



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organizator:** Miasto Bydgoszcz  
**Data:** 2019-04-14  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Grzegorz</b>	<b>455</b>		M20	1	00:00:02	<b>00:16:17.85</b>	<b>00:16:20.30</b>		3:15	18.4 (100%)
2	<b>KULAI Taras</b>	<b>1192</b>	SC ULTRA	M20	2	00:00:01	<b>00:16:29.35</b>	<b>00:16:31.30</b>	+00:00:11 (1.2%)	3:18	18.2 (98.9%)
3	<b>FELCZAK Jakub</b>	<b>921</b>		M20	3	00:00:01	<b>00:16:43.35</b>	<b>00:16:44.40</b>	+00:00:25 (2.5%)	3:20	17.9 (97.3%)
4	<b>WOJCIECHOWSKI Klaudiusz</b>	<b>1089</b>	CWZS ZAWISZA BYDGOSZCZ	M18	1	00:00:00	<b>00:17:12.05</b>	<b>00:17:12.80</b>	+00:00:54 (5.3%)	3:26	17.4 (94.6%)
5	<b>JAGODZIŃSKI Mateusz</b>	<b>56</b>	BYDGOSKIE OKONIE	M20	4	00:00:02	<b>00:17:31.60</b>	<b>00:17:34.05</b>	+00:01:13 (7.0%)	3:30	17.1 (92.9%)
6	<b>PIETRYKA Grzegorz</b>	<b>1400</b>	ZAKŁAD KARNY NR 2 W GRUDZIĄDZU	M30	1	00:00:01	<b>00:17:48.00</b>	<b>00:17:49.20</b>	+00:01:30 (8.4%)	3:33	16.9 (91.8%)
7	<b>MAĆKOWSKI Maciej</b>	<b>9</b>	UPS BYDGOSZCZ	M30	2	00:00:02	<b>00:17:51.95</b>	<b>00:17:54.55</b>	+00:01:34 (8.8%)	3:34	16.8 (91.3%)
8	<b>BEDRA Robert</b>	<b>805</b>	CZARNE STOPY.SM	M30	3	00:00:00	<b>00:17:53.05</b>	<b>00:17:53.80</b>	+00:01:35 (8.9%)	3:34	16.8 (91.3%)
9	<b>MRUK Tomasz</b>	<b>436</b>	CZARNE STOPY.SM	M40	1	00:00:02	<b>00:17:57.95</b>	<b>00:18:00.80</b>	+00:01:40 (9.3%)	3:35	16.7 (90.8%)
10	<b>WOŁOSZCZAK Leszek</b>	<b>1480</b>	6. KILOMETR	M20	5	00:00:04	<b>00:18:06.95</b>	<b>00:18:11.60</b>	+00:01:49 (10.0%)	3:37	16.6 (90.2%)
11	<b>LUTOWSKI Wojciech</b>	<b>792</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	4	00:00:02	<b>00:18:19.00</b>	<b>00:18:21.30</b>	+00:02:01 (11.0%)	3:39	16.4 (89.1%)
12	<b>TUCHOLSKI Bartłomiej</b>	<b>158</b>	BYDGOSKIE OKONIE	M20	6	00:00:01	<b>00:18:23.25</b>	<b>00:18:25.15</b>	+00:02:05 (11.4%)	3:40	16.3 (88.6%)
13	<b>KUŁAKOWSKI Krzysztof</b>	<b>784</b>	RUN PASJA	M30	5	00:00:02	<b>00:18:26.15</b>	<b>00:18:28.70</b>	+00:02:08 (11.6%)	3:41	16.3 (88.6%)
14	<b>GRUSZKA Gracjan</b>	<b>1244</b>	CWZS ZAWISZA BYDGOSZCZ SL	M20	7	00:00:00	<b>00:18:33.20</b>	<b>00:18:34.05</b>	+00:02:15 (12.2%)	3:42	16.2 (88.0%)
15	<b>SZENK Marta</b>	<b>534</b>		K30	1	00:00:02	<b>00:18:57.95</b>	<b>00:19:00.70</b>	+00:02:40 (14.1%)	3:47	15.8 (85.9%)
16	<b>STRUGAŁA Maciej</b>	<b>137</b>		M20	8	00:00:00	<b>00:19:05.85</b>	<b>00:19:05.85</b>	+00:02:48 (14.7%)	3:49	15.7 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>FLOREK Paweł</b>	<b>141</b>	RUNADDICTS	M30	6	00:00:02	<b>00:19:10.40</b>	<b>00:19:12.95</b>	+00:02:52 (15.0%)	3:50	15.7 (85.3%)
18	<b>MAGDZIARZ Jakub</b>	<b>987</b>	KANCELARIA - HMM	M30	7	00:00:03	<b>00:19:32.15</b>	<b>00:19:35.15</b>	+00:03:14 (16.6%)	3:54	15.4 (83.7%)
19	<b>PILCH Artur</b>	<b>1199</b>	PIANIŚCI GÓRĄ	M30	8	00:00:02	<b>00:19:41.50</b>	<b>00:19:43.95</b>	+00:03:23 (17.2%)	3:56	15.2 (82.6%)
20	<b>KACZMAREK Sebastian</b>	<b>1458</b>		M30	9	00:00:04	<b>00:19:42.10</b>	<b>00:19:46.65</b>	+00:03:24 (17.3%)	3:56	15.2 (82.6%)
21	<b>WRÓBLEWSKI Lech</b>	<b>53</b>	ZK 2 GRUDZIĄDZ	M30	10	00:00:03	<b>00:19:44.65</b>	<b>00:19:48.45</b>	+00:03:26 (17.5%)	3:57	15.2 (82.6%)
22	<b>MISIASZEK Marek</b>	<b>860</b>		M30	11	00:00:04	<b>00:19:46.05</b>	<b>00:19:50.25</b>	+00:03:28 (17.6%)	3:57	15.2 (82.6%)
23	<b>IGNACZAK Jarosław</b>	<b>603</b>		M30	12	00:00:04	<b>00:19:46.25</b>	<b>00:19:50.80</b>	+00:03:28 (17.6%)	3:57	15.2 (82.6%)
24	<b>PĘKAŁA Aleksandra</b>	<b>1439</b>	RUN PASJA	K30	2	00:00:03	<b>00:19:49.05</b>	<b>00:19:52.50</b>	+00:03:31 (17.8%)	3:57	15.1 (82.1%)
25	<b>BASA Jacek</b>	<b>844</b>	ROZBIEGANA KRUSZWICA	M40	2	00:00:02	<b>00:19:50.90</b>	<b>00:19:53.00</b>	+00:03:33 (17.9%)	3:58	15.1 (82.1%)
26	<b>OKOŃSKI Jarosław</b>	<b>337</b>	BIEGOWEZAPARCIE.PL	M30	13	00:00:04	<b>00:19:51.40</b>	<b>00:19:55.75</b>	+00:03:33 (17.9%)	3:58	15.1 (82.1%)
27	<b>STANKIEWICZ Jacek</b>	<b>108</b>	MDANIELSA	M20	9	00:00:02	<b>00:19:55.25</b>	<b>00:19:57.65</b>	+00:03:37 (18.2%)	3:59	15.1 (82.1%)
28	<b>PIC Dawid</b>	<b>271</b>		M20	10	00:00:03	<b>00:19:57.50</b>	<b>00:20:01.40</b>	+00:03:39 (18.3%)	3:59	15 (81.5%)
29	<b>CZARNECKI Piotr</b>	<b>787</b>	BRZOZA BIEGA	M40	3	00:00:04	<b>00:19:59.90</b>	<b>00:20:04.70</b>	+00:03:42 (18.5%)	4:00	15 (81.5%)
30	<b>RACZYŃSKI Krzysztof</b>	<b>451</b>	BIEGAJĄCY FILOZOF TEAM	M50	1	00:00:04	<b>00:20:00.10</b>	<b>00:20:04.75</b>	+00:03:42 (18.5%)	4:00	15 (81.5%)
31	<b>FELKNER Kamil</b>	<b>775</b>		M18	2	00:00:23	<b>00:20:02.85</b>	<b>00:20:26.10</b>	+00:03:45 (18.7%)	4:00	15 (81.5%)
32	<b>SORGER Patryk</b>	<b>1379</b>	ISKRA DULSK	M20	11	00:00:08	<b>00:20:04.60</b>	<b>00:20:13.30</b>	+00:03:46 (18.8%)	4:01	14.9 (81.0%)
33	<b>WIECZOREK Michał</b>	<b>16</b>	EDUTEAM	M20	12	00:00:35	<b>00:20:05.75</b>	<b>00:20:40.80</b>	+00:03:47 (18.9%)	4:01	14.9 (81.0%)
34	<b>GOŁATA Wojciech</b>	<b>188</b>	WILCZA WATAHA	M30	14	00:00:06	<b>00:20:07.55</b>	<b>00:20:14.30</b>	+00:03:49 (19.0%)	4:01	14.9 (81.0%)
35	<b>KOTULA Sławomir</b>	<b>26</b>	GLS	M30	15	00:00:03	<b>00:20:10.60</b>	<b>00:20:14.35</b>	+00:03:52 (19.2%)	4:02	14.9 (81.0%)
36	<b>ŻELAZKO Kamil</b>	<b>1222</b>	NKUB	M30	16	00:00:04	<b>00:20:16.60</b>	<b>00:20:20.95</b>	+00:03:58 (19.6%)	4:03	14.8 (80.4%)
37	<b>KANNEBERG Maciej</b>	<b>656</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	13	00:00:17	<b>00:20:18.15</b>	<b>00:20:35.30</b>	+00:04:00 (19.7%)	4:03	14.8 (80.4%)
38	<b>KOWALSKI Jacek</b>	<b>145</b>		M40	4	00:00:06	<b>00:20:24.05</b>	<b>00:20:30.15</b>	+00:04:06 (20.1%)	4:04	14.7 (79.9%)
39	<b>SOBCZAK Marcin</b>	<b>1453</b>	CZARNE STOPY.SM	M30	17	00:00:05	<b>00:20:24.95</b>	<b>00:20:30.80</b>	+00:04:07 (20.2%)	4:05	14.7 (79.9%)
40	<b>DOMISIEWICZ Michał</b>	<b>572</b>		M20	14	00:01:33	<b>00:20:28.35</b>	<b>00:22:01.85</b>	+00:04:10 (20.4%)	4:05	14.7 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
41	ZBORAŁA Dawid	85	SZKOŁA JAZDY TOMAS	M20	15	00:00:02	00:20:28.70	00:20:31.55	+00:04:10 (20.4%)	4:05	14.6 (79.3%)
42	ŁADNIAK Dariusz	887		M40	5	00:00:13	00:20:32.65	00:20:46.15	+00:04:14 (20.7%)	4:06	14.6 (79.3%)
43	POZORSKI Adam	954	BIEGAJĄCE ŚLIWICE	M30	18	00:00:06	00:20:33.65	00:20:40.20	+00:04:15 (20.7%)	4:06	14.6 (79.3%)
44	CHODKIEWICZ Tomasz	605	GARDENFLORA MTB TEAM	M40	6	00:00:04	00:20:35.65	00:20:39.70	+00:04:17 (20.9%)	4:07	14.6 (79.3%)
45	ADAMCZAK Filip	1352		M10	1	00:00:06	00:20:39.80	00:20:46.45	+00:04:21 (21.1%)	4:08	14.5 (78.8%)
46	ROMANOWSKI Michał	350		M30	19	00:00:01	00:20:41.05	00:20:42.85	+00:04:23 (21.2%)	4:08	14.5 (78.8%)
47	WASILEWSKI Wojtek	331		M20	16	00:00:04	00:20:41.80	00:20:46.45	+00:04:23 (21.3%)	4:08	14.5 (78.8%)
48	KŁOSOWSKI Marcin	592	GRUPA BANKIETOWA SPECJAL	M40	7	00:00:02	00:20:41.90	00:20:44.80	+00:04:24 (21.3%)	4:08	14.5 (78.8%)
49	DROSDOWSKI Sebastian	1086		M40	8	00:00:04	00:20:44.15	00:20:48.25	+00:04:26 (21.4%)	4:08	14.5 (78.8%)
50	SZOPIŃSKI Rafał	289		M30	20	00:00:07	00:20:53.55	00:21:00.95	+00:04:35 (22.0%)	4:10	14.4 (78.3%)
51	MUSIAŁ Piotr	1011		M30	21	00:00:07	00:20:55.55	00:21:03.25	+00:04:37 (22.1%)	4:11	14.3 (77.7%)
52	BOINSKI Rafał	1346		M30	22	00:00:04	00:20:55.75	00:21:00.30	+00:04:37 (22.1%)	4:11	14.3 (77.7%)
53	BUBIAK Hubert	1475		M20	17	00:01:05	00:20:55.90	00:22:01.45	+00:04:38 (22.1%)	4:11	14.3 (77.7%)
54	WENDA Dawid	86	SZKOŁA JAZDY TOMAS	M20	18	00:00:02	00:20:56.80	00:20:59.45	+00:04:38 (22.2%)	4:11	14.3 (77.7%)
55	WŁODARCZYK Wojciech	270	CZARNE STOPY.SM	M50	2	00:00:05	00:20:56.90	00:21:01.95	+00:04:39 (22.2%)	4:11	14.3 (77.7%)
56	KLINOWSKI Radosław	58	GALACTICA	M30	23	00:00:10	00:20:57.30	00:21:07.65	+00:04:39 (22.2%)	4:11	14.3 (77.7%)
57	CHEŁMIŃSKI Mateusz	1455		M30	24	00:00:10	00:21:00.30	00:21:11.15	+00:04:42 (22.4%)	4:12	14.3 (77.7%)
58	BUTRYN Nikodem	1468		M50	3	00:00:09	00:21:02.60	00:21:12.00	+00:04:44 (22.6%)	4:12	14.3 (77.7%)
59	KANDZIORA Krystian	546		M18	3	00:00:12	00:21:02.75	00:21:15.10	+00:04:44 (22.6%)	4:12	14.3 (77.7%)
60	HOC Marek	801	LEGE ARTIS	M40	9	00:00:06	00:21:03.85	00:21:10.65	+00:04:46 (22.6%)	4:12	14.2 (77.2%)
61	JUREK Piotr	435	BBL SZUBIN	M50	4	00:00:04	00:21:05.65	00:21:10.20	+00:04:47 (22.7%)	4:13	14.2 (77.2%)
62	MICHALAK Wojtek	973		M50	5	00:00:23	00:21:13.15	00:21:36.80	+00:04:55 (23.2%)	4:14	14.1 (76.6%)
63	KUTOWSKI Przemysław	828		M40	10	00:00:05	00:21:13.75	00:21:18.95	+00:04:55 (23.2%)	4:14	14.1 (76.6%)
64	SOBCZAK Rafał	1267	BAŻANT TEAM	M20	19	00:00:01	00:21:14.55	00:21:16.45	+00:04:56 (23.3%)	4:15	14.1 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
65	<b>CZAJKOWSKA Sylwia</b>	<b>453</b>	#ŻÓŁTOKRÓLEWSCY	K40	1	00:00:04	<b>00:21:16.20</b>	<b>00:21:20.25</b>	+00:04:58 (23.4%)	4:15	14.1 (76.6%)
66	<b>SKARWECKI Remigiusz</b>	<b>154</b>	ŁABISZYN RUNNERS	M30	25	00:00:09	<b>00:21:17.30</b>	<b>00:21:27.25</b>	+00:04:59 (23.4%)	4:15	14.1 (76.6%)
67	<b>SŁOMKA Maciej</b>	<b>516</b>	MOŻE I POWOLI, ALE ZA TO BYLE JAK	M30	26	00:00:18	<b>00:21:18.50</b>	<b>00:21:37.30</b>	+00:05:00 (23.5%)	4:15	14.1 (76.6%)
68	<b>ROSÓŁ Jacek</b>	<b>130</b>		M30	27	00:00:05	<b>00:21:19.55</b>	<b>00:21:25.15</b>	+00:05:01 (23.6%)	4:16	14.1 (76.6%)
69	<b>CHORZEWSKI Kamil</b>	<b>662</b>		M20	20	00:00:04	<b>00:21:25.25</b>	<b>00:21:30.05</b>	+00:05:07 (23.9%)	4:17	14 (76.1%)
70	<b>LORENC Michał</b>	<b>617</b>		M20	21	00:00:06	<b>00:21:25.80</b>	<b>00:21:32.60</b>	+00:05:07 (24.0%)	4:17	14 (76.1%)
71	<b>BAŁA Artur</b>	<b>607</b>	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30	28	00:00:14	<b>00:21:26.45</b>	<b>00:21:40.85</b>	+00:05:08 (24.0%)	4:17	14 (76.1%)
72	<b>KOWALSKI Krzysztof</b>	<b>932</b>	OCELOTY KRUSZYN KRAJEŃSKI	M30	29	00:00:07	<b>00:21:26.80</b>	<b>00:21:34.50</b>	+00:05:08 (24.0%)	4:17	14 (76.1%)
73	<b>BZDZION Marcin</b>	<b>1201</b>		M20	22	00:00:02	<b>00:21:28.30</b>	<b>00:21:31.00</b>	+00:05:10 (24.1%)	4:17	14 (76.1%)
74	<b>WARLIKOWSKI Łukasz</b>	<b>876</b>		M30	30	00:00:07	<b>00:21:28.50</b>	<b>00:21:35.50</b>	+00:05:10 (24.1%)	4:17	14 (76.1%)
75	<b>RATAJCZAK Arkadiusz</b>	<b>79</b>		M50	6	00:00:06	<b>00:21:28.95</b>	<b>00:21:35.05</b>	+00:05:11 (24.1%)	4:17	14 (76.1%)
76	<b>ANTKOWIAK Bartosz</b>	<b>1165</b>	TRISPACE	M30	31	00:00:11	<b>00:21:29.65</b>	<b>00:21:41.55</b>	+00:05:11 (24.2%)	4:18	14 (76.1%)
77	<b>FELINIAK Daniel</b>	<b>731</b>		M30	32	00:00:06	<b>00:21:31.05</b>	<b>00:21:37.60</b>	+00:05:13 (24.3%)	4:18	13.9 (75.5%)
78	<b>BRZEZIŃSKI Maciej</b>	<b>1072</b>		M40	11	00:00:06	<b>00:21:32.55</b>	<b>00:21:38.55</b>	+00:05:14 (24.3%)	4:18	13.9 (75.5%)
79	<b>SIKORA Sylwia</b>	<b>562</b>	1 BRYGADALOGISTYCZNA	K40	2	00:00:05	<b>00:21:33.25</b>	<b>00:21:39.05</b>	+00:05:15 (24.4%)	4:18	13.9 (75.5%)
80	<b>STAŃCZYK Martyna</b>	<b>200</b>		K20	1	00:00:09	<b>00:21:33.50</b>	<b>00:21:43.15</b>	+00:05:15 (24.4%)	4:18	13.9 (75.5%)
81	<b>CZEPEK Aleksander</b>	<b>527</b>	BRZOZA BIEGA	M60	1	00:00:02	<b>00:21:33.95</b>	<b>00:21:36.15</b>	+00:05:16 (24.4%)	4:18	13.9 (75.5%)
82	<b>NISZCZOTA Karol</b>	<b>524</b>	BRZOZA BIEGA	M40	12	00:00:14	<b>00:21:34.70</b>	<b>00:21:49.45</b>	+00:05:16 (24.5%)	4:19	13.9 (75.5%)
83	<b>PALACZ Wioletta</b>	<b>65</b>		K40	3	00:00:04	<b>00:21:35.05</b>	<b>00:21:39.70</b>	+00:05:17 (24.5%)	4:19	13.9 (75.5%)
84	<b>MICHALIK Joanna</b>	<b>460</b>	ARUN	K30	3	00:00:02	<b>00:21:35.70</b>	<b>00:21:38.10</b>	+00:05:17 (24.5%)	4:19	13.9 (75.5%)
85	<b>RÓŻYCKI Sławomir</b>	<b>691</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	7	00:00:05	<b>00:21:47.45</b>	<b>00:21:52.70</b>	+00:05:29 (25.2%)	4:21	13.8 (75.0%)
86	<b>WASILEWSKI Marcin</b>	<b>648</b>	WIRTUALNESZLAKI.PL	M30	33	00:00:44	<b>00:21:49.15</b>	<b>00:22:33.65</b>	+00:05:31 (25.3%)	4:21	13.8 (75.0%)
87	<b>FRANKOWSKI Paweł</b>	<b>233</b>		M40	13	00:00:23	<b>00:21:49.80</b>	<b>00:22:13.55</b>	+00:05:31 (25.3%)	4:22	13.7 (74.5%)
88	<b>SAWIŃSKI Łukasz</b>	<b>823</b>		M20	23	00:00:04	<b>00:21:55.50</b>	<b>00:21:59.85</b>	+00:05:37 (25.7%)	4:23	13.7 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
89	<b>SZULC Andrzej</b>	<b>649</b>		M40	14	00:00:12	<b>00:21:58.15</b>	<b>00:22:10.65</b>	+00:05:40 (25.8%)	4:23	13.7 (74.5%)
90	<b>JĘDRUSIK Krzysztof</b>	<b>394</b>	BIEGACZE OD PIERWSZEGO KROKU DO METYWIDOKU	M20	24	00:00:05	<b>00:22:01.35</b>	<b>00:22:07.05</b>	+00:05:43 (26.0%)	4:24	13.6 (73.9%)
91	<b>ROGALSKI Maciej</b>	<b>468</b>	OLOTEAM	M30	34	00:00:04	<b>00:22:02.70</b>	<b>00:22:06.75</b>	+00:05:44 (26.1%)	4:24	13.6 (73.9%)
92	<b>JAKUBCZAK Michał</b>	<b>395</b>		M30	35	00:00:08	<b>00:22:03.00</b>	<b>00:22:11.90</b>	+00:05:45 (26.1%)	4:24	13.6 (73.9%)
93	<b>PAWLIK Marek</b>	<b>714</b>	FARMVITA	M50	8	00:00:14	<b>00:22:03.35</b>	<b>00:22:17.95</b>	+00:05:45 (26.1%)	4:24	13.6 (73.9%)
94	<b>JANCZYSZYN Eryk</b>	<b>1416</b>		M30	36	00:00:11	<b>00:22:07.15</b>	<b>00:22:18.20</b>	+00:05:49 (26.3%)	4:25	13.6 (73.9%)
95	<b>KOSEK Stanisław</b>	<b>1253</b>		M20	25	00:00:07	<b>00:22:07.65</b>	<b>00:22:15.15</b>	+00:05:49 (26.3%)	4:25	13.6 (73.9%)
96	<b>RYCZAK Maja</b>	<b>896</b>	81 BLP	K20	2	00:00:09	<b>00:22:08.35</b>	<b>00:22:17.35</b>	+00:05:50 (26.4%)	4:25	13.6 (73.9%)
97	<b>RONALDOWSKI Kacper</b>	<b>363</b>		M20	26	00:00:05	<b>00:22:08.55</b>	<b>00:22:14.25</b>	+00:05:50 (26.4%)	4:25	13.5 (73.4%)
98	<b>BIAŁOUS Krzysztof</b>	<b>1227</b>	NIEZRZESZONY	M50	9	00:00:06	<b>00:22:09.30</b>	<b>00:22:15.95</b>	+00:05:51 (26.4%)	4:25	13.5 (73.4%)
99	<b>STĘPIEŃ Bogdan</b>	<b>618</b>	LUXTORPEDY	M30	37	00:00:22	<b>00:22:10.60</b>	<b>00:22:33.25</b>	+00:05:52 (26.5%)	4:26	13.5 (73.4%)
100	<b>WIELGOSZ Krzysztof</b>	<b>1018</b>		M20	27	00:00:15	<b>00:22:10.95</b>	<b>00:22:26.50</b>	+00:05:53 (26.5%)	4:26	13.5 (73.4%)
101	<b>KUJAWA Daniel</b>	<b>1431</b>	56. BAZA LOTNICZA	M30	38	00:00:03	<b>00:22:16.85</b>	<b>00:22:20.35</b>	+00:05:59 (26.9%)	4:27	13.5 (73.4%)
102	<b>SOKOŁOWSKI Marcin</b>	<b>1055</b>		M40	15	00:00:06	<b>00:22:18.35</b>	<b>00:22:25.30</b>	+00:06:00 (26.9%)	4:27	13.4 (72.8%)
103	<b>KAMIŃSKI Łukasz</b>	<b>1385</b>	WATAHA BYDGOSZCZ	M30	39	00:00:11	<b>00:22:18.55</b>	<b>00:22:29.70</b>	+00:06:00 (26.9%)	4:27	13.5 (73.4%)
104	<b>PALIWODA Jakub</b>	<b>329</b>		M20	28	00:00:53	<b>00:22:19.05</b>	<b>00:23:12.50</b>	+00:06:01 (27.0%)	4:27	13.4 (72.8%)
105	<b>JAGODZIŃSKA Magdalena</b>	<b>57</b>	BYDGOSKIE OKONIE	K20	3	00:00:06	<b>00:22:19.35</b>	<b>00:22:25.60</b>	+00:06:01 (27.0%)	4:27	13.4 (72.8%)
106	<b>GŻYL Mikołaj</b>	<b>1065</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30	40	00:00:13	<b>00:22:20.60</b>	<b>00:22:33.85</b>	+00:06:02 (27.1%)	4:28	13.4 (72.8%)
107	<b>WNĘK Martin</b>	<b>663</b>		M20	29	00:00:04	<b>00:22:20.65</b>	<b>00:22:25.60</b>	+00:06:02 (27.1%)	4:28	13.4 (72.8%)
108	<b>WNĘK Natalia</b>	<b>664</b>	SPECIAL SPACE	K20	4	00:00:03	<b>00:22:21.85</b>	<b>00:22:25.50</b>	+00:06:04 (27.1%)	4:28	13.4 (72.8%)
109	<b>BUTRYM Piotr</b>	<b>164</b>		M30	41	00:00:14	<b>00:22:22.20</b>	<b>00:22:36.60</b>	+00:06:04 (27.1%)	4:28	13.4 (72.8%)
110	<b>CIEŚLEWICZ Karol</b>	<b>1075</b>	OLAFCREW	M40	16	00:00:10	<b>00:22:23.80</b>	<b>00:22:34.40</b>	+00:06:05 (27.2%)	4:28	13.4 (72.8%)
111	<b>AUGUSTYNOWICZ Andrzej</b>	<b>790</b>	RCI BYDGOSZCZ	M40	17	00:00:09	<b>00:22:24.85</b>	<b>00:22:34.60</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
112	<b>JASIŃSKI Artur</b>	<b>19</b>		M40	18	00:00:20	<b>00:22:25.30</b>	<b>00:22:46.20</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
113	<b>SZARLEJ Marcin</b>	<b>472</b>	PKOBPSA	M30	42	00:00:08	<b>00:22:25.65</b>	<b>00:22:33.85</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
114	<b>PTASZNIK Michał</b>	<b>1154</b>	PTACHOLRUN	M30	43	00:00:27	<b>00:22:25.75</b>	<b>00:22:53.10</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
115	<b>CHOJNACKI Bartosz</b>	<b>740</b>		M30	44	00:00:07	<b>00:22:26.30</b>	<b>00:22:33.90</b>	+00:06:08 (27.4%)	4:29	13.4 (72.8%)
116	<b>ZIMNY Marek</b>	<b>712</b>	ELTRA W BIEGU	M50	10	00:00:12	<b>00:22:27.95</b>	<b>00:22:40.15</b>	+00:06:10 (27.5%)	4:29	13.4 (72.8%)
117	<b>BARSZCZ Tomasz</b>	<b>674</b>		M30	45	00:00:13	<b>00:22:32.25</b>	<b>00:22:45.40</b>	+00:06:14 (27.7%)	4:30	13.3 (72.3%)
118	<b>ŚLEFARSKI Marcin</b>	<b>68</b>		M30	46	00:00:14	<b>00:22:33.10</b>	<b>00:22:47.20</b>	+00:06:15 (27.7%)	4:30	13.3 (72.3%)
119	<b>STROKOWSKA Paulina</b>	<b>1158</b>		K20	5	00:00:12	<b>00:22:34.75</b>	<b>00:22:47.50</b>	+00:06:16 (27.8%)	4:31	13.3 (72.3%)
120	<b>FUŁAT Karol</b>	<b>994</b>		M50	11	00:00:17	<b>00:22:34.90</b>	<b>00:22:52.05</b>	+00:06:17 (27.8%)	4:31	13.3 (72.3%)
120	<b>TOKARSKI Paweł</b>	<b>1077</b>		M20	30	00:00:11	<b>00:22:34.90</b>	<b>00:22:46.50</b>	+00:06:17 (27.8%)	4:31	13.3 (72.3%)
122	<b>PIOTROWSKA Katarzyna</b>	<b>703</b>		K20	6	00:00:04	<b>00:22:35.30</b>	<b>00:22:40.10</b>	+00:06:17 (27.8%)	4:31	13.3 (72.3%)
123	<b>BIEL Marek</b>	<b>922</b>		M40	19	00:00:11	<b>00:22:36.20</b>	<b>00:22:47.80</b>	+00:06:18 (27.9%)	4:31	13.3 (72.3%)
124	<b>DOLNY Marcin</b>	<b>577</b>	FOREST GANG	M40	20	00:00:12	<b>00:22:36.55</b>	<b>00:22:48.80</b>	+00:06:18 (27.9%)	4:31	13.3 (72.3%)
125	<b>SPLAWSKI Jarosław</b>	<b>1080</b>		M50	12	00:00:31	<b>00:22:37.15</b>	<b>00:23:08.25</b>	+00:06:19 (27.9%)	4:31	13.3 (72.3%)
126	<b>POLIWODZIŃSKI Mateusz</b>	<b>1121</b>	KS WISEŁKA BYDGOSZCZ-FORDON	M10	2	00:00:06	<b>00:22:38.05</b>	<b>00:22:44.85</b>	+00:06:20 (28.0%)	4:31	13.3 (72.3%)
127	<b>SUDOŁ Jacek</b>	<b>484</b>		M40	21	00:01:35	<b>00:22:42.45</b>	<b>00:24:17.85</b>	+00:06:24 (28.2%)	4:32	13.2 (71.7%)
128	<b>BARSZCZEWSKI Sebastian</b>	<b>358</b>		M40	22	00:00:15	<b>00:22:48.20</b>	<b>00:23:03.45</b>	+00:06:30 (28.5%)	4:33	13.2 (71.7%)
129	<b>JAŹDŹEWSKI Dawid</b>	<b>594</b>	DESPERACI	M30	47	00:00:09	<b>00:22:50.05</b>	<b>00:22:59.75</b>	+00:06:32 (28.6%)	4:34	13.1 (71.2%)
130	<b>JASIECKI Sebastian</b>	<b>615</b>	CROSSTEAM BYDGOSZCZ	M20	31	00:00:06	<b>00:22:51.55</b>	<b>00:22:57.70</b>	+00:06:33 (28.7%)	4:34	13.1 (71.2%)
131	<b>PALIGA Maciej</b>	<b>41</b>		M30	48	00:00:07	<b>00:22:53.65</b>	<b>00:23:01.20</b>	+00:06:35 (28.8%)	4:34	13.1 (71.2%)
132	<b>DANIELEWSKI Rafał</b>	<b>992</b>	ROBOTNIK TOPORZYSKO	M30	49	00:00:21	<b>00:22:54.85</b>	<b>00:23:16.20</b>	+00:06:37 (28.9%)	4:35	13.1 (71.2%)
133	<b>GWIAZDOWSKI Krzysztof</b>	<b>173</b>		M40	23	00:00:06	<b>00:22:55.70</b>	<b>00:23:02.15</b>	+00:06:37 (28.9%)	4:35	13.1 (71.2%)
134	<b>DARO Jakub</b>	<b>682</b>		M20	32	00:00:06	<b>00:22:56.00</b>	<b>00:23:02.85</b>	+00:06:38 (28.9%)	4:35	13.1 (71.2%)
135	<b>URBAŃSKI Tomasz</b>	<b>198</b>	JW 4326	M40	24	00:00:09	<b>00:22:56.05</b>	<b>00:23:05.70</b>	+00:06:38 (28.9%)	4:35	13.1 (71.2%)
136	<b>JANCOWSKI Wojciech</b>	<b>3</b>		M40	25	00:00:09	<b>00:22:58.00</b>	<b>00:23:07.95</b>	+00:06:40 (29.0%)	4:35	13.1 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	<b>ANDRZEJEWSKA Sylwia</b>	<b>265</b>		K30	4	00:00:04	<b>00:23:02.50</b>	<b>00:23:06.80</b>	+00:06:44 (29.3%)	4:36	13 (70.7%)
138	<b>ŁOBODA Maciej</b>	<b>597</b>		M30	50	00:01:41	<b>00:23:02.90</b>	<b>00:24:44.20</b>	+00:06:45 (29.3%)	4:36	13 (70.7%)
139	<b>WNUK Piotr</b>	<b>1020</b>		M10	3	00:00:21	<b>00:23:04.90</b>	<b>00:23:25.95</b>	+00:06:47 (29.4%)	4:36	13 (70.7%)
140	<b>WNUK Sławomir</b>	<b>1009</b>		M40	26	00:00:20	<b>00:23:05.25</b>	<b>00:23:25.70</b>	+00:06:47 (29.4%)	4:37	13 (70.7%)
141	<b>AFELT Jarosław</b>	<b>721</b>		M30	51	00:00:26	<b>00:23:06.80</b>	<b>00:23:32.95</b>	+00:06:48 (29.5%)	4:37	13 (70.7%)
142	<b>STĘPSKI Marek</b>	<b>23</b>		M40	27	00:00:12	<b>00:23:08.15</b>	<b>00:23:20.15</b>	+00:06:50 (29.6%)	4:37	13 (70.7%)
143	<b>WOJTYNOWSKI Artur</b>	<b>1405</b>	RUN FOR FUN	M40	28	00:00:08	<b>00:23:10.05</b>	<b>00:23:18.15</b>	+00:06:52 (29.7%)	4:38	12.9 (70.1%)
144	<b>SZYMCZAK Maciej</b>	<b>1039</b>		M40	29	00:00:04	<b>00:23:10.30</b>	<b>00:23:14.85</b>	+00:06:52 (29.7%)	4:38	12.9 (70.1%)
145	<b>WESOŁOWSKA Magdalena</b>	<b>1322</b>		K20	7	00:00:30	<b>00:23:11.25</b>	<b>00:23:41.80</b>	+00:06:53 (29.7%)	4:38	12.9 (70.1%)
146	<b>PROKOPOWICZ Igor</b>	<b>582</b>		M10	4	00:01:23	<b>00:23:12.25</b>	<b>00:24:36.15</b>	+00:06:54 (29.8%)	4:38	12.9 (70.1%)
147	<b>WRÓBEL Grzegorz</b>	<b>1197</b>	BYLE DO METY	M30	52	00:00:10	<b>00:23:12.70</b>	<b>00:23:22.75</b>	+00:06:54 (29.8%)	4:38	12.9 (70.1%)
148	<b>MYLER Łukasz</b>	<b>675</b>		M20	33	00:01:00	<b>00:23:12.85</b>	<b>00:24:12.90</b>	+00:06:55 (29.8%)	4:38	12.9 (70.1%)
149	<b>KOWALSKI Marek</b>	<b>778</b>		M40	30	00:00:24	<b>00:23:14.10</b>	<b>00:23:38.35</b>	+00:06:56 (29.9%)	4:38	12.9 (70.1%)
150	<b>JURKOWSKI Paweł</b>	<b>949</b>	TOASTMATERS BYDGOSZCZ	M30	53	00:00:27	<b>00:23:15.10</b>	<b>00:23:43.05</b>	+00:06:57 (29.9%)	4:39	12.9 (70.1%)
151	<b>BARAŃSKI Władysław</b>	<b>1059</b>		M30	54	00:00:04	<b>00:23:16.70</b>	<b>00:23:21.55</b>	+00:06:58 (30.0%)	4:39	12.9 (70.1%)
152	<b>SZULC Edmund</b>	<b>1189</b>		M50	13	00:00:47	<b>00:23:18.05</b>	<b>00:24:05.85</b>	+00:07:00 (30.1%)	4:39	12.9 (70.1%)
153	<b>WOJCIECHOWSKI Grzegorz</b>	<b>14</b>	ATOS BYDGOSZCZ	M20	34	00:00:10	<b>00:23:19.90</b>	<b>00:23:30.55</b>	+00:07:02 (30.1%)	4:40	12.9 (70.1%)
154	<b>KLOSKOWSKI Adam</b>	<b>202</b>	JW1515	M30	55	00:01:13	<b>00:23:19.95</b>	<b>00:24:33.05</b>	+00:07:02 (30.2%)	4:40	12.9 (70.1%)
155	<b>BAGIŃSKI Marcin</b>	<b>1407</b>		M30	56	00:00:49	<b>00:23:21.70</b>	<b>00:24:11.30</b>	+00:07:03 (30.2%)	4:40	12.8 (69.6%)
156	<b>WIECZOREK Waldemar</b>	<b>291</b>		M30	57	00:00:31	<b>00:23:22.70</b>	<b>00:23:53.75</b>	+00:07:04 (30.3%)	4:40	12.8 (69.6%)
157	<b>GABRYCH Maciej</b>	<b>163</b>	CZARNE STOPY.SM	M30	58	00:00:05	<b>00:23:23.25</b>	<b>00:23:29.20</b>	+00:07:05 (30.3%)	4:40	12.8 (69.6%)
