



**Organizator:** Aktywa Bydgoszcz  
**Data:** 2016-06-05  
**Miejsce:** Bydgoszcz  
**Dystans:** 10 km

# BYDGOSKI BIEG PRZEDSIĘBIORCÓW

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOŚMIEJA Marcin	508		M-30	1	00:00:02	00:34:52.60	00:34:55.55		3:29	17,2 (100%)
2	KRYSKE Bartosz	309	SPÓJNIA BIAŁE BŁOTA	M-30	2	00:00:03	00:35:20.80	00:35:23.85	+00:00:28 (1.3%)	3:32	17 (100%)
3	MIKA Oskar	1008		M-30	3	00:00:01	00:35:45.90	00:35:47.45	+00:00:53 (2.5%)	3:34	16,8 (94.1%)
4	GOŚCINIAK Michał	693		M-30	4	00:00:02	00:36:09.55	00:36:12.20	+00:01:16 (3.5%)	3:37	16,6 (94.1%)
5	TUCZYŃSKI Sylwester	411	BYDGOSKIE OKONIE	M-20	1	00:00:02	00:37:08.15	00:37:10.45	+00:02:15 (6.1%)	3:42	16,2 (94.1%)
6	SZYMANSKI Maciej	974		M-20	2	00:00:02	00:37:53.35	00:37:55.65	+00:03:00 (8.0%)	3:47	15,8 (88.2%)
7	ZIETAK Andrzej	627		M-40	1	00:00:02	00:37:58.05	00:38:00.15	+00:03:05 (8.1%)	3:47	15,8 (88.2%)
8	KLÓSKA Fabian	151	SPÓJNIA BIAŁE BŁOTA	M-20	3	00:00:01	00:37:58.65	00:38:00.40	+00:03:06 (8.2%)	3:47	15,8 (88.2%)
9	KOWALSKI Dawid	518		M-10	1	00:00:09	00:38:48.15	00:38:58.05	+00:03:55 (10.1%)	3:52	15,5 (88.2%)
10	SZENK Marta	645		K-30	1	00:00:01	00:38:48.40	00:38:50.15	+00:03:55 (10.1%)	3:52	15,5 (88.2%)
11	PIEKARSKI Marek	499	RESTAURACJA KING FU BYDGOSZCZ	M-40	2	00:00:02	00:38:49.40	00:38:51.45	+00:03:56 (10.2%)	3:52	15,5 (88.2%)
12	MRUK Tomasz	296	CZARNE STOPY	M-40	3	00:00:03	00:38:55.65	00:38:59.55	+00:04:03 (10.4%)	3:53	15,4 (88.2%)
13	CZERNAK Karol	400		M-30	5	00:00:16	00:38:58.80	00:39:14.85	+00:04:06 (10.5%)	3:53	15,4 (88.2%)
14	OBREŃBSKI Grzegorz	478	BIEGASIE	M-30	6	00:00:08	00:39:05.45	00:39:13.75	+00:04:12 (10.8%)	3:54	15,4 (88.2%)
15	CHMURZYŃSKI Tomasz	26	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	4	00:00:01	00:39:08.20	00:39:09.65	+00:04:15 (10.9%)	3:54	15,3 (88.2%)
16	DANIELEWSKI Mariusz	267	DRUŻYNA SZPIKU	M-30	7	00:00:06	00:39:18.05	00:39:24.95	+00:04:25 (11.3%)	3:55	15,3 (88.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>MOTOCZYŃSKI Wojciech</b>	<b>1002</b>		M-30	8	00:00:02	<b>00:39:22.35</b>	<b>00:39:24.80</b>	+00:04:29 (11.4%)	3:56	15,2 (88.2%)
18	<b>TOMCZYŃSKI Bartosz</b>	<b>253</b>	RUN PASJA BYDGOSZCZ	M-30	9	00:00:03	<b>00:39:34.85</b>	<b>00:39:38.00</b>	+00:04:42 (11.9%)	3:57	15,2 (88.2%)
19	<b>CHOLEWIŃSKI Dariusz</b>	<b>705</b>	HURAGAN MIEDZYŃ	M-40	5	00:00:05	<b>00:39:50.25</b>	<b>00:39:56.10</b>	+00:04:57 (12.5%)	3:59	15,1 (88.2%)
20	<b>GRALIK Jdrzej</b>	<b>159</b>	BYDGOSKIE OKONIE	M-20	4	00:00:04	<b>00:39:56.70</b>	<b>00:40:01.50</b>	+00:05:04 (12.7%)	3:59	15 (88.2%)
21	<b>BEDRA Robert</b>	<b>7</b>		M-30	10	00:00:02	<b>00:39:57.15</b>	<b>00:40:00.10</b>	+00:05:04 (12.7%)	3:59	15 (88.2%)
22	<b>MOROSZCZAK Bogumił</b>	<b>495</b>	SPÓJNIA BIAŁE BŁOTA	M-40	6	00:00:04	<b>00:40:09.50</b>	<b>00:40:14.15</b>	+00:05:16 (13.2%)	4:01	14,9 (82.4%)
23	<b>FUZ Marek</b>	<b>339</b>	KABEL TEAM BYDGOSZCZ	M-40	7	00:00:02	<b>00:40:16.35</b>	<b>00:40:18.65</b>	+00:05:23 (13.4%)	4:01	14,9 (82.4%)
24	<b>WADZIŃSKA Paulina</b>	<b>831</b>	TRISPACE	K-30	2	00:00:06	<b>00:40:22.80</b>	<b>00:40:29.55</b>	+00:05:30 (13.6%)	4:02	14,9 (82.4%)
25	<b>SADECKI Karol</b>	<b>570</b>	ATOS TEAM	M-20	5	00:00:04	<b>00:40:39.25</b>	<b>00:40:43.80</b>	+00:05:46 (14.2%)	4:03	14,8 (82.4%)
26	<b>GOŁĄBEK Mariusz</b>	<b>43</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-50	1	00:00:03	<b>00:40:50.30</b>	<b>00:40:54.15</b>	+00:05:57 (14.6%)	4:05	14,7 (82.4%)
27	<b>MAĆKOWSKI Maciej</b>	<b>252</b>		M-30	11	00:00:02	<b>00:40:51.45</b>	<b>00:40:53.90</b>	+00:05:58 (14.6%)	4:05	14,7 (82.4%)
28	<b>KOŁODZIEJSKI Mieczysław</b>	<b>944</b>	ATOS TEAM	M-40	8	00:00:05	<b>00:40:51.95</b>	<b>00:40:57.55</b>	+00:05:59 (14.7%)	4:05	14,7 (82.4%)
29	<b>KUROWSKI Kamil</b>	<b>503</b>	HTB	M-30	12	00:00:08	<b>00:40:52.30</b>	<b>00:41:00.90</b>	+00:05:59 (14.7%)	4:05	14,7 (82.4%)
30	<b>PILCH Artur</b>	<b>557</b>	KLINIKA TRIATHLONU	M-30	13	00:00:08	<b>00:41:03.15</b>	<b>00:41:11.50</b>	+00:06:10 (15.0%)	4:06	14,6 (82.4%)
31	<b>ZIELIŃSKI Nicolas</b>	<b>115</b>	INTERSPORT POLSKA	M-20	6	00:00:05	<b>00:41:03.85</b>	<b>00:41:08.95</b>	+00:06:11 (15.1%)	4:06	14,6 (82.4%)
32	<b>FLOREK Paweł</b>	<b>559</b>	REMEDIA	M-30	14	00:00:06	<b>00:41:09.15</b>	<b>00:41:15.75</b>	+00:06:16 (15.3%)	4:06	14,6 (82.4%)
33	<b>KOWALSKI Jacek</b>	<b>502</b>		M-30	15	00:00:05	<b>00:41:12.90</b>	<b>00:41:18.85</b>	+00:06:20 (15.4%)	4:07	14,6 (82.4%)
34	<b>HOFFMAN Jarosław</b>	<b>481</b>	TEAM OCHAL	M-30	16	00:00:02	<b>00:41:20.55</b>	<b>00:41:22.55</b>	+00:06:27 (15.6%)	4:08	14,5 (82.4%)
35	<b>WOŹNIAKOWSKA Agata</b>	<b>224</b>	RUN BYDGOSZCZ	K-30	3	00:00:06	<b>00:41:24.35</b>	<b>00:41:31.05</b>	+00:06:31 (15.8%)	4:08	14,5 (82.4%)
36	<b>WOLLANDT Paweł</b>	<b>1012</b>		M-30	17	00:00:05	<b>00:41:24.85</b>	<b>00:41:29.95</b>	+00:06:32 (15.8%)	4:08	14,5 (82.4%)
37	<b>SZOCH Tomasz</b>	<b>826</b>		M-40	9	00:00:04	<b>00:41:39.10</b>	<b>00:41:43.15</b>	+00:06:46 (16.3%)	4:09	14,4 (82.4%)
38	<b>KLOSKOWSKI Adam</b>	<b>433</b>	IWSP SZ BYDGOSZCZ	M-30	18	00:00:08	<b>00:41:42.60</b>	<b>00:41:51.35</b>	+00:06:50 (16.4%)	4:10	14,4 (82.4%)
39	<b>SIBIELAK Damian</b>	<b>956</b>		M-20	7	00:00:18	<b>00:41:44.45</b>	<b>00:42:03.35</b>	+00:06:51 (16.4%)	4:10	14,4 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	HASS Adam	434		M-30	19	00:00:05	00:41:45.05	00:41:50.90	+00:06:52 (16.5%)	4:10	14,4 (82.4%)
41	SIWKOWSKI Roman	623		M-50	2	00:00:01	00:41:46.70	00:41:48.40	+00:06:54 (16.5%)	4:10	14,4 (82.4%)
42	HOC Marek	421	LEGE ARTIS	M-30	20	00:00:07	00:41:47.10	00:41:54.75	+00:06:54 (16.5%)	4:10	14,4 (82.4%)
43	SZOPINSKI Rafał	313		M-30	21	00:00:09	00:41:55.75	00:42:05.40	+00:07:03 (16.8%)	4:11	14,3 (82.4%)
44	RADECKI Przemysław	589		M-40	10	00:00:08	00:42:04.40	00:42:13.00	+00:07:11 (17.1%)	4:12	14,3 (82.4%)
45	MOGILNICKI Dominik	903		M-20	8	00:00:46	00:42:05.70	00:42:52.00	+00:07:13 (17.1%)	4:12	14,3 (82.4%)
46	KUBIS Roman	181	RUN PASJA	M-40	11	00:00:03	00:42:08.10	00:42:11.15	+00:07:15 (17.2%)	4:12	14,2 (82.4%)
47	SAWICKI Marcin	803		M-30	22	00:00:17	00:42:09.55	00:42:27.05	+00:07:16 (17.3%)	4:13	14,2 (82.4%)
48	KUŁAKOWSKI Krzysztof	622		M-30	23	00:00:10	00:42:13.70	00:42:24.40	+00:07:21 (17.4%)	4:13	14,2 (82.4%)
49	LEPRINCE Ludovic	85		M-40	12	00:00:04	00:42:15.35	00:42:19.40	+00:07:22 (17.5%)	4:13	14,2 (82.4%)
50	ŚLEFARSKI Jacek	44		M-30	24	00:00:04	00:42:18.90	00:42:23.55	+00:07:26 (17.6%)	4:13	14,2 (82.4%)
51	ŁĄCZNY Jarosław	175		M-30	25	00:00:02	00:42:20.10	00:42:22.65	+00:07:27 (17.6%)	4:14	14,2 (82.4%)
52	BZDAWKA Tomasz	610	NAKIELSKI KLUB BIEGACZA	M-40	13	00:00:20	00:42:31.25	00:42:51.55	+00:07:38 (18.0%)	4:15	14,1 (82.4%)
53	ŻAL Jolanta	9	SPÓJNIA BIAŁE BŁOTA	K-30	4	00:00:06	00:42:37.65	00:42:43.85	+00:07:45 (18.2%)	4:15	14,1 (82.4%)
53	ŻAL Robert	4	SPÓJNIA BIAŁE BŁOTA	M-30	26	00:00:06	00:42:37.65	00:42:43.75	+00:07:45 (18.2%)	4:15	14,1 (82.4%)
55	MARTIN Paweł	186		M-30	27	00:00:16	00:42:39.90	00:42:56.50	+00:07:47 (18.3%)	4:16	14,1 (82.4%)
56	WARSZAWSKI Przemysław	34		M-20	9	00:00:03	00:42:42.35	00:42:46.25	+00:07:49 (18.3%)	4:16	14 (82.4%)
57	MALICKI Łukasz	77	MALMEDIA.PL	M-30	28	00:00:12	00:42:54.75	00:43:07.15	+00:08:02 (18.7%)	4:17	14 (82.4%)
58	SYNAKIEWICZ Tomasz	38	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M-30	29	00:00:09	00:43:02.20	00:43:11.85	+00:08:09 (19.0%)	4:18	13,9 (76.5%)
59	SIUCHNIŃSKI Tomasz	480	BIEGASIE	M-30	30	00:00:09	00:43:02.30	00:43:11.90	+00:08:09 (19.0%)	4:18	13,9 (76.5%)
60	HAIZE Tomek	599		M-30	31	00:00:10	00:43:04.10	00:43:14.40	+00:08:11 (19.0%)	4:18	13,9 (76.5%)
61	MARĆ Robert	635		M-40	14	00:00:19	00:43:05.20	00:43:24.40	+00:08:12 (19.1%)	4:18	13,9 (76.5%)
62	HUTEK Andrzej	935		M-30	32	00:00:07	00:43:07.45	00:43:14.95	+00:08:14 (19.1%)	4:18	13,9 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	<b>ŚLUSARSKI Przemysław</b>	<b>169</b>		M-30	33	00:00:11	<b>00:43:08.15</b>	<b>00:43:19.25</b>	+00:08:15 (19.1%)	4:18	13,9 (76.5%)
64	<b>LEWANDOWSKI Tomasz</b>	<b>581</b>	RWT W BYDGOSZCZY	M-30	34	00:00:15	<b>00:43:10.80</b>	<b>00:43:26.05</b>	+00:08:18 (19.2%)	4:19	13,9 (76.5%)
65	<b>ŚWIERCZYŃSKI Marcin</b>	<b>12</b>	FIZJO-MAR	M-30	35	00:00:19	<b>00:43:11.70</b>	<b>00:43:30.75</b>	+00:08:19 (19.3%)	4:19	13,9 (76.5%)
66	<b>BOINSKK Rafal</b>	<b>486</b>		M-30	36	00:00:07	<b>00:43:13.00</b>	<b>00:43:20.30</b>	+00:08:20 (19.3%)	4:19	13,9 (76.5%)
67	<b>KOZIŃSKI Marek</b>	<b>779</b>	RUN BYDGOSZCZ	M-30	37	00:00:06	<b>00:43:14.25</b>	<b>00:43:20.85</b>	+00:08:21 (19.3%)	4:19	13,9 (76.5%)
68	<b>SZCZĘSNY Piotr</b>	<b>1015</b>	MVM	M-20	10	00:00:03	<b>00:43:24.70</b>	<b>00:43:28.35</b>	+00:08:32 (19.7%)	4:20	13,8 (76.5%)
69	<b>WRÓBLEWSKI Kewin</b>	<b>96</b>		M-10	2	00:00:10	<b>00:43:26.25</b>	<b>00:43:36.90</b>	+00:08:33 (19.7%)	4:20	13,8 (76.5%)
70	<b>MIŁOSIERNY Oskar</b>	<b>460</b>	ARMIA CHRYSYUSA	M-10	3	00:00:08	<b>00:43:27.50</b>	<b>00:43:35.65</b>	+00:08:34 (19.7%)	4:20	13,8 (76.5%)
71	<b>DĘBSKI Adrian</b>	<b>86</b>		M-30	38	00:00:07	<b>00:43:27.60</b>	<b>00:43:35.25</b>	+00:08:35 (19.7%)	4:20	13,8 (76.5%)
72	<b>MAŁOWIECKI Grzegorz</b>	<b>65</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	15	00:00:02	<b>00:43:29.65</b>	<b>00:43:32.20</b>	+00:08:37 (19.8%)	4:21	13,8 (76.5%)
73	<b>MUSIAŁ Przemysław</b>	<b>56</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	39	00:00:03	<b>00:43:30.70</b>	<b>00:43:34.25</b>	+00:08:38 (19.8%)	4:21	13,8 (76.5%)
74	<b>KWIATKOWSKI Damian</b>	<b>1014</b>	RUN BYDGOSZCZ	M-20	11	00:00:30	<b>00:43:35.95</b>	<b>00:44:06.20</b>	+00:08:43 (20.0%)	4:21	13,8 (76.5%)
75	<b>DURAŁEK Andrzej</b>	<b>16</b>		M-40	16	00:00:18	<b>00:43:36.20</b>	<b>00:43:54.45</b>	+00:08:43 (20.0%)	4:21	13,8 (76.5%)
76	<b>PAKULSKI Rafał</b>	<b>637</b>		M-40	17	00:00:06	<b>00:43:36.80</b>	<b>00:43:43.35</b>	+00:08:44 (20.0%)	4:21	13,8 (76.5%)
77	<b>ROGUSZ Paweł</b>	<b>773</b>		M-30	40	00:00:51	<b>00:43:40.55</b>	<b>00:44:31.95</b>	+00:08:47 (20.1%)	4:22	13,7 (76.5%)
78	<b>TRZCIŃSKI Franciszek</b>	<b>226</b>	SPORT I REKREACJA START	M-50	3	00:00:05	<b>00:43:46.45</b>	<b>00:43:51.85</b>	+00:08:53 (20.3%)	4:22	13,7 (76.5%)
79	<b>GURNA Jolanta</b>	<b>321</b>		K-50	1	00:00:05	<b>00:43:46.65</b>	<b>00:43:51.75</b>	+00:08:54 (20.3%)	4:22	13,7 (76.5%)
80	<b>WYPIJEWSKI Sebastian</b>	<b>792</b>	BRACIA DALTON	M-40	18	00:00:16	<b>00:43:48.50</b>	<b>00:44:04.95</b>	+00:08:55 (20.4%)	4:22	13,7 (76.5%)
81	<b>BIAŁY Dawid</b>	<b>431</b>	SPÓJNIA BIAŁE BŁOTA	M-20	12	00:00:26	<b>00:43:49.85</b>	<b>00:44:16.45</b>	+00:08:57 (20.4%)	4:23	13,7 (76.5%)
82	<b>CIECHANOWSKI Bartłomiej</b>	<b>886</b>	SEROCK	M-10	4	00:00:03	<b>00:43:49.95</b>	<b>00:43:53.20</b>	+00:08:57 (20.4%)	4:23	13,7 (76.5%)
83	<b>KOSZEWSKI Michał</b>	<b>918</b>		M-30	41	00:00:12	<b>00:43:53.65</b>	<b>00:44:06.20</b>	+00:09:01 (20.5%)	4:23	13,7 (76.5%)
84	<b>WILK Łukasz</b>	<b>558</b>	LUCKYWOLFS	M-30	42	00:00:07	<b>00:43:56.85</b>	<b>00:44:03.85</b>	+00:09:04 (20.6%)	4:23	13,7 (76.5%)
85	<b>RYDLEWSKI Marek</b>	<b>285</b>	RUN BYDGOSZCZ	M-40	19	00:00:08	<b>00:44:05.80</b>	<b>00:44:14.40</b>	+00:09:13 (20.9%)	4:24	13,6 (76.5%)

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86	<b>MACIAK Wojtek</b>	<b>993</b>		M-30	43	00:00:13	<b>00:44:08.55</b>	<b>00:44:21.55</b>	+00:09:15 (21.0%)	4:24	13,6 (76.5%)
87	<b>DĘBSKI Rafał</b>	<b>90</b>		M-20	13	00:00:03	<b>00:44:09.20</b>	<b>00:44:12.65</b>	+00:09:16 (21.0%)	4:24	13,6 (76.5%)
