



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2022-04-24
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	BISKUP Marcin	38	CWZS ZAWISZA BYDGOSZCZ	M20	1	00:00:00	00:15:23.20	00:15:23.95		3:04	19.5 (100%)
2	MRUK Tomasz	424	CZARNE STOPY	M40	1	00:00:01	00:17:47.70	00:17:49.05	+00:02:24 (13.5%)	3:33	16.9 (86.7%)
3	STANIEC Tomasz	571		M40	2	00:00:01	00:18:45.60	00:18:46.90	+00:03:22 (18.0%)	3:45	16 (82.1%)
4	MALICKI Bartosz	389		M30	1	00:00:07	00:18:55.00	00:19:02.10	+00:03:31 (18.7%)	3:47	15.9 (81.5%)
5	SZENK Marta	599		K40	1	00:00:02	00:18:55.30	00:18:57.35	+00:03:32 (18.7%)	3:47	15.9 (81.5%)
6	KOZŁOWSKI Rafał	302	RUN PASJA	M40	3	00:00:01	00:19:01.45	00:19:03.20	+00:03:38 (19.1%)	3:48	15.8 (81.0%)
7	SUTKOWY Paweł	587		M30	2	00:00:02	00:19:01.55	00:19:04.05	+00:03:38 (19.1%)	3:48	15.8 (81.0%)
8	BEJGIER Edmund	21		M50	1	00:00:01	00:19:07.80	00:19:08.80	+00:03:44 (19.6%)	3:49	15.7 (80.5%)
9	SPRYSZYŃSKI Michał	762	TRIRODZINKA	M30	3	00:00:04	00:19:12.05	00:19:17.00	+00:03:48 (19.9%)	3:50	15.6 (80.0%)
10	WIERZYŃSKI Damian	656	TRISPACE/TREK	M30	4	00:00:02	00:19:14.40	00:19:16.45	+00:03:51 (20.0%)	3:50	15.6 (80.0%)
11	OLEJNIK Krzysztof	753		M30	5	00:00:03	00:19:15.10	00:19:18.25	+00:03:51 (20.1%)	3:51	15.6 (80.0%)
12	KUŁAKOWSKI Artur	331		M40	4	00:00:03	00:19:29.55	00:19:33.35	+00:04:06 (21.1%)	3:53	15.4 (79.0%)
13	DERING Tomasz	99	BYDGOSKIE ŻÓŁWIE	M40	5	00:00:09	00:19:30.10	00:19:39.55	+00:04:06 (21.1%)	3:54	15.4 (79.0%)
14	SZALA Wojciech	592		M20	2	00:00:00	00:19:35.45	00:19:36.15	+00:04:12 (21.5%)	3:55	15.3 (78.5%)
15	FUZ Marek	131	KABEL TEAM BYDGOSZCZ	M50	2	00:00:01	00:19:39.70	00:19:41.50	+00:04:16 (21.7%)	3:55	15.3 (78.5%)
16	MACIŃSKI Waldemar	379		M40	6	00:00:02	00:19:42.70	00:19:45.40	+00:04:19 (21.9%)	3:56	15.2 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	TOMCZYK Agata	625	SLA POLONIA BYDGOSZCZ	K30	1	00:00:02	00:19:42.75	00:19:45.30	+00:04:19 (21.9%)	3:56	15.2 (77.9%)
18	MACIOSZEK Piotr	380		M30	6	00:00:07	00:19:46.55	00:19:54.45	+00:04:23 (22.2%)	3:57	15.2 (77.9%)
19	KWAŚNIEWSKI Waldemar	349		M50	3	00:00:07	00:19:52.15	00:19:59.45	+00:04:28 (22.6%)	3:58	15.1 (77.4%)
20	GRALIK Jędrzej	167	BYDGOSKIE OKONIE	M30	7	00:00:05	00:19:52.60	00:19:57.75	+00:04:29 (22.6%)	3:58	15.1 (77.4%)
21	WINIECKI Patryk	660		M30	8	00:00:06	00:19:52.90	00:19:58.95	+00:04:29 (22.6%)	3:58	15.1 (77.4%)
22	SZCZEPANIAK Cezary	596		M40	7	00:00:02	00:19:53.70	00:19:56.30	+00:04:30 (22.7%)	3:58	15.1 (77.4%)
23	SAWICKI Marcin	537		M30	9	00:00:04	00:19:56.60	00:20:00.95	+00:04:33 (22.8%)	3:59	15.1 (77.4%)
24	WALKOWIAK Paweł	641		M30	10	00:00:03	00:20:00.85	00:20:04.70	+00:04:37 (23.1%)	4:00	15 (76.9%)
25	PAWLIK Stanisław	462		M50	4	00:00:02	00:20:01.55	00:20:03.55	+00:04:38 (23.2%)	4:00	15 (76.9%)
26	GILL Daniel	787	LKS OSTROMECKO	M40	8	00:00:05	00:20:05.45	00:20:11.40	+00:04:42 (23.4%)	4:01	14.9 (76.4%)
27	ONDRA Karol	452		M20	3	00:00:06	00:20:15.35	00:20:22.15	+00:04:52 (24.0%)	4:03	14.8 (75.9%)
28	KUJDA Arkadiusz	326	1 BRYGADA LOGISTYCZNA	M40	9	00:00:05	00:20:20.90	00:20:26.80	+00:04:57 (24.4%)	4:04	14.8 (75.9%)
29	LEWANDOWSKI Piotr	362	STREET WORKOUT ACADEMY TERMINATOR	M20	4	00:00:04	00:20:22.20	00:20:26.85	+00:04:59 (24.5%)	4:04	14.7 (75.4%)
30	KĄTNIK Jacek	249	BUDINVEST	M50	5	00:00:08	00:20:25.15	00:20:33.30	+00:05:01 (24.6%)	4:05	14.7 (75.4%)
31	KOTULA Sławomir	291		M30	11	00:00:03	00:20:31.75	00:20:35.20	+00:05:08 (25.0%)	4:06	14.6 (74.9%)
32	SKRZYPIŃSKI Marek	559		M30	12	00:00:15	00:20:35.65	00:20:51.40	+00:05:12 (25.3%)	4:07	14.6 (74.9%)
33	DEJEWSKI Arkadiusz	94	ÓSEMKA	M40	10	00:00:14	00:20:39.55	00:20:53.70	+00:05:16 (25.5%)	4:07	14.5 (74.4%)
34	RYBAK Remigiusz	751	TRISPACE/TREK	M40	11	00:00:11	00:20:48.45	00:21:00.15	+00:05:25 (26.1%)	4:09	14.4 (73.8%)
35	STRUGAŁA Maciej	581		M20	5	00:00:06	00:20:52.80	00:20:59.05	+00:05:29 (26.3%)	4:10	14.4 (73.8%)
36	BARSZCZEWSKI Sebastian	14		M40	12	00:00:12	00:20:54.60	00:21:06.75	+00:05:31 (26.4%)	4:10	14.4 (73.8%)
37	SZYMCZAK Maciej	610		M50	6	00:00:03	00:21:01.50	00:21:04.95	+00:05:38 (26.8%)	4:12	14.3 (73.3%)
38	JANUSZKIEWICZ Piotr	211	REBELIA UNDERGROUND TRIATHLON	M40	13	00:00:06	00:21:01.80	00:21:08.60	+00:05:38 (26.8%)	4:12	14.3 (73.3%)
39	CHODKIEWICZ Tomasz	66	GARDENFLORA SPORT KLUB	M40	14	00:00:03	00:21:10.40	00:21:13.75	+00:05:47 (27.3%)	4:14	14.2 (72.8%)

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40	GRUBICH Arkadiusz	178		M40	15	00:00:04	00:21:20.90	00:21:25.85	+00:05:57 (27.9%)	4:16	14.1 (72.3%)
41	KŁOSOWSKI Marcin	271	CSM POLSKA	M40	16	00:00:05	00:21:21.85	00:21:27.15	+00:05:58 (28.0%)	4:16	14.1 (72.3%)
42	DROCIĄK Michał	110	OSOWA GÓRA RUNNER	M40	17	00:00:12	00:21:25.30	00:21:38.00	+00:06:02 (28.2%)	4:17	14 (71.8%)
43	KUBIŃSKA Klaudyna	320		K20	1	00:00:16	00:21:26.10	00:21:42.85	+00:06:02 (28.2%)	4:17	14 (71.8%)
44	SZYSZKA Radosław	612		M40	18	00:00:03	00:21:27.05	00:21:30.10	+00:06:03 (28.3%)	4:17	14 (71.8%)
45	KRUSZKA Łukasz	313		M40	19	00:00:03	00:21:29.75	00:21:33.20	+00:06:06 (28.4%)	4:17	14 (71.8%)
46	BALCER Remigiusz	6		M40	20	00:00:12	00:21:34.60	00:21:47.05	+00:06:11 (28.7%)	4:18	13.9 (71.3%)
47	SIKORSKI Arkadiusz	549		M10	1	00:00:07	00:21:35.35	00:21:42.65	+00:06:12 (28.7%)	4:19	13.9 (71.3%)
48	WIECZOREK Waldemar	655		M30	13	00:00:24	00:21:35.55	00:22:00.00	+00:06:12 (28.7%)	4:19	13.9 (71.3%)
49	KŁAK Michał	269		M30	14	00:00:28	00:21:36.70	00:22:04.90	+00:06:13 (28.8%)	4:19	13.9 (71.3%)
50	WOŹNICA Krzysztof	684		M30	15	00:00:54	00:21:38.50	00:22:32.60	+00:06:15 (28.9%)	4:19	13.9 (71.3%)
51	KOZŁOWSKI Rafał	303		M20	6	00:00:26	00:21:43.55	00:22:10.25	+00:06:20 (29.2%)	4:20	13.8 (70.8%)
52	JOPPEK Łukasz	225		M30	16	00:00:08	00:21:48.15	00:21:56.15	+00:06:24 (29.4%)	4:21	13.8 (70.8%)
53	ZAJĄKAŁA Wojciech	700		M20	7	00:00:11	00:21:50.45	00:22:01.70	+00:06:27 (29.6%)	4:22	13.7 (70.3%)
54	MATEUSZCZYK Dawid	398		M30	17	00:00:25	00:21:55.35	00:22:20.80	+00:06:32 (29.8%)	4:23	13.7 (70.3%)
55	JAKUBCZAK Michał	200		M30	18	00:00:13	00:21:58.35	00:22:12.20	+00:06:35 (30.0%)	4:23	13.7 (70.3%)
56	DERING Hanna	98	BYDGOSKIE ŻÓŁWIE	K40	2	00:00:07	00:21:58.80	00:22:06.60	+00:06:35 (30.0%)	4:23	13.7 (70.3%)
57	RADZIEJEWSKI Tomasz	503		M40	21	00:00:08	00:22:01.75	00:22:10.15	+00:06:38 (30.2%)	4:24	13.6 (69.7%)
58	DOBRZYŃSKA Ewa	102		K30	2	00:00:08	00:22:04.25	00:22:12.60	+00:06:41 (30.3%)	4:24	13.6 (69.7%)
59	SIKORSKI Jarek	552	KABEL TEAM BYDGOSZCZ	M40	22	00:00:28	00:22:05.70	00:22:34.50	+00:06:42 (30.4%)	4:25	13.6 (69.7%)
60	KOLASSA Robert	274		M30	19	00:00:05	00:22:09.30	00:22:14.45	+00:06:46 (30.5%)	4:25	13.5 (69.2%)
61	WIECZOREK Mateusz	778		M30	20	00:00:26	00:22:09.60	00:22:36.35	+00:06:46 (30.6%)	4:25	13.5 (69.2%)
62	KRASIŃSKI Piotr	306		M40	23	00:00:16	00:22:12.60	00:22:29.05	+00:06:49 (30.7%)	4:26	13.5 (69.2%)

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63	MIĘKCZYŃSKI Miłosz	412	LUPUS TEAM	M30	21	00:01:00	00:22:15.30	00:23:15.80	+00:06:52 (30.9%)	4:27	13.5 (69.2%)
64	WĘGRZYNOWSKI Sławomir	790	KABEL TEAM BYDGOSZCZ	M50	7	00:01:50	00:22:18.50	00:24:09.40	+00:06:55 (31.0%)	4:27	13.5 (69.2%)
65	SKUPSZ Jędrzej Kazmierz	560		M30	22	00:00:39	00:22:20.20	00:22:59.75	+00:06:57 (31.1%)	4:28	13.4 (68.7%)
66	WITEK Magdalena	666		K20	2	00:00:20	00:22:20.60	00:22:40.95	+00:06:57 (31.1%)	4:28	13.4 (68.7%)
67	JURKOWSKI Paweł	227	PJKANCELARIA.PL	M30	23	00:00:35	00:22:23.20	00:22:58.45	+00:07:00 (31.3%)	4:28	13.4 (68.7%)
68	KAŻMIRSKI Krzysztof	248		M20	8	00:00:04	00:22:25.75	00:22:30.25	+00:07:02 (31.4%)	4:29	13.4 (68.7%)
69	KAZUBOWSKI Jacek	772	TRIDARKO	M50	8	00:00:11	00:22:26.70	00:22:37.85	+00:07:03 (31.4%)	4:29	13.4 (68.7%)
70	REDIS Agata	513	SZKÓŁKA JĘZYKA ANGIELSKIEGO AGATA REDIS	K30	3	00:00:03	00:22:27.00	00:22:30.75	+00:07:03 (31.5%)	4:29	13.4 (68.7%)
71	WITKOWSKI Łukasz	789	GRILL TEAM	M30	24	00:00:39	00:22:27.70	00:23:07.25	+00:07:04 (31.5%)	4:29	13.4 (68.7%)
72	PRZEKWAŚ Paweł	493		M30	25	00:00:08	00:22:29.90	00:22:38.45	+00:07:06 (31.6%)	4:29	13.3 (68.2%)
73	NOWAK Martyna	437	3GRAVITY	K20	3	00:00:03	00:22:32.40	00:22:36.15	+00:07:09 (31.7%)	4:30	13.3 (68.2%)
74	KOŁAKOWSKI Tomasz	275	ELENSPORT.PL SKLEPY SPORTOWE	M30	26	00:00:27	00:22:32.55	00:22:59.90	+00:07:09 (31.7%)	4:30	13.3 (68.2%)
75	KAŻMIRSKI Dariusz	247		M50	9	00:00:04	00:22:33.65	00:22:38.15	+00:07:10 (31.8%)	4:30	13.3 (68.2%)
76	ZBIRANEK Remigiusz	707	1BLOG	M40	24	00:00:29	00:22:34.20	00:23:04.05	+00:07:11 (31.8%)	4:30	13.3 (68.2%)
77	ROBACZEWSKI Artur	518		M40	25	00:00:05	00:22:34.80	00:22:40.15	+00:07:11 (31.9%)	4:30	13.3 (68.2%)
78	JAŹDŹEWSKI Dawid	221		M40	26	00:00:10	00:22:35.30	00:22:45.35	+00:07:12 (31.9%)	4:31	13.3 (68.2%)
79	KLOMFAS Miron	266	AS BOX / TRISPACE	M40	27	00:01:12	00:22:35.65	00:23:47.90	+00:07:12 (31.9%)	4:31	13.3 (68.2%)
80	MICHALIK Joanna	406		K40	3	00:00:02	00:22:36.15	00:22:38.85	+00:07:12 (31.9%)	4:31	13.3 (68.2%)
81	WALISZEWSKI Adrian	640		M20	9	00:01:22	00:22:36.30	00:23:58.40	+00:07:13 (31.9%)	4:31	13.3 (68.2%)
82	TOMASZEWSKI Marcin	624		M40	28	00:00:15	00:22:38.10	00:22:53.95	+00:07:14 (32.0%)	4:31	13.3 (68.2%)
83	WRZESIŃSKI Krzysztof	695		M30	27	00:00:12	00:22:38.45	00:22:51.15	+00:07:15 (32.0%)	4:31	13.3 (68.2%)
84	KOPACZEWSKI Marcin	279	SZKOŁA JAZDY BYDGOSC	M40	29	00:00:22	00:22:40.85	00:23:02.85	+00:07:17 (32.2%)	4:32	13.2 (67.7%)
85	WATOROWSKI Irek	643		M30	28	00:00:07	00:22:42.50	00:22:50.00	+00:07:19 (32.2%)	4:32	13.2 (67.7%)

