



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

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39	<b>OKOŃSKI Jarosław</b>	<b>434</b>	BIEGOWEZAPARCIE.PL	M-30	15	00:00:00	<b>00:20:54.95</b>	<b>00:20:54.95</b>	+00:03:34 (17.1%)	4:10	14.4 (83.2%)
40	<b>ANISZCZYK Hubert</b>	<b>580</b>		M-10	6	00:00:06	<b>00:21:08.15</b>	<b>00:21:15.10</b>	+00:03:48 (18.0%)	4:13	14.2 (82.1%)
41	<b>MATUSZAK Dorota</b>	<b>569</b>		K-30	1	00:00:06	<b>00:21:16.10</b>	<b>00:21:22.50</b>	+00:03:56 (18.5%)	4:15	14.1 (81.5%)
42	<b>NAGOW Michał</b>	<b>76</b>		M-40	6	00:00:01	<b>00:21:17.90</b>	<b>00:21:19.30</b>	+00:03:57 (18.6%)	4:15	14.1 (81.5%)
43	<b>SZATKOWSKI Marcin</b>	<b>595</b>		M-10	7	00:00:03	<b>00:21:21.85</b>	<b>00:21:25.00</b>	+00:04:01 (18.9%)	4:16	14 (80.9%)
44	<b>BIAŁEK Grzegorz</b>	<b>319</b>	WYŻSZE SEMINARIUM DUCHOWNE	M-20	13	00:00:13	<b>00:21:22.55</b>	<b>00:21:36.10</b>	+00:04:02 (18.9%)	4:16	14 (80.9%)
45	<b>GORCHALSKI Krzysztof</b>	<b>458</b>		M-60+	1	00:00:00	<b>00:21:22.60</b>	<b>00:21:23.30</b>	+00:04:02 (18.9%)	4:16	14 (80.9%)
46	<b>ŁUKOMSKI Piotr</b>	<b>404</b>	SZWEDEROWO	M-30	16	00:01:14	<b>00:21:24.30</b>	<b>00:22:38.30</b>	+00:04:04 (19.0%)	4:16	14 (80.9%)
47	<b>MUSIAŁ Marek</b>	<b>526</b>		M-50	2	00:00:02	<b>00:21:27.85</b>	<b>00:21:30.10</b>	+00:04:07 (19.2%)	4:17	14 (80.9%)
48	<b>KASIERSKI Przemek</b>	<b>197</b>	FITSERWIS MTB TEAM	M-30	17	00:00:37	<b>00:21:28.65</b>	<b>00:22:06.10</b>	+00:04:08 (19.3%)	4:17	14 (80.9%)
49	<b>SOBCZYŃSKI Michał</b>	<b>465</b>		M-30	18	00:00:08	<b>00:21:30.20</b>	<b>00:21:39.00</b>	+00:04:10 (19.4%)	4:18	13.9 (80.3%)
50	<b>KULIŃSKI Grzegorz</b>	<b>203</b>		M-20	14	00:00:00	<b>00:21:32.85</b>	<b>00:21:33.00</b>	+00:04:12 (19.6%)	4:18	13.9 (80.3%)
51	<b>GRALIK Kacper</b>	<b>110</b>	BYDGOSKIE OKONIE	M-20	15	00:00:15	<b>00:21:36.20</b>	<b>00:21:51.40</b>	+00:04:16 (19.8%)	4:19	13.9 (80.3%)
52	<b>STAFIEJ Wojciech</b>	<b>83</b>		M-40	7	00:00:15	<b>00:21:39.40</b>	<b>00:21:54.60</b>	+00:04:19 (20.0%)	4:19	13.9 (80.3%)
53	<b>MYKOLA Cherii</b>	<b>601</b>		M-20	16	00:00:17	<b>00:21:50.60</b>	<b>00:22:08.55</b>	+00:04:30 (20.6%)	4:22	13.7 (79.2%)
54	<b>RUTKOWSKI Adam</b>	<b>175</b>		M-40	8	00:00:20	<b>00:21:50.90</b>	<b>00:22:11.00</b>	+00:04:30 (20.7%)	4:22	13.7 (79.2%)
55	<b>MONDRY Waldemar</b>	<b>285</b>		M-50	3	00:00:05	<b>00:21:52.15</b>	<b>00:21:57.45</b>	+00:04:32 (20.7%)	4:22	13.7 (79.2%)
56	<b>GAC Wojciech</b>	<b>542</b>		M-10	8	00:00:03	<b>00:21:55.90</b>	<b>00:21:59.35</b>	+00:04:35 (21.0%)	4:23	13.7 (79.2%)
57	<b>PRZEWYSZ KWINTO Michał</b>	<b>552</b>		M-40	9	00:00:31	<b>00:21:56.85</b>	<b>00:22:28.65</b>	+00:04:36 (21.0%)	4:23	13.7 (79.2%)
58	<b>HEJDA Kamil</b>	<b>536</b>		M-20	17	00:00:01	<b>00:21:58.50</b>	<b>00:22:00.20</b>	+00:04:38 (21.1%)	4:23	13.6 (78.6%)
59	<b>KLATECKI Adam</b>	<b>128</b>		M-30	19	00:00:23	<b>00:21:59.35</b>	<b>00:22:23.20</b>	+00:04:39 (21.2%)	4:24	13.6 (78.6%)
60	<b>KUFEL Dariusz</b>	<b>446</b>		M-50	4	00:00:04	<b>00:22:00.00</b>	<b>00:22:04.55</b>	+00:04:40 (21.2%)	4:24	13.6 (78.6%)
60	<b>ŁAWSKI Kamil</b>	<b>62</b>		M-30	20	00:00:21	<b>00:22:00.00</b>	<b>00:22:21.40</b>	+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	<b>KLEPACZEWSKI Arkadiusz</b>	<b>29</b>		M-30	28	00:00:07	<b>00:22:39.00</b>	<b>00:22:46.20</b>	+00:05:19 (23.5%)	4:31	13.2 (76.3%)
86	<b>ĆWIKLIŃSKI Jarosław</b>	<b>541</b>		M-50	7	00:00:31	<b>00:22:39.35</b>	<b>00:23:10.50</b>	+00:05:19 (23.5%)	4:31	13.2 (76.3%)
87	<b>BRACIKOWSKI Bartosz</b>	<b>162</b>		M-10	12	00:00:04	<b>00:22:39.55</b>	<b>00:22:43.60</b>	+00:05:19 (23.5%)	4:31	13.2 (76.3%)
88	<b>GUT Mariusz</b>	<b>557</b>		M-40	16	00:00:00	<b>00:22:41.20</b>	<b>00:22:41.20</b>	+00:05:21 (23.6%)	4:32	13.2 (76.3%)
89	<b>GŁOWSKI Dariusz</b>	<b>353</b>		M-40	17	00:00:39	<b>00:22:43.95</b>	<b>00:23:22.95</b>	+00:05:23 (23.8%)	4:32	13.2 (76.3%)
90	<b>LUZAK Mirosław</b>	<b>33</b>	MWIK BYDGOSZCZ	M-50	8	00:00:07	<b>00:22:48.95</b>	<b>00:22:56.15</b>	+00:05:28 (24.0%)	4:33	13.1 (75.7%)
91	<b>WŁOCH Mateusz</b>	<b>540</b>		M-10	13	00:00:00	<b>00:22:52.15</b>	<b>00:22:52.15</b>	+00:05:32 (24.2%)	4:34	13.1 (75.7%)
92	<b>DERING Hanna</b>	<b>7</b>	BYDGOSKIE ŻÓŁWIE	K-30	4	00:00:09	<b>00:22:54.55</b>	<b>00:23:03.85</b>	+00:05:34 (24.3%)	4:34	13.1 (75.7%)
93	<b>DERING Tomasz</b>	<b>456</b>		M-30	29	00:00:10	<b>00:22:54.95</b>	<b>00:23:05.15</b>	+00:05:34 (24.4%)	4:35	13.1 (75.7%)
94	<b>JURCZYK Ewa</b>	<b>268</b>		K-40	1	00:00:27	<b>00:22:57.05</b>	<b>00:23:24.55</b>	+00:05:37 (24.5%)	4:35	13.1 (75.7%)
95	<b>CHMARA Sebastian</b>	<b>603</b>		M-40	18	00:00:09	<b>00:22:59.05</b>	<b>00:23:08.15</b>	+00:05:39 (24.6%)	4:35	13.1 (75.7%)
96	<b>ZIMNY Marek</b>	<b>124</b>	ELTRA W BIEGU	M-50	9	00:00:06	<b>00:23:02.15</b>	<b>00:23:08.45</b>	+00:05:42 (24.8%)	4:36	13 (75.1%)
97	<b>ROSZCZYŃIAŁA Adrian</b>	<b>586</b>		M-20	19	00:00:06	<b>00:23:08.15</b>	<b>00:23:14.80</b>	+00:05:48 (25.1%)	4:37	13 (75.1%)
98	<b>JURCZAK Robert</b>	<b>346</b>		M-30	30	00:01:04	<b>00:23:11.20</b>	<b>00:24:15.35</b>	+00:05:51 (25.2%)	4:38	12.9 (74.6%)
99	<b>ZIELIŃSKI Paweł</b>	<b>98</b>		M-30	31	00:00:04	<b>00:23:11.65</b>	<b>00:23:15.70</b>	+00:05:51 (25.3%)	4:38	12.9 (74.6%)
100	<b>STEFAŃSKI Marcin</b>	<b>86</b>		M-40	19	00:00:29	<b>00:23:14.65</b>	<b>00:23:43.85</b>	+00:05:54 (25.4%)	4:38	12.9 (74.6%)
101	<b>WILCZYŃSKI Jacek</b>	<b>245</b>		M-40	20	00:00:12	<b>00:23:15.75</b>	<b>00:23:27.95</b>	+00:05:55 (25.5%)	4:39	12.9 (74.6%)
102		<b>474</b>				00:00:18	<b>00:23:16.35</b>	<b>00:23:34.95</b>	+00:05:56 (25.5%)	4:39	12.9 (74.6%)
103	<b>GACA Piotr</b>	<b>270</b>		M-30	32	00:00:14	<b>00:23:18.10</b>	<b>00:23:32.55</b>	+00:05:58 (25.6%)	4:39	12.9 (74.6%)
104	<b>KALINOWSKI Zbigniew</b>	<b>228</b>		M-40	21	00:00:00	<b>00:23:21.40</b>	<b>00:23:21.40</b>	+00:06:01 (25.8%)	4:40	12.8 (74.0%)
105	<b>MORAWSKI Marek</b>	<b>281</b>	KK ASTORIA BYDGOSZCZ	M-30	33	00:00:01	<b>00:23:22.30</b>	<b>00:23:23.50</b>	+00:06:02 (25.8%)	4:40	12.8 (74.0%)
106	<b>LEWANDOWSKI Marcin</b>	<b>466</b>		M-20	20	00:00:10	<b>00:23:25.80</b>	<b>00:23:36.60</b>	+00:06:05 (26.0%)	4:41	12.8 (74.0%)
107	<b>WALUSIAK Miłosz</b>	<b>37</b>		M-30	34	00:00:00	<b>00:23:26.10</b>	<b>00:23:26.40</b>	+00:06:06 (26.0%)	4:41	12.8 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>KOJRO Mateusz</b>	<b>193</b>		M-10	14	00:00:00	<b>00:23:26.55</b>	<b>00:23:26.55</b>	+00:06:06 (26.1%)	4:41	12.8 (74.0%)
109	<b>NURKIEWICZ Jarosław</b>	<b>26</b>	KUNG FU PANDY 3	M-40	22	00:00:50	<b>00:23:28.20</b>	<b>00:24:18.60</b>	+00:06:08 (26.1%)	4:41	12.8 (74.0%)
110	<b>FURGAL Szymon</b>	<b>386</b>		M-20	21	00:00:50	<b>00:23:28.40</b>	<b>00:24:18.50</b>	+00:06:08 (26.2%)	4:41	12.8 (74.0%)
111	<b>RYBAK Remigiusz</b>	<b>462</b>		M-40	23	00:00:11	<b>00:23:28.45</b>	<b>00:23:39.55</b>	+00:06:08 (26.2%)	4:41	12.8 (74.0%)
112	<b>KRYSZAK Olaf</b>	<b>400</b>		M-10	15	00:00:38	<b>00:23:29.95</b>	<b>00:24:08.30</b>	+00:06:09 (26.2%)	4:42	12.8 (74.0%)
113	<b>JAWORSKI Krzysztof</b>	<b>260</b>		M-40	24	00:00:08	<b>00:23:30.55</b>	<b>00:23:38.80</b>	+00:06:10 (26.3%)	4:42	12.8 (74.0%)
114	<b>MROTEK Katarzyna</b>	<b>32</b>	ON THE MOVE	K-30	5	00:00:12	<b>00:23:32.25</b>	<b>00:23:44.35</b>	+00:06:12 (26.4%)	4:42	12.7 (73.4%)
115	<b>ŻUCHOWSKI Dariusz</b>	<b>508</b>		M-40	25	00:00:16	<b>00:23:33.30</b>	<b>00:23:50.10</b>	+00:06:13 (26.4%)	4:42	12.7 (73.4%)