88	<b>FRAĆKOWIAK Marek</b>	<b>737</b>	NKB	M-40	20	00:00:08	<b>00:44:14.95</b>	<b>00:44:22.95</b>	+00:09:22 (21.2%)	4:25	13,6 (76.5%)
89	<b>GÓRKA Tomasz</b>	<b>534</b>	KTG TRAWERS	M-30	44	00:00:08	<b>00:44:20.25</b>	<b>00:44:28.55</b>	+00:09:27 (21.3%)	4:26	13,5 (76.5%)
90	<b>KANNENBERG Maciej</b>	<b>796</b>	GREGORIAN RUN TEAM	M-20	14	00:00:46	<b>00:44:23.55</b>	<b>00:45:10.10</b>	+00:09:30 (21.4%)	4:26	13,5 (76.5%)
91	<b>DEBNER Wojciech</b>	<b>35</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	45	00:00:03	<b>00:44:25.90</b>	<b>00:44:29.55</b>	+00:09:33 (21.5%)	4:26	13,5 (76.5%)
92	<b>GIERACH Marcin</b>	<b>696</b>	TRISPACE	M-30	46	00:00:07	<b>00:44:30.55</b>	<b>00:44:38.00</b>	+00:09:37 (21.6%)	4:27	13,5 (76.5%)
93	<b>GURDAK Leszek</b>	<b>651</b>		M-40	21	00:00:14	<b>00:44:30.85</b>	<b>00:44:45.20</b>	+00:09:38 (21.7%)	4:27	13,5 (76.5%)
94	<b>GWÓZDŹ Kamil</b>	<b>240</b>	TKKF WODNIK WIĘCBORK	M-20	15	00:00:22	<b>00:44:31.25</b>	<b>00:44:53.25</b>	+00:09:38 (21.7%)	4:27	13,5 (76.5%)
95	<b>DAŃCZUK Jerzy</b>	<b>420</b>	RWT BYDGOSZCZ	M-50	4	00:00:09	<b>00:44:33.50</b>	<b>00:44:42.70</b>	+00:09:40 (21.7%)	4:27	13,5 (76.5%)
96	<b>WNĘK Natalia</b>	<b>919</b>		K-20	1	00:00:09	<b>00:44:34.40</b>	<b>00:44:44.30</b>	+00:09:41 (21.8%)	4:27	13,5 (76.5%)
97	<b>SZCZEBLEWSKI Pawel</b>	<b>437</b>		M-20	16	00:00:05	<b>00:44:36.35</b>	<b>00:44:41.75</b>	+00:09:43 (21.8%)	4:27	13,5 (76.5%)
98	<b>KRYSKE Mariusz</b>	<b>858</b>	SPÓJNIA BIAŁE BŁOTA	M-30	47	00:00:12	<b>00:44:43.60</b>	<b>00:44:55.75</b>	+00:09:51 (22.0%)	4:28	13,4 (76.5%)
99	<b>SZYCHOWSKI Jarosław</b>	<b>1011</b>	TKKF KOLEJARZ BYDGOSZCZ	M-20	17	00:00:11	<b>00:44:44.05</b>	<b>00:44:55.90</b>	+00:09:51 (22.0%)	4:28	13,4 (76.5%)
100	<b>KURDELSKI Kamil</b>	<b>31</b>		M-20	18	00:00:03	<b>00:44:44.60</b>	<b>00:44:47.85</b>	+00:09:52 (22.1%)	4:28	13,4 (76.5%)
101	<b>HOŁTYN Patryk</b>	<b>390</b>		M-20	19	00:00:03	<b>00:44:46.35</b>	<b>00:44:49.40</b>	+00:09:53 (22.1%)	4:28	13,4 (76.5%)
102	<b>KRÓL Maciej</b>	<b>274</b>	TRISPACE	M-40	22	00:00:12	<b>00:44:48.85</b>	<b>00:45:01.60</b>	+00:09:56 (22.2%)	4:28	13,4 (76.5%)
103	<b>KABAT Błażej</b>	<b>98</b>		M-20	20	00:00:13	<b>00:44:51.85</b>	<b>00:45:05.15</b>	+00:09:59 (22.3%)	4:29	13,4 (76.5%)
104	<b>MISIASZEK Marek</b>	<b>188</b>	CHEŁMNO / BYDGOSZCZ	M-30	48	00:00:15	<b>00:44:58.80</b>	<b>00:45:14.05</b>	+00:10:06 (22.5%)	4:29	13,3 (76.5%)
105	<b>JACIUBEK Andrzej</b>	<b>656</b>		M-50	5	00:00:16	<b>00:45:03.35</b>	<b>00:45:19.85</b>	+00:10:10 (22.6%)	4:30	13,3 (76.5%)
106	<b>KARPACZ Jarek</b>	<b>482</b>		M-20	21	00:00:09	<b>00:45:04.20</b>	<b>00:45:13.85</b>	+00:10:11 (22.6%)	4:30	13,3 (76.5%)
107	<b>LISS Michał</b>	<b>941</b>		M-20	22	00:00:18	<b>00:45:11.15</b>	<b>00:45:29.25</b>	+00:10:18 (22.8%)	4:31	13,3 (76.5%)
108	<b>GAPA Wiesław</b>	<b>1003</b>		M-40	23	00:00:10	<b>00:45:14.35</b>	<b>00:45:25.20</b>	+00:10:21 (22.9%)	4:31	13,3 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	<b>KLINIKOWSKI Jacek</b>	<b>168</b>	KOCHAM ŻYCIE I...	M-40	24	00:00:12	<b>00:45:17.45</b>	<b>00:45:30.20</b>	+00:10:24 (23.0%)	4:31	13,2 (76.5%)
110	<b>SŁAWIŃSKI Jarosław</b>	<b>806</b>		M-30	49	00:00:14	<b>00:45:20.65</b>	<b>00:45:35.60</b>	+00:10:28 (23.1%)	4:32	13,2 (76.5%)
111	<b>PAWLACZYK Szymon</b>	<b>574</b>	TRISPACE	M-30	50	00:00:07	<b>00:45:20.85</b>	<b>00:45:28.05</b>	+00:10:28 (23.1%)	4:32	13,2 (76.5%)
112	<b>TORCHALSKI Krzysztof</b>	<b>908</b>	RUN PASJA	M-50	6	00:00:07	<b>00:45:25.20</b>	<b>00:45:32.40</b>	+00:10:32 (23.2%)	4:32	13,2 (76.5%)
113	<b>BIAŁOUS Krzysztof</b>	<b>711</b>		M-50	7	00:00:05	<b>00:45:30.90</b>	<b>00:45:36.85</b>	+00:10:38 (23.4%)	4:33	13,2 (76.5%)
114	<b>SZATTEN Dawid</b>	<b>170</b>		M-30	51	00:00:07	<b>00:45:36.05</b>	<b>00:45:43.75</b>	+00:10:43 (23.5%)	4:33	13,2 (76.5%)
115	<b>STYKAŁA Sebastian</b>	<b>456</b>		M-40	25	00:00:11	<b>00:45:41.85</b>	<b>00:45:53.00</b>	+00:10:49 (23.7%)	4:34	13,1 (76.5%)
116	<b>SONDEJ Piotr</b>	<b>992</b>	FM WORD DIAMONDS GROUP 8	M-30	52	00:00:02	<b>00:45:44.55</b>	<b>00:45:46.55</b>	+00:10:51 (23.8%)	4:34	13,1 (76.5%)
117	<b>BORCZYKOWSKI Rafał</b>	<b>506</b>		M-30	53	00:00:13	<b>00:45:47.25</b>	<b>00:46:00.25</b>	+00:10:54 (23.8%)	4:34	13,1 (76.5%)
118	<b>CYL Dawid</b>	<b>268</b>	RUN BYDGOSZCZ	M-30	54	00:00:28	<b>00:45:49.35</b>	<b>00:46:17.95</b>	+00:10:56 (23.9%)	4:34	13,1 (76.5%)
119	<b>DUDEK Dawid</b>	<b>189</b>	POLONIA BYDGOSZCZ	M-30	55	00:00:08	<b>00:45:49.60</b>	<b>00:45:57.90</b>	+00:10:57 (23.9%)	4:34	13,1 (76.5%)
120	<b>FOLERZYŃSKI Dawid</b>	<b>492</b>	SPÓJNIA BIAŁE BŁOTA	M-10	5	00:00:11	<b>00:45:53.65</b>	<b>00:46:04.65</b>	+00:11:01 (24.0%)	4:35	13,1 (76.5%)
121	<b>CZYŻNIKIEWICZ Paweł</b>	<b>311</b>	WOOLFIK.PL	M-20	23	00:00:05	<b>00:45:56.05</b>	<b>00:46:01.60</b>	+00:11:03 (24.1%)	4:35	13,1 (76.5%)
122	<b>BUTRYM Piotr</b>	<b>391</b>		M-30	56	00:00:11	<b>00:46:04.40</b>	<b>00:46:15.80</b>	+00:11:11 (24.3%)	4:36	13 (76.5%)
123	<b>SCHULZ Milena</b>	<b>840</b>		K-30	5	00:00:05	<b>00:46:07.60</b>	<b>00:46:13.15</b>	+00:11:15 (24.4%)	4:36	13 (76.5%)
124	<b>SZULC Rafał</b>	<b>364</b>	RUN BYDGOSZCZ	M-30	57	00:00:27	<b>00:46:12.20</b>	<b>00:46:39.40</b>	+00:11:19 (24.5%)	4:37	13 (76.5%)
125	<b>RUDOL Sebastiana</b>	<b>419</b>		M-40	26	00:00:10	<b>00:46:12.85</b>	<b>00:46:23.35</b>	+00:11:20 (24.5%)	4:37	13 (76.5%)
126	<b>DĘBIEC Adam</b>	<b>341</b>		M-20	24	00:00:27	<b>00:46:17.15</b>	<b>00:46:44.85</b>	+00:11:24 (24.6%)	4:37	13 (76.5%)
127	<b>BUDZIAK Włodzimierz</b>	<b>815</b>		M-40	27	00:00:04	<b>00:46:17.60</b>	<b>00:46:21.85</b>	+00:11:25 (24.7%)	4:37	13 (76.5%)
128	<b>DUMOWSKI Krzysztof</b>	<b>866</b>		M-50	8	00:00:19	<b>00:46:19.30</b>	<b>00:46:38.35</b>	+00:11:26 (24.7%)	4:37	13 (76.5%)
129	<b>RUTKOWSKI Tomasz</b>	<b>446</b>		M-40	28	00:00:12	<b>00:46:19.35</b>	<b>00:46:31.45</b>	+00:11:26 (24.7%)	4:37	13 (76.5%)
130	<b>NOWAK Rafał</b>	<b>865</b>	SPÓJNIA BIAŁE BŁOTA	M-30	58	00:00:08	<b>00:46:21.70</b>	<b>00:46:29.85</b>	+00:11:29 (24.8%)	4:38	12,9 (70.6%)
131	<b>WYSOCKI Jerzy</b>	<b>535</b>	CZARNE STOPY	M-50	9	00:00:09	<b>00:46:22.05</b>	<b>00:46:31.95</b>	+00:11:29 (24.8%)	4:38	12,9 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	<b>STRABEL Bartosz</b>	<b>304</b>		M-20	25	00:00:14	<b>00:46:24.70</b>	<b>00:46:38.95</b>	+00:11:32 (24.9%)	4:38	12,9 (70.6%)
133	<b>KUROWSKI Rafał</b>	<b>629</b>		M-30	59	00:00:08	<b>00:46:28.15</b>	<b>00:46:36.45</b>	+00:11:35 (24.9%)	4:38	12,9 (70.6%)
134	<b>CIEPŁOWSKI Robert</b>	<b>441</b>	IPA BYDGOSZCZ	M-30	60	00:00:18	<b>00:46:29.20</b>	<b>00:46:47.55</b>	+00:11:36 (25.0%)	4:38	12,9 (70.6%)
135	<b>WIŚNIEWSKI Paweł</b>	<b>750</b>		M-20	26	00:00:38	<b>00:46:30.80</b>	<b>00:47:09.35</b>	+00:11:38 (25.0%)	4:39	12,9 (70.6%)
136	<b>TOKARSKI Paweł</b>	<b>401</b>		M-10	6	00:00:05	<b>00:46:32.70</b>	<b>00:46:37.95</b>	+00:11:40 (25.1%)	4:39	12,9 (70.6%)
137	<b>LIPSKI Krzysztof</b>	<b>998</b>	RUN BYDGOSZCZ	M-40	29	00:00:24	<b>00:46:32.80</b>	<b>00:46:57.15</b>	+00:11:40 (25.1%)	4:39	12,9 (70.6%)
138	<b>KISIEL Tomasz</b>	<b>496</b>	RUN BYDGOSZCZ	M-40	30	00:00:31	<b>00:46:35.20</b>	<b>00:47:06.65</b>	+00:11:42 (25.1%)	4:39	12,9 (70.6%)
139	<b>SZUBERGA Damian</b>	<b>137</b>		M-20	27	00:00:05	<b>00:46:40.25</b>	<b>00:46:45.40</b>	+00:11:47 (25.3%)	4:40	12,9 (70.6%)
140	<b>MATYASIK Marcin</b>	<b>601</b>		M-30	61	00:00:21	<b>00:46:42.10</b>	<b>00:47:03.55</b>	+00:11:49 (25.3%)	4:40	12,8 (70.6%)
141	<b>ANDRYSIAK Tomasz</b>	<b>855</b>		M-40	31	00:00:17	<b>00:46:42.35</b>	<b>00:47:00.00</b>	+00:11:49 (25.3%)	4:40	12,8 (70.6%)
142	<b>OWCZARSKI Krzysztof</b>	<b>295</b>		M-30	62	00:00:12	<b>00:46:43.70</b>	<b>00:46:56.40</b>	+00:11:51 (25.4%)	4:40	12,8 (70.6%)
143	<b>WIŚNIEWSKI Piotr</b>	<b>753</b>		M-30	63	00:00:38	<b>00:46:47.15</b>	<b>00:47:25.30</b>	+00:11:54 (25.5%)	4:40	12,8 (70.6%)
144	<b>KONIECZNY Robert</b>	<b>187</b>	NAKIELSKI KLUB BIEGACZA	M-40	32	00:00:20	<b>00:46:49.80</b>	<b>00:47:10.45</b>	+00:11:57 (25.5%)	4:41	12,8 (70.6%)
145	<b>RUDNICKI Michał</b>	<b>200</b>	TASAK TEAM	M-30	64	00:00:20	<b>00:46:51.75</b>	<b>00:47:12.65</b>	+00:11:59 (25.6%)	4:41	12,8 (70.6%)
146	<b>OLEJNICZAK Marek</b>	<b>451</b>		M-30	65	00:00:32	<b>00:46:52.15</b>	<b>00:47:25.10</b>	+00:11:59 (25.6%)	4:41	12,8 (70.6%)
147	<b>WEISBROT Magdalena</b>	<b>369</b>		K-20	2	00:00:26	<b>00:46:54.10</b>	<b>00:47:20.15</b>	+00:12:01 (25.6%)	4:41	12,8 (70.6%)
148	<b>RYCHLEWSKI Adrian</b>	<b>681</b>		M-10	7	00:00:23	<b>00:46:54.20</b>	<b>00:47:17.65</b>	+00:12:01 (25.6%)	4:41	12,8 (70.6%)
149	<b>WEISBROT Paweł</b>	<b>131</b>	OSP RATOWNIK	M-20	28	00:00:26	<b>00:46:55.80</b>	<b>00:47:21.95</b>	+00:12:03 (25.7%)	4:41	12,8 (70.6%)
150	<b>NOWAK Jacek</b>	<b>1001</b>		M-30	66	00:00:15	<b>00:46:59.50</b>	<b>00:47:14.60</b>	+00:12:06 (25.8%)	4:41	12,8 (70.6%)
151	<b>NOWACZYK Jakub</b>	<b>395</b>		M-30	67	00:00:18	<b>00:47:00.40</b>	<b>00:47:18.55</b>	+00:12:07 (25.8%)	4:42	12,8 (70.6%)
152	<b>SUDOŁ Jacek</b>	<b>337</b>	IPA BYDGOSZCZ	M-30	68	00:00:09	<b>00:47:01.80</b>	<b>00:47:11.15</b>	+00:12:09 (25.8%)	4:42	12,8 (70.6%)
153	<b>KUBIAK Jarosław</b>	<b>590</b>		M-30	69	00:00:19	<b>00:47:02.95</b>	<b>00:47:22.60</b>	+00:12:10 (25.9%)	4:42	12,8 (70.6%)
154	<b>RATAJ Lukasz</b>	<b>906</b>		M-30	70	00:00:11	<b>00:47:04.05</b>	<b>00:47:15.70</b>	+00:12:11 (25.9%)	4:42	12,7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	<b>BIEL Marek</b>	<b>465</b>		M-40	33	00:00:14	<b>00:47:06.50</b>	<b>00:47:20.60</b>	+00:12:13 (26.0%)	4:42	12,7 (70.6%)
156	<b>KASPROWICZ Paweł</b>	<b>870</b>	AVENATEAM	M-30	71	00:00:17	<b>00:47:08.75</b>	<b>00:47:26.70</b>	+00:12:16 (26.0%)	4:42	12,7 (70.6%)
157	<b>RYDLEWSKI Andrzej</b>	<b>564</b>	RUN BYDGOSZCZ	M-30	72	00:00:32	<b>00:47:09.35</b>	<b>00:47:41.60</b>	+00:12:16 (26.0%)	4:42	12,7 (70.6%)
158	<b>SZATKOWSKI Marcin</b>	<b>409</b>	RUN LOTTO BYDGOSTIA	M-20	29	00:00:33	<b>00:47:09.90</b>	<b>00:47:43.85</b>	+00:12:17 (26.1%)	4:43	12,7 (70.6%)
159	<b>KUTOWSKI Przemysław</b>	<b>46</b>	NIKI LAUDA	M-30	73	00:00:11	<b>00:47:15.55</b>	<b>00:47:27.20</b>	+00:12:22 (26.2%)	4:43	12,7 (70.6%)
160	<b>MUCHA Marcin</b>	<b>251</b>	BATRUN	M-30	74	00:00:20	<b>00:47:18.10</b>	<b>00:47:38.70</b>	+00:12:25 (26.3%)	4:43	12,7 (70.6%)
161	<b>WŁODARCZYK Wojciech</b>	<b>485</b>		M-50	10	00:00:10	<b>00:47:20.10</b>	<b>00:47:30.75</b>	+00:12:27 (26.3%)	4:44	12,7 (70.6%)
162	<b>DACH Łukasz</b>	<b>701</b>		M-30	75	00:00:12	<b>00:47:21.15</b>	<b>00:47:33.55</b>	+00:12:28 (26.3%)	4:44	12,7 (70.6%)
163	<b>HERMELIN Wojciech</b>	<b>161</b>	KANCELARIA HMM	M-30	76	00:00:06	<b>00:47:21.35</b>	<b>00:47:27.95</b>	+00:12:28 (26.4%)	4:44	12,7 (70.6%)
164	<b>OSSOWSKI Oskar</b>	<b>743</b>		M-10	8	00:00:20	<b>00:47:21.65</b>	<b>00:47:41.65</b>	+00:12:29 (26.4%)	4:44	12,7 (70.6%)
165	<b>DOMŻALSKI Marek</b>	<b>685</b>		M-40	34	00:00:14	<b>00:47:23.95</b>	<b>00:47:38.05</b>	+00:12:31 (26.4%)	4:44	12,7 (70.6%)
166	<b>KALISZEWSKI Daniel</b>	<b>653</b>		M-40	35	00:00:13	<b>00:47:24.20</b>	<b>00:47:37.95</b>	+00:12:31 (26.4%)	4:44	12,7 (70.6%)
167	<b>KMIEĆ Karolina</b>	<b>517</b>	TRISPACE	K-30	6	00:00:17	<b>00:47:30.65</b>	<b>00:47:47.95</b>	+00:12:38 (26.6%)	4:45	12,6 (70.6%)
168	<b>MIELCARSKI Michał</b>	<b>542</b>	MIELCAR TEAM	M-30	77	00:00:13	<b>00:47:31.40</b>	<b>00:47:44.45</b>	+00:12:38 (26.6%)	4:45	12,6 (70.6%)
169	<b>KOCHAŃSKI Dariusz</b>	<b>432</b>		M-50	11	00:00:11	<b>00:47:33.80</b>	<b>00:47:45.70</b>	+00:12:41 (26.7%)	4:45	12,6 (70.6%)
170	<b>DREWS Grzegorz</b>	<b>476</b>	RUN BYDGOSZCZ	M-40	36	00:00:25	<b>00:47:36.10</b>	<b>00:48:01.65</b>	+00:12:43 (26.7%)	4:45	12,6 (70.6%)