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86	CHORZEWSKI Kamil	70		M20	10	00:01:42	00:22:42.55	00:24:25.10	+00:07:19 (32.2%)	4:32	13.2 (67.7%)
87	BUZALSKI Robert	57	ORANGE POLSKA	M40	30	00:00:14	00:22:44.35	00:22:58.50	+00:07:21 (32.3%)	4:32	13.2 (67.7%)
88	GROBELNY Szymon	173		M30	29	00:00:27	00:22:44.90	00:23:12.35	+00:07:21 (32.4%)	4:32	13.2 (67.7%)
89	PILARSKI Radosław	476		M40	31	00:00:05	00:22:46.05	00:22:51.95	+00:07:22 (32.4%)	4:33	13.2 (67.7%)
90	RENC Patryk	514	SERCE TYBETU	M30	30	00:00:14	00:22:46.40	00:23:01.25	+00:07:23 (32.4%)	4:33	13.2 (67.7%)
91	ROSÓŁ Jacek	522		M40	32	00:00:09	00:22:46.90	00:22:56.45	+00:07:23 (32.5%)	4:33	13.2 (67.7%)
92	RACZKO Agata	501		K30	4	00:00:44	00:22:47.45	00:23:32.40	+00:07:24 (32.5%)	4:33	13.2 (67.7%)
93	HAŁASA Bogdan	188		M60	1	00:00:29	00:22:47.50	00:23:16.65	+00:07:24 (32.5%)	4:33	13.2 (67.7%)
94	KRETOWICZ Piotr	308	STONKS SQUAD	M20	11	00:00:21	00:22:49.60	00:23:10.65	+00:07:26 (32.6%)	4:33	13.1 (67.2%)
95	GLAMA Stanisław	144		M50	10	00:00:22	00:22:50.55	00:23:13.40	+00:07:27 (32.6%)	4:34	13.1 (67.2%)
96	WŁODARCZYK Adam	776	8KP-BOT	M30	31	00:00:21	00:22:54.00	00:23:15.50	+00:07:30 (32.8%)	4:34	13.1 (67.2%)
97	SONTOWSKI Eryk	567		M10	2	00:01:14	00:22:58.90	00:24:13.65	+00:07:35 (33.0%)	4:35	13.1 (67.2%)
98	BĄCZKOWSKI Rafał	741	BUDSTOL INVEST	M40	33	00:00:13	00:23:01.05	00:23:14.90	+00:07:37 (33.2%)	4:36	13 (66.7%)
99	SZARLEJ Marcin	594		M30	32	00:00:26	00:23:03.90	00:23:30.30	+00:07:40 (33.3%)	4:36	13 (66.7%)
100	WŁOCH Jakub	669		M30	33	00:00:09	00:23:04.25	00:23:14.10	+00:07:41 (33.3%)	4:36	13 (66.7%)
101	JUREK Sławomir	226		M50	11	00:00:35	00:23:04.40	00:23:40.10	+00:07:41 (33.3%)	4:36	13 (66.7%)
102	DREŹEK Ewelina	800		K30	5	00:00:05	00:23:07.80	00:23:13.75	+00:07:44 (33.5%)	4:37	13 (66.7%)
103	SZEWCZYKOWSKI Grzegorz	600	BYDGOSKIE ŻÓŁWIE	M40	34	00:01:08	00:23:09.05	00:24:17.20	+00:07:45 (33.5%)	4:37	13 (66.7%)
104	GACKOWSKI Krzysztof	134		M40	35	00:00:09	00:23:09.95	00:23:19.90	+00:07:46 (33.6%)	4:37	13 (66.7%)
105	KIEŁCZYŃSKI Marek	257	CSM POLSKA	M40	36	00:00:06	00:23:14.65	00:23:21.00	+00:07:51 (33.8%)	4:38	12.9 (66.2%)
106	SOBCZAK Marcin	564	CZARNE STOPY	M30	34	00:00:19	00:23:14.70	00:23:33.85	+00:07:51 (33.8%)	4:38	12.9 (66.2%)
107	PAPROCKI Rafał	460	SLK POLONIA BYDGOSZCZ	M40	37	00:01:27	00:23:15.90	00:24:43.75	+00:07:52 (33.9%)	4:39	12.9 (66.2%)
108	ZBIRANEK Artur	706		M40	38	00:00:36	00:23:16.35	00:23:52.60	+00:07:53 (33.9%)	4:39	12.9 (66.2%)

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109	BANASIAK Paweł	7	ÓSEMKA	M30	35	00:00:29	00:23:19.30	00:23:48.45	+00:07:56 (34.0%)	4:39	12.9 (66.2%)
110	NOWAKOWSKI Radosław	443		M20	12	00:00:58	00:23:19.45	00:24:17.65	+00:07:56 (34.0%)	4:39	12.9 (66.2%)
111	WOJCIECHOWSKI Grzegorz	672		M30	36	00:00:14	00:23:19.90	00:23:34.65	+00:07:56 (34.1%)	4:39	12.9 (66.2%)
112	KLENIEWSKI Piotr	744		M60	2	00:00:08	00:23:20.05	00:23:28.80	+00:07:56 (34.1%)	4:40	12.9 (66.2%)
113	WOLSKI Marcin	677		M40	39	00:00:19	00:23:24.25	00:23:43.60	+00:08:01 (34.3%)	4:40	12.8 (65.6%)
114	KARSKI Krzysztof	240		M10	3	00:00:59	00:23:24.90	00:24:24.00	+00:08:01 (34.3%)	4:40	12.8 (65.6%)
115	DACH Łukasz	731		M40	40	00:00:07	00:23:27.70	00:23:34.95	+00:08:04 (34.4%)	4:41	12.8 (65.6%)
116	BAUMGART Jacek	17	BIEGAJ Z DĘBAMI	M60	3	00:00:47	00:23:33.85	00:24:20.90	+00:08:10 (34.7%)	4:42	12.7 (65.1%)
117	KOZIORZEMSKI Damian	301		M30	37	00:00:13	00:23:37.10	00:23:50.35	+00:08:13 (34.9%)	4:43	12.7 (65.1%)
118	ZYGLER Zbigniew	725	22.ODN	M50	12	00:00:24	00:23:38.90	00:24:03.50	+00:08:15 (34.9%)	4:43	12.7 (65.1%)
119	FIJAŁKOWSKI Paweł	122		M30	38	00:01:28	00:23:40.50	00:25:08.65	+00:08:17 (35.0%)	4:44	12.7 (65.1%)
120	PERLINSKI Damian	464		M30	39	00:01:48	00:23:42.60	00:25:30.95	+00:08:19 (35.1%)	4:44	12.7 (65.1%)
121	NIEDBALSKI Grzegorz	432	RUN BYDGOSZCZ	M60	4	00:00:23	00:23:43.10	00:24:06.15	+00:08:19 (35.1%)	4:44	12.6 (64.6%)
122	KUJAWA Kamil	325		M30	40	00:00:10	00:23:43.35	00:23:53.65	+00:08:20 (35.1%)	4:44	12.6 (64.6%)
123	WOLAN Magdalena	674	AMOREK	K40	4	00:00:19	00:23:45.30	00:24:05.05	+00:08:22 (35.2%)	4:45	12.6 (64.6%)
124	RADECKI Maciej	502	CYBORGI	M40	41	00:00:27	00:23:46.20	00:24:13.35	+00:08:23 (35.3%)	4:45	12.6 (64.6%)
125	KUŹNIEWSKI Oliwier	344		M10	4	00:00:43	00:23:54.65	00:24:38.55	+00:08:31 (35.6%)	4:46	12.6 (64.6%)
126	CIEŚLEWICZ Karol	76		M40	42	00:00:30	00:23:55.30	00:24:26.05	+00:08:32 (35.7%)	4:47	12.5 (64.1%)
127	RASZLIŃSKA Mariola	510		K50	1	00:01:05	00:23:55.40	00:25:00.40	+00:08:32 (35.7%)	4:47	12.5 (64.1%)
128	SZOPINSKA Justyna	604		K30	6	00:00:09	00:23:58.65	00:24:08.10	+00:08:35 (35.8%)	4:47	12.5 (64.1%)
129	BRAĞIEL Jakub	49	VEGE RUNNERS	M30	41	00:01:08	00:23:59.65	00:25:07.75	+00:08:36 (35.9%)	4:47	12.5 (64.1%)
130	FUŁAT Karol	129	TKKF KOLEJARZ BYDGOSZCZ	M50	13	00:00:27	00:24:01.50	00:24:29.15	+00:08:38 (36.0%)	4:48	12.5 (64.1%)
131	URBAŃSKI Dawid	636		M40	43	00:00:41	00:24:02.50	00:24:44.25	+00:08:39 (36.0%)	4:48	12.5 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	KAPANOWSKI Sylwester	234		M50	14	00:00:28	00:24:03.10	00:24:31.95	+00:08:39 (36.0%)	4:48	12.5 (64.1%)
133	STROKOWSKA Paulina	579		K20	4	00:00:14	00:24:03.80	00:24:18.65	+00:08:40 (36.1%)	4:48	12.5 (64.1%)
134	SZPERKOWSKI Bartosz	745		M30	42	00:01:34	00:24:04.30	00:25:38.35	+00:08:41 (36.1%)	4:48	12.5 (64.1%)
135	SIERADZKI Bartosz	547		M40	44	00:01:13	00:24:04.80	00:25:18.05	+00:08:41 (36.1%)	4:48	12.5 (64.1%)
136	NIKODEM Łukasz	433		M20	13	00:00:39	00:24:05.50	00:24:45.05	+00:08:42 (36.1%)	4:49	12.5 (64.1%)
137	PUDO Wojciech	498		M20	14	00:00:28	00:24:05.60	00:24:34.15	+00:08:42 (36.1%)	4:49	12.5 (64.1%)
138	ANDRZEJEWSKA Sylwia	773		K30	7	00:00:16	00:24:10.70	00:24:27.05	+00:08:47 (36.4%)	4:50	12.4 (63.6%)
139	CZYŻEWSKA Justyna	85		K30	8	00:00:16	00:24:14.50	00:24:30.60	+00:08:51 (36.5%)	4:50	12.4 (63.6%)
140	GOŁĘBIEWSKI Piotr	153		M40	45	00:00:18	00:24:18.50	00:24:37.45	+00:08:55 (36.7%)	4:51	12.3 (63.1%)
141	BYLICA Robert	58		M40	46	00:00:10	00:24:20.80	00:24:30.95	+00:08:57 (36.8%)	4:52	12.3 (63.1%)
142	ZAJDLEWICZ Daniel	701		M40	47	00:00:05	00:24:23.10	00:24:28.70	+00:08:59 (36.9%)	4:52	12.3 (63.1%)
143	ŚWIETLIK Piotr	616		M50	15	00:00:17	00:24:24.00	00:24:41.50	+00:09:00 (36.9%)	4:52	12.3 (63.1%)
144	NURKIEWICZ Jarosław	802	KUNG FU PANDY 3	M50	16	00:00:37	00:24:27.60	00:25:05.35	+00:09:04 (37.1%)	4:53	12.3 (63.1%)
145	WIŚNIEWSKI Tomasz	664		M30	43	00:00:10	00:24:29.05	00:24:39.85	+00:09:05 (37.2%)	4:53	12.3 (63.1%)
146	RUNNER Andrzej	526	THE UNOFFICIAL RUN BYDGOSZCZ FAN CLUB	M50	17	00:00:23	00:24:32.05	00:24:55.70	+00:09:08 (37.3%)	4:54	12.2 (62.6%)
147	SOBANIA Grace	563	POINT COOK RUNNING CLUB	K50	2	00:00:20	00:24:32.10	00:24:52.35	+00:09:08 (37.3%)	4:54	12.2 (62.6%)
148	ZAPARUCHA Mikołaj	703		M50	18	00:00:15	00:24:32.90	00:24:48.60	+00:09:09 (37.3%)	4:54	12.2 (62.6%)
149	KLUSZCZYŃSKI Robert	268		M50	19	00:00:12	00:24:33.55	00:24:46.05	+00:09:10 (37.3%)	4:54	12.2 (62.6%)
150	GŁABIŃSKI Piotr	145		M20	15	00:01:54	00:24:35.05	00:26:29.30	+00:09:11 (37.4%)	4:55	12.2 (62.6%)
151	ŚWIETLIK Michalina	757		K30	9	00:00:20	00:24:35.35	00:24:55.75	+00:09:12 (37.4%)	4:55	12.2 (62.6%)
152	KASPROWICZ Piotr	243	JW 1515	M40	48	00:00:20	00:24:35.55	00:24:55.65	+00:09:12 (37.4%)	4:55	12.2 (62.6%)
153	CZAJA Jarosław	80		M40	49	00:00:28	00:24:36.80	00:25:05.05	+00:09:13 (37.5%)	4:55	12.2 (62.6%)
154	KHANDIUK Ihor	256	ROTAX	M30	44	00:01:20	00:24:37.45	00:25:57.80	+00:09:14 (37.5%)	4:55	12.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	SZEIB Robert	775		M40	50	00:00:11	00:24:37.70	00:24:48.80	+00:09:14 (37.5%)	4:55	12.2 (62.6%)
156	ILNITSKYI Ivan	193		M30	45	00:01:19	00:24:38.20	00:25:58.10	+00:09:15 (37.5%)	4:55	12.2 (62.6%)
157	STASIEWSKI Mariusz	573	TRISPACE / TRCK	M40	51	00:01:13	00:24:40.65	00:25:54.30	+00:09:17 (37.6%)	4:56	12.2 (62.6%)
158	RÓŻYCKI Dariusz	758	BYDGOSKIE ŻÓŁWIE	M50	20	00:01:04	00:24:41.10	00:25:45.25	+00:09:17 (37.7%)	4:56	12.2 (62.6%)
159	MŁYNARCZYK Ewa	763	BYDGOSKIE ŻÓŁWIE	K40	5	00:01:03	00:24:41.40	00:25:45.20	+00:09:18 (37.7%)	4:56	12.2 (62.6%)
160	FIRST Anna	125		K20	5	00:01:00	00:24:45.45	00:25:45.80	+00:09:22 (37.9%)	4:57	12.1 (62.1%)
161	JANKOWSKI Tomasz	207		M20	16	00:01:54	00:24:45.95	00:26:40.10	+00:09:22 (37.9%)	4:57	12.1 (62.1%)
162	CHOJNACKI Tomasz	69	STARY FORDON	M40	52	00:00:30	00:24:46.05	00:25:16.30	+00:09:22 (37.9%)	4:57	12.1 (62.1%)
163	PIOTROWSKI Dariusz	478	GARDENFLORA SPORT TEAM	M40	53	00:00:47	00:24:46.55	00:25:33.60	+00:09:23 (37.9%)	4:57	12.1 (62.1%)
164	BIEGAŁA Agnieszka	33		K40	6	00:00:21	00:24:46.85	00:25:08.10	+00:09:23 (37.9%)	4:57	12.1 (62.1%)
165	KOSIARSKI Tomasz	287		M40	54	00:00:16	00:24:51.15	00:25:07.55	+00:09:27 (38.1%)	4:58	12.1 (62.1%)
166	BIERNACKA Magdalena	37		K30	10	00:00:22	00:24:53.10	00:25:15.65	+00:09:29 (38.2%)	4:58	12.1 (62.1%)
167	GŁOGOWSKI Mateusz	791		M30	46	00:01:28	00:24:53.80	00:26:22.00	+00:09:30 (38.2%)	4:58	12.1 (62.1%)
168	KUJDA Dorota	327		K40	7	00:00:08	00:24:55.65	00:25:03.70	+00:09:32 (38.3%)	4:59	12 (61.5%)
169	STAWCZYK Dariusz	574		M40	55	00:00:13	00:24:58.40	00:25:11.50	+00:09:35 (38.4%)	4:59	12 (61.5%)
170	CYWIŃSKI Artur	740		M30	47	00:00:47	00:25:02.05	00:25:49.85	+00:09:38 (38.5%)	5:00	12 (61.5%)
171	ĆWIKLIŃSKI Jarosław	89	COLORADO PIZZA EXPRESS	M50	21	00:01:05	00:25:02.25	00:26:07.35	+00:09:39 (38.5%)	5:00	12 (61.5%)
