



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

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

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

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>	KUJAWSCY 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>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%)
14	<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%)
15	<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%)
16	<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%)
17	<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%)
18	<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%)
19	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<b>JAŹDŹEWSKI 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%)
38	<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%)
39	<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%)
40	<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%)
41	<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%)
42	<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%)

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43	<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%)
44	<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%)
45	<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%)
46	<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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<b>LEWANDOWSKI Piotr</b>	<b>538</b>	STREET WORKOUT ACADEMY TERMINATOR	M-20	13	00:00:05	<b>00:19:51.40</b>	<b>00:19:56.65</b>	+00:04:08 (20.8%)	3:58	15.1 (79.1%)
58	<b>WINIECKI Patryk</b>	<b>362</b>		M-30	31	00:00:03	<b>00:19:52.90</b>	<b>00:19:56.30</b>	+00:04:09 (20.9%)	3:58	15.1 (79.1%)
59	<b>KRYGOWSKI Tomasz</b>	<b>256</b>		M-50	4	00:00:03	<b>00:20:01.45</b>	<b>00:20:05.30</b>	+00:04:18 (21.5%)	4:00	15 (78.5%)
60	<b>WIECZOREK Mateusz</b>	<b>416</b>		M-30	32	00:00:07	<b>00:20:06.00</b>	<b>00:20:13.90</b>	+00:04:22 (21.8%)	4:01	14.9 (78.0%)
61	<b>CHODKIEWICZ Tomasz</b>	<b>708</b>	GARDEN FLORA SPORT CLUB	M-40	9	00:00:03	<b>00:20:06.15</b>	<b>00:20:09.80</b>	+00:04:22 (21.8%)	4:01	14.9 (78.0%)
62	<b>SIELECKI Arkadiusz</b>	<b>608</b>		M-20	14	00:00:05	<b>00:20:09.60</b>	<b>00:20:15.50</b>	+00:04:26 (22.0%)	4:01	14.9 (78.0%)
63	<b>SKORECKI Aleksander</b>	<b>341</b>		M-30	33	00:00:05	<b>00:20:13.05</b>	<b>00:20:18.60</b>	+00:04:29 (22.2%)	4:02	14.8 (77.5%)
64	<b>WITKOWSKI Łukasz</b>	<b>619</b>	GRILL TEAM	M-30	34	00:00:07	<b>00:20:14.50</b>	<b>00:20:21.90</b>	+00:04:31 (22.3%)	4:02	14.8 (77.5%)
65	<b>KLINOWSKI Radosław</b>	<b>447</b>		M-30	35	00:00:08	<b>00:20:19.50</b>	<b>00:20:27.95</b>	+00:04:36 (22.6%)	4:03	14.8 (77.5%)

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66	<b>KRZEWIŃSKI Radosław</b>	<b>772</b>		M-20	15	00:00:02	<b>00:20:20.50</b>	<b>00:20:23.25</b>	+00:04:37 (22.7%)	4:04	14.8 (77.5%)
67	<b>ONDRA Karol</b>	<b>990</b>		M-20	16	00:00:17	<b>00:20:25.60</b>	<b>00:20:43.00</b>	+00:04:42 (23.0%)	4:05	14.7 (77.0%)
68	<b>SZYTTENHOLM Oli</b>	<b>1048</b>	TRISPACE	M-40	10	00:00:05	<b>00:20:27.75</b>	<b>00:20:32.95</b>	+00:04:44 (23.2%)	4:05	14.7 (77.0%)
69	<b>MAGRIAN Leszek</b>	<b>791</b>		M-40	11	00:00:05	<b>00:20:30.80</b>	<b>00:20:36.30</b>	+00:04:47 (23.4%)	4:06	14.6 (76.4%)
70	<b>GZYL Mikołaj</b>	<b>462</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	36	00:00:19	<b>00:20:33.45</b>	<b>00:20:52.60</b>	+00:04:50 (23.5%)	4:06	14.6 (76.4%)
71	<b>MARCINIAK Przemysław</b>	<b>146</b>		M-40	12	00:00:04	<b>00:20:33.55</b>	<b>00:20:38.00</b>	+00:04:50 (23.5%)	4:06	14.6 (76.4%)
72	<b>LEWANDOWSKI Bartłomiej</b>	<b>1058</b>		M-20	17	00:00:03	<b>00:20:34.25</b>	<b>00:20:37.90</b>	+00:04:50 (23.6%)	4:06	14.6 (76.4%)
73	<b>TOKARSKI Paweł</b>	<b>1081</b>		M-20	18	00:00:07	<b>00:20:34.35</b>	<b>00:20:42.00</b>	+00:04:51 (23.6%)	4:06	14.6 (76.4%)
74	<b>WOLSKI Tomasz</b>	<b>581</b>		M-30	37	00:00:06	<b>00:20:37.10</b>	<b>00:20:43.30</b>	+00:04:53 (23.7%)	4:07	14.6 (76.4%)
75	<b>JARMUŻ Adam</b>	<b>140</b>	AJ TEAM	M-40	13	00:00:03	<b>00:20:38.40</b>	<b>00:20:41.60</b>	+00:04:55 (23.8%)	4:07	14.5 (75.9%)
76	<b>NIEMIR Tomasz</b>	<b>1054</b>		M-20	19	00:00:06	<b>00:20:39.95</b>	<b>00:20:46.90</b>	+00:04:56 (23.9%)	4:07	14.5 (75.9%)
77	<b>BYRTEK Marcin</b>	<b>21</b>	TRIDROPSY	M-40	14	00:00:05	<b>00:20:40.10</b>	<b>00:20:45.35</b>	+00:04:56 (23.9%)	4:08	14.5 (75.9%)
78	<b>MAŁKOWSKI Iwo</b>	<b>277</b>	ANTIDOTUM	M-30	38	00:00:06	<b>00:20:40.70</b>	<b>00:20:46.90</b>	+00:04:57 (24.0%)	4:08	14.5 (75.9%)
79	<b>ZBIRANEK Remigiusz</b>	<b>552</b>	1. BRYGADA LOGISTYCZNA	M-40	15	00:00:06	<b>00:20:42.75</b>	<b>00:20:49.05</b>	+00:04:59 (24.1%)	4:08	14.5 (75.9%)
80	<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%)
81	<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%)
82	<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%)
83	<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%)
84	<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%)
85	<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%)
86	<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%)
87	<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%)
88	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
89	<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%)
90	<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%)
91	<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%)
92	<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%)
93	<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%)
94	<b>SKARBEEK 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%)
95	<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%)
96	<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%)
97	<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%)
98	<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%)
99	<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%)
100	<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%)
101	<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%)
102	<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%)
103	<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%)
104	<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%)
105	<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%)
106	<b>GAŚSIOROWSKI 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%)
107	<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%)
108	<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%)
109	<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%)
110	<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%)
111	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
112	<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%)
112	<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%)
114	<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%)
115	<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%)
116	<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%)
117	<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%)
118	<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%)
