



# BYDGOSKI BIEG URODZINOWY

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Grzegorz	455		M20	1	00:00:02	00:16:17.85	00:16:20.30		3:15	18.4 (100%)
2	KULAI Taras	1192	SC ULTRA	M20	2	00:00:01	00:16:29.35	00:16:31.30	+00:00:11 (1.2%)	3:18	18.2 (98.9%)
3	FELCZAK Jakub	921		M20	3	00:00:01	00:16:43.35	00:16:44.40	+00:00:25 (2.5%)	3:20	17.9 (97.3%)
4	WOJCIECHOWSKI Klaudiusz	1089	CWZS ZAWISZA BYDGOSZCZ	M18	1	00:00:00	00:17:12.05	00:17:12.80	+00:00:54 (5.3%)	3:26	17.4 (94.6%)
5	JAGODZIŃSKI Mateusz	56	BYDGOSKIE OKONIE	M20	4	00:00:02	00:17:31.60	00:17:34.05	+00:01:13 (7.0%)	3:30	17.1 (92.9%)
6	PIETRYKA Grzegorz	1400	ZAKŁAD KARNY NR 2 W GRUDZIĄDZU	M30	1	00:00:01	00:17:48.00	00:17:49.20	+00:01:30 (8.4%)	3:33	16.9 (91.8%)
7	MAĆKOWSKI Maciej	9	UPS BYDGOSZCZ	M30	2	00:00:02	00:17:51.95	00:17:54.55	+00:01:34 (8.8%)	3:34	16.8 (91.3%)
8	BEDRA Robert	805	CZARNE STOPY.SM	M30	3	00:00:00	00:17:53.05	00:17:53.80	+00:01:35 (8.9%)	3:34	16.8 (91.3%)
9	MRUK Tomasz	436	CZARNE STOPY.SM	M40	1	00:00:02	00:17:57.95	00:18:00.80	+00:01:40 (9.3%)	3:35	16.7 (90.8%)
10	WOŁOSZCZAK Leszek	1480	6. KILOMETR	M20	5	00:00:04	00:18:06.95	00:18:11.60	+00:01:49 (10.0%)	3:37	16.6 (90.2%)
11	LUTOWSKI Wojciech	792	TKKF KOLEJARZ BYDGOSZCZ	M30	4	00:00:02	00:18:19.00	00:18:21.30	+00:02:01 (11.0%)	3:39	16.4 (89.1%)
12	TUCHOLSKI Bartłomiej	158	BYDGOSKIE OKONIE	M20	6	00:00:01	00:18:23.25	00:18:25.15	+00:02:05 (11.4%)	3:40	16.3 (88.6%)
13	KUŁAKOWSKI Krzysztof	784	RUN PASJA	M30	5	00:00:02	00:18:26.15	00:18:28.70	+00:02:08 (11.6%)	3:41	16.3 (88.6%)
14	GRUSZKA Gracjan	1244	CWZS ZAWISZA BYDGOSZCZ SL	M20	7	00:00:00	00:18:33.20	00:18:34.05	+00:02:15 (12.2%)	3:42	16.2 (88.0%)
15	STRUGAŁA Maciej	137		M20	8	00:00:00	00:19:05.85	00:19:05.85	+00:02:48 (14.7%)	3:49	15.7 (85.3%)
16	FLOREK Paweł	141	RUNADDICTS	M30	6	00:00:02	00:19:10.40	00:19:12.95	+00:02:52 (15.0%)	3:50	15.7 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>MAGDZIARZ Jakub</b>	<b>987</b>	KANCELARIA - HMM	M30	7	00:00:03	<b>00:19:32.15</b>	<b>00:19:35.15</b>	+00:03:14 (16.6%)	3:54	15.4 (83.7%)
18	<b>PILCH Artur</b>	<b>1199</b>	PIANIŚCI GÓRĄ	M30	8	00:00:02	<b>00:19:41.50</b>	<b>00:19:43.95</b>	+00:03:23 (17.2%)	3:56	15.2 (82.6%)
19	<b>KACZMAREK Sebastian</b>	<b>1458</b>		M30	9	00:00:04	<b>00:19:42.10</b>	<b>00:19:46.65</b>	+00:03:24 (17.3%)	3:56	15.2 (82.6%)
20	<b>WRÓBLEWSKI Lech</b>	<b>53</b>	ZK 2 GRUDZIĄDZ	M30	10	00:00:03	<b>00:19:44.65</b>	<b>00:19:48.45</b>	+00:03:26 (17.5%)	3:57	15.2 (82.6%)
21	<b>MISIASZEK Marek</b>	<b>860</b>		M30	11	00:00:04	<b>00:19:46.05</b>	<b>00:19:50.25</b>	+00:03:28 (17.6%)	3:57	15.2 (82.6%)
22	<b>IGNACZAK Jarosław</b>	<b>603</b>		M30	12	00:00:04	<b>00:19:46.25</b>	<b>00:19:50.80</b>	+00:03:28 (17.6%)	3:57	15.2 (82.6%)
23	<b>BASA Jacek</b>	<b>844</b>	ROZBIEGANA KRUSZWICA	M40	2	00:00:02	<b>00:19:50.90</b>	<b>00:19:53.00</b>	+00:03:33 (17.9%)	3:58	15.1 (82.1%)
24	<b>OKOŃSKI Jarosław</b>	<b>337</b>	BIEGOWEZAPARCIE.PL	M30	13	00:00:04	<b>00:19:51.40</b>	<b>00:19:55.75</b>	+00:03:33 (17.9%)	3:58	15.1 (82.1%)
25	<b>STANKIEWICZ Jacek</b>	<b>108</b>	MDANIELSA	M20	9	00:00:02	<b>00:19:55.25</b>	<b>00:19:57.65</b>	+00:03:37 (18.2%)	3:59	15.1 (82.1%)
26	<b>PIC Dawid</b>	<b>271</b>		M20	10	00:00:03	<b>00:19:57.50</b>	<b>00:20:01.40</b>	+00:03:39 (18.3%)	3:59	15 (81.5%)
27	<b>CZARNECKI Piotr</b>	<b>787</b>	BRZOZA BIEGA	M40	3	00:00:04	<b>00:19:59.90</b>	<b>00:20:04.70</b>	+00:03:42 (18.5%)	4:00	15 (81.5%)
28	<b>RACZYŃSKI Krzysztof</b>	<b>451</b>	BIEGAJĄCY FILOZOF TEAM	M50	1	00:00:04	<b>00:20:00.10</b>	<b>00:20:04.75</b>	+00:03:42 (18.5%)	4:00	15 (81.5%)
29	<b>FELKNER Kamil</b>	<b>775</b>		M18	2	00:00:23	<b>00:20:02.85</b>	<b>00:20:26.10</b>	+00:03:45 (18.7%)	4:00	15 (81.5%)
30	<b>SORGER Patryk</b>	<b>1379</b>	ISKRA DULSK	M20	11	00:00:08	<b>00:20:04.60</b>	<b>00:20:13.30</b>	+00:03:46 (18.8%)	4:01	14.9 (81.0%)
31	<b>WIECZOREK Michał</b>	<b>16</b>	EDUTEAM	M20	12	00:00:35	<b>00:20:05.75</b>	<b>00:20:40.80</b>	+00:03:47 (18.9%)	4:01	14.9 (81.0%)
32	<b>GOŁATA Wojciech</b>	<b>188</b>	WILCZA WATAHA	M30	14	00:00:06	<b>00:20:07.55</b>	<b>00:20:14.30</b>	+00:03:49 (19.0%)	4:01	14.9 (81.0%)
33	<b>KOTULA Sławomir</b>	<b>26</b>	GLS	M30	15	00:00:03	<b>00:20:10.60</b>	<b>00:20:14.35</b>	+00:03:52 (19.2%)	4:02	14.9 (81.0%)
34	<b>ŻELAZKO Kamil</b>	<b>1222</b>	NKUB	M30	16	00:00:04	<b>00:20:16.60</b>	<b>00:20:20.95</b>	+00:03:58 (19.6%)	4:03	14.8 (80.4%)
35	<b>KANNEBERG Maciej</b>	<b>656</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	13	00:00:17	<b>00:20:18.15</b>	<b>00:20:35.30</b>	+00:04:00 (19.7%)	4:03	14.8 (80.4%)
36	<b>KOWALSKI Jacek</b>	<b>145</b>		M40	4	00:00:06	<b>00:20:24.05</b>	<b>00:20:30.15</b>	+00:04:06 (20.1%)	4:04	14.7 (79.9%)
37	<b>SOBCZAK Marcin</b>	<b>1453</b>	CZARNE STOPY.SM	M30	17	00:00:05	<b>00:20:24.95</b>	<b>00:20:30.80</b>	+00:04:07 (20.2%)	4:05	14.7 (79.9%)
38	<b>DOMISIEWICZ Michał</b>	<b>572</b>		M20	14	00:01:33	<b>00:20:28.35</b>	<b>00:22:01.85</b>	+00:04:10 (20.4%)	4:05	14.7 (79.9%)
39	<b>ZBORAŁA Dawid</b>	<b>85</b>	SZKOŁA JAZDY TOMAS	M20	15	00:00:02	<b>00:20:28.70</b>	<b>00:20:31.55</b>	+00:04:10 (20.4%)	4:05	14.6 (79.3%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
63	<b>SKARWECKI Remigiusz</b>	<b>154</b>	ŁABISZYN RUNNERS	M30	25	00:00:09	<b>00:21:17.30</b>	<b>00:21:27.25</b>	+00:04:59 (23.4%)	4:15	14.1 (76.6%)
64	<b>SŁOMKA Maciej</b>	<b>516</b>	MOŻE I POWOLI, ALE ZA TO BYLE JAK	M30	26	00:00:18	<b>00:21:18.50</b>	<b>00:21:37.30</b>	+00:05:00 (23.5%)	4:15	14.1 (76.6%)
65	<b>ROSÓŁ Jacek</b>	<b>130</b>		M30	27	00:00:05	<b>00:21:19.55</b>	<b>00:21:25.15</b>	+00:05:01 (23.6%)	4:16	14.1 (76.6%)
66	<b>CHORZEWSKI Kamil</b>	<b>662</b>		M20	20	00:00:04	<b>00:21:25.25</b>	<b>00:21:30.05</b>	+00:05:07 (23.9%)	4:17	14 (76.1%)
67	<b>LORENC Michał</b>	<b>617</b>		M20	21	00:00:06	<b>00:21:25.80</b>	<b>00:21:32.60</b>	+00:05:07 (24.0%)	4:17	14 (76.1%)
68	<b>BAŁA Artur</b>	<b>607</b>	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30	28	00:00:14	<b>00:21:26.45</b>	<b>00:21:40.85</b>	+00:05:08 (24.0%)	4:17	14 (76.1%)
69	<b>KOWALSKI Krzysztof</b>	<b>932</b>	OCELOTY KRUSZYN KRAJEŃSKI	M30	29	00:00:07	<b>00:21:26.80</b>	<b>00:21:34.50</b>	+00:05:08 (24.0%)	4:17	14 (76.1%)
70	<b>BZDZION Marcin</b>	<b>1201</b>		M20	22	00:00:02	<b>00:21:28.30</b>	<b>00:21:31.00</b>	+00:05:10 (24.1%)	4:17	14 (76.1%)
71	<b>WARLIKOWSKI Łukasz</b>	<b>876</b>		M30	30	00:00:07	<b>00:21:28.50</b>	<b>00:21:35.50</b>	+00:05:10 (24.1%)	4:17	14 (76.1%)
72	<b>RATAJCZAK Arkadiusz</b>	<b>79</b>		M50	6	00:00:06	<b>00:21:28.95</b>	<b>00:21:35.05</b>	+00:05:11 (24.1%)	4:17	14 (76.1%)
73	<b>ANTKOWIAK Bartosz</b>	<b>1165</b>	TRISPACE	M30	31	00:00:11	<b>00:21:29.65</b>	<b>00:21:41.55</b>	+00:05:11 (24.2%)	4:18	14 (76.1%)
74	<b>FELINIAK Daniel</b>	<b>731</b>		M30	32	00:00:06	<b>00:21:31.05</b>	<b>00:21:37.60</b>	+00:05:13 (24.3%)	4:18	13.9 (75.5%)
75	<b>BRZEZIŃSKI Maciej</b>	<b>1072</b>		M40	11	00:00:06	<b>00:21:32.55</b>	<b>00:21:38.55</b>	+00:05:14 (24.3%)	4:18	13.9 (75.5%)
76	<b>CZEPEK Aleksander</b>	<b>527</b>	BRZOZA BIEGA	M60	1	00:00:02	<b>00:21:33.95</b>	<b>00:21:36.15</b>	+00:05:16 (24.4%)	4:18	13.9 (75.5%)
77	<b>NISZCZOTA Karol</b>	<b>524</b>	BRZOZA BIEGA	M40	12	00:00:14	<b>00:21:34.70</b>	<b>00:21:49.45</b>	+00:05:16 (24.5%)	4:19	13.9 (75.5%)
78	<b>RÓŻYCKI Sławomir</b>	<b>691</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	7	00:00:05	<b>00:21:47.45</b>	<b>00:21:52.70</b>	+00:05:29 (25.2%)	4:21	13.8 (75.0%)
79	<b>WASILEWSKI Marcin</b>	<b>648</b>	WIRTUALNESZLAKI.PL	M30	33	00:00:44	<b>00:21:49.15</b>	<b>00:22:33.65</b>	+00:05:31 (25.3%)	4:21	13.8 (75.0%)
80	<b>FRANKOWSKI Paweł</b>	<b>233</b>		M40	13	00:00:23	<b>00:21:49.80</b>	<b>00:22:13.55</b>	+00:05:31 (25.3%)	4:22	13.7 (74.5%)
81	<b>SAWIŃSKI Łukasz</b>	<b>823</b>		M20	23	00:00:04	<b>00:21:55.50</b>	<b>00:21:59.85</b>	+00:05:37 (25.7%)	4:23	13.7 (74.5%)
82	<b>SZULC Andrzej</b>	<b>649</b>		M40	14	00:00:12	<b>00:21:58.15</b>	<b>00:22:10.65</b>	+00:05:40 (25.8%)	4:23	13.7 (74.5%)
83	<b>JĘDRUSIK Krzysztof</b>	<b>394</b>	BIEGACZE OD PIERWSZEGO KROKU DO METYWIDOKU	M20	24	00:00:05	<b>00:22:01.35</b>	<b>00:22:07.05</b>	+00:05:43 (26.0%)	4:24	13.6 (73.9%)
84	<b>ROGALSKI Maciej</b>	<b>468</b>	OLOTEAM	M30	34	00:00:04	<b>00:22:02.70</b>	<b>00:22:06.75</b>	+00:05:44 (26.1%)	4:24	13.6 (73.9%)
85	<b>JAKUBCZAK Michał</b>	<b>395</b>		M30	35	00:00:08	<b>00:22:03.00</b>	<b>00:22:11.90</b>	+00:05:45 (26.1%)	4:24	13.6 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	<b>PAWLIK Marek</b>	<b>714</b>	FARMVITA	M50	8	00:00:14	<b>00:22:03.35</b>	<b>00:22:17.95</b>	+00:05:45 (26.1%)	4:24	13.6 (73.9%)
87	<b>JANCZYSZYN Eryk</b>	<b>1416</b>		M30	36	00:00:11	<b>00:22:07.15</b>	<b>00:22:18.20</b>	+00:05:49 (26.3%)	4:25	13.6 (73.9%)
88	<b>KOSEK Stanisław</b>	<b>1253</b>		M20	25	00:00:07	<b>00:22:07.65</b>	<b>00:22:15.15</b>	+00:05:49 (26.3%)	4:25	13.6 (73.9%)
89	<b>RONALDOWSKI Kacper</b>	<b>363</b>		M20	26	00:00:05	<b>00:22:08.55</b>	<b>00:22:14.25</b>	+00:05:50 (26.4%)	4:25	13.5 (73.4%)
90	<b>BIAŁOUS Krzysztof</b>	<b>1227</b>	NIEZRZESZONY	M50	9	00:00:06	<b>00:22:09.30</b>	<b>00:22:15.95</b>	+00:05:51 (26.4%)	4:25	13.5 (73.4%)
91	<b>STĘPIEŃ Bogdan</b>	<b>618</b>	LUXTORPEDY	M30	37	00:00:22	<b>00:22:10.60</b>	<b>00:22:33.25</b>	+00:05:52 (26.5%)	4:26	13.5 (73.4%)
92	<b>WIELGOSZ Krzysztof</b>	<b>1018</b>		M20	27	00:00:15	<b>00:22:10.95</b>	<b>00:22:26.50</b>	+00:05:53 (26.5%)	4:26	13.5 (73.4%)
93	<b>KUJAWA Daniel</b>	<b>1431</b>	56. BAZA LOTNICZA	M30	38	00:00:03	<b>00:22:16.85</b>	<b>00:22:20.35</b>	+00:05:59 (26.9%)	4:27	13.5 (73.4%)
94	<b>SOKOŁOWSKI Marcin</b>	<b>1055</b>		M40	15	00:00:06	<b>00:22:18.35</b>	<b>00:22:25.30</b>	+00:06:00 (26.9%)	4:27	13.4 (72.8%)
95	<b>KAMIŃSKI Łukasz</b>	<b>1385</b>	WATAHA BYDGOSZCZ	M30	39	00:00:11	<b>00:22:18.55</b>	<b>00:22:29.70</b>	+00:06:00 (26.9%)	4:27	13.5 (73.4%)
96	<b>PALIWODA Jakub</b>	<b>329</b>		M20	28	00:00:53	<b>00:22:19.05</b>	<b>00:23:12.50</b>	+00:06:01 (27.0%)	4:27	13.4 (72.8%)
97	<b>GŻYL Mikołaj</b>	<b>1065</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30	40	00:00:13	<b>00:22:20.60</b>	<b>00:22:33.85</b>	+00:06:02 (27.1%)	4:28	13.4 (72.8%)
98	<b>WNĘK Martin</b>	<b>663</b>		M20	29	00:00:04	<b>00:22:20.65</b>	<b>00:22:25.60</b>	+00:06:02 (27.1%)	4:28	13.4 (72.8%)
99	<b>BUTRYM Piotr</b>	<b>164</b>		M30	41	00:00:14	<b>00:22:22.20</b>	<b>00:22:36.60</b>	+00:06:04 (27.1%)	4:28	13.4 (72.8%)
100	<b>CIEŚLEWICZ Karol</b>	<b>1075</b>	OLAFCREW	M40	16	00:00:10	<b>00:22:23.80</b>	<b>00:22:34.40</b>	+00:06:05 (27.2%)	4:28	13.4 (72.8%)
101	<b>AUGUSTYNOWICZ Andrzej</b>	<b>790</b>	RCI BYDGOSZCZ	M40	17	00:00:09	<b>00:22:24.85</b>	<b>00:22:34.60</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
102	<b>JASIŃSKI Artur</b>	<b>19</b>		M40	18	00:00:20	<b>00:22:25.30</b>	<b>00:22:46.20</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
103	<b>SZARLEJ Marcin</b>	<b>472</b>	PKOBPSA	M30	42	00:00:08	<b>00:22:25.65</b>	<b>00:22:33.85</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
104	<b>PTASZNIK Michał</b>	<b>1154</b>	PTACHOLRUN	M30	43	00:00:27	<b>00:22:25.75</b>	<b>00:22:53.10</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
105	<b>CHOJNACKI Bartosz</b>	<b>740</b>		M30	44	00:00:07	<b>00:22:26.30</b>	<b>00:22:33.90</b>	+00:06:08 (27.4%)	4:29	13.4 (72.8%)
106	<b>ZIMNY Marek</b>	<b>712</b>	ELTRA W BIEGU	M50	10	00:00:12	<b>00:22:27.95</b>	<b>00:22:40.15</b>	+00:06:10 (27.5%)	4:29	13.4 (72.8%)
107	<b>BARSZCZ Tomasz</b>	<b>674</b>		M30	45	00:00:13	<b>00:22:32.25</b>	<b>00:22:45.40</b>	+00:06:14 (27.7%)	4:30	13.3 (72.3%)
108	<b>ŚLEFARSKI Marcin</b>	<b>68</b>		M30	46	00:00:14	<b>00:22:33.10</b>	<b>00:22:47.20</b>	+00:06:15 (27.7%)	4:30	13.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	FUŁAT Karol	994		M50	11	00:00:17	00:22:34.90	00:22:52.05	+00:06:17 (27.8%)	4:31	13.3 (72.3%)
109	TOKARSKI Paweł	1077		M20	30	00:00:11	00:22:34.90	00:22:46.50	+00:06:17 (27.8%)	4:31	13.3 (72.3%)
111	BIEL Marek	922		M40	19	00:00:11	00:22:36.20	00:22:47.80	+00:06:18 (27.9%)	4:31	13.3 (72.3%)