172	JABŁOŃSKI Tomasz	761	ŁOCHOWICE TEAM	M40	56	00:00:37	00:25:08.60	00:25:45.70	+00:09:45 (38.8%)	5:01	11.9 (61.0%)
173	KOPACZEWSKA Agnieszka	278	SZKOŁA JAZDY KOPACZEWSKI	K40	8	00:00:21	00:25:14.20	00:25:35.50	+00:09:51 (39.0%)	5:02	11.9 (61.0%)
174	RYGIEWICZ Wojciech	532		M50	22	00:00:50	00:25:15.50	00:26:05.50	+00:09:52 (39.1%)	5:03	11.9 (61.0%)
175	KOZAK Krzysztof	296		M30	48	00:01:10	00:25:16.55	00:26:27.10	+00:09:53 (39.1%)	5:03	11.9 (61.0%)
176	ŚWIĘCICKI Andrzej	617		M40	57	00:01:08	00:25:17.95	00:26:26.40	+00:09:54 (39.2%)	5:03	11.9 (61.0%)
177	KUCZEWSKI Łukasz	322		M40	58	00:01:15	00:25:18.25	00:26:33.75	+00:09:55 (39.2%)	5:03	11.9 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	NOWOTNIK Mariusz	447		M40	59	00:00:42	00:25:18.75	00:26:00.85	+00:09:55 (39.2%)	5:03	11.9 (61.0%)
179	JANUSZEWSKI Radosław	210		M40	60	00:00:29	00:25:18.90	00:25:48.15	+00:09:55 (39.2%)	5:03	11.9 (61.0%)
180	WENDA Mateusz	645		M30	49	00:01:05	00:25:24.05	00:26:29.90	+00:10:00 (39.4%)	5:04	11.8 (60.5%)
181	GUZMAN Daniel	186		M40	61	00:01:08	00:25:26.20	00:26:35.10	+00:10:03 (39.5%)	5:05	11.8 (60.5%)
182	WIECZOREK Izabela	779		K30	11	00:00:27	00:25:27.05	00:25:54.55	+00:10:03 (39.5%)	5:05	11.8 (60.5%)
183	NALEWALSKA Justyna	431	SERCE TYBETU/ WKURW_TEAM	K30	12	00:00:31	00:25:27.25	00:25:58.40	+00:10:04 (39.6%)	5:05	11.8 (60.5%)
184	MALISZEWSKI Kamil	390	APPSDREAMS	M30	50	00:00:59	00:25:29.20	00:26:28.35	+00:10:06 (39.6%)	5:05	11.8 (60.5%)
185	WAJER Marita	637		K20	6	00:00:39	00:25:30.15	00:26:09.25	+00:10:06 (39.7%)	5:06	11.8 (60.5%)
186	KWASEK Wojciech	345	KABEL TEAM BYDGOSZCZ	M50	23	00:00:12	00:25:30.80	00:25:43.00	+00:10:07 (39.7%)	5:06	11.8 (60.5%)
186	MIŁKOŚ Filip	415		M18	1	00:00:22	00:25:30.80	00:25:53.05	+00:10:07 (39.7%)	5:06	11.8 (60.5%)
188	GOŁĘBIEWSKI Paweł	154		M40	62	00:01:27	00:25:31.30	00:26:58.65	+00:10:08 (39.7%)	5:06	11.8 (60.5%)
189	MASŁOWSKA Angelika	397		K30	13	00:00:22	00:25:32.05	00:25:54.80	+00:10:08 (39.7%)	5:06	11.7 (60.0%)
190	GRUDA Mirosław	179		M60	5	00:01:13	00:25:32.80	00:26:45.80	+00:10:09 (39.8%)	5:06	11.7 (60.0%)
191	KORPALSKI Andrzej	283		M40	63	00:00:39	00:25:33.05	00:26:12.05	+00:10:09 (39.8%)	5:06	11.7 (60.0%)
192	MAJCHRZAK Katarzyna	384		K30	14	00:01:24	00:25:33.60	00:26:57.80	+00:10:10 (39.8%)	5:06	11.7 (60.0%)
193	BIZON Bartosz	40		M30	51	00:00:24	00:25:35.95	00:26:00.20	+00:10:12 (39.9%)	5:07	11.7 (60.0%)
194	MAŁKOWSKA Ewa	395		K20	7	00:00:24	00:25:36.00	00:26:00.15	+00:10:12 (39.9%)	5:07	11.7 (60.0%)
195	PIETRZAK Anna	472		K30	15	00:00:49	00:25:36.20	00:26:26.00	+00:10:13 (39.9%)	5:07	11.7 (60.0%)
196	JANKOWSKI Tomasz	206	DĘBY OSIELSKO	M50	24	00:00:48	00:25:36.85	00:26:25.55	+00:10:13 (39.9%)	5:07	11.7 (60.0%)
197	CHOJECKI Jan	68		M18	2	00:01:27	00:25:37.50	00:27:05.40	+00:10:14 (40.0%)	5:07	11.7 (60.0%)
198	ROSIŃSKI Marek	521	METAL-TECHNIK	M50	25	00:00:17	00:25:40.05	00:25:57.85	+00:10:16 (40.1%)	5:08	11.7 (60.0%)
199	WŁOCH Sylwester	667		M50	26	00:00:04	00:25:44.85	00:25:49.05	+00:10:21 (40.2%)	5:08	11.7 (60.0%)
200	SZABLINSKA Honorata	589		K40	9	00:00:23	00:25:45.65	00:26:08.75	+00:10:22 (40.3%)	5:09	11.7 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	GROBELNA Monika	170		K40	10	00:01:12	00:25:46.50	00:26:59.35	+00:10:23 (40.3%)	5:09	11.6 (59.5%)
202	OKULICZ Anita	747	MUD FOXES	K30	16	00:00:23	00:25:50.25	00:26:13.70	+00:10:27 (40.4%)	5:10	11.6 (59.5%)
203	NAGORZYSKA Sylwia	429	MUDFOXES	K40	11	00:00:23	00:25:50.30	00:26:14.25	+00:10:27 (40.5%)	5:10	11.6 (59.5%)
203	NAGORZYSKI Arkadiusz	430	MUDFOXES	M30	52	00:00:24	00:25:50.30	00:26:14.45	+00:10:27 (40.5%)	5:10	11.6 (59.5%)
205	KLARKOWSKI Marcin	750		M30	53	00:00:37	00:25:51.95	00:26:29.85	+00:10:28 (40.5%)	5:10	11.6 (59.5%)
206	GĘSICKA Marta	792		K30	17	00:00:33	00:25:53.20	00:26:26.30	+00:10:30 (40.6%)	5:10	11.6 (59.5%)
207	JESKE Marek	223	RUN BYDGOSZCZ	M50	27	00:00:33	00:25:56.40	00:26:29.50	+00:10:33 (40.7%)	5:11	11.6 (59.5%)
208	LECH Artur	353	AEROKLUB BYDGOSKI	M50	28	00:01:37	00:25:57.75	00:27:35.65	+00:10:34 (40.7%)	5:11	11.6 (59.5%)
209	ZGÓRSKI Maciej	712		M40	64	00:00:30	00:25:58.15	00:26:28.95	+00:10:34 (40.8%)	5:11	11.6 (59.5%)
210	SPYCHALSKA Kinga	569		K30	18	00:00:12	00:26:00.45	00:26:13.35	+00:10:37 (40.8%)	5:12	11.5 (59.0%)
211	SCHUMACHER-RATAJ Marta	540		K30	19	00:00:28	00:26:00.65	00:26:29.20	+00:10:37 (40.8%)	5:12	11.5 (59.0%)
212	SARNECKI Bartosz	536		M30	54	00:01:07	00:26:02.20	00:27:10.15	+00:10:39 (40.9%)	5:12	11.5 (59.0%)
213	WÓJCIK Piotr	689		M10	5	00:00:56	00:26:05.55	00:27:01.90	+00:10:42 (41.0%)	5:13	11.5 (59.0%)
214	CHRÓŚCIŃSKA Monika	71		K20	8	00:01:14	00:26:06.40	00:27:21.30	+00:10:43 (41.1%)	5:13	11.5 (59.0%)
215	GROBELNA Angelika	172	BYDGOSZCZ NA START	K40	12	00:01:35	00:26:07.35	00:27:42.35	+00:10:44 (41.1%)	5:13	11.5 (59.0%)
216	MAGDZIARZ Emilia	766		K18	1	00:00:16	00:26:08.05	00:26:24.40	+00:10:44 (41.1%)	5:13	11.5 (59.0%)
217	KRÓL Karol	765	TKKF KOLEJARZ	M40	65	00:00:29	00:26:09.75	00:26:38.90	+00:10:46 (41.2%)	5:13	11.5 (59.0%)
218	MOCZYNSKI Leszek	422	BIEGAM DLA BYDGOSZCZY	M60	6	00:00:10	00:26:10.50	00:26:21.40	+00:10:47 (41.2%)	5:14	11.5 (59.0%)
219	BIEŃKOWSKA Ania	36		K30	20	00:00:17	00:26:12.30	00:26:29.95	+00:10:49 (41.3%)	5:14	11.5 (59.0%)
220	PIETRASZAK Tomasz	470	RUN BYDGOSZCZ	M50	29	00:00:32	00:26:14.45	00:26:47.25	+00:10:51 (41.4%)	5:14	11.4 (58.5%)
221	SIKORSKI Jarek	551	RUN BYDGOSZCZ	M40	66	00:00:32	00:26:14.55	00:26:46.95	+00:10:51 (41.4%)	5:14	11.4 (58.5%)
222	ZAJĄC Tomasz	699		M40	67	00:00:48	00:26:14.90	00:27:03.05	+00:10:51 (41.4%)	5:14	11.4 (58.5%)
223	BUDNY Ewa	50	MŁODZIEŻOWA RADA MIASTA	K10	1	00:00:08	00:26:15.45	00:26:24.20	+00:10:52 (41.4%)	5:15	11.4 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	LEWANDOWSKI Michał	365		M40	68	00:00:59	00:26:17.85	00:27:16.85	+00:10:54 (41.5%)	5:15	11.4 (58.5%)
225	SZAFKOWSKI Arkadiusz	590	SOLECCY BIEGACZE	M40	69	00:00:13	00:26:19.30	00:26:32.85	+00:10:56 (41.5%)	5:15	11.4 (58.5%)
226	CEGŁOWSKI Tomasz	60		M40	70	00:01:22	00:26:19.75	00:27:41.80	+00:10:56 (41.6%)	5:15	11.4 (58.5%)
227	DEMBSKI Marek	96	TEAM PATROL	M40	71	00:00:07	00:26:20.50	00:26:27.75	+00:10:57 (41.6%)	5:16	11.4 (58.5%)
228	BIAŁEK Marcin	27		M10	6	00:01:41	00:26:21.30	00:28:02.65	+00:10:58 (41.6%)	5:16	11.4 (58.5%)
229	PASZKIET Witold	461	TKKF KOLEJARZ	M60	7	00:00:29	00:26:21.95	00:26:51.75	+00:10:58 (41.6%)	5:16	11.4 (58.5%)
230	WOSZCZYK Agnieszka	1		K30	21	00:00:38	00:26:23.55	00:27:02.20	+00:11:00 (41.7%)	5:16	11.4 (58.5%)
231	KĘSIK Roman	255	13 WOG GRUDZIĄDZ	M50	30	00:00:51	00:26:24.10	00:27:15.55	+00:11:00 (41.7%)	5:16	11.4 (58.5%)
232	KAZEK-ŁUKOWSKA Agnieszka	244		K30	22	00:00:26	00:26:24.15	00:26:50.70	+00:11:00 (41.7%)	5:16	11.4 (58.5%)
233	TRUDNOWSKI Janusz	627		M60	8	00:00:11	00:26:25.20	00:26:36.80	+00:11:02 (41.8%)	5:17	11.4 (58.5%)
234	JANIKOWSKA Awa	204	CZARNE STOPY	K30	23	00:01:20	00:26:25.35	00:27:45.85	+00:11:02 (41.8%)	5:17	11.4 (58.5%)
235	PISKORSKA Marta	481		K40	13	00:00:17	00:26:26.85	00:26:44.55	+00:11:03 (41.8%)	5:17	11.3 (57.9%)
236	WIŚNIEWSKI Leszek	767		M30	55	00:00:49	00:26:27.95	00:27:17.15	+00:11:04 (41.9%)	5:17	11.3 (57.9%)
237	GRACZYK Dawid	165	ÓSEMKA	M20	17	00:00:27	00:26:28.05	00:26:55.85	+00:11:04 (41.9%)	5:17	11.3 (57.9%)
238	GÓRECKI Łukasz	159	AZS WSG CHAMPIONS DRAGON BOAT TEAM	M20	18	00:00:35	00:26:29.75	00:27:05.00	+00:11:06 (41.9%)	5:17	11.3 (57.9%)
239	KRYSZTOFINSKA Aneta	316		K30	24	00:00:34	00:26:30.10	00:27:04.80	+00:11:06 (41.9%)	5:18	11.3 (57.9%)
240	ŁADNIAK Bernadeta	372	RUNMORS	K40	14	00:00:48	00:26:30.80	00:27:19.25	+00:11:07 (42.0%)	5:18	11.3 (57.9%)
241	PIASECKI Włodzimierz	466		M50	31	00:00:06	00:26:31.80	00:26:37.80	+00:11:08 (42.0%)	5:18	11.3 (57.9%)
242	ŁADNIAK Dariusz	373	RUNMORS	M40	72	00:00:48	00:26:32.60	00:27:20.60	+00:11:09 (42.0%)	5:18	11.3 (57.9%)
243	WŁODARCZYK Wojciech	670		M50	32	00:01:13	00:26:32.75	00:27:46.35	+00:11:09 (42.0%)	5:18	11.3 (57.9%)
244	DONARSKI Janusz	105		M50	33	00:01:40	00:26:33.50	00:28:13.75	+00:11:10 (42.1%)	5:18	11.3 (57.9%)
245	KRUK Łukasz	312		M10	7	00:00:51	00:26:34.00	00:27:25.55	+00:11:10 (42.1%)	5:18	11.3 (57.9%)
246	KRUK Anna	310		K40	15	00:00:51	00:26:34.15	00:27:25.75	+00:11:10 (42.1%)	5:18	11.3 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	KRUK Szymon	311		M10	8	00:00:51	00:26:34.25	00:27:25.70	+00:11:11 (42.1%)	5:18	11.3 (57.9%)
248	KOSEK Mariusz	286	RCI	M50	34	00:00:27	00:26:35.20	00:27:02.95	+00:11:12 (42.1%)	5:19	11.3 (57.9%)
249	KAZUB Jerem	764	JOTKAZ	M20	19	00:01:00	00:26:35.30	00:27:36.25	+00:11:12 (42.1%)	5:19	11.3 (57.9%)
250	ŻUCHOWSKI Dariusz	728	PARK RUN BYDGOSZCZ	M50	35	00:00:44	00:26:38.95	00:27:23.05	+00:11:15 (42.3%)	5:19	11.3 (57.9%)
251	OPATRZYK Kinga	453	ÓSEMKA	K20	9	00:00:27	00:26:40.05	00:27:07.35	+00:11:16 (42.3%)	5:20	11.3 (57.9%)
252	WOLNY Tomasz	676		M40	73	00:00:14	00:26:40.40	00:26:54.85	+00:11:17 (42.3%)	5:20	11.3 (57.9%)
253	ŚWIETLIK Grzegorz	756		M30	56	00:00:20	00:26:40.80	00:27:01.35	+00:11:17 (42.3%)	5:20	11.3 (57.9%)
254	SURMACZ Marcin	585		M40	74	00:00:48	00:26:41.10	00:27:29.20	+00:11:17 (42.3%)	5:20	11.2 (57.4%)
255	FABROWSKI Dawid	120	TEAMOCHAL	M40	75	00:01:05	00:26:42.05	00:27:47.35	+00:11:18 (42.4%)	5:20	11.2 (57.4%)
256	NOJEK Michał	434		M30	57	00:01:04	00:26:44.50	00:27:49.40	+00:11:21 (42.5%)	5:20	11.2 (57.4%)
257	JASIŃSKA Małgorzata	217		K30	25	00:00:24	00:26:45.15	00:27:10.00	+00:11:21 (42.5%)	5:21	11.2 (57.4%)
