



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2018-04-22
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	1365	SPÓJNIA BIAŁE BŁOTA	M30	1	00:00:00	00:16:50.10	00:16:50.60		3:22	17.8 (100%)
2	PIETRYKA Grzegorz	1141	ZAKŁAD KARNY NR 2 W GRUDZIĄDZU	M30	2	00:00:01	00:16:54.45	00:16:55.45	+00:00:04 (0.4%)	3:22	17.8 (100%)
3	GOŚCINIAK Michał	1358	3GRAVITY	M30	3	00:00:01	00:17:17.65	00:17:18.90	+00:00:27 (2.7%)	3:27	17.4 (97.8%)
4	DEROŃ Waldemar	584	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M30	4	00:00:01	00:17:19.70	00:17:20.85	+00:00:29 (2.8%)	3:27	17.3 (97.2%)
5	BEDRA Robert	397	CZARNE STOPY SM	M30	5	00:00:01	00:17:25.35	00:17:26.60	+00:00:35 (3.4%)	3:29	17.2 (96.6%)
6	MAĆKOWSKI Maciej	73	UPS BYDGOSZCZ TEAM	M30	6	00:00:00	00:17:49.80	00:17:50.65	+00:00:59 (5.6%)	3:34	16.8 (94.4%)
7	STARZYŃSKI Piotr	303		M30	7	00:00:07	00:18:52.85	00:19:00.45	+00:02:02 (10.8%)	3:46	15.9 (89.3%)
8	ROMANOWSKI Michał	660		M30	8	00:00:01	00:18:57.00	00:18:58.75	+00:02:06 (11.2%)	3:47	15.8 (88.8%)
9	BANACH Tomasz	1258		M30	9	00:00:04	00:19:00.30	00:19:04.85	+00:02:10 (11.4%)	3:48	15.8 (88.8%)
10	SZOPIŃSKI Rafał	462		M30	10	00:00:05	00:19:00.70	00:19:06.55	+00:02:10 (11.4%)	3:48	15.8 (88.8%)
11	WILK Łukasz	45	RUNADDICTS	M30	11	00:00:02	00:19:15.40	00:19:18.30	+00:02:25 (12.6%)	3:51	15.6 (87.6%)
12	MAGDZIARZ Jakub	1253	KANCELARIA HMM	M30	12	00:00:04	00:19:24.15	00:19:28.80	+00:02:34 (13.2%)	3:52	15.5 (87.1%)
13	KUROWSKI Kamil	60	3GRAVITY	M30	13	00:00:03	00:19:39.85	00:19:43.55	+00:02:49 (14.4%)	3:56	15.3 (86.0%)
14	OLEJNIK Krzysztof	580		M30	14	00:00:05	00:19:40.90	00:19:46.30	+00:02:50 (14.5%)	3:56	15.2 (85.4%)
15	FIGURSKI Przemek	152		M30	15	00:00:02	00:19:46.75	00:19:49.25	+00:02:56 (14.9%)	3:57	15.2 (85.4%)
16	WRÓBLEWSKI Lech	323	ZK 2 GRUDZIĄDZ	M30	16	00:00:03	00:19:48.15	00:19:51.15	+00:02:58 (15.0%)	3:57	15.2 (85.4%)
17	SZATTEN Dawid	420		M30	17	00:00:01	00:19:54.30	00:19:56.05	+00:03:04 (15.4%)	3:59	15.1 (84.8%)
18	JANCZYK Mariusz	1048	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M30	18	00:00:08	00:20:01.60	00:20:09.70	+00:03:11 (15.9%)	4:00	15 (84.3%)
19	RUDNICKI Michał	972		M30	19	00:00:04	00:20:01.95	00:20:06.00	+00:03:11 (16.0%)	4:00	15 (84.3%)
20	WADELSKI Maciej	1051	FITSERWIS MYB TEAM	M30	20	00:00:30	00:20:03.20	00:20:33.95	+00:03:13 (16.0%)	4:00	15 (84.3%)
21	GOŁATA Wojciech	51	WILCZA WATAHA	M30	21	00:00:06	00:20:14.15	00:20:21.00	+00:03:24 (16.8%)	4:03	14.8 (83.1%)
22	DUSZKA Łukasz	270		M30	22	00:00:06	00:20:15.30	00:20:21.65	+00:03:25 (16.9%)	4:03	14.8 (83.1%)
23	OWCZARZAK Filip	1067		M30	23	00:00:04	00:20:18.00	00:20:22.00	+00:03:27 (17.1%)	4:03	14.8 (83.1%)
24	PAPROCKI Rafał	887	CYBERMORSY	M30	24	00:00:18	00:20:25.20	00:20:43.50	+00:03:35 (17.6%)	4:05	14.7 (82.6%)
25	OKOŃSKI Jarosław	69		M30	25	00:00:06	00:20:27.90	00:20:34.15	+00:03:37 (17.7%)	4:05	14.7 (82.6%)
26	CZAPLEWSKI Krzysztof	772	FLORIAN CHOJNICE	M30	26	00:00:03	00:20:36.10	00:20:39.55	+00:03:46 (18.3%)	4:07	14.6 (82.0%)
27	PIKULSKI Paweł	583	TYPYGRUBE	M30	27	00:00:11	00:20:38.70	00:20:49.85	+00:03:48 (18.5%)	4:07	14.5 (81.5%)
28	SOBCZAK Marcin	186	CZARNE STOPY.SM	M30	28	00:00:04	00:20:40.95	00:20:45.30	+00:03:50 (18.6%)	4:08	14.5 (81.5%)
29	SADECKI Karol	468	ATOS TEAM	M30	29	00:00:40	00:20:43.70	00:21:24.00	+00:03:53 (18.8%)	4:08	14.5 (81.5%)
