



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organiser:** Miasto Bydgoszcz  
**Date:** 2017-04-23  
**Place:** Bydgoszcz  
**Distance:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	FELCZAK Jakub	1308		M20	1	00:00:01	00:16:01.10	00:16:02.65		3:12	18.7 (100%)
2	BEDNAREK Adrian	1233	KUCHNIAISPORT.PL	M20	2	00:00:01	00:16:14.60	00:16:16.05	+00:00:13 (1.4%)	3:15	18.5 (98.9%)
3	WILKOSZ Tomasz	1428		M10	1	00:00:01	00:16:48.05	00:16:49.65	+00:00:46 (4.7%)	3:21	17.9 (95.7%)
4	TULEJA Jakub	1427		M10	2	00:00:01	00:17:10.80	00:17:12.35	+00:01:09 (6.8%)	3:26	17.5 (93.6%)
5	MRUK Tomasz	34	CZARNE STOPY.SM	M40	1	00:00:04	00:17:11.95	00:17:16.90	+00:01:10 (6.9%)	3:26	17.4 (93.0%)
6	SZENK Marta	846		K30	1	00:00:02	00:18:10.95	00:18:13.50	+00:02:09 (11.9%)	3:38	16.5 (88.2%)
7	WOJDAT Marta	382	FIT MAX GYM	K20	1	00:00:20	00:20:30.35	00:20:50.45	+00:04:29 (21.9%)	4:06	14.6 (78.1%)
8	WNĘK Natalia	1200		K20	2	00:00:14	00:21:05.25	00:21:19.35	+00:05:04 (24.0%)	4:13	14.2 (75.9%)
9	WOŹNIAK Anna	122	RUN PASJA	K30	3	00:00:05	00:21:28.20	00:21:34.10	+00:05:27 (25.4%)	4:17	14 (74.9%)
10	SOBCZAK Monika	1219		K30	2	00:00:26	00:21:14.20	00:21:40.80	+00:05:13 (24.6%)	4:14	14.1 (75.4%)
11	ŻAL Robert	1008	JFTC	M30	1	00:00:03	00:17:22.40	00:17:26.05	+00:01:21 (7.8%)	3:28	17.3 (92.5%)
12	DEROŃ Waldemar	337	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M30	2	00:00:03	00:17:37.40	00:17:40.90	+00:01:36 (9.1%)	3:31	17 (90.9%)
13	KLÓSKA Fabian	686	SPÓJNIA BIAŁE BŁOTA	M20	3	00:00:03	00:17:50.50	00:17:53.60	+00:01:49 (10.2%)	3:34	16.8 (89.8%)
14	KOWALSKI Bartek	1433		M10	3	00:00:01	00:17:57.25	00:17:59.15	+00:01:56 (10.8%)	3:35	16.7 (89.3%)
15	WAWRZYNIAK Dominik	852	DART TAVERNA NAKŁO	M20	4	00:00:05	00:18:04.25	00:18:09.95	+00:02:03 (11.4%)	3:36	16.6 (88.8%)
16	BEDRA Robert	39		M30	3	00:00:02	00:18:10.35	00:18:12.95	+00:02:09 (11.9%)	3:38	16.5 (88.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
17	<b>KARASZEWSKI Norbert</b>	<b>373</b>	56 BAZA LOTNICZA	M30	4	00:00:05	<b>00:18:17.05</b>	<b>00:18:22.90</b>	+00:02:15 (12.4%)	3:39	16.4 (87.7%)
18	<b>BONKOWSKI Piotr</b>	<b>180</b>		M20	5	00:00:01	<b>00:18:18.95</b>	<b>00:18:20.70</b>	+00:02:17 (12.5%)	3:39	16.4 (87.7%)
19	<b>MUĆKO Bartosz</b>	<b>330</b>		M10	4	00:00:01	<b>00:18:24.80</b>	<b>00:18:26.05</b>	+00:02:23 (13.0%)	3:41	16.3 (87.2%)
20	<b>MACKOWSKI Maciej</b>	<b>131</b>	MYSLECINEK BDG	M30	5	00:00:01	<b>00:18:25.00</b>	<b>00:18:26.30</b>	+00:02:23 (13.0%)	3:41	16.3 (87.2%)
21	<b>KWIATKOWSKI Damian</b>	<b>98</b>	RUN BYDGOSZCZ	M20	6	00:00:04	<b>00:18:26.90</b>	<b>00:18:31.60</b>	+00:02:25 (13.2%)	3:41	16.3 (87.2%)
22	<b>KURDELSKI Kamil</b>	<b>320</b>		M20	7	00:00:02	<b>00:18:27.90</b>	<b>00:18:30.10</b>	+00:02:26 (13.3%)	3:41	16.2 (86.6%)
23	<b>SZCZEPANIAK Cezary</b>	<b>1254</b>		M40	2	00:00:02	<b>00:18:37.10</b>	<b>00:18:39.15</b>	+00:02:36 (14.0%)	3:43	16.1 (86.1%)
24	<b>BATOR Michał</b>	<b>1382</b>	STRAŻ MIEJSKA TORUŃ	M20	8	00:00:02	<b>00:18:37.45</b>	<b>00:18:39.50</b>	+00:02:36 (14.0%)	3:43	16.1 (86.1%)
25	<b>ŚLEFARSKI Jacek</b>	<b>1025</b>	TRIFRIENDS	M30	6	00:00:04	<b>00:18:38.20</b>	<b>00:18:42.40</b>	+00:02:37 (14.0%)	3:43	16.1 (86.1%)
26	<b>FLOREK Paweł</b>	<b>16</b>	RE MEDIA BYDGOSZCZ	M30	7	00:00:02	<b>00:18:39.65</b>	<b>00:18:41.65</b>	+00:02:38 (14.2%)	3:43	16.1 (86.1%)
27	<b>JANCARZEWSKI Marcin</b>	<b>1430</b>		M10	5	00:00:03	<b>00:18:41.30</b>	<b>00:18:44.35</b>	+00:02:40 (14.3%)	3:44	16.1 (86.1%)
28	<b>KOZŁOWSKI Rafał</b>	<b>160</b>		M40	3	00:00:02	<b>00:18:43.35</b>	<b>00:18:45.80</b>	+00:02:42 (14.4%)	3:44	16 (85.6%)
29	<b>PRZYBYLSKI Bartek</b>	<b>830</b>	RUN BYDGOSZCZ	M30	8	00:00:30	<b>00:18:45.25</b>	<b>00:19:16.10</b>	+00:02:44 (14.6%)	3:45	16 (85.6%)
30	<b>CHOLEWIŃSKI Dariusz</b>	<b>671</b>	HURAGAN MIEDZYŃ	M40	4	00:00:03	<b>00:18:49.20</b>	<b>00:18:52.25</b>	+00:02:48 (14.9%)	3:45	15.9 (85.0%)
31	<b>GRALIK Jędrzej</b>	<b>543</b>	BYDGOSKIE OKONIE	M20	9	00:00:04	<b>00:18:52.80</b>	<b>00:18:57.50</b>	+00:02:51 (15.2%)	3:46	15.9 (85.0%)
32	<b>RYDLEWSKI Marek</b>	<b>147</b>	RUN BYDGOSZCZ	M40	5	00:00:05	<b>00:18:53.20</b>	<b>00:18:58.65</b>	+00:02:52 (15.2%)	3:46	15.9 (85.0%)
33	<b>KUROWSKI Kamil</b>	<b>287</b>	ROWEROWA BRZOZA	M30	9	00:00:06	<b>00:19:07.15</b>	<b>00:19:13.70</b>	+00:03:06 (16.2%)	3:49	15.7 (84.0%)
34	<b>OSTROWSKI Kacper</b>	<b>1268</b>	JEDNEGO SERCA	M20	10	00:00:02	<b>00:19:11.90</b>	<b>00:19:14.15</b>	+00:03:10 (16.6%)	3:50	15.6 (83.4%)
35	<b>SIWKOWSKI Roman</b>	<b>438</b>	BIEGAM , BIEGAM, BIEGAM	M50	1	00:00:03	<b>00:19:13.85</b>	<b>00:19:17.35</b>	+00:03:12 (16.7%)	3:50	15.6 (83.4%)
36	<b>MICHALCZAK Bartosz</b>	<b>1027</b>	ŚLIMAKI BARCIN	M20	11	00:00:01	<b>00:19:17.05</b>	<b>00:19:18.90</b>	+00:03:15 (16.9%)	3:51	15.6 (83.4%)
37	<b>RADECKI Przemysław</b>	<b>458</b>		M40	6	00:00:12	<b>00:19:21.90</b>	<b>00:19:34.40</b>	+00:03:20 (17.3%)	3:52	15.5 (82.9%)
38	<b>BEJGIER Edmund</b>	<b>1211</b>	DĘBY OSIELSKO	M40	7	00:00:15	<b>00:19:26.05</b>	<b>00:19:41.30</b>	+00:03:24 (17.6%)	3:53	15.4 (82.4%)
39	<b>WENDA Dawid</b>	<b>46</b>	SZKOŁA JAZDY TOMAS	M20	12	00:00:03	<b>00:19:27.15</b>	<b>00:19:30.80</b>	+00:03:26 (17.7%)	3:53	15.4 (82.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
40	<b>SZOPINSKI Rafał</b>	<b>665</b>		M30	10	00:00:09	<b>00:19:29.95</b>	<b>00:19:39.85</b>	+00:03:28 (17.9%)	3:54	15.4 (82.4%)
41	<b>BRODOWSKI Daniel</b>	<b>1241</b>		M18	1	00:00:07	<b>00:19:33.40</b>	<b>00:19:41.10</b>	+00:03:32 (18.1%)	3:54	15.3 (81.8%)
42	<b>PORAJ Maciej</b>	<b>1077</b>		M20	13	00:00:07	<b>00:19:38.20</b>	<b>00:19:45.65</b>	+00:03:37 (18.4%)	3:55	15.3 (81.8%)
43	<b>PILEWSKI Mikołaj</b>	<b>226</b>	BYDGOSZCZ TRIATHLON TEAM	M20	14	00:00:21	<b>00:19:38.55</b>	<b>00:19:59.95</b>	+00:03:37 (18.5%)	3:55	15.3 (81.8%)
44	<b>BANACH Tomasz</b>	<b>1347</b>		M30	11	00:00:12	<b>00:19:42.55</b>	<b>00:19:55.00</b>	+00:03:41 (18.7%)	3:56	15.2 (81.3%)
45	<b>JENCZEWSKI Szymon</b>	<b>760</b>		M20	15	00:00:02	<b>00:19:45.40</b>	<b>00:19:47.90</b>	+00:03:44 (18.9%)	3:57	15.2 (81.3%)
46	<b>MIĘTKIEWICZ Rafał</b>	<b>1191</b>	SPÓJNIA BIAŁE BŁOTA	M20	16	00:00:08	<b>00:19:45.70</b>	<b>00:19:54.40</b>	+00:03:44 (18.9%)	3:57	15.2 (81.3%)
47	<b>OLSZYŃSKI Sebastian</b>	<b>118</b>	SPARTANIE DZIECIOM	M40	8	00:00:15	<b>00:19:46.40</b>	<b>00:20:02.10</b>	+00:03:45 (19.0%)	3:57	15.2 (81.3%)
48	<b>ROMANOWSKI Michał</b>	<b>369</b>		M30	12	00:00:08	<b>00:19:48.00</b>	<b>00:19:56.55</b>	+00:03:46 (19.1%)	3:57	15.2 (81.3%)
49	<b>FELKNER Kamil</b>	<b>1302</b>		M10	6	00:00:02	<b>00:19:48.80</b>	<b>00:19:51.55</b>	+00:03:47 (19.2%)	3:57	15.1 (80.7%)
50	<b>MUCHA Marcin</b>	<b>150</b>	BATRUNNERS	M30	13	00:00:09	<b>00:19:48.95</b>	<b>00:19:57.95</b>	+00:03:47 (19.2%)	3:57	15.2 (81.3%)
51	<b>GORCZYCA Maciej</b>	<b>658</b>		M20	17	00:00:08	<b>00:19:50.90</b>	<b>00:19:59.10</b>	+00:03:49 (19.3%)	3:58	15.1 (80.7%)
52	<b>KLUSKA Adam</b>	<b>1104</b>	IWSP SZ BYDGOSZCZ	M30	14	00:00:02	<b>00:19:51.75</b>	<b>00:19:54.50</b>	+00:03:50 (19.4%)	3:58	15.1 (80.7%)
53	<b>KOZIŃSKI Marek</b>	<b>736</b>	RUN BYDGOSZCZ	M30	15	00:00:15	<b>00:19:53.20</b>	<b>00:20:08.20</b>	+00:03:52 (19.5%)	3:58	15.1 (80.7%)
54	<b>BOROS Patryk</b>	<b>930</b>		M20	18	00:02:08	<b>00:19:54.50</b>	<b>00:22:03.45</b>	+00:03:53 (19.5%)	3:59	15.1 (80.7%)
55	<b>BZDZION Marcin</b>	<b>1371</b>		M20	19	00:00:06	<b>00:19:58.20</b>	<b>00:20:04.45</b>	+00:03:57 (19.8%)	3:59	15 (80.2%)
56	<b>KRYSPIN Arkadiusz</b>	<b>1173</b>		M20	20	00:00:07	<b>00:19:59.00</b>	<b>00:20:06.70</b>	+00:03:57 (19.8%)	3:59	15 (80.2%)
57	<b>WIERZYŃSKI Damian</b>	<b>1234</b>	TCMS PESA BYDGOSZCZ	M20	21	00:00:10	<b>00:19:59.70</b>	<b>00:20:10.10</b>	+00:03:58 (19.9%)	4:00	15 (80.2%)
58	<b>WENDA Mateusz</b>	<b>298</b>	SZKOŁA JAZDY TOMAS	M20	22	00:00:07	<b>00:20:00.90</b>	<b>00:20:08.00</b>	+00:03:59 (20.0%)	4:00	15 (80.2%)
59	<b>SPRYSZYŃSKI Wojciech</b>	<b>1273</b>		M30	16	00:02:02	<b>00:20:03.15</b>	<b>00:22:05.20</b>	+00:04:02 (20.1%)	4:00	15 (80.2%)
60	<b>JANKOWIAK Łukasz</b>	<b>730</b>		M20	23	00:00:06	<b>00:20:04.15</b>	<b>00:20:11.05</b>	+00:04:03 (20.2%)	4:01	14.9 (79.7%)
61	<b>KŁOSOWSKI Marcin</b>	<b>20</b>	WWW.JABEX.COM.PL	M40	9	00:00:01	<b>00:20:04.35</b>	<b>00:20:05.70</b>	+00:04:03 (20.2%)	4:00	15 (80.2%)
62	<b>WARSZAWSKI Przemysław</b>	<b>845</b>		M20	24	00:00:11	<b>00:20:05.30</b>	<b>00:20:16.90</b>	+00:04:04 (20.3%)	4:01	14.9 (79.7%)

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63	<b>SKUBISZEWSKI Damian</b>	<b>765</b>	ARMIA CHRYSTUSA	M20	25	00:00:08	<b>00:20:05.85</b>	<b>00:20:14.30</b>	+00:04:04 (20.3%)	4:01	14.9 (79.7%)
64	<b>DADZIBÓG Mariusz</b>	<b>1185</b>	EVERYDAYRUNNING TEAM	M20	26	00:01:49	<b>00:20:06.70</b>	<b>00:21:56.30</b>	+00:04:05 (20.4%)	4:01	14.9 (79.7%)
65	<b>BORCZYKOWSKI Rafał</b>	<b>318</b>		M30	17	00:00:03	<b>00:20:07.70</b>	<b>00:20:11.35</b>	+00:04:06 (20.4%)	4:01	14.9 (79.7%)
66	<b>DĘBSKI Adrian</b>	<b>409</b>		M30	18	00:00:15	<b>00:20:08.40</b>	<b>00:20:23.90</b>	+00:04:07 (20.5%)	4:01	14.9 (79.7%)
67	<b>MARTIN Paweł</b>	<b>606</b>		M30	19	00:00:29	<b>00:20:14.90</b>	<b>00:20:44.20</b>	+00:04:13 (20.9%)	4:03	14.8 (79.1%)
68	<b>KAMIŃSKI Jakub</b>	<b>1057</b>		M20	27	00:00:04	<b>00:20:17.55</b>	<b>00:20:22.05</b>	+00:04:16 (21.1%)	4:03	14.8 (79.1%)
69	<b>KUJAWA Kamil</b>	<b>96</b>	ZESPÓŁ SZKÓŁ BUDOWLANYCH W BYDGOSZCZY	M30	20	00:00:13	<b>00:20:17.90</b>	<b>00:20:31.55</b>	+00:04:16 (21.1%)	4:03	14.8 (79.1%)
70	<b>ZBORAŁA Mateusz</b>	<b>76</b>		M20	28	00:00:06	<b>00:20:18.55</b>	<b>00:20:25.40</b>	+00:04:17 (21.1%)	4:03	14.8 (79.1%)
71	<b>GWITT Bartosz</b>	<b>1420</b>		M30	21	00:00:35	<b>00:20:21.90</b>	<b>00:20:57.10</b>	+00:04:20 (21.3%)	4:04	14.7 (78.6%)
72	<b>SKUZA Sebastian</b>	<b>231</b>		M20	29	00:00:26	<b>00:20:23.95</b>	<b>00:20:50.30</b>	+00:04:22 (21.5%)	4:04	14.7 (78.6%)
73	<b>WALDA Łukasz</b>	<b>631</b>		M30	22	00:00:17	<b>00:20:24.65</b>	<b>00:20:41.85</b>	+00:04:23 (21.5%)	4:04	14.7 (78.6%)
74	<b>ŁYSZCZARZ Błażej</b>	<b>871</b>		M30	23	00:00:13	<b>00:20:26.20</b>	<b>00:20:40.15</b>	+00:04:25 (21.6%)	4:05	14.7 (78.6%)
75	<b>SAPA Kacper</b>	<b>1214</b>	BYDGOSKIE ŻÓŁWIE	M20	30	00:00:27	<b>00:20:27.60</b>	<b>00:20:55.45</b>	+00:04:26 (21.7%)	4:05	14.7 (78.6%)
76	<b>LOOSE Michał</b>	<b>73</b>	LOS KUMPLOS	M20	31	00:00:06	<b>00:20:28.95</b>	<b>00:20:35.50</b>	+00:04:27 (21.8%)	4:05	14.6 (78.1%)
77	<b>GURDAK Leszek</b>	<b>364</b>		M40	10	00:00:05	<b>00:20:30.35</b>	<b>00:20:36.20</b>	+00:04:29 (21.9%)	4:06	14.6 (78.1%)
78	<b>TRZCIŃSKI Franciszek</b>	<b>297</b>	SPORT I REKREACJA START	M50	2	00:00:04	<b>00:20:30.50</b>	<b>00:20:34.90</b>	+00:04:29 (21.9%)	4:06	14.6 (78.1%)
79	<b>ZIĘTAK Krzysztof</b>	<b>580</b>		M50	3	00:00:10	<b>00:20:31.25</b>	<b>00:20:41.25</b>	+00:04:30 (21.9%)	4:06	14.6 (78.1%)
80	<b>ANDRZEJEWSKI Paweł</b>	<b>1039</b>		M30	24	00:00:09	<b>00:20:34.45</b>	<b>00:20:44.05</b>	+00:04:33 (22.1%)	4:07	14.6 (78.1%)
80	<b>KRUPA Piotr</b>	<b>751</b>		M30	25	00:00:19	<b>00:20:34.45</b>	<b>00:20:53.65</b>	+00:04:33 (22.1%)	4:06	14.6 (78.1%)
82	<b>PAWLAK Jakub</b>	<b>446</b>	JFTC SU	M30	26	00:00:28	<b>00:20:35.00</b>	<b>00:21:03.30</b>	+00:04:33 (22.2%)	4:07	14.6 (78.1%)
83	<b>JUCHACZ Michał</b>	<b>336</b>	DZIKI /TRI TEAM INO	M30	27	00:00:06	<b>00:20:35.25</b>	<b>00:20:41.85</b>	+00:04:34 (22.2%)	4:07	14.6 (78.1%)
84	<b>ZBORAŁA Dawid</b>	<b>58</b>		M20	32	00:00:05	<b>00:20:35.60</b>	<b>00:20:41.50</b>	+00:04:34 (22.2%)	4:07	14.6 (78.1%)
85	<b>DĄBROWSKI Jarosław</b>	<b>211</b>	CB163	M20	33	00:00:25	<b>00:20:36.45</b>	<b>00:21:01.45</b>	+00:04:35 (22.3%)	4:07	14.6 (78.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
86	<b>KOWALSKI Jacek</b>	<b>338</b>		M40	11	00:00:11	<b>00:20:38.00</b>	<b>00:20:49.90</b>	+00:04:36 (22.4%)	4:07	14.5 (77.5%)
87	<b>DZIEKAN Wojtek</b>	<b>826</b>	KABEL TEAM BYDGOSZCZ	M30	28	00:00:17	<b>00:20:38.35</b>	<b>00:20:56.05</b>	+00:04:37 (22.4%)	4:07	14.5 (77.5%)
88	<b>KUTOWSKI Przemysław</b>	<b>175</b>		M40	12	00:00:04	<b>00:20:38.85</b>	<b>00:20:43.25</b>	+00:04:37 (22.4%)	4:07	14.5 (77.5%)
89	<b>JOACHIMIAK Dariusz</b>	<b>151</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M20	34	00:00:07	<b>00:20:41.25</b>	<b>00:20:48.70</b>	+00:04:40 (22.6%)	4:08	14.5 (77.5%)
90	<b>WELZ Robert</b>	<b>1186</b>		M18	2	00:00:07	<b>00:20:41.40</b>	<b>00:20:49.30</b>	+00:04:40 (22.6%)	4:08	14.5 (77.5%)
91	<b>ŚWITAJ Mateusz</b>	<b>1103</b>	WTS ASTORIA	M10	7	00:00:03	<b>00:20:41.85</b>	<b>00:20:45.50</b>	+00:04:40 (22.6%)	4:08	14.5 (77.5%)
92	<b>MILOSIERNY Oskar</b>	<b>1109</b>		M20	35	00:00:19	<b>00:20:42.05</b>	<b>00:21:01.85</b>	+00:04:40 (22.6%)	4:08	14.5 (77.5%)
93	<b>RZEKANOWSKI Paweł</b>	<b>217</b>	RUN BYDGOSZCZ	M20	36	00:00:14	<b>00:20:43.50</b>	<b>00:20:58.15</b>	+00:04:42 (22.7%)	4:08	14.5 (77.5%)
94	<b>JANYSKA Krzysztof</b>	<b>104</b>		M30	29	00:00:10	<b>00:20:43.55</b>	<b>00:20:54.40</b>	+00:04:42 (22.7%)	4:08	14.5 (77.5%)
95	<b>BASIŃSKI Łukasz</b>	<b>1202</b>		M20	37	00:00:28	<b>00:20:45.50</b>	<b>00:21:14.15</b>	+00:04:44 (22.8%)	4:09	14.4 (77.0%)
96	<b>MAGDZIARZ Jakub</b>	<b>931</b>	KANCELARIA - HMM	M30	30	00:00:18	<b>00:20:45.65</b>	<b>00:21:04.10</b>	+00:04:44 (22.8%)	4:09	14.4 (77.0%)
97	<b>BAZAK Cezary</b>	<b>617</b>	CDIS SZ	M50	4	00:00:32	<b>00:20:46.30</b>	<b>00:21:18.35</b>	+00:04:45 (22.9%)	4:09	14.4 (77.0%)
98	<b>TOMASZEWSKI Jordan</b>	<b>119</b>	TRIFRIENDS	M30	31	00:00:11	<b>00:20:46.55</b>	<b>00:20:58.45</b>	+00:04:45 (22.9%)	4:09	14.4 (77.0%)
99	<b>TRYT Maciej</b>	<b>1003</b>	RUN BYDGOSZCZ	M30	32	00:00:11	<b>00:20:46.90</b>	<b>00:20:58.50</b>	+00:04:45 (22.9%)	4:09	14.4 (77.0%)
100	<b>BRZEZIŃSKI Paweł</b>	<b>616</b>	R2G	M40	13	00:00:31	<b>00:20:47.95</b>	<b>00:21:19.40</b>	+00:04:46 (23.0%)	4:09	14.4 (77.0%)
101	<b>GALIŃSKI Bartosz</b>	<b>764</b>	BYDGOSKIE OKONIE	M20	38	00:00:06	<b>00:20:48.60</b>	<b>00:20:54.70</b>	+00:04:47 (23.0%)	4:09	14.4 (77.0%)
102	<b>BANASIAK Paweł</b>	<b>242</b>		M20	39	00:00:16	<b>00:20:49.25</b>	<b>00:21:05.50</b>	+00:04:48 (23.1%)	4:09	14.4 (77.0%)
103	<b>SUDOŁ Jacek</b>	<b>911</b>	IPA BYDGOSZCZ	M30	33	00:00:08	<b>00:20:51.05</b>	<b>00:20:59.80</b>	+00:04:49 (23.2%)	4:10	14.4 (77.0%)
104	<b>NAGORZYSKI Arkadiusz</b>	<b>384</b>		M30	34	00:00:18	<b>00:20:54.50</b>	<b>00:21:12.95</b>	+00:04:53 (23.4%)	4:10	14.4 (77.0%)
105	<b>MOGILNICKI Dominik</b>	<b>1031</b>		M20	40	00:00:53	<b>00:20:56.20</b>	<b>00:21:49.60</b>	+00:04:55 (23.5%)	4:11	14.3 (76.5%)
106	<b>NADRATOWSKI Maciej</b>	<b>1059</b>	KABEL TEAM BYDGOSZCZ	M40	14	00:00:05	<b>00:20:56.95</b>	<b>00:21:02.20</b>	+00:04:55 (23.5%)	4:11	14.3 (76.5%)
107	<b>TUBAJA Albert</b>	<b>53</b>	KABEL TEAM BYDGOSZCZ	M40	15	00:00:03	<b>00:20:58.35</b>	<b>00:21:01.90</b>	+00:04:57 (23.6%)	4:11	14.3 (76.5%)
108	<b>BANASZAK Krzysztof</b>	<b>1172</b>		M20	41	00:00:17	<b>00:20:58.40</b>	<b>00:21:15.85</b>	+00:04:57 (23.6%)	4:11	14.3 (76.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
109	<b>BANAŚ Adrian</b>	<b>1285</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M20	42	00:00:06	<b>00:20:59.75</b>	<b>00:21:06.35</b>	+00:04:58 (23.7%)	4:12	14.3 (76.5%)
110	<b>BIEL Marek</b>	<b>293</b>	1% DLA DARI BIEL	M40	16	00:00:10	<b>00:21:01.15</b>	<b>00:21:11.55</b>	+00:05:00 (23.8%)	4:12	14.3 (76.5%)
111	<b>PIOTROWSKI Dariusz</b>	<b>328</b>		M40	17	00:00:13	<b>00:21:01.60</b>	<b>00:21:15.00</b>	+00:05:00 (23.8%)	4:12	14.3 (76.5%)
112	<b>SZWARC Paweł</b>	<b>191</b>	RUN BYDGOSZCZ	M30	35	00:00:36	<b>00:21:01.90</b>	<b>00:21:38.70</b>	+00:05:00 (23.8%)	4:12	14.3 (76.5%)
113	<b>LIPSKI Krzysztof</b>	<b>1121</b>	RUN BYDGOSZCZ	M40	18	00:00:37	<b>00:21:04.65</b>	<b>00:21:41.75</b>	+00:05:03 (24.0%)	4:12	14.2 (75.9%)
114	<b>ZIOMEK Piotr</b>	<b>1381</b>	STRAŻ MIEJSKA TORUŃ	M30	36	00:00:03	<b>00:21:04.75</b>	<b>00:21:08.70</b>	+00:05:03 (24.0%)	4:13	14.2 (75.9%)
115	<b>NOWICKI Tomasz</b>	<b>776</b>	POWER FLOWER TEAM	M20	43	00:00:09	<b>00:21:05.60</b>	<b>00:21:14.70</b>	+00:05:04 (24.1%)	4:13	14.2 (75.9%)
116	<b>BANASZAK Dawid</b>	<b>1176</b>		M30	37	00:00:17	<b>00:21:06.15</b>	<b>00:21:23.60</b>	+00:05:05 (24.1%)	4:13	14.2 (75.9%)
117	<b>GÓZDŹ Tomasz</b>	<b>433</b>	JĄŚ BIEGA	M40	19	00:00:28	<b>00:21:07.50</b>	<b>00:21:36.00</b>	+00:05:06 (24.2%)	4:13	14.2 (75.9%)
118	<b>WŁODARCZYK Wojciech</b>	<b>620</b>		M50	5	00:00:10	<b>00:21:08.00</b>	<b>00:21:18.90</b>	+00:05:06 (24.2%)	4:13	14.2 (75.9%)
119	<b>KLINIKOWSKI Jacek</b>	<b>107</b>	KOCHAM ŻYCIE I...	M40	20	00:00:09	<b>00:21:08.45</b>	<b>00:21:17.80</b>	+00:05:07 (24.2%)	4:13	14.2 (75.9%)
120	<b>TOMKOWIAK Tomasz</b>	<b>52</b>	SZKOŁA JAZDY TOMAS	M20	44	00:00:05	<b>00:21:08.65</b>	<b>00:21:14.40</b>	+00:05:07 (24.2%)	4:13	14.2 (75.9%)
121	<b>LIGMANOWSKI Mateusz</b>	<b>84</b>	OSP RATOWNIK ŚWIECIE	M20	45	00:00:41	<b>00:21:08.85</b>	<b>00:21:50.30</b>	+00:05:07 (24.3%)	4:13	14.2 (75.9%)
122	<b>KANNEBERG Maciej</b>	<b>559</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	46	00:01:52	<b>00:21:09.05</b>	<b>00:23:01.65</b>	+00:05:07 (24.3%)	4:13	14.2 (75.9%)
123	<b>GLIWKA Artur</b>	<b>1398</b>	1. BLWL	M30	38	00:00:48	<b>00:21:11.85</b>	<b>00:21:59.95</b>	+00:05:10 (24.4%)	4:14	14.2 (75.9%)
124	<b>HAMERSKI Dawid</b>	<b>389</b>	GORDON RUN	M20	47	00:00:19	<b>00:21:12.45</b>	<b>00:21:32.35</b>	+00:05:11 (24.5%)	4:14	14.1 (75.4%)
125	<b>GRECHUTA Tomasz</b>	<b>256</b>		M30	39	00:00:05	<b>00:21:12.50</b>	<b>00:21:17.60</b>	+00:05:11 (24.5%)	4:14	14.2 (75.9%)
126	<b>DACH Łukasz</b>	<b>676</b>	MATATA	M30	40	00:00:08	<b>00:21:17.75</b>	<b>00:21:26.00</b>	+00:05:16 (24.8%)	4:15	14.1 (75.4%)
127	<b>KRZYŻANOWSKI Robert</b>	<b>525</b>		M40	21	00:00:11	<b>00:21:18.70</b>	<b>00:21:30.05</b>	+00:05:17 (24.8%)	4:15	14.1 (75.4%)
128	<b>SOBCZAK Marcin</b>	<b>179</b>	CZARNE STOPY.SM	M30	41	00:00:10	<b>00:21:20.55</b>	<b>00:21:31.20</b>	+00:05:19 (24.9%)	4:16	14.1 (75.4%)
129	<b>GALIŃSKI Łukasz</b>	<b>1146</b>		M18	3	00:00:10	<b>00:21:21.35</b>	<b>00:21:31.50</b>	+00:05:20 (25.0%)	4:16	14.1 (75.4%)
130	<b>HASS Adam</b>	<b>701</b>		M30	42	00:00:10	<b>00:21:23.25</b>	<b>00:21:33.55</b>	+00:05:22 (25.1%)	4:16	14 (74.9%)
131	<b>PAKULSKI Rafał</b>	<b>1010</b>		M40	22	00:00:20	<b>00:21:27.10</b>	<b>00:21:47.10</b>	+00:05:26 (25.3%)	4:17	14 (74.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
131	<b>GACKOWSKI Szymon</b>	<b>1132</b>	SŁUŻBA WIĘZIENNA	M30	43	00:00:11	<b>00:21:27.10</b>	<b>00:21:39.00</b>	+00:05:26 (25.3%)	4:17	14 (74.9%)
133	<b>WRÓBLEWSKI Kewin</b>	<b>958</b>		M18	4	00:00:12	<b>00:21:28.25</b>	<b>00:21:41.10</b>	+00:05:27 (25.4%)	4:17	14 (74.9%)
134	<b>KAMIŃSKI Marcin</b>	<b>1410</b>	POLITECHNIKA GDAŃSKA	M20	48	00:01:50	<b>00:21:29.65</b>	<b>00:23:20.00</b>	+00:05:28 (25.5%)	4:18	14 (74.9%)
135	<b>BIAŁOUS Krzysztof</b>	<b>1015</b>	NIEZRZESZONY	M50	6	00:00:05	<b>00:21:31.60</b>	<b>00:21:37.20</b>	+00:05:30 (25.6%)	4:18	13.9 (74.3%)
136	<b>WIŚNIEWSKI Tomasz</b>	<b>425</b>		M20	49	00:00:06	<b>00:21:32.10</b>	<b>00:21:38.95</b>	+00:05:31 (25.6%)	4:18	13.9 (74.3%)
137	<b>SZCZĘSNY Arkadiusz</b>	<b>401</b>	DYNAMO SKARPA	M30	44	00:00:23	<b>00:21:32.20</b>	<b>00:21:56.05</b>	+00:05:31 (25.6%)	4:18	13.9 (74.3%)
138	<b>OMNICZYŃSKI Tomasz</b>	<b>1106</b>	FORDON	M20	50	00:00:39	<b>00:21:33.20</b>	<b>00:22:13.10</b>	+00:05:32 (25.7%)	4:18	13.9 (74.3%)
139	<b>KOŁACKI Jarosław</b>	<b>1140</b>	DYNAMO SKARPA	M20	51	00:00:23	<b>00:21:34.30</b>	<b>00:21:57.90</b>	+00:05:33 (25.7%)	4:18	13.9 (74.3%)