258	LECH Marek	352	WHM TEAM	M40	76	00:00:22	00:26:45.45	00:27:07.85	+00:11:22 (42.5%)	5:21	11.2 (57.4%)
259	KUŚ Marcin Tomasz	340	AKTYWNA BYDGOSZCZ	M40	77	00:00:54	00:26:45.50	00:27:40.10	+00:11:22 (42.5%)	5:21	11.2 (57.4%)
260	BIDAS Wiktor	30	MATEMATYKA Z PLUSEM	M10	9	00:00:06	00:26:45.65	00:26:52.45	+00:11:22 (42.5%)	5:21	11.2 (57.4%)
261	LEWANDOWSKA Marlena	360		K20	10	00:00:24	00:26:45.70	00:27:10.25	+00:11:22 (42.5%)	5:21	11.2 (57.4%)
262	KARCZEWSKA Arletta	236	WHM TEAM	K40	16	00:00:22	00:26:45.80	00:27:08.25	+00:11:22 (42.5%)	5:21	11.2 (57.4%)
263	MAŁKIŃSKI Józef	393		M60	9	00:00:12	00:26:46.30	00:26:59.20	+00:11:23 (42.5%)	5:21	11.2 (57.4%)
264	KRYSIŃSKI Adrian	315		M18	3	00:00:57	00:26:48.45	00:27:45.85	+00:11:25 (42.6%)	5:21	11.2 (57.4%)
265	ZŁOTOWSKI Piotr	718	RUN BYDGOSZCZ	M40	78	00:00:31	00:26:50.75	00:27:22.65	+00:11:27 (42.7%)	5:22	11.2 (57.4%)
266	CHĘSY Jacek	62		M40	79	00:01:22	00:26:52.30	00:28:15.05	+00:11:29 (42.7%)	5:22	11.2 (57.4%)
267	PRĄDZYŃSKI Mikołaj	739		M10	10	00:00:09	00:26:54.40	00:27:03.95	+00:11:31 (42.8%)	5:22	11.2 (57.4%)
268	SIEDLECKI Rafał	543		M30	58	00:00:14	00:26:55.45	00:27:09.50	+00:11:32 (42.9%)	5:23	11.1 (56.9%)
269	BUDZYŃSKI Witold	51		M40	80	00:01:30	00:26:55.75	00:28:26.05	+00:11:32 (42.9%)	5:23	11.1 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	ZYGIEL Marcin	724	WITKOWO BIEGA	M30	59	00:00:11	00:26:56.00	00:27:07.20	+00:11:32 (42.9%)	5:23	11.1 (56.9%)
271	PIERZGALSKI Jarek	469	ZAMULONE OSTRYGI	M50	36	00:00:24	00:26:56.45	00:27:21.30	+00:11:33 (42.9%)	5:23	11.1 (56.9%)
271	GŁOWACKI Tomek	149		M40	81	00:01:06	00:26:56.45	00:28:03.30	+00:11:33 (42.9%)	5:23	11.1 (56.9%)
273	GOŚCINNY Michał	156		M30	60	00:00:21	00:26:57.35	00:27:18.95	+00:11:34 (42.9%)	5:23	11.1 (56.9%)
274	ZUZA-WITKOWSKA Anna	333		K50	3	00:00:18	00:26:57.75	00:27:16.00	+00:11:34 (42.9%)	5:23	11.1 (56.9%)
275	BIAŁOWĄS Jakub	28	BERGOVIA	M10	11	00:01:24	00:27:00.45	00:28:24.45	+00:11:37 (43.0%)	5:24	11.1 (56.9%)
276	BOJAROWICZ Ewa	44		K20	11	00:00:40	00:27:00.55	00:27:41.50	+00:11:37 (43.0%)	5:24	11.1 (56.9%)
277	KOSIOR Marcel	289		M20	20	00:01:05	00:27:00.85	00:28:06.75	+00:11:37 (43.0%)	5:24	11.1 (56.9%)
278	RESZELA Marta	515		K30	26	00:01:17	00:27:01.35	00:28:18.80	+00:11:38 (43.1%)	5:24	11.1 (56.9%)
279	MUCHA Marcin	425		M40	82	00:00:42	00:27:03.45	00:27:45.85	+00:11:40 (43.1%)	5:24	11.1 (56.9%)
280	SZMELTER Michał	603		M50	37	00:01:08	00:27:04.15	00:28:13.05	+00:11:40 (43.2%)	5:24	11.1 (56.9%)
281	SIKORSKI Norbert	550		M50	38	00:00:07	00:27:04.35	00:27:12.15	+00:11:41 (43.2%)	5:24	11.1 (56.9%)
282	AGACIAK Elżbieta	2		K40	17	00:00:16	00:27:04.70	00:27:21.15	+00:11:41 (43.2%)	5:24	11.1 (56.9%)
283	WILCZYŃSKI Arkadiusz	657		M30	61	00:00:28	00:27:05.15	00:27:33.95	+00:11:41 (43.2%)	5:25	11.1 (56.9%)
283	KRAJDA Piotr	788	BBL BYDGOSZCZ	M40	83	00:01:34	00:27:05.15	00:28:39.85	+00:11:41 (43.2%)	5:25	11.1 (56.9%)
285	PAWLISZ Małgorzata	463		K30	27	00:01:18	00:27:06.80	00:28:24.85	+00:11:43 (43.3%)	5:25	11.1 (56.9%)
286	SOŁDON Halina	566	BIEGAJ Z NAMI	K50	4	00:00:45	00:27:07.00	00:27:52.95	+00:11:43 (43.3%)	5:25	11.1 (56.9%)
287	BUTOWSKI Michał	55		M40	84	00:01:17	00:27:07.95	00:28:25.80	+00:11:44 (43.3%)	5:25	11.1 (56.9%)
288	ŁUKASIEWICZ Krzysztof	748	MAJA	M40	85	00:00:18	00:27:09.25	00:27:27.45	+00:11:46 (43.3%)	5:25	11 (56.4%)
289	KIERNICKI Jarosław	258		M50	39	00:01:07	00:27:10.70	00:28:17.75	+00:11:47 (43.4%)	5:26	11 (56.4%)
290	WIŚNIEWSKA Iga	663		K30	28	00:01:00	00:27:12.10	00:28:12.40	+00:11:48 (43.4%)	5:26	11 (56.4%)
291	JAKUBCZAK Łukasz	201		M30	62	00:00:42	00:27:12.50	00:27:54.80	+00:11:49 (43.4%)	5:26	11 (56.4%)
292	BIAŁOWĄS Dariusz	29		M40	86	00:01:23	00:27:13.65	00:28:37.60	+00:11:50 (43.5%)	5:26	11 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	PRĄDZYŃSKA Weronika	489	AKADEMIAMISTRZOWSPORTU	K10	2	00:00:09	00:27:16.40	00:27:25.70	+00:11:53 (43.6%)	5:27	11 (56.4%)
294	PRĄDZYŃSKI Marcin	490	AKADEMIAMISTRZOWSPORTU	M40	87	00:00:09	00:27:16.80	00:27:26.35	+00:11:53 (43.6%)	5:27	11 (56.4%)
295	BUREK Dorota	54		K40	18	00:00:23	00:27:17.60	00:27:40.80	+00:11:54 (43.6%)	5:27	11 (56.4%)
296	WILCZYŃSKI Łukasz	658		M30	63	00:01:08	00:27:17.95	00:28:26.10	+00:11:54 (43.6%)	5:27	11 (56.4%)
297	SIUDA Marek	554		M40	88	00:01:18	00:27:19.45	00:28:38.20	+00:11:56 (43.7%)	5:27	11 (56.4%)
298	KARSKI Marcin	239		M40	89	00:01:12	00:27:21.60	00:28:33.95	+00:11:58 (43.8%)	5:28	11 (56.4%)
299	BIDAS Piotr	31		M40	90	00:00:06	00:27:24.75	00:27:30.95	+00:12:01 (43.9%)	5:28	10.9 (55.9%)
300	RAMZA Adam	508		M30	64	00:01:16	00:27:27.55	00:28:43.65	+00:12:04 (44.0%)	5:29	10.9 (55.9%)
301	WYPORKIEWICZ Jerzy	696		M50	40	00:01:17	00:27:28.70	00:28:45.85	+00:12:05 (44.0%)	5:29	10.9 (55.9%)
302	DERESZYŃSKI Piotr	97		M40	91	00:00:43	00:27:29.70	00:28:12.75	+00:12:06 (44.0%)	5:29	10.9 (55.9%)
303	MICHALAK Krzysztof	405		M20	21	00:01:53	00:27:29.75	00:29:23.60	+00:12:06 (44.0%)	5:29	10.9 (55.9%)
304	MAĆKOWSKI Kacper	382		M20	22	00:01:01	00:27:32.70	00:28:34.25	+00:12:09 (44.1%)	5:30	10.9 (55.9%)
305	BARANOWSKI Bartek	9		M30	65	00:01:31	00:27:34.45	00:29:06.00	+00:12:11 (44.2%)	5:30	10.9 (55.9%)
306	KLAFETKA Mateusz	262	PESA	M30	66	00:01:31	00:27:34.50	00:29:06.00	+00:12:11 (44.2%)	5:30	10.9 (55.9%)
307	STEJUK Aleksandra	577	AKADEMIA MISTRZÓW SPORTU	K40	19	00:01:02	00:27:36.45	00:28:39.10	+00:12:13 (44.3%)	5:31	10.9 (55.9%)
308	ANASZEWICZ Marzena	3		K40	20	00:00:20	00:27:36.90	00:27:57.80	+00:12:13 (44.3%)	5:31	10.9 (55.9%)
308	PIĘTA Darek	732		M50	41	00:01:21	00:27:36.90	00:28:57.90	+00:12:13 (44.3%)	5:31	10.9 (55.9%)
310	ZIELIŃSKI Radosław	715		M30	67	00:00:34	00:27:37.95	00:28:12.70	+00:12:14 (44.3%)	5:31	10.9 (55.9%)
311	SZOSTEK Tomasz	605	KWIDZYN BIEGA	M40	92	00:00:11	00:27:39.85	00:27:51.55	+00:12:16 (44.4%)	5:31	10.8 (55.4%)
312	ORZECZOWSKA Gabriela	455	ORZECZ BIEGA	K10	3	00:00:29	00:27:40.15	00:28:09.90	+00:12:16 (44.4%)	5:32	10.8 (55.4%)
313	SZOSTEK Katarzyna	606	KWIDZYN BIEGA	K40	21	00:00:10	00:27:41.10	00:27:51.60	+00:12:17 (44.4%)	5:32	10.8 (55.4%)
314	SOSNA Mikołaj	568		M40	93	00:01:22	00:27:41.35	00:29:03.60	+00:12:18 (44.4%)	5:32	10.8 (55.4%)
315	KRUK Krzysztof	309		M40	94	00:00:52	00:27:41.60	00:28:34.00	+00:12:18 (44.4%)	5:32	10.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	RUTKOWSKI Tomasz	530		M50	42	00:00:32	00:27:42.50	00:28:15.35	+00:12:19 (44.5%)	5:32	10.8 (55.4%)
317	CHLEBOWSKI Marcin	63	EXIMO TEAM	M40	95	00:00:56	00:27:43.10	00:28:39.35	+00:12:19 (44.5%)	5:32	10.8 (55.4%)
318	PAPIERSKA Kaja	459	AEROKLUB BYDGOSKI	K30	29	00:01:38	00:27:43.80	00:29:21.80	+00:12:20 (44.5%)	5:32	10.8 (55.4%)
319	DONDALSKI Mateusz	736	AEROKLUB BYDGOSKI	M30	68	00:01:37	00:27:44.25	00:29:21.35	+00:12:21 (44.5%)	5:32	10.8 (55.4%)
320	GREGO Mateusz	169		M20	23	00:00:26	00:27:44.30	00:28:10.70	+00:12:21 (44.5%)	5:32	10.8 (55.4%)
320	ORZECOWSKI Zbigniew	456	ORZECH BIEGA	M40	96	00:00:30	00:27:44.30	00:28:14.55	+00:12:21 (44.5%)	5:32	10.8 (55.4%)
322	MIEDZIŃSKA Katarzyna	410		K20	12	00:00:26	00:27:44.60	00:28:10.75	+00:12:21 (44.5%)	5:32	10.8 (55.4%)
323	KOLANOWSKA Grażyna	272		K60	1	00:00:37	00:27:45.05	00:28:22.50	+00:12:21 (44.6%)	5:33	10.8 (55.4%)
324	KOLANOWSKI Wojciech	273		M60	10	00:00:37	00:27:45.25	00:28:22.65	+00:12:22 (44.6%)	5:33	10.8 (55.4%)
325	LASKOWSKA Wojciech	350		M40	97	00:00:45	00:27:46.45	00:28:31.55	+00:12:23 (44.6%)	5:33	10.8 (55.4%)
326	GROBELNA Ida	171		K20	13	00:00:19	00:27:47.70	00:28:06.75	+00:12:24 (44.6%)	5:33	10.8 (55.4%)
327	GŁOWACKA Kornelia	146		K10	4	00:00:44	00:27:48.75	00:28:33.50	+00:12:25 (44.7%)	5:33	10.8 (55.4%)
328	WAWRZYNIAK Andrzej	644	22.ODN	M60	11	00:00:25	00:27:48.85	00:28:14.00	+00:12:25 (44.7%)	5:33	10.8 (55.4%)
329	GŁOWACKI Robert	147		M40	98	00:00:44	00:27:49.45	00:28:33.85	+00:12:26 (44.7%)	5:33	10.8 (55.4%)
330	BANDOCH Jacek	8		M30	69	00:01:07	00:27:50.00	00:28:57.45	+00:12:26 (44.7%)	5:34	10.8 (55.4%)
331	KWASIGROCH Krzysztof	346	TKKF KOLEJARZ BYDGOSZCZ	M50	43	00:01:05	00:27:50.70	00:28:56.30	+00:12:27 (44.7%)	5:34	10.8 (55.4%)
332	RÓŻYCZKA Joanna	524		K30	30	00:00:59	00:27:51.80	00:28:51.35	+00:12:28 (44.8%)	5:34	10.8 (55.4%)
333	CIERŹNICKI Zbigniew	75	TKKF KOLEJARZ BYDGOSZCZ	M50	44	00:01:38	00:27:56.25	00:29:35.10	+00:12:33 (44.9%)	5:35	10.7 (54.9%)
334	KLEJNOWSKA-KRZYWAŃSKA Aleksandra	263		K40	22	00:00:23	00:27:57.10	00:28:21.05	+00:12:33 (45.0%)	5:35	10.7 (54.9%)
335	CHYLIŃSKA Monika	72		K40	23	00:01:07	00:27:58.05	00:29:05.60	+00:12:34 (45.0%)	5:35	10.7 (54.9%)
336	JACKOWIEC-JAGIELSKA Małgorzata	197		K40	24	00:01:18	00:27:58.15	00:29:16.35	+00:12:34 (45.0%)	5:35	10.7 (54.9%)
337	HERNANDEZ Miguel	191		M30	70	00:01:23	00:27:59.45	00:29:22.70	+00:12:36 (45.0%)	5:35	10.7 (54.9%)
338	KOWALSKI Marek	294	BYDGOSKIE ŻÓŁWIE	M40	99	00:01:09	00:28:01.20	00:29:10.90	+00:12:38 (45.1%)	5:36	10.7 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	PYTLIŃSKI Paweł	500	BYDGOSKIE ŻÓŁWIE	M40	100	00:01:09	00:28:01.30	00:29:11.10	+00:12:38 (45.1%)	5:36	10.7 (54.9%)
340	STOKŁOSA Kamil	578		M30	71	00:00:52	00:28:01.40	00:28:53.45	+00:12:38 (45.1%)	5:36	10.7 (54.9%)
341	CYRANKOWSKA Agnieszka	79		K40	25	00:00:27	00:28:05.00	00:28:32.05	+00:12:41 (45.2%)	5:37	10.7 (54.9%)
342	KOPCZYŃSKI Piotr	280		M20	24	00:00:28	00:28:05.30	00:28:33.50	+00:12:42 (45.2%)	5:37	10.7 (54.9%)
343	JAGIELSKI Łukasz	198		M40	101	00:01:18	00:28:05.45	00:29:24.30	+00:12:42 (45.2%)	5:37	10.7 (54.9%)