30	BOINSKI Rafal	994		M30	30	00:00:05	00:20:47.25	00:20:52.50	+00:03:57 (19.0%)	4:09	14.4 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	JANYSKA Krzysztof	229		M30	31	00:00:10	00:20:54.35	00:21:04.85	+00:04:04 (19.5%)	4:10	14.4 (80.9%)
32	ROSÓŁ Jacek	559		M30	32	00:00:07	00:20:56.10	00:21:03.55	+00:04:06 (19.6%)	4:11	14.3 (80.3%)
33	FELINIAK Daniel	1015		M30	33	00:00:17	00:20:58.95	00:21:16.75	+00:04:08 (19.8%)	4:11	14.3 (80.3%)
34	ROGALSKI Maciej	1276		M30	34	00:01:44	00:21:04.40	00:22:48.45	+00:04:14 (20.1%)	4:12	14.2 (79.8%)
35	CZYZEWSKI Mateusz	600		M30	35	00:00:07	00:21:05.90	00:21:13.85	+00:04:15 (20.2%)	4:13	14.2 (79.8%)
36	NALEŻYTY Piotr	118	KLINIKA TRIATHLONU	M30	36	00:00:28	00:21:12.55	00:21:40.90	+00:04:22 (20.6%)	4:14	14.2 (79.8%)
37	GRUSZECZKA Jacek	1174		M30	37	00:00:15	00:21:14.35	00:21:29.35	+00:04:24 (20.7%)	4:14	14.1 (79.2%)
38	GLIWKA Artur	1031	1.BLWL	M30	38	00:00:16	00:21:17.40	00:21:33.40	+00:04:27 (20.9%)	4:15	14.1 (79.2%)
39	PAWLAK Jakub	1039	JFTC SU	M30	39	00:00:14	00:21:18.65	00:21:32.65	+00:04:28 (21.0%)	4:15	14.1 (79.2%)
40	WACHOWSKI Piotr	909		M30	40	00:00:01	00:21:18.80	00:21:19.90	+00:04:28 (21.0%)	4:15	14.1 (79.2%)
41	MROTEK Michał	828		M30	41	00:00:10	00:21:19.20	00:21:30.05	+00:04:29 (21.0%)	4:16	14.1 (79.2%)
42	ŁUKOMSKI Marcin	253		M30	42	00:01:21	00:21:30.05	00:22:52.00	+00:04:39 (21.7%)	4:18	13.9 (78.1%)
43	SZATKOWSKI Marcin	293		M30	43	00:00:28	00:21:31.25	00:21:59.95	+00:04:41 (21.8%)	4:18	13.9 (78.1%)
44	KACZMAREK Sebastian	709		M30	44	00:00:09	00:21:37.30	00:21:46.50	+00:04:47 (22.1%)	4:19	13.9 (78.1%)
45	SZYSZKA Radosław	15	POLONIA BYDGOSZCZ SLA	M30	45	00:00:03	00:21:38.50	00:21:42.10	+00:04:48 (22.2%)	4:19	13.9 (78.1%)
46	MÄRTIN Paweł	450		M30	46	00:00:13	00:21:38.65	00:21:52.35	+00:04:48 (22.2%)	4:19	13.9 (78.1%)
47	JANUSZKIEWICZ Piotr	1196		M30	47	00:01:28	00:21:41.50	00:23:10.00	+00:04:51 (22.4%)	4:20	13.8 (77.5%)
48	GZYL Mikolaj	581	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30	48	00:00:20	00:21:45.75	00:22:06.10	+00:04:55 (22.6%)	4:21	13.8 (77.5%)
49	SKRZYPIŃSKI Marek	1124		M30	49	00:00:11	00:21:46.40	00:21:57.55	+00:04:56 (22.7%)	4:21	13.8 (77.5%)
50	GRECHUTA Tomasz	1177		M30	50	00:00:15	00:21:48.50	00:22:03.75	+00:04:58 (22.8%)	4:21	13.8 (77.5%)
51	CZELEŃ Szymon	162		M30	51	00:00:18	00:21:55.20	00:22:13.75	+00:05:05 (23.2%)	4:23	13.7 (77.0%)
52	GABRYCH Maciej	99	CZARNE STOPY SM	M30	52	00:00:05	00:21:58.15	00:22:03.70	+00:05:08 (23.4%)	4:23	13.7 (77.0%)
53	DZIEKAN Wojtek	1277	KABEL TEAM BYDGOSZCZ	M30	53	00:00:16	00:22:07.15	00:22:23.35	+00:05:17 (23.9%)	4:25	13.6 (76.4%)
54	GRZECHOWIAK Krzysztof	366	ZIELONY PELIKAN	M30	54	00:00:04	00:22:13.20	00:22:18.15	+00:05:23 (24.2%)	4:26	13.5 (75.8%)
55	DERING Tomasz	676	BYDGOSKIE ŻÓŁWIE	M30	55	00:00:51	00:22:14.90	00:23:06.75	+00:05:24 (24.3%)	4:27	13.5 (75.8%)
56	ŚLEFARSKI Marcin	233		M30	56	00:00:11	00:22:15.45	00:22:26.60	+00:05:25 (24.4%)	4:27	13.5 (75.8%)
57	KODRANC Michał	184	TYPYGRUBE	M30	57	00:00:12	00:22:16.40	00:22:29.20	+00:05:26 (24.4%)	4:27	13.5 (75.8%)
58	KABATEK Janusz	1120		M30	58	00:00:11	00:22:17.80	00:22:29.45	+00:05:27 (24.5%)	4:27	13.5 (75.8%)
59	ANDRYCH Wojtek	608	TYPYGRUBE	M30	59	00:00:12	00:22:18.00	00:22:30.25	+00:05:27 (24.5%)	4:27	13.5 (75.8%)
