



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organiser:** Miasto Bydgoszcz  
**Date:** 2024-04-14  
**Place:** Bydgoszcz  
**Distance:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KACZMAREK Mateusz	395	TEAM RUDNIK	M20	1		00:00:01	00:16:02.45	00:16:03.50		3:12	18.7 (100%)
2	KOTŁOWSKI Bartosz	486	KOTLOWSKIRUNTEAM	M30	1		00:00:01	00:16:38.75	00:16:40.05	+00:00:36 (3.6%)	3:19	18 (96.3%)
3	JANUSZEWSKI Radosław	353	TEAM RUDNIK	M20	2		00:00:01	00:17:07.30	00:17:09.10	+00:01:04 (6.3%)	3:25	17.5 (93.6%)
4	KRAWCZAK Adrian	510	TEAMOCHAL	M20	3		00:00:01	00:17:32.45	00:17:34.10	+00:01:30 (8.6%)	3:30	17.1 (91.4%)
5	WADELSKI Maciej	1080	1 BRYGADA LOGISTYCZNA	M30	2		00:00:01	00:17:36.95	00:17:38.10	+00:01:34 (8.9%)	3:31	17 (90.9%)
6	ROGOZINSKI Dawid	885	TEAMOCHAL	M30	3	1	00:00:01	00:17:40.90	00:17:42.05	+00:01:38 (9.3%)	3:32	17 (90.9%)
7	STACHOWIAK Łukasz	1258	#ZALINIAMETYTEAM / AZS UP POZNAŃ	M30	4	1	00:00:01	00:17:58.80	00:18:00.40	+00:01:56 (10.8%)	3:35	16.7 (89.3%)
8	KRYSKE Bartosz	525		M30	5	1	00:00:01	00:18:09.15	00:18:10.85	+00:02:06 (11.6%)	3:37	16.5 (88.2%)
9	KUŁAKOWSKI Krzysztof	546	TKKF KOLEJARZ BYDGOSZCZ	M30	6		00:00:02	00:18:17.55	00:18:20.05	+00:02:15 (12.3%)	3:39	16.4 (87.7%)
10	PALUCH Jan	1204	TRIATHLON KONSULTING	M18	1		00:00:01	00:18:20.10	00:18:21.65	+00:02:17 (12.5%)	3:40	16.4 (87.7%)
11	KALACZYŃSKI Miłosz	397	POLONIA BYDGOSZCZ SLA	M20	4		00:00:02	00:18:36.50	00:18:39.05	+00:02:34 (13.8%)	3:43	16.1 (86.1%)
12	MARCHEL Tomasz	635		M30	7		00:00:01	00:18:46.35	00:18:48.30	+00:02:43 (14.6%)	3:45	16 (85.6%)
13	DOMISIEWICZ Michał	166		M30	8		00:00:02	00:18:56.65	00:18:59.60	+00:02:54 (15.3%)	3:47	15.8 (84.5%)
14	JANIAK Szymon	1205	BYDGOSTIA BYDGOSZCZ	M10	1		00:00:03	00:18:57.75	00:19:01.55	+00:02:55 (15.4%)	3:47	15.8 (84.5%)
15	MRUK Tomasz	692	CZARNE STOPY	M40	1		00:00:03	00:18:59.35	00:19:02.95	+00:02:56 (15.5%)	3:47	15.8 (84.5%)
16	GRACZYK Mateusz	278	TROUT	M30	9		00:00:01	00:19:02.45	00:19:03.70	+00:03:00 (15.8%)	3:48	15.8 (84.5%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
17	<b>SIERADZKI Mateusz</b>	<b>1198</b>		M20	5		00:00:03	<b>00:19:22.15</b>	<b>00:19:25.45</b>	+00:03:19 (17.2%)	3:52	15.5 (82.9%)
18	<b>RZESZUT Tomasz</b>	<b>913</b>	WATAHA L-PAAK	M30	10		00:00:03	<b>00:19:32.50</b>	<b>00:19:35.55</b>	+00:03:30 (17.9%)	3:54	15.4 (82.4%)
19	<b>KARCZMARCZYK Mateusz</b>	<b>415</b>		M30	11		00:00:00	<b>00:19:35.05</b>	<b>00:19:35.05</b>	+00:03:32 (18.1%)	3:55	15.3 (81.8%)
20	<b>PERLIKOWSKI Sławek</b>	<b>784</b>		M40	2		00:00:05	<b>00:19:38.70</b>	<b>00:19:44.55</b>	+00:03:36 (18.3%)	3:55	15.3 (81.8%)
21	<b>DĄBROWSKI Robert</b>	<b>146</b>		M40	3		00:00:02	<b>00:19:43.40</b>	<b>00:19:46.35</b>	+00:03:40 (18.7%)	3:56	15.2 (81.3%)
22	<b>ZŁOTNICKI Adam</b>	<b>1184</b>		M20	6		00:00:04	<b>00:19:53.50</b>	<b>00:19:58.40</b>	+00:03:51 (19.4%)	3:58	15.1 (80.7%)
23	<b>MARZEC Wojciech</b>	<b>644</b>		M10	2		00:00:02	<b>00:19:55.00</b>	<b>00:19:57.00</b>	+00:03:52 (19.5%)	3:59	15.1 (80.7%)
24	<b>MIKOŁAJCZYK Damian</b>	<b>670</b>		M20	7		00:00:13	<b>00:19:57.25</b>	<b>00:20:11.00</b>	+00:03:54 (19.6%)	3:59	15 (80.2%)
25	<b>KRAJEWSKI Tomasz</b>	<b>507</b>	ENDURE TEAM	M30	12		00:00:02	<b>00:20:01.70</b>	<b>00:20:03.80</b>	+00:03:59 (19.9%)	4:00	15 (80.2%)
26	<b>KWAŚNIEWSKA Waldemar</b>	<b>556</b>		M50	1		00:00:04	<b>00:20:01.85</b>	<b>00:20:06.75</b>	+00:03:59 (19.9%)	4:00	15 (80.2%)
27	<b>RAJEWSKI Aleksander</b>	<b>865</b>		M20	8		00:00:02	<b>00:20:02.80</b>	<b>00:20:05.35</b>	+00:04:00 (20.0%)	4:00	15 (80.2%)
28	<b>WIECZOREK Mateusz</b>	<b>1250</b>		M30	13		00:00:03	<b>00:20:05.55</b>	<b>00:20:09.15</b>	+00:04:03 (20.2%)	4:01	14.9 (79.7%)
29	<b>MIKOŁAJCZYK Kacper</b>	<b>669</b>		M20	9		00:00:01	<b>00:20:10.35</b>	<b>00:20:12.05</b>	+00:04:07 (20.5%)	4:02	14.9 (79.7%)
30	<b>FUZ Marek</b>	<b>213</b>	KABEL TEAM BYDGOSZCZ	M50	2		00:00:04	<b>00:20:11.80</b>	<b>00:20:15.90</b>	+00:04:09 (20.6%)	4:02	14.9 (79.7%)
31	<b>SIKORSKI Arkadiusz</b>	<b>932</b>		M18	2		00:00:09	<b>00:20:13.80</b>	<b>00:20:23.05</b>	+00:04:11 (20.7%)	4:02	14.8 (79.1%)
32	<b>KOZŁOWSKI Rafał</b>	<b>503</b>		M50	3		00:00:03	<b>00:20:20.55</b>	<b>00:20:23.80</b>	+00:04:18 (21.1%)	4:04	14.8 (79.1%)
33	<b>MARCINIAK Przemysław</b>	<b>638</b>		M40	4		00:00:05	<b>00:20:23.90</b>	<b>00:20:29.05</b>	+00:04:21 (21.4%)	4:04	14.7 (78.6%)
34	<b>JAGIEŁA Adam</b>	<b>333</b>	TKKF KOLEJARZ BYDGOSZCZ	M40	5		00:00:04	<b>00:20:26.80</b>	<b>00:20:31.70</b>	+00:04:24 (21.5%)	4:05	14.7 (78.6%)
35	<b>BALCEREK Mateusz</b>	<b>22</b>	GASTRO SZEF	M30	14		00:00:04	<b>00:20:30.05</b>	<b>00:20:34.50</b>	+00:04:27 (21.8%)	4:06	14.6 (78.1%)
36	<b>ARMANDO O'BRIEN Davidjohn</b>	<b>1296</b>		M30	15		00:00:02	<b>00:20:33.15</b>	<b>00:20:35.25</b>	+00:04:30 (22.0%)	4:06	14.6 (78.1%)
37	<b>BEJGIER Edmund</b>	<b>39</b>	BIEGAM Z DĘBAMI OSIELSKO	M50	4		00:00:05	<b>00:20:36.85</b>	<b>00:20:41.90</b>	+00:04:34 (22.2%)	4:07	14.6 (78.1%)
38	<b>LEWANDOWSKI Piotr</b>	<b>574</b>	STREETWORKOUTACADEMYTERMINATOR	M30	16		00:00:02	<b>00:20:44.25</b>	<b>00:20:46.90</b>	+00:04:41 (22.6%)	4:08	14.5 (77.5%)
39	<b>PIECZKA Marcin</b>	<b>792</b>	ANTIDOTUM	M30	17		00:00:07	<b>00:20:51.40</b>	<b>00:20:58.95</b>	+00:04:48 (23.1%)	4:10	14.4 (77.0%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
40	<b>MACIŃSKI Waldek</b>	<b>613</b>		M40	6		00:00:06	<b>00:20:51.55</b>	<b>00:20:58.45</b>	+00:04:49 (23.1%)	4:10	14.4 (77.0%)
41	<b>MOTOFA Marcin</b>	<b>1248</b>	START TEAM WĄBRZEŻNO	M40	7		00:00:06	<b>00:20:54.90</b>	<b>00:21:01.50</b>	+00:04:52 (23.3%)	4:10	14.4 (77.0%)
42	<b>KLINOWSKI Radosław</b>	<b>450</b>		M30	18		00:00:14	<b>00:20:56.75</b>	<b>00:21:11.55</b>	+00:04:54 (23.4%)	4:11	14.3 (76.5%)
43	<b>RATAJCZAK Jakub</b>	<b>870</b>	CB163	M40	8		00:00:11	<b>00:21:02.40</b>	<b>00:21:14.10</b>	+00:04:59 (23.8%)	4:12	14.3 (76.5%)
44	<b>PUJANEK Michał</b>	<b>848</b>	JUVENTUS ACADEMY BYDGOSZCZ	M10	3		00:00:02	<b>00:21:03.60</b>	<b>00:21:05.75</b>	+00:05:01 (23.8%)	4:12	14.3 (76.5%)
45	<b>LE PAPE Loic</b>	<b>590</b>		M30	19		00:00:06	<b>00:21:05.00</b>	<b>00:21:11.35</b>	+00:05:02 (23.9%)	4:13	14.2 (75.9%)
46	<b>GRALIK Jędrzej</b>	<b>282</b>	BYDGOSKIE OKONIE	M30	20		00:00:08	<b>00:21:06.60</b>	<b>00:21:15.15</b>	+00:05:04 (24.0%)	4:13	14.2 (75.9%)
47	<b>PAPIEROWSKI Paweł</b>	<b>766</b>	CB	M30	21		00:00:12	<b>00:21:09.80</b>	<b>00:21:22.25</b>	+00:05:07 (24.2%)	4:13	14.2 (75.9%)
48	<b>SZNAJDER Paweł</b>	<b>1017</b>	CB163	M30	22		00:00:12	<b>00:21:10.60</b>	<b>00:21:22.60</b>	+00:05:08 (24.3%)	4:14	14.2 (75.9%)
49	<b>UMIŃSKI Robert</b>	<b>1072</b>		M40	9		00:02:21	<b>00:21:11.85</b>	<b>00:23:33.20</b>	+00:05:09 (24.3%)	4:14	14.2 (75.9%)
50	<b>POĆWIARDOWSKI Kamil</b>	<b>823</b>		M20	10		00:00:24	<b>00:21:13.70</b>	<b>00:21:38.55</b>	+00:05:11 (24.4%)	4:14	14.1 (75.4%)
51	<b>WIECZOREK Waldemar</b>	<b>1103</b>		M40	10		00:00:16	<b>00:21:15.40</b>	<b>00:21:32.35</b>	+00:05:12 (24.5%)	4:15	14.1 (75.4%)
52	<b>ARNDT Jarek</b>	<b>12</b>		M40	11		00:00:07	<b>00:21:16.55</b>	<b>00:21:23.70</b>	+00:05:14 (24.6%)	4:15	14.1 (75.4%)
53	<b>WITKOWSKI Łukasz</b>	<b>1124</b>	RUN BYDGOSZCZ	M30	23		00:00:05	<b>00:21:19.10</b>	<b>00:21:24.45</b>	+00:05:16 (24.8%)	4:15	14.1 (75.4%)
54	<b>CARTIGNY Arnaud</b>	<b>96</b>		M30	24		00:00:07	<b>00:21:21.70</b>	<b>00:21:29.05</b>	+00:05:19 (24.9%)	4:16	14.1 (75.4%)
55	<b>KRUPA Piotr</b>	<b>519</b>		M40	12		00:00:06	<b>00:21:24.45</b>	<b>00:21:30.45</b>	+00:05:22 (25.1%)	4:16	14 (74.9%)
56	<b>KOŁAKOWSKI Tomasz</b>	<b>463</b>		M30	25		00:00:11	<b>00:21:26.60</b>	<b>00:21:37.85</b>	+00:05:24 (25.2%)	4:17	14 (74.9%)
57	<b>RACZYŃSKI Krzysztof</b>	<b>858</b>	PASSION FIRST	M60	1		00:00:05	<b>00:21:29.00</b>	<b>00:21:34.10</b>	+00:05:26 (25.3%)	4:17	14 (74.9%)
58	<b>PAPROCKI Rafał</b>	<b>769</b>		M40	13		00:00:08	<b>00:21:31.10</b>	<b>00:21:40.05</b>	+00:05:28 (25.5%)	4:18	13.9 (74.3%)
59	<b>GÓRSKI Adam</b>	<b>274</b>		M30	26		00:00:03	<b>00:21:32.75</b>	<b>00:21:35.95</b>	+00:05:30 (25.6%)	4:18	13.9 (74.3%)
60	<b>KALINOWSKI Mikołaj</b>	<b>399</b>	WATAHA L-PAAK	M20	11		00:00:02	<b>00:21:34.15</b>	<b>00:21:36.75</b>	+00:05:31 (25.6%)	4:18	13.9 (74.3%)
61	<b>GÓRA Krystian</b>	<b>272</b>	FORDON	M40	14		00:00:13	<b>00:21:35.80</b>	<b>00:21:49.25</b>	+00:05:33 (25.7%)	4:19	13.9 (74.3%)
62	<b>BYRTEK Marcin</b>	<b>93</b>	577942841	M40	15		00:00:05	<b>00:21:38.05</b>	<b>00:21:44.00</b>	+00:05:35 (25.9%)	4:19	13.9 (74.3%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
63	<b>TOMCZYK Radosław</b>	<b>1225</b>	TEAM RUDNIK	M30	27		00:00:23	<b>00:21:38.30</b>	<b>00:22:01.45</b>	+00:05:35 (25.9%)	4:19	13.9 (74.3%)
64	<b>WŁOCH Jakub</b>	<b>1126</b>		M30	28		00:00:13	<b>00:21:39.35</b>	<b>00:21:52.65</b>	+00:05:36 (25.9%)	4:19	13.9 (74.3%)
64	<b>KRZYŚKÓW Mateusz</b>	<b>531</b>	ZIELONY PELIKAN	M20	12		00:00:05	<b>00:21:39.35</b>	<b>00:21:44.80</b>	+00:05:36 (25.9%)	4:19	13.9 (74.3%)
66	<b>JAKUBCZAK Michał</b>	<b>336</b>		M30	29	1	00:00:12	<b>00:21:40.10</b>	<b>00:21:53.05</b>	+00:05:37 (26.0%)	4:20	13.8 (73.8%)
67	<b>SZYCHOWSKI Jarosław</b>	<b>1024</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	30		00:00:13	<b>00:21:40.40</b>	<b>00:21:54.00</b>	+00:05:37 (26.0%)	4:20	13.8 (73.8%)
68	<b>MIKOŁAJCZAK Jakub</b>	<b>668</b>	RADA MIASTA BYDGOSZCZY	M40	16		00:00:15	<b>00:21:40.70</b>	<b>00:21:56.60</b>	+00:05:38 (26.0%)	4:20	13.8 (73.8%)
69	<b>GŻYL Mikołaj</b>	<b>307</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M40	17		00:00:17	<b>00:21:46.10</b>	<b>00:22:03.35</b>	+00:05:43 (26.3%)	4:21	13.8 (73.8%)
70	<b>SMUCZYŃSKI Wojciech</b>	<b>952</b>		M30	31		00:00:05	<b>00:21:49.75</b>	<b>00:21:55.70</b>	+00:05:47 (26.5%)	4:21	13.8 (73.8%)
71	<b>WARLIKOWSKI Łukasz</b>	<b>1086</b>		M40	18		00:00:09	<b>00:21:51.05</b>	<b>00:22:00.75</b>	+00:05:48 (26.6%)	4:22	13.7 (73.3%)
72	<b>FIK Janusz</b>	<b>203</b>		M30	32		00:00:10	<b>00:21:52.75</b>	<b>00:22:02.95</b>	+00:05:50 (26.7%)	4:22	13.7 (73.3%)
73	<b>JURKIEWICZ Hubert</b>	<b>386</b>	ROZBIEGANY SUSZ	M20	13		00:00:34	<b>00:21:53.35</b>	<b>00:22:27.45</b>	+00:05:50 (26.7%)	4:22	13.7 (73.3%)
74	<b>BZDZION Marcin</b>	<b>94</b>		M30	33		00:00:12	<b>00:21:54.95</b>	<b>00:22:07.30</b>	+00:05:52 (26.8%)	4:22	13.7 (73.3%)
75	<b>PISARSKI Igor</b>	<b>815</b>		M30	34		00:00:14	<b>00:22:00.75</b>	<b>00:22:14.85</b>	+00:05:58 (27.1%)	4:24	13.6 (72.7%)
76	<b>JUREK Sławomir</b>	<b>385</b>		M50	5		00:00:04	<b>00:22:05.95</b>	<b>00:22:09.95</b>	+00:06:03 (27.4%)	4:25	13.6 (72.7%)
77	<b>BIELICKI Waldemar</b>	<b>50</b>		M30	35	1	00:00:10	<b>00:22:07.80</b>	<b>00:22:18.75</b>	+00:06:05 (27.5%)	4:25	13.6 (72.7%)
78	<b>SZOPIŃSKI Rafał</b>	<b>1019</b>		M40	19		00:00:15	<b>00:22:08.45</b>	<b>00:22:24.25</b>	+00:06:06 (27.6%)	4:25	13.6 (72.7%)
79	<b>JASTROWSKI Miłosz</b>	<b>371</b>		M20	14		00:00:08	<b>00:22:10.55</b>	<b>00:22:19.10</b>	+00:06:08 (27.7%)	4:26	13.5 (72.2%)
80	<b>WARGACKI Piotr</b>	<b>1085</b>	TM IRON TEAM	M40	20		00:00:10	<b>00:22:10.70</b>	<b>00:22:21.05</b>	+00:06:08 (27.7%)	4:26	13.5 (72.2%)
81	<b>PRZYBYLSKI Dariusz</b>	<b>840</b>		M30	36		00:00:04	<b>00:22:11.45</b>	<b>00:22:15.80</b>	+00:06:09 (27.7%)	4:26	13.5 (72.2%)
82	<b>WŁODARCZYK Wojciech</b>	<b>1128</b>	CZARNE STOPY	M60	2		00:00:07	<b>00:22:12.20</b>	<b>00:22:19.35</b>	+00:06:09 (27.8%)	4:26	13.5 (72.2%)
83	<b>PENDER Radosław</b>	<b>783</b>		M20	15		00:00:03	<b>00:22:13.10</b>	<b>00:22:16.60</b>	+00:06:10 (27.8%)	4:26	13.5 (72.2%)
84	<b>OLSZEWSKI Szymon</b>	<b>743</b>		M40	21		00:00:04	<b>00:22:14.75</b>	<b>00:22:19.10</b>	+00:06:12 (27.9%)	4:26	13.5 (72.2%)
85	<b>ŚRUTKOWSKI Sylwester</b>	<b>1295</b>		M30	37		00:00:10	<b>00:22:16.60</b>	<b>00:22:26.70</b>	+00:06:14 (28.0%)	4:27	13.5 (72.2%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								5km	5km			
86	<b>KAŻMIERCZAK Piotr</b>	<b>429</b>		M30	38		00:00:24	<b>00:22:17.90</b>	<b>00:22:41.95</b>	+00:06:15 (28.1%)	4:27	13.5 (72.2%)
