



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Organizator: Aktywna Bydgoszcz
Data: 2023-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RUDNIK Damian	260	TEAM RUDNIK	M-20	1	00:00:02	00:00:33	00:07:49	00:14:51	00:15:42.80	00:15:44.85		3:08	19.1 (100%)
2	RATAJCZYK Przemysław	17	TKKF KOLEJARZ BYDGOSZCZ	M-30	1	00:00:02	00:00:33	00:07:48	00:14:52	00:15:46.70	00:15:48.75	+00:00:03 (0.4%)	3:09	19 (99.5%)
3	KOTŁOWSKI Bartosz	1426	LKS OSTROMECKO / KOTŁOWSKIRUNTEAM	M-30	2	00:00:01	00:00:34	00:07:49	00:14:56	00:15:52.50	00:15:54.30	+00:00:09 (1.0%)	3:10	18.9 (99.0%)
4	FELCZAK Jakub	1160		M-20	2	00:00:02	00:00:33	00:07:49	00:15:08	00:16:04.40	00:16:06.65	+00:00:21 (2.2%)	3:12	18.7 (97.9%)
5	BIEGAŁA Leszek	662	LINGUA PRO	M-40	1	00:00:01	00:00:36	00:07:51	00:15:25	00:16:24.05	00:16:25.80	+00:00:41 (4.2%)	3:16	18.3 (95.8%)
6	PAWŁOWSKI Tomasz	487		M-30	3	00:00:02	00:00:35	00:07:59	00:15:44	00:16:45.35	00:16:47.70	+00:01:02 (6.2%)	3:21	17.9 (93.7%)
7	DZIERLIŃSKI Paweł	307	THEO RUNNERS ŚWIECIE	M-30	4	00:00:02	00:00:37	00:08:11	00:15:56	00:16:55.40	00:16:57.90	+00:01:12 (7.1%)	3:23	17.7 (92.7%)
8	JANUSZEWSKI Radosław	426	TEAM RUDNIK	M-20	3	00:00:02	00:00:36	00:08:29	00:16:26	00:17:31.05	00:17:33.55	+00:01:48 (10.3%)	3:30	17.1 (89.5%)
9	ŁAZ Kamil	147	WTLENIE	M-40	2	00:00:01	00:00:39	00:08:32	00:16:40	00:17:41.65	00:17:43.20	+00:01:58 (11.2%)	3:32	17 (89.0%)
10	POZNAŃSKI Szymon	853	BIOTECH PRZYPRAWY	M-30	5	00:00:05	00:00:36	00:08:45	00:17:07	00:18:07.65	00:18:13.20	+00:02:24 (13.3%)	3:37	16.6 (86.9%)
11	SZCZĘSNY Piotr	1319		M-30	6	00:00:02	00:00:37	00:08:43	00:17:12	00:18:10.50	00:18:12.75	+00:02:27 (13.5%)	3:38	16.5 (86.4%)
12	MARCHEL Tomasz	898		M-30	7	00:00:03	00:00:36	00:08:42	00:17:08	00:18:12.00	00:18:15.05	+00:02:29 (13.7%)	3:38	16.5 (86.4%)
13	MAJEWSKI Robert	848	#TEAMOCHAL	M-40	3	00:00:03	00:00:35	00:08:47	00:17:12	00:18:15.05	00:18:18.55	+00:02:32 (13.9%)	3:39	16.4 (85.9%)
14	SZLINGER Jakub	91	BYDGOSKIE OKONIE/DRUŻYNA STASIA	M-30	8	00:00:03	00:00:40	00:08:46	00:17:13	00:18:16.05	00:18:19.50	+00:02:33 (14.0%)	3:39	16.4 (85.9%)
15	DEPTUŁA Grzegorz	399	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M-40	4	00:00:02	00:00:35	00:08:49	00:17:16	00:18:19.65	00:18:22.20	+00:02:36 (14.3%)	3:39	16.4 (85.9%)
16	WADELSKI Maciej	268	1 BRYGADA LOGISTYCZNA	M-30	9	00:00:02	00:00:38	00:08:50	00:17:15	00:18:20.70	00:18:23.25	+00:02:37 (14.3%)	3:40	16.4 (85.9%)
17	ROGOZIŃSKI Dawid	223	TEAMOCHAL	M-30	10	00:00:03	00:00:39	00:08:50	00:17:18	00:18:29.05	00:18:32.55	+00:02:46 (15.0%)	3:41	16.2 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
18	SUTKOWY Paweł	1063		M-30	11	00:00:05	00:00:42	00:09:10	00:17:38	00:18:32.70	00:18:38.55	+00:02:49 (15.3%)	3:42	16.2 (84.8%)
19	TYMEK Kamil	1216	ZAWISZA	M-10	1	00:00:03	00:00:35	00:08:49	00:17:31	00:18:35.35	00:18:38.35	+00:02:52 (15.5%)	3:43	16.1 (84.3%)
20	BURDANOWSKI Adam	575	BRZEZIŃSKI RUN CLUB	M-30	12	00:00:02	00:00:43	00:08:56	00:17:35	00:18:40.40	00:18:43.05	+00:02:57 (15.9%)	3:44	16.1 (84.3%)
21	BASIŃSKI Łukasz	218	ELENSPORT.PL SKLEPY SPORTOWE	M-30	13	00:00:03	00:00:39	00:09:10	00:17:39	00:18:40.50	00:18:44.20	+00:02:57 (15.9%)	3:44	16.1 (84.3%)
22	KILIJAŃCZYK Piotr	445		M-40	5	00:00:10	00:00:45	00:09:16	00:17:47	00:18:49.10	00:19:00.05	+00:03:06 (16.5%)	3:45	15.9 (83.2%)
23	KLONOWSKI Mariusz	1344	PRIMIGENIUS	M-40	6	00:00:03	00:00:39	00:09:09	00:17:48	00:18:54.35	00:18:57.55	+00:03:11 (16.9%)	3:46	15.9 (83.2%)
24	KOŁAKOWSKI Tomasz	729	ELENSPORT.PL SKLEPY SPORTOWE	M-30	14	00:00:04	00:00:40	00:09:09	00:17:50	00:18:57.95	00:19:02.10	+00:03:15 (17.1%)	3:47	15.8 (82.7%)
25	MRUK Tomasz	1442	CZARNE STOPY	M-40	7	00:00:04	00:00:40	00:09:11	00:17:53	00:18:59.25	00:19:03.40	+00:03:16 (17.2%)	3:47	15.8 (82.7%)
26	KALOTA Tomasz	713		M-30	15	00:00:04	00:00:41	00:09:13	00:17:54	00:18:59.70	00:19:03.85	+00:03:16 (17.3%)	3:47	15.8 (82.7%)
27	KALACZYŃSKI Miłosz	1076	POLONIA BYDGOSZCZ SLA/ RUDNIK TEAM	M-20	4	00:00:03		00:09:17	00:17:59	00:19:00.65	00:19:04.15	+00:03:17 (17.3%)	3:48	15.8 (82.7%)
28	SZOT Bartosz	1379	1 BRYGADA LOGISTYCZNA	M-30	16	00:00:02	00:00:38	00:08:55	00:17:50	00:19:01.20	00:19:03.40	+00:03:18 (17.4%)	3:48	15.8 (82.7%)
29	KARASZEWSKI Norbert	432	1. WOJSKOWY SZPITAL POLOWY	M-30	17	00:00:03	00:00:38	00:09:10	00:18:00	00:19:03.05	00:19:06.25	+00:03:20 (17.5%)	3:48	15.7 (82.2%)
30	DULIŃSKI Bartosz	625	TRISPACE / TREK	M-10	2	00:00:03	00:00:39	00:09:06	00:17:57	00:19:04.00	00:19:07.20	+00:03:21 (17.6%)	3:48	15.7 (82.2%)
31	ONDRA Karol	34	RUN BYDGOSZCZ	M-20	5	00:00:04	00:00:41	00:09:18	00:18:10	00:19:16.30	00:19:21.05	+00:03:33 (18.5%)	3:51	15.6 (81.7%)
32	MACIŃSKI Waldek	648	ZAKŁADY CHEMICZNE „NITRO-CHEM” S.A.	M-40	8	00:00:03	00:00:36	00:09:16	00:18:13	00:19:19.25	00:19:23.05	+00:03:36 (18.7%)	3:51	15.5 (81.2%)
33	TOPCZEWSKI Gracjan	573	BRC	M-40	9	00:00:04	00:00:44	00:09:31	00:18:14	00:19:19.30	00:19:23.60	+00:03:36 (18.7%)	3:51	15.5 (81.2%)
34	FOJUTOWSKI Filip	374	MKS 63 BYDGOSZCZ	M-10	3	00:00:02	00:00:41	00:09:19	00:18:14	00:19:20.70	00:19:23.10	+00:03:37 (18.8%)	3:52	15.5 (81.2%)
35	BEJGIER Edmund	313	BIEGAM Z DĘBAMI OSIELSKO	M-50	1	00:00:05	00:00:36	00:09:15	00:18:16	00:19:24.55	00:19:29.60	+00:03:41 (19.0%)	3:52	15.5 (81.2%)
36	KANNENBERG Maciej	1031	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	6	00:00:07	00:00:42	00:09:18	00:18:17	00:19:26.30	00:19:34.05	+00:03:43 (19.2%)	3:53	15.4 (80.6%)
37	DOMISIEWICZ Michał	466		M-20	7	00:00:05	00:00:43	00:09:27	00:18:24	00:19:33.10	00:19:38.65	+00:03:50 (19.6%)	3:54	15.3 (80.1%)
38	SOBIERALSKI Rafał	928		M-40	10	00:00:03	00:00:41	00:09:31	00:18:30	00:19:38.95	00:19:42.45	+00:03:56 (20.0%)	3:55	15.3 (80.1%)
39	FOGT Maciej	1357	BRZEZIŃSKI RUN CLUB	M-40	11	00:00:10	00:00:44	00:09:26	00:18:27	00:19:39.20	00:19:50.15	+00:03:56 (20.0%)	3:55	15.3 (80.1%)
40	TUCHOLSKI Bartłomiej	304		M-30	18	00:00:04	00:00:38	00:09:17	00:18:30	00:19:42.80	00:19:47.00	+00:04:00 (20.3%)	3:56	15.2 (79.6%)
41	SIELECKI Arkadiusz	689		M-30	19	00:00:05	00:00:42	00:09:37	00:18:39	00:19:43.90	00:19:49.50	+00:04:01 (20.4%)	3:56	15.2 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
42	NIBUS Michał	1298	TEAM RUDNIK	M-30	20	00:00:07	00:00:47	00:09:31	00:18:34	00:19:45.10	00:19:53.00	+00:04:02 (20.4%)	3:57	15.2 (79.6%)
43	GRALIK Jędrzej	317	BYDGOSKIE OKONIE	M-30	21	00:00:07	00:00:43	00:09:33	00:18:43	00:19:46.60	00:19:54.20	+00:04:03 (20.5%)	3:57	15.2 (79.6%)
44	WINIECKI Patryk	398		M-40	12	00:00:02	00:00:38	00:09:29	00:18:42	00:19:46.75	00:19:49.60	+00:04:03 (20.6%)	3:57	15.2 (79.6%)
45	RZESZOTARSKI Daniel	402	EFINANSOWI	M-30	22	00:00:14	00:00:47	00:09:48	00:18:43	00:19:46.85	00:20:01.15	+00:04:04 (20.6%)	3:57	15.2 (79.6%)
46	FOJUTOWSKI Jan	189	MKS 63 BYDGOSZCZ	M-10	4	00:00:02	00:00:43	00:09:43	00:18:44	00:19:47.10	00:19:49.65	+00:04:04 (20.6%)	3:57	15.2 (79.6%)
47	WIECZOREK Mateusz	446	MATIAS TEAM	M-30	23	00:00:03	00:00:39	00:09:20	00:18:40	00:19:48.30	00:19:51.70	+00:04:05 (20.7%)	3:57	15.2 (79.6%)
48	MALICKI Łukasz	94	KOTŁOWSKI RUN TEAM	M-30	24	00:00:06	00:00:44	00:09:35	00:18:40	00:19:49.40	00:19:55.60	+00:04:06 (20.7%)	3:57	15.1 (79.1%)
49	GROCHOWSKI Kacper	820		M-20	8	00:00:14	00:00:51	00:09:41	00:18:47	00:19:55.40	00:20:09.80	+00:04:12 (21.1%)	3:59	15.1 (79.1%)
50	KULA Artur	148	WTLENIE	M-20	9	00:00:08	00:00:48	00:09:53	00:18:53	00:19:57.00	00:20:05.40	+00:04:14 (21.2%)	3:59	15 (78.5%)
51	STASIEWICZ Filip	988	SPÓJNIA BIAŁE BŁOTA	M-30	25	00:00:09	00:00:52	00:09:41	00:18:52	00:19:57.15	00:20:07.00	+00:04:14 (21.2%)	3:59	15 (78.5%)
52	MARCINIAK Przemysław	508		M-40	13	00:00:04	00:00:40	00:09:33	00:18:48	00:19:58.15	00:20:03.10	+00:04:15 (21.3%)	3:59	15 (78.5%)
53	NOWAKOWSKI Radosław	89		M-20	10	00:00:02	00:00:39	00:09:33	00:18:58	00:20:00.95	00:20:03.05	+00:04:18 (21.5%)	4:00	15 (78.5%)
54	SZULC Jacek	74		M-30	26	00:00:07	00:00:47	00:09:47	00:18:54	00:20:01.20	00:20:08.95	+00:04:18 (21.5%)	4:00	15 (78.5%)
55	STANIEC Tomasz	1334		M-40	14	00:00:05	00:00:43	00:09:48	00:19:00	00:20:04.30	00:20:09.95	+00:04:21 (21.7%)	4:00	15 (78.5%)
56	KRYGOWSKI Tomasz	340		M-50	2	00:00:05	00:00:43	00:09:46	00:18:58	00:20:07.20	00:20:12.75	+00:04:24 (21.9%)	4:01	14.9 (78.0%)
57	SZYMAŃSKI Adam	468	RUDNIK TEAM	M-30	27	00:00:06	00:00:42	00:09:48	00:18:58	00:20:07.40	00:20:14.30	+00:04:24 (21.9%)	4:01	14.9 (78.0%)
58	WALKOWIAK Paweł	531		M-30	28	00:00:08	00:00:48	00:09:59	00:19:03	00:20:07.65	00:20:16.40	+00:04:24 (21.9%)	4:01	14.9 (78.0%)
59	GŻYL Mikołaj	646	JANUSZE TRIATHLONU EXODUS TEAM	M-40	15	00:00:09	00:00:43	00:09:36	00:18:57	00:20:08.05	00:20:17.45	+00:04:25 (22.0%)	4:01	14.9 (78.0%)
60	KŁOSOWSKI Marcin	566	CSM TEAM	M-40	16	00:00:02	00:00:44	00:09:58	00:19:05	00:20:11.70	00:20:14.65	+00:04:28 (22.2%)	4:02	14.9 (78.0%)
61	BOROWSKI Radosław	1395	MLKS KRAJNA SĘPÓLNO	M-30	29	00:00:03	00:00:43	00:09:50	00:19:03	00:20:12.95	00:20:16.85	+00:04:30 (22.3%)	4:02	14.9 (78.0%)
62	KRZEWIŃSKI Radek	197		M-20	11	00:00:04	00:00:40	00:09:56	00:19:08	00:20:16.05	00:20:20.20	+00:04:33 (22.5%)	4:03	14.8 (77.5%)
63	SIKORSKI Arkadiusz	598		M-10	5	00:00:14	00:00:51	00:09:55	00:19:10	00:20:16.75	00:20:31.35	+00:04:33 (22.5%)	4:03	14.8 (77.5%)
64	KOZŁOWSKI Rafał	110		M-50	3	00:00:02	00:00:40	00:09:31	00:18:17	00:20:17.30	00:20:20.00	+00:04:34 (22.5%)	4:03	14.8 (77.5%)
65	LEWANDOWSKI Piotr	537	STREETWORKOUTACADEMYTERMINATOR	M-20	12	00:00:08	00:00:44	00:09:25	00:19:07	00:20:18.55	00:20:26.90	+00:04:35 (22.6%)	4:03	14.8 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
66	ZIÓŁKOWSKI Włodek	1358		M-30	30	00:00:02	00:00:43	00:09:58	00:19:05	00:20:18.80	00:20:21.75	+00:04:36 (22.6%)	4:03	14.8 (77.5%)
67	TROYANO Enrique	610	CAFELITO TEAM	M-40	17	00:00:07	00:00:47	00:09:50	00:19:12	00:20:21.90	00:20:29.30	+00:04:39 (22.8%)	4:04	14.7 (77.0%)
68	MACIOSZEK Piotr	914		M-30	31	00:00:16	00:00:47	00:10:00	00:19:13	00:20:22.15	00:20:38.95	+00:04:39 (22.9%)	4:04	14.7 (77.0%)
69	PAŁCZYŃSKI Przemysław	824		M-30	32	00:00:11	00:00:50	00:10:01	00:19:18	00:20:23.75	00:20:34.80	+00:04:40 (23.0%)	4:04	14.7 (77.0%)
70	CHMIELEWSKI Tomasz	172	AGA MED BYDGOSZCZ TRIATHLON	M-50	4	00:00:04	00:00:44	00:09:54	00:19:20	00:20:26.25	00:20:30.80	+00:04:43 (23.1%)	4:05	14.7 (77.0%)
71	WARSZWSKI Przemysław	323		M-30	33	00:00:04	00:00:43	00:10:03	00:19:16	00:20:27.65	00:20:32.10	+00:04:44 (23.2%)	4:05	14.7 (77.0%)
72	KOLMAJER Rafał	1119	TEAMOCHAL	M-40	18	00:00:06	00:00:49	00:10:04	00:19:21	00:20:30.80	00:20:37.75	+00:04:48 (23.4%)	4:06	14.6 (76.4%)
73	RYBAK Remigiusz	73	TRISPACE/TREK	M-40	19	00:00:05	00:00:44	00:09:55	00:19:18	00:20:30.90	00:20:36.05	+00:04:48 (23.4%)	4:06	14.6 (76.4%)
74	LUTY Tomasz	483	FUNDACJA CZAS NA BYDGOSZCZ	M-10	6	00:00:04	00:00:42	00:09:42	00:19:18	00:20:31.30	00:20:35.45	+00:04:48 (23.4%)	4:06	14.6 (76.4%)
75	WALDA Łukasz	458		M-30	34	00:00:04	00:00:42	00:09:50	00:19:21	00:20:32.70	00:20:37.00	+00:04:49 (23.5%)	4:06	14.6 (76.4%)
76	SKORECKI Aleksander	342	WTLENIE / BYDGOSZCZ TRIATHLON TEAM	M-30	35	00:00:08	00:00:44	00:09:58	00:19:25	00:20:34.10	00:20:42.35	+00:04:51 (23.6%)	4:06	14.6 (76.4%)
77	LUTOWSKI Wojciech	858		M-30	36	00:00:06	00:00:48	00:10:37	00:19:27	00:20:34.75	00:20:41.45	+00:04:51 (23.6%)	4:06	14.6 (76.4%)
78	WNUK Mateusz	1181		M-10	7	00:00:05	00:00:44	00:09:55	00:19:29	00:20:35.95	00:20:41.00	+00:04:53 (23.7%)	4:07	14.6 (76.4%)
79	WOLSKI Tomasz	348	ENEA BYDGOSZCZ TRIATHLON / WTLENIE	M-30	37	00:00:08	00:00:48	00:09:57	00:19:26	00:20:36.35	00:20:44.45	+00:04:53 (23.7%)	4:07	14.6 (76.4%)
80	LEWANDOWSKI Tomasz	254	WIHURRA SOBIEJUCHY	M-40	20	00:00:06	00:00:43	00:09:54	00:19:29	00:20:37.00	00:20:43.45	+00:04:54 (23.8%)	4:07	14.6 (76.4%)
81	JAŹDŻEWSKI Kacper	1137	KSN ŁUCZNICZKA BYDGOSZCZ	M-20	13	00:00:06	00:00:46	00:09:44	00:19:29	00:20:37.30	00:20:43.95	+00:04:54 (23.8%)	4:07	14.6 (76.4%)
82	OLEJNIK Krzysztof	790		M-30	38	00:00:09	00:00:45	00:09:59	00:19:24	00:20:37.80	00:20:47.50	+00:04:55 (23.8%)	4:07	14.6 (76.4%)
83	KLINOWSKI Radosław	857		M-30	39	00:00:17	00:00:51	00:09:54	00:19:20	00:20:38.45	00:20:55.60	+00:04:55 (23.9%)	4:07	14.5 (75.9%)
84	KASPRZAK Kacper	628		M-20	14	00:00:11	00:00:44	00:09:55	00:19:28	00:20:41.05	00:20:52.10	+00:04:58 (24.0%)	4:08	14.5 (75.9%)
85	GURDAK Leszek	799	BYDGOSZCZ NA START	M-40	21	00:00:04	00:00:44	00:10:02	00:19:36	00:20:46.40	00:20:50.70	+00:05:03 (24.4%)	4:09	14.4 (75.4%)
86	RZESZUT Tomasz	1228		M-30	40	00:00:09	00:00:46	00:10:11	00:19:41	00:20:46.50	00:20:55.50	+00:05:03 (24.4%)	4:09	14.4 (75.4%)
87	ZIÓŁKOWSKI Maciej	1097	GOLDEN DRAGON	M-30	41	00:00:03	00:00:38	00:09:45	00:19:35	00:20:48.40	00:20:51.90	+00:05:05 (24.5%)	4:09	14.4 (75.4%)
88	BALCEREK Mateusz	1466	GASTRO SZEf	M-30	42	00:00:44	00:01:03	00:10:23	00:19:46	00:20:50.55	00:21:34.85	+00:05:07 (24.6%)	4:10	14.4 (75.4%)
89	BEDRA Robert	1443	CZARNE STOPY	M-40	22	00:00:04	00:00:43	00:10:05	00:19:44	00:20:51.85	00:20:55.85	+00:05:09 (24.7%)	4:10	14.4 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
89	MALICKI Bartosz	756		M-30	43	00:00:12	00:00:52	00:10:07	00:19:38	00:20:51.85	00:21:04.20	+00:05:09 (24.7%)	4:10	14.4 (75.4%)
91	BOROŃSKI Tomasz	1474		M-40	23	00:00:04	00:00:42	00:10:03	00:19:43	00:20:52.75	00:20:56.90	+00:05:09 (24.7%)	4:10	14.4 (75.4%)
92	CIĘŻKI Bartosz	84	MKS ASTORIA BYDGOSZCZ	M-20	15	00:00:15	00:00:50	00:09:51	00:19:35	00:20:53.50	00:21:09.10	+00:05:10 (24.8%)	4:10	14.4 (75.4%)
93	BRYŚ Kamil	1050	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	16	00:00:12	00:00:53	00:10:19	00:19:43	00:20:55.90	00:21:08.40	+00:05:13 (24.9%)	4:11	14.3 (74.9%)
94	NOWOTNIK Mariusz	1217		M-40	24	00:00:03	00:00:40	00:10:01	00:19:48	00:20:57.40	00:21:00.75	+00:05:14 (25.0%)	4:11	14.3 (74.9%)
95	OLSZEWSKI Daniel	158	WTLENIE	M-30	44	00:00:10	00:00:51	00:10:22	00:19:54	00:20:57.95	00:21:08.10	+00:05:15 (25.1%)	4:11	14.3 (74.9%)
96	ZAPILAJ Daniel	1244	EŁK TU BIEGAM	M-30	45	00:00:06	00:00:48	00:10:26	00:19:51	00:21:00.35	00:21:07.05	+00:05:17 (25.2%)	4:12	14.3 (74.9%)
97	ZBIRANEK Remigiusz	1159	1. BRYGADA LOGISTYCZNA	M-40	25	00:00:07	00:00:43	00:10:07	00:19:50	00:21:00.40	00:21:07.60	+00:05:17 (25.2%)	4:12	14.3 (74.9%)
98	BAGIŃSKI Marcin	170		M-30	46	00:00:07	00:00:44	00:10:01	00:19:49	00:21:02.10	00:21:09.25	+00:05:19 (25.3%)	4:12	14.3 (74.9%)
99	SZYMCZAK Maciej	863	AKTYWNA BYDGOSZCZ	M-50	5	00:00:05	00:00:44	00:10:12	00:19:55	00:21:02.25	00:21:07.55	+00:05:19 (25.3%)	4:12	14.3 (74.9%)
100	WITUCKI Tomasz	1463		M-10	8	00:00:10	00:00:45	00:10:02	00:19:52	00:21:04.40	00:21:14.70	+00:05:21 (25.4%)	4:12	14.2 (74.3%)
101	SOBCZAK Marcin	138		M-40	26	00:00:07	00:00:43	00:10:06	00:19:53	00:21:07.15	00:21:14.95	+00:05:24 (25.6%)	4:13	14.2 (74.3%)
102	GĄGOLA Patryk	532		M-30	47	00:00:04	00:00:43	00:10:10	00:19:59	00:21:08.60	00:21:13.10	+00:05:25 (25.7%)	4:13	14.2 (74.3%)
103	HIRT Tomasz	328	BRZEZIŃSKI RUN CLUB	M-40	27	00:00:03	00:00:45	00:10:15	00:19:56	00:21:09.80	00:21:13.60	+00:05:27 (25.8%)	4:13	14.2 (74.3%)
104	WITKOWSKI Łukasz	930	RUN BYDGOSZCZ	M-30	48	00:00:38	00:00:52	00:10:20	00:20:01	00:21:11.05	00:21:49.20	+00:05:28 (25.8%)	4:14	14.2 (74.3%)
105	SZULC Jacek	563		M-50	6	00:00:03	00:00:44	00:10:20	00:20:04	00:21:16.25	00:21:19.60	+00:05:33 (26.1%)	4:15	14.1 (73.8%)
