



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Miasto Bydgoszcz
2023-04-23
Bydgoszcz
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	TULEJA Jakub	915		M20	1	00:00:02	00:15:13.10	00:15:15.65		3:02	19.7 (100%)
2	FELCZAK Jakub	334	CWZS ZAWISZA BYDGOSZCZ	M20	2	00:00:02	00:16:36.30	00:16:38.70	+00:01:23 (8.4%)	3:19	18.1 (91.9%)
3	RUDNIK Damian	155	TEAM RUDNIK	M20	3	00:00:02	00:17:07.35	00:17:10.00	+00:01:54 (11.1%)	3:25	17.5 (88.8%)
4	KRYSKE Bartosz	538	UKS BŁĘKITNY DELFIN BYDGOSZCZ	M30	1	00:00:03	00:18:03.00	00:18:06.00	+00:02:49 (15.7%)	3:36	16.6 (84.3%)
5	POZNAŃSKI Szymon	627	BIOTECH PRZYPRAWY	M30	2	00:00:02	00:18:09.80	00:18:12.70	+00:02:56 (16.2%)	3:37	16.5 (83.8%)
6	MAJEWSKI Robert	130	TEAMOCHAL	M40	1	00:00:03	00:18:58.75	00:19:02.55	+00:03:45 (19.8%)	3:47	15.8 (80.2%)
7	POPA Mariusz	817		M30	3	00:00:00	00:19:11.15	00:19:11.15	+00:03:58 (20.7%)	3:50	15.6 (79.2%)
8	KOŁAKOWSKI Tomasz	624	ELENSPORT.PL SKLEPY SPORTOWE	M30	4	00:00:03	00:19:17.30	00:19:20.90	+00:04:04 (21.1%)	3:51	15.6 (79.2%)
9	FUZ Marek	1007	KABEL TEAM BYDGOSZCZ	M50	1	00:00:04	00:19:18.30	00:19:22.65	+00:04:05 (21.2%)	3:51	15.5 (78.7%)
10	PERLIKOWSKI Sławek	1072	KLINIKA TLENOWA INOWROCŁAW	M40	2	00:00:04	00:19:21.70	00:19:26.60	+00:04:08 (21.4%)	3:52	15.5 (78.7%)
11	JANUSZEWSKI Radosław	175		M20	4	00:00:12	00:19:25.75	00:19:38.10	+00:04:12 (21.7%)	3:53	15.5 (78.7%)
12	WIŚNIEWSKI Dawid	1086		M40	3	00:00:08	00:19:27.65	00:19:36.00	+00:04:14 (21.8%)	3:53	15.4 (78.2%)
13	SAWICKI Marcin	1009		M40	4	00:00:00	00:19:29.30	00:19:29.30	+00:04:16 (21.9%)	3:53	15.4 (78.2%)
14	KOZŁOWSKI Rafał	489		M50	2	00:00:03	00:19:31.55	00:19:35.00	+00:04:18 (22.1%)	3:54	15.4 (78.2%)
15	KARCZMARCZYK Mateusz	1		M30	5	00:00:07	00:19:31.70	00:19:39.00	+00:04:18 (22.1%)	3:54	15.4 (78.2%)
16	OKOŃSKI Jarosław	217	DRUŻYNA PIERŚCIENIA	M30	6	00:00:05	00:19:36.40	00:19:42.00	+00:04:23 (22.4%)	3:55	15.3 (77.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	WADELSKI Maciej	910	1 BRYGADA LOGISTYCZNA	M30	7	00:00:06	00:19:41.50	00:19:48.00	+00:04:28 (22.7%)	3:56	15.2 (77.2%)
18	KĄŁEK Artur	321	TM IRON TEAM	M40	5	00:00:03	00:19:41.55	00:19:45.00	+00:04:28 (22.7%)	3:56	15.2 (77.2%)
19	WIECZOREK Mateusz	1152		M30	8	00:00:07	00:19:46.00	00:19:53.00	+00:04:32 (23.0%)	3:57	15.2 (77.2%)
20	LEWANDOWSKI Tomasz	858	WIHURRA SOBIEJUCHY	M40	6	00:00:06	00:19:50.80	00:19:57.00	+00:04:37 (23.3%)	3:58	15.1 (76.6%)
21	WALKOWIAK Paweł	255		M30	9	00:00:04	00:19:56.85	00:20:00.95	+00:04:43 (23.7%)	3:59	15.1 (76.6%)
22	KWAŚNIEWSKI Waldemar	1195	AMATOR	M50	3	00:00:15	00:19:59.85	00:20:15.10	+00:04:46 (23.9%)	3:59	15 (76.1%)
23	MALICKI Bartosz	396		M30	10	00:00:13	00:20:01.40	00:20:15.00	+00:04:48 (24.0%)	4:00	15 (76.1%)
24	ONDRA Karol	514		M20	5	00:00:00	00:20:01.90	00:20:01.90	+00:04:48 (24.0%)	4:00	15 (76.1%)
25	MACIŃSKI Waldek	556		M40	7	00:00:12	00:20:04.10	00:20:16.40	+00:04:51 (24.2%)	4:00	15 (76.1%)
26	TOKARSKI Paweł	681		M20	6	00:00:08	00:20:04.70	00:20:13.05	+00:04:51 (24.2%)	4:00	15 (76.1%)
27	TUCHOLSKI Bartłomiej	756		M30	11	00:00:00	00:20:05.20	00:20:05.20	+00:04:52 (24.2%)	4:01	14.9 (75.6%)
28	SZALA Wojciech	994		M20	7	00:00:02	00:20:06.50	00:20:08.75	+00:04:53 (24.3%)	4:01	14.9 (75.6%)
29	DOMISIEWICZ Michał	1157		M20	8	00:00:00	00:20:13.05	00:20:13.05	+00:04:59 (24.7%)	4:02	14.8 (75.1%)
30	REWERS Robert	1168	TEL DAT	M30	12	00:00:04	00:20:13.80	00:20:18.00	+00:05:00 (24.8%)	4:02	14.8 (75.1%)
31	GRALIK Jędrzej	157	BYDGOSKIE OKONIE	M30	13	00:00:05	00:20:14.50	00:20:19.70	+00:05:01 (24.8%)	4:02	14.8 (75.1%)
32	BALCEREK Mateusz	738	GASTRO SZEŃ	M30	14	00:00:02	00:20:26.00	00:20:28.85	+00:05:12 (25.5%)	4:05	14.7 (74.6%)
33	KLINOWSKI Radosław	401		M30	15	00:00:14	00:20:28.45	00:20:42.50	+00:05:15 (25.7%)	4:05	14.7 (74.6%)
34	MENDEL Patryk	61	TM IRON TEAM	M20	9	00:00:03	00:20:32.35	00:20:35.50	+00:05:19 (25.9%)	4:06	14.6 (74.1%)
35	LEWANDOWSKI Piotr	385	STREET WORKOUT ACADEMY TERMINATOR	M20	10	00:00:03	00:20:36.30	00:20:39.85	+00:05:23 (26.1%)	4:07	14.6 (74.1%)
36	BEJFUS Mateusz	493		M20	11	00:00:08	00:20:43.55	00:20:52.00	+00:05:30 (26.6%)	4:08	14.5 (73.6%)
37	KRZEWIŃSKI Radek	96		M20	12	00:00:04	00:20:55.35	00:20:59.60	+00:05:42 (27.3%)	4:11	14.3 (72.6%)
38	KACZOREK Mateusz	794	LOCO	M30	16	00:00:12	00:20:57.80	00:21:10.00	+00:05:44 (27.4%)	4:11	14.3 (72.6%)
39	CHOJNACKI Jakub	1005	BIAŁE KIEŁBASY MAKSYMILIANOWO NINJA CROSS FIGHTING GARAGE GYM TEAM	M30	17	00:00:14	00:21:03.35	00:21:18.15	+00:05:50 (27.7%)	4:12	14.3 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	WROBEL Mateusz	430		M30	18	00:00:09	00:21:05.10	00:21:15.00	+00:05:52 (27.8%)	4:13	14.2 (72.1%)
41	SIKORSKI Arkadiusz	618	ZSE BYDGOSZCZ	M10	1	00:00:53	00:21:06.10	00:21:59.15	+00:05:53 (27.9%)	4:13	14.2 (72.1%)
42	MAZUR Łukasz	218		M20	13	00:00:11	00:21:06.75	00:21:18.45	+00:05:53 (27.9%)	4:13	14.2 (72.1%)
43	RACZYŃSKI Krzysztof	467	BIEGAJĄCY FILOZOF TEAM	M60	1	00:00:00	00:21:07.15	00:21:07.15	+00:05:54 (27.9%)	4:13	14.2 (72.1%)
44	STRUGAŁA Maciej	77		M20	14	00:00:03	00:21:08.75	00:21:12.00	+00:05:55 (28.0%)	4:13	14.2 (72.1%)
45	POSTÓJSKI Paweł	474		M30	19	00:00:04	00:21:14.30	00:21:19.00	+00:06:01 (28.3%)	4:14	14.1 (71.6%)
46	ARNDT Jarek	383		M40	8	00:00:04	00:21:16.20	00:21:20.80	+00:06:03 (28.5%)	4:15	14.1 (71.6%)
47	SZNAJDER Paweł	760	CB 163	M30	20	00:00:10	00:21:18.50	00:21:28.60	+00:06:05 (28.6%)	4:15	14.1 (71.6%)
48	CIUPA Jarosław	1151	AKADEMIA MISTRZÓW SPORTU	M50	4	00:00:25	00:21:19.25	00:21:44.70	+00:06:06 (28.6%)	4:15	14.1 (71.6%)
49	CHODKIEWICZ Tomasz	1038	GARDE FLORA MTB TEAM	M40	9	00:00:09	00:21:22.30	00:21:31.70	+00:06:09 (28.8%)	4:16	14 (71.1%)
50	GÓRNY Bartosz	419	TRISPACE/TREK	M30	21	00:00:08	00:21:22.70	00:21:30.90	+00:06:09 (28.8%)	4:16	14 (71.1%)
51	GROBELNY Szymon	158		M30	22	00:00:39	00:21:24.85	00:22:04.65	+00:06:11 (28.9%)	4:16	14 (71.1%)
52	SZYMCZAK Maciej	762		M50	5	00:00:10	00:21:26.55	00:21:36.95	+00:06:13 (29.0%)	4:17	14 (71.1%)
53	BYRTEK Marcin	472		M40	10	00:00:04	00:21:27.85	00:21:32.55	+00:06:14 (29.1%)	4:17	14 (71.1%)
54	GŻYL Mikołaj	31	JANUSZE TRIATHLONU EXODUS TEAM	M40	11	00:01:07	00:21:31.05	00:22:38.75	+00:06:17 (29.3%)	4:18	13.9 (70.6%)
55	KOWALSKI Jacek	510	BYDGOSKIE OKONIE	M40	12	00:00:07	00:21:32.75	00:21:40.25	+00:06:19 (29.4%)	4:18	13.9 (70.6%)
56	SKRZYPIŃSKI Marek	111		M30	23	00:00:45	00:21:32.90	00:22:18.45	+00:06:19 (29.4%)	4:18	13.9 (70.6%)
57	MROTEK Michał	71	AKADEMIA MISTRZOW SPORTU	M40	13	00:00:26	00:21:34.60	00:22:00.90	+00:06:21 (29.5%)	4:18	13.9 (70.6%)
58	NOWOTNIK Mariusz	460		M40	14	00:00:04	00:21:35.75	00:21:40.70	+00:06:22 (29.5%)	4:19	13.9 (70.6%)
59	JUREK Sławomir	88	BBN	M50	6	00:00:00	00:21:37.00	00:21:37.00	+00:06:23 (29.6%)	4:19	13.9 (70.6%)
59	WŁODARCZYK Adam	480		M30	24	00:00:24	00:21:37.00	00:22:01.40	+00:06:23 (29.6%)	4:19	13.9 (70.6%)
61	RENC Patryk	780	SERCE TYBETU	M30	25	00:01:25	00:21:44.00	00:23:09.15	+00:06:30 (30.0%)	4:20	13.8 (70.1%)
62	SZYSZKA Radosław	1164		M40	15	00:00:05	00:21:44.50	00:21:50.00	+00:06:31 (30.0%)	4:20	13.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
63	BARANOWSKI Tomasz	359	SAPER TEAM	M50	7	00:00:07	00:21:45.55	00:21:53.50	+00:06:32 (30.1%)	4:21	13.8 (70.1%)
64	WITKOWSKI Łukasz	1109	RUN BYDGOSZCZ	M30	26	00:00:17	00:21:46.80	00:22:04.00	+00:06:33 (30.1%)	4:21	13.8 (70.1%)
65	WARCHOŁ Łukasz	329	REFIZJO	M30	27	00:00:21	00:21:49.25	00:22:10.95	+00:06:36 (30.3%)	4:21	13.8 (70.1%)
66	SZYCHOWSKI Jarosław	933	TKKF KOLEJARZ BYDGOSZCZ	M30	28	00:00:12	00:21:50.90	00:22:02.95	+00:06:37 (30.3%)	4:22	13.7 (69.5%)
67	NOWAKOWSKI Radosław	793		M20	15	00:00:14	00:21:51.35	00:22:06.00	+00:06:38 (30.4%)	4:22	13.7 (69.5%)
68	JANUSZKIEWICZ Piotr	93	REBELIA UNDERGROUND TRIATHLON	M40	16	00:01:36	00:21:52.80	00:23:29.20	+00:06:39 (30.4%)	4:22	13.7 (69.5%)
69	MIKOŁAJCZAK Jakub	408	RADA MIASTA BYDGOSZCZY	M40	17	00:00:30	00:21:58.35	00:22:28.50	+00:06:45 (30.7%)	4:23	13.7 (69.5%)
70	SZOPIŃSKI Rafał	856		M40	18	00:00:31	00:21:58.45	00:22:30.35	+00:06:45 (30.7%)	4:23	13.7 (69.5%)
71	PRZEKWAŚ Paweł	318		M30	29	00:00:20	00:22:03.05	00:22:23.30	+00:06:49 (31.0%)	4:24	13.6 (69.0%)
72	SZCZESNY Damian	339	GDAŃSKI UNIWERSYTET MEDYCZNY	M30	30	00:00:41	00:22:04.65	00:22:45.90	+00:06:51 (31.1%)	4:24	13.6 (69.0%)
73	MAJCHRZAK Łukasz	986		M40	19	00:00:07	00:22:05.05	00:22:12.05	+00:06:51 (31.1%)	4:25	13.6 (69.0%)
74	PUDO Mateusz	436		M30	31	00:00:06	00:22:06.20	00:22:12.75	+00:06:53 (31.1%)	4:25	13.6 (69.0%)
75	CIECHANOWSKI Maciej	9		M30	32	00:00:18	00:22:12.80	00:22:31.60	+00:06:59 (31.5%)	4:26	13.5 (68.5%)
76	CHRAPKOWSKI Marcel	333	IRON HOUSE TRIATHLON WŁOCŁAWEK	M40	20	00:02:02	00:22:14.80	00:24:17.60	+00:07:01 (31.6%)	4:26	13.5 (68.5%)
77	KAŻMIRSKI Dariusz	605	SUPRAVIS	M50	8	00:00:07	00:22:15.40	00:22:23.00	+00:07:02 (31.6%)	4:27	13.5 (68.5%)
78	GRUBICH Arkadiusz	210		M40	21	00:00:00	00:22:15.60	00:22:15.60	+00:07:02 (31.6%)	4:27	13.5 (68.5%)
79	ZBIRANEK Remigiusz	615	1 POMORSKA BRYGADA LOGISTYCZNA	M40	22	00:00:58	00:22:18.50	00:23:16.50	+00:07:05 (31.8%)	4:27	13.5 (68.5%)