158	<b>MARCINKOWSKI Artur</b>	<b>545</b>		M20	35	00:00:27	<b>00:23:24.70</b>	<b>00:23:52.40</b>	+00:07:06 (30.4%)	4:41	12.8 (69.6%)
159	<b>WOLAN Magdalena</b>	<b>8</b>	AMORKI	K40	4	00:00:19	<b>00:23:25.55</b>	<b>00:23:44.65</b>	+00:07:07 (30.4%)	4:41	12.8 (69.6%)
160	<b>ISELVMO Espen</b>	<b>612</b>		M20	36	00:00:15	<b>00:23:26.05</b>	<b>00:23:41.90</b>	+00:07:08 (30.5%)	4:41	12.8 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
161	<b>CICHOWICZ Marcin</b>	<b>365</b>		M40	31	00:00:17	<b>00:23:27.05</b>	<b>00:23:44.15</b>	+00:07:09 (30.5%)	4:41	12.8 (69.6%)
162	<b>BAUMGART Jacek</b>	<b>766</b>	BIEGAJ Z DĘBAMI	M50	14	00:00:22	<b>00:23:28.30</b>	<b>00:23:50.95</b>	+00:07:10 (30.6%)	4:41	12.8 (69.6%)
163	<b>CHMURA Tomasz</b>	<b>1290</b>		M40	32	00:00:16	<b>00:23:29.75</b>	<b>00:23:46.05</b>	+00:07:11 (30.6%)	4:42	12.8 (69.6%)
164	<b>MROTEK Katarzyna</b>	<b>67</b>	ON THE MOVE	K30	5	00:01:04	<b>00:23:30.75</b>	<b>00:24:35.70</b>	+00:07:12 (30.7%)	4:42	12.8 (69.6%)
165	<b>NOWAK Rafał</b>	<b>411</b>		M20	37	00:01:31	<b>00:23:31.35</b>	<b>00:25:03.10</b>	+00:07:13 (30.7%)	4:42	12.7 (69.0%)
166	<b>ŁATKA Marcin</b>	<b>1450</b>		M40	33	00:00:16	<b>00:23:32.00</b>	<b>00:23:48.00</b>	+00:07:14 (30.7%)	4:42	12.7 (69.0%)
167	<b>PASTWA Filip</b>	<b>1449</b>	LUX-HAUS	M30	59	00:00:29	<b>00:23:32.40</b>	<b>00:24:02.25</b>	+00:07:14 (30.8%)	4:42	12.7 (69.0%)
168	<b>SOKOŁOWSKI Piotr</b>	<b>1056</b>	GORDON RUN	M30	60	00:00:06	<b>00:23:33.60</b>	<b>00:23:40.05</b>	+00:07:15 (30.8%)	4:42	12.7 (69.0%)
169	<b>GRUSZCZYK Maciej</b>	<b>927</b>		M20	38	00:00:41	<b>00:23:34.00</b>	<b>00:24:15.25</b>	+00:07:16 (30.8%)	4:42	12.7 (69.0%)
170	<b>WESOŁOWSKI Rafał</b>	<b>1178</b>		M30	61	00:01:35	<b>00:23:34.15</b>	<b>00:25:10.00</b>	+00:07:16 (30.9%)	4:43	12.7 (69.0%)
171	<b>SZYMAŃSKI Bartłomiej</b>	<b>326</b>		M20	39	00:00:54	<b>00:23:35.45</b>	<b>00:24:29.65</b>	+00:07:17 (30.9%)	4:43	12.7 (69.0%)
172	<b>MUĆKO Bartek</b>	<b>44</b>	ZSH BYDGOSZCZ	M18	4	00:00:01	<b>00:23:36.05</b>	<b>00:23:37.70</b>	+00:07:18 (30.9%)	4:43	12.7 (69.0%)
173	<b>BORAKIEWICZ Arkadiusz</b>	<b>1098</b>	TEAM RUN GOŁAŃCZ	M30	62	00:00:38	<b>00:23:36.25</b>	<b>00:24:14.50</b>	+00:07:18 (31.0%)	4:43	12.7 (69.0%)
174	<b>KUBEŁ Marta</b>	<b>1071</b>		K20	8	00:00:04	<b>00:23:36.60</b>	<b>00:23:40.95</b>	+00:07:18 (31.0%)	4:43	12.7 (69.0%)
175	<b>CELEGRAT Andrzej</b>	<b>1174</b>		M30	63	00:00:14	<b>00:23:37.45</b>	<b>00:23:51.55</b>	+00:07:19 (31.0%)	4:43	12.7 (69.0%)
176	<b>BRZEZIŃSKI Sławomir</b>	<b>952</b>	CZARNE STOPY.SM	M40	34	00:00:17	<b>00:23:37.60</b>	<b>00:23:55.05</b>	+00:07:19 (31.0%)	4:43	12.7 (69.0%)
177	<b>KĘDZIERSKI Wojciech</b>	<b>1021</b>		M40	35	00:00:12	<b>00:23:37.95</b>	<b>00:23:50.20</b>	+00:07:20 (31.0%)	4:43	12.7 (69.0%)
178	<b>PILAKOWSKA Angelika</b>	<b>644</b>	ELTRA W BIEGU	K30	6	00:00:11	<b>00:23:39.25</b>	<b>00:23:50.40</b>	+00:07:21 (31.1%)	4:43	12.7 (69.0%)
179	<b>RUCIŃSKI Rafał</b>	<b>870</b>	SELEKCJA NATURALNA	M30	64	00:00:48	<b>00:23:40.30</b>	<b>00:24:28.35</b>	+00:07:22 (31.2%)	4:44	12.7 (69.0%)
180	<b>LEWICKI Maciej</b>	<b>120</b>	BYDGOSZCZ NA START!	M40	36	00:00:27	<b>00:23:40.95</b>	<b>00:24:08.20</b>	+00:07:23 (31.2%)	4:44	12.7 (69.0%)
181	<b>BYRTEK Grzegorz</b>	<b>400</b>		M40	37	00:00:07	<b>00:23:41.35</b>	<b>00:23:48.65</b>	+00:07:23 (31.2%)	4:44	12.7 (69.0%)
182	<b>KISZKA Marcin</b>	<b>1093</b>	RUN PASJA	M30	65	00:00:13	<b>00:23:41.55</b>	<b>00:23:55.35</b>	+00:07:23 (31.2%)	4:44	12.7 (69.0%)
183	<b>KORTAS Marcin</b>	<b>1062</b>		M40	38	00:00:21	<b>00:23:43.65</b>	<b>00:24:05.45</b>	+00:07:25 (31.3%)	4:44	12.6 (68.5%)
184	<b>URBAŃSKI Dawid</b>	<b>45</b>		M30	66	00:00:17	<b>00:23:43.80</b>	<b>00:24:01.35</b>	+00:07:25 (31.3%)	4:44	12.6 (68.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
185	SZOT Kacper	586		M20	40	00:00:51	00:23:43.90	00:24:35.20	+00:07:26 (31.3%)	4:44	12.6 (68.5%)
186	RYBICKI Artur	911		M40	39	00:00:42	00:23:46.20	00:24:29.05	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
187	KUDALSKI Maciej	264	XYZ FIGHT ACADEMY	M20	41	00:00:35	00:23:46.25	00:24:21.90	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
188	BURCZYK Roman	380		M40	40	00:00:18	00:23:46.40	00:24:04.85	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
189	GŁOWACKI Robert	72		M40	41	00:00:06	00:23:46.45	00:23:53.15	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
190	KOŁSUT Sebastian	1325		M20	42	00:00:09	00:23:50.45	00:23:59.75	+00:07:32 (31.6%)	4:46	12.6 (68.5%)
191	STAWCZYK Dariusz	240		M40	42	00:00:18	00:23:53.45	00:24:12.25	+00:07:35 (31.8%)	4:46	12.6 (68.5%)
192	PAWLIK Anna	713	ZK NR 2 GRUDZIĄDZ	K40	5	00:00:18	00:23:53.60	00:24:11.85	+00:07:35 (31.8%)	4:46	12.6 (68.5%)
193	OLBORSKI Lukasz	838		M30	67	00:00:12	00:23:57.10	00:24:09.65	+00:07:39 (32.0%)	4:47	12.5 (67.9%)
194	OSTROWSKA Anna	677		K10	1	00:00:38	00:23:57.40	00:24:36.25	+00:07:39 (32.0%)	4:47	12.5 (67.9%)
195	WIŚNIEWSKI Leszek	971		M30	68	00:00:20	00:23:59.35	00:24:19.80	+00:07:41 (32.1%)	4:47	12.5 (67.9%)
196	DZIKOWSKA Paulina	782		K30	7	00:00:18	00:24:00.10	00:24:18.45	+00:07:42 (32.1%)	4:48	12.5 (67.9%)
197	NADRATOWSKI Maciej	231	KABEL TEAM BYDGOSZCZ	M40	43	00:00:54	00:24:00.15	00:24:54.70	+00:07:42 (32.1%)	4:48	12.5 (67.9%)
198	HASS Adam	321		M30	69	00:00:39	00:24:00.45	00:24:39.65	+00:07:42 (32.1%)	4:48	12.5 (67.9%)
199	ŁOBOCKI Krzysztof	232	TKKF KOLEJARZ BYDGOSZCZ	M30	70	00:00:29	00:24:02.10	00:24:31.55	+00:07:44 (32.2%)	4:48	12.5 (67.9%)
200	STASZKIEWICZ Jakub	858	STASHKY TEAM	M18	5	00:01:22	00:24:03.55	00:25:26.45	+00:07:45 (32.3%)	4:48	12.5 (67.9%)
201	MIKOŁAJCZAK Sławomir	697		M40	44	00:00:05	00:24:03.95	00:24:09.90	+00:07:46 (32.3%)	4:48	12.5 (67.9%)
202	KRASIŃSKI Piotr	98		M40	45	00:01:01	00:24:04.30	00:25:05.70	+00:07:46 (32.3%)	4:48	12.5 (67.9%)
203	MAZUR Jakub	742	BIEGAJ Z DĘBAMI	M20	43	00:00:12	00:24:05.55	00:24:18.10	+00:07:47 (32.4%)	4:49	12.4 (67.4%)
204	SIEG Marcin	639		M30	71	00:00:37	00:24:06.35	00:24:44.20	+00:07:48 (32.4%)	4:49	12.4 (67.4%)
205	ŻUCHOWSKI Dariusz	398	PARKRUN BYDGOSZCZ	M50	15	00:00:19	00:24:07.00	00:24:26.10	+00:07:49 (32.4%)	4:49	12.4 (67.4%)
206	GONIA Alicja	978		K40	6	00:01:05	00:24:08.00	00:25:13.35	+00:07:50 (32.5%)	4:49	12.4 (67.4%)
207	STAFIEJ Wojciech	1391		M40	46	00:00:12	00:24:08.60	00:24:20.95	+00:07:50 (32.5%)	4:49	12.4 (67.4%)
208	GAWROŃSKI Mateusz	573		M20	44	00:01:06	00:24:08.85	00:25:14.85	+00:07:51 (32.5%)	4:49	12.4 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
209	<b>DRZEWIECKI Radosław</b>	<b>1487</b>		M30	72	00:00:22	<b>00:24:09.00</b>	<b>00:24:31.10</b>	+00:07:51 (32.5%)	4:49	12.4 (67.4%)
210	<b>KAMIŃSKI Marek</b>	<b>93</b>	TYPYGRUBE	M20	45	00:02:06	<b>00:24:09.20</b>	<b>00:26:16.10</b>	+00:07:51 (32.5%)	4:50	12.4 (67.4%)
211	<b>ORZECHOWSKI Zbigniew</b>	<b>690</b>		M40	47	00:00:32	<b>00:24:09.90</b>	<b>00:24:42.15</b>	+00:07:52 (32.6%)	4:50	12.4 (67.4%)
211	<b>MAZURKIEWICZ Piotr</b>	<b>306</b>		M40	48	00:00:11	<b>00:24:09.90</b>	<b>00:24:21.25</b>	+00:07:52 (32.6%)	4:50	12.4 (67.4%)
213	<b>MACIĄGA Jakub</b>	<b>996</b>		M30	73	00:00:28	<b>00:24:11.95</b>	<b>00:24:40.70</b>	+00:07:54 (32.7%)	4:50	12.4 (67.4%)
214	<b>DOBRZYŃSKA Ewa</b>	<b>234</b>		K30	8	00:00:39	<b>00:24:13.95</b>	<b>00:24:53.35</b>	+00:07:56 (32.7%)	4:50	12.4 (67.4%)
215	<b>MICHALSKA Daria</b>	<b>403</b>	BYDGOSKIE OKONIE	K20	9	00:00:18	<b>00:24:15.30</b>	<b>00:24:33.30</b>	+00:07:57 (32.8%)	4:51	12.4 (67.4%)
216	<b>MŁYNAREK Paweł</b>	<b>1388</b>		M10	5	00:00:03	<b>00:24:15.55</b>	<b>00:24:19.25</b>	+00:07:57 (32.8%)	4:51	12.4 (67.4%)
217	<b>KUBIS Sylwia</b>	<b>1460</b>		K40	7	00:00:32	<b>00:24:18.15</b>	<b>00:24:50.20</b>	+00:08:00 (32.9%)	4:51	12.3 (66.8%)
217	<b>WASTOWSKI Dawid</b>	<b>874</b>		M20	46	00:00:39	<b>00:24:18.15</b>	<b>00:24:57.25</b>	+00:08:00 (32.9%)	4:51	12.3 (66.8%)
219	<b>JAGIELSKI Szymon</b>	<b>1419</b>		M20	47	00:00:52	<b>00:24:18.90</b>	<b>00:25:11.00</b>	+00:08:01 (33.0%)	4:51	12.3 (66.8%)
220	<b>SKRZYPIŃSKI Marek</b>	<b>224</b>		M30	74	00:00:43	<b>00:24:19.25</b>	<b>00:25:03.20</b>	+00:08:01 (33.0%)	4:52	12.3 (66.8%)
221	<b>WONS Rafał</b>	<b>1356</b>		M30	75	00:01:33	<b>00:24:21.15</b>	<b>00:25:54.25</b>	+00:08:03 (33.1%)	4:52	12.3 (66.8%)
222	<b>JAKUBCZAK Łukasz</b>	<b>849</b>		M30	76	00:00:08	<b>00:24:23.70</b>	<b>00:24:31.85</b>	+00:08:05 (33.2%)	4:52	12.3 (66.8%)
223	<b>WISNIEWSKI Tadeusz</b>	<b>817</b>		M50	16	00:00:00	<b>00:24:25.35</b>	<b>00:24:25.35</b>	+00:08:07 (33.3%)	4:53	12.3 (66.8%)
224	<b>DZIEŻA Roma</b>	<b>165</b>	RUN BYDGOSZCZ	K40	8	00:00:25	<b>00:24:25.40</b>	<b>00:24:50.45</b>	+00:08:07 (33.3%)	4:53	12.3 (66.8%)
225	<b>WIŚNIEWSKA-KACZOR Iga</b>	<b>981</b>		K30	9	00:00:00	<b>00:24:25.65</b>	<b>00:24:25.65</b>	+00:08:07 (33.3%)	4:53	12.3 (66.8%)
226	<b>KOWALSKI Marek</b>	<b>1017</b>	BYDGOSKIE ŻÓŁWIE	M40	49	00:00:08	<b>00:24:26.40</b>	<b>00:24:34.75</b>	+00:08:08 (33.3%)	4:53	12.3 (66.8%)
227	<b>ROGALSKA Justyna</b>	<b>944</b>		K30	10	00:00:18	<b>00:24:29.45</b>	<b>00:24:47.75</b>	+00:08:11 (33.5%)	4:53	12.3 (66.8%)
228	<b>KLAWIKOWSKA Julita</b>	<b>613</b>	TKKF KOLEJARZ BYDGOSZCZ	K30	11	00:00:37	<b>00:24:31.30</b>	<b>00:25:08.85</b>	+00:08:13 (33.5%)	4:54	12.2 (66.3%)
229	<b>SCHNEIDER Krystian</b>	<b>307</b>		M30	77	00:00:30	<b>00:24:31.90</b>	<b>00:25:02.45</b>	+00:08:14 (33.6%)	4:54	12.2 (66.3%)
230	<b>PACEK Mirosław</b>	<b>207</b>		M50	17	00:01:30	<b>00:24:32.35</b>	<b>00:26:02.80</b>	+00:08:14 (33.6%)	4:54	12.2 (66.3%)
230	<b>SUCHOMSKI Damian</b>	<b>910</b>		M10	6	00:00:04	<b>00:24:32.35</b>	<b>00:24:36.35</b>	+00:08:14 (33.6%)	4:54	12.2 (66.3%)
232	<b>WAWRZYŃCZAK Grzegorz</b>	<b>73</b>		M30	78	00:01:01	<b>00:24:34.75</b>	<b>00:25:36.65</b>	+00:08:16 (33.7%)	4:55	12.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
233	<b>KIEŁCZYŃSKI Marek</b>	<b>667</b>		M40	50	00:01:19	<b>00:24:35.25</b>	<b>00:25:54.25</b>	+00:08:17 (33.7%)	4:55	12.2 (66.3%)
234	<b>KEPHART Kimberly</b>	<b>812</b>		K30	12	00:00:21	<b>00:24:35.60</b>	<b>00:24:57.15</b>	+00:08:17 (33.7%)	4:55	12.2 (66.3%)
235	<b>DANIELEWICZ Bartosz</b>	<b>1298</b>		M30	79	00:01:11	<b>00:24:36.05</b>	<b>00:25:47.25</b>	+00:08:18 (33.8%)	4:55	12.2 (66.3%)
236	<b>PIĄTEK Justyna</b>	<b>1179</b>		K30	13	00:00:22	<b>00:24:36.10</b>	<b>00:24:58.50</b>	+00:08:18 (33.8%)	4:55	12.2 (66.3%)
237	<b>JANUSZKIEWICZ Piotr</b>	<b>589</b>		M30	80	00:01:07	<b>00:24:37.90</b>	<b>00:25:45.60</b>	+00:08:20 (33.8%)	4:55	12.2 (66.3%)
238	<b>ARACH Przemysław</b>	<b>961</b>		M30	81	00:02:03	<b>00:24:38.75</b>	<b>00:26:41.80</b>	+00:08:20 (33.9%)	4:55	12.2 (66.3%)
239	<b>RADECKI Przemysław</b>	<b>138</b>		M40	51	00:00:28	<b>00:24:39.05</b>	<b>00:25:07.80</b>	+00:08:21 (33.9%)	4:55	12.2 (66.3%)
240	<b>TOMCZYŃSKI Jacek</b>	<b>1483</b>		M30	82	00:01:14	<b>00:24:40.25</b>	<b>00:25:55.20</b>	+00:08:22 (33.9%)	4:56	12.2 (66.3%)
241	<b>KRYSZTOFIAK Michał</b>	<b>1219</b>	ULUNG TEAM	M40	52	00:00:10	<b>00:24:45.30</b>	<b>00:24:55.70</b>	+00:08:27 (34.2%)	4:57	12.1 (65.8%)
242	<b>STĘPSKI Sławomir</b>	<b>348</b>	ZSM1	M20	48	00:00:54	<b>00:24:45.45</b>	<b>00:25:39.60</b>	+00:08:27 (34.2%)	4:57	12.1 (65.8%)
243	<b>WOŹNIAK Anna</b>	<b>898</b>		K40	9	00:00:16	<b>00:24:46.00</b>	<b>00:25:02.05</b>	+00:08:28 (34.2%)	4:57	12.1 (65.8%)
244	<b>WAJER Marita</b>	<b>694</b>	REEBOK RUN CREW BYDGOSZCZ	K20	10	00:00:11	<b>00:24:47.70</b>	<b>00:24:59.30</b>	+00:08:29 (34.3%)	4:57	12.1 (65.8%)
245	<b>PACZKOWSKI Mirosław</b>	<b>580</b>	CB163	M40	53	00:00:45	<b>00:24:48.25</b>	<b>00:25:33.85</b>	+00:08:30 (34.3%)	4:57	12.1 (65.8%)
246	<b>BISKUPIAK Robert</b>	<b>555</b>		M40	54	00:00:39	<b>00:24:51.85</b>	<b>00:25:31.55</b>	+00:08:34 (34.5%)	4:58	12.1 (65.8%)
247	<b>MENDEL Patryk</b>	<b>483</b>		M20	49	00:00:14	<b>00:24:52.05</b>	<b>00:25:06.95</b>	+00:08:34 (34.5%)	4:58	12.1 (65.8%)
248	<b>GULCZYŃSKI Dawid</b>	<b>1497</b>		M30	83	00:00:45	<b>00:24:52.90</b>	<b>00:25:37.90</b>	+00:08:35 (34.5%)	4:58	12.1 (65.8%)
249	<b>FRĄCKOWIAK Waldemar</b>	<b>392</b>		M40	55	00:00:22	<b>00:24:53.05</b>	<b>00:25:15.55</b>	+00:08:35 (34.5%)	4:58	12.1 (65.8%)
250	<b>WŁODARSKI Paweł</b>	<b>744</b>		M30	84	00:00:53	<b>00:24:53.15</b>	<b>00:25:46.90</b>	+00:08:35 (34.5%)	4:58	12.1 (65.8%)
251	<b>ROSZCZYN Dawid</b>	<b>1216</b>	CB163	M30	85	00:01:58	<b>00:24:53.55</b>	<b>00:26:52.35</b>	+00:08:35 (34.5%)	4:58	12 (65.2%)
252	<b>MATKOWSKA Monika</b>	<b>1496</b>		K30	14	00:00:44	<b>00:24:53.70</b>	<b>00:25:38.15</b>	+00:08:35 (34.5%)	4:58	12 (65.2%)
253	<b>BIZON Bartosz</b>	<b>735</b>		M30	86	00:01:12	<b>00:24:53.90</b>	<b>00:26:06.45</b>	+00:08:36 (34.5%)	4:58	12 (65.2%)
254	<b>MICHALAK Mariusz</b>	<b>349</b>		M40	56	00:00:28	<b>00:24:54.15</b>	<b>00:25:22.80</b>	+00:08:36 (34.6%)	4:58	12 (65.2%)
255	<b>RAUNEST Adam</b>	<b>548</b>		M50	18	00:00:57	<b>00:24:55.80</b>	<b>00:25:53.10</b>	+00:08:37 (34.6%)	4:59	12 (65.2%)
256	<b>TWARDOWSKI Krzysztof</b>	<b>1142</b>		M20	50	00:01:06	<b>00:24:56.75</b>	<b>00:26:03.15</b>	+00:08:38 (34.7%)	4:59	12 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
257	<b>BAUMGART Krzysztof</b>	<b>1057</b>	METAL INDUSTRY	M40	57	00:00:07	<b>00:24:57.25</b>	<b>00:25:04.25</b>	+00:08:39 (34.7%)	4:59	12 (65.2%)
258	<b>SZYMAŃSKI Tomasz</b>	<b>970</b>		M30	87	00:00:16	<b>00:24:57.70</b>	<b>00:25:14.30</b>	+00:08:39 (34.7%)	4:59	12 (65.2%)
259	<b>POZORSKA Joanna</b>	<b>953</b>	BIEGAJĄCE ŚLIWICE	K30	15	00:00:10	<b>00:24:58.05</b>	<b>00:25:08.15</b>	+00:08:40 (34.7%)	4:59	12 (65.2%)
260	<b>LESZCZYŃSKI Łukasz</b>	<b>409</b>		M30	88	00:01:51	<b>00:24:58.20</b>	<b>00:26:49.65</b>	+00:08:40 (34.7%)	4:59	12 (65.2%)
261	<b>GWIZDAŁA Mikołaj</b>	<b>1438</b>		M20	51	00:01:00	<b>00:24:58.45</b>	<b>00:25:59.30</b>	+00:08:40 (34.7%)	4:59	12 (65.2%)
262	<b>FOJUTOWSKI Filip</b>	<b>387</b>		M10	7	00:00:10	<b>00:24:59.45</b>	<b>00:25:10.25</b>	+00:08:41 (34.8%)	5:00	12 (65.2%)
263	<b>STAFIEJ Paweł</b>	<b>1392</b>		M10	8	00:00:12	<b>00:24:59.70</b>	<b>00:25:11.75</b>	+00:08:41 (34.8%)	4:59	12 (65.2%)
264	<b>DEREZIŃSKI Tomasz</b>	<b>236</b>		M30	89	00:00:27	<b>00:25:04.90</b>	<b>00:25:31.95</b>	+00:08:47 (35.0%)	5:00	12 (65.2%)
265	<b>DROZDOWSKI Krzysztof</b>	<b>610</b>		M40	58	00:00:20	<b>00:25:06.00</b>	<b>00:25:26.45</b>	+00:08:48 (35.1%)	5:01	12 (65.2%)
266	<b>GAŁKA Krzysztof</b>	<b>430</b>		M40	59	00:00:49	<b>00:25:06.20</b>	<b>00:25:56.10</b>	+00:08:48 (35.1%)	5:01	11.9 (64.7%)
267	<b>KOSIARSKI Tomasz</b>	<b>685</b>		M40	60	00:00:44	<b>00:25:06.50</b>	<b>00:25:50.55</b>	+00:08:48 (35.1%)	5:01	12 (65.2%)
268	<b>KAMPER Jarosław</b>	<b>443</b>		M40	61	00:00:11	<b>00:25:06.95</b>	<b>00:25:18.55</b>	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
269	<b>STEJUK Jan</b>	<b>474</b>	AMS TRIATHLON	M10	9	00:00:27	<b>00:25:07.55</b>	<b>00:25:35.40</b>	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
270	<b>TARCZYŃSKA Marta</b>	<b>314</b>	COOKIETEAMRUNNERS	K30	16	00:00:33	<b>00:25:08.95</b>	<b>00:25:42.00</b>	+00:08:51 (35.2%)	5:01	11.9 (64.7%)
271	<b>WAJCHERT Łukasz</b>	<b>1437</b>	TURBOGROSZKI.RUN	M30	90	00:00:20	<b>00:25:09.00</b>	<b>00:25:29.55</b>	+00:08:51 (35.2%)	5:01	11.9 (64.7%)
272	<b>CZAJA Jarosław</b>	<b>101</b>		M40	62	00:01:31	<b>00:25:10.10</b>	<b>00:26:41.95</b>	+00:08:52 (35.2%)	5:02	11.9 (64.7%)
273	<b>LEWANDOWSKI Michał</b>	<b>719</b>		M40	63	00:01:37	<b>00:25:10.15</b>	<b>00:26:48.10</b>	+00:08:52 (35.2%)	5:02	11.9 (64.7%)
274	<b>URBAŃSKI Kamil</b>	<b>397</b>		M30	91	00:02:05	<b>00:25:11.00</b>	<b>00:27:16.25</b>	+00:08:53 (35.3%)	5:02	11.9 (64.7%)
275	<b>ZIELIŃSKI Marcin</b>	<b>1499</b>		M40	64	00:00:04	<b>00:25:13.60</b>	<b>00:25:18.40</b>	+00:08:55 (35.4%)	5:02	11.9 (64.7%)
276	<b>GLAMA Jakub</b>	<b>1489</b>		M30	92	00:00:54	<b>00:25:13.70</b>	<b>00:26:08.15</b>	+00:08:55 (35.4%)	5:02	11.9 (64.7%)
277	<b>GROCHOWSKI Jakub</b>	<b>176</b>	JW1515	M30	93	00:01:14	<b>00:25:15.65</b>	<b>00:26:30.60</b>	+00:08:57 (35.5%)	5:03	11.9 (64.7%)
278	<b>OLEJNICZAK Jacek</b>	<b>1472</b>		M40	65	00:00:29	<b>00:25:17.70</b>	<b>00:25:47.30</b>	+00:08:59 (35.6%)	5:03	11.9 (64.7%)
279	<b>KLEPACZEWSKI Arkadiusz</b>	<b>977</b>		M30	94	00:01:08	<b>00:25:17.75</b>	<b>00:26:26.05</b>	+00:08:59 (35.6%)	5:03	11.9 (64.7%)
280	<b>KASPROWICZ Piotr</b>	<b>241</b>	JW 1515	M30	95	00:00:32	<b>00:25:19.15</b>	<b>00:25:51.55</b>	+00:09:01 (35.6%)	5:03	11.8 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
281	<b>STEJUK Aleksandra</b>	<b>473</b>	AMS RIATHLON	K40	10	00:00:28	<b>00:25:20.95</b>	<b>00:25:49.55</b>	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
282	<b>STEJUK Antoni</b>	<b>475</b>	AMS TRIATHLON	M10	10	00:00:28	<b>00:25:21.05</b>	<b>00:25:49.45</b>	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
283	<b>BŁASZCZYK Agnieszka</b>	<b>1372</b>		K30	17	00:01:00	<b>00:25:21.95</b>	<b>00:26:22.35</b>	+00:09:04 (35.8%)	5:04	11.8 (64.1%)
284	<b>MISUN-NOWAK Katarzyna</b>	<b>1228</b>	AMS TRIATHLON	K30	18	00:00:28	<b>00:25:22.65</b>	<b>00:25:51.30</b>	+00:09:04 (35.8%)	5:04	11.8 (64.1%)
285	<b>CHMIELARZ Karina</b>	<b>117</b>		K20	11	00:01:12	<b>00:25:23.40</b>	<b>00:26:36.15</b>	+00:09:05 (35.8%)	5:04	11.8 (64.1%)
286	<b>HEIDAK Piotr</b>	<b>979</b>		M40	66	00:00:09	<b>00:25:23.70</b>	<b>00:25:33.10</b>	+00:09:05 (35.8%)	5:04	11.8 (64.1%)
287	<b>KAMPER Małgorzata</b>	<b>444</b>		K40	11	00:00:11	<b>00:25:26.25</b>	<b>00:25:37.50</b>	+00:09:08 (35.9%)	5:05	11.8 (64.1%)
288	<b>NAGORZYSKI Arkadiusz</b>	<b>149</b>	BIEGAM WSPIERAM MOTYWUJĘ	M30	96	00:00:09	<b>00:25:27.95</b>	<b>00:25:37.10</b>	+00:09:10 (36.0%)	5:05	11.8 (64.1%)
289	<b>SPIRYDOWICZ Piotr</b>	<b>1375</b>		M30	97	00:00:17	<b>00:25:28.10</b>	<b>00:25:45.25</b>	+00:09:10 (36.0%)	5:05	11.8 (64.1%)
290	<b>NAGORZYSKA Sylwia</b>	<b>151</b>	BIEGAM WSPIERAM MOTYWUJĘ	K30	19	00:00:09	<b>00:25:28.20</b>	<b>00:25:37.20</b>	+00:09:10 (36.0%)	5:05	11.8 (64.1%)
291	<b>SUCHOMSKA Beata</b>	<b>908</b>		M40	67	00:00:21	<b>00:25:29.10</b>	<b>00:25:50.35</b>	+00:09:11 (36.1%)	5:05	11.8 (64.1%)
292	<b>SKUPSZ Jędrzej Kazimierz</b>	<b>965</b>		M30	98	00:01:30	<b>00:25:30.40</b>	<b>00:27:00.55</b>	+00:09:12 (36.1%)	5:06	11.8 (64.1%)
293	<b>BRUNKE Tomasz</b>	<b>313</b>		M40	68	00:01:33	<b>00:25:31.90</b>	<b>00:27:05.25</b>	+00:09:14 (36.2%)	5:06	11.7 (63.6%)
294	<b>WOJDAT Dominika</b>	<b>49</b>	ZIELONY PELIKAN	K20	12	00:01:17	<b>00:25:33.10</b>	<b>00:26:50.85</b>	+00:09:15 (36.2%)	5:06	11.7 (63.6%)
295	<b>POPŁAWSKI Damian</b>	<b>487</b>	RIMB	M20	52	00:01:52	<b>00:25:33.40</b>	<b>00:27:25.90</b>	+00:09:15 (36.2%)	5:06	11.7 (63.6%)
296	<b>SZCZUKOWSKA Nicol</b>	<b>1301</b>		K10	2	00:00:45	<b>00:25:33.55</b>	<b>00:26:18.55</b>	+00:09:15 (36.2%)	5:06	11.7 (63.6%)
297	<b>MATUSIAK Aneta</b>	<b>1203</b>	NKUB	K30	20	00:00:12	<b>00:25:35.05</b>	<b>00:25:47.55</b>	+00:09:17 (36.3%)	5:07	11.7 (63.6%)
298	<b>SOBOTA Piotr</b>	<b>499</b>		M40	69	00:01:06	<b>00:25:35.70</b>	<b>00:26:42.60</b>	+00:09:17 (36.3%)	5:07	11.7 (63.6%)
299	<b>CICHONSKA - BAZAK Marzena</b>	<b>422</b>	CZARNE STOPY.SM	K40	12	00:01:03	<b>00:25:36.25</b>	<b>00:26:40.15</b>	+00:09:18 (36.3%)	5:07	11.7 (63.6%)
300	<b>TOMCZYŃSKI Krystian</b>	<b>1229</b>		M20	53	00:01:11	<b>00:25:36.30</b>	<b>00:26:47.90</b>	+00:09:18 (36.4%)	5:07	11.7 (63.6%)
301	<b>TRUDNOWSKI Janusz</b>	<b>243</b>	RUN PASJA	M60	2	00:00:10	<b>00:25:39.30</b>	<b>00:25:49.55</b>	+00:09:21 (36.5%)	5:07	11.7 (63.6%)
302	<b>PYTLIŃSKI Paweł</b>	<b>914</b>	BYDGOSKIE ŻÓŁWIE	M40	70	00:00:09	<b>00:25:40.40</b>	<b>00:25:49.70</b>	+00:09:22 (36.5%)	5:08	11.7 (63.6%)
303	<b>POTRZEBOWSKA Agata</b>	<b>652</b>	DEAF I #B3K	K30	21	00:00:30	<b>00:25:40.65</b>	<b>00:26:11.10</b>	+00:09:22 (36.5%)	5:08	11.7 (63.6%)
304	<b>NOWAK Waldemar</b>	<b>192</b>	TRIAMATOR EWELINA NOWAK	M50	19	00:00:14	<b>00:25:41.60</b>	<b>00:25:56.05</b>	+00:09:23 (36.6%)	5:08	11.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
305	<b>TORCHALSKI Krzysztof</b>	<b>206</b>	RUN PASJA	M60	3	00:01:03	<b>00:25:42.10</b>	<b>00:26:46.00</b>	+00:09:24 (36.6%)	5:08	11.7 (63.6%)
306	<b>STASZKIEWICZ Lucyna</b>	<b>857</b>	STASHKY TEAM	K50	1	00:00:29	<b>00:25:43.10</b>	<b>00:26:12.25</b>	+00:09:25 (36.6%)	5:08	11.7 (63.6%)
307	<b>SZYCZEWSKA Ewa</b>	<b>34</b>		K40	13	00:00:34	<b>00:25:45.00</b>	<b>00:26:19.15</b>	+00:09:27 (36.7%)	5:09	11.7 (63.6%)
308	<b>WOLSKI Adam</b>	<b>171</b>		M30	99	00:02:05	<b>00:25:47.30</b>	<b>00:27:52.75</b>	+00:09:29 (36.8%)	5:09	11.6 (63.0%)
309	<b>POLACKA Jadwiga</b>	<b>779</b>	BIEGAJ Z DĘBAMI	K40	14	00:00:13	<b>00:25:47.75</b>	<b>00:26:01.05</b>	+00:09:29 (36.8%)	5:09	11.6 (63.0%)
310	<b>GONIA Robert</b>	<b>982</b>		M40	71	00:01:06	<b>00:25:48.30</b>	<b>00:26:54.85</b>	+00:09:30 (36.8%)	5:09	11.6 (63.0%)
311	<b>HIRSCH Nikodem</b>	<b>1049</b>		M10	11	00:00:18	<b>00:25:49.85</b>	<b>00:26:08.10</b>	+00:09:32 (36.9%)	5:10	11.6 (63.0%)
312	<b>PAWLAK Maciej</b>	<b>955</b>		M30	100	00:01:19	<b>00:25:50.30</b>	<b>00:27:10.00</b>	+00:09:32 (36.9%)	5:10	11.6 (63.0%)
313	<b>KRAS Karolina</b>	<b>1155</b>		K20	13	00:01:07	<b>00:25:51.65</b>	<b>00:26:58.90</b>	+00:09:33 (37.0%)	5:10	11.6 (63.0%)
314	<b>CHMURA Ewa</b>	<b>1291</b>		K30	22	00:00:15	<b>00:25:51.70</b>	<b>00:26:07.55</b>	+00:09:33 (37.0%)	5:10	11.6 (63.0%)
315	<b>JAGODZIŃSKI Karol</b>	<b>931</b>	COOKIE TEAM RUNNERS	M50	20	00:00:36	<b>00:25:52.50</b>	<b>00:26:29.05</b>	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
