



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2017-04-23
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | FELCZAK Jakub | 1308 | | M20 | 1 | 00:00:01 | 00:16:01.10 | 00:16:02.65 | | 3:12 | 18.7 (100%) |
| 2 | BEDNAREK Adrian | 1233 | KUCHNIAISPORT.PL | M20 | 2 | 00:00:01 | 00:16:14.60 | 00:16:16.05 | +00:00:13 (1.4%) | 3:15 | 18.5 (98.9%) |
| 3 | WILKOSZ Tomasz | 1428 | | M10 | 1 | 00:00:01 | 00:16:48.05 | 00:16:49.65 | +00:00:46 (4.7%) | 3:21 | 17.9 (95.7%) |
| 4 | TULEJA Jakub | 1427 | | M10 | 2 | 00:00:01 | 00:17:10.80 | 00:17:12.35 | +00:01:09 (6.8%) | 3:26 | 17.5 (93.6%) |
| 5 | MRUK Tomasz | 34 | CZARNE STOPY.SM | M40 | 1 | 00:00:04 | 00:17:11.95 | 00:17:16.90 | +00:01:10 (6.9%) | 3:26 | 17.4 (93.0%) |
| 6 | ŻAL Robert | 1008 | JFTC | M30 | 1 | 00:00:03 | 00:17:22.40 | 00:17:26.05 | +00:01:21 (7.8%) | 3:28 | 17.3 (92.5%) |
| 7 | DEROŃ Waldemar | 337 | 1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ | M30 | 2 | 00:00:03 | 00:17:37.40 | 00:17:40.90 | +00:01:36 (9.1%) | 3:31 | 17 (90.9%) |
| 8 | KLÓSKA Fabian | 686 | SPÓJNIA BIAŁE BŁOTA | M20 | 3 | 00:00:03 | 00:17:50.50 | 00:17:53.60 | +00:01:49 (10.2%) | 3:34 | 16.8 (89.8%) |
| 9 | KOWALSKI Bartek | 1433 | | M10 | 3 | 00:00:01 | 00:17:57.25 | 00:17:59.15 | +00:01:56 (10.8%) | 3:35 | 16.7 (89.3%) |
| 10 | WAWRZYNIAK Dominik | 852 | DART TAVERNA NAKŁO | M20 | 4 | 00:00:05 | 00:18:04.25 | 00:18:09.95 | +00:02:03 (11.4%) | 3:36 | 16.6 (88.8%) |
| 11 | BEDRA Robert | 39 | | M30 | 3 | 00:00:02 | 00:18:10.35 | 00:18:12.95 | +00:02:09 (11.9%) | 3:38 | 16.5 (88.2%) |
| 12 | KARASZEWSKI Norbert | 373 | 56 BAZA LOTNICZA | M30 | 4 | 00:00:05 | 00:18:17.05 | 00:18:22.90 | +00:02:15 (12.4%) | 3:39 | 16.4 (87.7%) |
| 13 | BONKOWSKI Piotr | 180 | | M20 | 5 | 00:00:01 | 00:18:18.95 | 00:18:20.70 | +00:02:17 (12.5%) | 3:39 | 16.4 (87.7%) |
| 14 | MUĆKO Bartosz | 330 | | M10 | 4 | 00:00:01 | 00:18:24.80 | 00:18:26.05 | +00:02:23 (13.0%) | 3:41 | 16.3 (87.2%) |
| 15 | MACKOWSKI Maciej | 131 | MYSLECINEK BDG | M30 | 5 | 00:00:01 | 00:18:25.00 | 00:18:26.30 | +00:02:23 (13.0%) | 3:41 | 16.3 (87.2%) |
| 16 | KWIATKOWSKI Damian | 98 | RUN BYDGOSZCZ | M20 | 6 | 00:00:04 | 00:18:26.90 | 00:18:31.60 | +00:02:25 (13.2%) | 3:41 | 16.3 (87.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|--------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 17 | KURDELSKI Kamil | 320 | | M20 | 7 | 00:00:02 | 00:18:27.90 | 00:18:30.10 | +00:02:26 (13.3%) | 3:41 | 16.2 (86.6%) |
| 18 | SZCZEPANIAK Cezary | 1254 | | M40 | 2 | 00:00:02 | 00:18:37.10 | 00:18:39.15 | +00:02:36 (14.0%) | 3:43 | 16.1 (86.1%) |
| 19 | BATOR Michał | 1382 | STRAŻ MIEJSKA TORUŃ | M20 | 8 | 00:00:02 | 00:18:37.45 | 00:18:39.50 | +00:02:36 (14.0%) | 3:43 | 16.1 (86.1%) |
| 20 | ŚLEFARSKI Jacek | 1025 | TRIFRIENDS | M30 | 6 | 00:00:04 | 00:18:38.20 | 00:18:42.40 | +00:02:37 (14.0%) | 3:43 | 16.1 (86.1%) |
| 21 | FLOREK Paweł | 16 | RE MEDIA BYDGOSZCZ | M30 | 7 | 00:00:02 | 00:18:39.65 | 00:18:41.65 | +00:02:38 (14.2%) | 3:43 | 16.1 (86.1%) |
| 22 | JANCARZEWSKI Marcin | 1430 | | M10 | 5 | 00:00:03 | 00:18:41.30 | 00:18:44.35 | +00:02:40 (14.3%) | 3:44 | 16.1 (86.1%) |
| 23 | KOŻŁOWSKI Rafał | 160 | | M40 | 3 | 00:00:02 | 00:18:43.35 | 00:18:45.80 | +00:02:42 (14.4%) | 3:44 | 16 (85.6%) |
| 24 | PRZYBYLSKI Bartek | 830 | RUN BYDGOSZCZ | M30 | 8 | 00:00:30 | 00:18:45.25 | 00:19:16.10 | +00:02:44 (14.6%) | 3:45 | 16 (85.6%) |
| 25 | CHOLEWIŃSKI Dariusz | 671 | HURAGAN MIEDZYŃ | M40 | 4 | 00:00:03 | 00:18:49.20 | 00:18:52.25 | +00:02:48 (14.9%) | 3:45 | 15.9 (85.0%) |
| 26 | GRALIK Jędrzej | 543 | BYDGOSKIE OKONIE | M20 | 9 | 00:00:04 | 00:18:52.80 | 00:18:57.50 | +00:02:51 (15.2%) | 3:46 | 15.9 (85.0%) |
| 27 | RYDLEWSKI Marek | 147 | RUN BYDGOSZCZ | M40 | 5 | 00:00:05 | 00:18:53.20 | 00:18:58.65 | +00:02:52 (15.2%) | 3:46 | 15.9 (85.0%) |
| 28 | KUROWSKI Kamil | 287 | ROWEROWA BRZOZA | M30 | 9 | 00:00:06 | 00:19:07.15 | 00:19:13.70 | +00:03:06 (16.2%) | 3:49 | 15.7 (84.0%) |
| 29 | OSTROWSKI Kacper | 1268 | JEDNEGO SERCA | M20 | 10 | 00:00:02 | 00:19:11.90 | 00:19:14.15 | +00:03:10 (16.6%) | 3:50 | 15.6 (83.4%) |
| 30 | SIWKOWSKI Roman | 438 | BIEGAM , BIEGAM, BIEGAM | M50 | 1 | 00:00:03 | 00:19:13.85 | 00:19:17.35 | +00:03:12 (16.7%) | 3:50 | 15.6 (83.4%) |
| 31 | MICHALCZAK Bartosz | 1027 | ŚLIMAKI BARCIN | M20 | 11 | 00:00:01 | 00:19:17.05 | 00:19:18.90 | +00:03:15 (16.9%) | 3:51 | 15.6 (83.4%) |
| 32 | RADECKI Przemysław | 458 | | M40 | 6 | 00:00:12 | 00:19:21.90 | 00:19:34.40 | +00:03:20 (17.3%) | 3:52 | 15.5 (82.9%) |
| 33 | BEJGIER Edmund | 1211 | DĘBY OSIELSKO | M40 | 7 | 00:00:15 | 00:19:26.05 | 00:19:41.30 | +00:03:24 (17.6%) | 3:53 | 15.4 (82.4%) |
| 34 | WENDA Dawid | 46 | SZKOŁA JAZDY TOMAS | M20 | 12 | 00:00:03 | 00:19:27.15 | 00:19:30.80 | +00:03:26 (17.7%) | 3:53 | 15.4 (82.4%) |
| 35 | SZOPINSKI Rafał | 665 | | M30 | 10 | 00:00:09 | 00:19:29.95 | 00:19:39.85 | +00:03:28 (17.9%) | 3:54 | 15.4 (82.4%) |
| 36 | BRODOWSKI Daniel | 1241 | | M18 | 1 | 00:00:07 | 00:19:33.40 | 00:19:41.10 | +00:03:32 (18.1%) | 3:54 | 15.3 (81.8%) |
| 37 | PORAJ Maciej | 1077 | | M20 | 13 | 00:00:07 | 00:19:38.20 | 00:19:45.65 | +00:03:37 (18.4%) | 3:55 | 15.3 (81.8%) |
| 38 | PILEWSKI Mikołaj | 226 | BYDGOSZCZ TRIATHLON TEAM | M20 | 14 | 00:00:21 | 00:19:38.55 | 00:19:59.95 | +00:03:37 (18.5%) | 3:55 | 15.3 (81.8%) |
| 39 | BANACH Tomasz | 1347 | | M30 | 11 | 00:00:12 | 00:19:42.55 | 00:19:55.00 | +00:03:41 (18.7%) | 3:56 | 15.2 (81.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|----------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 40 | JENCZEWSKI Szymon | 760 | | M20 | 15 | 00:00:02 | 00:19:45.40 | 00:19:47.90 | +00:03:44 (18.9%) | 3:57 | 15.2 (81.3%) |
| 41 | MIĘTKIEWICZ Rafał | 1191 | SPÓJNIA BIAŁE BŁOTA | M20 | 16 | 00:00:08 | 00:19:45.70 | 00:19:54.40 | +00:03:44 (18.9%) | 3:57 | 15.2 (81.3%) |
| 42 | OLSZYŃSKI Sebastian | 118 | SPARTANIE DZIECIOM | M40 | 8 | 00:00:15 | 00:19:46.40 | 00:20:02.10 | +00:03:45 (19.0%) | 3:57 | 15.2 (81.3%) |
| 43 | ROMANOWSKI Michał | 369 | | M30 | 12 | 00:00:08 | 00:19:48.00 | 00:19:56.55 | +00:03:46 (19.1%) | 3:57 | 15.2 (81.3%) |
| 44 | FELKNER Kamil | 1302 | | M10 | 6 | 00:00:02 | 00:19:48.80 | 00:19:51.55 | +00:03:47 (19.2%) | 3:57 | 15.1 (80.7%) |
| 45 | MUCHA Marcin | 150 | BATRUNNERS | M30 | 13 | 00:00:09 | 00:19:48.95 | 00:19:57.95 | +00:03:47 (19.2%) | 3:57 | 15.2 (81.3%) |
| 46 | GORCZYCA Maciej | 658 | | M20 | 17 | 00:00:08 | 00:19:50.90 | 00:19:59.10 | +00:03:49 (19.3%) | 3:58 | 15.1 (80.7%) |
| 47 | KLUSKA Adam | 1104 | IWSP SZ BYDGOSZCZ | M30 | 14 | 00:00:02 | 00:19:51.75 | 00:19:54.50 | +00:03:50 (19.4%) | 3:58 | 15.1 (80.7%) |
| 48 | KOZIŃSKI Marek | 736 | RUN BYDGOSZCZ | M30 | 15 | 00:00:15 | 00:19:53.20 | 00:20:08.20 | +00:03:52 (19.5%) | 3:58 | 15.1 (80.7%) |
| 49 | BOROS Patryk | 930 | | M20 | 18 | 00:02:08 | 00:19:54.50 | 00:22:03.45 | +00:03:53 (19.5%) | 3:59 | 15.1 (80.7%) |
| 50 | BZDZION Marcin | 1371 | | M20 | 19 | 00:00:06 | 00:19:58.20 | 00:20:04.45 | +00:03:57 (19.8%) | 3:59 | 15 (80.2%) |
| 51 | KRYSPIN Arkadiusz | 1173 | | M20 | 20 | 00:00:07 | 00:19:59.00 | 00:20:06.70 | +00:03:57 (19.8%) | 3:59 | 15 (80.2%) |
| 52 | WIERZYŃSKI Damian | 1234 | TCMS PESA BYDGOSZCZ | M20 | 21 | 00:00:10 | 00:19:59.70 | 00:20:10.10 | +00:03:58 (19.9%) | 4:00 | 15 (80.2%) |
| 53 | WENDA Mateusz | 298 | SZKOŁA JAZDY TOMAS | M20 | 22 | 00:00:07 | 00:20:00.90 | 00:20:08.00 | +00:03:59 (20.0%) | 4:00 | 15 (80.2%) |
| 54 | SPRYSZYŃSKI Wojciech | 1273 | | M30 | 16 | 00:02:02 | 00:20:03.15 | 00:22:05.20 | +00:04:02 (20.1%) | 4:00 | 15 (80.2%) |
| 55 | JANKOWIAK Łukasz | 730 | | M20 | 23 | 00:00:06 | 00:20:04.15 | 00:20:11.05 | +00:04:03 (20.2%) | 4:01 | 14.9 (79.7%) |
| 56 | KŁOSOWSKI Marcin | 20 | WWW.JABEX.COM.PL | M40 | 9 | 00:00:01 | 00:20:04.35 | 00:20:05.70 | +00:04:03 (20.2%) | 4:00 | 15 (80.2%) |
| 57 | WARSZAWSKI Przemysław | 845 | | M20 | 24 | 00:00:11 | 00:20:05.30 | 00:20:16.90 | +00:04:04 (20.3%) | 4:01 | 14.9 (79.7%) |
| 58 | SKUBISZEWSKI Damian | 765 | ARMIA CHRYSTUSA | M20 | 25 | 00:00:08 | 00:20:05.85 | 00:20:14.30 | +00:04:04 (20.3%) | 4:01 | 14.9 (79.7%) |
| 59 | DADZIBÓG Mariusz | 1185 | EVERYDAYRUNNING TEAM | M20 | 26 | 00:01:49 | 00:20:06.70 | 00:21:56.30 | +00:04:05 (20.4%) | 4:01 | 14.9 (79.7%) |
| 60 | BORCZYKOWSKI Rafał | 318 | | M30 | 17 | 00:00:03 | 00:20:07.70 | 00:20:11.35 | +00:04:06 (20.4%) | 4:01 | 14.9 (79.7%) |
| 61 | DĘBSKI Adrian | 409 | | M30 | 18 | 00:00:15 | 00:20:08.40 | 00:20:23.90 | +00:04:07 (20.5%) | 4:01 | 14.9 (79.7%) |
| 62 | MARTIN Paweł | 606 | | M30 | 19 | 00:00:29 | 00:20:14.90 | 00:20:44.20 | +00:04:13 (20.9%) | 4:03 | 14.8 (79.1%) |

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|-----|-----------------------------|-------------|---------------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 63 | KAMIŃSKI Jakub | 1057 | | M20 | 27 | 00:00:04 | 00:20:17.55 | 00:20:22.05 | +00:04:16 (21.1%) | 4:03 | 14.8 (79.1%) |
| 64 | KUJAWA Kamil | 96 | ZESPÓŁ SZKÓŁ BUDOWLANYCH W BYDGOSZCZY | M30 | 20 | 00:00:13 | 00:20:17.90 | 00:20:31.55 | +00:04:16 (21.1%) | 4:03 | 14.8 (79.1%) |
| 65 | ZBORAŁA Mateusz | 76 | | M20 | 28 | 00:00:06 | 00:20:18.55 | 00:20:25.40 | +00:04:17 (21.1%) | 4:03 | 14.8 (79.1%) |
| 66 | GWITT Bartosz | 1420 | | M30 | 21 | 00:00:35 | 00:20:21.90 | 00:20:57.10 | +00:04:20 (21.3%) | 4:04 | 14.7 (78.6%) |
| 67 | SKUZA Sebastian | 231 | | M20 | 29 | 00:00:26 | 00:20:23.95 | 00:20:50.30 | +00:04:22 (21.5%) | 4:04 | 14.7 (78.6%) |
| 68 | WALDA Łukasz | 631 | | M30 | 22 | 00:00:17 | 00:20:24.65 | 00:20:41.85 | +00:04:23 (21.5%) | 4:04 | 14.7 (78.6%) |
| 69 | ŁYSZCZARZ Błażej | 871 | | M30 | 23 | 00:00:13 | 00:20:26.20 | 00:20:40.15 | +00:04:25 (21.6%) | 4:05 | 14.7 (78.6%) |
| 70 | SAPA Kacper | 1214 | BYDGOSKIE ŻÓŁWIE | M20 | 30 | 00:00:27 | 00:20:27.60 | 00:20:55.45 | +00:04:26 (21.7%) | 4:05 | 14.7 (78.6%) |
| 71 | LOOSE Michał | 73 | LOS KUMPLOS | M20 | 31 | 00:00:06 | 00:20:28.95 | 00:20:35.50 | +00:04:27 (21.8%) | 4:05 | 14.6 (78.1%) |
| 72 | GURDAK Leszek | 364 | | M40 | 10 | 00:00:05 | 00:20:30.35 | 00:20:36.20 | +00:04:29 (21.9%) | 4:06 | 14.6 (78.1%) |
| 73 | TRZCIŃSKI Franciszek | 297 | SPORT I REKREACJA START | M50 | 2 | 00:00:04 | 00:20:30.50 | 00:20:34.90 | +00:04:29 (21.9%) | 4:06 | 14.6 (78.1%) |
| 74 | ZIĘTAK Krzysztof | 580 | | M50 | 3 | 00:00:10 | 00:20:31.25 | 00:20:41.25 | +00:04:30 (21.9%) | 4:06 | 14.6 (78.1%) |
| 75 | ANDRZEJEWSKI Paweł | 1039 | | M30 | 24 | 00:00:09 | 00:20:34.45 | 00:20:44.05 | +00:04:33 (22.1%) | 4:07 | 14.6 (78.1%) |
| 75 | KRUPA Piotr | 751 | | M30 | 25 | 00:00:19 | 00:20:34.45 | 00:20:53.65 | +00:04:33 (22.1%) | 4:06 | 14.6 (78.1%) |
| 77 | PAWLAK Jakub | 446 | JFTC SU | M30 | 26 | 00:00:28 | 00:20:35.00 | 00:21:03.30 | +00:04:33 (22.2%) | 4:07 | 14.6 (78.1%) |
| 78 | JUCHACZ Michał | 336 | DZIKI /TRI TEAM INO | M30 | 27 | 00:00:06 | 00:20:35.25 | 00:20:41.85 | +00:04:34 (22.2%) | 4:07 | 14.6 (78.1%) |
| 79 | ZBORAŁA Dawid | 58 | | M20 | 32 | 00:00:05 | 00:20:35.60 | 00:20:41.50 | +00:04:34 (22.2%) | 4:07 | 14.6 (78.1%) |
| 80 | DĄBROWSKI Jarosław | 211 | CB163 | M20 | 33 | 00:00:25 | 00:20:36.45 | 00:21:01.45 | +00:04:35 (22.3%) | 4:07 | 14.6 (78.1%) |
| 81 | KOWALSKI Jacek | 338 | | M40 | 11 | 00:00:11 | 00:20:38.00 | 00:20:49.90 | +00:04:36 (22.4%) | 4:07 | 14.5 (77.5%) |
| 82 | DZIEKAN Wojtek | 826 | KABEL TEAM BYDGOSZCZ | M30 | 28 | 00:00:17 | 00:20:38.35 | 00:20:56.05 | +00:04:37 (22.4%) | 4:07 | 14.5 (77.5%) |
| 83 | KUTOWSKI Przemysław | 175 | | M40 | 12 | 00:00:04 | 00:20:38.85 | 00:20:43.25 | +00:04:37 (22.4%) | 4:07 | 14.5 (77.5%) |
| 84 | JOACHIMIAK Dariusz | 151 | KLINIKA TRIATHLONU BYDGOSZCZ | M20 | 34 | 00:00:07 | 00:20:41.25 | 00:20:48.70 | +00:04:40 (22.6%) | 4:08 | 14.5 (77.5%) |
| 85 | WELZ Robert | 1186 | | M18 | 2 | 00:00:07 | 00:20:41.40 | 00:20:49.30 | +00:04:40 (22.6%) | 4:08 | 14.5 (77.5%) |

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|-----|-----------------------------|-------------|------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 86 | ŚWITAJ Mateusz | 1103 | WTS ASTORIA | M10 | 7 | 00:00:03 | 00:20:41.85 | 00:20:45.50 | +00:04:40 (22.6%) | 4:08 | 14.5 (77.5%) |