106	BARAŃSKI Łukasz	660		M-40	28	00:00:26	00:00:58	00:10:39	00:20:06	00:21:16.75	00:21:43.55	+00:05:33 (26.2%)	4:15	14.1 (73.8%)
107	DOBRZYŃSKI Kacper	760		M-10	9	00:00:00	00:01:02	00:10:31	00:20:07	00:21:17.20	00:21:17.20	+00:05:34 (26.2%)	4:15	14.1 (73.8%)
108	PIEKARSKI Paweł	108		M-30	49	00:00:36	00:00:46	00:10:23	00:20:06	00:21:18.30	00:21:54.90	+00:05:35 (26.2%)	4:15	14.1 (73.8%)
109	ZASADA Dorian	670	CWZS ZAWISZA BYDGOSZCZ - SEKCJA WIOŚLARSKA	M-10	10	00:00:14	00:00:55	00:10:51	00:20:15	00:21:18.40	00:21:32.90	+00:05:35 (26.3%)	4:15	14.1 (73.8%)
110	KNYPIŃSKI Wojciech	963		M-30	50	00:00:25		00:10:12	00:20:05	00:21:19.15	00:21:44.65	+00:05:36 (26.3%)	4:15	14.1 (73.8%)
111	RADOWSKI Cezary	1185		M-50	7	00:00:38	00:00:58	00:10:41	00:20:10	00:21:19.55	00:21:58.15	+00:05:36 (26.3%)	4:15	14.1 (73.8%)
112	GROSKOP Grzegorz	846	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	51	00:00:12	00:00:52	00:10:23	00:20:08	00:21:19.85	00:21:32.65	+00:05:37 (26.3%)	4:15	14.1 (73.8%)
113	ALEKSANDROWICZ Sebastian	1325	GÓRZNO	M-20	17	00:00:23	00:00:50	00:10:18	00:20:11	00:21:20.70	00:21:44.25	+00:05:37 (26.4%)	4:16	14.1 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
114	ARNDT Jarosław	1301		M-40	29	00:00:16	00:00:57	00:10:23	00:20:09	00:21:24.05	00:21:40.20	+00:05:41 (26.6%)	4:16	14 (73.3%)
115	PUJANEK Michał	226	JUVENTUS ACADEMY BYDGOSZCZ	M-10	11	00:00:04	00:00:43	00:10:09	00:20:13	00:21:24.40	00:21:29.35	+00:05:41 (26.6%)	4:16	14 (73.3%)
116	MAŁKOWSKI Iwo	779	ANTIDOTUM	M-30	52	00:00:04	00:00:43	00:10:06	00:20:07	00:21:26.05	00:21:30.45	+00:05:43 (26.7%)	4:17	14 (73.3%)
117	PAWŁOWSKI Kamil	704		M-20	18	00:00:21	00:00:45	00:10:27	00:20:11	00:21:28.05	00:21:50.00	+00:05:45 (26.8%)	4:17	14 (73.3%)
118	SZCZESNY Damian	983	GDAŃSKI UNIWERSYTET MEDYCZNY	M-30	53	00:00:16	00:00:54	00:10:30	00:20:13	00:21:28.35	00:21:44.65	+00:05:45 (26.8%)	4:17	14 (73.3%)
119	CIECHANOWSKI Maciej	912		M-30	54	00:00:21	00:00:54	00:10:45	00:20:20	00:21:29.00	00:21:50.95	+00:05:46 (26.9%)	4:17	14 (73.3%)
120	BĄCZKOWSKI Rafał	514	BRZEZIŃSKI RUN CLUB	M-40	30	00:00:05	00:00:44	00:10:16	00:20:15	00:21:31.65	00:21:36.75	+00:05:48 (27.0%)	4:18	13.9 (72.8%)
121	MACIEJEWSKI Maciej	376	BIEGACZE KCYNIA TEAM	M-40	31	00:00:23	00:00:51	00:10:28	00:20:20	00:21:33.40	00:21:57.30	+00:05:50 (27.1%)	4:18	13.9 (72.8%)
122	BYRTEK Marcin	831	TRIDROPSY	M-40	32	00:00:07	00:00:45	00:10:03	00:20:18	00:21:34.25	00:21:42.00	+00:05:51 (27.2%)	4:18	13.9 (72.8%)
123	KOTOŃSKI Damian	961		M-30	55	00:00:09	00:00:48	00:10:17	00:20:24	00:21:35.85	00:21:45.20	+00:05:53 (27.2%)	4:19	13.9 (72.8%)
124	FARMAS Tomek	406		M-10	12	00:00:06	00:00:47	00:10:09	00:20:18	00:21:38.35	00:21:44.40	+00:05:55 (27.4%)	4:19	13.9 (72.8%)
125	BARSZCZEWSKI Sebastian	62		M-40	33	00:00:03	00:00:44	00:10:21	00:20:28	00:21:38.60	00:21:42.10	+00:05:55 (27.4%)	4:19	13.9 (72.8%)
126	MAKOWSKI Sławomir	169	WTLENIE	M-50	8	00:00:35	00:00:58	00:10:37	00:20:25	00:21:38.80	00:22:14.20	+00:05:56 (27.4%)	4:19	13.9 (72.8%)
127	STARZYŃSKI Piotr	656	#PROHOMOLUDENS	M-40	34	00:00:10	00:00:54	00:10:59	00:20:29	00:21:39.00	00:21:49.90	+00:05:56 (27.4%)	4:19	13.9 (72.8%)
128	MAZUR Szymon	902	ZAWISZA BYDGOSZCZ LEKKOATLETYKA	M-10	13	00:00:47	00:01:06	00:11:09	00:20:34	00:21:40.15	00:22:27.40	+00:05:57 (27.5%)	4:20	13.8 (72.3%)
129	KRUPA Piotr	92		M-40	35	00:00:08	00:00:49	00:10:42	00:20:31	00:21:41.70	00:21:50.00	+00:05:58 (27.6%)	4:20	13.8 (72.3%)
130	MISIASZEK Marek	688		M-40	36	00:00:07	00:00:48	00:10:23	00:20:29	00:21:41.90	00:21:49.30	+00:05:59 (27.6%)	4:20	13.8 (72.3%)
131	KRZYŚKÓW Mateusz	696	ZIELONY PELIKAN	M-20	19	00:00:06	00:00:46	00:10:33	00:20:30	00:21:42.40	00:21:48.45	+00:05:59 (27.6%)	4:20	13.8 (72.3%)
132	ADAMCZAK Filip	436		M-20	20	00:00:17	00:00:54	00:10:33	00:20:31	00:21:43.80	00:22:01.65	+00:06:01 (27.7%)	4:20	13.8 (72.3%)
133	CHODKIEWICZ Tomasz	98	GARDENFLORA MTB TEAM	M-40	37	00:00:05	00:00:46	00:10:35	00:20:32	00:21:45.25	00:21:50.50	+00:06:02 (27.8%)	4:21	13.8 (72.3%)
134	DAWIDZIAK Dominik	702		M-20	21	00:00:23	00:00:52	00:10:44	00:20:37	00:21:47.40	00:22:11.25	+00:06:04 (27.9%)	4:21	13.8 (72.3%)
135	FIK Janusz	1234		M-30	56	00:00:35	00:00:51	00:10:54	00:20:43	00:21:47.65	00:22:22.90	+00:06:04 (27.9%)	4:21	13.8 (72.3%)
136	LEWANDOWSKI Bartosz	305	LOTTO-BYDGOSTIA	M-10	14	00:00:15	00:00:50	00:10:31	00:20:31	00:21:49.40	00:22:05.00	+00:06:06 (28.0%)	4:21	13.8 (72.3%)
137	MAŁAS Marcin	721	CENTRUMROWEROWE.PL / AZS POLITECHNIKA GDAŃSKA	M-20	22	00:00:04	00:00:40	00:09:53	00:20:26	00:21:49.45	00:21:53.90	+00:06:06 (28.0%)	4:21	13.8 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
138	SZYCHOWSKI Jarosław	247	TKKF KOLEJARZ BYDGOSZCZ	M-30	57	00:00:17	00:00:47	00:10:28	00:20:34	00:21:49.85	00:22:07.10	+00:06:07 (28.0%)	4:21	13.8 (72.3%)
139	KLICKI Marcin	1306		M-30	58	00:00:36	00:00:48	00:10:52	00:20:44	00:21:51.70	00:22:27.95	+00:06:08 (28.1%)	4:22	13.7 (71.7%)
140	LEŚNIEWSKI Łukasz	28		M-40	38	00:00:05	00:00:46	00:10:35	00:20:36	00:21:53.00	00:21:58.55	+00:06:10 (28.2%)	4:22	13.7 (71.7%)
141	NEUMANN Paweł	1250		M-10	15	00:00:09	00:00:52	00:10:42	00:20:48	00:21:53.15	00:22:02.65	+00:06:10 (28.2%)	4:22	13.7 (71.7%)
142	RYDLEWSKI Marek	273	TEAM RUDNIK	M-50	9	00:00:18	00:00:51	00:10:47	00:20:40	00:21:53.30	00:22:11.65	+00:06:10 (28.2%)	4:22	13.7 (71.7%)
143	DURCZAK Jerzy	946		M-40	39	00:00:50	00:00:52	00:11:00	00:20:47	00:21:53.35	00:22:43.80	+00:06:10 (28.2%)	4:22	13.7 (71.7%)
144	BUDZIK Ireneusz	833		M-50	10	00:00:10	00:00:50	00:10:45	00:20:39	00:21:53.85	00:22:03.85	+00:06:11 (28.2%)	4:22	13.7 (71.7%)
145	BUTKIEWICZ Piotr	2		M-30	59	00:00:59		00:10:35	00:20:40	00:21:53.95	00:22:53.50	+00:06:11 (28.2%)	4:22	13.7 (71.7%)
146	PISARSKI Igor	276		M-30	60	00:00:11	00:00:53	00:10:50	00:20:47	00:21:54.05	00:22:05.90	+00:06:11 (28.3%)	4:22	13.7 (71.7%)
147	MAJCHRZAK Łukasz	284		M-40	40	00:00:07	00:00:46	00:10:35	00:20:40	00:21:54.95	00:22:02.75	+00:06:12 (28.3%)	4:22	13.7 (71.7%)
148	DOBRYK Szymek	1224		M-10	16	00:00:11	00:00:51	00:10:39	00:20:41	00:21:56.85	00:22:08.30	+00:06:14 (28.4%)	4:23	13.7 (71.7%)
149	KIEŁCZYŃSKI Andrzej	1145	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	41	00:00:15	00:01:00	00:10:54	00:20:47	00:21:57.40	00:22:12.50	+00:06:14 (28.4%)	4:23	13.7 (71.7%)
150	BRZEZINSKI Łukasz	297		M-30	61	00:00:22	00:00:49	00:10:40	00:20:46	00:21:58.20	00:22:20.35	+00:06:15 (28.5%)	4:23	13.7 (71.7%)
151	JAKUBCZAK Michał	638		M-30	62	00:00:07	00:00:48	00:10:33	00:20:43	00:21:59.45	00:22:06.65	+00:06:16 (28.5%)	4:23	13.6 (71.2%)
152	SIKORSKI Jarosław	692	KABEL TEAM BYDGOSZCZ	M-40	42	00:00:24	00:00:51	00:10:41	00:20:41	00:21:59.60	00:22:24.35	+00:06:16 (28.6%)	4:23	13.6 (71.2%)
152	GORNOWICZ Marcin	357		M-50	11	00:00:34	00:00:48	00:10:31	00:20:44	00:21:59.60	00:22:33.65	+00:06:16 (28.6%)	4:23	13.6 (71.2%)
154	ŻÓŁTAŃSKI Rafał	1498		M-30	63	00:01:11	00:01:06	00:10:48	00:20:46	00:22:00.95	00:23:12.75	+00:06:18 (28.6%)	4:24	13.6 (71.2%)
155	ZAJDLEWICZ Daniel	419		M-40	43	00:00:17	00:00:55	00:10:41	00:20:42	00:22:01.35	00:22:18.80	+00:06:18 (28.6%)	4:24	13.6 (71.2%)
156	JUREK Sławomir	700		M-50	12	00:00:17	00:00:55	00:10:42	00:20:45	00:22:04.75	00:22:22.45	+00:06:21 (28.8%)	4:24	13.6 (71.2%)
157	PERDELWITZ Jakub	1092		M-10	17	00:00:05	00:00:40	00:10:18	00:20:46	00:22:05.05	00:22:10.65	+00:06:22 (28.8%)	4:25	13.6 (71.2%)
158	GÓRNY Bartosz	716	TRISPACE/TREK	M-30	64	00:00:16	00:00:55	00:10:56	00:20:55	00:22:06.30	00:22:23.00	+00:06:23 (28.9%)	4:25	13.6 (71.2%)
159	KOGUT Piotr	469	BIEGAM CZYSTĄ PRZYJEMNOŚCIĄ KWIDZYN	M-40	44	00:00:23	00:00:53	00:10:41	00:20:56	00:22:08.00	00:22:31.75	+00:06:25 (29.0%)	4:25	13.6 (71.2%)
160	GÓRA Krystian	478		M-40	45	00:00:11	00:00:52	00:10:42	00:20:50	00:22:08.30	00:22:20.25	+00:06:25 (29.0%)	4:25	13.6 (71.2%)
161	WARLIKOWSKI Łukasz	687		M-30	65	00:00:21	00:01:03	00:11:14	00:20:55	00:22:08.95	00:22:30.10	+00:06:26 (29.1%)	4:25	13.6 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
162	WNUCZYŃSKI Kamil	921		M-10	18	00:00:24	00:00:58	00:10:58	00:21:08	00:22:09.95	00:22:34.75	+00:06:27 (29.1%)	4:25	13.5 (70.7%)
163	ANISZCZYK Igor	550	LOTTO BYDGOSTIA	M-10	19	00:00:15	00:00:48	00:10:19	00:20:53	00:22:10.15	00:22:25.25	+00:06:27 (29.1%)	4:26	13.5 (70.7%)
164	NAPORA Mateusz	396		M-30	66	00:00:11	00:00:52	00:10:52	00:21:04	00:22:10.75	00:22:22.20	+00:06:27 (29.2%)	4:26	13.5 (70.7%)
165	DROZDOWSKI Tomasz	664		M-30	67	00:00:28	00:00:58	00:10:50	00:20:59	00:22:10.90	00:22:39.10	+00:06:28 (29.2%)	4:26	13.5 (70.7%)
166	PUDO Mateusz	134	@MATI_TRITATA	M-30	68	00:00:06	00:00:41	00:10:18	00:20:50	00:22:12.05	00:22:18.15	+00:06:29 (29.2%)	4:26	13.5 (70.7%)
167	WAWRZYŃCZAK Arek	997		M-40	46	00:00:22	00:00:56	00:10:45	00:20:57	00:22:13.00	00:22:35.60	+00:06:30 (29.3%)	4:26	13.5 (70.7%)
168	BASA Mikołaj	708		M-20	23	00:00:10	00:00:53	00:11:01	00:21:06	00:22:13.20	00:22:23.20	+00:06:30 (29.3%)	4:26	13.5 (70.7%)
169	GUTKOWSKI Michał	1114	LOTTO-BYDGOSTIA	M-10	20	00:00:08	00:00:49	00:10:49	00:20:57	00:22:14.75	00:22:22.95	+00:06:31 (29.4%)	4:26	13.5 (70.7%)
170	SZERWIŃSKI Mateusz	1381	AZS POLITECHNIKA BYDGOSKA	M-20	24	00:00:07	00:00:46	00:10:34	00:20:53	00:22:15.70	00:22:23.30	+00:06:32 (29.4%)	4:27	13.5 (70.7%)
171	MAZUR Łukasz	738		M-20	25	00:00:14	00:00:46	00:10:42	00:21:01	00:22:18.90	00:22:32.90	+00:06:36 (29.6%)	4:27	13.5 (70.7%)
172	BAK Mateusz	1445	FUNDACJA CZAS NA BYDGOSZCZ	M-10	21	00:00:25	00:01:00	00:11:11	00:21:05	00:22:19.20	00:22:44.70	+00:06:36 (29.6%)	4:27	13.4 (70.2%)
173	BUTRYM Piotr	114		M-40	47	00:00:35	00:00:51	00:10:57	00:21:06	00:22:20.60	00:22:56.50	+00:06:37 (29.7%)	4:28	13.4 (70.2%)
174	BUZALSKI Robert	355		M-40	48	00:00:16	00:00:56	00:10:41	00:21:01	00:22:21.50	00:22:37.80	+00:06:38 (29.7%)	4:28	13.4 (70.2%)
175	SZYSZKA Radosław	1052		M-40	49	00:00:05	00:00:48	00:10:48	00:21:01	00:22:22.00	00:22:27.65	+00:06:39 (29.7%)	4:28	13.4 (70.2%)
176	KAMIŃSKI Michał	795		M-30	69	00:00:18	00:00:59	00:11:17	00:21:12	00:22:22.45	00:22:41.35	+00:06:39 (29.8%)	4:28	13.4 (70.2%)
177	RUNNER Andrzej	686	RUN BYDGOSZCZ	M-50	13	00:00:05	00:00:45	00:10:47	00:21:12	00:22:23.00	00:22:28.75	+00:06:40 (29.8%)	4:28	13.4 (70.2%)
178	CHORAŻAK Sławek	199		M-50	14	00:00:40	00:00:59	00:11:08	00:21:13	00:22:24.35	00:23:04.50	+00:06:41 (29.9%)	4:28	13.4 (70.2%)
179	BANASZAK Dawid	802		M-30	70	00:00:13	00:00:52	00:11:19	00:21:11	00:22:25.50	00:22:39.45	+00:06:42 (29.9%)	4:29	13.4 (70.2%)
180	MIŚTAK Damian	748		M-30	71	00:00:37	00:00:55	00:11:10	00:21:18	00:22:27.40	00:23:05.25	+00:06:44 (30.0%)	4:29	13.4 (70.2%)
181	BIAŁAS Tomasz	1312		M-30	72	00:00:28	00:01:00	00:11:29	00:21:19	00:22:30.90	00:22:59.35	+00:06:48 (30.2%)	4:30	13.3 (69.6%)
182	SKARBEK Marek	1236	RUN BYDGOSZCZ	M-50	15	00:00:17	00:00:49	00:11:01	00:21:24	00:22:31.40	00:22:48.85	+00:06:48 (30.2%)	4:30	13.3 (69.6%)
183	ŻECH Tomasz	306		M-30	73	00:00:04	00:00:42	00:10:18	00:21:13	00:22:31.65	00:22:36.15	+00:06:48 (30.2%)	4:30	13.3 (69.6%)
184	SMARZ Karol	673		M-30	74	00:00:03	00:00:41	00:10:48	00:21:17	00:22:33.45	00:22:36.65	+00:06:50 (30.3%)	4:30	13.3 (69.6%)
185	ZBIRANEK Artur	400		M-40	50	00:00:08	00:00:50	00:10:28	00:20:57	00:22:33.60	00:22:42.50	+00:06:50 (30.3%)	4:30	13.3 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
186	ZABOROWSKI Krzysztof	48		M-30	75	00:00:13	00:00:52	00:11:09	00:21:30	00:22:35.55	00:22:48.55	+00:06:52 (30.4%)	4:31	13.3 (69.6%)
187	KOLANO Grzegorz	1481		M-30	76	00:00:40	00:01:00	00:11:18	00:21:23	00:22:35.70	00:23:15.95	+00:06:52 (30.5%)	4:31	13.3 (69.6%)
188	KOŁACKI Jarosław	30	VVD BYDGOSZCZ	M-30	77	00:00:35	00:00:57	00:11:15	00:21:23	00:22:36.15	00:23:11.70	+00:06:53 (30.5%)	4:31	13.3 (69.6%)
189	KIEŁCZYŃSKI Marek	373	CSM POLSKA	M-40	51	00:00:05	00:00:46	00:11:03	00:21:26	00:22:37.40	00:22:42.90	+00:06:54 (30.5%)	4:31	13.3 (69.6%)
189	KRZYŻANOWSKI Robert	1346	ANDRO	M-50	16	00:00:12	00:00:51	00:10:52	00:21:18	00:22:37.40	00:22:49.40	+00:06:54 (30.5%)	4:31	13.3 (69.6%)
191	BETLEWSKI Szymon	923	AZS POLITECHNIKA BYDGOSKA	M-20	26	00:00:18	00:00:55	00:11:25	00:21:29	00:22:38.70	00:22:57.25	+00:06:55 (30.6%)	4:31	13.3 (69.6%)
192	PIĘNKOSZ Mirosław	1199		M-60+	1	00:00:10	00:00:51	00:11:09	00:21:28	00:22:39.35	00:22:49.45	+00:06:56 (30.6%)	4:31	13.2 (69.1%)
193	SIERADZKI Bartosz	14		M-50	17	00:00:10	00:00:54	00:11:12	00:21:24	00:22:40.15	00:22:50.65	+00:06:57 (30.7%)	4:32	13.2 (69.1%)
194	SKRZYPIŃSKI Marek	667		M-30	78	00:00:36	00:01:00	00:11:03	00:21:27	00:22:40.35	00:23:17.20	+00:06:57 (30.7%)	4:32	13.2 (69.1%)
195	JASTROWSKI Miłosz	1230		M-20	27	00:00:18	00:00:55	00:11:02	00:21:24	00:22:40.45	00:22:59.05	+00:06:57 (30.7%)	4:32	13.2 (69.1%)
196	LIPŃSKI Sebastian	303	RUN BYDGOSZCZ	M-50	18	00:00:19	00:00:53	00:11:01	00:21:26	00:22:42.00	00:23:01.35	+00:06:59 (30.8%)	4:32	13.2 (69.1%)
197	WŁODARCZYK Wojciech	973		M-50	19	00:00:27	00:00:57	00:11:14	00:21:24	00:22:42.55	00:23:10.25	+00:06:59 (30.8%)	4:32	13.2 (69.1%)
198	KAZUBOWSKI Jacek	1064	KAZUBKI TEAM/TRIDARKO	M-50	20	00:00:10	00:00:51	00:10:56	00:21:23	00:22:42.65	00:22:53.30	+00:06:59 (30.8%)	4:32	13.2 (69.1%)
199	BZDZION Marcin	1366		M-30	79	00:00:12	00:00:46	00:11:05	00:21:26	00:22:45.30	00:22:57.70	+00:07:02 (30.9%)	4:33	13.2 (69.1%)
200	MAZGA Marek	13		M-30	80	00:00:08	00:00:47	00:11:06	00:21:29	00:22:45.90	00:22:54.25	+00:07:03 (31.0%)	4:33	13.2 (69.1%)
201	FUZ Marek	875	KABEL TEAM BYDGOSZCZ	M-50	21	00:00:35	00:01:07	00:11:56	00:21:35	00:22:45.95	00:23:21.15	+00:07:03 (31.0%)	4:33	13.2 (69.1%)
201	RYBAK Tomasz	1280	TEAM RUDNIK	M-40	52	00:00:46	00:00:57	00:11:09	00:21:27	00:22:45.95	00:23:32.45	+00:07:03 (31.0%)	4:33	13.2 (69.1%)
203	SZULC Marcin	582		M-30	81	00:00:17		00:11:20	00:21:35	00:22:47.35	00:23:05.20	+00:07:04 (31.0%)	4:33	13.2 (69.1%)
204	LISTECKI Sebastian	112	ASTORIA BYDGOSZCZ	M-30	82	00:00:29	00:00:56	00:11:03	00:21:26	00:22:47.40	00:23:16.60	+00:07:04 (31.1%)	4:33	13.2 (69.1%)
205	OLSZEWSKI Szymon	783		M-40	53	00:00:23	00:00:57	00:11:17	00:21:41	00:22:49.50	00:23:13.25	+00:07:06 (31.2%)	4:33	13.1 (68.6%)
205	KLAWIKOWSKI Oskar	889	TKKF KOLEJARZ BYDGOSZCZ	M-10	22	00:00:28	00:01:01	00:11:24	00:21:28	00:22:49.50	00:23:17.55	+00:07:06 (31.2%)	4:33	13.1 (68.6%)
207	PAWLAK Łukasz	814		M-30	83	00:00:14	00:00:57	00:11:09	00:21:31	00:22:50.05	00:23:04.80	+00:07:07 (31.2%)	4:34	13.1 (68.6%)
208	FRANKOWSKI Przemysław	927		M-30	84	00:00:14	00:00:57	00:11:06	00:21:30	00:22:51.25	00:23:06.20	+00:07:08 (31.2%)	4:34	13.1 (68.6%)
209	MOGILNICKI Dominik	1016		M-30	85	00:00:48	00:00:55	00:11:08	00:21:39	00:22:52.95	00:23:41.60	+00:07:10 (31.3%)	4:34	13.1 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
210	KASPEROWICZ Marcin	653	PREDATORS 3TEAM	M-40	54	00:00:16	00:00:53	00:11:11	00:21:37	00:22:54.15	00:23:10.55	+00:07:11 (31.4%)	4:34	13.1 (68.6%)
211	MINICHOWSKI Rafał	595		M-40	55	00:00:18	00:00:52	00:11:12	00:21:42	00:22:57.95	00:23:16.20	+00:07:15 (31.6%)	4:35	13.1 (68.6%)
212	ROSÓŁ Jacek	51		M-40	56	00:00:25	00:00:54	00:11:19	00:21:37	00:22:58.10	00:23:23.10	+00:07:15 (31.6%)	4:35	13.1 (68.6%)
213	JOŁTUCHOWSKI Roman	124		M-30	86	00:00:02	00:00:39	00:10:35	00:21:35	00:22:59.75	00:23:02.30	+00:07:16 (31.7%)	4:35	13.1 (68.6%)
214	MIZERAKOWSKI Szymon	860		M-20	28	00:00:14	00:00:48	00:11:01	00:21:39	00:23:00.00	00:23:14.40	+00:07:17 (31.7%)	4:36	13 (68.1%)