80	WIECZOREK Waldemar	629		M30	33	00:01:19	00:22:19.05	00:23:38.55	+00:07:05 (31.8%)	4:27	13.4 (68.0%)
81	KRUPA Piotr	525		M40	23	00:01:14	00:22:19.25	00:23:34.00	+00:07:06 (31.8%)	4:27	13.4 (68.0%)
82	PIERZGALSKI Damian	238	KABEL TEAM BYDGOSZCZ	M20	16	00:00:22	00:22:22.80	00:22:44.95	+00:07:09 (32.0%)	4:28	13.4 (68.0%)
83	BALCEREK Jan	981		M10	2	00:00:22	00:22:24.20	00:22:47.00	+00:07:11 (32.1%)	4:28	13.4 (68.0%)
84	SIKORSKI Jarek	596	KABEL TEAM BYDGOSZCZ	M40	24	00:00:55	00:22:27.25	00:23:22.65	+00:07:14 (32.2%)	4:29	13.4 (68.0%)
85	DRZEWIECKI Rafał	1065	AKADEMIA MISTRZÓW SPORTU	M40	25	00:00:24	00:22:28.40	00:22:52.80	+00:07:15 (32.3%)	4:29	13.4 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	GRACZYKOWSKI Marek	752		M40	26	00:00:44	00:22:28.45	00:23:12.95	+00:07:15 (32.3%)	4:29	13.4 (68.0%)
87	WALISZEWSKI Adrian	4		M30	34	00:01:41	00:22:29.55	00:24:11.20	+00:07:16 (32.3%)	4:29	13.3 (67.5%)
88	WIECZOREK Michał	1124		M20	17	00:00:21	00:22:30.40	00:22:51.80	+00:07:17 (32.4%)	4:30	13.3 (67.5%)
89	BISKUPSKI Marcin	717		M40	27	00:02:16	00:22:31.10	00:24:47.80	+00:07:18 (32.4%)	4:30	13.3 (67.5%)
90	WŁODARCZYK Wojciech	502		M50	9	00:00:53	00:22:31.65	00:23:25.35	+00:07:18 (32.4%)	4:30	13.3 (67.5%)
91	WESOŁOWSKI Piotr	920	WSTAWAJ I WALCZ	M40	28	00:01:08	00:22:33.55	00:23:42.10	+00:07:20 (32.5%)	4:30	13.3 (67.5%)
92	GRZYWIŃSKI Dawid	976		M20	18	00:00:07	00:22:35.20	00:22:43.15	+00:07:22 (32.6%)	4:31	13.3 (67.5%)
93	BUZALSKI Robert	24	ORANGE POLSKA	M40	29	00:00:21	00:22:36.05	00:22:57.05	+00:07:22 (32.7%)	4:31	13.3 (67.5%)
94	KOTOŃSKI Damian	562		M30	35	00:01:33	00:22:36.25	00:24:09.90	+00:07:23 (32.7%)	4:31	13.3 (67.5%)
95	KRUSZKA Łukasz	763		M40	30	00:00:10	00:22:41.50	00:22:52.10	+00:07:28 (32.9%)	4:32	13.2 (67.0%)
96	DADZIBÓG Mariusz	185		M30	36	00:00:21	00:22:42.20	00:23:04.00	+00:07:29 (33.0%)	4:32	13.2 (67.0%)
97	WISNIEWSKI Rafał	1108	AMS	M40	31	00:00:25	00:22:42.50	00:23:08.25	+00:07:29 (33.0%)	4:32	13.2 (67.0%)
98	KRUSZYNA Robert	923		M40	32	00:00:39	00:22:46.85	00:23:26.15	+00:07:33 (33.2%)	4:33	13.2 (67.0%)
99	JURKOWSKI Paweł	311	PJKANCELARIA.PL	M30	37	00:01:09	00:22:47.55	00:23:56.75	+00:07:34 (33.2%)	4:33	13.2 (67.0%)
100	PUDO Wojciech	1011		M20	19	00:00:06	00:22:48.20	00:22:55.15	+00:07:35 (33.3%)	4:33	13.2 (67.0%)
101	FIK Janusz	60		M30	38	00:00:31	00:22:49.00	00:23:20.90	+00:07:35 (33.3%)	4:33	13.1 (66.5%)
102	ANDRZEJEWSKI Wojtek	862		M30	39	00:00:08	00:22:49.20	00:22:57.40	+00:07:36 (33.3%)	4:33	13.1 (66.5%)
103	JOPPEK Łukasz	298		M30	40	00:00:42	00:22:49.30	00:23:31.75	+00:07:36 (33.3%)	4:33	13.1 (66.5%)
104	BUTKIEWICZ Piotr	946		M30	41	00:00:54	00:22:50.40	00:23:44.90	+00:07:37 (33.4%)	4:34	13.1 (66.5%)
105	POPIELARZ Robert	511	MAKE LOVE NOT WAR	M50	10	00:01:25	00:22:53.75	00:24:18.90	+00:07:40 (33.5%)	4:34	13.1 (66.5%)
106	ROSZAK Sylwester	1186	KSS HUSARIA LUBRANIEC	M30	42	00:00:43	00:22:56.75	00:23:39.85	+00:07:43 (33.7%)	4:35	13.1 (66.5%)
107	WŁOCH Jakub	940		M30	43	00:00:47	00:22:58.15	00:23:45.80	+00:07:45 (33.7%)	4:35	13.1 (66.5%)
108	OŚWIECIŃSKI Kacper	1125		M10	3	00:00:04	00:23:00.65	00:23:04.75	+00:07:47 (33.9%)	4:36	13 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	LEWANDOWSKI Rafał	700		M40	33	00:01:15	00:23:02.65	00:24:17.70	+00:07:49 (34.0%)	4:36	13 (66.0%)
110	JAKUBCZAK Michał	22		M30	44	00:00:00	00:23:02.90	00:23:02.90	+00:07:49 (34.0%)	4:36	13 (66.0%)
111	MOROSZCZAK Bogumił	544	PGB SPORTOWA PACZKA	M40	34	00:00:06	00:23:03.70	00:23:10.15	+00:07:50 (34.0%)	4:36	13 (66.0%)
112	GAWRYCH Mariusz	787		M30	45	00:00:15	00:23:03.75	00:23:19.50	+00:07:50 (34.0%)	4:36	13 (66.0%)
113	DROZDOWSKI Tomasz	1036		M30	46	00:00:20	00:23:04.60	00:23:25.35	+00:07:51 (34.1%)	4:36	13 (66.0%)
113	KNAPIK Karol	846	DAWAJ KALACH TEAM	M30	46	00:00:48	00:23:04.60	00:23:53.25	+00:07:51 (34.1%)	4:36	13 (66.0%)
115	PULC Marcin	720	PULASS	M40	35	00:00:24	00:23:06.60	00:23:31.15	+00:07:53 (34.1%)	4:37	13 (66.0%)
116	KUBAŃSKI Mateusz	557		M40	36	00:00:05	00:23:06.95	00:23:12.05	+00:07:53 (34.2%)	4:37	13 (66.0%)
117	KRÓL Maciej	650		M50	11	00:00:38	00:23:09.00	00:23:47.00	+00:07:55 (34.3%)	4:37	13 (66.0%)
118	SKUPSZ Jędrzej Kazmierz	1183	FORDON TEAM	M30	48	00:00:55	00:23:10.35	00:24:05.35	+00:07:57 (34.3%)	4:38	12.9 (65.5%)
119	STOLARCZUK Mateusz	262		M30	49	00:01:36	00:23:10.90	00:24:47.00	+00:07:57 (34.4%)	4:38	12.9 (65.5%)
119	ROSÓŁ Jacek	12		M40	37	00:00:10	00:23:10.90	00:23:21.00	+00:07:57 (34.4%)	4:38	12.9 (65.5%)
121	LISTECKI Sebastian	898	ASTORIA BYDGOSZCZ	M30	50	00:00:21	00:23:11.10	00:23:32.65	+00:07:58 (34.4%)	4:38	12.9 (65.5%)
122	KAZUBOWSKI Jacek	219	TRIDARKO	M50	12	00:00:08	00:23:11.15	00:23:20.05	+00:07:58 (34.4%)	4:38	12.9 (65.5%)
123	JAGIEŁA Adam	1053	TKKF KOLEJARZ BYDGOSZCZ	M40	38	00:00:13	00:23:13.30	00:23:26.75	+00:08:00 (34.5%)	4:38	12.9 (65.5%)
124	PIOTROWSKI Dariusz	404	GARDENFLORA SPORT TEAM	M40	39	00:00:47	00:23:13.65	00:24:01.00	+00:08:00 (34.5%)	4:38	12.9 (65.5%)
125	BYRTEK Grzegorz	418	TRIDROPSY	M40	40	00:00:05	00:23:14.60	00:23:20.50	+00:08:01 (34.5%)	4:38	12.9 (65.5%)
126	SKARWECKI Remigiusz	434	ŁABISZYN RUNNERS	M30	51	00:00:16	00:23:15.05	00:23:31.05	+00:08:01 (34.5%)	4:39	12.9 (65.5%)
127	WĘGRZYNOWSKI Sławomir	1105	KABEL TEAM BYDGOSZCZ	M50	13	00:00:57	00:23:16.55	00:24:13.60	+00:08:03 (34.6%)	4:39	12.9 (65.5%)
128	LEŚNIEWSKI Łukasz	783		M40	41	00:01:58	00:23:16.70	00:25:15.65	+00:08:03 (34.6%)	4:39	12.9 (65.5%)
129	NIEDBALSKI Grzegorz	1130	RUN BYDGOSZCZ	M60	2	00:00:16	00:23:16.90	00:23:33.75	+00:08:03 (34.6%)	4:39	12.9 (65.5%)
130	PISARSKI Igor	893		M30	52	00:00:17	00:23:18.05	00:23:35.45	+00:08:04 (34.7%)	4:39	12.9 (65.5%)
131	WIŚNIEWSKI Piotr	690		M30	53	00:01:18	00:23:18.95	00:24:37.45	+00:08:05 (34.7%)	4:39	12.9 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	NAGOW Michał	529		M40	42	00:00:09	00:23:20.75	00:23:30.20	+00:08:07 (34.8%)	4:40	12.9 (65.5%)
133	CIEMNY Tomasz	985		M50	14	00:00:28	00:23:21.05	00:23:50.00	+00:08:07 (34.8%)	4:40	12.8 (65.0%)
134	WRZESIŃSKI Krzysztof	1003		M30	54	00:00:53	00:23:23.25	00:24:16.90	+00:08:10 (34.9%)	4:40	12.8 (65.0%)
135	BARSZCZ Tomasz	747		M40	43	00:01:06	00:23:26.80	00:24:32.80	+00:08:13 (35.1%)	4:41	12.8 (65.0%)
136	BASA Mikołaj	1039		M20	20	00:00:46	00:23:27.30	00:24:13.50	+00:08:14 (35.1%)	4:41	12.8 (65.0%)
137	BIAŁEK Marcin	917	BIEGAJ Z DĘBAMI	M10	4	00:01:17	00:23:28.70	00:24:46.15	+00:08:15 (35.2%)	4:41	12.8 (65.0%)
138	KOWALSKI Krzysztof	844	OCELOTY KRUSZYN KRAJEŃSKI	M40	44	00:00:27	00:23:29.60	00:23:56.65	+00:08:16 (35.2%)	4:41	12.8 (65.0%)
139	SZULC Andrzej	1180		M50	15	00:00:05	00:23:29.85	00:23:35.55	+00:08:16 (35.2%)	4:41	12.8 (65.0%)
140	JANKOWSKI Marcin	240	YES ENGLISH	M40	45	00:00:15	00:23:32.45	00:23:47.45	+00:08:19 (35.4%)	4:42	12.7 (64.5%)
141	KRASIŃSKI Piotr	108		M40	46	00:01:16	00:23:32.85	00:24:49.80	+00:08:19 (35.4%)	4:42	12.7 (64.5%)
142	KAPANOWSKI Sylwester	49		M50	16	00:00:39	00:23:33.15	00:24:13.00	+00:08:20 (35.4%)	4:42	12.7 (64.5%)
143	PALIGA Mateusz	521	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	21	00:00:04	00:23:34.25	00:23:38.30	+00:08:21 (35.4%)	4:42	12.7 (64.5%)
144	WIERZCHOSŁAWSKI Tomasz	113		M20	22	00:00:17	00:23:34.65	00:23:52.15	+00:08:21 (35.5%)	4:42	12.7 (64.5%)
145	GROSKOP Grzegorz	526	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	55	00:00:03	00:23:34.75	00:23:38.25	+00:08:21 (35.5%)	4:42	12.7 (64.5%)
146	OWSIANNY Patryk	490		M30	56	00:00:34	00:23:34.85	00:24:09.00	+00:08:21 (35.5%)	4:42	12.7 (64.5%)
147	BONDARCZYK Filip	740		M20	23	00:00:39	00:23:36.85	00:24:16.05	+00:08:23 (35.6%)	4:43	12.7 (64.5%)
148	ZBIRANEK Artur	689		M40	47	00:01:31	00:23:40.25	00:25:11.55	+00:08:27 (35.7%)	4:44	12.7 (64.5%)
149	BUTRYM Piotr	586		M40	48	00:03:05	00:23:42.75	00:26:48.10	+00:08:29 (35.8%)	4:44	12.7 (64.5%)
150	SALAMON Wojciech	173		M40	49	00:00:41	00:23:43.15	00:24:24.35	+00:08:30 (35.8%)	4:44	12.6 (64.0%)
151	ŻEGLICZ Marek	405	SPÓJNIA BIAŁE BŁOTA (#SPORTOWYKOCUR)	M20	24	00:00:05	00:23:44.60	00:23:50.00	+00:08:31 (35.9%)	4:44	12.6 (64.0%)
152	GACKOWSKI Krzysztof	154		M50	17	00:00:14	00:23:46.95	00:24:01.60	+00:08:33 (36.0%)	4:45	12.6 (64.0%)
153	RYWOLT Paweł	655		M30	57	00:01:08	00:23:47.30	00:24:55.70	+00:08:34 (36.0%)	4:45	12.6 (64.0%)
154	ŚLAZIŃSKI Daniel	181		M40	50	00:00:50	00:23:51.55	00:24:42.20	+00:08:38 (36.2%)	4:46	12.6 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	PUCHACZ Marcin	522		M30	58	00:01:11	00:23:51.80	00:25:03.70	+00:08:38 (36.2%)	4:46	12.6 (64.0%)
156	KITOWSKI Hubert	303		M20	25	00:00:15	00:23:52.00	00:24:07.25	+00:08:38 (36.2%)	4:46	12.6 (64.0%)
157	SIEJEK Błażej	455		M30	59	00:00:11	00:23:54.50	00:24:06.10	+00:08:41 (36.3%)	4:46	12.6 (64.0%)
158	KOWALCZYK Edward	1075	KLINIKA TLENOWA INOWROCŁAW	M60	3	00:00:08	00:23:55.60	00:24:04.20	+00:08:42 (36.4%)	4:47	12.5 (63.5%)
159	ŁADNIAK Dariusz	323		M40	51	00:02:00	00:23:56.85	00:25:57.45	+00:08:43 (36.5%)	4:47	12.5 (63.5%)
