



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organizator:** Miasto Bydgoszcz  
**Data:** 2024-04-14  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOTŁOWSKI Bartosz</b>	<b>486</b>	KOTLOWSKIRUNTEAM	M30	1		00:00:01	<b>00:16:38.75</b>	<b>00:16:40.05</b>		3:19	18 (100%)
2	<b>WADELSKI Maciej</b>	<b>1080</b>	1 BRYGADA LOGISTYCZNA	M30	2		00:00:01	<b>00:17:36.95</b>	<b>00:17:38.10</b>	+00:00:58 (5.5%)	3:31	17 (94.4%)
3	<b>ROGOZINSKI Dawid</b>	<b>885</b>	TEAMOCHAL	M30	3	1	00:00:01	<b>00:17:40.90</b>	<b>00:17:42.05</b>	+00:01:02 (5.9%)	3:32	17 (94.4%)
4	<b>STACHOWIAK Łukasz</b>	<b>1258</b>	#ZALINIAMETYTEAM / AZS UP POZNAŃ	M30	4	1	00:00:01	<b>00:17:58.80</b>	<b>00:18:00.40</b>	+00:01:20 (7.4%)	3:35	16.7 (92.8%)
5	<b>KRYSKE Bartosz</b>	<b>525</b>		M30	5	1	00:00:01	<b>00:18:09.15</b>	<b>00:18:10.85</b>	+00:01:30 (8.3%)	3:37	16.5 (91.7%)
6	<b>KUŁAKOWSKI Krzysztof</b>	<b>546</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	6		00:00:02	<b>00:18:17.55</b>	<b>00:18:20.05</b>	+00:01:38 (9.0%)	3:39	16.4 (91.1%)
7	<b>MARCHEL Tomasz</b>	<b>635</b>		M30	7		00:00:01	<b>00:18:46.35</b>	<b>00:18:48.30</b>	+00:02:07 (11.3%)	3:45	16 (88.9%)
8	<b>DOMISIEWICZ Michał</b>	<b>166</b>		M30	8		00:00:02	<b>00:18:56.65</b>	<b>00:18:59.60</b>	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
9	<b>GRACZYK Mateusz</b>	<b>278</b>	TROUT	M30	9		00:00:01	<b>00:19:02.45</b>	<b>00:19:03.70</b>	+00:02:23 (12.6%)	3:48	15.8 (87.8%)
10	<b>RZESZUT Tomasz</b>	<b>913</b>	WATAHA L-PAAK	M30	10		00:00:03	<b>00:19:32.50</b>	<b>00:19:35.55</b>	+00:02:53 (14.8%)	3:54	15.4 (85.6%)
11	<b>KARCZMARCZYK Mateusz</b>	<b>415</b>		M30	11		00:00:00	<b>00:19:35.05</b>	<b>00:19:35.05</b>	+00:02:56 (15.0%)	3:55	15.3 (85.0%)
12	<b>KRAJEWSKI Tomasz</b>	<b>507</b>	ENDURE TEAM	M30	12		00:00:02	<b>00:20:01.70</b>	<b>00:20:03.80</b>	+00:03:22 (16.9%)	4:00	15 (83.3%)
13	<b>WIECZOREK Mateusz</b>	<b>1250</b>		M30	13		00:00:03	<b>00:20:05.55</b>	<b>00:20:09.15</b>	+00:03:26 (17.2%)	4:01	14.9 (82.8%)
14	<b>BALCEREK Mateusz</b>	<b>22</b>	GASTRO SZEFL	M30	14		00:00:04	<b>00:20:30.05</b>	<b>00:20:34.50</b>	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
15	<b>ARMANDO O'BRIEN Davidjohn</b>	<b>1296</b>		M30	15		00:00:02	<b>00:20:33.15</b>	<b>00:20:35.25</b>	+00:03:54 (19.0%)	4:06	14.6 (81.1%)
16	<b>LEWANDOWSKI Piotr</b>	<b>574</b>	STREETWORKOUTACADEMYTERMINATOR	M30	16		00:00:02	<b>00:20:44.25</b>	<b>00:20:46.90</b>	+00:04:05 (19.7%)	4:08	14.5 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>PIECZKA Marcin</b>	<b>792</b>	ANTIDOTUM	M30	17		00:00:07	<b>00:20:51.40</b>	<b>00:20:58.95</b>	+00:04:12 (20.2%)	4:10	14.4 (80.0%)
18	<b>KLINOWSKI Radosław</b>	<b>450</b>		M30	18		00:00:14	<b>00:20:56.75</b>	<b>00:21:11.55</b>	+00:04:18 (20.5%)	4:11	14.3 (79.4%)
19	<b>LE PAPE Loic</b>	<b>590</b>		M30	19		00:00:06	<b>00:21:05.00</b>	<b>00:21:11.35</b>	+00:04:26 (21.0%)	4:13	14.2 (78.9%)
20	<b>GRALIK Jędrzej</b>	<b>282</b>	BYDGOSKIE OKONIE	M30	20		00:00:08	<b>00:21:06.60</b>	<b>00:21:15.15</b>	+00:04:27 (21.1%)	4:13	14.2 (78.9%)
