



Organizator:
Data:
Miejsce:
Dystans:

Aktywa Bydgoszcz
2016-06-05
Bydgoszcz
10 km

BYDGOSKI BIEG PRZEDSIĘBIORCÓW

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

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	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%)
11	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%)
12	CZERNIAK 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%)
13	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%)
14	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%)
15	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%)
16	MOTOCZYŃSKI Wojciech	1002		M-30	8	00:00:02	00:39:22.35	00:39:24.80	+00:04:29 (11.4%)	3:56	15,2 (88.2%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	ŚLUSARSKI Przemysław	169		M-30	33	00:00:11	00:43:08.15	00:43:19.25	+00:08:15 (19.1%)	4:18	13,9 (76.5%)
60	LEWANDOWSKI Tomasz	581	RWT W BYDGOSZCZY	M-30	34	00:00:15	00:43:10.80	00:43:26.05	+00:08:18 (19.2%)	4:19	13,9 (76.5%)
61	ŚWIERCZYŃSKI Marcin	12	FIZJO-MAR	M-30	35	00:00:19	00:43:11.70	00:43:30.75	+00:08:19 (19.3%)	4:19	13,9 (76.5%)
62	BOINSKK Rafal	486		M-30	36	00:00:07	00:43:13.00	00:43:20.30	+00:08:20 (19.3%)	4:19	13,9 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
63	KOZIŃSKI Marek	779	RUN BYDGOSZCZ	M-30	37	00:00:06	00:43:14.25	00:43:20.85	+00:08:21 (19.3%)	4:19	13,9 (76.5%)
64	SZCZĘSNY Piotr	1015	MVM	M-20	10	00:00:03	00:43:24.70	00:43:28.35	+00:08:32 (19.7%)	4:20	13,8 (76.5%)
65	WRÓBLEWSKI Kewin	96		M-10	2	00:00:10	00:43:26.25	00:43:36.90	+00:08:33 (19.7%)	4:20	13,8 (76.5%)
66	MIŁOSIERNY Oskar	460	ARMIA CHRYSTUSA	M-10	3	00:00:08	00:43:27.50	00:43:35.65	+00:08:34 (19.7%)	4:20	13,8 (76.5%)
67	DĘBSKI Adrian	86		M-30	38	00:00:07	00:43:27.60	00:43:35.25	+00:08:35 (19.7%)	4:20	13,8 (76.5%)
68	MAŁOWIECKI Grzegorz	65	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	15	00:00:02	00:43:29.65	00:43:32.20	+00:08:37 (19.8%)	4:21	13,8 (76.5%)
69	MUSIAŁ Przemysław	56	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	39	00:00:03	00:43:30.70	00:43:34.25	+00:08:38 (19.8%)	4:21	13,8 (76.5%)
70	KWIATKOWSKI Damian	1014	RUN BYDGOSZCZ	M-20	11	00:00:30	00:43:35.95	00:44:06.20	+00:08:43 (20.0%)	4:21	13,8 (76.5%)
71	DURAŁEK Andrzej	16		M-40	16	00:00:18	00:43:36.20	00:43:54.45	+00:08:43 (20.0%)	4:21	13,8 (76.5%)
72	PAKULSKI Rafał	637		M-40	17	00:00:06	00:43:36.80	00:43:43.35	+00:08:44 (20.0%)	4:21	13,8 (76.5%)
73	ROGUSZ Paweł	773		M-30	40	00:00:51	00:43:40.55	00:44:31.95	+00:08:47 (20.1%)	4:22	13,7 (76.5%)
74	TRZCIŃSKI Franciszek	226	SPORT I REKREACJA START	M-50	3	00:00:05	00:43:46.45	00:43:51.85	+00:08:53 (20.3%)	4:22	13,7 (76.5%)
75	WYPIJEWSKI Sebastian	792	BRACIA DALTON	M-40	18	00:00:16	00:43:48.50	00:44:04.95	+00:08:55 (20.4%)	4:22	13,7 (76.5%)
76	BIAŁY Dawid	431	SPÓJNIA BIAŁE BŁOTA	M-20	12	00:00:26	00:43:49.85	00:44:16.45	+00:08:57 (20.4%)	4:23	13,7 (76.5%)
77	CIECHANOWSKI Bartłomiej	886	SEROCK	M-10	4	00:00:03	00:43:49.95	00:43:53.20	+00:08:57 (20.4%)	4:23	13,7 (76.5%)
78	KOSZEWSKI Michał	918		M-30	41	00:00:12	00:43:53.65	00:44:06.20	+00:09:01 (20.5%)	4:23	13,7 (76.5%)
79	WILK Łukasz	558	LUCKYWOLFS	M-30	42	00:00:07	00:43:56.85	00:44:03.85	+00:09:04 (20.6%)	4:23	13,7 (76.5%)
80	RYDLEWSKI Marek	285	RUN BYDGOSZCZ	M-40	19	00:00:08	00:44:05.80	00:44:14.40	+00:09:13 (20.9%)	4:24	13,6 (76.5%)
81	MACIAK Wojtek	993		M-30	43	00:00:13	00:44:08.55	00:44:21.55	+00:09:15 (21.0%)	4:24	13,6 (76.5%)
82	DĘBSKI Rafał	90		M-20	13	00:00:03	00:44:09.20	00:44:12.65	+00:09:16 (21.0%)	4:24	13,6 (76.5%)
83	FRĄCKOWIAK Marek	737	NKB	M-40	20	00:00:08	00:44:14.95	00:44:22.95	+00:09:22 (21.2%)	4:25	13,6 (76.5%)
84	GÓRKA Tomasz	534	KTG TRAWERS	M-30	44	00:00:08	00:44:20.25	00:44:28.55	+00:09:27 (21.3%)	4:26	13,5 (76.5%)
85	KANNENBERG Maciej	796	GREGORIAN RUN TEAM	M-20	14	00:00:46	00:44:23.55	00:45:10.10	+00:09:30 (21.4%)	4:26	13,5 (76.5%)

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86	DEBNER Wojciech	35	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	45	00:00:03	00:44:25.90	00:44:29.55	+00:09:33 (21.5%)	4:26	13,5 (76.5%)
87	GIERACH Marcin	696	TRISPACE	M-30	46	00:00:07	00:44:30.55	00:44:38.00	+00:09:37 (21.6%)	4:27	13,5 (76.5%)
88	GURDAK Leszek	651		M-40	21	00:00:14	00:44:30.85	00:44:45.20	+00:09:38 (21.7%)	4:27	13,5 (76.5%)
89	GWÓŹDŹ Kamil	240	TKKF WODNIK WIĘCBORK	M-20	15	00:00:22	00:44:31.25	00:44:53.25	+00:09:38 (21.7%)	4:27	13,5 (76.5%)
90	DAŃCZUK Jerzy	420	RWT BYDGOSZCZ	M-50	4	00:00:09	00:44:33.50	00:44:42.70	+00:09:40 (21.7%)	4:27	13,5 (76.5%)
91	SZCZEBLEWSKI Pawel	437		M-20	16	00:00:05	00:44:36.35	00:44:41.75	+00:09:43 (21.8%)	4:27	13,5 (76.5%)
92	KRYSKE Mariusz	858	SPÓJNIA BIAŁE BŁOTA	M-30	47	00:00:12	00:44:43.60	00:44:55.75	+00:09:51 (22.0%)	4:28	13,4 (76.5%)
93	SZYCHOWSKI Jarosław	1011	TKKF KOLEJARZ BYDGOSZCZ	M-20	17	00:00:11	00:44:44.05	00:44:55.90	+00:09:51 (22.0%)	4:28	13,4 (76.5%)
94	KURDELSKI Kamil	31		M-20	18	00:00:03	00:44:44.60	00:44:47.85	+00:09:52 (22.1%)	4:28	13,4 (76.5%)
95	HOŁTYN Patryk	390		M-20	19	00:00:03	00:44:46.35	00:44:49.40	+00:09:53 (22.1%)	4:28	13,4 (76.5%)
96	KRÓL Maciej	274	TRISPACE	M-40	22	00:00:12	00:44:48.85	00:45:01.60	+00:09:56 (22.2%)	4:28	13,4 (76.5%)
97	KABAT Błażej	98		M-20	20	00:00:13	00:44:51.85	00:45:05.15	+00:09:59 (22.3%)	4:29	13,4 (76.5%)
98	MISIASZEK Marek	188	CHEŁMNO / BYDGOSZCZ	M-30	48	00:00:15	00:44:58.80	00:45:14.05	+00:10:06 (22.5%)	4:29	13,3 (76.5%)
99	JACIUBEK Andrzej	656		M-50	5	00:00:16	00:45:03.35	00:45:19.85	+00:10:10 (22.6%)	4:30	13,3 (76.5%)
100	KARPACZ Jarek	482		M-20	21	00:00:09	00:45:04.20	00:45:13.85	+00:10:11 (22.6%)	4:30	13,3 (76.5%)
101	LISS Michał	941		M-20	22	00:00:18	00:45:11.15	00:45:29.25	+00:10:18 (22.8%)	4:31	13,3 (76.5%)
102	GAPA Wiesław	1003		M-40	23	00:00:10	00:45:14.35	00:45:25.20	+00:10:21 (22.9%)	4:31	13,3 (76.5%)
103	KLINIKOWSKI Jacek	168	KOCHAM ŻYCIE I...	M-40	24	00:00:12	00:45:17.45	00:45:30.20	+00:10:24 (23.0%)	4:31	13,2 (76.5%)