| 87 | MILOSIERNY Oskar | 1109 | | M20 | 35 | 00:00:19 | 00:20:42.05 | 00:21:01.85 | +00:04:40 (22.6%) | 4:08 | 14.5 (77.5%) |
| 88 | RZEKANOWSKI Paweł | 217 | RUN BYDGOSZCZ | M20 | 36 | 00:00:14 | 00:20:43.50 | 00:20:58.15 | +00:04:42 (22.7%) | 4:08 | 14.5 (77.5%) |
| 89 | JANYSKA Krzysztof | 104 | | M30 | 29 | 00:00:10 | 00:20:43.55 | 00:20:54.40 | +00:04:42 (22.7%) | 4:08 | 14.5 (77.5%) |
| 90 | BASIŃSKI Łukasz | 1202 | | M20 | 37 | 00:00:28 | 00:20:45.50 | 00:21:14.15 | +00:04:44 (22.8%) | 4:09 | 14.4 (77.0%) |
| 91 | MAGDZIARZ Jakub | 931 | KANCELARIA - HMM | M30 | 30 | 00:00:18 | 00:20:45.65 | 00:21:04.10 | +00:04:44 (22.8%) | 4:09 | 14.4 (77.0%) |
| 92 | BAZAK Cezary | 617 | CDIS SZ | M50 | 4 | 00:00:32 | 00:20:46.30 | 00:21:18.35 | +00:04:45 (22.9%) | 4:09 | 14.4 (77.0%) |
| 93 | TOMASZEWSKI Jordan | 119 | TRIFRIENDS | M30 | 31 | 00:00:11 | 00:20:46.55 | 00:20:58.45 | +00:04:45 (22.9%) | 4:09 | 14.4 (77.0%) |
| 94 | TRYT Maciej | 1003 | RUN BYDGOSZCZ | M30 | 32 | 00:00:11 | 00:20:46.90 | 00:20:58.50 | +00:04:45 (22.9%) | 4:09 | 14.4 (77.0%) |
| 95 | BRZEZIŃSKI Paweł | 616 | R2G | M40 | 13 | 00:00:31 | 00:20:47.95 | 00:21:19.40 | +00:04:46 (23.0%) | 4:09 | 14.4 (77.0%) |
| 96 | GALIŃSKI Bartosz | 764 | BYDGOSKIE OKONIE | M20 | 38 | 00:00:06 | 00:20:48.60 | 00:20:54.70 | +00:04:47 (23.0%) | 4:09 | 14.4 (77.0%) |
| 97 | BANASIAK Paweł | 242 | | M20 | 39 | 00:00:16 | 00:20:49.25 | 00:21:05.50 | +00:04:48 (23.1%) | 4:09 | 14.4 (77.0%) |
| 98 | SUDOŁ Jacek | 911 | IPA BYDGOSZCZ | M30 | 33 | 00:00:08 | 00:20:51.05 | 00:20:59.80 | +00:04:49 (23.2%) | 4:10 | 14.4 (77.0%) |
| 99 | NAGORZYSKI Arkadiusz | 384 | | M30 | 34 | 00:00:18 | 00:20:54.50 | 00:21:12.95 | +00:04:53 (23.4%) | 4:10 | 14.4 (77.0%) |
| 100 | MOGILNICKI Dominik | 1031 | | M20 | 40 | 00:00:53 | 00:20:56.20 | 00:21:49.60 | +00:04:55 (23.5%) | 4:11 | 14.3 (76.5%) |
| 101 | NADRATOWSKI Maciej | 1059 | KABEL TEAM BYDGOSZCZ | M40 | 14 | 00:00:05 | 00:20:56.95 | 00:21:02.20 | +00:04:55 (23.5%) | 4:11 | 14.3 (76.5%) |
| 102 | TUBAJA Albert | 53 | KABEL TEAM BYDGOSZCZ | M40 | 15 | 00:00:03 | 00:20:58.35 | 00:21:01.90 | +00:04:57 (23.6%) | 4:11 | 14.3 (76.5%) |
| 103 | BANASZAK Krzysztof | 1172 | | M20 | 41 | 00:00:17 | 00:20:58.40 | 00:21:15.85 | +00:04:57 (23.6%) | 4:11 | 14.3 (76.5%) |
| 104 | BANAŚ Adrian | 1285 | KLINIKA TRIATHLONU BYDGOSZCZ | M20 | 42 | 00:00:06 | 00:20:59.75 | 00:21:06.35 | +00:04:58 (23.7%) | 4:12 | 14.3 (76.5%) |
| 105 | BIEL Marek | 293 | 1% DLA DARI BIEL | M40 | 16 | 00:00:10 | 00:21:01.15 | 00:21:11.55 | +00:05:00 (23.8%) | 4:12 | 14.3 (76.5%) |
| 106 | PIOTROWSKI Dariusz | 328 | | M40 | 17 | 00:00:13 | 00:21:01.60 | 00:21:15.00 | +00:05:00 (23.8%) | 4:12 | 14.3 (76.5%) |
| 107 | SZWARC Paweł | 191 | RUN BYDGOSZCZ | M30 | 35 | 00:00:36 | 00:21:01.90 | 00:21:38.70 | +00:05:00 (23.8%) | 4:12 | 14.3 (76.5%) |
| 108 | LIPSKI Krzysztof | 1121 | RUN BYDGOSZCZ | M40 | 18 | 00:00:37 | 00:21:04.65 | 00:21:41.75 | +00:05:03 (24.0%) | 4:12 | 14.2 (75.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|-----------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 109 | ZIOMEK Piotr | 1381 | STRAŻ MIEJSKA TORUŃ | M30 | 36 | 00:00:03 | 00:21:04.75 | 00:21:08.70 | +00:05:03 (24.0%) | 4:13 | 14.2 (75.9%) |
| 110 | NOWICKI Tomasz | 776 | POWER FLOWER TEAM | M20 | 43 | 00:00:09 | 00:21:05.60 | 00:21:14.70 | +00:05:04 (24.1%) | 4:13 | 14.2 (75.9%) |
| 111 | BANASZAK Dawid | 1176 | | M30 | 37 | 00:00:17 | 00:21:06.15 | 00:21:23.60 | +00:05:05 (24.1%) | 4:13 | 14.2 (75.9%) |
| 112 | GÓZDŹ Tomasz | 433 | JAŚ BIEGA | M40 | 19 | 00:00:28 | 00:21:07.50 | 00:21:36.00 | +00:05:06 (24.2%) | 4:13 | 14.2 (75.9%) |
| 113 | WŁODARCZYK Wojciech | 620 | | M50 | 5 | 00:00:10 | 00:21:08.00 | 00:21:18.90 | +00:05:06 (24.2%) | 4:13 | 14.2 (75.9%) |
| 114 | KLINIKOWSKI Jacek | 107 | KOCHAM ŻYCIE I... | M40 | 20 | 00:00:09 | 00:21:08.45 | 00:21:17.80 | +00:05:07 (24.2%) | 4:13 | 14.2 (75.9%) |
| 115 | TOMKOWIAK Tomasz | 52 | SZKOŁA JAZDY TOMAS | M20 | 44 | 00:00:05 | 00:21:08.65 | 00:21:14.40 | +00:05:07 (24.2%) | 4:13 | 14.2 (75.9%) |
| 116 | LIGMANOWSKI Mateusz | 84 | OSP RATOWNIK ŚWIECIE | M20 | 45 | 00:00:41 | 00:21:08.85 | 00:21:50.30 | +00:05:07 (24.3%) | 4:13 | 14.2 (75.9%) |
| 117 | KANNEBERG Maciej | 559 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M20 | 46 | 00:01:52 | 00:21:09.05 | 00:23:01.65 | +00:05:07 (24.3%) | 4:13 | 14.2 (75.9%) |
| 118 | GLIWKA Artur | 1398 | 1. BLWL | M30 | 38 | 00:00:48 | 00:21:11.85 | 00:21:59.95 | +00:05:10 (24.4%) | 4:14 | 14.2 (75.9%) |
| 119 | HAMERSKI Dawid | 389 | GORDON RUN | M20 | 47 | 00:00:19 | 00:21:12.45 | 00:21:32.35 | +00:05:11 (24.5%) | 4:14 | 14.1 (75.4%) |
| 120 | GRECHUTA Tomasz | 256 | | M30 | 39 | 00:00:05 | 00:21:12.50 | 00:21:17.60 | +00:05:11 (24.5%) | 4:14 | 14.2 (75.9%) |
| 121 | DACH Łukasz | 676 | MATATA | M30 | 40 | 00:00:08 | 00:21:17.75 | 00:21:26.00 | +00:05:16 (24.8%) | 4:15 | 14.1 (75.4%) |
| 122 | KRZYŻANOWSKI Robert | 525 | | M40 | 21 | 00:00:11 | 00:21:18.70 | 00:21:30.05 | +00:05:17 (24.8%) | 4:15 | 14.1 (75.4%) |
| 123 | SOBCZAK Marcin | 179 | CZARNE STOPY.SM | M30 | 41 | 00:00:10 | 00:21:20.55 | 00:21:31.20 | +00:05:19 (24.9%) | 4:16 | 14.1 (75.4%) |
| 124 | GALIŃSKI Łukasz | 1146 | | M18 | 3 | 00:00:10 | 00:21:21.35 | 00:21:31.50 | +00:05:20 (25.0%) | 4:16 | 14.1 (75.4%) |
| 125 | HASS Adam | 701 | | M30 | 42 | 00:00:10 | 00:21:23.25 | 00:21:33.55 | +00:05:22 (25.1%) | 4:16 | 14 (74.9%) |
| 126 | PAKULSKI Rafał | 1010 | | M40 | 22 | 00:00:20 | 00:21:27.10 | 00:21:47.10 | +00:05:26 (25.3%) | 4:17 | 14 (74.9%) |
| 126 | GACKOWSKI Szymon | 1132 | SŁUŻBA WIĘZIENNA | M30 | 43 | 00:00:11 | 00:21:27.10 | 00:21:39.00 | +00:05:26 (25.3%) | 4:17 | 14 (74.9%) |
| 128 | WRÓBLEWSKI Kewin | 958 | | M18 | 4 | 00:00:12 | 00:21:28.25 | 00:21:41.10 | +00:05:27 (25.4%) | 4:17 | 14 (74.9%) |
| 129 | KAMIŃSKI Marcin | 1410 | POLITECHNIKA GDAŃSKA | M20 | 48 | 00:01:50 | 00:21:29.65 | 00:23:20.00 | +00:05:28 (25.5%) | 4:18 | 14 (74.9%) |
| 130 | BIAŁOUS Krzysztof | 1015 | NIEZRZESZONY | M50 | 6 | 00:00:05 | 00:21:31.60 | 00:21:37.20 | +00:05:30 (25.6%) | 4:18 | 13.9 (74.3%) |
| 131 | WIŚNIEWSKI Tomasz | 425 | | M20 | 49 | 00:00:06 | 00:21:32.10 | 00:21:38.95 | +00:05:31 (25.6%) | 4:18 | 13.9 (74.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 132 | SZCZĘSNY Arkadiusz | 401 | DYNAMO SKARPA | M30 | 44 | 00:00:23 | 00:21:32.20 | 00:21:56.05 | +00:05:31 (25.6%) | 4:18 | 13.9 (74.3%) |
| 133 | OMNICZYŃSKI Tomasz | 1106 | FORDON | M20 | 50 | 00:00:39 | 00:21:33.20 | 00:22:13.10 | +00:05:32 (25.7%) | 4:18 | 13.9 (74.3%) |
| 134 | KOŁACKI Jarosław | 1140 | DYNAMO SKARPA | M20 | 51 | 00:00:23 | 00:21:34.30 | 00:21:57.90 | +00:05:33 (25.7%) | 4:18 | 13.9 (74.3%) |
| 135 | WNEK Martin | 492 | | M20 | 52 | 00:00:29 | 00:21:34.65 | 00:22:03.75 | +00:05:33 (25.8%) | 4:18 | 13.9 (74.3%) |
| 136 | WENDT Grzegorz | 1223 | | M40 | 23 | 00:00:30 | 00:21:35.35 | 00:22:05.90 | +00:05:34 (25.8%) | 4:19 | 13.9 (74.3%) |
| 137 | KARPACZ Jarek | 506 | | M20 | 53 | 00:00:15 | 00:21:36.00 | 00:21:51.90 | +00:05:34 (25.8%) | 4:19 | 13.9 (74.3%) |
| 138 | BONKOWSKI Wojciech | 177 | | M30 | 45 | 00:00:02 | 00:21:37.85 | 00:21:40.10 | +00:05:36 (25.9%) | 4:19 | 13.9 (74.3%) |
| 139 | SALAMON Wojtek | 1296 | | M30 | 46 | 00:00:09 | 00:21:39.45 | 00:21:49.20 | +00:05:38 (26.0%) | 4:20 | 13.8 (73.8%) |
| 140 | WIDŹGOWSKI Przemysław | 250 | | M30 | 47 | 00:00:09 | 00:21:39.55 | 00:21:48.65 | +00:05:38 (26.0%) | 4:19 | 13.9 (74.3%) |
| 141 | LEŚNY Mateusz | 815 | | M20 | 54 | 00:00:59 | 00:21:39.60 | 00:22:39.05 | +00:05:38 (26.0%) | 4:20 | 13.8 (73.8%) |
| 142 | MAKLAKIEWICZ Łukasz | 679 | | M40 | 24 | 00:00:16 | 00:21:39.75 | 00:21:56.55 | +00:05:38 (26.1%) | 4:20 | 13.8 (73.8%) |
| 143 | PALIGA Antoni | 619 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M50 | 7 | 00:00:13 | 00:21:40.80 | 00:21:54.40 | +00:05:39 (26.1%) | 4:20 | 13.8 (73.8%) |
| 144 | SOKOŁOWSKI Piotr | 28 | GORDON RUN | M30 | 48 | 00:00:19 | 00:21:48.00 | 00:22:07.30 | +00:05:46 (26.5%) | 4:21 | 13.8 (73.8%) |
| 145 | MIKOŁAJSKI Krzysztof | 565 | | M20 | 55 | 00:00:10 | 00:21:50.85 | 00:22:01.00 | +00:05:49 (26.7%) | 4:22 | 13.7 (73.3%) |
| 146 | WĘGRZYNOWSKI Sławomir | 102 | KABEL TEAM BYDGOSZCZ | M40 | 25 | 00:00:17 | 00:21:53.90 | 00:22:11.05 | +00:05:52 (26.9%) | 4:22 | 13.7 (73.3%) |
| 147 | PARUCKI Paweł | 611 | SPÓJNIA BIAŁE BŁOTA | M20 | 56 | 00:00:32 | 00:21:54.45 | 00:22:27.40 | +00:05:53 (26.9%) | 4:23 | 13.7 (73.3%) |
| 148 | WIADERKIEWICZ Mariusz | 342 | CLIMAG | M40 | 26 | 00:00:19 | 00:21:57.00 | 00:22:16.00 | +00:05:55 (27.0%) | 4:23 | 13.7 (73.3%) |
| 149 | SKRZYPIŃSKI Marek | 1195 | | M30 | 49 | 00:00:16 | 00:21:57.70 | 00:22:14.05 | +00:05:56 (27.1%) | 4:23 | 13.7 (73.3%) |
| 150 | STARSZAK Paweł | 1113 | | M30 | 50 | 00:00:09 | 00:21:59.40 | 00:22:08.50 | +00:05:58 (27.2%) | 4:23 | 13.6 (72.7%) |
| 151 | RUTKOWSKI Tomasz | 346 | | M40 | 27 | 00:00:20 | 00:21:59.60 | 00:22:19.80 | +00:05:58 (27.2%) | 4:23 | 13.6 (72.7%) |
| 152 | KIELA Robert | 1055 | CZARNE STOPY SM | M40 | 28 | 00:00:14 | 00:21:59.65 | 00:22:14.55 | +00:05:58 (27.2%) | 4:24 | 13.6 (72.7%) |
| 153 | LEWICKI Maciej | 1183 | SŁUŻBA WIĘZIENNA | M40 | 29 | 00:00:34 | 00:22:01.25 | 00:22:35.65 | +00:06:00 (27.3%) | 4:24 | 13.6 (72.7%) |
| 154 | KUK Piotr | 538 | KABEL TAEM | M40 | 30 | 00:00:09 | 00:22:01.45 | 00:22:10.75 | +00:06:00 (27.3%) | 4:24 | 13.6 (72.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 155 | BRZEZIŃSKI Sławomir | 1164 | CZARNE STOPY.SM | M40 | 31 | 00:00:15 | 00:22:01.80 | 00:22:17.30 | +00:06:00 (27.3%) | 4:24 | 13.6 (72.7%) |
| 156 | FOLERZYŃSKI Dawid | 234 | SPÓJNIA BIAŁE BŁOTA | M18 | 5 | 00:00:09 | 00:22:02.70 | 00:22:12.45 | +00:06:01 (27.3%) | 4:24 | 13.6 (72.7%) |
| 157 | WESOŁOWSKI Krzysztof | 801 | RUN BYDGOSZCZ | M40 | 32 | 00:00:23 | 00:22:03.45 | 00:22:26.55 | +00:06:02 (27.4%) | 4:24 | 13.6 (72.7%) |
| 158 | SZNAJDROWSKI Mateusz | 809 | | M20 | 57 | 00:00:24 | 00:22:04.25 | 00:22:28.40 | +00:06:03 (27.4%) | 4:24 | 13.6 (72.7%) |
| 159 | STĘPSKI Marek | 252 | | M40 | 33 | 00:00:13 | 00:22:04.65 | 00:22:17.65 | +00:06:03 (27.4%) | 4:24 | 13.6 (72.7%) |
| 160 | SZNAJDROWSKI Jerzy | 810 | | M50 | 8 | 00:00:21 | 00:22:05.60 | 00:22:27.20 | +00:06:04 (27.5%) | 4:25 | 13.6 (72.7%) |
| 161 | CHORZĘPA Bogusław | 1061 | BYDGOSZCZ | M30 | 51 | 00:00:27 | 00:22:06.45 | 00:22:34.40 | +00:06:05 (27.5%) | 4:25 | 13.6 (72.7%) |
| 162 | SZARLEJ Marcin | 316 | | M30 | 52 | 00:00:14 | 00:22:09.10 | 00:22:23.65 | +00:06:08 (27.7%) | 4:25 | 13.5 (72.2%) |
| 163 | PAWLAK Robert | 893 | IPA BYDGOSZCZ | M40 | 34 | 00:00:46 | 00:22:09.90 | 00:22:56.45 | +00:06:08 (27.7%) | 4:26 | 13.5 (72.2%) |
| 164 | ROGALSKI Maciej | 928 | | M30 | 53 | 00:02:08 | 00:22:10.40 | 00:24:19.20 | +00:06:09 (27.8%) | 4:26 | 13.5 (72.2%) |
| 165 | JUREK Piotr | 1304 | BBL | M50 | 9 | 00:00:19 | 00:22:10.80 | 00:22:30.30 | +00:06:09 (27.8%) | 4:26 | 13.5 (72.2%) |
| 166 | BIAŁKA Kamil | 254 | PEWNIAKI | M20 | 58 | 00:00:31 | 00:22:11.00 | 00:22:42.75 | +00:06:09 (27.8%) | 4:26 | 13.5 (72.2%) |
| 167 | SIUDA Rafał | 1351 | RUN BYDGOSZCZ | M40 | 35 | 00:02:00 | 00:22:11.35 | 00:24:11.60 | +00:06:10 (27.8%) | 4:26 | 13.5 (72.2%) |
| 168 | GUZOWSKI Rafał | 286 | TCMS PESA BYDGOSZCZ | M20 | 59 | 00:01:27 | 00:22:12.25 | 00:23:39.75 | +00:06:11 (27.9%) | 4:26 | 13.5 (72.2%) |
| 169 | KOPACZEWSKI Marcin | 453 | | M30 | 54 | 00:00:15 | 00:22:14.40 | 00:22:29.60 | +00:06:13 (28.0%) | 4:26 | 13.5 (72.2%) |
| 170 | SZUBERT Maciej | 592 | | M40 | 36 | 00:00:24 | 00:22:16.45 | 00:22:41.30 | +00:06:15 (28.1%) | 4:27 | 13.5 (72.2%) |
| 171 | GRZONKA Michał | 1232 | TCMS PESA BYDGOSZCZ | M30 | 55 | 00:01:30 | 00:22:16.90 | 00:23:47.05 | +00:06:15 (28.1%) | 4:27 | 13.5 (72.2%) |
| 172 | ŻEGLICZ Marek | 1007 | SPÓJNIA BIAŁE BŁOTA | M20 | 60 | 00:00:24 | 00:22:17.15 | 00:22:41.20 | +00:06:16 (28.1%) | 4:27 | 13.5 (72.2%) |