140	<b>WNEK Martin</b>	<b>492</b>		M20	52	00:00:29	<b>00:21:34.65</b>	<b>00:22:03.75</b>	+00:05:33 (25.8%)	4:18	13.9 (74.3%)
141	<b>WENDT Grzegorz</b>	<b>1223</b>		M40	23	00:00:30	<b>00:21:35.35</b>	<b>00:22:05.90</b>	+00:05:34 (25.8%)	4:19	13.9 (74.3%)
142	<b>KARPACZ Jarek</b>	<b>506</b>		M20	53	00:00:15	<b>00:21:36.00</b>	<b>00:21:51.90</b>	+00:05:34 (25.8%)	4:19	13.9 (74.3%)
143	<b>BONKOWSKI Wojciech</b>	<b>177</b>		M30	45	00:00:02	<b>00:21:37.85</b>	<b>00:21:40.10</b>	+00:05:36 (25.9%)	4:19	13.9 (74.3%)
144	<b>SKORNIA Eliza</b>	<b>1325</b>		K20	3	00:01:03	<b>00:21:37.90</b>	<b>00:22:41.70</b>	+00:05:36 (25.9%)	4:19	13.9 (74.3%)
145	<b>SALAMON Wojtek</b>	<b>1296</b>		M30	46	00:00:09	<b>00:21:39.45</b>	<b>00:21:49.20</b>	+00:05:38 (26.0%)	4:20	13.8 (73.8%)
146	<b>WIDŹGOWSKI Przemysław</b>	<b>250</b>		M30	47	00:00:09	<b>00:21:39.55</b>	<b>00:21:48.65</b>	+00:05:38 (26.0%)	4:19	13.9 (74.3%)
147	<b>LEŚNY Mateusz</b>	<b>815</b>		M20	54	00:00:59	<b>00:21:39.60</b>	<b>00:22:39.05</b>	+00:05:38 (26.0%)	4:20	13.8 (73.8%)
148	<b>MAKLAKIEWICZ Łukasz</b>	<b>679</b>		M40	24	00:00:16	<b>00:21:39.75</b>	<b>00:21:56.55</b>	+00:05:38 (26.1%)	4:20	13.8 (73.8%)
149	<b>PALIGA Antoni</b>	<b>619</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M50	7	00:00:13	<b>00:21:40.80</b>	<b>00:21:54.40</b>	+00:05:39 (26.1%)	4:20	13.8 (73.8%)
150	<b>SOKOŁOWSKI Piotr</b>	<b>28</b>	GORDON RUN	M30	48	00:00:19	<b>00:21:48.00</b>	<b>00:22:07.30</b>	+00:05:46 (26.5%)	4:21	13.8 (73.8%)
151	<b>MIKOŁAJSKI Krzysztof</b>	<b>565</b>		M20	55	00:00:10	<b>00:21:50.85</b>	<b>00:22:01.00</b>	+00:05:49 (26.7%)	4:22	13.7 (73.3%)
152	<b>WĘGRZYNOWSKI Sławomir</b>	<b>102</b>	KABEL TEAM BYDGOSZCZ	M40	25	00:00:17	<b>00:21:53.90</b>	<b>00:22:11.05</b>	+00:05:52 (26.9%)	4:22	13.7 (73.3%)
153	<b>PARUCKI Paweł</b>	<b>611</b>	SPÓJNIA BIAŁE BŁOTA	M20	56	00:00:32	<b>00:21:54.45</b>	<b>00:22:27.40</b>	+00:05:53 (26.9%)	4:23	13.7 (73.3%)
154	<b>WIADERKIEWICZ Mariusz</b>	<b>342</b>	CLIMAG	M40	26	00:00:19	<b>00:21:57.00</b>	<b>00:22:16.00</b>	+00:05:55 (27.0%)	4:23	13.7 (73.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
155	<b>SKRZYPIŃSKI Marek</b>	<b>1195</b>		M30	49	00:00:16	<b>00:21:57.70</b>	<b>00:22:14.05</b>	+00:05:56 (27.1%)	4:23	13.7 (73.3%)
156	<b>STARSZAK Paweł</b>	<b>1113</b>		M30	50	00:00:09	<b>00:21:59.40</b>	<b>00:22:08.50</b>	+00:05:58 (27.2%)	4:23	13.6 (72.7%)
157	<b>RUTKOWSKI Tomasz</b>	<b>346</b>		M40	27	00:00:20	<b>00:21:59.60</b>	<b>00:22:19.80</b>	+00:05:58 (27.2%)	4:23	13.6 (72.7%)
158	<b>KIELA Robert</b>	<b>1055</b>	CZARNE STOPY SM	M40	28	00:00:14	<b>00:21:59.65</b>	<b>00:22:14.55</b>	+00:05:58 (27.2%)	4:24	13.6 (72.7%)
159	<b>LEWICKI Maciej</b>	<b>1183</b>	SŁUŻBA WIĘZIENNA	M40	29	00:00:34	<b>00:22:01.25</b>	<b>00:22:35.65</b>	+00:06:00 (27.3%)	4:24	13.6 (72.7%)
160	<b>KUK Piotr</b>	<b>538</b>	KABEL TAEM	M40	30	00:00:09	<b>00:22:01.45</b>	<b>00:22:10.75</b>	+00:06:00 (27.3%)	4:24	13.6 (72.7%)
161	<b>BRZEZIŃSKI Sławomir</b>	<b>1164</b>	CZARNE STOPY.SM	M40	31	00:00:15	<b>00:22:01.80</b>	<b>00:22:17.30</b>	+00:06:00 (27.3%)	4:24	13.6 (72.7%)
162	<b>FOLERZYŃSKI Dawid</b>	<b>234</b>	SPÓJNIA BIAŁE BŁOTA	M18	5	00:00:09	<b>00:22:02.70</b>	<b>00:22:12.45</b>	+00:06:01 (27.3%)	4:24	13.6 (72.7%)
163	<b>WESOŁOWSKI Krzysztof</b>	<b>801</b>	RUN BYDGOSZCZ	M40	32	00:00:23	<b>00:22:03.45</b>	<b>00:22:26.55</b>	+00:06:02 (27.4%)	4:24	13.6 (72.7%)
164	<b>SZNAJDROWSKI Mateusz</b>	<b>809</b>		M20	57	00:00:24	<b>00:22:04.25</b>	<b>00:22:28.40</b>	+00:06:03 (27.4%)	4:24	13.6 (72.7%)
165	<b>STĘPSKI Marek</b>	<b>252</b>		M40	33	00:00:13	<b>00:22:04.65</b>	<b>00:22:17.65</b>	+00:06:03 (27.4%)	4:24	13.6 (72.7%)
166	<b>SZNAJDROWSKI Jerzy</b>	<b>810</b>		M50	8	00:00:21	<b>00:22:05.60</b>	<b>00:22:27.20</b>	+00:06:04 (27.5%)	4:25	13.6 (72.7%)
167	<b>CHORZĘPA Bogusław</b>	<b>1061</b>	BYDGOSZCZ	M30	51	00:00:27	<b>00:22:06.45</b>	<b>00:22:34.40</b>	+00:06:05 (27.5%)	4:25	13.6 (72.7%)
168	<b>SZARLEJ Marcin</b>	<b>316</b>		M30	52	00:00:14	<b>00:22:09.10</b>	<b>00:22:23.65</b>	+00:06:08 (27.7%)	4:25	13.5 (72.2%)
169	<b>PAWLAK Robert</b>	<b>893</b>	IPA BYDGOSZCZ	M40	34	00:00:46	<b>00:22:09.90</b>	<b>00:22:56.45</b>	+00:06:08 (27.7%)	4:26	13.5 (72.2%)
170	<b>ROGALSKI Maciej</b>	<b>928</b>		M30	53	00:02:08	<b>00:22:10.40</b>	<b>00:24:19.20</b>	+00:06:09 (27.8%)	4:26	13.5 (72.2%)
171	<b>JUREK Piotr</b>	<b>1304</b>	BBL	M50	9	00:00:19	<b>00:22:10.80</b>	<b>00:22:30.30</b>	+00:06:09 (27.8%)	4:26	13.5 (72.2%)
172	<b>BIAŁKA Kamil</b>	<b>254</b>	PEWNIAKI	M20	58	00:00:31	<b>00:22:11.00</b>	<b>00:22:42.75</b>	+00:06:09 (27.8%)	4:26	13.5 (72.2%)
173	<b>SIUDA Rafal</b>	<b>1351</b>	RUN BYDGOSZCZ	M40	35	00:02:00	<b>00:22:11.35</b>	<b>00:24:11.60</b>	+00:06:10 (27.8%)	4:26	13.5 (72.2%)
174	<b>GUZOWSKI Rafał</b>	<b>286</b>	TCMS PESA BYDGOSZCZ	M20	59	00:01:27	<b>00:22:12.25</b>	<b>00:23:39.75</b>	+00:06:11 (27.9%)	4:26	13.5 (72.2%)
175	<b>STASZKIEWICZ Lucyna</b>	<b>214</b>	CZARNE STOPY SM	K50	1	00:00:10	<b>00:22:14.20</b>	<b>00:22:24.25</b>	+00:06:13 (28.0%)	4:26	13.5 (72.2%)
176	<b>KOPACZEWSKI Marcin</b>	<b>453</b>		M30	54	00:00:15	<b>00:22:14.40</b>	<b>00:22:29.60</b>	+00:06:13 (28.0%)	4:26	13.5 (72.2%)
177	<b>JANIKOWSKA Awa</b>	<b>114</b>	CZARNE STOPY.SM	K20	4	00:00:13	<b>00:22:15.55</b>	<b>00:22:28.85</b>	+00:06:14 (28.0%)	4:27	13.5 (72.2%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
178	<b>SZUBERT Maciej</b>	<b>592</b>		M40	36	00:00:24	<b>00:22:16.45</b>	<b>00:22:41.30</b>	+00:06:15 (28.1%)	4:27	13.5 (72.2%)
179	<b>GRZONKA Michał</b>	<b>1232</b>	TCMS PESA BYDGOSZCZ	M30	55	00:01:30	<b>00:22:16.90</b>	<b>00:23:47.05</b>	+00:06:15 (28.1%)	4:27	13.5 (72.2%)
180	<b>ŻEGLICZ Marek</b>	<b>1007</b>	SPÓJNIA BIAŁE BŁOTA	M20	60	00:00:24	<b>00:22:17.15</b>	<b>00:22:41.20</b>	+00:06:16 (28.1%)	4:27	13.5 (72.2%)
181	<b>BINIENDA Mateusz</b>	<b>340</b>	BIMAT	M30	56	00:00:18	<b>00:22:17.20</b>	<b>00:22:36.00</b>	+00:06:16 (28.1%)	4:27	13.5 (72.2%)
182	<b>WYSOCKI Piotr</b>	<b>568</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	57	00:01:53	<b>00:22:17.60</b>	<b>00:24:11.10</b>	+00:06:16 (28.1%)	4:27	13.5 (72.2%)
183	<b>WAJCHERT Łukasz</b>	<b>472</b>		M30	58	00:00:05	<b>00:22:18.55</b>	<b>00:22:23.55</b>	+00:06:17 (28.2%)	4:27	13.5 (72.2%)
184	<b>WIŚNIEWSKI Paweł</b>	<b>358</b>		M20	61	00:00:31	<b>00:22:19.10</b>	<b>00:22:51.05</b>	+00:06:18 (28.2%)	4:28	13.4 (71.7%)
185	<b>PALIGA Mateusz</b>	<b>618</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	62	00:01:53	<b>00:22:20.75</b>	<b>00:24:14.50</b>	+00:06:19 (28.3%)	4:28	13.4 (71.7%)
186	<b>FUŁAT Karol</b>	<b>1107</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	10	00:01:20	<b>00:22:21.60</b>	<b>00:23:42.30</b>	+00:06:20 (28.4%)	4:28	13.4 (71.7%)
187	<b>CYL Dawid</b>	<b>351</b>	RUN BYDGOSZCZ	M30	59	00:00:22	<b>00:22:27.75</b>	<b>00:22:50.25</b>	+00:06:26 (28.7%)	4:29	13.4 (71.7%)
188	<b>RAUNEST Adam</b>	<b>546</b>		M50	11	00:00:29	<b>00:22:27.85</b>	<b>00:22:57.45</b>	+00:06:26 (28.7%)	4:29	13.4 (71.7%)
189	<b>NAWROCKI Dawid</b>	<b>1177</b>		M20	63	00:00:39	<b>00:22:31.90</b>	<b>00:23:11.05</b>	+00:06:30 (28.9%)	4:30	13.3 (71.1%)
190	<b>GOZIMIRSKI Andrzej</b>	<b>692</b>	SGUASH POINT BYDGOSZCZ	M60	1	00:00:02	<b>00:22:32.75</b>	<b>00:22:35.25</b>	+00:06:31 (29.0%)	4:30	13.3 (71.1%)
191	<b>KAMPER Jarosław</b>	<b>526</b>		M40	37	00:00:14	<b>00:22:32.80</b>	<b>00:22:47.00</b>	+00:06:31 (29.0%)	4:30	13.3 (71.1%)
192	<b>GACKOWSKI Krzysztof</b>	<b>792</b>		M40	38	00:00:09	<b>00:22:32.90</b>	<b>00:22:42.60</b>	+00:06:31 (29.0%)	4:30	13.3 (71.1%)
193	<b>MALINOWSKI Waldemar</b>	<b>396</b>	RUN LOTTO-BYDGOSTIA	M40	39	00:00:25	<b>00:22:34.65</b>	<b>00:23:00.10</b>	+00:06:33 (29.1%)	4:31	13.3 (71.1%)
194	<b>SZULC Rafał</b>	<b>208</b>	RUN BYDGOSZCZ	M30	60	00:00:37	<b>00:22:35.50</b>	<b>00:23:12.60</b>	+00:06:34 (29.1%)	4:31	13.3 (71.1%)
195	<b>KUCHCZYŃSKI Adam</b>	<b>596</b>	BÓL TO ŚCIEMA	M50	12	00:00:31	<b>00:22:35.90</b>	<b>00:23:07.40</b>	+00:06:34 (29.1%)	4:31	13.3 (71.1%)
196	<b>GRZECHOWIAK Krzysztof</b>	<b>581</b>		M30	61	00:01:45	<b>00:22:36.95</b>	<b>00:24:22.00</b>	+00:06:35 (29.2%)	4:31	13.3 (71.1%)
197	<b>BRYWCZYŃSKI Krystian</b>	<b>75</b>	RODOS TEAM	M30	62	00:00:49	<b>00:22:37.25</b>	<b>00:23:26.70</b>	+00:06:36 (29.2%)	4:31	13.3 (71.1%)
198	<b>JANYSKA Adam</b>	<b>1299</b>	UKS KOPERNIK BYDGOSZCZ	M18	6	00:00:11	<b>00:22:38.95</b>	<b>00:22:49.95</b>	+00:06:37 (29.3%)	4:31	13.3 (71.1%)
199	<b>LEWANDOWSKI Sławomir</b>	<b>1043</b>	KLUBZDROWIA24H	M30	63	00:00:56	<b>00:22:43.65</b>	<b>00:23:40.40</b>	+00:06:42 (29.5%)	4:32	13.2 (70.6%)
200	<b>SADKOWSKI Adrian</b>	<b>534</b>	RUN BYDGOSZCZ	M18	7	00:00:32	<b>00:22:46.15</b>	<b>00:23:18.20</b>	+00:06:45 (29.6%)	4:33	13.2 (70.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
201	KARPIŃSKI Daniel	305	FC KOBYLARNIA	M30	64	00:00:17	00:22:47.00	00:23:04.90	+00:06:45 (29.7%)	4:33	13.2 (70.6%)
202	WŁOCH Sylwester	630		M50	13	00:00:04	00:22:51.95	00:22:56.15	+00:06:50 (29.9%)	4:34	13.1 (70.1%)
203	ZIELINSKI Marcin	745		M30	65	00:00:07	00:22:52.55	00:22:59.85	+00:06:51 (30.0%)	4:34	13.1 (70.1%)
204	KALISZEWSKI Daniel	515		M40	40	00:00:05	00:22:52.60	00:22:58.00	+00:06:51 (30.0%)	4:34	13.1 (70.1%)
205	KALISZEWSKA Małgorzata	517	RUN PASJA	K40	1	00:00:05	00:22:52.65	00:22:57.90	+00:06:51 (30.0%)	4:34	13.1 (70.1%)
206	BAGROWSKI Marek	200	UMK COLLEGIUM MEDICUM RATOWNICTWO-MEDYCZNE JANOWO BIEGA	M50	14	00:00:19	00:22:52.90	00:23:12.20	+00:06:51 (30.0%)	4:34	13.1 (70.1%)
207	OWCZARSKI Krzysztof	1036		M30	66	00:00:45	00:22:54.45	00:23:40.40	+00:06:53 (30.1%)	4:35	13.1 (70.1%)
208	SIEMASZKO Michał	1225	SZYSZKI	M30	67	00:00:11	00:22:54.90	00:23:06.80	+00:06:53 (30.1%)	4:35	13.1 (70.1%)
209	BISKUPSKI Marcin	375		M30	68	00:01:33	00:22:55.00	00:24:28.85	+00:06:53 (30.1%)	4:35	13.1 (70.1%)
210	SZEWczykowski Grzegorz	1197	BYDGOSKIE ŻÓŁWIE	M30	69	00:01:00	00:22:55.20	00:23:55.85	+00:06:54 (30.1%)	4:35	13.1 (70.1%)
211	WOJCIECHOWSKI Jarosław	367		M40	41	00:00:17	00:22:57.55	00:23:14.65	+00:06:56 (30.2%)	4:35	13.1 (70.1%)
212	CZAPLEWSKI Krzysztof	1365		M30	70	00:01:18	00:22:58.80	00:24:16.80	+00:06:57 (30.3%)	4:35	13.1 (70.1%)
213	LEMAŃSKI Jacek	552		M20	64	00:00:03	00:22:59.20	00:23:03.05	+00:06:58 (30.3%)	4:36	13 (69.5%)
214	ROSÓŁ Jacek	26		M30	71	00:00:28	00:23:01.20	00:23:29.70	+00:07:00 (30.4%)	4:36	13 (69.5%)
215	WÓJTOWICZ Ryszard	1240	WÓJTOWICZ TEAM	M20	65	00:00:05	00:23:01.25	00:23:07.10	+00:07:00 (30.4%)	4:36	13 (69.5%)
216	JACIUBEK Andrzej	1163	NIEZRZESZONY - AMATOR	M50	15	00:00:46	00:23:01.80	00:23:48.50	+00:07:00 (30.4%)	4:36	13 (69.5%)
217	KARASZEWSKI Marcin	510		M30	72	00:00:42	00:23:05.70	00:23:47.95	+00:07:04 (30.6%)	4:37	13 (69.5%)
218	BUTRYM Piotr	700		M30	73	00:01:06	00:23:06.10	00:24:12.15	+00:07:05 (30.7%)	4:37	13 (69.5%)
219	BUTRYM Dariusz	303		M40	42	00:01:05	00:23:06.60	00:24:12.35	+00:07:05 (30.7%)	4:37	13 (69.5%)
220	MYLER Łukasz	802		M20	66	00:00:49	00:23:07.55	00:23:57.45	+00:07:06 (30.7%)	4:37	13 (69.5%)
221	KOŚCIELAK Maciej	1030	ŻANDARMI Z BYDGOSZCZY	M30	74	00:00:35	00:23:08.00	00:23:43.10	+00:07:06 (30.8%)	4:37	13 (69.5%)
222	DULIŃSKI Bartek	1387		M10	8	00:00:42	00:23:08.20	00:23:51.15	+00:07:07 (30.8%)	4:37	13 (69.5%)
223	KRASIŃSKA Katarzyna	439		K30	4	00:00:16	00:23:08.35	00:23:25.20	+00:07:07 (30.8%)	4:37	13 (69.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
224	<b>ŻUCHOWSKI Dariusz</b>	<b>430</b>		M40	43	00:00:19	<b>00:23:08.60</b>	<b>00:23:28.05</b>	+00:07:07 (30.8%)	4:37	13 (69.5%)
225	<b>KANIEWSKI Łukasz</b>	<b>67</b>		M30	75	00:00:30	<b>00:23:09.50</b>	<b>00:23:39.65</b>	+00:07:08 (30.8%)	4:37	13 (69.5%)
226	<b>WALENCIAK Jarosław</b>	<b>43</b>	CZARNE STOPY.SM	M40	44	00:00:15	<b>00:23:09.60</b>	<b>00:23:24.85</b>	+00:07:08 (30.8%)	4:37	13 (69.5%)
227	<b>STYCZYŃSKI Oskar</b>	<b>1329</b>		M10	9	00:00:49	<b>00:23:10.25</b>	<b>00:23:59.40</b>	+00:07:09 (30.9%)	4:38	12.9 (69.0%)
228	<b>BARTOSZYŃSKA Milena</b>	<b>524</b>		K20	5	00:00:32	<b>00:23:10.50</b>	<b>00:23:43.05</b>	+00:07:09 (30.9%)	4:38	12.9 (69.0%)
229	<b>CECHOWSKI Marcin</b>	<b>27</b>		M30	76	00:00:32	<b>00:23:10.90</b>	<b>00:23:43.30</b>	+00:07:09 (30.9%)	4:38	12.9 (69.0%)
230	<b>MIKOŁAJCZAK Sławomir</b>	<b>687</b>		M40	45	00:00:36	<b>00:23:11.35</b>	<b>00:23:47.55</b>	+00:07:10 (30.9%)	4:38	12.9 (69.0%)
231	<b>NAGOW Michał</b>	<b>95</b>		M40	46	00:01:31	<b>00:23:11.60</b>	<b>00:24:42.85</b>	+00:07:10 (30.9%)	4:38	12.9 (69.0%)
232	<b>NOWAKOWSKI Oskar</b>	<b>1290</b>		M10	10	00:00:12	<b>00:23:12.20</b>	<b>00:23:24.70</b>	+00:07:11 (31.0%)	4:38	12.9 (69.0%)
233	<b>GAŚSIOR Mariusz</b>	<b>874</b>		M40	47	00:00:15	<b>00:23:13.35</b>	<b>00:23:28.45</b>	+00:07:12 (31.0%)	4:38	12.9 (69.0%)
234	<b>CICHOŃSKA-BAZAK Marzena</b>	<b>602</b>	CZARNE STOPY.SM	K40	2	00:00:27	<b>00:23:13.85</b>	<b>00:23:41.55</b>	+00:07:12 (31.0%)	4:38	12.9 (69.0%)
235	<b>SCHNEIDER Krystian</b>	<b>904</b>		M20	67	00:00:37	<b>00:23:14.35</b>	<b>00:23:52.05</b>	+00:07:13 (31.1%)	4:39	12.9 (69.0%)
236	<b>PAWLAK Waldemar</b>	<b>11</b>	VEGERUNNERS	M30	77	00:00:06	<b>00:23:15.45</b>	<b>00:23:21.55</b>	+00:07:14 (31.1%)	4:39	12.9 (69.0%)
237	<b>DOCZEKALSKA Paulina</b>	<b>1244</b>	RUN BYDGOSZCZ	K30	5	00:00:16	<b>00:23:15.50</b>	<b>00:23:31.70</b>	+00:07:14 (31.1%)	4:39	12.9 (69.0%)
238	<b>WOLAN Magdalena</b>	<b>1134</b>		K30	6	00:00:05	<b>00:23:15.65</b>	<b>00:23:21.50</b>	+00:07:14 (31.1%)	4:39	12.9 (69.0%)
238	<b>DERENDA Mirosław</b>	<b>714</b>		M30	78	00:00:47	<b>00:23:15.65</b>	<b>00:24:02.95</b>	+00:07:14 (31.1%)	4:39	12.9 (69.0%)
240	<b>JANUSZKIEWICZ Piotr</b>	<b>424</b>		M30	79	00:00:11	<b>00:23:15.75</b>	<b>00:23:27.25</b>	+00:07:14 (31.1%)	4:39	12.9 (69.0%)
241	<b>PILARSKI Paweł</b>	<b>1204</b>		M20	68	00:00:08	<b>00:23:15.95</b>	<b>00:23:24.10</b>	+00:07:14 (31.2%)	4:39	12.9 (69.0%)
242	<b>MINTA Adam</b>	<b>579</b>		M30	80	00:00:31	<b>00:23:16.35</b>	<b>00:23:47.50</b>	+00:07:15 (31.2%)	4:39	12.9 (69.0%)
243	<b>BOROWSKI Radosław</b>	<b>870</b>	KRAJNA SĘPÓLNO	M20	69	00:00:34	<b>00:23:18.35</b>	<b>00:23:52.45</b>	+00:07:17 (31.3%)	4:39	12.9 (69.0%)
244	<b>STYCZYŃSKI Olaf</b>	<b>1330</b>		M10	11	00:00:49	<b>00:23:18.95</b>	<b>00:24:08.70</b>	+00:07:17 (31.3%)	4:39	12.9 (69.0%)
245	<b>JAMRÓZ Robert</b>	<b>206</b>		M40	48	00:00:22	<b>00:23:19.10</b>	<b>00:23:41.60</b>	+00:07:18 (31.3%)	4:39	12.9 (69.0%)
246	<b>WOJCIECHOWSKI Grzegorz</b>	<b>15</b>		M20	70	00:00:44	<b>00:23:19.45</b>	<b>00:24:03.75</b>	+00:07:18 (31.3%)	4:39	12.9 (69.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
247	<b>GORDON Roman</b>	<b>172</b>	RUN BYDGOSZCZ	M60	2	00:00:18	<b>00:23:20.85</b>	<b>00:23:39.05</b>	+00:07:19 (31.4%)	4:40	12.8 (68.4%)
248	<b>STAŃCZUK Wojtek</b>	<b>1284</b>	FREEDOM	M40	49	00:00:21	<b>00:23:21.05</b>	<b>00:23:42.15</b>	+00:07:19 (31.4%)	4:40	12.8 (68.4%)
249	<b>RZĘTKOWSKI Artur</b>	<b>1221</b>		M20	71	00:00:06	<b>00:23:21.75</b>	<b>00:23:27.85</b>	+00:07:20 (31.4%)	4:40	12.8 (68.4%)
250	<b>CADER Ryszard</b>	<b>185</b>	SPÓJNIA BIAŁE BŁOTA	M30	81	00:00:17	<b>00:23:22.75</b>	<b>00:23:40.45</b>	+00:07:21 (31.5%)	4:40	12.8 (68.4%)
251	<b>SKÓRA Damian</b>	<b>1222</b>		M30	82	00:00:25	<b>00:23:23.00</b>	<b>00:23:48.50</b>	+00:07:21 (31.5%)	4:40	12.8 (68.4%)
252	<b>LASKA Artur</b>	<b>1110</b>		M30	83	00:00:20	<b>00:23:23.25</b>	<b>00:23:44.15</b>	+00:07:22 (31.5%)	4:40	12.8 (68.4%)
253	<b>JURKOWSKI Paweł</b>	<b>1252</b>	KANCELARIA HMM	M30	84	00:00:23	<b>00:23:23.40</b>	<b>00:23:46.60</b>	+00:07:22 (31.5%)	4:40	12.8 (68.4%)
254	<b>SKUPSZ Jędrzej Kazmierz</b>	<b>567</b>	FORDON	M20	72	00:00:52	<b>00:23:23.75</b>	<b>00:24:16.40</b>	+00:07:22 (31.5%)	4:40	12.8 (68.4%)
255	<b>BŁAŻEJEWSKI Kacper</b>	<b>219</b>	CB163	M20	73	00:00:24	<b>00:23:24.30</b>	<b>00:23:49.00</b>	+00:07:23 (31.6%)	4:41	12.8 (68.4%)
256	<b>ROSZCZYN Dawid</b>	<b>229</b>	AS BOX	M30	85	00:00:25	<b>00:23:24.65</b>	<b>00:23:50.60</b>	+00:07:23 (31.6%)	4:41	12.8 (68.4%)
257	<b>STAWCZYK Dariusz</b>	<b>17</b>		M40	50	00:00:23	<b>00:23:26.00</b>	<b>00:23:49.85</b>	+00:07:24 (31.6%)	4:41	12.8 (68.4%)
258	<b>RUDOL Sebastian</b>	<b>537</b>		M40	51	00:00:43	<b>00:23:26.15</b>	<b>00:24:09.40</b>	+00:07:25 (31.7%)	4:41	12.8 (68.4%)
259	<b>ŚWIETLIK Piotr</b>	<b>1091</b>		M50	16	00:00:04	<b>00:23:28.80</b>	<b>00:23:32.90</b>	+00:07:27 (31.8%)	4:41	12.8 (68.4%)
260	<b>PORAJ Artur</b>	<b>967</b>		M30	86	00:00:35	<b>00:23:28.85</b>	<b>00:24:04.65</b>	+00:07:27 (31.8%)	4:41	12.8 (68.4%)
261	<b>BYRTEK Grzegorz</b>	<b>555</b>		M40	52	00:00:28	<b>00:23:30.50</b>	<b>00:23:59.10</b>	+00:07:29 (31.9%)	4:42	12.8 (68.4%)
262	<b>ŁOŚ Dariusz</b>	<b>1275</b>		M50	17	00:00:48	<b>00:23:31.10</b>	<b>00:24:19.50</b>	+00:07:30 (31.9%)	4:42	12.8 (68.4%)
263	<b>KORTAS Marcin</b>	<b>276</b>		M40	53	00:01:00	<b>00:23:31.15</b>	<b>00:24:32.05</b>	+00:07:30 (31.9%)	4:42	12.7 (67.9%)
264	<b>SZATKOWSKI Marcin</b>	<b>248</b>	RUN LOTTO BYDGOSTIA	M20	74	00:01:56	<b>00:23:31.20</b>	<b>00:25:27.90</b>	+00:07:30 (31.9%)	4:42	12.8 (68.4%)
265	<b>KORZENECKI Piotr</b>	<b>1102</b>	4RUN	M30	87	00:00:21	<b>00:23:36.30</b>	<b>00:23:57.30</b>	+00:07:35 (32.1%)	4:43	12.7 (67.9%)
266	<b>SZEWCUK Sebastian</b>	<b>176</b>	ASSECO ACTIVE TEAM	M30	88	00:00:35	<b>00:23:36.70</b>	<b>00:24:11.75</b>	+00:07:35 (32.2%)	4:43	12.7 (67.9%)
267	<b>LIPIŃSKI Sebastian</b>	<b>1216</b>		M40	54	00:00:03	<b>00:23:36.95</b>	<b>00:23:40.80</b>	+00:07:35 (32.2%)	4:43	12.7 (67.9%)
268	<b>BUDKIEWICZ Radosław</b>	<b>1411</b>		M20	75	00:00:34	<b>00:23:37.55</b>	<b>00:24:11.90</b>	+00:07:36 (32.2%)	4:43	12.7 (67.9%)
269	<b>ERBER Piotr</b>	<b>164</b>		M20	76	00:00:20	<b>00:23:37.75</b>	<b>00:23:58.45</b>	+00:07:36 (32.2%)	4:43	12.7 (67.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
270	<b>WANKIEWICZ Łukasz</b>	<b>1367</b>		M20	77	00:01:04	<b>00:23:38.55</b>	<b>00:24:43.45</b>	+00:07:37 (32.2%)	4:43	12.7 (67.9%)
271	<b>GEHRKE Szymon</b>	<b>435</b>	VISATON POLSKA	M30	89	00:00:47	<b>00:23:39.20</b>	<b>00:24:27.10</b>	+00:07:38 (32.3%)	4:44	12.7 (67.9%)
272	<b>KOSIŁO Marcin</b>	<b>898</b>	RUNBUSTERS	M30	90	00:00:49	<b>00:23:39.50</b>	<b>00:24:29.35</b>	+00:07:38 (32.3%)	4:44	12.7 (67.9%)
273	<b>BEDNAREK Paweł</b>	<b>87</b>	GORDON RUN	M20	78	00:00:20	<b>00:23:43.25</b>	<b>00:24:03.55</b>	+00:07:42 (32.5%)	4:44	12.6 (67.4%)
274	<b>RUDOL Magdalena</b>	<b>541</b>		K40	3	00:00:43	<b>00:23:43.35</b>	<b>00:24:26.90</b>	+00:07:42 (32.5%)	4:44	12.6 (67.4%)
275	<b>RYMER Adam</b>	<b>398</b>		M30	91	00:00:18	<b>00:23:43.55</b>	<b>00:24:02.15</b>	+00:07:42 (32.5%)	4:44	12.6 (67.4%)
276	<b>RATAJCZAK Arkadiusz</b>	<b>963</b>		M40	55	00:01:24	<b>00:23:46.00</b>	<b>00:25:10.00</b>	+00:07:44 (32.6%)	4:45	12.6 (67.4%)
277	<b>LEWICKI Artur</b>	<b>474</b>	LEGE ARTIS	M40	56	00:01:29	<b>00:23:47.95</b>	<b>00:25:17.90</b>	+00:07:46 (32.7%)	4:45	12.6 (67.4%)
278	<b>DOLNY Krzysztof</b>	<b>1359</b>		M20	79	00:00:10	<b>00:23:48.50</b>	<b>00:23:59.20</b>	+00:07:47 (32.7%)	4:45	12.6 (67.4%)
279	<b>ŚWIATLAK Marek</b>	<b>1004</b>	SOWA BYDGOSZCZ	M40	57	00:00:29	<b>00:23:49.75</b>	<b>00:24:19.55</b>	+00:07:48 (32.8%)	4:46	12.6 (67.4%)
280	<b>KRUBER Karolina</b>	<b>1272</b>		K20	6	00:00:37	<b>00:23:50.15</b>	<b>00:24:27.80</b>	+00:07:49 (32.8%)	4:46	12.6 (67.4%)
281	<b>GROCHOWSKI Jakub</b>	<b>312</b>	JW 1515 BYDGOSZCZ	M30	92	00:00:16	<b>00:23:50.40</b>	<b>00:24:06.75</b>	+00:07:49 (32.8%)	4:46	12.6 (67.4%)
