



II MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IZY

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Organizator: Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy
Data: 2017-12-03
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	JAGODZIŃSKI Mateusz	314	BYDGOSKIE OKONIE	M-20	2	00:00:00	00:17:20.00	00:17:20.00		3:28	17.3 (100%)
1	TUCZYŃSKI Sylwester Leon	11	BYDGOSKIE OKONIE	M-20	1	00:00:00	00:17:20.00	00:17:20.00	+00:00:00 (0.0%)	3:28	17.3 (100%)
3	NAWROCKI Sławomir	170	VICTORIA KORONOWO	M-30	1	00:00:00	00:17:46.65	00:17:47.50	+00:00:26 (2.5%)	3:33	16.9 (97.7%)
4	TUCHOLSKI Bartłomiej	96	BYDGOSKIE OKONIE	M-20	3	00:00:00	00:17:53.20	00:17:53.20	+00:00:33 (3.1%)	3:34	16.8 (97.1%)
5	KOLMAJER Rafał	634		M-30	2	00:00:00	00:17:59.90	00:17:59.90	+00:00:39 (3.7%)	3:35	16.7 (96.5%)
6	WIĘCKOWSKI Dariusz	35	ROWEROWA BRZOZA	M-30	3	00:00:00	00:18:02.90	00:18:03.00	+00:00:42 (4.0%)	3:36	16.6 (96.0%)
7	ŚLUSARSKI Przemysław	267		M-30	4	00:00:00	00:18:16.80	00:18:16.80	+00:00:56 (5.2%)	3:39	16.4 (94.8%)
8	MANUSZEWSKI Mariusz	561		M-40	1	00:00:00	00:18:17.50	00:18:17.50	+00:00:57 (5.2%)	3:39	16.4 (94.8%)
9	OBREŃBSKI Grzegorz	280	BIEGASIE	M-40	2	00:00:01	00:18:24.35	00:18:25.65	+00:01:04 (5.8%)	3:40	16.3 (94.2%)
10	JOACHIMIAK Marek	464		M-20	4	00:00:00	00:18:35.35	00:18:35.35	+00:01:15 (6.8%)	3:43	16.1 (93.1%)
11	NALIŃSKI Mateusz	425		M-10	1	00:00:03	00:18:48.55	00:18:51.70	+00:01:28 (7.8%)	3:45	16 (92.5%)
12	SZLINGER Jakub	25	TEAM KUCYKI	M-30	5	00:00:00	00:19:06.05	00:19:06.55	+00:01:46 (9.3%)	3:49	15.7 (90.8%)
13	LEWANDOWSKI Filip	390		M-30	6	00:00:02	00:19:06.70	00:19:09.10	+00:01:46 (9.3%)	3:49	15.7 (90.8%)
14	HUTEK Kamil	548		M-10	2	00:00:00	00:19:08.25	00:19:08.25	+00:01:48 (9.4%)	3:49	15.7 (90.8%)
15	DURCZAK Jerzy	56	BYDGOSKIE OKONIE	M-30	7	00:00:00	00:19:13.35	00:19:13.75	+00:01:53 (9.8%)	3:50	15.6 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	KRAWCZYK Damian	190		M-10	3	00:00:03	00:19:14.55	00:19:17.60	+00:01:54 (9.9%)	3:50	15.6 (90.2%)
17	ZWIEWKA Sebastian	134	BUSHIDO BYDGOSZCZ	M-40	3	00:00:00	00:19:29.35	00:19:29.35	+00:02:09 (11.1%)	3:53	15.4 (89.0%)
18	WARSZAWSKI Przemysław	220		M-20	5	00:00:01	00:19:38.10	00:19:39.90	+00:02:18 (11.7%)	3:55	15.3 (88.4%)
19	TYKNIŃSKI Paweł	604		M-Open	1	00:00:27	00:19:44.25	00:20:11.50	+00:02:24 (12.2%)	3:56	15.2 (87.9%)
20	GRALIK Jędrzej	165	BYDGOSKIE OKONIE	M-20	6	00:00:02	00:19:46.50	00:19:48.75	+00:02:26 (12.3%)	3:57	15.2 (87.9%)
21	LEWANDOWSKI Mirosław	559		M-30	8	00:00:00	00:19:49.45	00:19:49.55	+00:02:29 (12.6%)	3:57	15.1 (87.3%)
22	GROBELNIAK Adam	219		M-20	7	00:00:00	00:19:59.00	00:19:59.30	+00:02:39 (13.3%)	3:59	15 (86.7%)
23	WAŁĘZA Hubert	221	KANAŁOWA TEAM	M-20	8	00:00:00	00:19:59.90	00:20:00.70	+00:02:39 (13.3%)	4:00	15 (86.7%)
24	KOWALSKI Jacek	17		M-40	4	00:00:02	00:20:08.75	00:20:11.10	+00:02:48 (14.0%)	4:01	14.9 (86.1%)
25	SAPA Kacper	578		M-20	9	00:00:03	00:20:14.40	00:20:18.15	+00:02:54 (14.4%)	4:03	14.8 (85.5%)
26	WANKIEWICZ Łukasz	148	SZURUSIE TEAM	M-20	10	00:00:00	00:20:15.85	00:20:15.85	+00:02:55 (14.5%)	4:03	14.8 (85.5%)
27	KAMIŃSKI Michał	553		M-30	9	00:00:00	00:20:18.40	00:20:18.70	+00:02:58 (14.6%)	4:03	14.8 (85.5%)
28	SZATTEN Dawid	615		M-30	10	00:00:05	00:20:18.50	00:20:24.40	+00:02:58 (14.6%)	4:03	14.8 (85.5%)
29	SUDOŁ Jacek	374		M-30	11	00:00:00	00:20:23.25	00:20:23.25	+00:03:03 (15.0%)	4:04	14.7 (85.0%)
30	SAPA Oskar	577		M-20	11	00:00:03	00:20:28.15	00:20:31.75	+00:03:08 (15.3%)	4:05	14.7 (85.0%)
31	WŁOCH Sylwester	539		M-50	1	00:00:00	00:20:34.05	00:20:34.05	+00:03:14 (15.7%)	4:06	14.6 (84.4%)
32	POWALISZ Darek	330		M-40	5	00:00:01	00:20:37.30	00:20:38.60	+00:03:17 (15.9%)	4:07	14.6 (84.4%)
33	BIAŁY Dawid	472		M-20	12	00:00:21	00:20:37.40	00:20:59.10	+00:03:17 (16.0%)	4:07	14.5 (83.8%)
34	OLSZEWSKI Radosław	628		M-30	12	00:00:01	00:20:38.80	00:20:40.40	+00:03:18 (16.0%)	4:07	14.5 (83.8%)
35	DURALEK Oskar	377		M-10	4	00:00:00	00:20:50.40	00:20:50.40	+00:03:30 (16.8%)	4:10	14.4 (83.2%)
36	SZCZEŚNIAK Wiktor	307	ZAWISZA	M-10	5	00:00:00	00:20:51.50	00:20:51.50	+00:03:31 (16.9%)	4:10	14.4 (83.2%)
37	LESZCZYŃSKI Łukasz	538		M-30	13	00:00:02	00:20:53.45	00:20:56.00	+00:03:33 (17.0%)	4:10	14.4 (83.2%)
38	POKORSKI Tomasz	276	2. RWT SP	M-30	14	00:00:24	00:20:54.35	00:21:19.25	+00:03:34 (17.1%)	4:11	14.3 (82.7%)

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39	OKOŃSKI Jarosław	434	BIEGOWEZAPARCIE.PL	M-30	15	00:00:00	00:20:54.95	00:20:54.95	+00:03:34 (17.1%)	4:10	14.4 (83.2%)
40	ANISZCZYK Hubert	580		M-10	6	00:00:06	00:21:08.15	00:21:15.10	+00:03:48 (18.0%)	4:13	14.2 (82.1%)
41	MATUSZAK Dorota	569		K-30	1	00:00:06	00:21:16.10	00:21:22.50	+00:03:56 (18.5%)	4:15	14.1 (81.5%)
42	NAGOW Michał	76		M-40	6	00:00:01	00:21:17.90	00:21:19.30	+00:03:57 (18.6%)	4:15	14.1 (81.5%)
43	SZATKOWSKI Marcin	595		M-10	7	00:00:03	00:21:21.85	00:21:25.00	+00:04:01 (18.9%)	4:16	14 (80.9%)
44	BIAŁEK Grzegorz	319	WYŻSZE SEMINARIUM DUCHOWNE	M-20	13	00:00:13	00:21:22.55	00:21:36.10	+00:04:02 (18.9%)	4:16	14 (80.9%)
45	GORCHALSKI Krzysztof	458		M-60+	1	00:00:00	00:21:22.60	00:21:23.30	+00:04:02 (18.9%)	4:16	14 (80.9%)
46	ŁUKOMSKI Piotr	404	SZWEDEROWO	M-30	16	00:01:14	00:21:24.30	00:22:38.30	+00:04:04 (19.0%)	4:16	14 (80.9%)
47	MUSIAŁ Marek	526		M-50	2	00:00:02	00:21:27.85	00:21:30.10	+00:04:07 (19.2%)	4:17	14 (80.9%)
48	KASIERSKI Przemek	197	FITSERWIS MTB TEAM	M-30	17	00:00:37	00:21:28.65	00:22:06.10	+00:04:08 (19.3%)	4:17	14 (80.9%)
49	SOBCZYŃSKI Michał	465		M-30	18	00:00:08	00:21:30.20	00:21:39.00	+00:04:10 (19.4%)	4:18	13.9 (80.3%)
50	KULIŃSKI Grzegorz	203		M-20	14	00:00:00	00:21:32.85	00:21:33.00	+00:04:12 (19.6%)	4:18	13.9 (80.3%)
51	GRALIK Kacper	110	BYDGOSKIE OKONIE	M-20	15	00:00:15	00:21:36.20	00:21:51.40	+00:04:16 (19.8%)	4:19	13.9 (80.3%)
52	STAFIEJ Wojciech	83		M-40	7	00:00:15	00:21:39.40	00:21:54.60	+00:04:19 (20.0%)	4:19	13.9 (80.3%)
53	MYKOLA Cherii	601		M-20	16	00:00:17	00:21:50.60	00:22:08.55	+00:04:30 (20.6%)	4:22	13.7 (79.2%)
54	RUTKOWSKI Adam	175		M-40	8	00:00:20	00:21:50.90	00:22:11.00	+00:04:30 (20.7%)	4:22	13.7 (79.2%)
55	MONDRY Waldemar	285		M-50	3	00:00:05	00:21:52.15	00:21:57.45	+00:04:32 (20.7%)	4:22	13.7 (79.2%)
56	GAC Wojciech	542		M-10	8	00:00:03	00:21:55.90	00:21:59.35	+00:04:35 (21.0%)	4:23	13.7 (79.2%)
57	PRZEWYSZ KWINTO Michał	552		M-40	9	00:00:31	00:21:56.85	00:22:28.65	+00:04:36 (21.0%)	4:23	13.7 (79.2%)
58	HEJDA Kamil	536		M-20	17	00:00:01	00:21:58.50	00:22:00.20	+00:04:38 (21.1%)	4:23	13.6 (78.6%)
59	KLATECKI Adam	128		M-30	19	00:00:23	00:21:59.35	00:22:23.20	+00:04:39 (21.2%)	4:24	13.6 (78.6%)
60	KUFEL Dariusz	446		M-50	4	00:00:04	00:22:00.00	00:22:04.55	+00:04:40 (21.2%)	4:24	13.6 (78.6%)
60	ŁAWSKI Kamil	62		M-30	20	00:00:21	00:22:00.00	00:22:21.40	+00:04:40 (21.2%)	4:24	13.6 (78.6%)