316	<b>SIKORSKI Arkadiusz</b>	<b>80</b>		M10	12	00:00:23	<b>00:25:52.80</b>	<b>00:26:16.25</b>	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
317	<b>ZWOLINSKI Robert</b>	<b>1040</b>		M40	72	00:00:55	<b>00:25:53.15</b>	<b>00:26:48.20</b>	+00:09:35 (37.0%)	5:10	11.6 (63.0%)
318	<b>UMIŃSKI Robert</b>	<b>657</b>		M30	101	00:00:14	<b>00:25:54.80</b>	<b>00:26:09.70</b>	+00:09:36 (37.1%)	5:11	11.6 (63.0%)
319	<b>HÖFT Karol</b>	<b>665</b>		M20	54	00:01:11	<b>00:25:55.25</b>	<b>00:27:06.80</b>	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
320	<b>WALUSIAK Miłosz</b>	<b>776</b>	RUN PASJA	M30	102	00:00:42	<b>00:25:55.70</b>	<b>00:26:37.70</b>	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
321	<b>BOROWICZ Anna</b>	<b>832</b>		K30	23	00:00:38	<b>00:25:55.90</b>	<b>00:26:34.00</b>	+00:09:38 (37.2%)	5:11	11.6 (63.0%)
322	<b>CHUDECKI Robert</b>	<b>609</b>		M40	73	00:01:24	<b>00:25:56.60</b>	<b>00:27:21.50</b>	+00:09:38 (37.2%)	5:11	11.6 (63.0%)
323	<b>ŚWIETLIK Piotr</b>	<b>77</b>		M50	21	00:01:14	<b>00:25:56.85</b>	<b>00:27:11.10</b>	+00:09:39 (37.2%)	5:11	11.6 (63.0%)
324	<b>JAWORSKA Aleksandra</b>	<b>1479</b>	6. KILOMETR	K20	14	00:00:22	<b>00:25:56.90</b>	<b>00:26:19.65</b>	+00:09:39 (37.2%)	5:11	11.6 (63.0%)
325	<b>GROBELNA Angelika</b>	<b>75</b>	BYDGOSZCZ NA START	K40	15	00:00:42	<b>00:25:57.05</b>	<b>00:26:39.35</b>	+00:09:39 (37.2%)	5:11	11.6 (63.0%)
326	<b>KRESIŃSKI Andrzej</b>	<b>47</b>		M30	103	00:00:05	<b>00:25:58.40</b>	<b>00:26:03.45</b>	+00:09:40 (37.3%)	5:11	11.6 (63.0%)
327	<b>GÓZDŹ Tomasz</b>	<b>777</b>	JAŚ BIEGA	M40	74	00:00:57	<b>00:25:58.80</b>	<b>00:26:56.65</b>	+00:09:40 (37.3%)	5:11	11.5 (62.5%)
328	<b>MARĆ Robert</b>	<b>842</b>		M40	75	00:01:11	<b>00:25:59.95</b>	<b>00:27:11.50</b>	+00:09:42 (37.3%)	5:12	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
329	<b>ORCHOLSKI Piotr</b>	<b>1016</b>		M40	76	00:00:59	<b>00:26:00.80</b>	<b>00:26:59.95</b>	+00:09:42 (37.3%)	5:12	11.5 (62.5%)
330	<b>ZGÓRSKI Maciej</b>	<b>1360</b>	WKURW TEAM BYDGOSZCZ	M40	77	00:00:41	<b>00:26:01.50</b>	<b>00:26:42.60</b>	+00:09:43 (37.4%)	5:12	11.5 (62.5%)
331	<b>GILL Daniel</b>	<b>894</b>	BOGMAR	M30	104	00:00:58	<b>00:26:01.85</b>	<b>00:26:59.95</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
332	<b>ŚWIATLAK Marek</b>	<b>1254</b>		M50	22	00:00:45	<b>00:26:02.25</b>	<b>00:26:47.60</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
333	<b>RYGIEWICZ Wojciech</b>	<b>155</b>		M50	23	00:01:04	<b>00:26:02.35</b>	<b>00:27:07.05</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
334	<b>KARPIŃSKI Łukasz</b>	<b>249</b>		M40	78	00:01:06	<b>00:26:02.65</b>	<b>00:27:09.50</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
335	<b>GRUBICH Arkadiusz</b>	<b>780</b>		M40	79	00:00:56	<b>00:26:03.40</b>	<b>00:26:59.90</b>	+00:09:45 (37.5%)	5:12	11.5 (62.5%)
336	<b>KRUK Łukasz</b>	<b>376</b>		M10	13	00:00:16	<b>00:26:04.45</b>	<b>00:26:21.25</b>	+00:09:46 (37.5%)	5:13	11.5 (62.5%)
336	<b>KĘCKI Jakub</b>	<b>917</b>		M10	14	00:01:21	<b>00:26:04.45</b>	<b>00:27:25.55</b>	+00:09:46 (37.5%)	5:12	11.5 (62.5%)
338	<b>KUKAWKA Maciej</b>	<b>1315</b>		M40	80	00:01:47	<b>00:26:07.80</b>	<b>00:27:55.40</b>	+00:09:49 (37.6%)	5:13	11.5 (62.5%)
339	<b>STASIEWSKI Mariusz</b>	<b>752</b>	TRISPACE	M40	81	00:00:35	<b>00:26:08.70</b>	<b>00:26:43.75</b>	+00:09:50 (37.7%)	5:13	11.5 (62.5%)
340	<b>MAJEWSKA Ryszarda</b>	<b>1251</b>		K60	1	00:00:39	<b>00:26:08.95</b>	<b>00:26:48.35</b>	+00:09:51 (37.7%)	5:13	11.5 (62.5%)
341	<b>GORDON Roman</b>	<b>172</b>	RUN BYDGOSZCZ	M60	4	00:00:14	<b>00:26:09.00</b>	<b>00:26:23.45</b>	+00:09:51 (37.7%)	5:13	11.5 (62.5%)
342	<b>ZAJĄC Tomasz</b>	<b>738</b>	BIEGAJ Z DĘBAMI	M40	82	00:00:16	<b>00:26:09.35</b>	<b>00:26:25.65</b>	+00:09:51 (37.7%)	5:13	11.5 (62.5%)
343	<b>GRACZYK Przemysław</b>	<b>269</b>		M30	105	00:01:34	<b>00:26:10.40</b>	<b>00:27:45.25</b>	+00:09:52 (37.7%)	5:14	11.5 (62.5%)
344	<b>SOBANIA-TRENDEWICZ Paulina</b>	<b>1172</b>		K30	24	00:01:39	<b>00:26:11.05</b>	<b>00:27:50.90</b>	+00:09:53 (37.8%)	5:14	11.5 (62.5%)
345	<b>MORZYK Michał</b>	<b>446</b>		M40	83	00:00:33	<b>00:26:14.30</b>	<b>00:26:47.30</b>	+00:09:56 (37.9%)	5:14	11.4 (62.0%)
345	<b>SIKORSKI Norbert</b>	<b>81</b>		M40	84	00:00:23	<b>00:26:14.30</b>	<b>00:26:37.85</b>	+00:09:56 (37.9%)	5:14	11.4 (62.0%)
347	<b>STĘPIEŃ Monika</b>	<b>109</b>		K40	16	00:00:20	<b>00:26:15.95</b>	<b>00:26:36.10</b>	+00:09:58 (38.0%)	5:15	11.4 (62.0%)
348	<b>GÓRSKI Michał</b>	<b>1421</b>		M30	106	00:00:30	<b>00:26:16.65</b>	<b>00:26:47.60</b>	+00:09:58 (38.0%)	5:15	11.4 (62.0%)
349	<b>KIJEWSKI Maciej</b>	<b>410</b>	KABEL TEAM BYDGOSZCZ	M30	107	00:01:17	<b>00:26:17.00</b>	<b>00:27:34.05</b>	+00:09:59 (38.0%)	5:15	11.4 (62.0%)
350	<b>SZPYT Ania</b>	<b>635</b>		K30	25	00:00:28	<b>00:26:17.15</b>	<b>00:26:45.25</b>	+00:09:59 (38.0%)	5:15	11.4 (62.0%)
351	<b>KOZŁOWSKI Łukasz</b>	<b>715</b>		M20	55	00:00:58	<b>00:26:17.50</b>	<b>00:27:15.60</b>	+00:09:59 (38.0%)	5:15	11.4 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
352	<b>MICHALSKI Damian</b>	<b>1474</b>		M20	56	00:01:11	<b>00:26:19.50</b>	<b>00:27:30.70</b>	+00:10:01 (38.1%)	5:15	11.4 (62.0%)
353	<b>DEKOWSKA Monika</b>	<b>1414</b>		K30	26	00:00:32	<b>00:26:20.40</b>	<b>00:26:53.10</b>	+00:10:02 (38.1%)	5:16	11.4 (62.0%)
354	<b>BYSTREK Jarosław</b>	<b>993</b>		M40	85	00:02:12	<b>00:26:20.45</b>	<b>00:28:33.05</b>	+00:10:02 (38.1%)	5:16	11.4 (62.0%)
355	<b>BOROWIEC Wioleta</b>	<b>636</b>	BBL SZUBIN	K30	27	00:00:20	<b>00:26:21.40</b>	<b>00:26:41.45</b>	+00:10:03 (38.2%)	5:16	11.4 (62.0%)
356	<b>KĘSIK Roman</b>	<b>1109</b>	13 WOG GRUDZIADZ	M50	24	00:00:10	<b>00:26:22.35</b>	<b>00:26:33.00</b>	+00:10:04 (38.2%)	5:16	11.4 (62.0%)
357	<b>LACKOWSKA Aleksandra</b>	<b>853</b>		K20	15	00:01:14	<b>00:26:22.90</b>	<b>00:27:37.85</b>	+00:10:05 (38.2%)	5:16	11.4 (62.0%)
358	<b>GLINKOWSKI Dariusz</b>	<b>1033</b>	B28	M30	108	00:00:45	<b>00:26:24.05</b>	<b>00:27:09.80</b>	+00:10:06 (38.3%)	5:16	11.4 (62.0%)
359	<b>KABAT Jakub</b>	<b>302</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M10	15	00:02:02	<b>00:26:25.05</b>	<b>00:28:27.15</b>	+00:10:07 (38.3%)	5:17	11.4 (62.0%)
360	<b>KRETKOWSKI Piotr</b>	<b>1081</b>		M20	57	00:00:33	<b>00:26:26.45</b>	<b>00:27:00.00</b>	+00:10:08 (38.4%)	5:17	11.3 (61.4%)
361	<b>LEWICKI Jarek</b>	<b>725</b>		M40	86	00:00:18	<b>00:26:26.95</b>	<b>00:26:45.40</b>	+00:10:09 (38.4%)	5:17	11.3 (61.4%)
362	<b>JANOWSKA Renata</b>	<b>724</b>		K40	17	00:00:17	<b>00:26:27.30</b>	<b>00:26:45.25</b>	+00:10:09 (38.4%)	5:17	11.3 (61.4%)
363	<b>PIECZYŃSKA Joanna</b>	<b>767</b>		K30	28	00:01:00	<b>00:26:27.35</b>	<b>00:27:27.60</b>	+00:10:09 (38.4%)	5:17	11.3 (61.4%)
364	<b>TKACZYK Tomasz</b>	<b>1376</b>		M40	87	00:00:48	<b>00:26:28.35</b>	<b>00:27:16.40</b>	+00:10:10 (38.4%)	5:17	11.3 (61.4%)
365	<b>BERENDA Damian</b>	<b>205</b>		M40	88	00:00:23	<b>00:26:28.75</b>	<b>00:26:51.90</b>	+00:10:10 (38.5%)	5:17	11.3 (61.4%)
366	<b>STOKŁOSA Maciej</b>	<b>131</b>		M30	109	00:00:45	<b>00:26:28.90</b>	<b>00:27:14.20</b>	+00:10:11 (38.5%)	5:17	11.3 (61.4%)
367	<b>WILCZYŃSKA Iga</b>	<b>764</b>		K10	3	00:00:36	<b>00:26:29.45</b>	<b>00:27:05.60</b>	+00:10:11 (38.5%)	5:17	11.3 (61.4%)
368	<b>SIUDA Marek</b>	<b>786</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M40	89	00:00:56	<b>00:26:29.50</b>	<b>00:27:25.70</b>	+00:10:11 (38.5%)	5:17	11.3 (61.4%)
369	<b>ŁUDZIŃSKI Jakub</b>	<b>123</b>		M30	110	00:02:00	<b>00:26:29.85</b>	<b>00:28:30.25</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
369	<b>FURMAN Paweł</b>	<b>1336</b>		M30	111	00:01:20	<b>00:26:29.85</b>	<b>00:27:50.80</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
371	<b>KOSIEDOWSKI Jacek</b>	<b>1088</b>		M40	90	00:00:10	<b>00:26:30.20</b>	<b>00:26:41.15</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
372	<b>KOZICKI Marcin</b>	<b>762</b>	BYDGOSKIE ŻÓŁWIE	M40	91	00:00:08	<b>00:26:30.50</b>	<b>00:26:38.90</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
373	<b>ZECH Izabela</b>	<b>35</b>	RUDA TEAM/FOREST GANG	K40	18	00:00:14	<b>00:26:30.85</b>	<b>00:26:44.95</b>	+00:10:13 (38.5%)	5:18	11.3 (61.4%)
374	<b>JANUSZKIEWICZ Judyta</b>	<b>525</b>	BIEGAM PO PIWO	K30	29	00:00:17	<b>00:26:31.95</b>	<b>00:26:49.80</b>	+00:10:14 (38.6%)	5:18	11.3 (61.4%)
375	<b>ROSIŃSKI Marek</b>	<b>1135</b>	MORS BRODNICA	M50	25	00:00:23	<b>00:26:32.05</b>	<b>00:26:55.50</b>	+00:10:14 (38.6%)	5:18	11.3 (61.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
376	<b>SAPALSKA Michalina</b>	<b>514</b>	BIEGAJĄCE ŚLIWICE	K20	16	00:00:09	<b>00:26:32.25</b>	<b>00:26:41.95</b>	+00:10:14 (38.6%)	5:18	11.3 (61.4%)
377	<b>KOLANOWSKI Wojciech</b>	<b>819</b>		M50	26	00:00:28	<b>00:26:32.85</b>	<b>00:27:01.80</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
378	<b>KRUK Szymon</b>	<b>375</b>		M10	16	00:00:16	<b>00:26:33.00</b>	<b>00:26:49.05</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
379	<b>BOROWICZ Ireneusz</b>	<b>830</b>		M30	112	00:00:38	<b>00:26:33.05</b>	<b>00:27:11.20</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
380	<b>KOLANOWSKA Grażyna</b>	<b>818</b>		K50	2	00:00:28	<b>00:26:33.10</b>	<b>00:27:01.65</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
381	<b>TWARDOWSKI Łukasz</b>	<b>280</b>		M30	113	00:00:32	<b>00:26:33.15</b>	<b>00:27:05.20</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
382	<b>BANASZAK Gracjan</b>	<b>640</b>		M10	17	00:00:59	<b>00:26:33.30</b>	<b>00:27:32.60</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
383	<b>WILCZYŃSKI Jacek</b>	<b>763</b>		M40	92	00:00:35	<b>00:26:33.40</b>	<b>00:27:08.65</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
384	<b>KRUK Krzysztof</b>	<b>371</b>		M40	93	00:00:17	<b>00:26:33.45</b>	<b>00:26:51.10</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
385	<b>DOBRZAŃSKI Dariusz</b>	<b>1169</b>	3GRAVITY	M20	58	00:01:09	<b>00:26:35.05</b>	<b>00:27:44.10</b>	+00:10:17 (38.7%)	5:19	11.3 (61.4%)
386	<b>WOSZCZYK Agnieszka</b>	<b>1000</b>		K20	17	00:00:11	<b>00:26:35.20</b>	<b>00:26:47.10</b>	+00:10:17 (38.7%)	5:19	11.3 (61.4%)
387	<b>KOWALCZYK Karol</b>	<b>808</b>		M40	94	00:01:30	<b>00:26:35.50</b>	<b>00:28:06.25</b>	+00:10:17 (38.7%)	5:19	11.3 (61.4%)
388	<b>KOSIAK Jacek</b>	<b>1406</b>	RUN FOR FUN	M40	95	00:00:08	<b>00:26:36.30</b>	<b>00:26:44.65</b>	+00:10:18 (38.7%)	5:19	11.3 (61.4%)
389	<b>ULATOWSKA Sylwia</b>	<b>957</b>		K30	30	00:01:15	<b>00:26:37.35</b>	<b>00:27:53.20</b>	+00:10:19 (38.8%)	5:19	11.3 (61.4%)
390	<b>CICHOCKI Marcin</b>	<b>297</b>	WATAHA BYDGOSZCZ	M40	96	00:02:09	<b>00:26:37.80</b>	<b>00:28:47.35</b>	+00:10:19 (38.8%)	5:19	11.3 (61.4%)
391	<b>KUJDA Dorota</b>	<b>116</b>		K30	31	00:00:36	<b>00:26:38.65</b>	<b>00:27:15.50</b>	+00:10:20 (38.8%)	5:19	11.3 (61.4%)
392	<b>ZALEWSKA Michalina</b>	<b>1256</b>	UKS KOPERNIK	K10	4	00:00:25	<b>00:26:38.80</b>	<b>00:27:03.85</b>	+00:10:20 (38.8%)	5:19	11.3 (61.4%)
393	<b>WEŁNIŃSKA Patrycja</b>	<b>519</b>	SZURUSIE TEAM	M20	59	00:01:47	<b>00:26:39.05</b>	<b>00:28:26.45</b>	+00:10:21 (38.8%)	5:19	11.3 (61.4%)
394	<b>ŁABENDA Robert</b>	<b>20</b>	SZURUSIE TEAM	M30	114	00:01:47	<b>00:26:39.35</b>	<b>00:28:27.05</b>	+00:10:21 (38.9%)	5:20	11.3 (61.4%)
395	<b>NOWAKOWSKI Grzegorz</b>	<b>800</b>	DEAF GARMIN	M30	115	00:00:31	<b>00:26:39.80</b>	<b>00:27:11.55</b>	+00:10:21 (38.9%)	5:20	11.3 (61.4%)
396	<b>BOENISCH Konstantin</b>	<b>309</b>		M20	60	00:00:37	<b>00:26:40.10</b>	<b>00:27:17.70</b>	+00:10:22 (38.9%)	5:20	11.3 (61.4%)
397	<b>CĄBROWSKI Piotr</b>	<b>1053</b>	ZK NR 2 W GRUDZIĄDZU	M40	97	00:01:37	<b>00:26:41.10</b>	<b>00:28:18.10</b>	+00:10:23 (38.9%)	5:20	11.2 (60.9%)
398	<b>WOŹNIAK Piotr</b>	<b>899</b>		M40	98	00:00:30	<b>00:26:41.45</b>	<b>00:27:11.80</b>	+00:10:23 (38.9%)	5:20	11.2 (60.9%)
399	<b>PORAZINSKA Viktoria</b>	<b>54</b>		K40	19	00:00:42	<b>00:26:42.85</b>	<b>00:27:24.90</b>	+00:10:25 (39.0%)	5:20	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
400	<b>GACA Annamaria</b>	<b>1330</b>		K40	20	00:02:04	<b>00:26:43.05</b>	<b>00:28:47.15</b>	+00:10:25 (39.0%)	5:20	11.2 (60.9%)
401	<b>DĘBIEC Andrzej</b>	<b>856</b>		M30	116	00:01:10	<b>00:26:44.60</b>	<b>00:27:55.00</b>	+00:10:26 (39.1%)	5:21	11.2 (60.9%)
402	<b>TOMCZYK Agata</b>	<b>785</b>		K30	32	00:01:38	<b>00:26:44.80</b>	<b>00:28:23.40</b>	+00:10:26 (39.1%)	5:21	11.2 (60.9%)
403	<b>PAPIS Piotr</b>	<b>325</b>	BACK_ON	M30	117	00:00:50	<b>00:26:46.80</b>	<b>00:27:37.30</b>	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
403	<b>POTRZEBOWSKI Marek</b>	<b>653</b>	DEAF I #B3K	M30	118	00:00:26	<b>00:26:46.80</b>	<b>00:27:13.75</b>	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
405	<b>KUBSKI Jarosław</b>	<b>845</b>	MILUSIŃSCY	M40	99	00:00:08	<b>00:26:46.85</b>	<b>00:26:54.85</b>	+00:10:29 (39.1%)	5:21	11.2 (60.9%)
406	<b>GRALAK Jacek</b>	<b>552</b>	81 BLP	M40	100	00:01:27	<b>00:26:47.40</b>	<b>00:28:14.85</b>	+00:10:29 (39.2%)	5:21	11.2 (60.9%)
407	<b>PRIEWE Paweł</b>	<b>115</b>	DYNAMO SKARPA	M30	119	00:01:49	<b>00:26:48.40</b>	<b>00:28:37.95</b>	+00:10:30 (39.2%)	5:21	11.2 (60.9%)
408	<b>BRUGIER Andrzej</b>	<b>585</b>		M30	120	00:01:26	<b>00:26:48.80</b>	<b>00:28:15.65</b>	+00:10:30 (39.2%)	5:21	11.2 (60.9%)
409	<b>MALINOWSKI Waldemar</b>	<b>132</b>	RUN LOTTO BYDGOSTIA	M40	101	00:01:51	<b>00:26:48.90</b>	<b>00:28:40.60</b>	+00:10:31 (39.2%)	5:21	11.2 (60.9%)
410	<b>BUTOWSKI Michał</b>	<b>596</b>	SEN O VICTORII	M40	102	00:00:53	<b>00:26:49.55</b>	<b>00:27:42.75</b>	+00:10:31 (39.2%)	5:21	11.2 (60.9%)
411	<b>KARLIŃSKI Oskar</b>	<b>1333</b>	BYDGOSZCZ	M10	18	00:01:44	<b>00:26:49.60</b>	<b>00:28:34.00</b>	+00:10:31 (39.2%)	5:22	11.2 (60.9%)
412	<b>KOTWICA Kamil</b>	<b>293</b>		M20	61	00:01:52	<b>00:26:51.15</b>	<b>00:28:44.05</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
413	<b>DOLNY Kajetan</b>	<b>1029</b>	FOREST GANG	M10	19	00:00:13	<b>00:26:51.55</b>	<b>00:27:04.90</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
414	<b>KARSKI Hubert</b>	<b>353</b>		M60	5	00:00:55	<b>00:26:51.80</b>	<b>00:27:46.85</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
415	<b>GONCERZ Katarzyna</b>	<b>299</b>	ANANASY	K30	33	00:01:33	<b>00:26:52.00</b>	<b>00:28:25.85</b>	+00:10:34 (39.3%)	5:22	11.2 (60.9%)
416	<b>WIŚNIEWSKA Aleksandra</b>	<b>912</b>		K18	1	00:01:35	<b>00:26:52.95</b>	<b>00:28:28.55</b>	+00:10:35 (39.4%)	5:22	11.2 (60.9%)
417	<b>KAMIŃSKI Dawid</b>	<b>354</b>	TYPYGRUBE	M20	62	00:02:05	<b>00:26:53.65</b>	<b>00:28:59.30</b>	+00:10:35 (39.4%)	5:22	11.2 (60.9%)
418	<b>SAWICKI Mikołaj</b>	<b>340</b>		M20	63	00:00:26	<b>00:26:54.60</b>	<b>00:27:21.55</b>	+00:10:36 (39.4%)	5:23	11.1 (60.3%)
419	<b>STĘŻEWSKA Emilia</b>	<b>1124</b>		K20	18	00:00:38	<b>00:26:55.10</b>	<b>00:27:33.25</b>	+00:10:37 (39.5%)	5:23	11.1 (60.3%)
420	<b>GRALAK Martyna</b>	<b>547</b>	BYDGOSKI KLUB KYOKUSHIN KARATE	K10	5	00:00:19	<b>00:26:56.20</b>	<b>00:27:15.25</b>	+00:10:38 (39.5%)	5:23	11.1 (60.3%)
421	<b>PRZYBYLSKA Grażyna</b>	<b>278</b>	BYDGOSZCZ NA START, SL PB	K50	3	00:00:30	<b>00:26:58.25</b>	<b>00:27:28.75</b>	+00:10:40 (39.6%)	5:23	11.1 (60.3%)
422	<b>MAJEWSKA Monika</b>	<b>750</b>		K30	34	00:01:05	<b>00:26:59.45</b>	<b>00:28:04.45</b>	+00:10:41 (39.6%)	5:23	11.1 (60.3%)
423	<b>SZAFLIK Łukasz</b>	<b>824</b>	TEAM SŁOWACKI	M30	121	00:01:43	<b>00:26:59.90</b>	<b>00:28:43.55</b>	+00:10:42 (39.6%)	5:24	11.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
424	<b>TRAWCZYŃSKA Katarzyna</b>	<b>1280</b>		K30	35	00:01:42	<b>00:27:00.60</b>	<b>00:28:42.65</b>	+00:10:42 (39.7%)	5:24	11.1 (60.3%)
425	<b>WORZAŁA Michał</b>	<b>107</b>		M20	64	00:02:16	<b>00:27:02.40</b>	<b>00:29:18.45</b>	+00:10:44 (39.7%)	5:24	11.1 (60.3%)
426	<b>MAGDZIARZ Katarzyna</b>	<b>1012</b>	KANCELARIA HMM	K30	36	00:01:06	<b>00:27:02.75</b>	<b>00:28:08.85</b>	+00:10:44 (39.7%)	5:24	11.1 (60.3%)
427	<b>KUKLIŃSKI Rafał</b>	<b>203</b>		M40	103	00:00:20	<b>00:27:02.85</b>	<b>00:27:23.00</b>	+00:10:45 (39.7%)	5:24	11.1 (60.3%)
428	<b>BAŁYS Krzysztof</b>	<b>437</b>		M20	65	00:01:56	<b>00:27:03.35</b>	<b>00:28:59.95</b>	+00:10:45 (39.8%)	5:24	11.1 (60.3%)
429	<b>JANKOWSKI Tomasz</b>	<b>999</b>	BIEGAJ Z DĘBAMI	M50	27	00:01:04	<b>00:27:03.90</b>	<b>00:28:08.00</b>	+00:10:46 (39.8%)	5:24	11.1 (60.3%)
430	<b>WASILEWSKA-MICHALAK Agata</b>	<b>684</b>	AMS	K30	37	00:00:31	<b>00:27:04.35</b>	<b>00:27:36.10</b>	+00:10:46 (39.8%)	5:25	11.1 (60.3%)
431	<b>BORYS Rafał</b>	<b>686</b>		M40	104	00:00:31	<b>00:27:04.65</b>	<b>00:27:36.10</b>	+00:10:46 (39.8%)	5:25	11.1 (60.3%)
432	<b>SIWIAK Łukasz</b>	<b>839</b>		M30	122	00:00:21	<b>00:27:05.75</b>	<b>00:27:27.60</b>	+00:10:47 (39.9%)	5:25	11.1 (60.3%)
433	<b>ŚWIETLIK Grzegorz</b>	<b>448</b>		M30	123	00:01:09	<b>00:27:06.60</b>	<b>00:28:15.95</b>	+00:10:48 (39.9%)	5:25	11.1 (60.3%)
434	<b>ŚWIETLIK Michalina</b>	<b>449</b>		K30	38	00:01:09	<b>00:27:06.90</b>	<b>00:28:16.05</b>	+00:10:49 (39.9%)	5:25	11.1 (60.3%)
435	<b>KARSKI Przemysław</b>	<b>351</b>		M30	124	00:00:53	<b>00:27:07.30</b>	<b>00:28:01.15</b>	+00:10:49 (39.9%)	5:25	11.1 (60.3%)
436	<b>SCHREIBER Monika</b>	<b>352</b>		K20	19	00:00:53	<b>00:27:07.80</b>	<b>00:28:01.15</b>	+00:10:49 (39.9%)	5:25	11.1 (60.3%)
437	<b>PRZYBYLSKI Mariusz</b>	<b>286</b>	BYDGOSZCZ NA START	M50	28	00:01:05	<b>00:27:07.85</b>	<b>00:28:13.10</b>	+00:10:50 (39.9%)	5:25	11.1 (60.3%)
438	<b>TUREK Józef</b>	<b>1149</b>		M20	66	00:01:34	<b>00:27:08.75</b>	<b>00:28:42.95</b>	+00:10:50 (40.0%)	5:25	11.1 (60.3%)
439	<b>POLAKOWSKI Tomasz</b>	<b>1050</b>		M30	125	00:01:36	<b>00:27:09.15</b>	<b>00:28:45.25</b>	+00:10:51 (40.0%)	5:25	11 (59.8%)
440	<b>PIERZGALSKI Jarek</b>	<b>488</b>		M40	105	00:00:24	<b>00:27:10.05</b>	<b>00:27:34.80</b>	+00:10:52 (40.0%)	5:26	11 (59.8%)
441	<b>DAMSKI Bartek</b>	<b>795</b>		M30	126	00:01:31	<b>00:27:10.50</b>	<b>00:28:42.20</b>	+00:10:52 (40.0%)	5:26	11 (59.8%)
442	<b>FELKNER Alicja</b>	<b>774</b>		K10	6	00:00:46	<b>00:27:11.10</b>	<b>00:27:57.20</b>	+00:10:53 (40.0%)	5:26	11 (59.8%)
443	<b>CEGŁOWSKI Marcin</b>	<b>806</b>		M40	106	00:02:11	<b>00:27:11.25</b>	<b>00:29:22.80</b>	+00:10:53 (40.1%)	5:26	11 (59.8%)
444	<b>SZATTEN Michał</b>	<b>162</b>	TYPYGRUBE	M30	127	00:02:10	<b>00:27:11.75</b>	<b>00:29:22.65</b>	+00:10:53 (40.1%)	5:26	11 (59.8%)
445	<b>DAWIDOWICZ Kacper</b>	<b>1184</b>		M30	128	00:00:14	<b>00:27:12.05</b>	<b>00:27:26.65</b>	+00:10:54 (40.1%)	5:26	11 (59.8%)
446	<b>BREYER Miłosz</b>	<b>274</b>		M10	20	00:01:01	<b>00:27:12.25</b>	<b>00:28:13.50</b>	+00:10:54 (40.1%)	5:26	11 (59.8%)
447	<b>CHRUŚCICKI Zbigniew</b>	<b>827</b>	COACHING	M40	107	00:00:51	<b>00:27:13.45</b>	<b>00:28:04.65</b>	+00:10:55 (40.1%)	5:26	11 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
448	ZAMROWSKI Tomasz	825		M40	108	00:00:24	00:27:13.55	00:27:38.05	+00:10:55 (40.1%)	5:26	11 (59.8%)
449	WEDEL Maciej	1365		M30	129	00:01:34	00:27:13.65	00:28:47.80	+00:10:55 (40.1%)	5:26	11 (59.8%)
450	PIETRZYKOWSKA Agnieszka	32		K20	20	00:00:54	00:27:13.90	00:28:08.80	+00:10:56 (40.2%)	5:26	11 (59.8%)
451	GUTKOWSKA Agnieszka	1213		K30	39	00:01:18	00:27:14.10	00:28:32.55	+00:10:56 (40.2%)	5:26	11 (59.8%)
452	MIKLER Aleksandra	1	RUNOLA / FOREST GANG	K20	21	00:00:13	00:27:14.30	00:27:28.15	+00:10:56 (40.2%)	5:27	11 (59.8%)
453	CHRZAŚCZ Michał	1207	SISU-OWB TEAM	M30	130	00:00:33	00:27:14.40	00:27:47.45	+00:10:56 (40.2%)	5:26	11 (59.8%)
454	GOŁĘBIEWSKI Paweł	878		M40	109	00:01:13	00:27:14.70	00:28:28.50	+00:10:56 (40.2%)	5:27	11 (59.8%)
455	BURCZYK Katarzyna	381		K40	21	00:00:46	00:27:15.70	00:28:02.30	+00:10:57 (40.2%)	5:27	11 (59.8%)
455	GOŁCZYŃSKI Tomasz	913		M40	110	00:00:38	00:27:15.70	00:27:54.20	+00:10:57 (40.2%)	5:27	11 (59.8%)
457	TRYT Edward	1245		M60	6	00:00:36	00:27:15.95	00:27:52.50	+00:10:58 (40.2%)	5:27	11 (59.8%)
458	WITKOWSKA Monika	1428		K30	40	00:01:18	00:27:16.00	00:28:34.30	+00:10:58 (40.2%)	5:27	11 (59.8%)
459	HAUS Katarzyna	638	BBL SZUBIN	K40	22	00:00:21	00:27:16.75	00:27:38.00	+00:10:58 (40.3%)	5:27	11 (59.8%)
460	KISIEL Krystian	705		M30	131	00:00:34	00:27:16.85	00:27:51.15	+00:10:59 (40.3%)	5:27	11 (59.8%)
461	BANDOCH Jacek	52		M20	67	00:00:25	00:27:17.05	00:27:42.40	+00:10:59 (40.3%)	5:27	11 (59.8%)
462	MADEJ Adam	135		M20	68	00:01:54	00:27:18.05	00:29:12.35	+00:11:00 (40.3%)	5:27	11 (59.8%)
463	CZYŻEWSKA Justyna	103		K30	41	00:01:34	00:27:18.55	00:28:53.10	+00:11:00 (40.3%)	5:27	11 (59.8%)
464	TRYT Maciej	1037		M30	132	00:00:35	00:27:18.90	00:27:54.80	+00:11:01 (40.3%)	5:27	11 (59.8%)
465	PAWLEWSKA Joanna	729	SPORTWAY	K40	23	00:00:25	00:27:21.65	00:27:46.70	+00:11:03 (40.4%)	5:28	11 (59.8%)
466	HEŁMINIAK Michał	1171		M30	133	00:00:19	00:27:21.90	00:27:41.10	+00:11:04 (40.4%)	5:28	11 (59.8%)
467	BIEGAŁA Agnieszka	1434	RENEGAT	K30	42	00:00:34	00:27:23.30	00:27:57.30	+00:11:05 (40.5%)	5:28	11 (59.8%)
468	SIEKIERKA Jarosław	127		M30	134	00:00:05	00:27:23.45	00:27:29.15	+00:11:05 (40.5%)	5:28	10.9 (59.2%)
469	BYCZKOWSKI Michał	1025		M20	69	00:00:30	00:27:24.95	00:27:55.90	+00:11:07 (40.6%)	5:29	10.9 (59.2%)
470	KWASIROCH Krzysztof	1006	TKKF KOLEJARZ	M50	29	00:01:10	00:27:25.80	00:28:36.20	+00:11:07 (40.6%)	5:29	10.9 (59.2%)
471	GONIA Paweł	1190		M30	135	00:00:42	00:27:26.15	00:28:09.10	+00:11:08 (40.6%)	5:29	10.9 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
472	<b>BĘC Dominika</b>	<b>503</b>	CB163	K20	22	00:01:59	<b>00:27:26.45</b>	<b>00:29:25.50</b>	+00:11:08 (40.6%)	5:29	10.9 (59.2%)