112	DOLNY Marcin	577	FOREST GANG	M40	20	00:00:12	00:22:36.55	00:22:48.80	+00:06:18 (27.9%)	4:31	13.3 (72.3%)
113	SPŁAWSKI Jarosław	1080		M50	12	00:00:31	00:22:37.15	00:23:08.25	+00:06:19 (27.9%)	4:31	13.3 (72.3%)
114	POLIWODZIŃSKI Mateusz	1121	KS WISŁKA BYDGOSZCZ-FORDON	M10	2	00:00:06	00:22:38.05	00:22:44.85	+00:06:20 (28.0%)	4:31	13.3 (72.3%)
115	SUDOŁ Jacek	484		M40	21	00:01:35	00:22:42.45	00:24:17.85	+00:06:24 (28.2%)	4:32	13.2 (71.7%)
116	BARSZCZEWSKI Sebastian	358		M40	22	00:00:15	00:22:48.20	00:23:03.45	+00:06:30 (28.5%)	4:33	13.2 (71.7%)
117	JAŹDŹEWSKI Dawid	594	DESPERACI	M30	47	00:00:09	00:22:50.05	00:22:59.75	+00:06:32 (28.6%)	4:34	13.1 (71.2%)
118	JASIECKI Sebastian	615	CROSSTEAM BYDGOSZCZ	M20	31	00:00:06	00:22:51.55	00:22:57.70	+00:06:33 (28.7%)	4:34	13.1 (71.2%)
119	PALIGA Maciej	41		M30	48	00:00:07	00:22:53.65	00:23:01.20	+00:06:35 (28.8%)	4:34	13.1 (71.2%)
120	DANIELEWSKI Rafał	992	ROBOTNIK TOPORZYSKO	M30	49	00:00:21	00:22:54.85	00:23:16.20	+00:06:37 (28.9%)	4:35	13.1 (71.2%)
121	GWIAZDOWSKI Krzysztof	173		M40	23	00:00:06	00:22:55.70	00:23:02.15	+00:06:37 (28.9%)	4:35	13.1 (71.2%)
122	DARO Jakub	682		M20	32	00:00:06	00:22:56.00	00:23:02.85	+00:06:38 (28.9%)	4:35	13.1 (71.2%)
123	URBAŃSKI Tomasz	198	JW 4326	M40	24	00:00:09	00:22:56.05	00:23:05.70	+00:06:38 (28.9%)	4:35	13.1 (71.2%)
124	JANCOWSKI Wojciech	3		M40	25	00:00:09	00:22:58.00	00:23:07.95	+00:06:40 (29.0%)	4:35	13.1 (71.2%)
125	ŁOBODA Maciej	597		M30	50	00:01:41	00:23:02.90	00:24:44.20	+00:06:45 (29.3%)	4:36	13 (70.7%)
126	WNUK Piotr	1020		M10	3	00:00:21	00:23:04.90	00:23:25.95	+00:06:47 (29.4%)	4:36	13 (70.7%)
127	WNUK Sławomir	1009		M40	26	00:00:20	00:23:05.25	00:23:25.70	+00:06:47 (29.4%)	4:37	13 (70.7%)
128	AFELT Jarosław	721		M30	51	00:00:26	00:23:06.80	00:23:32.95	+00:06:48 (29.5%)	4:37	13 (70.7%)
129	STĘPSKI Marek	23		M40	27	00:00:12	00:23:08.15	00:23:20.15	+00:06:50 (29.6%)	4:37	13 (70.7%)
130	WOJTYNOWSKI Artur	1405	RUN FOR FUN	M40	28	00:00:08	00:23:10.05	00:23:18.15	+00:06:52 (29.7%)	4:38	12.9 (70.1%)
131	SZYMCZAK Maciej	1039		M40	29	00:00:04	00:23:10.30	00:23:14.85	+00:06:52 (29.7%)	4:38	12.9 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	<b>PROKOPOWICZ Igor</b>	<b>582</b>		M10	4	00:01:23	<b>00:23:12.25</b>	<b>00:24:36.15</b>	+00:06:54 (29.8%)	4:38	12.9 (70.1%)
133	<b>WRÓBEL Grzegorz</b>	<b>1197</b>	BYLE DO METY	M30	52	00:00:10	<b>00:23:12.70</b>	<b>00:23:22.75</b>	+00:06:54 (29.8%)	4:38	12.9 (70.1%)
134	<b>MYLER Łukasz</b>	<b>675</b>		M20	33	00:01:00	<b>00:23:12.85</b>	<b>00:24:12.90</b>	+00:06:55 (29.8%)	4:38	12.9 (70.1%)
135	<b>KOWALSKI Marek</b>	<b>778</b>		M40	30	00:00:24	<b>00:23:14.10</b>	<b>00:23:38.35</b>	+00:06:56 (29.9%)	4:38	12.9 (70.1%)
136	<b>JURKOWSKI Paweł</b>	<b>949</b>	TOASTMATERS BYDGOSZCZ	M30	53	00:00:27	<b>00:23:15.10</b>	<b>00:23:43.05</b>	+00:06:57 (29.9%)	4:39	12.9 (70.1%)
137	<b>BARAŃSKI Władysław</b>	<b>1059</b>		M30	54	00:00:04	<b>00:23:16.70</b>	<b>00:23:21.55</b>	+00:06:58 (30.0%)	4:39	12.9 (70.1%)
138	<b>SZULC Edmund</b>	<b>1189</b>		M50	13	00:00:47	<b>00:23:18.05</b>	<b>00:24:05.85</b>	+00:07:00 (30.1%)	4:39	12.9 (70.1%)
139	<b>WOJCIECHOWSKI Grzegorz</b>	<b>14</b>	ATOS BYDGOSZCZ	M20	34	00:00:10	<b>00:23:19.90</b>	<b>00:23:30.55</b>	+00:07:02 (30.1%)	4:40	12.9 (70.1%)
140	<b>KLOSKOWSKI Adam</b>	<b>202</b>	JW1515	M30	55	00:01:13	<b>00:23:19.95</b>	<b>00:24:33.05</b>	+00:07:02 (30.2%)	4:40	12.9 (70.1%)
141	<b>BAGIŃSKI Marcin</b>	<b>1407</b>		M30	56	00:00:49	<b>00:23:21.70</b>	<b>00:24:11.30</b>	+00:07:03 (30.2%)	4:40	12.8 (69.6%)
142	<b>WIECZOREK Waldemar</b>	<b>291</b>		M30	57	00:00:31	<b>00:23:22.70</b>	<b>00:23:53.75</b>	+00:07:04 (30.3%)	4:40	12.8 (69.6%)
143	<b>GABRYCH Maciej</b>	<b>163</b>	CZARNE STOPY.SM	M30	58	00:00:05	<b>00:23:23.25</b>	<b>00:23:29.20</b>	+00:07:05 (30.3%)	4:40	12.8 (69.6%)
144	<b>MARCINKOWSKI Artur</b>	<b>545</b>		M20	35	00:00:27	<b>00:23:24.70</b>	<b>00:23:52.40</b>	+00:07:06 (30.4%)	4:41	12.8 (69.6%)
145	<b>ISELVMO Espen</b>	<b>612</b>		M20	36	00:00:15	<b>00:23:26.05</b>	<b>00:23:41.90</b>	+00:07:08 (30.5%)	4:41	12.8 (69.6%)
146	<b>CICHOWICZ Marcin</b>	<b>365</b>		M40	31	00:00:17	<b>00:23:27.05</b>	<b>00:23:44.15</b>	+00:07:09 (30.5%)	4:41	12.8 (69.6%)
147	<b>BAUMGART Jacek</b>	<b>766</b>	BIEGAJ Z DĘBAMI	M50	14	00:00:22	<b>00:23:28.30</b>	<b>00:23:50.95</b>	+00:07:10 (30.6%)	4:41	12.8 (69.6%)
148	<b>CHMURA Tomasz</b>	<b>1290</b>		M40	32	00:00:16	<b>00:23:29.75</b>	<b>00:23:46.05</b>	+00:07:11 (30.6%)	4:42	12.8 (69.6%)
149	<b>NOWAK Rafał</b>	<b>411</b>		M20	37	00:01:31	<b>00:23:31.35</b>	<b>00:25:03.10</b>	+00:07:13 (30.7%)	4:42	12.7 (69.0%)
150	<b>ŁATKA Marcin</b>	<b>1450</b>		M40	33	00:00:16	<b>00:23:32.00</b>	<b>00:23:48.00</b>	+00:07:14 (30.7%)	4:42	12.7 (69.0%)
151	<b>PASTWA Filip</b>	<b>1449</b>	LUX-HAUS	M30	59	00:00:29	<b>00:23:32.40</b>	<b>00:24:02.25</b>	+00:07:14 (30.8%)	4:42	12.7 (69.0%)
152	<b>SOKOŁOWSKI Piotr</b>	<b>1056</b>	GORDON RUN	M30	60	00:00:06	<b>00:23:33.60</b>	<b>00:23:40.05</b>	+00:07:15 (30.8%)	4:42	12.7 (69.0%)
153	<b>GRUSZCZYK Maciej</b>	<b>927</b>		M20	38	00:00:41	<b>00:23:34.00</b>	<b>00:24:15.25</b>	+00:07:16 (30.8%)	4:42	12.7 (69.0%)
154	<b>WESOŁOWSKI Rafał</b>	<b>1178</b>		M30	61	00:01:35	<b>00:23:34.15</b>	<b>00:25:10.00</b>	+00:07:16 (30.9%)	4:43	12.7 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	<b>SZYMAŃSKI Bartłomiej</b>	<b>326</b>		M20	39	00:00:54	<b>00:23:35.45</b>	<b>00:24:29.65</b>	+00:07:17 (30.9%)	4:43	12.7 (69.0%)
156	<b>MUĆKO Bartek</b>	<b>44</b>	ZSH BYDGOSZCZ	M18	4	00:00:01	<b>00:23:36.05</b>	<b>00:23:37.70</b>	+00:07:18 (30.9%)	4:43	12.7 (69.0%)
157	<b>BORAKIEWICZ Arkadiusz</b>	<b>1098</b>	TEAM RUN GOŁAŃCZ	M30	62	00:00:38	<b>00:23:36.25</b>	<b>00:24:14.50</b>	+00:07:18 (31.0%)	4:43	12.7 (69.0%)
158	<b>CELEGRAT Andrzej</b>	<b>1174</b>		M30	63	00:00:14	<b>00:23:37.45</b>	<b>00:23:51.55</b>	+00:07:19 (31.0%)	4:43	12.7 (69.0%)
159	<b>BRZEZIŃSKI Sławomir</b>	<b>952</b>	CZARNE STOPY.SM	M40	34	00:00:17	<b>00:23:37.60</b>	<b>00:23:55.05</b>	+00:07:19 (31.0%)	4:43	12.7 (69.0%)
160	<b>KĘDZIERSKI Wojciech</b>	<b>1021</b>		M40	35	00:00:12	<b>00:23:37.95</b>	<b>00:23:50.20</b>	+00:07:20 (31.0%)	4:43	12.7 (69.0%)
161	<b>RUCIŃSKI Rafał</b>	<b>870</b>	SELEKCJA NATURALNA	M30	64	00:00:48	<b>00:23:40.30</b>	<b>00:24:28.35</b>	+00:07:22 (31.2%)	4:44	12.7 (69.0%)
162	<b>LEWICKI Maciej</b>	<b>120</b>	BYDGOSZCZ NA START!	M40	36	00:00:27	<b>00:23:40.95</b>	<b>00:24:08.20</b>	+00:07:23 (31.2%)	4:44	12.7 (69.0%)
163	<b>BYRTEK Grzegorz</b>	<b>400</b>		M40	37	00:00:07	<b>00:23:41.35</b>	<b>00:23:48.65</b>	+00:07:23 (31.2%)	4:44	12.7 (69.0%)
164	<b>KISZKA Marcin</b>	<b>1093</b>	RUN PASJA	M30	65	00:00:13	<b>00:23:41.55</b>	<b>00:23:55.35</b>	+00:07:23 (31.2%)	4:44	12.7 (69.0%)
165	<b>KORTAS Marcin</b>	<b>1062</b>		M40	38	00:00:21	<b>00:23:43.65</b>	<b>00:24:05.45</b>	+00:07:25 (31.3%)	4:44	12.6 (68.5%)
166	<b>URBAŃSKI Dawid</b>	<b>45</b>		M30	66	00:00:17	<b>00:23:43.80</b>	<b>00:24:01.35</b>	+00:07:25 (31.3%)	4:44	12.6 (68.5%)
167	<b>SZOT Kacper</b>	<b>586</b>		M20	40	00:00:51	<b>00:23:43.90</b>	<b>00:24:35.20</b>	+00:07:26 (31.3%)	4:44	12.6 (68.5%)
168	<b>RYBICKI Artur</b>	<b>911</b>		M40	39	00:00:42	<b>00:23:46.20</b>	<b>00:24:29.05</b>	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
169	<b>KUDALSKI Maciej</b>	<b>264</b>	XYZ FIGHT ACADEMY	M20	41	00:00:35	<b>00:23:46.25</b>	<b>00:24:21.90</b>	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
170	<b>BURCZYK Roman</b>	<b>380</b>		M40	40	00:00:18	<b>00:23:46.40</b>	<b>00:24:04.85</b>	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
171	<b>GŁOWACKI Robert</b>	<b>72</b>		M40	41	00:00:06	<b>00:23:46.45</b>	<b>00:23:53.15</b>	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
172	<b>KOŁSUT Sebastian</b>	<b>1325</b>		M20	42	00:00:09	<b>00:23:50.45</b>	<b>00:23:59.75</b>	+00:07:32 (31.6%)	4:46	12.6 (68.5%)
173	<b>STAWCZYK Dariusz</b>	<b>240</b>		M40	42	00:00:18	<b>00:23:53.45</b>	<b>00:24:12.25</b>	+00:07:35 (31.8%)	4:46	12.6 (68.5%)
174	<b>OLBORSKI Lukasz</b>	<b>838</b>		M30	67	00:00:12	<b>00:23:57.10</b>	<b>00:24:09.65</b>	+00:07:39 (32.0%)	4:47	12.5 (67.9%)
175	<b>WIŚNIEWSKI Leszek</b>	<b>971</b>		M30	68	00:00:20	<b>00:23:59.35</b>	<b>00:24:19.80</b>	+00:07:41 (32.1%)	4:47	12.5 (67.9%)
176	<b>NADRATOWSKI Maciej</b>	<b>231</b>	KABEL TEAM BYDGOSZCZ	M40	43	00:00:54	<b>00:24:00.15</b>	<b>00:24:54.70</b>	+00:07:42 (32.1%)	4:48	12.5 (67.9%)
177	<b>HASS Adam</b>	<b>321</b>		M30	69	00:00:39	<b>00:24:00.45</b>	<b>00:24:39.65</b>	+00:07:42 (32.1%)	4:48	12.5 (67.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	<b>ŁOBOCKI Krzysztof</b>	<b>232</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	70	00:00:29	<b>00:24:02.10</b>	<b>00:24:31.55</b>	+00:07:44 (32.2%)	4:48	12.5 (67.9%)
179	<b>STASZKIEWICZ Jakub</b>	<b>858</b>	STASHKY TEAM	M18	5	00:01:22	<b>00:24:03.55</b>	<b>00:25:26.45</b>	+00:07:45 (32.3%)	4:48	12.5 (67.9%)
180	<b>MIKOŁAJCZAK Sławomir</b>	<b>697</b>		M40	44	00:00:05	<b>00:24:03.95</b>	<b>00:24:09.90</b>	+00:07:46 (32.3%)	4:48	12.5 (67.9%)
181	<b>KRASIŃSKI Piotr</b>	<b>98</b>		M40	45	00:01:01	<b>00:24:04.30</b>	<b>00:25:05.70</b>	+00:07:46 (32.3%)	4:48	12.5 (67.9%)
182	<b>MAZUR Jakub</b>	<b>742</b>	BIEGAJ Z DĘBAMI	M20	43	00:00:12	<b>00:24:05.55</b>	<b>00:24:18.10</b>	+00:07:47 (32.4%)	4:49	12.4 (67.4%)
183	<b>SIEG Marcin</b>	<b>639</b>		M30	71	00:00:37	<b>00:24:06.35</b>	<b>00:24:44.20</b>	+00:07:48 (32.4%)	4:49	12.4 (67.4%)
184	<b>ŻUCHOWSKI Dariusz</b>	<b>398</b>	PARKRUN BYDGOSZCZ	M50	15	00:00:19	<b>00:24:07.00</b>	<b>00:24:26.10</b>	+00:07:49 (32.4%)	4:49	12.4 (67.4%)
185	<b>STAFIEJ Wojciech</b>	<b>1391</b>		M40	46	00:00:12	<b>00:24:08.60</b>	<b>00:24:20.95</b>	+00:07:50 (32.5%)	4:49	12.4 (67.4%)
186	<b>GAWROŃSKI Mateusz</b>	<b>573</b>		M20	44	00:01:06	<b>00:24:08.85</b>	<b>00:25:14.85</b>	+00:07:51 (32.5%)	4:49	12.4 (67.4%)
187	<b>DRZEWIECKI Radosław</b>	<b>1487</b>		M30	72	00:00:22	<b>00:24:09.00</b>	<b>00:24:31.10</b>	+00:07:51 (32.5%)	4:49	12.4 (67.4%)
188	<b>KAMIŃSKI Marek</b>	<b>93</b>	TYPYGRUBE	M20	45	00:02:06	<b>00:24:09.20</b>	<b>00:26:16.10</b>	+00:07:51 (32.5%)	4:50	12.4 (67.4%)
189	<b>ORZECZOWSKI Zbigniew</b>	<b>690</b>		M40	47	00:00:32	<b>00:24:09.90</b>	<b>00:24:42.15</b>	+00:07:52 (32.6%)	4:50	12.4 (67.4%)
189	<b>MAZURKIEWICZ Piotr</b>	<b>306</b>		M40	48	00:00:11	<b>00:24:09.90</b>	<b>00:24:21.25</b>	+00:07:52 (32.6%)	4:50	12.4 (67.4%)
191	<b>MACIĄGA Jakub</b>	<b>996</b>		M30	73	00:00:28	<b>00:24:11.95</b>	<b>00:24:40.70</b>	+00:07:54 (32.7%)	4:50	12.4 (67.4%)
192	<b>MŁYNAREK Paweł</b>	<b>1388</b>		M10	5	00:00:03	<b>00:24:15.55</b>	<b>00:24:19.25</b>	+00:07:57 (32.8%)	4:51	12.4 (67.4%)
193	<b>WASTOWSKI Dawid</b>	<b>874</b>		M20	46	00:00:39	<b>00:24:18.15</b>	<b>00:24:57.25</b>	+00:08:00 (32.9%)	4:51	12.3 (66.8%)
194	<b>JAGIELSKI Szymon</b>	<b>1419</b>		M20	47	00:00:52	<b>00:24:18.90</b>	<b>00:25:11.00</b>	+00:08:01 (33.0%)	4:51	12.3 (66.8%)
195	<b>SKRZYPIŃSKI Marek</b>	<b>224</b>		M30	74	00:00:43	<b>00:24:19.25</b>	<b>00:25:03.20</b>	+00:08:01 (33.0%)	4:52	12.3 (66.8%)
196	<b>WONS Rafał</b>	<b>1356</b>		M30	75	00:01:33	<b>00:24:21.15</b>	<b>00:25:54.25</b>	+00:08:03 (33.1%)	4:52	12.3 (66.8%)
197	<b>JAKUBCZAK Łukasz</b>	<b>849</b>		M30	76	00:00:08	<b>00:24:23.70</b>	<b>00:24:31.85</b>	+00:08:05 (33.2%)	4:52	12.3 (66.8%)
198	<b>WISNIEWSKI Tadeusz</b>	<b>817</b>		M50	16	00:00:00	<b>00:24:25.35</b>	<b>00:24:25.35</b>	+00:08:07 (33.3%)	4:53	12.3 (66.8%)
199	<b>KOWALSKI Marek</b>	<b>1017</b>	BYDGOSKIE ŻÓŁWIE	M40	49	00:00:08	<b>00:24:26.40</b>	<b>00:24:34.75</b>	+00:08:08 (33.3%)	4:53	12.3 (66.8%)
200	<b>SCHNEIDER Krystian</b>	<b>307</b>		M30	77	00:00:30	<b>00:24:31.90</b>	<b>00:25:02.45</b>	+00:08:14 (33.6%)	4:54	12.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	<b>PACEK Mirosław</b>	<b>207</b>		M50	17	00:01:30	<b>00:24:32.35</b>	<b>00:26:02.80</b>	+00:08:14 (33.6%)	4:54	12.2 (66.3%)
201	<b>SUCHOMSKI Damian</b>	<b>910</b>		M10	6	00:00:04	<b>00:24:32.35</b>	<b>00:24:36.35</b>	+00:08:14 (33.6%)	4:54	12.2 (66.3%)