104	SŁAWIŃSKI Jarosław	806		M-30	49	00:00:14	00:45:20.65	00:45:35.60	+00:10:28 (23.1%)	4:32	13,2 (76.5%)
105	PAWLACZYK Szymon	574	TRISPACE	M-30	50	00:00:07	00:45:20.85	00:45:28.05	+00:10:28 (23.1%)	4:32	13,2 (76.5%)
106	TORCHALSKI Krzysztof	908	RUN PASJA	M-50	6	00:00:07	00:45:25.20	00:45:32.40	+00:10:32 (23.2%)	4:32	13,2 (76.5%)
107	BIAŁOUS Krzysztof	711		M-50	7	00:00:05	00:45:30.90	00:45:36.85	+00:10:38 (23.4%)	4:33	13,2 (76.5%)
108	SZATTEN Dawid	170		M-30	51	00:00:07	00:45:36.05	00:45:43.75	+00:10:43 (23.5%)	4:33	13,2 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	STYKAŁA Sebastian	456		M-40	25	00:00:11	00:45:41.85	00:45:53.00	+00:10:49 (23.7%)	4:34	13,1 (76.5%)
110	SONDEJ Piotr	992	FM WORD DIAMONDS GROUP 8	M-30	52	00:00:02	00:45:44.55	00:45:46.55	+00:10:51 (23.8%)	4:34	13,1 (76.5%)
111	BORCZYKOWSKI Rafał	506		M-30	53	00:00:13	00:45:47.25	00:46:00.25	+00:10:54 (23.8%)	4:34	13,1 (76.5%)
112	CYL Dawid	268	RUN BYDGOSZCZ	M-30	54	00:00:28	00:45:49.35	00:46:17.95	+00:10:56 (23.9%)	4:34	13,1 (76.5%)
113	DUDEK Dawid	189	POLONIA BYDGOSZCZ	M-30	55	00:00:08	00:45:49.60	00:45:57.90	+00:10:57 (23.9%)	4:34	13,1 (76.5%)
114	FOLERZYŃSKI Dawid	492	SPÓJNIA BIAŁE BŁOTA	M-10	5	00:00:11	00:45:53.65	00:46:04.65	+00:11:01 (24.0%)	4:35	13,1 (76.5%)
115	CZYŻNIKIEWICZ Paweł	311	WOOLFIK.PL	M-20	23	00:00:05	00:45:56.05	00:46:01.60	+00:11:03 (24.1%)	4:35	13,1 (76.5%)
116	BUTRYM Piotr	391		M-30	56	00:00:11	00:46:04.40	00:46:15.80	+00:11:11 (24.3%)	4:36	13 (76.5%)
117	SZULC Rafał	364	RUN BYDGOSZCZ	M-30	57	00:00:27	00:46:12.20	00:46:39.40	+00:11:19 (24.5%)	4:37	13 (76.5%)
118	RUDEL Sebastiana	419		M-40	26	00:00:10	00:46:12.85	00:46:23.35	+00:11:20 (24.5%)	4:37	13 (76.5%)
119	DĘBIEC Adam	341		M-20	24	00:00:27	00:46:17.15	00:46:44.85	+00:11:24 (24.6%)	4:37	13 (76.5%)
120	BUDZIAK Włodzimierz	815		M-40	27	00:00:04	00:46:17.60	00:46:21.85	+00:11:25 (24.7%)	4:37	13 (76.5%)
121	DUMOWSKI Krzysztof	866		M-50	8	00:00:19	00:46:19.30	00:46:38.35	+00:11:26 (24.7%)	4:37	13 (76.5%)
122	RUTKOWSKI Tomasz	446		M-40	28	00:00:12	00:46:19.35	00:46:31.45	+00:11:26 (24.7%)	4:37	13 (76.5%)
123	NOWAK Rafał	865	SPÓJNIA BIAŁE BŁOTA	M-30	58	00:00:08	00:46:21.70	00:46:29.85	+00:11:29 (24.8%)	4:38	12,9 (70.6%)
124	WYSOCKI Jerzy	535	CZARNE STOPY	M-50	9	00:00:09	00:46:22.05	00:46:31.95	+00:11:29 (24.8%)	4:38	12,9 (70.6%)
125	STRABEL Bartosz	304		M-20	25	00:00:14	00:46:24.70	00:46:38.95	+00:11:32 (24.9%)	4:38	12,9 (70.6%)
126	KUROWSKI Rafał	629		M-30	59	00:00:08	00:46:28.15	00:46:36.45	+00:11:35 (24.9%)	4:38	12,9 (70.6%)
127	CIEPŁOWSKI Robert	441	IPA BYDGOSZCZ	M-30	60	00:00:18	00:46:29.20	00:46:47.55	+00:11:36 (25.0%)	4:38	12,9 (70.6%)
128	WIŚNIEWSKI Paweł	750		M-20	26	00:00:38	00:46:30.80	00:47:09.35	+00:11:38 (25.0%)	4:39	12,9 (70.6%)
129	TOKARSKI Paweł	401		M-10	6	00:00:05	00:46:32.70	00:46:37.95	+00:11:40 (25.1%)	4:39	12,9 (70.6%)
130	LIPSKI Krzysztof	998	RUN BYDGOSZCZ	M-40	29	00:00:24	00:46:32.80	00:46:57.15	+00:11:40 (25.1%)	4:39	12,9 (70.6%)
131	KISIEL Tomasz	496	RUN BYDGOSZCZ	M-40	30	00:00:31	00:46:35.20	00:47:06.65	+00:11:42 (25.1%)	4:39	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	SZUBERGA Damian	137		M-20	27	00:00:05	00:46:40.25	00:46:45.40	+00:11:47 (25.3%)	4:40	12,9 (70.6%)
133	MATYASIK Marcin	601		M-30	61	00:00:21	00:46:42.10	00:47:03.55	+00:11:49 (25.3%)	4:40	12,8 (70.6%)
134	ANDRYSIAK Tomasz	855		M-40	31	00:00:17	00:46:42.35	00:47:00.00	+00:11:49 (25.3%)	4:40	12,8 (70.6%)
135	OWCZARSKI Krzysztof	295		M-30	62	00:00:12	00:46:43.70	00:46:56.40	+00:11:51 (25.4%)	4:40	12,8 (70.6%)
136	WIŚNIEWSKI Piotr	753		M-30	63	00:00:38	00:46:47.15	00:47:25.30	+00:11:54 (25.5%)	4:40	12,8 (70.6%)
137	KONIECZNY Robert	187	NAKIELSKI KLUB BIEGACZA	M-40	32	00:00:20	00:46:49.80	00:47:10.45	+00:11:57 (25.5%)	4:41	12,8 (70.6%)
138	RUDNICKI Michał	200	TASAK TEAM	M-30	64	00:00:20	00:46:51.75	00:47:12.65	+00:11:59 (25.6%)	4:41	12,8 (70.6%)
139	OLEJNICZAK Marek	451		M-30	65	00:00:32	00:46:52.15	00:47:25.10	+00:11:59 (25.6%)	4:41	12,8 (70.6%)
140	RYCHLEWSKI Adrian	681		M-10	7	00:00:23	00:46:54.20	00:47:17.65	+00:12:01 (25.6%)	4:41	12,8 (70.6%)
141	WEISBROT Paweł	131	OSP RATOWNIK	M-20	28	00:00:26	00:46:55.80	00:47:21.95	+00:12:03 (25.7%)	4:41	12,8 (70.6%)
142	NOWAK Jacek	1001		M-30	66	00:00:15	00:46:59.50	00:47:14.60	+00:12:06 (25.8%)	4:41	12,8 (70.6%)
143	NOWACZYK Jakub	395		M-30	67	00:00:18	00:47:00.40	00:47:18.55	+00:12:07 (25.8%)	4:42	12,8 (70.6%)
144	SUDOŁ Jacek	337	IPA BYDGOSZCZ	M-30	68	00:00:09	00:47:01.80	00:47:11.15	+00:12:09 (25.8%)	4:42	12,8 (70.6%)
145	KUBIAK Jarosław	590		M-30	69	00:00:19	00:47:02.95	00:47:22.60	+00:12:10 (25.9%)	4:42	12,8 (70.6%)
146	RATAJ Lukasz	906		M-30	70	00:00:11	00:47:04.05	00:47:15.70	+00:12:11 (25.9%)	4:42	12,7 (70.6%)
147	BIEL Marek	465		M-40	33	00:00:14	00:47:06.50	00:47:20.60	+00:12:13 (26.0%)	4:42	12,7 (70.6%)
148	KASPROWICZ Paweł	870	AVENATEAM	M-30	71	00:00:17	00:47:08.75	00:47:26.70	+00:12:16 (26.0%)	4:42	12,7 (70.6%)
149	RYDLEWSKI Andrzej	564	RUN BYDGOSZCZ	M-30	72	00:00:32	00:47:09.35	00:47:41.60	+00:12:16 (26.0%)	4:42	12,7 (70.6%)
150	SZATKOWSKI Marcin	409	RUN LOTTO BYDGOSTIA	M-20	29	00:00:33	00:47:09.90	00:47:43.85	+00:12:17 (26.1%)	4:43	12,7 (70.6%)
151	KUTOWSKI Przemysław	46	NIKI LAUDA	M-30	73	00:00:11	00:47:15.55	00:47:27.20	+00:12:22 (26.2%)	4:43	12,7 (70.6%)
152	MUCHA Marcin	251	BATRUN	M-30	74	00:00:20	00:47:18.10	00:47:38.70	+00:12:25 (26.3%)	4:43	12,7 (70.6%)
153	WŁODARCZYK Wojciech	485		M-50	10	00:00:10	00:47:20.10	00:47:30.75	+00:12:27 (26.3%)	4:44	12,7 (70.6%)
154	DACH Łukasz	701		M-30	75	00:00:12	00:47:21.15	00:47:33.55	+00:12:28 (26.3%)	4:44	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	HERMELIN Wojciech	161	KANCELARIA HMM	M-30	76	00:00:06	00:47:21.35	00:47:27.95	+00:12:28 (26.4%)	4:44	12,7 (70.6%)
156	OSSOWSKI Oskar	743		M-10	8	00:00:20	00:47:21.65	00:47:41.65	+00:12:29 (26.4%)	4:44	12,7 (70.6%)