60	ŁOBOCKI Krzysztof	240		M30	60	00:00:06	00:22:18.05	00:22:24.55	+00:05:27 (24.5%)	4:27	13.5 (75.8%)
61	RUMIŃSKI Adam	1219	SZURUSIE TEAM	M30	61	00:00:10	00:22:21.50	00:22:32.10	+00:05:31 (24.7%)	4:28	13.4 (75.3%)
62	KLEPACZEWSKI Arkadiusz	26		M30	62	00:00:13	00:22:23.05	00:22:36.60	+00:05:32 (24.8%)	4:28	13.4 (75.3%)
63	BILSKI Marcin	1136		M30	63	00:00:17	00:22:28.55	00:22:45.95	+00:05:38 (25.1%)	4:29	13.4 (75.3%)
64	ROSZCZYN Dawid	164	CB163	M30	64	00:01:40	00:22:32.15	00:24:12.20	+00:05:42 (25.3%)	4:30	13.3 (74.7%)
65	NIEDBALSKI Paweł	446		M30	65	00:00:01	00:22:38.40	00:22:40.25	+00:05:48 (25.6%)	4:31	13.2 (74.2%)
66	KWARDYS Karol	150		M30	66	00:00:11	00:22:53.70	00:23:05.60	+00:06:03 (26.5%)	4:34	13.1 (73.6%)
67	LUBIŃSKI Robert	874		M30	67	00:00:08	00:22:55.70	00:23:03.95	+00:06:05 (26.6%)	4:35	13.1 (73.6%)
68	WAJCHERT Łukasz	954	BBL INOWROCŁAW	M30	68	00:00:34	00:22:58.45	00:23:32.90	+00:06:08 (26.7%)	4:35	13.1 (73.6%)
69	WIECZOREK Waldek	532		M30	69	00:01:57	00:23:01.90	00:24:58.95	+00:06:11 (26.9%)	4:36	13 (73.0%)
70	MACIĄGA Jakub	471		M30	70	00:00:16	00:23:05.75	00:23:22.15	+00:06:15 (27.1%)	4:37	13 (73.0%)
71	JARYSZ Adrian	863		M30	71	00:00:06	00:23:12.45	00:23:18.50	+00:06:22 (27.5%)	4:38	12.9 (72.5%)
72	JURKOWSKI Paweł	999	KANCELARIA HMM	M30	72	00:01:30	00:23:13.30	00:24:43.60	+00:06:23 (27.5%)	4:38	12.9 (72.5%)
73	SZATTEN Michał	408	TYPYGRUBE	M30	73	00:00:12	00:23:17.10	00:23:30.05	+00:06:27 (27.7%)	4:39	12.9 (72.5%)
74	SKUBISZEWSKI Damian	328	ARMIA CHRYSZTUSA	M30	74	00:00:18	00:23:17.75	00:23:36.20	+00:06:27 (27.7%)	4:39	12.9 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	SZYMAŃSKI Tomasz	880		M30	75	00:00:09	00:23:18.15	00:23:27.95	+00:06:28 (27.8%)	4:39	12.9 (72.5%)
76	SZARLEJ Marcin	283		M30	76	00:01:21	00:23:23.60	00:24:44.75	+00:06:33 (28.0%)	4:40	12.8 (71.9%)
77	ROŚ Sławek	121	ARMIA CHRYSYSTUSA	M30	77	00:00:17	00:23:26.05	00:23:43.90	+00:06:35 (28.2%)	4:41	12.8 (71.9%)
78	NOWAKOWSKI Grzegorz	569	DAEF	M30	78	00:00:31	00:23:32.30	00:24:03.65	+00:06:42 (28.5%)	4:42	12.7 (71.3%)
79	CELEGRAT Andrzej	913		M30	79	00:00:15	00:23:34.60	00:23:49.85	+00:06:44 (28.6%)	4:42	12.7 (71.3%)
80	LUBISZEWSKI Bartosz	809		M30	80	00:00:14	00:23:34.95	00:23:49.10	+00:06:44 (28.6%)	4:43	12.7 (71.3%)
81	ŁABENDA Robert	63		M30	81	00:00:28	00:23:35.20	00:24:03.55	+00:06:45 (28.6%)	4:43	12.7 (71.3%)
82	URBAŃSKI Dawid	124		M30	82	00:00:29	00:23:35.90	00:24:05.60	+00:06:45 (28.7%)	4:43	12.7 (71.3%)
83	DACH Łukasz	1047		M30	83	00:00:12	00:23:40.85	00:23:53.25	+00:06:50 (28.9%)	4:44	12.7 (71.3%)
84	SMUCZYŃSKI Wojciech	566		M30	84	00:01:25	00:23:41.00	00:25:06.55	+00:06:50 (28.9%)	4:44	12.7 (71.3%)
85	MRUGAŁA Bartosz	57		M30	85	00:01:05	00:23:42.20	00:24:48.00	+00:06:52 (29.0%)	4:44	12.6 (70.8%)
86	WOJTYSIAK Kamil	46		M30	86	00:00:53	00:23:45.20	00:24:39.00	+00:06:55 (29.1%)	4:45	12.6 (70.8%)
87	TWARDOWSKI Bartosz	243		M30	87	00:01:32	00:23:45.85	00:25:18.65	+00:06:55 (29.2%)	4:45	12.6 (70.8%)
88	URBAŃSKI Tomasz	340	JW 4326	M30	88	00:00:32	00:24:03.55	00:24:35.60	+00:07:13 (30.0%)	4:48	12.5 (70.2%)
89	PIOTROWSKI Maciej	892		M30	89	00:01:07	00:24:04.30	00:25:11.50	+00:07:14 (30.1%)	4:48	12.5 (70.2%)
90	KOWALSKI Patryk	1267		M30	90	00:00:29	00:24:06.65	00:24:36.20	+00:07:16 (30.2%)	4:49	12.4 (69.7%)