87	<b>PRZEKWAS Paweł</b>	<b>839</b>		M30	39		00:00:10	<b>00:22:18.55</b>	<b>00:22:28.85</b>	+00:06:16 (28.1%)	4:27	13.5 (72.2%)
88	<b>SMARZ Karol</b>	<b>949</b>		M30	40	1	00:00:06	<b>00:22:22.30</b>	<b>00:22:29.10</b>	+00:06:19 (28.3%)	4:28	13.4 (71.7%)
89	<b>SYROCKI Mariusz</b>	<b>994</b>		M40	22		00:00:20	<b>00:22:24.75</b>	<b>00:22:45.30</b>	+00:06:22 (28.4%)	4:28	13.4 (71.7%)
90	<b>TRACZ Jarosław</b>	<b>1056</b>		M40	23		00:00:10	<b>00:22:24.90</b>	<b>00:22:35.25</b>	+00:06:22 (28.4%)	4:28	13.4 (71.7%)
91	<b>FIKSAT Mateusz</b>	<b>204</b>		M30	41		00:00:11	<b>00:22:26.20</b>	<b>00:22:37.85</b>	+00:06:23 (28.5%)	4:29	13.4 (71.7%)
92	<b>KŁOSOWSKI Marcin</b>	<b>454</b>	CSM TEAM	M40	24		00:00:00	<b>00:22:29.40</b>	<b>00:22:29.40</b>	+00:06:26 (28.7%)	4:29	13.3 (71.1%)
93	<b>POTTIER Guillaume</b>	<b>829</b>		M30	42		00:00:07	<b>00:22:29.95</b>	<b>00:22:37.25</b>	+00:06:27 (28.7%)	4:29	13.3 (71.1%)
94	<b>RENC Patryk</b>	<b>878</b>	SERCE TYBETU	M30	43		00:00:11	<b>00:22:30.70</b>	<b>00:22:42.25</b>	+00:06:28 (28.7%)	4:30	13.3 (71.1%)
95	<b>LEWANDOWSKI Bartosz</b>	<b>579</b>	BYDGOSTIA	M10	4		00:00:11	<b>00:22:31.75</b>	<b>00:22:43.30</b>	+00:06:29 (28.8%)	4:30	13.3 (71.1%)
96	<b>JERCHEWICZ Jędrzej</b>	<b>376</b>		M10	5		00:00:03	<b>00:22:33.25</b>	<b>00:22:36.55</b>	+00:06:30 (28.9%)	4:30	13.3 (71.1%)
97	<b>JASIŃSKI Szymon</b>	<b>367</b>		M30	44		00:00:39	<b>00:22:37.45</b>	<b>00:23:16.70</b>	+00:06:35 (29.1%)	4:31	13.3 (71.1%)
98	<b>KINDERMAN Robert</b>	<b>443</b>	WATAHA L-PAAK	M30	45		00:00:03	<b>00:22:38.70</b>	<b>00:22:41.95</b>	+00:06:36 (29.2%)	4:31	13.3 (71.1%)
99	<b>BARSZCZ Tomasz</b>	<b>31</b>		M40	25		00:00:11	<b>00:22:44.65</b>	<b>00:22:55.90</b>	+00:06:42 (29.5%)	4:32	13.2 (70.6%)
100	<b>ADAMCZAK Filip</b>	<b>1193</b>		M20	16		00:00:09	<b>00:22:45.05</b>	<b>00:22:54.80</b>	+00:06:42 (29.5%)	4:33	13.2 (70.6%)
101	<b>PUDO Mateusz</b>	<b>843</b>	RECONEXT TEAM	M30	46		00:00:04	<b>00:22:46.60</b>	<b>00:22:51.20</b>	+00:06:44 (29.6%)	4:33	13.2 (70.6%)
102	<b>DWOJACZNY Mikołaj</b>	<b>1298</b>		M10	6		00:00:04	<b>00:22:46.85</b>	<b>00:22:50.85</b>	+00:06:44 (29.6%)	4:33	13.2 (70.6%)
103	<b>FELINIAK Daniel</b>	<b>199</b>		M40	26		00:00:09	<b>00:22:49.85</b>	<b>00:22:59.55</b>	+00:06:47 (29.7%)	4:33	13.1 (70.1%)
104	<b>ŻEGLICZ Marek</b>	<b>1222</b>	GKS SPÓJNIA BIAŁE BŁOTA	M20	17		00:00:12	<b>00:22:57.65</b>	<b>00:23:09.65</b>	+00:06:55 (30.1%)	4:35	13.1 (70.1%)
105	<b>KRUSZYNA Adam</b>	<b>521</b>		M50	6		00:00:10	<b>00:22:57.80</b>	<b>00:23:07.95</b>	+00:06:55 (30.1%)	4:35	13.1 (70.1%)
106	<b>ZABOROWSKI Krzysztof</b>	<b>1165</b>		M30	47		00:00:15	<b>00:22:58.10</b>	<b>00:23:13.35</b>	+00:06:55 (30.2%)	4:35	13.1 (70.1%)
107	<b>NAPORA Mateusz</b>	<b>1253</b>		M30	48		00:00:14	<b>00:22:59.70</b>	<b>00:23:14.20</b>	+00:06:57 (30.2%)	4:35	13.1 (70.1%)
108	<b>PAWLIK Stanisław</b>	<b>781</b>		M50	7		00:00:09	<b>00:23:00.00</b>	<b>00:23:09.25</b>	+00:06:57 (30.3%)	4:36	13 (69.5%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
108	<b>RYDLEWSKI Marek</b>	<b>905</b>	TEAM RUDNIK	M50	7		00:00:16	<b>00:23:00.00</b>	<b>00:23:16.20</b>	+00:06:57 (30.3%)	4:36	13 (69.5%)
110	<b>SOCHA Mateusz</b>	<b>956</b>	SOSZKA	M20	18		00:00:05	<b>00:23:00.95</b>	<b>00:23:06.00</b>	+00:06:58 (30.3%)	4:36	13 (69.5%)
111	<b>STOLARCZUK Mateusz</b>	<b>979</b>		M30	49		00:01:21	<b>00:23:03.45</b>	<b>00:24:25.05</b>	+00:07:01 (30.4%)	4:36	13 (69.5%)
112	<b>OKUNIEWSKI Robert</b>	<b>1256</b>		M20	19		00:00:06	<b>00:23:13.35</b>	<b>00:23:19.55</b>	+00:07:10 (30.9%)	4:38	12.9 (69.0%)
113	<b>SZYSZKA Radosław</b>	<b>1032</b>		M40	27		00:00:07	<b>00:23:18.45</b>	<b>00:23:25.50</b>	+00:07:16 (31.2%)	4:39	12.9 (69.0%)
114	<b>SPICHALSKI Szymon</b>	<b>962</b>		M30	50		00:01:09	<b>00:23:19.10</b>	<b>00:24:28.65</b>	+00:07:16 (31.2%)	4:39	12.9 (69.0%)
115	<b>NAJSZTUB Sławomir</b>	<b>710</b>		M30	51		00:01:05	<b>00:23:19.25</b>	<b>00:24:25.00</b>	+00:07:16 (31.2%)	4:39	12.9 (69.0%)
116	<b>DIDYK Leszek</b>	<b>152</b>		M20	20		00:00:08	<b>00:23:20.85</b>	<b>00:23:29.40</b>	+00:07:18 (31.3%)	4:40	12.9 (69.0%)
117	<b>BYRTEK Grzegorz</b>	<b>92</b>	TRIDROPSY	M40	28		00:00:14	<b>00:23:22.20</b>	<b>00:23:37.00</b>	+00:07:19 (31.4%)	4:40	12.8 (68.4%)
118	<b>MIZDALSKI Dawid</b>	<b>681</b>		M20	21		00:00:07	<b>00:23:23.05</b>	<b>00:23:30.70</b>	+00:07:20 (31.4%)	4:40	12.8 (68.4%)
119	<b>RUNNER Andrzej</b>	<b>894</b>	RUN BYDGOSZCZ	M50	9		00:00:08	<b>00:23:24.05</b>	<b>00:23:32.60</b>	+00:07:21 (31.5%)	4:40	12.8 (68.4%)
120	<b>BUZALSKI Robert</b>	<b>89</b>	ORANGE POLSKA	M50	10		00:00:13	<b>00:23:24.50</b>	<b>00:23:37.60</b>	+00:07:22 (31.5%)	4:40	12.8 (68.4%)
121	<b>PUCHACZ Marcin</b>	<b>1280</b>		M40	29		00:00:49	<b>00:23:25.90</b>	<b>00:24:15.25</b>	+00:07:23 (31.5%)	4:41	12.8 (68.4%)
122	<b>CHRZANOWSKI Jakub</b>	<b>109</b>	J.C. UBEZPIECZENIA	M30	52		00:00:06	<b>00:23:26.10</b>	<b>00:23:32.90</b>	+00:07:23 (31.6%)	4:41	12.8 (68.4%)
123	<b>ŁEPEK Patryk</b>	<b>607</b>		M30	53		00:00:10	<b>00:23:27.05</b>	<b>00:23:37.90</b>	+00:07:24 (31.6%)	4:41	12.8 (68.4%)
124	<b>KOSZOWSKI Rafał</b>	<b>480</b>	TRITRYSZCZYNTTEAM	M50	11		00:00:23	<b>00:23:27.95</b>	<b>00:23:50.95</b>	+00:07:25 (31.6%)	4:41	12.8 (68.4%)
125	<b>DADZIBÓG Mariusz</b>	<b>1231</b>	SIŁA ,WALKA ,SZACUNEK !	M30	54		00:00:48	<b>00:23:28.35</b>	<b>00:24:16.50</b>	+00:07:25 (31.7%)	4:41	12.8 (68.4%)
126	<b>MAJCHRZAK Łukasz</b>	<b>615</b>		M40	30		00:00:08	<b>00:23:29.10</b>	<b>00:23:37.60</b>	+00:07:26 (31.7%)	4:41	12.8 (68.4%)
127	<b>SZCZESNY Damian</b>	<b>1007</b>	GDAŃSKI UNIWERSYTET MEDYCZNY	M30	55		00:00:17	<b>00:23:29.35</b>	<b>00:23:46.55</b>	+00:07:26 (31.7%)	4:41	12.8 (68.4%)
128	<b>WĘGRZYNOWSKI Sławomir</b>	<b>1099</b>	KABEL TEAM BYDGOSZCZ	M50	12		00:00:08	<b>00:23:29.60</b>	<b>00:23:37.65</b>	+00:07:27 (31.7%)	4:41	12.8 (68.4%)
129	<b>ŚLAZIŃSKI Daniel</b>	<b>1033</b>		M40	31		00:00:07	<b>00:23:30.35</b>	<b>00:23:38.05</b>	+00:07:27 (31.8%)	4:42	12.8 (68.4%)
130	<b>PIERWIENIECKI Krzysztof</b>	<b>1200</b>		M40	32		00:00:35	<b>00:23:31.40</b>	<b>00:24:06.40</b>	+00:07:28 (31.8%)	4:42	12.8 (68.4%)
131	<b>KŁAK Michał</b>	<b>452</b>		M30	56		00:00:07	<b>00:23:32.30</b>	<b>00:23:39.35</b>	+00:07:29 (31.9%)	4:42	12.7 (67.9%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
132	<b>SZCZYGIELSKI Dawid</b>	<b>1010</b>		M30	57		00:00:04	<b>00:23:38.35</b>	<b>00:23:42.95</b>	+00:07:35 (32.1%)	4:43	12.7 (67.9%)
133	<b>SKRZYPIŃSKI Marek</b>	<b>947</b>		M30	58		00:00:34	<b>00:23:38.90</b>	<b>00:24:13.45</b>	+00:07:36 (32.2%)	4:43	12.7 (67.9%)
134	<b>JACZYŃSKI Tomasz</b>	<b>331</b>		M30	59		00:01:36	<b>00:23:38.95</b>	<b>00:25:15.70</b>	+00:07:36 (32.2%)	4:43	12.7 (67.9%)
135	<b>RADZIEJEWSKI Tomasz</b>	<b>864</b>	TEAMOCHAL	M40	33		00:00:14	<b>00:23:40.30</b>	<b>00:23:54.85</b>	+00:07:37 (32.2%)	4:44	12.7 (67.9%)
136	<b>WIKA Damian</b>	<b>1210</b>	BYDGOSKI KLUB MORSÓW	M30	60		00:00:08	<b>00:23:44.90</b>	<b>00:23:53.05</b>	+00:07:42 (32.5%)	4:44	12.6 (67.4%)
137	<b>JURKIEWICZ Mateusz</b>	<b>387</b>		M30	61		00:00:25	<b>00:23:45.70</b>	<b>00:24:11.55</b>	+00:07:43 (32.5%)	4:45	12.6 (67.4%)
138	<b>MUSIAŁ Przemysław</b>	<b>700</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M40	34		00:00:09	<b>00:23:48.45</b>	<b>00:23:58.10</b>	+00:07:46 (32.6%)	4:45	12.6 (67.4%)
139	<b>STYPCZYŃSKI Kuba</b>	<b>984</b>	SPORHUB	M20	22		00:01:16	<b>00:23:48.50</b>	<b>00:25:04.90</b>	+00:07:46 (32.6%)	4:45	12.6 (67.4%)
140	<b>LESZCZYŃSKI Mariusz</b>	<b>568</b>	TT SODA	M40	35		00:00:05	<b>00:23:49.55</b>	<b>00:23:55.35</b>	+00:07:47 (32.7%)	4:45	12.6 (67.4%)
141	<b>GRAMCZEWSKI Michał</b>	<b>283</b>	TRIDROPSY	M40	36		00:00:17	<b>00:23:53.65</b>	<b>00:24:11.20</b>	+00:07:51 (32.9%)	4:46	12.6 (67.4%)
142	<b>RZESZUT Jerzy</b>	<b>914</b>	WATAHA L-PAAK	M60	3		00:00:03	<b>00:23:56.45</b>	<b>00:23:59.60</b>	+00:07:54 (33.0%)	4:47	12.5 (66.8%)
143	<b>STĘPIEŃ Mateusz</b>	<b>975</b>		M30	62		00:00:05	<b>00:23:56.55</b>	<b>00:24:02.35</b>	+00:07:54 (33.0%)	4:47	12.5 (66.8%)
144	<b>KACZMARCZYK Krzysztof</b>	<b>390</b>	BRZEZIŃSKI RUN CLUB	M40	37		00:00:04	<b>00:23:57.05</b>	<b>00:24:01.15</b>	+00:07:54 (33.0%)	4:47	12.5 (66.8%)
144	<b>LEWANDOWSKI Rafał</b>	<b>582</b>	PĘDZĄCE ŻÓŁWIE	M40	37		00:00:06	<b>00:23:57.05</b>	<b>00:24:03.90</b>	+00:07:54 (33.0%)	4:47	12.5 (66.8%)
146	<b>RYMER Jarosław</b>	<b>907</b>		M10	7		00:00:53	<b>00:23:58.15</b>	<b>00:24:51.40</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
147	<b>PILARSKI Szymon</b>	<b>810</b>		M10	8		00:00:43	<b>00:23:58.35</b>	<b>00:24:41.50</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
148	<b>BUTRYM Piotr</b>	<b>87</b>		M40	39		00:00:47	<b>00:24:00.00</b>	<b>00:24:47.70</b>	+00:07:57 (33.2%)	4:48	12.5 (66.8%)
149	<b>NADRATOWSKI Maciej</b>	<b>707</b>	KABEL TEAM BYDGOSZCZ	M40	40		00:00:08	<b>00:24:00.25</b>	<b>00:24:08.80</b>	+00:07:57 (33.2%)	4:48	12.5 (66.8%)
150	<b>MIHNIEVIČ Juraś</b>	<b>665</b>		M30	63		00:01:11	<b>00:24:01.30</b>	<b>00:25:12.45</b>	+00:07:58 (33.2%)	4:48	12.5 (66.8%)
151	<b>JAŹDŹEWSKI Dawid</b>	<b>374</b>		M40	41		00:02:18	<b>00:24:02.60</b>	<b>00:26:20.60</b>	+00:08:00 (33.3%)	4:48	12.5 (66.8%)
152	<b>BARSZCZ Krzysztof</b>	<b>30</b>		M30	64		00:00:10	<b>00:24:02.75</b>	<b>00:24:13.35</b>	+00:08:00 (33.3%)	4:48	12.5 (66.8%)
153	<b>KNITER Adrian</b>	<b>456</b>		M30	65		00:00:18	<b>00:24:05.05</b>	<b>00:24:23.85</b>	+00:08:02 (33.4%)	4:49	12.5 (66.8%)
154	<b>DROZDOWSKI Tomasz</b>	<b>177</b>	ASTORIA BYDGOSZCZ	M30	66		00:00:23	<b>00:24:06.00</b>	<b>00:24:29.75</b>	+00:08:03 (33.4%)	4:49	12.4 (66.3%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
155	<b>BAUMGART Jacek</b>	<b>36</b>	BIEGAJ Z DĘBAMI	M60	4		00:00:33	<b>00:24:06.10</b>	<b>00:24:39.95</b>	+00:08:03 (33.4%)	4:49	12.4 (66.3%)
156	<b>SZEIB Robert</b>	<b>1257</b>		M40	42		00:00:05	<b>00:24:06.30</b>	<b>00:24:12.15</b>	+00:08:03 (33.5%)	4:49	12.4 (66.3%)
157	<b>RYBAK Łukasz</b>	<b>899</b>		M30	67		00:01:36	<b>00:24:06.95</b>	<b>00:25:43.85</b>	+00:08:04 (33.5%)	4:49	12.4 (66.3%)
158	<b>BYLICA Robert</b>	<b>90</b>		M40	43		00:00:13	<b>00:24:07.45</b>	<b>00:24:21.40</b>	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
159	<b>VARANFRAIN Thomas</b>	<b>1078</b>		M40	44		00:00:07	<b>00:24:07.50</b>	<b>00:24:15.25</b>	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
160	<b>PIKUL Mateusz</b>	<b>807</b>	DOWIDZENIE	M20	23		00:00:43	<b>00:24:07.60</b>	<b>00:24:51.00</b>	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
161	<b>BIAŁOWĄS Jakub</b>	<b>44</b>		M10	9		00:01:01	<b>00:24:07.95</b>	<b>00:25:09.05</b>	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
162	<b>GRAJEWSKI Tomasz</b>	<b>280</b>		M40	45		00:00:24	<b>00:24:10.75</b>	<b>00:24:34.75</b>	+00:08:08 (33.7%)	4:50	12.4 (66.3%)
163	<b>ŁAWSKI Kamil</b>	<b>605</b>		M40	46		00:00:06	<b>00:24:11.85</b>	<b>00:24:18.10</b>	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
164	<b>SONTOWSKI Eryk</b>	<b>958</b>		M18	3		00:00:22	<b>00:24:12.15</b>	<b>00:24:34.25</b>	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
165	<b>MYSZKA Mateusz</b>	<b>1197</b>		M30	68		00:00:13	<b>00:24:13.20</b>	<b>00:24:26.85</b>	+00:08:10 (33.8%)	4:50	12.4 (66.3%)
166	<b>DORAWA Mirosław</b>	<b>172</b>		M40	47		00:00:05	<b>00:24:14.60</b>	<b>00:24:20.40</b>	+00:08:12 (33.8%)	4:50	12.4 (66.3%)
167	<b>ŚWIĘCICKI Andrzej</b>	<b>1046</b>	BYDGOSKIE ŻÓŁWIE	M50	13		00:00:18	<b>00:24:14.65</b>	<b>00:24:32.95</b>	+00:08:12 (33.8%)	4:50	12.4 (66.3%)
168	<b>DOROCIAK Krzysztof</b>	<b>174</b>	MEDICAL WARRIORS	M40	48		00:00:05	<b>00:24:18.25</b>	<b>00:24:23.45</b>	+00:08:15 (34.0%)	4:51	12.3 (65.8%)
169	<b>SOWIŃSKI Marcin</b>	<b>961</b>		M40	49		00:00:40	<b>00:24:21.70</b>	<b>00:25:02.05</b>	+00:08:19 (34.2%)	4:52	12.3 (65.8%)
170	<b>POCZEKAJ Przemysław</b>	<b>1244</b>		M30	69		00:00:49	<b>00:24:22.35</b>	<b>00:25:12.25</b>	+00:08:19 (34.2%)	4:52	12.3 (65.8%)