160	CYWIŃSKI Artur	508		M30	60	00:00:17	00:23:57.35	00:24:14.95	+00:08:44 (36.5%)	4:47	12.5 (63.5%)
160	LEWANDOWSKI Patryk	1134	BAMBUS	M30	60	00:03:25	00:23:57.35	00:27:23.00	+00:08:44 (36.5%)	4:47	12.5 (63.5%)
162	BARAŃSKI Władysław	536		M40	52	00:00:10	00:23:59.50	00:24:10.40	+00:08:46 (36.6%)	4:47	12.5 (63.5%)
163	WASILUK Tomasz	126		M30	62	00:00:24	00:24:00.20	00:24:25.05	+00:08:47 (36.6%)	4:48	12.5 (63.5%)
164	SZMYT Patryk	443	CSAIU	M20	26	00:00:08	00:24:02.70	00:24:11.30	+00:08:49 (36.7%)	4:48	12.5 (63.5%)
165	DEMBOWSKI Łukasz	1095		M30	63	00:00:30	00:24:03.10	00:24:34.00	+00:08:50 (36.7%)	4:48	12.5 (63.5%)
166	OLEJNIK Mateusz	658		M30	64	00:00:11	00:24:03.45	00:24:15.05	+00:08:50 (36.7%)	4:48	12.5 (63.5%)
167	SIERADZKI Bartosz	176		M50	18	00:02:22	00:24:03.70	00:26:26.65	+00:08:50 (36.8%)	4:48	12.5 (63.5%)
168	WOLSKI Krzysztof	1077		M30	65	00:00:42	00:24:03.95	00:24:46.00	+00:08:50 (36.8%)	4:48	12.5 (63.5%)
169	WAWRZYNIAK Maciej	215		M40	53	00:00:50	00:24:04.10	00:24:55.05	+00:08:51 (36.8%)	4:48	12.5 (63.5%)
170	GALICKI Jakub	1107	AKADEMIA MISTRZÓW SPORTU	M40	54	00:00:42	00:24:04.60	00:24:46.70	+00:08:51 (36.8%)	4:48	12.5 (63.5%)
171	BARSZCZ Krzysztof	723		M30	66	00:01:06	00:24:05.30	00:25:11.60	+00:08:52 (36.8%)	4:49	12.5 (63.5%)
172	MALEC Karol	313	BIUEL TEAM	M40	55	00:01:54	00:24:09.10	00:26:03.65	+00:08:56 (37.0%)	4:49	12.4 (62.9%)
173	FELINIAK Daniel	546		M40	56	00:00:41	00:24:11.10	00:24:52.50	+00:08:58 (37.1%)	4:50	12.4 (62.9%)
174	WARLIKOWSKI Łukasz	512		M30	67	00:00:41	00:24:11.35	00:24:52.60	+00:08:58 (37.1%)	4:50	12.4 (62.9%)
175	RUNNER Andrzej	688	RUN BDG	M50	19	00:00:16	00:24:11.95	00:24:28.10	+00:08:58 (37.1%)	4:50	12.4 (62.9%)
176	DŁUŻEWSKI Wojciech	326		M50	20	00:00:17	00:24:12.50	00:24:30.10	+00:08:59 (37.1%)	4:50	12.4 (62.9%)
177	LESZCZYŃSKI Tomasz	956	FOREST GUMP	M40	57	00:00:31	00:24:13.05	00:24:45.00	+00:08:59 (37.2%)	4:50	12.4 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	FIRYN Piotr	745		M20	27	00:01:02	00:24:15.45	00:25:18.15	+00:09:02 (37.3%)	4:51	12.4 (62.9%)
179	HELIASZ Krystian	847		M40	58	00:00:00	00:24:16.65	00:24:16.65	+00:09:03 (37.3%)	4:51	12.4 (62.9%)
180	PAWŁOWSKI Patryk	364		M30	68	00:01:22	00:24:16.85	00:25:39.60	+00:09:03 (37.3%)	4:51	12.4 (62.9%)
181	ZAGÓRSKI Artur	406		M30	69	00:00:32	00:24:17.35	00:24:50.20	+00:09:04 (37.3%)	4:51	12.4 (62.9%)
182	KOZŁOWSKI Rafał	1034		M20	28	00:00:32	00:24:19.00	00:24:51.25	+00:09:05 (37.4%)	4:51	12.3 (62.4%)
183	WNUCZYŃSKI Andrzej	869	ORANGE POLSKA	M50	21	00:00:00	00:24:20.15	00:24:20.15	+00:09:07 (37.5%)	4:52	12.3 (62.4%)
184	LEWANDOWSKI Michał	87		M40	59	00:01:19	00:24:20.80	00:25:39.90	+00:09:07 (37.5%)	4:52	12.3 (62.4%)
185	CHROMIŃSKI Fabian	132		M30	70	00:00:19	00:24:21.60	00:24:41.25	+00:09:08 (37.5%)	4:52	12.3 (62.4%)
186	JAWORSKI Krzysztof	297		M50	22	00:00:29	00:24:25.20	00:24:54.20	+00:09:12 (37.7%)	4:53	12.3 (62.4%)
187	ROBACZEWSKI Artur	842		M50	23	00:00:20	00:24:25.25	00:24:45.50	+00:09:12 (37.7%)	4:53	12.3 (62.4%)
188	SZYMAŃSKI Paweł	1112		M40	60	00:00:48	00:24:26.30	00:25:14.50	+00:09:13 (37.7%)	4:53	12.3 (62.4%)
189	BERENDA Damian	435	BREMAX DAMIAN BERENDA	M40	61	00:00:40	00:24:27.40	00:25:08.30	+00:09:14 (37.8%)	4:53	12.3 (62.4%)
190	SZUKALSKI Michał	47		M40	62	00:00:10	00:24:28.00	00:24:38.20	+00:09:14 (37.8%)	4:53	12.3 (62.4%)
191	GLAMA Stanisław	316		M50	24	00:00:55	00:24:28.20	00:25:23.90	+00:09:15 (37.8%)	4:53	12.3 (62.4%)
192	RYDLEWSKI Marek	481	TEAM RUDNIK / RUN BYDGOSZCZ	M50	25	00:00:09	00:24:28.70	00:24:38.30	+00:09:15 (37.8%)	4:53	12.3 (62.4%)
193	PUJANEK Michał	1175		M10	5	00:01:08	00:24:29.10	00:25:37.25	+00:09:16 (37.8%)	4:53	12.3 (62.4%)
194	NADOLNY Sebastian	527		M40	63	00:00:12	00:24:29.15	00:24:41.55	+00:09:16 (37.8%)	4:53	12.3 (62.4%)
195	TOMACKI Michał	1119		M40	64	00:02:55	00:24:29.80	00:27:25.10	+00:09:16 (37.9%)	4:53	12.3 (62.4%)
196	KRUK Szymon	864		M18	1	00:01:58	00:24:30.60	00:26:28.70	+00:09:17 (37.9%)	4:54	12.2 (61.9%)
197	KOSEK Mariusz	801	RCI	M50	26	00:00:15	00:24:31.20	00:24:47.10	+00:09:18 (37.9%)	4:54	12.2 (61.9%)
198	YALPI Hasan	39		M30	71	00:01:00	00:24:31.65	00:25:32.30	+00:09:18 (38.0%)	4:54	12.2 (61.9%)
199	GROSKOP Michał	550		M30	72	00:01:06	00:24:32.00	00:25:38.15	+00:09:18 (38.0%)	4:54	12.2 (61.9%)
200	KRETOWICZ Piotr	352	AKADEMIA LISKA	M20	29	00:01:36	00:24:32.70	00:26:09.40	+00:09:19 (38.0%)	4:54	12.2 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	WOJCIECHOWSKI Grzegorz	33		M30	73	00:01:14	00:24:33.55	00:25:47.75	+00:09:20 (38.0%)	4:54	12.2 (61.9%)
202	ODYA Hubert	892		M20	30	00:02:08	00:24:36.60	00:26:45.05	+00:09:23 (38.2%)	4:55	12.2 (61.9%)
203	TWARDOWSKI Krzysztof	25		M20	31	00:01:13	00:24:38.65	00:25:52.05	+00:09:25 (38.2%)	4:55	12.2 (61.9%)
204	DROCIAK Michał	577	OGR OSOWA GÓRA RUNNER	M40	65	00:00:31	00:24:38.70	00:25:10.15	+00:09:25 (38.2%)	4:55	12.2 (61.9%)
205	URBAŃSKI Dawid	773		M40	66	00:01:31	00:24:40.95	00:26:12.10	+00:09:27 (38.3%)	4:56	12.2 (61.9%)
206	BYLICA Robert	120		M40	67	00:00:49	00:24:41.30	00:25:30.75	+00:09:28 (38.4%)	4:56	12.2 (61.9%)
207	JANYSKA Adam	528	UKS KOPERNIK BYDGOSZCZ	M20	32	00:00:13	00:24:43.10	00:24:56.70	+00:09:30 (38.4%)	4:56	12.1 (61.4%)
208	GRAJEWSKI Tomasz	379		M40	68	00:02:06	00:24:43.25	00:26:49.30	+00:09:30 (38.4%)	4:56	12.1 (61.4%)
209	BANAŚ Adrian	473	VENICCI POLSKA	M30	74	00:00:17	00:24:45.00	00:25:02.15	+00:09:31 (38.5%)	4:57	12.1 (61.4%)
210	SZEIB Robert	1158		M40	69	00:00:40	00:24:47.95	00:25:28.90	+00:09:34 (38.6%)	4:57	12.1 (61.4%)
211	KIEŁCZYŃSKI Marek	669	CSM POLSKA	M40	70	00:01:54	00:24:48.30	00:26:43.20	+00:09:35 (38.6%)	4:57	12.1 (61.4%)
212	KŁOSOWSKI Marcin	648	CSM POLSKA	M40	71	00:01:55	00:24:50.80	00:26:46.00	+00:09:37 (38.8%)	4:58	12.1 (61.4%)
213	JACZYŃSKI Tomasz	310	FORESTEAM	M30	75	00:02:30	00:24:56.00	00:27:26.20	+00:09:42 (39.0%)	4:59	12 (60.9%)
214	RYBAK Łukasz	309	FORESTEAM	M30	76	00:02:30	00:24:56.05	00:27:26.05	+00:09:42 (39.0%)	4:59	12 (60.9%)
215	KOLASIŃSKI Tomasz	358		M50	27	00:00:16	00:24:56.10	00:25:12.80	+00:09:43 (39.0%)	4:59	12 (60.9%)
216	MAZUR Dariusz	464		M40	72	00:02:27	00:24:56.25	00:27:23.25	+00:09:43 (39.0%)	4:59	12 (60.9%)
217	KAŻMIERCZAK Sławek	488		M20	33	00:00:32	00:24:58.15	00:25:30.70	+00:09:45 (39.1%)	4:59	12 (60.9%)
218	ŻABIŃSKI Remigiusz	868	BUDSTOL INVEST	M20	34	00:01:01	00:24:58.50	00:25:59.75	+00:09:45 (39.1%)	4:59	12 (60.9%)
219	WIDŹGOWSKI Przemysław	137		M40	73	00:00:31	00:24:58.75	00:25:29.95	+00:09:45 (39.1%)	4:59	12 (60.9%)
220	KUŻNIEWSKI Oliwier	925	SP 15 BYDGOSZCZ	M10	6	00:00:15	00:25:00.65	00:25:16.25	+00:09:47 (39.2%)	5:00	12 (60.9%)
221	WINIARSKI Kacper	697		M10	7	00:00:35	00:25:03.45	00:25:38.85	+00:09:50 (39.3%)	5:00	12 (60.9%)
222	BRAĞIEL Jakub	755	VEGE RUNNERS	M40	74	00:02:15	00:25:03.80	00:27:19.75	+00:09:50 (39.3%)	5:00	12 (60.9%)
223	DOBIECKI Szczepan	174		M40	75	00:01:20	00:25:05.60	00:26:26.50	+00:09:52 (39.4%)	5:01	12 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	TKACZYK Szymon	308		M20	35	00:00:15	00:25:06.05	00:25:21.70	+00:09:52 (39.4%)	5:01	12 (60.9%)
225	KUCZEWSKI Łukasz	285		M40	76	00:00:57	00:25:10.70	00:26:07.95	+00:09:57 (39.6%)	5:02	11.9 (60.4%)
226	SŁODOWNIK Maciej	721	TMPB	M40	77	00:02:18	00:25:13.50	00:27:32.20	+00:10:00 (39.7%)	5:02	11.9 (60.4%)
227	ŚLIŻ Bartosz	991	LUKS SEROCK	M10	8	00:00:13	00:25:13.80	00:25:27.15	+00:10:00 (39.7%)	5:02	11.9 (60.4%)
228	SZUBIŃSKI Ireneusz	563		M40	78	00:00:24	00:25:14.40	00:25:39.25	+00:10:01 (39.7%)	5:02	11.9 (60.4%)
229	MRUGAŁA Bartosz	1027		M30	77	00:02:31	00:25:14.60	00:27:45.85	+00:10:01 (39.7%)	5:02	11.9 (60.4%)
230	LEWANDOWSKI Bartosz	701	LOTTO BYDGOSTIA	M10	9	00:01:11	00:25:15.50	00:26:27.00	+00:10:02 (39.7%)	5:03	11.9 (60.4%)
231	DONARSKI Karol	730		M20	36	00:00:49	00:25:16.70	00:26:06.40	+00:10:03 (39.8%)	5:03	11.9 (60.4%)
232	PIETRASZAK Tomasz	38	RUN BYDGOSZCZ	M50	28	00:00:18	00:25:18.20	00:25:36.55	+00:10:05 (39.9%)	5:03	11.9 (60.4%)
233	SIWIAK Łukasz	758		M30	78	00:00:43	00:25:18.45	00:26:02.05	+00:10:05 (39.9%)	5:03	11.9 (60.4%)
234	TORCHALSKI Krzysztof	486		M60	4	00:00:36	00:25:18.75	00:25:55.70	+00:10:05 (39.9%)	5:03	11.9 (60.4%)
235	NIEDBALSKI Paweł	684	MARTYRIA BYDGOSZCZ	M40	79	00:01:50	00:25:19.75	00:27:10.20	+00:10:06 (39.9%)	5:03	11.8 (59.9%)
236	NOWAKOWSKI Grzegorz	507	DEAF GARMIN_GIANT	M30	79	00:00:43	00:25:19.95	00:26:03.15	+00:10:06 (39.9%)	5:03	11.8 (59.9%)
237	HŁAWNIAK Zbigniew	1187		M60	5	00:00:21	00:25:21.20	00:25:43.10	+00:10:08 (40.0%)	5:04	11.8 (59.9%)
238	ADAMCZYK Wojciech	966		M40	80	00:00:56	00:25:22.10	00:26:18.20	+00:10:09 (40.0%)	5:04	11.8 (59.9%)
239	BRZEZIŃSKI Maciej	665		M30	80	00:01:52	00:25:23.00	00:27:15.25	+00:10:09 (40.0%)	5:04	11.8 (59.9%)
240	BOJAROWSKI Krzysztof	1128		M30	81	00:01:45	00:25:26.05	00:27:11.95	+00:10:12 (40.2%)	5:05	11.8 (59.9%)
241	KOSIARSKI Tomasz	830		M40	81	00:00:46	00:25:28.80	00:26:15.75	+00:10:15 (40.3%)	5:05	11.8 (59.9%)
242	ZŁOTOWSKI Piotr	934	RUN BYDGOSZCZ	M40	82	00:00:17	00:25:30.75	00:25:47.75	+00:10:17 (40.3%)	5:06	11.8 (59.9%)