171	<b>HERMAN Grzegorz</b>	<b>849</b>		M-30	78	00:00:49	<b>00:47:38.80</b>	<b>00:48:28.25</b>	+00:12:46 (26.8%)	4:45	12,6 (70.6%)
172	<b>KRYSPIN Arkadiusz</b>	<b>539</b>		M-20	30	00:00:10	<b>00:47:39.30</b>	<b>00:47:50.25</b>	+00:12:46 (26.8%)	4:46	12,6 (70.6%)
173	<b>NIEDBALSKI Grzegorz</b>	<b>512</b>	RUN BYDGOSZCZ	M-50	12	00:00:24	<b>00:47:39.35</b>	<b>00:48:03.70</b>	+00:12:46 (26.8%)	4:45	12,6 (70.6%)
174	<b>DUNAJEWSKI Marcin</b>	<b>775</b>		M-40	37	00:00:12	<b>00:47:39.65</b>	<b>00:47:52.55</b>	+00:12:47 (26.8%)	4:46	12,6 (70.6%)
175	<b>GORDON Roman</b>	<b>898</b>	RUN BYDGOSZCZ	M-60+	1	00:00:32	<b>00:47:40.80</b>	<b>00:48:13.45</b>	+00:12:48 (26.9%)	4:46	12,6 (70.6%)
176	<b>NOWICKI Adam</b>	<b>222</b>		M-40	38	00:00:07	<b>00:47:42.50</b>	<b>00:47:49.85</b>	+00:12:49 (26.9%)	4:46	12,6 (70.6%)
177	<b>ŚWIĘCICKI Andrzej</b>	<b>514</b>		M-40	39	00:00:38	<b>00:47:44.00</b>	<b>00:48:22.40</b>	+00:12:51 (26.9%)	4:46	12,6 (70.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
178	<b>JOACHIMIAK Kinga</b>	<b>949</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	K-20	3	00:00:09	<b>00:47:48.00</b>	<b>00:47:57.20</b>	+00:12:55 (27.0%)	4:46	12,6 (70.6%)
179	<b>LEWICKI Konrad</b>	<b>523</b>	ŻANDARMII Z BYDGOSZCZY	M-30	79	00:00:55	<b>00:47:53.95</b>	<b>00:48:49.50</b>	+00:13:01 (27.2%)	4:47	12,5 (70.6%)
180	<b>RACZYŃSKI Krzysztof</b>	<b>603</b>		M-50	13	00:00:17	<b>00:47:54.70</b>	<b>00:48:12.25</b>	+00:13:02 (27.2%)	4:47	12,5 (70.6%)
181	<b>WOJCIECHOWSKI Grzegorz</b>	<b>538</b>	TRUST ME, IM THE ENGINEER!	M-20	31	00:00:47	<b>00:47:56.10</b>	<b>00:48:44.05</b>	+00:13:03 (27.2%)	4:47	12,5 (70.6%)
182	<b>DUDZIŃSKI Tomasz</b>	<b>682</b>		M-40	40	00:00:22	<b>00:47:57.05</b>	<b>00:48:19.90</b>	+00:13:04 (27.3%)	4:47	12,5 (70.6%)
183	<b>PIOTROWSKI Dariusz</b>	<b>439</b>		M-40	41	00:00:27	<b>00:47:59.25</b>	<b>00:48:26.50</b>	+00:13:06 (27.3%)	4:47	12,5 (70.6%)
184	<b>CHWIŁKA Daniel</b>	<b>555</b>		M-30	80	00:00:21	<b>00:48:00.40</b>	<b>00:48:21.85</b>	+00:13:07 (27.4%)	4:48	12,5 (70.6%)
185	<b>SAMAL Artur</b>	<b>943</b>	FIREBRIGADE	M-30	81	00:00:29	<b>00:48:00.90</b>	<b>00:48:29.90</b>	+00:13:08 (27.4%)	4:48	12,5 (70.6%)
186	<b>MIĘTKIEWICZ Rafał</b>	<b>984</b>		M-20	32	00:00:28	<b>00:48:02.85</b>	<b>00:48:31.70</b>	+00:13:10 (27.4%)	4:48	12,5 (70.6%)
187	<b>PAWLACZYK Paweł</b>	<b>308</b>	SPÓJNIA BIAŁE BŁOTA	M-20	33	00:00:26	<b>00:48:05.10</b>	<b>00:48:31.70</b>	+00:13:12 (27.5%)	4:48	12,5 (70.6%)
188	<b>ŚWITAJ Mateusz</b>	<b>329</b>	WTS ASTORIA	M-10	9	00:00:12	<b>00:48:05.45</b>	<b>00:48:17.55</b>	+00:13:12 (27.5%)	4:48	12,5 (70.6%)
189	<b>RYCHLEWSKI Tomasz</b>	<b>678</b>		M-40	42	00:00:23	<b>00:48:12.90</b>	<b>00:48:36.85</b>	+00:13:20 (27.7%)	4:49	12,4 (70.6%)
190	<b>BINDEK Łukasz</b>	<b>243</b>		M-30	82	00:00:15	<b>00:48:13.40</b>	<b>00:48:29.30</b>	+00:13:20 (27.7%)	4:49	12,4 (70.6%)
191	<b>GRUBICH Arkadiusz</b>	<b>94</b>	BRACIA DALTON	M-30	83	00:00:16	<b>00:48:15.40</b>	<b>00:48:31.40</b>	+00:13:22 (27.7%)	4:49	12,4 (70.6%)
192	<b>GILL Daniel</b>	<b>126</b>	BRACIA DALTON	M-30	84	00:00:15	<b>00:48:16.00</b>	<b>00:48:31.70</b>	+00:13:23 (27.7%)	4:49	12,4 (70.6%)
193	<b>ŁYSZCZARZ Błażej</b>	<b>983</b>		M-30	85	00:00:18	<b>00:48:17.80</b>	<b>00:48:36.40</b>	+00:13:25 (27.8%)	4:49	12,4 (70.6%)
194	<b>MAJEWSKI Mariusz</b>	<b>129</b>		M-30	86	00:00:25	<b>00:48:18.10</b>	<b>00:48:43.45</b>	+00:13:25 (27.8%)	4:49	12,4 (70.6%)
195	<b>SZNAJDROWSKI Jerzy</b>	<b>158</b>		M-50	14	00:00:30	<b>00:48:18.75</b>	<b>00:48:49.65</b>	+00:13:26 (27.8%)	4:49	12,4 (70.6%)
196	<b>SZWARC Paweł</b>	<b>270</b>	RUN BYDGOSZCZ	M-30	87	00:00:23	<b>00:48:19.15</b>	<b>00:48:42.55</b>	+00:13:26 (27.8%)	4:49	12,4 (70.6%)
197	<b>TATULIŃSKA Aleksandra</b>	<b>284</b>	RUN BYDGOSZCZ	K-30	7	00:00:22	<b>00:48:19.55</b>	<b>00:48:42.40</b>	+00:13:26 (27.8%)	4:50	12,4 (70.6%)
198	<b>SZNAJDROWSKI Mateusz</b>	<b>149</b>		M-20	34	00:00:30	<b>00:48:19.75</b>	<b>00:48:49.90</b>	+00:13:27 (27.8%)	4:49	12,4 (70.6%)
199	<b>RESKE Daniel</b>	<b>966</b>	ATOS TEAM	M-30	88	00:00:23	<b>00:48:19.90</b>	<b>00:48:43.50</b>	+00:13:27 (27.8%)	4:50	12,4 (70.6%)
200	<b>TARŁOWSKI Łukasz</b>	<b>758</b>	LIDL	M-20	35	00:00:14	<b>00:48:20.05</b>	<b>00:48:34.30</b>	+00:13:27 (27.8%)	4:50	12,4 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
201	<b>DYMEK Sławomir</b>	<b>351</b>		M-30	89	00:00:16	<b>00:48:22.40</b>	<b>00:48:38.70</b>	+00:13:29 (27.9%)	4:50	12,4 (70.6%)
202	<b>POPIELA Maksymilian</b>	<b>670</b>	BANK SPÓŁDZIELCZY W NAKLE N/NOTECIA	M-30	90	00:00:17	<b>00:48:23.20</b>	<b>00:48:40.20</b>	+00:13:30 (27.9%)	4:50	12,4 (70.6%)
203	<b>CIECHANOWSKI Maciej</b>	<b>888</b>		M-20	36	00:00:07	<b>00:48:28.80</b>	<b>00:48:35.80</b>	+00:13:36 (28.1%)	4:50	12,4 (70.6%)
204	<b>BYCZKOWSKI Michał</b>	<b>373</b>		M-10	10	00:00:13	<b>00:48:31.80</b>	<b>00:48:45.65</b>	+00:13:39 (28.1%)	4:51	12,4 (70.6%)
205	<b>JAKIMCZUK Przemysław</b>	<b>228</b>		M-20	37	00:00:40	<b>00:48:36.65</b>	<b>00:49:17.15</b>	+00:13:44 (28.3%)	4:51	12,3 (70.6%)
206	<b>LEWICKI Artur</b>	<b>378</b>	LEGE ARTIS	M-40	43	00:00:59	<b>00:48:37.60</b>	<b>00:49:37.30</b>	+00:13:45 (28.3%)	4:51	12,3 (70.6%)
207	<b>WIDŹGOWSKI Przemysław</b>	<b>310</b>	BATRUN	M-30	91	00:00:22	<b>00:48:38.45</b>	<b>00:49:00.95</b>	+00:13:45 (28.3%)	4:51	12,3 (70.6%)
208	<b>SOKOŁOWSKI Piotr</b>	<b>71</b>	GORDON RUN	M-30	92	00:00:29	<b>00:48:38.70</b>	<b>00:49:07.75</b>	+00:13:46 (28.3%)	4:51	12,3 (70.6%)
209	<b>PARUCKI Paweł</b>	<b>331</b>	SPÓJNIA BIAŁE BŁOTA	M-20	38	00:00:08	<b>00:48:41.00</b>	<b>00:48:49.60</b>	+00:13:48 (28.4%)	4:52	12,3 (70.6%)
210	<b>GROCHOWSKI Jakub</b>	<b>530</b>	JW1515	M-30	93	00:00:10	<b>00:48:42.30</b>	<b>00:48:52.85</b>	+00:13:49 (28.4%)	4:52	12,3 (70.6%)
211	<b>KUCHCZYŃSKI Adam</b>	<b>793</b>	BÓL TO ŚCIEMA	M-40	44	00:00:18	<b>00:48:43.85</b>	<b>00:49:02.00</b>	+00:13:51 (28.4%)	4:52	12,3 (70.6%)
212	<b>LASKOWSKI Daniel</b>	<b>59</b>	RUN PASJA	M-30	94	00:00:28	<b>00:48:44.25</b>	<b>00:49:12.70</b>	+00:13:51 (28.4%)	4:52	12,3 (70.6%)
213	<b>PROCZEK Jakub</b>	<b>127</b>		M-20	39	00:00:07	<b>00:48:44.40</b>	<b>00:48:52.00</b>	+00:13:51 (28.4%)	4:52	12,3 (70.6%)
214	<b>PARUCKI Zbigniew</b>	<b>323</b>		M-50	15	00:00:28	<b>00:48:45.80</b>	<b>00:49:14.65</b>	+00:13:53 (28.5%)	4:52	12,3 (70.6%)
215	<b>SKWARCZYŃSKI Radek</b>	<b>829</b>		M-20	40	00:00:23	<b>00:48:46.30</b>	<b>00:49:09.95</b>	+00:13:53 (28.5%)	4:52	12,3 (70.6%)
216	<b>STĘPSKI Marek</b>	<b>293</b>	BBL BYDGOSZCZ	M-40	45	00:00:14	<b>00:48:47.50</b>	<b>00:49:02.00</b>	+00:13:54 (28.5%)	4:52	12,3 (70.6%)
217	<b>PALIGA Mateusz</b>	<b>819</b>		M-20	41	00:00:46	<b>00:48:47.70</b>	<b>00:49:34.55</b>	+00:13:55 (28.5%)	4:52	12,3 (70.6%)
218	<b>KUZIOŁA Marcin</b>	<b>869</b>	OCULUS BYDGOSZCZ	M-30	95	00:00:33	<b>00:48:47.75</b>	<b>00:49:20.90</b>	+00:13:55 (28.5%)	4:52	12,3 (70.6%)
219	<b>JESIONOWSKI Arkadiusz</b>	<b>856</b>	MI TO TI TO	M-30	96	00:00:20	<b>00:48:49.05</b>	<b>00:49:09.05</b>	+00:13:56 (28.6%)	4:52	12,3 (70.6%)
220	<b>ZACHEJA Mariusz</b>	<b>79</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	46	00:00:04	<b>00:48:50.85</b>	<b>00:48:55.10</b>	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
220	<b>SZYMCZAK Piotr</b>	<b>74</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	97	00:00:04	<b>00:48:50.85</b>	<b>00:48:55.10</b>	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
222	<b>KŁOSOWSKI Marcin</b>	<b>600</b>		M-40	47	00:01:09	<b>00:48:50.90</b>	<b>00:50:00.85</b>	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
223	<b>GÓRECKI Łukasz</b>	<b>229</b>	BYDGOSKIE OKONIE	M-30	98	00:00:44	<b>00:48:52.40</b>	<b>00:49:36.95</b>	+00:13:59 (28.6%)	4:53	12,3 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
224	<b>BĄŁYS Krzysztof</b>	<b>120</b>		M-20	42	00:00:24	<b>00:48:53.30</b>	<b>00:49:18.15</b>	+00:14:00 (28.7%)	4:53	12,3 (70.6%)
225	<b>ŚLEFARSKI Marcin</b>	<b>249</b>		M-30	99	00:00:24	<b>00:48:58.20</b>	<b>00:49:22.60</b>	+00:14:05 (28.8%)	4:53	12,3 (70.6%)
226	<b>WONIAKOWSKI Czesław</b>	<b>1009</b>	PARKRUM BYDGOSZCZ	M-50	16	00:00:14	<b>00:48:59.15</b>	<b>00:49:13.95</b>	+00:14:06 (28.8%)	4:53	12,2 (70.6%)
227	<b>GACKOWSKI Napoleon</b>	<b>575</b>		M-30	100	00:00:18	<b>00:49:02.15</b>	<b>00:49:21.10</b>	+00:14:09 (28.9%)	4:54	12,2 (70.6%)
228	<b>GORDON Jacek</b>	<b>58</b>	GORDON RUN	M-50	17	00:00:34	<b>00:49:03.65</b>	<b>00:49:38.20</b>	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
229	<b>LISOWSKI Marcin</b>	<b>641</b>		M-30	101	00:00:39	<b>00:49:04.10</b>	<b>00:49:43.35</b>	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
230	<b>SZRAJDA Marcin</b>	<b>528</b>		M-30	102	00:00:16	<b>00:49:04.45</b>	<b>00:49:20.95</b>	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
231	<b>NADRATOWSKI Maciej</b>	<b>328</b>	KABEL TEAM BYDGOSZCZ	M-40	48	00:00:22	<b>00:49:04.70</b>	<b>00:49:26.70</b>	+00:14:12 (28.9%)	4:54	12,2 (70.6%)
232	<b>BANASIAK Paweł</b>	<b>708</b>		M-20	43	00:00:45	<b>00:49:06.70</b>	<b>00:49:52.15</b>	+00:14:14 (29.0%)	4:54	12,2 (70.6%)
233	<b>WĘGRZYNOWSKI Sławomir</b>	<b>349</b>	KABEL TEAM BYDGOSZCZ	M-40	49	00:00:19	<b>00:49:07.30</b>	<b>00:49:26.70</b>	+00:14:14 (29.0%)	4:54	12,2 (70.6%)
234	<b>DELINGER Mateusz</b>	<b>942</b>		M-20	44	00:00:31	<b>00:49:07.55</b>	<b>00:49:39.35</b>	+00:14:14 (29.0%)	4:54	12,2 (70.6%)
235	<b>BIAŁKA Kamil</b>	<b>754</b>	PEWNIAKI	M-20	45	00:00:22	<b>00:49:08.35</b>	<b>00:49:30.55</b>	+00:14:15 (29.0%)	4:54	12,2 (70.6%)
236	<b>FAC Daria</b>	<b>470</b>		K-20	4	00:00:32	<b>00:49:10.25</b>	<b>00:49:42.40</b>	+00:14:17 (29.1%)	4:55	12,2 (70.6%)
237	<b>RASZLIŃSKA Mariola</b>	<b>813</b>		K-40	1	00:00:47	<b>00:49:10.35</b>	<b>00:49:57.45</b>	+00:14:17 (29.1%)	4:55	12,2 (70.6%)
238	<b>GROSKOP Grzegorz</b>	<b>795</b>	GREGORIAN RUN TEAM	M-20	46	00:00:01	<b>00:49:10.75</b>	<b>00:49:12.45</b>	+00:14:18 (29.1%)	4:55	12,2 (70.6%)
239	<b>PALIGA Antoni</b>	<b>820</b>		M-40	50	00:00:46	<b>00:49:11.90</b>	<b>00:49:58.20</b>	+00:14:19 (29.1%)	4:55	12,2 (70.6%)
240	<b>KAMPER Jarosław</b>	<b>330</b>		M-30	103	00:00:50	<b>00:49:14.20</b>	<b>00:50:04.75</b>	+00:14:21 (29.2%)	4:55	12,2 (70.6%)
241	<b>LUZAK Mirosław</b>	<b>769</b>	MWIK BYDGOSZCZ	M-50	18	00:00:10	<b>00:49:16.50</b>	<b>00:49:27.30</b>	+00:14:23 (29.2%)	4:55	12,2 (70.6%)
242	<b>TYMOSIAK Mateusz</b>	<b>520</b>	SPÓJNIA BIAŁE BŁOTA	M-20	47	00:00:29	<b>00:49:18.15</b>	<b>00:49:47.30</b>	+00:14:25 (29.3%)	4:55	12,2 (70.6%)
243	<b>SKUBISZEWSKI Damian</b>	<b>674</b>	ARMIA CHRYSYUSA	M-20	48	00:00:06	<b>00:49:21.90</b>	<b>00:49:28.60</b>	+00:14:29 (29.3%)	4:56	12,2 (70.6%)
244	<b>WOLAŃSKI Michał</b>	<b>47</b>		M-30	104	00:00:26	<b>00:49:25.65</b>	<b>00:49:52.00</b>	+00:14:33 (29.4%)	4:56	12,1 (70.6%)
245	<b>KIECA Andrzej</b>	<b>713</b>	BBL BYDGOSZCZ	M-40	51	00:00:42	<b>00:49:26.70</b>	<b>00:50:09.15</b>	+00:14:34 (29.5%)	4:56	12,1 (70.6%)
246	<b>WNUK Sławomir</b>	<b>821</b>		M-40	52	00:00:09	<b>00:49:30.55</b>	<b>00:49:39.95</b>	+00:14:37 (29.6%)	4:57	12,1 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
247	<b>WOŹNIAK Małgorzata</b>	<b>334</b>		K-20	5	00:00:09	<b>00:49:32.20</b>	<b>00:49:41.25</b>	+00:14:39 (29.6%)	4:57	12,1 (70.6%)
248	<b>OSSOWSKI Marcin</b>	<b>634</b>		M-30	105	00:00:46	<b>00:49:32.35</b>	<b>00:50:19.10</b>	+00:14:39 (29.6%)	4:57	12,1 (70.6%)
249	<b>JURSKI Robert</b>	<b>785</b>	JFTC BYDGOSZCZ	M-40	53	00:00:26	<b>00:49:34.65</b>	<b>00:50:01.10</b>	+00:14:42 (29.7%)	4:57	12,1 (70.6%)
