



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

Organiser: Aktywna Bydgoszcz
Date: 2022-11-11
Place: Bydgoszcz
Distance: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	OCHAL Paweł	1060	TEAMOCHAL	M-40	1	00:00:00	00:15:43.30	00:15:44.00		3:08	19.1 (100%)
2	TULEJA Jakub	571	CWZS ZAWISZA BYDGOSZCZ	M-20	1	00:00:00	00:15:52.95	00:15:53.60	+00:00:09 (1.0%)	3:10	18.9 (99.0%)
3	NALEWALSKI Rafał	1140	1 POMORSKA BRYGADA LOGISTYCZNA	M-20	2	00:00:00	00:15:58.50	00:15:59.15	+00:00:15 (1.6%)	3:11	18.8 (98.4%)
4	MALINOWSKI Paweł	1123	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	1	00:00:00	00:16:04.90	00:16:05.85	+00:00:21 (2.2%)	3:12	18.7 (97.9%)
5	WITKOWSKI Mateusz	1180	ELENSPORT SKLEP INTERNETOWY	M-20	3	00:00:00	00:16:17.15	00:16:17.70	+00:00:33 (3.5%)	3:15	18.4 (96.3%)
6	GOŁDYN Sebastian	1137	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	2	00:00:01	00:16:59.35	00:17:00.65	+00:01:16 (7.5%)	3:23	17.7 (92.7%)
7	JURAK Krzysztof	1040	KUJAWSKY RUNNERS	M-30	3	00:00:01	00:17:16.55	00:17:17.60	+00:01:33 (9.0%)	3:27	17.4 (91.1%)
8	FLOREK Paweł	950	RUNADDICTS	M-30	4	00:00:01	00:17:37.80	00:17:39.40	+00:01:54 (10.8%)	3:31	17 (89.0%)
9	POZNAŃSKI Szymon	762	BIOTECH	M-30	5	00:00:03	00:17:38.05	00:17:41.55	+00:01:54 (10.8%)	3:31	17 (89.0%)
10	SZYSZKA Mariusz	674	1 POMORSKA BRYGADA LOGISTYCZNA	M-40	2	00:00:01	00:17:39.10	00:17:40.90	+00:01:55 (10.9%)	3:31	17 (89.0%)
11	SAWIEŁAJC Jakub	1002	TM IRON TEAM	M-20	4	00:00:02	00:17:42.05	00:17:44.25	+00:01:58 (11.2%)	3:32	16.9 (88.5%)
12	BIEGAŁA Leszek	446	LINGUA PRO	M-40	3	00:00:02	00:17:46.05	00:17:48.40	+00:02:02 (11.5%)	3:33	16.9 (88.5%)
13	NOWAKOWSKA Anna	701	1 POMORSKA BRYGADA LOGISTYCZNA	K-30	1	00:00:01	00:17:48.35	00:17:49.90	+00:02:05 (11.7%)	3:33	16.9 (88.5%)
14	SZOT Bartosz	656	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	6	00:00:01	00:17:51.65	00:17:53.45	+00:02:08 (12.0%)	3:34	16.8 (88.0%)
15	DEROŃ Waldemar	1138	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	7	00:00:01	00:17:54.55	00:17:56.10	+00:02:11 (12.2%)	3:34	16.8 (88.0%)
16	TYMEK Kamil	860	ZAWISZA	M-10	1	00:00:01	00:17:58.15	00:17:59.55	+00:02:14 (12.5%)	3:35	16.7 (87.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
17	MAĆKOWSKI Maciej	553	UPSBYDGOSZCZ/TEAMOCHAL	M-30	8	00:00:01	00:18:02.40	00:18:03.60	+00:02:19 (12.9%)	3:36	16.6 (86.9%)
18	KRYSKE Bartosz	3		M-30	9	00:00:01	00:18:08.50	00:18:09.90	+00:02:25 (13.3%)	3:37	16.5 (86.4%)
19	ZEBIDA Kader	978	-	M-20	5	00:00:01	00:18:13.65	00:18:14.70	+00:02:30 (13.7%)	3:38	16.5 (86.4%)
20	PĘDZIOCH Przemysław	1115		M-30	10	00:00:02	00:18:14.05	00:18:16.70	+00:02:30 (13.8%)	3:38	16.5 (86.4%)
21	BURDANOWSKI Adam	400		M-30	11	00:00:02	00:18:14.25	00:18:16.40	+00:02:30 (13.8%)	3:38	16.5 (86.4%)
22	TUCHOLSKI Bartłomiej	394		M-30	12	00:00:04	00:18:17.80	00:18:22.25	+00:02:34 (14.1%)	3:39	16.4 (85.9%)
23	NOCEK Paweł	755	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	13	00:00:01	00:18:19.45	00:18:21.10	+00:02:36 (14.2%)	3:39	16.4 (85.9%)
24	DEPTUŁA Grzegorz	286	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M-40	4	00:00:02	00:18:23.75	00:18:26.20	+00:02:40 (14.5%)	3:40	16.3 (85.3%)
25	GRUBICH Arkadiusz	1090		M-40	5	00:00:03	00:18:31.60	00:18:35.20	+00:02:48 (15.1%)	3:42	16.2 (84.8%)
26	DASZKIEWICZ Małgorzata	994	POWER TRAINING	K-30	2	00:00:01	00:18:34.80	00:18:36.25	+00:02:51 (15.4%)	3:42	16.2 (84.8%)
27	KOTULA Sławomir	450		M-30	14	00:00:04	00:18:35.55	00:18:39.90	+00:02:52 (15.4%)	3:43	16.1 (84.3%)
28	ANDRZEJEWSKI Marcin	1210		M-30	15	00:00:01	00:18:42.10	00:18:43.15	+00:02:58 (15.9%)	3:44	16 (83.8%)
29	GRZĄDZIELEWSKI Igor	1187	IRON RESORTS	M-20	6	00:00:02	00:18:47.25	00:18:50.10	+00:03:03 (16.3%)	3:45	16 (83.8%)
30	SZLINGER Jakub	30	DRUŻYNA STASIA	M-30	16	00:00:03	00:18:48.00	00:18:51.85	+00:03:04 (16.4%)	3:45	16 (83.8%)
31	MENDEL Patryk	114	TM IRON TEAM/SLKB	M-20	7	00:00:03	00:18:49.65	00:18:52.70	+00:03:06 (16.5%)	3:45	15.9 (83.2%)
32	SUTKOWY Paweł	488		M-30	17	00:00:03	00:18:50.20	00:18:53.55	+00:03:06 (16.5%)	3:46	15.9 (83.2%)
33	KALOTA Tomasz	1146	ELECTRUS TORUŃ	M-30	18	00:00:01	00:18:56.50	00:18:58.10	+00:03:13 (17.0%)	3:47	15.8 (82.7%)
34	SZENK Marta	220		K-40	1	00:00:02	00:18:59.50	00:19:02.10	+00:03:16 (17.2%)	3:47	15.8 (82.7%)
35	MIZIKOWSKI Wojciech	187		M-40	6	00:00:03	00:19:00.20	00:19:03.50	+00:03:16 (17.3%)	3:48	15.8 (82.7%)
36	FUZ Marek	310	KABEL TEAM BYDGOSZCZ	M-50	1	00:00:02	00:19:01.90	00:19:04.50	+00:03:18 (17.4%)	3:48	15.8 (82.7%)
37	GWIAZDOWSKI Dominik	399		M-10	2	00:00:07	00:19:02.40	00:19:10.35	+00:03:19 (17.4%)	3:48	15.8 (82.7%)
38	PIC Dawid	507	BYLE DO PRZODU	M-30	19	00:00:05	00:19:04.00	00:19:09.05	+00:03:20 (17.5%)	3:48	15.7 (82.2%)
39	JAŹDŻEWSKI Kacper	813		M-10	3	00:00:02	00:19:04.90	00:19:07.00	+00:03:21 (17.6%)	3:48	15.7 (82.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
40	JAŹDŹEWSKI Kacper	943		M-20	8	00:00:01	00:19:05.65	00:19:07.50	+00:03:22 (17.7%)	3:49	15.7 (82.2%)
41	KOŹŁOWSKI Rafał	6		M-40	7	00:00:01	00:19:12.15	00:19:13.85	+00:03:28 (18.1%)	3:50	15.6 (81.7%)
42	WILK Łukasz	36	RUNADDICTS	M-30	20	00:00:02	00:19:13.40	00:19:15.60	+00:03:30 (18.2%)	3:50	15.6 (81.7%)
43	PAWLIK Stanisław	923		M-50	2	00:00:03	00:19:17.70	00:19:20.80	+00:03:34 (18.5%)	3:51	15.6 (81.7%)
44	WALDA Łukasz	613		M-30	21	00:00:04	00:19:22.25	00:19:27.05	+00:03:38 (18.8%)	3:52	15.5 (81.2%)
45	RZESZOTARSKI Daniel	592		M-30	22	00:00:05	00:19:24.00	00:19:29.50	+00:03:40 (19.0%)	3:52	15.5 (81.2%)
46	MALICKI Łukasz	775		M-30	23	00:00:05	00:19:25.35	00:19:31.20	+00:03:42 (19.1%)	3:53	15.5 (81.2%)
47	KHADDOUR Alex	284	ATOS BYDGOSZCZ	M-30	24	00:00:04	00:19:26.85	00:19:31.15	+00:03:43 (19.2%)	3:53	15.4 (80.6%)
48	PIOTROWSKA Katarzyna	51		K-30	3	00:00:02	00:19:27.60	00:19:30.40	+00:03:44 (19.2%)	3:53	15.4 (80.6%)
49	MALICKI Bartosz	786		M-30	25	00:00:05	00:19:27.95	00:19:33.45	+00:03:44 (19.2%)	3:53	15.4 (80.6%)
50	STAŃCZYK Martyna	121		K-30	4	00:00:04	00:19:28.70	00:19:33.35	+00:03:45 (19.3%)	3:53	15.4 (80.6%)
51	KALOTA Joanna	1145	#ZALINIAMETYTEAM	K-30	5	00:00:02	00:19:31.70	00:19:33.85	+00:03:48 (19.5%)	3:54	15.4 (80.6%)
52	BEJGIER Edmund	641	BIEGAM Z DĘBAMI OSIELSKO	M-50	3	00:00:03	00:19:33.50	00:19:37.00	+00:03:50 (19.6%)	3:54	15.3 (80.1%)
53	TELEJKO Łukasz	980	RUN BYDGOSZCZ	M-20	9	00:00:04	00:19:33.55	00:19:38.40	+00:03:50 (19.6%)	3:54	15.3 (80.1%)
54	KRZESZEWSKI Jakub	929		M-30	26	00:00:02	00:19:34.10	00:19:36.40	+00:03:50 (19.7%)	3:54	15.3 (80.1%)
55	ALEKSANDROWICZ Sebastian	289	ŁOMŹA GÓRZNO	M-20	10	00:00:02	00:19:35.50	00:19:37.65	+00:03:52 (19.8%)	3:55	15.3 (80.1%)
56	OKOŃSKI Jarosław	1122	NULLPOINTEREXCEPTION	M-30	27	00:00:04	00:19:37.00	00:19:41.75	+00:03:53 (19.9%)	3:55	15.3 (80.1%)
57	KENSIK Łukasz	1156	MLKS TUCHOLANKA TUCHOLA	M-20	11	00:00:05	00:19:37.35	00:19:42.40	+00:03:54 (19.9%)	3:55	15.3 (80.1%)
58	STASIEWICZ Filip	509	SPÓJNIA BIAŁE BŁOTA	M-30	28	00:00:06	00:19:38.60	00:19:45.30	+00:03:55 (20.0%)	3:55	15.3 (80.1%)
59	WALKOWIAK Paweł	72		M-30	29	00:00:07	00:19:38.65	00:19:46.15	+00:03:55 (20.0%)	3:55	15.3 (80.1%)
60	JANUSZEWSKI Radosław	1049		M-40	8	00:00:05	00:19:42.05	00:19:47.25	+00:03:58 (20.2%)	3:56	15.2 (79.6%)
61	BALCEREK Mateusz	188	GASTRO SZEŃ	M-30	30	00:00:05	00:19:46.45	00:19:52.30	+00:04:03 (20.5%)	3:57	15.2 (79.6%)
62	PITUŁA Dominik	524	PARKRUN GDAŃSK POŁUDNIE	M-20	12	00:00:09	00:19:46.55	00:19:55.90	+00:04:03 (20.5%)	3:57	15.2 (79.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
63	LEWANDOWSKI Piotr	538	STREET WORKOUT ACADEMY TERMINATOR	M-20	13	00:00:05	00:19:51.40	00:19:56.65	+00:04:08 (20.8%)	3:58	15.1 (79.1%)
64	WINIECKI Patryk	362		M-30	31	00:00:03	00:19:52.90	00:19:56.30	+00:04:09 (20.9%)	3:58	15.1 (79.1%)
65	KRYGOWSKI Tomasz	256		M-50	4	00:00:03	00:20:01.45	00:20:05.30	+00:04:18 (21.5%)	4:00	15 (78.5%)
66	WIECZOREK Mateusz	416		M-30	32	00:00:07	00:20:06.00	00:20:13.90	+00:04:22 (21.8%)	4:01	14.9 (78.0%)
67	CHODKIEWICZ Tomasz	708	GARDEN FLORA SPORT CLUB	M-40	9	00:00:03	00:20:06.15	00:20:09.80	+00:04:22 (21.8%)	4:01	14.9 (78.0%)
68	SIELECKI Arkadiusz	608		M-20	14	00:00:05	00:20:09.60	00:20:15.50	+00:04:26 (22.0%)	4:01	14.9 (78.0%)
69	SKORECKI Aleksander	341		M-30	33	00:00:05	00:20:13.05	00:20:18.60	+00:04:29 (22.2%)	4:02	14.8 (77.5%)
70	WITKOWSKI Łukasz	619	GRILL TEAM	M-30	34	00:00:07	00:20:14.50	00:20:21.90	+00:04:31 (22.3%)	4:02	14.8 (77.5%)
71	KLINOWSKI Radosław	447		M-30	35	00:00:08	00:20:19.50	00:20:27.95	+00:04:36 (22.6%)	4:03	14.8 (77.5%)
72	KRZEWIŃSKI Radosław	772		M-20	15	00:00:02	00:20:20.50	00:20:23.25	+00:04:37 (22.7%)	4:04	14.8 (77.5%)
73	ONDRA Karol	990		M-20	16	00:00:17	00:20:25.60	00:20:43.00	+00:04:42 (23.0%)	4:05	14.7 (77.0%)
74	SZYTTENHOLM Oli	1048	TRISPACE	M-40	10	00:00:05	00:20:27.75	00:20:32.95	+00:04:44 (23.2%)	4:05	14.7 (77.0%)
75	MAGRIAN Leszek	791		M-40	11	00:00:05	00:20:30.80	00:20:36.30	+00:04:47 (23.4%)	4:06	14.6 (76.4%)
76	GZYL Mikolaj	462	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	36	00:00:19	00:20:33.45	00:20:52.60	+00:04:50 (23.5%)	4:06	14.6 (76.4%)
77	MARCINIAK Przemysław	146		M-40	12	00:00:04	00:20:33.55	00:20:38.00	+00:04:50 (23.5%)	4:06	14.6 (76.4%)
78	LEWANDOWSKI Bartłomiej	1058		M-20	17	00:00:03	00:20:34.25	00:20:37.90	+00:04:50 (23.6%)	4:06	14.6 (76.4%)
79	TOKARSKI Paweł	1081		M-20	18	00:00:07	00:20:34.35	00:20:42.00	+00:04:51 (23.6%)	4:06	14.6 (76.4%)
80	WOLSKI Tomasz	581		M-30	37	00:00:06	00:20:37.10	00:20:43.30	+00:04:53 (23.7%)	4:07	14.6 (76.4%)
81	JARMUŻ Adam	140	AJ TEAM	M-40	13	00:00:03	00:20:38.40	00:20:41.60	+00:04:55 (23.8%)	4:07	14.5 (75.9%)
82	NIEMIR Tomasz	1054		M-20	19	00:00:06	00:20:39.95	00:20:46.90	+00:04:56 (23.9%)	4:07	14.5 (75.9%)
83	BYRTEK Marcin	21	TRIDROPSY	M-40	14	00:00:05	00:20:40.10	00:20:45.35	+00:04:56 (23.9%)	4:08	14.5 (75.9%)
84	MAŁKOWSKI Iwo	277	ANTIDOTUM	M-30	38	00:00:06	00:20:40.70	00:20:46.90	+00:04:57 (24.0%)	4:08	14.5 (75.9%)
85	ZBIRANEK Remigiusz	552	1. BRYGADA LOGISTYCZNA	M-40	15	00:00:06	00:20:42.75	00:20:49.05	+00:04:59 (24.1%)	4:08	14.5 (75.9%)

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86	WÓJCIK Piotr	179		M-10	4	00:00:49	00:20:44.10	00:21:33.80	+00:05:00 (24.2%)	4:08	14.5 (75.9%)
87	KOLASSA Robert	523		M-30	39	00:00:02	00:20:53.35	00:20:56.10	+00:05:10 (24.7%)	4:10	14.4 (75.4%)
88	PIEKARSKI Paweł	112		M-30	40	00:00:11	00:20:53.60	00:21:05.15	+00:05:10 (24.8%)	4:10	14.4 (75.4%)
89	STEJUK Jan	336	LOTTO BYDGOSTIA	M-10	5	00:00:16	00:20:53.75	00:21:09.90	+00:05:10 (24.8%)	4:10	14.4 (75.4%)
90	ŁUKOMSKI Marcin	746		M-30	41	00:00:11	00:20:53.80	00:21:04.95	+00:05:10 (24.8%)	4:10	14.4 (75.4%)
91	SZTEJKA Damian	490		M-40	16	00:00:10	00:20:54.85	00:21:05.80	+00:05:11 (24.8%)	4:10	14.4 (75.4%)
92	PISARSKI Igor	46		M-30	42	00:00:05	00:20:56.55	00:21:02.15	+00:05:13 (24.9%)	4:11	14.3 (74.9%)
93	SENGER Robert	440		M-40	17	00:00:06	00:20:57.50	00:21:03.75	+00:05:14 (25.0%)	4:11	14.3 (74.9%)
94	WŁODARCZYK Adam	681	8 K-P BOT	M-30	43	00:00:13	00:21:00.10	00:21:13.45	+00:05:16 (25.1%)	4:12	14.3 (74.9%)
95	DZIEDZIC Dawid	1132		M-30	44	00:00:09	00:21:02.00	00:21:11.55	+00:05:18 (25.3%)	4:12	14.3 (74.9%)
96	MAŁAS Marcin	963	OPONEO.PL / AZS POLITECHNIKA GDAŃSKA	M-20	20	00:00:03	00:21:06.10	00:21:09.20	+00:05:22 (25.5%)	4:13	14.2 (74.3%)
97	SZYSZKA Radosław	719		M-40	18	00:00:02	00:21:06.30	00:21:08.75	+00:05:23 (25.5%)	4:13	14.2 (74.3%)
98	POPIESZ Zbigniew	239		M-40	19	00:00:45	00:21:06.65	00:21:52.30	+00:05:23 (25.5%)	4:13	14.2 (74.3%)
99	ARNDT Jarek	215		M-30	45	00:00:02	00:21:07.50	00:21:10.35	+00:05:24 (25.6%)	4:13	14.2 (74.3%)
100	SKARBEK Marek	979	RUN BYDGOSZCZ	M-50	5	00:00:05	00:21:08.40	00:21:13.40	+00:05:25 (25.6%)	4:13	14.2 (74.3%)
101	MATEUSZCZYK Dawid	578	RUN BYDGOSZCZ	M-30	46	00:00:09	00:21:09.35	00:21:18.90	+00:05:26 (25.7%)	4:13	14.2 (74.3%)
102	SEMRAU Nikodem	595	LOTTO BYDGOSTIA	M-10	6	00:00:23	00:21:09.90	00:21:33.10	+00:05:26 (25.7%)	4:13	14.2 (74.3%)
103	LATOS Paweł	53		M-30	47	00:00:17	00:21:10.90	00:21:28.45	+00:05:27 (25.8%)	4:14	14.2 (74.3%)
104	ZAWADZKI Mikołaj	1186	IX LO	M-10	7	00:00:00	00:21:13.55	00:21:13.55	+00:05:30 (25.9%)	4:14	14.1 (73.8%)
105	FRANKOWSKI Szymon	263		M-10	8	00:00:09	00:21:14.75	00:21:24.40	+00:05:31 (26.0%)	4:14	14.1 (73.8%)
106	ADACH Paweł	1185		M-30	48	00:00:06	00:21:15.55	00:21:21.95	+00:05:32 (26.0%)	4:15	14.1 (73.8%)
107	DROCIAK Michał	1059	OGR - OSOWA GÓRA RUNNER	M-40	20	00:00:04	00:21:18.60	00:21:22.75	+00:05:35 (26.2%)	4:15	14.1 (73.8%)
108	BUZALSKI Robert	374	ORANGE POLSKA	M-40	21	00:00:03	00:21:19.75	00:21:23.35	+00:05:36 (26.3%)	4:15	14.1 (73.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
109	TEGI Maciej	638		M-30	49	00:00:12	00:21:22.00	00:21:34.85	+00:05:38 (26.4%)	4:16	14 (73.3%)
110	KLICKI Marcin	588	GRILL TEAM	M-30	50	00:00:07	00:21:22.25	00:21:29.25	+00:05:38 (26.4%)	4:16	14 (73.3%)
111	ANISZCZYK Igor	584	LOTTO BYDGOSTIA	M-10	9	00:00:23	00:21:24.30	00:21:47.65	+00:05:41 (26.6%)	4:16	14 (73.3%)
112	WITEK Magdalena	383		K-20	1	00:00:09	00:21:24.35	00:21:33.35	+00:05:41 (26.6%)	4:16	14 (73.3%)
113	GAŚSIOROWSKI Mariusz	431		M-50	6	00:00:13	00:21:25.05	00:21:38.95	+00:05:41 (26.6%)	4:17	14 (73.3%)
114	WNUCZYŃSKI Kamil	249		M-10	10	00:00:08	00:21:26.00	00:21:34.30	+00:05:42 (26.6%)	4:17	14 (73.3%)
115	SIKORSKI Arkadiusz	324		M-10	11	00:00:09	00:21:27.00	00:21:36.25	+00:05:43 (26.7%)	4:17	14 (73.3%)
116	MEYER Marek	1070		M-50	7	00:00:39	00:21:27.60	00:22:07.45	+00:05:44 (26.7%)	4:17	14 (73.3%)
117	MENDEL Magdalena	985	TM IRON TEAM	K-30	6	00:00:03	00:21:27.75	00:21:31.55	+00:05:44 (26.7%)	4:17	14 (73.3%)
118	BZDZION Marcin	598		M-20	21	00:00:04	00:21:28.15	00:21:32.20	+00:05:44 (26.8%)	4:17	14 (73.3%)
119	KOWALEWSKI Sebastian	1052		M-40	22	00:00:05	00:21:28.30	00:21:33.35	+00:05:45 (26.8%)	4:17	14 (73.3%)
120	ANDRZEJWSKA Sylwia	1148		K-30	7	00:00:03	00:21:29.25	00:21:32.30	+00:05:45 (26.8%)	4:17	14 (73.3%)
121	GURDAK Leszek	408	BYDGOSZCZ NA START	M-40	23	00:00:08	00:21:36.70	00:21:44.90	+00:05:53 (27.3%)	4:19	13.9 (72.8%)
121	GURDAK Radosław	739		M-30	51	00:00:07	00:21:36.70	00:21:44.50	+00:05:53 (27.3%)	4:19	13.9 (72.8%)
123	ANTOSIK Patryk	133		M-30	52	00:00:09	00:21:39.35	00:21:48.60	+00:05:56 (27.4%)	4:19	13.9 (72.8%)
124	KAŁEK Artur	508	TM IRON TEAM	M-40	24	00:00:22	00:21:39.50	00:22:02.30	+00:05:56 (27.4%)	4:19	13.9 (72.8%)
125	UGOREK Mirosław	38		M-40	25	00:00:02	00:21:40.20	00:21:42.45	+00:05:56 (27.4%)	4:20	13.8 (72.3%)
126	PERKOWSKI Paweł	470		M-40	26	00:00:21	00:21:40.30	00:22:01.70	+00:05:57 (27.5%)	4:20	13.8 (72.3%)
127	GOLIMOWSKI Patryk	518		M-10	12	00:00:05	00:21:40.55	00:21:46.35	+00:05:57 (27.5%)	4:20	13.8 (72.3%)
128	MROTEK Michał	100	AMS AKADEMIA MISTRZOW SPORTU	M-40	27	00:00:40	00:21:45.80	00:22:26.20	+00:06:02 (27.8%)	4:21	13.8 (72.3%)
129	KUCZMA Mikołaj	1057		M-20	22	00:00:14	00:21:45.90	00:22:00.85	+00:06:02 (27.8%)	4:21	13.8 (72.3%)
130	ŁYSZCZARZ Błażej	919		M-40	28	00:01:27	00:21:46.15	00:23:14.05	+00:06:02 (27.8%)	4:21	13.8 (72.3%)
131	MOGILNICKI Dominik	445		M-30	53	00:00:24	00:21:46.60	00:22:11.15	+00:06:03 (27.8%)	4:21	13.8 (72.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
132	CHORAŻAK Sławek	966		M-50	8	00:00:18	00:21:47.90	00:22:06.70	+00:06:04 (27.9%)	4:21	13.8 (72.3%)
133	BAGIŃSKI Marcin	711		M-30	54	00:00:16	00:21:49.00	00:22:05.75	+00:06:05 (27.9%)	4:21	13.8 (72.3%)
134	LEWANDOWSKI Rafał	1208	B4SPORT	M-40	29	00:00:14	00:21:49.90	00:22:04.35	+00:06:06 (28.0%)	4:21	13.8 (72.3%)