116	<b>GRUDZKA Albert</b>	<b>320</b>	WYŻSZE SEMINARIUM DUCHOWNE	M-10	16	00:00:00	<b>00:23:34.25</b>	<b>00:23:34.25</b>	+00:06:14 (26.5%)	4:42	12.7 (73.4%)
117	<b>BIAŁKOWSKI Tymotetusz</b>	<b>616</b>		M-20	22	00:00:13	<b>00:23:40.10</b>	<b>00:23:53.20</b>	+00:06:20 (26.8%)	4:44	12.7 (73.4%)
118	<b>BRZEZIŃSKI Sławomir</b>	<b>573</b>		M-Open	4	00:00:14	<b>00:23:45.45</b>	<b>00:23:59.95</b>	+00:06:25 (27.0%)	4:45	12.6 (72.8%)
119	<b>LEWANDOWSKI Sebastian</b>	<b>290</b>		M-30	35	00:00:07	<b>00:23:46.00</b>	<b>00:23:53.30</b>	+00:06:26 (27.1%)	4:45	12.6 (72.8%)
120	<b>KOŁODZIEJSKI Stanisław</b>	<b>212</b>		M-40	26	00:00:00	<b>00:23:47.95</b>	<b>00:23:47.95</b>	+00:06:27 (27.2%)	4:45	12.6 (72.8%)
121	<b>DURAŁEK Andrzej</b>	<b>370</b>		M-40	27	00:00:26	<b>00:23:50.75</b>	<b>00:24:17.20</b>	+00:06:30 (27.3%)	4:46	12.6 (72.8%)
122	<b>KUJAWA Piotr</b>	<b>556</b>		M-40	28	00:00:36	<b>00:23:55.20</b>	<b>00:24:31.40</b>	+00:06:35 (27.5%)	4:47	12.5 (72.3%)
123	<b>PASZEK Maria</b>	<b>438</b>	TKKF KOLEJARZ BYDGOSZCZ	K-30	6	00:00:11	<b>00:23:58.80</b>	<b>00:24:10.20</b>	+00:06:38 (27.7%)	4:47	12.5 (72.3%)
124	<b>SZALKOWSKI Marek</b>	<b>109</b>		M-30	36	00:00:08	<b>00:23:59.65</b>	<b>00:24:07.70</b>	+00:06:39 (27.8%)	4:47	12.5 (72.3%)
125	<b>ŁUŻYŃSKI Zbigniew</b>	<b>562</b>		M-40	29	00:00:20	<b>00:24:00.70</b>	<b>00:24:20.70</b>	+00:06:40 (27.8%)	4:48	12.5 (72.3%)
126	<b>MARCINKOWSKI Jacek</b>	<b>385</b>	BYDZIO- ŁÓDŹ	M-50	10	00:00:07	<b>00:24:00.85</b>	<b>00:24:08.00</b>	+00:06:40 (27.8%)	4:48	12.5 (72.3%)
127	<b>SZYCZEWSKA Ewa</b>	<b>467</b>		K-40	2	00:00:10	<b>00:24:02.60</b>	<b>00:24:12.90</b>	+00:06:42 (27.9%)	4:48	12.5 (72.3%)
128	<b>TARCZYŃSKI Łukasz</b>	<b>40</b>	TEAM KUCYKI	M-30	37	00:00:20	<b>00:24:03.15</b>	<b>00:24:23.95</b>	+00:06:43 (27.9%)	4:48	12.5 (72.3%)
129	<b>KOWALSKI Patryk</b>	<b>160</b>		M-30	38	00:00:05	<b>00:24:03.50</b>	<b>00:24:08.60</b>	+00:06:43 (28.0%)	4:48	12.5 (72.3%)
130	<b>KOSECKA Justyna</b>	<b>179</b>		K-30	7	00:00:03	<b>00:24:06.95</b>	<b>00:24:10.55</b>	+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	<b>REPCZYŃSKI Tomasz</b>	<b>478</b>		M-20	23	00:00:19	<b>00:24:13.40</b>	<b>00:24:32.80</b>	+00:06:53 (28.4%)	4:50	12.4 (71.7%)
132	<b>SZEWCHOWSKI Grzegorz</b>	<b>156</b>	BYDGOSKIE ŻÓŁWIE	M-30	39	00:00:09	<b>00:24:14.20</b>	<b>00:24:23.35</b>	+00:06:54 (28.5%)	4:50	12.4 (71.7%)
133	<b>OPASKA Marcin</b>	<b>576</b>		M-30	40	00:00:27	<b>00:24:14.80</b>	<b>00:24:42.30</b>	+00:06:54 (28.5%)	4:51	12.4 (71.7%)
134	<b>KOWALCZYK Tomasz</b>	<b>318</b>		M-40	30	00:00:20	<b>00:24:16.60</b>	<b>00:24:37.50</b>	+00:06:56 (28.6%)	4:51	12.4 (71.7%)
135	<b>DRĘRZEWSKI Andrzej</b>	<b>483</b>		M-40	31	00:00:18	<b>00:24:17.85</b>	<b>00:24:36.75</b>	+00:06:57 (28.7%)	4:51	12.3 (71.1%)
136	<b>SZNAJDROWSKI Mateusz</b>	<b>324</b>		M-20	24	00:01:01	<b>00:24:18.30</b>	<b>00:25:19.90</b>	+00:06:58 (28.7%)	4:51	12.3 (71.1%)
137	<b>TUREK Mateusz</b>	<b>624</b>		M-20	25	00:00:11	<b>00:24:19.05</b>	<b>00:24:30.20</b>	+00:06:59 (28.7%)	4:51	12.3 (71.1%)
138	<b>ZDROJOWA Agnieszka</b>	<b>126</b>		K-30	8	00:00:00	<b>00:24:19.35</b>	<b>00:24:19.45</b>	+00:06:59 (28.7%)	4:51	12.3 (71.1%)
139	<b>KRUTUL Kasia</b>	<b>58</b>	AMATOR	K-40	3	00:00:01	<b>00:24:19.90</b>	<b>00:24:20.90</b>	+00:06:59 (28.8%)	4:51	12.3 (71.1%)
140	<b>DOLATA Magda</b>	<b>343</b>		K-40	4	00:00:17	<b>00:24:21.75</b>	<b>00:24:38.95</b>	+00:07:01 (28.9%)	4:52	12.3 (71.1%)
141	<b>ANDRZEJEWSKI Ryszard</b>	<b>202</b>	WZGÓRZE WOLNOŚCI	M-60+	2	00:00:07	<b>00:24:24.05</b>	<b>00:24:31.60</b>	+00:07:04 (29.0%)	4:52	12.3 (71.1%)
142	<b>WEBER Krzysztof</b>	<b>187</b>		M-10	17	00:00:32	<b>00:24:27.10</b>	<b>00:24:59.95</b>	+00:07:07 (29.1%)	4:53	12.3 (71.1%)
143	<b>JACKOWSKA Alicja</b>	<b>361</b>		K-40	5	00:00:18	<b>00:24:27.15</b>	<b>00:24:45.30</b>	+00:07:07 (29.1%)	4:53	12.3 (71.1%)
144	<b>SZMELTER Michał</b>	<b>154</b>		M-40	32	00:00:27	<b>00:24:27.75</b>	<b>00:24:55.70</b>	+00:07:07 (29.1%)	4:53	12.3 (71.1%)
145	<b>MIERNIK Szymon</b>	<b>10</b>		M-20	26	00:00:41	<b>00:24:29.90</b>	<b>00:25:11.80</b>	+00:07:09 (29.2%)	4:54	12.2 (70.5%)
146	<b>GRAJEWSKI Marcin</b>	<b>21</b>		M-30	41	00:00:12	<b>00:24:30.95</b>	<b>00:24:43.75</b>	+00:07:10 (29.3%)	4:54	12.2 (70.5%)
147	<b>KOWALIK Patryk</b>	<b>57</b>		M-30	42	00:00:41	<b>00:24:32.05</b>	<b>00:25:13.75</b>	+00:07:12 (29.4%)	4:54	12.2 (70.5%)
148	<b>WOJCIECHOWSKA Emilia</b>	<b>3</b>		K-40	6	00:00:11	<b>00:24:32.90</b>	<b>00:24:44.80</b>	+00:07:12 (29.4%)	4:54	12.2 (70.5%)
149	<b>WOJCIECHOWSKI Jarosław</b>	<b>5</b>		M-40	33	00:00:11	<b>00:24:33.10</b>	<b>00:24:44.80</b>	+00:07:13 (29.4%)	4:54	12.2 (70.5%)
150	<b>JASIŃSKI Artur</b>	<b>174</b>		M-40	34	00:00:05	<b>00:24:33.20</b>	<b>00:24:38.40</b>	+00:07:13 (29.4%)	4:54	12.2 (70.5%)
151	<b>CHMIELEWSKI Ireneusz</b>	<b>213</b>		M-50	11	00:00:12	<b>00:24:35.50</b>	<b>00:24:47.65</b>	+00:07:15 (29.5%)	4:55	12.2 (70.5%)
152	<b>LUDNICKA-SIEKACZ Katarzyna</b>	<b>583</b>		K-10	1	00:00:03	<b>00:24:36.35</b>	<b>00:24:39.85</b>	+00:07:16 (29.6%)	4:55	12.2 (70.5%)
153	<b>ELTINGER Justyna</b>	<b>582</b>	RUN BYDGOSZCZ	K-30	9	00:00:03	<b>00:24:37.70</b>	<b>00:24:41.35</b>	+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	<b>WŁODARSKA Roksana</b>	<b>145</b>	SZURUSIE TEAM	K-20	1	00:00:08	<b>00:24:38.60</b>	<b>00:24:47.00</b>	+00:07:18 (29.7%)	4:55	12.2 (70.5%)
155	<b>RAKOWSKI Wiesław</b>	<b>114</b>	UKS KOPERNIK BYDGOSZCZ	M-50	12	00:00:18	<b>00:24:38.70</b>	<b>00:24:57.20</b>	+00:07:18 (29.7%)	4:55	12.2 (70.5%)
156	<b>LEWANDOWSKA Joanna</b>	<b>70</b>		K-30	10	00:00:20	<b>00:24:39.30</b>	<b>00:25:00.00</b>	+00:07:19 (29.7%)	4:56	12.2 (70.5%)
157	<b>CHROBAK Przemysław</b>	<b>293</b>	ILO	M-40	35	00:00:22	<b>00:24:40.65</b>	<b>00:25:03.40</b>	+00:07:20 (29.8%)	4:56	12.2 (70.5%)
158	<b>KLISZEWSKI Piotr</b>	<b>627</b>		M-10	18	00:00:49	<b>00:24:41.70</b>	<b>00:25:31.05</b>	+00:07:21 (29.8%)	4:56	12.1 (69.9%)
159	<b>PAWSKI Hubert</b>	<b>523</b>		M-10	19	00:00:25	<b>00:24:42.60</b>	<b>00:25:07.60</b>	+00:07:22 (29.9%)	4:56	12.1 (69.9%)
160	<b>WILIŃSKI Miłosz</b>	<b>49</b>	2. RWT SP	M-50	13	00:00:24	<b>00:24:43.25</b>	<b>00:25:07.60</b>	+00:07:23 (29.9%)	4:56	12.1 (69.9%)
161	<b>KACZOR Michał</b>	<b>257</b>	3LO BYDGOSZCZ	M-10	20	00:00:32	<b>00:24:43.60</b>	<b>00:25:16.45</b>	+00:07:23 (29.9%)	4:56	12.1 (69.9%)
162	<b>KOWAL Michał</b>	<b>545</b>		M-30	43	00:00:13	<b>00:24:43.95</b>	<b>00:24:57.85</b>	+00:07:23 (29.9%)	4:56	12.1 (69.9%)
163	<b>WĘGRZYNOWSKI Sławomir</b>	<b>166</b>	KABEL TEAM BYDGOSZCZ	M-40	36	00:01:01	<b>00:24:44.90</b>	<b>00:25:45.90</b>	+00:07:24 (30.0%)	4:56	12.1 (69.9%)
164	<b>ZIEMBA Agnieszka</b>	<b>647</b>		K-Open	1	00:00:13	<b>00:24:45.60</b>	<b>00:24:59.50</b>	+00:07:25 (30.0%)	4:57	12.1 (69.9%)
165	<b>PRZYBYŁA Agnieszka</b>	<b>265</b>	PACTUM	K-30	11	00:00:27	<b>00:24:46.45</b>	<b>00:25:14.40</b>	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
166	<b>WILCZYŃSKI Łukasz</b>	<b>1</b>	1 POMORSKA BRYGADA LOGISTYCZNA	M-20	27	00:00:18	<b>00:24:47.00</b>	<b>00:25:05.60</b>	+00:07:27 (30.1%)	4:57	12.1 (69.9%)
167	<b>WIŚNIEWSKI Gracjan</b>	<b>612</b>		M-20	28	00:00:08	<b>00:24:47.45</b>	<b>00:24:55.50</b>	+00:07:27 (30.1%)	4:57	12.1 (69.9%)
168	<b>ARACH Przemysław</b>	<b>511</b>		M-30	44	00:00:12	<b>00:24:49.45</b>	<b>00:25:02.25</b>	+00:07:29 (30.2%)	4:58	12.1 (69.9%)
169	<b>LUZAK Magdalena</b>	<b>449</b>	BIEGNĘ DLA AGU, KRZYŻACZKA I TOMECZKA	K-20	2	00:00:06	<b>00:24:50.80</b>	<b>00:24:57.60</b>	+00:07:30 (30.2%)	4:58	12.1 (69.9%)