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62	FRANC Łukasz	555		M-30	21	00:00:13	00:22:01.55	00:22:15.30	+00:04:41 (21.3%)	4:24	13.6 (78.6%)
63	KUREK Błażej	303		M-30	22	00:00:06	00:22:02.60	00:22:08.95	+00:04:42 (21.4%)	4:24	13.6 (78.6%)
64	GROTA Artur	168		M-40	10	00:00:03	00:22:02.75	00:22:06.10	+00:04:42 (21.4%)	4:24	13.6 (78.6%)
65	MAŁECKI Janusz	398	NZS	M-50	5	00:00:00	00:22:03.65	00:22:03.65	+00:04:43 (21.4%)	4:24	13.6 (78.6%)
66	PALACZ Wioletta	391		K-30	2	00:00:00	00:22:06.45	00:22:06.45	+00:04:46 (21.6%)	4:25	13.6 (78.6%)
67	GACKOWSKI Krzysztof	60		M-40	11	00:00:01	00:22:11.30	00:22:13.05	+00:04:51 (21.9%)	4:26	13.5 (78.0%)
68	ZIELIŃSKI Maciej	315		M-10	9	00:00:00	00:22:12.20	00:22:12.20	+00:04:52 (21.9%)	4:26	13.5 (78.0%)
69	PACZKOWSKI Mirosław	289	CB 163	M-40	12	00:00:04	00:22:12.35	00:22:16.60	+00:04:52 (21.9%)	4:26	13.5 (78.0%)
70	ŁOBOCKI Krzysztof	46		M-30	23	00:01:14	00:22:16.40	00:23:30.90	+00:04:56 (22.2%)	4:27	13.5 (78.0%)
71	GLAZIŃSKA Paulina	178		K-30	3	00:00:03	00:22:18.75	00:22:22.50	+00:04:58 (22.3%)	4:27	13.4 (77.5%)
72	GACKOWSKI Szymon	455		M-30	24	00:00:23	00:22:20.25	00:22:43.75	+00:05:00 (22.4%)	4:28	13.4 (77.5%)
73	KOMOROWSKI Jakub	233		M-10	10	00:00:02	00:22:21.35	00:22:23.90	+00:05:01 (22.5%)	4:28	13.4 (77.5%)
74	TOMASZEK Marcin	372		M-30	25	00:00:02	00:22:21.80	00:22:24.40	+00:05:01 (22.5%)	4:28	13.4 (77.5%)
75	BURY Tomasz	282		M-30	26	00:00:00	00:22:23.75	00:22:23.75	+00:05:03 (22.6%)	4:28	13.4 (77.5%)
76	PIECHOWIAK Jacek	201		M-40	13	00:00:34	00:22:25.75	00:23:00.20	+00:05:05 (22.7%)	4:29	13.4 (77.5%)
77	FILIPEK Patryk	122		M-20	18	00:00:19	00:22:28.35	00:22:47.40	+00:05:08 (22.9%)	4:29	13.4 (77.5%)
78	ŻAK Mariusz	275		M-30	27	00:00:18	00:22:28.80	00:22:47.05	+00:05:08 (22.9%)	4:29	13.3 (76.9%)
79	KAMIŃSKI Jakub	565		M-10	11	00:00:01	00:22:31.20	00:22:32.40	+00:05:11 (23.0%)	4:30	13.3 (76.9%)
79	SZULC Edmund	199		M-50	6	00:00:39	00:22:31.20	00:23:10.20	+00:05:11 (23.0%)	4:30	13.3 (76.9%)
81	SIUDA Sebastian	448		M-40	14	00:00:02	00:22:33.50	00:22:36.10	+00:05:13 (23.2%)	4:30	13.3 (76.9%)
82	FALIŃSKI Michał	532		M-Open	2	00:00:17	00:22:37.40	00:22:55.25	+00:05:17 (23.4%)	4:31	13.3 (76.9%)
83	BRUNKE Tomasz	335	RUN BYDGOSZCZ	M-40	15	00:00:37	00:22:37.65	00:23:14.80	+00:05:17 (23.4%)	4:31	13.3 (76.9%)
84	SIERACKI Piotr	192		M-Open	3	00:00:03	00:22:38.60	00:22:41.75	+00:05:18 (23.5%)	4:31	13.3 (76.9%)

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85	KLEPACZEWSKI Arkadiusz	29		M-30	28	00:00:07	00:22:39.00	00:22:46.20	+00:05:19 (23.5%)	4:31	13.2 (76.3%)
86	ĆWIKLIŃSKI Jarosław	541		M-50	7	00:00:31	00:22:39.35	00:23:10.50	+00:05:19 (23.5%)	4:31	13.2 (76.3%)
87	BRACIKOWSKI Bartosz	162		M-10	12	00:00:04	00:22:39.55	00:22:43.60	+00:05:19 (23.5%)	4:31	13.2 (76.3%)
88	GUT Mariusz	557		M-40	16	00:00:00	00:22:41.20	00:22:41.20	+00:05:21 (23.6%)	4:32	13.2 (76.3%)
89	GŁOWSKI Dariusz	353		M-40	17	00:00:39	00:22:43.95	00:23:22.95	+00:05:23 (23.8%)	4:32	13.2 (76.3%)
90	LUZAK Mirosław	33	MWIK BYDGOSZCZ	M-50	8	00:00:07	00:22:48.95	00:22:56.15	+00:05:28 (24.0%)	4:33	13.1 (75.7%)
91	WŁOCH Mateusz	540		M-10	13	00:00:00	00:22:52.15	00:22:52.15	+00:05:32 (24.2%)	4:34	13.1 (75.7%)
92	DERING Hanna	7	BYDGOSKIE ŻÓŁWIE	K-30	4	00:00:09	00:22:54.55	00:23:03.85	+00:05:34 (24.3%)	4:34	13.1 (75.7%)
93	DERING Tomasz	456		M-30	29	00:00:10	00:22:54.95	00:23:05.15	+00:05:34 (24.4%)	4:35	13.1 (75.7%)
94	JURCZYK Ewa	268		K-40	1	00:00:27	00:22:57.05	00:23:24.55	+00:05:37 (24.5%)	4:35	13.1 (75.7%)
95	CHMARA Sebastian	603		M-40	18	00:00:09	00:22:59.05	00:23:08.15	+00:05:39 (24.6%)	4:35	13.1 (75.7%)
96	ZIMNY Marek	124	ELTRA W BIEGU	M-50	9	00:00:06	00:23:02.15	00:23:08.45	+00:05:42 (24.8%)	4:36	13 (75.1%)
97	ROSZCZYŃIAŁA Adrian	586		M-20	19	00:00:06	00:23:08.15	00:23:14.80	+00:05:48 (25.1%)	4:37	13 (75.1%)
98	JURCZAK Robert	346		M-30	30	00:01:04	00:23:11.20	00:24:15.35	+00:05:51 (25.2%)	4:38	12.9 (74.6%)
99	ZIELIŃSKI Paweł	98		M-30	31	00:00:04	00:23:11.65	00:23:15.70	+00:05:51 (25.3%)	4:38	12.9 (74.6%)
100	STEFAŃSKI Marcin	86		M-40	19	00:00:29	00:23:14.65	00:23:43.85	+00:05:54 (25.4%)	4:38	12.9 (74.6%)
101	WILCZYŃSKI Jacek	245		M-40	20	00:00:12	00:23:15.75	00:23:27.95	+00:05:55 (25.5%)	4:39	12.9 (74.6%)
102		474				00:00:18	00:23:16.35	00:23:34.95	+00:05:56 (25.5%)	4:39	12.9 (74.6%)
103	GACA Piotr	270		M-30	32	00:00:14	00:23:18.10	00:23:32.55	+00:05:58 (25.6%)	4:39	12.9 (74.6%)
104	KALINOWSKI Zbigniew	228		M-40	21	00:00:00	00:23:21.40	00:23:21.40	+00:06:01 (25.8%)	4:40	12.8 (74.0%)
105	MORAWSKI Marek	281	KK ASTORIA BYDGOSZCZ	M-30	33	00:00:01	00:23:22.30	00:23:23.50	+00:06:02 (25.8%)	4:40	12.8 (74.0%)
106	LEWANDOWSKI Marcin	466		M-20	20	00:00:10	00:23:25.80	00:23:36.60	+00:06:05 (26.0%)	4:41	12.8 (74.0%)
107	WALUSIAK Miłosz	37		M-30	34	00:00:00	00:23:26.10	00:23:26.40	+00:06:06 (26.0%)	4:41	12.8 (74.0%)

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108	KOJRO Mateusz	193		M-10	14	00:00:00	00:23:26.55	00:23:26.55	+00:06:06 (26.1%)	4:41	12.8 (74.0%)
109	NURKIEWICZ Jarosław	26	KUNG FU PANDY 3	M-40	22	00:00:50	00:23:28.20	00:24:18.60	+00:06:08 (26.1%)	4:41	12.8 (74.0%)
110	FURGAL Szymon	386		M-20	21	00:00:50	00:23:28.40	00:24:18.50	+00:06:08 (26.2%)	4:41	12.8 (74.0%)
111	RYBAK Remigiusz	462		M-40	23	00:00:11	00:23:28.45	00:23:39.55	+00:06:08 (26.2%)	4:41	12.8 (74.0%)
112	KRYSZAK Olaf	400		M-10	15	00:00:38	00:23:29.95	00:24:08.30	+00:06:09 (26.2%)	4:42	12.8 (74.0%)
113	JAWORSKI Krzysztof	260		M-40	24	00:00:08	00:23:30.55	00:23:38.80	+00:06:10 (26.3%)	4:42	12.8 (74.0%)
114	MROTEK Katarzyna	32	ON THE MOVE	K-30	5	00:00:12	00:23:32.25	00:23:44.35	+00:06:12 (26.4%)	4:42	12.7 (73.4%)
115	ŻUCHOWSKI Dariusz	508		M-40	25	00:00:16	00:23:33.30	00:23:50.10	+00:06:13 (26.4%)	4:42	12.7 (73.4%)
116	GRUDZKA Albert	320	WYŻSZE SEMINARIUM DUCHOWNE	M-10	16	00:00:00	00:23:34.25	00:23:34.25	+00:06:14 (26.5%)	4:42	12.7 (73.4%)
117	BIAŁKOWSKI Tymotetusz	616		M-20	22	00:00:13	00:23:40.10	00:23:53.20	+00:06:20 (26.8%)	4:44	12.7 (73.4%)
118	BRZEZIŃSKI Sławomir	573		M-Open	4	00:00:14	00:23:45.45	00:23:59.95	+00:06:25 (27.0%)	4:45	12.6 (72.8%)
119	LEWANDOWSKI Sebastian	290		M-30	35	00:00:07	00:23:46.00	00:23:53.30	+00:06:26 (27.1%)	4:45	12.6 (72.8%)
120	KOŁODZIEJSKI Stanisław	212		M-40	26	00:00:00	00:23:47.95	00:23:47.95	+00:06:27 (27.2%)	4:45	12.6 (72.8%)
121	DURALEK Andrzej	370		M-40	27	00:00:26	00:23:50.75	00:24:17.20	+00:06:30 (27.3%)	4:46	12.6 (72.8%)
122	KUJAWA Piotr	556		M-40	28	00:00:36	00:23:55.20	00:24:31.40	+00:06:35 (27.5%)	4:47	12.5 (72.3%)
123	PASZEK Maria	438	TKKF KOLEJARZ BYDGOSZCZ	K-30	6	00:00:11	00:23:58.80	00:24:10.20	+00:06:38 (27.7%)	4:47	12.5 (72.3%)
124	SZALKOWSKI Marek	109		M-30	36	00:00:08	00:23:59.65	00:24:07.70	+00:06:39 (27.8%)	4:47	12.5 (72.3%)