243	BICKOWSKI Patryk	766	KPBPIR	M30	82	00:01:57	00:25:31.00	00:27:28.15	+00:10:17 (40.4%)	5:06	11.8 (59.9%)
244	ROSSA Sławomir	118		M50	29	00:00:11	00:25:33.80	00:25:45.50	+00:10:20 (40.5%)	5:06	11.7 (59.4%)
245	KLOSKOWSKI Adam	411	JW1515 BYDGOSZCZ	M30	83	00:01:19	00:25:34.10	00:26:53.55	+00:10:21 (40.5%)	5:06	11.7 (59.4%)
246	MODRAKOWSKI Roland	1063	DYSTRYBUCJA-REKLAM.PL	M40	83	00:01:09	00:25:34.80	00:26:44.20	+00:10:21 (40.5%)	5:06	11.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	KASZUBA Konrad	447		M30	84	00:01:55	00:25:34.95	00:27:30.75	+00:10:21 (40.5%)	5:06	11.7 (59.4%)
248	MICHALAK Mariusz	342		M50	30	00:01:30	00:25:37.80	00:27:08.50	+00:10:24 (40.6%)	5:07	11.7 (59.4%)
249	SZYMAŃSKI Jakub	1074		M40	84	00:00:48	00:25:39.30	00:26:27.50	+00:10:26 (40.7%)	5:07	11.7 (59.4%)
250	CIESIELSKI Arkadiusz	799		M50	31	00:00:31	00:25:39.70	00:26:11.15	+00:10:26 (40.7%)	5:07	11.7 (59.4%)
251	RYGIEWICZ Wojciech	785		M50	32	00:00:21	00:25:41.00	00:26:02.70	+00:10:27 (40.7%)	5:08	11.7 (59.4%)
252	PAŁCZYŃSKI Przemysław	1153		M30	85	00:00:15	00:25:42.90	00:25:58.15	+00:10:29 (40.8%)	5:08	11.7 (59.4%)
253	PYJOS Rafał	1097	UMB	M30	86	00:00:50	00:25:44.25	00:26:35.20	+00:10:31 (40.9%)	5:08	11.7 (59.4%)
254	BIEGAŃSKI Andrzej	832		M20	37	00:00:21	00:25:45.95	00:26:07.00	+00:10:32 (40.9%)	5:09	11.7 (59.4%)
255	JESKE Marek	938	RUN BYDGOSZCZ	M50	33	00:00:16	00:25:47.10	00:26:03.50	+00:10:34 (41.0%)	5:09	11.6 (58.9%)
256	SUCHACKI Kacper	1019	RTW LOTTO-BYDGOSTIA	M10	10	00:01:28	00:25:49.00	00:27:17.00	+00:10:35 (41.1%)	5:09	11.6 (58.9%)
257	BARCZYŃSKI Mateusz	742		M30	87	00:01:17	00:25:50.05	00:27:07.85	+00:10:36 (41.1%)	5:10	11.6 (58.9%)
258	SIUDA Piotr	939		M40	85	00:02:26	00:25:50.60	00:28:17.40	+00:10:37 (41.1%)	5:10	11.6 (58.9%)
259	TĘGOS Daniel	1178		M30	88	00:00:19	00:25:51.75	00:26:10.90	+00:10:38 (41.2%)	5:10	11.6 (58.9%)
260	KAMIŃSKI Michał	569		M40	86	00:01:19	00:25:52.05	00:27:11.05	+00:10:38 (41.2%)	5:10	11.6 (58.9%)
261	NIKODEM Łukasz	99		M30	89	00:00:28	00:25:52.25	00:26:20.75	+00:10:39 (41.2%)	5:10	11.6 (58.9%)
262	NURKIEWICZ Jarosław	1069	KUNG FU PANDY 3	M50	34	00:00:30	00:25:52.95	00:26:23.45	+00:10:39 (41.2%)	5:10	11.6 (58.9%)
263	STĘPIEŃ Tomasz	778		M40	87	00:01:32	00:25:53.20	00:27:25.20	+00:10:40 (41.2%)	5:10	11.6 (58.9%)
264	PRĄDZYŃSKI Marcin	83	TMIRONTEAM	M40	88	00:00:33	00:25:56.15	00:26:29.75	+00:10:43 (41.3%)	5:11	11.6 (58.9%)
265	BŁASZAK Piotr	350	PARKRUN SŁODOWO, WŁOCŁAWEK	M30	90	00:02:06	00:25:57.40	00:28:04.30	+00:10:44 (41.4%)	5:11	11.6 (58.9%)
266	PACEK Mirosław	818		M50	35	00:00:19	00:26:00.45	00:26:19.55	+00:10:47 (41.5%)	5:12	11.5 (58.4%)
267	KRYWALD Michał	1113		M30	91	00:00:44	00:26:00.50	00:26:45.00	+00:10:47 (41.5%)	5:12	11.5 (58.4%)
268	ZAPARUCHA Mikołaj	1062		M50	36	00:01:00	00:26:02.85	00:27:03.00	+00:10:49 (41.6%)	5:12	11.5 (58.4%)
269	MIKOŁAJEWSKI Piotr	1192		M40	89	00:00:23	00:26:03.25	00:26:26.65	+00:10:50 (41.6%)	5:12	11.5 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	BIZON Bartosz	485		M30	92	00:00:53	00:26:06.10	00:26:59.35	+00:10:53 (41.7%)	5:13	11.5 (58.4%)
271	MAŁECKI Mateusz	1167	ZSGH	M18	2	00:00:05	00:26:08.75	00:26:14.15	+00:10:55 (41.8%)	5:13	11.5 (58.4%)
272	RAMZA Adam	734		M40	90	00:02:03	00:26:13.50	00:28:17.30	+00:11:00 (42.0%)	5:14	11.4 (57.9%)
273	DONARSKI Janusz	530	DONARY	M50	37	00:00:38	00:26:14.05	00:26:52.10	+00:11:00 (42.0%)	5:14	11.4 (57.9%)
274	PRIETZ Bartosz	661	SUPRAVIS	M40	91	00:02:18	00:26:15.55	00:28:33.70	+00:11:02 (42.0%)	5:15	11.4 (57.9%)
275	KWASEK Wojciech	1047	KABEL TEAM BYDGOSZCZ	M50	38	00:00:53	00:26:15.95	00:27:09.00	+00:11:02 (42.1%)	5:15	11.4 (57.9%)
276	KIERNICKI Jarosław	286		M50	39	00:01:23	00:26:16.55	00:27:40.00	+00:11:03 (42.1%)	5:15	11.4 (57.9%)
277	KRUPINSKI Tomasz	1185		M50	40	00:01:12	00:26:16.80	00:27:29.10	+00:11:03 (42.1%)	5:15	11.4 (57.9%)
278	SCHMIDT Marcin	119	BB ACTIVE TEAM	M40	92	00:01:40	00:26:18.85	00:27:59.60	+00:11:05 (42.2%)	5:15	11.4 (57.9%)
279	MAKUSZEWSKI Mateusz	153		M30	93	00:00:50	00:26:19.40	00:27:10.30	+00:11:06 (42.2%)	5:15	11.4 (57.9%)
280	OSZUBSKI Kazimierz	1093		M50	41	00:00:45	00:26:19.90	00:27:04.95	+00:11:06 (42.2%)	5:15	11.4 (57.9%)
281	PYTLIŃSKI Marek	65	BYDGOSKIE ŻÓŁWIE	M10	11	00:00:36	00:26:20.45	00:26:57.40	+00:11:07 (42.2%)	5:16	11.4 (57.9%)
282	SCHMIDT Artur	122	BB ACTIVE TEAM	M10	12	00:01:40	00:26:20.85	00:28:01.60	+00:11:07 (42.2%)	5:16	11.4 (57.9%)
283	GRACZ Adam	458		M40	93	00:00:32	00:26:22.15	00:26:54.55	+00:11:09 (42.3%)	5:16	11.4 (57.9%)
283	WOLAK Piotr	465		M40	93	00:00:32	00:26:22.15	00:26:55.00	+00:11:09 (42.3%)	5:16	11.4 (57.9%)
285	JANUSZEWSKI Radosław	90		M40	95	00:01:41	00:26:22.75	00:28:04.10	+00:11:09 (42.3%)	5:16	11.4 (57.9%)
286	PYTLIŃSKI Paweł	64	BYDGOSKIE ŻÓŁWIE	M40	96	00:00:36	00:26:23.80	00:27:00.75	+00:11:10 (42.3%)	5:16	11.4 (57.9%)
287	CIESIELSKI Mirosław	840		M50	42	00:02:10	00:26:23.90	00:28:34.80	+00:11:10 (42.4%)	5:16	11.4 (57.9%)
288	GRUDA Mirosław	236		M60	6	00:00:54	00:26:24.05	00:27:18.55	+00:11:10 (42.4%)	5:16	11.4 (57.9%)
289	RUTKOWSKI Tomasz	134		M50	43	00:00:22	00:26:27.65	00:26:50.15	+00:11:14 (42.5%)	5:17	11.3 (57.4%)
290	ANDRZEJEWSKI Robert	980		M10	13	00:00:36	00:26:28.05	00:27:04.50	+00:11:14 (42.5%)	5:17	11.3 (57.4%)
291	CZAJA Jarosław	81		M40	97	00:00:40	00:26:29.45	00:27:10.00	+00:11:16 (42.6%)	5:17	11.3 (57.4%)
292	GODZIUK Roman	926		M60	7	00:00:25	00:26:31.30	00:26:56.95	+00:11:18 (42.6%)	5:18	11.3 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	KLAWIKOWSKI Oskar	496	TKKF KOLEJARZ BYDGOSZCZ	M10	14	00:02:46	00:26:32.35	00:29:19.20	+00:11:19 (42.7%)	5:18	11.3 (57.4%)
294	JAKUBCZAK Rafał	237		M30	94	00:00:58	00:26:33.65	00:27:32.35	+00:11:20 (42.7%)	5:18	11.3 (57.4%)
295	SŁODOWNIK Rafał	731	TOWARZYSKI MARATON PUSZCZY BYDGOSKIEJ	M50	44	00:02:17	00:26:35.50	00:28:52.95	+00:11:22 (42.8%)	5:19	11.3 (57.4%)
296	POTRZEBOWSKI Marek	439	LIFE BALANCE PLACE I DEAF	M40	98	00:00:43	00:26:35.55	00:27:18.55	+00:11:22 (42.8%)	5:19	11.3 (57.4%)
297	WIŚNIEWSKI Leszek	445		M30	95	00:01:22	00:26:36.75	00:27:58.95	+00:11:23 (42.8%)	5:19	11.3 (57.4%)
298	KARPIŃSKI Łukasz Cezary	459	AKTYWNA BYDGOSZCZ	M40	99	00:00:25	00:26:42.45	00:27:08.20	+00:11:29 (43.0%)	5:20	11.2 (56.9%)
299	WOLNY Tomasz	13		M40	100	00:00:11	00:26:43.10	00:26:54.60	+00:11:30 (43.0%)	5:20	11.2 (56.9%)
300	KŁONOWSKI Kacper	362		M20	38	00:01:45	00:26:46.40	00:28:32.00	+00:11:33 (43.2%)	5:21	11.2 (56.9%)
301	KRZYŚKÓW Mateusz	1156	ZIELONY PELIKAN	M20	39	00:01:42	00:26:49.90	00:28:32.40	+00:11:36 (43.3%)	5:21	11.2 (56.9%)
302	KRAWIEC Jacek	417		M50	45	00:02:34	00:26:50.20	00:29:25.00	+00:11:37 (43.3%)	5:22	11.2 (56.9%)
303	GIL Wiktor	106	#MAMWYBIEGANE	M40	101	00:01:41	00:26:50.45	00:28:32.35	+00:11:37 (43.3%)	5:22	11.2 (56.9%)
304	CIEŚLEWICZ Karol	187	OLAFCREW	M40	102	00:01:32	00:26:50.70	00:28:23.45	+00:11:37 (43.3%)	5:22	11.2 (56.9%)
305	ISKRA Marcel	387		M10	15	00:00:14	00:26:54.05	00:27:08.15	+00:11:40 (43.4%)	5:22	11.2 (56.9%)
305	APPEL Oskar	56		M20	40	00:02:42	00:26:54.05	00:29:36.35	+00:11:40 (43.4%)	5:22	11.2 (56.9%)
307	SIERACKI Krzysztof	993	RUN BYDGOSZCZ	M30	96	00:02:03	00:26:55.25	00:28:58.50	+00:11:42 (43.5%)	5:23	11.1 (56.3%)
308	FURMAN Paweł	952		M40	103	00:02:22	00:26:56.85	00:29:19.40	+00:11:43 (43.5%)	5:23	11.1 (56.3%)
309	DEMBSKI Marek	20	TEAM PATROL	M40	104	00:00:27	00:26:57.55	00:27:25.20	+00:11:44 (43.6%)	5:23	11.1 (56.3%)
310	SZALA Marcin	944		M40	105	00:00:30	00:26:58.55	00:27:29.35	+00:11:45 (43.6%)	5:23	11.1 (56.3%)
311	GORGOL Tomasz	315	LP500	M40	106	00:00:52	00:26:59.65	00:27:52.00	+00:11:46 (43.6%)	5:23	11.1 (56.3%)
312	LEŚNIEWSKI Tomasz	450		M40	107	00:01:05	00:27:01.75	00:28:07.20	+00:11:48 (43.7%)	5:24	11.1 (56.3%)
312	KRÓL Karol	564	TKKF KOLEJARZ BYDGOSZCZ	M40	107	00:02:44	00:27:01.75	00:29:45.75	+00:11:48 (43.7%)	5:24	11.1 (56.3%)
314	JANKOWSKI Dariusz	851		M50	46	00:00:39	00:27:04.50	00:27:44.35	+00:11:51 (43.8%)	5:24	11.1 (56.3%)
315	ŻUCHELKOWSKI Rafał	448	BIEGNĘ BO MI ŻONA KAZAŁA	M40	109	00:02:49	00:27:05.10	00:29:54.15	+00:11:52 (43.8%)	5:25	11.1 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	DEMBINSKI Piotr	249		M30	97	00:01:11	00:27:05.55	00:28:17.15	+00:11:52 (43.8%)	5:25	11.1 (56.3%)
317	LEWANDOWSKI Jacek	692	AKADEMIA MISTRZÓW SPORTU	M40	110	00:00:40	00:27:07.20	00:27:47.85	+00:11:54 (43.9%)	5:25	11.1 (56.3%)
318	BERES Marcin	761		M40	111	00:02:19	00:27:07.55	00:29:27.25	+00:11:54 (43.9%)	5:25	11.1 (56.3%)
319	ŚWITEK Emil	325		M30	98	00:00:44	00:27:08.35	00:27:53.30	+00:11:55 (43.9%)	5:25	11.1 (56.3%)
320	PUJANEK Piotr	1174		M40	112	00:01:07	00:27:10.80	00:28:18.75	+00:11:57 (44.0%)	5:26	11 (55.8%)
321	PASZKIEWICZ Mateusz	713		M30	99	00:00:21	00:27:11.95	00:27:32.95	+00:11:58 (44.0%)	5:26	11 (55.8%)
321	WILK Oliver	903		M18	3	00:00:59	00:27:11.95	00:28:11.55	+00:11:58 (44.0%)	5:26	11 (55.8%)
323	GŁADYSZ Krzysztof	982	GLADZIORKI	M40	113	00:00:49	00:27:19.40	00:28:09.15	+00:12:06 (44.3%)	5:27	11 (55.8%)