171	<b>ZAKRZEWSKI Jarosław</b>	<b>1167</b>		M50	14		00:00:38	<b>00:24:22.60</b>	<b>00:25:01.25</b>	+00:08:20 (34.2%)	4:52	12.3 (65.8%)
172	<b>KRUK Szymon</b>	<b>516</b>		M18	4		00:00:30	<b>00:24:22.90</b>	<b>00:24:53.20</b>	+00:08:20 (34.2%)	4:52	12.3 (65.8%)
173	<b>KOWALSKI Miłosz</b>	<b>492</b>		M20	24		00:00:14	<b>00:24:26.50</b>	<b>00:24:41.35</b>	+00:08:24 (34.4%)	4:53	12.3 (65.8%)
174	<b>GMOSIŃSKI Tomasz</b>	<b>260</b>	CSU RACING TEAM BYDGOSZCZ	M40	50		00:00:26	<b>00:24:28.55</b>	<b>00:24:54.55</b>	+00:08:26 (34.5%)	4:53	12.3 (65.8%)
175	<b>SKÓRCZEWSKI Marcin</b>	<b>946</b>	SPORTHUB	M30	70		00:01:16	<b>00:24:28.70</b>	<b>00:25:44.80</b>	+00:08:26 (34.5%)	4:53	12.3 (65.8%)
176	<b>PACEK Mirosław</b>	<b>758</b>		M60	5		00:00:22	<b>00:24:29.45</b>	<b>00:24:51.90</b>	+00:08:27 (34.5%)	4:53	12.3 (65.8%)
177	<b>ROSÓŁ Jacek</b>	<b>887</b>		M40	51		00:00:05	<b>00:24:31.70</b>	<b>00:24:37.20</b>	+00:08:29 (34.6%)	4:54	12.2 (65.2%)



Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
178	<b>URBAŃSKI Dawid</b>	<b>1075</b>		M40	52		00:00:08	<b>00:24:31.75</b>	<b>00:24:39.75</b>	+00:08:29 (34.6%)	4:54	12.2 (65.2%)
179	<b>ZIAJKO Marcin</b>	<b>1176</b>	RECONEXT TEAM	M30	71		00:00:25	<b>00:24:32.20</b>	<b>00:24:58.05</b>	+00:08:29 (34.6%)	4:54	12.2 (65.2%)
180	<b>KAŻMIERCZAK Jakub</b>	<b>430</b>		M40	53		00:00:25	<b>00:24:33.10</b>	<b>00:24:58.80</b>	+00:08:30 (34.7%)	4:54	12.2 (65.2%)
181	<b>KONKEL Bartosz</b>	<b>1302</b>		M30	72		00:00:18	<b>00:24:35.05</b>	<b>00:24:53.50</b>	+00:08:32 (34.8%)	4:55	12.2 (65.2%)
182	<b>SUCHACKI Kacper</b>	<b>985</b>	BYDGOSTIA BYDGOSZCZ	M10	10		00:00:26	<b>00:24:35.35</b>	<b>00:25:01.80</b>	+00:08:32 (34.8%)	4:55	12.2 (65.2%)
183	<b>CZAJA Jarosław</b>	<b>121</b>		M40	54		00:00:24	<b>00:24:38.70</b>	<b>00:25:03.10</b>	+00:08:36 (34.9%)	4:55	12.2 (65.2%)
184	<b>JANUSZEWSKI Radosław</b>	<b>352</b>		M40	55		00:00:39	<b>00:24:41.55</b>	<b>00:25:20.65</b>	+00:08:39 (35.0%)	4:56	12.2 (65.2%)
185	<b>PRIETZ Bartosz</b>	<b>833</b>	SUPRAVIS S.A.	M40	56		00:00:59	<b>00:24:41.75</b>	<b>00:25:41.40</b>	+00:08:39 (35.0%)	4:56	12.2 (65.2%)
186	<b>MACHŁAJEWSKI Jacek</b>	<b>1207</b>	LZS KRYNKI	M20	25		00:01:08	<b>00:24:42.95</b>	<b>00:25:51.35</b>	+00:08:40 (35.1%)	4:56	12.1 (64.7%)
187	<b>PALIGA Maciej</b>	<b>765</b>		M30	73		00:00:12	<b>00:24:43.45</b>	<b>00:24:55.55</b>	+00:08:41 (35.1%)	4:56	12.1 (64.7%)
188	<b>WAŻYŃSKI Łukasz</b>	<b>1093</b>		M40	57		00:00:24	<b>00:24:43.50</b>	<b>00:25:08.40</b>	+00:08:41 (35.1%)	4:56	12.1 (64.7%)
189	<b>DERING Tomasz</b>	<b>150</b>		M40	58		00:00:46	<b>00:24:44.75</b>	<b>00:25:31.40</b>	+00:08:42 (35.2%)	4:56	12.1 (64.7%)
190	<b>TUPTANOWSKI Jakub</b>	<b>1216</b>		M10	11		00:01:21	<b>00:24:45.35</b>	<b>00:26:06.55</b>	+00:08:42 (35.2%)	4:57	12.1 (64.7%)
191	<b>KONARSKI Krzysztof</b>	<b>466</b>		M20	26		00:01:46	<b>00:24:48.40</b>	<b>00:26:35.20</b>	+00:08:45 (35.3%)	4:57	12.1 (64.7%)
192	<b>WIŚNIEWSKI Dawid</b>	<b>1115</b>	STOWARZYSZENIE SIŁA	M40	59		00:01:09	<b>00:24:49.35</b>	<b>00:25:59.15</b>	+00:08:46 (35.4%)	4:57	12.1 (64.7%)
193	<b>HYRA Grzegorz</b>	<b>323</b>		M50	15		00:00:15	<b>00:24:54.45</b>	<b>00:25:10.20</b>	+00:08:52 (35.6%)	4:58	12 (64.2%)
194	<b>SZARLEJ Marcin</b>	<b>999</b>		M40	60		00:00:25	<b>00:24:56.55</b>	<b>00:25:21.60</b>	+00:08:54 (35.7%)	4:59	12 (64.2%)
195	<b>KOTŁOWSKI Przemysław</b>	<b>484</b>	MKS SP 63 BYDGOSZCZ	M40	61		00:00:45	<b>00:24:57.95</b>	<b>00:25:43.15</b>	+00:08:55 (35.7%)	4:59	12 (64.2%)
196	<b>JAMROŻY Adam</b>	<b>339</b>		M30	74		00:00:47	<b>00:24:58.50</b>	<b>00:25:45.75</b>	+00:08:56 (35.8%)	4:59	12 (64.2%)
197	<b>DOBOSIEWICZ Sebastian</b>	<b>160</b>		M40	62		00:00:08	<b>00:25:01.65</b>	<b>00:25:10.10</b>	+00:08:59 (35.9%)	5:00	12 (64.2%)
198	<b>PUJANEK Piotr</b>	<b>847</b>	DENTAL ONE	M40	63		00:00:19	<b>00:25:02.50</b>	<b>00:25:21.85</b>	+00:09:00 (35.9%)	5:00	12 (64.2%)
199	<b>JANYSKA Adam</b>	<b>356</b>	UKS KOPERNIK BYDGOSZCZ	M20	27		00:00:07	<b>00:25:04.90</b>	<b>00:25:12.85</b>	+00:09:02 (36.0%)	5:00	12 (64.2%)
200	<b>GIERNATOWSKI Franciszek</b>	<b>235</b>		M10	12		00:00:52	<b>00:25:05.50</b>	<b>00:25:57.50</b>	+00:09:03 (36.1%)	5:01	12 (64.2%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
201	KOŚMIŃSKI Krzysztof	481		M40	64		00:00:11	00:25:07.05	00:25:18.65	+00:09:04 (36.1%)	5:01	11.9 (63.6%)
202	SEKIRIN Danylo	922		M30	75		00:00:23	00:25:10.15	00:25:33.45	+00:09:07 (36.3%)	5:02	11.9 (63.6%)
203	KWIATKOWSKI Piotr	560		M30	76		00:00:11	00:25:11.70	00:25:23.05	+00:09:09 (36.3%)	5:02	11.9 (63.6%)
203	RYGIEWICZ Wojciech	906		M50	16		00:00:13	00:25:11.70	00:25:24.75	+00:09:09 (36.3%)	5:02	11.9 (63.6%)
205	MĄDRY Michał	657		M40	65		00:00:56	00:25:12.90	00:26:09.85	+00:09:10 (36.4%)	5:02	11.9 (63.6%)
206	KILAN Kacper	442	SPOGLO	M20	28		00:00:24	00:25:13.55	00:25:38.35	+00:09:11 (36.4%)	5:02	11.9 (63.6%)
207	CIECHANOWSKI Radosław	110		M30	77		00:00:38	00:25:14.50	00:25:52.80	+00:09:12 (36.5%)	5:02	11.9 (63.6%)
208	WNUK Sławomir	1223		M40	66		00:00:08	00:25:14.80	00:25:23.45	+00:09:12 (36.5%)	5:02	11.9 (63.6%)
209	RADECKI Maciej	860		M40	67		00:00:48	00:25:16.60	00:26:05.35	+00:09:14 (36.5%)	5:03	11.9 (63.6%)
210	ZBIRANEK Artur	1171		M40	68		00:01:34	00:25:17.10	00:26:51.30	+00:09:14 (36.6%)	5:03	11.9 (63.6%)
211	MICHALSKI Maciej	663		M30	78		00:00:48	00:25:17.85	00:26:06.55	+00:09:15 (36.6%)	5:03	11.9 (63.6%)
212	KOWALCZYK Edward	488	KLINIKA TLENOWA INOWROCŁAW	M60	6		00:00:06	00:25:19.75	00:25:26.55	+00:09:17 (36.7%)	5:03	11.8 (63.1%)
212	MAJEWSKI Andrzej	619		M20	29		00:01:08	00:25:19.75	00:26:27.75	+00:09:17 (36.7%)	5:03	11.8 (63.1%)
214	BIELEC Michał	49	MKS SP 63 BYDGOSZCZ	M40	69		00:00:46	00:25:19.85	00:26:06.20	+00:09:17 (36.7%)	5:03	11.8 (63.1%)
215	SKOWROŃSKI Szymon	945		M20	30		00:00:26	00:25:21.40	00:25:47.65	+00:09:18 (36.7%)	5:04	11.8 (63.1%)
216	SZATTEN Dawid	1227		M40	70		00:00:21	00:25:24.00	00:25:45.10	+00:09:21 (36.8%)	5:04	11.8 (63.1%)
217	GŁUSEK Marcin	1230		M40	71		00:00:51	00:25:24.45	00:26:16.40	+00:09:22 (36.9%)	5:04	11.8 (63.1%)
218	NOSEK Krzysztof	723	RCI BYDGOSZCZ	M50	17		00:00:04	00:25:24.85	00:25:29.25	+00:09:22 (36.9%)	5:04	11.8 (63.1%)
219	PALIGA Mateusz	762	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	31		00:00:42	00:25:26.25	00:26:08.35	+00:09:23 (36.9%)	5:05	11.8 (63.1%)
220	PALIGA Radosław	764	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	32		00:00:41	00:25:26.30	00:26:08.20	+00:09:23 (36.9%)	5:05	11.8 (63.1%)
221	PALIGA Antoni	763	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M50	18		00:00:41	00:25:27.05	00:26:08.15	+00:09:24 (37.0%)	5:05	11.8 (63.1%)
222	MACIEJEWSKI Tomasz	1278		M30	79		00:00:12	00:25:27.25	00:25:40.20	+00:09:24 (37.0%)	5:05	11.8 (63.1%)
223	KITOWSKI Hubert	446		M20	33		00:00:34	00:25:28.40	00:26:02.50	+00:09:25 (37.0%)	5:05	11.8 (63.1%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
224	WINIARSKI Kacper	100		M10	13		00:00:49	00:25:29.30	00:26:18.60	+00:09:26 (37.1%)	5:05	11.8 (63.1%)
225	MALICKI Łukasz	1307	KOTŁOWSKI RUN TRAM	M40	72		00:01:29	00:25:29.65	00:26:58.75	+00:09:27 (37.1%)	5:05	11.8 (63.1%)
226	KIEŁCZYŃSKI Marek	439	CSM TEAM	M40	73		00:00:38	00:25:30.90	00:26:09.05	+00:09:28 (37.1%)	5:06	11.8 (63.1%)
227	KWIATKOWSKI Bartosz	563		M40	74		00:01:29	00:25:31.15	00:27:00.30	+00:09:28 (37.1%)	5:06	11.8 (63.1%)
228	GACKOWSKI Krzysztof	1275		M50	19		00:00:08	00:25:33.80	00:25:42.65	+00:09:31 (37.3%)	5:06	11.7 (62.6%)
229	MICHALAK Krzysztof	1240		M30	80		00:00:43	00:25:33.85	00:26:17.20	+00:09:31 (37.3%)	5:06	11.7 (62.6%)
230	KOZAK Krzysztof	494	BB ACTIVE TEAM	M30	81		00:01:09	00:25:34.90	00:26:44.70	+00:09:32 (37.3%)	5:06	11.7 (62.6%)
231	KOZŁOWSKI Rafał	504		M20	34		00:00:37	00:25:35.40	00:26:13.35	+00:09:32 (37.3%)	5:07	11.7 (62.6%)
232	KOSEK Mariusz	478	RCI	M50	20		00:00:59	00:25:35.55	00:26:34.80	+00:09:33 (37.3%)	5:07	11.7 (62.6%)
233	RUPIŃSKI Michał	895		M30	82		00:00:02	00:25:36.20	00:25:38.80	+00:09:33 (37.3%)	5:07	11.7 (62.6%)
234	DŁUŻEWSKI Wojciech	157		M50	21		00:02:13	00:25:37.05	00:27:50.25	+00:09:34 (37.4%)	5:07	11.7 (62.6%)
235	GOLIK Krzysztof	261	FORDON RUNNERS	M40	75		00:01:17	00:25:38.30	00:26:55.30	+00:09:35 (37.4%)	5:07	11.7 (62.6%)
236	ŁADIŃSKI Kacper	600		M20	35		00:00:24	00:25:38.65	00:26:03.00	+00:09:36 (37.4%)	5:07	11.7 (62.6%)
237	PIOTROWSKI Dariusz	1306	-	M40	76		00:01:16	00:25:38.85	00:26:55.40	+00:09:36 (37.5%)	5:07	11.7 (62.6%)
238	IRZA Michał	326		M30	83		00:00:15	00:25:40.10	00:25:55.90	+00:09:37 (37.5%)	5:08	11.7 (62.6%)
239	GALICKI Jakub	223	AKADEMIA MISTRZÓW SPORTU	M50	22		00:01:01	00:25:40.75	00:26:42.55	+00:09:38 (37.5%)	5:08	11.7 (62.6%)
240	KUCZEWSKI Łukasz	539		M40	77		00:00:28	00:25:42.85	00:26:11.75	+00:09:40 (37.6%)	5:08	11.7 (62.6%)
241	TWARDOWSKI Krzysztof	1065		M20	36		00:00:20	00:25:43.70	00:26:04.05	+00:09:41 (37.7%)	5:08	11.7 (62.6%)
242	WOJCIECHOWSKI Grzegorz	1133		M30	84		00:00:44	00:25:44.10	00:26:28.50	+00:09:41 (37.7%)	5:08	11.7 (62.6%)
243	BIEGAŃSKI Andrzej	47	SPALANIA OPONKI	M20	37		00:00:50	00:25:46.15	00:26:36.45	+00:09:43 (37.8%)	5:09	11.6 (62.0%)
244	KONCZAL Krzysztof	467	BK	M20	38		00:02:12	00:25:46.20	00:27:58.70	+00:09:43 (37.8%)	5:09	11.6 (62.0%)
245	SPYCHALSKI Michał	964	EMES SPYCHALSKI	M30	85		00:00:07	00:25:46.80	00:25:54.25	+00:09:44 (37.8%)	5:09	11.6 (62.0%)
246	WOJCIECHOWSKI Michał	1132		M30	86		00:00:31	00:25:47.55	00:26:19.10	+00:09:45 (37.8%)	5:09	11.6 (62.0%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
247	<b>CEGŁOWSKI Tomasz</b>	<b>97</b>	CALISTHENICS ACADEMY	M40	78		00:00:23	<b>00:25:51.45</b>	<b>00:26:14.45</b>	+00:09:49 (38.0%)	5:10	11.6 (62.0%)
248	<b>GRUBCZYŃSKI Tomasz</b>	<b>292</b>	FLORIAN CHOJNICE	M60	7		00:01:58	<b>00:25:52.00</b>	<b>00:27:50.85</b>	+00:09:49 (38.0%)	5:10	11.6 (62.0%)
249	<b>ORZECZOWSKI Zbigniew</b>	<b>747</b>	ORZECH BIEGA	M40	79		00:00:21	<b>00:25:54.10</b>	<b>00:26:15.95</b>	+00:09:51 (38.1%)	5:10	11.6 (62.0%)
250	<b>PUZACZ Dawid</b>	<b>852</b>		M40	80		00:01:39	<b>00:25:55.10</b>	<b>00:27:34.70</b>	+00:09:52 (38.1%)	5:11	11.6 (62.0%)
251	<b>ŚWIETLIK Grzegorz</b>	<b>1041</b>	SWIWTLIKITEAM	M40	81		00:00:14	<b>00:25:55.30</b>	<b>00:26:10.25</b>	+00:09:52 (38.1%)	5:11	11.6 (62.0%)
252	<b>CZERNIAK Marcin</b>	<b>128</b>		M40	82		00:01:05	<b>00:25:55.40</b>	<b>00:27:01.20</b>	+00:09:52 (38.1%)	5:11	11.6 (62.0%)
253	<b>CIEŚLEWICZ Karol</b>	<b>115</b>	OLAF CREW	M40	83		00:01:03	<b>00:25:59.75</b>	<b>00:27:02.75</b>	+00:09:57 (38.3%)	5:11	11.5 (61.5%)
254	<b>MUZOLF-GDANIEC Grzegorz</b>	<b>1268</b>		M30	87		00:00:16	<b>00:26:00.55</b>	<b>00:26:16.95</b>	+00:09:58 (38.3%)	5:12	11.5 (61.5%)
255	<b>ĆWIKLIŃSKI Jarosław</b>	<b>134</b>	COLORADO PIZZA EXPRESS	M60	8		00:00:32	<b>00:26:01.10</b>	<b>00:26:33.10</b>	+00:09:58 (38.3%)	5:12	11.5 (61.5%)
256	<b>SIUDA Piotr</b>	<b>938</b>		M40	84		00:00:49	<b>00:26:02.65</b>	<b>00:26:52.45</b>	+00:10:00 (38.4%)	5:12	11.5 (61.5%)
257	<b>RZEPECKI Damian</b>	<b>911</b>		M30	88		00:00:47	<b>00:26:04.30</b>	<b>00:26:51.70</b>	+00:10:01 (38.5%)	5:12	11.5 (61.5%)
258	<b>ROCHOWIAK Mikołaj</b>	<b>883</b>		M20	39		00:00:58	<b>00:26:04.45</b>	<b>00:27:03.35</b>	+00:10:02 (38.5%)	5:12	11.5 (61.5%)
259	<b>KOLASIŃSKI Tomasz</b>	<b>460</b>		M50	23		00:00:59	<b>00:26:04.85</b>	<b>00:27:04.65</b>	+00:10:02 (38.5%)	5:12	11.5 (61.5%)
260	<b>DANIEL Tomasz</b>	<b>138</b>	MKS SP 63 BYDGOSZCZ	M40	85		00:00:47	<b>00:26:05.35</b>	<b>00:26:53.15</b>	+00:10:02 (38.5%)	5:13	11.5 (61.5%)
261	<b>CYRANKIEWICZ Piotr</b>	<b>1286</b>		M30	89		00:00:31	<b>00:26:05.70</b>	<b>00:26:37.35</b>	+00:10:03 (38.5%)	5:13	11.5 (61.5%)
262	<b>KALINOWSKI Sławek</b>	<b>400</b>		M30	90		00:00:12	<b>00:26:06.15</b>	<b>00:26:18.40</b>	+00:10:03 (38.5%)	5:13	11.5 (61.5%)
263	<b>CACKOWSKI Patryk</b>	<b>95</b>		M30	91		00:00:41	<b>00:26:06.20</b>	<b>00:26:48.05</b>	+00:10:03 (38.5%)	5:13	11.5 (61.5%)