282	<b>BRZUCHALSKI Krzysztof</b>	<b>1150</b>		M30	93	00:01:16	<b>00:23:50.50</b>	<b>00:25:07.40</b>	+00:07:49 (32.8%)	4:46	12.6 (67.4%)
283	<b>WALUSIAK Miłosz</b>	<b>744</b>		M30	94	00:00:29	<b>00:23:52.75</b>	<b>00:24:22.50</b>	+00:07:51 (32.9%)	4:46	12.6 (67.4%)
284	<b>DONARSKI Maciej</b>	<b>1354</b>		M20	80	00:00:42	<b>00:23:53.00</b>	<b>00:24:35.30</b>	+00:07:51 (32.9%)	4:46	12.6 (67.4%)
285	<b>GŁOWSKI Dariusz</b>	<b>56</b>		M40	58	00:00:40	<b>00:23:53.10</b>	<b>00:24:33.60</b>	+00:07:52 (32.9%)	4:46	12.6 (67.4%)
286	<b>ROŚ Sławek</b>	<b>243</b>	ARMIA CHRYSTUSA	M20	81	00:00:20	<b>00:23:53.20</b>	<b>00:24:13.25</b>	+00:07:52 (32.9%)	4:46	12.6 (67.4%)
287	<b>KAŹMIERCZAK Paweł</b>	<b>196</b>		M40	59	00:00:16	<b>00:23:54.15</b>	<b>00:24:10.70</b>	+00:07:53 (33.0%)	4:46	12.6 (67.4%)
288	<b>SZEWCUK Małgorzata</b>	<b>166</b>	ASSECO ACTIVE TEAM	K30	7	00:00:33	<b>00:23:54.25</b>	<b>00:24:27.80</b>	+00:07:53 (33.0%)	4:46	12.6 (67.4%)
289	<b>LACH Paweł</b>	<b>1260</b>		M30	95	00:00:38	<b>00:23:54.30</b>	<b>00:24:33.00</b>	+00:07:53 (33.0%)	4:47	12.5 (66.8%)
290	<b>ŚWIATOWY Ryszard</b>	<b>1060</b>	DAWCA KRWI	M40	60	00:00:20	<b>00:23:54.50</b>	<b>00:24:15.10</b>	+00:07:53 (33.0%)	4:47	12.5 (66.8%)
291	<b>STRYCZYŃSKI Marek</b>	<b>203</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M30	96	00:00:08	<b>00:23:56.20</b>	<b>00:24:04.40</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
292	<b>ANTKOWIAK Bartosz</b>	<b>223</b>	TCMS PESA BYDGOSZCZ	M20	82	00:01:28	<b>00:23:56.35</b>	<b>00:25:24.60</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
293	<b>PIETROWSKI Radosław</b>	<b>1402</b>		M20	83	00:00:04	<b>00:23:56.55</b>	<b>00:24:00.95</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
294	<b>MURAVITSKAYA Alesia</b>	<b>1250</b>		K20	7	00:00:45	<b>00:23:57.00</b>	<b>00:24:42.25</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
295	<b>WILCZYŃSKI Jacek</b>	<b>3</b>		M40	61	00:00:28	<b>00:23:57.10</b>	<b>00:24:25.90</b>	+00:07:56 (33.1%)	4:47	12.5 (66.8%)
296	<b>CHUDZIŃSKI Rafał</b>	<b>1236</b>		M40	62	00:00:34	<b>00:23:58.35</b>	<b>00:24:33.25</b>	+00:07:57 (33.2%)	4:47	12.5 (66.8%)
297	<b>GUMMER Andrzej</b>	<b>282</b>		M30	97	00:00:22	<b>00:23:59.10</b>	<b>00:24:21.50</b>	+00:07:58 (33.2%)	4:47	12.5 (66.8%)
298	<b>PIKOR Patryk</b>	<b>235</b>		M20	84	00:01:11	<b>00:24:00.10</b>	<b>00:25:11.15</b>	+00:07:59 (33.3%)	4:48	12.5 (66.8%)
299	<b>KRAWIEC Mariusz</b>	<b>939</b>		M40	63	00:00:18	<b>00:24:00.15</b>	<b>00:24:18.60</b>	+00:07:59 (33.3%)	4:48	12.5 (66.8%)
299	<b>MATEUSZCZYK Dawid</b>	<b>1215</b>		M30	98	00:00:04	<b>00:24:00.15</b>	<b>00:24:04.60</b>	+00:07:59 (33.3%)	4:48	12.5 (66.8%)
301	<b>CZYŻNIKIEWICZ Karol</b>	<b>165</b>		M20	85	00:00:58	<b>00:24:02.35</b>	<b>00:25:00.80</b>	+00:08:01 (33.4%)	4:48	12.5 (66.8%)
302	<b>STASIEWSKI Mariusz</b>	<b>520</b>	TRISPACE	M40	64	00:00:38	<b>00:24:02.40</b>	<b>00:24:40.60</b>	+00:08:01 (33.4%)	4:48	12.5 (66.8%)
302	<b>ROEDING Robert</b>	<b>187</b>		M40	65	00:01:01	<b>00:24:02.40</b>	<b>00:25:04.20</b>	+00:08:01 (33.4%)	4:48	12.5 (66.8%)
304	<b>SZULC Edmund</b>	<b>1159</b>		M50	18	00:00:46	<b>00:24:02.45</b>	<b>00:24:49.30</b>	+00:08:01 (33.4%)	4:48	12.5 (66.8%)
305	<b>ŁABENDA Robert</b>	<b>1361</b>		M30	99	00:01:04	<b>00:24:02.65</b>	<b>00:25:07.15</b>	+00:08:01 (33.4%)	4:48	12.5 (66.8%)
306	<b>GRAPATYN Piotr</b>	<b>881</b>	SŁUŻBA WIĘZIENNA	M40	66	00:00:19	<b>00:24:04.55</b>	<b>00:24:23.55</b>	+00:08:03 (33.5%)	4:48	12.5 (66.8%)
307	<b>KRAWIEC Patryk</b>	<b>940</b>		M18	8	00:00:18	<b>00:24:04.85</b>	<b>00:24:23.60</b>	+00:08:03 (33.5%)	4:49	12.5 (66.8%)
308	<b>HEIDAK Piotr</b>	<b>1035</b>		M40	67	00:00:47	<b>00:24:04.90</b>	<b>00:24:51.95</b>	+00:08:03 (33.5%)	4:48	12.5 (66.8%)
309	<b>GARBACIAK Ewa</b>	<b>1174</b>		K20	8	00:00:18	<b>00:24:05.40</b>	<b>00:24:23.40</b>	+00:08:04 (33.5%)	4:49	12.5 (66.8%)
310	<b>WOJTYSIAK Kamil</b>	<b>657</b>		M30	100	00:00:38	<b>00:24:05.75</b>	<b>00:24:44.35</b>	+00:08:04 (33.5%)	4:49	12.4 (66.3%)
311	<b>LIWOCH Grzegorz</b>	<b>141</b>		M50	19	00:00:30	<b>00:24:05.80</b>	<b>00:24:36.10</b>	+00:08:04 (33.5%)	4:49	12.4 (66.3%)
312	<b>WIECZOREK Waldek</b>	<b>86</b>		M30	101	00:01:54	<b>00:24:06.30</b>	<b>00:26:00.75</b>	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
312	<b>KOŚMIŃSKI Krzysztof</b>	<b>1408</b>		M40	68	00:00:32	<b>00:24:06.30</b>	<b>00:24:38.55</b>	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
314	<b>GUMOWSKI Kamil</b>	<b>1090</b>	SZKOŁA JAZDY TOMAS	M20	86	00:00:14	<b>00:24:07.30</b>	<b>00:24:21.90</b>	+00:08:06 (33.6%)	4:49	12.4 (66.3%)
315	<b>JURSKI Robert</b>	<b>946</b>		M40	69	00:01:24	<b>00:24:08.55</b>	<b>00:25:32.90</b>	+00:08:07 (33.7%)	4:49	12.4 (66.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
316	<b>GWIZDAŁA Mikołaj</b>	<b>468</b>		M20	87	00:01:00	<b>00:24:09.25</b>	<b>00:25:09.60</b>	+00:08:08 (33.7%)	4:49	12.4 (66.3%)
317	<b>TRUDNOWSKI Janusz</b>	<b>133</b>	PARKRUN BYDGOSZCZ	M60	3	00:00:03	<b>00:24:09.50</b>	<b>00:24:13.15</b>	+00:08:08 (33.7%)	4:50	12.4 (66.3%)
318	<b>GRABOWSKA Dominika</b>	<b>1274</b>	MOC I SIŁA	K20	9	00:00:35	<b>00:24:10.15</b>	<b>00:24:45.55</b>	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
319	<b>RÓŻYCKI Marcin</b>	<b>566</b>		M20	88	00:00:08	<b>00:24:10.25</b>	<b>00:24:18.70</b>	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
320	<b>BŁAWAT Damian</b>	<b>1267</b>		M30	102	00:00:34	<b>00:24:11.10</b>	<b>00:24:45.50</b>	+00:08:10 (33.8%)	4:50	12.4 (66.3%)
321	<b>ANISZEWSKI Dariusz</b>	<b>900</b>		M40	70	00:00:28	<b>00:24:11.50</b>	<b>00:24:39.80</b>	+00:08:10 (33.8%)	4:50	12.4 (66.3%)
322	<b>MIŚ Michał</b>	<b>381</b>	LUKA START NAKŁO	M20	89	00:00:07	<b>00:24:11.75</b>	<b>00:24:19.60</b>	+00:08:10 (33.8%)	4:50	12.4 (66.3%)
323	<b>SZYMAŃSKI Andrzej</b>	<b>948</b>		M30	103	00:01:02	<b>00:24:13.25</b>	<b>00:25:16.00</b>	+00:08:12 (33.9%)	4:50	12.4 (66.3%)
324	<b>CZUBKOWSKI Sebastian</b>	<b>841</b>	FIT CLUB	M30	104	00:00:15	<b>00:24:14.45</b>	<b>00:24:29.95</b>	+00:08:13 (33.9%)	4:50	12.4 (66.3%)
325	<b>DERING Hanna</b>	<b>184</b>	BYDGOSKIE ŻÓŁWIE	K30	8	00:01:02	<b>00:24:14.60</b>	<b>00:25:16.70</b>	+00:08:13 (33.9%)	4:50	12.4 (66.3%)
326	<b>MAZURKIEWICZ Piotr</b>	<b>1295</b>		M30	105	00:00:16	<b>00:24:15.00</b>	<b>00:24:31.85</b>	+00:08:13 (33.9%)	4:51	12.4 (66.3%)
327	<b>MUSZYŃSKI Radosław</b>	<b>1391</b>		M40	71	00:00:57	<b>00:24:15.30</b>	<b>00:25:13.00</b>	+00:08:14 (34.0%)	4:51	12.4 (66.3%)
328	<b>ŚLEFARSKI Marcin</b>	<b>394</b>		M30	106	00:00:41	<b>00:24:15.40</b>	<b>00:24:56.60</b>	+00:08:14 (34.0%)	4:51	12.4 (66.3%)
328	<b>WESOŁOWSKI Dariusz</b>	<b>1100</b>	ICH DWOJE	M40	72	00:01:08	<b>00:24:15.40</b>	<b>00:25:23.40</b>	+00:08:14 (34.0%)	4:51	12.4 (66.3%)
330	<b>GŁYSZ Dawid</b>	<b>266</b>		M30	107	00:00:18	<b>00:24:16.55</b>	<b>00:24:35.25</b>	+00:08:15 (34.0%)	4:51	12.4 (66.3%)
331	<b>TRZCIŃSKI Eugeniusz</b>	<b>1072</b>	AKTYWNE SZWEDEROWO	M60	4	00:00:25	<b>00:24:16.70</b>	<b>00:24:41.80</b>	+00:08:15 (34.0%)	4:51	12.4 (66.3%)
332	<b>MINSCHINSKI Daniel</b>	<b>1358</b>	WWW.STRONANOWOCZESNA.PL	M20	90	00:00:16	<b>00:24:18.35</b>	<b>00:24:34.55</b>	+00:08:17 (34.1%)	4:51	12.3 (65.8%)
333	<b>DĄBROWSKI Bartosz</b>	<b>834</b>	SPORTOWA PASJA	M30	108	00:00:19	<b>00:24:18.45</b>	<b>00:24:38.05</b>	+00:08:17 (34.1%)	4:51	12.3 (65.8%)
334	<b>GIERSZEWSKA Grażyna</b>	<b>1114</b>		K40	4	00:00:13	<b>00:24:19.10</b>	<b>00:24:32.40</b>	+00:08:18 (34.1%)	4:51	12.3 (65.8%)
335	<b>GRYGIEL Mateusz</b>	<b>816</b>		M30	109	00:00:37	<b>00:24:20.65</b>	<b>00:24:58.30</b>	+00:08:19 (34.2%)	4:52	12.3 (65.8%)
336	<b>KIECA Andrzej</b>	<b>1026</b>	BBL BYDGOSZCZ	M50	20	00:01:06	<b>00:24:21.10</b>	<b>00:25:27.10</b>	+00:08:20 (34.2%)	4:52	12.3 (65.8%)
337	<b>ZIELIŃSKA Karolina</b>	<b>1157</b>		K20	10	00:00:14	<b>00:24:21.90</b>	<b>00:24:36.70</b>	+00:08:20 (34.3%)	4:52	12.3 (65.8%)
338	<b>MICHALAK Wiktoria</b>	<b>1235</b>		K20	11	00:00:29	<b>00:24:22.95</b>	<b>00:24:52.70</b>	+00:08:21 (34.3%)	4:52	12.3 (65.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
339	<b>DOLATA Grzegorz</b>	<b>413</b>	OCELOTY	M40	73	00:00:54	<b>00:24:23.20</b>	<b>00:25:17.55</b>	+00:08:22 (34.3%)	4:52	12.3 (65.8%)
340	<b>NOWAK Roksana</b>	<b>154</b>	AZS COLLEGIUM MEDICUM W BYDGOSZCZY	K20	12	00:00:23	<b>00:24:23.40</b>	<b>00:24:47.10</b>	+00:08:22 (34.3%)	4:52	12.3 (65.8%)
341	<b>WOJCIECHOWSKA Emilia</b>	<b>366</b>		K40	5	00:00:16	<b>00:24:23.50</b>	<b>00:24:40.35</b>	+00:08:22 (34.3%)	4:52	12.3 (65.8%)
342	<b>WAWRZYNIAK Dorota</b>	<b>808</b>		K50	2	00:00:35	<b>00:24:24.80</b>	<b>00:25:00.50</b>	+00:08:23 (34.4%)	4:53	12.3 (65.8%)
343	<b>WAWRZYNIAK Andrzej</b>	<b>332</b>	22. ODN	M50	21	00:00:35	<b>00:24:25.30</b>	<b>00:25:00.35</b>	+00:08:24 (34.4%)	4:53	12.3 (65.8%)
344	<b>AUGUSTYNOWICZ Andrzej</b>	<b>723</b>	RWT W BYDGOSZCZY	M40	74	00:01:16	<b>00:24:25.35</b>	<b>00:25:41.60</b>	+00:08:24 (34.4%)	4:53	12.3 (65.8%)
345	<b>DWOJACZNY Jakub</b>	<b>762</b>		M30	110	00:00:26	<b>00:24:25.50</b>	<b>00:24:52.30</b>	+00:08:24 (34.4%)	4:53	12.3 (65.8%)
346	<b>SZAFKOWSKI Arek</b>	<b>1414</b>	SOLECCY BIEGACZE	M40	75	00:00:34	<b>00:24:26.30</b>	<b>00:25:00.95</b>	+00:08:25 (34.5%)	4:53	12.3 (65.8%)
347	<b>JĘDRZEJCZYK Jacek</b>	<b>294</b>		M20	91	00:00:55	<b>00:24:26.70</b>	<b>00:25:21.70</b>	+00:08:25 (34.5%)	4:53	12.3 (65.8%)
348	<b>BUSSE Piotr</b>	<b>969</b>		M30	111	00:00:13	<b>00:24:26.95</b>	<b>00:24:40.35</b>	+00:08:25 (34.5%)	4:53	12.3 (65.8%)
349	<b>SAWICKI Mikołaj</b>	<b>528</b>	ELEKTRONIK BYDGOSZCZ	M20	92	00:00:11	<b>00:24:27.30</b>	<b>00:24:38.80</b>	+00:08:26 (34.5%)	4:53	12.3 (65.8%)
350	<b>CUSKE Roman</b>	<b>992</b>		M40	76	00:00:23	<b>00:24:28.85</b>	<b>00:24:52.05</b>	+00:08:27 (34.6%)	4:53	12.3 (65.8%)
351	<b>JUREK Karolina</b>	<b>608</b>	TKN	K30	9	00:00:12	<b>00:24:29.80</b>	<b>00:24:42.25</b>	+00:08:28 (34.6%)	4:54	12.2 (65.2%)
352	<b>SPIRYDOWICZ Piotr</b>	<b>695</b>		M30	112	00:00:21	<b>00:24:30.35</b>	<b>00:24:51.55</b>	+00:08:29 (34.6%)	4:54	12.2 (65.2%)
353	<b>NOWAKOWSKI Tomasz</b>	<b>615</b>		M30	113	00:00:24	<b>00:24:30.40</b>	<b>00:24:54.55</b>	+00:08:29 (34.6%)	4:54	12.2 (65.2%)
354	<b>BRZUSKIEWICZ Sławomir</b>	<b>977</b>		M50	22	00:00:08	<b>00:24:30.95</b>	<b>00:24:39.30</b>	+00:08:29 (34.7%)	4:54	12.2 (65.2%)
355	<b>WIŚNIEWSKI Włodzimierz</b>	<b>240</b>		M50	23	00:00:45	<b>00:24:31.05</b>	<b>00:25:16.95</b>	+00:08:29 (34.7%)	4:54	12.2 (65.2%)
356	<b>KARLIŃSKI Oskar</b>	<b>549</b>	BYDGOSZCZ	M10	12	00:00:37	<b>00:24:31.30</b>	<b>00:25:08.80</b>	+00:08:30 (34.7%)	4:54	12.2 (65.2%)
357	<b>KUJAWA Sebastian</b>	<b>891</b>	BBL INOWROCŁAW	M40	77	00:00:52	<b>00:24:32.05</b>	<b>00:25:24.85</b>	+00:08:30 (34.7%)	4:54	12.2 (65.2%)
358	<b>SAK Joanna</b>	<b>1131</b>		K20	13	00:00:38	<b>00:24:34.35</b>	<b>00:25:12.60</b>	+00:08:33 (34.8%)	4:54	12.2 (65.2%)
359	<b>OLSZEWSKA Marta</b>	<b>1147</b>		K30	10	00:00:18	<b>00:24:34.40</b>	<b>00:24:52.70</b>	+00:08:33 (34.8%)	4:54	12.2 (65.2%)
360	<b>PRIEWE Paweł</b>	<b>71</b>	DYNAMO SKARPA	M30	114	00:00:24	<b>00:24:34.80</b>	<b>00:24:58.95</b>	+00:08:33 (34.8%)	4:54	12.2 (65.2%)
361	<b>KITOWSKI Przemysław</b>	<b>1360</b>		M30	115	00:01:03	<b>00:24:35.00</b>	<b>00:25:38.55</b>	+00:08:33 (34.8%)	4:55	12.2 (65.2%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
362	AFELT Adrian	812		M10	13	00:00:08	00:24:36.00	00:24:44.00	+00:08:34 (34.9%)	4:55	12.2 (65.2%)
363	WIŚNIEWSKA Aleksandra	663		K10	1	00:00:52	00:24:37.10	00:25:29.50	+00:08:36 (34.9%)	4:55	12.2 (65.2%)
364	ILNICKI Artur	899		M30	116	00:00:27	00:24:38.30	00:25:06.15	+00:08:37 (35.0%)	4:55	12.2 (65.2%)
365	DUDZIŃSKA Aleksandra	314	RUN BYDGOSZCZ	K40	6	00:00:36	00:24:38.85	00:25:14.90	+00:08:37 (35.0%)	4:55	12.2 (65.2%)
366	TUREK Mateusz	761	BRAK	M20	93	00:00:43	00:24:39.15	00:25:23.00	+00:08:38 (35.0%)	4:56	12.2 (65.2%)
367	CHMIELEWSKI Ireneusz	65	CZARNE STOPY.SM	M50	24	00:00:28	00:24:40.00	00:25:08.90	+00:08:38 (35.1%)	4:56	12.2 (65.2%)
368	KLÓSKA Natalia	464	SPÓJNIA BIAŁE BŁOTA	K20	14	00:00:14	00:24:40.15	00:24:54.35	+00:08:39 (35.1%)	4:56	12.2 (65.2%)
369	ZASKURSKI Tomasz	947	BYDGOSKIE ŻÓŁWIE	M30	117	00:01:02	00:24:40.20	00:25:42.75	+00:08:39 (35.1%)	4:56	12.2 (65.2%)
370	MROTEK Katarzyna	171	QUAPRO TEAM	K30	11	00:00:30	00:24:41.30	00:25:11.90	+00:08:40 (35.1%)	4:56	12.2 (65.2%)
371	MUSS Karolina	843		K40	7	00:00:55	00:24:41.55	00:25:36.70	+00:08:40 (35.1%)	4:56	12.2 (65.2%)
372	BELIŃSKI Maciej	255	TEAM MAKO	M30	118	00:00:54	00:24:41.90	00:25:36.55	+00:08:40 (35.1%)	4:56	12.1 (64.7%)
373	DOMAŃSKI Szymon	509		M20	94	00:00:42	00:24:42.25	00:25:24.75	+00:08:41 (35.2%)	4:56	12.1 (64.7%)
374	RZEPCZYŃSKI Tomasz	1139	DYNAMO SKARPA	M40	78	00:00:25	00:24:42.55	00:25:08.05	+00:08:41 (35.2%)	4:56	12.1 (64.7%)
375	SZREIBER Tomasz	1162		M20	95	00:00:36	00:24:42.85	00:25:19.55	+00:08:41 (35.2%)	4:56	12.1 (64.7%)
376	GROSKOP Grzegorz	212	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	96	00:01:59	00:24:43.40	00:26:42.75	+00:08:42 (35.2%)	4:56	12.1 (64.7%)
377	KOZICKI Marcin	734	BYDGOSKIE ŻÓŁWIE	M30	119	00:01:02	00:24:44.00	00:25:46.75	+00:08:42 (35.2%)	4:56	12.1 (64.7%)
378	ZAMIATOWSKA Kinga	261	ROLL&RUN KRISMEDIATEAM	K40	8	00:00:16	00:24:44.05	00:25:00.60	+00:08:42 (35.2%)	4:56	12.1 (64.7%)
379	BINKOWSKI Kamil	895		M10	14	00:00:21	00:24:45.55	00:25:06.90	+00:08:44 (35.3%)	4:57	12.1 (64.7%)
380	JARZYŃSKI Maciej	660	BYDGOSKI DZIK BIEGOWY	M20	97	00:00:13	00:24:46.15	00:24:59.20	+00:08:45 (35.3%)	4:57	12.1 (64.7%)
381	KLEPACZEWSKI Arkadiusz	1338		M30	120	00:00:33	00:24:47.50	00:25:21.15	+00:08:46 (35.4%)	4:57	12.1 (64.7%)
382	GRZECHNIK Mateusz	1321		M20	98	00:00:31	00:24:47.55	00:25:19.35	+00:08:46 (35.4%)	4:57	12.1 (64.7%)
383	CEGIELSKI Maciej	885	SZKARŁATNI TEAM	M40	79	00:00:11	00:24:47.65	00:24:59.45	+00:08:46 (35.4%)	4:57	12.1 (64.7%)
384	FELINIAK Daniel	1279		M30	121	00:01:10	00:24:47.75	00:25:58.45	+00:08:46 (35.4%)	4:57	12.1 (64.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
385	<b>SKIERA Kris</b>	<b>399</b>	ROLL&RUN KRISMEDIA TEAM	M40	80	00:00:17	<b>00:24:48.40</b>	<b>00:25:05.40</b>	+00:08:47 (35.4%)	4:57	12.1 (64.7%)
386	<b>KONDEL Kamil</b>	<b>740</b>		M30	122	00:00:28	<b>00:24:48.50</b>	<b>00:25:16.65</b>	+00:08:47 (35.4%)	4:57	12.1 (64.7%)
387	<b>BARANEK Sebastian</b>	<b>1145</b>	DYNAMO SKARPA	M20	99	00:00:24	<b>00:24:49.30</b>	<b>00:25:14.20</b>	+00:08:48 (35.5%)	4:58	12.1 (64.7%)
388	<b>JANUSZKIEWICZ Judyta</b>	<b>817</b>	BIEGAM PO PIWO	K30	12	00:00:32	<b>00:24:49.50</b>	<b>00:25:21.95</b>	+00:08:48 (35.5%)	4:57	12.1 (64.7%)
389	<b>DURKA Krzysztof</b>	<b>1357</b>		M40	81	00:00:09	<b>00:24:49.55</b>	<b>00:24:59.15</b>	+00:08:48 (35.5%)	4:58	12.1 (64.7%)
390	<b>MICHAŁEK Daniel</b>	<b>818</b>	BIEGAM PO PIWO	M30	123	00:00:32	<b>00:24:49.70</b>	<b>00:25:22.25</b>	+00:08:48 (35.5%)	4:58	12.1 (64.7%)
391	<b>ZWIETRZAŁA Adrian</b>	<b>1032</b>		M40	82	00:00:56	<b>00:24:50.75</b>	<b>00:25:46.75</b>	+00:08:49 (35.5%)	4:58	12.1 (64.7%)
392	<b>SZYMAŃSKI Tomasz</b>	<b>962</b>		M30	124	00:01:00	<b>00:24:51.45</b>	<b>00:25:52.10</b>	+00:08:50 (35.6%)	4:58	12.1 (64.7%)
393	<b>DURAJEWSKI Mateusz</b>	<b>68</b>		M20	100	00:01:22	<b>00:24:52.00</b>	<b>00:26:14.80</b>	+00:08:50 (35.6%)	4:58	12.1 (64.7%)
394	<b>KRYSZTOFINSKA Aneta</b>	<b>1155</b>	WSG BYDGOSZCZ	K20	15	00:00:21	<b>00:24:52.95</b>	<b>00:25:14.65</b>	+00:08:51 (35.6%)	4:58	12.1 (64.7%)
395	<b>SONTOWSKI Eryk</b>	<b>789</b>		M10	15	00:00:03	<b>00:24:53.10</b>	<b>00:24:56.25</b>	+00:08:52 (35.6%)	4:58	12.1 (64.7%)
396	<b>MIERZWA Damian</b>	<b>257</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	101	00:01:49	<b>00:24:53.40</b>	<b>00:26:42.45</b>	+00:08:52 (35.6%)	4:58	12.1 (64.7%)
397	<b>KAŁDAN Magdalena</b>	<b>991</b>		K40	9	00:00:22	<b>00:24:53.60</b>	<b>00:25:16.40</b>	+00:08:52 (35.7%)	4:58	12 (64.2%)
398	<b>JASIEK Dawid</b>	<b>1002</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18	9	00:01:48	<b>00:24:53.70</b>	<b>00:26:42.50</b>	+00:08:52 (35.7%)	4:58	12 (64.2%)
399	<b>WŁODARSKI Paweł</b>	<b>352</b>		M30	125	00:01:24	<b>00:24:55.70</b>	<b>00:26:20.55</b>	+00:08:54 (35.7%)	4:59	12 (64.2%)
400	<b>DRZYCIMSKI Karol</b>	<b>1178</b>		M18	10	00:00:29	<b>00:24:55.90</b>	<b>00:25:25.45</b>	+00:08:54 (35.8%)	4:59	12 (64.2%)
401	<b>NOWAKOWSKI Grzegorz</b>	<b>333</b>		M30	126	00:00:38	<b>00:24:57.35</b>	<b>00:25:35.95</b>	+00:08:56 (35.8%)	4:59	12 (64.2%)
402	<b>BARANOWSKA Julia</b>	<b>639</b>	KLUB ZDROWEGO STYLU ŻYCIA	K10	2	00:00:06	<b>00:24:57.45</b>	<b>00:25:03.80</b>	+00:08:56 (35.8%)	4:59	12 (64.2%)
403	<b>DOBEK Maciej</b>	<b>1313</b>		M20	102	00:00:51	<b>00:24:57.90</b>	<b>00:25:49.15</b>	+00:08:56 (35.8%)	4:59	12 (64.2%)
404	<b>PALIGA Maciej</b>	<b>277</b>		M30	127	00:01:34	<b>00:24:57.95</b>	<b>00:26:31.95</b>	+00:08:56 (35.8%)	4:59	12 (64.2%)
405	<b>SOSNA Mikołaj</b>	<b>1096</b>		M30	128	00:00:38	<b>00:24:58.25</b>	<b>00:25:36.85</b>	+00:08:57 (35.9%)	4:59	12 (64.2%)
406	<b>RUTKOWSKI Michał</b>	<b>640</b>		M18	11	00:00:46	<b>00:24:58.30</b>	<b>00:25:44.50</b>	+00:08:57 (35.9%)	4:59	12 (64.2%)
407	<b>MOCNY Piotr</b>	<b>1138</b>	DYNAMO SKARPA	M30	129	00:00:24	<b>00:24:59.10</b>	<b>00:25:23.15</b>	+00:08:58 (35.9%)	4:59	12 (64.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
408	<b>GRUBICH Arkadiusz</b>	<b>232</b>	BRACIA DALTON	M30	130	00:00:49	<b>00:25:00.85</b>	<b>00:25:50.40</b>	+00:08:59 (36.0%)	5:00	12 (64.2%)
409	<b>LACH Bogumiła</b>	<b>1261</b>		K30	13	00:00:38	<b>00:25:00.95</b>	<b>00:25:39.15</b>	+00:08:59 (36.0%)	5:00	12 (64.2%)
410	<b>ADAMSKA Izabela</b>	<b>1384</b>		K30	14	00:00:03	<b>00:25:01.75</b>	<b>00:25:05.10</b>	+00:09:00 (36.0%)	5:00	12 (64.2%)
411	<b>KUJAWA Maciej</b>	<b>1374</b>	.	M20	103	00:00:56	<b>00:25:01.90</b>	<b>00:25:58.80</b>	+00:09:00 (36.0%)	5:00	12 (64.2%)
412	<b>HORYD Justyna</b>	<b>985</b>	SPORT FACTORY	K30	15	00:01:05	<b>00:25:02.25</b>	<b>00:26:07.85</b>	+00:09:01 (36.0%)	5:00	12 (64.2%)
413	<b>BRZOZOWSKI Marek</b>	<b>709</b>		M50	25	00:00:33	<b>00:25:02.30</b>	<b>00:25:35.45</b>	+00:09:01 (36.0%)	5:00	12 (64.2%)
414	<b>FRANK Agnieszka</b>	<b>716</b>		K30	16	00:00:34	<b>00:25:04.30</b>	<b>00:25:38.30</b>	+00:09:03 (36.1%)	5:00	12 (64.2%)
415	<b>KIELIŃSKI Patryk</b>	<b>578</b>	JS 4033	M20	104	00:00:04	<b>00:25:05.65</b>	<b>00:25:09.75</b>	+00:09:04 (36.2%)	5:01	12 (64.2%)
416	<b>MICHALAK Robert</b>	<b>14</b>	GORDON RUN	M20	105	00:00:49	<b>00:25:05.90</b>	<b>00:25:55.10</b>	+00:09:04 (36.2%)	5:01	12 (64.2%)
417	<b>STARSZAK Seweryn</b>	<b>1117</b>		M10	16	00:00:39	<b>00:25:06.50</b>	<b>00:25:45.75</b>	+00:09:05 (36.2%)	5:01	12 (64.2%)
418	<b>TADROWSKI Rafał</b>	<b>785</b>		M30	131	00:01:36	<b>00:25:06.75</b>	<b>00:26:43.40</b>	+00:09:05 (36.2%)	5:01	11.9 (63.6%)
419	<b>SMAL Aleksandra</b>	<b>1212</b>		K10	3	00:00:31	<b>00:25:07.55</b>	<b>00:25:38.70</b>	+00:09:06 (36.2%)	5:01	11.9 (63.6%)
420	<b>SZPERKOWSKI Tomasz</b>	<b>971</b>		M40	83	00:00:52	<b>00:25:07.70</b>	<b>00:26:00.50</b>	+00:09:06 (36.3%)	5:01	11.9 (63.6%)
421	<b>SCIGOCKI Waldemar</b>	<b>758</b>		M40	84	00:00:52	<b>00:25:08.20</b>	<b>00:26:00.50</b>	+00:09:07 (36.3%)	5:01	11.9 (63.6%)
422	<b>SMAGAGOWSKA Anna</b>	<b>1047</b>		K20	16	00:00:21	<b>00:25:08.80</b>	<b>00:25:30.50</b>	+00:09:07 (36.3%)	5:01	11.9 (63.6%)
423	<b>DROZDOWSKI Krzysiek</b>	<b>360</b>		M40	85	00:00:55	<b>00:25:10.35</b>	<b>00:26:06.30</b>	+00:09:09 (36.4%)	5:02	11.9 (63.6%)
