



# BYDGOSKI BIEG URODZINOWY

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>FELCZAK Jakub</b>	<b>1308</b>		M20	1	00:00:01	<b>00:16:01.10</b>	<b>00:16:02.65</b>		3:12	18.7 (100%)
2	<b>BEDNAREK Adrian</b>	<b>1233</b>	KUCHNIAISPORT.PL	M20	2	00:00:01	<b>00:16:14.60</b>	<b>00:16:16.05</b>	+00:00:13 (1.4%)	3:15	18.5 (98.9%)
3	<b>KLÓSKA Fabian</b>	<b>686</b>	SPÓJNIA BIAŁE BŁOTA	M20	3	00:00:03	<b>00:17:50.50</b>	<b>00:17:53.60</b>	+00:01:49 (10.2%)	3:34	16.8 (89.8%)
4	<b>WAWRZYNIAK Dominik</b>	<b>852</b>	DART TAVERNA NAKŁO	M20	4	00:00:05	<b>00:18:04.25</b>	<b>00:18:09.95</b>	+00:02:03 (11.4%)	3:36	16.6 (88.8%)
5	<b>BONKOWSKI Piotr</b>	<b>180</b>		M20	5	00:00:01	<b>00:18:18.95</b>	<b>00:18:20.70</b>	+00:02:17 (12.5%)	3:39	16.4 (87.7%)
6	<b>KWIATKOWSKI Damian</b>	<b>98</b>	RUN BYDGOSZCZ	M20	6	00:00:04	<b>00:18:26.90</b>	<b>00:18:31.60</b>	+00:02:25 (13.2%)	3:41	16.3 (87.2%)
7	<b>KURDELSKI Kamil</b>	<b>320</b>		M20	7	00:00:02	<b>00:18:27.90</b>	<b>00:18:30.10</b>	+00:02:26 (13.3%)	3:41	16.2 (86.6%)
8	<b>BATOR Michał</b>	<b>1382</b>	STRAŻ MIEJSKA TORUŃ	M20	8	00:00:02	<b>00:18:37.45</b>	<b>00:18:39.50</b>	+00:02:36 (14.0%)	3:43	16.1 (86.1%)
9	<b>GRALIK Jędrzej</b>	<b>543</b>	BYDGOSKIE OKONIE	M20	9	00:00:04	<b>00:18:52.80</b>	<b>00:18:57.50</b>	+00:02:51 (15.2%)	3:46	15.9 (85.0%)
10	<b>OSTROWSKI Kacper</b>	<b>1268</b>	JEDNEGO SERCA	M20	10	00:00:02	<b>00:19:11.90</b>	<b>00:19:14.15</b>	+00:03:10 (16.6%)	3:50	15.6 (83.4%)
11	<b>MICHALCZAK Bartosz</b>	<b>1027</b>	ŚLIMAKI BARCIN	M20	11	00:00:01	<b>00:19:17.05</b>	<b>00:19:18.90</b>	+00:03:15 (16.9%)	3:51	15.6 (83.4%)
12	<b>WENDA Dawid</b>	<b>46</b>	SZKOŁA JAZDY TOMAS	M20	12	00:00:03	<b>00:19:27.15</b>	<b>00:19:30.80</b>	+00:03:26 (17.7%)	3:53	15.4 (82.4%)
13	<b>PORAJ Maciej</b>	<b>1077</b>		M20	13	00:00:07	<b>00:19:38.20</b>	<b>00:19:45.65</b>	+00:03:37 (18.4%)	3:55	15.3 (81.8%)
14	<b>PILEWSKI Mikołaj</b>	<b>226</b>	BYDGOSZCZ TRIATHLON TEAM	M20	14	00:00:21	<b>00:19:38.55</b>	<b>00:19:59.95</b>	+00:03:37 (18.5%)	3:55	15.3 (81.8%)
15	<b>JENCZEWSKI Szymon</b>	<b>760</b>		M20	15	00:00:02	<b>00:19:45.40</b>	<b>00:19:47.90</b>	+00:03:44 (18.9%)	3:57	15.2 (81.3%)
16	<b>MIĘTKIEWICZ Rafał</b>	<b>1191</b>	SPÓJNIA BIAŁE BŁOTA	M20	16	00:00:08	<b>00:19:45.70</b>	<b>00:19:54.40</b>	+00:03:44 (18.9%)	3:57	15.2 (81.3%)