215	JURKOWSKI Paweł	337	PJKANCELARIA.PL	M-30	87	00:00:41	00:00:55	00:11:16	00:21:47	00:23:00.60	00:23:41.80	+00:07:17 (31.7%)	4:36	13 (68.1%)
216	BETLEWSKI Jakub	732		M-10	23	00:00:17	00:00:57	00:11:27	00:21:53	00:23:01.80	00:23:19.25	+00:07:19 (31.8%)	4:36	13 (68.1%)
217	BARTKOWSKI Tomasz	904		M-40	57	00:00:32	00:00:55	00:11:03	00:21:43	00:23:02.20	00:23:34.90	+00:07:19 (31.8%)	4:36	13 (68.1%)
218	WINIECKI Paweł	196	AKADEMIA MISTRZÓW SPORTU	M-30	88	00:00:35	00:00:59	00:11:16	00:21:47	00:23:03.25	00:23:38.40	+00:07:20 (31.8%)	4:36	13 (68.1%)
219	PIERZGALSKI Damian	327		M-20	29	00:00:11	00:00:53	00:11:27	00:21:47	00:23:04.20	00:23:15.65	+00:07:21 (31.9%)	4:36	13 (68.1%)
220	KWAŚNIK Sławomir	529	TEAM RUDNIK	M-30	89	00:00:10	00:00:51	00:10:41	00:21:44	00:23:04.55	00:23:15.10	+00:07:21 (31.9%)	4:36	13 (68.1%)
221	GŁOGOWSKI Krzysztof	126		M-40	58	00:00:24	00:00:52	00:10:48	00:21:40	00:23:04.75	00:23:29.10	+00:07:21 (31.9%)	4:36	13 (68.1%)
222	GUTTMANN Jacek	1102	BIEGAJ Z DĘBAMI	M-20	30	00:00:13	00:00:52	00:11:03	00:21:40	00:23:05.60	00:23:19.25	+00:07:22 (32.0%)	4:37	13 (68.1%)
223	JANCOWSKI Wojciech	392	TEAM RUDNIK	M-50	22	00:00:28	00:00:56	00:11:12	00:21:48	00:23:05.70	00:23:33.85	+00:07:22 (32.0%)	4:37	13 (68.1%)
224	KANDYBA Sebastian	614		M-30	90	00:01:09	00:01:17	00:12:08	00:21:52	00:23:06.70	00:24:15.75	+00:07:23 (32.0%)	4:37	13 (68.1%)
225	KOZAK Krzysztof	533	BB ACTIVE TEAM	M-30	91	00:00:13	00:00:53	00:11:07	00:21:44	00:23:06.75	00:23:20.45	+00:07:23 (32.0%)	4:37	13 (68.1%)
226	MIĘKCZYŃSKI Miłosz	630	LUPUS TEAM	M-40	59	00:00:12	00:00:51	00:11:19	00:21:56	00:23:07.00	00:23:19.10	+00:07:24 (32.0%)	4:37	13 (68.1%)
227	TWARDY Adam	1400	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	92	00:00:16	00:00:57	00:11:35	00:21:59	00:23:11.25	00:23:27.75	+00:07:28 (32.2%)	4:38	12.9 (67.5%)
228	RYWOLT Paweł	5		M-30	93	00:00:13	00:00:55	00:11:32	00:22:01	00:23:11.60	00:23:25.40	+00:07:28 (32.3%)	4:38	12.9 (67.5%)
229	WÓJCIK Jacek	128		M-30	94	00:00:30	00:01:04	00:11:28	00:21:56	00:23:12.30	00:23:42.70	+00:07:29 (32.3%)	4:38	12.9 (67.5%)
230	PUDO Wojciech	1251		M-20	31	00:00:06	00:00:47	00:11:08	00:21:54	00:23:12.45	00:23:18.65	+00:07:29 (32.3%)	4:38	12.9 (67.5%)
230	WARCZAK Damian	798		M-20	31	00:00:18	00:00:59	00:11:27	00:21:58	00:23:12.45	00:23:30.90	+00:07:29 (32.3%)	4:38	12.9 (67.5%)
232	KORDAS Nikita	964	BTW	M-10	24	00:01:24	00:01:07	00:12:07	00:22:07	00:23:13.00	00:24:37.70	+00:07:30 (32.3%)	4:38	12.9 (67.5%)
233	CIESIELSKI Artur	812		M-30	95	00:00:16	00:00:52	00:11:28	00:22:00	00:23:13.20	00:23:29.30	+00:07:30 (32.3%)	4:38	12.9 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
234	BARSZCZ Tomasz	1209		M-10	25	00:00:15	00:00:54	00:11:17	00:21:58	00:23:14.00	00:23:29.50	+00:07:31 (32.4%)	4:38	12.9 (67.5%)
235	PALIGA Maciej	918		M-30	96	00:00:17	00:00:58	00:11:13	00:21:56	00:23:14.25	00:23:32.15	+00:07:31 (32.4%)	4:38	12.9 (67.5%)
236	NITZA Cezary	54		M-20	33	00:00:21	00:00:58	00:11:11	00:22:01	00:23:15.95	00:23:37.15	+00:07:33 (32.5%)	4:39	12.9 (67.5%)
237	KOWALSKI Jacek	227	BYDGOSKIE OKONIE	M-40	60	00:00:18	00:00:55	00:11:01	00:21:54	00:23:16.25	00:23:34.30	+00:07:33 (32.5%)	4:39	12.9 (67.5%)
238	MAGDZIARZ Jan	570		M-10	26	00:00:21	00:01:00	00:11:58	00:22:06	00:23:17.95	00:23:39.90	+00:07:35 (32.6%)	4:39	12.9 (67.5%)
239	NADRATOWSKI Maciej	765	KABEL TEAM BYDGOSZCZ	M-40	61	00:00:12	00:00:50	00:11:16	00:22:01	00:23:18.00	00:23:30.00	+00:07:35 (32.6%)	4:39	12.9 (67.5%)
239	PERKOWSKI Paweł	19		M-40	61	00:00:48		00:11:04	00:21:56	00:23:18.00	00:24:06.55	+00:07:35 (32.6%)	4:39	12.9 (67.5%)
241	SZARKOWSKI Fabian	1225	MASAŻYSTA	M-30	97	00:00:18	00:00:57	00:11:22	00:21:59	00:23:18.05	00:23:36.30	+00:07:35 (32.6%)	4:39	12.9 (67.5%)
242	BIZON Bartosz	1232		M-30	98	00:01:16	00:01:12	00:11:58	00:22:09	00:23:18.75	00:24:35.05	+00:07:35 (32.6%)	4:39	12.9 (67.5%)
243	MAGDZIARZ Jakub	567		M-40	63	00:00:21	00:00:59	00:11:58	00:22:06	00:23:18.90	00:23:40.45	+00:07:36 (32.6%)	4:39	12.9 (67.5%)
244	NIEDBALSKI Grzegorz	1321	RUN BYDGOSZCZ	M-60+	2	00:00:40	00:00:56	00:11:28	00:22:04	00:23:20.40	00:24:00.45	+00:07:37 (32.7%)	4:40	12.9 (67.5%)
245	BICZKOWSKI Patryk	52	DRUŻYNA B	M-30	99	00:00:20	00:00:58	00:11:14	00:22:06	00:23:20.65	00:23:41.40	+00:07:37 (32.7%)	4:40	12.9 (67.5%)
246	DOMŻALSKI Marek	1273		M-50	23	00:00:22	00:00:54	00:11:32	00:22:07	00:23:20.90	00:23:43.85	+00:07:38 (32.7%)	4:40	12.9 (67.5%)
247	ZAKRZEWSKI Jarosław	356		M-50	24	00:00:06	00:00:49	00:11:05	00:22:01	00:23:21.00	00:23:27.20	+00:07:38 (32.7%)	4:40	12.8 (67.0%)
248	KALINOWSKI Krzysztof	778		M-10	27	00:00:09	00:00:55	00:11:16	00:22:00	00:23:21.35	00:23:30.50	+00:07:38 (32.7%)	4:40	12.8 (67.0%)
249	KOTOWSKI-MARCINIAK Wiktor	731	LOTTO BYDGOSTIA	M-10	28	00:00:10	00:00:54	00:11:22	00:22:05	00:23:22.25	00:23:32.65	+00:07:39 (32.8%)	4:40	12.8 (67.0%)
250	ANTOSIK Patryk	77	CSWLĄD	M-30	100	00:00:56	00:01:02	00:11:26	00:22:01	00:23:23.00	00:24:19.80	+00:07:40 (32.8%)	4:40	12.8 (67.0%)
251	KAŁEK Artur	821	TM IRON TEAM	M-40	64	00:00:59	00:01:14	00:12:33	00:22:12	00:23:23.05	00:24:22.60	+00:07:40 (32.8%)	4:40	12.8 (67.0%)
252	MATEUSZCZYK Dawid	416	RUN BYDGOSZCZ	M-30	101	00:00:18	00:00:55	00:11:05	00:22:06	00:23:23.75	00:23:42.40	+00:07:40 (32.8%)	4:40	12.8 (67.0%)
253	MOMOT Mieczysław	1380		M-40	65	00:00:14		00:11:21	00:22:06	00:23:24.80	00:23:39.60	+00:07:42 (32.9%)	4:40	12.8 (67.0%)
254	WNUK Rafał	944	RUN BYDGOSZCZ	M-40	66	00:00:19	00:00:54	00:11:13	00:22:05	00:23:25.45	00:23:45.25	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
255	BIAŁOWĄS Jakub	878		M-10	29	00:00:15	00:00:57	00:11:47	00:22:19	00:23:27.65	00:23:43.60	+00:07:44 (33.0%)	4:41	12.8 (67.0%)
256	OSIŃSKI Miłosz	1429		M-20	34	00:01:33	00:00:58	00:11:48	00:22:23	00:23:29.15	00:25:02.20	+00:07:46 (33.1%)	4:41	12.8 (67.0%)
257	RASZKOWSKI Dariusz	1384	NITROCHEM	M-50	25	00:00:31	00:01:01	00:11:48	00:22:09	00:23:30.75	00:24:02.15	+00:07:47 (33.2%)	4:42	12.8 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
258	KRASIŃSKI Piotr	1331		M-40	67	00:00:21	00:00:53	00:11:33	00:22:13	00:23:30.90	00:23:52.75	+00:07:48 (33.2%)	4:42	12.8 (67.0%)
259	GUDELL Radosław	510	GRUPA MODERATOR	M-40	68	00:00:13	00:00:56	00:11:25	00:22:13	00:23:30.95	00:23:44.55	+00:07:48 (33.2%)	4:42	12.8 (67.0%)
260	FLOREK Paweł	274	RUNADDICTS	M-30	102	00:01:30	00:01:06	00:11:52	00:22:27	00:23:31.35	00:25:02.30	+00:07:48 (33.2%)	4:42	12.8 (67.0%)
261	KOSSMANN Franciszek	837		M-20	35	00:01:32	00:00:57	00:11:46	00:22:23	00:23:31.80	00:25:04.60	+00:07:49 (33.2%)	4:42	12.8 (67.0%)
262	WĘGRZYŃOWSKI Sławomir	411	KABEL TEAM BYDGOSZCZ	M-50	26	00:00:34	00:01:07	00:11:58	00:22:23	00:23:34.15	00:24:08.85	+00:07:51 (33.3%)	4:42	12.7 (66.5%)
263	CIERNIAK Michał	1043		M-20	36	00:00:16	00:00:51	00:11:14	00:22:13	00:23:34.60	00:23:50.90	+00:07:51 (33.4%)	4:42	12.7 (66.5%)
264	KUCZEWSKI Łukasz	663		M-40	69	00:00:21	00:00:56	00:11:26	00:22:15	00:23:35.30	00:23:56.85	+00:07:52 (33.4%)	4:43	12.7 (66.5%)
265	FRANKOWSKI Szymon	864		M-10	30	00:00:09	00:00:50	00:11:11	00:22:12	00:23:35.90	00:23:45.05	+00:07:53 (33.4%)	4:43	12.7 (66.5%)
266	MODRAKOWSKI Roland	622	DYSTRYBUCJA-REKLAM.PL	M-40	70	00:01:12	00:00:58	00:11:30	00:22:24	00:23:36.80	00:24:49.00	+00:07:54 (33.5%)	4:43	12.7 (66.5%)
267	SUCHACKI Kacper	50	LOTTO BYDGOSTIA	M-10	31	00:00:09	00:00:53	00:11:24	00:22:23	00:23:37.15	00:23:47.05	+00:07:54 (33.5%)	4:43	12.7 (66.5%)
268	WIELGOSZ Krzysztof	1335		M-30	103	00:00:17	00:01:00	00:12:05	00:22:28	00:23:41.05	00:23:58.30	+00:07:58 (33.7%)	4:44	12.7 (66.5%)
269	JANKOWSKI Marcin	939	YES ENGLISH	M-40	71	00:00:22	00:01:00	00:11:34	00:22:25	00:23:41.85	00:24:04.55	+00:07:59 (33.7%)	4:44	12.7 (66.5%)
270	CZAJA Jarosław	220		M-40	72	00:00:20	00:00:55	00:11:27	00:22:20	00:23:41.95	00:24:02.55	+00:07:59 (33.7%)	4:44	12.7 (66.5%)
271	PUCHACZ Marcin	87	PUCHACZE	M-30	104	00:00:07	00:00:53	00:11:10	00:22:16	00:23:42.00	00:23:49.75	+00:07:59 (33.7%)	4:44	12.7 (66.5%)
272	ROZKWITAŁSKI Bartosz	1226		M-30	105	00:00:19	00:00:55	00:11:24	00:22:21	00:23:44.65	00:24:03.85	+00:08:01 (33.8%)	4:44	12.6 (66.0%)
272	LEWANDOWSKI Michał	96		M-40	73	00:01:27	00:01:03	00:11:45	00:22:26	00:23:44.65	00:25:12.50	+00:08:01 (33.8%)	4:44	12.6 (66.0%)
274	ŻMICH Antoni	984	BTW	M-10	32	00:01:16	00:01:02	00:11:36	00:22:26	00:23:44.80	00:25:01.70	+00:08:02 (33.8%)	4:44	12.6 (66.0%)
275	GARBIEC Mirosław	661		M-60+	3	00:00:13	00:00:55	00:11:35	00:22:28	00:23:45.20	00:23:59.00	+00:08:02 (33.8%)	4:45	12.6 (66.0%)
276	FELINIAK Daniel	615		M-40	74	00:00:22	00:01:01	00:11:44	00:22:30	00:23:46.20	00:24:08.85	+00:08:03 (33.9%)	4:45	12.6 (66.0%)
277	GRAJEWSKI Tomasz	1208		M-40	75	00:01:26	00:01:01	00:11:46	00:22:31	00:23:47.75	00:25:13.80	+00:08:04 (34.0%)	4:45	12.6 (66.0%)
278	NAJSZTUB Sławomir	1036		M-20	37	00:00:37	00:01:01	00:11:44	00:22:31	00:23:48.00	00:24:25.35	+00:08:05 (34.0%)	4:45	12.6 (66.0%)
279	NOWAK Janek	1303		M-20	38	00:01:06	00:01:12	00:12:05	00:22:35	00:23:49.35	00:24:55.95	+00:08:06 (34.0%)	4:45	12.6 (66.0%)
280	STELLER Igor	913		M-10	33	00:01:25	00:01:06	00:12:07	00:22:31	00:23:49.65	00:25:14.90	+00:08:06 (34.1%)	4:45	12.6 (66.0%)
281	OGONOWSKI Przemysław	1204		M-30	106	00:00:10	00:00:49	00:11:17	00:22:29	00:23:50.10	00:24:00.10	+00:08:07 (34.1%)	4:46	12.6 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
282	LUTKOWSKI Dariusz	951	LUFT TRI TEAM	M-40	76	00:00:19	00:01:01	00:11:50	00:22:30	00:23:50.55	00:24:10.35	+00:08:07 (34.1%)	4:46	12.6 (66.0%)
283	GACKOWSKI Krzysztof	56		M-50	27	00:00:08	00:00:49	00:11:23	00:22:31	00:23:52.50	00:24:01.25	+00:08:09 (34.2%)	4:46	12.6 (66.0%)
284	BRZÓSKA Hubert	286		M-10	34	00:00:55		00:12:36	00:22:30	00:23:53.95	00:24:49.45	+00:08:11 (34.3%)	4:46	12.6 (66.0%)
285	PYZ Paweł	351		M-20	39	00:00:09	00:00:50	00:10:59	00:22:25	00:23:54.00	00:24:03.15	+00:08:11 (34.3%)	4:46	12.6 (66.0%)
286	BILSKI Marcin	1061		M-40	77	00:00:52	00:00:57	00:11:32	00:22:33	00:23:55.40	00:24:47.85	+00:08:12 (34.3%)	4:47	12.5 (65.4%)
287	KABACIŃSKI Jarosław	950	EFINANSOWI	M-40	78	00:00:48	00:00:55	00:11:46	00:22:41	00:23:55.90	00:24:44.30	+00:08:13 (34.3%)	4:47	12.5 (65.4%)
288	ZĄBKOWSKI Krzysztof	479		M-30	107	00:00:27	00:00:56	00:11:46	00:22:41	00:23:56.40	00:24:23.95	+00:08:13 (34.4%)	4:47	12.5 (65.4%)
289	WASIELEWSKI Robert	787		M-30	108	00:00:28	00:00:59	00:11:50	00:22:42	00:23:57.05	00:24:25.35	+00:08:14 (34.4%)	4:47	12.5 (65.4%)
290	SZUBIŃSKI Ireneusz	462	KOMPLETNY AMATOR	M-40	79	00:00:27	00:01:03	00:11:39	00:22:34	00:23:58.05	00:24:25.75	+00:08:15 (34.4%)	4:47	12.5 (65.4%)
291	KASZUBA Konrad	53		M-30	109	00:00:21	00:00:55	00:11:43	00:22:37	00:23:58.20	00:24:20.10	+00:08:15 (34.4%)	4:47	12.5 (65.4%)
292	KODRANC Michał	552	TYPYGRUBE	M-30	110	00:00:33		00:11:55	00:22:38	00:23:58.35	00:24:31.90	+00:08:15 (34.5%)	4:47	12.5 (65.4%)
293	LESZCZYŃSKI Tomasz	346		M-40	80	00:00:15	00:01:03	00:11:34	00:22:33	00:23:59.40	00:24:14.75	+00:08:16 (34.5%)	4:47	12.5 (65.4%)
294	BREDOW Marek	380		M-60+	4	00:01:09		00:11:29	00:22:35	00:23:59.75	00:25:09.25	+00:08:16 (34.5%)	4:47	12.5 (65.4%)
295	MICHALAK Wojciech	364		M-50	28	00:00:41	00:01:01	00:11:45	00:22:43	00:24:01.25	00:24:43.00	+00:08:18 (34.6%)	4:48	12.5 (65.4%)
296	SEMRAU Nikodem	505		M-10	35	00:01:03		00:11:50	00:22:39	00:24:02.35	00:25:05.35	+00:08:19 (34.6%)	4:48	12.5 (65.4%)
297	WNUCZYŃSKI Andrzej	796	ORANGE POLSKA	M-50	29	00:00:25	00:00:56	00:11:29	00:22:37	00:24:02.60	00:24:27.70	+00:08:19 (34.6%)	4:48	12.5 (65.4%)
298	KALINOWSKI Sławomir	776		M-40	81	00:00:08	00:00:52	00:11:37	00:22:35	00:24:03.40	00:24:11.95	+00:08:20 (34.7%)	4:48	12.5 (65.4%)
299	GŁOWACKI Robert	194		M-40	82	00:00:11	00:00:52	00:11:34	00:22:46	00:24:03.60	00:24:15.10	+00:08:20 (34.7%)	4:48	12.5 (65.4%)
300	BELNIK Michał	1391	UKS TRAPER ZŁOCIENIEC	M-30	111	00:00:42	00:01:12	00:12:06	00:22:50	00:24:04.05	00:24:46.25	+00:08:21 (34.7%)	4:48	12.5 (65.4%)
300	GÓRSKI Roger	810		M-40	83	00:01:35	00:01:08	00:11:53	00:22:44	00:24:04.05	00:25:39.10	+00:08:21 (34.7%)	4:48	12.5 (65.4%)
302	KAPANOWSKI Sylwester	49		M-50	30	00:00:16	00:00:58	00:11:34	00:22:47	00:24:07.10	00:24:24.05	+00:08:24 (34.8%)	4:49	12.4 (64.9%)
303	WINIARSKI Kacper	699		M-10	36	00:00:14	00:00:55	00:11:47	00:22:48	00:24:07.25	00:24:21.25	+00:08:24 (34.9%)	4:49	12.4 (64.9%)
304	WILK Łukasz	275	RUNADDICTS	M-40	84	00:01:31	00:01:05	00:11:52	00:22:39	00:24:07.70	00:25:38.95	+00:08:24 (34.9%)	4:49	12.4 (64.9%)
305	ZIELIŃSKI Paweł	279		M-30	112	00:00:31	00:01:00	00:11:52	00:22:47	00:24:08.65	00:24:39.75	+00:08:25 (34.9%)	4:49	12.4 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
306	MUSIAŁ Przemysław	1135	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	85	00:01:36	00:01:05	00:11:58	00:22:57	00:24:12.35	00:25:48.40	+00:08:29 (35.1%)	4:50	12.4 (64.9%)
307	BARRIO Alfonso	624		M-10	37	00:00:09	00:00:48	00:11:24	00:23:07	00:24:12.90	00:24:22.00	+00:08:30 (35.1%)	4:50	12.4 (64.9%)
308	MIHNIEVIČ Juraś	695		M-30	113	00:00:26	00:01:07	00:12:13	00:22:56	00:24:15.85	00:24:42.45	+00:08:33 (35.2%)	4:51	12.4 (64.9%)
309	PUSZCZ Sławek	481		M-40	86	00:00:20	00:00:56	00:11:30	00:22:49	00:24:16.35	00:24:36.35	+00:08:33 (35.3%)	4:51	12.4 (64.9%)
310	MAKUSZEWSKI Mateusz	321	WTLENIE	M-30	114	00:00:48	00:00:57	00:11:59	00:22:56	00:24:17.20	00:25:05.60	+00:08:34 (35.3%)	4:51	12.4 (64.9%)
311	SKUPSZ Jędrzej	1264	TEAM FORDON	M-30	115	00:00:45	00:01:01	00:11:56	00:23:06	00:24:19.35	00:25:04.90	+00:08:36 (35.4%)	4:51	12.3 (64.4%)
312	PUJANEK Piotr	57	DENTAL ONE BYDGOSZCZ	M-40	87	00:00:10	00:00:53	00:11:50	00:22:59	00:24:19.45	00:24:30.15	+00:08:36 (35.4%)	4:51	12.3 (64.4%)
313	NAWROCKI Hubert	437		M-20	40	00:00:19	00:01:05	00:12:32	00:23:09	00:24:19.55	00:24:39.15	+00:08:36 (35.4%)	4:51	12.3 (64.4%)
314	JASIŃSKI Wiktor	1022	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	M-10	38	00:01:24	00:01:08	00:12:08	00:23:00	00:24:20.25	00:25:44.35	+00:08:37 (35.4%)	4:52	12.3 (64.4%)
315	YALPI Hasan	896		M-30	116	00:00:20	00:00:54	00:11:26	00:22:53	00:24:21.30	00:24:41.85	+00:08:38 (35.5%)	4:52	12.3 (64.4%)
316	SCHMIDT Marcin	211	BB ACTIVE TEAM	M-40	88	00:00:11	00:00:51	00:11:23	00:22:56	00:24:21.90	00:24:33.15	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
317	KOSIOROWSKI Przemysław	55		M-40	89	00:00:21	00:00:57	00:11:44	00:22:58	00:24:21.95	00:24:43.30	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
318	BASZYŃSKI Adam	865		M-30	117	00:00:36	00:00:56	00:11:52	00:22:58	00:24:22.20	00:24:58.90	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
319	ŚLAZIŃSKI Daniel	590		M-40	90	00:00:20	00:01:04	00:12:07	00:22:59	00:24:22.30	00:24:42.45	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
320	KRETOWICZ Piotr	209	PODWYKONAWCY POWAŻNYCH PRZEDSIĘBIORCÓW	M-20	41	00:00:40	00:01:02	00:12:06	00:23:09	00:24:22.35	00:25:02.90	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
321	NEUMANN Ariel	949		M-30	118	00:01:03	00:01:09	00:12:01	00:23:04	00:24:22.70	00:25:26.50	+00:08:39 (35.5%)	4:52	12.3 (64.4%)
322	RACIBORSKI Grzegorz	592	TKKF KOLEJARZ BYDGOSZCZ	M-40	91	00:00:12	00:01:01	00:12:10	00:23:03	00:24:23.10	00:24:35.90	+00:08:40 (35.6%)	4:52	12.3 (64.4%)