250	<b>MAJEWSKI Robert</b>	<b>125</b>	RUN PASJA	M-30	106	00:00:45	<b>00:49:35.45</b>	<b>00:50:20.55</b>	+00:14:42 (29.7%)	4:57	12,1 (70.6%)
251	<b>MLECZEK Alfred</b>	<b>804</b>		M-30	107	00:00:25	<b>00:49:38.55</b>	<b>00:50:04.20</b>	+00:14:45 (29.7%)	4:57	12,1 (70.6%)
252	<b>MIŚ Michał</b>	<b>87</b>	LUKS START NAKŁO	M-20	49	00:00:25	<b>00:49:40.80</b>	<b>00:50:06.15</b>	+00:14:48 (29.8%)	4:58	12,1 (70.6%)
253	<b>KUBOWICZ Piotr</b>	<b>266</b>	MALGOŚ... TEAM	M-40	54	00:00:21	<b>00:49:44.90</b>	<b>00:50:06.00</b>	+00:14:52 (29.9%)	4:58	12,1 (70.6%)
254	<b>BAGROWSKI Marek</b>	<b>619</b>	UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M-50	19	00:00:36	<b>00:49:45.25</b>	<b>00:50:21.35</b>	+00:14:52 (29.9%)	4:58	12,1 (70.6%)
255	<b>BŁAŻEJEWSKA-GOLIŃSKA Karolina</b>	<b>254</b>	TRISPACE	K-30	8	00:00:21	<b>00:49:53.65</b>	<b>00:50:15.00</b>	+00:15:01 (30.1%)	4:59	12 (70.6%)
256	<b>TRZCIŃSKI Eugeniusz</b>	<b>191</b>	AKTYWNA BYDGOSZCZ	M-50	20	00:00:33	<b>00:49:54.45</b>	<b>00:50:28.40</b>	+00:15:01 (30.1%)	4:59	12 (70.6%)
257	<b>STASZKIEWICZ Lucyna</b>	<b>281</b>	STASHKY TEAM	K-40	2	00:00:25	<b>00:49:54.90</b>	<b>00:50:20.55</b>	+00:15:02 (30.1%)	4:59	12 (70.6%)
258	<b>WYSZKOWSKA Marzena</b>	<b>881</b>	1BLOG	K-30	9	00:00:54	<b>00:49:55.10</b>	<b>00:50:49.15</b>	+00:15:02 (30.1%)	4:59	12 (70.6%)
259	<b>ZIELIŃSKI Maciej</b>	<b>139</b>		M-30	108	00:00:50	<b>00:49:59.40</b>	<b>00:50:50.15</b>	+00:15:06 (30.2%)	5:00	12 (70.6%)
260	<b>JANISZEWSKI Jakub</b>	<b>845</b>	GORDON RUN	M-40	55	00:00:31	<b>00:49:59.95</b>	<b>00:50:31.55</b>	+00:15:07 (30.2%)	5:00	12 (70.6%)
261	<b>FUZ Emilia</b>	<b>362</b>		K-20	6	00:00:26	<b>00:50:00.35</b>	<b>00:50:26.80</b>	+00:15:07 (30.3%)	5:00	12 (70.6%)
262	<b>BOROWSKI Mateusz</b>	<b>964</b>		M-20	50	00:00:42	<b>00:50:01.20</b>	<b>00:50:43.45</b>	+00:15:08 (30.3%)	5:00	12 (70.6%)
263	<b>KARASZEWSKI Marcin</b>	<b>646</b>		M-30	109	00:00:46	<b>00:50:02.30</b>	<b>00:50:49.10</b>	+00:15:09 (30.3%)	5:00	12 (70.6%)
264	<b>BADOWIEC Magdalena</b>	<b>896</b>	GOGGLE PEA TEAM	K-30	10	00:00:06	<b>00:50:03.30</b>	<b>00:50:09.50</b>	+00:15:10 (30.3%)	5:00	12 (70.6%)
265	<b>GZYL Mikołaj</b>	<b>615</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	110	00:00:17	<b>00:50:05.30</b>	<b>00:50:23.05</b>	+00:15:12 (30.4%)	5:00	12 (70.6%)
266	<b>BAUMAN Krystian</b>	<b>787</b>	DRUŻYNA SZPIKU	M-30	111	00:00:55	<b>00:50:05.90</b>	<b>00:51:01.35</b>	+00:15:13 (30.4%)	5:00	12 (70.6%)
267	<b>BUSSE Piotr</b>	<b>379</b>		M-30	112	00:00:25	<b>00:50:09.20</b>	<b>00:50:34.35</b>	+00:15:16 (30.5%)	5:00	12 (70.6%)
268	<b>BRZOZOWSKI Marcin</b>	<b>608</b>	BRZOZA TRI TEAM	M-20	51	00:00:47	<b>00:50:13.55</b>	<b>00:51:00.60</b>	+00:15:20 (30.6%)	5:01	11,9 (64.7%)
269	<b>KĘDZIERSKI Rafał</b>	<b>438</b>	DE-STRESS	M-30	113	00:00:33	<b>00:50:17.15</b>	<b>00:50:50.70</b>	+00:15:24 (30.6%)	5:01	11,9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
270	<b>WOJCIECHOWSKI Jarosław</b>	<b>202</b>		M-40	56	00:01:03	<b>00:50:22.30</b>	<b>00:51:25.30</b>	+00:15:29 (30.8%)	5:02	11,9 (64.7%)
271	<b>HORYD Justyna</b>	<b>973</b>	SPORT FACTORY	K-30	11	00:00:48	<b>00:50:24.45</b>	<b>00:51:13.00</b>	+00:15:31 (30.8%)	5:02	11,9 (64.7%)
272	<b>CZAPLEWSKA Agnieszka</b>	<b>344</b>	KB ŁAPKA	K-30	12	00:00:29	<b>00:50:28.75</b>	<b>00:50:58.10</b>	+00:15:36 (30.9%)	5:02	11,9 (64.7%)
273	<b>HASEK Patryk</b>	<b>526</b>		M-20	52	00:00:12	<b>00:50:37.40</b>	<b>00:50:49.60</b>	+00:15:44 (31.1%)	5:03	11,9 (64.7%)
274	<b>RAUT Wiesław</b>	<b>744</b>		M-60+	2	00:00:36	<b>00:50:38.50</b>	<b>00:51:15.35</b>	+00:15:45 (31.1%)	5:03	11,8 (64.7%)
275	<b>RÓŻYCKI Marcin</b>	<b>273</b>		M-20	53	00:00:02	<b>00:50:40.90</b>	<b>00:50:43.45</b>	+00:15:48 (31.2%)	5:04	11,8 (64.7%)
276	<b>KRUCZKOWSKI Adam</b>	<b>771</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	57	00:00:05	<b>00:50:43.00</b>	<b>00:50:48.25</b>	+00:15:50 (31.2%)	5:04	11,8 (64.7%)
277	<b>KRUCZKOWSKI Jakub</b>	<b>770</b>		M-10	11	00:00:05	<b>00:50:43.25</b>	<b>00:50:48.25</b>	+00:15:50 (31.2%)	5:04	11,8 (64.7%)
278	<b>DOMAN Janusz</b>	<b>905</b>	UKS SZABLA BRZOZA	M-60+	3	00:00:07	<b>00:50:44.25</b>	<b>00:50:51.95</b>	+00:15:51 (31.3%)	5:04	11,8 (64.7%)
279	<b>KONKEL Bartosz</b>	<b>91</b>		M-30	114	00:00:15	<b>00:50:46.80</b>	<b>00:51:02.35</b>	+00:15:54 (31.3%)	5:04	11,8 (64.7%)
280	<b>MALAK Maciej</b>	<b>381</b>		M-20	54	00:01:20	<b>00:50:50.80</b>	<b>00:52:11.35</b>	+00:15:58 (31.4%)	5:05	11,8 (64.7%)
281	<b>OPASKA Marcin</b>	<b>164</b>		M-30	115	00:00:31	<b>00:50:57.45</b>	<b>00:51:29.15</b>	+00:16:04 (31.6%)	5:05	11,8 (64.7%)
282	<b>DOŁHUN Adam</b>	<b>536</b>		M-30	116	00:00:31	<b>00:50:58.05</b>	<b>00:51:29.25</b>	+00:16:05 (31.6%)	5:05	11,8 (64.7%)
283	<b>BEDNAREK Mikołaj</b>	<b>778</b>	RUN PASJA	M-20	55	00:00:45	<b>00:51:02.35</b>	<b>00:51:47.85</b>	+00:16:09 (31.7%)	5:06	11,8 (64.7%)
284	<b>PASZEK Maria</b>	<b>788</b>	TKKF KOLEJARZ	K-30	13	00:00:31	<b>00:51:05.20</b>	<b>00:51:36.50</b>	+00:16:12 (31.7%)	5:06	11,7 (64.7%)
285	<b>STYKAŁA Adrianna</b>	<b>461</b>		K-10	1	00:00:28	<b>00:51:06.70</b>	<b>00:51:34.70</b>	+00:16:14 (31.8%)	5:06	11,7 (64.7%)
286	<b>BANASZAK Monika</b>	<b>631</b>	RUN-PASJA BYDGOSZCZ	K-30	14	00:00:40	<b>00:51:07.50</b>	<b>00:51:48.10</b>	+00:16:14 (31.8%)	5:06	11,7 (64.7%)
287	<b>IWANUSEK Paweł</b>	<b>982</b>	GRUPA BANKIETOWA SPECJAL	M-30	117	00:01:09	<b>00:51:11.65</b>	<b>00:52:20.65</b>	+00:16:19 (31.9%)	5:07	11,7 (64.7%)
288	<b>KORTAS Marcin</b>	<b>286</b>		M-40	58	00:01:00	<b>00:51:19.35</b>	<b>00:52:19.65</b>	+00:16:26 (32.0%)	5:07	11,7 (64.7%)
289	<b>DĄBROWSKI Bartosz</b>	<b>116</b>	RUN BYDGOSZCZ / BARTOSZDABROWSKI.PL	M-30	118	00:00:20	<b>00:51:19.90</b>	<b>00:51:39.90</b>	+00:16:27 (32.1%)	5:07	11,7 (64.7%)
290	<b>APANASIEWICZ Bartosz</b>	<b>180</b>	RUN PASJA	M-30	119	00:00:25	<b>00:51:27.70</b>	<b>00:51:53.15</b>	+00:16:35 (32.2%)	5:08	11,7 (64.7%)
291	<b>WOŹNIAK Anna</b>	<b>220</b>	RUN PASJA	K-30	15	00:00:24	<b>00:51:28.05</b>	<b>00:51:52.80</b>	+00:16:35 (32.2%)	5:08	11,7 (64.7%)
292	<b>STOKŁOSA Maciej</b>	<b>92</b>	C-130	M-20	56	00:00:10	<b>00:51:32.30</b>	<b>00:51:43.15</b>	+00:16:39 (32.3%)	5:09	11,6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
293	<b>OSZUBSKI Kazimierz</b>	<b>336</b>		M-40	59	00:00:12	<b>00:51:38.35</b>	<b>00:51:50.80</b>	+00:16:45 (32.5%)	5:09	11,6 (64.7%)
294	<b>CHMURZYŃSKI Jakub</b>	<b>30</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-20	57	00:00:03	<b>00:51:44.10</b>	<b>00:51:47.45</b>	+00:16:51 (32.6%)	5:10	11,6 (64.7%)
295	<b>MACHNIKOWSKI Rafał</b>	<b>60</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	60	00:00:03	<b>00:51:44.30</b>	<b>00:51:47.75</b>	+00:16:51 (32.6%)	5:10	11,6 (64.7%)
296	<b>BANKERT Radosław</b>	<b>665</b>		M-30	120	00:00:24	<b>00:51:45.30</b>	<b>00:52:10.05</b>	+00:16:52 (32.6%)	5:10	11,6 (64.7%)
297	<b>LIWOCH Grzegorz</b>	<b>299</b>		M-40	61	00:00:40	<b>00:51:47.80</b>	<b>00:52:28.65</b>	+00:16:55 (32.7%)	5:10	11,6 (64.7%)
298	<b>DYLEWSKI Artur</b>	<b>755</b>	PEWNIAKI	M-20	58	00:00:22	<b>00:51:49.10</b>	<b>00:52:11.40</b>	+00:16:56 (32.7%)	5:10	11,6 (64.7%)
299	<b>WOJCIECHOWSKI Piotr</b>	<b>969</b>		M-50	21	00:00:42	<b>00:51:55.15</b>	<b>00:52:37.60</b>	+00:17:02 (32.8%)	5:11	11,6 (64.7%)
300	<b>BUCZKOWSKI Wojciech</b>	<b>748</b>		M-40	62	00:00:25	<b>00:51:55.95</b>	<b>00:52:21.20</b>	+00:17:03 (32.8%)	5:11	11,6 (64.7%)
301	<b>SENDROWICZ Mariusz</b>	<b>97</b>		M-30	121	00:00:28	<b>00:51:58.10</b>	<b>00:52:26.25</b>	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
302	<b>ZIELIŃSKI Stanisław</b>	<b>326</b>	GORDON RUN	M-30	122	00:00:30	<b>00:51:58.20</b>	<b>00:52:28.45</b>	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
303	<b>PAUKA Szymon</b>	<b>160</b>		M-30	123	00:00:27	<b>00:51:58.50</b>	<b>00:52:26.05</b>	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
304	<b>GUMIŃSKI Bartosz</b>	<b>904</b>		M-30	124	00:00:58	<b>00:52:03.55</b>	<b>00:53:01.55</b>	+00:17:10 (33.0%)	5:12	11,5 (64.7%)
305	<b>WARCZAK Kuba</b>	<b>844</b>		M-30	125	00:00:59	<b>00:52:05.10</b>	<b>00:53:04.55</b>	+00:17:12 (33.0%)	5:12	11,5 (64.7%)
306	<b>WARCZAK Kuba</b>	<b>140</b>		M-30	126	00:00:59	<b>00:52:05.40</b>	<b>00:53:04.65</b>	+00:17:12 (33.0%)	5:12	11,5 (64.7%)
307	<b>STAWCZYK Dariusz</b>	<b>204</b>		M-30	127	00:00:56	<b>00:52:06.00</b>	<b>00:53:02.70</b>	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
308	<b>RUTKOWSKA Marta</b>	<b>452</b>		K-10	2	00:00:12	<b>00:52:06.20</b>	<b>00:52:18.90</b>	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
309	<b>STEFANOWICZ Marcin</b>	<b>626</b>	GORDON RUN	M-30	128	00:00:30	<b>00:52:06.30</b>	<b>00:52:36.95</b>	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
310	<b>KASZOWICZ Marek</b>	<b>406</b>	RWT W BYDGOSZCZY	M-40	63	00:01:00	<b>00:52:07.55</b>	<b>00:53:07.85</b>	+00:17:14 (33.1%)	5:12	11,5 (64.7%)
311	<b>UROWSKI Radek</b>	<b>593</b>	ATOS RUN TEAM	M-20	59	00:00:49	<b>00:52:08.30</b>	<b>00:52:57.30</b>	+00:17:15 (33.1%)	5:12	11,5 (64.7%)
312	<b>WOŹNIAK Rafał</b>	<b>871</b>		M-20	60	00:00:34	<b>00:52:14.00</b>	<b>00:52:48.00</b>	+00:17:21 (33.2%)	5:13	11,5 (64.7%)
313	<b>KWIATKOWSKA Bożena</b>	<b>136</b>		K-40	3	00:00:35	<b>00:52:14.85</b>	<b>00:52:50.45</b>	+00:17:22 (33.2%)	5:13	11,5 (64.7%)
314	<b>DUNAJEWSKA Magdalena</b>	<b>776</b>		K-30	16	00:00:12	<b>00:52:18.95</b>	<b>00:52:31.85</b>	+00:17:26 (33.3%)	5:13	11,5 (64.7%)
315	<b>OPIC Witold</b>	<b>751</b>	WITOLD BIEGA	M-40	64	00:00:37	<b>00:52:19.25</b>	<b>00:52:56.75</b>	+00:17:26 (33.3%)	5:13	11,5 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
316	<b>MAŁECKI Tomasz</b>	<b>848</b>		M-30	129	00:00:51	<b>00:52:19.45</b>	<b>00:53:10.70</b>	+00:17:26 (33.3%)	5:13	11,5 (64.7%)
317	<b>KOFI Mateusz</b>	<b>621</b>		M-20	61	00:00:53	<b>00:52:22.80</b>	<b>00:53:16.55</b>	+00:17:30 (33.4%)	5:14	11,5 (64.7%)
318	<b>WALENCIAK Jarosław</b>	<b>596</b>	CZARNE STOPY	M-40	65	00:00:49	<b>00:52:24.85</b>	<b>00:53:14.80</b>	+00:17:32 (33.5%)	5:14	11,4 (64.7%)
319	<b>MOLENDĄ Patrycja</b>	<b>448</b>	KLINIKA TRIATHLONU	K-20	7	00:00:37	<b>00:52:27.65</b>	<b>00:53:04.65</b>	+00:17:35 (33.5%)	5:14	11,4 (64.7%)
320	<b>ZIÓŁKOWSKI Mieczysław</b>	<b>704</b>		M-50	22	00:00:13	<b>00:52:28.35</b>	<b>00:52:41.65</b>	+00:17:35 (33.5%)	5:14	11,4 (64.7%)
321	<b>KOLANOWSKI Wojciech</b>	<b>322</b>		M-50	23	00:00:26	<b>00:52:29.65</b>	<b>00:52:56.25</b>	+00:17:37 (33.6%)	5:15	11,4 (64.7%)
322	<b>PAWLAK Waldemar</b>	<b>541</b>		M-30	130	00:00:20	<b>00:52:32.65</b>	<b>00:52:52.85</b>	+00:17:40 (33.6%)	5:15	11,4 (64.7%)
323	<b>POTRZEBOWSKA Agata</b>	<b>272</b>		K-30	17	00:00:27	<b>00:52:34.10</b>	<b>00:53:02.00</b>	+00:17:41 (33.7%)	5:15	11,4 (64.7%)
324	<b>ZAGOŹDŹON Wioleta</b>	<b>324</b>		K-30	18	00:00:28	<b>00:52:34.45</b>	<b>00:53:03.05</b>	+00:17:41 (33.7%)	5:15	11,4 (64.7%)
325	<b>BRYCKI Łukasz</b>	<b>968</b>		M-30	131	00:00:26	<b>00:52:36.75</b>	<b>00:53:03.35</b>	+00:17:44 (33.7%)	5:15	11,4 (64.7%)
326	<b>KOLANOWSKA Grażyna</b>	<b>320</b>		K-50	2	00:00:26	<b>00:52:36.95</b>	<b>00:53:03.90</b>	+00:17:44 (33.7%)	5:15	11,4 (64.7%)
327	<b>PRZYBYLSKA Karolina</b>	<b>112</b>	KLINIKA TRIATHLONU	K-20	8	00:00:37	<b>00:52:40.15</b>	<b>00:53:17.75</b>	+00:17:47 (33.8%)	5:16	11,4 (64.7%)
328	<b>CHODUR Agnieszka</b>	<b>483</b>		K-30	19	00:00:32	<b>00:52:41.85</b>	<b>00:53:14.80</b>	+00:17:49 (33.8%)	5:16	11,4 (64.7%)