203	<b>WAWRZYŃCZAK Grzegorz</b>	<b>73</b>		M30	78	00:01:01	<b>00:24:34.75</b>	<b>00:25:36.65</b>	+00:08:16 (33.7%)	4:55	12.2 (66.3%)
204	<b>KIEŁCZYŃSKI Marek</b>	<b>667</b>		M40	50	00:01:19	<b>00:24:35.25</b>	<b>00:25:54.25</b>	+00:08:17 (33.7%)	4:55	12.2 (66.3%)
205	<b>DANIELEWICZ Bartosz</b>	<b>1298</b>		M30	79	00:01:11	<b>00:24:36.05</b>	<b>00:25:47.25</b>	+00:08:18 (33.8%)	4:55	12.2 (66.3%)
206	<b>JANUSZKIEWICZ Piotr</b>	<b>589</b>		M30	80	00:01:07	<b>00:24:37.90</b>	<b>00:25:45.60</b>	+00:08:20 (33.8%)	4:55	12.2 (66.3%)
207	<b>ARACH Przemysław</b>	<b>961</b>		M30	81	00:02:03	<b>00:24:38.75</b>	<b>00:26:41.80</b>	+00:08:20 (33.9%)	4:55	12.2 (66.3%)
208	<b>RADECKI Przemysław</b>	<b>138</b>		M40	51	00:00:28	<b>00:24:39.05</b>	<b>00:25:07.80</b>	+00:08:21 (33.9%)	4:55	12.2 (66.3%)
209	<b>TOMCZYŃSKI Jacek</b>	<b>1483</b>		M30	82	00:01:14	<b>00:24:40.25</b>	<b>00:25:55.20</b>	+00:08:22 (33.9%)	4:56	12.2 (66.3%)
210	<b>KRYSZTOFIAK Michał</b>	<b>1219</b>	ULUNG TEAM	M40	52	00:00:10	<b>00:24:45.30</b>	<b>00:24:55.70</b>	+00:08:27 (34.2%)	4:57	12.1 (65.8%)
211	<b>STĘPSKI Sławomir</b>	<b>348</b>	ZSM1	M20	48	00:00:54	<b>00:24:45.45</b>	<b>00:25:39.60</b>	+00:08:27 (34.2%)	4:57	12.1 (65.8%)
212	<b>PACZKOWSKI Mirosław</b>	<b>580</b>	CB163	M40	53	00:00:45	<b>00:24:48.25</b>	<b>00:25:33.85</b>	+00:08:30 (34.3%)	4:57	12.1 (65.8%)
213	<b>BISKUPIAK Robert</b>	<b>555</b>		M40	54	00:00:39	<b>00:24:51.85</b>	<b>00:25:31.55</b>	+00:08:34 (34.5%)	4:58	12.1 (65.8%)
214	<b>MENDEL Patryk</b>	<b>483</b>		M20	49	00:00:14	<b>00:24:52.05</b>	<b>00:25:06.95</b>	+00:08:34 (34.5%)	4:58	12.1 (65.8%)
215	<b>GULCZYŃSKI Dawid</b>	<b>1497</b>		M30	83	00:00:45	<b>00:24:52.90</b>	<b>00:25:37.90</b>	+00:08:35 (34.5%)	4:58	12.1 (65.8%)
216	<b>FRAĆKOWIAK Waldemar</b>	<b>392</b>		M40	55	00:00:22	<b>00:24:53.05</b>	<b>00:25:15.55</b>	+00:08:35 (34.5%)	4:58	12.1 (65.8%)
217	<b>WŁODARSKI Paweł</b>	<b>744</b>		M30	84	00:00:53	<b>00:24:53.15</b>	<b>00:25:46.90</b>	+00:08:35 (34.5%)	4:58	12.1 (65.8%)
218	<b>ROSZCZYN Dawid</b>	<b>1216</b>	CB163	M30	85	00:01:58	<b>00:24:53.55</b>	<b>00:26:52.35</b>	+00:08:35 (34.5%)	4:58	12 (65.2%)
219	<b>BIZON Bartosz</b>	<b>735</b>		M30	86	00:01:12	<b>00:24:53.90</b>	<b>00:26:06.45</b>	+00:08:36 (34.5%)	4:58	12 (65.2%)
220	<b>MICHALAK Mariusz</b>	<b>349</b>		M40	56	00:00:28	<b>00:24:54.15</b>	<b>00:25:22.80</b>	+00:08:36 (34.6%)	4:58	12 (65.2%)
221	<b>RAUNEST Adam</b>	<b>548</b>		M50	18	00:00:57	<b>00:24:55.80</b>	<b>00:25:53.10</b>	+00:08:37 (34.6%)	4:59	12 (65.2%)
222	<b>TWARDOWSKI Krzysztof</b>	<b>1142</b>		M20	50	00:01:06	<b>00:24:56.75</b>	<b>00:26:03.15</b>	+00:08:38 (34.7%)	4:59	12 (65.2%)
223	<b>BAUMGART Krzysztof</b>	<b>1057</b>	METAL INDUSTRY	M40	57	00:00:07	<b>00:24:57.25</b>	<b>00:25:04.25</b>	+00:08:39 (34.7%)	4:59	12 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	<b>SZYMAŃSKI Tomasz</b>	<b>970</b>		M30	87	00:00:16	<b>00:24:57.70</b>	<b>00:25:14.30</b>	+00:08:39 (34.7%)	4:59	12 (65.2%)
225	<b>LESZCZYŃSKI Łukasz</b>	<b>409</b>		M30	88	00:01:51	<b>00:24:58.20</b>	<b>00:26:49.65</b>	+00:08:40 (34.7%)	4:59	12 (65.2%)
226	<b>GWIZDAŁA Mikołaj</b>	<b>1438</b>		M20	51	00:01:00	<b>00:24:58.45</b>	<b>00:25:59.30</b>	+00:08:40 (34.7%)	4:59	12 (65.2%)
227	<b>FOJUTOWSKI Filip</b>	<b>387</b>		M10	7	00:00:10	<b>00:24:59.45</b>	<b>00:25:10.25</b>	+00:08:41 (34.8%)	5:00	12 (65.2%)
228	<b>STAFIEJ Paweł</b>	<b>1392</b>		M10	8	00:00:12	<b>00:24:59.70</b>	<b>00:25:11.75</b>	+00:08:41 (34.8%)	4:59	12 (65.2%)
229	<b>DEREZIŃSKI Tomasz</b>	<b>236</b>		M30	89	00:00:27	<b>00:25:04.90</b>	<b>00:25:31.95</b>	+00:08:47 (35.0%)	5:00	12 (65.2%)
230	<b>DROZDOWSKI Krzysztof</b>	<b>610</b>		M40	58	00:00:20	<b>00:25:06.00</b>	<b>00:25:26.45</b>	+00:08:48 (35.1%)	5:01	12 (65.2%)
231	<b>GAŁKA Krzysztof</b>	<b>430</b>		M40	59	00:00:49	<b>00:25:06.20</b>	<b>00:25:56.10</b>	+00:08:48 (35.1%)	5:01	11.9 (64.7%)
232	<b>KOSIARSKI Tomasz</b>	<b>685</b>		M40	60	00:00:44	<b>00:25:06.50</b>	<b>00:25:50.55</b>	+00:08:48 (35.1%)	5:01	12 (65.2%)
233	<b>KAMPER Jarosław</b>	<b>443</b>		M40	61	00:00:11	<b>00:25:06.95</b>	<b>00:25:18.55</b>	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
234	<b>STEJUK Jan</b>	<b>474</b>	AMS TRIATHLON	M10	9	00:00:27	<b>00:25:07.55</b>	<b>00:25:35.40</b>	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
235	<b>WAJCHERT Łukasz</b>	<b>1437</b>	TURBOGROSZKI.RUN	M30	90	00:00:20	<b>00:25:09.00</b>	<b>00:25:29.55</b>	+00:08:51 (35.2%)	5:01	11.9 (64.7%)
236	<b>CZAJA Jarosław</b>	<b>101</b>		M40	62	00:01:31	<b>00:25:10.10</b>	<b>00:26:41.95</b>	+00:08:52 (35.2%)	5:02	11.9 (64.7%)
237	<b>LEWANDOWSKI Michał</b>	<b>719</b>		M40	63	00:01:37	<b>00:25:10.15</b>	<b>00:26:48.10</b>	+00:08:52 (35.2%)	5:02	11.9 (64.7%)
238	<b>URBAŃSKI Kamil</b>	<b>397</b>		M30	91	00:02:05	<b>00:25:11.00</b>	<b>00:27:16.25</b>	+00:08:53 (35.3%)	5:02	11.9 (64.7%)
239	<b>ZIELIŃSKI Marcin</b>	<b>1499</b>		M40	64	00:00:04	<b>00:25:13.60</b>	<b>00:25:18.40</b>	+00:08:55 (35.4%)	5:02	11.9 (64.7%)
240	<b>GLAMA Jakub</b>	<b>1489</b>		M30	92	00:00:54	<b>00:25:13.70</b>	<b>00:26:08.15</b>	+00:08:55 (35.4%)	5:02	11.9 (64.7%)
241	<b>GROCHOWSKI Jakub</b>	<b>176</b>	JW1515	M30	93	00:01:14	<b>00:25:15.65</b>	<b>00:26:30.60</b>	+00:08:57 (35.5%)	5:03	11.9 (64.7%)
242	<b>OLEJNICZAK Jacek</b>	<b>1472</b>		M40	65	00:00:29	<b>00:25:17.70</b>	<b>00:25:47.30</b>	+00:08:59 (35.6%)	5:03	11.9 (64.7%)
243	<b>KLEPACZEWSKI Arkadiusz</b>	<b>977</b>		M30	94	00:01:08	<b>00:25:17.75</b>	<b>00:26:26.05</b>	+00:08:59 (35.6%)	5:03	11.9 (64.7%)
244	<b>KASPROWICZ Piotr</b>	<b>241</b>	JW 1515	M30	95	00:00:32	<b>00:25:19.15</b>	<b>00:25:51.55</b>	+00:09:01 (35.6%)	5:03	11.8 (64.1%)
245	<b>STEJUK Antoni</b>	<b>475</b>	AMS TRIATHLON	M10	10	00:00:28	<b>00:25:21.05</b>	<b>00:25:49.45</b>	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
246	<b>HEIDAK Piotr</b>	<b>979</b>		M40	66	00:00:09	<b>00:25:23.70</b>	<b>00:25:33.10</b>	+00:09:05 (35.8%)	5:04	11.8 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	<b>NAGORZYSKI Arkadiusz</b>	<b>149</b>	BIEGAM WSPIERAM MOTYWUJĘ	M30	96	00:00:09	<b>00:25:27.95</b>	<b>00:25:37.10</b>	+00:09:10 (36.0%)	5:05	11.8 (64.1%)
248	<b>SPIRYDOWICZ Piotr</b>	<b>1375</b>		M30	97	00:00:17	<b>00:25:28.10</b>	<b>00:25:45.25</b>	+00:09:10 (36.0%)	5:05	11.8 (64.1%)
249	<b>SUCHOMSKA Beata</b>	<b>908</b>		M40	67	00:00:21	<b>00:25:29.10</b>	<b>00:25:50.35</b>	+00:09:11 (36.1%)	5:05	11.8 (64.1%)
250	<b>SKUPSZ Jędrzej Kazimierz</b>	<b>965</b>		M30	98	00:01:30	<b>00:25:30.40</b>	<b>00:27:00.55</b>	+00:09:12 (36.1%)	5:06	11.8 (64.1%)
251	<b>BRUNKE Tomasz</b>	<b>313</b>		M40	68	00:01:33	<b>00:25:31.90</b>	<b>00:27:05.25</b>	+00:09:14 (36.2%)	5:06	11.7 (63.6%)
252	<b>POPŁAWSKI Damian</b>	<b>487</b>	RIMB	M20	52	00:01:52	<b>00:25:33.40</b>	<b>00:27:25.90</b>	+00:09:15 (36.2%)	5:06	11.7 (63.6%)
253	<b>SOBOTA Piotr</b>	<b>499</b>		M40	69	00:01:06	<b>00:25:35.70</b>	<b>00:26:42.60</b>	+00:09:17 (36.3%)	5:07	11.7 (63.6%)
254	<b>TOMCZYŃSKI Krystian</b>	<b>1229</b>		M20	53	00:01:11	<b>00:25:36.30</b>	<b>00:26:47.90</b>	+00:09:18 (36.4%)	5:07	11.7 (63.6%)
255	<b>TRUDNOWSKI Janusz</b>	<b>243</b>	RUN PASJA	M60	2	00:00:10	<b>00:25:39.30</b>	<b>00:25:49.55</b>	+00:09:21 (36.5%)	5:07	11.7 (63.6%)
256	<b>PYTLIŃSKI Paweł</b>	<b>914</b>	BYDGOSKIE ŻÓŁWIE	M40	70	00:00:09	<b>00:25:40.40</b>	<b>00:25:49.70</b>	+00:09:22 (36.5%)	5:08	11.7 (63.6%)
257	<b>NOWAK Waldemar</b>	<b>192</b>	TRIAMATOR EWELINA NOWAK	M50	19	00:00:14	<b>00:25:41.60</b>	<b>00:25:56.05</b>	+00:09:23 (36.6%)	5:08	11.7 (63.6%)
258	<b>TORCHALSKI Krzysztof</b>	<b>206</b>	RUN PASJA	M60	3	00:01:03	<b>00:25:42.10</b>	<b>00:26:46.00</b>	+00:09:24 (36.6%)	5:08	11.7 (63.6%)
259	<b>WOLSKI Adam</b>	<b>171</b>		M30	99	00:02:05	<b>00:25:47.30</b>	<b>00:27:52.75</b>	+00:09:29 (36.8%)	5:09	11.6 (63.0%)
260	<b>GONIA Robert</b>	<b>982</b>		M40	71	00:01:06	<b>00:25:48.30</b>	<b>00:26:54.85</b>	+00:09:30 (36.8%)	5:09	11.6 (63.0%)
261	<b>HIRSCH Nikodem</b>	<b>1049</b>		M10	11	00:00:18	<b>00:25:49.85</b>	<b>00:26:08.10</b>	+00:09:32 (36.9%)	5:10	11.6 (63.0%)
262	<b>PAWLAK Maciej</b>	<b>955</b>		M30	100	00:01:19	<b>00:25:50.30</b>	<b>00:27:10.00</b>	+00:09:32 (36.9%)	5:10	11.6 (63.0%)
263	<b>JAGODZIŃSKI Karol</b>	<b>931</b>	COOKIE TEAM RUNNERS	M50	20	00:00:36	<b>00:25:52.50</b>	<b>00:26:29.05</b>	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
264	<b>SIKORSKI Arkadiusz</b>	<b>80</b>		M10	12	00:00:23	<b>00:25:52.80</b>	<b>00:26:16.25</b>	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
265	<b>ZWOLINSKI Robert</b>	<b>1040</b>		M40	72	00:00:55	<b>00:25:53.15</b>	<b>00:26:48.20</b>	+00:09:35 (37.0%)	5:10	11.6 (63.0%)
266	<b>UMIŃSKI Robert</b>	<b>657</b>		M30	101	00:00:14	<b>00:25:54.80</b>	<b>00:26:09.70</b>	+00:09:36 (37.1%)	5:11	11.6 (63.0%)
267	<b>HÖFT Karol</b>	<b>665</b>		M20	54	00:01:11	<b>00:25:55.25</b>	<b>00:27:06.80</b>	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
268	<b>WALUSIAK Miłosz</b>	<b>776</b>	RUN PASJA	M30	102	00:00:42	<b>00:25:55.70</b>	<b>00:26:37.70</b>	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
269	<b>CHUDECKI Robert</b>	<b>609</b>		M40	73	00:01:24	<b>00:25:56.60</b>	<b>00:27:21.50</b>	+00:09:38 (37.2%)	5:11	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	<b>ŚWIETLIK Piotr</b>	<b>77</b>		M50	21	00:01:14	<b>00:25:56.85</b>	<b>00:27:11.10</b>	+00:09:39 (37.2%)	5:11	11.6 (63.0%)
271	<b>KRESIŃSKI Andrzej</b>	<b>47</b>		M30	103	00:00:05	<b>00:25:58.40</b>	<b>00:26:03.45</b>	+00:09:40 (37.3%)	5:11	11.6 (63.0%)
272	<b>GÓZDŹ Tomasz</b>	<b>777</b>	JĄŚ BIEGA	M40	74	00:00:57	<b>00:25:58.80</b>	<b>00:26:56.65</b>	+00:09:40 (37.3%)	5:11	11.5 (62.5%)
273	<b>MARĆ Robert</b>	<b>842</b>		M40	75	00:01:11	<b>00:25:59.95</b>	<b>00:27:11.50</b>	+00:09:42 (37.3%)	5:12	11.5 (62.5%)
274	<b>ORCHOLSKI Piotr</b>	<b>1016</b>		M40	76	00:00:59	<b>00:26:00.80</b>	<b>00:26:59.95</b>	+00:09:42 (37.3%)	5:12	11.5 (62.5%)
275	<b>ZGÓRSKI Maciej</b>	<b>1360</b>	WKURW TEAM BYDGOSZCZ	M40	77	00:00:41	<b>00:26:01.50</b>	<b>00:26:42.60</b>	+00:09:43 (37.4%)	5:12	11.5 (62.5%)
276	<b>GILL Daniel</b>	<b>894</b>	BOGMAR	M30	104	00:00:58	<b>00:26:01.85</b>	<b>00:26:59.95</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
277	<b>ŚWIATLAK Marek</b>	<b>1254</b>		M50	22	00:00:45	<b>00:26:02.25</b>	<b>00:26:47.60</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
278	<b>RYGIEWICZ Wojciech</b>	<b>155</b>		M50	23	00:01:04	<b>00:26:02.35</b>	<b>00:27:07.05</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
279	<b>KARPIŃSKI Łukasz</b>	<b>249</b>		M40	78	00:01:06	<b>00:26:02.65</b>	<b>00:27:09.50</b>	+00:09:44 (37.4%)	5:12	11.5 (62.5%)
280	<b>GRUBICH Arkadiusz</b>	<b>780</b>		M40	79	00:00:56	<b>00:26:03.40</b>	<b>00:26:59.90</b>	+00:09:45 (37.5%)	5:12	11.5 (62.5%)
281	<b>KRUK Łukasz</b>	<b>376</b>		M10	13	00:00:16	<b>00:26:04.45</b>	<b>00:26:21.25</b>	+00:09:46 (37.5%)	5:13	11.5 (62.5%)
281	<b>KĘCKI Jakub</b>	<b>917</b>		M10	14	00:01:21	<b>00:26:04.45</b>	<b>00:27:25.55</b>	+00:09:46 (37.5%)	5:12	11.5 (62.5%)
283	<b>KUKAWKA Maciej</b>	<b>1315</b>		M40	80	00:01:47	<b>00:26:07.80</b>	<b>00:27:55.40</b>	+00:09:49 (37.6%)	5:13	11.5 (62.5%)
284	<b>STASIEWSKI Mariusz</b>	<b>752</b>	TRISPACE	M40	81	00:00:35	<b>00:26:08.70</b>	<b>00:26:43.75</b>	+00:09:50 (37.7%)	5:13	11.5 (62.5%)
285	<b>GORDON Roman</b>	<b>172</b>	RUN BYDGOSZCZ	M60	4	00:00:14	<b>00:26:09.00</b>	<b>00:26:23.45</b>	+00:09:51 (37.7%)	5:13	11.5 (62.5%)
286	<b>ZAJĄC Tomasz</b>	<b>738</b>	BIEGAJ Z DĘBAMI	M40	82	00:00:16	<b>00:26:09.35</b>	<b>00:26:25.65</b>	+00:09:51 (37.7%)	5:13	11.5 (62.5%)
287	<b>GRACZYK Przemysław</b>	<b>269</b>		M30	105	00:01:34	<b>00:26:10.40</b>	<b>00:27:45.25</b>	+00:09:52 (37.7%)	5:14	11.5 (62.5%)
288	<b>MORZYK Michał</b>	<b>446</b>		M40	83	00:00:33	<b>00:26:14.30</b>	<b>00:26:47.30</b>	+00:09:56 (37.9%)	5:14	11.4 (62.0%)
288	<b>SIKORSKI Norbert</b>	<b>81</b>		M40	84	00:00:23	<b>00:26:14.30</b>	<b>00:26:37.85</b>	+00:09:56 (37.9%)	5:14	11.4 (62.0%)
290	<b>GÓRSKI Michał</b>	<b>1421</b>		M30	106	00:00:30	<b>00:26:16.65</b>	<b>00:26:47.60</b>	+00:09:58 (38.0%)	5:15	11.4 (62.0%)