323	MALECKI Lukasz	728		M-30	119	00:01:23		00:12:22	00:23:17	00:24:24.80	00:25:48.20	+00:08:42 (35.6%)	4:52	12.3 (64.4%)
324	CIESIELSKI Mirosław	242		M-50	31	00:00:08	00:00:56	00:11:38	00:22:58	00:24:25.15	00:24:33.90	+00:08:42 (35.7%)	4:53	12.3 (64.4%)
325	CHYLIŃSKI Kamil	485		M-10	39	00:01:25		00:12:57	00:23:15	00:24:25.30	00:25:50.80	+00:08:42 (35.7%)	4:53	12.3 (64.4%)
326	SZATKOWSKI Oskar	911		M-30	120	00:00:40	00:01:04	00:11:43	00:23:02	00:24:26.95	00:25:07.85	+00:08:44 (35.7%)	4:53	12.3 (64.4%)
327	SCHMIDT Artur	214	BB ACTIVE TEAM	M-10	40	00:00:13	00:00:54	00:11:40	00:23:04	00:24:27.30	00:24:41.00	+00:08:44 (35.7%)	4:53	12.3 (64.4%)
328	SOŁTYSIAK Mariusz	1163		M-30	121	00:00:28	00:00:57	00:12:04	00:23:04	00:24:27.35	00:24:55.95	+00:08:44 (35.7%)	4:53	12.3 (64.4%)
329	SZCZĘSNY Arkadiusz	1071	DYNAMO SKARPA	M-40	92	00:00:29	00:00:54	00:11:41	00:23:03	00:24:28.90	00:24:58.10	+00:08:46 (35.8%)	4:53	12.3 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
330	KLAWIKOWSKI Dawid	888	TKKF KOLEJARZ BYDGOSZCZ	M-30	122	00:00:29		00:11:52	00:23:08	00:24:29.80	00:24:58.90	+00:08:47 (35.9%)	4:53	12.3 (64.4%)
330	FABIAŃSKI Rafał	635		M-30	122	00:01:03	00:01:09	00:12:01	00:23:04	00:24:29.80	00:25:33.70	+00:08:47 (35.9%)	4:53	12.3 (64.4%)
332	JOPPEK Łukasz	897		M-30	124	00:00:08	00:00:54	00:11:50	00:23:03	00:24:30.15	00:24:38.80	+00:08:47 (35.9%)	4:54	12.2 (63.9%)
332	GRABIŃSKI Sławomir	1469	NITROCHEM	M-30	124	00:00:38	00:01:04	00:12:29	00:23:08	00:24:30.15	00:25:08.70	+00:08:47 (35.9%)	4:54	12.2 (63.9%)
334	BIAŁY Dawid	1487		M-30	126	00:01:19	00:01:07	00:12:26	00:23:16	00:24:32.45	00:25:51.60	+00:08:49 (36.0%)	4:54	12.2 (63.9%)
335	MALINOWSKI Olaf	1394		M-20	42	00:00:07	00:00:49	00:11:52	00:23:10	00:24:33.35	00:24:40.55	+00:08:50 (36.0%)	4:54	12.2 (63.9%)
336	FIRYN Piotr	786		M-20	43	00:01:10	00:01:03	00:12:05	00:23:13	00:24:34.85	00:25:44.95	+00:08:52 (36.1%)	4:54	12.2 (63.9%)
337	ŁAWSKI Kamil	920		M-30	127	00:00:41	00:01:03	00:12:03	00:23:15	00:24:34.95	00:25:16.85	+00:08:52 (36.1%)	4:54	12.2 (63.9%)
338	WALCZAK Kamil	129		M-30	128	00:00:09	00:00:56	00:12:00	00:23:16	00:24:36.40	00:24:45.80	+00:08:53 (36.1%)	4:55	12.2 (63.9%)
339	GWIAZDOWSKI Dominik	167	CWZS ZAWISZA BYDGOSZCZ	M-10	41	00:01:02	00:01:00	00:12:09	00:23:19	00:24:36.60	00:25:38.95	+00:08:53 (36.2%)	4:55	12.2 (63.9%)
339	NATYWO Gerard	808	MOLDY UNICORNS	M-30	129	00:01:32	00:01:16	00:12:40	00:23:13	00:24:36.60	00:26:09.10	+00:08:53 (36.2%)	4:55	12.2 (63.9%)
341	STĘPOWSKI Marcel	603		M-10	42	00:00:31	00:00:58	00:11:56	00:23:20	00:24:37.45	00:25:08.95	+00:08:54 (36.2%)	4:55	12.2 (63.9%)
342	CZERNIAK Marcin	1080		M-40	93	00:00:16	00:01:06	00:12:16	00:23:11	00:24:38.10	00:24:54.90	+00:08:55 (36.2%)	4:55	12.2 (63.9%)
343	PIETRYCH Paweł	893		M-20	44	00:01:03	00:01:11	00:12:12	00:23:11	00:24:38.35	00:25:42.25	+00:08:55 (36.2%)	4:55	12.2 (63.9%)
344	NIESTĘPSKI Bartosz	1106		M-30	130	00:00:35	00:01:02	00:12:15	00:23:25	00:24:39.20	00:25:14.40	+00:08:56 (36.3%)	4:55	12.2 (63.9%)
345	OLEJNICZAK Tomasz	1369	NITROCHEM	M-30	131	00:00:32	00:00:59	00:12:00	00:23:16	00:24:39.50	00:25:11.95	+00:08:56 (36.3%)	4:55	12.2 (63.9%)
346	MAJCHRZAK Bartosz	658		M-20	45	00:01:34	00:01:00	00:12:16	00:23:30	00:24:39.65	00:26:14.30	+00:08:56 (36.3%)	4:55	12.2 (63.9%)
347	ZIĘTARA Marek	1338		M-40	94	00:00:05	00:00:56	00:11:59	00:23:15	00:24:41.05	00:24:46.30	+00:08:58 (36.3%)	4:56	12.2 (63.9%)
348	APPEL Oskar	654		M-20	46	00:01:33	00:01:10	00:12:50	00:23:31	00:24:41.15	00:26:14.55	+00:08:58 (36.3%)	4:56	12.2 (63.9%)
349	KUCIŃSKI Artur	311		M-40	95	00:00:16	00:00:57	00:11:49	00:23:14	00:24:41.40	00:24:57.90	+00:08:58 (36.4%)	4:56	12.2 (63.9%)
350	JAWORSKI Krzysztof	1085		M-50	32	00:00:59	00:01:13	00:12:35	00:23:20	00:24:41.60	00:25:40.70	+00:08:58 (36.4%)	4:56	12.2 (63.9%)
351	SKÓRCZEWSKI Jacek	339		M-60+	5	00:00:26	00:00:59	00:11:52	00:23:13	00:24:42.35	00:25:09.25	+00:08:59 (36.4%)	4:56	12.1 (63.4%)
352	PRZYBYLSKI Dariusz	649		M-30	132	00:00:20	00:00:55	00:12:00	00:23:15	00:24:42.45	00:25:02.90	+00:08:59 (36.4%)	4:56	12.1 (63.4%)
353	PIECHOWIAK Jacek	1105		M-50	33	00:00:50	00:00:54	00:12:15	00:23:27	00:24:43.35	00:25:34.10	+00:09:00 (36.4%)	4:56	12.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
354	HŁAWNIAK Zbigniew	770		M-60+	6	00:00:06	00:00:53	00:12:08	00:23:26	00:24:45.80	00:24:52.40	+00:09:03 (36.5%)	4:57	12.1 (63.4%)
355	NURKIEWICZ Jarosław	1116	KUNG FU PANDY 3	M-50	34	00:00:29	00:00:58	00:11:56	00:23:24	00:24:46.20	00:25:15.20	+00:09:03 (36.6%)	4:57	12.1 (63.4%)
356	JANYSKA Adam	535		M-20	47	00:00:39	00:01:00	00:12:22	00:23:38	00:24:47.15	00:25:26.50	+00:09:04 (36.6%)	4:57	12.1 (63.4%)
357	FIKSAT Mateusz	1305		M-30	133	00:00:19		00:11:44	00:23:22	00:24:47.40	00:25:06.90	+00:09:04 (36.6%)	4:57	12.1 (63.4%)
358	CZAJKOWSKI Kamil	135		M-20	48	00:00:16	00:00:56	00:12:06	00:23:27	00:24:48.45	00:25:04.65	+00:09:05 (36.7%)	4:57	12.1 (63.4%)
359	ANTCZAK Paweł	58		M-40	96	00:00:46	00:01:17	00:12:13	00:23:21	00:24:49.40	00:25:35.90	+00:09:06 (36.7%)	4:57	12.1 (63.4%)
360	SULECKI Maciej	1497		M-40	97	00:00:24	00:01:07	00:11:53	00:23:21	00:24:49.65	00:25:13.95	+00:09:06 (36.7%)	4:57	12.1 (63.4%)
361	KARSKI Krzysztof	488		M-10	43	00:01:04	00:00:59	00:12:31	00:23:40	00:24:50.95	00:25:55.90	+00:09:08 (36.8%)	4:58	12.1 (63.4%)
362	CIEŚLIK Jan	1150	LOTTO BYDGOSTIA	M-10	44	00:01:09	00:01:17	00:13:04	00:23:37	00:24:53.90	00:26:03.65	+00:09:11 (36.9%)	4:58	12.1 (63.4%)
363	BIEDROŃ Rafał	183		M-20	49	00:00:08	00:00:56	00:12:16	00:23:40	00:24:55.25	00:25:04.00	+00:09:12 (36.9%)	4:59	12 (62.8%)
364	MIKULSKI Wojciech	1081		M-30	134	00:01:14	00:01:06	00:12:22	00:23:35	00:24:56.90	00:26:11.70	+00:09:14 (37.0%)	4:59	12 (62.8%)
365	PRĘDKI Jarosław	1329		M-30	135	00:00:16	00:01:02	00:12:30	00:23:33	00:24:57.05	00:25:13.05	+00:09:14 (37.0%)	4:59	12 (62.8%)
366	RYGIEWICZ Wojciech	315		M-50	35	00:00:14	00:00:56	00:12:07	00:23:34	00:24:57.55	00:25:12.15	+00:09:14 (37.0%)	4:59	12 (62.8%)
366	OZDARSKI Bartosz	177		M-40	98	00:00:39	00:01:08	00:12:26	00:23:37	00:24:57.55	00:25:36.85	+00:09:14 (37.0%)	4:59	12 (62.8%)
368	CHMURZYŃSKI Tomasz	1134	KSN ŁUCZNICZKA BYDGOSZCZ	M-50	36	00:00:06	00:00:55	00:12:10	00:23:38	00:24:57.70	00:25:03.70	+00:09:14 (37.1%)	4:59	12 (62.8%)
368	LAKS Krzysztof	633		M-30	136	00:00:25	00:01:04	00:12:15	00:23:37	00:24:57.70	00:25:23.10	+00:09:14 (37.1%)	4:59	12 (62.8%)
370	GREŃ Sebastian	1129	KSN ŁUCZNICZKA BYDGOSZCZ	M-30	137	00:00:05	00:00:56	00:12:10	00:23:39	00:24:57.85	00:25:03.60	+00:09:15 (37.1%)	4:59	12 (62.8%)
371	KANTORSKI Zbysław	555	COKE RUNNERS	M-50	37	00:01:02	00:01:04	00:12:14	00:23:34	00:24:58.40	00:26:00.70	+00:09:15 (37.1%)	4:59	12 (62.8%)
372	ŚWIERCZYŃSKI Marcin	71	ATHLETICOMED.PL BYDGOSZCZ	M-30	138	00:00:45	00:01:07	00:12:17	00:23:30	00:24:59.00	00:25:44.50	+00:09:16 (37.1%)	4:59	12 (62.8%)
372	GORGOL Tomasz	163	LP500/WTLENIE	M-40	99	00:00:46	00:00:58	00:12:19	00:23:34	00:24:59.00	00:25:45.85	+00:09:16 (37.1%)	4:59	12 (62.8%)
374	KRÓL Karol	371	TKKF KOLEJARZ BYDGOSZCZ	M-40	100	00:00:25	00:00:52	00:11:56	00:23:37	00:24:59.50	00:25:25.00	+00:09:16 (37.1%)	4:59	12 (62.8%)
375	CIEPŁOWSKI Robert	1107		M-40	101	00:00:56	00:01:02	00:12:31	00:23:38	00:25:00.10	00:25:56.70	+00:09:17 (37.2%)	5:00	12 (62.8%)
376	MASŁOWSKI Łukasz	1491		M-30	139	00:00:11	00:00:58	00:12:25	00:23:48	00:25:00.50	00:25:11.85	+00:09:17 (37.2%)	5:00	12 (62.8%)
377	SZYDLIK Karol	1430		M-20	50	00:01:11	00:01:09	00:12:30	00:23:45	00:25:01.20	00:26:12.30	+00:09:18 (37.2%)	5:00	12 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
378	ŁOJEWSKI Mariusz	1333		M-40	102	00:00:52		00:12:03	00:23:37	00:25:01.75	00:25:54.55	+00:09:18 (37.2%)	5:00	12 (62.8%)
379	PAWLACZYK Paweł	602		M-30	140	00:01:08	00:01:07	00:12:40	00:23:46	00:25:02.25	00:26:10.45	+00:09:19 (37.2%)	5:00	12 (62.8%)
380	JANUSZEWSKI Radosław	536		M-40	103	00:00:00	00:01:16	00:12:31	00:23:38	00:25:02.35	00:25:02.35	+00:09:19 (37.2%)	5:00	12 (62.8%)
381	GOŹDZIK Janek	947	BTW	M-10	45	00:01:25	00:01:06	00:12:06	00:23:40	00:25:04.10	00:26:29.70	+00:09:21 (37.3%)	5:00	12 (62.8%)
382	WIECZOREK Antek	1144	KSN ŁUCZNICZKA BYDGOSZCZ	M-10	46	00:00:07	00:00:53	00:12:11	00:23:34	00:25:04.45	00:25:12.20	+00:09:21 (37.3%)	5:00	12 (62.8%)
382	STĘPIEŃ Tomasz	794		M-40	104	00:01:02	00:01:01	00:12:11	00:23:34	00:25:04.45	00:26:06.60	+00:09:21 (37.3%)	5:00	12 (62.8%)
384	WIECZOREK Paweł	1149	KSN ŁUCZNICZKA BYDGOSZCZ	M-30	141	00:00:07	00:00:53	00:12:11	00:23:34	00:25:04.65	00:25:11.85	+00:09:21 (37.3%)	5:00	12 (62.8%)
385	GRUDA Mirosław	202		M-60+	7	00:00:10	00:00:57	00:12:19	00:23:44	00:25:05.15	00:25:15.30	+00:09:22 (37.4%)	5:01	12 (62.8%)
386	DANIELEK Piotr	1030		M-40	105	00:00:47	00:00:59	00:11:56	00:23:35	00:25:06.30	00:25:53.45	+00:09:23 (37.4%)	5:01	12 (62.8%)
387	SIUDA Piotr	499		M-40	106	00:00:41	00:01:07	00:12:22	00:23:41	00:25:06.50	00:25:47.75	+00:09:23 (37.4%)	5:01	12 (62.8%)
388	KWIATKOWSKI Piotr	520		M-30	142	00:00:32	00:01:04	00:12:34	00:23:41	00:25:06.95	00:25:39.15	+00:09:24 (37.4%)	5:01	12 (62.8%)
389	ŚWIĘCICKI Andrzej	952	BYDGOSKIE ŻÓŁWIE	M-50	38	00:00:48	00:01:06	00:12:27	00:23:42	00:25:07.10	00:25:55.20	+00:09:24 (37.4%)	5:01	11.9 (62.3%)
390	BYRTEK Grzegorz	832	TRIDRIPSY	M-40	107	00:00:00	00:01:47	00:12:34	00:23:43	00:25:07.35	00:25:07.35	+00:09:24 (37.5%)	5:01	11.9 (62.3%)
391	KOSIARSKI Tomasz	1396		M-40	108	00:01:03	00:01:12	00:12:58	00:23:49	00:25:08.40	00:26:11.50	+00:09:25 (37.5%)	5:01	11.9 (62.3%)
392	ŁATKA Marcin	1382		M-40	109	00:00:24	00:00:55	00:12:10	00:23:41	00:25:11.05	00:25:35.55	+00:09:28 (37.6%)	5:02	11.9 (62.3%)
393	OELRICH Henryk	1112	PK TUCHOLA	M-50	39	00:00:47	00:01:06	00:12:22	00:23:48	00:25:12.85	00:26:00.40	+00:09:30 (37.7%)	5:02	11.9 (62.3%)
394	TKACZYK Szymon	813		M-20	51	00:00:46	00:01:02	00:12:20	00:23:51	00:25:13.25	00:25:59.60	+00:09:30 (37.7%)	5:02	11.9 (62.3%)
395	KLEPACZEWSKI Arkadiusz	79		M-30	143	00:00:10	00:01:01	00:12:15	00:23:45	00:25:14.25	00:25:24.65	+00:09:31 (37.7%)	5:02	11.9 (62.3%)
396	WOLSKI Michał	26	OKOLE	M-30	144	00:01:08	00:01:18	00:12:56	00:23:50	00:25:14.65	00:26:23.10	+00:09:31 (37.8%)	5:02	11.9 (62.3%)
397	NIEDBALSKI Paweł	1483	MARTYRIA BYDGOSZCZ	M-40	110	00:01:04	00:01:05	00:12:24	00:23:48	00:25:14.80	00:26:18.90	+00:09:32 (37.8%)	5:02	11.9 (62.3%)
398	PRIETZ Bartosz	239		M-40	111	00:01:02	00:01:11	00:12:56	00:23:58	00:25:15.35	00:26:18.15	+00:09:32 (37.8%)	5:03	11.9 (62.3%)
399	RATAJ Szymon	233		M-10	47	00:00:28	00:01:05	00:12:27	00:23:51	00:25:15.40	00:25:43.70	+00:09:32 (37.8%)	5:03	11.9 (62.3%)
400	CHOJNACKI Patryk	1408		M-20	52	00:00:30	00:01:04	00:12:10	00:23:44	00:25:15.75	00:25:46.60	+00:09:32 (37.8%)	5:03	11.9 (62.3%)
401	RUTKOWSKI Tomasz	63		M-50	40	00:00:31	00:00:57	00:12:12	00:23:50	00:25:16.30	00:25:47.75	+00:09:33 (37.8%)	5:03	11.9 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
402	VILLAVERDE CALVO Eduardo	608		M-40	112	00:01:37	00:01:16	00:13:40	00:23:59	00:25:17.35	00:26:54.60	+00:09:34 (37.9%)	5:03	11.9 (62.3%)
403	PYTLIŃSKI Marek	736	BYDGOSKIE ŻÓŁWIE	M-10	48	00:00:46	00:01:03	00:12:32	00:23:54	00:25:17.75	00:26:04.70	+00:09:34 (37.9%)	5:03	11.9 (62.3%)
404	KUBIAK Błażej	578		M-30	145	00:00:12	00:00:57	00:12:04	00:23:49	00:25:17.85	00:25:29.85	+00:09:35 (37.9%)	5:03	11.9 (62.3%)
405	KOWALEWSKI Marcin	1323		M-40	113	00:00:26	00:01:04	00:12:43	00:23:55	00:25:17.90	00:25:44.80	+00:09:35 (37.9%)	5:03	11.9 (62.3%)
406	ZIAJKO Marcin	136		M-30	146	00:00:07	00:00:57	00:12:23	00:23:56	00:25:19.15	00:25:26.60	+00:09:36 (37.9%)	5:03	11.8 (61.8%)
407	RYDLEWSKI Andrzej	288	TEAM RUDNIK	M-40	114	00:01:13	00:01:07	00:12:47	00:23:59	00:25:20.80	00:26:34.15	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
408	KITOWSKI Hubert	762		M-20	53	00:00:46	00:01:02	00:12:20	00:23:57	00:25:21.15	00:26:07.20	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
409	JAŻWIŃSKI Damian	979		M-20	54	00:00:34	00:00:57	00:11:53	00:24:02	00:25:21.95	00:25:56.60	+00:09:39 (38.1%)	5:04	11.8 (61.8%)
410	GRACZYKOWSKI Jakub	883		M-10	49	00:00:47	00:01:11	00:12:42	00:23:57	00:25:22.15	00:26:09.30	+00:09:39 (38.1%)	5:04	11.8 (61.8%)
411	CIEŚLEWICZ Karol	9	OLAFCREW	M-40	115	00:01:20	00:01:12	00:12:39	00:24:00	00:25:22.25	00:26:42.55	+00:09:39 (38.1%)	5:04	11.8 (61.8%)
412	RATAJ Maciej	78		M-40	116	00:00:28	00:01:04	00:12:27	00:23:54	00:25:22.35	00:25:51.20	+00:09:39 (38.1%)	5:04	11.8 (61.8%)
413	DĄBROWSKI Michał	164	MYLEASE.PL	M-40	117	00:00:50	00:01:08	00:12:43	00:23:58	00:25:22.85	00:26:13.50	+00:09:40 (38.1%)	5:04	11.8 (61.8%)
414	KAWKA Piotr	1113		M-30	147	00:00:28	00:00:59	00:12:19	00:24:03	00:25:23.90	00:25:52.30	+00:09:41 (38.1%)	5:04	11.8 (61.8%)
415	KUBASIAK Artur	632		M-40	118	00:00:08	00:00:50	00:11:51	00:23:47	00:25:24.15	00:25:32.35	+00:09:41 (38.1%)	5:04	11.8 (61.8%)
416	ŚMIGIELSKI Jarosław	1495		M-20	55	00:00:16	00:01:03	00:12:32	00:24:09	00:25:25.70	00:25:42.20	+00:09:42 (38.2%)	5:05	11.8 (61.8%)
417	DROŻYŃSKI Maciej	381		M-30	148	00:00:34	00:01:01	00:12:19	00:23:57	00:25:25.90	00:26:00.60	+00:09:43 (38.2%)	5:05	11.8 (61.8%)
418	MICHALAK Krzysztof	1078		M-30	149	00:01:14	00:01:05	00:12:43	00:24:02	00:25:26.65	00:26:40.85	+00:09:43 (38.2%)	5:05	11.8 (61.8%)
419	RADZIEJEWSKI Tomasz	59	TEAMOCHAL	M-40	119	00:00:25	00:01:02	00:12:25	00:24:04	00:25:29.45	00:25:54.55	+00:09:46 (38.4%)	5:05	11.8 (61.8%)
420	PASEK Szymon	502		M-20	56	00:01:21	00:01:09	00:12:18	00:24:10	00:25:30.95	00:26:52.30	+00:09:48 (38.4%)	5:06	11.8 (61.8%)
421	AGARKOV Pavlo	970	SANSARA	M-30	150	00:00:05	00:00:53	00:12:30	00:24:05	00:25:31.10	00:25:37.00	+00:09:48 (38.4%)	5:06	11.8 (61.8%)
422	IRZA Michał	1176		M-30	151	00:00:50	00:01:06	00:12:43	00:24:12	00:25:36.10	00:26:26.20	+00:09:53 (38.6%)	5:07	11.7 (61.3%)
423	POPA Kamil	1343		M-20	57	00:00:48	00:00:54	00:11:36	00:23:55	00:25:37.10	00:26:25.15	+00:09:54 (38.7%)	5:07	11.7 (61.3%)
424	BARAŃSKI Władysław	828		M-40	120	00:00:24	00:01:02	00:12:42	00:24:17	00:25:39.30	00:26:03.50	+00:09:56 (38.8%)	5:07	11.7 (61.3%)
425	ZAGÓRSKI Artur	105		M-30	152	00:01:18	00:01:12	00:12:46	00:24:12	00:25:39.40	00:26:57.60	+00:09:56 (38.8%)	5:07	11.7 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
426	TORCHALSKI Krzysztof	910		M-60+	8	00:00:42	00:01:13	00:12:58	00:24:15	00:25:39.90	00:26:22.80	+00:09:57 (38.8%)	5:07	11.7 (61.3%)
427	WILK Darek	384		M-40	121	00:00:17	00:01:02	00:12:48	00:24:15	00:25:40.30	00:25:58.00	+00:09:57 (38.8%)	5:08	11.7 (61.3%)
428	HYZY Piotr	343		M-30	153	00:01:00	00:01:18	00:13:31	00:24:22	00:25:43.90	00:26:44.85	+00:10:01 (38.9%)	5:08	11.7 (61.3%)
429	RUTKOWSKI Piotr	1320		M-40	122	00:00:13	00:00:58	00:12:20	00:24:16	00:25:45.05	00:25:58.75	+00:10:02 (39.0%)	5:09	11.7 (61.3%)
430	DOBOSIEWICZ Sebastian	1109		M-40	123	00:00:27	00:00:57	00:12:36	00:24:18	00:25:45.10	00:26:12.50	+00:10:02 (39.0%)	5:09	11.7 (61.3%)
431	PACEK Mirosław	1087		M-50	41	00:01:07	00:01:13	00:12:31	00:24:17	00:25:45.20	00:26:53.10	+00:10:02 (39.0%)	5:09	11.7 (61.3%)
432	ZIEMSKI Dawid	395		M-40	124	00:00:08	00:01:00	00:12:18	00:24:22	00:25:46.20	00:25:54.85	+00:10:03 (39.0%)	5:09	11.6 (60.7%)
433	BAGIŃSKI Aleksander	1361	NITROCHEM	M-50	42	00:00:32	00:00:58	00:12:38	00:24:23	00:25:47.70	00:26:20.15	+00:10:04 (39.1%)	5:09	11.6 (60.7%)