473	<b>WÓJTOWICZ Ryszard</b>	<b>323</b>		M20	70	00:02:07	<b>00:27:26.60</b>	<b>00:29:34.00</b>	+00:11:08 (40.6%)	5:29	10.9 (59.2%)
474	<b>FABROWSKI Dawid</b>	<b>134</b>		M30	136	00:01:52	<b>00:27:26.75</b>	<b>00:29:19.50</b>	+00:11:08 (40.6%)	5:29	10.9 (59.2%)
475	<b>LINGO Piotr</b>	<b>1296</b>	BIEGAJ Z DĘBAMI OSIELSKO	M40	111	00:00:27	<b>00:27:27.55</b>	<b>00:27:54.80</b>	+00:11:09 (40.6%)	5:29	10.9 (59.2%)
476	<b>ROSZCZYN Michał</b>	<b>625</b>		M30	137	00:02:01	<b>00:27:27.80</b>	<b>00:29:28.95</b>	+00:11:09 (40.7%)	5:29	10.9 (59.2%)
477	<b>ROSZAK Tomasz</b>	<b>959</b>	MILUSIŃSCY	M40	112	00:00:10	<b>00:27:28.50</b>	<b>00:27:38.55</b>	+00:11:10 (40.7%)	5:29	10.9 (59.2%)
478	<b>JANYSKA Krzysztof</b>	<b>945</b>		M30	138	00:00:22	<b>00:27:28.65</b>	<b>00:27:51.30</b>	+00:11:10 (40.7%)	5:29	10.9 (59.2%)
479	<b>KRZEMIŃSKA Jolanta</b>	<b>378</b>		K30	43	00:00:25	<b>00:27:28.90</b>	<b>00:27:54.85</b>	+00:11:11 (40.7%)	5:29	10.9 (59.2%)
480	<b>GRUSZCZYŃSKA Monika</b>	<b>1125</b>		K20	23	00:00:10	<b>00:27:29.05</b>	<b>00:27:39.85</b>	+00:11:11 (40.7%)	5:29	10.9 (59.2%)
481	<b>MASŁOWSKA Angelika</b>	<b>915</b>		K30	44	00:00:19	<b>00:27:30.00</b>	<b>00:27:49.65</b>	+00:11:12 (40.7%)	5:30	10.9 (59.2%)
482	<b>SZABLIŃSKA Honorata</b>	<b>1041</b>		K30	45	00:00:19	<b>00:27:30.35</b>	<b>00:27:49.65</b>	+00:11:12 (40.7%)	5:30	10.9 (59.2%)
483	<b>DRAPIŃSKI Maciej</b>	<b>620</b>	DRAPEK	M30	139	00:01:36	<b>00:27:30.55</b>	<b>00:29:06.70</b>	+00:11:12 (40.8%)	5:30	10.9 (59.2%)
483	<b>KITOWSKI Przemysław</b>	<b>24</b>	SZURUSIE TEAM	M30	140	00:01:48	<b>00:27:30.55</b>	<b>00:29:18.75</b>	+00:11:12 (40.8%)	5:30	10.9 (59.2%)
485	<b>WÓJCIK Marika</b>	<b>654</b>	DECATHLON TEAM INOWROCŁAW	K20	24	00:00:20	<b>00:27:31.00</b>	<b>00:27:51.75</b>	+00:11:13 (40.8%)	5:30	10.9 (59.2%)
485	<b>LUDKOWSKI Filip</b>	<b>863</b>		M10	21	00:00:42	<b>00:27:31.00</b>	<b>00:28:13.80</b>	+00:11:13 (40.8%)	5:30	10.9 (59.2%)
487	<b>WITKOWSKI Błażej</b>	<b>133</b>		M20	71	00:01:26	<b>00:27:31.10</b>	<b>00:28:57.85</b>	+00:11:13 (40.8%)	5:30	10.9 (59.2%)
488	<b>CICHULSKA-QUAAS Izabela</b>	<b>360</b>	ZAJABELA	K40	24	00:00:25	<b>00:27:31.65</b>	<b>00:27:56.70</b>	+00:11:13 (40.8%)	5:30	10.9 (59.2%)
489	<b>WIŚNIEWSKI Maksymilian</b>	<b>536</b>	SPC	M20	72	00:02:09	<b>00:27:32.20</b>	<b>00:29:41.50</b>	+00:11:14 (40.8%)	5:30	10.9 (59.2%)
490	<b>GOŚCINNY Michał</b>	<b>1166</b>		M30	141	00:00:38	<b>00:27:34.35</b>	<b>00:28:12.60</b>	+00:11:16 (40.9%)	5:30	10.9 (59.2%)
491	<b>AFELT Luiza</b>	<b>720</b>	CROSSFORDON	K20	25	00:00:33	<b>00:27:34.50</b>	<b>00:28:08.35</b>	+00:11:16 (40.9%)	5:31	10.9 (59.2%)
492	<b>GNIEWKOWSKI Daniel</b>	<b>423</b>		M30	142	00:01:10	<b>00:27:35.05</b>	<b>00:28:45.25</b>	+00:11:17 (40.9%)	5:31	10.9 (59.2%)
493	<b>KWIATKOWSKA Małgorzata</b>	<b>1048</b>		M30	143	00:01:21	<b>00:27:36.35</b>	<b>00:28:57.95</b>	+00:11:18 (41.0%)	5:31	10.9 (59.2%)
494	<b>PRZYBYŁA Agnieszka</b>	<b>1452</b>		K30	46	00:01:44	<b>00:27:36.90</b>	<b>00:29:21.75</b>	+00:11:19 (41.0%)	5:31	10.9 (59.2%)
495	<b>KOLIŃSKA Sylwia</b>	<b>1095</b>		K40	25	00:00:36	<b>00:27:37.90</b>	<b>00:28:14.65</b>	+00:11:20 (41.0%)	5:31	10.9 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
496	<b>WOLSKA Aleksandra</b>	<b>70</b>		K20	26	00:01:31	<b>00:27:38.00</b>	<b>00:29:09.05</b>	+00:11:20 (41.0%)	5:31	10.9 (59.2%)
497	<b>DROBCZYŃSKI Wojciech</b>	<b>576</b>		M20	73	00:01:23	<b>00:27:38.60</b>	<b>00:29:02.45</b>	+00:11:20 (41.0%)	5:31	10.8 (58.7%)
498	<b>MLICKI Marcin</b>	<b>118</b>		M40	113	00:01:28	<b>00:27:38.95</b>	<b>00:29:07.25</b>	+00:11:21 (41.1%)	5:31	10.8 (58.7%)
499	<b>BIAŁOWĄS Dariusz</b>	<b>496</b>		M40	114	00:01:35	<b>00:27:39.00</b>	<b>00:29:14.05</b>	+00:11:21 (41.1%)	5:31	10.8 (58.7%)
500	<b>MARĆ Klara</b>	<b>841</b>		K10	7	00:01:14	<b>00:27:39.55</b>	<b>00:28:54.05</b>	+00:11:21 (41.1%)	5:32	10.8 (58.7%)
501	<b>GRAPATYN Piotr</b>	<b>951</b>	ARESZT ŚLEDZCY BYDGOSZCZ	M40	115	00:00:38	<b>00:27:40.70</b>	<b>00:28:19.55</b>	+00:11:22 (41.1%)	5:32	10.8 (58.7%)
502	<b>SZULC Jakub</b>	<b>704</b>	SZOSAŻNIN	M10	22	00:03:06	<b>00:27:43.85</b>	<b>00:30:50.65</b>	+00:11:26 (41.2%)	5:32	10.8 (58.7%)
503	<b>SZULC Jarosław</b>	<b>701</b>		M40	116	00:03:06	<b>00:27:45.15</b>	<b>00:30:51.70</b>	+00:11:27 (41.3%)	5:33	10.8 (58.7%)
504	<b>BAŁYS Łukasz</b>	<b>1217</b>		M20	74	00:01:56	<b>00:27:45.55</b>	<b>00:29:42.05</b>	+00:11:27 (41.3%)	5:33	10.8 (58.7%)
505	<b>SENSKA Magdalena</b>	<b>1194</b>		K40	26	00:01:48	<b>00:27:46.50</b>	<b>00:29:35.15</b>	+00:11:28 (41.3%)	5:33	10.8 (58.7%)
506	<b>GRUBICH Kacper</b>	<b>781</b>		M10	23	00:00:59	<b>00:27:46.85</b>	<b>00:28:45.85</b>	+00:11:29 (41.3%)	5:33	10.8 (58.7%)
507	<b>RADECKI Krzysztof</b>	<b>1318</b>		M30	144	00:00:53	<b>00:27:48.45</b>	<b>00:28:41.45</b>	+00:11:30 (41.4%)	5:33	10.8 (58.7%)
508	<b>ZIELIŃSKI Radosław</b>	<b>2</b>		M30	145	00:00:36	<b>00:27:49.00</b>	<b>00:28:25.30</b>	+00:11:31 (41.4%)	5:33	10.8 (58.7%)
509	<b>WIŚNIEWSKA Lucyna</b>	<b>125</b>	TRISPACE	K50	4	00:01:15	<b>00:27:49.55</b>	<b>00:29:05.00</b>	+00:11:31 (41.4%)	5:34	10.8 (58.7%)
510	<b>GORZYCKI Dariusz</b>	<b>161</b>	BYDGOSKA SEKCJA KARATE IKO KYOKUSHINKAIKAN	M40	117	00:00:13	<b>00:27:50.95</b>	<b>00:28:03.95</b>	+00:11:33 (41.5%)	5:34	10.8 (58.7%)
511	<b>IWAN Remigiusz</b>	<b>121</b>		M40	118	00:00:56	<b>00:27:51.15</b>	<b>00:28:47.85</b>	+00:11:33 (41.5%)	5:34	10.8 (58.7%)
512	<b>GÓRAL Anna</b>	<b>960</b>		K20	27	00:01:16	<b>00:27:52.00</b>	<b>00:29:08.80</b>	+00:11:34 (41.5%)	5:34	10.8 (58.7%)
513	<b>RYBICKI Dariusz</b>	<b>382</b>		M40	119	00:00:52	<b>00:27:53.30</b>	<b>00:28:46.00</b>	+00:11:35 (41.6%)	5:34	10.8 (58.7%)
514	<b>WYPORKIEWICZ Jerzy</b>	<b>627</b>		M50	30	00:01:36	<b>00:27:53.50</b>	<b>00:29:29.65</b>	+00:11:35 (41.6%)	5:34	10.8 (58.7%)
515	<b>RYBICKA Ilona</b>	<b>383</b>		M30	146	00:00:52	<b>00:27:53.85</b>	<b>00:28:46.15</b>	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
516	<b>BORAKIEWICZ Natalia</b>	<b>1097</b>		K20	28	00:00:36	<b>00:27:54.15</b>	<b>00:28:30.70</b>	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
517	<b>MICHAŁEK Daniel</b>	<b>493</b>	BIEGAM PO PIWO	M30	147	00:00:18	<b>00:27:54.40</b>	<b>00:28:12.75</b>	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
518	<b>PASZKIET Witold</b>	<b>532</b>		M60	7	00:01:40	<b>00:27:54.60</b>	<b>00:29:34.90</b>	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
519	<b>SARNECKI Sławomir</b>	<b>723</b>		M40	120	00:01:07	<b>00:27:54.65</b>	<b>00:29:02.35</b>	+00:11:36 (41.6%)	5:35	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
520	<b>JANKIEWICZ Marek</b>	<b>1415</b>	POLISH DENTAL SQUAD	M30	148	00:01:11	<b>00:27:54.75</b>	<b>00:29:06.30</b>	+00:11:36 (41.6%)	5:35	10.7 (58.2%)
521	<b>JANKA Andrzej</b>	<b>885</b>		M50	31	00:00:58	<b>00:27:54.80</b>	<b>00:28:53.20</b>	+00:11:36 (41.6%)	5:35	10.7 (58.2%)
522	<b>KANDER Michał</b>	<b>180</b>		M30	149	00:01:32	<b>00:27:55.40</b>	<b>00:29:28.30</b>	+00:11:37 (41.6%)	5:35	10.7 (58.2%)
523	<b>WEGNER Roman</b>	<b>210</b>		M50	32	00:00:49	<b>00:27:56.00</b>	<b>00:28:45.45</b>	+00:11:38 (41.7%)	5:35	10.7 (58.2%)
524	<b>KASPRZAK Wojciech</b>	<b>943</b>		M40	121	00:00:46	<b>00:27:56.50</b>	<b>00:28:42.90</b>	+00:11:38 (41.7%)	5:35	10.7 (58.2%)
525	<b>ADAMCZAK Damian</b>	<b>1353</b>		M40	122	00:00:42	<b>00:27:56.65</b>	<b>00:28:39.20</b>	+00:11:38 (41.7%)	5:35	10.7 (58.2%)
526	<b>DOMŻALSKI Kamil</b>	<b>356</b>		M30	150	00:00:25	<b>00:27:56.85</b>	<b>00:28:22.80</b>	+00:11:39 (41.7%)	5:35	10.7 (58.2%)
527	<b>KARSKI Marcin</b>	<b>1140</b>		M40	123	00:00:56	<b>00:27:57.15</b>	<b>00:28:53.35</b>	+00:11:39 (41.7%)	5:35	10.7 (58.2%)
528	<b>GIŁKA Gosia</b>	<b>396</b>		K20	29	00:01:32	<b>00:27:58.45</b>	<b>00:29:30.70</b>	+00:11:40 (41.7%)	5:35	10.7 (58.2%)
529	<b>SZULC Joanna</b>	<b>96</b>	SHIUZ BYDGOSZCZ FLOW RUNNERS	K40	27	00:01:04	<b>00:27:58.50</b>	<b>00:29:03.45</b>	+00:11:40 (41.7%)	5:35	10.7 (58.2%)
530	<b>GRABOWSKA Marlena</b>	<b>1005</b>		K30	47	00:01:12	<b>00:27:59.70</b>	<b>00:29:12.45</b>	+00:11:41 (41.8%)	5:36	10.7 (58.2%)
531	<b>GADOMSKA Maria</b>	<b>17</b>	RUN BYDGOSZCZ	K60	2	00:00:25	<b>00:27:59.80</b>	<b>00:28:25.75</b>	+00:11:41 (41.8%)	5:36	10.7 (58.2%)
532	<b>JANKOWSKA Katarzyna</b>	<b>1473</b>		K40	28	00:01:13	<b>00:27:59.85</b>	<b>00:29:13.40</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
533	<b>GUŹDZIÓŁ Jarek</b>	<b>513</b>	TBKM WILK SOLEC KUJAWSKI	M40	124	00:01:32	<b>00:27:59.90</b>	<b>00:29:32.45</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
533	<b>DURAŁEK Oskar</b>	<b>441</b>		M10	24	00:00:30	<b>00:27:59.90</b>	<b>00:28:30.10</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
535	<b>LEWANDOWSKA Izabela</b>	<b>1002</b>		K30	48	00:01:13	<b>00:28:00.00</b>	<b>00:29:13.20</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
536	<b>DURAŁEK Annna</b>	<b>439</b>	PRUSZCZ	K40	29	00:00:30	<b>00:28:00.05</b>	<b>00:28:30.10</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
537	<b>ROGOZIŃSKI Aleksander</b>	<b>884</b>		M30	151	00:01:25	<b>00:28:00.20</b>	<b>00:29:26.15</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
538	<b>BACHERA Aleksandra</b>	<b>1436</b>		K40	30	00:00:16	<b>00:28:00.35</b>	<b>00:28:16.65</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
539	<b>WESOŁOWSKI Dariusz</b>	<b>1433</b>		M40	125	00:00:16	<b>00:28:00.55</b>	<b>00:28:16.55</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
540	<b>WÓJTOWICZ Monika</b>	<b>457</b>		K30	49	00:00:27	<b>00:28:00.65</b>	<b>00:28:28.60</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
541	<b>KALINOWSKA Kamila</b>	<b>315</b>		K40	31	00:01:14	<b>00:28:00.75</b>	<b>00:29:15.50</b>	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
542	<b>KĘCKI Grzegorz</b>	<b>918</b>		M40	126	00:01:20	<b>00:28:01.65</b>	<b>00:29:22.20</b>	+00:11:43 (41.9%)	5:36	10.7 (58.2%)
543	<b>TYKWIŃSKA Agnieszka</b>	<b>1127</b>	COOKIETEAMRUNNERS	K30	50	00:00:27	<b>00:28:01.90</b>	<b>00:28:29.45</b>	+00:11:44 (41.9%)	5:36	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
544	<b>ŚWIĄTEK Hanna</b>	<b>389</b>		K30	51	00:00:24	<b>00:28:02.75</b>	<b>00:28:26.80</b>	+00:11:44 (41.9%)	5:36	10.7 (58.2%)
545	<b>WIENEKE Annika</b>	<b>611</b>		K30	52	00:00:15	<b>00:28:04.50</b>	<b>00:28:19.85</b>	+00:11:46 (42.0%)	5:36	10.7 (58.2%)
546	<b>BŁAŻEJEWSKI Kacper</b>	<b>112</b>	CB163	M30	152	00:01:59	<b>00:28:05.45</b>	<b>00:30:04.80</b>	+00:11:47 (42.0%)	5:37	10.7 (58.2%)
547	<b>ŚMIAŁOWICZ Adam</b>	<b>1313</b>	ŚMIAŁYTEAM	M40	127	00:01:42	<b>00:28:05.55</b>	<b>00:29:47.60</b>	+00:11:47 (42.0%)	5:37	10.7 (58.2%)
548	<b>CHYLIŃSKA Monika</b>	<b>1335</b>		K30	53	00:00:22	<b>00:28:06.65</b>	<b>00:28:28.80</b>	+00:11:48 (42.0%)	5:37	10.7 (58.2%)
549	<b>BOROWICKI Paweł</b>	<b>1461</b>		M40	128	00:00:34	<b>00:28:07.05</b>	<b>00:28:41.95</b>	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
550	<b>ŚWIĄTEK Daniel</b>	<b>384</b>		M30	153	00:00:24	<b>00:28:07.15</b>	<b>00:28:31.20</b>	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
550	<b>WÓJCIK Piotr</b>	<b>38</b>		M10	25	00:00:32	<b>00:28:07.15</b>	<b>00:28:39.85</b>	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
552	<b>PŁACZKOWSKA Magdalena</b>	<b>239</b>		K30	54	00:00:40	<b>00:28:07.25</b>	<b>00:28:47.30</b>	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
553	<b>FIGLER Iwona</b>	<b>181</b>	TRISPACE	K40	32	00:01:16	<b>00:28:07.80</b>	<b>00:29:24.35</b>	+00:11:49 (42.1%)	5:37	10.7 (58.2%)
554	<b>BOROWICKA Anna</b>	<b>1464</b>		K30	55	00:00:33	<b>00:28:07.90</b>	<b>00:28:41.65</b>	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
554	<b>FITA Kamil</b>	<b>301</b>		M30	154	00:00:49	<b>00:28:07.90</b>	<b>00:28:57.85</b>	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
556	<b>ARENT Dawid</b>	<b>482</b>		M20	75	00:00:56	<b>00:28:08.70</b>	<b>00:29:04.90</b>	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
556	<b>MELLER Krzysztof</b>	<b>1226</b>		M30	155	00:01:50	<b>00:28:08.70</b>	<b>00:29:58.75</b>	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
558	<b>KUTKA Czesia</b>	<b>581</b>		M40	129	00:00:21	<b>00:28:10.20</b>	<b>00:28:31.25</b>	+00:11:52 (42.1%)	5:38	10.7 (58.2%)
559	<b>WIECZOREK Wojciech</b>	<b>465</b>		M50	33	00:01:42	<b>00:28:10.45</b>	<b>00:29:53.10</b>	+00:11:52 (42.2%)	5:38	10.6 (57.6%)
560	<b>WILCZYŃSKI Marek</b>	<b>590</b>		M30	156	00:01:06	<b>00:28:10.90</b>	<b>00:29:17.00</b>	+00:11:53 (42.2%)	5:38	10.6 (57.6%)
561	<b>WILCZYŃSKA Anita</b>	<b>267</b>		K30	56	00:01:06	<b>00:28:11.05</b>	<b>00:29:17.45</b>	+00:11:53 (42.2%)	5:38	10.6 (57.6%)
562	<b>MENDEL Karolina</b>	<b>485</b>		K20	30	00:00:54	<b>00:28:11.85</b>	<b>00:29:06.75</b>	+00:11:54 (42.2%)	5:38	10.6 (57.6%)
563	<b>WŁOCH Michał</b>	<b>871</b>		M30	157	00:01:00	<b>00:28:12.35</b>	<b>00:29:12.60</b>	+00:11:54 (42.2%)	5:38	10.6 (57.6%)
564	<b>ŚWIATLAK Piotr</b>	<b>1308</b>	ATOS / WINGS FOR LIFE	M20	76	00:00:15	<b>00:28:12.60</b>	<b>00:28:27.65</b>	+00:11:54 (42.2%)	5:38	10.6 (57.6%)
565	<b>JEZIORSKA Monika</b>	<b>507</b>		K30	57	00:01:52	<b>00:28:12.75</b>	<b>00:30:04.80</b>	+00:11:54 (42.2%)	5:38	10.6 (57.6%)
566	<b>AFFELDT Magdalena</b>	<b>1079</b>		M20	77	00:00:37	<b>00:28:13.25</b>	<b>00:28:50.55</b>	+00:11:55 (42.3%)	5:38	10.6 (57.6%)
567	<b>DORAWA Mirosław</b>	<b>419</b>		M30	158	00:00:24	<b>00:28:13.45</b>	<b>00:28:37.95</b>	+00:11:55 (42.3%)	5:38	10.6 (57.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
568	<b>GAWROŃSKA Bożena</b>	<b>642</b>		K50	5	00:01:06	<b>00:28:13.50</b>	<b>00:29:19.60</b>	+00:11:55 (42.3%)	5:38	10.6 (57.6%)
569	<b>ORTEGA MORENO Ines</b>	<b>930</b>		K20	31	00:00:13	<b>00:28:13.80</b>	<b>00:28:27.60</b>	+00:11:55 (42.3%)	5:38	10.6 (57.6%)
570	<b>SZYNWELSKA Marlena</b>	<b>668</b>		K50	6	00:00:57	<b>00:28:13.85</b>	<b>00:29:10.85</b>	+00:11:56 (42.3%)	5:38	10.6 (57.6%)
571	<b>KOZIŃSKI Grzegorz</b>	<b>809</b>	81 BLP	M40	130	00:01:28	<b>00:28:14.65</b>	<b>00:29:43.45</b>	+00:11:56 (42.3%)	5:39	10.6 (57.6%)
572	<b>TUSZYŃSKA Anna</b>	<b>1303</b>		K20	32	00:01:03	<b>00:28:14.85</b>	<b>00:29:18.45</b>	+00:11:57 (42.3%)	5:39	10.6 (57.6%)
573	<b>WIELIŃSKI Rafał</b>	<b>622</b>		M30	159	00:01:01	<b>00:28:16.25</b>	<b>00:29:17.65</b>	+00:11:58 (42.4%)	5:39	10.6 (57.6%)
574	<b>WAWRZYNIAK Karolina</b>	<b>242</b>		K30	58	00:00:40	<b>00:28:16.40</b>	<b>00:28:56.45</b>	+00:11:58 (42.4%)	5:39	10.6 (57.6%)
575	<b>REREK Agnieszka</b>	<b>868</b>	WPL	K20	33	00:01:44	<b>00:28:16.45</b>	<b>00:30:01.05</b>	+00:11:58 (42.4%)	5:39	10.6 (57.6%)
576	<b>SARNECKI Bartosz</b>	<b>811</b>		M30	160	00:00:44	<b>00:28:17.00</b>	<b>00:29:01.40</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
577	<b>OKRĘGLICKA Barbara</b>	<b>1493</b>		K60	3	00:00:09	<b>00:28:17.45</b>	<b>00:28:27.05</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
577	<b>ŚWIGOŃ Aneta</b>	<b>810</b>		K30	59	00:00:43	<b>00:28:17.45</b>	<b>00:29:01.40</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
579	<b>MALISZEWSKI Kamil</b>	<b>869</b>	APPSDREAMS KAMIL MALISZEWSKI	M20	78	00:00:42	<b>00:28:17.50</b>	<b>00:28:59.50</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
580	<b>CIACHERA Ireneusz</b>	<b>1035</b>	2 BATALION LOGISTYCZNA	M50	34	00:01:08	<b>00:28:17.65</b>	<b>00:29:25.95</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
581	<b>SZYPERSKI Sławomir</b>	<b>201</b>		M40	131	00:01:25	<b>00:28:18.05</b>	<b>00:29:43.10</b>	+00:12:00 (42.4%)	5:39	10.6 (57.6%)
582	<b>GIL-PILARSKA Marta</b>	<b>183</b>	ZAWISZA BYDGOSZCZ	K10	8	00:00:49	<b>00:28:18.10</b>	<b>00:29:07.25</b>	+00:12:00 (42.4%)	5:39	10.6 (57.6%)
583	<b>OLSZEWSKI Michał</b>	<b>318</b>		M20	79	00:00:35	<b>00:28:18.25</b>	<b>00:28:53.45</b>	+00:12:00 (42.4%)	5:39	10.6 (57.6%)
584	<b>GAJTKOWSKA Emilia</b>	<b>1304</b>		K30	60	00:01:15	<b>00:28:19.00</b>	<b>00:29:34.30</b>	+00:12:01 (42.4%)	5:39	10.6 (57.6%)
585	<b>SZMYRGAŁA Zdzisław</b>	<b>783</b>		M50	35	00:00:55	<b>00:28:19.25</b>	<b>00:29:14.35</b>	+00:12:01 (42.5%)	5:39	10.6 (57.6%)
586	<b>LENC Janusz</b>	<b>461</b>	TKKF KOLEJARZ BYDGOSZCZ	M60	8	00:01:20	<b>00:28:19.45</b>	<b>00:29:40.10</b>	+00:12:01 (42.5%)	5:40	10.6 (57.6%)
587	<b>CZARNECKA Monika</b>	<b>788</b>	BRZOZA BIEGA	M30	161	00:00:25	<b>00:28:19.70</b>	<b>00:28:45.35</b>	+00:12:01 (42.5%)	5:40	10.6 (57.6%)
588	<b>OŻGA Agnieszka</b>	<b>91</b>		K30	61	00:00:19	<b>00:28:19.85</b>	<b>00:28:39.75</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
589	<b>DROSDOWSKA Klara</b>	<b>1087</b>		K20	34	00:00:12	<b>00:28:20.05</b>	<b>00:28:32.55</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
590	<b>SZALA Wojciech</b>	<b>747</b>		M30	162	00:01:20	<b>00:28:20.15</b>	<b>00:29:40.70</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
591	<b>JANIK Mariusz</b>	<b>1073</b>		M40	132	00:00:37	<b>00:28:20.25</b>	<b>00:28:57.40</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
592	<b>MATUSZEWSKI Tomasz</b>	<b>344</b>		M30	163	00:00:43	<b>00:28:20.75</b>	<b>00:29:04.40</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
593	<b>ŚWIETLIK Tomasz</b>	<b>104</b>		M50	36	00:01:14	<b>00:28:20.80</b>	<b>00:29:35.55</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
594	<b>MATUSZEWSKA Monika</b>	<b>343</b>		K30	62	00:00:43	<b>00:28:20.90</b>	<b>00:29:04.35</b>	+00:12:03 (42.5%)	5:40	10.6 (57.6%)
595	<b>POBOŻAN Agnieszka</b>	<b>803</b>	BIEGAM BO LUBIĘ INOWROCŁAW	K20	35	00:00:08	<b>00:28:21.35</b>	<b>00:28:29.70</b>	+00:12:03 (42.5%)	5:40	10.6 (57.6%)
596	<b>GRZELAK Łukasz</b>	<b>980</b>		M40	133	00:01:18	<b>00:28:21.55</b>	<b>00:29:39.90</b>	+00:12:03 (42.5%)	5:40	10.6 (57.6%)
597	<b>KOMISARCZYK Iwona</b>	<b>693</b>	INOWROCŁAW BIEGA	K40	33	00:00:58	<b>00:28:22.05</b>	<b>00:29:20.15</b>	+00:12:04 (42.5%)	5:40	10.6 (57.6%)
598	<b>CHMIELEWSKA Agnieszka</b>	<b>1492</b>		K40	34	00:00:54	<b>00:28:22.35</b>	<b>00:29:16.35</b>	+00:12:04 (42.6%)	5:40	10.6 (57.6%)
599	<b>KŁOS Katarzyna</b>	<b>1491</b>		K40	35	00:00:53	<b>00:28:22.70</b>	<b>00:29:16.10</b>	+00:12:04 (42.6%)	5:40	10.6 (57.6%)
600	<b>TRZYMKOWSKI Adrian</b>	<b>542</b>		M20	80	00:00:42	<b>00:28:23.55</b>	<b>00:29:05.60</b>	+00:12:05 (42.6%)	5:40	10.6 (57.6%)
601	<b>CEREZO SÁNCHEZ Alba</b>	<b>929</b>		K20	36	00:00:13	<b>00:28:23.60</b>	<b>00:28:37.10</b>	+00:12:05 (42.6%)	5:40	10.6 (57.6%)
602	<b>FRYDRYCHOWICZ Lilianna</b>	<b>1074</b>		M50	37	00:00:27	<b>00:28:23.75</b>	<b>00:28:50.80</b>	+00:12:05 (42.6%)	5:40	10.6 (57.6%)
603	<b>WOŁOSZYN Kazimierz</b>	<b>498</b>	ROWEROWA BRZOZA	M60	9	00:01:04	<b>00:28:24.45</b>	<b>00:29:29.40</b>	+00:12:06 (42.6%)	5:41	10.6 (57.6%)
604	<b>LATUSZEK Daria</b>	<b>520</b>		K20	37	00:00:51	<b>00:28:26.00</b>	<b>00:29:17.00</b>	+00:12:08 (42.7%)	5:41	10.6 (57.6%)
605	<b>DWORECKI Rafał</b>	<b>521</b>	KS FUTGOL	M30	164	00:00:51	<b>00:28:26.15</b>	<b>00:29:17.35</b>	+00:12:08 (42.7%)	5:41	10.6 (57.6%)
606	<b>AUGUSTYNIAK Piotr</b>	<b>94</b>	SHIUZ BYDGOSZCZ FLOW RUNNERS	M40	134	00:01:05	<b>00:28:26.60</b>	<b>00:29:32.55</b>	+00:12:08 (42.7%)	5:41	10.5 (57.1%)
607	<b>WOLSKI Marek</b>	<b>338</b>		M30	165	00:02:09	<b>00:28:26.75</b>	<b>00:30:36.00</b>	+00:12:08 (42.7%)	5:41	10.5 (57.1%)
608	<b>ŁUKASIEWICZ Krzysztof</b>	<b>749</b>		M40	135	00:02:09	<b>00:28:27.05</b>	<b>00:30:36.35</b>	+00:12:09 (42.7%)	5:41	10.5 (57.1%)
609	<b>ROGOZIŃSKA Karolina</b>	<b>692</b>		K30	63	00:00:36	<b>00:28:27.55</b>	<b>00:29:04.50</b>	+00:12:09 (42.7%)	5:41	10.5 (57.1%)
610	<b>SCHUMACHER-RATAJ Marta</b>	<b>129</b>		K30	64	00:00:59	<b>00:28:28.55</b>	<b>00:29:28.50</b>	+00:12:10 (42.8%)	5:41	10.5 (57.1%)
611	<b>ANDRZEJEWSKI Adam</b>	<b>463</b>		M40	136	00:01:42	<b>00:28:29.20</b>	<b>00:30:11.95</b>	+00:12:11 (42.8%)	5:41	10.5 (57.1%)
612	<b>WAWRZYNIAK Andrzej</b>	<b>43</b>	22. ODN	M50	38	00:00:47	<b>00:28:29.65</b>	<b>00:29:16.65</b>	+00:12:11 (42.8%)	5:41	10.5 (57.1%)
613	<b>JENCZEWSKI Szymon</b>	<b>213</b>	ALBATROSY	M20	81	00:00:02	<b>00:28:29.80</b>	<b>00:28:32.15</b>	+00:12:11 (42.8%)	5:42	10.5 (57.1%)
614	<b>KRUSIK Aleksandra</b>	<b>272</b>	ALBATROSY	K20	38	00:00:02	<b>00:28:30.25</b>	<b>00:28:32.45</b>	+00:12:12 (42.8%)	5:42	10.5 (57.1%)
615	<b>GRABIŃSKI Henryk</b>	<b>928</b>	MILUSIŃSKICH INOWROCŁAW	M40	137	00:00:07	<b>00:28:30.50</b>	<b>00:28:38.20</b>	+00:12:12 (42.8%)	5:42	10.5 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
616	<b>PODEMSKA Patrycja</b>	<b>260</b>	FOREST GANG	K30	65	00:00:13	<b>00:28:30.85</b>	<b>00:28:44.15</b>	+00:12:13 (42.8%)	5:42	10.5 (57.1%)
617	<b>BIĘNKOWSKA Anna</b>	<b>1083</b>		K30	66	00:00:23	<b>00:28:31.30</b>	<b>00:28:55.20</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
617	<b>JAROCH Rafał</b>	<b>226</b>		M40	138	00:00:55	<b>00:28:31.30</b>	<b>00:29:26.35</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
619	<b>SZUKALSKI Piotr</b>	<b>1128</b>		M20	82	00:00:58	<b>00:28:31.45</b>	<b>00:29:29.85</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
620	<b>LANDOWSKI Konrad</b>	<b>837</b>		M20	83	00:00:16	<b>00:28:31.80</b>	<b>00:28:48.60</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
621	<b>CHOJNACKI Patryk</b>	<b>1469</b>		M20	84	00:00:59	<b>00:28:32.50</b>	<b>00:29:31.95</b>	+00:12:14 (42.9%)	5:42	10.5 (57.1%)
622	<b>SKORUPKA Radek</b>	<b>1220</b>	ULUNG TEAM	M40	139	00:00:49	<b>00:28:33.35</b>	<b>00:29:23.00</b>	+00:12:15 (42.9%)	5:42	10.5 (57.1%)
623	<b>GOŁATA Julia</b>	<b>191</b>	WILCZA WATAHA	K10	9	00:00:30	<b>00:28:33.65</b>	<b>00:29:03.85</b>	+00:12:15 (42.9%)	5:42	10.5 (57.1%)