157	DOMŻALSKI Marek	685		M-40	34	00:00:14	00:47:23.95	00:47:38.05	+00:12:31 (26.4%)	4:44	12,7 (70.6%)
158	KALISZEWSKI Daniel	653		M-40	35	00:00:13	00:47:24.20	00:47:37.95	+00:12:31 (26.4%)	4:44	12,7 (70.6%)
159	MIELCARSKI Michał	542	MIELCAR TEAM	M-30	77	00:00:13	00:47:31.40	00:47:44.45	+00:12:38 (26.6%)	4:45	12,6 (70.6%)
160	KOCHAŃSKI Dariusz	432		M-50	11	00:00:11	00:47:33.80	00:47:45.70	+00:12:41 (26.7%)	4:45	12,6 (70.6%)
161	DREWS Grzegorz	476	RUN BYDGOSZCZ	M-40	36	00:00:25	00:47:36.10	00:48:01.65	+00:12:43 (26.7%)	4:45	12,6 (70.6%)
162	HERMAN Grzegorz	849		M-30	78	00:00:49	00:47:38.80	00:48:28.25	+00:12:46 (26.8%)	4:45	12,6 (70.6%)
163	KRYPIN Arkadiusz	539		M-20	30	00:00:10	00:47:39.30	00:47:50.25	+00:12:46 (26.8%)	4:46	12,6 (70.6%)
164	NIEDBALSKI Grzegorz	512	RUN BYDGOSZCZ	M-50	12	00:00:24	00:47:39.35	00:48:03.70	+00:12:46 (26.8%)	4:45	12,6 (70.6%)
165	DUNAJEWSKI Marcin	775		M-40	37	00:00:12	00:47:39.65	00:47:52.55	+00:12:47 (26.8%)	4:46	12,6 (70.6%)
166	GORDON Roman	898	RUN BYDGOSZCZ	M-60+	1	00:00:32	00:47:40.80	00:48:13.45	+00:12:48 (26.9%)	4:46	12,6 (70.6%)
167	NOWICKI Adam	222		M-40	38	00:00:07	00:47:42.50	00:47:49.85	+00:12:49 (26.9%)	4:46	12,6 (70.6%)
168	ŚWIĘCICKI Andrzej	514		M-40	39	00:00:38	00:47:44.00	00:48:22.40	+00:12:51 (26.9%)	4:46	12,6 (70.6%)
169	LEWICKI Konrad	523	ŻANDARMII Z BYDGOSZCZY	M-30	79	00:00:55	00:47:53.95	00:48:49.50	+00:13:01 (27.2%)	4:47	12,5 (70.6%)
170	RACZYŃSKI Krzysztof	603		M-50	13	00:00:17	00:47:54.70	00:48:12.25	+00:13:02 (27.2%)	4:47	12,5 (70.6%)
171	WOJCIECHOWSKI Grzegorz	538	TRUST ME, IM THE ENGINEER!	M-20	31	00:00:47	00:47:56.10	00:48:44.05	+00:13:03 (27.2%)	4:47	12,5 (70.6%)
172	DUDZIŃSKI Tomasz	682		M-40	40	00:00:22	00:47:57.05	00:48:19.90	+00:13:04 (27.3%)	4:47	12,5 (70.6%)
173	PIOTROWSKI Dariusz	439		M-40	41	00:00:27	00:47:59.25	00:48:26.50	+00:13:06 (27.3%)	4:47	12,5 (70.6%)
174	CHWIŁKA Daniel	555		M-30	80	00:00:21	00:48:00.40	00:48:21.85	+00:13:07 (27.4%)	4:48	12,5 (70.6%)
175	SAMAL Artur	943	FIREBRIGADE	M-30	81	00:00:29	00:48:00.90	00:48:29.90	+00:13:08 (27.4%)	4:48	12,5 (70.6%)
176	MIĘTKIEWICZ Rafał	984		M-20	32	00:00:28	00:48:02.85	00:48:31.70	+00:13:10 (27.4%)	4:48	12,5 (70.6%)
177	PAWLACZYK Paweł	308	SPÓJNIA BIAŁE BŁOTA	M-20	33	00:00:26	00:48:05.10	00:48:31.70	+00:13:12 (27.5%)	4:48	12,5 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
178	ŚWITAJ Mateusz	329	WTS ASTORIA	M-10	9	00:00:12	00:48:05.45	00:48:17.55	+00:13:12 (27.5%)	4:48	12,5 (70.6%)
179	RYCHLEWSKI Tomasz	678		M-40	42	00:00:23	00:48:12.90	00:48:36.85	+00:13:20 (27.7%)	4:49	12,4 (70.6%)
180	BINDEK Łukasz	243		M-30	82	00:00:15	00:48:13.40	00:48:29.30	+00:13:20 (27.7%)	4:49	12,4 (70.6%)
181	GRUBICH Arkadiusz	94	BRACIA DALTON	M-30	83	00:00:16	00:48:15.40	00:48:31.40	+00:13:22 (27.7%)	4:49	12,4 (70.6%)
182	GILL Daniel	126	BRACIA DALTON	M-30	84	00:00:15	00:48:16.00	00:48:31.70	+00:13:23 (27.7%)	4:49	12,4 (70.6%)
183	ŁYSZCZARZ Błażej	983		M-30	85	00:00:18	00:48:17.80	00:48:36.40	+00:13:25 (27.8%)	4:49	12,4 (70.6%)
184	MAJEWSKI Mariusz	129		M-30	86	00:00:25	00:48:18.10	00:48:43.45	+00:13:25 (27.8%)	4:49	12,4 (70.6%)
185	SZNAJDROWSKI Jerzy	158		M-50	14	00:00:30	00:48:18.75	00:48:49.65	+00:13:26 (27.8%)	4:49	12,4 (70.6%)
186	SZWARC Paweł	270	RUN BYDGOSZCZ	M-30	87	00:00:23	00:48:19.15	00:48:42.55	+00:13:26 (27.8%)	4:49	12,4 (70.6%)
187	SZNAJDROWSKI Mateusz	149		M-20	34	00:00:30	00:48:19.75	00:48:49.90	+00:13:27 (27.8%)	4:49	12,4 (70.6%)
188	RESKE Daniel	966	ATOS TEAM	M-30	88	00:00:23	00:48:19.90	00:48:43.50	+00:13:27 (27.8%)	4:50	12,4 (70.6%)
189	TARŁOWSKI Łukasz	758	LIDL	M-20	35	00:00:14	00:48:20.05	00:48:34.30	+00:13:27 (27.8%)	4:50	12,4 (70.6%)
190	DYMEK Sławomir	351		M-30	89	00:00:16	00:48:22.40	00:48:38.70	+00:13:29 (27.9%)	4:50	12,4 (70.6%)
191	POPIELA Maksymilian	670	BANK SPÓŁDZIELCZY W NAKLE N/NOTECIĄ	M-30	90	00:00:17	00:48:23.20	00:48:40.20	+00:13:30 (27.9%)	4:50	12,4 (70.6%)
192	CIECHANOWSKI Maciej	888		M-20	36	00:00:07	00:48:28.80	00:48:35.80	+00:13:36 (28.1%)	4:50	12,4 (70.6%)
193	BYCZKOWSKI Michał	373		M-10	10	00:00:13	00:48:31.80	00:48:45.65	+00:13:39 (28.1%)	4:51	12,4 (70.6%)
194	JAKIMCZUK Przemysław	228		M-20	37	00:00:40	00:48:36.65	00:49:17.15	+00:13:44 (28.3%)	4:51	12,3 (70.6%)
195	LEWICKI Artur	378	LEGE ARTIS	M-40	43	00:00:59	00:48:37.60	00:49:37.30	+00:13:45 (28.3%)	4:51	12,3 (70.6%)
196	WIDŹGOWSKI Przemysław	310	BATRUN	M-30	91	00:00:22	00:48:38.45	00:49:00.95	+00:13:45 (28.3%)	4:51	12,3 (70.6%)
197	SOKOŁOWSKI Piotr	71	GORDON RUN	M-30	92	00:00:29	00:48:38.70	00:49:07.75	+00:13:46 (28.3%)	4:51	12,3 (70.6%)
198	PARUCKI Paweł	331	SPÓJNIA BIAŁE BŁOTA	M-20	38	00:00:08	00:48:41.00	00:48:49.60	+00:13:48 (28.4%)	4:52	12,3 (70.6%)
199	GROCHOWSKI Jakub	530	JW1515	M-30	93	00:00:10	00:48:42.30	00:48:52.85	+00:13:49 (28.4%)	4:52	12,3 (70.6%)
200	KUCHCZYŃSKI Adam	793	BÓL TO ŚCIEMA	M-40	44	00:00:18	00:48:43.85	00:49:02.00	+00:13:51 (28.4%)	4:52	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
201	LASKOWSKI Daniel	59	RUN PASJA	M-30	94	00:00:28	00:48:44.25	00:49:12.70	+00:13:51 (28.4%)	4:52	12,3 (70.6%)
202	PROCZEK Jakub	127		M-20	39	00:00:07	00:48:44.40	00:48:52.00	+00:13:51 (28.4%)	4:52	12,3 (70.6%)
203	PARUCKI Zbigniew	323		M-50	15	00:00:28	00:48:45.80	00:49:14.65	+00:13:53 (28.5%)	4:52	12,3 (70.6%)
204	SKWARCZYŃSKI Radek	829		M-20	40	00:00:23	00:48:46.30	00:49:09.95	+00:13:53 (28.5%)	4:52	12,3 (70.6%)
205	STĘPSKI Marek	293	BBL BYDGOSZCZ	M-40	45	00:00:14	00:48:47.50	00:49:02.00	+00:13:54 (28.5%)	4:52	12,3 (70.6%)
206	PALIGA Mateusz	819		M-20	41	00:00:46	00:48:47.70	00:49:34.55	+00:13:55 (28.5%)	4:52	12,3 (70.6%)
207	KUZIOŁA Marcin	869	OCULUS BYDGOSZCZ	M-30	95	00:00:33	00:48:47.75	00:49:20.90	+00:13:55 (28.5%)	4:52	12,3 (70.6%)
208	JESIONOWSKI Arkadiusz	856	MI TO TI TO	M-30	96	00:00:20	00:48:49.05	00:49:09.05	+00:13:56 (28.6%)	4:52	12,3 (70.6%)