125	ŁUŻYŃSKI Zbigniew	562		M-40	29	00:00:20	00:24:00.70	00:24:20.70	+00:06:40 (27.8%)	4:48	12.5 (72.3%)
126	MARCINKOWSKI Jacek	385	BYDZIO- ŁÓDŹ	M-50	10	00:00:07	00:24:00.85	00:24:08.00	+00:06:40 (27.8%)	4:48	12.5 (72.3%)
127	SZYCZEWSKA Ewa	467		K-40	2	00:00:10	00:24:02.60	00:24:12.90	+00:06:42 (27.9%)	4:48	12.5 (72.3%)
128	TARCZYŃSKI Łukasz	40	TEAM KUCYKI	M-30	37	00:00:20	00:24:03.15	00:24:23.95	+00:06:43 (27.9%)	4:48	12.5 (72.3%)
129	KOWALSKI Patryk	160		M-30	38	00:00:05	00:24:03.50	00:24:08.60	+00:06:43 (28.0%)	4:48	12.5 (72.3%)
130	KOSECKA Justyna	179		K-30	7	00:00:03	00:24:06.95	00:24:10.55	+00:06:46 (28.1%)	4:49	12.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	REPCZYŃSKI Tomasz	478		M-20	23	00:00:19	00:24:13.40	00:24:32.80	+00:06:53 (28.4%)	4:50	12.4 (71.7%)
132	SZEWCHOWSKI Grzegorz	156	BYDGOSKIE ŻÓŁWIE	M-30	39	00:00:09	00:24:14.20	00:24:23.35	+00:06:54 (28.5%)	4:50	12.4 (71.7%)
133	OPASKA Marcin	576		M-30	40	00:00:27	00:24:14.80	00:24:42.30	+00:06:54 (28.5%)	4:51	12.4 (71.7%)
134	KOWALCZYK Tomasz	318		M-40	30	00:00:20	00:24:16.60	00:24:37.50	+00:06:56 (28.6%)	4:51	12.4 (71.7%)
135	DRĘRZEWSKI Andrzej	483		M-40	31	00:00:18	00:24:17.85	00:24:36.75	+00:06:57 (28.7%)	4:51	12.3 (71.1%)
136	SZNAJDROWSKI Mateusz	324		M-20	24	00:01:01	00:24:18.30	00:25:19.90	+00:06:58 (28.7%)	4:51	12.3 (71.1%)
137	TUREK Mateusz	624		M-20	25	00:00:11	00:24:19.05	00:24:30.20	+00:06:59 (28.7%)	4:51	12.3 (71.1%)
138	ZDROJOWA Agnieszka	126		K-30	8	00:00:00	00:24:19.35	00:24:19.45	+00:06:59 (28.7%)	4:51	12.3 (71.1%)
139	KRUTUL Kasia	58	AMATOR	K-40	3	00:00:01	00:24:19.90	00:24:20.90	+00:06:59 (28.8%)	4:51	12.3 (71.1%)
140	DOLATA Magda	343		K-40	4	00:00:17	00:24:21.75	00:24:38.95	+00:07:01 (28.9%)	4:52	12.3 (71.1%)
141	ANDRZEJEWSKI Ryszard	202	WZGÓRZE WOLNOŚCI	M-60+	2	00:00:07	00:24:24.05	00:24:31.60	+00:07:04 (29.0%)	4:52	12.3 (71.1%)
142	WEBER Krzysztof	187		M-10	17	00:00:32	00:24:27.10	00:24:59.95	+00:07:07 (29.1%)	4:53	12.3 (71.1%)
143	JACKOWSKA Alicja	361		K-40	5	00:00:18	00:24:27.15	00:24:45.30	+00:07:07 (29.1%)	4:53	12.3 (71.1%)
144	SZMELTER Michał	154		M-40	32	00:00:27	00:24:27.75	00:24:55.70	+00:07:07 (29.1%)	4:53	12.3 (71.1%)
145	MIERNIK Szymon	10		M-20	26	00:00:41	00:24:29.90	00:25:11.80	+00:07:09 (29.2%)	4:54	12.2 (70.5%)
146	GRAJEWSKI Marcin	21		M-30	41	00:00:12	00:24:30.95	00:24:43.75	+00:07:10 (29.3%)	4:54	12.2 (70.5%)
147	KOWALIK Patryk	57		M-30	42	00:00:41	00:24:32.05	00:25:13.75	+00:07:12 (29.4%)	4:54	12.2 (70.5%)
148	WOJCIECHOWSKA Emilia	3		K-40	6	00:00:11	00:24:32.90	00:24:44.80	+00:07:12 (29.4%)	4:54	12.2 (70.5%)
149	WOJCIECHOWSKI Jarosław	5		M-40	33	00:00:11	00:24:33.10	00:24:44.80	+00:07:13 (29.4%)	4:54	12.2 (70.5%)
150	JASIŃSKI Artur	174		M-40	34	00:00:05	00:24:33.20	00:24:38.40	+00:07:13 (29.4%)	4:54	12.2 (70.5%)
151	CHMIELEWSKI Ireneusz	213		M-50	11	00:00:12	00:24:35.50	00:24:47.65	+00:07:15 (29.5%)	4:55	12.2 (70.5%)
152	LUDNICKA-SIEKACZ Katarzyna	583		K-10	1	00:00:03	00:24:36.35	00:24:39.85	+00:07:16 (29.6%)	4:55	12.2 (70.5%)
153	ELTINGER Justyna	582	RUN BYDGOSZCZ	K-30	9	00:00:03	00:24:37.70	00:24:41.35	+00:07:17 (29.6%)	4:55	12.2 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	WŁODARSKA Roksana	145	SZURUSIE TEAM	K-20	1	00:00:08	00:24:38.60	00:24:47.00	+00:07:18 (29.7%)	4:55	12.2 (70.5%)
155	RAKOWSKI Wiesław	114	UKS KOPERNIK BYDGOSZCZ	M-50	12	00:00:18	00:24:38.70	00:24:57.20	+00:07:18 (29.7%)	4:55	12.2 (70.5%)
156	LEWANDOWSKA Joanna	70		K-30	10	00:00:20	00:24:39.30	00:25:00.00	+00:07:19 (29.7%)	4:56	12.2 (70.5%)
157	CHROBAK Przemysław	293	ILO	M-40	35	00:00:22	00:24:40.65	00:25:03.40	+00:07:20 (29.8%)	4:56	12.2 (70.5%)
158	KLISZEWSKI Piotr	627		M-10	18	00:00:49	00:24:41.70	00:25:31.05	+00:07:21 (29.8%)	4:56	12.1 (69.9%)
159	PAWSKI Hubert	523		M-10	19	00:00:25	00:24:42.60	00:25:07.60	+00:07:22 (29.9%)	4:56	12.1 (69.9%)
160	WILIŃSKI Miłosz	49	2. RWT SP	M-50	13	00:00:24	00:24:43.25	00:25:07.60	+00:07:23 (29.9%)	4:56	12.1 (69.9%)
161	KACZOR Michał	257	3LO BYDGOSZCZ	M-10	20	00:00:32	00:24:43.60	00:25:16.45	+00:07:23 (29.9%)	4:56	12.1 (69.9%)
162	KOWAL Michał	545		M-30	43	00:00:13	00:24:43.95	00:24:57.85	+00:07:23 (29.9%)	4:56	12.1 (69.9%)
163	WĘGRZYNOWSKI Sławomir	166	KABEL TEAM BYDGOSZCZ	M-40	36	00:01:01	00:24:44.90	00:25:45.90	+00:07:24 (30.0%)	4:56	12.1 (69.9%)
164	ZIEMBA Agnieszka	647		K-Open	1	00:00:13	00:24:45.60	00:24:59.50	+00:07:25 (30.0%)	4:57	12.1 (69.9%)
165	PRZYBYŁA Agnieszka	265	PACTUM	K-30	11	00:00:27	00:24:46.45	00:25:14.40	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
166	WILCZYŃSKI Łukasz	1	1 POMORSKA BRYGADA LOGISTYCZNA	M-20	27	00:00:18	00:24:47.00	00:25:05.60	+00:07:27 (30.1%)	4:57	12.1 (69.9%)
167	WIŚNIEWSKI Gracjan	612		M-20	28	00:00:08	00:24:47.45	00:24:55.50	+00:07:27 (30.1%)	4:57	12.1 (69.9%)
168	ARACH Przemysław	511		M-30	44	00:00:12	00:24:49.45	00:25:02.25	+00:07:29 (30.2%)	4:58	12.1 (69.9%)
169	LUZAK Magdalena	449	BIEGNĘ DLA AGU, KRZYŻACZKA I TOMECZKA	K-20	2	00:00:06	00:24:50.80	00:24:57.60	+00:07:30 (30.2%)	4:58	12.1 (69.9%)
170	KLISZEWSKI Damian	55	GWIAZDA BYDGOSZCZ	M-40	37	00:00:49	00:24:52.20	00:25:41.55	+00:07:32 (30.3%)	4:58	12.1 (69.9%)
171	POBIEDZIŃSKI Robert	510		M-20	29	00:00:29	00:24:56.45	00:25:25.65	+00:07:36 (30.5%)	4:59	12 (69.4%)
172	SZULC Andrzej	121		M-40	38	00:00:00	00:24:59.55	00:24:59.55	+00:07:39 (30.6%)	4:59	12 (69.4%)
173	JURSKI Robert	180		M-40	39	00:00:15	00:25:01.50	00:25:16.60	+00:07:41 (30.7%)	5:00	12 (69.4%)
174	SKONIECZNY Paweł	527		M-30	45	00:00:16	00:25:01.70	00:25:18.30	+00:07:41 (30.7%)	5:00	12 (69.4%)
175	OLSZEWSKI Mikołaj	91		M-20	30	00:00:08	00:25:02.65	00:25:10.70	+00:07:42 (30.8%)	5:00	12 (69.4%)
176	ZAWADZKI Kamil	350		M-20	31	00:00:04	00:25:03.40	00:25:08.25	+00:07:43 (30.8%)	5:00	12 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	KLATOWSKA Sylwia	574		K-Open	2	00:00:15	00:25:04.45	00:25:19.95	+00:07:44 (30.9%)	5:00	12 (69.4%)
178	NOWAKOWSKI Tomasz	326		M-30	46	00:00:16	00:25:06.00	00:25:22.90	+00:07:46 (30.9%)	5:01	12 (69.4%)
179	BOHDANOWICZ Maciej	248		M-30	47	00:00:08	00:25:08.10	00:25:16.90	+00:07:48 (31.0%)	5:01	11.9 (68.8%)
180	STAFIEJ Paweł	84		M-10	21	00:00:15	00:25:11.75	00:25:27.45	+00:07:51 (31.2%)	5:02	11.9 (68.8%)
181	BETYN Łukasz	153		M-30	48	00:00:02	00:25:11.85	00:25:14.45	+00:07:51 (31.2%)	5:02	11.9 (68.8%)
182	GULSKA Barbara	328	GULAJE	K-40	7	00:00:01	00:25:12.75	00:25:13.90	+00:07:52 (31.3%)	5:02	11.9 (68.8%)
183	GROBELNA Angelika	383		K-40	8	00:00:17	00:25:12.90	00:25:30.40	+00:07:52 (31.3%)	5:02	11.9 (68.8%)
184	GADZIŃSKA Aleksandra	19		K-40	9	00:00:03	00:25:22.05	00:25:25.85	+00:08:02 (31.7%)	5:04	11.8 (68.2%)
185	JAWORSKI Janusz	396		M-50	14	00:00:01	00:25:24.65	00:25:26.40	+00:08:04 (31.8%)	5:05	11.8 (68.2%)