624	<b>CIESIELSKI Adrian</b>	<b>1130</b>		M10	26	00:01:35	<b>00:28:34.65</b>	<b>00:30:10.00</b>	+00:12:16 (43.0%)	5:43	10.5 (57.1%)
625	<b>WAWRZY尼亚K Paulina</b>	<b>969</b>		K20	39	00:00:46	<b>00:28:34.80</b>	<b>00:29:21.25</b>	+00:12:16 (43.0%)	5:43	10.5 (57.1%)
626	<b>OWCZARSKI Krzysztof</b>	<b>631</b>		M30	166	00:00:47	<b>00:28:35.65</b>	<b>00:29:22.85</b>	+00:12:17 (43.0%)	5:43	10.5 (57.1%)
627	<b>STERING Kamila</b>	<b>1398</b>		K20	40	00:00:48	<b>00:28:36.60</b>	<b>00:29:25.20</b>	+00:12:18 (43.0%)	5:43	10.5 (57.1%)
628	<b>DOLATA Rafał</b>	<b>1143</b>		M40	140	00:00:24	<b>00:28:37.25</b>	<b>00:29:01.70</b>	+00:12:19 (43.1%)	5:43	10.5 (57.1%)
629	<b>WOLAN Krzysztof</b>	<b>18</b>	AMORKI	M40	141	00:00:24	<b>00:28:38.10</b>	<b>00:29:03.05</b>	+00:12:20 (43.1%)	5:43	10.5 (57.1%)
630	<b>BASA Mateusz</b>	<b>846</b>	LIUKS KRUSZWICA	M10	27	00:00:02	<b>00:28:41.10</b>	<b>00:28:43.70</b>	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
631	<b>KOCHAŃSKA Wioletta</b>	<b>901</b>		K40	36	00:00:56	<b>00:28:41.25</b>	<b>00:29:37.90</b>	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
632	<b>STRYCZYŃSKI Marek</b>	<b>279</b>	TRISPACE	M30	167	00:01:18	<b>00:28:41.30</b>	<b>00:29:59.90</b>	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
633	<b>ROSLONSKA Kinga</b>	<b>530</b>		K30	67	00:01:40	<b>00:28:41.40</b>	<b>00:30:22.05</b>	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
634	<b>MARAŚKIEWICZ Agnieszka</b>	<b>275</b>		K30	68	00:01:17	<b>00:28:42.30</b>	<b>00:29:59.35</b>	+00:12:24 (43.2%)	5:44	10.5 (57.1%)
635	<b>WOLNY Tomasz</b>	<b>102</b>		M30	168	00:00:20	<b>00:28:42.95</b>	<b>00:29:03.85</b>	+00:12:25 (43.2%)	5:44	10.4 (56.5%)
636	<b>GOŁATA Agnieszka</b>	<b>194</b>	WILCZA WATAHA	K30	69	00:00:29	<b>00:28:44.20</b>	<b>00:29:13.95</b>	+00:12:26 (43.3%)	5:44	10.4 (56.5%)
637	<b>JANKOWSKI Damian</b>	<b>1126</b>		M20	85	00:00:53	<b>00:28:44.40</b>	<b>00:29:37.40</b>	+00:12:26 (43.3%)	5:44	10.4 (56.5%)
638	<b>RYDLEWSKI Marek</b>	<b>464</b>	RUN BYDGOSZCZ	M40	142	00:01:48	<b>00:28:46.75</b>	<b>00:30:35.00</b>	+00:12:28 (43.4%)	5:45	10.4 (56.5%)
639	<b>NOWAKOWSKI Dominik</b>	<b>566</b>		M18	6	00:00:48	<b>00:28:47.40</b>	<b>00:29:35.75</b>	+00:12:29 (43.4%)	5:45	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
640	<b>CHRUPAŁA Rafał</b>	<b>1147</b>		M30	169	00:01:47	<b>00:28:47.60</b>	<b>00:30:34.85</b>	+00:12:29 (43.4%)	5:45	10.4 (56.5%)
641	<b>BRZOWSKI Jarosław</b>	<b>128</b>	BRZOZA TRI TEAM	M50	39	00:01:29	<b>00:28:47.80</b>	<b>00:30:17.40</b>	+00:12:29 (43.4%)	5:45	10.4 (56.5%)
642	<b>JURCZYK Piotr</b>	<b>759</b>	VIRTUAL RUNNING CLUB	M40	143	00:00:38	<b>00:28:48.50</b>	<b>00:29:27.15</b>	+00:12:30 (43.4%)	5:45	10.4 (56.5%)
643	<b>WANKIEWICZ Łukasz</b>	<b>7</b>	SZURUSIE TEAM	M20	86	00:01:48	<b>00:28:48.65</b>	<b>00:30:36.65</b>	+00:12:30 (43.4%)	5:45	10.4 (56.5%)
644	<b>ZAJĄC Michał</b>	<b>739</b>	BIEGAJ Z DĘBAMI	M10	28	00:00:27	<b>00:28:48.70</b>	<b>00:29:16.55</b>	+00:12:30 (43.4%)	5:45	10.4 (56.5%)
645	<b>JEGIERSKI Dariusz</b>	<b>645</b>	AMATOR	M40	144	00:00:37	<b>00:28:48.95</b>	<b>00:29:26.90</b>	+00:12:31 (43.4%)	5:45	10.4 (56.5%)
646	<b>JANIC Dagmara</b>	<b>628</b>		K10	10	00:00:53	<b>00:28:49.40</b>	<b>00:29:43.20</b>	+00:12:31 (43.5%)	5:46	10.4 (56.5%)
647	<b>KIELMANN Marcin</b>	<b>641</b>	SZURUSIE TEAM	M30	170	00:01:46	<b>00:28:50.05</b>	<b>00:30:36.65</b>	+00:12:32 (43.5%)	5:46	10.4 (56.5%)
648	<b>AGACIAK Elzbieta</b>	<b>1082</b>		K40	37	00:00:24	<b>00:28:51.40</b>	<b>00:29:16.20</b>	+00:12:33 (43.5%)	5:46	10.4 (56.5%)
649	<b>SUCHODOLSKA Agnieszka</b>	<b>616</b>		K40	38	00:00:16	<b>00:28:53.05</b>	<b>00:29:09.95</b>	+00:12:35 (43.6%)	5:46	10.4 (56.5%)
650	<b>DOLATA Aneta</b>	<b>1144</b>		K30	70	00:00:24	<b>00:28:53.85</b>	<b>00:29:17.90</b>	+00:12:36 (43.6%)	5:46	10.4 (56.5%)
651	<b>GIPP Małgorzata</b>	<b>1064</b>		K30	71	00:01:56	<b>00:28:55.60</b>	<b>00:30:51.70</b>	+00:12:37 (43.7%)	5:47	10.4 (56.5%)
652	<b>PLUCIŃSKI Piotr</b>	<b>975</b>		M30	171	00:00:50	<b>00:28:55.80</b>	<b>00:29:46.50</b>	+00:12:37 (43.7%)	5:47	10.4 (56.5%)
653	<b>FIUT Kazimierz</b>	<b>1282</b>		M60	10	00:01:42	<b>00:28:56.15</b>	<b>00:30:38.60</b>	+00:12:38 (43.7%)	5:47	10.4 (56.5%)
654	<b>OLSZEWSKI Rafał</b>	<b>1383</b>		M30	172	00:00:50	<b>00:28:57.05</b>	<b>00:29:47.40</b>	+00:12:39 (43.7%)	5:47	10.4 (56.5%)
655	<b>SENSKI Przemysław</b>	<b>1191</b>		M30	173	00:01:48	<b>00:28:57.75</b>	<b>00:30:46.55</b>	+00:12:39 (43.7%)	5:47	10.4 (56.5%)
656	<b>DRZEWIECKA Ada</b>	<b>1486</b>		K20	41	00:00:23	<b>00:28:58.70</b>	<b>00:29:21.85</b>	+00:12:40 (43.8%)	5:47	10.4 (56.5%)
657	<b>WAWRZYŃIAK Tomasz</b>	<b>1258</b>		M30	174	00:01:07	<b>00:28:59.15</b>	<b>00:30:06.70</b>	+00:12:41 (43.8%)	5:47	10.4 (56.5%)
658	<b>WIŚNIEWSKA Julia</b>	<b>1153</b>		K20	42	00:00:33	<b>00:28:59.40</b>	<b>00:29:32.65</b>	+00:12:41 (43.8%)	5:47	10.4 (56.5%)
659	<b>ICIKOWSKA Małgorzata</b>	<b>1052</b>		K20	43	00:00:50	<b>00:28:59.85</b>	<b>00:29:50.65</b>	+00:12:42 (43.8%)	5:48	10.3 (56.0%)
660	<b>GOTOWICZ Mariusz</b>	<b>238</b>		M50	40	00:00:57	<b>00:29:00.10</b>	<b>00:29:57.10</b>	+00:12:42 (43.8%)	5:48	10.3 (56.0%)
661	<b>MELWIŃSKA Paulina</b>	<b>63</b>	RUN BYDGOSZCZ	K30	72	00:01:13	<b>00:29:00.30</b>	<b>00:30:14.10</b>	+00:12:42 (43.8%)	5:48	10.3 (56.0%)
662	<b>OWCZARSKA Magdalena</b>	<b>757</b>		M20	87	00:01:36	<b>00:29:00.80</b>	<b>00:30:37.35</b>	+00:12:42 (43.8%)	5:48	10.3 (56.0%)
663	<b>MELWIŃSKI Julian</b>	<b>1030</b>	RUN BYDGOSZCZ	M10	29	00:01:13	<b>00:29:01.05</b>	<b>00:30:14.25</b>	+00:12:43 (43.8%)	5:48	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
664	<b>GRABISZEWSKI Michał</b>	<b>1204</b>		M20	88	00:01:02	<b>00:29:01.35</b>	<b>00:30:03.50</b>	+00:12:43 (43.8%)	5:48	10.3 (56.0%)
665	<b>JARUSZEWSKA Joanna</b>	<b>602</b>		K30	73	00:01:23	<b>00:29:01.65</b>	<b>00:30:24.90</b>	+00:12:43 (43.9%)	5:48	10.3 (56.0%)
666	<b>SMOLIŃSKA Patrycja</b>	<b>1202</b>		K20	44	00:01:02	<b>00:29:01.70</b>	<b>00:30:04.00</b>	+00:12:43 (43.9%)	5:48	10.3 (56.0%)
667	<b>BUDNY Ewa</b>	<b>1378</b>	ULKS BARWICE	K10	11	00:00:58	<b>00:29:02.05</b>	<b>00:30:00.45</b>	+00:12:44 (43.9%)	5:48	10.3 (56.0%)
668	<b>PESZYŃSKA Joanna</b>	<b>1139</b>		K40	39	00:01:08	<b>00:29:04.70</b>	<b>00:30:13.65</b>	+00:12:46 (44.0%)	5:49	10.3 (56.0%)
669	<b>ŻOŁNIERKIEWICZ Bartosz</b>	<b>1274</b>		M20	89	00:01:43	<b>00:29:05.25</b>	<b>00:30:48.80</b>	+00:12:47 (44.0%)	5:49	10.3 (56.0%)
670	<b>SZCZEPKOWSKI Andrzej</b>	<b>523</b>		M60	11	00:00:19	<b>00:29:05.85</b>	<b>00:29:25.05</b>	+00:12:48 (44.0%)	5:49	10.3 (56.0%)
671	<b>BESS Marcin</b>	<b>420</b>		M20	90	00:01:39	<b>00:29:06.10</b>	<b>00:30:45.25</b>	+00:12:48 (44.0%)	5:49	10.3 (56.0%)
672	<b>RESZKE Mateusz</b>	<b>588</b>	KU AZS UKW BYDGOSZCZ	M20	91	00:00:02	<b>00:29:06.35</b>	<b>00:29:08.85</b>	+00:12:48 (44.0%)	5:49	10.3 (56.0%)
673	<b>LUDKOWSKI Dawid</b>	<b>862</b>		M40	145	00:00:43	<b>00:29:07.15</b>	<b>00:29:50.25</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
673	<b>MAŁKOWSKA Ewa</b>	<b>560</b>		K20	45	00:01:27	<b>00:29:07.15</b>	<b>00:30:34.40</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
675	<b>KORZENIEWSKI Jacek</b>	<b>434</b>		M30	175	00:01:19	<b>00:29:07.25</b>	<b>00:30:27.05</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
676	<b>AUKUNAS Marcin</b>	<b>561</b>		M20	92	00:01:27	<b>00:29:07.50</b>	<b>00:30:35.25</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
677	<b>KRZYŻAŃSKI Kacper</b>	<b>1231</b>	BYDGOSZCZ TRIATHLON TEAM	M10	30	00:01:42	<b>00:29:08.80</b>	<b>00:30:51.25</b>	+00:12:50 (44.1%)	5:49	10.3 (56.0%)
678	<b>NIEWIEDZIAŁA Artur</b>	<b>698</b>		M40	146	00:00:37	<b>00:29:08.95</b>	<b>00:29:46.50</b>	+00:12:51 (44.1%)	5:49	10.3 (56.0%)
679	<b>POZNAŃSKI Szymon</b>	<b>268</b>	EDUTEAM	M20	93	00:00:36	<b>00:29:09.00</b>	<b>00:29:45.25</b>	+00:12:51 (44.1%)	5:49	10.3 (56.0%)
680	<b>TOMCZYK Agnieszka</b>	<b>255</b>		K40	40	00:01:05	<b>00:29:09.70</b>	<b>00:30:15.20</b>	+00:12:51 (44.1%)	5:50	10.3 (56.0%)
681	<b>WIELIŃSKI Wojciech</b>	<b>621</b>		M30	176	00:01:00	<b>00:29:10.20</b>	<b>00:30:10.55</b>	+00:12:52 (44.1%)	5:50	10.3 (56.0%)
682	<b>KAMIŃSKA Magdalena</b>	<b>745</b>		M20	94	00:01:34	<b>00:29:10.55</b>	<b>00:30:44.75</b>	+00:12:52 (44.1%)	5:50	10.3 (56.0%)
683	<b>ASTUKIEWICZ Maksymilian</b>	<b>324</b>		M20	95	00:02:02	<b>00:29:11.55</b>	<b>00:31:13.95</b>	+00:12:53 (44.2%)	5:50	10.3 (56.0%)
684	<b>NOWICKA Michalina</b>	<b>904</b>		K10	12	00:00:21	<b>00:29:11.70</b>	<b>00:29:33.25</b>	+00:12:53 (44.2%)	5:50	10.3 (56.0%)
685	<b>NOWICKI Adam</b>	<b>903</b>		M40	147	00:00:21	<b>00:29:12.15</b>	<b>00:29:33.35</b>	+00:12:54 (44.2%)	5:50	10.3 (56.0%)
686	<b>PAPIEROWSKI Piotr</b>	<b>939</b>		M30	177	00:01:24	<b>00:29:13.75</b>	<b>00:30:38.10</b>	+00:12:55 (44.2%)	5:50	10.3 (56.0%)
687	<b>CHODUR Agnieszka</b>	<b>197</b>	BYDGOSZCZ NA START	K40	41	00:01:17	<b>00:29:13.80</b>	<b>00:30:31.60</b>	+00:12:55 (44.2%)	5:50	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
688	<b>CHMIELEWSKA Agnieszka</b>	<b>184</b>		K30	74	00:00:43	<b>00:29:14.30</b>	<b>00:29:57.65</b>	+00:12:56 (44.3%)	5:50	10.3 (56.0%)
689	<b>GAJEK Agnieszka</b>	<b>974</b>	TASAK TEAM	K40	42	00:01:25	<b>00:29:14.40</b>	<b>00:30:39.90</b>	+00:12:56 (44.3%)	5:50	10.3 (56.0%)
690	<b>DRAŻYK Justyna</b>	<b>587</b>		K30	75	00:00:31	<b>00:29:14.85</b>	<b>00:29:46.50</b>	+00:12:57 (44.3%)	5:51	10.3 (56.0%)
691	<b>JARZEMSKI Marcin</b>	<b>1368</b>	BYDGOSZCZ TRIATHLON TEAM	M30	178	00:01:31	<b>00:29:16.00</b>	<b>00:30:47.05</b>	+00:12:58 (44.3%)	5:51	10.3 (56.0%)
692	<b>WAWRZONKOSKA Wiktoria</b>	<b>1058</b>		K20	46	00:00:48	<b>00:29:17.60</b>	<b>00:30:06.15</b>	+00:12:59 (44.4%)	5:51	10.2 (55.4%)
693	<b>JANIC Joanna</b>	<b>626</b>		K40	43	00:00:56	<b>00:29:18.25</b>	<b>00:30:14.65</b>	+00:13:00 (44.4%)	5:51	10.2 (55.4%)
694	<b>SIUDZIŃSKA Anna</b>	<b>418</b>		K20	47	00:01:38	<b>00:29:18.55</b>	<b>00:30:57.15</b>	+00:13:00 (44.4%)	5:51	10.2 (55.4%)
695	<b>ŻUCHELKOWSKI Rafał</b>	<b>404</b>	TEAM OF BOBICZEK	M30	179	00:01:37	<b>00:29:19.05</b>	<b>00:30:56.25</b>	+00:13:01 (44.4%)	5:51	10.2 (55.4%)
696	<b>ŁOBODA Sylwia</b>	<b>598</b>		M30	180	00:01:41	<b>00:29:19.10</b>	<b>00:31:00.50</b>	+00:13:01 (44.4%)	5:51	10.2 (55.4%)
697	<b>WÓJCIK Tomasz</b>	<b>39</b>		M40	148	00:00:51	<b>00:29:19.25</b>	<b>00:30:10.90</b>	+00:13:01 (44.4%)	5:51	10.2 (55.4%)
698	<b>IWANIUK Jacek</b>	<b>78</b>		M40	149	00:00:50	<b>00:29:20.75</b>	<b>00:30:11.00</b>	+00:13:02 (44.5%)	5:52	10.2 (55.4%)
698	<b>CHMIELEWSKI Ireneusz</b>	<b>148</b>		M50	41	00:00:44	<b>00:29:20.75</b>	<b>00:30:05.45</b>	+00:13:02 (44.5%)	5:52	10.2 (55.4%)
700	<b>KORDAS Jacek</b>	<b>159</b>		M30	181	00:00:46	<b>00:29:21.25</b>	<b>00:30:07.35</b>	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
701	<b>BŁAŻEK Kasia</b>	<b>1196</b>		K30	76	00:01:05	<b>00:29:21.45</b>	<b>00:30:27.25</b>	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
702	<b>DURAŁEK Laura</b>	<b>440</b>		K10	13	00:00:26	<b>00:29:21.50</b>	<b>00:29:47.75</b>	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
703	<b>SZYMCZUK Filip</b>	<b>126</b>		M20	96	00:01:16	<b>00:29:21.55</b>	<b>00:30:38.25</b>	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
704	<b>ZUŻYDŁO Zuzanna</b>	<b>797</b>		K30	77	00:00:55	<b>00:29:21.95</b>	<b>00:30:17.50</b>	+00:13:04 (44.5%)	5:52	10.2 (55.4%)
705	<b>DURAŁEK Andrzej</b>	<b>438</b>		M40	150	00:00:26	<b>00:29:22.15</b>	<b>00:29:48.40</b>	+00:13:04 (44.5%)	5:52	10.2 (55.4%)
706	<b>WIŚNIEWSKI Krzysztof</b>	<b>150</b>	TRISPACE	M50	42	00:01:16	<b>00:29:23.50</b>	<b>00:30:40.00</b>	+00:13:05 (44.6%)	5:52	10.2 (55.4%)
707	<b>ZAJĄC Barbara</b>	<b>1302</b>		K20	48	00:01:34	<b>00:29:24.15</b>	<b>00:30:58.95</b>	+00:13:06 (44.6%)	5:52	10.2 (55.4%)
708	<b>SZCZEPAŃSKA-DOLNA Edyta</b>	<b>1028</b>	FOREST GANG	K50	7	00:00:14	<b>00:29:24.20</b>	<b>00:29:39.15</b>	+00:13:06 (44.6%)	5:53	10.2 (55.4%)
709	<b>KABATEK Janusz</b>	<b>544</b>		M30	182	00:00:31	<b>00:29:24.75</b>	<b>00:29:56.10</b>	+00:13:06 (44.6%)	5:53	10.2 (55.4%)
710	<b>SOBOCIŃSKI Mateusz</b>	<b>1471</b>		M20	97	00:01:35	<b>00:29:25.35</b>	<b>00:31:00.95</b>	+00:13:07 (44.6%)	5:53	10.2 (55.4%)
711	<b>POBŁOCKI Tomasz</b>	<b>298</b>	WATAHA BYDGOSZCZ	M30	183	00:02:07	<b>00:29:25.40</b>	<b>00:31:33.25</b>	+00:13:07 (44.6%)	5:53	10.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
712	<b>BRĄGIEL Jakub</b>	<b>1024</b>	VEGE RUNNERS	M30	184	00:01:37	<b>00:29:26.05</b>	<b>00:31:03.05</b>	+00:13:08 (44.6%)	5:53	10.2 (55.4%)
713	<b>ARENT Jan</b>	<b>211</b>		M50	43	00:00:58	<b>00:29:26.45</b>	<b>00:30:25.15</b>	+00:13:08 (44.6%)	5:53	10.2 (55.4%)
714	<b>JARZEMSKA Alicja</b>	<b>1367</b>	BYDGOSZCZ TRIATHLON TEAM	K30	78	00:01:30	<b>00:29:26.80</b>	<b>00:30:57.55</b>	+00:13:08 (44.7%)	5:53	10.2 (55.4%)
715	<b>JAGIELSKI Łukasz</b>	<b>1205</b>	LEBIEGA	M40	151	00:01:30	<b>00:29:27.25</b>	<b>00:30:57.75</b>	+00:13:09 (44.7%)	5:53	10.2 (55.4%)
716	<b>KOWAL Michał</b>	<b>736</b>	REC-STAL	M40	152	00:02:03	<b>00:29:28.55</b>	<b>00:31:32.05</b>	+00:13:10 (44.7%)	5:53	10.2 (55.4%)
717	<b>ADAMCZYK Agnieszka</b>	<b>737</b>		K30	79	00:02:03	<b>00:29:28.85</b>	<b>00:31:31.85</b>	+00:13:11 (44.7%)	5:53	10.2 (55.4%)
718	<b>LASKOWSKA Aleksandra</b>	<b>1446</b>		K30	80	00:01:16	<b>00:29:29.00</b>	<b>00:30:45.70</b>	+00:13:11 (44.7%)	5:53	10.2 (55.4%)
719	<b>CEMKE Magdalena</b>	<b>442</b>		K20	49	00:01:06	<b>00:29:30.05</b>	<b>00:30:36.95</b>	+00:13:12 (44.8%)	5:54	10.2 (55.4%)
720	<b>KLIMAS Natalia</b>	<b>826</b>	TEAM MICKIEWICZ	K20	50	00:01:44	<b>00:29:30.45</b>	<b>00:31:15.15</b>	+00:13:12 (44.8%)	5:54	10.2 (55.4%)
721	<b>ABRAMCZYK Agata</b>	<b>854</b>		K20	51	00:01:30	<b>00:29:31.25</b>	<b>00:31:01.50</b>	+00:13:13 (44.8%)	5:54	10.2 (55.4%)
722	<b>DOBIECKI Szczepan</b>	<b>843</b>		M30	185	00:00:56	<b>00:29:32.10</b>	<b>00:30:28.45</b>	+00:13:14 (44.8%)	5:54	10.2 (55.4%)
723	<b>BOMBAS Jacek</b>	<b>266</b>		M40	153	00:00:32	<b>00:29:33.10</b>	<b>00:30:05.25</b>	+00:13:15 (44.9%)	5:54	10.2 (55.4%)
724	<b>CIEŚLICKI Krzysztof</b>	<b>681</b>	SISU TEAM	M30	186	00:01:45	<b>00:29:33.30</b>	<b>00:31:19.00</b>	+00:13:15 (44.9%)	5:54	10.1 (54.9%)
725	<b>BYCZKOWSKA Zenon</b>	<b>1022</b>	INDYWIDUALNIE	M50	44	00:00:49	<b>00:29:34.10</b>	<b>00:30:23.70</b>	+00:13:16 (44.9%)	5:54	10.1 (54.9%)
726	<b>WORONIECKA Anna</b>	<b>328</b>		K40	44	00:01:17	<b>00:29:35.65</b>	<b>00:30:53.20</b>	+00:13:17 (44.9%)	5:55	10.1 (54.9%)
727	<b>KUBOWICZ-KAMIŃSKA Hania</b>	<b>212</b>	WATAHA BYDGOSZCZ	K30	81	00:01:00	<b>00:29:35.70</b>	<b>00:30:36.65</b>	+00:13:17 (44.9%)	5:55	10.1 (54.9%)
728	<b>JAROCH Zbigniew</b>	<b>1476</b>		M60	12	00:00:56	<b>00:29:36.20</b>	<b>00:30:33.00</b>	+00:13:18 (44.9%)	5:55	10.1 (54.9%)
728	<b>LEWANDOWSKA Malwina</b>	<b>1215</b>		K30	82	00:01:00	<b>00:29:36.20</b>	<b>00:30:36.25</b>	+00:13:18 (44.9%)	5:55	10.1 (54.9%)
730	<b>ŁUKASZEWSKA Ewelina</b>	<b>1148</b>		K20	52	00:00:59	<b>00:29:36.35</b>	<b>00:30:36.10</b>	+00:13:18 (45.0%)	5:55	10.1 (54.9%)
731	<b>PIECHOCIŃSKA Dorota</b>	<b>1279</b>	RINO	K30	83	00:00:49	<b>00:29:36.95</b>	<b>00:30:26.60</b>	+00:13:19 (45.0%)	5:55	10.1 (54.9%)
732	<b>BESS Anna</b>	<b>421</b>		K30	84	00:01:38	<b>00:29:37.70</b>	<b>00:31:16.40</b>	+00:13:19 (45.0%)	5:55	10.1 (54.9%)
733	<b>DREŻEWSKI Łukasz</b>	<b>934</b>		M20	98	00:01:02	<b>00:29:38.05</b>	<b>00:30:40.70</b>	+00:13:20 (45.0%)	5:55	10.1 (54.9%)
734	<b>GRZELA Klaudia</b>	<b>798</b>		K20	53	00:01:02	<b>00:29:38.25</b>	<b>00:30:40.95</b>	+00:13:20 (45.0%)	5:55	10.1 (54.9%)
735	<b>ZNANIECKI Michał</b>	<b>769</b>		M40	154	00:00:42	<b>00:29:38.80</b>	<b>00:30:20.80</b>	+00:13:20 (45.0%)	5:55	10.1 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
736	<b>APTOWICZ Damian</b>	<b>707</b>		M20	99	00:01:31	<b>00:29:39.20</b>	<b>00:31:10.75</b>	+00:13:21 (45.0%)	5:55	10.1 (54.9%)
737	<b>ZNANIECKI Wojciech</b>	<b>768</b>	BYDGOSZCZ NA START	M30	187	00:00:41	<b>00:29:39.50</b>	<b>00:30:20.75</b>	+00:13:21 (45.0%)	5:55	10.1 (54.9%)
738	<b>ZNANIECKA Karolina</b>	<b>29</b>		K20	54	00:00:40	<b>00:29:40.00</b>	<b>00:30:20.75</b>	+00:13:22 (45.1%)	5:56	10.1 (54.9%)
739	<b>OSSOWSKI Łukasz</b>	<b>248</b>		M30	188	00:02:13	<b>00:29:40.75</b>	<b>00:31:54.70</b>	+00:13:22 (45.1%)	5:56	10.1 (54.9%)
740	<b>WIELUŃSKA Dorota</b>	<b>408</b>		K30	85	00:01:10	<b>00:29:41.15</b>	<b>00:30:51.50</b>	+00:13:23 (45.1%)	5:56	10.1 (54.9%)
741	<b>PROSEK Krzysztof</b>	<b>683</b>		M40	155	00:02:03	<b>00:29:41.80</b>	<b>00:31:45.25</b>	+00:13:23 (45.1%)	5:56	10.1 (54.9%)
742	<b>AUGUSTYNOWICZ Aurelia</b>	<b>791</b>	RCI BYDGOSZCZ	K40	45	00:00:15	<b>00:29:42.10</b>	<b>00:29:57.50</b>	+00:13:24 (45.1%)	5:56	10.1 (54.9%)
743	<b>PORA Dariusz</b>	<b>518</b>	THREE BIKES	M50	45	00:00:55	<b>00:29:42.65</b>	<b>00:30:38.00</b>	+00:13:24 (45.1%)	5:56	10.1 (54.9%)
744	<b>LASOTA Dominika</b>	<b>688</b>		K18	2	00:01:42	<b>00:29:43.80</b>	<b>00:31:25.85</b>	+00:13:25 (45.2%)	5:56	10.1 (54.9%)
745	<b>SIUDOWSKA Marta</b>	<b>799</b>		K30	86	00:01:04	<b>00:29:44.30</b>	<b>00:30:48.50</b>	+00:13:26 (45.2%)	5:56	10.1 (54.9%)
746	<b>FIEREK Bernadeta</b>	<b>1427</b>	BIEGAM Z MARYSIĄ	K50	8	00:00:18	<b>00:29:44.95</b>	<b>00:30:02.95</b>	+00:13:27 (45.2%)	5:56	10.1 (54.9%)
747	<b>WOSICKA Wanda</b>	<b>995</b>		K40	46	00:01:00	<b>00:29:45.60</b>	<b>00:30:46.25</b>	+00:13:27 (45.2%)	5:57	10.1 (54.9%)
748	<b>OSTROWSKA Justyna</b>	<b>300</b>		K30	87	00:02:00	<b>00:29:45.90</b>	<b>00:31:46.70</b>	+00:13:28 (45.2%)	5:57	10.1 (54.9%)
749	<b>MALICKA Beata</b>	<b>406</b>		K50	9	00:00:36	<b>00:29:46.25</b>	<b>00:30:23.10</b>	+00:13:28 (45.3%)	5:57	10.1 (54.9%)
750	<b>LENKIEWICZ Andrzej</b>	<b>732</b>	PIĘKNY	M60	13	00:01:44	<b>00:29:46.40</b>	<b>00:31:30.40</b>	+00:13:28 (45.3%)	5:57	10.1 (54.9%)
751	<b>JAW Pablo</b>	<b>1321</b>		M40	156	00:01:44	<b>00:29:46.70</b>	<b>00:31:31.15</b>	+00:13:28 (45.3%)	5:57	10.1 (54.9%)
752	<b>KĘDZIERSKA Marzena</b>	<b>1019</b>		K40	47	00:00:26	<b>00:29:46.80</b>	<b>00:30:13.35</b>	+00:13:28 (45.3%)	5:57	10.1 (54.9%)
753	<b>WÓJCIK Jakub</b>	<b>287</b>		M18	7	00:01:24	<b>00:29:47.35</b>	<b>00:31:12.25</b>	+00:13:29 (45.3%)	5:57	10.1 (54.9%)
754	<b>FLOREK Milena</b>	<b>142</b>	RUNADDICTS	K30	88	00:01:10	<b>00:29:47.95</b>	<b>00:30:58.65</b>	+00:13:30 (45.3%)	5:57	10.1 (54.9%)
755	<b>JASIŃSKA Monika</b>	<b>1358</b>		K20	55	00:01:32	<b>00:29:49.05</b>	<b>00:31:21.35</b>	+00:13:31 (45.3%)	5:57	10.1 (54.9%)
756	<b>WILCZYŃSKI Arkadiusz</b>	<b>1013</b>		M30	189	00:01:17	<b>00:29:49.25</b>	<b>00:31:06.50</b>	+00:13:31 (45.3%)	5:57	10.1 (54.9%)
757	<b>FOJUTOWSKA Hanna</b>	<b>385</b>		K40	48	00:00:45	<b>00:29:49.70</b>	<b>00:30:35.00</b>	+00:13:31 (45.4%)	5:58	10.1 (54.9%)
758	<b>NIEMCZEWSKI Mirosław</b>	<b>1091</b>	ŁABISZYN RUNNERS	M40	157	00:01:12	<b>00:29:49.75</b>	<b>00:31:01.90</b>	+00:13:31 (45.4%)	5:57	10.1 (54.9%)
759	<b>GRYSZÓWKA Angelika</b>	<b>1441</b>		K20	56	00:01:15	<b>00:29:49.85</b>	<b>00:31:05.70</b>	+00:13:32 (45.4%)	5:58	10.1 (54.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
760	<b>FOJUTOWSKI Sławek</b>	<b>386</b>		M40	158	00:00:45	<b>00:29:50.05</b>	<b>00:30:35.20</b>	+00:13:32 (45.4%)	5:58	10.1 (54.9%)
761	<b>WITKOWSKI Paweł</b>	<b>1111</b>		M10	31	00:00:42	<b>00:29:51.00</b>	<b>00:30:33.70</b>	+00:13:33 (45.4%)	5:58	10.1 (54.9%)
762	<b>STASIAK Jacek</b>	<b>1386</b>		M40	159	00:00:44	<b>00:29:52.50</b>	<b>00:30:37.20</b>	+00:13:34 (45.4%)	5:58	10 (54.3%)
763	<b>MŁYNAREK-STASIAK Dorota</b>	<b>1387</b>		K40	49	00:00:44	<b>00:29:52.80</b>	<b>00:30:37.05</b>	+00:13:34 (45.5%)	5:58	10 (54.3%)
764	<b>STEGNERSKI Maciej</b>	<b>1467</b>		M40	160	00:01:39	<b>00:29:55.35</b>	<b>00:31:34.55</b>	+00:13:37 (45.5%)	5:59	10 (54.3%)
765	<b>KULPA Szymon</b>	<b>186</b>		M30	190	00:01:02	<b>00:29:56.05</b>	<b>00:30:58.70</b>	+00:13:38 (45.6%)	5:59	10 (54.3%)
766	<b>NOWAK Julia</b>	<b>1117</b>		K10	14	00:00:48	<b>00:29:56.70</b>	<b>00:30:44.70</b>	+00:13:38 (45.6%)	5:59	10 (54.3%)
767	<b>PESTKA Hanna</b>	<b>985</b>		K50	10	00:00:59	<b>00:29:56.75</b>	<b>00:30:55.80</b>	+00:13:38 (45.6%)	5:59	10 (54.3%)
768	<b>IDCZAK-BOREK Hanna</b>	<b>223</b>		K40	50	00:00:35	<b>00:29:56.90</b>	<b>00:30:32.15</b>	+00:13:39 (45.6%)	5:59	10 (54.3%)
768	<b>ŚNIECHOTA Konrad</b>	<b>92</b>	TYPYGRUBE	M30	191	00:02:10	<b>00:29:56.90</b>	<b>00:32:07.35</b>	+00:13:39 (45.6%)	5:59	10 (54.3%)
770	<b>STEGNERSKA Agnieszka</b>	<b>718</b>	#BIEGACZE	K40	51	00:01:37	<b>00:29:57.35</b>	<b>00:31:34.65</b>	+00:13:39 (45.6%)	5:59	10 (54.3%)
771	<b>BOREK Marcin</b>	<b>222</b>		M40	161	00:00:35	<b>00:29:57.40</b>	<b>00:30:32.65</b>	+00:13:39 (45.6%)	5:59	10 (54.3%)
772	<b>ZUZA-WITKOWSKA Anna</b>	<b>111</b>	KTR MASA TURYSTYCZNA	K40	52	00:00:34	<b>00:29:58.35</b>	<b>00:30:32.50</b>	+00:13:40 (45.6%)	5:59	10 (54.3%)
773	<b>OGRODOWICZ Marcin</b>	<b>479</b>		M40	162	00:01:22	<b>00:29:58.85</b>	<b>00:31:21.60</b>	+00:13:41 (45.6%)	5:59	10 (54.3%)
774	<b>RĘDZINA Michał</b>	<b>199</b>		M30	192	00:01:02	<b>00:29:58.90</b>	<b>00:31:01.50</b>	+00:13:41 (45.6%)	5:59	10 (54.3%)
775	<b>WRÓBLEWSKA Oliwia</b>	<b>695</b>		K10	15	00:00:47	<b>00:30:00.05</b>	<b>00:30:47.70</b>	+00:13:42 (45.7%)	6:00	10 (54.3%)
776	<b>WRÓBLEWSKI Rafał</b>	<b>1456</b>		M40	163	00:00:47	<b>00:30:00.10</b>	<b>00:30:48.05</b>	+00:13:42 (45.7%)	6:00	10 (54.3%)
777	<b>MELLEM Anna</b>	<b>529</b>		K20	57	00:01:00	<b>00:30:00.30</b>	<b>00:31:00.95</b>	+00:13:42 (45.7%)	6:00	10 (54.3%)