344	JASKÓLSKI Andrzej	218		M40	102	00:01:26	00:28:05.60	00:29:31.95	+00:12:42 (45.2%)	5:37	10.7 (54.9%)
345	GRZELCZAK Tadeusz	180		M60	12	00:01:32	00:28:05.65	00:29:38.25	+00:12:42 (45.2%)	5:37	10.7 (54.9%)
346	KALEMBA Daria	233		K30	31	00:00:48	00:28:06.50	00:28:55.20	+00:12:43 (45.3%)	5:37	10.7 (54.9%)
347	GOLIK Krzysztof	152	FORDONRUNNERS	M40	103	00:00:46	00:28:07.95	00:28:54.85	+00:12:44 (45.3%)	5:37	10.7 (54.9%)
348	MACIEJCZAK Marcin	378	3GRAVITY	M40	104	00:01:36	00:28:08.60	00:29:45.00	+00:12:45 (45.3%)	5:37	10.7 (54.9%)
349	BESS Ania	749		K40	26	00:01:03	00:28:08.95	00:29:12.75	+00:12:45 (45.3%)	5:37	10.7 (54.9%)
350	ŚWIGOŃ Aneta	618		K30	32	00:01:07	00:28:10.00	00:29:17.95	+00:12:46 (45.4%)	5:38	10.7 (54.9%)
351	WIŚNIEWSKA Aurelia	662		K30	33	00:01:00	00:28:10.55	00:29:11.50	+00:12:47 (45.4%)	5:38	10.7 (54.9%)
352	MAGDZIARZ Leszek	383		M60	13	00:00:15	00:28:12.00	00:28:27.50	+00:12:48 (45.4%)	5:38	10.6 (54.4%)
353	BAGNIEWSKA Sandra	5		K30	34	00:01:00	00:28:13.55	00:29:14.15	+00:12:50 (45.5%)	5:38	10.6 (54.4%)
354	ZIELIŃSKA Agnieszka	713	RUNNING STARS	K30	35	00:00:39	00:28:14.90	00:28:53.95	+00:12:51 (45.5%)	5:38	10.6 (54.4%)
354	GIL Wiktor	143		M40	105	00:01:45	00:28:14.90	00:30:00.15	+00:12:51 (45.5%)	5:38	10.6 (54.4%)
356	LATOSIŃSKA Aleksandra	351		K30	36	00:00:37	00:28:16.50	00:28:54.10	+00:12:53 (45.6%)	5:39	10.6 (54.4%)
357	RADZIŃSKA Joanna	504	TRISPACE/TREK	K30	37	00:00:53	00:28:20.50	00:29:14.45	+00:12:57 (45.7%)	5:40	10.6 (54.4%)
358	MALATYŃSKA Barbara	386		K40	27	00:00:21	00:28:21.25	00:28:42.30	+00:12:58 (45.7%)	5:40	10.6 (54.4%)
359	WALCZAK Maciej	638		M40	106	00:00:25	00:28:24.40	00:28:49.85	+00:13:01 (45.8%)	5:40	10.6 (54.4%)
360	FUZ Gabriela	130	KABEL TEAM BYDGOSZCZ	K40	28	00:00:37	00:28:24.90	00:29:02.30	+00:13:01 (45.9%)	5:40	10.6 (54.4%)
361	SZKOPIAK-NOWAKOWSKA Oliwia	602		K20	14	00:00:38	00:28:26.45	00:29:04.45	+00:13:03 (45.9%)	5:41	10.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
362	JANASZ Krzysztof	202		M50	45	00:00:38	00:28:27.05	00:29:05.25	+00:13:03 (45.9%)	5:41	10.5 (53.8%)
363	ZMUDA Waldemar	720		M40	107	00:00:12	00:28:27.15	00:28:39.50	+00:13:03 (45.9%)	5:41	10.5 (53.8%)
364	BETLEJEWSKI Sebastian	24	CINKA TEAM	M30	72	00:00:52	00:28:27.50	00:29:20.25	+00:13:04 (45.9%)	5:41	10.5 (53.8%)
365	KOWALSKA Jolanta	292		K40	29	00:01:17	00:28:29.20	00:29:46.45	+00:13:06 (46.0%)	5:41	10.5 (53.8%)
366	SIUDZIŃSKA-BESS Anna	556		K30	38	00:01:03	00:28:32.40	00:29:35.60	+00:13:09 (46.1%)	5:42	10.5 (53.8%)
366	BESS Marcin	22		M30	73	00:01:03	00:28:32.40	00:29:35.90	+00:13:09 (46.1%)	5:42	10.5 (53.8%)
368	NOWICKI Adam	446		M40	108	00:00:41	00:28:32.50	00:29:13.55	+00:13:09 (46.1%)	5:42	10.5 (53.8%)
369	ŚWIERCZYŃSKI Marcin	615	ATHLETICOMED.PL BYDGOSZCZ	M30	74	00:01:47	00:28:33.50	00:30:21.10	+00:13:10 (46.1%)	5:42	10.5 (53.8%)
370	MUSIAŁ Janusz	427	KU AZS PBŚ	M50	46	00:00:40	00:28:34.55	00:29:15.00	+00:13:11 (46.2%)	5:42	10.5 (53.8%)
371	KLIMCZAK Justyna	264		K40	30	00:01:04	00:28:34.65	00:29:39.10	+00:13:11 (46.2%)	5:42	10.5 (53.8%)
372	MAZUR Paulina	400		K20	15	00:00:40	00:28:36.85	00:29:17.45	+00:13:13 (46.2%)	5:43	10.5 (53.8%)
373	KRASIŃSKA Katarzyna	305		K40	31	00:00:52	00:28:37.75	00:29:30.00	+00:13:14 (46.3%)	5:43	10.5 (53.8%)
374	GROCHOWSKA Zuzanna	174		K18	2	00:01:04	00:28:39.85	00:29:44.45	+00:13:16 (46.3%)	5:43	10.5 (53.8%)
375	SYGNECKA Kasia	588		K30	39	00:01:00	00:28:41.00	00:29:41.15	+00:13:17 (46.4%)	5:44	10.5 (53.8%)
376	PORĘBA Paweł	488		M30	75	00:00:46	00:28:41.35	00:29:27.70	+00:13:18 (46.4%)	5:44	10.5 (53.8%)
377	WOJTYSIAK Dorota	673		K40	32	00:00:33	00:28:42.10	00:29:16.00	+00:13:18 (46.4%)	5:44	10.5 (53.8%)
378	ŁATKA Marcin	374		M40	109	00:00:49	00:28:42.75	00:29:32.20	+00:13:19 (46.4%)	5:44	10.5 (53.8%)
379	LEMAŃSKA Agnieszka	354		K20	16	00:00:36	00:28:43.75	00:29:20.65	+00:13:20 (46.4%)	5:44	10.4 (53.3%)
380	TEMPSKI Aleksander	621		M20	25	00:00:36	00:28:45.15	00:29:21.65	+00:13:21 (46.5%)	5:45	10.4 (53.3%)
381	LEWANDOWSKI Bartosz	361		M20	26	00:01:00	00:28:46.10	00:29:46.10	+00:13:22 (46.5%)	5:45	10.4 (53.3%)
382	KARSKI Hubert	238		M60	14	00:01:12	00:28:48.85	00:30:01.30	+00:13:25 (46.6%)	5:45	10.4 (53.3%)
383	KĘDZIERSKI Wojciech	253	FAMILY MWS	M40	110	00:00:58	00:28:50.15	00:29:48.80	+00:13:26 (46.6%)	5:46	10.4 (53.3%)
384	PRZYBYLSKA Karolina	496		K30	40	00:00:53	00:28:51.85	00:29:45.20	+00:13:28 (46.7%)	5:46	10.4 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
385	NOWAK Leon	436	AKADEMIA MISTRZÓW SPORTU	M10	12	00:01:04	00:28:52.25	00:29:56.70	+00:13:29 (46.7%)	5:46	10.4 (53.3%)
386	PIONTEK Elżbieta	477		K60	2	00:00:45	00:28:53.00	00:29:38.55	+00:13:29 (46.7%)	5:46	10.4 (53.3%)
387	JANUSZKIEWICZ Judyta	212		K30	41	00:00:43	00:28:53.45	00:29:36.70	+00:13:30 (46.7%)	5:46	10.4 (53.3%)
388	MICHAŁEK Daniel	408		M30	76	00:00:43	00:28:53.90	00:29:37.00	+00:13:30 (46.8%)	5:46	10.4 (53.3%)
389	PRZERACKA Dominika	494		K18	3	00:01:20	00:28:54.10	00:30:14.75	+00:13:30 (46.8%)	5:46	10.4 (53.3%)
390	KUSA Oliwia	334	ROLLTEAM BYDGOSZCZ	K10	5	00:00:31	00:28:54.60	00:29:26.20	+00:13:31 (46.8%)	5:46	10.4 (53.3%)
391	REINKE Kajetan	796		M10	13	00:00:12	00:28:55.60	00:29:08.30	+00:13:32 (46.8%)	5:47	10.4 (53.3%)
392	JASIENIECKI Piotr	216		M50	47	00:00:54	00:28:55.80	00:29:50.45	+00:13:32 (46.8%)	5:47	10.4 (53.3%)
393	GIERSZEWSKA Grażyna	142		K50	5	00:01:16	00:28:56.30	00:30:12.30	+00:13:33 (46.8%)	5:47	10.4 (53.3%)
394	BĄCZKOWSKA Karolina	19		K30	42	00:00:57	00:28:56.50	00:29:54.25	+00:13:33 (46.8%)	5:47	10.4 (53.3%)
395	BINDEK Weronika	774	ROLLTEAM BYDGOSZCZ	K10	6	00:00:31	00:28:57.15	00:29:28.85	+00:13:33 (46.9%)	5:47	10.4 (53.3%)
396	KUSA Wiktoria	335	ROLLTEAM BYDGOSZCZ	K10	7	00:00:31	00:28:57.50	00:29:28.65	+00:13:34 (46.9%)	5:47	10.4 (53.3%)
396	RUMIANOWSKA Anna	525		K30	43	00:01:23	00:28:57.50	00:30:21.20	+00:13:34 (46.9%)	5:47	10.4 (53.3%)
398	MISUN-NOWAK Katarzyna	416	AKADEMIA MISTRZÓW SPORTU	K40	33	00:01:04	00:28:57.75	00:30:02.35	+00:13:34 (46.9%)	5:47	10.4 (53.3%)
399	WESOŁOWSKI Dariusz	650		M50	48	00:00:55	00:28:58.10	00:29:53.75	+00:13:34 (46.9%)	5:47	10.4 (53.3%)
400	KWAŚNIEWSKA Aldona	348		K40	34	00:00:14	00:28:58.40	00:29:13.00	+00:13:35 (46.9%)	5:47	10.4 (53.3%)
401	LEWANDOWSKA Wanda	358		K10	8	00:00:31	00:28:58.65	00:29:30.05	+00:13:35 (46.9%)	5:47	10.4 (53.3%)
401	ZDUNKIEWICZ Filip	710	#WIĘCEJ SPRZĘTU NIŻ TALENTU	M10	14	00:00:35	00:28:58.65	00:29:34.05	+00:13:35 (46.9%)	5:47	10.4 (53.3%)
401	WESOŁOWSKA Aleksandra	646		K40	35	00:00:54	00:28:58.65	00:29:53.60	+00:13:35 (46.9%)	5:47	10.4 (53.3%)
404	RUTKOWSKA Weronika	527		K30	44	00:01:48	00:28:59.20	00:30:47.90	+00:13:36 (46.9%)	5:47	10.4 (53.3%)
405	RUTKOWSKA Natalia	528	#GLUPIAKITKA	K20	17	00:01:48	00:28:59.75	00:30:48.60	+00:13:36 (46.9%)	5:47	10.4 (53.3%)
406	KULPA Janusz	330		M50	49	00:00:39	00:29:02.10	00:29:41.95	+00:13:38 (47.0%)	5:48	10.3 (52.8%)
407	KORWEL Robert	285		M40	111	00:01:08	00:29:02.25	00:30:10.85	+00:13:39 (47.0%)	5:48	10.3 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
408	WÓJCIK Magda	694		K20	18	00:01:14	00:29:02.55	00:30:16.95	+00:13:39 (47.0%)	5:48	10.3 (52.8%)
409	SZCZERBA Dariusz	597		M40	112	00:01:14	00:29:03.60	00:30:17.75	+00:13:40 (47.1%)	5:48	10.3 (52.8%)
410	BAKOWSKI Dawid	20		M40	113	00:00:36	00:29:03.65	00:29:39.90	+00:13:40 (47.1%)	5:48	10.3 (52.8%)
411	MAŁKIŃSKA-BIĘGA Dorota	392		K30	45	00:00:34	00:29:04.20	00:29:39.15	+00:13:41 (47.1%)	5:48	10.3 (52.8%)
412	DOMEK Katarzyna	103		K30	46	00:01:01	00:29:04.25	00:30:05.25	+00:13:41 (47.1%)	5:48	10.3 (52.8%)
413	PRZYBYLSKI Mariusz	497	BYDGOSZCZ NA START	M60	15	00:01:29	00:29:04.70	00:30:33.85	+00:13:41 (47.1%)	5:48	10.3 (52.8%)
414	GÓRSKI Roger	160		M40	114	00:01:16	00:29:05.00	00:30:21.00	+00:13:41 (47.1%)	5:49	10.3 (52.8%)
415	ŁABENDA Piotr	371	TERENOWA MASAKRA TEAM	M50	50	00:01:38	00:29:06.50	00:30:45.05	+00:13:43 (47.1%)	5:49	10.3 (52.8%)
416	STEFANOWICZ Natalia	575		K30	47	00:01:14	00:29:06.70	00:30:20.80	+00:13:43 (47.1%)	5:49	10.3 (52.8%)
417	ISKRA Jacek	194		M40	115	00:01:27	00:29:06.75	00:30:34.35	+00:13:43 (47.1%)	5:49	10.3 (52.8%)
418	BUTRYM Piotr	56		M40	116	00:01:14	00:29:07.15	00:30:21.40	+00:13:43 (47.2%)	5:49	10.3 (52.8%)
419	DUDZIAK Tomasz	112		M40	117	00:00:44	00:29:09.95	00:29:54.75	+00:13:46 (47.2%)	5:49	10.3 (52.8%)
420	ZDUNKIEWICZ Marcin	708	#WIĘCEJ SPRZĘTU NIŻ TALENTU	M40	118	00:00:36	00:29:10.00	00:29:46.90	+00:13:46 (47.2%)	5:50	10.3 (52.8%)
421	BĄBOLEWSKI Łukasz	18	#WIĘCEJSPRZĘTUNIŻTALENTU	M40	119	00:00:36	00:29:10.85	00:29:47.35	+00:13:47 (47.3%)	5:50	10.3 (52.8%)
422	KOZICKI Marcin	297	BYDGOSKIE ŻÓŁWIE	M40	120	00:00:00	00:29:10.90	00:29:10.90	+00:13:47 (47.3%)	5:50	10.3 (52.8%)
423	ZDUNKIEWICZ Hanna	709	#WIĘCEJ SPRZĘTU NIŻ TALENTU	K40	36	00:00:35	00:29:11.50	00:29:47.05	+00:13:48 (47.3%)	5:50	10.3 (52.8%)
424	ZAMIATOWSKA Kinga	702	BELLA LINE	K40	37	00:01:16	00:29:13.20	00:30:30.10	+00:13:50 (47.3%)	5:50	10.3 (52.8%)
425	WALCZAK Mariusz Marek	639		M50	51	00:01:49	00:29:13.45	00:31:03.05	+00:13:50 (47.3%)	5:50	10.3 (52.8%)
426	RĘDZINA Michał	516	PEDZĄCE ŚLIMAKI	M40	121	00:01:37	00:29:14.55	00:30:51.55	+00:13:51 (47.4%)	5:50	10.3 (52.8%)
427	SOŁDON Bogusław	565	BOGUSŁAW SOŁDON	M60	16	00:00:49	00:29:15.20	00:30:04.65	+00:13:52 (47.4%)	5:51	10.3 (52.8%)
428	SZKOPIAK Marcin	601		M40	122	00:00:06	00:29:16.90	00:29:23.75	+00:13:53 (47.5%)	5:51	10.3 (52.8%)
429	CHMIELEWSKA Agnieszka	64		K40	38	00:00:16	00:29:17.65	00:29:33.70	+00:13:54 (47.5%)	5:51	10.2 (52.3%)