186	STAFIEJ Mariusz	479		M-40	40	00:00:18	00:25:25.30	00:25:43.50	+00:08:05 (31.8%)	5:05	11.8 (68.2%)
187	NAPIERALSKA Natalia	20		K-30	12	00:00:17	00:25:28.50	00:25:45.50	+00:08:08 (32.0%)	5:05	11.8 (68.2%)
188	PILAKOWSKA Angelika	112		K-30	13	00:00:05	00:25:31.50	00:25:36.50	+00:08:11 (32.1%)	5:06	11.8 (68.2%)
189	ZYGLER Zbigniew	313	22. ODN	M-40	41	00:00:26	00:25:33.15	00:25:59.95	+00:08:13 (32.2%)	5:06	11.7 (67.6%)
190	KLUZ Jacek	358		M-40	42	00:00:16	00:25:39.15	00:25:55.20	+00:08:19 (32.4%)	5:07	11.7 (67.6%)
191	KUBIAK Tomasz	531		M-30	49	00:00:23	00:25:41.35	00:26:04.50	+00:08:21 (32.5%)	5:08	11.7 (67.6%)
192	STUCKI Jan	271		M-20	32	00:00:04	00:25:43.35	00:25:47.70	+00:08:23 (32.6%)	5:08	11.7 (67.6%)
193	POTRZEBOWSKA Agata	4	DEAF	K-30	14	00:00:33	00:25:43.60	00:26:17.15	+00:08:23 (32.6%)	5:08	11.7 (67.6%)
194	GIERSZEWSKA Grażyna	323		K-40	10	00:00:10	00:25:48.70	00:25:59.55	+00:08:28 (32.8%)	5:09	11.6 (67.1%)
195	KALINOWSKI Sławomir	636		M-Open	5	00:00:37	00:25:49.85	00:26:27.00	+00:08:29 (32.9%)	5:10	11.6 (67.1%)
196	PAWLACZYK-MATELA Emilia	417	BYDGOSKA GAZELA	K-30	15	00:00:15	00:25:51.55	00:26:06.80	+00:08:31 (33.0%)	5:10	11.6 (67.1%)
197		501				00:00:47	00:25:53.30	00:26:41.15	+00:08:33 (33.0%)	5:10	11.6 (67.1%)
198	SZUKAJ Karol	217	KANAŁOWA TEAM	M-30	50	00:00:19	00:26:00.55	00:26:19.75	+00:08:40 (33.4%)	5:12	11.5 (66.5%)
199	KOZICKI Marcin	352	BYDGOSKIE ŻÓŁWIE	M-30	51	00:00:09	00:26:01.00	00:26:10.90	+00:08:41 (33.4%)	5:12	11.5 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	MAZANOWSKA Ewa	87	RUN PASJA	K-40	11	00:00:00	00:26:01.40	00:26:01.40	+00:08:41 (33.4%)	5:12	11.5 (66.5%)
201	KUNZ Wojciech	288		M-40	43	00:00:05	00:26:02.45	00:26:08.15	+00:08:42 (33.4%)	5:12	11.5 (66.5%)
202	PŁOSZAJ Magdalena	105		K-30	16	00:00:05	00:26:06.95	00:26:12.55	+00:08:46 (33.6%)	5:13	11.5 (66.5%)
203	PŁOSZAJ Maciej	104		M-30	52	00:00:05	00:26:07.40	00:26:12.50	+00:08:47 (33.6%)	5:13	11.5 (66.5%)
204	MAJDA Adrian	106		M-30	53	00:00:20	00:26:10.10	00:26:30.45	+00:08:50 (33.8%)	5:14	11.5 (66.5%)
205	MAJDA Kasia	107		K-20	3	00:00:20	00:26:10.50	00:26:30.55	+00:08:50 (33.8%)	5:14	11.5 (66.5%)
206	BUDZIŃSKI Igor	568		M-30	54	00:00:28	00:26:10.60	00:26:39.35	+00:08:50 (33.8%)	5:14	11.5 (66.5%)
207	KALINOWSKA Kamila	337	RUN BYDGOSZCZ	K-40	12	00:00:35	00:26:12.45	00:26:48.25	+00:08:52 (33.9%)	5:14	11.4 (65.9%)
208	KUKLIŃSKI Rafał	232		M-30	55	00:00:27	00:26:15.00	00:26:42.40	+00:08:55 (34.0%)	5:15	11.4 (65.9%)
209	PAPIS Piotr	116	BACK ON	M-30	56	00:00:20	00:26:16.60	00:26:36.95	+00:08:56 (34.0%)	5:15	11.4 (65.9%)
210	ŁUSZCZEK Iwona	75		K-20	4	00:00:24	00:26:17.30	00:26:41.50	+00:08:57 (34.1%)	5:15	11.4 (65.9%)
211	TRAWCZYŃSKA Katarzyna	73		K-20	5	00:00:25	00:26:18.80	00:26:43.80	+00:08:58 (34.1%)	5:15	11.4 (65.9%)
212	POTRZEBOWSKI Marek	2	DEAF	M-30	57	00:00:36	00:26:21.15	00:26:57.20	+00:09:01 (34.2%)	5:16	11.4 (65.9%)
213	SKUBISZAK Jacek	332		M-40	44	00:00:14	00:26:24.10	00:26:38.10	+00:09:04 (34.3%)	5:16	11.4 (65.9%)
214	ŚLIWA Andrzej	184		M-50	15	00:00:26	00:26:24.80	00:26:51.55	+00:09:04 (34.4%)	5:17	11.4 (65.9%)
215	ZARECKI Jakub	295		M-10	22	00:00:48	00:26:28.05	00:27:16.65	+00:09:08 (34.5%)	5:17	11.3 (65.3%)
216	TARCZYŃSKA Marta	22	TEAM KUCYKI	K-30	17	00:00:32	00:26:29.80	00:27:02.65	+00:09:09 (34.6%)	5:18	11.3 (65.3%)
217	WŁODARCZYK Olga	240	#BANANATEAM	K-20	6	00:00:32	00:26:30.15	00:27:02.85	+00:09:10 (34.6%)	5:18	11.3 (65.3%)
218	CISZEWSKA Emilia	8		K-30	18	00:00:34	00:26:31.55	00:27:05.75	+00:09:11 (34.7%)	5:18	11.3 (65.3%)
219	SZYMAŃSKI Michał	380		M-30	58	00:00:21	00:26:31.75	00:26:53.45	+00:09:11 (34.7%)	5:18	11.3 (65.3%)
220	POPIOŁEK Barbara	356		K-30	19	00:00:23	00:26:34.30	00:26:58.15	+00:09:14 (34.8%)	5:19	11.3 (65.3%)
221	ADAMSKI Piotr	529		M-Open	6	00:00:14	00:26:34.60	00:26:48.80	+00:09:14 (34.8%)	5:18	11.3 (65.3%)
222	KLETKIEWICZ Marek	579		M-20	33	00:00:09	00:26:34.90	00:26:43.90	+00:09:14 (34.8%)	5:18	11.3 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	KOBIEROWSKI Dawid	528		M-30	59	00:00:12	00:26:35.80	00:26:48.50	+00:09:15 (34.8%)	5:19	11.3 (65.3%)
224	DURĄŁEK Anna	376		K-40	13	00:00:26	00:26:36.00	00:27:02.45	+00:09:16 (34.8%)	5:19	11.3 (65.3%)
224	MINDYKOWSKI Zbigniew	103		M-40	45	00:00:35	00:26:36.00	00:27:11.90	+00:09:16 (34.8%)	5:19	11.3 (65.3%)
226	OSENDOWSKI Andrzej	537		M-20	34	00:00:20	00:26:37.20	00:26:57.55	+00:09:17 (34.9%)	5:19	11.3 (65.3%)
227	LIS Monika	451		K-20	7	00:00:23	00:26:37.65	00:27:01.05	+00:09:17 (34.9%)	5:19	11.3 (65.3%)
228	PIETRZAK Agata	378		K-20	8	00:00:28	00:26:38.15	00:27:07.00	+00:09:18 (34.9%)	5:19	11.3 (65.3%)
229	KULCZYCKI Andrzej	237		M-50	16	00:00:06	00:26:40.30	00:26:46.35	+00:09:20 (35.0%)	5:20	11.3 (65.3%)
230	GRACZKOWSKA Mirosława	135		K-40	14	00:00:17	00:26:40.85	00:26:58.05	+00:09:20 (35.0%)	5:20	11.2 (64.7%)
231	SROKA Dariusz	639		M-50	17	00:00:00	00:26:42.15	00:26:42.15	+00:09:22 (35.1%)	5:20	11.2 (64.7%)
232	GRZYWACZ Marcin	211		M-30	60	00:00:02	00:26:46.40	00:26:48.80	+00:09:26 (35.3%)	5:21	11.2 (64.7%)
233	GRODZKA Ewelina	218		K-20	9	00:00:07	00:26:47.10	00:26:54.90	+00:09:27 (35.3%)	5:21	11.2 (64.7%)
234	KLONOWSKI Sławomir	266		M-40	46	00:00:32	00:26:47.15	00:27:20.00	+00:09:27 (35.3%)	5:21	11.2 (64.7%)
235	LIWOCH Grzegorz	371		M-50	18	00:00:21	00:26:52.55	00:27:13.90	+00:09:32 (35.5%)	5:22	11.2 (64.7%)
236	LIGMAN Jerzy	246		M-50	19	00:00:02	00:26:58.25	00:27:00.85	+00:09:38 (35.7%)	5:23	11.1 (64.2%)
237	LEWANDOWSKI Adam	82	BEZ KLUBU	M-40	47	00:00:20	00:27:04.95	00:27:25.60	+00:09:44 (36.0%)	5:25	11.1 (64.2%)
238	MINDYKOWSKI Roman	80	SZALONE INDYKI	M-40	48	00:00:36	00:27:06.10	00:27:42.60	+00:09:46 (36.0%)	5:25	11.1 (64.2%)
239	KIERSKI Maciej	92		M-20	35	00:00:08	00:27:07.45	00:27:15.55	+00:09:47 (36.1%)	5:25	11.1 (64.2%)
240	MASZADZIŃSKI Mateusz	581		M-20	36	00:00:28	00:27:09.65	00:27:38.05	+00:09:49 (36.2%)	5:26	11 (63.6%)
241	CZERWIAKOWSKI Sebastian	45		M-40	49	00:00:14	00:27:15.45	00:27:30.20	+00:09:55 (36.4%)	5:27	11 (63.6%)
242	BRZYKCY Karolina	47		K-30	20	00:00:14	00:27:16.20	00:27:30.25	+00:09:56 (36.4%)	5:27	11 (63.6%)
243	FIEGEL Wojciech	321		M-30	61	00:00:22	00:27:16.40	00:27:38.70	+00:09:56 (36.4%)	5:27	11 (63.6%)
244	TOMCZYK Agnieszka	173		K-40	15	00:00:09	00:27:17.95	00:27:27.65	+00:09:57 (36.5%)	5:27	11 (63.6%)
245	TALAR Cezary	34		M-10	23	00:00:10	00:27:19.45	00:27:29.45	+00:09:59 (36.6%)	5:27	11 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	SZATKOWSKA Beata	560		K-50	1	00:00:47	00:27:21.10	00:28:08.30	+00:10:01 (36.6%)	5:28	11 (63.6%)
247	WORZAŁA Michał	300		M-20	37	00:00:59	00:27:21.70	00:28:21.30	+00:10:01 (36.7%)	5:28	11 (63.6%)
248	WIELIŃSKA Dorota	614		K-20	10	00:00:23	00:27:23.85	00:27:47.00	+00:10:03 (36.7%)	5:28	10.9 (63.0%)
