	7:39	7.8 (39.4%)
965	<b>WIDAWSKA Anna</b>	<b>750</b>		K-40	116	00:01:17	<b>00:38:24.75</b>	<b>00:39:42.45</b>	+00:23:13 (60.4%)	7:40	7.8 (39.4%)
966	<b>MARĆ Natalia</b>	<b>748</b>		K-30	117	00:01:18	<b>00:38:24.80</b>	<b>00:39:42.80</b>	+00:23:13 (60.4%)	7:40	7.8 (39.4%)
967	<b>OSUCH Małgorzata</b>	<b>381</b>		K-30	118	00:00:29	<b>00:39:04.15</b>	<b>00:39:33.75</b>	+00:23:52 (61.1%)	7:48	7.7 (38.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
968	<b>PILARSKI Adam</b>	<b>1096</b>		M-20	86	00:01:01	<b>00:39:08.00</b>	<b>00:40:09.05</b>	+00:23:56 (61.2%)	7:49	7.7 (38.9%)
969	<b>KARWASZ Martyna</b>	<b>1095</b>		K-20	64	00:01:00	<b>00:39:08.50</b>	<b>00:40:09.25</b>	+00:23:56 (61.2%)	7:49	7.7 (38.9%)
970	<b>KULCZYŃSKI Robert</b>	<b>883</b>	KOLEGIUM KUJAWSKIE	M-40	182	00:00:37	<b>00:39:30.75</b>	<b>00:40:08.05</b>	+00:24:19 (61.5%)	7:54	7.6 (38.4%)
971	<b>REINHOLZ Mateusz</b>	<b>1072</b>		M-20	87	00:00:11	<b>00:39:49.80</b>	<b>00:40:01.35</b>	+00:24:38 (61.9%)	7:57	7.5 (37.9%)
972	<b>WŁOCH Sandra</b>	<b>1073</b>		K-20	65	00:00:11	<b>00:39:49.85</b>	<b>00:40:01.20</b>	+00:24:38 (61.9%)	7:57	7.5 (37.9%)
973	<b>HEYMANN Maria</b>	<b>88</b>		K-50	31	00:00:33	<b>00:40:11.15</b>	<b>00:40:44.85</b>	+00:24:59 (62.2%)	8:02	7.5 (37.9%)
974	<b>MAŁKOWSKA Dorota</b>	<b>898</b>		K-30	119	00:00:49	<b>00:40:18.10</b>	<b>00:41:07.65</b>	+00:25:06 (62.3%)	8:03	7.4 (37.4%)
975	<b>BOROWICZ Malgorzata</b>	<b>563</b>	KLUB ZDROWIA	K-40	117	00:00:00	<b>00:40:37.55</b>	<b>00:40:37.55</b>	+00:25:25 (62.6%)	8:07	7.4 (37.4%)
976	<b>JANKOWSKA Małgorzata</b>	<b>1037</b>	KOLEGIUM KUJAWSKIE	K-40	118	00:00:43	<b>00:40:38.90</b>	<b>00:41:22.10</b>	+00:25:27 (62.6%)	8:07	7.4 (37.4%)
977	<b>CHOLEWCZYŃSKA Barbara</b>	<b>150</b>		K-40	119	00:00:41	<b>00:41:08.05</b>	<b>00:41:49.65</b>	+00:25:56 (63.1%)	8:13	7.3 (36.9%)
978	<b>CHOLEWCZYŃSKA Martyna</b>	<b>151</b>		K-10	34	00:00:41	<b>00:41:08.30</b>	<b>00:41:49.75</b>	+00:25:56 (63.1%)	8:13	7.3 (36.9%)
979	<b>LATOS Paweł</b>	<b>133</b>		M-30	173	00:01:17	<b>00:41:11.15</b>	<b>00:42:28.60</b>	+00:25:59 (63.1%)	8:14	7.3 (36.9%)
979	<b>LATOS Barbara</b>	<b>134</b>		K-30	120	00:01:17	<b>00:41:11.15</b>	<b>00:42:28.70</b>	+00:25:59 (63.1%)	8:14	7.3 (36.9%)
981	<b>MACKIEWICZ Beata</b>	<b>224</b>		K-40	120	00:00:26	<b>00:41:25.95</b>	<b>00:41:52.00</b>	+00:26:14 (63.3%)	8:17	7.2 (36.4%)