291	<b>KIJEWSKI Maciej</b>	<b>410</b>	KABEL TEAM BYDGOSZCZ	M30	107	00:01:17	<b>00:26:17.00</b>	<b>00:27:34.05</b>	+00:09:59 (38.0%)	5:15	11.4 (62.0%)
292	<b>KOZŁOWSKI Łukasz</b>	<b>715</b>		M20	55	00:00:58	<b>00:26:17.50</b>	<b>00:27:15.60</b>	+00:09:59 (38.0%)	5:15	11.4 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	<b>MICHALSKI Damian</b>	<b>1474</b>		M20	56	00:01:11	<b>00:26:19.50</b>	<b>00:27:30.70</b>	+00:10:01 (38.1%)	5:15	11.4 (62.0%)
294	<b>BYSTREK Jarosław</b>	<b>993</b>		M40	85	00:02:12	<b>00:26:20.45</b>	<b>00:28:33.05</b>	+00:10:02 (38.1%)	5:16	11.4 (62.0%)
295	<b>KĘSIK Roman</b>	<b>1109</b>	13 WOG GRUDZIADZ	M50	24	00:00:10	<b>00:26:22.35</b>	<b>00:26:33.00</b>	+00:10:04 (38.2%)	5:16	11.4 (62.0%)
296	<b>GLINKOWSKI Dariusz</b>	<b>1033</b>	B28	M30	108	00:00:45	<b>00:26:24.05</b>	<b>00:27:09.80</b>	+00:10:06 (38.3%)	5:16	11.4 (62.0%)
297	<b>KABAT Jakub</b>	<b>302</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M10	15	00:02:02	<b>00:26:25.05</b>	<b>00:28:27.15</b>	+00:10:07 (38.3%)	5:17	11.4 (62.0%)
298	<b>KRETKOWSKI Piotr</b>	<b>1081</b>		M20	57	00:00:33	<b>00:26:26.45</b>	<b>00:27:00.00</b>	+00:10:08 (38.4%)	5:17	11.3 (61.4%)
299	<b>LEWICKI Jarek</b>	<b>725</b>		M40	86	00:00:18	<b>00:26:26.95</b>	<b>00:26:45.40</b>	+00:10:09 (38.4%)	5:17	11.3 (61.4%)
300	<b>TKACZYK Tomasz</b>	<b>1376</b>		M40	87	00:00:48	<b>00:26:28.35</b>	<b>00:27:16.40</b>	+00:10:10 (38.4%)	5:17	11.3 (61.4%)
301	<b>BERENDA Damian</b>	<b>205</b>		M40	88	00:00:23	<b>00:26:28.75</b>	<b>00:26:51.90</b>	+00:10:10 (38.5%)	5:17	11.3 (61.4%)
302	<b>STOKŁOSA Maciej</b>	<b>131</b>		M30	109	00:00:45	<b>00:26:28.90</b>	<b>00:27:14.20</b>	+00:10:11 (38.5%)	5:17	11.3 (61.4%)
303	<b>SIUDA Marek</b>	<b>786</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M40	89	00:00:56	<b>00:26:29.50</b>	<b>00:27:25.70</b>	+00:10:11 (38.5%)	5:17	11.3 (61.4%)
304	<b>ŁUDZIŃSKI Jakub</b>	<b>123</b>		M30	110	00:02:00	<b>00:26:29.85</b>	<b>00:28:30.25</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
304	<b>FURMAN Paweł</b>	<b>1336</b>		M30	111	00:01:20	<b>00:26:29.85</b>	<b>00:27:50.80</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
306	<b>KOSIEDOWSKI Jacek</b>	<b>1088</b>		M40	90	00:00:10	<b>00:26:30.20</b>	<b>00:26:41.15</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
307	<b>KOZICKI Marcin</b>	<b>762</b>	BYDGOSKIE ŻÓŁWIE	M40	91	00:00:08	<b>00:26:30.50</b>	<b>00:26:38.90</b>	+00:10:12 (38.5%)	5:18	11.3 (61.4%)
308	<b>ROSIŃSKI Marek</b>	<b>1135</b>	MORS BRODNICA	M50	25	00:00:23	<b>00:26:32.05</b>	<b>00:26:55.50</b>	+00:10:14 (38.6%)	5:18	11.3 (61.4%)
309	<b>KOLANOWSKI Wojciech</b>	<b>819</b>		M50	26	00:00:28	<b>00:26:32.85</b>	<b>00:27:01.80</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
310	<b>KRUK Szymon</b>	<b>375</b>		M10	16	00:00:16	<b>00:26:33.00</b>	<b>00:26:49.05</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
311	<b>BOROWICZ Ireneusz</b>	<b>830</b>		M30	112	00:00:38	<b>00:26:33.05</b>	<b>00:27:11.20</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
312	<b>TWARDOWSKI Łukasz</b>	<b>280</b>		M30	113	00:00:32	<b>00:26:33.15</b>	<b>00:27:05.20</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
313	<b>BANASZAK Gracjan</b>	<b>640</b>		M10	17	00:00:59	<b>00:26:33.30</b>	<b>00:27:32.60</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
314	<b>WILCZYŃSKI Jacek</b>	<b>763</b>		M40	92	00:00:35	<b>00:26:33.40</b>	<b>00:27:08.65</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)
315	<b>KRUK Krzysztof</b>	<b>371</b>		M40	93	00:00:17	<b>00:26:33.45</b>	<b>00:26:51.10</b>	+00:10:15 (38.6%)	5:18	11.3 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	<b>DOBZEAŃSKI Dariusz</b>	<b>1169</b>	3GRAVITY	M20	58	00:01:09	<b>00:26:35.05</b>	<b>00:27:44.10</b>	+00:10:17 (38.7%)	5:19	11.3 (61.4%)
317	<b>KOWALCZYK Karol</b>	<b>808</b>		M40	94	00:01:30	<b>00:26:35.50</b>	<b>00:28:06.25</b>	+00:10:17 (38.7%)	5:19	11.3 (61.4%)
318	<b>KOSIAK Jacek</b>	<b>1406</b>	RUN FOR FUN	M40	95	00:00:08	<b>00:26:36.30</b>	<b>00:26:44.65</b>	+00:10:18 (38.7%)	5:19	11.3 (61.4%)
319	<b>CICHOCKI Marcin</b>	<b>297</b>	WATAHA BYDGOSZCZ	M40	96	00:02:09	<b>00:26:37.80</b>	<b>00:28:47.35</b>	+00:10:19 (38.8%)	5:19	11.3 (61.4%)
320	<b>WEŁNIŃSKA Patrycja</b>	<b>519</b>	SZURUSIE TEAM	M20	59	00:01:47	<b>00:26:39.05</b>	<b>00:28:26.45</b>	+00:10:21 (38.8%)	5:19	11.3 (61.4%)
321	<b>ŁABENDA Robert</b>	<b>20</b>	SZURUSIE TEAM	M30	114	00:01:47	<b>00:26:39.35</b>	<b>00:28:27.05</b>	+00:10:21 (38.9%)	5:20	11.3 (61.4%)
322	<b>NOWAKOWSKI Grzegorz</b>	<b>800</b>	DEAF GARMIN	M30	115	00:00:31	<b>00:26:39.80</b>	<b>00:27:11.55</b>	+00:10:21 (38.9%)	5:20	11.3 (61.4%)
323	<b>BOENISCH Konstantin</b>	<b>309</b>		M20	60	00:00:37	<b>00:26:40.10</b>	<b>00:27:17.70</b>	+00:10:22 (38.9%)	5:20	11.3 (61.4%)
324	<b>CAŁBROWSKI Piotr</b>	<b>1053</b>	ZK NR 2 W GRUDZIĄDZU	M40	97	00:01:37	<b>00:26:41.10</b>	<b>00:28:18.10</b>	+00:10:23 (38.9%)	5:20	11.2 (60.9%)
325	<b>WOŹNIAK Piotr</b>	<b>899</b>		M40	98	00:00:30	<b>00:26:41.45</b>	<b>00:27:11.80</b>	+00:10:23 (38.9%)	5:20	11.2 (60.9%)
326	<b>DĘBIEC Andrzej</b>	<b>856</b>		M30	116	00:01:10	<b>00:26:44.60</b>	<b>00:27:55.00</b>	+00:10:26 (39.1%)	5:21	11.2 (60.9%)
327	<b>PAPIS Piotr</b>	<b>325</b>	BACK_ON	M30	117	00:00:50	<b>00:26:46.80</b>	<b>00:27:37.30</b>	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
327	<b>POTRZEBOWSKI Marek</b>	<b>653</b>	DEAF I #B3K	M30	118	00:00:26	<b>00:26:46.80</b>	<b>00:27:13.75</b>	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
329	<b>KUBSKI Jarosław</b>	<b>845</b>	MILUSIŃSCY	M40	99	00:00:08	<b>00:26:46.85</b>	<b>00:26:54.85</b>	+00:10:29 (39.1%)	5:21	11.2 (60.9%)
330	<b>GRALAK Jacek</b>	<b>552</b>	81 BLP	M40	100	00:01:27	<b>00:26:47.40</b>	<b>00:28:14.85</b>	+00:10:29 (39.2%)	5:21	11.2 (60.9%)
331	<b>PRIEWE Paweł</b>	<b>115</b>	DYNAMO SKARPA	M30	119	00:01:49	<b>00:26:48.40</b>	<b>00:28:37.95</b>	+00:10:30 (39.2%)	5:21	11.2 (60.9%)
332	<b>BRUGIER Andrzej</b>	<b>585</b>		M30	120	00:01:26	<b>00:26:48.80</b>	<b>00:28:15.65</b>	+00:10:30 (39.2%)	5:21	11.2 (60.9%)
333	<b>MALINOWSKI Waldemar</b>	<b>132</b>	RUN LOTTO BYDGOSTIA	M40	101	00:01:51	<b>00:26:48.90</b>	<b>00:28:40.60</b>	+00:10:31 (39.2%)	5:21	11.2 (60.9%)
334	<b>BUTOWSKI Michał</b>	<b>596</b>	SEN O VICTORII	M40	102	00:00:53	<b>00:26:49.55</b>	<b>00:27:42.75</b>	+00:10:31 (39.2%)	5:21	11.2 (60.9%)
335	<b>KARLIŃSKI Oskar</b>	<b>1333</b>	BYDGOSZCZ	M10	18	00:01:44	<b>00:26:49.60</b>	<b>00:28:34.00</b>	+00:10:31 (39.2%)	5:22	11.2 (60.9%)
336	<b>KOTWICA Kamil</b>	<b>293</b>		M20	61	00:01:52	<b>00:26:51.15</b>	<b>00:28:44.05</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
337	<b>DOLNY Kajetan</b>	<b>1029</b>	FOREST GANG	M10	19	00:00:13	<b>00:26:51.55</b>	<b>00:27:04.90</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)
338	<b>KARSKI Hubert</b>	<b>353</b>		M60	5	00:00:55	<b>00:26:51.80</b>	<b>00:27:46.85</b>	+00:10:33 (39.3%)	5:22	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	KAMIŃSKI Dawid	354	TYPYGRUBE	M20	62	00:02:05	00:26:53.65	00:28:59.30	+00:10:35 (39.4%)	5:22	11.2 (60.9%)
340	SAWICKI Mikołaj	340		M20	63	00:00:26	00:26:54.60	00:27:21.55	+00:10:36 (39.4%)	5:23	11.1 (60.3%)
341	SZAFLIK Łukasz	824	TEAM SŁOWACKI	M30	121	00:01:43	00:26:59.90	00:28:43.55	+00:10:42 (39.6%)	5:24	11.1 (60.3%)
342	WORZAŁA Michał	107		M20	64	00:02:16	00:27:02.40	00:29:18.45	+00:10:44 (39.7%)	5:24	11.1 (60.3%)
343	KUKLIŃSKI Rafał	203		M40	103	00:00:20	00:27:02.85	00:27:23.00	+00:10:45 (39.7%)	5:24	11.1 (60.3%)
344	BAŁYS Krzysztof	437		M20	65	00:01:56	00:27:03.35	00:28:59.95	+00:10:45 (39.8%)	5:24	11.1 (60.3%)
345	JANKOWSKI Tomasz	999	BIEGAJ Z DĘBAMI	M50	27	00:01:04	00:27:03.90	00:28:08.00	+00:10:46 (39.8%)	5:24	11.1 (60.3%)
346	BORYS Rafał	686		M40	104	00:00:31	00:27:04.65	00:27:36.10	+00:10:46 (39.8%)	5:25	11.1 (60.3%)
347	SIWIAK Łukasz	839		M30	122	00:00:21	00:27:05.75	00:27:27.60	+00:10:47 (39.9%)	5:25	11.1 (60.3%)
348	ŚWIETLIK Grzegorz	448		M30	123	00:01:09	00:27:06.60	00:28:15.95	+00:10:48 (39.9%)	5:25	11.1 (60.3%)
349	KARSKI Przemysław	351		M30	124	00:00:53	00:27:07.30	00:28:01.15	+00:10:49 (39.9%)	5:25	11.1 (60.3%)
350	PRZYBYLSKI Mariusz	286	BYDGOSZCZ NA START	M50	28	00:01:05	00:27:07.85	00:28:13.10	+00:10:50 (39.9%)	5:25	11.1 (60.3%)
351	TUREK Józef	1149		M20	66	00:01:34	00:27:08.75	00:28:42.95	+00:10:50 (40.0%)	5:25	11.1 (60.3%)
352	POLAKOWSKI Tomasz	1050		M30	125	00:01:36	00:27:09.15	00:28:45.25	+00:10:51 (40.0%)	5:25	11 (59.8%)
353	PIERZGALSKI Jarek	488		M40	105	00:00:24	00:27:10.05	00:27:34.80	+00:10:52 (40.0%)	5:26	11 (59.8%)
354	DAMSKI Bartek	795		M30	126	00:01:31	00:27:10.50	00:28:42.20	+00:10:52 (40.0%)	5:26	11 (59.8%)
355	CEGŁOWSKI Marcin	806		M40	106	00:02:11	00:27:11.25	00:29:22.80	+00:10:53 (40.1%)	5:26	11 (59.8%)
356	SZATTEN Michał	162	TYPYGRUBE	M30	127	00:02:10	00:27:11.75	00:29:22.65	+00:10:53 (40.1%)	5:26	11 (59.8%)
357	DAWIDOWICZ Kacper	1184		M30	128	00:00:14	00:27:12.05	00:27:26.65	+00:10:54 (40.1%)	5:26	11 (59.8%)
358	BREYER Miłosz	274		M10	20	00:01:01	00:27:12.25	00:28:13.50	+00:10:54 (40.1%)	5:26	11 (59.8%)
359	CHRUŚCICKI Zbigniew	827	COACHING	M40	107	00:00:51	00:27:13.45	00:28:04.65	+00:10:55 (40.1%)	5:26	11 (59.8%)
360	ZAMROWSKI Tomasz	825		M40	108	00:00:24	00:27:13.55	00:27:38.05	+00:10:55 (40.1%)	5:26	11 (59.8%)
361	WEDEL Maciej	1365		M30	129	00:01:34	00:27:13.65	00:28:47.80	+00:10:55 (40.1%)	5:26	11 (59.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
362	<b>CHRZAŚCZ Michał</b>	<b>1207</b>	SISU-OWB TEAM	M30	130	00:00:33	<b>00:27:14.40</b>	<b>00:27:47.45</b>	+00:10:56 (40.2%)	5:26	11 (59.8%)
363	<b>GOŁĘBIEWSKI Paweł</b>	<b>878</b>		M40	109	00:01:13	<b>00:27:14.70</b>	<b>00:28:28.50</b>	+00:10:56 (40.2%)	5:27	11 (59.8%)
364	<b>GOŁCZYŃSKI Tomasz</b>	<b>913</b>		M40	110	00:00:38	<b>00:27:15.70</b>	<b>00:27:54.20</b>	+00:10:57 (40.2%)	5:27	11 (59.8%)
365	<b>TRYT Edward</b>	<b>1245</b>		M60	6	00:00:36	<b>00:27:15.95</b>	<b>00:27:52.50</b>	+00:10:58 (40.2%)	5:27	11 (59.8%)
366	<b>KISIEL Krystian</b>	<b>705</b>		M30	131	00:00:34	<b>00:27:16.85</b>	<b>00:27:51.15</b>	+00:10:59 (40.3%)	5:27	11 (59.8%)
367	<b>BANDOCH Jacek</b>	<b>52</b>		M20	67	00:00:25	<b>00:27:17.05</b>	<b>00:27:42.40</b>	+00:10:59 (40.3%)	5:27	11 (59.8%)
368	<b>MADEJ Adam</b>	<b>135</b>		M20	68	00:01:54	<b>00:27:18.05</b>	<b>00:29:12.35</b>	+00:11:00 (40.3%)	5:27	11 (59.8%)
369	<b>TRYT Maciej</b>	<b>1037</b>		M30	132	00:00:35	<b>00:27:18.90</b>	<b>00:27:54.80</b>	+00:11:01 (40.3%)	5:27	11 (59.8%)
370	<b>HEŁMINIAK Michał</b>	<b>1171</b>		M30	133	00:00:19	<b>00:27:21.90</b>	<b>00:27:41.10</b>	+00:11:04 (40.4%)	5:28	11 (59.8%)
371	<b>SIEKIERKA Jarosław</b>	<b>127</b>		M30	134	00:00:05	<b>00:27:23.45</b>	<b>00:27:29.15</b>	+00:11:05 (40.5%)	5:28	10.9 (59.2%)
372	<b>BYCZKOWSKI Michał</b>	<b>1025</b>		M20	69	00:00:30	<b>00:27:24.95</b>	<b>00:27:55.90</b>	+00:11:07 (40.6%)	5:29	10.9 (59.2%)
373	<b>KWASIROCH Krzysztof</b>	<b>1006</b>	TKKF KOLEJARZ	M50	29	00:01:10	<b>00:27:25.80</b>	<b>00:28:36.20</b>	+00:11:07 (40.6%)	5:29	10.9 (59.2%)
374	<b>GONIA Paweł</b>	<b>1190</b>		M30	135	00:00:42	<b>00:27:26.15</b>	<b>00:28:09.10</b>	+00:11:08 (40.6%)	5:29	10.9 (59.2%)
375	<b>WÓJTOWICZ Ryszard</b>	<b>323</b>		M20	70	00:02:07	<b>00:27:26.60</b>	<b>00:29:34.00</b>	+00:11:08 (40.6%)	5:29	10.9 (59.2%)
376	<b>FABROWSKI Dawid</b>	<b>134</b>		M30	136	00:01:52	<b>00:27:26.75</b>	<b>00:29:19.50</b>	+00:11:08 (40.6%)	5:29	10.9 (59.2%)
377	<b>LINGO Piotr</b>	<b>1296</b>	BIEGAJ Z DĘBAMI OSIELSKO	M40	111	00:00:27	<b>00:27:27.55</b>	<b>00:27:54.80</b>	+00:11:09 (40.6%)	5:29	10.9 (59.2%)
378	<b>ROSZCZYN Michał</b>	<b>625</b>		M30	137	00:02:01	<b>00:27:27.80</b>	<b>00:29:28.95</b>	+00:11:09 (40.7%)	5:29	10.9 (59.2%)
379	<b>ROSZAK Tomasz</b>	<b>959</b>	MILUSIŃSCY	M40	112	00:00:10	<b>00:27:28.50</b>	<b>00:27:38.55</b>	+00:11:10 (40.7%)	5:29	10.9 (59.2%)
380	<b>JANYSKA Krzysztof</b>	<b>945</b>		M30	138	00:00:22	<b>00:27:28.65</b>	<b>00:27:51.30</b>	+00:11:10 (40.7%)	5:29	10.9 (59.2%)