170	<b>KLISZEWSKI Damian</b>	<b>55</b>	GWIAZDA BYDGOSZCZ	M-40	37	00:00:49	<b>00:24:52.20</b>	<b>00:25:41.55</b>	+00:07:32 (30.3%)	4:58	12.1 (69.9%)
171	<b>POBIEDZIŃSKI Robert</b>	<b>510</b>		M-20	29	00:00:29	<b>00:24:56.45</b>	<b>00:25:25.65</b>	+00:07:36 (30.5%)	4:59	12 (69.4%)
172	<b>SZULC Andrzej</b>	<b>121</b>		M-40	38	00:00:00	<b>00:24:59.55</b>	<b>00:24:59.55</b>	+00:07:39 (30.6%)	4:59	12 (69.4%)
173	<b>JURSKI Robert</b>	<b>180</b>		M-40	39	00:00:15	<b>00:25:01.50</b>	<b>00:25:16.60</b>	+00:07:41 (30.7%)	5:00	12 (69.4%)
174	<b>SKONIECZNY Paweł</b>	<b>527</b>		M-30	45	00:00:16	<b>00:25:01.70</b>	<b>00:25:18.30</b>	+00:07:41 (30.7%)	5:00	12 (69.4%)
175	<b>OLSZEWSKI Mikołaj</b>	<b>91</b>		M-20	30	00:00:08	<b>00:25:02.65</b>	<b>00:25:10.70</b>	+00:07:42 (30.8%)	5:00	12 (69.4%)
176	<b>ZAWADZKI Kamil</b>	<b>350</b>		M-20	31	00:00:04	<b>00:25:03.40</b>	<b>00:25:08.25</b>	+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	<b>KLATOWSKA Sylwia</b>	<b>574</b>		K-Open	2	00:00:15	<b>00:25:04.45</b>	<b>00:25:19.95</b>	+00:07:44 (30.9%)	5:00	12 (69.4%)
178	<b>NOWAKOWSKI Tomasz</b>	<b>326</b>		M-30	46	00:00:16	<b>00:25:06.00</b>	<b>00:25:22.90</b>	+00:07:46 (30.9%)	5:01	12 (69.4%)
179	<b>BOHDANOWICZ Maciej</b>	<b>248</b>		M-30	47	00:00:08	<b>00:25:08.10</b>	<b>00:25:16.90</b>	+00:07:48 (31.0%)	5:01	11.9 (68.8%)
180	<b>STAFIEJ Paweł</b>	<b>84</b>		M-10	21	00:00:15	<b>00:25:11.75</b>	<b>00:25:27.45</b>	+00:07:51 (31.2%)	5:02	11.9 (68.8%)
181	<b>BETYN Łukasz</b>	<b>153</b>		M-30	48	00:00:02	<b>00:25:11.85</b>	<b>00:25:14.45</b>	+00:07:51 (31.2%)	5:02	11.9 (68.8%)
182	<b>GULSKA Barbara</b>	<b>328</b>	GULAJE	K-40	7	00:00:01	<b>00:25:12.75</b>	<b>00:25:13.90</b>	+00:07:52 (31.3%)	5:02	11.9 (68.8%)
183	<b>GROBELNA Angelika</b>	<b>383</b>		K-40	8	00:00:17	<b>00:25:12.90</b>	<b>00:25:30.40</b>	+00:07:52 (31.3%)	5:02	11.9 (68.8%)
184	<b>GADZIŃSKA Aleksandra</b>	<b>19</b>		K-40	9	00:00:03	<b>00:25:22.05</b>	<b>00:25:25.85</b>	+00:08:02 (31.7%)	5:04	11.8 (68.2%)
185	<b>JAWORSKI Janusz</b>	<b>396</b>		M-50	14	00:00:01	<b>00:25:24.65</b>	<b>00:25:26.40</b>	+00:08:04 (31.8%)	5:05	11.8 (68.2%)
186	<b>STAFIEJ Mariusz</b>	<b>479</b>		M-40	40	00:00:18	<b>00:25:25.30</b>	<b>00:25:43.50</b>	+00:08:05 (31.8%)	5:05	11.8 (68.2%)
187	<b>NAPIERALSKA Natalia</b>	<b>20</b>		K-30	12	00:00:17	<b>00:25:28.50</b>	<b>00:25:45.50</b>	+00:08:08 (32.0%)	5:05	11.8 (68.2%)
188	<b>PILAKOWSKA Angelika</b>	<b>112</b>		K-30	13	00:00:05	<b>00:25:31.50</b>	<b>00:25:36.50</b>	+00:08:11 (32.1%)	5:06	11.8 (68.2%)
189	<b>ZYGLER Zbigniew</b>	<b>313</b>	22. ODN	M-40	41	00:00:26	<b>00:25:33.15</b>	<b>00:25:59.95</b>	+00:08:13 (32.2%)	5:06	11.7 (67.6%)
190	<b>KLUZ Jacek</b>	<b>358</b>		M-40	42	00:00:16	<b>00:25:39.15</b>	<b>00:25:55.20</b>	+00:08:19 (32.4%)	5:07	11.7 (67.6%)
191	<b>KUBIAK Tomasz</b>	<b>531</b>		M-30	49	00:00:23	<b>00:25:41.35</b>	<b>00:26:04.50</b>	+00:08:21 (32.5%)	5:08	11.7 (67.6%)
192	<b>STUCKI Jan</b>	<b>271</b>		M-20	32	00:00:04	<b>00:25:43.35</b>	<b>00:25:47.70</b>	+00:08:23 (32.6%)	5:08	11.7 (67.6%)
193	<b>POTRZEBOWSKA Agata</b>	<b>4</b>	DEAF	K-30	14	00:00:33	<b>00:25:43.60</b>	<b>00:26:17.15</b>	+00:08:23 (32.6%)	5:08	11.7 (67.6%)
194	<b>GIERSZEWSKA Grażyna</b>	<b>323</b>		K-40	10	00:00:10	<b>00:25:48.70</b>	<b>00:25:59.55</b>	+00:08:28 (32.8%)	5:09	11.6 (67.1%)
195	<b>KALINOWSKI Sławomir</b>	<b>636</b>		M-Open	5	00:00:37	<b>00:25:49.85</b>	<b>00:26:27.00</b>	+00:08:29 (32.9%)	5:10	11.6 (67.1%)
196	<b>PAWLACZYK-MATELA Emilia</b>	<b>417</b>	BYDGOSKA GAZELA	K-30	15	00:00:15	<b>00:25:51.55</b>	<b>00:26:06.80</b>	+00:08:31 (33.0%)	5:10	11.6 (67.1%)
197		<b>501</b>				00:00:47	<b>00:25:53.30</b>	<b>00:26:41.15</b>	+00:08:33 (33.0%)	5:10	11.6 (67.1%)
198	<b>SZUKAJ Karol</b>	<b>217</b>	KANAŁOWA TEAM	M-30	50	00:00:19	<b>00:26:00.55</b>	<b>00:26:19.75</b>	+00:08:40 (33.4%)	5:12	11.5 (66.5%)
199	<b>KOZICKI Marcin</b>	<b>352</b>	BYDGOSKIE ŻÓŁWIE	M-30	51	00:00:09	<b>00:26:01.00</b>	<b>00:26:10.90</b>	+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	<b>MAZANOWSKA Ewa</b>	<b>87</b>	RUN PASJA	K-40	11	00:00:00	<b>00:26:01.40</b>	<b>00:26:01.40</b>	+00:08:41 (33.4%)	5:12	11.5 (66.5%)
201	<b>KUNZ Wojciech</b>	<b>288</b>		M-40	43	00:00:05	<b>00:26:02.45</b>	<b>00:26:08.15</b>	+00:08:42 (33.4%)	5:12	11.5 (66.5%)
202	<b>PŁOSZAJ Magdalena</b>	<b>105</b>		K-30	16	00:00:05	<b>00:26:06.95</b>	<b>00:26:12.55</b>	+00:08:46 (33.6%)	5:13	11.5 (66.5%)
203	<b>PŁOSZAJ Maciej</b>	<b>104</b>		M-30	52	00:00:05	<b>00:26:07.40</b>	<b>00:26:12.50</b>	+00:08:47 (33.6%)	5:13	11.5 (66.5%)
204	<b>MAJDA Adrian</b>	<b>106</b>		M-30	53	00:00:20	<b>00:26:10.10</b>	<b>00:26:30.45</b>	+00:08:50 (33.8%)	5:14	11.5 (66.5%)
205	<b>MAJDA Kasia</b>	<b>107</b>		K-20	3	00:00:20	<b>00:26:10.50</b>	<b>00:26:30.55</b>	+00:08:50 (33.8%)	5:14	11.5 (66.5%)
206	<b>BUDZIŃSKI Igor</b>	<b>568</b>		M-30	54	00:00:28	<b>00:26:10.60</b>	<b>00:26:39.35</b>	+00:08:50 (33.8%)	5:14	11.5 (66.5%)
207	<b>KALINOWSKA Kamila</b>	<b>337</b>	RUN BYDGOSZCZ	K-40	12	00:00:35	<b>00:26:12.45</b>	<b>00:26:48.25</b>	+00:08:52 (33.9%)	5:14	11.4 (65.9%)
208	<b>KUKLIŃSKI Rafał</b>	<b>232</b>		M-30	55	00:00:27	<b>00:26:15.00</b>	<b>00:26:42.40</b>	+00:08:55 (34.0%)	5:15	11.4 (65.9%)
209	<b>PAPIS Piotr</b>	<b>116</b>	BACK ON	M-30	56	00:00:20	<b>00:26:16.60</b>	<b>00:26:36.95</b>	+00:08:56 (34.0%)	5:15	11.4 (65.9%)
210	<b>ŁUSZCZEK Iwona</b>	<b>75</b>		K-20	4	00:00:24	<b>00:26:17.30</b>	<b>00:26:41.50</b>	+00:08:57 (34.1%)	5:15	11.4 (65.9%)
211	<b>TRAWCZYŃSKA Katarzyna</b>	<b>73</b>		K-20	5	00:00:25	<b>00:26:18.80</b>	<b>00:26:43.80</b>	+00:08:58 (34.1%)	5:15	11.4 (65.9%)
212	<b>POTRZEBOWSKI Marek</b>	<b>2</b>	DEAF	M-30	57	00:00:36	<b>00:26:21.15</b>	<b>00:26:57.20</b>	+00:09:01 (34.2%)	5:16	11.4 (65.9%)
213	<b>SKUBISZAK Jacek</b>	<b>332</b>		M-40	44	00:00:14	<b>00:26:24.10</b>	<b>00:26:38.10</b>	+00:09:04 (34.3%)	5:16	11.4 (65.9%)
214	<b>ŚLIWA Andrzej</b>	<b>184</b>		M-50	15	00:00:26	<b>00:26:24.80</b>	<b>00:26:51.55</b>	+00:09:04 (34.4%)	5:17	11.4 (65.9%)
215	<b>ZARECKI Jakub</b>	<b>295</b>		M-10	22	00:00:48	<b>00:26:28.05</b>	<b>00:27:16.65</b>	+00:09:08 (34.5%)	5:17	11.3 (65.3%)
216	<b>TARCZYŃSKA Marta</b>	<b>22</b>	TEAM KUCYKI	K-30	17	00:00:32	<b>00:26:29.80</b>	<b>00:27:02.65</b>	+00:09:09 (34.6%)	5:18	11.3 (65.3%)
217	<b>WŁODARCZYK Olga</b>	<b>240</b>	#BANANATEAM	K-20	6	00:00:32	<b>00:26:30.15</b>	<b>00:27:02.85</b>	+00:09:10 (34.6%)	5:18	11.3 (65.3%)
218	<b>CISZEWSKA Emilia</b>	<b>8</b>		K-30	18	00:00:34	<b>00:26:31.55</b>	<b>00:27:05.75</b>	+00:09:11 (34.7%)	5:18	11.3 (65.3%)
219	<b>SZYMAŃSKI Michał</b>	<b>380</b>		M-30	58	00:00:21	<b>00:26:31.75</b>	<b>00:26:53.45</b>	+00:09:11 (34.7%)	5:18	11.3 (65.3%)
220	<b>POPIOŁEK Barbara</b>	<b>356</b>		K-30	19	00:00:23	<b>00:26:34.30</b>	<b>00:26:58.15</b>	+00:09:14 (34.8%)	5:19	11.3 (65.3%)
221	<b>ADAMSKI Piotr</b>	<b>529</b>		M-Open	6	00:00:14	<b>00:26:34.60</b>	<b>00:26:48.80</b>	+00:09:14 (34.8%)	5:18	11.3 (65.3%)
222	<b>KLETKIEWICZ Marek</b>	<b>579</b>		M-20	33	00:00:09	<b>00:26:34.90</b>	<b>00:26:43.90</b>	+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	<b>KOBIEROWSKI Dawid</b>	<b>528</b>		M-30	59	00:00:12	<b>00:26:35.80</b>	<b>00:26:48.50</b>	+00:09:15 (34.8%)	5:19	11.3 (65.3%)
224	<b>DURĄŁEK Anna</b>	<b>376</b>		K-40	13	00:00:26	<b>00:26:36.00</b>	<b>00:27:02.45</b>	+00:09:16 (34.8%)	5:19	11.3 (65.3%)