135	DROSDOWSKI Sebastian	679		M-40	30	00:00:03	00:21:51.60	00:21:55.25	+00:06:08 (28.1%)	4:22	13.7 (71.7%)
136	ZBIRANEK Artur	830		M-40	31	00:00:20	00:21:52.00	00:22:12.50	+00:06:08 (28.1%)	4:22	13.7 (71.7%)
137	BĄCZKOWSKI Rafał	347	BUDSTOL INVEST	M-40	32	00:00:04	00:21:52.40	00:21:57.30	+00:06:09 (28.1%)	4:22	13.7 (71.7%)
138	WARLIKOWSKI Łukasz	18		M-30	55	00:00:37	00:21:52.65	00:22:30.30	+00:06:09 (28.1%)	4:22	13.7 (71.7%)
139	CICHOWICZ Jacek	1096		M-40	33	00:00:33	00:21:52.90	00:22:26.60	+00:06:09 (28.2%)	4:22	13.7 (71.7%)
140	BUTRYM Piotr	1		M-40	34	00:00:22	00:21:53.05	00:22:15.15	+00:06:09 (28.2%)	4:22	13.7 (71.7%)
141	WASILEWSKA Martyna	226	AKADEMIA MISTRZÓW SPORTU	K-30	8	00:00:39	00:21:53.15	00:22:32.90	+00:06:09 (28.2%)	4:22	13.7 (71.7%)
142	ŁASSA Eliza	752	PARKA BIEGA	K-20	2	00:00:10	00:21:55.60	00:22:06.05	+00:06:12 (28.3%)	4:23	13.7 (71.7%)
143	SZCZĘSNY Arkadiusz	744	DYNAMO SKARPA	M-40	35	00:00:06	00:21:56.50	00:22:02.90	+00:06:13 (28.3%)	4:23	13.7 (71.7%)
144	SIKORSKI Jarosław	196	KABEL TEAM BYDGOSZCZ	M-40	36	00:00:10	00:21:57.55	00:22:07.65	+00:06:14 (28.4%)	4:23	13.7 (71.7%)
145	CIACIUCH Agnieszka	268	BIEGACZE KCYNIA TEAM	K-20	3	00:00:06	00:21:57.70	00:22:03.80	+00:06:14 (28.4%)	4:23	13.7 (71.7%)
146	BOROWCZAK Paweł	212		M-30	56	00:01:13	00:22:01.60	00:23:15.10	+00:06:18 (28.6%)	4:24	13.6 (71.2%)
147	KRUEGER Piotr	141		M-10	13	00:00:16	00:22:01.85	00:22:18.00	+00:06:18 (28.6%)	4:24	13.6 (71.2%)
148	JURKOWSKI Paweł	889	PJKANCELARIA.PL	M-30	57	00:00:35	00:22:02.25	00:22:37.25	+00:06:18 (28.7%)	4:24	13.6 (71.2%)
149	BARSZCZ Tomasz	537		M-30	58	00:00:09	00:22:02.80	00:22:12.75	+00:06:19 (28.7%)	4:24	13.6 (71.2%)
150	WALISZEWSKI Adrian	405		M-20	23	00:00:48	00:22:02.85	00:22:50.90	+00:06:19 (28.7%)	4:24	13.6 (71.2%)
151	PRZEKWAS Paweł	390		M-30	59	00:00:12	00:22:03.90	00:22:16.35	+00:06:20 (28.7%)	4:24	13.6 (71.2%)
152	BRZUCHALSKI Mateusz	88		M-30	60	00:00:09	00:22:04.70	00:22:13.75	+00:06:21 (28.8%)	4:24	13.6 (71.2%)
153	MACIEJEWSKI Maciej	60	BIEGACZE KCYNIA TEAM	M-40	37	00:00:06	00:22:05.15	00:22:11.40	+00:06:21 (28.8%)	4:25	13.6 (71.2%)
154	MOMOT Mieczysław	236		M-40	38	00:00:09	00:22:06.20	00:22:15.55	+00:06:22 (28.9%)	4:25	13.6 (71.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
155	FARMAS Tomek	927		M-40	39	00:00:03	00:22:07.00	00:22:10.35	+00:06:23 (28.9%)	4:25	13.6 (71.2%)
156	JAKUBCZAK Michał	122		M-30	61	00:00:19	00:22:07.20	00:22:26.65	+00:06:23 (28.9%)	4:25	13.6 (71.2%)
157	DUDEK Marcin	322	LATAJĄCY DUDEK	M-20	24	00:00:41	00:22:07.80	00:22:49.00	+00:06:24 (29.0%)	4:25	13.6 (71.2%)
158	PINGOT Gabriel	1218		M-10	14	00:00:21	00:22:08.25	00:22:29.85	+00:06:24 (29.0%)	4:25	13.6 (71.2%)
159	KRZYŻANOWSKI Robert	1167		M-50	9	00:00:09	00:22:08.80	00:22:18.15	+00:06:25 (29.0%)	4:25	13.6 (71.2%)
160	FELINIAK Daniel	622		M-30	62	00:00:37	00:22:09.00	00:22:46.25	+00:06:25 (29.0%)	4:25	13.5 (70.7%)
160	WINIECKI Paweł	92		M-30	62	00:00:12	00:22:09.00	00:22:21.65	+00:06:25 (29.0%)	4:25	13.5 (70.7%)
162	KRUEGER Waldemar	150		M-40	40	00:00:15	00:22:10.20	00:22:26.10	+00:06:26 (29.1%)	4:26	13.5 (70.7%)
163	WNUK Mateusz	1134		M-10	15	00:00:07	00:22:12.60	00:22:20.10	+00:06:29 (29.2%)	4:26	13.5 (70.7%)
164	RYDLEWSKI Marek	661	RUN BYDGOSZCZ	M-50	10	00:00:09	00:22:13.40	00:22:23.20	+00:06:30 (29.3%)	4:26	13.5 (70.7%)
165	MODRAKOWSKI Roland	102	DYSTRYBUCJA-REKLAM.PL	M-30	64	00:00:05	00:22:13.95	00:22:19.00	+00:06:30 (29.3%)	4:26	13.5 (70.7%)
166	WNUCZYŃSKI Andrzej	379	ORANGE	M-50	11	00:00:08	00:22:15.05	00:22:23.65	+00:06:31 (29.3%)	4:27	13.5 (70.7%)
167	BARRKOWSKI Marek	1046	ENDURETEAM	M-50	12	00:00:15	00:22:16.15	00:22:31.80	+00:06:32 (29.4%)	4:27	13.5 (70.7%)
168	LIPIŃSKI Sebastian	201	KOJOTY/RUN BYDGOSZCZ	M-40	41	00:00:09	00:22:17.35	00:22:26.65	+00:06:34 (29.5%)	4:27	13.5 (70.7%)
169	WUJEK Magdalena	1095		K-30	9	00:00:05	00:22:18.05	00:22:23.35	+00:06:34 (29.5%)	4:27	13.5 (70.7%)
170	MROTEK Katarzyna	8	AKADEMIA MISTRZÓW SPORTU	K-40	2	00:00:21	00:22:18.80	00:22:40.05	+00:06:35 (29.5%)	4:27	13.5 (70.7%)
171	SZYCHOWSKI Jarosław	486	TKKF KOLEJARZ BYDGOSZCZ	M-30	65	00:00:15	00:22:20.15	00:22:35.85	+00:06:36 (29.6%)	4:28	13.4 (70.2%)
172	KORCZ Piotr	1020	LOTTO BYDGOSTIA	M-10	16	00:00:16	00:22:20.40	00:22:37.35	+00:06:37 (29.6%)	4:28	13.4 (70.2%)
173	MARCHLEWSKI Marcin	535		M-40	42	00:00:22	00:22:20.70	00:22:43.10	+00:06:37 (29.6%)	4:28	13.4 (70.2%)
174	SEMRAU Julian	601	LOTTO-BYDGOSTIA	M-10	17	00:00:23	00:22:23.45	00:22:46.85	+00:06:40 (29.8%)	4:28	13.4 (70.2%)
175	MAJCHRZAK Łukasz	1005		M-40	43	00:00:07	00:22:23.55	00:22:31.50	+00:06:40 (29.8%)	4:28	13.4 (70.2%)
176	URBAŃSKA Ewa	780	TM IRONTEAM	K-40	3	00:00:04	00:22:24.20	00:22:28.65	+00:06:40 (29.8%)	4:28	13.4 (70.2%)
177	KABACIŃSKI Jarosław	594		M-30	66	00:00:35	00:22:24.35	00:22:59.60	+00:06:41 (29.8%)	4:28	13.4 (70.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
178	ŁASSA Rafał	753	PARKA BIEGA	M-20	25	00:00:11	00:22:24.65	00:22:35.80	+00:06:41 (29.8%)	4:28	13.4 (70.2%)
179	MIZERAKOWSKI Szymon	599	HEX TORUŃ	M-20	26	00:00:12	00:22:24.70	00:22:37.10	+00:06:41 (29.9%)	4:28	13.4 (70.2%)
180	KŁOSOWSKI Marcin	288	CSM POLSKA	M-40	44	00:00:13	00:22:25.10	00:22:38.50	+00:06:41 (29.9%)	4:29	13.4 (70.2%)
181	GIL Jarosław	264		M-30	67	00:00:09	00:22:25.65	00:22:34.70	+00:06:42 (29.9%)	4:29	13.4 (70.2%)
182	ZIÓŁKOWSKI Włodek	861		M-30	68	00:00:12	00:22:25.75	00:22:38.70	+00:06:42 (29.9%)	4:29	13.4 (70.2%)
183	JOPPEK Łukasz	629		M-30	69	00:00:06	00:22:26.05	00:22:32.55	+00:06:42 (29.9%)	4:29	13.4 (70.2%)
184	CYWIŃSKI Artur	129		M-30	70	00:00:08	00:22:26.20	00:22:34.30	+00:06:42 (29.9%)	4:29	13.4 (70.2%)
185	NAPORA Mateusz	186		M-30	71	00:00:08	00:22:26.80	00:22:35.35	+00:06:43 (30.0%)	4:29	13.4 (70.2%)
186	PIENKOSZ Mirosław	492		M-60+	1	00:00:03	00:22:28.95	00:22:32.55	+00:06:45 (30.1%)	4:29	13.4 (70.2%)
187	GUTKOWSKI Michał	1177	LOTTO-BYDGOSTIA	M-10	18	00:00:16	00:22:30.30	00:22:46.95	+00:06:47 (30.1%)	4:30	13.3 (69.6%)
188	KRETOWICZ Piotr	864	POWAŻNI PRZEDSIĘBIORCY	M-20	27	00:00:35	00:22:30.40	00:23:05.50	+00:06:47 (30.1%)	4:30	13.3 (69.6%)
189	KAŻMIRSKI Dariusz	928	SUPRAVIS S.A.	M-50	13	00:00:02	00:22:30.60	00:22:32.85	+00:06:47 (30.2%)	4:30	13.3 (69.6%)
190	BOROWICZ Bartosz	1124	SZUWARY AKTYWNY OSTRZESZÓW	M-30	72	00:00:21	00:22:31.00	00:22:52.70	+00:06:47 (30.2%)	4:30	13.3 (69.6%)
191	PAWŁOWSKI Radosław	233		M-50	14	00:00:27	00:22:31.80	00:22:59.60	+00:06:48 (30.2%)	4:30	13.3 (69.6%)
192	PAWLAK Łukasz	991		M-30	73	00:00:13	00:22:33.00	00:22:46.05	+00:06:49 (30.3%)	4:30	13.3 (69.6%)
193	RZESZOTARSKA Aleksandra	784		K-20	4	00:00:18	00:22:33.05	00:22:51.75	+00:06:49 (30.3%)	4:30	13.3 (69.6%)
194	GACKOWSKI Krzysztof	1150		M-40	45	00:00:06	00:22:34.70	00:22:41.05	+00:06:51 (30.4%)	4:30	13.3 (69.6%)
195	PASZKIEWICZ Jarosław	593		M-40	46	00:00:05	00:22:34.95	00:22:40.25	+00:06:51 (30.4%)	4:30	13.3 (69.6%)
196	BETHKE Jakub	480		M-30	74	00:00:06	00:22:35.15	00:22:41.45	+00:06:51 (30.4%)	4:31	13.3 (69.6%)
197	PIERZGALSKI Damian	499		M-20	28	00:00:19	00:22:37.30	00:22:56.95	+00:06:54 (30.5%)	4:31	13.3 (69.6%)
198	BRZYKCY Karolina	675		K-30	10	00:00:04	00:22:37.65	00:22:41.95	+00:06:54 (30.5%)	4:31	13.3 (69.6%)
199	MICHALAK Wojciech	467		M-50	15	00:00:25	00:22:37.95	00:23:03.10	+00:06:54 (30.5%)	4:31	13.3 (69.6%)
200	MAZUR Łukasz	1139		M-20	29	00:00:10	00:22:44.95	00:22:55.60	+00:07:01 (30.9%)	4:32	13.2 (69.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
201	JANCOWSKI Wojciech	1007		M-50	16	00:00:21	00:22:47.70	00:23:08.75	+00:07:04 (31.0%)	4:33	13.2 (69.1%)
202	NIEDBALSKI Paweł	1069	MARTYRIA BYDGOSZCZ	M-40	47	00:00:07	00:22:48.25	00:22:56.20	+00:07:04 (31.1%)	4:33	13.2 (69.1%)
203	WOLNY Ryszard	443		M-40	48	00:00:10	00:22:48.70	00:22:59.30	+00:07:05 (31.1%)	4:33	13.2 (69.1%)
204	ŻEGLICZ Marek	40	SPÓJNIA BIAŁE BŁOTA	M-20	30	00:00:06	00:22:48.80	00:22:54.80	+00:07:05 (31.1%)	4:33	13.2 (69.1%)
205	WIECZOREK Michał	1110		M-20	31	00:00:08	00:22:48.90	00:22:57.65	+00:07:05 (31.1%)	4:33	13.2 (69.1%)
206	KLAWIKOWSKI Oskar	698	TKKF KOLEJARZ BYDGOSZCZ	M-10	19	00:00:31	00:22:49.00	00:23:20.20	+00:07:05 (31.1%)	4:33	13.1 (68.6%)
207	JAGIEŁA Bartosz	178	TKKF KOLEJARZ BYDGOSZCZ	M-30	75	00:00:30	00:22:49.30	00:23:20.20	+00:07:06 (31.1%)	4:33	13.1 (68.6%)
208	NIELEK Patryk	1182	TUCHOLANKA	M-20	32	00:00:51	00:22:49.40	00:23:41.35	+00:07:06 (31.1%)	4:33	13.1 (68.6%)
209	SZYCHULEC Adam	1056		M-30	76	00:00:29	00:22:49.45	00:23:18.50	+00:07:06 (31.1%)	4:33	13.1 (68.6%)
210	DOMŻALSKI Marek	721		M-50	17	00:00:24	00:22:50.05	00:23:14.60	+00:07:06 (31.1%)	4:34	13.1 (68.6%)
211	MACIOSZEK Marcin	1170		M-40	49	00:00:41	00:22:50.65	00:23:32.10	+00:07:07 (31.2%)	4:34	13.1 (68.6%)
212	WIDŹGOWSKI Przemysław	10		M-40	50	00:00:19	00:22:52.25	00:23:12.05	+00:07:08 (31.3%)	4:34	13.1 (68.6%)
213	BERENDA Damian	1181		M-40	51	00:00:38	00:22:52.45	00:23:30.50	+00:07:09 (31.3%)	4:34	13.1 (68.6%)
214	BUTKIEWICZ Piotr	572		M-30	77	00:00:49	00:22:52.50	00:23:42.05	+00:07:09 (31.3%)	4:34	13.1 (68.6%)
215	KOZAK Krzysztof	33	BB ACTIVE TEAM	M-30	78	00:00:27	00:22:52.75	00:23:20.20	+00:07:09 (31.3%)	4:34	13.1 (68.6%)
216	REDIS Agata	883		K-30	11	00:00:08	00:22:56.15	00:23:04.65	+00:07:12 (31.5%)	4:35	13.1 (68.6%)
217	BIERNACKA Magdalena	42	1 BRYGADA LOGISTYCZNA	K-30	12	00:00:06	00:22:56.90	00:23:03.55	+00:07:13 (31.5%)	4:35	13.1 (68.6%)
218	ZIOŁECKI Grzegorz	1130		M-30	79	00:00:16	00:22:57.15	00:23:13.90	+00:07:13 (31.5%)	4:35	13.1 (68.6%)
219	MIKOŁAJCZAK Tomasz	489		M-30	80	00:00:16	00:22:57.25	00:23:13.60	+00:07:13 (31.5%)	4:35	13.1 (68.6%)
220	JANKOWSKI Marcin	974	YES ENGLISH	M-40	52	00:00:14	00:22:57.85	00:23:12.25	+00:07:14 (31.5%)	4:35	13.1 (68.6%)
221	KAZUBOWSKI Jacek	673	KAZUBKI TEAM/TRIDARKO	M-50	18	00:00:10	00:22:58.10	00:23:08.20	+00:07:14 (31.6%)	4:35	13.1 (68.6%)
222	PALIGA Maciej	472		M-30	81	00:00:12	00:22:58.60	00:23:11.25	+00:07:15 (31.6%)	4:35	13.1 (68.6%)
223	LEWANDOWSKI Bartosz	1209	LOTTO BYDGOSTIA	M-10	20	00:00:06	00:22:59.25	00:23:05.80	+00:07:15 (31.6%)	4:35	13.1 (68.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
223	SIERADZKI Bartosz	733		M-40	53	00:00:40	00:22:59.25	00:23:39.35	+00:07:15 (31.6%)	4:35	13.1 (68.6%)
225	SZERWIŃSKI Mateusz	448	KU AZS PBŚ	M-20	33	00:00:04	00:22:59.45	00:23:04.10	+00:07:16 (31.6%)	4:35	13.1 (68.6%)
226	ŚWIERCZYŃSKA Justyna	756	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	K-30	13	00:00:17	00:22:59.65	00:23:17.10	+00:07:16 (31.6%)	4:35	13.1 (68.6%)
227	NURKIEWICZ Jarosław	884	KUNG FU PANDY 3	M-50	19	00:00:22	00:23:01.10	00:23:24.00	+00:07:17 (31.7%)	4:36	13 (68.1%)
228	KLIMZA Andrzej	1037	LUBICZ TEAM	M-40	54	00:00:35	00:23:01.50	00:23:36.95	+00:07:18 (31.7%)	4:36	13 (68.1%)
229	GLAMA Stanisław	414	ASBOX	M-50	20	00:00:23	00:23:04.65	00:23:27.95	+00:07:21 (31.9%)	4:36	13 (68.1%)
230	BICZKOWSKI Patryk	314		M-30	82	00:01:04	00:23:04.95	00:24:09.75	+00:07:21 (31.9%)	4:36	13 (68.1%)
231	SOBOCIŃSKI Grzegorz	635		M-30	83	00:00:58	00:23:06.70	00:24:04.80	+00:07:23 (32.0%)	4:37	13 (68.1%)
232	ZAJĄKAŁA Wojciech	717		M-20	34	00:00:11	00:23:08.10	00:23:19.70	+00:07:24 (32.0%)	4:37	13 (68.1%)
233	BERES Marcin	908		M-40	55	00:00:38	00:23:08.30	00:23:47.00	+00:07:25 (32.1%)	4:37	13 (68.1%)
234	BARTKOWSKI Tomasz	478		M-40	56	00:00:14	00:23:09.00	00:23:23.70	+00:07:25 (32.1%)	4:37	13 (68.1%)
235	NIEDBALSKI Grzegorz	999	RUN BYDGOSZCZ	M-60+	2	00:00:17	00:23:09.50	00:23:27.40	+00:07:26 (32.1%)	4:37	13 (68.1%)
236	ZABOROWSKI Krzysztof	454		M-30	84	00:00:18	00:23:10.45	00:23:29.35	+00:07:27 (32.2%)	4:38	12.9 (67.5%)
237	SPRAWSKI Oskar	134		M-20	35	00:00:08	00:23:11.80	00:23:19.90	+00:07:28 (32.2%)	4:38	12.9 (67.5%)
238	SZPYRKA Sebastian	558		M-30	85	00:00:05	00:23:12.00	00:23:17.70	+00:07:28 (32.2%)	4:38	12.9 (67.5%)
239	JAWORSKI Krzysztof	217		M-40	57	00:00:23	00:23:13.10	00:23:36.10	+00:07:29 (32.3%)	4:38	12.9 (67.5%)
240	ROZKWITALSKI Bartosz	909		M-30	86	00:00:08	00:23:14.60	00:23:23.20	+00:07:31 (32.4%)	4:38	12.9 (67.5%)
241	RACZKO Agata	653		K-30	14	00:00:24	00:23:14.85	00:23:39.25	+00:07:31 (32.4%)	4:38	12.9 (67.5%)
242	ŁUKAWSKI Tomek	7	B4SPORT / BYDGOSKA MASA KRYTYCZNA	M-30	87	00:00:18	00:23:14.90	00:23:33.50	+00:07:31 (32.4%)	4:38	12.9 (67.5%)
243	SIEJEK Błażej	388		M-30	88	00:00:12	00:23:15.45	00:23:28.35	+00:07:32 (32.4%)	4:39	12.9 (67.5%)
244	KOWALSKI Krzysztof	282	OCELOTY KRUSZYN KRAJEŃSKI	M-40	58	00:00:12	00:23:15.80	00:23:28.25	+00:07:32 (32.4%)	4:39	12.9 (67.5%)
245	KURZAWA Maria	1091	CB163	K-30	15	00:00:01	00:23:17.85	00:23:19.80	+00:07:34 (32.5%)	4:39	12.9 (67.5%)
246	KUCIŃSKI Artur	378	ORANGE	M-40	59	00:00:40	00:23:18.40	00:23:59.05	+00:07:35 (32.5%)	4:39	12.9 (67.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
247	BUCZEK Kamil	648		M-30	89	00:00:05	00:23:19.40	00:23:25.30	+00:07:36 (32.6%)	4:39	12.9 (67.5%)
248	ZĄBKOWSKI Krzysztof	252		M-30	90	00:00:26	00:23:21.05	00:23:47.55	+00:07:37 (32.7%)	4:40	12.8 (67.0%)
249	BINIAKOWSKI Janusz	1191		M-40	60	00:00:47	00:23:21.10	00:24:09.00	+00:07:37 (32.7%)	4:40	12.8 (67.0%)
250	KAPANOWSKI Sylwester	39		M-50	21	00:00:36	00:23:21.95	00:23:58.30	+00:07:38 (32.7%)	4:40	12.8 (67.0%)
251	WRZESIŃSKI Krzysztof	69		M-30	91	00:00:52	00:23:22.15	00:24:14.65	+00:07:38 (32.7%)	4:40	12.8 (67.0%)
252	DANIELEK Piotr	199		M-40	61	00:00:10	00:23:22.95	00:23:33.10	+00:07:39 (32.8%)	4:40	12.8 (67.0%)
253	CHROMIŃSKI Fabian	2		M-20	36	00:00:17	00:23:24.00	00:23:41.70	+00:07:40 (32.8%)	4:40	12.8 (67.0%)
254	ROSÓŁ Jacek	11		M-40	62	00:00:04	00:23:25.55	00:23:29.70	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
255	SAGANOWSKA Weronika	107		K-30	16	00:00:25	00:23:25.60	00:23:51.20	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
256	GALICKI Jakub	13	AKADEMIA MISTRZÓW SPORTU	M-40	63	00:00:38	00:23:25.75	00:24:04.10	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
257	WIECZOREK Izabela	352		K-30	17	00:00:08	00:23:25.85	00:23:34.10	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
258	WATOROWSKI Irek	1112		M-30	92	00:00:30	00:23:26.20	00:23:56.20	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
259	CIESIELSKI Arkadiusz	683	56 BLOT	M-50	22	00:00:17	00:23:28.45	00:23:45.85	+00:07:45 (33.0%)	4:41	12.8 (67.0%)
260	SUDOŁ Paweł	224		M-20	37	00:00:39	00:23:29.30	00:24:09.15	+00:07:46 (33.1%)	4:41	12.8 (67.0%)
261	NIESTĘPSKI Bartosz	951		M-20	38	00:00:12	00:23:29.45	00:23:41.80	+00:07:46 (33.1%)	4:41	12.8 (67.0%)
262	WÓJCIK Jacek	285		M-30	93	00:00:11	00:23:29.85	00:23:41.00	+00:07:46 (33.1%)	4:41	12.8 (67.0%)
263	CIEMNY Tomasz	307		M-50	23	00:00:17	00:23:30.25	00:23:47.95	+00:07:46 (33.1%)	4:42	12.8 (67.0%)
264	POLAŃCZYK Paulina	115		K-30	18	00:00:33	00:23:31.00	00:24:04.30	+00:07:47 (33.1%)	4:42	12.8 (67.0%)
265	SOBAŃSKI Mariusz	497		M-50	24	00:00:02	00:23:32.90	00:23:35.65	+00:07:49 (33.2%)	4:42	12.7 (66.5%)
266	GUDELL Radosław	1190	GRUPA MODERATOR	M-40	64	00:00:29	00:23:33.55	00:24:03.15	+00:07:50 (33.3%)	4:42	12.7 (66.5%)
267	KIEŁCZYŃSKI Marek	770	CSM POLSKA	M-40	65	00:00:13	00:23:34.85	00:23:48.15	+00:07:51 (33.3%)	4:42	12.7 (66.5%)
268	ŚWIETLIK Michalina	439	POLFARMEX TEAM	K-40	4	00:00:10	00:23:36.15	00:23:46.90	+00:07:52 (33.4%)	4:43	12.7 (66.5%)
269	WOJCIECHOWSKI Grzegorz	81		M-30	94	00:00:21	00:23:36.25	00:23:58.15	+00:07:52 (33.4%)	4:43	12.7 (66.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
270	SZYMAŃSKI Damian	417		M-20	39	00:00:45	00:23:37.40	00:24:22.65	+00:07:54 (33.4%)	4:43	12.7 (66.5%)