778	<b>WOJCIECHOWSKA Maja</b>	<b>696</b>		K10	16	00:00:47	<b>00:30:00.45</b>	<b>00:30:48.10</b>	+00:13:42 (45.7%)	6:00	10 (54.3%)
779	<b>STROZYNSKA Sandra</b>	<b>1316</b>		K30	89	00:01:44	<b>00:30:01.15</b>	<b>00:31:45.55</b>	+00:13:43 (45.7%)	6:00	10 (54.3%)
780	<b>DANIELEK Ewa</b>	<b>55</b>		K30	90	00:00:37	<b>00:30:01.40</b>	<b>00:30:39.05</b>	+00:13:43 (45.7%)	6:00	10 (54.3%)
781	<b>DOBRZAŃSKA Anna</b>	<b>1170</b>		K20	58	00:01:02	<b>00:30:02.25</b>	<b>00:31:05.05</b>	+00:13:44 (45.7%)	6:00	10 (54.3%)
782	<b>GRUCHAŁA Wojciech</b>	<b>106</b>		M50	46	00:01:28	<b>00:30:02.85</b>	<b>00:31:31.50</b>	+00:13:45 (45.8%)	6:00	10 (54.3%)
783	<b>BIERNACKA Anka</b>	<b>946</b>		K40	53	00:01:32	<b>00:30:03.00</b>	<b>00:31:35.15</b>	+00:13:45 (45.8%)	6:00	10 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
784	<b>JABŁOŃSKI Jakub</b>	<b>1429</b>		M10	32	00:02:04	<b>00:30:04.45</b>	<b>00:32:08.55</b>	+00:13:46 (45.8%)	6:00	10 (54.3%)
785	<b>PODOSEK Magdalena</b>	<b>1332</b>	BYDGOSZCZ	K30	91	00:01:43	<b>00:30:04.60</b>	<b>00:31:47.95</b>	+00:13:46 (45.8%)	6:00	10 (54.3%)
786	<b>JANIC Arkadiusz</b>	<b>629</b>		M10	33	00:00:51	<b>00:30:04.65</b>	<b>00:30:56.40</b>	+00:13:46 (45.8%)	6:01	10 (54.3%)
787	<b>KRASIŃSKA Katarzyna</b>	<b>95</b>		K30	92	00:01:02	<b>00:30:04.90</b>	<b>00:31:07.10</b>	+00:13:47 (45.8%)	6:01	10 (54.3%)
788	<b>WIATROWSKA Katarzyna</b>	<b>554</b>		K30	93	00:01:04	<b>00:30:05.10</b>	<b>00:31:10.05</b>	+00:13:47 (45.8%)	6:01	10 (54.3%)
789	<b>BARAŃSKA Sylwia</b>	<b>1112</b>	PARKRUN BYDGOSZCZ	K40	54	00:01:01	<b>00:30:05.20</b>	<b>00:31:06.75</b>	+00:13:47 (45.8%)	6:01	10 (54.3%)
790	<b>FILIPEK Mirosława</b>	<b>220</b>		K40	55	00:01:03	<b>00:30:05.35</b>	<b>00:31:08.75</b>	+00:13:47 (45.8%)	6:01	10 (54.3%)
791	<b>RYDELSKA Kinga</b>	<b>195</b>		K40	56	00:00:39	<b>00:30:05.60</b>	<b>00:30:44.75</b>	+00:13:47 (45.8%)	6:01	10 (54.3%)
792	<b>KOLMAJER Rafał</b>	<b>167</b>	RUNADDICTS	M30	193	00:01:02	<b>00:30:06.25</b>	<b>00:31:08.25</b>	+00:13:48 (45.9%)	6:01	10 (54.3%)
793	<b>GRYGORCZUK Elżbieta</b>	<b>256</b>	TRISPACE BYDGOSZCZ	K60	4	00:01:15	<b>00:30:07.45</b>	<b>00:31:22.50</b>	+00:13:49 (45.9%)	6:01	10 (54.3%)
794	<b>PRUSIŃSKA Bernadetta</b>	<b>1297</b>		K20	59	00:01:12	<b>00:30:07.50</b>	<b>00:31:19.80</b>	+00:13:49 (45.9%)	6:01	10 (54.3%)
795	<b>PRUSIŃSKI Michał</b>	<b>1299</b>		M30	194	00:01:11	<b>00:30:08.10</b>	<b>00:31:19.95</b>	+00:13:50 (45.9%)	6:01	10 (54.3%)
796	<b>BRZYKCY Łukasz</b>	<b>445</b>		M20	100	00:01:46	<b>00:30:08.25</b>	<b>00:31:55.15</b>	+00:13:50 (45.9%)	6:01	10 (54.3%)
797	<b>CZECZINSKA Pamela</b>	<b>229</b>		K20	60	00:01:08	<b>00:30:10.35</b>	<b>00:31:18.65</b>	+00:13:52 (46.0%)	6:02	9.9 (53.8%)
798	<b>KOTECKI Marcin</b>	<b>308</b>	GANG KOCURA	M40	164	00:01:03	<b>00:30:11.10</b>	<b>00:31:14.50</b>	+00:13:53 (46.0%)	6:02	9.9 (53.8%)
799	<b>SZECÓWKA Marcin</b>	<b>215</b>		M30	195	00:01:25	<b>00:30:14.15</b>	<b>00:31:39.80</b>	+00:13:56 (46.1%)	6:02	9.9 (53.8%)
800	<b>LEWANDOWSKA Agnieszka</b>	<b>216</b>		K30	94	00:01:25	<b>00:30:14.20</b>	<b>00:31:40.00</b>	+00:13:56 (46.1%)	6:03	9.9 (53.8%)
801	<b>ŻURAWSKA Marta</b>	<b>804</b>		K30	95	00:01:06	<b>00:30:16.55</b>	<b>00:31:23.15</b>	+00:13:58 (46.2%)	6:03	9.9 (53.8%)
802	<b>KRZYŻANOWSKA Patrycja</b>	<b>415</b>		K20	61	00:00:48	<b>00:30:17.85</b>	<b>00:31:06.70</b>	+00:14:00 (46.2%)	6:03	9.9 (53.8%)
803	<b>BEJGER Łukasz</b>	<b>1186</b>		M30	196	00:00:57	<b>00:30:18.15</b>	<b>00:31:16.05</b>	+00:14:00 (46.2%)	6:03	9.9 (53.8%)
804	<b>SZATKOWSKA Beata</b>	<b>244</b>		K50	11	00:01:49	<b>00:30:18.25</b>	<b>00:32:07.60</b>	+00:14:00 (46.2%)	6:03	9.9 (53.8%)
805	<b>CHWIAŁKOWSKI Maksymilian</b>	<b>481</b>		M18	8	00:00:43	<b>00:30:18.80</b>	<b>00:31:02.45</b>	+00:14:00 (46.2%)	6:03	9.9 (53.8%)
806	<b>KASPEROWICZ Paweł</b>	<b>600</b>		M30	197	00:01:35	<b>00:30:18.90</b>	<b>00:31:54.25</b>	+00:14:01 (46.2%)	6:03	9.9 (53.8%)
807	<b>KACZMAREK Dariusz</b>	<b>1465</b>		M50	47	00:00:27	<b>00:30:19.40</b>	<b>00:30:47.25</b>	+00:14:01 (46.3%)	6:04	9.9 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
808	<b>KOPROWICZ Katarzyna</b>	<b>538</b>		K40	57	00:01:29	<b>00:30:20.60</b>	<b>00:31:50.15</b>	+00:14:02 (46.3%)	6:04	9.9 (53.8%)
809	<b>JABŁOŃSKI Tomek</b>	<b>1208</b>		M30	198	00:02:04	<b>00:30:20.70</b>	<b>00:32:25.05</b>	+00:14:02 (46.3%)	6:04	9.9 (53.8%)
810	<b>KRAKOWIAK Marta</b>	<b>122</b>		K20	62	00:01:16	<b>00:30:20.80</b>	<b>00:31:37.25</b>	+00:14:02 (46.3%)	6:04	9.9 (53.8%)
811	<b>KOPROWICZ Adam</b>	<b>539</b>		M50	48	00:01:29	<b>00:30:21.40</b>	<b>00:31:51.15</b>	+00:14:03 (46.3%)	6:04	9.9 (53.8%)
811	<b>BROWNELL Mackie</b>	<b>1287</b>		M30	199	00:01:21	<b>00:30:21.40</b>	<b>00:31:42.85</b>	+00:14:03 (46.3%)	6:04	9.9 (53.8%)
813	<b>GOLIK Krzysztof</b>	<b>553</b>		M40	165	00:01:47	<b>00:30:21.55</b>	<b>00:32:08.70</b>	+00:14:03 (46.3%)	6:04	9.9 (53.8%)
814	<b>LIEDKE Tomasz</b>	<b>179</b>	BLIŻNIAKI	M30	200	00:00:40	<b>00:30:21.95</b>	<b>00:31:02.75</b>	+00:14:04 (46.3%)	6:04	9.9 (53.8%)
815	<b>ZBAŃSKI Leszek</b>	<b>1327</b>		M40	166	00:01:46	<b>00:30:22.00</b>	<b>00:32:08.55</b>	+00:14:04 (46.3%)	6:04	9.9 (53.8%)
816	<b>RYDELSKA Maria</b>	<b>1425</b>	BIEGAM Z BENIĄ	K30	96	00:00:15	<b>00:30:22.40</b>	<b>00:30:37.95</b>	+00:14:04 (46.3%)	6:04	9.9 (53.8%)
817	<b>GÓRZYŃSKA Monika</b>	<b>1328</b>		K40	58	00:01:46	<b>00:30:22.45</b>	<b>00:32:08.70</b>	+00:14:04 (46.3%)	6:04	9.9 (53.8%)
818	<b>CHWIAŁKOWSKA Joanna</b>	<b>69</b>		K40	59	00:00:40	<b>00:30:23.10</b>	<b>00:31:03.30</b>	+00:14:05 (46.4%)	6:04	9.9 (53.8%)
819	<b>ARENDT Paweł</b>	<b>426</b>		M40	167	00:00:39	<b>00:30:23.80</b>	<b>00:31:03.75</b>	+00:14:05 (46.4%)	6:04	9.9 (53.8%)
820	<b>OWCZARSKI Andrzej</b>	<b>646</b>		M50	49	00:01:37	<b>00:30:24.05</b>	<b>00:32:01.25</b>	+00:14:06 (46.4%)	6:04	9.9 (53.8%)
821	<b>BEJENKA Kamila</b>	<b>1106</b>		K20	63	00:01:58	<b>00:30:24.25</b>	<b>00:32:22.55</b>	+00:14:06 (46.4%)	6:04	9.9 (53.8%)
822	<b>PODGÓRSKI Jakub</b>	<b>105</b>	ZIELONY PELIKAN	M30	201	00:02:04	<b>00:30:24.50</b>	<b>00:32:29.15</b>	+00:14:06 (46.4%)	6:05	9.9 (53.8%)
823	<b>ANDRZEJEWSKA Asia</b>	<b>218</b>		K40	60	00:00:19	<b>00:30:24.55</b>	<b>00:30:44.40</b>	+00:14:06 (46.4%)	6:05	9.9 (53.8%)
823	<b>WALKOWIAK Rafał</b>	<b>431</b>		M20	101	00:00:55	<b>00:30:24.55</b>	<b>00:31:19.80</b>	+00:14:06 (46.4%)	6:04	9.9 (53.8%)
825	<b>ANDRZEJEWSKI Paweł</b>	<b>221</b>		M40	168	00:00:19	<b>00:30:25.00</b>	<b>00:30:44.60</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
826	<b>PIOTROWSKI Grzegorz</b>	<b>1120</b>		M20	102	00:02:06	<b>00:30:25.30</b>	<b>00:32:31.75</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
826	<b>ŻAK Marta</b>	<b>972</b>		K20	64	00:00:59	<b>00:30:25.30</b>	<b>00:31:24.65</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
828	<b>SZCZĘSNY Arkadiusz</b>	<b>1275</b>	DYNAMO SKARPA	M40	169	00:01:50	<b>00:30:25.55</b>	<b>00:32:15.80</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
828	<b>RATAJ Szymon</b>	<b>219</b>		M10	34	00:01:27	<b>00:30:25.55</b>	<b>00:31:53.15</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
830	<b>SENDEL Sebastian</b>	<b>182</b>		M30	202	00:01:33	<b>00:30:25.80</b>	<b>00:31:59.30</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
831	<b>GRZYWACZ Karolina</b>	<b>175</b>		K30	97	00:00:48	<b>00:30:26.60</b>	<b>00:31:15.45</b>	+00:14:08 (46.5%)	6:05	9.9 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
832	KOWALIK Ania	1015		K20	65	00:00:16	00:30:27.05	00:30:43.55	+00:14:09 (46.5%)	6:05	9.9 (53.8%)
833	GIZIŃSKA Aleksandra	433		K20	66	00:00:55	00:30:27.20	00:31:22.55	+00:14:09 (46.5%)	6:05	9.9 (53.8%)
834	SZARGAN Magda	689		K20	67	00:01:25	00:30:27.25	00:31:52.75	+00:14:09 (46.5%)	6:05	9.9 (53.8%)
835	PECHE Marek	963	KLUBZDROWIA 24H	M30	203	00:01:15	00:30:29.00	00:31:44.45	+00:14:11 (46.5%)	6:05	9.8 (53.3%)
836	WYCZLING Piotr	1363	INNOVAD TEAM	M40	170	00:00:41	00:30:29.25	00:31:10.45	+00:14:11 (46.5%)	6:05	9.8 (53.3%)
837	ŚLADEWSKI Rafał	208		M30	204	00:00:22	00:30:29.40	00:30:51.50	+00:14:11 (46.5%)	6:05	9.8 (53.3%)
838	ADAMCZAK Ewa	1351		K30	98	00:00:41	00:30:29.60	00:31:10.75	+00:14:11 (46.6%)	6:05	9.8 (53.3%)
839	WYCZLING Agnieszka	1364	INNOVAD TEAM	K30	99	00:00:40	00:30:30.15	00:31:10.50	+00:14:12 (46.6%)	6:06	9.8 (53.3%)
840	KARWECKA Natalia	633		K20	68	00:01:45	00:30:31.35	00:32:16.45	+00:14:13 (46.6%)	6:06	9.8 (53.3%)
841	KACZOROWSKI Bartosz	748		M20	103	00:01:33	00:30:31.95	00:32:05.90	+00:14:14 (46.6%)	6:06	9.8 (53.3%)
842	KNIOŁA Lucyna	1206		K50	12	00:00:28	00:30:32.20	00:31:01.05	+00:14:14 (46.6%)	6:06	9.8 (53.3%)
842	CZUBKOWSKI Sebastian	936	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	205	00:01:55	00:30:32.20	00:32:28.15	+00:14:14 (46.6%)	6:06	9.8 (53.3%)
844	BINKOWSKA Ewelina	933		K40	61	00:01:55	00:30:33.30	00:32:28.45	+00:14:15 (46.7%)	6:06	9.8 (53.3%)
845	PRZEWOŹNIAK Marta	285	TRI FAMILY	K20	69	00:00:50	00:30:33.90	00:31:23.90	+00:14:16 (46.7%)	6:06	9.8 (53.3%)
846	DOBOSIEWICZ Anna Maria	88	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA IM.KLEMENSA BINIAKOWSKIEGO	K20	70	00:01:45	00:30:34.90	00:32:20.65	+00:14:17 (46.7%)	6:07	9.8 (53.3%)
847	SZETELA Łukasz	670		M20	104	00:01:21	00:30:35.00	00:31:56.60	+00:14:17 (46.7%)	6:07	9.8 (53.3%)
848	RATAJ Maciej	217		M40	171	00:01:27	00:30:35.45	00:32:02.80	+00:14:17 (46.7%)	6:07	9.8 (53.3%)
849	BACH Bartłomiej	89		M20	105	00:01:44	00:30:36.00	00:32:20.85	+00:14:18 (46.7%)	6:07	9.8 (53.3%)
850	PRZEWOŹNIAK Rafał	284	TRI FAMILY	M20	106	00:00:47	00:30:36.85	00:31:23.85	+00:14:19 (46.8%)	6:07	9.8 (53.3%)
851	MAKOWSKI Tomasz	347		M30	206	00:01:54	00:30:37.05	00:32:31.05	+00:14:19 (46.8%)	6:07	9.8 (53.3%)
852	GONCERZEWICZ Katarzyna	388		K30	100	00:01:53	00:30:37.85	00:32:30.90	+00:14:20 (46.8%)	6:07	9.8 (53.3%)
853	ŻUCHELKOWSKA Agata	178		K30	101	00:01:33	00:30:37.90	00:32:11.05	+00:14:20 (46.8%)	6:07	9.8 (53.3%)
854	PESTKA Anna	304		K30	102	00:01:43	00:30:38.20	00:32:21.75	+00:14:20 (46.8%)	6:07	9.8 (53.3%)
855	SZOPINSKA Justyna	1044		M30	207	00:01:51	00:30:38.90	00:32:30.05	+00:14:21 (46.8%)	6:07	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
855	BALCERZAK Daniel	1260	SPORTOWY ZARZĄD	M20	107	00:01:09	00:30:38.90	00:31:48.05	+00:14:21 (46.8%)	6:07	9.8 (53.3%)
857	SZOPIŃSKI Wojtek	1403		M30	208	00:01:50	00:30:39.40	00:32:30.15	+00:14:21 (46.8%)	6:08	9.8 (53.3%)
858	KAŹMIERCZAK Aleksandra	379		K40	62	00:01:10	00:30:39.90	00:31:50.30	+00:14:22 (46.9%)	6:08	9.8 (53.3%)
859	KRETOWICZ Piotr	357		M20	108	00:01:22	00:30:40.05	00:32:02.10	+00:14:22 (46.9%)	6:08	9.8 (53.3%)
860	RATAJCZAK Marcel	319		M10	35	00:01:28	00:30:40.10	00:32:08.95	+00:14:22 (46.9%)	6:08	9.8 (53.3%)
861	SOBOTA Beata	40		K40	63	00:01:08	00:30:40.90	00:31:49.10	+00:14:23 (46.9%)	6:08	9.8 (53.3%)
862	LESZCZYŃSKI Bartosz	1276		M20	109	00:01:38	00:30:41.00	00:32:19.65	+00:14:23 (46.9%)	6:08	9.8 (53.3%)
863	KONIECZNA Alicja	1266		K20	71	00:01:37	00:30:41.50	00:32:19.45	+00:14:23 (46.9%)	6:08	9.8 (53.3%)
864	SKIBIŃSKI Sebastian	1129		M30	209	00:01:57	00:30:41.55	00:32:38.85	+00:14:23 (46.9%)	6:08	9.8 (53.3%)
865	SZOŁDRA Marta	867	WPL	K20	72	00:01:45	00:30:42.10	00:32:27.25	+00:14:24 (46.9%)	6:08	9.8 (53.3%)
866	PIECYK-CZAJA Sonia	99		K40	64	00:02:07	00:30:42.95	00:32:49.95	+00:14:25 (46.9%)	6:08	9.8 (53.3%)
867	BARCIKOWSKA Weronika	1294		K20	73	00:01:20	00:30:43.95	00:32:03.95	+00:14:26 (47.0%)	6:08	9.8 (53.3%)
868	BALCERZAK Dorota	761	BBL INOWROCŁAW	K50	13	00:01:07	00:30:44.10	00:31:51.80	+00:14:26 (47.0%)	6:08	9.8 (53.3%)
869	WOŹNIACKA Beata	550	FUNDACJA JEKO / AZYL DLA JEŻY	K50	14	00:00:30	00:30:44.50	00:31:15.45	+00:14:26 (47.0%)	6:09	9.8 (53.3%)
870	HOMZA Mateusz	575		M30	210	00:01:28	00:30:45.55	00:32:13.60	+00:14:27 (47.0%)	6:09	9.8 (53.3%)
871	CHŁYSTEK Joanna	571		K20	74	00:01:28	00:30:45.80	00:32:13.95	+00:14:27 (47.0%)	6:09	9.8 (53.3%)
872	GOGOLEWSKI Adam	549		M30	211	00:01:41	00:30:47.70	00:32:29.55	+00:14:29 (47.1%)	6:09	9.7 (52.7%)
873	OWCZARSKA Bożena	647		K50	15	00:01:38	00:30:47.85	00:32:25.85	+00:14:30 (47.1%)	6:09	9.7 (52.7%)
874	BRZOZOWSKI Krzysztof	170		M30	212	00:01:36	00:30:47.95	00:32:24.50	+00:14:30 (47.1%)	6:09	9.7 (52.7%)
875	RUTKOWSKA Weronika	601		K20	75	00:01:29	00:30:49.00	00:32:18.00	+00:14:31 (47.1%)	6:09	9.7 (52.7%)
876	KIRCHHOFF Klaudia	551		K20	76	00:01:42	00:30:49.30	00:32:31.75	+00:14:31 (47.1%)	6:09	9.7 (52.7%)
877	GRAJKOWSKI Julian	1238	J&D&J	M30	213	00:02:05	00:30:49.65	00:32:54.90	+00:14:31 (47.1%)	6:09	9.7 (52.7%)
878	JOPPEK Jolanta	1239		K30	103	00:02:04	00:30:49.95	00:32:54.90	+00:14:32 (47.1%)	6:10	9.7 (52.7%)
879	LIWOCH Grzegorz	46		M50	50	00:01:54	00:30:50.00	00:32:44.55	+00:14:32 (47.1%)	6:10	9.7 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
880	<b>OKRĘGLICKI Antoni</b>	<b>51</b>	RUN PASJA	M60	14	00:00:10	<b>00:30:50.05</b>	<b>00:31:00.70</b>	+00:14:32 (47.1%)	6:10	9.7 (52.7%)
881	<b>RUTKOWSKA Natalia</b>	<b>958</b>		K20	77	00:01:28	<b>00:30:50.45</b>	<b>00:32:19.10</b>	+00:14:32 (47.2%)	6:10	9.7 (52.7%)
882	<b>GABEŃSKA Daria</b>	<b>1237</b>	J&D&J	K30	104	00:02:04	<b>00:30:50.50</b>	<b>00:32:55.05</b>	+00:14:32 (47.2%)	6:10	9.7 (52.7%)
883	<b>MALUDZIŃSKA Aleksandra</b>	<b>916</b>		K30	105	00:01:11	<b>00:30:50.65</b>	<b>00:32:02.40</b>	+00:14:32 (47.2%)	6:10	9.7 (52.7%)
884	<b>TOKARSKA Alicja</b>	<b>146</b>	VEGE RUNNERS	K30	106	00:01:22	<b>00:30:51.45</b>	<b>00:32:13.95</b>	+00:14:33 (47.2%)	6:10	9.7 (52.7%)
885	<b>MURAWKA Łukasz</b>	<b>726</b>		M30	214	00:00:49	<b>00:30:51.55</b>	<b>00:31:40.70</b>	+00:14:33 (47.2%)	6:10	9.7 (52.7%)
886	<b>MICHALSKI Piotr</b>	<b>414</b>		M20	110	00:02:07	<b>00:30:51.95</b>	<b>00:32:59.55</b>	+00:14:34 (47.2%)	6:10	9.7 (52.7%)
887	<b>WESOŁOWSKA Klaudia</b>	<b>114</b>		K20	78	00:01:34	<b>00:30:52.70</b>	<b>00:32:27.45</b>	+00:14:34 (47.2%)	6:10	9.7 (52.7%)
888	<b>GROBELNY Michał</b>	<b>61</b>		M20	111	00:01:07	<b>00:30:54.15</b>	<b>00:32:01.65</b>	+00:14:36 (47.3%)	6:10	9.7 (52.7%)
889	<b>GROBELNA Ida</b>	<b>59</b>		K20	79	00:01:06	<b>00:30:54.80</b>	<b>00:32:01.55</b>	+00:14:36 (47.3%)	6:11	9.7 (52.7%)
890	<b>MICHNIEWICZ Małgorzata</b>	<b>330</b>		M40	172	00:00:43	<b>00:30:55.00</b>	<b>00:31:38.45</b>	+00:14:37 (47.3%)	6:11	9.7 (52.7%)
891	<b>ÇIKAR Engin</b>	<b>1230</b>	GALATASARAY SK	M20	112	00:01:17	<b>00:30:56.00</b>	<b>00:32:13.50</b>	+00:14:38 (47.3%)	6:11	9.7 (52.7%)
891	<b>POKORSKI Adam</b>	<b>1101</b>		M20	113	00:01:56	<b>00:30:56.00</b>	<b>00:32:52.50</b>	+00:14:38 (47.3%)	6:11	9.7 (52.7%)
893	<b>ASTERIOU Zoi</b>	<b>1242</b>		K18	3	00:01:19	<b>00:30:57.10</b>	<b>00:32:16.85</b>	+00:14:39 (47.3%)	6:11	9.7 (52.7%)
893	<b>MAĆKOWSKA Agnieszka</b>	<b>794</b>		K30	107	00:00:56	<b>00:30:57.10</b>	<b>00:31:53.50</b>	+00:14:39 (47.3%)	6:11	9.7 (52.7%)
895	<b>PIOTROWSKI Sławomir</b>	<b>1076</b>		M40	173	00:02:05	<b>00:30:58.30</b>	<b>00:33:03.55</b>	+00:14:40 (47.4%)	6:11	9.7 (52.7%)
896	<b>CYGOWSKI Paweł</b>	<b>1066</b>		M40	174	00:00:57	<b>00:30:58.85</b>	<b>00:31:56.35</b>	+00:14:41 (47.4%)	6:11	9.7 (52.7%)
897	<b>CHLEBKOVÁ Judita</b>	<b>567</b>		K30	108	00:01:40	<b>00:30:59.35</b>	<b>00:32:39.35</b>	+00:14:41 (47.4%)	6:11	9.7 (52.7%)
898	<b>KROLL Agnieszka</b>	<b>624</b>	RUN BYDGOSZCZ	K20	80	00:00:36	<b>00:31:00.00</b>	<b>00:31:36.30</b>	+00:14:42 (47.4%)	6:12	9.7 (52.7%)
899	<b>ERDMANN Agnieszka</b>	<b>478</b>		K40	65	00:00:59	<b>00:31:00.55</b>	<b>00:31:59.60</b>	+00:14:42 (47.4%)	6:12	9.7 (52.7%)
900	<b>CIERŻNICKI Zbigniew</b>	<b>1010</b>	TKKF KOLEJARZ	M50	51	00:02:11	<b>00:31:01.70</b>	<b>00:33:12.85</b>	+00:14:43 (47.5%)	6:12	9.7 (52.7%)
901	<b>TOMASZEK Sebastian</b>	<b>1156</b>		M40	175	00:00:40	<b>00:31:01.75</b>	<b>00:31:42.35</b>	+00:14:43 (47.5%)	6:12	9.7 (52.7%)
902	<b>JANUSZKIEWICZ Kornelia</b>	<b>295</b>	WATAHA BYDGOSZCZ	K30	109	00:02:08	<b>00:31:02.50</b>	<b>00:33:10.85</b>	+00:14:44 (47.5%)	6:12	9.7 (52.7%)
903	<b>KRYSIAK Aleksandra</b>	<b>336</b>	WATAHA BYDGOSZCZ	K50	16	00:02:08	<b>00:31:02.60</b>	<b>00:33:11.15</b>	+00:14:44 (47.5%)	6:12	9.7 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
904	<b>KOZAKIEWICZ Marcin</b>	<b>136</b>		M40	176	00:01:12	<b>00:31:04.40</b>	<b>00:32:17.35</b>	+00:14:46 (47.6%)	6:13	9.7 (52.7%)
905	<b>KOWALSKA Agata</b>	<b>517</b>		K20	81	00:01:03	<b>00:31:05.75</b>	<b>00:32:08.85</b>	+00:14:47 (47.6%)	6:13	9.7 (52.7%)
906	<b>GRACZYK Dawid</b>	<b>877</b>		M20	114	00:00:33	<b>00:31:07.60</b>	<b>00:31:41.05</b>	+00:14:49 (47.6%)	6:13	9.6 (52.2%)
907	<b>PAWLAK Magdalena</b>	<b>1241</b>		K30	110	00:00:38	<b>00:31:08.70</b>	<b>00:31:47.05</b>	+00:14:50 (47.7%)	6:13	9.6 (52.2%)
908	<b>PECHE Aleksandra</b>	<b>964</b>	KLUBZDROWIA 24H	K30	111	00:01:14	<b>00:31:08.75</b>	<b>00:32:23.50</b>	+00:14:50 (47.7%)	6:13	9.6 (52.2%)
909	<b>JAŹDŹEWSKA Nadia</b>	<b>895</b>		K10	17	00:01:13	<b>00:31:08.95</b>	<b>00:32:22.75</b>	+00:14:51 (47.7%)	6:13	9.6 (52.2%)
910	<b>KRYCH Alicja</b>	<b>1361</b>		K30	112	00:00:39	<b>00:31:10.65</b>	<b>00:31:50.25</b>	+00:14:52 (47.7%)	6:14	9.6 (52.2%)
911	<b>MICKIEWICZ Barbara</b>	<b>402</b>		K40	66	00:00:50	<b>00:31:10.70</b>	<b>00:32:00.75</b>	+00:14:52 (47.7%)	6:14	9.6 (52.2%)
912	<b>PIK Aleksandra</b>	<b>1181</b>		K18	4	00:01:41	<b>00:31:11.75</b>	<b>00:32:52.75</b>	+00:14:53 (47.8%)	6:14	9.6 (52.2%)
913	<b>WÓJCIK Anna</b>	<b>37</b>		K30	113	00:00:32	<b>00:31:11.80</b>	<b>00:31:44.25</b>	+00:14:53 (47.8%)	6:14	9.6 (52.2%)
914	<b>DANIELEK Piotr</b>	<b>909</b>		M40	177	00:01:13	<b>00:31:12.05</b>	<b>00:32:25.25</b>	+00:14:54 (47.8%)	6:14	9.6 (52.2%)
915	<b>MALINOWSKI Miłosz</b>	<b>789</b>		M20	115	00:01:52	<b>00:31:12.15</b>	<b>00:33:04.50</b>	+00:14:54 (47.8%)	6:14	9.6 (52.2%)
916	<b>CZARNECKI Marek</b>	<b>568</b>		M40	178	00:00:34	<b>00:31:13.85</b>	<b>00:31:48.50</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
917	<b>GUZIŃSKI Mateusz</b>	<b>902</b>		M20	116	00:01:50	<b>00:31:14.35</b>	<b>00:33:04.80</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
918	<b>PIECHOCIŃSKI Jarosław</b>	<b>1278</b>		M60	15	00:00:49	<b>00:31:14.40</b>	<b>00:32:03.95</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
919	<b>CZARNECKA Natalia</b>	<b>1164</b>		K20	82	00:00:34	<b>00:31:14.45</b>	<b>00:31:48.50</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
920	<b>KUŹBA Karolina</b>	<b>875</b>		K20	83	00:01:30	<b>00:31:17.95</b>	<b>00:32:48.40</b>	+00:15:00 (47.9%)	6:15	9.6 (52.2%)
921	<b>CIESIELSKA Agnieszka</b>	<b>1131</b>		K30	114	00:01:50	<b>00:31:18.40</b>	<b>00:33:08.55</b>	+00:15:00 (47.9%)	6:15	9.6 (52.2%)
922	<b>NOWICKA Marta</b>	<b>1277</b>	NIGHT RUNNERS	K30	115	00:01:20	<b>00:31:21.80</b>	<b>00:32:42.35</b>	+00:15:03 (48.0%)	6:16	9.6 (52.2%)
923	<b>NIEMCZEWSKA Zofia</b>	<b>1094</b>	ŁABISZYN RUNNERS	K30	116	00:01:10	<b>00:31:22.10</b>	<b>00:32:32.65</b>	+00:15:04 (48.0%)	6:16	9.6 (52.2%)
924	<b>DRESLERSKA Agnieszka</b>	<b>273</b>		K30	117	00:00:49	<b>00:31:24.00</b>	<b>00:32:13.15</b>	+00:15:06 (48.1%)	6:16	9.6 (52.2%)
925	<b>GRUŹEWSKI Jarosław</b>	<b>816</b>		M30	215	00:01:31	<b>00:31:24.55</b>	<b>00:32:56.00</b>	+00:15:06 (48.1%)	6:17	9.5 (51.6%)
926	<b>GRUŹEWSKA Justyna</b>	<b>815</b>		K30	118	00:01:31	<b>00:31:24.80</b>	<b>00:32:56.15</b>	+00:15:06 (48.1%)	6:17	9.5 (51.6%)
927	<b>SARNECKA Małgorzata</b>	<b>1210</b>		K40	67	00:01:19	<b>00:31:27.60</b>	<b>00:32:47.55</b>	+00:15:09 (48.2%)	6:17	9.5 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
927	<b>LEWANDOWSKA Magdalena</b>	<b>1211</b>		K30	119	00:01:19	<b>00:31:27.60</b>	<b>00:32:47.50</b>	+00:15:09 (48.2%)	6:17	9.5 (51.6%)
929	<b>RATKE Kamil</b>	<b>1132</b>		M30	216	00:00:55	<b>00:31:27.70</b>	<b>00:32:23.25</b>	+00:15:09 (48.2%)	6:17	9.5 (51.6%)
930	<b>SIEROCKI Mikołaj</b>	<b>228</b>		M20	117	00:00:32	<b>00:31:30.15</b>	<b>00:32:02.80</b>	+00:15:12 (48.3%)	6:18	9.5 (51.6%)
931	<b>CHUDECKA Beata</b>	<b>608</b>		K40	68	00:01:26	<b>00:31:31.85</b>	<b>00:32:58.25</b>	+00:15:14 (48.3%)	6:18	9.5 (51.6%)
932	<b>AWIZEN Antoni</b>	<b>1060</b>	MYSLIWY	M60	16	00:00:06	<b>00:31:32.30</b>	<b>00:31:38.75</b>	+00:15:14 (48.3%)	6:18	9.5 (51.6%)
933	<b>SAMUL Ewa</b>	<b>506</b>		K30	120	00:01:57	<b>00:31:32.45</b>	<b>00:33:30.05</b>	+00:15:14 (48.3%)	6:18	9.5 (51.6%)
934	<b>SERAP Sinem</b>	<b>1214</b>		M30	217	00:01:19	<b>00:31:32.65</b>	<b>00:32:52.00</b>	+00:15:14 (48.3%)	6:18	9.5 (51.6%)
935	<b>KULEWICZ Natalia</b>	<b>1341</b>		K20	84	00:01:35	<b>00:31:33.75</b>	<b>00:33:09.35</b>	+00:15:15 (48.4%)	6:18	9.5 (51.6%)
936	<b>ARENDETT Marlena</b>	<b>71</b>		K40	69	00:00:41	<b>00:31:33.85</b>	<b>00:32:15.55</b>	+00:15:16 (48.4%)	6:18	9.5 (51.6%)
937	<b>MIKOŁAJCZAK Magdalena</b>	<b>699</b>		K40	70	00:00:06	<b>00:31:34.10</b>	<b>00:31:40.55</b>	+00:15:16 (48.4%)	6:18	9.5 (51.6%)
938	<b>BIAŁOBŁOCKI Mariusz</b>	<b>1382</b>		M20	118	00:00:51	<b>00:31:34.25</b>	<b>00:32:26.05</b>	+00:15:16 (48.4%)	6:19	9.5 (51.6%)
939	<b>TUBISZ Dawid</b>	<b>1397</b>	NONE	M20	119	00:01:20	<b>00:31:35.75</b>	<b>00:32:56.55</b>	+00:15:17 (48.4%)	6:19	9.5 (51.6%)
940	<b>MROTEK Michał</b>	<b>1078</b>	QUAPRO TEAM	M40	179	00:01:33	<b>00:31:36.35</b>	<b>00:33:09.55</b>	+00:15:18 (48.4%)	6:19	9.5 (51.6%)
941	<b>KUBIAK Tomasz</b>	<b>1381</b>		M60	17	00:00:22	<b>00:31:36.90</b>	<b>00:31:59.80</b>	+00:15:19 (48.5%)	6:19	9.5 (51.6%)
942	<b>CHMARA Marzenna</b>	<b>1457</b>		K50	17	00:01:32	<b>00:31:37.15</b>	<b>00:33:09.85</b>	+00:15:19 (48.5%)	6:19	9.5 (51.6%)