21	<b>PAPIEROWSKI Paweł</b>	<b>766</b>	CB	M30	21		00:00:12	<b>00:21:09.80</b>	<b>00:21:22.25</b>	+00:04:31 (21.3%)	4:13	14.2 (78.9%)
22	<b>SZNAJDER Paweł</b>	<b>1017</b>	CB163	M30	22		00:00:12	<b>00:21:10.60</b>	<b>00:21:22.60</b>	+00:04:31 (21.4%)	4:14	14.2 (78.9%)
23	<b>WITKOWSKI Łukasz</b>	<b>1124</b>	RUN BYDGOSZCZ	M30	23		00:00:05	<b>00:21:19.10</b>	<b>00:21:24.45</b>	+00:04:40 (21.9%)	4:15	14.1 (78.3%)
24	<b>CARTIGNY Arnaud</b>	<b>96</b>		M30	24		00:00:07	<b>00:21:21.70</b>	<b>00:21:29.05</b>	+00:04:42 (22.1%)	4:16	14.1 (78.3%)
25	<b>KOŁAKOWSKI Tomasz</b>	<b>463</b>		M30	25		00:00:11	<b>00:21:26.60</b>	<b>00:21:37.85</b>	+00:04:47 (22.4%)	4:17	14 (77.8%)
26	<b>GÓRSKI Adam</b>	<b>274</b>		M30	26		00:00:03	<b>00:21:32.75</b>	<b>00:21:35.95</b>	+00:04:54 (22.7%)	4:18	13.9 (77.2%)
27	<b>TOMCZYK Radosław</b>	<b>1225</b>	TEAM RUDNIK	M30	27		00:00:23	<b>00:21:38.30</b>	<b>00:22:01.45</b>	+00:04:59 (23.1%)	4:19	13.9 (77.2%)
28	<b>WŁOCH Jakub</b>	<b>1126</b>		M30	28		00:00:13	<b>00:21:39.35</b>	<b>00:21:52.65</b>	+00:05:00 (23.1%)	4:19	13.9 (77.2%)
29	<b>JAKUBCZAK Michał</b>	<b>336</b>		M30	29	1	00:00:12	<b>00:21:40.10</b>	<b>00:21:53.05</b>	+00:05:01 (23.2%)	4:20	13.8 (76.7%)
30	<b>SZYCHOWSKI Jarosław</b>	<b>1024</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	30		00:00:13	<b>00:21:40.40</b>	<b>00:21:54.00</b>	+00:05:01 (23.2%)	4:20	13.8 (76.7%)
31	<b>SMUCZYŃSKI Wojciech</b>	<b>952</b>		M30	31		00:00:05	<b>00:21:49.75</b>	<b>00:21:55.70</b>	+00:05:11 (23.7%)	4:21	13.8 (76.7%)
32	<b>FIK Janusz</b>	<b>203</b>		M30	32		00:00:10	<b>00:21:52.75</b>	<b>00:22:02.95</b>	+00:05:14 (23.9%)	4:22	13.7 (76.1%)
33	<b>BZDZION Marcin</b>	<b>94</b>		M30	33		00:00:12	<b>00:21:54.95</b>	<b>00:22:07.30</b>	+00:05:16 (24.0%)	4:22	13.7 (76.1%)
34	<b>PISARSKI Igor</b>	<b>815</b>		M30	34		00:00:14	<b>00:22:00.75</b>	<b>00:22:14.85</b>	+00:05:22 (24.4%)	4:24	13.6 (75.6%)
35	<b>BIELICKI Waldemar</b>	<b>50</b>		M30	35	1	00:00:10	<b>00:22:07.80</b>	<b>00:22:18.75</b>	+00:05:29 (24.8%)	4:25	13.6 (75.6%)
36	<b>PRZYBYLSKI Dariusz</b>	<b>840</b>		M30	36		00:00:04	<b>00:22:11.45</b>	<b>00:22:15.80</b>	+00:05:32 (25.0%)	4:26	13.5 (75.0%)
37	<b>ŚRUTKOWSKI Sylwester</b>	<b>1295</b>		M30	37		00:00:10	<b>00:22:16.60</b>	<b>00:22:26.70</b>	+00:05:37 (25.3%)	4:27	13.5 (75.0%)
38	<b>KAŹMIERCZAK Piotr</b>	<b>429</b>		M30	38		00:00:24	<b>00:22:17.90</b>	<b>00:22:41.95</b>	+00:05:39 (25.3%)	4:27	13.5 (75.0%)
39	<b>PRZEKWAS Paweł</b>	<b>839</b>		M30	39		00:00:10	<b>00:22:18.55</b>	<b>00:22:28.85</b>	+00:05:39 (25.4%)	4:27	13.5 (75.0%)

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40	<b>SMARZ Karol</b>	<b>949</b>		M30	40	1	00:00:06	<b>00:22:22.30</b>	<b>00:22:29.10</b>	+00:05:43 (25.6%)	4:28	13.4 (74.4%)
41	<b>FIKSAT Mateusz</b>	<b>204</b>		M30	41		00:00:11	<b>00:22:26.20</b>	<b>00:22:37.85</b>	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
42	<b>POTTIER Guillaume</b>	<b>829</b>		M30	42		00:00:07	<b>00:22:29.95</b>	<b>00:22:37.25</b>	+00:05:51 (26.0%)	4:29	13.3 (73.9%)