91	KLINOWSKI Radosław	1173		M30	91	00:00:55	00:24:07.75	00:25:03.25	+00:07:17 (30.2%)	4:49	12.4 (69.7%)
92	CIARKOWSKI Mirosław	1050		M30	92	00:00:16	00:24:13.75	00:24:29.85	+00:07:23 (30.5%)	4:50	12.4 (69.7%)
93	GRZEBIELUCHA Arkadiusz	452		M30	93	00:00:00	00:24:16.65	00:24:16.65	+00:07:26 (30.7%)	4:51	12.4 (69.7%)
94	PAWLAK Waldemar	191	VEGERUNNERS	M30	94	00:00:23	00:24:17.90	00:24:41.65	+00:07:27 (30.7%)	4:51	12.3 (69.1%)
95	MATTHEWS Karol	762		M30	95	00:00:20	00:24:22.30	00:24:42.65	+00:07:32 (30.9%)	4:52	12.3 (69.1%)
96	KITOWSKI Przemysław	148		M30	96	00:00:29	00:24:23.50	00:24:53.05	+00:07:33 (31.0%)	4:52	12.3 (69.1%)
97	GROCHOWSKI Jakub	498	JW1515	M30	97	00:01:05	00:24:28.55	00:25:34.50	+00:07:38 (31.2%)	4:53	12.3 (69.1%)
98	DRZEWIECKI Radosław	1310		M30	98	00:00:39	00:24:36.20	00:25:15.35	+00:07:46 (31.6%)	4:55	12.2 (68.5%)
99	BRYCKI Łukasz	1202		M30	99	00:00:36	00:24:37.45	00:25:13.70	+00:07:47 (31.6%)	4:55	12.2 (68.5%)
100	FRANKÓW Łukasz	1350	OSP NAKŁO	M30	100	00:00:02	00:24:39.15	00:24:41.65	+00:07:49 (31.7%)	4:55	12.2 (68.5%)
101	LESZCZYŃSKI Łukasz	196		M30	101	00:01:03	00:24:40.20	00:25:44.00	+00:07:50 (31.8%)	4:56	12.2 (68.5%)
102	MINTA Adam	904		M30	102	00:00:22	00:24:40.65	00:25:03.25	+00:07:50 (31.8%)	4:56	12.2 (68.5%)
103	GRYGIEL Mateusz	372		M30	103	00:01:04	00:24:41.00	00:25:45.45	+00:07:50 (31.8%)	4:56	12.2 (68.5%)
104	ŚCIBAK Wojciech	1043	JFTC SU	M30	104	00:00:18	00:24:44.05	00:25:02.55	+00:07:53 (31.9%)	4:56	12.1 (68.0%)
105	MOCZULSKI Tomek	398		M30	105	00:00:31	00:24:50.45	00:25:22.15	+00:08:00 (32.2%)	4:58	12.1 (68.0%)
106	POTRZEBOWSKI Marek	209		M30	106	00:00:30	00:24:51.85	00:25:22.70	+00:08:01 (32.3%)	4:58	12.1 (68.0%)
107	SPIRYDOWICZ Piotr	1192		M30	107	00:00:24	00:24:54.80	00:25:19.05	+00:08:04 (32.4%)	4:59	12 (67.4%)
108	MOKOS Tomasz	189	INOWROCŁAW BIEGA	M30	108	00:00:50	00:24:54.85	00:25:45.25	+00:08:04 (32.4%)	4:59	12 (67.4%)
109	ANTKOWIAK Bartosz	508	TCMS PESA BYDGOSZCZ	M30	109	00:01:52	00:24:54.90	00:26:46.90	+00:08:04 (32.4%)	4:58	12 (67.4%)
110	POLIWODZIŃSKI Michał	22	KS WISŁKA BYDGOSZCZ-FORDON	M30	110	00:00:13	00:24:57.00	00:25:10.80	+00:08:06 (32.5%)	4:59	12 (67.4%)
111	DOMŻALSKI Lech	1344		M30	111	00:00:41	00:24:59.05	00:25:40.75	+00:08:08 (32.6%)	4:59	12 (67.4%)
112	BARSZCZEWSKI Sebastian	1114		M30	112	00:00:50	00:25:02.55	00:25:53.00	+00:08:12 (32.8%)	5:00	12 (67.4%)
113	SOSNA Mikołaj	207		M30	113	00:01:23	00:25:03.10	00:26:26.35	+00:08:13 (32.8%)	5:00	12 (67.4%)
114	CHRUPAŁA Rafał	768		M30	114	00:00:51	00:25:03.75	00:25:54.80	+00:08:13 (32.8%)	5:00	12 (67.4%)
115	ŚLADEWSKI Rafał	412		M30	115	00:00:41	00:25:03.90	00:25:45.40	+00:08:13 (32.8%)	5:00	12 (67.4%)
116	AFELT Jarosław	204		M30	116	00:01:07	00:25:07.35	00:26:14.80	+00:08:17 (33.0%)	5:01	11.9 (66.9%)
117	WILDHIRT Mariusz	216		M30	117	00:00:12	00:25:12.30	00:25:24.90	+00:08:22 (33.2%)	5:02	11.9 (66.9%)
118	WŁODARSKI Paweł	799		M30	118	00:01:01	00:25:14.35	00:26:16.05	+00:08:24 (33.3%)	5:03	11.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	KARSKI Przemysław	771		M30	119	00:00:44	00:25:14.90	00:25:59.65	+00:08:24 (33.3%)	5:03	11.9 (66.9%)
120	TOMCZAK Sylwester	389	KLINIKA TRIATHLONU	M30	120	00:01:25	00:25:16.25	00:26:41.30	+00:08:26 (33.4%)	5:03	11.9 (66.9%)