329	<b>WRZYSZCZ Mateusz</b>	<b>405</b>		M-10	12	00:00:07	<b>00:52:45.25</b>	<b>00:52:53.05</b>	+00:17:52 (33.9%)	5:16	11,4 (64.7%)
330	<b>JASTRZEMBSKI Tomasz</b>	<b>28</b>		M-30	132	00:01:12	<b>00:52:45.50</b>	<b>00:53:58.35</b>	+00:17:52 (33.9%)	5:16	11,4 (64.7%)
331	<b>PRIEWE Paweł</b>	<b>5</b>		M-30	133	00:01:12	<b>00:52:46.95</b>	<b>00:53:59.50</b>	+00:17:54 (33.9%)	5:16	11,4 (64.7%)
332	<b>MAZANOWSKA Ewa</b>	<b>29</b>	RUN-PASJA	K-30	20	00:00:42	<b>00:52:47.10</b>	<b>00:53:29.25</b>	+00:17:54 (33.9%)	5:16	11,4 (64.7%)
333	<b>CZYŻEWSKI Mateusz</b>	<b>1007</b>	KOCHAM SOLEC	M-20	62	00:00:39	<b>00:52:50.50</b>	<b>00:53:29.50</b>	+00:17:57 (34.0%)	5:17	11,4 (64.7%)
334	<b>ARGALSKI Rafał</b>	<b>642</b>		M-30	134	00:00:39	<b>00:52:51.60</b>	<b>00:53:31.40</b>	+00:17:59 (34.0%)	5:17	11,3 (64.7%)
335	<b>MARAŚKIEWICZ Agnieszka</b>	<b>185</b>		K-20	9	00:00:36	<b>00:52:52.70</b>	<b>00:53:29.55</b>	+00:18:00 (34.0%)	5:17	11,3 (64.7%)
336	<b>KREŃSKI Tomasz</b>	<b>398</b>		M-30	135	00:00:47	<b>00:52:54.60</b>	<b>00:53:41.75</b>	+00:18:02 (34.1%)	5:17	11,3 (64.7%)
337	<b>KORDAS Jacek</b>	<b>543</b>		M-20	63	00:00:24	<b>00:52:56.80</b>	<b>00:53:21.15</b>	+00:18:04 (34.1%)	5:17	11,3 (64.7%)
338	<b>ZBORAŁA Dawid</b>	<b>472</b>	D&M	M-20	64	00:01:09	<b>00:52:58.65</b>	<b>00:54:08.45</b>	+00:18:06 (34.2%)	5:17	11,3 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
339	<b>TOMKOWIAK Tomasz</b>	<b>1017</b>	SZKOŁA JAZDY TOMAS	M-20	65	00:01:09	<b>00:52:59.20</b>	<b>00:54:08.85</b>	+00:18:06 (34.2%)	5:17	11,3 (64.7%)
340	<b>WENDA Mateusz</b>	<b>786</b>		M-20	66	00:01:09	<b>00:52:59.40</b>	<b>00:54:08.95</b>	+00:18:06 (34.2%)	5:17	11,3 (64.7%)
341	<b>WENDA Dawid</b>	<b>491</b>	DIM	M-20	67	00:01:08	<b>00:52:59.60</b>	<b>00:54:08.40</b>	+00:18:07 (34.2%)	5:18	11,3 (64.7%)
342	<b>KWIATKOWSKI Jakub</b>	<b>947</b>		M-20	68	00:01:08	<b>00:53:00.00</b>	<b>00:54:08.40</b>	+00:18:07 (34.2%)	5:18	11,3 (64.7%)
343	<b>ZBORAŁA Mateusz</b>	<b>474</b>	D&M	M-20	69	00:01:08	<b>00:53:00.10</b>	<b>00:54:08.75</b>	+00:18:07 (34.2%)	5:18	11,3 (64.7%)
344	<b>GOZIMIRSKI Andrzej</b>	<b>823</b>		M-60+	4	00:00:08	<b>00:53:01.10</b>	<b>00:53:09.90</b>	+00:18:08 (34.2%)	5:18	11,3 (64.7%)
345	<b>HOMSKI Filip</b>	<b>802</b>		M-20	70	00:01:05	<b>00:53:03.60</b>	<b>00:54:09.15</b>	+00:18:11 (34.3%)	5:18	11,3 (64.7%)
346	<b>STANGRECKI Dariusz</b>	<b>1</b>	KB ŁAPKA	M-30	136	00:00:29	<b>00:53:04.40</b>	<b>00:53:33.95</b>	+00:18:11 (34.3%)	5:18	11,3 (64.7%)
347	<b>KUBIK Marcin</b>	<b>837</b>	MAV TEAM	M-30	137	00:00:37	<b>00:53:05.45</b>	<b>00:53:42.45</b>	+00:18:12 (34.3%)	5:18	11,3 (64.7%)
348	<b>DROŹDŹ Małgorzata</b>	<b>519</b>	KLONIKTEAM	K-30	21	00:00:26	<b>00:53:06.30</b>	<b>00:53:32.45</b>	+00:18:13 (34.3%)	5:18	11,3 (64.7%)
349	<b>SZCZEBLEWSKI Witold</b>	<b>450</b>	MOTOTURYSTYKA.COM	M-50	24	00:00:22	<b>00:53:07.75</b>	<b>00:53:29.80</b>	+00:18:15 (34.4%)	5:18	11,3 (64.7%)
350	<b>POWAŁKA Grzegorz</b>	<b>73</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-50	25	00:00:03	<b>00:53:09.85</b>	<b>00:53:13.60</b>	+00:18:17 (34.4%)	5:19	11,3 (64.7%)
351	<b>GORGOL Tomasz</b>	<b>347</b>	RUN BYDGOSZCZ	M-30	138	00:00:03	<b>00:53:10.20</b>	<b>00:53:13.45</b>	+00:18:17 (34.4%)	5:19	11,3 (64.7%)
352	<b>GŁOWSKI Dariusz</b>	<b>981</b>		M-40	66	00:00:51	<b>00:53:16.55</b>	<b>00:54:07.55</b>	+00:18:23 (34.5%)	5:19	11,3 (64.7%)
353	<b>BICKOWSKA Magdalena</b>	<b>283</b>	RUN BYDGOSZCZ	K-30	22	00:00:29	<b>00:53:17.25</b>	<b>00:53:47.00</b>	+00:18:24 (34.6%)	5:19	11,3 (64.7%)
354	<b>RYBKA Ilona</b>	<b>163</b>		K-40	4	00:00:33	<b>00:53:17.30</b>	<b>00:53:50.70</b>	+00:18:24 (34.6%)	5:19	11,3 (64.7%)
355	<b>KOLMAJER Rafał</b>	<b>242</b>	RUN BYDGOSZCZ	M-30	139	00:00:29	<b>00:53:17.40</b>	<b>00:53:47.30</b>	+00:18:24 (34.6%)	5:19	11,3 (64.7%)
356	<b>OSSOWSKA Joanna</b>	<b>633</b>		K-30	23	00:00:54	<b>00:53:18.65</b>	<b>00:54:12.85</b>	+00:18:26 (34.6%)	5:19	11,3 (64.7%)
357	<b>TOMCZAK Ewa</b>	<b>259</b>		K-20	10	00:00:41	<b>00:53:21.55</b>	<b>00:54:03.40</b>	+00:18:28 (34.6%)	5:20	11,2 (64.7%)
358	<b>WŁODARCZYK Olga</b>	<b>82</b>		K-20	11	00:00:09	<b>00:53:21.75</b>	<b>00:53:31.45</b>	+00:18:29 (34.6%)	5:20	11,2 (64.7%)
359	<b>BUCHHOLZ Monika</b>	<b>422</b>		K-20	12	00:00:06	<b>00:53:22.05</b>	<b>00:53:28.75</b>	+00:18:29 (34.6%)	5:20	11,2 (64.7%)
360	<b>JAKUBOWSKI Mirosław</b>	<b>749</b>	URZĄD MIASTA BYDGOSZCZY	M-50	26	00:00:35	<b>00:53:34.65</b>	<b>00:54:10.00</b>	+00:18:42 (34.9%)	5:21	11,2 (64.7%)
361	<b>CZERNAK Mateusz</b>	<b>410</b>		M-30	140	00:00:46	<b>00:53:34.70</b>	<b>00:54:20.85</b>	+00:18:42 (34.9%)	5:21	11,2 (64.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
362	<b>SZYMAŃSKI Michał</b>	<b>729</b>	GORDON RUN	M-20	71	00:00:51	<b>00:53:35.05</b>	<b>00:54:26.30</b>	+00:18:42 (34.9%)	5:21	11,2 (64.7%)
363	<b>ŁAZ Kamil</b>	<b>265</b>	RUN BYDGOSZCZ	M-30	141	00:00:34	<b>00:53:39.75</b>	<b>00:54:14.55</b>	+00:18:47 (35.0%)	5:22	11,2 (64.7%)
364	<b>KWARDYS Karol</b>	<b>841</b>		M-30	142	00:00:17	<b>00:53:40.10</b>	<b>00:53:57.75</b>	+00:18:47 (35.0%)	5:22	11,2 (64.7%)
365	<b>RUTKOWSKI Michał</b>	<b>162</b>		M-10	13	00:00:34	<b>00:53:41.00</b>	<b>00:54:15.40</b>	+00:18:48 (35.0%)	5:22	11,2 (64.7%)
366	<b>RUTKOWSKI Adam</b>	<b>206</b>		M-40	67	00:00:34	<b>00:53:41.25</b>	<b>00:54:15.45</b>	+00:18:48 (35.0%)	5:22	11,2 (64.7%)
367	<b>KASZEWSKI Sebastian</b>	<b>683</b>		M-40	68	00:00:26	<b>00:53:44.25</b>	<b>00:54:10.25</b>	+00:18:51 (35.1%)	5:22	11,2 (64.7%)
368	<b>NOWAK Adam</b>	<b>1000</b>	RUN BYDGOSZCZ	M-40	69	00:01:01	<b>00:53:47.60</b>	<b>00:54:49.00</b>	+00:18:55 (35.2%)	5:22	11,2 (64.7%)
369	<b>WOŹNIAK Adam</b>	<b>157</b>		M-30	143	00:00:42	<b>00:53:48.60</b>	<b>00:54:31.30</b>	+00:18:56 (35.2%)	5:22	11,1 (64.7%)
370	<b>SCHMIDT Marcin</b>	<b>587</b>		M-30	144	00:00:15	<b>00:53:49.60</b>	<b>00:54:04.85</b>	+00:18:57 (35.2%)	5:22	11,1 (64.7%)
371	<b>STĘPIEŃ Monika</b>	<b>135</b>		K-30	24	00:01:03	<b>00:53:51.60</b>	<b>00:54:54.75</b>	+00:18:59 (35.2%)	5:23	11,1 (64.7%)
372	<b>KALLAS-LIPSKA Anetta</b>	<b>997</b>	RUN BYDGOSZCZ	K-40	5	00:00:35	<b>00:53:54.85</b>	<b>00:54:29.95</b>	+00:19:02 (35.3%)	5:23	11,1 (64.7%)
373	<b>WOJDAT Dominika</b>	<b>852</b>		K-20	13	00:00:11	<b>00:53:57.75</b>	<b>00:54:09.25</b>	+00:19:05 (35.4%)	5:23	11,1 (64.7%)
374	<b>BRZÓSKA Kacper</b>	<b>917</b>		M-30	145	00:00:31	<b>00:54:01.40</b>	<b>00:54:32.55</b>	+00:19:08 (35.4%)	5:24	11,1 (64.7%)
375	<b>ŚLADEWSKI Rafał</b>	<b>83</b>		M-30	146	00:00:49	<b>00:54:01.55</b>	<b>00:54:50.75</b>	+00:19:08 (35.4%)	5:24	11,1 (64.7%)
376	<b>WEGNER Roman</b>	<b>387</b>		M-50	27	00:00:35	<b>00:54:05.45</b>	<b>00:54:41.35</b>	+00:19:12 (35.5%)	5:24	11,1 (64.7%)
377	<b>BERG Janusz</b>	<b>738</b>	STANISŁAWKA	M-30	147	00:00:40	<b>00:54:08.90</b>	<b>00:54:49.35</b>	+00:19:16 (35.6%)	5:24	11,1 (64.7%)
378	<b>SCHUMACHER-RATAJ Marta</b>	<b>907</b>		K-30	25	00:00:11	<b>00:54:09.15</b>	<b>00:54:20.80</b>	+00:19:16 (35.6%)	5:24	11,1 (64.7%)
379	<b>BRZOZOWSKI Krzysztof</b>	<b>970</b>		M-20	72	00:01:05	<b>00:54:09.40</b>	<b>00:55:14.60</b>	+00:19:16 (35.6%)	5:24	11,1 (64.7%)
380	<b>GUMIENNA Natalia</b>	<b>155</b>	SPÓJNIA BIAŁE BŁOTA	K-20	14	00:00:24	<b>00:54:09.80</b>	<b>00:54:34.75</b>	+00:19:17 (35.6%)	5:25	11,1 (64.7%)
381	<b>DERING Hanna</b>	<b>466</b>		K-30	26	00:00:23	<b>00:54:11.45</b>	<b>00:54:34.85</b>	+00:19:18 (35.6%)	5:25	11,1 (64.7%)
382	<b>FAC Dorota</b>	<b>394</b>		K-30	27	00:00:32	<b>00:54:15.60</b>	<b>00:54:48.40</b>	+00:19:23 (35.7%)	5:25	11,1 (64.7%)
383	<b>MOROSZCZAK Dominika</b>	<b>498</b>	SPÓJNIA BIAŁE BŁOTA	K-30	28	00:00:26	<b>00:54:16.70</b>	<b>00:54:43.45</b>	+00:19:24 (35.7%)	5:25	11,1 (64.7%)
384	<b>TRUDNOWSKI Janusz</b>	<b>235</b>		M-60+	5	00:00:38	<b>00:54:19.45</b>	<b>00:54:57.55</b>	+00:19:26 (35.8%)	5:25	11 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
385	<b>BALARYN Paweł</b>	<b>922</b>	TKT	M-30	148	00:00:41	<b>00:54:20.15</b>	<b>00:55:01.40</b>	+00:19:27 (35.8%)	5:26	11 (64.7%)
386	<b>WIESE Sławomir</b>	<b>554</b>	RWT W BYDGOSZCZY	M-40	70	00:01:00	<b>00:54:20.55</b>	<b>00:55:21.25</b>	+00:19:27 (35.8%)	5:26	11 (64.7%)
387	<b>MAJEWSKI Tomasz</b>	<b>862</b>	PRZEBIEGLI UNISŁAW I OKOLICE	M-40	71	00:00:47	<b>00:54:22.50</b>	<b>00:55:09.60</b>	+00:19:29 (35.9%)	5:26	11 (64.7%)
388	<b>DĘBIEC Andrzej</b>	<b>352</b>		M-30	149	00:00:52	<b>00:54:22.60</b>	<b>00:55:14.65</b>	+00:19:30 (35.9%)	5:26	11 (64.7%)
389	<b>RAKOWSKI Tomasz</b>	<b>805</b>		M-30	150	00:00:21	<b>00:54:25.85</b>	<b>00:54:47.55</b>	+00:19:33 (35.9%)	5:26	11 (64.7%)
390	<b>STRYCZYŃSKI Marek</b>	<b>109</b>		M-20	73	00:00:39	<b>00:54:26.15</b>	<b>00:55:05.20</b>	+00:19:33 (35.9%)	5:26	11 (64.7%)
391	<b>ANGLART Roman</b>	<b>156</b>		M-50	28	00:00:55	<b>00:54:28.00</b>	<b>00:55:23.30</b>	+00:19:35 (36.0%)	5:26	11 (64.7%)
392	<b>ANDRZEJEWSKA Agnieszka</b>	<b>760</b>	BYLE NIE KIEPSCY	K-30	29	00:00:38	<b>00:54:28.50</b>	<b>00:55:07.35</b>	+00:19:35 (36.0%)	5:26	11 (64.7%)
393	<b>TROJANOWSKI Rafał</b>	<b>934</b>		M-20	74	00:00:00	<b>00:54:28.55</b>	<b>00:54:28.55</b>	+00:19:35 (36.0%)	5:26	11 (64.7%)
394	<b>NOWAK Tomasz</b>	<b>709</b>	GORDON RUN	M-40	72	00:00:27	<b>00:54:32.15</b>	<b>00:54:59.50</b>	+00:19:39 (36.0%)	5:27	11 (64.7%)
395	<b>KACZMAREK Paweł</b>	<b>1006</b>		M-20	75	00:00:39	<b>00:54:32.85</b>	<b>00:55:12.35</b>	+00:19:40 (36.1%)	5:27	11 (64.7%)
396	<b>PAWLIK Marek</b>	<b>27</b>		M-50	29	00:00:52	<b>00:54:35.30</b>	<b>00:55:28.15</b>	+00:19:42 (36.1%)	5:27	11 (64.7%)
397	<b>WIŚNIEWSKI Przemysław</b>	<b>210</b>	RUN BYDGOSZCZ	M-30	151	00:00:16	<b>00:54:35.60</b>	<b>00:54:52.30</b>	+00:19:43 (36.1%)	5:27	11 (64.7%)
398	<b>ETTINGER Justyna</b>	<b>987</b>	RUN BYDGOSZCZ	K-30	30	00:00:46	<b>00:54:35.80</b>	<b>00:55:22.65</b>	+00:19:43 (36.1%)	5:27	11 (64.7%)
399	<b>WOŁOSZYN Kazimierz</b>	<b>780</b>	BRZOZA BIEGA - ROWEROWA BRZOZA	M-50	30	00:00:37	<b>00:54:41.55</b>	<b>00:55:18.90</b>	+00:19:48 (36.2%)	5:28	11 (64.7%)
400	<b>OCHOCKI Maciej</b>	<b>957</b>		M-20	76	00:00:49	<b>00:54:46.20</b>	<b>00:55:35.85</b>	+00:19:53 (36.3%)	5:28	11 (64.7%)
401	<b>DOBIES Maria</b>	<b>40</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	K-40	6	00:00:05	<b>00:54:48.20</b>	<b>00:54:53.45</b>	+00:19:55 (36.4%)	5:28	10,9 (58.8%)
402	<b>KAMIŃSKA Agnieszka</b>	<b>699</b>		K-30	31	00:00:14	<b>00:54:49.35</b>	<b>00:55:03.85</b>	+00:19:56 (36.4%)	5:28	10,9 (58.8%)
403	<b>BRZozowski Jarosław</b>	<b>475</b>	BRZOZA TRI TEAM	M-50	31	00:00:52	<b>00:54:51.05</b>	<b>00:55:43.20</b>	+00:19:58 (36.4%)	5:29	10,9 (58.8%)
404	<b>NURKIEWICZ Jarosław</b>	<b>742</b>	ANIOŁY	M-40	73	00:00:37	<b>00:54:51.85</b>	<b>00:55:29.40</b>	+00:19:59 (36.4%)	5:29	10,9 (58.8%)
405	<b>MONARCHA Eryka</b>	<b>854</b>		K-10	3	00:01:16	<b>00:54:52.45</b>	<b>00:56:09.20</b>	+00:19:59 (36.4%)	5:29	10,9 (58.8%)
406	<b>SŁOMSKI Dariusz</b>	<b>612</b>	RUN-PASJA	M-50	32	00:00:46	<b>00:54:54.35</b>	<b>00:55:40.80</b>	+00:20:01 (36.5%)	5:29	10,9 (58.8%)
407	<b>RZEMEK Sławomir</b>	<b>850</b>	RUN BYDGOSZCZ	M-30	152	00:00:35	<b>00:54:55.15</b>	<b>00:55:30.20</b>	+00:20:02 (36.5%)	5:29	10,9 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
408	<b>WAWRZY尼亚K Dawid</b>	<b>194</b>	RUN BYDGOSZCZ	M-20	77	00:01:07	<b>00:55:11.05</b>	<b>00:56:18.90</b>	+00:20:18 (36.8%)	5:31	10,9 (58.8%)
409	<b>BEDNAREK Marta</b>	<b>316</b>		K-30	32	00:00:41	<b>00:55:14.05</b>	<b>00:55:55.70</b>	+00:20:21 (36.9%)	5:31	10,9 (58.8%)