119	<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%)
120	<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%)
121	<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%)
122	<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%)
123	<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%)
124	<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%)
125	<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%)
126	<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%)
127	<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%)
128	<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%)
129	<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%)
130	<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%)
131	<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%)
132	<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%)
133	<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%)
134	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
135	<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%)
136	<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%)
137	<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%)
138	<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%)
139	<b>PRZEKWAŚ 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%)
140	<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%)
141	<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%)
142	<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%)
143	<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%)
144	<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%)
145	<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%)
146	<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%)
147	<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%)
148	<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%)
148	<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%)
150	<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%)
151	<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%)
152	<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%)
153	<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%)
154	<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%)
155	<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%)
156	<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%)
157	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
158	<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%)
159	<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%)
160	<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%)
161	<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%)
162	<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%)
163	<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%)
164	<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%)
165	<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%)
166	<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%)
167	<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%)
168	<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%)
169	<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%)
170	<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%)
171	<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%)
172	<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%)
173	<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%)
174	<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%)
175	<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%)
176	<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%)
177	<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%)
178	<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%)
179	<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%)
180	<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%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
181	<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%)
182	<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%)
183	<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%)
184	<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%)
185	<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%)
186	<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%)
187	<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%)
188	<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%)
189	<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%)
190	<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%)
191	<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%)
192	<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%)
193	<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%)
194	<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%)
195	<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%)
196	<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%)
197	<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%)
198	<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%)
199	<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%)
200	<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%)
201	<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%)
202	<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%)
203	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
204	<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%)
204	<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%)
206	<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%)
207	<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%)
208	<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%)
209	<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%)
210	<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%)
211	<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%)
212	<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%)
213	<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%)
214	<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%)
215	<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%)
216	<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%)
217	<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%)
218	<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%)
219	<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%)
220	<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%)
221	<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%)
222	<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%)
223	<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%)
224	<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%)
225	<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%)
226	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
227	<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%)
228	<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%)
229	<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%)
230	<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%)
231	<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%)