121	BALCERZAK Leszek	1095		M30	121	00:00:13	00:25:25.40	00:25:38.75	+00:08:35 (33.8%)	5:05	11.8 (66.3%)
122	SZYDŁOWSKI Rafał	85		M30	122	00:00:35	00:25:28.45	00:26:04.35	+00:08:38 (33.9%)	5:05	11.8 (66.3%)
123	SKONIECZNY Daniel	507	TCMS PESA BYDGOSZCZ	M30	123	00:01:48	00:25:30.70	00:27:19.60	+00:08:40 (34.0%)	5:06	11.8 (66.3%)
124	GŁOGOWSKI Mateusz	857	CYBERMORSY	M30	124	00:00:24	00:25:33.70	00:25:58.15	+00:08:43 (34.1%)	5:06	11.7 (65.7%)
125	MORZYK Michał	496		M30	125	00:01:07	00:25:34.05	00:26:41.75	+00:08:43 (34.2%)	5:06	11.7 (65.7%)
126	MORAWSKI Marek	274	KK ASTORIA	M30	126	00:01:26	00:25:37.95	00:27:04.25	+00:08:47 (34.3%)	5:07	11.7 (65.7%)
127	KONWIŃSKI Daniel	513	CYBERMORSY	M30	127	00:01:26	00:25:38.90	00:27:05.85	+00:08:48 (34.4%)	5:07	11.7 (65.7%)
128	BORZYSZKOWSKI Grzegorz	105	STARY FORDON	M30	128	00:00:13	00:25:43.60	00:25:56.65	+00:08:53 (34.6%)	5:08	11.7 (65.7%)
129	PANKOWSKI Przemysław	1056	1. BLWL	M30	129	00:00:16	00:25:44.35	00:26:00.65	+00:08:54 (34.6%)	5:08	11.7 (65.7%)
130	FABROWSKI Dawid	34	PRACOWNIAFIZJO ROMET	M30	130	00:01:45	00:25:49.30	00:27:34.85	+00:08:59 (34.8%)	5:09	11.6 (65.2%)
131	WALERYCH Jarosław	1294	TYPYGRUBE	M30	131	00:00:11	00:25:51.75	00:26:03.35	+00:09:01 (34.9%)	5:10	11.6 (65.2%)
132	KIJEWSKI Maciej	263	KABEL TEAM	M30	132	00:01:18	00:25:56.45	00:27:15.00	+00:09:06 (35.1%)	5:11	11.6 (65.2%)
133	DEREZIŃSKI Tomasz	316		M30	133	00:01:03	00:26:01.20	00:27:04.25	+00:09:11 (35.3%)	5:12	11.5 (64.6%)
134	KOPACZ Radosław	939	PĘDZĄCE ŻÓŁWITI	M30	134	00:01:18	00:26:01.35	00:27:19.90	+00:09:11 (35.3%)	5:12	11.5 (64.6%)
135	BIERYT Krzysztof	542	POLI-FAX UL. BOCZNA 10	M30	135	00:00:55	00:26:03.40	00:26:58.70	+00:09:13 (35.4%)	5:12	11.5 (64.6%)
136	LEWANDOWSKI Damian	299	TEAM	M30	136	00:00:43	00:26:05.50	00:26:49.40	+00:09:15 (35.5%)	5:13	11.5 (64.6%)
137	NOWAKOWSKI Tomasz	426		M30	137	00:00:42	00:26:05.60	00:26:48.15	+00:09:15 (35.5%)	5:13	11.5 (64.6%)
138	KALA Michał	1315		M30	138	00:01:14	00:26:11.10	00:27:25.55	+00:09:21 (35.7%)	5:14	11.5 (64.6%)
139	ROSINSKI Przemysław	346		M30	139	00:01:34	00:26:11.20	00:27:45.55	+00:09:21 (35.7%)	5:14	11.5 (64.6%)
140	ŻUCHELKOWSKI Rafał	958		M30	140	00:00:30	00:26:11.80	00:26:41.95	+00:09:21 (35.7%)	5:14	11.5 (64.6%)
141	BEJGER Łukasz	505	TCMS PESA BYDGOSZCZ	M30	141	00:01:49	00:26:26.85	00:28:16.45	+00:09:36 (36.3%)	5:17	11.3 (63.5%)
142	PAPIS Piotr	386		M30	142	00:00:46	00:26:26.95	00:27:13.65	+00:09:36 (36.3%)	5:17	11.3 (63.5%)
143	SZEWCZUK Sebastian	879		M30	143	00:01:13	00:26:27.65	00:27:41.45	+00:09:37 (36.4%)	5:17	11.3 (63.5%)
144	JAROCH Rafał	383		M30	144	00:01:21	00:26:31.25	00:27:53.15	+00:09:41 (36.5%)	5:18	11.3 (63.5%)
145	CISZEWSKI Paweł	1288		M30	145	00:00:27	00:26:38.20	00:27:05.45	+00:09:48 (36.8%)	5:19	11.3 (63.5%)
146	GRUSZECZKA Patryk	1176		M30	146	00:00:14	00:26:41.10	00:26:55.55	+00:09:51 (36.9%)	5:20	11.2 (62.9%)
147	JARZEMSKI Marcin	1324	BYDGOSZCZ TRIATHLON TEAM	M30	147	00:01:50	00:26:44.90	00:28:35.15	+00:09:54 (37.1%)	5:21	11.2 (62.9%)
148	MIERZWA Damian	42	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	148	00:00:59	00:26:45.25	00:27:44.80	+00:09:55 (37.1%)	5:21	11.2 (62.9%)
149	ŚNIECHOTA Konrad	176	TYPYGRUBE	M30	149	00:00:11	00:26:46.45	00:26:57.90	+00:09:56 (37.1%)	5:21	11.2 (62.9%)
