

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	183	SPÓJNIA BIAŁE BŁOTA	M-30	1	00:00:01	00:17:12	00:35:08.65	00:35:10.60		3:30	17.1 (100%)
2	POLANSKI Tomasz	320	CIEPŁOBUD BYDGOSZCZ	M-40	1	00:00:00	00:17:21	00:35:49.00	00:35:49.95	+00:00:40 (1.9%)	3:34	16.8 (98.2%)
3	MECHLIŃSKI Bartłomiej	241	KM TRUCHCIK ŁUBIANKA	M-30	2	00:00:01	00:17:30	00:36:13.55	00:36:14.80	+00:01:04 (3.0%)	3:37	16.6 (97.1%)
4	GÓRCZYŃSKI Zbigniew	102	MPWIK WŁOCŁAWEK	M-20	1	00:00:01	00:17:44	00:36:42.90	00:36:44.05	+00:01:34 (4.3%)	3:40	16.3 (95.3%)
5	TUCZYŃSKI Sylwester	421	BYDGOSKIE OKONIE	M-20	2	00:00:00	00:17:59	00:37:50.35	00:37:51.05	+00:02:41 (7.1%)	3:47	15.9 (93.0%)
6	MAĆKOWSKI Maciej	218	BRICO MARCHE ŻNIN	M-20	3	00:00:00	00:18:14	00:37:59.65	00:38:00.40	+00:02:51 (7.5%)	3:48	15.8 (92.4%)
7	PODOLSKI Tomasz	317	UKS CZAPLA BIAŁE BŁOTA	M-16	1	00:00:01	00:18:23	00:38:06.85	00:38:07.90	+00:02:58 (7.8%)	3:48	15.7 (91.8%)
8	WOJCIECHOWSKI Dawid	451	T'RUN'KOWI	M-20	4	00:00:02	00:18:30	00:38:10.10	00:38:12.20	+00:03:01 (7.9%)	3:49	15.7 (91.8%)
9	IRACKI Mateusz	118		M-20	5	00:00:02	00:19:44	00:39:18.30	00:39:21.10	+00:04:09 (10.6%)	3:55	15.3 (89.5%)
10	SZENK Marta	397		K-30	1	00:00:01	00:19:09	00:39:28.60	00:39:29.85	+00:04:19 (11.0%)	3:56	15.2 (88.9%)
11	RADOWSKI Cezary	329		M-40	2	00:00:02	00:19:21	00:39:41.60	00:39:43.70	+00:04:32 (11.5%)	3:58	15.1 (88.3%)
12	GOŁEMBIEWSKI Marek	95	MUKS PIĘTNASKA BYDGOSZCZ / B4SPORT	M-40	3	00:00:01	00:19:10	00:39:46.25	00:39:47.50	+00:04:37 (11.6%)	3:58	15.1 (88.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
13	NITKA Łukasz	273		M-30	3	00:00:01	00:19:32	00:40:10.30	00:40:11.65	+00:05:01 (12.5%)	4:01	14.9 (87.1%)
14	KOŁAKOWSKI Tomasz	158	HYDROTERM	M-20	6	00:00:01	00:19:14	00:40:11.60	00:40:13.55	+00:05:02 (12.6%)	4:01	14.9 (87.1%)
15	PELC Marcin	300	TKKF KOLEJARZ BYDGOSZCZ	M-30	4	00:00:02	00:19:17	00:40:17.50	00:40:19.70	+00:05:08 (12.8%)	4:01	14.9 (87.1%)
16	KOLMAJER Rafał	157	RUN BYDGOSZCZ	M-30	5	00:00:03	00:19:41	00:40:18.10	00:40:22.00	+00:05:09 (12.8%)	4:01	14.9 (87.1%)
17	TOMCZYŃSKI Bartosz	418	RAN PASJA	M-30	6	00:00:01	00:19:25	00:40:30.20	00:40:31.85	+00:05:21 (13.2%)	4:03	14.8 (86.5%)
18	GRESSWELL David	108	GLOUCESTER ATHLETIC CLUB	M-50	1	00:00:02	00:19:19	00:40:35.80	00:40:38.75	+00:05:27 (13.4%)	4:03	14.8 (86.5%)
19	KŁOS Oliver	152		M-20	7	00:00:06	00:20:13	00:41:16.65	00:41:22.75	+00:06:08 (14.9%)	4:07	14.5 (84.8%)
20	JAGODZIŃSKI Mateusz	123	BYDGOSKIE OKONIE	M-20	8	00:00:01	00:19:24	00:41:28.65	00:41:30.00	+00:06:20 (15.3%)	4:08	14.5 (84.8%)
21	MAKARSKI Tomasz	221	MM PROJEKT	M-40	4	00:00:01	00:19:35	00:41:42.70	00:41:44.35	+00:06:34 (15.7%)	4:10	14.4 (84.2%)
22	KWIATKOWSKI Damian	201	RUN BYDGOSZCZ	M-20	9	00:00:04	00:19:55	00:41:46.15	00:41:50.30	+00:06:37 (15.9%)	4:10	14.4 (84.2%)
23	GORZYCKI Sławomir	100	WWW.PRODAM.PL	M-30	7	00:00:02	00:20:02	00:41:58.80	00:42:01.20	+00:06:50 (16.3%)	4:11	14.3 (83.6%)
24	CHMIELEWSKI Tomasz	39	FIT-MAX TEAM BYDGOSZCZ	M-50	2	00:00:01	00:20:02	00:42:03.15	00:42:05.05	+00:06:54 (16.4%)	4:12	14.3 (83.6%)
25	PFAJFER Marek	305	MARATONYPOLSKIE.PL TEAM	M-30	8	00:00:02	00:20:23	00:42:13.50	00:42:16.40	+00:07:04 (16.8%)	4:13	14.2 (83.0%)
26	KLUSKA Adam	528	IWSP SZ BYDGOSZCZ	M-30	9	00:00:04	00:20:40	00:42:18.15	00:42:22.75	+00:07:09 (16.9%)	4:13	14.2 (83.0%)
27	OSTROWSKI Kacper	288		M-20	10	00:00:06	00:19:50	00:42:23.65	00:42:29.70	+00:07:15 (17.1%)	4:14	14.2 (83.0%)
28	SARNECKI Michał	357	ATI SYSTEMY ELEKTRONICZNE	M-30	10	00:00:17	00:20:21	00:42:33.15	00:42:50.55	+00:07:24 (17.4%)	4:15	14.1 (82.5%)
29	ŚLEFARSKI Jacek	407		M-30	11	00:00:02	00:20:38	00:42:35.80	00:42:38.50	+00:07:27 (17.5%)	4:15	14.1 (82.5%)
30	DANIELEWSKI Mariusz	60	DRUŻYNA SZPIKU	M-30	12	00:00:04	00:21:04	00:42:36.45	00:42:40.90	+00:07:27 (17.5%)	4:15	14.1 (82.5%)
31	FLOREK Paweł	81	RE MEDIA BYDGOSZCZ	M-30	13	00:00:04	00:20:55	00:42:41.15	00:42:46.00	+00:07:32 (17.7%)	4:16	14.1 (82.5%)
32	OLSZEWSKI Adam	546	KB LECH RYPIN	M-50	3	00:00:03	00:20:40	00:42:44.40	00:42:47.80	+00:07:35 (17.8%)	4:16	14 (81.9%)
33	KACZMAREK Damian	138		M-40	5	00:00:03	00:21:06	00:43:23.30	00:43:26.85	+00:08:14 (19.0%)	4:20	13.8 (80.7%)
34	KASPRZYK Piotr	145	ŻARŁOKI	M-40	6	00:00:14	00:21:18	00:43:23.40	00:43:38.05	+00:08:14 (19.0%)	4:20	13.8 (80.7%)
35	DAŃCZUK Jerzy	61	RWT W BYDGOSZCZY	M-50	4	00:00:04	00:20:59	00:43:24.40	00:43:28.50	+00:08:15 (19.0%)	4:20	13.8 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	5km					
36	JANCZARSKI Marcin	125	ŻARŁOKI	M-30	14	00:00:14	00:21:35	00:43:25.85	00:43:40.25	+00:08:17 (19.1%)	4:20	13.8 (80.7%)
37	MAĆKOWSKI Maciej	217		M-30	15	00:00:02	00:20:29	00:43:41.10	00:43:43.25	+00:08:32 (19.6%)	4:22	13.7 (80.1%)
38	MICHNA Michał	247	KUJATT RUNNERS TEAM	M-30	16	00:00:04	00:20:56	00:43:42.60	00:43:47.40	+00:08:33 (19.6%)	4:22	13.7 (80.1%)
39	GRALIK Jędrzej	106	BYDGOSKIE OKONIE	M-20	11	00:00:03	00:20:44	00:43:46.10	00:43:49.30	+00:08:37 (19.7%)	4:22	13.7 (80.1%)
40	MICKIEWICZ Jan	248	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	5	00:00:03	00:20:59	00:43:47.40	00:43:50.40	+00:08:38 (19.7%)	4:22	13.7 (80.1%)
41	KUŁAKOWSKI Krzysztof	197		M-30	17	00:00:05	00:20:43	00:43:48.80	00:43:54.60	+00:08:40 (19.8%)	4:22	13.7 (80.1%)
42	MARCHLEWSKI Paweł	229	TRONIK	M-16	2	00:00:11	00:21:32	00:43:52.35	00:44:03.55	+00:08:43 (19.9%)	4:23	13.7 (80.1%)
43	PRZYBOROWSKI Piotr	324	PRZYBOROWSKITEAM	M-16	3	00:00:06	00:20:49	00:43:53.65	00:43:59.65	+00:08:45 (19.9%)	4:23	13.7 (80.1%)
44	PILACHOWSKI Mariusz	312	IWSP SZ BYDGOSZCZ	M-30	18	00:00:18	00:22:01	00:44:06.60	00:44:25.15	+00:08:57 (20.3%)	4:24	13.6 (79.5%)
45	MARCHLEWSKI Jacek	228	TRONIK	M-40	7	00:00:11	00:21:32	00:44:12.15	00:44:23.35	+00:09:03 (20.5%)	4:25	13.6 (79.5%)
46	KOWALSKI Jacek	166		M-30	19	00:00:07	00:21:31	00:44:12.70	00:44:19.70	+00:09:04 (20.5%)	4:25	13.6 (79.5%)
47	RZEPKA Andrzej	354	BRODNICA BIEGA	M-40	8	00:00:03	00:21:09	00:44:14.15	00:44:17.90	+00:09:05 (20.6%)	4:25	13.6 (79.5%)
48	ROMANOWSKI Michał	341		M-30	20	00:00:11	00:21:09	00:44:19.95	00:44:31.20	+00:09:11 (20.7%)	4:26	13.5 (78.9%)
49	LEPRINCE Ludovic	205		M-40	9	00:00:05	00:21:19	00:44:22.85	00:44:28.25	+00:09:14 (20.8%)	4:26	13.5 (78.9%)
50	WOŹNIAKOWSKA Agata	457	RUN BYDGOSZCZ	K-30	2	00:00:03	00:21:42	00:44:38.15	00:44:41.90	+00:09:29 (21.3%)	4:27	13.4 (78.4%)
51	OLENDER Tomasz	280	ENDUHUB RUNNING TEAM	M-20	12	00:00:07	00:22:41	00:44:48.50	00:44:56.20	+00:09:39 (21.6%)	4:28	13.4 (78.4%)
52	NOWAKOWSKI Mateusz	276	KM UMK TORUŃ	M-20	13	00:00:07	00:21:36	00:44:54.80	00:45:02.40	+00:09:46 (21.8%)	4:29	13.4 (78.4%)
53	PAKULSKI Rafał	294		M-40	10	00:00:06	00:21:48	00:45:02.15	00:45:08.85	+00:09:53 (22.0%)	4:30	13.3 (77.8%)
54	DĄBROWSKI Paweł	63		M-20	14	00:00:09	00:21:38	00:45:03.25	00:45:12.35	+00:09:54 (22.0%)	4:30	13.3 (77.8%)
55	KOZIŃSKI Marek	170	RUN BYDGOSZCZ	M-30	21	00:00:08	00:21:39	00:45:10.20	00:45:19.10	+00:10:01 (22.2%)	4:31	13.3 (77.8%)
56	BARTOSZEK Konrad	10	POLPHARMA RUN TEAM	M-30	22	00:00:19	00:21:51	00:45:18.15	00:45:37.75	+00:10:09 (22.4%)	4:31	13.2 (77.2%)
