

Classification: Instalator - M indywidualna

| Place | Participant | Number | Club | Category | MCat | Start time | 5km | Net time 10km | Czas brutto 10km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|---------------------|----------|------|------------|----------|--------------------|--------------------|-------------------|-------------|--------------|
| 1 | POLANSKI Tomasz | 320 | CIEPŁOBUD BYDGOSZCZ | M-40 | 1 | 00:00:00 | 00:17:21 | 00:35:49.00 | 00:35:49.95 | | 3:34 | 16.8 (100%) |
| 2 | WOJCIECHOWSKI Dawid | 451 | T'RUN'KOWI | M-20 | 4 | 00:00:02 | 00:18:30 | 00:38:10.10 | 00:38:12.20 | +00:02:21 (6.2%) | 3:49 | 15.7 (93.5%) |
| 3 | RADOWSKI Cezary | 329 | | M-40 | 2 | 00:00:02 | 00:19:21 | 00:39:41.60 | 00:39:43.70 | +00:03:52 (9.8%) | 3:58 | 15.1 (89.9%) |
| 4 | KOŁAKOWSKI Tomasz | 158 | HYDROTERM | M-20 | 6 | 00:00:01 | 00:19:14 | 00:40:11.60 | 00:40:13.55 | +00:04:22 (10.9%) | 4:01 | 14.9 (88.7%) |
| 5 | TOMCZYŃSKI Bartosz | 418 | RAN PASJA | M-30 | 6 | 00:00:01 | 00:19:25 | 00:40:30.20 | 00:40:31.85 | +00:04:41 (11.6%) | 4:03 | 14.8 (88.1%) |
| 6 | MAKARSKI Tomasz | 221 | MM PROJEKT | M-40 | 4 | 00:00:01 | 00:19:35 | 00:41:42.70 | 00:41:44.35 | +00:05:53 (14.1%) | 4:10 | 14.4 (85.7%) |
| 7 | KUŁAKOWSKI Krzysztof | 197 | | M-30 | 17 | 00:00:05 | 00:20:43 | 00:43:48.80 | 00:43:54.60 | +00:07:59 (18.3%) | 4:22 | 13.7 (81.5%) |
| 8 | MARCHLEWSKI Paweł | 229 | TRONIK | M-16 | 2 | 00:00:11 | 00:21:32 | 00:43:52.35 | 00:44:03.55 | +00:08:03 (18.4%) | 4:23 | 13.7 (81.5%) |
| 9 | MARCHLEWSKI Jacek | 228 | TRONIK | M-40 | 7 | 00:00:11 | 00:21:32 | 00:44:12.15 | 00:44:23.35 | +00:08:23 (19.0%) | 4:25 | 13.6 (81.0%) |
| 10 | ŁOCHOCKI Dawid | 214 | | M-30 | 23 | 00:00:19 | 00:22:39 | 00:45:28.30 | 00:45:47.70 | +00:09:39 (21.2%) | 4:32 | 13.2 (78.6%) |
| 11 | KUPRACZ Andrzej | 198 | | M-40 | 12 | 00:00:04 | 00:22:03 | 00:46:06.85 | 00:46:11.15 | +00:10:17 (22.3%) | 4:36 | 13 (77.4%) |
| 12 | BEREBECKI Roman | 13 | KB LECH RYPIN | M-60+ | 1 | 00:00:01 | 00:22:10 | 00:46:25.20 | 00:46:26.35 | +00:10:36 (22.8%) | 4:38 | 12.9 (76.8%) |

| Place | Participant | Number | Club | Category | MCat | Start time | 5km | Net time | Czas brutto | Gap | Pace min/km | Pace km/h |
|-------|----------------------------------|------------|-------------------------------------|----------|------|------------|----------|--------------------|--------------------|-------------------|-------------|--------------|
| | | | | | | | | 10km | 10km | | | |
| 13 | KUDALSKI Maciej | 193 | XYZ COPACABANA BYDGOSZCZ | M-20 | 17 | 00:00:04 | 00:21:40 | 00:46:38.15 | 00:46:42.55 | +00:10:49 (23.2%) | 4:39 | 12.9 (76.8%) |
| 14 | JELENIOWSKI Wojciech | 134 | | M-20 | 21 | 00:00:06 | 00:22:14 | 00:47:32.80 | 00:47:39.70 | +00:11:43 (24.7%) | 4:45 | 12.6 (75.0%) |