410	<b>OSSOWSKI Oskar</b>	<b>747</b>		M-10	14	00:00:47	<b>00:55:14.40</b>	<b>00:56:02.05</b>	+00:20:21 (36.9%)	5:31	10,9 (58.8%)
411	<b>STASZKIEWICZ Radosław</b>	<b>130</b>	STASHKY TEAM	M-40	74	00:00:44	<b>00:55:16.25</b>	<b>00:56:01.20</b>	+00:20:23 (36.9%)	5:31	10,9 (58.8%)
412	<b>PADZIKOWSKA Agnieszka</b>	<b>201</b>		K-30	33	00:00:26	<b>00:55:23.70</b>	<b>00:55:50.65</b>	+00:20:31 (37.0%)	5:32	10,8 (58.8%)
413	<b>BEDNAREK Artur</b>	<b>449</b>	DE-STRESS	M-30	153	00:00:33	<b>00:55:26.15</b>	<b>00:55:59.85</b>	+00:20:33 (37.1%)	5:32	10,8 (58.8%)
414	<b>BOULGE Beata</b>	<b>765</b>		K-40	7	00:00:31	<b>00:55:31.95</b>	<b>00:56:03.75</b>	+00:20:39 (37.2%)	5:33	10,8 (58.8%)
415	<b>DULIŃSKA Dorota</b>	<b>630</b>	TRISPACE	K-40	8	00:00:32	<b>00:55:33.35</b>	<b>00:56:05.35</b>	+00:20:40 (37.2%)	5:33	10,8 (58.8%)
416	<b>RYCHLEWSKI Radoslaw</b>	<b>822</b>		M-30	154	00:00:23	<b>00:55:33.85</b>	<b>00:55:57.75</b>	+00:20:41 (37.2%)	5:33	10,8 (58.8%)
417	<b>JASIŃSKI Paweł</b>	<b>385</b>		M-20	78	00:01:13	<b>00:55:36.05</b>	<b>00:56:49.65</b>	+00:20:43 (37.3%)	5:33	10,8 (58.8%)
418	<b>GAWRYCH Adam</b>	<b>551</b>		M-20	79	00:01:13	<b>00:55:38.55</b>	<b>00:56:52.10</b>	+00:20:45 (37.3%)	5:33	10,8 (58.8%)
419	<b>MLICKI Marcin</b>	<b>248</b>		M-40	75	00:00:20	<b>00:55:42.25</b>	<b>00:56:02.35</b>	+00:20:49 (37.4%)	5:34	10,8 (58.8%)
420	<b>KRUG Marcin</b>	<b>100</b>	RUN PASJA	M-20	80	00:00:44	<b>00:55:42.95</b>	<b>00:56:27.60</b>	+00:20:50 (37.4%)	5:34	10,8 (58.8%)
421	<b>MALINOWSKA Anna</b>	<b>835</b>		K-30	34	00:00:31	<b>00:55:43.30</b>	<b>00:56:14.30</b>	+00:20:50 (37.4%)	5:34	10,8 (58.8%)
422	<b>BEDNAREK Magdalena</b>	<b>444</b>	ANDOMA	K-30	35	00:00:33	<b>00:55:44.15</b>	<b>00:56:17.55</b>	+00:20:51 (37.4%)	5:34	10,8 (58.8%)
423	<b>KWIATKOWSKA Karolina</b>	<b>123</b>		K-20	15	00:00:35	<b>00:55:44.55</b>	<b>00:56:20.15</b>	+00:20:51 (37.4%)	5:34	10,8 (58.8%)
424	<b>MARKLIK Grażyna</b>	<b>561</b>		K-40	9	00:00:32	<b>00:55:44.60</b>	<b>00:56:17.15</b>	+00:20:52 (37.4%)	5:34	10,8 (58.8%)
425	<b>WOJTYSIAK Szymon</b>	<b>183</b>	BYDGOSKIE OKONIE	M-20	81	00:00:47	<b>00:55:44.65</b>	<b>00:56:32.30</b>	+00:20:52 (37.4%)	5:34	10,8 (58.8%)
426	<b>MALINOWSKI Waldemar</b>	<b>719</b>	RUN LOTTO BYDGOSTIA	M-40	76	00:00:52	<b>00:55:45.10</b>	<b>00:56:37.35</b>	+00:20:52 (37.4%)	5:34	10,8 (58.8%)
427	<b>TWARDOWSKI Wojciech</b>	<b>258</b>	RUN BYDGOSZCZ	M-40	77	00:00:29	<b>00:55:46.35</b>	<b>00:56:15.95</b>	+00:20:53 (37.5%)	5:34	10,8 (58.8%)
428	<b>KALISZEWSKA Małgorzata</b>	<b>628</b>	RUN-PASJA	K-30	36	00:00:45	<b>00:55:46.60</b>	<b>00:56:32.35</b>	+00:20:54 (37.5%)	5:34	10,8 (58.8%)
429	<b>PIECHOWIAK Dawid</b>	<b>494</b>		M-40	78	00:00:42	<b>00:55:50.25</b>	<b>00:56:33.10</b>	+00:20:57 (37.5%)	5:35	10,7 (58.8%)
430	<b>SZMELTER Michał</b>	<b>814</b>		M-40	79	00:00:45	<b>00:55:52.15</b>	<b>00:56:37.60</b>	+00:20:59 (37.6%)	5:35	10,7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
431	<b>KRYSZTOFIAK Robert</b>	<b>105</b>		M-40	80	00:00:45	<b>00:55:53.45</b>	<b>00:56:39.15</b>	+00:21:00 (37.6%)	5:35	10,7 (58.8%)
432	<b>WRÓBLEWSKI Krystian</b>	<b>790</b>		M-30	155	00:00:15	<b>00:56:02.40</b>	<b>00:56:17.85</b>	+00:21:09 (37.8%)	5:36	10,7 (58.8%)
433	<b>WOJDAT Marta</b>	<b>853</b>	BLACK PANTHER	K-20	16	00:00:04	<b>00:56:04.75</b>	<b>00:56:09.15</b>	+00:21:12 (37.8%)	5:36	10,7 (58.8%)
434	<b>SIEWERT Hanna</b>	<b>55</b>		K-30	37	00:00:53	<b>00:56:15.50</b>	<b>00:57:09.40</b>	+00:21:22 (38.0%)	5:37	10,7 (58.8%)
435	<b>GRECHUTA Tomasz</b>	<b>986</b>		M-30	156	00:00:43	<b>00:56:16.15</b>	<b>00:56:59.55</b>	+00:21:23 (38.0%)	5:37	10,7 (58.8%)
436	<b>CICHULSKA-QUAAS Izabela</b>	<b>353</b>	RUN PASJA BYDGOSZCZ	K-30	38	00:00:41	<b>00:56:18.00</b>	<b>00:56:59.75</b>	+00:21:25 (38.1%)	5:37	10,7 (58.8%)
437	<b>WDOWIAK Kamil</b>	<b>882</b>		M-20	82	00:00:39	<b>00:56:19.40</b>	<b>00:56:59.05</b>	+00:21:26 (38.1%)	5:38	10,7 (58.8%)
438	<b>DROŻ Krzysztof</b>	<b>552</b>	ZPSERWIS BYDGOSZCZ	M-50	33	00:00:51	<b>00:56:20.10</b>	<b>00:57:11.35</b>	+00:21:27 (38.1%)	5:38	10,7 (58.8%)
439	<b>ANDRYSZAK Piotr</b>	<b>731</b>		M-40	81	00:00:23	<b>00:56:23.40</b>	<b>00:56:46.55</b>	+00:21:30 (38.2%)	5:38	10,6 (58.8%)
440	<b>GRAPATYN Piotr</b>	<b>663</b>	BYDGOSZCZ NA START	M-40	82	00:00:27	<b>00:56:24.20</b>	<b>00:56:51.85</b>	+00:21:31 (38.2%)	5:38	10,6 (58.8%)
441	<b>GUDELL Radosław</b>	<b>923</b>	MODERATOR INWESTYCJE	M-40	83	00:00:56	<b>00:56:25.15</b>	<b>00:57:21.75</b>	+00:21:32 (38.2%)	5:38	10,6 (58.8%)
442	<b>WIŚNIEWSKI Włodzimierz</b>	<b>842</b>		M-50	34	00:00:27	<b>00:56:25.70</b>	<b>00:56:53.50</b>	+00:21:33 (38.2%)	5:38	10,6 (58.8%)
443	<b>MUSZYŃSKA Agata</b>	<b>963</b>		K-20	17	00:00:43	<b>00:56:25.85</b>	<b>00:57:08.85</b>	+00:21:33 (38.2%)	5:38	10,6 (58.8%)
444	<b>FILOSEK Paweł</b>	<b>69</b>		M-20	83	00:00:59	<b>00:56:31.15</b>	<b>00:57:30.30</b>	+00:21:38 (38.3%)	5:39	10,6 (58.8%)
445	<b>FILOSEK Marcin</b>	<b>75</b>		M-30	157	00:00:59	<b>00:56:31.55</b>	<b>00:57:30.75</b>	+00:21:38 (38.3%)	5:39	10,6 (58.8%)
446	<b>BRZozowska Elżbieta</b>	<b>602</b>	BRZOZA TRI TEAM	K-50	3	00:00:48	<b>00:56:33.65</b>	<b>00:57:22.35</b>	+00:21:41 (38.3%)	5:39	10,6 (58.8%)
447	<b>STASZKIEWICZ Jakub</b>	<b>287</b>	STASHKY TEAM	M-10	15	00:00:43	<b>00:56:34.25</b>	<b>00:57:17.55</b>	+00:21:41 (38.3%)	5:39	10,6 (58.8%)
448	<b>SIERANT Marian</b>	<b>389</b>		M-50	35	00:00:44	<b>00:56:36.90</b>	<b>00:57:21.15</b>	+00:21:44 (38.4%)	5:39	10,6 (58.8%)
449	<b>STANKIEWICZ Dariusz</b>	<b>794</b>	BÓL TO ŚCIEMA	M-40	84	00:00:44	<b>00:56:37.70</b>	<b>00:57:21.85</b>	+00:21:45 (38.4%)	5:39	10,6 (58.8%)
450	<b>WAWRZYNIAK Andrzej</b>	<b>609</b>	22. ODN	M-50	36	00:00:53	<b>00:56:39.10</b>	<b>00:57:32.50</b>	+00:21:46 (38.4%)	5:39	10,6 (58.8%)
451	<b>MICHAŁEK Jacek</b>	<b>741</b>		M-50	37	00:00:33	<b>00:56:39.60</b>	<b>00:57:13.00</b>	+00:21:47 (38.4%)	5:40	10,6 (58.8%)
452	<b>CHOJNACKI Kacper</b>	<b>571</b>		M-10	16	00:00:24	<b>00:56:43.05</b>	<b>00:57:07.10</b>	+00:21:50 (38.5%)	5:40	10,6 (58.8%)
453	<b>OŻGA Agnieszka</b>	<b>846</b>		K-20	18	00:00:37	<b>00:56:44.05</b>	<b>00:57:21.65</b>	+00:21:51 (38.5%)	5:40	10,6 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
454	<b>KOLSKI Radek</b>	<b>690</b>	VAUPE	M-40	85	00:00:28	<b>00:56:45.45</b>	<b>00:57:13.70</b>	+00:21:52 (38.6%)	5:40	10,6 (58.8%)
455	<b>GRACZYK Przemysław</b>	<b>147</b>		M-20	84	00:00:57	<b>00:56:46.40</b>	<b>00:57:43.70</b>	+00:21:53 (38.6%)	5:40	10,6 (58.8%)
456	<b>MICHTA Iwona</b>	<b>414</b>	SPÓJNIA BIAŁE BŁOTA	K-30	39	00:00:49	<b>00:56:46.65</b>	<b>00:57:35.65</b>	+00:21:54 (38.6%)	5:40	10,6 (58.8%)
457	<b>ĆWIKLIŃSKA Anna</b>	<b>515</b>	KLONIKTEAM	K-30	40	00:00:30	<b>00:56:48.70</b>	<b>00:57:19.65</b>	+00:21:56 (38.6%)	5:40	10,6 (58.8%)
458	<b>MIECH Wiesław</b>	<b>50</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-60+	6	00:00:36	<b>00:56:50.05</b>	<b>00:57:26.55</b>	+00:21:57 (38.6%)	5:41	10,6 (58.8%)
459	<b>LUDKOWSKI Dawid</b>	<b>936</b>		M-30	158	00:00:18	<b>00:56:57.25</b>	<b>00:57:15.90</b>	+00:22:04 (38.8%)	5:41	10,5 (58.8%)
460	<b>RUDOL Magdalena</b>	<b>424</b>		K-40	10	00:00:10	<b>00:57:02.00</b>	<b>00:57:12.55</b>	+00:22:09 (38.8%)	5:42	10,5 (58.8%)
461	<b>RAKOWSKI Piotr</b>	<b>924</b>	BYDGOSKIE KOŁO REGIONALNE STOWARZYSZENIA ŻW	M-60+	7	00:00:54	<b>00:57:04.00</b>	<b>00:57:58.35</b>	+00:22:11 (38.9%)	5:42	10,5 (58.8%)
462	<b>PISZCZ Andrzej</b>	<b>885</b>	PENTEL TEAM	M-40	86	00:00:50	<b>00:57:07.80</b>	<b>00:57:58.45</b>	+00:22:15 (39.0%)	5:42	10,5 (58.8%)
463	<b>WAWIERNIA Kamila</b>	<b>521</b>	SPÓJNIA BIAŁE BŁOTA	K-20	19	00:00:47	<b>00:57:09.95</b>	<b>00:57:57.60</b>	+00:22:17 (39.0%)	5:43	10,5 (58.8%)
464	<b>RACIBORSKI Grzegorz</b>	<b>766</b>	TASAK TEAM	M-30	159	00:00:40	<b>00:57:10.95</b>	<b>00:57:51.55</b>	+00:22:18 (39.0%)	5:43	10,5 (58.8%)
465	<b>MALICKA Beata</b>	<b>290</b>	BYDGOSZCZ	K-50	4	00:00:29	<b>00:57:12.50</b>	<b>00:57:42.40</b>	+00:22:19 (39.0%)	5:43	10,5 (58.8%)
466	<b>ZABOROWSKI Robert</b>	<b>597</b>	PGB SPORTOWA PACZKA	M-30	160	00:00:43	<b>00:57:15.80</b>	<b>00:57:59.30</b>	+00:22:23 (39.1%)	5:43	10,5 (58.8%)
467	<b>MAJDAN Adam</b>	<b>643</b>		M-30	161	00:01:04	<b>00:57:16.85</b>	<b>00:58:21.80</b>	+00:22:24 (39.1%)	5:43	10,5 (58.8%)
468	<b>FUZ Gabriela</b>	<b>346</b>	KABEL TEAM BYDGOSZCZ	K-40	11	00:00:26	<b>00:57:22.60</b>	<b>00:57:49.50</b>	+00:22:30 (39.2%)	5:44	10,5 (58.8%)
469	<b>WSPÓLNIK Stanisław</b>	<b>78</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-60+	8	00:00:03	<b>00:57:22.80</b>	<b>00:57:26.65</b>	+00:22:30 (39.2%)	5:44	10,5 (58.8%)
470	<b>KISZKA Justyna</b>	<b>756</b>	RUNPASJA	K-30	41	00:00:43	<b>00:57:22.95</b>	<b>00:58:06.55</b>	+00:22:30 (39.2%)	5:44	10,5 (58.8%)
471	<b>OSSOWSKI Tomek</b>	<b>890</b>		M-20	85	00:00:10	<b>00:57:23.35</b>	<b>00:57:33.55</b>	+00:22:30 (39.2%)	5:44	10,5 (58.8%)
472	<b>RATAJ Maciej</b>	<b>182</b>		M-40	87	00:00:21	<b>00:57:23.70</b>	<b>00:57:45.05</b>	+00:22:31 (39.2%)	5:44	10,5 (58.8%)
473	<b>CIECHANOWSKA Agnieszka</b>	<b>892</b>		K-20	20	00:00:09	<b>00:57:23.95</b>	<b>00:57:33.65</b>	+00:22:31 (39.2%)	5:44	10,5 (58.8%)
474	<b>CZARNECKA-PIJAROWSKA Dominika</b>	<b>1005</b>		K-30	42	00:00:02	<b>00:57:28.15</b>	<b>00:57:30.60</b>	+00:22:35 (39.3%)	5:44	10,4 (58.8%)
475	<b>ZABDYR Ewelina</b>	<b>930</b>		K-20	21	00:00:34	<b>00:57:28.60</b>	<b>00:58:03.55</b>	+00:22:36 (39.3%)	5:44	10,4 (58.8%)
475	<b>JANIK Agnieszka</b>	<b>99</b>		K-30	43	00:00:19	<b>00:57:28.60</b>	<b>00:57:48.30</b>	+00:22:36 (39.3%)	5:44	10,4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
477	<b>WALCZAK Piotr</b>	<b>946</b>		M-40	88	00:00:54	<b>00:57:29.35</b>	<b>00:58:23.95</b>	+00:22:36 (39.3%)	5:44	10,4 (58.8%)
478	<b>JAWORSKI Janusz</b>	<b>8</b>		M-50	38	00:00:37	<b>00:57:32.10</b>	<b>00:58:09.95</b>	+00:22:39 (39.4%)	5:45	10,4 (58.8%)
479	<b>KRUSZYŃSKI Mariusz</b>	<b>141</b>	DRUŻYNA SZPIKU	M-40	89	00:00:54	<b>00:57:41.65</b>	<b>00:58:36.40</b>	+00:22:49 (39.5%)	5:46	10,4 (58.8%)
480	<b>GRZYBOWSKI Tomasz</b>	<b>877</b>	KOCHAM KOFIEGO	M-30	162	00:00:53	<b>00:57:44.45</b>	<b>00:58:37.80</b>	+00:22:51 (39.6%)	5:46	10,4 (58.8%)
481	<b>LAWSKI Piotr</b>	<b>864</b>	DRUŻYNA SZPIKU	M-30	163	00:00:55	<b>00:57:45.35</b>	<b>00:58:40.60</b>	+00:22:52 (39.6%)	5:46	10,4 (58.8%)
482	<b>MIKUŁA Tomasz</b>	<b>54</b>	GORDON RUN	M-30	164	00:00:30	<b>00:57:46.30</b>	<b>00:58:16.40</b>	+00:22:53 (39.6%)	5:46	10,4 (58.8%)
483	<b>BIERNAT Renata</b>	<b>887</b>	RUNERS TEAM JEŻEWO	K-20	22	00:00:44	<b>00:57:46.35</b>	<b>00:58:31.00</b>	+00:22:53 (39.6%)	5:46	10,4 (58.8%)
484	<b>CIECHANOWSKI Radosław</b>	<b>884</b>		M-20	86	00:00:44	<b>00:57:46.95</b>	<b>00:58:31.30</b>	+00:22:54 (39.6%)	5:46	10,4 (58.8%)
485	<b>JĘDRZEJCZAK Aleksandra</b>	<b>257</b>		K-20	23	00:00:36	<b>00:58:00.90</b>	<b>00:58:37.35</b>	+00:23:08 (39.9%)	5:48	10,3 (58.8%)
486	<b>NIEDBAŁA Mariusz</b>	<b>256</b>		M-20	87	00:00:36	<b>00:58:01.25</b>	<b>00:58:37.35</b>	+00:23:08 (39.9%)	5:48	10,3 (58.8%)
487	<b>FLOREK Milena</b>	<b>566</b>	REMEDIA	K-30	44	00:00:46	<b>00:58:08.45</b>	<b>00:58:54.80</b>	+00:23:15 (40.0%)	5:48	10,3 (58.8%)
488	<b>GIERACH Krzysztof</b>	<b>697</b>		M-60+	9	00:00:41	<b>00:58:08.80</b>	<b>00:58:50.45</b>	+00:23:16 (40.0%)	5:48	10,3 (58.8%)
488	<b>PRZEWOŹNIAK Rafał</b>	<b>48</b>		M-20	88	00:01:02	<b>00:58:08.80</b>	<b>00:59:10.90</b>	+00:23:16 (40.0%)	5:48	10,3 (58.8%)
490	<b>STRABEL Maria</b>	<b>306</b>		K-50	5	00:00:14	<b>00:58:12.45</b>	<b>00:58:26.60</b>	+00:23:19 (40.1%)	5:49	10,3 (58.8%)