224	<b>MINDYKOWSKI Zbigniew</b>	<b>103</b>		M-40	45	00:00:35	<b>00:26:36.00</b>	<b>00:27:11.90</b>	+00:09:16 (34.8%)	5:19	11.3 (65.3%)
226	<b>OSENDOWSKI Andrzej</b>	<b>537</b>		M-20	34	00:00:20	<b>00:26:37.20</b>	<b>00:26:57.55</b>	+00:09:17 (34.9%)	5:19	11.3 (65.3%)
227	<b>LIS Monika</b>	<b>451</b>		K-20	7	00:00:23	<b>00:26:37.65</b>	<b>00:27:01.05</b>	+00:09:17 (34.9%)	5:19	11.3 (65.3%)
228	<b>PIETRZAK Agata</b>	<b>378</b>		K-20	8	00:00:28	<b>00:26:38.15</b>	<b>00:27:07.00</b>	+00:09:18 (34.9%)	5:19	11.3 (65.3%)
229	<b>KULCZYCKI Andrzej</b>	<b>237</b>		M-50	16	00:00:06	<b>00:26:40.30</b>	<b>00:26:46.35</b>	+00:09:20 (35.0%)	5:20	11.3 (65.3%)
230	<b>GRACZKOWSKA Mirosława</b>	<b>135</b>		K-40	14	00:00:17	<b>00:26:40.85</b>	<b>00:26:58.05</b>	+00:09:20 (35.0%)	5:20	11.2 (64.7%)
231	<b>SROKA Dariusz</b>	<b>639</b>		M-50	17	00:00:00	<b>00:26:42.15</b>	<b>00:26:42.15</b>	+00:09:22 (35.1%)	5:20	11.2 (64.7%)
232	<b>GRZYWACZ Marcin</b>	<b>211</b>		M-30	60	00:00:02	<b>00:26:46.40</b>	<b>00:26:48.80</b>	+00:09:26 (35.3%)	5:21	11.2 (64.7%)
233	<b>GRODZKA Ewelina</b>	<b>218</b>		K-20	9	00:00:07	<b>00:26:47.10</b>	<b>00:26:54.90</b>	+00:09:27 (35.3%)	5:21	11.2 (64.7%)
234	<b>KLONOWSKI Sławomir</b>	<b>266</b>		M-40	46	00:00:32	<b>00:26:47.15</b>	<b>00:27:20.00</b>	+00:09:27 (35.3%)	5:21	11.2 (64.7%)
235	<b>LIWOCH Grzegorz</b>	<b>371</b>		M-50	18	00:00:21	<b>00:26:52.55</b>	<b>00:27:13.90</b>	+00:09:32 (35.5%)	5:22	11.2 (64.7%)
236	<b>LIGMAN Jerzy</b>	<b>246</b>		M-50	19	00:00:02	<b>00:26:58.25</b>	<b>00:27:00.85</b>	+00:09:38 (35.7%)	5:23	11.1 (64.2%)
237	<b>LEWANDOWSKI Adam</b>	<b>82</b>	BEZ KLUBU	M-40	47	00:00:20	<b>00:27:04.95</b>	<b>00:27:25.60</b>	+00:09:44 (36.0%)	5:25	11.1 (64.2%)
238	<b>MINDYKOWSKI Roman</b>	<b>80</b>	SZALONE INDYKI	M-40	48	00:00:36	<b>00:27:06.10</b>	<b>00:27:42.60</b>	+00:09:46 (36.0%)	5:25	11.1 (64.2%)
239	<b>KIERSKI Maciej</b>	<b>92</b>		M-20	35	00:00:08	<b>00:27:07.45</b>	<b>00:27:15.55</b>	+00:09:47 (36.1%)	5:25	11.1 (64.2%)
240	<b>MASZADZIŃSKI Mateusz</b>	<b>581</b>		M-20	36	00:00:28	<b>00:27:09.65</b>	<b>00:27:38.05</b>	+00:09:49 (36.2%)	5:26	11 (63.6%)
241	<b>CZERWIAKOWSKI Sebastian</b>	<b>45</b>		M-40	49	00:00:14	<b>00:27:15.45</b>	<b>00:27:30.20</b>	+00:09:55 (36.4%)	5:27	11 (63.6%)
242	<b>BRZYKCY Karolina</b>	<b>47</b>		K-30	20	00:00:14	<b>00:27:16.20</b>	<b>00:27:30.25</b>	+00:09:56 (36.4%)	5:27	11 (63.6%)
243	<b>FIEGEL Wojciech</b>	<b>321</b>		M-30	61	00:00:22	<b>00:27:16.40</b>	<b>00:27:38.70</b>	+00:09:56 (36.4%)	5:27	11 (63.6%)
244	<b>TOMCZYK Agnieszka</b>	<b>173</b>		K-40	15	00:00:09	<b>00:27:17.95</b>	<b>00:27:27.65</b>	+00:09:57 (36.5%)	5:27	11 (63.6%)
245	<b>TALAR Cezary</b>	<b>34</b>		M-10	23	00:00:10	<b>00:27:19.45</b>	<b>00:27:29.45</b>	+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	<b>SZATKOWSKA Beata</b>	<b>560</b>		K-50	1	00:00:47	<b>00:27:21.10</b>	<b>00:28:08.30</b>	+00:10:01 (36.6%)	5:28	11 (63.6%)
247	<b>WORZAŁA Michał</b>	<b>300</b>		M-20	37	00:00:59	<b>00:27:21.70</b>	<b>00:28:21.30</b>	+00:10:01 (36.7%)	5:28	11 (63.6%)
248	<b>WIELIŃSKA Dorota</b>	<b>614</b>		K-20	10	00:00:23	<b>00:27:23.85</b>	<b>00:27:47.00</b>	+00:10:03 (36.7%)	5:28	10.9 (63.0%)
249	<b>FIEGEL Katarzyna</b>	<b>322</b>		K-30	21	00:00:22	<b>00:27:23.90</b>	<b>00:27:46.70</b>	+00:10:03 (36.7%)	5:28	10.9 (63.0%)
250	<b>FIUT Kazimierz</b>	<b>74</b>		M-50	20	00:00:25	<b>00:27:28.65</b>	<b>00:27:53.65</b>	+00:10:08 (36.9%)	5:29	10.9 (63.0%)
251	<b>FALGOWSKA Agnieszka</b>	<b>155</b>	SZURUSIE TEAM	K-30	22	00:00:35	<b>00:27:30.85</b>	<b>00:28:06.05</b>	+00:10:10 (37.0%)	5:30	10.9 (63.0%)
252	<b>OBREŃBSKA Ela</b>	<b>279</b>	BIEGASIE	K-30	23	00:00:28	<b>00:27:33.70</b>	<b>00:28:02.60</b>	+00:10:13 (37.1%)	5:30	10.9 (63.0%)
253	<b>SZAMROWICZ Jacek</b>	<b>516</b>		M-40	50	00:00:25	<b>00:27:35.90</b>	<b>00:28:01.70</b>	+00:10:15 (37.2%)	5:31	10.9 (63.0%)
254	<b>RYDELSKA Kinga</b>	<b>39</b>		K-40	16	00:00:22	<b>00:27:39.40</b>	<b>00:28:01.55</b>	+00:10:19 (37.3%)	5:31	10.8 (62.4%)
255	<b>MICHNIEWICZ Małgorzata</b>	<b>123</b>		K-30	24	00:00:10	<b>00:27:39.75</b>	<b>00:27:50.35</b>	+00:10:19 (37.3%)	5:32	10.8 (62.4%)
256	<b>DOLATA Grzegorz</b>	<b>85</b>		M-40	51	00:00:24	<b>00:27:40.40</b>	<b>00:28:04.70</b>	+00:10:20 (37.4%)	5:32	10.8 (62.4%)
257	<b>OSIŃSKA Daria</b>	<b>602</b>		K-20	11	00:00:39	<b>00:27:41.50</b>	<b>00:28:20.55</b>	+00:10:21 (37.4%)	5:32	10.8 (62.4%)
258	<b>MAĆKOWSKI Damian</b>	<b>312</b>		M-20	38	00:00:38	<b>00:27:43.20</b>	<b>00:28:22.05</b>	+00:10:23 (37.5%)	5:32	10.8 (62.4%)
259	<b>ŚWIATOWY Daria</b>	<b>120</b>		K-20	12	00:00:19	<b>00:27:48.35</b>	<b>00:28:07.75</b>	+00:10:28 (37.7%)	5:33	10.8 (62.4%)
260	<b>BOROWIEC Lucyna</b>	<b>513</b>		K-30	25	00:00:07	<b>00:27:54.00</b>	<b>00:28:01.15</b>	+00:10:34 (37.9%)	5:34	10.8 (62.4%)
261	<b>JASKOWSKA-PAWSKA Danuta</b>	<b>524</b>		K-40	17	00:00:24	<b>00:27:55.50</b>	<b>00:28:20.40</b>	+00:10:35 (37.9%)	5:35	10.7 (61.8%)
262	<b>SUSZEK Kasia</b>	<b>357</b>		K-30	26	00:00:23	<b>00:27:57.80</b>	<b>00:28:20.85</b>	+00:10:37 (38.0%)	5:35	10.7 (61.8%)
263	<b>ROGUSZCZAK Maciej</b>	<b>88</b>		M-40	52	00:00:28	<b>00:27:59.35</b>	<b>00:28:28.25</b>	+00:10:39 (38.1%)	5:36	10.7 (61.8%)
264	<b>MINDYKOWSKA Anna</b>	<b>102</b>	RUN BDG	K-40	18	00:00:36	<b>00:27:59.75</b>	<b>00:28:36.60</b>	+00:10:39 (38.1%)	5:36	10.7 (61.8%)
265	<b>NALIŃSKA Anna</b>	<b>420</b>		K-20	13	00:00:07	<b>00:28:02.20</b>	<b>00:28:09.35</b>	+00:10:42 (38.2%)	5:36	10.7 (61.8%)
266	<b>TWARDOWSKA Sylwia</b>	<b>530</b>		K-30	27	00:00:22	<b>00:28:02.45</b>	<b>00:28:24.60</b>	+00:10:42 (38.2%)	5:36	10.7 (61.8%)
267	<b>PREUSS Daniel</b>	<b>591</b>		M-40	53	00:00:12	<b>00:28:03.65</b>	<b>00:28:16.60</b>	+00:10:43 (38.2%)	5:36	10.7 (61.8%)
268	<b>GOŚCINIAK Agnieszka</b>	<b>482</b>		K-Open	3	00:00:13	<b>00:28:04.50</b>	<b>00:28:18.10</b>	+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	<b>ANDRZEJEWSKI Jakub</b>	<b>609</b>		M-30	62	00:00:00	<b>00:28:04.80</b>	<b>00:28:04.80</b>	+00:10:44 (38.3%)	5:36	10.7 (61.8%)
270	<b>RADKOWSKI Dariusz</b>	<b>623</b>		M-40	54	00:00:42	<b>00:28:07.50</b>	<b>00:28:50.30</b>	+00:10:47 (38.4%)	5:37	10.7 (61.8%)
271	<b>JĄKALAK Alicja</b>	<b>297</b>		K-30	28	00:00:37	<b>00:28:07.60</b>	<b>00:28:45.20</b>	+00:10:47 (38.4%)	5:37	10.7 (61.8%)
272	<b>RACZYCKI Tomasz</b>	<b>244</b>		M-40	55	00:00:42	<b>00:28:08.20</b>	<b>00:28:50.30</b>	+00:10:48 (38.4%)	5:37	10.7 (61.8%)
273	<b>KUTA Jakub</b>	<b>401</b>		M-20	39	00:00:43	<b>00:28:09.40</b>	<b>00:28:52.65</b>	+00:10:49 (38.4%)	5:37	10.7 (61.8%)
274	<b>MINDYKOWSKA Beata</b>	<b>79</b>	SZALONE INDYKI	K-40	19	00:00:36	<b>00:28:12.50</b>	<b>00:28:48.50</b>	+00:10:52 (38.6%)	5:38	10.6 (61.3%)
275	<b>KRÓL Katarzyna</b>	<b>287</b>		K-40	20	00:00:41	<b>00:28:13.95</b>	<b>00:28:55.15</b>	+00:10:53 (38.6%)	5:38	10.6 (61.3%)
276	<b>MARIAŃSKA Emilia</b>	<b>286</b>	SANIMAR	K-40	21	00:00:37	<b>00:28:14.35</b>	<b>00:28:51.80</b>	+00:10:54 (38.6%)	5:38	10.6 (61.3%)
277	<b>SZNEJDROWSKA Agnieszka</b>	<b>599</b>		K-20	14	00:00:04	<b>00:28:14.55</b>	<b>00:28:19.30</b>	+00:10:54 (38.6%)	5:39	10.6 (61.3%)
277	<b>ZAUER Magda</b>	<b>382</b>	-	K-20	15	00:00:43	<b>00:28:14.55</b>	<b>00:28:57.85</b>	+00:10:54 (38.6%)	5:38	10.6 (61.3%)
279	<b>OŻGA Agnieszka</b>	<b>31</b>		K-20	16	00:00:29	<b>00:28:24.00</b>	<b>00:28:53.90</b>	+00:11:04 (39.0%)	5:40	10.6 (61.3%)