271	WĘGRZYŃSKI Sławomir	312	KABEL TEAM BYDGOSZCZ	M-50	25	00:00:56	00:23:38.25	00:24:35.00	+00:07:54 (33.5%)	4:43	12.7 (66.5%)
272	RYWOLT Paweł	765	FSSPX BYDGOSZCZ	M-30	95	00:00:18	00:23:41.30	00:24:00.00	+00:07:58 (33.6%)	4:44	12.7 (66.5%)
273	FRAĆKOWIAK Marta	894	TEAMOCHAL	K-30	19	00:00:31	00:23:41.75	00:24:13.10	+00:07:58 (33.7%)	4:44	12.7 (66.5%)
274	BAUMGART Jacek	995	BIEGAJ Z DĘBAMI	M-60+	3	00:00:30	00:23:41.95	00:24:12.90	+00:07:58 (33.7%)	4:44	12.7 (66.5%)
275	KONOPIŃSKI Wojciech	363	KOCHAM PIESKI	M-30	96	00:00:19	00:23:42.30	00:24:01.90	+00:07:59 (33.7%)	4:44	12.7 (66.5%)
276	ROBACZEWSKI Artur	1045		M-40	66	00:00:17	00:23:43.60	00:24:00.85	+00:08:00 (33.7%)	4:44	12.6 (66.0%)
277	STĘPSKI Marek	724		M-40	67	00:00:02	00:23:43.65	00:23:46.40	+00:08:00 (33.7%)	4:44	12.6 (66.0%)
278	MEDEŃSKI Andrzej	494		M-40	68	00:00:08	00:23:44.55	00:23:53.30	+00:08:01 (33.8%)	4:44	12.6 (66.0%)
279	LESZCZYŃSKI Tomasz	624		M-40	69	00:00:25	00:23:46.35	00:24:11.80	+00:08:03 (33.9%)	4:45	12.6 (66.0%)
280	KUCZEWSKI Łukasz	385		M-40	70	00:00:15	00:23:47.95	00:24:03.15	+00:08:04 (33.9%)	4:45	12.6 (66.0%)
281	WNUCZYŃSKI Jakub	248		M-10	21	00:00:08	00:23:48.15	00:23:57.00	+00:08:04 (33.9%)	4:45	12.6 (66.0%)
282	OMNICZYŃSKI Tomasz	1051		M-30	97	00:00:40	00:23:49.10	00:24:30.00	+00:08:05 (34.0%)	4:45	12.6 (66.0%)
283	PRZYBYŁA Agnieszka	459		K-40	5	00:00:13	00:23:49.90	00:24:03.30	+00:08:06 (34.0%)	4:45	12.6 (66.0%)
284	GRECHUTA Tomasz	468	BKSZW	M-30	98	00:00:42	00:23:50.40	00:24:32.60	+00:08:07 (34.1%)	4:46	12.6 (66.0%)
285	STAWSKI Piotr	300		M-30	99	00:01:01	00:23:51.10	00:24:52.30	+00:08:07 (34.1%)	4:46	12.6 (66.0%)
285	BERNACKI Dominik	757		M-40	71	00:00:50	00:23:51.10	00:24:41.40	+00:08:07 (34.1%)	4:46	12.6 (66.0%)
287	TORCHALSKI Krzysztof	516		M-60+	4	00:00:10	00:23:51.30	00:24:01.45	+00:08:08 (34.1%)	4:46	12.6 (66.0%)
288	PARDUA Łukasz	727		M-30	100	00:00:30	00:23:51.55	00:24:22.30	+00:08:08 (34.1%)	4:46	12.6 (66.0%)
289	KLARKOWSKI Adrian	44	#MENTALADI	M-30	101	00:01:14	00:23:51.85	00:25:06.75	+00:08:08 (34.1%)	4:46	12.6 (66.0%)
290	ISKRA Marcel	369		M-10	22	00:00:14	00:23:52.80	00:24:07.00	+00:08:09 (34.2%)	4:46	12.6 (66.0%)
291	WOLAN Magdalena	194	AMOREK	K-40	6	00:00:20	00:23:53.10	00:24:13.90	+00:08:09 (34.2%)	4:46	12.6 (66.0%)
292	PUCHACZ Marcin	269		M-30	102	00:01:22	00:23:54.10	00:25:16.50	+00:08:10 (34.2%)	4:46	12.6 (66.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
293	KRYSIŃSKI Adrian	859	FUNDACJA CZAS NA BYDGOSZCZ	M-10	23	00:00:54	00:23:54.30	00:24:48.60	+00:08:11 (34.2%)	4:46	12.6 (66.0%)
294	LUZAK Mirosław	482	TKKF KOLEJARZ BYDGOSZCZ	M-60+	5	00:00:12	00:23:54.75	00:24:07.00	+00:08:11 (34.3%)	4:46	12.6 (66.0%)
295	KALINOWSKI Zbigniew	560		M-50	26	00:00:32	00:23:56.90	00:24:29.15	+00:08:13 (34.4%)	4:47	12.5 (65.4%)
296	BRUDNICKI Mateusz	1194		M-20	40	00:00:38	00:23:57.15	00:24:35.70	+00:08:13 (34.4%)	4:47	12.5 (65.4%)
297	BARAŃSKI Władysław	769	4DON	M-40	72	00:00:14	00:23:58.00	00:24:12.15	+00:08:14 (34.4%)	4:47	12.5 (65.4%)
298	FIRYN Piotr	559		M-20	41	00:00:43	00:23:58.05	00:24:41.55	+00:08:14 (34.4%)	4:47	12.5 (65.4%)
299	ŚWITAŁA Adam	1165		M-30	103	00:00:27	00:23:58.50	00:24:26.15	+00:08:15 (34.4%)	4:47	12.5 (65.4%)
300	ŚWIDERSKI Bartosz	348		M-20	42	00:00:42	00:23:58.55	00:24:40.95	+00:08:15 (34.4%)	4:47	12.5 (65.4%)
301	KARCZEWSKA Karolina	976		K-20	5	00:00:57	00:23:59.50	00:24:57.35	+00:08:16 (34.5%)	4:47	12.5 (65.4%)
302	SYKUŁA Marcin	382	ORANGE	M-40	73	00:00:10	00:24:00.15	00:24:10.55	+00:08:16 (34.5%)	4:48	12.5 (65.4%)
303	KRUSZYNA Robert	320		M-40	74	00:00:18	00:24:00.20	00:24:19.10	+00:08:16 (34.5%)	4:48	12.5 (65.4%)
304	KRUSZYNA Renata	318		K-30	20	00:00:18	00:24:00.70	00:24:19.20	+00:08:17 (34.5%)	4:48	12.5 (65.4%)
305	NOWOTNIK Mariusz	461		M-40	75	00:00:46	00:24:01.30	00:24:48.05	+00:08:18 (34.6%)	4:48	12.5 (65.4%)
306	SZCZEPAŃSKI Łukasz	582		M-30	104	00:00:40	00:24:02.70	00:24:43.50	+00:08:19 (34.6%)	4:48	12.5 (65.4%)
307	URBAŃSKI Dawid	904		M-40	76	00:00:50	00:24:03.20	00:24:53.65	+00:08:19 (34.6%)	4:48	12.5 (65.4%)
308	KARSKI Krzysztof	154		M-10	24	00:00:34	00:24:03.30	00:24:37.30	+00:08:20 (34.6%)	4:48	12.5 (65.4%)
309	MŁYNARCZYK Ewa	1109	BYDGOSKIE ŻÓŁWIE	K-40	7	00:00:03	00:24:03.45	00:24:07.40	+00:08:20 (34.6%)	4:48	12.5 (65.4%)
309	RÓŻYCKI Dariusz	1111	BYDGOSKIE ŻÓŁWIE	M-50	27	00:00:04	00:24:03.45	00:24:07.60	+00:08:20 (34.6%)	4:48	12.5 (65.4%)
311	KOSIARSKI Tomasz	876		M-40	77	00:00:22	00:24:07.35	00:24:30.00	+00:08:24 (34.8%)	4:49	12.4 (64.9%)
312	RAUNEST Adam	984		M-60+	6	00:00:55	00:24:07.40	00:25:02.90	+00:08:24 (34.8%)	4:49	12.4 (64.9%)
313	PRZYBYLSKI Remigiusz	502	RUN BYDGOSZCZ	M-40	78	00:00:08	00:24:07.90	00:24:16.65	+00:08:24 (34.9%)	4:49	12.4 (64.9%)
314	KLEPACZEWSKI Arkadiusz	168		M-30	105	00:00:35	00:24:12.45	00:24:47.90	+00:08:29 (35.1%)	4:50	12.4 (64.9%)
315	FURSEWICZ Bartłomiej	827		M-40	79	00:00:08	00:24:12.75	00:24:21.55	+00:08:29 (35.1%)	4:50	12.4 (64.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
315	LUTKOWSKI Dariusz	1214		M-40	79	00:00:11	00:24:12.75	00:24:24.50	+00:08:29 (35.1%)	4:50	12.4 (64.9%)
317	WASILEWSKA Agata	225	AKADEMIA MISTRZÓW SPORTU	K-40	8	00:00:41	00:24:13.30	00:24:54.40	+00:08:30 (35.1%)	4:50	12.4 (64.9%)
318	CIEŚLEWICZ Karol	487	OLAFCREW	M-40	81	00:00:10	00:24:13.85	00:24:24.80	+00:08:30 (35.1%)	4:50	12.4 (64.9%)
319	ŁEPEK Patryk	956		M-20	43	00:00:15	00:24:13.90	00:24:29.30	+00:08:30 (35.1%)	4:50	12.4 (64.9%)
320	ZABROCKI Adam	540	SHUGO	M-40	82	00:01:10	00:24:15.15	00:25:25.65	+00:08:31 (35.2%)	4:51	12.4 (64.9%)
321	WRZESIŃSKI Jan	380	ORANGE	M-20	44	00:00:24	00:24:17.55	00:24:42.05	+00:08:34 (35.3%)	4:51	12.4 (64.9%)
321	GÓRECKI Łukasz	971		M-20	44	00:00:47	00:24:17.55	00:25:05.35	+00:08:34 (35.3%)	4:51	12.4 (64.9%)
323	KLAWIKOWSKA Julita	697	TKKF KOLEJARZ BYDGOSZCZ	K-30	21	00:00:31	00:24:19.55	00:24:50.55	+00:08:36 (35.4%)	4:51	12.3 (64.4%)
324	SKÓRCZEWSKI Jacek	407		M-60+	7	00:00:26	00:24:20.55	00:24:47.30	+00:08:37 (35.4%)	4:52	12.3 (64.4%)
325	JANKOWSKI Jakub	1161		M-20	46	00:01:03	00:24:21.35	00:25:24.70	+00:08:38 (35.5%)	4:52	12.3 (64.4%)
326	PIASECKI Włodzimierz	1212		M-50	28	00:00:14	00:24:21.95	00:24:36.70	+00:08:38 (35.5%)	4:52	12.3 (64.4%)
327	CZYŻEWSKA Justyna	155		K-30	22	00:00:16	00:24:22.25	00:24:38.75	+00:08:38 (35.5%)	4:52	12.3 (64.4%)
328	BOJAROWICZ Ewa	242		K-20	6	00:00:18	00:24:22.30	00:24:40.60	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
329	KRÓL Karol	174	TKKF KOLEJARZ BYDGOSZCZ	M-40	83	00:00:07	00:24:23.30	00:24:31.20	+00:08:40 (35.5%)	4:52	12.3 (64.4%)
330	WADELSKI Maciej	853		M-30	106	00:00:33	00:24:23.40	00:24:56.40	+00:08:40 (35.5%)	4:52	12.3 (64.4%)
331	ŁUŻNIAK Łukasz	614	BYLE DO METY	M-30	107	00:00:45	00:24:23.70	00:25:08.75	+00:08:40 (35.6%)	4:52	12.3 (64.4%)
332	GRAJEWSKI Tomasz	1039		M-30	108	00:01:08	00:24:25.10	00:25:33.75	+00:08:41 (35.6%)	4:53	12.3 (64.4%)
333	GRUDA Mirosław	197		M-60+	8	00:00:28	00:24:25.20	00:24:53.95	+00:08:41 (35.6%)	4:53	12.3 (64.4%)
334	ROSSA Sławomir	354		M-50	29	00:00:07	00:24:26.10	00:24:33.90	+00:08:42 (35.7%)	4:53	12.3 (64.4%)
335	CICHOWICZ Marcin	666		M-40	84	00:00:31	00:24:26.90	00:24:58.40	+00:08:43 (35.7%)	4:53	12.3 (64.4%)
336	WRZESINSKI Artur	62		M-30	109	00:00:52	00:24:26.95	00:25:19.60	+00:08:43 (35.7%)	4:53	12.3 (64.4%)
337	ANDRZEJEWSKI Piotr	565		M-40	85	00:00:58	00:24:27.65	00:25:26.55	+00:08:44 (35.7%)	4:53	12.3 (64.4%)
338	WYSOCKI Patryk	130		M-30	110	00:01:03	00:24:27.90	00:25:31.30	+00:08:44 (35.7%)	4:53	12.3 (64.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
339	PIOTROWSKA-RADZIEJEWSKA Marzena	831		K-40	9	00:00:11	00:24:29.35	00:24:40.50	+00:08:46 (35.8%)	4:53	12.3 (64.4%)
340	RADZIEJEWSKI Tomasz	838	TEAMOCHAL	M-40	86	00:00:11	00:24:33.05	00:24:44.90	+00:08:49 (36.0%)	4:54	12.2 (63.9%)
341	SZUKALSKI Michał	364		M-40	87	00:00:24	00:24:33.35	00:24:58.25	+00:08:50 (36.0%)	4:54	12.2 (63.9%)
342	DYBOWSKI Dominik	832		M-30	111	00:00:50	00:24:34.60	00:25:25.10	+00:08:51 (36.0%)	4:54	12.2 (63.9%)
343	ZŁOTOWSKI Piotr	662	RUN BYDGOSZCZ	M-40	88	00:00:07	00:24:35.70	00:24:43.65	+00:08:52 (36.1%)	4:55	12.2 (63.9%)
344	SCHMIDT Artur	166	BB ACTIVE TEAM	M-10	25	00:00:24	00:24:35.80	00:25:00.15	+00:08:52 (36.1%)	4:55	12.2 (63.9%)
345	KAJA Andrzej	1178		M-50	30	00:00:25	00:24:36.60	00:25:02.05	+00:08:53 (36.1%)	4:55	12.2 (63.9%)
346	KLAWIKOWSKI Dawid	695	TKKF KOLEKARZ BYDGOSZCZ	M-30	112	00:00:31	00:24:37.50	00:25:08.50	+00:08:54 (36.2%)	4:55	12.2 (63.9%)
347	GOŁEMBIEWSKI Marcin	845		M-40	89	00:00:11	00:24:38.20	00:24:49.80	+00:08:54 (36.2%)	4:55	12.2 (63.9%)
348	JESKE Marek	555	RUN BYDGOSZCZ	M-50	31	00:00:07	00:24:38.35	00:24:46.15	+00:08:55 (36.2%)	4:55	12.2 (63.9%)
349	WŁODARCZYK Wojciech	411		M-50	32	00:00:41	00:24:38.60	00:25:20.55	+00:08:55 (36.2%)	4:55	12.2 (63.9%)
350	SPYT Dominika	381	8 K-PBOT	K-20	7	00:00:44	00:24:41.55	00:25:26.25	+00:08:58 (36.3%)	4:56	12.2 (63.9%)
351	WNUK Rafał	1133		M-40	90	00:00:07	00:24:42.55	00:24:50.05	+00:08:59 (36.4%)	4:56	12.1 (63.4%)
352	OZDARSKI Bartosz	606	OZDAR TEAM	M-40	91	00:00:16	00:24:44.05	00:25:00.80	+00:09:00 (36.4%)	4:56	12.1 (63.4%)
353	GACKOWSKA Daria	1026		K-30	23	00:00:00	00:24:44.10	00:24:44.10	+00:09:00 (36.4%)	4:56	12.1 (63.4%)
354	KUJDA Arkadiusz	1164	1 BRYGADA LOGISTYCZNA	M-40	92	00:00:16	00:24:44.40	00:25:00.80	+00:09:01 (36.5%)	4:56	12.1 (63.4%)
354	DUDEK Joanna	49	GMINA ŻNIN	K-30	24	00:00:41	00:24:44.40	00:25:26.30	+00:09:01 (36.5%)	4:56	12.1 (63.4%)
356	BYLICA Robert	56	RUNNING TEAM SPIRIT	M-40	93	00:00:28	00:24:44.90	00:25:13.30	+00:09:01 (36.5%)	4:56	12.1 (63.4%)
357	KUJDA Dorota	45		K-40	10	00:00:15	00:24:45.15	00:25:00.95	+00:09:01 (36.5%)	4:57	12.1 (63.4%)
358	SIĘBOR Andrzej	41	RUN BYDGOSZCZ	M-40	94	00:00:07	00:24:45.60	00:24:52.85	+00:09:02 (36.5%)	4:57	12.1 (63.4%)
359	LEWANDOWSKI Michał	90		M-40	95	00:00:24	00:24:47.35	00:25:11.75	+00:09:04 (36.6%)	4:57	12.1 (63.4%)
360	MACIEJCZAK Marcin	566	3GRAVITY	M-40	96	00:00:34	00:24:48.50	00:25:22.95	+00:09:05 (36.6%)	4:57	12.1 (63.4%)
361	MONTOWSKI Filip	887	BB ACTIVE TEAM	M-10	26	00:00:24	00:24:50.90	00:25:15.30	+00:09:07 (36.7%)	4:58	12.1 (63.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
362	SZMELTER Michał	527		M-50	33	00:00:49	00:24:51.60	00:25:40.70	+00:09:08 (36.8%)	4:58	12.1 (63.4%)
363	SIEMIŃSKI Karol	953		M-20	47	00:00:18	00:24:51.95	00:25:10.90	+00:09:08 (36.8%)	4:58	12.1 (63.4%)
364	SMUCZYŃSKI Wojciech	441		M-30	113	00:00:59	00:24:52.35	00:25:51.45	+00:09:09 (36.8%)	4:58	12.1 (63.4%)
365	OLSZEWSKI Szymon	561		M-30	114	00:00:52	00:24:52.65	00:25:45.10	+00:09:09 (36.8%)	4:58	12.1 (63.4%)
366	KASZUBA Konrad	316		M-30	115	00:01:04	00:24:53.30	00:25:57.70	+00:09:10 (36.8%)	4:58	12.1 (63.4%)
367	CZAPLICKI Bartłomiej	779	WKURW_TEAM	M-30	116	00:00:46	00:24:53.85	00:25:39.95	+00:09:10 (36.9%)	4:58	12.1 (63.4%)
368	MROZIK Andrzej	672		M-50	34	00:00:47	00:24:54.20	00:25:41.80	+00:09:10 (36.9%)	4:58	12 (62.8%)
369	SELBURSKI Sebastian	700		M-30	117	00:00:31	00:24:54.45	00:25:26.30	+00:09:11 (36.9%)	4:58	12 (62.8%)
370	GĘSICKA Marta	444		K-30	25	00:00:59	00:24:56.75	00:25:56.45	+00:09:13 (37.0%)	4:59	12 (62.8%)
371	PRZYBYLSKI Dariusz	562		M-30	118	00:00:51	00:24:57.60	00:25:48.95	+00:09:14 (37.0%)	4:59	12 (62.8%)
372	BIZON Bartosz	94		M-30	119	00:00:22	00:24:58.50	00:25:21.25	+00:09:15 (37.1%)	4:59	12 (62.8%)
373	JANOWSKI Kamil	203		M-30	120	00:00:38	00:24:59.50	00:25:37.75	+00:09:16 (37.1%)	4:59	12 (62.8%)
374	JANUSZEWSKI Radosław	1066		M-20	48	00:00:30	00:25:00.60	00:25:30.60	+00:09:17 (37.1%)	5:00	12 (62.8%)
375	LICA Krzysztof	1036	SISU - OWB ROWERTOURL.COM	M-60+	9	00:00:45	00:25:01.15	00:25:46.15	+00:09:17 (37.2%)	5:00	12 (62.8%)
376	BOROŃSKA Joanna	1183	PANCAKE PLANET	K-20	8	00:00:06	00:25:03.10	00:25:10.00	+00:09:19 (37.2%)	5:00	12 (62.8%)
377	KARCZEWSKA Arletta	728	WHM/SPORTWAY	K-40	11	00:00:14	00:25:04.45	00:25:18.85	+00:09:21 (37.3%)	5:00	12 (62.8%)
378	LECH Marek	729	WHM	M-40	97	00:00:14	00:25:04.70	00:25:19.00	+00:09:21 (37.3%)	5:00	12 (62.8%)
379	FIRST Anna	1008		K-20	9	00:00:24	00:25:06.45	00:25:30.65	+00:09:23 (37.4%)	5:01	12 (62.8%)
380	MAŁKOWSKA Ewa	783		K-20	10	00:00:22	00:25:06.80	00:25:29.60	+00:09:23 (37.4%)	5:01	12 (62.8%)
381	LENC Maciej	27	WAKE UP	M-30	121	00:01:14	00:25:08.70	00:26:23.55	+00:09:25 (37.5%)	5:01	11.9 (62.3%)
382	ZIELIŃSKA Barbara	554	SHUGO	K-40	12	00:01:10	00:25:10.95	00:26:21.90	+00:09:27 (37.6%)	5:02	11.9 (62.3%)
383	DROBCZYŃSKI Wojciech	330		M-20	49	00:00:21	00:25:11.20	00:25:32.45	+00:09:27 (37.6%)	5:02	11.9 (62.3%)
384	POLIWODZIŃSKI Michał	474	WISŁA FORDON	M-40	98	00:00:56	00:25:11.40	00:26:07.45	+00:09:28 (37.6%)	5:02	11.9 (62.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
385	GROBELNA Monika	195		K-40	13	00:00:28	00:25:12.25	00:25:41.00	+00:09:28 (37.6%)	5:02	11.9 (62.3%)
386	ZIMOSZ Wiktoria	484		K-20	11	00:00:13	00:25:12.80	00:25:25.95	+00:09:29 (37.6%)	5:02	11.9 (62.3%)
387	OLSZÓWKA Michał	424		M-40	99	00:00:17	00:25:13.05	00:25:30.90	+00:09:29 (37.7%)	5:02	11.9 (62.3%)
388	SUCHACKI Kacper	403	LOTTO BYDGOSTIA	M-10	27	00:00:20	00:25:13.50	00:25:34.40	+00:09:30 (37.7%)	5:02	11.9 (62.3%)
389	PIEŁOWSKA Roma	244		K-20	12	00:00:24	00:25:14.55	00:25:38.60	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
390	LIZIK Aleksander	396		M-20	50	00:00:53	00:25:14.65	00:26:07.95	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
390	RODAK Robert	397		M-20	50	00:00:53	00:25:14.65	00:26:07.65	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
392	CHOJNACKI Patryk	1071		M-20	52	00:00:12	00:25:14.90	00:25:27.20	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
393	KOPACZ Radosław	1101		M-40	100	00:01:18	00:25:16.75	00:26:34.90	+00:09:33 (37.8%)	5:03	11.9 (62.3%)
394	PAŁCZYŃSKI Przemysław	893		M-30	122	00:00:34	00:25:17.20	00:25:51.50	+00:09:33 (37.8%)	5:03	11.9 (62.3%)
395	NAPIERAŁA Przemysław	970		M-30	123	00:01:20	00:25:17.95	00:26:38.85	+00:09:34 (37.9%)	5:03	11.9 (62.3%)
396	MAJDA Adrian	969	DZIK SQUAD	M-30	124	00:00:17	00:25:18.00	00:25:35.00	+00:09:34 (37.9%)	5:03	11.9 (62.3%)
397	GURZYŃSKA Beata	703	SUPRAVIS S.A.	K-30	26	00:00:07	00:25:18.80	00:25:25.90	+00:09:35 (37.9%)	5:03	11.9 (62.3%)
398	DĄBROWSKI Arkadiusz	442		M-20	53	00:01:04	00:25:19.40	00:26:23.70	+00:09:36 (37.9%)	5:03	11.8 (61.8%)
399	DEMBSKI Marek	761	TEAM PATROL	M-40	101	00:00:17	00:25:20.00	00:25:37.75	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
400	OWCZARZAK Michał	126	SMAKOSZE	M-50	35	00:00:52	00:25:20.10	00:26:12.90	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
400	ŚWIĘCICKI Andrzej	504		M-40	102	00:00:57	00:25:20.10	00:26:17.15	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
402	KULCZYŃSKI Przemysław	637	TYPYGRUBE	M-30	125	00:00:30	00:25:20.35	00:25:50.65	+00:09:37 (38.0%)	5:04	11.8 (61.8%)
403	SCHMIDT Marcin	165	BB ACTIVE TEAM	M-40	103	00:00:26	00:25:21.60	00:25:47.80	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
404	LEWICKI Aleksander	993		M-10	28	00:00:50	00:25:22.00	00:26:12.60	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
405	SOSINSKI Marcin	1027		M-40	104	00:00:07	00:25:24.65	00:25:32.15	+00:09:41 (38.1%)	5:04	11.8 (61.8%)
406	ANTCZAK Paweł	193		M-40	105	00:01:10	00:25:25.25	00:26:36.15	+00:09:41 (38.2%)	5:05	11.8 (61.8%)
407	PUK Oskar	872		M-20	54	00:00:40	00:25:26.35	00:26:06.80	+00:09:43 (38.2%)	5:05	11.8 (61.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