424	<b>SWAKOWSKI Przemysław</b>	<b>418</b>		M20	106	00:00:34	<b>00:25:10.55</b>	<b>00:25:45.15</b>	+00:09:09 (36.4%)	5:02	11.9 (63.6%)
425	<b>CZYŻEWSKA Justyna</b>	<b>91</b>		K30	17	00:00:08	<b>00:25:10.80</b>	<b>00:25:19.55</b>	+00:09:09 (36.4%)	5:02	11.9 (63.6%)
426	<b>MAŁECKI Tomasz</b>	<b>327</b>		M30	132	00:00:09	<b>00:25:11.20</b>	<b>00:25:20.30</b>	+00:09:10 (36.4%)	5:02	11.9 (63.6%)
427	<b>ŁOBOCKI Krzysztof</b>	<b>7</b>		M30	133	00:01:36	<b>00:25:11.85</b>	<b>00:26:48.35</b>	+00:09:10 (36.4%)	5:02	11.9 (63.6%)
428	<b>PIASECZNY Dawid</b>	<b>593</b>		M30	134	00:00:28	<b>00:25:12.65</b>	<b>00:25:41.00</b>	+00:09:11 (36.5%)	5:02	11.9 (63.6%)
429	<b>DROŹDŹ Małgorzata</b>	<b>94</b>	KLONIKTEAM	K30	18	00:00:38	<b>00:25:12.70</b>	<b>00:25:51.10</b>	+00:09:11 (36.5%)	5:02	11.9 (63.6%)
430	<b>QUAAS Łukasz</b>	<b>117</b>	RUN PASJA	M30	135	00:00:05	<b>00:25:12.85</b>	<b>00:25:18.10</b>	+00:09:11 (36.5%)	5:02	11.9 (63.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
431	<b>MAZUREK Izabela</b>	<b>1394</b>	NIEZALEŻNA	K40	10	00:00:07	<b>00:25:12.90</b>	<b>00:25:20.20</b>	+00:09:11 (36.5%)	5:02	11.9 (63.6%)
432	<b>JARYSZ Adrian</b>	<b>558</b>		M30	136	00:01:04	<b>00:25:13.10</b>	<b>00:26:17.90</b>	+00:09:12 (36.5%)	5:02	11.9 (63.6%)
433	<b>MACKIEWICZ Piotr</b>	<b>1206</b>		M30	137	00:01:19	<b>00:25:14.60</b>	<b>00:26:33.80</b>	+00:09:13 (36.5%)	5:02	11.9 (63.6%)
434	<b>KOTECKI Marcin</b>	<b>1281</b>		M30	138	00:00:24	<b>00:25:14.95</b>	<b>00:25:39.45</b>	+00:09:13 (36.6%)	5:03	11.9 (63.6%)
435	<b>PORCZEK Bartłomiej</b>	<b>729</b>		M20	107	00:01:18	<b>00:25:15.40</b>	<b>00:26:33.95</b>	+00:09:14 (36.6%)	5:03	11.9 (63.6%)
436	<b>SYNAKIEWICZ Adam</b>	<b>1239</b>		M40	86	00:00:57	<b>00:25:15.50</b>	<b>00:26:12.55</b>	+00:09:14 (36.6%)	5:03	11.9 (63.6%)
436	<b>PROCZEK Jakub</b>	<b>1291</b>		M20	108	00:00:22	<b>00:25:15.50</b>	<b>00:25:38.00</b>	+00:09:14 (36.6%)	5:03	11.9 (63.6%)
438	<b>WEGNER Roman</b>	<b>302</b>		M50	26	00:00:26	<b>00:25:16.50</b>	<b>00:25:43.20</b>	+00:09:15 (36.6%)	5:03	11.9 (63.6%)
439	<b>PRZYBYLSKA Anna</b>	<b>747</b>	LOS KUMPLOS	K20	17	00:00:07	<b>00:25:16.85</b>	<b>00:25:24.00</b>	+00:09:15 (36.6%)	5:03	11.9 (63.6%)
440	<b>GRZESIAK Jakub</b>	<b>1404</b>		M10	17	00:00:42	<b>00:25:17.35</b>	<b>00:25:59.35</b>	+00:09:16 (36.7%)	5:03	11.9 (63.6%)
441	<b>BESSER Joanna</b>	<b>116</b>		K20	18	00:00:09	<b>00:25:19.95</b>	<b>00:25:29.05</b>	+00:09:18 (36.8%)	5:04	11.8 (63.1%)
442	<b>POTRZEBOWSKA Agata</b>	<b>163</b>		K30	19	00:00:37	<b>00:25:20.90</b>	<b>00:25:58.00</b>	+00:09:19 (36.8%)	5:04	11.8 (63.1%)
443	<b>ROSINSKI Przemysław</b>	<b>1012</b>		M30	139	00:00:12	<b>00:25:21.25</b>	<b>00:25:33.45</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
444	<b>GROBELNA Angelika</b>	<b>583</b>		K40	11	00:00:24	<b>00:25:21.30</b>	<b>00:25:45.45</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
445	<b>STEFAŃSKI Marcin</b>	<b>721</b>		M40	87	00:00:48	<b>00:25:21.65</b>	<b>00:26:09.75</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
445	<b>KANIEWSKI Mateusz</b>	<b>821</b>		M20	109	00:00:37	<b>00:25:21.65</b>	<b>00:25:59.05</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
447	<b>GRUCHAŁA Wojciech</b>	<b>132</b>	SAMOTNY WILK	M50	27	00:01:23	<b>00:25:21.70</b>	<b>00:26:45.05</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
447	<b>CIERZNIEWSKI Mirosław</b>	<b>494</b>	ELTEKO-RUN	M50	28	00:00:51	<b>00:25:21.70</b>	<b>00:26:13.10</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
449	<b>KRESIŃSKI Andrzej</b>	<b>403</b>	BYDGOSZCZ	M30	140	00:01:03	<b>00:25:21.80</b>	<b>00:26:25.65</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
450	<b>RONKIEWICZ Dominika</b>	<b>1086</b>	SP 69 MS	K10	4	00:00:40	<b>00:25:22.20</b>	<b>00:26:02.90</b>	+00:09:21 (36.9%)	5:04	11.8 (63.1%)
451	<b>JAMRÓZ Joanna</b>	<b>210</b>		K40	12	00:00:22	<b>00:25:22.55</b>	<b>00:25:44.85</b>	+00:09:21 (36.9%)	5:04	11.8 (63.1%)
452	<b>SKONIECZNY Daniel</b>	<b>319</b>	TCMS PESA BYDGOSZCZ	M20	110	00:01:23	<b>00:25:24.95</b>	<b>00:26:48.65</b>	+00:09:23 (37.0%)	5:05	11.8 (63.1%)
453	<b>PASTWA Donata</b>	<b>822</b>	SPORT FACTORY TEAM	K40	13	00:00:07	<b>00:25:25.35</b>	<b>00:25:33.20</b>	+00:09:24 (37.0%)	5:05	11.8 (63.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
454	<b>KORZEŃSKI Przemysław</b>	<b>858</b>		M30	141	00:00:32	<b>00:25:25.90</b>	<b>00:25:58.75</b>	+00:09:24 (37.0%)	5:05	11.8 (63.1%)
455	<b>WÓJCIK Jakub</b>	<b>1238</b>		M10	18	00:00:16	<b>00:25:26.05</b>	<b>00:25:42.85</b>	+00:09:24 (37.0%)	5:05	11.8 (63.1%)
456	<b>SZUBERGA Damian</b>	<b>1184</b>		M20	111	00:00:03	<b>00:25:26.95</b>	<b>00:25:30.30</b>	+00:09:25 (37.1%)	5:05	11.8 (63.1%)
457	<b>IWANUSEK Paweł</b>	<b>577</b>	GRUPA BANKIETOWA SPECJAL	M40	88	00:00:22	<b>00:25:27.25</b>	<b>00:25:49.65</b>	+00:09:26 (37.1%)	5:05	11.8 (63.1%)
458	<b>KOPACZEWSKA Agata</b>	<b>974</b>		K20	19	00:00:42	<b>00:25:27.90</b>	<b>00:26:10.15</b>	+00:09:26 (37.1%)	5:05	11.8 (63.1%)
459	<b>CIEPLINSKI Robert</b>	<b>861</b>		M40	89	00:01:25	<b>00:25:29.80</b>	<b>00:26:55.65</b>	+00:09:28 (37.2%)	5:06	11.8 (63.1%)
460	<b>WASZAK Konrad</b>	<b>169</b>	FORDON NA CO DZIEŃ	M20	112	00:00:28	<b>00:25:30.60</b>	<b>00:25:59.00</b>	+00:09:29 (37.2%)	5:06	11.8 (63.1%)
460	<b>KOZAKIEWICZ Marcin</b>	<b>1087</b>		M40	90	00:00:27	<b>00:25:30.60</b>	<b>00:25:58.15</b>	+00:09:29 (37.2%)	5:06	11.8 (63.1%)
462	<b>BRUDNOCH Aleksandra</b>	<b>820</b>		K20	20	00:00:16	<b>00:25:31.35</b>	<b>00:25:47.65</b>	+00:09:30 (37.2%)	5:06	11.8 (63.1%)
463	<b>DOBUCKA Katarzyna</b>	<b>290</b>	CHONAROWER.PL	K20	21	00:00:48	<b>00:25:32.45</b>	<b>00:26:21.10</b>	+00:09:31 (37.3%)	5:06	11.7 (62.6%)
464	<b>ZDROJOWA Agnieszka</b>	<b>1277</b>		K30	20	00:00:11	<b>00:25:32.65</b>	<b>00:25:43.80</b>	+00:09:31 (37.3%)	5:06	11.7 (62.6%)
465	<b>JAWORSKI Janusz</b>	<b>575</b>		M50	29	00:00:05	<b>00:25:32.75</b>	<b>00:25:38.00</b>	+00:09:31 (37.3%)	5:06	11.7 (62.6%)
466	<b>PRZYBYLSKI Mariusz</b>	<b>892</b>		M50	30	00:00:32	<b>00:25:32.80</b>	<b>00:26:04.85</b>	+00:09:31 (37.3%)	5:06	11.7 (62.6%)
467	<b>FOJUTOWSKI Jan</b>	<b>1326</b>	ROK	M10	19	00:00:43	<b>00:25:33.65</b>	<b>00:26:17.20</b>	+00:09:32 (37.3%)	5:06	11.7 (62.6%)
468	<b>ZGÓRSKI Maciej</b>	<b>144</b>	LEVEL 10 TUCHOLA	M30	142	00:00:26	<b>00:25:33.85</b>	<b>00:26:00.20</b>	+00:09:32 (37.3%)	5:06	11.7 (62.6%)
469	<b>ĆWIKLIŃSKA Anna</b>	<b>97</b>	KLONIKTEAM	K30	21	00:00:38	<b>00:25:34.05</b>	<b>00:26:12.40</b>	+00:09:32 (37.3%)	5:06	11.7 (62.6%)
470	<b>KARSKI Przemysław</b>	<b>707</b>		M30	143	00:01:26	<b>00:25:34.80</b>	<b>00:27:00.80</b>	+00:09:33 (37.4%)	5:06	11.7 (62.6%)
471	<b>LATOS Piotr</b>	<b>1092</b>		M30	144	00:01:29	<b>00:25:35.15</b>	<b>00:27:05.10</b>	+00:09:34 (37.4%)	5:07	11.7 (62.6%)
472	<b>KRUTUL Kasia</b>	<b>1171</b>		K40	14	00:01:13	<b>00:25:36.05</b>	<b>00:26:49.90</b>	+00:09:34 (37.4%)	5:07	11.7 (62.6%)
473	<b>NOWOSIELSKI Marcin</b>	<b>633</b>		M40	91	00:00:59	<b>00:25:36.65</b>	<b>00:26:36.40</b>	+00:09:35 (37.5%)	5:07	11.7 (62.6%)
474	<b>SZLINGER Jakub</b>	<b>823</b>	BWM	M30	145	00:01:13	<b>00:25:36.80</b>	<b>00:26:50.35</b>	+00:09:35 (37.5%)	5:07	11.7 (62.6%)
475	<b>RUBASZEWSKI Marcin</b>	<b>1099</b>		M30	146	00:00:10	<b>00:25:37.35</b>	<b>00:25:48.20</b>	+00:09:36 (37.5%)	5:07	11.7 (62.6%)
475	<b>BRYWCZYŃSKA Justyna</b>	<b>70</b>	RODOS TEAM	K30	22	00:00:44	<b>00:25:37.35</b>	<b>00:26:21.50</b>	+00:09:36 (37.5%)	5:07	11.7 (62.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
477	KUBIAK Jarosław	50		M30	147	00:01:15	00:25:37.45	00:26:52.95	+00:09:36 (37.5%)	5:07	11.7 (62.6%)
478	GRACZYK Dawid	1372		M20	113	00:00:20	00:25:37.60	00:25:58.25	+00:09:36 (37.5%)	5:07	11.7 (62.6%)
479	WŁOCH Mateusz	1170		M10	20	00:00:05	00:25:38.50	00:25:43.65	+00:09:37 (37.5%)	5:07	11.7 (62.6%)
480	DEREZIŃSKI Tomasz	341		M30	148	00:00:47	00:25:39.50	00:26:27.30	+00:09:38 (37.6%)	5:08	11.7 (62.6%)
481	GRZESIAK - KNUT Lucyna	467		K30	23	00:00:26	00:25:40.05	00:26:06.40	+00:09:38 (37.6%)	5:08	11.7 (62.6%)
482	LANGE Monika	463		K40	15	00:00:26	00:25:40.10	00:26:06.70	+00:09:39 (37.6%)	5:08	11.7 (62.6%)
483	BRZozowski Jarosław	23	BRZOZA TRI TEAM	M50	31	00:00:15	00:25:40.45	00:25:56.40	+00:09:39 (37.6%)	5:08	11.7 (62.6%)
484	ROSzcZYN Michał	442		M20	114	00:00:26	00:25:40.50	00:26:06.70	+00:09:39 (37.6%)	5:08	11.7 (62.6%)
485	DOBBER Anna	702	MAŁA MI	K20	22	00:00:09	00:25:41.00	00:25:50.90	+00:09:39 (37.6%)	5:08	11.7 (62.6%)
486	USS Aliaksandr	647		M40	92	00:00:46	00:25:41.75	00:26:28.50	+00:09:40 (37.7%)	5:08	11.7 (62.6%)
487	KOWALSKA Anna	1373	BOOM	K30	24	00:00:45	00:25:42.25	00:26:28.20	+00:09:41 (37.7%)	5:08	11.7 (62.6%)
488	GOŁATTA Magdalena	450		K30	25	00:00:25	00:25:42.30	00:26:07.60	+00:09:41 (37.7%)	5:08	11.7 (62.6%)
489	GONCERZ Katarzyna	862		K30	26	00:00:30	00:25:43.45	00:26:13.55	+00:09:42 (37.7%)	5:08	11.7 (62.6%)
489	GESZKIEWICZ Marta	564	TOASTMASTERS SPEAKERS ZONE	K30	27	00:00:50	00:25:43.45	00:26:34.15	+00:09:42 (37.7%)	5:08	11.7 (62.6%)
491	GONCERZEWICZ Katarzyna	646		K30	28	00:01:00	00:25:44.40	00:26:45.10	+00:09:43 (37.8%)	5:09	11.7 (62.6%)
492	SKUCIŃSKA Karolina	262		K30	29	00:00:41	00:25:44.45	00:26:26.10	+00:09:43 (37.8%)	5:09	11.7 (62.6%)
493	ROGALSKA Justyna	678	BIEGAJĄCE KEBABY	K30	30	00:01:13	00:25:46.85	00:27:00.50	+00:09:45 (37.9%)	5:09	11.6 (62.0%)
494	GORCZYCA Rafał	496		M40	93	00:01:54	00:25:47.30	00:27:42.05	+00:09:46 (37.9%)	5:09	11.6 (62.0%)
495	NITKA Dominika	274		K20	23	00:00:41	00:25:47.85	00:26:29.50	+00:09:46 (37.9%)	5:09	11.6 (62.0%)
496	MATTHEWS Karol	1249	DLA ZDROWIA	M30	149	00:00:27	00:25:48.15	00:26:15.70	+00:09:47 (37.9%)	5:09	11.6 (62.0%)
497	HOŁOWNIA Karolina	157		K20	24	00:00:50	00:25:53.35	00:26:43.90	+00:09:52 (38.1%)	5:10	11.6 (62.0%)
498	DORAWA Mirosław	677		M30	150	00:01:21	00:25:53.85	00:27:15.80	+00:09:52 (38.1%)	5:10	11.6 (62.0%)
499	PORAZINSKA Viktoria	395		K40	16	00:00:27	00:25:54.90	00:26:22.60	+00:09:53 (38.2%)	5:11	11.6 (62.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
500	JESZKA Patryk	1153	BBL SZUBIN	M20	115	00:01:02	00:25:55.00	00:26:57.25	+00:09:53 (38.2%)	5:11	11.6 (62.0%)
501	RADECKI Maciej	1314		M40	94	00:01:39	00:25:56.20	00:27:35.40	+00:09:55 (38.2%)	5:11	11.6 (62.0%)
501	PANFIL Oliwia	855		K10	5	00:00:31	00:25:56.20	00:26:27.30	+00:09:55 (38.2%)	5:11	11.6 (62.0%)
503	MIERZYŃSKI Jakub	1154		M20	116	00:00:35	00:25:56.25	00:26:31.40	+00:09:55 (38.2%)	5:11	11.6 (62.0%)
504	WIŚNIEWSKI Piotr	1033		M20	117	00:00:59	00:25:56.50	00:26:56.30	+00:09:55 (38.3%)	5:11	11.6 (62.0%)
505	JEZIORSKA Monika	308	ANIOŁY	K30	31	00:01:00	00:25:57.20	00:26:57.90	+00:09:56 (38.3%)	5:11	11.6 (62.0%)
506	HASEK Patryk	848		M20	118	00:01:13	00:25:57.40	00:27:11.05	+00:09:56 (38.3%)	5:11	11.6 (62.0%)
506	MADEJ Adam	153		M20	119	00:01:00	00:25:57.40	00:26:57.60	+00:09:56 (38.3%)	5:11	11.6 (62.0%)
508	PYTLIŃSKI Paweł	719	BYDGOSKIE ŻÓŁWIE	M30	151	00:01:03	00:25:58.05	00:27:01.10	+00:09:56 (38.3%)	5:11	11.6 (62.0%)
509	NOWAK Tomasz	379	GORDON RUN	M40	95	00:01:17	00:25:59.10	00:27:16.30	+00:09:58 (38.4%)	5:11	11.5 (61.5%)
510	WOSZCZYK Agnieszka	1207		K20	25	00:00:44	00:25:59.15	00:26:43.30	+00:09:58 (38.4%)	5:11	11.5 (61.5%)
511	GRALAK Martyna	501		K10	6	00:00:19	00:25:59.50	00:26:18.60	+00:09:58 (38.4%)	5:11	11.5 (61.5%)
512	KALLAS-LIPSKA Anetta	1122	RUN BYDGOSZCZ	K40	17	00:00:37	00:25:59.65	00:26:36.65	+00:09:58 (38.4%)	5:11	11.5 (61.5%)
513	KULAS Natalia	193		K18	1	00:00:49	00:25:59.95	00:26:49.20	+00:09:58 (38.4%)	5:12	11.5 (61.5%)
514	KARWASZ Adam	685		M30	152	00:00:26	00:26:00.50	00:26:27.10	+00:09:59 (38.4%)	5:12	11.5 (61.5%)
515	KŁOSIŃSKI Marian	1421		M30	153	00:01:28	00:26:03.55	00:27:32.45	+00:10:02 (38.5%)	5:12	11.5 (61.5%)
516	ORZAŁKIEWICZ Agata	722		K20	26	00:01:42	00:26:03.70	00:27:46.55	+00:10:02 (38.5%)	5:12	11.5 (61.5%)
517	POTRZEBOWSKI Marek	156		M30	154	00:00:39	00:26:06.90	00:26:46.05	+00:10:05 (38.7%)	5:13	11.5 (61.5%)
518	CZAJA Jarosław	230		M30	155	00:00:45	00:26:06.95	00:26:52.20	+00:10:05 (38.7%)	5:13	11.5 (61.5%)
518	WIŚNIEWSKI Maksymilian	244		M18	12	00:00:46	00:26:06.95	00:26:53.55	+00:10:05 (38.7%)	5:13	11.5 (61.5%)
520	MILNER Szymon	1052		M30	156	00:01:40	00:26:07.80	00:27:48.55	+00:10:06 (38.7%)	5:13	11.5 (61.5%)
521	KUŹNIAR Robert	688	WSG BYDGOSZCZ	M20	120	00:00:29	00:26:08.45	00:26:37.75	+00:10:07 (38.7%)	5:13	11.5 (61.5%)
522	KIJEWSKI Maciej	323	KABEL TEAM BYDGOSZCZ	M30	157	00:01:08	00:26:08.60	00:27:17.05	+00:10:07 (38.7%)	5:13	11.5 (61.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
523	<b>KUBEŁ Marta</b>	<b>694</b>	CWZS ZAWISZA / WSG BYDGOSZCZ	K20	27	00:00:30	<b>00:26:09.00</b>	<b>00:26:39.35</b>	+00:10:07 (38.7%)	5:13	11.5 (61.5%)
524	<b>DOLNY Marcin</b>	<b>1341</b>		M40	96	00:00:34	<b>00:26:09.45</b>	<b>00:26:43.60</b>	+00:10:08 (38.8%)	5:13	11.5 (61.5%)
525	<b>URBAŃSKI Dawid</b>	<b>675</b>		M30	158	00:00:51	<b>00:26:10.10</b>	<b>00:27:01.40</b>	+00:10:09 (38.8%)	5:14	11.5 (61.5%)
526	<b>MALATYŃSKA Barbara</b>	<b>807</b>		K40	18	00:00:27	<b>00:26:10.60</b>	<b>00:26:37.65</b>	+00:10:09 (38.8%)	5:14	11.5 (61.5%)
527	<b>JURCZAK Robert</b>	<b>986</b>		M30	159	00:01:27	<b>00:26:11.30</b>	<b>00:27:38.60</b>	+00:10:10 (38.8%)	5:14	11.5 (61.5%)
528	<b>SKWAREK Oliwia</b>	<b>1318</b>		K20	28	00:00:50	<b>00:26:12.30</b>	<b>00:27:02.65</b>	+00:10:11 (38.9%)	5:14	11.5 (61.5%)
529	<b>JANUCHOWSKI Damian</b>	<b>361</b>		M20	121	00:01:17	<b>00:26:12.70</b>	<b>00:27:30.05</b>	+00:10:11 (38.9%)	5:14	11.4 (61.0%)
530	<b>PADZIKOWSKA Agnieszka</b>	<b>362</b>		K30	32	00:00:46	<b>00:26:13.15</b>	<b>00:26:59.40</b>	+00:10:12 (38.9%)	5:14	11.4 (61.0%)
531	<b>JAKUBIEC Adrianna</b>	<b>1243</b>		K20	29	00:00:40	<b>00:26:13.50</b>	<b>00:26:53.85</b>	+00:10:12 (38.9%)	5:14	11.4 (61.0%)
532	<b>RAKOWSKI Piotr</b>	<b>670</b>	ŻANDARMERIA BYDGOSKA	M60	5	00:01:30	<b>00:26:13.65</b>	<b>00:27:44.10</b>	+00:10:12 (38.9%)	5:14	11.4 (61.0%)
533	<b>KISIEL Krystian</b>	<b>40</b>	EKIPABSW	M30	160	00:01:10	<b>00:26:15.00</b>	<b>00:27:25.55</b>	+00:10:13 (39.0%)	5:15	11.4 (61.0%)
534	<b>GOŁCZYŃSKI Tomasz</b>	<b>622</b>		M40	97	00:00:46	<b>00:26:15.10</b>	<b>00:27:01.85</b>	+00:10:14 (39.0%)	5:15	11.4 (61.0%)
535	<b>KARSKI Marcin</b>	<b>704</b>		M40	98	00:01:26	<b>00:26:17.55</b>	<b>00:27:44.15</b>	+00:10:16 (39.1%)	5:15	11.4 (61.0%)
536	<b>SKWAREK Bogumiła</b>	<b>1317</b>		K50	3	00:00:52	<b>00:26:17.60</b>	<b>00:27:09.60</b>	+00:10:16 (39.1%)	5:15	11.4 (61.0%)
537	<b>KARSKI Krzysztof</b>	<b>705</b>		M10	21	00:01:27	<b>00:26:18.20</b>	<b>00:27:45.30</b>	+00:10:17 (39.1%)	5:15	11.4 (61.0%)
538	<b>STOKŁOSA Natalia</b>	<b>428</b>		K30	33	00:01:11	<b>00:26:19.65</b>	<b>00:27:31.10</b>	+00:10:18 (39.2%)	5:16	11.4 (61.0%)
539	<b>HANCZEWSKA Sonia</b>	<b>514</b>		K20	30	00:00:19	<b>00:26:21.50</b>	<b>00:26:41.10</b>	+00:10:20 (39.2%)	5:16	11.4 (61.0%)
540	<b>BIERNAT Magdalena</b>	<b>590</b>	PKO DREAM TEAM	K30	34	00:00:40	<b>00:26:21.80</b>	<b>00:27:01.85</b>	+00:10:20 (39.2%)	5:16	11.4 (61.0%)
541	<b>TUCZYNSKI Maciej</b>	<b>322</b>		M30	161	00:00:33	<b>00:26:21.90</b>	<b>00:26:55.35</b>	+00:10:20 (39.2%)	5:16	11.4 (61.0%)
542	<b>KOWALIKOWSKI Daniel</b>	<b>72</b>		M20	122	00:00:19	<b>00:26:22.85</b>	<b>00:26:42.45</b>	+00:10:21 (39.3%)	5:16	11.4 (61.0%)
543	<b>DOLNY Kajetan</b>	<b>1340</b>		M10	22	00:00:33	<b>00:26:23.10</b>	<b>00:26:56.30</b>	+00:10:22 (39.3%)	5:16	11.4 (61.0%)
543	<b>ANDRZEJEWSKA Sylwia</b>	<b>1369</b>		K20	31	00:01:14	<b>00:26:23.10</b>	<b>00:27:37.60</b>	+00:10:22 (39.3%)	5:16	11.4 (61.0%)
545	<b>MAZURKIEWICZ Anna</b>	<b>1386</b>		K30	35	00:00:17	<b>00:26:23.30</b>	<b>00:26:41.00</b>	+00:10:22 (39.3%)	5:16	11.4 (61.0%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
546	<b>KORDAS Jacek</b>	<b>326</b>		M20	123	00:01:00	<b>00:26:24.05</b>	<b>00:27:24.15</b>	+00:10:22 (39.3%)	5:16	11.4 (61.0%)
547	<b>POPŁAWSKI Tomasz</b>	<b>1141</b>	DYNAMO SKARPA	M30	162	00:00:23	<b>00:26:24.10</b>	<b>00:26:47.50</b>	+00:10:23 (39.3%)	5:16	11.4 (61.0%)
548	<b>PIŃSKA Sylwia</b>	<b>1018</b>	INOWROCŁAW BIEGA	K30	36	00:00:52	<b>00:26:24.95</b>	<b>00:27:17.15</b>	+00:10:23 (39.4%)	5:17	11.4 (61.0%)
549	<b>SZMELTER Michał</b>	<b>656</b>		M40	99	00:00:52	<b>00:26:25.50</b>	<b>00:27:18.45</b>	+00:10:24 (39.4%)	5:17	11.3 (60.4%)
550	<b>MICHLIC Ines</b>	<b>350</b>		K18	2	00:01:17	<b>00:26:25.65</b>	<b>00:27:43.45</b>	+00:10:24 (39.4%)	5:17	11.3 (60.4%)
551	<b>BYSTRYK Renata</b>	<b>1067</b>		K40	19	00:01:14	<b>00:26:27.35</b>	<b>00:27:42.10</b>	+00:10:26 (39.5%)	5:17	11.3 (60.4%)
552	<b>BŁAŻEJEWSKI Dariusz</b>	<b>993</b>		M40	100	00:01:15	<b>00:26:27.90</b>	<b>00:27:43.50</b>	+00:10:26 (39.5%)	5:17	11.3 (60.4%)
553	<b>BRONA Ewelina</b>	<b>1065</b>		K20	32	00:00:57	<b>00:26:28.05</b>	<b>00:27:25.90</b>	+00:10:26 (39.5%)	5:17	11.3 (60.4%)
554	<b>WOJDAT Dominika</b>	<b>190</b>		K20	33	00:01:07	<b>00:26:29.60</b>	<b>00:27:37.15</b>	+00:10:28 (39.5%)	5:18	11.3 (60.4%)
555	<b>JACEK Oskar</b>	<b>1283</b>		M18	13	00:00:09	<b>00:26:29.70</b>	<b>00:26:39.60</b>	+00:10:28 (39.5%)	5:18	11.3 (60.4%)
556	<b>DULIŃSKA Dorota</b>	<b>982</b>	TRISPACE	K40	20	00:01:27	<b>00:26:30.95</b>	<b>00:27:57.95</b>	+00:10:29 (39.6%)	5:18	11.3 (60.4%)
557	<b>DULIŃSKI Jacek</b>	<b>1315</b>		M40	101	00:01:27	<b>00:26:31.10</b>	<b>00:27:58.20</b>	+00:10:30 (39.6%)	5:18	11.3 (60.4%)
558	<b>JURKIEWICZ Patrycja</b>	<b>925</b>		K18	3	00:00:09	<b>00:26:31.40</b>	<b>00:26:40.70</b>	+00:10:30 (39.6%)	5:18	11.3 (60.4%)
559	<b>ŚWIERCZYŃSKI Jakub</b>	<b>1406</b>		M10	23	00:00:53	<b>00:26:31.70</b>	<b>00:27:25.55</b>	+00:10:30 (39.6%)	5:18	11.3 (60.4%)
560	<b>KOZACZYK Julia</b>	<b>890</b>		K10	7	00:00:21	<b>00:26:32.05</b>	<b>00:26:53.70</b>	+00:10:30 (39.6%)	5:18	11.3 (60.4%)
561	<b>STOKŁOSA Maciej</b>	<b>431</b>		M20	124	00:00:58	<b>00:26:32.50</b>	<b>00:27:31.10</b>	+00:10:31 (39.6%)	5:18	11.3 (60.4%)
562	<b>JESZKA Adrianna</b>	<b>368</b>		K20	34	00:00:27	<b>00:26:33.70</b>	<b>00:27:00.70</b>	+00:10:32 (39.7%)	5:18	11.3 (60.4%)
562	<b>TURZYŃSKA Marta</b>	<b>952</b>		K30	37	00:00:42	<b>00:26:33.70</b>	<b>00:27:16.40</b>	+00:10:32 (39.7%)	5:18	11.3 (60.4%)
562	<b>IWAN Remigiusz</b>	<b>1419</b>		M40	102	00:01:12	<b>00:26:33.70</b>	<b>00:27:46.65</b>	+00:10:32 (39.7%)	5:18	11.3 (60.4%)
565	<b>MIKSZTOWICZ Oliwia</b>	<b>1376</b>		K18	4	00:01:10	<b>00:26:35.25</b>	<b>00:27:46.15</b>	+00:10:34 (39.8%)	5:19	11.3 (60.4%)
566	<b>ULATOWSKA Sylwia</b>	<b>1165</b>		K30	38	00:01:05	<b>00:26:36.05</b>	<b>00:27:41.95</b>	+00:10:34 (39.8%)	5:19	11.3 (60.4%)
567	<b>KORALEWSKI Jakub</b>	<b>924</b>		M20	125	00:00:03	<b>00:26:36.50</b>	<b>00:26:39.55</b>	+00:10:35 (39.8%)	5:19	11.3 (60.4%)
568	<b>CHMIELARSKI Michał</b>	<b>1115</b>		M20	126	00:01:34	<b>00:26:36.60</b>	<b>00:28:10.60</b>	+00:10:35 (39.8%)	5:19	11.3 (60.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
569	<b>CZAPLEWSKA Alicja</b>	<b>1363</b>		K30	39	00:01:18	<b>00:26:38.05</b>	<b>00:27:56.20</b>	+00:10:36 (39.9%)	5:19	11.3 (60.4%)
570	<b>SIEWNIAK Patrycja</b>	<b>545</b>		K18	5	00:01:14	<b>00:26:38.20</b>	<b>00:27:52.25</b>	+00:10:37 (39.9%)	5:19	11.3 (60.4%)
571	<b>SCHUMACHER-RATAJ Marta</b>	<b>786</b>		K30	40	00:00:07	<b>00:26:39.60</b>	<b>00:26:47.30</b>	+00:10:38 (39.9%)	5:20	11.3 (60.4%)
572	<b>ZDZIAREK Artur</b>	<b>1053</b>		M30	163	00:01:16	<b>00:26:39.85</b>	<b>00:27:56.20</b>	+00:10:38 (39.9%)	5:20	11.3 (60.4%)
572	<b>JELEŃ Agnieszka</b>	<b>778</b>	VEGE RUNNERS	K30	41	00:00:57	<b>00:26:39.85</b>	<b>00:27:37.70</b>	+00:10:38 (39.9%)	5:20	11.3 (60.4%)