232	<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%)
233	<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%)
234	<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%)
235	<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%)
236	<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%)
237	<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%)
238	<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%)
239	<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%)
240	<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%)
241	<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%)
242	<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%)
243	<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%)
244	<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%)
245	<b>WĘGRZYNOWSKI 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%)
246	<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%)
247	<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%)
248	<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%)
249	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
250	<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%)
251	<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%)
252	<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%)
253	<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%)
254	<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%)
255	<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%)
256	<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%)
257	<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%)
257	<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%)
259	<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%)
260	<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%)
261	<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%)
262	<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%)
263	<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%)
264	<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%)
265	<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%)
266	<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%)
267	<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%)
268	<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%)
269	<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%)
270	<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%)
271	<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%)
272	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
273	<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%)
274	<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%)
275	<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%)
276	<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%)
277	<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%)
278	<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%)
279	<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%)
280	<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%)
281	<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%)
282	<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%)
283	<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%)
283	<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%)
285	<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%)
286	<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%)
287	<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%)
288	<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%)
288	<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%)
290	<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%)
291	<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%)
292	<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%)
293	<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%)
294	<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%)
295	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
296	<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%)
297	<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%)
298	<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%)
299	<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%)
300	<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%)
301	<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%)
302	<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%)
303	<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%)
304	<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%)
305	<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%)
306	<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%)
307	<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%)
308	<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%)
309	<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%)
310	<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%)
311	<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%)
312	<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%)
313	<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%)
314	<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%)
315	<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%)
316	<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%)
317	<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%)
318	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
319	<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%)
320	<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%)
321	<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%)
322	<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%)
323	<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%)
324	<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%)
325	<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%)
326	<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%)
327	<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%)
328	<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%)
329	<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%)
330	<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%)
331	<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%)
332	<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%)
333	<b>LICA Krzysztof</b>	<b>1036</b>	SISU - OWB ROWERTOURL.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%)
334	<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%)
335	<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%)
336	<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%)
337	<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%)
338	<b>OLSZÓWKA Michał</b>	<b>424</b>		M-40	99	00:00:17	<b>00:25:13.05</b>	<b>00:25:30.90</b>	+00:09:29 (37.7%)	5:02	11.9 (62.3%)
339	<b>SUCHACKI Kacper</b>	<b>403</b>	LOTTO BYDGOSTIA	M-10	27	00:00:20	<b>00:25:13.50</b>	<b>00:25:34.40</b>	+00:09:30 (37.7%)	5:02	11.9 (62.3%)
340	<b>LIZIK Aleksander</b>	<b>396</b>		M-20	50	00:00:53	<b>00:25:14.65</b>	<b>00:26:07.95</b>	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