| 15 | JELIŃSKI Krzysztof | 135 | MECHVENT TEAM | M-30 | 36 | 00:00:13 | 00:23:33 | 00:47:53.15 | 00:48:07.10 | +00:12:04 (25.2%) | 4:47 | 12.5 (74.4%) |
| 16 | KISIEL Tomasz | 151 | RUN BYDGOSZCZ | M-40 | 18 | 00:00:12 | 00:22:52 | 00:47:58.95 | 00:48:11.15 | +00:12:09 (25.4%) | 4:47 | 12.5 (74.4%) |
| 17 | KOWALIKOWSKI Tadeusz | 165 | | M-50 | 11 | 00:00:06 | 00:22:55 | 00:48:05.75 | 00:48:11.95 | +00:12:16 (25.5%) | 4:48 | 12.5 (74.4%) |
| 18 | ROZWADOWSKI Oskar | 343 | KLIMAT SOLEC | M-20 | 23 | 00:00:15 | 00:23:47 | 00:48:23.80 | 00:48:39.15 | +00:12:34 (26.0%) | 4:50 | 12.4 (73.8%) |
| 19 | MIECZKOWSKI Dominik | 249 | INFRACORR TEAM | M-30 | 40 | 00:00:26 | 00:24:28 | 00:48:25.00 | 00:48:51.60 | +00:12:36 (26.0%) | 4:50 | 12.4 (73.8%) |
| 20 | 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 | +00:12:56 (26.5%) | 4:52 | 12.3 (73.2%) |
| 21 | STRABEL Bartosz | 377 | KLIMAT SOLEC | M-20 | 26 | 00:00:11 | 00:23:57 | 00:49:14.10 | 00:49:25.35 | +00:13:25 (27.3%) | 4:55 | 12.2 (72.6%) |
| 22 | BIEL Marek | 17 | RUN BYDGOSZCZ | M-40 | 25 | 00:00:14 | 00:23:34 | 00:49:26.20 | 00:49:41.15 | +00:13:37 (27.6%) | 4:56 | 12.1 (72.0%) |
| 23 | RATAJCZAK Jacek | 330 | KLIMA-THERM TEAM | M-30 | 54 | 00:00:02 | 00:23:56 | 00:49:56.85 | 00:49:59.25 | +00:14:07 (28.3%) | 4:59 | 12 (71.4%) |
| 24 | ROMAN Krzysztof | 340 | KLIMATRIK | M-30 | 55 | 00:00:14 | 00:23:57 | 00:49:57.60 | 00:50:11.60 | +00:14:08 (28.3%) | 4:59 | 12 (71.4%) |
| 25 | JAGIELSKI Jacek | 122 | | M-40 | 31 | 00:00:11 | 00:24:42 | 00:50:20.00 | 00:50:31.75 | +00:14:31 (28.8%) | 5:02 | 11.9 (70.8%) |
| 26 | WŁADYKA Paweł | 445 | KLIMOR TEAM | M-30 | 60 | 00:00:40 | 00:25:46 | 00:50:26.60 | 00:51:06.90 | +00:14:37 (29.0%) | 5:02 | 11.9 (70.8%) |
| 27 | IWON Konrad | 119 | KLIMA-THERM TEAM | M-30 | 64 | 00:00:16 | 00:24:30 | 00:50:43.45 | 00:51:00.35 | +00:14:54 (29.4%) | 5:04 | 11.8 (70.2%) |
| 28 | 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 | +00:14:59 (29.5%) | 5:04 | 11.8 (70.2%) |
| 29 | RUSZKIEWICZ Łukasz | 348 | | M-30 | 65 | 00:00:28 | 00:24:40 | 00:50:50.50 | 00:51:19.00 | +00:15:01 (29.6%) | 5:05 | 11.8 (70.2%) |
| 30 | WITCZAK Jarosław | 444 | | M-20 | 32 | 00:00:05 | 00:23:40 | 00:50:56.00 | 00:51:01.30 | +00:15:07 (29.7%) | 5:05 | 11.8 (70.2%) |
| 31 | GABRYSIAK Dawid | 84 | | M-30 | 66 | 00:00:26 | 00:24:40 | 00:50:59.40 | 00:51:26.10 | +00:15:10 (29.8%) | 5:06 | 11.8 (70.2%) |
| 32 | KIERZNIKIEWICZ Paweł | 150 | KLIMATRIK | M-30 | 67 | 00:00:13 | 00:24:15 | 00:51:04.25 | 00:51:17.70 | +00:15:15 (29.9%) | 5:06 | 11.7 (69.6%) |
| 33 | ORŁOWSKI Janusz | 284 | RUN BYDGOSZCZ | M-40 | 39 | 00:00:31 | 00:24:59 | 00:51:51.40 | 00:52:22.85 | +00:16:02 (30.9%) | 5:11 | 11.6 (69.0%) |