| 173 | BINIENDA Mateusz | 340 | BIMAT | M30 | 56 | 00:00:18 | 00:22:17.20 | 00:22:36.00 | +00:06:16 (28.1%) | 4:27 | 13.5 (72.2%) |
| 174 | WYSOCKI Piotr | 568 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M30 | 57 | 00:01:53 | 00:22:17.60 | 00:24:11.10 | +00:06:16 (28.1%) | 4:27 | 13.5 (72.2%) |
| 175 | WAJCHERT Łukasz | 472 | | M30 | 58 | 00:00:05 | 00:22:18.55 | 00:22:23.55 | +00:06:17 (28.2%) | 4:27 | 13.5 (72.2%) |
| 176 | WIŚNIEWSKI Paweł | 358 | | M20 | 61 | 00:00:31 | 00:22:19.10 | 00:22:51.05 | +00:06:18 (28.2%) | 4:28 | 13.4 (71.7%) |
| 177 | PALIGA Mateusz | 618 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M20 | 62 | 00:01:53 | 00:22:20.75 | 00:24:14.50 | +00:06:19 (28.3%) | 4:28 | 13.4 (71.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 178 | FUŁAT Karol | 1107 | TKKF KOLEJARZ BYDGOSZCZ | M50 | 10 | 00:01:20 | 00:22:21.60 | 00:23:42.30 | +00:06:20 (28.4%) | 4:28 | 13.4 (71.7%) |
| 179 | CYL Dawid | 351 | RUN BYDGOSZCZ | M30 | 59 | 00:00:22 | 00:22:27.75 | 00:22:50.25 | +00:06:26 (28.7%) | 4:29 | 13.4 (71.7%) |
| 180 | RAUNEST Adam | 546 | | M50 | 11 | 00:00:29 | 00:22:27.85 | 00:22:57.45 | +00:06:26 (28.7%) | 4:29 | 13.4 (71.7%) |
| 181 | NAWROCKI Dawid | 1177 | | M20 | 63 | 00:00:39 | 00:22:31.90 | 00:23:11.05 | +00:06:30 (28.9%) | 4:30 | 13.3 (71.1%) |
| 182 | GOZIMIRSKI Andrzej | 692 | SGUASH POINT BYDGOSZCZ | M60 | 1 | 00:00:02 | 00:22:32.75 | 00:22:35.25 | +00:06:31 (29.0%) | 4:30 | 13.3 (71.1%) |
| 183 | KAMPER Jarosław | 526 | | M40 | 37 | 00:00:14 | 00:22:32.80 | 00:22:47.00 | +00:06:31 (29.0%) | 4:30 | 13.3 (71.1%) |
| 184 | GACKOWSKI Krzysztof | 792 | | M40 | 38 | 00:00:09 | 00:22:32.90 | 00:22:42.60 | +00:06:31 (29.0%) | 4:30 | 13.3 (71.1%) |
| 185 | MALINOWSKI Waldemar | 396 | RUN LOTTO-BYDGOSTIA | M40 | 39 | 00:00:25 | 00:22:34.65 | 00:23:00.10 | +00:06:33 (29.1%) | 4:31 | 13.3 (71.1%) |
| 186 | SZULC Rafał | 208 | RUN BYDGOSZCZ | M30 | 60 | 00:00:37 | 00:22:35.50 | 00:23:12.60 | +00:06:34 (29.1%) | 4:31 | 13.3 (71.1%) |
| 187 | KUCHCZYŃSKI Adam | 596 | BÓL TO ŚCIEMA | M50 | 12 | 00:00:31 | 00:22:35.90 | 00:23:07.40 | +00:06:34 (29.1%) | 4:31 | 13.3 (71.1%) |
| 188 | GRZECHOWIAK Krzysztof | 581 | | M30 | 61 | 00:01:45 | 00:22:36.95 | 00:24:22.00 | +00:06:35 (29.2%) | 4:31 | 13.3 (71.1%) |
| 189 | BRYWCZYŃSKI Krystian | 75 | RODOS TEAM | M30 | 62 | 00:00:49 | 00:22:37.25 | 00:23:26.70 | +00:06:36 (29.2%) | 4:31 | 13.3 (71.1%) |
| 190 | JANYSKA Adam | 1299 | UKS KOPERNIK BYDGOSZCZ | M18 | 6 | 00:00:11 | 00:22:38.95 | 00:22:49.95 | +00:06:37 (29.3%) | 4:31 | 13.3 (71.1%) |
| 191 | LEWANDOWSKI Sławomir | 1043 | KLUBZDROWIA24H | M30 | 63 | 00:00:56 | 00:22:43.65 | 00:23:40.40 | +00:06:42 (29.5%) | 4:32 | 13.2 (70.6%) |
| 192 | SADKOWSKI Adrian | 534 | RUN BYDGOSZCZ | M18 | 7 | 00:00:32 | 00:22:46.15 | 00:23:18.20 | +00:06:45 (29.6%) | 4:33 | 13.2 (70.6%) |
| 193 | KARPIŃSKI Daniel | 305 | FC KOBYLARNIA | M30 | 64 | 00:00:17 | 00:22:47.00 | 00:23:04.90 | +00:06:45 (29.7%) | 4:33 | 13.2 (70.6%) |
| 194 | WŁOCH Sylwester | 630 | | M50 | 13 | 00:00:04 | 00:22:51.95 | 00:22:56.15 | +00:06:50 (29.9%) | 4:34 | 13.1 (70.1%) |
| 195 | ZIELINSKI Marcin | 745 | | M30 | 65 | 00:00:07 | 00:22:52.55 | 00:22:59.85 | +00:06:51 (30.0%) | 4:34 | 13.1 (70.1%) |
| 196 | KALISZEWSKI Daniel | 515 | | M40 | 40 | 00:00:05 | 00:22:52.60 | 00:22:58.00 | +00:06:51 (30.0%) | 4:34 | 13.1 (70.1%) |
| 197 | BAGROWSKI Marek | 200 | UMK COLLEGIUM MEDICUM RATOWNICTWO-MEDYCZNE JANOWO BIEGA | M50 | 14 | 00:00:19 | 00:22:52.90 | 00:23:12.20 | +00:06:51 (30.0%) | 4:34 | 13.1 (70.1%) |
| 198 | OWCZARSKI Krzysztof | 1036 | | M30 | 66 | 00:00:45 | 00:22:54.45 | 00:23:40.40 | +00:06:53 (30.1%) | 4:35 | 13.1 (70.1%) |
| 199 | SIEMASZKO Michał | 1225 | SZYSZKI | M30 | 67 | 00:00:11 | 00:22:54.90 | 00:23:06.80 | +00:06:53 (30.1%) | 4:35 | 13.1 (70.1%) |
| 200 | BISKUPSKI Marcin | 375 | | M30 | 68 | 00:01:33 | 00:22:55.00 | 00:24:28.85 | +00:06:53 (30.1%) | 4:35 | 13.1 (70.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 201 | SZEWczykowski Grzegorz | 1197 | BYDGOSKIE ŻÓŁWIE | M30 | 69 | 00:01:00 | 00:22:55.20 | 00:23:55.85 | +00:06:54 (30.1%) | 4:35 | 13.1 (70.1%) |
| 202 | WOJCIECHOWSKI Jarosław | 367 | | M40 | 41 | 00:00:17 | 00:22:57.55 | 00:23:14.65 | +00:06:56 (30.2%) | 4:35 | 13.1 (70.1%) |
| 203 | CZAPLEWSKI Krzysztof | 1365 | | M30 | 70 | 00:01:18 | 00:22:58.80 | 00:24:16.80 | +00:06:57 (30.3%) | 4:35 | 13.1 (70.1%) |
| 204 | LEMAŃSKI Jacek | 552 | | M20 | 64 | 00:00:03 | 00:22:59.20 | 00:23:03.05 | +00:06:58 (30.3%) | 4:36 | 13 (69.5%) |
| 205 | ROSÓŁ Jacek | 26 | | M30 | 71 | 00:00:28 | 00:23:01.20 | 00:23:29.70 | +00:07:00 (30.4%) | 4:36 | 13 (69.5%) |
| 206 | WÓJTOWICZ Ryszard | 1240 | WÓJTOWICZ TEAM | M20 | 65 | 00:00:05 | 00:23:01.25 | 00:23:07.10 | +00:07:00 (30.4%) | 4:36 | 13 (69.5%) |
| 207 | JACIUBEK Andrzej | 1163 | NIEZRZESZONY - AMATOR | M50 | 15 | 00:00:46 | 00:23:01.80 | 00:23:48.50 | +00:07:00 (30.4%) | 4:36 | 13 (69.5%) |
| 208 | KARASZEWSKI Marcin | 510 | | M30 | 72 | 00:00:42 | 00:23:05.70 | 00:23:47.95 | +00:07:04 (30.6%) | 4:37 | 13 (69.5%) |
| 209 | BUTRYM Piotr | 700 | | M30 | 73 | 00:01:06 | 00:23:06.10 | 00:24:12.15 | +00:07:05 (30.7%) | 4:37 | 13 (69.5%) |
| 210 | BUTRYM Dariusz | 303 | | M40 | 42 | 00:01:05 | 00:23:06.60 | 00:24:12.35 | +00:07:05 (30.7%) | 4:37 | 13 (69.5%) |
| 211 | MYLER Łukasz | 802 | | M20 | 66 | 00:00:49 | 00:23:07.55 | 00:23:57.45 | +00:07:06 (30.7%) | 4:37 | 13 (69.5%) |
| 212 | KOŚCIELAK Maciej | 1030 | ŻANDARMI Z BYDGOSZCZY | M30 | 74 | 00:00:35 | 00:23:08.00 | 00:23:43.10 | +00:07:06 (30.8%) | 4:37 | 13 (69.5%) |
| 213 | DULIŃSKI Bartek | 1387 | | M10 | 8 | 00:00:42 | 00:23:08.20 | 00:23:51.15 | +00:07:07 (30.8%) | 4:37 | 13 (69.5%) |
| 214 | ŻUCHOWSKI Dariusz | 430 | | M40 | 43 | 00:00:19 | 00:23:08.60 | 00:23:28.05 | +00:07:07 (30.8%) | 4:37 | 13 (69.5%) |
| 215 | KANIEWSKI Łukasz | 67 | | M30 | 75 | 00:00:30 | 00:23:09.50 | 00:23:39.65 | +00:07:08 (30.8%) | 4:37 | 13 (69.5%) |
| 216 | WALENCIAK Jarosław | 43 | CZARNE STOPY.SM | M40 | 44 | 00:00:15 | 00:23:09.60 | 00:23:24.85 | +00:07:08 (30.8%) | 4:37 | 13 (69.5%) |
| 217 | STYCZYŃSKI Oskar | 1329 | | M10 | 9 | 00:00:49 | 00:23:10.25 | 00:23:59.40 | +00:07:09 (30.9%) | 4:38 | 12.9 (69.0%) |
| 218 | CECHOWSKI Marcin | 27 | | M30 | 76 | 00:00:32 | 00:23:10.90 | 00:23:43.30 | +00:07:09 (30.9%) | 4:38 | 12.9 (69.0%) |
| 219 | MIKOŁAJCZAK Sławomir | 687 | | M40 | 45 | 00:00:36 | 00:23:11.35 | 00:23:47.55 | +00:07:10 (30.9%) | 4:38 | 12.9 (69.0%) |
| 220 | NAGOW Michał | 95 | | M40 | 46 | 00:01:31 | 00:23:11.60 | 00:24:42.85 | +00:07:10 (30.9%) | 4:38 | 12.9 (69.0%) |
| 221 | NOWAKOWSKI Oskar | 1290 | | M10 | 10 | 00:00:12 | 00:23:12.20 | 00:23:24.70 | +00:07:11 (31.0%) | 4:38 | 12.9 (69.0%) |
| 222 | GAŚIOR Mariusz | 874 | | M40 | 47 | 00:00:15 | 00:23:13.35 | 00:23:28.45 | +00:07:12 (31.0%) | 4:38 | 12.9 (69.0%) |
| 223 | SCHNEIDER Krystian | 904 | | M20 | 67 | 00:00:37 | 00:23:14.35 | 00:23:52.05 | +00:07:13 (31.1%) | 4:39 | 12.9 (69.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 224 | PAWLAK Waldemar | 11 | VEGERUNNERS | M30 | 77 | 00:00:06 | 00:23:15.45 | 00:23:21.55 | +00:07:14 (31.1%) | 4:39 | 12.9 (69.0%) |
| 225 | DERENDA Mirosław | 714 | | M30 | 78 | 00:00:47 | 00:23:15.65 | 00:24:02.95 | +00:07:14 (31.1%) | 4:39 | 12.9 (69.0%) |
| 226 | JANUSZKIEWICZ Piotr | 424 | | M30 | 79 | 00:00:11 | 00:23:15.75 | 00:23:27.25 | +00:07:14 (31.1%) | 4:39 | 12.9 (69.0%) |
| 227 | PILARSKI Paweł | 1204 | | M20 | 68 | 00:00:08 | 00:23:15.95 | 00:23:24.10 | +00:07:14 (31.2%) | 4:39 | 12.9 (69.0%) |
| 228 | MINTA Adam | 579 | | M30 | 80 | 00:00:31 | 00:23:16.35 | 00:23:47.50 | +00:07:15 (31.2%) | 4:39 | 12.9 (69.0%) |
| 229 | BOROWSKI Radosław | 870 | KRAJNA SĘPÓLNO | M20 | 69 | 00:00:34 | 00:23:18.35 | 00:23:52.45 | +00:07:17 (31.3%) | 4:39 | 12.9 (69.0%) |
| 230 | STYCZYŃSKI Olaf | 1330 | | M10 | 11 | 00:00:49 | 00:23:18.95 | 00:24:08.70 | +00:07:17 (31.3%) | 4:39 | 12.9 (69.0%) |
| 231 | JAMRÓZ Robert | 206 | | M40 | 48 | 00:00:22 | 00:23:19.10 | 00:23:41.60 | +00:07:18 (31.3%) | 4:39 | 12.9 (69.0%) |
| 232 | WOJCIECHOWSKI Grzegorz | 15 | | M20 | 70 | 00:00:44 | 00:23:19.45 | 00:24:03.75 | +00:07:18 (31.3%) | 4:39 | 12.9 (69.0%) |
| 233 | GORDON Roman | 172 | RUN BYDGOSZCZ | M60 | 2 | 00:00:18 | 00:23:20.85 | 00:23:39.05 | +00:07:19 (31.4%) | 4:40 | 12.8 (68.4%) |
| 234 | STAŃCZUK Wojtek | 1284 | FREEDOM | M40 | 49 | 00:00:21 | 00:23:21.05 | 00:23:42.15 | +00:07:19 (31.4%) | 4:40 | 12.8 (68.4%) |
| 235 | RZĘTKOWSKI Artur | 1221 | | M20 | 71 | 00:00:06 | 00:23:21.75 | 00:23:27.85 | +00:07:20 (31.4%) | 4:40 | 12.8 (68.4%) |
| 236 | CADER Ryszard | 185 | SPÓJNIA BIAŁE BŁOTA | M30 | 81 | 00:00:17 | 00:23:22.75 | 00:23:40.45 | +00:07:21 (31.5%) | 4:40 | 12.8 (68.4%) |
| 237 | SKÓRA Damian | 1222 | | M30 | 82 | 00:00:25 | 00:23:23.00 | 00:23:48.50 | +00:07:21 (31.5%) | 4:40 | 12.8 (68.4%) |
| 238 | LASKA Artur | 1110 | | M30 | 83 | 00:00:20 | 00:23:23.25 | 00:23:44.15 | +00:07:22 (31.5%) | 4:40 | 12.8 (68.4%) |
| 239 | JURKOWSKI Paweł | 1252 | KANCELARIA HMM | M30 | 84 | 00:00:23 | 00:23:23.40 | 00:23:46.60 | +00:07:22 (31.5%) | 4:40 | 12.8 (68.4%) |
| 240 | SKUPSZ Jędrzej Kazmierz | 567 | FORDON | M20 | 72 | 00:00:52 | 00:23:23.75 | 00:24:16.40 | +00:07:22 (31.5%) | 4:40 | 12.8 (68.4%) |
| 241 | BŁAŻEJEWSKI Kacper | 219 | CB163 | M20 | 73 | 00:00:24 | 00:23:24.30 | 00:23:49.00 | +00:07:23 (31.6%) | 4:41 | 12.8 (68.4%) |
| 242 | ROSZCZYN Dawid | 229 | AS BOX | M30 | 85 | 00:00:25 | 00:23:24.65 | 00:23:50.60 | +00:07:23 (31.6%) | 4:41 | 12.8 (68.4%) |
| 243 | STAWCZYK Dariusz | 17 | | M40 | 50 | 00:00:23 | 00:23:26.00 | 00:23:49.85 | +00:07:24 (31.6%) | 4:41 | 12.8 (68.4%) |
| 244 | RUDOL Sebastian | 537 | | M40 | 51 | 00:00:43 | 00:23:26.15 | 00:24:09.40 | +00:07:25 (31.7%) | 4:41 | 12.8 (68.4%) |
| 245 | ŚWIETLIK Piotr | 1091 | | M50 | 16 | 00:00:04 | 00:23:28.80 | 00:23:32.90 | +00:07:27 (31.8%) | 4:41 | 12.8 (68.4%) |
| 246 | PORAJ Artur | 967 | | M30 | 86 | 00:00:35 | 00:23:28.85 | 00:24:04.65 | +00:07:27 (31.8%) | 4:41 | 12.8 (68.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 247 | BYRTEK Grzegorz | 555 | | M40 | 52 | 00:00:28 | 00:23:30.50 | 00:23:59.10 | +00:07:29 (31.9%) | 4:42 | 12.8 (68.4%) |
| 248 | ŁOŚ Dariusz | 1275 | | M50 | 17 | 00:00:48 | 00:23:31.10 | 00:24:19.50 | +00:07:30 (31.9%) | 4:42 | 12.8 (68.4%) |
| 249 | KORTAS Marcin | 276 | | M40 | 53 | 00:01:00 | 00:23:31.15 | 00:24:32.05 | +00:07:30 (31.9%) | 4:42 | 12.7 (67.9%) |
| 250 | SZATKOWSKI Marcin | 248 | RUN LOTTO BYDGOSTIA | M20 | 74 | 00:01:56 | 00:23:31.20 | 00:25:27.90 | +00:07:30 (31.9%) | 4:42 | 12.8 (68.4%) |
| 251 | KORZENECKI Piotr | 1102 | 4RUN | M30 | 87 | 00:00:21 | 00:23:36.30 | 00:23:57.30 | +00:07:35 (32.1%) | 4:43 | 12.7 (67.9%) |
| 252 | SZEWCZUK Sebastian | 176 | ASSECO ACTIVE TEAM | M30 | 88 | 00:00:35 | 00:23:36.70 | 00:24:11.75 | +00:07:35 (32.2%) | 4:43 | 12.7 (67.9%) |
| 253 | LIPIŃSKI Sebastian | 1216 | | M40 | 54 | 00:00:03 | 00:23:36.95 | 00:23:40.80 | +00:07:35 (32.2%) | 4:43 | 12.7 (67.9%) |
| 254 | BUDKIEWICZ Radosław | 1411 | | M20 | 75 | 00:00:34 | 00:23:37.55 | 00:24:11.90 | +00:07:36 (32.2%) | 4:43 | 12.7 (67.9%) |
| 255 | ERBER Piotr | 164 | | M20 | 76 | 00:00:20 | 00:23:37.75 | 00:23:58.45 | +00:07:36 (32.2%) | 4:43 | 12.7 (67.9%) |
| 256 | WANKIEWICZ Łukasz | 1367 | | M20 | 77 | 00:01:04 | 00:23:38.55 | 00:24:43.45 | +00:07:37 (32.2%) | 4:43 | 12.7 (67.9%) |
| 257 | GEHRKE Szymon | 435 | VISATON POLSKA | M30 | 89 | 00:00:47 | 00:23:39.20 | 00:24:27.10 | +00:07:38 (32.3%) | 4:44 | 12.7 (67.9%) |
| 258 | KOSIŁO Marcin | 898 | RUNBUSTERS | M30 | 90 | 00:00:49 | 00:23:39.50 | 00:24:29.35 | +00:07:38 (32.3%) | 4:44 | 12.7 (67.9%) |
| 259 | BEDNAREK Paweł | 87 | GORDON RUN | M20 | 78 | 00:00:20 | 00:23:43.25 | 00:24:03.55 | +00:07:42 (32.5%) | 4:44 | 12.6 (67.4%) |
| 260 | RYMER Adam | 398 | | M30 | 91 | 00:00:18 | 00:23:43.55 | 00:24:02.15 | +00:07:42 (32.5%) | 4:44 | 12.6 (67.4%) |