43	<b>RENC Patryk</b>	<b>878</b>	SERCE TYBETU	M30	43		00:00:11	<b>00:22:30.70</b>	<b>00:22:42.25</b>	+00:05:51 (26.1%)	4:30	13.3 (73.9%)
44	<b>JASIŃSKI Szymon</b>	<b>367</b>		M30	44		00:00:39	<b>00:22:37.45</b>	<b>00:23:16.70</b>	+00:05:58 (26.4%)	4:31	13.3 (73.9%)
45	<b>KINDERMAN Robert</b>	<b>443</b>	WATAHA L-PAAK	M30	45		00:00:03	<b>00:22:38.70</b>	<b>00:22:41.95</b>	+00:05:59 (26.5%)	4:31	13.3 (73.9%)
46	<b>PUDO Mateusz</b>	<b>843</b>	RECONEXT TEAM	M30	46		00:00:04	<b>00:22:46.60</b>	<b>00:22:51.20</b>	+00:06:07 (26.9%)	4:33	13.2 (73.3%)
47	<b>ZABOROWSKI Krzysztof</b>	<b>1165</b>		M30	47		00:00:15	<b>00:22:58.10</b>	<b>00:23:13.35</b>	+00:06:19 (27.5%)	4:35	13.1 (72.8%)
48	<b>NAPORA Mateusz</b>	<b>1253</b>		M30	48		00:00:14	<b>00:22:59.70</b>	<b>00:23:14.20</b>	+00:06:20 (27.6%)	4:35	13.1 (72.8%)
49	<b>STOLARCZUK Mateusz</b>	<b>979</b>		M30	49		00:01:21	<b>00:23:03.45</b>	<b>00:24:25.05</b>	+00:06:24 (27.8%)	4:36	13 (72.2%)
50	<b>SPICHALSKI Szymon</b>	<b>962</b>		M30	50		00:01:09	<b>00:23:19.10</b>	<b>00:24:28.65</b>	+00:06:40 (28.6%)	4:39	12.9 (71.7%)
51	<b>NAJSZTUB Sławomir</b>	<b>710</b>		M30	51		00:01:05	<b>00:23:19.25</b>	<b>00:24:25.00</b>	+00:06:40 (28.6%)	4:39	12.9 (71.7%)
52	<b>CHRZANOWSKI Jakub</b>	<b>109</b>	J.C. UBEZPIECZENIA	M30	52		00:00:06	<b>00:23:26.10</b>	<b>00:23:32.90</b>	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
53	<b>ŁEPEK Patryk</b>	<b>607</b>		M30	53		00:00:10	<b>00:23:27.05</b>	<b>00:23:37.90</b>	+00:06:48 (29.0%)	4:41	12.8 (71.1%)
54	<b>DADZIBÓG Mariusz</b>	<b>1231</b>	SIŁA ,WALKA ,SZACUNEK !	M30	54		00:00:48	<b>00:23:28.35</b>	<b>00:24:16.50</b>	+00:06:49 (29.1%)	4:41	12.8 (71.1%)
55	<b>SZCZESNY Damian</b>	<b>1007</b>	GDAŃSKI UNIWERSYTET MEDYCZNY	M30	55		00:00:17	<b>00:23:29.35</b>	<b>00:23:46.55</b>	+00:06:50 (29.1%)	4:41	12.8 (71.1%)
56	<b>KŁAK Michał</b>	<b>452</b>		M30	56		00:00:07	<b>00:23:32.30</b>	<b>00:23:39.35</b>	+00:06:53 (29.3%)	4:42	12.7 (70.6%)
57	<b>SZCZYGIELSKI Dawid</b>	<b>1010</b>		M30	57		00:00:04	<b>00:23:38.35</b>	<b>00:23:42.95</b>	+00:06:59 (29.6%)	4:43	12.7 (70.6%)
58	<b>SKRZYPIŃSKI Marek</b>	<b>947</b>		M30	58		00:00:34	<b>00:23:38.90</b>	<b>00:24:13.45</b>	+00:07:00 (29.6%)	4:43	12.7 (70.6%)
59	<b>JACZYŃSKI Tomasz</b>	<b>331</b>		M30	59		00:01:36	<b>00:23:38.95</b>	<b>00:25:15.70</b>	+00:07:00 (29.6%)	4:43	12.7 (70.6%)
60	<b>WIKA Damian</b>	<b>1210</b>	BYDGOSKI KLUB MORSÓW	M30	60		00:00:08	<b>00:23:44.90</b>	<b>00:23:53.05</b>	+00:07:06 (29.9%)	4:44	12.6 (70.0%)
61	<b>JURKIEWICZ Mateusz</b>	<b>387</b>		M30	61		00:00:25	<b>00:23:45.70</b>	<b>00:24:11.55</b>	+00:07:06 (29.9%)	4:45	12.6 (70.0%)
62	<b>STĘPIEŃ Mateusz</b>	<b>975</b>		M30	62		00:00:05	<b>00:23:56.55</b>	<b>00:24:02.35</b>	+00:07:17 (30.5%)	4:47	12.5 (69.4%)

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63	MIHNIEVIČ Juraś	665		M30	63		00:01:11	00:24:01.30	00:25:12.45	+00:07:22 (30.7%)	4:48	12.5 (69.4%)
64	BARSZCZ Krzysztof	30		M30	64		00:00:10	00:24:02.75	00:24:13.35	+00:07:24 (30.8%)	4:48	12.5 (69.4%)
65	KNITER Adrian	456		M30	65		00:00:18	00:24:05.05	00:24:23.85	+00:07:26 (30.9%)	4:49	12.5 (69.4%)