430	STRUGAŁA Łukasz	580		M30	77	00:01:01	00:29:18.40	00:30:20.05	+00:13:55 (47.5%)	5:51	10.2 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
431	GAWRYCH Adam	138		M30	78	00:01:18	00:29:18.65	00:30:36.85	+00:13:55 (47.5%)	5:51	10.2 (52.3%)
432	STASIAK Jacek	572		M40	123	00:00:31	00:29:20.10	00:29:51.70	+00:13:56 (47.5%)	5:52	10.2 (52.3%)
433	JAWORSKI Janusz	220		M50	52	00:00:58	00:29:20.70	00:30:18.95	+00:13:57 (47.6%)	5:52	10.2 (52.3%)
434	WESOŁOWSKI Mateusz	649	22. ODN	M30	79	00:00:29	00:29:22.55	00:29:52.50	+00:13:59 (47.6%)	5:52	10.2 (52.3%)
435	CIEŚLICKI Krzysztof	77	SISU TEAM	M30	80	00:01:53	00:29:23.10	00:31:16.15	+00:13:59 (47.6%)	5:52	10.2 (52.3%)
436	ZMUDA Aleksandra	719		K40	39	00:00:11	00:29:28.50	00:29:40.20	+00:14:05 (47.8%)	5:53	10.2 (52.3%)
437	KŁOS Katarzyna	270		K40	40	00:00:16	00:29:29.95	00:29:45.95	+00:14:06 (47.8%)	5:53	10.2 (52.3%)
438	PISKRZYŃSKI Krzysztof	483		M40	124	00:01:30	00:29:30.45	00:31:01.40	+00:14:07 (47.9%)	5:54	10.2 (52.3%)
439	WOŹNIAK Krzysztof	683		M40	125	00:00:34	00:29:31.35	00:30:06.00	+00:14:08 (47.9%)	5:54	10.2 (52.3%)
440	PRIETZ Agata	491		K40	41	00:01:19	00:29:32.30	00:30:51.90	+00:14:09 (47.9%)	5:54	10.2 (52.3%)
441	SZULAKOWSKA Patrycja	608	TERENOWA MASAKRA TEAM	K40	42	00:01:39	00:29:36.00	00:31:15.05	+00:14:12 (48.0%)	5:55	10.1 (51.8%)
441	GADOMSKA Maria	135	RUN BYDGOSZCZ	K60	3	00:00:43	00:29:36.00	00:30:19.70	+00:14:12 (48.0%)	5:55	10.1 (51.8%)
443	SZULAKOWSKI Rafał	609	TERENOWA MASAKRA TEAM	M40	126	00:01:38	00:29:36.45	00:31:15.20	+00:14:13 (48.0%)	5:55	10.1 (51.8%)
444	KEMPA Marek	250		M50	53	00:01:18	00:29:37.20	00:30:55.35	+00:14:14 (48.1%)	5:55	10.1 (51.8%)
445	LITWIN Mikołaj	368		M20	27	00:01:22	00:29:37.40	00:31:00.35	+00:14:14 (48.1%)	5:55	10.1 (51.8%)
446	MŁYNAREK-STASIAK Dorota	421		K40	43	00:00:32	00:29:37.45	00:30:09.45	+00:14:14 (48.1%)	5:55	10.1 (51.8%)
447	KUTKA Czesia	341		K40	44	00:00:18	00:29:37.60	00:29:56.10	+00:14:14 (48.1%)	5:55	10.1 (51.8%)
448	LEWANDOWSKI Grzegorz	746		M40	127	00:00:13	00:29:38.75	00:29:52.30	+00:14:15 (48.1%)	5:55	10.1 (51.8%)
449	JAWORSKA Sylwia	219		K30	48	00:00:38	00:29:40.35	00:30:19.10	+00:14:17 (48.1%)	5:56	10.1 (51.8%)
450	FRANKÓW Łukasz	126		M30	81	00:00:38	00:29:40.95	00:30:19.40	+00:14:17 (48.2%)	5:56	10.1 (51.8%)
451	BŁAŻEK-KOJRO Kasia	42		K30	49	00:00:59	00:29:42.25	00:30:41.65	+00:14:19 (48.2%)	5:56	10.1 (51.8%)
452	LEWANDOWSKA Sylwia	357		K40	45	00:00:59	00:29:42.30	00:30:41.85	+00:14:19 (48.2%)	5:56	10.1 (51.8%)
453	KUŹBA Karolina	342		K20	19	00:00:39	00:29:43.40	00:30:23.25	+00:14:20 (48.2%)	5:56	10.1 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
454	KURTYSIAK Roman	332		M50	54	00:00:49	00:29:45.10	00:30:34.90	+00:14:21 (48.3%)	5:57	10.1 (51.8%)
455	PIETRYGA Mateusz	471		M30	82	00:00:41	00:29:46.40	00:30:27.60	+00:14:23 (48.3%)	5:57	10.1 (51.8%)
456	SKRZĄTEK Anna	558		K40	46	00:01:17	00:29:48.25	00:31:05.45	+00:14:25 (48.4%)	5:57	10.1 (51.8%)
457	KOMOROWSKA Hanna	276	BIEGACZE KCYNIA TEAM!	K30	50	00:01:24	00:29:49.75	00:31:14.65	+00:14:26 (48.4%)	5:57	10.1 (51.8%)
458	GŁOWACKI Kamil	148		M18	4	00:01:06	00:29:50.15	00:30:56.65	+00:14:26 (48.4%)	5:58	10.1 (51.8%)
459	SIERADZKA Małgorzata	546		K40	47	00:01:13	00:29:51.10	00:31:05.00	+00:14:27 (48.5%)	5:58	10.1 (51.8%)
460	MĘŻYKOWSKI Krzysztof	404		M40	128	00:00:50	00:29:54.10	00:30:44.95	+00:14:30 (48.5%)	5:58	10 (51.3%)
461	LEWANDOWSKI Marek	363		M40	129	00:00:53	00:29:59.55	00:30:53.15	+00:14:36 (48.7%)	5:59	10 (51.3%)
462	PIKULSKA Monika	475		K30	51	00:00:19	00:30:00.65	00:30:20.30	+00:14:37 (48.7%)	6:00	10 (51.3%)
463	GĘSICKA Marta	793		K30	52	00:01:30	00:30:01.10	00:31:31.25	+00:14:37 (48.7%)	6:00	10 (51.3%)
464	BETHKE Jakub	23		M30	83	00:01:28	00:30:01.20	00:31:29.95	+00:14:38 (48.7%)	6:00	10 (51.3%)
465	SIEG Ewa	545		K30	53	00:01:03	00:30:01.25	00:31:04.80	+00:14:38 (48.7%)	6:00	10 (51.3%)
466	GROCHOWSKI Piotr	810		M40	130	00:01:28	00:30:01.55	00:31:30.40	+00:14:38 (48.8%)	6:00	10 (51.3%)
467	ROGOZIŃSKA Karolina	520	RUNMORS	K30	54	00:01:29	00:30:01.60	00:31:31.30	+00:14:38 (48.8%)	6:00	10 (51.3%)
468	CĄBROWSKI Piotr	59	PARKRUN GRUDZIĄDZ	M40	131	00:01:15	00:30:01.65	00:31:17.25	+00:14:38 (48.8%)	6:00	10 (51.3%)
469	SIEG Marcin	544		M40	132	00:01:03	00:30:01.75	00:31:05.20	+00:14:38 (48.8%)	6:00	10 (51.3%)
470	SCHMIDT Artur	539		M10	15	00:01:09	00:30:02.55	00:31:11.80	+00:14:39 (48.8%)	6:00	10 (51.3%)
471	SCHMIDT Marcin	538		M40	133	00:01:10	00:30:03.05	00:31:13.15	+00:14:39 (48.8%)	6:00	10 (51.3%)
472	KUSA Piotr	336	ROLLTEAM BYDGOSZCZ	M40	134	00:00:53	00:30:07.20	00:31:01.15	+00:14:44 (48.9%)	6:01	10 (51.3%)
473	JASIECKI Michał	215		M30	84	00:00:19	00:30:12.55	00:30:31.65	+00:14:49 (49.1%)	6:02	9.9 (50.8%)
474	JASIECKA Monika	214		K30	55	00:00:17	00:30:13.60	00:30:30.85	+00:14:50 (49.1%)	6:02	9.9 (50.8%)
475	SZAJDA Magdalena	591		K40	48	00:01:11	00:30:16.95	00:31:28.30	+00:14:53 (49.2%)	6:03	9.9 (50.8%)
476	MAĆKOWSKA Madzia	381	FIT_MADZIA_85	K30	56	00:01:11	00:30:17.25	00:31:28.65	+00:14:54 (49.2%)	6:03	9.9 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
477	KARPIŃSKI Łukasz	237	AKTYWNA BYDGOSZCZ	M40	135	00:00:54	00:30:18.85	00:31:13.75	+00:14:55 (49.2%)	6:03	9.9 (50.8%)
478	TELIŻYN Henryka	620		K50	6	00:00:38	00:30:21.50	00:30:59.80	+00:14:58 (49.3%)	6:04	9.9 (50.8%)
479	SKOPOWSKI Krzysztof	809	SALUS	M40	136	00:01:51	00:30:21.75	00:32:12.85	+00:14:58 (49.3%)	6:04	9.9 (50.8%)
480	BIAŁEK Łukasz	26		M40	137	00:01:41	00:30:22.90	00:32:04.65	+00:14:59 (49.4%)	6:04	9.9 (50.8%)
481	BARAŃSKA Sylwia	12	PARKRUN BYDGOSZCZ	K50	7	00:00:51	00:30:23.85	00:31:15.45	+00:15:00 (49.4%)	6:04	9.9 (50.8%)
482	RYDELSKA Kinga	531		K50	8	00:00:20	00:30:26.95	00:30:47.50	+00:15:03 (49.5%)	6:05	9.9 (50.8%)
483	GROD-OBREMSKA Monika	175		K40	49	00:00:10	00:30:28.40	00:30:38.90	+00:15:05 (49.5%)	6:05	9.8 (50.3%)
484	WÓJCIK Tomasz	688		M50	55	00:01:36	00:30:29.50	00:32:06.05	+00:15:06 (49.5%)	6:05	9.8 (50.3%)
485	SCIGOCKI Waldemar	541		M50	56	00:01:02	00:30:32.35	00:31:35.15	+00:15:09 (49.6%)	6:06	9.8 (50.3%)
486	ŚWIERCZYŃSKI Michał	614		M30	85	00:01:29	00:30:33.70	00:32:03.05	+00:15:10 (49.7%)	6:06	9.8 (50.3%)
487	NOWICKA Małgorzata	444	#WKURW_TEAM	K20	20	00:01:42	00:30:38.95	00:32:21.65	+00:15:15 (49.8%)	6:07	9.8 (50.3%)
488	HARACEWIAT Cezary	189		M60	17	00:01:18	00:30:39.60	00:31:58.10	+00:15:16 (49.8%)	6:07	9.8 (50.3%)
489	JANOWSKA Renata	208		K40	50	00:00:56	00:30:40.00	00:31:36.85	+00:15:16 (49.8%)	6:08	9.8 (50.3%)
490	LEWICKI Jarek	366		M40	138	00:00:56	00:30:40.05	00:31:36.85	+00:15:16 (49.8%)	6:08	9.8 (50.3%)
491	KRYMER Agnieszka	786		K50	9	00:00:36	00:30:41.35	00:31:17.90	+00:15:18 (49.9%)	6:08	9.8 (50.3%)
492	GRYNIS Anna	769		K40	51	00:00:36	00:30:41.60	00:31:18.10	+00:15:18 (49.9%)	6:08	9.8 (50.3%)
493	DYNOWSKI Adam	115		M20	28	00:01:32	00:30:42.95	00:32:15.70	+00:15:19 (49.9%)	6:08	9.8 (50.3%)
494	ZYGIEL Paulina	723		K20	21	00:00:10	00:30:43.45	00:30:54.00	+00:15:20 (49.9%)	6:08	9.8 (50.3%)
495	UMIŃSKI Robert	634		M40	139	00:01:15	00:30:44.75	00:32:00.10	+00:15:21 (50.0%)	6:08	9.8 (50.3%)
496	RITTER Tomasz	517	TM 52 TOMASZ RITTER	M40	140	00:01:16	00:30:47.05	00:32:03.95	+00:15:23 (50.0%)	6:09	9.7 (49.7%)
497	SUDOŁ Karolina	582		K40	52	00:01:20	00:30:47.95	00:32:08.45	+00:15:24 (50.0%)	6:09	9.7 (49.7%)
498	ZIELIŃSKA Justyna	714		K40	53	00:00:18	00:30:48.75	00:31:07.05	+00:15:25 (50.1%)	6:09	9.7 (49.7%)
499	WOŹNIACKA Beata	679		K50	10	00:00:17	00:30:49.15	00:31:06.85	+00:15:25 (50.1%)	6:09	9.7 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
500	UMIŃSKA Marzena	633		K30	57	00:01:12	00:30:49.35	00:32:01.70	+00:15:26 (50.1%)	6:09	9.7 (49.7%)
501	WÓJCIK Jakub	685		M20	29	00:01:18	00:30:56.95	00:32:15.60	+00:15:33 (50.3%)	6:11	9.7 (49.7%)
502	PROKOPOWICZ Aleksandra	492		K40	54	00:00:59	00:30:58.00	00:31:57.80	+00:15:34 (50.3%)	6:11	9.7 (49.7%)
503	OBRZANOWSKA Zuzanna	448		K20	22	00:00:14	00:31:01.45	00:31:16.05	+00:15:38 (50.4%)	6:12	9.7 (49.7%)
504	BACZKOWSKA Maja	752	MŁODZIEŻOWA RADA MIASTA	K10	9	00:01:16	00:31:02.20	00:32:18.95	+00:15:39 (50.4%)	6:12	9.7 (49.7%)
505	ĆWIKLINSKI Marian	86	AKADEMIA MISTRZÓW SPORTU	M50	57	00:01:56	00:31:02.40	00:32:59.05	+00:15:39 (50.4%)	6:12	9.7 (49.7%)
506	ĆWIKLIŃSKA Anna	87	AKADEMIA MISTRZÓW SPORTU	K40	55	00:01:55	00:31:03.20	00:32:58.45	+00:15:40 (50.5%)	6:12	9.7 (49.7%)
507	ĆWIKLIŃSKA Antonina	88	AKADEMIA MISTRZÓW SPORTU	K10	10	00:01:55	00:31:03.40	00:32:59.35	+00:15:40 (50.5%)	6:12	9.7 (49.7%)
508	RZEP CZYNSKI Tomasz	534	GRYF BYDGOSZCZ	M40	141	00:01:16	00:31:03.95	00:32:20.55	+00:15:40 (50.5%)	6:12	9.7 (49.7%)
509	KEMPA Beata	251		K40	56	00:01:17	00:31:07.60	00:32:25.10	+00:15:44 (50.6%)	6:13	9.6 (49.2%)
510	MILARSKA Patrycja	414		K30	58	00:01:40	00:31:07.65	00:32:47.80	+00:15:44 (50.6%)	6:13	9.6 (49.2%)
511	PRZERACKI Mirosław	495		M50	58	00:01:21	00:31:07.80	00:32:29.60	+00:15:44 (50.6%)	6:13	9.6 (49.2%)
512	BŁASZKIEWICZ Marzena	41		K40	57	00:01:11	00:31:10.75	00:32:21.95	+00:15:47 (50.7%)	6:14	9.6 (49.2%)
513	NOWAK Mariola	435		K50	11	00:00:56	00:31:12.85	00:32:09.80	+00:15:49 (50.7%)	6:14	9.6 (49.2%)
514	GRALAK Jacek	166		M50	59	00:01:21	00:31:13.05	00:32:34.45	+00:15:49 (50.7%)	6:14	9.6 (49.2%)
515	SZATKOWSKA Beata	595		K50	12	00:01:27	00:31:13.95	00:32:41.15	+00:15:50 (50.7%)	6:14	9.6 (49.2%)