381	<b>DRAPIŃSKI Maciej</b>	<b>620</b>	DRAPEK	M30	139	00:01:36	<b>00:27:30.55</b>	<b>00:29:06.70</b>	+00:11:12 (40.8%)	5:30	10.9 (59.2%)
381	<b>KITOWSKI Przemysław</b>	<b>24</b>	SZURUSIE TEAM	M30	140	00:01:48	<b>00:27:30.55</b>	<b>00:29:18.75</b>	+00:11:12 (40.8%)	5:30	10.9 (59.2%)
383	<b>LUDKOWSKI Filip</b>	<b>863</b>		M10	21	00:00:42	<b>00:27:31.00</b>	<b>00:28:13.80</b>	+00:11:13 (40.8%)	5:30	10.9 (59.2%)
384	<b>WITKOWSKI Błażej</b>	<b>133</b>		M20	71	00:01:26	<b>00:27:31.10</b>	<b>00:28:57.85</b>	+00:11:13 (40.8%)	5:30	10.9 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
385	WIŚNIEWSKI Maksymilian	536	SPC	M20	72	00:02:09	00:27:32.20	00:29:41.50	+00:11:14 (40.8%)	5:30	10.9 (59.2%)
386	GOŚCINNY Michał	1166		M30	141	00:00:38	00:27:34.35	00:28:12.60	+00:11:16 (40.9%)	5:30	10.9 (59.2%)
387	GNIWKOWSKI Daniel	423		M30	142	00:01:10	00:27:35.05	00:28:45.25	+00:11:17 (40.9%)	5:31	10.9 (59.2%)
388	KWIATKOWSKA Małgorzata	1048		M30	143	00:01:21	00:27:36.35	00:28:57.95	+00:11:18 (41.0%)	5:31	10.9 (59.2%)
389	DROBCZYŃSKI Wojciech	576		M20	73	00:01:23	00:27:38.60	00:29:02.45	+00:11:20 (41.0%)	5:31	10.8 (58.7%)
390	MLICKI Marcin	118		M40	113	00:01:28	00:27:38.95	00:29:07.25	+00:11:21 (41.1%)	5:31	10.8 (58.7%)
391	BIAŁOWĄS Dariusz	496		M40	114	00:01:35	00:27:39.00	00:29:14.05	+00:11:21 (41.1%)	5:31	10.8 (58.7%)
392	GRAPATYN Piotr	951	ARESZT ŚLEDZCY BYDGOSZCZ	M40	115	00:00:38	00:27:40.70	00:28:19.55	+00:11:22 (41.1%)	5:32	10.8 (58.7%)
393	SZULC Jakub	704	SZOSAŻNIN	M10	22	00:03:06	00:27:43.85	00:30:50.65	+00:11:26 (41.2%)	5:32	10.8 (58.7%)
394	SZULC Jarosław	701		M40	116	00:03:06	00:27:45.15	00:30:51.70	+00:11:27 (41.3%)	5:33	10.8 (58.7%)
395	BAŁYS Łukasz	1217		M20	74	00:01:56	00:27:45.55	00:29:42.05	+00:11:27 (41.3%)	5:33	10.8 (58.7%)
396	GRUBICH Kacper	781		M10	23	00:00:59	00:27:46.85	00:28:45.85	+00:11:29 (41.3%)	5:33	10.8 (58.7%)
397	RADECKI Krzysztof	1318		M30	144	00:00:53	00:27:48.45	00:28:41.45	+00:11:30 (41.4%)	5:33	10.8 (58.7%)
398	ZIELIŃSKI Radosław	2		M30	145	00:00:36	00:27:49.00	00:28:25.30	+00:11:31 (41.4%)	5:33	10.8 (58.7%)
399	GORZYCKI Dariusz	161	BYDGOSKA SEKCJA KARATE IKO KYOKUSHINKAIKAN	M40	117	00:00:13	00:27:50.95	00:28:03.95	+00:11:33 (41.5%)	5:34	10.8 (58.7%)
400	IWAN Remigiusz	121		M40	118	00:00:56	00:27:51.15	00:28:47.85	+00:11:33 (41.5%)	5:34	10.8 (58.7%)
401	RYBICKI Dariusz	382		M40	119	00:00:52	00:27:53.30	00:28:46.00	+00:11:35 (41.6%)	5:34	10.8 (58.7%)
402	WYPORKIEWICZ Jerzy	627		M50	30	00:01:36	00:27:53.50	00:29:29.65	+00:11:35 (41.6%)	5:34	10.8 (58.7%)
403	RYBICKA Ilona	383		M30	146	00:00:52	00:27:53.85	00:28:46.15	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
404	MICHAŁEK Daniel	493	BIEGAM PO PIWO	M30	147	00:00:18	00:27:54.40	00:28:12.75	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
405	PASZKIET Witold	532		M60	7	00:01:40	00:27:54.60	00:29:34.90	+00:11:36 (41.6%)	5:34	10.8 (58.7%)
406	SARNECKI Sławomir	723		M40	120	00:01:07	00:27:54.65	00:29:02.35	+00:11:36 (41.6%)	5:35	10.7 (58.2%)
407	JANKIEWICZ Marek	1415	POLISH DENTAL SQUAD	M30	148	00:01:11	00:27:54.75	00:29:06.30	+00:11:36 (41.6%)	5:35	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
408	JANKA Andrzej	885		M50	31	00:00:58	00:27:54.80	00:28:53.20	+00:11:36 (41.6%)	5:35	10.7 (58.2%)
409	KANDER Michał	180		M30	149	00:01:32	00:27:55.40	00:29:28.30	+00:11:37 (41.6%)	5:35	10.7 (58.2%)
410	WEGNER Roman	210		M50	32	00:00:49	00:27:56.00	00:28:45.45	+00:11:38 (41.7%)	5:35	10.7 (58.2%)
411	KASPRZAK Wojciech	943		M40	121	00:00:46	00:27:56.50	00:28:42.90	+00:11:38 (41.7%)	5:35	10.7 (58.2%)
412	ADAMCZAK Damian	1353		M40	122	00:00:42	00:27:56.65	00:28:39.20	+00:11:38 (41.7%)	5:35	10.7 (58.2%)
413	DOMŻALSKI Kamil	356		M30	150	00:00:25	00:27:56.85	00:28:22.80	+00:11:39 (41.7%)	5:35	10.7 (58.2%)
414	KARSKI Marcin	1140		M40	123	00:00:56	00:27:57.15	00:28:53.35	+00:11:39 (41.7%)	5:35	10.7 (58.2%)
415	GUŹDZIOŁ Jarek	513	TBKM WILK SOLEC KUJAWSKI	M40	124	00:01:32	00:27:59.90	00:29:32.45	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
415	DURALEK Oskar	441		M10	24	00:00:30	00:27:59.90	00:28:30.10	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
417	ROGOZIŃSKI Aleksander	884		M30	151	00:01:25	00:28:00.20	00:29:26.15	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
418	WESOŁOWSKI Dariusz	1433		M40	125	00:00:16	00:28:00.55	00:28:16.55	+00:11:42 (41.8%)	5:36	10.7 (58.2%)
419	KĘCKI Grzegorz	918		M40	126	00:01:20	00:28:01.65	00:29:22.20	+00:11:43 (41.9%)	5:36	10.7 (58.2%)
420	BŁĄŻEJEWSKI Kacper	112	CB163	M30	152	00:01:59	00:28:05.45	00:30:04.80	+00:11:47 (42.0%)	5:37	10.7 (58.2%)
421	ŚMIAŁOWICZ Adam	1313	ŚMIAŁYTEAM	M40	127	00:01:42	00:28:05.55	00:29:47.60	+00:11:47 (42.0%)	5:37	10.7 (58.2%)
422	BOROWICKI Paweł	1461		M40	128	00:00:34	00:28:07.05	00:28:41.95	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
423	ŚWIĄTEK Daniel	384		M30	153	00:00:24	00:28:07.15	00:28:31.20	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
423	WÓJCIK Piotr	38		M10	25	00:00:32	00:28:07.15	00:28:39.85	+00:11:49 (42.0%)	5:37	10.7 (58.2%)
425	FITA Kamil	301		M30	154	00:00:49	00:28:07.90	00:28:57.85	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
426	ARENT Dawid	482		M20	75	00:00:56	00:28:08.70	00:29:04.90	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
426	MELLER Krzysztof	1226		M30	155	00:01:50	00:28:08.70	00:29:58.75	+00:11:50 (42.1%)	5:37	10.7 (58.2%)
428	KUTKA Czesia	581		M40	129	00:00:21	00:28:10.20	00:28:31.25	+00:11:52 (42.1%)	5:38	10.7 (58.2%)
429	WIECZOREK Wojciech	465		M50	33	00:01:42	00:28:10.45	00:29:53.10	+00:11:52 (42.2%)	5:38	10.6 (57.6%)
430	WILCZYŃSKI Marek	590		M30	156	00:01:06	00:28:10.90	00:29:17.00	+00:11:53 (42.2%)	5:38	10.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
431	<b>WŁOCH Michał</b>	<b>871</b>		M30	157	00:01:00	<b>00:28:12.35</b>	<b>00:29:12.60</b>	+00:11:54 (42.2%)	5:38	10.6 (57.6%)
432	<b>ŚWIATLAK Piotr</b>	<b>1308</b>	ATOS / WINGS FOR LIFE	M20	76	00:00:15	<b>00:28:12.60</b>	<b>00:28:27.65</b>	+00:11:54 (42.2%)	5:38	10.6 (57.6%)
433	<b>AFFELDT Magdalena</b>	<b>1079</b>		M20	77	00:00:37	<b>00:28:13.25</b>	<b>00:28:50.55</b>	+00:11:55 (42.3%)	5:38	10.6 (57.6%)
434	<b>DORAWA Mirosław</b>	<b>419</b>		M30	158	00:00:24	<b>00:28:13.45</b>	<b>00:28:37.95</b>	+00:11:55 (42.3%)	5:38	10.6 (57.6%)
435	<b>KOZIŃSKI Grzegorz</b>	<b>809</b>	81 BLP	M40	130	00:01:28	<b>00:28:14.65</b>	<b>00:29:43.45</b>	+00:11:56 (42.3%)	5:39	10.6 (57.6%)
436	<b>WIELIŃSKI Rafał</b>	<b>622</b>		M30	159	00:01:01	<b>00:28:16.25</b>	<b>00:29:17.65</b>	+00:11:58 (42.4%)	5:39	10.6 (57.6%)
437	<b>SARNECKI Bartosz</b>	<b>811</b>		M30	160	00:00:44	<b>00:28:17.00</b>	<b>00:29:01.40</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
438	<b>MALISZEWSKI Kamil</b>	<b>869</b>	APPSDREAMS KAMIL MALISZEWSKI	M20	78	00:00:42	<b>00:28:17.50</b>	<b>00:28:59.50</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
439	<b>CIACHERA Ireneusz</b>	<b>1035</b>	2 BATALION LOGISTYCZNA	M50	34	00:01:08	<b>00:28:17.65</b>	<b>00:29:25.95</b>	+00:11:59 (42.4%)	5:39	10.6 (57.6%)
440	<b>SZYPERSKI Sławomir</b>	<b>201</b>		M40	131	00:01:25	<b>00:28:18.05</b>	<b>00:29:43.10</b>	+00:12:00 (42.4%)	5:39	10.6 (57.6%)
441	<b>OLSZEWSKI Michał</b>	<b>318</b>		M20	79	00:00:35	<b>00:28:18.25</b>	<b>00:28:53.45</b>	+00:12:00 (42.4%)	5:39	10.6 (57.6%)
442	<b>SZMYRGAŁA Zdzisław</b>	<b>783</b>		M50	35	00:00:55	<b>00:28:19.25</b>	<b>00:29:14.35</b>	+00:12:01 (42.5%)	5:39	10.6 (57.6%)
443	<b>LENC Janusz</b>	<b>461</b>	TKKF KOLEJARZ BYDGOSZCZ	M60	8	00:01:20	<b>00:28:19.45</b>	<b>00:29:40.10</b>	+00:12:01 (42.5%)	5:40	10.6 (57.6%)
444	<b>CZARNECKA Monika</b>	<b>788</b>	BRZOZA BIEGA	M30	161	00:00:25	<b>00:28:19.70</b>	<b>00:28:45.35</b>	+00:12:01 (42.5%)	5:40	10.6 (57.6%)
445	<b>SZALA Wojciech</b>	<b>747</b>		M30	162	00:01:20	<b>00:28:20.15</b>	<b>00:29:40.70</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
446	<b>JANIK Mariusz</b>	<b>1073</b>		M40	132	00:00:37	<b>00:28:20.25</b>	<b>00:28:57.40</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
447	<b>MATUSZEWSKI Tomasz</b>	<b>344</b>		M30	163	00:00:43	<b>00:28:20.75</b>	<b>00:29:04.40</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
448	<b>ŚWIETLIK Tomasz</b>	<b>104</b>		M50	36	00:01:14	<b>00:28:20.80</b>	<b>00:29:35.55</b>	+00:12:02 (42.5%)	5:40	10.6 (57.6%)
449	<b>GRZELAK Łukasz</b>	<b>980</b>		M40	133	00:01:18	<b>00:28:21.55</b>	<b>00:29:39.90</b>	+00:12:03 (42.5%)	5:40	10.6 (57.6%)
450	<b>TRZYMKOWSKI Adrian</b>	<b>542</b>		M20	80	00:00:42	<b>00:28:23.55</b>	<b>00:29:05.60</b>	+00:12:05 (42.6%)	5:40	10.6 (57.6%)
451	<b>FRYDRYCHOWICZ Lilianna</b>	<b>1074</b>		M50	37	00:00:27	<b>00:28:23.75</b>	<b>00:28:50.80</b>	+00:12:05 (42.6%)	5:40	10.6 (57.6%)
452	<b>WOŁOSZYN Kazimierz</b>	<b>498</b>	ROWEROWA BRZOZA	M60	9	00:01:04	<b>00:28:24.45</b>	<b>00:29:29.40</b>	+00:12:06 (42.6%)	5:41	10.6 (57.6%)
453	<b>DWORECKI Rafał</b>	<b>521</b>	KS FUTGOL	M30	164	00:00:51	<b>00:28:26.15</b>	<b>00:29:17.35</b>	+00:12:08 (42.7%)	5:41	10.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
454	<b>AUGUSTYNIAK Piotr</b>	<b>94</b>	SHIUZ BYDGOSZCZ FLOW RUNNERS	M40	134	00:01:05	<b>00:28:26.60</b>	<b>00:29:32.55</b>	+00:12:08 (42.7%)	5:41	10.5 (57.1%)
455	<b>WOLSKI Marek</b>	<b>338</b>		M30	165	00:02:09	<b>00:28:26.75</b>	<b>00:30:36.00</b>	+00:12:08 (42.7%)	5:41	10.5 (57.1%)
456	<b>ŁUKASIEWICZ Krzysztof</b>	<b>749</b>		M40	135	00:02:09	<b>00:28:27.05</b>	<b>00:30:36.35</b>	+00:12:09 (42.7%)	5:41	10.5 (57.1%)
457	<b>ANDRZEJEWSKI Adam</b>	<b>463</b>		M40	136	00:01:42	<b>00:28:29.20</b>	<b>00:30:11.95</b>	+00:12:11 (42.8%)	5:41	10.5 (57.1%)
458	<b>WAWRZYNIAK Andrzej</b>	<b>43</b>	22. ODN	M50	38	00:00:47	<b>00:28:29.65</b>	<b>00:29:16.65</b>	+00:12:11 (42.8%)	5:41	10.5 (57.1%)
459	<b>JENCZEWSKI Szymon</b>	<b>213</b>	ALBATROSY	M20	81	00:00:02	<b>00:28:29.80</b>	<b>00:28:32.15</b>	+00:12:11 (42.8%)	5:42	10.5 (57.1%)
460	<b>GRABIŃSKI Henryk</b>	<b>928</b>	MILUSIŃSKICH INOWROCŁAW	M40	137	00:00:07	<b>00:28:30.50</b>	<b>00:28:38.20</b>	+00:12:12 (42.8%)	5:42	10.5 (57.1%)
461	<b>JAROCH Rafał</b>	<b>226</b>		M40	138	00:00:55	<b>00:28:31.30</b>	<b>00:29:26.35</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
462	<b>SZUKALSKI Piotr</b>	<b>1128</b>		M20	82	00:00:58	<b>00:28:31.45</b>	<b>00:29:29.85</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
463	<b>LANDOWSKI Konrad</b>	<b>837</b>		M20	83	00:00:16	<b>00:28:31.80</b>	<b>00:28:48.60</b>	+00:12:13 (42.9%)	5:42	10.5 (57.1%)
464	<b>CHOJNACKI Patryk</b>	<b>1469</b>		M20	84	00:00:59	<b>00:28:32.50</b>	<b>00:29:31.95</b>	+00:12:14 (42.9%)	5:42	10.5 (57.1%)
465	<b>SKORUPKA Radek</b>	<b>1220</b>	ULUNG TEAM	M40	139	00:00:49	<b>00:28:33.35</b>	<b>00:29:23.00</b>	+00:12:15 (42.9%)	5:42	10.5 (57.1%)
466	<b>CIESIELSKI Adrian</b>	<b>1130</b>		M10	26	00:01:35	<b>00:28:34.65</b>	<b>00:30:10.00</b>	+00:12:16 (43.0%)	5:43	10.5 (57.1%)
467	<b>OWCZARSKI Krzysztof</b>	<b>631</b>		M30	166	00:00:47	<b>00:28:35.65</b>	<b>00:29:22.85</b>	+00:12:17 (43.0%)	5:43	10.5 (57.1%)
468	<b>DOLATA Rafał</b>	<b>1143</b>		M40	140	00:00:24	<b>00:28:37.25</b>	<b>00:29:01.70</b>	+00:12:19 (43.1%)	5:43	10.5 (57.1%)
469	<b>WOLAN Krzysztof</b>	<b>18</b>	AMORKI	M40	141	00:00:24	<b>00:28:38.10</b>	<b>00:29:03.05</b>	+00:12:20 (43.1%)	5:43	10.5 (57.1%)
470	<b>BASA Mateusz</b>	<b>846</b>	LIUKS KRUSZWICA	M10	27	00:00:02	<b>00:28:41.10</b>	<b>00:28:43.70</b>	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
471	<b>STRYCZYŃSKI Marek</b>	<b>279</b>	TRISPACE	M30	167	00:01:18	<b>00:28:41.30</b>	<b>00:29:59.90</b>	+00:12:23 (43.2%)	5:44	10.5 (57.1%)
472	<b>WOLNY Tomasz</b>	<b>102</b>		M30	168	00:00:20	<b>00:28:42.95</b>	<b>00:29:03.85</b>	+00:12:25 (43.2%)	5:44	10.4 (56.5%)
473	<b>JANKOWSKI Damian</b>	<b>1126</b>		M20	85	00:00:53	<b>00:28:44.40</b>	<b>00:29:37.40</b>	+00:12:26 (43.3%)	5:44	10.4 (56.5%)
474	<b>RYDLEWSKI Marek</b>	<b>464</b>	RUN BYDGOSZCZ	M40	142	00:01:48	<b>00:28:46.75</b>	<b>00:30:35.00</b>	+00:12:28 (43.4%)	5:45	10.4 (56.5%)
475	<b>NOWAKOWSKI Dominik</b>	<b>566</b>		M18	6	00:00:48	<b>00:28:47.40</b>	<b>00:29:35.75</b>	+00:12:29 (43.4%)	5:45	10.4 (56.5%)