264	<b>PISKORSKI Paweł</b>	<b>1262</b>		M30	92		00:00:13	<b>00:26:06.90</b>	<b>00:26:20.05</b>	+00:10:04 (38.6%)	5:13	11.5 (61.5%)
265	<b>TWARDOWSKI Bartosz</b>	<b>1066</b>		M30	93		00:01:02	<b>00:26:07.25</b>	<b>00:27:09.25</b>	+00:10:04 (38.6%)	5:13	11.5 (61.5%)
266	<b>WOLSKI Michał</b>	<b>1143</b>		M30	94		00:00:37	<b>00:26:07.85</b>	<b>00:26:45.60</b>	+00:10:05 (38.6%)	5:13	11.5 (61.5%)
267	<b>PULZIN Adam</b>	<b>849</b>		M40	86		00:01:36	<b>00:26:08.15</b>	<b>00:27:44.45</b>	+00:10:05 (38.6%)	5:13	11.5 (61.5%)
268	<b>SZULC Michał</b>	<b>1269</b>		M30	95		00:00:15	<b>00:26:08.85</b>	<b>00:26:24.35</b>	+00:10:06 (38.7%)	5:13	11.5 (61.5%)
269	<b>JAKUBCZAK Rafał</b>	<b>338</b>		M30	96		00:00:42	<b>00:26:09.65</b>	<b>00:26:52.35</b>	+00:10:07 (38.7%)	5:13	11.5 (61.5%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
270	<b>LESZCZYŃSKI Tomasz</b>	<b>569</b>		M40	87		00:00:54	<b>00:26:12.45</b>	<b>00:27:06.45</b>	+00:10:10 (38.8%)	5:14	11.5 (61.5%)
271	<b>PORĘBA Paweł</b>	<b>828</b>		M30	97		00:00:59	<b>00:26:14.70</b>	<b>00:27:13.95</b>	+00:10:12 (38.9%)	5:14	11.4 (61.0%)
272	<b>GLAZA Łukasz</b>	<b>246</b>		M40	88		00:00:05	<b>00:26:15.10</b>	<b>00:26:20.45</b>	+00:10:12 (38.9%)	5:15	11.4 (61.0%)
273	<b>JESKE Marek</b>	<b>377</b>	RUN BYDGOSZCZ	M50	24		00:00:21	<b>00:26:16.30</b>	<b>00:26:37.45</b>	+00:10:13 (38.9%)	5:15	11.4 (61.0%)
274	<b>GIL Wiktor</b>	<b>239</b>	PIEKARY ŚLĄSKIE	M40	89		00:00:36	<b>00:26:18.10</b>	<b>00:26:54.80</b>	+00:10:15 (39.0%)	5:15	11.4 (61.0%)
275	<b>KOWALIK Adrian</b>	<b>489</b>	VENDEL	M30	98		00:00:10	<b>00:26:19.15</b>	<b>00:26:29.75</b>	+00:10:16 (39.1%)	5:15	11.4 (61.0%)
276	<b>EM Milosz</b>	<b>192</b>		M30	99		00:00:12	<b>00:26:22.45</b>	<b>00:26:34.45</b>	+00:10:20 (39.2%)	5:16	11.4 (61.0%)
277	<b>PYTLIŃSKI Paweł</b>	<b>854</b>	BYDGOSKIE ŻÓŁWIE	M40	90		00:00:46	<b>00:26:23.45</b>	<b>00:27:09.90</b>	+00:10:21 (39.2%)	5:16	11.4 (61.0%)
278	<b>ARACH Przemysław</b>	<b>10</b>		M40	91		00:01:12	<b>00:26:24.80</b>	<b>00:27:37.40</b>	+00:10:22 (39.3%)	5:16	11.4 (61.0%)
279	<b>RÓŻYCKI Dariusz</b>	<b>891</b>	BYDGOSKIE ŻÓŁWIE	M50	25		00:00:19	<b>00:26:26.15</b>	<b>00:26:45.20</b>	+00:10:23 (39.3%)	5:17	11.3 (60.4%)
280	<b>ROSIŃSKI Marek</b>	<b>886</b>	METAL-TECHNIK	M50	26		00:00:18	<b>00:26:26.25</b>	<b>00:26:44.25</b>	+00:10:23 (39.3%)	5:17	11.3 (60.4%)
281	<b>PILARSKI Witek</b>	<b>809</b>		M40	92		00:00:43	<b>00:26:27.95</b>	<b>00:27:11.75</b>	+00:10:25 (39.4%)	5:17	11.3 (60.4%)
282	<b>TARGOWSKI Marcin</b>	<b>1049</b>	MKS SP 63 BYDGOSZCZ	M40	93		00:00:47	<b>00:26:28.30</b>	<b>00:27:15.35</b>	+00:10:25 (39.4%)	5:17	11.3 (60.4%)
283	<b>KUCHARSKI Piotr</b>	<b>538</b>		M40	94		00:01:06	<b>00:26:29.40</b>	<b>00:27:35.75</b>	+00:10:26 (39.4%)	5:17	11.3 (60.4%)
284	<b>SZAPAR Witold</b>	<b>998</b>		M50	27		00:00:01	<b>00:26:29.55</b>	<b>00:26:31.35</b>	+00:10:27 (39.5%)	5:17	11.3 (60.4%)
285	<b>RAUNEST Adam</b>	<b>876</b>		M60	9		00:00:47	<b>00:26:29.60</b>	<b>00:27:16.85</b>	+00:10:27 (39.5%)	5:17	11.3 (60.4%)
286	<b>GŁOWACKI Tomek</b>	<b>256</b>		M40	95		00:00:28	<b>00:26:30.25</b>	<b>00:26:58.75</b>	+00:10:27 (39.5%)	5:18	11.3 (60.4%)
287	<b>KAZBERUK Maciej</b>	<b>425</b>		M40	96		00:00:48	<b>00:26:30.55</b>	<b>00:27:18.75</b>	+00:10:28 (39.5%)	5:18	11.3 (60.4%)
288	<b>WILMA Paweł</b>	<b>1111</b>		M40	97		00:01:44	<b>00:26:31.10</b>	<b>00:28:16.00</b>	+00:10:28 (39.5%)	5:18	11.3 (60.4%)
289	<b>KAPELIŃSKI Beniamin</b>	<b>411</b>		M10	14		00:00:28	<b>00:26:32.90</b>	<b>00:27:01.65</b>	+00:10:30 (39.6%)	5:18	11.3 (60.4%)
290	<b>PIECZKA Maciej</b>	<b>791</b>		M40	98		00:01:01	<b>00:26:33.95</b>	<b>00:27:35.15</b>	+00:10:31 (39.6%)	5:18	11.3 (60.4%)
291	<b>SOBIERAJ Mariusz</b>	<b>954</b>		M40	99		00:00:27	<b>00:26:38.20</b>	<b>00:27:05.80</b>	+00:10:35 (39.8%)	5:19	11.3 (60.4%)
292	<b>CIEMNY Wiktor</b>	<b>112</b>		M10	15		00:00:13	<b>00:26:39.05</b>	<b>00:26:52.95</b>	+00:10:36 (39.8%)	5:19	11.3 (60.4%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
293	<b>WIŚNIEWSKI Leszek</b>	<b>1114</b>		M40	100		00:00:48	<b>00:26:40.25</b>	<b>00:27:28.40</b>	+00:10:37 (39.9%)	5:20	11.3 (60.4%)
294	<b>CIEMNY Tomasz</b>	<b>111</b>		M50	28		00:00:13	<b>00:26:41.25</b>	<b>00:26:54.90</b>	+00:10:38 (39.9%)	5:20	11.2 (59.9%)
295	<b>ROSZAK Sylwester</b>	<b>889</b>	KSS HUSARIA LUBRANIEC	M40	101		00:00:30	<b>00:26:41.80</b>	<b>00:27:11.80</b>	+00:10:39 (39.9%)	5:20	11.2 (59.9%)
296	<b>OSIŃSKI Adam</b>	<b>751</b>		M50	29		00:00:51	<b>00:26:42.10</b>	<b>00:27:33.60</b>	+00:10:39 (39.9%)	5:20	11.2 (59.9%)
297	<b>CIESIELSKI Mirosław</b>	<b>113</b>		M50	30		00:00:22	<b>00:26:42.70</b>	<b>00:27:05.25</b>	+00:10:40 (39.9%)	5:20	11.2 (59.9%)
298	<b>OBRZANOWSKI Maciej</b>	<b>735</b>		M50	31		00:00:17	<b>00:26:43.05</b>	<b>00:27:00.60</b>	+00:10:40 (40.0%)	5:20	11.2 (59.9%)
299	<b>KOCIK Marcin</b>	<b>457</b>	KABEL TEAM BYDGOSZCZ	M40	102		00:01:40	<b>00:26:43.25</b>	<b>00:28:23.95</b>	+00:10:40 (40.0%)	5:20	11.2 (59.9%)
299	<b>RYBICKI Artur</b>	<b>902</b>		M40	102		00:00:35	<b>00:26:43.25</b>	<b>00:27:18.60</b>	+00:10:40 (40.0%)	5:20	11.2 (59.9%)
301	<b>HAJA Krzysztof</b>	<b>308</b>		M30	100		00:00:53	<b>00:26:43.70</b>	<b>00:27:37.30</b>	+00:10:41 (40.0%)	5:20	11.2 (59.9%)
302	<b>MŁYNIUK Patryk</b>	<b>686</b>		M20	40		00:01:20	<b>00:26:43.95</b>	<b>00:28:04.20</b>	+00:10:41 (40.0%)	5:20	11.2 (59.9%)
303	<b>NOWACKI Marcin</b>	<b>727</b>		M30	101		00:00:53	<b>00:26:44.20</b>	<b>00:27:37.60</b>	+00:10:41 (40.0%)	5:20	11.2 (59.9%)
304	<b>MICHALAK Wojciech</b>	<b>660</b>		M50	32		00:00:46	<b>00:26:44.40</b>	<b>00:27:30.45</b>	+00:10:41 (40.0%)	5:20	11.2 (59.9%)
305	<b>SMOCZYŃSKI Bartosz</b>	<b>951</b>		M40	104		00:01:17	<b>00:26:45.35</b>	<b>00:28:02.35</b>	+00:10:42 (40.0%)	5:21	11.2 (59.9%)
306	<b>ŁOBODA Andrzej</b>	<b>608</b>		M60	10		00:00:19	<b>00:26:46.80</b>	<b>00:27:06.45</b>	+00:10:44 (40.1%)	5:21	11.2 (59.9%)
307	<b>WÓJCIK Jacek</b>	<b>1156</b>		M30	102		00:00:26	<b>00:26:50.15</b>	<b>00:27:16.50</b>	+00:10:47 (40.2%)	5:22	11.2 (59.9%)
308	<b>WOŹNIAK Piotr</b>	<b>1148</b>		M40	105		00:00:54	<b>00:26:51.65</b>	<b>00:27:46.15</b>	+00:10:49 (40.3%)	5:22	11.2 (59.9%)
309	<b>KONECKI Wojciech</b>	<b>470</b>	WATAHA L-PAAK	M50	33		00:00:03	<b>00:26:51.95</b>	<b>00:26:55.55</b>	+00:10:49 (40.3%)	5:22	11.2 (59.9%)
310	<b>JANKOWSKI Dariusz</b>	<b>346</b>		M50	34		00:01:22	<b>00:26:52.75</b>	<b>00:28:15.50</b>	+00:10:50 (40.3%)	5:22	11.2 (59.9%)
311	<b>GOLLA Wiktor</b>	<b>262</b>	KABEL TEAM BYDGOSZCZ	M20	41		00:01:41	<b>00:26:53.75</b>	<b>00:28:34.75</b>	+00:10:51 (40.4%)	5:22	11.2 (59.9%)
312	<b>KANTORSKI Zbysław</b>	<b>407</b>	COCA-COLA RUNNERS	M50	35		00:00:54	<b>00:26:54.40</b>	<b>00:27:48.90</b>	+00:10:51 (40.4%)	5:22	11.2 (59.9%)
313	<b>ZŁOTOWSKI Piotr</b>	<b>1186</b>	RUN BYDGOSZCZ	M40	106		00:00:21	<b>00:26:55.70</b>	<b>00:27:17.45</b>	+00:10:53 (40.4%)	5:23	11.1 (59.4%)
314	<b>GIL Michał</b>	<b>241</b>		M30	103		00:01:40	<b>00:26:56.00</b>	<b>00:28:36.05</b>	+00:10:53 (40.4%)	5:23	11.1 (59.4%)
315	<b>KRUK Krzysztof</b>	<b>515</b>		M50	36		00:00:30	<b>00:26:56.05</b>	<b>00:27:26.05</b>	+00:10:53 (40.4%)	5:23	11.1 (59.4%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
316	WYSOCKI Jerzy	1164	CZARNE STOPY	M60	11		00:01:16	00:26:56.20	00:28:12.75	+00:10:53 (40.4%)	5:23	11.1 (59.4%)
317	SIEKIERKA Jarosław	927		M30	104		00:00:46	00:26:56.65	00:27:42.90	+00:10:54 (40.5%)	5:23	11.1 (59.4%)
318	MICHALAK Adrian	659		M18	5		00:00:19	00:26:57.20	00:27:16.80	+00:10:54 (40.5%)	5:23	11.1 (59.4%)
319	GRUBCZYŃSKI Mateusz	293		M30	105		00:01:59	00:26:57.85	00:28:56.95	+00:10:55 (40.5%)	5:23	11.1 (59.4%)
319	GRUDA Mirosław	295		M60	12		00:00:17	00:26:57.85	00:27:15.15	+00:10:55 (40.5%)	5:23	11.1 (59.4%)
321	MACHOWSKI Przemysław	1195	BYDGOSKI KLUB MORSA	M40	107		00:00:07	00:26:58.15	00:27:06.10	+00:10:55 (40.5%)	5:23	11.1 (59.4%)
322	WŁOCH Sylwester	1125		M60	13		00:01:46	00:26:58.75	00:28:44.75	+00:10:56 (40.5%)	5:23	11.1 (59.4%)
323	DONARSKI Janusz	168	DONARY	M50	37		00:00:19	00:27:00.45	00:27:20.05	+00:10:58 (40.6%)	5:24	11.1 (59.4%)
324	ZAGÓRSKI Artur	1166		M50	38		00:00:56	00:27:01.65	00:27:58.05	+00:10:59 (40.6%)	5:24	11.1 (59.4%)
324	KAŻMIERCZAK Sławomir	427		M50	38		00:00:57	00:27:01.65	00:27:58.70	+00:10:59 (40.6%)	5:24	11.1 (59.4%)
326	WARTAŁA Robert	1087		M40	108		00:00:25	00:27:01.95	00:27:27.40	+00:10:59 (40.7%)	5:24	11.1 (59.4%)
327	GOŚCISKI Cezary	269		M30	106		00:01:42	00:27:02.00	00:28:44.25	+00:10:59 (40.7%)	5:24	11.1 (59.4%)
328	DUSZYŃSKI Dawid	184		M40	109		00:00:34	00:27:02.10	00:27:36.95	+00:10:59 (40.7%)	5:24	11.1 (59.4%)
329	GRACZYK Dawid	277		M20	42		00:00:20	00:27:03.95	00:27:24.50	+00:11:01 (40.7%)	5:24	11.1 (59.4%)
330	CIESIÓŁKA Marcin	114		M40	110		00:00:37	00:27:05.05	00:27:42.55	+00:11:02 (40.8%)	5:25	11.1 (59.4%)
331	KRAWIEC Jacek	511		M50	40		00:00:37	00:27:05.60	00:27:43.10	+00:11:03 (40.8%)	5:25	11.1 (59.4%)
332	NIKODEM Łukasz	722		M30	107		00:00:33	00:27:06.65	00:27:39.85	+00:11:04 (40.8%)	5:25	11.1 (59.4%)
333	GOŁĄBIEWSKI Mateusz	263		M20	43		00:00:48	00:27:08.30	00:27:57.25	+00:11:05 (40.9%)	5:25	11.1 (59.4%)
334	SCHMIDT Artur	920	BB ACTIVE TEAM	M10	16		00:01:14	00:27:10.55	00:28:25.30	+00:11:08 (41.0%)	5:26	11 (58.8%)
335	KORPALA Daniel	475	TRAGED TEAM	M50	41		00:00:57	00:27:12.20	00:28:09.70	+00:11:09 (41.0%)	5:26	11 (58.8%)
336	GRZYWACZ Konrad	304	SPX FLOW	M40	111		00:01:02	00:27:13.50	00:28:15.85	+00:11:11 (41.1%)	5:26	11 (58.8%)
337	PUSZCZ Sławek	851	PROMONT GROUP SOLEC KUJAWSKI	M40	112		00:00:27	00:27:14.10	00:27:41.95	+00:11:11 (41.1%)	5:26	11 (58.8%)
338	OCIESIELSKI Łukasz	736		M30	108		00:01:02	00:27:14.70	00:28:16.70	+00:11:12 (41.1%)	5:26	11 (58.8%)

Place	Participant	Number		Club	Category M		Cat	sponsorzy	Start time	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										5km	5km			
339	<b>PISARSKI Patryk</b>	<b>1293</b>	WKS		M30	109			00:00:43	<b>00:27:17.85</b>	<b>00:28:01.40</b>	+00:11:15 (41.2%)	5:27	11 (58.8%)
340	<b>KUŹNIEWSKI Oliwier</b>	<b>551</b>			M10	17			00:00:28	<b>00:27:19.70</b>	<b>00:27:48.45</b>	+00:11:17 (41.3%)	5:27	11 (58.8%)
341	<b>KOŁSUT Sebastian</b>	<b>464</b>	KAROFITKA FC		M20	44			00:00:48	<b>00:27:20.20</b>	<b>00:28:08.65</b>	+00:11:17 (41.3%)	5:28	11 (58.8%)
342	<b>ŚWIETLIK Piotr</b>	<b>1044</b>			M60	14			00:00:58	<b>00:27:20.65</b>	<b>00:28:18.95</b>	+00:11:18 (41.3%)	5:28	11 (58.8%)
343	<b>MAŁKIŃSKI Józef</b>	<b>631</b>			M60	15			00:01:37	<b>00:27:21.05</b>	<b>00:28:58.10</b>	+00:11:18 (41.4%)	5:28	11 (58.8%)
344	<b>BOJAROWSKI Krzysztof</b>	<b>67</b>			M30	110			00:00:45	<b>00:27:21.60</b>	<b>00:28:07.55</b>	+00:11:19 (41.4%)	5:28	11 (58.8%)
345	<b>CZAJKOWSKI Kamil</b>	<b>123</b>			M20	45			00:03:10	<b>00:27:21.75</b>	<b>00:30:32.00</b>	+00:11:19 (41.4%)	5:28	11 (58.8%)
346	<b>PYTLIŃSKI Marek</b>	<b>855</b>	BYDGOSKIE ŻÓŁWIE		M10	18			00:00:45	<b>00:27:23.65</b>	<b>00:28:09.55</b>	+00:11:21 (41.4%)	5:28	11 (58.8%)
347	<b>CZĘSZ Waldemar</b>	<b>129</b>			M50	42			00:01:02	<b>00:27:25.75</b>	<b>00:28:27.75</b>	+00:11:23 (41.5%)	5:29	10.9 (58.3%)
348	<b>WILMA Bartek</b>	<b>1110</b>			M40	113			00:00:18	<b>00:27:26.40</b>	<b>00:27:45.05</b>	+00:11:23 (41.5%)	5:29	10.9 (58.3%)
349	<b>JAGIELSKI Łukasz</b>	<b>332</b>			M40	114			00:01:04	<b>00:27:26.65</b>	<b>00:28:30.80</b>	+00:11:24 (41.6%)	5:29	10.9 (58.3%)
350	<b>KORPALSKI Andrzej</b>	<b>476</b>			M50	43			00:00:18	<b>00:27:27.25</b>	<b>00:27:45.30</b>	+00:11:24 (41.6%)	5:29	10.9 (58.3%)
351	<b>BUKOWSKI Przemek</b>	<b>77</b>			M40	115			00:00:39	<b>00:27:28.30</b>	<b>00:28:07.55</b>	+00:11:25 (41.6%)	5:29	10.9 (58.3%)
352	<b>JĘDRZEJEWSKI Jakub</b>	<b>379</b>			M30	111			00:01:12	<b>00:27:29.30</b>	<b>00:28:41.95</b>	+00:11:26 (41.6%)	5:29	10.9 (58.3%)
353	<b>OSTROWSKI Szymon</b>	<b>754</b>	TEAMZABIEGANEDNI		M30	112			00:00:26	<b>00:27:29.70</b>	<b>00:27:56.15</b>	+00:11:27 (41.7%)	5:29	10.9 (58.3%)