17	<b>GORCZYCA Maciej</b>	<b>658</b>		M20	17	00:00:08	<b>00:19:50.90</b>	<b>00:19:59.10</b>	+00:03:49 (19.3%)	3:58	15.1 (80.7%)
18	<b>BOROS Patryk</b>	<b>930</b>		M20	18	00:02:08	<b>00:19:54.50</b>	<b>00:22:03.45</b>	+00:03:53 (19.5%)	3:59	15.1 (80.7%)
19	<b>BZDZION Marcin</b>	<b>1371</b>		M20	19	00:00:06	<b>00:19:58.20</b>	<b>00:20:04.45</b>	+00:03:57 (19.8%)	3:59	15 (80.2%)
20	<b>KRYSPIŃ Arkadiusz</b>	<b>1173</b>		M20	20	00:00:07	<b>00:19:59.00</b>	<b>00:20:06.70</b>	+00:03:57 (19.8%)	3:59	15 (80.2%)
21	<b>WIERZYŃSKI Damian</b>	<b>1234</b>	TCMS PESA BYDGOSZCZ	M20	21	00:00:10	<b>00:19:59.70</b>	<b>00:20:10.10</b>	+00:03:58 (19.9%)	4:00	15 (80.2%)
22	<b>WENDA Mateusz</b>	<b>298</b>	SZKOŁA JAZDY TOMAS	M20	22	00:00:07	<b>00:20:00.90</b>	<b>00:20:08.00</b>	+00:03:59 (20.0%)	4:00	15 (80.2%)
23	<b>JANKOWIAK Łukasz</b>	<b>730</b>		M20	23	00:00:06	<b>00:20:04.15</b>	<b>00:20:11.05</b>	+00:04:03 (20.2%)	4:01	14.9 (79.7%)
24	<b>WARSZAWSKI Przemysław</b>	<b>845</b>		M20	24	00:00:11	<b>00:20:05.30</b>	<b>00:20:16.90</b>	+00:04:04 (20.3%)	4:01	14.9 (79.7%)
25	<b>SKUBISZEWSKI Damian</b>	<b>765</b>	ARMIA CHRYSYUSA	M20	25	00:00:08	<b>00:20:05.85</b>	<b>00:20:14.30</b>	+00:04:04 (20.3%)	4:01	14.9 (79.7%)
26	<b>DADZIBÓG Mariusz</b>	<b>1185</b>	EVERYDAYRUNNING TEAM	M20	26	00:01:49	<b>00:20:06.70</b>	<b>00:21:56.30</b>	+00:04:05 (20.4%)	4:01	14.9 (79.7%)
27	<b>KAMIŃSKI Jakub</b>	<b>1057</b>		M20	27	00:00:04	<b>00:20:17.55</b>	<b>00:20:22.05</b>	+00:04:16 (21.1%)	4:03	14.8 (79.1%)
28	<b>ZBORAŁA Mateusz</b>	<b>76</b>		M20	28	00:00:06	<b>00:20:18.55</b>	<b>00:20:25.40</b>	+00:04:17 (21.1%)	4:03	14.8 (79.1%)
29	<b>SKUZA Sebastian</b>	<b>231</b>		M20	29	00:00:26	<b>00:20:23.95</b>	<b>00:20:50.30</b>	+00:04:22 (21.5%)	4:04	14.7 (78.6%)
30	<b>SAPA Kacper</b>	<b>1214</b>	BYDGOSKIE ŻÓŁWIE	M20	30	00:00:27	<b>00:20:27.60</b>	<b>00:20:55.45</b>	+00:04:26 (21.7%)	4:05	14.7 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	LOOSE Michał	73	LOS KUMPOS	M20	31	00:00:06	00:20:28.95	00:20:35.50	+00:04:27 (21.8%)	4:05	14.6 (78.1%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	WNĘK 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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	BŁĄŻEJEWSKI 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%)