323	ZĄBKOWSKI Krzysztof	969		M30	100	00:02:29	00:27:19.40	00:29:48.90	+00:12:06 (44.3%)	5:27	11 (55.8%)
325	KWIATKOWSKI Piotr	213		M30	101	00:01:44	00:27:23.55	00:29:07.90	+00:12:10 (44.4%)	5:28	11 (55.8%)
326	SIKORSKI Norbert	619		M50	47	00:01:18	00:27:24.50	00:28:43.10	+00:12:11 (44.5%)	5:28	10.9 (55.3%)
327	GIL Jarosław	151		M30	102	00:01:20	00:27:28.45	00:28:48.85	+00:12:15 (44.6%)	5:29	10.9 (55.3%)
328	NAUMCHYK Ihor	901		M30	103	00:02:38	00:27:29.50	00:30:07.95	+00:12:16 (44.6%)	5:29	10.9 (55.3%)
329	WOŹNIAK Krzysztof	949		M40	114	00:01:50	00:27:29.65	00:29:19.80	+00:12:16 (44.6%)	5:29	10.9 (55.3%)
330	DRZEWIECKI Mikołaj	686	FILIGRANOWI ZAWODNICY	M30	104	00:01:35	00:27:30.25	00:29:06.20	+00:12:17 (44.7%)	5:30	10.9 (55.3%)
331	MIKHNEVICH Yury	897		M30	105	00:02:38	00:27:30.35	00:30:08.70	+00:12:17 (44.7%)	5:30	10.9 (55.3%)
332	JASIŃSKI Grzegorz	57	JASINSKI.IT	M30	106	00:00:08	00:27:31.00	00:27:39.15	+00:12:17 (44.7%)	5:30	10.9 (55.3%)
333	JASIŃSKI Kacper	59	JASINSKI.IT	M10	16	00:00:07	00:27:31.70	00:27:39.40	+00:12:18 (44.7%)	5:30	10.9 (55.3%)
334	SZPYRKA Sebastian	768		M30	107	00:01:06	00:27:32.30	00:28:38.80	+00:12:19 (44.7%)	5:30	10.9 (55.3%)
335	WACHOWSKI Piotr	776		M50	48	00:01:39	00:27:33.30	00:29:12.70	+00:12:20 (44.8%)	5:30	10.9 (55.3%)
336	SŁOWIŃSKI Sławek	104		M40	115	00:00:29	00:27:34.80	00:28:04.10	+00:12:21 (44.8%)	5:30	10.9 (55.3%)
337	SIUDA Marek	381		M50	49	00:01:38	00:27:35.20	00:29:13.85	+00:12:22 (44.8%)	5:31	10.9 (55.3%)
338	JAKUBCZAK Łukasz	17		M40	116	00:00:58	00:27:35.80	00:28:34.70	+00:12:22 (44.9%)	5:31	10.9 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	PIASECZNY Dawid	860		M40	117	00:01:43	00:27:36.50	00:29:19.70	+00:12:23 (44.9%)	5:31	10.9 (55.3%)
340	KULCZYŃSKI Przemysław	687	TYPYGRUBE	M40	118	00:01:36	00:27:37.70	00:29:13.95	+00:12:24 (44.9%)	5:31	10.9 (55.3%)
341	WALCZAK Szymon	1133		M20	41	00:00:20	00:27:40.10	00:28:00.25	+00:12:27 (45.0%)	5:32	10.8 (54.8%)
342	WALCZAK Maciej	932		M50	50	00:00:19	00:27:40.90	00:28:00.85	+00:12:27 (45.0%)	5:32	10.8 (54.8%)
343	KILAN Kacper	589	SPOGLO	M20	42	00:02:09	00:27:42.55	00:29:51.55	+00:12:29 (45.1%)	5:32	10.8 (54.8%)
344	MAŁKIŃSKI Józef	823		M60	8	00:00:34	00:27:43.00	00:28:17.90	+00:12:29 (45.1%)	5:32	10.8 (54.8%)
345	ŚWIETLIK Grzegorz	300		M30	108	00:02:12	00:27:44.55	00:29:57.45	+00:12:31 (45.1%)	5:32	10.8 (54.8%)
346	KLENIEWSKI Piotr	1088		M60	9	00:00:45	00:27:45.35	00:28:30.45	+00:12:32 (45.2%)	5:33	10.8 (54.8%)
347	SOSINSKI Marcin	1189		M40	119	00:00:34	00:27:46.75	00:28:21.20	+00:12:33 (45.2%)	5:33	10.8 (54.8%)
348	SZUKAJ Karol	149		M30	109	00:01:23	00:27:47.90	00:29:11.65	+00:12:34 (45.3%)	5:33	10.8 (54.8%)
349	KONWIŃSKI Dariusz	1155		M50	51	00:00:25	00:27:49.30	00:28:14.40	+00:12:36 (45.3%)	5:33	10.8 (54.8%)
350	NADOLNY Paweł	997	POLAND	M18	4	00:00:12	00:27:49.70	00:28:02.00	+00:12:36 (45.3%)	5:33	10.8 (54.8%)
351	KOTECKI Marcin	127	GANG KOCURA	M40	120	00:01:54	00:27:50.10	00:29:45.00	+00:12:37 (45.3%)	5:34	10.8 (54.8%)
352	OBRZANOWSKI Maciej	191		M50	52	00:00:35	00:27:50.65	00:28:25.85	+00:12:37 (45.3%)	5:34	10.8 (54.8%)
353	ŁATKA Marcin	585		M40	121	00:00:59	00:27:52.30	00:28:52.00	+00:12:39 (45.4%)	5:34	10.8 (54.8%)
354	JANKOWSKI Tomasz	312	DĘBY OSIELSKO	M50	53	00:01:47	00:27:52.80	00:29:40.40	+00:12:39 (45.4%)	5:34	10.8 (54.8%)
355	BAUMGART Jacek	921	BIEGAJ Z DĘBAMI	M60	10	00:01:47	00:27:53.15	00:29:40.80	+00:12:40 (45.4%)	5:34	10.8 (54.8%)
356	PISKRZYŃSKI Krzysztof	1066		M40	122	00:02:14	00:27:54.80	00:30:08.80	+00:12:41 (45.5%)	5:34	10.8 (54.8%)
357	BUKOWSKI Sebastian	282		M40	123	00:02:09	00:27:58.00	00:30:07.80	+00:12:44 (45.6%)	5:35	10.7 (54.3%)
358	PIERZGALSKI Jarek	676	KABEL TEAM BYDGOSZCZ	M50	54	00:01:33	00:27:58.25	00:29:32.20	+00:12:45 (45.6%)	5:35	10.7 (54.3%)
359	GŁOWACKI Tomek	929		M40	124	00:01:35	00:28:01.10	00:29:36.35	+00:12:48 (45.7%)	5:36	10.7 (54.3%)
360	GRACZYK Dawid	1006		M20	43	00:01:38	00:28:02.55	00:29:41.05	+00:12:49 (45.7%)	5:36	10.7 (54.3%)
361	SZYMCHYK Radosław	1140	SOLANKOWI BIEGACZE INOWROCŁAW	M50	55	00:00:36	00:28:08.15	00:28:44.50	+00:12:55 (45.9%)	5:37	10.7 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	SŁOWIŃSKI Paweł	1030		M40	125	00:01:39	00:28:08.15	00:29:47.95	+00:12:55 (45.9%)	5:37	10.7 (54.3%)
363	MACHNIK Karol	1163		M40	126	00:00:51	00:28:08.65	00:29:00.55	+00:12:55 (45.9%)	5:37	10.7 (54.3%)
364	KORPALSKI Andrzej	908		M50	56	00:01:37	00:28:09.50	00:29:47.30	+00:12:56 (46.0%)	5:37	10.7 (54.3%)
365	KRUK Łukasz	865		M10	17	00:01:56	00:28:09.85	00:30:06.55	+00:12:56 (46.0%)	5:37	10.7 (54.3%)
366	DANIELEK Piotr	599		M40	127	00:01:48	00:28:10.00	00:29:58.25	+00:12:56 (46.0%)	5:38	10.7 (54.3%)
367	KWIATKOWSKI Piotr	199	MORŚWIRY BYDGOSZCZ	M40	128	00:02:18	00:28:10.85	00:30:29.40	+00:12:57 (46.0%)	5:38	10.7 (54.3%)
368	WILK Darek	900		M40	129	00:01:03	00:28:11.00	00:29:14.15	+00:12:57 (46.0%)	5:38	10.6 (53.8%)
369	KULIKOWSKI Krystian	1096		M30	110	00:00:37	00:28:11.30	00:28:49.05	+00:12:58 (46.0%)	5:38	10.6 (53.8%)
370	KRUCZKOWSKI Piotr	247		M50	57	00:00:09	00:28:12.40	00:28:21.50	+00:12:59 (46.0%)	5:38	10.6 (53.8%)
371	DROBCZYŃSKI Wojciech	1126		M20	44	00:02:48	00:28:16.60	00:31:05.10	+00:13:03 (46.2%)	5:39	10.6 (53.8%)
372	JASIENIECKI Piotr	391		M50	58	00:01:12	00:28:19.10	00:29:31.95	+00:13:06 (46.3%)	5:39	10.6 (53.8%)
373	JAGIELSKI Łukasz	142		M40	130	00:01:09	00:28:19.30	00:29:28.90	+00:13:06 (46.3%)	5:39	10.6 (53.8%)
374	ŻUCHOWSKI Dariusz	656	PARKRUN BYDGOSZCZ	M50	59	00:00:57	00:28:21.45	00:29:18.60	+00:13:08 (46.3%)	5:40	10.6 (53.8%)
375	TOMASZEWSKI Jordan	1061		M30	111	00:02:04	00:28:21.75	00:30:26.15	+00:13:08 (46.3%)	5:40	10.6 (53.8%)
376	SURMACZ Marcin	206		M40	131	00:01:54	00:28:22.40	00:30:16.95	+00:13:09 (46.4%)	5:40	10.6 (53.8%)
377	RACIBORSKI Grzegorz	732	TKKF KOLEJARZ BYDGOSZCZ	M40	132	00:02:13	00:28:23.40	00:30:36.70	+00:13:10 (46.4%)	5:40	10.6 (53.8%)
378	KIERSTAN Damian	696		M30	112	00:01:12	00:28:23.50	00:29:35.70	+00:13:10 (46.4%)	5:40	10.6 (53.8%)
379	JANASZ Krzysztof	30		M50	60	00:01:43	00:28:24.45	00:30:07.95	+00:13:11 (46.4%)	5:40	10.6 (53.8%)
380	BAŁYS Łukasz	1048		M30	113	00:01:53	00:28:24.60	00:30:17.90	+00:13:11 (46.4%)	5:40	10.6 (53.8%)
380	MAGDZIARZ Janek	822		M10	18	00:02:51	00:28:24.60	00:31:16.45	+00:13:11 (46.4%)	5:40	10.6 (53.8%)
382	MAGDZIARZ Jakub	821		M40	133	00:02:51	00:28:25.65	00:31:17.40	+00:13:12 (46.5%)	5:41	10.6 (53.8%)
383	DOLATA Rafał	815		M40	134	00:00:38	00:28:26.00	00:29:04.40	+00:13:12 (46.5%)	5:41	10.6 (53.8%)
384	BUTOWSKI Michał	136		M50	61	00:01:39	00:28:26.55	00:30:05.55	+00:13:13 (46.5%)	5:41	10.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
385	TOKARSKI Sebastian	961	FKS WISŁA FORDON	M10	19	00:00:45	00:28:28.00	00:29:13.05	+00:13:14 (46.5%)	5:41	10.5 (53.3%)
386	KRUK Krzysztof	863		M50	62	00:01:57	00:28:29.65	00:30:26.80	+00:13:16 (46.6%)	5:41	10.5 (53.3%)
387	SZARUGA Paweł	674		M20	45	00:01:32	00:28:29.80	00:30:02.30	+00:13:16 (46.6%)	5:41	10.5 (53.3%)
388	WENDA Mateusz	245		M30	114	00:01:16	00:28:30.15	00:29:46.50	+00:13:17 (46.6%)	5:42	10.5 (53.3%)
389	WÓJCIK Jacek	235		M30	115	00:00:42	00:28:30.25	00:29:12.90	+00:13:17 (46.6%)	5:42	10.5 (53.3%)
390	WŁODARCZYK Sławomir	254		M40	135	00:01:20	00:28:30.60	00:29:50.70	+00:13:17 (46.6%)	5:42	10.5 (53.3%)
390	SPEJER Piotr	304		M40	135	00:01:30	00:28:30.60	00:30:00.70	+00:13:17 (46.6%)	5:42	10.5 (53.3%)
392	CYGANEK Grzegorz	227		M50	63	00:00:26	00:28:30.80	00:28:56.80	+00:13:17 (46.6%)	5:42	10.5 (53.3%)
393	CHMIELEWSKI Mateusz	570		M30	116	00:01:18	00:28:32.45	00:29:51.20	+00:13:19 (46.7%)	5:42	10.5 (53.3%)
394	LECH Marek	642		M40	137	00:07:25	00:28:33.25	00:35:58.25	+00:13:20 (46.7%)	5:42	10.5 (53.3%)
395	ANDRZEJEWSKI Ryszard	978	ŻÓŁTOKRÓLEWSCY	M60	11	00:00:36	00:28:34.30	00:29:10.90	+00:13:21 (46.7%)	5:42	10.5 (53.3%)
396	GIL Michał	72		M30	117	00:01:18	00:28:35.20	00:29:53.25	+00:13:22 (46.8%)	5:43	10.5 (53.3%)
397	LOSEK Michał	1081		M40	138	00:00:45	00:28:37.20	00:29:22.95	+00:13:24 (46.8%)	5:43	10.5 (53.3%)
398	BIELSKI Dawid	1146		M30	118	00:01:46	00:28:37.65	00:30:23.65	+00:13:24 (46.8%)	5:43	10.5 (53.3%)
399	SOBIERAJ Krzysztof	1080		M40	139	00:01:15	00:28:39.75	00:29:55.60	+00:13:26 (46.9%)	5:43	10.5 (53.3%)
400	ZHURAVEL Yevhenii	1056		M30	119	00:02:57	00:28:40.80	00:31:38.00	+00:13:27 (46.9%)	5:44	10.5 (53.3%)
401	NAGORZYSKI Arkadiusz	559	MUD FOXES	M40	140	00:02:14	00:28:43.75	00:30:57.80	+00:13:30 (47.0%)	5:44	10.4 (52.8%)
402	WOJCIESZAK Dariusz	591		M50	64	00:00:33	00:28:44.35	00:29:17.95	+00:13:31 (47.0%)	5:44	10.4 (52.8%)
403	KONOPIŃSKI Tomasz	771		M40	141	00:00:44	00:28:46.25	00:29:30.35	+00:13:33 (47.1%)	5:45	10.4 (52.8%)
404	BINDEK Łukasz	880		M40	142	00:01:18	00:28:47.45	00:30:05.85	+00:13:34 (47.1%)	5:45	10.4 (52.8%)
405	CIESIÓŁKA Marcin	413		M40	143	00:00:00	00:28:48.65	00:28:48.65	+00:13:35 (47.2%)	5:45	10.4 (52.8%)
406	KOWALCZYK Grzegorz	361		M30	120	00:02:57	00:28:49.00	00:31:46.00	+00:13:35 (47.2%)	5:45	10.4 (52.8%)