354	<b>DROCIAK Michał</b>	<b>176</b>	OGR OSOWA GÓRA RUNNER		M40	116			00:01:14	<b>00:27:34.60</b>	<b>00:28:49.55</b>	+00:11:32 (41.8%)	5:30	10.9 (58.3%)
355	<b>KOZIORZEMSKI Damian</b>	<b>502</b>	OGR		M40	117			00:01:15	<b>00:27:35.35</b>	<b>00:28:50.45</b>	+00:11:32 (41.9%)	5:31	10.9 (58.3%)
356	<b>WIERZCHOWSKI Michał</b>	<b>1105</b>	SAPER TEAM		M40	118			00:01:18	<b>00:27:37.10</b>	<b>00:28:55.25</b>	+00:11:34 (41.9%)	5:31	10.9 (58.3%)
357	<b>GLAMA Stanisław</b>	<b>244</b>			M50	44			00:01:53	<b>00:27:39.70</b>	<b>00:29:33.30</b>	+00:11:37 (42.0%)	5:31	10.8 (57.8%)
358	<b>MAZALON Jarosław</b>	<b>652</b>			M40	119			00:00:52	<b>00:27:40.95</b>	<b>00:28:33.20</b>	+00:11:38 (42.1%)	5:32	10.8 (57.8%)
359	<b>KWIATKOWSKI Piotr</b>	<b>562</b>	MORŚWIRY BYDGOSZCZ		M40	120			00:01:47	<b>00:27:41.50</b>	<b>00:29:28.95</b>	+00:11:39 (42.1%)	5:32	10.8 (57.8%)
360	<b>MICHALAK Mariusz</b>	<b>658</b>			M50	45			00:00:20	<b>00:27:44.80</b>	<b>00:28:04.80</b>	+00:11:42 (42.2%)	5:32	10.8 (57.8%)
361	<b>PIETRASZAK Tomasz</b>	<b>802</b>	RUN BYDGOSZCZ		M50	46			00:00:23	<b>00:27:46.40</b>	<b>00:28:10.35</b>	+00:11:43 (42.2%)	5:33	10.8 (57.8%)



Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
362	<b>GÓRSKI Łukasz</b>	<b>1218</b>	HARPAGAN RUNNERS	M30	113		00:01:51	<b>00:27:46.70</b>	<b>00:29:38.35</b>	+00:11:44 (42.3%)	5:33	10.8 (57.8%)
363	<b>LIEDKE Tomasz</b>	<b>591</b>		M30	114		00:00:34	<b>00:27:47.35</b>	<b>00:28:22.25</b>	+00:11:44 (42.3%)	5:33	10.8 (57.8%)
364	<b>STĘPNIEWSKI Paweł</b>	<b>976</b>		M20	46		00:01:16	<b>00:27:51.20</b>	<b>00:29:07.30</b>	+00:11:48 (42.4%)	5:34	10.8 (57.8%)
365	<b>SULIŃSKI Bogdan</b>	<b>986</b>		M20	47		00:00:48	<b>00:27:51.55</b>	<b>00:28:40.00</b>	+00:11:49 (42.4%)	5:34	10.8 (57.8%)
366	<b>KĘDZIORSKI Marek</b>	<b>435</b>		M60	16		00:00:36	<b>00:27:56.00</b>	<b>00:28:32.65</b>	+00:11:53 (42.6%)	5:35	10.7 (57.2%)
367	<b>KASPROWICZ Piotr</b>	<b>422</b>	JW 1515	M40	121		00:00:47	<b>00:27:56.90</b>	<b>00:28:44.55</b>	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
368	<b>PASZKIEWICZ Mateusz</b>	<b>773</b>		M30	115		00:00:49	<b>00:27:57.05</b>	<b>00:28:46.35</b>	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
369	<b>DABEK Krzysztof</b>	<b>136</b>		M40	122		00:00:11	<b>00:27:57.10</b>	<b>00:28:08.75</b>	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
370	<b>BŁOŃSKI Jarosław</b>	<b>65</b>		M40	123		00:00:40	<b>00:27:57.90</b>	<b>00:28:38.15</b>	+00:11:55 (42.6%)	5:35	10.7 (57.2%)
371	<b>TRZCIŃSKI Krzysztof</b>	<b>1059</b>		M40	124		00:00:40	<b>00:27:58.15</b>	<b>00:28:38.30</b>	+00:11:55 (42.6%)	5:35	10.7 (57.2%)
372	<b>ROSSA Sławomir</b>	<b>888</b>		M50	47		00:00:06	<b>00:27:58.50</b>	<b>00:28:04.80</b>	+00:11:56 (42.7%)	5:35	10.7 (57.2%)
373	<b>SZULC Michał</b>	<b>1022</b>		M30	116		00:00:59	<b>00:28:01.25</b>	<b>00:29:00.95</b>	+00:11:58 (42.8%)	5:36	10.7 (57.2%)
374	<b>RUTKOWSKI Tomasz</b>	<b>898</b>		M50	48		00:00:25	<b>00:28:02.55</b>	<b>00:28:28.40</b>	+00:12:00 (42.8%)	5:36	10.7 (57.2%)
375	<b>GIL Jarosław</b>	<b>238</b>		M30	117		00:00:36	<b>00:28:06.25</b>	<b>00:28:42.60</b>	+00:12:03 (42.9%)	5:37	10.7 (57.2%)
376	<b>MUSOLF Patryk</b>	<b>702</b>	ATOS TEAM	M30	118		00:00:31	<b>00:28:07.15</b>	<b>00:28:38.85</b>	+00:12:04 (43.0%)	5:37	10.7 (57.2%)
377	<b>BOROWIECKI Maciej</b>	<b>68</b>		M50	49		00:01:28	<b>00:28:08.05</b>	<b>00:29:36.70</b>	+00:12:05 (43.0%)	5:37	10.7 (57.2%)
378	<b>WITKOWSKI Maciej</b>	<b>1122</b>		M50	50		00:00:52	<b>00:28:08.10</b>	<b>00:29:00.45</b>	+00:12:05 (43.0%)	5:37	10.7 (57.2%)
379	<b>SŁOWIŃSKI Sławek</b>	<b>948</b>		M50	51		00:00:44	<b>00:28:08.55</b>	<b>00:28:53.45</b>	+00:12:06 (43.0%)	5:37	10.7 (57.2%)
380	<b>KNIOŁA Przemek</b>	<b>1259</b>		M20	48		00:02:06	<b>00:28:11.60</b>	<b>00:30:17.85</b>	+00:12:09 (43.1%)	5:38	10.6 (56.7%)
381	<b>JASKÓLSKI Andrzej</b>	<b>369</b>		M50	52		00:01:31	<b>00:28:13.65</b>	<b>00:29:45.15</b>	+00:12:11 (43.2%)	5:38	10.6 (56.7%)
382	<b>WILCZYŃSKI Łukasz</b>	<b>1107</b>	WILCZKI	M30	119		00:00:46	<b>00:28:15.00</b>	<b>00:29:01.85</b>	+00:12:12 (43.2%)	5:39	10.6 (56.7%)
383	<b>BESS Marcin</b>	<b>41</b>		M30	120		00:00:16	<b>00:28:15.25</b>	<b>00:28:32.00</b>	+00:12:12 (43.2%)	5:39	10.6 (56.7%)
384	<b>KAPANOWSKI Sylwester</b>	<b>408</b>		M50	53		00:01:20	<b>00:28:15.65</b>	<b>00:29:35.80</b>	+00:12:13 (43.2%)	5:39	10.6 (56.7%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
385	<b>GIERSZ Krzysztof</b>	<b>236</b>		M50	54		00:01:29	<b>00:28:17.35</b>	<b>00:29:46.35</b>	+00:12:14 (43.3%)	5:39	10.6 (56.7%)
386	<b>NATYWO Gerard</b>	<b>714</b>	MOLDY UNICORNS	M30	121		00:01:41	<b>00:28:21.00</b>	<b>00:30:02.05</b>	+00:12:18 (43.4%)	5:40	10.6 (56.7%)
387	<b>STEPANKEVICIUS Mantas</b>	<b>974</b>		M40	125		00:01:18	<b>00:28:21.75</b>	<b>00:29:40.05</b>	+00:12:19 (43.4%)	5:40	10.6 (56.7%)
388	<b>BIZON Bartosz</b>	<b>61</b>		M30	122		00:01:53	<b>00:28:23.20</b>	<b>00:30:16.25</b>	+00:12:20 (43.5%)	5:40	10.6 (56.7%)
389	<b>MOTYLIŃSKI Paweł</b>	<b>690</b>		M30	123		00:00:21	<b>00:28:25.15</b>	<b>00:28:46.15</b>	+00:12:22 (43.6%)	5:41	10.6 (56.7%)
390	<b>KARPIŃSKI Łukasz Cezary</b>	<b>417</b>	AKTYWNA BYDGOSZCZ	M40	126		00:00:29	<b>00:28:29.75</b>	<b>00:28:59.20</b>	+00:12:27 (43.7%)	5:41	10.5 (56.1%)
391	<b>CYGANEK Grzegorz</b>	<b>119</b>	TEAM RUDNIK	M50	55		00:01:11	<b>00:28:31.15</b>	<b>00:29:42.70</b>	+00:12:28 (43.8%)	5:42	10.5 (56.1%)
392	<b>TUBAJA Albert</b>	<b>1060</b>	KABEL TEAM BYDGOSZCZ	M40	127		00:01:36	<b>00:28:32.45</b>	<b>00:30:08.60</b>	+00:12:30 (43.8%)	5:42	10.5 (56.1%)
393	<b>KOZAK Adam</b>	<b>495</b>	BB ACTIVE TEAM	M10	19		00:01:15	<b>00:28:33.35</b>	<b>00:29:48.95</b>	+00:12:30 (43.8%)	5:42	10.5 (56.1%)
394	<b>SZATKOWSKI Mariusz</b>	<b>1003</b>		M30	124		00:01:31	<b>00:28:33.65</b>	<b>00:30:05.45</b>	+00:12:31 (43.8%)	5:42	10.5 (56.1%)
395	<b>GRZELCZAK Tadeusz</b>	<b>298</b>		M60	17		00:01:03	<b>00:28:33.80</b>	<b>00:29:37.75</b>	+00:12:31 (43.8%)	5:42	10.5 (56.1%)
396	<b>KOTŁOWSKI Bartosz</b>	<b>485</b>	MKS SP 63 BYDGOSZCZ	M10	20		00:00:44	<b>00:28:34.90</b>	<b>00:29:19.45</b>	+00:12:32 (43.9%)	5:42	10.5 (56.1%)
397	<b>OWIEŚNY Marcin</b>	<b>757</b>		M30	125		00:00:13	<b>00:28:36.30</b>	<b>00:28:50.05</b>	+00:12:33 (43.9%)	5:43	10.5 (56.1%)
398	<b>JANKOWSKI Tomasz</b>	<b>345</b>	BIEGAJ Z DĘBAMI	M50	56		00:01:07	<b>00:28:36.70</b>	<b>00:29:44.45</b>	+00:12:34 (43.9%)	5:43	10.5 (56.1%)
399	<b>POLACHOWSKI Sławek</b>	<b>825</b>		M40	128		00:01:29	<b>00:28:38.85</b>	<b>00:30:08.05</b>	+00:12:36 (44.0%)	5:43	10.5 (56.1%)
400	<b>MANTHEY Marcin</b>	<b>1203</b>		M30	126		00:02:03	<b>00:28:39.20</b>	<b>00:30:42.35</b>	+00:12:36 (44.0%)	5:43	10.5 (56.1%)
401	<b>LEWANDOWSKI Paweł</b>	<b>586</b>	BK	M20	49		00:02:14	<b>00:28:39.25</b>	<b>00:30:53.40</b>	+00:12:36 (44.0%)	5:43	10.5 (56.1%)
402	<b>MATUSIK Waldemar</b>	<b>649</b>	MATUSIK TEAM	M40	129		00:00:39	<b>00:28:40.25</b>	<b>00:29:20.00</b>	+00:12:37 (44.1%)	5:44	10.5 (56.1%)
403	<b>LEWANDOWSKI Jacek</b>	<b>581</b>	AKADEMIA MISTRZÓW SPORTU	M40	130		00:01:01	<b>00:28:41.80</b>	<b>00:29:43.60</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)
404	<b>JANASZ Krzysztof</b>	<b>340</b>		M50	57		00:01:11	<b>00:28:42.05</b>	<b>00:29:53.75</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)
405	<b>JOACHIMIAK Adam</b>	<b>381</b>		M10	21		00:00:31	<b>00:28:42.25</b>	<b>00:29:13.30</b>	+00:12:39 (44.1%)	5:44	10.5 (56.1%)
406	<b>JOACHIMIAK Krzysztof</b>	<b>380</b>		M40	131		00:00:30	<b>00:28:42.55</b>	<b>00:29:13.30</b>	+00:12:40 (44.1%)	5:44	10.5 (56.1%)
407	<b>LECH Marek</b>	<b>564</b>		M40	132		00:01:13	<b>00:28:44.35</b>	<b>00:29:58.05</b>	+00:12:41 (44.2%)	5:44	10.4 (55.6%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
408	<b>DZIADOWIEC Krzysztof</b>	<b>188</b>		M50	58		00:01:24	<b>00:28:44.95</b>	<b>00:30:08.95</b>	+00:12:42 (44.2%)	5:44	10.4 (55.6%)
409	<b>ANGLART Roman</b>	<b>6</b>		M50	59		00:01:28	<b>00:28:47.60</b>	<b>00:30:15.70</b>	+00:12:45 (44.3%)	5:45	10.4 (55.6%)
410	<b>KARSKI Krzysztof</b>	<b>419</b>		M18	6		00:01:31	<b>00:28:48.70</b>	<b>00:30:20.55</b>	+00:12:46 (44.3%)	5:45	10.4 (55.6%)
411	<b>BIAŁOWAŚ Dariusz</b>	<b>43</b>		M50	60		00:01:01	<b>00:28:50.00</b>	<b>00:29:51.25</b>	+00:12:47 (44.4%)	5:46	10.4 (55.6%)
412	<b>CZAPLICKI Patryk</b>	<b>125</b>		M30	127		00:00:10	<b>00:28:50.30</b>	<b>00:29:01.25</b>	+00:12:47 (44.4%)	5:46	10.4 (55.6%)
413	<b>RÓŻYCKI Waldemar</b>	<b>890</b>		M50	61		00:01:40	<b>00:28:51.20</b>	<b>00:30:31.65</b>	+00:12:48 (44.4%)	5:46	10.4 (55.6%)
414	<b>CIEŚLICKI Krzysztof</b>	<b>116</b>	SISU TEAM	M30	128		00:01:26	<b>00:28:54.75</b>	<b>00:30:21.25</b>	+00:12:52 (44.5%)	5:46	10.4 (55.6%)
415	<b>SURMACZ Marcin</b>	<b>988</b>		M40	133		00:01:27	<b>00:28:54.85</b>	<b>00:30:22.15</b>	+00:12:52 (44.5%)	5:46	10.4 (55.6%)
416	<b>OLSZEWSKI Kacper</b>	<b>744</b>		M20	50		00:01:24	<b>00:28:55.35</b>	<b>00:30:20.30</b>	+00:12:52 (44.5%)	5:47	10.4 (55.6%)
417	<b>GAWRYCH Adam</b>	<b>1285</b>		M30	129		00:01:27	<b>00:28:55.60</b>	<b>00:30:23.05</b>	+00:12:53 (44.5%)	5:47	10.4 (55.6%)
418	<b>WOŹNIAK Paweł</b>	<b>1149</b>		M30	130		00:00:38	<b>00:28:55.95</b>	<b>00:29:34.40</b>	+00:12:53 (44.6%)	5:47	10.4 (55.6%)
419	<b>SALAMON Wojciech</b>	<b>917</b>	SMUKAŁA	M40	134		00:01:23	<b>00:28:56.80</b>	<b>00:30:20.35</b>	+00:12:54 (44.6%)	5:47	10.4 (55.6%)
420	<b>STEFAŃSKI Mateusz</b>	<b>971</b>		M30	131		00:02:00	<b>00:28:57.10</b>	<b>00:30:57.90</b>	+00:12:54 (44.6%)	5:47	10.4 (55.6%)
421	<b>BARRI Farkad</b>	<b>1209</b>		M40	135		00:01:07	<b>00:29:00.25</b>	<b>00:30:08.00</b>	+00:12:57 (44.7%)	5:48	10.3 (55.1%)
422	<b>LEWANDOWSKI Jakub</b>	<b>585</b>	MC37	M10	22		00:02:13	<b>00:29:00.75</b>	<b>00:31:13.95</b>	+00:12:58 (44.7%)	5:48	10.3 (55.1%)
423	<b>MORZYK Michał</b>	<b>688</b>		M40	136		00:00:48	<b>00:29:03.45</b>	<b>00:29:51.70</b>	+00:13:01 (44.8%)	5:48	10.3 (55.1%)
424	<b>ŚWIETLIK Dawid</b>	<b>1043</b>		M30	132		00:00:58	<b>00:29:04.05</b>	<b>00:30:02.50</b>	+00:13:01 (44.8%)	5:48	10.3 (55.1%)
425	<b>MACIEJCZYK Jacek</b>	<b>1271</b>		M50	62		00:00:42	<b>00:29:04.15</b>	<b>00:29:46.65</b>	+00:13:01 (44.8%)	5:48	10.3 (55.1%)
426	<b>MACIEJCZYK Tomasz</b>	<b>1265</b>		M20	51		00:00:42	<b>00:29:05.05</b>	<b>00:29:47.10</b>	+00:13:02 (44.8%)	5:49	10.3 (55.1%)
427	<b>MATEJA Piotr</b>	<b>645</b>		M30	133		00:00:39	<b>00:29:07.25</b>	<b>00:29:47.00</b>	+00:13:04 (44.9%)	5:49	10.3 (55.1%)
428	<b>SIKORSKI Norbert</b>	<b>933</b>		M50	63		00:00:37	<b>00:29:08.30</b>	<b>00:29:46.05</b>	+00:13:05 (44.9%)	5:49	10.3 (55.1%)
429	<b>LEWANDOWSKI Tomasz</b>	<b>1237</b>	WIHURRA SOBIEJUCHY	M40	137		00:01:11	<b>00:29:10.00</b>	<b>00:30:21.00</b>	+00:13:07 (45.0%)	5:50	10.3 (55.1%)
430	<b>LEWANDOWSKI Piotr</b>	<b>577</b>		M30	134		00:01:06	<b>00:29:10.40</b>	<b>00:30:16.95</b>	+00:13:07 (45.0%)	5:50	10.3 (55.1%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
431	<b>HANCZEWSKI Remigiusz</b>	<b>311</b>	DOWIDZENIE	M20	52		00:00:44	<b>00:29:11.65</b>	<b>00:29:55.95</b>	+00:13:09 (45.1%)	5:50	10.3 (55.1%)
432	<b>KWASEK Wojciech</b>	<b>552</b>	KABEL TEAM BYDGOSZCZ	M50	64		00:00:37	<b>00:29:12.25</b>	<b>00:29:49.65</b>	+00:13:09 (45.1%)	5:50	10.3 (55.1%)
433	<b>LEWANDOWSKI Karol</b>	<b>583</b>	MC37	M30	135		00:02:13	<b>00:29:12.60</b>	<b>00:31:25.65</b>	+00:13:10 (45.1%)	5:50	10.3 (55.1%)
434	<b>DEMBSKI Marek</b>	<b>149</b>	TEAM PATROL	M50	65		00:01:07	<b>00:29:13.75</b>	<b>00:30:21.45</b>	+00:13:11 (45.1%)	5:50	10.3 (55.1%)
435	<b>ORZECHOWSKI Piotr</b>	<b>748</b>		M40	138		00:02:00	<b>00:29:15.50</b>	<b>00:31:15.70</b>	+00:13:13 (45.2%)	5:51	10.3 (55.1%)
436	<b>WÓJCIK Tomasz</b>	<b>1159</b>		M50	66		00:00:32	<b>00:29:15.70</b>	<b>00:29:47.95</b>	+00:13:13 (45.2%)	5:51	10.3 (55.1%)