574	<b>SIWIŃSKA Elżbieta</b>	<b>643</b>	BBL INOWROCŁAW	K50	4	00:00:21	<b>00:26:41.95</b>	<b>00:27:03.05</b>	+00:10:40 (40.0%)	5:20	11.2 (59.9%)
575	<b>SKURCZYŃSKA Magdalena</b>	<b>849</b>		K20	35	00:00:03	<b>00:26:42.60</b>	<b>00:26:46.40</b>	+00:10:41 (40.0%)	5:20	11.2 (59.9%)
576	<b>SZMYRGAŁA Zdzisław</b>	<b>518</b>	BRACIA DALTON	M50	32	00:00:49	<b>00:26:43.40</b>	<b>00:27:32.70</b>	+00:10:42 (40.1%)	5:20	11.2 (59.9%)
577	<b>MELLEM-ZWIEWKA Małgorzata</b>	<b>161</b>	KLUB BIEGAJĄCE BABECZKI	K40	21	00:00:36	<b>00:26:43.90</b>	<b>00:27:20.40</b>	+00:10:42 (40.1%)	5:20	11.2 (59.9%)
577	<b>GADOMSKA Maria</b>	<b>339</b>	RUN BYDGOSZCZ	K60	1	00:00:52	<b>00:26:43.90</b>	<b>00:27:36.30</b>	+00:10:42 (40.1%)	5:20	11.2 (59.9%)
579	<b>STĘPSKI Sławomir</b>	<b>387</b>		M18	14	00:00:13	<b>00:26:44.80</b>	<b>00:26:58.10</b>	+00:10:43 (40.1%)	5:21	11.2 (59.9%)
580	<b>HAUS Katarzyna</b>	<b>582</b>	BBL SZUBIN	K40	22	00:00:05	<b>00:26:46.00</b>	<b>00:26:51.90</b>	+00:10:44 (40.2%)	5:21	11.2 (59.9%)
581	<b>BOROWIEC Wioleta</b>	<b>584</b>	BBL SZUBIN	K30	42	00:00:05	<b>00:26:46.10</b>	<b>00:26:51.80</b>	+00:10:45 (40.2%)	5:21	11.2 (59.9%)
582	<b>NOWICKI Adam</b>	<b>272</b>		M40	103	00:00:26	<b>00:26:46.60</b>	<b>00:27:12.80</b>	+00:10:45 (40.2%)	5:21	11.2 (59.9%)
583	<b>NOWICKA Izabela</b>	<b>275</b>		K30	43	00:00:25	<b>00:26:47.00</b>	<b>00:27:12.60</b>	+00:10:45 (40.2%)	5:21	11.2 (59.9%)
584	<b>AFELT Luiza</b>	<b>909</b>		K20	36	00:00:49	<b>00:26:47.25</b>	<b>00:27:37.10</b>	+00:10:46 (40.2%)	5:21	11.2 (59.9%)
585	<b>CICHULSKA QUAAS Izabela</b>	<b>123</b>	RUN PASJA	K30	44	00:00:04	<b>00:26:48.30</b>	<b>00:26:52.65</b>	+00:10:47 (40.2%)	5:21	11.2 (59.9%)
586	<b>CEMKE Magdalena</b>	<b>329</b>		K20	37	00:00:58	<b>00:26:48.40</b>	<b>00:27:46.55</b>	+00:10:47 (40.2%)	5:21	11.2 (59.9%)
587	<b>STANKIEWICZ Dariusz</b>	<b>626</b>	BÓL TO ŚCIEMA	M50	33	00:00:31	<b>00:26:49.20</b>	<b>00:27:20.90</b>	+00:10:48 (40.3%)	5:21	11.2 (59.9%)
588	<b>NIKOŁAJEW Monika</b>	<b>186</b>		K30	45	00:00:42	<b>00:26:50.20</b>	<b>00:27:32.35</b>	+00:10:49 (40.3%)	5:22	11.2 (59.9%)
589	<b>KUK Bartłomiej</b>	<b>540</b>		M10	24	00:01:01	<b>00:26:50.25</b>	<b>00:27:51.60</b>	+00:10:49 (40.3%)	5:22	11.2 (59.9%)
590	<b>GIEŁDON Paweł</b>	<b>1158</b>		M30	164	00:00:29	<b>00:26:50.75</b>	<b>00:27:20.50</b>	+00:10:49 (40.3%)	5:22	11.2 (59.9%)
590	<b>MATUSZCZAK Tomasz</b>	<b>926</b>		M40	104	00:00:32	<b>00:26:50.75</b>	<b>00:27:23.20</b>	+00:10:49 (40.3%)	5:22	11.2 (59.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
592	<b>CHMIELARSKI Maciej</b>	<b>1169</b>		M20	127	00:01:33	<b>00:26:51.40</b>	<b>00:28:24.95</b>	+00:10:50 (40.4%)	5:22	11.2 (59.9%)
593	<b>RACIBORSKI Grzegorz</b>	<b>1389</b>	TASAK TEAM	M30	165	00:00:38	<b>00:26:52.65</b>	<b>00:27:31.25</b>	+00:10:51 (40.4%)	5:22	11.2 (59.9%)
594	<b>KARAŚ Monika</b>	<b>1383</b>		K30	46	00:00:03	<b>00:26:52.95</b>	<b>00:26:56.00</b>	+00:10:51 (40.4%)	5:22	11.2 (59.9%)
595	<b>PORA Dariusz</b>	<b>148</b>	BRACIA DALTON	M50	34	00:00:51	<b>00:26:53.90</b>	<b>00:27:44.95</b>	+00:10:52 (40.4%)	5:22	11.2 (59.9%)
596	<b>MLICKI Marcin</b>	<b>441</b>		M40	105	00:00:28	<b>00:26:56.40</b>	<b>00:27:25.20</b>	+00:10:55 (40.5%)	5:23	11.1 (59.4%)
597	<b>JAGIEŁO Sylwia</b>	<b>896</b>	BBL INOWROCŁAW BIEGA	K30	47	00:00:51	<b>00:26:56.60</b>	<b>00:27:48.55</b>	+00:10:55 (40.5%)	5:23	11.1 (59.4%)
598	<b>NURKIEWICZ Jarosław</b>	<b>273</b>	KUNG FU PANDY 3	M40	106	00:01:43	<b>00:26:56.75</b>	<b>00:28:40.35</b>	+00:10:55 (40.6%)	5:23	11.1 (59.4%)
599	<b>KALINOWSKI Dariusz</b>	<b>965</b>		M30	166	00:00:45	<b>00:26:57.40</b>	<b>00:27:42.60</b>	+00:10:56 (40.6%)	5:23	11.1 (59.4%)
600	<b>GUMIENNY Tomasz</b>	<b>756</b>	LAKIERYGUMIENNY.PL	M20	128	00:01:07	<b>00:26:57.45</b>	<b>00:28:05.10</b>	+00:10:56 (40.6%)	5:23	11.1 (59.4%)
601	<b>KALINOWSKA Patrycja</b>	<b>964</b>		K20	38	00:00:44	<b>00:26:57.80</b>	<b>00:27:42.65</b>	+00:10:56 (40.6%)	5:23	11.1 (59.4%)
602	<b>KILAN Kacper</b>	<b>134</b>		M20	129	00:00:42	<b>00:26:58.25</b>	<b>00:27:40.85</b>	+00:10:57 (40.6%)	5:23	11.1 (59.4%)
603	<b>MADEJ Kamil</b>	<b>715</b>		M30	167	00:01:02	<b>00:26:58.95</b>	<b>00:28:00.95</b>	+00:10:57 (40.6%)	5:23	11.1 (59.4%)
604	<b>SKÓRCZ Tomasz</b>	<b>697</b>		M50	35	00:01:35	<b>00:26:59.70</b>	<b>00:28:35.00</b>	+00:10:58 (40.7%)	5:24	11.1 (59.4%)
605	<b>ŚLEFARSKI Paweł</b>	<b>343</b>		M20	130	00:00:45	<b>00:26:59.95</b>	<b>00:27:45.90</b>	+00:10:58 (40.7%)	5:24	11.1 (59.4%)
606	<b>GÓRKA Łukasz</b>	<b>784</b>		M20	131	00:00:11	<b>00:27:00.00</b>	<b>00:27:11.20</b>	+00:10:58 (40.7%)	5:24	11.1 (59.4%)
607	<b>ADAMCZYK Sonia</b>	<b>771</b>	KLUB ZDROWEGO STYLU ŻYCIA	K20	39	00:00:05	<b>00:27:00.35</b>	<b>00:27:06.10</b>	+00:10:59 (40.7%)	5:24	11.1 (59.4%)
608	<b>GUMIENNA Monika</b>	<b>757</b>	LAKIERYGUMIENNY.PL	K30	48	00:01:07	<b>00:27:00.50</b>	<b>00:28:07.70</b>	+00:10:59 (40.7%)	5:24	11.1 (59.4%)
609	<b>GRUBICH Kacper</b>	<b>238</b>	BRACIA DALTON	M10	25	00:00:49	<b>00:27:03.55</b>	<b>00:27:53.40</b>	+00:11:02 (40.8%)	5:24	11.1 (59.4%)
610	<b>CYBUL Krzysztof</b>	<b>879</b>		M30	168	00:01:40	<b>00:27:04.10</b>	<b>00:28:45.00</b>	+00:11:03 (40.8%)	5:25	11.1 (59.4%)
611	<b>DRÓŹDŹ Małgorzata</b>	<b>1048</b>		K20	40	00:01:15	<b>00:27:05.55</b>	<b>00:28:20.85</b>	+00:11:04 (40.9%)	5:25	11.1 (59.4%)
612	<b>KOZAK Piotr</b>	<b>944</b>		M20	132	00:01:05	<b>00:27:05.95</b>	<b>00:28:11.20</b>	+00:11:04 (40.9%)	5:25	11.1 (59.4%)
613	<b>CHYLIŃSKA Monika</b>	<b>1385</b>		K30	49	00:00:46	<b>00:27:08.10</b>	<b>00:27:54.65</b>	+00:11:07 (41.0%)	5:25	11.1 (59.4%)
614	<b>CZARNECKI Dawid</b>	<b>1380</b>	STRAŻ MIEJSKA TORUŃ	M20	133	00:00:04	<b>00:27:08.45</b>	<b>00:27:13.10</b>	+00:11:07 (41.0%)	5:25	11 (58.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
615	<b>TARASZKA Ireneusz</b>	<b>1422</b>	JRG 1 INOWROCLAW	M50	36	00:01:01	<b>00:27:09.80</b>	<b>00:28:10.80</b>	+00:11:08 (41.0%)	5:25	11 (58.8%)
616	<b>WISNIEWSKA Małgorzata</b>	<b>113</b>		K30	50	00:01:18	<b>00:27:09.85</b>	<b>00:28:28.10</b>	+00:11:08 (41.0%)	5:26	11 (58.8%)
616	<b>KONOPIŃSKA Agnieszka</b>	<b>90</b>	RUN BYDGOSZCZ	K30	51	00:01:18	<b>00:27:09.85</b>	<b>00:28:28.25</b>	+00:11:08 (41.0%)	5:26	11 (58.8%)
618	<b>KROPIDŁOWSKA Magdalena</b>	<b>994</b>	OCELOTY KRUSZYN KRAJEŃSKI	K30	52	00:00:57	<b>00:27:12.40</b>	<b>00:28:10.05</b>	+00:11:11 (41.1%)	5:26	11 (58.8%)
619	<b>PRZYBYLSKA Grażyna</b>	<b>936</b>		K50	5	00:01:07	<b>00:27:12.75</b>	<b>00:28:20.10</b>	+00:11:11 (41.1%)	5:26	11 (58.8%)
620	<b>JANKOWSKA Katarzyna</b>	<b>641</b>		K40	23	00:00:54	<b>00:27:13.55</b>	<b>00:28:08.35</b>	+00:11:12 (41.2%)	5:26	11 (58.8%)
621	<b>STASZKIEWICZ Radosław</b>	<b>77</b>	CZARNE STOPY SM	M40	107	00:00:55	<b>00:27:13.80</b>	<b>00:28:09.75</b>	+00:11:12 (41.2%)	5:26	11 (58.8%)
622	<b>MALICKA Beata</b>	<b>183</b>		K50	6	00:00:26	<b>00:27:14.00</b>	<b>00:27:40.10</b>	+00:11:12 (41.2%)	5:26	11 (58.8%)
623	<b>STRABEL Maria</b>	<b>124</b>		K50	7	00:00:15	<b>00:27:14.10</b>	<b>00:27:30.05</b>	+00:11:13 (41.2%)	5:27	11 (58.8%)
624	<b>STARSZAK Julia</b>	<b>1118</b>		K10	8	00:00:40	<b>00:27:14.15</b>	<b>00:27:54.55</b>	+00:11:13 (41.2%)	5:26	11 (58.8%)
625	<b>SOKÓŁ Krystyna</b>	<b>22</b>		K20	41	00:01:35	<b>00:27:15.55</b>	<b>00:28:51.15</b>	+00:11:14 (41.2%)	5:27	11 (58.8%)
626	<b>KRYSZTOFIAK Robert</b>	<b>249</b>		M40	108	00:00:35	<b>00:27:17.00</b>	<b>00:27:52.75</b>	+00:11:15 (41.3%)	5:27	11 (58.8%)
627	<b>SZULC Radek</b>	<b>1112</b>		M30	169	00:01:29	<b>00:27:18.85</b>	<b>00:28:48.30</b>	+00:11:17 (41.4%)	5:27	11 (58.8%)
628	<b>WUJEK Magdalena</b>	<b>950</b>		K30	53	00:01:27	<b>00:27:21.20</b>	<b>00:28:48.55</b>	+00:11:20 (41.4%)	5:28	11 (58.8%)
629	<b>SKWARCZYŃSKI Radek</b>	<b>763</b>		M20	134	00:00:59	<b>00:27:21.25</b>	<b>00:28:20.70</b>	+00:11:20 (41.4%)	5:28	11 (58.8%)
630	<b>KAPELIŃSKI Sebastian</b>	<b>979</b>	RODOS TEAM	M20	135	00:00:49	<b>00:27:22.20</b>	<b>00:28:12.10</b>	+00:11:21 (41.5%)	5:28	11 (58.8%)
631	<b>ZYGMUNT Paulina</b>	<b>241</b>		K20	42	00:00:23	<b>00:27:22.85</b>	<b>00:27:46.15</b>	+00:11:21 (41.5%)	5:28	11 (58.8%)
632	<b>KULINSKI Zbigniew</b>	<b>239</b>		M30	170	00:01:37	<b>00:27:22.90</b>	<b>00:29:00.30</b>	+00:11:21 (41.5%)	5:28	11 (58.8%)
633	<b>CISZEWSKA Emilia</b>	<b>283</b>		K30	54	00:00:54	<b>00:27:23.15</b>	<b>00:28:17.50</b>	+00:11:22 (41.5%)	5:28	11 (58.8%)
634	<b>CHWEDORCZUK Diana</b>	<b>313</b>		K20	43	00:00:20	<b>00:27:23.65</b>	<b>00:27:43.85</b>	+00:11:22 (41.5%)	5:28	11 (58.8%)
635	<b>ŚLADEWSKI Rafał</b>	<b>264</b>		M30	171	00:00:03	<b>00:27:23.95</b>	<b>00:27:27.75</b>	+00:11:22 (41.5%)	5:28	10.9 (58.3%)
636	<b>GRZONKA Emilia</b>	<b>1050</b>		K20	44	00:00:30	<b>00:27:24.45</b>	<b>00:27:54.55</b>	+00:11:23 (41.6%)	5:28	10.9 (58.3%)
636	<b>WASILEWSKA-MICHALAK Agata</b>	<b>489</b>		K30	55	00:00:46	<b>00:27:24.45</b>	<b>00:28:10.65</b>	+00:11:23 (41.6%)	5:28	10.9 (58.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
638	WASILEWSKA Martyna	488		K30	56	00:00:46	00:27:24.60	00:28:10.65	+00:11:23 (41.6%)	5:28	10.9 (58.3%)
639	WAWRZYNIAK Arkadiusz	851	DART TAVERNA NAKŁO	M40	109	00:00:31	00:27:25.85	00:27:57.60	+00:11:24 (41.6%)	5:29	10.9 (58.3%)
640	BRZOZOWSKI Mariusz	981		M50	37	00:00:56	00:27:26.65	00:28:23.05	+00:11:25 (41.6%)	5:29	10.9 (58.3%)
641	ŚCIBAK Wojciech	1344	JFTC SU	M30	172	00:00:55	00:27:27.25	00:28:23.20	+00:11:26 (41.7%)	5:29	10.9 (58.3%)
642	GÓRSKA Joanna	74		K30	57	00:00:50	00:27:28.70	00:28:19.30	+00:11:27 (41.7%)	5:29	10.9 (58.3%)
643	OWCZAREK Agnieszka	595	BIEGAM BO LUBIĘ	K30	58	00:00:44	00:27:29.40	00:28:14.10	+00:11:28 (41.7%)	5:30	10.9 (58.3%)
644	CIACHERA Ireneusz	1307		M50	38	00:01:19	00:27:30.30	00:28:49.60	+00:11:29 (41.8%)	5:30	10.9 (58.3%)
645	JAGIEŁO Radosław	897		M30	173	00:00:51	00:27:31.20	00:28:23.15	+00:11:30 (41.8%)	5:30	10.9 (58.3%)
645	STRZAŁKOWSKI Sergiusz	603		M10	26	00:00:44	00:27:31.20	00:28:15.35	+00:11:30 (41.8%)	5:30	10.9 (58.3%)
647	PILIUKH Marharyta	1142		K20	45	00:00:47	00:27:31.65	00:28:19.15	+00:11:30 (41.8%)	5:30	10.9 (58.3%)
648	WIŚNIEWSKA Karolina	365		K20	46	00:00:33	00:27:32.35	00:28:05.80	+00:11:31 (41.8%)	5:30	10.9 (58.3%)
649	CHMIELEWSKI Mateusz	607		M20	136	00:00:33	00:27:32.80	00:28:05.95	+00:11:31 (41.9%)	5:30	10.9 (58.3%)
650	WIERSKI Jarosław	170	KUJAWSKO-POMORSKIE.PL	M40	110	00:00:50	00:27:33.10	00:28:23.95	+00:11:32 (41.9%)	5:30	10.9 (58.3%)
650	NOWICKI Sławomir	485	CZARNE STOPY.SM	M30	174	00:00:51	00:27:33.10	00:28:24.35	+00:11:32 (41.9%)	5:30	10.9 (58.3%)
652	MARĆ Klara	865		K10	9	00:01:40	00:27:33.80	00:29:14.55	+00:11:32 (41.9%)	5:30	10.9 (58.3%)
653	MARĆ Robert	864		M40	111	00:01:41	00:27:34.85	00:29:15.90	+00:11:33 (41.9%)	5:30	10.9 (58.3%)
654	KARSKI Hubert	713		M60	6	00:01:26	00:27:35.25	00:29:01.75	+00:11:34 (41.9%)	5:31	10.9 (58.3%)
655	AFELT Jarosław	908		M30	175	00:01:41	00:27:35.55	00:29:16.55	+00:11:34 (41.9%)	5:31	10.9 (58.3%)
656	SZADKOWSKA Anna	624	INOWROCŁAW BIEGA	K60	2	00:00:20	00:27:35.75	00:27:56.65	+00:11:34 (42.0%)	5:31	10.9 (58.3%)
657	GOTOWICZ Beata	878		K40	24	00:00:10	00:27:40.15	00:27:51.00	+00:11:39 (42.1%)	5:32	10.8 (57.8%)
658	GOTOWICZ Mariusz	363		M50	39	00:01:01	00:27:40.20	00:28:41.95	+00:11:39 (42.1%)	5:32	10.8 (57.8%)
659	PIECYK-CZAJA Sonia	227		K30	59	00:00:45	00:27:41.45	00:28:27.10	+00:11:40 (42.2%)	5:32	10.8 (57.8%)
660	FLOREK Milena	495	RE MEDIA BYDGOSZCZ	K30	60	00:01:26	00:27:41.60	00:29:08.20	+00:11:40 (42.2%)	5:32	10.8 (57.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
661	<b>JAKUBOWSKI Mirośław</b>	<b>459</b>	URZĄD MIASTA	M50	40	00:01:07	<b>00:27:41.85</b>	<b>00:28:49.70</b>	+00:11:40 (42.2%)	5:32	10.8 (57.8%)
662	<b>BIERNAT Justyna</b>	<b>591</b>	MKS INOWROCŁAW	K10	10	00:00:39	<b>00:27:43.30</b>	<b>00:28:22.90</b>	+00:11:42 (42.2%)	5:32	10.8 (57.8%)
663	<b>OBREMSKA Natalia</b>	<b>182</b>		K20	47	00:01:02	<b>00:27:43.75</b>	<b>00:28:46.00</b>	+00:11:42 (42.2%)	5:32	10.8 (57.8%)
664	<b>GADASZEWSKI Damian</b>	<b>1349</b>	STEP	M20	137	00:01:41	<b>00:27:44.25</b>	<b>00:29:25.95</b>	+00:11:43 (42.3%)	5:32	10.8 (57.8%)
665	<b>DEMBEK Maciej</b>	<b>1070</b>		M20	138	00:00:07	<b>00:27:44.40</b>	<b>00:27:51.80</b>	+00:11:43 (42.3%)	5:32	10.8 (57.8%)
665	<b>LOOSE Paulina</b>	<b>748</b>	LOS KUMPLOS	K20	48	00:00:07	<b>00:27:44.40</b>	<b>00:27:51.60</b>	+00:11:43 (42.3%)	5:32	10.8 (57.8%)
667	<b>TUPTANOWSKI Przemek</b>	<b>1388</b>	WELD-LINE SPORTTEAM	M30	176	00:01:02	<b>00:27:46.45</b>	<b>00:28:48.70</b>	+00:11:45 (42.3%)	5:33	10.8 (57.8%)
668	<b>BYCZKOWSKI Zenon</b>	<b>279</b>	INDYWIDUALNIE	M50	41	00:00:55	<b>00:27:46.50</b>	<b>00:28:41.80</b>	+00:11:45 (42.3%)	5:33	10.8 (57.8%)
669	<b>MULLER Jakub</b>	<b>295</b>	INTERACT CLUB BYDGOSZCZ	M10	27	00:01:04	<b>00:27:47.10</b>	<b>00:28:51.20</b>	+00:11:46 (42.3%)	5:33	10.8 (57.8%)
670	<b>TOMCZAK Sylwester</b>	<b>1280</b>		M20	139	00:00:27	<b>00:27:47.75</b>	<b>00:28:14.85</b>	+00:11:46 (42.4%)	5:33	10.8 (57.8%)
671	<b>SIERANT Paweł</b>	<b>860</b>		M40	112	00:00:12	<b>00:27:48.25</b>	<b>00:28:00.50</b>	+00:11:47 (42.4%)	5:33	10.8 (57.8%)
672	<b>ORNATOWSKI Marcin</b>	<b>59</b>	GORDON RUN	M30	177	00:01:25	<b>00:27:48.85</b>	<b>00:29:14.15</b>	+00:11:47 (42.4%)	5:33	10.8 (57.8%)
673	<b>BRUSKI Marek</b>	<b>1038</b>		M10	28	00:00:02	<b>00:27:49.45</b>	<b>00:27:51.90</b>	+00:11:48 (42.4%)	5:33	10.8 (57.8%)
674	<b>SZUBARTOWSKA Pola</b>	<b>990</b>		K10	11	00:01:26	<b>00:27:50.60</b>	<b>00:29:16.70</b>	+00:11:49 (42.5%)	5:34	10.8 (57.8%)
675	<b>RADŁOWSKA Małgorzata</b>	<b>1403</b>		K50	8	00:00:05	<b>00:27:50.65</b>	<b>00:27:55.75</b>	+00:11:49 (42.5%)	5:34	10.8 (57.8%)
676	<b>WRÓBLEWSKA Marzena</b>	<b>1246</b>		K50	9	00:00:21	<b>00:27:51.00</b>	<b>00:28:12.80</b>	+00:11:49 (42.5%)	5:34	10.8 (57.8%)
677	<b>DUDZIŃSKA Małgorzata</b>	<b>919</b>		K40	25	00:00:42	<b>00:27:51.85</b>	<b>00:28:34.25</b>	+00:11:50 (42.5%)	5:34	10.8 (57.8%)
678	<b>JUNKA Karolina</b>	<b>682</b>		K20	49	00:00:36	<b>00:27:52.50</b>	<b>00:28:28.80</b>	+00:11:51 (42.5%)	5:34	10.8 (57.8%)
679	<b>PŁACZKOWSKA Magdalena</b>	<b>478</b>		K30	61	00:01:09	<b>00:27:53.10</b>	<b>00:29:02.85</b>	+00:11:52 (42.6%)	5:34	10.8 (57.8%)
680	<b>GŁOWSKI Damian</b>	<b>345</b>		M10	29	00:00:41	<b>00:27:53.40</b>	<b>00:28:34.55</b>	+00:11:52 (42.6%)	5:34	10.8 (57.8%)
681	<b>CHRÓŚCIŃSKA Justyna</b>	<b>19</b>	GORDON RUN	K20	50	00:01:20	<b>00:27:53.55</b>	<b>00:29:13.95</b>	+00:11:52 (42.6%)	5:34	10.8 (57.8%)
682	<b>WAWRZYŃIAK Karolina</b>	<b>479</b>		K30	62	00:01:09	<b>00:27:54.05</b>	<b>00:29:03.15</b>	+00:11:52 (42.6%)	5:34	10.8 (57.8%)
683	<b>TOMCZYK Agnieszka</b>	<b>497</b>		K40	26	00:01:15	<b>00:27:54.15</b>	<b>00:29:09.85</b>	+00:11:53 (42.6%)	5:34	10.8 (57.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
684	<b>ŻUCHELKOWSKA Agata</b>	<b>451</b>		K30	63	00:01:13	<b>00:27:55.10</b>	<b>00:29:08.20</b>	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
685	<b>ZNANIECKI Wojciech</b>	<b>317</b>		M30	178	00:00:52	<b>00:27:56.00</b>	<b>00:28:48.55</b>	+00:11:54 (42.7%)	5:35	10.7 (57.2%)
686	<b>BIEGAŁA Renata</b>	<b>652</b>		K50	10	00:01:01	<b>00:27:57.10</b>	<b>00:28:58.20</b>	+00:11:56 (42.7%)	5:35	10.7 (57.2%)
687	<b>JANKOWSKI Tomasz Michał</b>	<b>1123</b>		M50	42	00:01:22	<b>00:27:57.35</b>	<b>00:29:19.60</b>	+00:11:56 (42.7%)	5:35	10.7 (57.2%)
688	<b>PRIEBE Krzysztof</b>	<b>1418</b>		M50	43	00:01:08	<b>00:27:57.65</b>	<b>00:29:06.40</b>	+00:11:56 (42.7%)	5:35	10.7 (57.2%)
689	<b>KENSIK Joanna</b>	<b>949</b>		K20	51	00:01:25	<b>00:27:57.70</b>	<b>00:29:22.70</b>	+00:11:56 (42.7%)	5:35	10.7 (57.2%)
690	<b>WORONIECKA Anna</b>	<b>189</b>		K30	64	00:01:12	<b>00:27:58.60</b>	<b>00:29:10.75</b>	+00:11:57 (42.7%)	5:35	10.7 (57.2%)
691	<b>PAWLAK Monika</b>	<b>1327</b>		K30	65	00:00:10	<b>00:27:58.85</b>	<b>00:28:09.80</b>	+00:11:57 (42.8%)	5:35	10.7 (57.2%)
692	<b>KOZACZYK Joanna</b>	<b>888</b>		K40	27	00:00:21	<b>00:27:59.25</b>	<b>00:28:20.65</b>	+00:11:58 (42.8%)	5:35	10.7 (57.2%)
693	<b>JARZĄB Joanna</b>	<b>1417</b>		K30	66	00:00:07	<b>00:27:59.65</b>	<b>00:28:07.15</b>	+00:11:58 (42.8%)	5:36	10.7 (57.2%)
694	<b>SZUBARTOWSKI Robert</b>	<b>989</b>		M40	113	00:01:25	<b>00:27:59.90</b>	<b>00:29:25.70</b>	+00:11:58 (42.8%)	5:36	10.7 (57.2%)
695	<b>KUGACZ Aneta</b>	<b>205</b>	RUN BYDGOSZCZ	K30	67	00:00:45	<b>00:28:00.80</b>	<b>00:28:45.80</b>	+00:11:59 (42.8%)	5:36	10.7 (57.2%)
696	<b>ZALECH Barbara</b>	<b>1020</b>		K40	28	00:01:25	<b>00:28:02.25</b>	<b>00:29:28.15</b>	+00:12:01 (42.9%)	5:36	10.7 (57.2%)
697	<b>SKORNIA Marika</b>	<b>1322</b>		K20	52	00:01:04	<b>00:28:02.60</b>	<b>00:29:07.20</b>	+00:12:01 (42.9%)	5:36	10.7 (57.2%)
698	<b>NIEDBALSKI Edward</b>	<b>1166</b>		M60	7	00:01:31	<b>00:28:02.80</b>	<b>00:29:34.20</b>	+00:12:01 (42.9%)	5:36	10.7 (57.2%)
699	<b>NIEDBALSKI Paweł</b>	<b>498</b>		M30	179	00:01:31	<b>00:28:03.25</b>	<b>00:29:35.05</b>	+00:12:02 (42.9%)	5:36	10.7 (57.2%)
700	<b>PIETRASZAK Tomasz</b>	<b>145</b>	RUN BYDGOSZCZ	M40	114	00:00:54	<b>00:28:05.30</b>	<b>00:28:59.35</b>	+00:12:04 (43.0%)	5:37	10.7 (57.2%)
701	<b>SZCZYGIEŁ Michał</b>	<b>419</b>		M30	180	00:00:55	<b>00:28:05.65</b>	<b>00:29:01.30</b>	+00:12:04 (43.0%)	5:37	10.7 (57.2%)
702	<b>CZAIŃSKA Mariola</b>	<b>1356</b>		K40	29	00:00:09	<b>00:28:06.75</b>	<b>00:28:16.05</b>	+00:12:05 (43.0%)	5:37	10.7 (57.2%)
703	<b>DZIEŻA Roma</b>	<b>976</b>		K40	30	00:01:25	<b>00:28:06.80</b>	<b>00:29:32.00</b>	+00:12:05 (43.0%)	5:37	10.7 (57.2%)
704	<b>LEWANDOWSKI Andrzej</b>	<b>570</b>		M40	115	00:01:33	<b>00:28:07.15</b>	<b>00:29:40.40</b>	+00:12:06 (43.0%)	5:37	10.7 (57.2%)
705	<b>MICHALAK Agnieszka</b>	<b>400</b>		K30	68	00:00:35	<b>00:28:07.60</b>	<b>00:28:43.25</b>	+00:12:06 (43.0%)	5:37	10.7 (57.2%)
706	<b>RADZIŃSKA Joanna</b>	<b>627</b>		K30	69	00:00:53	<b>00:28:09.25</b>	<b>00:29:02.45</b>	+00:12:08 (43.1%)	5:37	10.7 (57.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
707	<b>SAMOĆKO</b> Katzrzyna	<b>285</b>		K30	70	00:00:43	<b>00:28:11.20</b>	<b>00:28:54.55</b>	+00:12:10 (43.2%)	5:38	10.6 (56.7%)
708	<b>KMIECIAK</b> Wiktoria	<b>1016</b>		K18	6	00:00:02	<b>00:28:13.10</b>	<b>00:28:15.35</b>	+00:12:12 (43.2%)	5:38	10.6 (56.7%)
709	<b>KIEDROWSKA</b> Magdalena	<b>1194</b>		K30	71	00:00:02	<b>00:28:13.25</b>	<b>00:28:15.70</b>	+00:12:12 (43.2%)	5:38	10.6 (56.7%)
710	<b>SKORNIA</b> Agata	<b>1324</b>		K40	31	00:01:04	<b>00:28:15.50</b>	<b>00:29:20.40</b>	+00:12:14 (43.3%)	5:39	10.6 (56.7%)
711	<b>HARACEWIAT</b> Michal	<b>961</b>		M20	140	00:01:15	<b>00:28:16.90</b>	<b>00:29:32.70</b>	+00:12:15 (43.4%)	5:39	10.6 (56.7%)
712	<b>STANISZEWSKA</b> Marta	<b>831</b>		K30	72	00:00:32	<b>00:28:17.25</b>	<b>00:28:49.50</b>	+00:12:16 (43.4%)	5:39	10.6 (56.7%)
713	<b>PRZYBYŁA</b> Agata	<b>1094</b>		K20	53	00:00:43	<b>00:28:17.50</b>	<b>00:29:01.40</b>	+00:12:16 (43.4%)	5:39	10.6 (56.7%)
714	<b>KRASZKIEWICZ</b> Monika	<b>777</b>	BIEGNĘ ZA MARTYNKĘ	K20	54	00:01:08	<b>00:28:18.60</b>	<b>00:29:26.90</b>	+00:12:17 (43.4%)	5:39	10.6 (56.7%)
715	<b>OŻGA</b> Agnieszka	<b>325</b>		K20	55	00:01:20	<b>00:28:18.85</b>	<b>00:29:38.90</b>	+00:12:17 (43.4%)	5:39	10.6 (56.7%)
716	<b>ZABDYR</b> Ewelina	<b>1148</b>		K20	56	00:01:37	<b>00:28:20.00</b>	<b>00:29:57.10</b>	+00:12:18 (43.5%)	5:40	10.6 (56.7%)
717	<b>ZALEWSKA</b> Michalina	<b>738</b>		K10	12	00:00:03	<b>00:28:20.30</b>	<b>00:28:23.35</b>	+00:12:19 (43.5%)	5:40	10.6 (56.7%)