249	FIEGEL Katarzyna	322		K-30	21	00:00:22	00:27:23.90	00:27:46.70	+00:10:03 (36.7%)	5:28	10.9 (63.0%)
250	FIUT Kazimierz	74		M-50	20	00:00:25	00:27:28.65	00:27:53.65	+00:10:08 (36.9%)	5:29	10.9 (63.0%)
251	FALGOWSKA Agnieszka	155	SZURUSIE TEAM	K-30	22	00:00:35	00:27:30.85	00:28:06.05	+00:10:10 (37.0%)	5:30	10.9 (63.0%)
252	OBREŃBSKA Ela	279	BIEGASIE	K-30	23	00:00:28	00:27:33.70	00:28:02.60	+00:10:13 (37.1%)	5:30	10.9 (63.0%)
253	SZAMROWICZ Jacek	516		M-40	50	00:00:25	00:27:35.90	00:28:01.70	+00:10:15 (37.2%)	5:31	10.9 (63.0%)
254	RYDELSKA Kinga	39		K-40	16	00:00:22	00:27:39.40	00:28:01.55	+00:10:19 (37.3%)	5:31	10.8 (62.4%)
255	MICHNIEWICZ Małgorzata	123		K-30	24	00:00:10	00:27:39.75	00:27:50.35	+00:10:19 (37.3%)	5:32	10.8 (62.4%)
256	DOLATA Grzegorz	85		M-40	51	00:00:24	00:27:40.40	00:28:04.70	+00:10:20 (37.4%)	5:32	10.8 (62.4%)
257	OSIŃSKA Daria	602		K-20	11	00:00:39	00:27:41.50	00:28:20.55	+00:10:21 (37.4%)	5:32	10.8 (62.4%)
258	MAĆKOWSKI Damian	312		M-20	38	00:00:38	00:27:43.20	00:28:22.05	+00:10:23 (37.5%)	5:32	10.8 (62.4%)
259	ŚWIATOWY Daria	120		K-20	12	00:00:19	00:27:48.35	00:28:07.75	+00:10:28 (37.7%)	5:33	10.8 (62.4%)
260	BOROWIEC Lucyna	513		K-30	25	00:00:07	00:27:54.00	00:28:01.15	+00:10:34 (37.9%)	5:34	10.8 (62.4%)
261	JASKOWSKA-PAWSKA Danuta	524		K-40	17	00:00:24	00:27:55.50	00:28:20.40	+00:10:35 (37.9%)	5:35	10.7 (61.8%)
262	SUSZEK Kasia	357		K-30	26	00:00:23	00:27:57.80	00:28:20.85	+00:10:37 (38.0%)	5:35	10.7 (61.8%)
263	ROGUSZCZAK Maciej	88		M-40	52	00:00:28	00:27:59.35	00:28:28.25	+00:10:39 (38.1%)	5:36	10.7 (61.8%)
264	MINDYKOWSKA Anna	102	RUN BDG	K-40	18	00:00:36	00:27:59.75	00:28:36.60	+00:10:39 (38.1%)	5:36	10.7 (61.8%)
265	NALIŃSKA Anna	420		K-20	13	00:00:07	00:28:02.20	00:28:09.35	+00:10:42 (38.2%)	5:36	10.7 (61.8%)
266	TWARDOWSKA Sylwia	530		K-30	27	00:00:22	00:28:02.45	00:28:24.60	+00:10:42 (38.2%)	5:36	10.7 (61.8%)
267	PREUSS Daniel	591		M-40	53	00:00:12	00:28:03.65	00:28:16.60	+00:10:43 (38.2%)	5:36	10.7 (61.8%)
268	GOŚCINIAK Agnieszka	482		K-Open	3	00:00:13	00:28:04.50	00:28:18.10	+00:10:44 (38.3%)	5:37	10.7 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	ANDRZEJEWSKI Jakub	609		M-30	62	00:00:00	00:28:04.80	00:28:04.80	+00:10:44 (38.3%)	5:36	10.7 (61.8%)
270	RADKOWSKI Dariusz	623		M-40	54	00:00:42	00:28:07.50	00:28:50.30	+00:10:47 (38.4%)	5:37	10.7 (61.8%)
271	JĄKALAK Alicja	297		K-30	28	00:00:37	00:28:07.60	00:28:45.20	+00:10:47 (38.4%)	5:37	10.7 (61.8%)
272	RACZYCKI Tomasz	244		M-40	55	00:00:42	00:28:08.20	00:28:50.30	+00:10:48 (38.4%)	5:37	10.7 (61.8%)
273	KUTA Jakub	401		M-20	39	00:00:43	00:28:09.40	00:28:52.65	+00:10:49 (38.4%)	5:37	10.7 (61.8%)
274	MINDYKOWSKA Beata	79	SZALONE INDYKI	K-40	19	00:00:36	00:28:12.50	00:28:48.50	+00:10:52 (38.6%)	5:38	10.6 (61.3%)
275	KRÓL Katarzyna	287		K-40	20	00:00:41	00:28:13.95	00:28:55.15	+00:10:53 (38.6%)	5:38	10.6 (61.3%)
276	MARIAŃSKA Emilia	286	SANIMAR	K-40	21	00:00:37	00:28:14.35	00:28:51.80	+00:10:54 (38.6%)	5:38	10.6 (61.3%)
277	SZNEJDROWSKA Agnieszka	599		K-20	14	00:00:04	00:28:14.55	00:28:19.30	+00:10:54 (38.6%)	5:39	10.6 (61.3%)
277	ZAUER Magda	382	-	K-20	15	00:00:43	00:28:14.55	00:28:57.85	+00:10:54 (38.6%)	5:38	10.6 (61.3%)
279	OŻGA Agnieszka	31		K-20	16	00:00:29	00:28:24.00	00:28:53.90	+00:11:04 (39.0%)	5:40	10.6 (61.3%)
280	PAWLAK Wojciech	351		M-20	40	00:00:47	00:28:25.25	00:29:13.15	+00:11:05 (39.0%)	5:41	10.6 (61.3%)
281	CEGIELSKA Dominika	349		K-20	17	00:00:47	00:28:25.35	00:29:13.25	+00:11:05 (39.0%)	5:41	10.6 (61.3%)
282	NUNZEK Agnieszka	277		K-40	22	00:00:04	00:28:26.80	00:28:31.25	+00:11:06 (39.1%)	5:41	10.5 (60.7%)
283	NAGORZYSKI Arkadiusz	477		M-30	63	00:00:06	00:28:26.90	00:28:33.40	+00:11:06 (39.1%)	5:41	10.5 (60.7%)
284	NAGORZYSKA Sylwia	16		K-30	29	00:00:06	00:28:26.95	00:28:33.25	+00:11:06 (39.1%)	5:41	10.5 (60.7%)
285	OKOŃSKA Joanna	567		K-30	30	00:00:00	00:28:28.90	00:28:28.90	+00:11:08 (39.1%)	5:41	10.5 (60.7%)
286	CZERWIAKOWSKA Nikola	48		K-10	2	00:00:14	00:28:32.15	00:28:46.70	+00:11:12 (39.3%)	5:42	10.5 (60.7%)
287	BACHMORA Marcin	471		M-30	64	00:00:50	00:28:35.00	00:29:25.50	+00:11:15 (39.4%)	5:43	10.5 (60.7%)
288	GĄSIOROWSKA Justyna	18		K-20	18	00:00:26	00:28:46.90	00:29:13.75	+00:11:26 (39.8%)	5:45	10.4 (60.1%)
289	DUDA Marcin	359		M-30	65	00:00:48	00:28:48.75	00:29:37.00	+00:11:28 (39.8%)	5:45	10.4 (60.1%)
290	CHMIEL Justyna	419	CHUSTYNKA.PL	K-30	31	00:00:41	00:28:50.05	00:29:31.45	+00:11:30 (39.9%)	5:46	10.4 (60.1%)
291	KŁOSOWSKI Piotr	250		M-40	56	00:00:44	00:28:53.10	00:29:37.40	+00:11:33 (40.0%)	5:46	10.4 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	BOROŃSKA Sylwia	592		K-40	23	00:00:32	00:28:55.05	00:29:27.30	+00:11:35 (40.1%)	5:47	10.4 (60.1%)
293	LEWANDOWSKA Sylwia	68		K-30	32	00:00:09	00:28:55.45	00:29:04.75	+00:11:35 (40.1%)	5:47	10.4 (60.1%)
293	LEWANDOWSKI Paweł	69		M-30	66	00:00:09	00:28:55.45	00:29:04.75	+00:11:35 (40.1%)	5:47	10.4 (60.1%)
295	TUREK Natalia	517		K-20	19	00:00:11	00:28:58.55	00:29:10.05	+00:11:38 (40.2%)	5:47	10.4 (60.1%)
296	CZECZINSKA Pamela	115		K-20	20	00:00:34	00:28:59.65	00:29:34.55	+00:11:39 (40.2%)	5:48	10.3 (59.5%)
297	GACKOWSKI Edward	457		M-60+	3	00:00:16	00:29:00.20	00:29:16.25	+00:11:40 (40.2%)	5:48	10.3 (59.5%)
298	KONIEC Piotr	239	BLACKSTARMTB	M-40	57	00:00:45	00:29:01.65	00:29:47.55	+00:11:41 (40.3%)	5:48	10.3 (59.5%)
299	CZERENKIEWICZ Magdalena	238	BLACKSTARMTB	K-20	21	00:00:45	00:29:01.85	00:29:47.15	+00:11:41 (40.3%)	5:48	10.3 (59.5%)
300	SYGULSKA Justyna	196		K-30	33	00:00:29	00:29:04.50	00:29:34.00	+00:11:44 (40.4%)	5:49	10.3 (59.5%)
301	SZYMCZAK KŁOSOWSKA Magdalena	249		K-40	24	00:00:43	00:29:04.75	00:29:48.50	+00:11:44 (40.4%)	5:49	10.3 (59.5%)
302	KAMZELEWSKA Beata	613		K-40	25	00:00:11	00:29:07.45	00:29:19.25	+00:11:47 (40.5%)	5:49	10.3 (59.5%)
303	WESOŁOWSKI Kamil	597		M-10	24	00:00:33	00:29:08.25	00:29:41.90	+00:11:48 (40.5%)	5:49	10.3 (59.5%)
304	HANCZKE Jacek	252		M-30	67	00:00:29	00:29:08.40	00:29:37.80	+00:11:48 (40.5%)	5:49	10.3 (59.5%)
305	TORZEWSKA Małgorzata	594		K-40	26	00:00:11	00:29:09.00	00:29:20.80	+00:11:49 (40.5%)	5:49	10.3 (59.5%)
306	MALICKA Beata	71		K-50	2	00:00:26	00:29:10.85	00:29:36.95	+00:11:50 (40.6%)	5:50	10.3 (59.5%)
307	LUBOŃSKA Kinga	64		K-10	3	00:00:04	00:29:12.15	00:29:16.30	+00:11:52 (40.6%)	5:50	10.3 (59.5%)
308	WESOŁOWSKI Emil	151	SZURUSIE TEAM	M-10	25	00:00:35	00:29:12.35	00:29:47.55	+00:11:52 (40.7%)	5:50	10.3 (59.5%)
309	LIPIŃSKI Adam	227		M-20	41	00:00:35	00:29:13.20	00:29:48.60	+00:11:53 (40.7%)	5:50	10.3 (59.5%)
310	DROZ Krzysztof	208	KD SERWIS	M-50	21	00:00:29	00:29:13.40	00:29:43.30	+00:11:53 (40.7%)	5:50	10.3 (59.5%)
311	KWIATKOWSKA Karolina	158		K-30	34	00:00:25	00:29:13.95	00:29:39.75	+00:11:53 (40.7%)	5:50	10.3 (59.5%)