150	CZUBKOWSKI Sebastian	423	RUN TEAM	M30	150	00:00:57	00:26:47.10	00:27:44.60	+00:09:57 (37.1%)	5:21	11.2 (62.9%)
151	KILANOWSKI Darek	1240		M30	151	00:01:29	00:26:48.55	00:28:18.15	+00:09:58 (37.2%)	5:21	11.2 (62.9%)
152	BIZON Bartosz	927		M30	152	00:01:24	00:26:49.95	00:28:14.00	+00:09:59 (37.3%)	5:22	11.2 (62.9%)
153	WARCZAK Kuba	208	TEAMOCHAL	M30	153	00:00:31	00:26:50.45	00:27:21.60	+00:10:00 (37.3%)	5:22	11.2 (62.9%)
154	PODGÓRSKI Jakub	3	ZIELONY PELIKAN	M30	154	00:00:47	00:26:54.85	00:27:42.05	+00:10:04 (37.4%)	5:23	11.1 (62.4%)
155	DĄBROWSKI Bartosz	550	SPORTOWA PASJA	M30	155	00:00:59	00:26:56.65	00:27:56.50	+00:10:06 (37.5%)	5:23	11.1 (62.4%)
156	JANKE Damian	781		M30	156	00:00:58	00:26:58.50	00:27:56.70	+00:10:08 (37.6%)	5:23	11.1 (62.4%)
157	BARAŃSKI Maciej	644		M30	157	00:02:21	00:26:58.70	00:29:20.55	+00:10:08 (37.6%)	5:23	11.1 (62.4%)
158	WIELIŃSKI Rafał	1073		M30	158	00:01:15	00:27:05.75	00:28:21.45	+00:10:15 (37.9%)	5:25	11.1 (62.4%)
159	BRAĞIEL Jakub	399	VEGE RUNNERS	M30	159	00:00:41	00:27:10.45	00:27:52.35	+00:10:20 (38.0%)	5:26	11 (61.8%)
160	KOTECKI Marcin	334		M30	160	00:00:50	00:27:17.80	00:28:08.25	+00:10:27 (38.3%)	5:27	11 (61.8%)
161	TUPTANOWSKI Przemysław	1078	WELD-LINE	M30	161	00:01:15	00:27:17.90	00:28:33.45	+00:10:27 (38.3%)	5:27	11 (61.8%)
162	RĘDZINA Michał	50		M30	162	00:00:49	00:27:19.65	00:28:08.95	+00:10:29 (38.4%)	5:27	11 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	ZIELIŃSKI Radosław	101		M30	163	00:00:43	00:27:24.25	00:28:07.25	+00:10:34 (38.6%)	5:28	10.9 (61.2%)
164	JANUSZEWSKI Marcin	475		M30	164	00:00:50	00:27:36.85	00:28:27.40	+00:10:46 (39.0%)	5:31	10.9 (61.2%)
165	RUCIŃSKI Rafał	511	CYBERMORSY	M30	165	00:01:26	00:27:37.05	00:29:03.70	+00:10:46 (39.0%)	5:31	10.9 (61.2%)
166	OBREMSKI Wojciech	1054		M30	166	00:00:12	00:27:38.25	00:27:50.85	+00:10:48 (39.1%)	5:31	10.9 (61.2%)
167	SIWIAK Łukasz	998		M30	167	00:01:21	00:27:38.30	00:28:59.35	+00:10:48 (39.1%)	5:31	10.9 (61.2%)
168	MARKIEWICZ Jakub	1101		M30	168	00:00:21	00:27:39.65	00:28:00.65	+00:10:49 (39.1%)	5:31	10.8 (60.7%)
169	UHLENBERG Marek	743		M30	169	00:01:16	00:27:47.90	00:29:04.75	+00:10:57 (39.4%)	5:33	10.8 (60.7%)
170	OSTACH Michał	1287	GRUPA BIEGOWA IM. ŚW. STANISŁAWA KOSTKI	M30	170	00:01:20	00:27:48.85	00:29:09.55	+00:10:58 (39.5%)	5:33	10.8 (60.7%)
171	DĘBIEC Andrzej	668		M30	171	00:01:16	00:27:49.35	00:29:05.80	+00:10:59 (39.5%)	5:33	10.8 (60.7%)
172	PACEWICZ Wojciech	1246		M30	172	00:01:14	00:27:55.05	00:29:09.20	+00:11:04 (39.7%)	5:35	10.7 (60.1%)
173	NIEDBALSKI Karol	1334		M30	173	00:00:28	00:27:56.55	00:28:25.20	+00:11:06 (39.8%)	5:35	10.7 (60.1%)
174	KASPROWICZ Piotr	525	JW 1515	M30	174	00:00:26	00:28:00.10	00:28:26.55	+00:11:10 (39.9%)	5:36	10.7 (60.1%)
175	KOŁODZIEJSKI Błażej	748		M30	175	00:01:11	00:28:04.20	00:29:15.50	+00:11:14 (40.0%)	5:36	10.7 (60.1%)
176	ŁUKASIK Leszek	1289	LEADER SCHOOL GNIEZNO	M30	176	00:01:21	00:28:04.65	00:29:25.65	+00:11:14 (40.0%)	5:36	10.7 (60.1%)
177	DRWĘCKI Daniel	520	BIEGNIJ Z PROSERVICE	M30	177	00:01:28	00:28:07.00	00:29:35.50	+00:11:16 (40.1%)	5:37	10.7 (60.1%)
178	WOLNY Tomasz	791	DELTA	M30	178	00:00:12	00:28:14.15	00:28:26.25	+00:11:24 (40.4%)	5:38	10.6 (59.6%)