476	<b>CHRUPAŁA Rafał</b>	<b>1147</b>		M30	169	00:01:47	<b>00:28:47.60</b>	<b>00:30:34.85</b>	+00:12:29 (43.4%)	5:45	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
477	<b>BRZOWSKI Jarosław</b>	<b>128</b>	BRZOZA TRI TEAM	M50	39	00:01:29	<b>00:28:47.80</b>	<b>00:30:17.40</b>	+00:12:29 (43.4%)	5:45	10.4 (56.5%)
478	<b>JURCZYK Piotr</b>	<b>759</b>	VIRTUAL RUNING CLUB	M40	143	00:00:38	<b>00:28:48.50</b>	<b>00:29:27.15</b>	+00:12:30 (43.4%)	5:45	10.4 (56.5%)
479	<b>WANKIEWICZ Łukasz</b>	<b>7</b>	SZURUSIE TEAM	M20	86	00:01:48	<b>00:28:48.65</b>	<b>00:30:36.65</b>	+00:12:30 (43.4%)	5:45	10.4 (56.5%)
480	<b>ZAJĄC Michał</b>	<b>739</b>	BIEGAJ Z DĘBAMI	M10	28	00:00:27	<b>00:28:48.70</b>	<b>00:29:16.55</b>	+00:12:30 (43.4%)	5:45	10.4 (56.5%)
481	<b>JEGIERSKI Dariusz</b>	<b>645</b>	AMATOR	M40	144	00:00:37	<b>00:28:48.95</b>	<b>00:29:26.90</b>	+00:12:31 (43.4%)	5:45	10.4 (56.5%)
482	<b>KIELMANN Marcin</b>	<b>641</b>	SZURUSIE TEAM	M30	170	00:01:46	<b>00:28:50.05</b>	<b>00:30:36.65</b>	+00:12:32 (43.5%)	5:46	10.4 (56.5%)
483	<b>PLUCIŃSKI Piotr</b>	<b>975</b>		M30	171	00:00:50	<b>00:28:55.80</b>	<b>00:29:46.50</b>	+00:12:37 (43.7%)	5:47	10.4 (56.5%)
484	<b>FIUT Kazimierz</b>	<b>1282</b>		M60	10	00:01:42	<b>00:28:56.15</b>	<b>00:30:38.60</b>	+00:12:38 (43.7%)	5:47	10.4 (56.5%)
485	<b>OLSZEWSKI Rafał</b>	<b>1383</b>		M30	172	00:00:50	<b>00:28:57.05</b>	<b>00:29:47.40</b>	+00:12:39 (43.7%)	5:47	10.4 (56.5%)
486	<b>SENSKI Przemysław</b>	<b>1191</b>		M30	173	00:01:48	<b>00:28:57.75</b>	<b>00:30:46.55</b>	+00:12:39 (43.7%)	5:47	10.4 (56.5%)
487	<b>WAWRZYNIAK Tomasz</b>	<b>1258</b>		M30	174	00:01:07	<b>00:28:59.15</b>	<b>00:30:06.70</b>	+00:12:41 (43.8%)	5:47	10.4 (56.5%)
488	<b>GOTOWICZ Mariusz</b>	<b>238</b>		M50	40	00:00:57	<b>00:29:00.10</b>	<b>00:29:57.10</b>	+00:12:42 (43.8%)	5:48	10.3 (56.0%)
489	<b>OWCZARSKA Magdalena</b>	<b>757</b>		M20	87	00:01:36	<b>00:29:00.80</b>	<b>00:30:37.35</b>	+00:12:42 (43.8%)	5:48	10.3 (56.0%)
490	<b>MELWIŃSKI Julian</b>	<b>1030</b>	RUN BYDGOSZCZ	M10	29	00:01:13	<b>00:29:01.05</b>	<b>00:30:14.25</b>	+00:12:43 (43.8%)	5:48	10.3 (56.0%)
491	<b>GRABISZEWSKI Michał</b>	<b>1204</b>		M20	88	00:01:02	<b>00:29:01.35</b>	<b>00:30:03.50</b>	+00:12:43 (43.8%)	5:48	10.3 (56.0%)
492	<b>ŻOŁNIERKIEWICZ Bartosz</b>	<b>1274</b>		M20	89	00:01:43	<b>00:29:05.25</b>	<b>00:30:48.80</b>	+00:12:47 (44.0%)	5:49	10.3 (56.0%)
493	<b>SZCZEPKOWSKI Andrzej</b>	<b>523</b>		M60	11	00:00:19	<b>00:29:05.85</b>	<b>00:29:25.05</b>	+00:12:48 (44.0%)	5:49	10.3 (56.0%)
494	<b>BESS Marcin</b>	<b>420</b>		M20	90	00:01:39	<b>00:29:06.10</b>	<b>00:30:45.25</b>	+00:12:48 (44.0%)	5:49	10.3 (56.0%)
495	<b>RESZKE Mateusz</b>	<b>588</b>	KU AZS UKW BYDGOSZCZ	M20	91	00:00:02	<b>00:29:06.35</b>	<b>00:29:08.85</b>	+00:12:48 (44.0%)	5:49	10.3 (56.0%)
496	<b>LUDKOWSKI Dawid</b>	<b>862</b>		M40	145	00:00:43	<b>00:29:07.15</b>	<b>00:29:50.25</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
497	<b>KORZENIEWSKI Jacek</b>	<b>434</b>		M30	175	00:01:19	<b>00:29:07.25</b>	<b>00:30:27.05</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
498	<b>AUKUNAS Marcin</b>	<b>561</b>		M20	92	00:01:27	<b>00:29:07.50</b>	<b>00:30:35.25</b>	+00:12:49 (44.0%)	5:49	10.3 (56.0%)
499	<b>KRZYŻAŃSKI Kacper</b>	<b>1231</b>	BYDGOSZCZ TRIATHLON TEAM	M10	30	00:01:42	<b>00:29:08.80</b>	<b>00:30:51.25</b>	+00:12:50 (44.1%)	5:49	10.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
500	<b>NIEWIEDZIAŁA Artur</b>	<b>698</b>		M40	146	00:00:37	<b>00:29:08.95</b>	<b>00:29:46.50</b>	+00:12:51 (44.1%)	5:49	10.3 (56.0%)
501	<b>POZNAŃSKI Szymon</b>	<b>268</b>	EDUTEAM	M20	93	00:00:36	<b>00:29:09.00</b>	<b>00:29:45.25</b>	+00:12:51 (44.1%)	5:49	10.3 (56.0%)
502	<b>WIELIŃSKI Wojciech</b>	<b>621</b>		M30	176	00:01:00	<b>00:29:10.20</b>	<b>00:30:10.55</b>	+00:12:52 (44.1%)	5:50	10.3 (56.0%)
503	<b>KAMIŃSKA Magdalena</b>	<b>745</b>		M20	94	00:01:34	<b>00:29:10.55</b>	<b>00:30:44.75</b>	+00:12:52 (44.1%)	5:50	10.3 (56.0%)
504	<b>ASTUKIEWICZ Maksymilian</b>	<b>324</b>		M20	95	00:02:02	<b>00:29:11.55</b>	<b>00:31:13.95</b>	+00:12:53 (44.2%)	5:50	10.3 (56.0%)
505	<b>NOWICKI Adam</b>	<b>903</b>		M40	147	00:00:21	<b>00:29:12.15</b>	<b>00:29:33.35</b>	+00:12:54 (44.2%)	5:50	10.3 (56.0%)
506	<b>PAPIEROWSKI Piotr</b>	<b>939</b>		M30	177	00:01:24	<b>00:29:13.75</b>	<b>00:30:38.10</b>	+00:12:55 (44.2%)	5:50	10.3 (56.0%)
507	<b>JARZEMSKI Marcin</b>	<b>1368</b>	BYDGOSZCZ TRIATHLON TEAM	M30	178	00:01:31	<b>00:29:16.00</b>	<b>00:30:47.05</b>	+00:12:58 (44.3%)	5:51	10.3 (56.0%)
508	<b>ŻUCHELKOWSKI Rafał</b>	<b>404</b>	TEAM OF BOBICZEK	M30	179	00:01:37	<b>00:29:19.05</b>	<b>00:30:56.25</b>	+00:13:01 (44.4%)	5:51	10.2 (55.4%)
509	<b>ŁOBODA Sylwia</b>	<b>598</b>		M30	180	00:01:41	<b>00:29:19.10</b>	<b>00:31:00.50</b>	+00:13:01 (44.4%)	5:51	10.2 (55.4%)
510	<b>WÓJCIK Tomasz</b>	<b>39</b>		M40	148	00:00:51	<b>00:29:19.25</b>	<b>00:30:10.90</b>	+00:13:01 (44.4%)	5:51	10.2 (55.4%)
511	<b>IWANIUK Jacek</b>	<b>78</b>		M40	149	00:00:50	<b>00:29:20.75</b>	<b>00:30:11.00</b>	+00:13:02 (44.5%)	5:52	10.2 (55.4%)
511	<b>CHMIELEWSKI Ireneusz</b>	<b>148</b>		M50	41	00:00:44	<b>00:29:20.75</b>	<b>00:30:05.45</b>	+00:13:02 (44.5%)	5:52	10.2 (55.4%)
513	<b>KORDAS Jacek</b>	<b>159</b>		M30	181	00:00:46	<b>00:29:21.25</b>	<b>00:30:07.35</b>	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
514	<b>SZYMCZUK Filip</b>	<b>126</b>		M20	96	00:01:16	<b>00:29:21.55</b>	<b>00:30:38.25</b>	+00:13:03 (44.5%)	5:52	10.2 (55.4%)
515	<b>DURĄŁEK Andrzej</b>	<b>438</b>		M40	150	00:00:26	<b>00:29:22.15</b>	<b>00:29:48.40</b>	+00:13:04 (44.5%)	5:52	10.2 (55.4%)
516	<b>WIŚNIEWSKI Krzysztof</b>	<b>150</b>	TRISPACE	M50	42	00:01:16	<b>00:29:23.50</b>	<b>00:30:40.00</b>	+00:13:05 (44.6%)	5:52	10.2 (55.4%)
517	<b>KABATEK Janusz</b>	<b>544</b>		M30	182	00:00:31	<b>00:29:24.75</b>	<b>00:29:56.10</b>	+00:13:06 (44.6%)	5:53	10.2 (55.4%)
518	<b>SOBOCIŃSKI Mateusz</b>	<b>1471</b>		M20	97	00:01:35	<b>00:29:25.35</b>	<b>00:31:00.95</b>	+00:13:07 (44.6%)	5:53	10.2 (55.4%)
519	<b>POBŁOCKI Tomasz</b>	<b>298</b>	WATAHA BYDGOSZCZ	M30	183	00:02:07	<b>00:29:25.40</b>	<b>00:31:33.25</b>	+00:13:07 (44.6%)	5:53	10.2 (55.4%)
520	<b>BRAĞIEL Jakub</b>	<b>1024</b>	VEGE RUNNERS	M30	184	00:01:37	<b>00:29:26.05</b>	<b>00:31:03.05</b>	+00:13:08 (44.6%)	5:53	10.2 (55.4%)
521	<b>ARENT Jan</b>	<b>211</b>		M50	43	00:00:58	<b>00:29:26.45</b>	<b>00:30:25.15</b>	+00:13:08 (44.6%)	5:53	10.2 (55.4%)
522	<b>JAGIELSKI Łukasz</b>	<b>1205</b>	LEBIEGA	M40	151	00:01:30	<b>00:29:27.25</b>	<b>00:30:57.75</b>	+00:13:09 (44.7%)	5:53	10.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
523	<b>KOWAL Michał</b>	<b>736</b>	REC-STAL	M40	152	00:02:03	<b>00:29:28.55</b>	<b>00:31:32.05</b>	+00:13:10 (44.7%)	5:53	10.2 (55.4%)
524	<b>DOBIECKI Szczepan</b>	<b>843</b>		M30	185	00:00:56	<b>00:29:32.10</b>	<b>00:30:28.45</b>	+00:13:14 (44.8%)	5:54	10.2 (55.4%)
525	<b>BOMBAS Jacek</b>	<b>266</b>		M40	153	00:00:32	<b>00:29:33.10</b>	<b>00:30:05.25</b>	+00:13:15 (44.9%)	5:54	10.2 (55.4%)
526	<b>CIEŚLICKI Krzysztof</b>	<b>681</b>	SISU TEAM	M30	186	00:01:45	<b>00:29:33.30</b>	<b>00:31:19.00</b>	+00:13:15 (44.9%)	5:54	10.1 (54.9%)
527	<b>BYCZKOWSKA Zenon</b>	<b>1022</b>	INDYWIDUALNIE	M50	44	00:00:49	<b>00:29:34.10</b>	<b>00:30:23.70</b>	+00:13:16 (44.9%)	5:54	10.1 (54.9%)
528	<b>JAROCH Zbigniew</b>	<b>1476</b>		M60	12	00:00:56	<b>00:29:36.20</b>	<b>00:30:33.00</b>	+00:13:18 (44.9%)	5:55	10.1 (54.9%)
529	<b>DREŻEWSKI Łukasz</b>	<b>934</b>		M20	98	00:01:02	<b>00:29:38.05</b>	<b>00:30:40.70</b>	+00:13:20 (45.0%)	5:55	10.1 (54.9%)
530	<b>ZNANIECKI Michał</b>	<b>769</b>		M40	154	00:00:42	<b>00:29:38.80</b>	<b>00:30:20.80</b>	+00:13:20 (45.0%)	5:55	10.1 (54.9%)
531	<b>APTOWICZ Damian</b>	<b>707</b>		M20	99	00:01:31	<b>00:29:39.20</b>	<b>00:31:10.75</b>	+00:13:21 (45.0%)	5:55	10.1 (54.9%)
532	<b>ZNANIECKI Wojciech</b>	<b>768</b>	BYDGOSZCZ NA START	M30	187	00:00:41	<b>00:29:39.50</b>	<b>00:30:20.75</b>	+00:13:21 (45.0%)	5:55	10.1 (54.9%)
533	<b>OSSOWSKI Łukasz</b>	<b>248</b>		M30	188	00:02:13	<b>00:29:40.75</b>	<b>00:31:54.70</b>	+00:13:22 (45.1%)	5:56	10.1 (54.9%)
534	<b>PROSEK Krzysztof</b>	<b>683</b>		M40	155	00:02:03	<b>00:29:41.80</b>	<b>00:31:45.25</b>	+00:13:23 (45.1%)	5:56	10.1 (54.9%)
535	<b>PORA Dariusz</b>	<b>518</b>	THREE BIKES	M50	45	00:00:55	<b>00:29:42.65</b>	<b>00:30:38.00</b>	+00:13:24 (45.1%)	5:56	10.1 (54.9%)
536	<b>LENKIEWICZ Andrzej</b>	<b>732</b>	PIĘKNY	M60	13	00:01:44	<b>00:29:46.40</b>	<b>00:31:30.40</b>	+00:13:28 (45.3%)	5:57	10.1 (54.9%)
537	<b>JAW Pablo</b>	<b>1321</b>		M40	156	00:01:44	<b>00:29:46.70</b>	<b>00:31:31.15</b>	+00:13:28 (45.3%)	5:57	10.1 (54.9%)
538	<b>WÓJCIK Jakub</b>	<b>287</b>		M18	7	00:01:24	<b>00:29:47.35</b>	<b>00:31:12.25</b>	+00:13:29 (45.3%)	5:57	10.1 (54.9%)
539	<b>WILCZYŃSKI Arkadiusz</b>	<b>1013</b>		M30	189	00:01:17	<b>00:29:49.25</b>	<b>00:31:06.50</b>	+00:13:31 (45.3%)	5:57	10.1 (54.9%)
540	<b>NIEMCZEWSKI Mirosław</b>	<b>1091</b>	ŁABISZYN RUNNERS	M40	157	00:01:12	<b>00:29:49.75</b>	<b>00:31:01.90</b>	+00:13:31 (45.4%)	5:57	10.1 (54.9%)
541	<b>FOJUTOWSKI Sławek</b>	<b>386</b>		M40	158	00:00:45	<b>00:29:50.05</b>	<b>00:30:35.20</b>	+00:13:32 (45.4%)	5:58	10.1 (54.9%)
542	<b>WITKOWSKI Paweł</b>	<b>1111</b>		M10	31	00:00:42	<b>00:29:51.00</b>	<b>00:30:33.70</b>	+00:13:33 (45.4%)	5:58	10.1 (54.9%)
543	<b>STASIAK Jacek</b>	<b>1386</b>		M40	159	00:00:44	<b>00:29:52.50</b>	<b>00:30:37.20</b>	+00:13:34 (45.4%)	5:58	10 (54.3%)
544	<b>STEGNERSKI Maciej</b>	<b>1467</b>		M40	160	00:01:39	<b>00:29:55.35</b>	<b>00:31:34.55</b>	+00:13:37 (45.5%)	5:59	10 (54.3%)
545	<b>KULPA Szymon</b>	<b>186</b>		M30	190	00:01:02	<b>00:29:56.05</b>	<b>00:30:58.70</b>	+00:13:38 (45.6%)	5:59	10 (54.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
546	<b>ŚNIECHOTA Konrad</b>	<b>92</b>	TYPYGRUBE	M30	191	00:02:10	<b>00:29:56.90</b>	<b>00:32:07.35</b>	+00:13:39 (45.6%)	5:59	10 (54.3%)
547	<b>BOREK Marcin</b>	<b>222</b>		M40	161	00:00:35	<b>00:29:57.40</b>	<b>00:30:32.65</b>	+00:13:39 (45.6%)	5:59	10 (54.3%)
548	<b>OGRODOWICZ Marcin</b>	<b>479</b>		M40	162	00:01:22	<b>00:29:58.85</b>	<b>00:31:21.60</b>	+00:13:41 (45.6%)	5:59	10 (54.3%)
549	<b>RĘDZINA Michał</b>	<b>199</b>		M30	192	00:01:02	<b>00:29:58.90</b>	<b>00:31:01.50</b>	+00:13:41 (45.6%)	5:59	10 (54.3%)
550	<b>WRÓBLEWSKI Rafał</b>	<b>1456</b>		M40	163	00:00:47	<b>00:30:00.10</b>	<b>00:30:48.05</b>	+00:13:42 (45.7%)	6:00	10 (54.3%)
551	<b>GRUCHAŁA Wojciech</b>	<b>106</b>		M50	46	00:01:28	<b>00:30:02.85</b>	<b>00:31:31.50</b>	+00:13:45 (45.8%)	6:00	10 (54.3%)
552	<b>JABŁOŃSKI Jakub</b>	<b>1429</b>		M10	32	00:02:04	<b>00:30:04.45</b>	<b>00:32:08.55</b>	+00:13:46 (45.8%)	6:00	10 (54.3%)
553	<b>JANIC Arkadiusz</b>	<b>629</b>		M10	33	00:00:51	<b>00:30:04.65</b>	<b>00:30:56.40</b>	+00:13:46 (45.8%)	6:01	10 (54.3%)
554	<b>KOLMAJER Rafał</b>	<b>167</b>	RUNADDICTS	M30	193	00:01:02	<b>00:30:06.25</b>	<b>00:31:08.25</b>	+00:13:48 (45.9%)	6:01	10 (54.3%)
555	<b>PRUSIŃSKI Michał</b>	<b>1299</b>		M30	194	00:01:11	<b>00:30:08.10</b>	<b>00:31:19.95</b>	+00:13:50 (45.9%)	6:01	10 (54.3%)
556	<b>BRZYKCY Łukasz</b>	<b>445</b>		M20	100	00:01:46	<b>00:30:08.25</b>	<b>00:31:55.15</b>	+00:13:50 (45.9%)	6:01	10 (54.3%)
557	<b>KOTECKI Marcin</b>	<b>308</b>	GANG KOCURA	M40	164	00:01:03	<b>00:30:11.10</b>	<b>00:31:14.50</b>	+00:13:53 (46.0%)	6:02	9.9 (53.8%)
558	<b>SZECÓWKA Marcin</b>	<b>215</b>		M30	195	00:01:25	<b>00:30:14.15</b>	<b>00:31:39.80</b>	+00:13:56 (46.1%)	6:02	9.9 (53.8%)
559	<b>BEJGER Łukasz</b>	<b>1186</b>		M30	196	00:00:57	<b>00:30:18.15</b>	<b>00:31:16.05</b>	+00:14:00 (46.2%)	6:03	9.9 (53.8%)
560	<b>CHWIAŁKOWSKI Maksymilian</b>	<b>481</b>		M18	8	00:00:43	<b>00:30:18.80</b>	<b>00:31:02.45</b>	+00:14:00 (46.2%)	6:03	9.9 (53.8%)
561	<b>KASPEROWICZ Paweł</b>	<b>600</b>		M30	197	00:01:35	<b>00:30:18.90</b>	<b>00:31:54.25</b>	+00:14:01 (46.2%)	6:03	9.9 (53.8%)
562	<b>KACZMAREK Dariusz</b>	<b>1465</b>		M50	47	00:00:27	<b>00:30:19.40</b>	<b>00:30:47.25</b>	+00:14:01 (46.3%)	6:04	9.9 (53.8%)