340	<b>RODAK Robert</b>	<b>397</b>		M-20	50	00:00:53	<b>00:25:14.65</b>	<b>00:26:07.65</b>	+00:09:31 (37.7%)	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
342	<b>CHOJNACKI Patryk</b>	<b>1071</b>		M-20	52	00:00:12	<b>00:25:14.90</b>	<b>00:25:27.20</b>	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
343	<b>KOPACZ Radosław</b>	<b>1101</b>		M-40	100	00:01:18	<b>00:25:16.75</b>	<b>00:26:34.90</b>	+00:09:33 (37.8%)	5:03	11.9 (62.3%)
344	<b>PAŁCZYŃSKI Przemysław</b>	<b>893</b>		M-30	122	00:00:34	<b>00:25:17.20</b>	<b>00:25:51.50</b>	+00:09:33 (37.8%)	5:03	11.9 (62.3%)
345	<b>NAPIERAŁA Przemysław</b>	<b>970</b>		M-30	123	00:01:20	<b>00:25:17.95</b>	<b>00:26:38.85</b>	+00:09:34 (37.9%)	5:03	11.9 (62.3%)
346	<b>MAJDA Adrian</b>	<b>969</b>	DZIK SQUAD	M-30	124	00:00:17	<b>00:25:18.00</b>	<b>00:25:35.00</b>	+00:09:34 (37.9%)	5:03	11.9 (62.3%)
347	<b>DĄBROWSKI Arkadiusz</b>	<b>442</b>		M-20	53	00:01:04	<b>00:25:19.40</b>	<b>00:26:23.70</b>	+00:09:36 (37.9%)	5:03	11.8 (61.8%)
348	<b>DEMBSKI Marek</b>	<b>761</b>	TEAM PATROL	M-40	101	00:00:17	<b>00:25:20.00</b>	<b>00:25:37.75</b>	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
349	<b>OWCZARZAK Michał</b>	<b>126</b>	SMAKOSZE	M-50	35	00:00:52	<b>00:25:20.10</b>	<b>00:26:12.90</b>	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
349	<b>ŚWIĘCICKI Andrzej</b>	<b>504</b>		M-40	102	00:00:57	<b>00:25:20.10</b>	<b>00:26:17.15</b>	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
351	<b>KULCZYŃSKI Przemysław</b>	<b>637</b>	TYPYGRUBE	M-30	125	00:00:30	<b>00:25:20.35</b>	<b>00:25:50.65</b>	+00:09:37 (38.0%)	5:04	11.8 (61.8%)
352	<b>SCHMIDT Marcin</b>	<b>165</b>	BB ACTIVE TEAM	M-40	103	00:00:26	<b>00:25:21.60</b>	<b>00:25:47.80</b>	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
353	<b>LEWICKI Aleksander</b>	<b>993</b>		M-10	28	00:00:50	<b>00:25:22.00</b>	<b>00:26:12.60</b>	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
354	<b>SOSINSKI Marcin</b>	<b>1027</b>		M-40	104	00:00:07	<b>00:25:24.65</b>	<b>00:25:32.15</b>	+00:09:41 (38.1%)	5:04	11.8 (61.8%)
355	<b>ANTCZAK Paweł</b>	<b>193</b>		M-40	105	00:01:10	<b>00:25:25.25</b>	<b>00:26:36.15</b>	+00:09:41 (38.2%)	5:05	11.8 (61.8%)
356	<b>PUK Oskar</b>	<b>872</b>		M-20	54	00:00:40	<b>00:25:26.35</b>	<b>00:26:06.80</b>	+00:09:43 (38.2%)	5:05	11.8 (61.8%)
357	<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%)
358	<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%)
359	<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%)
360	<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%)
361	<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%)
362	<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%)
363	<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%)
364	<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%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
365	<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%)
366	<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%)
367	<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%)
368	<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%)
369	<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%)
370	<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%)
371	<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%)
372	<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%)
373	<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%)
374	<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%)
375	<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%)
376	<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%)
377	<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%)
378	<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%)
379	<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%)
380	<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%)
381	<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%)
381	<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%)
383	<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%)
384	<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%)
385	<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%)
386	<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%)
387	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
388	ARACH Przemysław	597		M-30	133	00:00:38	00:25:59.45	00:26:38.20	+00:10:16 (39.5%)	5:11	11.5 (60.2%)
389	CHMURZYŃSKI Tomasz	806		M-50	42	00:00:00	00:25:59.50	00:25:59.50	+00:10:16 (39.5%)	5:11	11.5 (60.2%)
390	JASIENIECKI Piotr	1053		M-50	43	00:00:32	00:26:01.95	00:26:34.45	+00:10:18 (39.6%)	5:12	11.5 (60.2%)
391	TUREK Mateusz	668		M-30	134	00:00:12	00:26:02.25	00:26:14.50	+00:10:18 (39.6%)	5:12	11.5 (60.2%)
392	ŁATANIK Andrzej	758		M-40	115	00:00:33	00:26:02.30	00:26:35.65	+00:10:19 (39.6%)	5:12	11.5 (60.2%)
393	BIAŁOWĄS Jakub	306		M-10	30	00:00:58	00:26:03.60	00:27:01.75	+00:10:20 (39.7%)	5:12	11.5 (60.2%)
394	NAWROCKI Jarosław	965		M-50	44	00:00:37	00:26:07.20	00:26:45.00	+00:10:23 (39.8%)	5:13	11.5 (60.2%)
395	JANYSKA Adam	308		M-20	62	00:00:11	00:26:07.85	00:26:19.15	+00:10:24 (39.8%)	5:13	11.5 (60.2%)
396	DROB Julian	843		M-30	135	00:00:23	00:26:07.90	00:26:31.50	+00:10:24 (39.8%)	5:13	11.5 (60.2%)
397	OSSOWSKI Wojciech	735		M-20	63	00:00:54	00:26:08.90	00:27:03.10	+00:10:25 (39.9%)	5:13	11.5 (60.2%)
398	MAROSZCZYK Kryspin	716		M-30	136	00:00:56	00:26:13.85	00:27:10.70	+00:10:30 (40.1%)	5:14	11.4 (59.7%)
399	SIUDA Marek	261		M-40	116	00:00:43	00:26:13.90	00:26:56.90	+00:10:30 (40.1%)	5:14	11.4 (59.7%)
400	PRĄDZYŃSKI Marcin	180	AKADEMIAMISTRZOWSPORTU	M-40	117	00:00:37	00:26:15.40	00:26:53.00	+00:10:32 (40.1%)	5:15	11.4 (59.7%)
401	ŁUKASIEWICZ Krzysztof	128	MAJA	M-40	118	00:00:48	00:26:17.45	00:27:06.05	+00:10:34 (40.2%)	5:15	11.4 (59.7%)
402	RYBARCZYK Michał	422		M-40	119	00:00:55	00:26:17.65	00:27:13.30	+00:10:34 (40.2%)	5:15	11.4 (59.7%)
403	WAWRZYŃIAK Andrzej	132	22. ODN	M-60+	10	00:00:28	00:26:18.75	00:26:47.20	+00:10:35 (40.3%)	5:15	11.4 (59.7%)
404	SADZIKOWSKI Michał	331		M-40	120	00:00:55	00:26:21.60	00:27:17.05	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
405	KWASIGROCH Krzysztof	542	TKKF KOLEJARZ BYDGOSZCZ	M-50	45	00:00:45	00:26:22.15	00:27:07.80	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
406	WINIARSKI Kacper	567		M-10	31	00:00:33	00:26:22.20	00:26:55.60	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
407	JANKIEWICZ Michał	272		M-30	137	00:00:59	00:26:22.75	00:27:22.20	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
408	ŚPICA Grzegorz	777		M-30	138	00:00:34	00:26:22.90	00:26:57.10	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
409	NAWROCKI Dariusz	1073	OPEN PL	M-50	46	00:01:37	00:26:23.30	00:28:00.90	+00:10:40 (40.4%)	5:16	11.4 (59.7%)
410	MICHALAK Krzysztof	663		M-20	64	00:00:46	00:26:23.60	00:27:09.95	+00:10:40 (40.4%)	5:16	11.4 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
411	<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%)
412	<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%)
413	<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%)