66	DROZDOWSKI Tomasz	177	ASTORIA BYDGOSZCZ	M30	66		00:00:23	00:24:06.00	00:24:29.75	+00:07:27 (30.9%)	4:49	12.4 (68.9%)
67	RYBAK Łukasz	899		M30	67		00:01:36	00:24:06.95	00:25:43.85	+00:07:28 (31.0%)	4:49	12.4 (68.9%)
68	MYSZKA Mateusz	1197		M30	68		00:00:13	00:24:13.20	00:24:26.85	+00:07:34 (31.3%)	4:50	12.4 (68.9%)
69	POCZEKAJ Przemysław	1244		M30	69		00:00:49	00:24:22.35	00:25:12.25	+00:07:43 (31.7%)	4:52	12.3 (68.3%)
70	SKÓRCZEWSKI Marcin	946	SPORHUB	M30	70		00:01:16	00:24:28.70	00:25:44.80	+00:07:49 (32.0%)	4:53	12.3 (68.3%)
71	ZIAJKO Marcin	1176	RECONEXT TEAM	M30	71		00:00:25	00:24:32.20	00:24:58.05	+00:07:53 (32.2%)	4:54	12.2 (67.8%)
72	KONKEL Bartosz	1302		M30	72		00:00:18	00:24:35.05	00:24:53.50	+00:07:56 (32.3%)	4:55	12.2 (67.8%)
73	PALIGA Maciej	765		M30	73		00:00:12	00:24:43.45	00:24:55.55	+00:08:04 (32.7%)	4:56	12.1 (67.2%)
74	JAMROŻY Adam	339		M30	74		00:00:47	00:24:58.50	00:25:45.75	+00:08:19 (33.4%)	4:59	12 (66.7%)
75	SEKIRIN Danylo	922		M30	75		00:00:23	00:25:10.15	00:25:33.45	+00:08:31 (33.9%)	5:02	11.9 (66.1%)
76	KWIATKOWSKI Piotr	560		M30	76		00:00:11	00:25:11.70	00:25:23.05	+00:08:32 (33.9%)	5:02	11.9 (66.1%)
77	CIECHANOWSKI Radosław	110		M30	77		00:00:38	00:25:14.50	00:25:52.80	+00:08:35 (34.1%)	5:02	11.9 (66.1%)
78	MICHALSKI Maciej	663		M30	78		00:00:48	00:25:17.85	00:26:06.55	+00:08:39 (34.2%)	5:03	11.9 (66.1%)
79	MACIEJEWSKI Tomasz	1278		M30	79		00:00:12	00:25:27.25	00:25:40.20	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
80	MICHALAK Krzysztof	1240		M30	80		00:00:43	00:25:33.85	00:26:17.20	+00:08:55 (34.9%)	5:06	11.7 (65.0%)
81	KOZAK Krzysztof	494	BB ACTIVE TEAM	M30	81		00:01:09	00:25:34.90	00:26:44.70	+00:08:56 (34.9%)	5:06	11.7 (65.0%)
82	RUPIŃSKI Michał	895		M30	82		00:00:02	00:25:36.20	00:25:38.80	+00:08:57 (35.0%)	5:07	11.7 (65.0%)
83	IRZA Michał	326		M30	83		00:00:15	00:25:40.10	00:25:55.90	+00:09:01 (35.2%)	5:08	11.7 (65.0%)
84	WOJCIECHOWSKI Grzegorz	1133		M30	84		00:00:44	00:25:44.10	00:26:28.50	+00:09:05 (35.3%)	5:08	11.7 (65.0%)
85	SPYCHALSKI Michał	964	EMES SPYCHALSKI	M30	85		00:00:07	00:25:46.80	00:25:54.25	+00:09:08 (35.4%)	5:09	11.6 (64.4%)

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86	WOJCIECHOWSKI Michał	1132		M30	86		00:00:31	00:25:47.55	00:26:19.10	+00:09:08 (35.5%)	5:09	11.6 (64.4%)
87	MUZOLF-GDANIEC Grzegorz	1268		M30	87		00:00:16	00:26:00.55	00:26:16.95	+00:09:21 (36.0%)	5:12	11.5 (63.9%)
88	RZEPECKI Damian	911		M30	88		00:00:47	00:26:04.30	00:26:51.70	+00:09:25 (36.2%)	5:12	11.5 (63.9%)
89	CYRANKIEWICZ Piotr	1286		M30	89		00:00:31	00:26:05.70	00:26:37.35	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
90	KALINOWSKI Slawek	400		M30	90		00:00:12	00:26:06.15	00:26:18.40	+00:09:27 (36.2%)	5:13	11.5 (63.9%)
91	CACKOWSKI Patryk	95		M30	91		00:00:41	00:26:06.20	00:26:48.05	+00:09:27 (36.2%)	5:13	11.5 (63.9%)
92	PISKORSKI Paweł	1262		M30	92		00:00:13	00:26:06.90	00:26:20.05	+00:09:28 (36.3%)	5:13	11.5 (63.9%)
93	TWARDOWSKI Bartosz	1066		M30	93		00:01:02	00:26:07.25	00:27:09.25	+00:09:28 (36.3%)	5:13	11.5 (63.9%)