408	FRANCIS Khalil	1131		M-40	106	00:00:05	00:25:27.80	00:25:33.50	+00:09:44 (38.3%)	5:05	11.8 (61.8%)
409	DROZDOWSKI Michał	334	ASTORIA	M-30	126	00:00:29	00:25:29.90	00:25:59.10	+00:09:46 (38.3%)	5:05	11.8 (61.8%)
410	CZAJA Jarosław	402		M-40	107	00:00:20	00:25:29.95	00:25:50.25	+00:09:46 (38.3%)	5:05	11.8 (61.8%)
411	CIOS Rafał	1034		M-40	108	00:00:39	00:25:30.35	00:26:09.50	+00:09:47 (38.4%)	5:06	11.8 (61.8%)
412	SZMYT Patryk	465	CSAIU	M-20	55	00:01:17	00:25:31.45	00:26:49.05	+00:09:48 (38.4%)	5:06	11.8 (61.8%)
413	LEWICKI Piotr	992		M-40	109	00:00:50	00:25:32.20	00:26:22.80	+00:09:48 (38.4%)	5:06	11.7 (61.3%)
414	YALPI Hasan	223		M-30	127	00:00:29	00:25:32.95	00:26:02.40	+00:09:49 (38.5%)	5:06	11.7 (61.3%)
415	CIESIELSKI Mirosław	231		M-50	36	00:00:42	00:25:34.60	00:26:17.50	+00:09:51 (38.5%)	5:06	11.7 (61.3%)
416	JAKUBIEC Adrianna	541		K-20	13	00:00:17	00:25:36.90	00:25:54.80	+00:09:53 (38.6%)	5:07	11.7 (61.3%)
417	KOCHAŃSKI Sebastian	1088		M-20	56	00:01:10	00:25:37.80	00:26:48.30	+00:09:54 (38.7%)	5:07	11.7 (61.3%)
418	PYTLIŃSKI Marek	551	BYDGOSKIE ŻÓŁWIE	M-10	29	00:01:21	00:25:37.85	00:26:59.80	+00:09:54 (38.7%)	5:07	11.7 (61.3%)
419	PYTLIŃSKI Paweł	549	BYDGOSKIE ŻÓŁWIE	M-40	110	00:01:22	00:25:39.75	00:27:02.30	+00:09:56 (38.7%)	5:07	11.7 (61.3%)
420	GROSICKI Stanisław	528		M-20	57	00:00:20	00:25:39.95	00:26:00.15	+00:09:56 (38.7%)	5:07	11.7 (61.3%)
421	PRZYBYLSKA Karolina	682		K-30	27	00:00:10	00:25:43.50	00:25:54.10	+00:10:00 (38.9%)	5:08	11.7 (61.3%)
422	KUĆMIERZ Mirosław	434		M-50	37	00:00:38	00:25:43.55	00:26:22.30	+00:10:00 (38.9%)	5:08	11.7 (61.3%)
423	KILAN Kacper	789	SPOGLO	M-20	58	00:00:44	00:25:43.80	00:26:28.00	+00:10:00 (38.9%)	5:08	11.7 (61.3%)
424	ROBACZEWSKA Lidia	1044		K-50	1	00:00:18	00:25:45.30	00:26:03.70	+00:10:02 (39.0%)	5:09	11.7 (61.3%)
425	ZAPARUCHA Mikołaj	361		M-50	38	00:00:41	00:25:45.40	00:26:26.85	+00:10:02 (39.0%)	5:09	11.7 (61.3%)
426	BOROWCZAK Julita	207		K-30	28	00:01:13	00:25:46.10	00:26:59.10	+00:10:02 (39.0%)	5:09	11.6 (60.7%)
427	KALINOWSKA Patrycja	32		K-30	29	00:00:42	00:25:46.20	00:26:29.10	+00:10:02 (39.0%)	5:09	11.6 (60.7%)
428	GOLIMOWSKA Anna	517		K-40	14	00:00:17	00:25:46.65	00:26:04.40	+00:10:03 (39.0%)	5:09	11.6 (60.7%)
429	NAGORZYSKA Sylwia	279	MUDFOXES	K-40	15	00:00:17	00:25:47.50	00:26:04.80	+00:10:04 (39.0%)	5:09	11.6 (60.7%)
430	MASŁOWSKA Angelika	547		K-30	30	00:00:34	00:25:48.20	00:26:22.70	+00:10:04 (39.1%)	5:09	11.6 (60.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
431	NAGORZYSKI Arek	278	MUDFOXES	M-30	128	00:00:17	00:25:48.40	00:26:05.70	+00:10:05 (39.1%)	5:09	11.6 (60.7%)
432	SZABLINSKA Honorata	423		K-40	16	00:00:34	00:25:48.50	00:26:22.95	+00:10:05 (39.1%)	5:09	11.6 (60.7%)
433	ŚWIETLIK Grzegorz	438	POLFARMEX TEAM	M-30	129	00:00:12	00:25:49.50	00:26:02.00	+00:10:06 (39.1%)	5:09	11.6 (60.7%)
434	TRUDNOWSKI Janusz	218		M-70+	1	00:00:16	00:25:49.75	00:26:06.10	+00:10:06 (39.1%)	5:09	11.6 (60.7%)
435	BARCZYŃSKI Mateusz	170		M-30	130	00:00:28	00:25:50.75	00:26:19.15	+00:10:07 (39.2%)	5:10	11.6 (60.7%)
436	WIŚNIEWSKI Tomasz	573		M-30	131	00:00:11	00:25:54.40	00:26:06.25	+00:10:11 (39.3%)	5:10	11.6 (60.7%)
437	SURMACZ Marcin	214		M-40	111	00:00:47	00:25:55.10	00:26:42.90	+00:10:11 (39.3%)	5:11	11.6 (60.7%)
438	KOPCZYŃSKI Piotr	900		M-20	59	00:00:33	00:25:55.25	00:26:29.10	+00:10:11 (39.3%)	5:11	11.6 (60.7%)
439	KRUCZKOWSKI Adam	817		M-50	39	00:00:04	00:25:55.65	00:26:00.00	+00:10:12 (39.4%)	5:11	11.6 (60.7%)
440	GREŃ Sebastian	814		M-20	60	00:00:03	00:25:55.75	00:25:59.70	+00:10:12 (39.4%)	5:11	11.6 (60.7%)
441	SIEGNER Mateusz	1199		M-20	61	00:00:58	00:25:56.30	00:26:54.75	+00:10:13 (39.4%)	5:11	11.6 (60.7%)
441	KONIEC Krzysztof	726	MK-BUD ATLAS RACING TEAM	M-50	40	00:00:20	00:25:56.30	00:26:17.20	+00:10:13 (39.4%)	5:11	11.6 (60.7%)
443	GŁOWACKI Robert	258		M-40	112	00:00:19	00:25:56.50	00:26:15.70	+00:10:13 (39.4%)	5:11	11.6 (60.7%)
444	KOSEK Mariusz	787	RCI	M-50	41	00:00:22	00:25:57.25	00:26:19.40	+00:10:13 (39.4%)	5:11	11.6 (60.7%)
445	SIUDA Piotr	481		M-40	113	00:00:55	00:25:57.95	00:26:53.30	+00:10:14 (39.5%)	5:11	11.6 (60.7%)
446	WIŚNIEWSKI Tomasz	297		M-30	132	00:00:48	00:25:58.70	00:26:46.70	+00:10:15 (39.5%)	5:11	11.6 (60.7%)
447	DOLATA Rafał	731		M-40	114	00:00:22	00:25:59.05	00:26:21.15	+00:10:15 (39.5%)	5:11	11.5 (60.2%)
448	ARACH Przemysław	597		M-30	133	00:00:38	00:25:59.45	00:26:38.20	+00:10:16 (39.5%)	5:11	11.5 (60.2%)
449	CHMURZYŃSKI Tomasz	806		M-50	42	00:00:00	00:25:59.50	00:25:59.50	+00:10:16 (39.5%)	5:11	11.5 (60.2%)
450	JASIENIECKI Piotr	1053		M-50	43	00:00:32	00:26:01.95	00:26:34.45	+00:10:18 (39.6%)	5:12	11.5 (60.2%)
451	TUREK Mateusz	668		M-30	134	00:00:12	00:26:02.25	00:26:14.50	+00:10:18 (39.6%)	5:12	11.5 (60.2%)
452	ŁATANIK Andrzej	758		M-40	115	00:00:33	00:26:02.30	00:26:35.65	+00:10:19 (39.6%)	5:12	11.5 (60.2%)
453	BIAŁOWĄS Jakub	306		M-10	30	00:00:58	00:26:03.60	00:27:01.75	+00:10:20 (39.7%)	5:12	11.5 (60.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
454	NAWROCKI Jarosław	965		M-50	44	00:00:37	00:26:07.20	00:26:45.00	+00:10:23 (39.8%)	5:13	11.5 (60.2%)
455	JANYSKA Adam	308		M-20	62	00:00:11	00:26:07.85	00:26:19.15	+00:10:24 (39.8%)	5:13	11.5 (60.2%)
456	DROB Julian	843		M-30	135	00:00:23	00:26:07.90	00:26:31.50	+00:10:24 (39.8%)	5:13	11.5 (60.2%)
457	OSSOWSKI Wojciech	735		M-20	63	00:00:54	00:26:08.90	00:27:03.10	+00:10:25 (39.9%)	5:13	11.5 (60.2%)
458	MAROSZCZYK Krystin	716		M-30	136	00:00:56	00:26:13.85	00:27:10.70	+00:10:30 (40.1%)	5:14	11.4 (59.7%)
459	SIUDA Marek	261		M-40	116	00:00:43	00:26:13.90	00:26:56.90	+00:10:30 (40.1%)	5:14	11.4 (59.7%)
460	PRĄDZYŃSKI Marcin	180	AKADEMIAMISTRZOWSPORTU	M-40	117	00:00:37	00:26:15.40	00:26:53.00	+00:10:32 (40.1%)	5:15	11.4 (59.7%)
461	PRĄDZYŃSKA Weronika	690	AKADEMIAMISTRZOWSPORTU	K-10	1	00:00:37	00:26:15.95	00:26:53.30	+00:10:32 (40.1%)	5:15	11.4 (59.7%)
462	ŁUKASIEWICZ Krzysztof	128	MAJA	M-40	118	00:00:48	00:26:17.45	00:27:06.05	+00:10:34 (40.2%)	5:15	11.4 (59.7%)
463	RYBARCZYK Michał	422		M-40	119	00:00:55	00:26:17.65	00:27:13.30	+00:10:34 (40.2%)	5:15	11.4 (59.7%)
464	MACIOSZEK Ewa	1171		K-40	17	00:00:42	00:26:18.45	00:27:00.55	+00:10:35 (40.2%)	5:15	11.4 (59.7%)
465	WAWRZYŃIAK Andrzej	132	22. ODN	M-60+	10	00:00:28	00:26:18.75	00:26:47.20	+00:10:35 (40.3%)	5:15	11.4 (59.7%)
466	SADZIKOWSKI Michał	331		M-40	120	00:00:55	00:26:21.60	00:27:17.05	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
467	ŁUGIEWICZ Anna	946		K-30	31	00:00:50	00:26:21.65	00:27:12.15	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
468	KWASIGROCH Krzysztof	542	TKKF KOLEJARZ BYDGOSZCZ	M-50	45	00:00:45	00:26:22.15	00:27:07.80	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
469	WINIARSKI Kacper	567		M-10	31	00:00:33	00:26:22.20	00:26:55.60	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
470	JANKIEWICZ Michał	272		M-30	137	00:00:59	00:26:22.75	00:27:22.20	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
471	ŚPICA Grzegorz	777		M-30	138	00:00:34	00:26:22.90	00:26:57.10	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
472	NAWROCKI Dariusz	1073	OPEN PL	M-50	46	00:01:37	00:26:23.30	00:28:00.90	+00:10:40 (40.4%)	5:16	11.4 (59.7%)
473	MICHALAK Krzysztof	663		M-20	64	00:00:46	00:26:23.60	00:27:09.95	+00:10:40 (40.4%)	5:16	11.4 (59.7%)
474	KOLASIŃSKI Tomasz	386		M-50	47	00:00:21	00:26:23.75	00:26:45.45	+00:10:40 (40.4%)	5:16	11.4 (59.7%)
475	KOMOROWSKA Iwona	1077		K-50	2	00:00:06	00:26:24.65	00:26:30.80	+00:10:41 (40.5%)	5:16	11.4 (59.7%)
476	ŻUCHELKOWSKI Rafał	138	TATA ADAMA TEAM	M-30	139	00:01:13	00:26:24.85	00:27:38.60	+00:10:41 (40.5%)	5:16	11.4 (59.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
477	GRACZYK Dawid	373	8 K-PBOT	M-20	65	00:00:33	00:26:26.20	00:27:00.00	+00:10:42 (40.5%)	5:17	11.3 (59.2%)
478	JASKÓLSKI Andrzej	676		M-40	121	00:00:29	00:26:28.10	00:26:58.00	+00:10:44 (40.6%)	5:17	11.3 (59.2%)
479	SZMIDT-SZYPURA Agnieszka	1151		K-30	32	00:00:13	00:26:28.55	00:26:42.45	+00:10:45 (40.6%)	5:17	11.3 (59.2%)
480	HAŁAS Ewa	419	BIEGACZE KCYNIA TEAM	K-40	18	00:00:09	00:26:29.25	00:26:39.20	+00:10:45 (40.6%)	5:17	11.3 (59.2%)
481	MAŁKOWSKA Joanna	366		K-30	33	00:00:20	00:26:29.90	00:26:50.30	+00:10:46 (40.7%)	5:17	11.3 (59.2%)
482	DZIADKO Mateusz	858		M-30	140	00:00:33	00:26:30.10	00:27:03.85	+00:10:46 (40.7%)	5:18	11.3 (59.2%)
483	PISKORSKA Marta	48	KOLOROWE GACIE	K-40	19	00:00:44	00:26:31.20	00:27:15.70	+00:10:47 (40.7%)	5:18	11.3 (59.2%)
484	GOSIA Mał	1108		K-30	34	00:00:10	00:26:32.35	00:26:42.50	+00:10:49 (40.8%)	5:18	11.3 (59.2%)
485	MYŚLICKA Dalia	847	RUN BYDGOSZCZ	K-30	35	00:00:19	00:26:32.70	00:26:52.35	+00:10:49 (40.8%)	5:18	11.3 (59.2%)
486	KUBIS Sylwia	86	YOGA BLISKO NATURY	K-40	20	00:01:06	00:26:32.75	00:27:39.25	+00:10:49 (40.8%)	5:18	11.3 (59.2%)
487	MAŁKIŃSKI Józef	754		M-60+	11	00:00:22	00:26:33.35	00:26:55.70	+00:10:50 (40.8%)	5:18	11.3 (59.2%)
488	ŁABENDA Piotr	651	TERENOWA MASAKRA TEAM	M-50	48	00:00:42	00:26:33.70	00:27:16.60	+00:10:50 (40.8%)	5:18	11.3 (59.2%)
489	BEDNAREK Grzegorz	1113		M-20	66	00:00:53	00:26:33.85	00:27:27.05	+00:10:50 (40.8%)	5:18	11.3 (59.2%)
490	KASPEREK Angelika	1000		K-20	14	00:00:52	00:26:33.90	00:27:26.80	+00:10:50 (40.8%)	5:18	11.3 (59.2%)
491	CHOJNACKI Arkadiusz	677		M-30	141	00:01:04	00:26:36.10	00:27:40.95	+00:10:52 (40.9%)	5:19	11.3 (59.2%)
492	BESS Ania	520		K-40	21	00:00:06	00:26:36.50	00:26:43.45	+00:10:53 (40.9%)	5:19	11.3 (59.2%)
493	ŚWIDERSKI Jaromir	512	ŚLĘZAK TEAM	M-60+	12	00:00:42	00:26:37.20	00:27:19.70	+00:10:53 (40.9%)	5:19	11.3 (59.2%)
494	OLENDROWICZ Damian	880	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	M-20	67	00:00:04	00:26:37.45	00:26:42.20	+00:10:54 (40.9%)	5:19	11.3 (59.2%)
495	CZARNECKI Michał	877	BIEGAJ Z DĘBAMI	M-20	68	00:00:27	00:26:37.70	00:27:05.00	+00:10:54 (41.0%)	5:19	11.3 (59.2%)
496	GŁOWACKI Bartosz	175		M-20	69	00:00:27	00:26:38.05	00:27:05.70	+00:10:54 (41.0%)	5:19	11.3 (59.2%)
497	KULKA Marek	433		M-60+	13	00:00:52	00:26:38.40	00:27:31.35	+00:10:55 (41.0%)	5:19	11.3 (59.2%)
498	JANKOWSKI Tomasz	691	DĘBY OSIELSKO	M-50	49	00:00:27	00:26:39.00	00:27:06.15	+00:10:55 (41.0%)	5:19	11.3 (59.2%)
499	CHĘSY Jacek	28		M-40	122	00:00:39	00:26:39.30	00:27:18.90	+00:10:56 (41.0%)	5:19	11.3 (59.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
500	PĄCZKOWSKI Piotr	340	SALEZJANIE BIEGAJĄ	M-30	142	00:01:10	00:26:43.00	00:27:53.00	+00:10:59 (41.2%)	5:20	11.2 (58.6%)
501	LEWANDOWSKA Wanda	1193	ROLLTEAM BYDGOSZCZ	K-10	2	00:00:18	00:26:43.25	00:27:01.45	+00:10:59 (41.2%)	5:20	11.2 (58.6%)
502	WOLNY Tomasz	158		M-40	123	00:00:05	00:26:43.85	00:26:49.65	+00:11:00 (41.2%)	5:20	11.2 (58.6%)
503	RZESZOTARSKA Joanna	785		K-50	3	00:00:18	00:26:44.45	00:27:03.10	+00:11:01 (41.2%)	5:20	11.2 (58.6%)
504	JANUSZEWSKA Natalia	1155		K-20	15	00:00:23	00:26:44.75	00:27:08.25	+00:11:01 (41.2%)	5:20	11.2 (58.6%)
505	STRZAŁKOWSKI Dawid	1154		M-20	70	00:00:23	00:26:45.35	00:27:08.50	+00:11:02 (41.2%)	5:21	11.2 (58.6%)
506	ŁATKA Marcin	59		M-40	124	00:00:32	00:26:46.25	00:27:18.50	+00:11:02 (41.3%)	5:21	11.2 (58.6%)
507	SIENKIEWICZ Artur	34		M-40	125	00:00:25	00:26:46.45	00:27:11.90	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
508	GESING Joanna	370		K-30	36	00:00:20	00:26:46.70	00:27:07.00	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
509	BEM Małgorzata	628		K-50	4	00:00:23	00:26:46.85	00:27:10.60	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
510	LIZOŃ Dawid	879		M-30	143	00:00:38	00:26:47.25	00:27:25.90	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
511	BAGNIEWSKA Małgorzata	137		K-30	37	00:00:57	00:26:50.35	00:27:48.30	+00:11:07 (41.4%)	5:22	11.2 (58.6%)
512	WENDA Mateusz	633		M-30	144	00:00:26	00:26:50.50	00:27:16.60	+00:11:07 (41.4%)	5:22	11.2 (58.6%)
513	BARTNICZAK Bartosz	491	HM FAMILIA	M-20	71	00:00:29	00:26:50.90	00:27:20.35	+00:11:07 (41.4%)	5:22	11.2 (58.6%)
514	BRZEZIŃSKI Maciej	198		M-30	145	00:00:17	00:26:53.05	00:27:10.45	+00:11:09 (41.5%)	5:22	11.2 (58.6%)
514	SKORNIA Marika	764		K-20	16	00:01:09	00:26:53.05	00:28:02.85	+00:11:09 (41.5%)	5:22	11.2 (58.6%)
516	HANC Michał	652	HAJALE16	M-30	146	00:01:08	00:26:53.80	00:28:02.10	+00:11:10 (41.5%)	5:22	11.2 (58.6%)
517	PIETRASZAK Tomasz	89	RUN BYDGOSZCZ	M-50	50	00:00:45	00:26:54.35	00:27:40.00	+00:11:11 (41.6%)	5:22	11.2 (58.6%)
518	RATAJ Maciej	173		M-40	126	00:00:27	00:26:56.65	00:27:24.20	+00:11:13 (41.7%)	5:23	11.1 (58.1%)
519	KARSKI Marcin	145		M-40	127	00:01:02	00:26:57.05	00:27:59.55	+00:11:13 (41.7%)	5:23	11.1 (58.1%)
520	CIEŚLEWICZ Waldemar	1152		M-50	51	00:00:31	00:26:57.10	00:27:28.80	+00:11:13 (41.7%)	5:23	11.1 (58.1%)
521	RÓŻYCZKA Joanna	80		K-30	38	00:00:28	00:26:57.85	00:27:26.80	+00:11:14 (41.7%)	5:23	11.1 (58.1%)
522	KALACZYŃSKI Grzegorz	615		M-50	52	00:01:17	00:26:58.00	00:28:15.50	+00:11:14 (41.7%)	5:23	11.1 (58.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
523	MAGDZIARZ Emilia	162		K-10	3	00:00:40	00:26:59.00	00:27:39.60	+00:11:15 (41.7%)	5:23	11.1 (58.1%)
524	WILMA Paweł	296		M-30	147	00:00:59	00:27:00.55	00:28:00.45	+00:11:17 (41.8%)	5:24	11.1 (58.1%)
525	BIDAS Piotr	591	DLA WIKTORKA	M-40	128	00:00:27	00:27:01.80	00:27:29.75	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
526	GRZECHULSKI Bartosz	463		M-10	32	00:00:13	00:27:01.85	00:27:15.25	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
527	GRZECHULSKI Dariusz	464		M-40	129	00:00:13	00:27:01.90	00:27:15.40	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
528	ZALEWSKI Patryk	495		M-20	72	00:00:01	00:27:02.45	00:27:04.15	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
529	DOLATA Aneta	732		K-30	39	00:00:22	00:27:02.55	00:27:24.55	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
530	BIAŁOWAŚ Dariusz	305		M-40	130	00:00:57	00:27:02.80	00:28:00.20	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
531	PUJANEK Michał	869		M-10	33	00:01:12	00:27:04.95	00:28:17.05	+00:11:21 (41.9%)	5:24	11.1 (58.1%)
532	PUJANEK Piotr	868		M-40	131	00:01:12	00:27:05.10	00:28:17.20	+00:11:21 (42.0%)	5:25	11.1 (58.1%)
533	WIERZBICKI Zbigniew	623		M-50	53	00:00:40	00:27:05.15	00:27:45.60	+00:11:21 (42.0%)	5:25	11.1 (58.1%)
534	MENDOCHA Kornel	377	ORANGE	M-20	73	00:00:10	00:27:05.85	00:27:16.15	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
535	ZUZA-WITKOWSKA Anna	108		K-50	5	00:00:32	00:27:05.90	00:27:38.50	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
536	MACIŃSKI Waldemar	156		M-40	132	00:00:19	00:27:06.20	00:27:25.40	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
537	GIERSZEWSKA Grażyna	91		K-50	6	00:00:15	00:27:07.40	00:27:22.50	+00:11:24 (42.0%)	5:25	11.1 (58.1%)
538	GIERCZAK Dorota	270		K-30	40	00:00:20	00:27:07.85	00:27:28.05	+00:11:24 (42.1%)	5:25	11.1 (58.1%)
539	ŻMICH Tomasz	360		M-40	133	00:00:42	00:27:08.65	00:27:51.60	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
540	MIKOŁAJCZAK Artur	1116		M-40	134	00:00:38	00:27:08.75	00:27:46.75	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
540	PIĄTEK Justyna	659		K-30	41	00:00:31	00:27:08.75	00:27:39.75	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
542	MIKOŁAJCZAK Małgorzata	1117		K-40	22	00:00:38	00:27:08.80	00:27:46.90	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
543	MAGDZIARZ Jan	9		M-10	34	00:01:07	00:27:09.00	00:28:16.00	+00:11:25 (42.1%)	5:25	11 (57.6%)