280	<b>PAWLAK Wojciech</b>	<b>351</b>		M-20	40	00:00:47	<b>00:28:25.25</b>	<b>00:29:13.15</b>	+00:11:05 (39.0%)	5:41	10.6 (61.3%)
281	<b>CEGIELSKA Dominika</b>	<b>349</b>		K-20	17	00:00:47	<b>00:28:25.35</b>	<b>00:29:13.25</b>	+00:11:05 (39.0%)	5:41	10.6 (61.3%)
282	<b>NUNZEK Agnieszka</b>	<b>277</b>		K-40	22	00:00:04	<b>00:28:26.80</b>	<b>00:28:31.25</b>	+00:11:06 (39.1%)	5:41	10.5 (60.7%)
283	<b>NAGORZYSKI Arkadiusz</b>	<b>477</b>		M-30	63	00:00:06	<b>00:28:26.90</b>	<b>00:28:33.40</b>	+00:11:06 (39.1%)	5:41	10.5 (60.7%)
284	<b>NAGORZYSKA Sylwia</b>	<b>16</b>		K-30	29	00:00:06	<b>00:28:26.95</b>	<b>00:28:33.25</b>	+00:11:06 (39.1%)	5:41	10.5 (60.7%)
285	<b>OKOŃSKA Joanna</b>	<b>567</b>		K-30	30	00:00:00	<b>00:28:28.90</b>	<b>00:28:28.90</b>	+00:11:08 (39.1%)	5:41	10.5 (60.7%)
286	<b>CZERWIAKOWSKA Nikola</b>	<b>48</b>		K-10	2	00:00:14	<b>00:28:32.15</b>	<b>00:28:46.70</b>	+00:11:12 (39.3%)	5:42	10.5 (60.7%)
287	<b>BACHMORA Marcin</b>	<b>471</b>		M-30	64	00:00:50	<b>00:28:35.00</b>	<b>00:29:25.50</b>	+00:11:15 (39.4%)	5:43	10.5 (60.7%)
288	<b>GĄSIOROWSKA Justyna</b>	<b>18</b>		K-20	18	00:00:26	<b>00:28:46.90</b>	<b>00:29:13.75</b>	+00:11:26 (39.8%)	5:45	10.4 (60.1%)
289	<b>DUDA Marcin</b>	<b>359</b>		M-30	65	00:00:48	<b>00:28:48.75</b>	<b>00:29:37.00</b>	+00:11:28 (39.8%)	5:45	10.4 (60.1%)
290	<b>CHMIEL Justyna</b>	<b>419</b>	CHUSTYNKA.PL	K-30	31	00:00:41	<b>00:28:50.05</b>	<b>00:29:31.45</b>	+00:11:30 (39.9%)	5:46	10.4 (60.1%)
291	<b>KŁOSOWSKI Piotr</b>	<b>250</b>		M-40	56	00:00:44	<b>00:28:53.10</b>	<b>00:29:37.40</b>	+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	<b>BOROŃSKA Sylwia</b>	<b>592</b>		K-40	23	00:00:32	<b>00:28:55.05</b>	<b>00:29:27.30</b>	+00:11:35 (40.1%)	5:47	10.4 (60.1%)
293	<b>LEWANDOWSKA Sylwia</b>	<b>68</b>		K-30	32	00:00:09	<b>00:28:55.45</b>	<b>00:29:04.75</b>	+00:11:35 (40.1%)	5:47	10.4 (60.1%)
293	<b>LEWANDOWSKI Paweł</b>	<b>69</b>		M-30	66	00:00:09	<b>00:28:55.45</b>	<b>00:29:04.75</b>	+00:11:35 (40.1%)	5:47	10.4 (60.1%)
295	<b>TUREK Natalia</b>	<b>517</b>		K-20	19	00:00:11	<b>00:28:58.55</b>	<b>00:29:10.05</b>	+00:11:38 (40.2%)	5:47	10.4 (60.1%)
296	<b>CZECZINSKA Pamela</b>	<b>115</b>		K-20	20	00:00:34	<b>00:28:59.65</b>	<b>00:29:34.55</b>	+00:11:39 (40.2%)	5:48	10.3 (59.5%)
297	<b>GACKOWSKI Edward</b>	<b>457</b>		M-60+	3	00:00:16	<b>00:29:00.20</b>	<b>00:29:16.25</b>	+00:11:40 (40.2%)	5:48	10.3 (59.5%)
298	<b>KONIEC Piotr</b>	<b>239</b>	BLACKSTARMTB	M-40	57	00:00:45	<b>00:29:01.65</b>	<b>00:29:47.55</b>	+00:11:41 (40.3%)	5:48	10.3 (59.5%)
299	<b>CZERENKIEWICZ Magdalena</b>	<b>238</b>	BLACKSTARMTB	K-20	21	00:00:45	<b>00:29:01.85</b>	<b>00:29:47.15</b>	+00:11:41 (40.3%)	5:48	10.3 (59.5%)
300	<b>SYGULSKA Justyna</b>	<b>196</b>		K-30	33	00:00:29	<b>00:29:04.50</b>	<b>00:29:34.00</b>	+00:11:44 (40.4%)	5:49	10.3 (59.5%)
301	<b>SZYMCZAK KŁOSOWSKA Magdalena</b>	<b>249</b>		K-40	24	00:00:43	<b>00:29:04.75</b>	<b>00:29:48.50</b>	+00:11:44 (40.4%)	5:49	10.3 (59.5%)
302	<b>KAMZELEWSKA Beata</b>	<b>613</b>		K-40	25	00:00:11	<b>00:29:07.45</b>	<b>00:29:19.25</b>	+00:11:47 (40.5%)	5:49	10.3 (59.5%)
303	<b>WESOŁOWSKI Kamil</b>	<b>597</b>		M-10	24	00:00:33	<b>00:29:08.25</b>	<b>00:29:41.90</b>	+00:11:48 (40.5%)	5:49	10.3 (59.5%)
304	<b>HANCZKE Jacek</b>	<b>252</b>		M-30	67	00:00:29	<b>00:29:08.40</b>	<b>00:29:37.80</b>	+00:11:48 (40.5%)	5:49	10.3 (59.5%)
305	<b>TORZEWSKA Małgorzata</b>	<b>594</b>		K-40	26	00:00:11	<b>00:29:09.00</b>	<b>00:29:20.80</b>	+00:11:49 (40.5%)	5:49	10.3 (59.5%)
306	<b>MALICKA Beata</b>	<b>71</b>		K-50	2	00:00:26	<b>00:29:10.85</b>	<b>00:29:36.95</b>	+00:11:50 (40.6%)	5:50	10.3 (59.5%)
307	<b>LUBOŃSKA Kinga</b>	<b>64</b>		K-10	3	00:00:04	<b>00:29:12.15</b>	<b>00:29:16.30</b>	+00:11:52 (40.6%)	5:50	10.3 (59.5%)
308	<b>WESOŁOWSKI Emil</b>	<b>151</b>	SZURUSIE TEAM	M-10	25	00:00:35	<b>00:29:12.35</b>	<b>00:29:47.55</b>	+00:11:52 (40.7%)	5:50	10.3 (59.5%)
309	<b>LIPIŃSKI Adam</b>	<b>227</b>		M-20	41	00:00:35	<b>00:29:13.20</b>	<b>00:29:48.60</b>	+00:11:53 (40.7%)	5:50	10.3 (59.5%)
310	<b>DROZ Krzysztof</b>	<b>208</b>	KD SERWIS	M-50	21	00:00:29	<b>00:29:13.40</b>	<b>00:29:43.30</b>	+00:11:53 (40.7%)	5:50	10.3 (59.5%)
311	<b>KWIATKOWSKA Karolina</b>	<b>158</b>		K-30	34	00:00:25	<b>00:29:13.95</b>	<b>00:29:39.75</b>	+00:11:53 (40.7%)	5:50	10.3 (59.5%)
312	<b>MAJEWICZ Violetta</b>	<b>258</b>	-	K-50	3	00:00:11	<b>00:29:15.75</b>	<b>00:29:27.25</b>	+00:11:55 (40.8%)	5:51	10.3 (59.5%)
313	<b>ROSZCZYŃIAŁA Paula</b>	<b>373</b>		K-20	22	00:00:05	<b>00:29:18.45</b>	<b>00:29:24.25</b>	+00:11:58 (40.9%)	5:51	10.2 (59.0%)
314	<b>KUCHARSKI Łukasz</b>	<b>292</b>		M-20	42	00:00:36	<b>00:29:19.70</b>	<b>00:29:56.30</b>	+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	<b>ANDRZEJSKA Agata</b>	<b>296</b>		K-40	27	00:00:37	<b>00:29:22.30</b>	<b>00:30:00.20</b>	+00:12:02 (41.0%)	5:52	10.2 (59.0%)
316	<b>KAJTEK Kamil</b>	<b>650</b>		M-30	68	00:00:53	<b>00:29:24.45</b>	<b>00:30:18.15</b>	+00:12:04 (41.1%)	5:53	10.2 (59.0%)
317	<b>HOFFMANN Michał</b>	<b>205</b>		M-30	69	00:00:42	<b>00:29:27.10</b>	<b>00:30:09.75</b>	+00:12:07 (41.1%)	5:53	10.2 (59.0%)
318	<b>LEWANDOWSKI Piotr</b>	<b>519</b>		M-40	58	00:00:29	<b>00:29:27.90</b>	<b>00:29:57.20</b>	+00:12:07 (41.2%)	5:53	10.2 (59.0%)
319	<b>WELGER Maria</b>	<b>558</b>		K-40	28	00:00:51	<b>00:29:28.20</b>	<b>00:30:19.50</b>	+00:12:08 (41.2%)	5:53	10.2 (59.0%)
320	<b>KAJTEK Marta</b>	<b>649</b>		K-30	35	00:00:53	<b>00:29:30.40</b>	<b>00:30:23.45</b>	+00:12:10 (41.3%)	5:54	10.2 (59.0%)
321	<b>HOFFMANN Monika</b>	<b>231</b>		K-30	36	00:00:42	<b>00:29:33.70</b>	<b>00:30:16.10</b>	+00:12:13 (41.4%)	5:54	10.1 (58.4%)
322	<b>ŁOŻYKOWSKA Justyna</b>	<b>355</b>		K-30	37	00:00:03	<b>00:29:35.00</b>	<b>00:29:38.20</b>	+00:12:15 (41.4%)	5:55	10.1 (58.4%)
323	<b>WESOŁOWSKA Daniela</b>	<b>172</b>	SZURUSIE TEAM	K-40	29	00:00:35	<b>00:29:35.60</b>	<b>00:30:10.90</b>	+00:12:15 (41.4%)	5:55	10.1 (58.4%)
324	<b>GÖRNIOWICZ Angelika</b>	<b>347</b>		K-30	38	00:00:03	<b>00:29:36.00</b>	<b>00:29:39.00</b>	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
324	<b>WESOŁOWSKI Rafał</b>	<b>150</b>	SZURUSIE TEAM	M-40	59	00:00:35	<b>00:29:36.00</b>	<b>00:30:11.40</b>	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
326	<b>WOJTASZAK Kinga</b>	<b>625</b>		K-10	4	00:00:01	<b>00:29:36.35</b>	<b>00:29:37.95</b>	+00:12:16 (41.5%)	5:55	10.1 (58.4%)
327	<b>KODWICH Aleksandra</b>	<b>522</b>		K-10	5	00:00:01	<b>00:29:37.40</b>	<b>00:29:38.70</b>	+00:12:17 (41.5%)	5:55	10.1 (58.4%)
328	<b>LEWANDOWSKA Izabela</b>	<b>410</b>		K-30	39	00:00:30	<b>00:29:38.60</b>	<b>00:30:08.80</b>	+00:12:18 (41.5%)	5:55	10.1 (58.4%)
329	<b>ROMIANOWSKA Agnieszka</b>	<b>412</b>		K-40	30	00:00:30	<b>00:29:38.80</b>	<b>00:30:09.20</b>	+00:12:18 (41.5%)	5:55	10.1 (58.4%)
330	<b>CZYŻEWSKA Bernadeta</b>	<b>101</b>		K-30	40	00:00:00	<b>00:29:39.50</b>	<b>00:29:39.50</b>	+00:12:19 (41.6%)	5:55	10.1 (58.4%)
331	<b>MUSIAŁ Emilia</b>	<b>525</b>		K-20	23	00:00:39	<b>00:29:40.60</b>	<b>00:30:20.30</b>	+00:12:20 (41.6%)	5:56	10.1 (58.4%)
332	<b>TYKWIŃSKI Kacper</b>	<b>606</b>		M-10	26	00:00:38	<b>00:29:40.75</b>	<b>00:30:18.95</b>	+00:12:20 (41.6%)	5:56	10.1 (58.4%)
333	<b>RADZIEJEWSKA Grażyna</b>	<b>547</b>		K-50	4	00:00:04	<b>00:29:41.70</b>	<b>00:29:46.05</b>	+00:12:21 (41.6%)	5:56	10.1 (58.4%)
334	<b>TREPANOWSKI Tomasz</b>	<b>338</b>		M-40	60	00:00:40	<b>00:29:41.80</b>	<b>00:30:22.60</b>	+00:12:21 (41.6%)	5:56	10.1 (58.4%)