179	BRZOZOWSKI Krzysztof	376		M30	179	00:01:03	00:28:14.30	00:29:17.55	+00:11:24 (40.4%)	5:38	10.6 (59.6%)
180	WITKOWSKI Tomasz	1195	VIVA LA VIDA	M30	180	00:00:27	00:28:14.60	00:28:42.45	+00:11:24 (40.4%)	5:39	10.6 (59.6%)
181	JAGIELSKI Łukasz	1299		M30	181	00:00:33	00:28:20.10	00:28:53.40	+00:11:30 (40.6%)	5:40	10.6 (59.6%)
182	NAGORZYSKI Arkadiusz	109	BIEGAM WSPIERAM MOTYWUJĘ	M30	182	00:00:26	00:28:27.25	00:28:53.30	+00:11:37 (40.8%)	5:41	10.5 (59.0%)
183	LICZMAŃSKI Maciej	992		M30	183	00:01:30	00:28:28.20	00:29:58.60	+00:11:38 (40.9%)	5:41	10.5 (59.0%)
184	HEŁMINIAK Michał	962		M30	184	00:01:20	00:28:33.10	00:29:53.15	+00:11:43 (41.0%)	5:42	10.5 (59.0%)
185	BUTRYM Piotr	380		M30	185	00:01:46	00:28:33.15	00:30:19.95	+00:11:43 (41.0%)	5:42	10.5 (59.0%)
186	ADAMCZAK Damian	965		M30	186	00:00:44	00:28:38.75	00:29:23.55	+00:11:48 (41.2%)	5:43	10.5 (59.0%)
187	OSSOWSKI Łukasz	577		M30	187	00:01:55	00:28:40.55	00:30:36.45	+00:11:50 (41.3%)	5:44	10.5 (59.0%)
188	KORZENIEWSKI Jacek	443		M30	188	00:01:19	00:28:44.90	00:30:04.55	+00:11:54 (41.4%)	5:45	10.4 (58.4%)
189	QUAAS Łukasz	314		M30	189	00:01:25	00:28:49.15	00:30:14.50	+00:11:59 (41.6%)	5:45	10.4 (58.4%)
190	PRIEWE Paweł	111	DYNAMO SKARPA	M30	190	00:01:50	00:28:50.30	00:30:40.60	+00:12:00 (41.6%)	5:46	10.4 (58.4%)
191	RUBASZEWSKI Marcin	352		M30	191	00:01:33	00:28:50.90	00:30:24.15	+00:12:00 (41.6%)	5:46	10.4 (58.4%)
192	ZIELIŃSKI Robert	530		M30	192	00:01:03	00:28:57.50	00:30:01.30	+00:12:07 (41.9%)	5:47	10.4 (58.4%)
193	CIEŚLICKI Krzysztof	199	SISU TEAM	M30	193	00:00:34	00:28:57.90	00:29:31.95	+00:12:07 (41.9%)	5:47	10.4 (58.4%)
194	RATKE Kamil	1293		M30	194	00:00:22	00:29:15.05	00:29:37.65	+00:12:24 (42.4%)	5:51	10.3 (57.9%)
195	PODOLSKI Mariusz	1353	EVERY DAY RUNNING TEAM	M30	195	00:01:28	00:29:17.15	00:30:45.65	+00:12:27 (42.5%)	5:51	10.2 (57.3%)
196	ORZECZOWSKI Michał	17		M30	196	00:00:17	00:29:18.20	00:29:36.15	+00:12:28 (42.5%)	5:51	10.2 (57.3%)
197	TWARDOWSKI Łukasz	878		M30	197	00:00:53	00:29:30.45	00:30:24.30	+00:12:40 (42.9%)	5:54	10.2 (57.3%)
198	CYBUL Krzysztof	379		M30	198	00:00:39	00:29:40.15	00:30:20.00	+00:12:50 (43.3%)	5:56	10.1 (56.7%)
199	DANKOWIAKOWSKI Paweł	456		M30	199	00:01:01	00:29:42.20	00:30:44.10	+00:12:52 (43.3%)	5:56	10.1 (56.7%)
200	DZEDZEJ Bartłomiej	271	KK ASTORIA	M30	200	00:01:27	00:29:45.70	00:31:13.30	+00:12:55 (43.4%)	5:57	10.1 (56.7%)
201	SKUPSZ Jędrzej Kazmierz	260	RZEKA SPORTU	M30	201	00:01:52	00:29:53.95	00:31:46.00	+00:13:03 (43.7%)	5:58	10 (56.2%)
202	SZEWczykowski Grzegorz	418	BYDGOSKIE ŻÓŁWIE	M30	202	00:00:54	00:30:01.30	00:30:56.10	+00:13:11 (43.9%)	6:00	10 (56.2%)
203	KROPIDŁOWSKI Bartosz	1279		M30	203	00:01:41	00:30:01.45	00:31:42.60	+00:13:11 (43.9%)	6:00	10 (56.2%)
204	STĘPIEŃ Bogdan	329	LUXTORPEDY	M30	204	00:00:49	00:30:01.55	00:30:51.15	+00:13:11 (43.9%)	6:00	10 (56.2%)
205	JANICKI Robert	414	RUN BYDGOSZCZ	M30	205	00:00:50	00:30:10.90	00:31:01.70	+00:13:20 (44.2%)	6:02	9.9 (55.6%)
206	DZIEWIECZYŃSKI Maciej	1170		M30	206	00:00:27	00:30:19.20	00:30:47.15	+00:13:29 (44.5%)	6:04	9.9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	CENTAŁA Jarosław	227	WUJEK PORADA	M30	207	00:01:26	00:30:21.30	00:31:47.60	+00:13:31 (44.5%)	6:04	9.9 (55.6%)
208	KULCZYŃSKI Przemysław	1038	TYPYGRUBE	M30	208	00:00:11	00:30:36.40	00:30:47.75	+00:13:46 (45.0%)	6:07	9.8 (55.1%)