74	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	<b>BUDKIEWICZ Radosław</b>	<b>1411</b>		M20	75	00:00:34	<b>00:23:37.55</b>	<b>00:24:11.90</b>	+00:07:36 (32.2%)	4:43	12.7 (67.9%)
76	<b>ERBER Piotr</b>	<b>164</b>		M20	76	00:00:20	<b>00:23:37.75</b>	<b>00:23:58.45</b>	+00:07:36 (32.2%)	4:43	12.7 (67.9%)
77	<b>WANKIEWICZ Łukasz</b>	<b>1367</b>		M20	77	00:01:04	<b>00:23:38.55</b>	<b>00:24:43.45</b>	+00:07:37 (32.2%)	4:43	12.7 (67.9%)
78	<b>BEDNAREK Paweł</b>	<b>87</b>	GORDON RUN	M20	78	00:00:20	<b>00:23:43.25</b>	<b>00:24:03.55</b>	+00:07:42 (32.5%)	4:44	12.6 (67.4%)
79	<b>DOLNY Krzysztof</b>	<b>1359</b>		M20	79	00:00:10	<b>00:23:48.50</b>	<b>00:23:59.20</b>	+00:07:47 (32.7%)	4:45	12.6 (67.4%)
80	<b>DONARSKI Maciej</b>	<b>1354</b>		M20	80	00:00:42	<b>00:23:53.00</b>	<b>00:24:35.30</b>	+00:07:51 (32.9%)	4:46	12.6 (67.4%)
81	<b>ROŚ Sławek</b>	<b>243</b>	ARMIA CHRYSTUSA	M20	81	00:00:20	<b>00:23:53.20</b>	<b>00:24:13.25</b>	+00:07:52 (32.9%)	4:46	12.6 (67.4%)
82	<b>ANTKOWIAK Bartosz</b>	<b>223</b>	TCMS PESA BYDGOSZCZ	M20	82	00:01:28	<b>00:23:56.35</b>	<b>00:25:24.60</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
83	<b>PIETROWSKI Radosław</b>	<b>1402</b>		M20	83	00:00:04	<b>00:23:56.55</b>	<b>00:24:00.95</b>	+00:07:55 (33.1%)	4:47	12.5 (66.8%)
84	<b>PIKOR Patryk</b>	<b>235</b>		M20	84	00:01:11	<b>00:24:00.10</b>	<b>00:25:11.15</b>	+00:07:59 (33.3%)	4:48	12.5 (66.8%)
85	<b>CZYŻNIKIEWICZ Karol</b>	<b>165</b>		M20	85	00:00:58	<b>00:24:02.35</b>	<b>00:25:00.80</b>	+00:08:01 (33.4%)	4:48	12.5 (66.8%)
86	<b>GUMOWSKI Kamil</b>	<b>1090</b>	SZKOŁA JAZDY TOMAS	M20	86	00:00:14	<b>00:24:07.30</b>	<b>00:24:21.90</b>	+00:08:06 (33.6%)	4:49	12.4 (66.3%)
87	<b>GWIZDAŁA Mikołaj</b>	<b>468</b>		M20	87	00:01:00	<b>00:24:09.25</b>	<b>00:25:09.60</b>	+00:08:08 (33.7%)	4:49	12.4 (66.3%)
88	<b>RÓŻYCKI Marcin</b>	<b>566</b>		M20	88	00:00:08	<b>00:24:10.25</b>	<b>00:24:18.70</b>	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
89	<b>MIŚ Michał</b>	<b>381</b>	LUKA START NAKŁO	M20	89	00:00:07	<b>00:24:11.75</b>	<b>00:24:19.60</b>	+00:08:10 (33.8%)	4:50	12.4 (66.3%)
90	<b>MINSCHINSKI Daniel</b>	<b>1358</b>	WWW.STRONANOWOCZESNA.PL	M20	90	00:00:16	<b>00:24:18.35</b>	<b>00:24:34.55</b>	+00:08:17 (34.1%)	4:51	12.3 (65.8%)
91	<b>JĘDRZEJCZYK Jacek</b>	<b>294</b>		M20	91	00:00:55	<b>00:24:26.70</b>	<b>00:25:21.70</b>	+00:08:25 (34.5%)	4:53	12.3 (65.8%)