312	MAJEWICZ Violetta	258	-	K-50	3	00:00:11	00:29:15.75	00:29:27.25	+00:11:55 (40.8%)	5:51	10.3 (59.5%)
313	ROSZCZYŃIAŁA Paula	373		K-20	22	00:00:05	00:29:18.45	00:29:24.25	+00:11:58 (40.9%)	5:51	10.2 (59.0%)
314	KUCHARSKI Łukasz	292		M-20	42	00:00:36	00:29:19.70	00:29:56.30	+00:11:59 (40.9%)	5:52	10.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	ANDRZEJEWSKA Agata	296		K-40	27	00:00:37	00:29:22.30	00:30:00.20	+00:12:02 (41.0%)	5:52	10.2 (59.0%)
316	KAJTEK Kamil	650		M-30	68	00:00:53	00:29:24.45	00:30:18.15	+00:12:04 (41.1%)	5:53	10.2 (59.0%)
317	HOFFMANN Michał	205		M-30	69	00:00:42	00:29:27.10	00:30:09.75	+00:12:07 (41.1%)	5:53	10.2 (59.0%)
318	LEWANDOWSKI Piotr	519		M-40	58	00:00:29	00:29:27.90	00:29:57.20	+00:12:07 (41.2%)	5:53	10.2 (59.0%)
319	WELGER Maria	558		K-40	28	00:00:51	00:29:28.20	00:30:19.50	+00:12:08 (41.2%)	5:53	10.2 (59.0%)
320	KAJTEK Marta	649		K-30	35	00:00:53	00:29:30.40	00:30:23.45	+00:12:10 (41.3%)	5:54	10.2 (59.0%)
321	HOFFMANN Monika	231		K-30	36	00:00:42	00:29:33.70	00:30:16.10	+00:12:13 (41.4%)	5:54	10.1 (58.4%)
322	ŁOŻYKOWSKA Justyna	355		K-30	37	00:00:03	00:29:35.00	00:29:38.20	+00:12:15 (41.4%)	5:55	10.1 (58.4%)
323	WESOŁOWSKA Daniela	172	SZURUSIE TEAM	K-40	29	00:00:35	00:29:35.60	00:30:10.90	+00:12:15 (41.4%)	5:55	10.1 (58.4%)
324	GÖRNIOWICZ Angelika	347		K-30	38	00:00:03	00:29:36.00	00:29:39.00	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
324	WESOŁOWSKI Rafał	150	SZURUSIE TEAM	M-40	59	00:00:35	00:29:36.00	00:30:11.40	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
326	WOJTASZAK Kinga	625		K-10	4	00:00:01	00:29:36.35	00:29:37.95	+00:12:16 (41.5%)	5:55	10.1 (58.4%)
327	KODWICH Aleksandra	522		K-10	5	00:00:01	00:29:37.40	00:29:38.70	+00:12:17 (41.5%)	5:55	10.1 (58.4%)
328	LEWANDOWSKA Izabela	410		K-30	39	00:00:30	00:29:38.60	00:30:08.80	+00:12:18 (41.5%)	5:55	10.1 (58.4%)
329	ROMIANOWSKA Agnieszka	412		K-40	30	00:00:30	00:29:38.80	00:30:09.20	+00:12:18 (41.5%)	5:55	10.1 (58.4%)
330	CZYŻEWSKA Bernadeta	101		K-30	40	00:00:00	00:29:39.50	00:29:39.50	+00:12:19 (41.6%)	5:55	10.1 (58.4%)
331	MUSIAŁ Emilia	525		K-20	23	00:00:39	00:29:40.60	00:30:20.30	+00:12:20 (41.6%)	5:56	10.1 (58.4%)
332	TYKWIŃSKI Kacper	606		M-10	26	00:00:38	00:29:40.75	00:30:18.95	+00:12:20 (41.6%)	5:56	10.1 (58.4%)
333	RADZIEJEWSKA Grażyna	547		K-50	4	00:00:04	00:29:41.70	00:29:46.05	+00:12:21 (41.6%)	5:56	10.1 (58.4%)
334	TREPANOWSKI Tomasz	338		M-40	60	00:00:40	00:29:41.80	00:30:22.60	+00:12:21 (41.6%)	5:56	10.1 (58.4%)
335	KAWA Marcin	575		M-40	61	00:00:55	00:29:45.55	00:30:41.20	+00:12:25 (41.8%)	5:57	10.1 (58.4%)
336	WALASEK Jakub	605		M-10	27	00:00:38	00:29:45.65	00:30:24.05	+00:12:25 (41.8%)	5:57	10.1 (58.4%)
337	KAMIŃSKI Łukasz	566		M-30	70	00:00:00	00:29:48.30	00:29:49.20	+00:12:28 (41.8%)	5:57	10.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	KUBONIA-KAMIŃSKA Hanna	564		K-30	41	00:00:01	00:29:48.50	00:29:49.90	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
339	KUBOWICZ Piotr	89	MAŁGOŚ ... TEAM	M-50	22	00:00:00	00:29:48.60	00:29:49.30	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
340	CHILEWSKI Mikołaj	429	KUJ.POM.KLUB JEZDZIECKI	M-20	43	00:01:00	00:30:01.85	00:31:02.35	+00:12:41 (42.3%)	6:00	10 (57.8%)
341	FIGURA-ZGÓRSKA Joanna	305		K-30	42	00:00:10	00:30:06.35	00:30:16.40	+00:12:46 (42.4%)	6:01	10 (57.8%)
342	ZGÓRSKI Łukasz	306		M-30	71	00:00:10	00:30:06.45	00:30:16.85	+00:12:46 (42.4%)	6:01	10 (57.8%)
343	DOLATA Jakub	176		M-10	28	00:00:55	00:30:08.35	00:31:03.35	+00:12:48 (42.5%)	6:01	10 (57.8%)
344	BORUSZEWSKI Remigiusz	119		M-10	29	00:00:55	00:30:09.50	00:31:04.75	+00:12:49 (42.5%)	6:01	10 (57.8%)
345	CHROMIŃSKA Paulina	182		K-20	24	00:00:00	00:30:12.25	00:30:12.45	+00:12:52 (42.6%)	6:02	9.9 (57.2%)
346	DUDZIŃSKA Małgorzata	214		K-40	31	00:00:24	00:30:18.30	00:30:42.40	+00:12:58 (42.8%)	6:03	9.9 (57.2%)
347	KASPRZAK Paula	189		K-10	6	00:00:34	00:30:22.25	00:30:56.50	+00:13:02 (42.9%)	6:04	9.9 (57.2%)
348	SZALA Monika	473		K-30	43	00:00:18	00:30:23.35	00:30:41.50	+00:13:03 (43.0%)	6:04	9.9 (57.2%)
349	CELEJEWSKA Agnieszka	256		K-30	44	00:00:09	00:30:23.40	00:30:33.05	+00:13:03 (43.0%)	6:04	9.9 (57.2%)
350	NIEZBEDZKI Gracjan	593		M-10	30	00:00:00	00:30:25.65	00:30:25.65	+00:13:05 (43.0%)	6:05	9.9 (57.2%)
351	KACZMAREK Marcin	435		M-20	44	00:00:21	00:30:25.90	00:30:47.40	+00:13:05 (43.0%)	6:05	9.9 (57.2%)
352	MAJEWSKA Małgorzata	431		K-20	25	00:00:19	00:30:26.65	00:30:46.50	+00:13:06 (43.1%)	6:05	9.9 (57.2%)
353	GRZYWACZ Karolina	90		K-30	45	00:00:02	00:30:26.70	00:30:29.35	+00:13:06 (43.1%)	6:05	9.9 (57.2%)
354	GRALLA Łukasz	476		M-30	72	00:00:46	00:30:26.80	00:31:13.30	+00:13:06 (43.1%)	6:05	9.9 (57.2%)
355	SĄLASIŃSKA Marta	521		K-30	46	00:00:01	00:30:27.65	00:30:29.60	+00:13:07 (43.1%)	6:05	9.8 (56.6%)
356	KRAKOWSKI Maksymilian	507		M-10	31	00:00:33	00:30:28.05	00:31:02.00	+00:13:08 (43.1%)	6:05	9.8 (56.6%)
357	ŁUKASZKIEWICZ Karolina	515		K-30	47	00:00:34	00:30:29.65	00:31:03.70	+00:13:09 (43.2%)	6:05	9.8 (56.6%)
358	ZALEWSKA Michalina	41	UKS KOPERNIK	K-10	7	00:00:33	00:30:30.25	00:31:03.80	+00:13:10 (43.2%)	6:06	9.8 (56.6%)
359	CHILEWSKI Janek	426	WISEŁKA BYDGOSZCZ-FORDON	M-10	32	00:01:00	00:30:33.30	00:31:33.35	+00:13:13 (43.3%)	6:06	9.8 (56.6%)
360	CHILEWSKA Lidia	427	CB163	K-40	32	00:00:59	00:30:36.70	00:31:36.50	+00:13:16 (43.4%)	6:07	9.8 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	CHILEWSKI Arkadiusz	424		M-40	62	00:00:59	00:30:37.10	00:31:36.40	+00:13:17 (43.4%)	6:07	9.8 (56.6%)
362	KOWALSKA Katarzyna	342		K-30	48	00:00:01	00:30:37.35	00:30:38.45	+00:13:17 (43.4%)	6:07	9.8 (56.6%)
363	CZAJA Iwona	345		K-30	49	00:00:07	00:30:38.55	00:30:46.30	+00:13:18 (43.4%)	6:07	9.8 (56.6%)
364	BUDZIAK Bartosz	14		M-40	63	00:00:50	00:30:44.90	00:31:35.80	+00:13:24 (43.6%)	6:09	9.8 (56.6%)
365	URASIŃSKA Karolina	596		K-30	50	00:00:02	00:30:45.50	00:30:48.35	+00:13:25 (43.6%)	6:09	9.8 (56.6%)
366	TYKWIŃSKA Agnieszka	230		K-30	51	00:00:02	00:30:46.05	00:30:48.40	+00:13:26 (43.7%)	6:09	9.8 (56.6%)
367	PROKOPOWICZ Agnieszka	51		K-30	52	00:00:31	00:30:46.70	00:31:17.85	+00:13:26 (43.7%)	6:09	9.8 (56.6%)
368	ZAMIATOWSKA Kinga	50	BELLA LINE BDG	K-40	33	00:00:30	00:30:46.75	00:31:17.65	+00:13:26 (43.7%)	6:09	9.7 (56.1%)
369	SKRZĄTEK Anna	587		K-40	34	00:00:30	00:30:47.45	00:31:18.00	+00:13:27 (43.7%)	6:09	9.7 (56.1%)
370	MEGER Agnieszka	149		K-30	53	00:00:29	00:30:47.95	00:31:17.75	+00:13:27 (43.7%)	6:09	9.7 (56.1%)
371	RYMASZEWSKI Roman	461		M-40	64	00:00:39	00:30:49.45	00:31:28.85	+00:13:29 (43.8%)	6:09	9.7 (56.1%)
372	BUDZRAL Zuzanna	481		K-10	8	00:00:51	00:30:51.75	00:31:42.95	+00:13:31 (43.8%)	6:10	9.7 (56.1%)
373	KAMBUŁ Aleksandra	200		K-20	26	00:00:39	00:30:52.50	00:31:32.35	+00:13:32 (43.9%)	6:10	9.7 (56.1%)