209	ŁUDZIŃSKI Jakub	606	CALISTHENICS ACADEMY	M30	209	00:00:35	00:30:43.90	00:31:19.10	+00:13:53 (45.2%)	6:08	9.8 (55.1%)
210	SZYMAŃSKI Bartosz	1212		M30	210	00:01:20	00:30:46.65	00:32:06.85	+00:13:56 (45.3%)	6:09	9.8 (55.1%)
211	OWCZARZ Łukasz	1205		M30	211	00:00:22	00:31:02.50	00:31:24.90	+00:14:12 (45.8%)	6:12	9.7 (54.5%)
212	WIELIŃSKI Wojciech	169		M30	212	00:01:12	00:31:06.70	00:32:18.90	+00:14:16 (45.9%)	6:13	9.6 (53.9%)
213	KIERZKOWSKI Paweł	970		M30	213	00:01:23	00:31:12.55	00:32:35.90	+00:14:22 (46.1%)	6:14	9.6 (53.9%)
214	KOWALSKI Bartosz	409		M30	214	00:01:09	00:31:14.25	00:32:23.30	+00:14:24 (46.1%)	6:14	9.6 (53.9%)
215	PALIŃSKI Grzegorz	897		M30	215	00:01:38	00:31:20.35	00:32:58.70	+00:14:30 (46.3%)	6:16	9.6 (53.9%)
216	BIAŁKOWSKI Kamil	304		M30	216	00:01:41	00:31:28.35	00:33:09.50	+00:14:38 (46.5%)	6:17	9.5 (53.4%)
217	KATLEWSKI Marcin	167		M30	217	00:01:08	00:31:30.45	00:32:38.85	+00:14:40 (46.6%)	6:18	9.5 (53.4%)
218	SMYŁA Krzysztof	1242		M30	218	00:01:47	00:31:40.70	00:33:27.85	+00:14:50 (46.9%)	6:20	9.5 (53.4%)
219	JAWORSKI Paweł	624		M30	219	00:01:22	00:31:51.60	00:33:13.90	+00:15:01 (47.2%)	6:22	9.4 (52.8%)
220	KUJAWA Kamil	427		M30	220	00:01:09	00:32:02.50	00:33:11.75	+00:15:12 (47.5%)	6:24	9.4 (52.8%)
221	GNIEWKOWSKI Daniel	1263		M30	221	00:00:27	00:32:15.95	00:32:43.80	+00:15:25 (47.8%)	6:27	9.3 (52.2%)
222	RÓŻAŃSKI Kamil	218	3GRAVITY	M30	222	00:01:40	00:32:22.00	00:34:02.15	+00:15:31 (48.0%)	6:28	9.3 (52.2%)
223	NOWOSADKO Przemysław	905		M30	223	00:01:12	00:32:28.65	00:33:41.55	+00:15:38 (48.2%)	6:29	9.2 (51.7%)
224	KRZEMIŃSKI Piotr	291		M30	224	00:01:52	00:32:33.55	00:34:25.55	+00:15:43 (48.3%)	6:30	9.2 (51.7%)
225	ŻEBROWSKI Michał	264		M30	225	00:01:30	00:32:34.40	00:34:05.25	+00:15:44 (48.3%)	6:31	9.2 (51.7%)
226	PYTLIŃSKI Paweł	653	BYDGOSKIE ŻÓŁWIE	M30	226	00:00:54	00:32:38.05	00:33:32.35	+00:15:47 (48.4%)	6:31	9.2 (51.7%)
227	DUDZIAK Michał	249	CPR BYDGOSZCZ	M30	227	00:01:02	00:33:05.50	00:34:08.15	+00:16:15 (49.1%)	6:37	9.1 (51.1%)
228	ROGOZIŃSKI Aleksander	1223		M30	228	00:00:55	00:33:09.50	00:34:05.10	+00:16:19 (49.2%)	6:38	9 (50.6%)
229	BOROWICZ Ireneusz	81		M30	229	00:00:53	00:33:11.40	00:34:05.25	+00:16:21 (49.3%)	6:38	9 (50.6%)
230	TOMCZAK Krzysztof	183		M30	230	00:01:00	00:33:56.25	00:34:56.55	+00:17:06 (50.4%)	6:47	8.8 (49.4%)
231	MATUSZEWSKI Tomasz	588		M30	231	00:01:39	00:33:57.60	00:35:36.90	+00:17:07 (50.4%)	6:47	8.8 (49.4%)
232	TYBURSKI Maciej	116		M30	232	00:00:47	00:34:01.80	00:34:49.30	+00:17:11 (50.5%)	6:48	8.8 (49.4%)
233	HALAMUS Norbert	915		M30	233	00:01:36	00:34:26.05	00:36:02.05	+00:17:35 (51.1%)	6:53	8.7 (48.9%)
234	ZNANIECKI Wojciech	553	BYDGOSZCZ NA START	M30	234	00:01:43	00:34:52.25	00:36:35.65	+00:18:02 (51.7%)	6:58	8.6 (48.3%)
235	GURYN Wiktor	472	ZIELONY PELIKAN	M30	235	00:01:39	00:35:07.50	00:36:46.75	+00:18:17 (52.1%)	7:01	8.5 (47.8%)
236	PERS Łukasz	774		M30	236	00:01:02	00:35:31.20	00:36:34.00	+00:18:41 (52.6%)	7:06	8.4 (47.2%)
237	LEWANDOWSKI Paweł	74	BIEGAMY DLA KORNELKI	M30	237	00:00:28	00:36:40.05	00:37:08.30	+00:19:49 (54.1%)	7:20	8.2 (46.1%)
	WIECZOREK Marcin	533		M30		DNF	DNF	DNF	-	-	(0.0%)
	KRUCZKOWSKI Marek	800		M30		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 239 wynik(ów)