544	MAGDZIARZ Jakub	5		M-40	135	00:01:07	00:27:09.75	00:28:17.00	+00:11:26 (42.1%)	5:25	11 (57.6%)
545	WIŚNIEWSKA Aurelia	790		K-30	42	00:00:21	00:27:09.95	00:27:31.85	+00:11:26 (42.1%)	5:25	11 (57.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
546	KAJA Dominika	658		K-30	43	00:00:54	00:27:10.55	00:28:05.35	+00:11:27 (42.1%)	5:26	11 (57.6%)
547	DOMERACKI Cyprian	707		M-20	74	00:01:09	00:27:11.95	00:28:21.80	+00:11:28 (42.2%)	5:26	11 (57.6%)
548	GRZESIAK-KNUT Lucyna	99		K-40	23	00:01:09	00:27:12.50	00:28:21.85	+00:11:29 (42.2%)	5:26	11 (57.6%)
549	LANGE Monika	706		K-40	24	00:01:09	00:27:12.65	00:28:22.05	+00:11:29 (42.2%)	5:26	11 (57.6%)
550	GOŁATTA Magdalena	110		K-40	25	00:01:09	00:27:12.80	00:28:22.25	+00:11:29 (42.2%)	5:26	11 (57.6%)
551	JANASZ Krzysztof	281		M-50	54	00:00:43	00:27:13.50	00:27:56.90	+00:11:30 (42.3%)	5:26	11 (57.6%)
552	DAWGUL Hanna	160	AMS	K-40	26	00:00:41	00:27:13.90	00:27:55.65	+00:11:30 (42.3%)	5:26	11 (57.6%)
552	GAWRYCH Adam	655		M-30	148	00:00:36	00:27:13.90	00:27:50.75	+00:11:30 (42.3%)	5:26	11 (57.6%)
554	CICHOSZ Szymon	333		M-30	149	00:00:07	00:27:14.15	00:27:21.45	+00:11:30 (42.3%)	5:26	11 (57.6%)
555	WYSOCKA Magdalena	427		K-20	17	00:00:47	00:27:14.30	00:28:01.30	+00:11:31 (42.3%)	5:26	11 (57.6%)
556	KUNICKI Michał	428		M-20	75	00:00:47	00:27:14.35	00:28:01.40	+00:11:31 (42.3%)	5:26	11 (57.6%)
557	GOCHOWSKI Mateusz	973		M-10	35	00:00:48	00:27:14.60	00:28:03.25	+00:11:31 (42.3%)	5:26	11 (57.6%)
558	SZKOPIAK-NOWAKOWSKA Oliwia	4		K-20	18	00:00:41	00:27:16.85	00:27:58.30	+00:11:33 (42.4%)	5:27	11 (57.6%)
559	CIEPŁOWSKI Wiktor	1184		M-10	36	00:00:57	00:27:17.80	00:28:15.45	+00:11:34 (42.4%)	5:27	11 (57.6%)
560	KOWALSKA Jolanta	391		K-40	27	00:00:52	00:27:17.90	00:28:10.75	+00:11:34 (42.4%)	5:27	11 (57.6%)
561	BAŁYS Łukasz	774		M-30	150	00:00:17	00:27:18.65	00:27:35.90	+00:11:35 (42.4%)	5:27	11 (57.6%)
562	TOPOLEWSKI Jakub	972		M-20	76	00:00:54	00:27:18.85	00:28:13.25	+00:11:35 (42.4%)	5:27	11 (57.6%)
563	PAWELCZYK Grzegorz	589		M-20	77	00:00:11	00:27:21.15	00:27:33.05	+00:11:37 (42.5%)	5:28	11 (57.6%)
564	MATEJA Piotr	483		M-30	151	00:00:55	00:27:21.70	00:28:16.85	+00:11:38 (42.5%)	5:28	11 (57.6%)
564	SYBILA Michał	689	VENEZUELA TEAM	M-30	151	00:01:02	00:27:21.70	00:28:23.75	+00:11:38 (42.5%)	5:28	11 (57.6%)
566	CZAJKOWSKI Kamil	216	IMS SOFA	M-20	78	00:00:12	00:27:21.85	00:27:34.50	+00:11:38 (42.5%)	5:28	11 (57.6%)
567	CHYŁKA Mikołaj	1084		M-20	79	00:00:38	00:27:22.70	00:28:01.20	+00:11:39 (42.6%)	5:28	11 (57.6%)
568	CIEPŁOWSKI Robert	29		M-40	136	00:00:57	00:27:23.90	00:28:21.55	+00:11:40 (42.6%)	5:28	11 (57.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
569	GRACZKOWSKA Mirosława	1009		K-50	7	00:00:58	00:27:24.05	00:28:22.85	+00:11:40 (42.6%)	5:28	10.9 (57.1%)
570	RYMER Adam	1055		M-40	137	00:00:39	00:27:24.10	00:28:03.95	+00:11:40 (42.6%)	5:28	10.9 (57.1%)
571	DZIEKAN Wojciech	930	KABEL TEAM BYDGOSZCZ	M-40	138	00:00:56	00:27:24.40	00:28:20.65	+00:11:41 (42.6%)	5:28	10.9 (57.1%)
572	GROBELNA Ida	1063		K-20	19	00:00:55	00:27:25.05	00:28:20.05	+00:11:41 (42.7%)	5:29	10.9 (57.1%)
573	MAGDZIARZ Katarzyna	586		K-40	28	00:01:07	00:27:25.15	00:28:32.70	+00:11:41 (42.7%)	5:29	10.9 (57.1%)
574	ZAMIATOWSKA Kinga	24	BELLA LINE	K-40	29	00:00:15	00:27:25.35	00:27:40.55	+00:11:42 (42.7%)	5:29	10.9 (57.1%)
575	SIKORSKI Norbert	325		M-50	55	00:00:17	00:27:26.30	00:27:44.00	+00:11:43 (42.7%)	5:29	10.9 (57.1%)
576	PASZKIET Witold	172	TKKF KOLEJARZ BYDGOSZCZ	M-60+	14	00:01:01	00:27:26.40	00:28:27.80	+00:11:43 (42.7%)	5:29	10.9 (57.1%)
577	OZDARSKA Amelia	607	OZDAR TEAM	K-10	4	00:00:34	00:27:27.10	00:28:01.50	+00:11:43 (42.7%)	5:29	10.9 (57.1%)
578	HAWRYŁO Marta	580		K-30	44	00:00:06	00:27:27.65	00:27:34.55	+00:11:44 (42.7%)	5:29	10.9 (57.1%)
579	HOŁOWNIA Wojciech	389		M-60+	15	00:00:34	00:27:27.90	00:28:02.65	+00:11:44 (42.8%)	5:29	10.9 (57.1%)
580	SIERADZKA Małgorzata	734		K-40	30	00:01:16	00:27:29.50	00:28:46.30	+00:11:46 (42.8%)	5:29	10.9 (57.1%)
581	SPYCHALSKA Kinga	1022	KOLOROWE GACIE	K-30	45	00:00:43	00:27:30.40	00:28:14.20	+00:11:47 (42.8%)	5:30	10.9 (57.1%)
582	KABACIŃSKA Kinga	485		K-30	46	00:00:16	00:27:31.80	00:27:48.60	+00:11:48 (42.9%)	5:30	10.9 (57.1%)
583	MEYER Marzena	398		K-40	31	00:00:42	00:27:32.95	00:28:15.35	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
584	KUSA Piotr	1153	ROLLTEAM BYDGOSZCZ	M-40	139	00:00:23	00:27:33.00	00:27:56.85	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
585	BUREK Dorota	740		K-40	32	00:00:18	00:27:33.15	00:27:52.05	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
586	NOWAK Leon	259	AKADEMIA MISTRZÓW SPORTU	M-10	37	00:00:44	00:27:33.20	00:28:18.10	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
587	BOROWIEC Michał	660	VENEZUELA TEAM	M-30	153	00:01:01	00:27:33.25	00:28:34.65	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
588	MAZUR Wojciech	610	BYDGOSZCZ NA START	M-50	56	00:00:52	00:27:34.25	00:28:26.40	+00:11:50 (43.0%)	5:30	10.9 (57.1%)
589	CZERNIAK Marcin	1001		M-30	154	00:01:03	00:27:36.10	00:28:39.60	+00:11:52 (43.0%)	5:31	10.9 (57.1%)
590	SIWAK Anna	1006		K-40	33	00:01:01	00:27:36.60	00:28:38.20	+00:11:53 (43.1%)	5:31	10.9 (57.1%)
591	RĘDZINA Michał	977		M-40	140	00:01:02	00:27:36.85	00:28:39.35	+00:11:53 (43.1%)	5:31	10.9 (57.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
592	ANDRYSZCZYK Paweł	1128		M-10	38	00:00:41	00:27:38.00	00:28:19.25	+00:11:54 (43.1%)	5:31	10.9 (57.1%)
593	KORPALSKI Andrzej	1068		M-40	141	00:01:08	00:27:38.30	00:28:47.20	+00:11:55 (43.1%)	5:31	10.9 (57.1%)
594	MUSS Karolina	1067		K-40	34	00:01:08	00:27:38.80	00:28:47.35	+00:11:55 (43.1%)	5:31	10.9 (57.1%)
595	WIŚNIEWSKI Nikodem	776		M-10	39	00:00:21	00:27:39.75	00:28:00.95	+00:11:56 (43.2%)	5:31	10.8 (56.5%)
596	CZARNY Ryszard	639		M-60+	16	00:00:14	00:27:40.25	00:27:54.30	+00:11:56 (43.2%)	5:32	10.8 (56.5%)
597	WIŚNIEWSKA Iga	536		K-30	47	00:00:21	00:27:42.15	00:28:03.55	+00:11:58 (43.2%)	5:32	10.8 (56.5%)
598	PIECHOWSKA Magdalena	257		K-40	35	00:00:54	00:27:43.00	00:28:37.65	+00:11:59 (43.3%)	5:32	10.8 (56.5%)
599	MISUN-NOWAK Katarzyna	227	AKADEMIA MISTRZÓW SPORTU	K-40	36	00:00:44	00:27:43.80	00:28:28.20	+00:12:00 (43.3%)	5:32	10.8 (56.5%)
600	KAMIŃSKI Łukasz	16	BIEGAJĄCY_Z_WILKAMI	M-30	155	00:00:18	00:27:44.00	00:28:02.70	+00:12:00 (43.3%)	5:32	10.8 (56.5%)
601	KOSIEDOWSKI Jacek	771		M-50	57	00:00:14	00:27:44.65	00:27:59.50	+00:12:01 (43.3%)	5:32	10.8 (56.5%)
602	BEJFUS Kinga	654		K-20	20	00:01:17	00:27:44.85	00:29:02.15	+00:12:01 (43.3%)	5:32	10.8 (56.5%)
603	SENGER Natalia	602		K-30	48	00:00:38	00:27:45.90	00:28:24.85	+00:12:02 (43.4%)	5:33	10.8 (56.5%)
604	WALCZAK Maciej	95		M-40	142	00:00:27	00:27:47.15	00:28:14.65	+00:12:03 (43.4%)	5:33	10.8 (56.5%)
605	SKOPOWSKI Krzysztof	176	SALUS	M-40	143	00:01:21	00:27:47.55	00:29:08.70	+00:12:04 (43.4%)	5:33	10.8 (56.5%)
605	MŁYNARCZYK Kamila	190	ORANGE POLSKA	K-30	49	00:01:09	00:27:47.55	00:28:57.45	+00:12:04 (43.4%)	5:33	10.8 (56.5%)
607	VASYLIUK Svitlana	564	SOLANKOWE BIEGACZY	K-30	50	00:00:37	00:27:48.55	00:28:25.95	+00:12:05 (43.5%)	5:33	10.8 (56.5%)
608	KRZYWAŃSKA Aleksandra	576	BIEGACZKI SIŁACZKI	K-40	37	00:00:19	00:27:49.20	00:28:09.00	+00:12:05 (43.5%)	5:33	10.8 (56.5%)
609	SIUDZIŃSKA-BESS Anna	449		K-30	51	00:00:07	00:27:49.40	00:27:56.60	+00:12:06 (43.5%)	5:33	10.8 (56.5%)
610	NAGÓRSKI Ryszard	238		M-60+	17	00:00:18	00:27:49.55	00:28:08.20	+00:12:06 (43.5%)	5:33	10.8 (56.5%)
611	KOPCZYŃSKA Ewelina	1098		K-40	38	00:01:12	00:27:51.55	00:29:03.55	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
611	SARNECKI Waldemar	12		M-30	156	00:00:43	00:27:51.55	00:28:35.30	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
613	KASZUBOWSKI Daniel	148		M-30	157	00:01:20	00:27:51.75	00:29:12.05	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
614	KOPCZYŃSKI Marcin	1099		M-40	144	00:01:12	00:27:51.85	00:29:03.90	+00:12:08 (43.6%)	5:34	10.8 (56.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
615	SITKO Agata	458		K-40	39	00:00:26	00:27:52.70	00:28:18.95	+00:12:09 (43.6%)	5:34	10.8 (56.5%)
616	STEPNIEWSKI Karol	456		M-40	145	00:00:26	00:27:53.20	00:28:19.65	+00:12:09 (43.6%)	5:34	10.8 (56.5%)
617	ARENT Jan	303		M-50	58	00:00:53	00:27:55.25	00:28:49.10	+00:12:11 (43.7%)	5:35	10.7 (56.0%)
618	SOSNA Mikołaj	127		M-40	146	00:00:20	00:27:56.25	00:28:17.15	+00:12:12 (43.7%)	5:35	10.7 (56.0%)
619	JANUSZEWSKI Marcin	621		M-40	147	00:01:03	00:27:56.95	00:29:00.80	+00:12:13 (43.7%)	5:35	10.7 (56.0%)
620	WŁODARCZYK Hanna	413		K-40	40	00:00:35	00:27:58.85	00:28:34.10	+00:12:15 (43.8%)	5:35	10.7 (56.0%)
621	WOJTYSIAK Szymon	692		M-30	158	00:00:21	00:27:58.90	00:28:20.15	+00:12:15 (43.8%)	5:35	10.7 (56.0%)
622	BALCEREK Marcin	79	YOGA BLISKO NATURY	M-40	148	00:01:06	00:27:59.10	00:29:05.80	+00:12:15 (43.8%)	5:35	10.7 (56.0%)
623	SIEDLECKI Rafał	1062		M-30	159	00:01:21	00:27:59.75	00:29:21.20	+00:12:16 (43.8%)	5:35	10.7 (56.0%)
624	GODZIUK Roman	917		M-60+	18	00:00:50	00:27:59.80	00:28:50.10	+00:12:16 (43.8%)	5:35	10.7 (56.0%)
625	DAMBECKI Piotr	262	POLISH AIR FORCE FAMILY FAN CLUB	M-40	149	00:00:55	00:28:00.40	00:28:55.80	+00:12:17 (43.9%)	5:36	10.7 (56.0%)
626	DROSDOWSKA Klara	678		K-20	21	00:00:39	00:28:02.35	00:28:41.45	+00:12:19 (43.9%)	5:36	10.7 (56.0%)
627	BINDEK Łukasz	61		M-40	150	00:00:29	00:28:02.40	00:28:31.70	+00:12:19 (43.9%)	5:36	10.7 (56.0%)
628	FUZ Gabriela	309	KABEL TEAM BYDGOSZCZ	K-40	41	00:00:42	00:28:03.60	00:28:46.30	+00:12:20 (44.0%)	5:36	10.7 (56.0%)
629	JAKUBCZAK Łukasz	87	PESA	M-30	160	00:00:35	00:28:03.95	00:28:39.85	+00:12:20 (44.0%)	5:36	10.7 (56.0%)
630	SZYMAŃSKA Adrianna	1143		K-30	52	00:00:19	00:28:05.55	00:28:25.20	+00:12:22 (44.0%)	5:37	10.7 (56.0%)
631	SZCZERBA Dariusz	254		M-40	151	00:01:12	00:28:05.90	00:29:17.95	+00:12:22 (44.0%)	5:37	10.7 (56.0%)
632	WÓJCIK Magda	251		K-20	22	00:01:11	00:28:06.45	00:29:18.35	+00:12:23 (44.1%)	5:37	10.7 (56.0%)
633	POSKROP Miłostawa	850		K-10	5	00:01:21	00:28:10.25	00:29:32.20	+00:12:26 (44.2%)	5:38	10.7 (56.0%)
634	SZCZYGIELSKA -GRZYBOWSKA Violetta	913		K-50	8	00:00:16	00:28:13.10	00:28:29.10	+00:12:29 (44.3%)	5:38	10.6 (55.5%)
635	PALIWODA Marcin	327		M-30	161	00:00:55	00:28:13.60	00:29:08.75	+00:12:30 (44.3%)	5:38	10.6 (55.5%)
636	BURY Tomasz	829		M-30	162	00:00:35	00:28:13.85	00:28:49.10	+00:12:30 (44.3%)	5:38	10.6 (55.5%)
637	MAGDZIARZ Leszek	152		M-60+	19	00:00:40	00:28:14.90	00:28:55.40	+00:12:31 (44.3%)	5:38	10.6 (55.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
638	CICHOWICZ Tomasz	609		M-30	163	00:00:53	00:28:15.85	00:29:09.25	+00:12:32 (44.4%)	5:39	10.6 (55.5%)
639	BYCZKOWSKI Michał	926	INDYWIDUALNIE	M-20	80	00:01:04	00:28:16.20	00:29:20.30	+00:12:32 (44.4%)	5:39	10.6 (55.5%)
640	CIACHERA Ireneusz	840	INDYWIDUALNIE	M-50	59	00:00:25	00:28:16.35	00:28:42.00	+00:12:33 (44.4%)	5:39	10.6 (55.5%)
641	JÓŹWIK Jacek	371	PARKRUN	M-70+	2	00:00:15	00:28:16.80	00:28:31.90	+00:12:33 (44.4%)	5:39	10.6 (55.5%)
642	CIEŚLICKI Krzysztof	636	SISU TEAM	M-30	164	00:01:15	00:28:16.90	00:29:32.65	+00:12:33 (44.4%)	5:39	10.6 (55.5%)
643	SIUDA Bartosz	200		M-30	165	00:00:31	00:28:17.75	00:28:48.85	+00:12:34 (44.4%)	5:39	10.6 (55.5%)
643	WŁODARCZYK Sławomir	546		M-40	152	00:00:37	00:28:17.75	00:28:54.75	+00:12:34 (44.4%)	5:39	10.6 (55.5%)
645	ZMUDZIŃSKA Jagoda	1075		K-10	6	00:01:12	00:28:18.50	00:29:31.10	+00:12:35 (44.5%)	5:39	10.6 (55.5%)
646	PERLAK Maciej	1074		M-20	81	00:01:12	00:28:18.60	00:29:31.20	+00:12:35 (44.5%)	5:39	10.6 (55.5%)
647	ZUREK Mateusz	253		M-30	166	00:00:30	00:28:20.35	00:28:50.65	+00:12:37 (44.5%)	5:40	10.6 (55.5%)
648	ŻUCHOWSKI Dariusz	163	PARKRUN BYDGOSZCZ	M-50	60	00:00:27	00:28:22.85	00:28:50.00	+00:12:39 (44.6%)	5:40	10.6 (55.5%)
649	SAJDAK Marcin	911	PĘDZĄCE ŻÓŁWIE	M-40	153	00:00:27	00:28:23.50	00:28:51.40	+00:12:40 (44.6%)	5:40	10.6 (55.5%)
650	CHYLIŃSKA Monika	339	-	K-40	42	00:00:57	00:28:24.60	00:29:22.25	+00:12:41 (44.7%)	5:40	10.6 (55.5%)
651	MURAWSKA Mariola	113		K-20	23	00:00:29	00:28:24.65	00:28:54.45	+00:12:41 (44.7%)	5:40	10.6 (55.5%)
652	MAKUSZEWSKI Łukasz	899	8KPBOT	M-40	154	00:00:22	00:28:25.55	00:28:47.90	+00:12:42 (44.7%)	5:41	10.6 (55.5%)
652	ANDRZEJEWSKI Łukasz	936		M-30	167	00:01:17	00:28:25.55	00:29:43.20	+00:12:42 (44.7%)	5:41	10.6 (55.5%)
654	ELIJASZ Rafał	1220		M-40	155	00:01:05	00:28:25.80	00:29:31.55	+00:12:42 (44.7%)	5:41	10.6 (55.5%)
655	PILEWSKA Marta	124		K-30	53	00:00:59	00:28:26.35	00:29:26.10	+00:12:43 (44.7%)	5:41	10.6 (55.5%)
656	SUCHOMSKA Beata	103		K-40	43	00:01:06	00:28:27.30	00:29:33.30	+00:12:44 (44.7%)	5:41	10.5 (55.0%)
657	SOŚNICKI Bartosz	136		M-30	168	00:01:05	00:28:27.60	00:29:33.30	+00:12:44 (44.8%)	5:41	10.5 (55.0%)
658	WOJTCZAK Arkadiusz	1198		M-30	169	00:01:06	00:28:28.70	00:29:35.20	+00:12:45 (44.8%)	5:41	10.5 (55.0%)
659	KOZICKA Magdalena	1197		K-20	24	00:01:06	00:28:29.20	00:29:35.30	+00:12:45 (44.8%)	5:41	10.5 (55.0%)
659	KASPRZAK Wojciech	205		M-40	156	00:00:16	00:28:29.20	00:28:45.20	+00:12:45 (44.8%)	5:41	10.5 (55.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
661	KASPRZAK Nikola	204		K-10	7	00:00:15	00:28:29.90	00:28:45.70	+00:12:46 (44.8%)	5:41	10.5 (55.0%)
662	SIKORSKA Edyta	247		K-30	54	00:00:00	00:28:30.00	00:28:30.00	+00:12:46 (44.8%)	5:42	10.5 (55.0%)
663	KROPIDŁOWSKI Bartosz	167		M-40	157	00:00:56	00:28:30.15	00:29:26.90	+00:12:46 (44.8%)	5:42	10.5 (55.0%)
664	PAPIS Piotr	208		M-40	158	00:00:32	00:28:31.50	00:29:04.05	+00:12:48 (44.9%)	5:42	10.5 (55.0%)
665	PARADOWSKA Bogumiła	981		K-40	44	00:00:38	00:28:32.05	00:29:10.65	+00:12:48 (44.9%)	5:42	10.5 (55.0%)
666	BITNER Jan	298		M-30	170	00:00:17	00:28:37.65	00:28:55.25	+00:12:54 (45.1%)	5:43	10.5 (55.0%)
667	KUBOWICZ-KAMIŃSKA Hania	15	BIEGAJĄCY_Z_WILKAMI	K-30	55	00:00:18	00:28:39.15	00:28:57.30	+00:12:55 (45.1%)	5:43	10.5 (55.0%)
668	ROCHOWIAK Michał	1100		M-30	171	00:00:33	00:28:40.55	00:29:13.70	+00:12:57 (45.2%)	5:44	10.5 (55.0%)
669	POSKROP Jacek	848		M-40	159	00:01:22	00:28:40.60	00:30:03.20	+00:12:57 (45.2%)	5:44	10.5 (55.0%)
670	POSKROP Aleksandra	849		K-10	8	00:01:22	00:28:40.80	00:30:03.20	+00:12:57 (45.2%)	5:44	10.5 (55.0%)
671	MAKSELLON Monika	1064		K-30	56	00:00:43	00:28:43.20	00:29:26.70	+00:12:59 (45.3%)	5:44	10.4 (54.5%)
672	BICZEL Przemiał	1013		M-10	40	00:00:57	00:28:43.60	00:29:41.10	+00:13:00 (45.3%)	5:44	10.4 (54.5%)
673	FELKNER Alicja	1126		K-10	9	00:01:23	00:28:46.20	00:30:10.00	+00:13:02 (45.4%)	5:45	10.4 (54.5%)
673	ŻUBKOWSKI Jakub	818		M-20	82	00:01:07	00:28:46.20	00:29:53.50	+00:13:02 (45.4%)	5:45	10.4 (54.5%)
675	JURYS Łukasz	1097		M-30	172	00:01:25	00:28:46.55	00:30:11.55	+00:13:03 (45.4%)	5:45	10.4 (54.5%)
676	PROKOPOWICZ Paweł	725		M-40	160	00:01:19	00:28:46.75	00:30:05.80	+00:13:03 (45.4%)	5:45	10.4 (54.5%)
677	SERGOTT Gracjan	452		M-20	83	00:00:01	00:28:48.85	00:28:50.65	+00:13:05 (45.4%)	5:45	10.4 (54.5%)
678	ORZECHOWSKA Gabriela	526	ORZECZ BIEGA	K-10	10	00:00:21	00:28:49.00	00:29:10.10	+00:13:05 (45.4%)	5:45	10.4 (54.5%)
679	ORZECHOWSKI Zbigniew	525	ORZECZ BIEGA	M-40	161	00:00:20	00:28:52.55	00:29:13.15	+00:13:09 (45.6%)	5:46	10.4 (54.5%)
680	BURNICKI Mariusz	688		M-50	61	00:00:31	00:28:54.25	00:29:26.20	+00:13:10 (45.6%)	5:46	10.4 (54.5%)
681	DEMBIŃSKA Katarzyna	940		K-20	25	00:01:09	00:28:54.30	00:30:04.10	+00:13:11 (45.6%)	5:46	10.4 (54.5%)