209	ZACHEJA Mariusz	79	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	46	00:00:04	00:48:50.85	00:48:55.10	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
209	SZYMCZAK Piotr	74	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	97	00:00:04	00:48:50.85	00:48:55.10	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
211	KŁOSOWSKI Marcin	600		M-40	47	00:01:09	00:48:50.90	00:50:00.85	+00:13:58 (28.6%)	4:53	12,3 (70.6%)
212	GÓRECKI Łukasz	229	BYDGOSKIE OKONIE	M-30	98	00:00:44	00:48:52.40	00:49:36.95	+00:13:59 (28.6%)	4:53	12,3 (70.6%)
213	BAŁYS Krzysztof	120		M-20	42	00:00:24	00:48:53.30	00:49:18.15	+00:14:00 (28.7%)	4:53	12,3 (70.6%)
214	ŚLEFARSKI Marcin	249		M-30	99	00:00:24	00:48:58.20	00:49:22.60	+00:14:05 (28.8%)	4:53	12,3 (70.6%)
215	WONIAKOWSKI Czesław	1009	PARKRUM BYDGOSZCZ	M-50	16	00:00:14	00:48:59.15	00:49:13.95	+00:14:06 (28.8%)	4:53	12,2 (70.6%)
216	GACKOWSKI Napoleon	575		M-30	100	00:00:18	00:49:02.15	00:49:21.10	+00:14:09 (28.9%)	4:54	12,2 (70.6%)
217	GORDON Jacek	58	GORDON RUN	M-50	17	00:00:34	00:49:03.65	00:49:38.20	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
218	LISOWSKI Marcin	641		M-30	101	00:00:39	00:49:04.10	00:49:43.35	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
219	SZRAJDA Marcin	528		M-30	102	00:00:16	00:49:04.45	00:49:20.95	+00:14:11 (28.9%)	4:54	12,2 (70.6%)
220	NADRATOWSKI Maciej	328	KABEL TEAM BYDGOSZCZ	M-40	48	00:00:22	00:49:04.70	00:49:26.70	+00:14:12 (28.9%)	4:54	12,2 (70.6%)
221	BANASIAK Paweł	708		M-20	43	00:00:45	00:49:06.70	00:49:52.15	+00:14:14 (29.0%)	4:54	12,2 (70.6%)
222	WĘGRZYNOWSKI Sławomir	349	KABEL TEAM BYDGOSZCZ	M-40	49	00:00:19	00:49:07.30	00:49:26.70	+00:14:14 (29.0%)	4:54	12,2 (70.6%)
223	DELINGER Mateusz	942		M-20	44	00:00:31	00:49:07.55	00:49:39.35	+00:14:14 (29.0%)	4:54	12,2 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
224	BIAŁKA Kamil	754	PEWNIAKI	M-20	45	00:00:22	00:49:08.35	00:49:30.55	+00:14:15 (29.0%)	4:54	12,2 (70.6%)
225	GROSKOP Grzegorz	795	GREGORIAN RUN TEAM	M-20	46	00:00:01	00:49:10.75	00:49:12.45	+00:14:18 (29.1%)	4:55	12,2 (70.6%)
226	PALIGA Antoni	820		M-40	50	00:00:46	00:49:11.90	00:49:58.20	+00:14:19 (29.1%)	4:55	12,2 (70.6%)
227	KAMPER Jarosław	330		M-30	103	00:00:50	00:49:14.20	00:50:04.75	+00:14:21 (29.2%)	4:55	12,2 (70.6%)
228	LUZAK Mirosław	769	MWIK BYDGOSZCZ	M-50	18	00:00:10	00:49:16.50	00:49:27.30	+00:14:23 (29.2%)	4:55	12,2 (70.6%)
229	TYMOSIAK Mateusz	520	SPÓJNIA BIAŁE BŁOTA	M-20	47	00:00:29	00:49:18.15	00:49:47.30	+00:14:25 (29.3%)	4:55	12,2 (70.6%)
230	SKUBISZEWSKI Damian	674	ARMIA CHRYSTUSA	M-20	48	00:00:06	00:49:21.90	00:49:28.60	+00:14:29 (29.3%)	4:56	12,2 (70.6%)
231	WOLAŃSKI Michał	47		M-30	104	00:00:26	00:49:25.65	00:49:52.00	+00:14:33 (29.4%)	4:56	12,1 (70.6%)
232	KIECA Andrzej	713	BBL BYDGOSZCZ	M-40	51	00:00:42	00:49:26.70	00:50:09.15	+00:14:34 (29.5%)	4:56	12,1 (70.6%)
233	WNUK Sławomir	821		M-40	52	00:00:09	00:49:30.55	00:49:39.95	+00:14:37 (29.6%)	4:57	12,1 (70.6%)
234	OSSOWSKI Marcin	634		M-30	105	00:00:46	00:49:32.35	00:50:19.10	+00:14:39 (29.6%)	4:57	12,1 (70.6%)
235	JURSKI Robert	785	JFTC BYDGOSZCZ	M-40	53	00:00:26	00:49:34.65	00:50:01.10	+00:14:42 (29.7%)	4:57	12,1 (70.6%)
236	MAJEWSKI Robert	125	RUN PASJA	M-30	106	00:00:45	00:49:35.45	00:50:20.55	+00:14:42 (29.7%)	4:57	12,1 (70.6%)
237	MLECZEK Alfred	804		M-30	107	00:00:25	00:49:38.55	00:50:04.20	+00:14:45 (29.7%)	4:57	12,1 (70.6%)
238	MIŚ Michał	87	LUKS START NAKŁO	M-20	49	00:00:25	00:49:40.80	00:50:06.15	+00:14:48 (29.8%)	4:58	12,1 (70.6%)
239	KUBOWICZ Piotr	266	MALGOŚ... TEAM	M-40	54	00:00:21	00:49:44.90	00:50:06.00	+00:14:52 (29.9%)	4:58	12,1 (70.6%)
240	BAGROWSKI Marek	619	UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M-50	19	00:00:36	00:49:45.25	00:50:21.35	+00:14:52 (29.9%)	4:58	12,1 (70.6%)
241	TRZCIŃSKI Eugeniusz	191	AKTYWNA BYDGOSZCZ	M-50	20	00:00:33	00:49:54.45	00:50:28.40	+00:15:01 (30.1%)	4:59	12 (70.6%)
242	ZIELIŃSKI Maciej	139		M-30	108	00:00:50	00:49:59.40	00:50:50.15	+00:15:06 (30.2%)	5:00	12 (70.6%)
243	JANISZEWSKI Jakub	845	GORDON RUN	M-40	55	00:00:31	00:49:59.95	00:50:31.55	+00:15:07 (30.2%)	5:00	12 (70.6%)
244	BOROWSKI Mateusz	964		M-20	50	00:00:42	00:50:01.20	00:50:43.45	+00:15:08 (30.3%)	5:00	12 (70.6%)
245	KARASZEWSKI Marcin	646		M-30	109	00:00:46	00:50:02.30	00:50:49.10	+00:15:09 (30.3%)	5:00	12 (70.6%)
246	GZYL Mikołaj	615	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	110	00:00:17	00:50:05.30	00:50:23.05	+00:15:12 (30.4%)	5:00	12 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
247	BAUMAN Krystian	787	DRUŻYNA SZPIKU	M-30	111	00:00:55	00:50:05.90	00:51:01.35	+00:15:13 (30.4%)	5:00	12 (70.6%)
248	BUSSE Piotr	379		M-30	112	00:00:25	00:50:09.20	00:50:34.35	+00:15:16 (30.5%)	5:00	12 (70.6%)
249	BRZOZOWSKI Marcin	608	BRZOZA TRI TEAM	M-20	51	00:00:47	00:50:13.55	00:51:00.60	+00:15:20 (30.6%)	5:01	11,9 (64.7%)
250	KĘDZIERSKI Rafał	438	DE-STRESS	M-30	113	00:00:33	00:50:17.15	00:50:50.70	+00:15:24 (30.6%)	5:01	11,9 (64.7%)
251	WOJCIECHOWSKI Jarosław	202		M-40	56	00:01:03	00:50:22.30	00:51:25.30	+00:15:29 (30.8%)	5:02	11,9 (64.7%)
252	HASEK Patryk	526		M-20	52	00:00:12	00:50:37.40	00:50:49.60	+00:15:44 (31.1%)	5:03	11,9 (64.7%)
253	RAUT Wiesław	744		M-60+	2	00:00:36	00:50:38.50	00:51:15.35	+00:15:45 (31.1%)	5:03	11,8 (64.7%)
254	RÓŻYCKI Marcin	273		M-20	53	00:00:02	00:50:40.90	00:50:43.45	+00:15:48 (31.2%)	5:04	11,8 (64.7%)
255	KRUCZKOWSKI Adam	771	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	57	00:00:05	00:50:43.00	00:50:48.25	+00:15:50 (31.2%)	5:04	11,8 (64.7%)
256	KRUCZKOWSKI Jakub	770		M-10	11	00:00:05	00:50:43.25	00:50:48.25	+00:15:50 (31.2%)	5:04	11,8 (64.7%)
257	DOMAN Janusz	905	UKS SZABLA BRZOZA	M-60+	3	00:00:07	00:50:44.25	00:50:51.95	+00:15:51 (31.3%)	5:04	11,8 (64.7%)
258	KONKEL Bartosz	91		M-30	114	00:00:15	00:50:46.80	00:51:02.35	+00:15:54 (31.3%)	5:04	11,8 (64.7%)