407	OLBORSKI Łukasz	1004	16	M30	121	00:01:01	00:28:50.20	00:29:51.90	+00:13:37 (47.2%)	5:46	10.4 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
408	ORZECHOWSKI Zbigniew	80	ORZECZ BIEGA	M40	144	00:00:38	00:28:55.10	00:29:33.85	+00:13:42 (47.4%)	5:47	10.4 (52.8%)
409	DZIECIOŁOWSKI Łukasz	273		M30	122	00:02:55	00:28:55.15	00:31:50.95	+00:13:42 (47.4%)	5:47	10.4 (52.8%)
410	SZŁAPKA Karol	452		M30	123	00:00:54	00:28:57.05	00:29:51.40	+00:13:43 (47.4%)	5:47	10.4 (52.8%)
411	CHYŁKA Mikołaj	996		M20	46	00:00:48	00:29:02.30	00:29:51.10	+00:13:49 (47.6%)	5:48	10.3 (52.3%)
412	GRZYWACZ Konrad	121		M30	124	00:01:22	00:29:03.05	00:30:25.20	+00:13:49 (47.6%)	5:48	10.3 (52.3%)
413	KAZUBOWSKI Jeremiasz	221	KAZUBKI TEAM	M20	47	00:00:14	00:29:05.25	00:29:19.40	+00:13:52 (47.7%)	5:49	10.3 (52.3%)
414	GRACZYK Krzysztof	1023		M40	145	00:01:30	00:29:05.85	00:30:36.55	+00:13:52 (47.7%)	5:49	10.3 (52.3%)
415	DOLNY Marcin	519		M40	146	00:03:13	00:29:08.65	00:32:22.05	+00:13:55 (47.8%)	5:49	10.3 (52.3%)
416	PILCH Ariel	330		M40	147	00:01:28	00:29:09.70	00:30:38.05	+00:13:56 (47.8%)	5:49	10.3 (52.3%)
417	ZIELIŃSKI Radosław	62		M30	125	00:01:25	00:29:09.90	00:30:35.20	+00:13:56 (47.8%)	5:49	10.3 (52.3%)
418	SZYPERSKI Sławomir	1110		M50	65	00:00:00	00:29:11.05	00:29:11.05	+00:13:57 (47.9%)	5:50	10.3 (52.3%)
419	GRZELCZAK Tadeusz	288		M60	12	00:02:16	00:29:11.25	00:31:27.30	+00:13:58 (47.9%)	5:50	10.3 (52.3%)
420	MAZUR Wojciech	726	BYDGOSZCZ NA START	M60	13	00:00:24	00:29:12.10	00:29:36.95	+00:13:59 (47.9%)	5:50	10.3 (52.3%)
421	OWCZARSKI Krzysztof	272		M40	148	00:00:47	00:29:15.25	00:30:02.65	+00:14:02 (48.0%)	5:51	10.3 (52.3%)
422	MUSOLF Patryk	1050		M30	126	00:02:35	00:29:15.50	00:31:50.70	+00:14:02 (48.0%)	5:51	10.3 (52.3%)
423	BYCZKOWSKI Michał	461		M20	48	00:01:56	00:29:16.00	00:31:12.70	+00:14:02 (48.0%)	5:51	10.3 (52.3%)
424	CZARNY Ryszard	161		M60	14	00:00:59	00:29:16.40	00:30:15.70	+00:14:03 (48.0%)	5:51	10.3 (52.3%)
425	SZCZERBA Dariusz	616		M40	149	00:02:07	00:29:18.25	00:31:26.10	+00:14:05 (48.1%)	5:51	10.2 (51.8%)
426	BIAŁOWĄS Dariusz	1141		M50	66	00:02:36	00:29:18.80	00:31:55.00	+00:14:05 (48.1%)	5:51	10.2 (51.8%)
427	LEWANDOWSKI Andrzej	790		M40	150	00:02:02	00:29:22.10	00:31:24.75	+00:14:09 (48.2%)	5:52	10.2 (51.8%)
428	TOMCZEWSKI Wojtek	356	RÓŻOWE LANDRYNY	M10	20	00:02:29	00:29:22.60	00:31:52.00	+00:14:09 (48.2%)	5:52	10.2 (51.8%)
429	KUBSKI Jarosław	1138		M50	67	00:00:19	00:29:23.85	00:29:43.45	+00:14:10 (48.2%)	5:52	10.2 (51.8%)
430	PROKOPOWICZ Paweł	462		M40	151	00:02:27	00:29:25.95	00:31:53.00	+00:14:12 (48.3%)	5:53	10.2 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
431	WILMA Paweł	628		M30	127	00:02:11	00:29:26.00	00:31:37.20	+00:14:12 (48.3%)	5:53	10.2 (51.8%)
432	SIKORSKI Wojtek	551		M40	152	00:00:00	00:29:30.05	00:29:30.05	+00:14:16 (48.4%)	5:54	10.2 (51.8%)
433	SARNECKI Bartosz	441		M30	128	00:02:16	00:29:32.40	00:31:49.00	+00:14:19 (48.5%)	5:54	10.2 (51.8%)
434	PSZCZOLINSKI Mateusz	279		M30	129	00:01:41	00:29:39.10	00:31:20.15	+00:14:26 (48.7%)	5:55	10.1 (51.3%)
435	LIPSKI Tomasz	837	SAINT- GOBAIN SQUAD	M40	153	00:00:00	00:29:41.60	00:29:41.60	+00:14:28 (48.7%)	5:56	10.1 (51.3%)
436	STASIAK Jacek	491		M40	154	00:01:50	00:29:41.90	00:31:31.90	+00:14:28 (48.8%)	5:56	10.1 (51.3%)
437	KOSECKI Tomasz	429		M30	130	00:01:20	00:29:42.75	00:31:02.80	+00:14:29 (48.8%)	5:56	10.1 (51.3%)
438	WITKOWSKI Marek	971		M40	155	00:01:28	00:29:45.25	00:31:13.35	+00:14:32 (48.9%)	5:57	10.1 (51.3%)
439	PIĘTA Darek	40		M50	68	00:01:54	00:29:46.85	00:31:41.00	+00:14:33 (48.9%)	5:57	10.1 (51.3%)
440	KUSA Piotr	583	ROLLTEAM BYDGOSZCZ	M40	156	00:01:25	00:29:47.70	00:31:13.65	+00:14:34 (48.9%)	5:57	10.1 (51.3%)
441	SOŁDON Mateusz	951		M30	131	00:02:56	00:29:47.95	00:32:44.25	+00:14:34 (48.9%)	5:57	10.1 (51.3%)
442	ZGÓRSKI Maciej	420		M40	157	00:01:22	00:29:49.25	00:31:12.05	+00:14:36 (49.0%)	5:57	10.1 (51.3%)
443	WAWRZYNIAK Andrzej	244	22. ODN	M60	15	00:01:31	00:29:50.30	00:31:21.40	+00:14:37 (49.0%)	5:58	10.1 (51.3%)
444	JANUSZEWSKI Marcin	495		M40	158	00:02:52	00:29:55.30	00:32:47.65	+00:14:42 (49.1%)	5:59	10 (50.8%)
445	ZIELIŃSKI Robert	963		M40	159	00:01:34	00:29:57.15	00:31:31.85	+00:14:44 (49.2%)	5:59	10 (50.8%)
446	STRZYŻEWSKI Mariusz	886		M40	160	00:01:20	00:29:57.25	00:31:17.30	+00:14:44 (49.2%)	5:59	10 (50.8%)
447	KORWEL Robert	1083		M40	161	00:01:38	00:29:57.45	00:31:36.40	+00:14:44 (49.2%)	5:59	10 (50.8%)
448	KOŁCON Szczepan	159		M30	132	00:02:21	00:29:59.25	00:32:20.40	+00:14:46 (49.3%)	5:59	10 (50.8%)
449	KUGLARZ Dominik	353		M40	162	00:02:51	00:29:59.50	00:32:51.35	+00:14:46 (49.3%)	5:59	10 (50.8%)
450	BESS Marcin	534		M30	133	00:00:24	00:30:00.00	00:30:24.10	+00:14:46 (49.3%)	6:00	10 (50.8%)
451	KEMPA Marek	360	MŁYNY ROTHERA	M50	69	00:00:40	00:30:00.25	00:30:40.25	+00:14:47 (49.3%)	6:00	10 (50.8%)
452	PIĄTKOWSKI Patryk	78		M20	49	00:00:29	00:30:01.05	00:30:30.55	+00:14:47 (49.3%)	6:00	10 (50.8%)
453	ŚPICA Grzegorz	719		M30	134	00:02:14	00:30:07.40	00:32:22.00	+00:14:54 (49.5%)	6:01	10 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
454	ŚWIETLIK Dawid	32		M30	135	00:01:45	00:30:07.60	00:31:53.20	+00:14:54 (49.5%)	6:01	10 (50.8%)
455	KSYTA Wojciech	250	3ROTHERHOOD TEAM	M30	136	00:00:00	00:30:10.05	00:30:10.05	+00:14:56 (49.6%)	6:02	9.9 (50.3%)
456	TRUDNOWSKI Janusz	1182		M60	16	00:00:56	00:30:11.10	00:31:07.70	+00:14:58 (49.6%)	6:02	9.9 (50.3%)
457	NATYWO Gerard	579		M30	137	00:02:40	00:30:11.35	00:32:51.65	+00:14:58 (49.6%)	6:02	9.9 (50.3%)
458	DYMSKI Mateusz	15		M30	138	00:02:58	00:30:12.15	00:33:10.80	+00:14:59 (49.6%)	6:02	9.9 (50.3%)
459	WOŹNIAK Paweł	11		M30	139	00:02:58	00:30:12.85	00:33:11.15	+00:14:59 (49.6%)	6:02	9.9 (50.3%)
460	GRAMCZEWSKI Michał	503		M40	163	00:00:44	00:30:13.25	00:30:57.25	+00:15:00 (49.6%)	6:02	9.9 (50.3%)
461	SZKOPIAK Marcin	19		M40	164	00:00:28	00:30:14.05	00:30:42.15	+00:15:00 (49.7%)	6:02	9.9 (50.3%)
462	REINKE Kajetan	812		M10	21	00:00:13	00:30:14.65	00:30:28.55	+00:15:01 (49.7%)	6:02	9.9 (50.3%)
463	BARTNIK Eryk	456		M30	140	00:00:54	00:30:20.80	00:31:15.60	+00:15:07 (49.9%)	6:04	9.9 (50.3%)
464	CHESY Jacek	449		M40	165	00:00:27	00:30:20.85	00:30:47.90	+00:15:07 (49.9%)	6:04	9.9 (50.3%)
465	JABŁOŃSKI Michał	977	PKO BP	M40	166	00:01:47	00:30:23.45	00:32:10.90	+00:15:10 (49.9%)	6:04	9.9 (50.3%)
466	WIŚNIEWSKI Adrian	1078		M20	50	00:00:46	00:30:23.85	00:31:10.45	+00:15:10 (49.9%)	6:04	9.9 (50.3%)
466	DOMŻALSKI Marek	848		M50	70	00:02:48	00:30:23.85	00:33:12.25	+00:15:10 (49.9%)	6:04	9.9 (50.3%)
468	NIEDBALSKI Krzysztof	754	BIEGAJĄCE BEBOKI	M30	141	00:02:02	00:30:24.20	00:32:26.70	+00:15:11 (49.9%)	6:04	9.9 (50.3%)
469	BABACHANIAN Artur	1060		M30	142	00:00:00	00:30:27.95	00:30:27.95	+00:15:14 (50.0%)	6:05	9.9 (50.3%)
470	KĘDZIERSKI Sebastian	750		M10	22	00:01:30	00:30:30.10	00:32:00.50	+00:15:17 (50.1%)	6:06	9.8 (49.7%)
471	GŁOWACKI Kamil	930		M20	51	00:01:37	00:30:30.80	00:32:08.00	+00:15:17 (50.1%)	6:06	9.8 (49.7%)
472	CHRUŚCICKI Zbigniew	882	CST COACHING	M40	167	00:01:01	00:30:36.95	00:31:38.75	+00:15:23 (50.3%)	6:07	9.8 (49.7%)
473	KĘDZIERSKI Wojtek	748		M40	168	00:01:26	00:30:37.55	00:32:04.40	+00:15:24 (50.3%)	6:07	9.8 (49.7%)
474	SACHA Jakub	782		M10	23	00:00:21	00:30:38.35	00:30:59.85	+00:15:25 (50.3%)	6:07	9.8 (49.7%)
475	PASZKIET Witold	659	TKKF KOLEJARZ BYDGOSZCZ	M60	17	00:02:23	00:30:39.80	00:33:03.35	+00:15:26 (50.4%)	6:07	9.8 (49.7%)
476	KIJEWSKI Maciej	1199		M40	169	00:00:59	00:30:40.05	00:31:39.50	+00:15:26 (50.4%)	6:08	9.8 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
477	OSSOWSKI Łukasz	1052		M30	143	00:02:32	00:30:44.15	00:33:16.65	+00:15:31 (50.5%)	6:08	9.8 (49.7%)
478	SZYMCZAK Jacek	133		M50	71	00:02:10	00:30:48.65	00:32:59.10	+00:15:35 (50.6%)	6:09	9.7 (49.2%)
479	ANDRZEJEWSKI Łukasz	463		M30	144	00:01:55	00:30:51.65	00:32:47.25	+00:15:38 (50.7%)	6:10	9.7 (49.2%)
480	KACZMAREK Igor	788		M20	52	00:00:17	00:30:52.55	00:31:09.70	+00:15:39 (50.7%)	6:10	9.7 (49.2%)
481	MOLENDĄ Piotr	335		M20	53	00:00:00	00:30:56.00	00:30:56.00	+00:15:42 (50.8%)	6:11	9.7 (49.2%)
482	WIŚNIEWSKI Adam	877		M20	54	00:00:39	00:31:02.85	00:31:42.00	+00:15:49 (51.0%)	6:12	9.7 (49.2%)
483	MIERZBICZAK Łukasz	220	DZICZKI BYDGOSZCZ	M30	145	00:02:34	00:31:03.20	00:33:37.30	+00:15:50 (51.0%)	6:12	9.7 (49.2%)
484	LENKIEWICZ Andrzej	50	PIĘKNY	M60	18	00:00:32	00:31:09.05	00:31:42.00	+00:15:55 (51.1%)	6:13	9.6 (48.7%)
485	ŚWIERCZYŃSKI Michał	228		M40	170	00:02:31	00:31:10.70	00:33:42.35	+00:15:57 (51.2%)	6:14	9.6 (48.7%)
486	KISIEL Michał	725		M20	55	00:01:48	00:31:14.60	00:33:03.40	+00:16:01 (51.3%)	6:14	9.6 (48.7%)
487	SIUDA Bartosz	540	OSOWAGÓRA	M40	171	00:01:45	00:31:16.25	00:33:01.70	+00:16:03 (51.3%)	6:15	9.6 (48.7%)
488	BARTOSZ Marek	192	GKS FABIANKI	M40	172	00:02:15	00:31:16.40	00:33:31.45	+00:16:03 (51.3%)	6:15	9.6 (48.7%)
489	KUBSKI Michał	1137	DRUŻYNA JOBA	M20	56	00:00:20	00:31:17.55	00:31:37.70	+00:16:04 (51.4%)	6:15	9.6 (48.7%)
490	PUZYREWSKI Michał	896	ASTORIA BYDGOSZCZ	M40	173	00:00:21	00:31:18.10	00:31:40.00	+00:16:05 (51.4%)	6:15	9.6 (48.7%)