94	WOLSKI Michał	1143		M30	94		00:00:37	00:26:07.85	00:26:45.60	+00:09:29 (36.3%)	5:13	11.5 (63.9%)
95	SZULC Michał	1269		M30	95		00:00:15	00:26:08.85	00:26:24.35	+00:09:30 (36.3%)	5:13	11.5 (63.9%)
96	JAKUBCZAK Rafał	338		M30	96		00:00:42	00:26:09.65	00:26:52.35	+00:09:30 (36.4%)	5:13	11.5 (63.9%)
97	PORĘBA Paweł	828		M30	97		00:00:59	00:26:14.70	00:27:13.95	+00:09:35 (36.6%)	5:14	11.4 (63.3%)
98	KOWALIK Adrian	489	VENDEL	M30	98		00:00:10	00:26:19.15	00:26:29.75	+00:09:40 (36.8%)	5:15	11.4 (63.3%)
99	EM Miłosz	192		M30	99		00:00:12	00:26:22.45	00:26:34.45	+00:09:43 (36.9%)	5:16	11.4 (63.3%)
100	HAJA Krzysztof	308		M30	100		00:00:53	00:26:43.70	00:27:37.30	+00:10:04 (37.7%)	5:20	11.2 (62.2%)
101	NOWACKI Marcin	727		M30	101		00:00:53	00:26:44.20	00:27:37.60	+00:10:05 (37.7%)	5:20	11.2 (62.2%)
102	WÓJCIK Jacek	1156		M30	102		00:00:26	00:26:50.15	00:27:16.50	+00:10:11 (38.0%)	5:22	11.2 (62.2%)
103	GIL Michał	241		M30	103		00:01:40	00:26:56.00	00:28:36.05	+00:10:17 (38.2%)	5:23	11.1 (61.7%)
104	SIEKIERKA Jarosław	927		M30	104		00:00:46	00:26:56.65	00:27:42.90	+00:10:17 (38.2%)	5:23	11.1 (61.7%)
105	GRUBCZYŃSKI Mateusz	293		M30	105		00:01:59	00:26:57.85	00:28:56.95	+00:10:19 (38.3%)	5:23	11.1 (61.7%)
106	GOŚCISKI Cezary	269		M30	106		00:01:42	00:27:02.00	00:28:44.25	+00:10:23 (38.4%)	5:24	11.1 (61.7%)
107	NIKODEM Łukasz	722		M30	107		00:00:33	00:27:06.65	00:27:39.85	+00:10:27 (38.6%)	5:25	11.1 (61.7%)
108	OCIESIELSKI Łukasz	736		M30	108		00:01:02	00:27:14.70	00:28:16.70	+00:10:35 (38.9%)	5:26	11 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	<b>PISARSKI Patryk</b>	<b>1293</b>	WKS	M30	109		00:00:43	<b>00:27:17.85</b>	<b>00:28:01.40</b>	+00:10:39 (39.0%)	5:27	11 (61.1%)
110	<b>BOJAROWSKI Krzysztof</b>	<b>67</b>		M30	110		00:00:45	<b>00:27:21.60</b>	<b>00:28:07.55</b>	+00:10:42 (39.2%)	5:28	11 (61.1%)
111	<b>JĘDRZEJEWSKI Jakub</b>	<b>379</b>		M30	111		00:01:12	<b>00:27:29.30</b>	<b>00:28:41.95</b>	+00:10:50 (39.4%)	5:29	10.9 (60.6%)
112	<b>OSTROWSKI Szymon</b>	<b>754</b>	TEAMZABIEGANEDNI	M30	112		00:00:26	<b>00:27:29.70</b>	<b>00:27:56.15</b>	+00:10:50 (39.5%)	5:29	10.9 (60.6%)
113	<b>GÓRSKI Łukasz</b>	<b>1218</b>	HARPAGAN RUNNERS	M30	113		00:01:51	<b>00:27:46.70</b>	<b>00:29:38.35</b>	+00:11:07 (40.1%)	5:33	10.8 (60.0%)
114	<b>LIEDKE Tomasz</b>	<b>591</b>		M30	114		00:00:34	<b>00:27:47.35</b>	<b>00:28:22.25</b>	+00:11:08 (40.1%)	5:33	10.8 (60.0%)
115	<b>PASZKIEWICZ Mateusz</b>	<b>773</b>		M30	115		00:00:49	<b>00:27:57.05</b>	<b>00:28:46.35</b>	+00:11:18 (40.4%)	5:35	10.7 (59.4%)
116	<b>SZULC Michał</b>	<b>1022</b>		M30	116		00:00:59	<b>00:28:01.25</b>	<b>00:29:00.95</b>	+00:11:22 (40.6%)	5:36	10.7 (59.4%)
117	<b>GIL Jarosław</b>	<b>238</b>		M30	117		00:00:36	<b>00:28:06.25</b>	<b>00:28:42.60</b>	+00:11:27 (40.8%)	5:37	10.7 (59.4%)
118	<b>MUSOLF Patryk</b>	<b>702</b>	ATOS TEAM	M30	118		00:00:31	<b>00:28:07.15</b>	<b>00:28:38.85</b>	+00:11:28 (40.8%)	5:37	10.7 (59.4%)
119	<b>WILCZYŃSKI Łukasz</b>	<b>1107</b>	WILCZKI	M30	119		00:00:46	<b>00:28:15.00</b>	<b>00:29:01.85</b>	+00:11:36 (41.1%)	5:39	10.6 (58.9%)