434	POTRZEBOWSKI Marek	747	LIFE BALANCE PLACE AND DEAF	M-40	125	00:00:31	00:01:03	00:12:48	00:24:29	00:25:47.90	00:26:19.05	+00:10:05 (39.1%)	5:09	11.6 (60.7%)
435	GRUBA Jacek	1223	TRISPACE/TREK	M-60+	9	00:00:38	00:01:03	00:12:37	00:24:22	00:25:48.40	00:26:26.95	+00:10:05 (39.1%)	5:09	11.6 (60.7%)
436	SITKO Przemysław	544		M-40	126	00:00:13	00:00:54	00:12:08	00:24:18	00:25:50.25	00:26:03.25	+00:10:07 (39.2%)	5:10	11.6 (60.7%)
436	ZAJĄC Tomasz	43	BIEGAJ Z DĘBAMI	M-50	43	00:01:03	00:01:07	00:12:40	00:24:28	00:25:50.25	00:26:54.10	+00:10:07 (39.2%)	5:10	11.6 (60.7%)
438	BAUMGART Jacek	44	BIEGAJ Z DĘBAMI	M-60+	10	00:01:03	00:01:08	00:12:40	00:24:27	00:25:50.95	00:26:54.40	+00:10:08 (39.2%)	5:10	11.6 (60.7%)
439	KACZMARCZYK Krzysztof	645	BIELPARTNER	M-40	127	00:00:14	00:01:09	00:12:44	00:24:28	00:25:51.00	00:26:05.10	+00:10:08 (39.2%)	5:10	11.6 (60.7%)
440	JAŻWIŃSKI Janusz	737		M-30	154	00:00:20	00:00:59	00:12:34	00:24:21	00:25:51.65	00:26:12.20	+00:10:08 (39.2%)	5:10	11.6 (60.7%)
441	GAZDA Andrzej	1435	NITROCHEM	M-40	128	00:00:37	00:01:11	00:12:52	00:24:21	00:25:51.70	00:26:29.05	+00:10:08 (39.2%)	5:10	11.6 (60.7%)
442	MAŁECKI Mateusz	85		M-10	50	00:00:03	00:00:47	00:12:13	00:24:17	00:25:53.25	00:25:57.05	+00:10:10 (39.3%)	5:10	11.6 (60.7%)
443	GLAMA Stanisław	525		M-50	44	00:01:16	00:01:14	00:13:00	00:24:32	00:25:54.75	00:27:11.50	+00:10:11 (39.4%)	5:10	11.6 (60.7%)
444	SZATKOWSKI Dominik	1399		M-20	58	00:00:45	00:01:09	00:13:01	00:24:36	00:25:54.85	00:26:39.85	+00:10:12 (39.4%)	5:10	11.6 (60.7%)
445	RÓŻYCKI Dariusz	1045	BYDGOSKIE ŻÓŁWIE	M-50	45	00:00:20	00:01:02	00:12:49	00:24:32	00:25:55.45	00:26:15.60	+00:10:12 (39.4%)	5:11	11.6 (60.7%)
446	DERING Tomasz	788	BYDGOSKIE ŻÓŁWIE	M-40	129	00:00:20	00:01:02	00:12:49	00:24:32	00:25:56.60	00:26:16.60	+00:10:13 (39.4%)	5:11	11.6 (60.7%)
447	CIESIELSKI Mateusz	422		M-30	155	00:00:44	00:01:08	00:13:07	00:24:39	00:25:58.05	00:26:42.25	+00:10:15 (39.5%)	5:11	11.6 (60.7%)
448	BRAĞIEL Jakub	741	VEGE RUNNERS	M-40	130	00:01:32	00:01:09	00:12:56	00:24:42	00:25:59.05	00:27:31.30	+00:10:16 (39.5%)	5:11	11.5 (60.2%)
449	JASTER Jakub	547	KLOCKU.PL	M-30	156	00:00:17	00:01:07	00:12:57	00:24:42	00:25:59.50	00:26:17.25	+00:10:16 (39.5%)	5:11	11.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
450	ZIÓŁKOWSKI Marek	1238		M-30	157	00:01:07	00:01:16	00:12:45	00:24:34	00:26:00.20	00:27:07.40	+00:10:17 (39.6%)	5:12	11.5 (60.2%)
451	SURMACZ Marcin	231		M-40	131	00:00:39	00:01:09	00:12:49	00:24:28	00:26:01.20	00:26:41.05	+00:10:18 (39.6%)	5:12	11.5 (60.2%)
452	WIDEROWSKI Kamil	368		M-20	59	00:01:02	00:01:14	00:13:12	00:24:38	00:26:01.40	00:27:04.20	+00:10:18 (39.6%)	5:12	11.5 (60.2%)
453	ZAPARUCHA Mikołaj	942		M-50	46	00:01:10	00:01:16	00:12:55	00:24:43	00:26:02.80	00:27:13.70	+00:10:20 (39.7%)	5:12	11.5 (60.2%)
454	LUZAK Mirosław	1342	TKKF KOLEJARZ BYDGOSZCZ	M-60+	11	00:00:15	00:00:59	00:12:45	00:24:35	00:26:03.45	00:26:19.25	+00:10:20 (39.7%)	5:12	11.5 (60.2%)
455	RĘDZINA Michał	246		M-40	132	00:00:17	00:01:06	00:12:36	00:24:32	00:26:03.75	00:26:20.75	+00:10:20 (39.7%)	5:12	11.5 (60.2%)
456	KARSKI Marcin	486		M-40	133	00:01:25	00:01:13	00:12:59	00:24:45	00:26:05.40	00:27:31.10	+00:10:22 (39.8%)	5:13	11.5 (60.2%)
457	ANDRZEJ Jarosław	1450		M-40	134	00:00:23	00:01:07	00:12:49	00:24:46	00:26:06.15	00:26:29.85	+00:10:23 (39.8%)	5:13	11.5 (60.2%)
458	OLKOWSKI Dariusz	1328		M-30	158	00:00:45	00:01:11	00:13:11	00:24:40	00:26:07.30	00:26:52.80	+00:10:24 (39.8%)	5:13	11.5 (60.2%)
459	KUBIAK Marcin	490	GDAKK	M-20	60	00:00:32	00:01:03	00:12:38	00:24:34	00:26:09.15	00:26:42.10	+00:10:26 (39.9%)	5:13	11.5 (60.2%)
460	KOZAK Adam	534	BB ACIVE TEAM	M-10	51	00:00:14	00:01:14	00:13:17	00:24:53	00:26:14.05	00:26:28.30	+00:10:31 (40.1%)	5:14	11.4 (59.7%)
461	SKOWROŃSKI Szymon	542		M-20	61	00:00:14	00:00:58	00:12:59	00:24:58	00:26:14.35	00:26:28.90	+00:10:31 (40.1%)	5:14	11.4 (59.7%)
462	TOMCZYŃSKI Krystian	178		M-30	159	00:00:51	00:01:12	00:12:40	00:24:44	00:26:14.60	00:27:06.15	+00:10:31 (40.1%)	5:14	11.4 (59.7%)
462	JASIŃSKI Szymon	926		M-30	159	00:00:54	00:01:10	00:12:51	00:24:43	00:26:14.60	00:27:09.40	+00:10:31 (40.1%)	5:14	11.4 (59.7%)
464	RODRIGUEZ GARCIA Manuel	607		M-50	47	00:00:09	00:01:03	00:12:59	00:24:46	00:26:15.00	00:26:24.90	+00:10:32 (40.1%)	5:15	11.4 (59.7%)
465	SCHMIDT Sebastian	215	BB ACTIVE TEAM	M-10	52	00:00:12	00:00:55	00:12:55	00:24:56	00:26:17.70	00:26:30.10	+00:10:34 (40.2%)	5:15	11.4 (59.7%)
466	WOSMAN Janusz	415		M-30	161	00:00:24	00:01:05	00:12:48	00:24:49	00:26:18.20	00:26:42.55	+00:10:35 (40.3%)	5:15	11.4 (59.7%)
467	SAJDAK Marcin	192		M-40	135	00:00:41	00:01:02	00:12:35	00:24:49	00:26:20.55	00:27:02.00	+00:10:37 (40.3%)	5:16	11.4 (59.7%)
468	PIOTEREK Michał	521		M-30	162	00:01:07	00:01:18	00:13:08	00:24:54	00:26:22.10	00:27:30.00	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
469	SULIŃSKI Bogdan	669		M-20	62	00:00:15	00:00:55	00:11:40	00:24:53	00:26:22.15	00:26:37.35	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
470	KOLCZYŃSKI Sebastian	1084		M-30	163	00:01:37	00:01:07	00:13:00	00:25:02	00:26:22.45	00:28:00.15	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
471	SŁOWIŃSKI Sławek	287		M-40	136	00:00:33	00:01:00	00:12:43	00:24:58	00:26:22.75	00:26:56.55	+00:10:39 (40.4%)	5:16	11.4 (59.7%)
472	ŚWIETLIK Grzegorz	143	#ŚWIETLIKITEAM	M-30	164	00:00:37	00:01:01	00:13:08	00:25:01	00:26:23.30	00:27:00.60	+00:10:40 (40.5%)	5:16	11.4 (59.7%)
473	CIEŚLICKI Krzysztof	100	SISU TEAM	M-30	165	00:00:07	00:00:55	00:12:38	00:24:51	00:26:23.65	00:26:30.75	+00:10:40 (40.5%)	5:16	11.4 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
474	MAGIERA Hubert	428		M-40	137	00:00:23	00:01:08	00:13:06	00:24:52	00:26:24.45	00:26:48.30	+00:10:41 (40.5%)	5:16	11.4 (59.7%)
475	KUĆMIERZ Michał	761		M-10	53	00:01:08	00:01:11	00:13:20	00:24:59	00:26:24.75	00:27:32.75	+00:10:41 (40.5%)	5:16	11.4 (59.7%)
476	ŁUKASIEWICZ Krzysztof	1155	MAJA	M-40	138	00:00:25	00:01:05	00:12:59	00:24:57	00:26:25.00	00:26:50.80	+00:10:42 (40.5%)	5:17	11.4 (59.7%)
477	ŚWIDERSKI Bartosz	519		M-20	63	00:00:13	00:00:55	00:13:10	00:25:04	00:26:26.30	00:26:39.40	+00:10:43 (40.6%)	5:17	11.3 (59.2%)
478	POCZTAREK Michał	1472	NITROCHEM	M-40	139	00:00:50	00:01:10	00:13:31	00:24:56	00:26:27.25	00:27:18.00	+00:10:44 (40.6%)	5:17	11.3 (59.2%)
479	KOŁODZIEJSKI Stanisław	886		M-50	48	00:00:33	00:01:01	00:13:07	00:25:09	00:26:27.85	00:27:01.10	+00:10:45 (40.6%)	5:17	11.3 (59.2%)
480	DYBOWSKI Dominik	1416		M-30	166	00:01:14	00:01:13	00:13:20	00:25:08	00:26:28.80	00:27:43.50	+00:10:46 (40.7%)	5:17	11.3 (59.2%)
481	CYGANEK Grzegorz	262	TEAM RUDNIK	M-50	49	00:00:15	00:00:55	00:12:39	00:24:56	00:26:29.70	00:26:45.60	+00:10:46 (40.7%)	5:17	11.3 (59.2%)
482	ŚWIETLIK Piotr	117		M-50	50	00:00:38	00:01:01	00:12:49	00:25:01	00:26:30.75	00:27:09.50	+00:10:47 (40.7%)	5:18	11.3 (59.2%)
483	SZUKALSKI Michał	401	TEAM RUDNIK	M-40	140	00:01:11	00:01:06	00:12:56	00:25:00	00:26:33.15	00:27:44.75	+00:10:50 (40.8%)	5:18	11.3 (59.2%)
484	KAZMIERCZAK Sławomir	701		M-20	64	00:01:18	00:01:11	00:12:47	00:25:05	00:26:33.95	00:27:52.30	+00:10:51 (40.9%)	5:18	11.3 (59.2%)
485	WRZESIŃSKI Jan	1254	THE ORZEŁS	M-20	65	00:00:03	00:00:45	00:12:05	00:25:28	00:26:34.05	00:26:37.85	+00:10:51 (40.9%)	5:18	11.3 (59.2%)
486	GŁOWACKI Tomek	1239		M-40	141	00:00:37	00:01:02	00:12:50	00:25:03	00:26:34.90	00:27:12.40	+00:10:52 (40.9%)	5:18	11.3 (59.2%)
487	KULCZYŃSKI Przemysław	289	TYPYGRUBE	M-40	142	00:00:33	00:01:01	00:12:42	00:25:06	00:26:35.75	00:27:09.15	+00:10:52 (40.9%)	5:19	11.3 (59.2%)
488	NAPIERAŁA Przemysław	809		M-30	167	00:01:12	00:01:09	00:13:06	00:25:04	00:26:37.10	00:27:49.80	+00:10:54 (41.0%)	5:19	11.3 (59.2%)
489	ŻMICH Tomasz	882	WOPR WOJEWÓDZTWA KUJAWSKO-POMORSKIEGO	M-40	143	00:01:26	00:01:13	00:13:26	00:25:11	00:26:38.05	00:28:04.85	+00:10:55 (41.0%)	5:19	11.3 (59.2%)
490	STĘPIEŃ Michał	816	TEAM RUDNIK	M-30	168	00:01:06	00:01:09	00:12:58	00:25:12	00:26:38.20	00:27:44.20	+00:10:55 (41.0%)	5:19	11.3 (59.2%)
491	SZARMACH Stanisław	1300	DIABELSKIE PIORUNY	M-70+	1	00:00:59	00:01:10	00:13:11	00:25:10	00:26:38.95	00:27:37.95	+00:10:56 (41.0%)	5:19	11.3 (59.2%)
492	CIEMNY Wiktor	252		M-10	54	00:00:33	00:01:11	00:13:32	00:25:21	00:26:40.80	00:27:14.45	+00:10:58 (41.1%)	5:20	11.3 (59.2%)
493	CIEMNY Tomasz	248		M-50	51	00:00:33	00:01:11	00:13:32	00:25:21	00:26:41.10	00:27:14.85	+00:10:58 (41.1%)	5:20	11.2 (58.6%)
494	WYSOCKI Jerzy	705	CZARNE STOPY	M-60+	12	00:00:53		00:13:21	00:25:20	00:26:41.40	00:27:34.50	+00:10:58 (41.1%)	5:20	11.2 (58.6%)
495	MODLIŃSKI Miłosz	1079		M-30	169	00:01:12	00:01:08	00:13:04	00:25:18	00:26:44.35	00:27:56.70	+00:11:01 (41.2%)	5:20	11.2 (58.6%)
496	TONDERA-BLIZIŃSKI Artur	1118		M-40	144	00:00:55	00:01:13	00:13:15	00:25:15	00:26:45.70	00:27:41.10	+00:11:02 (41.3%)	5:21	11.2 (58.6%)
497	GROCHOWSKI Jakub	350		M-30	170	00:00:07	00:00:56	00:12:45	00:25:12	00:26:45.85	00:26:53.75	+00:11:03 (41.3%)	5:21	11.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
498	KULKA Marek	334		M-60+	13	00:00:35	00:01:07	00:13:13	00:25:15	00:26:45.90	00:27:21.45	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
499	PIETRASZAK Tomasz	103	RUN BYDGOSZCZ	M-50	52	00:00:42	00:01:07	00:13:09	00:25:16	00:26:46.45	00:27:28.45	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
500	DROZDOWSKI Michał	856	ASTORIA BYDGOSZCZ	M-30	171	00:00:30	00:00:56	00:12:52	00:25:16	00:26:46.70	00:27:16.70	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
501	ŚWIDERSKI Jaromir	1259	ŚLĘZAK TEAM	M-60+	14	00:00:12	00:00:55	00:13:10	00:25:22	00:26:47.10	00:26:59.90	+00:11:04 (41.3%)	5:21	11.2 (58.6%)
502	CZACHÓR Łukasz	1415		M-30	172	00:00:02	00:00:52	00:12:49	00:25:14	00:26:47.15	00:26:49.20	+00:11:04 (41.3%)	5:21	11.2 (58.6%)
503	KUĆMIERZ Mirosław	763		M-50	53	00:01:07	00:01:11	00:13:21	00:25:20	00:26:48.05	00:27:55.85	+00:11:05 (41.4%)	5:21	11.2 (58.6%)
504	WIECZOREK Łukasz	1363		M-30	173	00:00:58	00:01:13	00:13:22	00:25:15	00:26:48.10	00:27:46.80	+00:11:05 (41.4%)	5:21	11.2 (58.6%)
505	ROSSA Przemysław	190		M-20	66	00:00:05	00:00:56	00:13:08	00:25:29	00:26:48.75	00:26:53.75	+00:11:05 (41.4%)	5:21	11.2 (58.6%)
506	NAGORZYSKI Arkadiusz	173	MUD FOXES	M-40	145	00:00:12	00:01:09	00:13:18	00:25:21	00:26:48.80	00:27:01.50	+00:11:06 (41.4%)	5:21	11.2 (58.6%)
507	ROSSA Sławomir	191		M-50	54	00:00:04	00:00:56	00:13:08	00:25:29	00:26:49.05	00:26:53.80	+00:11:06 (41.4%)	5:21	11.2 (58.6%)
508	KOLASIŃSKI Tomasz	619		M-50	55	00:00:26	00:01:06	00:13:21	00:25:18	00:26:52.65	00:27:19.10	+00:11:09 (41.5%)	5:22	11.2 (58.6%)
509	JAKUBCZAK Rafał	640		M-30	174	00:00:14	00:01:01	00:12:49	00:25:19	00:26:53.65	00:27:07.90	+00:11:10 (41.6%)	5:22	11.2 (58.6%)
510	PALIGA Antoni	1007	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-50	56	00:00:16	00:01:01	00:13:23	00:25:23	00:26:53.70	00:27:10.50	+00:11:10 (41.6%)	5:22	11.2 (58.6%)
511	PALIGA Radosław	1009	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-10	55	00:00:16	00:01:03	00:13:24	00:25:24	00:26:53.75	00:27:10.05	+00:11:10 (41.6%)	5:22	11.2 (58.6%)
512	SKONIECZKA Paweł	265		M-10	56	00:00:32	00:01:15	00:13:24	00:25:21	00:26:53.90	00:27:26.05	+00:11:11 (41.6%)	5:22	11.2 (58.6%)
513	MINISZEWSKI Wojtek	1431		M-30	175	00:00:54		00:13:03	00:25:27	00:26:56.45	00:27:50.55	+00:11:13 (41.7%)	5:23	11.1 (58.1%)
514	PALIGA Mateusz	1005	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	67	00:00:13	00:01:03	00:13:27	00:25:26	00:26:57.50	00:27:10.85	+00:11:14 (41.7%)	5:23	11.1 (58.1%)
515	BADOWSKI Krzysztof	1120	KSN ŁUCZNICZKA BYDGOSZCZ	M-60+	15	00:00:41	00:01:15	00:13:48	00:25:32	00:26:57.60	00:27:39.10	+00:11:14 (41.7%)	5:23	11.1 (58.1%)
516	BOROWIEC Michał	565	VENEZUELA TEAM	M-30	176	00:01:23	00:01:10	00:13:33	00:25:35	00:26:58.85	00:28:22.45	+00:11:16 (41.8%)	5:23	11.1 (58.1%)
517	WOŹNIAK Piotr	829		M-30	177	00:00:39	00:01:08	00:13:05	00:25:24	00:26:59.00	00:27:38.20	+00:11:16 (41.8%)	5:23	11.1 (58.1%)
518	BARRIO Javier	620	ESPAÑA	M-40	146	00:00:08	00:00:50	00:12:36	00:25:30	00:27:00.30	00:27:08.60	+00:11:17 (41.8%)	5:24	11.1 (58.1%)
519	KOWALIK Adrian	90		M-30	178	00:00:34	00:01:03	00:13:17	00:25:40	00:27:00.45	00:27:34.65	+00:11:17 (41.8%)	5:24	11.1 (58.1%)
519	GÓRECKI Sławomir	1370	NITROCHEM	M-30	178	00:00:38	00:01:16	00:14:03	00:25:34	00:27:00.45	00:27:39.35	+00:11:17 (41.8%)	5:24	11.1 (58.1%)
521	ORZECZOWSKI Zbigniew	1010	ORZECZ BIEGA	M-40	147	00:00:00	00:01:14	00:13:35	00:25:31	00:27:00.60	00:27:00.60	+00:11:17 (41.8%)	5:24	11.1 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
522	APPEL Karol	879		M-20	68	00:01:32	00:01:11	00:13:23	00:25:46	00:27:02.75	00:28:35.70	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
523	CZYŻNIKIEWICZ Paweł	475		M-30	180	00:00:43	00:01:12	00:13:16	00:25:47	00:27:02.85	00:27:46.75	+00:11:20 (41.9%)	5:24	11.1 (58.1%)
524	SZYPERSKI Sławomir	1266		M-50	57	00:00:19	00:01:06	00:13:05	00:25:31	00:27:03.10	00:27:22.80	+00:11:20 (41.9%)	5:24	11.1 (58.1%)
525	IWIN Patryk	1437	NITROCHEM	M-30	181	00:00:42	00:01:17	00:14:07	00:25:38	00:27:03.15	00:27:45.20	+00:11:20 (41.9%)	5:24	11.1 (58.1%)
525	SZCZETENKO Daniel	1439		M-20	69	00:00:56	00:01:02	00:13:08	00:25:26	00:27:03.15	00:27:59.65	+00:11:20 (41.9%)	5:24	11.1 (58.1%)
527	MAJEWSKI Marcel	251		M-10	57	00:00:29	00:01:05	00:13:19	00:25:39	00:27:06.15	00:27:35.55	+00:11:23 (42.0%)	5:25	11.1 (58.1%)
528	OBRZANOWSKI Maciej	22		M-50	58	00:00:11	00:01:01	00:13:05	00:25:29	00:27:07.10	00:27:18.30	+00:11:24 (42.1%)	5:25	11.1 (58.1%)
529	GROCHALA Michał	95	DĄBROWSKI TEAM	M-30	182	00:00:13	00:00:58	00:13:02	00:25:33	00:27:07.45	00:27:20.90	+00:11:24 (42.1%)	5:25	11.1 (58.1%)
530	TARGOWSKI Marcin	335		M-40	148	00:01:30	00:01:08	00:13:38	00:25:37	00:27:09.15	00:28:39.45	+00:11:26 (42.1%)	5:25	11 (57.6%)
531	DROZDOWSKI Juliusz	553		M-20	70	00:01:24	00:01:13	00:13:12	00:25:38	00:27:10.10	00:28:34.15	+00:11:27 (42.2%)	5:26	11 (57.6%)
532	GACZKOWSKI Paweł	1478	FORDON	M-40	149	00:00:17	00:00:58	00:12:50	00:25:32	00:27:10.15	00:27:27.40	+00:11:27 (42.2%)	5:26	11 (57.6%)
533	SOBCZYŃSKI Michał	845		M-30	183	00:00:57	00:01:12	00:13:31	00:25:45	00:27:10.90	00:28:07.95	+00:11:28 (42.2%)	5:26	11 (57.6%)
534	SOSNA Mikołaj	88	SOS NA START	M-40	150	00:00:52	00:01:03	00:13:08	00:25:35	00:27:11.30	00:28:03.40	+00:11:28 (42.2%)	5:26	11 (57.6%)
535	MIĘKCZYŃSKI Artur	693	POLONIA BYDGOSZCZ	M-30	184	00:00:42	00:01:14	00:13:29	00:25:39	00:27:12.65	00:27:54.95	+00:11:29 (42.3%)	5:26	11 (57.6%)
536	KASPROWICZ Piotr	1252	JW 1515	M-40	151	00:00:20		00:13:26	00:25:45	00:27:13.90	00:27:34.65	+00:11:31 (42.3%)	5:26	11 (57.6%)
537	BARTCZAK Radosław	1500		M-30	185	00:00:45	00:01:07	00:13:21	00:25:43	00:27:14.40	00:28:00.00	+00:11:31 (42.3%)	5:26	11 (57.6%)
538	JASTRZĄB Michał	1287		M-40	152	00:01:02	00:01:12	00:13:25	00:25:45	00:27:15.20	00:28:17.60	+00:11:32 (42.3%)	5:27	11 (57.6%)
539	WALCZAK Maciej	386	TEAM RUDNIK	M-50	59	00:00:33	00:00:58	00:13:02	00:25:39	00:27:17.55	00:27:51.30	+00:11:34 (42.4%)	5:27	11 (57.6%)
540	KOCHAŃSKI Sebastian	1156	KOCHAŚ TEAM	M-30	186	00:00:58		00:13:31	00:25:51	00:27:17.80	00:28:16.00	+00:11:35 (42.4%)	5:27	11 (57.6%)