92	<b>SAWICKI Mikołaj</b>	<b>528</b>	ELEKTRONIK BYDGOSZCZ	M20	92	00:00:11	<b>00:24:27.30</b>	<b>00:24:38.80</b>	+00:08:26 (34.5%)	4:53	12.3 (65.8%)
93	<b>TUREK Mateusz</b>	<b>761</b>	BRAK	M20	93	00:00:43	<b>00:24:39.15</b>	<b>00:25:23.00</b>	+00:08:38 (35.0%)	4:56	12.2 (65.2%)
94	<b>DOMAŃSKI Szymon</b>	<b>509</b>		M20	94	00:00:42	<b>00:24:42.25</b>	<b>00:25:24.75</b>	+00:08:41 (35.2%)	4:56	12.1 (64.7%)
95	<b>SZREIBER Tomasz</b>	<b>1162</b>		M20	95	00:00:36	<b>00:24:42.85</b>	<b>00:25:19.55</b>	+00:08:41 (35.2%)	4:56	12.1 (64.7%)
96	<b>GROSKOP Grzegorz</b>	<b>212</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	96	00:01:59	<b>00:24:43.40</b>	<b>00:26:42.75</b>	+00:08:42 (35.2%)	4:56	12.1 (64.7%)
97	<b>JARZYŃSKI Maciej</b>	<b>660</b>	BYDGOSKI DZIK BIEGOWY	M20	97	00:00:13	<b>00:24:46.15</b>	<b>00:24:59.20</b>	+00:08:45 (35.3%)	4:57	12.1 (64.7%)
98	<b>GRZECHNIK Mateusz</b>	<b>1321</b>		M20	98	00:00:31	<b>00:24:47.55</b>	<b>00:25:19.35</b>	+00:08:46 (35.4%)	4:57	12.1 (64.7%)
99	<b>BARANEK Sebastian</b>	<b>1145</b>	DYNAMO SKARPA	M20	99	00:00:24	<b>00:24:49.30</b>	<b>00:25:14.20</b>	+00:08:48 (35.5%)	4:58	12.1 (64.7%)
100	<b>DURAJEWSKI Mateusz</b>	<b>68</b>		M20	100	00:01:22	<b>00:24:52.00</b>	<b>00:26:14.80</b>	+00:08:50 (35.6%)	4:58	12.1 (64.7%)
101	<b>MIERZWA Damian</b>	<b>257</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M20	101	00:01:49	<b>00:24:53.40</b>	<b>00:26:42.45</b>	+00:08:52 (35.6%)	4:58	12.1 (64.7%)
102	<b>DOBEK Maciej</b>	<b>1313</b>		M20	102	00:00:51	<b>00:24:57.90</b>	<b>00:25:49.15</b>	+00:08:56 (35.8%)	4:59	12 (64.2%)
103	<b>KUJAWA Maciej</b>	<b>1374</b>	.	M20	103	00:00:56	<b>00:25:01.90</b>	<b>00:25:58.80</b>	+00:09:00 (36.0%)	5:00	12 (64.2%)
104	<b>KIELIŃSKI Patryk</b>	<b>578</b>	JS 4033	M20	104	00:00:04	<b>00:25:05.65</b>	<b>00:25:09.75</b>	+00:09:04 (36.2%)	5:01	12 (64.2%)
105	<b>MICHALAK Robert</b>	<b>14</b>	GORDON RUN	M20	105	00:00:49	<b>00:25:05.90</b>	<b>00:25:55.10</b>	+00:09:04 (36.2%)	5:01	12 (64.2%)
106	<b>SWAKOWSKI Przemysław</b>	<b>418</b>		M20	106	00:00:34	<b>00:25:10.55</b>	<b>00:25:45.15</b>	+00:09:09 (36.4%)	5:02	11.9 (63.6%)
107	<b>PORCZEK Bartłomiej</b>	<b>729</b>		M20	107	00:01:18	<b>00:25:15.40</b>	<b>00:26:33.95</b>	+00:09:14 (36.6%)	5:03	11.9 (63.6%)
108	<b>PROCZEK Jakub</b>	<b>1291</b>		M20	108	00:00:22	<b>00:25:15.50</b>	<b>00:25:38.00</b>	+00:09:14 (36.6%)	5:03	11.9 (63.6%)