120	<b>BESS Marcin</b>	<b>41</b>		M30	120		00:00:16	<b>00:28:15.25</b>	<b>00:28:32.00</b>	+00:11:36 (41.1%)	5:39	10.6 (58.9%)
121	<b>NATYWO Gerard</b>	<b>714</b>	MOLDY UNICORNS	M30	121		00:01:41	<b>00:28:21.00</b>	<b>00:30:02.05</b>	+00:11:42 (41.3%)	5:40	10.6 (58.9%)
122	<b>BIZON Bartosz</b>	<b>61</b>		M30	122		00:01:53	<b>00:28:23.20</b>	<b>00:30:16.25</b>	+00:11:44 (41.4%)	5:40	10.6 (58.9%)
123	<b>MOTYLIŃSKI Paweł</b>	<b>690</b>		M30	123		00:00:21	<b>00:28:25.15</b>	<b>00:28:46.15</b>	+00:11:46 (41.4%)	5:41	10.6 (58.9%)
124	<b>SZATKOWSKI Mariusz</b>	<b>1003</b>		M30	124		00:01:31	<b>00:28:33.65</b>	<b>00:30:05.45</b>	+00:11:54 (41.7%)	5:42	10.5 (58.3%)
125	<b>OWIEŚNY Marcin</b>	<b>757</b>		M30	125		00:00:13	<b>00:28:36.30</b>	<b>00:28:50.05</b>	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
126	<b>MANTHEY Marcin</b>	<b>1203</b>		M30	126		00:02:03	<b>00:28:39.20</b>	<b>00:30:42.35</b>	+00:12:00 (41.9%)	5:43	10.5 (58.3%)
127	<b>CZAPLICKI Patryk</b>	<b>125</b>		M30	127		00:00:10	<b>00:28:50.30</b>	<b>00:29:01.25</b>	+00:12:11 (42.3%)	5:46	10.4 (57.8%)
128	<b>CIEŚLICKI Krzysztof</b>	<b>116</b>	SISU TEAM	M30	128		00:01:26	<b>00:28:54.75</b>	<b>00:30:21.25</b>	+00:12:16 (42.4%)	5:46	10.4 (57.8%)
129	<b>GAWRYCH Adam</b>	<b>1285</b>		M30	129		00:01:27	<b>00:28:55.60</b>	<b>00:30:23.05</b>	+00:12:16 (42.5%)	5:47	10.4 (57.8%)
130	<b>WOŹNIAK Paweł</b>	<b>1149</b>		M30	130		00:00:38	<b>00:28:55.95</b>	<b>00:29:34.40</b>	+00:12:17 (42.5%)	5:47	10.4 (57.8%)
131	<b>STEFAŃSKI Mateusz</b>	<b>971</b>		M30	131		00:02:00	<b>00:28:57.10</b>	<b>00:30:57.90</b>	+00:12:18 (42.5%)	5:47	10.4 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	ŚWIETLIK Dawid	1043		M30	132		00:00:58	00:29:04.05	00:30:02.50	+00:12:25 (42.7%)	5:48	10.3 (57.2%)
133	MATEJA Piotr	645		M30	133		00:00:39	00:29:07.25	00:29:47.00	+00:12:28 (42.8%)	5:49	10.3 (57.2%)
134	LEWANDOWSKI Piotr	577		M30	134		00:01:06	00:29:10.40	00:30:16.95	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
135	LEWANDOWSKI Karol	583	MC37	M30	135		00:02:13	00:29:12.60	00:31:25.65	+00:12:33 (43.0%)	5:50	10.3 (57.2%)
136	SZCZERBA Krzysztof	1006		M30	136		00:00:40	00:29:32.10	00:30:12.15	+00:12:53 (43.6%)	5:54	10.2 (56.7%)
137	PIĄTKOWSKI Patryk	789		M30	137		00:01:12	00:29:35.30	00:30:47.95	+00:12:56 (43.7%)	5:55	10.1 (56.1%)
138	OLBORSKI Lukasz	740		M30	138		00:00:20	00:29:36.05	00:29:56.40	+00:12:57 (43.8%)	5:55	10.1 (56.1%)
139	STĘPNIK Łukasz	977		M30	139		00:00:36	00:29:36.35	00:30:13.20	+00:12:57 (43.8%)	5:55	10.1 (56.1%)
140	PARTYKA Dawid	771		M30	140		00:00:23	00:29:41.70	00:30:05.65	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
141	CHMURA Bogusław	103		M30	141		00:01:05	00:29:43.10	00:30:48.55	+00:13:04 (44.0%)	5:56	10.1 (56.1%)
142	POLAKOWSKI Tomasz	1264		M30	142		00:00:21	00:29:52.20	00:30:13.25	+00:13:13 (44.3%)	5:58	10 (55.6%)
143	REDELBACH Maciej	877		M30	143		00:02:09	00:29:53.20	00:32:02.55	+00:13:14 (44.3%)	5:58	10 (55.6%)
144	PODOLSKI Mariusz	1211	MATTRA	M30	144		00:02:04	00:30:03.85	00:32:07.85	+00:13:25 (44.6%)	6:00	10 (55.6%)