516	DORNI AK Krzysztof	106		M40	142	00:00:52	00:31:14.70	00:32:07.50	+00:15:51 (50.8%)	6:14	9.6 (49.2%)
517	DALKIEWICZ Igor	90		M20	30	00:01:44	00:31:15.90	00:33:00.05	+00:15:52 (50.8%)	6:15	9.6 (49.2%)
518	KAŻMIERCZAK Monika	246		K30	59	00:00:33	00:31:18.65	00:31:51.90	+00:15:55 (50.9%)	6:15	9.6 (49.2%)
519	LEWANDOWSKA Renata	359		K40	58	00:00:53	00:31:19.00	00:32:12.90	+00:15:55 (50.9%)	6:15	9.6 (49.2%)
520	KOSIOL Mirek	288		M40	143	00:01:01	00:31:20.20	00:32:21.65	+00:15:57 (50.9%)	6:16	9.6 (49.2%)
521	TUSZYŃSKA Anna	631		K20	23	00:00:40	00:31:21.55	00:32:02.30	+00:15:58 (50.9%)	6:16	9.6 (49.2%)
522	FRYDRYCHOWICZ Lilianna	128		K60	4	00:00:56	00:31:21.60	00:32:18.15	+00:15:58 (50.9%)	6:16	9.6 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
523	TUCZKOWSKA Joanna	630		K30	60	00:01:11	00:31:29.65	00:32:41.20	+00:16:06 (51.1%)	6:17	9.5 (48.7%)
524	FILIPEK Mirosława	124		K40	59	00:00:33	00:31:30.10	00:32:03.55	+00:16:06 (51.2%)	6:18	9.5 (48.7%)
525	JANULEWICZ Monika	209		K40	60	00:01:11	00:31:30.35	00:32:41.45	+00:16:07 (51.2%)	6:18	9.5 (48.7%)
526	NOWICKA Danuta	445		K60	5	00:00:25	00:31:30.90	00:31:56.25	+00:16:07 (51.2%)	6:18	9.5 (48.7%)
527	DAMBECKI Piotr	91		M40	144	00:00:58	00:31:31.35	00:32:30.20	+00:16:08 (51.2%)	6:18	9.5 (48.7%)
528	KRAWCZYK Joanna	307		K30	61	00:01:45	00:31:31.65	00:33:17.35	+00:16:08 (51.2%)	6:18	9.5 (48.7%)
529	WIATROWSKA Katarzyna	738		K30	62	00:01:32	00:31:34.65	00:33:07.05	+00:16:11 (51.3%)	6:18	9.5 (48.7%)
530	WIATROWSKA Ewa	797		K10	11	00:01:32	00:31:34.95	00:33:07.10	+00:16:11 (51.3%)	6:18	9.5 (48.7%)
531	KOWALSKA Anna	293		K40	61	00:00:52	00:31:37.85	00:32:30.55	+00:16:14 (51.4%)	6:19	9.5 (48.7%)
532	TRAWIŃSKA Adrianna	626		K30	63	00:00:56	00:31:43.05	00:32:39.85	+00:16:19 (51.5%)	6:20	9.5 (48.7%)
533	WŁOCH Justyna	668		K40	62	00:01:21	00:31:50.05	00:33:11.45	+00:16:26 (51.7%)	6:22	9.4 (48.2%)
534	MLICKI Marcin	417		M40	145	00:01:46	00:31:50.70	00:33:37.00	+00:16:27 (51.7%)	6:22	9.4 (48.2%)
535	OWCZARSKI Krzysztof	457		M30	86	00:00:53	00:31:50.95	00:32:44.85	+00:16:27 (51.7%)	6:22	9.4 (48.2%)
536	KOSMAL Monika	743	TRYCHOLOG BYDGOSZCZ - MONIKA KOSMAL	K20	24	00:00:52	00:31:51.15	00:32:43.85	+00:16:27 (51.7%)	6:22	9.4 (48.2%)
536	TWARDOWSKI Bartosz	742	TRYCHOLOG BYDGOSZCZ	M30	87	00:00:52	00:31:51.15	00:32:43.85	+00:16:27 (51.7%)	6:22	9.4 (48.2%)
538	MALICKA Beata	388		K50	13	00:00:20	00:31:54.80	00:32:14.90	+00:16:31 (51.8%)	6:22	9.4 (48.2%)
539	MŁYNARCZYK Monika	419		K30	64	00:01:42	00:31:54.90	00:33:37.45	+00:16:31 (51.8%)	6:22	9.4 (48.2%)
540	GORZYCKI Dariusz	155	BYDGOSKA SEKCJA WKKK	M50	60	00:00:08	00:31:55.85	00:32:04.05	+00:16:32 (51.8%)	6:23	9.4 (48.2%)
541	ŻUCHELKOWSKA Agata	727		K30	65	00:00:45	00:31:57.00	00:32:42.55	+00:16:33 (51.8%)	6:23	9.4 (48.2%)
542	GIERACH Krzysztof	141		M60	18	00:01:28	00:32:02.35	00:33:31.25	+00:16:39 (52.0%)	6:24	9.4 (48.2%)
543	MAŁAS Marcin	391		M30	88	00:01:48	00:32:04.55	00:33:52.60	+00:16:41 (52.0%)	6:24	9.4 (48.2%)
544	KUKLIŃSKI Rafał	328		M40	146	00:01:09	00:32:11.40	00:33:20.45	+00:16:48 (52.2%)	6:26	9.3 (47.7%)
545	CESARZ Bartosz	61		M30	89	00:00:00	00:32:12.45	00:32:12.45	+00:16:49 (52.2%)	6:26	9.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
546	TYKWIŃSKA Agnieszka	632		K30	66	00:00:34	00:32:13.45	00:32:47.50	+00:16:50 (52.3%)	6:26	9.3 (47.7%)
547	POBIEDZIŃSKI Robert	486	POLONIA BYDGOSZCZ SLA	M20	31	00:01:33	00:32:17.85	00:33:51.70	+00:16:54 (52.4%)	6:27	9.3 (47.7%)
548	POBIEDZIŃSKA Marta	485	POLONIA BYDGOSZCZ SLA	K20	25	00:01:33	00:32:17.95	00:33:51.80	+00:16:54 (52.4%)	6:27	9.3 (47.7%)
549	GRZYBOWSKA Julia	181		K10	12	00:00:17	00:32:18.20	00:32:35.45	+00:16:55 (52.4%)	6:27	9.3 (47.7%)
550	MUSIAŁA Adam	428		M40	147	00:00:49	00:32:21.65	00:33:10.70	+00:16:58 (52.5%)	6:28	9.3 (47.7%)
551	KACPERSKA Anna	229	BIEGACZKI SIŁACZKI	K40	63	00:00:24	00:32:22.60	00:32:46.85	+00:16:59 (52.5%)	6:28	9.3 (47.7%)
552	CZAJA Sonia	81		K40	64	00:00:29	00:32:28.00	00:32:57.55	+00:17:04 (52.6%)	6:29	9.2 (47.2%)
553	DYNIEWSKA Agnieszka	114	BTŻ BYDGOSZCZ	K50	14	00:01:07	00:32:28.85	00:33:36.10	+00:17:05 (52.6%)	6:29	9.2 (47.2%)
554	MELLE M Ania	401		K30	67	00:00:42	00:32:29.85	00:33:11.95	+00:17:06 (52.7%)	6:29	9.2 (47.2%)
555	JAROCHA Michał	213		M30	90	00:01:30	00:32:40.90	00:34:11.55	+00:17:17 (52.9%)	6:32	9.2 (47.2%)
556	OLECHNOWICZ Maciej	799		M10	16	00:01:45	00:32:41.95	00:34:27.20	+00:17:18 (52.9%)	6:32	9.2 (47.2%)
557	OLECHNOWICZ Tomasz	451	BIEGIEM PRZEZ BYDGOSZCZ	M50	61	00:01:44	00:32:42.20	00:34:27.15	+00:17:19 (53.0%)	6:32	9.2 (47.2%)
558	PIETRZYKOWSKI Adam	473	STONKS SQUAD	M20	32	00:01:19	00:32:42.60	00:34:02.30	+00:17:19 (53.0%)	6:32	9.2 (47.2%)
559	GROCHOWSKI Piotr	795		M40	148	00:00:13	00:32:44.75	00:32:58.05	+00:17:21 (53.0%)	6:32	9.2 (47.2%)
560	JENDRZEJEWSKA-JAROCHA Joanna	222		K30	68	00:01:30	00:32:45.35	00:34:15.95	+00:17:22 (53.0%)	6:33	9.2 (47.2%)
561	WIOSNA Tomasz	661		M30	91	00:01:45	00:32:45.65	00:34:31.25	+00:17:22 (53.0%)	6:33	9.2 (47.2%)
562	ERDMANN Agnieszka	118		K40	65	00:01:33	00:32:47.55	00:34:20.60	+00:17:24 (53.1%)	6:33	9.2 (47.2%)
563	DRAFC Mariola	107		K40	66	00:01:33	00:32:47.85	00:34:20.90	+00:17:24 (53.1%)	6:33	9.2 (47.2%)
564	GÓRAL Marzena	158		K50	15	00:01:50	00:32:48.65	00:34:39.10	+00:17:25 (53.1%)	6:33	9.1 (46.7%)
565	KAŻMIERCZAK Aleksandra	245	UG OSIELSKO/ BIEGAJ Z DĘBAMI	K40	67	00:01:39	00:32:52.65	00:34:32.30	+00:17:29 (53.2%)	6:34	9.1 (46.7%)
566	PISKRZYŃSKA Dominika	482		K30	69	00:01:32	00:33:03.05	00:34:35.15	+00:17:39 (53.4%)	6:36	9.1 (46.7%)
567	WOŹNIAK Bartłomiej	682		M40	149	00:01:51	00:33:03.50	00:34:54.60	+00:17:40 (53.5%)	6:36	9.1 (46.7%)
568	KORBEL Ewa	281		K50	16	00:00:25	00:33:04.55	00:33:30.40	+00:17:41 (53.5%)	6:36	9.1 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
569	ZBIRANEK Beata	705		K40	68	00:00:25	00:33:04.95	00:33:30.40	+00:17:41 (53.5%)	6:36	9.1 (46.7%)
570	FRONTCZAK Arkadiusz	127	GALARETKI	M30	92	00:00:41	00:33:09.55	00:33:51.30	+00:17:46 (53.6%)	6:37	9 (46.2%)
571	ZAWADZKA Monika	704		K30	70	00:01:20	00:33:13.50	00:34:33.70	+00:17:50 (53.7%)	6:38	9 (46.2%)
572	IWANIUK Jacek	196		M40	150	00:01:36	00:33:16.00	00:34:52.70	+00:17:52 (53.7%)	6:39	9 (46.2%)
573	KILIŃSKA Magdalena	260	HELIX POMATIA	K30	71	00:03:32	00:33:16.35	00:36:49.05	+00:17:53 (53.8%)	6:39	9 (46.2%)
574	LEWANDOWSKI Robert	364	FUNDACJA SZTUKA WYBORU	M50	62	00:01:43	00:33:22.55	00:35:06.50	+00:17:59 (53.9%)	6:40	9 (46.2%)
575	GROMOWSKA Grażyna	176	TKKF KOLEJARZ	K50	17	00:00:30	00:33:24.40	00:33:55.05	+00:18:01 (53.9%)	6:40	9 (46.2%)
576	WOJCIECHOWSKA Dagmara	671		K40	69	00:00:46	00:33:29.00	00:34:15.55	+00:18:05 (54.0%)	6:41	9 (46.2%)
577	NOWAKOWSKA Sylwia	440		K40	70	00:01:32	00:33:35.90	00:35:08.15	+00:18:12 (54.2%)	6:43	8.9 (45.6%)
578	KUGLARZ Dominik	324		M40	151	00:01:37	00:33:40.00	00:35:17.40	+00:18:16 (54.3%)	6:44	8.9 (45.6%)
579	GOŹDZIK Tomasz	759		M30	93	00:01:10	00:33:40.25	00:34:51.00	+00:18:17 (54.3%)	6:44	8.9 (45.6%)
580	ŁUSZCZYNA Karolina	760		K20	26	00:01:10	00:33:40.35	00:34:51.05	+00:18:17 (54.3%)	6:44	8.9 (45.6%)
581	NOWAKOWSKA Iwona	439		K30	72	00:00:40	00:33:41.75	00:34:22.20	+00:18:18 (54.3%)	6:44	8.9 (45.6%)
582	RYNKIEWICZ Łukasz`	533		M30	94	00:00:40	00:33:42.05	00:34:22.25	+00:18:18 (54.3%)	6:44	8.9 (45.6%)
583	KOTECKI Marcin	290	GANG KOCURA	M40	152	00:01:36	00:33:47.20	00:35:23.90	+00:18:24 (54.5%)	6:45	8.9 (45.6%)
584	TRYNKIEWICZ-KUGLARZ Karolina	629		K40	71	00:01:36	00:33:47.30	00:35:23.70	+00:18:24 (54.5%)	6:45	8.9 (45.6%)
585	MICHALSKA Aleksandra	407		K50	18	00:01:02	00:33:50.25	00:34:52.70	+00:18:27 (54.5%)	6:46	8.9 (45.6%)
586	KUKUŁA Aleksandra	329		K20	27	00:01:44	00:33:55.60	00:35:40.15	+00:18:32 (54.6%)	6:47	8.8 (45.1%)
587	MICHTA Iwona	409		K30	73	00:01:46	00:33:57.10	00:35:43.35	+00:18:33 (54.7%)	6:47	8.8 (45.1%)
588	BIELUSZEWSKA Mirela	35		K30	74	00:01:46	00:33:57.20	00:35:43.40	+00:18:34 (54.7%)	6:47	8.8 (45.1%)
589	BONIN Karolina	45		K30	75	00:00:22	00:33:57.25	00:34:19.35	+00:18:34 (54.7%)	6:47	8.8 (45.1%)
590	DUDZIAK Michał	111	CPR	M30	95	00:01:42	00:33:57.95	00:35:40.30	+00:18:34 (54.7%)	6:47	8.8 (45.1%)
591	ISKRA Marcel	195		M10	17	00:01:28	00:34:01.55	00:35:30.15	+00:18:38 (54.8%)	6:48	8.8 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
592	KUBERSKA Roma	319		K40	72	00:01:24	00:34:02.00	00:35:26.60	+00:18:38 (54.8%)	6:48	8.8 (45.1%)
593	RASSALSKA-KAUSA Jola	509		K40	73	00:01:24	00:34:02.05	00:35:26.60	+00:18:38 (54.8%)	6:48	8.8 (45.1%)
593	ZŁOTOWSKA Julia	717		K10	13	00:01:28	00:34:02.05	00:35:30.20	+00:18:38 (54.8%)	6:48	8.8 (45.1%)
595	GRABOWICZ Uljana	162	ZABIEGANE SMOKI	K30	76	00:01:40	00:34:10.25	00:35:50.80	+00:18:47 (55.0%)	6:50	8.8 (45.1%)
596	WĘGLARZ Łukasz	651	ZABIEGANE SMOKI	M30	96	00:01:40	00:34:10.30	00:35:50.50	+00:18:47 (55.0%)	6:50	8.8 (45.1%)
597	JANICKA Maria	203		K30	77	00:01:21	00:34:14.55	00:35:35.95	+00:18:51 (55.1%)	6:50	8.8 (45.1%)
598	LENC Janusz	355	TKKF KOLEJARZ BYDGOSZCZ	M60	19	00:01:27	00:34:26.85	00:35:54.75	+00:19:03 (55.3%)	6:53	8.7 (44.6%)
599	PIÓRKOWSKA Aga	480	BRB BYDGOSZCZ	K40	74	00:01:35	00:34:35.20	00:36:10.85	+00:19:12 (55.5%)	6:55	8.7 (44.6%)
600	MŁYNAREK Waldemar	420		M50	63	00:00:32	00:34:42.10	00:35:14.45	+00:19:18 (55.7%)	6:56	8.6 (44.1%)
601	SURMACZ Natalia	586		K10	14	00:00:50	00:34:48.00	00:35:38.65	+00:19:24 (55.8%)	6:57	8.6 (44.1%)
602	SŁAWETA Michał	784		M40	153	00:01:20	00:34:53.15	00:36:13.65	+00:19:29 (55.9%)	6:58	8.6 (44.1%)