414	<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%)
415	<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%)
416	<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%)
417	<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%)
418	<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%)
419	<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%)
420	<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%)
421	<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%)
422	<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%)
423	<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%)
424	<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%)
425	<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%)
426	<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%)
427	<b>PĄCZKOWSKI Piotr</b>	<b>340</b>	SALEZJANIE BIEGAJĄ	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%)
428	<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%)
429	<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%)
430	<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%)
431	<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%)
432	<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%)
433	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
434	<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%)
435	<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%)
436	<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%)
437	<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%)
438	<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%)
439	<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%)
440	<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%)
441	<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%)
442	<b>WILMA Paweł</b>	<b>296</b>		M-30	147	00:00:59	<b>00:27:00.55</b>	<b>00:28:00.45</b>	+00:11:17 (41.8%)	5:24	11.1 (58.1%)
443	<b>BIDAS Piotr</b>	<b>591</b>	DLA WIKTORKA	M-40	128	00:00:27	<b>00:27:01.80</b>	<b>00:27:29.75</b>	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
444	<b>GRZECHULSKI Bartosz</b>	<b>463</b>		M-10	32	00:00:13	<b>00:27:01.85</b>	<b>00:27:15.25</b>	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
445	<b>GRZECHULSKI Dariusz</b>	<b>464</b>		M-40	129	00:00:13	<b>00:27:01.90</b>	<b>00:27:15.40</b>	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
446	<b>ZALEWSKI Patryk</b>	<b>495</b>		M-20	72	00:00:01	<b>00:27:02.45</b>	<b>00:27:04.15</b>	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
447	<b>BIĄŁOWĄS Dariusz</b>	<b>305</b>		M-40	130	00:00:57	<b>00:27:02.80</b>	<b>00:28:00.20</b>	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
448	<b>PUJANEK Michał</b>	<b>869</b>		M-10	33	00:01:12	<b>00:27:04.95</b>	<b>00:28:17.05</b>	+00:11:21 (41.9%)	5:24	11.1 (58.1%)
449	<b>PUJANEK Piotr</b>	<b>868</b>		M-40	131	00:01:12	<b>00:27:05.10</b>	<b>00:28:17.20</b>	+00:11:21 (42.0%)	5:25	11.1 (58.1%)
450	<b>WIERZBICKI Zbigniew</b>	<b>623</b>		M-50	53	00:00:40	<b>00:27:05.15</b>	<b>00:27:45.60</b>	+00:11:21 (42.0%)	5:25	11.1 (58.1%)
451	<b>MENDOCHA Kornel</b>	<b>377</b>	ORANGE	M-20	73	00:00:10	<b>00:27:05.85</b>	<b>00:27:16.15</b>	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
452	<b>MACIŃSKI Waldemar</b>	<b>156</b>		M-40	132	00:00:19	<b>00:27:06.20</b>	<b>00:27:25.40</b>	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
453	<b>ŻMICH Tomasz</b>	<b>360</b>		M-40	133	00:00:42	<b>00:27:08.65</b>	<b>00:27:51.60</b>	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
454	<b>MIKOŁAJCZAK Artur</b>	<b>1116</b>		M-40	134	00:00:38	<b>00:27:08.75</b>	<b>00:27:46.75</b>	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
455	<b>MAGDZIARZ Jan</b>	<b>9</b>		M-10	34	00:01:07	<b>00:27:09.00</b>	<b>00:28:16.00</b>	+00:11:25 (42.1%)	5:25	11 (57.6%)
456	<b>MAGDZIARZ Jakub</b>	<b>5</b>		M-40	135	00:01:07	<b>00:27:09.75</b>	<b>00:28:17.00</b>	+00:11:26 (42.1%)	5:25	11 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
457	<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%)
458	<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%)
459	<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%)
460	<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%)
461	<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%)
462	<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%)
463	<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%)
464	<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%)
465	<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%)
466	<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%)
467	<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%)
467	<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%)
469	<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%)
470	<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%)
471	<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%)
472	<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%)
473	<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%)
474	<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%)
475	<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%)
476	<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%)
477	<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%)
478	<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%)
479	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
480	<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%)
481	<b>CZERNAK 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%)
482	<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%)
483	<b>ANDRYSZCZYK Paweł</b>	<b>1128</b>		M-10	38	00:00:41	<b>00:27:38.00</b>	<b>00:28:19.25</b>	+00:11:54 (43.1%)	5:31	10.9 (57.1%)
484	<b>KORPALSKI Andrzej</b>	<b>1068</b>		M-40	141	00:01:08	<b>00:27:38.30</b>	<b>00:28:47.20</b>	+00:11:55 (43.1%)	5:31	10.9 (57.1%)
485	<b>WIŚNIEWSKI Nikodem</b>	<b>776</b>		M-10	39	00:00:21	<b>00:27:39.75</b>	<b>00:28:00.95</b>	+00:11:56 (43.2%)	5:31	10.8 (56.5%)
486	<b>CZARNY Ryszard</b>	<b>639</b>		M-60+	16	00:00:14	<b>00:27:40.25</b>	<b>00:27:54.30</b>	+00:11:56 (43.2%)	5:32	10.8 (56.5%)
487	<b>KAMIŃSKI Łukasz</b>	<b>16</b>	BIEGAJĄCY_Z_WILKAMI	M-30	155	00:00:18	<b>00:27:44.00</b>	<b>00:28:02.70</b>	+00:12:00 (43.3%)	5:32	10.8 (56.5%)
488	<b>KOSIEDOWSKI Jacek</b>	<b>771</b>		M-50	57	00:00:14	<b>00:27:44.65</b>	<b>00:27:59.50</b>	+00:12:01 (43.3%)	5:32	10.8 (56.5%)
489	<b>WALCZAK Maciej</b>	<b>95</b>		M-40	142	00:00:27	<b>00:27:47.15</b>	<b>00:28:14.65</b>	+00:12:03 (43.4%)	5:33	10.8 (56.5%)
490	<b>SKOPOWSKI Krzysztof</b>	<b>176</b>	SALUS	M-40	143	00:01:21	<b>00:27:47.55</b>	<b>00:29:08.70</b>	+00:12:04 (43.4%)	5:33	10.8 (56.5%)
491	<b>NAGÓRSKI Ryszard</b>	<b>238</b>		M-60+	17	00:00:18	<b>00:27:49.55</b>	<b>00:28:08.20</b>	+00:12:06 (43.5%)	5:33	10.8 (56.5%)
492	<b>SARNECKI Waldemar</b>	<b>12</b>		M-30	156	00:00:43	<b>00:27:51.55</b>	<b>00:28:35.30</b>	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
493	<b>KASZUBOWSKI Daniel</b>	<b>148</b>		M-30	157	00:01:20	<b>00:27:51.75</b>	<b>00:29:12.05</b>	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