109	<b>KANIEWSKI Mateusz</b>	<b>821</b>		M20	109	00:00:37	<b>00:25:21.65</b>	<b>00:25:59.05</b>	+00:09:20 (36.8%)	5:04	11.8 (63.1%)
110	<b>SKONIECZNY Daniel</b>	<b>319</b>	TCMS PESA BYDGOSZCZ	M20	110	00:01:23	<b>00:25:24.95</b>	<b>00:26:48.65</b>	+00:09:23 (37.0%)	5:05	11.8 (63.1%)
111	<b>SZUBERGA Damian</b>	<b>1184</b>		M20	111	00:00:03	<b>00:25:26.95</b>	<b>00:25:30.30</b>	+00:09:25 (37.1%)	5:05	11.8 (63.1%)
112	<b>WASZAK Konrad</b>	<b>169</b>	FORDON NA CO DZIEŃ	M20	112	00:00:28	<b>00:25:30.60</b>	<b>00:25:59.00</b>	+00:09:29 (37.2%)	5:06	11.8 (63.1%)
113	<b>GRACZYK Dawid</b>	<b>1372</b>		M20	113	00:00:20	<b>00:25:37.60</b>	<b>00:25:58.25</b>	+00:09:36 (37.5%)	5:07	11.7 (62.6%)
114	<b>ROSZCZYN Michał</b>	<b>442</b>		M20	114	00:00:26	<b>00:25:40.50</b>	<b>00:26:06.70</b>	+00:09:39 (37.6%)	5:08	11.7 (62.6%)
115	<b>JESZKA Patryk</b>	<b>1153</b>	BBL SZUBIN	M20	115	00:01:02	<b>00:25:55.00</b>	<b>00:26:57.25</b>	+00:09:53 (38.2%)	5:11	11.6 (62.0%)
116	<b>MIERZYŃSKI Jakub</b>	<b>1154</b>		M20	116	00:00:35	<b>00:25:56.25</b>	<b>00:26:31.40</b>	+00:09:55 (38.2%)	5:11	11.6 (62.0%)
117	<b>WIŚNIEWSKI Piotr</b>	<b>1033</b>		M20	117	00:00:59	<b>00:25:56.50</b>	<b>00:26:56.30</b>	+00:09:55 (38.3%)	5:11	11.6 (62.0%)
118	<b>HASEK Patryk</b>	<b>848</b>		M20	118	00:01:13	<b>00:25:57.40</b>	<b>00:27:11.05</b>	+00:09:56 (38.3%)	5:11	11.6 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
118	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	HARACEWIAT Michał	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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%)
146	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%)
147	WYCZISŁOK 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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	<b>CHRÓŚCIŃSKI Michał</b>	<b>359</b>	MANUFATURA SŁODYCZY KARMELOWA KRAINA	M20	163	00:01:24	<b>00:30:06.55</b>	<b>00:31:30.95</b>	+00:14:05 (46.8%)	6:01	10 (53.5%)
164	<b>SOBIERAJSKI Łukasz</b>	<b>225</b>		M20	164	00:01:18	<b>00:30:07.95</b>	<b>00:31:26.75</b>	+00:14:06 (46.8%)	6:01	10 (53.5%)
165	<b>STRABEL Bartosz</b>	<b>79</b>		M20	165	00:00:49	<b>00:30:08.55</b>	<b>00:30:57.55</b>	+00:14:07 (46.9%)	6:01	10 (53.5%)