491	BIAŁEK Łukasz	919		M40	174	00:01:49	00:31:18.25	00:33:07.25	+00:16:05 (51.4%)	6:15	9.6 (48.7%)
492	DALKIEWICZ Igor	295		M20	57	00:02:28	00:31:18.45	00:33:46.45	+00:16:05 (51.4%)	6:15	9.6 (48.7%)
493	SCHMIDT Sebastian	123	BB ACTIVE TEAM	M10	24	00:01:41	00:31:19.15	00:33:01.05	+00:16:06 (51.4%)	6:15	9.6 (48.7%)
494	GOLIK Krzysztof	74	FORDONRUNNERS	M40	175	00:00:47	00:31:19.75	00:32:07.00	+00:16:06 (51.4%)	6:15	9.6 (48.7%)
495	ZIÓŁKOWSKI Piotr	124	MORŚWIRY	M50	72	00:02:19	00:31:20.45	00:33:40.20	+00:16:07 (51.4%)	6:16	9.6 (48.7%)
496	KOZAK Krzysztof	425	BB ACTIVE TEAM	M30	146	00:01:41	00:31:21.75	00:33:03.15	+00:16:08 (51.5%)	6:16	9.6 (48.7%)
497	ZDUNIAK Krzysztof	1136		M40	176	00:02:00	00:31:21.95	00:33:22.50	+00:16:08 (51.5%)	6:16	9.6 (48.7%)
498	HALAREWICZ Artur	1132		M40	177	00:00:00	00:31:22.85	00:31:22.85	+00:16:09 (51.5%)	6:16	9.6 (48.7%)
499	OPALA Marcin	744		M40	178	00:02:06	00:31:23.55	00:33:29.60	+00:16:10 (51.5%)	6:16	9.6 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
500	SŁOWIŃSKI Adam	369		M30	147	00:00:32	00:31:23.95	00:31:56.00	+00:16:10 (51.5%)	6:16	9.6 (48.7%)
501	SEKLECKI Artur	884	MORŚWIRY	M40	179	00:02:15	00:31:24.65	00:33:39.90	+00:16:11 (51.6%)	6:16	9.6 (48.7%)
502	JAWORSKI Janusz	567		M60	19	00:00:49	00:31:26.15	00:32:16.00	+00:16:13 (51.6%)	6:17	9.5 (48.2%)
503	SZYŁO Tomasz	371		M40	180	00:01:13	00:31:26.80	00:32:40.45	+00:16:13 (51.6%)	6:17	9.5 (48.2%)
504	WIŚNIEWSKI Marek	729		M60	20	00:00:54	00:31:30.55	00:32:25.00	+00:16:17 (51.7%)	6:18	9.5 (48.2%)
505	WOŹNIAK Bartłomiej	652		M40	181	00:01:12	00:31:31.20	00:32:43.70	+00:16:18 (51.7%)	6:18	9.5 (48.2%)
506	WALDEMAR Zmuda	344		M40	182	00:00:51	00:31:31.40	00:32:23.00	+00:16:18 (51.7%)	6:18	9.5 (48.2%)
507	WÓJCIK Tomasz	46		M50	73	00:01:51	00:31:31.50	00:33:23.45	+00:16:18 (51.7%)	6:18	9.5 (48.2%)
508	BITNER Jan	1015		M30	148	00:01:50	00:31:33.30	00:33:24.00	+00:16:20 (51.8%)	6:18	9.5 (48.2%)
509	BANDOCH Jacek	263		M30	149	00:01:23	00:31:36.60	00:32:59.90	+00:16:23 (51.9%)	6:19	9.5 (48.2%)
510	TESSA Karol	767	BYDGOSZCZ FAN MARATON	M40	183	00:01:08	00:31:36.80	00:32:45.20	+00:16:23 (51.9%)	6:19	9.5 (48.2%)
511	DERESZYŃSKI Piotr	777		M40	184	00:02:39	00:31:38.70	00:34:17.90	+00:16:25 (51.9%)	6:19	9.5 (48.2%)
512	KRUTUL Maciej	693	AMATOR	M50	74	00:00:56	00:31:39.45	00:32:36.30	+00:16:26 (51.9%)	6:19	9.5 (48.2%)
513	GACKOWSKI Mikołaj	990		M10	25	00:01:10	00:31:39.55	00:32:50.20	+00:16:26 (51.9%)	6:19	9.5 (48.2%)
514	GACKOWSKI Szymon	988		M40	185	00:01:11	00:31:39.80	00:32:50.80	+00:16:26 (51.9%)	6:19	9.5 (48.2%)
515	GRZELAK Robert	257	GMINA GARDEJA BIEGA	M50	75	00:01:09	00:31:41.85	00:32:51.10	+00:16:28 (52.0%)	6:20	9.5 (48.2%)
516	CISEWSKI Mateusz	727		M30	150	00:01:12	00:31:47.70	00:33:00.25	+00:16:34 (52.1%)	6:21	9.4 (47.7%)
517	GÓRSKI Łukasz	241	HARPAGAN RUNNERS	M30	151	00:01:05	00:31:50.75	00:32:55.90	+00:16:37 (52.2%)	6:22	9.4 (47.7%)
518	STACHOWIAK Jacek	809	MORŚWIRY	M50	76	00:02:17	00:31:51.90	00:34:09.75	+00:16:38 (52.2%)	6:22	9.4 (47.7%)
519	GŁOWACKI Sławomir	269		M40	186	00:01:04	00:31:52.60	00:32:57.30	+00:16:39 (52.3%)	6:22	9.4 (47.7%)
520	NOWAK Adam	943		M30	152	00:02:07	00:31:57.85	00:34:05.70	+00:16:44 (52.4%)	6:23	9.4 (47.7%)
521	MATEJA Piotr	188		M30	153	00:01:48	00:32:02.70	00:33:51.40	+00:16:49 (52.5%)	6:24	9.4 (47.7%)
522	KASPROWICZ Piotr	466	JW 1515	M40	187	00:01:20	00:32:03.75	00:33:24.00	+00:16:50 (52.5%)	6:24	9.4 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
523	NOWAK Janek	27		M20	58	00:02:42	00:32:03.80	00:34:46.35	+00:16:50 (52.5%)	6:24	9.4 (47.7%)
524	SKOPOWSKI Krzysztof	370	SALUS	M40	188	00:03:16	00:32:05.30	00:35:21.60	+00:16:52 (52.6%)	6:25	9.4 (47.7%)
525	BYSTREK Jarosław	657		M40	189	00:02:21	00:32:10.40	00:34:32.05	+00:16:57 (52.7%)	6:26	9.3 (47.2%)
526	BISKUPSKI Robert	1170		M40	190	00:02:33	00:32:11.10	00:34:44.40	+00:16:58 (52.7%)	6:26	9.3 (47.2%)
527	DĄBROWSKI Bartosz	859	SPORTOWA PASJA	M30	154	00:01:29	00:32:11.35	00:33:40.55	+00:16:58 (52.7%)	6:26	9.3 (47.2%)
528	KASIOREK Tomasz	211	ZUOMPL	M40	191	00:02:08	00:32:12.45	00:34:21.15	+00:16:59 (52.7%)	6:26	9.3 (47.2%)
529	ŻEBROWSKI Radosław	654	SANDO	M40	192	00:02:00	00:32:15.80	00:34:16.70	+00:17:02 (52.8%)	6:27	9.3 (47.2%)
530	BURCZYK Roman	1099	GRUPA BIEGOWA AMATOR	M40	193	00:02:36	00:32:16.35	00:34:52.85	+00:17:03 (52.8%)	6:27	9.3 (47.2%)
531	KASZUBOWSKI Daniel	509		M30	155	00:03:06	00:32:17.15	00:35:23.85	+00:17:04 (52.9%)	6:27	9.3 (47.2%)
532	LEWANDOWSKI Marek	878	ROLLTEAM BYDGOSZCZ	M50	77	00:01:16	00:32:30.10	00:33:46.45	+00:17:17 (53.2%)	6:30	9.2 (46.7%)
533	CZACHOROWSKI Michał	873		M30	156	00:00:45	00:32:31.15	00:33:16.85	+00:17:18 (53.2%)	6:30	9.2 (46.7%)
534	MLICKI Marcin	426		M40	194	00:02:53	00:32:38.30	00:35:31.80	+00:17:25 (53.4%)	6:31	9.2 (46.7%)
535	SZULAKOWSKI Rafał	1144	TERENOWA MASAKRA TEAM	M40	195	00:01:43	00:32:38.75	00:34:22.40	+00:17:25 (53.4%)	6:31	9.2 (46.7%)
536	ŁAWNIK Piotr	355	RÓŻOWE LANDRYNY	M10	26	00:02:29	00:32:40.55	00:35:10.20	+00:17:27 (53.4%)	6:32	9.2 (46.7%)
537	MACEK Rafał	349		M40	196	00:01:01	00:32:46.30	00:33:47.60	+00:17:33 (53.6%)	6:33	9.2 (46.7%)
538	CYGANKIEWICZ Łukasz	965	SAINT- GOBAIN SQUAD	M40	197	00:00:49	00:32:47.10	00:33:36.40	+00:17:34 (53.6%)	6:33	9.2 (46.7%)
539	SONTOWSKI Sebastian	974		M40	198	00:01:07	00:32:49.60	00:33:56.70	+00:17:36 (53.6%)	6:33	9.1 (46.2%)
540	PRZYBYSZEWSKI Marcin	984		M50	78	00:00:35	00:32:50.55	00:33:26.15	+00:17:37 (53.7%)	6:34	9.1 (46.2%)
541	GELERT Dariusz	838		M40	199	00:00:19	00:32:50.90	00:33:10.00	+00:17:37 (53.7%)	6:34	9.1 (46.2%)
542	DWORECKI Rafał	1092		M30	157	00:01:24	00:32:56.45	00:34:20.70	+00:17:43 (53.8%)	6:35	9.1 (46.2%)
543	BUKOWSKI Paweł	109	CONTRACTORS.MS	M30	158	00:02:58	00:32:57.05	00:35:55.15	+00:17:43 (53.8%)	6:35	9.1 (46.2%)
544	ZIELIŃSKI Maciej	1020	KABEL TEAM BYDGOSZCZ	M40	200	00:02:29	00:32:57.65	00:35:26.75	+00:17:44 (53.8%)	6:35	9.1 (46.2%)
545	ZIELIŃSKI Beniamin	1059	AMS	M10	27	00:02:28	00:32:58.05	00:35:26.80	+00:17:44 (53.8%)	6:35	9.1 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
546	RUMIANOWSKI Piotr	549	FURIAT	M30	159	00:00:00	00:32:58.20	00:32:58.20	+00:17:45 (53.8%)	6:35	9.1 (46.2%)
547	JÓŻWIK Jacek	208	PARKUN	M60	21	00:02:47	00:32:58.40	00:35:46.35	+00:17:45 (53.8%)	6:35	9.1 (46.2%)
548	REBELSKI Filip	1142		M30	160	00:02:53	00:33:01.60	00:35:54.60	+00:17:48 (53.9%)	6:36	9.1 (46.2%)
549	CZAJKOWSKI Kamil	678		M20	59	00:02:30	00:33:04.65	00:35:35.35	+00:17:51 (54.0%)	6:36	9.1 (46.2%)
550	HUZARSKI Jarosław	1002		M40	201	00:01:51	00:33:05.30	00:34:57.10	+00:17:52 (54.0%)	6:37	9.1 (46.2%)
551	GĘBKA Bartłomiej	759		M30	161	00:00:53	00:33:05.40	00:33:58.75	+00:17:52 (54.0%)	6:37	9.1 (46.2%)
552	SZYMAŃSKI Bogdan	983		M40	202	00:01:51	00:33:05.55	00:34:57.35	+00:17:52 (54.0%)	6:37	9.1 (46.2%)
553	NIEDBALSKI Karol	608		M40	203	00:03:02	00:33:10.25	00:36:13.00	+00:17:57 (54.1%)	6:38	9 (45.7%)
554	BURDAK Janusz	680		M50	79	00:02:26	00:33:12.70	00:35:39.10	+00:17:59 (54.2%)	6:38	9 (45.7%)
555	KOSTKOWSKI Michał	1147		M20	60	00:02:36	00:33:16.20	00:35:52.45	+00:18:03 (54.3%)	6:39	9 (45.7%)
556	KUKLIŃSKI Rafał	958		M40	204	00:01:57	00:33:21.55	00:35:18.65	+00:18:08 (54.4%)	6:40	9 (45.7%)
557	UMIŃSKI Robert	384		M40	205	00:01:35	00:33:25.60	00:35:00.80	+00:18:12 (54.5%)	6:41	9 (45.7%)
558	MALINOWSKI Jakub	593		M10	28	00:01:54	00:33:29.15	00:35:23.60	+00:18:16 (54.6%)	6:41	9 (45.7%)
559	WIERZBOWSKI Adam	607	VIVALAVIDA	M40	206	00:03:09	00:33:29.80	00:36:39.40	+00:18:16 (54.6%)	6:41	9 (45.7%)
560	STOJAK Norbert	138	MORŚWIRY BYDGOSZCZ	M40	207	00:02:14	00:33:32.25	00:35:47.15	+00:18:19 (54.6%)	6:42	8.9 (45.2%)
561	LEWANDOWSKI Igor	803	FUNDACJA CZAS NA BYDGOSZCZ	M10	29	00:01:33	00:33:32.55	00:35:05.70	+00:18:19 (54.6%)	6:42	8.9 (45.2%)
562	CHMIELEWSKI Ireneusz	378		M60	22	00:00:35	00:33:34.15	00:34:09.65	+00:18:21 (54.7%)	6:42	8.9 (45.2%)
563	SADOWSKI Wojciech	397		M30	162	00:01:45	00:33:43.05	00:35:28.05	+00:18:29 (54.9%)	6:44	8.9 (45.2%)
564	GRZYBOWSKI Marek Igor	146		M10	30	00:02:12	00:33:46.45	00:35:59.00	+00:18:33 (54.9%)	6:45	8.9 (45.2%)
565	GRZYBOWSKA Marek	144		M40	208	00:02:12	00:33:47.00	00:35:59.35	+00:18:33 (55.0%)	6:45	8.9 (45.2%)
566	KRAJEWSKI Adam	271		M50	80	00:01:07	00:33:54.85	00:35:02.25	+00:18:41 (55.1%)	6:46	8.8 (44.7%)
567	MUSIAŁ Artur	918		M50	81	00:02:37	00:33:57.60	00:36:35.20	+00:18:44 (55.2%)	6:47	8.8 (44.7%)
568	SZULC Robert	1149		M40	209	00:02:32	00:34:01.70	00:36:34.60	+00:18:48 (55.3%)	6:48	8.8 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
569	WIOSNA Tomasz	94	MAZDASPEED	M30	163	00:01:13	00:34:12.90	00:35:26.20	+00:18:59 (55.5%)	6:50	8.8 (44.7%)
570	ŁABENDA Piotr	37	TERENOWA MASAKRA TEAM	M50	82	00:02:19	00:34:19.90	00:36:39.55	+00:19:06 (55.7%)	6:51	8.7 (44.2%)
571	SOSNA Mikołaj	10		M40	210	00:01:28	00:34:23.45	00:35:52.40	+00:19:10 (55.7%)	6:52	8.7 (44.2%)
572	NOWACKI Rafał	299		M40	211	00:02:50	00:34:25.85	00:37:16.65	+00:19:12 (55.8%)	6:53	8.7 (44.2%)