57	RACZYŃSKI Krzysztof	328		M-50	6	00:00:07	00:21:57	00:45:19.55	00:45:27.50	+00:10:10 (22.5%)	4:32	13.2 (77.2%)
58	WUJEK Magdalena	461		K-30	3	00:00:06	00:22:03	00:45:27.75	00:45:33.85	+00:10:19 (22.7%)	4:32	13.2 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
59	ŁOCHOCKI Dawid	214		M-30	23	00:00:19	00:22:39	00:45:28.30	00:45:47.70	+00:10:19 (22.7%)	4:32	13.2 (77.2%)
60	PAWLAK Bartosz	298	WODKAN	M-30	24	00:00:11	00:21:42	00:45:29.85	00:45:41.05	+00:10:21 (22.8%)	4:33	13.2 (77.2%)
61	PALCZEWSKI Marcin	296	HYDRO-VACUUM S.A.	M-30	25	00:00:17	00:22:43	00:45:31.65	00:45:49.30	+00:10:23 (22.8%)	4:33	13.2 (77.2%)
62	TUCHOLSKI Bartłomiej	420	BYDGOSKIE OKONIE	M-20	15	00:00:03	00:21:32	00:45:40.30	00:45:44.05	+00:10:31 (23.1%)	4:34	13.1 (76.6%)
63	GÓRA Krystian	101		M-30	26	00:00:08	00:21:45	00:45:43.20	00:45:51.20	+00:10:34 (23.1%)	4:34	13.1 (76.6%)
64	SZCZUKA Waldemar	396	ZWIK TCZEW	M-50	7	00:00:10	00:22:07	00:45:45.30	00:45:55.30	+00:10:36 (23.2%)	4:34	13.1 (76.6%)
65	CZYLEKO Adam	56	HYDRO-VACUUM S.A.	M-30	27	00:00:04	00:21:58	00:45:45.35	00:45:49.80	+00:10:36 (23.2%)	4:34	13.1 (76.6%)
66	WIKTOREK Dariusz	437	WODKAN	M-40	11	00:00:12	00:22:00	00:45:48.55	00:46:01.30	+00:10:39 (23.3%)	4:34	13.1 (76.6%)
67	MATUŁA Bartłomiej	238	THE RUNNERS ŚWIECIE	M-30	28	00:00:21	00:22:35	00:45:51.80	00:46:13.20	+00:10:43 (23.4%)	4:35	13.1 (76.6%)
68	ŻOŁNOWSKI Łukasz	471		M-20	16	00:00:25	00:22:21	00:45:53.60	00:46:18.65	+00:10:44 (23.4%)	4:35	13.1 (76.6%)
69	WILK Łukasz	439	LUCKYWOLFS TEAM	M-30	29	00:00:05	00:22:12	00:45:55.55	00:46:00.85	+00:10:46 (23.5%)	4:35	13.1 (76.6%)
70	DĘBSKI Adrian	68		M-30	30	00:00:05	00:22:07	00:45:59.20	00:46:04.90	+00:10:50 (23.6%)	4:35	13 (76.0%)
71	KUPRACZ Andrzej	198		M-40	12	00:00:04	00:22:03	00:46:06.85	00:46:11.15	+00:10:58 (23.8%)	4:36	13 (76.0%)
72	GREFKOWICZ Paweł	107	ŻARŁOKI	M-40	13	00:00:14	00:22:41	00:46:10.50	00:46:24.50	+00:11:01 (23.9%)	4:37	13 (76.0%)
73	SOŁECKI Michał	368	ŻARŁOKI	M-30	31	00:00:15	00:22:43	00:46:24.40	00:46:39.50	+00:11:15 (24.3%)	4:38	12.9 (75.4%)
74	BEREBECKI Roman	13	KB LECH RYPIN	M-60+	1	00:00:01	00:22:10	00:46:25.20	00:46:26.35	+00:11:16 (24.3%)	4:38	12.9 (75.4%)
75	KUDALSKI Maciej	193	XYZ COPACABANA BYDGOSZCZ	M-20	17	00:00:04	00:21:40	00:46:38.15	00:46:42.55	+00:11:29 (24.6%)	4:39	12.9 (75.4%)
76	FLORIAŃCZYK Damian	82	H2O TEAM	M-30	32	00:00:07	00:22:10	00:46:41.35	00:46:48.55	+00:11:32 (24.7%)	4:40	12.9 (75.4%)
77	CIEPLIK Mateusz	44	WODKAN	M-30	33	00:00:13	00:22:23	00:46:45.65	00:46:58.70	+00:11:37 (24.8%)	4:40	12.8 (74.9%)
78	PEPLIŃSKI Grzegorz	301		M-40	14	00:00:06	00:22:31	00:46:49.90	00:46:56.00	+00:11:41 (25.0%)	4:41	12.8 (74.9%)
79	CZERWIŃSKI Krzysztof	54	AKADEMIA BIEGANIA GRUDZIĄDZ	M-20	18	00:00:07	00:22:42	00:46:51.20	00:46:58.80	+00:11:42 (25.0%)	4:41	12.8 (74.9%)
80	LUZAK Szymon	210	RESTAURACJA SPIŻARNIA BYDGOSZCZ	M-20	19	00:00:09	00:22:35	00:46:51.30	00:47:00.35	+00:11:42 (25.0%)	4:41	12.8 (74.9%)
81	STYKAŁA Sebastian	381		M-40	15	00:00:08	00:22:44	00:46:53.35	00:47:01.65	+00:11:44 (25.0%)	4:41	12.8 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
82	MARTIN Amanda	236	TEWKESBURY RUNNING CLUB	K-40	1	00:00:12	00:22:47	00:46:56.55	00:47:09.30	+00:11:47 (25.1%)	4:41	12.8 (74.9%)
83	WEDER Łukasz	428	AZS_UTP_BYDGOSZCZ	M-20	20	00:00:06	00:21:17	00:47:18.20	00:47:24.50	+00:12:09 (25.7%)	4:43	12.7 (74.3%)
84	DURAŁEK Andrzej	76		M-40	16	00:00:08	00:22:29	00:47:18.60	00:47:27.55	+00:12:09 (25.7%)	4:43	12.7 (74.3%)
85	WRÓBLEWSKA Dagmara	459	TKKF KOLEJARZ BYDGOSZCZ	K-30	4	00:00:07	00:22:52	00:47:19.20	00:47:26.50	+00:12:10 (25.7%)	4:43	12.7 (74.3%)
86	WTOREK Tomasz	460	H2O TEAM	M-30	34	00:00:08	00:22:50	00:47:24.45	00:47:32.70	+00:12:15 (25.9%)	4:44	12.7 (74.3%)
87	CZELIŃSKI Leszek	53		M-50	8	00:00:07	00:22:19	00:47:24.90	00:47:31.95	+00:12:16 (25.9%)	4:44	12.7 (74.3%)
88	KOCHAŃSKI Dariusz	153		M-50	9	00:00:06	00:22:37	00:47:29.60	00:47:36.35	+00:12:20 (26.0%)	4:45	12.6 (73.7%)
89	NAGORZYSKI Arkadiusz	264		M-30	35	00:00:06	00:22:56	00:47:32.60	00:47:38.90	+00:12:23 (26.1%)	4:45	12.6 (73.7%)
90	JELEŃIEWSKI Wojciech	134		M-20	21	00:00:06	00:22:14	00:47:32.80	00:47:39.70	+00:12:24 (26.1%)	4:45	12.6 (73.7%)
91	RUDOL Sebastiana	346		M-40	17	00:00:18	00:23:24	00:47:52.70	00:48:11.45	+00:12:44 (26.6%)	4:47	12.5 (73.1%)
92	JELIŃSKI Krzysztof	135	MECHVENT TEAM	M-30	36	00:00:13	00:23:33	00:47:53.15	00:48:07.10	+00:12:44 (26.6%)	4:47	12.5 (73.1%)
93	WŁODARCZYK Witold	485	TRISPACE	M-50	10	00:00:12	00:22:45	00:47:53.55	00:48:05.60	+00:12:44 (26.6%)	4:47	12.5 (73.1%)
94	KISIEL Tomasz	151	RUN BYDGOSZCZ	M-40	18	00:00:12	00:22:52	00:47:58.95	00:48:11.15	+00:12:50 (26.8%)	4:47	12.5 (73.1%)
95	SZATTEN Dawid	391		M-30	37	00:00:05	00:22:09	00:47:59.65	00:48:05.30	+00:12:51 (26.8%)	4:48	12.5 (73.1%)
96	WNUCZYŃSKI Andrzej	447	ORANGE POLSKA	M-40	19	00:00:10	00:22:58	00:48:00.80	00:48:11.35	+00:12:52 (26.8%)	4:48	12.5 (73.1%)
97	GRZEGORZEWSKI Rafał	113	BRZOZA BIEGA	M-40	20	00:00:07	00:23:15	00:48:01.45	00:48:09.25	+00:12:52 (26.8%)	4:48	12.5 (73.1%)
98	SZWARC Paweł	402	RUN BYDGOSZCZ	M-30	38	00:00:23	00:23:33	00:48:04.60	00:48:28.00	+00:12:55 (26.9%)	4:48	12.5 (73.1%)
99	KOWALIKOWSKI Tadeusz	165		M-50	11	00:00:06	00:22:55	00:48:05.75	00:48:11.95	+00:12:57 (26.9%)	4:48	12.5 (73.1%)
100	KUJAWA Piotr	195	RUN BYDGOSZCZ	M-40	21	00:00:23	00:23:35	00:48:18.30	00:48:41.75	+00:13:09 (27.2%)	4:49	12.4 (72.5%)
101	GZYL Mikołaj	115	JANUSZE TRIATHLONU 'EXODUS' TEAM	M-30	39	00:00:33	00:23:20	00:48:20.80	00:48:53.95	+00:13:12 (27.3%)	4:50	12.4 (72.5%)
102	MEJGIER Paweł	242	TKKF WODNIK WIĘCIBORK	M-40	22	00:00:08	00:23:45	00:48:22.35	00:48:31.15	+00:13:13 (27.3%)	4:50	12.4 (72.5%)
103	RZEKANOWSKI Paweł	353	RUN BYDGOSZCZ	M-20	22	00:00:17	00:22:51	00:48:23.60	00:48:41.30	+00:13:14 (27.4%)	4:50	12.4 (72.5%)
104	ROZWADOWSKI Oskar	343	KLIMAT SOLEC	M-20	23	00:00:15	00:23:47	00:48:23.80	00:48:39.15	+00:13:15 (27.4%)	4:50	12.4 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
105	DERING Hanna	66		K-30	5	00:00:24	00:23:55	00:48:24.00	00:48:48.50	+00:13:15 (27.4%)	4:50	12.4 (72.5%)
106	MIECZKOWSKI Dominik	249	INFRACORR TEAM	M-30	40	00:00:26	00:24:28	00:48:25.00	00:48:51.60	+00:13:16 (27.4%)	4:50	12.4 (72.5%)
107	WILK Paweł	440	WOKANCO	M-30	41	00:00:22	00:24:03	00:48:27.40	00:48:49.40	+00:13:18 (27.5%)	4:50	12.4 (72.5%)
108	LASKOWSKI Daniel	203	RUN PASJA	M-30	42	00:00:07	00:23:14	00:48:27.85	00:48:35.05	+00:13:19 (27.5%)	4:50	12.4 (72.5%)
109	SKORUPINSKI Piotr	363	FIBARO	M-30	43	00:00:14	00:23:51	00:48:33.60	00:48:48.25	+00:13:24 (27.6%)	4:51	12.4 (72.5%)
110	RATAJCZYK Grzegorz	332	HEFALUMPY	M-40	23	00:00:24	00:23:37	00:48:34.40	00:48:58.95	+00:13:25 (27.6%)	4:51	12.4 (72.5%)
111	NIEDBALSKI Grzegorz	269	RUN BYDGOSZCZ	M-50	12	00:00:17	00:23:44	00:48:43.75	00:49:01.35	+00:13:35 (27.9%)	4:52	12.3 (71.9%)
112	GMAJ Daniel	93	ALNOR SYSTEMY WENTYLACJI SP. Z O.O.	M-30	44	00:00:13	00:23:44	00:48:45.30	00:48:59.20	+00:13:36 (27.9%)	4:52	12.3 (71.9%)
113	TARNOWSKA Nika	413	KM TRUCHCIK ŁUBIANKA	K-30	6	00:00:14	00:24:15	00:48:46.10	00:49:01.05	+00:13:37 (27.9%)	4:52	12.3 (71.9%)