374	KAMBUŁ Waldemar	222	NIEZRZESZONY	M-50	23	00:00:39	00:30:52.95	00:31:32.70	+00:13:32 (43.9%)	6:10	9.7 (56.1%)
375	MALICKA Maria	143		K-30	54	00:00:26	00:30:57.55	00:31:24.00	+00:13:37 (44.0%)	6:11	9.7 (56.1%)
376	SZAJDA Magdalena	339		K-40	35	00:00:17	00:31:01.10	00:31:18.30	+00:13:41 (44.1%)	6:12	9.7 (56.1%)
377	BYRTEK Sandra	440		K-10	9	00:00:02	00:31:03.90	00:31:06.30	+00:13:43 (44.2%)	6:12	9.7 (56.1%)
378	PLUCIŃSKA-HUK Aleksandra	261	PACTUM	K-40	36	00:00:31	00:31:05.00	00:31:36.40	+00:13:45 (44.2%)	6:13	9.7 (56.1%)
379	STAFIEJ Barbara	480		K-40	37	00:00:18	00:31:08.20	00:31:26.50	+00:13:48 (44.3%)	6:13	9.6 (55.5%)
380	BYRTEK Grzegorz	439		M-40	65	00:00:02	00:31:08.80	00:31:11.15	+00:13:48 (44.3%)	6:13	9.6 (55.5%)
381	WÓJCIK Anna	325		K-30	55	00:00:22	00:31:09.65	00:31:32.10	+00:13:49 (44.4%)	6:14	9.6 (55.5%)
382	SMYK Adrianna	441		K-20	27	00:00:14	00:31:11.05	00:31:25.90	+00:13:51 (44.4%)	6:14	9.6 (55.5%)
383	RASZKA Jakub	443		M-20	45	00:00:14	00:31:11.15	00:31:25.90	+00:13:51 (44.4%)	6:14	9.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	KOZICKI Damian	459		M-40	66	00:00:50	00:31:12.65	00:32:02.70	+00:13:52 (44.5%)	6:14	9.6 (55.5%)
385	HENNING Maria	533		K-10	10	00:00:48	00:31:14.50	00:32:02.80	+00:13:54 (44.5%)	6:14	9.6 (55.5%)
386	WAWRZYNIAK Zuzanna	63		K-20	28	00:00:41	00:31:14.90	00:31:56.50	+00:13:54 (44.5%)	6:15	9.6 (55.5%)
387	LEWANDOWSKA Beata	518		K-40	38	00:00:28	00:31:17.25	00:31:45.80	+00:13:57 (44.6%)	6:15	9.6 (55.5%)
388		635				00:00:00	00:31:18.25	00:31:18.25	+00:13:58 (44.6%)	6:15	9.6 (55.5%)
389	BINIENDA Martyna	139	BIMAT	K-10	11	00:00:10	00:31:27.05	00:31:37.25	+00:14:07 (44.9%)	6:17	9.5 (54.9%)
390	BUSZTA Artur	224	KLUB ZDROWEGO STYLU ŻYCIA	M-30	73	00:00:49	00:31:29.75	00:32:18.80	+00:14:09 (45.0%)	6:17	9.5 (54.9%)
391	BEDNACZEK Małgorzata	470		K-40	39	00:00:49	00:31:29.95	00:32:19.30	+00:14:09 (45.0%)	6:18	9.5 (54.9%)
392	WIATROWSKA Katarzyna	392		K-30	56	00:00:22	00:31:30.20	00:31:53.10	+00:14:10 (45.0%)	6:18	9.5 (54.9%)
393	BUSZTA Julia	225	KLUB ZDROWEGO STYLU ŻYCIA	K-10	12	00:00:48	00:31:30.65	00:32:18.85	+00:14:10 (45.0%)	6:18	9.5 (54.9%)
394	RADZIŃSKA Aleksandra	304		K-30	57	00:00:50	00:31:36.65	00:32:27.55	+00:14:16 (45.2%)	6:19	9.5 (54.9%)
395	GRALLA Aida	475		K-40	40	00:00:47	00:31:36.95	00:32:24.30	+00:14:16 (45.2%)	6:19	9.5 (54.9%)
396	POTNIALSKI Przemysław	563		M-20	46	00:00:55	00:31:37.75	00:32:33.60	+00:14:17 (45.2%)	6:19	9.5 (54.9%)
397	AGUSTYNIAK Piotr	454		M-40	67	00:00:40	00:31:39.00	00:32:19.70	+00:14:19 (45.2%)	6:19	9.5 (54.9%)
398	SZULC Joanna	453		K-40	41	00:00:40	00:31:39.35	00:32:19.65	+00:14:19 (45.2%)	6:19	9.5 (54.9%)
399	PORAZIŃSKA Wiktoria	509		K-40	42	00:00:40	00:31:39.60	00:32:20.00	+00:14:19 (45.3%)	6:20	9.5 (54.9%)
400	BOCZKAJA Agata	588		K-30	58	00:00:24	00:31:45.05	00:32:09.35	+00:14:25 (45.4%)	6:21	9.4 (54.3%)
401	MALCZEWSKA Mirka	9	SPORT FAKTORY	K-60+	1	00:00:34	00:31:46.00	00:32:20.60	+00:14:26 (45.4%)	6:21	9.4 (54.3%)
402	MARIAŃSKA Magda	181		K-10	13	00:00:36	00:31:47.45	00:32:24.40	+00:14:27 (45.5%)	6:21	9.4 (54.3%)
403	SROCZYŃSKA Marta	512		K-20	29	00:00:29	00:31:59.75	00:32:29.30	+00:14:39 (45.8%)	6:24	9.4 (54.3%)
404	JANUSZEWSKA Monika	631		K-40	43	00:00:25	00:32:05.25	00:32:31.05	+00:14:45 (46.0%)	6:25	9.3 (53.8%)
405	CHWIAŁKOWSKA Joanna	177		K-40	44	00:00:41	00:32:06.25	00:32:47.50	+00:14:46 (46.0%)	6:25	9.3 (53.8%)
406	SPADZIŃSKA Maria	407		K-50	5	00:00:38	00:32:07.20	00:32:46.00	+00:14:47 (46.0%)	6:25	9.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	RUDZIŃSKA Karolina	93		K-20	30	00:00:24	00:32:07.45	00:32:31.55	+00:14:47 (46.0%)	6:25	9.3 (53.8%)
408	PREWYSZ-KWINTO Joanna	551		K-40	45	00:00:44	00:32:07.85	00:32:52.45	+00:14:47 (46.1%)	6:25	9.3 (53.8%)
409	WESOŁOWSKA Ewa	549		K-40	46	00:00:44	00:32:08.10	00:32:52.65	+00:14:48 (46.1%)	6:25	9.3 (53.8%)
410	ŚLĘZAK Rafał	159		M-40	68	00:00:46	00:32:10.55	00:32:57.30	+00:14:50 (46.1%)	6:26	9.3 (53.8%)
411	NURKIEWICZ Zofia	28	KUNG FU PANDY 3	K-10	14	00:00:51	00:32:12.45	00:33:03.95	+00:14:52 (46.2%)	6:26	9.3 (53.8%)
412	DZUDZIŃSKA Malwina	622		K-10	15	00:00:11	00:32:16.00	00:32:27.40	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
413	TREPANOWSKA Katarzyna	409		K-20	31	00:00:41	00:32:16.20	00:32:57.40	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
414	GĄSIENNICA Joanna	619		K-30	59	00:00:11	00:32:16.30	00:32:27.30	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
415	KROLL Agnieszka	610		K-20	32	00:00:31	00:32:16.60	00:32:48.10	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
416	KOWALCZYK Violetta	460		K-40	47	00:00:39	00:32:25.70	00:33:05.40	+00:15:05 (46.5%)	6:29	9.2 (53.2%)
417	BLOK Monika	546		K-30	60	00:00:31	00:32:25.75	00:32:56.95	+00:15:05 (46.6%)	6:29	9.3 (53.8%)
418	NOSKOWIAK-BAJNO Alicja	630		K-30	61	00:00:13	00:32:25.95	00:32:39.00	+00:15:05 (46.6%)	6:29	9.2 (53.2%)
419	BŁASZKIEWICZ Marzena	100		K-30	62	00:00:12	00:32:26.55	00:32:39.20	+00:15:06 (46.6%)	6:29	9.2 (53.2%)
420	PAZDERSKA Aleksandra	590		K-20	33	00:00:00	00:32:30.10	00:32:30.10	+00:15:10 (46.7%)	6:30	9.2 (53.2%)
421	WALEWSKA Magdalena	161		K-30	63	00:00:04	00:32:33.15	00:32:37.20	+00:15:13 (46.8%)	6:30	9.2 (53.2%)
422	WORONIECKA Anna	117		K-30	64	00:00:31	00:32:38.90	00:33:09.90	+00:15:18 (46.9%)	6:31	9.2 (53.2%)
423	LIBERT Karolina	44		K-20	34	00:00:08	00:32:39.45	00:32:47.80	+00:15:19 (46.9%)	6:31	9.2 (53.2%)
424	NOWAK Oliwia	138	SP NR 12	K-10	16	00:00:10	00:32:43.90	00:32:53.95	+00:15:23 (47.0%)	6:32	9.2 (53.2%)
425	BINIENDA Mateusz	140	BIMAT	M-30	74	00:00:09	00:32:45.30	00:32:54.30	+00:15:25 (47.1%)	6:33	9.2 (53.2%)
426	MICKIEWICZ Katarzyna	36		K-20	35	00:00:10	00:32:47.50	00:32:58.30	+00:15:27 (47.1%)	6:33	9.1 (52.6%)
427	FERTYKOWSKA Magdalena	572		K-40	48	00:00:07	00:32:48.85	00:32:56.00	+00:15:28 (47.2%)	6:33	9.1 (52.6%)
428	PATER Amelia	333		K-10	17	00:00:00	00:32:49.10	00:32:49.80	+00:15:29 (47.2%)	6:33	9.1 (52.6%)
429	PIANOWSKA Ewa	395	BIURO INŻYNIWRII ŚRODOWISKA	K-50	6	00:00:12	00:32:55.55	00:33:07.65	+00:15:35 (47.4%)	6:35	9.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	BIELENNY Michał	504		M-60+	4	00:00:36	00:33:03.90	00:33:40.80	+00:15:43 (47.6%)	6:36	9.1 (52.6%)
431	DUDZIŃSKI Bogusław	621		M-40	69	00:00:12	00:33:06.75	00:33:19.55	+00:15:46 (47.7%)	6:37	9.1 (52.6%)
432	DUDZIŃSKA Agnieszka	620		K-40	49	00:00:12	00:33:07.05	00:33:19.25	+00:15:47 (47.7%)	6:37	9.1 (52.6%)
433	SMYK Arkadiusz	442		M-40	70	00:00:15	00:33:13.10	00:33:28.70	+00:15:53 (47.8%)	6:38	9 (52.0%)
434	GÓREC Kacper	640		M-10	33	00:00:00	00:33:20.80	00:33:20.80	+00:16:00 (48.0%)	6:40	9 (52.0%)
435	KUŹNIAR Patryk	502		M-20	47	00:00:40	00:33:30.30	00:34:11.10	+00:16:10 (48.3%)	6:42	9 (52.0%)