718	<b>JACKOWIAK-</b> <b>ZALEWSKA</b> Agnieszka	<b>1051</b>		K40	32	00:00:36	<b>00:28:20.90</b>	<b>00:28:57.25</b>	+00:12:19 (43.5%)	5:40	10.6 (56.7%)
719	<b>GRZECHOWIAK</b> Ania	<b>634</b>		K20	57	00:01:42	<b>00:28:20.95</b>	<b>00:30:03.60</b>	+00:12:19 (43.5%)	5:40	10.6 (56.7%)
720	<b>OSSOWSKA</b> Danuta	<b>653</b>		K40	33	00:01:01	<b>00:28:21.45</b>	<b>00:29:23.10</b>	+00:12:20 (43.5%)	5:40	10.6 (56.7%)
721	<b>ŁOBODZIŃSKI</b> Mateusz	<b>1378</b>		M20	141	00:00:30	<b>00:28:21.75</b>	<b>00:28:52.05</b>	+00:12:20 (43.5%)	5:40	10.6 (56.7%)
722	<b>AMBROZIAK</b> Martyna	<b>884</b>		K20	58	00:01:00	<b>00:28:22.45</b>	<b>00:29:22.65</b>	+00:12:21 (43.5%)	5:40	10.6 (56.7%)
723	<b>TRELA</b> Jolanta	<b>726</b>		K30	73	00:00:51	<b>00:28:22.50</b>	<b>00:29:14.25</b>	+00:12:21 (43.5%)	5:40	10.6 (56.7%)
724	<b>MUSIAŁA</b> Adam	<b>945</b>		M30	181	00:00:51	<b>00:28:23.35</b>	<b>00:29:15.10</b>	+00:12:22 (43.6%)	5:40	10.6 (56.7%)
725	<b>PAWELEC</b> Pola	<b>742</b>		K10	13	00:00:47	<b>00:28:23.90</b>	<b>00:29:11.55</b>	+00:12:22 (43.6%)	5:40	10.6 (56.7%)
725	<b>MIKLER</b> Aleksandra	<b>1416</b>		K20	59	00:01:04	<b>00:28:23.90</b>	<b>00:29:28.80</b>	+00:12:22 (43.6%)	5:40	10.6 (56.7%)
727	<b>PAWELEC</b> Witold	<b>743</b>		M10	30	00:00:47	<b>00:28:23.95</b>	<b>00:29:11.60</b>	+00:12:22 (43.6%)	5:40	10.6 (56.7%)
728	<b>STYCZYŃSKA</b> Anna	<b>1328</b>		K40	34	00:00:49	<b>00:28:25.15</b>	<b>00:29:14.30</b>	+00:12:24 (43.6%)	5:41	10.6 (56.7%)
729	<b>JASTRZEMBSKI</b> Tomasz	<b>1278</b>	DYNAMO SKARPA	M30	182	00:01:39	<b>00:28:26.95</b>	<b>00:30:06.65</b>	+00:12:25 (43.7%)	5:41	10.5 (56.1%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
730	<b>BASZANOWSKI Tomasz</b>	<b>960</b>		M30	183	00:00:59	<b>00:28:27.30</b>	<b>00:29:26.40</b>	+00:12:26 (43.7%)	5:41	10.5 (56.1%)
731	<b>KAPELIŃSKI Stanisław</b>	<b>1045</b>	RODOS TEAM	M50	44	00:00:44	<b>00:28:27.70</b>	<b>00:29:12.40</b>	+00:12:26 (43.7%)	5:41	10.5 (56.1%)
732	<b>GRZYWACZ Agata</b>	<b>247</b>		K20	60	00:00:14	<b>00:28:30.00</b>	<b>00:28:44.20</b>	+00:12:28 (43.8%)	5:42	10.5 (56.1%)
733	<b>WYPORKIEWICZ Jerzy</b>	<b>397</b>		M50	45	00:01:01	<b>00:28:30.60</b>	<b>00:29:32.00</b>	+00:12:29 (43.8%)	5:42	10.5 (56.1%)
734	<b>ZABOROWSKI Robert</b>	<b>82</b>	PGB SPORTOWA PACZKA	M30	184	00:00:33	<b>00:28:30.95</b>	<b>00:29:04.80</b>	+00:12:29 (43.8%)	5:42	10.5 (56.1%)
735	<b>DROŻ Krzysztof</b>	<b>25</b>		M50	46	00:01:12	<b>00:28:31.40</b>	<b>00:29:44.00</b>	+00:12:30 (43.8%)	5:42	10.5 (56.1%)
736	<b>WALKOWIAK Rafał</b>	<b>66</b>		M20	142	00:00:42	<b>00:28:31.85</b>	<b>00:29:13.85</b>	+00:12:30 (43.9%)	5:42	10.5 (56.1%)
737	<b>GIZIŃSKA Aleksandra</b>	<b>129</b>	RAFSONGA	K20	61	00:00:41	<b>00:28:33.65</b>	<b>00:29:14.80</b>	+00:12:32 (43.9%)	5:42	10.5 (56.1%)
738	<b>TARASZKA Olga</b>	<b>1423</b>	JRG 1 INOWROCŁAW	K20	62	00:01:00	<b>00:28:33.80</b>	<b>00:29:34.45</b>	+00:12:32 (43.9%)	5:42	10.5 (56.1%)
739	<b>RYDELSKA Kinga</b>	<b>429</b>		K40	35	00:00:55	<b>00:28:34.80</b>	<b>00:29:30.75</b>	+00:12:33 (44.0%)	5:43	10.5 (56.1%)
740	<b>RZEPECKA Katarzyna</b>	<b>13</b>		K40	36	00:00:55	<b>00:28:35.25</b>	<b>00:29:30.55</b>	+00:12:34 (44.0%)	5:43	10.5 (56.1%)
740	<b>MALAK Maciej</b>	<b>357</b>		M20	143	00:01:45	<b>00:28:35.25</b>	<b>00:30:20.35</b>	+00:12:34 (44.0%)	5:43	10.5 (56.1%)
742	<b>ANDRYSZAK Vanessa</b>	<b>854</b>		K10	14	00:00:17	<b>00:28:35.60</b>	<b>00:28:53.05</b>	+00:12:34 (44.0%)	5:43	10.5 (56.1%)
743	<b>BEJGER Łukasz</b>	<b>505</b>	TCMS PESA BYDGOSZCZ	M20	144	00:01:28	<b>00:28:35.90</b>	<b>00:30:04.45</b>	+00:12:34 (44.0%)	5:43	10.5 (56.1%)
744	<b>MILCZAREK Bartosz</b>	<b>1029</b>		M20	145	00:01:39	<b>00:28:36.00</b>	<b>00:30:15.85</b>	+00:12:34 (44.0%)	5:43	10.5 (56.1%)
745	<b>SKUCIŃSKI Rafał</b>	<b>491</b>	KABEL TEAM BYDGOSZCZ	M30	185	00:01:13	<b>00:28:37.40</b>	<b>00:29:50.45</b>	+00:12:36 (44.0%)	5:43	10.5 (56.1%)
746	<b>TOBOLSKA Małgorzata</b>	<b>1011</b>		K30	74	00:00:33	<b>00:28:38.50</b>	<b>00:29:11.70</b>	+00:12:37 (44.1%)	5:43	10.5 (56.1%)
747	<b>OWIEŚNY Leszek</b>	<b>1286</b>		M40	116	00:01:34	<b>00:28:39.15</b>	<b>00:30:13.60</b>	+00:12:38 (44.1%)	5:43	10.5 (56.1%)
748	<b>ZALEWSKI Sebastian</b>	<b>111</b>		M20	146	00:00:57	<b>00:28:39.50</b>	<b>00:29:36.55</b>	+00:12:38 (44.1%)	5:43	10.5 (56.1%)
749	<b>SOBOWIEC Mirka</b>	<b>410</b>	SOBOWIEC TEAM	K40	37	00:00:20	<b>00:28:40.30</b>	<b>00:29:00.90</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)
750	<b>ŚNIECHOTA Konrad</b>	<b>519</b>	TYPYGRUBE	M30	186	00:00:58	<b>00:28:40.50</b>	<b>00:29:39.20</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)
750	<b>DUDZIAK Tomasz</b>	<b>597</b>	TATA FRANKA	M30	187	00:00:54	<b>00:28:40.50</b>	<b>00:29:34.65</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)
752	<b>SOBOWIEC Szymon</b>	<b>404</b>	SOBOWIEC TEAM	M40	117	00:00:20	<b>00:28:40.60</b>	<b>00:29:00.80</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
753	<b>GACKOWSKI Edward</b>	<b>1133</b>	BYDGOSZCZ NA START	M60	8	00:00:29	<b>00:28:41.45</b>	<b>00:29:10.90</b>	+00:12:40 (44.2%)	5:44	10.5 (56.1%)
754	<b>PIECHOWIAK Dawid</b>	<b>499</b>		M40	118	00:01:23	<b>00:28:41.50</b>	<b>00:30:05.35</b>	+00:12:40 (44.2%)	5:44	10.5 (56.1%)
754	<b>STAFIŃSKA Paulina</b>	<b>47</b>		K30	75	00:00:55	<b>00:28:41.50</b>	<b>00:29:36.50</b>	+00:12:40 (44.2%)	5:44	10.5 (56.1%)
756	<b>KWIATKOWSKI Tomasz</b>	<b>1242</b>	KAWUES	M50	47	00:01:09	<b>00:28:42.05</b>	<b>00:29:51.65</b>	+00:12:40 (44.2%)	5:44	10.5 (56.1%)
757	<b>STRZESZAK Sylwia</b>	<b>30</b>		K30	76	00:00:54	<b>00:28:42.60</b>	<b>00:29:37.50</b>	+00:12:41 (44.2%)	5:44	10.4 (55.6%)
758	<b>KRUK Szymon</b>	<b>587</b>		M10	31	00:01:23	<b>00:28:44.20</b>	<b>00:30:07.50</b>	+00:12:43 (44.3%)	5:44	10.4 (55.6%)
759	<b>KRUK Łukasz</b>	<b>588</b>		M10	32	00:01:23	<b>00:28:44.40</b>	<b>00:30:07.65</b>	+00:12:43 (44.3%)	5:44	10.4 (55.6%)
760	<b>OLKOWSKI Eugeniusz</b>	<b>825</b>		M60	9	00:01:22	<b>00:28:44.90</b>	<b>00:30:07.35</b>	+00:12:43 (44.3%)	5:45	10.4 (55.6%)
761	<b>SZUDA Waldemar</b>	<b>774</b>		M50	48	00:01:14	<b>00:28:45.35</b>	<b>00:30:00.10</b>	+00:12:44 (44.3%)	5:45	10.4 (55.6%)
762	<b>ŁAŃCUCKA Agnieszka</b>	<b>504</b>		K40	38	00:00:41	<b>00:28:45.95</b>	<b>00:29:27.65</b>	+00:12:44 (44.3%)	5:45	10.4 (55.6%)
763	<b>WYCZISŁOK Jakub</b>	<b>502</b>		M20	147	00:00:05	<b>00:28:47.25</b>	<b>00:28:52.50</b>	+00:12:46 (44.4%)	5:45	10.4 (55.6%)
764	<b>SZWEDA Mirosława</b>	<b>1227</b>		K30	77	00:00:14	<b>00:28:49.25</b>	<b>00:29:03.80</b>	+00:12:48 (44.4%)	5:45	10.4 (55.6%)
765	<b>NIEZBRZYCKI Janusz</b>	<b>775</b>	JA	M60	10	00:01:31	<b>00:28:49.55</b>	<b>00:30:20.65</b>	+00:12:48 (44.4%)	5:45	10.4 (55.6%)
766	<b>CHMIELARZ Karina</b>	<b>835</b>		K20	63	00:01:00	<b>00:28:51.55</b>	<b>00:29:52.20</b>	+00:12:50 (44.5%)	5:46	10.4 (55.6%)
767	<b>GRUSZCZYŃSKA Monika</b>	<b>1218</b>		K20	64	00:00:13	<b>00:28:53.25</b>	<b>00:29:06.55</b>	+00:12:52 (44.5%)	5:46	10.4 (55.6%)
767	<b>MENDEL Karolina</b>	<b>78</b>		K18	7	00:00:33	<b>00:28:53.25</b>	<b>00:29:26.50</b>	+00:12:52 (44.5%)	5:46	10.4 (55.6%)
769	<b>KRUK Krzysztof</b>	<b>586</b>		M40	119	00:01:23	<b>00:28:53.90</b>	<b>00:30:17.30</b>	+00:12:52 (44.6%)	5:46	10.4 (55.6%)
770	<b>DOMŻAŁSKA Sławomira</b>	<b>654</b>		K40	39	00:01:26	<b>00:28:54.10</b>	<b>00:30:20.50</b>	+00:12:53 (44.6%)	5:46	10.4 (55.6%)
771	<b>GODZIK Kamil</b>	<b>796</b>	DYNAMO SKARPA	M40	120	00:00:41	<b>00:28:54.50</b>	<b>00:29:35.90</b>	+00:12:53 (44.6%)	5:46	10.4 (55.6%)
772	<b>MICHALAK Martyna</b>	<b>1199</b>		K10	15	00:01:26	<b>00:28:54.85</b>	<b>00:30:21.35</b>	+00:12:53 (44.6%)	5:47	10.4 (55.6%)
773	<b>WYPIJEWSKI Sebastian</b>	<b>1301</b>	BRACIA DALTON	M40	121	00:00:54	<b>00:28:56.30</b>	<b>00:29:50.45</b>	+00:12:55 (44.6%)	5:47	10.4 (55.6%)
774	<b>JARMOLOWICZ Aleksandra</b>	<b>1269</b>		K20	65	00:00:57	<b>00:28:56.45</b>	<b>00:29:53.65</b>	+00:12:55 (44.7%)	5:47	10.4 (55.6%)
775	<b>PAPIS Piotr</b>	<b>1390</b>	BACK_ON	M30	188	00:00:53	<b>00:28:56.60</b>	<b>00:29:50.15</b>	+00:12:55 (44.7%)	5:47	10.4 (55.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
776	<b>ŻMUDZIŃSKA Magdalena</b>	<b>659</b>		K40	40	00:00:29	<b>00:28:57.65</b>	<b>00:29:27.25</b>	+00:12:56 (44.7%)	5:47	10.4 (55.6%)
777	<b>CIERŻNICKI Zbigniew</b>	<b>1228</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	49	00:01:21	<b>00:28:57.70</b>	<b>00:30:19.05</b>	+00:12:56 (44.7%)	5:47	10.4 (55.6%)
778	<b>GOGLEWSKI Adam</b>	<b>1180</b>		M20	148	00:00:14	<b>00:28:58.20</b>	<b>00:29:12.90</b>	+00:12:57 (44.7%)	5:47	10.4 (55.6%)
779	<b>MEGER Agnieszka</b>	<b>311</b>		K30	78	00:01:11	<b>00:28:59.15</b>	<b>00:30:10.30</b>	+00:12:58 (44.7%)	5:47	10.4 (55.6%)
780	<b>TWARDOWSKI Wojciech</b>	<b>309</b>	RUN BYDGOSZCZ	M40	122	00:01:08	<b>00:28:59.35</b>	<b>00:30:07.65</b>	+00:12:58 (44.7%)	5:47	10.4 (55.6%)
781	<b>WIŚNIEWSKA-KACZOR Iga</b>	<b>371</b>		K20	66	00:01:11	<b>00:29:01.45</b>	<b>00:30:12.75</b>	+00:13:00 (44.8%)	5:48	10.3 (55.1%)
782	<b>PODOSEK Magdalena</b>	<b>547</b>	BYDGOSZCZ	K30	79	00:00:40	<b>00:29:02.20</b>	<b>00:29:42.25</b>	+00:13:01 (44.8%)	5:48	10.3 (55.1%)
783	<b>RAKAŁOWICZ Weronika</b>	<b>299</b>	INTERACT CLUB BYDGOSZCZ	K10	16	00:01:04	<b>00:29:04.55</b>	<b>00:30:08.65</b>	+00:13:03 (44.9%)	5:48	10.3 (55.1%)
784	<b>KNIOŁA Lucyna</b>	<b>609</b>		K40	41	00:00:30	<b>00:29:07.15</b>	<b>00:29:38.00</b>	+00:13:06 (45.0%)	5:49	10.3 (55.1%)
785	<b>KRAWIEC Kuba</b>	<b>942</b>		M10	33	00:00:22	<b>00:29:08.20</b>	<b>00:29:30.20</b>	+00:13:07 (45.0%)	5:49	10.3 (55.1%)
786	<b>ŚWIATŁY Andrzej</b>	<b>1405</b>		M40	123	00:00:55	<b>00:29:08.55</b>	<b>00:30:04.50</b>	+00:13:07 (45.0%)	5:49	10.3 (55.1%)
787	<b>LUTOWSKI Wojciech</b>	<b>1068</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	189	00:01:13	<b>00:29:08.65</b>	<b>00:30:22.35</b>	+00:13:07 (45.0%)	5:49	10.3 (55.1%)
788	<b>RÓŻYCKI Sławomir</b>	<b>1198</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	50	00:01:13	<b>00:29:09.05</b>	<b>00:30:22.40</b>	+00:13:07 (45.1%)	5:49	10.3 (55.1%)
788	<b>STOKŁOSA Kamil</b>	<b>427</b>		M30	190	00:01:21	<b>00:29:09.05</b>	<b>00:30:30.05</b>	+00:13:07 (45.1%)	5:49	10.3 (55.1%)
790	<b>PIÓRKOWSKA Anna</b>	<b>1071</b>		K30	80	00:00:58	<b>00:29:09.40</b>	<b>00:30:08.20</b>	+00:13:08 (45.1%)	5:50	10.3 (55.1%)
791	<b>BOGUCKI Mariusz</b>	<b>978</b>	-	M40	124	00:00:59	<b>00:29:10.80</b>	<b>00:30:10.25</b>	+00:13:09 (45.1%)	5:50	10.3 (55.1%)
792	<b>PODGÓRSKI Jakub</b>	<b>194</b>		M20	149	00:01:07	<b>00:29:10.95</b>	<b>00:30:18.80</b>	+00:13:09 (45.1%)	5:50	10.3 (55.1%)
793	<b>PRZYGOCKA Katarzyna</b>	<b>1167</b>		K20	67	00:00:14	<b>00:29:11.60</b>	<b>00:29:26.50</b>	+00:13:10 (45.1%)	5:50	10.3 (55.1%)
794	<b>SOSNOWSKA Dorota</b>	<b>159</b>		K40	42	00:00:14	<b>00:29:12.40</b>	<b>00:29:26.50</b>	+00:13:11 (45.2%)	5:50	10.3 (55.1%)
795	<b>BINKOWSKA Anita</b>	<b>894</b>		K40	43	00:00:21	<b>00:29:12.55</b>	<b>00:29:34.50</b>	+00:13:11 (45.2%)	5:50	10.3 (55.1%)
796	<b>GLIBOWSKI Damian</b>	<b>1336</b>		M20	150	00:01:34	<b>00:29:12.90</b>	<b>00:30:47.50</b>	+00:13:11 (45.2%)	5:50	10.3 (55.1%)
797	<b>WIŚNIEWSKA-KRAWIEC Beata</b>	<b>938</b>		K40	44	00:00:21	<b>00:29:13.65</b>	<b>00:29:35.55</b>	+00:13:12 (45.2%)	5:50	10.3 (55.1%)
798	<b>CZECZINSKA Pamela</b>	<b>857</b>		K20	68	00:01:03	<b>00:29:15.60</b>	<b>00:30:19.10</b>	+00:13:14 (45.3%)	5:51	10.3 (55.1%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
799	<b>FLORCZAK Barbara</b>	<b>1355</b>		K30	81	00:00:24	<b>00:29:15.85</b>	<b>00:29:39.90</b>	+00:13:14 (45.3%)	5:51	10.3 (55.1%)
799	<b>SIUDA Anita</b>	<b>220</b>		K20	69	00:00:11	<b>00:29:15.85</b>	<b>00:29:27.65</b>	+00:13:14 (45.3%)	5:51	10.3 (55.1%)
801	<b>PYSZKA Maciej</b>	<b>1413</b>		M20	151	00:01:33	<b>00:29:16.35</b>	<b>00:30:49.95</b>	+00:13:15 (45.3%)	5:51	10.3 (55.1%)
802	<b>URBAŃSKA Patrycja</b>	<b>289</b>		K20	70	00:00:34	<b>00:29:16.50</b>	<b>00:29:50.60</b>	+00:13:15 (45.3%)	5:51	10.3 (55.1%)
802	<b>JURUŚ Jolanta</b>	<b>903</b>	PARKRUN	K50	11	00:00:18	<b>00:29:16.50</b>	<b>00:29:35.25</b>	+00:13:15 (45.3%)	5:51	10.2 (54.5%)
804	<b>NOWICKA Justyna</b>	<b>487</b>		K30	82	00:00:51	<b>00:29:17.05</b>	<b>00:30:08.05</b>	+00:13:15 (45.3%)	5:51	10.2 (54.5%)
805	<b>GAWRYCH Adam</b>	<b>698</b>		M20	152	00:00:44	<b>00:29:19.00</b>	<b>00:30:03.65</b>	+00:13:17 (45.4%)	5:51	10.2 (54.5%)
806	<b>CZECH Dominika</b>	<b>699</b>		K20	71	00:00:44	<b>00:29:19.05</b>	<b>00:30:04.00</b>	+00:13:17 (45.4%)	5:52	10.2 (54.5%)
807	<b>SAWIŃSKI Łukasz</b>	<b>601</b>		M20	153	00:00:53	<b>00:29:20.70</b>	<b>00:30:13.80</b>	+00:13:19 (45.4%)	5:52	10.2 (54.5%)
808	<b>PRZEWOŹNIAK Rafał</b>	<b>37</b>		M20	154	00:01:05	<b>00:29:20.90</b>	<b>00:30:26.50</b>	+00:13:19 (45.4%)	5:52	10.2 (54.5%)
809	<b>MIKOŁAJEWSKI Jacek</b>	<b>263</b>	ROWERBYDGOSZCZ.PL	M40	125	00:01:13	<b>00:29:22.50</b>	<b>00:30:35.55</b>	+00:13:21 (45.5%)	5:52	10.2 (54.5%)
810	<b>WILMA Patrycja</b>	<b>814</b>		K20	72	00:01:07	<b>00:29:22.85</b>	<b>00:30:30.40</b>	+00:13:21 (45.5%)	5:52	10.2 (54.5%)
811	<b>TOMCZAK Krzysztof</b>	<b>1160</b>		M20	155	00:00:40	<b>00:29:22.90</b>	<b>00:30:03.70</b>	+00:13:21 (45.5%)	5:52	10.2 (54.5%)
812	<b>BUBLIK Aleksandra</b>	<b>245</b>		K20	73	00:01:02	<b>00:29:24.50</b>	<b>00:30:27.40</b>	+00:13:23 (45.5%)	5:53	10.2 (54.5%)
813	<b>MALINOWSKI Mateusz</b>	<b>880</b>		M20	156	00:00:36	<b>00:29:24.95</b>	<b>00:30:01.25</b>	+00:13:23 (45.5%)	5:53	10.2 (54.5%)
814	<b>KAJKO Wiktoria</b>	<b>452</b>		K10	17	00:01:04	<b>00:29:25.60</b>	<b>00:30:30.50</b>	+00:13:24 (45.6%)	5:53	10.2 (54.5%)
815	<b>WĘGLARZ Arleta</b>	<b>706</b>		K20	74	00:00:37	<b>00:29:27.15</b>	<b>00:30:04.15</b>	+00:13:26 (45.6%)	5:53	10.2 (54.5%)
816	<b>TOMCZAK Marzena</b>	<b>1161</b>		K20	75	00:00:39	<b>00:29:28.05</b>	<b>00:30:07.55</b>	+00:13:26 (45.6%)	5:53	10.2 (54.5%)
817	<b>GABRICH Żanetta</b>	<b>717</b>		K40	45	00:00:20	<b>00:29:28.10</b>	<b>00:29:49.05</b>	+00:13:27 (45.6%)	5:53	10.2 (54.5%)
818	<b>MIKOŁAJCZAK Jędrzej</b>	<b>691</b>		M10	34	00:00:58	<b>00:29:29.65</b>	<b>00:30:28.15</b>	+00:13:28 (45.7%)	5:54	10.2 (54.5%)
819	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>957</b>		K30	83	00:00:44	<b>00:29:29.70</b>	<b>00:30:13.85</b>	+00:13:28 (45.7%)	5:53	10.2 (54.5%)
820	<b>BRUSKA Agata</b>	<b>1034</b>		K10	18	00:00:01	<b>00:29:30.55</b>	<b>00:29:32.45</b>	+00:13:29 (45.7%)	5:54	10.2 (54.5%)
821	<b>POKRZYWIŃSKA Dorota</b>	<b>315</b>		K40	46	00:01:30	<b>00:29:30.75</b>	<b>00:31:00.95</b>	+00:13:29 (45.7%)	5:54	10.2 (54.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
822	<b>MODRZEWSKI Łukasz</b>	<b>436</b>		M40	126	00:00:30	<b>00:29:31.00</b>	<b>00:30:01.55</b>	+00:13:29 (45.7%)	5:54	10.2 (54.5%)
823	<b>KONKEL Bartosz</b>	<b>405</b>		M30	191	00:01:13	<b>00:29:31.65</b>	<b>00:30:45.60</b>	+00:13:30 (45.8%)	5:54	10.2 (54.5%)
824	<b>PASIEKA Tomasz</b>	<b>711</b>		M40	127	00:01:19	<b>00:29:32.60</b>	<b>00:30:52.35</b>	+00:13:31 (45.8%)	5:54	10.2 (54.5%)
825	<b>KONKEL Agata</b>	<b>750</b>		K30	84	00:01:15	<b>00:29:32.90</b>	<b>00:30:47.90</b>	+00:13:31 (45.8%)	5:54	10.2 (54.5%)
826	<b>BOJAKOWSKA Małgorzata</b>	<b>859</b>	BYDGOSKIE ZÓŁWIE	K40	47	00:01:03	<b>00:29:33.15</b>	<b>00:30:36.70</b>	+00:13:32 (45.8%)	5:54	10.2 (54.5%)
827	<b>KOSECKA Justyna</b>	<b>1309</b>	ORTIMED RUNNERS TEAM	K30	85	00:01:18	<b>00:29:33.80</b>	<b>00:30:52.60</b>	+00:13:32 (45.8%)	5:54	10.1 (54.0%)
828	<b>SMOLIŃSKA Beata</b>	<b>644</b>	SIEDEM DZIEWCZĄT Z ALBATROSA	K40	48	00:01:42	<b>00:29:33.95</b>	<b>00:31:16.25</b>	+00:13:32 (45.8%)	5:54	10.1 (54.0%)
829	<b>PASIEKA Magda</b>	<b>710</b>	MAM TĘ MOC	K30	86	00:01:17	<b>00:29:34.25</b>	<b>00:30:52.05</b>	+00:13:33 (45.8%)	5:55	10.1 (54.0%)
830	<b>DUTKIEWICZ Urszula</b>	<b>1056</b>	TKKF KOLEJARZ BYDGOSZCZ	K30	87	00:00:43	<b>00:29:34.35</b>	<b>00:30:17.60</b>	+00:13:33 (45.8%)	5:54	10.1 (54.0%)
831	<b>BASZANOWSKA Sylwia</b>	<b>959</b>		K40	49	00:01:00	<b>00:29:34.45</b>	<b>00:30:34.65</b>	+00:13:33 (45.8%)	5:54	10.1 (54.0%)
832	<b>CHODOR Tomasz</b>	<b>204</b>		M40	128	00:00:40	<b>00:29:34.90</b>	<b>00:30:15.25</b>	+00:13:33 (45.9%)	5:55	10.1 (54.0%)
833	<b>OKONEK Marcin</b>	<b>1042</b>	KLUBZDROWIA24H	M40	129	00:00:56	<b>00:29:35.35</b>	<b>00:30:31.70</b>	+00:13:34 (45.9%)	5:55	10.1 (54.0%)
833	<b>MOLENDĄ Patrycja</b>	<b>768</b>	KLINIKA TRIATHLONU TEAM	K20	76	00:01:30	<b>00:29:35.35</b>	<b>00:31:06.10</b>	+00:13:34 (45.9%)	5:55	10.1 (54.0%)
835	<b>ŻURAWSKI Michał</b>	<b>921</b>	RUN LOTTO-BYDGOSTIA	M40	130	00:01:31	<b>00:29:35.95</b>	<b>00:31:07.70</b>	+00:13:34 (45.9%)	5:55	10.1 (54.0%)
836	<b>PRZEWOŹNIAK Marta</b>	<b>780</b>		K20	77	00:01:06	<b>00:29:36.40</b>	<b>00:30:43.00</b>	+00:13:35 (45.9%)	5:55	10.1 (54.0%)
837	<b>PODOLSKI Mariusz</b>	<b>1189</b>	EVERYDAYRUNNING TEAM	M20	157	00:01:48	<b>00:29:36.70</b>	<b>00:31:25.45</b>	+00:13:35 (45.9%)	5:55	10.1 (54.0%)
838	<b>RONKIEWICZ Bartosz</b>	<b>1084</b>	SPORT FACTORY	M30	192	00:01:09	<b>00:29:36.80</b>	<b>00:30:46.30</b>	+00:13:35 (45.9%)	5:55	10.1 (54.0%)
839	<b>SZATKOWSKA Beata</b>	<b>469</b>		K50	12	00:01:22	<b>00:29:37.10</b>	<b>00:30:59.40</b>	+00:13:36 (45.9%)	5:55	10.1 (54.0%)
840	<b>GAŁCZYŃSKI Piotr</b>	<b>48</b>		M20	158	00:00:24	<b>00:29:38.65</b>	<b>00:30:02.70</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)
841	<b>SZCZEPAŃSKA-DOLNA Edyta</b>	<b>1339</b>		K40	50	00:00:33	<b>00:29:38.70</b>	<b>00:30:12.35</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)
842	<b>CHLEBOSZ Sylwia</b>	<b>932</b>		K30	88	00:00:33	<b>00:29:38.75</b>	<b>00:30:12.35</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)
843	<b>KACZMAREK Anna</b>	<b>85</b>		K30	89	00:00:23	<b>00:29:38.85</b>	<b>00:30:02.40</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)
844	<b>RONKIEWICZ Dorota</b>	<b>1083</b>	SPORT FACTORY	K40	51	00:01:07	<b>00:29:38.90</b>	<b>00:30:46.45</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
845	<b>GAJEK Agnieszka</b>	<b>355</b>	ASSECO ACTIVE TEAM	K30	90	00:00:39	<b>00:29:38.95</b>	<b>00:30:18.05</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)
846	<b>KUKLIŃSKI Rafał</b>	<b>331</b>		M30	193	00:01:15	<b>00:29:39.05</b>	<b>00:30:54.05</b>	+00:13:37 (46.0%)	5:55	10.1 (54.0%)
847	<b>POLEWSKI Damian</b>	<b>1024</b>		M30	194	00:00:44	<b>00:29:39.25</b>	<b>00:30:23.45</b>	+00:13:38 (46.0%)	5:55	10.1 (54.0%)
848	<b>PIASECKI Damian</b>	<b>1137</b>	DYNAMO SKARPA	M30	195	00:00:40	<b>00:29:39.50</b>	<b>00:30:19.90</b>	+00:13:38 (46.0%)	5:55	10.1 (54.0%)
849	<b>WARACZEWSKI Paweł</b>	<b>88</b>		M30	196	00:00:23	<b>00:29:39.60</b>	<b>00:30:02.70</b>	+00:13:38 (46.0%)	5:55	10.1 (54.0%)
849	<b>MAKOWSKA Justyna</b>	<b>354</b>	TASAK TEAM	K30	91	00:00:38	<b>00:29:39.60</b>	<b>00:30:18.20</b>	+00:13:38 (46.0%)	5:56	10.1 (54.0%)
851	<b>GRABARSKA Agata</b>	<b>1023</b>		K20	78	00:00:43	<b>00:29:39.70</b>	<b>00:30:23.30</b>	+00:13:38 (46.0%)	5:56	10.1 (54.0%)
852	<b>PÓŁGĘSEK Rafał</b>	<b>63</b>		M40	131	00:02:04	<b>00:29:41.60</b>	<b>00:31:46.10</b>	+00:13:40 (46.1%)	5:56	10.1 (54.0%)
853	<b>MILER Adam</b>	<b>838</b>		M20	159	00:01:51	<b>00:29:41.85</b>	<b>00:31:33.00</b>	+00:13:40 (46.1%)	5:56	10.1 (54.0%)
854	<b>BRONIKOWSKA Berenike</b>	<b>839</b>		K20	79	00:01:51	<b>00:29:41.90</b>	<b>00:31:32.90</b>	+00:13:40 (46.1%)	5:56	10.1 (54.0%)
855	<b>SKWAREK Agata</b>	<b>1319</b>		K20	80	00:00:51	<b>00:29:43.30</b>	<b>00:30:35.15</b>	+00:13:42 (46.1%)	5:56	10.1 (54.0%)