145	SKONIECZKA Piotr	942		M30	145		00:01:09	00:30:10.90	00:31:20.15	+00:13:32 (44.8%)	6:02	9.9 (55.0%)
146	STRUGAŁA Łukasz	981		M30	146		00:01:11	00:30:16.45	00:31:28.00	+00:13:37 (45.0%)	6:03	9.9 (55.0%)
147	BARTCZAK Radosław	32		M30	147		00:01:33	00:30:33.00	00:32:06.75	+00:13:54 (45.5%)	6:06	9.8 (54.4%)
148	BANDOCH Jacek	23		M30	148		00:01:47	00:30:48.20	00:32:35.50	+00:14:09 (46.0%)	6:09	9.7 (53.9%)
149	WOJTCZAK Arkadiusz	1137		M30	149		00:00:52	00:30:50.00	00:31:42.55	+00:14:11 (46.0%)	6:10	9.7 (53.9%)
150	TYBURSKI Mariusz	1067		M30	150		00:01:42	00:30:52.65	00:32:34.75	+00:14:13 (46.1%)	6:10	9.7 (53.9%)
151	BARANOWSKI Wojciech	26		M30	151		00:02:07	00:30:55.95	00:33:03.50	+00:14:17 (46.2%)	6:11	9.7 (53.9%)
152	RZHEVSKA Andrii	1266		M30	152		00:00:19	00:30:59.95	00:31:19.00	+00:14:21 (46.3%)	6:11	9.7 (53.9%)
153	JABŁOŃSKI Michał	1260		M30	153		00:01:55	00:31:17.45	00:33:13.10	+00:14:38 (46.8%)	6:15	9.6 (53.3%)
154	LEPCZYŃSKI Przemysław	567		M30	154		00:01:27	00:31:20.90	00:32:48.65	+00:14:42 (46.9%)	6:16	9.6 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	ZUBRYCKI Łukasz	1228		M30	155		00:00:43	00:31:29.50	00:32:13.45	+00:14:50 (47.1%)	6:17	9.5 (52.8%)
156	JASIONOWSKI Tomasz	368		M30	156		00:01:43	00:31:34.75	00:33:18.00	+00:14:56 (47.3%)	6:18	9.5 (52.8%)
157	ZHURAVEL Yevhenii	1174		M30	157		00:03:11	00:31:38.45	00:34:49.65	+00:14:59 (47.4%)	6:19	9.5 (52.8%)
158	WALICHNOWSKI Mateusz	1282		M30	158		00:01:14	00:31:42.90	00:32:56.90	+00:15:04 (47.5%)	6:20	9.5 (52.8%)
159	ŁUDZIŃSKI Jakub	609		M30	159		00:02:08	00:31:44.60	00:33:53.10	+00:15:05 (47.6%)	6:20	9.5 (52.8%)
160	KUMÓR Sebastian	547		M30	160		00:01:00	00:31:48.70	00:32:49.30	+00:15:09 (47.7%)	6:21	9.4 (52.2%)
161	JOACHIMIAK Mateusz	382		M30	161		00:00:39	00:31:49.40	00:32:28.45	+00:15:10 (47.7%)	6:21	9.4 (52.2%)
162	GIZA Lukasz	243		M30	162		00:00:21	00:31:52.80	00:32:13.80	+00:15:14 (47.8%)	6:22	9.4 (52.2%)
163	PAWLACZYK Szymon	777		M30	163		00:00:16	00:31:54.20	00:32:10.95	+00:15:15 (47.8%)	6:22	9.4 (52.2%)
164	WILK Dawid	1108		M30	164		00:01:05	00:31:55.35	00:33:00.40	+00:15:16 (47.9%)	6:23	9.4 (52.2%)
165	STOIŃSKI Paweł	978		M30	165		00:02:06	00:32:19.30	00:34:25.30	+00:15:40 (48.5%)	6:27	9.3 (51.7%)
166	FILAR Michał	205	CDI BYDGOSZCZ	M30	166		00:00:43	00:32:21.55	00:33:05.35	+00:15:42 (48.6%)	6:28	9.3 (51.7%)
167	GŁAŻEWSKI Łukasz	248		M30	167		00:01:26	00:32:28.10	00:33:54.85	+00:15:49 (48.7%)	6:29	9.2 (51.1%)
168	DOBIJA Jakub	158		M30	168		00:02:03	00:32:30.10	00:34:33.40	+00:15:51 (48.8%)	6:30	9.2 (51.1%)
169	JAROCHA Michał	357		M30	169		00:00:11	00:32:30.40	00:32:42.20	+00:15:51 (48.8%)	6:30	9.2 (51.1%)
170	DALKIEWICZ Igor	137		M30	170		00:00:27	00:32:32.20	00:32:59.20	+00:15:53 (48.8%)	6:30	9.2 (51.1%)
171	GROBELNY Michał	289		M30	171		00:01:47	00:32:45.60	00:34:32.90	+00:16:06 (49.2%)	6:33	9.2 (51.1%)
172	STACHOWICZ Karol	1220		M30	172		00:01:51	00:32:47.05	00:34:38.10	+00:16:08 (49.2%)	6:33	9.2 (51.1%)
173	SOBIECH Karol	953		M30	173		00:01:42	00:32:55.20	00:34:37.45	+00:16:16 (49.4%)	6:35	9.1 (50.6%)