437	<b>PIERZGALSKI Jarek</b>	<b>799</b>	KABEL TEAM BYDGOSZCZ	M50	67		00:00:31	<b>00:29:17.05</b>	<b>00:29:48.05</b>	+00:13:14 (45.2%)	5:51	10.2 (54.5%)
438	<b>NAGORZYSKI Arek</b>	<b>709</b>		M40	139		00:00:55	<b>00:29:22.20</b>	<b>00:30:17.50</b>	+00:13:19 (45.4%)	5:52	10.2 (54.5%)
439	<b>KRUPINSKI Tomasz</b>	<b>520</b>		M50	68		00:01:11	<b>00:29:23.70</b>	<b>00:30:35.20</b>	+00:13:21 (45.4%)	5:52	10.2 (54.5%)
440	<b>KINSTLER Krzysztof</b>	<b>444</b>		M40	140		00:01:58	<b>00:29:24.45</b>	<b>00:31:22.90</b>	+00:13:22 (45.5%)	5:52	10.2 (54.5%)
441	<b>KIJEWSKI Maciej</b>	<b>441</b>	KABEL TEAM BYDGOSZCZ	M40	141		00:01:02	<b>00:29:24.55</b>	<b>00:30:27.25</b>	+00:13:22 (45.5%)	5:52	10.2 (54.5%)
442	<b>LEWANDOWSKI Maciej</b>	<b>584</b>	MC37	M10	23		00:02:12	<b>00:29:24.80</b>	<b>00:31:37.75</b>	+00:13:22 (45.5%)	5:52	10.2 (54.5%)
443	<b>LEWANDOWSKI Andrzej</b>	<b>578</b>		M40	142		00:01:27	<b>00:29:24.85</b>	<b>00:30:52.55</b>	+00:13:22 (45.5%)	5:52	10.2 (54.5%)
444	<b>ŁUKASIEWICZ Krzysztof</b>	<b>611</b>	MAJA	M40	143		00:01:24	<b>00:29:27.70</b>	<b>00:30:52.05</b>	+00:13:25 (45.6%)	5:53	10.2 (54.5%)
445	<b>LIEGMANN Jakub</b>	<b>592</b>		M40	144		00:01:07	<b>00:29:29.55</b>	<b>00:30:36.90</b>	+00:13:27 (45.6%)	5:53	10.2 (54.5%)
446	<b>KAŁUŻNY Bartłomiej</b>	<b>403</b>		M50	69		00:01:20	<b>00:29:30.75</b>	<b>00:30:51.15</b>	+00:13:28 (45.6%)	5:54	10.2 (54.5%)
447	<b>SZMELTER Michał</b>	<b>1016</b>		M50	70		00:00:42	<b>00:29:31.85</b>	<b>00:30:14.75</b>	+00:13:29 (45.7%)	5:54	10.2 (54.5%)
448	<b>SZCZERBA Krzysztof</b>	<b>1006</b>		M30	136		00:00:40	<b>00:29:32.10</b>	<b>00:30:12.15</b>	+00:13:29 (45.7%)	5:54	10.2 (54.5%)
449	<b>BISKUPSKI Robert</b>	<b>60</b>		M40	145		00:00:38	<b>00:29:32.65</b>	<b>00:30:10.75</b>	+00:13:30 (45.7%)	5:54	10.2 (54.5%)
450	<b>BIAŁEK Łukasz</b>	<b>42</b>	BIEGAJ Z DĘBAMI	M40	146		00:00:33	<b>00:29:34.50</b>	<b>00:30:07.60</b>	+00:13:32 (45.8%)	5:54	10.1 (54.0%)
451	<b>PIĄTKOWSKI Patryk</b>	<b>789</b>		M30	137		00:01:12	<b>00:29:35.30</b>	<b>00:30:47.95</b>	+00:13:32 (45.8%)	5:55	10.1 (54.0%)
452	<b>OLBORSKI Lukasz</b>	<b>740</b>		M30	138		00:00:20	<b>00:29:36.05</b>	<b>00:29:56.40</b>	+00:13:33 (45.8%)	5:55	10.1 (54.0%)
453	<b>STĘPNIK Łukasz</b>	<b>977</b>		M30	139		00:00:36	<b>00:29:36.35</b>	<b>00:30:13.20</b>	+00:13:33 (45.8%)	5:55	10.1 (54.0%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
454	<b>APPEL Karol</b>	<b>9</b>	DŻEM Z KIEŁBASY	M20	53		00:00:31	<b>00:29:36.65</b>	<b>00:30:08.20</b>	+00:13:34 (45.8%)	5:55	10.1 (54.0%)
455	<b>NAPIERAŁA Marcin</b>	<b>713</b>		M40	147		00:00:47	<b>00:29:36.75</b>	<b>00:30:24.35</b>	+00:13:34 (45.8%)	5:55	10.1 (54.0%)
456	<b>GRUBICH Arkadiusz</b>	<b>294</b>		M40	148		00:00:28	<b>00:29:37.15</b>	<b>00:30:05.85</b>	+00:13:34 (45.8%)	5:55	10.1 (54.0%)
457	<b>PARTYKA Dawid</b>	<b>771</b>		M30	140		00:00:23	<b>00:29:41.70</b>	<b>00:30:05.65</b>	+00:13:39 (46.0%)	5:56	10.1 (54.0%)
458	<b>CHMURA Bogusław</b>	<b>103</b>		M30	141		00:01:05	<b>00:29:43.10</b>	<b>00:30:48.55</b>	+00:13:40 (46.0%)	5:56	10.1 (54.0%)
459	<b>SKOPIŃSKI Leszek</b>	<b>1283</b>		M50	71		00:00:15	<b>00:29:43.60</b>	<b>00:29:59.20</b>	+00:13:41 (46.0%)	5:56	10.1 (54.0%)
460	<b>SZKOPIAK Marcin</b>	<b>1013</b>		M50	72		00:00:23	<b>00:29:45.25</b>	<b>00:30:08.70</b>	+00:13:42 (46.1%)	5:57	10.1 (54.0%)
461	<b>MOCZYŃSKI Leszek</b>	<b>687</b>		M60	18		00:01:36	<b>00:29:45.40</b>	<b>00:31:22.00</b>	+00:13:42 (46.1%)	5:57	10.1 (54.0%)
462	<b>CZAJKOWSKI Adam</b>	<b>1214</b>		M50	73		00:02:11	<b>00:29:45.60</b>	<b>00:31:57.05</b>	+00:13:43 (46.1%)	5:57	10.1 (54.0%)
463	<b>WALCZAK Mariusz Marek</b>	<b>1082</b>		M60	19		00:00:34	<b>00:29:45.80</b>	<b>00:30:19.80</b>	+00:13:43 (46.1%)	5:57	10.1 (54.0%)
464	<b>CZARNY Ryszard</b>	<b>127</b>		M60	20		00:00:42	<b>00:29:46.95</b>	<b>00:30:29.90</b>	+00:13:44 (46.1%)	5:57	10.1 (54.0%)
465	<b>SIEKIERKOWSKI Piotr</b>	<b>929</b>		M40	149		00:00:41	<b>00:29:47.65</b>	<b>00:30:28.95</b>	+00:13:45 (46.2%)	5:57	10.1 (54.0%)
466	<b>KĘSIK Roman</b>	<b>436</b>	13 WOG GRUDZIĄDZ	M50	74		00:01:01	<b>00:29:47.85</b>	<b>00:30:48.85</b>	+00:13:45 (46.2%)	5:57	10.1 (54.0%)
467	<b>RACHWALSKI Zbigniew</b>	<b>856</b>		M50	75		00:00:51	<b>00:29:48.50</b>	<b>00:30:39.95</b>	+00:13:46 (46.2%)	5:57	10.1 (54.0%)
468	<b>NOWACKI Rafał</b>	<b>725</b>	RAKIETA ZAMOŚĆ	M50	76		00:01:18	<b>00:29:50.30</b>	<b>00:31:08.30</b>	+00:13:47 (46.2%)	5:58	10.1 (54.0%)
469	<b>ŁADNIAK Dariusz</b>	<b>602</b>	RUNMORS	M40	150		00:00:22	<b>00:29:51.20</b>	<b>00:30:13.35</b>	+00:13:48 (46.3%)	5:58	10.1 (54.0%)
470	<b>SZCZĘSNY Arkadiusz</b>	<b>1008</b>	DYNAMO SKARPA	M40	151		00:00:33	<b>00:29:51.60</b>	<b>00:30:24.70</b>	+00:13:49 (46.3%)	5:58	10.1 (54.0%)
471	<b>POLAKOWSKI Tomasz</b>	<b>1264</b>		M30	142		00:00:21	<b>00:29:52.20</b>	<b>00:30:13.25</b>	+00:13:49 (46.3%)	5:58	10 (53.5%)
472	<b>REDELBACH Maciej</b>	<b>877</b>		M30	143		00:02:09	<b>00:29:53.20</b>	<b>00:32:02.55</b>	+00:13:50 (46.3%)	5:58	10 (53.5%)
473	<b>JANKOWSKI Konrad</b>	<b>348</b>		M20	54		00:01:45	<b>00:29:53.30</b>	<b>00:31:38.35</b>	+00:13:50 (46.3%)	5:58	10 (53.5%)
474	<b>SOSNA Mikołaj</b>	<b>960</b>	SOSNA START	M40	152		00:02:08	<b>00:29:55.20</b>	<b>00:32:03.70</b>	+00:13:52 (46.4%)	5:59	10 (53.5%)
475	<b>SCHMIDT Marcin</b>	<b>919</b>	BB ACTIVE TEAM	M40	153		00:01:19	<b>00:29:57.95</b>	<b>00:31:17.55</b>	+00:13:55 (46.5%)	5:59	10 (53.5%)
476	<b>GOTOWICZ Mariusz</b>	<b>270</b>	KDP GOTOWICZ	M60	21		00:00:56	<b>00:29:58.45</b>	<b>00:30:55.40</b>	+00:13:56 (46.5%)	5:59	10 (53.5%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
477	<b>SIUDA Bartosz</b>	<b>936</b>	RECONEXT_TEAM	M40	154		00:00:27	<b>00:29:59.15</b>	<b>00:30:26.15</b>	+00:13:56 (46.5%)	5:59	10 (53.5%)
478	<b>SIUDA Marek</b>	<b>937</b>		M50	77		00:01:44	<b>00:29:59.70</b>	<b>00:31:44.30</b>	+00:13:57 (46.5%)	5:59	10 (53.5%)
479	<b>SCIGOCKI Waldemar</b>	<b>921</b>		M50	78		00:01:11	<b>00:30:00.50</b>	<b>00:31:12.20</b>	+00:13:58 (46.5%)	6:00	10 (53.5%)
480	<b>ZAREMBA Tomasz</b>	<b>1168</b>		M20	55		00:00:46	<b>00:30:03.70</b>	<b>00:30:50.05</b>	+00:14:01 (46.6%)	6:00	10 (53.5%)
481	<b>PODOLSKI Mariusz</b>	<b>1211</b>	MATTRA	M30	144		00:02:04	<b>00:30:03.85</b>	<b>00:32:07.85</b>	+00:14:01 (46.6%)	6:00	10 (53.5%)
482	<b>ZGÓRSKI Maciej</b>	<b>1173</b>		M40	155		00:00:50	<b>00:30:04.45</b>	<b>00:30:55.40</b>	+00:14:02 (46.7%)	6:00	10 (53.5%)
483	<b>JASIENIECKI Piotr</b>	<b>362</b>		M50	79		00:00:30	<b>00:30:08.50</b>	<b>00:30:39.20</b>	+00:14:06 (46.8%)	6:01	10 (53.5%)
484	<b>SKONIECZKA Piotr</b>	<b>942</b>		M30	145		00:01:09	<b>00:30:10.90</b>	<b>00:31:20.15</b>	+00:14:08 (46.9%)	6:02	9.9 (52.9%)
485	<b>MALINOWSKI Przemysław</b>	<b>628</b>		M50	80		00:00:19	<b>00:30:13.50</b>	<b>00:30:32.65</b>	+00:14:11 (46.9%)	6:02	9.9 (52.9%)
486	<b>WOLNY Tomasz</b>	<b>1141</b>		M40	156		00:00:03	<b>00:30:13.80</b>	<b>00:30:17.65</b>	+00:14:11 (46.9%)	6:02	9.9 (52.9%)
487	<b>KOCIŃSKI Dawid</b>	<b>458</b>	BK	M20	56		00:02:12	<b>00:30:14.95</b>	<b>00:32:27.85</b>	+00:14:12 (47.0%)	6:02	9.9 (52.9%)
488	<b>JAKUBCZAK Łukasz</b>	<b>337</b>		M40	157		00:00:38	<b>00:30:15.50</b>	<b>00:30:54.30</b>	+00:14:13 (47.0%)	6:03	9.9 (52.9%)
489	<b>DUDEK Dawid</b>	<b>181</b>	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M40	158		00:01:17	<b>00:30:15.80</b>	<b>00:31:32.80</b>	+00:14:13 (47.0%)	6:03	9.9 (52.9%)
490	<b>STRUGAŁA Łukasz</b>	<b>981</b>		M30	146		00:01:11	<b>00:30:16.45</b>	<b>00:31:28.00</b>	+00:14:14 (47.0%)	6:03	9.9 (52.9%)
491	<b>MRUKOWSKA Mikołaj</b>	<b>693</b>		M20	57		00:01:00	<b>00:30:20.45</b>	<b>00:31:20.95</b>	+00:14:18 (47.1%)	6:04	9.9 (52.9%)
492	<b>MURAWSKI Marcin</b>	<b>697</b>		M20	58		00:01:46	<b>00:30:21.55</b>	<b>00:32:07.75</b>	+00:14:19 (47.2%)	6:04	9.9 (52.9%)
493	<b>BARTCZAK Wiktor</b>	<b>33</b>		M10	24		00:01:33	<b>00:30:25.85</b>	<b>00:31:59.60</b>	+00:14:23 (47.3%)	6:05	9.9 (52.9%)
494	<b>CZARNECKI Sławomir</b>	<b>126</b>		M40	159		00:01:08	<b>00:30:27.80</b>	<b>00:31:36.05</b>	+00:14:25 (47.3%)	6:05	9.9 (52.9%)
495	<b>GROCHOCKI Daniel</b>	<b>290</b>		M20	59		00:01:24	<b>00:30:29.60</b>	<b>00:31:53.95</b>	+00:14:27 (47.4%)	6:05	9.8 (52.4%)
496	<b>RĘDZINA Michał</b>	<b>882</b>	ŚLIMAKI RĘDZINIAKI	M40	160		00:01:06	<b>00:30:29.95</b>	<b>00:31:35.95</b>	+00:14:27 (47.4%)	6:05	9.8 (52.4%)
497	<b>RATAJCZAK Hubert</b>	<b>874</b>		M10	25		00:02:03	<b>00:30:30.35</b>	<b>00:32:33.90</b>	+00:14:27 (47.4%)	6:06	9.8 (52.4%)
498	<b>GŁOWACKI Kamil</b>	<b>257</b>		M20	60		00:00:29	<b>00:30:32.15</b>	<b>00:31:01.50</b>	+00:14:29 (47.5%)	6:06	9.8 (52.4%)
499	<b>BARTCZAK Radosław</b>	<b>32</b>		M30	147		00:01:33	<b>00:30:33.00</b>	<b>00:32:06.75</b>	+00:14:30 (47.5%)	6:06	9.8 (52.4%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
500	KARSKI Hubert	420		M60	22		00:01:39	00:30:35.05	00:32:14.15	+00:14:32 (47.6%)	6:07	9.8 (52.4%)
501	WASIELEWSKI Karol	1089		M20	61		00:01:08	00:30:38.45	00:31:47.20	+00:14:36 (47.6%)	6:07	9.8 (52.4%)
502	WOJCIESZAK Dariusz	1135		M50	81		00:01:20	00:30:39.05	00:31:59.90	+00:14:36 (47.7%)	6:07	9.8 (52.4%)
503	PECHE Marek	782		M40	161		00:00:16	00:30:40.75	00:30:56.80	+00:14:38 (47.7%)	6:08	9.8 (52.4%)
504	PILCH Ariel	811	BYDGOSZCZ	M40	162		00:02:00	00:30:44.55	00:32:44.85	+00:14:42 (47.8%)	6:08	9.8 (52.4%)
505	BANDOCH Jacek	23		M30	148		00:01:47	00:30:48.20	00:32:35.50	+00:14:45 (47.9%)	6:09	9.7 (51.9%)
506	WICHROWSKI Jarosław	1102		M50	82		00:01:23	00:30:49.25	00:32:12.95	+00:14:46 (48.0%)	6:09	9.7 (51.9%)
507	WOJTCAK Arkadiusz	1137		M30	149		00:00:52	00:30:50.00	00:31:42.55	+00:14:47 (48.0%)	6:10	9.7 (51.9%)
508	SZYMCZYK Radosław	1029	SOLANKOWI BIEGACZE	M50	83		00:01:00	00:30:50.40	00:31:50.70	+00:14:47 (48.0%)	6:10	9.7 (51.9%)
509	MIKOŁAJEWSKI Piotr	673		M40	163		00:00:52	00:30:50.95	00:31:43.45	+00:14:48 (48.0%)	6:10	9.7 (51.9%)
510	TYBURSKI Mariusz	1067		M30	150		00:01:42	00:30:52.65	00:32:34.75	+00:14:50 (48.1%)	6:10	9.7 (51.9%)
511	KUZNIAR Daniel	549	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M40	164		00:00:05	00:30:54.05	00:30:59.75	+00:14:51 (48.1%)	6:10	9.7 (51.9%)
512	DOMŻALSKI Marek	167		M50	84		00:01:28	00:30:55.95	00:32:24.65	+00:14:53 (48.1%)	6:11	9.7 (51.9%)
512	BARANOWSKI Wojciech	26		M30	151		00:02:07	00:30:55.95	00:33:03.50	+00:14:53 (48.1%)	6:11	9.7 (51.9%)
514	ĆWIKLIŃSKI Kacper	135		M20	62		00:00:41	00:30:59.05	00:31:40.10	+00:14:56 (48.2%)	6:11	9.7 (51.9%)
515	RZHEVSKA Andrii	1266		M30	152		00:00:19	00:30:59.95	00:31:19.00	+00:14:57 (48.3%)	6:11	9.7 (51.9%)
516	KLINIEWSKI Piotr	449		M50	85		00:02:00	00:31:02.50	00:33:03.20	+00:15:00 (48.3%)	6:12	9.7 (51.9%)
517	PRZYBYSZ Ignacy	841		M10	26		00:01:30	00:31:03.60	00:32:34.50	+00:15:01 (48.4%)	6:12	9.7 (51.9%)
518	DANIELEK Piotr	141		M40	165		00:01:52	00:31:05.50	00:32:57.75	+00:15:03 (48.4%)	6:13	9.7 (51.9%)
519	GACKOWSKI Artur	218	OD JUTRA NIE BIEGAM	M50	86		00:02:00	00:31:07.30	00:33:07.60	+00:15:04 (48.5%)	6:13	9.6 (51.3%)
520	CHROBAK Przemysław	108		M40	166		00:00:52	00:31:07.50	00:32:00.40	+00:15:05 (48.5%)	6:13	9.6 (51.3%)
521	BAKOWSKI Mikołaj	1213		M20	63		00:00:00	00:31:11.60	00:31:11.60	+00:15:09 (48.6%)	6:14	9.6 (51.3%)
522	JANUSZEWSKI Marcin	354		M40	167		00:01:04	00:31:16.15	00:32:20.40	+00:15:13 (48.7%)	6:15	9.6 (51.3%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
523	<b>PISKRZYŃSKI Krzysztof</b>	<b>819</b>		M40	168		00:02:00	<b>00:31:16.85</b>	<b>00:33:17.15</b>	+00:15:14 (48.7%)	6:15	9.6 (51.3%)
524	<b>JABŁOŃSKI Michał</b>	<b>1260</b>		M30	153		00:01:55	<b>00:31:17.45</b>	<b>00:33:13.10</b>	+00:15:15 (48.7%)	6:15	9.6 (51.3%)
525	<b>LEPCZYŃSKI Przemysław</b>	<b>567</b>		M30	154		00:01:27	<b>00:31:20.90</b>	<b>00:32:48.65</b>	+00:15:18 (48.8%)	6:16	9.6 (51.3%)
526	<b>BADOWSKI Krzysztof</b>	<b>16</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M60	23		00:00:14	<b>00:31:27.50</b>	<b>00:31:42.00</b>	+00:15:25 (49.0%)	6:17	9.5 (50.8%)