541	OWCZARZAK Michał	146	RUN BYDGOSZCZ	M-50	60	00:01:11	00:01:18	00:13:28	00:25:47	00:27:19.70	00:28:30.90	+00:11:36 (42.5%)	5:27	11 (57.6%)
542	ZIELIŃSKI Robert	394	KOLOROWE GACIE	M-40	153	00:00:31	00:01:03	00:13:07	00:25:37	00:27:20.05	00:27:51.15	+00:11:37 (42.5%)	5:28	11 (57.6%)
543	CHYLIŃSKI Mateusz	470		M-20	71	00:01:25	00:01:13	00:14:08	00:26:03	00:27:20.45	00:28:45.60	+00:11:37 (42.5%)	5:28	11 (57.6%)
544	JANASZ Krzysztof	319		M-50	61	00:01:14	00:01:18	00:13:48	00:25:51	00:27:20.85	00:28:35.50	+00:11:38 (42.5%)	5:28	11 (57.6%)
545	KOŁODZIEJCZAK Michał	743		M-30	187	00:00:47	00:01:10	00:13:39	00:25:52	00:27:21.10	00:28:08.70	+00:11:38 (42.6%)	5:28	11 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
546	SIUDA Marek	354		M-50	62	00:01:05	00:01:18	00:14:00	00:25:59	00:27:21.65	00:28:27.05	+00:11:38 (42.6%)	5:28	11 (57.6%)
547	WITKOWSKI Maciej	586		M-50	63	00:00:24	00:01:05	00:13:19	00:25:53	00:27:24.30	00:27:48.60	+00:11:41 (42.7%)	5:28	10.9 (57.1%)
548	LECH Marek	991		M-40	154	00:00:58	00:01:20	00:13:59	00:25:55	00:27:24.40	00:28:22.50	+00:11:41 (42.7%)	5:28	10.9 (57.1%)
549	TUREK Mateusz	554		M-30	188	00:00:54	00:01:17	00:14:10	00:25:59	00:27:24.60	00:28:19.40	+00:11:41 (42.7%)	5:28	10.9 (57.1%)
550	HULAJ Jan	1269		M-10	58	00:01:12	00:01:09	00:13:25	00:25:59	00:27:27.65	00:28:40.30	+00:11:44 (42.8%)	5:29	10.9 (57.1%)
551	DĄBROWSKI Tomasz	8		M-40	155	00:00:13	00:01:11	00:13:56	00:26:02	00:27:27.70	00:27:41.40	+00:11:44 (42.8%)	5:29	10.9 (57.1%)
552	RADULSKI Tomasz	492		M-50	64	00:00:51	00:01:06	00:13:18	00:25:45	00:27:28.05	00:28:19.60	+00:11:45 (42.8%)	5:29	10.9 (57.1%)
553	KIJEWSKI Maciej	908	KABEL TEAM BYDGOSZCZ	M-40	156	00:00:59	00:01:10	00:13:08	00:25:57	00:27:28.55	00:28:28.10	+00:11:45 (42.8%)	5:29	10.9 (57.1%)
554	CIESIELSKI Arkadiusz	375		M-50	65	00:00:59	00:01:13	00:13:56	00:25:58	00:27:29.95	00:28:29.70	+00:11:47 (42.9%)	5:29	10.9 (57.1%)
555	RYMER Jarosław	968	7LO BYDGOSZCZ	M-10	59	00:01:17	00:01:10	00:13:43	00:26:08	00:27:32.30	00:28:50.00	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
556	SIUDA Bartosz	222		M-40	157	00:00:06	00:00:58	00:13:07	00:25:55	00:27:32.80	00:27:39.50	+00:11:50 (43.0%)	5:30	10.9 (57.1%)
557	IWIN Jakub	1470	NITROCHEM	M-20	72	00:00:42	00:01:16	00:14:07	00:25:58	00:27:33.40	00:28:15.60	+00:11:50 (43.0%)	5:30	10.9 (57.1%)
558	RYMER Adam	969		M-40	158	00:01:18	00:01:05	00:13:58	00:26:08	00:27:34.90	00:28:53.60	+00:11:52 (43.0%)	5:30	10.9 (57.1%)
559	DZIĘCIOŁOWSKI Łukasz	370		M-30	189	00:00:56	00:01:15	00:13:49	00:26:11	00:27:35.20	00:28:31.50	+00:11:52 (43.0%)	5:31	10.9 (57.1%)
560	ROBACZEWSKI Artur	784		M-50	66	00:01:00	00:01:18	00:13:46	00:26:04	00:27:38.05	00:28:38.10	+00:11:55 (43.1%)	5:31	10.9 (57.1%)
561	DANIEL Tomasz	336		M-40	159	00:01:30	00:01:09	00:13:45	00:26:09	00:27:38.45	00:29:08.45	+00:11:55 (43.2%)	5:31	10.9 (57.1%)
562	GŁOWACKI Kamil	1240		M-20	73	00:00:38	00:01:18	00:13:43	00:26:07	00:27:39.45	00:28:17.75	+00:11:56 (43.2%)	5:31	10.8 (56.5%)
563	LEWANDOWSKI Piotr	1047		M-20	74	00:00:37	00:01:02	00:11:45	00:25:48	00:27:39.65	00:28:17.15	+00:11:56 (43.2%)	5:31	10.8 (56.5%)
564	DWOJAK Artur	517		M-20	75	00:00:17	00:01:07	00:13:02	00:26:04	00:27:40.60	00:27:58.50	+00:11:57 (43.2%)	5:32	10.8 (56.5%)
565	DĄBROWSKI Arkadiusz	333		M-30	190	00:01:51	00:00:58	00:12:51	00:26:14	00:27:43.40	00:29:34.65	+00:12:00 (43.3%)	5:32	10.8 (56.5%)
566	KOWALEWSKI Błażej	710		M-10	60	00:00:57	00:01:16	00:14:07	00:26:29	00:27:46.60	00:28:43.90	+00:12:03 (43.4%)	5:33	10.8 (56.5%)
567	STEFANIAK Michał	1221	ZAWODY WYCIĄGANIA CZEGOŚ Z WODY	M-20	76	00:01:27	00:01:19	00:13:53	00:26:17	00:27:47.00	00:29:14.60	+00:12:04 (43.4%)	5:33	10.8 (56.5%)
568	KOPLINER Mariusz	1070	TEAM RUN GOŁAŃCZ	M-30	191	00:00:21	00:01:01	00:13:06	00:26:06	00:27:47.30	00:28:09.10	+00:12:04 (43.5%)	5:33	10.8 (56.5%)
569	BEJMA Karol	959	TEAM RUN GOŁAŃCZ	M-40	160	00:00:20	00:01:02	00:13:06	00:26:06	00:27:47.75	00:28:08.70	+00:12:04 (43.5%)	5:33	10.8 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
570	BUDZIAK Bartosz	561		M-40	161	00:01:06	00:01:17	00:13:51	00:26:19	00:27:47.90	00:28:54.10	+00:12:05 (43.5%)	5:33	10.8 (56.5%)
571	SZMELTER Michał	849		M-50	67	00:01:09	00:01:09	00:13:26	00:26:19	00:27:47.95	00:28:57.80	+00:12:05 (43.5%)	5:33	10.8 (56.5%)
572	BAK Remigiusz	1002		M-40	162	00:01:06	00:01:11	00:13:27	00:26:13	00:27:48.35	00:28:54.85	+00:12:05 (43.5%)	5:33	10.8 (56.5%)
573	KRYWALD Michał	1041		M-30	192	00:01:21	00:01:10	00:13:53	00:26:28	00:27:49.30	00:29:10.50	+00:12:06 (43.5%)	5:33	10.8 (56.5%)
574	POLASIK Dawid	1371	NITROCHEM	M-40	163	00:00:39	00:01:18	00:14:06	00:26:15	00:27:49.40	00:28:29.10	+00:12:06 (43.5%)	5:33	10.8 (56.5%)
575	KOWALEWSKI Mariusz	709		M-40	164	00:00:57	00:01:17	00:14:07	00:26:29	00:27:50.85	00:28:48.15	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
576	LISIŃSKI Kacper	612		M-20	77	00:00:26	00:01:04	00:13:57	00:26:35	00:27:54.85	00:28:21.00	+00:12:12 (43.7%)	5:34	10.8 (56.5%)
577	MACHNIK Karol	801	ROWEROWE KORONOWO	M-40	165	00:00:37	00:01:19	00:14:23	00:26:39	00:27:55.35	00:28:32.40	+00:12:12 (43.7%)	5:35	10.7 (56.0%)
578	GŁOWACKI Sławomir	754		M-40	166	00:01:17	00:01:18	00:14:16	00:26:23	00:27:56.00	00:29:13.55	+00:12:13 (43.7%)	5:35	10.7 (56.0%)
579	WIŚNIEWSKI Remigiusz	1462		M-50	68	00:00:40	00:01:07	00:13:26	00:26:13	00:27:57.00	00:28:37.60	+00:12:14 (43.8%)	5:35	10.7 (56.0%)
580	DUSZYŃSKI Jan	1024		M-40	167	00:01:01	00:01:20	00:13:51	00:26:22	00:28:00.75	00:29:02.70	+00:12:17 (43.9%)	5:36	10.7 (56.0%)
581	DROCIAK Michał	1074	OGR OSOWA GÓRA RUNNER	M-40	168	00:01:00	00:01:12	00:13:36	00:26:19	00:28:00.80	00:29:01.35	+00:12:18 (43.9%)	5:36	10.7 (56.0%)
582	KWASEK Wojciech	894	KABEL TEAM BYDGOSZCZ	M-50	69	00:00:35	00:01:08	00:13:17	00:26:27	00:28:00.85	00:28:36.00	+00:12:18 (43.9%)	5:36	10.7 (56.0%)
583	MAZUREK Damian	1281		M-30	193	00:00:47	00:01:07	00:13:57	00:26:41	00:28:01.45	00:28:49.20	+00:12:18 (43.9%)	5:36	10.7 (56.0%)
584	CIEŚLEWICZ Waldemar	617		M-50	70	00:00:08	00:01:02	00:13:17	00:26:27	00:28:05.10	00:28:13.85	+00:12:22 (44.1%)	5:37	10.7 (56.0%)
585	BARANOWSKI Adam	652		M-30	194	00:00:08	00:01:03	00:13:17	00:26:27	00:28:05.70	00:28:14.45	+00:12:22 (44.1%)	5:37	10.7 (56.0%)
586	JASIŃSKI Grzegorz	900	JASINSKI.IT	M-30	195	00:00:09	00:01:01	00:14:00	00:26:49	00:28:06.30	00:28:15.90	+00:12:23 (44.1%)	5:37	10.7 (56.0%)
587	GRZYBOWSKI Marek Igor	583	FC PONALEWCE	M-10	61	00:00:26	00:01:12	00:13:53	00:26:36	00:28:07.05	00:28:33.20	+00:12:24 (44.1%)	5:37	10.7 (56.0%)
588	JASKÓLSKI Andrzej	515		M-50	71	00:00:38	00:01:02	00:13:26	00:26:32	00:28:07.10	00:28:46.05	+00:12:24 (44.1%)	5:37	10.7 (56.0%)
589	JASIŃSKI Kacper	899		M-10	62	00:00:09	00:01:01	00:14:00	00:26:48	00:28:07.25	00:28:17.15	+00:12:24 (44.1%)	5:37	10.7 (56.0%)
590	BOROWCZAK Paweł	208		M-30	196	00:01:28	00:01:05	00:13:57	00:26:37	00:28:09.25	00:29:37.70	+00:12:26 (44.2%)	5:37	10.7 (56.0%)
591	SKOPOWSKI Krzysztof	1493	SALUS	M-40	169	00:01:16	00:01:09	00:13:45	00:26:39	00:28:09.85	00:29:26.65	+00:12:27 (44.2%)	5:37	10.7 (56.0%)
592	MICHAŁEK Krzysztof	152		M-20	78	00:00:53	00:01:11	00:13:58	00:26:46	00:28:12.25	00:29:05.80	+00:12:29 (44.3%)	5:38	10.6 (55.5%)
593	CICHOWICZ Marcin	109		M-40	170	00:01:34	00:01:14	00:13:59	00:26:44	00:28:12.50	00:29:47.25	+00:12:29 (44.3%)	5:38	10.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
594	KAPSA Dawid	1473	TRISPACE/TREK	M-40	171	00:00:49	00:00:54	00:13:46	00:26:57	00:28:14.20	00:29:03.35	+00:12:31 (44.4%)	5:38	10.6 (55.5%)
595	WOLNY Tomasz	11		M-40	172	00:00:07	00:00:59	00:13:01	00:26:25	00:28:14.65	00:28:22.10	+00:12:31 (44.4%)	5:38	10.6 (55.5%)
596	PROKOPOWICZ Hubert	1293		M-10	63	00:01:13	00:01:17	00:14:16	00:26:53	00:28:16.15	00:29:29.50	+00:12:33 (44.4%)	5:39	10.6 (55.5%)
597	PASZKIET Witold	452	TKKF KOLEJARZ BYDGOSZCZ	M-60+	16	00:00:48	00:01:09	00:14:02	00:26:37	00:28:16.85	00:29:05.60	+00:12:34 (44.4%)	5:39	10.6 (55.5%)
598	PROKOPOWICZ Paweł	1292		M-40	173	00:01:13	00:01:18	00:14:17	00:26:54	00:28:19.20	00:29:32.70	+00:12:36 (44.5%)	5:39	10.6 (55.5%)
599	ZGÓRSKI Maciej	723		M-40	174	00:00:20	00:01:10	00:13:57	00:26:43	00:28:19.95	00:28:40.05	+00:12:37 (44.5%)	5:39	10.6 (55.5%)
600	BARRI Farkad	187		M-40	175	00:01:03	00:01:11	00:14:00	00:26:47	00:28:20.10	00:29:23.90	+00:12:37 (44.5%)	5:40	10.6 (55.5%)
601	GRZYBOWSKI Marek	580	FC PONALEWCE	M-40	176	00:00:26	00:01:12	00:13:53	00:26:39	00:28:20.55	00:28:47.10	+00:12:37 (44.6%)	5:40	10.6 (55.5%)
602	SOSINSKI Marcin	149		M-40	177	00:00:06	00:00:57	00:13:28	00:26:46	00:28:21.80	00:28:28.20	+00:12:39 (44.6%)	5:40	10.6 (55.5%)
603	OLECHNOWICZ Tomasz	1476	SMB	M-50	72	00:01:36	00:01:11	00:14:47	00:26:58	00:28:22.20	00:29:58.70	+00:12:39 (44.6%)	5:40	10.6 (55.5%)
604	CZYŻNIKIEWICZ Karol	584		M-30	197	00:00:43	00:01:13	00:13:18	00:26:42	00:28:24.15	00:29:07.45	+00:12:41 (44.7%)	5:40	10.6 (55.5%)
605	DAMBECKI Piotr	151	POLISH AIR FORCE FAMILY FAN CLUB	M-50	73	00:00:36		00:13:35	00:26:46	00:28:27.85	00:29:04.50	+00:12:45 (44.8%)	5:41	10.5 (55.0%)
606	BARTNICZAK Bartosz	943		M-20	79	00:01:18	00:01:18	00:14:38	00:27:07	00:28:29.75	00:29:47.80	+00:12:46 (44.9%)	5:41	10.5 (55.0%)
607	KOTECKI Marcin	82		M-40	178	00:00:53	00:01:21	00:14:15	00:26:56	00:28:30.20	00:29:23.60	+00:12:47 (44.9%)	5:42	10.5 (55.0%)
608	JANUSZEWSKI Marcin	141		M-40	179	00:00:52	00:01:21	00:14:16	00:26:57	00:28:31.10	00:29:23.95	+00:12:48 (44.9%)	5:42	10.5 (55.0%)
609	KWASIGROCH Krzysztof	1048	TKKF KOLEJARZ BYDGOSZCZ	M-50	74	00:01:39	00:01:05	00:14:10	00:27:12	00:28:31.65	00:30:11.40	+00:12:48 (44.9%)	5:42	10.5 (55.0%)
610	RYDZKOWSKI Tomasz	325		M-40	180	00:00:37	00:01:18	00:14:12	00:27:00	00:28:32.55	00:29:10.20	+00:12:49 (44.9%)	5:42	10.5 (55.0%)
611	WAWRZYNIAK Andrzej	70	22. ODN	M-60+	17	00:00:42	00:01:17	00:14:08	00:26:52	00:28:33.50	00:29:16.30	+00:12:50 (45.0%)	5:42	10.5 (55.0%)
612	STRZYŻOWSKI Nikodem	417		M-10	64	00:00:51	00:01:07	00:14:11	00:27:08	00:28:34.00	00:29:25.50	+00:12:51 (45.0%)	5:42	10.5 (55.0%)
613	CZARNECKI Sławek	391		M-40	181	00:00:51	00:01:11	00:13:40	00:26:48	00:28:34.75	00:29:26.55	+00:12:51 (45.0%)	5:42	10.5 (55.0%)
614	GAWRYCH Adam	1167		M-30	198	00:01:00	00:01:10	00:13:22	00:26:49	00:28:39.05	00:29:39.70	+00:12:56 (45.2%)	5:43	10.5 (55.0%)
615	KORWEL Robert	1213		M-40	182	00:00:23	00:00:53	00:13:26	00:26:59	00:28:39.75	00:29:03.60	+00:12:56 (45.2%)	5:43	10.5 (55.0%)
616	PUDLICH Krzysztof	726		M-40	183	00:01:22	00:01:14	00:14:07	00:27:07	00:28:41.70	00:30:04.00	+00:12:58 (45.2%)	5:44	10.5 (55.0%)
617	SIKORSKI Norbert	599		M-50	75	00:01:01	00:01:09	00:13:50	00:27:03	00:28:42.55	00:29:43.90	+00:12:59 (45.3%)	5:44	10.5 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
618	KAŹMIERCZAK Paweł	115		M-40	184	00:00:21	00:01:05	00:13:52	00:27:06	00:28:43.40	00:29:04.45	+00:13:00 (45.3%)	5:44	10.4 (54.5%)
619	GREGO Mateusz	24	GREGORKI	M-20	80	00:00:33	00:01:07	00:14:00	00:27:03	00:28:45.10	00:29:18.90	+00:13:02 (45.3%)	5:45	10.4 (54.5%)
620	GMIŃSKI Wojtek	1489		M-10	65	00:00:25	00:01:06	00:14:16	00:27:28	00:28:45.35	00:29:10.95	+00:13:02 (45.4%)	5:45	10.4 (54.5%)
621	DOMBROWSKI Kamil	676	MISIEK TEAM	M-10	66	00:00:15	00:01:07	00:13:59	00:27:16	00:28:47.25	00:29:02.25	+00:13:04 (45.4%)	5:45	10.4 (54.5%)
622	ŻUCHOWSKI Dariusz	1347	TKKF KOLEJARZ BYDGOSZCZ	M-50	76	00:00:42	00:01:03	00:13:42	00:27:08	00:28:48.35	00:29:30.75	+00:13:05 (45.5%)	5:45	10.4 (54.5%)
623	ŚWIETLIK Dawid	453		M-30	199	00:00:39	00:01:05	00:13:38	00:27:10	00:28:48.60	00:29:27.90	+00:13:05 (45.5%)	5:45	10.4 (54.5%)
624	SYBILA Michał	596	VENEZUELA TEAM	M-30	200	00:01:24	00:01:14	00:14:19	00:27:15	00:28:51.10	00:30:15.40	+00:13:08 (45.5%)	5:46	10.4 (54.5%)
625	GRONOWSKI Bartosz	272		M-40	185	00:00:53	00:01:10	00:14:28	00:27:18	00:28:51.95	00:29:45.05	+00:13:09 (45.6%)	5:46	10.4 (54.5%)
626	GORSKI Sławomir	739		M-40	186	00:00:19	00:01:07	00:14:07	00:27:18	00:28:52.90	00:29:12.30	+00:13:10 (45.6%)	5:46	10.4 (54.5%)
627	FIEDLER Krzysztof	1419		M-40	187	00:01:04	00:01:21	00:14:28	00:27:12	00:28:53.30	00:29:57.30	+00:13:10 (45.6%)	5:46	10.4 (54.5%)
628	KOPCZYŃSKI Marcin	216		M-40	188	00:00:49	00:01:16	00:14:37	00:27:23	00:28:53.35	00:29:42.80	+00:13:10 (45.6%)	5:46	10.4 (54.5%)
629	PALACZ Mirosław	1317		M-60+	18	00:01:10	00:01:15	00:13:51	00:27:11	00:28:53.75	00:30:04.40	+00:13:10 (45.6%)	5:46	10.4 (54.5%)
630	KOSIŃSKI Jerzy	887		M-50	77	00:00:06	00:00:57	00:13:27	00:27:07	00:28:55.25	00:29:01.35	+00:13:12 (45.7%)	5:47	10.4 (54.5%)
631	GRZECHULSKI Bartosz	524		M-10	67	00:01:18	00:01:18	00:14:42	00:27:22	00:28:55.35	00:30:14.30	+00:13:12 (45.7%)	5:47	10.4 (54.5%)
632	BISKUPSKI Robert	270		M-40	189	00:00:19	00:01:03	00:13:39	00:27:14	00:28:58.25	00:29:17.40	+00:13:15 (45.8%)	5:47	10.4 (54.5%)
633	SŁOWIŃSKI Adam	259		M-30	201	00:01:27	00:01:10	00:14:24	00:27:27	00:28:59.25	00:30:26.55	+00:13:16 (45.8%)	5:47	10.4 (54.5%)
634	GMIŃSKI Piotr	1488		M-40	190	00:00:25	00:01:06	00:14:16	00:27:28	00:28:59.75	00:29:25.35	+00:13:16 (45.8%)	5:47	10.4 (54.5%)
635	CHĘSY Jacek	332		M-40	191	00:00:55	00:01:11	00:14:15	00:27:14	00:29:00.45	00:29:55.95	+00:13:17 (45.8%)	5:48	10.3 (53.9%)
636	KILKOWSKI Maciej	1028		M-40	192	00:01:03	00:01:15	00:14:19	00:27:30	00:29:02.30	00:30:05.35	+00:13:19 (45.9%)	5:48	10.3 (53.9%)
637	MENDOCHA Kornel	344		M-20	81	00:00:23	00:01:02	00:14:07	00:27:46	00:29:06.10	00:29:29.30	+00:13:23 (46.0%)	5:49	10.3 (53.9%)
638	SPYCHALSKI Krystian	1434	NITROCHEM	M-30	202	00:00:39	00:01:15	00:14:07	00:27:23	00:29:07.65	00:29:47.50	+00:13:24 (46.1%)	5:49	10.3 (53.9%)
639	NOWICKI Krystian	293	1BLOG	M-30	203	00:00:51	00:01:22	00:14:40	00:27:42	00:29:08.65	00:29:59.70	+00:13:25 (46.1%)	5:49	10.3 (53.9%)
640	CZEKALSKI Patryk	383		M-40	193	00:00:46	00:01:19	00:14:54	00:27:48	00:29:09.00	00:29:55.40	+00:13:26 (46.1%)	5:49	10.3 (53.9%)
641	KOWALIK Waldemar	372		M-50	78	00:01:01	00:01:21	00:14:18	00:27:32	00:29:11.45	00:30:13.05	+00:13:28 (46.2%)	5:50	10.3 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
642	SZCZECINA Krzysztof	366		M-40	194	00:00:58	00:01:25	00:14:22	00:27:35	00:29:14.20	00:30:12.90	+00:13:31 (46.3%)	5:50	10.3 (53.9%)
643	KRAJDA Piotr	1398	BBL BYDGOSZCZ	M-40	195	00:00:34	00:01:11	00:14:08	00:27:42	00:29:17.40	00:29:51.70	+00:13:34 (46.4%)	5:51	10.2 (53.4%)
644	PAWEŁKOWSKI Patryk	1372	NITROCHEM	M-30	204	00:00:40	00:01:15	00:14:25	00:27:43	00:29:17.50	00:29:58.00	+00:13:34 (46.4%)	5:51	10.2 (53.4%)
645	REDELBACH Maciej	256		M-30	205	00:00:49		00:14:46	00:27:37	00:29:18.15	00:30:07.90	+00:13:35 (46.4%)	5:51	10.2 (53.4%)
645	GRZESZCZAK Łukasz	929		M-40	196	00:01:30	00:01:16	00:15:14	00:27:48	00:29:18.15	00:30:48.95	+00:13:35 (46.4%)	5:51	10.2 (53.4%)
647	GNIOT Henryk	1173		M-50	79	00:00:50	00:01:16	00:14:32	00:27:41	00:29:19.05	00:30:09.10	+00:13:36 (46.4%)	5:51	10.2 (53.4%)
648	ŁUDZIŃSKI Jakub	1190		M-30	206	00:00:50		00:14:45	00:27:38	00:29:19.85	00:30:09.90	+00:13:37 (46.4%)	5:51	10.2 (53.4%)
649	ŁUDZIŃSKI Marek	257		M-60+	19	00:00:47		00:14:50	00:27:39	00:29:19.90	00:30:07.85	+00:13:37 (46.4%)	5:51	10.2 (53.4%)
650	SMUCZYŃSKI Wojciech	29		M-30	207	00:01:11	00:01:13	00:14:35	00:27:53	00:29:23.15	00:30:34.30	+00:13:40 (46.5%)	5:52	10.2 (53.4%)
651	ZIELIŃSKI Tomasz	679		M-50	80	00:00:55		00:14:55	00:27:54	00:29:25.80	00:30:21.70	+00:13:43 (46.6%)	5:53	10.2 (53.4%)