259	MALAK Maciej	381		M-20	54	00:01:20	00:50:50.80	00:52:11.35	+00:15:58 (31.4%)	5:05	11,8 (64.7%)
260	OPASKA Marcin	164		M-30	115	00:00:31	00:50:57.45	00:51:29.15	+00:16:04 (31.6%)	5:05	11,8 (64.7%)
261	DOŁHUN Adam	536		M-30	116	00:00:31	00:50:58.05	00:51:29.25	+00:16:05 (31.6%)	5:05	11,8 (64.7%)
262	BEDNAREK Mikołaj	778	RUN PASJA	M-20	55	00:00:45	00:51:02.35	00:51:47.85	+00:16:09 (31.7%)	5:06	11,8 (64.7%)
263	IWANUSEK Paweł	982	GRUPA BANKIETOWA SPECJAL	M-30	117	00:01:09	00:51:11.65	00:52:20.65	+00:16:19 (31.9%)	5:07	11,7 (64.7%)
264	KORTAS Marcin	286		M-40	58	00:01:00	00:51:19.35	00:52:19.65	+00:16:26 (32.0%)	5:07	11,7 (64.7%)
265	DĄBROWSKI Bartosz	116	RUN BYDGOSZCZ / BARTOSZDABROWSKI.PL	M-30	118	00:00:20	00:51:19.90	00:51:39.90	+00:16:27 (32.1%)	5:07	11,7 (64.7%)
266	APANASIEWICZ Bartosz	180	RUN PASJA	M-30	119	00:00:25	00:51:27.70	00:51:53.15	+00:16:35 (32.2%)	5:08	11,7 (64.7%)
267	STOKŁOSA Maciej	92	C-130	M-20	56	00:00:10	00:51:32.30	00:51:43.15	+00:16:39 (32.3%)	5:09	11,6 (64.7%)
268	OSZUBSKI Kazimierz	336		M-40	59	00:00:12	00:51:38.35	00:51:50.80	+00:16:45 (32.5%)	5:09	11,6 (64.7%)
269	CHMURZYŃSKI Jakub	30	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-20	57	00:00:03	00:51:44.10	00:51:47.45	+00:16:51 (32.6%)	5:10	11,6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
270	MACHNIKOWSKI Rafał	60	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	60	00:00:03	00:51:44.30	00:51:47.75	+00:16:51 (32.6%)	5:10	11,6 (64.7%)
271	BANKERT Radosław	665		M-30	120	00:00:24	00:51:45.30	00:52:10.05	+00:16:52 (32.6%)	5:10	11,6 (64.7%)
272	LIWOCH Grzegorz	299		M-40	61	00:00:40	00:51:47.80	00:52:28.65	+00:16:55 (32.7%)	5:10	11,6 (64.7%)
273	DYLEWSKI Artur	755	PEWNIAKI	M-20	58	00:00:22	00:51:49.10	00:52:11.40	+00:16:56 (32.7%)	5:10	11,6 (64.7%)
274	WOJCIECHOWSKI Piotr	969		M-50	21	00:00:42	00:51:55.15	00:52:37.60	+00:17:02 (32.8%)	5:11	11,6 (64.7%)
275	BUCZKOWSKI Wojciech	748		M-40	62	00:00:25	00:51:55.95	00:52:21.20	+00:17:03 (32.8%)	5:11	11,6 (64.7%)
276	SENDROWICZ Mariusz	97	GORDON RUN	M-30	121	00:00:28	00:51:58.10	00:52:26.25	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
277	ZIELIŃSKI Stanisław	326		M-30	122	00:00:30	00:51:58.20	00:52:28.45	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
278	PAUKA Szymon	160		M-30	123	00:00:27	00:51:58.50	00:52:26.05	+00:17:05 (32.9%)	5:11	11,5 (64.7%)
279	GUMIŃSKI Bartosz	904		M-30	124	00:00:58	00:52:03.55	00:53:01.55	+00:17:10 (33.0%)	5:12	11,5 (64.7%)
280	WARCZAK Kuba	844		M-30	125	00:00:59	00:52:05.10	00:53:04.55	+00:17:12 (33.0%)	5:12	11,5 (64.7%)
281	WARCZAK Kuba	140		M-30	126	00:00:59	00:52:05.40	00:53:04.65	+00:17:12 (33.0%)	5:12	11,5 (64.7%)
282	STAWCZYK Dariusz	204	GORDON RUN	M-30	127	00:00:56	00:52:06.00	00:53:02.70	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
283	STEFANOWICZ Marcin	626		M-30	128	00:00:30	00:52:06.30	00:52:36.95	+00:17:13 (33.1%)	5:12	11,5 (64.7%)
284	KASZOWICZ Marek	406		M-40	63	00:01:00	00:52:07.55	00:53:07.85	+00:17:14 (33.1%)	5:12	11,5 (64.7%)
285	UROWSKI Radek	593	ATOS RUN TEAM	M-20	59	00:00:49	00:52:08.30	00:52:57.30	+00:17:15 (33.1%)	5:12	11,5 (64.7%)
286	WOŹNIAK Rafał	871		M-20	60	00:00:34	00:52:14.00	00:52:48.00	+00:17:21 (33.2%)	5:13	11,5 (64.7%)
287	OPIC Witold	751		M-40	64	00:00:37	00:52:19.25	00:52:56.75	+00:17:26 (33.3%)	5:13	11,5 (64.7%)
288	MAŁECKI Tomasz	848		M-30	129	00:00:51	00:52:19.45	00:53:10.70	+00:17:26 (33.3%)	5:13	11,5 (64.7%)
289	KOFI Mateusz	621		M-20	61	00:00:53	00:52:22.80	00:53:16.55	+00:17:30 (33.4%)	5:14	11,5 (64.7%)
290	WALENCIAK Jarosław	596		M-40	65	00:00:49	00:52:24.85	00:53:14.80	+00:17:32 (33.5%)	5:14	11,4 (64.7%)
291	ZIÓŁKOWSKI Mieczysław	704		M-50	22	00:00:13	00:52:28.35	00:52:41.65	+00:17:35 (33.5%)	5:14	11,4 (64.7%)
292	KOLANOWSKI Wojciech	322		M-50	23	00:00:26	00:52:29.65	00:52:56.25	+00:17:37 (33.6%)	5:15	11,4 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							10km	10km			
293	PAWLAK Waldemar	541		M-30	130	00:00:20	00:52:32.65	00:52:52.85	+00:17:40 (33.6%)	5:15	11,4 (64.7%)
294	BRYCKI Łukasz	968		M-30	131	00:00:26	00:52:36.75	00:53:03.35	+00:17:44 (33.7%)	5:15	11,4 (64.7%)
295	WRZYSZCZ Mateusz	405		M-10	12	00:00:07	00:52:45.25	00:52:53.05	+00:17:52 (33.9%)	5:16	11,4 (64.7%)
296	JASTRZEMBSKI Tomasz	28		M-30	132	00:01:12	00:52:45.50	00:53:58.35	+00:17:52 (33.9%)	5:16	11,4 (64.7%)
297	PRIEWE Paweł	5		M-30	133	00:01:12	00:52:46.95	00:53:59.50	+00:17:54 (33.9%)	5:16	11,4 (64.7%)
298	CZYŻEWSKI Mateusz	1007	KOCHAM SOLEC	M-20	62	00:00:39	00:52:50.50	00:53:29.50	+00:17:57 (34.0%)	5:17	11,4 (64.7%)
299	ARGALSKI Rafał	642		M-30	134	00:00:39	00:52:51.60	00:53:31.40	+00:17:59 (34.0%)	5:17	11,3 (64.7%)
300	KREŃSKI Tomasz	398		M-30	135	00:00:47	00:52:54.60	00:53:41.75	+00:18:02 (34.1%)	5:17	11,3 (64.7%)
301	KORDAS Jacek	543		M-20	63	00:00:24	00:52:56.80	00:53:21.15	+00:18:04 (34.1%)	5:17	11,3 (64.7%)
302	ZBORAŁA Dawid	472	D&M	M-20	64	00:01:09	00:52:58.65	00:54:08.45	+00:18:06 (34.2%)	5:17	11,3 (64.7%)
303	TOMKOWIAK Tomasz	1017	SZKOŁA JAZDY TOMAS	M-20	65	00:01:09	00:52:59.20	00:54:08.85	+00:18:06 (34.2%)	5:17	11,3 (64.7%)
304	WENDA Mateusz	786		M-20	66	00:01:09	00:52:59.40	00:54:08.95	+00:18:06 (34.2%)	5:17	11,3 (64.7%)
305	WENDA Dawid	491	DIM	M-20	67	00:01:08	00:52:59.60	00:54:08.40	+00:18:07 (34.2%)	5:18	11,3 (64.7%)
306	KWIATKOWSKI Jakub	947		M-20	68	00:01:08	00:53:00.00	00:54:08.40	+00:18:07 (34.2%)	5:18	11,3 (64.7%)
307	ZBORAŁA Mateusz	474	D&M	M-20	69	00:01:08	00:53:00.10	00:54:08.75	+00:18:07 (34.2%)	5:18	11,3 (64.7%)
308	GOZIMIRSKI Andrzej	823		M-60+	4	00:00:08	00:53:01.10	00:53:09.90	+00:18:08 (34.2%)	5:18	11,3 (64.7%)
309	HOMSKI Filip	802		M-20	70	00:01:05	00:53:03.60	00:54:09.15	+00:18:11 (34.3%)	5:18	11,3 (64.7%)
310	STANGRECKI Dariusz	1	KB ŁAPKA	M-30	136	00:00:29	00:53:04.40	00:53:33.95	+00:18:11 (34.3%)	5:18	11,3 (64.7%)
311	KUBIK Marcin	837	MAV TEAM	M-30	137	00:00:37	00:53:05.45	00:53:42.45	+00:18:12 (34.3%)	5:18	11,3 (64.7%)