943	<b>ŚMIELIŃSKA Nina</b>	<b>1311</b>		K20	85	00:00:32	<b>00:31:37.40</b>	<b>00:32:10.35</b>	+00:15:19 (48.5%)	6:19	9.5 (51.6%)
944	<b>KALISZEWSKA Agnieszka</b>	<b>578</b>		K30	121	00:00:47	<b>00:31:40.30</b>	<b>00:32:27.80</b>	+00:15:22 (48.5%)	6:20	9.5 (51.6%)
945	<b>ZIELIŃSKA Dorota</b>	<b>160</b>		K40	71	00:00:37	<b>00:31:41.20</b>	<b>00:32:18.50</b>	+00:15:23 (48.6%)	6:20	9.5 (51.6%)
946	<b>MEGER Agnieszka</b>	<b>599</b>		K40	72	00:01:18	<b>00:31:42.60</b>	<b>00:33:01.20</b>	+00:15:24 (48.6%)	6:20	9.5 (51.6%)
947	<b>ZAMIATOWSKA Kinga</b>	<b>509</b>	BELLA LINE BDG	K40	73	00:01:17	<b>00:31:44.30</b>	<b>00:33:01.40</b>	+00:15:26 (48.7%)	6:20	9.5 (51.6%)
948	<b>SKRZĄTEK Anna</b>	<b>937</b>		K40	74	00:01:16	<b>00:31:45.05</b>	<b>00:33:01.45</b>	+00:15:27 (48.7%)	6:21	9.4 (51.1%)
949	<b>SAWIEŁAJC Michał</b>	<b>1399</b>		M40	180	00:00:32	<b>00:31:45.35</b>	<b>00:32:18.00</b>	+00:15:27 (48.7%)	6:21	9.4 (51.1%)
950	<b>DĘBCZYŃSKA Agnieszka</b>	<b>407</b>	DOBRY KLIMAT	K40	75	00:01:53	<b>00:31:46.00</b>	<b>00:33:39.45</b>	+00:15:28 (48.7%)	6:21	9.4 (51.1%)
951	<b>BRAĞIEL Anna</b>	<b>1026</b>	VEGE RUNNERS	K30	122	00:01:36	<b>00:31:46.10</b>	<b>00:33:22.35</b>	+00:15:28 (48.7%)	6:21	9.4 (51.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
952	<b>KLINIKOWSKI Jacek</b>	<b>658</b>	KOCHAM ZYCIE I...	M50	52	00:00:21	<b>00:31:46.95</b>	<b>00:32:08.45</b>	+00:15:29 (48.7%)	6:21	9.4 (51.1%)
953	<b>POGORZELSKA Bogusia</b>	<b>1490</b>		K40	76	00:00:19	<b>00:31:48.85</b>	<b>00:32:08.30</b>	+00:15:31 (48.8%)	6:21	9.4 (51.1%)
954	<b>WRZESIŃSKA Katarzyna</b>	<b>1300</b>		K20	86	00:01:36	<b>00:31:50.05</b>	<b>00:33:26.20</b>	+00:15:32 (48.8%)	6:22	9.4 (51.1%)
955	<b>GÓRALEWSKA Dominika</b>	<b>257</b>		K20	87	00:00:37	<b>00:31:51.50</b>	<b>00:32:28.85</b>	+00:15:33 (48.8%)	6:22	9.4 (51.1%)
956	<b>WIŚNIEWSKI Grzegorz</b>	<b>1444</b>		M30	218	00:01:16	<b>00:31:51.75</b>	<b>00:33:07.85</b>	+00:15:33 (48.9%)	6:22	9.4 (51.1%)
957	<b>JABŁONKA Marta</b>	<b>425</b>		K20	88	00:01:38	<b>00:31:52.05</b>	<b>00:33:30.90</b>	+00:15:34 (48.9%)	6:22	9.4 (51.1%)
958	<b>CIŻMOWSKA Anna</b>	<b>246</b>		K30	123	00:00:35	<b>00:31:53.65</b>	<b>00:32:29.35</b>	+00:15:35 (48.9%)	6:22	9.4 (51.1%)
959	<b>SŁOWIŃSKA Marta</b>	<b>1359</b>		K30	124	00:01:05	<b>00:31:53.70</b>	<b>00:32:59.25</b>	+00:15:35 (48.9%)	6:22	9.4 (51.1%)
960	<b>DEMBEK Maciej</b>	<b>364</b>	LOSKUMPLOS	M20	120	00:01:10	<b>00:31:55.15</b>	<b>00:33:05.55</b>	+00:15:37 (48.9%)	6:23	9.4 (51.1%)
961	<b>DEMBEK Magdalena</b>	<b>424</b>		K30	125	00:01:09	<b>00:31:55.80</b>	<b>00:33:05.40</b>	+00:15:37 (49.0%)	6:23	9.4 (51.1%)
962	<b>PAPROCKA Małgosia</b>	<b>710</b>		K50	18	00:00:46	<b>00:31:56.00</b>	<b>00:32:42.00</b>	+00:15:38 (49.0%)	6:23	9.4 (51.1%)
963	<b>KRUK Anna</b>	<b>377</b>		K40	77	00:01:12	<b>00:31:56.75</b>	<b>00:33:08.90</b>	+00:15:38 (49.0%)	6:23	9.4 (51.1%)
964	<b>GACKOWSKI Edward</b>	<b>1250</b>	BYDGOSZCZ NA START	M60	18	00:01:01	<b>00:31:56.80</b>	<b>00:32:58.50</b>	+00:15:38 (49.0%)	6:23	9.4 (51.1%)
965	<b>WŁOSIŃSKA Paulina</b>	<b>591</b>		K20	89	00:01:12	<b>00:31:58.60</b>	<b>00:33:10.65</b>	+00:15:40 (49.0%)	6:23	9.4 (51.1%)
966	<b>KAŻMIERCZAK Monika</b>	<b>666</b>		K30	126	00:01:26	<b>00:31:58.85</b>	<b>00:33:25.45</b>	+00:15:41 (49.0%)	6:23	9.4 (51.1%)
967	<b>ŁABĘCKI Kordian</b>	<b>263</b>		M20	121	00:01:53	<b>00:31:59.45</b>	<b>00:33:52.85</b>	+00:15:41 (49.1%)	6:23	9.4 (51.1%)
968	<b>MAZUR Krzysztof</b>	<b>741</b>	BIEGAJ Z DĘBAMI	M60	19	00:00:28	<b>00:31:59.70</b>	<b>00:32:28.65</b>	+00:15:41 (49.1%)	6:24	9.4 (51.1%)
969	<b>ZDUNKIEWICZ Filip</b>	<b>660</b>		M10	36	00:02:01	<b>00:32:00.75</b>	<b>00:34:01.90</b>	+00:15:42 (49.1%)	6:24	9.4 (51.1%)
970	<b>LEWANDOWSKA Piotr</b>	<b>466</b>		M40	181	00:01:45	<b>00:32:01.05</b>	<b>00:33:46.50</b>	+00:15:43 (49.1%)	6:24	9.4 (51.1%)
971	<b>STELMASZEK Patryk</b>	<b>672</b>		M10	37	00:02:02	<b>00:32:01.25</b>	<b>00:34:03.35</b>	+00:15:43 (49.1%)	6:24	9.4 (51.1%)
972	<b>JASIAK Joanna</b>	<b>923</b>		K30	127	00:01:32	<b>00:32:01.95</b>	<b>00:33:34.55</b>	+00:15:44 (49.1%)	6:24	9.4 (51.1%)
973	<b>MAKOWSKA Justyna</b>	<b>976</b>	TASAK TEAM	K40	78	00:01:24	<b>00:32:02.40</b>	<b>00:33:27.35</b>	+00:15:44 (49.1%)	6:24	9.4 (51.1%)
973	<b>STEFAŃSKA Wiesława</b>	<b>751</b>		K30	128	00:02:01	<b>00:32:02.40</b>	<b>00:34:03.50</b>	+00:15:44 (49.1%)	6:24	9.4 (51.1%)
975	<b>ZDUNKIEWICZ Marcin</b>	<b>661</b>		M30	219	00:02:01	<b>00:32:03.35</b>	<b>00:34:04.80</b>	+00:15:45 (49.2%)	6:24	9.4 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
976	JAWORSKI Daniel	187		M20	122	00:00:41	00:32:04.20	00:32:46.10	+00:15:46 (49.2%)	6:25	9.4 (51.1%)
977	ZDUNKIEWICZ Hanna	659		K30	129	00:02:02	00:32:04.25	00:34:07.10	+00:15:46 (49.2%)	6:25	9.4 (51.1%)
978	LEWANDOWSKA Beata	467		K40	79	00:01:42	00:32:04.35	00:33:46.55	+00:15:46 (49.2%)	6:24	9.4 (51.1%)
979	STACHEWICZ Sławomir	1007		M40	182	00:00:22	00:32:05.45	00:32:28.05	+00:15:47 (49.2%)	6:25	9.3 (50.5%)
980	RADZIŃSKA Joanna	366	EXIMO EXTREME TEAM	K30	130	00:01:37	00:32:05.80	00:33:43.75	+00:15:47 (49.2%)	6:25	9.3 (50.5%)
981	RADZIEJEWSKA Grażyna	531		K50	19	00:01:13	00:32:06.25	00:33:20.10	+00:15:48 (49.2%)	6:25	9.3 (50.5%)
982	GŁOWACKA Daria	1268		K30	131	00:01:32	00:32:06.35	00:33:38.35	+00:15:48 (49.2%)	6:25	9.3 (50.5%)
983	KURKUS Kamila	1401		K20	90	00:00:52	00:32:06.55	00:32:59.10	+00:15:48 (49.2%)	6:25	9.3 (50.5%)
984	KRYSZAK Maria	1068		K20	91	00:00:51	00:32:06.95	00:32:58.20	+00:15:49 (49.3%)	6:25	9.3 (50.5%)
985	KOWALSKA Irena	851		K60	5	00:00:48	00:32:08.00	00:32:56.55	+00:15:50 (49.3%)	6:25	9.3 (50.5%)
986	LUBIENIECKA Aleksandra	986		K20	92	00:00:58	00:32:08.50	00:33:07.35	+00:15:50 (49.3%)	6:25	9.3 (50.5%)
987	KATLEWSKA Marika	700		K30	132	00:01:38	00:32:08.70	00:33:47.30	+00:15:50 (49.3%)	6:25	9.3 (50.5%)
988	KATLEWSKI Marcin	702		M30	220	00:01:38	00:32:09.15	00:33:47.40	+00:15:51 (49.3%)	6:25	9.3 (50.5%)
989	NOSKOWIAK-BAJNO Alicja	185		K40	80	00:01:45	00:32:11.65	00:33:57.40	+00:15:53 (49.4%)	6:26	9.3 (50.5%)
990	BŁASZKIEWICZ Marzena	310	CHOŁE KLÓLIKI	K40	81	00:01:46	00:32:11.85	00:33:57.85	+00:15:54 (49.4%)	6:26	9.3 (50.5%)
991	PIEKARZ Sławek	1284		M20	123	00:01:58	00:32:12.10	00:34:10.60	+00:15:54 (49.4%)	6:26	9.3 (50.5%)
992	KACZYŃSKI Rafał	305		M30	221	00:01:45	00:32:12.30	00:33:57.45	+00:15:54 (49.4%)	6:26	9.3 (50.5%)
993	KILIŃSKA Magdalena	193	HELIX POMATIA	K30	133	00:00:40	00:32:13.20	00:32:54.05	+00:15:55 (49.4%)	6:26	9.3 (50.5%)
994	MARCHLEWSKA Dorota	512		K40	82	00:00:48	00:32:13.50	00:33:02.40	+00:15:55 (49.4%)	6:26	9.3 (50.5%)
995	ORŁOWSKA Katarzyna	510		K50	20	00:00:48	00:32:14.50	00:33:02.75	+00:15:56 (49.5%)	6:26	9.3 (50.5%)
996	BANASIK Marcin	1334	WPL	M20	124	00:01:44	00:32:15.65	00:33:59.95	+00:15:57 (49.5%)	6:27	9.3 (50.5%)
997	RYBCZYŃSKI Grzegorz	756		M20	125	00:01:33	00:32:16.70	00:33:50.10	+00:15:58 (49.5%)	6:27	9.3 (50.5%)
998	WUDNIAK Agnieszka	417		K40	83	00:00:17	00:32:17.75	00:32:34.95	+00:15:59 (49.5%)	6:27	9.3 (50.5%)
999	MICHAŁOWSKI Krzysztof	1435		M40	183	00:01:54	00:32:17.85	00:34:12.55	+00:16:00 (49.5%)	6:27	9.3 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1000	<b>KOCZOROWSKA Kamila</b>	<b>190</b>		K30	134	00:00:30	<b>00:32:18.10</b>	<b>00:32:48.95</b>	+00:16:00 (49.5%)	6:27	9.3 (50.5%)
1001	<b>LICA Ewa</b>	<b>1034</b>		K40	84	00:01:09	<b>00:32:19.40</b>	<b>00:33:29.00</b>	+00:16:01 (49.6%)	6:28	9.3 (50.5%)
1002	<b>TRUŚ Karolina</b>	<b>1362</b>		K30	135	00:01:38	<b>00:32:20.00</b>	<b>00:33:58.60</b>	+00:16:02 (49.6%)	6:28	9.3 (50.5%)
1003	<b>ZAWADZKI Wojciech</b>	<b>1032</b>		M40	184	00:01:09	<b>00:32:20.20</b>	<b>00:33:29.55</b>	+00:16:02 (49.6%)	6:28	9.3 (50.5%)
1004	<b>BALCERZAK - DANILEWICZ Katarzyna</b>	<b>370</b>		K30	136	00:01:46	<b>00:32:21.00</b>	<b>00:34:07.30</b>	+00:16:03 (49.6%)	6:28	9.3 (50.5%)
1005	<b>KUJAWA Magdalena</b>	<b>1366</b>		K30	137	00:01:09	<b>00:32:21.55</b>	<b>00:33:30.70</b>	+00:16:03 (49.6%)	6:28	9.3 (50.5%)
1006	<b>KUJAWA Przemysław</b>	<b>1369</b>		M30	222	00:01:08	<b>00:32:22.15</b>	<b>00:33:30.90</b>	+00:16:04 (49.7%)	6:28	9.3 (50.5%)
1007	<b>BARANEK Sebastian</b>	<b>998</b>		M30	223	00:01:50	<b>00:32:22.50</b>	<b>00:34:13.15</b>	+00:16:04 (49.7%)	6:28	9.3 (50.5%)
1008	<b>TOMCZAK Krzysztof</b>	<b>66</b>	DZIUPLA KOMPANY	M30	224	00:00:53	<b>00:32:22.60</b>	<b>00:33:16.45</b>	+00:16:04 (49.7%)	6:28	9.3 (50.5%)
1009	<b>JANKOWSKI Rafał</b>	<b>30</b>		M40	185	00:01:58	<b>00:32:23.85</b>	<b>00:34:22.10</b>	+00:16:06 (49.7%)	6:28	9.3 (50.5%)
1010	<b>WOŹNICKI Marcin</b>	<b>322</b>		M10	38	00:01:35	<b>00:32:24.75</b>	<b>00:34:00.55</b>	+00:16:06 (49.7%)	6:29	9.3 (50.5%)
1011	<b>ZAWORSKA Anna</b>	<b>988</b>		K20	93	00:00:27	<b>00:32:25.70</b>	<b>00:32:52.75</b>	+00:16:07 (49.7%)	6:29	9.3 (50.5%)
1012	<b>SKIBIŃSKA Paulina</b>	<b>579</b>		K30	138	00:01:17	<b>00:32:26.55</b>	<b>00:33:44.05</b>	+00:16:08 (49.8%)	6:29	9.2 (50.0%)
1013	<b>KUBICKA Sandra</b>	<b>1283</b>		K20	94	00:01:24	<b>00:32:26.60</b>	<b>00:33:50.95</b>	+00:16:08 (49.8%)	6:29	9.2 (50.0%)
1014	<b>MĄDRY Wojciech</b>	<b>1108</b>		M30	225	00:01:58	<b>00:32:27.50</b>	<b>00:34:26.25</b>	+00:16:09 (49.8%)	6:29	9.2 (50.0%)
1015	<b>RATAJCZAK Arleta</b>	<b>303</b>		K40	85	00:01:29	<b>00:32:28.30</b>	<b>00:33:57.40</b>	+00:16:10 (49.8%)	6:29	9.2 (50.0%)
1016	<b>LELEWSKA Aleksandra</b>	<b>528</b>		K20	95	00:00:42	<b>00:32:28.70</b>	<b>00:33:11.20</b>	+00:16:10 (49.8%)	6:29	9.2 (50.0%)
1017	<b>SKÓRCZ Tomasz</b>	<b>334</b>		M50	53	00:01:41	<b>00:32:29.80</b>	<b>00:34:11.25</b>	+00:16:11 (49.8%)	6:30	9.2 (50.0%)
1018	<b>KUKOWSKI Artur</b>	<b>1451</b>		M30	226	00:01:59	<b>00:32:30.30</b>	<b>00:34:29.40</b>	+00:16:12 (49.9%)	6:30	9.2 (50.0%)
1019	<b>PIONTEK Elżbieta</b>	<b>62</b>		K60	6	00:00:40	<b>00:32:30.45</b>	<b>00:33:10.50</b>	+00:16:12 (49.9%)	6:30	9.2 (50.0%)
1020	<b>KRZYŻAŃSKI Przemysław</b>	<b>1233</b>	BYDGOSZCZ TRIATHLON TEAM	M40	186	00:01:41	<b>00:32:34.25</b>	<b>00:34:15.50</b>	+00:16:16 (50.0%)	6:30	9.2 (50.0%)
1021	<b>KRZYŻAŃSKA Pola</b>	<b>1232</b>	BYDGOSZCZ TRIATHLON TEAM	K10	18	00:01:41	<b>00:32:34.40</b>	<b>00:34:15.80</b>	+00:16:16 (50.0%)	6:30	9.2 (50.0%)
1022	<b>ANDRUSEWICZ Hanna</b>	<b>1348</b>		K40	86	00:01:47	<b>00:32:34.55</b>	<b>00:34:21.85</b>	+00:16:16 (50.0%)	6:30	9.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1022	<b>OLSZAŃSKI Jakub</b>	<b>533</b>		M30	227	00:00:50	<b>00:32:34.55</b>	<b>00:33:25.35</b>	+00:16:16 (50.0%)	6:31	9.2 (50.0%)
1024	<b>MATUSZEWSKA Agnieszka</b>	<b>1046</b>		K30	139	00:01:31	<b>00:32:35.40</b>	<b>00:34:06.45</b>	+00:16:17 (50.0%)	6:31	9.2 (50.0%)
1025	<b>ŻURAWSKI Michał</b>	<b>230</b>	RUN LOTTO-BYDGOSTIA	M40	187	00:01:54	<b>00:32:35.95</b>	<b>00:34:30.90</b>	+00:16:18 (50.0%)	6:31	9.2 (50.0%)
1025	<b>ANDRZEJCZAK Natalia</b>	<b>822</b>		K20	96	00:00:25	<b>00:32:35.95</b>	<b>00:33:01.40</b>	+00:16:18 (50.0%)	6:31	9.2 (50.0%)
1027	<b>PIETRZAK Anna</b>	<b>254</b>		K20	97	00:01:19	<b>00:32:37.00</b>	<b>00:33:56.70</b>	+00:16:19 (50.0%)	6:31	9.2 (50.0%)
1028	<b>SKULSKA Aleksandra</b>	<b>1442</b>		K10	19	00:01:28	<b>00:32:38.75</b>	<b>00:34:06.80</b>	+00:16:20 (50.1%)	6:31	9.2 (50.0%)
1029	<b>NOWACZEWSKA Paulina</b>	<b>288</b>		K30	140	00:01:34	<b>00:32:38.95</b>	<b>00:34:12.95</b>	+00:16:21 (50.1%)	6:31	9.2 (50.0%)
1030	<b>SIEDLECKI Rafał</b>	<b>355</b>		M20	126	00:01:03	<b>00:32:39.10</b>	<b>00:33:43.00</b>	+00:16:21 (50.1%)	6:32	9.2 (50.0%)
1030	<b>WOŹNICKI Tomasz</b>	<b>327</b>		M40	188	00:01:36	<b>00:32:39.10</b>	<b>00:34:15.65</b>	+00:16:21 (50.1%)	6:31	9.2 (50.0%)
1032	<b>PRZYMORSKA-WIERCIOCH Joanna</b>	<b>1116</b>	KDK KOŚCIÓŁ DLA KAŻDEGO	K30	141	00:00:53	<b>00:32:39.65</b>	<b>00:33:32.80</b>	+00:16:21 (50.1%)	6:31	9.2 (50.0%)
1033	<b>GRUSZKA Marek</b>	<b>634</b>	NIEZRZESZONY	M50	54	00:00:34	<b>00:32:41.45</b>	<b>00:33:15.50</b>	+00:16:23 (50.1%)	6:32	9.2 (50.0%)
1034	<b>STADNICKA Katarzyna</b>	<b>1223</b>	PRLBMX	M30	228	00:01:09	<b>00:32:43.05</b>	<b>00:33:53.00</b>	+00:16:25 (50.2%)	6:32	9.2 (50.0%)
1035	<b>STANISŁAW Deptuła</b>	<b>494</b>	NIEZRZESZONY	M10	39	00:01:05	<b>00:32:43.70</b>	<b>00:33:49.20</b>	+00:16:25 (50.2%)	6:32	9.2 (50.0%)
1036	<b>KUŹNIEWSKA Aleksandra</b>	<b>1168</b>		K30	142	00:01:07	<b>00:32:45.15</b>	<b>00:33:52.85</b>	+00:16:27 (50.2%)	6:33	9.2 (50.0%)
1037	<b>BIEŃ-KACAŁA Agnieszka</b>	<b>1152</b>		K40	87	00:01:39	<b>00:32:45.65</b>	<b>00:34:24.90</b>	+00:16:27 (50.3%)	6:33	9.2 (50.0%)
1038	<b>VAZQUEZ Alicia</b>	<b>897</b>		K30	143	00:01:39	<b>00:32:45.75</b>	<b>00:34:25.45</b>	+00:16:27 (50.3%)	6:33	9.2 (50.0%)
1039	<b>ŻÓŁNIERKIEWICZ Agata</b>	<b>1288</b>		K20	98	00:01:43	<b>00:32:45.80</b>	<b>00:34:29.40</b>	+00:16:27 (50.3%)	6:33	9.2 (50.0%)
1040	<b>OLEJNICZAK Hanna</b>	<b>1470</b>		K30	144	00:00:29	<b>00:32:46.50</b>	<b>00:33:16.15</b>	+00:16:28 (50.3%)	6:33	9.2 (50.0%)
1041	<b>BANASZAK Arleta</b>	<b>637</b>		K40	88	00:00:59	<b>00:32:49.00</b>	<b>00:33:48.05</b>	+00:16:31 (50.3%)	6:33	9.1 (49.5%)
1042	<b>DERDA Rafał</b>	<b>1100</b>		M50	55	00:01:14	<b>00:32:50.35</b>	<b>00:34:04.90</b>	+00:16:32 (50.4%)	6:34	9.1 (49.5%)
1043	<b>TWARDOWSKI Wojciech</b>	<b>865</b>	RUN BYDGOSZCZ	M50	56	00:01:10	<b>00:32:50.65</b>	<b>00:34:01.55</b>	+00:16:32 (50.4%)	6:34	9.1 (49.5%)
1044	<b>DERDA Hanna</b>	<b>1099</b>		K50	21	00:01:12	<b>00:32:52.35</b>	<b>00:34:04.95</b>	+00:16:34 (50.4%)	6:34	9.1 (49.5%)
1045	<b>NITKA Adam</b>	<b>283</b>		M50	57	00:01:39	<b>00:32:55.75</b>	<b>00:34:35.25</b>	+00:16:37 (50.5%)	6:35	9.1 (49.5%)
1046	<b>DOMACHOWSKI Filip</b>	<b>1281</b>		M20	127	00:01:57	<b>00:32:56.80</b>	<b>00:34:54.75</b>	+00:16:38 (50.5%)	6:35	9.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1047	<b>GRABSKA-ZIELIŃSKA Sylwia</b>	<b>11</b>		K20	99	00:00:35	<b>00:33:01.00</b>	<b>00:33:36.25</b>	+00:16:43 (50.6%)	6:36	9.1 (49.5%)
1048	<b>GROMOWSKA Grażyna</b>	<b>920</b>	TKKF KOLEJARZ BYDGOSZCZ	K50	22	00:01:18	<b>00:33:01.55</b>	<b>00:34:20.15</b>	+00:16:43 (50.7%)	6:36	9.1 (49.5%)
1049	<b>PALIŃSKI Grzegorz</b>	<b>1004</b>		M40	189	00:01:51	<b>00:33:01.95</b>	<b>00:34:53.75</b>	+00:16:44 (50.7%)	6:36	9.1 (49.5%)
1050	<b>PORCZEK Jarosław</b>	<b>1390</b>		M20	128	00:01:09	<b>00:33:02.55</b>	<b>00:34:11.80</b>	+00:16:44 (50.7%)	6:36	9.1 (49.5%)
1051	<b>ASTUKIEWICZ Julia</b>	<b>1448</b>		K20	100	00:01:54	<b>00:33:02.60</b>	<b>00:34:56.75</b>	+00:16:44 (50.7%)	6:36	9.1 (49.5%)
1052	<b>RYDZYŃSKA Adrianna</b>	<b>1389</b>		K20	101	00:01:08	<b>00:33:02.85</b>	<b>00:34:11.50</b>	+00:16:45 (50.7%)	6:36	9.1 (49.5%)
1053	<b>KWIATKOWSKA Joanna</b>	<b>730</b>	ŚWIECIE	K30	145	00:01:00	<b>00:33:03.25</b>	<b>00:34:03.30</b>	+00:16:45 (50.7%)	6:36	9.1 (49.5%)
1054	<b>SKÓRCZ Małgorzata</b>	<b>333</b>		K50	23	00:01:41	<b>00:33:03.45</b>	<b>00:34:44.70</b>	+00:16:45 (50.7%)	6:36	9.1 (49.5%)
1055	<b>WOJCIECH Deptuła</b>	<b>490</b>	NIEZRZESZONY	M60	20	00:01:06	<b>00:33:04.50</b>	<b>00:34:10.65</b>	+00:16:46 (50.7%)	6:36	9.1 (49.5%)
1056	<b>MARĆ Agnieszka</b>	<b>840</b>		K40	89	00:01:19	<b>00:33:04.75</b>	<b>00:34:23.75</b>	+00:16:46 (50.7%)	6:36	9.1 (49.5%)
1057	<b>WYSOCKA Kiara</b>	<b>1443</b>		K10	20	00:01:48	<b>00:33:05.00</b>	<b>00:34:53.80</b>	+00:16:47 (50.7%)	6:37	9.1 (49.5%)
1058	<b>NOWAKOWSKA Marta</b>	<b>796</b>	DEAF GARMIN	K30	146	00:00:29	<b>00:33:05.05</b>	<b>00:33:34.25</b>	+00:16:47 (50.7%)	6:37	9.1 (49.5%)
1059	<b>BUDZIAK Tymoteusz</b>	<b>311</b>		M10	40	00:02:06	<b>00:33:08.15</b>	<b>00:35:14.35</b>	+00:16:50 (50.8%)	6:37	9.1 (49.5%)
1060	<b>SZPERA Joanna</b>	<b>563</b>		K40	90	00:00:51	<b>00:33:08.20</b>	<b>00:34:00.05</b>	+00:16:50 (50.8%)	6:37	9 (48.9%)
1061	<b>BIELUSZEWSKA Mirela</b>	<b>771</b>	BBKTS	K30	147	00:02:02	<b>00:33:09.10</b>	<b>00:35:11.50</b>	+00:16:51 (50.8%)	6:37	9 (48.9%)
1062	<b>MICHTA Iwona</b>	<b>728</b>	SPÓJNIA BIAŁE BŁOTA	K30	148	00:02:02	<b>00:33:09.70</b>	<b>00:35:11.90</b>	+00:16:51 (50.9%)	6:37	9 (48.9%)
1063	<b>FARBOTKO Ania</b>	<b>1038</b>	FOREST GANG	K40	91	00:00:26	<b>00:33:12.20</b>	<b>00:33:38.35</b>	+00:16:54 (50.9%)	6:38	9 (48.9%)
1064	<b>JAKUBOWSKA Beata</b>	<b>1138</b>	ELTRA W BIEGU	K40	92	00:01:15	<b>00:33:12.30</b>	<b>00:34:28.20</b>	+00:16:54 (50.9%)	6:38	9 (48.9%)
1065	<b>PANTKOWSKA Karolina</b>	<b>1107</b>		K30	149	00:01:57	<b>00:33:12.35</b>	<b>00:35:10.25</b>	+00:16:54 (50.9%)	6:38	9 (48.9%)
1066	<b>TARASIEWICZ Maciej</b>	<b>565</b>		M20	129	00:00:46	<b>00:33:12.95</b>	<b>00:33:59.85</b>	+00:16:55 (50.9%)	6:38	9 (48.9%)
1067	<b>BUDZIAK Zuzanna</b>	<b>312</b>		K10	21	00:02:06	<b>00:33:14.00</b>	<b>00:35:20.30</b>	+00:16:56 (51.0%)	6:38	9 (48.9%)
1068	<b>ZŁAKOWSKA Amelia</b>	<b>678</b>		K10	22	00:01:37	<b>00:33:14.20</b>	<b>00:34:51.75</b>	+00:16:56 (51.0%)	6:38	9 (48.9%)
1069	<b>BUDZIAK Bartosz</b>	<b>100</b>		M40	190	00:02:06	<b>00:33:14.30</b>	<b>00:35:20.30</b>	+00:16:56 (51.0%)	6:38	9 (48.9%)
1069	<b>KUBIAK Katarzyna</b>	<b>1380</b>		K30	150	00:00:22	<b>00:33:14.30</b>	<b>00:33:36.95</b>	+00:16:56 (51.0%)	6:38	9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1071	<b>BURSKA Malgorzata</b>	<b>1413</b>		K30	151	00:00:21	<b>00:33:15.55</b>	<b>00:33:36.55</b>	+00:16:57 (51.0%)	6:39	9 (48.9%)
1072	<b>NOWAK Natalia</b>	<b>1027</b>		K18	5	00:01:22	<b>00:33:16.45</b>	<b>00:34:39.40</b>	+00:16:58 (51.0%)	6:39	9 (48.9%)
1073	<b>WIŚNIEWSKA Beata</b>	<b>643</b>		K20	102	00:01:48	<b>00:33:17.15</b>	<b>00:35:05.95</b>	+00:16:59 (51.0%)	6:39	9 (48.9%)
1074	<b>WOŹNIAK Kinga</b>	<b>1061</b>		M30	229	00:00:04	<b>00:33:17.35</b>	<b>00:33:21.55</b>	+00:16:59 (51.0%)	6:39	9 (48.9%)
1075	<b>RUTKOWSKA Kinga</b>	<b>595</b>		K20	103	00:01:26	<b>00:33:18.05</b>	<b>00:34:44.30</b>	+00:17:00 (51.1%)	6:39	9 (48.9%)
1076	<b>KWASIGROCH Aleksandra</b>	<b>1310</b>		K30	152	00:01:07	<b>00:33:19.10</b>	<b>00:34:26.35</b>	+00:17:01 (51.1%)	6:39	9 (48.9%)
1077	<b>SZYMAŃSKA Alicja</b>	<b>1187</b>	FUNDACJA WIELKA RODZINA	K30	153	00:01:23	<b>00:33:19.40</b>	<b>00:34:42.65</b>	+00:17:01 (51.1%)	6:39	9 (48.9%)
1078	<b>ZMUDZIŃSKA Anna</b>	<b>940</b>	TEAM RUN KCYNIA	K40	93	00:01:42	<b>00:33:20.10</b>	<b>00:35:03.05</b>	+00:17:02 (51.1%)	6:40	9 (48.9%)
1079	<b>CELUSTA Sylwia</b>	<b>935</b>	IMMORTAL	K40	94	00:01:40	<b>00:33:22.15</b>	<b>00:35:02.20</b>	+00:17:04 (51.2%)	6:40	9 (48.9%)
1080	<b>PIÓRKOWSKA Aga</b>	<b>12</b>	BRB BYDGOSZCZ	K40	95	00:01:23	<b>00:33:26.05</b>	<b>00:34:49.40</b>	+00:17:08 (51.3%)	6:41	9 (48.9%)
1081	<b>KONDEK Jakub</b>	<b>1394</b>		M40	191	00:02:09	<b>00:33:26.15</b>	<b>00:35:35.15</b>	+00:17:08 (51.3%)	6:41	9 (48.9%)
1082	<b>ARAGONES Amandine</b>	<b>1478</b>		K30	154	00:01:28	<b>00:33:29.40</b>	<b>00:34:57.60</b>	+00:17:11 (51.3%)	6:41	9 (48.9%)
1083	<b>DEFEMME Céline</b>	<b>938</b>		K30	155	00:01:27	<b>00:33:30.20</b>	<b>00:34:57.40</b>	+00:17:12 (51.4%)	6:42	9 (48.9%)
1084	<b>DANIELEK Adam</b>	<b>31</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	192	00:02:02	<b>00:33:30.60</b>	<b>00:35:32.65</b>	+00:17:12 (51.4%)	6:42	9 (48.9%)
1085	<b>MUCHA-BOINSKA Anna</b>	<b>1347</b>		K30	156	00:00:54	<b>00:33:31.75</b>	<b>00:34:26.05</b>	+00:17:13 (51.4%)	6:42	8.9 (48.4%)
1086	<b>POCZWARDOWSKA Wioletta</b>	<b>1177</b>		K40	96	00:01:27	<b>00:33:32.05</b>	<b>00:34:59.50</b>	+00:17:14 (51.4%)	6:42	8.9 (48.4%)
1087	<b>MAJEWSKI Mirosław</b>	<b>1338</b>		M60	21	00:01:33	<b>00:33:32.20</b>	<b>00:35:05.25</b>	+00:17:14 (51.4%)	6:42	8.9 (48.4%)
1088	<b>PRZYGOCKA Katarzyna</b>	<b>401</b>		K30	157	00:00:54	<b>00:33:32.80</b>	<b>00:34:27.10</b>	+00:17:14 (51.4%)	6:42	8.9 (48.4%)
1089	<b>GUL Justyna</b>	<b>1339</b>		K30	158	00:00:25	<b>00:33:33.55</b>	<b>00:33:58.90</b>	+00:17:15 (51.4%)	6:42	8.9 (48.4%)
1090	<b>RYBICKA Anna</b>	<b>765</b>		K40	97	00:00:25	<b>00:33:33.80</b>	<b>00:33:59.15</b>	+00:17:15 (51.4%)	6:42	8.9 (48.4%)
1091	<b>WIŚNIEWSKA Katarzyna</b>	<b>486</b>		M20	130	00:00:24	<b>00:33:34.20</b>	<b>00:33:59.05</b>	+00:17:16 (51.5%)	6:43	8.9 (48.4%)
1092	<b>KLUZA Marta</b>	<b>1162</b>		K20	104	00:01:21	<b>00:33:35.00</b>	<b>00:34:56.25</b>	+00:17:17 (51.5%)	6:43	8.9 (48.4%)
1093	<b>NIEDBALSKI Bartłomiej</b>	<b>316</b>		M40	193	00:01:01	<b>00:33:35.65</b>	<b>00:34:36.90</b>	+00:17:17 (51.5%)	6:43	8.9 (48.4%)
1094	<b>ORLIŃSKI Andrzej</b>	<b>990</b>		M40	194	00:01:40	<b>00:33:36.45</b>	<b>00:35:16.50</b>	+00:17:18 (51.5%)	6:43	8.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1095	KAMINSKA Julia	1357		K10	23	00:01:24	00:33:37.30	00:35:02.00	+00:17:19 (51.5%)	6:43	8.9 (48.4%)
1096	JADCZAK Katarzyna	650		K40	98	00:00:46	00:33:38.70	00:34:25.30	+00:17:20 (51.6%)	6:43	8.9 (48.4%)
1097	WINIARZ Karolina	1183		K30	159	00:00:52	00:33:39.25	00:34:31.35	+00:17:21 (51.6%)	6:43	8.9 (48.4%)
1098	URBAŃSKA Agnieszka	209		K40	99	00:00:22	00:33:39.40	00:34:01.50	+00:17:21 (51.6%)	6:43	8.9 (48.4%)
1099	PIÓRKOWSKA Anna	13		K40	100	00:01:01	00:33:39.60	00:34:40.75	+00:17:21 (51.6%)	6:43	8.9 (48.4%)
1100	DUDZIAK Michał	489	CPR BYDGOSZCZ	M30	230	00:02:07	00:33:42.35	00:35:49.95	+00:17:24 (51.6%)	6:44	8.9 (48.4%)
1101	PILECKI Gustaw	1051	BRZOZA BIEGA	M60	22	00:00:12	00:33:43.50	00:33:56.35	+00:17:25 (51.7%)	6:44	8.9 (48.4%)
1102	TARNOWSKA Anna	1500		K40	101	00:01:09	00:33:44.30	00:34:53.95	+00:17:26 (51.7%)	6:44	8.9 (48.4%)
1102	MALCZEWSKA Mirka	189		K60	7	00:02:01	00:33:44.30	00:35:46.15	+00:17:26 (51.7%)	6:45	8.9 (48.4%)
1104	BIERYT Magdalena	1105	POLIFAX POLIGRAFIA I REKLAMA	K20	105	00:01:58	00:33:44.80	00:35:43.60	+00:17:26 (51.7%)	6:45	8.9 (48.4%)
1105	DZIEWIECZYŃSKA Zuzanna	926		K10	24	00:01:13	00:33:46.10	00:34:59.95	+00:17:28 (51.7%)	6:45	8.9 (48.4%)