494	<b>KOPCZYŃSKI Marcin</b>	<b>1099</b>		M-40	144	00:01:12	<b>00:27:51.85</b>	<b>00:29:03.90</b>	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
495	<b>STEPNIEWSKI Karol</b>	<b>456</b>		M-40	145	00:00:26	<b>00:27:53.20</b>	<b>00:28:19.65</b>	+00:12:09 (43.6%)	5:34	10.8 (56.5%)
496	<b>ARENT Jan</b>	<b>303</b>		M-50	58	00:00:53	<b>00:27:55.25</b>	<b>00:28:49.10</b>	+00:12:11 (43.7%)	5:35	10.7 (56.0%)
497	<b>SOSNA Mikołaj</b>	<b>127</b>		M-40	146	00:00:20	<b>00:27:56.25</b>	<b>00:28:17.15</b>	+00:12:12 (43.7%)	5:35	10.7 (56.0%)
498	<b>JANUSZEWSKI Marcin</b>	<b>621</b>		M-40	147	00:01:03	<b>00:27:56.95</b>	<b>00:29:00.80</b>	+00:12:13 (43.7%)	5:35	10.7 (56.0%)
499	<b>WOJTYSIAK Szymon</b>	<b>692</b>		M-30	158	00:00:21	<b>00:27:58.90</b>	<b>00:28:20.15</b>	+00:12:15 (43.8%)	5:35	10.7 (56.0%)
500	<b>BALCEREK Marcin</b>	<b>79</b>	YOGA BLISKO NATURY	M-40	148	00:01:06	<b>00:27:59.10</b>	<b>00:29:05.80</b>	+00:12:15 (43.8%)	5:35	10.7 (56.0%)
501	<b>SIEDLECKI Rafał</b>	<b>1062</b>		M-30	159	00:01:21	<b>00:27:59.75</b>	<b>00:29:21.20</b>	+00:12:16 (43.8%)	5:35	10.7 (56.0%)
502	<b>GODZIUK Roman</b>	<b>917</b>		M-60+	18	00:00:50	<b>00:27:59.80</b>	<b>00:28:50.10</b>	+00:12:16 (43.8%)	5:35	10.7 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
503	<b>DAMBECKI Piotr</b>	<b>262</b>	POLISH AIR FORCE FAMILY FAN CLUB	M-40	149	00:00:55	<b>00:28:00.40</b>	<b>00:28:55.80</b>	+00:12:17 (43.9%)	5:36	10.7 (56.0%)
504	<b>BINDEK Łukasz</b>	<b>61</b>		M-40	150	00:00:29	<b>00:28:02.40</b>	<b>00:28:31.70</b>	+00:12:19 (43.9%)	5:36	10.7 (56.0%)
505	<b>JAKUBCZAK Łukasz</b>	<b>87</b>	PESA	M-30	160	00:00:35	<b>00:28:03.95</b>	<b>00:28:39.85</b>	+00:12:20 (44.0%)	5:36	10.7 (56.0%)
506	<b>SZCZERBA Dariusz</b>	<b>254</b>		M-40	151	00:01:12	<b>00:28:05.90</b>	<b>00:29:17.95</b>	+00:12:22 (44.0%)	5:37	10.7 (56.0%)
507	<b>PALIWODA Marcin</b>	<b>327</b>		M-30	161	00:00:55	<b>00:28:13.60</b>	<b>00:29:08.75</b>	+00:12:30 (44.3%)	5:38	10.6 (55.5%)
508	<b>BURY Tomasz</b>	<b>829</b>		M-30	162	00:00:35	<b>00:28:13.85</b>	<b>00:28:49.10</b>	+00:12:30 (44.3%)	5:38	10.6 (55.5%)
509	<b>MAGDZIARZ Leszek</b>	<b>152</b>		M-60+	19	00:00:40	<b>00:28:14.90</b>	<b>00:28:55.40</b>	+00:12:31 (44.3%)	5:38	10.6 (55.5%)
510	<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%)
511	<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%)
512	<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%)
513	<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%)
514	<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%)
515	<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%)
515	<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%)
517	<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%)
518	<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%)
519	<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%)
520	<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%)
521	<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%)
521	<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%)
523	<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%)
524	<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%)
525	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
526	KASPRZAK Wojciech	205		M-40	156	00:00:16	00:28:29.20	00:28:45.20	+00:12:45 (44.8%)	5:41	10.5 (55.0%)
527	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%)
528	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%)
529	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%)
530	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%)
531	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%)
532	BICZEL Przemisł	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%)
533	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%)
534	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%)
535	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%)
536	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%)
537	ORZECZOWSKI 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%)
538	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%)
539	KRUCZYŃSKI Łukasz	106		M-20	84	00:00:26	00:28:55.15	00:29:21.85	+00:13:11 (45.6%)	5:47	10.4 (54.5%)
540	WÓJCIK Tomasz	183		M-50	62	00:00:49	00:28:56.60	00:29:46.40	+00:13:13 (45.7%)	5:47	10.4 (54.5%)
541	ISKRA Jacek	368		M-40	162	00:00:13	00:28:57.95	00:29:11.65	+00:13:14 (45.7%)	5:47	10.4 (54.5%)
542	NIELEK Piotr	1189	TUCHOLANKA	M-40	163	00:00:53	00:28:59.70	00:29:52.90	+00:13:16 (45.8%)	5:47	10.4 (54.5%)
543	BANDOCH Jacek	704		M-30	173	00:01:09	00:29:00.85	00:30:10.10	+00:13:17 (45.8%)	5:48	10.3 (53.9%)
544	PORĘBA Paweł	376	ORANGE	M-30	174	00:00:11	00:29:06.25	00:29:17.50	+00:13:22 (46.0%)	5:49	10.3 (53.9%)
545	REINKE Kajetan	429		M-10	41	00:00:02	00:29:11.25	00:29:14.15	+00:13:27 (46.1%)	5:50	10.3 (53.9%)
546	KAZUBOWSKI Jeremiasz	718	KAZUBKI TEAM	M-20	85	00:00:28	00:29:11.65	00:29:39.90	+00:13:28 (46.1%)	5:50	10.3 (53.9%)
547	TOCZKO Jarosław	118		M-40	164	00:01:05	00:29:21.70	00:30:26.90	+00:13:38 (46.5%)	5:52	10.2 (53.4%)
548	CHMIELEWSKI Ireneusz	104		M-60+	20	00:00:25	00:29:29.75	00:29:55.55	+00:13:46 (46.7%)	5:53	10.2 (53.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
549	<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%)
550	<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%)
551	<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%)
552	<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%)
553	<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%)
554	<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%)
555	<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%)
556	<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%)
557	<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%)
558	<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%)
559	<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%)
560	<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%)
561	<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%)
561	<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%)
563	<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%)
564	<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%)
565	<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%)
566	<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%)
567	<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%)
568	<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%)
569	<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%)
570	<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%)
571	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
572	<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%)
573	<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%)
574	<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%)
575	<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%)
576	<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%)
577	<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%)
578	<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%)