491	<b>HARASIMCZYK Weronika</b>	<b>84</b>		K-20	24	00:00:47	<b>00:58:16.25</b>	<b>00:59:04.20</b>	+00:23:23 (40.1%)	5:49	10,3 (58.8%)
492	<b>KRZYŻANOWSKI Wojciech</b>	<b>874</b>		M-40	90	00:01:12	<b>00:58:20.35</b>	<b>00:59:32.45</b>	+00:23:27 (40.2%)	5:50	10,3 (58.8%)
493	<b>KARBOWNIK Marcin</b>	<b>783</b>	BOGMAR OSTROMECKO	M-20	89	00:01:03	<b>00:58:21.80</b>	<b>00:59:25.50</b>	+00:23:29 (40.2%)	5:50	10,3 (58.8%)
494	<b>KARBOWNIK Mateusz</b>	<b>782</b>	BOGMAR OSTROMECKO	M-20	90	00:01:04	<b>00:58:21.90</b>	<b>00:59:25.95</b>	+00:23:29 (40.2%)	5:50	10,3 (58.8%)
495	<b>PROKOPOWICZ Agnieszka</b>	<b>179</b>		K-30	45	00:00:14	<b>00:58:24.45</b>	<b>00:58:39.10</b>	+00:23:31 (40.3%)	5:50	10,3 (58.8%)
496	<b>WAWRZYNIAK Karolina</b>	<b>355</b>		K-30	46	00:00:52	<b>00:58:34.10</b>	<b>00:59:26.45</b>	+00:23:41 (40.5%)	5:51	10,2 (58.8%)
496	<b>BIERYT Krzysztof</b>	<b>962</b>	KLUB WELLNESS UL. BOCZNA 10	M-30	165	00:00:31	<b>00:58:34.10</b>	<b>00:59:05.85</b>	+00:23:41 (40.5%)	5:51	10,2 (58.8%)
498	<b>PŁACZKOWSKA Magdalena</b>	<b>359</b>		K-30	47	00:00:52	<b>00:58:34.35</b>	<b>00:59:26.60</b>	+00:23:41 (40.5%)	5:51	10,2 (58.8%)
499	<b>SULSKA Marta</b>	<b>36</b>		K-30	48	00:00:43	<b>00:58:38.00</b>	<b>00:59:21.15</b>	+00:23:45 (40.5%)	5:51	10,2 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
500	<b>KUGACZ Aneta</b>	<b>607</b>	RUN BYDGOSZCZ	K-30	49	00:00:39	<b>00:58:39.85</b>	<b>00:59:19.65</b>	+00:23:47 (40.5%)	5:52	10,2 (58.8%)
501	<b>SZALA Paweł</b>	<b>81</b>	B4SPORT	M-20	91	00:00:56	<b>00:58:40.05</b>	<b>00:59:36.75</b>	+00:23:47 (40.6%)	5:52	10,2 (60.0%)
502	<b>TOMCZYK Agnieszka</b>	<b>698</b>		K-30	50	00:00:49	<b>00:58:42.30</b>	<b>00:59:31.35</b>	+00:23:49 (40.6%)	5:52	10,2 (58.8%)
503	<b>STAFIŃSKA Paulina</b>	<b>209</b>		K-30	51	00:00:22	<b>00:58:42.55</b>	<b>00:59:05.35</b>	+00:23:49 (40.6%)	5:52	10,2 (58.8%)
504	<b>KLÓSKA Roman</b>	<b>654</b>		M-40	91	00:01:11	<b>00:58:42.85</b>	<b>00:59:54.80</b>	+00:23:50 (40.6%)	5:52	10,2 (58.8%)
505	<b>STRZESZAK Sylwia</b>	<b>197</b>		K-30	52	00:00:22	<b>00:58:43.00</b>	<b>00:59:05.25</b>	+00:23:50 (40.6%)	5:52	10,2 (58.8%)
506	<b>OSTRASZEWSKI Sławomir</b>	<b>647</b>		M-50	39	00:01:02	<b>00:58:49.15</b>	<b>00:59:52.10</b>	+00:23:56 (40.7%)	5:53	10,2 (58.8%)
507	<b>SKOCZYŃSKI Eugeniusz</b>	<b>876</b>	GESAL	M-50	40	00:01:02	<b>00:58:51.90</b>	<b>00:59:54.20</b>	+00:23:59 (40.8%)	5:53	10,2 (58.8%)
508	<b>GÓRKA Łukasz</b>	<b>996</b>		M-20	92	00:00:51	<b>00:58:54.10</b>	<b>00:59:45.95</b>	+00:24:01 (40.8%)	5:53	10,2 (58.8%)
509	<b>FLORCZAK Monika</b>	<b>386</b>	RTV EURO AGD	K-30	53	00:00:50	<b>00:58:58.40</b>	<b>00:59:48.75</b>	+00:24:05 (40.9%)	5:53	10,2 (58.8%)
510	<b>LUBIŃSKI Robert</b>	<b>14</b>		M-30	166	00:00:41	<b>00:59:00.20</b>	<b>00:59:41.45</b>	+00:24:07 (40.9%)	5:54	10,2 (58.8%)
511	<b>BURCHARDT Mirosława</b>	<b>712</b>	RWT W BYDGOSZCZY	K-60+	1	00:01:00	<b>00:59:04.90</b>	<b>01:00:05.60</b>	+00:24:12 (41.0%)	5:54	10,2 (58.8%)
512	<b>HEŁMINIAK Michał</b>	<b>965</b>		M-30	167	00:00:28	<b>00:59:05.10</b>	<b>00:59:33.45</b>	+00:24:12 (41.0%)	5:54	10,2 (58.8%)
513	<b>DUDZIAK Tomasz</b>	<b>172</b>	PYSZCZOSZCZYPIE	M-30	168	00:00:43	<b>00:59:09.60</b>	<b>00:59:53.35</b>	+00:24:17 (41.0%)	5:55	10,1 (58.8%)
514	<b>ZATOŃ Bożena</b>	<b>644</b>	RUN PASJA BYDGOSZCZ	K-50	6	00:00:41	<b>00:59:11.50</b>	<b>00:59:52.65</b>	+00:24:18 (41.1%)	5:55	10,1 (58.8%)
515	<b>JACOBI Maciej</b>	<b>111</b>		M-20	93	00:00:45	<b>00:59:11.85</b>	<b>00:59:57.05</b>	+00:24:19 (41.1%)	5:55	10,1 (58.8%)
516	<b>MENDEL Magdalena</b>	<b>288</b>		K-20	25	00:00:22	<b>00:59:12.65</b>	<b>00:59:35.45</b>	+00:24:20 (41.1%)	5:55	10,1 (58.8%)
517	<b>PROKOPOWICZ Igor</b>	<b>227</b>		M-10	17	00:00:14	<b>00:59:14.25</b>	<b>00:59:28.30</b>	+00:24:21 (41.1%)	5:55	10,1 (58.8%)
518	<b>ANDRZEJEWSKI Dariusz</b>	<b>761</b>	BYLE NIE KIEPSCY	M-30	169	00:00:38	<b>00:59:17.45</b>	<b>00:59:55.55</b>	+00:24:24 (41.2%)	5:55	10,1 (58.8%)
519	<b>KAMPER Małgorzata</b>	<b>340</b>		K-40	12	00:00:51	<b>00:59:18.25</b>	<b>01:00:10.00</b>	+00:24:25 (41.2%)	5:55	10,1 (58.8%)
520	<b>SOBIERAJSKI Łukasz</b>	<b>809</b>		M-20	94	00:00:52	<b>00:59:21.00</b>	<b>01:00:13.65</b>	+00:24:28 (41.2%)	5:56	10,1 (58.8%)
521	<b>PULKOWSKA Natalia</b>	<b>392</b>		K-30	54	00:00:50	<b>00:59:22.60</b>	<b>01:00:12.75</b>	+00:24:30 (41.3%)	5:56	10,1 (58.8%)
522	<b>KACHELSKI Rafał</b>	<b>716</b>		M-30	170	00:01:00	<b>00:59:22.70</b>	<b>01:00:23.05</b>	+00:24:30 (41.3%)	5:56	10,1 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
523	<b>GLISZCZYŃSKA Joanna</b>	<b>89</b>		K-20	26	00:00:55	<b>00:59:26.40</b>	<b>01:00:21.50</b>	+00:24:33 (41.3%)	5:56	10,1 (58.8%)
524	<b>KOŚMICKA Emilia</b>	<b>857</b>		K-30	55	00:01:06	<b>00:59:28.10</b>	<b>01:00:34.45</b>	+00:24:35 (41.4%)	5:56	10,1 (58.8%)
525	<b>GUMMER Andrzej</b>	<b>736</b>		M-30	171	00:00:42	<b>00:59:28.30</b>	<b>01:00:11.05</b>	+00:24:35 (41.4%)	5:56	10,1 (58.8%)
526	<b>RAKAŁOWICZ Justyna</b>	<b>32</b>		K-30	56	00:00:20	<b>00:59:31.60</b>	<b>00:59:52.45</b>	+00:24:39 (41.4%)	5:57	10,1 (58.8%)
527	<b>SOSIŃSKA Agata</b>	<b>279</b>		K-20	27	00:00:13	<b>00:59:32.45</b>	<b>00:59:46.25</b>	+00:24:39 (41.4%)	5:57	10,1 (58.8%)
528	<b>POPIELA-LICA Iwona</b>	<b>676</b>		K-30	57	00:00:57	<b>00:59:43.45</b>	<b>01:00:40.70</b>	+00:24:50 (41.6%)	5:58	10 (58.8%)
529	<b>CUDAK Małgorzata</b>	<b>545</b>	AQUA 4	K-30	58	00:00:36	<b>00:59:46.20</b>	<b>01:00:22.95</b>	+00:24:53 (41.6%)	5:58	10 (58.8%)
530	<b>MARCINIAK Justyna</b>	<b>261</b>	RUN BYDGOSZCZ	K-30	59	00:00:50	<b>00:59:48.30</b>	<b>01:00:38.85</b>	+00:24:55 (41.7%)	5:58	10 (58.8%)
531	<b>ROS Sławek</b>	<b>684</b>	ARMIA CHRYSTUSA	M-20	95	00:01:07	<b>00:59:51.00</b>	<b>01:00:58.95</b>	+00:24:58 (41.7%)	5:59	10 (58.8%)
532	<b>BIERYT Arkadiusz</b>	<b>960</b>	KLUB WELLNESS UL. BOCZNA 10	M-50	41	00:00:31	<b>00:59:52.05</b>	<b>01:00:23.25</b>	+00:24:59 (41.7%)	5:59	10 (58.8%)
533	<b>NUNZEK Agnieszka</b>	<b>335</b>		K-40	13	00:00:43	<b>00:59:53.75</b>	<b>01:00:37.50</b>	+00:25:01 (41.8%)	5:59	10 (58.8%)
534	<b>OLESZEIN Mateusz</b>	<b>1013</b>		M-20	96	00:00:43	<b>00:59:54.65</b>	<b>01:00:38.10</b>	+00:25:02 (41.8%)	5:59	10 (58.8%)
535	<b>MYCZKO Dariusz</b>	<b>383</b>	CPR BYDGOSZCZ	M-30	172	00:00:48	<b>00:59:58.40</b>	<b>01:00:46.65</b>	+00:25:05 (41.8%)	5:59	10 (58.8%)
536	<b>STYPCZYŃSKA Natalia</b>	<b>428</b>		K-20	28	00:00:49	<b>01:00:00.15</b>	<b>01:00:49.25</b>	+00:25:07 (41.9%)	6:00	10 (58.8%)
537	<b>PYTLIK Agnieszka</b>	<b>522</b>		K-20	29	00:00:30	<b>01:00:04.60</b>	<b>01:00:34.85</b>	+00:25:12 (41.9%)	6:00	10 (58.8%)
538	<b>ZIELIŃSKI Mateusz</b>	<b>511</b>		M-30	173	00:00:02	<b>01:00:13.40</b>	<b>01:00:15.45</b>	+00:25:20 (42.1%)	6:01	10 (58.8%)
539	<b>PIECYK-CZAJA Sonia</b>	<b>671</b>		K-30	60	00:00:40	<b>01:00:17.20</b>	<b>01:00:57.30</b>	+00:25:24 (42.1%)	6:01	10 (58.8%)
540	<b>NALEWALSKA Justyna</b>	<b>739</b>		K-20	30	00:00:45	<b>01:00:20.45</b>	<b>01:01:05.70</b>	+00:25:27 (42.2%)	6:02	9,9 (52.9%)
541	<b>DĄBROWSKI Maciej</b>	<b>33</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	174	00:00:00	<b>01:00:22.60</b>	<b>01:00:22.60</b>	+00:25:30 (42.2%)	6:02	9,9 (52.9%)
542	<b>MYLER Georgina</b>	<b>61</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	K-30	61	00:00:00	<b>01:00:23.20</b>	<b>01:00:23.20</b>	+00:25:30 (42.2%)	6:02	9,9 (52.9%)
543	<b>CYWIŃSKI Artur</b>	<b>282</b>		M-20	97	00:00:39	<b>01:00:25.30</b>	<b>01:01:05.25</b>	+00:25:32 (42.3%)	6:02	9,9 (52.9%)
544	<b>WIŚNIEWSKA Karina</b>	<b>198</b>	RUN BYDGOSZCZ	K-10	4	00:00:15	<b>01:00:29.65</b>	<b>01:00:45.35</b>	+00:25:37 (42.3%)	6:03	9,9 (52.9%)
545	<b>KOSECKA Justyna</b>	<b>103</b>	ORTIMED RUNNERS TEAM	K-30	62	00:00:52	<b>01:00:31.55</b>	<b>01:01:23.90</b>	+00:25:38 (42.4%)	6:03	9,9 (52.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
546	WRZYSZCZ Marzena	407		K-30	63	00:00:07	01:00:31.65	01:00:38.65	+00:25:39 (42.4%)	6:03	9,9 (52.9%)
547	PASIEKA Tomasz	23		M-40	92	00:00:52	01:00:32.70	01:01:25.15	+00:25:40 (42.4%)	6:03	9,9 (52.9%)
548	JĘDRZEJEWSKA Joanna	106		K-20	31	00:00:59	01:00:36.20	01:01:36.05	+00:25:43 (42.5%)	6:03	9,9 (52.9%)
549	WIŚNIEWSKI Piotr	572		M-30	175	00:00:50	01:00:43.20	01:01:33.75	+00:25:50 (42.6%)	6:04	9,9 (52.9%)
550	WORONIECKA Anna	219		K-30	64	00:00:13	01:00:43.70	01:00:57.55	+00:25:51 (42.6%)	6:04	9,9 (52.9%)
551	KUBIAK Małgorzata	435	FIRMA SZKOLENIOWO - USŁUGOWO - HANDLOWA 'DITTO'	K-30	65	00:01:14	01:00:51.85	01:02:05.90	+00:25:59 (42.7%)	6:05	9,9 (52.9%)
552	DOMŻALSKA Sławomira	686		K-40	14	00:01:11	01:00:54.90	01:02:06.80	+00:26:02 (42.7%)	6:05	9,8 (52.9%)
553	TOMASZEK Michał	1016		M-30	176	00:00:56	01:00:59.20	01:01:55.35	+00:26:06 (42.8%)	6:05	9,8 (52.9%)
554	KACZMAREK Anna	110		K-30	66	00:00:36	01:00:59.90	01:01:36.75	+00:26:07 (42.8%)	6:06	9,8 (52.9%)
555	WARACZEWSKI Paweł	128		M-30	177	00:00:36	01:01:00.40	01:01:36.80	+00:26:07 (42.8%)	6:06	9,8 (52.9%)
556	KOBYLARZ Paulina Róża	425		K-20	32	00:00:32	01:01:02.55	01:01:34.60	+00:26:09 (42.9%)	6:06	9,8 (52.9%)
557	SZPERA Joanna	640		K-40	15	00:00:41	01:01:04.80	01:01:46.10	+00:26:12 (42.9%)	6:06	9,8 (52.9%)
558	NOWAK Justyna	415		K-20	33	00:00:48	01:01:14.95	01:02:03.00	+00:26:22 (43.1%)	6:07	9,8 (52.9%)
559	BREZWAN Tomasz	418		M-20	98	00:00:47	01:01:15.25	01:02:03.20	+00:26:22 (43.1%)	6:07	9,8 (52.9%)
560	JACKOWIAK-ZALEWSKA Agnieszka	718		K-30	67	00:01:01	01:01:21.75	01:02:23.15	+00:26:29 (43.2%)	6:08	9,8 (52.9%)
561	ORNATOWSKI Marcin	143	GORDON RUN	M-30	178	00:01:01	01:01:22.15	01:02:23.60	+00:26:29 (43.2%)	6:08	9,8 (52.9%)
562	BEDNAREK Grażyna	666	RUN PASJA	K-40	16	00:00:44	01:01:24.40	01:02:08.65	+00:26:31 (43.2%)	6:08	9,8 (52.9%)
563	RZEPECKA Katarzyna	625		K-30	68	00:01:02	01:01:27.10	01:02:29.75	+00:26:34 (43.2%)	6:08	9,8 (52.9%)
564	LULIŃSKI Igor	154		M-20	99	00:01:02	01:01:27.20	01:02:29.90	+00:26:34 (43.2%)	6:08	9,8 (52.9%)
565	RASSALSKA-KAUSA Jola	6		K-30	69	00:00:48	01:01:51.30	01:02:40.00	+00:26:58 (43.6%)	6:11	9,7 (52.9%)
566	KAWA Marcin	37	CUKIER & SERCE	M-40	93	00:00:55	01:01:53.50	01:02:49.45	+00:27:00 (43.6%)	6:11	9,7 (52.9%)
567	CZYŻEWSKA Justyna	616		K-30	70	00:00:47	01:02:04.35	01:02:52.30	+00:27:11 (43.8%)	6:12	9,7 (52.9%)
568	WEŁNIŃSKA Aleksandra	314		K-20	34	00:00:39	01:02:10.15	01:02:49.40	+00:27:17 (43.9%)	6:13	9,7 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
569	<b>BIAŁEK Łukasz</b>	<b>980</b>		M-30	179	00:00:50	<b>01:02:24.10</b>	<b>01:03:14.75</b>	+00:27:31 (44.1%)	6:14	9,6 (52.9%)
570	<b>BIAŁOBLÓCKA Patrycja</b>	<b>861</b>	KB LECH RYPIN	K-20	35	00:00:54	<b>01:02:24.70</b>	<b>01:03:18.90</b>	+00:27:32 (44.1%)	6:14	9,6 (52.9%)
571	<b>SZMATUŁA Elżbieta</b>	<b>319</b>		K-20	36	00:01:08	<b>01:02:25.30</b>	<b>01:03:33.50</b>	+00:27:32 (44.1%)	6:14	9,6 (52.9%)
571	<b>STRABEL Marek</b>	<b>307</b>		M-50	42	00:00:15	<b>01:02:25.30</b>	<b>01:02:40.35</b>	+00:27:32 (44.1%)	6:14	9,6 (52.9%)
573	<b>BIAŁOBLÓCKI Marek</b>	<b>860</b>	KB LECH RYPIN	M-30	180	00:00:54	<b>01:02:28.90</b>	<b>01:03:23.85</b>	+00:27:36 (44.2%)	6:14	9,6 (52.9%)
574	<b>BALCERZAK Dorota</b>	<b>883</b>	BBL INOWROCŁAW	K-40	17	00:00:44	<b>01:02:32.45</b>	<b>01:03:17.30</b>	+00:27:39 (44.2%)	6:15	9,6 (52.9%)
575	<b>SYNAKIEWICZ Ryszard</b>	<b>24</b>		M-60+	10	00:00:55	<b>01:02:35.80</b>	<b>01:03:31.75</b>	+00:27:43 (44.3%)	6:15	9,6 (52.9%)
576	<b>KUZIAK Jozef</b>	<b>1004</b>		M-60+	11	00:00:06	<b>01:02:36.45</b>	<b>01:02:42.65</b>	+00:27:43 (44.3%)	6:15	9,6 (52.9%)