| 34 | MARCZYŃSKI Marshall Paweł | 231 | MARSHALL | M-30 | 72 | 00:00:16 | 00:25:37 | 00:52:09.85 | 00:52:26.15 | +00:16:20 (31.3%) | 5:13 | 11.5 (68.5%) |
| 35 | WONIAKOWSKI Czesław | 453 | PARKRUN BYDGOSZCZ | M-50 | 15 | 00:00:22 | 00:25:35 | 00:52:17.80 | 00:52:39.90 | +00:16:28 (31.5%) | 5:13 | 11.5 (68.5%) |

| Place | Participant | Number | Club | Category | MCat | Start time | 5km | Net time 10km | Czas brutto 10km | Gap | Pace min/km | Pace km/h |
|-------|-------------------------------|------------|-------------------------------------|----------|------|------------|----------|--------------------|--------------------|-------------------|-------------|--------------|
| 36 | ANIOŁ Bartłomiej | 5 | INFRACORR TEAM | M-30 | 74 | 00:00:26 | 00:24:30 | 00:52:18.90 | 00:52:45.80 | +00:16:29 (31.5%) | 5:13 | 11.5 (68.5%) |
| 37 | 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 | +00:16:38 (31.7%) | 5:14 | 11.4 (67.9%) |
| 38 | WIŚNIEWSKI Daniel | 441 | | M-50 | 16 | 00:00:06 | 00:24:58 | 00:52:47.60 | 00:52:54.10 | +00:16:58 (32.2%) | 5:16 | 11.4 (67.9%) |
| 39 | DESKA Paweł | 67 | KLIMA-THERM TEAM | M-40 | 46 | 00:00:43 | 00:26:04 | 00:53:21.25 | 00:54:04.55 | +00:17:32 (32.9%) | 5:20 | 11.2 (66.7%) |
| 40 | OLIJCZYK Paweł | 281 | KLIMOR TEAM | M-30 | 80 | 00:00:39 | 00:26:06 | 00:53:35.05 | 00:54:14.85 | +00:17:46 (33.2%) | 5:21 | 11.2 (66.7%) |
| 41 | PETELCZYC Piotr | 302 | PITER ELMAX | M-40 | 51 | 00:00:06 | 00:25:07 | 00:54:03.65 | 00:54:10.55 | +00:18:14 (33.7%) | 5:24 | 11.1 (66.1%) |
| 42 | BRUDNICKI Paweł | 27 | KLIMAT SOLEC | M-20 | 36 | 00:00:15 | 00:25:38 | 00:54:32.60 | 00:54:47.85 | +00:18:43 (34.3%) | 5:27 | 11 (65.5%) |
| 43 | KONKEL Bartosz | 159 | | M-30 | 96 | 00:00:43 | 00:27:22 | 00:55:38.20 | 00:56:21.45 | +00:19:49 (35.6%) | 5:33 | 10.8 (64.3%) |
| 44 | SPLITT Jakub | 370 | KLIMAT SOLEC | M-20 | 40 | 00:00:15 | 00:26:10 | 00:57:18.30 | 00:57:33.75 | +00:21:29 (37.5%) | 5:43 | 10.5 (62.5%) |
| 45 | GORZYCKI Michał | 99 | KLIMAT SOLEC | M-30 | 112 | 00:00:23 | 00:27:30 | 00:59:24.65 | 00:59:47.80 | +00:23:35 (39.7%) | 5:56 | 10.1 (60.1%) |
| 46 | KUCHTA Jacek | 191 | KLIMAT SOLEC | M-30 | 113 | 00:00:21 | 00:27:28 | 00:59:26.40 | 00:59:47.95 | +00:23:37 (39.7%) | 5:56 | 10.1 (60.1%) |
| 47 | BOLLIN Łukasz | 21 | | M-30 | 115 | 00:00:38 | 00:28:00 | 00:59:38.85 | 01:00:17.05 | +00:23:49 (40.0%) | 5:57 | 10.1 (60.1%) |
| 48 | BRANDT Daniel | 26 | ZWIK TCZEW | M-40 | 73 | 00:00:19 | 00:27:50 | 01:00:49.25 | 01:01:08.40 | +00:25:00 (41.1%) | 6:04 | 9.9 (58.9%) |
| 49 | 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 | +00:25:12 (41.3%) | 6:06 | 9.8 (58.3%) |
| 50 | MENKA Adam | 481 | | M-40 | 75 | 00:00:25 | 00:27:59 | 01:01:30.10 | 01:01:55.90 | +00:25:41 (41.8%) | 6:09 | 9.8 (58.3%) |