682	FRANKOWSKA Małgorzata	539		K-40	45	00:00:38	00:28:54.80	00:29:32.90	+00:13:11 (45.6%)	5:46	10.4 (54.5%)
683	WESOŁOWSKA Aleksandra	68		K-40	46	00:00:15	00:28:55.10	00:29:10.80	+00:13:11 (45.6%)	5:47	10.4 (54.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
684	KRUCZYŃSKI Łukasz	106		M-20	84	00:00:26	00:28:55.15	00:29:21.85	+00:13:11 (45.6%)	5:47	10.4 (54.5%)
685	SYGNECKA Kasia	907		K-30	57	00:01:17	00:28:55.20	00:30:12.90	+00:13:11 (45.6%)	5:47	10.4 (54.5%)
686	WESOŁOWSKA Aleksandra	905		K-40	47	00:00:19	00:28:56.10	00:29:16.05	+00:13:12 (45.7%)	5:47	10.4 (54.5%)
687	WÓJCIK Tomasz	183		M-50	62	00:00:49	00:28:56.60	00:29:46.40	+00:13:13 (45.7%)	5:47	10.4 (54.5%)
688	KACZMAREK Angelika	543		K-30	58	00:00:14	00:28:57.90	00:29:11.95	+00:13:14 (45.7%)	5:47	10.4 (54.5%)
689	ISKRA Jacek	368		M-40	162	00:00:13	00:28:57.95	00:29:11.65	+00:13:14 (45.7%)	5:47	10.4 (54.5%)
690	ZAGOŹDŻON Wioleta	353	SOLECCY BIEGACZE	K-30	59	00:00:43	00:28:58.50	00:29:42.10	+00:13:15 (45.7%)	5:47	10.4 (54.5%)
691	PIJAROWSKA Ilona	888	KU BLISKOŚCI	K-10	11	00:00:15	00:28:59.25	00:29:14.30	+00:13:15 (45.8%)	5:47	10.4 (54.5%)
692	NIELEK Piotr	1189	TUCHOLANKA	M-40	163	00:00:53	00:28:59.70	00:29:52.90	+00:13:16 (45.8%)	5:47	10.4 (54.5%)
693	KARCZMARCZYK Dorota	519		K-30	60	00:00:46	00:29:00.45	00:29:46.70	+00:13:17 (45.8%)	5:48	10.3 (53.9%)
694	BANDOCH Jacek	704		M-30	173	00:01:09	00:29:00.85	00:30:10.10	+00:13:17 (45.8%)	5:48	10.3 (53.9%)
695	CZARNECKA -PIJAROWSKA Dominika	473	KU BLISKOŚCI	K-40	48	00:00:15	00:29:04.50	00:29:19.90	+00:13:21 (45.9%)	5:48	10.3 (53.9%)
696	KILIŃSKA Magdalena	192	HELIX POMATIA	K-30	61	00:00:34	00:29:06.00	00:29:40.00	+00:13:22 (46.0%)	5:49	10.3 (53.9%)
697	PORĘBA Paweł	376	ORANGE	M-30	174	00:00:11	00:29:06.25	00:29:17.50	+00:13:22 (46.0%)	5:49	10.3 (53.9%)
698	KRAWCZUK Aleksandra	1175		K-30	62	00:00:26	00:29:06.55	00:29:33.10	+00:13:23 (46.0%)	5:49	10.3 (53.9%)
699	SUSZEK Kasia	1142		K-30	63	00:01:16	00:29:07.45	00:30:23.75	+00:13:24 (46.0%)	5:49	10.3 (53.9%)
700	PIKULSKA Monika	891		K-30	64	00:01:10	00:29:09.70	00:30:20.65	+00:13:26 (46.1%)	5:49	10.3 (53.9%)
701	RUTKA Kasia	921		K-20	26	00:00:24	00:29:10.90	00:29:35.70	+00:13:27 (46.1%)	5:50	10.3 (53.9%)
702	REINKE Kajetan	429		M-10	41	00:00:02	00:29:11.25	00:29:14.15	+00:13:27 (46.1%)	5:50	10.3 (53.9%)
703	KAZUBOWSKI Jeremiasz	718	KAZUBKI TEAM	M-20	85	00:00:28	00:29:11.65	00:29:39.90	+00:13:28 (46.1%)	5:50	10.3 (53.9%)
704	PAWLEWSKA Joanna	228		K-40	49	00:00:41	00:29:19.30	00:30:00.55	+00:13:36 (46.4%)	5:51	10.2 (53.4%)
705	TOCZKO Jarosław	118		M-40	164	00:01:05	00:29:21.70	00:30:26.90	+00:13:38 (46.5%)	5:52	10.2 (53.4%)
706	WÓJCIK Marika	931		K-30	65	00:00:32	00:29:22.05	00:29:54.30	+00:13:38 (46.5%)	5:52	10.2 (53.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
707	FELINIAK Ewelina	620		K-30	66	00:00:38	00:29:23.75	00:30:02.55	+00:13:40 (46.5%)	5:52	10.2 (53.4%)
708	GADOMSKA Maria	20	RUN BYDGOSZCZ	K-70+	1	00:00:20	00:29:23.80	00:29:43.90	+00:13:40 (46.5%)	5:52	10.2 (53.4%)
709	KOCZOROWSKA Kamila	22	KAMKOC	K-30	67	00:01:12	00:29:27.65	00:30:40.60	+00:13:44 (46.6%)	5:53	10.2 (53.4%)
710	BŁAŻEK-KOJRO Kasia	171		K-30	68	00:00:28	00:29:28.55	00:29:57.25	+00:13:45 (46.7%)	5:53	10.2 (53.4%)
710	UMIŃSKA Marzena	634		K-30	68	00:00:52	00:29:28.55	00:30:21.05	+00:13:45 (46.7%)	5:53	10.2 (53.4%)
712	CHMIELEWSKI Ireneusz	104		M-60+	20	00:00:25	00:29:29.75	00:29:55.55	+00:13:46 (46.7%)	5:53	10.2 (53.4%)
713	POLACKA Jadwiga	1104	BIEGAJ Z DĘBAMI	K-40	50	00:01:11	00:29:29.90	00:30:41.30	+00:13:46 (46.7%)	5:53	10.2 (53.4%)
714	GAWŁOWSKA Kinga	828		K-20	27	00:01:14	00:29:30.75	00:30:44.80	+00:13:47 (46.7%)	5:54	10.2 (53.4%)
715	WISNIEWSKA Małgorzata	1160		K-40	51	00:00:44	00:29:31.35	00:30:15.35	+00:13:48 (46.7%)	5:54	10.2 (53.4%)
716	RUTKOWSKA Virginia	664	CHMURA COACHING	K-30	70	00:00:11	00:29:37.25	00:29:49.10	+00:13:53 (46.9%)	5:55	10.1 (52.9%)
717	DORNIAK Krzysztof	31		M-40	165	00:00:42	00:29:37.50	00:30:20.30	+00:13:54 (46.9%)	5:55	10.1 (52.9%)
718	MAJDAN Adam	556		M-40	166	00:01:08	00:29:37.90	00:30:45.95	+00:13:54 (46.9%)	5:55	10.1 (52.9%)
719	IGNASIAK Bernadeta	961		K-40	52	00:00:26	00:29:38.35	00:30:04.45	+00:13:55 (47.0%)	5:55	10.1 (52.9%)
720	SZAJDA Magdalena	367	TRICHICKAS	K-40	53	00:00:32	00:29:39.25	00:30:12.00	+00:13:55 (47.0%)	5:55	10.1 (52.9%)
721	SIELSKI Kamil	477	WISŁA FORDON	M-30	175	00:01:18	00:29:39.90	00:30:58.55	+00:13:56 (47.0%)	5:55	10.1 (52.9%)
722	KULPA Szymon	1135	BRONIEWO	M-30	176	00:01:06	00:29:42.50	00:30:48.50	+00:13:59 (47.1%)	5:56	10.1 (52.9%)
723	ŻURAWSKI Marcin	234		M-30	177	00:00:36	00:29:46.30	00:30:23.15	+00:14:03 (47.2%)	5:57	10.1 (52.9%)
724	LEWANDOWSKI Marek	1196	ROLLTEAM	M-40	167	00:00:23	00:29:46.80	00:30:10.10	+00:14:03 (47.2%)	5:57	10.1 (52.9%)
725	GAWŁOWSKI Kamil	1176		M-20	86	00:01:13	00:29:47.80	00:31:01.65	+00:14:04 (47.2%)	5:57	10.1 (52.9%)
726	NAWROCKA Joanna	1072		K-40	54	00:00:19	00:29:47.95	00:30:07.75	+00:14:04 (47.2%)	5:57	10.1 (52.9%)
727	KLIMZA Marzena	1038	LUBICZ TEAM	K-40	55	00:00:42	00:29:49.70	00:30:32.10	+00:14:06 (47.3%)	5:57	10.1 (52.9%)
728	MUDŁO Michał	596		M-30	178	00:00:11	00:29:50.75	00:30:02.60	+00:14:07 (47.3%)	5:58	10.1 (52.9%)
729	WANCZURA Jacek	1216		M-40	168	00:00:35	00:29:51.00	00:30:26.85	+00:14:07 (47.3%)	5:58	10.1 (52.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
730	GRZELAK Robert	1023	GGB	M-50	63	00:00:56	00:29:51.85	00:30:48.30	+00:14:08 (47.4%)	5:58	10.1 (52.9%)
731	GRZELAK Sylwia	1024		K-50	9	00:00:56	00:29:52.15	00:30:48.45	+00:14:08 (47.4%)	5:58	10 (52.4%)
732	MIŚTAK Kamila	942		K-20	28	00:00:49	00:29:52.40	00:30:41.80	+00:14:09 (47.4%)	5:58	10 (52.4%)
733	KOTECKI Paweł	939		M-20	87	00:01:17	00:29:52.70	00:31:09.70	+00:14:09 (47.4%)	5:58	10 (52.4%)
734	DYBIONA Damian	344		M-40	169	00:00:46	00:29:57.65	00:30:43.80	+00:14:14 (47.5%)	5:59	10 (52.4%)
735	HORYD Justyna	37		K-40	56	00:00:54	00:29:59.20	00:30:53.60	+00:14:15 (47.6%)	5:59	10 (52.4%)
736	DĄBROWSKI Michał	351		M-30	179	00:01:16	00:29:59.95	00:31:16.05	+00:14:16 (47.6%)	5:59	10 (52.4%)
736	GOTOWICZ Maciej	871		M-10	42	00:00:59	00:29:59.95	00:30:59.80	+00:14:16 (47.6%)	5:59	10 (52.4%)
738	DUDZIAK Tomasz	705		M-40	170	00:01:07	00:30:00.30	00:31:08.00	+00:14:17 (47.6%)	6:00	10 (52.4%)
739	ZYGIEL Marcin	349		M-30	180	00:00:39	00:30:00.75	00:30:40.30	+00:14:17 (47.6%)	6:00	10 (52.4%)
740	NOWICKA Małgorzata	313		K-20	29	00:01:09	00:30:03.25	00:31:12.90	+00:14:19 (47.7%)	6:00	10 (52.4%)
741	LENER Ewa	759		K-40	57	00:00:45	00:30:04.40	00:30:50.05	+00:14:21 (47.7%)	6:00	10 (52.4%)
742	ZIELIŃSKA Justyna	14	KOLOROWE GACIE	K-40	58	00:00:44	00:30:04.80	00:30:49.50	+00:14:21 (47.7%)	6:00	10 (52.4%)
743	JAROCHA Michał	747		M-30	181	00:00:55	00:30:05.60	00:31:01.25	+00:14:22 (47.8%)	6:01	10 (52.4%)
744	POLEWKA Aleksandra	897	UKS KOMETA GLIWICE	K-20	30	00:00:10	00:30:06.90	00:30:17.50	+00:14:23 (47.8%)	6:01	10 (52.4%)
745	ZAKRZEWSKI Adam	983		M-20	88	00:01:06	00:30:07.45	00:31:14.10	+00:14:24 (47.8%)	6:01	10 (52.4%)
746	SARNECKI Adrian	1217		M-40	171	00:00:35	00:30:08.80	00:30:44.70	+00:14:25 (47.8%)	6:01	10 (52.4%)
747	KRYWALD Michał	712		M-30	182	00:01:03	00:30:11.35	00:31:14.95	+00:14:28 (47.9%)	6:02	9.9 (51.8%)
748	RASSALSKA-KAUSA Jola	35		K-40	59	00:00:54	00:30:12.70	00:31:06.70	+00:14:29 (48.0%)	6:02	9.9 (51.8%)
749	RYBACKA Iwona	989		K-40	60	00:00:50	00:30:12.90	00:31:03.45	+00:14:29 (48.0%)	6:02	9.9 (51.8%)
750	AUGUSTYNOWICZ Katarzyna	283		K-40	61	00:00:15	00:30:17.30	00:30:33.20	+00:14:34 (48.1%)	6:03	9.9 (51.8%)
751	SZYMCZAK Jacek	1219		M-50	64	00:00:33	00:30:17.70	00:30:50.75	+00:14:34 (48.1%)	6:03	9.9 (51.8%)
752	WOŹNIACKA Beata	84	KOLOROWE GACIE	K-50	10	00:00:45	00:30:17.95	00:31:03.05	+00:14:34 (48.1%)	6:03	9.9 (51.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
753	SZYMCZAK Barbara	1188		K-40	62	00:00:32	00:30:19.40	00:30:52.30	+00:14:36 (48.2%)	6:03	9.9 (51.8%)
754	FURMANIAK Tomasz	1089		M-30	183	00:01:16	00:30:19.55	00:31:35.55	+00:14:36 (48.2%)	6:03	9.9 (51.8%)
755	TYKWIŃSKA Agnieszka	522		K-30	71	00:00:11	00:30:21.75	00:30:32.90	+00:14:38 (48.2%)	6:04	9.9 (51.8%)
756	KUK Patryk	670		M-10	43	00:01:15	00:30:21.80	00:31:37.25	+00:14:38 (48.2%)	6:04	9.9 (51.8%)
757	GÓRSKA Paulina	359	HARPAGAN RUNNERS	K-30	72	00:00:49	00:30:22.65	00:31:12.55	+00:14:39 (48.2%)	6:04	9.9 (51.8%)
758	GÓRSKI Łukasz	357	HARPAGAN RUNNERS	M-30	184	00:00:49	00:30:22.80	00:31:12.55	+00:14:39 (48.2%)	6:04	9.9 (51.8%)
759	HOŁYŃSKA Katarzyna	730		K-40	63	00:00:19	00:30:23.50	00:30:43.00	+00:14:40 (48.3%)	6:04	9.9 (51.8%)
760	JASIŃSKI Kacper	534		M-10	44	00:00:00	00:30:25.15	00:30:26.00	+00:14:41 (48.3%)	6:05	9.9 (51.8%)
760	WOJCIECHOWSKA Dagmara	967		K-40	64	00:00:39	00:30:25.15	00:31:04.90	+00:14:41 (48.3%)	6:05	9.9 (51.8%)
762	JASIŃSKI Grzegorz	533		M-30	185	00:00:01	00:30:25.40	00:30:26.85	+00:14:42 (48.3%)	6:05	9.9 (51.8%)
763	STEGNERSKA Agnieszka	846		K-40	65	00:00:22	00:30:26.15	00:30:48.90	+00:14:42 (48.3%)	6:05	9.9 (51.8%)
764	PUZYREWSKI Michał	153		M-40	172	00:00:29	00:30:32.15	00:31:01.95	+00:14:48 (48.5%)	6:06	9.8 (51.3%)
765	SMOLAREK Szymon	833	BTW	M-10	45	00:00:46	00:30:32.65	00:31:19.50	+00:14:49 (48.5%)	6:06	9.8 (51.3%)
766	ŚLIWIŃSKA Malwina	948	BOGMAR OSTROMECKO	K-30	73	00:00:35	00:30:32.85	00:31:07.85	+00:14:49 (48.5%)	6:06	9.8 (51.3%)
767	ROSŁOŃSKA Kinga	267		K-30	74	00:01:00	00:30:33.30	00:31:34.05	+00:14:50 (48.5%)	6:06	9.8 (51.3%)
768	ZIÓŁKOWSKA Gosia	862	FORDON BIEGA	K-30	75	00:00:12	00:30:33.65	00:30:46.60	+00:14:50 (48.6%)	6:06	9.8 (51.3%)
769	PROKOPOWICZ Aleksandra	50		K-40	66	00:01:17	00:30:33.75	00:31:50.80	+00:14:50 (48.6%)	6:06	9.8 (51.3%)
770	ZIÓŁKOWSKI Piotr	922		M-20	89	00:01:13	00:30:36.80	00:31:49.80	+00:14:53 (48.6%)	6:07	9.8 (51.3%)
771	DALKIEWICZ Igor	311		M-20	90	00:01:10	00:30:38.35	00:31:48.60	+00:14:55 (48.7%)	6:07	9.8 (51.3%)
772	MLICKI Marcin	25		M-40	173	00:01:13	00:30:38.95	00:31:52.35	+00:14:55 (48.7%)	6:07	9.8 (51.3%)
773	ZYGIEL Paulina	328		K-20	31	00:00:39	00:30:39.10	00:31:18.65	+00:14:55 (48.7%)	6:07	9.8 (51.3%)
774	TUCZKOWSKA Joanna	1157		K-30	76	00:00:36	00:30:39.85	00:31:16.65	+00:14:56 (48.7%)	6:07	9.8 (51.3%)
775	LUZAK Jadwiga	1168		K-60+	1	00:00:14	00:30:40.10	00:30:54.60	+00:14:56 (48.7%)	6:08	9.8 (51.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
776	PODRALSKA Monika	466		K-30	77	00:01:10	00:30:40.25	00:31:50.25	+00:14:56 (48.7%)	6:08	9.8 (51.3%)
777	JANULEWICZ Monika	1158		K-40	67	00:00:36	00:30:41.30	00:31:17.50	+00:14:58 (48.8%)	6:08	9.8 (51.3%)
777	REINKE Olivia	722		K-10	12	00:00:03	00:30:41.30	00:30:44.50	+00:14:58 (48.8%)	6:08	9.8 (51.3%)
779	GOCHOWSKI Piotr	962		M-40	174	00:00:48	00:30:41.60	00:31:30.25	+00:14:58 (48.8%)	6:08	9.8 (51.3%)
780	WIATROWSKA Ewa	823		K-10	13	00:00:13	00:30:43.50	00:30:56.95	+00:15:00 (48.8%)	6:08	9.8 (51.3%)
781	BIELUSZEWSKA Mirela	58		K-30	78	00:00:49	00:30:43.65	00:31:33.40	+00:15:00 (48.8%)	6:08	9.8 (51.3%)
782	OBRZANOWSKI Bartosz	585		M-10	46	00:00:48	00:30:44.45	00:31:33.10	+00:15:01 (48.9%)	6:08	9.8 (51.3%)
783	KACPERSKA Anna	583	BIEGACZKI SIŁACZKI	K-40	68	00:00:18	00:30:45.75	00:31:04.30	+00:15:02 (48.9%)	6:09	9.8 (51.3%)
784	BARAŃSKA Sylwia	665	PARKRUN BYDGOSZCZ	K-50	11	00:00:24	00:30:45.95	00:31:10.85	+00:15:02 (48.9%)	6:09	9.8 (51.3%)
785	FIUT Kazimierz	809		M-60+	21	00:01:19	00:30:46.00	00:32:05.95	+00:15:02 (48.9%)	6:09	9.8 (51.3%)
786	RZEPA Karolina	794		K-20	32	00:01:19	00:30:46.05	00:32:05.75	+00:15:02 (48.9%)	6:09	9.8 (51.3%)
787	BADOWSKI Krzysztof	805		M-60+	22	00:00:25	00:30:46.30	00:31:11.40	+00:15:03 (48.9%)	6:09	9.8 (51.3%)
787	CHOLEWCZYŃSKI Dariusz	816		M-Open	1	00:00:24	00:30:46.30	00:31:11.10	+00:15:03 (48.9%)	6:09	9.8 (51.3%)
789	SZULAKOWSKA Patrycja	687	TERENOWA MASAKRA TEAM	K-40	69	00:01:05	00:30:46.95	00:31:52.75	+00:15:03 (48.9%)	6:09	9.8 (51.3%)
790	MIECZKOWSKA-LAPKE Weronika	750		K-20	33	00:00:37	00:30:48.15	00:31:25.15	+00:15:04 (49.0%)	6:09	9.7 (50.8%)
791	SZULAKOWSKI Rafał	686	TERENOWA MASAKRA TEAM	M-40	175	00:01:05	00:30:48.40	00:31:53.80	+00:15:05 (49.0%)	6:09	9.7 (50.8%)
792	LAPKE Michał	751		M-30	186	00:00:36	00:30:48.60	00:31:25.15	+00:15:05 (49.0%)	6:09	9.7 (50.8%)
793	GĄSIOROWSKA Barbara	430		K-30	79	00:00:14	00:30:49.75	00:31:04.00	+00:15:06 (49.0%)	6:09	9.7 (50.8%)
794	RYMER Jarosław	870		M-10	47	00:01:21	00:30:49.90	00:32:10.90	+00:15:06 (49.0%)	6:09	9.7 (50.8%)
795	FELKNER Sylwia	1127		K-40	70	00:01:12	00:30:50.20	00:32:02.75	+00:15:06 (49.0%)	6:10	9.7 (50.8%)
796	GOTOWICZ Joanna	898		K-20	34	00:00:59	00:30:50.90	00:31:50.35	+00:15:07 (49.0%)	6:10	9.7 (50.8%)
797	KUK Piotr	569	KABEL TEAM	M-40	176	00:01:15	00:30:51.25	00:32:06.55	+00:15:07 (49.0%)	6:10	9.7 (50.8%)
798	GOTOWICZ Kacper	896		M-20	91	00:00:58	00:30:51.90	00:31:50.65	+00:15:08 (49.1%)	6:10	9.7 (50.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
799	KWASIGROCH Wiktor	1149		M-20	92	00:00:37	00:30:52.25	00:31:29.60	+00:15:08 (49.1%)	6:10	9.7 (50.8%)
800	WICHTOWSKA Ewa	644	SWEETVET TEAM	K-30	80	00:01:13	00:30:52.70	00:32:06.25	+00:15:09 (49.1%)	6:10	9.7 (50.8%)
801	WICHTOWSKI Radosław	645	SWEETVET TEAM	M-30	187	00:01:13	00:30:52.85	00:32:06.45	+00:15:09 (49.1%)	6:10	9.7 (50.8%)
802	BAKOWSKI Dawid	600		M-40	177	00:00:49	00:30:54.05	00:31:43.90	+00:15:10 (49.1%)	6:10	9.7 (50.8%)
803	MAŁKIŃSKA-BIĘGA Dorota	603		K-30	81	00:00:49	00:30:54.20	00:31:43.65	+00:15:10 (49.1%)	6:10	9.7 (50.8%)
804	KŁOSOWSKA-BUTOR Beata	432		K-50	12	00:00:15	00:30:54.55	00:31:10.05	+00:15:11 (49.1%)	6:10	9.7 (50.8%)
805	RZEP CZYNSKI Tomasz	332	POLONIA BYDGOSZCZ	M-40	178	00:00:26	00:30:54.75	00:31:21.25	+00:15:11 (49.1%)	6:10	9.7 (50.8%)
806	FYDRYCH Dagmara	852		K-20	35	00:01:14	00:30:57.05	00:32:11.40	+00:15:13 (49.2%)	6:11	9.7 (50.8%)
807	GRUZDOWSKI Jakub	878		M-20	93	00:01:14	00:30:57.25	00:32:11.50	+00:15:13 (49.2%)	6:11	9.7 (50.8%)
808	MAZANOWSKA Ewa	1025		K-40	71	00:00:54	00:30:57.35	00:31:52.25	+00:15:14 (49.2%)	6:11	9.7 (50.8%)
809	STANECKI Janusz	612	BYLE DO METY	M-30	188	00:00:44	00:30:58.10	00:31:42.55	+00:15:14 (49.2%)	6:11	9.7 (50.8%)
810	KUKLIŃSKI Rafał	299		M-40	179	00:00:53	00:30:58.60	00:31:52.10	+00:15:15 (49.2%)	6:11	9.7 (50.8%)
811	OW CZARSKI Krzysztof	873		M-30	189	00:00:38	00:30:59.05	00:31:37.10	+00:15:15 (49.3%)	6:11	9.7 (50.8%)
812	JANKOWSKI Tomasz Michał	235	RUN DELFIN	M-50	65	00:00:51	00:30:59.85	00:31:51.10	+00:15:16 (49.3%)	6:11	9.7 (50.8%)
813	WIATROWSKA Katarzyna	822		K-30	82	00:00:00	00:31:00.20	00:31:00.20	+00:15:16 (49.3%)	6:12	9.7 (50.8%)
814	MOSUR-GALICKA Angelina	19	AKADEMIA MISTRZÓW SPORTU	K-50	13	00:00:46	00:31:00.30	00:31:46.95	+00:15:17 (49.3%)	6:12	9.7 (50.8%)
815	LUTOWSKI Wojciech	435		M-30	190	00:00:31	00:31:01.20	00:31:33.00	+00:15:17 (49.3%)	6:12	9.7 (50.8%)
816	LUTOWSKI Filip	436		M-10	48	00:00:31	00:31:01.70	00:31:33.40	+00:15:18 (49.3%)	6:12	9.7 (50.8%)
817	WYPYCH Zuzanna	763	BIOTECH	K-20	36	00:00:37	00:31:05.55	00:31:43.45	+00:15:22 (49.4%)	6:13	9.7 (50.8%)
818	DUDA Anna	139	RUN BYDGOSZCZ	K-30	83	00:01:08	00:31:05.75	00:32:14.25	+00:15:22 (49.4%)	6:13	9.7 (50.8%)
819	BOROWIEC Adrianna	1159		K-20	37	00:01:03	00:31:08.50	00:32:11.70	+00:15:25 (49.5%)	6:13	9.6 (50.3%)
820	KRASINSKAKOBUS Agata	500		K-40	72	00:00:54	00:31:08.70	00:32:03.60	+00:15:25 (49.5%)	6:13	9.6 (50.3%)
821	KOBUS Arkadiusz	496		M-40	180	00:00:54	00:31:09.15	00:32:03.85	+00:15:25 (49.5%)	6:13	9.6 (50.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