114	JURCZYK Ewa	136	HYDRO-VACUUM S.A.	K-40	2	00:00:28	00:24:19	00:48:54.45	00:49:23.10	+00:13:45 (28.1%)	4:53	12.3 (71.9%)
115	WARCZYĞŁOWA Adam	426	MIŁOSŁAW BIEGA	M-30	45	00:00:18	00:23:08	00:48:57.15	00:49:16.00	+00:13:48 (28.2%)	4:53	12.3 (71.9%)
116	TOMASZEWSKI Marcin	417		M-40	24	00:00:09	00:23:32	00:48:57.25	00:49:07.10	+00:13:48 (28.2%)	4:53	12.3 (71.9%)
117	KIEŁPIKOWSKA Marta	149	UKS CZAPLA	K-16	1	00:00:02	00:23:18	00:48:57.50	00:49:00.20	+00:13:48 (28.2%)	4:53	12.3 (71.9%)
118	KARPACZ Jarek	144		M-20	24	00:00:18	00:24:16	00:48:58.95	00:49:17.25	+00:13:50 (28.3%)	4:53	12.2 (71.3%)
119	RYŻYCKI Tomasz	352		M-20	25	00:00:21	00:23:35	00:49:02.30	00:49:23.35	+00:13:53 (28.3%)	4:54	12.2 (71.3%)
120	KOWALCZYK Stanisław	163	ZP SERWIS	M-16	4	00:00:08	00:23:47	00:49:02.50	00:49:11.40	+00:13:53 (28.3%)	4:54	12.2 (71.3%)
121	SZULC Radek	401		M-30	46	00:00:06	00:23:58	00:49:04.95	00:49:11.30	+00:13:56 (28.4%)	4:54	12.2 (71.3%)
122	GIERACH Marcin	89	TRISPACE	M-30	47	00:00:10	00:22:37	00:49:06.90	00:49:17.60	+00:13:58 (28.4%)	4:54	12.2 (71.3%)
123	GACKOWSKI Szymon	86		M-30	48	00:00:17	00:23:39	00:49:08.05	00:49:25.50	+00:13:59 (28.5%)	4:54	12.2 (71.3%)
124	STRABEL Bartosz	377	KLIMAT SOLEC	M-20	26	00:00:11	00:23:57	00:49:14.10	00:49:25.35	+00:14:05 (28.6%)	4:55	12.2 (71.3%)
125	BALCERZAK Artur	9		M-30	49	00:00:12	00:23:44	00:49:16.40	00:49:29.00	+00:14:07 (28.7%)	4:55	12.2 (71.3%)
126	ANDRZEJCZAK Rafał	2		M-30	50	00:00:08	00:22:48	00:49:18.75	00:49:27.15	+00:14:10 (28.7%)	4:55	12.2 (71.3%)
127	MIELCARSKI Michał	251	MIELCAR TEAM	M-30	51	00:00:04	00:23:54	00:49:23.75	00:49:27.85	+00:14:15 (28.9%)	4:56	12.1 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
128	BIEL Marek	17	RUN BYDGOSZCZ	M-40	25	00:00:14	00:23:34	00:49:26.20	00:49:41.15	+00:14:17 (28.9%)	4:56	12.1 (70.8%)
129	GROCHOWSKI Jakub	111	JW 1515	M-30	52	00:00:18	00:24:16	00:49:27.85	00:49:46.20	+00:14:19 (29.0%)	4:56	12.1 (70.8%)
130	KUTOWSKI Przemysław	199		M-30	53	00:00:08	00:22:55	00:49:29.90	00:49:38.40	+00:14:21 (29.0%)	4:57	12.1 (70.8%)
131	STASZKIEWICZ Lucyna	375	STASHKY TEAM	K-40	3	00:00:09	00:23:27	00:49:36.95	00:49:46.15	+00:14:28 (29.2%)	4:57	12.1 (70.8%)
132	KUCHCZYŃSKI Adam	190	BÓL TO ŚCIEMA	M-40	26	00:00:16	00:23:47	00:49:45.55	00:50:02.00	+00:14:36 (29.4%)	4:58	12.1 (70.8%)
133	RYBACKI Marcin	349	TEAMOCHAL	M-40	27	00:00:03	00:23:58	00:49:46.50	00:49:50.25	+00:14:37 (29.4%)	4:58	12.1 (70.8%)
134	JEDLIŃSKI Janusz	132	BRZOZA BIEGA	M-40	28	00:00:08	00:23:48	00:49:49.30	00:49:57.40	+00:14:40 (29.5%)	4:58	12 (70.2%)
135	RATAJCZAK Jacek	330	KLIMA-THERM TEAM	M-30	54	00:00:02	00:23:56	00:49:56.85	00:49:59.25	+00:14:48 (29.6%)	4:59	12 (70.2%)
136	ROMAN Krzysztof	340	KLIMATRIK	M-30	55	00:00:14	00:23:57	00:49:57.60	00:50:11.60	+00:14:48 (29.7%)	4:59	12 (70.2%)
137	RATAJCZAK Jakub	331	MODINI.PL	M-30	56	00:00:18	00:23:42	00:50:06.10	00:50:24.10	+00:14:57 (29.9%)	5:00	12 (70.2%)
138	DREWS Grzegorz	74	INTECH	M-40	29	00:00:20	00:24:12	00:50:07.50	00:50:28.00	+00:14:58 (29.9%)	5:00	12 (70.2%)
139	ROSA Bartosz	342		M-30	57	00:00:26	00:24:40	00:50:08.65	00:50:35.50	+00:15:00 (29.9%)	5:00	12 (70.2%)
140	CZAJKOWSKI Maciej	50	ATI SYSTEMY ELEKTRONICZNE	M-40	30	00:00:17	00:23:58	00:50:09.20	00:50:26.70	+00:15:00 (29.9%)	5:00	12 (70.2%)
141	KAMOWSKI Damian	142	SWIAT SMAKÓW ŻŁOTÓW	M-20	27	00:00:24	00:23:57	00:50:09.35	00:50:33.95	+00:15:00 (29.9%)	5:00	12 (70.2%)
142	DERENDA Mirosław	65	1.BLWL	M-30	58	00:00:10	00:24:05	00:50:10.30	00:50:20.70	+00:15:01 (30.0%)	5:01	12 (70.2%)
143	JAGIELSKI Jacek	122		M-40	31	00:00:11	00:24:42	00:50:20.00	00:50:31.75	+00:15:11 (30.2%)	5:02	11.9 (69.6%)
144	KRYSPIŃ Arkadiusz	184		M-20	28	00:00:22	00:25:19	00:50:21.80	00:50:44.40	+00:15:13 (30.2%)	5:02	11.9 (69.6%)
145	TUSZYŃSKA Marcela	422		K-20	1	00:00:12	00:23:42	00:50:24.80	00:50:37.20	+00:15:16 (30.3%)	5:02	11.9 (69.6%)
146	SZCZĘSNY Piotr	395	MVM	M-20	29	00:00:12	00:23:42	00:50:25.15	00:50:37.35	+00:15:16 (30.3%)	5:02	11.9 (69.6%)
147	CYL Dawid	47	RUN BYDGOSZCZ	M-30	59	00:00:22	00:24:48	00:50:26.55	00:50:49.20	+00:15:17 (30.3%)	5:02	11.9 (69.6%)
148	WŁADYKA Paweł	445	KLIMOR TEAM	M-30	60	00:00:40	00:25:46	00:50:26.60	00:51:06.90	+00:15:17 (30.3%)	5:02	11.9 (69.6%)
149	ŚWIĘCICKI Andrzej	411	BYDGOSZCZ	M-40	32	00:00:12	00:24:10	00:50:29.65	00:50:41.65	+00:15:21 (30.4%)	5:02	11.9 (69.6%)
150	RESKE Daniel	338	GOLDEN FITNESS	M-30	61	00:00:19	00:23:51	00:50:31.95	00:50:51.20	+00:15:23 (30.5%)	5:03	11.9 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
151	TATULIŃSKA Aleksandra	414	RUN BYDGOSZCZ	K-30	7	00:00:24	00:25:18	00:50:33.85	00:50:58.35	+00:15:25 (30.5%)	5:03	11.9 (69.6%)
152	ŁAZ Kamil	213	RUN BYDGOSZCZ	M-30	62	00:00:24	00:25:18	00:50:34.10	00:50:58.65	+00:15:25 (30.5%)	5:03	11.9 (69.6%)
153	WŁODARCZYK Wojciech	446		M-50	13	00:00:08	00:24:10	00:50:35.50	00:50:43.80	+00:15:26 (30.5%)	5:03	11.9 (69.6%)
154	KOWALCZYK Tomasz	162	ZP SERWIS	M-40	33	00:00:09	00:24:08	00:50:36.55	00:50:46.35	+00:15:27 (30.6%)	5:03	11.9 (69.6%)
155	STARSZAK Pawel	374		M-30	63	00:00:11	00:24:32	00:50:41.15	00:50:53.05	+00:15:32 (30.7%)	5:04	11.8 (69.0%)
156	PALACZ Wioletta	295		K-30	8	00:00:10	00:24:09	00:50:42.60	00:50:53.50	+00:15:33 (30.7%)	5:04	11.8 (69.0%)
157	IWON Konrad	119	KLIMA-THERM TEAM	M-30	64	00:00:16	00:24:30	00:50:43.45	00:51:00.35	+00:15:34 (30.7%)	5:04	11.8 (69.0%)
158	KAZIMIERUK Mateusz	147	ALNOR SYSTEMY WENTYLACJI SP. Z O.O.	M-20	30	00:00:14	00:25:02	00:50:48.40	00:51:02.90	+00:15:39 (30.8%)	5:04	11.8 (69.0%)
159	RÓŻYCKI Marcin	345		M-20	31	00:00:00	00:24:06	00:50:49.55	00:50:50.50	+00:15:40 (30.9%)	5:05	11.8 (69.0%)
160	KOWALIK Waldemar	164		M-40	34	00:00:48	00:24:55	00:50:50.20	00:51:38.40	+00:15:41 (30.9%)	5:05	11.8 (69.0%)
161	RUSZKIEWICZ Łukasz	348		M-30	65	00:00:28	00:24:40	00:50:50.50	00:51:19.00	+00:15:41 (30.9%)	5:05	11.8 (69.0%)
162	RÓŻOWICZ Aleksandra	344		K-20	2	00:00:05	00:24:16	00:50:50.55	00:50:55.55	+00:15:41 (30.9%)	5:05	11.8 (69.0%)
163	RAUT Wiesław	335		M-60+	2	00:00:16	00:24:28	00:50:53.15	00:51:09.95	+00:15:44 (30.9%)	5:05	11.8 (69.0%)
164	LUZAK Mirosław	211	MWIK BYDGOSZCZ	M-50	14	00:00:09	00:24:32	00:50:55.90	00:51:05.50	+00:15:47 (31.0%)	5:05	11.8 (69.0%)
165	WITCZAK Jarosław	444		M-20	32	00:00:05	00:23:40	00:50:56.00	00:51:01.30	+00:15:47 (31.0%)	5:05	11.8 (69.0%)
166	GABRYSIAK Dawid	84		M-30	66	00:00:26	00:24:40	00:50:59.40	00:51:26.10	+00:15:50 (31.1%)	5:06	11.8 (69.0%)
167	GACKOWSKA Beata	85	MWIK BYDGOSZCZ	K-40	4	00:00:07	00:25:15	00:51:02.45	00:51:09.80	+00:15:53 (31.1%)	5:06	11.8 (69.0%)
168	KIERZNIKIEWICZ Paweł	150	KLIMATRIK	M-30	67	00:00:13	00:24:15	00:51:04.25	00:51:17.70	+00:15:55 (31.2%)	5:06	11.7 (68.4%)
169	SZYSZKA Radosław	405		M-30	68	00:00:09	00:24:40	00:51:15.10	00:51:24.65	+00:16:06 (31.4%)	5:07	11.7 (68.4%)
170	MATOWSKA Monika	237		K-20	3	00:00:12	00:23:58	00:51:18.40	00:51:30.70	+00:16:09 (31.5%)	5:07	11.7 (68.4%)
171	GORDON Roman	97	RUN BYDGOSZCZ	M-60+	3	00:00:09	00:24:29	00:51:19.60	00:51:29.40	+00:16:10 (31.5%)	5:08	11.7 (68.4%)