573	MURAWSKI Marcin	500		M20	61	00:01:06	00:34:28.95	00:35:35.75	+00:19:15 (55.9%)	6:53	8.7 (44.2%)
574	CESARZ Bartosz	1165		M40	212	00:01:52	00:34:42.70	00:36:35.35	+00:19:29 (56.2%)	6:56	8.6 (43.7%)
575	WITKOWSKI Tomasz	497		M30	164	00:03:11	00:34:44.35	00:37:55.50	+00:19:31 (56.2%)	6:56	8.6 (43.7%)
576	GOŁATTA Tomasz	694	BKTR GRYF	M40	213	00:01:43	00:34:44.65	00:36:28.60	+00:19:31 (56.2%)	6:56	8.6 (43.7%)
576	KWIATKOWSKI Roman	229		M60	23	00:01:46	00:34:44.65	00:36:31.15	+00:19:31 (56.2%)	6:56	8.6 (43.7%)
578	GIERSZEWSKI Antoni	774		M10	31	00:00:55	00:34:44.85	00:35:39.85	+00:19:31 (56.2%)	6:56	8.6 (43.7%)
579	MAŁAS Marcin	587		M30	165	00:02:40	00:34:45.55	00:37:25.60	+00:19:32 (56.2%)	6:57	8.6 (43.7%)
580	CICHOWICZ Marcin	340		M40	214	00:01:32	00:34:46.45	00:36:18.65	+00:19:33 (56.2%)	6:57	8.6 (43.7%)
581	KEDZIA Jarek	584	TRIDROPSY	M40	215	00:00:42	00:34:53.15	00:35:35.35	+00:19:40 (56.4%)	6:58	8.6 (43.7%)
582	PARTYKA Dawid	968		M30	166	00:02:49	00:34:58.05	00:37:47.70	+00:19:44 (56.5%)	6:59	8.6 (43.7%)
583	BIELUSZEWSKI Artur	565		M50	83	00:03:07	00:35:00.85	00:38:08.15	+00:19:47 (56.5%)	7:00	8.6 (43.7%)
584	GŁOWACKI Robert	177	GŁÓWKA	M40	216	00:00:00	00:35:04.70	00:35:04.70	+00:19:51 (56.6%)	7:00	8.6 (43.7%)
585	PYTLIK Dariusz	845	SAINT GOBAIN SQUAD	M50	84	00:00:50	00:35:04.80	00:35:55.50	+00:19:51 (56.6%)	7:00	8.6 (43.7%)
586	WITKOWSKI Piotr	609	VIVA LA VIDA	M30	167	00:03:09	00:35:05.35	00:38:15.05	+00:19:52 (56.6%)	7:01	8.6 (43.7%)
587	RZEP CZYNSKI Tomasz	156	GRYF BYDGOSZCZ	M40	217	00:01:22	00:35:08.50	00:36:31.00	+00:19:55 (56.7%)	7:01	8.5 (43.1%)
588	WITKOWSKI Maciej	365		M50	85	00:01:29	00:35:12.45	00:36:42.35	+00:19:59 (56.8%)	7:02	8.5 (43.1%)
589	KWASIGROCH Krzysztof	601	TKKF KOLEJARZ	M50	86	00:02:48	00:35:15.95	00:38:04.50	+00:20:02 (56.8%)	7:03	8.5 (43.1%)
590	ASTUKIEWICZ Tomasz	543		M50	87	00:00:56	00:35:27.90	00:36:24.40	+00:20:14 (57.1%)	7:05	8.5 (43.1%)
591	STOŻEK Michał	636		M40	218	00:02:42	00:35:28.55	00:38:11.45	+00:20:15 (57.1%)	7:05	8.5 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
592	ZDZIEBŁOWSKI Wojtek	894		M40	219	00:01:10	00:35:28.65	00:36:39.00	+00:20:15 (57.1%)	7:05	8.5 (43.1%)
593	ISKRA Jacek	386		M50	88	00:00:14	00:35:33.00	00:35:47.80	+00:20:19 (57.2%)	7:06	8.4 (42.6%)
594	ANGIEL Władysław	190	TKKF KOLEJARZ BYDGOSZCZ	M60	24	00:00:02	00:35:34.15	00:35:36.85	+00:20:21 (57.2%)	7:06	8.4 (42.6%)
595	IWANIUK Jacek	222	PĘDZĄCE CHOMIKI	M50	89	00:01:33	00:35:38.25	00:37:11.95	+00:20:25 (57.3%)	7:07	8.4 (42.6%)
596	FILAR Michał	828	CDI	M30	168	00:00:11	00:35:44.70	00:35:56.05	+00:20:31 (57.4%)	7:08	8.4 (42.6%)
597	SONTOWSKI Eryk	972		M10	32	00:01:07	00:35:48.70	00:36:56.20	+00:20:35 (57.5%)	7:09	8.4 (42.6%)
598	SCIGOCKI Waldemar	953		M50	90	00:01:53	00:35:50.10	00:37:43.70	+00:20:37 (57.5%)	7:10	8.4 (42.6%)
599	JOCHIM Łukasz	967		M30	169	00:02:48	00:35:52.05	00:38:40.25	+00:20:38 (57.6%)	7:10	8.4 (42.6%)
600	GRZESZCZUK Filip	423		M18	5	00:01:04	00:35:55.40	00:36:59.95	+00:20:42 (57.6%)	7:11	8.4 (42.6%)
601	GRZESZCZUK Karol	960		M40	220	00:01:03	00:35:56.10	00:36:59.85	+00:20:43 (57.7%)	7:11	8.3 (42.1%)
602	MŁYNAREK Waldemar	256		M50	91	00:01:50	00:36:04.25	00:37:54.85	+00:20:51 (57.8%)	7:12	8.3 (42.1%)
603	JODKOWSKI Rafał	116		M30	170	00:02:58	00:36:12.10	00:39:10.15	+00:20:59 (58.0%)	7:14	8.3 (42.1%)
604	ŁUKASIEWICZ Krzysztof	403	MAJA	M40	221	00:02:25	00:36:13.70	00:38:39.50	+00:21:00 (58.0%)	7:14	8.3 (42.1%)
605	APTOWICZ Damian	539		M20	62	00:01:52	00:36:28.90	00:38:21.15	+00:21:15 (58.3%)	7:17	8.2 (41.6%)
606	PALACZ Dawid	516		M10	33	00:02:21	00:36:41.05	00:39:03.00	+00:21:27 (58.5%)	7:20	8.2 (41.6%)
607	GURYN Wiktor	1040	ZIELONY PELIKAN	M40	222	00:01:27	00:36:45.50	00:38:13.20	+00:21:32 (58.6%)	7:21	8.2 (41.6%)
608	REINKE Olivia	810		M10	34	00:00:14	00:36:50.60	00:37:04.85	+00:21:37 (58.7%)	7:22	8.1 (41.1%)
609	BAK Remigiusz	909		M40	223	00:00:44	00:37:05.00	00:37:49.00	+00:21:51 (59.0%)	7:25	8.1 (41.1%)
610	WOLAN Krzysztof	598		M40	224	00:01:57	00:37:11.25	00:39:09.05	+00:21:58 (59.1%)	7:26	8.1 (41.1%)
611	KARSKI Marcin	571		M40	225	00:02:45	00:37:19.65	00:40:05.05	+00:22:06 (59.2%)	7:27	8 (40.6%)
612	KARSKI Hubert	531		M60	25	00:02:45	00:37:19.70	00:40:05.00	+00:22:06 (59.2%)	7:27	8 (40.6%)
613	MUSIAŁA Adam	432		M40	226	00:00:51	00:37:30.15	00:38:21.80	+00:22:17 (59.4%)	7:30	8 (40.6%)
614	LEWANDOWSKA Piotr	554	FREAKY_FIT	M50	92	00:00:55	00:37:36.80	00:38:32.70	+00:22:23 (59.5%)	7:31	8 (40.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
615	TALAŚKA Waldemar	902		M40	227	00:01:59	00:37:56.55	00:39:55.55	+00:22:43 (59.9%)	7:35	7.9 (40.1%)
616	ZALEWSKI Franek	959		M10	35	00:02:49	00:38:11.95	00:41:01.90	+00:22:58 (60.2%)	7:38	7.9 (40.1%)
617	TOMCZAK Wojciech	67		M10	36	00:03:03	00:38:12.55	00:41:16.05	+00:22:59 (60.2%)	7:38	7.9 (40.1%)
618	CZYŻEWSKI Piotr	604		M40	228	00:00:58	00:38:14.05	00:39:12.65	+00:23:00 (60.2%)	7:38	7.8 (39.6%)
619	ZALEWSKI Łukasz	957		M40	229	00:02:50	00:38:19.60	00:41:10.20	+00:23:06 (60.3%)	7:39	7.8 (39.6%)
620	TOMCZAK Krzysztof	66		M30	171	00:03:03	00:38:22.45	00:41:25.95	+00:23:09 (60.3%)	7:40	7.8 (39.6%)
621	ZIELIŃSKI Andrzej	246		M40	230	00:02:15	00:38:30.55	00:40:45.70	+00:23:17 (60.5%)	7:42	7.8 (39.6%)
622	KOLCZYŃSKI Dawid	1044		M20	63	00:03:11	00:38:30.70	00:41:41.75	+00:23:17 (60.5%)	7:42	7.8 (39.6%)
623	GRALAK Jerzy	1076	GEORGE	M60	26	00:00:50	00:38:33.55	00:39:24.45	+00:23:20 (60.5%)	7:42	7.8 (39.6%)
624	MALISZEWSKI Mateusz	1118		M20	64	00:02:38	00:38:40.30	00:41:18.30	+00:23:27 (60.6%)	7:44	7.8 (39.6%)
625	PILECKI Gustaw	1148		M60	27	00:01:06	00:38:52.70	00:39:58.80	+00:23:39 (60.9%)	7:46	7.7 (39.1%)
626	BYCZKOWSKI Zenon	597	INDYWIDUALNIE	M50	93	00:03:00	00:39:04.60	00:42:04.85	+00:23:51 (61.1%)	7:48	7.7 (39.1%)
627	KUJDA Remigiusz	1200		M10	37	00:01:46	00:39:07.55	00:40:53.60	+00:23:54 (61.1%)	7:49	7.7 (39.1%)
628	DWORCZAK Rafał	1106		M40	231	00:01:11	00:39:09.25	00:40:20.45	+00:23:56 (61.1%)	7:49	7.7 (39.1%)
629	GAPIŃSKI Jerzy	1024		M60	28	00:01:57	00:39:15.10	00:41:12.20	+00:24:02 (61.2%)	7:51	7.6 (38.6%)
630	KLINIKOWSKI Jacek	483	KOCHAM ŻYCIE I...	M50	94	00:00:58	00:39:26.75	00:40:24.85	+00:24:13 (61.4%)	7:53	7.6 (38.6%)
631	CHOJNOWSKI Jordan	284		M40	232	00:01:49	00:39:41.85	00:41:31.40	+00:24:28 (61.7%)	7:56	7.6 (38.6%)
632	KOZIEŁ Bartłomiej	948		M10	38	00:01:46	00:39:47.40	00:41:34.30	+00:24:34 (61.8%)	7:57	7.5 (38.1%)
633	KOZIEŁ Tomasz	947		M30	172	00:01:46	00:39:47.45	00:41:34.05	+00:24:34 (61.8%)	7:57	7.5 (38.1%)
634	ALEXANDER Marek	440		M50	95	00:02:23	00:39:47.50	00:42:10.50	+00:24:34 (61.8%)	7:57	7.5 (38.1%)
635	KOSNOWICZ Krzysztof	266		M40	233	00:02:12	00:39:51.05	00:42:03.15	+00:24:37 (61.8%)	7:58	7.5 (38.1%)
636	GOŁĘBIEWSKI Paweł	224		M40	234	00:02:49	00:40:02.40	00:42:52.25	+00:24:49 (62.0%)	8:00	7.5 (38.1%)
637	BREJER Rafał	802		M40	235	00:02:43	00:40:09.15	00:42:52.40	+00:24:56 (62.1%)	8:01	7.5 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
638	POSTÓJSKI Juliusz	1089		M10	39	00:02:53	00:40:09.25	00:43:03.15	+00:24:56 (62.1%)	8:01	7.5 (38.1%)
639	PALIGA Arkadiusz	834		M40	236	00:03:05	00:40:29.50	00:43:34.80	+00:25:16 (62.4%)	8:05	7.4 (37.6%)
640	SZMELTER Michał	382		M50	96	00:00:00	00:40:45.50	00:40:45.50	+00:25:32 (62.7%)	8:09	7.4 (37.6%)
641	HASS Paweł	770		M10	40	00:00:00	00:41:11.35	00:41:11.35	+00:25:58 (63.1%)	8:14	7.3 (37.1%)
642	DUDZIŃSKI Adrian	306		M20	65	00:02:47	00:41:11.80	00:43:59.40	+00:25:58 (63.1%)	8:14	7.3 (37.1%)
643	HEBISZ Artur	854		M40	237	00:02:09	00:41:15.05	00:43:24.05	+00:26:01 (63.1%)	8:15	7.3 (37.1%)
644	JAGODZIŃSKI Karol	128		M50	97	00:02:38	00:41:37.65	00:44:15.70	+00:26:24 (63.4%)	8:19	7.2 (36.5%)
645	DUDZIAK Michał	8		M30	173	00:02:23	00:41:57.80	00:44:21.00	+00:26:44 (63.7%)	8:23	7.2 (36.5%)
646	WÓJCIK Mikołaj	44		M10	41	00:01:13	00:42:11.90	00:43:25.00	+00:26:58 (63.9%)	8:26	7.1 (36.0%)
647	GACKOWSKI Edward	987		M60	29	00:01:10	00:43:06.20	00:44:16.30	+00:27:53 (64.7%)	8:37	7 (35.5%)
648	PRZYGOCKI Szymon	197		M10	42	00:01:37	00:43:27.80	00:45:05.25	+00:28:14 (65.0%)	8:41	6.9 (35.0%)
649	BURCHARD Remigiusz	289	RODZINKA B	M40	238	00:02:02	00:45:13.35	00:47:15.55	+00:30:00 (66.3%)	9:02	6.6 (33.5%)
650	ANTCZAK Krzysztof	620	OLIMPIJSKIE ANTKI	M40	239	00:02:29	00:45:34.15	00:48:03.20	+00:30:21 (66.6%)	9:06	6.6 (33.5%)
651	KUSZYŃSKI Robert	1028	TRIDROPSY	M40	240	00:02:54	00:47:19.75	00:50:14.10	+00:32:06 (67.8%)	9:27	6.3 (32.0%)
652	BOROWIECKI Maciej	637		M50	98	00:00:34	00:47:34.75	00:48:09.55	+00:32:21 (68.0%)	9:30	6.3 (32.0%)
653	GOLA Grzegorz	1160	GRZEGORZ GOLA	M50	99	00:03:10	00:47:45.95	00:50:56.50	+00:32:32 (68.1%)	9:33	6.3 (32.0%)
654	GÓRNY Łukasz	487		M30	174	00:02:33	00:47:56.45	00:50:30.20	+00:32:43 (68.3%)	9:35	6.3 (32.0%)
655	ZABOROWSKI Krzysztof	683		M30	175	00:00:10				4:32	13.2 (67.0%)
656	WILCZYŃSKI Łukasz	23		M30	176	00:00:48					(0.0%)
657	ŚWIETLIK Piotr	841		M50	100	00:01:44					(0.0%)
658	MALINOWSKI Przemysław	592		M50	101	00:01:53					(0.0%)