822	WŁAŚNIAK Sylwia	329		K-40	73	00:00:46	00:31:09.45	00:31:55.80	+00:15:26 (49.5%)	6:13	9.6 (50.3%)
823	GLĘBOCKA Agnieszka	43		K-40	74	00:01:10	00:31:10.60	00:32:21.15	+00:15:27 (49.6%)	6:14	9.6 (50.3%)
824	QUAAS Mateusz	1174		M-10	49	00:00:42	00:31:13.65	00:31:55.70	+00:15:30 (49.7%)	6:14	9.6 (50.3%)
825	QUAAS Łukasz	159		M-40	181	00:00:42	00:31:15.35	00:31:57.70	+00:15:32 (49.7%)	6:15	9.6 (50.3%)
826	BRZÓSKA Kacper	135		M-40	182	00:00:28	00:31:16.35	00:31:44.35	+00:15:33 (49.7%)	6:15	9.6 (50.3%)
827	WIŚNIEWSKI Jacek	657		M-40	183	00:00:37	00:31:16.65	00:31:54.15	+00:15:33 (49.7%)	6:15	9.6 (50.3%)
828	CICHULSKA-QUAAS Izabela	157		K-40	75	00:00:42	00:31:17.55	00:31:59.85	+00:15:34 (49.8%)	6:15	9.6 (50.3%)
829	TAFLIŃSKI Michał	933		M-30	191	00:00:52	00:31:18.95	00:32:11.10	+00:15:35 (49.8%)	6:15	9.6 (50.3%)
830	MICHNIEWICZ Małgorzata	415		K-40	76	00:00:25	00:31:20.25	00:31:46.05	+00:15:36 (49.8%)	6:16	9.6 (50.3%)
831	PIERZCHALSKA Kasia	202		K-40	77	00:00:16	00:31:20.60	00:31:37.35	+00:15:37 (49.8%)	6:16	9.6 (50.3%)
832	PRZYBYSZEWSKI Marcin	211		M-40	184	00:00:22	00:31:20.65	00:31:43.60	+00:15:37 (49.8%)	6:16	9.6 (50.3%)
833	STEFAŃSKA Joanna	941		K-20	38	00:00:49	00:31:21.40	00:32:10.60	+00:15:38 (49.9%)	6:16	9.6 (50.3%)
834	RYDELSKA Kinga	293		K-50	14	00:00:36	00:31:21.90	00:31:58.80	+00:15:38 (49.9%)	6:16	9.6 (50.3%)
835	ŁUCZKOWSKA Sylwia	1114		K-30	84	00:00:28	00:31:22.20	00:31:50.65	+00:15:38 (49.9%)	6:16	9.6 (50.3%)
836	ŚWIETLIK Dawid	631		M-30	192	00:00:52	00:31:22.50	00:32:14.85	+00:15:39 (49.9%)	6:16	9.6 (50.3%)
837	ZAREMBA WANCZURA Joanna	1215		K-40	78	00:00:35	00:31:23.80	00:31:59.05	+00:15:40 (49.9%)	6:16	9.6 (50.3%)
838	RÓŻYCKA Anna	1118		K-30	85	00:01:05	00:31:23.85	00:32:28.95	+00:15:40 (49.9%)	6:16	9.6 (50.3%)
839	MATEJA Anna	406		K-30	86	00:00:57	00:31:24.75	00:32:22.00	+00:15:41 (50.0%)	6:16	9.6 (50.3%)
840	ZBIRANEK Beata	575	BIEGACZKI SIŁACZKI	K-40	79	00:00:20	00:31:25.75	00:31:45.95	+00:15:42 (50.0%)	6:17	9.5 (49.7%)
841	OBRZANOWSKI Maciej	574		M-50	66	00:00:48	00:31:25.80	00:32:14.10	+00:15:42 (50.0%)	6:17	9.5 (49.7%)
842	KOTECKI Marcin	418	GANG KOCURA	M-40	185	00:01:03	00:31:28.10	00:32:31.75	+00:15:44 (50.0%)	6:17	9.5 (49.7%)
843	TUSZYŃSKA Anna	229		K-20	39	00:00:17	00:31:29.10	00:31:47.00	+00:15:45 (50.1%)	6:17	9.5 (49.7%)
844	BERNATAJTYS Daniel	70	LOTTO BYDGOSTIA	M-40	186	00:00:32	00:31:29.20	00:32:01.25	+00:15:45 (50.1%)	6:17	9.5 (49.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
845	BERNATAJTYS Ignacy	76	LOTTO BYDGOSTIA	M-10	50	00:00:31	00:31:29.65	00:32:01.55	+00:15:46 (50.1%)	6:17	9.5 (49.7%)
846	SZKOPIAK Marcin	273		M-40	187	00:00:18	00:31:32.80	00:31:51.00	+00:15:49 (50.2%)	6:18	9.5 (49.7%)
847	SURMACZ Natalia	213		K-10	14	00:00:49	00:31:34.50	00:32:23.80	+00:15:51 (50.2%)	6:18	9.5 (49.7%)
848	JAWORSKI Marek	855	STOWARZYSZENIE DZIĘKI WAM	M-10	51	00:00:28	00:31:36.75	00:32:05.60	+00:15:53 (50.3%)	6:19	9.5 (49.7%)
849	KARSKI Hubert	144		M-70+	3	00:01:03	00:31:36.80	00:32:40.70	+00:15:53 (50.3%)	6:19	9.5 (49.7%)
850	KARSKI Przemysław	149		M-30	193	00:01:03	00:31:37.40	00:32:40.50	+00:15:54 (50.3%)	6:19	9.5 (49.7%)
851	CZAJKA Michał	650		M-20	94	00:01:06	00:31:37.50	00:32:44.10	+00:15:54 (50.3%)	6:19	9.5 (49.7%)
852	JANIC Joanna	147		K-40	80	00:01:02	00:31:38.45	00:32:40.80	+00:15:55 (50.3%)	6:19	9.5 (49.7%)
853	KWIATKOWSKI Piotr	685		M-30	194	00:00:51	00:31:38.75	00:32:30.15	+00:15:55 (50.3%)	6:19	9.5 (49.7%)
854	JAWORSKA Michalina	856	STOWARZYSZENIE DZIĘKI WAM	K-10	15	00:00:30	00:31:38.85	00:32:08.95	+00:15:55 (50.3%)	6:19	9.5 (49.7%)
855	GUZIKOWSKI Mateusz	713		M-20	95	00:00:50	00:31:39.10	00:32:30.05	+00:15:55 (50.3%)	6:19	9.5 (49.7%)
856	SZCZESIK Damian	529		M-40	188	00:00:47	00:31:42.35	00:32:29.85	+00:15:59 (50.4%)	6:20	9.5 (49.7%)
857	GATNER Adam Marek	709	LUKS' "SEROCK"	M-60+	23	00:00:43	00:31:44.85	00:32:28.00	+00:16:01 (50.5%)	6:20	9.5 (49.7%)
858	ALEKSANDER Alicja	1033		K-20	40	00:01:02	00:31:46.70	00:32:49.60	+00:16:03 (50.5%)	6:21	9.4 (49.2%)
859	KAŻMIERCZAK Aleksandra	788	BIEGAJ Z DĘBAMI	K-40	81	00:01:11	00:31:48.55	00:32:59.95	+00:16:05 (50.6%)	6:21	9.4 (49.2%)
860	PAPROCKI Rafał	47		M-40	189	00:00:30	00:31:52.75	00:32:23.05	+00:16:09 (50.7%)	6:22	9.4 (49.2%)
861	BORZYSZKOWSKI Grzegorz	221	STARY FORDON	M-40	190	00:00:15	00:31:53.00	00:32:08.60	+00:16:09 (50.7%)	6:22	9.4 (49.2%)
862	WAŚNIEWSKA Ewa	914		K-30	87	00:00:29	00:31:53.35	00:32:23.15	+00:16:10 (50.7%)	6:22	9.4 (49.2%)
863	KAMIŃSKA Monika	191		K-30	88	00:01:09	00:31:54.50	00:33:04.40	+00:16:11 (50.7%)	6:22	9.4 (49.2%)
864	GAPINSKA Dorota	209		K-30	89	00:00:48	00:31:56.30	00:32:44.60	+00:16:13 (50.8%)	6:23	9.4 (49.2%)
865	WIERZBOWSKI Max	945		M-10	52	00:00:35	00:31:56.45	00:32:32.30	+00:16:13 (50.8%)	6:23	9.4 (49.2%)
866	PIONTEK Elżbieta	544		K-60+	2	00:01:12	00:31:56.65	00:33:09.05	+00:16:13 (50.8%)	6:23	9.4 (49.2%)
867	ROSZAK Kinga	944		K-10	16	00:00:35	00:31:57.40	00:32:32.50	+00:16:14 (50.8%)	6:23	9.4 (49.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
868	NIEMIEC Karolina	590	DLA WIKTORKA	K-40	82	00:00:56	00:31:57.45	00:32:53.45	+00:16:14 (50.8%)	6:23	9.4 (49.2%)
869	BYCZKOWSKI Zenon	903		M-50	67	00:00:57	00:31:59.95	00:32:57.00	+00:16:16 (50.9%)	6:23	9.4 (49.2%)
870	MAŁAS Marcin	255		M-30	195	00:00:35	00:32:00.50	00:32:35.90	+00:16:17 (50.9%)	6:24	9.4 (49.2%)
871	LIWOCH Grzegorz	142		M-50	68	00:00:55	00:32:01.25	00:32:56.90	+00:16:17 (50.9%)	6:24	9.4 (49.2%)
872	KOSIOROWSKI Przemysław	65		M-40	191	00:01:04	00:32:01.45	00:33:05.45	+00:16:18 (50.9%)	6:24	9.4 (49.2%)
873	WIŚNIEWSKI Krzysztof	302	TRISPACE/TREK	M-50	69	00:00:39	00:32:03.20	00:32:42.80	+00:16:19 (51.0%)	6:24	9.4 (49.2%)
874	WIŚNIEWSKA Lucyna	301		K-50	15	00:00:39	00:32:03.40	00:32:42.75	+00:16:20 (51.0%)	6:24	9.4 (49.2%)
875	KRZEMIŃSKI Łukasz	75		M-30	196	00:01:20	00:32:07.70	00:33:27.85	+00:16:24 (51.1%)	6:25	9.3 (48.7%)
876	PRZERACKI Mirosław	337	PGB SPORTOWA PACZKA	M-50	70	00:00:42	00:32:16.05	00:32:58.35	+00:16:32 (51.3%)	6:27	9.3 (48.7%)
877	KAZUBOWSKI Michał	1166	KAZUBKI TEAM	M-20	96	00:00:28	00:32:16.60	00:32:44.95	+00:16:33 (51.3%)	6:27	9.3 (48.7%)
877	WOŹNIAK Bartłomiej	952		M-40	192	00:01:21	00:32:16.60	00:33:37.65	+00:16:33 (51.3%)	6:27	9.3 (48.7%)
879	KWASIGROCH Aleksandra	1207		K-40	83	00:00:22	00:32:17.25	00:32:39.70	+00:16:33 (51.3%)	6:27	9.3 (48.7%)
880	KAJA Michalina	1179		K-10	17	00:00:25	00:32:19.55	00:32:44.90	+00:16:36 (51.4%)	6:27	9.3 (48.7%)
881	MILARSKA Patrycja	1065		K-30	90	00:00:43	00:32:21.20	00:33:04.60	+00:16:37 (51.4%)	6:28	9.3 (48.7%)
882	CIOSEK Patryk	960		M-20	97	00:01:06	00:32:25.05	00:33:31.25	+00:16:41 (51.5%)	6:29	9.3 (48.7%)
883	BŁOCH Katarzyna	630		K-30	91	00:01:07	00:32:25.20	00:33:32.20	+00:16:41 (51.5%)	6:29	9.3 (48.7%)
884	WIŚNIEWSKI Tadeusz	680	NIEZESZONY	M-60+	24	00:00:22	00:32:26.25	00:32:48.25	+00:16:42 (51.5%)	6:29	9.2 (48.2%)
885	SŁODKI Sebastian	642	SWEETVET TEAM	M-40	193	00:01:14	00:32:27.50	00:33:42.40	+00:16:44 (51.6%)	6:29	9.2 (48.2%)
886	DĄBROWSKA Milena	1087	DA MARTYRIA	K-20	41	00:01:11	00:32:27.85	00:33:39.45	+00:16:44 (51.6%)	6:29	9.2 (48.2%)
887	KOWALEWSKI Blazej	1093		M-10	53	00:00:00	00:32:30.00	00:32:30.00	+00:16:46 (51.6%)	6:30	9.2 (48.2%)
887	KOWALEWSKI Mariusz	1092		M-30	197	00:00:00	00:32:30.00	00:32:30.00	+00:16:46 (51.6%)	6:30	9.2 (48.2%)
889	WRZOCHALSKI Jakub	837		M-20	98	00:01:02	00:32:30.25	00:33:32.45	+00:16:46 (51.6%)	6:30	9.2 (48.2%)
890	BOŃCZYK Damian	988		M-40	194	00:00:00	00:32:30.70	00:32:30.70	+00:16:47 (51.6%)	6:30	9.2 (48.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
891	KONOPIŃSKA Agnieszka	1010		K-40	84	00:00:27	00:32:38.10	00:33:05.45	+00:16:54 (51.8%)	6:31	9.2 (48.2%)
892	POLEK Krystyna	1125		K-40	85	00:00:27	00:32:38.50	00:33:05.55	+00:16:55 (51.8%)	6:31	9.2 (48.2%)
893	POLIWODZIŃSKA Agnieszka	476	WISŁA FORDON	K-40	86	00:01:17	00:32:39.40	00:33:56.90	+00:16:56 (51.9%)	6:31	9.2 (48.2%)
894	LUTKOWSKA Katarzyna	982		K-40	87	00:00:35	00:32:43.05	00:33:18.35	+00:16:59 (51.9%)	6:32	9.2 (48.2%)
895	STABRYŁA Agnieszka	842		K-30	92	00:00:51	00:32:44.90	00:33:36.55	+00:17:01 (52.0%)	6:32	9.2 (48.2%)
896	CZEKALSKI Patryk	479		M-30	198	00:01:18	00:32:45.00	00:34:03.70	+00:17:01 (52.0%)	6:33	9.2 (48.2%)
897	MAZELA Monika	699		K-40	88	00:00:51	00:32:45.10	00:33:36.60	+00:17:01 (52.0%)	6:33	9.2 (48.2%)
898	STABRYŁA Łukasz	841		M-30	199	00:00:51	00:32:45.50	00:33:37.05	+00:17:02 (52.0%)	6:33	9.2 (48.2%)
899	BUTOWSKI Michał	287		M-40	195	00:00:58	00:32:50.20	00:33:48.65	+00:17:06 (52.1%)	6:34	9.1 (47.6%)
900	JEDRZEJCZYK Jacek	901		M-50	71	00:01:10	00:32:50.40	00:34:00.85	+00:17:07 (52.1%)	6:34	9.1 (47.6%)
901	WIOSNA Tomasz	266	KLUB MAZDASPEED	M-30	200	00:01:17	00:32:51.15	00:34:08.85	+00:17:07 (52.1%)	6:34	9.1 (47.6%)
902	REZMER Kamil	356		M-20	99	00:00:59	00:32:51.20	00:33:50.20	+00:17:07 (52.1%)	6:34	9.1 (47.6%)
903	STOŹEK Michał	503		M-40	196	00:00:45	00:32:51.80	00:33:37.65	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
904	PRIETZ Agata	342		K-40	89	00:01:02	00:32:51.90	00:33:54.15	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
905	ZAWADZKA Monika	343		K-30	93	00:01:02	00:32:52.10	00:33:54.25	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
906	GRZESZCZUK Filip	323		M-10	54	00:01:09	00:32:52.15	00:34:01.20	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
907	GRZESZCZUK Zuzanna	326		K-10	18	00:01:08	00:32:52.40	00:34:01.30	+00:17:09 (52.2%)	6:34	9.1 (47.6%)
908	GRZESZCZUK Karol	319		M-40	197	00:01:09	00:32:52.50	00:34:01.60	+00:17:09 (52.2%)	6:34	9.1 (47.6%)
909	TOKARSKA Alicja	401	VEGE RUNNERS	K-40	90	00:00:45	00:32:53.40	00:33:39.05	+00:17:10 (52.2%)	6:34	9.1 (47.6%)
910	WAWRZYNIAK Sandra	469	BYDGOSZCZ NA START	K-30	94	00:00:54	00:32:54.00	00:33:48.40	+00:17:10 (52.2%)	6:34	9.1 (47.6%)
911	LEWANDOWSKA Renata	1195	ROLLTEAM BYDGOSZCZ	K-40	91	00:00:23	00:32:54.65	00:33:17.80	+00:17:11 (52.2%)	6:34	9.1 (47.6%)
912	PIĄTEK Andrzej	493		M-70+	4	00:00:30	00:32:55.65	00:33:26.15	+00:17:12 (52.3%)	6:35	9.1 (47.6%)
913	SENSKA Magdalena	117		K-40	92	00:00:31	00:32:56.65	00:33:28.30	+00:17:13 (52.3%)	6:35	9.1 (47.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
914	TWARDOWSKI Krzysztof	346		M-20	100	00:00:21	00:32:57.20	00:33:18.60	+00:17:13 (52.3%)	6:35	9.1 (47.6%)
915	DELIK Mikołaj	1017	SH HORYZONT	M-20	101	00:01:01	00:32:57.40	00:33:59.30	+00:17:14 (52.3%)	6:35	9.1 (47.6%)
915	WYSOCKA Kiara	1018	SH HORYZONT	K-20	42	00:01:01	00:32:57.40	00:33:59.05	+00:17:14 (52.3%)	6:35	9.1 (47.6%)
915	MARJAŃSKA Agata	1019	SH HORYZONT	K-10	19	00:01:01	00:32:57.40	00:33:59.05	+00:17:14 (52.3%)	6:35	9.1 (47.6%)
918	ERDMANN Agnieszka	996		K-40	93	00:00:56	00:32:58.75	00:33:55.20	+00:17:15 (52.3%)	6:35	9.1 (47.6%)
919	ŚLIWA Katarzyna	646	SWEETVET TEAM	K-30	95	00:01:15	00:32:59.05	00:34:14.20	+00:17:15 (52.3%)	6:35	9.1 (47.6%)
920	DRAFC Mariola	1136		K-40	94	00:00:56	00:32:59.35	00:33:55.80	+00:17:16 (52.3%)	6:35	9.1 (47.6%)
921	KUK Sylwia	568		K-40	95	00:01:14	00:33:00.50	00:34:15.40	+00:17:17 (52.4%)	6:36	9.1 (47.6%)
922	KOWALEWSKA Monika	1094		K-40	96	00:00:42	00:33:01.60	00:33:43.70	+00:17:18 (52.4%)	6:36	9.1 (47.6%)
923	CISEWSKI Mateusz	1047		M-30	201	00:01:05	00:33:04.85	00:34:10.25	+00:17:21 (52.5%)	6:36	9.1 (47.6%)
924	CIECHANOWSKI Arkadiusz	410		M-40	198	00:00:44	00:33:05.95	00:33:50.00	+00:17:22 (52.5%)	6:37	9.1 (47.6%)
925	RUJNER Klara	693		K-50	16	00:00:33	00:33:07.00	00:33:40.10	+00:17:23 (52.5%)	6:37	9.1 (47.6%)
926	GOTOWICZ Mariusz	222		M-60+	25	00:01:00	00:33:10.75	00:34:10.90	+00:17:27 (52.6%)	6:38	9 (47.1%)
927	MIELCAREK Małgorza	895		K-40	97	00:00:59	00:33:11.50	00:34:11.00	+00:17:28 (52.6%)	6:38	9 (47.1%)
928	CACAŁOWSKA Paulina	587		K-20	43	00:00:46	00:33:12.95	00:33:59.10	+00:17:29 (52.7%)	6:38	9 (47.1%)
929	CZYŻNIKOWSKA Anna	510		K-40	98	00:01:01	00:33:13.80	00:34:15.50	+00:17:30 (52.7%)	6:38	9 (47.1%)
930	BINDER Sebastian	372	ORANGE	M-30	202	00:00:23	00:33:15.40	00:33:39.25	+00:17:32 (52.7%)	6:39	9 (47.1%)
931	KUBERSKA Roma	616		K-40	99	00:01:03	00:33:16.50	00:34:19.90	+00:17:33 (52.8%)	6:39	9 (47.1%)
932	SCHMIDT Sebastian	169	BB ACTIVE TEAM	M-10	55	00:00:29	00:33:17.20	00:33:46.40	+00:17:33 (52.8%)	6:39	9 (47.1%)
933	KOZAK Adam	1021	BB ACTIVE TEAM	M-10	56	00:00:30	00:33:17.70	00:33:47.80	+00:17:34 (52.8%)	6:39	9 (47.1%)
934	SIEG Małgorzata	885	BB ACTIVE TEAM	K-30	96	00:00:29	00:33:18.55	00:33:48.25	+00:17:35 (52.8%)	6:39	9 (47.1%)
935	JAKUBOWSKA Karina	1085		K-30	97	00:00:57	00:33:18.75	00:34:16.00	+00:17:35 (52.8%)	6:39	9 (47.1%)
936	KŁONOWSKI Kacper	409		M-20	102	00:01:09	00:33:19.95	00:34:29.25	+00:17:36 (52.8%)	6:39	9 (47.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
937	BRZEZIŃSKA Sylwia	275		K-30	98	00:01:05	00:33:22.50	00:34:27.55	+00:17:39 (52.9%)	6:40	9 (47.1%)
938	MUSIAŁA Adam	393		M-40	199	00:01:00	00:33:24.30	00:34:24.70	+00:17:41 (52.9%)	6:40	9 (47.1%)
939	BONIN Karolina	910		K-30	99	00:01:02	00:33:24.50	00:34:27.30	+00:17:41 (52.9%)	6:40	9 (47.1%)
940	OSUCH Małgorzata	1147		K-30	100	00:00:10	00:33:25.10	00:33:35.10	+00:17:41 (53.0%)	6:41	9 (47.1%)
941	JOCHIM Łukasz	1141		M-30	203	00:01:16	00:33:30.55	00:34:46.85	+00:17:47 (53.1%)	6:42	9 (47.1%)
942	TOMCZAK Marzena	986		K-30	101	00:00:45	00:33:30.75	00:34:15.75	+00:17:47 (53.1%)	6:42	9 (47.1%)
943	TOMCZAK Wojciech	987		M-10	57	00:00:44	00:33:31.20	00:34:16.10	+00:17:47 (53.1%)	6:42	9 (47.1%)
944	GRZYBCZYŃSKA Monika	803		K-30	102	00:01:20	00:33:34.50	00:34:55.00	+00:17:51 (53.2%)	6:42	8.9 (46.6%)
945	KRÓL Wiesław	812		M-50	72	00:01:20	00:33:34.60	00:34:55.30	+00:17:51 (53.2%)	6:42	8.9 (46.6%)
946	WESOŁOWSKI Paweł	548		M-40	200	00:00:16	00:33:35.25	00:33:51.65	+00:17:51 (53.2%)	6:43	8.9 (46.6%)
947	BORKOWSKA Ewelina	237		K-20	44	00:00:36	00:33:36.10	00:34:12.45	+00:17:52 (53.2%)	6:43	8.9 (46.6%)
948	DAMBECKI Mateusz	265		M-10	58	00:00:54	00:33:42.65	00:34:36.75	+00:17:59 (53.4%)	6:44	8.9 (46.6%)
949	CHNURZYŃSKA Ewa	797		K-Open	1	00:00:59	00:33:43.25	00:34:42.65	+00:17:59 (53.4%)	6:44	8.9 (46.6%)
950	ROSIŃSKA Paulina	715		K-20	45	00:00:51	00:33:43.50	00:34:35.05	+00:18:00 (53.4%)	6:44	8.9 (46.6%)
951	MARCHLEWSKA Amelia	720		K-10	20	00:00:22	00:33:44.75	00:34:07.10	+00:18:01 (53.4%)	6:44	8.9 (46.6%)
952	ŻUCHELKOWSKA Agata	143	MAMA ADAMA TEAM	K-30	103	00:01:13	00:33:45.05	00:34:58.60	+00:18:01 (53.4%)	6:45	8.9 (46.6%)
953	KRYSIŃSKA Kamila	1162		K-40	100	00:01:01	00:33:45.10	00:34:46.10	+00:18:01 (53.4%)	6:45	8.9 (46.6%)
954	KWASIGROCH Daria	1050		K-20	46	00:00:36	00:33:55.25	00:34:31.90	+00:18:11 (53.7%)	6:47	8.8 (46.1%)
955	ŁUSZCZYNA Karolina	116		K-20	47	00:00:29	00:33:56.70	00:34:26.10	+00:18:13 (53.7%)	6:47	8.8 (46.1%)
956	GOŹDZIK Tomasz	111	UKS KOPERNIK BYDGOSZCZ	M-30	204	00:00:29	00:33:56.85	00:34:26.15	+00:18:13 (53.7%)	6:47	8.8 (46.1%)
957	KOZIOŁ Magdalena	250	FIT FORMA BYDGOSZCZ	K-30	104	00:00:41	00:33:58.45	00:34:39.85	+00:18:15 (53.7%)	6:47	8.8 (46.1%)
958	ZMITROWICZ Hanna	671	FIT FORMA BYDGOSZCZ	K-30	105	00:00:41	00:33:58.85	00:34:39.95	+00:18:15 (53.7%)	6:47	8.8 (46.1%)
959	FELSKA Katarzyna	240		K-30	106	00:00:40	00:33:59.15	00:34:39.80	+00:18:15 (53.7%)	6:47	8.8 (46.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
960	DEMBOWSKA Marta	866		K-20	48	00:00:47	00:34:02.40	00:34:49.45	+00:18:19 (53.8%)	6:48	8.8 (46.1%)
961	REINKE Joanna	723		K-40	101	00:00:03	00:34:03.00	00:34:06.70	+00:18:19 (53.8%)	6:48	8.8 (46.1%)