652	WOŹNIAK Bartłomiej	300		M-40	197	00:01:28	00:01:16	00:14:45	00:27:48	00:29:26.75	00:30:55.60	+00:13:43 (46.6%)	5:53	10.2 (53.4%)
653	LIZOŃ Dawid	33		M-30	208	00:01:23	00:01:12	00:14:38	00:28:02	00:29:30.20	00:30:53.20	+00:13:47 (46.7%)	5:54	10.2 (53.4%)
654	MICHALSKI Maciej	1068		M-30	209	00:00:35	00:01:13	00:14:34	00:28:12	00:29:33.90	00:30:08.90	+00:13:51 (46.9%)	5:54	10.2 (53.4%)
655	TAGLEWSKI Rafał	1375	NITROCHEM	M-40	198	00:00:36	00:01:14	00:14:31	00:27:56	00:29:34.10	00:30:10.65	+00:13:51 (46.9%)	5:54	10.1 (52.9%)
656	WOJCIECHOWSKI Michał	998		M-30	210	00:01:01	00:01:21	00:14:39	00:28:00	00:29:35.05	00:30:36.50	+00:13:52 (46.9%)	5:55	10.1 (52.9%)
657	BADZIŃSKI Jacek	1117		M-40	199	00:00:42	00:01:15	00:14:28	00:27:56	00:29:35.45	00:30:17.85	+00:13:52 (46.9%)	5:55	10.1 (52.9%)
658	WOJTCZAK Arkadiusz	1188		M-30	211	00:00:37	00:01:12	00:14:18	00:27:54	00:29:35.55	00:30:12.75	+00:13:52 (46.9%)	5:55	10.1 (52.9%)
659	TOCZKO Jarosław	1376	NITROCHEM	M-40	200	00:00:35	00:01:15	00:14:31	00:27:56	00:29:35.70	00:30:11.50	+00:13:52 (46.9%)	5:55	10.1 (52.9%)
660	WÓJCIK Tomasz	182		M-50	81	00:00:12	00:01:00	00:13:55	00:27:54	00:29:36.05	00:29:48.05	+00:13:53 (46.9%)	5:55	10.1 (52.9%)
661	QUAAS Mikołaj	1183		M-10	68	00:01:23	00:01:11	00:14:33	00:28:13	00:29:39.20	00:31:03.15	+00:13:56 (47.0%)	5:55	10.1 (52.9%)
662	PAWELCZYK Grzegorz	862		M-20	82	00:00:15	00:01:02	00:13:44	00:27:55	00:29:39.30	00:29:54.95	+00:13:56 (47.0%)	5:55	10.1 (52.9%)
663	QUAAS Łukasz	594		M-40	201	00:01:23	00:01:12	00:14:34	00:28:13	00:29:39.80	00:31:03.35	+00:13:57 (47.0%)	5:55	10.1 (52.9%)
664	BURNICKI Mariusz	1174		M-50	82	00:01:32	00:01:16	00:15:16	00:28:02	00:29:40.00	00:31:12.40	+00:13:57 (47.0%)	5:56	10.1 (52.9%)
665	JANUSZEWSKI Wojciech	1057		M-30	212	00:00:26	00:01:03	00:14:26	00:28:10	00:29:40.95	00:30:07.85	+00:13:58 (47.1%)	5:56	10.1 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
666	MAĆKOWSKI Kacper	593		M-20	83	00:00:39	00:01:04	00:14:32	00:28:06	00:29:42.70	00:30:22.45	+00:13:59 (47.1%)	5:56	10.1 (52.9%)
667	PIETRZYKOWSKI Adam	414	POWAŻNI PRZEDSIĘBIORCY	M-20	84	00:01:12	00:01:16	00:15:07	00:28:18	00:29:43.00	00:30:55.50	+00:14:00 (47.1%)	5:56	10.1 (52.9%)
668	RATAJCZAK Emil	465		M-10	69	00:00:53	00:01:07	00:14:31	00:28:12	00:29:43.40	00:30:37.35	+00:14:00 (47.1%)	5:56	10.1 (52.9%)
669	OLEKSIAK Adam	1499		M-30	213	00:01:12	00:01:19	00:14:26	00:28:12	00:29:43.45	00:30:56.10	+00:14:00 (47.1%)	5:56	10.1 (52.9%)
670	WOJCIESZAK Dariusz	40		M-50	83	00:01:06	00:01:12	00:14:35	00:28:14	00:29:45.50	00:30:52.20	+00:14:02 (47.2%)	5:57	10.1 (52.9%)
671	MIKULSKI Adam	1026	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	M-10	70	00:01:19	00:01:14	00:14:25	00:28:13	00:29:45.90	00:31:04.90	+00:14:03 (47.2%)	5:57	10.1 (52.9%)
672	PILEWSKI Mikołaj	916		M-30	214	00:00:32	00:01:23	00:14:50	00:28:16	00:29:47.45	00:30:20.20	+00:14:04 (47.3%)	5:57	10.1 (52.9%)
673	PUSTELNIK Rafał	1418		M-40	202	00:00:13	00:01:10	00:14:35	00:28:12	00:29:51.70	00:30:04.90	+00:14:08 (47.4%)	5:58	10.1 (52.9%)
674	MALINOWSKI Przemysław	20		M-50	84	00:01:01	00:01:19	00:14:48	00:28:11	00:29:52.90	00:30:53.95	+00:14:10 (47.4%)	5:58	10 (52.4%)
675	URBAŃSKI Piotr	455	RUNTEAMPRUSZCZ	M-50	85	00:01:08	00:01:22	00:15:16	00:28:25	00:29:52.95	00:31:01.90	+00:14:10 (47.4%)	5:58	10 (52.4%)
676	SZURGOT Piotr	994		M-30	215	00:01:07	00:01:17	00:14:55	00:28:16	00:29:57.05	00:31:04.55	+00:14:14 (47.5%)	5:59	10 (52.4%)
677	ŚPICA Grzegorz	433		M-30	216	00:01:27	00:01:11	00:14:10	00:28:38	00:29:58.85	00:31:26.80	+00:14:16 (47.6%)	5:59	10 (52.4%)
678	NOWACKI Rafał	972	RAKIETA ZAMOŚĆ	M-40	203	00:00:53	00:01:12	00:14:44	00:28:21	00:29:59.05	00:30:52.60	+00:14:16 (47.6%)	5:59	10 (52.4%)
679	KURTYSIAK Roman	1059	BYDGOSZCZ NA START	M-50	86	00:01:11	00:01:25	00:15:01	00:28:18	00:29:59.50	00:31:11.05	+00:14:16 (47.6%)	5:59	10 (52.4%)
680	DRZEWIECKI Mikołaj	302		M-30	217	00:00:51	00:01:21	00:15:17	00:28:36	00:29:59.55	00:30:50.75	+00:14:16 (47.6%)	5:59	10 (52.4%)
681	SMOLAREK Szymon	1051	BTW	M-10	71	00:01:17	00:01:11	00:14:48	00:28:33	00:29:59.90	00:31:17.50	+00:14:17 (47.6%)	5:59	10 (52.4%)
682	ISKRA Marcel	234		M-10	72	00:00:59	00:01:24	00:16:30	00:28:39	00:30:00.05	00:31:00.00	+00:14:17 (47.6%)	6:00	10 (52.4%)
683	NAGÓRSKI Ryszard	144		M-60+	20	00:00:44	00:01:08	00:14:18	00:28:19	00:30:03.40	00:30:48.20	+00:14:20 (47.7%)	6:00	10 (52.4%)
684	KSYTA Wojciech	922	3ROTHERHOOD TEAM	M-30	218	00:00:49	00:01:07	00:14:10	00:28:20	00:30:03.75	00:30:53.35	+00:14:20 (47.7%)	6:00	10 (52.4%)
685	GRACZYKOWSKI Marek	781		M-40	204	00:00:52	00:01:20	00:16:00	00:28:44	00:30:05.40	00:30:57.95	+00:14:22 (47.8%)	6:01	10 (52.4%)
686	MAZUR Wojciech	1108	BYDGOSZCZ NA START	M-60+	21	00:00:48	00:01:19	00:15:05	00:28:33	00:30:08.35	00:30:57.10	+00:14:25 (47.9%)	6:01	10 (52.4%)
687	CHRUŚCICKI Paweł	1017	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	M-10	73	00:01:07	00:01:22	00:16:28	00:28:42	00:30:10.20	00:31:18.00	+00:14:27 (47.9%)	6:02	9.9 (51.8%)
688	DUBEL Gracjan	1013	BTW	M-10	74	00:01:07	00:01:21	00:16:29	00:28:47	00:30:10.50	00:31:17.70	+00:14:27 (47.9%)	6:02	9.9 (51.8%)
689	KUTOWSKI Marcel	314	BYDGOSZCZ	M-10	75	00:00:45	00:01:17	00:15:55	00:28:44	00:30:12.95	00:30:57.95	+00:14:30 (48.0%)	6:02	9.9 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
690	ZIOŁECKI Grzegorz	1278		M-30	219	00:01:26	00:01:15	00:15:15	00:28:59	00:30:13.80	00:31:39.90	+00:14:31 (48.0%)	6:02	9.9 (51.8%)
691	CHUDZIŃSKI Konrad	1202		M-20	85	00:01:28	00:01:05	00:14:16	00:28:43	00:30:14.40	00:31:42.70	+00:14:31 (48.0%)	6:02	9.9 (51.8%)
692	LIS Piotr	675		M-40	205	00:00:48	00:01:16	00:15:02	00:28:36	00:30:16.15	00:31:04.75	+00:14:33 (48.1%)	6:03	9.9 (51.8%)
693	TRZCIŃSKI Brian	1242		M-10	76	00:00:11	00:00:58	00:13:36	00:28:37	00:30:18.25	00:30:29.90	+00:14:35 (48.1%)	6:03	9.9 (51.8%)
694	ŁADIŃSKI Kacper	623		M-20	86	00:00:55	00:01:13	00:15:12	00:28:45	00:30:24.00	00:31:19.60	+00:14:41 (48.3%)	6:04	9.9 (51.8%)
695	DOLATA Rafał	935		M-40	206	00:01:26	00:01:15	00:15:30	00:28:52	00:30:24.15	00:31:50.95	+00:14:41 (48.3%)	6:04	9.9 (51.8%)
696	WRZESIŃSKI Wojciech	1207	WOPR WOJEWÓDZTWA KUJAWSKO POMORSKIEGO	M-50	87	00:00:00				00:30:24.55	00:30:24.55	+00:14:41 (48.3%)	6:04	9.9 (51.8%)
697	PODSIEDLIK Zbigniew	1479	22 ODN	M-40	207	00:01:14	00:01:17	00:15:32	00:28:57	00:30:24.65	00:31:39.05	+00:14:41 (48.3%)	6:04	9.9 (51.8%)
698	JAKUBCZAK Łukasz	637		M-40	208	00:00:22	00:01:05	00:14:22	00:28:35	00:30:25.50	00:30:47.90	+00:14:42 (48.4%)	6:05	9.9 (51.8%)
699	JOZWIK Jacek	1042	PARKUN	M-70+	2	00:00:18	00:01:10	00:14:27	00:28:43	00:30:30.40	00:30:49.25	+00:14:47 (48.5%)	6:06	9.8 (51.3%)
700	WALCZAK Krzysztof	1157	NIEZRZESZONY	M-30	220	00:00:54	00:01:09	00:15:00	00:28:57	00:30:31.15	00:31:25.90	+00:14:48 (48.5%)	6:06	9.8 (51.3%)
701	PARTYKA Dawid	225		M-30	221	00:01:31	00:01:19	00:15:22	00:28:52	00:30:31.35	00:32:03.30	+00:14:48 (48.5%)	6:06	9.8 (51.3%)
702	RÓZGA Dariusz	318	DARO BOSS	M-40	209	00:00:50	00:01:15	00:15:15	00:28:52	00:30:32.40	00:31:22.85	+00:14:49 (48.5%)	6:06	9.8 (51.3%)
703	CHROMIŃSKI Fabian	745		M-30	222	00:00:54	00:01:17	00:14:12	00:28:51	00:30:35.25	00:31:30.05	+00:14:52 (48.6%)	6:07	9.8 (51.3%)
704	CHOLEWCZYŃSKI Dariusz	1126	KSN ŁUCZNICZKA BYDGOSZCZ	M-50	88	00:01:40	00:01:15	00:15:21	00:28:54	00:30:36.85	00:32:17.15	+00:14:54 (48.7%)	6:07	9.8 (51.3%)
705	CHYLIŃSKI Igor	484		M-20	87	00:01:24	00:01:16	00:14:50	00:28:51	00:30:36.90	00:32:01.25	+00:14:54 (48.7%)	6:07	9.8 (51.3%)
706	NOWICKI Marek	1143	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	210	00:01:40	00:01:15	00:15:21	00:28:54	00:30:37.00	00:32:17.30	+00:14:54 (48.7%)	6:07	9.8 (51.3%)
707	WESOŁOWSKI Dariusz	681		M-50	89	00:00:58	00:01:14	00:15:08	00:28:58	00:30:37.25	00:31:35.60	+00:14:54 (48.7%)	6:07	9.8 (51.3%)
708	KUKLIŃSKI Rafał	382		M-40	211	00:00:47	00:01:10	00:14:55	00:28:58	00:30:38.40	00:31:26.35	+00:14:55 (48.7%)	6:07	9.8 (51.3%)
709	KARSKI Hubert	489		M-70+	3	00:01:26	00:01:14	00:15:00	00:29:14	00:30:40.00	00:32:06.10	+00:14:57 (48.8%)	6:08	9.8 (51.3%)
710	BANNACH Jakub	1289	NIEPODLEGŁE BLONDYNKI	M-30	223	00:00:30	00:01:23	00:15:09	00:29:03	00:30:40.70	00:31:11.65	+00:14:57 (48.8%)	6:08	9.8 (51.3%)
711	OPALA Marcin	851		M-40	212	00:01:14	00:01:19	00:15:00	00:29:03	00:30:41.45	00:31:56.30	+00:14:58 (48.8%)	6:08	9.8 (51.3%)
712	ANDRZEJEWSKI Tomasz	589	CHICAGO BULLS	M-40	213	00:00:22	00:01:17	00:15:28	00:29:14	00:30:42.75	00:31:05.45	+00:14:59 (48.8%)	6:08	9.8 (51.3%)
713	MAKUSZEWSKI Łukasz	1054		M-40	214	00:00:50	00:01:05	00:14:13	00:29:06	00:30:44.65	00:31:35.35	+00:15:01 (48.9%)	6:08	9.8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
714	GRZANKA Sebastian	665		M-40	215	00:01:06	00:01:14	00:14:40	00:29:02	00:30:47.30	00:31:53.90	+00:15:04 (49.0%)	6:09	9.7 (50.8%)
715	MRUGAŁA Bartosz	1350		M-30	224	00:00:30	00:01:03	00:14:13	00:28:50	00:30:48.50	00:31:18.85	+00:15:05 (49.0%)	6:09	9.7 (50.8%)
716	KRUTUL Maciej	990	ZIELONY PELIKAN	M-50	90	00:01:03	00:01:20	00:15:20	00:29:10	00:30:55.60	00:31:58.90	+00:15:12 (49.2%)	6:11	9.7 (50.8%)
717	WEŁNICKI Paweł	881		M-30	225	00:01:31	00:01:13	00:15:02	00:29:07	00:30:55.80	00:32:27.25	+00:15:13 (49.2%)	6:11	9.7 (50.8%)
718	KASPRZAK Wojciech	249		M-40	216	00:01:15	00:01:14	00:15:06	00:29:19	00:30:59.10	00:32:14.70	+00:15:16 (49.3%)	6:11	9.7 (50.8%)
719	ŁOBODA Andrzej	1311		M-60+	22	00:00:37	00:01:14	00:15:45	00:29:22	00:30:59.20	00:31:36.65	+00:15:16 (49.3%)	6:11	9.7 (50.8%)
720	KUZNIAR Daniel	1139	KSN ŁUCZNICZKA BYDGOSZCZ	M-30	226	00:00:40	00:01:20	00:15:15	00:29:12	00:31:01.85	00:31:42.35	+00:15:19 (49.4%)	6:12	9.7 (50.8%)
721	RETKOWSKI Damian	1424		M-30	227	00:00:25	00:01:14	00:15:24	00:29:34	00:31:03.50	00:31:29.00	+00:15:20 (49.4%)	6:12	9.7 (50.8%)
722	STACHOWICZ Karol	707		M-30	228	00:00:24	00:01:15	00:15:25	00:29:35	00:31:04.50	00:31:29.30	+00:15:21 (49.4%)	6:12	9.7 (50.8%)
723	PAWLIKOWSKI Jacek	390		M-30	229	00:01:28	00:01:16	00:15:54	00:29:34	00:31:05.95	00:32:34.25	+00:15:23 (49.5%)	6:13	9.7 (50.8%)
724	SKOTAREK Kamil	1449		M-10	77	00:00:57	00:01:18	00:16:30	00:29:47	00:31:07.65	00:32:05.35	+00:15:24 (49.5%)	6:13	9.6 (50.3%)
725	WIŚNIEWSKI Jacek	884		M-40	217	00:01:31	00:01:21	00:15:45	00:29:22	00:31:08.40	00:32:39.40	+00:15:25 (49.5%)	6:13	9.6 (50.3%)
726	LISEWSKI Jacek	42	TRI ŚWINKI	M-30	230	00:01:05	00:01:14	00:14:16	00:29:26	00:31:08.90	00:32:14.10	+00:15:26 (49.6%)	6:13	9.6 (50.3%)
727	LEWANDOWSKI Igor	393	FUNDACJA CZAS NA BYDGOSZCZ	M-10	78	00:00:53	00:01:21	00:15:03	00:29:02	00:31:10.45	00:32:04.35	+00:15:27 (49.6%)	6:14	9.6 (50.3%)
728	PALIGA Arkadiusz	1297		M-40	218	00:01:19	00:01:07	00:14:17	00:29:21	00:31:11.80	00:32:31.70	+00:15:29 (49.6%)	6:14	9.6 (50.3%)
729	JAWORSKI Janusz	1212		M-60+	23	00:00:44	00:01:04	00:14:35	00:29:21	00:31:13.45	00:31:57.85	+00:15:30 (49.7%)	6:14	9.6 (50.3%)
730	CZUBKOWSKI Sebastian	1011	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-40	219	00:00:14	00:01:03	00:14:24	00:29:22	00:31:14.70	00:31:29.30	+00:15:31 (49.7%)	6:14	9.6 (50.3%)
731	CIEŚLIK Rafał	1151		M-30	231	00:01:10	00:01:17	00:14:49	00:29:39	00:31:19.25	00:32:29.65	+00:15:36 (49.8%)	6:15	9.6 (50.3%)
732	KAŻMIERCZAK Jakub	718		M-30	232	00:01:00	00:01:20	00:15:55	00:29:46	00:31:20.55	00:32:20.90	+00:15:37 (49.9%)	6:16	9.6 (50.3%)
733	GÓRSKI Łukasz	527		M-30	233	00:00:22	00:01:17	00:15:26	00:29:39	00:31:20.80	00:31:43.75	+00:15:38 (49.9%)	6:16	9.6 (50.3%)
734	DALKIEWICZ Igor	766		M-20	88	00:01:06	00:01:20	00:15:47	00:29:46	00:31:21.50	00:32:27.60	+00:15:38 (49.9%)	6:16	9.6 (50.3%)
735	PRZYBYŁA Paweł	1179		M-30	234	00:00:54	00:01:26	00:16:24	00:30:06	00:31:26.95	00:32:21.25	+00:15:44 (50.0%)	6:17	9.5 (49.7%)
736	PIECHOCIŃSKI Jarosław	933	RINO	M-60+	24	00:00:33	00:01:11	00:15:06	00:29:46	00:31:28.45	00:32:01.65	+00:15:45 (50.1%)	6:17	9.5 (49.7%)
737	SMUŁKA Patryk	72		M-30	235	00:00:27	00:01:14	00:15:54	00:29:43	00:31:28.60	00:31:55.80	+00:15:45 (50.1%)	6:17	9.5 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
738	KOŹMA Paweł	840		M-40	220	00:00:47	00:01:22	00:15:33	00:29:41	00:31:28.75	00:32:15.85	+00:15:45 (50.1%)	6:17	9.5 (49.7%)
739	RUMIŃSKI Adam	597	SZURUSIE TEAM	M-30	236	00:01:43	00:01:05	00:14:52	00:29:45	00:31:31.85	00:33:15.65	+00:15:49 (50.2%)	6:18	9.5 (49.7%)
740	ROJEWSKI Jarosław	1349	KS PAPA JERRY 84	M-30	237	00:00:58	00:01:23	00:15:57	00:29:48	00:31:32.00	00:32:30.10	+00:15:49 (50.2%)	6:18	9.5 (49.7%)
741	PRIEWE Paweł	1274	DYNAMO SKARPA	M-40	221	00:01:01	00:01:18	00:15:34	00:29:59	00:31:34.35	00:32:36.15	+00:15:51 (50.2%)	6:18	9.5 (49.7%)
742	JAROCHA Michał	476		M-30	238	00:00:53	00:01:14	00:15:45	00:30:01	00:31:37.10	00:32:30.50	+00:15:54 (50.3%)	6:19	9.5 (49.7%)
743	ANESZKO Bartek	871		M-30	239	00:01:30	00:01:22	00:15:44	00:29:58	00:31:40.20	00:33:10.70	+00:15:57 (50.4%)	6:20	9.5 (49.7%)
744	KOSZOWSKI Leszek	758		M-40	222	00:00:42	00:01:19	00:15:21	00:29:51	00:31:40.40	00:32:23.00	+00:15:57 (50.4%)	6:20	9.5 (49.7%)
745	ŚWIERCZYŃSKI Michał	791		M-40	223	00:01:15	00:01:15	00:15:10	00:30:04	00:31:41.25	00:32:57.20	+00:15:58 (50.4%)	6:20	9.5 (49.7%)
746	WIECZOREK Michał	1245		M-20	89	00:01:37	00:01:18	00:16:04	00:30:08	00:31:43.60	00:33:20.90	+00:16:00 (50.5%)	6:20	9.5 (49.7%)
747	KUBIAK Rafał	509		M-40	224	00:01:32	00:01:20	00:16:10	00:30:06	00:31:44.45	00:33:16.85	+00:16:01 (50.5%)	6:20	9.5 (49.7%)
748	BORZYSZKOWSKI Grzegorz	298	STARY FORDON	M-40	225	00:00:16	00:01:03	00:15:02	00:30:09	00:31:47.30	00:32:04.00	+00:16:04 (50.6%)	6:21	9.4 (49.2%)
749	GROCHAL Patryk	880	KS SZOSA ŻNIN	M-30	240	00:01:11	00:01:21	00:18:09	00:30:16	00:31:48.95	00:33:00.55	+00:16:06 (50.6%)	6:21	9.4 (49.2%)
750	DOBIJA Jakub	722		M-30	241	00:01:08	00:01:27	00:16:08	00:30:04	00:31:54.70	00:33:03.25	+00:16:11 (50.8%)	6:22	9.4 (49.2%)
751	SIUDZIŃSKA-BESS Anna	75		M-30	242	00:00:24	00:01:14	00:15:35	00:30:08	00:31:55.90	00:32:20.30	+00:16:13 (50.8%)	6:23	9.4 (49.2%)
752	CIECHANOWSKI Oskar	564	MAXIMUS-KLUB	M-10	79	00:01:03	00:01:11	00:14:58	00:30:07	00:31:56.35	00:33:00.00	+00:16:13 (50.8%)	6:23	9.4 (49.2%)
753	SZKOPIAK Marcin	116		M-40	226	00:01:04	00:01:22	00:15:49	00:30:38	00:32:08.90	00:33:13.80	+00:16:26 (51.1%)	6:25	9.3 (48.7%)
754	WIOSNA Tomasz	647		M-30	243	00:01:20	00:01:15	00:16:07	00:30:24	00:32:10.30	00:33:30.30	+00:16:27 (51.2%)	6:26	9.3 (48.7%)
755	STOIŃSKI Paweł	691		M-30	244	00:01:18	00:01:21	00:15:48	00:30:24	00:32:10.65	00:33:28.65	+00:16:27 (51.2%)	6:26	9.3 (48.7%)
756	GREGO Marcel	23	GREGORKI	M-10	80	00:00:33	00:01:08	00:14:23	00:30:12	00:32:11.90	00:32:45.30	+00:16:29 (51.2%)	6:26	9.3 (48.7%)
757	LEWANDOWSKI Tomasz	841		M-40	227	00:00:55	00:01:13	00:15:57	00:30:28	00:32:14.95	00:33:09.95	+00:16:32 (51.3%)	6:26	9.3 (48.7%)
758	OBREMSKI Jacek	919	BYDGOSKIE TOWARZYSTWO WIOSLARSKIE	M-10	81	00:01:07	00:01:21	00:16:29	00:31:03	00:32:24.05	00:33:31.55	+00:16:41 (51.5%)	6:28	9.3 (48.7%)
759	DOLNY Andrzej	1410		M-40	228	00:01:01	00:01:20	00:16:15	00:30:42	00:32:24.45	00:33:26.15	+00:16:41 (51.5%)	6:28	9.3 (48.7%)
760	KASZUBOWSKI Daniel	120		M-30	245	00:01:35	00:01:09	00:15:16	00:30:32	00:32:28.95	00:34:04.55	+00:16:46 (51.6%)	6:29	9.2 (48.2%)