335	<b>KAWA Marcin</b>	<b>575</b>		M-40	61	00:00:55	<b>00:29:45.55</b>	<b>00:30:41.20</b>	+00:12:25 (41.8%)	5:57	10.1 (58.4%)
336	<b>WALASEK Jakub</b>	<b>605</b>		M-10	27	00:00:38	<b>00:29:45.65</b>	<b>00:30:24.05</b>	+00:12:25 (41.8%)	5:57	10.1 (58.4%)
337	<b>KAMIŃSKI Łukasz</b>	<b>566</b>		M-30	70	00:00:00	<b>00:29:48.30</b>	<b>00:29:49.20</b>	+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	<b>KUBONIA-KAMIŃSKA Hanna</b>	<b>564</b>		K-30	41	00:00:01	<b>00:29:48.50</b>	<b>00:29:49.90</b>	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
339	<b>KUBOWICZ Piotr</b>	<b>89</b>	MAŁGOŚ ... TEAM	M-50	22	00:00:00	<b>00:29:48.60</b>	<b>00:29:49.30</b>	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
340	<b>CHILEWSKI Mikołaj</b>	<b>429</b>	KUJ.POM.KLUB JEZDZIECKI	M-20	43	00:01:00	<b>00:30:01.85</b>	<b>00:31:02.35</b>	+00:12:41 (42.3%)	6:00	10 (57.8%)
341	<b>FIGURA-ZGÓRSKA Joanna</b>	<b>305</b>		K-30	42	00:00:10	<b>00:30:06.35</b>	<b>00:30:16.40</b>	+00:12:46 (42.4%)	6:01	10 (57.8%)
342	<b>ZGÓRSKI Łukasz</b>	<b>306</b>		M-30	71	00:00:10	<b>00:30:06.45</b>	<b>00:30:16.85</b>	+00:12:46 (42.4%)	6:01	10 (57.8%)
343	<b>DOLATA Jakub</b>	<b>176</b>		M-10	28	00:00:55	<b>00:30:08.35</b>	<b>00:31:03.35</b>	+00:12:48 (42.5%)	6:01	10 (57.8%)
344	<b>BORUSZEWSKI Remigiusz</b>	<b>119</b>		M-10	29	00:00:55	<b>00:30:09.50</b>	<b>00:31:04.75</b>	+00:12:49 (42.5%)	6:01	10 (57.8%)
345	<b>CHROMIŃSKA Paulina</b>	<b>182</b>		K-20	24	00:00:00	<b>00:30:12.25</b>	<b>00:30:12.45</b>	+00:12:52 (42.6%)	6:02	9.9 (57.2%)
346	<b>DUDZIŃSKA Małgorzata</b>	<b>214</b>		K-40	31	00:00:24	<b>00:30:18.30</b>	<b>00:30:42.40</b>	+00:12:58 (42.8%)	6:03	9.9 (57.2%)
347	<b>KASPRZAK Paula</b>	<b>189</b>		K-10	6	00:00:34	<b>00:30:22.25</b>	<b>00:30:56.50</b>	+00:13:02 (42.9%)	6:04	9.9 (57.2%)
348	<b>SZALA Monika</b>	<b>473</b>		K-30	43	00:00:18	<b>00:30:23.35</b>	<b>00:30:41.50</b>	+00:13:03 (43.0%)	6:04	9.9 (57.2%)
349	<b>CELEJEWSKA Agnieszka</b>	<b>256</b>		K-30	44	00:00:09	<b>00:30:23.40</b>	<b>00:30:33.05</b>	+00:13:03 (43.0%)	6:04	9.9 (57.2%)
350	<b>NIEZBEDZKI Gracjan</b>	<b>593</b>		M-10	30	00:00:00	<b>00:30:25.65</b>	<b>00:30:25.65</b>	+00:13:05 (43.0%)	6:05	9.9 (57.2%)
351	<b>KACZMAREK Marcin</b>	<b>435</b>		M-20	44	00:00:21	<b>00:30:25.90</b>	<b>00:30:47.40</b>	+00:13:05 (43.0%)	6:05	9.9 (57.2%)
352	<b>MAJEWSKA Małgorzata</b>	<b>431</b>		K-20	25	00:00:19	<b>00:30:26.65</b>	<b>00:30:46.50</b>	+00:13:06 (43.1%)	6:05	9.9 (57.2%)
353	<b>GRZYWACZ Karolina</b>	<b>90</b>		K-30	45	00:00:02	<b>00:30:26.70</b>	<b>00:30:29.35</b>	+00:13:06 (43.1%)	6:05	9.9 (57.2%)
354	<b>GRALLA Łukasz</b>	<b>476</b>		M-30	72	00:00:46	<b>00:30:26.80</b>	<b>00:31:13.30</b>	+00:13:06 (43.1%)	6:05	9.9 (57.2%)
355	<b>SĄLASIŃSKA Marta</b>	<b>521</b>		K-30	46	00:00:01	<b>00:30:27.65</b>	<b>00:30:29.60</b>	+00:13:07 (43.1%)	6:05	9.8 (56.6%)
356	<b>KRAKOWSKI Maksymilian</b>	<b>507</b>		M-10	31	00:00:33	<b>00:30:28.05</b>	<b>00:31:02.00</b>	+00:13:08 (43.1%)	6:05	9.8 (56.6%)
357	<b>ŁUKASZKIEWICZ Karolina</b>	<b>515</b>		K-30	47	00:00:34	<b>00:30:29.65</b>	<b>00:31:03.70</b>	+00:13:09 (43.2%)	6:05	9.8 (56.6%)
358	<b>ZALEWSKA Michalina</b>	<b>41</b>	UKS KOPERNIK	K-10	7	00:00:33	<b>00:30:30.25</b>	<b>00:31:03.80</b>	+00:13:10 (43.2%)	6:06	9.8 (56.6%)
359	<b>CHILEWSKI Janek</b>	<b>426</b>	WISEŁKA BYDGOSZCZ-FORDON	M-10	32	00:01:00	<b>00:30:33.30</b>	<b>00:31:33.35</b>	+00:13:13 (43.3%)	6:06	9.8 (56.6%)
360	<b>CHILEWSKA Lidia</b>	<b>427</b>	CB163	K-40	32	00:00:59	<b>00:30:36.70</b>	<b>00:31:36.50</b>	+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	<b>CHILEWSKI Arkadiusz</b>	<b>424</b>		M-40	62	00:00:59	<b>00:30:37.10</b>	<b>00:31:36.40</b>	+00:13:17 (43.4%)	6:07	9.8 (56.6%)
362	<b>KOWALSKA Katarzyna</b>	<b>342</b>		K-30	48	00:00:01	<b>00:30:37.35</b>	<b>00:30:38.45</b>	+00:13:17 (43.4%)	6:07	9.8 (56.6%)
363	<b>CZAJA Iwona</b>	<b>345</b>		K-30	49	00:00:07	<b>00:30:38.55</b>	<b>00:30:46.30</b>	+00:13:18 (43.4%)	6:07	9.8 (56.6%)
364	<b>BUDZIAK Bartosz</b>	<b>14</b>		M-40	63	00:00:50	<b>00:30:44.90</b>	<b>00:31:35.80</b>	+00:13:24 (43.6%)	6:09	9.8 (56.6%)
365	<b>URASIŃSKA Karolina</b>	<b>596</b>		K-30	50	00:00:02	<b>00:30:45.50</b>	<b>00:30:48.35</b>	+00:13:25 (43.6%)	6:09	9.8 (56.6%)
366	<b>TYKWIŃSKA Agnieszka</b>	<b>230</b>		K-30	51	00:00:02	<b>00:30:46.05</b>	<b>00:30:48.40</b>	+00:13:26 (43.7%)	6:09	9.8 (56.6%)
367	<b>PROKOPOWICZ Agnieszka</b>	<b>51</b>		K-30	52	00:00:31	<b>00:30:46.70</b>	<b>00:31:17.85</b>	+00:13:26 (43.7%)	6:09	9.8 (56.6%)
368	<b>ZAMIATOWSKA Kinga</b>	<b>50</b>	BELLA LINE BDG	K-40	33	00:00:30	<b>00:30:46.75</b>	<b>00:31:17.65</b>	+00:13:26 (43.7%)	6:09	9.7 (56.1%)
369	<b>SKRZĄTEK Anna</b>	<b>587</b>		K-40	34	00:00:30	<b>00:30:47.45</b>	<b>00:31:18.00</b>	+00:13:27 (43.7%)	6:09	9.7 (56.1%)
370	<b>MEGER Agnieszka</b>	<b>149</b>		K-30	53	00:00:29	<b>00:30:47.95</b>	<b>00:31:17.75</b>	+00:13:27 (43.7%)	6:09	9.7 (56.1%)
371	<b>RYMASZEWSKI Roman</b>	<b>461</b>		M-40	64	00:00:39	<b>00:30:49.45</b>	<b>00:31:28.85</b>	+00:13:29 (43.8%)	6:09	9.7 (56.1%)
372	<b>BUDZRAL Zuzanna</b>	<b>481</b>		K-10	8	00:00:51	<b>00:30:51.75</b>	<b>00:31:42.95</b>	+00:13:31 (43.8%)	6:10	9.7 (56.1%)
373	<b>KAMBUŁ Aleksandra</b>	<b>200</b>		K-20	26	00:00:39	<b>00:30:52.50</b>	<b>00:31:32.35</b>	+00:13:32 (43.9%)	6:10	9.7 (56.1%)
374	<b>KAMBUŁ Waldemar</b>	<b>222</b>	NIEZRZESZONY	M-50	23	00:00:39	<b>00:30:52.95</b>	<b>00:31:32.70</b>	+00:13:32 (43.9%)	6:10	9.7 (56.1%)
375	<b>MALICKA Maria</b>	<b>143</b>		K-30	54	00:00:26	<b>00:30:57.55</b>	<b>00:31:24.00</b>	+00:13:37 (44.0%)	6:11	9.7 (56.1%)
376	<b>SZAJDA Magdalena</b>	<b>339</b>		K-40	35	00:00:17	<b>00:31:01.10</b>	<b>00:31:18.30</b>	+00:13:41 (44.1%)	6:12	9.7 (56.1%)
377	<b>BYRTEK Sandra</b>	<b>440</b>		K-10	9	00:00:02	<b>00:31:03.90</b>	<b>00:31:06.30</b>	+00:13:43 (44.2%)	6:12	9.7 (56.1%)
378	<b>PLUCIŃSKA-HUK Aleksandra</b>	<b>261</b>	PACTUM	K-40	36	00:00:31	<b>00:31:05.00</b>	<b>00:31:36.40</b>	+00:13:45 (44.2%)	6:13	9.7 (56.1%)
379	<b>STAFIEJ Barbara</b>	<b>480</b>		K-40	37	00:00:18	<b>00:31:08.20</b>	<b>00:31:26.50</b>	+00:13:48 (44.3%)	6:13	9.6 (55.5%)
380	<b>BYRTEK Grzegorz</b>	<b>439</b>		M-40	65	00:00:02	<b>00:31:08.80</b>	<b>00:31:11.15</b>	+00:13:48 (44.3%)	6:13	9.6 (55.5%)
381	<b>WÓJCIK Anna</b>	<b>325</b>		K-30	55	00:00:22	<b>00:31:09.65</b>	<b>00:31:32.10</b>	+00:13:49 (44.4%)	6:14	9.6 (55.5%)
382	<b>SMYK Adrianna</b>	<b>441</b>		K-20	27	00:00:14	<b>00:31:11.05</b>	<b>00:31:25.90</b>	+00:13:51 (44.4%)	6:14	9.6 (55.5%)
383	<b>RASZKA Jakub</b>	<b>443</b>		M-20	45	00:00:14	<b>00:31:11.15</b>	<b>00:31:25.90</b>	+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	<b>KOZICKI Damian</b>	<b>459</b>		M-40	66	00:00:50	<b>00:31:12.65</b>	<b>00:32:02.70</b>	+00:13:52 (44.5%)	6:14	9.6 (55.5%)
385	<b>HENNING Maria</b>	<b>533</b>		K-10	10	00:00:48	<b>00:31:14.50</b>	<b>00:32:02.80</b>	+00:13:54 (44.5%)	6:14	9.6 (55.5%)
386	<b>WAWRZYNIAK Zuzanna</b>	<b>63</b>		K-20	28	00:00:41	<b>00:31:14.90</b>	<b>00:31:56.50</b>	+00:13:54 (44.5%)	6:15	9.6 (55.5%)
387	<b>LEWANDOWSKA Beata</b>	<b>518</b>		K-40	38	00:00:28	<b>00:31:17.25</b>	<b>00:31:45.80</b>	+00:13:57 (44.6%)	6:15	9.6 (55.5%)
388		<b>635</b>				00:00:00	<b>00:31:18.25</b>	<b>00:31:18.25</b>	+00:13:58 (44.6%)	6:15	9.6 (55.5%)
389	<b>BINIENDA Martyna</b>	<b>139</b>	BIMAT	K-10	11	00:00:10	<b>00:31:27.05</b>	<b>00:31:37.25</b>	+00:14:07 (44.9%)	6:17	9.5 (54.9%)