603	LUTOSTAŃSKA Monika	785		K40	75	00:01:20	00:34:53.65	00:36:13.75	+00:19:30 (55.9%)	6:58	8.6 (44.1%)
604	GRZYBOWSKI Marek	182		M40	154	00:00:15	00:34:55.00	00:35:10.05	+00:19:31 (55.9%)	6:59	8.6 (44.1%)
605	GRZYBOWSKI Marek Igor	183		M10	18	00:00:15	00:34:55.05	00:35:10.30	+00:19:31 (55.9%)	6:59	8.6 (44.1%)
606	GURYN Wiktor	184	ZIELONY PELIKAN	M30	97	00:01:31	00:34:57.80	00:36:29.05	+00:19:34 (56.0%)	6:59	8.6 (44.1%)
607	URBANCZYK Justine	635		K20	28	00:01:46	00:35:04.55	00:36:50.75	+00:19:41 (56.1%)	7:00	8.6 (44.1%)
608	GACKOWSKI Edward	133		M60	20	00:00:47	00:35:05.95	00:35:53.60	+00:19:42 (56.2%)	7:01	8.6 (44.1%)
609	TEWS Marzena	622		K40	76	00:01:11	00:35:09.00	00:36:20.75	+00:19:45 (56.2%)	7:01	8.5 (43.6%)
610	HATŁAS Małgorzata	190		K40	77	00:00:16	00:35:16.25	00:35:33.05	+00:19:53 (56.4%)	7:03	8.5 (43.6%)
611	BARCZYKOWSKA Marlena	13		K30	78	00:00:47	00:35:23.50	00:36:11.10	+00:20:00 (56.5%)	7:04	8.5 (43.6%)
612	KUSOWSKA Emilia	337	ZIELONY PELIKAN	K20	29	00:01:25	00:35:23.95	00:36:49.70	+00:20:00 (56.5%)	7:04	8.5 (43.6%)
613	OLECH Justyna	450	ZIELONY PELIKAN	K30	79	00:01:25	00:35:25.00	00:36:50.70	+00:20:01 (56.6%)	7:05	8.5 (43.6%)
614	KWASIGROCH Aleksandra	347		K50	19	00:00:18	00:35:29.10	00:35:48.05	+00:20:05 (56.6%)	7:05	8.5 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
615	ŻEBROWSKI Radosław	737		M40	155	00:01:27	00:35:32.60	00:36:59.65	+00:20:09 (56.7%)	7:06	8.4 (43.1%)
616	DANIELEK Piotr	93	TEAMRUN	M40	156	00:01:38	00:35:33.05	00:37:11.30	+00:20:09 (56.7%)	7:06	8.4 (43.1%)
617	DANIELEK Adam	92	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	157	00:01:33	00:35:37.55	00:37:10.95	+00:20:14 (56.8%)	7:07	8.4 (43.1%)
618	KĘDZIERSKI Sebastian	254	FAMILY MWS	M10	19	00:00:57	00:35:39.25	00:36:36.60	+00:20:16 (56.8%)	7:07	8.4 (43.1%)
619	GOGOLEWSKI Adam	151		M30	98	00:01:22	00:35:39.70	00:37:01.75	+00:20:16 (56.9%)	7:07	8.4 (43.1%)
620	ŁUKASZCZYK Joanna	377		K40	78	00:01:42	00:35:42.35	00:37:25.25	+00:20:19 (56.9%)	7:08	8.4 (43.1%)
621	KĘDZIERSKA Marzena	252	FAMILY MWS	K40	79	00:00:57	00:35:44.00	00:36:41.60	+00:20:20 (56.9%)	7:08	8.4 (43.1%)
622	KRYSIŃSKA Kamila	314		K40	80	00:00:58	00:35:45.85	00:36:44.35	+00:20:22 (57.0%)	7:09	8.4 (43.1%)
623	REINKE Joanna	794		K40	81	00:00:13	00:35:47.90	00:36:01.30	+00:20:24 (57.0%)	7:09	8.4 (43.1%)
624	BORDON Monika	46		K30	80	00:00:50	00:35:58.40	00:36:48.95	+00:20:35 (57.2%)	7:11	8.3 (42.6%)
625	RAMZA Kamila	507		K40	82	00:01:16	00:36:01.55	00:37:18.10	+00:20:38 (57.3%)	7:12	8.3 (42.6%)
626	ŻURAWSKI Michał	729	RUN LOTTO-BYDGOSTIA	M40	158	00:01:46	00:36:02.30	00:37:49.10	+00:20:39 (57.3%)	7:12	8.3 (42.6%)
627	BARAŃCZAK Paweł	11		M30	99	00:00:23	00:36:08.45	00:36:31.45	+00:20:45 (57.4%)	7:13	8.3 (42.6%)
628	BARAŃCZAK Weronika	10		K30	81	00:00:23	00:36:08.50	00:36:31.70	+00:20:45 (57.4%)	7:13	8.3 (42.6%)
629	LESZCZYŃSKA Liza	356		K30	82	00:01:40	00:36:16.85	00:37:57.25	+00:20:53 (57.6%)	7:15	8.3 (42.6%)
630	DZIŻA-KONICZYŃSKA Zuzanna	117		K40	83	00:00:31	00:36:18.40	00:36:49.55	+00:20:55 (57.6%)	7:15	8.3 (42.6%)
631	MALCZEWSKA Mirka	387	FORDONRUNNERS	K60	6	00:00:58	00:36:19.90	00:37:18.40	+00:20:56 (57.6%)	7:15	8.3 (42.6%)
632	MARKOWSKA-BAUMGART Aneta	730	DĘBY OSIELSKO	K60	7	00:01:41	00:36:20.95	00:38:01.95	+00:20:57 (57.7%)	7:16	8.3 (42.6%)
633	CHODOROWSKA Maria	67		K30	83	00:01:39	00:36:27.60	00:38:07.25	+00:21:04 (57.8%)	7:17	8.2 (42.1%)
634	CZYNSZ Łukasz	84		M40	159	00:01:39	00:36:27.65	00:38:07.10	+00:21:04 (57.8%)	7:17	8.2 (42.1%)
635	GROT Monika	177		K30	84	00:01:56	00:36:39.00	00:38:35.90	+00:21:15 (58.0%)	7:19	8.2 (42.1%)
636	KUŹNIEWSKA Aleksandra	343		K30	85	00:00:43	00:36:40.50	00:37:24.40	+00:21:17 (58.0%)	7:20	8.2 (42.1%)
637	KOZIEŁ Bartłomiej	299		M10	20	00:00:34	00:36:46.05	00:37:20.05	+00:21:22 (58.2%)	7:21	8.2 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
638	KOZIEŁ Tomasz	298		M30	100	00:00:34	00:36:46.40	00:37:20.75	+00:21:23 (58.2%)	7:21	8.2 (42.1%)
639	GRABSKA-ZIELIŃSKA Sylwia	164		K30	86	00:00:36	00:36:48.55	00:37:25.45	+00:21:25 (58.2%)	7:21	8.2 (42.1%)
640	NOWAKOWSKA-SZWAJCA Anna	441		K50	20	00:00:47	00:36:52.30	00:37:39.35	+00:21:29 (58.3%)	7:22	8.1 (41.5%)
641	KACZMAREK Marta	230		K30	87	00:01:44	00:37:01.30	00:38:45.65	+00:21:38 (58.4%)	7:24	8.1 (41.5%)
642	DOMERADZKA Jagoda	104		K30	88	00:01:45	00:37:04.75	00:38:50.00	+00:21:41 (58.5%)	7:24	8.1 (41.5%)
643	JAGODZIŃSKI Karol	199		M50	64	00:01:41	00:37:09.60	00:38:50.70	+00:21:46 (58.6%)	7:25	8.1 (41.5%)
644	KACZMAREK Dominika	231		K30	89	00:01:44	00:37:16.70	00:39:00.95	+00:21:53 (58.7%)	7:27	8.1 (41.5%)
645	ZWOLAK Danuta	722	BIEGACZE KCYNIA TEAM	K40	84	00:01:24	00:37:16.80	00:38:41.45	+00:21:53 (58.7%)	7:27	8.1 (41.5%)
646	MLYNAREK Daria	418		K40	85	00:00:32	00:37:18.85	00:37:51.05	+00:21:55 (58.8%)	7:27	8 (41.0%)
647	ŻEBROWSKA Martyna	726		K40	86	00:01:25	00:37:24.90	00:38:50.05	+00:22:01 (58.9%)	7:28	8 (41.0%)
648	WOLAN Krzysztof	675	DOBIEGNĘ ALBO NIE	M40	160	00:00:21	00:37:34.25	00:37:56.20	+00:22:11 (59.0%)	7:30	8 (41.0%)
649	ORCHOWSKI Rafał	454		M30	101	00:00:21	00:37:34.95	00:37:56.55	+00:22:11 (59.1%)	7:30	8 (41.0%)
650	MAZUR Karolina	399		K20	30	00:01:06	00:37:40.25	00:38:46.60	+00:22:17 (59.2%)	7:32	8 (41.0%)
651	WYPYCH-KLUNDER Katarzyna	697		K40	87	00:01:19	00:37:41.95	00:39:00.95	+00:22:18 (59.2%)	7:32	8 (41.0%)
652	GAPIŃSKI Jerzy	733		M60	21	00:00:50	00:37:47.05	00:38:37.90	+00:22:23 (59.3%)	7:33	7.9 (40.5%)
653	ANGIEL Władysław	4	TKKF KOLEJARZ BYDGOSZCZ	M60	22	00:00:03	00:37:52.90	00:37:56.15	+00:22:29 (59.4%)	7:34	7.9 (40.5%)
654	HOLWEG Karolina	192		K20	31	00:01:31	00:38:26.80	00:39:58.00	+00:23:03 (60.0%)	7:41	7.8 (40.0%)
655	WOŹNIAK Alina	680		K50	21	00:01:23	00:38:31.20	00:39:54.45	+00:23:08 (60.1%)	7:42	7.8 (40.0%)
656	BIAŁEK Anna	25		K40	88	00:01:41	00:38:36.90	00:40:18.65	+00:23:13 (60.2%)	7:43	7.8 (40.0%)
657	GALICKA Nina	136	AKADEMIA MISTRZÓW SPORTU	K10	15	00:01:05	00:38:37.00	00:39:42.80	+00:23:13 (60.2%)	7:43	7.8 (40.0%)
658	MOSUR-GALICKA Angelina	423	AKADEMIA MISTRZÓW SPORTU	K50	22	00:01:06	00:38:37.45	00:39:43.60	+00:23:14 (60.2%)	7:43	7.8 (40.0%)
659	ROBAKOWSKI Waldemar	519	PACTUM	M40	161	00:00:47	00:38:38.40	00:39:26.20	+00:23:15 (60.2%)	7:43	7.8 (40.0%)
660	GALICKI Jakub	137	AKADEMIA MISTRZÓW SPORTU	M40	162	00:01:05	00:38:38.75	00:39:44.45	+00:23:15 (60.2%)	7:43	7.8 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
661	PLUCIŃSKA Aleksandra	484	PACTUM	K40	89	00:00:46	00:38:39.05	00:39:25.95	+00:23:15 (60.2%)	7:43	7.8 (40.0%)
662	NOWAKOWSKI Tomasz	442		M30	102	00:01:35	00:38:50.05	00:40:25.35	+00:23:26 (60.4%)	7:46	7.7 (39.5%)
663	STEFANOWSKA Sara	576		K20	32	00:01:01	00:39:48.30	00:40:49.85	+00:24:25 (61.3%)	7:57	7.5 (38.5%)
664	SŁOWIŃSKI Adam	561		M30	103	00:01:02	00:39:48.60	00:40:50.85	+00:24:25 (61.3%)	7:57	7.5 (38.5%)
665	WÓJCIK Mikołaj	690		M10	21	00:00:57	00:40:07.40	00:41:04.55	+00:24:44 (61.7%)	8:01	7.5 (38.5%)
666	WÓJCIK Anna	687		K40	90	00:00:55	00:40:12.65	00:41:08.45	+00:24:49 (61.7%)	8:02	7.5 (38.5%)
667	NOWAKOWSKA Anastazja	438		K10	16	00:01:34	00:40:14.55	00:41:49.30	+00:24:51 (61.8%)	8:02	7.5 (38.5%)
668	PIĘKNA Monika	474		K40	91	00:01:07	00:40:26.45	00:41:33.65	+00:25:03 (62.0%)	8:05	7.4 (37.9%)
669	RASZLIŃSKA Kasia	511		K20	33	00:01:49	00:40:47.20	00:42:36.80	+00:25:24 (62.3%)	8:09	7.4 (37.9%)
670	GAĞOLA Ewelina	139		K30	90	00:01:31	00:40:50.00	00:42:21.95	+00:25:26 (62.3%)	8:10	7.3 (37.4%)
671	KONDEK Jakub	277		M40	163	00:01:47	00:40:58.45	00:42:46.15	+00:25:35 (62.4%)	8:11	7.3 (37.4%)
672	BURCHARD Natalia	53		K10	17	00:01:35	00:40:58.80	00:42:34.05	+00:25:35 (62.5%)	8:11	7.3 (37.4%)
673	SULEJ-KOWALSKI Łukasz	584		M20	33	00:01:34	00:41:01.30	00:42:35.85	+00:25:38 (62.5%)	8:12	7.3 (37.4%)
674	BURCHARD Remigiusz	52		M40	164	00:01:35	00:41:02.00	00:42:37.60	+00:25:38 (62.5%)	8:12	7.3 (37.4%)
675	KRZEMIŃSKA Jolanta	317		K30	91	00:01:34	00:41:02.60	00:42:36.85	+00:25:39 (62.5%)	8:12	7.3 (37.4%)
676	ZELEK Aleksandra	711		K40	92	00:01:35	00:41:04.80	00:42:40.65	+00:25:41 (62.5%)	8:12	7.3 (37.4%)
677	MARCHESANI Hanna	781		K10	18	00:01:27	00:41:16.80	00:42:43.85	+00:25:53 (62.7%)	8:15	7.3 (37.4%)
678	MARCHESANI Barbara	782		K10	19	00:01:26	00:41:17.80	00:42:44.30	+00:25:54 (62.7%)	8:15	7.3 (37.4%)
679	CYRANKOWSKI Jan	777		M10	22	00:01:02	00:41:32.65	00:42:35.20	+00:26:09 (63.0%)	8:18	7.2 (36.9%)
680	MARCHESANI Aleksandra	783		K10	20	00:01:26	00:42:43.40	00:44:10.15	+00:27:20 (64.0%)	8:32	7 (35.9%)
681	MASŁOWSKA Weronika	780		K40	93	00:01:26	00:42:45.65	00:44:11.95	+00:27:22 (64.0%)	8:33	7 (35.9%)
682	MIKOŁAJSKA Agata	413		K20	34	00:01:22	00:43:02.35	00:44:25.00	+00:27:39 (64.2%)	8:36	7 (35.9%)
683	SERLIKOWSKA Agnieszka	542		K30	92	00:00:42	00:43:22.25	00:44:04.85	+00:27:59 (64.5%)	8:40	6.9 (35.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
684	DURA Barbara	113		K60	8	00:00:21	00:44:56.80	00:45:18.00	+00:29:33 (65.8%)	8:59	6.7 (34.4%)
685	PEKALA Wojciech	465	BLUSZCZOWA RZEKA	M60	23	00:00:08	00:45:08.50	00:45:17.20	+00:29:45 (65.9%)	9:01	6.6 (33.8%)
686	BIELENNY Michal	34		M60	24	00:00:49	00:45:33.30	00:46:23.25	+00:30:10 (66.2%)	9:06	6.6 (33.8%)
687	PUŁKOWNIK Gabriela	499		K20	35	00:00:00			+	5:33	10.8 (55.4%)
688	OBRZANOWSKI Maciej	449		M50	65	00:00:00			+	6:07	9.8 (50.3%)
689	MUDŁO Michał	426		M30	104	00:00:46					(0.0%)
690	SZCZĘSNY Arkadiusz	598	DYNAMO SKARPA	M40	165	00:01:50					(0.0%)

Znaleziono 690 wynik(ów)