| 261 | RATAJCZAK Arkadiusz | 963 | | M40 | 55 | 00:01:24 | 00:23:46.00 | 00:25:10.00 | +00:07:44 (32.6%) | 4:45 | 12.6 (67.4%) |
| 262 | LEWICKI Artur | 474 | LEGE ARTIS | M40 | 56 | 00:01:29 | 00:23:47.95 | 00:25:17.90 | +00:07:46 (32.7%) | 4:45 | 12.6 (67.4%) |
| 263 | DOLNY Krzysztof | 1359 | | M20 | 79 | 00:00:10 | 00:23:48.50 | 00:23:59.20 | +00:07:47 (32.7%) | 4:45 | 12.6 (67.4%) |
| 264 | ŚWIATLAK Marek | 1004 | SOWA BYDGOSZCZ | M40 | 57 | 00:00:29 | 00:23:49.75 | 00:24:19.55 | +00:07:48 (32.8%) | 4:46 | 12.6 (67.4%) |
| 265 | GROCHOWSKI Jakub | 312 | JW 1515 BYDGOSZCZ | M30 | 92 | 00:00:16 | 00:23:50.40 | 00:24:06.75 | +00:07:49 (32.8%) | 4:46 | 12.6 (67.4%) |
| 266 | BRZUCHALSKI Krzysztof | 1150 | | M30 | 93 | 00:01:16 | 00:23:50.50 | 00:25:07.40 | +00:07:49 (32.8%) | 4:46 | 12.6 (67.4%) |
| 267 | WALUSIAK Miłosz | 744 | | M30 | 94 | 00:00:29 | 00:23:52.75 | 00:24:22.50 | +00:07:51 (32.9%) | 4:46 | 12.6 (67.4%) |
| 268 | DONARSKI Maciej | 1354 | | M20 | 80 | 00:00:42 | 00:23:53.00 | 00:24:35.30 | +00:07:51 (32.9%) | 4:46 | 12.6 (67.4%) |
| 269 | GŁOWSKI Dariusz | 56 | | M40 | 58 | 00:00:40 | 00:23:53.10 | 00:24:33.60 | +00:07:52 (32.9%) | 4:46 | 12.6 (67.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 270 | ROŚ Sławek | 243 | ARMIA CHRYSYUSA | M20 | 81 | 00:00:20 | 00:23:53.20 | 00:24:13.25 | +00:07:52 (32.9%) | 4:46 | 12.6 (67.4%) |
| 271 | KAŻMIERCZAK Paweł | 196 | | M40 | 59 | 00:00:16 | 00:23:54.15 | 00:24:10.70 | +00:07:53 (33.0%) | 4:46 | 12.6 (67.4%) |
| 272 | LACH Paweł | 1260 | | M30 | 95 | 00:00:38 | 00:23:54.30 | 00:24:33.00 | +00:07:53 (33.0%) | 4:47 | 12.5 (66.8%) |
| 273 | ŚWIATOWY Ryszard | 1060 | DAWCA KRWI | M40 | 60 | 00:00:20 | 00:23:54.50 | 00:24:15.10 | +00:07:53 (33.0%) | 4:47 | 12.5 (66.8%) |
| 274 | STRYCZYŃSKI Marek | 203 | KLINIKA TRIATHLONU BYDGOSZCZ | M30 | 96 | 00:00:08 | 00:23:56.20 | 00:24:04.40 | +00:07:55 (33.1%) | 4:47 | 12.5 (66.8%) |
| 275 | ANTKOWIAK Bartosz | 223 | TCMS PESA BYDGOSZCZ | M20 | 82 | 00:01:28 | 00:23:56.35 | 00:25:24.60 | +00:07:55 (33.1%) | 4:47 | 12.5 (66.8%) |
| 276 | PIETROWSKI Radosław | 1402 | | M20 | 83 | 00:00:04 | 00:23:56.55 | 00:24:00.95 | +00:07:55 (33.1%) | 4:47 | 12.5 (66.8%) |
| 277 | WILCZYŃSKI Jacek | 3 | | M40 | 61 | 00:00:28 | 00:23:57.10 | 00:24:25.90 | +00:07:56 (33.1%) | 4:47 | 12.5 (66.8%) |
| 278 | CHUDZIŃSKI Rafał | 1236 | | M40 | 62 | 00:00:34 | 00:23:58.35 | 00:24:33.25 | +00:07:57 (33.2%) | 4:47 | 12.5 (66.8%) |
| 279 | GUMMER Andrzej | 282 | | M30 | 97 | 00:00:22 | 00:23:59.10 | 00:24:21.50 | +00:07:58 (33.2%) | 4:47 | 12.5 (66.8%) |
| 280 | PIKOR Patryk | 235 | | M20 | 84 | 00:01:11 | 00:24:00.10 | 00:25:11.15 | +00:07:59 (33.3%) | 4:48 | 12.5 (66.8%) |
| 281 | KRAWIEC Mariusz | 939 | | M40 | 63 | 00:00:18 | 00:24:00.15 | 00:24:18.60 | +00:07:59 (33.3%) | 4:48 | 12.5 (66.8%) |
| 281 | MATEUSZCZYK Dawid | 1215 | | M30 | 98 | 00:00:04 | 00:24:00.15 | 00:24:04.60 | +00:07:59 (33.3%) | 4:48 | 12.5 (66.8%) |
| 283 | CZYŻNIKIEWICZ Karol | 165 | | M20 | 85 | 00:00:58 | 00:24:02.35 | 00:25:00.80 | +00:08:01 (33.4%) | 4:48 | 12.5 (66.8%) |
| 284 | STASIEWSKI Mariusz | 520 | TRISPACE | M40 | 64 | 00:00:38 | 00:24:02.40 | 00:24:40.60 | +00:08:01 (33.4%) | 4:48 | 12.5 (66.8%) |
| 284 | ROEDING Robert | 187 | | M40 | 65 | 00:01:01 | 00:24:02.40 | 00:25:04.20 | +00:08:01 (33.4%) | 4:48 | 12.5 (66.8%) |
| 286 | SZULC Edmund | 1159 | | M50 | 18 | 00:00:46 | 00:24:02.45 | 00:24:49.30 | +00:08:01 (33.4%) | 4:48 | 12.5 (66.8%) |
| 287 | ŁABENDA Robert | 1361 | | M30 | 99 | 00:01:04 | 00:24:02.65 | 00:25:07.15 | +00:08:01 (33.4%) | 4:48 | 12.5 (66.8%) |
| 288 | GRAPATYN Piotr | 881 | SŁUŻBA WIĘZIENNA | M40 | 66 | 00:00:19 | 00:24:04.55 | 00:24:23.55 | +00:08:03 (33.5%) | 4:48 | 12.5 (66.8%) |
| 289 | KRAWIEC Patryk | 940 | | M18 | 8 | 00:00:18 | 00:24:04.85 | 00:24:23.60 | +00:08:03 (33.5%) | 4:49 | 12.5 (66.8%) |
| 290 | HEIDAK Piotr | 1035 | | M40 | 67 | 00:00:47 | 00:24:04.90 | 00:24:51.95 | +00:08:03 (33.5%) | 4:48 | 12.5 (66.8%) |
| 291 | WOJTYSIAK Kamil | 657 | | M30 | 100 | 00:00:38 | 00:24:05.75 | 00:24:44.35 | +00:08:04 (33.5%) | 4:49 | 12.4 (66.3%) |
| 292 | LIWOCH Grzegorz | 141 | | M50 | 19 | 00:00:30 | 00:24:05.80 | 00:24:36.10 | +00:08:04 (33.5%) | 4:49 | 12.4 (66.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 293 | WIECZOREK Waldek | 86 | | M30 | 101 | 00:01:54 | 00:24:06.30 | 00:26:00.75 | +00:08:05 (33.5%) | 4:49 | 12.4 (66.3%) |
| 293 | KOŚMIŃSKI Krzysztof | 1408 | | M40 | 68 | 00:00:32 | 00:24:06.30 | 00:24:38.55 | +00:08:05 (33.5%) | 4:49 | 12.4 (66.3%) |
| 295 | GUMOWSKI Kamil | 1090 | SZKOŁA JAZDY TOMAS | M20 | 86 | 00:00:14 | 00:24:07.30 | 00:24:21.90 | +00:08:06 (33.6%) | 4:49 | 12.4 (66.3%) |
| 296 | JURSKI Robert | 946 | | M40 | 69 | 00:01:24 | 00:24:08.55 | 00:25:32.90 | +00:08:07 (33.7%) | 4:49 | 12.4 (66.3%) |
| 297 | GWIZDAŁA Mikołaj | 468 | | M20 | 87 | 00:01:00 | 00:24:09.25 | 00:25:09.60 | +00:08:08 (33.7%) | 4:49 | 12.4 (66.3%) |
| 298 | TRUDNOWSKI Janusz | 133 | PARKRUN BYDGOSZCZ | M60 | 3 | 00:00:03 | 00:24:09.50 | 00:24:13.15 | +00:08:08 (33.7%) | 4:50 | 12.4 (66.3%) |
| 299 | RÓŻYCKI Marcin | 566 | | M20 | 88 | 00:00:08 | 00:24:10.25 | 00:24:18.70 | +00:08:09 (33.7%) | 4:50 | 12.4 (66.3%) |
| 300 | BŁAWAT Damian | 1267 | | M30 | 102 | 00:00:34 | 00:24:11.10 | 00:24:45.50 | +00:08:10 (33.8%) | 4:50 | 12.4 (66.3%) |
| 301 | ANISZEWSKI Dariusz | 900 | | M40 | 70 | 00:00:28 | 00:24:11.50 | 00:24:39.80 | +00:08:10 (33.8%) | 4:50 | 12.4 (66.3%) |
| 302 | MIŚ Michał | 381 | LUKA START NAKŁO | M20 | 89 | 00:00:07 | 00:24:11.75 | 00:24:19.60 | +00:08:10 (33.8%) | 4:50 | 12.4 (66.3%) |
| 303 | SZYMAŃSKI Andrzej | 948 | | M30 | 103 | 00:01:02 | 00:24:13.25 | 00:25:16.00 | +00:08:12 (33.9%) | 4:50 | 12.4 (66.3%) |
| 304 | CZUBKOWSKI Sebastian | 841 | FIT CLUB | M30 | 104 | 00:00:15 | 00:24:14.45 | 00:24:29.95 | +00:08:13 (33.9%) | 4:50 | 12.4 (66.3%) |
| 305 | MAZURKIEWICZ Piotr | 1295 | | M30 | 105 | 00:00:16 | 00:24:15.00 | 00:24:31.85 | +00:08:13 (33.9%) | 4:51 | 12.4 (66.3%) |
| 306 | MUSZYŃSKI Radosław | 1391 | | M40 | 71 | 00:00:57 | 00:24:15.30 | 00:25:13.00 | +00:08:14 (34.0%) | 4:51 | 12.4 (66.3%) |
| 307 | ŚLEFARSKI Marcin | 394 | | M30 | 106 | 00:00:41 | 00:24:15.40 | 00:24:56.60 | +00:08:14 (34.0%) | 4:51 | 12.4 (66.3%) |
| 307 | WESOŁOWSKI Dariusz | 1100 | ICH DWOJE | M40 | 72 | 00:01:08 | 00:24:15.40 | 00:25:23.40 | +00:08:14 (34.0%) | 4:51 | 12.4 (66.3%) |
| 309 | GŁYSZ Dawid | 266 | | M30 | 107 | 00:00:18 | 00:24:16.55 | 00:24:35.25 | +00:08:15 (34.0%) | 4:51 | 12.4 (66.3%) |
| 310 | TRZCIŃSKI Eugeniusz | 1072 | AKTYWNE SZWEDEROWO | M60 | 4 | 00:00:25 | 00:24:16.70 | 00:24:41.80 | +00:08:15 (34.0%) | 4:51 | 12.4 (66.3%) |
| 311 | MINSCHINSKI Daniel | 1358 | WWW.STRONANOWOCZESNA.PL | M20 | 90 | 00:00:16 | 00:24:18.35 | 00:24:34.55 | +00:08:17 (34.1%) | 4:51 | 12.3 (65.8%) |
| 312 | DĄBROWSKI Bartosz | 834 | SPORTOWA PASJA | M30 | 108 | 00:00:19 | 00:24:18.45 | 00:24:38.05 | +00:08:17 (34.1%) | 4:51 | 12.3 (65.8%) |
| 313 | GRYGIEL Mateusz | 816 | | M30 | 109 | 00:00:37 | 00:24:20.65 | 00:24:58.30 | +00:08:19 (34.2%) | 4:52 | 12.3 (65.8%) |
| 314 | KIECA Andrzej | 1026 | BBL BYDGOSZCZ | M50 | 20 | 00:01:06 | 00:24:21.10 | 00:25:27.10 | +00:08:20 (34.2%) | 4:52 | 12.3 (65.8%) |
| 315 | DOLATA Grzegorz | 413 | OCELOTY | M40 | 73 | 00:00:54 | 00:24:23.20 | 00:25:17.55 | +00:08:22 (34.3%) | 4:52 | 12.3 (65.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 316 | WAWRZY尼亚K Andrzej | 332 | 22. ODN | M50 | 21 | 00:00:35 | 00:24:25.30 | 00:25:00.35 | +00:08:24 (34.4%) | 4:53 | 12.3 (65.8%) |
| 317 | AUGUSTYNOWICZ Andrzej | 723 | RWT W BYDGOSZCZY | M40 | 74 | 00:01:16 | 00:24:25.35 | 00:25:41.60 | +00:08:24 (34.4%) | 4:53 | 12.3 (65.8%) |
| 318 | DWOJACZNY Jakub | 762 | | M30 | 110 | 00:00:26 | 00:24:25.50 | 00:24:52.30 | +00:08:24 (34.4%) | 4:53 | 12.3 (65.8%) |
| 319 | SZAFKOWSKI Arek | 1414 | SOLECCY BIEGACZE | M40 | 75 | 00:00:34 | 00:24:26.30 | 00:25:00.95 | +00:08:25 (34.5%) | 4:53 | 12.3 (65.8%) |
| 320 | JĘDRZEJCZYK Jacek | 294 | | M20 | 91 | 00:00:55 | 00:24:26.70 | 00:25:21.70 | +00:08:25 (34.5%) | 4:53 | 12.3 (65.8%) |
| 321 | BUSSE Piotr | 969 | | M30 | 111 | 00:00:13 | 00:24:26.95 | 00:24:40.35 | +00:08:25 (34.5%) | 4:53 | 12.3 (65.8%) |
| 322 | SAWICKI Mikołaj | 528 | ELEKTRONIK BYDGOSZCZ | M20 | 92 | 00:00:11 | 00:24:27.30 | 00:24:38.80 | +00:08:26 (34.5%) | 4:53 | 12.3 (65.8%) |
| 323 | CUSKE Roman | 992 | | M40 | 76 | 00:00:23 | 00:24:28.85 | 00:24:52.05 | +00:08:27 (34.6%) | 4:53 | 12.3 (65.8%) |
| 324 | SPIRYDOWICZ Piotr | 695 | | M30 | 112 | 00:00:21 | 00:24:30.35 | 00:24:51.55 | +00:08:29 (34.6%) | 4:54 | 12.2 (65.2%) |
| 325 | NOWAKOWSKI Tomasz | 615 | | M30 | 113 | 00:00:24 | 00:24:30.40 | 00:24:54.55 | +00:08:29 (34.6%) | 4:54 | 12.2 (65.2%) |
| 326 | BRZUSKIEWICZ Sławomir | 977 | | M50 | 22 | 00:00:08 | 00:24:30.95 | 00:24:39.30 | +00:08:29 (34.7%) | 4:54 | 12.2 (65.2%) |
| 327 | WIŚNIEWSKI Włodzimierz | 240 | | M50 | 23 | 00:00:45 | 00:24:31.05 | 00:25:16.95 | +00:08:29 (34.7%) | 4:54 | 12.2 (65.2%) |
| 328 | KARLIŃSKI Oskar | 549 | BYDGOSZCZ | M10 | 12 | 00:00:37 | 00:24:31.30 | 00:25:08.80 | +00:08:30 (34.7%) | 4:54 | 12.2 (65.2%) |
| 329 | KUJAWA Sebastian | 891 | BBL INOWROCLAW | M40 | 77 | 00:00:52 | 00:24:32.05 | 00:25:24.85 | +00:08:30 (34.7%) | 4:54 | 12.2 (65.2%) |
| 330 | PRIEWE Paweł | 71 | DYNAMO SKARPA | M30 | 114 | 00:00:24 | 00:24:34.80 | 00:24:58.95 | +00:08:33 (34.8%) | 4:54 | 12.2 (65.2%) |
| 331 | KITOWSKI Przemysław | 1360 | | M30 | 115 | 00:01:03 | 00:24:35.00 | 00:25:38.55 | +00:08:33 (34.8%) | 4:55 | 12.2 (65.2%) |
| 332 | AFELT Adrian | 812 | | M10 | 13 | 00:00:08 | 00:24:36.00 | 00:24:44.00 | +00:08:34 (34.9%) | 4:55 | 12.2 (65.2%) |
| 333 | ILNICKI Artur | 899 | | M30 | 116 | 00:00:27 | 00:24:38.30 | 00:25:06.15 | +00:08:37 (35.0%) | 4:55 | 12.2 (65.2%) |
| 334 | TUREK Mateusz | 761 | BRAK | M20 | 93 | 00:00:43 | 00:24:39.15 | 00:25:23.00 | +00:08:38 (35.0%) | 4:56 | 12.2 (65.2%) |
| 335 | CHMIELEWSKI Ireneusz | 65 | CZARNE STOPY.SM | M50 | 24 | 00:00:28 | 00:24:40.00 | 00:25:08.90 | +00:08:38 (35.1%) | 4:56 | 12.2 (65.2%) |
| 336 | ZASKURSKI Tomasz | 947 | BYDGOSKIE ŻÓŁWIE | M30 | 117 | 00:01:02 | 00:24:40.20 | 00:25:42.75 | +00:08:39 (35.1%) | 4:56 | 12.2 (65.2%) |
| 337 | BELIŃSKI Maciej | 255 | TEAM MAKO | M30 | 118 | 00:00:54 | 00:24:41.90 | 00:25:36.55 | +00:08:40 (35.1%) | 4:56 | 12.1 (64.7%) |
| 338 | DOMAŃSKI Szymon | 509 | | M20 | 94 | 00:00:42 | 00:24:42.25 | 00:25:24.75 | +00:08:41 (35.2%) | 4:56 | 12.1 (64.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 339 | RZEPCZYŃSKI Tomasz | 1139 | DYNAMO SKARPA | M40 | 78 | 00:00:25 | 00:24:42.55 | 00:25:08.05 | +00:08:41 (35.2%) | 4:56 | 12.1 (64.7%) |
| 340 | SZREIBER Tomasz | 1162 | | M20 | 95 | 00:00:36 | 00:24:42.85 | 00:25:19.55 | +00:08:41 (35.2%) | 4:56 | 12.1 (64.7%) |
| 341 | GROSKOP Grzegorz | 212 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M20 | 96 | 00:01:59 | 00:24:43.40 | 00:26:42.75 | +00:08:42 (35.2%) | 4:56 | 12.1 (64.7%) |
| 342 | KOZICKI Marcin | 734 | BYDGOSKIE ŻÓŁWIE | M30 | 119 | 00:01:02 | 00:24:44.00 | 00:25:46.75 | +00:08:42 (35.2%) | 4:56 | 12.1 (64.7%) |
| 343 | BINKOWSKI Kamil | 895 | | M10 | 14 | 00:00:21 | 00:24:45.55 | 00:25:06.90 | +00:08:44 (35.3%) | 4:57 | 12.1 (64.7%) |
| 344 | JARZYŃSKI Maciej | 660 | BYDGOSKI DZIK BIEGOWY | M20 | 97 | 00:00:13 | 00:24:46.15 | 00:24:59.20 | +00:08:45 (35.3%) | 4:57 | 12.1 (64.7%) |
| 345 | KLEPACZEWSKI Arkadiusz | 1338 | | M30 | 120 | 00:00:33 | 00:24:47.50 | 00:25:21.15 | +00:08:46 (35.4%) | 4:57 | 12.1 (64.7%) |
| 346 | GRZECHNIK Mateusz | 1321 | | M20 | 98 | 00:00:31 | 00:24:47.55 | 00:25:19.35 | +00:08:46 (35.4%) | 4:57 | 12.1 (64.7%) |
| 347 | CEGIELSKI Maciej | 885 | SZKARŁATNI TEAM | M40 | 79 | 00:00:11 | 00:24:47.65 | 00:24:59.45 | +00:08:46 (35.4%) | 4:57 | 12.1 (64.7%) |
| 348 | FELINIAK Daniel | 1279 | | M30 | 121 | 00:01:10 | 00:24:47.75 | 00:25:58.45 | +00:08:46 (35.4%) | 4:57 | 12.1 (64.7%) |