390	<b>BUSZTA Artur</b>	<b>224</b>	KLUB ZDROWEGO STYLU ŻYCIA	M-30	73	00:00:49	<b>00:31:29.75</b>	<b>00:32:18.80</b>	+00:14:09 (45.0%)	6:17	9.5 (54.9%)
391	<b>BEDNACZEK Małgorzata</b>	<b>470</b>		K-40	39	00:00:49	<b>00:31:29.95</b>	<b>00:32:19.30</b>	+00:14:09 (45.0%)	6:18	9.5 (54.9%)
392	<b>WIATROWSKA Katarzyna</b>	<b>392</b>		K-30	56	00:00:22	<b>00:31:30.20</b>	<b>00:31:53.10</b>	+00:14:10 (45.0%)	6:18	9.5 (54.9%)
393	<b>BUSZTA Julia</b>	<b>225</b>	KLUB ZDROWEGO STYLU ŻYCIA	K-10	12	00:00:48	<b>00:31:30.65</b>	<b>00:32:18.85</b>	+00:14:10 (45.0%)	6:18	9.5 (54.9%)
394	<b>RADZIŃSKA Aleksandra</b>	<b>304</b>		K-30	57	00:00:50	<b>00:31:36.65</b>	<b>00:32:27.55</b>	+00:14:16 (45.2%)	6:19	9.5 (54.9%)
395	<b>GRALLA Aida</b>	<b>475</b>		K-40	40	00:00:47	<b>00:31:36.95</b>	<b>00:32:24.30</b>	+00:14:16 (45.2%)	6:19	9.5 (54.9%)
396	<b>POTNIALSKI Przemysław</b>	<b>563</b>		M-20	46	00:00:55	<b>00:31:37.75</b>	<b>00:32:33.60</b>	+00:14:17 (45.2%)	6:19	9.5 (54.9%)
397	<b>AGUSTYNIAK Piotr</b>	<b>454</b>		M-40	67	00:00:40	<b>00:31:39.00</b>	<b>00:32:19.70</b>	+00:14:19 (45.2%)	6:19	9.5 (54.9%)
398	<b>SZULC Joanna</b>	<b>453</b>		K-40	41	00:00:40	<b>00:31:39.35</b>	<b>00:32:19.65</b>	+00:14:19 (45.2%)	6:19	9.5 (54.9%)
399	<b>PORAZIŃSKA Wiktoria</b>	<b>509</b>		K-40	42	00:00:40	<b>00:31:39.60</b>	<b>00:32:20.00</b>	+00:14:19 (45.3%)	6:20	9.5 (54.9%)
400	<b>BOCZKAJA Agata</b>	<b>588</b>		K-30	58	00:00:24	<b>00:31:45.05</b>	<b>00:32:09.35</b>	+00:14:25 (45.4%)	6:21	9.4 (54.3%)
401	<b>MALCZEWSKA Mirka</b>	<b>9</b>	SPORT FAKTORY	K-60+	1	00:00:34	<b>00:31:46.00</b>	<b>00:32:20.60</b>	+00:14:26 (45.4%)	6:21	9.4 (54.3%)
402	<b>MARIAŃSKA Magda</b>	<b>181</b>		K-10	13	00:00:36	<b>00:31:47.45</b>	<b>00:32:24.40</b>	+00:14:27 (45.5%)	6:21	9.4 (54.3%)
403	<b>SROCZYŃSKA Marta</b>	<b>512</b>		K-20	29	00:00:29	<b>00:31:59.75</b>	<b>00:32:29.30</b>	+00:14:39 (45.8%)	6:24	9.4 (54.3%)
404	<b>JANUSZEWSKA Monika</b>	<b>631</b>		K-40	43	00:00:25	<b>00:32:05.25</b>	<b>00:32:31.05</b>	+00:14:45 (46.0%)	6:25	9.3 (53.8%)
405	<b>CHWIAŁKOWSKA Joanna</b>	<b>177</b>		K-40	44	00:00:41	<b>00:32:06.25</b>	<b>00:32:47.50</b>	+00:14:46 (46.0%)	6:25	9.3 (53.8%)
406	<b>SPADZIŃSKA Maria</b>	<b>407</b>		K-50	5	00:00:38	<b>00:32:07.20</b>	<b>00:32:46.00</b>	+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	<b>RUDZIŃSKA Karolina</b>	<b>93</b>		K-20	30	00:00:24	<b>00:32:07.45</b>	<b>00:32:31.55</b>	+00:14:47 (46.0%)	6:25	9.3 (53.8%)
408	<b>PREWYSZ-KWINTO Joanna</b>	<b>551</b>		K-40	45	00:00:44	<b>00:32:07.85</b>	<b>00:32:52.45</b>	+00:14:47 (46.1%)	6:25	9.3 (53.8%)
409	<b>WESOŁOWSKA Ewa</b>	<b>549</b>		K-40	46	00:00:44	<b>00:32:08.10</b>	<b>00:32:52.65</b>	+00:14:48 (46.1%)	6:25	9.3 (53.8%)
410	<b>ŚLĘZAK Rafał</b>	<b>159</b>		M-40	68	00:00:46	<b>00:32:10.55</b>	<b>00:32:57.30</b>	+00:14:50 (46.1%)	6:26	9.3 (53.8%)
411	<b>NURKIEWICZ Zofia</b>	<b>28</b>	KUNG FU PANDY 3	K-10	14	00:00:51	<b>00:32:12.45</b>	<b>00:33:03.95</b>	+00:14:52 (46.2%)	6:26	9.3 (53.8%)
412	<b>DZUDZIŃSKA Malwina</b>	<b>622</b>		K-10	15	00:00:11	<b>00:32:16.00</b>	<b>00:32:27.40</b>	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
413	<b>TREPANOWSKA Katarzyna</b>	<b>409</b>		K-20	31	00:00:41	<b>00:32:16.20</b>	<b>00:32:57.40</b>	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
414	<b>GĄSIENNICA Joanna</b>	<b>619</b>		K-30	59	00:00:11	<b>00:32:16.30</b>	<b>00:32:27.30</b>	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
415	<b>KROLL Agnieszka</b>	<b>610</b>		K-20	32	00:00:31	<b>00:32:16.60</b>	<b>00:32:48.10</b>	+00:14:56 (46.3%)	6:27	9.3 (53.8%)
416	<b>KOWALCZYK Violetta</b>	<b>460</b>		K-40	47	00:00:39	<b>00:32:25.70</b>	<b>00:33:05.40</b>	+00:15:05 (46.5%)	6:29	9.2 (53.2%)
417	<b>BLOK Monika</b>	<b>546</b>		K-30	60	00:00:31	<b>00:32:25.75</b>	<b>00:32:56.95</b>	+00:15:05 (46.6%)	6:29	9.3 (53.8%)
418	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>630</b>		K-30	61	00:00:13	<b>00:32:25.95</b>	<b>00:32:39.00</b>	+00:15:05 (46.6%)	6:29	9.2 (53.2%)
419	<b>BŁASZKIEWICZ Marzena</b>	<b>100</b>		K-30	62	00:00:12	<b>00:32:26.55</b>	<b>00:32:39.20</b>	+00:15:06 (46.6%)	6:29	9.2 (53.2%)
420	<b>PAZDERSKA Aleksandra</b>	<b>590</b>		K-20	33	00:00:00	<b>00:32:30.10</b>	<b>00:32:30.10</b>	+00:15:10 (46.7%)	6:30	9.2 (53.2%)
421	<b>WALEWSKA Magdalena</b>	<b>161</b>		K-30	63	00:00:04	<b>00:32:33.15</b>	<b>00:32:37.20</b>	+00:15:13 (46.8%)	6:30	9.2 (53.2%)
422	<b>WORONIECKA Anna</b>	<b>117</b>		K-30	64	00:00:31	<b>00:32:38.90</b>	<b>00:33:09.90</b>	+00:15:18 (46.9%)	6:31	9.2 (53.2%)
423	<b>LIBERT Karolina</b>	<b>44</b>		K-20	34	00:00:08	<b>00:32:39.45</b>	<b>00:32:47.80</b>	+00:15:19 (46.9%)	6:31	9.2 (53.2%)
424	<b>NOWAK Oliwia</b>	<b>138</b>	SP NR 12	K-10	16	00:00:10	<b>00:32:43.90</b>	<b>00:32:53.95</b>	+00:15:23 (47.0%)	6:32	9.2 (53.2%)
425	<b>BINIENDA Mateusz</b>	<b>140</b>	BIMAT	M-30	74	00:00:09	<b>00:32:45.30</b>	<b>00:32:54.30</b>	+00:15:25 (47.1%)	6:33	9.2 (53.2%)
426	<b>MICKIEWICZ Katarzyna</b>	<b>36</b>		K-20	35	00:00:10	<b>00:32:47.50</b>	<b>00:32:58.30</b>	+00:15:27 (47.1%)	6:33	9.1 (52.6%)
427	<b>FERTYKOWSKA Magdalena</b>	<b>572</b>		K-40	48	00:00:07	<b>00:32:48.85</b>	<b>00:32:56.00</b>	+00:15:28 (47.2%)	6:33	9.1 (52.6%)
428	<b>PATER Amelia</b>	<b>333</b>		K-10	17	00:00:00	<b>00:32:49.10</b>	<b>00:32:49.80</b>	+00:15:29 (47.2%)	6:33	9.1 (52.6%)
429	<b>PIANOWSKA Ewa</b>	<b>395</b>	BIURO INŻYNIWRII ŚRODOWISKA	K-50	6	00:00:12	<b>00:32:55.55</b>	<b>00:33:07.65</b>	+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	<b>BIELENNY Michał</b>	<b>504</b>		M-60+	4	00:00:36	<b>00:33:03.90</b>	<b>00:33:40.80</b>	+00:15:43 (47.6%)	6:36	9.1 (52.6%)
431	<b>DUDZIŃSKI Bogusław</b>	<b>621</b>		M-40	69	00:00:12	<b>00:33:06.75</b>	<b>00:33:19.55</b>	+00:15:46 (47.7%)	6:37	9.1 (52.6%)
432	<b>DUDZIŃSKA Agnieszka</b>	<b>620</b>		K-40	49	00:00:12	<b>00:33:07.05</b>	<b>00:33:19.25</b>	+00:15:47 (47.7%)	6:37	9.1 (52.6%)
433	<b>SMYK Arkadiusz</b>	<b>442</b>		M-40	70	00:00:15	<b>00:33:13.10</b>	<b>00:33:28.70</b>	+00:15:53 (47.8%)	6:38	9 (52.0%)
434	<b>GÓREC Kacper</b>	<b>640</b>		M-10	33	00:00:00	<b>00:33:20.80</b>	<b>00:33:20.80</b>	+00:16:00 (48.0%)	6:40	9 (52.0%)
435	<b>KUŹNIAR Patryk</b>	<b>502</b>		M-20	47	00:00:40	<b>00:33:30.30</b>	<b>00:34:11.10</b>	+00:16:10 (48.3%)	6:42	9 (52.0%)
436	<b>SAPALSKA Michalina</b>	<b>111</b>		K-20	36	00:00:45	<b>00:33:30.40</b>	<b>00:34:16.10</b>	+00:16:10 (48.3%)	6:42	9 (52.0%)
437	<b>KUŹNIAR Melisa</b>	<b>500</b>		K-20	37	00:00:40	<b>00:33:31.10</b>	<b>00:34:11.50</b>	+00:16:11 (48.3%)	6:42	9 (52.0%)
438	<b>SAPALSKA Małgorzata</b>	<b>12</b>		K-20	38	00:00:45	<b>00:33:32.75</b>	<b>00:34:18.45</b>	+00:16:12 (48.3%)	6:42	8.9 (51.4%)
439	<b>KLUCZYŃSKA Blanka</b>	<b>127</b>		K-30	65	00:00:00	<b>00:33:35.25</b>	<b>00:33:35.25</b>	+00:16:15 (48.4%)	6:43	8.9 (51.4%)
440	<b>ALEKSANDER Alicja</b>	<b>61</b>	GLÜCKLICHE EINHÖRCHEN	K-20	39	00:00:46	<b>00:33:35.65</b>	<b>00:34:21.75</b>	+00:16:15 (48.4%)	6:43	8.9 (51.4%)
441	<b>KAŹMIERCZAK Gosia</b>	<b>99</b>	GLÜCKLICHE EINHÖRCHEN	K-20	40	00:00:45	<b>00:33:36.25</b>	<b>00:34:22.00</b>	+00:16:16 (48.4%)	6:43	8.9 (51.4%)
442	<b>WIOSNA Tomasz</b>	<b>95</b>	GLÜCKLICHE EINHÖRCHEN	M-20	48	00:00:45	<b>00:33:36.50</b>	<b>00:34:22.10</b>	+00:16:16 (48.4%)	6:43	8.9 (51.4%)
443	<b>JANKOWSKI Rafał</b>	<b>171</b>	7 BDH	M-40	71	00:00:56	<b>00:33:38.95</b>	<b>00:34:35.05</b>	+00:16:18 (48.5%)	6:43	8.9 (51.4%)