577	<b>BRZOZOWSKI Krzysztof</b>	<b>578</b>		M-30	181	00:01:02	<b>01:02:43.60</b>	<b>01:03:45.90</b>	+00:27:51 (44.4%)	6:16	9,6 (52.9%)
578	<b>CECHOWSKI Marcin</b>	<b>824</b>		M-30	182	00:00:20	<b>01:02:58.50</b>	<b>01:03:19.15</b>	+00:28:05 (44.6%)	6:17	9,5 (52.9%)
579	<b>WOJCIECHOWSKA Emilia</b>	<b>213</b>		K-40	18	00:01:04	<b>01:03:01.05</b>	<b>01:04:05.40</b>	+00:28:08 (44.7%)	6:18	9,5 (52.9%)
580	<b>JARZYŃSKI Maciej</b>	<b>931</b>	CENTRUM KLUB SPORTOWY	M-20	100	00:01:05	<b>01:03:12.40</b>	<b>01:04:17.90</b>	+00:28:19 (44.8%)	6:19	9,5 (52.9%)
581	<b>ORLIŃSKI Andrzej</b>	<b>807</b>		M-40	94	00:00:24	<b>01:03:18.15</b>	<b>01:03:42.40</b>	+00:28:25 (44.9%)	6:19	9,5 (52.9%)
582	<b>LEMAŃCZYK Zygmunt</b>	<b>462</b>	RUN BYDGOSZCZ	M-40	95	00:01:02	<b>01:03:19.90</b>	<b>01:04:21.90</b>	+00:28:27 (44.9%)	6:19	9,5 (52.9%)
583	<b>FINGAS Natalia</b>	<b>991</b>		K-20	37	00:00:52	<b>01:03:22.05</b>	<b>01:04:15.00</b>	+00:28:29 (45.0%)	6:20	9,5 (52.9%)
584	<b>CHRÓŚCIŃSKA Justyna</b>	<b>95</b>	GORDON RUN	K-20	38	00:00:59	<b>01:03:22.70</b>	<b>01:04:22.40</b>	+00:28:30 (45.0%)	6:20	9,5 (52.9%)
585	<b>SMERLIŃSKI Robert</b>	<b>606</b>	AMATOR	M-30	183	00:00:35	<b>01:03:38.80</b>	<b>01:04:14.40</b>	+00:28:46 (45.2%)	6:21	9,4 (52.9%)
586	<b>ANDRZEJEWSKA Monika</b>	<b>762</b>	BYLE NIE KIEPSCY	K-30	71	00:00:38	<b>01:03:42.45</b>	<b>01:04:21.30</b>	+00:28:49 (45.3%)	6:22	9,4 (52.9%)
587	<b>BRAĞIEL Jakub</b>	<b>205</b>	VEGE RUNNERS	M-30	184	00:01:14	<b>01:03:44.25</b>	<b>01:04:58.30</b>	+00:28:51 (45.3%)	6:22	9,4 (52.9%)
588	<b>PACHURA Michal</b>	<b>152</b>		M-20	101	00:00:25	<b>01:03:56.90</b>	<b>01:04:22.20</b>	+00:29:04 (45.5%)	6:23	9,4 (52.9%)
589	<b>SOKÓŁ Krystyna</b>	<b>107</b>		K-20	39	00:00:54	<b>01:03:57.80</b>	<b>01:04:52.40</b>	+00:29:05 (45.5%)	6:23	9,4 (52.9%)
590	<b>CEMKE Magdalena</b>	<b>66</b>		K-20	40	00:00:41	<b>01:04:07.90</b>	<b>01:04:49.80</b>	+00:29:15 (45.6%)	6:24	9,4 (52.9%)
591	<b>WRZESIŃSKI Wojciech</b>	<b>13</b>	RUN BYDGOSZCZ	M-40	96	00:01:02	<b>01:04:08.90</b>	<b>01:05:11.45</b>	+00:29:16 (45.6%)	6:24	9,4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
592	<b>PRZYMUS Arkadiusz</b>	<b>374</b>		M-30	185	00:01:03	<b>01:04:11.20</b>	<b>01:05:15.00</b>	+00:29:18 (45.7%)	6:25	9,3 (52.9%)
593	<b>PRZYMUS Gracjan</b>	<b>375</b>		M-Open	1	00:01:03	<b>01:04:11.80</b>	<b>01:05:15.35</b>	+00:29:19 (45.7%)	6:25	9,3 (52.9%)
594	<b>MACIEJEWSKA-BŁACHEWICZ Joanna</b>	<b>1010</b>	RUNSPACE	K-30	72	00:01:01	<b>01:04:14.30</b>	<b>01:05:16.00</b>	+00:29:21 (45.7%)	6:25	9,3 (52.9%)
595	<b>STEFANOWICZ Wojciech</b>	<b>429</b>	RUN BYDGOSZCZ	M-30	186	00:01:07	<b>01:04:22.20</b>	<b>01:05:29.45</b>	+00:29:29 (45.8%)	6:26	9,3 (52.9%)
596	<b>KLUGIEWICZ Dorota</b>	<b>658</b>		K-40	19	00:00:43	<b>01:04:29.70</b>	<b>01:05:13.55</b>	+00:29:37 (45.9%)	6:27	9,3 (52.9%)
597	<b>JURUŚ Jolanta</b>	<b>232</b>		K-50	7	00:00:44	<b>01:04:34.25</b>	<b>01:05:18.70</b>	+00:29:41 (46.0%)	6:27	9,3 (52.9%)
598	<b>ANDRZEJEWSKA Kamila</b>	<b>763</b>	BYLE NIE KIEPSCY	K-20	41	00:00:38	<b>01:04:55.75</b>	<b>01:05:34.60</b>	+00:30:03 (46.3%)	6:29	9,2 (52.9%)
599	<b>ŁABUŚ-CENTEK Marta</b>	<b>540</b>		K-30	73	00:00:57	<b>01:04:59.25</b>	<b>01:05:56.95</b>	+00:30:06 (46.3%)	6:29	9,2 (52.9%)
600	<b>SZATKOWSKA Beata</b>	<b>893</b>		K-50	8	00:01:10	<b>01:05:10.65</b>	<b>01:06:21.05</b>	+00:30:18 (46.5%)	6:31	9,2 (52.9%)
601	<b>DEPKA Agnieszka</b>	<b>42</b>		K-30	74	00:01:08	<b>01:05:15.25</b>	<b>01:06:24.20</b>	+00:30:22 (46.6%)	6:31	9,2 (52.9%)
602	<b>DAŃCZUK Agnieszka</b>	<b>427</b>		K-40	20	00:01:01	<b>01:05:20.90</b>	<b>01:06:22.35</b>	+00:30:28 (46.6%)	6:32	9,2 (52.9%)
603	<b>OSSOWSKA Danka</b>	<b>734</b>		K-40	21	00:00:53	<b>01:05:21.05</b>	<b>01:06:14.50</b>	+00:30:28 (46.6%)	6:32	9,2 (52.9%)
604	<b>WITKOWSKA Marta</b>	<b>370</b>		K-20	42	00:00:57	<b>01:05:23.65</b>	<b>01:06:20.85</b>	+00:30:31 (46.7%)	6:32	9,2 (52.9%)
605	<b>BIEGALA Renata</b>	<b>733</b>		K-50	9	00:00:53	<b>01:05:23.75</b>	<b>01:06:17.15</b>	+00:30:31 (46.7%)	6:32	9,2 (52.9%)
606	<b>GORGOL Renata</b>	<b>350</b>	CARREFOUR	K-40	22	00:01:03	<b>01:06:14.50</b>	<b>01:07:17.90</b>	+00:31:21 (47.3%)	6:37	9,1 (52.9%)
607	<b>RATAJCZAK Natalia</b>	<b>799</b>		K-20	43	00:01:05	<b>01:06:28.55</b>	<b>01:07:34.05</b>	+00:31:35 (47.5%)	6:38	9 (52.9%)
608	<b>RASSALSKA Roma</b>	<b>10</b>		K-30	75	00:00:47	<b>01:06:31.95</b>	<b>01:07:19.60</b>	+00:31:39 (47.6%)	6:39	9 (52.9%)
609	<b>BORKOWSKA Karolina</b>	<b>45</b>		K-20	44	00:00:57	<b>01:06:45.00</b>	<b>01:07:42.30</b>	+00:31:52 (47.8%)	6:40	9 (52.9%)
610	<b>PAKULSKA Dorota</b>	<b>638</b>		K-40	23	00:00:41	<b>01:06:47.15</b>	<b>01:07:28.40</b>	+00:31:54 (47.8%)	6:40	9 (52.9%)
611	<b>LISOWSKI Sebastian</b>	<b>215</b>		M-30	187	00:01:04	<b>01:06:53.55</b>	<b>01:07:58.30</b>	+00:32:00 (47.9%)	6:41	9 (52.9%)
612	<b>SZAŁAPSKA Monika</b>	<b>985</b>		K-30	76	00:01:08	<b>01:07:00.95</b>	<b>01:08:09.30</b>	+00:32:08 (48.0%)	6:42	9 (52.9%)
613	<b>PŁACZKOWSKA Justyna</b>	<b>565</b>	WEEKENDOWY BIEGACZ	K-20	45	00:00:58	<b>01:07:12.65</b>	<b>01:08:11.45</b>	+00:32:20 (48.1%)	6:43	8,9 (47.1%)
614	<b>BURITTA Robert</b>	<b>662</b>		M-20	102	00:00:17	<b>01:07:32.55</b>	<b>01:07:49.55</b>	+00:32:39 (48.4%)	6:45	8,9 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
615	<b>RASZKOWSKA Klaudia</b>	<b>244</b>		K-20	46	00:01:08	<b>01:07:34.20</b>	<b>01:08:42.25</b>	+00:32:41 (48.4%)	6:45	8,9 (47.1%)
616	<b>KUFTA Ewelina</b>	<b>332</b>	ATOS TEAM	K-30	77	00:00:43	<b>01:07:34.90</b>	<b>01:08:18.70</b>	+00:32:42 (48.4%)	6:45	8,9 (47.1%)
617	<b>JACHIMOWSKA Malwina</b>	<b>241</b>		K-20	47	00:01:07	<b>01:07:34.95</b>	<b>01:08:42.35</b>	+00:32:42 (48.4%)	6:45	8,9 (47.1%)
618	<b>KOTOWSKA-KOWALSKA Anna</b>	<b>237</b>	RUN BYDGOSZCZ	K-30	78	00:01:02	<b>01:07:38.95</b>	<b>01:08:41.40</b>	+00:32:46 (48.4%)	6:45	8,9 (47.1%)
619	<b>NADOLNA Aurelia</b>	<b>298</b>	WEEKENDOWY BIEGACZ	K-30	79	00:00:58	<b>01:07:43.50</b>	<b>01:08:41.55</b>	+00:32:50 (48.5%)	6:46	8,9 (47.1%)
620	<b>KARDACH Magdalena</b>	<b>397</b>	ALLIANZ RUNNING TEAM	K-30	80	00:00:58	<b>01:07:43.65</b>	<b>01:08:41.65</b>	+00:32:51 (48.5%)	6:46	8,9 (47.1%)
621	<b>KATLEWSKA Marika</b>	<b>513</b>		K-30	81	00:01:07	<b>01:07:47.25</b>	<b>01:08:54.35</b>	+00:32:54 (48.6%)	6:46	8,9 (47.1%)
622	<b>PLEWIŃSKA Renata</b>	<b>67</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	K-40	24	00:00:05	<b>01:07:58.40</b>	<b>01:08:04.30</b>	+00:33:05 (48.7%)	6:47	8,8 (47.1%)
623	<b>SMOLEŃ Joanna</b>	<b>967</b>		K-30	82	00:01:04	<b>01:08:02.00</b>	<b>01:09:06.45</b>	+00:33:09 (48.7%)	6:48	8,8 (47.1%)
624	<b>BORDON Monika</b>	<b>873</b>		K-20	48	00:00:32	<b>01:08:03.40</b>	<b>01:08:36.20</b>	+00:33:10 (48.8%)	6:48	8,8 (47.1%)
625	<b>KLIMKIEWICZ Maciej</b>	<b>673</b>		M-40	97	00:01:10	<b>01:08:03.45</b>	<b>01:09:13.85</b>	+00:33:10 (48.8%)	6:48	8,8 (47.1%)
626	<b>PIETRZAK Katarzyna</b>	<b>958</b>		K-10	5	00:01:05	<b>01:08:12.00</b>	<b>01:09:17.15</b>	+00:33:19 (48.9%)	6:49	8,8 (47.1%)
627	<b>BŁACHEWICZ Magdalena</b>	<b>725</b>		K-30	83	00:01:04	<b>01:08:20.80</b>	<b>01:09:25.45</b>	+00:33:28 (49.0%)	6:50	8,8 (47.1%)
628	<b>POKRZYWIŃSKI Bartosz</b>	<b>863</b>		M-20	103	00:01:03	<b>01:08:25.45</b>	<b>01:09:29.20</b>	+00:33:32 (49.0%)	6:50	8,8 (47.1%)
629	<b>JANKOWSKI Rafał</b>	<b>579</b>		M-40	98	00:01:11	<b>01:08:29.45</b>	<b>01:09:40.60</b>	+00:33:36 (49.1%)	6:50	8,8 (47.1%)
630	<b>NAWROCKI Dariusz</b>	<b>740</b>	VAUPE TEAM	M-50	43	00:00:00	<b>01:08:46.05</b>	<b>01:08:46.05</b>	+00:33:53 (49.3%)	6:52	8,7 (47.1%)
631	<b>SUDOŁ Karolina</b>	<b>972</b>	LIMONKA TEAM	K-30	84	00:01:01	<b>01:08:53.65</b>	<b>01:09:55.05</b>	+00:34:01 (49.4%)	6:53	8,7 (47.1%)
632	<b>KACHELSKA Aleksandra</b>	<b>715</b>		K-30	85	00:01:01	<b>01:09:36.65</b>	<b>01:10:37.75</b>	+00:34:44 (49.9%)	6:57	8,6 (47.1%)
633	<b>PILECKI Gustaw</b>	<b>833</b>	BRZOZA BIEGA	M-60+	12	00:00:38	<b>01:09:46.15</b>	<b>01:10:24.45</b>	+00:34:53 (50.0%)	6:58	8,6 (47.1%)
634	<b>MIKLER Aleksandra</b>	<b>190</b>		K-20	49	00:01:14	<b>01:10:18.05</b>	<b>01:11:32.70</b>	+00:35:25 (50.4%)	7:01	8,5 (47.1%)
635	<b>PÓŁGĘSEK Rafał</b>	<b>604</b>		M-40	99	00:01:16	<b>01:11:16.50</b>	<b>01:12:32.50</b>	+00:36:23 (51.1%)	7:07	8,4 (47.1%)
636	<b>DUDZIAK Michał</b>	<b>233</b>	CPR BYDGOSZCZ	M-20	104	00:01:06	<b>01:12:02.35</b>	<b>01:13:08.90</b>	+00:37:09 (51.6%)	7:12	8,3 (47.1%)
637	<b>LIBERA Sabina</b>	<b>88</b>	PARKRUN BYDGOSZCZ	K-40	25	00:00:54	<b>01:12:06.65</b>	<b>01:13:01.25</b>	+00:37:14 (51.6%)	7:12	8,3 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
638	<b>ZIÓŁKOWSKI Jacek</b>	<b>80</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-50	44	00:00:04	<b>01:12:33.50</b>	<b>01:12:38.30</b>	+00:37:40 (51.9%)	7:15	8,3 (47.1%)
639	<b>BINDEK Marta</b>	<b>789</b>		K-30	86	00:00:16	<b>01:12:41.55</b>	<b>01:12:57.70</b>	+00:37:48 (52.0%)	7:16	8,3 (47.1%)
640	<b>GÓRSKI Kamil</b>	<b>342</b>		M-20	105	00:01:11	<b>01:13:50.50</b>	<b>01:15:01.65</b>	+00:38:57 (52.8%)	7:23	8,1 (47.1%)
641	<b>PIKAŁA Magda</b>	<b>348</b>		K-20	50	00:01:10	<b>01:13:50.60</b>	<b>01:15:01.55</b>	+00:38:58 (52.8%)	7:23	8,1 (47.1%)
642	<b>LASOK Milena</b>	<b>549</b>		K-Open	1	00:01:07	<b>01:14:30.20</b>	<b>01:15:37.60</b>	+00:39:37 (53.2%)	7:27	8,1 (47.1%)
643	<b>LASOK Piotr</b>	<b>548</b>		M-30	188	00:01:06	<b>01:14:31.05</b>	<b>01:15:37.65</b>	+00:39:38 (53.2%)	7:27	8,1 (47.1%)
644	<b>KORDAS-LEWANDOWSKA Agnieszka</b>	<b>687</b>	BIL BIEGA	K-30	87	00:00:58	<b>01:15:18.45</b>	<b>01:16:17.05</b>	+00:40:25 (53.7%)	7:31	8 (47.1%)
645	<b>PASIEKA Magda</b>	<b>15</b>		K-30	88	00:00:53	<b>01:15:23.75</b>	<b>01:16:16.90</b>	+00:40:31 (53.7%)	7:32	8 (47.1%)
646	<b>CZAJKOWSKI Kamil</b>	<b>260</b>	RUN BYDGOSZCZ	M-20	106	00:00:50	<b>01:18:35.30</b>	<b>01:19:25.45</b>	+00:43:42 (55.6%)	7:51	7,6 (41.2%)
647	<b>DZIEŁAK Ola</b>	<b>277</b>		K-10	6	00:00:49	<b>01:18:35.35</b>	<b>01:19:24.70</b>	+00:43:42 (55.6%)	7:51	7,6 (41.2%)
648	<b>ŚLIWIŃSKI Piotr</b>	<b>76</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	100	00:00:58	<b>01:19:56.85</b>	<b>01:20:55.35</b>	+00:45:04 (56.4%)	7:59	7,5 (41.2%)
649	<b>KARAŚ Anna</b>	<b>53</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	K-40	26	00:00:58	<b>01:19:58.20</b>	<b>01:20:56.30</b>	+00:45:05 (56.4%)	7:59	7,5 (41.2%)
650	<b>LASOK Wiktor</b>	<b>547</b>		M-Open	2	00:00:36	<b>01:20:53.85</b>	<b>01:21:29.95</b>	+00:46:01 (56.9%)	8:05	7,4 (41.2%)
651	<b>KOWALSKA Klaudia</b>	<b>408</b>	III LO IM.ADAMA MICKIEWICZ	K-10	7	00:00:45	<b>01:20:55.50</b>	<b>01:21:40.90</b>	+00:46:02 (56.9%)	8:05	7,4 (41.2%)
652	<b>RYŚNIK Dariusz</b>	<b>955</b>	ŻANDARMI Z BYDGOSZCZY	M-40	101	00:00:58	<b>01:20:56.00</b>	<b>01:21:54.90</b>	+00:46:03 (56.9%)	8:05	7,4 (41.2%)
653	<b>PLIT Klaudia</b>	<b>417</b>		K-10	8	00:00:45	<b>01:20:57.15</b>	<b>01:21:42.95</b>	+00:46:04 (56.9%)	8:05	7,4 (41.2%)
654	<b>SKRZYPEK-LASOK Agnieszka</b>	<b>544</b>		K-30	89	00:00:35	<b>01:20:57.25</b>	<b>01:21:33.00</b>	+00:46:04 (56.9%)	8:05	7,4 (41.2%)
655	<b>RYŚNIK Wioletta</b>	<b>954</b>		K-40	27	00:00:56	<b>01:20:57.80</b>	<b>01:21:54.70</b>	+00:46:05 (56.9%)	8:05	7,4 (41.2%)
656	<b>RUDNICKA Karolina</b>	<b>208</b>	TASAK TEAM	K-30	90	00:00:55	<b>01:21:06.35</b>	<b>01:22:02.15</b>	+00:46:13 (57.0%)	8:06	7,4 (41.2%)
657	<b>KOŚOŃ Danuta</b>	<b>57</b>	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	K-60+	2	00:00:05					(0.0%)
658	<b>RUTKOWSKA Dorota</b>	<b>459</b>		K-10	9	00:00:11					(0.0%)

Znaleziono 658 wynik(ów)