174	BAKAJ Radosław	20		M30	174		00:01:41	00:32:55.60	00:34:37.45	+00:16:16 (49.4%)	6:35	9.1 (50.6%)
175	GOZDECKI Łukasz	271		M30	175		00:00:22	00:33:03.75	00:33:25.95	+00:16:25 (49.7%)	6:36	9.1 (50.6%)
176	JANKOWSKI Krzysztof	347	BTP	M30	176		00:00:00	00:33:16.65	00:33:16.65	+00:16:37 (50.0%)	6:39	9 (50.0%)
177	KASZUBOWSKI Daniel	424		M30	177		00:01:55	00:33:20.80	00:35:15.85	+00:16:42 (50.1%)	6:40	9 (50.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	<b>RETKOWSKI Damian</b>	<b>1273</b>		M30	178		00:01:50	<b>00:33:48.95</b>	<b>00:35:39.40</b>	+00:17:10 (50.8%)	6:45	8.9 (49.4%)
179	<b>NOWAKOWSKI Łukasz</b>	<b>731</b>		M30	179		00:01:21	<b>00:33:52.65</b>	<b>00:35:13.70</b>	+00:17:13 (50.9%)	6:46	8.9 (49.4%)
180	<b>TYKWIŃSKI Maciej</b>	<b>1069</b>		M30	180		00:01:36	<b>00:34:06.85</b>	<b>00:35:42.90</b>	+00:17:28 (51.2%)	6:49	8.8 (48.9%)
181	<b>KOPIEC Mateusz</b>	<b>473</b>		M30	181		00:01:22	<b>00:34:18.05</b>	<b>00:35:40.15</b>	+00:17:39 (51.5%)	6:51	8.7 (48.3%)
182	<b>BUZA Szymon</b>	<b>88</b>		M30	182		00:00:52	<b>00:34:31.15</b>	<b>00:35:23.65</b>	+00:17:52 (51.8%)	6:54	8.7 (48.3%)
183	<b>MUSIAŁ Łukasz</b>	<b>699</b>		M30	183		00:01:47	<b>00:34:54.50</b>	<b>00:36:41.55</b>	+00:18:15 (52.3%)	6:58	8.6 (47.8%)
184	<b>WOJCIECHOWSKI Krzysztof</b>	<b>1134</b>		M30	184		00:01:50	<b>00:35:08.05</b>	<b>00:36:58.95</b>	+00:18:29 (52.6%)	7:01	8.5 (47.2%)
185	<b>GREŃ Sebastian</b>	<b>284</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M30	185		00:01:15	<b>00:36:10.65</b>	<b>00:37:26.15</b>	+00:19:31 (54.0%)	7:14	8.3 (46.1%)
186	<b>ŚLESINSKI Tomasz</b>	<b>1034</b>		M30	186		00:01:22	<b>00:36:14.70</b>	<b>00:37:37.10</b>	+00:19:35 (54.1%)	7:14	8.3 (46.1%)
187	<b>TRAWCZYŃSKI Dawid</b>	<b>1058</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M30	187		00:01:55	<b>00:36:27.60</b>	<b>00:38:23.15</b>	+00:19:48 (54.3%)	7:17	8.2 (45.6%)
188	<b>DUSZYŃSKI Denis</b>	<b>185</b>		M30	188		00:01:39	<b>00:36:40.40</b>	<b>00:38:20.10</b>	+00:20:01 (54.6%)	7:20	8.2 (45.6%)
189	<b>DERON Łukasz</b>	<b>151</b>		M30	189		00:01:52	<b>00:37:21.55</b>	<b>00:39:13.80</b>	+00:20:42 (55.4%)	7:28	8 (44.4%)
190	<b>DŁUGOBORSKI Dawid</b>	<b>156</b>		M30	190		00:01:26	<b>00:38:29.20</b>	<b>00:39:55.20</b>	+00:21:50 (56.7%)	7:41	7.8 (43.3%)
191	<b>WIECZOREK Paweł</b>	<b>1104</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M30	191		00:01:13	<b>00:38:37.45</b>	<b>00:39:51.15</b>	+00:21:58 (56.9%)	7:43	7.8 (43.3%)
192	<b>OSTROWSKI Łukasz</b>	<b>753</b>		M30	192		00:02:15	<b>00:39:06.15</b>	<b>00:41:21.30</b>	+00:22:27 (57.4%)	7:49	7.7 (42.8%)
193	<b>KREFT Marek</b>	<b>512</b>		M30	193		00:01:19	<b>00:39:20.55</b>	<b>00:40:40.25</b>	+00:22:41 (57.7%)	7:52	7.6 (42.2%)
194	<b>BARTNIK Eryk</b>	<b>34</b>	MODERN BYDGOSZCZ	M30	194		00:01:51	<b>00:40:41.30</b>	<b>00:42:33.15</b>	+00:24:02 (59.1%)	8:08	7.4 (41.1%)
195	<b>RYPOLC Mikołaj</b>	<b>908</b>		M30	195		00:01:23	<b>00:43:28.60</b>	<b>00:44:52.45</b>	+00:26:49 (61.7%)	8:41	6.9 (38.3%)

Znaleziono 195 wynik(ów)