444	<b>ZELEK Aleksandra</b>	<b>169</b>		K-40	50	00:00:56	<b>00:33:40.50</b>	<b>00:34:36.60</b>	+00:16:20 (48.5%)	6:44	8.9 (51.4%)
445	<b>WIEKIESAK Dominika</b>	<b>584</b>		K-30	66	00:00:23	<b>00:33:45.20</b>	<b>00:34:08.75</b>	+00:16:25 (48.6%)	6:45	8.9 (51.4%)
446	<b>BURCHARDT Agnieszka</b>	<b>585</b>		K-30	67	00:00:23	<b>00:33:45.50</b>	<b>00:34:09.35</b>	+00:16:25 (48.7%)	6:45	8.9 (51.4%)
447	<b>FURGAL Adam</b>	<b>379</b>		M-40	72	00:00:49	<b>00:33:48.05</b>	<b>00:34:37.50</b>	+00:16:28 (48.7%)	6:45	8.9 (51.4%)
448	<b>GURYN Wiktor</b>	<b>207</b>	ZIELONY PELIKAN	M-30	75	00:00:12	<b>00:33:49.60</b>	<b>00:34:02.05</b>	+00:16:29 (48.8%)	6:46	8.9 (51.4%)
449	<b>JAKUBOWSKA Beata</b>	<b>125</b>	ELTRA W BIEGU	K-40	51	00:01:02	<b>00:33:52.75</b>	<b>00:34:55.55</b>	+00:16:32 (48.8%)	6:46	8.9 (51.4%)
450	<b>SIATKOWSKA Anna</b>	<b>402</b>		K-30	68	00:00:16	<b>00:33:59.20</b>	<b>00:34:15.20</b>	+00:16:39 (49.0%)	6:47	8.8 (50.9%)
451	<b>ŚCIESIŃSKA Natalia</b>	<b>291</b>		K-20	41	00:00:23	<b>00:33:59.80</b>	<b>00:34:23.15</b>	+00:16:39 (49.0%)	6:48	8.8 (50.9%)
452	<b>ZALEWSKA Paulina</b>	<b>42</b>		K-30	69	00:00:33	<b>00:34:07.55</b>	<b>00:34:40.55</b>	+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	<b>SZYMKOWIAK Wanda</b>	<b>284</b>		K-20	42	00:00:32	<b>00:34:08.45</b>	<b>00:34:40.70</b>	+00:16:48 (49.2%)	6:49	8.8 (50.9%)
454	<b>KORNIK Agata</b>	<b>59</b>		K-50	7	00:00:26	<b>00:34:10.30</b>	<b>00:34:37.20</b>	+00:16:50 (49.3%)	6:50	8.8 (50.9%)
455	<b>DYMNICKA Klaudia</b>	<b>415</b>		K-20	43	00:00:05	<b>00:34:16.00</b>	<b>00:34:21.10</b>	+00:16:56 (49.4%)	6:51	8.8 (50.9%)
456	<b>ZALEWSKA Julia</b>	<b>598</b>		K-20	44	00:00:04	<b>00:34:16.30</b>	<b>00:34:21.00</b>	+00:16:56 (49.4%)	6:51	8.8 (50.9%)
457	<b>MARECKA Sylwia</b>	<b>589</b>		K-40	52	00:00:12	<b>00:34:16.45</b>	<b>00:34:28.85</b>	+00:16:56 (49.4%)	6:51	8.8 (50.9%)
458	<b>KLABACHA Katarzyna</b>	<b>113</b>		K-40	53	00:00:01	<b>00:34:23.55</b>	<b>00:34:24.95</b>	+00:17:03 (49.6%)	6:52	8.7 (50.3%)
459	<b>CIEMNIAK Łukasz</b>	<b>447</b>		M-30	76	00:00:16	<b>00:34:43.60</b>	<b>00:34:59.90</b>	+00:17:23 (50.1%)	6:56	8.6 (49.7%)
460	<b>FERTYKOWSKA Laura</b>	<b>571</b>		K-10	18	00:00:06	<b>00:35:03.00</b>	<b>00:35:09.30</b>	+00:17:43 (50.5%)	7:00	8.6 (49.7%)
461	<b>ŻUBIK Karolina</b>	<b>570</b>		K-10	19	00:00:06	<b>00:35:03.10</b>	<b>00:35:09.70</b>	+00:17:43 (50.5%)	7:00	8.6 (49.7%)
462	<b>OLSZEWSKA Marta</b>	<b>274</b>	ILO	K-30	70	00:00:21	<b>00:35:12.75</b>	<b>00:35:33.75</b>	+00:17:52 (50.8%)	7:02	8.5 (49.1%)
463	<b>ANDERSON Agnieszka</b>	<b>505</b>		K-30	71	00:00:59	<b>00:35:41.35</b>	<b>00:36:41.00</b>	+00:18:21 (51.4%)	7:08	8.4 (48.6%)
464	<b>ANDERSOWN Paweł</b>	<b>506</b>		M-40	73	00:00:58	<b>00:35:42.10</b>	<b>00:36:41.00</b>	+00:18:22 (51.4%)	7:08	8.4 (48.6%)
465	<b>POPŁAWSKA Joanna</b>	<b>340</b>		K-30	72	00:00:07	<b>00:35:48.20</b>	<b>00:35:55.95</b>	+00:18:28 (51.6%)	7:09	8.4 (48.6%)
466	<b>WYSOCKA Klaudia</b>	<b>389</b>		K-10	20	00:00:51	<b>00:36:02.05</b>	<b>00:36:54.00</b>	+00:18:42 (51.9%)	7:12	8.3 (48.0%)
467	<b>FURGAL Maria</b>	<b>384</b>		K-40	54	00:00:52	<b>00:36:07.40</b>	<b>00:37:00.00</b>	+00:18:47 (52.0%)	7:13	8.3 (48.0%)
468	<b>TOMECKI Teodor</b>	<b>368</b>		M-30	77	00:01:11	<b>00:36:19.15</b>	<b>00:37:30.60</b>	+00:18:59 (52.3%)	7:15	8.3 (48.0%)
469	<b>TOMECKA Marzena</b>	<b>369</b>		K-30	73	00:01:09	<b>00:36:20.75</b>	<b>00:37:30.60</b>	+00:19:00 (52.3%)	7:16	8.3 (48.0%)
470	<b>POKORSKA Roma</b>	<b>629</b>		K-30	74	00:00:25	<b>00:36:26.00</b>	<b>00:36:51.80</b>	+00:19:06 (52.4%)	7:17	8.2 (47.4%)
471	<b>RADKOWSKI Jakub</b>	<b>617</b>		M-10	34	00:00:42	<b>00:36:29.60</b>	<b>00:37:12.40</b>	+00:19:09 (52.5%)	7:18	8.2 (47.4%)
472	<b>WOŹNIAK Jacek</b>	<b>183</b>	2. RWT SP	M-50	24	00:00:00	<b>00:36:51.50</b>	<b>00:36:51.50</b>	+00:19:31 (53.0%)	7:22	8.1 (46.8%)
473	<b>CYBUL Anna</b>	<b>43</b>		K-40	55	00:00:23	<b>00:36:51.85</b>	<b>00:37:14.95</b>	+00:19:31 (53.0%)	7:22	8.1 (46.8%)
474	<b>KOGUT Szymon</b>	<b>608</b>		M-10	35	00:00:37	<b>00:37:01.10</b>	<b>00:37:39.00</b>	+00:19:41 (53.2%)	7:24	8.1 (46.8%)
475	<b>FORDON Sławek</b>	<b>229</b>		M-40	74	00:00:58	<b>00:37:19.95</b>	<b>00:38:18.00</b>	+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	<b>FORDON Hanna</b>	<b>235</b>		K-40	56	00:00:57	<b>00:37:20.20</b>	<b>00:38:18.00</b>	+00:20:00 (53.6%)	7:28	8 (46.2%)
477	<b>SMOLA Daniel</b>	<b>259</b>	3LO	M-40	75	00:00:52	<b>00:37:22.35</b>	<b>00:38:15.25</b>	+00:20:02 (53.6%)	7:28	8 (46.2%)
478	<b>KRZYWDZIŃSKI Daniel</b>	<b>67</b>		M-40	76	00:00:30	<b>00:37:27.85</b>	<b>00:37:58.55</b>	+00:20:07 (53.7%)	7:29	8 (46.2%)
479	<b>KRZYWDZIŃSKA Alicja</b>	<b>66</b>		K-40	57	00:00:30	<b>00:37:28.15</b>	<b>00:37:59.00</b>	+00:20:08 (53.7%)	7:29	8 (46.2%)
480	<b>BUSZTA Anna</b>	<b>223</b>	KLUB ZDROWEGO STYLU ŻYCIA	K-30	75	00:00:48	<b>00:37:45.25</b>	<b>00:38:34.15</b>	+00:20:25 (54.1%)	7:33	7.9 (45.7%)
481	<b>ŁYCZYWEK Wiktoria</b>	<b>416</b>		K-10	21	00:00:48	<b>00:37:45.60</b>	<b>00:38:34.35</b>	+00:20:25 (54.1%)	7:33	7.9 (45.7%)
482	<b>TREPANOWSKI Michał</b>	<b>408</b>		M-20	49	00:00:41	<b>00:38:15.40</b>	<b>00:38:56.60</b>	+00:20:55 (54.7%)	7:39	7.8 (45.1%)
483	<b>URBANOWICZ Dariusz</b>	<b>242</b>		M-50	25	00:00:54	<b>00:38:24.60</b>	<b>00:39:18.60</b>	+00:21:04 (54.9%)	7:40	7.8 (45.1%)
484	<b>PŁOCKA Patrycja</b>	<b>216</b>		K-30	76	00:00:24	<b>00:38:50.30</b>	<b>00:39:14.50</b>	+00:21:30 (55.4%)	7:46	7.7 (44.5%)
485	<b>CHMIELEWSKA Paulina</b>	<b>27</b>		K-20	45	00:00:43	<b>00:38:51.05</b>	<b>00:39:34.95</b>	+00:21:31 (55.4%)	7:46	7.7 (44.5%)
486	<b>CHMIELEWSKI Patryk</b>	<b>23</b>		M-20	50	00:00:43	<b>00:38:51.15</b>	<b>00:39:35.00</b>	+00:21:31 (55.4%)	7:46	7.7 (44.5%)
487	<b>WITKOWSKA Danuta</b>	<b>381</b>		K-60+	2	00:00:27	<b>00:40:07.75</b>	<b>00:40:35.00</b>	+00:22:47 (56.8%)	8:01	7.5 (43.4%)
488	<b>WARDĘCKA- HOŁTYN Justyna</b>	<b>336</b>		K-20	46	00:00:51	<b>00:40:38.45</b>	<b>00:41:29.95</b>	+00:23:18 (57.3%)	8:07	7.4 (42.8%)
489	<b>MYK Mariusz</b>	<b>433</b>		M-30	78	00:00:27	<b>00:40:47.70</b>	<b>00:41:15.35</b>	+00:23:27 (57.5%)	8:09	7.4 (42.8%)
490	<b>MISCHKE Joanna</b>	<b>436</b>		K-20	47	00:00:27	<b>00:40:48.75</b>	<b>00:41:16.25</b>	+00:23:28 (57.5%)	8:09	7.3 (42.2%)
491	<b>SMARUJ - SADOWSKA Janina</b>	<b>253</b>		K-60+	3	00:00:53	<b>00:41:02.85</b>	<b>00:41:56.55</b>	+00:23:42 (57.8%)	8:12	7.3 (42.2%)
492	<b>PAWLACZYK Grażyna</b>	<b>418</b>		K-60+	4	00:00:52	<b>00:41:12.70</b>	<b>00:42:05.00</b>	+00:23:52 (57.9%)	8:14	7.3 (42.2%)
493	<b>SENGBUSCH - MAŁECKA Beata</b>	<b>399</b>	NZS	K-50	8	00:00:51	<b>00:43:06.85</b>	<b>00:43:58.65</b>	+00:25:46 (59.8%)	8:37	7 (40.5%)
494	<b>MURAWSKA Oliwia</b>	<b>77</b>		K-10	22	00:00:33	<b>00:45:13.35</b>	<b>00:45:47.10</b>	+00:27:53 (61.7%)	9:02	6.6 (38.2%)
495	<b>DELIG Danuta</b>	<b>554</b>		K-50	9	00:00:53	<b>00:45:31.10</b>	<b>00:46:24.75</b>	+00:28:11 (61.9%)	9:06	6.6 (38.2%)
496	<b>BECZYŃSKA Justyna</b>	<b>514</b>		K-20	48	00:00:33	<b>00:45:31.35</b>	<b>00:46:05.25</b>	+00:28:11 (61.9%)	9:06	6.6 (38.2%)
497	<b>SAMSELSKA-LASZUK Mariola</b>	<b>254</b>	KRAJANKA	K-50	10	00:00:53	<b>00:45:31.95</b>	<b>00:46:25.90</b>	+00:28:11 (61.9%)	9:06	6.6 (38.2%)
498	<b>MARCINIAK Wiktoria</b>	<b>600</b>		K-10	23	00:00:05					(0.0%)
499	<b>NOWICKA Marta</b>	<b>236</b>	NIGHT RUNNERS	K-20	49	00:00:50					(0.0%)

Znaleziono 499 wynik(ów)