| 349 | SKIERA Kris | 399 | ROLL&RUN KRISMEDIA TEAM | M40 | 80 | 00:00:17 | 00:24:48.40 | 00:25:05.40 | +00:08:47 (35.4%) | 4:57 | 12.1 (64.7%) |
| 350 | KONDEL Kamil | 740 | | M30 | 122 | 00:00:28 | 00:24:48.50 | 00:25:16.65 | +00:08:47 (35.4%) | 4:57 | 12.1 (64.7%) |
| 351 | BARANEK Sebastian | 1145 | DYNAMO SKARPA | M20 | 99 | 00:00:24 | 00:24:49.30 | 00:25:14.20 | +00:08:48 (35.5%) | 4:58 | 12.1 (64.7%) |
| 352 | DURKA Krzysztof | 1357 | | M40 | 81 | 00:00:09 | 00:24:49.55 | 00:24:59.15 | +00:08:48 (35.5%) | 4:58 | 12.1 (64.7%) |
| 353 | MICHAŁEK Daniel | 818 | BIEGAM PO PIWO | M30 | 123 | 00:00:32 | 00:24:49.70 | 00:25:22.25 | +00:08:48 (35.5%) | 4:58 | 12.1 (64.7%) |
| 354 | ZWIETRZAŁA Adrian | 1032 | | M40 | 82 | 00:00:56 | 00:24:50.75 | 00:25:46.75 | +00:08:49 (35.5%) | 4:58 | 12.1 (64.7%) |
| 355 | SZYMAŃSKI Tomasz | 962 | | M30 | 124 | 00:01:00 | 00:24:51.45 | 00:25:52.10 | +00:08:50 (35.6%) | 4:58 | 12.1 (64.7%) |
| 356 | DURAJEWSKI Mateusz | 68 | | M20 | 100 | 00:01:22 | 00:24:52.00 | 00:26:14.80 | +00:08:50 (35.6%) | 4:58 | 12.1 (64.7%) |
| 357 | SONTOWSKI Eryk | 789 | | M10 | 15 | 00:00:03 | 00:24:53.10 | 00:24:56.25 | +00:08:52 (35.6%) | 4:58 | 12.1 (64.7%) |
| 358 | MIERZWA Damian | 257 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M20 | 101 | 00:01:49 | 00:24:53.40 | 00:26:42.45 | +00:08:52 (35.6%) | 4:58 | 12.1 (64.7%) |
| 359 | JASIEK Dawid | 1002 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M18 | 9 | 00:01:48 | 00:24:53.70 | 00:26:42.50 | +00:08:52 (35.7%) | 4:58 | 12 (64.2%) |
| 360 | WŁODARSKI Paweł | 352 | | M30 | 125 | 00:01:24 | 00:24:55.70 | 00:26:20.55 | +00:08:54 (35.7%) | 4:59 | 12 (64.2%) |
| 361 | DRZYCIMSKI Karol | 1178 | | M18 | 10 | 00:00:29 | 00:24:55.90 | 00:25:25.45 | +00:08:54 (35.8%) | 4:59 | 12 (64.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 362 | NOWAKOWSKI Grzegorz | 333 | | M30 | 126 | 00:00:38 | 00:24:57.35 | 00:25:35.95 | +00:08:56 (35.8%) | 4:59 | 12 (64.2%) |
| 363 | DOBEK Maciej | 1313 | | M20 | 102 | 00:00:51 | 00:24:57.90 | 00:25:49.15 | +00:08:56 (35.8%) | 4:59 | 12 (64.2%) |
| 364 | PALIGA Maciej | 277 | | M30 | 127 | 00:01:34 | 00:24:57.95 | 00:26:31.95 | +00:08:56 (35.8%) | 4:59 | 12 (64.2%) |
| 365 | SOSNA Mikolaj | 1096 | | M30 | 128 | 00:00:38 | 00:24:58.25 | 00:25:36.85 | +00:08:57 (35.9%) | 4:59 | 12 (64.2%) |
| 366 | RUTKOWSKI Michał | 640 | | M18 | 11 | 00:00:46 | 00:24:58.30 | 00:25:44.50 | +00:08:57 (35.9%) | 4:59 | 12 (64.2%) |
| 367 | MOCNY Piotr | 1138 | DYNAMO SKARPA | M30 | 129 | 00:00:24 | 00:24:59.10 | 00:25:23.15 | +00:08:58 (35.9%) | 4:59 | 12 (64.2%) |
| 368 | GRUBICH Arkadiusz | 232 | BRACIA DALTON | M30 | 130 | 00:00:49 | 00:25:00.85 | 00:25:50.40 | +00:08:59 (36.0%) | 5:00 | 12 (64.2%) |
| 369 | KUJAWA Maciej | 1374 | . | M20 | 103 | 00:00:56 | 00:25:01.90 | 00:25:58.80 | +00:09:00 (36.0%) | 5:00 | 12 (64.2%) |
| 370 | BRZozowski Marek | 709 | | M50 | 25 | 00:00:33 | 00:25:02.30 | 00:25:35.45 | +00:09:01 (36.0%) | 5:00 | 12 (64.2%) |
| 371 | KIELIŃSKI Patryk | 578 | JS 4033 | M20 | 104 | 00:00:04 | 00:25:05.65 | 00:25:09.75 | +00:09:04 (36.2%) | 5:01 | 12 (64.2%) |
| 372 | MICHALAK Robert | 14 | GORDON RUN | M20 | 105 | 00:00:49 | 00:25:05.90 | 00:25:55.10 | +00:09:04 (36.2%) | 5:01 | 12 (64.2%) |
| 373 | STARSZAK Seweryn | 1117 | | M10 | 16 | 00:00:39 | 00:25:06.50 | 00:25:45.75 | +00:09:05 (36.2%) | 5:01 | 12 (64.2%) |
| 374 | TADROWSKI Rafał | 785 | | M30 | 131 | 00:01:36 | 00:25:06.75 | 00:26:43.40 | +00:09:05 (36.2%) | 5:01 | 11.9 (63.6%) |
| 375 | SZPERKOWSKI Tomasz | 971 | | M40 | 83 | 00:00:52 | 00:25:07.70 | 00:26:00.50 | +00:09:06 (36.3%) | 5:01 | 11.9 (63.6%) |
| 376 | SCIGOCKI Waldemar | 758 | | M40 | 84 | 00:00:52 | 00:25:08.20 | 00:26:00.50 | +00:09:07 (36.3%) | 5:01 | 11.9 (63.6%) |
| 377 | DROZDOWSKI Krzysiek | 360 | | M40 | 85 | 00:00:55 | 00:25:10.35 | 00:26:06.30 | +00:09:09 (36.4%) | 5:02 | 11.9 (63.6%) |
| 378 | SWAKOWSKI Przemysław | 418 | | M20 | 106 | 00:00:34 | 00:25:10.55 | 00:25:45.15 | +00:09:09 (36.4%) | 5:02 | 11.9 (63.6%) |
| 379 | MAŁECKI Tomasz | 327 | | M30 | 132 | 00:00:09 | 00:25:11.20 | 00:25:20.30 | +00:09:10 (36.4%) | 5:02 | 11.9 (63.6%) |
| 380 | ŁOBOCKI Krzysztof | 7 | | M30 | 133 | 00:01:36 | 00:25:11.85 | 00:26:48.35 | +00:09:10 (36.4%) | 5:02 | 11.9 (63.6%) |
| 381 | PIASECZNY Dawid | 593 | | M30 | 134 | 00:00:28 | 00:25:12.65 | 00:25:41.00 | +00:09:11 (36.5%) | 5:02 | 11.9 (63.6%) |
| 382 | QUAAS Łukasz | 117 | RUN PASJA | M30 | 135 | 00:00:05 | 00:25:12.85 | 00:25:18.10 | +00:09:11 (36.5%) | 5:02 | 11.9 (63.6%) |
| 383 | JARYSZ Adrian | 558 | | M30 | 136 | 00:01:04 | 00:25:13.10 | 00:26:17.90 | +00:09:12 (36.5%) | 5:02 | 11.9 (63.6%) |
| 384 | MACKIEWICZ Piotr | 1206 | | M30 | 137 | 00:01:19 | 00:25:14.60 | 00:26:33.80 | +00:09:13 (36.5%) | 5:02 | 11.9 (63.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|--------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 385 | KOTECKI Marcin | 1281 | | M30 | 138 | 00:00:24 | 00:25:14.95 | 00:25:39.45 | +00:09:13 (36.6%) | 5:03 | 11.9 (63.6%) |
| 386 | PORCZEK Bartłomiej | 729 | | M20 | 107 | 00:01:18 | 00:25:15.40 | 00:26:33.95 | +00:09:14 (36.6%) | 5:03 | 11.9 (63.6%) |
| 387 | SYNAKIEWICZ Adam | 1239 | | M40 | 86 | 00:00:57 | 00:25:15.50 | 00:26:12.55 | +00:09:14 (36.6%) | 5:03 | 11.9 (63.6%) |
| 387 | PROCZEK Jakub | 1291 | | M20 | 108 | 00:00:22 | 00:25:15.50 | 00:25:38.00 | +00:09:14 (36.6%) | 5:03 | 11.9 (63.6%) |
| 389 | WEGNER Roman | 302 | | M50 | 26 | 00:00:26 | 00:25:16.50 | 00:25:43.20 | +00:09:15 (36.6%) | 5:03 | 11.9 (63.6%) |
| 390 | GRZESIAK Jakub | 1404 | | M10 | 17 | 00:00:42 | 00:25:17.35 | 00:25:59.35 | +00:09:16 (36.7%) | 5:03 | 11.9 (63.6%) |
| 391 | ROSINSKI Przemysław | 1012 | | M30 | 139 | 00:00:12 | 00:25:21.25 | 00:25:33.45 | +00:09:20 (36.8%) | 5:04 | 11.8 (63.1%) |
| 392 | STEFAŃSKI Marcin | 721 | | M40 | 87 | 00:00:48 | 00:25:21.65 | 00:26:09.75 | +00:09:20 (36.8%) | 5:04 | 11.8 (63.1%) |
| 392 | KANIEWSKI Mateusz | 821 | | M20 | 109 | 00:00:37 | 00:25:21.65 | 00:25:59.05 | +00:09:20 (36.8%) | 5:04 | 11.8 (63.1%) |
| 394 | GRUCHAŁA Wojciech | 132 | SAMOTNY WILK | M50 | 27 | 00:01:23 | 00:25:21.70 | 00:26:45.05 | +00:09:20 (36.8%) | 5:04 | 11.8 (63.1%) |
| 394 | CIERZNIIEWSKI Mirosław | 494 | ELTEKO-RUN | M50 | 28 | 00:00:51 | 00:25:21.70 | 00:26:13.10 | +00:09:20 (36.8%) | 5:04 | 11.8 (63.1%) |
| 396 | KRESIŃSKI Andrzej | 403 | BYDGOSZCZ | M30 | 140 | 00:01:03 | 00:25:21.80 | 00:26:25.65 | +00:09:20 (36.8%) | 5:04 | 11.8 (63.1%) |
| 397 | SKONIECZNY Daniel | 319 | TCMS PESA BYDGOSZCZ | M20 | 110 | 00:01:23 | 00:25:24.95 | 00:26:48.65 | +00:09:23 (37.0%) | 5:05 | 11.8 (63.1%) |
| 398 | KORZEŃSKI Przemysław | 858 | | M30 | 141 | 00:00:32 | 00:25:25.90 | 00:25:58.75 | +00:09:24 (37.0%) | 5:05 | 11.8 (63.1%) |
| 399 | WÓJCIK Jakub | 1238 | | M10 | 18 | 00:00:16 | 00:25:26.05 | 00:25:42.85 | +00:09:24 (37.0%) | 5:05 | 11.8 (63.1%) |
| 400 | SZUBERGA Damian | 1184 | | M20 | 111 | 00:00:03 | 00:25:26.95 | 00:25:30.30 | +00:09:25 (37.1%) | 5:05 | 11.8 (63.1%) |
| 401 | IWANUSEK Paweł | 577 | GRUPA BANKIETOWA SPECJAL | M40 | 88 | 00:00:22 | 00:25:27.25 | 00:25:49.65 | +00:09:26 (37.1%) | 5:05 | 11.8 (63.1%) |
| 402 | CIEPLINSKI Robert | 861 | | M40 | 89 | 00:01:25 | 00:25:29.80 | 00:26:55.65 | +00:09:28 (37.2%) | 5:06 | 11.8 (63.1%) |
| 403 | WASZAK Konrad | 169 | FORDON NA CO DZIEŃ | M20 | 112 | 00:00:28 | 00:25:30.60 | 00:25:59.00 | +00:09:29 (37.2%) | 5:06 | 11.8 (63.1%) |
| 403 | KOZAKIEWICZ Marcin | 1087 | | M40 | 90 | 00:00:27 | 00:25:30.60 | 00:25:58.15 | +00:09:29 (37.2%) | 5:06 | 11.8 (63.1%) |
| 405 | JAWORSKI Janusz | 575 | | M50 | 29 | 00:00:05 | 00:25:32.75 | 00:25:38.00 | +00:09:31 (37.3%) | 5:06 | 11.7 (62.6%) |
| 406 | PRZYBYLSKI Mariusz | 892 | | M50 | 30 | 00:00:32 | 00:25:32.80 | 00:26:04.85 | +00:09:31 (37.3%) | 5:06 | 11.7 (62.6%) |
| 407 | FOJUTOWSKI Jan | 1326 | ROK | M10 | 19 | 00:00:43 | 00:25:33.65 | 00:26:17.20 | +00:09:32 (37.3%) | 5:06 | 11.7 (62.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 408 | ZGÓRSKI Maciej | 144 | LEVEL 10 TUCHOLA | M30 | 142 | 00:00:26 | 00:25:33.85 | 00:26:00.20 | +00:09:32 (37.3%) | 5:06 | 11.7 (62.6%) |
| 409 | KARSKI Przemysław | 707 | | M30 | 143 | 00:01:26 | 00:25:34.80 | 00:27:00.80 | +00:09:33 (37.4%) | 5:06 | 11.7 (62.6%) |
| 410 | LATOS Piotr | 1092 | | M30 | 144 | 00:01:29 | 00:25:35.15 | 00:27:05.10 | +00:09:34 (37.4%) | 5:07 | 11.7 (62.6%) |
| 411 | NOWOSIELSKI Marcin | 633 | | M40 | 91 | 00:00:59 | 00:25:36.65 | 00:26:36.40 | +00:09:35 (37.5%) | 5:07 | 11.7 (62.6%) |
| 412 | SZLINGER Jakub | 823 | BWM | M30 | 145 | 00:01:13 | 00:25:36.80 | 00:26:50.35 | +00:09:35 (37.5%) | 5:07 | 11.7 (62.6%) |
| 413 | RUBASZEWSKI Marcin | 1099 | | M30 | 146 | 00:00:10 | 00:25:37.35 | 00:25:48.20 | +00:09:36 (37.5%) | 5:07 | 11.7 (62.6%) |
| 414 | KUBIAK Jarosław | 50 | | M30 | 147 | 00:01:15 | 00:25:37.45 | 00:26:52.95 | +00:09:36 (37.5%) | 5:07 | 11.7 (62.6%) |
| 415 | GRACZYK Dawid | 1372 | | M20 | 113 | 00:00:20 | 00:25:37.60 | 00:25:58.25 | +00:09:36 (37.5%) | 5:07 | 11.7 (62.6%) |
| 416 | WŁOCH Mateusz | 1170 | | M10 | 20 | 00:00:05 | 00:25:38.50 | 00:25:43.65 | +00:09:37 (37.5%) | 5:07 | 11.7 (62.6%) |
| 417 | DEREZIŃSKI Tomasz | 341 | | M30 | 148 | 00:00:47 | 00:25:39.50 | 00:26:27.30 | +00:09:38 (37.6%) | 5:08 | 11.7 (62.6%) |
| 418 | BRZozowski Jarosław | 23 | BRZOZA TRI TEAM | M50 | 31 | 00:00:15 | 00:25:40.45 | 00:25:56.40 | +00:09:39 (37.6%) | 5:08 | 11.7 (62.6%) |
| 419 | ROSzcZYN Michał | 442 | | M20 | 114 | 00:00:26 | 00:25:40.50 | 00:26:06.70 | +00:09:39 (37.6%) | 5:08 | 11.7 (62.6%) |
| 420 | USS Aliaksandr | 647 | | M40 | 92 | 00:00:46 | 00:25:41.75 | 00:26:28.50 | +00:09:40 (37.7%) | 5:08 | 11.7 (62.6%) |
| 421 | GORCZYCA Rafał | 496 | | M40 | 93 | 00:01:54 | 00:25:47.30 | 00:27:42.05 | +00:09:46 (37.9%) | 5:09 | 11.6 (62.0%) |
| 422 | MATTHEWS Karol | 1249 | DLA ZDROWIA | M30 | 149 | 00:00:27 | 00:25:48.15 | 00:26:15.70 | +00:09:47 (37.9%) | 5:09 | 11.6 (62.0%) |
| 423 | DORAWA Mirosław | 677 | | M30 | 150 | 00:01:21 | 00:25:53.85 | 00:27:15.80 | +00:09:52 (38.1%) | 5:10 | 11.6 (62.0%) |
| 424 | JESZKA Patryk | 1153 | BBL SZUBIN | M20 | 115 | 00:01:02 | 00:25:55.00 | 00:26:57.25 | +00:09:53 (38.2%) | 5:11 | 11.6 (62.0%) |
| 425 | RADECKI Maciej | 1314 | | M40 | 94 | 00:01:39 | 00:25:56.20 | 00:27:35.40 | +00:09:55 (38.2%) | 5:11 | 11.6 (62.0%) |
| 426 | MIERZYŃSKI Jakub | 1154 | | M20 | 116 | 00:00:35 | 00:25:56.25 | 00:26:31.40 | +00:09:55 (38.2%) | 5:11 | 11.6 (62.0%) |
| 427 | WIŚNIEWSKI Piotr | 1033 | | M20 | 117 | 00:00:59 | 00:25:56.50 | 00:26:56.30 | +00:09:55 (38.3%) | 5:11 | 11.6 (62.0%) |
| 428 | HASEK Patryk | 848 | | M20 | 118 | 00:01:13 | 00:25:57.40 | 00:27:11.05 | +00:09:56 (38.3%) | 5:11 | 11.6 (62.0%) |
| 428 | MADEJ Adam | 153 | | M20 | 119 | 00:01:00 | 00:25:57.40 | 00:26:57.60 | +00:09:56 (38.3%) | 5:11 | 11.6 (62.0%) |
| 430 | PYTLIŃSKI Paweł | 719 | BYDGOSKIE ŻÓŁWIE | M30 | 151 | 00:01:03 | 00:25:58.05 | 00:27:01.10 | +00:09:56 (38.3%) | 5:11 | 11.6 (62.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|----------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 431 | NOWAK Tomasz | 379 | GORDON RUN | M40 | 95 | 00:01:17 | 00:25:59.10 | 00:27:16.30 | +00:09:58 (38.4%) | 5:11 | 11.5 (61.5%) |
| 432 | KARWASZ Adam | 685 | | M30 | 152 | 00:00:26 | 00:26:00.50 | 00:26:27.10 | +00:09:59 (38.4%) | 5:12 | 11.5 (61.5%) |
| 433 | KŁOSIŃSKI Marian | 1421 | | M30 | 153 | 00:01:28 | 00:26:03.55 | 00:27:32.45 | +00:10:02 (38.5%) | 5:12 | 11.5 (61.5%) |
| 434 | POTRZEBOWSKI Marek | 156 | | M30 | 154 | 00:00:39 | 00:26:06.90 | 00:26:46.05 | +00:10:05 (38.7%) | 5:13 | 11.5 (61.5%) |
| 435 | CZAJA Jarosław | 230 | | M30 | 155 | 00:00:45 | 00:26:06.95 | 00:26:52.20 | +00:10:05 (38.7%) | 5:13 | 11.5 (61.5%) |
| 435 | WIŚNIEWSKI Maksymilian | 244 | | M18 | 12 | 00:00:46 | 00:26:06.95 | 00:26:53.55 | +00:10:05 (38.7%) | 5:13 | 11.5 (61.5%) |
| 437 | MILNER Szymon | 1052 | | M30 | 156 | 00:01:40 | 00:26:07.80 | 00:27:48.55 | +00:10:06 (38.7%) | 5:13 | 11.5 (61.5%) |