312	SZCZEBLEWSKI Witold	450	MOTOTURYSTYKA.COM	M-50	24	00:00:22	00:53:07.75	00:53:29.80	+00:18:15 (34.4%)	5:18	11,3 (64.7%)
313	POWAŁKA Grzegorz	73	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-50	25	00:00:03	00:53:09.85	00:53:13.60	+00:18:17 (34.4%)	5:19	11,3 (64.7%)
314	GORGOL Tomasz	347	RUN BYDGOSZCZ	M-30	138	00:00:03	00:53:10.20	00:53:13.45	+00:18:17 (34.4%)	5:19	11,3 (64.7%)
315	GŁOWSKI Dariusz	981		M-40	66	00:00:51	00:53:16.55	00:54:07.55	+00:18:23 (34.5%)	5:19	11,3 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
316	KOLMAJER Rafał	242	RUN BYDGOSZCZ	M-30	139	00:00:29	00:53:17.40	00:53:47.30	+00:18:24 (34.6%)	5:19	11,3 (64.7%)
317	JAKUBOWSKI Mirosław	749	URZĄD MIASTA BYDGOSZCZY	M-50	26	00:00:35	00:53:34.65	00:54:10.00	+00:18:42 (34.9%)	5:21	11,2 (64.7%)
318	CZERNIAK Mateusz	410		M-30	140	00:00:46	00:53:34.70	00:54:20.85	+00:18:42 (34.9%)	5:21	11,2 (64.7%)
319	SZYMAŃSKI Michał	729	GORDON RUN	M-20	71	00:00:51	00:53:35.05	00:54:26.30	+00:18:42 (34.9%)	5:21	11,2 (64.7%)
320	ŁAZ Kamil	265	RUN BYDGOSZCZ	M-30	141	00:00:34	00:53:39.75	00:54:14.55	+00:18:47 (35.0%)	5:22	11,2 (64.7%)
321	KWARDYS Karol	841		M-30	142	00:00:17	00:53:40.10	00:53:57.75	+00:18:47 (35.0%)	5:22	11,2 (64.7%)
322	RUTKOWSKI Michał	162		M-10	13	00:00:34	00:53:41.00	00:54:15.40	+00:18:48 (35.0%)	5:22	11,2 (64.7%)
323	RUTKOWSKI Adam	206		M-40	67	00:00:34	00:53:41.25	00:54:15.45	+00:18:48 (35.0%)	5:22	11,2 (64.7%)
324	KASZEWSKI Sebastian	683		M-40	68	00:00:26	00:53:44.25	00:54:10.25	+00:18:51 (35.1%)	5:22	11,2 (64.7%)
325	NOWAK Adam	1000	RUN BYDGOSZCZ	M-40	69	00:01:01	00:53:47.60	00:54:49.00	+00:18:55 (35.2%)	5:22	11,2 (64.7%)
326	WOŹNIAK Adam	157		M-30	143	00:00:42	00:53:48.60	00:54:31.30	+00:18:56 (35.2%)	5:22	11,1 (64.7%)
327	SCHMIDT Marcin	587		M-30	144	00:00:15	00:53:49.60	00:54:04.85	+00:18:57 (35.2%)	5:22	11,1 (64.7%)
328	BRZÓSKA Kacper	917		M-30	145	00:00:31	00:54:01.40	00:54:32.55	+00:19:08 (35.4%)	5:24	11,1 (64.7%)
329	ŚLADEWSKI Rafał	83		M-30	146	00:00:49	00:54:01.55	00:54:50.75	+00:19:08 (35.4%)	5:24	11,1 (64.7%)
330	WEGNER Roman	387		M-50	27	00:00:35	00:54:05.45	00:54:41.35	+00:19:12 (35.5%)	5:24	11,1 (64.7%)
331	BERG Janusz	738	STANISŁAWKA	M-30	147	00:00:40	00:54:08.90	00:54:49.35	+00:19:16 (35.6%)	5:24	11,1 (64.7%)
332	BRZOZOWSKI Krzysztof	970		M-20	72	00:01:05	00:54:09.40	00:55:14.60	+00:19:16 (35.6%)	5:24	11,1 (64.7%)
333	TRUDNOWSKI Janusz	235		M-60+	5	00:00:38	00:54:19.45	00:54:57.55	+00:19:26 (35.8%)	5:25	11 (64.7%)
334	BALARYN Paweł	922	TKT	M-30	148	00:00:41	00:54:20.15	00:55:01.40	+00:19:27 (35.8%)	5:26	11 (64.7%)
335	WIESE Sławomir	554	RWT W BYDGOSZCZY	M-40	70	00:01:00	00:54:20.55	00:55:21.25	+00:19:27 (35.8%)	5:26	11 (64.7%)
336	MAJEWSKI Tomasz	862	PRZEBIEGLI UNISŁAW I OKOLICE	M-40	71	00:00:47	00:54:22.50	00:55:09.60	+00:19:29 (35.9%)	5:26	11 (64.7%)
337	DĘBIEC Andrzej	352		M-30	149	00:00:52	00:54:22.60	00:55:14.65	+00:19:30 (35.9%)	5:26	11 (64.7%)
338	RAKOWSKI Tomasz	805		M-30	150	00:00:21	00:54:25.85	00:54:47.55	+00:19:33 (35.9%)	5:26	11 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
339	STRYCYŃSKI Marek	109		M-20	73	00:00:39	00:54:26.15	00:55:05.20	+00:19:33 (35.9%)	5:26	11 (64.7%)
340	ANGLART Roman	156		M-50	28	00:00:55	00:54:28.00	00:55:23.30	+00:19:35 (36.0%)	5:26	11 (64.7%)
341	TROJANOWSKI Rafał	934		M-20	74	00:00:00	00:54:28.55	00:54:28.55	+00:19:35 (36.0%)	5:26	11 (64.7%)
342	NOWAK Tomasz	709	GORDON RUN	M-40	72	00:00:27	00:54:32.15	00:54:59.50	+00:19:39 (36.0%)	5:27	11 (64.7%)
343	KACZMAREK Paweł	1006		M-20	75	00:00:39	00:54:32.85	00:55:12.35	+00:19:40 (36.1%)	5:27	11 (64.7%)
344	PAWLIK Marek	27		M-50	29	00:00:52	00:54:35.30	00:55:28.15	+00:19:42 (36.1%)	5:27	11 (64.7%)
345	WIŚNIEWSKI Przemysław	210	RUN BYDGOSZCZ	M-30	151	00:00:16	00:54:35.60	00:54:52.30	+00:19:43 (36.1%)	5:27	11 (64.7%)
346	WOŁOSZYN Kazimierz	780	BRZOZA BIEGA - ROWEROWA BRZOZA	M-50	30	00:00:37	00:54:41.55	00:55:18.90	+00:19:48 (36.2%)	5:28	11 (64.7%)
347	OCHOCKI Maciej	957		M-20	76	00:00:49	00:54:46.20	00:55:35.85	+00:19:53 (36.3%)	5:28	11 (64.7%)
348	BRZozowski Jarosław	475	BRZOZA TRI TEAM	M-50	31	00:00:52	00:54:51.05	00:55:43.20	+00:19:58 (36.4%)	5:29	10,9 (58.8%)
349	NURKIEWICZ Jarosław	742	ANIOŁY	M-40	73	00:00:37	00:54:51.85	00:55:29.40	+00:19:59 (36.4%)	5:29	10,9 (58.8%)
350	SłOMSKI Dariusz	612	RUN-PASJA	M-50	32	00:00:46	00:54:54.35	00:55:40.80	+00:20:01 (36.5%)	5:29	10,9 (58.8%)
351	RZEMEK Sławomir	850	RUN BYDGOSZCZ	M-30	152	00:00:35	00:54:55.15	00:55:30.20	+00:20:02 (36.5%)	5:29	10,9 (58.8%)
352	WAWRZY尼亚K Dawid	194	RUN BYDGOSZCZ	M-20	77	00:01:07	00:55:11.05	00:56:18.90	+00:20:18 (36.8%)	5:31	10,9 (58.8%)
353	OSSOWSKI Oskar	747		M-10	14	00:00:47	00:55:14.40	00:56:02.05	+00:20:21 (36.9%)	5:31	10,9 (58.8%)
354	STASZKIEWICZ Radosław	130	STASHKY TEAM	M-40	74	00:00:44	00:55:16.25	00:56:01.20	+00:20:23 (36.9%)	5:31	10,9 (58.8%)
355	BEDNAREK Artur	449	DE-STRESS	M-30	153	00:00:33	00:55:26.15	00:55:59.85	+00:20:33 (37.1%)	5:32	10,8 (58.8%)
356	RYCHLEWSKI Radoslaw	822		M-30	154	00:00:23	00:55:33.85	00:55:57.75	+00:20:41 (37.2%)	5:33	10,8 (58.8%)
357	JASIŃSKI Paweł	385		M-20	78	00:01:13	00:55:36.05	00:56:49.65	+00:20:43 (37.3%)	5:33	10,8 (58.8%)
358	GAWRYCH Adam	551		M-20	79	00:01:13	00:55:38.55	00:56:52.10	+00:20:45 (37.3%)	5:33	10,8 (58.8%)
359	MLICKI Marcin	248		M-40	75	00:00:20	00:55:42.25	00:56:02.35	+00:20:49 (37.4%)	5:34	10,8 (58.8%)
360	KRUG Marcin	100	RUN PASJA	M-20	80	00:00:44	00:55:42.95	00:56:27.60	+00:20:50 (37.4%)	5:34	10,8 (58.8%)
361	WOJTYSIAK Szymon	183	BYDGOSKIE OKONIE	M-20	81	00:00:47	00:55:44.65	00:56:32.30	+00:20:52 (37.4%)	5:34	10,8 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
362	MALINOWSKI Waldemar	719	RUN LOTTO BYDGOSTIA	M-40	76	00:00:52	00:55:45.10	00:56:37.35	+00:20:52 (37.4%)	5:34	10,8 (58.8%)