962	TRACKA Monika	947		K-30	107	00:01:06	00:34:06.75	00:35:12.95	+00:18:23 (53.9%)	6:49	8.8 (46.1%)
963	OSTROWSKA Renata	338		K-40	102	00:00:33	00:34:10.80	00:34:44.40	+00:18:27 (54.0%)	6:50	8.8 (46.1%)
964	TEWS Marzena	835		K-40	103	00:00:32	00:34:12.15	00:34:44.40	+00:18:28 (54.0%)	6:50	8.8 (46.1%)
965	MIKOŁAJEWSKA Dominika	557	WISŁA FORDON	K-20	49	00:01:17	00:34:14.00	00:35:31.80	+00:18:30 (54.1%)	6:50	8.8 (46.1%)
966	GRABSKA-ZIELIŃSKA Sylwia	1082		K-30	108	00:00:36	00:34:15.05	00:34:51.20	+00:18:31 (54.1%)	6:51	8.8 (46.1%)
967	MAJEWSKI Daniel	1120		M-20	103	00:01:06	00:34:24.15	00:35:30.65	+00:18:40 (54.3%)	6:52	8.7 (45.5%)
968	LENC Janusz	455	TKKF KOLEJARZ BYDGOSZCZ	M-60+	26	00:00:34	00:34:24.50	00:34:59.20	+00:18:41 (54.3%)	6:52	8.7 (45.5%)
969	MARKOWSKA-BAUMGART Aneta	1061	DĘBY OSIELSKO	K-60+	3	00:01:16	00:34:26.50	00:35:43.20	+00:18:43 (54.4%)	6:53	8.7 (45.5%)
970	SĘDZIK Joanna	1012		K-40	104	00:00:58	00:34:42.40	00:35:40.50	+00:18:59 (54.7%)	6:56	8.6 (45.0%)
971	BICZEL Dobrochna	1014		K-10	21	00:00:58	00:34:42.55	00:35:40.70	+00:18:59 (54.7%)	6:56	8.6 (45.0%)
972	LEWANDOWSKI Jacek	1028	AKADEMIA MISTRZÓW SPORTU	M-40	201	00:00:47	00:34:48.70	00:35:35.95	+00:19:05 (54.8%)	6:57	8.6 (45.0%)
973	MISUN Mariola	151	AKADEMIA MISTRZÓW SPORTU	K-60+	4	00:00:47	00:34:48.95	00:35:35.95	+00:19:05 (54.8%)	6:57	8.6 (45.0%)
974	DRZEWIECKI Rafał	626	AKADEMIA MISTRZÓW SPORTU	M-40	202	00:00:44	00:34:51.70	00:35:35.90	+00:19:08 (54.9%)	6:58	8.6 (45.0%)
975	SNOPEK Edyta	219		K-30	109	00:00:19	00:34:53.95	00:35:13.35	+00:19:10 (55.0%)	6:58	8.6 (45.0%)
976	OSIŃSKI Dominik	867		M-30	205	00:00:46	00:35:01.75	00:35:48.45	+00:19:18 (55.1%)	7:00	8.6 (45.0%)
977	WILMA Patrycja	295		K-30	110	00:00:59	00:35:02.35	00:36:01.85	+00:19:19 (55.1%)	7:00	8.6 (45.0%)
978	DEMBOWSKI Łukasz	865		M-20	104	00:00:47	00:35:04.70	00:35:52.10	+00:19:21 (55.2%)	7:00	8.6 (45.0%)
979	DANIELEK Adam	521	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-40	203	00:01:01	00:35:08.75	00:36:10.05	+00:19:25 (55.3%)	7:01	8.5 (44.5%)
980	ZALEWSKI Łukasz	1105		M-40	204	00:00:54	00:35:10.25	00:36:04.35	+00:19:26 (55.3%)	7:02	8.5 (44.5%)
981	ZALEWSKI Franciszek	1106		M-10	59	00:00:53	00:35:10.55	00:36:04.45	+00:19:27 (55.3%)	7:02	8.5 (44.5%)
982	NIEDZIELSKI Tomasz	1083		M-50	73	00:00:37	00:35:11.55	00:35:48.85	+00:19:28 (55.3%)	7:02	8.5 (44.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
983	NIEDZIELSKA Małgorzata	773		K-50	17	00:00:36	00:35:11.75	00:35:48.60	+00:19:28 (55.3%)	7:02	8.5 (44.5%)
984	ANDRYSZCZYK Olga	1129		K-40	105	00:00:43	00:35:17.00	00:36:00.35	+00:19:33 (55.4%)	7:03	8.5 (44.5%)
985	KNUT Leszek	625		M-40	205	00:01:19	00:35:19.45	00:36:39.05	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
986	ŻELAZKO Anna	875		K-30	111	00:01:24	00:35:19.60	00:36:43.80	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
987	KOSNOWICZ Maksymilian	1201		M-10	60	00:00:09	00:35:19.65	00:35:29.55	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
988	NOWACKA Katarzyna	874		K-30	112	00:01:24	00:35:19.80	00:36:44.10	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
989	GOŁATTA Tomasz	189	BYDGOSKI KLUB TURYSTYKI ROWEROWEJ "GRYF"	M-40	206	00:01:19	00:35:19.90	00:36:38.90	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
990	PALACZ Wioletta	577	POLONIA BYDGOSZCZ SLA	K-40	106	00:00:17	00:35:21.80	00:35:38.90	+00:19:38 (55.5%)	7:04	8.5 (44.5%)
991	PALACZ Dawid	579		M-10	61	00:00:16	00:35:21.90	00:35:38.60	+00:19:38 (55.5%)	7:04	8.5 (44.5%)
992	MUCHA Izabela	421		K-30	113	00:00:34	00:35:23.45	00:35:57.45	+00:19:40 (55.6%)	7:04	8.5 (44.5%)
993	PIĘKNA Monika	738		K-40	107	00:00:53	00:35:24.35	00:36:18.00	+00:19:41 (55.6%)	7:04	8.5 (44.5%)
994	MYSZKOWSKA Monika	796		K-50	18	00:00:25	00:35:30.20	00:35:56.15	+00:19:46 (55.7%)	7:06	8.5 (44.5%)
995	RUDNIKOWSKI Andrzej	109		M-50	74	00:00:41	00:35:32.60	00:36:14.35	+00:19:49 (55.8%)	7:06	8.4 (44.0%)
996	MALCZEWSKA Mirka	451	FORDONRUNNERS	K-60+	5	00:01:00	00:35:32.75	00:36:33.30	+00:19:49 (55.8%)	7:06	8.4 (44.0%)
997	BOSIACKI Mateusz	1086		M-20	105	00:00:57	00:35:36.85	00:36:34.25	+00:19:53 (55.9%)	7:07	8.4 (44.0%)
998	KWIATKOWSKA Małgorzata	1015		K-60+	6	00:01:16	00:35:38.80	00:36:55.70	+00:19:55 (55.9%)	7:07	8.4 (44.0%)
999	KWIATKOWSKI Roman	1016		M-60+	27	00:01:17	00:35:39.20	00:36:56.25	+00:19:55 (55.9%)	7:07	8.4 (44.0%)
1000	MIKOŁAJCZAK Aleksandra	1121		K-40	108	00:00:45	00:35:41.35	00:36:26.40	+00:19:58 (55.9%)	7:08	8.4 (44.0%)
1001	KUCHARCZYK Jola	949	BOGMAR OSTROMECKO	K-40	109	00:00:34	00:35:41.40	00:36:16.20	+00:19:58 (55.9%)	7:08	8.4 (44.0%)
1002	LEWANDOWSKI Robert	120	FUNDACJA SZTUKA WYBORU	M-50	75	00:01:04	00:35:47.15	00:36:51.25	+00:20:03 (56.1%)	7:09	8.4 (44.0%)
1003	KOCZWARA-SAJDAK Katarzyna	912		K-30	114	00:00:27	00:35:50.35	00:36:17.90	+00:20:07 (56.1%)	7:10	8.4 (44.0%)
1004	SMOLEŃ Aleksandra	836	BTW	K-10	22	00:00:47	00:35:50.80	00:36:38.65	+00:20:07 (56.1%)	7:10	8.4 (44.0%)
1005	GROCHAŁA Michał	17		M-30	206	00:00:39	00:35:51.70	00:36:30.80	+00:20:08 (56.2%)	7:10	8.4 (44.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1006	WILANDT Natalia	241		K-30	115	00:01:00	00:35:51.75	00:36:52.40	+00:20:08 (56.2%)	7:10	8.4 (44.0%)
1007	GRABOWSKA Marlena	742		K-40	110	00:00:15	00:35:53.80	00:36:09.50	+00:20:10 (56.2%)	7:10	8.4 (44.0%)
1008	ROMIANOWSKA Agnieszka	743		K-40	111	00:00:15	00:35:54.15	00:36:09.95	+00:20:10 (56.2%)	7:10	8.4 (44.0%)
1009	LEWANDOWSKA Izabela	741		K-30	116	00:00:15	00:35:54.25	00:36:09.75	+00:20:10 (56.2%)	7:10	8.4 (44.0%)
1010	OLSTOWSKA Maja	844	BYDGOSKIE TOWARZYSTWO SPORTOWE	K-10	23	00:00:48	00:35:54.50	00:36:42.85	+00:20:11 (56.2%)	7:10	8.4 (44.0%)
1011	SOBKO Artur	246	STASIU TEAM	M-30	207	00:01:01	00:35:54.60	00:36:55.80	+00:20:11 (56.2%)	7:10	8.4 (44.0%)
1012	KABAT Magda	839	BTW	K-10	24	00:00:46	00:35:54.80	00:36:41.50	+00:20:11 (56.2%)	7:10	8.4 (44.0%)
1013	WILANDT-SOBKO Marta	243		K-20	50	00:01:00	00:35:55.20	00:36:55.65	+00:20:11 (56.2%)	7:11	8.4 (44.0%)
1014	SPRENGEL Agnieszka	737		K-40	112	00:01:16	00:35:56.50	00:37:12.65	+00:20:13 (56.3%)	7:11	8.3 (43.5%)
1015	SADOWSKA-CHORAŻAK Aneta	968		K-40	113	00:00:20	00:35:58.25	00:36:18.35	+00:20:14 (56.3%)	7:11	8.3 (43.5%)
1016	WOJTOWICZ Mateusz	291		M-20	106	00:01:19	00:35:59.35	00:37:19.20	+00:20:16 (56.3%)	7:11	8.3 (43.5%)
1017	CZEKALSKA Beata	1031		K-30	117	00:00:44	00:36:06.20	00:36:50.35	+00:20:22 (56.5%)	7:13	8.3 (43.5%)
1018	BETLEJ Karolina	617		K-20	51	00:00:45	00:36:06.85	00:36:52.80	+00:20:23 (56.5%)	7:13	8.3 (43.5%)
1019	MIELCAREK Ania	760		K-40	114	00:01:03	00:36:10.20	00:37:13.60	+00:20:26 (56.5%)	7:14	8.3 (43.5%)
1020	JAGODZIŃSKI Karol	73		M-50	76	00:01:11	00:36:15.85	00:37:27.10	+00:20:32 (56.6%)	7:15	8.3 (43.5%)
1021	TYKWIŃSKI Krzysztof	821		M-40	207	00:00:25	00:36:32.90	00:36:58.80	+00:20:49 (57.0%)	7:18	8.2 (42.9%)
1022	DALECKA Elżbieta	938		K-20	52	00:01:14	00:36:34.65	00:37:48.70	+00:20:51 (57.0%)	7:18	8.2 (42.9%)
1023	ALEXANDER Marek	83		M-50	77	00:00:53	00:36:38.80	00:37:32.30	+00:20:55 (57.1%)	7:19	8.2 (42.9%)
1024	BARAŃCZAK Paweł	471		M-30	208	00:01:11	00:36:52.25	00:38:03.60	+00:21:08 (57.4%)	7:22	8.1 (42.4%)
1025	KRUPA Paulina	804		K-20	53	00:00:00	00:37:01.95	00:37:01.95	+00:21:18 (57.5%)	7:24	8.1 (42.4%)
1026	PIESZCZYŃSKA Oliwia	934		K-10	25	00:01:02	00:37:06.00	00:38:08.90	+00:21:22 (57.6%)	7:25	8.1 (42.4%)
1027	IGNATOWSKA Izabella	932		K-10	26	00:01:02	00:37:06.30	00:38:08.90	+00:21:23 (57.6%)	7:25	8.1 (42.4%)
1028	ĆWIK-KOTWICA Patrycja	420		K-30	118	00:00:33	00:37:07.55	00:37:41.50	+00:21:24 (57.7%)	7:25	8.1 (42.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1029	WOŹNIAK Anna	532		K-40	115	00:00:33	00:37:07.95	00:37:41.50	+00:21:24 (57.7%)	7:25	8.1 (42.4%)
1030	KOLCZYŃSKI Dawid	119		M-20	107	00:01:24	00:37:22.90	00:38:47.80	+00:21:39 (57.9%)	7:28	8 (41.9%)
1031	NAWROCKA Anetta	964		K-50	19	00:00:37	00:37:24.25	00:38:01.80	+00:21:40 (58.0%)	7:28	8 (41.9%)
1032	ŚWIĄTEK Katarzyna	793		K-20	54	00:01:20	00:37:26.75	00:38:47.20	+00:21:43 (58.0%)	7:29	8 (41.9%)
1033	KRANC Justyna	802		K-30	119	00:01:20	00:37:26.80	00:38:47.40	+00:21:43 (58.0%)	7:29	8 (41.9%)
1034	NOWAKOWSKA-SZWAJCA Anna	230		K-50	20	00:00:57	00:37:27.05	00:38:24.45	+00:21:43 (58.0%)	7:29	8 (41.9%)
1035	ANTCZAK Natalia	506		K-30	120	00:01:11	00:37:28.65	00:38:39.95	+00:21:45 (58.1%)	7:29	8 (41.9%)
1036	GOŁĘBIEWSKI Paweł	505		M-40	208	00:01:11	00:37:29.70	00:38:40.80	+00:21:46 (58.1%)	7:29	8 (41.9%)
1037	KARDASIŃSKA Marta	627		K-20	55	00:01:07	00:37:32.75	00:38:40.40	+00:21:49 (58.1%)	7:30	8 (41.9%)
1038	NOWAK Małgorzata	890		K-30	121	00:00:32	00:37:45.70	00:38:17.80	+00:22:02 (58.4%)	7:33	7.9 (41.4%)
1039	NOWAK Paulina	387		K-20	56	00:00:30	00:37:45.90	00:38:16.80	+00:22:02 (58.4%)	7:33	7.9 (41.4%)
1040	FAC Kacper	355	TRI SUNRISE SYSTEM	M-20	108	00:00:32	00:37:46.35	00:38:18.95	+00:22:03 (58.4%)	7:33	7.9 (41.4%)
1041	KULIK Marcei	1200		M-30	209	00:00:31	00:37:47.90	00:38:19.00	+00:22:04 (58.4%)	7:33	7.9 (41.4%)
1042	PILECKI Gustaw	1029	BRZOZA BIEGA	M-70+	5	00:00:28	00:37:54.20	00:38:22.70	+00:22:10 (58.5%)	7:34	7.9 (41.4%)
1043	URBANSKI Piotr	925	RUNTEAM PRUSZCZ	M-40	209	00:01:20	00:37:55.45	00:39:15.60	+00:22:12 (58.5%)	7:35	7.9 (41.4%)
1044	KOSNOWICZ Alicja	825		K-10	27	00:00:37	00:37:55.65	00:38:33.45	+00:22:12 (58.5%)	7:35	7.9 (41.4%)
1045	BAGROVA Olena	1163	RUNTEAM PRUSZCZ	K-40	116	00:01:20	00:37:55.80	00:39:16.10	+00:22:12 (58.6%)	7:35	7.9 (41.4%)
1046	KOSNOWICZ Krzysztof	824		M-40	210	00:00:37	00:37:55.95	00:38:33.75	+00:22:12 (58.6%)	7:35	7.9 (41.4%)
1047	RACKA-KUBIAK Beata	78		K-40	117	00:01:21	00:37:59.35	00:39:21.10	+00:22:16 (58.6%)	7:35	7.9 (41.4%)
1048	KUBIAK Jarosław	74		M-40	211	00:01:21	00:37:59.75	00:39:21.70	+00:22:16 (58.6%)	7:35	7.9 (41.4%)
1049	SALAMON Marta	915		K-30	122	00:00:40	00:38:01.05	00:38:41.70	+00:22:17 (58.6%)	7:36	7.9 (41.4%)
1050	SORUCU Ufuk	916		M-30	210	00:00:40	00:38:01.25	00:38:41.60	+00:22:17 (58.6%)	7:36	7.9 (41.4%)
1051	APTOWICZ Damian	714		M-20	109	00:00:27	00:38:05.40	00:38:32.65	+00:22:22 (58.7%)	7:37	7.9 (41.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1052	MATUSZEWSKA Agnieszka	710		K-40	118	00:00:27	00:38:05.65	00:38:33.00	+00:22:22 (58.7%)	7:37	7.9 (41.4%)
1053	ARENT Marzena	304		K-50	21	00:00:50	00:38:10.60	00:39:01.50	+00:22:27 (58.8%)	7:38	7.9 (41.4%)
1054	ORCHOWSKI Rafał	892		M-30	211	00:01:15	00:38:14.15	00:39:29.65	+00:22:30 (58.9%)	7:38	7.8 (40.8%)
1055	TWAROWSKA-ANTCZAK Emilia	1043		K-40	119	00:00:04	00:38:19.90	00:38:24.55	+00:22:36 (59.0%)	7:39	7.8 (40.8%)
1056	ANTCZAK Krzysztof	1041		M-40	212	00:00:04	00:38:20.30	00:38:24.50	+00:22:37 (59.0%)	7:40	7.8 (40.8%)
1057	ANTCZAK Olimpia	1042		K-10	28	00:00:04	00:38:20.90	00:38:25.20	+00:22:37 (59.0%)	7:40	7.8 (40.8%)
1058	POSTÓJSKI Juliusz	67		M-10	62	00:00:46	00:38:23.45	00:39:09.90	+00:22:40 (59.0%)	7:40	7.8 (40.8%)
1059	POSTÓJSKA Marta	64		K-30	123	00:00:46	00:38:23.65	00:39:10.00	+00:22:40 (59.1%)	7:40	7.8 (40.8%)
1060	WÓJCIK Mikołaj	181		M-10	63	00:00:49	00:38:23.90	00:39:13.00	+00:22:40 (59.1%)	7:40	7.8 (40.8%)
1061	WÓJCIK Anna	177		K-40	120	00:00:48	00:38:28.40	00:39:17.20	+00:22:45 (59.1%)	7:41	7.8 (40.8%)
1062	HEYMANN Maria	161		K-50	22	00:01:07	00:38:31.85	00:39:39.80	+00:22:48 (59.2%)	7:42	7.8 (40.8%)
1063	RATAJCZAK Aurelia	292		K-40	121	00:01:13	00:38:35.05	00:39:48.05	+00:22:51 (59.3%)	7:43	7.8 (40.8%)
1064	SURMACZ Agata	206		K-40	122	00:00:15	00:38:37.65	00:38:53.45	+00:22:54 (59.3%)	7:43	7.8 (40.8%)
1065	CZUBEK Konrad	1103		M-10	64	00:01:14	00:38:41.80	00:39:56.60	+00:22:58 (59.4%)	7:44	7.8 (40.8%)
1066	BIELIŃSKI Maciej	1169		M-40	213	00:00:45	00:38:50.95	00:39:35.95	+00:23:07 (59.5%)	7:46	7.7 (40.3%)
1067	BIELIŃSKA Joanna	1173		K-40	123	00:00:44	00:38:51.25	00:39:35.80	+00:23:07 (59.5%)	7:46	7.7 (40.3%)
1068	BIELIŃSKA Zuzanna	1172		K-10	29	00:00:44	00:38:51.80	00:39:36.20	+00:23:08 (59.5%)	7:46	7.7 (40.3%)
1069	PIERZGALSKA Anita	501	ZAMULONE OSTRYGI	K-40	124	00:00:53	00:38:55.65	00:39:49.50	+00:23:12 (59.6%)	7:47	7.7 (40.3%)
1070	IWANIUK Jacek	317		M-40	214	00:00:53	00:38:56.30	00:39:49.65	+00:23:13 (59.6%)	7:47	7.7 (40.3%)
1071	CZUBEK Teresa	1102		K-30	124	00:01:14	00:39:00.15	00:40:14.95	+00:23:16 (59.7%)	7:48	7.7 (40.3%)
1072	KNUT Damian	93		M-40	215	00:01:19	00:39:05.80	00:40:25.10	+00:23:22 (59.8%)	7:49	7.7 (40.3%)
1073	KNUT Agnieszka	640		K-40	125	00:01:19	00:39:05.95	00:40:25.20	+00:23:22 (59.8%)	7:49	7.7 (40.3%)
1074	IWANIUK Anita	498		K-40	126	00:00:53	00:39:06.05	00:39:59.70	+00:23:22 (59.8%)	7:49	7.7 (40.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1075	PIERZGALSKI Jarek	97	ZAMULONE OSTRYGI	M-50	78	00:00:53	00:39:06.60	00:40:00.05	+00:23:23 (59.8%)	7:49	7.7 (40.3%)
1076	PULC Anna	412		K-40	127	00:01:04	00:39:17.00	00:40:21.50	+00:23:33 (60.0%)	7:51	7.6 (39.8%)
1077	PULC Marcin	345		M-40	216	00:01:04	00:39:17.10	00:40:21.90	+00:23:33 (60.0%)	7:51	7.6 (39.8%)
1078	WOLAN Krzysztof	702	OBY DO PRZODU BEZ ZATRZYMANIA	M-40	217	00:01:18	00:39:36.70	00:40:55.10	+00:23:53 (60.3%)	7:55	7.6 (39.8%)
1079	BURCHARD Remigiusz	957		M-40	218	00:00:48	00:40:17.75	00:41:06.70	+00:24:34 (61.0%)	8:03	7.4 (38.7%)
1080	BURCHARD Natalia	958		K-10	30	00:00:48	00:40:18.05	00:41:06.95	+00:24:34 (61.0%)	8:03	7.4 (38.7%)
1081	ANGIEL Władysław	457	TKKF KOLEJARZ BYDGOSZCZ	M-70+	6	00:00:24	00:40:18.40	00:40:42.50	+00:24:35 (61.0%)	8:03	7.4 (38.7%)
1082	BURCHARD Weronika	959		K-10	31	00:00:48	00:40:20.55	00:41:09.45	+00:24:37 (61.0%)	8:04	7.4 (38.7%)
1083	PRZYGOCKA Katarzyna	604		K-30	125	00:00:45	00:40:20.70	00:41:06.65	+00:24:37 (61.0%)	8:04	7.4 (38.7%)
1084	PRZYBYLSKI Filip	605		M-10	65	00:00:45	00:40:20.90	00:41:06.40	+00:24:37 (61.0%)	8:04	7.4 (38.7%)
1085	PRZYGOCKI Szymon	1076		M-10	66	00:00:00	00:40:51.20	00:40:51.20	+00:25:07 (61.5%)	8:10	7.3 (38.2%)
1086	KUGLARZ Dominik	767		M-40	219	00:01:07	00:41:27.95	00:42:35.20	+00:25:44 (62.1%)	8:17	7.2 (37.7%)
1087	TOMCZEWSKI Wojtek	768		M-10	67	00:01:04	00:41:28.45	00:42:33.35	+00:25:45 (62.1%)	8:17	7.2 (37.7%)
1088	KUGLARZ Karolina	766		K-40	128	00:01:04	00:41:30.20	00:42:34.50	+00:25:46 (62.1%)	8:18	7.2 (37.7%)
1089	KUKUŁA Wioletta	975		K-50	23	00:00:57	00:41:36.75	00:42:34.00	+00:25:53 (62.2%)	8:19	7.2 (37.7%)
1090	JAWORSKA Marcelina	857	STOWARZYSZENIE DZIĘKI WAM	K-10	32	00:00:30	00:41:47.05	00:42:17.60	+00:26:03 (62.4%)	8:21	7.2 (37.7%)
1091	JAWORSKI Adam	854	STOWARZYSZENIE DZIĘKI WAM	M-40	220	00:00:30	00:41:48.35	00:42:18.90	+00:26:05 (62.4%)	8:21	7.2 (37.7%)
1092	ŚCIUK Wiktoria Anastazja	882	BIAŁE CZAPLE SP PRZYŁĘKI	K-10	33	00:00:20	00:42:09.20	00:42:29.80	+00:26:25 (62.7%)	8:25	7.1 (37.2%)
1093	ŚCIUK Julia	881	BIAŁE CZAPLE SP PRZYŁĘKI	K-10	34	00:00:20	00:42:09.40	00:42:29.80	+00:26:26 (62.7%)	8:25	7.1 (37.2%)
1094	ŻYMANT-SŁODKA Magdalena	643	SWEETVET TEAM	K-40	129	00:00:00	00:45:09.65	00:45:09.65	+00:29:26 (65.2%)	9:01	6.6 (34.6%)
1095	NIEWIADOMSKA Ania	937		K-20	57	00:01:13	00:45:36.20	00:46:49.95	+00:29:52 (65.5%)	9:07	6.6 (34.6%)
	MARCINIAK Robert	998	STARYCH TREPÓW	M-40		DNF	DNF	DNF		-	- (0.0%)
	WADELSKA Joanna	210		K-30		DNF	DNF	DNF		-	- (0.0%)
	OGONOWSKI Radosław	245		M-50		DNF	DNF	DNF		-	- (0.0%)
	JANISZAK Beata	748	BIEGACZKI SIŁACZKI	K-40		DNF	DNF	DNF		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
	JANISZAK Adrianna	749	BIEGACZKI SIŁA	K-10		DNF	DNF	DNF		-	- (0.0%)
	GMEREK Olga	920		K-20		DNF	DNF	DNF		-	- (0.0%)

Total 1101 results.