563	<b>JABŁOŃSKI Tomek</b>	<b>1208</b>		M30	198	00:02:04	<b>00:30:20.70</b>	<b>00:32:25.05</b>	+00:14:02 (46.3%)	6:04	9.9 (53.8%)
564	<b>KOPROWICZ Adam</b>	<b>539</b>		M50	48	00:01:29	<b>00:30:21.40</b>	<b>00:31:51.15</b>	+00:14:03 (46.3%)	6:04	9.9 (53.8%)
564	<b>BROWNELL Mackie</b>	<b>1287</b>		M30	199	00:01:21	<b>00:30:21.40</b>	<b>00:31:42.85</b>	+00:14:03 (46.3%)	6:04	9.9 (53.8%)
566	<b>GOLIK Krzysztof</b>	<b>553</b>		M40	165	00:01:47	<b>00:30:21.55</b>	<b>00:32:08.70</b>	+00:14:03 (46.3%)	6:04	9.9 (53.8%)
567	<b>LIEDKE Tomasz</b>	<b>179</b>	BLIŻNIAKI	M30	200	00:00:40	<b>00:30:21.95</b>	<b>00:31:02.75</b>	+00:14:04 (46.3%)	6:04	9.9 (53.8%)
568	<b>ZBAŚKI Leszek</b>	<b>1327</b>		M40	166	00:01:46	<b>00:30:22.00</b>	<b>00:32:08.55</b>	+00:14:04 (46.3%)	6:04	9.9 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
569	<b>ARENDRT Paweł</b>	<b>426</b>		M40	167	00:00:39	<b>00:30:23.80</b>	<b>00:31:03.75</b>	+00:14:05 (46.4%)	6:04	9.9 (53.8%)
570	<b>OWCZARSKI Andrzej</b>	<b>646</b>		M50	49	00:01:37	<b>00:30:24.05</b>	<b>00:32:01.25</b>	+00:14:06 (46.4%)	6:04	9.9 (53.8%)
571	<b>PODGÓRSKI Jakub</b>	<b>105</b>	ZIELONY PELIKAN	M30	201	00:02:04	<b>00:30:24.50</b>	<b>00:32:29.15</b>	+00:14:06 (46.4%)	6:05	9.9 (53.8%)
572	<b>WALKOWIAK Rafał</b>	<b>431</b>		M20	101	00:00:55	<b>00:30:24.55</b>	<b>00:31:19.80</b>	+00:14:06 (46.4%)	6:04	9.9 (53.8%)
573	<b>ANDRZEJEWSKI Paweł</b>	<b>221</b>		M40	168	00:00:19	<b>00:30:25.00</b>	<b>00:30:44.60</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
574	<b>PIOTROWSKI Grzegorz</b>	<b>1120</b>		M20	102	00:02:06	<b>00:30:25.30</b>	<b>00:32:31.75</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
575	<b>SZCZĘSNY Arkadiusz</b>	<b>1275</b>	DYNAMO SKARPA	M40	169	00:01:50	<b>00:30:25.55</b>	<b>00:32:15.80</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
575	<b>RATAJ Szymon</b>	<b>219</b>		M10	34	00:01:27	<b>00:30:25.55</b>	<b>00:31:53.15</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
577	<b>SENDEL Sebastian</b>	<b>182</b>		M30	202	00:01:33	<b>00:30:25.80</b>	<b>00:31:59.30</b>	+00:14:07 (46.4%)	6:05	9.9 (53.8%)
578	<b>PECHE Marek</b>	<b>963</b>	KLUBZDROWIA 24H	M30	203	00:01:15	<b>00:30:29.00</b>	<b>00:31:44.45</b>	+00:14:11 (46.5%)	6:05	9.8 (53.3%)
579	<b>WYCZLING Piotr</b>	<b>1363</b>	INNOVAD TEAM	M40	170	00:00:41	<b>00:30:29.25</b>	<b>00:31:10.45</b>	+00:14:11 (46.5%)	6:05	9.8 (53.3%)
580	<b>ŚLADEWSKI Rafał</b>	<b>208</b>		M30	204	00:00:22	<b>00:30:29.40</b>	<b>00:30:51.50</b>	+00:14:11 (46.5%)	6:05	9.8 (53.3%)
581	<b>KACZOROWSKI Bartosz</b>	<b>748</b>		M20	103	00:01:33	<b>00:30:31.95</b>	<b>00:32:05.90</b>	+00:14:14 (46.6%)	6:06	9.8 (53.3%)
582	<b>CZUBKOWSKI Sebastian</b>	<b>936</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	205	00:01:55	<b>00:30:32.20</b>	<b>00:32:28.15</b>	+00:14:14 (46.6%)	6:06	9.8 (53.3%)
583	<b>SZETELA Łukasz</b>	<b>670</b>		M20	104	00:01:21	<b>00:30:35.00</b>	<b>00:31:56.60</b>	+00:14:17 (46.7%)	6:07	9.8 (53.3%)
584	<b>RATAJ Maciej</b>	<b>217</b>		M40	171	00:01:27	<b>00:30:35.45</b>	<b>00:32:02.80</b>	+00:14:17 (46.7%)	6:07	9.8 (53.3%)
585	<b>BACH Bartłomiej</b>	<b>89</b>		M20	105	00:01:44	<b>00:30:36.00</b>	<b>00:32:20.85</b>	+00:14:18 (46.7%)	6:07	9.8 (53.3%)
586	<b>PRZEWOŹNIAK Rafał</b>	<b>284</b>	TRI FAMILY	M20	106	00:00:47	<b>00:30:36.85</b>	<b>00:31:23.85</b>	+00:14:19 (46.8%)	6:07	9.8 (53.3%)
587	<b>MAKOWSKI Tomasz</b>	<b>347</b>		M30	206	00:01:54	<b>00:30:37.05</b>	<b>00:32:31.05</b>	+00:14:19 (46.8%)	6:07	9.8 (53.3%)
588	<b>SZOPINSKA Justyna</b>	<b>1044</b>		M30	207	00:01:51	<b>00:30:38.90</b>	<b>00:32:30.05</b>	+00:14:21 (46.8%)	6:07	9.8 (53.3%)
588	<b>BALCERZAK Daniel</b>	<b>1260</b>	SPORTOWY ZARZĄD	M20	107	00:01:09	<b>00:30:38.90</b>	<b>00:31:48.05</b>	+00:14:21 (46.8%)	6:07	9.8 (53.3%)
590	<b>SZOPIŃSKI Wojtek</b>	<b>1403</b>		M30	208	00:01:50	<b>00:30:39.40</b>	<b>00:32:30.15</b>	+00:14:21 (46.8%)	6:08	9.8 (53.3%)
591	<b>KRETOWICZ Piotr</b>	<b>357</b>		M20	108	00:01:22	<b>00:30:40.05</b>	<b>00:32:02.10</b>	+00:14:22 (46.9%)	6:08	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
592	<b>RATAJCZAK Marcel</b>	<b>319</b>		M10	35	00:01:28	<b>00:30:40.10</b>	<b>00:32:08.95</b>	+00:14:22 (46.9%)	6:08	9.8 (53.3%)
593	<b>LESZCZYŃSKI Bartosz</b>	<b>1276</b>		M20	109	00:01:38	<b>00:30:41.00</b>	<b>00:32:19.65</b>	+00:14:23 (46.9%)	6:08	9.8 (53.3%)
594	<b>SKIBIŃSKI Sebastian</b>	<b>1129</b>		M30	209	00:01:57	<b>00:30:41.55</b>	<b>00:32:38.85</b>	+00:14:23 (46.9%)	6:08	9.8 (53.3%)
595	<b>HOMZA Mateusz</b>	<b>575</b>		M30	210	00:01:28	<b>00:30:45.55</b>	<b>00:32:13.60</b>	+00:14:27 (47.0%)	6:09	9.8 (53.3%)
596	<b>GOGOLEWSKI Adam</b>	<b>549</b>		M30	211	00:01:41	<b>00:30:47.70</b>	<b>00:32:29.55</b>	+00:14:29 (47.1%)	6:09	9.7 (52.7%)
597	<b>BRZOZOWSKI Krzysztof</b>	<b>170</b>		M30	212	00:01:36	<b>00:30:47.95</b>	<b>00:32:24.50</b>	+00:14:30 (47.1%)	6:09	9.7 (52.7%)
598	<b>GRAJKOWSKI Julian</b>	<b>1238</b>	J&D&J	M30	213	00:02:05	<b>00:30:49.65</b>	<b>00:32:54.90</b>	+00:14:31 (47.1%)	6:09	9.7 (52.7%)
599	<b>LIWOCH Grzegorz</b>	<b>46</b>		M50	50	00:01:54	<b>00:30:50.00</b>	<b>00:32:44.55</b>	+00:14:32 (47.1%)	6:10	9.7 (52.7%)
600	<b>OKRĘGLICKI Antoni</b>	<b>51</b>	RUN PASJA	M60	14	00:00:10	<b>00:30:50.05</b>	<b>00:31:00.70</b>	+00:14:32 (47.1%)	6:10	9.7 (52.7%)
601	<b>MURAWKA Łukasz</b>	<b>726</b>		M30	214	00:00:49	<b>00:30:51.55</b>	<b>00:31:40.70</b>	+00:14:33 (47.2%)	6:10	9.7 (52.7%)
602	<b>MICHALSKI Piotr</b>	<b>414</b>		M20	110	00:02:07	<b>00:30:51.95</b>	<b>00:32:59.55</b>	+00:14:34 (47.2%)	6:10	9.7 (52.7%)
603	<b>GROBELNY Michał</b>	<b>61</b>		M20	111	00:01:07	<b>00:30:54.15</b>	<b>00:32:01.65</b>	+00:14:36 (47.3%)	6:10	9.7 (52.7%)
604	<b>MICHNIEWICZ Małgorzata</b>	<b>330</b>		M40	172	00:00:43	<b>00:30:55.00</b>	<b>00:31:38.45</b>	+00:14:37 (47.3%)	6:11	9.7 (52.7%)
605	<b>ÇIKAR Engin</b>	<b>1230</b>	GALATASARAY SK	M20	112	00:01:17	<b>00:30:56.00</b>	<b>00:32:13.50</b>	+00:14:38 (47.3%)	6:11	9.7 (52.7%)
605	<b>POKORSKI Adam</b>	<b>1101</b>		M20	113	00:01:56	<b>00:30:56.00</b>	<b>00:32:52.50</b>	+00:14:38 (47.3%)	6:11	9.7 (52.7%)
607	<b>PIOTROWSKI Sławomir</b>	<b>1076</b>		M40	173	00:02:05	<b>00:30:58.30</b>	<b>00:33:03.55</b>	+00:14:40 (47.4%)	6:11	9.7 (52.7%)
608	<b>CYGOWSKI Paweł</b>	<b>1066</b>		M40	174	00:00:57	<b>00:30:58.85</b>	<b>00:31:56.35</b>	+00:14:41 (47.4%)	6:11	9.7 (52.7%)
609	<b>CIERŻNICKI Zbigniew</b>	<b>1010</b>	TKKF KOLEJARZ	M50	51	00:02:11	<b>00:31:01.70</b>	<b>00:33:12.85</b>	+00:14:43 (47.5%)	6:12	9.7 (52.7%)
610	<b>TOMASZEK Sebastian</b>	<b>1156</b>		M40	175	00:00:40	<b>00:31:01.75</b>	<b>00:31:42.35</b>	+00:14:43 (47.5%)	6:12	9.7 (52.7%)
611	<b>KOZAKIEWICZ Marcin</b>	<b>136</b>		M40	176	00:01:12	<b>00:31:04.40</b>	<b>00:32:17.35</b>	+00:14:46 (47.6%)	6:13	9.7 (52.7%)
612	<b>GRACZYK Dawid</b>	<b>877</b>		M20	114	00:00:33	<b>00:31:07.60</b>	<b>00:31:41.05</b>	+00:14:49 (47.6%)	6:13	9.6 (52.2%)
613	<b>DANIELEK Piotr</b>	<b>909</b>		M40	177	00:01:13	<b>00:31:12.05</b>	<b>00:32:25.25</b>	+00:14:54 (47.8%)	6:14	9.6 (52.2%)
614	<b>MALINOWSKI Miłosz</b>	<b>789</b>		M20	115	00:01:52	<b>00:31:12.15</b>	<b>00:33:04.50</b>	+00:14:54 (47.8%)	6:14	9.6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
615	<b>CZARNECKI Marek</b>	<b>568</b>		M40	178	00:00:34	<b>00:31:13.85</b>	<b>00:31:48.50</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
616	<b>GUZIŃSKI Mateusz</b>	<b>902</b>		M20	116	00:01:50	<b>00:31:14.35</b>	<b>00:33:04.80</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
617	<b>PIECHOCIŃSKI Jarosław</b>	<b>1278</b>		M60	15	00:00:49	<b>00:31:14.40</b>	<b>00:32:03.95</b>	+00:14:56 (47.8%)	6:14	9.6 (52.2%)
618	<b>GRUŻEWSKI Jarosław</b>	<b>816</b>		M30	215	00:01:31	<b>00:31:24.55</b>	<b>00:32:56.00</b>	+00:15:06 (48.1%)	6:17	9.5 (51.6%)
619	<b>RATKE Kamil</b>	<b>1132</b>		M30	216	00:00:55	<b>00:31:27.70</b>	<b>00:32:23.25</b>	+00:15:09 (48.2%)	6:17	9.5 (51.6%)
620	<b>SIEROCKI Mikołaj</b>	<b>228</b>		M20	117	00:00:32	<b>00:31:30.15</b>	<b>00:32:02.80</b>	+00:15:12 (48.3%)	6:18	9.5 (51.6%)
621	<b>AWIZEN Antoni</b>	<b>1060</b>	MYSLIWY	M60	16	00:00:06	<b>00:31:32.30</b>	<b>00:31:38.75</b>	+00:15:14 (48.3%)	6:18	9.5 (51.6%)
622	<b>SERAP Sinem</b>	<b>1214</b>		M30	217	00:01:19	<b>00:31:32.65</b>	<b>00:32:52.00</b>	+00:15:14 (48.3%)	6:18	9.5 (51.6%)
623	<b>BIAŁOBŁOCKI Mariusz</b>	<b>1382</b>		M20	118	00:00:51	<b>00:31:34.25</b>	<b>00:32:26.05</b>	+00:15:16 (48.4%)	6:19	9.5 (51.6%)
624	<b>TUBISZ Dawid</b>	<b>1397</b>	NONE	M20	119	00:01:20	<b>00:31:35.75</b>	<b>00:32:56.55</b>	+00:15:17 (48.4%)	6:19	9.5 (51.6%)
625	<b>MROTEK Michał</b>	<b>1078</b>	QUAPRO TEAM	M40	179	00:01:33	<b>00:31:36.35</b>	<b>00:33:09.55</b>	+00:15:18 (48.4%)	6:19	9.5 (51.6%)
626	<b>KUBIAK Tomasz</b>	<b>1381</b>		M60	17	00:00:22	<b>00:31:36.90</b>	<b>00:31:59.80</b>	+00:15:19 (48.5%)	6:19	9.5 (51.6%)
627	<b>SAWIEŁAJC Michał</b>	<b>1399</b>		M40	180	00:00:32	<b>00:31:45.35</b>	<b>00:32:18.00</b>	+00:15:27 (48.7%)	6:21	9.4 (51.1%)
628	<b>KLINIKOWSKI Jacek</b>	<b>658</b>	KOCHAM ZYCIE I...	M50	52	00:00:21	<b>00:31:46.95</b>	<b>00:32:08.45</b>	+00:15:29 (48.7%)	6:21	9.4 (51.1%)
629	<b>WIŚNIEWSKI Grzegorz</b>	<b>1444</b>		M30	218	00:01:16	<b>00:31:51.75</b>	<b>00:33:07.85</b>	+00:15:33 (48.9%)	6:22	9.4 (51.1%)
630	<b>DEMBEK Maciej</b>	<b>364</b>	LOSKUMPLOS	M20	120	00:01:10	<b>00:31:55.15</b>	<b>00:33:05.55</b>	+00:15:37 (48.9%)	6:23	9.4 (51.1%)
631	<b>GACKOWSKI Edward</b>	<b>1250</b>	BYDGOSZCZ NA START	M60	18	00:01:01	<b>00:31:56.80</b>	<b>00:32:58.50</b>	+00:15:38 (49.0%)	6:23	9.4 (51.1%)
632	<b>ŁABĘCKI Kordian</b>	<b>263</b>		M20	121	00:01:53	<b>00:31:59.45</b>	<b>00:33:52.85</b>	+00:15:41 (49.1%)	6:23	9.4 (51.1%)
633	<b>MAZUR Krzysztof</b>	<b>741</b>	BIEGAJ Z DĘBAMI	M60	19	00:00:28	<b>00:31:59.70</b>	<b>00:32:28.65</b>	+00:15:41 (49.1%)	6:24	9.4 (51.1%)
634	<b>ZDUNKIEWICZ Filip</b>	<b>660</b>		M10	36	00:02:01	<b>00:32:00.75</b>	<b>00:34:01.90</b>	+00:15:42 (49.1%)	6:24	9.4 (51.1%)
635	<b>LEWANDOWSKA Piotr</b>	<b>466</b>		M40	181	00:01:45	<b>00:32:01.05</b>	<b>00:33:46.50</b>	+00:15:43 (49.1%)	6:24	9.4 (51.1%)
636	<b>STELMASZEK Patryk</b>	<b>672</b>		M10	37	00:02:02	<b>00:32:01.25</b>	<b>00:34:03.35</b>	+00:15:43 (49.1%)	6:24	9.4 (51.1%)
637	<b>ZDUNKIEWICZ Marcin</b>	<b>661</b>		M30	219	00:02:01	<b>00:32:03.35</b>	<b>00:34:04.80</b>	+00:15:45 (49.2%)	6:24	9.4 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
638	JAWORSKI Daniel	187		M20	122	00:00:41	00:32:04.20	00:32:46.10	+00:15:46 (49.2%)	6:25	9.4 (51.1%)
639	STACHEWICZ Sławomir	1007		M40	182	00:00:22	00:32:05.45	00:32:28.05	+00:15:47 (49.2%)	6:25	9.3 (50.5%)
640	KATLEWSKI Marcin	702		M30	220	00:01:38	00:32:09.15	00:33:47.40	+00:15:51 (49.3%)	6:25	9.3 (50.5%)
641	PIEKARZ Sławek	1284		M20	123	00:01:58	00:32:12.10	00:34:10.60	+00:15:54 (49.4%)	6:26	9.3 (50.5%)
642	KACZYŃSKI Rafał	305		M30	221	00:01:45	00:32:12.30	00:33:57.45	+00:15:54 (49.4%)	6:26	9.3 (50.5%)
643	BANASIK Marcin	1334	WPL	M20	124	00:01:44	00:32:15.65	00:33:59.95	+00:15:57 (49.5%)	6:27	9.3 (50.5%)
644	RYBCZYŃSKI Grzegorz	756		M20	125	00:01:33	00:32:16.70	00:33:50.10	+00:15:58 (49.5%)	6:27	9.3 (50.5%)
645	MICHAŁOWSKI Krzysztof	1435		M40	183	00:01:54	00:32:17.85	00:34:12.55	+00:16:00 (49.5%)	6:27	9.3 (50.5%)
646	ZAWADZKI Wojciech	1032		M40	184	00:01:09	00:32:20.20	00:33:29.55	+00:16:02 (49.6%)	6:28	9.3 (50.5%)
647	KUJAWA Przemysław	1369		M30	222	00:01:08	00:32:22.15	00:33:30.90	+00:16:04 (49.7%)	6:28	9.3 (50.5%)
648	BARANEK Sebastian	998		M30	223	00:01:50	00:32:22.50	00:34:13.15	+00:16:04 (49.7%)	6:28	9.3 (50.5%)
649	TOMCZAK Krzysztof	66	DZIUPLA KOMPANY	M30	224	00:00:53	00:32:22.60	00:33:16.45	+00:16:04 (49.7%)	6:28	9.3 (50.5%)
650	JANKOWSKI Rafał	30		M40	185	00:01:58	00:32:23.85	00:34:22.10	+00:16:06 (49.7%)	6:28	9.3 (50.5%)
651	WOŹNICKI Marcin	322		M10	38	00:01:35	00:32:24.75	00:34:00.55	+00:16:06 (49.7%)	6:29	9.3 (50.5%)
652	MĄDRY Wojciech	1108		M30	225	00:01:58	00:32:27.50	00:34:26.25	+00:16:09 (49.8%)	6:29	9.2 (50.0%)
653	SKÓRCZ Tomasz	334		M50	53	00:01:41	00:32:29.80	00:34:11.25	+00:16:11 (49.8%)	6:30	9.2 (50.0%)