172	WESOŁOWSKI Dariusz	431		M-40	35	00:00:31	00:25:30	00:51:29.30	00:52:00.80	+00:16:20 (31.7%)	5:08	11.7 (68.4%)
173	SADEJ Małgorzata	358	INFRACORR TEAM	K-30	9	00:00:26	00:24:48	00:51:31.60	00:51:57.80	+00:16:22 (31.8%)	5:09	11.6 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
174	WOJCIECHOWSKI Jarosław	450	LPKIW 'MYŚLĘCINEK'	M-40	36	00:00:08	00:24:16	00:51:31.95	00:51:40.90	+00:16:23 (31.8%)	5:09	11.6 (67.8%)
175	WIŚNIEWSKI Wojciech	443	B4SPORT	M-40	37	00:00:10	00:24:58	00:51:32.15	00:51:42.25	+00:16:23 (31.8%)	5:09	11.6 (67.8%)
176	CZELEŃ Szymon	508		M-30	69	00:00:21	00:24:46	00:51:32.40	00:51:53.50	+00:16:23 (31.8%)	5:09	11.6 (67.8%)
177	TADROWSKI Tomasz	412		M-40	38	00:00:21	00:24:16	00:51:43.05	00:52:04.75	+00:16:34 (32.0%)	5:10	11.6 (67.8%)
178	ORŁOWSKI Janusz	284	RUN BYDGOSZCZ	M-40	39	00:00:31	00:24:59	00:51:51.40	00:52:22.85	+00:16:42 (32.2%)	5:11	11.6 (67.8%)
179	MURAWSKI Piotr	262		M-30	70	00:00:15	00:25:39	00:51:53.35	00:52:09.15	+00:16:44 (32.3%)	5:11	11.6 (67.8%)
180	KOWANEK Mateusz	167		M-20	33	00:00:14	00:24:38	00:52:02.30	00:52:16.80	+00:16:53 (32.5%)	5:12	11.5 (67.3%)
181	BUZALSKI Robert	34	ORANGE POLSKA	M-40	40	00:00:10	00:24:16	00:52:08.90	00:52:19.50	+00:17:00 (32.6%)	5:12	11.5 (67.3%)
182	WASZAK Artur	427		M-30	71	00:00:28	00:25:49	00:52:09.75	00:52:38.55	+00:17:01 (32.6%)	5:13	11.5 (67.3%)
183	MARCZYŃSKI Marshall Paweł	231	MARSHALL	M-30	72	00:00:16	00:25:37	00:52:09.85	00:52:26.15	+00:17:01 (32.6%)	5:13	11.5 (67.3%)
184	WYSZKOWSKA Marzena	462	-	K-30	10	00:00:28	00:25:49	00:52:10.45	00:52:38.85	+00:17:01 (32.6%)	5:13	11.5 (67.3%)
185	MIKOŁAJCZYK Dariusz	252		M-40	41	00:00:11	00:24:11	00:52:15.05	00:52:26.95	+00:17:06 (32.7%)	5:13	11.5 (67.3%)
186	OSTROWSKI Piotr	289	OSTROWSKI TEAM	M-30	73	00:00:23	00:25:03	00:52:17.75	00:52:41.20	+00:17:09 (32.8%)	5:13	11.5 (67.3%)
187	WONIAKOWSKI Czesław	453	PARKRUN BYDGOSZCZ	M-50	15	00:00:22	00:25:35	00:52:17.80	00:52:39.90	+00:17:09 (32.8%)	5:13	11.5 (67.3%)
188	ANIOŁ Bartłomiej	5	INFRACORR TEAM	M-30	74	00:00:26	00:24:30	00:52:18.90	00:52:45.80	+00:17:10 (32.8%)	5:13	11.5 (67.3%)
189	STYKAŁA Magdalena	379		K-40	5	00:00:24	00:25:01	00:52:22.70	00:52:47.00	+00:17:14 (32.9%)	5:14	11.5 (67.3%)
190	GÓRECKI Łukasz	103	BYDGOSKIE OKONIE	M-30	75	00:00:19	00:24:48	00:52:26.60	00:52:46.55	+00:17:17 (33.0%)	5:14	11.4 (66.7%)
191	WOJCIECHOWSKI Grzegorz	449	TRUST ME, IM THE ENGINEER!	M-20	34	00:00:13	00:24:28	00:52:27.10	00:52:40.30	+00:17:18 (33.0%)	5:14	11.4 (66.7%)
192	SZCZEPAŃSKI Patryk	394	AKADEMIA BIEGANIA GRUDZIĄDZ	M-30	76	00:00:29	00:25:08	00:52:29.45	00:52:58.60	+00:17:20 (33.0%)	5:14	11.4 (66.7%)
193	SZRAJDA Marcin	399		M-30	77	00:00:03	00:25:27	00:52:29.50	00:52:32.50	+00:17:20 (33.0%)	5:14	11.4 (66.7%)
194	ŚWIATOWY Daria	410		K-20	4	00:00:16	00:25:32	00:52:29.70	00:52:46.60	+00:17:21 (33.1%)	5:15	11.4 (66.7%)
195	FILIPEK Patryk	79		M-20	35	00:00:16	00:25:32	00:52:29.75	00:52:46.55	+00:17:21 (33.1%)	5:15	11.4 (66.7%)
196	ANDRZEJEWSKI Ryszard	3	WZGÓRZE WOLNOŚCI	M-60+	4	00:00:04	00:25:01	00:52:35.35	00:52:40.20	+00:17:26 (33.2%)	5:15	11.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	5km					
197	URBAŃSKA Emilia	424	GALA24.PL	K-30	11	00:00:17	00:25:20	00:52:42.90	00:53:00.85	+00:17:34 (33.3%)	5:16	11.4 (66.7%)
198	KANIEWSKI Grzegorz	143	MIŁOSŁAW BIEGA	M-40	42	00:00:18	00:25:18	00:52:45.00	00:53:03.30	+00:17:36 (33.4%)	5:16	11.4 (66.7%)
199	WIŚNIEWSKI Daniel	441		M-50	16	00:00:06	00:24:58	00:52:47.60	00:52:54.10	+00:17:38 (33.4%)	5:16	11.4 (66.7%)
200	ŁOŚ Piotr	215		M-40	43	00:00:21	00:24:56	00:52:50.85	00:53:12.55	+00:17:42 (33.5%)	5:17	11.4 (66.7%)
201	NITA Wiesław	271	VILLAGE PUNK RUN	M-40	44	00:00:25	00:24:52	00:52:57.45	00:53:22.85	+00:17:48 (33.6%)	5:17	11.3 (66.1%)
202	WIĘCASZEK Maciej	436	NAVIME.PL	M-40	45	00:00:25	00:25:37	00:53:02.05	00:53:27.10	+00:17:53 (33.7%)	5:18	11.3 (66.1%)
203	CHWIŁKA Daniel	42		M-30	78	00:00:09	00:24:52	00:53:04.50	00:53:14.00	+00:17:55 (33.8%)	5:18	11.3 (66.1%)
204	WRONECKA Emilia	458		K-20	5	00:00:28	00:25:54	00:53:15.85	00:53:44.15	+00:18:07 (34.0%)	5:19	11.3 (66.1%)
205	BAUMAN Krystian	11	DRUŻYNA SZPIKU	M-30	79	00:00:39	00:26:13	00:53:16.50	00:53:55.80	+00:18:07 (34.0%)	5:19	11.3 (66.1%)
206	DESKA Paweł	67	KLIMA-THERM TEAM	M-40	46	00:00:43	00:26:04	00:53:21.25	00:54:04.55	+00:18:12 (34.1%)	5:20	11.2 (65.5%)
207	BURZYŃSKI Marek	33	-	M-40	47	00:00:13	00:25:34	00:53:21.40	00:53:35.05	+00:18:12 (34.1%)	5:20	11.2 (65.5%)
208	PRUS Justyna	323	-	K-30	12	00:00:13	00:25:34	00:53:21.70	00:53:35.20	+00:18:13 (34.1%)	5:20	11.2 (65.5%)
209	BIAŁOWĄS Dariusz	15	R2G	M-40	48	00:00:39	00:25:57	00:53:21.80	00:54:01.00	+00:18:13 (34.1%)	5:20	11.2 (65.5%)
210	OLIJARCZYK Paweł	281	KLIMOR TEAM	M-30	80	00:00:39	00:26:06	00:53:35.05	00:54:14.85	+00:18:26 (34.4%)	5:21	11.2 (65.5%)
211	TOMASZEWSKI Jordan	416	AFLOFARM RUNNING TEAM	M-30	81	00:00:02	00:25:50	00:53:39.35	00:53:42.25	+00:18:30 (34.5%)	5:22	11.2 (65.5%)
212	BIAŁOBŁOCKI Marek	14	LECH RYPIN	M-30	82	00:00:39	00:26:28	00:53:49.85	00:54:29.70	+00:18:41 (34.7%)	5:23	11.1 (64.9%)
213	CHOJNACKI Andrzej	40	ATI SYSTEMY ELEKTRONICZNE	M-40	49	00:00:17	00:24:57	00:53:52.60	00:54:10.55	+00:18:43 (34.8%)	5:23	11.1 (64.9%)
214	NOWACZYK Radosław	274	XAVI MAX ALEX	M-40	50	00:00:15	00:25:16	00:54:02.80	00:54:18.30	+00:18:54 (35.0%)	5:24	11.1 (64.9%)
215	PETELCZYC Piotr	302	PITER ELMAX	M-40	51	00:00:06	00:25:07	00:54:03.65	00:54:10.55	+00:18:55 (35.0%)	5:24	11.1 (64.9%)
216	URBAN Piotr	423	WODKAN	M-30	83	00:00:40	00:26:17	00:54:08.80	00:54:49.25	+00:19:00 (35.1%)	5:24	11.1 (64.9%)
217	LEWANDOWSKI Paweł	206	PAY TRADE	M-30	84	00:00:21	00:25:07	00:54:16.00	00:54:37.70	+00:19:07 (35.2%)	5:25	11.1 (64.9%)
218	ZALEWSKI Michał	463	KLIMA-THERM TEAM	M-40	52	00:00:41	00:25:57	00:54:17.55	00:54:59.45	+00:19:08 (35.3%)	5:25	11 (64.3%)
219	GRĘBICKI Rafał	109		M-30	85	00:00:49	00:26:31	00:54:20.40	00:55:09.85	+00:19:11 (35.3%)	5:26	11 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
220	POLANSKA Beata	319	CIEPŁOBUD BYDGOSZCZ	K-40	6	00:00:23	00:26:41	00:54:23.05	00:54:46.45	+00:19:14 (35.4%)	5:26	11 (64.3%)
221	POLANSKA Asia	318		K-30	13	00:00:23	00:26:41	00:54:24.15	00:54:47.35	+00:19:15 (35.4%)	5:26	11 (64.3%)
222	MRÓWCZYŃSKI Tomasz	260		M-30	86	00:00:34	00:25:41	00:54:31.25	00:55:06.15	+00:19:22 (35.5%)	5:27	11 (64.3%)
223	APANASIEWICZ Bartosz	6	RUNSPACE.PL	M-30	87	00:00:20	00:25:55	00:54:32.35	00:54:52.65	+00:19:23 (35.6%)	5:27	11 (64.3%)
224	BRUDNICKI Paweł	27	KLIMAT SOLEC	M-20	36	00:00:15	00:25:38	00:54:32.60	00:54:47.85	+00:19:23 (35.6%)	5:27	11 (64.3%)
225	WOŹNIAK Anna	454		K-30	14	00:00:19	00:25:56	00:54:32.70	00:54:52.35	+00:19:24 (35.6%)	5:27	11 (64.3%)
226	MAŁECKI Tomasz	224		M-30	88	00:00:30	00:26:17	00:54:37.30	00:55:07.65	+00:19:28 (35.7%)	5:27	11 (64.3%)
227	POTRZEBOWSKA Agata	322	NIE MAM	K-30	15	00:00:16	00:26:38	00:54:38.90	00:54:55.80	+00:19:30 (35.7%)	5:27	11 (64.3%)
228	NEJMAN Dariusz	268		M-30	89	00:00:34	00:25:42	00:54:39.65	00:55:14.10	+00:19:31 (35.7%)	5:28	11 (64.3%)