579	<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%)
580	<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%)
581	<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%)
582	<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%)
583	<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%)
583	<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%)
585	<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%)
586	<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%)
587	<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%)
588	<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%)
589	<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%)
590	<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%)
591	<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%)
592	<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%)
593	<b>RZEPCZYŃSKI 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%)
594	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
595	STANECKI Janusz	612	BYLE DO METY	M-30	188	00:00:44	00:30:58.10	00:31:42.55	+00:15:14 (49.2%)	6:11	9.7 (50.8%)
596	KUKLIŃSKI Rafał	299		M-40	179	00:00:53	00:30:58.60	00:31:52.10	+00:15:15 (49.2%)	6:11	9.7 (50.8%)
597	OWCZARSKI Krzysztof	873		M-30	189	00:00:38	00:30:59.05	00:31:37.10	+00:15:15 (49.3%)	6:11	9.7 (50.8%)
598	JANKOWSKI Tomasz Michał	235	RUN DELFIN	M-50	65	00:00:51	00:30:59.85	00:31:51.10	+00:15:16 (49.3%)	6:11	9.7 (50.8%)
599	LUTOWSKI Wojciech	435		M-30	190	00:00:31	00:31:01.20	00:31:33.00	+00:15:17 (49.3%)	6:12	9.7 (50.8%)
600	LUTOWSKI Filip	436		M-10	48	00:00:31	00:31:01.70	00:31:33.40	+00:15:18 (49.3%)	6:12	9.7 (50.8%)
601	KOBUS Arkadiusz	496		M-40	180	00:00:54	00:31:09.15	00:32:03.85	+00:15:25 (49.5%)	6:13	9.6 (50.3%)
602	QUAAS Mateusz	1174		M-10	49	00:00:42	00:31:13.65	00:31:55.70	+00:15:30 (49.7%)	6:14	9.6 (50.3%)
603	QUAAS Łukasz	159		M-40	181	00:00:42	00:31:15.35	00:31:57.70	+00:15:32 (49.7%)	6:15	9.6 (50.3%)
604	BRZÓSKA Kacper	135		M-40	182	00:00:28	00:31:16.35	00:31:44.35	+00:15:33 (49.7%)	6:15	9.6 (50.3%)
605	WIŚNIEWSKI Jacek	657		M-40	183	00:00:37	00:31:16.65	00:31:54.15	+00:15:33 (49.7%)	6:15	9.6 (50.3%)
606	TAFLIŃSKI Michał	933		M-30	191	00:00:52	00:31:18.95	00:32:11.10	+00:15:35 (49.8%)	6:15	9.6 (50.3%)
607	PRZYBYSZEWSKI Marcin	211		M-40	184	00:00:22	00:31:20.65	00:31:43.60	+00:15:37 (49.8%)	6:16	9.6 (50.3%)
608	ŚWIETLIK Dawid	631		M-30	192	00:00:52	00:31:22.50	00:32:14.85	+00:15:39 (49.9%)	6:16	9.6 (50.3%)
609	OBRZANOWSKI Maciej	574		M-50	66	00:00:48	00:31:25.80	00:32:14.10	+00:15:42 (50.0%)	6:17	9.5 (49.7%)
610	KOTECKI Marcin	418	GANG KOCURA	M-40	185	00:01:03	00:31:28.10	00:32:31.75	+00:15:44 (50.0%)	6:17	9.5 (49.7%)
611	BERNATAJTYS Daniel	70	LOTTO BYDGOSTIA	M-40	186	00:00:32	00:31:29.20	00:32:01.25	+00:15:45 (50.1%)	6:17	9.5 (49.7%)
612	BERNATAJTYS Ignacy	76	LOTTO BYDGOSTIA	M-10	50	00:00:31	00:31:29.65	00:32:01.55	+00:15:46 (50.1%)	6:17	9.5 (49.7%)
613	SZKOPIAK Marcin	273		M-40	187	00:00:18	00:31:32.80	00:31:51.00	+00:15:49 (50.2%)	6:18	9.5 (49.7%)
614	JAWORSKI Marek	855	STOWARZYSZENIE DZIĘKI WAM	M-10	51	00:00:28	00:31:36.75	00:32:05.60	+00:15:53 (50.3%)	6:19	9.5 (49.7%)
615	KARSKI Hubert	144		M-70+	3	00:01:03	00:31:36.80	00:32:40.70	+00:15:53 (50.3%)	6:19	9.5 (49.7%)
616	KARSKI Przemysław	149		M-30	193	00:01:03	00:31:37.40	00:32:40.50	+00:15:54 (50.3%)	6:19	9.5 (49.7%)
617	CZAJKA Michał	650		M-20	94	00:01:06	00:31:37.50	00:32:44.10	+00:15:54 (50.3%)	6:19	9.5 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
618	KWIATKOWSKI Piotr	685		M-30	194	00:00:51	00:31:38.75	00:32:30.15	+00:15:55 (50.3%)	6:19	9.5 (49.7%)
619	GUZIKOWSKI Mateusz	713		M-20	95	00:00:50	00:31:39.10	00:32:30.05	+00:15:55 (50.3%)	6:19	9.5 (49.7%)
620	SZCZESIK Damian	529		M-40	188	00:00:47	00:31:42.35	00:32:29.85	+00:15:59 (50.4%)	6:20	9.5 (49.7%)
621	GATNER Adam Marek	709	LUKS' "SEROCK"	M-60+	23	00:00:43	00:31:44.85	00:32:28.00	+00:16:01 (50.5%)	6:20	9.5 (49.7%)
622	PAPROCKI Rafał	47		M-40	189	00:00:30	00:31:52.75	00:32:23.05	+00:16:09 (50.7%)	6:22	9.4 (49.2%)
623	BORZYSZKOWSKI Grzegorz	221	STARY FORDON	M-40	190	00:00:15	00:31:53.00	00:32:08.60	+00:16:09 (50.7%)	6:22	9.4 (49.2%)
624	WIERZBOWSKI Max	945		M-10	52	00:00:35	00:31:56.45	00:32:32.30	+00:16:13 (50.8%)	6:23	9.4 (49.2%)
625	BYCZKOWSKI Zenon	903		M-50	67	00:00:57	00:31:59.95	00:32:57.00	+00:16:16 (50.9%)	6:23	9.4 (49.2%)
626	MAŁAS Marcin	255		M-30	195	00:00:35	00:32:00.50	00:32:35.90	+00:16:17 (50.9%)	6:24	9.4 (49.2%)
627	LIWOCH Grzegorz	142		M-50	68	00:00:55	00:32:01.25	00:32:56.90	+00:16:17 (50.9%)	6:24	9.4 (49.2%)
628	KOSIOROWSKI Przemysław	65		M-40	191	00:01:04	00:32:01.45	00:33:05.45	+00:16:18 (50.9%)	6:24	9.4 (49.2%)
629	WIŚNIEWSKI Krzysztof	302	TRISPACE/TREK	M-50	69	00:00:39	00:32:03.20	00:32:42.80	+00:16:19 (51.0%)	6:24	9.4 (49.2%)
630	KRZEMIŃSKI Łukasz	75		M-30	196	00:01:20	00:32:07.70	00:33:27.85	+00:16:24 (51.1%)	6:25	9.3 (48.7%)
631	PRZERACKI Mirosław	337	PGB SPORTOWA PACZKA	M-50	70	00:00:42	00:32:16.05	00:32:58.35	+00:16:32 (51.3%)	6:27	9.3 (48.7%)
632	KAZUBOWSKI Michał	1166	KAZUBKI TEAM	M-20	96	00:00:28	00:32:16.60	00:32:44.95	+00:16:33 (51.3%)	6:27	9.3 (48.7%)
632	WOŹNIAK Bartłomiej	952		M-40	192	00:01:21	00:32:16.60	00:33:37.65	+00:16:33 (51.3%)	6:27	9.3 (48.7%)
634	CIOSEK Patryk	960		M-20	97	00:01:06	00:32:25.05	00:33:31.25	+00:16:41 (51.5%)	6:29	9.3 (48.7%)
635	WIŚNIEWSKI Tadeusz	680	NIEZESZONY	M-60+	24	00:00:22	00:32:26.25	00:32:48.25	+00:16:42 (51.5%)	6:29	9.2 (48.2%)
636	SŁODKI Sebastian	642	SWEETVET TEAM	M-40	193	00:01:14	00:32:27.50	00:33:42.40	+00:16:44 (51.6%)	6:29	9.2 (48.2%)
637	KOWALEWSKI Blazej	1093		M-10	53	00:00:00	00:32:30.00	00:32:30.00	+00:16:46 (51.6%)	6:30	9.2 (48.2%)
637	KOWALEWSKI Mariusz	1092		M-30	197	00:00:00	00:32:30.00	00:32:30.00	+00:16:46 (51.6%)	6:30	9.2 (48.2%)
639	WRZOCHALSKI Jakub	837		M-20	98	00:01:02	00:32:30.25	00:33:32.45	+00:16:46 (51.6%)	6:30	9.2 (48.2%)
640	BOŃCZYK Damian	988		M-40	194	00:00:00	00:32:30.70	00:32:30.70	+00:16:47 (51.6%)	6:30	9.2 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
641	<b>CZEKALSKI Patryk</b>	<b>479</b>		M-30	198	00:01:18	<b>00:32:45.00</b>	<b>00:34:03.70</b>	+00:17:01 (52.0%)	6:33	9.2 (48.2%)
642	<b>STABRYŁA Łukasz</b>	<b>841</b>		M-30	199	00:00:51	<b>00:32:45.50</b>	<b>00:33:37.05</b>	+00:17:02 (52.0%)	6:33	9.2 (48.2%)
643	<b>BUTOWSKI Michał</b>	<b>287</b>		M-40	195	00:00:58	<b>00:32:50.20</b>	<b>00:33:48.65</b>	+00:17:06 (52.1%)	6:34	9.1 (47.6%)
644	<b>JEDRZEJCZYK Jacek</b>	<b>901</b>		M-50	71	00:01:10	<b>00:32:50.40</b>	<b>00:34:00.85</b>	+00:17:07 (52.1%)	6:34	9.1 (47.6%)
645	<b>WIOSNA Tomasz</b>	<b>266</b>	KLUB MAZDASPEED	M-30	200	00:01:17	<b>00:32:51.15</b>	<b>00:34:08.85</b>	+00:17:07 (52.1%)	6:34	9.1 (47.6%)
646	<b>REZMER Kamil</b>	<b>356</b>		M-20	99	00:00:59	<b>00:32:51.20</b>	<b>00:33:50.20</b>	+00:17:07 (52.1%)	6:34	9.1 (47.6%)
647	<b>STOŹEK Michał</b>	<b>503</b>		M-40	196	00:00:45	<b>00:32:51.80</b>	<b>00:33:37.65</b>	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