436	SAPALSKA Michalina	111		K-20	36	00:00:45	00:33:30.40	00:34:16.10	+00:16:10 (48.3%)	6:42	9 (52.0%)
437	KUŹNIAR Melisa	500		K-20	37	00:00:40	00:33:31.10	00:34:11.50	+00:16:11 (48.3%)	6:42	9 (52.0%)
438	SAPALSKA Małgorzata	12		K-20	38	00:00:45	00:33:32.75	00:34:18.45	+00:16:12 (48.3%)	6:42	8.9 (51.4%)
439	KLUCZYŃSKA Blanka	127		K-30	65	00:00:00	00:33:35.25	00:33:35.25	+00:16:15 (48.4%)	6:43	8.9 (51.4%)
440	ALEKSANDER Alicja	61	GLÜCKLICHE EINHÖRCHEN	K-20	39	00:00:46	00:33:35.65	00:34:21.75	+00:16:15 (48.4%)	6:43	8.9 (51.4%)
441	KAŹMIERCZAK Gosia	99	GLÜCKLICHE EINHÖRCHEN	K-20	40	00:00:45	00:33:36.25	00:34:22.00	+00:16:16 (48.4%)	6:43	8.9 (51.4%)
442	WIOSNA Tomasz	95	GLÜCKLICHE EINHÖRCHEN	M-20	48	00:00:45	00:33:36.50	00:34:22.10	+00:16:16 (48.4%)	6:43	8.9 (51.4%)
443	JANKOWSKI Rafał	171	7 BDH	M-40	71	00:00:56	00:33:38.95	00:34:35.05	+00:16:18 (48.5%)	6:43	8.9 (51.4%)
444	ZELEK Aleksandra	169		K-40	50	00:00:56	00:33:40.50	00:34:36.60	+00:16:20 (48.5%)	6:44	8.9 (51.4%)
445	WIEKIESAK Dominika	584		K-30	66	00:00:23	00:33:45.20	00:34:08.75	+00:16:25 (48.6%)	6:45	8.9 (51.4%)
446	BURCHARDT Agnieszka	585		K-30	67	00:00:23	00:33:45.50	00:34:09.35	+00:16:25 (48.7%)	6:45	8.9 (51.4%)
447	FURGAL Adam	379		M-40	72	00:00:49	00:33:48.05	00:34:37.50	+00:16:28 (48.7%)	6:45	8.9 (51.4%)
448	GURYN Wiktor	207	ZIELONY PELIKAN	M-30	75	00:00:12	00:33:49.60	00:34:02.05	+00:16:29 (48.8%)	6:46	8.9 (51.4%)
449	JAKUBOWSKA Beata	125	ELTRA W BIEGU	K-40	51	00:01:02	00:33:52.75	00:34:55.55	+00:16:32 (48.8%)	6:46	8.9 (51.4%)
450	SIATKOWSKA Anna	402		K-30	68	00:00:16	00:33:59.20	00:34:15.20	+00:16:39 (49.0%)	6:47	8.8 (50.9%)
451	ŚCIESIŃSKA Natalia	291		K-20	41	00:00:23	00:33:59.80	00:34:23.15	+00:16:39 (49.0%)	6:48	8.8 (50.9%)
452	ZALEWSKA Paulina	42		K-30	69	00:00:33	00:34:07.55	00:34:40.55	+00:16:47 (49.2%)	6:49	8.8 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
453	SZYMKOWIAK Wanda	284		K-20	42	00:00:32	00:34:08.45	00:34:40.70	+00:16:48 (49.2%)	6:49	8.8 (50.9%)
454	KORNIK Agata	59		K-50	7	00:00:26	00:34:10.30	00:34:37.20	+00:16:50 (49.3%)	6:50	8.8 (50.9%)
455	DYMNICKA Klaudia	415		K-20	43	00:00:05	00:34:16.00	00:34:21.10	+00:16:56 (49.4%)	6:51	8.8 (50.9%)
456	ZALEWSKA Julia	598		K-20	44	00:00:04	00:34:16.30	00:34:21.00	+00:16:56 (49.4%)	6:51	8.8 (50.9%)
457	MARECKA Sylwia	589		K-40	52	00:00:12	00:34:16.45	00:34:28.85	+00:16:56 (49.4%)	6:51	8.8 (50.9%)
458	KLABACHA Katarzyna	113		K-40	53	00:00:01	00:34:23.55	00:34:24.95	+00:17:03 (49.6%)	6:52	8.7 (50.3%)
459	CIEMNIAK Łukasz	447		M-30	76	00:00:16	00:34:43.60	00:34:59.90	+00:17:23 (50.1%)	6:56	8.6 (49.7%)
460	FERTYKOWSKA Laura	571		K-10	18	00:00:06	00:35:03.00	00:35:09.30	+00:17:43 (50.5%)	7:00	8.6 (49.7%)
461	ŻUBIK Karolina	570		K-10	19	00:00:06	00:35:03.10	00:35:09.70	+00:17:43 (50.5%)	7:00	8.6 (49.7%)
462	OLSZEWSKA Marta	274	ILO	K-30	70	00:00:21	00:35:12.75	00:35:33.75	+00:17:52 (50.8%)	7:02	8.5 (49.1%)
463	ANDERSON Agnieszka	505		K-30	71	00:00:59	00:35:41.35	00:36:41.00	+00:18:21 (51.4%)	7:08	8.4 (48.6%)
464	ANDERSOWN Paweł	506		M-40	73	00:00:58	00:35:42.10	00:36:41.00	+00:18:22 (51.4%)	7:08	8.4 (48.6%)
465	POPŁAWSKA Joanna	340		K-30	72	00:00:07	00:35:48.20	00:35:55.95	+00:18:28 (51.6%)	7:09	8.4 (48.6%)
466	WYSOCKA Klaudia	389		K-10	20	00:00:51	00:36:02.05	00:36:54.00	+00:18:42 (51.9%)	7:12	8.3 (48.0%)
467	FURGAL Maria	384		K-40	54	00:00:52	00:36:07.40	00:37:00.00	+00:18:47 (52.0%)	7:13	8.3 (48.0%)
468	TOMECKI Teodor	368		M-30	77	00:01:11	00:36:19.15	00:37:30.60	+00:18:59 (52.3%)	7:15	8.3 (48.0%)
469	TOMECKA Marzena	369		K-30	73	00:01:09	00:36:20.75	00:37:30.60	+00:19:00 (52.3%)	7:16	8.3 (48.0%)
470	POKORSKA Roma	629		K-30	74	00:00:25	00:36:26.00	00:36:51.80	+00:19:06 (52.4%)	7:17	8.2 (47.4%)
471	RADKOWSKI Jakub	617		M-10	34	00:00:42	00:36:29.60	00:37:12.40	+00:19:09 (52.5%)	7:18	8.2 (47.4%)
472	WOŹNIAK Jacek	183	2. RWT SP	M-50	24	00:00:00	00:36:51.50	00:36:51.50	+00:19:31 (53.0%)	7:22	8.1 (46.8%)
473	CYBUL Anna	43		K-40	55	00:00:23	00:36:51.85	00:37:14.95	+00:19:31 (53.0%)	7:22	8.1 (46.8%)
474	KOGUT Szymon	608		M-10	35	00:00:37	00:37:01.10	00:37:39.00	+00:19:41 (53.2%)	7:24	8.1 (46.8%)
475	FORDON Sławek	229		M-40	74	00:00:58	00:37:19.95	00:38:18.00	+00:19:59 (53.6%)	7:28	8 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
476	FORDON Hanna	235		K-40	56	00:00:57	00:37:20.20	00:38:18.00	+00:20:00 (53.6%)	7:28	8 (46.2%)
477	SMOLA Daniel	259	3LO	M-40	75	00:00:52	00:37:22.35	00:38:15.25	+00:20:02 (53.6%)	7:28	8 (46.2%)
478	KRZYWDZIŃSKI Daniel	67		M-40	76	00:00:30	00:37:27.85	00:37:58.55	+00:20:07 (53.7%)	7:29	8 (46.2%)
479	KRZYWDZIŃSKA Alicja	66		K-40	57	00:00:30	00:37:28.15	00:37:59.00	+00:20:08 (53.7%)	7:29	8 (46.2%)
480	BUSZTA Anna	223	KLUB ZDROWEGO STYLU ŻYCIA	K-30	75	00:00:48	00:37:45.25	00:38:34.15	+00:20:25 (54.1%)	7:33	7.9 (45.7%)
481	ŁYCZYWEK Wiktoria	416		K-10	21	00:00:48	00:37:45.60	00:38:34.35	+00:20:25 (54.1%)	7:33	7.9 (45.7%)
482	TREPANOWSKI Michał	408		M-20	49	00:00:41	00:38:15.40	00:38:56.60	+00:20:55 (54.7%)	7:39	7.8 (45.1%)
483	URBANOWICZ Dariusz	242		M-50	25	00:00:54	00:38:24.60	00:39:18.60	+00:21:04 (54.9%)	7:40	7.8 (45.1%)
484	PŁOCKA Patrycja	216		K-30	76	00:00:24	00:38:50.30	00:39:14.50	+00:21:30 (55.4%)	7:46	7.7 (44.5%)
485	CHMIELEWSKA Paulina	27		K-20	45	00:00:43	00:38:51.05	00:39:34.95	+00:21:31 (55.4%)	7:46	7.7 (44.5%)
486	CHMIELEWSKI Patryk	23		M-20	50	00:00:43	00:38:51.15	00:39:35.00	+00:21:31 (55.4%)	7:46	7.7 (44.5%)
487	WITKOWSKA Danuta	381		K-60+	2	00:00:27	00:40:07.75	00:40:35.00	+00:22:47 (56.8%)	8:01	7.5 (43.4%)
488	WARDĘCKA- HOŁTYN Justyna	336		K-20	46	00:00:51	00:40:38.45	00:41:29.95	+00:23:18 (57.3%)	8:07	7.4 (42.8%)
489	MYK Mariusz	433		M-30	78	00:00:27	00:40:47.70	00:41:15.35	+00:23:27 (57.5%)	8:09	7.4 (42.8%)
490	MISCHKE Joanna	436		K-20	47	00:00:27	00:40:48.75	00:41:16.25	+00:23:28 (57.5%)	8:09	7.3 (42.2%)
491	SMARUJ - SADOWSKA Janina	253		K-60+	3	00:00:53	00:41:02.85	00:41:56.55	+00:23:42 (57.8%)	8:12	7.3 (42.2%)
492	PAWLACZYK Grażyna	418		K-60+	4	00:00:52	00:41:12.70	00:42:05.00	+00:23:52 (57.9%)	8:14	7.3 (42.2%)
493	SENGBUSCH - MAŁECKA Beata	399	NZS	K-50	8	00:00:51	00:43:06.85	00:43:58.65	+00:25:46 (59.8%)	8:37	7 (40.5%)
494	MURAWSKA Oliwia	77		K-10	22	00:00:33	00:45:13.35	00:45:47.10	+00:27:53 (61.7%)	9:02	6.6 (38.2%)
495	DELIG Danuta	554		K-50	9	00:00:53	00:45:31.10	00:46:24.75	+00:28:11 (61.9%)	9:06	6.6 (38.2%)
496	BECZYŃSKA Justyna	514		K-20	48	00:00:33	00:45:31.35	00:46:05.25	+00:28:11 (61.9%)	9:06	6.6 (38.2%)
497	SAMSELSKA-LASZUK Mariola	254	KRAJANKA	K-50	10	00:00:53	00:45:31.95	00:46:25.90	+00:28:11 (61.9%)	9:06	6.6 (38.2%)
498	MARCINIAK Wiktoria	600		K-10	23	00:00:05					(0.0%)
499	NOWICKA Marta	236	NIGHT RUNNERS	K-20	49	00:00:50					(0.0%)

Znaleziono 499 wynik(ów)