229	RYMER Adam	351		M-30	90	00:00:55	00:27:08	00:54:40.10	00:55:35.95	+00:19:31 (35.7%)	5:28	11 (64.3%)
230	MOKOS Tomasz	257	BBL INOWROCŁAW	M-30	91	00:00:36	00:26:28	00:54:40.75	00:55:16.90	+00:19:32 (35.7%)	5:28	11 (64.3%)
231	MIŚ Michał	256	LUKS START NAKŁO	M-20	37	00:00:42	00:27:05	00:54:43.95	00:55:26.55	+00:19:35 (35.8%)	5:28	11 (64.3%)
232	SZULC Małgorzata	400		K-30	16	00:00:28	00:26:08	00:54:46.70	00:55:15.35	+00:19:38 (35.8%)	5:28	11 (64.3%)
233	MARAŚKIEWICZ Agnieszka	227		K-20	6	00:00:23	00:27:06	00:54:49.80	00:55:13.55	+00:19:41 (35.9%)	5:29	10.9 (63.7%)
234	WIATR Tomasz	432		M-40	53	00:00:54	00:27:25	00:54:49.95	00:55:44.70	+00:19:41 (35.9%)	5:29	10.9 (63.7%)
235	BUCZKOWSKI Wojciech	30	STALRENT	M-40	54	00:00:27	00:26:10	00:54:50.05	00:55:17.35	+00:19:41 (35.9%)	5:29	10.9 (63.7%)
236	KOZIAK Karolina	169		K-40	7	00:00:16	00:25:38	00:54:51.20	00:55:07.20	+00:19:42 (35.9%)	5:29	10.9 (63.7%)
237	OLSZEWSKA Adrianna	282		K-20	7	00:00:16	00:25:38	00:54:55.75	00:55:12.35	+00:19:47 (36.0%)	5:29	10.9 (63.7%)
238	JAWORSKI Krzysztof	130		M-40	55	00:00:26	00:26:35	00:54:56.85	00:55:23.10	+00:19:48 (36.0%)	5:29	10.9 (63.7%)
239	ŻERDZIŃSKI Marcin	470		M-30	92	00:00:25	00:26:36	00:54:57.40	00:55:23.10	+00:19:48 (36.1%)	5:29	10.9 (63.7%)
240	SOBECKA Anna	365		K-30	17	00:00:19	00:26:49	00:54:58.25	00:55:17.65	+00:19:49 (36.1%)	5:29	10.9 (63.7%)
241	MUSZKOWSKI Andrzej	542		M-50	17	00:00:11	00:25:53	00:55:04.95	00:55:16.65	+00:19:56 (36.2%)	5:30	10.9 (63.7%)
242	RAUCHFLEISZ Andrzej	334	CZOPKI KOLCZASTE	M-40	56	00:00:55	00:27:26	00:55:06.55	00:56:01.60	+00:19:57 (36.2%)	5:30	10.9 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	5km					
243	SÓŁKOWSKA Hannelore	369	SAMA BIEGAM	K-50	1	00:00:43	00:26:27	00:55:09.05	00:55:52.95	+00:20:00 (36.3%)	5:30	10.9 (63.7%)
244	ŁOŚ Dariusz	216		M-50	18	00:00:52	00:27:26	00:55:14.95	00:56:07.40	+00:20:06 (36.4%)	5:31	10.9 (63.7%)
245	CZAPLEWSKA Agnieszka	51	KB ŁAPKA	K-30	18	00:00:34	00:27:26	00:55:15.75	00:55:50.00	+00:20:07 (36.4%)	5:31	10.9 (63.7%)
246	WIŚNIEWSKI Włodzimierz	442		M-50	19	00:00:46	00:26:47	00:55:16.20	00:56:02.95	+00:20:07 (36.4%)	5:31	10.9 (63.7%)
247	ŚMIEKOWSKI Ryszard	408	MIEJSKIE WODOCIĄGI I KANALIZACJA W BYDGOSZCZY	M-50	20	00:00:22	00:26:29	00:55:22.95	00:55:45.90	+00:20:14 (36.5%)	5:32	10.8 (63.2%)
248	KRAJNIK Wojciech	175		M-30	93	00:00:45	00:27:12	00:55:25.30	00:56:10.70	+00:20:16 (36.6%)	5:32	10.8 (63.2%)
249	PIÓRKOWSKI Marcin	313	VADAIN RUNNING CLUB	M-30	94	00:00:39	00:26:44	00:55:33.50	00:56:13.20	+00:20:24 (36.7%)	5:33	10.8 (63.2%)
250	REPKA Marek	336	LUPUS TEAM	M-40	57	00:00:20	00:27:11	00:55:34.90	00:55:55.85	+00:20:26 (36.8%)	5:33	10.8 (63.2%)
251	PETRICZEK Wojciech	303	REZERWOWEPSY	M-30	95	00:00:36	00:27:35	00:55:36.15	00:56:12.65	+00:20:27 (36.8%)	5:33	10.8 (63.2%)
252	KONKEL Bartosz	159		M-30	96	00:00:43	00:27:22	00:55:38.20	00:56:21.45	+00:20:29 (36.8%)	5:33	10.8 (63.2%)
253	JELENIOWSKI Eugeniusz	133	BŁĄDZIMSKIE ZAJĄCE	M-50	21	00:00:11	00:26:28	00:55:41.60	00:55:52.65	+00:20:32 (36.9%)	5:34	10.8 (63.2%)
254	STARCZEWSKI Paweł	373		M-50	22	00:00:41	00:27:27	00:55:54.70	00:56:36.25	+00:20:46 (37.1%)	5:35	10.7 (62.6%)
255	KASZOWICZ Marek	146	RWT W BYDGOSZCZY	M-40	58	00:00:50	00:26:44	00:55:56.35	00:56:47.05	+00:20:47 (37.2%)	5:35	10.7 (62.6%)
256	ZYCH Dawid	469		M-40	59	00:00:33	00:27:12	00:55:58.95	00:56:32.80	+00:20:50 (37.2%)	5:35	10.7 (62.6%)
257	WESOŁEK Piotr	430	BRAK	M-40	60	00:00:50	00:27:57	00:55:59.50	00:56:50.00	+00:20:50 (37.2%)	5:36	10.7 (62.6%)
258	MATUSZEWSKI Jarosław	240		M-50	23	00:00:41	00:27:18	00:56:09.45	00:56:51.00	+00:21:00 (37.4%)	5:37	10.7 (62.6%)
259	RUDOL Magdalena	347		K-40	8	00:00:19	00:25:57	00:56:10.10	00:56:29.10	+00:21:01 (37.4%)	5:37	10.7 (62.6%)
260	BAGROWSKI Marek	8	UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M-50	24	00:00:27	00:26:08	00:56:10.70	00:56:38.60	+00:21:02 (37.4%)	5:37	10.7 (62.6%)
261	MATUSEWICZ Michał	239	MATILEO	M-30	97	00:00:45	00:28:48	00:56:12.65	00:56:58.15	+00:21:04 (37.5%)	5:37	10.7 (62.6%)
262	PIECZYŃSKI Paweł	309	TROPS	M-40	61	00:01:00	00:27:28	00:56:14.90	00:57:15.00	+00:21:06 (37.5%)	5:37	10.7 (62.6%)
263	SKALISZ Ryszard	480		M-60+	5	00:00:28	00:26:31	00:56:16.05	00:56:44.85	+00:21:07 (37.5%)	5:37	10.7 (62.6%)
264	PRZYKUCKI Bartek	325	INTECH	M-30	98	00:00:20	00:26:19	00:56:17.25	00:56:37.65	+00:21:08 (37.6%)	5:37	10.7 (62.6%)
265	WŁODARCZYK Barbara	486		K-50	2	00:00:22	00:26:37	00:56:20.05	00:56:42.65	+00:21:11 (37.6%)	5:38	10.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
266	SZCZEBLEWSKI Witold	392	MOTOTURYSTYKA.COM	M-50	25	00:00:29	00:26:52	00:56:22.40	00:56:52.30	+00:21:13 (37.7%)	5:38	10.6 (62.0%)
267	REPKA Anna	337	LUPUS TEAM	K-40	9	00:00:20	00:27:32	00:56:23.65	00:56:44.60	+00:21:15 (37.7%)	5:38	10.6 (62.0%)
268	ZIELIŃSKI Karol	468	SUPPORT-RUNNERS	M-30	99	00:00:38	00:28:29	00:56:25.50	00:57:03.75	+00:21:16 (37.7%)	5:38	10.6 (62.0%)
269	STANGRECKI Dariusz	371	KB ŁAPKA	M-30	100	00:00:34	00:27:26	00:56:26.80	00:57:01.75	+00:21:18 (37.7%)	5:38	10.6 (62.0%)
270	KOLANOWSKI Wojciech	155		M-50	26	00:00:27	00:26:36	00:56:33.65	00:57:00.95	+00:21:25 (37.9%)	5:39	10.6 (62.0%)
271	BRZOZOWSKI Mariusz	28	INDYWIDUALNIE	M-50	27	00:00:11	00:26:22	00:56:33.85	00:56:44.90	+00:21:25 (37.9%)	5:39	10.6 (62.0%)
272	BYCZKOWSKI Zenon	35	INDYWIDUALNIE	M-50	28	00:00:11	00:26:23	00:56:34.15	00:56:45.55	+00:21:25 (37.9%)	5:39	10.6 (62.0%)
273	BŁAŻEJEWSKI Dariusz	19		M-40	62	00:00:45	00:26:58	00:56:34.55	00:57:20.30	+00:21:25 (37.9%)	5:39	10.6 (62.0%)
274	MAJEWSKI Robert	148	RUN PASJA	M-30	101	00:00:32	00:24:43	00:56:36.10	00:57:08.50	+00:21:27 (37.9%)	5:39	10.6 (62.0%)
275	BICZKOWSKA Magdalena	16	RUN BYDGOSZCZ	K-30	19	00:00:12	00:26:43	00:56:36.60	00:56:49.35	+00:21:27 (37.9%)	5:39	10.6 (62.0%)
276	KOLANOWSKA Grażyna	154		K-50	3	00:00:28	00:26:56	00:56:43.80	00:57:11.90	+00:21:35 (38.1%)	5:40	10.6 (62.0%)
277	SZCZEPAŃSKA Anna	393	REMKAN POZNAŃ	K-30	20	00:00:30	00:27:30	00:56:44.25	00:57:15.20	+00:21:35 (38.1%)	5:40	10.6 (62.0%)
278	MICHALAK Robert	243	GORDON RUN	M-20	38	00:00:41	00:27:55	00:56:45.55	00:57:27.10	+00:21:36 (38.1%)	5:40	10.6 (62.0%)
279	WOŹNIAK Tomasz	455		M-30	102	00:00:42	00:26:50	00:56:49.10	00:57:31.60	+00:21:40 (38.1%)	5:40	10.6 (62.0%)
280	RZEPKA Ewa	356	BRODNICA BIEGA	K-40	10	00:00:22	00:27:01	00:56:49.90	00:57:11.95	+00:21:41 (38.2%)	5:40	10.6 (62.0%)
281	MAREK Sławomir	232	STALE BIEGAM NOVA TRADING	M-30	103	00:00:27	00:27:08	00:56:53.60	00:57:21.50	+00:21:44 (38.2%)	5:41	10.5 (61.4%)
282	KRĘCICKI Jakub	180		M-20	39	00:00:22	00:27:49	00:57:03.95	00:57:26.25	+00:21:55 (38.4%)	5:42	10.5 (61.4%)
283	DONDALSKI Maciej	72		M-16	5	00:00:37	00:27:05	00:57:05.35	00:57:43.30	+00:21:56 (38.4%)	5:42	10.5 (61.4%)
284	WEGNER Roman	429		M-50	29	00:00:11	00:26:29	00:57:06.85	00:57:17.95	+00:21:58 (38.5%)	5:42	10.5 (61.4%)
285	MINDYKOWSKA Anna	254	RUN BYDGOSZCZ	K-40	11	00:00:23	00:26:50	00:57:14.65	00:57:38.60	+00:22:06 (38.6%)	5:43	10.5 (61.4%)
286	PLEWIŃSKI Rafał	315	KUJATT RUNNERS TEAM	M-30	104	00:00:26	00:28:07	00:57:18.25	00:57:44.70	+00:22:09 (38.7%)	5:43	10.5 (61.4%)