856	<b>ŁUKAWSKI Damian</b>	<b>1168</b>		M20	160	00:00:05	<b>00:29:43.55</b>	<b>00:29:48.80</b>	+00:13:42 (46.1%)	5:56	10.1 (54.0%)
857	<b>MARC Agnieszka</b>	<b>863</b>		K40	52	00:01:34	<b>00:29:44.20</b>	<b>00:31:18.50</b>	+00:13:43 (46.1%)	5:56	10.1 (54.0%)
858	<b>SIWKOWSKI Dawid</b>	<b>574</b>	BARDZO LUBIĘ	M20	161	00:01:28	<b>00:29:45.05</b>	<b>00:31:13.60</b>	+00:13:43 (46.2%)	5:57	10.1 (54.0%)
859	<b>WIATROWSKA Izabela</b>	<b>1248</b>		K30	92	00:00:08	<b>00:29:45.60</b>	<b>00:29:53.80</b>	+00:13:44 (46.2%)	5:57	10.1 (54.0%)
860	<b>ŻMICH Aleksandra</b>	<b>813</b>		K30	93	00:00:35	<b>00:29:47.40</b>	<b>00:30:22.95</b>	+00:13:46 (46.2%)	5:57	10.1 (54.0%)
861	<b>PERA Marek</b>	<b>951</b>		M30	197	00:01:28	<b>00:29:49.35</b>	<b>00:31:17.90</b>	+00:13:48 (46.3%)	5:57	10.1 (54.0%)
862	<b>KUFLEWICZ Justyna</b>	<b>755</b>		K20	81	00:00:58	<b>00:29:50.40</b>	<b>00:30:48.40</b>	+00:13:49 (46.3%)	5:58	10.1 (54.0%)
863	<b>PALIŃSKI Grzegorz</b>	<b>1129</b>		M30	198	00:01:32	<b>00:29:51.80</b>	<b>00:31:24.00</b>	+00:13:50 (46.4%)	5:58	10 (53.5%)
864	<b>SZULAKOWSKI Tomasz</b>	<b>1175</b>	KURCZE JAK DALEKO	M40	132	00:01:22	<b>00:29:51.95</b>	<b>00:31:14.55</b>	+00:13:50 (46.4%)	5:58	10 (53.5%)
865	<b>ŁABENDA Piotr</b>	<b>889</b>	TERENOWA MASAKRA TEAM	M40	133	00:01:22	<b>00:29:52.05</b>	<b>00:31:14.55</b>	+00:13:50 (46.4%)	5:58	10 (53.5%)
866	<b>BRZOZOWSKI Krzysztof</b>	<b>388</b>		M30	199	00:01:40	<b>00:29:52.20</b>	<b>00:31:32.20</b>	+00:13:51 (46.4%)	5:58	10 (53.5%)
867	<b>KWASIGROCH Ida</b>	<b>836</b>		K20	82	00:01:36	<b>00:29:53.90</b>	<b>00:31:30.05</b>	+00:13:52 (46.4%)	5:58	10 (53.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
868	<b>MIKUŁA Tomasz</b>	<b>41</b>	GORDON RUN	M30	200	00:01:25	<b>00:29:54.45</b>	<b>00:31:19.95</b>	+00:13:53 (46.4%)	5:58	10 (53.5%)
869	<b>SZULAKOWSKI Rafał</b>	<b>621</b>	TERENOWA MASAKRA TEAM	M40	134	00:01:19	<b>00:29:54.60</b>	<b>00:31:14.45</b>	+00:13:53 (46.4%)	5:59	10 (53.5%)
870	<b>SZULAKOWSKA Patrycja</b>	<b>672</b>	TERENOWA MASAKRA TEAM	K30	94	00:01:19	<b>00:29:54.70</b>	<b>00:31:14.30</b>	+00:13:53 (46.4%)	5:59	10 (53.5%)
871	<b>KUJAWA Eugeniusz</b>	<b>1331</b>	TERENOWA MASAKRA TEAM	M50	51	00:01:19	<b>00:29:54.75</b>	<b>00:31:14.50</b>	+00:13:53 (46.4%)	5:59	10 (53.5%)
872	<b>OSIŃSKA Alicja</b>	<b>1127</b>	AA	K30	95	00:01:30	<b>00:29:55.40</b>	<b>00:31:25.60</b>	+00:13:54 (46.5%)	5:59	10 (53.5%)
873	<b>KUJAWA Patryk</b>	<b>795</b>	DYNAMO SKARPA	M20	162	00:00:41	<b>00:29:55.65</b>	<b>00:30:36.80</b>	+00:13:54 (46.5%)	5:59	10 (53.5%)
874	<b>OSIŃSKI Adam</b>	<b>1128</b>	AA	M40	135	00:01:29	<b>00:29:55.85</b>	<b>00:31:25.60</b>	+00:13:54 (46.5%)	5:59	10 (53.5%)
875	<b>BRAĞIEL Jakub</b>	<b>51</b>	VEGE RUNNERS	M30	201	00:01:55	<b>00:29:57.50</b>	<b>00:31:53.35</b>	+00:13:56 (46.5%)	5:59	10 (53.5%)
876	<b>MIKA Monika</b>	<b>417</b>		K20	83	00:01:38	<b>00:29:57.75</b>	<b>00:31:35.95</b>	+00:13:56 (46.5%)	5:59	10 (53.5%)
877	<b>MŁYNARCZYK Monika</b>	<b>1019</b>		K20	84	00:00:51	<b>00:30:00.40</b>	<b>00:30:52.10</b>	+00:13:59 (46.6%)	6:00	10 (53.5%)
878	<b>KULA Karol</b>	<b>1303</b>		M30	202	00:00:33	<b>00:30:01.45</b>	<b>00:30:34.50</b>	+00:14:00 (46.6%)	6:00	10 (53.5%)
878	<b>RAUNEST Katarzyna</b>	<b>599</b>		K20	85	00:01:21	<b>00:30:01.45</b>	<b>00:31:23.15</b>	+00:14:00 (46.6%)	6:00	10 (53.5%)
880	<b>JARUSZEWSKA Jowita</b>	<b>1337</b>		K40	53	00:00:47	<b>00:30:02.00</b>	<b>00:30:49.95</b>	+00:14:00 (46.7%)	6:00	10 (53.5%)
881	<b>JANIK Mariusz</b>	<b>937</b>		M40	136	00:01:10	<b>00:30:02.10</b>	<b>00:31:13.00</b>	+00:14:01 (46.7%)	6:00	10 (53.5%)
882	<b>MIKOŁAJCZAK Jan</b>	<b>690</b>		M10	35	00:00:58	<b>00:30:02.45</b>	<b>00:31:00.75</b>	+00:14:01 (46.7%)	6:00	10 (53.5%)
883	<b>GROD-OBREMSKA Monika</b>	<b>872</b>		K40	54	00:00:33	<b>00:30:03.40</b>	<b>00:30:36.90</b>	+00:14:02 (46.7%)	6:00	10 (53.5%)
884	<b>GEHRKE Eliza</b>	<b>1377</b>		K40	55	00:01:04	<b>00:30:05.25</b>	<b>00:31:09.70</b>	+00:14:04 (46.8%)	6:01	10 (53.5%)
885	<b>SZCZEPANIAK Beata</b>	<b>902</b>	KLUB ZDROWIA	K40	56	00:00:34	<b>00:30:06.10</b>	<b>00:30:40.45</b>	+00:14:05 (46.8%)	6:01	10 (53.5%)
886	<b>CHRÓŚCIŃSKI Michał</b>	<b>359</b>	MANUFATURA SŁODYCZY KARMELOWA KRAINA	M20	163	00:01:24	<b>00:30:06.55</b>	<b>00:31:30.95</b>	+00:14:05 (46.8%)	6:01	10 (53.5%)
887	<b>ZUZA-WITKOWSKA Anna</b>	<b>93</b>		K40	57	00:01:14	<b>00:30:07.75</b>	<b>00:31:22.10</b>	+00:14:06 (46.8%)	6:01	10 (53.5%)
888	<b>ANTCZAK Karolina</b>	<b>867</b>		K30	96	00:01:08	<b>00:30:07.95</b>	<b>00:31:16.90</b>	+00:14:06 (46.8%)	6:01	10 (53.5%)
888	<b>SOBIERAJSKI Łukasz</b>	<b>225</b>		M20	164	00:01:18	<b>00:30:07.95</b>	<b>00:31:26.75</b>	+00:14:06 (46.8%)	6:01	10 (53.5%)
890	<b>STRABEL Bartosz</b>	<b>79</b>		M20	165	00:00:49	<b>00:30:08.55</b>	<b>00:30:57.55</b>	+00:14:07 (46.9%)	6:01	10 (53.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
891	<b>DUDZIAK Michał</b>	<b>207</b>	CPR BYDGOSZCZ	M30	203	00:01:38	<b>00:30:08.70</b>	<b>00:31:47.30</b>	+00:14:07 (46.9%)	6:01	10 (53.5%)
891	<b>ANTCZAK Filip</b>	<b>866</b>		M30	204	00:01:08	<b>00:30:08.70</b>	<b>00:31:16.95</b>	+00:14:07 (46.9%)	6:01	10 (53.5%)
893	<b>PAWSKI Przemysław</b>	<b>335</b>	BIEGAJĄCE KEBABY	M20	166	00:01:16	<b>00:30:09.20</b>	<b>00:31:25.90</b>	+00:14:08 (46.9%)	6:01	10 (53.5%)
894	<b>SOSIŃSKA Agata</b>	<b>146</b>		K20	86	00:00:48	<b>00:30:09.40</b>	<b>00:30:57.60</b>	+00:14:08 (46.9%)	6:01	10 (53.5%)
895	<b>KWASIGROCH Krzysztof</b>	<b>1229</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	52	00:01:20	<b>00:30:09.70</b>	<b>00:31:30.10</b>	+00:14:08 (46.9%)	6:02	9.9 (52.9%)
896	<b>KMIEĆ Norbert</b>	<b>348</b>		M40	137	00:00:28	<b>00:30:17.00</b>	<b>00:30:45.80</b>	+00:14:15 (47.1%)	6:03	9.9 (52.9%)
897	<b>DANIELEK Adam</b>	<b>24</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M30	205	00:01:02	<b>00:30:18.55</b>	<b>00:31:21.10</b>	+00:14:17 (47.2%)	6:03	9.9 (52.9%)
898	<b>NOWAK Mariola</b>	<b>377</b>		K40	58	00:00:06	<b>00:30:18.70</b>	<b>00:30:25.60</b>	+00:14:17 (47.2%)	6:03	9.9 (52.9%)
899	<b>NOWAK Anna</b>	<b>380</b>		K20	87	00:00:06	<b>00:30:18.80</b>	<b>00:30:25.60</b>	+00:14:17 (47.2%)	6:03	9.9 (52.9%)
900	<b>KUZIOŁA Marcin</b>	<b>972</b>		M30	206	00:01:27	<b>00:30:19.50</b>	<b>00:31:47.10</b>	+00:14:18 (47.2%)	6:04	9.9 (52.9%)
901	<b>MIŁKOWSKA Monika</b>	<b>725</b>		K30	97	00:01:27	<b>00:30:19.80</b>	<b>00:31:47.30</b>	+00:14:18 (47.2%)	6:04	9.9 (52.9%)
902	<b>MIKOŁAJCZAK Magdalena</b>	<b>689</b>		K40	59	00:00:58	<b>00:30:20.45</b>	<b>00:31:19.15</b>	+00:14:19 (47.2%)	6:04	9.9 (52.9%)
903	<b>STELMACH Agata</b>	<b>1188</b>	3ATHLETE	K20	88	00:01:08	<b>00:30:20.50</b>	<b>00:31:29.45</b>	+00:14:19 (47.2%)	6:04	9.9 (52.9%)
904	<b>HARACEWIAT Cezary</b>	<b>935</b>		M50	53	00:01:15	<b>00:30:22.05</b>	<b>00:31:37.25</b>	+00:14:20 (47.3%)	6:04	9.9 (52.9%)
905	<b>KUBOWICZ Piotr</b>	<b>739</b>	MAŁGOŚ...TEAM	M50	54	00:00:45	<b>00:30:23.15</b>	<b>00:31:09.10</b>	+00:14:22 (47.3%)	6:04	9.9 (52.9%)
906	<b>SOBCZYŃSKA Aleksandra</b>	<b>112</b>	GRAŻYNY BIEGANIA	K20	89	00:01:19	<b>00:30:23.35</b>	<b>00:31:42.55</b>	+00:14:22 (47.3%)	6:04	9.9 (52.9%)
907	<b>BUDZIŃSKA Anita</b>	<b>1370</b>		K40	60	00:00:24	<b>00:30:24.45</b>	<b>00:30:48.90</b>	+00:14:23 (47.3%)	6:04	9.9 (52.9%)
908	<b>PŁACZKOWSKA Justyna</b>	<b>449</b>	WEEKENDOWY BIEGACZ	K20	90	00:00:18	<b>00:30:24.95</b>	<b>00:30:42.95</b>	+00:14:23 (47.3%)	6:04	9.9 (52.9%)
909	<b>GRABSKA Sylwia</b>	<b>278</b>		K20	91	00:00:35	<b>00:30:27.80</b>	<b>00:31:02.90</b>	+00:14:26 (47.4%)	6:05	9.9 (52.9%)
910	<b>WITKOWSKA Karolina</b>	<b>875</b>	CZARNE STOPY.SM	K40	61	00:01:07	<b>00:30:30.15</b>	<b>00:31:38.00</b>	+00:14:29 (47.5%)	6:06	9.8 (52.4%)
911	<b>WRZYSZCZ Marzena</b>	<b>669</b>		K30	98	00:01:33	<b>00:30:30.45</b>	<b>00:32:04.10</b>	+00:14:29 (47.5%)	6:06	9.8 (52.4%)
912	<b>KOZAK Krzysztof</b>	<b>941</b>	BIEGAMYRAZEM	M50	55	00:01:02	<b>00:30:30.85</b>	<b>00:31:33.75</b>	+00:14:29 (47.5%)	6:06	9.8 (52.4%)
913	<b>KOZAK Alicja</b>	<b>943</b>	BIEGAMYRAZEM	K10	19	00:01:01	<b>00:30:31.25</b>	<b>00:31:33.20</b>	+00:14:30 (47.5%)	6:06	9.8 (52.4%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
914	<b>WRZYSZCZ Adam</b>	<b>1181</b>		M40	138	00:01:34	<b>00:30:31.70</b>	<b>00:32:05.70</b>	+00:14:30 (47.5%)	6:06	9.8 (52.4%)
915	<b>GABRIELSKI Dariusz</b>	<b>998</b>	KLUBZDROWIA24H	M40	139	00:00:57	<b>00:30:33.65</b>	<b>00:31:31.50</b>	+00:14:32 (47.6%)	6:06	9.8 (52.4%)
916	<b>KOLASA Robert</b>	<b>651</b>		M30	207	00:00:56	<b>00:30:34.85</b>	<b>00:31:31.45</b>	+00:14:33 (47.6%)	6:07	9.8 (52.4%)
916	<b>WAWERKA Aleksandra</b>	<b>1182</b>		K20	92	00:00:03	<b>00:30:34.85</b>	<b>00:30:38.35</b>	+00:14:33 (47.6%)	6:07	9.8 (52.4%)
918	<b>MICHALSKA Aleksandra</b>	<b>152</b>		K40	62	00:00:34	<b>00:30:35.45</b>	<b>00:31:09.80</b>	+00:14:34 (47.6%)	6:07	9.8 (52.4%)
919	<b>ŚMIESZEK Mateusz</b>	<b>1323</b>		M20	167	00:01:03	<b>00:30:35.60</b>	<b>00:31:39.15</b>	+00:14:34 (47.6%)	6:07	9.8 (52.4%)
920	<b>WOŁOSIŃSKA Małgorzata</b>	<b>1320</b>		K20	93	00:01:02	<b>00:30:36.65</b>	<b>00:31:39.55</b>	+00:14:35 (47.7%)	6:07	9.8 (52.4%)
921	<b>ORZECHOWSKI Michał</b>	<b>5</b>		M30	208	00:01:21	<b>00:30:38.00</b>	<b>00:31:59.75</b>	+00:14:36 (47.7%)	6:07	9.8 (52.4%)
922	<b>POLAKIEWICZ Dariusz</b>	<b>448</b>	SOLECCY BIEGACZE	M50	56	00:00:20	<b>00:30:39.65</b>	<b>00:31:00.25</b>	+00:14:38 (47.8%)	6:08	9.8 (52.4%)
923	<b>BONALSKA Magdalena</b>	<b>155</b>	RUN BYDGOSZCZ	K30	99	00:01:27	<b>00:30:40.45</b>	<b>00:32:08.25</b>	+00:14:39 (47.8%)	6:08	9.8 (52.4%)
924	<b>SZALA Monika</b>	<b>1101</b>	ICH DWOJE	K30	100	00:01:32	<b>00:30:40.65</b>	<b>00:32:13.15</b>	+00:14:39 (47.8%)	6:08	9.8 (52.4%)
925	<b>BYCZYŃSKI Michał</b>	<b>421</b>		M20	168	00:01:29	<b>00:30:42.20</b>	<b>00:32:11.45</b>	+00:14:41 (47.8%)	6:08	9.8 (52.4%)
926	<b>KOZIŃSKI Tomasz</b>	<b>718</b>	BYDGOSKIE ŻÓŁWIE	M40	140	00:01:02	<b>00:30:43.80</b>	<b>00:31:46.35</b>	+00:14:42 (47.9%)	6:08	9.8 (52.4%)
927	<b>SZCZEPANEK-KOZIŃSKA Justyna</b>	<b>1353</b>	1 BLOG	K30	101	00:00:59	<b>00:30:46.35</b>	<b>00:31:45.45</b>	+00:14:45 (47.9%)	6:09	9.8 (52.4%)
928	<b>MAKLAKIEWICZ Agnieszka</b>	<b>680</b>		K30	102	00:00:17	<b>00:30:51.40</b>	<b>00:31:08.50</b>	+00:14:50 (48.1%)	6:10	9.7 (51.9%)
929	<b>NACZKE Anna</b>	<b>1208</b>		K20	94	00:01:17	<b>00:30:52.85</b>	<b>00:32:10.25</b>	+00:14:51 (48.1%)	6:10	9.7 (51.9%)
930	<b>MAKOWSKA Justyna</b>	<b>953</b>		K30	103	00:00:42	<b>00:30:53.40</b>	<b>00:31:36.35</b>	+00:14:52 (48.1%)	6:10	9.7 (51.9%)
931	<b>KATLEWSKA Marika</b>	<b>128</b>		K30	104	00:01:12	<b>00:30:56.50</b>	<b>00:32:08.55</b>	+00:14:55 (48.2%)	6:11	9.7 (51.9%)
932	<b>CISZEWSKI Paweł</b>	<b>1013</b>		M20	169	00:01:38	<b>00:30:58.50</b>	<b>00:32:36.60</b>	+00:14:57 (48.3%)	6:11	9.7 (51.9%)
933	<b>LUBIŃSKA Patrycja</b>	<b>1098</b>		K20	95	00:00:13	<b>00:30:58.55</b>	<b>00:31:11.55</b>	+00:14:57 (48.3%)	6:11	9.7 (51.9%)
934	<b>FRANCISZKIEWICZ Monika</b>	<b>103</b>	RODOS TEAM	K20	96	00:00:50	<b>00:30:58.80</b>	<b>00:31:49.05</b>	+00:14:57 (48.3%)	6:11	9.7 (51.9%)
935	<b>PIÓRKOWSKA Aga</b>	<b>54</b>		K30	105	00:01:16	<b>00:30:59.55</b>	<b>00:32:16.50</b>	+00:14:58 (48.3%)	6:12	9.7 (51.9%)
936	<b>MICHTA Iwona</b>	<b>934</b>	SPÓJNIA BIAŁE BŁOTA	K30	106	00:00:57	<b>00:30:59.75</b>	<b>00:31:57.40</b>	+00:14:58 (48.3%)	6:12	9.7 (51.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
937	<b>ARENT Jan</b>	<b>1213</b>		M50	57	00:01:20	<b>00:31:00.20</b>	<b>00:32:20.75</b>	+00:14:59 (48.3%)	6:12	9.7 (51.9%)
938	<b>MICHALSKA Daria</b>	<b>798</b>	SZAFIRKI	K20	97	00:01:16	<b>00:31:11.65</b>	<b>00:32:28.15</b>	+00:15:10 (48.6%)	6:14	9.6 (51.3%)
938	<b>MICHALSKI Piotr</b>	<b>800</b>		M20	170	00:01:16	<b>00:31:11.65</b>	<b>00:32:27.95</b>	+00:15:10 (48.6%)	6:14	9.6 (51.3%)
940	<b>KUK Sylwia</b>	<b>536</b>		K30	107	00:01:04	<b>00:31:13.25</b>	<b>00:32:18.15</b>	+00:15:12 (48.7%)	6:14	9.6 (51.3%)
941	<b>BŁASZKIEWICZ Marzena</b>	<b>956</b>		K30	108	00:00:44	<b>00:31:13.35</b>	<b>00:31:58.05</b>	+00:15:12 (48.7%)	6:14	9.6 (51.3%)
942	<b>PATRZAŁEK Tomasz</b>	<b>508</b>		M40	141	00:01:05	<b>00:31:14.45</b>	<b>00:32:19.95</b>	+00:15:13 (48.7%)	6:14	9.6 (51.3%)
943	<b>MAJKOWSKA-LUBIŃSKA Judyta</b>	<b>61</b>		K20	98	00:00:27	<b>00:31:14.55</b>	<b>00:31:41.95</b>	+00:15:13 (48.7%)	6:14	9.6 (51.3%)
944	<b>PATRZAŁEK Małgorzata</b>	<b>511</b>		K40	63	00:01:05	<b>00:31:14.65</b>	<b>00:32:20.10</b>	+00:15:13 (48.7%)	6:15	9.6 (51.3%)
945	<b>LEMIEŻ Andrzej</b>	<b>265</b>	SOLECCY BIEGACZE	M40	142	00:00:15	<b>00:31:15.05</b>	<b>00:31:30.05</b>	+00:15:13 (48.7%)	6:15	9.6 (51.3%)
946	<b>KORNACKA Sylwia</b>	<b>954</b>		K40	64	00:00:43	<b>00:31:15.35</b>	<b>00:31:58.90</b>	+00:15:14 (48.8%)	6:15	9.6 (51.3%)
947	<b>NURKIEWICZ Zofia</b>	<b>271</b>	KUNG FU PANDY 3	K10	20	00:01:43	<b>00:31:15.45</b>	<b>00:32:59.00</b>	+00:15:14 (48.8%)	6:15	9.6 (51.3%)
948	<b>GURYN Wiktor</b>	<b>749</b>		M30	209	00:02:06	<b>00:31:15.60</b>	<b>00:33:21.60</b>	+00:15:14 (48.8%)	6:15	9.6 (51.3%)
949	<b>CHOJNACKA Monika</b>	<b>445</b>		K30	109	00:00:42	<b>00:31:15.90</b>	<b>00:31:58.85</b>	+00:15:14 (48.8%)	6:15	9.6 (51.3%)
950	<b>GROMOWSKA Grażyna</b>	<b>1130</b>	TKKF KOLEJARZ BYDGOSZCZ	K50	13	00:01:22	<b>00:31:19.50</b>	<b>00:32:41.55</b>	+00:15:18 (48.9%)	6:15	9.6 (51.3%)
951	<b>BUSSE Jagoda</b>	<b>970</b>		K30	110	00:00:13	<b>00:31:19.85</b>	<b>00:31:33.75</b>	+00:15:18 (48.9%)	6:16	9.6 (51.3%)
952	<b>JAWORSKI Paweł</b>	<b>554</b>		M30	210	00:00:41	<b>00:31:20.45</b>	<b>00:32:01.50</b>	+00:15:19 (48.9%)	6:16	9.6 (51.3%)
953	<b>AUGUSTYNOWICZ Aurelia</b>	<b>724</b>	RWT W BYDGOSZCZY	K40	65	00:01:17	<b>00:31:20.90</b>	<b>00:32:38.55</b>	+00:15:19 (48.9%)	6:16	9.6 (51.3%)
954	<b>GROCHOWALSKI Arkadiusz</b>	<b>1124</b>		M40	143	00:01:09	<b>00:31:23.80</b>	<b>00:32:32.80</b>	+00:15:22 (49.0%)	6:16	9.6 (51.3%)
955	<b>KUŹNIAR Patryk</b>	<b>693</b>	UMK CM BYDGOSZCZ	M20	171	00:00:41	<b>00:31:27.45</b>	<b>00:32:09.40</b>	+00:15:26 (49.1%)	6:17	9.5 (50.8%)
955	<b>ZAKRZEWSKI Adam</b>	<b>1125</b>		M20	172	00:01:23	<b>00:31:27.45</b>	<b>00:32:50.80</b>	+00:15:26 (49.1%)	6:17	9.5 (50.8%)
957	<b>LIGMANN Anna</b>	<b>529</b>		K30	111	00:01:32	<b>00:31:27.80</b>	<b>00:33:00.75</b>	+00:15:26 (49.1%)	6:17	9.5 (50.8%)
958	<b>GRALAK Jacek</b>	<b>476</b>		M40	144	00:01:01	<b>00:31:34.00</b>	<b>00:32:35.65</b>	+00:15:32 (49.3%)	6:18	9.5 (50.8%)
959	<b>WOŹNIACKA Beata</b>	<b>560</b>	POMÓŻMY JEŻOM	K50	14	00:00:45	<b>00:31:38.75</b>	<b>00:32:24.25</b>	+00:15:37 (49.4%)	6:19	9.5 (50.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
960	<b>BRĄGIEL Anna</b>	<b>92</b>	VEGE RUNNERS	K30	112	00:01:54	<b>00:31:39.05</b>	<b>00:33:33.50</b>	+00:15:37 (49.4%)	6:19	9.5 (50.8%)
961	<b>GRZYWACZ Karolina</b>	<b>236</b>	BBL BYDGOSZCZ	K30	113	00:00:15	<b>00:31:40.00</b>	<b>00:31:55.00</b>	+00:15:38 (49.4%)	6:20	9.5 (50.8%)
961	<b>CHMIELEWSKA Agnieszka</b>	<b>233</b>		K30	114	00:00:14	<b>00:31:40.00</b>	<b>00:31:54.60</b>	+00:15:38 (49.4%)	6:20	9.5 (50.8%)
963	<b>MRÓWCZYŃSKI Mikołaj</b>	<b>737</b>	MRÓWKI	M10	36	00:00:38	<b>00:31:41.95</b>	<b>00:32:20.55</b>	+00:15:40 (49.5%)	6:20	9.5 (50.8%)
964	<b>DERDA Hanna</b>	<b>1021</b>	-	K50	15	00:00:48	<b>00:31:43.00</b>	<b>00:32:31.95</b>	+00:15:41 (49.5%)	6:20	9.5 (50.8%)
965	<b>KACZMAREK Agnieszka</b>	<b>531</b>		K40	66	00:00:31	<b>00:31:43.05</b>	<b>00:32:14.05</b>	+00:15:41 (49.5%)	6:20	9.5 (50.8%)
966	<b>DERDA Rafał</b>	<b>1022</b>	-	M50	58	00:00:48	<b>00:31:43.60</b>	<b>00:32:32.00</b>	+00:15:42 (49.5%)	6:20	9.5 (50.8%)
967	<b>WYSMOLIŃSKA Barbara</b>	<b>127</b>		K40	67	00:00:57	<b>00:31:46.20</b>	<b>00:32:43.55</b>	+00:15:45 (49.6%)	6:21	9.4 (50.3%)
968	<b>WITKOWSKI Patryk</b>	<b>105</b>		M10	37	00:01:18	<b>00:31:48.10</b>	<b>00:33:06.30</b>	+00:15:47 (49.6%)	6:21	9.4 (50.3%)
969	<b>LUKASIEWICZ Krzysztof</b>	<b>1089</b>		M30	211	00:01:25	<b>00:31:48.45</b>	<b>00:33:14.00</b>	+00:15:47 (49.6%)	6:21	9.4 (50.3%)
970	<b>OKRÓJ Dagmara</b>	<b>625</b>		K30	115	00:00:35	<b>00:31:48.55</b>	<b>00:32:24.25</b>	+00:15:47 (49.6%)	6:21	9.4 (50.3%)
971	<b>PUCHALSKI Rafał</b>	<b>1049</b>	KLUBZDROWIA24H	M40	145	00:00:57	<b>00:31:49.85</b>	<b>00:32:47.25</b>	+00:15:48 (49.7%)	6:22	9.4 (50.3%)
972	<b>LIBERA Sabina</b>	<b>1435</b>	PARKRUN BYDGOSZCZ	K40	68	00:00:55	<b>00:31:50.10</b>	<b>00:32:45.10</b>	+00:15:49 (49.7%)	6:22	9.4 (50.3%)
973	<b>CZAJKOWSKI Kamil</b>	<b>1392</b>	RUN BYDGOSZCZ	M20	173	00:01:21	<b>00:31:50.75</b>	<b>00:33:11.95</b>	+00:15:49 (49.7%)	6:22	9.4 (50.3%)
973	<b>WITKOWSKI Paweł</b>	<b>99</b>		M10	38	00:01:16	<b>00:31:50.75</b>	<b>00:33:07.00</b>	+00:15:49 (49.7%)	6:22	9.4 (50.3%)
975	<b>JAKIMCZUK Przemysław</b>	<b>703</b>		M20	174	00:01:37	<b>00:31:51.25</b>	<b>00:33:28.95</b>	+00:15:50 (49.7%)	6:22	9.4 (50.3%)
976	<b>CHROMIŃSKA Paulina</b>	<b>38</b>		K20	99	00:00:11	<b>00:31:51.60</b>	<b>00:32:02.80</b>	+00:15:50 (49.7%)	6:22	9.4 (50.3%)
977	<b>SOŁOBODOWSKA Weronika</b>	<b>1058</b>		K20	100	00:01:24	<b>00:31:52.40</b>	<b>00:33:17.35</b>	+00:15:51 (49.7%)	6:22	9.4 (50.3%)
978	<b>URBAŃSKA Kamila</b>	<b>1409</b>	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECZNICTWA W BYDGOSZCZY	K30	116	00:00:00	<b>00:31:52.55</b>	<b>00:31:52.55</b>	+00:15:51 (49.7%)	6:22	9.4 (50.3%)
979	<b>ROBAKOWSKI Waldemar</b>	<b>1346</b>		M40	146	00:00:00	<b>00:31:53.05</b>	<b>00:31:53.05</b>	+00:15:51 (49.8%)	6:22	9.4 (50.3%)
980	<b>GRODZKI Daniel</b>	<b>473</b>		M30	212	00:00:27	<b>00:31:55.15</b>	<b>00:32:22.85</b>	+00:15:54 (49.8%)	6:23	9.4 (50.3%)
981	<b>OLKOWSKA Magdalena</b>	<b>828</b>		K30	117	00:01:14	<b>00:31:58.60</b>	<b>00:33:13.10</b>	+00:15:57 (49.9%)	6:23	9.4 (50.3%)
982	<b>PRZYBYLSKA Karolina</b>	<b>444</b>	KLINIKA TRIATHLONU TEAM	K20	101	00:01:35	<b>00:31:59.10</b>	<b>00:33:34.10</b>	+00:15:58 (49.9%)	6:23	9.4 (50.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
983	PRZYBYLSKA Inez	824		K20	102	00:01:34	00:31:59.50	00:33:33.80	+00:15:58 (49.9%)	6:23	9.4 (50.3%)
984	SMERLIŃSKI Robert	2		M30	213	00:01:23	00:32:00.90	00:33:24.50	+00:15:59 (50.0%)	6:24	9.4 (50.3%)
985	SUDOŁ Karolina	984		K30	118	00:01:17	00:32:01.90	00:33:19.10	+00:16:00 (50.0%)	6:24	9.4 (50.3%)
986	TYBURSKI Maciej	347		M30	214	00:01:20	00:32:04.10	00:33:24.25	+00:16:03 (50.0%)	6:24	9.4 (50.3%)
987	RASSALSKA-KAUSA Jola	267		K30	119	00:01:10	00:32:04.25	00:33:14.75	+00:16:03 (50.1%)	6:24	9.4 (50.3%)
988	RASSALSKA Roma	269		K30	120	00:01:10	00:32:04.40	00:33:14.45	+00:16:03 (50.1%)	6:24	9.4 (50.3%)
989	DOBRACKA Anna	89		K20	103	00:01:20	00:32:04.55	00:33:24.60	+00:16:03 (50.1%)	6:24	9.4 (50.3%)
990	CHŁYSTEK Joanna	383		K20	104	00:01:30	00:32:05.35	00:33:36.20	+00:16:04 (50.1%)	6:25	9.3 (49.7%)
991	WAWROWSKA-GRODZKA Marta	470		K30	121	00:00:26	00:32:13.50	00:32:40.40	+00:16:12 (50.3%)	6:26	9.3 (49.7%)
992	BISKUPSKA Maja	378		K18	8	00:01:29	00:32:14.50	00:33:44.35	+00:16:13 (50.3%)	6:27	9.3 (49.7%)
993	ROGALSKA Marcelina	642	BIEGAJĄCE KEBABY	K20	105	00:01:16	00:32:15.35	00:33:31.40	+00:16:14 (50.3%)	6:27	9.3 (49.7%)
994	NOWAKOWSKA Marta	344		K30	122	00:00:37	00:32:16.65	00:32:53.70	+00:16:15 (50.4%)	6:27	9.3 (49.7%)
995	ŻOŁNIERKIEWICZ Katarzyna	927	BBL INOWROCŁAW	K40	69	00:00:51	00:32:17.10	00:33:08.50	+00:16:16 (50.4%)	6:27	9.3 (49.7%)
996	ZIELIŃSKA Justyna	781	SOLECCY BIEGACZE	K30	123	00:01:29	00:32:17.40	00:33:46.85	+00:16:16 (50.4%)	6:27	9.3 (49.7%)
997	WYPYCH-KLUNDER Katarzyna	856		K30	124	00:01:06	00:32:18.50	00:33:25.40	+00:16:17 (50.4%)	6:27	9.3 (49.7%)
