



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2022-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

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

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

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

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							netto 5km	brutto 5km			
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	MAGRAN 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 Mikołaj	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%)

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

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

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

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



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

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

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

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

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

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

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

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



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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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%)

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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	BIAŁOWĄS 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%)



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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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 Mikolaj	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%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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 Przemię	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%)

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

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



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

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

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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	STOŻEK 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	WAWRZYŃIAK 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%)



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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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%)

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

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



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
	<b>JANISZAK Adrianna</b>	<b>749</b>	BIEGACZKI SIŁA	K-10		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GMEREK Olga</b>	<b>920</b>		K-20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 1101 wynik(ów)