654	KUKOWSKI Artur	1451		M30	226	00:01:59	00:32:30.30	00:34:29.40	+00:16:12 (49.9%)	6:30	9.2 (50.0%)
655	KRZYŻAŃSKI Przemysław	1233	BYDGOSZCZ TRIATHLON TEAM	M40	186	00:01:41	00:32:34.25	00:34:15.50	+00:16:16 (50.0%)	6:30	9.2 (50.0%)
656	OLSZAŃSKI Jakub	533		M30	227	00:00:50	00:32:34.55	00:33:25.35	+00:16:16 (50.0%)	6:31	9.2 (50.0%)
657	ŻURAWSKI Michał	230	RUN LOTTO-BYDGOSTIA	M40	187	00:01:54	00:32:35.95	00:34:30.90	+00:16:18 (50.0%)	6:31	9.2 (50.0%)
658	SIEDLECKI Rafał	355		M20	126	00:01:03	00:32:39.10	00:33:43.00	+00:16:21 (50.1%)	6:32	9.2 (50.0%)
658	WOŹNICKI Tomasz	327		M40	188	00:01:36	00:32:39.10	00:34:15.65	+00:16:21 (50.1%)	6:31	9.2 (50.0%)
660	GRUSZKA Marek	634	NIEZRZESZONY	M50	54	00:00:34	00:32:41.45	00:33:15.50	+00:16:23 (50.1%)	6:32	9.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
661	<b>STADNICKA Katarzyna</b>	<b>1223</b>	PRLBMX	M30	228	00:01:09	<b>00:32:43.05</b>	<b>00:33:53.00</b>	+00:16:25 (50.2%)	6:32	9.2 (50.0%)
662	<b>STANISŁAW Deptuła</b>	<b>494</b>	NIEZRZESZONY	M10	39	00:01:05	<b>00:32:43.70</b>	<b>00:33:49.20</b>	+00:16:25 (50.2%)	6:32	9.2 (50.0%)
663	<b>DERDA Rafał</b>	<b>1100</b>		M50	55	00:01:14	<b>00:32:50.35</b>	<b>00:34:04.90</b>	+00:16:32 (50.4%)	6:34	9.1 (49.5%)
664	<b>TWARDOWSKI Wojciech</b>	<b>865</b>	RUN BYDGOSZCZ	M50	56	00:01:10	<b>00:32:50.65</b>	<b>00:34:01.55</b>	+00:16:32 (50.4%)	6:34	9.1 (49.5%)
665	<b>NITKA Adam</b>	<b>283</b>		M50	57	00:01:39	<b>00:32:55.75</b>	<b>00:34:35.25</b>	+00:16:37 (50.5%)	6:35	9.1 (49.5%)
666	<b>DOMACHOWSKI Filip</b>	<b>1281</b>		M20	127	00:01:57	<b>00:32:56.80</b>	<b>00:34:54.75</b>	+00:16:38 (50.5%)	6:35	9.1 (49.5%)
667	<b>PALIŃSKI Grzegorz</b>	<b>1004</b>		M40	189	00:01:51	<b>00:33:01.95</b>	<b>00:34:53.75</b>	+00:16:44 (50.7%)	6:36	9.1 (49.5%)
668	<b>PORCZEK Jarosław</b>	<b>1390</b>		M20	128	00:01:09	<b>00:33:02.55</b>	<b>00:34:11.80</b>	+00:16:44 (50.7%)	6:36	9.1 (49.5%)
669	<b>WOJCIECH Deptuła</b>	<b>490</b>	NIEZRZESZONY	M60	20	00:01:06	<b>00:33:04.50</b>	<b>00:34:10.65</b>	+00:16:46 (50.7%)	6:36	9.1 (49.5%)
670	<b>BUDZIAK Tymoteusz</b>	<b>311</b>		M10	40	00:02:06	<b>00:33:08.15</b>	<b>00:35:14.35</b>	+00:16:50 (50.8%)	6:37	9.1 (49.5%)
671	<b>TARASIEWICZ Maciej</b>	<b>565</b>		M20	129	00:00:46	<b>00:33:12.95</b>	<b>00:33:59.85</b>	+00:16:55 (50.9%)	6:38	9 (48.9%)
672	<b>BUDZIAK Bartosz</b>	<b>100</b>		M40	190	00:02:06	<b>00:33:14.30</b>	<b>00:35:20.30</b>	+00:16:56 (51.0%)	6:38	9 (48.9%)
673	<b>WOŹNIAK Kinga</b>	<b>1061</b>		M30	229	00:00:04	<b>00:33:17.35</b>	<b>00:33:21.55</b>	+00:16:59 (51.0%)	6:39	9 (48.9%)
674	<b>KONDEK Jakub</b>	<b>1394</b>		M40	191	00:02:09	<b>00:33:26.15</b>	<b>00:35:35.15</b>	+00:17:08 (51.3%)	6:41	9 (48.9%)
675	<b>DANIELEK Adam</b>	<b>31</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	192	00:02:02	<b>00:33:30.60</b>	<b>00:35:32.65</b>	+00:17:12 (51.4%)	6:42	9 (48.9%)
676	<b>MAJEWSKI Mirosław</b>	<b>1338</b>		M60	21	00:01:33	<b>00:33:32.20</b>	<b>00:35:05.25</b>	+00:17:14 (51.4%)	6:42	8.9 (48.4%)
677	<b>WIŚNIEWSKA Katarzyna</b>	<b>486</b>		M20	130	00:00:24	<b>00:33:34.20</b>	<b>00:33:59.05</b>	+00:17:16 (51.5%)	6:43	8.9 (48.4%)
678	<b>NIEDBALSKI Bartłomiej</b>	<b>316</b>		M40	193	00:01:01	<b>00:33:35.65</b>	<b>00:34:36.90</b>	+00:17:17 (51.5%)	6:43	8.9 (48.4%)
679	<b>ORLIŃSKI Andrzej</b>	<b>990</b>		M40	194	00:01:40	<b>00:33:36.45</b>	<b>00:35:16.50</b>	+00:17:18 (51.5%)	6:43	8.9 (48.4%)
680	<b>DUDZIAK Michał</b>	<b>489</b>	CPR BYDGOSZCZ	M30	230	00:02:07	<b>00:33:42.35</b>	<b>00:35:49.95</b>	+00:17:24 (51.6%)	6:44	8.9 (48.4%)
681	<b>PILECKI Gustaw</b>	<b>1051</b>	BRZOZA BIEGA	M60	22	00:00:12	<b>00:33:43.50</b>	<b>00:33:56.35</b>	+00:17:25 (51.7%)	6:44	8.9 (48.4%)
682	<b>KEMPA Marek</b>	<b>833</b>		M40	195	00:01:22	<b>00:33:47.15</b>	<b>00:35:10.05</b>	+00:17:29 (51.8%)	6:45	8.9 (48.4%)
683	<b>KEMPA Beata</b>	<b>1212</b>		M40	196	00:01:22	<b>00:33:47.95</b>	<b>00:35:09.95</b>	+00:17:30 (51.8%)	6:45	8.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
684	<b>DZIEWIECZYŃSKI Maciej</b>	<b>427</b>		M30	231	00:01:12	<b>00:33:50.15</b>	<b>00:35:02.60</b>	+00:17:32 (51.8%)	6:46	8.9 (48.4%)
685	<b>GURYN Wiktor</b>	<b>169</b>	ZIELONY PELIKAN	M30	232	00:00:59	<b>00:33:52.90</b>	<b>00:34:52.75</b>	+00:17:35 (51.9%)	6:46	8.9 (48.4%)
686	<b>PIOTROWSKI Dawid</b>	<b>1092</b>		M10	41	00:02:06	<b>00:33:53.15</b>	<b>00:35:59.15</b>	+00:17:35 (51.9%)	6:46	8.9 (48.4%)
687	<b>KĄTNIK Dorota</b>	<b>717</b>	RUN PASJA	M30	233	00:01:18	<b>00:33:55.75</b>	<b>00:35:13.80</b>	+00:17:37 (52.0%)	6:47	8.8 (47.8%)
688	<b>BIERYT Arkadiusz</b>	<b>1150</b>	POLI-FAX AGENCJA REKLAMOWA UL. BOCZNA 10	M50	58	00:01:59	<b>00:33:56.15</b>	<b>00:35:56.10</b>	+00:17:38 (52.0%)	6:47	8.8 (47.8%)
689	<b>SACKREUTER Jeremie</b>	<b>882</b>		M40	197	00:01:49	<b>00:33:57.75</b>	<b>00:35:47.60</b>	+00:17:39 (52.0%)	6:47	8.8 (47.8%)
690	<b>FILIPIAK Tobiasz</b>	<b>1349</b>		M20	131	00:01:42	<b>00:34:02.30</b>	<b>00:35:45.25</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
691	<b>ZABIELSKI Wojtek</b>	<b>831</b>	CS GROUP RUNNERS TEAM	M20	132	00:01:47	<b>00:34:02.75</b>	<b>00:35:50.00</b>	+00:17:44 (52.1%)	6:48	8.8 (47.8%)
692	<b>DANILEWICZ Ryszard</b>	<b>374</b>		M40	198	00:01:48	<b>00:34:11.50</b>	<b>00:35:59.65</b>	+00:17:53 (52.3%)	6:50	8.8 (47.8%)
693	<b>BOJARSKI Jarosław</b>	<b>368</b>		M50	59	00:01:24	<b>00:34:12.80</b>	<b>00:35:37.05</b>	+00:17:54 (52.4%)	6:50	8.8 (47.8%)
694	<b>KLONOWSKI Sławomir</b>	<b>153</b>		M40	199	00:01:03	<b>00:34:14.40</b>	<b>00:35:17.65</b>	+00:17:56 (52.4%)	6:50	8.8 (47.8%)
695	<b>CZERWIŃSKI Filip</b>	<b>836</b>		M18	9	00:01:22	<b>00:34:20.10</b>	<b>00:35:42.30</b>	+00:18:02 (52.5%)	6:52	8.7 (47.3%)
696	<b>KUŹNIAR Patryk</b>	<b>1067</b>		M20	133	00:01:24	<b>00:34:20.55</b>	<b>00:35:44.80</b>	+00:18:02 (52.5%)	6:52	8.7 (47.3%)
697	<b>RYMER Jarosław</b>	<b>504</b>		M10	42	00:02:02	<b>00:34:25.00</b>	<b>00:36:27.90</b>	+00:18:07 (52.6%)	6:53	8.7 (47.3%)
698	<b>RYMER Adam</b>	<b>157</b>		M30	234	00:02:03	<b>00:34:25.05</b>	<b>00:36:28.50</b>	+00:18:07 (52.6%)	6:53	8.7 (47.3%)
699	<b>SĘKOWSKI Bartosz</b>	<b>906</b>		M10	43	00:01:44	<b>00:34:25.90</b>	<b>00:36:10.05</b>	+00:18:08 (52.7%)	6:53	8.7 (47.3%)
700	<b>SYROCKA Ilona</b>	<b>1377</b>		M30	235	00:01:49	<b>00:34:27.50</b>	<b>00:36:17.05</b>	+00:18:09 (52.7%)	6:53	8.7 (47.3%)
701	<b>TONDER Mateusz</b>	<b>813</b>		M30	236	00:00:27	<b>00:34:30.85</b>	<b>00:34:58.20</b>	+00:18:13 (52.8%)	6:54	8.7 (47.3%)
702	<b>OLECHNOWICZ Maciej</b>	<b>1342</b>		M10	44	00:01:50	<b>00:34:31.95</b>	<b>00:36:22.10</b>	+00:18:14 (52.8%)	6:54	8.7 (47.3%)
703	<b>KOCHAŃSKI Dariusz</b>	<b>341</b>		M40	200	00:02:01	<b>00:34:40.35</b>	<b>00:36:42.00</b>	+00:18:22 (53.0%)	6:56	8.6 (46.7%)
704	<b>OWCZARZ Łukasz</b>	<b>924</b>		M30	237	00:00:34	<b>00:34:41.65</b>	<b>00:35:16.40</b>	+00:18:23 (53.0%)	6:56	8.6 (46.7%)
705	<b>HARACEWIAT Cezary</b>	<b>630</b>		M50	60	00:01:45	<b>00:34:47.30</b>	<b>00:36:32.95</b>	+00:18:29 (53.2%)	6:57	8.6 (46.7%)
706	<b>DOMERADZKA Jagoda</b>	<b>1008</b>		M30	238	00:01:39	<b>00:34:48.05</b>	<b>00:36:27.75</b>	+00:18:30 (53.2%)	6:57	8.6 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
707	<b>ŁUCZKOWSKI Rafał</b>	<b>1426</b>		M30	239	00:02:04	<b>00:34:50.85</b>	<b>00:36:54.90</b>	+00:18:33 (53.2%)	6:58	8.6 (46.7%)
708	<b>BIAŁEK Łukasz</b>	<b>1262</b>	BIEGAJ Z DĘBAMI	M30	240	00:00:39	<b>00:34:54.15</b>	<b>00:35:34.10</b>	+00:18:36 (53.3%)	6:59	8.6 (46.7%)
709	<b>ORZECZOWSKI Michał</b>	<b>90</b>		M30	241	00:02:06	<b>00:34:59.50</b>	<b>00:37:06.25</b>	+00:18:41 (53.4%)	7:00	8.6 (46.7%)
710	<b>PIJAROWSKI Milan</b>	<b>1488</b>		M10	45	00:02:12	<b>00:35:02.40</b>	<b>00:37:14.65</b>	+00:18:44 (53.5%)	7:00	8.6 (46.7%)
711	<b>KRZEMIŃSKI Piotr</b>	<b>1054</b>		M30	242	00:01:32	<b>00:35:16.30</b>	<b>00:36:48.30</b>	+00:18:58 (53.8%)	7:03	8.5 (46.2%)
712	<b>KUCHARSKI Adam</b>	<b>847</b>		M50	61	00:01:38	<b>00:35:20.55</b>	<b>00:36:59.45</b>	+00:19:02 (53.9%)	7:04	8.5 (46.2%)
713	<b>TOMASZEWSKI Tomasz</b>	<b>1134</b>		M30	243	00:01:33	<b>00:35:23.10</b>	<b>00:36:56.25</b>	+00:19:05 (53.9%)	7:04	8.5 (46.2%)
714	<b>SĘKOWSKI Andrzej</b>	<b>855</b>		M40	201	00:01:44	<b>00:35:25.80</b>	<b>00:37:10.10</b>	+00:19:07 (54.0%)	7:05	8.5 (46.2%)
715	<b>WIĘCKOWSKA Denisa</b>	<b>1454</b>		M10	46	00:00:50	<b>00:35:27.25</b>	<b>00:36:17.75</b>	+00:19:09 (54.0%)	7:05	8.5 (46.2%)
716	<b>FOJUTOWSKI Jan</b>	<b>1163</b>		M10	47	00:00:45	<b>00:35:29.40</b>	<b>00:36:14.70</b>	+00:19:11 (54.1%)	7:05	8.5 (46.2%)
717	<b>BUZA Szymon</b>	<b>1409</b>		M20	134	00:01:52	<b>00:35:34.95</b>	<b>00:37:27.10</b>	+00:19:17 (54.2%)	7:07	8.4 (45.7%)
718	<b>KOWALSKI Tymoteusz</b>	<b>888</b>		M10	48	00:01:18	<b>00:35:35.75</b>	<b>00:36:54.05</b>	+00:19:17 (54.2%)	7:07	8.4 (45.7%)
719	<b>KOWALSKI Piotr</b>	<b>883</b>		M40	202	00:01:18	<b>00:35:35.80</b>	<b>00:36:54.15</b>	+00:19:17 (54.2%)	7:07	8.4 (45.7%)
720	<b>ASTUKIEWICZ Tomasz</b>	<b>320</b>		M40	203	00:01:59	<b>00:35:37.75</b>	<b>00:37:37.50</b>	+00:19:19 (54.3%)	7:07	8.4 (45.7%)
721	<b>ZELEK Janusz</b>	<b>64</b>		M50	62	00:01:57	<b>00:35:38.00</b>	<b>00:37:35.75</b>	+00:19:20 (54.3%)	7:07	8.4 (45.7%)
721	<b>ASTUKIEWICZ Agnieszka</b>	<b>317</b>		M50	63	00:01:59	<b>00:35:38.00</b>	<b>00:37:37.50</b>	+00:19:20 (54.3%)	7:07	8.4 (45.7%)
723	<b>RÓŻAŃSKI Wojciech</b>	<b>10</b>		M30	244	00:01:40	<b>00:35:41.05</b>	<b>00:37:21.85</b>	+00:19:23 (54.3%)	7:08	8.4 (45.7%)
724	<b>KURZEJA Łukasz</b>	<b>1221</b>		M20	135	00:01:57	<b>00:35:49.65</b>	<b>00:37:46.65</b>	+00:19:31 (54.5%)	7:09	8.4 (45.7%)
725	<b>ANGIEL Władysław</b>	<b>462</b>	TKKF KOLEJARZ BYDGOSZCZ	M60	23	00:00:47	<b>00:36:07.35</b>	<b>00:36:54.90</b>	+00:19:49 (54.9%)	7:13	8.3 (45.1%)
726	<b>JASIK Jarosław</b>	<b>1255</b>		M20	136	00:01:03	<b>00:36:08.85</b>	<b>00:37:12.65</b>	+00:19:51 (54.9%)	7:13	8.3 (45.1%)
727	<b>POLIWODZIŃSKI Michał</b>	<b>1118</b>	KS WISŁKA BYDGOSZCZ-FORDON	M40	204	00:01:52	<b>00:36:35.05</b>	<b>00:38:27.95</b>	+00:20:17 (55.5%)	7:19	8.2 (44.6%)
728	<b>KAPELA Jacek</b>	<b>1123</b>		M40	205	00:01:52	<b>00:36:35.40</b>	<b>00:38:28.15</b>	+00:20:17 (55.5%)	7:19	8.2 (44.6%)
729	<b>MRUGAŁA Bartosz</b>	<b>6</b>		M30	245	00:01:13	<b>00:36:36.45</b>	<b>00:37:49.80</b>	+00:20:18 (55.5%)	7:19	8.2 (44.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
730	<b>KUBIAK Rafał</b>	<b>74</b>		M40	206	00:01:40	<b>00:37:25.45</b>	<b>00:39:06.10</b>	+00:21:07 (56.5%)	7:29	8 (43.5%)
731	<b>KRUSZYŃSKI Aleks</b>	<b>1411</b>		M10	49	00:02:06	<b>00:37:37.20</b>	<b>00:39:44.15</b>	+00:21:19 (56.7%)	7:31	8 (43.5%)
732	<b>PAWSKI Przemysław</b>	<b>925</b>		M20	137	00:02:06	<b>00:37:37.65</b>	<b>00:39:44.00</b>	+00:21:19 (56.7%)	7:31	8 (43.5%)
733	<b>CZUBEK Bartosz</b>	<b>1160</b>		M30	246	00:01:21	<b>00:38:04.20</b>	<b>00:39:25.85</b>	+00:21:46 (57.2%)	7:36	7.9 (42.9%)
734	<b>KOZIEŁ Tomasz</b>	<b>859</b>		M30	247	00:01:29	<b>00:38:04.50</b>	<b>00:39:34.30</b>	+00:21:46 (57.2%)	7:37	7.9 (42.9%)
735	<b>KRZEMIŃSKI Łukasz</b>	<b>852</b>		M30	248	00:01:03	<b>00:38:24.40</b>	<b>00:39:27.50</b>	+00:22:06 (57.6%)	7:40	7.8 (42.4%)
736	<b>OLECHNOWICZ Tomasz</b>	<b>1340</b>		M50	64	00:01:50	<b>00:39:08.90</b>	<b>00:40:59.65</b>	+00:22:51 (58.4%)	7:49	7.7 (41.8%)
737	<b>PIOTROWSKA Katarzyna</b>	<b>1084</b>		M40	207	00:02:00	<b>00:39:12.40</b>	<b>00:41:12.90</b>	+00:22:54 (58.4%)	7:50	7.7 (41.8%)
738	<b>BIELENNY Michał</b>	<b>399</b>		M60	24	00:01:45	<b>00:39:48.80</b>	<b>00:41:34.00</b>	+00:23:30 (59.1%)	7:57	7.5 (40.8%)
739	<b>WITKIEWICZ-ŁUKASZEK Sandra</b>	<b>339</b>		M20	138	00:01:56	<b>00:40:22.95</b>	<b>00:42:19.00</b>	+00:24:05 (59.6%)	8:04	7.4 (40.2%)
740	<b>T E W S S E B A</b>	<b>1249</b>		M50	65	00:00:44	<b>00:42:12.95</b>	<b>00:42:57.70</b>	+00:25:55 (61.4%)	8:26	7.1 (38.6%)
741	<b>STEFANOWICZ Łukasz</b>	<b>1218</b>		M30	249	00:00:00			+	5:35	10.7 (58.2%)
742	<b>POLIWODZIŃSKA Agnieszka</b>	<b>1122</b>	KS WISŁKA BYDGOSZCZ-FORDON	M30	250	00:01:53					(0.0%)
743	<b>TRZCIŃSKI Eugeniusz</b>	<b>113</b>		M60	25	00:02:04					(0.0%)

Znaleziono 743 wynik(ów)