| 438 | KUŹNIAR Robert | 688 | WSG BYDGOSZCZ | M20 | 120 | 00:00:29 | 00:26:08.45 | 00:26:37.75 | +00:10:07 (38.7%) | 5:13 | 11.5 (61.5%) |
| 439 | KIJEWSKI Maciej | 323 | KABEL TEAM BYDGOSZCZ | M30 | 157 | 00:01:08 | 00:26:08.60 | 00:27:17.05 | +00:10:07 (38.7%) | 5:13 | 11.5 (61.5%) |
| 440 | DOLNY Marcin | 1341 | | M40 | 96 | 00:00:34 | 00:26:09.45 | 00:26:43.60 | +00:10:08 (38.8%) | 5:13 | 11.5 (61.5%) |
| 441 | URBAŃSKI Dawid | 675 | | M30 | 158 | 00:00:51 | 00:26:10.10 | 00:27:01.40 | +00:10:09 (38.8%) | 5:14 | 11.5 (61.5%) |
| 442 | JURCZAK Robert | 986 | | M30 | 159 | 00:01:27 | 00:26:11.30 | 00:27:38.60 | +00:10:10 (38.8%) | 5:14 | 11.5 (61.5%) |
| 443 | JANUCHOWSKI Damian | 361 | | M20 | 121 | 00:01:17 | 00:26:12.70 | 00:27:30.05 | +00:10:11 (38.9%) | 5:14 | 11.4 (61.0%) |
| 444 | RAKOWSKI Piotr | 670 | ŻANDARMERIA BYDGOSKA | M60 | 5 | 00:01:30 | 00:26:13.65 | 00:27:44.10 | +00:10:12 (38.9%) | 5:14 | 11.4 (61.0%) |
| 445 | KISIEL Krystian | 40 | EKIPABSW | M30 | 160 | 00:01:10 | 00:26:15.00 | 00:27:25.55 | +00:10:13 (39.0%) | 5:15 | 11.4 (61.0%) |
| 446 | GOŁCZYŃSKI Tomasz | 622 | | M40 | 97 | 00:00:46 | 00:26:15.10 | 00:27:01.85 | +00:10:14 (39.0%) | 5:15 | 11.4 (61.0%) |
| 447 | KARSKI Marcin | 704 | | M40 | 98 | 00:01:26 | 00:26:17.55 | 00:27:44.15 | +00:10:16 (39.1%) | 5:15 | 11.4 (61.0%) |
| 448 | KARSKI Krzysztof | 705 | | M10 | 21 | 00:01:27 | 00:26:18.20 | 00:27:45.30 | +00:10:17 (39.1%) | 5:15 | 11.4 (61.0%) |
| 449 | TUCZYŃSKI Maciej | 322 | | M30 | 161 | 00:00:33 | 00:26:21.90 | 00:26:55.35 | +00:10:20 (39.2%) | 5:16 | 11.4 (61.0%) |
| 450 | KOWALIKOWSKI Daniel | 72 | | M20 | 122 | 00:00:19 | 00:26:22.85 | 00:26:42.45 | +00:10:21 (39.3%) | 5:16 | 11.4 (61.0%) |
| 451 | DOLNY Kajetan | 1340 | | M10 | 22 | 00:00:33 | 00:26:23.10 | 00:26:56.30 | +00:10:22 (39.3%) | 5:16 | 11.4 (61.0%) |
| 452 | KORDAS Jacek | 326 | | M20 | 123 | 00:01:00 | 00:26:24.05 | 00:27:24.15 | +00:10:22 (39.3%) | 5:16 | 11.4 (61.0%) |
| 453 | POPŁAWSKI Tomasz | 1141 | DYNAMO SKARPA | M30 | 162 | 00:00:23 | 00:26:24.10 | 00:26:47.50 | +00:10:23 (39.3%) | 5:16 | 11.4 (61.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|-----------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 454 | SZMELTER Michał | 656 | | M40 | 99 | 00:00:52 | 00:26:25.50 | 00:27:18.45 | +00:10:24 (39.4%) | 5:17 | 11.3 (60.4%) |
| 455 | BŁAŻEJEWSKI Dariusz | 993 | | M40 | 100 | 00:01:15 | 00:26:27.90 | 00:27:43.50 | +00:10:26 (39.5%) | 5:17 | 11.3 (60.4%) |
| 456 | JACEK Oskar | 1283 | | M18 | 13 | 00:00:09 | 00:26:29.70 | 00:26:39.60 | +00:10:28 (39.5%) | 5:18 | 11.3 (60.4%) |
| 457 | DULIŃSKI Jacek | 1315 | | M40 | 101 | 00:01:27 | 00:26:31.10 | 00:27:58.20 | +00:10:30 (39.6%) | 5:18 | 11.3 (60.4%) |
| 458 | ŚWIERCZYŃSKI Jakub | 1406 | | M10 | 23 | 00:00:53 | 00:26:31.70 | 00:27:25.55 | +00:10:30 (39.6%) | 5:18 | 11.3 (60.4%) |
| 459 | STOKŁOSA Maciej | 431 | | M20 | 124 | 00:00:58 | 00:26:32.50 | 00:27:31.10 | +00:10:31 (39.6%) | 5:18 | 11.3 (60.4%) |
| 460 | IWAN Remigiusz | 1419 | | M40 | 102 | 00:01:12 | 00:26:33.70 | 00:27:46.65 | +00:10:32 (39.7%) | 5:18 | 11.3 (60.4%) |
| 461 | KORALEWSKI Jakub | 924 | | M20 | 125 | 00:00:03 | 00:26:36.50 | 00:26:39.55 | +00:10:35 (39.8%) | 5:19 | 11.3 (60.4%) |
| 462 | CHMIELARSKI Michał | 1115 | | M20 | 126 | 00:01:34 | 00:26:36.60 | 00:28:10.60 | +00:10:35 (39.8%) | 5:19 | 11.3 (60.4%) |
| 463 | ZDZIAREK Artur | 1053 | | M30 | 163 | 00:01:16 | 00:26:39.85 | 00:27:56.20 | +00:10:38 (39.9%) | 5:20 | 11.3 (60.4%) |
| 464 | SZMYRGAŁA Zdzisław | 518 | BRACIA DALTON | M50 | 32 | 00:00:49 | 00:26:43.40 | 00:27:32.70 | +00:10:42 (40.1%) | 5:20 | 11.2 (59.9%) |
| 465 | STĘPSKI Sławomir | 387 | | M18 | 14 | 00:00:13 | 00:26:44.80 | 00:26:58.10 | +00:10:43 (40.1%) | 5:21 | 11.2 (59.9%) |
| 466 | NOWICKI Adam | 272 | | M40 | 103 | 00:00:26 | 00:26:46.60 | 00:27:12.80 | +00:10:45 (40.2%) | 5:21 | 11.2 (59.9%) |
| 467 | STANKIEWICZ Dariusz | 626 | BÓL TO ŚCIEMA | M50 | 33 | 00:00:31 | 00:26:49.20 | 00:27:20.90 | +00:10:48 (40.3%) | 5:21 | 11.2 (59.9%) |
| 468 | KUK Bartłomiej | 540 | | M10 | 24 | 00:01:01 | 00:26:50.25 | 00:27:51.60 | +00:10:49 (40.3%) | 5:22 | 11.2 (59.9%) |
| 469 | GIEŁDON Paweł | 1158 | | M30 | 164 | 00:00:29 | 00:26:50.75 | 00:27:20.50 | +00:10:49 (40.3%) | 5:22 | 11.2 (59.9%) |
| 469 | MATUSZCZAK Tomasz | 926 | | M40 | 104 | 00:00:32 | 00:26:50.75 | 00:27:23.20 | +00:10:49 (40.3%) | 5:22 | 11.2 (59.9%) |
| 471 | CHMIELARSKI Maciej | 1169 | | M20 | 127 | 00:01:33 | 00:26:51.40 | 00:28:24.95 | +00:10:50 (40.4%) | 5:22 | 11.2 (59.9%) |
| 472 | RACIBORSKI Grzegorz | 1389 | TASAK TEAM | M30 | 165 | 00:00:38 | 00:26:52.65 | 00:27:31.25 | +00:10:51 (40.4%) | 5:22 | 11.2 (59.9%) |
| 473 | PORA Dariusz | 148 | BRACIA DALTON | M50 | 34 | 00:00:51 | 00:26:53.90 | 00:27:44.95 | +00:10:52 (40.4%) | 5:22 | 11.2 (59.9%) |
| 474 | MLICKI Marcin | 441 | | M40 | 105 | 00:00:28 | 00:26:56.40 | 00:27:25.20 | +00:10:55 (40.5%) | 5:23 | 11.1 (59.4%) |
| 475 | NURKIEWICZ Jarosław | 273 | KUNG FU PANDY 3 | M40 | 106 | 00:01:43 | 00:26:56.75 | 00:28:40.35 | +00:10:55 (40.6%) | 5:23 | 11.1 (59.4%) |
| 476 | KALINOWSKI Dariusz | 965 | | M30 | 166 | 00:00:45 | 00:26:57.40 | 00:27:42.60 | +00:10:56 (40.6%) | 5:23 | 11.1 (59.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 477 | GUMIENNY Tomasz | 756 | LAKIERYGUMIENNY.PL | M20 | 128 | 00:01:07 | 00:26:57.45 | 00:28:05.10 | +00:10:56 (40.6%) | 5:23 | 11.1 (59.4%) |
| 478 | KILAN Kacper | 134 | | M20 | 129 | 00:00:42 | 00:26:58.25 | 00:27:40.85 | +00:10:57 (40.6%) | 5:23 | 11.1 (59.4%) |
| 479 | MADEJ Kamil | 715 | | M30 | 167 | 00:01:02 | 00:26:58.95 | 00:28:00.95 | +00:10:57 (40.6%) | 5:23 | 11.1 (59.4%) |
| 480 | SKÓRCZ Tomasz | 697 | | M50 | 35 | 00:01:35 | 00:26:59.70 | 00:28:35.00 | +00:10:58 (40.7%) | 5:24 | 11.1 (59.4%) |
| 481 | ŚLEFARSKI Paweł | 343 | | M20 | 130 | 00:00:45 | 00:26:59.95 | 00:27:45.90 | +00:10:58 (40.7%) | 5:24 | 11.1 (59.4%) |
| 482 | GÓRKA Łukasz | 784 | | M20 | 131 | 00:00:11 | 00:27:00.00 | 00:27:11.20 | +00:10:58 (40.7%) | 5:24 | 11.1 (59.4%) |
| 483 | GRUBICH Kacper | 238 | BRACIA DALTON | M10 | 25 | 00:00:49 | 00:27:03.55 | 00:27:53.40 | +00:11:02 (40.8%) | 5:24 | 11.1 (59.4%) |
| 484 | CYBUL Krzysztof | 879 | | M30 | 168 | 00:01:40 | 00:27:04.10 | 00:28:45.00 | +00:11:03 (40.8%) | 5:25 | 11.1 (59.4%) |
| 485 | KOZAK Piotr | 944 | | M20 | 132 | 00:01:05 | 00:27:05.95 | 00:28:11.20 | +00:11:04 (40.9%) | 5:25 | 11.1 (59.4%) |
| 486 | CZARNECKI Dawid | 1380 | STRAŻ MIEJSKA TORUŃ | M20 | 133 | 00:00:04 | 00:27:08.45 | 00:27:13.10 | +00:11:07 (41.0%) | 5:25 | 11 (58.8%) |
| 487 | TARASZKA Ireneusz | 1422 | JRG 1 INOWROCŁAW | M50 | 36 | 00:01:01 | 00:27:09.80 | 00:28:10.80 | +00:11:08 (41.0%) | 5:25 | 11 (58.8%) |
| 488 | STASZKIEWICZ Radosław | 77 | CZARNE STOPY SM | M40 | 107 | 00:00:55 | 00:27:13.80 | 00:28:09.75 | +00:11:12 (41.2%) | 5:26 | 11 (58.8%) |
| 489 | KRYSZTOFIAK Robert | 249 | | M40 | 108 | 00:00:35 | 00:27:17.00 | 00:27:52.75 | +00:11:15 (41.3%) | 5:27 | 11 (58.8%) |
| 490 | SZULC Radek | 1112 | | M30 | 169 | 00:01:29 | 00:27:18.85 | 00:28:48.30 | +00:11:17 (41.4%) | 5:27 | 11 (58.8%) |
| 491 | SKWARCZYŃSKI Radek | 763 | | M20 | 134 | 00:00:59 | 00:27:21.25 | 00:28:20.70 | +00:11:20 (41.4%) | 5:28 | 11 (58.8%) |
| 492 | KAPELIŃSKI Sebastian | 979 | RODOS TEAM | M20 | 135 | 00:00:49 | 00:27:22.20 | 00:28:12.10 | +00:11:21 (41.5%) | 5:28 | 11 (58.8%) |
| 493 | KULINSKI Zbigniew | 239 | | M30 | 170 | 00:01:37 | 00:27:22.90 | 00:29:00.30 | +00:11:21 (41.5%) | 5:28 | 11 (58.8%) |
| 494 | ŚLADEWSKI Rafał | 264 | | M30 | 171 | 00:00:03 | 00:27:23.95 | 00:27:27.75 | +00:11:22 (41.5%) | 5:28 | 10.9 (58.3%) |
| 495 | WAWRZYŃIAK Arkadiusz | 851 | DART TAVERNA NAKŁO | M40 | 109 | 00:00:31 | 00:27:25.85 | 00:27:57.60 | +00:11:24 (41.6%) | 5:29 | 10.9 (58.3%) |
| 496 | BRZOZOWSKI Mariusz | 981 | | M50 | 37 | 00:00:56 | 00:27:26.65 | 00:28:23.05 | +00:11:25 (41.6%) | 5:29 | 10.9 (58.3%) |
| 497 | ŚCIBAK Wojciech | 1344 | JFTC SU | M30 | 172 | 00:00:55 | 00:27:27.25 | 00:28:23.20 | +00:11:26 (41.7%) | 5:29 | 10.9 (58.3%) |
| 498 | CIACHERA Ireneusz | 1307 | | M50 | 38 | 00:01:19 | 00:27:30.30 | 00:28:49.60 | +00:11:29 (41.8%) | 5:30 | 10.9 (58.3%) |
| 499 | JAGIEŁO Radosław | 897 | | M30 | 173 | 00:00:51 | 00:27:31.20 | 00:28:23.15 | +00:11:30 (41.8%) | 5:30 | 10.9 (58.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|-------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 499 | STRZAŁKOWSKI Sergiusz | 603 | | M10 | 26 | 00:00:44 | 00:27:31.20 | 00:28:15.35 | +00:11:30 (41.8%) | 5:30 | 10.9 (58.3%) |
| 501 | CHMIELEWSKI Mateusz | 607 | | M20 | 136 | 00:00:33 | 00:27:32.80 | 00:28:05.95 | +00:11:31 (41.9%) | 5:30 | 10.9 (58.3%) |
| 502 | WIERSKI Jarosław | 170 | KUJAWSKO-POMORSKIE.PL | M40 | 110 | 00:00:50 | 00:27:33.10 | 00:28:23.95 | +00:11:32 (41.9%) | 5:30 | 10.9 (58.3%) |
| 502 | NOWICKI Sławomir | 485 | CZARNE STOPY.SM | M30 | 174 | 00:00:51 | 00:27:33.10 | 00:28:24.35 | +00:11:32 (41.9%) | 5:30 | 10.9 (58.3%) |
| 504 | MARĆ Robert | 864 | | M40 | 111 | 00:01:41 | 00:27:34.85 | 00:29:15.90 | +00:11:33 (41.9%) | 5:30 | 10.9 (58.3%) |
| 505 | KARSKI Hubert | 713 | | M60 | 6 | 00:01:26 | 00:27:35.25 | 00:29:01.75 | +00:11:34 (41.9%) | 5:31 | 10.9 (58.3%) |
| 506 | AFELT Jarosław | 908 | | M30 | 175 | 00:01:41 | 00:27:35.55 | 00:29:16.55 | +00:11:34 (41.9%) | 5:31 | 10.9 (58.3%) |
| 507 | GOTOWICZ Mariusz | 363 | | M50 | 39 | 00:01:01 | 00:27:40.20 | 00:28:41.95 | +00:11:39 (42.1%) | 5:32 | 10.8 (57.8%) |
| 508 | JAKUBOWSKI Mirosław | 459 | URZĄD MIASTA | M50 | 40 | 00:01:07 | 00:27:41.85 | 00:28:49.70 | +00:11:40 (42.2%) | 5:32 | 10.8 (57.8%) |
| 509 | GADASZEWSKI Damian | 1349 | STEP | M20 | 137 | 00:01:41 | 00:27:44.25 | 00:29:25.95 | +00:11:43 (42.3%) | 5:32 | 10.8 (57.8%) |
| 510 | DEMBEK Maciej | 1070 | | M20 | 138 | 00:00:07 | 00:27:44.40 | 00:27:51.80 | +00:11:43 (42.3%) | 5:32 | 10.8 (57.8%) |
| 511 | TUPTANOWSKI Przemek | 1388 | WELD-LINE SPORTTEAM | M30 | 176 | 00:01:02 | 00:27:46.45 | 00:28:48.70 | +00:11:45 (42.3%) | 5:33 | 10.8 (57.8%) |
| 512 | BYCZKOWSKI Zenon | 279 | INDYWIDUALNIE | M50 | 41 | 00:00:55 | 00:27:46.50 | 00:28:41.80 | +00:11:45 (42.3%) | 5:33 | 10.8 (57.8%) |
| 513 | MULLER Jakub | 295 | INTERACT CLUB BYDGOSZCZ | M10 | 27 | 00:01:04 | 00:27:47.10 | 00:28:51.20 | +00:11:46 (42.3%) | 5:33 | 10.8 (57.8%) |
| 514 | TOMCZAK Sylwester | 1280 | | M20 | 139 | 00:00:27 | 00:27:47.75 | 00:28:14.85 | +00:11:46 (42.4%) | 5:33 | 10.8 (57.8%) |
| 515 | SIERANT Paweł | 860 | | M40 | 112 | 00:00:12 | 00:27:48.25 | 00:28:00.50 | +00:11:47 (42.4%) | 5:33 | 10.8 (57.8%) |
| 516 | ORNATOWSKI Marcin | 59 | GORDON RUN | M30 | 177 | 00:01:25 | 00:27:48.85 | 00:29:14.15 | +00:11:47 (42.4%) | 5:33 | 10.8 (57.8%) |
| 517 | BRUSKI Marek | 1038 | | M10 | 28 | 00:00:02 | 00:27:49.45 | 00:27:51.90 | +00:11:48 (42.4%) | 5:33 | 10.8 (57.8%) |
| 518 | GŁOWSKI Damian | 345 | | M10 | 29 | 00:00:41 | 00:27:53.40 | 00:28:34.55 | +00:11:52 (42.6%) | 5:34 | 10.8 (57.8%) |
| 519 | ZNANIECKI Wojciech | 317 | | M30 | 178 | 00:00:52 | 00:27:56.00 | 00:28:48.55 | +00:11:54 (42.7%) | 5:35 | 10.7 (57.2%) |
| 520 | JANKOWSKI Tomasz Michał | 1123 | | M50 | 42 | 00:01:22 | 00:27:57.35 | 00:29:19.60 | +00:11:56 (42.7%) | 5:35 | 10.7 (57.2%) |
| 521 | PRIEBE Krzysztof | 1418 | | M50 | 43 | 00:01:08 | 00:27:57.65 | 00:29:06.40 | +00:11:56 (42.7%) | 5:35 | 10.7 (57.2%) |
| 522 | SZUBARTOWSKI Robert | 989 | | M40 | 113 | 00:01:25 | 00:27:59.90 | 00:29:25.70 | +00:11:58 (42.8%) | 5:36 | 10.7 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 523 | NIEDBALSKI Edward | 1166 | | M60 | 7 | 00:01:31 | 00:28:02.80 | 00:29:34.20 | +00:12:01 (42.9%) | 5:36 | 10.7 (57.2%) |
| 524 | NIEDBALSKI Paweł | 498 | | M30 | 179 | 00:01:31 | 00:28:03.25 | 00:29:35.05 | +00:12:02 (42.9%) | 5:36 | 10.7 (57.2%) |
| 525 | PIETRASZAK Tomasz | 145 | RUN BYDGOSZCZ | M40 | 114 | 00:00:54 | 00:28:05.30 | 00:28:59.35 | +00:12:04 (43.0%) | 5:37 | 10.7 (57.2%) |