648	<b>GRZESZCZUK Filip</b>	<b>323</b>		M-10	54	00:01:09	<b>00:32:52.15</b>	<b>00:34:01.20</b>	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
649	<b>GRZESZCZUK Karol</b>	<b>319</b>		M-40	197	00:01:09	<b>00:32:52.50</b>	<b>00:34:01.60</b>	+00:17:09 (52.2%)	6:34	9.1 (47.6%)
650	<b>PIĄTEK Andrzej</b>	<b>493</b>		M-70+	4	00:00:30	<b>00:32:55.65</b>	<b>00:33:26.15</b>	+00:17:12 (52.3%)	6:35	9.1 (47.6%)
651	<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%)
652	<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%)
653	<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%)
654	<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%)
655	<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%)
656	<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%)
657	<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%)
658	<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%)
659	<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%)
660	<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%)
661	<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%)
662	<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%)
663	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
664	WESOŁOWSKI Paweł	548		M-40	200	00:00:16	00:33:35.25	00:33:51.65	+00:17:51 (53.2%)	6:43	8.9 (46.6%)
665	DAMBECKI Mateusz	265		M-10	58	00:00:54	00:33:42.65	00:34:36.75	+00:17:59 (53.4%)	6:44	8.9 (46.6%)
666	GOŹDZIK Tomasz	111	UKS KOPERNIK BYDGOSZCZ	M-30	204	00:00:29	00:33:56.85	00:34:26.15	+00:18:13 (53.7%)	6:47	8.8 (46.1%)
667	MAJEWSKI Daniel	1120		M-20	103	00:01:06	00:34:24.15	00:35:30.65	+00:18:40 (54.3%)	6:52	8.7 (45.5%)
668	LENC Janusz	455	TKKF KOLEJARZ BYDGOSZCZ	M-60+	26	00:00:34	00:34:24.50	00:34:59.20	+00:18:41 (54.3%)	6:52	8.7 (45.5%)
669	LEWANDOWSKI Jacek	1028	AKADEMIA MISTRZÓW SPORTU	M-40	201	00:00:47	00:34:48.70	00:35:35.95	+00:19:05 (54.8%)	6:57	8.6 (45.0%)
670	DRZEWIECKI Rafał	626	AKADEMIA MISTRZÓW SPORTU	M-40	202	00:00:44	00:34:51.70	00:35:35.90	+00:19:08 (54.9%)	6:58	8.6 (45.0%)
671	OSIŃSKI Dominik	867		M-30	205	00:00:46	00:35:01.75	00:35:48.45	+00:19:18 (55.1%)	7:00	8.6 (45.0%)
672	DEMBOWSKI Łukasz	865		M-20	104	00:00:47	00:35:04.70	00:35:52.10	+00:19:21 (55.2%)	7:00	8.6 (45.0%)
673	DANIELEK Adam	521	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-40	203	00:01:01	00:35:08.75	00:36:10.05	+00:19:25 (55.3%)	7:01	8.5 (44.5%)
674	ZALEWSKI Łukasz	1105		M-40	204	00:00:54	00:35:10.25	00:36:04.35	+00:19:26 (55.3%)	7:02	8.5 (44.5%)
675	ZALEWSKI Franciszek	1106		M-10	59	00:00:53	00:35:10.55	00:36:04.45	+00:19:27 (55.3%)	7:02	8.5 (44.5%)
676	NIEDZIELSKI Tomasz	1083		M-50	73	00:00:37	00:35:11.55	00:35:48.85	+00:19:28 (55.3%)	7:02	8.5 (44.5%)
677	KNUT Leszek	625		M-40	205	00:01:19	00:35:19.45	00:36:39.05	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
678	KOSNOWICZ Maksymilian	1201		M-10	60	00:00:09	00:35:19.65	00:35:29.55	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
679	GOŁATTA Tomasz	189	BYDGOSKI KLUB TURYSTYKI ROWEROWEJ "GRYF"	M-40	206	00:01:19	00:35:19.90	00:36:38.90	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
680	PALACZ Dawid	579		M-10	61	00:00:16	00:35:21.90	00:35:38.60	+00:19:38 (55.5%)	7:04	8.5 (44.5%)
681	RUDNIKOWSKI Andrzej	109		M-50	74	00:00:41	00:35:32.60	00:36:14.35	+00:19:49 (55.8%)	7:06	8.4 (44.0%)
682	BOSIACKI Mateusz	1086		M-20	105	00:00:57	00:35:36.85	00:36:34.25	+00:19:53 (55.9%)	7:07	8.4 (44.0%)
683	KWIATKOWSKI Roman	1016		M-60+	27	00:01:17	00:35:39.20	00:36:56.25	+00:19:55 (55.9%)	7:07	8.4 (44.0%)
684	LEWANDOWSKI Robert	120	FUNDACJA SZTUKA WYBORU	M-50	75	00:01:04	00:35:47.15	00:36:51.25	+00:20:03 (56.1%)	7:09	8.4 (44.0%)
685	GROCHALA Michał	17		M-30	206	00:00:39	00:35:51.70	00:36:30.80	+00:20:08 (56.2%)	7:10	8.4 (44.0%)
686	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
687	<b>WOJTOWICZ Mateusz</b>	<b>291</b>		M-20	106	00:01:19	<b>00:35:59.35</b>	<b>00:37:19.20</b>	+00:20:16 (56.3%)	7:11	8.3 (43.5%)
688	<b>JAGODZIŃSKI Karol</b>	<b>73</b>		M-50	76	00:01:11	<b>00:36:15.85</b>	<b>00:37:27.10</b>	+00:20:32 (56.6%)	7:15	8.3 (43.5%)
689	<b>TYKWIŃSKI Krzysztof</b>	<b>821</b>		M-40	207	00:00:25	<b>00:36:32.90</b>	<b>00:36:58.80</b>	+00:20:49 (57.0%)	7:18	8.2 (42.9%)
690	<b>ALEXANDER Marek</b>	<b>83</b>		M-50	77	00:00:53	<b>00:36:38.80</b>	<b>00:37:32.30</b>	+00:20:55 (57.1%)	7:19	8.2 (42.9%)
691	<b>BARAŃCZAK Paweł</b>	<b>471</b>		M-30	208	00:01:11	<b>00:36:52.25</b>	<b>00:38:03.60</b>	+00:21:08 (57.4%)	7:22	8.1 (42.4%)
692	<b>KOLCZYŃSKI Dawid</b>	<b>119</b>		M-20	107	00:01:24	<b>00:37:22.90</b>	<b>00:38:47.80</b>	+00:21:39 (57.9%)	7:28	8 (41.9%)
693	<b>GOŁĘBIEWSKI Paweł</b>	<b>505</b>		M-40	208	00:01:11	<b>00:37:29.70</b>	<b>00:38:40.80</b>	+00:21:46 (58.1%)	7:29	8 (41.9%)
694	<b>FAC Kacper</b>	<b>355</b>	TRI SUNRISE SYSTEM	M-20	108	00:00:32	<b>00:37:46.35</b>	<b>00:38:18.95</b>	+00:22:03 (58.4%)	7:33	7.9 (41.4%)
695	<b>KULIK Marcei</b>	<b>1200</b>		M-30	209	00:00:31	<b>00:37:47.90</b>	<b>00:38:19.00</b>	+00:22:04 (58.4%)	7:33	7.9 (41.4%)
696	<b>PILECKI Gustaw</b>	<b>1029</b>	BRZOZA BIEGA	M-70+	5	00:00:28	<b>00:37:54.20</b>	<b>00:38:22.70</b>	+00:22:10 (58.5%)	7:34	7.9 (41.4%)
697	<b>URBANSKI Piotr</b>	<b>925</b>	RUNTEAM PRUSZCZ	M-40	209	00:01:20	<b>00:37:55.45</b>	<b>00:39:15.60</b>	+00:22:12 (58.5%)	7:35	7.9 (41.4%)
698	<b>KOSNOWICZ Krzysztof</b>	<b>824</b>		M-40	210	00:00:37	<b>00:37:55.95</b>	<b>00:38:33.75</b>	+00:22:12 (58.6%)	7:35	7.9 (41.4%)
699	<b>KUBIAK Jarosław</b>	<b>74</b>		M-40	211	00:01:21	<b>00:37:59.75</b>	<b>00:39:21.70</b>	+00:22:16 (58.6%)	7:35	7.9 (41.4%)
700	<b>SORUCU Ufuk</b>	<b>916</b>		M-30	210	00:00:40	<b>00:38:01.25</b>	<b>00:38:41.60</b>	+00:22:17 (58.6%)	7:36	7.9 (41.4%)
701	<b>APTOWICZ Damian</b>	<b>714</b>		M-20	109	00:00:27	<b>00:38:05.40</b>	<b>00:38:32.65</b>	+00:22:22 (58.7%)	7:37	7.9 (41.4%)
702	<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%)
703	<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%)
704	<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%)
705	<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%)
706	<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%)
707	<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%)
708	<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%)
709	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
710	<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%)
711	<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%)
712	<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%)
713	<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%)
714	<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%)
715	<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%)
716	<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%)
717	<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%)
718	<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%)
719	<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%)
	<b>MARCINIAK Robert</b>	<b>998</b>	STARYCH TREPÓW	M-40		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%)

Znaleziono 721 wynik(ów)