527	<b>ZUBRYCKI Łukasz</b>	<b>1228</b>		M30	155		00:00:43	<b>00:31:29.50</b>	<b>00:32:13.45</b>	+00:15:27 (49.1%)	6:17	9.5 (50.8%)
528	<b>PRYBIŃSKI Wojciech</b>	<b>1224</b>		M20	64		00:01:39	<b>00:31:32.00</b>	<b>00:33:11.75</b>	+00:15:29 (49.1%)	6:18	9.5 (50.8%)
529	<b>SZYMAŃSKI Radosław</b>	<b>1025</b>		M20	65		00:01:12	<b>00:31:33.85</b>	<b>00:32:46.35</b>	+00:15:31 (49.2%)	6:18	9.5 (50.8%)
530	<b>JASIONOWSKI Tomasz</b>	<b>368</b>		M30	156		00:01:43	<b>00:31:34.75</b>	<b>00:33:18.00</b>	+00:15:32 (49.2%)	6:18	9.5 (50.8%)
531	<b>PAWELEC Sebastian</b>	<b>776</b>		M20	66		00:01:23	<b>00:31:38.35</b>	<b>00:33:01.65</b>	+00:15:35 (49.3%)	6:19	9.5 (50.8%)
532	<b>ZHURAVEL Yevhenii</b>	<b>1174</b>		M30	157		00:03:11	<b>00:31:38.45</b>	<b>00:34:49.65</b>	+00:15:36 (49.3%)	6:19	9.5 (50.8%)
533	<b>NAUMCHYK Ihar</b>	<b>715</b>		M50	87		00:01:23	<b>00:31:41.55</b>	<b>00:33:05.15</b>	+00:15:39 (49.4%)	6:20	9.5 (50.8%)
534	<b>KORWEL Robert</b>	<b>477</b>		M40	169		00:01:16	<b>00:31:42.40</b>	<b>00:32:58.40</b>	+00:15:39 (49.4%)	6:20	9.5 (50.8%)
535	<b>WALICHNOWSKI Mateusz</b>	<b>1282</b>		M30	158		00:01:14	<b>00:31:42.90</b>	<b>00:32:56.90</b>	+00:15:40 (49.4%)	6:20	9.5 (50.8%)
536	<b>DWOJACZNY Jakub</b>	<b>1299</b>		M40	170		00:00:03	<b>00:31:43.20</b>	<b>00:31:47.05</b>	+00:15:40 (49.4%)	6:20	9.5 (50.8%)
537	<b>ŁUDZIŃSKI Jakub</b>	<b>609</b>		M30	159		00:02:08	<b>00:31:44.60</b>	<b>00:33:53.10</b>	+00:15:42 (49.5%)	6:20	9.5 (50.8%)
538	<b>KUKLIŃSKI Rafał</b>	<b>542</b>		M40	171		00:00:37	<b>00:31:45.40</b>	<b>00:32:22.80</b>	+00:15:42 (49.5%)	6:21	9.4 (50.3%)
539	<b>KUMÓR Sebastian</b>	<b>547</b>		M30	160		00:01:00	<b>00:31:48.70</b>	<b>00:32:49.30</b>	+00:15:46 (49.6%)	6:21	9.4 (50.3%)
540	<b>ZIELIŃSKI Marek</b>	<b>1179</b>		M60	24		00:01:17	<b>00:31:48.75</b>	<b>00:33:06.30</b>	+00:15:46 (49.6%)	6:21	9.4 (50.3%)
541	<b>JOACHIMIAK Mateusz</b>	<b>382</b>		M30	161		00:00:39	<b>00:31:49.40</b>	<b>00:32:28.45</b>	+00:15:46 (49.6%)	6:21	9.4 (50.3%)
542	<b>TUROWSKI Grzegorz</b>	<b>1064</b>		M40	172		00:01:30	<b>00:31:52.00</b>	<b>00:33:22.65</b>	+00:15:49 (49.7%)	6:22	9.4 (50.3%)
543	<b>GIZA Lukasz</b>	<b>243</b>		M30	162		00:00:21	<b>00:31:52.80</b>	<b>00:32:13.80</b>	+00:15:50 (49.7%)	6:22	9.4 (50.3%)
544	<b>GRAF Aleks</b>	<b>279</b>		M10	27		00:00:16	<b>00:31:54.15</b>	<b>00:32:10.65</b>	+00:15:51 (49.7%)	6:22	9.4 (50.3%)
545	<b>PAWLACZYK Szymon</b>	<b>777</b>		M30	163		00:00:16	<b>00:31:54.20</b>	<b>00:32:10.95</b>	+00:15:51 (49.7%)	6:22	9.4 (50.3%)



Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
546	SITARZ Damian	935		M20	67		00:00:33	00:31:55.20	00:32:28.65	+00:15:52 (49.7%)	6:23	9.4 (50.3%)
547	WILK Dawid	1108		M30	164		00:01:05	00:31:55.35	00:33:00.40	+00:15:52 (49.8%)	6:23	9.4 (50.3%)
548	KASPRZAK Wojciech	1252		M40	173		00:00:35	00:31:58.10	00:32:33.20	+00:15:55 (49.8%)	6:23	9.4 (50.3%)
549	JASIŃSKI Grzegorz	365	JASINSKI.IT	M50	88		00:01:10	00:32:00.30	00:33:10.70	+00:15:57 (49.9%)	6:24	9.4 (50.3%)
550	GŁOWACKI Robert	253		M40	174		00:00:35	00:32:00.40	00:32:35.95	+00:15:57 (49.9%)	6:24	9.4 (50.3%)
551	LEWANDOWSKI Igor	580	FUNDACJA CZAS NA BYDGOSZCZ	M10	28		00:00:56	00:32:00.75	00:32:57.35	+00:15:58 (49.9%)	6:24	9.4 (50.3%)
552	PREUSS Daniel	831		M50	89		00:01:19	00:32:02.05	00:33:21.10	+00:15:59 (49.9%)	6:24	9.4 (50.3%)
553	JASIŃSKI Kacper	366	JASINSKI.IT	M50	90		00:01:09	00:32:08.05	00:33:17.85	+00:16:05 (50.1%)	6:25	9.3 (49.7%)
554	KEMPA Marek	431		M50	91		00:01:21	00:32:08.25	00:33:29.30	+00:16:05 (50.1%)	6:25	9.3 (49.7%)
555	ASTUKIEWICZ Tomasz	14		M50	92		00:00:30	00:32:08.70	00:32:39.65	+00:16:06 (50.1%)	6:25	9.3 (49.7%)
556	ŻUCHOWSKI Dariusz	1243	TKKF KOLEJARZ	M50	93		00:00:00	00:32:11.80	00:32:11.80	+00:16:09 (50.2%)	6:26	9.3 (49.7%)
557	PIECZYŃSKI Marek	796		M50	94		00:00:51	00:32:18.05	00:33:09.30	+00:16:15 (50.3%)	6:27	9.3 (49.7%)
558	KOSNOWICZ Krzysztof	479		M40	175		00:00:45	00:32:18.15	00:33:03.85	+00:16:15 (50.3%)	6:27	9.3 (49.7%)
559	STOIŃSKI Paweł	978		M30	165		00:02:06	00:32:19.30	00:34:25.30	+00:16:16 (50.4%)	6:27	9.3 (49.7%)
560	FILAR Michał	205	CDI BYDGOSZCZ	M30	166		00:00:43	00:32:21.55	00:33:05.35	+00:16:19 (50.4%)	6:28	9.3 (49.7%)
561	KRUTUL Maciej	523	AMATOR	M60	25		00:01:28	00:32:21.75	00:33:50.55	+00:16:19 (50.4%)	6:28	9.3 (49.7%)
562	HALAREWICZ Artur	309		M40	176		00:01:02	00:32:24.00	00:33:26.75	+00:16:21 (50.5%)	6:28	9.3 (49.7%)
563	DŁUGOBORSKI Cezary	155		M10	29		00:01:26	00:32:27.80	00:33:54.25	+00:16:25 (50.6%)	6:29	9.2 (49.2%)
564	GŁAŻEWSKI Łukasz	248		M30	167		00:01:26	00:32:28.10	00:33:54.85	+00:16:25 (50.6%)	6:29	9.2 (49.2%)
565	DOBIJA Jakub	158		M30	168		00:02:03	00:32:30.10	00:34:33.40	+00:16:27 (50.6%)	6:30	9.2 (49.2%)
566	JAROCHA Michał	357		M30	169		00:00:11	00:32:30.40	00:32:42.20	+00:16:27 (50.7%)	6:30	9.2 (49.2%)
567	DALKIEWICZ Igor	137		M30	170		00:00:27	00:32:32.20	00:32:59.20	+00:16:29 (50.7%)	6:30	9.2 (49.2%)
568	LELONKIEWICZ Krzysztof	565		M50	95		00:00:45	00:32:33.05	00:33:18.45	+00:16:30 (50.7%)	6:30	9.2 (49.2%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
569	WIŚNIEWSKI Marek	1118		M60	26		00:00:37	00:32:33.35	00:33:10.60	+00:16:30 (50.7%)	6:30	9.2 (49.2%)
570	MUSIAŁ Artur	698		M50	96		00:01:12	00:32:42.00	00:33:54.00	+00:16:39 (50.9%)	6:32	9.2 (49.2%)
571	GROBELNY Michał	289		M30	171		00:01:47	00:32:45.60	00:34:32.90	+00:16:43 (51.0%)	6:33	9.2 (49.2%)
572	WESOŁOWSKI Dariusz	1097		M50	97		00:00:55	00:32:45.95	00:33:41.90	+00:16:43 (51.0%)	6:33	9.2 (49.2%)
573	STACHOWICZ Karol	1220		M30	172		00:01:51	00:32:47.05	00:34:38.10	+00:16:44 (51.1%)	6:33	9.2 (49.2%)
574	KAZUBOWSKI Jeremiasz	426	KAZUBKI TEAM	M20	68		00:00:14	00:32:50.15	00:33:04.40	+00:16:47 (51.1%)	6:34	9.1 (48.7%)
575	KAŁUŻNY Jakub	404		M50	98		00:00:00	00:32:51.70	00:32:51.70	+00:16:49 (51.2%)	6:34	9.1 (48.7%)
576	SOBIECH Karol	953		M30	173		00:01:42	00:32:55.20	00:34:37.45	+00:16:52 (51.3%)	6:35	9.1 (48.7%)
577	BAKAJ Radosław	20		M30	174		00:01:41	00:32:55.60	00:34:37.45	+00:16:53 (51.3%)	6:35	9.1 (48.7%)
578	DOLATA Rafał	161		M40	177		00:01:35	00:33:01.75	00:34:37.35	+00:16:59 (51.4%)	6:36	9.1 (48.7%)
579	GOZDECKI Łukasz	271		M30	175		00:00:22	00:33:03.75	00:33:25.95	+00:17:01 (51.5%)	6:36	9.1 (48.7%)
580	CHĘSY Jacek	98		M40	178		00:01:25	00:33:07.00	00:34:32.25	+00:17:04 (51.6%)	6:37	9.1 (48.7%)
581	RZEP CZYŃSKI Tomasz	910	REPUBLIKA	M40	179		00:00:33	00:33:11.70	00:33:45.15	+00:17:09 (51.7%)	6:38	9 (48.1%)
582	ŚWIEŻEWSKI Wojciech	1045	-----	M10	30		00:00:56	00:33:12.90	00:34:09.80	+00:17:10 (51.7%)	6:38	9 (48.1%)
583	JANKOWSKI Krzysztof	347	BTP	M30	176		00:00:00	00:33:16.65	00:33:16.65	+00:17:14 (51.8%)	6:39	9 (48.1%)
584	KUGLARZ Dominik	541		M40	180		00:01:05	00:33:18.50	00:34:24.25	+00:17:16 (51.8%)	6:39	9 (48.1%)
585	MALINOWSKI Jakub	629		M18	7		00:00:20	00:33:20.00	00:33:40.05	+00:17:17 (51.9%)	6:40	9 (48.1%)
586	KASZUBOWSKI Daniel	424		M30	177		00:01:55	00:33:20.80	00:35:15.85	+00:17:18 (51.9%)	6:40	9 (48.1%)
587	KOTECKI Marcin	482	GANG KOCURA	M40	181		00:01:02	00:33:21.05	00:34:23.95	+00:17:18 (51.9%)	6:40	9 (48.1%)
588	FABROWSKI Dawid	196	TRITATA OCHALTEAM	M40	182		00:02:01	00:33:23.90	00:35:25.45	+00:17:21 (52.0%)	6:40	9 (48.1%)
589	KRUK Łukasz	518		M10	31		00:01:16	00:33:26.40	00:34:43.15	+00:17:23 (52.0%)	6:41	9 (48.1%)
590	HUZARSKI Jarosław	322		M40	183		00:01:24	00:33:35.30	00:34:59.75	+00:17:32 (52.2%)	6:43	8.9 (47.6%)
591	BONDARCZYK Filip	1206		M20	69		00:01:09	00:33:36.30	00:34:45.80	+00:17:33 (52.3%)	6:43	8.9 (47.6%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
592	<b>DOLNY Andrzej</b>	<b>1241</b>		M40	184		00:01:21	<b>00:33:38.35</b>	<b>00:34:59.65</b>	+00:17:35 (52.3%)	6:43	8.9 (47.6%)
593	<b>SZULAKOWSKI Rafał</b>	<b>1021</b>	TERENOWA MASAKRA BYDGOSZCZ	M40	185		00:01:33	<b>00:33:46.70</b>	<b>00:35:19.75</b>	+00:17:44 (52.5%)	6:45	8.9 (47.6%)
594	<b>RETKOWSKI Damian</b>	<b>1273</b>		M30	178		00:01:50	<b>00:33:48.95</b>	<b>00:35:39.40</b>	+00:17:46 (52.6%)	6:45	8.9 (47.6%)
595	<b>WIŚNIEWSKI Adrian</b>	<b>1116</b>		M20	70		00:01:48	<b>00:33:49.95</b>	<b>00:35:38.65</b>	+00:17:47 (52.6%)	6:45	8.9 (47.6%)
596	<b>NOWAKOWSKI Łukasz</b>	<b>731</b>		M30	179		00:01:21	<b>00:33:52.65</b>	<b>00:35:13.70</b>	+00:17:50 (52.7%)	6:46	8.9 (47.6%)
597	<b>RESZKE Mateusz</b>	<b>881</b>		M20	71		00:00:43	<b>00:33:57.45</b>	<b>00:34:40.55</b>	+00:17:55 (52.8%)	6:47	8.8 (47.1%)
598	<b>ŁUDZIŃSKI Marek</b>	<b>610</b>		M60	27		00:02:09	<b>00:34:03.60</b>	<b>00:36:12.85</b>	+00:18:01 (52.9%)	6:48	8.8 (47.1%)
599	<b>RATAJCZAK Arkadiusz</b>	<b>873</b>	MKS 63	M50	99		00:00:49	<b>00:34:04.60</b>	<b>00:34:54.15</b>	+00:18:02 (52.9%)	6:48	8.8 (47.1%)
600	<b>DWORNIK Radosław</b>	<b>186</b>		M50	100		00:02:08	<b>00:34:04.90</b>	<b>00:36:13.35</b>	+00:18:02 (52.9%)	6:48	8.8 (47.1%)
601	<b>CIEPŁOWSKI Robert</b>	<b>1261</b>		M40	186		00:01:36	<b>00:34:06.35</b>	<b>00:35:42.55</b>	+00:18:03 (53.0%)	6:49	8.8 (47.1%)
602	<b>TYKWIŃSKI Maciej</b>	<b>1069</b>		M30	180		00:01:36	<b>00:34:06.85</b>	<b>00:35:42.90</b>	+00:18:04 (53.0%)	6:49	8.8 (47.1%)
603	<b>DORNIAK Krzysztof</b>	<b>173</b>		M50	101		00:01:09	<b>00:34:08.15</b>	<b>00:35:17.20</b>	+00:18:05 (53.0%)	6:49	8.8 (47.1%)
604	<b>CHMIELEWSKI Michał</b>	<b>102</b>		M40	187		00:00:42	<b>00:34:08.25</b>	<b>00:34:50.95</b>	+00:18:05 (53.0%)	6:49	8.8 (47.1%)
605	<b>BROŻYNIAK Michał</b>	<b>72</b>		M40	188		00:01:10	<b>00:34:08.80</b>	<b>00:35:19.10</b>	+00:18:06 (53.0%)	6:49	8.8 (47.1%)
606	<b>NIEMCZYK Piotr</b>	<b>1276</b>		M18	8		00:01:41	<b>00:34:09.10</b>	<b>00:35:50.40</b>	+00:18:06 (53.0%)	6:49	8.8 (47.1%)
607	<b>BAKAJ Mariusz</b>	<b>21</b>		M40	189		00:01:42	<b>00:34:11.95</b>	<b>00:35:54.55</b>	+00:18:09 (53.1%)	6:50	8.8 (47.1%)
608	<b>ISKRA Marcel</b>	<b>328</b>		M10	32		00:00:18	<b>00:34:17.55</b>	<b>00:34:35.90</b>	+00:18:15 (53.2%)	6:51	8.8 (47.1%)
609	<b>ISKRA Jacek</b>	<b>329</b>		M50	102		00:00:17	<b>00:34:17.65</b>	<b>00:34:35.60</b>	+00:18:15 (53.2%)	6:51	8.8 (47.1%)
610	<b>KOPIEC Mateusz</b>	<b>473</b>		M30	181		00:01:22	<b>00:34:18.05</b>	<b>00:35:40.15</b>	+00:18:15 (53.2%)	6:51	8.7 (46.5%)
611	<b>JASINSKI Maciej</b>	<b>363</b>		M40	190		00:01:32	<b>00:34:18.10</b>	<b>00:35:50.30</b>	+00:18:15 (53.2%)	6:51	8.7 (46.5%)
612	<b>STOŻEK Michał</b>	<b>980</b>		M40	191		00:02:02	<b>00:34:23.60</b>	<b>00:36:25.95</b>	+00:18:21 (53.4%)	6:52	8.7 (46.5%)
613	<b>PRĘDKI Jarosław</b>	<b>832</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M20	72		00:01:59	<b>00:34:24.15</b>	<b>00:36:23.45</b>	+00:18:21 (53.4%)	6:52	8.7 (46.5%)
614	<b>ADRYCH Karol</b>	<b>2</b>		M40	192		00:01:50	<b>00:34:26.15</b>	<b>00:36:16.25</b>	+00:18:23 (53.4%)	6:53	8.7 (46.5%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
615	<b>PIECHOCIŃSKI Jarosław</b>	<b>1212</b>	RINO	M60	28		00:01:19	<b>00:34:27.10</b>	<b>00:35:46.50</b>	+00:18:24 (53.4%)	6:53	8.7 (46.5%)
616	<b>BUZA Szymon</b>	<b>88</b>		M30	182		00:00:52	<b>00:34:31.15</b>	<b>00:35:23.65</b>	+00:18:28 (53.5%)	6:54	8.7 (46.5%)
617	<b>UMIŃSKI Paweł</b>	<b>1281</b>		M40	193		00:01:47	<b>00:34:32.20</b>	<b>00:36:20.05</b>	+00:18:29 (53.6%)	6:54	8.7 (46.5%)
618	<b>RASZTUBOWICZ Tymoteusz</b>	<b>869</b>	MKS SP 63	M10	33		00:01:32	<b>00:34:33.10</b>	<b>00:36:05.40</b>	+00:18:30 (53.6%)	6:54	8.7 (46.5%)
619	<b>KWIATKOWSKI Roman</b>	<b>561</b>		M60	29		00:00:13	<b>00:34:33.50</b>	<b>00:34:46.80</b>	+00:18:31 (53.6%)	6:54	8.7 (46.5%)
620	<b>PUDO Wojciech</b>	<b>845</b>		M20	73		00:00:54	<b>00:34:38.00</b>	<b>00:35:32.70</b>	+00:18:35 (53.7%)	6:55	8.7 (46.5%)
621	<b>JAWORSKI Janusz</b>	<b>372</b>		M60	30		00:01:12	<b>00:34:38.80</b>	<b>00:35:50.90</b>	+00:18:36 (53.7%)	6:55	8.7 (46.5%)
622	<b>FIUT Kazimierz</b>	<b>207</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M60	31		00:01:49	<b>00:34:43.40</b>	<b>00:36:32.95</b>	+00:18:40 (53.8%)	6:56	8.6 (46.0%)