| 526 | SZCZYGIEŁ Michał | 419 | | M30 | 180 | 00:00:55 | 00:28:05.65 | 00:29:01.30 | +00:12:04 (43.0%) | 5:37 | 10.7 (57.2%) |
| 527 | LEWANDOWSKI Andrzej | 570 | | M40 | 115 | 00:01:33 | 00:28:07.15 | 00:29:40.40 | +00:12:06 (43.0%) | 5:37 | 10.7 (57.2%) |
| 528 | HARACEWIAT Michal | 961 | | M20 | 140 | 00:01:15 | 00:28:16.90 | 00:29:32.70 | +00:12:15 (43.4%) | 5:39 | 10.6 (56.7%) |
| 529 | ŁOBODZIŃSKI Mateusz | 1378 | | M20 | 141 | 00:00:30 | 00:28:21.75 | 00:28:52.05 | +00:12:20 (43.5%) | 5:40 | 10.6 (56.7%) |
| 530 | MUSIAŁA Adam | 945 | | M30 | 181 | 00:00:51 | 00:28:23.35 | 00:29:15.10 | +00:12:22 (43.6%) | 5:40 | 10.6 (56.7%) |
| 531 | PAWELEC Witold | 743 | | M10 | 30 | 00:00:47 | 00:28:23.95 | 00:29:11.60 | +00:12:22 (43.6%) | 5:40 | 10.6 (56.7%) |
| 532 | JASTRZEMBSKI Tomasz | 1278 | DYNAMO SKARPA | M30 | 182 | 00:01:39 | 00:28:26.95 | 00:30:06.65 | +00:12:25 (43.7%) | 5:41 | 10.5 (56.1%) |
| 533 | BASZANOWSKI Tomasz | 960 | | M30 | 183 | 00:00:59 | 00:28:27.30 | 00:29:26.40 | +00:12:26 (43.7%) | 5:41 | 10.5 (56.1%) |
| 534 | KAPELIŃSKI Stanisław | 1045 | RODOS TEAM | M50 | 44 | 00:00:44 | 00:28:27.70 | 00:29:12.40 | +00:12:26 (43.7%) | 5:41 | 10.5 (56.1%) |
| 535 | WYPORKIEWICZ Jerzy | 397 | | M50 | 45 | 00:01:01 | 00:28:30.60 | 00:29:32.00 | +00:12:29 (43.8%) | 5:42 | 10.5 (56.1%) |
| 536 | ZABOROWSKI Robert | 82 | PGB SPORTOWA PACZKA | M30 | 184 | 00:00:33 | 00:28:30.95 | 00:29:04.80 | +00:12:29 (43.8%) | 5:42 | 10.5 (56.1%) |
| 537 | DROŻ Krzysztof | 25 | | M50 | 46 | 00:01:12 | 00:28:31.40 | 00:29:44.00 | +00:12:30 (43.8%) | 5:42 | 10.5 (56.1%) |
| 538 | WALKOWIAK Rafał | 66 | | M20 | 142 | 00:00:42 | 00:28:31.85 | 00:29:13.85 | +00:12:30 (43.9%) | 5:42 | 10.5 (56.1%) |
| 539 | MALAK Maciej | 357 | | M20 | 143 | 00:01:45 | 00:28:35.25 | 00:30:20.35 | +00:12:34 (44.0%) | 5:43 | 10.5 (56.1%) |
| 540 | BEJGER Łukasz | 505 | TCMS PESA BYDGOSZCZ | M20 | 144 | 00:01:28 | 00:28:35.90 | 00:30:04.45 | +00:12:34 (44.0%) | 5:43 | 10.5 (56.1%) |
| 541 | MILCZAREK Bartosz | 1029 | | M20 | 145 | 00:01:39 | 00:28:36.00 | 00:30:15.85 | +00:12:34 (44.0%) | 5:43 | 10.5 (56.1%) |
| 542 | SKUCIŃSKI Rafał | 491 | KABEL TEAM BYDGOSZCZ | M30 | 185 | 00:01:13 | 00:28:37.40 | 00:29:50.45 | +00:12:36 (44.0%) | 5:43 | 10.5 (56.1%) |
| 543 | OWIEŚNY Leszek | 1286 | | M40 | 116 | 00:01:34 | 00:28:39.15 | 00:30:13.60 | +00:12:38 (44.1%) | 5:43 | 10.5 (56.1%) |
| 544 | ZALEWSKI Sebastian | 111 | | M20 | 146 | 00:00:57 | 00:28:39.50 | 00:29:36.55 | +00:12:38 (44.1%) | 5:43 | 10.5 (56.1%) |
| 545 | ŚNIECHOTA Konrad | 519 | TYPYGRUBE | M30 | 186 | 00:00:58 | 00:28:40.50 | 00:29:39.20 | +00:12:39 (44.1%) | 5:44 | 10.5 (56.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 545 | DUDZIAK Tomasz | 597 | TATA FRANKA | M30 | 187 | 00:00:54 | 00:28:40.50 | 00:29:34.65 | +00:12:39 (44.1%) | 5:44 | 10.5 (56.1%) |
| 547 | SOBOWIEC Szymon | 404 | SOBOWIEC TEAM | M40 | 117 | 00:00:20 | 00:28:40.60 | 00:29:00.80 | +00:12:39 (44.1%) | 5:44 | 10.5 (56.1%) |
| 548 | GACKOWSKI Edward | 1133 | BYDGOSZCZ NA START | M60 | 8 | 00:00:29 | 00:28:41.45 | 00:29:10.90 | +00:12:40 (44.2%) | 5:44 | 10.5 (56.1%) |
| 549 | PIECHOWIAK Dawid | 499 | | M40 | 118 | 00:01:23 | 00:28:41.50 | 00:30:05.35 | +00:12:40 (44.2%) | 5:44 | 10.5 (56.1%) |
| 550 | KWIATKOWSKI Tomasz | 1242 | KAWUES | M50 | 47 | 00:01:09 | 00:28:42.05 | 00:29:51.65 | +00:12:40 (44.2%) | 5:44 | 10.5 (56.1%) |
| 551 | KRUK Szymon | 587 | | M10 | 31 | 00:01:23 | 00:28:44.20 | 00:30:07.50 | +00:12:43 (44.3%) | 5:44 | 10.4 (55.6%) |
| 552 | KRUK Łukasz | 588 | | M10 | 32 | 00:01:23 | 00:28:44.40 | 00:30:07.65 | +00:12:43 (44.3%) | 5:44 | 10.4 (55.6%) |
| 553 | OLKOWSKI Eugeniusz | 825 | | M60 | 9 | 00:01:22 | 00:28:44.90 | 00:30:07.35 | +00:12:43 (44.3%) | 5:45 | 10.4 (55.6%) |
| 554 | SZUDA Waldemar | 774 | | M50 | 48 | 00:01:14 | 00:28:45.35 | 00:30:00.10 | +00:12:44 (44.3%) | 5:45 | 10.4 (55.6%) |
| 555 | WYCZISLOK Jakub | 502 | | M20 | 147 | 00:00:05 | 00:28:47.25 | 00:28:52.50 | +00:12:46 (44.4%) | 5:45 | 10.4 (55.6%) |
| 556 | NIEZBRZYCKI Janusz | 775 | JA | M60 | 10 | 00:01:31 | 00:28:49.55 | 00:30:20.65 | +00:12:48 (44.4%) | 5:45 | 10.4 (55.6%) |
| 557 | KRUK Krzysztof | 586 | | M40 | 119 | 00:01:23 | 00:28:53.90 | 00:30:17.30 | +00:12:52 (44.6%) | 5:46 | 10.4 (55.6%) |
| 558 | GODZIK Kamil | 796 | DYNAMO SKARPA | M40 | 120 | 00:00:41 | 00:28:54.50 | 00:29:35.90 | +00:12:53 (44.6%) | 5:46 | 10.4 (55.6%) |
| 559 | WYPIJEWSKI Sebastian | 1301 | BRACIA DALTON | M40 | 121 | 00:00:54 | 00:28:56.30 | 00:29:50.45 | +00:12:55 (44.6%) | 5:47 | 10.4 (55.6%) |
| 560 | PAPIS Piotr | 1390 | BACK_ON | M30 | 188 | 00:00:53 | 00:28:56.60 | 00:29:50.15 | +00:12:55 (44.7%) | 5:47 | 10.4 (55.6%) |
| 561 | CIERŹNICKI Zbigniew | 1228 | TKKF KOLEJARZ BYDGOSZCZ | M50 | 49 | 00:01:21 | 00:28:57.70 | 00:30:19.05 | +00:12:56 (44.7%) | 5:47 | 10.4 (55.6%) |
| 562 | GOGOLEWSKI Adam | 1180 | | M20 | 148 | 00:00:14 | 00:28:58.20 | 00:29:12.90 | +00:12:57 (44.7%) | 5:47 | 10.4 (55.6%) |
| 563 | TWARDOWSKI Wojciech | 309 | RUN BYDGOSZCZ | M40 | 122 | 00:01:08 | 00:28:59.35 | 00:30:07.65 | +00:12:58 (44.7%) | 5:47 | 10.4 (55.6%) |
| 564 | KRAWIEC Kuba | 942 | | M10 | 33 | 00:00:22 | 00:29:08.20 | 00:29:30.20 | +00:13:07 (45.0%) | 5:49 | 10.3 (55.1%) |
| 565 | ŚWIATŁY Andrzej | 1405 | | M40 | 123 | 00:00:55 | 00:29:08.55 | 00:30:04.50 | +00:13:07 (45.0%) | 5:49 | 10.3 (55.1%) |
| 566 | LUTOWSKI Wojciech | 1068 | TKKF KOLEJARZ BYDGOSZCZ | M30 | 189 | 00:01:13 | 00:29:08.65 | 00:30:22.35 | +00:13:07 (45.0%) | 5:49 | 10.3 (55.1%) |
| 567 | RÓŻYCKI Sławomir | 1198 | TKKF KOLEJARZ BYDGOSZCZ | M50 | 50 | 00:01:13 | 00:29:09.05 | 00:30:22.40 | +00:13:07 (45.1%) | 5:49 | 10.3 (55.1%) |
| 567 | STOKŁOSA Kamil | 427 | | M30 | 190 | 00:01:21 | 00:29:09.05 | 00:30:30.05 | +00:13:07 (45.1%) | 5:49 | 10.3 (55.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 569 | BOGUCKI Mariusz | 978 | - | M40 | 124 | 00:00:59 | 00:29:10.80 | 00:30:10.25 | +00:13:09 (45.1%) | 5:50 | 10.3 (55.1%) |
| 570 | PODGÓRSKI Jakub | 194 | | M20 | 149 | 00:01:07 | 00:29:10.95 | 00:30:18.80 | +00:13:09 (45.1%) | 5:50 | 10.3 (55.1%) |
| 571 | GLIBOWSKI Damian | 1336 | | M20 | 150 | 00:01:34 | 00:29:12.90 | 00:30:47.50 | +00:13:11 (45.2%) | 5:50 | 10.3 (55.1%) |
| 572 | PYSZKA Maciej | 1413 | | M20 | 151 | 00:01:33 | 00:29:16.35 | 00:30:49.95 | +00:13:15 (45.3%) | 5:51 | 10.3 (55.1%) |
| 573 | GAWRYCH Adam | 698 | | M20 | 152 | 00:00:44 | 00:29:19.00 | 00:30:03.65 | +00:13:17 (45.4%) | 5:51 | 10.2 (54.5%) |
| 574 | SAWIŃSKI Łukasz | 601 | | M20 | 153 | 00:00:53 | 00:29:20.70 | 00:30:13.80 | +00:13:19 (45.4%) | 5:52 | 10.2 (54.5%) |
| 575 | PRZEWOŹNIAK Rafał | 37 | | M20 | 154 | 00:01:05 | 00:29:20.90 | 00:30:26.50 | +00:13:19 (45.4%) | 5:52 | 10.2 (54.5%) |
| 576 | MIKOŁAJEWSKI Jacek | 263 | ROWERBYDGOSZCZ.PL | M40 | 125 | 00:01:13 | 00:29:22.50 | 00:30:35.55 | +00:13:21 (45.5%) | 5:52 | 10.2 (54.5%) |
| 577 | TOMCZAK Krzysztof | 1160 | | M20 | 155 | 00:00:40 | 00:29:22.90 | 00:30:03.70 | +00:13:21 (45.5%) | 5:52 | 10.2 (54.5%) |
| 578 | MALINOWSKI Mateusz | 880 | | M20 | 156 | 00:00:36 | 00:29:24.95 | 00:30:01.25 | +00:13:23 (45.5%) | 5:53 | 10.2 (54.5%) |
| 579 | MIKOŁAJCZAK Jędrzej | 691 | | M10 | 34 | 00:00:58 | 00:29:29.65 | 00:30:28.15 | +00:13:28 (45.7%) | 5:54 | 10.2 (54.5%) |
| 580 | MODRZEWSKI Łukasz | 436 | | M40 | 126 | 00:00:30 | 00:29:31.00 | 00:30:01.55 | +00:13:29 (45.7%) | 5:54 | 10.2 (54.5%) |
| 581 | KONKEL Bartosz | 405 | | M30 | 191 | 00:01:13 | 00:29:31.65 | 00:30:45.60 | +00:13:30 (45.8%) | 5:54 | 10.2 (54.5%) |
| 582 | PASIEKA Tomasz | 711 | | M40 | 127 | 00:01:19 | 00:29:32.60 | 00:30:52.35 | +00:13:31 (45.8%) | 5:54 | 10.2 (54.5%) |
| 583 | CHODOR Tomasz | 204 | | M40 | 128 | 00:00:40 | 00:29:34.90 | 00:30:15.25 | +00:13:33 (45.9%) | 5:55 | 10.1 (54.0%) |
| 584 | OKONEK Marcin | 1042 | KLUBZDROWIA24H | M40 | 129 | 00:00:56 | 00:29:35.35 | 00:30:31.70 | +00:13:34 (45.9%) | 5:55 | 10.1 (54.0%) |
| 585 | ŻURAWSKI Michał | 921 | RUN LOTTO-BYDGOSTIA | M40 | 130 | 00:01:31 | 00:29:35.95 | 00:31:07.70 | +00:13:34 (45.9%) | 5:55 | 10.1 (54.0%) |
| 586 | PODOLSKI Mariusz | 1189 | EVERYDAYRUNNING TEAM | M20 | 157 | 00:01:48 | 00:29:36.70 | 00:31:25.45 | +00:13:35 (45.9%) | 5:55 | 10.1 (54.0%) |
| 587 | RONKIEWICZ Bartosz | 1084 | SPORT FACTORY | M30 | 192 | 00:01:09 | 00:29:36.80 | 00:30:46.30 | +00:13:35 (45.9%) | 5:55 | 10.1 (54.0%) |
| 588 | GAŁCZYŃSKI Piotr | 48 | | M20 | 158 | 00:00:24 | 00:29:38.65 | 00:30:02.70 | +00:13:37 (46.0%) | 5:55 | 10.1 (54.0%) |
| 589 | KUKLIŃSKI Rafał | 331 | | M30 | 193 | 00:01:15 | 00:29:39.05 | 00:30:54.05 | +00:13:37 (46.0%) | 5:55 | 10.1 (54.0%) |
| 590 | POLEWSKI Damian | 1024 | | M30 | 194 | 00:00:44 | 00:29:39.25 | 00:30:23.45 | +00:13:38 (46.0%) | 5:55 | 10.1 (54.0%) |
| 591 | PIASECKI Damian | 1137 | DYNAMO SKARPA | M30 | 195 | 00:00:40 | 00:29:39.50 | 00:30:19.90 | +00:13:38 (46.0%) | 5:55 | 10.1 (54.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 592 | WARACZEWSKI Paweł | 88 | | M30 | 196 | 00:00:23 | 00:29:39.60 | 00:30:02.70 | +00:13:38 (46.0%) | 5:55 | 10.1 (54.0%) |
| 593 | PÓŁGĘSEK Rafał | 63 | | M40 | 131 | 00:02:04 | 00:29:41.60 | 00:31:46.10 | +00:13:40 (46.1%) | 5:56 | 10.1 (54.0%) |
| 594 | MILER Adam | 838 | | M20 | 159 | 00:01:51 | 00:29:41.85 | 00:31:33.00 | +00:13:40 (46.1%) | 5:56 | 10.1 (54.0%) |
| 595 | ŁUKAWSKI Damian | 1168 | | M20 | 160 | 00:00:05 | 00:29:43.55 | 00:29:48.80 | +00:13:42 (46.1%) | 5:56 | 10.1 (54.0%) |
| 596 | SIWKOWSKI Dawid | 574 | BARDZO LUBIĘ | M20 | 161 | 00:01:28 | 00:29:45.05 | 00:31:13.60 | +00:13:43 (46.2%) | 5:57 | 10.1 (54.0%) |
| 597 | PERA Marek | 951 | | M30 | 197 | 00:01:28 | 00:29:49.35 | 00:31:17.90 | +00:13:48 (46.3%) | 5:57 | 10.1 (54.0%) |
| 598 | PALIŃSKI Grzegorz | 1129 | | M30 | 198 | 00:01:32 | 00:29:51.80 | 00:31:24.00 | +00:13:50 (46.4%) | 5:58 | 10 (53.5%) |
| 599 | SZULAKOWSKI Tomasz | 1175 | KURCZE JAK DALEKO | M40 | 132 | 00:01:22 | 00:29:51.95 | 00:31:14.55 | +00:13:50 (46.4%) | 5:58 | 10 (53.5%) |
| 600 | ŁABENDA Piotr | 889 | TERENOWA MASAKRA TEAM | M40 | 133 | 00:01:22 | 00:29:52.05 | 00:31:14.55 | +00:13:50 (46.4%) | 5:58 | 10 (53.5%) |
| 601 | BRZOZOWSKI Krzysztof | 388 | | M30 | 199 | 00:01:40 | 00:29:52.20 | 00:31:32.20 | +00:13:51 (46.4%) | 5:58 | 10 (53.5%) |
| 602 | MIKUŁA Tomasz | 41 | GORDON RUN | M30 | 200 | 00:01:25 | 00:29:54.45 | 00:31:19.95 | +00:13:53 (46.4%) | 5:58 | 10 (53.5%) |
| 603 | SZULAKOWSKI Rafał | 621 | TERENOWA MASAKRA TEAM | M40 | 134 | 00:01:19 | 00:29:54.60 | 00:31:14.45 | +00:13:53 (46.4%) | 5:59 | 10 (53.5%) |
| 604 | KUJAWA Eugeniusz | 1331 | TERENOWA MASAKRA TEAM | M50 | 51 | 00:01:19 | 00:29:54.75 | 00:31:14.50 | +00:13:53 (46.4%) | 5:59 | 10 (53.5%) |
| 605 | KUJAWA Patryk | 795 | DYNAMO SKARPA | M20 | 162 | 00:00:41 | 00:29:55.65 | 00:30:36.80 | +00:13:54 (46.5%) | 5:59 | 10 (53.5%) |
| 606 | OSIŃSKI Adam | 1128 | AA | M40 | 135 | 00:01:29 | 00:29:55.85 | 00:31:25.60 | +00:13:54 (46.5%) | 5:59 | 10 (53.5%) |
| 607 | BRĄGIEL Jakub | 51 | VEGE RUNNERS | M30 | 201 | 00:01:55 | 00:29:57.50 | 00:31:53.35 | +00:13:56 (46.5%) | 5:59 | 10 (53.5%) |
| 608 | KULA Karol | 1303 | | M30 | 202 | 00:00:33 | 00:30:01.45 | 00:30:34.50 | +00:14:00 (46.6%) | 6:00 | 10 (53.5%) |
| 609 | JANIK Mariusz | 937 | | M40 | 136 | 00:01:10 | 00:30:02.10 | 00:31:13.00 | +00:14:01 (46.7%) | 6:00 | 10 (53.5%) |
| 610 | MIKOŁAJCZAK Jan | 690 | | M10 | 35 | 00:00:58 | 00:30:02.45 | 00:31:00.75 | +00:14:01 (46.7%) | 6:00 | 10 (53.5%) |
| 611 | CHRÓŚCIŃSKI Michał | 359 | MANUFAKTURA SŁODYCZY KARMELOWA KRAINA | M20 | 163 | 00:01:24 | 00:30:06.55 | 00:31:30.95 | +00:14:05 (46.8%) | 6:01 | 10 (53.5%) |
| 612 | SOBIERAJSKI Łukasz | 225 | | M20 | 164 | 00:01:18 | 00:30:07.95 | 00:31:26.75 | +00:14:06 (46.8%) | 6:01 | 10 (53.5%) |
| 613 | STRABEL Bartosz | 79 | | M20 | 165 | 00:00:49 | 00:30:08.55 | 00:30:57.55 | +00:14:07 (46.9%) | 6:01 | 10 (53.5%) |
| 614 | DUDZIAK Michał | 207 | CPR BYDGOSZCZ | M30 | 203 | 00:01:38 | 00:30:08.70 | 00:31:47.30 | +00:14:07 (46.9%) | 6:01 | 10 (53.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 614 | ANTCZAK Filip | 866 | | M30 | 204 | 00:01:08 | 00:30:08.70 | 00:31:16.95 | +00:14:07 (46.9%) | 6:01 | 10 (53.5%) |