| 51 | PAWLAK Leszek | 299 | MATI-LEO | M-30 | 120 | 00:00:46 | 00:29:51 | 01:01:36.55 | 01:02:22.65 | +00:25:47 (41.9%) | 6:09 | 9.7 (57.7%) |
| 52 | BOHDZIEWICZ Paweł | 20 | | M-30 | 125 | 00:00:40 | 00:29:29 | 01:02:07.65 | 01:02:48.30 | +00:26:18 (42.3%) | 6:12 | 9.7 (57.7%) |
| 53 | SKOCZYŃSKI Eugeniusz | 362 | GESAL | M-50 | 36 | 00:00:46 | 00:30:52 | 01:02:48.50 | 01:03:34.95 | +00:26:59 (43.0%) | 6:16 | 9.6 (57.1%) |
| 54 | PODGÓRNIAK Zdieszko | 316 | KLIMOR TEAM | M-20 | 48 | 00:00:40 | 00:28:17 | 01:03:50.15 | 01:04:30.90 | +00:28:01 (43.9%) | 6:23 | 9.4 (56.0%) |
| 55 | 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 | +00:28:10 (44.0%) | 6:23 | 9.4 (56.0%) |
| 56 | FRYŻEWSKI Michał | 83 | POLACY DLA POLSKI :-) | M-40 | 87 | 00:00:47 | 00:31:08 | 01:05:49.75 | 01:06:37.60 | +00:30:00 (45.6%) | 6:35 | 9.1 (54.2%) |
| 57 | KRAWCZYK Bartłomiej | 179 | MECHVENT TEAM | M-30 | 131 | 00:00:34 | 00:32:06 | 01:06:05.35 | 01:06:40.25 | +00:30:16 (45.8%) | 6:36 | 9.1 (54.2%) |
| 58 | DOMKA Krzysztof | 71 | REZERWOWE PSY | M-30 | 132 | 00:00:37 | 00:31:08 | 01:06:26.75 | 01:07:03.85 | +00:30:37 (46.1%) | 6:38 | 9 (53.6%) |

| Place | Participant | Number | Club | Category | MCat | Start time | 5km | Net time 10km | Czas brutto 10km | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|------------|---------------|----------|------|------------|----------|--------------------|--------------------|-------------------|-------------|-------------|
| 59 | DRAPIEWSKI Przemyslaw | 73 | RUN BYDGOSZCZ | M-40 | 88 | 00:00:25 | 00:31:58 | 01:07:43.10 | 01:08:08.60 | +00:31:54 (47.1%) | 6:46 | 8.9 (53.0%) |
| 60 | MIOTK Marek | 255 | KLIMOR TEAM | M-30 | 136 | 00:00:39 | 00:33:55 | 01:09:38.80 | 01:10:18.50 | +00:33:49 (48.6%) | 6:57 | 8.6 (51.2%) |
| 61 | JASTRZĘBSKI Mirosław | 129 | MECHVENT TEAM | M-60+ | 12 | 00:00:48 | 00:32:16 | 01:10:00.95 | 01:10:49.15 | +00:34:11 (48.8%) | 7:00 | 8.6 (51.2%) |
| 62 | ZIEGERT Jakub | 466 | MECHVENT TEAM | M-20 | 50 | 00:00:35 | 00:32:29 | 01:10:13.25 | 01:10:48.65 | +00:34:24 (49.0%) | 7:01 | 8.5 (50.6%) |
| 63 | KUCZYŃSKI Jarosław | 192 | MECHVENT TEAM | M-20 | 51 | 00:00:35 | 00:32:30 | 01:10:13.65 | 01:10:49.15 | +00:34:24 (49.0%) | 7:01 | 8.5 (50.6%) |
| 64 | KĄŁUSKI Jacek | 141 | MECHVENT TEAM | M-40 | 93 | 00:00:44 | 00:33:08 | 01:11:30.65 | 01:12:15.30 | +00:35:41 (49.9%) | 7:09 | 8.4 (50.0%) |
| 65 | JANKOWSKI Dawid | 126 | | M-30 | 138 | 00:00:16 | 00:33:19 | 01:12:24.50 | 01:12:40.60 | +00:36:35 (50.5%) | 7:14 | 8.3 (49.4%) |
| 66 | OWIEŚNY Łukasz | 292 | KLIMAT SOLEC | M-30 | 139 | 00:00:45 | 00:34:21 | 01:13:39.75 | 01:14:25.35 | +00:37:50 (51.4%) | 7:22 | 8.1 (48.2%) |

Total 66 results.