166	<b>PAWSKI Przemysław</b>	<b>335</b>	BIEGAJĄCE KEBABY	M20	166	00:01:16	<b>00:30:09.20</b>	<b>00:31:25.90</b>	+00:14:08 (46.9%)	6:01	10 (53.5%)
167	<b>ŚMIESZEK Mateusz</b>	<b>1323</b>		M20	167	00:01:03	<b>00:30:35.60</b>	<b>00:31:39.15</b>	+00:14:34 (47.6%)	6:07	9.8 (52.4%)
168	<b>BYCZYŃSKI Michał</b>	<b>421</b>		M20	168	00:01:29	<b>00:30:42.20</b>	<b>00:32:11.45</b>	+00:14:41 (47.8%)	6:08	9.8 (52.4%)
169	<b>CISZEWSKI Paweł</b>	<b>1013</b>		M20	169	00:01:38	<b>00:30:58.50</b>	<b>00:32:36.60</b>	+00:14:57 (48.3%)	6:11	9.7 (51.9%)
170	<b>MICHALSKI Piotr</b>	<b>800</b>		M20	170	00:01:16	<b>00:31:11.65</b>	<b>00:32:27.95</b>	+00:15:10 (48.6%)	6:14	9.6 (51.3%)
171	<b>KUŹNIAR Patryk</b>	<b>693</b>	UMK CM BYDGOSZCZ	M20	171	00:00:41	<b>00:31:27.45</b>	<b>00:32:09.40</b>	+00:15:26 (49.1%)	6:17	9.5 (50.8%)
171	<b>ZAKRZEWSKI Adam</b>	<b>1125</b>		M20	172	00:01:23	<b>00:31:27.45</b>	<b>00:32:50.80</b>	+00:15:26 (49.1%)	6:17	9.5 (50.8%)
173	<b>CZAJKOWSKI Kamil</b>	<b>1392</b>	RUN BYDGOSZCZ	M20	173	00:01:21	<b>00:31:50.75</b>	<b>00:33:11.95</b>	+00:15:49 (49.7%)	6:22	9.4 (50.3%)
174	<b>JAKIMCZUK Przemysław</b>	<b>703</b>		M20	174	00:01:37	<b>00:31:51.25</b>	<b>00:33:28.95</b>	+00:15:50 (49.7%)	6:22	9.4 (50.3%)
175	<b>KĘSKA Rafał</b>	<b>218</b>	PRZECHOWO TEAM	M20	175	00:00:22	<b>00:32:53.70</b>	<b>00:33:15.90</b>	+00:16:52 (51.3%)	6:34	9.1 (48.7%)
176	<b>MIROŃCZUK Paweł</b>	<b>1426</b>		M20	176	00:00:35	<b>00:33:01.55</b>	<b>00:33:36.65</b>	+00:17:00 (51.5%)	6:36	9.1 (48.7%)
177	<b>FILOSEK Paweł</b>	<b>535</b>		M20	177	00:01:27	<b>00:33:15.90</b>	<b>00:34:43.25</b>	+00:17:14 (51.8%)	6:39	9 (48.1%)
178	<b>GUŹLECKI Krzysztof</b>	<b>804</b>		M20	178	00:00:25	<b>00:33:17.10</b>	<b>00:33:42.20</b>	+00:17:16 (51.9%)	6:39	9 (48.1%)
179	<b>GRZESZAK Sławomir</b>	<b>251</b>	ASSECO ACTIVE TEAM	M20	179	00:01:12	<b>00:33:32.00</b>	<b>00:34:44.30</b>	+00:17:30 (52.2%)	6:42	8.9 (47.6%)
180	<b>RAKAŁOWICZ Jakub</b>	<b>530</b>		M20	180	00:00:48	<b>00:34:46.20</b>	<b>00:35:35.10</b>	+00:18:45 (53.9%)	6:57	8.6 (46.0%)
181	<b>JAROCHA Michał</b>	<b>49</b>		M20	181	00:01:38	<b>00:34:49.80</b>	<b>00:36:27.85</b>	+00:18:48 (54.0%)	6:57	8.6 (46.0%)
182	<b>DREWNIAK Paweł</b>	<b>471</b>		M20	182	00:01:31	<b>00:35:40.35</b>	<b>00:37:11.55</b>	+00:19:39 (55.1%)	7:08	8.4 (44.9%)
	<b>GIŻA Maciej</b>	<b>905</b>		M20		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 183 wynik(ów)