287	SPLITT Jakub	370	KLIMAT SOLEC	M-20	40	00:00:15	00:26:10	00:57:18.30	00:57:33.75	+00:22:09 (38.7%)	5:43	10.5 (61.4%)
288	ŻURAWICKI Jakub	472	INTECH	M-20	41	00:00:19	00:26:49	00:57:18.75	00:57:38.70	+00:22:10 (38.7%)	5:43	10.5 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	10km	10km	10km			
289	MAŁECKI Tomasz	225	DRUŻYNA SZPIKU	M-30	105	00:00:42	00:28:49	00:57:34.45	00:58:17.15	+00:22:25 (39.0%)	5:45	10.4 (60.8%)
290	KRAJDA Piotr	173	BBL BYDGOSZCZ	M-40	63	00:00:21	00:26:03	00:57:38.65	00:57:59.75	+00:22:30 (39.0%)	5:45	10.4 (60.8%)
291	GLASNER Rafał	92	WEEKENDOWY BIEGACZ	M-40	64	00:00:39	00:27:02	00:57:44.05	00:58:23.65	+00:22:35 (39.1%)	5:46	10.4 (60.8%)
292	GAJZLER Jerzy	88	BARTODZIEJE	M-60+	6	00:00:25	00:27:09	00:57:45.05	00:58:10.70	+00:22:36 (39.1%)	5:46	10.4 (60.8%)
293	LACH Michał	202		M-20	42	00:00:26	00:26:34	00:57:45.65	00:58:12.05	+00:22:37 (39.2%)	5:46	10.4 (60.8%)
294	GROMEK Mariusz	112		M-50	30	00:00:36	00:27:25	00:57:46.25	00:58:23.05	+00:22:37 (39.2%)	5:46	10.4 (60.8%)
295	ZAMIATOWSKA Kinga	464	RUN BYDGOSZCZ	K-30	21	00:00:29	00:27:53	00:57:47.30	00:58:16.55	+00:22:38 (39.2%)	5:46	10.4 (60.8%)
296	WOJCIECHOWSKA Magdalena	448		K-20	8	00:00:19	00:26:54	00:57:47.55	00:58:06.85	+00:22:38 (39.2%)	5:46	10.4 (60.8%)
297	MAJEWSKI Tomasz	220	PRZEBIEGLI UNISŁAW I OKOLICE	M-40	65	00:00:51	00:28:01	00:57:51.10	00:58:42.70	+00:22:42 (39.3%)	5:47	10.4 (60.8%)
298	LIWOCH Grzegorz	208	OSIELSKO	M-40	66	00:00:19	00:26:22	00:57:53.90	00:58:13.20	+00:22:45 (39.3%)	5:47	10.4 (60.8%)
299	KRYSZTOFIAK Robert	185		M-40	67	00:00:36	00:28:00	00:57:55.25	00:58:31.80	+00:22:46 (39.3%)	5:47	10.4 (60.8%)
300	JASKUŁOWSKI Artur	128		M-40	68	00:00:33	00:27:19	00:58:02.45	00:58:35.75	+00:22:53 (39.4%)	5:48	10.3 (60.2%)
301	MARKOWSKA Izabela	235		K-30	22	00:00:36	00:29:21	00:58:08.45	00:58:45.30	+00:22:59 (39.6%)	5:48	10.3 (60.2%)
302	GONCERZ Katarzyna	96	MWIK BYDGOSZCZ	K-30	23	00:00:20	00:27:08	00:58:16.15	00:58:36.30	+00:23:07 (39.7%)	5:49	10.3 (60.2%)
303	LUZAK Magdalena	212		K-20	9	00:00:38	00:28:42	00:58:17.90	00:58:56.75	+00:23:09 (39.7%)	5:49	10.3 (60.2%)
304	STYKAŁA Adrianna	380		K-16	2	00:00:30	00:27:29	00:58:19.95	00:58:50.45	+00:23:11 (39.8%)	5:50	10.3 (60.2%)
305	MIKUŁA Tomek	253	GORDON RUN	M-30	106	00:00:42	00:28:11	00:58:22.45	00:59:04.65	+00:23:13 (39.8%)	5:50	10.3 (60.2%)
306	WOŁOSZYN Kazimierz	452	BRZOZA BIEGA	M-50	31	00:00:37	00:27:26	00:58:30.10	00:59:08.00	+00:23:21 (39.9%)	5:51	10.3 (60.2%)
307	KRAŚNY Arkadiusz	177	BRAK	M-30	107	00:00:50	00:27:57	00:58:31.30	00:59:21.85	+00:23:22 (39.9%)	5:51	10.3 (60.2%)
308	MARKLIK Grażyna	234		K-40	12	00:00:34	00:28:52	00:58:37.00	00:59:11.60	+00:23:28 (40.0%)	5:51	10.2 (59.6%)
309	LEMAŃCZYK Bożena	204		K-30	24	00:00:21	00:27:49	00:58:41.40	00:59:02.80	+00:23:32 (40.1%)	5:52	10.2 (59.6%)
310	WADOWSKI Bartosz	425	ELEKTRYCY/KOPEL POZNAŃ	M-30	108	00:00:28	00:27:22	00:58:47.40	00:59:15.50	+00:23:38 (40.2%)	5:52	10.2 (59.6%)
311	SZYSLER Jarosław	404		M-30	109	00:00:35	00:28:55	00:58:49.00	00:59:24.05	+00:23:40 (40.2%)	5:52	10.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
312	KALINOWSKA Kamila	140	RUN BYDGOSZCZ	K-40	13	00:00:27	00:27:29	00:58:58.25	00:59:25.85	+00:23:49 (40.4%)	5:53	10.2 (59.6%)
313	STANKIEWICZ Dariusz	372	BÓL TO ŚCIEMA	M-40	69	00:00:33	00:27:57	00:58:59.80	00:59:33.50	+00:23:51 (40.4%)	5:54	10.2 (59.6%)
314	NAGÓRKA Ania	265		K-30	25	00:00:32	00:28:08	00:59:00.00	00:59:32.80	+00:23:51 (40.4%)	5:54	10.2 (59.6%)
315	JAKUBIAK Małgorzata	124		K-30	26	00:00:38	00:28:30	00:59:03.35	00:59:41.55	+00:23:54 (40.5%)	5:54	10.2 (59.6%)
316	NURKIEWICZ Jarosław	277	ANIOŁY	M-40	70	00:00:44	00:29:14	00:59:04.45	00:59:48.80	+00:23:55 (40.5%)	5:54	10.2 (59.6%)
317	SIEWERT Hanna	360		K-30	27	00:00:49	00:29:19	00:59:08.40	00:59:57.90	+00:23:59 (40.6%)	5:54	10.1 (59.1%)
318	STOŹEK Grażyna	376		K-40	14	00:00:40	00:27:59	00:59:09.15	00:59:49.35	+00:24:00 (40.6%)	5:54	10.1 (59.1%)
319	ORACKA Maja	283	VCR	K-30	28	00:00:32	00:28:34	00:59:12.40	00:59:44.85	+00:24:03 (40.6%)	5:55	10.1 (59.1%)
320	MREŁA Adrian	259		M-30	110	00:00:05	00:29:11	00:59:16.80	00:59:22.20	+00:24:08 (40.7%)	5:55	10.1 (59.1%)
321	FILOSEK Paweł	80		M-20	43	00:00:43	00:28:10	00:59:17.50	01:00:00.50	+00:24:08 (40.7%)	5:55	10.1 (59.1%)
322	BOSIACKI Mateusz	24	RUN BYDGOSZCZ	M-20	44	00:00:38	00:28:07	00:59:18.60	00:59:57.50	+00:24:09 (40.7%)	5:55	10.1 (59.1%)
323	ŻYCHOWSKI Rafał	473	INTECH	M-30	111	00:00:20	00:27:38	00:59:20.10	00:59:40.50	+00:24:11 (40.8%)	5:56	10.1 (59.1%)
324	OBRZEŻGIEWICZ Marek	278	KS ZRYW RADZIEJÓW	M-50	32	00:00:29	00:27:57	00:59:20.35	00:59:50.20	+00:24:11 (40.8%)	5:56	10.1 (59.1%)
325	GORZYCKI Michał	99	KLIMAT SOLEC	M-30	112	00:00:23	00:27:30	00:59:24.65	00:59:47.80	+00:24:16 (40.8%)	5:56	10.1 (59.1%)
326	KUCHTA Jacek	191	KLIMAT SOLEC	M-30	113	00:00:21	00:27:28	00:59:26.40	00:59:47.95	+00:24:17 (40.9%)	5:56	10.1 (59.1%)
327	SZATKOWSKI Wojciech	389		M-40	71	00:00:46	00:28:38	00:59:26.75	01:00:13.60	+00:24:18 (40.9%)	5:56	10.1 (59.1%)
328	NITA Katarzyna	272	VILLAGE PUNK RUN	K-40	15	00:00:39	00:27:49	00:59:28.70	01:00:08.00	+00:24:20 (40.9%)	5:56	10.1 (59.1%)
329	DĄBAL Bartosz	62	HYDRO-VACUUM S.A.	M-30	114	00:00:48	00:29:07	00:59:29.10	01:00:17.90	+00:24:20 (40.9%)	5:56	10.1 (59.1%)
330	WOŹNIAK Beata	456		K-30	29	00:00:43	00:28:45	00:59:30.80	01:00:14.55	+00:24:22 (40.9%)	5:57	10.1 (59.1%)
331	BOLLIN Łukasz	21		M-30	115	00:00:38	00:28:00	00:59:38.85	01:00:17.05	+00:24:30 (41.1%)	5:57	10.1 (59.1%)
332	TRUDNOWSKI Janusz	419		M-60+	7	00:00:47	00:27:49	00:59:39.40	01:00:27.05	+00:24:30 (41.1%)	5:58	10.1 (59.1%)
333	ĆWIKLIŃSKA Anna	58	KLONIKTEAM	K-30	30	00:00:29	00:27:40	00:59:39.70	01:00:09.40	+00:24:31 (41.1%)	5:58	10.1 (59.1%)
334	RABCZYŃSKI Grzegorz	327		M-30	116	00:00:48	00:29:48	00:59:51.75	01:00:40.05	+00:24:43 (41.3%)	5:59	10 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	5km					
335	MUCYK Małgorzata	479		K-30	31	00:00:31	00:28:58	00:59:52.25	01:00:24.00	+00:24:43 (41.3%)	5:59	10 (58.5%)
336	SOBOLEWSKA Aleksandra	367		K-20	10	00:00:38	00:28:45	01:00:08.35	01:00:46.70	+00:24:59 (41.6%)	6:00	10 (58.5%)
337	KOZIAK Roman	168		M-40	72	00:00:16	00:28:15	01:00:27.55	01:00:43.90	+00:25:18 (41.9%)	6:02	9.9 (57.9%)
338	OLEJNICZAK Witold	279	ULA TEAM	M-30	117	00:00:43	00:29:55	01:00:36.00	01:01:19.50	+00:25:27 (42.0%)	6:03	9.9 (57.9%)
339	OŚKA Beata	290		K-30	32	00:00:30	00:29:09	01:00:36.95	01:01:07.60	+00:25:28 (42.0%)	6:03	9.9 (57.9%)
340	DĘBSKI Jan	69	STOWARZYSZENIE KUŹNIA	M-60+	8	00:00:16	00:28:27	01:00:40.90	01:00:57.35	+00:25:32 (42.1%)	6:04	9.9 (57.9%)
341	BRANDT Daniel	26	ZWIK TCZEW	M-40	73	00:00:19	00:27:50	01:00:49.25	01:01:08.40	+00:25:40 (42.2%)	6:04	9.9 (57.9%)
342	SZYGOWSKI Mariusz	403	H2O TEAM	M-50	33	00:00:08	00:29:48	01:00:49.90	01:00:58.15	+00:25:41 (42.2%)	6:05	9.9 (57.9%)
343	WIESE Sławomir	435	RWT W BYDGOSZCZY	M-40	74	00:00:49	00:28:54	01:00:53.40	01:01:43.25	+00:25:44 (42.3%)	6:05	9.9 (57.9%)