982	<b>POPIELARZ Anna</b>	<b>213</b>		K-50	32	00:00:25	<b>00:41:26.75</b>	<b>00:41:52.30</b>	+00:26:15 (63.3%)	8:17	7.2 (36.4%)
983	<b>PĘKALA Wojciech</b>	<b>589</b>	BLUSZCZOWA RZEKA	M-60+	23	00:00:19	<b>00:41:40.75</b>	<b>00:41:59.90</b>	+00:26:29 (63.5%)	8:20	7.2 (36.4%)
984	<b>ŚWIĄTEK Katarzyna</b>	<b>625</b>		K-20	66	00:01:15	<b>00:43:22.00</b>	<b>00:44:37.45</b>	+00:28:10 (65.0%)	8:40	6.9 (34.8%)
985	<b>LEWANDOWSKI Mateusz</b>	<b>628</b>		M-20	88	00:01:15	<b>00:43:22.50</b>	<b>00:44:37.75</b>	+00:28:10 (65.0%)	8:40	6.9 (34.8%)
986	<b>ANGIEL Władysław</b>	<b>344</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60+	24	00:00:04	<b>00:44:50.15</b>	<b>00:44:55.00</b>	+00:29:38 (66.1%)	8:58	6.7 (33.8%)
987	<b>KRUPA Paulina</b>	<b>651</b>		K-20	67	00:00:36	<b>00:47:25.35</b>	<b>00:48:02.05</b>	+00:32:13 (68.0%)	9:29	6.3 (31.8%)
988	<b>KUZNIAR Daniel</b>	<b>647</b>		M-30	174	00:00:37	<b>00:47:25.65</b>	<b>00:48:03.05</b>	+00:32:14 (68.0%)	9:29	6.3 (31.8%)
989	<b>BADOWSKI Krzysztof</b>	<b>617</b>		M-50	69	00:00:36	<b>00:47:25.75</b>	<b>00:48:01.90</b>	+00:32:14 (68.0%)	9:29	6.3 (31.8%)
990	<b>WRÓBEL Antoni</b>	<b>621</b>		M-10	68	00:00:00	<b>00:48:04.05</b>	<b>00:48:04.05</b>	+00:32:52 (68.4%)	9:36	6.2 (31.3%)
991	<b>GRUSZCZYŃSKI Marcin</b>	<b>618</b>		M-Open	3	00:00:00	<b>00:48:04.25</b>	<b>00:48:04.25</b>	+00:32:52 (68.4%)	9:36	6.2 (31.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
992	<b>WRZESIŃSKA Anna</b>	<b>22</b>		K-30	121	00:00:00			+	3:46	15.9 (80.3%)
993	<b>OSIŃSKI Dominik</b>	<b>603</b>		M-30	175	00:00:00			+	7:00	8.6 (43.4%)
994	<b>TOMCZAK Katarzyna</b>	<b>637</b>		K-40	121	00:00:39					(0.0%)
995	<b>CHNURZYŃSKA Ewa</b>	<b>633</b>		K-Open	2	00:00:39					(0.0%)
996	<b>CICHY Łukasz</b>	<b>648</b>		M-30	176	00:00:39					(0.0%)
997	<b>KRUCZKOWSKI Adam</b>	<b>644</b>		M-50	70	00:00:39					(0.0%)
998	<b>KRÓL Wiesław</b>	<b>635</b>		M-50	71	00:00:40					(0.0%)
999	<b>GŁOWACKI Jarosław</b>	<b>579</b>	ADP BYDGOSZCZ	M-20	89	00:01:01					(0.0%)
1000	<b>ŚLIWIŃSKI Piotr</b>	<b>632</b>		M-50	72	00:01:26					(0.0%)
1001	<b>KRÓL Janina</b>	<b>634</b>		K-50	33	00:01:27					(0.0%)
1002	<b>MYLER Georgina</b>	<b>630</b>		K-30	122	00:01:27					(0.0%)
1003	<b>CHMURZYŃSKI Tomasz</b>	<b>620</b>		M-50	73	00:01:27					(0.0%)

Znaleziono 1003 wynik(ów)