761	NIEMIELEWSKI Aleksander	495		M-20	90	00:00:48	00:01:17	00:15:04	00:31:00	00:32:29.20	00:33:17.25	+00:16:46 (51.6%)	6:29	9.2 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
762	QUAAS Mateusz	1189		M-10	82	00:01:26	00:01:14	00:15:01	00:30:54	00:32:29.65	00:33:55.95	+00:16:46 (51.6%)	6:29	9.2 (48.2%)
763	FIUT Kazimierz	1125	KSN ŁUCZNICZKA BYDGOSZCZ	M-60+	25	00:00:40	00:01:21	00:15:36	00:30:29	00:32:32.15	00:33:12.80	+00:16:49 (51.7%)	6:30	9.2 (48.2%)
764	ZALIŃSKI Przemysław	546		M-20	91	00:00:20	00:01:14	00:15:54	00:30:54	00:32:34.15	00:32:55.05	+00:16:51 (51.8%)	6:30	9.2 (48.2%)
765	ŁUCZKOWSKI Rafał	1309		M-30	246	00:00:56	00:01:25	00:16:01	00:30:44	00:32:37.10	00:33:33.25	+00:16:54 (51.8%)	6:31	9.2 (48.2%)
766	SYGNECKI Marcin	4		M-40	229	00:01:12	00:01:16	00:15:33	00:31:03	00:32:39.80	00:33:52.45	+00:16:57 (51.9%)	6:31	9.2 (48.2%)
767	SZARAFIŃSKI Waldemar	1241		M-50	91	00:00:55	00:01:16	00:14:57	00:30:43	00:32:41.15	00:33:36.55	+00:16:58 (51.9%)	6:32	9.2 (48.2%)
768	SEKUŁA Krzysztof	365		M-40	230	00:00:59	00:01:23	00:15:44	00:31:01	00:32:43.35	00:33:43.10	+00:17:00 (52.0%)	6:32	9.2 (48.2%)
769	WIŚNIEWSKI Adrian	685		M-20	92	00:00:30	00:01:12	00:14:54	00:30:57	00:32:48.75	00:33:18.80	+00:17:05 (52.1%)	6:33	9.1 (47.6%)
770	WITKOWSKI Marcin	1083		M-20	93	00:00:30	00:01:12	00:14:54	00:30:58	00:32:49.20	00:33:19.30	+00:17:06 (52.1%)	6:33	9.1 (47.6%)
771	SKONIECZKA Marek	975		M-40	231	00:00:32		00:15:40	00:31:05	00:32:49.30	00:33:21.45	+00:17:06 (52.1%)	6:33	9.1 (47.6%)
772	ALEXANDER Marek	967		M-50	92	00:00:49	00:01:12	00:15:47	00:30:56	00:32:49.55	00:33:39.30	+00:17:06 (52.1%)	6:33	9.1 (47.6%)
773	MALINOWSKI Jakub	21		M-10	83	00:01:02	00:01:20	00:16:44	00:31:18	00:32:53.80	00:33:55.95	+00:17:11 (52.2%)	6:34	9.1 (47.6%)
774	KOWALSKI Szymon	1165		M-10	84	00:00:29	00:01:02	00:15:38	00:31:14	00:32:57.80	00:33:26.80	+00:17:15 (52.3%)	6:35	9.1 (47.6%)
775	FELCZYKOWSKI Piotr	389		M-40	232	00:00:59	00:01:26	00:15:42	00:31:01	00:33:00.60	00:34:00.50	+00:17:17 (52.4%)	6:36	9.1 (47.6%)
776	URBAŃSKI Tomasz	363		M-40	233	00:00:58	00:01:26	00:15:45	00:31:02	00:33:01.35	00:34:00.20	+00:17:18 (52.4%)	6:36	9.1 (47.6%)
777	KRAWCZUK Andrzej	668	BT-ELBLĄG BARTNICKI TEAM	M-60+	26	00:00:44	00:01:27	00:16:26	00:31:12	00:33:01.45	00:33:45.90	+00:17:18 (52.4%)	6:36	9.1 (47.6%)
778	ADAM Jarosław	500		M-20	94	00:00:55	00:01:24	00:16:20	00:31:20	00:33:02.05	00:33:58.00	+00:17:19 (52.4%)	6:36	9.1 (47.6%)
779	RZEP CZYŃSKI Tomasz	186	GRYF	M-40	234	00:01:01	00:01:15	00:15:37	00:31:29	00:33:03.10	00:34:04.10	+00:17:20 (52.5%)	6:36	9.1 (47.6%)
780	CZUBEK Konrad	892		M-10	85	00:01:38	00:01:01	00:15:01	00:31:07	00:33:03.25	00:34:42.10	+00:17:20 (52.5%)	6:36	9.1 (47.6%)
781	SZYMAŃSKI Radosław	838		M-20	95	00:00:15	00:01:01	00:15:53	00:31:13	00:33:03.45	00:33:18.80	+00:17:20 (52.5%)	6:36	9.1 (47.6%)
782	SIERADZKI Antoni	15		M-10	86	00:01:13	00:01:18	00:14:44	00:31:28	00:33:05.30	00:34:18.70	+00:17:22 (52.5%)	6:37	9.1 (47.6%)
783	KAZUBOWSKI Jeremiasz	1318	KAZUBKI TEAM	M-20	96	00:00:51	00:01:15	00:15:49	00:31:27	00:33:06.55	00:33:57.80	+00:17:23 (52.5%)	6:37	9.1 (47.6%)
784	DAMBECKI Mateusz	938		M-20	97	00:00:27		00:15:30	00:31:27	00:33:09.25	00:33:37.05	+00:17:26 (52.6%)	6:37	9 (47.1%)
785	PALACZ Dawid	188	SP60	M-10	87	00:00:35	00:01:14	00:15:47	00:31:46	00:33:10.35	00:33:46.10	+00:17:27 (52.6%)	6:38	9 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
786	OLECHNOWICZ Maciej	1475	ELEKTRONIK	M-10	88	00:01:36	00:01:11	00:15:45	00:31:48	00:33:10.60	00:34:47.25	+00:17:27 (52.6%)	6:38	9 (47.1%)
787	BRUDNICKI Jakub	1027	BTW	M-10	89	00:01:06	00:01:22	00:16:29	00:31:28	00:33:10.65	00:34:16.90	+00:17:27 (52.6%)	6:38	9 (47.1%)
788	MAZUR Krzysztof	261	BIEGAJ Z DĘBAMI	M-60+	27	00:01:30	00:01:18	00:16:04	00:31:24	00:33:14.70	00:34:44.90	+00:17:31 (52.7%)	6:38	9 (47.1%)
789	ISKRA Jacek	236		M-50	93	00:01:00	00:01:23	00:16:31	00:31:37	00:33:15.70	00:34:15.75	+00:17:32 (52.8%)	6:39	9 (47.1%)
790	KOWALSKI Łukasz	1166		M-10	90	00:00:28	00:01:06	00:15:32	00:31:20	00:33:19.05	00:33:47.65	+00:17:36 (52.8%)	6:39	9 (47.1%)
791	ZALEWSKI Łukasz	258		M-40	235	00:01:02	00:01:20	00:15:57	00:31:27	00:33:21.20	00:34:23.90	+00:17:38 (52.9%)	6:40	9 (47.1%)
792	LELONKIEWICZ Krzysztof	104		M-50	94	00:00:36	00:01:17	00:15:32	00:31:19	00:33:22.40	00:33:58.60	+00:17:39 (52.9%)	6:40	9 (47.1%)
793	BAWÓŁ Bartosz	1154		M-20	98	00:00:59	00:01:20	00:16:23	00:31:48	00:33:27.80	00:34:26.95	+00:17:45 (53.0%)	6:41	9 (47.1%)
794	MADAJEWSKI Łukasz	868	BRAK	M-40	236	00:00:51	00:01:11	00:15:58	00:31:48	00:33:34.90	00:34:26.25	+00:17:52 (53.2%)	6:42	8.9 (46.6%)
795	SARNECKI Adrian	955		M-40	237	00:00:27	00:01:21	00:16:43	00:31:38	00:33:35.95	00:34:03.30	+00:17:53 (53.2%)	6:43	8.9 (46.6%)
796	WIŚNIEWSKI Marek	636		M-40	238	00:00:29	00:01:23	00:16:21	00:31:58	00:33:37.35	00:34:06.95	+00:17:54 (53.3%)	6:43	8.9 (46.6%)
797	DORNIAK Krzysztof	97		M-40	239	00:01:11	00:01:09	00:16:04	00:31:39	00:33:37.95	00:34:49.55	+00:17:55 (53.3%)	6:43	8.9 (46.6%)
798	ORZECHOWSKI Patryk	1377	NITROCHEM	M-30	247	00:00:38	00:01:20	00:16:21	00:32:00	00:33:39.90	00:34:18.15	+00:17:57 (53.3%)	6:43	8.9 (46.6%)
799	KRZESZEWSKI Jakub	986		M-40	240	00:00:43	00:01:25	00:16:45	00:31:58	00:33:42.85	00:34:26.00	+00:18:00 (53.4%)	6:44	8.9 (46.6%)
800	PUZYREWSKI Michał	496	ASTORIA BYDGOSZCZ	M-40	241	00:00:28	00:01:12	00:16:06	00:32:02	00:33:43.35	00:34:11.85	+00:18:00 (53.4%)	6:44	8.9 (46.6%)
800	ŻEBROWSKI Jakub	1219		M-30	248	00:01:05	00:01:26	00:17:18	00:32:01	00:33:43.35	00:34:48.85	+00:18:00 (53.4%)	6:44	8.9 (46.6%)
802	SIENKIEWICZ Sebastian	1467		M-10	91	00:00:24	00:01:12	00:16:50	00:32:12	00:33:47.05	00:34:11.85	+00:18:04 (53.5%)	6:45	8.9 (46.6%)
803	KWIATKOWSKI Roman	459		M-60+	28	00:00:34	00:01:25	00:16:46	00:32:01	00:33:50.45	00:34:25.05	+00:18:07 (53.6%)	6:46	8.9 (46.6%)
804	KRAJEWSKI Adam	471		M-50	95	00:01:21	00:01:22	00:16:26	00:32:03	00:33:52.60	00:35:14.10	+00:18:09 (53.6%)	6:46	8.9 (46.6%)
805	GRUSZKA Marek	403	NIEZRZESZONY	M-60+	29	00:00:25	00:01:07	00:16:02	00:32:07	00:33:56.10	00:34:21.80	+00:18:13 (53.7%)	6:47	8.8 (46.1%)
806	CHROSTOWSKI Adam	1290		M-20	99	00:00:43	00:01:14	00:16:16	00:32:06	00:33:58.20	00:34:41.90	+00:18:15 (53.7%)	6:47	8.8 (46.1%)
807	PIĄTEK Andrzej	526		M-70+	4	00:01:03	00:01:20	00:16:16	00:32:04	00:34:00.70	00:35:04.00	+00:18:17 (53.8%)	6:48	8.8 (46.1%)
808	MAJEWSKI Mirosław	978		M-60+	30	00:00:21	00:01:25	00:17:12	00:32:15	00:34:02.85	00:34:23.85	+00:18:20 (53.8%)	6:48	8.8 (46.1%)
809	MONDRY Waldemar	901		M-50	96	00:00:22	00:01:14	00:12:43	00:32:20	00:34:16.45	00:34:39.00	+00:18:33 (54.2%)	6:51	8.8 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
810	STOŹEK Michał	174		M-40	242	00:01:21	00:01:24	00:16:55	00:32:26	00:34:21.10	00:35:42.95	+00:18:38 (54.3%)	6:52	8.7 (45.5%)
811	RATAJCZAK Filip	464		M-10	92	00:00:52	00:01:06	00:14:42	00:32:34	00:34:22.45	00:35:15.25	+00:18:39 (54.3%)	6:52	8.7 (45.5%)
812	KUKUŁA Piotr	1201		M-30	249	00:01:09	00:01:18	00:16:55	00:32:56	00:34:38.35	00:35:48.15	+00:18:55 (54.6%)	6:55	8.7 (45.5%)
813	CZURYK Bartosz	560	CZURYKI	M-40	243	00:01:23	00:01:20	00:16:57	00:32:47	00:34:39.20	00:36:02.20	+00:18:56 (54.7%)	6:55	8.7 (45.5%)
814	GRZECHULSKI Dariusz	522		M-40	244	00:01:20	00:01:30	00:18:03	00:33:03	00:34:41.75	00:36:02.20	+00:18:58 (54.7%)	6:56	8.6 (45.0%)
815	OSTROWSKI Lukasz	162		M-30	250	00:01:50	00:01:17	00:17:16	00:32:53	00:34:41.90	00:36:32.00	+00:18:59 (54.7%)	6:56	8.6 (45.0%)
816	GOTOWICZ Mariusz	404	KDG GOTOWICZ	M-60+	31	00:00:49	00:01:16	00:16:51	00:33:04	00:34:57.15	00:35:46.20	+00:19:14 (55.0%)	6:59	8.6 (45.0%)
817	WIŚNIEWSKI Krzysztof	559	TRISPACE/TREK	M-50	97	00:00:49	00:01:23	00:17:09	00:33:12	00:35:10.40	00:35:59.85	+00:19:27 (55.3%)	7:02	8.5 (44.5%)
818	SKRĘTNY Adam	131		M-30	251	00:00:48	00:01:28	00:18:19	00:33:28	00:35:10.45	00:35:58.80	+00:19:27 (55.3%)	7:02	8.5 (44.5%)
819	MREŁA Adrian	634		M-40	245	00:01:28	00:01:20	00:17:21	00:33:29	00:35:10.50	00:36:39.30	+00:19:27 (55.3%)	7:02	8.5 (44.5%)
820	RÓŻOWICZ Roman	1404		M-60+	32	00:01:29	00:01:19	00:17:20	00:33:28	00:35:24.20	00:36:53.40	+00:19:41 (55.6%)	7:04	8.5 (44.5%)
821	MURAWKA Łukasz	538		M-40	246	00:01:18	00:01:16	00:16:36	00:33:18	00:35:26.25	00:36:44.85	+00:19:43 (55.7%)	7:05	8.5 (44.5%)
822	PREDER Bartosz	299		M-40	247	00:01:05	00:01:21	00:16:58	00:33:22	00:35:31.60	00:36:37.40	+00:19:48 (55.8%)	7:06	8.4 (44.0%)
823	KOLCZYŃSKI Dawid	460		M-20	100	00:01:37	00:01:14	00:16:56	00:33:55	00:35:34.40	00:37:11.60	+00:19:51 (55.8%)	7:06	8.4 (44.0%)
824	KALACZYŃSKI Grzegorz	948		M-50	98	00:01:18	00:01:27	00:17:29	00:33:33	00:35:34.45	00:36:52.80	+00:19:51 (55.8%)	7:06	8.4 (44.0%)
825	ORDON Jakub	1065	BTW BYDGOSZCZ	M-10	93	00:01:22	00:01:16	00:16:38	00:33:54	00:35:43.80	00:37:06.60	+00:20:01 (56.0%)	7:08	8.4 (44.0%)
826	MANDRA Wojciech	1248		M-30	252	00:01:25	00:01:18	00:17:02	00:33:48	00:35:51.65	00:37:17.45	+00:20:08 (56.2%)	7:10	8.4 (44.0%)
827	RAJS Arkadiusz	1291		M-50	99	00:01:18	00:01:22	00:17:27	00:33:59	00:35:57.50	00:37:15.80	+00:20:14 (56.3%)	7:11	8.3 (43.5%)
828	MARCHLEWICZ Artur	1272		M-30	253	00:00:29	00:01:04	00:16:58	00:34:10	00:36:06.10	00:36:35.25	+00:20:23 (56.5%)	7:13	8.3 (43.5%)
829	LIPSKI Krzysztof	1460		M-40	248	00:01:30	00:01:21	00:16:59	00:33:53	00:36:06.50	00:37:36.70	+00:20:23 (56.5%)	7:13	8.3 (43.5%)
830	GUTKOWSKI Marek	1115	FREE RUN JUST FOR FUN	M-40	249	00:01:42	00:01:29	00:17:47	00:34:28	00:36:12.80	00:37:55.30	+00:20:30 (56.6%)	7:14	8.3 (43.5%)
831	BURY Tomasz	377		M-30	254	00:00:19	00:01:15	00:17:18	00:34:13	00:36:13.60	00:36:32.90	+00:20:30 (56.6%)	7:14	8.3 (43.5%)
832	BARAŃCZAK Paweł	160		M-30	255	00:01:10	00:01:23	00:17:59	00:34:32	00:36:30.05	00:37:40.80	+00:20:47 (57.0%)	7:18	8.2 (42.9%)
833	JAROSZEWSKI Filip	1421		M-10	94	00:00:16	00:01:11	00:17:25	00:34:47	00:36:33.65	00:36:50.15	+00:20:50 (57.0%)	7:18	8.2 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
834	BINDER Sebastian	353		M-30	256	00:00:57	00:01:14	00:16:30	00:34:14	00:36:39.20	00:37:36.50	+00:20:56 (57.1%)	7:19	8.2 (42.9%)
835	KUTOWSKI Janusz	310	BYDGOSZCZ	M-50	100	00:00:45	00:01:18	00:17:25	00:34:34	00:36:47.75	00:37:33.55	+00:21:04 (57.3%)	7:21	8.2 (42.9%)
836	SUCHOCKI Kamil	1444		M-30	257	00:01:09	00:01:23	00:17:23	00:35:17	00:37:02.05	00:38:11.90	+00:21:19 (57.6%)	7:24	8.1 (42.4%)
837	OLSZEWSKI Mikołaj	1073		M-30	258	00:01:39	00:01:17	00:16:12	00:35:20	00:37:03.15	00:38:42.45	+00:21:20 (57.6%)	7:24	8.1 (42.4%)
838	GOŁĘBIEWSKI Paweł	280		M-40	250	00:01:15	00:01:25	00:18:29	00:35:40	00:37:05.20	00:38:20.85	+00:21:22 (57.6%)	7:25	8.1 (42.4%)
839	MICHNA Paweł	1121	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	251	00:00:44	00:01:26	00:17:52	00:35:26	00:37:16.85	00:38:01.55	+00:21:34 (57.9%)	7:27	8.1 (42.4%)
840	PERZ Daniel	1455		M-30	259	00:01:09	00:01:22	00:17:21	00:35:17	00:37:17.55	00:38:27.35	+00:21:34 (57.9%)	7:27	8 (41.9%)
841	CZEPULONIS Karol	324		M-20	101	00:01:28	00:01:17	00:17:09	00:35:31	00:37:19.20	00:38:47.70	+00:21:36 (57.9%)	7:27	8 (41.9%)
842	ORZECHOWSKI Bartosz	1367	NITROCHEM	M-20	102	00:00:37	00:01:21	00:17:27	00:35:32	00:37:36.70	00:38:14.65	+00:21:53 (58.2%)	7:31	8 (41.9%)
843	KOSNOWICZ Maks	753		M-10	95	00:01:21	00:01:21	00:18:29	00:35:58	00:37:47.80	00:39:09.15	+00:22:05 (58.4%)	7:33	7.9 (41.4%)
844	BUKOWSKI Tomasz	1294	OLUCHA RUN	M-30	260	00:01:05	00:01:21	00:18:10	00:36:05	00:38:01.75	00:39:07.05	+00:22:18 (58.7%)	7:36	7.9 (41.4%)
845	WINSKI Adrian	1295		M-30	261	00:01:05	00:01:21	00:18:11	00:36:04	00:38:02.40	00:39:08.10	+00:22:19 (58.7%)	7:36	7.9 (41.4%)
846	RAK Tomasz	1178		M-30	262	00:00:54	00:01:26	00:17:58	00:36:04	00:38:03.00	00:38:57.10	+00:22:20 (58.7%)	7:36	7.9 (41.4%)
847	OŻÓG Jarosław	1222		M-50	101	00:01:18	00:01:22	00:17:27	00:36:47	00:38:13.75	00:39:32.30	+00:22:30 (58.9%)	7:38	7.8 (40.8%)
848	STĘPCZYŃSKI Jacek	448		M-40	252	00:01:16	00:01:23	00:19:01	00:36:20	00:38:18.20	00:39:35.10	+00:22:35 (59.0%)	7:39	7.8 (40.8%)
849	BUTOWSKI Michał	953		M-50	102	00:00:49	00:01:27	00:18:59	00:36:32	00:38:21.80	00:39:11.00	+00:22:39 (59.0%)	7:40	7.8 (40.8%)
850	ROMMEL Bartosz	320		M-20	103	00:01:09	00:01:27	00:18:44	00:36:26	00:38:29.55	00:39:38.75	+00:22:46 (59.2%)	7:41	7.8 (40.8%)
851	HASS Adam	906		M-40	253	00:01:06	00:01:22	00:18:17	00:36:56	00:38:34.25	00:39:41.15	+00:22:51 (59.3%)	7:42	7.8 (40.8%)
852	HASS Paweł	907		M-10	96	00:01:07	00:01:23	00:18:17	00:36:56	00:38:35.45	00:39:42.55	+00:22:52 (59.3%)	7:43	7.8 (40.8%)
853	BIAŁEK Łukasz	915	BIEGAJ Z DĘBAMI	M-40	254	00:00:33	00:01:31	00:19:09	00:36:34	00:38:40.75	00:39:14.60	+00:22:57 (59.4%)	7:44	7.8 (40.8%)
854	WOLAN Krzysztof	198		M-40	255	00:01:10	00:01:27	00:19:12	00:36:55	00:38:45.05	00:39:55.45	+00:23:02 (59.5%)	7:45	7.7 (40.3%)
855	KOPACKI Mariusz	1383	NITROCHEM	M-40	256	00:01:00	00:01:12	00:18:02	00:36:40	00:38:47.60	00:39:47.85	+00:23:04 (59.5%)	7:45	7.7 (40.3%)
856	ZIĘTARA Łukasz	418		M-30	263	00:01:31	00:01:22	00:17:42	00:36:42	00:38:52.75	00:40:23.95	+00:23:09 (59.6%)	7:46	7.7 (40.3%)
857	KOSNOWICZ Krzysztof	749		M-40	257	00:01:20	00:01:21	00:18:26	00:36:46	00:38:54.40	00:40:15.20	+00:23:11 (59.6%)	7:46	7.7 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
858	GAPIŃSKI Jerzy	457		M-70+	5	00:01:19	00:01:28	00:19:10	00:36:59	00:39:06.85	00:40:26.55	+00:23:24 (59.8%)	7:49	7.7 (40.3%)
859	WESOŁOWSKI Aleksander	1428		M-10	97	00:01:15	00:01:27	00:19:04	00:37:06	00:39:22.25	00:40:37.25	+00:23:39 (60.1%)	7:52	7.6 (39.8%)
860	WESOŁOWSKI Paweł	1436		M-40	258	00:01:15	00:01:27	00:19:04	00:37:06	00:39:22.70	00:40:37.75	+00:23:39 (60.1%)	7:52	7.6 (39.8%)
861	PIJAROWSKI Piotr	1452		M-40	259	00:01:23	00:01:21	00:18:47	00:37:39	00:39:37.85	00:41:01.10	+00:23:55 (60.4%)	7:55	7.6 (39.8%)
862	PIERZGALSKI Jarek	326	ZAMULONE OSTRYGI	M-50	103	00:00:11	00:01:16	00:18:48	00:37:33	00:39:44.45	00:39:56.10	+00:24:01 (60.5%)	7:56	7.6 (39.8%)
863	JANKOWSKI Tomasz	45	BIEGAJ Z DĘBAMI	M-50	104	00:01:17	00:01:28	00:19:41	00:39:38	00:42:04.70	00:43:21.75	+00:26:21 (62.7%)	8:24	7.1 (37.2%)
864	ANTCZAK Krzysztof	1033	OLIMPIJSKIE ANTKI	M-40	260	00:00:22	00:01:16	00:19:51	00:41:04	00:42:51.15	00:43:13.55	+00:27:08 (63.3%)	8:34	7 (36.6%)
865	ŚLIWIŃSKI Piotr	1136	KSN ŁUCZNICZKA BYDGOSZCZ	M-50	105	00:01:26	00:01:52	00:20:11	00:40:20	00:42:51.85	00:44:18.55	+00:27:09 (63.3%)	8:34	7 (36.6%)
866	MACHNIKOWSKI Rafał	1128	KSN ŁUCZNICZKA BYDGOSZCZ	M-40	261	00:01:26	00:02:02			00:42:52.10	00:44:18.70	+00:27:09 (63.3%)	8:34	7 (36.6%)
867	JAGODZIŃSKI Karol	1019		M-50	106	00:01:21	00:01:40	00:20:12	00:41:46	00:43:31.75	00:44:53.55	+00:27:48 (63.9%)	8:42	6.9 (36.1%)
868	KONDEK Jakub	1153		M-40	262	00:01:48	00:01:21	00:20:06	00:42:08	00:44:31.75	00:46:20.15	+00:28:48 (64.7%)	8:54	6.7 (35.1%)
869	BURETA Henryk	1267		M-50	107	00:00:27	00:01:18	00:21:25	00:42:17	00:44:55.25	00:45:22.75	+00:29:12 (65.0%)	8:59	6.7 (35.1%)
870	JENDRZEJEWSKI Ryszard	491		M-60+	33	00:00:53	00:01:13	00:21:24	00:42:50	00:45:30.65	00:46:24.55	+00:29:47 (65.5%)	9:06	6.6 (34.6%)
871	KOWALCZYK Grzegorz	480		M-30	264	00:00:56		00:13:49	00:41:19			+00:26:28	8:25	7.1 (37.2%)
872	GROCHOCKI Daniel	782		M-20	104	00:01:02	00:01:19	00:14:54				+00:07:05	5:57	10.1 (52.9%)

Znaleziono 872 wynik(ów)