623	<b>BURDAK Janusz</b>	<b>84</b>		M50	103		00:01:56	<b>00:34:49.80</b>	<b>00:36:45.95</b>	+00:18:47 (53.9%)	6:57	8.6 (46.0%)
624	<b>ALEXANDER Marek</b>	<b>4</b>		M50	104		00:01:49	<b>00:34:54.00</b>	<b>00:36:43.65</b>	+00:18:51 (54.0%)	6:58	8.6 (46.0%)
625	<b>MUSIAŁ Łukasz</b>	<b>699</b>		M30	183		00:01:47	<b>00:34:54.50</b>	<b>00:36:41.55</b>	+00:18:52 (54.0%)	6:58	8.6 (46.0%)
626	<b>ŚWIERCZYŃSKI Michał</b>	<b>1040</b>		M40	194		00:01:53	<b>00:34:55.40</b>	<b>00:36:49.30</b>	+00:18:52 (54.1%)	6:59	8.6 (46.0%)
627	<b>KRAJEWSKI Adam</b>	<b>506</b>		M50	105		00:01:54	<b>00:35:02.70</b>	<b>00:36:56.85</b>	+00:19:00 (54.2%)	7:00	8.6 (46.0%)
628	<b>JANKOWSKI Rafał</b>	<b>344</b>		M50	106		00:02:02	<b>00:35:06.40</b>	<b>00:37:08.75</b>	+00:19:03 (54.3%)	7:01	8.5 (45.5%)
629	<b>WOJCIECHOWSKI Krzysztof</b>	<b>1134</b>		M30	184		00:01:50	<b>00:35:08.05</b>	<b>00:36:58.95</b>	+00:19:05 (54.3%)	7:01	8.5 (45.5%)
630	<b>WITKOWSKI Marcin</b>	<b>1123</b>		M20	74		00:01:49	<b>00:35:13.55</b>	<b>00:37:02.55</b>	+00:19:11 (54.5%)	7:02	8.5 (45.5%)
631	<b>MARCINIAK Oskar</b>	<b>639</b>	TRIŚWINKI TEAM	M40	195		00:01:30	<b>00:35:17.90</b>	<b>00:36:48.70</b>	+00:19:15 (54.6%)	7:03	8.5 (45.5%)
632	<b>WAWRZYNIAK Andrzej</b>	<b>1091</b>	22. ODN	M60	32		00:01:07	<b>00:35:20.30</b>	<b>00:36:27.45</b>	+00:19:17 (54.6%)	7:04	8.5 (45.5%)
633	<b>WIELGOSZ Jakub</b>	<b>1277</b>	EMDEK BYDGOSZCZ	M18	9		00:01:42	<b>00:35:20.95</b>	<b>00:37:03.20</b>	+00:19:18 (54.6%)	7:04	8.5 (45.5%)
634	<b>CZURYK Bartosz</b>	<b>132</b>	CZECZURO TEAM	M40	196		00:00:59	<b>00:35:21.50</b>	<b>00:36:20.70</b>	+00:19:19 (54.6%)	7:04	8.5 (45.5%)
635	<b>GRZELAK Tadeusz</b>	<b>1233</b>		M60	33		00:01:41	<b>00:35:22.00</b>	<b>00:37:03.30</b>	+00:19:19 (54.6%)	7:04	8.5 (45.5%)
636	<b>HULAJ Janek</b>	<b>320</b>		M20	75		00:01:22	<b>00:35:23.90</b>	<b>00:36:46.65</b>	+00:19:21 (54.7%)	7:04	8.5 (45.5%)
637	<b>PAWLAK Julian</b>	<b>779</b>		M10	34		00:00:00	<b>00:35:23.95</b>	<b>00:35:23.95</b>	+00:19:21 (54.7%)	7:04	8.5 (45.5%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
638	<b>GRUSZKA Marek</b>	<b>296</b>	NIEZRZESZONY	M60	34		00:00:29	<b>00:35:24.75</b>	<b>00:35:54.55</b>	+00:19:22 (54.7%)	7:04	8.5 (45.5%)
639	<b>GRZELAK Łukasz</b>	<b>1232</b>		M40	197		00:01:38	<b>00:35:24.95</b>	<b>00:37:03.50</b>	+00:19:22 (54.7%)	7:04	8.5 (45.5%)
640	<b>MAJEWSKI Mirosław</b>	<b>617</b>		M60	35		00:02:05	<b>00:35:25.60</b>	<b>00:37:31.45</b>	+00:19:23 (54.7%)	7:05	8.5 (45.5%)
641	<b>KARSKI Marcin</b>	<b>418</b>		M40	198		00:01:38	<b>00:35:26.80</b>	<b>00:37:04.80</b>	+00:19:24 (54.7%)	7:05	8.5 (45.5%)
642	<b>PRZYBYSZEWSKI Marcin</b>	<b>842</b>		M50	107		00:00:22	<b>00:35:31.60</b>	<b>00:35:53.80</b>	+00:19:29 (54.8%)	7:06	8.4 (44.9%)
643	<b>URBAŃSKI Przemysław</b>	<b>1076</b>		M20	76		00:02:01	<b>00:35:41.60</b>	<b>00:37:43.55</b>	+00:19:39 (55.1%)	7:08	8.4 (44.9%)
644	<b>TROJAŃCZYK Krzysztof</b>	<b>1249</b>	TRISPACETREK	M40	199		00:01:37	<b>00:35:46.55</b>	<b>00:37:24.40</b>	+00:19:44 (55.2%)	7:09	8.4 (44.9%)
645	<b>PIĄTEK Andrzej</b>	<b>788</b>		M60	36		00:01:07	<b>00:35:54.25</b>	<b>00:37:01.40</b>	+00:19:51 (55.3%)	7:10	8.4 (44.9%)
646	<b>URBAŃSKI Krzysztof</b>	<b>1300</b>		M20	77		00:01:35	<b>00:36:00.50</b>	<b>00:37:35.80</b>	+00:19:58 (55.5%)	7:12	8.3 (44.4%)
647	<b>PALACZ Dawid</b>	<b>760</b>	SP60	M10	35		00:01:32	<b>00:36:08.70</b>	<b>00:37:41.55</b>	+00:20:06 (55.6%)	7:13	8.3 (44.4%)
648	<b>GREŃ Sebastian</b>	<b>284</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M30	185		00:01:15	<b>00:36:10.65</b>	<b>00:37:26.15</b>	+00:20:08 (55.7%)	7:14	8.3 (44.4%)
649	<b>CHOLEWCZYŃSKI Dariusz</b>	<b>107</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M50	108		00:01:15	<b>00:36:11.10</b>	<b>00:37:26.20</b>	+00:20:08 (55.7%)	7:14	8.3 (44.4%)
650	<b>ŚLESINSKI Tomasz</b>	<b>1034</b>		M30	186		00:01:22	<b>00:36:14.70</b>	<b>00:37:37.10</b>	+00:20:12 (55.7%)	7:14	8.3 (44.4%)
651	<b>ORZOŁ Bartek</b>	<b>749</b>		M20	78		00:01:26	<b>00:36:21.20</b>	<b>00:37:47.55</b>	+00:20:18 (55.9%)	7:16	8.3 (44.4%)
652	<b>BĄK Remigiusz</b>	<b>37</b>		M40	200		00:01:30	<b>00:36:23.70</b>	<b>00:37:54.15</b>	+00:20:21 (55.9%)	7:16	8.2 (43.9%)
653	<b>TRAWCZYŃSKI Dawid</b>	<b>1058</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M30	187		00:01:55	<b>00:36:27.60</b>	<b>00:38:23.15</b>	+00:20:25 (56.0%)	7:17	8.2 (43.9%)
654	<b>BRZUSZKIEWICZ Krzysztof</b>	<b>74</b>		M10	36		00:01:39	<b>00:36:31.70</b>	<b>00:38:10.75</b>	+00:20:29 (56.1%)	7:18	8.2 (43.9%)
655	<b>DUSZYŃSKI Denis</b>	<b>185</b>		M30	188		00:01:39	<b>00:36:40.40</b>	<b>00:38:20.10</b>	+00:20:37 (56.3%)	7:20	8.2 (43.9%)
656	<b>DWORCZAK Rafał</b>	<b>1246</b>		M40	201		00:00:55	<b>00:36:52.80</b>	<b>00:37:48.45</b>	+00:20:50 (56.5%)	7:22	8.1 (43.3%)
657	<b>MUSIAŁA Adam</b>	<b>701</b>		M40	202		00:01:01	<b>00:37:00.85</b>	<b>00:38:02.30</b>	+00:20:58 (56.7%)	7:24	8.1 (43.3%)
658	<b>SZYPERSKI Sławomir</b>	<b>1031</b>		M50	109		00:01:18	<b>00:37:01.15</b>	<b>00:38:19.50</b>	+00:20:58 (56.7%)	7:24	8.1 (43.3%)
659	<b>HASS Paweł</b>	<b>314</b>		M10	37		00:01:44	<b>00:37:08.40</b>	<b>00:38:53.05</b>	+00:21:05 (56.8%)	7:25	8.1 (43.3%)
660	<b>HASS Adam</b>	<b>313</b>		M40	203		00:01:44	<b>00:37:10.75</b>	<b>00:38:55.20</b>	+00:21:08 (56.9%)	7:26	8.1 (43.3%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
661	<b>GŁOGOWSKI Krzysztof</b>	<b>251</b>		M40	204		00:01:31	<b>00:37:12.40</b>	<b>00:38:43.85</b>	+00:21:09 (56.9%)	7:26	8.1 (43.3%)
662	<b>DERON Łukasz</b>	<b>151</b>		M30	189		00:01:52	<b>00:37:21.55</b>	<b>00:39:13.80</b>	+00:21:19 (57.1%)	7:28	8 (42.8%)
663	<b>WIŚNIEWSKI Krzysztof</b>	<b>1117</b>	TRISPACE/TREK	M50	110		00:01:37	<b>00:37:24.30</b>	<b>00:39:01.50</b>	+00:21:21 (57.1%)	7:28	8 (42.8%)
664	<b>RASZTUBOWICZ Jakub</b>	<b>868</b>	MKS SP 63	M10	38		00:01:30	<b>00:37:24.50</b>	<b>00:38:55.45</b>	+00:21:22 (57.1%)	7:28	8 (42.8%)
665	<b>GRALAK Jerzy</b>	<b>281</b>		M60	37		00:00:30	<b>00:37:52.75</b>	<b>00:38:22.85</b>	+00:21:50 (57.7%)	7:34	7.9 (42.2%)
666	<b>KAPELEWSKI Piotr</b>	<b>1289</b>		M10	39		00:01:22	<b>00:38:01.10</b>	<b>00:39:23.20</b>	+00:21:58 (57.8%)	7:36	7.9 (42.2%)
667	<b>KAPELEWSKI Marcin</b>	<b>409</b>		M40	205		00:01:21	<b>00:38:01.40</b>	<b>00:39:23.20</b>	+00:21:58 (57.8%)	7:36	7.9 (42.2%)
668	<b>PIASECZNY Wojciech</b>	<b>1234</b>		M10	40		00:01:18	<b>00:38:07.90</b>	<b>00:39:26.05</b>	+00:22:05 (57.9%)	7:37	7.9 (42.2%)
669	<b>PIASECZNY Dawid</b>	<b>786</b>		M40	206		00:01:18	<b>00:38:08.00</b>	<b>00:39:26.35</b>	+00:22:05 (57.9%)	7:37	7.9 (42.2%)
670	<b>KOZIEŁ Leszek</b>	<b>500</b>		M60	38		00:00:36	<b>00:38:17.90</b>	<b>00:38:54.55</b>	+00:22:15 (58.1%)	7:39	7.8 (41.7%)
671	<b>ZINCHENKO Serhii</b>	<b>1180</b>		M20	79		00:01:55	<b>00:38:26.90</b>	<b>00:40:22.20</b>	+00:22:24 (58.3%)	7:41	7.8 (41.7%)
672	<b>DŁUGOBORSKI Dawid</b>	<b>156</b>		M30	190		00:01:26	<b>00:38:29.20</b>	<b>00:39:55.20</b>	+00:22:26 (58.3%)	7:41	7.8 (41.7%)
673	<b>DŁUGOBORSKI Wiktor</b>	<b>154</b>		M10	41		00:01:25	<b>00:38:29.50</b>	<b>00:39:54.90</b>	+00:22:27 (58.3%)	7:41	7.8 (41.7%)
674	<b>NOWICKI Marek</b>	<b>733</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M40	207		00:01:14	<b>00:38:37.15</b>	<b>00:39:51.30</b>	+00:22:34 (58.5%)	7:43	7.8 (41.7%)
675	<b>WIECZOREK Paweł</b>	<b>1104</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M30	191		00:01:13	<b>00:38:37.45</b>	<b>00:39:51.15</b>	+00:22:35 (58.5%)	7:43	7.8 (41.7%)
676	<b>KRYSPIN Dominik</b>	<b>528</b>		M10	42		00:01:25	<b>00:38:44.65</b>	<b>00:40:09.85</b>	+00:22:42 (58.6%)	7:44	7.7 (41.2%)
677	<b>OSTROWSKI Łukasz</b>	<b>753</b>		M30	192		00:02:15	<b>00:39:06.15</b>	<b>00:41:21.30</b>	+00:23:03 (59.0%)	7:49	7.7 (41.2%)
678	<b>GOŁĘBIEWSKI Paweł</b>	<b>264</b>		M40	208		00:01:52	<b>00:39:17.25</b>	<b>00:41:09.90</b>	+00:23:14 (59.2%)	7:51	7.6 (40.6%)
679	<b>GŁOWACKI Antoni</b>	<b>254</b>		M10	43		00:00:35	<b>00:39:17.80</b>	<b>00:39:53.55</b>	+00:23:15 (59.2%)	7:51	7.6 (40.6%)
680	<b>KREFT Marek</b>	<b>512</b>		M30	193		00:01:19	<b>00:39:20.55</b>	<b>00:40:40.25</b>	+00:23:18 (59.2%)	7:52	7.6 (40.6%)
681	<b>KANJERSKI Jerzy</b>	<b>406</b>	RUN BYDGOSZCZ	M60	39		00:00:23	<b>00:39:40.75</b>	<b>00:40:04.05</b>	+00:23:38 (59.6%)	7:56	7.6 (40.6%)
682	<b>SZCZEPANIAK Jakub</b>	<b>1004</b>		M20	80		00:00:50	<b>00:39:44.05</b>	<b>00:40:34.95</b>	+00:23:41 (59.6%)	7:56	7.6 (40.6%)
683	<b>BIELEC Jakub</b>	<b>48</b>		M20	81		00:01:30	<b>00:39:56.90</b>	<b>00:41:27.45</b>	+00:23:54 (59.8%)	7:59	7.5 (40.1%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
684	<b>WÓJCIK Mikołaj</b>	<b>1158</b>		M10	44		00:00:29	<b>00:40:01.85</b>	<b>00:40:31.70</b>	+00:23:59 (59.9%)	8:00	7.5 (40.1%)
685	<b>LISZEWSKI Piotr</b>	<b>597</b>	MANY TEAM	M20	82		00:01:08	<b>00:40:08.20</b>	<b>00:41:16.45</b>	+00:24:05 (60.0%)	8:01	7.5 (40.1%)
686	<b>BREJER Rafał</b>	<b>71</b>		M50	111		00:00:27	<b>00:40:19.00</b>	<b>00:40:46.65</b>	+00:24:16 (60.2%)	8:03	7.4 (39.6%)
687	<b>LEWANDOWSKI Robert</b>	<b>575</b>	POMAGALSCY	M50	112		00:00:16	<b>00:40:22.75</b>	<b>00:40:39.30</b>	+00:24:20 (60.3%)	8:04	7.4 (39.6%)
688	<b>WITKOWSKI Dorian</b>	<b>1288</b>		M20	83		00:01:04	<b>00:40:26.65</b>	<b>00:41:30.70</b>	+00:24:24 (60.3%)	8:05	7.4 (39.6%)
689	<b>BARTNIK Eryk</b>	<b>34</b>	MODERN BYDGOSZCZ	M30	194		00:01:51	<b>00:40:41.30</b>	<b>00:42:33.15</b>	+00:24:38 (60.6%)	8:08	7.4 (39.6%)
690	<b>MANTHEY Marek</b>	<b>633</b>	MANY TEAM	M50	113		00:01:08	<b>00:40:45.45</b>	<b>00:41:54.00</b>	+00:24:43 (60.6%)	8:09	7.4 (39.6%)
691	<b>GACKOWSKI Edward</b>	<b>219</b>		M60	40		00:01:25	<b>00:41:05.40</b>	<b>00:42:30.50</b>	+00:25:02 (61.0%)	8:13	7.3 (39.0%)
692	<b>BIELUSZEWSKI Samuel</b>	<b>54</b>		M10	45		00:02:09	<b>00:41:17.60</b>	<b>00:43:27.50</b>	+00:25:15 (61.2%)	8:15	7.3 (39.0%)
693	<b>BIELUSZEWSKI Artur</b>	<b>53</b>		M50	114		00:02:10	<b>00:41:18.85</b>	<b>00:43:28.90</b>	+00:25:16 (61.2%)	8:15	7.3 (39.0%)
694	<b>KOZIEŁ Bartek</b>	<b>498</b>		M10	46		00:00:31	<b>00:41:57.25</b>	<b>00:42:28.65</b>	+00:25:54 (61.8%)	8:23	7.2 (38.5%)
695	<b>RATAJCZAK Marcel</b>	<b>872</b>	MKS 63	M10	47		00:00:00	<b>00:41:58.65</b>	<b>00:41:58.65</b>	+00:25:56 (61.8%)	8:23	7.1 (38.0%)
696	<b>KOZIEŁ Tomasz</b>	<b>497</b>		M40	209		00:00:31	<b>00:42:00.65</b>	<b>00:42:31.75</b>	+00:25:58 (61.8%)	8:24	7.1 (38.0%)
697	<b>LIPKA Józef</b>	<b>595</b>	DAM RADEĘ	M60	41		00:01:02	<b>00:42:13.15</b>	<b>00:43:15.55</b>	+00:26:10 (62.0%)	8:26	7.1 (38.0%)
698	<b>KONDEK Jakub</b>	<b>468</b>		M40	210		00:00:29	<b>00:42:23.65</b>	<b>00:42:52.80</b>	+00:26:21 (62.2%)	8:28	7.1 (38.0%)
699	<b>BUTOWSKI Michał</b>	<b>86</b>		M50	115		00:01:44	<b>00:42:35.35</b>	<b>00:44:19.75</b>	+00:26:32 (62.3%)	8:31	7 (37.4%)
700	<b>RYPOLC Mikołaj</b>	<b>908</b>		M30	195		00:01:23	<b>00:43:28.60</b>	<b>00:44:52.45</b>	+00:27:26 (63.1%)	8:41	6.9 (36.9%)
701	<b>SZEWCUK Tomasz</b>	<b>1202</b>		M40	211		00:01:07	<b>00:43:39.05</b>	<b>00:44:46.05</b>	+00:27:36 (63.3%)	8:43	6.9 (36.9%)
702	<b>SIÓDMIAK Sławomir</b>	<b>934</b>	CYKLON SWIMMING TEAM BYDGOSZCZ	M40	212		00:02:01	<b>00:43:43.85</b>	<b>00:45:45.40</b>	+00:27:41 (63.3%)	8:44	6.9 (36.9%)
703	<b>KASPRZAK Patryk</b>	<b>423</b>	CASTORAMA	M20	84		00:00:56	<b>00:43:53.25</b>	<b>00:44:50.15</b>	+00:27:50 (63.5%)	8:46	6.8 (36.4%)
704	<b>JAGODZIŃSKI Karol</b>	<b>334</b>		M50	116		00:01:55	<b>00:44:14.40</b>	<b>00:46:09.95</b>	+00:28:11 (63.7%)	8:50	6.8 (36.4%)
705	<b>KAWA Marcin</b>	<b>1287</b>		M40	213		00:01:57	<b>00:44:20.20</b>	<b>00:46:17.80</b>	+00:28:17 (63.8%)	8:52	6.8 (36.4%)
706	<b>BURCHARD Remigiusz</b>	<b>80</b>	RODZINKA B	M40	214		00:00:53	<b>00:45:20.80</b>	<b>00:46:14.45</b>	+00:29:18 (64.6%)	9:04	6.6 (35.3%)

Place	Participant	Number	Club	Category	MCat	sponsorzy	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
	<b>PIOTROWSKI Dariusz</b>	<b>814</b>		M50			DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Total 707 results.