344	BEDNAREK Alvida	12	ALNOR SYSTEMY WENTYLACJI SP. Z O.O.	K-30	33	00:00:29	00:29:12	01:00:59.50	01:01:29.40	+00:25:50 (42.4%)	6:06	9.8 (57.3%)
345	MICHAŁOWSKI Cezary	246	ALNOR SYSTEMY WENTYLACJI SP. Z O.O.	M-30	118	00:00:30	00:29:22	01:01:01.05	01:01:31.40	+00:25:52 (42.4%)	6:06	9.8 (57.3%)
346	NIKOŁAJEW Monika	270		K-30	34	00:00:36	00:29:30	01:01:01.85	01:01:37.95	+00:25:53 (42.4%)	6:06	9.8 (57.3%)
347	JAWORSKI Janusz	131		M-50	34	00:00:29	00:28:28	01:01:05.65	01:01:34.80	+00:25:57 (42.5%)	6:06	9.8 (57.3%)
348	KUKULSKI Tomasz	196	ELEKTRYCY/KOPEL POZNAŃ	M-30	119	00:00:28	00:29:30	01:01:18.70	01:01:47.00	+00:26:10 (42.7%)	6:07	9.8 (57.3%)
349	RYBKA Katarzyna	350	RYNEK INSTALACYJNY	K-20	11	00:00:37	00:30:31	01:01:28.20	01:02:05.65	+00:26:19 (42.8%)	6:08	9.8 (57.3%)
350	MENKA Adam	481		M-40	75	00:00:25	00:27:59	01:01:30.10	01:01:55.90	+00:26:21 (42.9%)	6:09	9.8 (57.3%)
351	MAŁANIN Dorota	223		K-40	16	00:00:40	00:28:52	01:01:31.05	01:02:11.60	+00:26:22 (42.9%)	6:09	9.8 (57.3%)
352	PAWLAK Leszek	299	MATI-LEO	M-30	120	00:00:46	00:29:51	01:01:36.55	01:02:22.65	+00:26:27 (43.0%)	6:09	9.7 (56.7%)
353	SYCZUK Grzegorz	385		M-40	76	00:00:35	00:29:54	01:01:38.15	01:02:13.95	+00:26:29 (43.0%)	6:09	9.7 (56.7%)
354	STRYCYŃSKI Marek	378		M-20	45	00:00:24	00:28:32	01:01:38.20	01:02:02.20	+00:26:29 (43.0%)	6:09	9.7 (56.7%)
355	MALICKA Beata	222		K-50	4	00:00:28	00:29:20	01:01:38.45	01:02:07.25	+00:26:29 (43.0%)	6:09	9.7 (56.7%)
356	PLISZCZYŃSKA Joanna	547		K-40	17	00:00:33	00:29:38	01:01:41.10	01:02:15.05	+00:26:32 (43.0%)	6:10	9.7 (56.7%)
357	SEROCKI Bartosz	359	KCBM FRANEK I RÓŻA	M-30	121	00:00:46	00:29:20	01:01:47.35	01:02:33.35	+00:26:38 (43.1%)	6:10	9.7 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
358	KRZYŻANOWSKI Wojciech	187		M-40	77	00:00:56	00:31:09	01:01:49.95	01:02:45.95	+00:26:41 (43.2%)	6:10	9.7 (56.7%)
359	ANGLART Roman	4		M-50	35	00:00:56	00:29:27	01:01:56.40	01:02:52.95	+00:26:47 (43.3%)	6:11	9.7 (56.7%)
360	GÓRNY Tadeusz	104		M-60+	9	00:00:16	00:29:56	01:01:57.80	01:02:14.70	+00:26:49 (43.3%)	6:11	9.7 (56.7%)
361	JADCZAK Katarzyna	121	BRAK	K-30	35	00:00:36	00:29:14	01:01:57.85	01:02:34.25	+00:26:49 (43.3%)	6:11	9.7 (56.7%)
362	DANIELEWICZ Kuba	59	PRZEBIEGLI UNISŁAW I OKOLICE	M-30	122	00:00:51	00:30:12	01:01:58.70	01:02:50.30	+00:26:50 (43.3%)	6:11	9.7 (56.7%)
363	LORKOWSKA Beata	209	RUN BYDGOSZCZ	K-40	18	00:00:32	00:29:32	01:01:59.00	01:02:31.10	+00:26:50 (43.3%)	6:11	9.7 (56.7%)
364	HEIDER Anna	116	LASKI GARMINA	K-30	36	00:00:33	00:30:39	01:02:01.55	01:02:34.85	+00:26:52 (43.3%)	6:12	9.7 (56.7%)
365	JASINIECKI Wojciech	127	RUN BYDGOSZCZ	M-30	123	00:00:56	00:29:30	01:02:02.75	01:02:59.70	+00:26:54 (43.4%)	6:12	9.7 (56.7%)
366	OTLEWSKA Justyna	291		K-20	12	00:00:42	00:30:24	01:02:02.85	01:02:45.30	+00:26:54 (43.4%)	6:12	9.7 (56.7%)
367	SYLDATK Marcin	387		M-30	124	00:00:48	00:30:11	01:02:03.55	01:02:52.45	+00:26:54 (43.4%)	6:12	9.7 (56.7%)
368	BOHDZIEWICZ Paweł	20		M-30	125	00:00:40	00:29:29	01:02:07.65	01:02:48.30	+00:26:59 (43.4%)	6:12	9.7 (56.7%)
369	KOZUCHOWSKA Katarzyna	171	RUN BDG	K-40	19	00:00:27	00:28:20	01:02:07.70	01:02:35.60	+00:26:59 (43.4%)	6:12	9.7 (56.7%)
370	KRAŚKIEWICZ Szymon	176		M-20	46	00:00:45	00:31:01	01:02:25.35	01:03:10.75	+00:27:16 (43.7%)	6:14	9.6 (56.1%)
371	CZUCZEJKO Jolanta	55	RUN BYDGOSZCZ	K-40	20	00:00:54	00:30:44	01:02:27.95	01:03:22.30	+00:27:19 (43.7%)	6:14	9.6 (56.1%)
372	SOBOWIEC Szymon	482		M-40	78	00:00:51	00:30:49	01:02:34.70	01:03:26.20	+00:27:26 (43.8%)	6:15	9.6 (56.1%)
373	BUŁA Dawid	31		M-30	126	00:00:03	00:29:17	01:02:38.30	01:02:41.50	+00:27:29 (43.9%)	6:15	9.6 (56.1%)
374	AUGUSTYNOWICZ Andrzej	7	RWT W BYDGOSZCZY	M-40	79	00:00:32	00:29:53	01:02:43.80	01:03:16.40	+00:27:35 (44.0%)	6:16	9.6 (56.1%)
375	SKOCZYŃSKI Eugeniusz	362	GESAL	M-50	36	00:00:46	00:30:52	01:02:48.50	01:03:34.95	+00:27:39 (44.0%)	6:16	9.6 (56.1%)
376	ŚLADEWSKI Rafał	406		M-30	127	00:00:07	00:28:58	01:02:56.80	01:03:03.85	+00:27:48 (44.2%)	6:17	9.5 (55.6%)
377	CEGIELSKI Maciej	37	ŻANDARMI Z BYDGOSZCZY	M-40	80	00:00:22	00:29:16	01:03:00.95	01:03:23.30	+00:27:52 (44.2%)	6:18	9.5 (55.6%)
378	WIERSKI Jarosław	434		M-40	81	00:00:34	00:30:00	01:03:04.00	01:03:38.25	+00:27:55 (44.3%)	6:18	9.5 (55.6%)
379	CIACHERA Ireneusz	43	INDYWIDUALNIE	M-40	82	00:00:43	00:29:50	01:03:13.20	01:03:56.30	+00:28:04 (44.4%)	6:19	9.5 (55.6%)
380	GIERACH Krzysztof	90		M-60+	10	00:00:32	00:29:59	01:03:28.65	01:04:01.25	+00:28:20 (44.6%)	6:20	9.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	5km					
381	SULECKI Bartłomiej	382		M-30	128	00:00:50	00:32:48	01:03:33.15	01:04:23.70	+00:28:24 (44.7%)	6:21	9.4 (55.0%)
382	KOLASIŃSKA Joanna	156	RUN BYDGOSZCZ	K-30	37	00:00:54	00:30:58	01:03:42.50	01:04:36.65	+00:28:33 (44.8%)	6:22	9.4 (55.0%)
383	ORYSIAK Agnieszka	285	RYNEK INSTALACYJNY	K-40	21	00:00:37	00:31:32	01:03:44.10	01:04:22.05	+00:28:35 (44.9%)	6:22	9.4 (55.0%)
384	KRZYŻANOWSKI Adrian	188	KLIMA-THERM TEAM	M-20	47	00:00:42	00:29:55	01:03:46.40	01:04:28.40	+00:28:37 (44.9%)	6:22	9.4 (55.0%)
385	PODGÓRNIAK Zdzieszko	316	KLIMOR TEAM	M-20	48	00:00:40	00:28:17	01:03:50.15	01:04:30.90	+00:28:41 (44.9%)	6:23	9.4 (55.0%)
386	DUTKIEWICZ Urszula	77	TKKF KOLEJARZ BYDGOSZCZ	K-30	38	00:00:20	00:30:23	01:03:56.55	01:04:17.15	+00:28:47 (45.0%)	6:23	9.4 (55.0%)
387	PĘKACKI Łukasz	304	ALNOR SYSTEMY WENTYLACJI SP. Z O.O.	M-30	129	00:00:34	00:29:00	01:03:59.25	01:04:33.85	+00:28:50 (45.1%)	6:23	9.4 (55.0%)
388	MARCINIAK Justyna	230		K-30	39	00:00:47	00:30:44	01:04:06.25	01:04:53.60	+00:28:57 (45.2%)	6:24	9.4 (55.0%)
389	KUBAS Marek	189		M-50	37	00:00:47	00:31:00	01:04:08.50	01:04:55.90	+00:28:59 (45.2%)	6:24	9.4 (55.0%)
390	BYRTEK Grzegorz	36		M-40	83	00:00:11	00:29:34	01:04:13.80	01:04:25.60	+00:29:05 (45.3%)	6:25	9.3 (54.4%)
391	KRUSZYŃSKI Mariusz	182	DRUŻYNA SZPIKU	M-40	84	00:00:39	00:29:36	01:04:23.55	01:05:02.70	+00:29:14 (45.4%)	6:26	9.3 (54.4%)
392	JURECKA Anna	137	REMKAN POZNAŃ	K-30	40	00:00:31	00:32:01	01:04:27.65	01:04:59.00	+00:29:19 (45.5%)	6:26	9.3 (54.4%)
393	KUZIEMSKA Anna	200	ELEKTRO.INFO	K-30	41	00:00:37	00:32:07	01:04:59.70	01:05:37.00	+00:29:51 (45.9%)	6:30	9.2 (53.8%)
394	GROCHOWALSKA Marzena	110	BYDGOSZCZ	K-30	42	00:00:45	00:30:58	01:05:10.90	01:05:56.50	+00:30:02 (46.1%)	6:31	9.2 (53.8%)
395	ZAWIERACZ Robert	465	PIĘKNE POJEZIERZE BRODNICKIE	M-30	130	00:00:47	00:31:10	01:05:20.55	01:06:08.20	+00:30:11 (46.2%)	6:32	9.2 (53.8%)
396	GMAJ Karolina	94		K-30	43	00:00:26	00:29:07	01:05:31.20	01:05:57.35	+00:30:22 (46.4%)	6:33	9.2 (53.8%)
397	CZAJKA Aleksandra	49	MALDOM KWIDZYN	K-16	3	00:00:33	00:30:25	01:05:34.00	01:06:07.60	+00:30:25 (46.4%)	6:33	9.2 (53.8%)
398	CZAJKA Krzysztof	48	MALDOM KWIDZYN	M-40	85	00:00:33	00:30:25	01:05:35.10	01:06:08.50	+00:30:26 (46.4%)	6:33	9.1 (53.2%)
399	MYŻYŃSKI Maciej	263		M-40	86	00:00:55	00:29:49	01:05:43.50	01:06:38.85	+00:30:34 (46.5%)	6:34	9.1 (53.2%)
400	FRYŻEWSKI Michał	83	POLACY DLA POLSKI :-)	M-40	87	00:00:47	00:31:08	01:05:49.75	01:06:37.60	+00:30:41 (46.6%)	6:35	9.1 (53.2%)