363	TWARDOWSKI Wojciech	258	RUN BYDGOSZCZ	M-40	77	00:00:29	00:55:46.35	00:56:15.95	+00:20:53 (37.5%)	5:34	10,8 (58.8%)
364	PIECHOWIAK Dawid	494		M-40	78	00:00:42	00:55:50.25	00:56:33.10	+00:20:57 (37.5%)	5:35	10,7 (58.8%)
365	SZMELTER Michał	814		M-40	79	00:00:45	00:55:52.15	00:56:37.60	+00:20:59 (37.6%)	5:35	10,7 (58.8%)
366	KRYSZTOFIAK Robert	105		M-40	80	00:00:45	00:55:53.45	00:56:39.15	+00:21:00 (37.6%)	5:35	10,7 (58.8%)
367	WRÓBLEWSKI Krystian	790		M-30	155	00:00:15	00:56:02.40	00:56:17.85	+00:21:09 (37.8%)	5:36	10,7 (58.8%)
368	GRECHUTA Tomasz	986		M-30	156	00:00:43	00:56:16.15	00:56:59.55	+00:21:23 (38.0%)	5:37	10,7 (58.8%)
369	WDOWIAK Kamil	882		M-20	82	00:00:39	00:56:19.40	00:56:59.05	+00:21:26 (38.1%)	5:38	10,7 (58.8%)
370	DROŻ Krzysztof	552	ZPSERWIS BYDGOSZCZ	M-50	33	00:00:51	00:56:20.10	00:57:11.35	+00:21:27 (38.1%)	5:38	10,7 (58.8%)
371	ANDRYSZAK Piotr	731		M-40	81	00:00:23	00:56:23.40	00:56:46.55	+00:21:30 (38.2%)	5:38	10,6 (58.8%)
372	GRAPATYN Piotr	663	BYDGOSZCZ NA START	M-40	82	00:00:27	00:56:24.20	00:56:51.85	+00:21:31 (38.2%)	5:38	10,6 (58.8%)
373	GUDELL Radosław	923	MODERATOR INWESTYCJE	M-40	83	00:00:56	00:56:25.15	00:57:21.75	+00:21:32 (38.2%)	5:38	10,6 (58.8%)
374	WIŚNIEWSKI Włodzimierz	842		M-50	34	00:00:27	00:56:25.70	00:56:53.50	+00:21:33 (38.2%)	5:38	10,6 (58.8%)
375	FILOSEK Paweł	69		M-20	83	00:00:59	00:56:31.15	00:57:30.30	+00:21:38 (38.3%)	5:39	10,6 (58.8%)
376	FILOSEK Marcin	75		M-30	157	00:00:59	00:56:31.55	00:57:30.75	+00:21:38 (38.3%)	5:39	10,6 (58.8%)
377	STASZKIEWICZ Jakub	287	STASHKY TEAM	M-10	15	00:00:43	00:56:34.25	00:57:17.55	+00:21:41 (38.3%)	5:39	10,6 (58.8%)
378	SIERANT Marian	389		M-50	35	00:00:44	00:56:36.90	00:57:21.15	+00:21:44 (38.4%)	5:39	10,6 (58.8%)
379	STANKIEWICZ Dariusz	794	BÓL TO ŚCIEMA	M-40	84	00:00:44	00:56:37.70	00:57:21.85	+00:21:45 (38.4%)	5:39	10,6 (58.8%)
380	WAWRZYNIAK Andrzej	609	22. ODN	M-50	36	00:00:53	00:56:39.10	00:57:32.50	+00:21:46 (38.4%)	5:39	10,6 (58.8%)
381	MICHAŁEK Jacek	741		M-50	37	00:00:33	00:56:39.60	00:57:13.00	+00:21:47 (38.4%)	5:40	10,6 (58.8%)
382	CHOJNACKI Kacper	571		M-10	16	00:00:24	00:56:43.05	00:57:07.10	+00:21:50 (38.5%)	5:40	10,6 (58.8%)
383	KOLSKI Radek	690	VAUPE	M-40	85	00:00:28	00:56:45.45	00:57:13.70	+00:21:52 (38.6%)	5:40	10,6 (58.8%)
384	GRACZYK Przemysław	147		M-20	84	00:00:57	00:56:46.40	00:57:43.70	+00:21:53 (38.6%)	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
385	MIECH Wiesław	50	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-60+	6	00:00:36	00:56:50.05	00:57:26.55	+00:21:57 (38.6%)	5:41	10,6 (58.8%)
386	LUDKOWSKI Dawid	936		M-30	158	00:00:18	00:56:57.25	00:57:15.90	+00:22:04 (38.8%)	5:41	10,5 (58.8%)
387	RAKOWSKI Piotr	924	BYDGOSKIE KOŁO REGIONALNE STOWARZYSZENIA ŻW	M-60+	7	00:00:54	00:57:04.00	00:57:58.35	+00:22:11 (38.9%)	5:42	10,5 (58.8%)
388	PISZCZ Andrzej	885	PENTEL TEAM	M-40	86	00:00:50	00:57:07.80	00:57:58.45	+00:22:15 (39.0%)	5:42	10,5 (58.8%)
389	RACIBORSKI Grzegorz	766	TASAK TEAM	M-30	159	00:00:40	00:57:10.95	00:57:51.55	+00:22:18 (39.0%)	5:43	10,5 (58.8%)
390	ZABOROWSKI Robert	597	PGB SPORTOWA PACZKA	M-30	160	00:00:43	00:57:15.80	00:57:59.30	+00:22:23 (39.1%)	5:43	10,5 (58.8%)
391	MAJDAN Adam	643		M-30	161	00:01:04	00:57:16.85	00:58:21.80	+00:22:24 (39.1%)	5:43	10,5 (58.8%)
392	WSPÓLNIK Stanisław	78	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-60+	8	00:00:03	00:57:22.80	00:57:26.65	+00:22:30 (39.2%)	5:44	10,5 (58.8%)
393	OSSOWSKI Tomek	890		M-20	85	00:00:10	00:57:23.35	00:57:33.55	+00:22:30 (39.2%)	5:44	10,5 (58.8%)
394	RATAJ Maciej	182		M-40	87	00:00:21	00:57:23.70	00:57:45.05	+00:22:31 (39.2%)	5:44	10,5 (58.8%)
395	WALCZAK Piotr	946		M-40	88	00:00:54	00:57:29.35	00:58:23.95	+00:22:36 (39.3%)	5:44	10,4 (58.8%)
396	JAWORSKI Janusz	8		M-50	38	00:00:37	00:57:32.10	00:58:09.95	+00:22:39 (39.4%)	5:45	10,4 (58.8%)
397	KRUSZYŃSKI Mariusz	141	DRUŻYNA SZPIKU	M-40	89	00:00:54	00:57:41.65	00:58:36.40	+00:22:49 (39.5%)	5:46	10,4 (58.8%)
398	GRZYBOWSKI Tomasz	877	KOCHAM KOFIEGO	M-30	162	00:00:53	00:57:44.45	00:58:37.80	+00:22:51 (39.6%)	5:46	10,4 (58.8%)
399	LAWSKI Piotr	864	DRUŻYNA SZPIKU	M-30	163	00:00:55	00:57:45.35	00:58:40.60	+00:22:52 (39.6%)	5:46	10,4 (58.8%)
400	MIKUŁA Tomasz	54	GORDON RUN	M-30	164	00:00:30	00:57:46.30	00:58:16.40	+00:22:53 (39.6%)	5:46	10,4 (58.8%)
401	CIECHANOWSKI Radosław	884		M-20	86	00:00:44	00:57:46.95	00:58:31.30	+00:22:54 (39.6%)	5:46	10,4 (58.8%)
402	NIEDBAŁA Mariusz	256		M-20	87	00:00:36	00:58:01.25	00:58:37.35	+00:23:08 (39.9%)	5:48	10,3 (58.8%)
403	GIERACH Krzysztof	697		M-60+	9	00:00:41	00:58:08.80	00:58:50.45	+00:23:16 (40.0%)	5:48	10,3 (58.8%)
403	PRZEWOŹNIAK Rafał	48		M-20	88	00:01:02	00:58:08.80	00:59:10.90	+00:23:16 (40.0%)	5:48	10,3 (58.8%)
405	KRZYŻANOWSKI Wojciech	874		M-40	90	00:01:12	00:58:20.35	00:59:32.45	+00:23:27 (40.2%)	5:50	10,3 (58.8%)
406	KARBOWNIK Marcin	783	BOGMAR OSTROMECKO	M-20	89	00:01:03	00:58:21.80	00:59:25.50	+00:23:29 (40.2%)	5:50	10,3 (58.8%)
407	KARBOWNIK Mateusz	782	BOGMAR OSTROMECKO	M-20	90	00:01:04	00:58:21.90	00:59:25.95	+00:23:29 (40.2%)	5:50	10,3 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
408	BIERYT Krzysztof	962	KLUB WELLNESS UL. BOCZNA 10	M-30	165	00:00:31	00:58:34.10	00:59:05.85	+00:23:41 (40.5%)	5:51	10,2 (58.8%)
409	SZALA Paweł	81	B4SPORT	M-20	91	00:00:56	00:58:40.05	00:59:36.75	+00:23:47 (40.6%)	5:52	10,2 (60.0%)
410	KLÓSKA Roman	654		M-40	91	00:01:11	00:58:42.85	00:59:54.80	+00:23:50 (40.6%)	5:52	10,2 (58.8%)
411	OSTRASZEWSKI Sławomir	647		M-50	39	00:01:02	00:58:49.15	00:59:52.10	+00:23:56 (40.7%)	5:53	10,2 (58.8%)
412	SKOCZYŃSKI Eugeniusz	876	GESAL	M-50	40	00:01:02	00:58:51.90	00:59:54.20	+00:23:59 (40.8%)	5:53	10,2 (58.8%)
413	GÓRKA Łukasz	996		M-20	92	00:00:51	00:58:54.10	00:59:45.95	+00:24:01 (40.8%)	5:53	10,2 (58.8%)
414	LUBIŃSKI Robert	14		M-30	166	00:00:41	00:59:00.20	00:59:41.45	+00:24:07 (40.9%)	5:54	10,2 (58.8%)