1106	GRABSKA Patrycja	25		K20	106	00:00:37	00:33:46.85	00:34:24.15	+00:17:29 (51.8%)	6:45	8.9 (48.4%)
1107	KEMPA Marek	833		M40	195	00:01:22	00:33:47.15	00:35:10.05	+00:17:29 (51.8%)	6:45	8.9 (48.4%)
1108	KEMPA Beata	1212		M40	196	00:01:22	00:33:47.95	00:35:09.95	+00:17:30 (51.8%)	6:45	8.9 (48.4%)
1109	SOKÓŁ Justyna	1209		K20	107	00:00:57	00:33:48.90	00:34:46.15	+00:17:31 (51.8%)	6:45	8.9 (48.4%)
1110	DZIEWIECZYŃSKI Maciej	427		M30	231	00:01:12	00:33:50.15	00:35:02.60	+00:17:32 (51.8%)	6:46	8.9 (48.4%)
1111	GURYN Wiktor	169	ZIELONY PELIKAN	M30	232	00:00:59	00:33:52.90	00:34:52.75	+00:17:35 (51.9%)	6:46	8.9 (48.4%)
1112	PIOTROWSKI Dawid	1092		M10	41	00:02:06	00:33:53.15	00:35:59.15	+00:17:35 (51.9%)	6:46	8.9 (48.4%)
1113	KĄTNIK Dorota	717	RUN PASJA	M30	233	00:01:18	00:33:55.75	00:35:13.80	+00:17:37 (52.0%)	6:47	8.8 (47.8%)
1114	BIERYT Arkadiusz	1150	POLI-FAX AGENCJA REKLAMOWA UL. BOCZNA 10	M50	58	00:01:59	00:33:56.15	00:35:56.10	+00:17:38 (52.0%)	6:47	8.8 (47.8%)
1115	ADASZAK Katarzyna	1263	RUN PASJA	K30	160	00:01:17	00:33:56.75	00:35:14.10	+00:17:38 (52.0%)	6:47	8.8 (47.8%)
1116	SACKREUTER Jeremie	882		M40	197	00:01:49	00:33:57.75	00:35:47.60	+00:17:39 (52.0%)	6:47	8.8 (47.8%)
1117	GSTALTER Stephanie	1293		K30	161	00:01:27	00:33:57.80	00:35:25.55	+00:17:39 (52.0%)	6:47	8.8 (47.8%)
1118	SACKREUTER Martina	881		K30	162	00:01:49	00:33:58.15	00:35:47.20	+00:17:40 (52.0%)	6:47	8.8 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1119	<b>OSTROWSKA Renata</b>	<b>676</b>		K40	102	00:00:39	<b>00:34:00.05</b>	<b>00:34:39.30</b>	+00:17:42 (52.1%)	6:48	8.8 (47.8%)
1120	<b>MŁKOWSKA Monika</b>	<b>166</b>	RUN BYDGOSZCZ	K40	103	00:01:14	<b>00:34:00.65</b>	<b>00:35:14.85</b>	+00:17:42 (52.1%)	6:48	8.8 (47.8%)
1121	<b>ORLOWSKA Agnieszka</b>	<b>950</b>	CS GROUP RUNNERS TEAM	K40	104	00:01:48	<b>00:34:02.10</b>	<b>00:35:50.45</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
1122	<b>FILIPIAK Tobiasz</b>	<b>1349</b>		M20	131	00:01:42	<b>00:34:02.30</b>	<b>00:35:45.25</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
1123	<b>SZCZUPAKOWSKA Lucyna</b>	<b>1289</b>		K20	108	00:01:42	<b>00:34:02.35</b>	<b>00:35:45.20</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
1124	<b>JANKOWSKA Agnieszka</b>	<b>948</b>	CS GROUP RUNNERS TEAM	K30	163	00:01:47	<b>00:34:02.60</b>	<b>00:35:50.25</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
1125	<b>ZABIELSKI Wojtek</b>	<b>831</b>	CS GROUP RUNNERS TEAM	M20	132	00:01:47	<b>00:34:02.75</b>	<b>00:35:50.00</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
1126	<b>NOWAK Paulina</b>	<b>262</b>		K20	109	00:01:33	<b>00:34:03.90</b>	<b>00:35:37.65</b>	+00:17:46 (52.2%)	6:48	8.8 (47.8%)
1127	<b>WIŚNIEWSKA Nicole</b>	<b>991</b>		K20	110	00:02:05	<b>00:34:10.00</b>	<b>00:36:15.65</b>	+00:17:52 (52.3%)	6:50	8.8 (47.8%)
1128	<b>KUCZYŃSKA Agnieszka</b>	<b>1320</b>		K30	164	00:01:24	<b>00:34:10.60</b>	<b>00:35:35.15</b>	+00:17:52 (52.3%)	6:50	8.8 (47.8%)
1129	<b>DZBANUSZEK Joanna</b>	<b>294</b>		K20	111	00:01:53	<b>00:34:10.85</b>	<b>00:36:04.50</b>	+00:17:53 (52.3%)	6:50	8.8 (47.8%)
1130	<b>DANILEWICZ Ryszard</b>	<b>374</b>		M40	198	00:01:48	<b>00:34:11.50</b>	<b>00:35:59.65</b>	+00:17:53 (52.3%)	6:50	8.8 (47.8%)
1131	<b>KALINOWSKA Lidia</b>	<b>1047</b>		K30	165	00:01:25	<b>00:34:11.60</b>	<b>00:35:37.10</b>	+00:17:53 (52.3%)	6:50	8.8 (47.8%)
1132	<b>JAŹDŻEWSKA Aleksandra</b>	<b>872</b>		K30	166	00:01:14	<b>00:34:12.35</b>	<b>00:35:26.85</b>	+00:17:54 (52.4%)	6:50	8.8 (47.8%)
1133	<b>ŁADNIAK Bernadeta</b>	<b>890</b>		K30	167	00:01:24	<b>00:34:12.45</b>	<b>00:35:37.35</b>	+00:17:54 (52.4%)	6:50	8.8 (47.8%)
1134	<b>BOJARSKI Jarosław</b>	<b>368</b>		M50	59	00:01:24	<b>00:34:12.80</b>	<b>00:35:37.05</b>	+00:17:54 (52.4%)	6:50	8.8 (47.8%)
1135	<b>BOJARSKA Bożena</b>	<b>369</b>		K40	105	00:01:23	<b>00:34:13.20</b>	<b>00:35:36.85</b>	+00:17:55 (52.4%)	6:50	8.8 (47.8%)
1135	<b>GIETKO-CIEŚLIŃSKA Sylwia</b>	<b>1180</b>	KDK KOŚCIÓŁ DLA KAŻDEGO	K40	106	00:00:52	<b>00:34:13.20</b>	<b>00:35:05.65</b>	+00:17:55 (52.4%)	6:50	8.8 (47.8%)
1137	<b>PIOTROWSKA Klaudia</b>	<b>1085</b>		K20	112	00:01:58	<b>00:34:13.45</b>	<b>00:36:11.85</b>	+00:17:55 (52.4%)	6:50	8.8 (47.8%)
1138	<b>TARASIEWICZ Beata</b>	<b>570</b>		K30	168	00:00:46	<b>00:34:13.75</b>	<b>00:35:00.10</b>	+00:17:55 (52.4%)	6:50	8.8 (47.8%)
1139	<b>KLONOWSKI Sławomir</b>	<b>153</b>		M40	199	00:01:03	<b>00:34:14.40</b>	<b>00:35:17.65</b>	+00:17:56 (52.4%)	6:50	8.8 (47.8%)
1140	<b>ZALEWSKA Paulina</b>	<b>1259</b>		K30	169	00:00:25	<b>00:34:17.30</b>	<b>00:34:42.35</b>	+00:17:59 (52.5%)	6:51	8.8 (47.8%)
1141	<b>REINKE Joanna</b>	<b>281</b>		K30	170	00:00:04	<b>00:34:17.65</b>	<b>00:34:22.10</b>	+00:17:59 (52.5%)	6:51	8.7 (47.3%)
1142	<b>ARENT Marzena</b>	<b>214</b>		K50	24	00:01:29	<b>00:34:19.40</b>	<b>00:35:48.80</b>	+00:18:01 (52.5%)	6:51	8.7 (47.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1143	<b>CZERWIŃSKI Filip</b>	<b>836</b>		M18	9	00:01:22	<b>00:34:20.10</b>	<b>00:35:42.30</b>	+00:18:02 (52.5%)	6:52	8.7 (47.3%)
1144	<b>KUŹNIAR Patryk</b>	<b>1067</b>		M20	133	00:01:24	<b>00:34:20.55</b>	<b>00:35:44.80</b>	+00:18:02 (52.5%)	6:52	8.7 (47.3%)
1145	<b>NOWAKOWSKA Patrycja</b>	<b>733</b>		K20	113	00:01:17	<b>00:34:20.60</b>	<b>00:35:37.65</b>	+00:18:02 (52.5%)	6:52	8.7 (47.3%)
1146	<b>KROPIŃSKA Monika</b>	<b>84</b>		K30	171	00:01:43	<b>00:34:20.70</b>	<b>00:36:04.15</b>	+00:18:02 (52.5%)	6:52	8.7 (47.3%)
1147	<b>NOWOPOLSKA Klaudia</b>	<b>834</b>		K18	6	00:01:22	<b>00:34:22.10</b>	<b>00:35:44.40</b>	+00:18:04 (52.6%)	6:52	8.7 (47.3%)
1148	<b>PIETRZAK Marta</b>	<b>235</b>	BBL INOWROCŁAW	K50	25	00:02:00	<b>00:34:23.40</b>	<b>00:36:23.85</b>	+00:18:05 (52.6%)	6:52	8.7 (47.3%)
1149	<b>RYMER Jarosław</b>	<b>504</b>		M10	42	00:02:02	<b>00:34:25.00</b>	<b>00:36:27.90</b>	+00:18:07 (52.6%)	6:53	8.7 (47.3%)
1150	<b>RYMER Adam</b>	<b>157</b>		M30	234	00:02:03	<b>00:34:25.05</b>	<b>00:36:28.50</b>	+00:18:07 (52.6%)	6:53	8.7 (47.3%)
1151	<b>SĘKOWSKI Bartosz</b>	<b>906</b>		M10	43	00:01:44	<b>00:34:25.90</b>	<b>00:36:10.05</b>	+00:18:08 (52.7%)	6:53	8.7 (47.3%)
1152	<b>SYROCKA Ilona</b>	<b>1377</b>		M30	235	00:01:49	<b>00:34:27.50</b>	<b>00:36:17.05</b>	+00:18:09 (52.7%)	6:53	8.7 (47.3%)
1153	<b>ORZECHOWSKA Agnieszka</b>	<b>359</b>		K30	172	00:01:10	<b>00:34:28.85</b>	<b>00:35:39.65</b>	+00:18:11 (52.7%)	6:53	8.7 (47.3%)
1154	<b>TONDER Mateusz</b>	<b>813</b>		M30	236	00:00:27	<b>00:34:30.85</b>	<b>00:34:58.20</b>	+00:18:13 (52.8%)	6:54	8.7 (47.3%)
1155	<b>MARKOWSKA Maja</b>	<b>1337</b>		K20	114	00:00:26	<b>00:34:30.95</b>	<b>00:34:57.90</b>	+00:18:13 (52.8%)	6:54	8.7 (47.3%)
1156	<b>OLECHNOWICZ Maciej</b>	<b>1342</b>		M10	44	00:01:50	<b>00:34:31.95</b>	<b>00:36:22.10</b>	+00:18:14 (52.8%)	6:54	8.7 (47.3%)
1157	<b>KONIECZNA Weronika</b>	<b>1265</b>		K18	7	00:01:37	<b>00:34:33.05</b>	<b>00:36:10.85</b>	+00:18:15 (52.8%)	6:54	8.7 (47.3%)
1158	<b>GOSZCZAK Magdalena</b>	<b>706</b>		K30	173	00:01:02	<b>00:34:40.25</b>	<b>00:35:42.30</b>	+00:18:22 (53.0%)	6:56	8.7 (47.3%)
1159	<b>KOCHAŃSKI Dariusz</b>	<b>341</b>		M40	200	00:02:01	<b>00:34:40.35</b>	<b>00:36:42.00</b>	+00:18:22 (53.0%)	6:56	8.6 (46.7%)
1160	<b>MICHALSKA Aleksandra</b>	<b>476</b>		K40	107	00:00:55	<b>00:34:40.85</b>	<b>00:35:36.75</b>	+00:18:23 (53.0%)	6:56	8.6 (46.7%)
1161	<b>KOCHAŃSKA Magdalena</b>	<b>342</b>		K40	108	00:02:00	<b>00:34:41.30</b>	<b>00:36:41.85</b>	+00:18:23 (53.0%)	6:56	8.6 (46.7%)
1162	<b>OWCZARZ Łukasz</b>	<b>924</b>		M30	237	00:00:34	<b>00:34:41.65</b>	<b>00:35:16.40</b>	+00:18:23 (53.0%)	6:56	8.6 (46.7%)
1163	<b>NOWAK Anna</b>	<b>143</b>		K20	115	00:00:32	<b>00:34:42.30</b>	<b>00:35:14.75</b>	+00:18:24 (53.0%)	6:56	8.6 (46.7%)
1164	<b>NOWAK Mariola</b>	<b>144</b>		K40	109	00:00:29	<b>00:34:44.95</b>	<b>00:35:14.40</b>	+00:18:27 (53.1%)	6:57	8.6 (46.7%)
1165	<b>SZULC Daria</b>	<b>864</b>		K30	174	00:01:37	<b>00:34:45.65</b>	<b>00:36:22.90</b>	+00:18:27 (53.1%)	6:57	8.6 (46.7%)
1166	<b>HARACEWIAT Cezary</b>	<b>630</b>		M50	60	00:01:45	<b>00:34:47.30</b>	<b>00:36:32.95</b>	+00:18:29 (53.2%)	6:57	8.6 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1167	HORYD Justyna	139		K40	110	00:01:49	00:34:47.80	00:36:36.85	+00:18:29 (53.2%)	6:57	8.6 (46.7%)
1168	BRZOZOWSKA Henryka	237		K40	111	00:02:01	00:34:47.85	00:36:49.20	+00:18:30 (53.2%)	6:57	8.6 (46.7%)
1169	RASSALSKA Roma	147		K40	112	00:01:49	00:34:47.90	00:36:37.15	+00:18:30 (53.2%)	6:57	8.6 (46.7%)
1170	RASSALSKA-KAUSA Jola	60		K40	113	00:01:48	00:34:47.95	00:36:36.80	+00:18:30 (53.2%)	6:57	8.6 (46.7%)
1171	DOMERADZKA Jagoda	1008		M30	238	00:01:39	00:34:48.05	00:36:27.75	+00:18:30 (53.2%)	6:57	8.6 (46.7%)
1172	ŁUCZKOWSKI Rafał	1426		M30	239	00:02:04	00:34:50.85	00:36:54.90	+00:18:33 (53.2%)	6:58	8.6 (46.7%)
1173	BIAŁEK Anna	1261	BIEGAJ Z DĘBAMI	K30	175	00:00:39	00:34:53.35	00:35:33.30	+00:18:35 (53.3%)	6:58	8.6 (46.7%)
1174	TEWS Marzena	1247		K40	114	00:00:39	00:34:53.85	00:35:33.05	+00:18:36 (53.3%)	6:58	8.6 (46.7%)
1175	BIAŁEK Łukasz	1262	BIEGAJ Z DĘBAMI	M30	240	00:00:39	00:34:54.15	00:35:34.10	+00:18:36 (53.3%)	6:59	8.6 (46.7%)
1176	PAWELEC Joanna	671		K40	115	00:00:57	00:34:54.20	00:35:52.00	+00:18:36 (53.3%)	6:59	8.6 (46.7%)
1177	BASSET Laurence	1292		K30	176	00:01:29	00:34:56.00	00:36:25.90	+00:18:38 (53.3%)	6:59	8.6 (46.7%)
1178	LAMAZE Julie	1370		K30	177	00:01:29	00:34:57.05	00:36:26.15	+00:18:39 (53.4%)	6:59	8.6 (46.7%)
1179	TOKAREWICZ Joanna	905		K40	116	00:01:22	00:34:58.85	00:36:20.90	+00:18:41 (53.4%)	6:59	8.6 (46.7%)
1180	ORZECHOWSKI Michał	90		M30	241	00:02:06	00:34:59.50	00:37:06.25	+00:18:41 (53.4%)	7:00	8.6 (46.7%)
1181	PIJAROWSKI Milan	1488		M10	45	00:02:12	00:35:02.40	00:37:14.65	+00:18:44 (53.5%)	7:00	8.6 (46.7%)
1182	CZARNECKA - PIJAROWSKA Dominika	1484		K30	178	00:02:12	00:35:02.55	00:37:14.75	+00:18:44 (53.5%)	7:00	8.6 (46.7%)
1183	PIJAROWSKA Ilona	1485		K10	25	00:02:11	00:35:03.35	00:37:15.05	+00:18:45 (53.5%)	7:00	8.6 (46.7%)
1184	ŁOŻYKOWSKA Justyna	1463		K30	179	00:00:35	00:35:10.20	00:35:45.25	+00:18:52 (53.7%)	7:02	8.5 (46.2%)
1185	PACYNA Ewa	259		K20	116	00:01:19	00:35:10.25	00:36:30.20	+00:18:52 (53.7%)	7:02	8.5 (46.2%)
1186	BROWNELL Julie	1286		K30	180	00:01:29	00:35:10.85	00:36:40.75	+00:18:53 (53.7%)	7:02	8.5 (46.2%)
1187	GÓRNIWICZ Angelika	1466		K40	117	00:00:34	00:35:10.90	00:35:45.35	+00:18:53 (53.7%)	7:02	8.5 (46.2%)
1188	KRZEMIŃSKI Piotr	1054		M30	242	00:01:32	00:35:16.30	00:36:48.30	+00:18:58 (53.8%)	7:03	8.5 (46.2%)
1189	KUCHARSKI Adam	847		M50	61	00:01:38	00:35:20.55	00:36:59.45	+00:19:02 (53.9%)	7:04	8.5 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1190	WIŚNIEWSKA Ewa	848		K50	26	00:01:38	00:35:21.35	00:36:59.70	+00:19:03 (53.9%)	7:04	8.5 (46.2%)
1191	OLSZEWSKA Karolina	619		K30	181	00:00:49	00:35:22.30	00:36:11.75	+00:19:04 (53.9%)	7:04	8.5 (46.2%)
1192	TOMASZEWSKI Tomasz	1134		M30	243	00:01:33	00:35:23.10	00:36:56.25	+00:19:05 (53.9%)	7:04	8.5 (46.2%)
1193	SŁOMSKA Monika	543	BRAK	K30	182	00:01:32	00:35:24.30	00:36:56.30	+00:19:06 (54.0%)	7:04	8.5 (46.2%)
1193	NOWICKA Tatiana	511		K40	118	00:01:32	00:35:24.30	00:36:56.35	+00:19:06 (54.0%)	7:04	8.5 (46.2%)
1195	SĘKOWSKI Andrzej	855		M40	201	00:01:44	00:35:25.80	00:37:10.10	+00:19:07 (54.0%)	7:05	8.5 (46.2%)
1196	KOWALSKA Zuzanna	891		K10	26	00:01:13	00:35:26.20	00:36:40.05	+00:19:08 (54.0%)	7:05	8.5 (46.2%)
1197	WIĘCKOWSKA Karolina	1418		K30	183	00:00:50	00:35:26.85	00:36:17.70	+00:19:09 (54.0%)	7:05	8.5 (46.2%)
1198	WIĘCKOWSKA Denisa	1454		M10	46	00:00:50	00:35:27.25	00:36:17.75	+00:19:09 (54.0%)	7:05	8.5 (46.2%)
1199	DZIEWIECZYŃSKA Arleta	428		K30	184	00:01:13	00:35:29.20	00:36:43.00	+00:19:11 (54.1%)	7:06	8.5 (46.2%)
1200	FOJUTOWSKI Jan	1163		M10	47	00:00:45	00:35:29.40	00:36:14.70	+00:19:11 (54.1%)	7:05	8.5 (46.2%)
1201	TWARDOWSKA Sylwia	252		K30	185	00:01:59	00:35:31.95	00:37:31.40	+00:19:14 (54.1%)	7:06	8.4 (45.7%)
1202	BUZA Szymon	1409		M20	134	00:01:52	00:35:34.95	00:37:27.10	+00:19:17 (54.2%)	7:07	8.4 (45.7%)
1203	KOWALSKI Tymoteusz	888		M10	48	00:01:18	00:35:35.75	00:36:54.05	+00:19:17 (54.2%)	7:07	8.4 (45.7%)
1204	KOWALSKI Piotr	883		M40	202	00:01:18	00:35:35.80	00:36:54.15	+00:19:17 (54.2%)	7:07	8.4 (45.7%)
1205	ASTUKIEWICZ Tomasz	320		M40	203	00:01:59	00:35:37.75	00:37:37.50	+00:19:19 (54.3%)	7:07	8.4 (45.7%)
1206	ZELEK Janusz	64		M50	62	00:01:57	00:35:38.00	00:37:35.75	+00:19:20 (54.3%)	7:07	8.4 (45.7%)
1206	ASTUKIEWICZ Agnieszka	317		M50	63	00:01:59	00:35:38.00	00:37:37.50	+00:19:20 (54.3%)	7:07	8.4 (45.7%)
1208	CYCHOWSKA Anna	515		K30	186	00:01:46	00:35:38.90	00:37:25.65	+00:19:21 (54.3%)	7:07	8.4 (45.7%)
1209	RÓŻAŃSKI Wojciech	10		M30	244	00:01:40	00:35:41.05	00:37:21.85	+00:19:23 (54.3%)	7:08	8.4 (45.7%)
1210	RÓŻAŃSKA Katarzyna	21		K30	187	00:01:40	00:35:41.70	00:37:21.95	+00:19:23 (54.3%)	7:08	8.4 (45.7%)
1211	GIPP Karolina	1063		K30	188	00:01:55	00:35:42.85	00:37:38.45	+00:19:25 (54.4%)	7:08	8.4 (45.7%)
1212	BOROWIAK Agnieszka	942	TEAM RUN KCYNIA	K30	189	00:01:42	00:35:43.35	00:37:25.50	+00:19:25 (54.4%)	7:08	8.4 (45.7%)
1213	KONARZEWSKA Jolanta	558		K40	119	00:01:23	00:35:45.35	00:37:08.55	+00:19:27 (54.4%)	7:09	8.4 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1214	<b>PROKOPOWICZ Agnieszka</b>	<b>535</b>		K40	120	00:01:22	<b>00:35:45.75</b>	<b>00:37:08.55</b>	+00:19:27 (54.4%)	7:09	8.4 (45.7%)
1215	<b>JAROCH Magdalena</b>	<b>225</b>	ZS 19	K30	190	00:00:57	<b>00:35:47.90</b>	<b>00:36:45.75</b>	+00:19:30 (54.5%)	7:09	8.4 (45.7%)
1216	<b>KURZEJA Łukasz</b>	<b>1221</b>		M20	135	00:01:57	<b>00:35:49.65</b>	<b>00:37:46.65</b>	+00:19:31 (54.5%)	7:09	8.4 (45.7%)
1217	<b>ZELEK Aleksandra</b>	<b>83</b>		K40	121	00:01:57	<b>00:35:55.95</b>	<b>00:37:53.25</b>	+00:19:38 (54.6%)	7:11	8.3 (45.1%)
1218	<b>WRÓBEL Marta</b>	<b>1195</b>	BYLE DO METY	K20	117	00:02:05	<b>00:35:56.60</b>	<b>00:38:02.05</b>	+00:19:38 (54.7%)	7:11	8.3 (45.1%)
1219	<b>KIELISZAK Kinga</b>	<b>1198</b>	DZIKIE KUNY	K20	118	00:01:03	<b>00:35:56.80</b>	<b>00:37:00.70</b>	+00:19:38 (54.7%)	7:11	8.3 (45.1%)
1220	<b>NADRAJKOWSKA Joanna</b>	<b>28</b>	DZIKIE KUNY	K30	191	00:01:04	<b>00:35:56.95</b>	<b>00:37:01.35</b>	+00:19:39 (54.7%)	7:11	8.3 (45.1%)
1221	<b>MACIEJEWSKA Joanna</b>	<b>632</b>		K20	119	00:01:46	<b>00:35:57.90</b>	<b>00:37:44.45</b>	+00:19:40 (54.7%)	7:11	8.3 (45.1%)
1222	<b>LASOTA Anna</b>	<b>687</b>		K40	122	00:01:41	<b>00:36:05.25</b>	<b>00:37:47.10</b>	+00:19:47 (54.8%)	7:13	8.3 (45.1%)
1223	<b>ANGIEL Władysław</b>	<b>462</b>	TKKF KOLEJARZ BYDGOSZCZ	M60	23	00:00:47	<b>00:36:07.35</b>	<b>00:36:54.90</b>	+00:19:49 (54.9%)	7:13	8.3 (45.1%)
1224	<b>PIEKUŚ Aleksandra</b>	<b>413</b>	PĘDZĄCE KUNY	K30	192	00:01:26	<b>00:36:08.45</b>	<b>00:37:34.95</b>	+00:19:50 (54.9%)	7:13	8.3 (45.1%)
1225	<b>JASIK Jarosław</b>	<b>1255</b>		M20	136	00:01:03	<b>00:36:08.85</b>	<b>00:37:12.65</b>	+00:19:51 (54.9%)	7:13	8.3 (45.1%)
1226	<b>DROZDOWSKA Ola</b>	<b>1252</b>		K20	120	00:01:03	<b>00:36:09.25</b>	<b>00:37:12.25</b>	+00:19:51 (54.9%)	7:13	8.3 (45.1%)
1227	<b>MARKOWSKA-BAUMGART Aneta</b>	<b>770</b>	BIEGAJ Z DĘBAMI	K50	27	00:01:55	<b>00:36:11.85</b>	<b>00:38:07.15</b>	+00:19:54 (55.0%)	7:14	8.3 (45.1%)
1228	<b>MAJKOWSKA-LUBIŃSKA Judyta</b>	<b>372</b>	CS GROUP RUNNERS TEAM	K30	193	00:01:23	<b>00:36:12.25</b>	<b>00:37:35.80</b>	+00:19:54 (55.0%)	7:14	8.3 (45.1%)
1229	<b>ZŁAKOWSKA Sandra</b>	<b>680</b>		K20	121	00:01:36	<b>00:36:17.60</b>	<b>00:37:54.30</b>	+00:19:59 (55.1%)	7:15	8.3 (45.1%)
1230	<b>LEPPERT Monika</b>	<b>470</b>		K20	122	00:00:42	<b>00:36:18.50</b>	<b>00:37:00.70</b>	+00:20:00 (55.1%)	7:15	8.3 (45.1%)
1231	<b>NOWAKOWSKA Anna</b>	<b>42</b>		K30	194	00:00:51	<b>00:36:22.35</b>	<b>00:37:13.45</b>	+00:20:04 (55.2%)	7:16	8.2 (44.6%)
1232	<b>MŁYNARCZYK Monika</b>	<b>614</b>		K20	123	00:01:51	<b>00:36:24.90</b>	<b>00:38:16.45</b>	+00:20:07 (55.2%)	7:17	8.2 (44.6%)
1233	<b>POLIWODZIŃSKI Michał</b>	<b>1118</b>	KS WISŁKA BYDGOSZCZ-FORDON	M40	204	00:01:52	<b>00:36:35.05</b>	<b>00:38:27.95</b>	+00:20:17 (55.5%)	7:19	8.2 (44.6%)
1234	<b>KAPELA Jacek</b>	<b>1123</b>		M40	205	00:01:52	<b>00:36:35.40</b>	<b>00:38:28.15</b>	+00:20:17 (55.5%)	7:19	8.2 (44.6%)
1235	<b>MRUGAŁA Bartosz</b>	<b>6</b>		M30	245	00:01:13	<b>00:36:36.45</b>	<b>00:37:49.80</b>	+00:20:18 (55.5%)	7:19	8.2 (44.6%)
1236	<b>HOMZA Agnieszka</b>	<b>1350</b>		K20	124	00:01:28	<b>00:36:39.00</b>	<b>00:38:07.35</b>	+00:20:21 (55.5%)	7:19	8.2 (44.6%)
1237	<b>KOWALSKA Anna</b>	<b>886</b>		K40	123	00:01:15	<b>00:36:43.15</b>	<b>00:37:58.30</b>	+00:20:25 (55.6%)	7:20	8.2 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1238	<b>WALKOWIAK Greta</b>	<b>432</b>		K50	28	00:00:52	<b>00:36:44.05</b>	<b>00:37:36.50</b>	+00:20:26 (55.6%)	7:20	8.2 (44.6%)
1239	<b>IWANIEC Ewelina</b>	<b>390</b>		K40	124	00:00:52	<b>00:36:52.90</b>	<b>00:37:45.80</b>	+00:20:35 (55.8%)	7:22	8.1 (44.0%)
1240	<b>RESMER Anna</b>	<b>429</b>		K40	125	00:00:52	<b>00:36:54.65</b>	<b>00:37:47.10</b>	+00:20:36 (55.8%)	7:23	8.1 (44.0%)
1241	<b>SZRAMSKA Violetta</b>	<b>416</b>		K40	126	00:00:52	<b>00:36:54.85</b>	<b>00:37:46.95</b>	+00:20:37 (55.9%)	7:22	8.1 (44.0%)
1242	<b>ŁAKOMSKA Anna</b>	<b>391</b>		K40	127	00:00:51	<b>00:36:56.15</b>	<b>00:37:47.40</b>	+00:20:38 (55.9%)	7:23	8.1 (44.0%)
1243	<b>KAMIŃSKA Monika</b>	<b>469</b>		K30	195	00:01:48	<b>00:36:57.80</b>	<b>00:38:46.00</b>	+00:20:39 (55.9%)	7:23	8.1 (44.0%)
1244	<b>GRZYBOWSKA Alicja</b>	<b>1193</b>	BYLE DO METY	K30	196	00:00:54	<b>00:37:07.40</b>	<b>00:38:02.20</b>	+00:20:49 (56.1%)	7:25	8.1 (44.0%)
1245	<b>KACZMAREK Agnieszka</b>	<b>1462</b>		K40	128	00:00:27	<b>00:37:23.30</b>	<b>00:37:51.25</b>	+00:21:05 (56.4%)	7:28	8 (43.5%)
1246	<b>KUBIAK Rafał</b>	<b>74</b>		M40	206	00:01:40	<b>00:37:25.45</b>	<b>00:39:06.10</b>	+00:21:07 (56.5%)	7:29	8 (43.5%)
1247	<b>KUBIAK Beata Kubiak</b>	<b>76</b>		K10	27	00:01:40	<b>00:37:25.90</b>	<b>00:39:06.40</b>	+00:21:08 (56.5%)	7:29	8 (43.5%)
1248	<b>KRUSZYŃSKI Aleks</b>	<b>1411</b>		M10	49	00:02:06	<b>00:37:37.20</b>	<b>00:39:44.15</b>	+00:21:19 (56.7%)	7:31	8 (43.5%)
1249	<b>PAWSKI Przemysław</b>	<b>925</b>		M20	137	00:02:06	<b>00:37:37.65</b>	<b>00:39:44.00</b>	+00:21:19 (56.7%)	7:31	8 (43.5%)
1250	<b>ROGALSKA Marcelina</b>	<b>941</b>		K20	125	00:02:07	<b>00:37:38.40</b>	<b>00:39:45.60</b>	+00:21:20 (56.7%)	7:31	8 (43.5%)
1251	<b>NOWAKOWSKA Marzena</b>	<b>564</b>		K40	129	00:00:46	<b>00:37:48.95</b>	<b>00:38:35.85</b>	+00:21:31 (56.9%)	7:33	7.9 (42.9%)
1252	<b>TESKE Karolina</b>	<b>1001</b>		K30	197	00:02:04	<b>00:37:55.25</b>	<b>00:40:00.10</b>	+00:21:37 (57.0%)	7:35	7.9 (42.9%)
1253	<b>WILCZYŃSKA Karolina</b>	<b>1014</b>		K30	198	00:02:04	<b>00:37:56.00</b>	<b>00:40:00.80</b>	+00:21:38 (57.0%)	7:35	7.9 (42.9%)
1254	<b>CZUBEK Bartosz</b>	<b>1160</b>		M30	246	00:01:21	<b>00:38:04.20</b>	<b>00:39:25.85</b>	+00:21:46 (57.2%)	7:36	7.9 (42.9%)
1255	<b>KOZIEŁ Tomasz</b>	<b>859</b>		M30	247	00:01:29	<b>00:38:04.50</b>	<b>00:39:34.30</b>	+00:21:46 (57.2%)	7:37	7.9 (42.9%)
1256	<b>KOZIEŁ Monika</b>	<b>1003</b>		K30	199	00:01:29	<b>00:38:04.85</b>	<b>00:39:34.40</b>	+00:21:47 (57.2%)	7:37	7.9 (42.9%)
1257	<b>ADAMS Gail</b>	<b>1036</b>		K50	29	00:01:20	<b>00:38:07.20</b>	<b>00:39:27.20</b>	+00:21:49 (57.2%)	7:37	7.9 (42.9%)
1257	<b>OLECHNOWICZ Aneta</b>	<b>1343</b>		K10	28	00:01:48	<b>00:38:07.20</b>	<b>00:39:55.85</b>	+00:21:49 (57.2%)	7:37	7.9 (42.9%)
1259	<b>BUDZIŃSKA Anita</b>	<b>966</b>		K40	130	00:01:04	<b>00:38:12.50</b>	<b>00:39:17.20</b>	+00:21:54 (57.3%)	7:38	7.8 (42.4%)
1260	<b>KRZEMIŃSKI Łukasz</b>	<b>852</b>		M30	248	00:01:03	<b>00:38:24.40</b>	<b>00:39:27.50</b>	+00:22:06 (57.6%)	7:40	7.8 (42.4%)
1261	<b>KRZEMIŃSKA Katarzyna</b>	<b>850</b>		K20	126	00:01:01	<b>00:38:25.80</b>	<b>00:39:27.65</b>	+00:22:07 (57.6%)	7:41	7.8 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1262	ARACH Daria	962		K30	200	00:02:02	00:38:55.45	00:40:58.35	+00:22:37 (58.1%)	7:47	7.7 (41.8%)
1263	OLECHNOWICZ Tomasz	1340		M50	64	00:01:50	00:39:08.90	00:40:59.65	+00:22:51 (58.4%)	7:49	7.7 (41.8%)
1264	OLECHNOWICZ Ana	1344		K30	201	00:01:50	00:39:09.05	00:40:59.75	+00:22:51 (58.4%)	7:49	7.7 (41.8%)
1265	PINCZEWSKA Dorota	1104		K30	202	00:02:00	00:39:10.25	00:41:10.25	+00:22:52 (58.4%)	7:50	7.7 (41.8%)
1266	PIOTROWSKA Katarzyna	1084		M40	207	00:02:00	00:39:12.40	00:41:12.90	+00:22:54 (58.4%)	7:50	7.7 (41.8%)
1267	KASPRZYK Daria	1188		K30	203	00:02:03	00:39:23.20	00:41:27.00	+00:23:05 (58.6%)	7:52	7.6 (41.3%)
1268	GROT Monika	1176		K30	204	00:02:03	00:39:23.55	00:41:26.85	+00:23:05 (58.6%)	7:52	7.6 (41.3%)
1269	BIELENNY Michał	399		M60	24	00:01:45	00:39:48.80	00:41:34.00	+00:23:30 (59.1%)	7:57	7.5 (40.8%)
1270	LEPPERT Marta	471		K60	8	00:00:41	00:39:51.50	00:40:32.90	+00:23:33 (59.1%)	7:58	7.5 (40.8%)
1271	WITKIEWICZ-ŁUKASZEK Sandra	339		M20	138	00:01:56	00:40:22.95	00:42:19.00	+00:24:05 (59.6%)	8:04	7.4 (40.2%)
1272	POLAKOWSKA Angelika	1305		K20	127	00:01:25	00:40:51.85	00:42:17.55	+00:24:34 (60.1%)	8:10	7.3 (39.7%)
1273	T E W S S E B A	1249		M50	65	00:00:44	00:42:12.95	00:42:57.70	+00:25:55 (61.4%)	8:26	7.1 (38.6%)
1274	STEFANOWICZ Łukasz	1218		M30	249	00:00:00			+	5:35	10.7 (58.2%)
1275	LEMAŃCZYK Justyna	889		K50	30	00:00:38					(0.0%)
1276	POLIWODZIŃSKA Agnieszka	1122	KS WISŁKA BYDGOSZCZ-FORDON	M30	250	00:01:53					(0.0%)
1277	TRZCIŃSKI Eugeniusz	113		M60	25	00:02:04					(0.0%)

Znaleziono 1277 wynik(ów)