| 616 | PAWSKI Przemysław | 335 | BIEGAJĄCE KEBABY | M20 | 166 | 00:01:16 | 00:30:09.20 | 00:31:25.90 | +00:14:08 (46.9%) | 6:01 | 10 (53.5%) |
| 617 | KWASIGROCH Krzysztof | 1229 | TKKF KOLEJARZ BYDGOSZCZ | M50 | 52 | 00:01:20 | 00:30:09.70 | 00:31:30.10 | +00:14:08 (46.9%) | 6:02 | 9.9 (52.9%) |
| 618 | KMIEĆ Norbert | 348 | | M40 | 137 | 00:00:28 | 00:30:17.00 | 00:30:45.80 | +00:14:15 (47.1%) | 6:03 | 9.9 (52.9%) |
| 619 | DANIELEK Adam | 24 | BIEGAM, ŻEBY SIĘ NIE SPOCIC! | M30 | 205 | 00:01:02 | 00:30:18.55 | 00:31:21.10 | +00:14:17 (47.2%) | 6:03 | 9.9 (52.9%) |
| 620 | KUZIOŁA Marcin | 972 | | M30 | 206 | 00:01:27 | 00:30:19.50 | 00:31:47.10 | +00:14:18 (47.2%) | 6:04 | 9.9 (52.9%) |
| 621 | HARACEWIAT Cezary | 935 | | M50 | 53 | 00:01:15 | 00:30:22.05 | 00:31:37.25 | +00:14:20 (47.3%) | 6:04 | 9.9 (52.9%) |
| 622 | KUBOWICZ Piotr | 739 | MAŁGOŚ...TEAM | M50 | 54 | 00:00:45 | 00:30:23.15 | 00:31:09.10 | +00:14:22 (47.3%) | 6:04 | 9.9 (52.9%) |
| 623 | KOZAK Krzysztof | 941 | BIEGAMYRAZEM | M50 | 55 | 00:01:02 | 00:30:30.85 | 00:31:33.75 | +00:14:29 (47.5%) | 6:06 | 9.8 (52.4%) |
| 624 | WRZYSZCZ Adam | 1181 | | M40 | 138 | 00:01:34 | 00:30:31.70 | 00:32:05.70 | +00:14:30 (47.5%) | 6:06 | 9.8 (52.4%) |
| 625 | GABRIELSKI Dariusz | 998 | KLUBZDROWIA24H | M40 | 139 | 00:00:57 | 00:30:33.65 | 00:31:31.50 | +00:14:32 (47.6%) | 6:06 | 9.8 (52.4%) |
| 626 | KOLASA Robert | 651 | | M30 | 207 | 00:00:56 | 00:30:34.85 | 00:31:31.45 | +00:14:33 (47.6%) | 6:07 | 9.8 (52.4%) |
| 627 | ŚMIESZEK Mateusz | 1323 | | M20 | 167 | 00:01:03 | 00:30:35.60 | 00:31:39.15 | +00:14:34 (47.6%) | 6:07 | 9.8 (52.4%) |
| 628 | ORZECZOWSKI Michał | 5 | | M30 | 208 | 00:01:21 | 00:30:38.00 | 00:31:59.75 | +00:14:36 (47.7%) | 6:07 | 9.8 (52.4%) |
| 629 | POLAKIEWICZ Dariusz | 448 | SOLECCY BIEGACZE | M50 | 56 | 00:00:20 | 00:30:39.65 | 00:31:00.25 | +00:14:38 (47.8%) | 6:08 | 9.8 (52.4%) |
| 630 | BYCZYŃSKI Michał | 421 | | M20 | 168 | 00:01:29 | 00:30:42.20 | 00:32:11.45 | +00:14:41 (47.8%) | 6:08 | 9.8 (52.4%) |
| 631 | KOZIŃSKI Tomasz | 718 | BYDGOSKIE ŻÓŁWIE | M40 | 140 | 00:01:02 | 00:30:43.80 | 00:31:46.35 | +00:14:42 (47.9%) | 6:08 | 9.8 (52.4%) |
| 632 | CISZEWSKI Paweł | 1013 | | M20 | 169 | 00:01:38 | 00:30:58.50 | 00:32:36.60 | +00:14:57 (48.3%) | 6:11 | 9.7 (51.9%) |
| 633 | ARENT Jan | 1213 | | M50 | 57 | 00:01:20 | 00:31:00.20 | 00:32:20.75 | +00:14:59 (48.3%) | 6:12 | 9.7 (51.9%) |
| 634 | MICHALSKI Piotr | 800 | | M20 | 170 | 00:01:16 | 00:31:11.65 | 00:32:27.95 | +00:15:10 (48.6%) | 6:14 | 9.6 (51.3%) |
| 635 | PATRZAŁEK Tomasz | 508 | | M40 | 141 | 00:01:05 | 00:31:14.45 | 00:32:19.95 | +00:15:13 (48.7%) | 6:14 | 9.6 (51.3%) |
| 636 | LEMIEŻ Andrzej | 265 | SOLECCY BIEGACZE | M40 | 142 | 00:00:15 | 00:31:15.05 | 00:31:30.05 | +00:15:13 (48.7%) | 6:15 | 9.6 (51.3%) |
| 637 | GURYN Wiktor | 749 | | M30 | 209 | 00:02:06 | 00:31:15.60 | 00:33:21.60 | +00:15:14 (48.8%) | 6:15 | 9.6 (51.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|-------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 638 | JAWORSKI Paweł | 554 | | M30 | 210 | 00:00:41 | 00:31:20.45 | 00:32:01.50 | +00:15:19 (48.9%) | 6:16 | 9.6 (51.3%) |
| 639 | GROCHOWALSKI Arkadiusz | 1124 | | M40 | 143 | 00:01:09 | 00:31:23.80 | 00:32:32.80 | +00:15:22 (49.0%) | 6:16 | 9.6 (51.3%) |
| 640 | KUŹNIAR Patryk | 693 | UMK CM BYDGOSZCZ | M20 | 171 | 00:00:41 | 00:31:27.45 | 00:32:09.40 | +00:15:26 (49.1%) | 6:17 | 9.5 (50.8%) |
| 640 | ZAKRZEWSKI Adam | 1125 | | M20 | 172 | 00:01:23 | 00:31:27.45 | 00:32:50.80 | +00:15:26 (49.1%) | 6:17 | 9.5 (50.8%) |
| 642 | GRALAK Jacek | 476 | | M40 | 144 | 00:01:01 | 00:31:34.00 | 00:32:35.65 | +00:15:32 (49.3%) | 6:18 | 9.5 (50.8%) |
| 643 | MRÓWCZYŃSKI Mikołaj | 737 | MRÓWKI | M10 | 36 | 00:00:38 | 00:31:41.95 | 00:32:20.55 | +00:15:40 (49.5%) | 6:20 | 9.5 (50.8%) |
| 644 | DERDA Rafał | 1022 | - | M50 | 58 | 00:00:48 | 00:31:43.60 | 00:32:32.00 | +00:15:42 (49.5%) | 6:20 | 9.5 (50.8%) |
| 645 | WITKOWSKI Patryk | 105 | | M10 | 37 | 00:01:18 | 00:31:48.10 | 00:33:06.30 | +00:15:47 (49.6%) | 6:21 | 9.4 (50.3%) |
| 646 | LUKASIEWICZ Krzysztof | 1089 | | M30 | 211 | 00:01:25 | 00:31:48.45 | 00:33:14.00 | +00:15:47 (49.6%) | 6:21 | 9.4 (50.3%) |
| 647 | PUCHALSKI Rafał | 1049 | KLUBZDROWIA24H | M40 | 145 | 00:00:57 | 00:31:49.85 | 00:32:47.25 | +00:15:48 (49.7%) | 6:22 | 9.4 (50.3%) |
| 648 | CZAJKOWSKI Kamil | 1392 | RUN BYDGOSZCZ | M20 | 173 | 00:01:21 | 00:31:50.75 | 00:33:11.95 | +00:15:49 (49.7%) | 6:22 | 9.4 (50.3%) |
| 648 | WITKOWSKI Paweł | 99 | | M10 | 38 | 00:01:16 | 00:31:50.75 | 00:33:07.00 | +00:15:49 (49.7%) | 6:22 | 9.4 (50.3%) |
| 650 | JAKIMCZUK Przemysław | 703 | | M20 | 174 | 00:01:37 | 00:31:51.25 | 00:33:28.95 | +00:15:50 (49.7%) | 6:22 | 9.4 (50.3%) |
| 651 | ROBAKOWSKI Waldemar | 1346 | | M40 | 146 | 00:00:00 | 00:31:53.05 | 00:31:53.05 | +00:15:51 (49.8%) | 6:22 | 9.4 (50.3%) |
| 652 | GRODZKI Daniel | 473 | | M30 | 212 | 00:00:27 | 00:31:55.15 | 00:32:22.85 | +00:15:54 (49.8%) | 6:23 | 9.4 (50.3%) |
| 653 | SMERLIŃSKI Robert | 2 | | M30 | 213 | 00:01:23 | 00:32:00.90 | 00:33:24.50 | +00:15:59 (50.0%) | 6:24 | 9.4 (50.3%) |
| 654 | TYBURSKI Maciej | 347 | | M30 | 214 | 00:01:20 | 00:32:04.10 | 00:33:24.25 | +00:16:03 (50.0%) | 6:24 | 9.4 (50.3%) |
| 655 | KUTOWSKI Janusz | 306 | INTERACT CLUB BYDGOSZCZ | M50 | 59 | 00:01:02 | 00:32:20.55 | 00:33:23.30 | +00:16:19 (50.5%) | 6:28 | 9.3 (49.7%) |
| 656 | SIKORSKI Arkadiusz | 1312 | | M10 | 39 | 00:01:43 | 00:32:21.15 | 00:34:05.05 | +00:16:20 (50.5%) | 6:28 | 9.3 (49.7%) |
| 657 | SIKORSKI Norbert | 1311 | | M40 | 147 | 00:01:43 | 00:32:22.45 | 00:34:06.10 | +00:16:21 (50.5%) | 6:28 | 9.3 (49.7%) |
| 658 | WRZESIŃSKI Wojciech | 62 | FORDONRUNNERS | M40 | 148 | 00:01:29 | 00:32:29.50 | 00:33:58.80 | +00:16:28 (50.7%) | 6:29 | 9.2 (49.2%) |
| 659 | RATAJ Maciej | 455 | | M40 | 149 | 00:01:06 | 00:32:29.90 | 00:33:36.80 | +00:16:28 (50.7%) | 6:30 | 9.2 (49.2%) |
| 660 | RATAJ Szymon | 456 | | M10 | 40 | 00:01:06 | 00:32:29.95 | 00:33:36.65 | +00:16:28 (50.7%) | 6:30 | 9.2 (49.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 661 | BOREK Marcin | 1256 | | M40 | 150 | 00:01:14 | 00:32:40.90 | 00:33:55.50 | +00:16:39 (51.0%) | 6:32 | 9.2 (49.2%) |
| 662 | KĘSKA Rafał | 218 | PRZECHOWO TEAM | M20 | 175 | 00:00:22 | 00:32:53.70 | 00:33:15.90 | +00:16:52 (51.3%) | 6:34 | 9.1 (48.7%) |
| 663 | BIERYT Arkadiusz | 968 | | M50 | 60 | 00:00:45 | 00:32:59.65 | 00:33:44.80 | +00:16:58 (51.5%) | 6:35 | 9.1 (48.7%) |
| 664 | MIROŃCZUK Paweł | 1426 | | M20 | 176 | 00:00:35 | 00:33:01.55 | 00:33:36.65 | +00:17:00 (51.5%) | 6:36 | 9.1 (48.7%) |
| 665 | GRALAK Mikołaj | 483 | | M18 | 15 | 00:00:58 | 00:33:02.35 | 00:34:01.15 | +00:17:01 (51.5%) | 6:36 | 9.1 (48.7%) |
| 666 | OSSOWSKI Łukasz | 408 | | M30 | 215 | 00:01:39 | 00:33:04.05 | 00:34:43.15 | +00:17:02 (51.6%) | 6:36 | 9.1 (48.7%) |
| 667 | KUBAS Marek | 1006 | | M50 | 61 | 00:01:35 | 00:33:09.25 | 00:34:44.80 | +00:17:08 (51.7%) | 6:37 | 9 (48.1%) |
| 668 | KIELMANN Marcin | 1362 | | M30 | 216 | 00:01:09 | 00:33:13.65 | 00:34:22.90 | +00:17:12 (51.8%) | 6:38 | 9 (48.1%) |
| 669 | FILOSEK Paweł | 535 | | M20 | 177 | 00:01:27 | 00:33:15.90 | 00:34:43.25 | +00:17:14 (51.8%) | 6:39 | 9 (48.1%) |
| 670 | GUŻLECKI Krzysztof | 804 | | M20 | 178 | 00:00:25 | 00:33:17.10 | 00:33:42.20 | +00:17:16 (51.9%) | 6:39 | 9 (48.1%) |
| 671 | ŻEBROWSKI Michał | 569 | | M30 | 217 | 00:01:39 | 00:33:20.85 | 00:35:00.80 | +00:17:19 (52.0%) | 6:40 | 9 (48.1%) |
| 672 | GRZESZAK Sławomir | 251 | ASSECO ACTIVE TEAM | M20 | 179 | 00:01:12 | 00:33:32.00 | 00:34:44.30 | +00:17:30 (52.2%) | 6:42 | 8.9 (47.6%) |
| 673 | KLIMKIEWICZ Maciej | 769 | | M40 | 151 | 00:01:17 | 00:33:44.00 | 00:35:01.60 | +00:17:42 (52.5%) | 6:44 | 8.9 (47.6%) |
| 674 | OLECHNOWICZ Maciej | 752 | SPORT SMUKAŁA OPŁAWIEC JANOWO | M10 | 41 | 00:02:20 | 00:33:46.80 | 00:36:07.35 | +00:17:45 (52.6%) | 6:45 | 8.9 (47.6%) |
| 675 | PIETROWSKI Tomasz | 1395 | | M40 | 152 | 00:00:05 | 00:33:52.75 | 00:33:57.85 | +00:17:51 (52.7%) | 6:46 | 8.9 (47.6%) |
| 676 | HILLER Andrzej | 1335 | HILLERTEAM | M10 | 42 | 00:01:35 | 00:33:57.05 | 00:35:32.90 | +00:17:55 (52.8%) | 6:47 | 8.8 (47.1%) |
| 677 | MRÓWCZYŃSKI Sebastian | 260 | MRÓWKI | M30 | 218 | 00:00:39 | 00:33:59.05 | 00:34:38.95 | +00:17:57 (52.9%) | 6:47 | 8.8 (47.1%) |
| 678 | PARUCKI Zbigniew | 174 | | M50 | 62 | 00:01:23 | 00:34:08.05 | 00:35:32.00 | +00:18:06 (53.1%) | 6:49 | 8.8 (47.1%) |
| 678 | KOCZOROWSKI Maciej | 929 | | M10 | 43 | 00:01:23 | 00:34:08.05 | 00:35:31.90 | +00:18:06 (53.1%) | 6:49 | 8.8 (47.1%) |
| 680 | PRZERACKI Mirosław | 416 | BYDGOSZCZ | M40 | 153 | 00:01:34 | 00:34:39.45 | 00:36:14.40 | +00:18:38 (53.8%) | 6:56 | 8.7 (46.5%) |
| 681 | OLECHNOWICZ Tomasz | 753 | SPORT SMUKAŁA OPŁAWIEC JANOWO | M40 | 154 | 00:02:20 | 00:34:40.00 | 00:37:00.95 | +00:18:38 (53.8%) | 6:56 | 8.7 (46.5%) |
| 682 | RAKAŁOWICZ Jakub | 530 | | M20 | 180 | 00:00:48 | 00:34:46.20 | 00:35:35.10 | +00:18:45 (53.9%) | 6:57 | 8.6 (46.0%) |
| 683 | RAKAŁOWICZ Krzysztof | 576 | MANCHESTER | M30 | 219 | 00:00:48 | 00:34:46.30 | 00:35:35.20 | +00:18:45 (53.9%) | 6:57 | 8.6 (46.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|--|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 684 | JAROCHA Michał | 49 | | M20 | 181 | 00:01:38 | 00:34:49.80 | 00:36:27.85 | +00:18:48 (54.0%) | 6:57 | 8.6 (46.0%) |
| 685 | BIELENNY Michał | 628 | BYDGOSZCZ | M60 | 11 | 00:01:10 | 00:35:04.85 | 00:36:15.00 | +00:19:03 (54.3%) | 7:01 | 8.6 (46.0%) |
| 686 | KONARZEWSKI Arkadiusz | 1306 | | M40 | 155 | 00:01:11 | 00:35:35.05 | 00:36:46.95 | +00:19:33 (55.0%) | 7:07 | 8.4 (44.9%) |
| 687 | LISOWSKI Mikołaj | 284 | | M10 | 44 | 00:01:55 | 00:35:36.50 | 00:37:32.20 | +00:19:35 (55.0%) | 7:07 | 8.4 (44.9%) |
| 688 | DREWNIAK Paweł | 471 | | M20 | 182 | 00:01:31 | 00:35:40.35 | 00:37:11.55 | +00:19:39 (55.1%) | 7:08 | 8.4 (44.9%) |
| 689 | ORLIŃSKI Mateusz | 1288 | | M10 | 45 | 00:01:39 | 00:35:40.95 | 00:37:20.60 | +00:19:39 (55.1%) | 7:08 | 8.4 (44.9%) |
| 690 | ORLIŃSKI Andrzej | 1287 | | M40 | 156 | 00:01:39 | 00:35:41.15 | 00:37:20.20 | +00:19:40 (55.1%) | 7:08 | 8.4 (44.9%) |
| 691 | DUL Marcin | 917 | | M40 | 157 | 00:01:28 | 00:35:58.05 | 00:37:26.10 | +00:19:56 (55.5%) | 7:11 | 8.3 (44.4%) |
| 692 | KORPAS Mikołaj | 1046 | BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN | M10 | 46 | 00:00:35 | 00:36:22.10 | 00:36:58.00 | +00:20:21 (56.0%) | 7:16 | 8.2 (43.9%) |
| 693 | GORZYCKI Dariusz | 1014 | BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN | M40 | 158 | 00:00:37 | 00:36:23.95 | 00:37:01.55 | +00:20:22 (56.0%) | 7:16 | 8.2 (43.9%) |
| 694 | FARBOTKO Marcin | 1085 | GALACTICA.PL | M40 | 159 | 00:01:32 | 00:37:29.60 | 00:39:01.80 | +00:21:28 (57.3%) | 7:29 | 8 (42.8%) |
| 695 | RUTKOWSKI Adam | 638 | | M40 | 160 | 00:01:32 | 00:37:30.15 | 00:39:02.25 | +00:21:29 (57.3%) | 7:30 | 8 (42.8%) |
| 696 | JANKOWSKI Rafał | 6 | | M40 | 161 | 00:01:37 | 00:37:53.30 | 00:39:30.70 | +00:21:52 (57.7%) | 7:34 | 7.9 (42.2%) |
| 697 | LISOWSKI Sebastian | 280 | | M30 | 220 | 00:01:55 | 00:39:59.00 | 00:41:54.15 | +00:23:57 (59.9%) | 7:59 | 7.5 (40.1%) |
| 698 | WIECZOREK Marcin | 829 | | M30 | 221 | 00:01:54 | 00:41:19.65 | 00:43:13.95 | +00:25:18 (61.2%) | 8:15 | 7.3 (39.0%) |
| 699 | MINDIKOWSKI Dawid | 143 | | M10 | 47 | 00:01:12 | 00:42:33.15 | 00:43:45.60 | +00:26:32 (62.4%) | 8:30 | 7.1 (38.0%) |
| 700 | ZGIEP Maciej | 142 | | M30 | 222 | 00:01:12 | 00:42:33.20 | 00:43:45.80 | +00:26:32 (62.4%) | 8:30 | 7.1 (38.0%) |
| 701 | ATTA Summer | 301 | INTERACT CLUB BYDGOSZCZ | M10 | 48 | 00:01:04 | 00:45:30.40 | 00:46:34.60 | +00:29:29 (64.8%) | 9:06 | 6.6 (35.3%) |
| | BOREK Jerzy | 1259 | | M10 | | DNF | DNF | DNF | | - | - (0.0%) |
| | GIŻA Maciej | 905 | | M20 | | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 703 wynik(ów)