998	LASEK Małgorzata	1407		K40	70	00:00:56	00:32:19.50	00:33:15.55	+00:16:18 (50.4%)	6:27	9.3 (49.7%)
999	KUTOWSKI Janusz	306	INTERACT CLUB BYDGOSZCZ	M50	59	00:01:02	00:32:20.55	00:33:23.30	+00:16:19 (50.5%)	6:28	9.3 (49.7%)
1000	SIKORSKI Arkadiusz	1312		M10	39	00:01:43	00:32:21.15	00:34:05.05	+00:16:20 (50.5%)	6:28	9.3 (49.7%)
1001	ZAORSKA Joanna	137		K30	125	00:00:56	00:32:22.15	00:33:18.70	+00:16:21 (50.5%)	6:28	9.3 (49.7%)
1002	PAWLAK Żaneta	461		K40	71	00:00:56	00:32:22.45	00:33:18.80	+00:16:21 (50.5%)	6:28	9.3 (49.7%)
1002	SIKORSKI Norbert	1311		M40	147	00:01:43	00:32:22.45	00:34:06.10	+00:16:21 (50.5%)	6:28	9.3 (49.7%)
1004	SONTOWSKA Sylwia	788		K30	126	00:00:03	00:32:22.50	00:32:26.00	+00:16:21 (50.5%)	6:28	9.3 (49.7%)
1005	BERNADY Maja	910		K10	21	00:01:38	00:32:26.05	00:34:04.35	+00:16:24 (50.6%)	6:29	9.2 (49.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1006	KONOPA Wiktoria	916		K10	22	00:01:38	00:32:26.35	00:34:04.65	+00:16:25 (50.6%)	6:29	9.2 (49.2%)
1007	RYBKA Aldona	81	BIEGINSTALATORA.PL	K40	72	00:01:31	00:32:27.40	00:33:58.80	+00:16:26 (50.6%)	6:29	9.2 (49.2%)
1008	NUNZEK Agnieszka	918		K40	73	00:01:31	00:32:27.70	00:33:59.20	+00:16:26 (50.7%)	6:29	9.2 (49.2%)
1009	DEPKA Agnieszka	493		K30	127	00:01:16	00:32:28.30	00:33:44.80	+00:16:27 (50.7%)	6:29	9.2 (49.2%)
1010	KOTOWSKA-KOWALSKA Anna	1041	GORZEŃ RUN	K30	128	00:01:30	00:32:28.40	00:33:59.00	+00:16:27 (50.7%)	6:29	9.2 (49.2%)
1011	LEPERT Monika	1149	BBL SZUBIN	K20	106	00:01:11	00:32:29.25	00:33:40.30	+00:16:28 (50.7%)	6:29	9.2 (49.2%)
1012	WRZESIŃSKI Wojciech	62	FORDONRUNNERS	M40	148	00:01:29	00:32:29.50	00:33:58.80	+00:16:28 (50.7%)	6:29	9.2 (49.2%)
1013	DUDEK Joanna	1136	FORDONRUNNERS	K30	129	00:01:28	00:32:29.85	00:33:58.40	+00:16:28 (50.7%)	6:30	9.2 (49.2%)
1014	RATAJ Maciej	455		M40	149	00:01:06	00:32:29.90	00:33:36.80	+00:16:28 (50.7%)	6:30	9.2 (49.2%)
1015	RATAJ Szymon	456		M10	40	00:01:06	00:32:29.95	00:33:36.65	+00:16:28 (50.7%)	6:30	9.2 (49.2%)
1016	SCIGOCKA Beata	987		K40	74	00:00:50	00:32:32.85	00:33:23.80	+00:16:31 (50.8%)	6:30	9.2 (49.2%)
1017	BABIŃSKA Agata	614		K30	130	00:01:33	00:32:33.35	00:34:06.80	+00:16:32 (50.8%)	6:30	9.2 (49.2%)
1018	IDCZAK-BOREK Hanna	1257		K40	75	00:01:14	00:32:40.75	00:33:55.35	+00:16:39 (51.0%)	6:32	9.2 (49.2%)
1019	BOREK Marcin	1256		M40	150	00:01:14	00:32:40.90	00:33:55.50	+00:16:39 (51.0%)	6:32	9.2 (49.2%)
1020	MUCHA Natalia	1066	BATRUNNERS	K10	23	00:00:47	00:32:46.50	00:33:33.60	+00:16:45 (51.1%)	6:33	9.2 (49.2%)
1021	ANIUKIEWICZ-KUBAS Anna	1005		K40	76	00:01:35	00:32:47.30	00:34:22.85	+00:16:46 (51.1%)	6:33	9.2 (49.2%)
1022	KONARZEWSKA Jolanta	125		K40	77	00:01:12	00:32:48.00	00:34:00.05	+00:16:46 (51.2%)	6:33	9.1 (48.7%)
1023	WÓJCIK Anna	1300		K30	131	00:00:47	00:32:48.75	00:33:35.90	+00:16:47 (51.2%)	6:33	9.1 (48.7%)
1024	BRUSKA Joanna	1040		K18	9	00:00:02	00:32:51.20	00:32:53.70	+00:16:50 (51.2%)	6:34	9.1 (48.7%)
1025	TRZEBIATOWSKA Agata	215	PRZECHOWO TEAM	K20	107	00:00:22	00:32:52.75	00:33:15.35	+00:16:51 (51.3%)	6:34	9.1 (48.7%)
1026	KĘSKA Rafał	218	PRZECHOWO TEAM	M20	175	00:00:22	00:32:53.70	00:33:15.90	+00:16:52 (51.3%)	6:34	9.1 (48.7%)
1027	HOŁOWNIA-MLECZEK Izabela	334		K30	132	00:00:50	00:32:57.05	00:33:47.40	+00:16:55 (51.4%)	6:35	9.1 (48.7%)
1028	BIERYT Arkadiusz	968		M50	60	00:00:45	00:32:59.65	00:33:44.80	+00:16:58 (51.5%)	6:35	9.1 (48.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1029	<b>MALCZEWSKA Mirka</b>	<b>426</b>	SPORT FAKTORY	K60	3	00:00:57	<b>00:32:59.75</b>	<b>00:33:56.75</b>	+00:16:58 (51.5%)	6:35	9.1 (48.7%)
1030	<b>KOWALSKA Klaudia</b>	<b>213</b>		K18	10	00:01:04	<b>00:33:00.00</b>	<b>00:34:04.10</b>	+00:16:58 (51.5%)	6:36	9.1 (48.7%)
1031	<b>KOWALSKA Katarzyna</b>	<b>216</b>		K30	133	00:01:03	<b>00:33:01.50</b>	<b>00:34:05.30</b>	+00:17:00 (51.5%)	6:36	9.1 (48.7%)
1032	<b>MIROŃCZUK Paweł</b>	<b>1426</b>		M20	176	00:00:35	<b>00:33:01.55</b>	<b>00:33:36.65</b>	+00:17:00 (51.5%)	6:36	9.1 (48.7%)
1033	<b>LASOTA Anna</b>	<b>1425</b>		K30	134	00:00:34	<b>00:33:02.00</b>	<b>00:33:36.50</b>	+00:17:00 (51.5%)	6:36	9.1 (48.7%)
1034	<b>GRALAK Mikołaj</b>	<b>483</b>		M18	15	00:00:58	<b>00:33:02.35</b>	<b>00:34:01.15</b>	+00:17:01 (51.5%)	6:36	9.1 (48.7%)
1035	<b>OSSOWSKI Łukasz</b>	<b>408</b>		M30	215	00:01:39	<b>00:33:04.05</b>	<b>00:34:43.15</b>	+00:17:02 (51.6%)	6:36	9.1 (48.7%)
1036	<b>BOCHAŃSKA Agnieszka</b>	<b>1224</b>	SZYSZKI	K30	135	00:01:34	<b>00:33:06.35</b>	<b>00:34:41.15</b>	+00:17:05 (51.6%)	6:37	9.1 (48.7%)
1037	<b>ROMANOWSKA Barbara</b>	<b>1226</b>	SZYSZKI	K18	11	00:01:34	<b>00:33:06.60</b>	<b>00:34:41.55</b>	+00:17:05 (51.6%)	6:37	9.1 (48.7%)
1038	<b>KUJAWA Sylwia</b>	<b>407</b>	DYNAMO SKARPA	K20	108	00:00:40	<b>00:33:07.35</b>	<b>00:33:47.40</b>	+00:17:06 (51.6%)	6:37	9.1 (48.7%)
1039	<b>KUBAS Marek</b>	<b>1006</b>		M50	61	00:01:35	<b>00:33:09.25</b>	<b>00:34:44.80</b>	+00:17:08 (51.7%)	6:37	9 (48.1%)
1040	<b>MATUSZEWSKA Agnieszka</b>	<b>178</b>		K30	136	00:01:11	<b>00:33:11.65</b>	<b>00:34:23.45</b>	+00:17:10 (51.7%)	6:38	9 (48.1%)
1041	<b>KIELMANN Marcin</b>	<b>1362</b>		M30	216	00:01:09	<b>00:33:13.65</b>	<b>00:34:22.90</b>	+00:17:12 (51.8%)	6:38	9 (48.1%)
1042	<b>WŁODARCZYK Olga</b>	<b>195</b>	#BANANATEAM	K20	109	00:01:27	<b>00:33:15.50</b>	<b>00:34:43.00</b>	+00:17:14 (51.8%)	6:39	9 (48.1%)
1043	<b>FILOSEK Paweł</b>	<b>535</b>		M20	177	00:01:27	<b>00:33:15.90</b>	<b>00:34:43.25</b>	+00:17:14 (51.8%)	6:39	9 (48.1%)
1044	<b>SKALIŃSKA Klaudia</b>	<b>803</b>		K20	110	00:00:24	<b>00:33:17.10</b>	<b>00:33:42.00</b>	+00:17:16 (51.9%)	6:39	9 (48.1%)
1044	<b>GUŻLECKI Krzysztof</b>	<b>804</b>		M20	178	00:00:25	<b>00:33:17.10</b>	<b>00:33:42.20</b>	+00:17:16 (51.9%)	6:39	9 (48.1%)
1046	<b>OSTASZ Katarzyna</b>	<b>920</b>		K20	111	00:01:39	<b>00:33:20.70</b>	<b>00:35:00.65</b>	+00:17:19 (52.0%)	6:40	9 (48.1%)
1047	<b>ŻEBROWSKI Michał</b>	<b>569</b>		M30	217	00:01:39	<b>00:33:20.85</b>	<b>00:35:00.80</b>	+00:17:19 (52.0%)	6:40	9 (48.1%)
1048	<b>NOWAKOWSKA Sylwia</b>	<b>353</b>		K30	137	00:01:35	<b>00:33:23.10</b>	<b>00:34:58.65</b>	+00:17:22 (52.0%)	6:40	9 (48.1%)
1049	<b>GÓZDŹ Hanna</b>	<b>457</b>	JAŚ BIEGA	K60	4	00:00:38	<b>00:33:26.20</b>	<b>00:34:04.40</b>	+00:17:25 (52.1%)	6:41	9 (48.1%)
1050	<b>JANKOWIAK Barbara</b>	<b>806</b>		K40	78	00:01:15	<b>00:33:27.75</b>	<b>00:34:43.25</b>	+00:17:26 (52.1%)	6:41	9 (48.1%)
1051	<b>NOWAKOWSKA Anna</b>	<b>1289</b>		K30	138	00:00:12	<b>00:33:31.95</b>	<b>00:33:44.80</b>	+00:17:30 (52.2%)	6:42	8.9 (47.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1052	<b>GRZESZAK Sławomir</b>	<b>251</b>	ASSECO ACTIVE TEAM	M20	179	00:01:12	<b>00:33:32.00</b>	<b>00:34:44.30</b>	+00:17:30 (52.2%)	6:42	8.9 (47.6%)
1053	<b>WIŚNIEWSKA Ewa</b>	<b>661</b>		K40	79	00:00:53	<b>00:33:35.75</b>	<b>00:34:28.85</b>	+00:17:34 (52.3%)	6:43	8.9 (47.6%)
1054	<b>ANDRYSZAK Karolina</b>	<b>423</b>		K40	80	00:01:30	<b>00:33:41.30</b>	<b>00:35:11.90</b>	+00:17:40 (52.5%)	6:44	8.9 (47.6%)
1055	<b>KLIMKIEWICZ Elżbieta</b>	<b>770</b>		K10	24	00:01:17	<b>00:33:42.10</b>	<b>00:34:59.80</b>	+00:17:41 (52.5%)	6:44	8.9 (47.6%)
1056	<b>WALKOWIAK Greta</b>	<b>310</b>	RAFSONGA	K50	16	00:00:38	<b>00:33:42.60</b>	<b>00:34:21.00</b>	+00:17:41 (52.5%)	6:44	8.9 (47.6%)
1057	<b>SZULC Joanna</b>	<b>1111</b>		K30	139	00:01:29	<b>00:33:42.65</b>	<b>00:35:11.95</b>	+00:17:41 (52.5%)	6:44	8.9 (47.6%)
1058	<b>KLIMKIEWICZ Maciej</b>	<b>769</b>		M40	151	00:01:17	<b>00:33:44.00</b>	<b>00:35:01.60</b>	+00:17:42 (52.5%)	6:44	8.9 (47.6%)
1059	<b>OLECHNOWICZ Maciej</b>	<b>752</b>	SPORT SMUKAŁA OPŁAWIEC JANOWO	M10	41	00:02:20	<b>00:33:46.80</b>	<b>00:36:07.35</b>	+00:17:45 (52.6%)	6:45	8.9 (47.6%)
1060	<b>PIETROWSKI Tomasz</b>	<b>1395</b>		M40	152	00:00:05	<b>00:33:52.75</b>	<b>00:33:57.85</b>	+00:17:51 (52.7%)	6:46	8.9 (47.6%)
1061	<b>HILLER Marta</b>	<b>1333</b>	HILLERTEAM	K20	112	00:01:36	<b>00:33:56.70</b>	<b>00:35:33.05</b>	+00:17:55 (52.8%)	6:47	8.8 (47.1%)
1062	<b>KUFEL Maria</b>	<b>1350</b>		K20	113	00:01:36	<b>00:33:56.85</b>	<b>00:35:33.05</b>	+00:17:55 (52.8%)	6:47	8.8 (47.1%)
1063	<b>HILLER Andrzej</b>	<b>1335</b>	HILLERTEAM	M10	42	00:01:35	<b>00:33:57.05</b>	<b>00:35:32.90</b>	+00:17:55 (52.8%)	6:47	8.8 (47.1%)
1064	<b>MRÓWCZYŃSKI Sebastian</b>	<b>260</b>	MRÓWKI	M30	218	00:00:39	<b>00:33:59.05</b>	<b>00:34:38.95</b>	+00:17:57 (52.9%)	6:47	8.8 (47.1%)
1065	<b>MRÓWCZYŃSKA Agnieszka</b>	<b>735</b>	MRÓWKI	K30	140	00:00:39	<b>00:33:59.30</b>	<b>00:34:38.80</b>	+00:17:58 (52.9%)	6:47	8.8 (47.1%)
1066	<b>PARUCKI Zbigniew</b>	<b>174</b>		M50	62	00:01:23	<b>00:34:08.05</b>	<b>00:35:32.00</b>	+00:18:06 (53.1%)	6:49	8.8 (47.1%)
1066	<b>KOCZOROWSKI Maciej</b>	<b>929</b>		M10	43	00:01:23	<b>00:34:08.05</b>	<b>00:35:31.90</b>	+00:18:06 (53.1%)	6:49	8.8 (47.1%)
1068	<b>FINGAS Natalia</b>	<b>1126</b>		K20	114	00:01:17	<b>00:34:16.15</b>	<b>00:35:33.50</b>	+00:18:15 (53.3%)	6:51	8.8 (47.1%)
1069	<b>GADASZEWSKA Marta</b>	<b>1348</b>	STEP	K20	115	00:01:41	<b>00:34:34.70</b>	<b>00:36:16.30</b>	+00:18:33 (53.7%)	6:55	8.7 (46.5%)
1070	<b>PRZERACKI Mirosław</b>	<b>416</b>	BYDGOSZCZ	M40	153	00:01:34	<b>00:34:39.45</b>	<b>00:36:14.40</b>	+00:18:38 (53.8%)	6:56	8.7 (46.5%)
1071	<b>PRZERACKA Violetta</b>	<b>420</b>	BYDGOSZCZ	K40	81	00:01:34	<b>00:34:39.55</b>	<b>00:36:14.30</b>	+00:18:38 (53.8%)	6:56	8.7 (46.5%)
1072	<b>OLECHNOWICZ Tomasz</b>	<b>753</b>	SPORT SMUKAŁA OPŁAWIEC JANOWO	M40	154	00:02:20	<b>00:34:40.00</b>	<b>00:37:00.95</b>	+00:18:38 (53.8%)	6:56	8.7 (46.5%)
1073	<b>OLECHNOWICZ Aneta</b>	<b>754</b>	RÓŻOWA KSIĘŻNICZKA	K10	25	00:02:19	<b>00:34:41.20</b>	<b>00:37:01.00</b>	+00:18:40 (53.8%)	6:56	8.6 (46.0%)
1074	<b>BOSAK Patrycja</b>	<b>1401</b>		K30	141	00:01:42	<b>00:34:43.00</b>	<b>00:36:25.35</b>	+00:18:41 (53.9%)	6:56	8.6 (46.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1075	<b>RAKAŁOWICZ Jakub</b>	<b>530</b>		M20	180	00:00:48	<b>00:34:46.20</b>	<b>00:35:35.10</b>	+00:18:45 (53.9%)	6:57	8.6 (46.0%)
1076	<b>RAKAŁOWICZ Krzysztof</b>	<b>576</b>	MANCHESTER	M30	219	00:00:48	<b>00:34:46.30</b>	<b>00:35:35.20</b>	+00:18:45 (53.9%)	6:57	8.6 (46.0%)
1077	<b>ANDRZEJCZAK Natalia</b>	<b>604</b>		K20	116	00:00:53	<b>00:34:46.85</b>	<b>00:35:40.10</b>	+00:18:45 (53.9%)	6:57	8.6 (46.0%)
1078	<b>STĘPSKA Krystyna</b>	<b>386</b>		K40	82	00:00:13	<b>00:34:48.90</b>	<b>00:35:02.10</b>	+00:18:47 (54.0%)	6:57	8.6 (46.0%)
1079	<b>JAROCHA Michał</b>	<b>49</b>		M20	181	00:01:38	<b>00:34:49.80</b>	<b>00:36:27.85</b>	+00:18:48 (54.0%)	6:57	8.6 (46.0%)
1079	<b>JENDRZEJEWSKA Joanna</b>	<b>60</b>		K20	117	00:01:38	<b>00:34:49.80</b>	<b>00:36:27.80</b>	+00:18:48 (54.0%)	6:57	8.6 (46.0%)
1081	<b>MINISZEWSKA Irena</b>	<b>462</b>		K30	142	00:01:06	<b>00:34:55.40</b>	<b>00:36:02.00</b>	+00:18:54 (54.1%)	6:59	8.6 (46.0%)
1082	<b>ROLIRAD Barbara</b>	<b>1028</b>		K20	118	00:01:41	<b>00:34:58.60</b>	<b>00:36:40.20</b>	+00:18:57 (54.2%)	6:59	8.6 (46.0%)
1083	<b>JAROCKA Aleksandra</b>	<b>1196</b>		K20	119	00:01:41	<b>00:34:59.00</b>	<b>00:36:40.50</b>	+00:18:57 (54.2%)	6:59	8.6 (46.0%)
1084	<b>RUDNICKI Karolina</b>	<b>31</b>	TASAK TEAM	K30	143	00:00:50	<b>00:35:00.20</b>	<b>00:35:50.70</b>	+00:18:59 (54.2%)	7:00	8.6 (46.0%)
1085	<b>BIELENNY Michał</b>	<b>628</b>	BYDGOSZCZ	M60	11	00:01:10	<b>00:35:04.85</b>	<b>00:36:15.00</b>	+00:19:03 (54.3%)	7:01	8.6 (46.0%)
1086	<b>FOLERZYŃSKA Sandra</b>	<b>222</b>		K20	120	00:01:25	<b>00:35:10.70</b>	<b>00:36:35.95</b>	+00:19:09 (54.5%)	7:02	8.5 (45.5%)
1087	<b>BILKIEWICZ Anna Maria</b>	<b>741</b>		K40	83	00:01:26	<b>00:35:10.95</b>	<b>00:36:36.95</b>	+00:19:09 (54.5%)	7:02	8.5 (45.5%)
1088	<b>ŁAKOMSKA Anna</b>	<b>811</b>		K40	84	00:00:30	<b>00:35:17.15</b>	<b>00:35:47.50</b>	+00:19:16 (54.6%)	7:03	8.5 (45.5%)
1089	<b>KRÓL Marta</b>	<b>18</b>	GRAŻYNY BIEGANIA	K20	121	00:01:19	<b>00:35:21.30</b>	<b>00:36:40.40</b>	+00:19:20 (54.7%)	7:04	8.5 (45.5%)
1090	<b>MAJORKOWSKA Anna</b>	<b>1009</b>	DREAMTEAM	K40	85	00:01:00	<b>00:35:25.60</b>	<b>00:36:26.50</b>	+00:19:24 (54.8%)	7:05	8.5 (45.5%)
1091	<b>PIJAROWSKA Angelika</b>	<b>623</b>		K20	122	00:00:53	<b>00:35:27.75</b>	<b>00:36:21.30</b>	+00:19:26 (54.8%)	7:05	8.5 (45.5%)
1092	<b>DOMERADZKA Jagoda</b>	<b>1119</b>		K20	123	00:01:25	<b>00:35:32.10</b>	<b>00:36:57.70</b>	+00:19:31 (54.9%)	7:06	8.4 (44.9%)
1093	<b>STĘPSKA Aleksandra</b>	<b>1120</b>		K10	26	00:00:13	<b>00:35:32.25</b>	<b>00:35:46.15</b>	+00:19:31 (54.9%)	7:06	8.4 (44.9%)
1094	<b>KONARZEWSKI Arkadiusz</b>	<b>1306</b>		M40	155	00:01:11	<b>00:35:35.05</b>	<b>00:36:46.95</b>	+00:19:33 (55.0%)	7:07	8.4 (44.9%)
1095	<b>LISOWSKI Mikołaj</b>	<b>284</b>		M10	44	00:01:55	<b>00:35:36.50</b>	<b>00:37:32.20</b>	+00:19:35 (55.0%)	7:07	8.4 (44.9%)
1096	<b>DREWNIAK Paweł</b>	<b>471</b>		M20	182	00:01:31	<b>00:35:40.35</b>	<b>00:37:11.55</b>	+00:19:39 (55.1%)	7:08	8.4 (44.9%)
1097	<b>ORLIŃSKI Mateusz</b>	<b>1288</b>		M10	45	00:01:39	<b>00:35:40.95</b>	<b>00:37:20.60</b>	+00:19:39 (55.1%)	7:08	8.4 (44.9%)



Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1098	<b>ORLIŃSKI Andrzej</b>	<b>1287</b>		M40	156	00:01:39	<b>00:35:41.15</b>	<b>00:37:20.20</b>	+00:19:40 (55.1%)	7:08	8.4 (44.9%)
1099	<b>CZYŻYCKA Beata</b>	<b>667</b>		K40	86	00:01:36	<b>00:35:47.45</b>	<b>00:37:23.50</b>	+00:19:46 (55.2%)	7:09	8.4 (44.9%)
1100	<b>WITKOWSKA Kamila</b>	<b>45</b>		K20	124	00:00:27	<b>00:35:54.95</b>	<b>00:36:22.25</b>	+00:19:53 (55.4%)	7:11	8.4 (44.9%)
1101	<b>DUL Paulina</b>	<b>914</b>		K18	12	00:01:28	<b>00:35:57.80</b>	<b>00:37:26.10</b>	+00:19:56 (55.5%)	7:11	8.3 (44.4%)
1102	<b>DUL Marcin</b>	<b>917</b>		M40	157	00:01:28	<b>00:35:58.05</b>	<b>00:37:26.10</b>	+00:19:56 (55.5%)	7:11	8.3 (44.4%)
1103	<b>STACHOWSKA Aleksandra</b>	<b>886</b>		K30	144	00:00:59	<b>00:36:03.55</b>	<b>00:37:03.40</b>	+00:20:02 (55.6%)	7:12	8.3 (44.4%)
1104	<b>TUBAJA Anita</b>	<b>57</b>	KABEL TEAM BYDGOSZCZ	K30	145	00:00:45	<b>00:36:12.05</b>	<b>00:36:57.30</b>	+00:20:10 (55.8%)	7:14	8.3 (44.4%)
1105	<b>CSONOPIOLI Viktoria</b>	<b>1447</b>		K30	146	00:00:37	<b>00:36:15.20</b>	<b>00:36:52.60</b>	+00:20:14 (55.8%)	7:15	8.3 (44.4%)
1106	<b>LEWICKA Antonina</b>	<b>475</b>	VILO	K10	27	00:01:31	<b>00:36:16.20</b>	<b>00:37:47.60</b>	+00:20:15 (55.8%)	7:15	8.3 (44.4%)
1107	<b>LEWICKA Julia</b>	<b>477</b>	VILO	K10	28	00:01:31	<b>00:36:16.30</b>	<b>00:37:47.70</b>	+00:20:15 (55.8%)	7:15	8.3 (44.4%)
1108	<b>KORPAS Mikołaj</b>	<b>1046</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M10	46	00:00:35	<b>00:36:22.10</b>	<b>00:36:58.00</b>	+00:20:21 (56.0%)	7:16	8.2 (43.9%)
1109	<b>GORZYCKI Dariusz</b>	<b>1014</b>	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	158	00:00:37	<b>00:36:23.95</b>	<b>00:37:01.55</b>	+00:20:22 (56.0%)	7:16	8.2 (43.9%)
1110	<b>CYBUL Anna</b>	<b>1342</b>		K40	87	00:00:57	<b>00:36:24.75</b>	<b>00:37:22.30</b>	+00:20:23 (56.0%)	7:17	8.2 (43.9%)
1111	<b>PARTATUS-SKRZYPIŃSKA Barbara</b>	<b>1192</b>		K30	147	00:00:16	<b>00:36:33.35</b>	<b>00:36:49.55</b>	+00:20:32 (56.2%)	7:18	8.2 (43.9%)
1112	<b>SAWICKA Alicja</b>	<b>527</b>		K40	88	00:01:23	<b>00:36:33.40</b>	<b>00:37:56.40</b>	+00:20:32 (56.2%)	7:18	8.2 (43.9%)
1113	<b>LEPPERT Marta</b>	<b>1152</b>	BBL SZUBIN	K60	5	00:01:11	<b>00:36:37.20</b>	<b>00:37:48.50</b>	+00:20:36 (56.3%)	7:19	8.2 (43.9%)
1114	<b>KAPTUR Małgorzata</b>	<b>613</b>		K30	148	00:01:33	<b>00:36:37.85</b>	<b>00:38:10.95</b>	+00:20:36 (56.3%)	7:19	8.2 (43.9%)
1115	<b>SZMELTER Jagoda</b>	<b>674</b>		K20	125	00:00:59	<b>00:36:50.55</b>	<b>00:37:49.80</b>	+00:20:49 (56.5%)	7:22	8.1 (43.3%)
1116	<b>GROCHOWALSKA Maja</b>	<b>202</b>	GROSZKI	K10	29	00:01:10	<b>00:36:53.00</b>	<b>00:38:03.65</b>	+00:20:51 (56.6%)	7:22	8.1 (43.3%)
1117	<b>GROCHOWALSKA Marzena</b>	<b>199</b>	GROSZKI	K30	149	00:01:10	<b>00:36:53.45</b>	<b>00:38:03.50</b>	+00:20:52 (56.6%)	7:22	8.1 (43.3%)
1118	<b>KLUCZYŃSKA Blanka</b>	<b>44</b>		K30	150	00:01:01	<b>00:37:05.00</b>	<b>00:38:06.05</b>	+00:21:03 (56.8%)	7:25	8.1 (43.3%)
1119	<b>CIEMNY Sylwia</b>	<b>901</b>		K20	126	00:01:24	<b>00:37:19.50</b>	<b>00:38:44.10</b>	+00:21:18 (57.1%)	7:28	8 (42.8%)
1120	<b>FARBOTKO Anna</b>	<b>1082</b>	GALACTICA.PL	K40	89	00:01:32	<b>00:37:29.00</b>	<b>00:39:01.95</b>	+00:21:27 (57.3%)	7:29	8 (42.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1121	<b>FARBOTKO Marcin</b>	<b>1085</b>	GALACTICA.PL	M40	159	00:01:32	<b>00:37:29.60</b>	<b>00:39:01.80</b>	+00:21:28 (57.3%)	7:29	8 (42.8%)
1122	<b>RUTKOWSKA Ania</b>	<b>637</b>		K40	90	00:01:32	<b>00:37:30.15</b>	<b>00:39:02.50</b>	+00:21:29 (57.3%)	7:30	8 (42.8%)
1122	<b>RUTKOWSKI Adam</b>	<b>638</b>		M40	160	00:01:32	<b>00:37:30.15</b>	<b>00:39:02.25</b>	+00:21:29 (57.3%)	7:30	8 (42.8%)
1124	<b>JANKOWSKI Rafał</b>	<b>6</b>		M40	161	00:01:37	<b>00:37:53.30</b>	<b>00:39:30.70</b>	+00:21:52 (57.7%)	7:34	7.9 (42.2%)
1125	<b>ZELEK Aleksandra</b>	<b>995</b>		K40	91	00:01:36	<b>00:37:53.60</b>	<b>00:39:30.55</b>	+00:21:52 (57.7%)	7:34	7.9 (42.2%)
1126	<b>PŁOCKA Patrycja</b>	<b>923</b>		K30	151	00:00:42	<b>00:39:15.55</b>	<b>00:39:58.25</b>	+00:23:14 (59.2%)	7:51	7.6 (40.6%)
1127	<b>SMOLEŃ Aleksandra</b>	<b>292</b>		K10	30	00:01:55	<b>00:39:57.50</b>	<b>00:41:52.90</b>	+00:23:56 (59.9%)	7:59	7.5 (40.1%)
1128	<b>SMOLEŃ Joanna</b>	<b>291</b>		K30	152	00:01:55	<b>00:39:58.95</b>	<b>00:41:54.50</b>	+00:23:57 (59.9%)	7:59	7.5 (40.1%)
1129	<b>LISOWSKI Sebastian</b>	<b>280</b>		M30	220	00:01:55	<b>00:39:59.00</b>	<b>00:41:54.15</b>	+00:23:57 (59.9%)	7:59	7.5 (40.1%)
1130	<b>STANISZEWSKA Aleksandra</b>	<b>832</b>		K20	127	00:00:31	<b>00:40:34.80</b>	<b>00:41:05.90</b>	+00:24:33 (60.5%)	8:06	7.4 (39.6%)
1131	<b>UMIŃSKA Anna</b>	<b>799</b>		K30	153	00:01:24	<b>00:40:50.15</b>	<b>00:42:15.10</b>	+00:24:49 (60.8%)	8:10	7.3 (39.0%)
1132	<b>MINDIKOWSKA Julia</b>	<b>139</b>		K10	31	00:01:12	<b>00:41:15.25</b>	<b>00:42:27.25</b>	+00:25:14 (61.2%)	8:15	7.3 (39.0%)
1133	<b>WIECZOREK Marcin</b>	<b>829</b>		M30	221	00:01:54	<b>00:41:19.65</b>	<b>00:43:13.95</b>	+00:25:18 (61.2%)	8:15	7.3 (39.0%)
1134	<b>MINDIKOWSKI Dawid</b>	<b>143</b>		M10	47	00:01:12	<b>00:42:33.15</b>	<b>00:43:45.60</b>	+00:26:32 (62.4%)	8:30	7.1 (38.0%)
1135	<b>ZGIEP Maciej</b>	<b>142</b>		M30	222	00:01:12	<b>00:42:33.20</b>	<b>00:43:45.80</b>	+00:26:32 (62.4%)	8:30	7.1 (38.0%)
1136	<b>MINDIKOWSKA Agnieszka</b>	<b>136</b>		K30	154	00:01:11	<b>00:42:34.15</b>	<b>00:43:45.90</b>	+00:26:33 (62.4%)	8:30	7 (37.4%)
1137	<b>PŁÓCIENNICZAK Izabella</b>	<b>645</b>	IZA Z MATIZA, MONIKA Z CIĄGNIKA	K30	155	00:01:42	<b>00:44:53.45</b>	<b>00:46:36.30</b>	+00:28:52 (64.3%)	8:58	6.7 (35.8%)
1138	<b>ATTA Summer</b>	<b>301</b>	INTERACT CLUB BYDGOSZCZ	M10	48	00:01:04	<b>00:45:30.40</b>	<b>00:46:34.60</b>	+00:29:29 (64.8%)	9:06	6.6 (35.3%)
1139	<b>KUTOWSKA Oliwia</b>	<b>307</b>	INTERACT CLUB BYDGOSZCZ	K10	32	00:01:03	<b>00:45:31.70</b>	<b>00:46:35.60</b>	+00:29:30 (64.8%)	9:06	6.6 (35.3%)
1140	<b>HASSI Iwona (Ivet)</b>	<b>793</b>	DYNAMO SKARPA	K40	92	00:00:40	<b>00:49:09.40</b>	<b>00:49:50.30</b>	+00:33:08 (67.4%)	9:50	6.1 (32.6%)
1141	- -	<b>733</b>		K20	128	00:00:26			+00:11:28	5:30	10.9 (58.3%)
	<b>BOREK Lena</b>	<b>1258</b>		K10		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOREK Jerzy</b>	<b>1259</b>		M10		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
	<b>GIŻA Maciej</b>	<b>905</b>		M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 1144 results.