415	HEŁMINIAK Michał	965		M-30	167	00:00:28	00:59:05.10	00:59:33.45	+00:24:12 (41.0%)	5:54	10,2 (58.8%)
416	DUDZIAK Tomasz	172	PYSZCZOSZCZYPIE	M-30	168	00:00:43	00:59:09.60	00:59:53.35	+00:24:17 (41.0%)	5:55	10,1 (58.8%)
417	JACOBI Maciej	111		M-20	93	00:00:45	00:59:11.85	00:59:57.05	+00:24:19 (41.1%)	5:55	10,1 (58.8%)
418	PROKOPOWICZ Igor	227		M-10	17	00:00:14	00:59:14.25	00:59:28.30	+00:24:21 (41.1%)	5:55	10,1 (58.8%)
419	ANDRZEJEWSKI Dariusz	761	BYLE NIE KIEPSCY	M-30	169	00:00:38	00:59:17.45	00:59:55.55	+00:24:24 (41.2%)	5:55	10,1 (58.8%)
420	SOBIERAJSKI Łukasz	809		M-20	94	00:00:52	00:59:21.00	01:00:13.65	+00:24:28 (41.2%)	5:56	10,1 (58.8%)
421	KACHELSKI Rafał	716		M-30	170	00:01:00	00:59:22.70	01:00:23.05	+00:24:30 (41.3%)	5:56	10,1 (58.8%)
422	GUMMER Andrzej	736		M-30	171	00:00:42	00:59:28.30	01:00:11.05	+00:24:35 (41.4%)	5:56	10,1 (58.8%)
423	ROS Sławek	684	ARMIA CHRYSTUSA	M-20	95	00:01:07	00:59:51.00	01:00:58.95	+00:24:58 (41.7%)	5:59	10 (58.8%)
424	BIERYT Arkadiusz	960	KLUB WELLNESS UL. BOCZNA 10	M-50	41	00:00:31	00:59:52.05	01:00:23.25	+00:24:59 (41.7%)	5:59	10 (58.8%)
425	OLESZEIN Mateusz	1013		M-20	96	00:00:43	00:59:54.65	01:00:38.10	+00:25:02 (41.8%)	5:59	10 (58.8%)
426	MYCZKO Dariusz	383	CPR BYDGOSZCZ	M-30	172	00:00:48	00:59:58.40	01:00:46.65	+00:25:05 (41.8%)	5:59	10 (58.8%)
427	ZIELIŃSKI Mateusz	511		M-30	173	00:00:02	01:00:13.40	01:00:15.45	+00:25:20 (42.1%)	6:01	10 (58.8%)
428	DĄBROWSKI Maciej	33	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-30	174	00:00:00	01:00:22.60	01:00:22.60	+00:25:30 (42.2%)	6:02	9,9 (52.9%)
429	CYWIŃSKI Artur	282		M-20	97	00:00:39	01:00:25.30	01:01:05.25	+00:25:32 (42.3%)	6:02	9,9 (52.9%)
430	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
431	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%)
432	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%)
433	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%)
434	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%)
435	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%)
436	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%)
437	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%)
438	BIAŁEK Łukasz	980		M-30	179	00:00:50	01:02:24.10	01:03:14.75	+00:27:31 (44.1%)	6:14	9,6 (52.9%)
439	STRABEL Marek	307		M-50	42	00:00:15	01:02:25.30	01:02:40.35	+00:27:32 (44.1%)	6:14	9,6 (52.9%)
440	BIAŁOBLÓCKI Marek	860	KB LECH RYPIN	M-30	180	00:00:54	01:02:28.90	01:03:23.85	+00:27:36 (44.2%)	6:14	9,6 (52.9%)
441	SYNAKIEWICZ Ryszard	24		M-60+	10	00:00:55	01:02:35.80	01:03:31.75	+00:27:43 (44.3%)	6:15	9,6 (52.9%)
442	KUZIAK Józef	1004		M-60+	11	00:00:06	01:02:36.45	01:02:42.65	+00:27:43 (44.3%)	6:15	9,6 (52.9%)
443	BRZOZOWSKI Krzysztof	578		M-30	181	00:01:02	01:02:43.60	01:03:45.90	+00:27:51 (44.4%)	6:16	9,6 (52.9%)
444	CECHOWSKI Marcin	824		M-30	182	00:00:20	01:02:58.50	01:03:19.15	+00:28:05 (44.6%)	6:17	9,5 (52.9%)
445	JARZYŃSKI Maciej	931	CENTRUM KLUB SPORTOWY	M-20	100	00:01:05	01:03:12.40	01:04:17.90	+00:28:19 (44.8%)	6:19	9,5 (52.9%)
446	ORLIŃSKI Andrzej	807		M-40	94	00:00:24	01:03:18.15	01:03:42.40	+00:28:25 (44.9%)	6:19	9,5 (52.9%)
447	LEMAŃCZYK Zygmunt	462	RUN BYDGOSZCZ	M-40	95	00:01:02	01:03:19.90	01:04:21.90	+00:28:27 (44.9%)	6:19	9,5 (52.9%)
448	SMERLIŃSKI Robert	606	AMATOR	M-30	183	00:00:35	01:03:38.80	01:04:14.40	+00:28:46 (45.2%)	6:21	9,4 (52.9%)
449	BRAĞIEL Jakub	205	VEGE RUNNERS	M-30	184	00:01:14	01:03:44.25	01:04:58.30	+00:28:51 (45.3%)	6:22	9,4 (52.9%)
450	PACHURA Michał	152		M-20	101	00:00:25	01:03:56.90	01:04:22.20	+00:29:04 (45.5%)	6:23	9,4 (52.9%)
451	WRZESIŃSKI Wojciech	13	RUN BYDGOSZCZ	M-40	96	00:01:02	01:04:08.90	01:05:11.45	+00:29:16 (45.6%)	6:24	9,4 (52.9%)
452	PRZYMUS Arkadiusz	374		M-30	185	00:01:03	01:04:11.20	01:05:15.00	+00:29:18 (45.7%)	6:25	9,3 (52.9%)
453	PRZYMUS Gracjan	375		M-Open	1	00:01:03	01:04:11.80	01:05:15.35	+00:29:19 (45.7%)	6:25	9,3 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
454	STEFANOWICZ Wojciech	429	RUN BYDGOSZCZ	M-30	186	00:01:07	01:04:22.20	01:05:29.45	+00:29:29 (45.8%)	6:26	9,3 (52.9%)
455	LISOWSKI Sebastian	215		M-30	187	00:01:04	01:06:53.55	01:07:58.30	+00:32:00 (47.9%)	6:41	9 (52.9%)
456	BURITTA Robert	662		M-20	102	00:00:17	01:07:32.55	01:07:49.55	+00:32:39 (48.4%)	6:45	8,9 (47.1%)
457	KLIMKIEWICZ Maciej	673		M-40	97	00:01:10	01:08:03.45	01:09:13.85	+00:33:10 (48.8%)	6:48	8,8 (47.1%)
458	POKRZYWIŃSKI Bartosz	863		M-20	103	00:01:03	01:08:25.45	01:09:29.20	+00:33:32 (49.0%)	6:50	8,8 (47.1%)
459	JANKOWSKI Rafał	579		M-40	98	00:01:11	01:08:29.45	01:09:40.60	+00:33:36 (49.1%)	6:50	8,8 (47.1%)
460	NAWROCKI Dariusz	740	VAUPE TEAM	M-50	43	00:00:00	01:08:46.05	01:08:46.05	+00:33:53 (49.3%)	6:52	8,7 (47.1%)
461	PILECKI Gustaw	833	BRZOZA BIEGA	M-60+	12	00:00:38	01:09:46.15	01:10:24.45	+00:34:53 (50.0%)	6:58	8,6 (47.1%)
462	PÓŁGĘSEK Rafał	604		M-40	99	00:01:16	01:11:16.50	01:12:32.50	+00:36:23 (51.1%)	7:07	8,4 (47.1%)
463	DUDZIAK Michał	233	CPR BYDGOSZCZ	M-20	104	00:01:06	01:12:02.35	01:13:08.90	+00:37:09 (51.6%)	7:12	8,3 (47.1%)
464	ZIÓŁKOWSKI Jacek	80	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-50	44	00:00:04	01:12:33.50	01:12:38.30	+00:37:40 (51.9%)	7:15	8,3 (47.1%)
465	GÓRSKI Kamil	342		M-20	105	00:01:11	01:13:50.50	01:15:01.65	+00:38:57 (52.8%)	7:23	8,1 (47.1%)
466	LASOK Piotr	548		M-30	188	00:01:06	01:14:31.05	01:15:37.65	+00:39:38 (53.2%)	7:27	8,1 (47.1%)
467	CZAJKOWSKI Kamil	260	RUN BYDGOSZCZ	M-20	106	00:00:50	01:18:35.30	01:19:25.45	+00:43:42 (55.6%)	7:51	7,6 (41.2%)
468	ŚLIWIŃSKI Piotr	76	MP NIEWIDOMYCH I SŁABOWIDZĄCYCH	M-40	100	00:00:58	01:19:56.85	01:20:55.35	+00:45:04 (56.4%)	7:59	7,5 (41.2%)
469	LASOK Wiktor	547		M-Open	2	00:00:36	01:20:53.85	01:21:29.95	+00:46:01 (56.9%)	8:05	7,4 (41.2%)
470	RYŚNIK Dariusz	955	ŻANDARMI Z BYDGOSZCZY	M-40	101	00:00:58	01:20:56.00	01:21:54.90	+00:46:03 (56.9%)	8:05	7,4 (41.2%)

Znaleziono 470 wynik(ów)