401	KRAWCZYK Bartłomiej	179	MECHVENT TEAM	M-30	131	00:00:34	00:32:06	01:06:05.35	01:06:40.25	+00:30:56 (46.8%)	6:36	9.1 (53.2%)
402	PASIEKA Magda	297	MAM TĘ MOC	K-30	44	00:00:39	00:31:59	01:06:10.00	01:06:49.00	+00:31:01 (46.9%)	6:37	9.1 (53.2%)
403	GACKOWSKI Edward	87		M-60+	11	00:00:30	00:31:14	01:06:22.10	01:06:52.30	+00:31:13 (47.0%)	6:38	9 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
404	DOMKA Krzysztof	71	REZERWOWE PSY	M-30	132	00:00:37	00:31:08	01:06:26.75	01:07:03.85	+00:31:18 (47.1%)	6:38	9 (52.6%)
405	- -	568		K-20	13	00:00:30	00:30:40	01:06:36.45	01:07:06.95	+00:31:27 (47.2%)	6:39	9 (52.6%)
406	PIECYK-CZAJA Sonia	308		K-30	45	00:00:43	00:32:04	01:06:45.75	01:07:29.55	+00:31:37 (47.4%)	6:40	9 (52.6%)
407	CUDAK Małgorzata	46	AQUA 4	K-30	46	00:00:44	00:31:44	01:06:52.25	01:07:36.80	+00:31:43 (47.4%)	6:41	9 (52.6%)
408	TOMASZEK Sebastian	415		M-30	133	00:00:50	00:33:44	01:06:58.30	01:07:48.40	+00:31:49 (47.5%)	6:41	9 (52.6%)
409	WIKTOROWICZ Dominika	438		K-20	14	00:00:37	00:32:07	01:06:59.35	01:07:37.00	+00:31:50 (47.5%)	6:42	9 (52.6%)
410	ZIELIŃSKI Mateusz	467		M-30	134	00:00:40	00:31:08	01:07:01.20	01:07:41.50	+00:31:52 (47.6%)	6:42	9 (52.6%)
411	CZARNY Krzysztof	52	MWIK BYDGOSZCZ	M-50	38	00:00:32	00:31:10	01:07:05.10	01:07:37.90	+00:31:56 (47.6%)	6:42	8.9 (52.0%)
412	JACOBI Maciej	120		M-20	49	00:00:35	00:31:21	01:07:36.95	01:08:12.20	+00:32:28 (48.0%)	6:45	8.9 (52.0%)
413	BURCHARDT Mirka	32	RWT W BYDGOSZCZY	K-60+	1	00:00:33	00:29:46	01:07:37.10	01:08:10.40	+00:32:28 (48.0%)	6:45	8.9 (52.0%)
414	CZYŻEWSKA Justyna	57		K-30	47	00:00:38	00:31:46	01:07:41.00	01:08:19.60	+00:32:32 (48.1%)	6:46	8.9 (52.0%)
415	DRAPIEWSKI Przemysław	73	RUN BYDGOSZCZ	M-40	88	00:00:25	00:31:58	01:07:43.10	01:08:08.60	+00:32:34 (48.1%)	6:46	8.9 (52.0%)
416	PIETRASZAK Tomasz	311	RUN BYDGOSZCZ	M-40	89	00:00:25	00:31:58	01:07:43.25	01:08:08.60	+00:32:34 (48.1%)	6:46	8.9 (52.0%)
417	SZEWczyk Karolina	398		K-30	48	00:00:31	00:31:06	01:08:37.10	01:09:08.90	+00:33:28 (48.8%)	6:51	8.7 (50.9%)
418	KRAWCZAK Maciej	178	ASPEKT TEAM	M-40	90	00:00:05	00:33:30	01:08:45.20	01:08:50.70	+00:33:36 (48.9%)	6:52	8.7 (50.9%)
419	SCHULZ Maciej	476	PRUSZCZ BIEGA	M-40	91	00:00:41	00:32:46	01:09:13.00	01:09:54.35	+00:34:04 (49.2%)	6:55	8.7 (50.9%)
420	WALENTYNOWICZ Aneta	475	PRUSZCZ BIEGA	K-30	49	00:00:41	00:32:46	01:09:13.15	01:09:54.40	+00:34:04 (49.2%)	6:55	8.7 (50.9%)
421	RATAJCZYK Ewa	333	HEFALUMPY	K-40	22	00:00:38	00:33:23	01:09:14.00	01:09:52.80	+00:34:05 (49.2%)	6:55	8.7 (50.9%)
422	PIANOWSKA Ewa	306	BIURO INŻYNIERII ŚRODOWISKA	K-50	5	00:00:42	00:32:08	01:09:14.60	01:09:57.40	+00:34:05 (49.2%)	6:55	8.7 (50.9%)
423	DREWS Maciej	75	INTECH	M-30	135	00:00:19	00:31:05	01:09:17.00	01:09:36.95	+00:34:08 (49.3%)	6:55	8.7 (50.9%)
424	MICHALSKA Grażyna	244	KLIMAT SOLEC	K-30	50	00:00:48	00:32:32	01:09:19.05	01:10:07.75	+00:34:10 (49.3%)	6:55	8.7 (50.9%)
425	MIOTK Marek	255	KLIMOR TEAM	M-30	136	00:00:39	00:33:55	01:09:38.80	01:10:18.50	+00:34:30 (49.5%)	6:57	8.6 (50.3%)
426	URBAŃSKI Hubert	484	RUN TEAM	M-16	6	00:00:32	00:34:07	01:09:39.60	01:10:12.40	+00:34:30 (49.5%)	6:58	8.6 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	5km					
427	URBAŃSKI Piotr	483		M-40	92	00:00:32	00:33:15	01:09:40.10	01:10:12.30	+00:34:31 (49.6%)	6:58	8.6 (50.3%)
428	JASTRZĘBSKI Mirosław	129	MECHVENT TEAM	M-60+	12	00:00:48	00:32:16	01:10:00.95	01:10:49.15	+00:34:52 (49.8%)	7:00	8.6 (50.3%)
429	ZIEGERT Jakub	466	MECHVENT TEAM	M-20	50	00:00:35	00:32:29	01:10:13.25	01:10:48.65	+00:35:04 (50.0%)	7:01	8.5 (49.7%)
430	KUCZYŃSKI Jarosław	192	MECHVENT TEAM	M-20	51	00:00:35	00:32:30	01:10:13.65	01:10:49.15	+00:35:05 (50.0%)	7:01	8.5 (49.7%)
431	BUBLIK Marta	29	RUN BYDGOSZCZ	K-30	51	00:00:56	00:33:35	01:10:15.30	01:11:11.95	+00:35:06 (50.0%)	7:01	8.5 (49.7%)
432	GORGOL Renata	98	RUN BYDGOSZCZ	K-40	23	00:00:56	00:33:35	01:10:15.90	01:11:12.20	+00:35:07 (50.0%)	7:01	8.5 (49.7%)
433	PISANKO Marcin	314	ZP SERWIS	M-30	137	00:00:53	00:34:05	01:10:46.25	01:11:39.90	+00:35:37 (50.3%)	7:04	8.5 (49.7%)
434	SOBOCZYŃSKA-ŚLEDŹ Joanna	366		K-30	52	00:00:31	00:33:32	01:11:01.40	01:11:33.20	+00:35:52 (50.5%)	7:06	8.4 (49.1%)
435	PAKULSKA Dorota	293		K-40	24	00:00:35	00:33:37	01:11:03.85	01:11:39.75	+00:35:55 (50.5%)	7:06	8.4 (49.1%)
436	NOWAK Monika	275		K-20	15	00:00:44	00:33:34	01:11:06.35	01:11:51.20	+00:35:57 (50.6%)	7:06	8.4 (49.1%)
437	MAN Beata	226	KLIMAT SOLEC	K-30	53	00:00:44	00:33:57	01:11:10.50	01:11:55.40	+00:36:01 (50.6%)	7:07	8.4 (49.1%)
438	MAJEWSKA Małgorzata	219	MM	K-60+	2	00:00:45	00:33:55	01:11:19.85	01:12:04.95	+00:36:11 (50.7%)	7:07	8.4 (49.1%)
439	KAŁUSKI Jacek	141	MECHVENT TEAM	M-40	93	00:00:44	00:33:08	01:11:30.65	01:12:15.30	+00:36:22 (50.9%)	7:09	8.4 (49.1%)
440	SZALA Monika	388		K-30	54	00:00:46	00:34:38	01:11:50.00	01:12:36.20	+00:36:41 (51.1%)	7:11	8.4 (49.1%)
441	IDZIAK Sylwia	117	ALNOR SYSTEMY WENTYLACJI SP. Z O.O.	K-30	55	00:00:29	00:32:10	01:11:50.25	01:12:19.70	+00:36:41 (51.1%)	7:11	8.4 (49.1%)
442	GRACZYKOWSKI Andrzej	105		M-40	94	00:00:52	00:34:20	01:12:08.50	01:13:01.40	+00:36:59 (51.3%)	7:12	8.3 (48.5%)
443	JANKOWSKI Dawid	126		M-30	138	00:00:16	00:33:19	01:12:24.50	01:12:40.60	+00:37:15 (51.5%)	7:14	8.3 (48.5%)
444	SIKORA Artur	361		M-40	95	00:00:59	00:37:27	01:13:08.45	01:14:07.50	+00:37:59 (52.0%)	7:18	8.2 (48.0%)
445	OWIEŚNY Łukasz	292	KLIMAT SOLEC	M-30	139	00:00:45	00:34:21	01:13:39.75	01:14:25.35	+00:38:31 (52.3%)	7:22	8.1 (47.4%)
446	BIELIŃSKA Hania	18	ZP SERWIS	K-30	56	00:00:54	00:34:49	01:14:28.10	01:15:22.25	+00:39:19 (52.8%)	7:26	8.1 (47.4%)
447	PIANOWSKI Marek	307	BIURO INŻYNIERII ŚRODOWISKA	M-50	39	00:00:57	00:34:56	01:15:06.35	01:16:04.30	+00:39:57 (53.2%)	7:30	8 (46.8%)
448	ANASZEWICZ Dawid	1	BHP-SERVICE	M-30	140	00:00:26	00:36:29	01:15:32.50	01:15:59.40	+00:40:23 (53.5%)	7:33	7.9 (46.2%)
449	KROLL Agnieszka	181		K-20	16	00:00:29	00:35:57	01:15:49.00	01:16:18.35	+00:40:40 (53.6%)	7:34	7.9 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
450	BOŚ Hania	25	AMATORKA	K-40	25	00:00:44	00:35:37	01:16:06.00	01:16:50.20	+00:40:57 (53.8%)	7:36	7.9 (46.2%)
451	NAWROCKI Adam	267	ASPEKT TEAM	M-40	96	00:00:05	00:36:36	01:16:44.50	01:16:50.00	+00:41:35 (54.2%)	7:40	7.8 (45.6%)
452	GIL Magdalena	91		K-30	57	00:00:54	00:36:01	01:17:20.15	01:18:15.05	+00:42:11 (54.6%)	7:44	7.8 (45.6%)
453	LIBERA Sabina	207	PARKRAN BYDGOSZCZ	K-40	26	00:00:46	00:36:39	01:17:38.95	01:18:25.90	+00:42:30 (54.7%)	7:45	7.7 (45.0%)
454	ŚPIAKOWSKA Dorota	409		K-30	58	00:00:49	00:37:15	01:22:33.75	01:23:23.60	+00:47:25 (57.4%)	8:15	7.3 (42.7%)
455	CEJKO Sławomir	506		M-40	97	00:00:58	00:39:21	01:25:26.15	01:26:25.00	+00:50:17 (58.9%)	8:32	7 (40.9%)
456	SAMUL Ewa	355	MALTAŃCZYCY	K-30	59	00:00:58	00:39:20	01:25:27.25	01:26:25.50	+00:50:18 (58.9%)	8:32	7 (40.9%)
457	KOSKO-NOWAK Magdalena	160		K-50	6	00:00:55	00:39:22	01:25:30.15	01:26:25.20	+00:50:21 (58.9%)	8:33	7 (40.9%)
458	MUL Marek	261	BŁĄDZIMSKIE ZAJĄCE	M-40	98	00:00:12	00:22:58			+00:05:46	4:35	13.1 (76.6%)
459	LEWANDOWSKI Maciej	245		M-20	52	00:01:00						(0.0%)

Znaleziono 459 wynik(ów)